

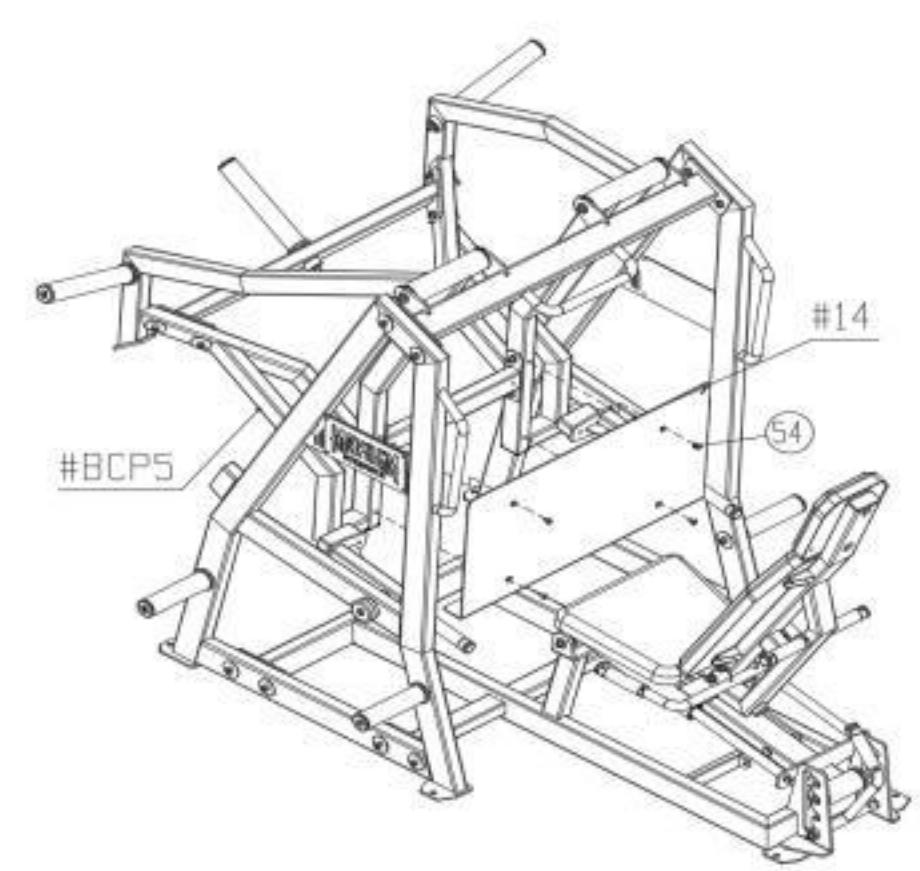
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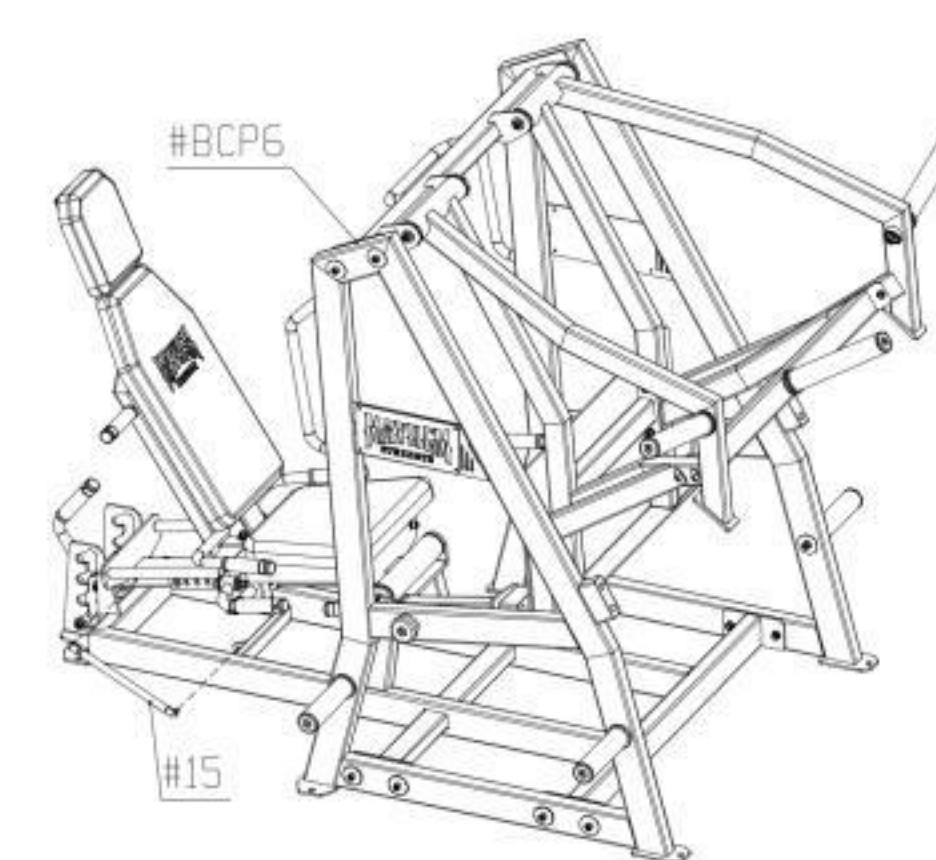
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## Installation

