

LEG PRESS HACK SQUAT MACHINE

LEGPRS1-LEGPRS2-LEGPRS3

400698

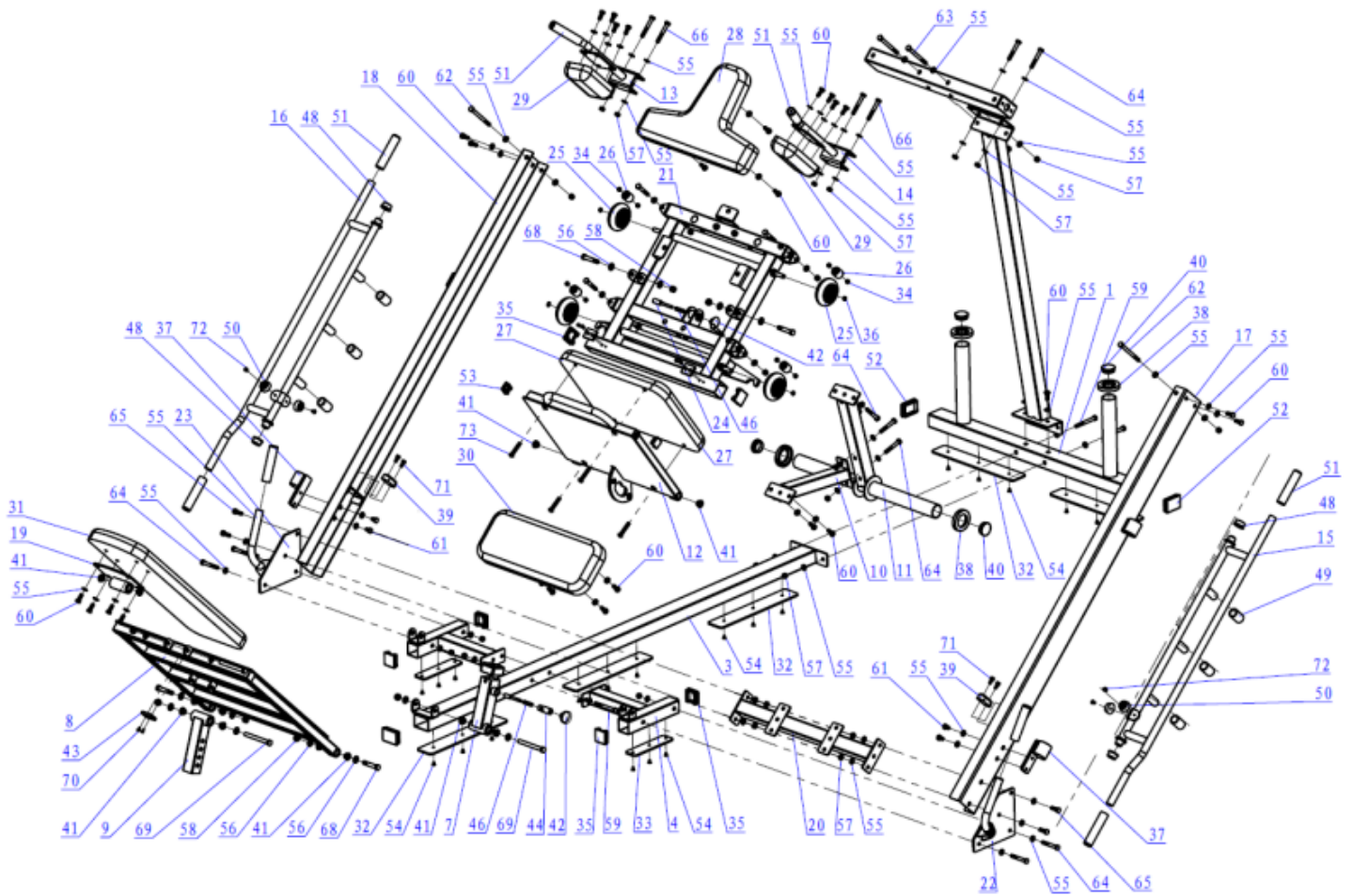


Operator's Manual



Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

PARTS DIAGRAM / EXPLODED VIEW



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	2	REAR BASE FRAME	1	(38)	2&3	BUMPER 77*47.5*13	4
(2)	1	REAR UPRIGHT FRAME	1	(39)	1	STOPPER 30*70*20	2
(3)	1	MIDDLE BASE FRAME	1	(40)	2&3	END CAP	4
(4)	3	RIGHT CONNECTING FRAME	1	(41)	2	BUSHING	14
(5)	3	LEFT CONNECTING FRAME	1	(42)	2	KNOB	2
(6)	1	UPPER CROSS GRAME	1	(43)	2	BASE MAT	3
(7)	1	ADJUSTING FRAME	1	(44)	1	PIN SLEEVE	1
(8)	3	BACK PAD SUPPORT FRAME	1	(45)	1	PIN SHAFT 12*80*M8	1
(9)	3	ADJUSTING TUBE	1	(46)	2	SPRING	2
(10)	2	DIAGONAL BRACING	1	(47)	1	HOLLOW SLEEVE	1
(11)	3	WEIGHT PALTE HOLDER	1	(48)	1	BUSHING	4

(12)	2	PEDAL	1	(49)	1	STOPPER 32*25*50	6
(13)	2	R HANDLEBAR FRAME	1	(50)	1	RUBBER BUMPER 38*7*15	4
(14)	2	L HANDLEBAR FRAME	1	(51)	2	FRONT HANDLE SLEEVE	8
(15)	1	R LIMITED FRAME	1	(52)	2	END CAP	3
(16)	1	L LIMITED FRAME	1	(53)	2	END CAP F32*2	4
