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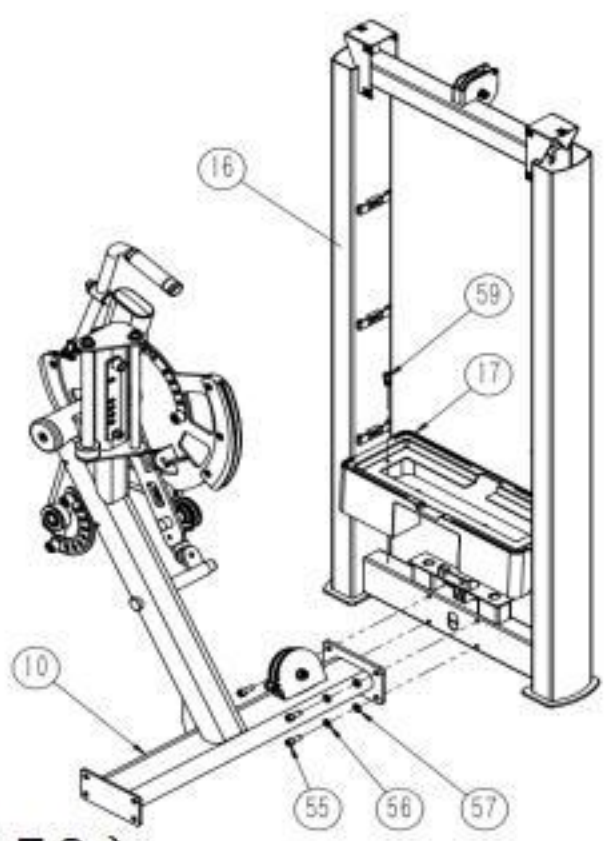
Installation 3

Accessories List 6

Installation

- 4×M10*25Hexagon socket cheese head screws (55)
- 4×M10spring washer (56)
- 4×M10flat washer (57)

Tighten the bolts with a wrench before proceeding to the next step



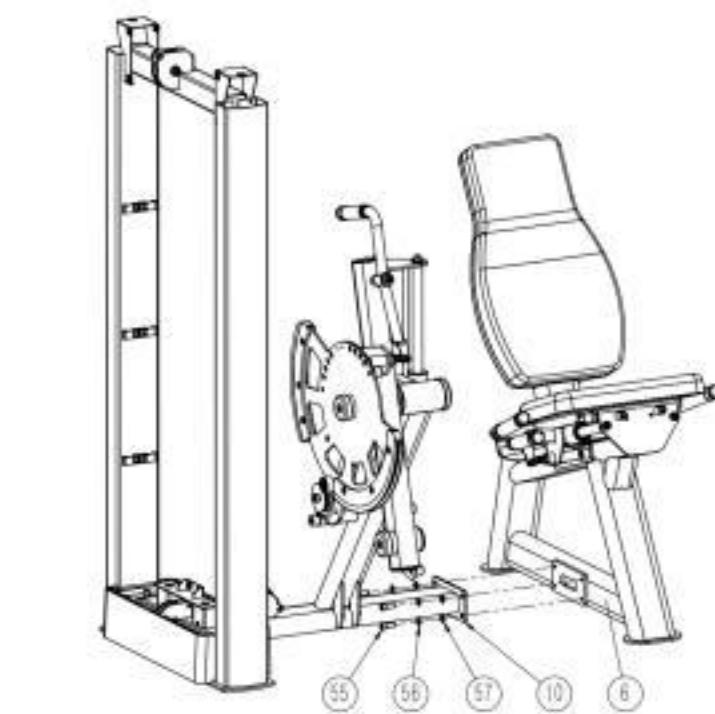
Step 7: Connect the counterweight lower shroud (17) to the counterweight frame (16) by.

