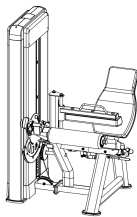


61A25 • Seated Leg Curl

INSTALLATION MANUAL



Before Installation

Before You Start

- 01 Read these instructions carefully before installation. Check that all parts and quantities are complete. If any part is missing or damaged in transit, contact after-sales service immediately. Assemble the equipment according to these instructions.
- 02 After assembly, learn all functions before use. Stop using the equipment immediately if any problem occurs to avoid injury or equipment damage. Check these instructions for the cause; if the problem cannot be resolved, contact after-sales service.

Tools Required

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

Assembly

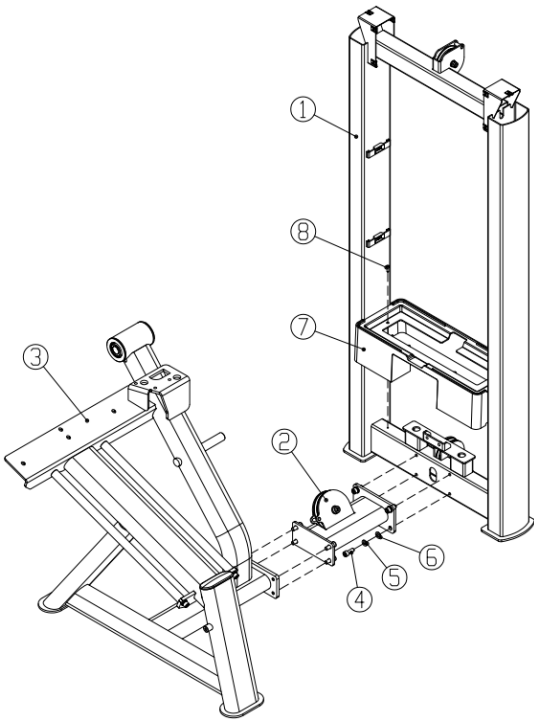
STEP 1 & 2

STEP 1
Connect the weight stack frame (#1), seated leg curl connecting frame (#2), and side frame (#3) with eight M10×25 socket head cap screws (#4), eight M10 spring washers (#5), and eight M10-D20 flat washers (#6). Tighten the bolts with a wrench before proceeding.

- HARDWARE**
- | | |
|---|-----|
| • Weight stack frame (#1) | × 1 |
| • Seated leg curl connecting frame (#2) | × 1 |
| • Side frame (#3) | × 1 |
| • Socket head cap screw M10×25 (#4) | × 8 |
| • Spring washer M10 (#5) | × 8 |
| • Flat washer M10-D20 (#6) | × 8 |

STEP 2
Connect the lower shroud (#7) to the weight stack frame (#1) with two M5×16 socket head cap screws (#8). Tighten the bolts with a wrench before proceeding.

- HARDWARE**
- | | |
|------------------------------------|-----|
| • Weight stack frame (#1) | × 1 |
| • Lower shroud (#7) | × 1 |
| • Socket head cap screw M5×16 (#8) | × 2 |



