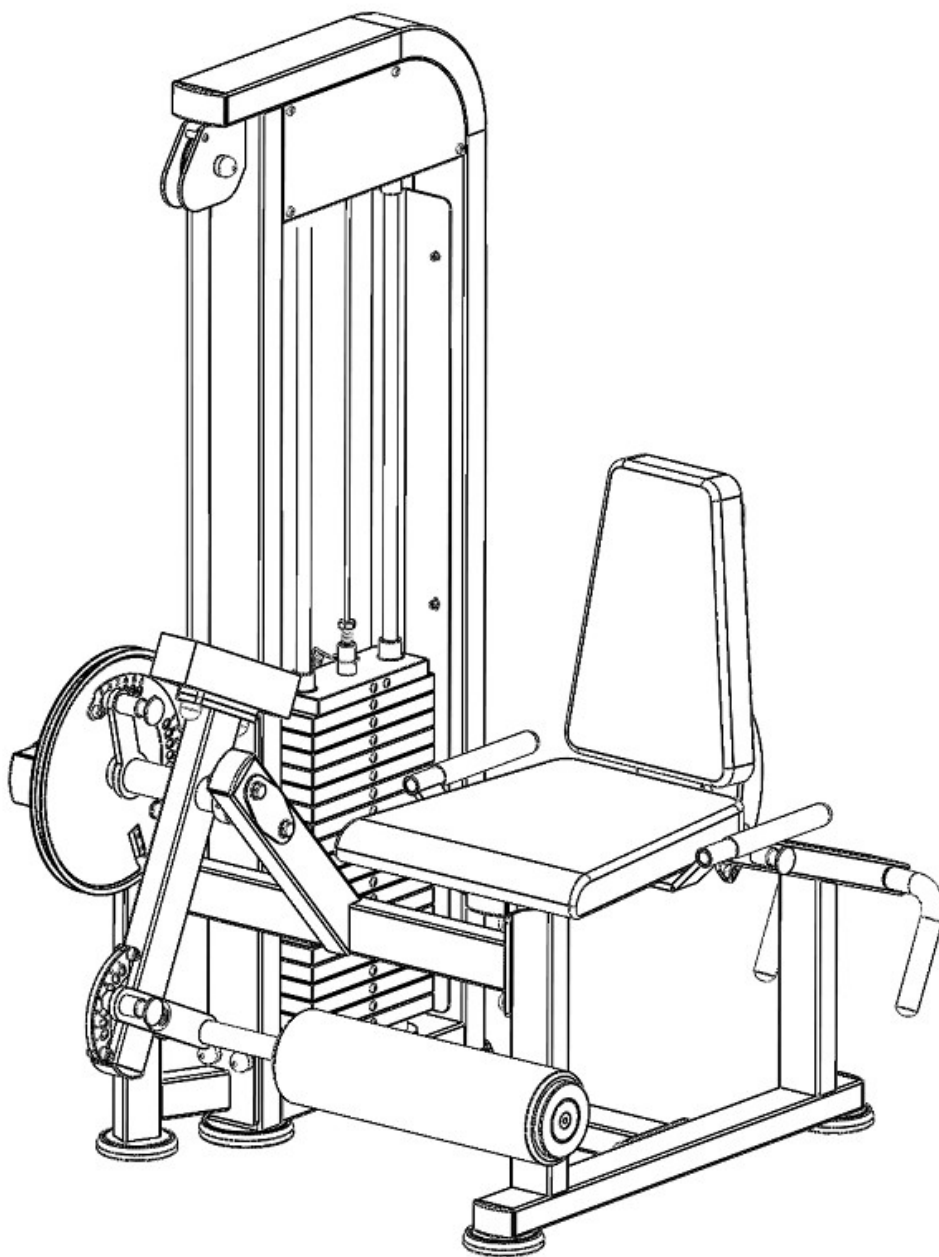


SEATED LEG EXTENSION/ CURL



ASSEMBLY INSTRUCTION SEATED LEG EXTENSION/ CURL

CONTENTS

- 01/IMPORTANT NOTICE**
- 02/ ASSEMBLY PROCEDURE AND BILL OF MATERIALS**
- 03/PRODUCT DESCRIPTION**
- 04/PRODUCT PARAMETER**
- 05/MAINTENANCE GUIDELINE**
- 06/TROUBLESHOOTING**
- 07/WARRANTY INSTRUCTION**

