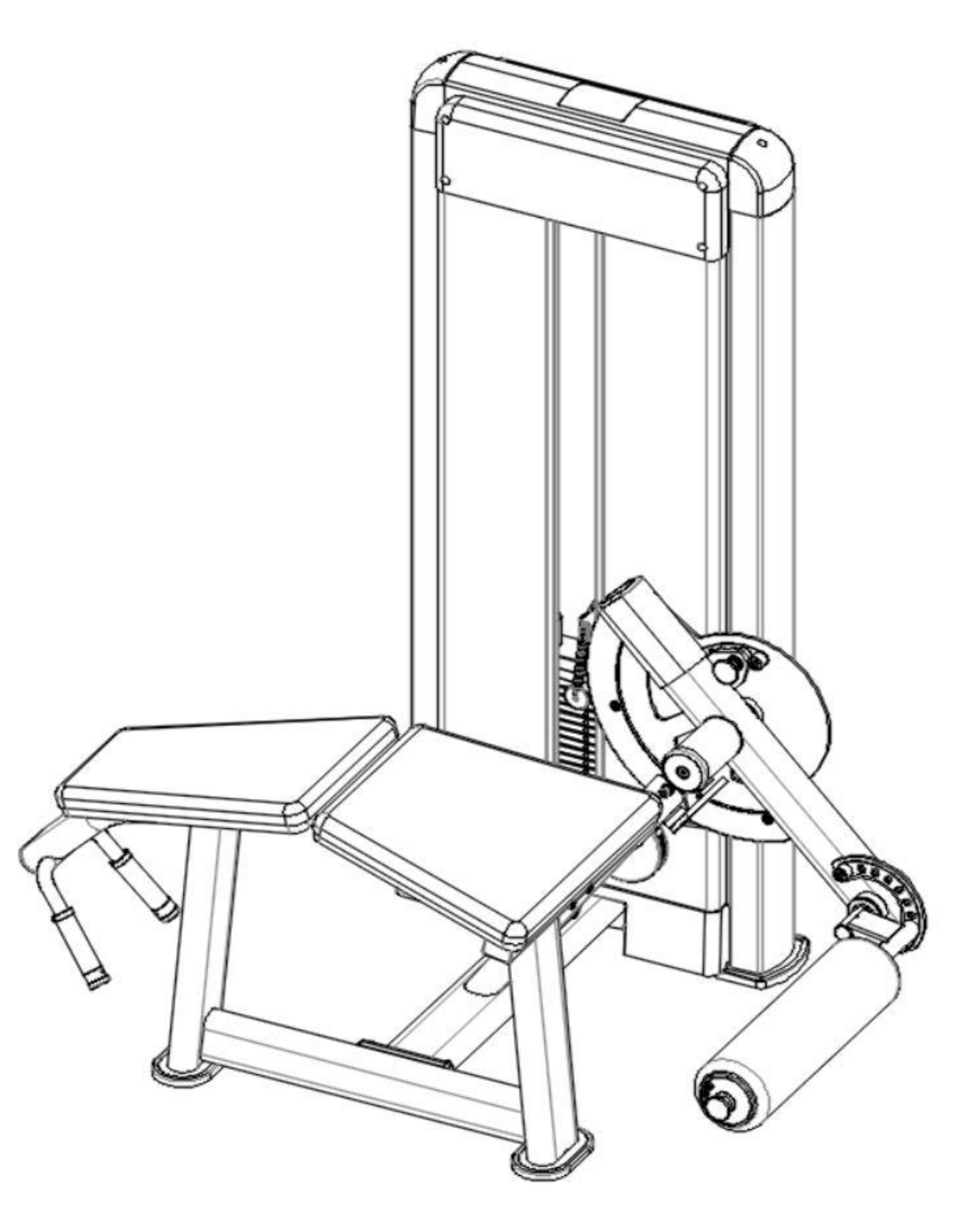
61A26 Installation Guide

Prone Leg Curl



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Introduction

Please take the time to carefully read the instructions before installing .Please refer to the manual to determine the list of all components were packaged well. （If there have some parts missed or damaged please immediately call our customer service department）Please refer to the installation instruction while installing.

This device designed to provide the most effective and smoothest training movements. After installing，you can only know how to use the products after you know all the functions. If there is any question，please check the installation insturction and find out the wrong steps during the installing. If still not work, please contact the distributors authorised by original factory. The code and manual will be needed.