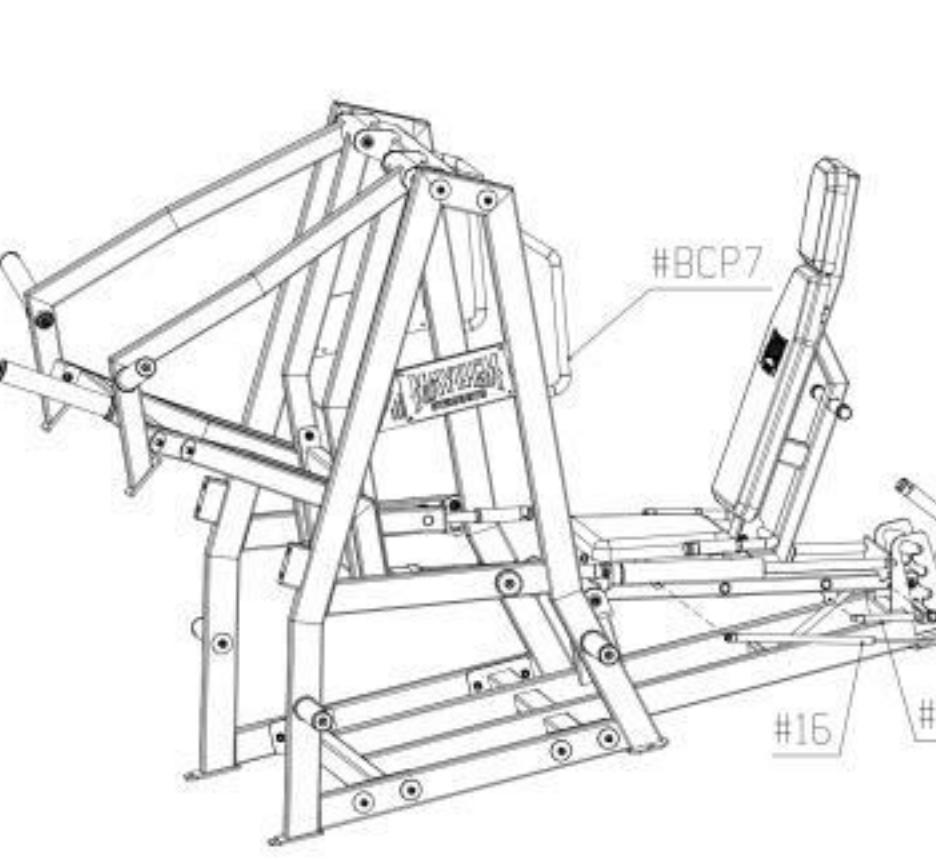
Step 6: Use following method  
combine step5 frame, #14:  
• 4xHexagon countersunk  
head screws M8\*16 (#54)



Step 7: Use following method  
combine step6 frame, #15:

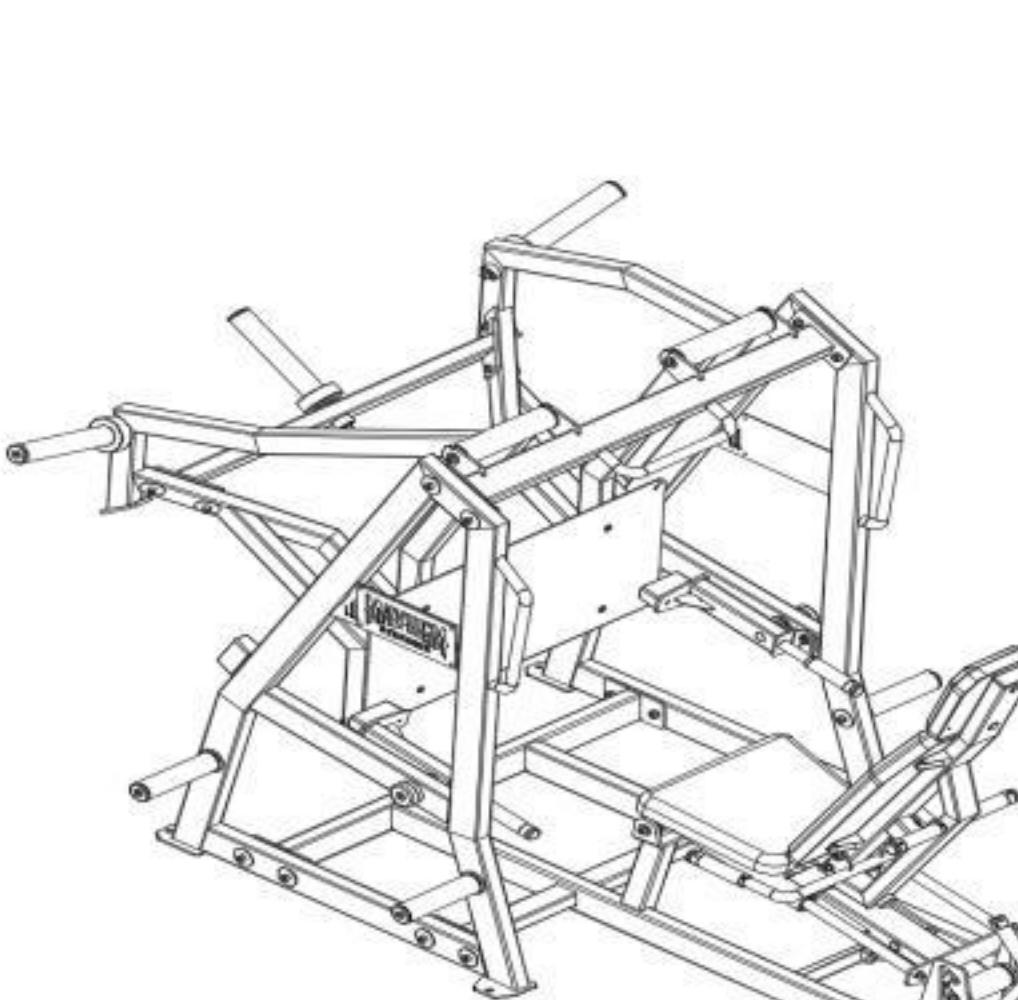


Step 8: Use following method  
combine step7 frame, #16, #17:



## Important Tips

Now that the Plate Loaded Leg  
press is assembled, you need  
to take some time to make sure  
your unit is horizontal and  
vertical.



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 training. After installation, you need to understand all the functions in order to use correctly, the use of the process found in the problem should immediately stop using 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 the company after-sales. After carefully reading all the instructions, please continue

