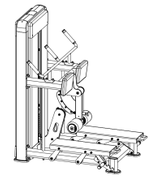
61A25A · Standing Leg Curl

INSTALLATION MANUAL



Before Installation

Before You Start

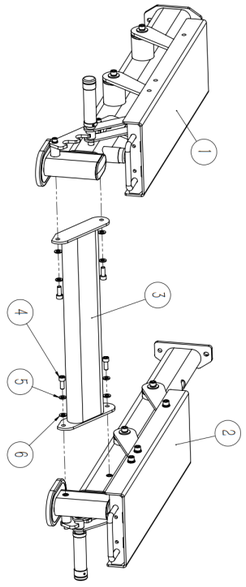
01 Read these instructions carefully before installation. Check that all parts and quantities are complete. If any part is missing or damaged in transit, contact after-sales service immediately. Assemble the equipment according to these instructions.

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

Assembly



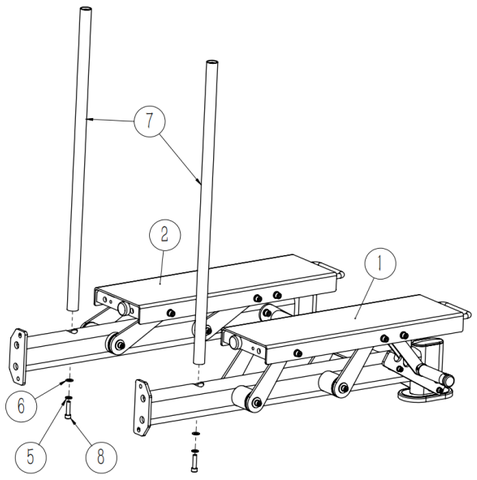
STEP 1

ACTION

Connect the left side frame assembly (#1) and right side frame assembly (#2) with the connecting frame (#3). Secure with four M10×25 socket head cap screws (#4), four M10 spring washers (#5), and four M10-D20 flat washers (#6). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Left side frame assembly (#1) × 1
- Right side frame assembly (#2) × 1
- Connecting frame (#3) × 1
- Socket head cap screw M10×25 (#4) × 4
- Spring washer M10 (#5) × 4
- Flat washer M10-D20 (#6) × 4



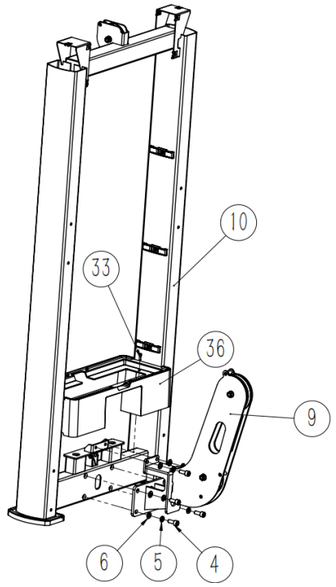
STEP 2

ACTION

Connect the two side connecting tubes (#7) to the left and right side frame assemblies (#1/#2) with two M10×40 socket head cap screws (#8), two M10 spring washers (#5), and two M10-D20 flat washers (#6). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Side connecting tube (#7) × 2
- Left side frame assembly (#1) × 1
- Right side frame assembly (#2) × 1
- Socket head cap screw M10×40 (#8) × 2
- Spring washer M10 (#5) × 2
- Flat washer M10-D20 (#6) × 2



STEP 3 & 4

STEP 3

Connect the lower weight stack shroud (#36) to the weight stack frame (#10) with two M5×15 socket head cap screws (#33).

HARDWARE

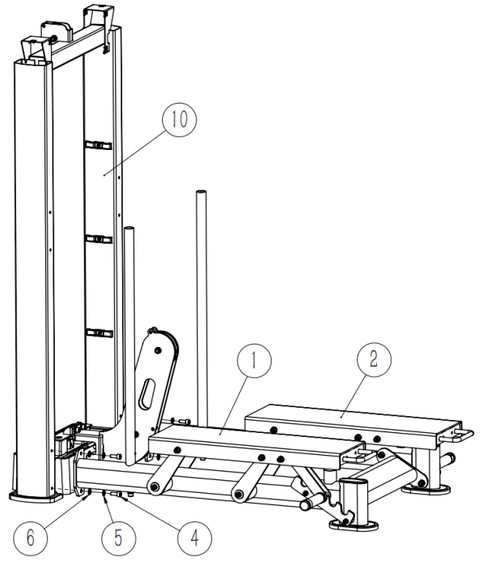
- Lower weight stack shroud (#36) × 1
- Weight stack frame (#10) × 1
- Socket head cap screw M5×15 (#33) × 2

STEP 4

Connect the standing leg curl pulley frame (#9) to the weight stack frame (#10) with six M10×25 socket head cap screws (#4), six M10 spring washers (#5), and six M10-D20 flat washers (#6).

