

# LFPALP

## Patriot Series 45 Degree Leg Press

# OWNER'S MANUAL

Model No: LFPALP

Serial No:

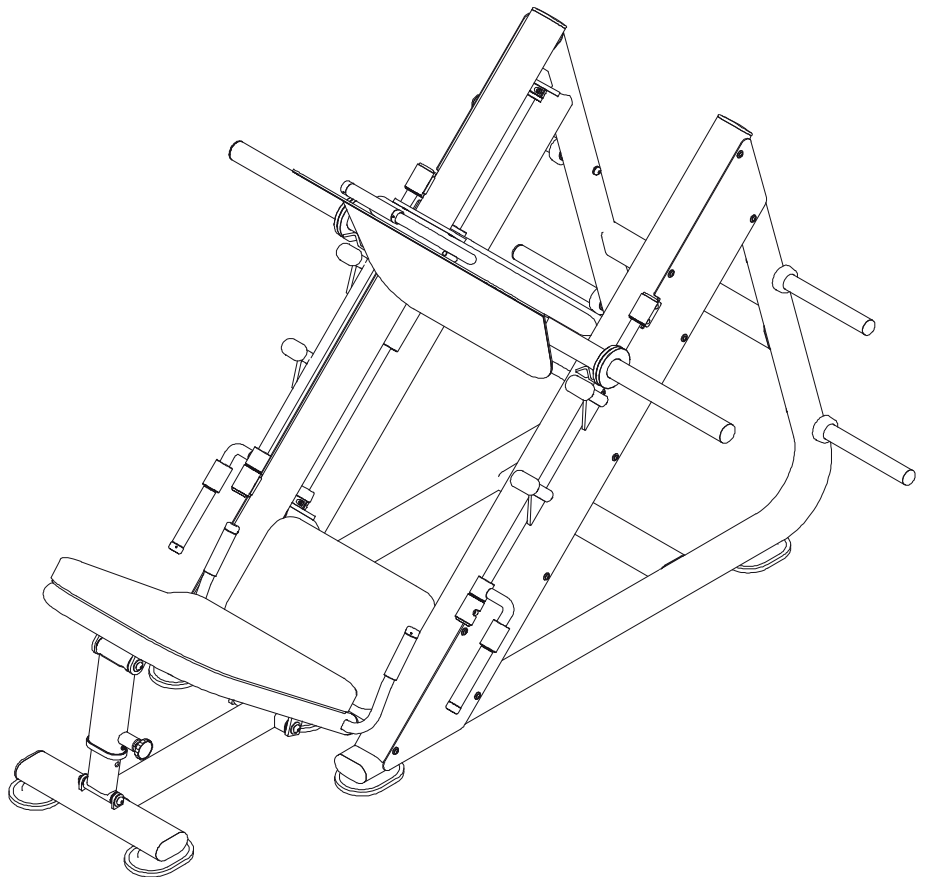
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## QUESTIONS

If you have questions or if parts are damaged or missing, please contact your distributor immediately.

### **⚠ CAUTION**

Read all precautions and instructions in this manual before using or assembling this equipment. Keep this manual for future reference.



# Cautions

In order to avoid human injuries and property damages, before the use of this series equipment, please read the following important notices.

1. Before use of the equipment please read this Owner's Manual carefully. The equipment should be assembled and used strictly following the relevant instructions in this manual, and can not change any of its components or disassemble it freely.
2. It should be ensured that all users have been fully aware of the safety warnings and precautions before they exercise on the equipment.
3. Too loose-fitting clothing can not be worn, and sports shoes should be put on while exercising.
4. The equipment should be carefully examined before training. If there is damage, please do not use it and do not try to repair it by yourself. Please contact your supplier in time. It is necessary to inform after-sales service personnel as soon as possible to get the machine repaired.
5. Make sure the selector pin has fit well in its position before exercising and do not use selector pin other than the one coupled with this equipment to avoid any injury.(Apply to single station with cable)
6. The equipment should be placed indoors, and make sure that the ground is flat, and there are enough space around the equipment for user to exercise on the machine freely.
7. Before using the machine, please check the cables to ensure that cable is in the groove of pulley, and attention should be paid especially to the end of cable. (Apply to single station with cable)
8. Only originally attached or manufacturer provided weight stack can be used in this equipment and can not increase the weight of weight stack by use of other

manufacturers' weight stack plate. (Apply to single station with cable)

9. Child and pet are not allowed to be too close to the equipment while it is in using.

10. If exerciser feels dizzy or physical pain while training he or she should stop exercising immediately and consult a doctor.