Tools	Rubber Rod
	Level Ruler
	Hexagonal wrench
	Spring Clamp
	Adjustable wrench

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

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## Accessories List

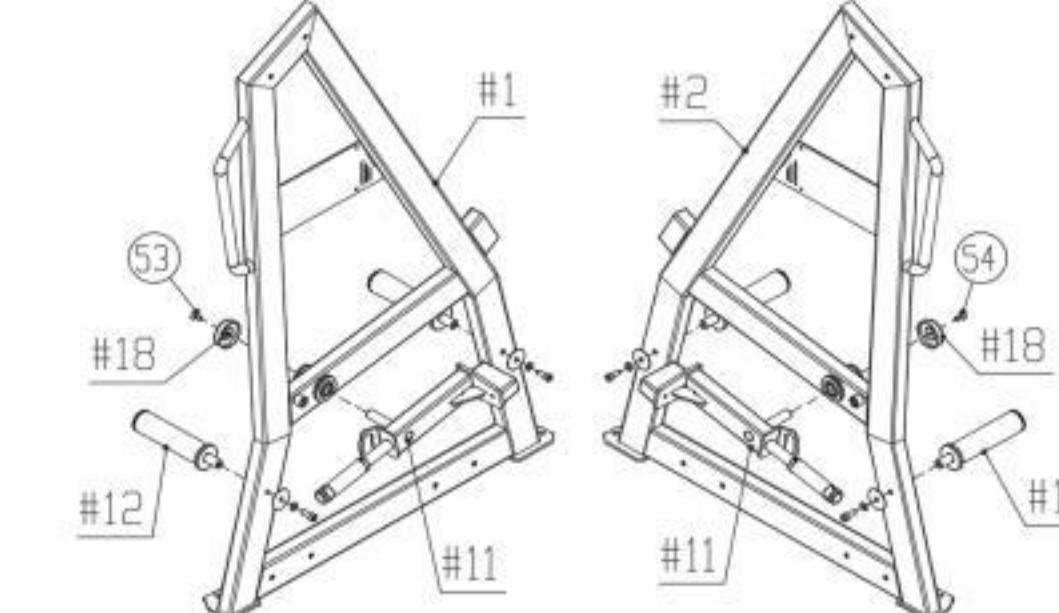
NO.	Name	Picture	QTY	NO.	Name	Picture	QTY
1	#1		1	8	#8		1
2	#2		1	9	#9		1
3	#3		1	10	#10		1
4	#4		1	11	#11		2
5	#5		1	12	#12		2
6	#6		1	13	#13		3
7	#7		1	14	#14		1

NO.	Name	QTY	NO.	Name	QTY
15	Hydraulic piston -280N-125	1	53	Hexagon countersunk head screws M10*20	2
16	Hydraulic piston -100N-220	1	54	Hexagon countersunk head screws M8*16	4
17	Hydraulic piston -80N-90	1	55	Flat Washers M10-D50	24
18	NO. 60 Aluminum end cap	2	56	Flat Washers M10-D20	28
51	Hexagon socket head screws M10*60	24	57	Spring Washers M10	4
52	Hexagon socket head screws M10*25	4	58	Hexagonal self-locking nut M10	24

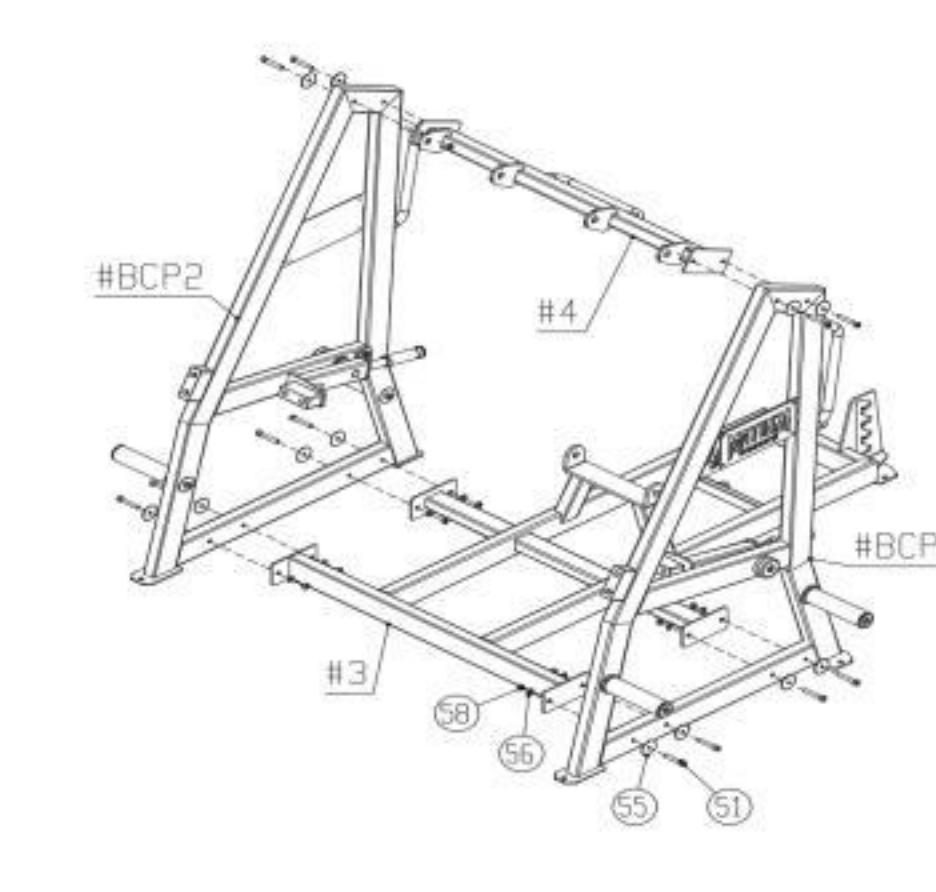
NOTE: Pre-assembled parts are not listed in this table.