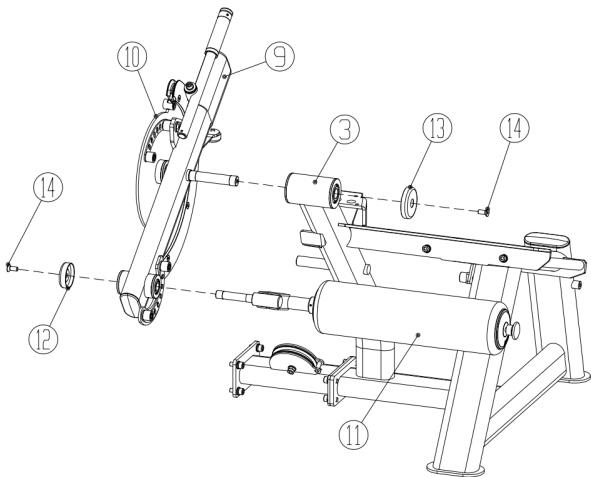
STEP 3 & 4

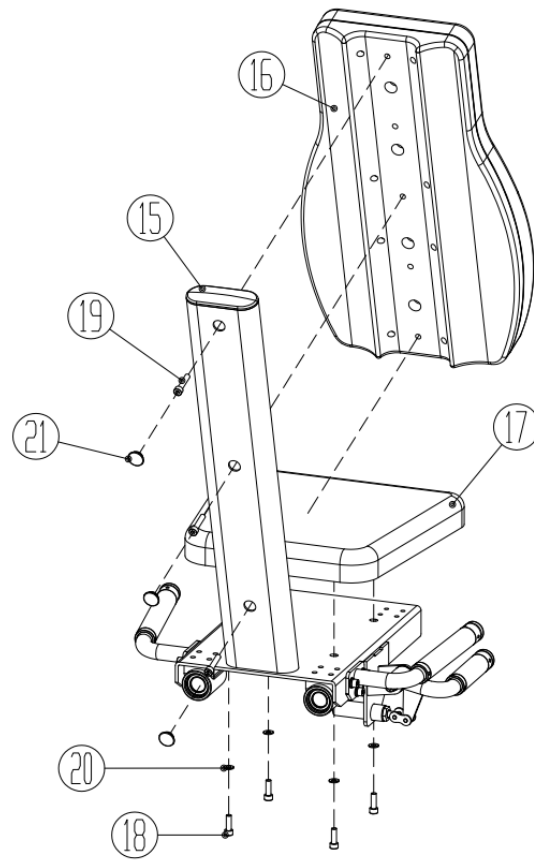
STEP 3
Connect the seated leg curl movement arm (#9) and flange (#10) to the side frame (#3) with one aluminum cap 76 (#13) and one M10×25 hex socket flat countersunk head screw (#14). Tighten the bolt with a wrench before proceeding.

- HARDWARE**
- | | |
|---|-----|
| • Seated leg curl movement arm (#9) | × 1 |
| • Seated leg curl flange (#10) | × 1 |
| • Side frame (#3) | × 1 |
| • Aluminum cap 76 (#13) | × 1 |
| • Hex socket flat countersunk head screw M10×25 (#14) | × 1 |

STEP 4
Connect the leg extension leg pad frame (#11) to the seated leg curl movement arm (#9) with one aluminum cap 60 (#12) and one M10×25 hex socket flat countersunk head screw (#14). Tighten the bolt with a wrench before proceeding.

- HARDWARE**
- | | |
|---|-----|
| • Leg extension leg pad frame (#11) | × 1 |
| • Seated leg curl movement arm (#9) | × 1 |
| • Aluminum cap 60 (#12) | × 1 |
| • Hex socket flat countersunk head screw M10×25 (#14) | × 1 |





