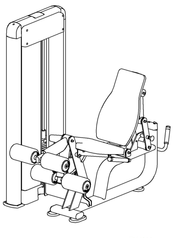
SS409 Installation Guide

Leg Extension / Lying Leg Curl



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Introduction

Please take the time to read these instructions carefully before installation. Please refer to the list in the manual to confirm the completeness and quantity of all parts (If any parts are missing or damaged in transit, please call our company immediately for after-sales instructions) When installing the equipment, please follow the instructions for proper installation.

This equipment is designed to provide the most fluid and effective exercise . After installation, you need to understand all the functions in order to use correctly.Pounding the problem when using should immediately stop to avoid physical injury and equipment damage. And timely reference to the relevant instructions to inquire about the cause. If you can not solve,please call our company after-sales. After carefully reading all the instructions, please continue.

Rubber Rods

Level Ruler

Hexagonal wrench

Two people

Spring Clamp

Adjustable wrench

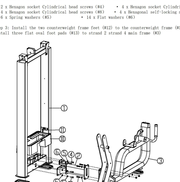
Assembling

Step 1: Connect the counterweight lower shield (M10) to the counterweight frame (M1) using the followin
- 2 x Hexagon socket Cylindrical head screws (M11)

Step 2: Connect the strand 2 strand 4 connection frame (M2) to the counterweight frame (M1) and the strand 2 strand 4 main frame (M3) using the following method:

- 2 x Hexagon socket Cylindrical head screws (M4)
- 6 x Hexagon socket Cylindrical head screws (M5)
- 8 x Spring washers (M6)
- 4 x Hexagon socket Cylindrical head screws CM
- 8 x Hexagonal self-locking nuts (M9)
- 14 x Flat washers (M8)

Step 3: Install the two counterweight frame foot (M12) to the counterweight frame (M1)
Install three flat oval foot pads (M13) to strand 2 strand 4 main frame (M3)

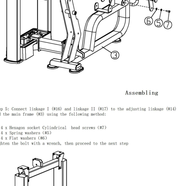


Assembling

Step 4: Connect the adjusting linkage (M14) and adjusting linkage plate (M15)
to the strand 2 strand 4 main frame (M3) using the following method:

- 2 x Hexagon socket Cylindrical head screws (M7)
- 2 x Spring washers (M6)
- 2 x Flat washers (M8)

Tighten the bolt with a wrench, then proceed to the next step

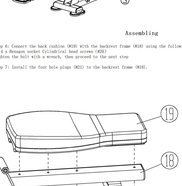


Assembling

Step 5: Connect linkage I (M16) and linkage II (M17) to the adjusting linkage (M14)
and the main frame (M3) using the following method:

- 6 x Hexagon socket Cylindrical head screws (M7)
- 6 x Spring washers (M6)
- 6 x Flat washers (M8)

Tighten the bolt with a wrench, then proceed to the next step

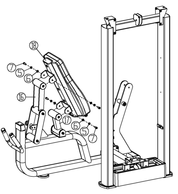


Assembling

Step 6: Connect the back cushion (M18) with the backrest frame (M19) using the following method:
- 4 x Hexagon socket Cylindrical head screws (M20)

Tighten the bolt with a wrench, then proceed to the next step

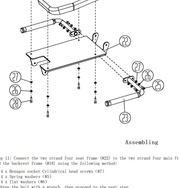
Step 7: Install the four hole plugs (M21) to the backrest frame (M19).



Assembling

Step 8: Connect the backrest frame (M19) to the linkage I (M16) and linkage II (M17) using the following method:
- 4 x Hexagon socket Cylindrical head screws (M7)
- 4 x Spring washers (M6)
- 4 x Flat washers (M8)

Tighten the bolt with a wrench, then proceed to the next step



Assembling

Step 9: Connect the armrests (M22) with the two-strand four-seat frame (M23) using the following method:
- 4 x Hexagon socket Cylindrical head screws (M22)
- 4 x Spring washers (M26)
- 4 x Flat washers (M27)