HARDWARE

- Standing leg curl pulley frame (#9) × 1
- Weight stack frame (#10) × 1
- Socket head cap screw M10×25 (#4) × 6
- Spring washer M10 (#5) × 6
- Flat washer M10-D20 (#6) × 6



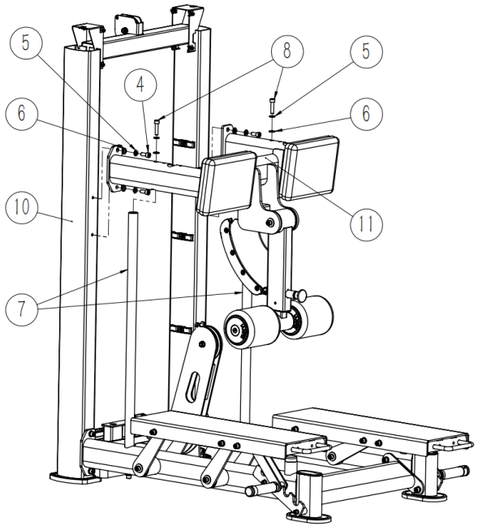
STEP 5

ACTION

Connect the weight stack frame (#10) to the left and right side frame assemblies (#1/#2) with four M10×25 socket head cap screws (#4), four M10 spring washers (#5), and four M10-D20 flat washers (#6). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Weight stack frame (#10) × 1
- Left side frame assembly (#1) × 1
- Right side frame assembly (#2) × 1
- Socket head cap screw M10×25 (#4) × 4
- Spring washer M10 (#5) × 4
- Flat washer M10-D20 (#6) × 4



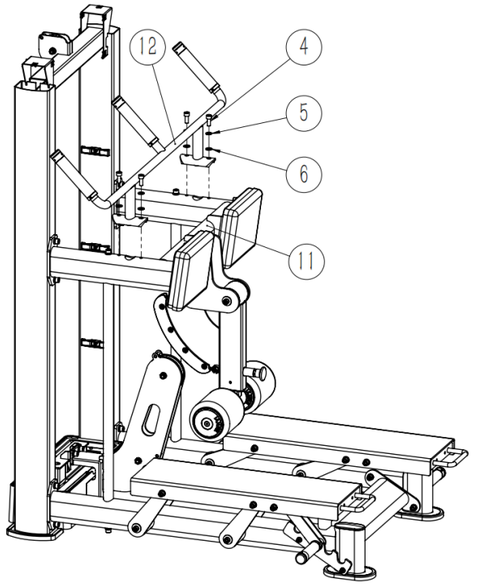
STEP 6

ACTION

Connect the weight stack frame (#10) and two side connecting tubes (#7) to the upper support frame assembly (#11). Use two M10×40 socket head cap screws (#8), four M10×25 socket head cap screws (#4), six M10 spring washers (#5), and six M10-D20 flat washers (#6). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Weight stack frame (#10) × 1
- Side connecting tube (#7) × 2
- Upper support frame assembly (#11) × 1
- Socket head cap screw M10×40 (#8) × 2
- Socket head cap screw M10×25 (#4) × 4
- Spring washer M10 (#5) × 6
- Flat washer M10-D20 (#6) × 6



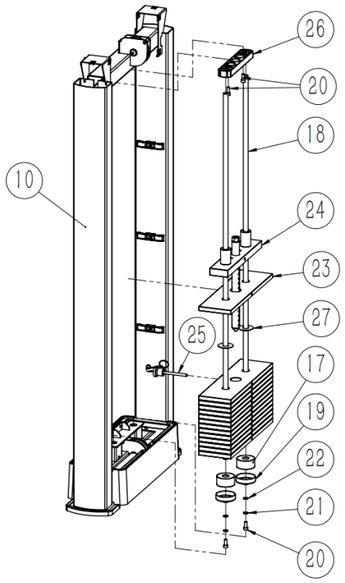
STEP 7

ACTION

Connect the standing leg curl handle frame assembly (#12) to the upper support frame assembly (#11) with four M10×25 socket head cap screws (#4), four M10 spring washers (#5), and four M10-D20 flat washers (#6). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Standing leg curl handle frame assembly (#12) × 1
- Upper support frame assembly (#11) × 1
- Socket head cap screw M10×25 (#4) × 4
- Spring washer M10 (#5) × 4
- Flat washer M10-D20 (#6) × 4



STEP 8 & 9

STEP 8

Slide two weight stack rubber pads (#17) onto the two guide rods (#18). Connect the two weight stack bases (#19) to the guide rods and place them in the weight stack frame (#10). Secure with two M8×20 socket head cap screws (#20), two M8 spring washers (#21), and two M8 flat washers (#22). Tighten the bolts with a wrench before proceeding.

