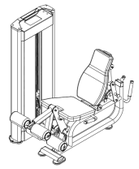
C4D09 · Leg Extension / Lying Leg Curl

INSTALLATION MANUAL



Before Installation

Before You Start

01 Read these instructions carefully before installation. Check all parts against the parts lists for completeness and correct quantities. If any part is missing or damaged during transit, contact after-sales service immediately. Assemble the equipment according to these instructions.

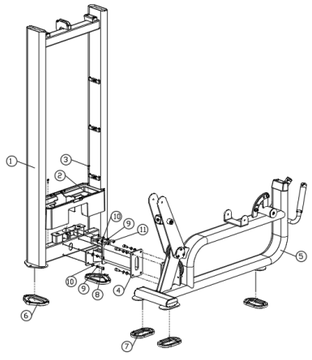
02 This equipment is designed for smooth and effective exercise. After assembly, familiarize yourself with all functions before use. If a problem occurs during use, stop using the equipment immediately to avoid personal injury or equipment damage. Check the relevant instructions to identify the cause; if the problem cannot be resolved, contact after-sales service. Proceed only after reading all instructions carefully.

Tools Required

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

Assembly

STEP 1, 2 & 3



STEP 1

Install the lower weight stack shroud (#2) first, then connect the weight stack frame (#1), seat/footplate connecting frame I (#4), and Leg Extension / Lying Leg Curl main frame (#5).

HARDWARE

- Hex Socket Head Cap Screw M10×25 (#8) × 8
- Spring Washer M10 (#9) × 10
- Flat Washer M10-D20 (#10) × 10
- Hex Socket Head Cap Screw M10×20 (#11) × 2
- Hex Socket Head Cap Screw M5×16 (#3) × 2

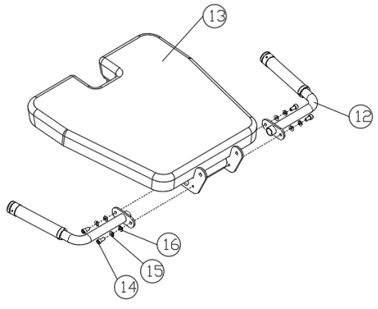
STEP 2

Install two weight stack frame foot pads (#6) on the weight stack frame (#1).

STEP 3

Install three flat oval foot pads (#7) on the Leg Extension / Lying Leg Curl main frame (#5).

STEP 4



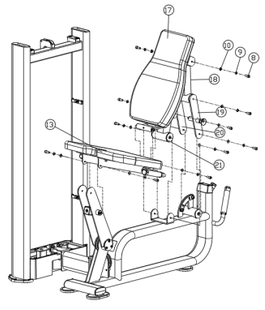
ACTION

Connect the seat pad assembly (#13) and the two handles (#12).

HARDWARE

- Hex Socket Head Cap Screw M8×25 (#14) × 4
- Spring Washer M8 (#15) × 4
- Flat Washer M8-D16 (#16) × 4

STEP 5



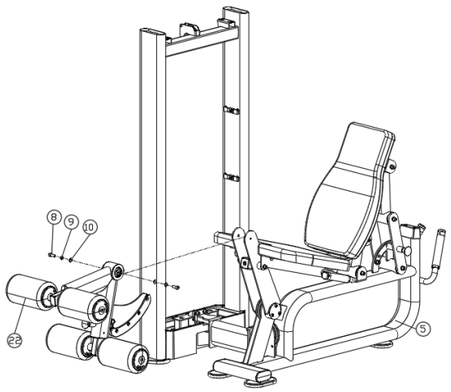
ACTION

Connect the seat pad assembly (#13), back pad (#17), linkage 1 assembly (#18), backrest linkage 1 assembly (#19), backrest linkage support plate 2 (#20), and linkage 2 assembly (#21) in the positions shown.

HARDWARE

- Hex Socket Head Cap Screw M10×25 (#8) × 14
- Spring Washer M10 (#9) × 14
- Flat Washer M10-D20 (#10) × 14

STEP 6



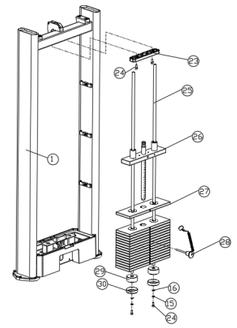
ACTION

Connect the Leg Extension / Leg Curl lever arm (#22) to the Leg Extension / Lying Leg Curl main frame (#5).