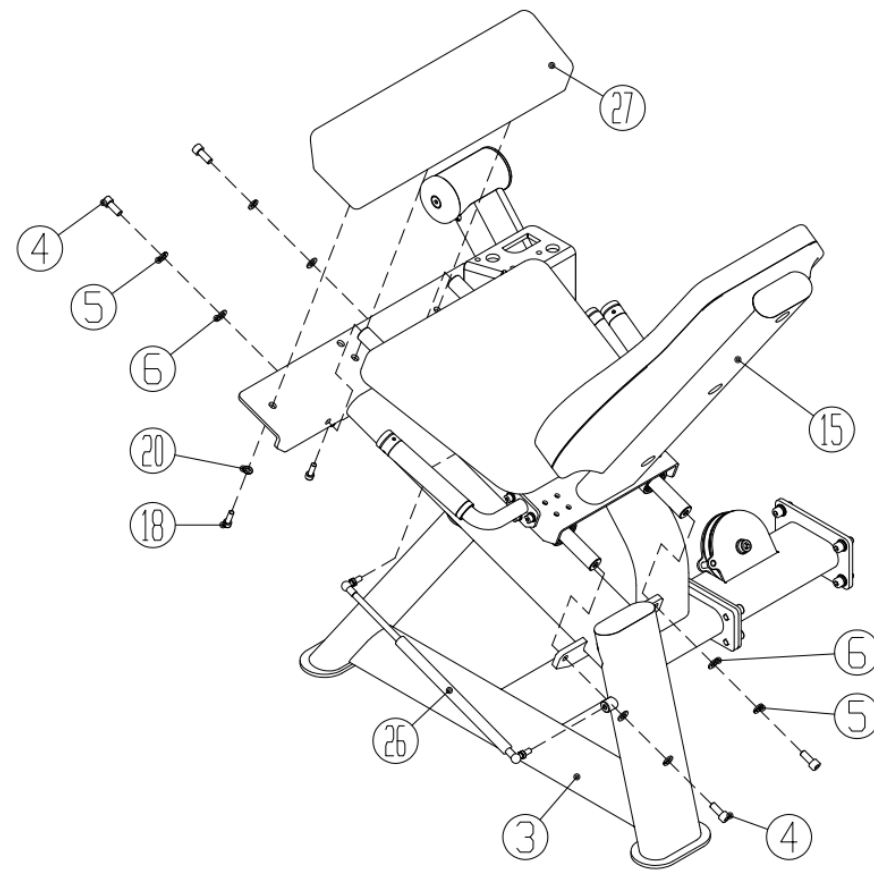
STEP 5

ACTION

Attach the back pad (#16) and seat pad (#17) to the leg extension seat frame (#15) with four M8x25 socket head cap screws (#18), three M8x40 socket head cap screws (#19), four M8-D16 flat washers (#20), and three hole plugs 20 (#21). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Back pad (#16) × 1
- Seat pad (#17) × 1
- Leg extension seat frame (#15) × 1
- Socket head cap screw M8x25 (#18) × 4
- Socket head cap screw M8x40 (#19) × 3
- Flat washer M8-D16 (#20) × 4
- Hole plug 20 (#21) × 3



STEP 6, 7 & 8

STEP 6

Remove the preinstalled slide rod from the side frame (#3). Slide the seat frame (#15) onto the rod, then reinstall the slide rod on the side frame.

HARDWARE

- Side frame (#3) × 1
- Leg extension seat frame (#15) × 1

STEP 7

Attach the leg extension seat pad (#27) to the side frame (#3) with three M8x25 socket head cap screws (#18) and three M8-D16 flat washers (#20). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Leg extension seat pad (#27) × 1
- Side frame (#3) × 1
- Socket head cap screw M8x25 (#18) × 3
- Flat washer M8-D16 (#20) × 3

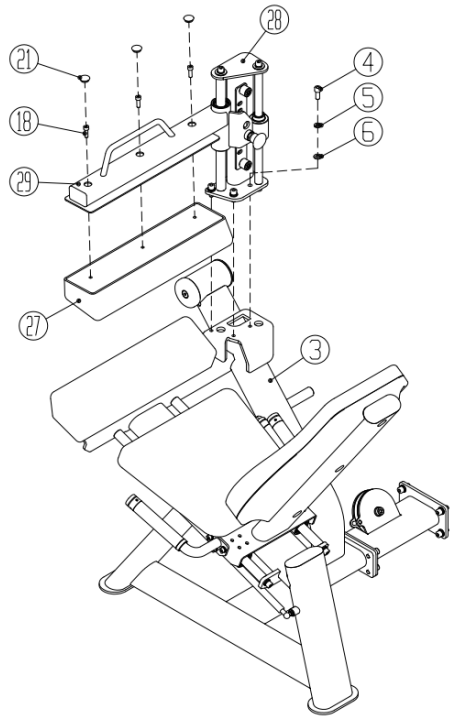
STEP 8

Connect the gas spring (#26) to the side frame (#3) and seat frame (#15).

HARDWARE

- Gas spring (#26) × 1
- Side frame (#3) × 1
- Leg extension seat frame (#15) × 1

STEP 9 & 10



STEP 9

Connect the seated leg curl adjustment frame (#28) and leg pad frame (#29) to the side frame (#3) with three M10×25 socket head cap screws (#4), three M10 spring washers (#5), and three M10-D20 flat washers (#6). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Seated leg curl adjustment frame (#28) × 1
- Seated leg curl leg pad frame (#29) × 1
- Side frame (#3) × 1
- Socket head cap screw M10×25 (#4) × 3
- Spring washer M10 (#5) × 3
- Flat washer M10-D20 (#6) × 3