- 2×M5*16Hexagon socket cheese head screws (59)

Step 8:Connect the connecting frame (10) to the side frames (6) using the following method:

- 4×M10*25Hexagon socket cheese head screws (55)
- 4×M10spring washer (56)
- 4×M10flat washer (57)

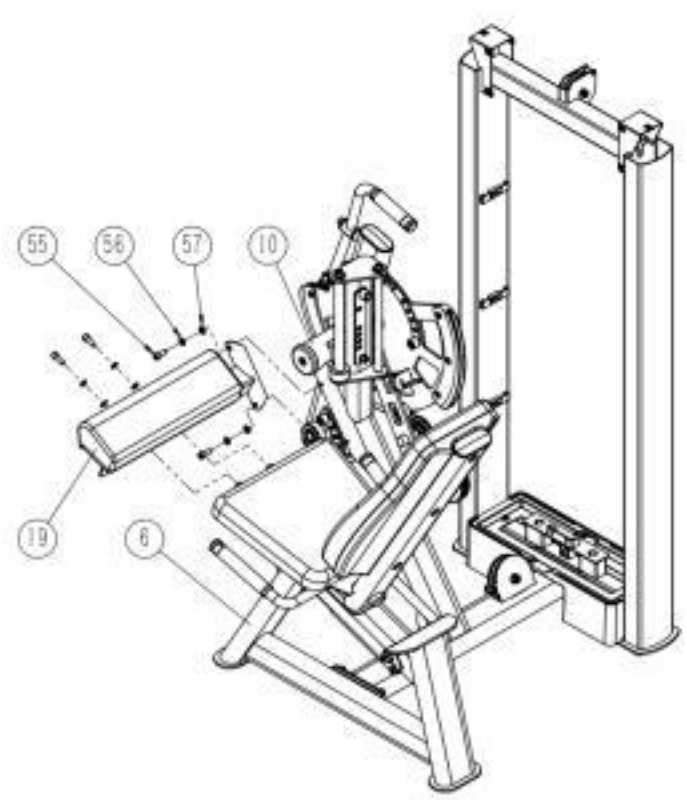
Tighten the bolts with a wrench before proceeding to the next step



Step 9:Connect the front connecting frame (19) to the connecting frame (10) and the side frame (6) using the following method:

- 4×M10*25Hexagon socket cheese head screws (55)
- 4×M10spring washer (56)
- 4×M10flat washer (57)

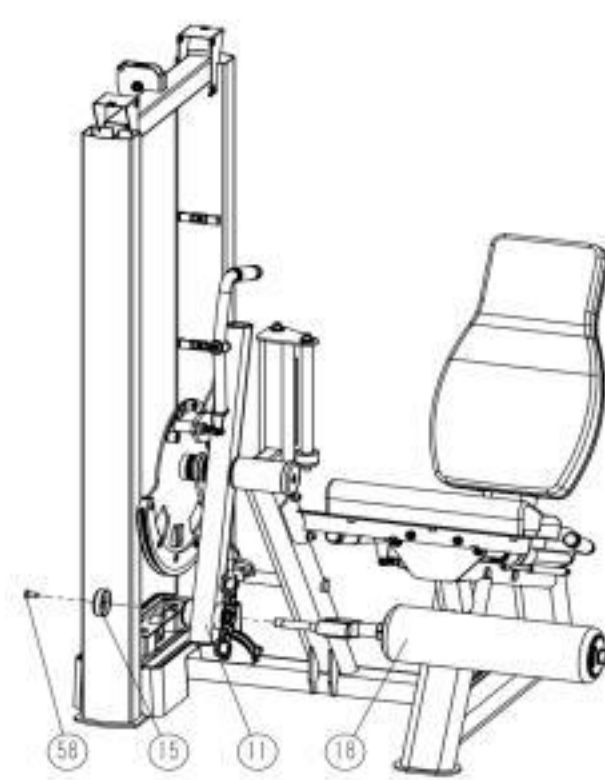
Tighten the bolts with a wrench before proceeding to the next step