(17)	1	R SIDE FRAME	1	(54)	2	SOCKET CAO SCREW M6*10	21
(18)	1	L SIDE FRAME	1	(55)	2	FKAT WASHER 11*20*2	93
(19)	3	BACK PAD SWING FRAME	1	(56)	2	FLAT WASHER 13.5*24*2.5	14
(20)	1	SEAT PAD CONNECT FRAME	1	(57)	2	NUT M10	30
(21)	2	SLIDING FRAME	1	(58)	2	NUT M12	7
(22)	2	R SIDE HANDLE FRAME	1	(59)	2	HEX BOLT M10*95	4
(23)	2	L SIDE HANDLE FRAME	1	(60)	2	HEX BOLT M10*25	29
(24)	2	PIN SHIFT	1	(61)	2	HEX BOLT M10*15	4
(25)	2	WHEEL 100*26	4	(62)	2	HEX BOLT M10*125	2
(26)	2	RUBBER SILENCING WHEEL	4	(63)	2	HEX BOLT M10*120	2
(27)	3	WAIST PAD	1	(64)	2	HEX BOLT M10*70	10
(28)	2	BACK PAD	1	(65)	2	HEX BOLT M10*30	4
(29)	3	SHOULDER PAD	2	(66)	2	HEX BOLT M10*75	4
(30)	1	SEAT PAD	1	(67)	2	HEX BOLT M10*65	4
(31)	1	BACK PAD	1	(68)	2&3	HEX BOLT M12*65	4
(32)	1&2	LONG BASE PLATE	5	(69)	1&3	HEX BOLT M12*115	3
(33)	3	SHORT BASE PLATE	2	(70)	2	PAN HEAD SCREW M5*10	6
(34)	2	SLEEVE	8	(71)	1	HEX BOLT M8*15	4
(35)	2	END CAP 50*2	6	(72)	1	PAN HEAD SCREW M6*10	4
(36)	2	CICLIP	4	(73)	2	PAN HEAD HEX BOLT M10*55	4
(37)	2	FIXING FRAME	2				

