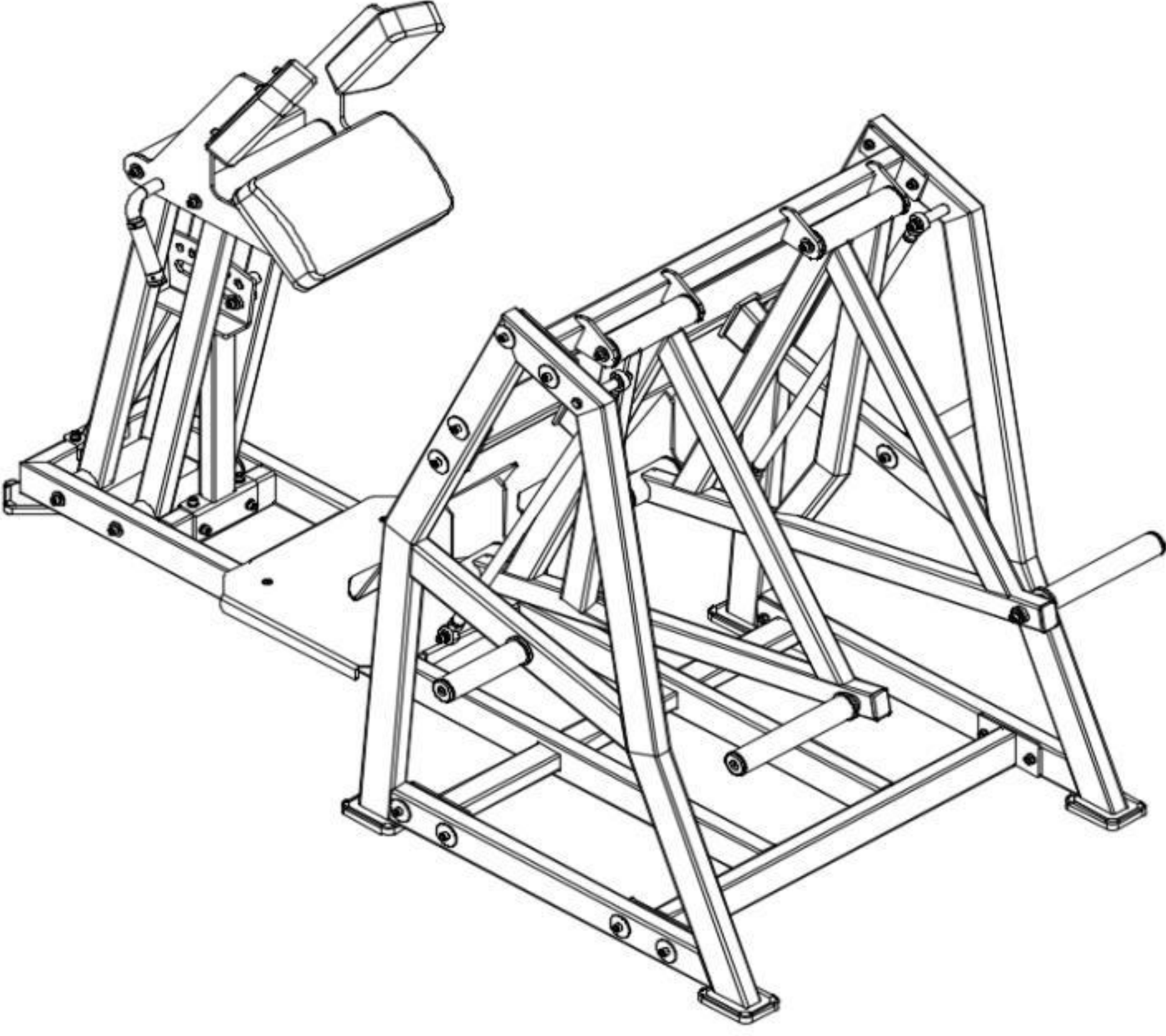
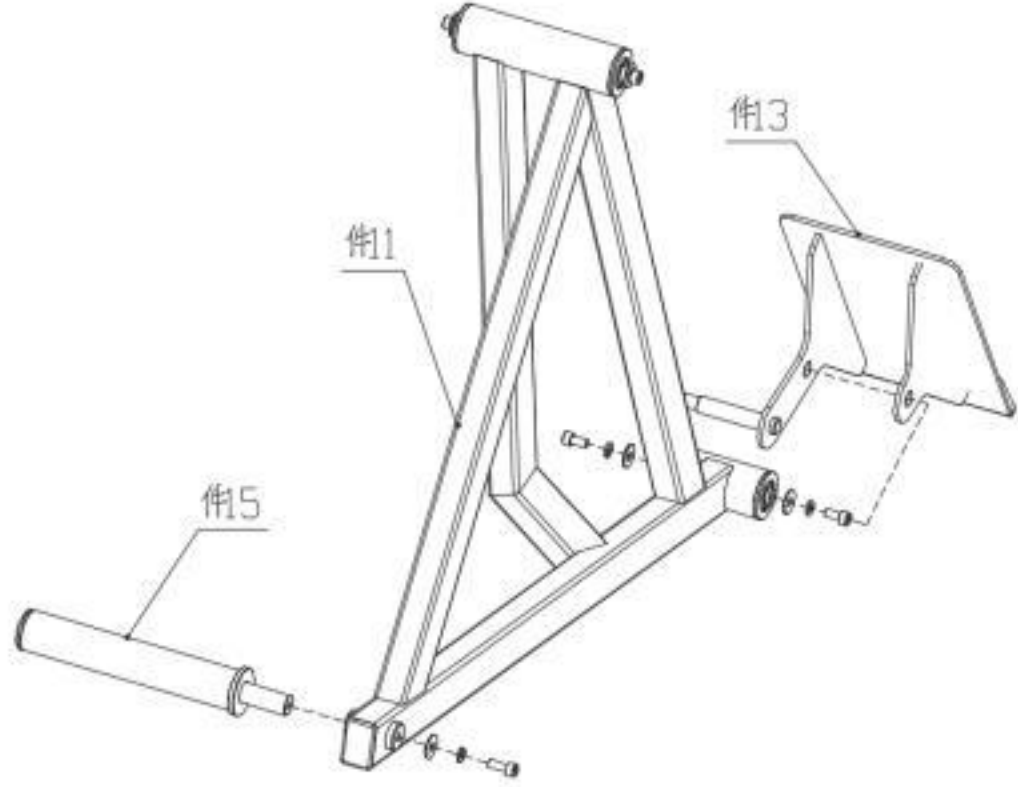
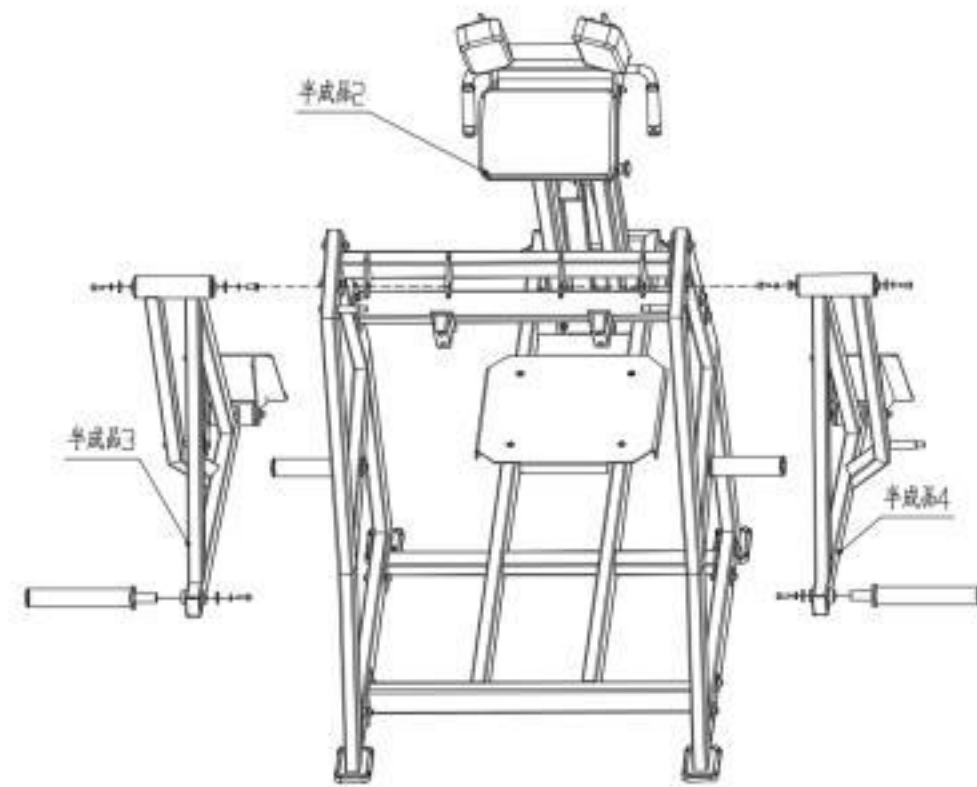
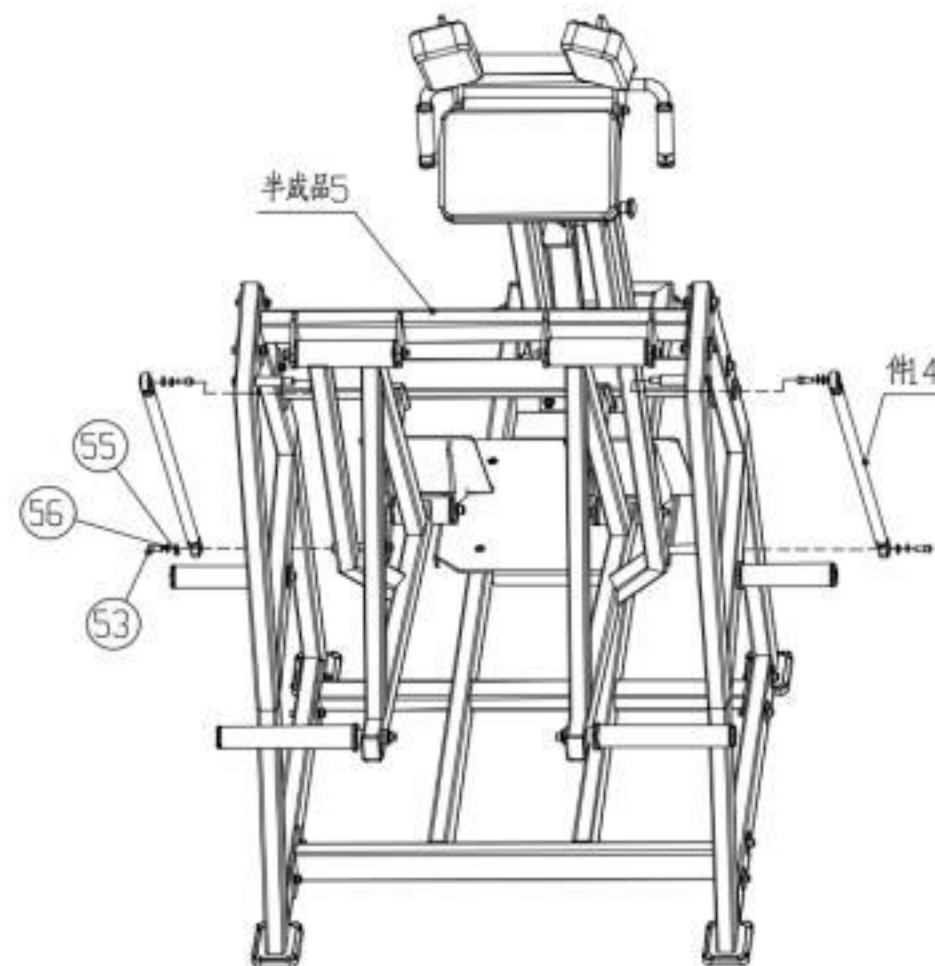
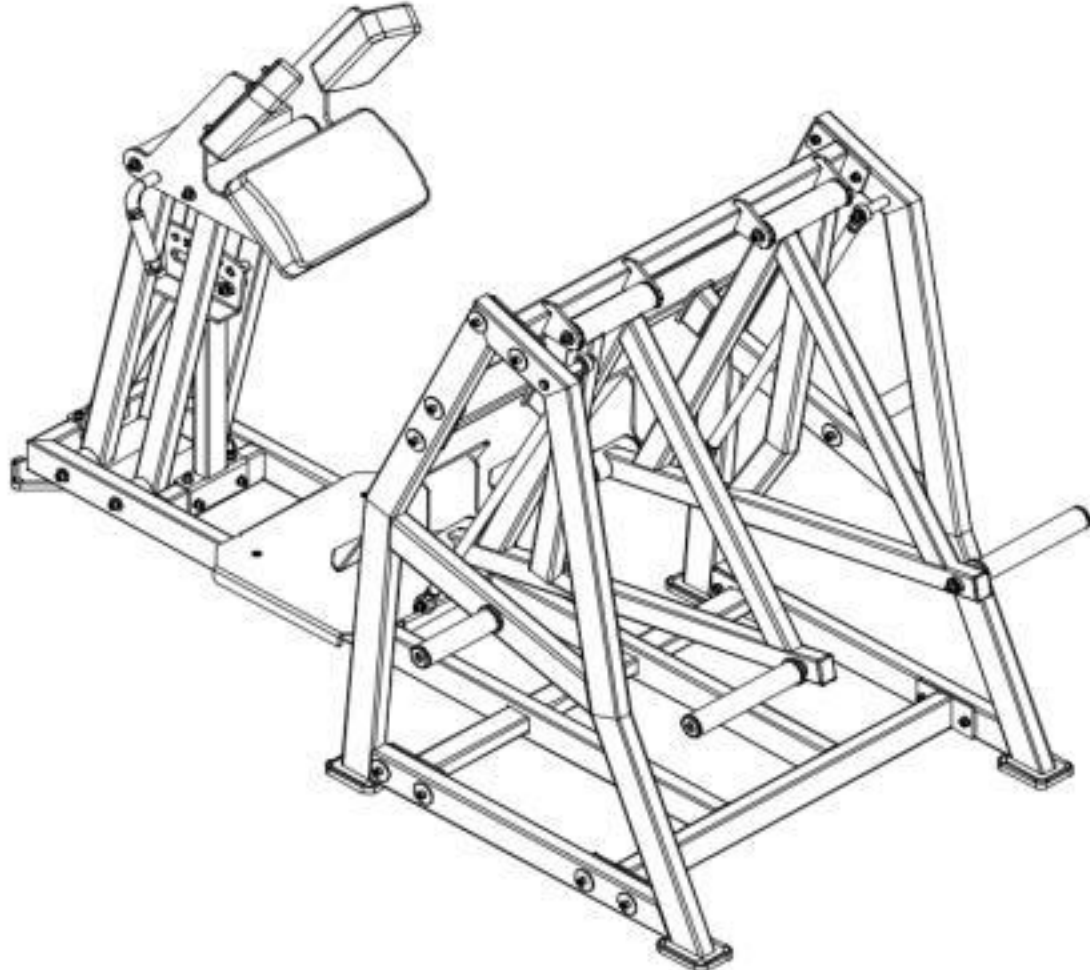
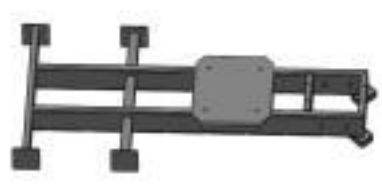















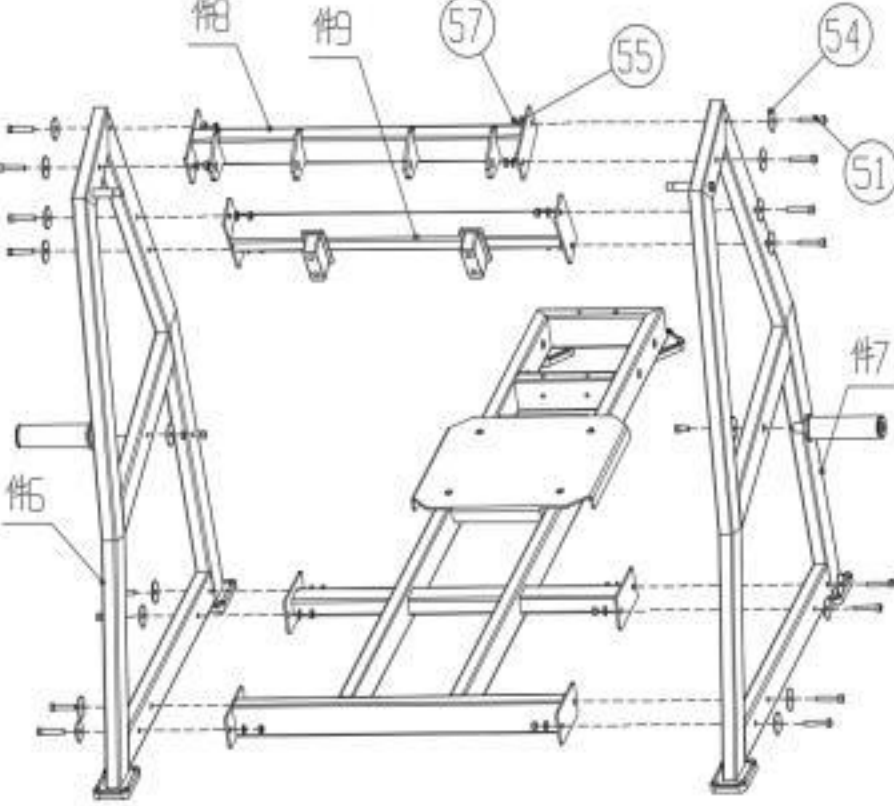
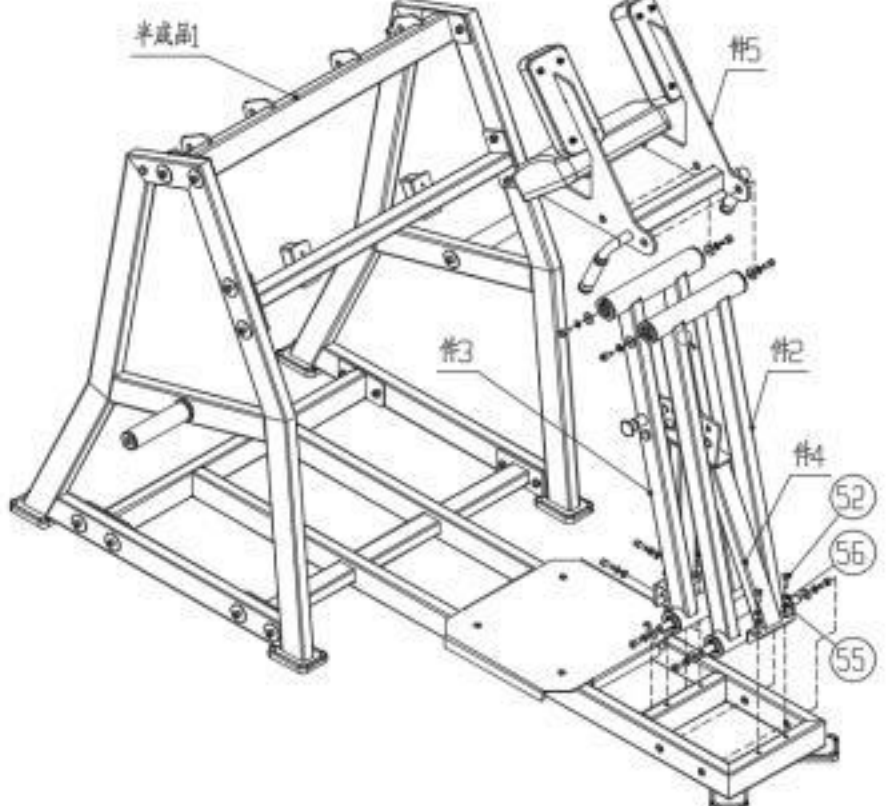
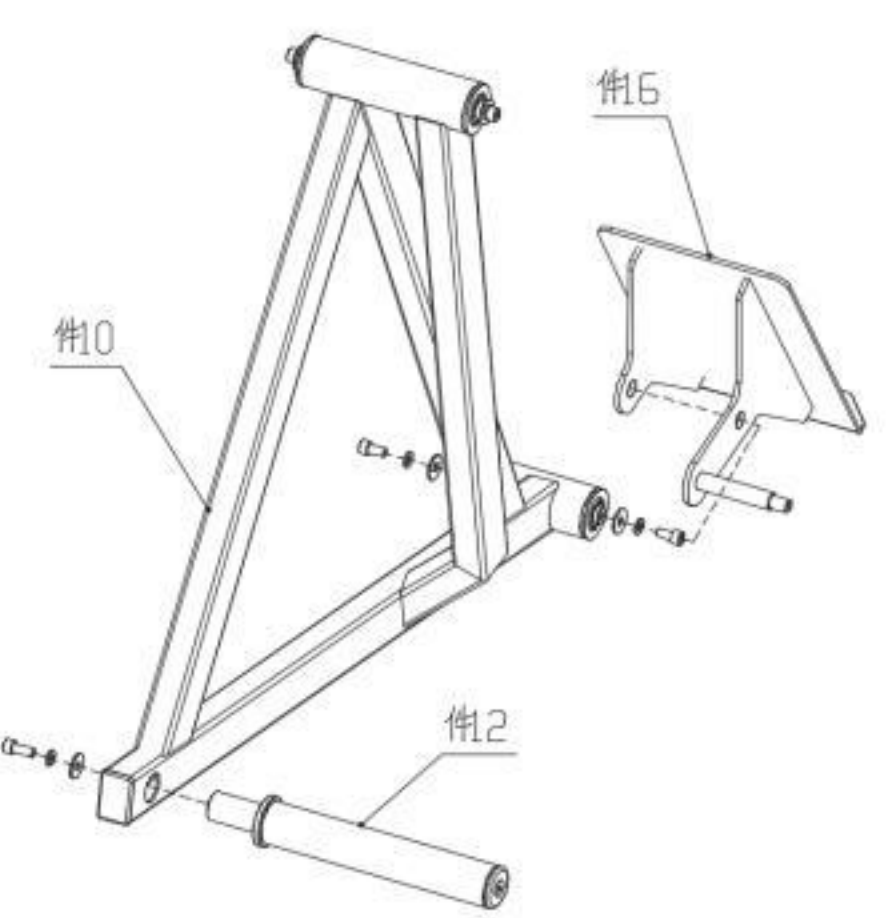


