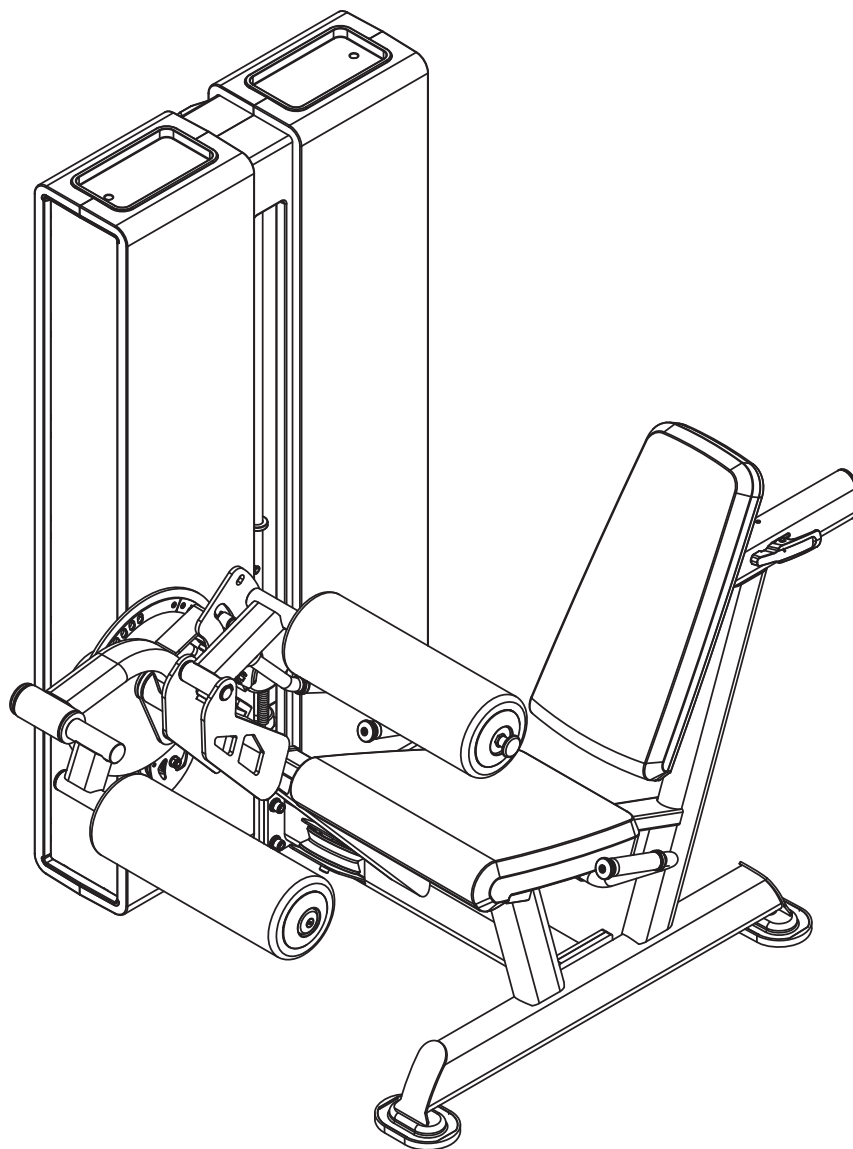


OWNER'S MANUAL

Leg Extension /Seated Leg Curl



CAUTION

Please read all instructions in this manual before use the equipment and keep the manual well.

Cautions

In order to avoid human injuries and property damages, before the use of this series equipment, please read the following important notices.

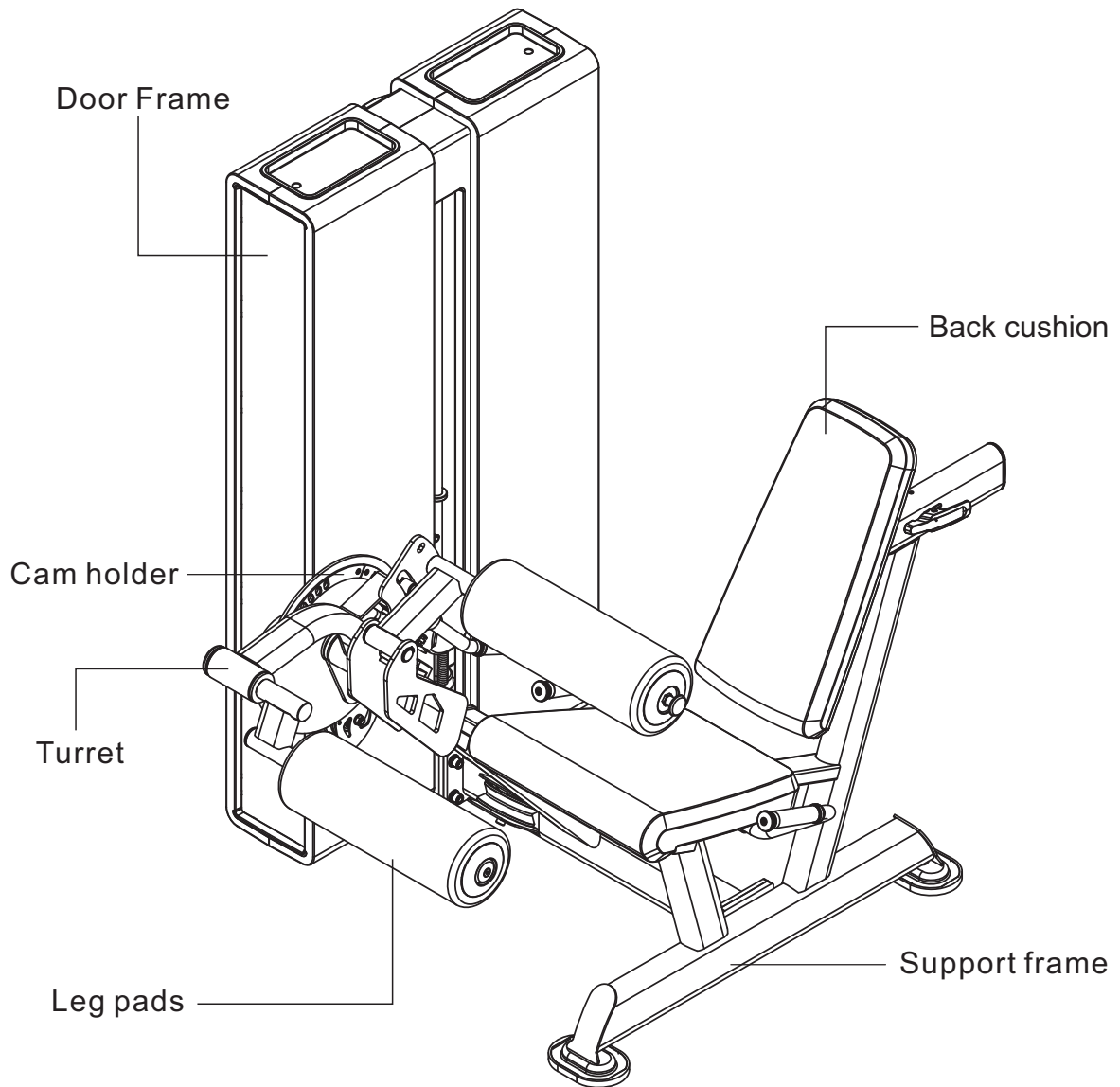
1. Before use of the equipment please read this Owner's Manual carefully. The equipment should be assembled and used strictly following the relevant instructions in this manual, and can not change any of its components or disassemble it freely.
2. It should be ensured that all users have been fully aware of the safety warnings and precautions before they exercise on the equipment.
3. Too loose-fitting clothing can not be worn, and sports shoes should be put on while exercising.
4. The equipment should be carefully examined before training. If there is damage, please do not use it and do not try to repair it by yourself. Please contact your supplier in time. It is necessary to inform after-sales service personnel as soon as possible to get the machine repaired.
5. Make sure the selector pin has fit well in its position before exercising and do not use selector pin other than the one coupled with this equipment to avoid any injury.(Apply to single station with cable)
6. The equipment should be placed indoors, and make sure that the ground is flat, and there are enough space around the equipment for user to exercise on the machine freely.
7. Before using the machine, please check the cables to ensure that cable is in the groove of pulley, and attention should be paid especially to the end of cable. (Apply to single station with cable)
8. Only originally attached or manufacturer provided weight stack can be used in this

equipment and can not increase the weight of weight stack by use of other manufacturers' weight stack plate. (Apply to single station with cable)

9. Child and pet are not allowed to be too close to the equipment while it is in using.
10. If exerciser feels dizzy or physical pain while training he or she should stop exercising immediately and consult a doctor.
11. The equipment should be used in a well defined place and under well managed and monitored way of the equipment owner.

