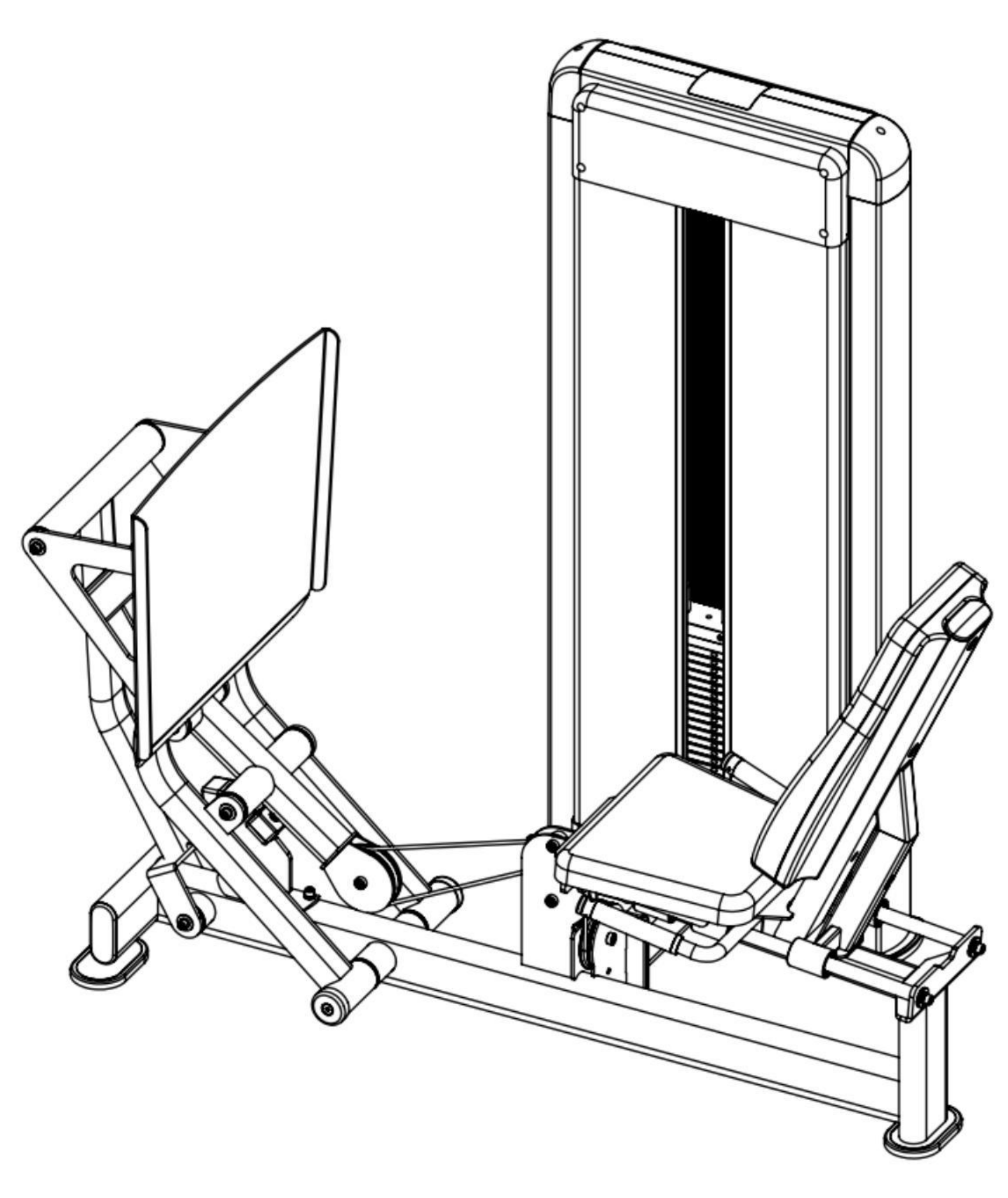
55A11 Installation Guide

Leg Press / Calf



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Introduction

Please take some time to read this instruction carefully before installation. Please refer to the lists in the instruction manual to confirm the integrity and quantity of all parts (if any part is missing or damaged during transportation, please call our company for after-sales immediately). When installing, please follow Instructions for proper installation of equipment.

This device is designed to provide the smoothest and most efficient workout possible. After installation, you need to understand all the functions to use it correctly. If you find any problems during use, you should stop using it immediately to avoid bodily injury and equipment damage. And timely refer to the relevant instructions to check the reasons, if you can't solve it, please call our after-sales service. After reading all the instructions carefully, please continue :