Step 1: Use following method combine #1, #11, #12, #18:  
• 1xHexagon countersunk head screws M10\*20 (#53)

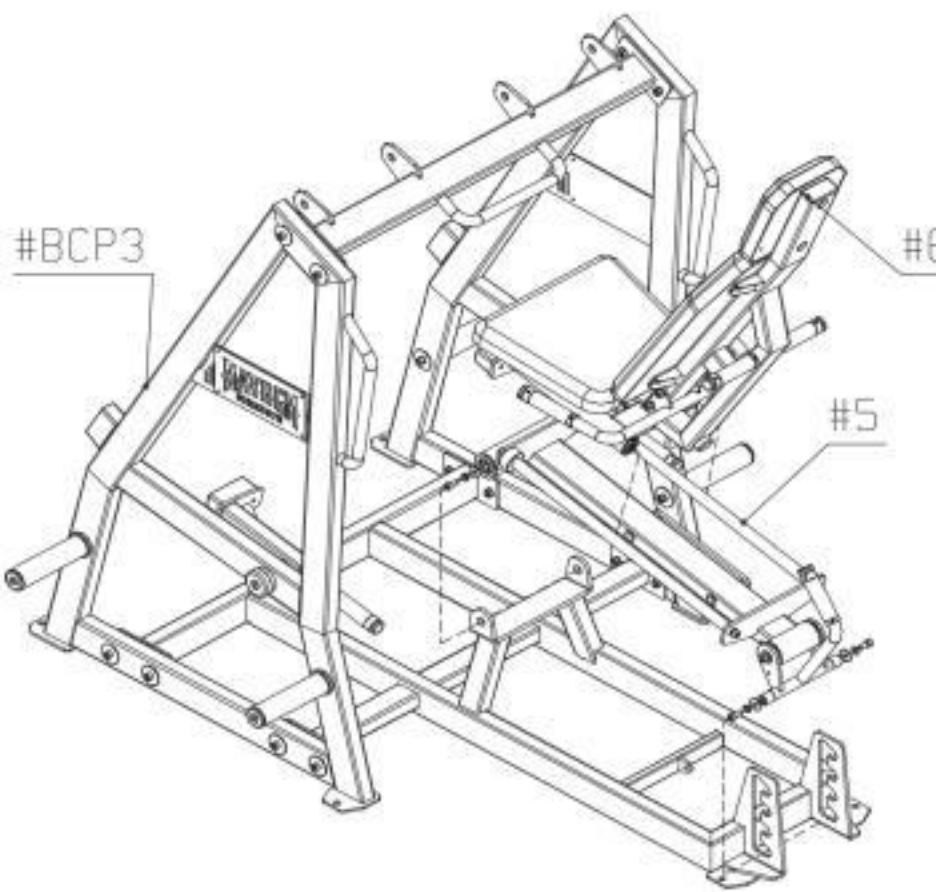
Step 2: Use following method combine #2, #11, #12, #18:  
• 1xHexagon countersunk head screws M10\*20 (#53)



