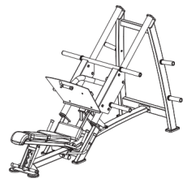
7329 · 45° Leg Press

INSTALLATION MANUAL



Before Installation

Before You Start

01 Read this manual before installation and check all packaged components against the parts list.

02 If any part is missing or damaged, contact customer service before installation.

03 Use at least three people for installation.

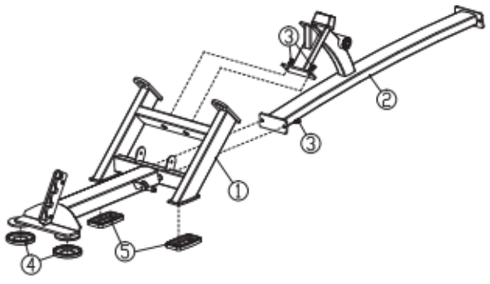
Tools Required

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

Assembly Notes

After assembly, review all functions before use. If a problem occurs, recheck the installation steps. If the problem remains, contact an authorized distributor and provide the product code and manual.

Assembly



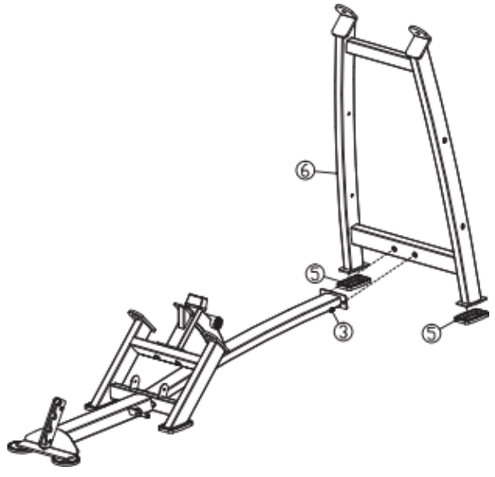
STEP 1

ACTION

Connect the underframe (#1) and connecting bracket (#2). Install two 120 foot pads (#4) and two 58×10 1 foot pads (#5). Secure the frame with eight M12×20 button head hex socket screws (#3).

HARDWARE

- Underframe (#1) × 1
- Connecting Bracket (#2) × 1
- Button Head Hex Socket Screws (M12×20) (#3) × 8
- 120 Foot Pad (#4) × 2
- 58×10 1 Foot Pad (#5) × 2



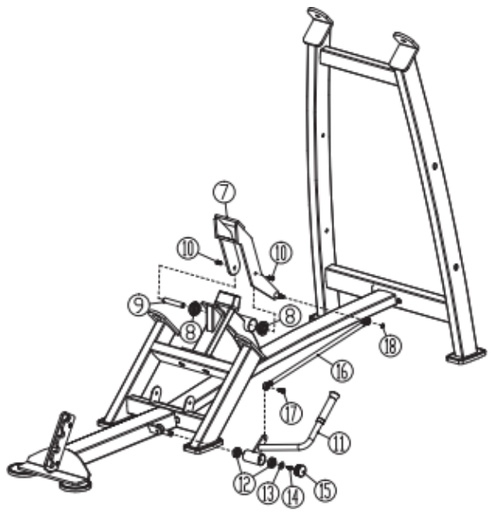
STEP 2

ACTION

Install the side frame (#6) and the remaining two 58×10 1 foot pads (#5). Secure the side frame with four M12×20 button head hex socket screws (#3).

HARDWARE

- Button Head Hex Socket Screws (M12×20) (#3) × 4
- 58×10 1 Foot Pad (#5) × 2
- Side Frame (#6) × 1



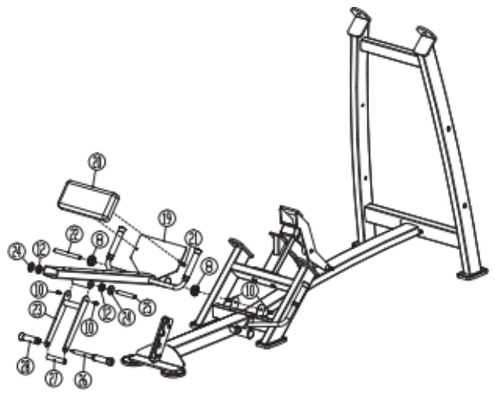
STEP 3

ACTION

Install the power-assist frame (#7), power-assist shaft (#9), adjustable handrail (#11), connecting rod (#16), and related bearings and hardware (#8, #10, #12-#18) in the order shown.