Tool	Rubber Stick
	Level
	Allen Wrench
	Circlip Plier
	Adjustable Wrench

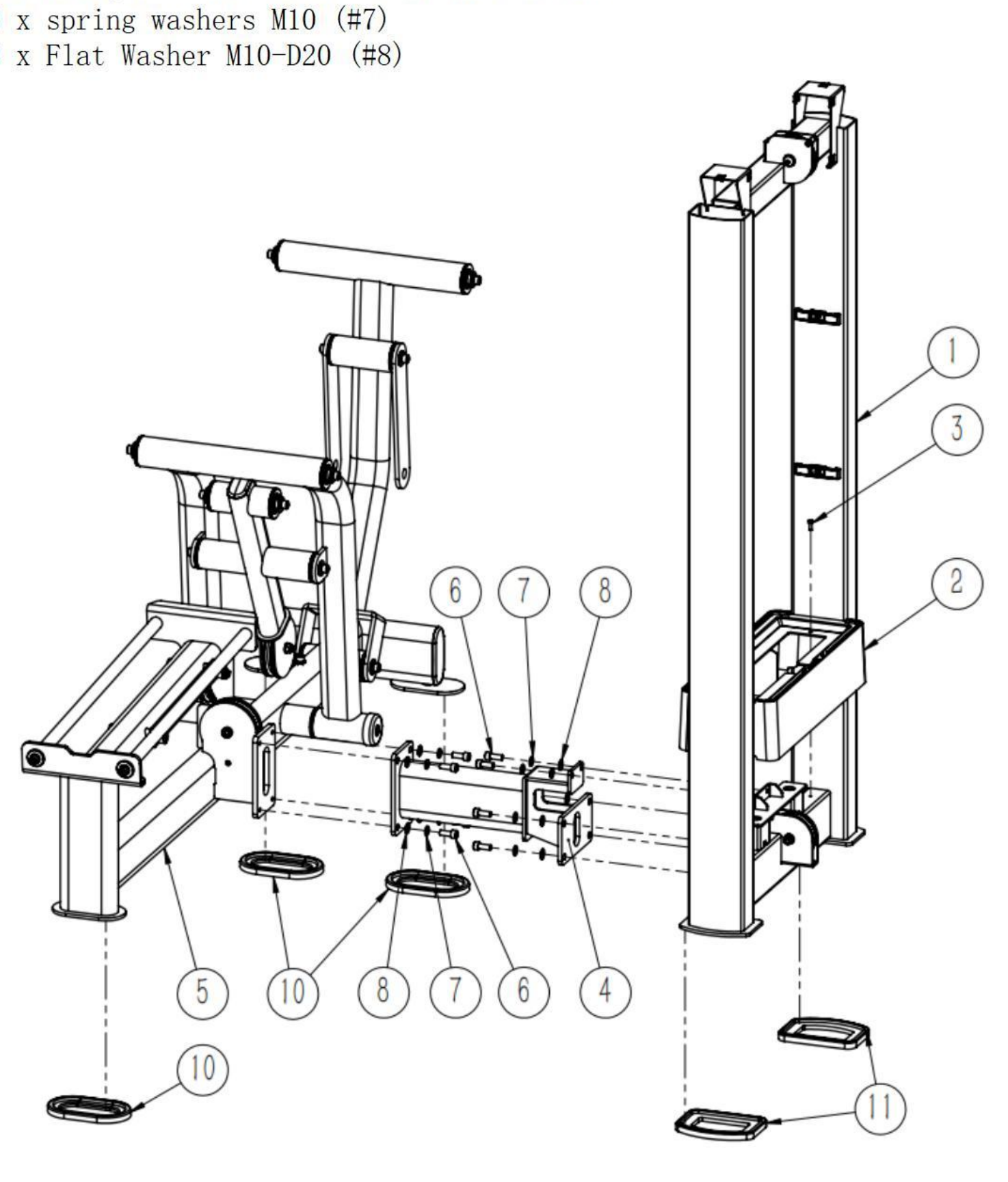
Attention: It is recommended that two or more personnel operate during assembly

Assembly

Step 1: Install the 2 weight rack feet (#11) to the weight rack (#1)
Install the 3 flat oval foot pads (#10) to the main frame assembly (#5)

Step 2: Connect the counterweight lower guard (#2) to the counterweight frame (#1) using the following method:
- 2 x hex socket head screws M5*16 (#3)

