

Seated Leg Press

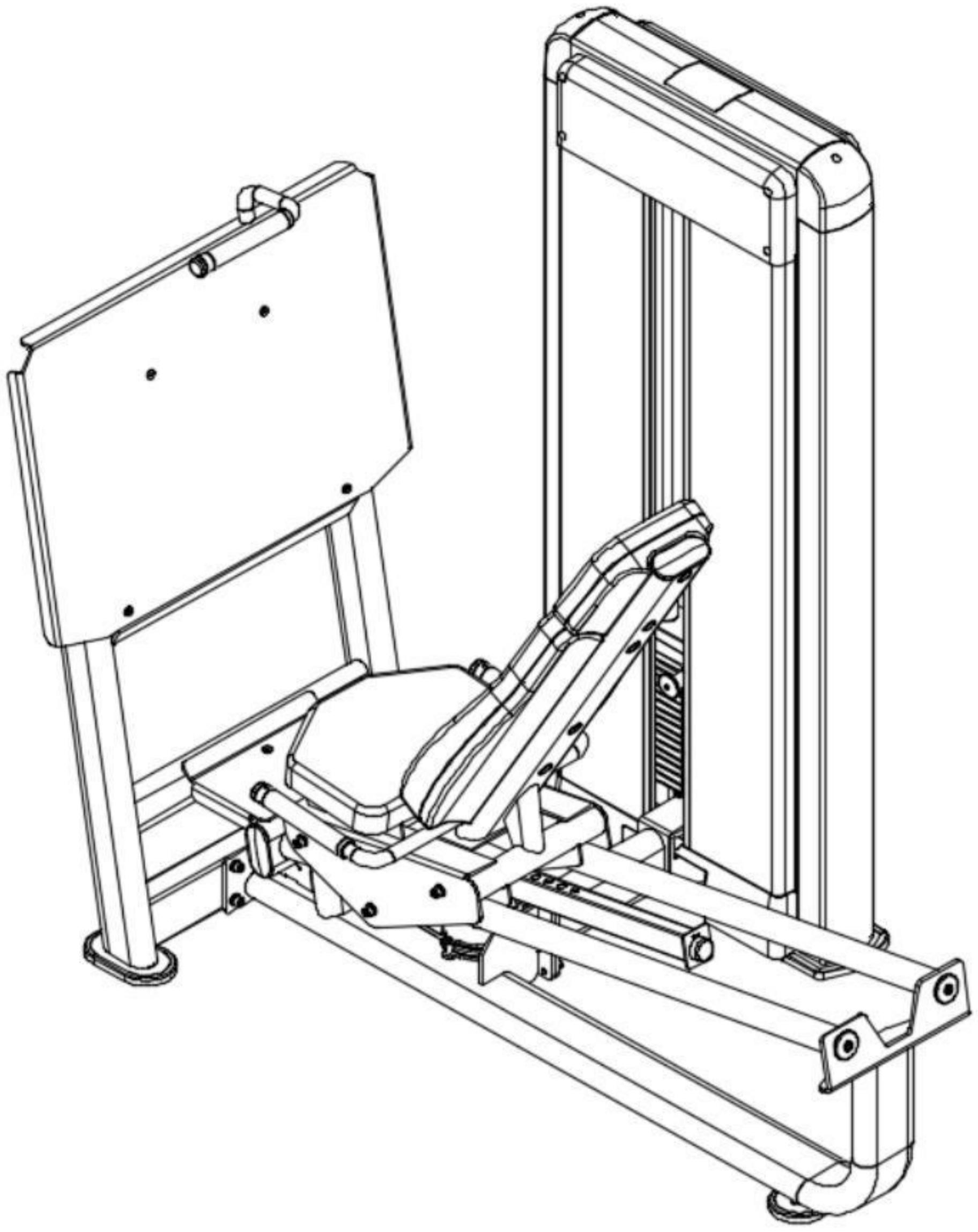


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Installation

• 2xSpring washer M10 (#9)

• 2xFlat washer M10-D20 (#10)

Step 7: Use the following method to install the seat assembly (#16) on the seated leg-kick slide rail (#17); and use 2 rollers (#40) to it blocks;

