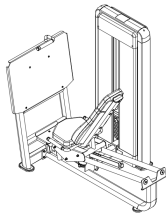


61A28A • Seated Leg Press

INSTALLATION MANUAL



Before Installation

Before You Start

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

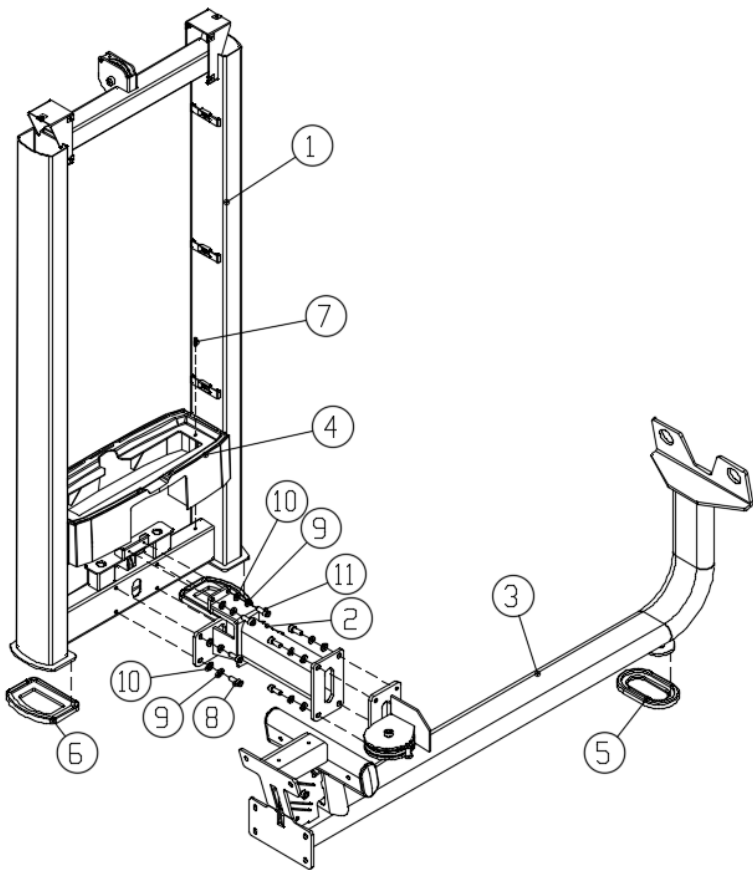
Tools Required

- 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 and resolve it before continuing.

Assembly



STEP 1, 2 & 3

STEP 1
Attach the lower weight stack shroud (#4) to the weight stack frame (#1).

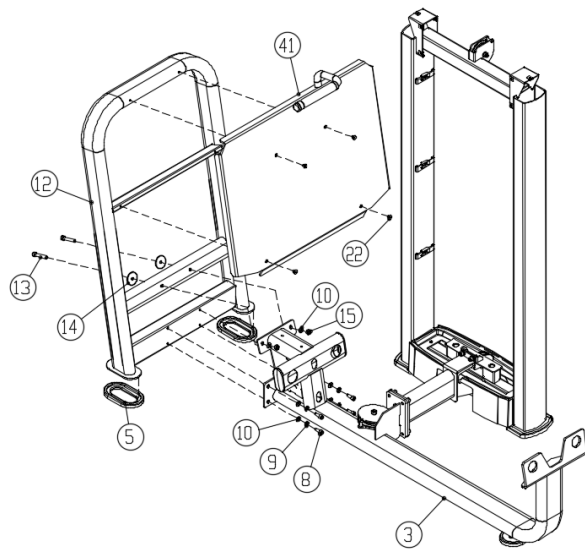
- HARDWARE**
- Socket Head Cap Screw (M5×16) (#7) × 2

STEP 2
Attach the seat press connection frame 1 (#2) and seated leg press main frame assembly (#3) to the weight stack frame (#1).

- HARDWARE**
- Socket Head Cap Screw (M10×25) (#8) × 8
 - Spring Washer (M10) (#9) × 10
 - Flat Washer (M10-D20) (#10) × 10
 - Socket Head Cap Screw (M10×20) (#11) × 2

STEP 3
Install two weight stack frame foot pads (#6) on the weight stack frame (#1). Install one flat oval foot pad (#5) on the seated leg press main frame assembly (#3).

STEP 4 & 5



STEP 4

Install two flat oval foot pads (#5) on the seated leg press upright frame assembly (#12). Attach the footplate assembly (#41) to the upright frame assembly (#12).