Before using the equipment please consult your physician and fitness expert, and must be sure to read all the specifications in this owner's manual. Manufacturer will not be held responsible for any personal injury and property loss resulted from the incorrect use of the products.

Equipment Schematic



Fitting instructions

1. When strip off the wrappage around the surface of equipment, should be careful, do not hurt the machine with knife scratches on the surface.
2. When moving this equipment, a sufficient number of personnel should be used to prevent the equipment from collision, or to avoid the injuries caused by personnel shortage.
3. Prior to installation of the equipment, make sure that all the parts are complete, no missing hardware.
4. When install the equipment, should have two or more persons working together to ensure the accurate location of parts assembly.
5. When install the equipment should pay attention to the assembly instructions to prevent component fitting to a wrong place or some components being omitted.
6. The suitable installation tools should be used to avoid the equipment damages or human injuries caused by the use of inappropriate tools in the installation process.
7. If need to move equipment, the movement must be after the completion of installation. The equipment can not be moved when the installation process hasn't finished or locking nut hasn't been tightened up.
8. Attention should be paid to the sequence of fastening locking nut, when the overall installation of the equipment is not finished, should not tighten up the nut that is being installed. After the whole machine is properly fitted together, the locking nuts can be tightened up one by one.
9. Before installation the cable terminals should be checked to make sure whether they are firm. (Apply to single station with cable)
10. After the completion of installation, start the initial trial of the equipment with gentle

force. Make certain that the equipment is without any abnormality before normally use the machine. If something unusual is found with the equipment that, it is necessary to check the equipment carefully, identify the problems and reinstall it.

Warranty

*Ten years: Main Frames

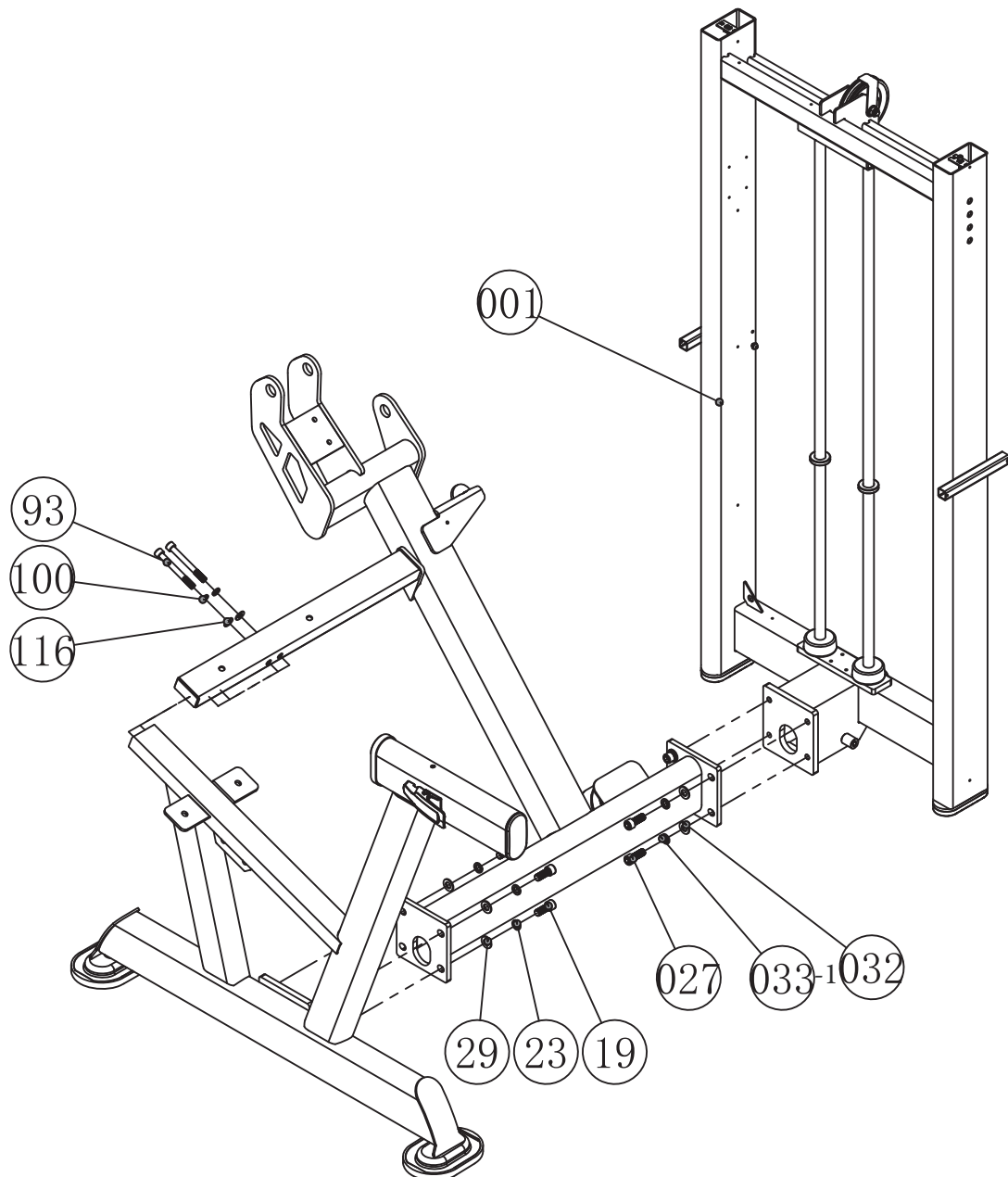
*One year: Bushings, Pivot bearings, guide rods, Weight plate, cams, swivel welding parts, Pull-pin components

*Half year: Finish, rubber grips, belt, cables.

*Three Months: upholstery

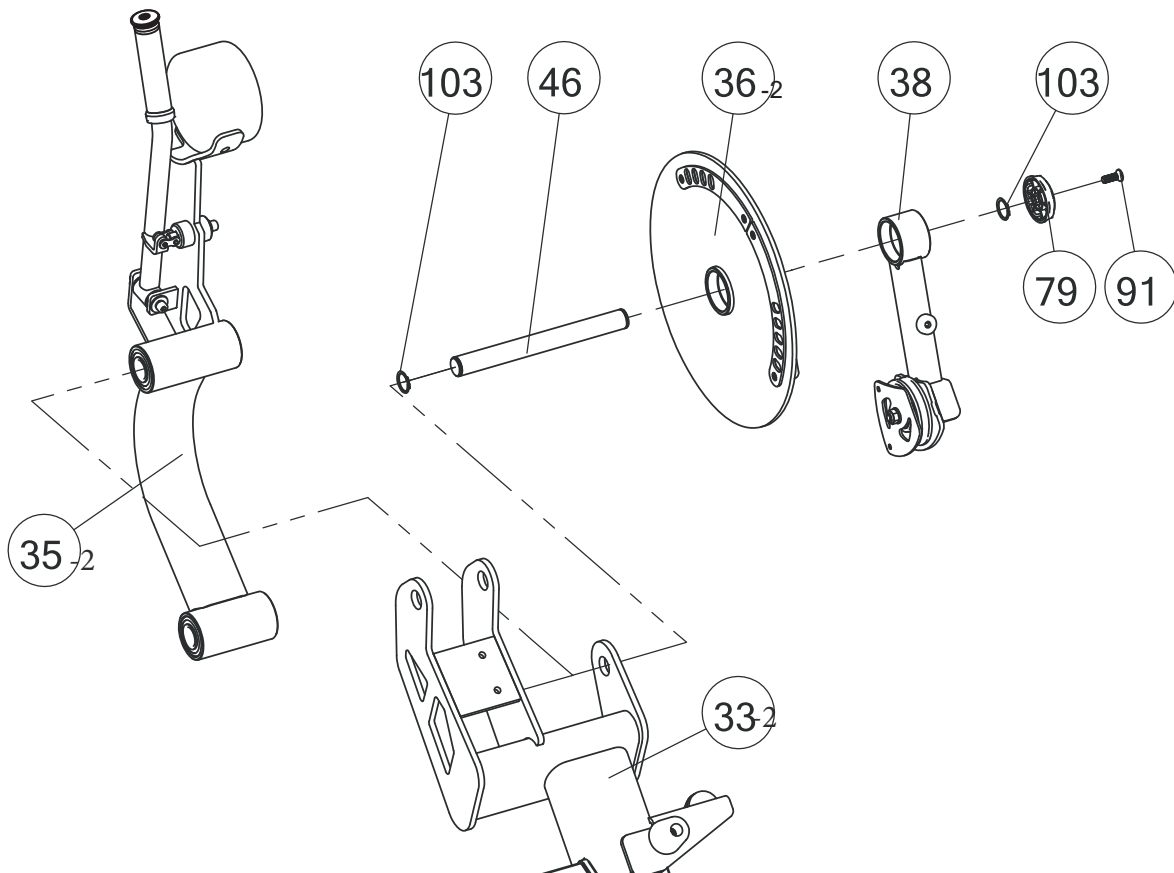
Assembly step 1

| Steps | No. | Description | Specifications | Qty |
|-------|-------|--|-------------------------------------|-----|
| 1 | 001 | Frame | | 1 |
| | 027 | Hexagon socket countersunk head screws | M12*30 | 4 |
| | 032 | Flat washer | M12 | 4 |
| | 033-1 | Spring washer | $\Phi 20 \times \Phi 10.5 \times 2$ | 4 |
| | 19 | Hex socket head cap screw | M12*30 | 4 |
| | 23 | Spring washer | M12 | 4 |
| | 28 | Plain washer | $\Phi 20 \times \Phi 10.5 \times 2$ | 2 |
| | 29 | Plain washer | $\Phi 24 \times \Phi 13 \times 2.5$ | 4 |
| | 93 | Hex socket head cap screw | M10*90 | 2 |
| | 100 | Spring washer | M10 | 2 |