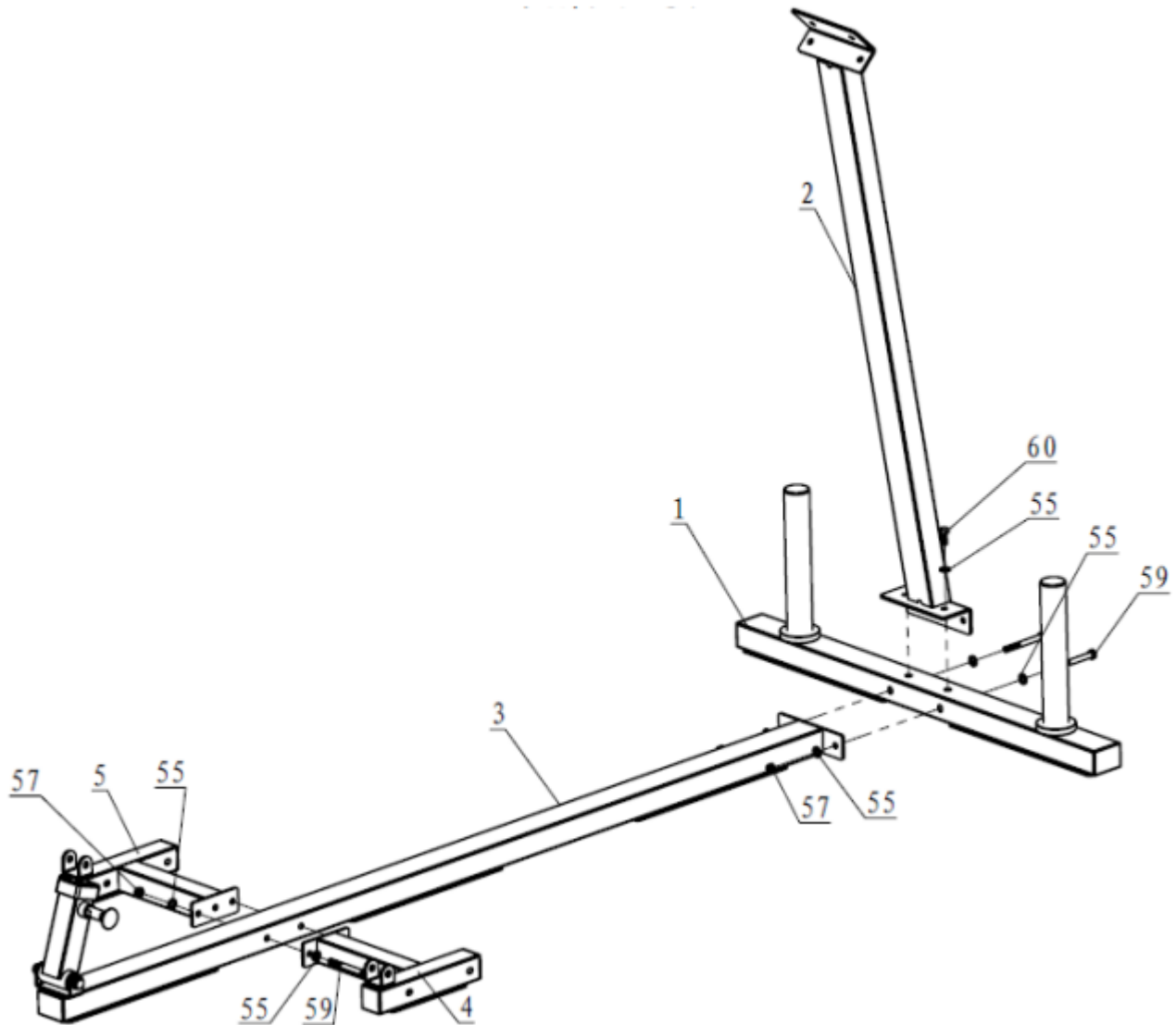
ASSEMBLY INSTRUCTIONS

STEP 1

Assemble **RIGHT & LEFT CONNECTING FRAME (4 & 5)** and **MIDDLE BASE FRAME (3)** using **FLAT WASHER $\Phi 11*\Phi 20*2$ (55)**, **NUT M10 (57)** and **HEX BOLT M10*95 (59)**.

Install **REAR UPRIGHT FRAME (2)** and **MIDDLE BASE FRAME (3)** to **REAR BASE FRAME (1)**, using **FLAT WASHER $\Phi 11*\Phi 20*2$ (55)**, **NUT M10 (57)**, **HEX BOLT M10*95 (59)**, and **HEX BOLT M10*25 (60)**.

PLEASE DON'T TIGHTEN ALL BOLTS.