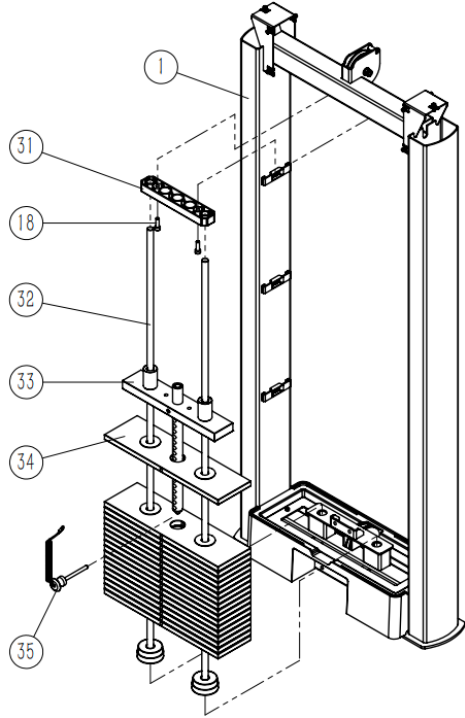
STEP 10

Attach the leg extension seat pad (#27) to the seated leg curl leg pad frame (#29) with three M8×25 socket head cap screws (#18). Install three hole plugs 20 (#21). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Leg extension seat pad (#27) × 1
- Seated leg curl leg pad frame (#29) × 1
- Socket head cap screw M8×25 (#18) × 3
- Hole plug 20 (#21) × 3

STEP 11



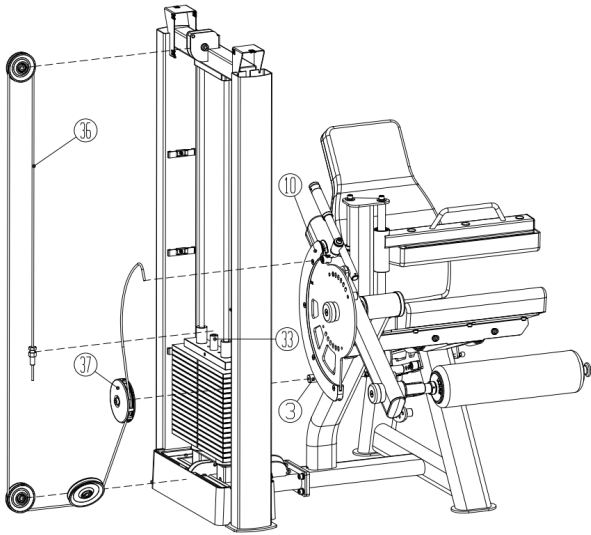
ACTION

Place the two preassembled guide rod assemblies (#32) in the weight stack frame (#1). Install 16 weight plates (#34) on the guide rods with the spacers facing up. Install the guide block assembly (#33) and guide rod mounting plate (#31). Secure the mounting plate with two M8×25 socket head cap screws (#18), then insert the weight stack selector pin (#35) into the weight plates. Tighten the bolts with a wrench before proceeding.

HARDWARE

- Guide rod assembly (#32) × 2
- Weight plate (#34) × 16
- Guide block assembly (#33) × 1
- Guide rod mounting plate (#31) × 1
- Weight stack frame (#1) × 1
- Socket head cap screw M8×25 (#18) × 2
- Weight stack selector pin (#35) × 1

STEP 12



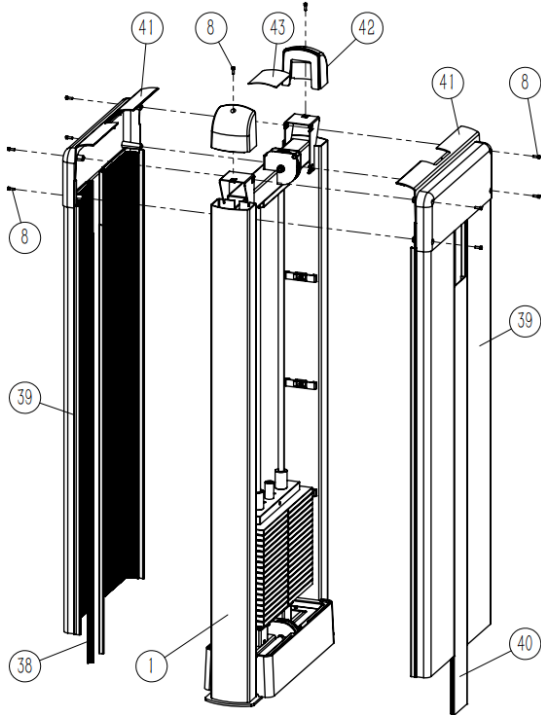
ACTION

Remove the preinstalled pulleys, route the cable (#36) around the pulleys as shown, and reinstall the pulleys. Install the pulley housing (#37) used by the cable on the side frame (#3). Connect one end of the cable to the guide block assembly (#33) and the other end to the seated leg curl flange (#10). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Cable (#36) × 1
- Pulley housing (#37) × 1
- Side frame (#3) × 1
- Guide block assembly (#33) × 1
- Seated leg curl flange (#10) × 1

STEP 13 & 14



STEP 13

Slide two decorative strips (#38) into two shroud panels (#39) and secure them to the weight stack frame (#1) with the shroud pressure plates. Slide the decorative panel (#40) into the shroud panels and secure it to the weight stack frame. Attach two upper shrouds (#41) with eight M5×16 socket head cap screws (#8).