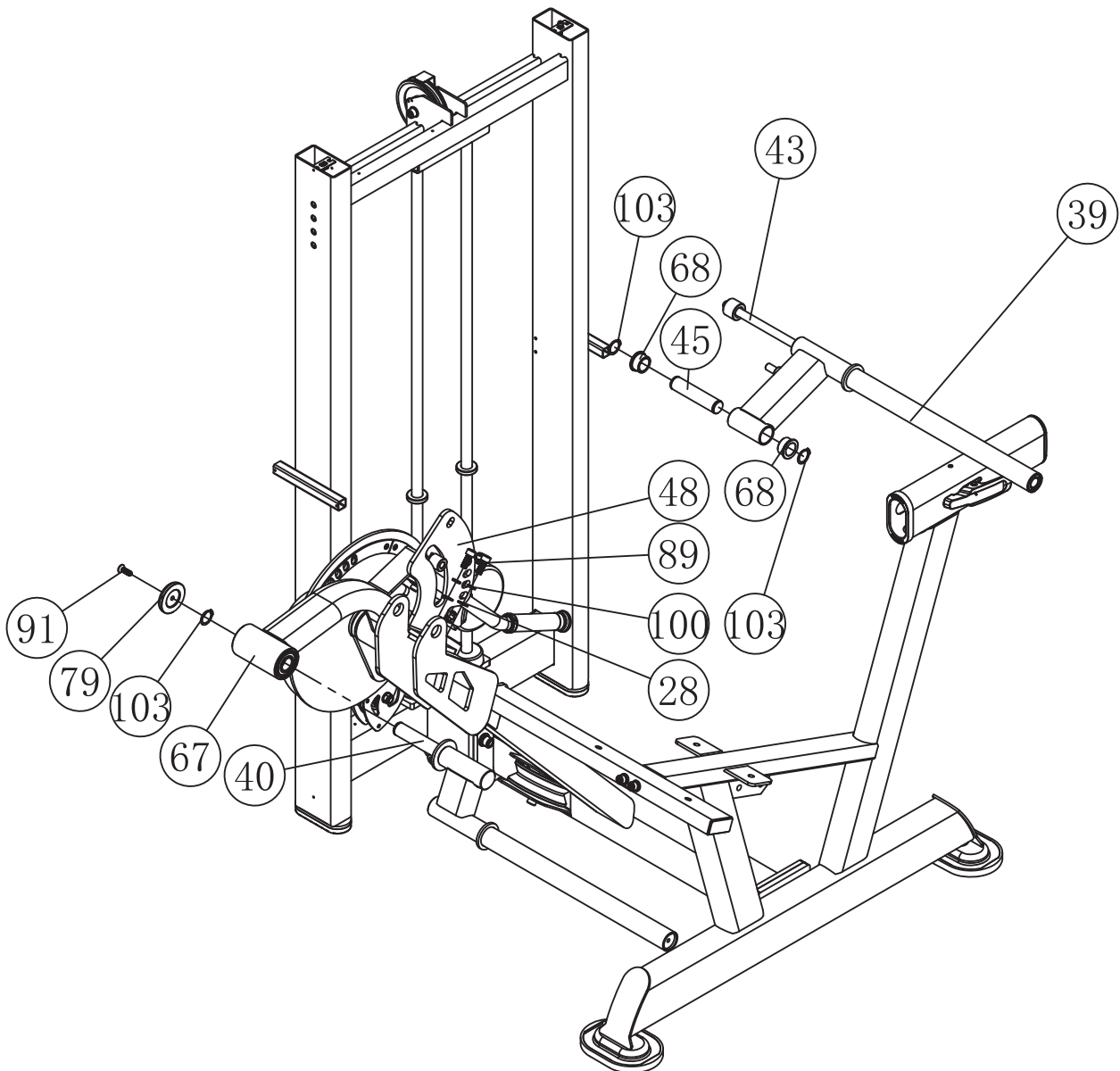
Assembly step2

| Steps | No. | Description | Specifications | Qty |
|-------|------|-------------------------------|------------------------------|-----|
| 2 | 33-2 | Main frame | | 1 |
| | 35-2 | Turret | | 1 |
| | 36-2 | Cam holder | | 1 |
| | 38 | Swing span | | 1 |
| | 46 | Shaft II | $\Phi 25 \times 247$ | 1 |
| | 79 | End cover | $\Phi 60.5 \times 15$ (gray) | 1 |
| | 91 | Countersunk hex socket screws | M8*25 | 1 |
| | 103 | Circlips for shaft | $\Phi 25$ | 2 |