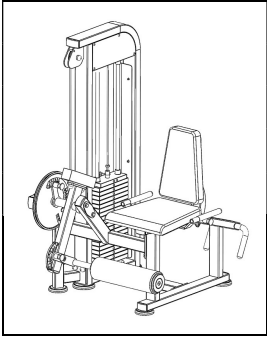
01/IMPORTANT NOTICE

Thank you for choosing our machine, proper use of the machine is important to keep you convenient and away from danger. Please read the instruction before operating the machine:

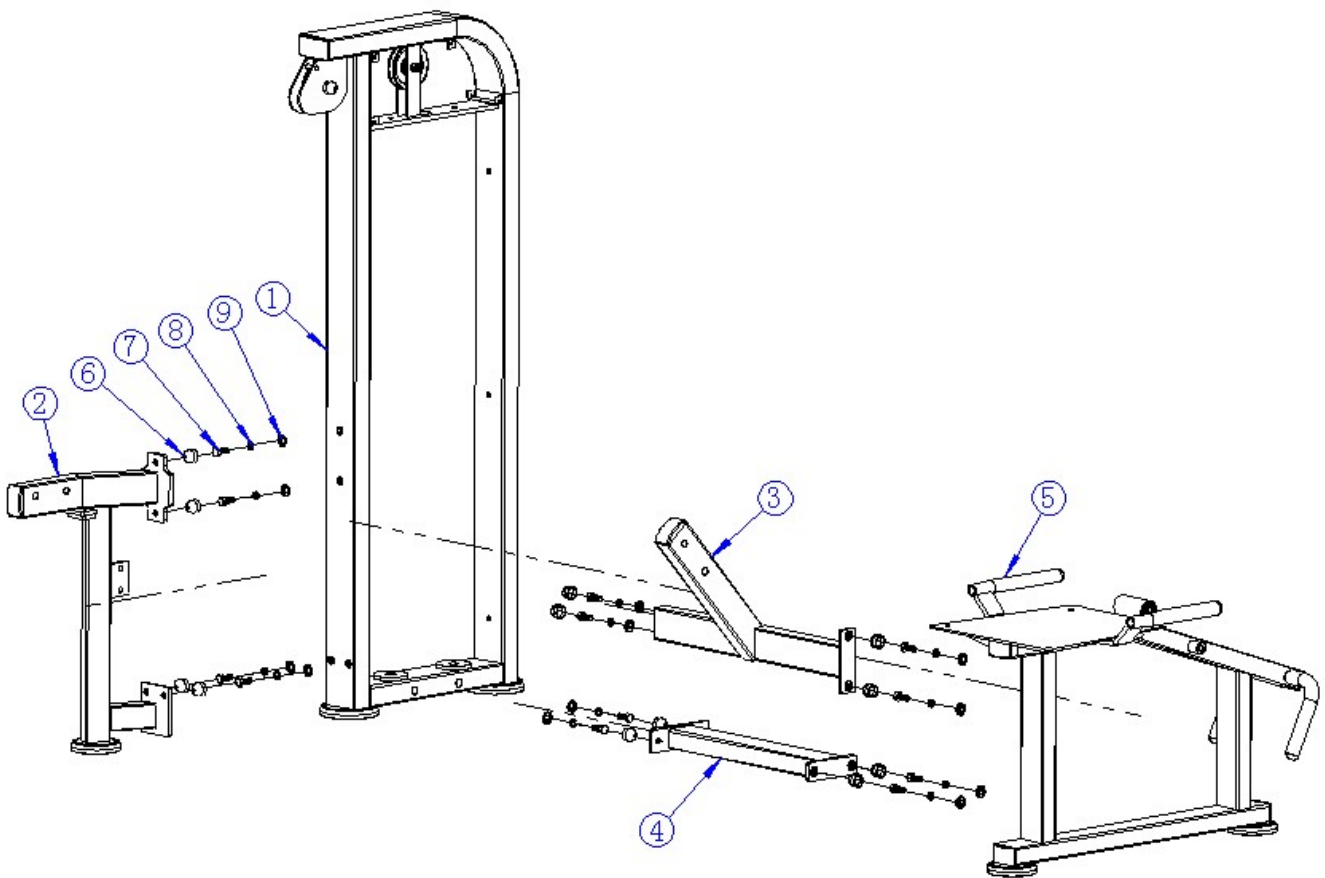
1. Please read all user manuals before operating the machine, and operate the machine according to the instructions. Please keep the user manual until the machine is scrapped.
2. Keep users read and understand all cautions
3. Keep air fresh, flowing and enough motion space for users when operating the machine.
4. Keep the machine in good condition. Ensure all fixed parts are tightened without extra parts. Inspect the parts easy to wear out regularly.
5. Please contact the dealer or after-sales department to change wear-out or defective parts. DO NOT operate the machine when it out of use.
6. Please wear proper sports dress and gym shoes before operating it, DO NOT wear skirt, jewelry and tie up the hair to avoid any possible dangers.
7. Do warm-up exercises before operating the machine.
8. Stop workout and ask your doctor when any abnormal symptoms occurs such as headache, pain or emesis, etc.
9. Children must exercise under the supervision of adults.
10. WARNING: Keep hands and feet away from moving parts.
11. WARNING: DO NOT beyond adjustable setting range.
12. WARNING: Keep baby or pets away from the machine when operating it.
13. WARNING: Keep all control apparatus in proper position.
14. WARNING: Please operate the machine in proper way, improper operating may not achieve workout effect of the machine, and lead to damage to your health.
15. Operating the machine in controlled area is recommended.