HARDWARE

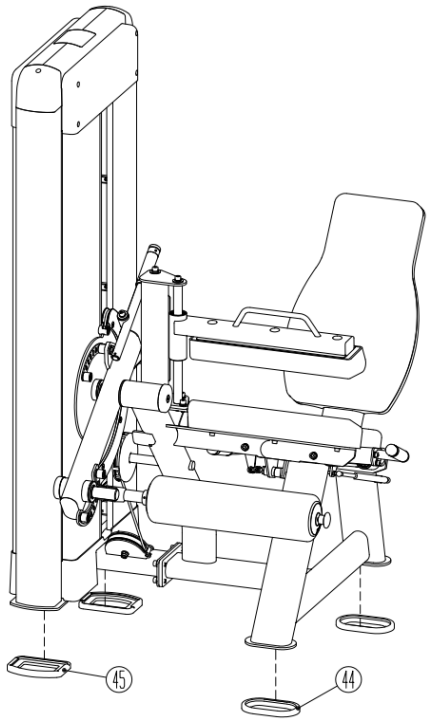
- Decorative strip (#38) × 2
- Shroud panel (#39) × 2
- Decorative panel (#40) × 1
- Upper shroud (#41) × 2
- Weight stack frame (#1) × 1
- Socket head cap screw M5×16 (#8) × 8

STEP 14

Attach two weight stack upright end caps (#42) to the weight stack frame (#1) with two M5×16 socket head cap screws (#8), then snap the upper shroud top cover (#43) into the two upper shrouds (#41).

HARDWARE

- Weight stack upright end cap (#42) × 2
- Weight stack frame (#1) × 1
- Upper shroud top cover (#43) × 1
- Upper shroud (#41) × 2
- Socket head cap screw M5×16 (#8) × 2



STEP 15

ACTION
Move the assembled trainer to its final position. Install two flat oval foot pads (#44) and two weight stack frame foot pads (#45).

- HARDWARE**
- Flat oval foot pad (#44) × 2
 - Weight stack frame foot pad (#45) × 2

FINAL CHECK

- 01 Assembly is complete. Check that the unit is level and plumb. Use a spirit level to check that the guide rods are vertical in both directions. If they are not vertical, loosen the affected frame hardware, realign the frame, and retighten the bolts.



Parts List

Preassembled parts are not listed in this parts list.

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Weight stack frame	1	15	Leg extension seat frame	1	34	Weight plate	16
2	Seated leg curl connecting frame	1	16	Back pad	1	35	Weight stack selector pin	1
3	Side frame	1	17	Seat pad	1	36	Cable	1
4	Socket head cap screw M10×25	11	18	Socket head cap screw M8×25	10	37	Pulley housing	1
5	Spring washer M10	11	19	Socket head cap screw M8×40	3	38	Decorative strip	2
6	Flat washer M10-D20	11	20	Flat washer M8-D16	7	39	Shroud panel	4
7	Lower shroud	1	21	Hole plug 20	6	40	Decorative panel	1
8	Socket head cap screw M5×16	12	26	Gas spring	1	41	Upper shroud	2
9	Seated leg curl movement arm	1	27	Leg extension seat pad	1	42	Weight stack upright end cap	2
10	Seated leg curl flange	1	28	Seated leg curl adjustment frame	1	43	Upper shroud top cover	1
11	Leg extension leg pad frame	1	29	Seated leg curl leg pad frame	2	44	Flat oval foot pad	2
12	Aluminum cap 60	1	31	Guide rod mounting plate	1	45	Weight stack frame foot pad	2
13	Aluminum cap 76	1	32	Guide rod assembly	2			
14	Hex socket flat countersunk head screw M10×25	2	33	Guide block assembly	1			