11. The equipment should be used in a well defined place and under well managed and monitored way of the equipment owner.

Before using the equipment please consult your physician and fitness expert, and must be sure to read all the specifications in this owner's manual. Manufacturer will not be held responsible for any personal injury and property loss resulted from the incorrect use of the products.

## Warranty

\*Ten years: Main Frames

\*One year: Bushings, Pivot bearings, guide rods, Weight plate, cams, swivel welding parts, Pull-pin components

\*Half year: Finish, rubber grips, belt, cables.

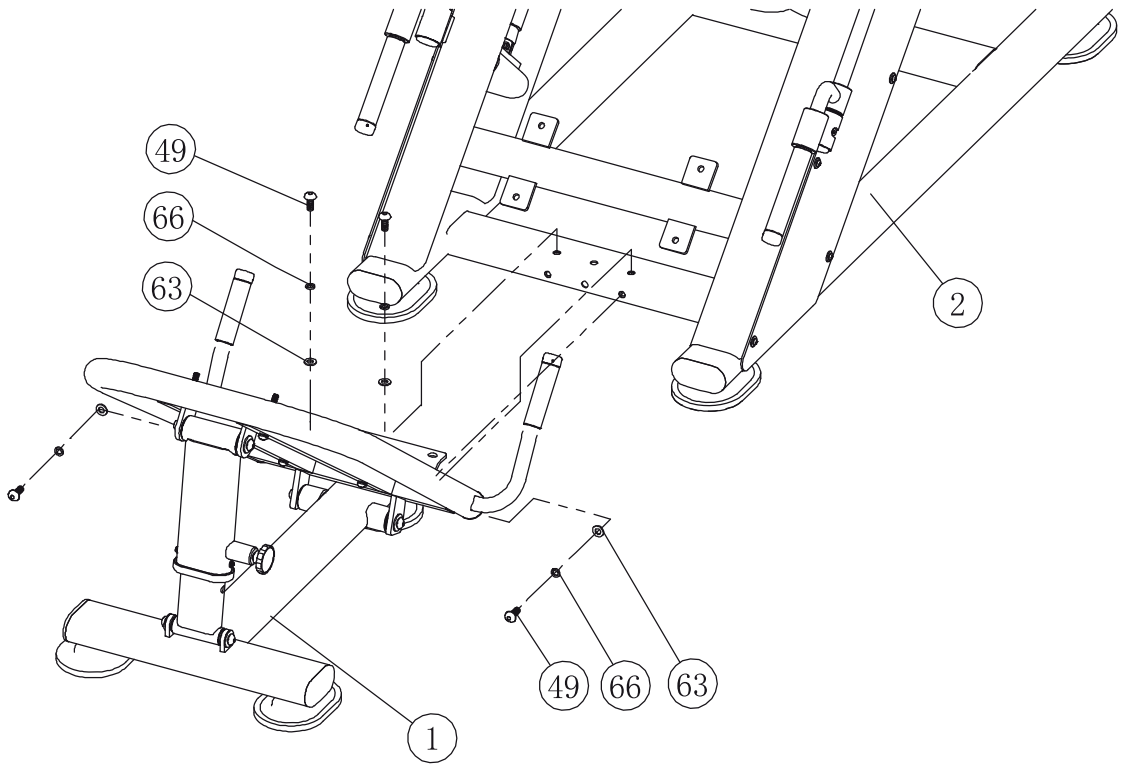
\*Three Months: Upholstery

# Assembly Instructions

1. When strip off the wrappage around the surface of equipment, should be careful, do not hurt the machine with knife scratches on the surface.
2. When moving this equipment, a sufficient number of personnel should be used to prevent the equipment from collision, or to avoid the injuries caused by personnel shortage.
3. Prior to installation of the equipment, make sure that all the parts are complete, no missing hardware.
4. When install the equipment, should have two or more persons working together to ensure the accurate location of parts assembly.
5. When install the equipment should pay attention to the assembly instructions to prevent component fitting to a wrong place or some components being omitted.
6. The suitable installation tools should be used to avoid the equipment damages or human injuries caused by the use of inappropriate tools in the installation process.
7. If need to move equipment, the movement must be after the completion of installation. The equipment can not be moved when the installation process hasn't finished or locking nut hasn't been tightened up.
8. Attention should be paid to the sequence of fastening locking nut, when the overall installation of the equipment is not finished, should not tighten up the nut that is being installed. After the whole machine is properly fitted together, the locking nuts can be tightened up one by one.
9. Before installation the cable terminals should be checked to make sure whether they are firm. (Apply to single station with cable)
10. After the completion of installation, start the initial trial of the equipment with gentle force. Make certain that the equipment is without any abnormality before normally use the machine. If something unusual is found with the equipment that, it is necessary to check the equipment carefully, identify the problems and reinstall it.