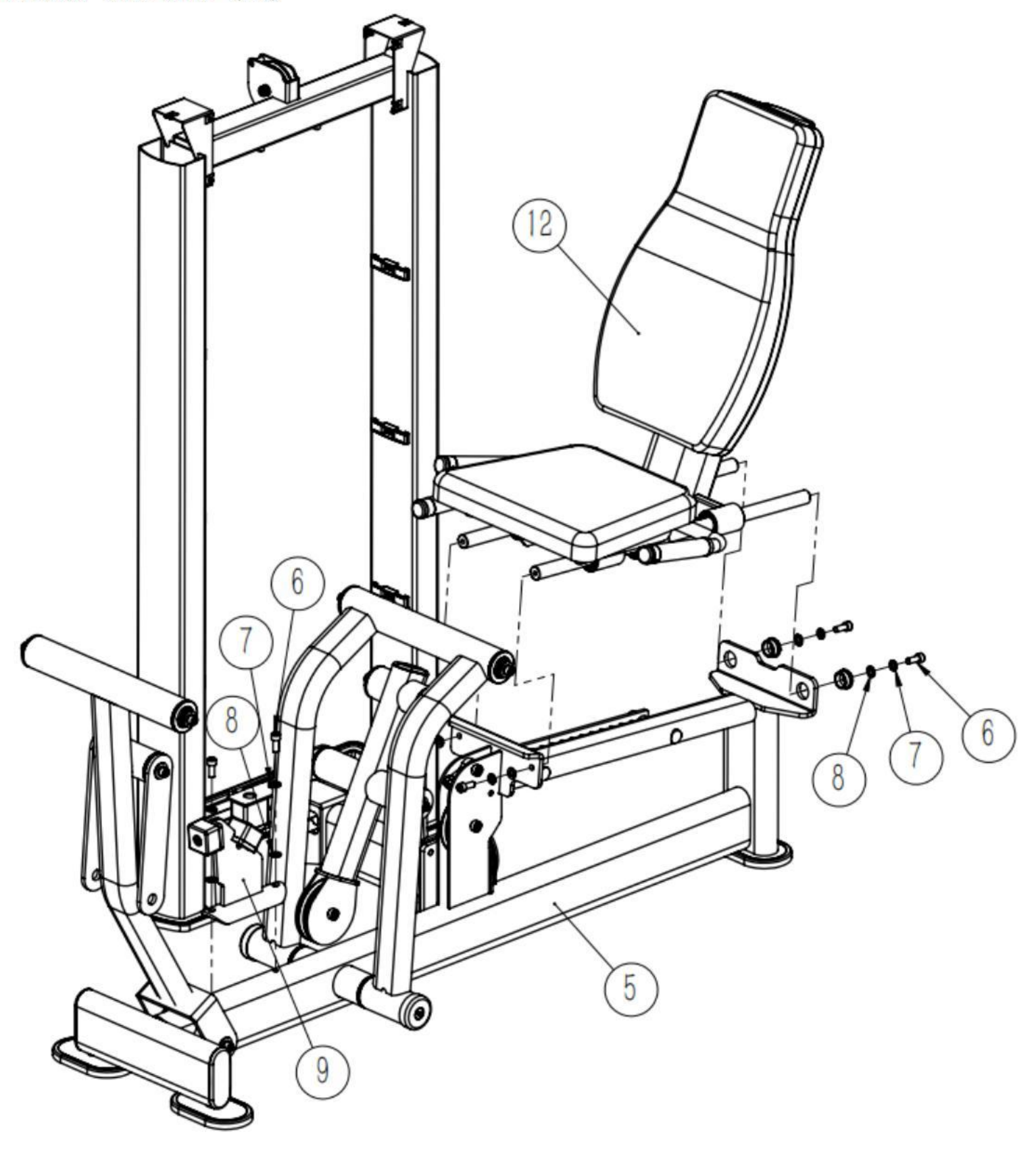
Step 3: Use the following method to connect the seat connecting frame I (#4), main frame assembly (#5) and counterweight frame (#1):
- 10 x hexagon socket head screws M10*25 (#6)
- 10 x spring washers M10 (#7)
- 10 x Flat Washer M10-D20 (#8)



