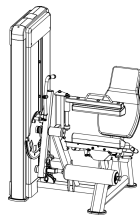


55A12 • Leg Extension / Leg Curl

INSTALLATION MANUAL



Before Installation

Before You Start

- 01 Read this manual before installation. Check all parts and quantities before assembly. If any part is missing or damaged in transit, contact after-sales service before proceeding.
- 02 Assemble the equipment according to these instructions. After installation, learn all functions before use. Stop using the machine immediately if a problem occurs to prevent injury or equipment damage. Check the instructions and contact after-sales service if the problem cannot be resolved.

Tools Required

- Rubber Mallet
- Spirit Level
- Hex Keys
- Snap-Ring Pliers
- Adjustable Wrench
- 2 People

Assembly

STEP 1 & 2

STEP 1
Attach the back pad (#2) and seat pad (#3) to the seat frame (#1). Install the three hole plugs (#50). Tighten the bolts with a wrench before proceeding.

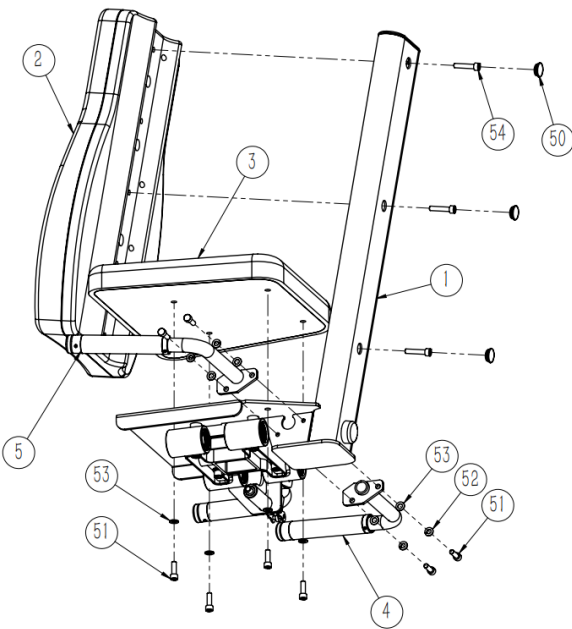
HARDWARE

- Hex Socket Head Cap Screw M8×25 (#51) × 4
- Hex Socket Head Cap Screw M8×40 (#54) × 3
- Flat Washer M8-D16 (#53) × 4
- Hole Plug (#50) × 3

STEP 2
Attach the right handle (#4) and left handle (#5) to the seat frame (#1). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Hex Socket Head Cap Screw M8×25 (#51) × 4
- Spring Washer M8 (#52) × 4
- Flat Washer M8-D16 (#53) × 4



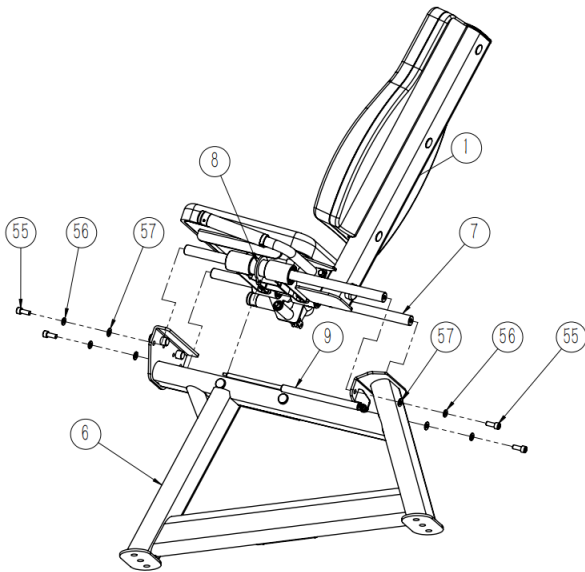
STEP 3 & 4

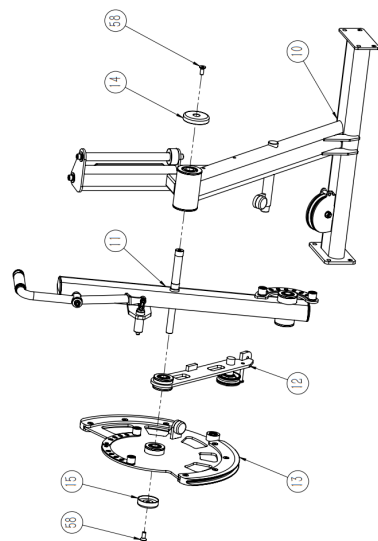
STEP 3
Connect the seat frame (#1) and gas spring bracket (#8) to the side frame (#6) through the seat slide rod (#7). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Hex Socket Head Cap Screw M10×25 (#55) × 4
- Spring Washer M10 (#56) × 4
- Flat Washer M10-D20 (#57) × 4

STEP 4
Connect the gas spring (#9) to the gas spring bracket (#8).