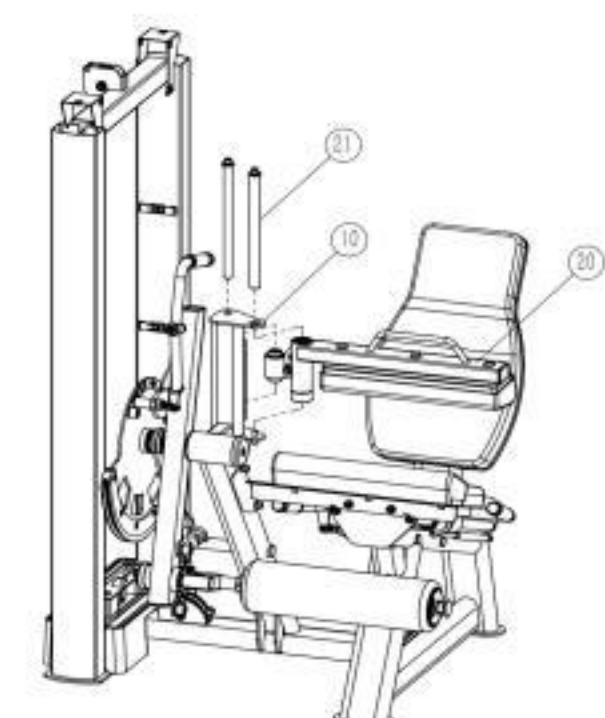
Step 10:Attach the round leather padded leg press frame (18) to the force arm (11) using the following method:

- 1×60aluminum cap (15)
- 1×M10*25Hexagon socket countersunk head cap screws (58)

Tighten the bolts with a wrench before proceeding to the next step



Step 11: Open the chute bar (21) which is pre-installed on the connecting frame (10) and re-install the presser leg pad (20) on the connecting frame (10) after threading it into the chute bar.



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

:

Rubber Stick

Level

Allen Wrench

Two People

Circlip Plier

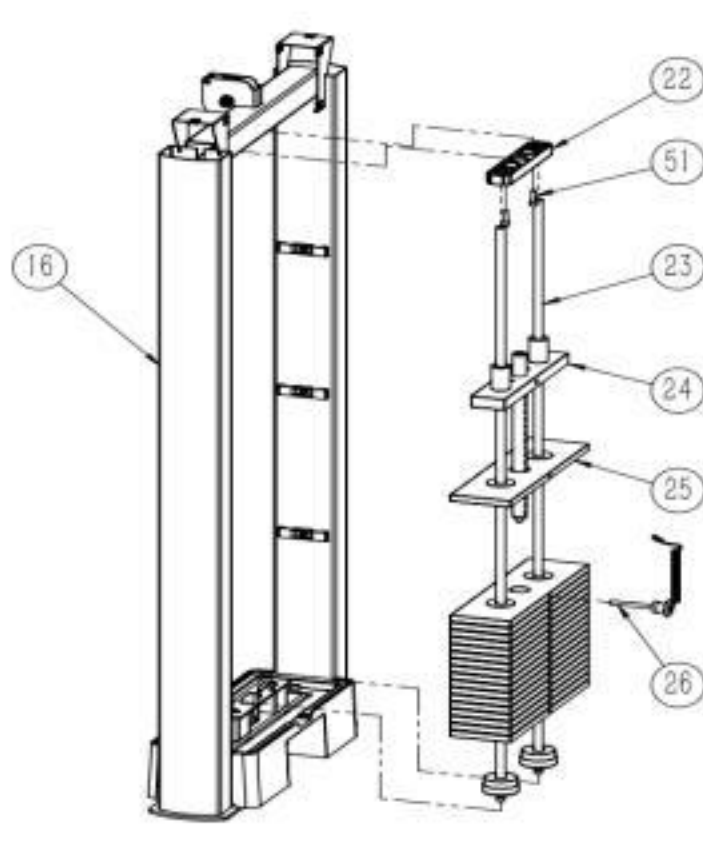
Adjustable Wrench

Installation

Step 12: Place the pre-installed guide bar assembly (23) inside the counterweight frame (16); Install the counterweight block (25) onto the guide bar (23) with the isolation tabs facing up;