Assembly

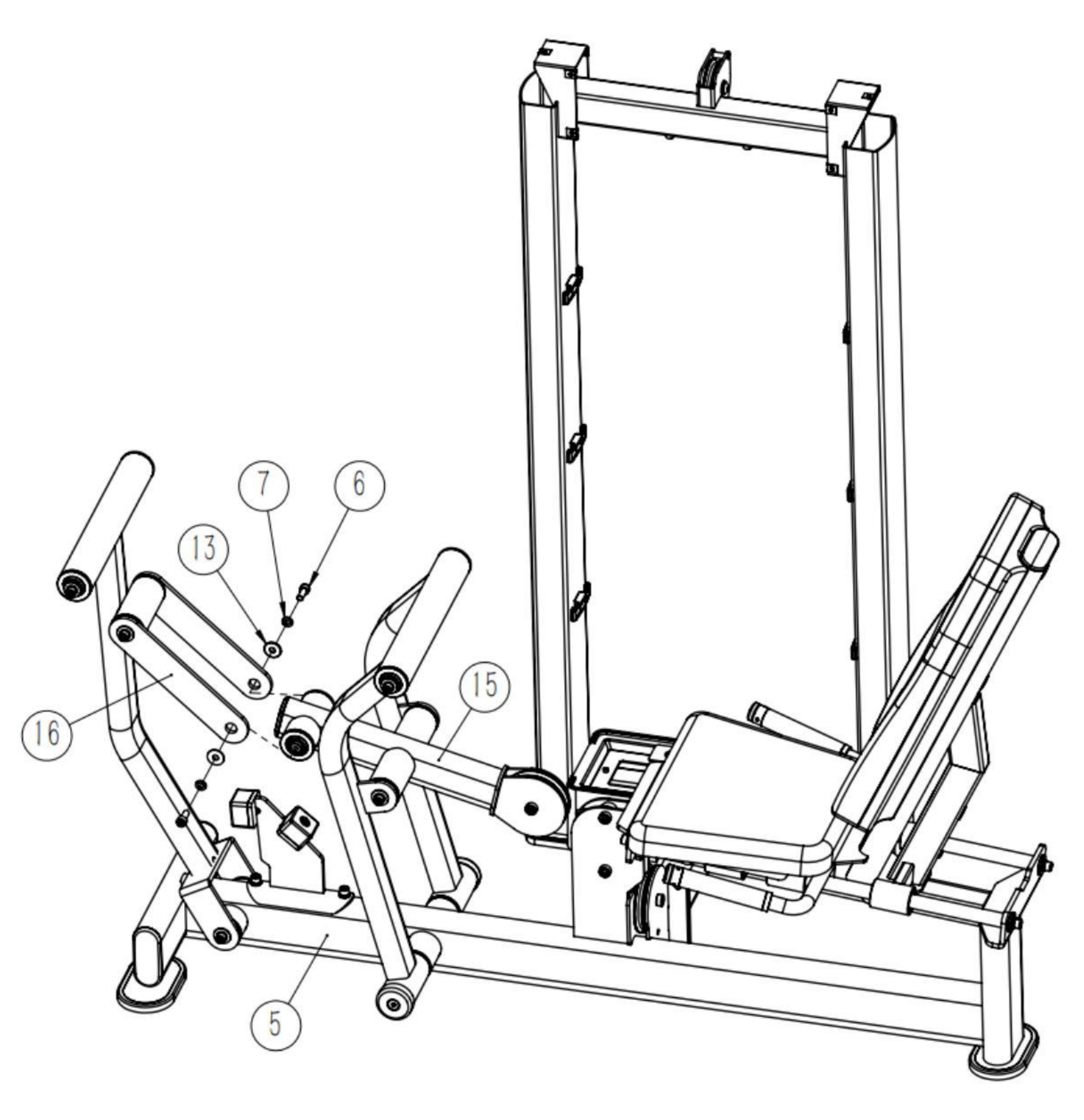
Step 4: Install the seat frame assembly (#12) to the main frame assembly (#5) using the following method:
- 4 x hexagon socket head screws M10*25 (#6)
- 4 x spring washers M10 (#7)
- 4 x flat washers M10-D20 (#8)

Step 5: Install the arm limit assembly (#9) to the main frame assembly (#5) using the following method:
- 2 x hexagon socket head screws M10*25 (#6)
- 2 x spring washers M10 (#7)
- 2 x Flat Washer M10-D20 (#8)