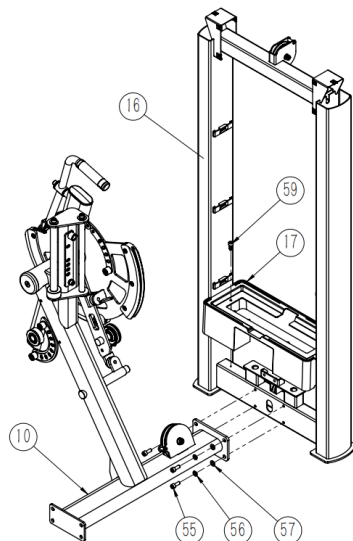
STEP 5

ACTION

Connect the connecting frame (#10), lever arm (#11), swing arm (#12), and cable cam (#13). Fit the 76 aluminum cap (#14) and 60 aluminum cap (#15). Tighten the bolts with a wrench before proceeding.

HARDWARE

- 76 Aluminum Cap (#14) × 1
- 60 Aluminum Cap (#15) × 1
- Hex Socket Countersunk Head Screw M10×25 (#58) × 2



STEP 6 & 7

STEP 6

Connect the connecting frame (#10) to the weight stack frame (#16). Tighten the bolts with a wrench before proceeding.

HARDWARE

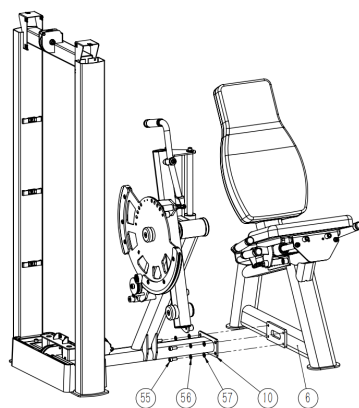
- Hex Socket Head Cap Screw M10×25 (#55) × 4
- Spring Washer M10 (#56) × 4
- Flat Washer M10-D20 (#57) × 4

STEP 7

Attach the lower weight stack shroud (#17) to the weight stack frame (#16).

HARDWARE

- Hex Socket Head Cap Screw M5×16 (#59) × 2



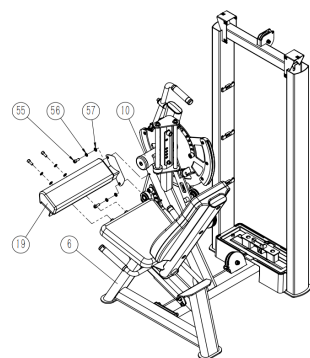
STEP 8

ACTION

Connect the connecting frame (#10) to the side frame (#6). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Hex Socket Head Cap Screw M10×25 (#55) × 4
- Spring Washer M10 (#56) × 4
- Flat Washer M10-D20 (#57) × 4



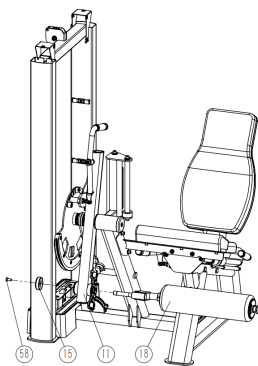
STEP 9

ACTION

Connect the front connecting frame (#19) to the connecting frame (#10) and side frame (#6). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Hex Socket Head Cap Screw M10×25 (#55) × 4
- Spring Washer M10 (#56) × 4
- Flat Washer M10-D20 (#57) × 4



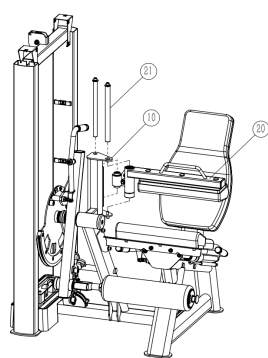
STEP 10

ACTION

Connect the round pad leg roller frame (#18) to the lever arm (#11). Fit the 60 aluminum cap (#15). Tighten the bolt with a wrench before proceeding.

HARDWARE

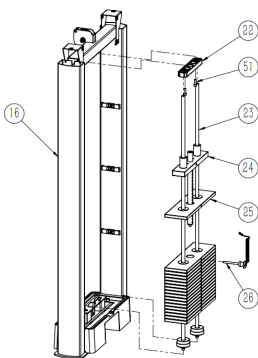
- 60 Aluminum Cap (#15) × 1
- Hex Socket Countersunk Head Screw M10×25 (#58) × 1



STEP 11

ACTION

Remove the preinstalled slide rod (#21) from the connecting frame (#10). Slide the leg pad assembly (#20) onto the slide rod, then reinstall the slide rod on the connecting frame.



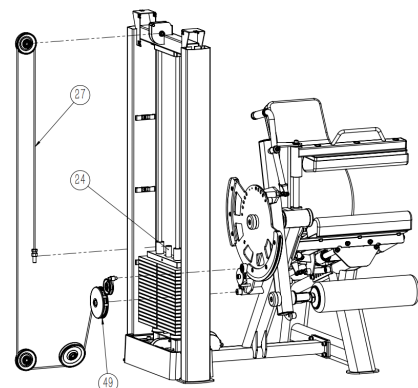
STEP 12

ACTION

Place the preinstalled guide rod assembly (#23) inside the weight stack frame (#16). Install the weight plates (#25) on the guide rods with the spacer plates facing up. Install the preassembled guide block assembly (#24), then the guide rod retaining plate (#22). Secure the retaining plate to the weight stack frame.