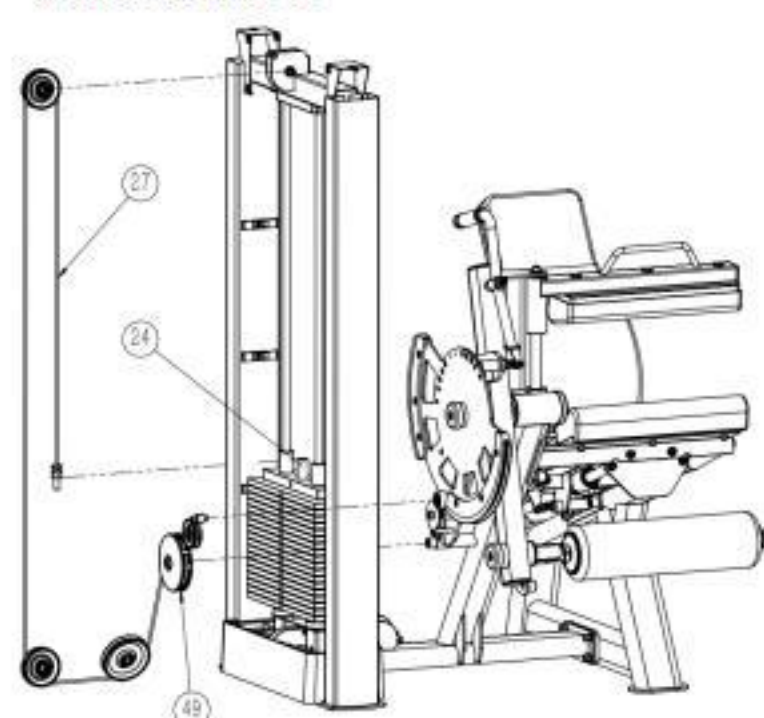
Install the pre-installed guide block assembly (24) onto the guide bar (23); Attach the guide bar retaining plate (22) to the guide bar (23). Install the guide bar retaining plate (22) in the counterweight frame (16) using.

- 2×M8*20Hexagon socket cheese head screws (51)



Step 13:Open the pre-installed wire sheave and re-install the wire rope (27) back in place after wrapping it around the sheave in the following manner;

The other end of the wire rope is installed on the guide block assembly (24), taking care to install the wire rope through the counterweight block pins. Tighten the bolts with a wrench before proceeding to the next step



Step 14: Attach two baffles (28) to the counterweight frame (16) using the baffle press (29).

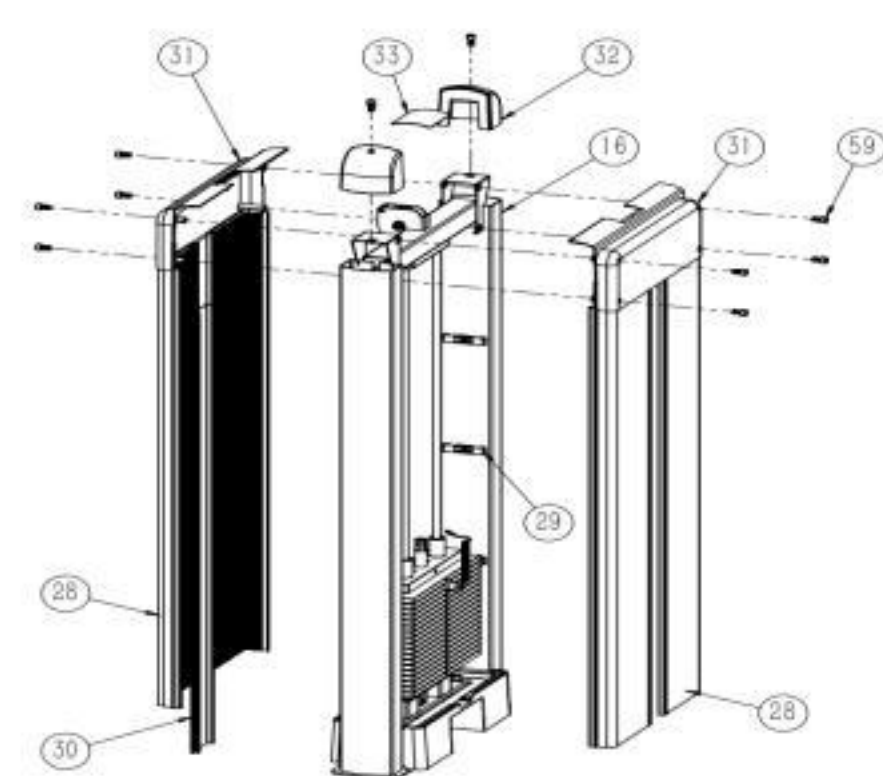
Slide the Trim Plate (30) into the two Baffles (28) and attach to the Counterweight Frame (16) using the Baffle Platen (29).