Tighten the bolt with a wrench, then proceed to the next step

Step 10: Connect the cushion (M24) with the two-stranded four-stranded seat frame (M23) using the following method:
- 4 x Hexagon socket Cylindrical head screws (M28)
- 4 x Spring washers (M26)
- 4 x Flat washers (M27)

Tighten the bolt with a wrench, then proceed to the next step

Assembling

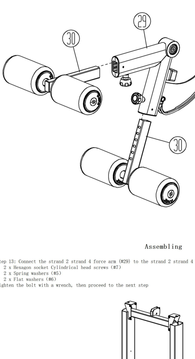
Step 11: Connect the two strand four seat frame (M23) to the two strand four main frame (M3)
and the backrest frame (M19) using the following method:

- 8 x Hexagon socket Cylindrical head screws (M7)
- 8 x Spring washers (M6)
- 8 x Flat washers (M8)

Tighten the bolt with a wrench, then proceed to the next step

Assembling

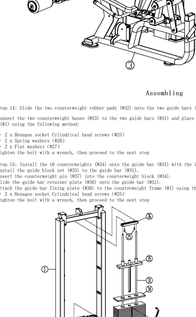
Step 12: Connect the two *femur-two-strand-four* hook leg braces (K030) to the *femur-two-strand-four* force arms (K029).



Assembling

Step 13: Connect the strand 2 strand 4 force arm (K29) to the strand 2 strand 4 main frame (K3) using the following method:
- 2 x Hexagon socket Cylindrical head screws (M25)
- 2 x Spring washers (M5)
- 2 x Flat washers (M6)

Tighten the bolt with a wrench, then proceed to the next step



Assembling

Step 14: Slide the two counterweight rubber pads (K32) onto the two guide bars (K31).

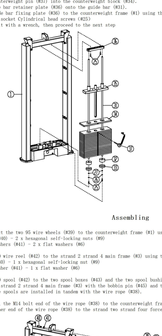
Connect the two counterweight bases (K33) to the two guide bars (K31) and place them in the counterweight frame (K1) using the following method:

- 2 x Hexagon socket Cylindrical head screws (M25)
- 2 x Spring washers (M5)
- 2 x Flat washers (M27)

Tighten the bolt with a wrench, then proceed to the next step

Step 15: Install the 16 counterweights (K34) onto the guide bar (K31) with the isolation tabs facing up
Install the retainer block (K36) onto the guide bar (K31).
Insert the counterweight pin (K37) into the counterweight block (K36).
Slide the guide bar retainer plate (K36) onto the guide bar (K31).
Attach the guide bar fixing plate (K36) to the counterweight frame (K1) using the following method:
- 2 x Hexagon socket Cylindrical head screws (M25)

Tighten the bolt with a wrench, then proceed to the next step



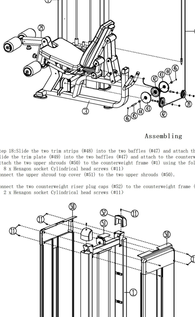
Assembling

Step 16: Connect the two 90 wire wheels (K39) to the counterweight *frame* (K1) using the following method:
- 2 x spool (K40) - 2 x hexagonal self-locking nuts (M9)
- 2 x flat washers (M43) - 2 x flat washers (M6)

Connect the 120 wire reel (K42) to the strand 2 strand 4 main frame (K3) using the following method:
- 1 x spool (K40) - 1 x hexagonal self-locking nut (M9)
- 1 x flat washer (M43) - 1 x flat washer (M6)

Connect the 120 spool (K42) to the two spool hoses (K42) and the two spool bushings (K44).
Connect to the strand 2 strand 4 main frame (K3) with the bobbin pin (K43) and two outer clips (K46).
Note that these spools are installed in tandem with the wire rope (K38).

Step 17:Connect the M14 bolt end of the wire rope (K38) to the counterweight frame (K1).
Connect the other end of the wire rope (K38) to the strand two *strand four force arm* (K29).