Tools

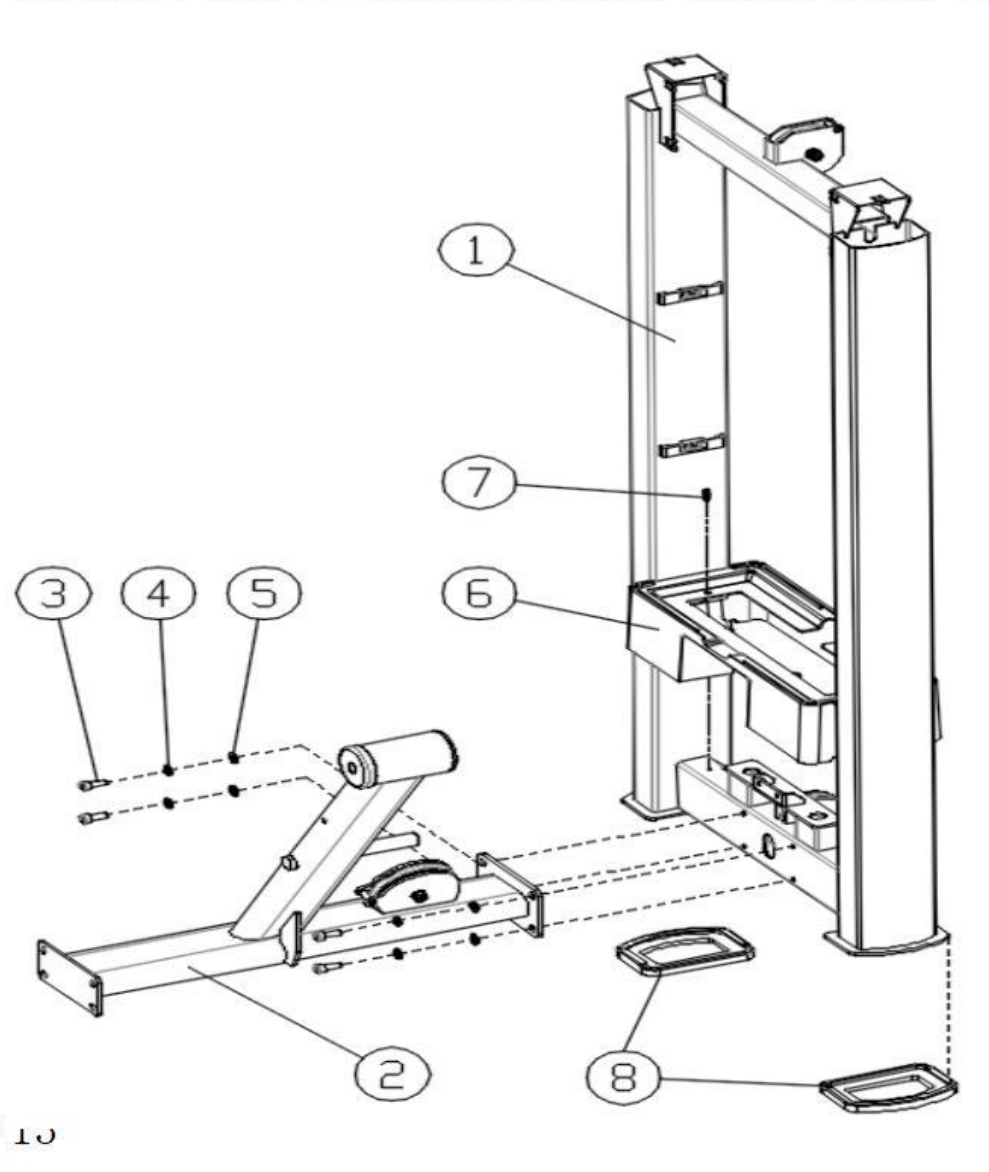
Rubber Rod
Level Ruler
Hexagonal wrench
More than 2 person
Spring Clamp
Adjustable wrench

Assembling

Step 1: Connect the horizontal strand two-head connection frame Ⅰ (#2) with the counterweight frame (#1) by the following method.
- 4 x Hexagon socket cheese head screws (#3)
- 4 x Spring washers (#4)   • 4 x Flat washers (#5)

Step 2: Connect the counterweight lower shield (#6) to the counterweight frame (#1) using the following method.
- 2 x Hexagon socket cheese head screws (#7)

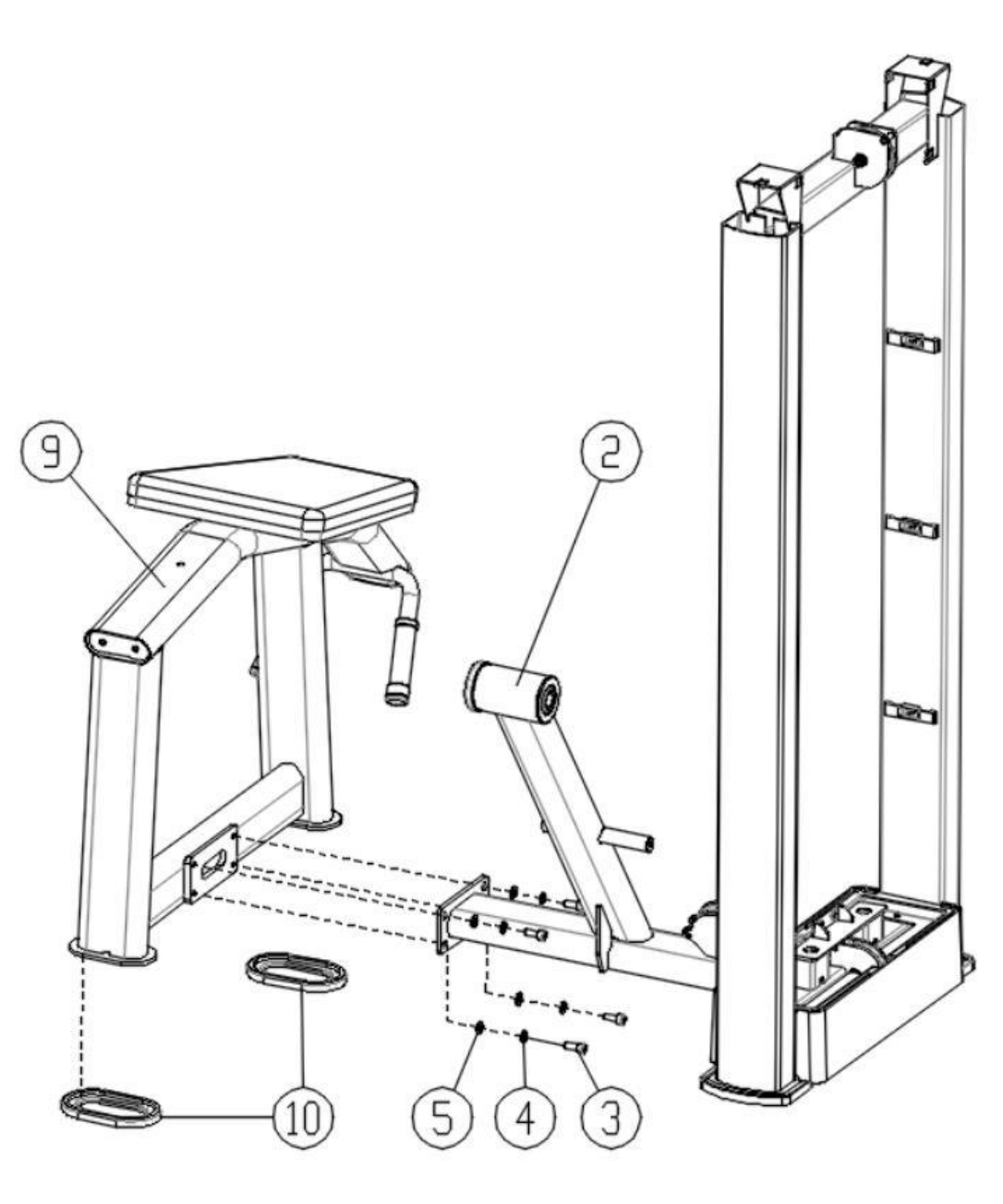
Step 3: Install the 2 counterweight frame feet (#8) to the counterweight frame (#1)