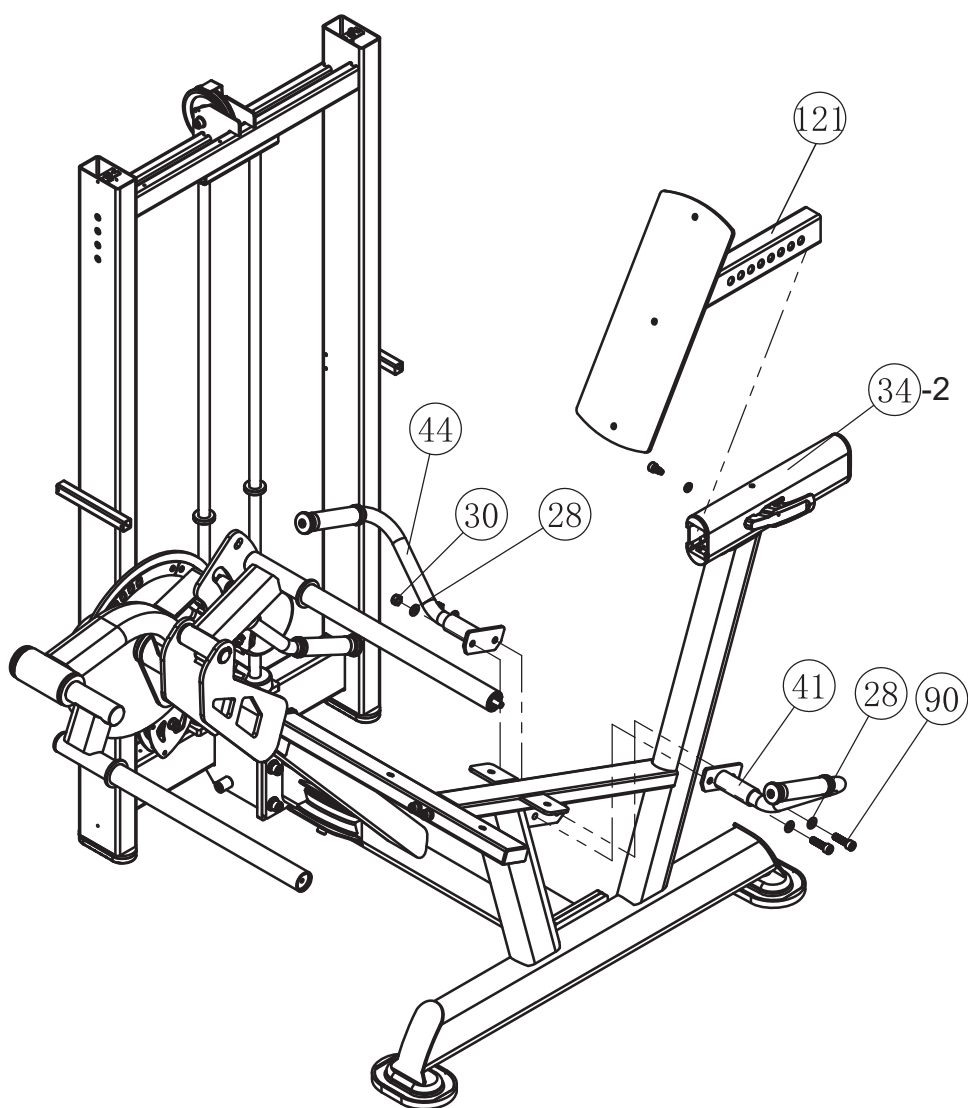
Assembly step3

| Steps | No. | Description | Specifications | Qty |
|-------|-----|-------------------------------|-------------------------------------|-----|
| 3 | 28 | Plain washer | $\Phi 20 \times \Phi 10.5 \times 2$ | 2 |
| | 39 | Stretching rack | | 1 |
| | 40 | Kick stand | | 1 |
| | 43 | Adjustment lever | | 1 |
| | 45 | Shaft I | $\Phi 25 \times 112$ | 1 |
| | 48 | Adjustment plate | $207 \times 235 \times 67 \times 8$ | 1 |
| | 67 | Iron-based bushing | $\Phi 22 \times \Phi 16 \times 10$ | 2 |
| | 68 | Copper-based bushing | $\Phi 38 \times \Phi 25 \times 18$ | 2 |
| | 79 | End cover | $\Phi 60.5 \times 15$ (gray) | 2 |
| | 89 | Hex socket head cap screw | M10*25 | 1 |
| | 91 | Countersunk hex socket screws | M8*25 | 1 |
| | 100 | Spring washer | M10 | 2 |
| | 103 | Circlips for shaft | $\Phi 25$ | 3 |



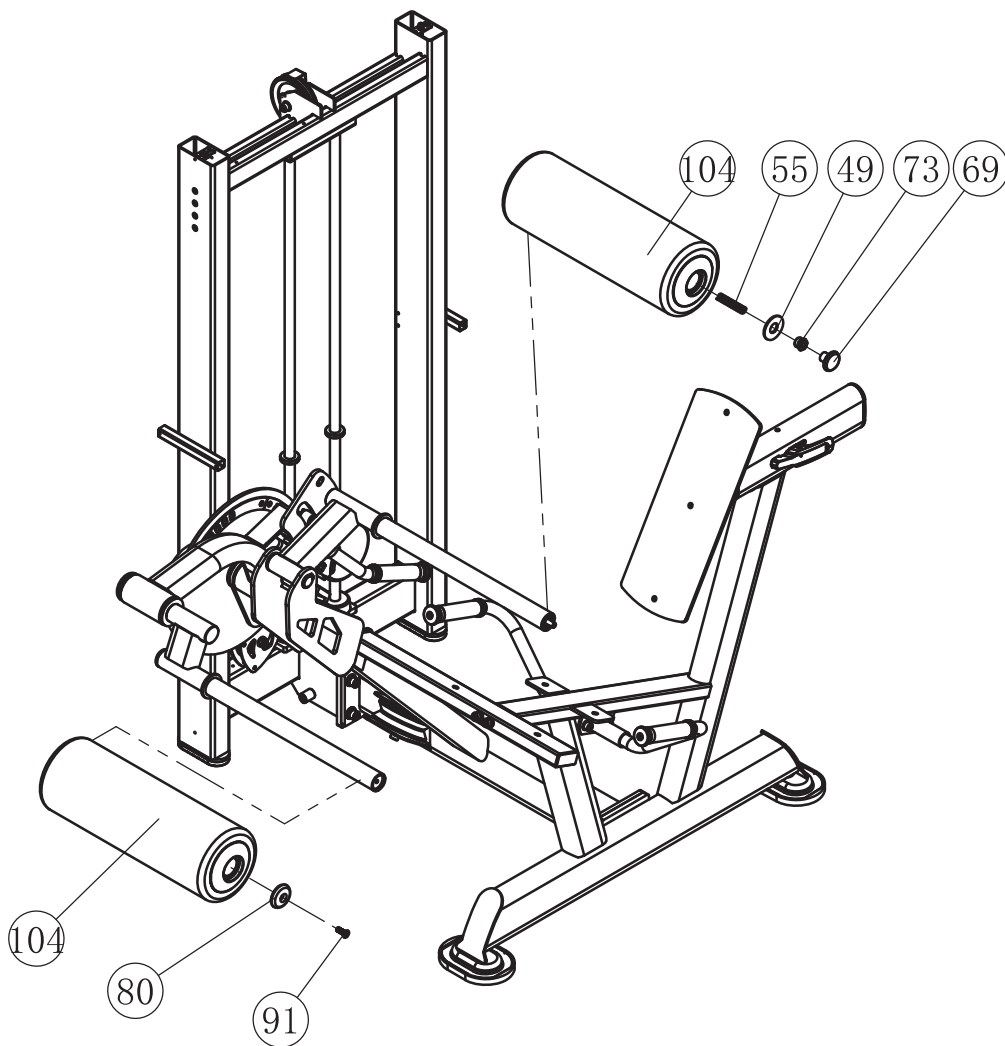
Assembly step4

| Steps | No. | Description | Specifications | Qty |
|-------|------|---------------------------|---------------------------|-----|
| 4 | 28 | Plain washer | $\Phi 20 * \Phi 10.5 * 2$ | 4 |
| | 30 | Nylon insert lock nut | M10 | 2 |
| | 34-2 | Support frame | | 1 |
| | 41 | Left handle frame | | 1 |
| | 44 | Right handle frame | | 1 |
| | 90 | Hex socket head cap screw | M10*35 | 2 |
| | 121 | Back adjusting bracket | | 1 |



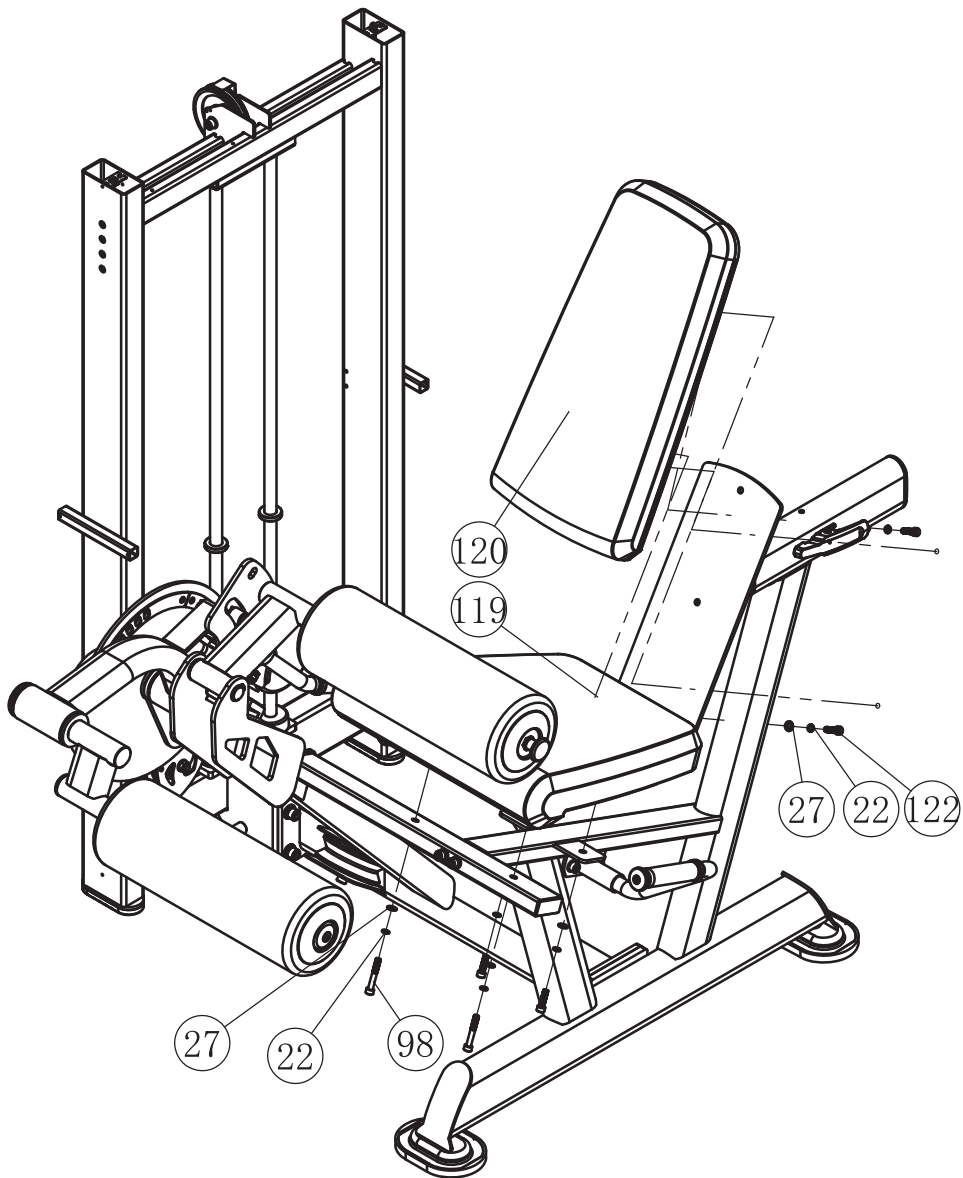
Assembly step5

| Steps | No. | Description | Specifications | Qty |
|-------|-----|-------------------------------|------------------------------|-----|
| 5 | 49 | End ring | $\Phi 52 * \Phi 21 * 3$ | 1 |
| | 55 | Spring | $\Phi 1.4 * \Phi 12.5 * 70$ | 1 |
| | 69 | Rotary knob | $\Phi 41 * 30.5 * M10$ | 1 |
| | 73 | M20 nut | $M20 * 1.5 * 16 * \Phi 10.5$ | 1 |
| | 80 | End cover | $\Phi 50 * 15$ (gray) | 1 |
| | 91 | Countersunk hex socket screws | M8*25 | 1 |
| | 104 | Leg pads | $\Phi 160 * \Phi 41.4 * 480$ | 2 |