1) Step 1

Finished diagram

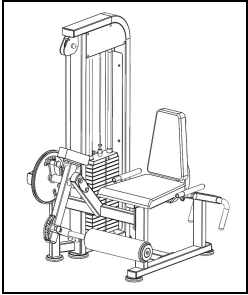


Bill of materials			
1	Gantry		1
2	Gantry connection		1
3	Connection		1
4	Below connection support		1
5	Handle		1
6	Screw cover	Ø31*20.3	12
7	Socket hexagon cylinder bolt	M12X30	12
8	Spring washer	Ø12	12
9	Drum washer	Ø12.5	12

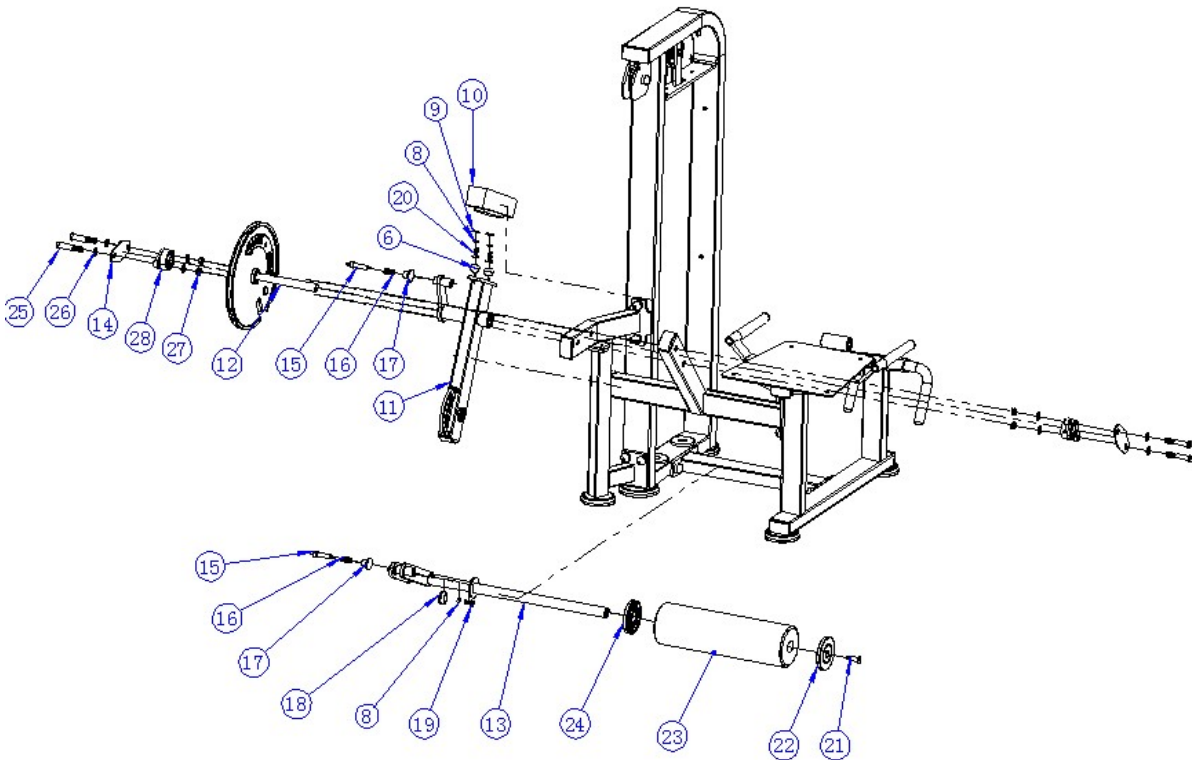


2) Step 2

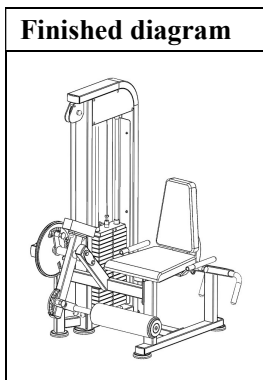
Finished diagram



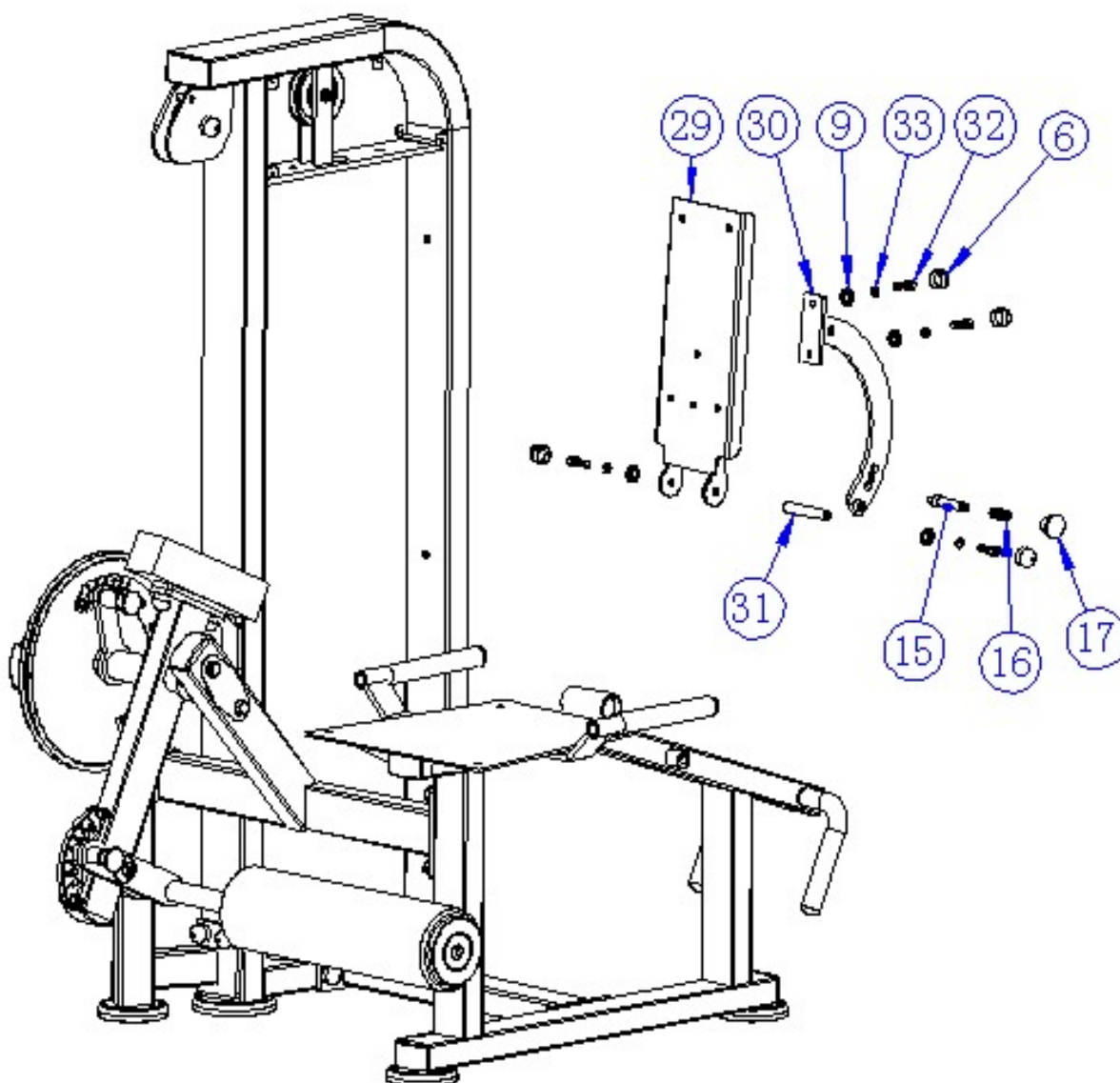
Bill of materials			
6	Screw cover	Ø31*20.3	2
8	Spring washer	Ø12	3
9	Drum washer	Ø12.5	2
10	Weight stack		1
11	Leg extension moving arm subassembly		1
12	Cam		1
13	Leg extension weld assembly		1
14	Armor	144*65*T4	2
15	Pin	Ø19*87	2
16	Pressure spring	Ø17*31	2
17	Pin head	Ø43*34*M8	2
18	End cover	Ø43.5*Ø12.5*14.5	1
19	Socket hexagon flat bolt	M12X25	1
20	Socket hexagon cylinder bolt	M12X25	2
21	Socket hexagon countersunk bolt	M12*45	1
22	Foam cover	Ø114*12	1
23	Leg extension foam	Ø140*480	1
24	Foam end cover	Ø114*12	1
25	Outer hexagon bolt	M16X85	4
26	Flat washer	Ø16	8
27	Hexagon lock nut	M16	4
28	Bearing UCFLU205	GB / T7810-199	2