Assembling

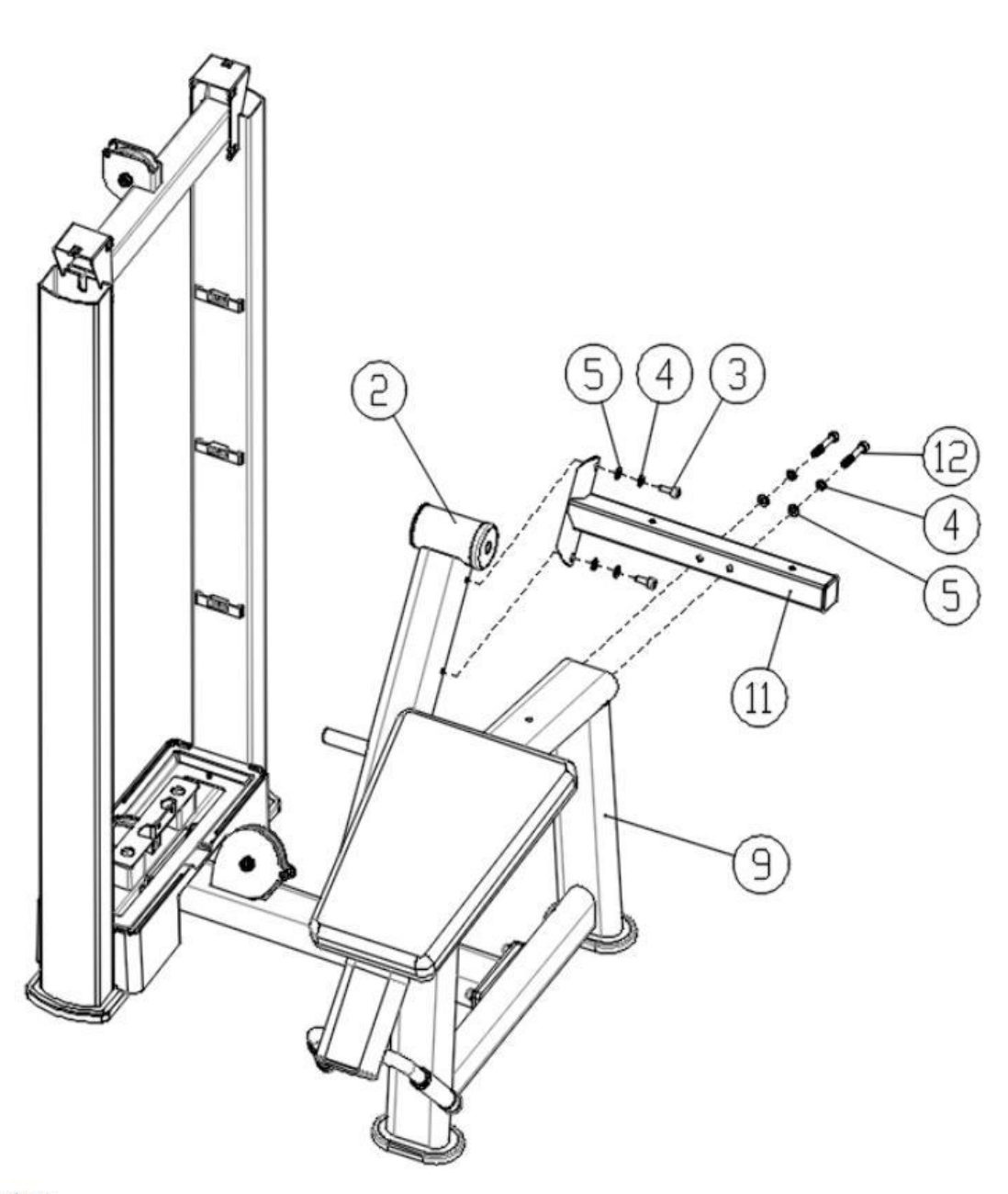
Step 4: Connect the horizontal strand two-headed side frame (#9) to the connecting frame Ⅰ (#2) with the following method:
- 4 x Hexagon socket cheese head screws (#3)
- 4 x Spring washers (#4)
- 4 x Flat washers (#5)

Step 5:Attach 2 flat oval feet (#10) to the horizontal strand 2 head side frame (#9).