HARDWARE

- Hex Socket Head Cap Screw M10×25 (#8) × 2
- Spring Washer M10 (#9) × 2
- Flat Washer M10-D20 (#10) × 2

STEP 7 & 8



STEP 7

Slide the two weight stack rubber pads (#29) onto the two guide rods (#25), connect the two weight stack bases (#30) to the guide rods (#25), and place the assembly in the weight stack frame (#1). Tighten the bolts with a wrench before continuing.

HARDWARE

- Hex Socket Head Cap Screw M8×20 (#24) × 2
- Spring Washer M8 (#15) × 2
- Flat Washer M8-D16 (#16) × 2

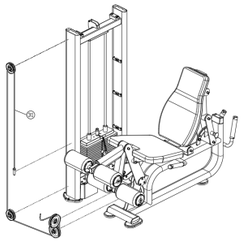
STEP 8

Install 16 weight plates (#27) on the guide rods (#25) with the separator sheets facing upward, install the guide block assembly (#26), insert the weight stack selector pin (#28) into the weight plates (#27), slide the guide rod retaining plate (#23) onto the guide rods (#25), and secure it to the weight stack frame (#1). Tighten the bolts with a wrench before continuing.

HARDWARE

- Hex Socket Head Cap Screw M8×20 (#24) × 2

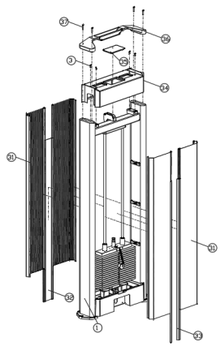
STEP 9



ACTION

Disconnect the preassembled cable routing on the components, then route the cable (#31) through the pulleys as shown. Reinstall all pulleys in their original positions.

STEP 10, 11 & 12



STEP 10

Slide the two decorative strips (#33) into the two shroud panels (#31) and secure them to the weight stack frame (#1) with the shroud retaining plate; slide the decorative panel (#32) into the two shroud panels (#31) and secure it to the weight stack frame (#1) with the shroud retaining plate; attach the upper shroud (#34) to the weight stack frame (#1).

HARDWARE

- Hex Socket Head Cap Screw M5×16 (#3) × 4

STEP 11

Attach the upper shroud decorative trim (#36) to the weight stack frame (#1).

HARDWARE

- Hex Socket Head Cap Screw M6×30 (#37) × 4

STEP 12

Snap the upper shroud top cover (#35) into the upper shroud (#34).

FINAL CHECK

01 Assembly is complete. Make sure the machine is level and plumb.



Parts List

NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1
2	Lower Weight Stack Shroud	1
3	Hex Socket Head Cap Screw M5×16	6
4	Seat/Footplate Connecting Frame I	1
5	Leg Extension / Lying Leg Curl Main Frame	1
6	Weight Stack Frame Foot Pad	2
7	Flat Oval Foot Pad	3
8	Hex Socket Head Cap Screw M10×25	24
9	Spring Washer M10	26
10	Flat Washer M10-D20	26
11	Hex Socket Head Cap Screw M10×20	2
12	Handle	2
13	Seat Pad Assembly	1

NO.	PART / SPECIFICATION	QTY
14	Hex Socket Head Cap Screw M8×25	4
15	Spring Washer M8	6
16	Flat Washer M8-D16	6
17	Back Pad	1
18	Linkage 1 Assembly	1
19	Backrest Linkage 1 Assembly	1
20	Backrest Linkage Support Plate 2	1
21	Linkage 2 Assembly	1
22	Leg Extension / Leg Curl Lever Arm	1
23	Guide Rod Retaining Plate	1
24	Hex Socket Head Cap Screw M8×20	4
25	Guide Rod	2
26	Guide Block Assembly	1

NO.	PART / SPECIFICATION	QTY
27	Weight Plate	16
28	Weight Stack Selector Pin	1
29	Weight Stack Rubber Pad	2
30	Weight Stack Base	2
31	Shroud Panel	4
32	Decorative Panel	1
33	Decorative Strip	2
34	Upper Shroud	1
35	Upper Shroud Top Cover	1
36	Upper Shroud Decorative Trim	1
37	Hex Socket Head Cap Screw M6×30	4