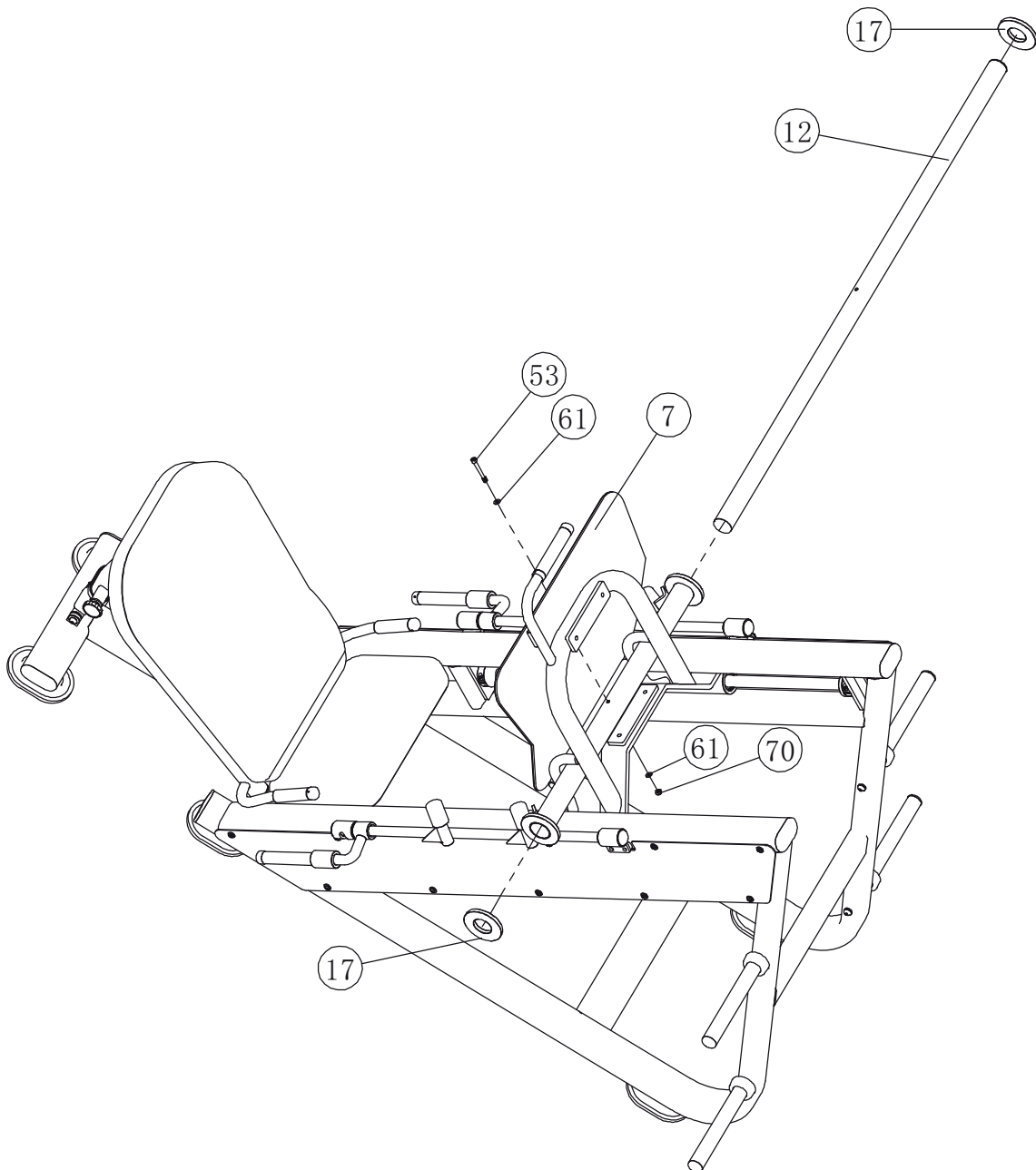
# Assembly Step 1

Steps	No.	Description	Drawing No.	Qty
1	1	bottom frame		1
	2	main frame		1
	49	hexagon socket button head screw	M10*25	4
	63	plain washer	$\phi 20 \times \phi 10.5 \times 2$	4
	66	spring washer	M10	4