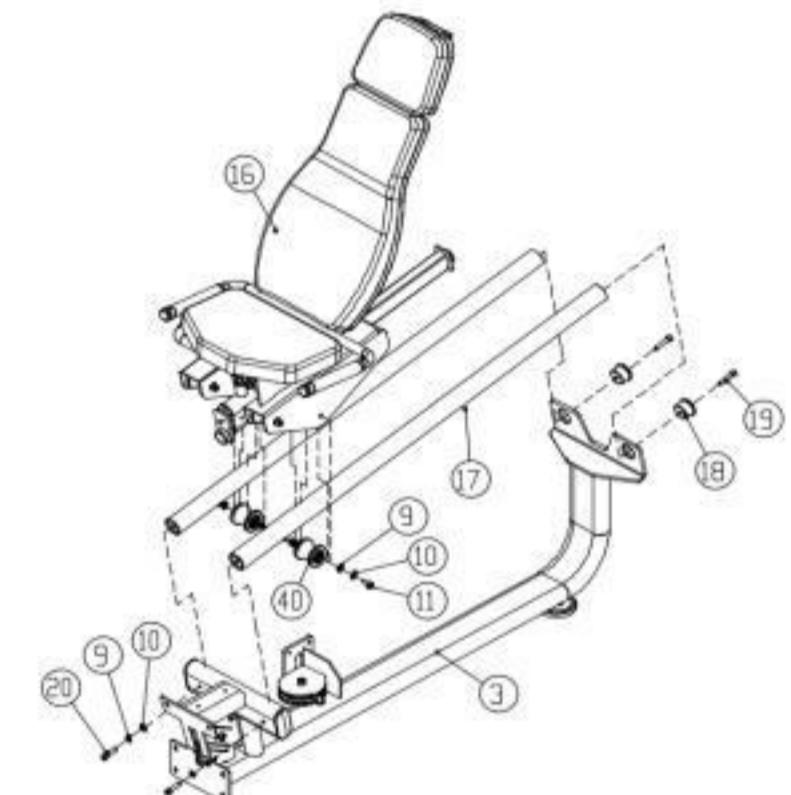
• 4 xHexagon socket head screw M10*20 (#11)

• 4xSpring washer M10 (#9)

• 4xFlat washer M10-D20 (#10)

Step 8: Use the following method to install the seated kick-in position pedal (#21) to the horizontal abdominal muscle side frame assembly (#3);

• 2x Hexagon socket countersunk head screw M8*12 (#22)



Step 9: Slide the two weight rubber pads (#24) onto the two guide rods (#23). Use the following method to connect the two weight frame bases (#25) and the two guide rods (#23) and place them into the weight frame (#1):

• 2 xHexagon socket head screw M8*25 (#26)

• 2 xSpring washer M8 (#30)

• 2 Flat washer M8-D16 (#31)

Wrench to tighten the bolt before proceeding to the next step

Step 10: Install the 14 counterweights (#27) onto the guide rod (#23) with the spacer facing up.

Install the guide block set (#28) onto the guide rod (#23).