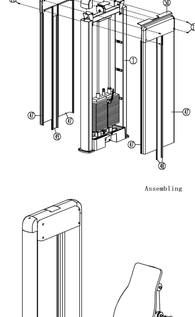


Assembling

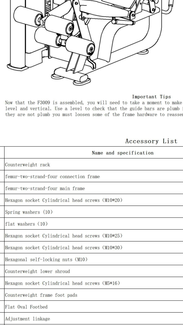
Step 18:Slide the two trim strips (K48) into the two baffles (K47) and attach them to the counterweight frame (K1) using the baffle pre
Slide the trim plate (K48) into the two baffles (K47) and attach to the counterweight frame (K1) using the baffle pressure plate.
Attach the two upper shrouds (K50) to the counterweight frame (K1) using the following method:
- 8 x Hexagon socket Cylindrical head screws (M11)

Connect the upper *shroud* top cover (K51) to the two upper shrouds (K50).

Connect the two counterweight river plug caps (K52) to the counterweight frame (K1) using the following
- 2 x Hexagon socket Cylindrical head screws (M11)



Assembling



Important Tips

Now that the P3000 is assembled, you will need to take a moment to make sure your unit is level and vertical. Use a level to check that the guide bars are plumb in both directions. If they are not plumb you must loosen some of the frame hardware to reassemble and tighten the

Accessory List

NO	Name and specification	Quantity
1	Counterweight rack	1
2	*femur-two-strand-four* connection frame	1
3	*femur-two-strand-four* main frame	1
4	Hexagon socket Cylindrical head screws (M10M20)	2
5	Spring washers (10)	22
6	flat washers (10)	33
7	Hexagon socket Cylindrical head screws (M10M25)	20
8	Hexagon socket Cylindrical head screws (M10M30)	4
9	Hexagonal self-locking nuts (M10)	7
10	Counterweight lower shroud	1
11	Hexagon socket Cylindrical head screws (M5M15)	12
12	Counterweight frame foot pads	2
13	Flat Oval Footbed	3
14	Adjustment linkage	1
15	Adjustment linkage plate	1
16	linkage part1	1
17	Linkage part11	1
18	Backrest frame	1
19	Back Pad	1
20	Hexagon socket Cylindrical head screws (M8M40)	4
21	Hole Plug	4

Accessory List

NO	Name and specification	Quantity
22	*femur-two-strand-four* seat frame	1
23	Handrail	2
24	Cushion	1
25	Hexagon socket Cylindrical head screws (M8M25)	4
26	Spring washers (8)	8
27	Flat washers (8)	8
28	Hexagon socket Cylindrical head screws (M8M30)	4
29	*femur-two-strand-four* force arm	1
30	*femur-two-strand-four* Leg brace	2
31	Universal counterweight guide bar	2
32	Counterweight rubber pad	2
33	Counterweight stand base	2
34	Counterweight block	16
35	Guide block set	1
36	Guide bar fixing plate	1
37	Counterweight pins	1
38	*femur-two-strand-four* cables	1
39	90 Wire Wheel	2
40	Wire spool-32	3
41	Flat washers	3
42	120 wire wheels	2

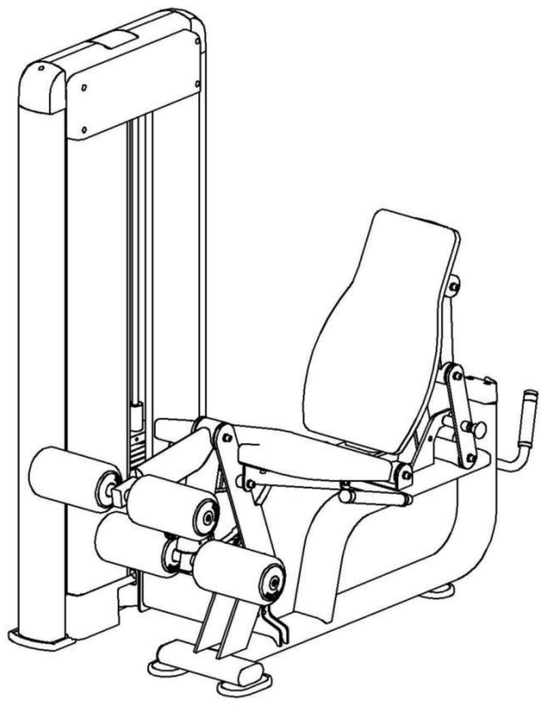
Accessory List

No.	Name and specification	Quantity
43	Wire wheel box	2
44	Wire wheel bushing	2
45	Spool pins	1
46	External card (12)	2
47	Baffle	4
48	Counterweight source decorative strip	2
49	Counterweight source decorative plate	1
50	Counterweight upper shield	2
51	Upper shroud top cover	1
52	Counterweight river plug cover	2