HARDWARE

- Power-Assist Frame (#7) × 1
- Deep Groove Ball Bearing (YR6004-2RS) (#8) × 2
- Power-Assist Shaft (Ø20×110) (#9) × 1
- Button Head Hex Socket Screws (M10×20) (#10) × 2
- Adjustable Handrail (#11) × 1
- Deep Groove Ball Bearing 6004 (#12) × 2
- M10 Large Washer (#13) × 1
- Button Head Hex Socket Screw (M10×16) (#14) × 1
- 50 End Cover (#15) × 1
- Connecting Rod (#16) × 1
- Button Head Hex Socket Screw (M12×25) (#17) × 1
- Retaining Ring (#18) × 1



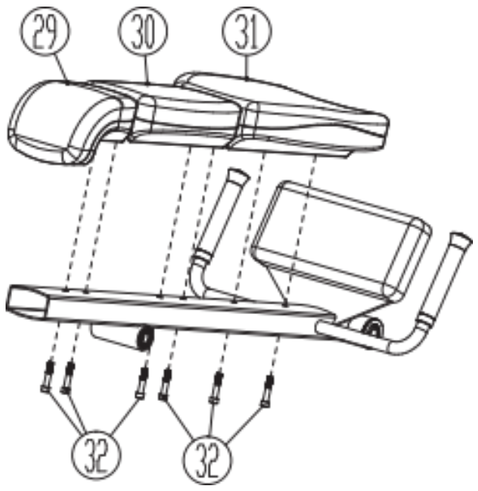
STEP 4

ACTION

Install the seat frame (#19), cushion (#20), seat shaft (#22), linkage (#23), linkage shaft (#25), handlebar shaft (#26), shaft sleeve (#27), and handlebar (#28). Install the remaining bearings and M10×20 screws (#8, #10, #12) as shown.

HARDWARE

- Deep Groove Ball Bearing (YR6004-2RS) (#8) × 2
- Button Head Hex Socket Screws (M10×20) (#10) × 4
- Deep Groove Ball Bearing 6004 (#12) × 2
- Seat Frame (#19) × 1
- Cushion (#20) × 1
- Button Head Hex Socket Screws (M8×20) (#21) × 2
- Seat Shaft (Ø20×190) (#22) × 1
- Linkage (#23) × 1
- 50 Gasket (#24) × 2
- Linkage Shaft (Ø20×130) (#25) × 1
- Handlebar Shaft (#26) × 1
- Shaft Sleeve (#27) × 1
- Handlebar (#28) × 1



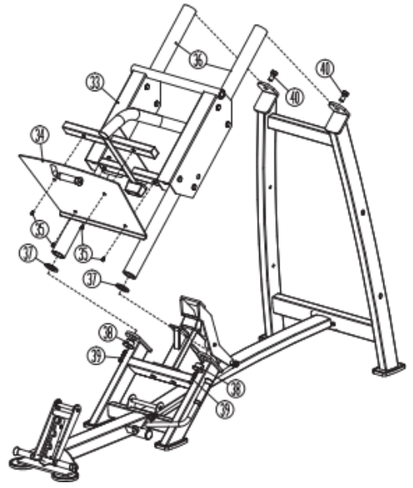
STEP 5

ACTION

Install the headrest (#29), Arolium (#30), and back pad (#31). Secure them with six M10×50 hex socket head cap screws (#32).