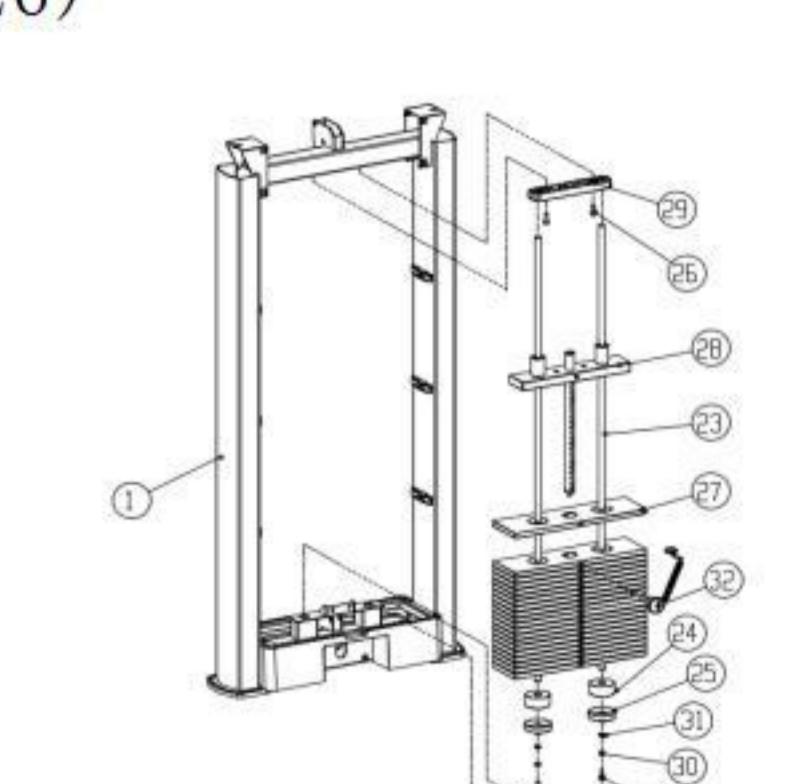
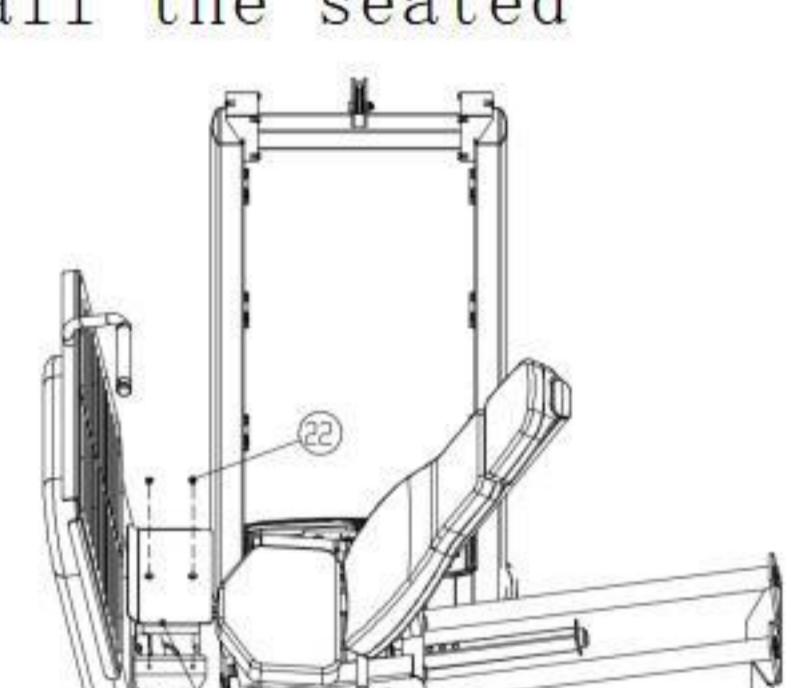
Insert the weight pin (#32) into the weight (#27).

Slide the guide rod retaining plate (#29) onto the guide rod (#23).

Install the guide bar mounting plate (#29) to the counterweight frame (#1) using the following method:

• 2 x Hexagon socket head screw M8*25 (#26)

Wrench to tighten the bolt before proceeding to the next step



Step 11: Thread the wire rope (#33) as shown in the picture. The pre-installed wire pulley needs to be disassembled and then reinstalled.

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 :

Rubber Stick

Level

Allen Wrench

Two People

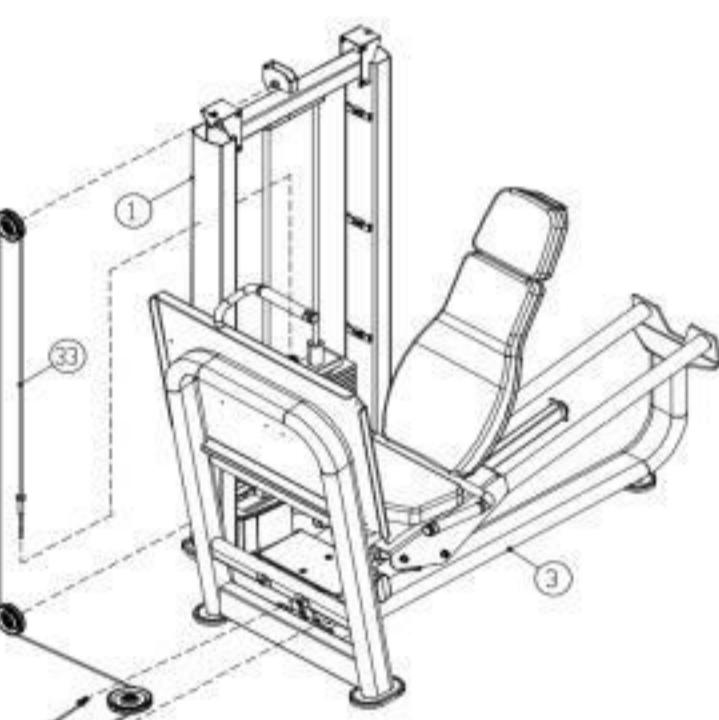
Circlip Plier

Adjustable Wrench

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Installation

Note that these reels are installed simultaneously with the wire rope (#33)



Step 12: Connect one end of the steel wire rope (#33) to the horizontal abdominal side frame assembly (#3), and then connect the other end to the counterweight frame (#1)

Step 13: Slide the two trim strips (#35) into the two fenders (#34) and attach to the weight rack (#1) using the fender clamps.