Attach the two upper shrouds (31) to the counterweight frame (16) by.

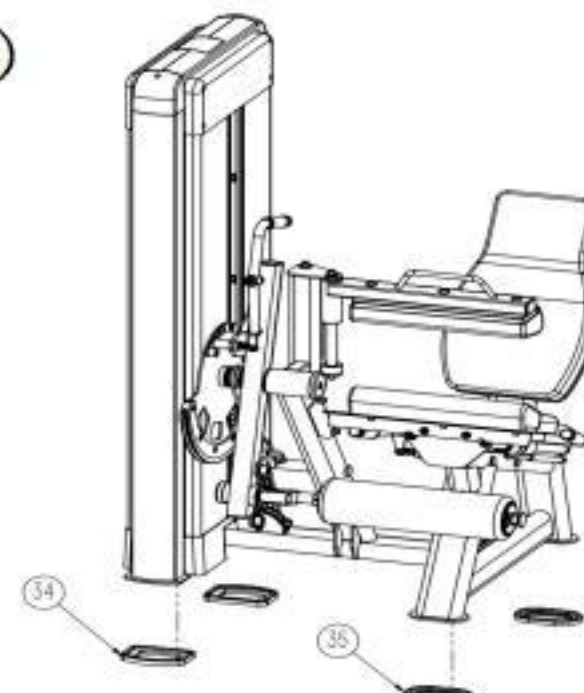
- 8×M5*16Hexagon socket cheese head screws (59)

Step 15: Attach the two counterweight riser plug covers (32) to the counterweight frame (16) and snap the upper shroud top cover (33) into the two upper shrouds (31) using the following:

- 2×M5*16Hexagon socket cheese head screws (59)



Step 15: Place the seated biceps quadriceps trainer in the proper position and install the corresponding four foot pads (34) (35).



Step 1:Attach the seat frame (1) to the back cushion (2)

and seat cushion (3) using the following method:

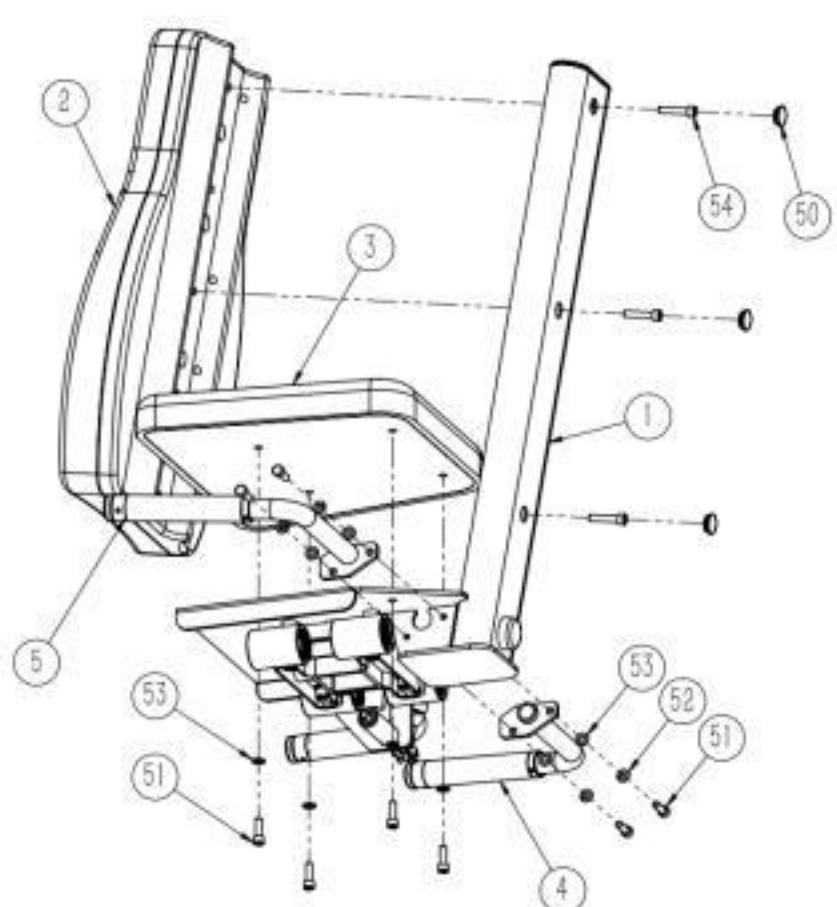
- 4×M8*25Hexagon socket cheese head screws (51)
- 3×M8*40Hexagon socket cheese head screws (54)
- 4×M8flat washer (53)
- 3×orifice plug (50)

Tighten the bolts with a wrench before proceeding to the next step

Step 2:Attach the seat frame (1) to the right h and left handle (5) using the following method:

- 4×M8*25Hexagon socket cheese head screws (51)
- 4×M8spring washer (52)
- 4×M8flat washer (53)

Tighten the bolts with a wrench before proceeding to the next step

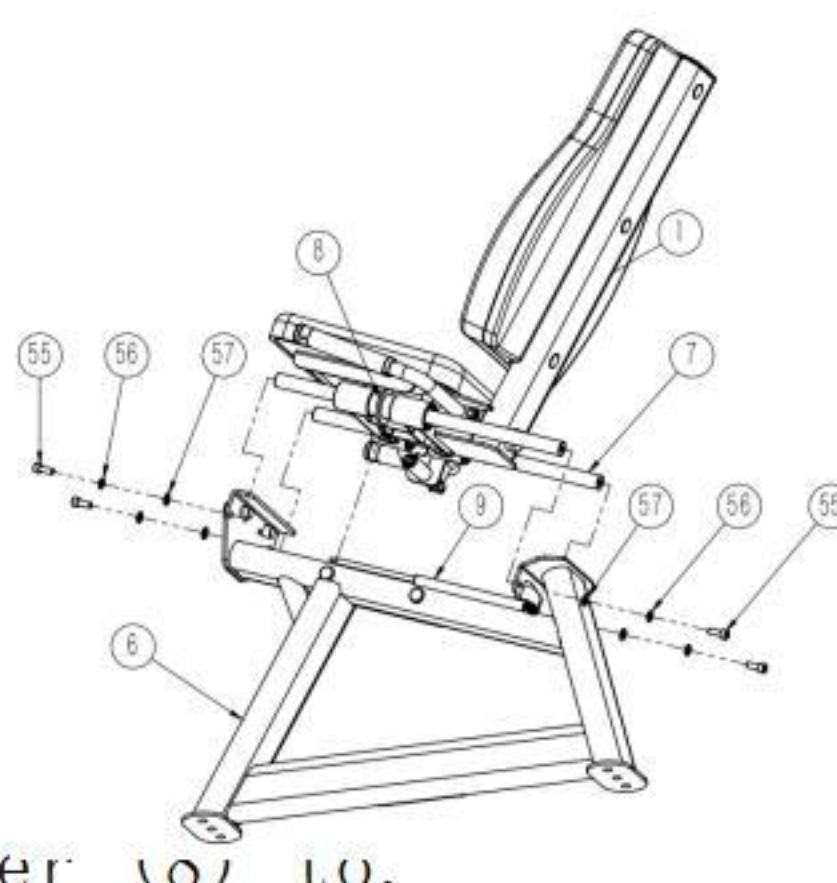


Step 3: Attach the seat frame (1), gas bar frame (8) to the side frame (6) by means of the seat sliding bar (7) using.