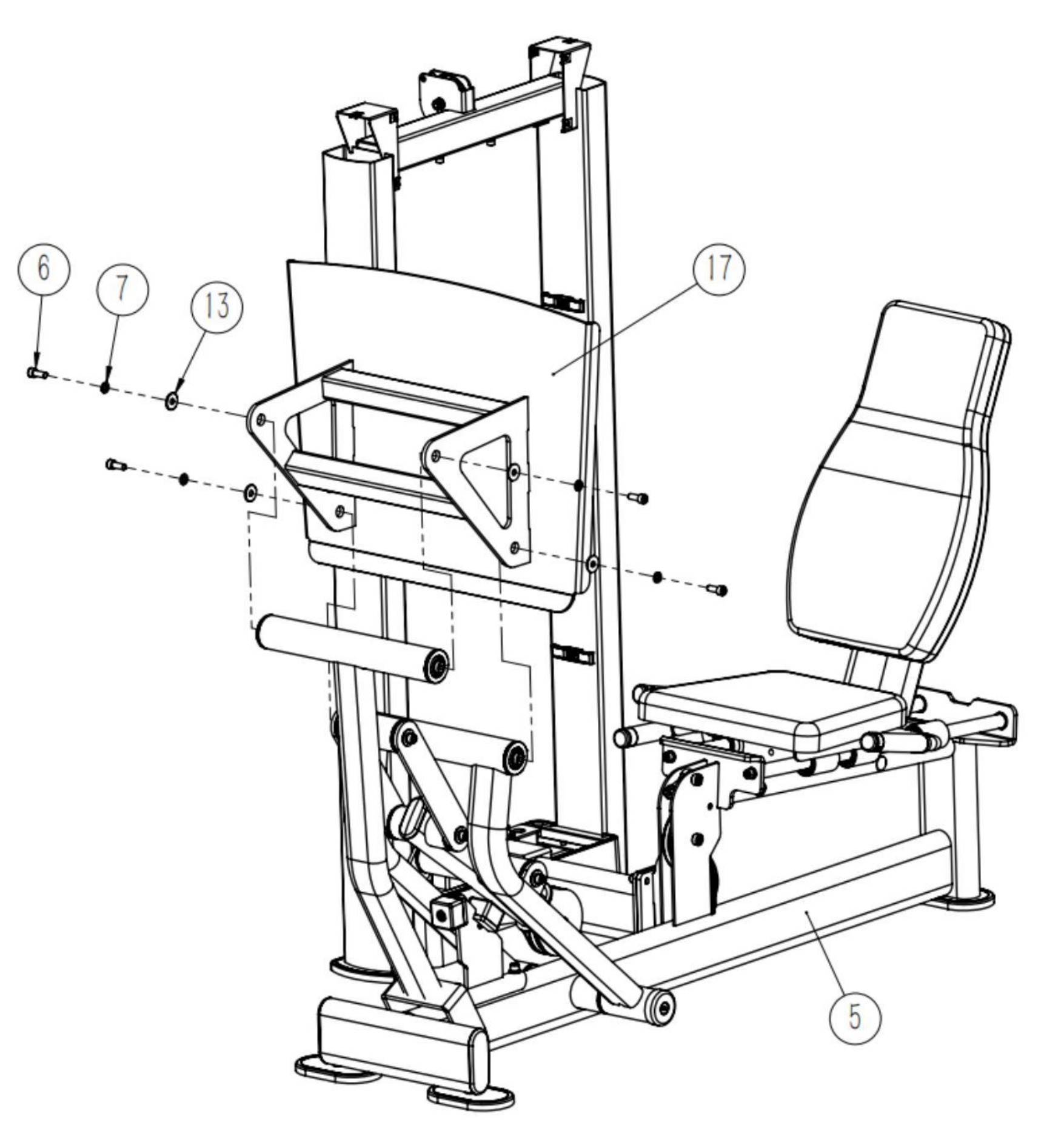
Assembly

Step 6: Use the following method to link the swing booster assembly (#15) pre-installed on the main frame assembly (#5) with the two lever arms
Attach the mounting plate (#16):
- 2 x hexagon socket head screws M10*25 (#6)
- 2 x spring washers M10 (#7)
- 2 x Flat Washer M10-D30 (#13)



Assembly

Step 7: Use the following method to connect the pedal frame assembly (#17) to the moment arm pre-installed on the main frame assembly (#5);
- 4 x hexagon socket head screws M10*25 (#6)
- 4 x spring washers M10 (#7)
- 4 x flat washers M10-D30 (#13)



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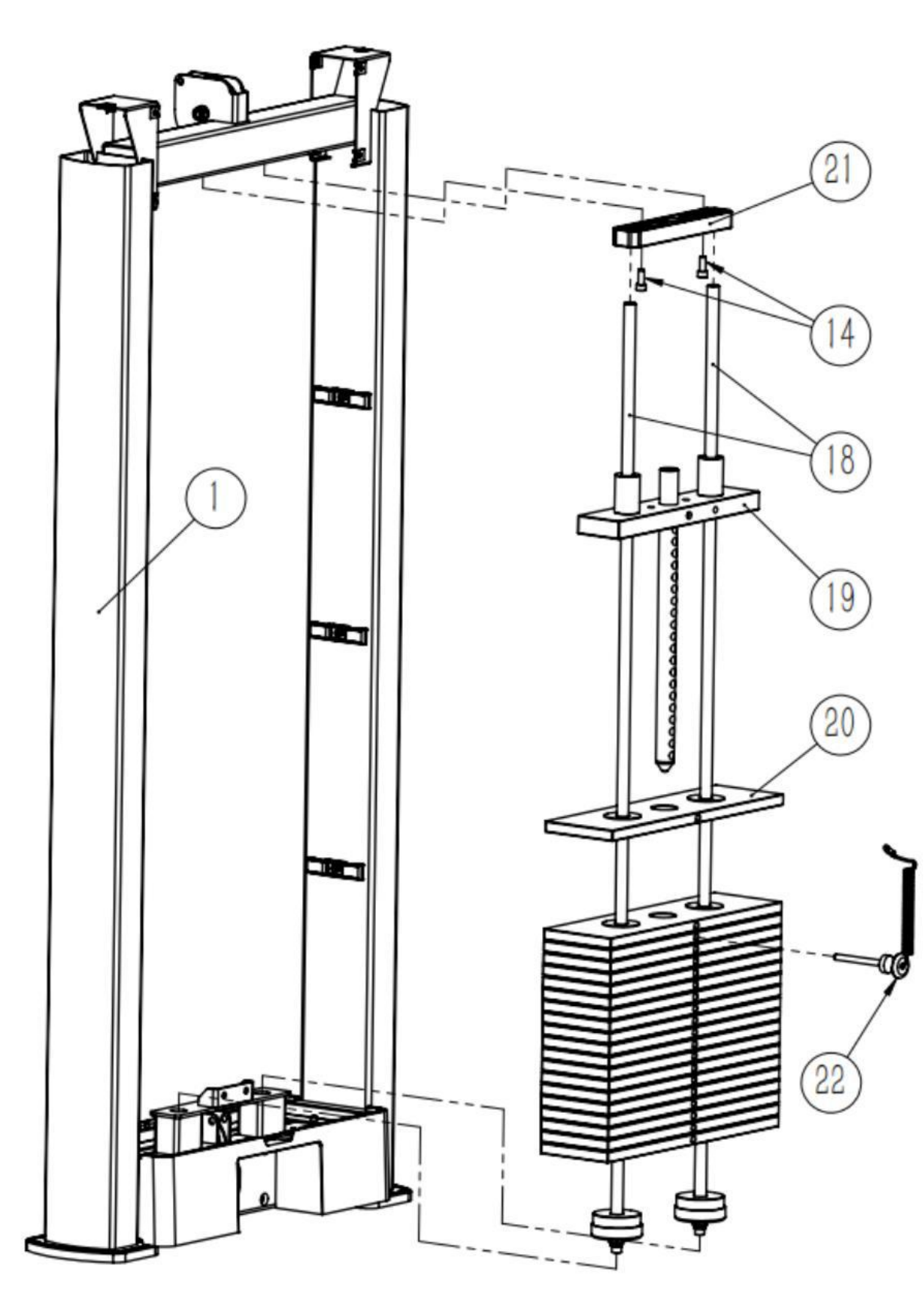
Step 8: Install the two pre-installed guide rod sets (#18) on the counterweight frame (#1).
Install the 18 counterweights (#25) onto the guide rod set (#18) with the spacer facing up.
Install the guide block set (#20) onto the guide rod set (#18).
Insert the weight pin (#22) into the weight (#20).
Install the guide rod fixing plate (#21) on the guide rod assembly (#18).
Fix the guide rod fixing plate by the following method (#21) installed to the counterweight frame (#1) 上:
- 2 x hex socket head screws M8*20 (#14)