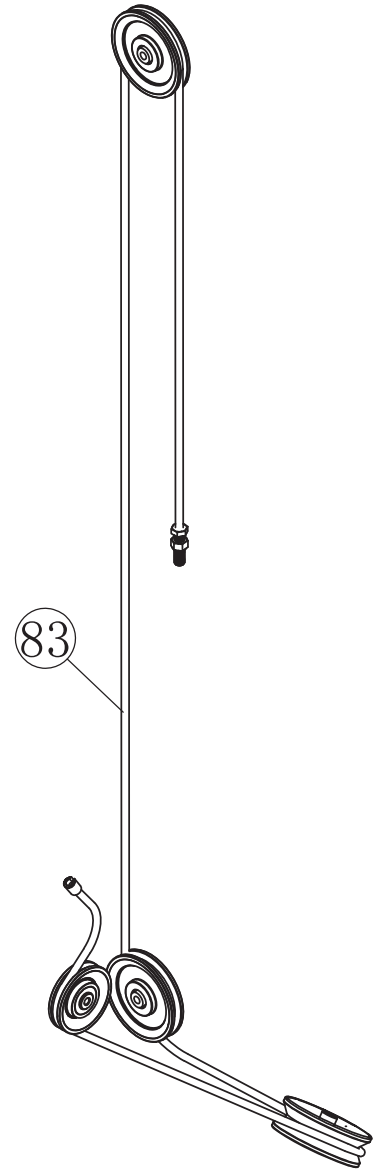
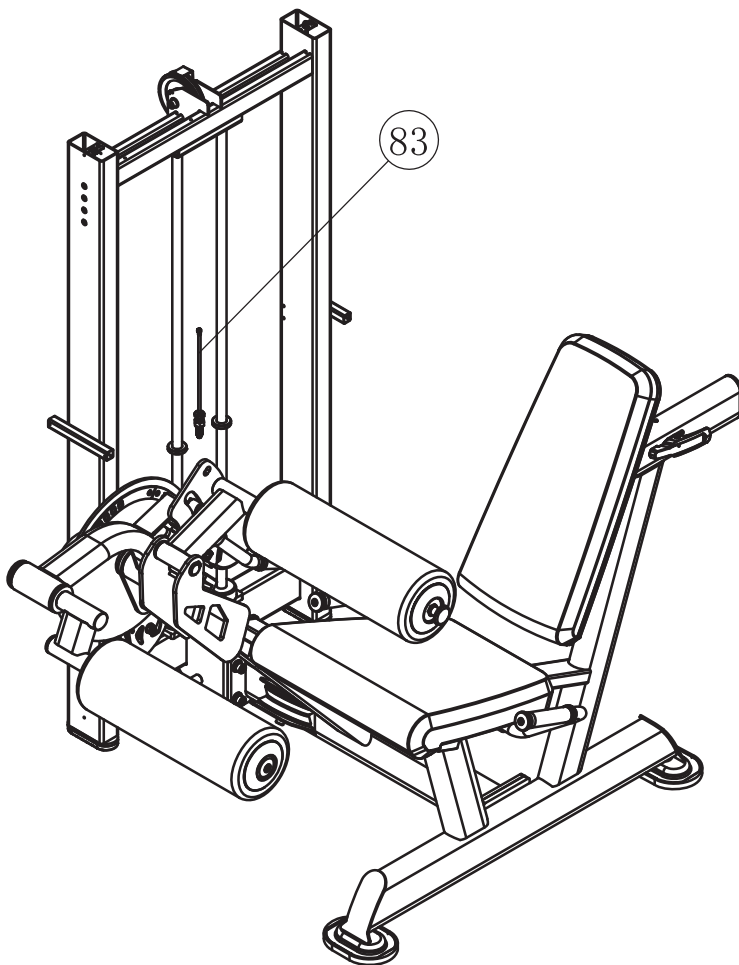
Assembly step6

| Steps | No. | Description | Specifications | Qty |
|-------|-----|---------------------------------|--------------------------------------|-----|
| 6 | 22 | Spring washer | M8 | 6 |
| | 27 | Plain washer | $\Phi 16 \times \Phi 8.4 \times 1.6$ | 6 |
| | 97 | Hex socket head cap screw | M8*30 | 2 |
| | 98 | Hex socket head cap screw | M8*55 | 2 |
| | 119 | Seat pad | | 1 |
| | 120 | Back cushion | | 1 |
| | 122 | hexagonal socket head cap screw | M8*40 | 2 |



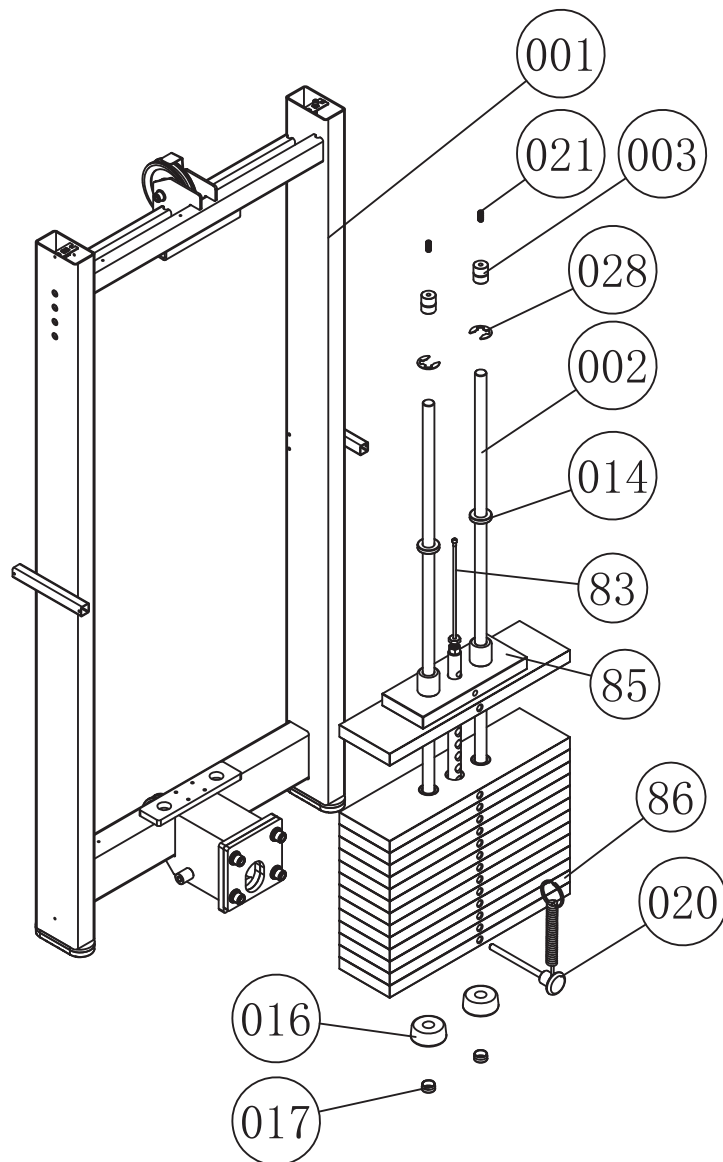
Assembly step 7

| Steps | No. | Description | Specifications | Qty |
|-------|-----|-------------|----------------|-----|
| | 83 | Cable set | | 1 |