Note: Pre-assembled parts are not listed in this table.

55A09 Installation Guide

Leg Extension / Lying Leg Curl



Catalogue

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Brief

Please take the time to read these instructions carefully before installation. Please refer to the list in the manual to confirm the completeness and quantity of all parts (if any parts are missing or damaged in transit, please call our company immediately for after-sales instructions) When installing the equipment, please follow the instructions for proper installation.

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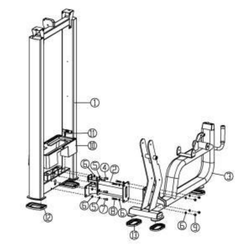
Tools	Rubber Rod
	Level Ruler
	Hexagonal wrench
	Spring Clamp
	Adjustable wrench

Note: When assembling, it is recommended that two or more people operate

Installation

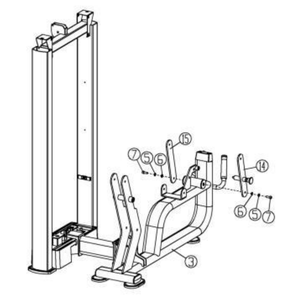
Step 1: Connect the counterweight lower shield (#10) to the counterweight frame (#1) using the following method:
- 2 x Hexagon socket Cylindrical head screws (#11)

Step 2: Connect the strand 2 strand 4 connection frame (#2) to the counterweight frame (#1) and the strand 2 strand 4 main frame (#3) using the following method:
- 2 x Hexagon socket Cylindrical head screws (#4)
- 4 x Hexagon socket Cylindrical head screws (#7)
- 4 x Hexagon socket Cylindrical head screws (#8)
- 4 x Hexagonal self-locking nuts (#9)
- 6 x Spring washers (#5)
- 14 x Flat washers (#6)



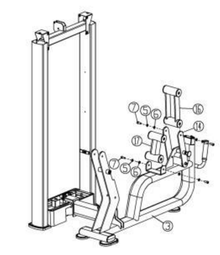
Step 3: Install the two counterweight frame feet (#12) to the counterweight frame (#1)
Install three flat oval foot pads (#13) to strand 2 strand 4 main frame (#3)

Step 4: Connect the adjusting linkage (#14) and adjusting linkage plate (#15) to the strand 2 strand 4 main frame (#3) using the following method:
- 2 x Hexagon socket Cylindrical head screws (#7)
- 2 x Spring washers (#5)
- 2 x Flat washers (#6)



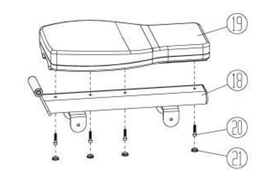
Tighten the bolt with a wrench, then proceed to the next step

Step 5: Connect linkage I (#16) and linkage II (#17) to the adjusting linkage (#14) and the main frame (#3) using the following method:
- 4 x Hexagon socket Cylindrical head screws (#7)
- 4 x Spring washers (#5)
- 4 x Flat washers (#6)



Tighten the bolt with a wrench, then proceed to the next step

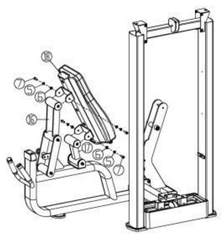
Step 6: Connect the back cushion (#19) with the backrest frame (#18) using the following method:
- 4 x Hexagon socket Cylindrical head screws (#20)



Tighten the bolt with a wrench, then proceed to the next step
Step 7: Install the four hole plugs (#21) to the backrest frame (#18).

