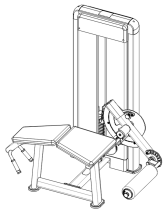


61A26 • Prone Leg Curl

INSTALLATION MANUAL



Before Installation

Before You Start

- 01 Read the instructions before assembly. Check that all parts are present and the quantities are correct. Report any missing or transit-damaged parts before installation.
- 02 Assemble the equipment correctly and follow all specified installation instructions.

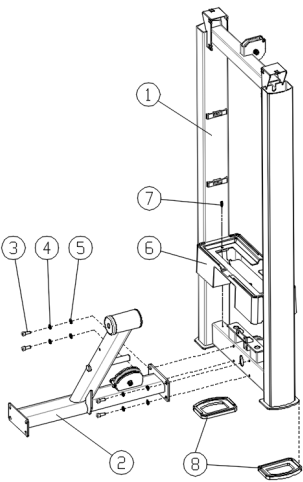
Tools Required

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

Assembly Notes

After assembly, understand all functions before use. Stop using the equipment immediately if a problem occurs to prevent injury or equipment damage. Resolve the problem before continuing and contact after-sales service if necessary.

Assembly



STEP 1, 2 & 3

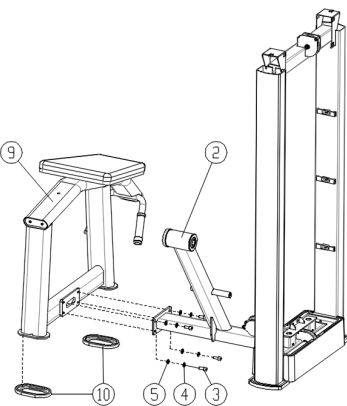
STEP 1
Attach Prone Leg Curl connecting frame I (#2) to the weight stack frame (#1).

- HARDWARE**
- Socket Head Cap Screw (M10×25) (#3) × 4
 - Spring Washer (10) (#4) × 4
 - Flat Washer (10) (#5) × 4

STEP 2
Attach the lower weight stack shroud (#6) to the weight stack frame (#1).

- HARDWARE**
- Socket Head Cap Screw (M5×16) (#7) × 2

STEP 3
Install two weight stack frame foot pads (#8) on the weight stack frame (#1).

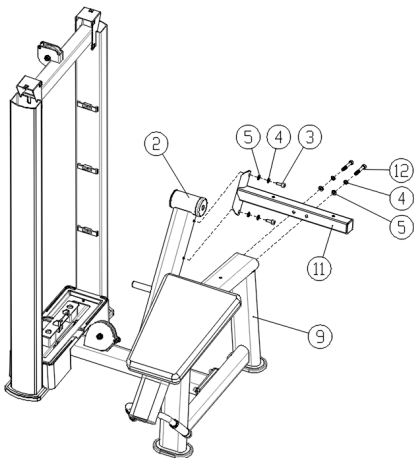


STEP 4 & 5

STEP 4
Attach the Prone Leg Curl side frame (#9) to connecting frame I (#2).

- HARDWARE**
- Socket Head Cap Screw (M10×25) (#3) × 4
 - Spring Washer (10) (#4) × 4
 - Flat Washer (10) (#5) × 4

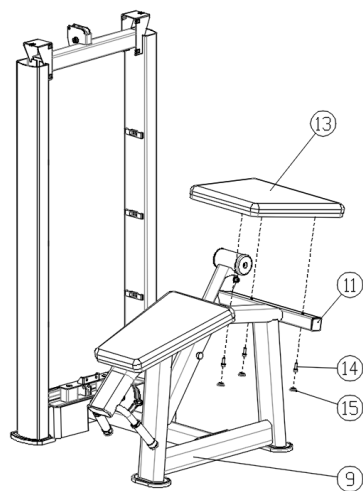
STEP 5
Install two flat oval foot pads (#10) on the Prone Leg Curl side frame (#9).



STEP 6

ACTION
Attach Prone Leg Curl connecting frame II (#11) to connecting frame I (#2) and the side frame (#9).

- HARDWARE**
- Socket Head Cap Screw (M10×25) (#3) × 2
 - Spring Washer (10) (#4) × 4
 - Flat Washer (10) (#5) × 4
 - Socket Head Cap Screw (M10×70) (#12) × 2



STEP 7, 8 & 9

STEP 7

Attach the Prone Leg Curl seat pad (#13) to connecting frame II (#11) and the side frame (#9).