- 4×M10*25Hexagon socket cheese head screws (4)
- 4×M10spring washer (5)
- 4×M10flat washer (6)

Tighten the bolts with a wrench before proceeding to the next step

Step 4: Attach the air rod (9) and air rod holder (10).

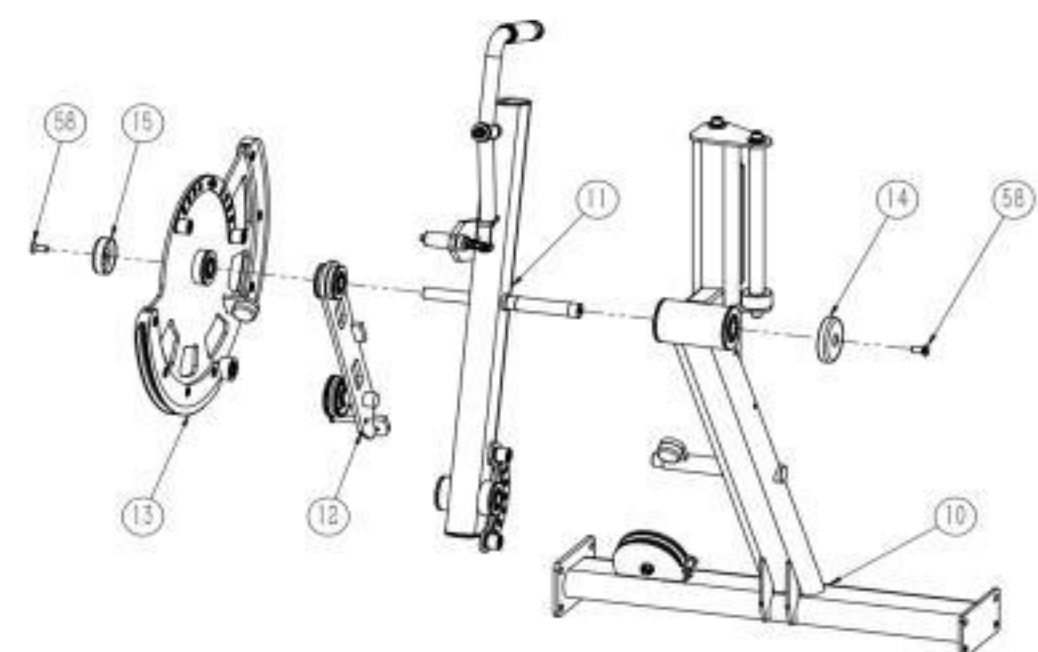


Step 5: Connect the connecting frame (10), force arm (11), swing arm (12) and winding disk (13) with.

- 1×76aluminum cap (14)
- 1×60aluminum cap (15)
- 2×M10*25Hexagon socket countersunk head screws (58)

Tighten the bolts with a wrench

before proceeding to the next step



Step 6: Connect the connecting frame (10) to the counterweight frame (16) using.