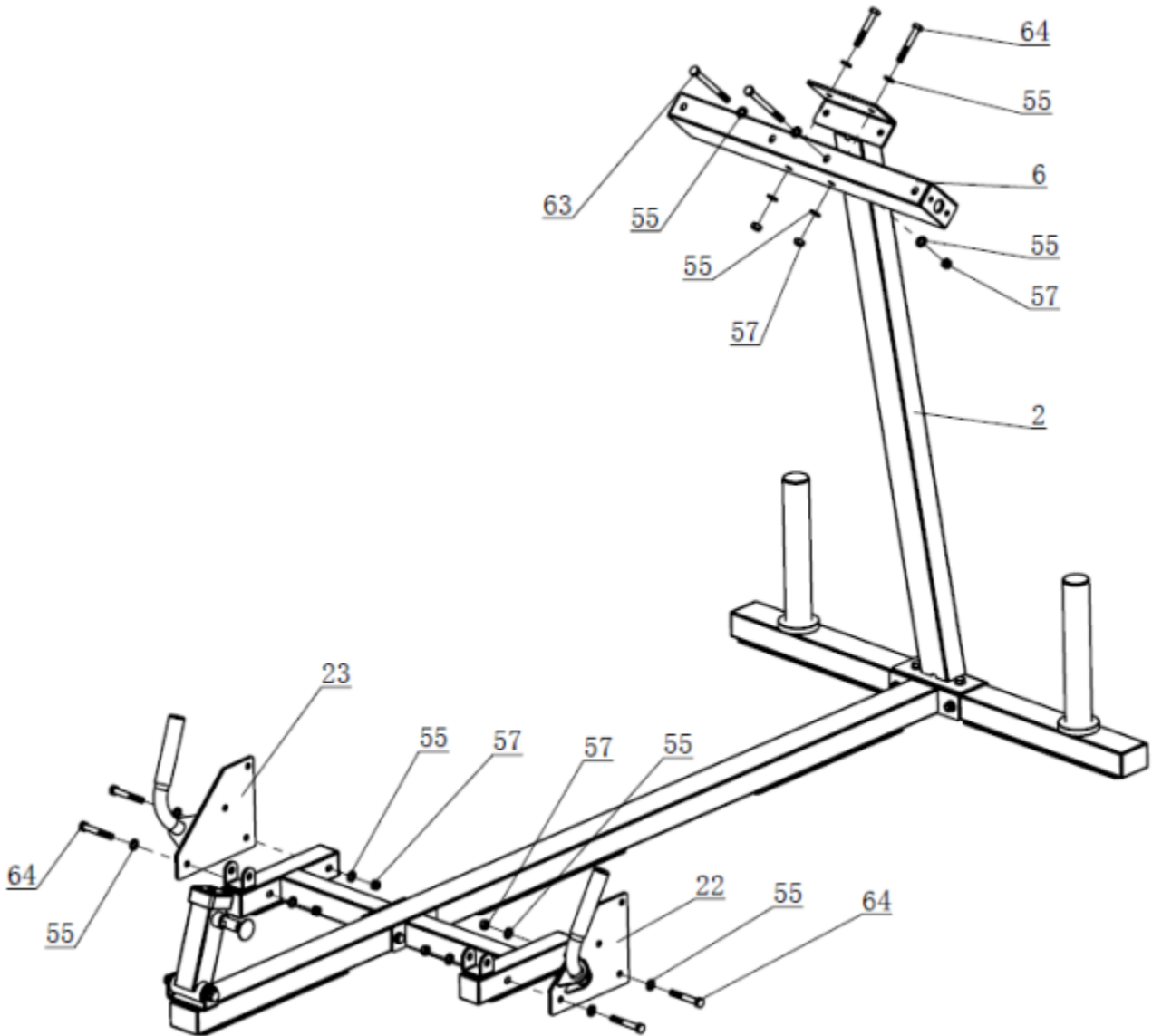
ASSEMBLY INSTRUCTIONS

STEP 2

Assemble **RIGHT & LEFT SIDE HANDLE FRAME (22 & 23)** and **RIGHT & LEFT CONNECTING FRAME (4 & 5)** using **FLAT WASHER $\Phi 11*\Phi 20*2$ (55)**, **NUT M10 (57)** and **HEX BOLT M10*70 (64)**.

Assemble **UPPER CROSS FRAME (6)** and **REAR UPRIGHT FRAME (2)**, using **FLAT WASHER $\Phi 11*\Phi 20*2$ (55)**, **NUT M10 (57)**, **HEX BOLT M10*120 (63)**, and **HEX BOLT M10*70 (64)**.