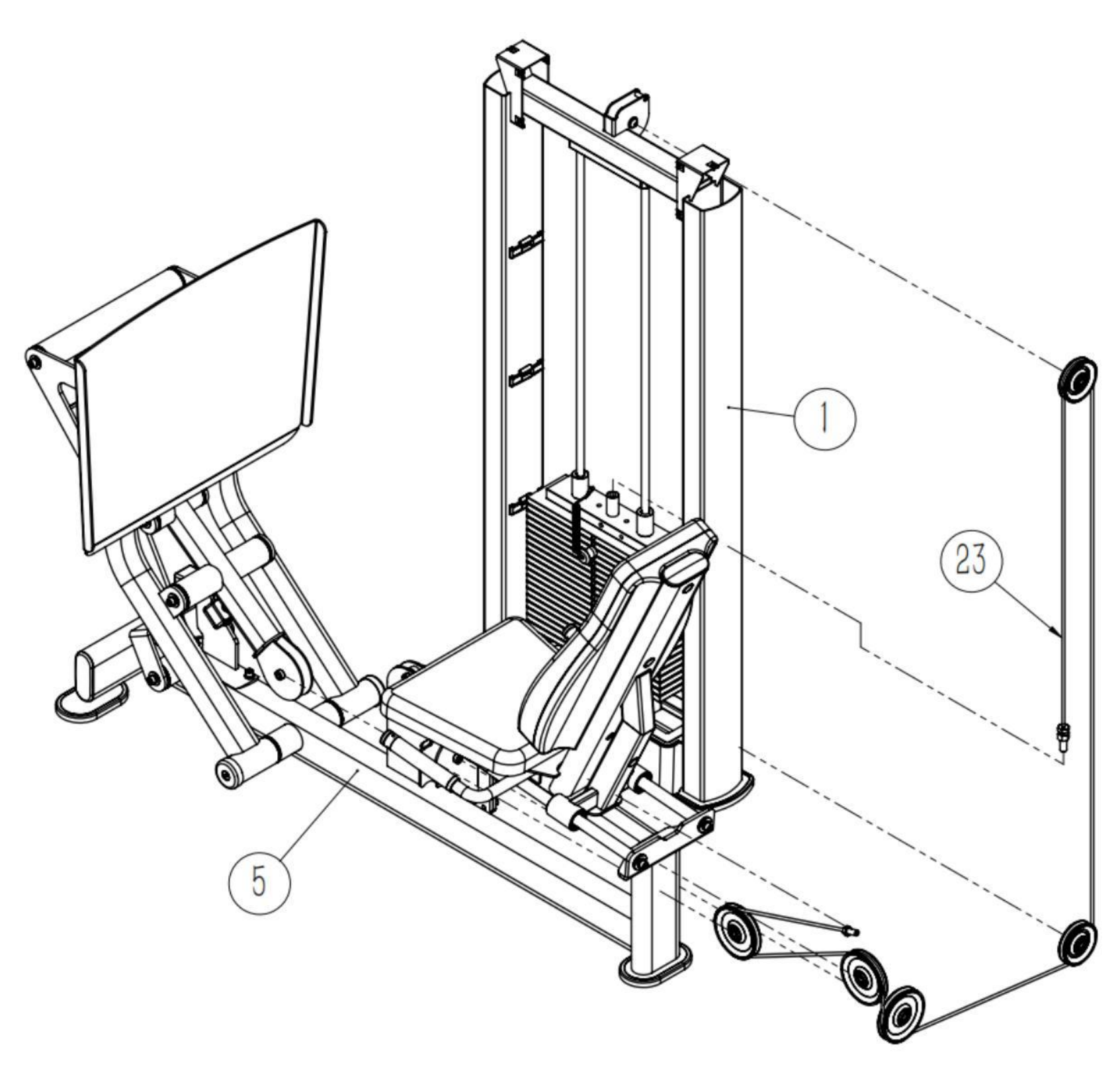
Wrench to tighten the bolt before proceeding to the next step