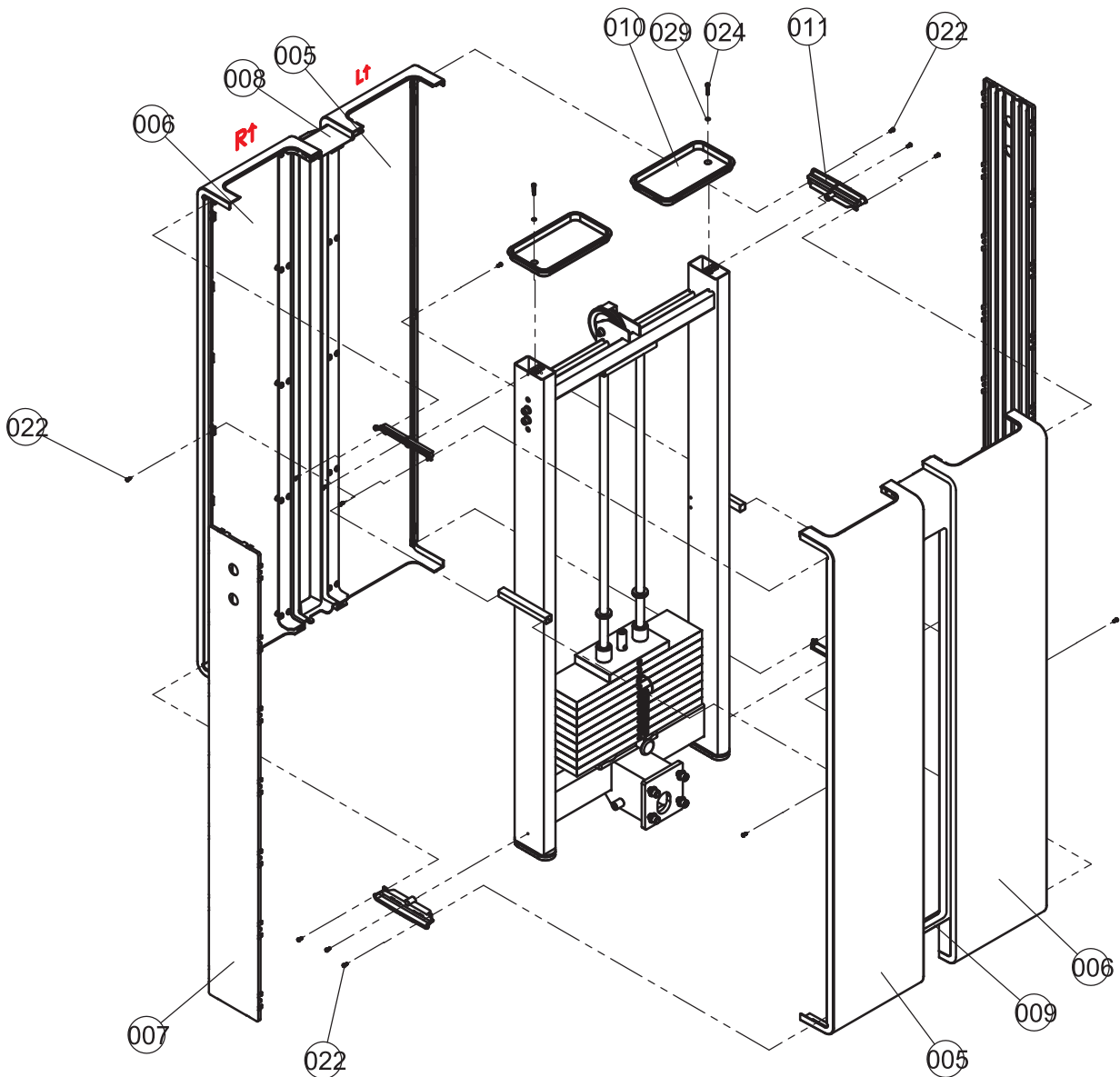
Assembly step8

| Steps | No. | Description | Specifications | Qty |
|-------|-----|--------------------------------|--------------------------|-----|
| 8 | 001 | Frame | | 1 |
| | 002 | Guide rod | | 2 |
| | 003 | Guide rod fixing sleeve | | 2 |
| | 014 | Bumper | $\phi 38 * \phi 21 * 10$ | 2 |
| | 016 | Bumper | $\phi 62 * \phi 20 * 26$ | 2 |
| | 017 | Guide rod upper cap | | 2 |
| | 020 | Select Pin Set | | 1 |
| | 021 | Hexagon Socket Set S with Cone | M8*20 | 2 |
| | 028 | Split Washer | d=20 | 2 |
| | 85 | 10lb Top Weight | 254*100*25.4 | 1 |
| | 86 | 20lb weight stack plate | 123*439*25.4 | 13 |

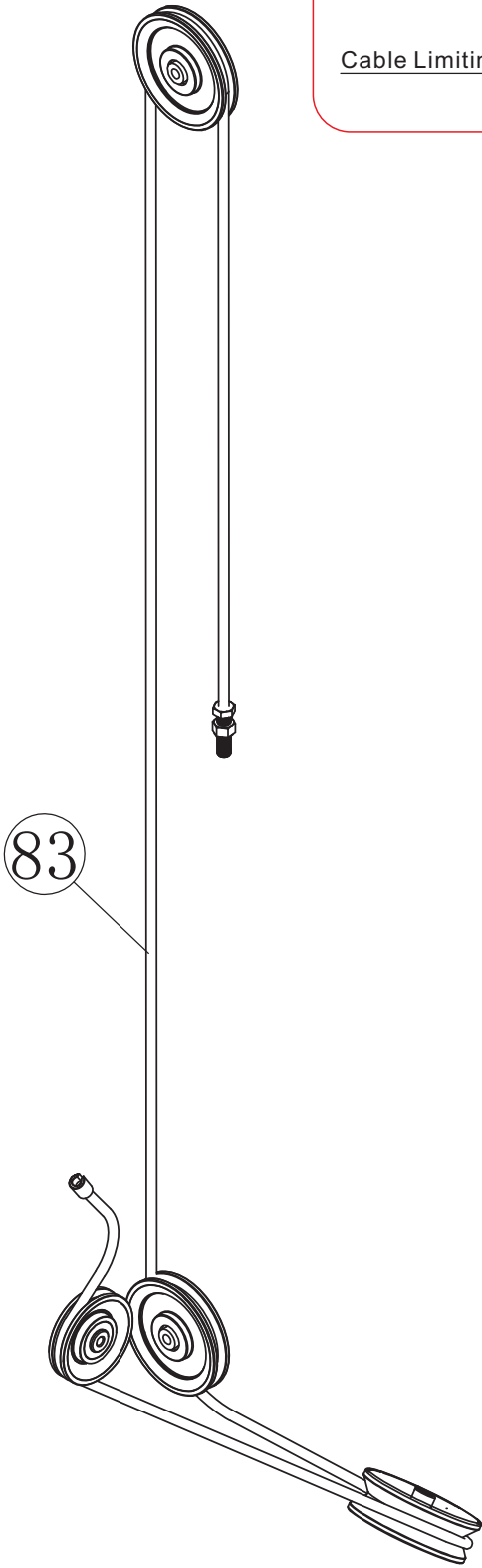


Assembly step9

| Steps | No. | Description | Specifications | Qty |
|-------|-----|--|----------------|-----|
| 9 | 005 | Left Shield | | 2 |
| | 006 | Right Shield | | 2 |
| | 007 | Side Shield | | 2 |
| | 008 | Rear middle Trim | | 1 |
| | 009 | Front middle Trim | | 1 |
| | 010 | Tay | | 2 |
| | 011 | Connecting strip | | 4 |
| | 022 | Cross recessed countersunk head screw | ST4.2*13 | 16 |
| | 024 | Hexagon socket countersunk head screws | M5*25 | 2 |
| | 029 | Flat washer | Φ10*Φ5.3*1 | 2 |