3) Step 3



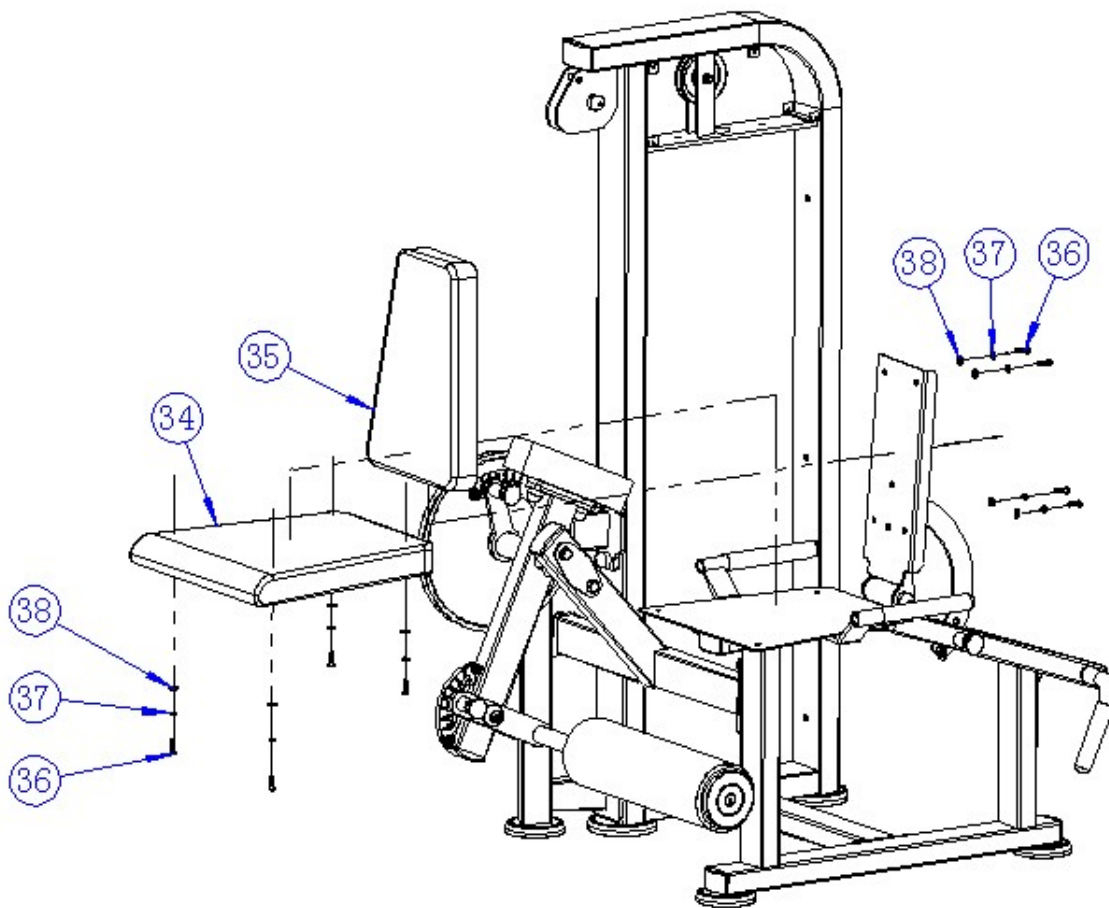
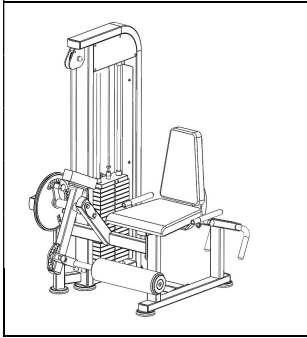
Bill of materials			
6	Screw cover	Ø31*20.3	4
9	Drum washer	Ø12.5	4
15	Pin	Ø19*87	1
16	Pressure spring	Ø17*31	1
17	Pin head	Ø43*34*M8	1
29	Back cushion		1
30	Back cushion adjust assembly		1
31	Rotation axis	Ø17*97	1
32	Socket hexagon flat bolt	M10X20	4
33	Spring washer	Ø10	4



4) Step 4

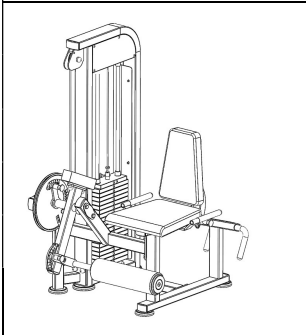
Bill of materials			
34	Seat	474*358/448*T60	1
35	Back cushion	450*207/310*T60	1
36	Socket hexagon flat bolt	M8X25	8
37	Spring washer	Ø8	8
38	Flat washer	Ø8	8