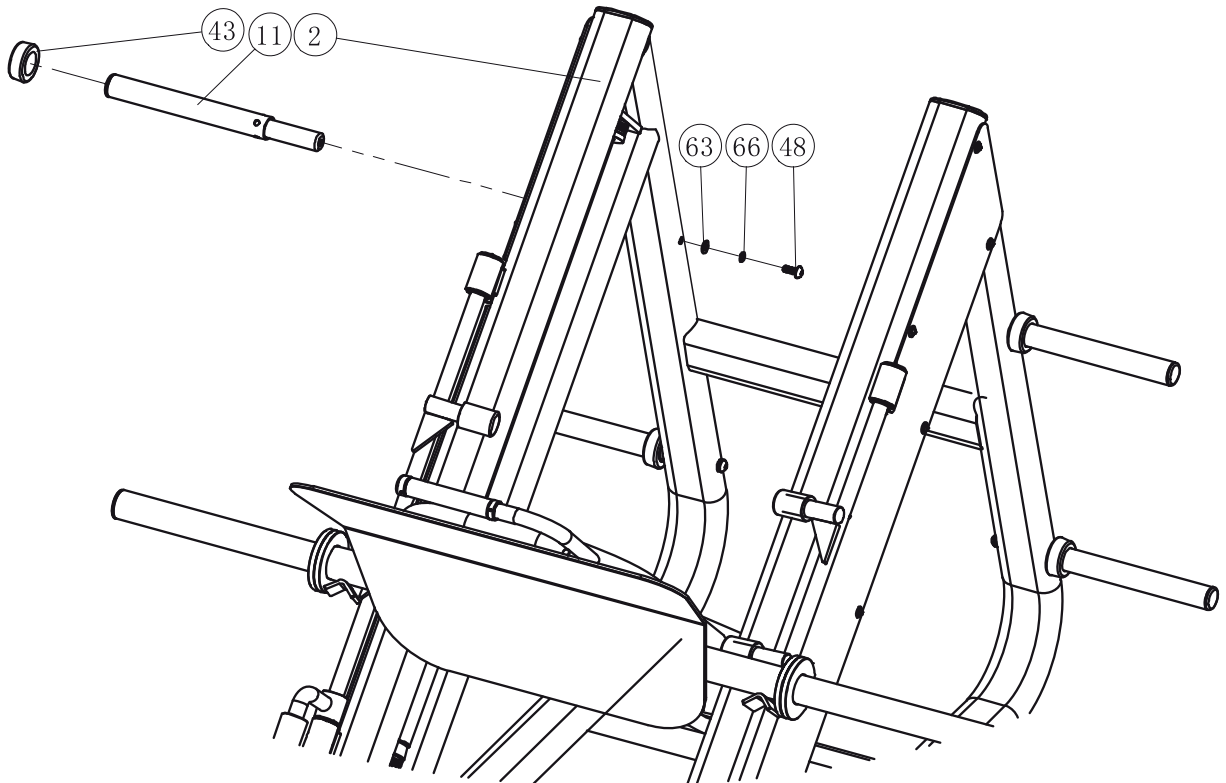
# Assembly Step 2

Steps	No.	Description	Drawing No.	Qty
2	7	pedal frame		1
	12	barbell tube		1
	17	round rubber pad		2
	53	hex socket head cap screw	M8*70	1
	61	plain washer	$\phi 16*\phi 8.4*1.6$	2
	70	nylon insert lock nut	M8	1