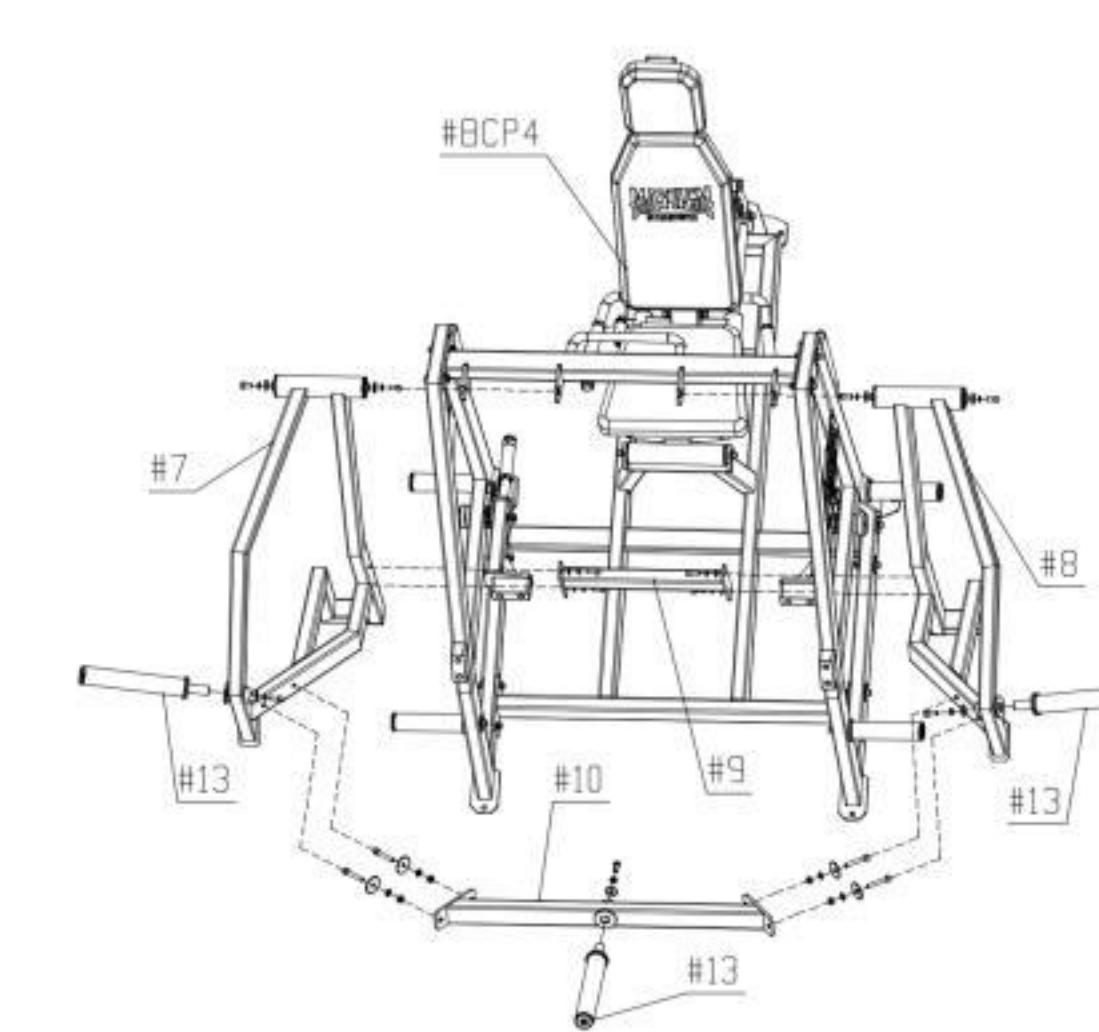
Step 3: Use following method combine step1 frame, step2 frame, #3, #4:  
• 12xHexagon socket head screws M10\*60 (#51)  
• 12x Flat Washers M10-D50 (#55)  
• 12x Flat Washers M10-D20 (#56)  
• 12xHexagonal self-locking nut M10 (#58)



Step 4: Use following method combine step3 frame, #5, #6:



Step 5: Use following method combine step4 frame, #7, #8, #9, #10, #13:  
• 12xHexagon socket head screws M10\*60 (#51)  
• 12x Flat Washers M10-D50 (#55)  
• 12x Flat Washers M10-D20 (#56)  
• 12x Hexagonal self-locking nut M10 (#58)  
• 4x Hexagon socket head screws M10\*25 (#52)  
• 4x Spring Washers M10 (#57)  
• 4x Flat Washers M10-D20 (#56)



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