Finished diagram

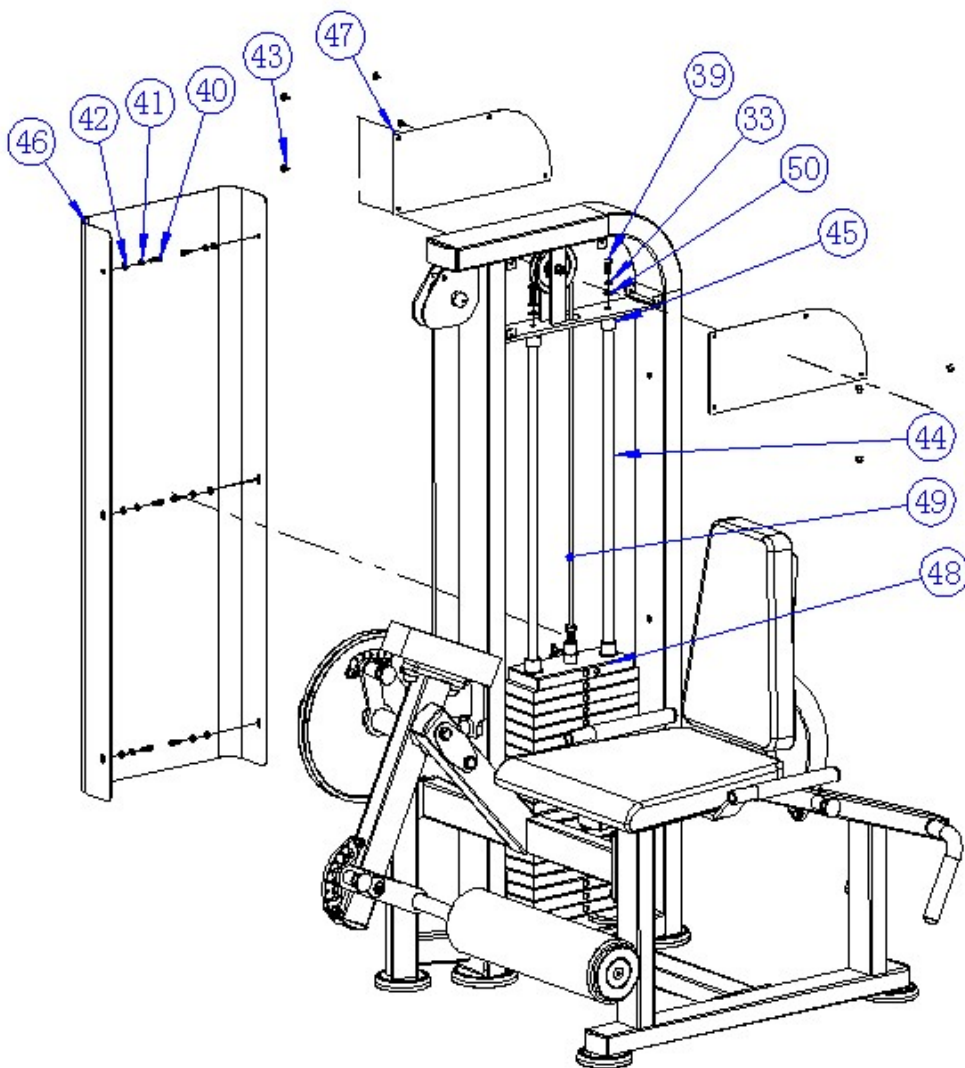


5) Step 5

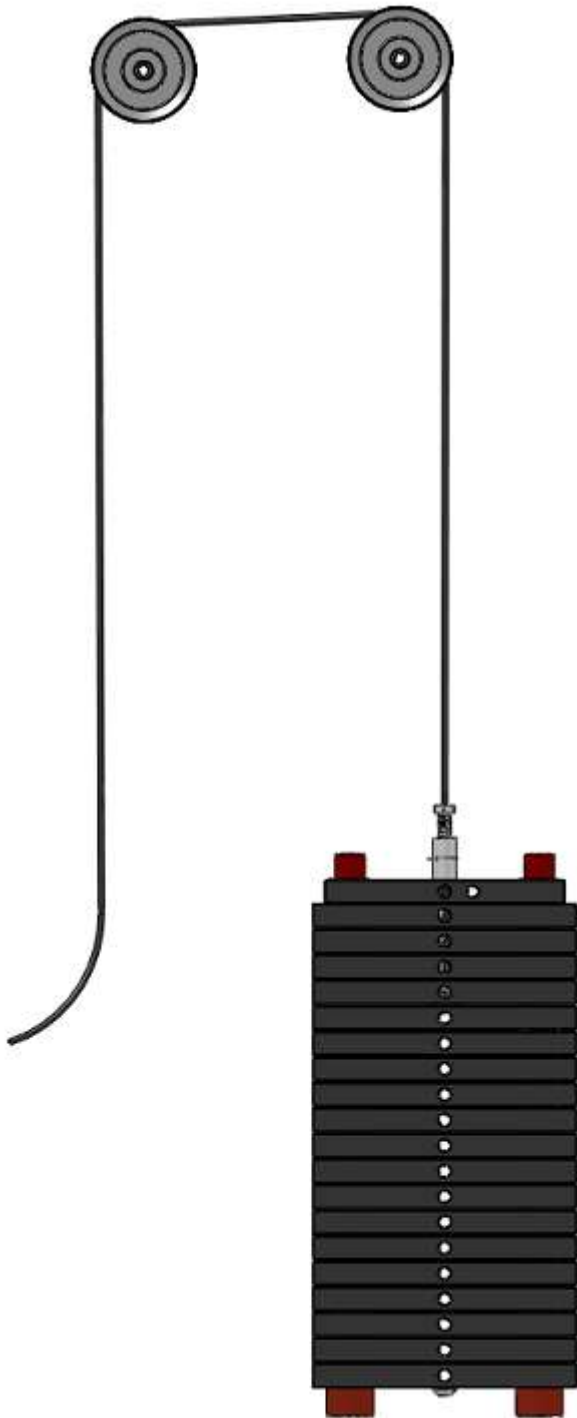
Finished diagram



Bill of materials			
39	Socket hexagon flat bolt	M10X25	2
33	Spring washer	Ø10	2
50	Flat washer	Ø10	2
0	Socket hexagon cylinder bolt	M6X15	6
41	Spring washer	Ø6	6
42	Flat washer	Ø6	6
43	Socket hexagon flat bolt	M5X12	8
44	Guide rod	Ø20*1344	2
45	Guide rod fixed sleeve	Ø30*33	2
46	Guard plate	1240*621.4*T2	1
47	Plate for training image	415*174*T2	2
48	Weight stack	100KG	1
49	Steel cable	Ø6*3000	1



6) **Step 6**
Pulley installation instruction:



03/ PRODUCT DESCRIPTION

The machine is indoor fitness equipment, is suitable for aerobic exercise, mainly used to strength cardio-pulmonary function, and train the muscles supplemented. By workout with the machine pectorals and other muscles can be built up, achieve the purpose of bodybuilding and fitness.

The machine explains how to operate it properly and build up muscles by functional diagram, easy to learn. User can adjust the resistance by weight stack easily.

The design and manufacture of the machine meets the human motion curve, the safety and durability are guaranteed.

The design and manufacture of the machine meets the human motion curve, and meets the standard of GB17498.1-2008 and GB17498.2-2008, the safety and durability are guaranteed.

·Large size steel tube and electrostatic spraying guarantee the safety and durability.

04/ PRODUCT PARAMETER

Name	Seated Leg Extension / Prone Leg Curl	Model	S3011B
Floor space	1270*1050*1620	Weight stack	125Kg
Net weight	275Kg	Level	S
Category: S: Professional and Commercial; H: household			

05/ MAINTENANCE GUIDELINE

1. All the bolts and screws should be inspected regularly and keep tightened, rotating parts should be flexible without abnormal sound.
2. The machine should be keep clean. Please DO NOT clean the machine with strong cleaning solvent.
3. Any worn or damaged stress parts should be repaired or changed immediately.

06/ TROUBLESHOOTING

07/ WARRANTY INSTRUCTION

1. Warranty scope

The machine is damaged by any non-impersonal factors under proper maintenance. The warranty card is valid only when the user is original buyer.

2. The warranty period is one year since buying the machine.
3. The below-listed damages are out of warranty:
 - 1). the damages caused by abuse, carelessness, accident or unauthorized modify.
 - 2). the damages caused by improper adjusting weight stack pin.
 - 3). the damages caused by improper maintenance.
 - 4). the damages caused by other violation operating.