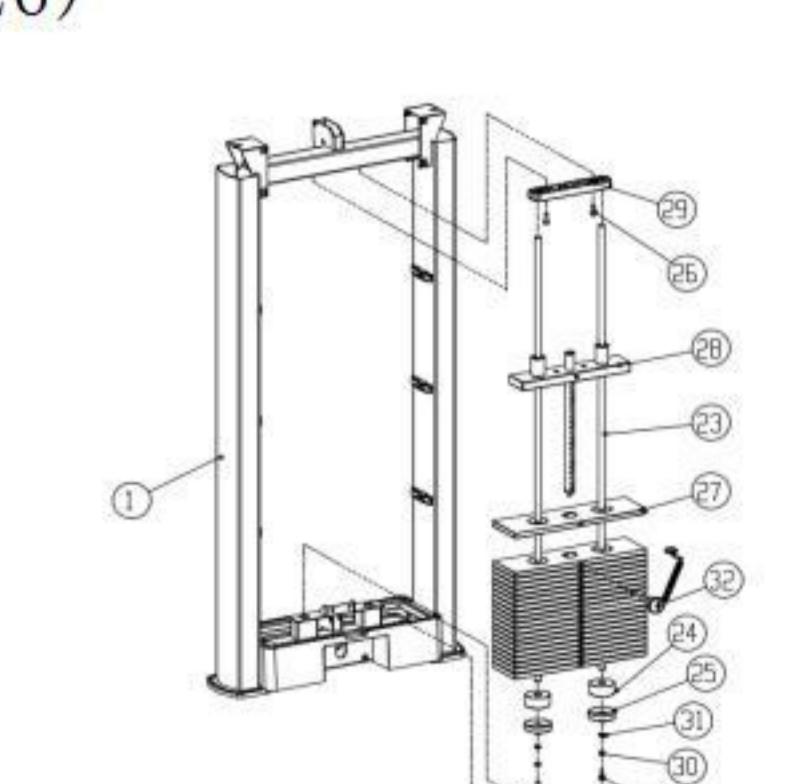
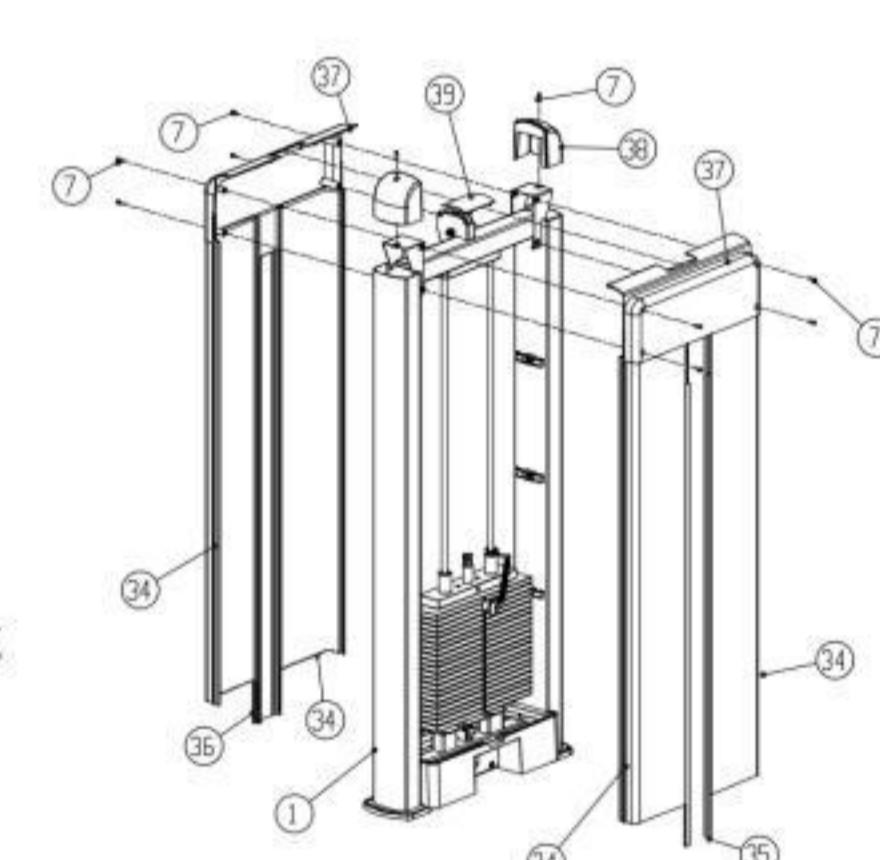
Slide the trim panel (#36) into both fenders (#34) and attach to the weight frame (#1) using the fender clamps. Attach the two upper guards (#37) to the weight frame (#1) using the following methods:

- 8 xHexagon socket head screw M5*16 (#7)

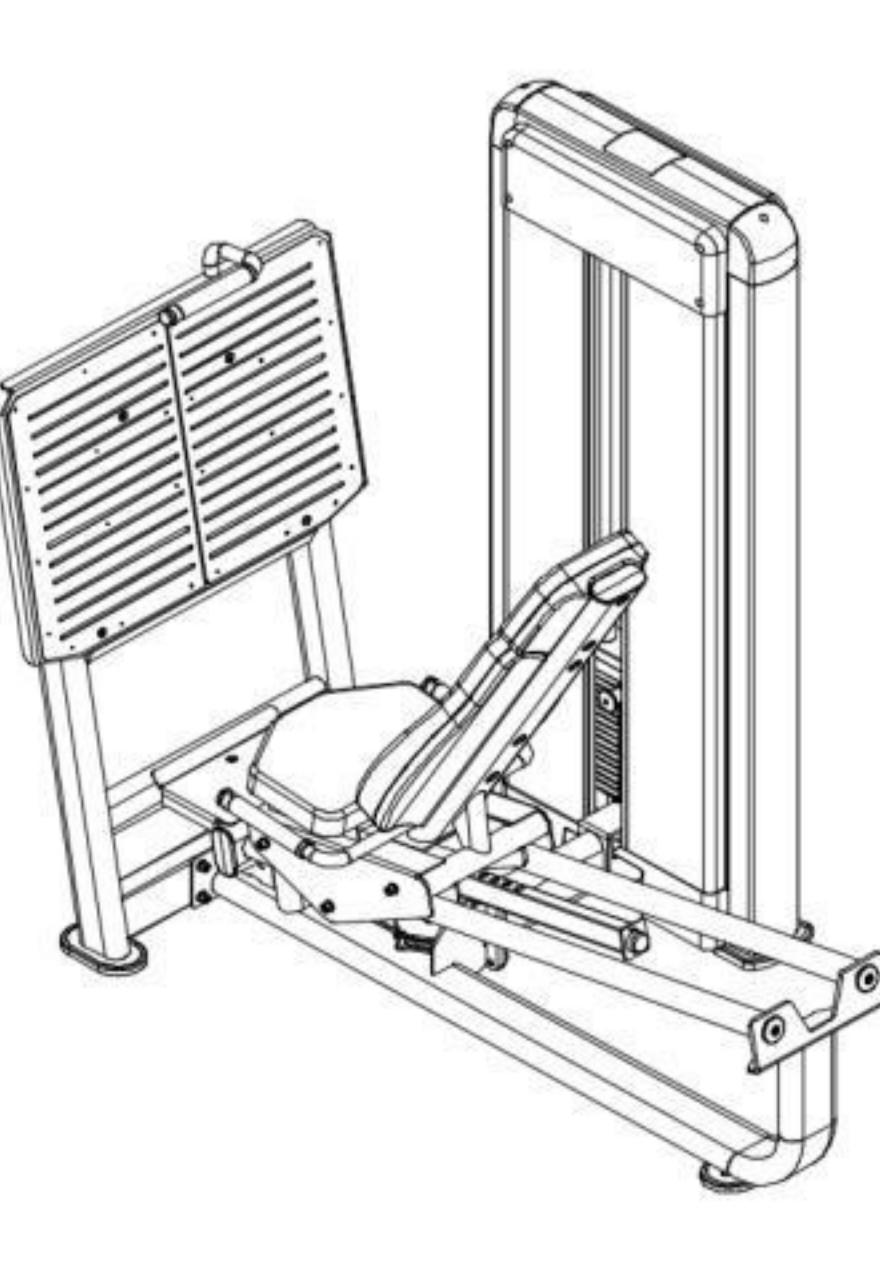
Step 14: Attach the two counterweight riser plugs (#38) to the counterweight frame (#1) using the following method:

- 2 xHexagon socket head screw M5*16 (#7)

Step 15: Fasten the top cover of the upper guard (#39) to the upper guard (#37)



Now the Seated Leg Press 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.



Installation

Step 1: Connect the counterweight lower guard (#4) to the counterweight frame (#1) using the following method:

- 2 x Hexagon socket head screw M5*16 (#7)

Step 2: Use the following method to connect the seat-pedal connecting frame 1 (#2), the seated leg-pedal main frame assembly (#3) and the counterweight frame (#1):

- 8 x Hexagon socket head screw M10*25 (#8)

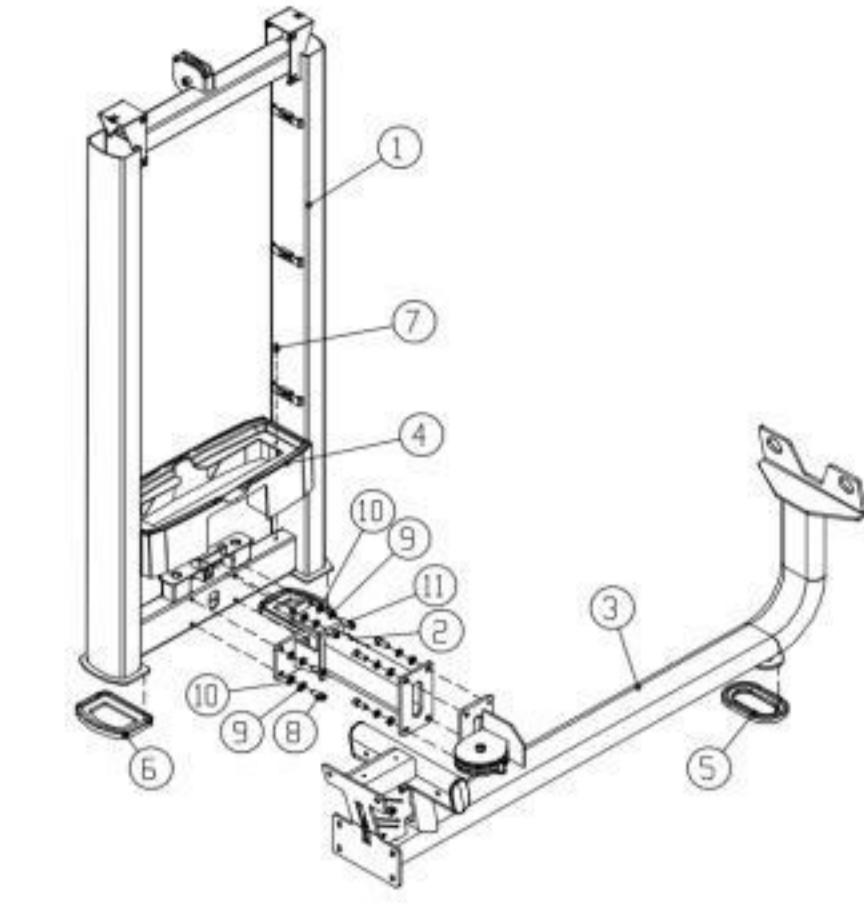
- 10xSpring washer M10 (#9)

- 10xFlat washer M10-D20 (#10)

- 2 x Hexagon socket head screw M10*20 (#11)

Step 3: Install the 2 weight rack feet (#6) to the weight rack (#1)

Install 1 flat oval foot pad (#5) to the seated leg kick main frame assembly (#3)



Step 4: Install the 2 flat oval foot pads (#5) to the seated leg kick stand assembly (#12);

Install the foot pedal assembly (#41) to the seated leg kick stand assembly (#12);

- 4x Hexagon socket countersunk head screw M8*12 (#22)

Step 5: Connect the seated leg-kick stand assembly (#12) to the seated leg-kick main frame assembly (#3) using the following method:

- 4xHexagon socket head screw M10*25 (#8)

- 4xSpring washer M10 (#9)

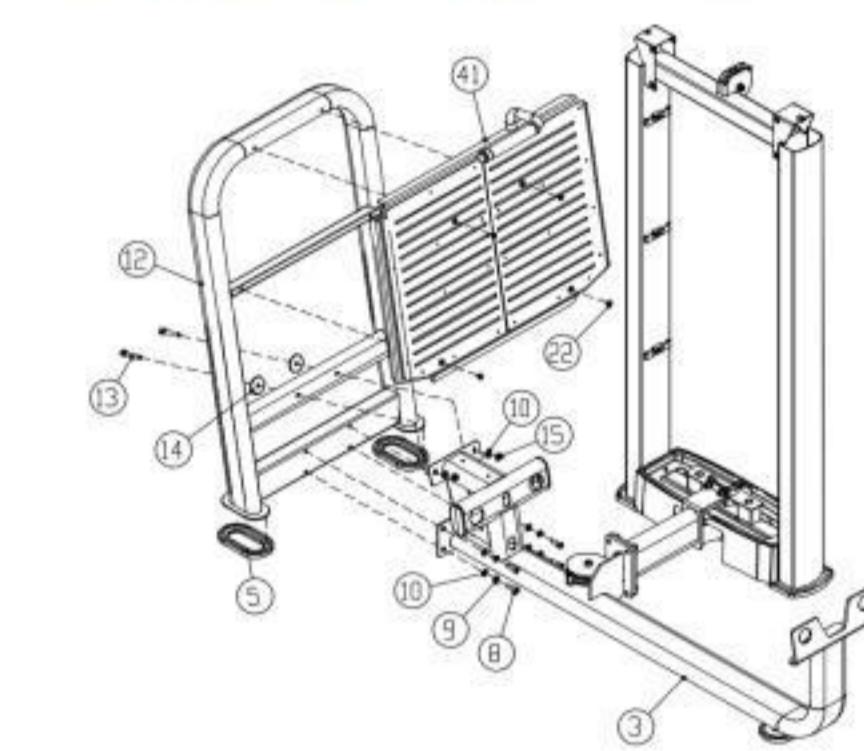
- 4xFlat washer M10-D20 (#10)

- 2xHexagon socket head screw M10*60 (#13)

- 2xFlat washer M10-D50 (#14)

- 2xFlat washer M10-D20 (#10)

- 2xHexagonal lock nut M10 (#15)



Step 6: Use the following method to install 2 seated leg-kick slide rails (#17) and 2 slide rail fixing sleeves (#18) to the seated leg-kick main frame assembly (#3);

- 2xHexagon socket head screw M10*45 (#19)

- 2xHexagon socket head screw M10*35 (#20)

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Accessories List

No	Names and Specifications	Quantity	No	Names and Specifications	Quantity
1	Counterweight frame	1	21	Sitting leg kicking pedal	1
2	Seat and pedal connecting frame 1	1	22	Hexagon countersunk head screws(M8*12)	2
3	Sitting leg kick main frame assembly	1	23	guide rod	2
4	Counterweight lower guard	1	24	Counterweight rubber pad	2
5	Flat oval foot pad	3	25	Counterweight frame base	2
6	Weight rack foot pads	2	26	Hexagon socket head screws(M8*25)	4
7	Hexagon socket head screws (M5*16)	2	27	Counterweight	14
8	Hexagon socket head screws (M10*25)	12	28	guide block group	1
9	spring washer (M10)	16	29	Guide rod fixing plate	1
10	Flat Washers (M10-D20)	18	30	spring washer(M8)	2
11	Hexagon socket head screws (M10*20)	2	31	Flat Washers(M8-D16)	2
12	Sitting leg kick stand assembly	1	32	Weight block latch	1
13	Hexagon socket head screws (M10*60)	2	33	Cable	1
14	Flat Washers (M10-D50)	2	34	Baffle	4
15	Hexagonal locking nut (M10)	2	35	decorative strip	2
16	Sitting leg kick seat assembly	1	36	Decorative plates	1
17	Seated leg kick slide	2	37	upper shield	2
18	Slide rail fixing sleeve	2	38	Counterweight riser plug	2
19	Hexagon socket head screws(M10*45)	2	39	Top cover of upper guard	1
20	Hexagon socket head screws(M10*35)	2			

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