HARDWARE

- Socket Head Cap Screw (M8×25) (#14)

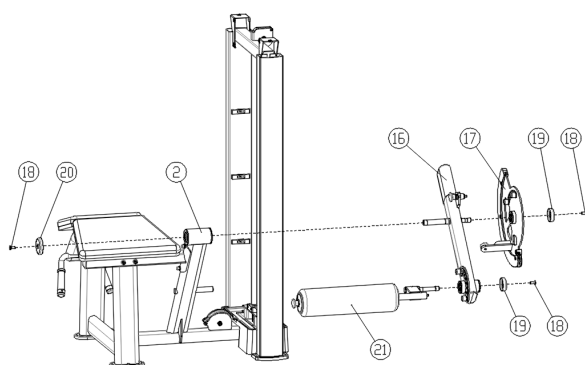
× 3

STEP 8

Install one hole plug (#15) in the Prone Leg Curl side frame (#9).

STEP 9

Install two hole plugs (#15) in Prone Leg Curl connecting frame II (#11).



STEP 10 & 11

STEP 10

Attach the Prone Leg Curl lever arm (#16) and flange plate (#17) to connecting frame I (#2) with the 60 aluminum cap (#19) and 76 aluminum cap (#20).

HARDWARE

- Hex Socket Flat Countersunk Screw (M10×25) (#18)
- 60 Aluminum Cap (#19)
- 76 Aluminum Cap (#20)

× 2

× 1

× 1

STEP 11

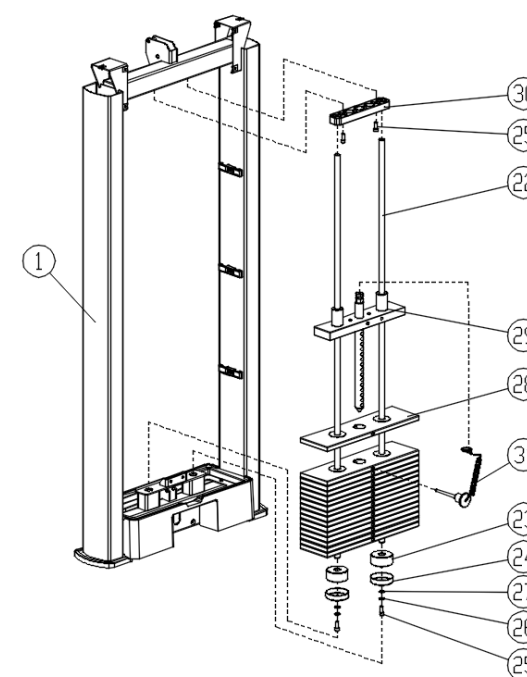
Attach the Prone Leg Curl roller frame (#21) to the Prone Leg Curl lever arm (#16) with the 60 aluminum cap (#19).

HARDWARE

- Hex Socket Flat Countersunk Screw (M10×25) (#18)
- 60 Aluminum Cap (#19)

× 1

× 1



STEP 12 & 13

STEP 12

Slide two weight stack rubber cushions (#23) onto the two guide rods (#22). Attach two weight stack bases (#24) to the guide rods, then place them into the weight stack frame (#1). Fully tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M8×20) (#25)
- Spring Washer (8) (#26)
- Flat Washer (8) (#27)

× 2

× 2

× 2

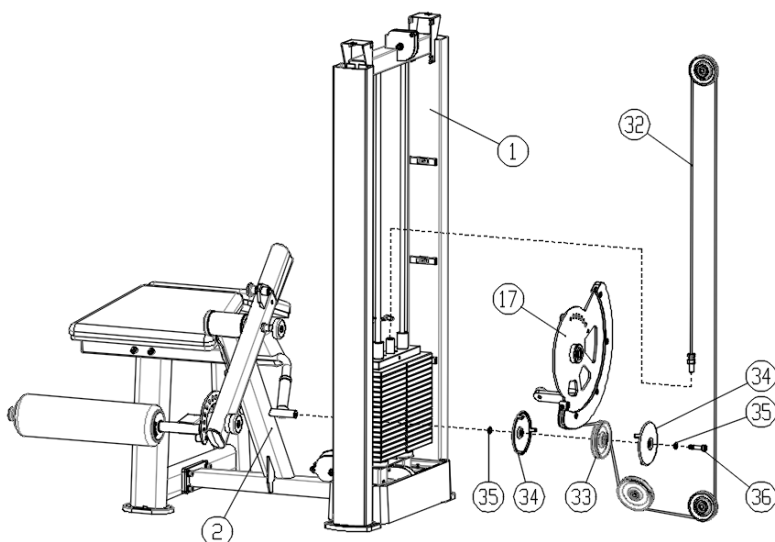
STEP 13

Install 16 weight plates (#28) on the guide rods (#22) with the spacer side facing up. Install the guide block assembly (#29), insert the weight stack selector pin (#31), and slide the guide rod fixing plate (#30) onto the guide rods. Attach the fixing plate (#30) to the weight stack frame (#1). Fully tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M8×20) (#25)

× 2



STEP 14 & 15

STEP 14

Remove the pre-installed 95 and 120 pulleys, route the cable (#32) as shown, then reinstall all pulleys. Attach the 120 pulley (#33) and two pulley boxes (#34) to connecting frame I (#2) using the pulley axle (#36) and two pulley box bushings (#35). Install the pulleys together with the cable (#32).