HARDWARE

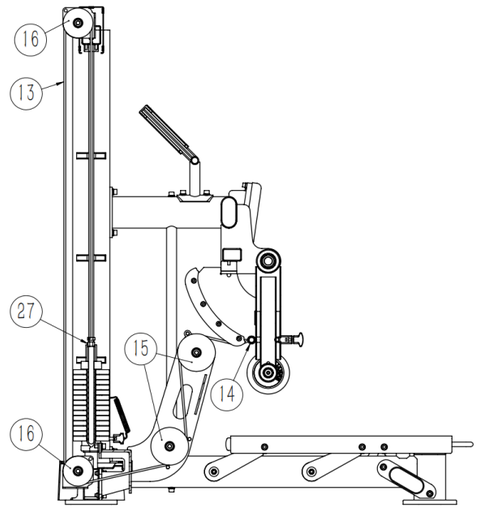
- Weight stack rubber pad (#17) × 2
- Guide rod (#18) × 2
- Weight stack base (#19) × 2
- Weight stack frame (#10) × 1
- Socket head cap screw M8×20 (#20) × 2
- Spring washer M8 (#21) × 2
- Flat washer M8 (#22) × 2

STEP 9

Install 14 weight plates (#23) on the guide rods (#18) with the spacer (#27) facing up. Install the guide block assembly (#24), insert the weight stack selector pin (#25), and install the guide rod mounting plate (#26). Secure the mounting plate to the weight stack frame (#10) with two M8×20 socket head cap screws (#20). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Weight plate (#23) × 14
- Guide rod (#18) × 2
- Spacer (#27)
- Guide block assembly (#24) × 1
- Weight stack selector pin (#25) × 1
- Guide rod mounting plate (#26) × 1
- Weight stack frame (#10) × 1
- Socket head cap screw M8×20 (#20) × 2



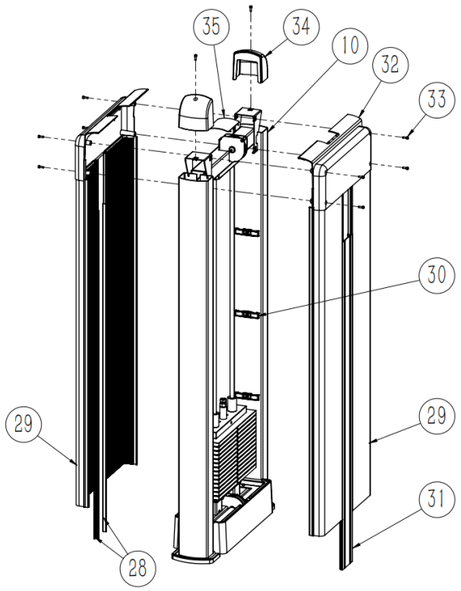
STEP 10

ACTION

Route the cable (#13) around two 95 pulleys (#16) and two 120 pulleys (#15) as shown. Connect one end to the cable fixing sleeve (#14) and the other end to the cable fixing bolt (#27). Pass the cable through the weight stack selector pin (#25). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Cable (#13) × 1
- 95 pulley (#16) × 2
- 120 pulley (#15) × 2
- Cable fixing sleeve (#14) × 1
- Cable fixing bolt (#27) × 1
- Weight stack selector pin (#25) × 1



STEP 11

ACTION

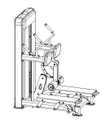
Slide two decorative strips (#28) into two shroud panels (#29) and secure them to the weight stack frame (#10) with the shroud pressure plates (#30). Slide the decorative panel (#31) into the shroud panels and secure it with the pressure plates. Attach two upper shrouds (#32) with eight M5×15 socket head cap screws (#33). Attach two weight stack upright end caps (#34) to the weight stack frame with two M5×15 socket head cap screws (#33), then snap the upper shroud top cover (#35) into the two upper shrouds.

HARDWARE

- Decorative strip (#28) × 2
- Shroud panel (#29) × 2
- Shroud pressure plate (#30)
- Decorative panel (#31) × 1
- Upper shroud (#32) × 2
- Weight stack frame (#10) × 1
- Socket head cap screw M5×15 (#33) × 10
- Weight stack upright end cap (#34) × 2
- Upper shroud top cover (#35) × 1

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
1	Left side frame assembly	1
2	Right side frame assembly	1
3	Connecting frame	1
4	Socket head cap screw M10×25	22
5	Spring washer M10	26
6	Flat washer M10-D20	26
7	Side connecting tube	2
8	Socket head cap screw M10×40	4
9	Standing leg curl pulley frame	1
10	Weight stack frame	1
11	Upper support frame assembly	1
12	Standing leg curl handle frame assembly	1
13	Cable	1
15	120 pulley	2
16	95 pulley	2
17	Weight stack rubber pad	2
18	Guide rod	2
19	Weight stack base	2
20	Socket head cap screw M8×20	4
21	Spring washer M8	2
22	Flat washer M8	2
23	Weight plate	14
24	Guide block assembly	1
25	Weight stack selector pin	1
26	Guide rod mounting plate	1
28	Decorative strip	2
29	Shroud panel	4
31	Decorative panel	1
32	Upper shroud	4
33	Socket head cap screw M5×15	12
34	Upper shroud top cover	1
35	Weight stack upright end cap	4