Assembly

Step 9: Thread the wire rope (#23) as shown in the picture. The pre-installed wire pulley needs to be disassembled and then reinstalled.
Note that these reels are installed simultaneously with the wire rope (#23), and the wire rope is installed through the counterweight latch

Step 10: Connect one end of the steel wire rope (#23) to the main frame assembly (#5) first, and then connect the other end to the counterweight frame (#1)

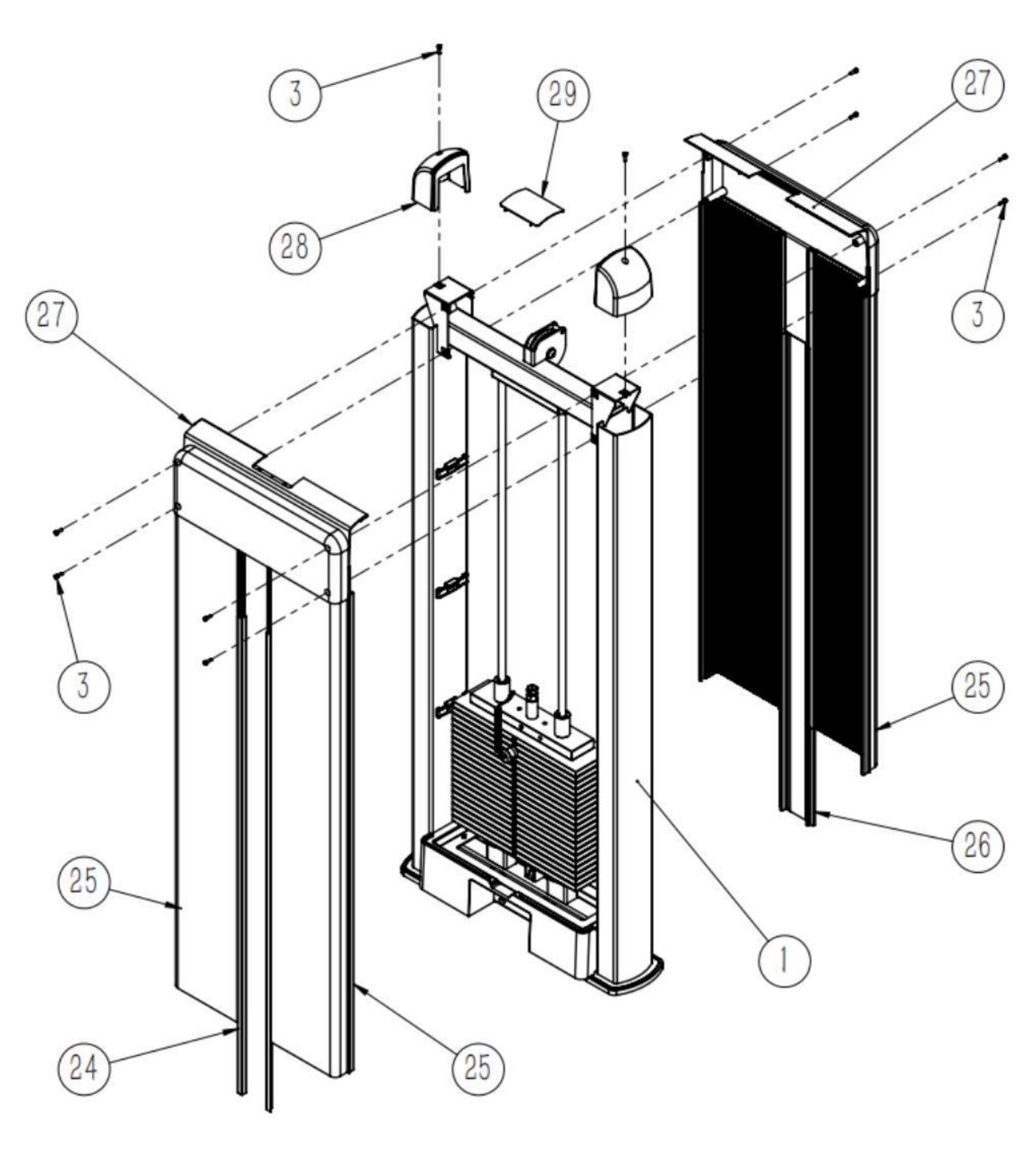


Assembly

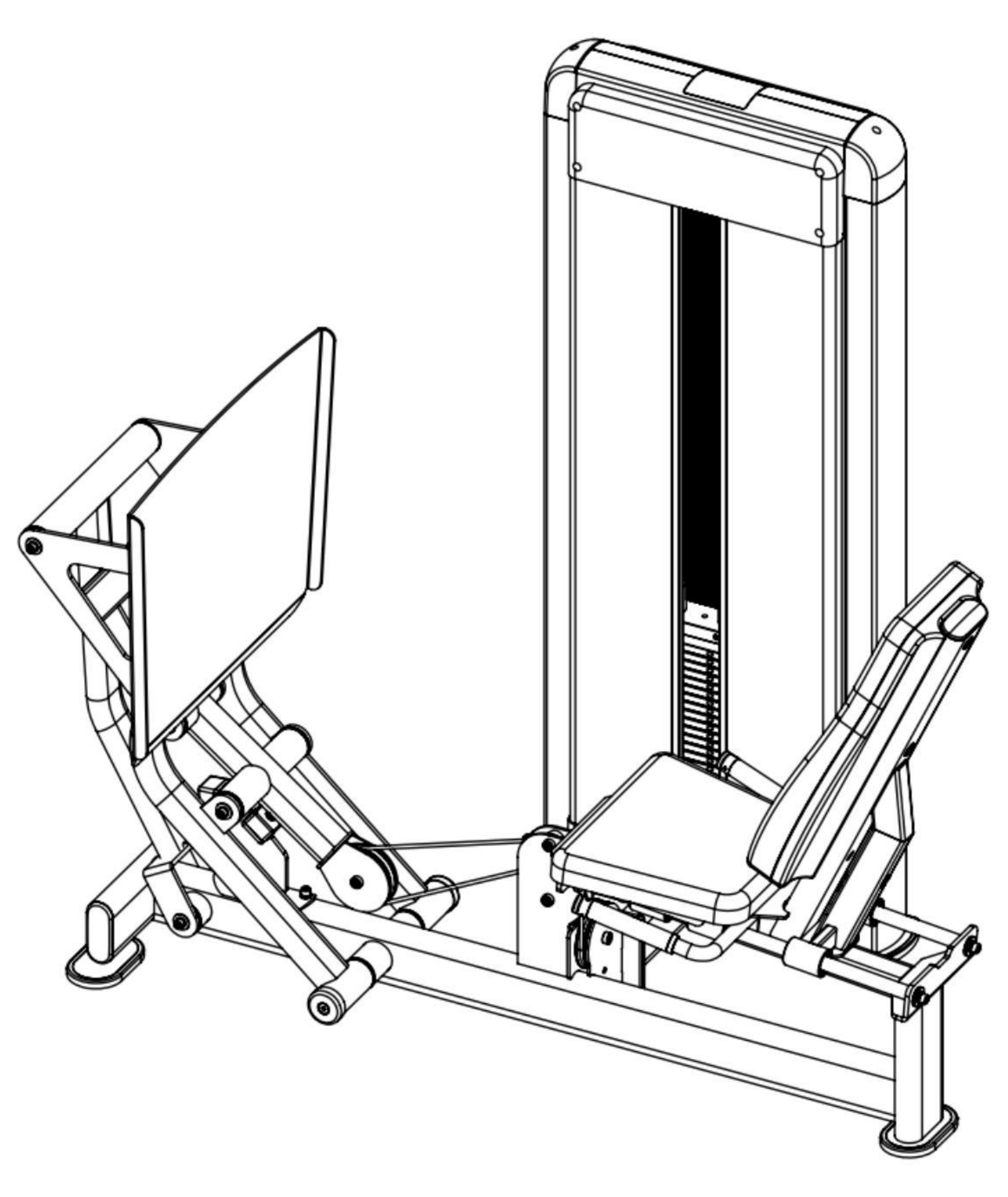
Step 11: Slide the two trim strips (#24) into the two fenders (#25) and attach to the weight rack (#1) using the fender clamps.
Slide the trim panel (#26) into both fenders (#25) and attach to the weight frame (#1) using the fender clamps.
Attach the two upper guards (#27) to the weight frame (#1) using the following methods:
- 8 x hex socket head screws M5*16 (#3)

Step 12: Attach the two counterweight riser plugs (#28) to the counterweight frame (#1) using the following
- 2 x Hexagon socket head screws M5*16 (#3)

Step 13: Fasten the upper cover (#29) and the upper cover (#27):



Assembly



Important hint

Now that the Leg Press/Seated Calf is assembled, you need to take a moment to make sure your unit is level and plumb. Use a level to check whether the guide rod is vertical in both directions.
Some frame hardware will have to be loosened to reassemble and bolts tightened if it is not plumb.

Part List

No.	Name and specification	Qty
1	Counterweight rack	1
2	Counterweight lower guard	1
3	Hexagon socket head screws (M5*16)	10
4	Seat and pedal connecting frame I	1
5	Main frame components (including movement arm)	1
9	Lift arm limit component	1
10	Flat oval foot pad	3
11	Weight rack foot pads	2
12	Seat frame components	1
15	Swing booster rod assembly	1
16	Lift arm linkage fixed plate	2
17	Footrest components	1
18	Guide rod group	2
19	guide block group	1
20	Counterweight	18
21	Guide rod fixing plate	1
22	Weight stack pin	1
23	Cable	1
24	decorative strips	2
25	Baffle	4
26	Decorative plates	1
27	upper shield	2
28	Counterweight riser plug	2
29	Top cover of upper guard	1

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