HARDWARE

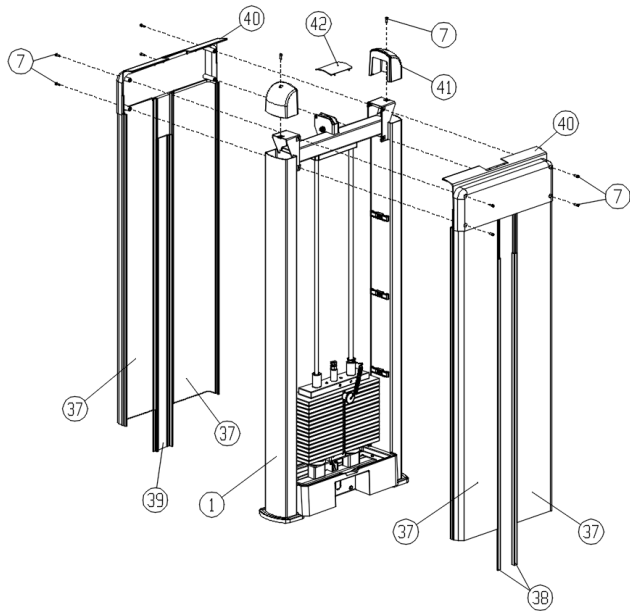
- Pulley Axle (#36)
- Pulley Box Bushing (#35)

× 1

× 2

STEP 15

Connect one end of the cable (#32) to the flange plate (#17), then connect the other end inside the weight stack frame (#1).



STEP 16, 17 & 18

STEP 16
Slide two decorative strips (#38) into two shroud panels (#37) and secure them to the weight stack frame (#1) with the shroud retaining plates. Slide the decorative panel (#39) into the shroud panels and secure it to the weight stack frame. Attach two upper weight stack shrouds (#40) to the weight stack frame.

- HARDWARE**
- Socket Head Cap Screw (M5×16) (#7) × 8

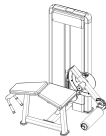
STEP 17
Attach two weight stack upright end caps (#41) to the weight stack frame (#1).

- HARDWARE**
- Socket Head Cap Screw (M5×16) (#7) × 2

STEP 18
Snap the upper shroud top cover (#42) onto the upper weight stack shrouds (#40).

FINAL CHECK

01 Important Note: After assembly, make sure the machine is level and vertical. Use a spirit level to check that the guide rods are vertical in both directions. If they are not vertical, loosen the necessary frame hardware, realign the frame, and retighten the bolts.



Parts List

Pre-assembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1	12	Socket Head Cap Screw (M10×70)	2	23	Weight Stack Rubber Cushion	2	34	Pulley Box	2
2	Prone Leg Curl Connecting Frame I	1	13	Prone Leg Curl Seat Pad	1	24	Weight Stack Base	2	35	Pulley Box Bushing	2
3	Socket Head Cap Screw (M10×25)	10	14	Socket Head Cap Screw (M8×25)	3	25	Socket Head Cap Screw (M8×20)	4	36	Pulley Axle	1
4	Spring Washer (10)	12	15	Hole Plug	3	26	Spring Washer (8)	2	37	Shroud Panel	4
5	Flat Washer (10)	12	16	Prone Leg Curl Lever Arm	1	27	Flat Washer (8)	2	38	Weight Stack Decorative Strip	2
6	Lower Weight Stack Shroud	1	17	Flange Plate	1	28	Weight Plate	16	39	Weight Stack Decorative Panel	1
7	Socket Head Cap Screw (M5×16)	12	18	Hex Socket Flat Countersunk Screw (M10×25)	3	29	Guide Block Assembly	1	40	Upper Weight Stack Shroud	2
8	Weight Stack Frame Foot Pad	2	19	60 Aluminum Cap	2	30	Guide Rod Fixing Plate	1	41	Weight Stack Upright End Cap	2
9	Prone Leg Curl Side Frame	1	20	76 Aluminum Cap	1	31	Weight Stack Selector Pin	1	42	Upper Shroud Top Cover	1
10	Flat Oval Foot Pad	2	21	Prone Leg Curl Roller Frame	1	32	Cable	1			
11	Prone Leg Curl Connecting Frame II	1	22	Universal Weight Stack Guide Rod	2	33	120 Pulley	1			