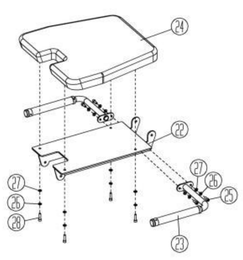
Installation

Step 8: Connect the backrest frame (#18) to the linkage I (#16) and linkage II (#17) using the following method:
- 4 x Hexagon socket Cylindrical head screws (#7)
- 4 x Spring washers (#5)
- 4 x Flat washers (#6)



Tighten the bolt with a wrench, then proceed to the next step

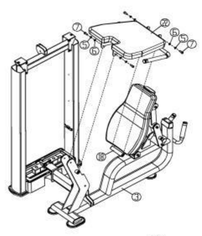
Step 9: Connect the armrests (#23) with the two-strand four-seat frame (#22) using the following method:
- 4 x Hexagon socket Cylindrical head screws (#25)
- 4 x Spring washers (#26)
- 4 xflat washers (#27)



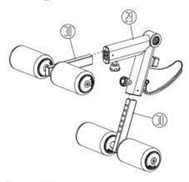
Tighten the bolt with a wrench, then proceed to the next step
Step 10: Connect the cushion (#24) with the two-stranded four-stranded seat frame (#22) using the following method:
- 4 x Hexagon socket Cylindrical head screws (#28)
- 4 x Spring washers (#26)
- 4 x flat washers (#27)

Tighten the bolt with a wrench, then proceed to the next step

Step 11: Connect the two strand four seat frame (#22) to the two strand four main frame (#3) and the backrest frame (#18) using the following method:
- 4 x Hexagon socket Cylindrical head screws (#7)
- 4 x Spring washers (#5)
- 4 x flat washers (#6)

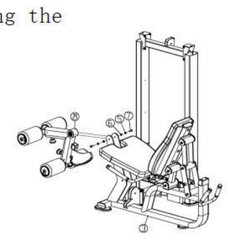


Tighten the bolt with a wrench, then proceed to the next step



Step 12: Connect the two femur-two-strand-four hook leg braces (#30) to the femur-two-strand-four force arms (#29).

Step 13: Connect the strand 2 strand 4 force arm (#29) to the strand 2 strand 4 main frame (#3) using the following method:
- 2 x Hexagon socket Cylindrical head screws (#7)
- 2 x Spring washers (#5)
- 2 x Flat washers (#6)

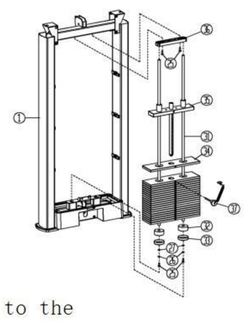


Tighten the bolt with a wrench, then proceed to the next step

Installation

Step 14: Slide the two counterweight rubber pads (#32) onto the two guide bars (#31).
Connect the two counterweight bases (#33) to the two guide bars (#31) and place them in the counterweight frame (#1) using the following method:
- 2 x Hexagon socket Cylindrical head screws (#25)
- 2 x Spring washers (#26)
- 2 x Flat washers (#27)

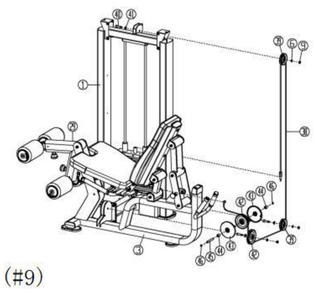
Tighten the bolt with a wrench, then proceed to the next step
Step 15: Install the 16 counterweights (#34) onto the guide bar (#31) with the isolation tabs facing up.