HARDWARE

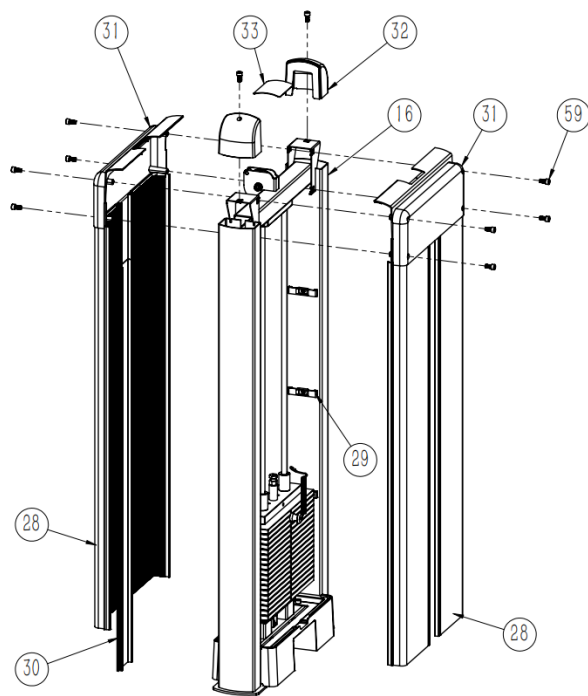
- Hex Socket Head Cap Screw M8×25 (#51) × 2



STEP 13

ACTION

Open the preinstalled pulleys. Route the cable (#27) around the pulleys as shown, then reinstall the pulleys. Connect the other end of the cable to the guide block assembly (#24). Make sure the cable passes through the weight stack selector pin (#26). Tighten the bolts with a wrench before proceeding.



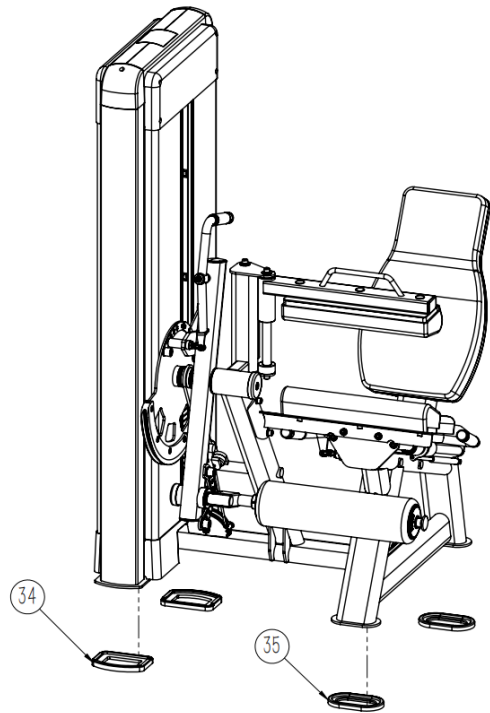
STEP 14 & 15

STEP 14
Attach two shroud panels (#28) to the weight stack frame (#16) with the shroud retaining plates (#29). Slide the decorative panel (#30) into the two shroud panels and secure it with the retaining plates. Attach the two upper shrouds (#31) to the weight stack frame.

HARDWARE
• Hex Socket Head Cap Screw M5×16 (#59) × 8

STEP 15
Attach the two weight stack upright end caps (#32) to the weight stack frame (#16), then snap the upper shroud top cover (#33) into the two upper shrouds (#31).

HARDWARE
• Hex Socket Head Cap Screw M5×16 (#59) × 2

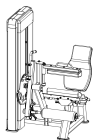


STEP 16

ACTION
Move the machine to a suitable location and install the four corresponding foot pads (#34 / #35).

FINAL CHECK

- 01 After assembly, verify that the machine is level and plumb. Use a spirit level to check that the guide rods are vertical in both directions. If not, loosen the required frame hardware, realign the frame, and retighten the bolts.



Parts List

Preassembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Seat Frame	1	12	Swing Arm	1	50	Hole Plug	3
2	Back Pad	1	13	Cable Cam	1	51	Hex Socket Head Cap Screw M8×25	8
3	Seat Pad	1	14	76 Aluminum Cap	1	52	Spring Washer M8	4
4	Right Handle	1	15	60 Aluminum Cap	2	53	Flat Washer M8-D16	8
5	Left Handle	1	18	Round Pad Leg Roller Frame	1	54	Hex Socket Head Cap Screw M8×40	3
6	Side Frame	1	19	Front Connecting Frame	1	55	Hex Socket Head Cap Screw M10×25	16
9	Gas Spring	1	20	Leg Pad Assembly	1	56	Spring Washer M10	16
10	Connecting Frame	1	35	Flat Oval Foot Pad	2	57	Flat Washer M10-D20	16
11	Lever Arm	1	49	Pulley Housing Assembly	1	58	Hex Socket Countersunk Head Screw M10×25	3