HARDWARE

- Hex Socket Countersunk Screw (M8×12) (#22) × 4

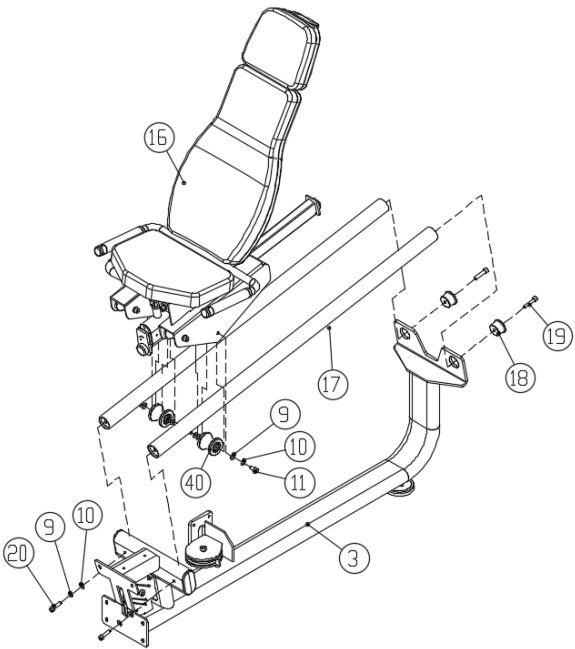
STEP 5

Connect the seated leg press upright frame assembly (#12) to the seated leg press main frame assembly (#3).

HARDWARE

- Socket Head Cap Screw (M10×25) (#8) × 4
- Spring Washer (M10) (#9) × 4
- Flat Washer (M10-D20) (#10) × 4
- Socket Head Cap Screw (M10×60) (#13) × 2
- Flat Washer (M10-D50) (#14) × 2
- Flat Washer (M10-D20) (#10) × 2
- Hex Lock Nut (M10) (#15) × 2

STEP 6 & 7



STEP 6

Install two seated leg press slide rails (#17) and two slide rail fixing sleeves (#18) on the seated leg press main frame assembly (#3).

HARDWARE

- Socket Head Cap Screw (M10×45) (#19) × 2
- Socket Head Cap Screw (M10×35) (#20) × 2
- Spring Washer (M10) (#9) × 2
- Flat Washer (M10-D20) (#10) × 2

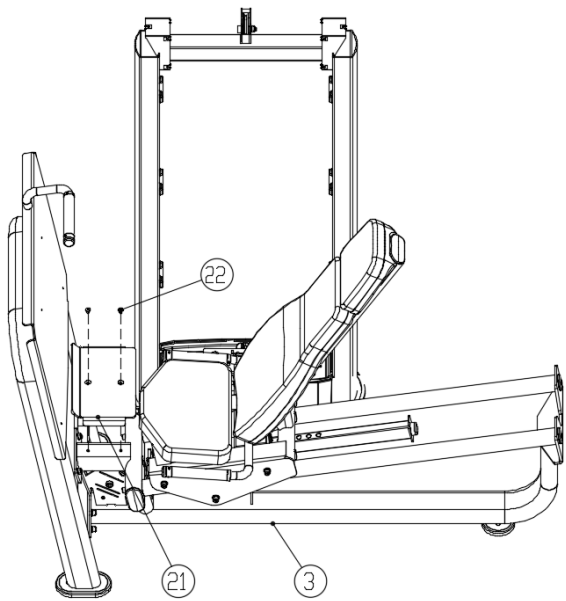
STEP 7

Install the seated leg press seat assembly (#16) on the slide rails (#17). Install two rollers (#40) as stops.

HARDWARE

- Socket Head Cap Screw (M10×20) (#11) × 4
- Spring Washer (M10) (#9) × 4
- Flat Washer (M10-D20) (#10) × 4

STEP 8



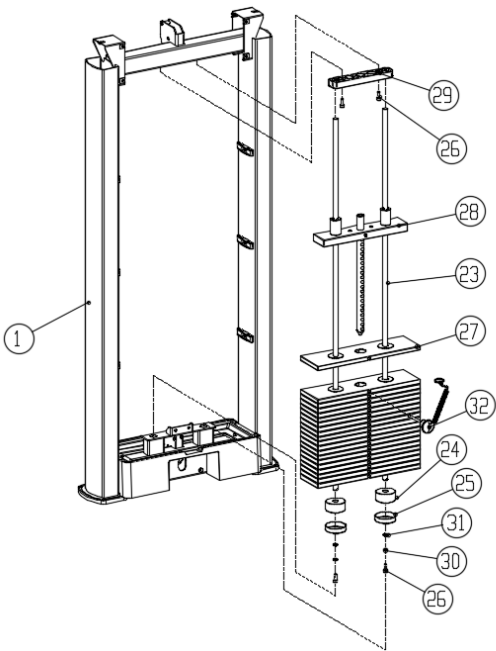
ACTION

Install the access step (#21) on the seated leg press main frame assembly (#3).