Assembling

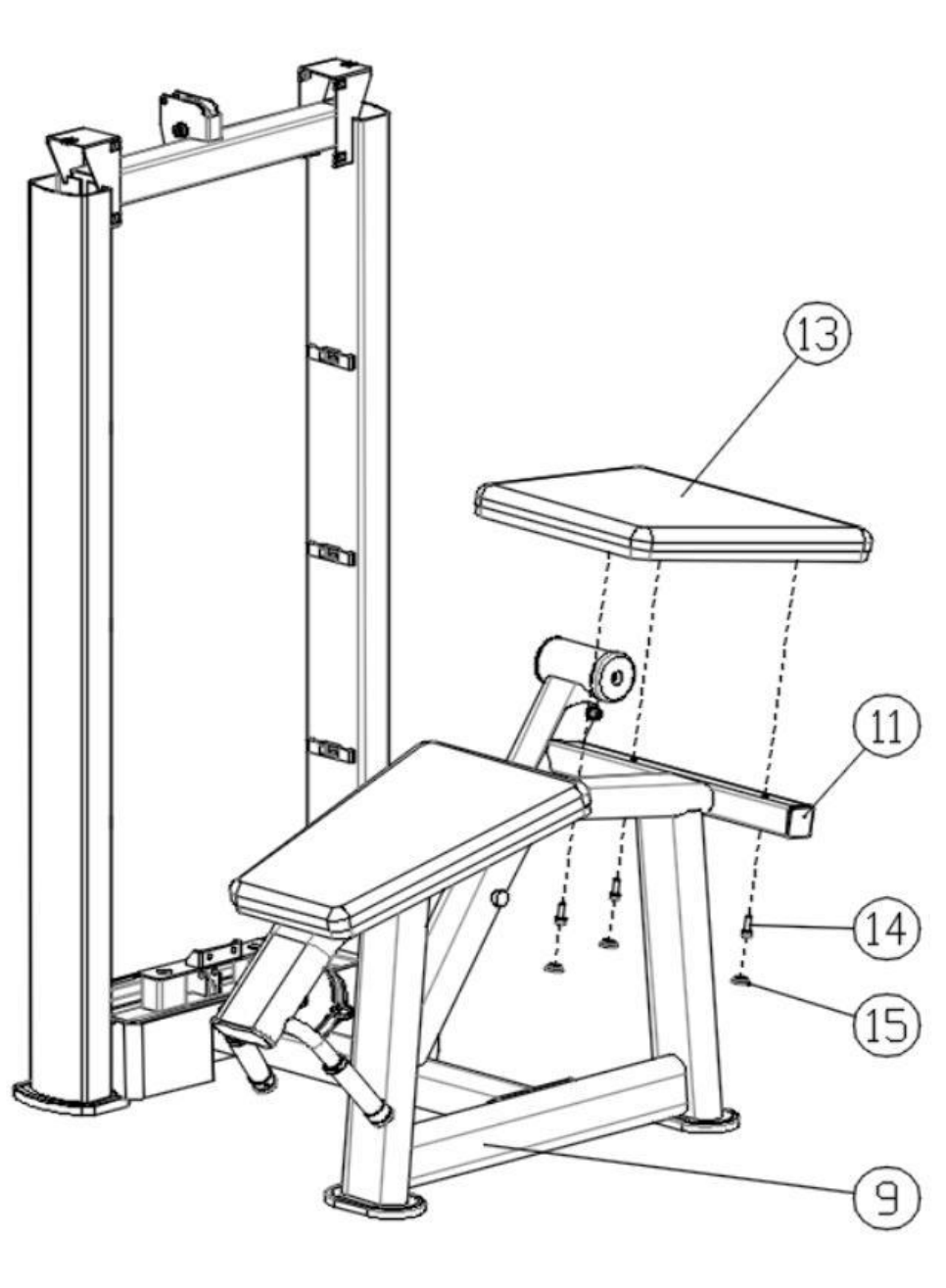
Step 6: Connect the horizontal strand two-head connection frame II (#11) with the connection frame I (#2) and the side frame (#9) by the following method.
- 2 x Hexagon socket cheese head screws (#3)
- 4 x Spring washers (#4)
- 4 x Flat washers (#5)
- 2 x Hexagon socket cheese head screws (#12)



Assembling

Step 7: Connect the horizontal strand two-headed seat cushion (#13) with the connecting frame II (#11) and the side frame (#9) by the following method.
- 3 x Hexagon socket cheese head screws (#14)