82031 Installation Guide	
Prone Leg Trainer	
	
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Installation	
Step 4:Connect # 11, #13, and # 16 to form # semi-finished product 4 using the following method:	
Step 5:Connect #2, # 3, and # 4 to form # 5 using the following method:	
Step 6:Connect the #5, # 14 using the following method:	
• 4xHexagon socket cheese head screws M10*25 (#53)	
• 4x spring washer M10 (#56)	
• 4x flat washer M10-D20 (#55)	
Important Tips	
Now that the Prone Leg Press Machine is assembled, you need to take some time to make sure your unit is horizontal and vertical.	
-4-	

Brief	
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	
-2-	

Accessories List							
N0.	Name	Picture	QTY	N0.	Name	Picture	QTY
1	#1		1	9	#9		1
2	#2		1	10	#10		1
3	#3		1	11	#11		1
4	#4		1	12	#12		1
5	#5		1	13	#13		1
6	#6		1	14	#14		2
7	#7		1	15	#15		2
8	#8		1	16	#16		2
N0.	Name	QTY	N0.	Name	QTY		
51	Hexagon socket cheese head screws M10*60	16	55	Flat washer M10-D20	26		
52	Hexagon socket cheese head screws M10*25	6	56	Spring washer M10	10		
53	Hexagon socket cheese head screws M10*20	4	57	Hexagonal self-locking nuts M10	16		
54	Flat washer M10-D50	16					
NOTE: Pre-assembled parts are not listed in this table.							
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Installation	
Step 1:Join #6, #7, #8, and #9 to form #Semi-Finished Product 1 by.	
• 16xHexagon socket cheese head screws M10*60 (#51)	
• 16xflat washer M10-D50 (#54)	
• 16xflat washer M10-D20 (#57)	
• 16xHexagonal self-locking nuts M10 (#57)	
Step 2:Join # 2, # 3, # 4, # 5, and # semi-finished product 1 to form # semi-finished product 2 using the following method:	
• 6xHexagon socket cheese head screws M10*25 (#52)	
• 6xspring washer M10 (#56)	
• 6xflat washer M10-D20 (#55)	
Step 3:Join #10, # 12, and # 16 to form # semi-finished product 3 using the following method:	
	
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