HARDWARE

- Hex Socket Countersunk Screw (M8×12) (#22) × 2

STEP 9 & 10



STEP 9

Slide two weight stack rubber cushions (#24) onto the two guide rods (#23). Attach two weight stack bases (#25) to the guide rods (#23), then place them into the weight stack frame (#1). Fully tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M8×25) (#26) × 2
- Spring Washer (M8) (#30) × 2
- Flat Washer (M8-D16) (#31) × 2

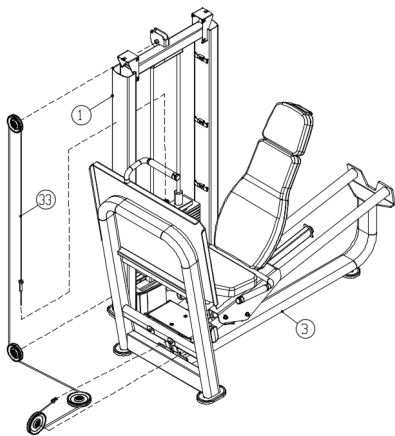
STEP 10

Install 14 weight plates (#27) on the guide rods (#23) with the spacer side facing up. Install the guide block assembly (#28), insert the weight stack selector pin (#32) into the weight plates (#27), and slide the guide rod fixing plate (#29) onto the guide rods. Attach the fixing plate (#29) to the weight stack frame (#1). Fully tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M8×25) (#26) × 2

STEP 11 & 12

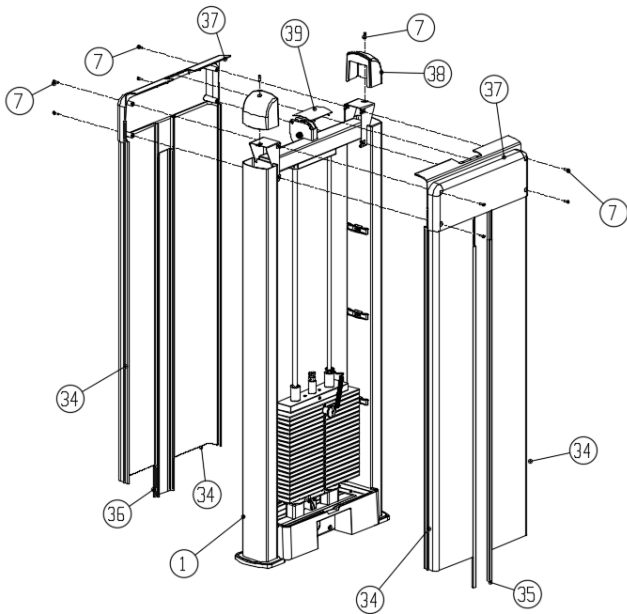


STEP 11

Route the cable (#33) as shown. Remove the pre-installed pulleys as required, then reinstall them together with the cable.

STEP 12

Connect one end of the cable (#33) to the seated leg press main frame assembly (#3), then connect the other end inside the weight stack frame (#1).



STEP 13, 14 & 15

STEP 13
Slide two decorative strips (#35) into two shroud panels (#34). Slide the decorative panel (#36) into the shroud panels (#34). Secure them to the weight stack frame (#1) with the shroud retaining plates. Attach the two upper shrouds (#37) to the weight stack frame (#1).

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

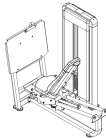
STEP 14
Attach two weight stack upright end caps (#38) to the weight stack frame (#1).

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

STEP 15
Snap the upper shroud top cover (#39) onto the upper shrouds (#37).

FINAL CHECK

- 01 Important Note: After assembly, make sure the machine is level and vertical. Use a spirit level to check that both 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	Seated Leg Press Upright Frame Assembly	1	23	Guide Rod	2	34	Shroud Panel	4
2	Seat Press Connection Frame 1	1	13	Socket Head Cap Screw (M10×60)	2	24	Weight Stack Rubber Cushion	2	35	Decorative Strip	2
3	Seated Leg Press Main Frame Assembly	1	14	Flat Washer (M10-D50)	2	25	Weight Stack Base	2	36	Decorative Panel	1
4	Lower Weight Stack Shroud	1	15	Hex Lock Nut (M10)	2	26	Socket Head Cap Screw (M8×25)	4	37	Upper Shroud	2
5	Flat Oval Foot Pad	3	16	Seated Leg Press Seat Assembly	1	27	Weight Plate	14	38	Weight Stack Upright End Cap	2
6	Weight Stack Frame Foot Pad	2	17	Seated Leg Press Slide Rail	2	28	Guide Block Assembly	1	39	Upper Shroud Top Cover	1
7	Socket Head Cap Screw (M5×16)	2	18	Slide Rail Fixing Sleeve	2	29	Guide Rod Fixing Plate	1	40	Roller	2
8	Socket Head Cap Screw (M10×25)	12	19	Socket Head Cap Screw (M10×45)	2	30	Spring Washer (M8)	2	41	Footplate Assembly	1
9	Spring Washer (M10)	20	20	Socket Head Cap Screw (M10×35)	2	31	Flat Washer (M8-D16)	2			
10	Flat Washer (M10-D20)	22	21	Access Step	1	32	Weight Stack Selector Pin	1			
11	Socket Head Cap Screw (M10×20)	6	22	Hex Socket Countersunk Screw (M8×12)	6	33	Cable	1			