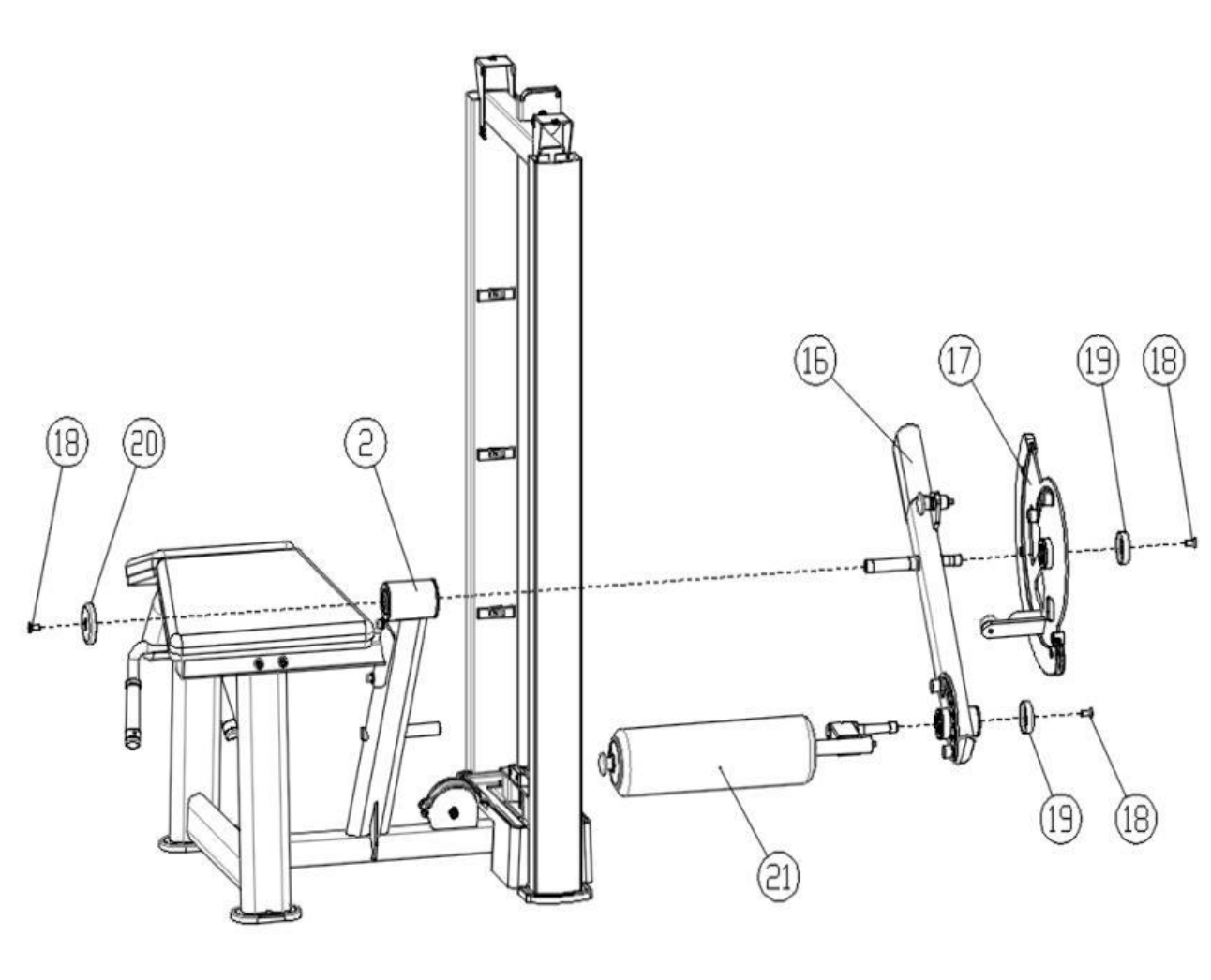
Step 8: Attach 1 hole plug (#15) to the horizontal strand 2 head side frame (#9).
Step 9: Attach 2 hole plugs (#15) to the horizontal strand two-head connection frame II (#11).



Assembling

Step 10: Connect the horizontal strand two-head force arm (#16) and flange (#17) with the horizontal strand two-head connecting frame Ⅰ (#2) by the following method.
- 2 x Hexagon socket flat countersunk head screws (#18)
- 1 x 60Aluminum cap (#19)   • 1 x 76Aluminum cap (#20)

Step 11: Connect the horizontal dolichoid leg press (#21) to the horizontal dolichoid force arm (#16) using the following method.
- 1 x Hexagon socket flat countersunk head screws (#18)
- 1 x 60Aluminum cap (#19)



