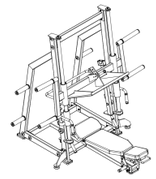
82042 · 90 Degree Leg Press

INSTALLATION MANUAL



Before Installation

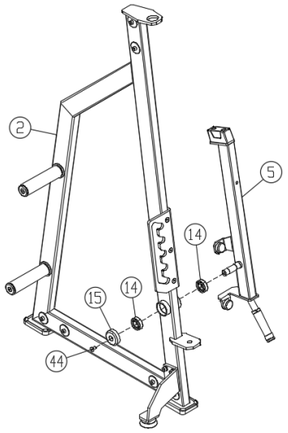
Before You Start

01 Read these instructions carefully before installation. Check the parts list to confirm that all parts and quantities are complete; if any parts are missing or damaged during transport, contact after-sales support immediately. Assemble the equipment according to these instructions.

Tools Required

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

Assembly



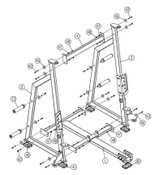
STEP 1

ACTION

Install the left stop rod assembly (#5) on the left frame assembly using 2 deep groove ball bearings, then cap it with the 60 aluminum cap.

HARDWARE

Left Frame Assembly (#2)	× 1	Left Stop Rod Assembly (#5)	× 1
Deep Groove Ball Bearing (#14)	× 2	60 Aluminum Cap (#15)	× 1
Hex Socket Countersunk Head Screw M10×20 (#44)	× 1		



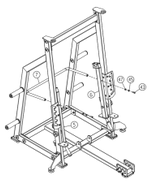
STEP 2

ACTION

Install the left frame assembly (#2) and right frame assembly (#3) on the base frame assembly (#1), connect them with the connecting frame (#4), install the 4 weight plate storage sleeve assemblies (#13) and 4 rectangular foot pads (#41) on the left and right frame assemblies, and install the foot pad on the base frame assembly (#1).

HARDWARE

Base Frame Assembly (#1)	× 1	Socket Head Cap Screw M10×60 (#42)	× 12	Connecting Frame (#4)	× 1
Flat Washer M10-D50 (#46)	× 12	Weight Plate Storage Sleeve Assembly (#13)	× 4	Flat Washer M10-D20 (#47)	× 12
Foot Pad (#40)	× 1	Hex Lock Nut M10 (#48)	× 12	Rectangular Foot Pad (#41)	× 4



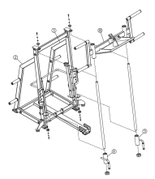
STEP 3

ACTION

Connect the left stop rod assembly (#5) and right stop rod assembly (#6) with the stop rod assembly (#7).

HARDWARE

Stop Rod Assembly (#7)	× 1	Flat Washer M10-D20 (#47)	× 22	Socket Head Cap Screw M10×25 (#43)	× 2
Spring Washer M10 (#45)	× 4				



STEP 4

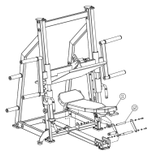
ACTION

Remove the preassembled guide rods before installation, then use the guide rods to install the left limit handle (#8), right limit handle (#9), and sliding carriage assembly (#10).

HARDWARE

Left Limit Handle (#8)	× 1	Right Limit Handle (#9)	× 1	Sliding Carriage Assembly (#10)	× 1

STEP 5



ACTION

Disassemble the backrest linkage assembly before installation, mount the backrest assembly (#11) on the base frame assembly (#1), then connect the backrest assembly (#11) to the base frame assembly (#1) with the backrest linkage assembly (#12).

HARDWARE



Backrest Assembly (#11) × 1



Backrest Linkage Assembly (#12) × 1

FINAL CHECK

01 The vertical leg press is now fully assembled. Check that the equipment is level and plumb.



Parts List

NO.	PART / SPECIFICATION	QTY
1	Base Frame Assembly	1
2	Left Frame Assembly	1
3	Right Frame Assembly	1
4	Connecting Frame	1
5	Left Stop Rod Assembly	1
6	Right Stop Rod Assembly	1
7	Stop Rod Assembly	1
8	Left Limit Handle	1
9	Right Limit Handle	1
10	Sliding Carriage Assembly	1
11	Backrest Assembly	1
12	Backrest Linkage Assembly	1
13	Weight Plate Storage Sleeve Assembly	4
14	Deep Groove Ball Bearing	4
15	60 Aluminum Cap	2
40	Foot Pad	1
41	Rectangular Foot Pad	4
42	Socket Head Cap Screw M10×60	12
43	Socket Head Cap Screw M10×25	2
44	Hex Socket Countersunk Head Screw M10×20	2
45	Spring Washer M10	2
46	Flat Washer M10-D50	12
47	Flat Washer M10-D20	14
48	Hex Lock Nut M10	12

Exploded View