Installation

Now the Leg Extension/ Leg Curl is

assembled,you need to make sure your setup

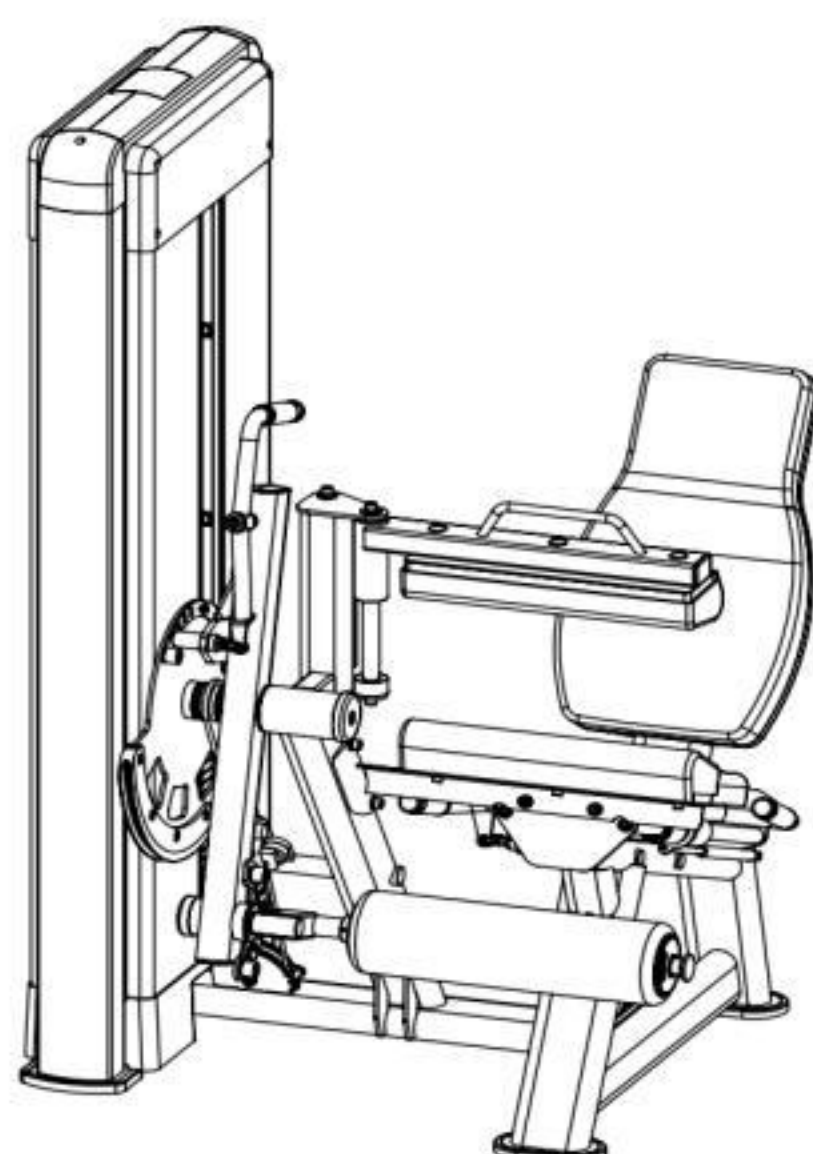
is level and vertical.Use a level to check

that the guide rods are vertical in both

directions.Some frame hardware must be

loosened to reassemble and bolts tightened

if not plumb.



Accessories List

No	Name	Picture	Quantit y	No	Name	Picture	Quantit y
1	seat frame		1	12	swing arm		1
2	backpack		1	13	coil (for winding wire)		1
3	cushion		1	14	76aluminum cap		1
4	right handrail		1	15	60aluminum cap		2
5	left handrail		1	18	Round leather padded leg press		1
6	sidestand		1	19	front attachment frame		1
9	air rod		1	20	presser rack		1
10	connection frame		1	35	Flat ellipsoe foot mats		2
11	force arm		1	49	Wheel Case Set		1
				50	hole plug		3

51	Hexagon socket cheese head screws M8*25	8
52	Spring washers M8	4
53	Flat washers M8-D16	8
54	Hexagon socket cheese head screws M8*40	3
55	Hexagon socket cheese head screws M10*25	16
56	Spring washers M10	16
57	Flat washers M10-D20	16
58	Hexagon socket flat countersunk head screws M10*25	3

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