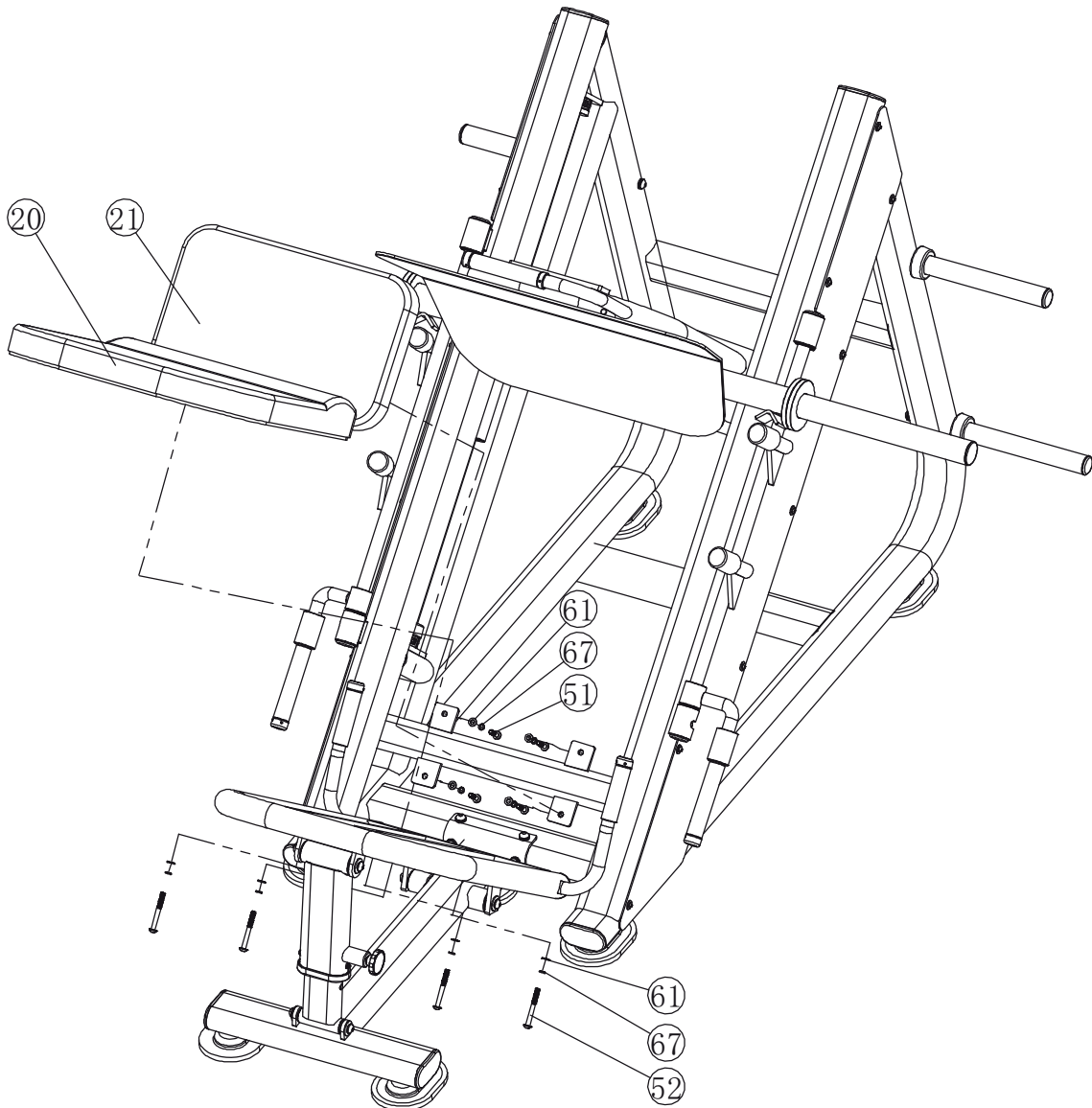
# Assembly Step 3

Steps	No.	Description	Drawing No.	Qty
3	2	main frame		1
	11	side barbell stand		4
	43	bumper		4
	48	hexagon socket button head screw	M10*30	4
	63	plain washer	$\phi 20 * \phi 10.5 * 2$	4
	66	spring washer	M10	4