Install the guide block set (#35) to the guide bar (#31).
Insert the counterweight pin (#37) into the counterweight block (#34).
Slide the guide bar retainer plate (#36) onto the guide bar (#31).
Attach the guide bar fixing plate (#36) to the counterweight frame (#1) using the following method:
- 2 x Hexagon socket Cylindrical head screws (#25)

Tighten the bolt with a wrench, then proceed to the next step

Step 16: Connect the two 95 wire wheels (#39) to the counterweight frame (#1) using the following method:
- 2 x spool (#40)
- 2 x hexagonal self-locking nuts (#9)
- 2 x flat washers (#41)
- 2 x flat washers (#6)

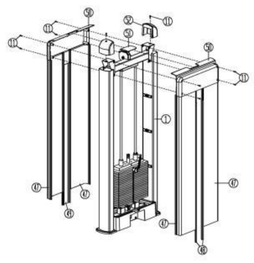


Connect the 120 wire reel (#42) to the strand 2 strand 4 main frame (#3) using the following method:
- 1 x spool (#40)
- 1 x hexagonal self-locking nut (#9)
- 1 x flat washer (#41)
- 1 x flat washer (#6)

Connect the 120 spool (#42) to the two spool boxes (#43) and the two spool bushings (#44).
Connect to the strand 2 strand 4 main frame (#3) with the bobbin pin (#45) and two outer clips (#46).
Note that these spools are installed in tandem with the wire rope (#38).
Step 17:Connect the M14 bolt end of the wire rope (#38) to the counterweight frame (#1).
Connect the other end of the wire rope (#38) to the strand two strand four force arm (#29).
Step 18:Slide the two trim strips (#48) into the two baffles (#47) and attach them to the counterweight frame (#1) using the baffle pressure plate.

Installation

Slide the trim plate (#49) into the two baffles (#47) and attach to the counterweight frame (#1) using the baffle pressure plate.
Attach the two upper shrouds (#50) to the counterweight frame (#1) using the following method:
- 8 x Hexagon socket Cylindrical head screws (#11)



Connect the upper shroud top cover (#51) to the two upper shrouds (#50).
Connect the two counterweight riser plug caps (#52) to the counterweight frame (#1) using the following method:
- 2 x Hexagon socket Cylindrical head screws (#11)

Important Tips

Now that the Biceps / quadriceps trainer is assembled, you need to take some time to make sure your unit is horizontal and vertical.

Accessories List

NO.	Name	QTY	NO.	Name	QTY
1	Counterweight rack	1	27	Flat washers (8)	8
2	emur-two-strand-four connection fram	1	28	Hexagon socket Cylindrical head screws (M8*30)	4
3	femur-two-strand-four main frame	1	29	femur-two-strand-four force arm	1
4	Hexagon socket Cylindrical head screws (M10*20)	2	30	femur-two-strand-four Leg brace	2
5	Spring washers (10)	22	31	Universal counterweight guide bar	2
6	flat washers (10)	33	32	Counterweight rubber pad	2
7	Hexagon socket Cylindrical head screws (M10*25)	20	33	Counterweight stand base	2
8	Hexagon socket Cylindrical head screws (M10*30)	4	34	Counterweight block	16
9	Hexagonal self-locking nuts (M10)	7	35	Guide block set	1
10	Counterweight lower shroud	1	36	Guide bar fixing plate	1
11	Hexagon socket Cylindrical head screws (M5*16)	12	37	Counterweight pins	1
12	Counterweight frame foot pads	2	38	femur-two-strand-four cables	1
13	Flat Oval Footbed	3	39	95 Wire Wheel	2
14	Adjustment linkage	1	40	Wire spool-32	3
15	Adjustment linkage plate	1	41	Flat washers	3
16	Linkage partsI	1	42	120 wire wheels	2
17	Linkage partsII	1	43	Wire wheel box	2
18	Backrest frame	1	44	Wire wheel bushing	2
19	Back Pad	1	45	Spool pins	1
20	Hexagon socket Cylindrical head screws (M5*40)	4	46	External card (12)	2
21	Hole Plug	4	47	Baffle	4
22	femur-two-strand-four seat frame	1	48	Counterweight source decorative strip	2
23	Handrail	2	49	Counterweight source decorative plate	1
24	Cushion	1	50	Counterweight upper shield	2
25	Hexagon socket Cylindrical head screws (M5*20)	4	51	Upper shroud top cover	1
26	Spring washers (8)	8	52	Counterweight riser plug cover	2

NOTE: Pre-assembled parts are not listed in this table.