HARDWARE

- Headrest (#29) × 1
- Arolium (#30) × 1
- Back Pad (#31) × 1
- Hex Socket Head Cap Screws (M10×50) (#32) × 6



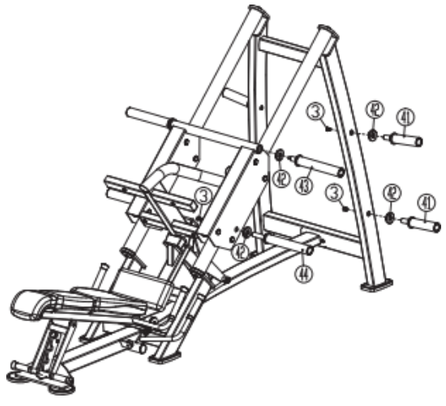
STEP 6

ACTION

Install the slideway (#33) and pedal (#34) with four M8×16 hex socket countersunk head screws (#35). Install the two slideway rods (#36), two rod gaskets (#37), two fixed sleeves (#38), two M12×60 button head hex socket screws (#39), and two M20×30 hex head bolts (#40) as shown.

HARDWARE

- Slideway (#33) × 1
- Pedal (#34) × 1
- Hex Socket Countersunk Head Screws (M8×16) (#35) × 4
- Slideway Rod (#36) × 2
- Slideway Rod Gasket (#37) × 2
- Slideway Rod Fixed Sleeve (#38) × 2
- Button Head Hex Socket Screws (M12×60) (#39) × 2
- Hex Head Bolts (M20×30) (#40) × 2



STEP 7

ACTION

Install four Barbell Sleeve-1 assemblies (#41), eight sleeve gaskets (#42), two Barbell Sleeve-2 assemblies (#43), and two Barbell Sleeve-3 assemblies (#44) as shown.

HARDWARE

- Barbell Sleeve-1 (#41) × 4
- Sleeve Gasket (#42) × 8
- Barbell Sleeve-2 (#43) × 2
- Barbell Sleeve-3 (#44) × 2

FINAL CHECK

01 After assembly, make sure the machine is square and vertical. Use a spirit level to check the guide bar in two directions. If it is not vertical, loosen the vertical-frame hardware, realign the frame, and retighten the bolts.



Parts List

Some preassembled spare parts are not included in this list.

NO.	PART / SPECIFICATION	QTY
1	Underframe	1
2	Connecting Bracket	1
3	Button Head Hex Socket Screws (M12×20)	12
4	120 Foot Pad	2
5	58×10 1 Foot Pad	4
6	Side Frame	1
7	Power-Assist Frame	1
8	Deep Groove Ball Bearing (YR6004-2RS)	4
9	Power-Assist Shaft (Ø20×110)	1
10	Button Head Hex Socket Screws (M10×20)	6
11	Adjustable Handrail	1
12	Deep Groove Ball Bearing 6004	4
13	M10 Large Washer	1
14	Button Head Hex Socket Screw (M10×16)	1
15	50 End Cover	1

NO.	PART / SPECIFICATION	QTY
16	Connecting Rod	1
17	Button Head Hex Socket Screw (M12×25)	1
18	Retaining Ring	1
19	Seat Frame	1
20	Cushion	1
21	Button Head Hex Socket Screws (M8×20)	2
22	Seat Shaft (Ø20×190)	1
23	Linkage	1
24	50 Gasket	2
25	Linkage Shaft (Ø20×130)	1
26	Handlebar Shaft	1
27	Shaft Sleeve	1
28	Handlebar	1
29	Headrest	1
30	Arolium	1

NO.	PART / SPECIFICATION	QTY
31	Back Pad	1
32	Hex Socket Head Cap Screws (M10×50)	6
33	Slideway	1
34	Pedal	1
35	Hex Socket Countersunk Head Screws (M8×16)	4
36	Slideway Rod	2
37	Slideway Rod Gasket	2
38	Slideway Rod Fixed Sleeve	2
39	Button Head Hex Socket Screws (M12×60)	2
40	Hex Head Bolts (M20×30)	2
41	Barbell Sleeve-1	4
42	Sleeve Gasket	8
43	Barbell Sleeve-2	2
44	Barbell Sleeve-3	2