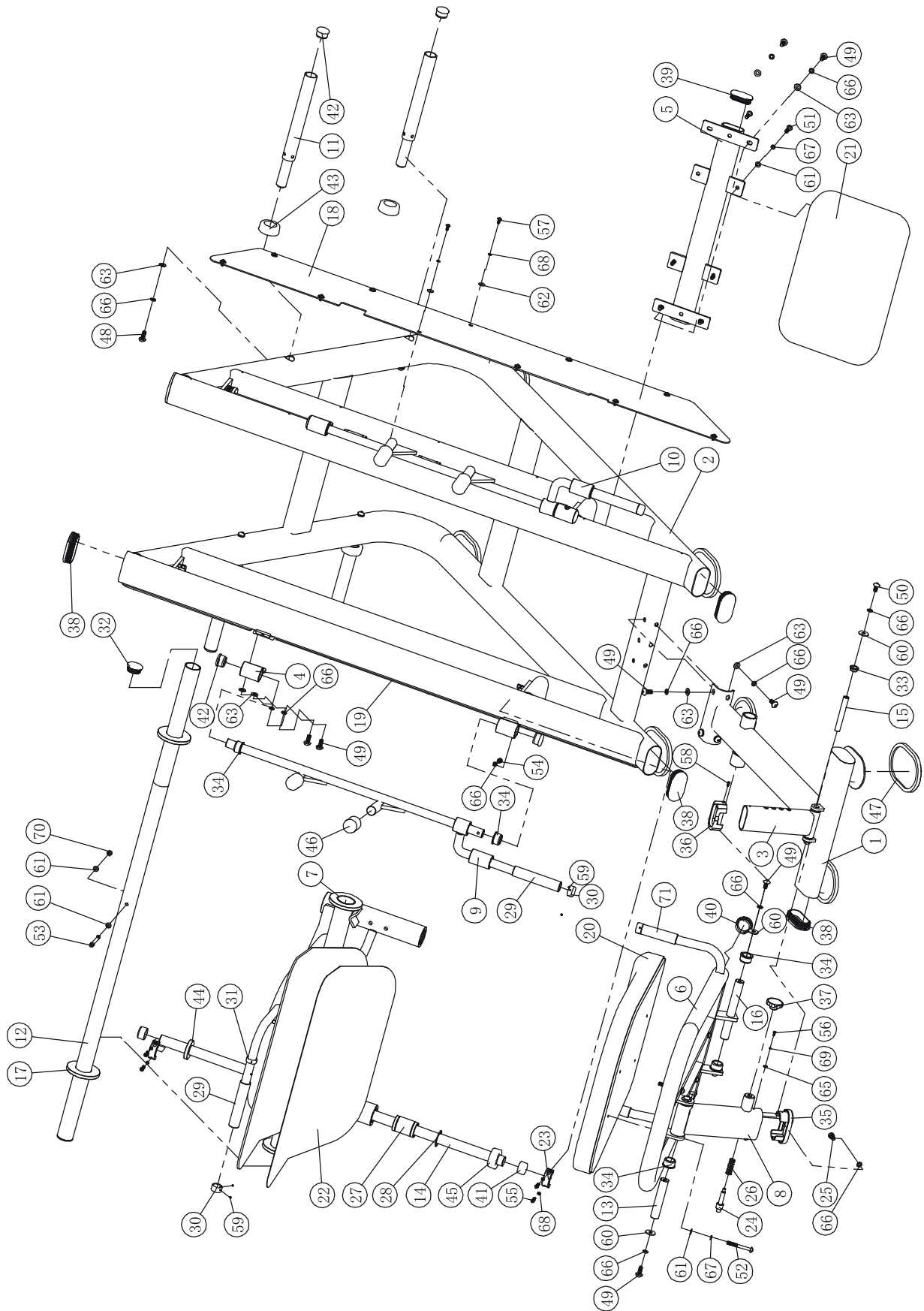
# Assembly Step 4

Steps	No.	Description	Drawing No.	Qty
4	20	back cushion		1
	21	seat pad		1
	51	hexagon socket button head screw	M8*35	4
	52	hex socket head cap screw	M8*75	4
	61	plain washer	$\phi 16 * \phi 8.4 * 1.6$	8
	67	spring washer	M8	8