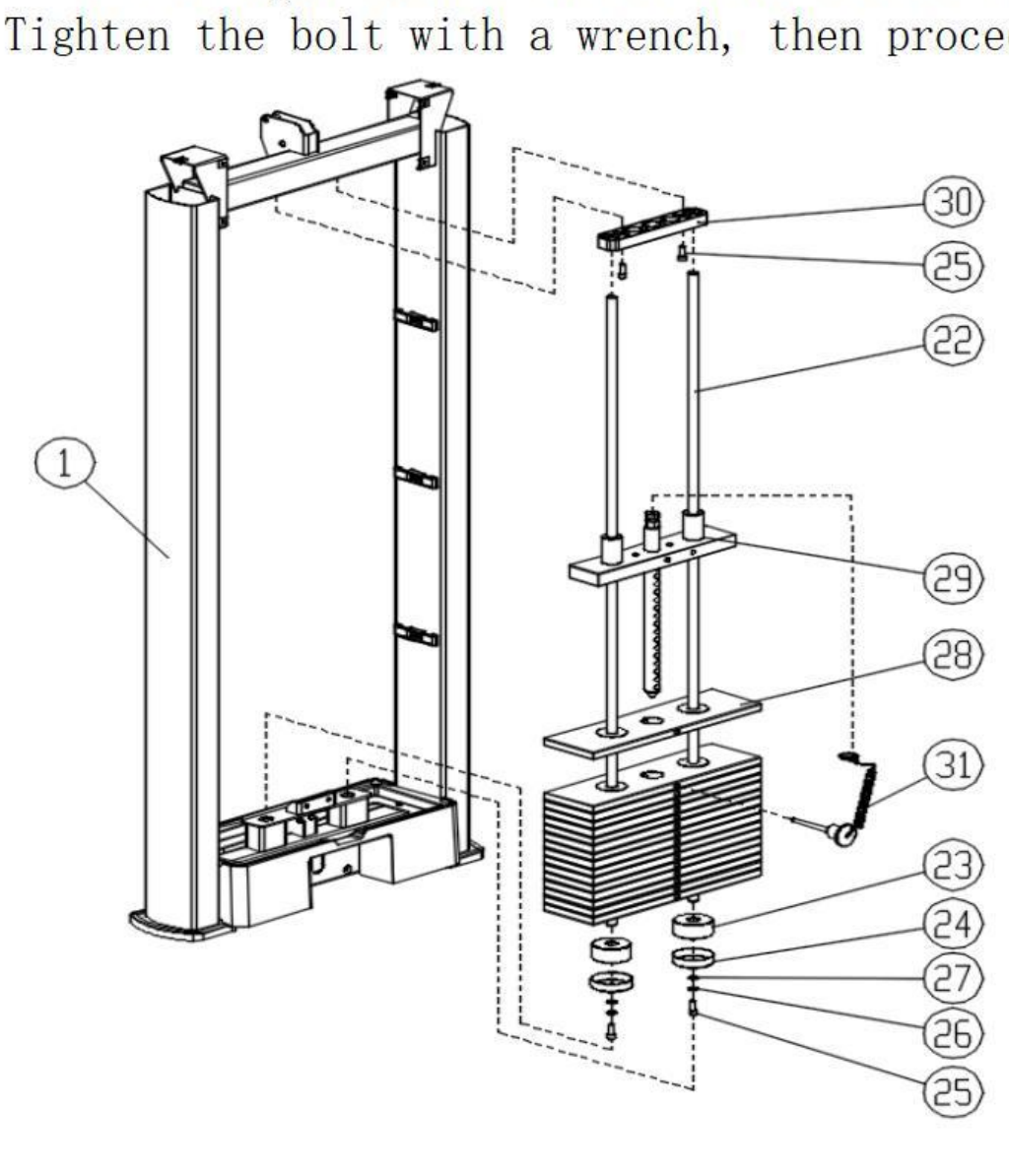
Assembling

Step 12: Slide the two counterweight rubber pads (#23) onto the two guide bars (#22).
Connect the two counterweight bases (#24) to the two guide bars (#22) and place them in the counterweight frame (#1) using the following method.
- 2 x Hexagon socket cheese 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 13:Install the 16 counterweights (#28) onto the guide bar (#22) with the isolation tabs facing up.
Install the guide block set (#29) to the guide bar (#22)。
Insert the counterweight block pin (#31) into the counterweight block (#28).
Slide the guide bar fixing plate (#30) onto the guide bar (#22).
Attach the guide bar fixing plate (#30) to the counterweight frame (#1) using the following method.
- 2 x Hexagon socket cheese head screws (#25)

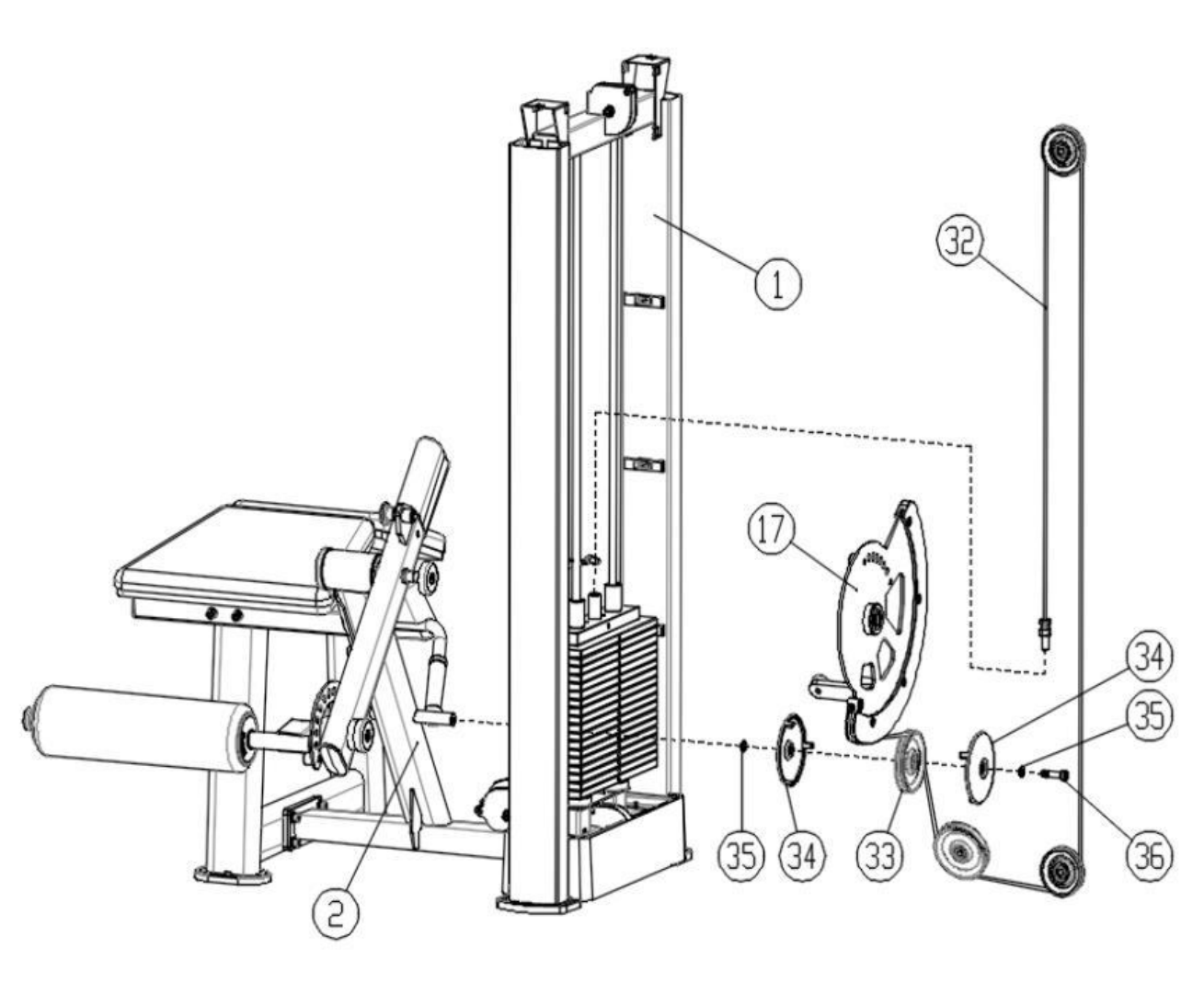
Tighten the bolt with a wrench, then proceed to the next step