Cable Route Diagram



Correct

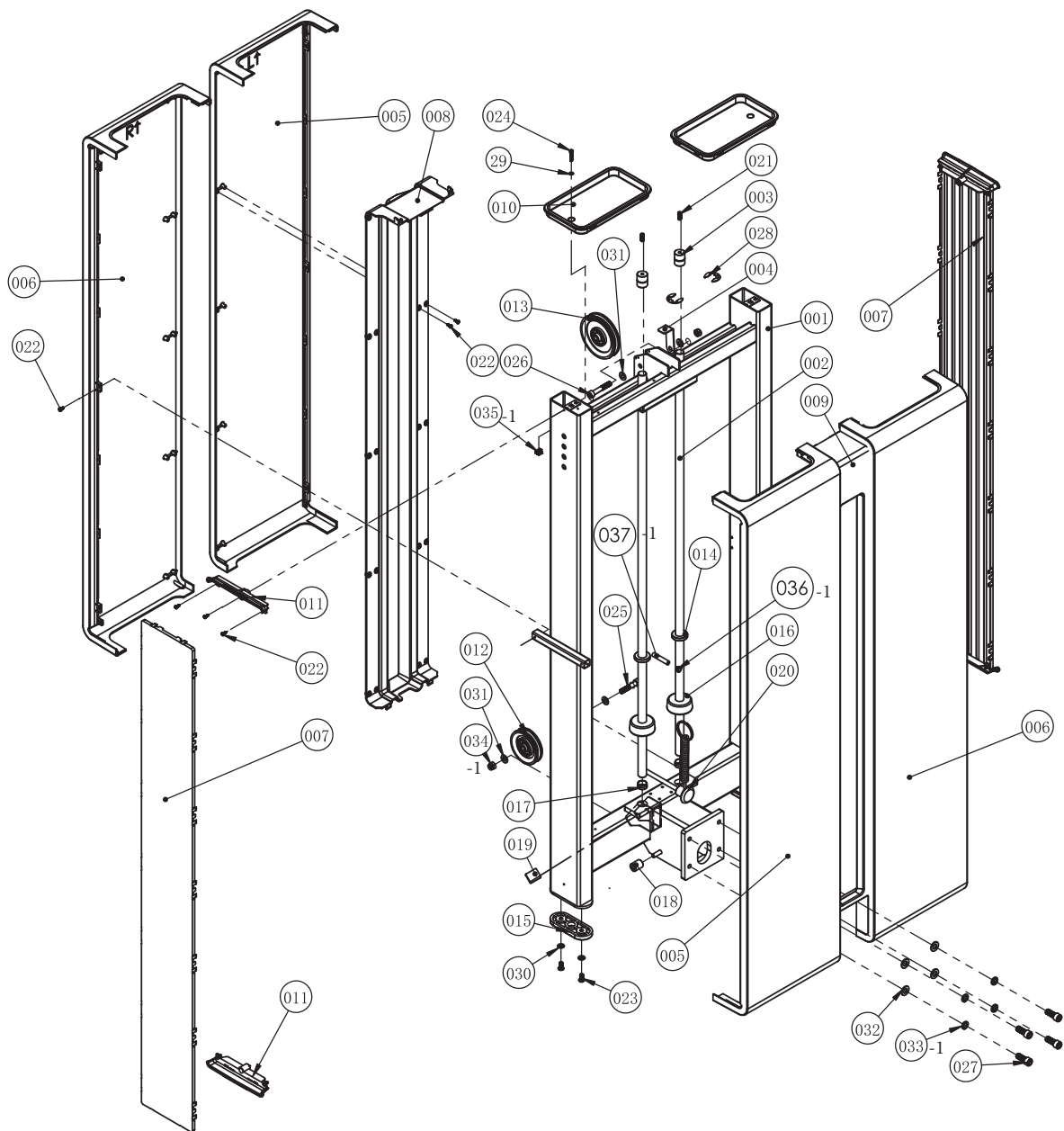
Wrong

Cable Limiting Post

Cable Limiting Post

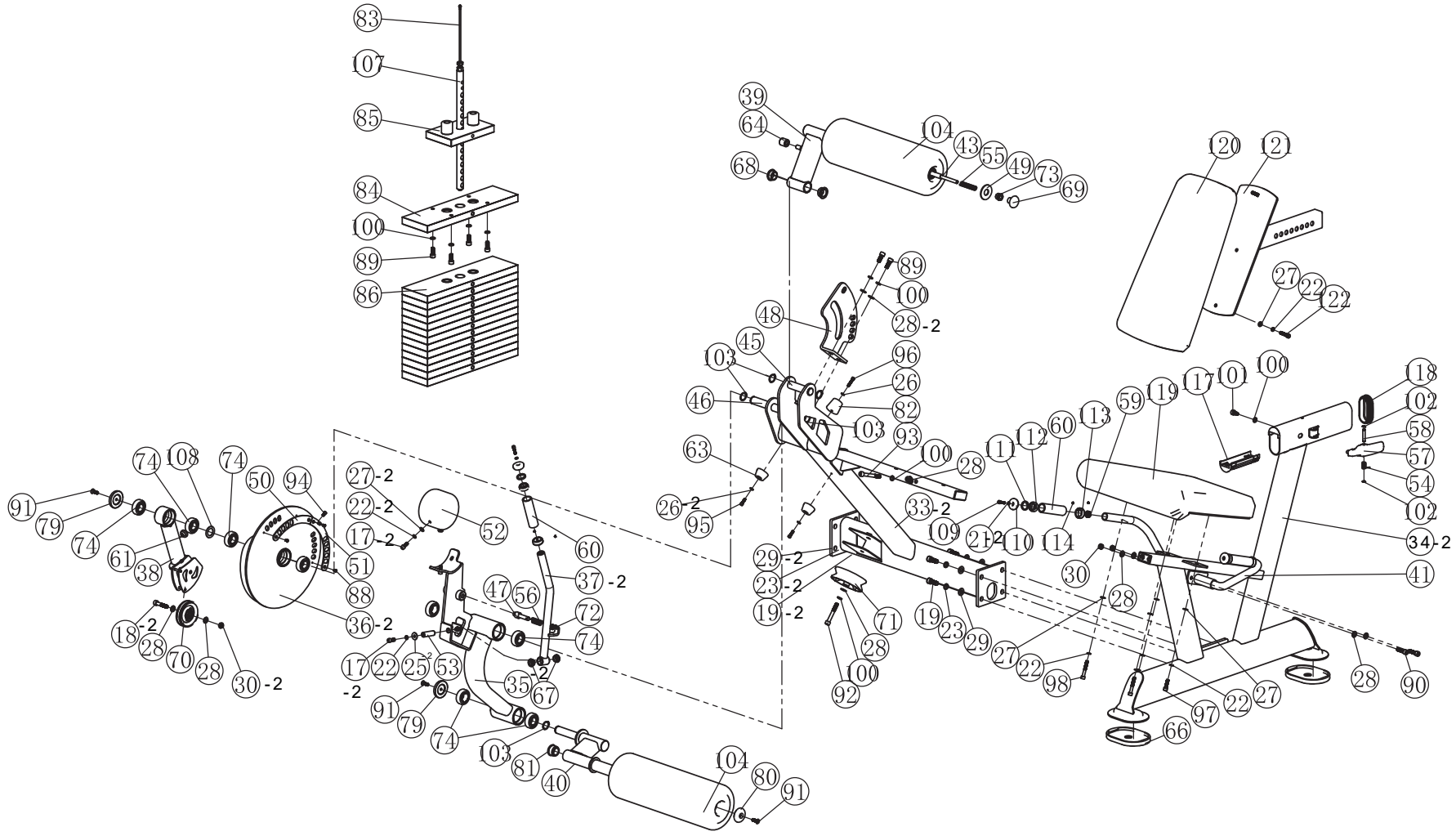
Two diagrams illustrating cable limiting post configurations. The left diagram, labeled 'Correct', shows a cable passing over a pulley with a limiting post positioned below it such that the cable does not touch the post. The right diagram, labeled 'Wrong', shows a similar setup but the cable is shown touching the limiting post, which is incorrect.

Exploded View



Exploded List

| No. | Description | Specifications | Qty |
|-------|--|----------------|-----|
| 001 | Frame | | 1 |
| 002 | Guide rod | | 2 |
| 003 | Guide rod fixing sleeve | | 2 |
| 004 | Pulley baffle | | 1 |
| 005 | Left Shield | | 2 |
| 006 | Right Shield | | 2 |
| 007 | Side Shield | | 2 |
| 008 | Rear middle Trim | | 1 |
| 009 | Front middle Trim | | 1 |
| 010 | Tay | | 2 |
| 011 | Connecting strip | | 4 |
| 012 | Pulley set | φ89*25.8 | 1 |
| 013 | Pulley set | φ114*32 | 1 |
| 014 | Bumper | φ38*φ21*10 | 2 |
| 015 | Floor mat | | 2 |
| 016 | Bumper | φ62*φ20*26 | 2 |
| 017 | Guide rod upper cap | | 2 |
| 018 | Hook stop collar | | 2 |
| 019 | Single Side glue cushion | 25*35*3 | 1 |
| 020 | Select Pin Set | | 1 |
| 021 | Hexagon Socket Set S with Cone | M8*20 | 2 |
| 022 | Cross recessed countersunk head screw | ST4.2*13 | 56 |
| 023 | Button Head Inner Hexagon Bolt | M8*16 | 4 |
| 024 | Hexagon socket countersunk head screws | M5*25 | 2 |
| 025 | Hexagon socket countersunk head screws | M10*50 | 1 |
| 026 | Hexagon socket countersunk head screws | M10*60 | 1 |
| 027 | Hexagon socket countersunk head screws | M12*30 | 4 |
| 028 | Split Washer | d=20 | 2 |
| 029 | Flat washer | Φ10*Φ5.3*1 | 2 |
| 030 | Flat washer | Φ16*Φ8.4*1.6 | 4 |
| 031 | Flat washer | Φ20*Φ10.5*2 | 4 |
| 032 | Flat washer | Φ24*Φ13*2.5 | 4 |
| 033-1 | Spring washer | M12 | 4 |
| 034-1 | Nylon nut | M10 | 2 |
| 035-1 | Nut | M5 | 2 |
| 036-1 | Stopples | Φ10*Φ5.3*1 | 1 |
| 037-1 | Elastic cylindrical pin | φ10*45 | 1 |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |



Exploded View

Exploded List

| No. | Description | Specifications | Qty |
|------|---------------------------|----------------|-----|
| 17-2 | Hex socket head cap screw | M8*20 | 4 |
| 18-2 | Hex socket head cap screw | M10*50 | 1 |
| 19-2 | Hex socket head cap screw | M12*30 | 4 |
| 21-2 | Spring washer | M6 | 3 |
| 22-2 | Spring washer | M8 | 10 |
| 23-2 | Spring washer | M12 | 4 |
| 25-2 | Big washer | Φ24*Φ8.4*2 | 2 |
| 26-2 | Plain washer | Φ12*Φ6.4*1.6 | 3 |
| 27-2 | Plain washer | Φ16*Φ8.4*1.6 | 8 |
| 28-2 | Plain washer | Φ20*Φ10.5*2 | 11 |
| 29-2 | Plain washer | Φ24*Φ13*2.5 | 4 |
| 30-2 | Nylon insert lock nut | M10 | 4 |
| 33-2 | Main frame | | 1 |
| 35-2 | Turret | | 1 |
| 36-2 | Cam holder | | 1 |
| 37-2 | Index arm | | 1 |
| 38 | Swing span | | 1 |
| 39 | Stretching rack | | 1 |
| 40 | Kick stand | | 1 |
| 41 | Left handle frame | | 1 |
| 43 | Adjustment lever | | 1 |
| 44 | Right handle frame | | 1 |
| 45 | Shaft I | | 1 |
| 46 | Shaft II | | 1 |
| 47 | Adjusting plunger | | 1 |
| 48 | Adjustment plate | | 1 |
| 49 | End ring | | 1 |
| 50 | Left adjustment quadrant | | 1 |
| 51 | Right adjustment quadrant | | 1 |
| 52 | Counter weight | | 1 |
| 53 | Rod shaft | | 1 |
| 54 | Torsion spring | | 1 |
| 55 | Spring | | 1 |
| 56 | Spring | | 1 |
| 57 | Adjusting handle | | 1 |
| 58 | Fixed axle | | 1 |
| 59 | Reed nut | M6*Φ20.8*10 | 3 |
| 60 | Handle grip | | 3 |
| 61 | Rubber bumper | | 1 |
| 63 | Rubber bumper | | 2 |
| 64 | Rotary locating bush | | 1 |
| 66 | Rubber mat | | 2 |

Exploded List

| No. | Description | Specifications | Qty |
|-----|--|----------------|-----|
| 67 | Iron-based bushing | | 2 |
| 68 | bushing | | 2 |
| 69 | Rotary knob | | 1 |
| 70 | Pulley | | 1 |
| 71 | Wide pulley | | 1 |
| 72 | Connector | | 1 |
| 73 | M20 nut | | 1 |
| 74 | Steps rolling bearing | | 8 |
| 79 | Aluminum end cap | | 2 |
| 80 | Aluminum end cap | | 1 |
| 81 | Round tube stopper | | 1 |
| 82 | Rubber bumper | | 1 |
| 83 | Cable set | | 1 |
| 84 | 20lb weight stack plate | | 1 |
| 85 | 10lb Top Weight | | 1 |
| 86 | 20lb weight stack plate | | 13 |
| 88 | Cross recessed countersunk head screw | M5*10 | 4 |
| 89 | Hex socket head cap screw | M10*25 | 6 |
| 90 | Hex socket head cap screw | M10*35 | 2 |
| 91 | Countersunk hex socket screws | M8*25 | 3 |
| 92 | Hex socket head cap screw | M10*70 | 1 |
| 93 | Hex socket head cap screw | M10*90 | 2 |
| 94 | Hex socket head cap screw | M6*10 | 1 |
| 95 | Hex socket head cap screw | M6*20 | 2 |
| 96 | Hex socket head cap screw | M6*30 | 1 |
| 97 | Hex socket head cap screw | M8*30 | 2 |
| 98 | Hex socket head cap screw | M8*55 | 2 |
| 100 | Spring washer | M10 | 10 |
| 101 | Limiting screw | M10*18*Φ8 | 1 |
| 102 | Split washer | d=6 | 2 |
| 103 | Circlips for shaft | Φ25 | 5 |
| 104 | Leg pads | | 2 |
| 107 | Weight selector rod | | 1 |
| 108 | plastic washer | | 1 |
| 109 | hexagonal socket head cap screw | M6*25 | 3 |
| 110 | aluminium end cap | | 3 |
| 111 | plastic ring | | 3 |
| 112 | aluminium ring | | 3 |
| 113 | aluminium baffle ring | | 3 |
| 114 | hexagon socket set screw with cone point | M5*5 | 6 |

Maintenance Attentions

Daily Maintenance (Basic Maintenance)

1. Clean the seat pad, back pad and cushion with warm water and soft cloth in order to avoid the sweat erosion to these component.
2. Clean the frame with warm water and soft cloth.
3. Cleaning chrome plated parts: wipe them with alcohol moistened soft cloth.

Monthly Maintenance (Basic Maintenance)

1. Check transmission cable. Check the tightness and abrasion of the cable (disrepair of the surface, bend, distortion and so on). (Apply to single station with cable)
2. Check guide rod, and wipe it with soft duster cloth and alcohol, and lubricate it by anticorrosive oil, but please don't let excessive oil accumulated on rod. (Apply to single station with cable)
3. Check weight stack to know if there is any damaged steel plate which caused by too much force or friction on rod. (Apply to single station with cable)
4. Check pulley on whether its groove surface is clean and whether it runs smoothly. (Apply to single station with cable)
5. Check bolts and fixing parts. Wipe them with alcohol and anticorrosive oil.

Further Maintenance

1. Check whether bolts on basic frame become loose, springs have damaged and the tightness of drive cable.
2. Check, if there is rust or paint loss on main frame and basic rack, clean out rust by sand paper, and then cover it with same color paint from the same supplier.
3. Clean and lubricate every bearing, and keep equipment work smoothly.
4. Check whether the oil cylinder suffers oil leakage.

Weight stack label instructions

1. Wipe front surface of weight stack .
2. Peel off back sheet (adhesive side) from label and make sure that the label remains attached to the application tape.
3. Aline the center hole of label with the weight stack center hole.
4. Line up the first label to hole on top plate.
5. Make sure label is straight and slowly press into place.
6. Gently remove application tape and rub each label firmly against the weight stack.
7. Allow labels to stand for 24 hours to allow adhesive to cure fully.



| | | | |
|--|------------|-----------------------|-------------|
| | 10 lbs | <input type="radio"/> | 4.5 kg |
| | 30 lbs | <input type="radio"/> | 13.6 kg |
| | 50 lbs | <input type="radio"/> | 22.7 kg |
| | 70 lbs | <input type="radio"/> | 31.8 kg |
| | 90 lbs | <input type="radio"/> | 40.8 kg |
| | 110 lbs | <input type="radio"/> | 49.9 kg |
| | 130 lbs | <input type="radio"/> | 59 kg |
| | 150 lbs | <input type="radio"/> | 68 kg |
| | 170 lbs | <input type="radio"/> | 77.1 kg |
| | 190 lbs | <input type="radio"/> | 86.2 kg |
| | 210 lbs | <input type="radio"/> | 93.5 kg |
| | 230 lbs | <input type="radio"/> | 104.3 kg |
| | 250 lbs | <input type="radio"/> | 113.4 kg |
| | 270 lbs | <input type="radio"/> | 122.5 kg |
| | 290 lbs | <input type="radio"/> | 131.5 kg |

| | | |
|------------|-----------------------|-------------|
| 10 lbs | <input type="radio"/> | 4.5 kg |
| 30 lbs | <input type="radio"/> | 13.6 kg |
| 50 lbs | <input type="radio"/> | 22.7 kg |
| 70 lbs | <input type="radio"/> | 31.8 kg |
| 90 lbs | <input type="radio"/> | 40.8 kg |
| 110 lbs | <input type="radio"/> | 49.9 kg |
| 130 lbs | <input type="radio"/> | 59 kg |
| 150 lbs | <input type="radio"/> | 68 kg |
| 170 lbs | <input type="radio"/> | 77.1 kg |
| 190 lbs | <input type="radio"/> | 86.2 kg |
| 210 lbs | <input type="radio"/> | 93.5 kg |
| 230 lbs | <input type="radio"/> | 104.3 kg |
| 250 lbs | <input type="radio"/> | 113.4 kg |
| 270 lbs | <input type="radio"/> | 122.5 kg |
| 290 lbs | <input type="radio"/> | 131.5 kg |