# Exploded Drawing



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No.	Description	Drawing No.	Qty
1	bottom frame		1
2	main frame		1
3	adjustive frame		1
4	supporting structure		2
5	seat cushion frame		1
6	backrest cushion frame		1
7	pedal frame		1
8	backrest frame		1
9	right rolling frame		1
10	left rolling frame		1
11	side barbell stand		4
12	barbell tube		1
13	pillar 3		2
14	guild rod		2
15	pillar 1		1
16	pillar 2		1
17	round rubber pad		2
18	plastic guard board 1		1
19	plastic guard board 2		1
20	back cushion		1
21	seat pad		1
22	non-slip mat		1
23	unthreaded hole fixed ring		4
24	adjustive pillar		1
25	limit bolt		1
26	spring		1
27	linear bearing		4
28	spring washer-B type		4
29	handle cover		3
30	aluminum ring		3
31	aluminum baffle ring		1
32	circular tube stopper		2
33	iron base bushing		2
34	iron base bushing		8
35	hollow pipe sleeve		1
36	adjustable end block		1

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No.	Description	Drawing No.	Qty
37	M8 Rotary knob		1
38	elliptical tube stopper		6
39	elliptical tube stopper		2
40	circular tube stopper		2
41	Rubber sleeve		4
42	circular tube stopper		6
43	bumper		4
44	protective mat		2
45	bumper		4
46	rubbery cover		4
47	rubber mat		7
48	hexagon socket button head screw	M10*30	4
49	hexagon socket button head screw	M10*25	16
50	hexagon socket button head screw	M10*20	2
51	hexagon socket button head screw	M8*35	4
52	hex socket head cap screw	M8*75	4
53	hex socket head cap screw	M8*70	1
54	hex socket head cap screw	M10*15	2
55	hex socket head cap screw	M6*20	8
56	cross recess pan head screw	M4*10	2
57	cross head modified truss head screw	M6*15	22
58	cross recessed countersunk head screw	M4*10	2
59	hexagon socket set screws with flat point	M4*3	8
60	large plain washer	Φ34*Φ11*2	6
61	plain washer	φ16*φ8.4*1.6	10
62	plain washer	φ18*φ6.4*1.6	22
63	plain washer	φ20*φ10.5*2	16
64	plain washer	Φ24*Φ13*2.5	2
65	plain washer	Φ9*Φ4.3*0.8	2
66	spring washer	M10	25
67	spring washer	M8	10
68	spring washer	M6	30
69	spring washer	M4	2
70	nylon insert lock nut	M8	1
71	handle grip	Φ31.5*Φ24*115	2
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# Maintenance Attentions

## Daily Maintenance (Basic Maintenance)

1. Clean the seat pad, back pad and cushion with warm water and soft cloth in order to avoid the sweat erosion to these component.
2. Clean the frame with warm water and soft cloth.
3. Cleaning chrome plated parts: wipe them with alcohol moistened soft cloth.

## Monthly Maintenance (Basic Maintenance)

1. Check transmission cable. Check the tightness and abrasion of the cable (disrepair of the surface, bend, distortion and so on). (Apply to single station with cable)
2. Check guide rod, and wipe it with soft duster cloth and alcohol, and lubricate it by anticorrosive oil, but please don't let excessive oil accumulated on rod. (Apply to single station with cable)
3. Check weight stack to know if there is any damaged steel plate which caused by too much force or friction on rod. (Apply to single station with cable)
4. Check pulley on whether its groove surface is clean and whether it runs smoothly. (Apply to single station with cable)
5. Check bolts and fixing parts. Wipe them with alcohol and anticorrosive oil.

## Further Maintenance

1. Check whether bolts on basic frame become loose, springs have damaged and the tightness of drive cable.
2. Check, if there is rust or paint loss on main frame and basic rack, clean out rust by sand paper, and then cover it with same color paint from the same supplier.
3. Clean and lubricate every bearing, and keep equipment work smoothly.
4. Check whether the oil cylinder suffers oil leakage.