Assembling

Step 14: Disassemble the pre-assembled 95 and 120 wire reels first, thread in the wire rope (#32) as shown, then reassemble all the wire reels.
Connect the 120 spools (#33) and 2 spool boxes (#34) to the horizontal strand two-head connection frame Ⅰ (#2) using the following method:
- 1 x Wire spool (#36)   • 2 x Wire wheel box bushings (#35)

Note that these spools are installed in tandem with the wire rope (#32).
Step 15:Connect one end of the wire rope (#32) to the flange (#17) first, and the other end to the counterweight frame (#1) inside.

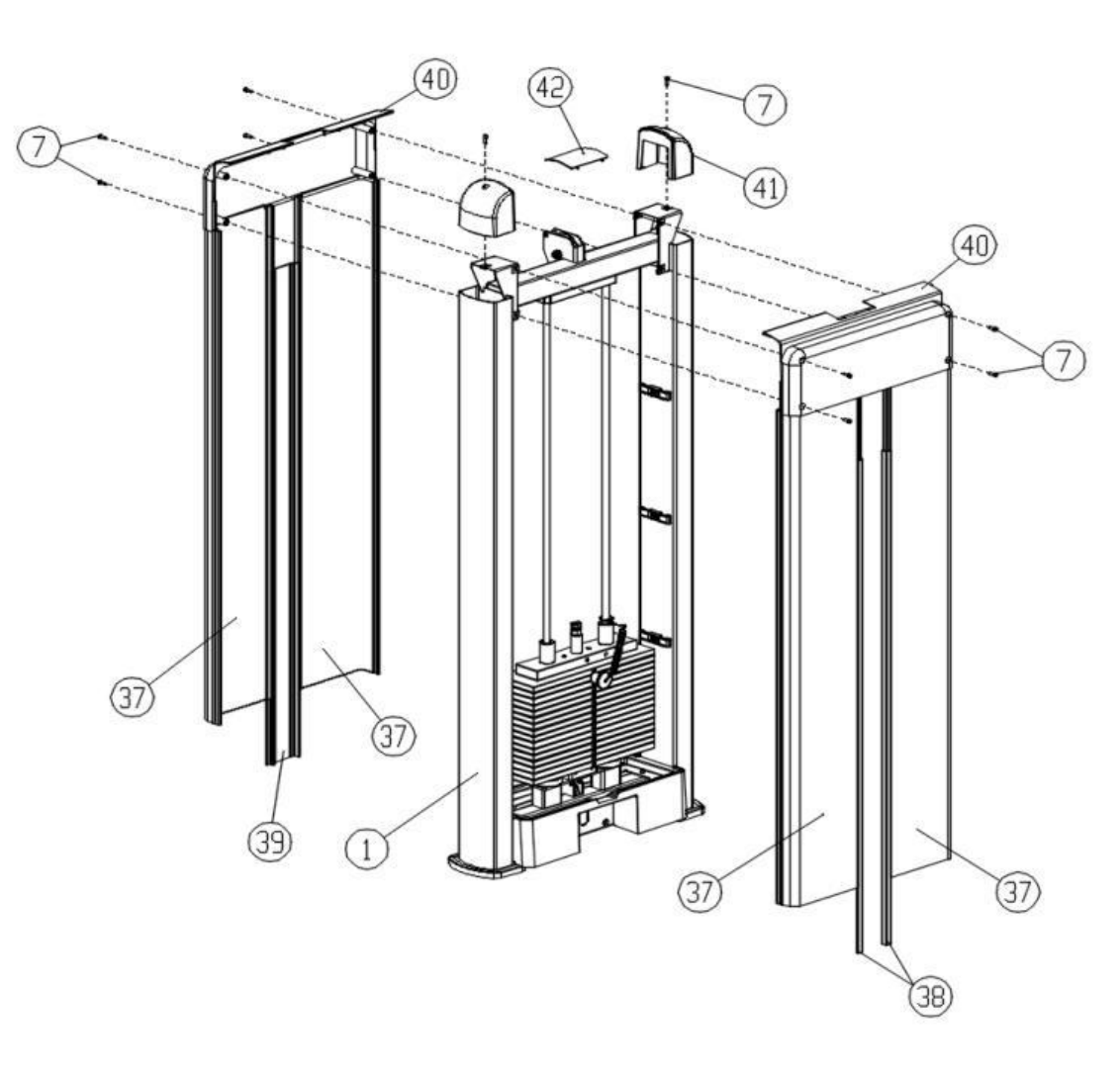


Assembling

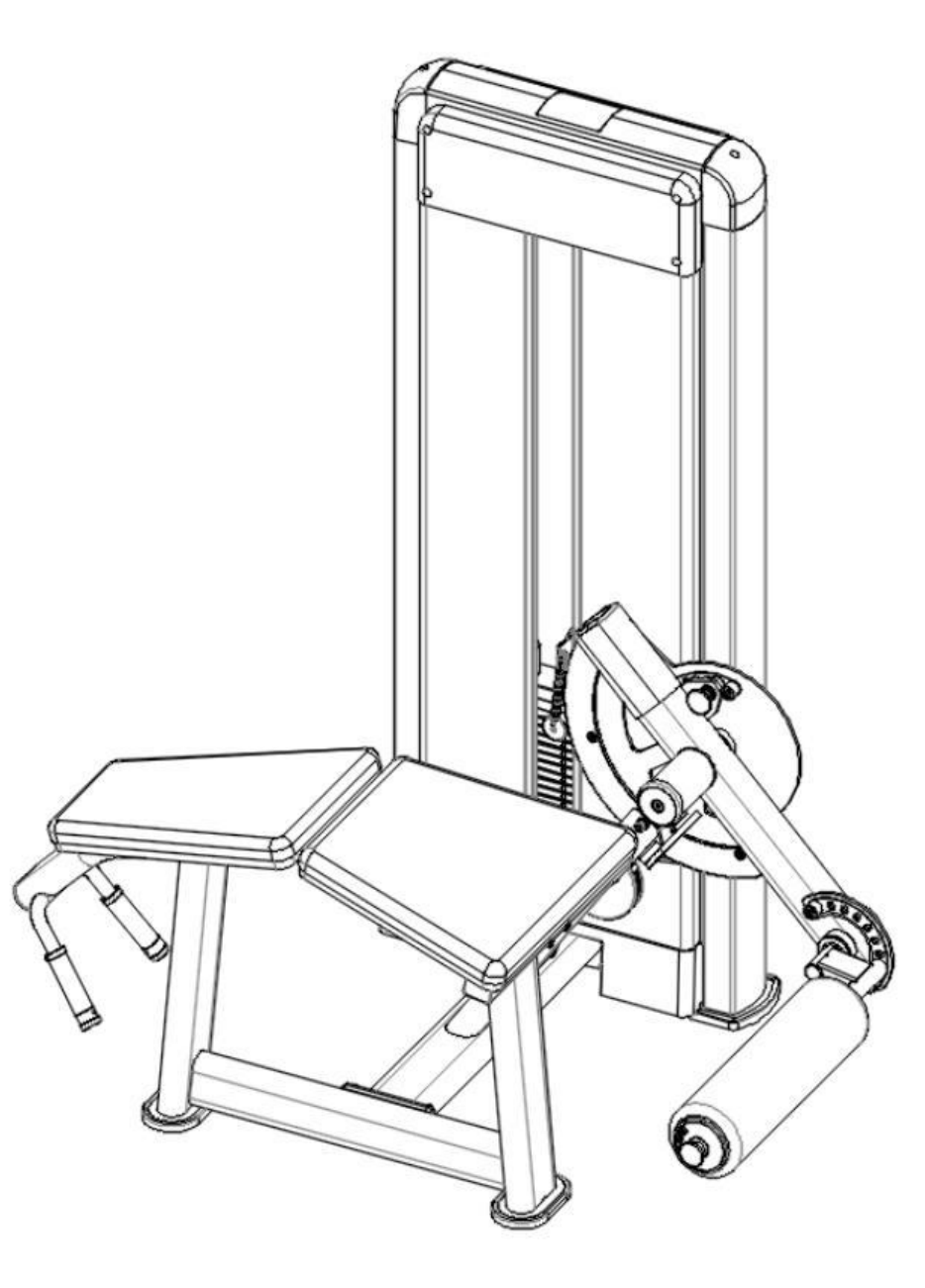
Step 16:Slide the two trim strips (#38) into the two baffles (#37) and attach them to the counterweight frame (#1) using the baffle pressure plate.
Slide the trim plate (#39) into the two baffles (#37) and attach to the counterweight frame (#1) using the baffle pressure plate.
Attach the two upper shrouds (#40) to the counterweight frame (#1) using the following method.
- 8 x Hexagon socket cheese head screws (#7)

Step 17: Connect the two counterweight riser plugs (#41) to the counterweight frame (#1) using the following method.
- 2 x Hexagon socket cheese head screws (#7)

Step 18: Snap the top cover of the upper shroud (#42) to the upper shroud (#40).



Assembling



Important Tips

Now that Prone leg curl is assembled, you need to take a moment to make sure your unit is horizontal and vertical. Use a level to check that the guide bar is vertical in both directions. If they are not plumb you must loosen some of the frame hardware and reassemble and tighten the bolts。

Accessory List

NO	Name and specification	Quantity
1	Counterweight frame	1
2	connection frameⅠ	1
3	Hexagon socket cheese head screws (M10*25)	10
4	Spring washers (10)	12
5	Flat washers (10)	12
6	Counterweight lower shroud	1
7	Hexagon socket cheese head screws (M5*16)	12
8	Counterweight frame foot pads	2
9	side stand	1
10	Flat Oval Footbed	2
11	connection frameⅡ	1
12	Hexagon socket cheese head screws (M10*70)	2
13	seat cushion	1
14	Hexagon socket cheese head screws (M8*25)	3
15	Hole Plug	3
16	Force Arm	1
17	Flanges	1
18	Hexagon socket flat countersunk head screws (M10*25)	3
19	60Aluminum cap	2
20	76Aluminum cap	1
21	Leg press frame	1

Accessory List

NO	Name and specification	Quantity
22	Universal counterweight guide rod	2
23	Counterweight rubber pad	2
24	Counterweight stand base	2
25	Hexagon socket cheese head screws (M8*20)	4
26	Spring washers (8)	2
27	Flat washers (8)	2
28	Counterweight block	16
29	Guide block set	1
30	Guide bar fixing plate	1
31	Counterweight pins	1
32	Cable	1
33	120 wire wheels	1
34	Wire wheel box	2
35	Wire wheel box bushings	2
36	Wire spool	1
37	Baffle	4
38	Counterweight source decorative strips	2
39	Counterweight source decorative strips	1
40	Counterweight upper shield	2
41	Counterweight riser plug cover	2
42	Upper shroud top cover	1

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