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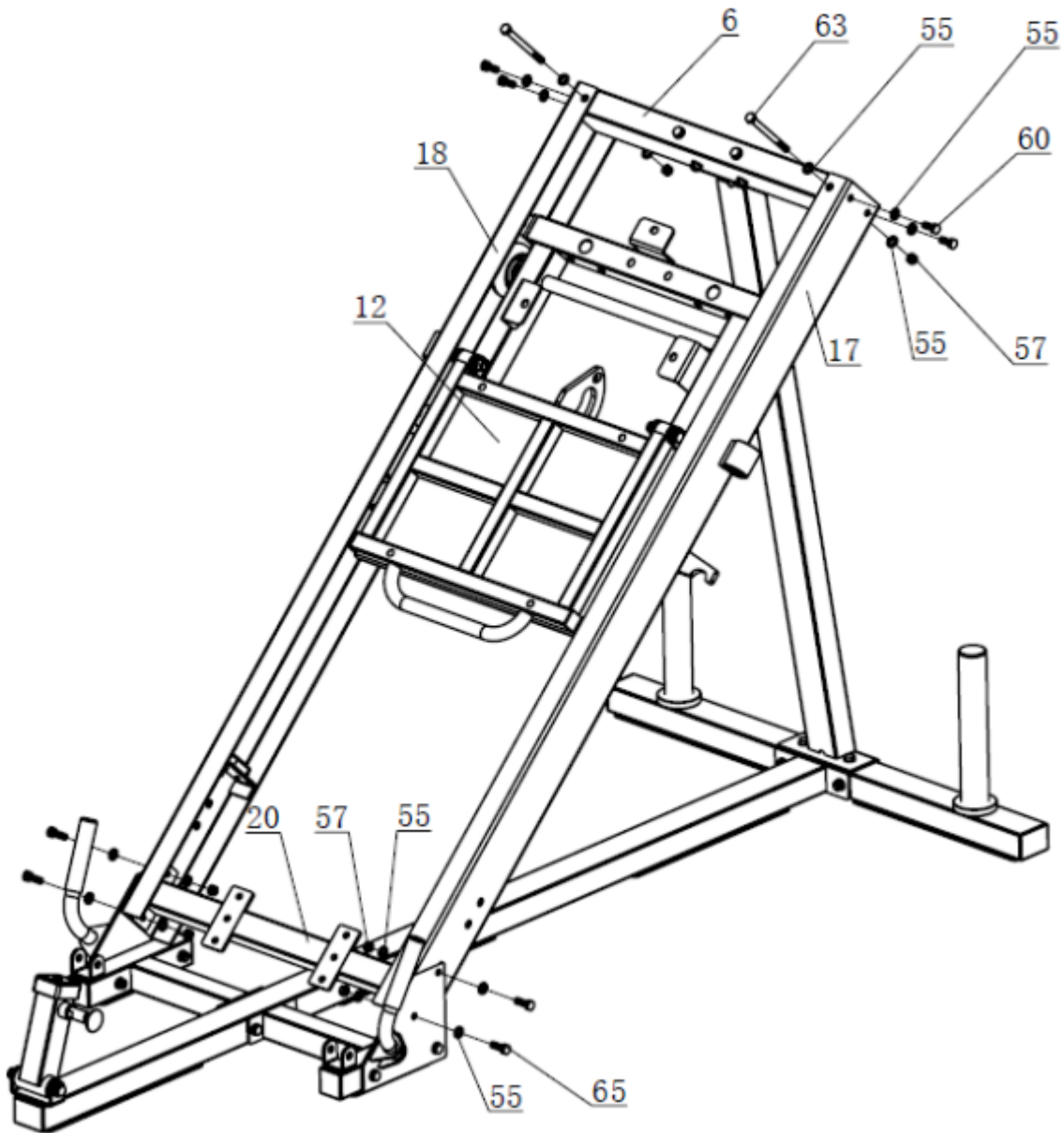


ASSEMBLY INSTRUCTIONS

STEP 3

Assemble **RIGHT & LEFT SIDE FRAME (17 & 18)**, **SEAT PAD CONNECT FRAME (20)** and **UPPER CROSS FRAME (6)** using **FLAT WASHER $\Phi 11 \times \Phi 20 \times 2$ (55)**, **NUT M10 (57)**, **HEX BOLT M10*25 (60)**, **HEX BOLT M10*75 (66)**, and **HEX BOLT M10*120 (63)**.

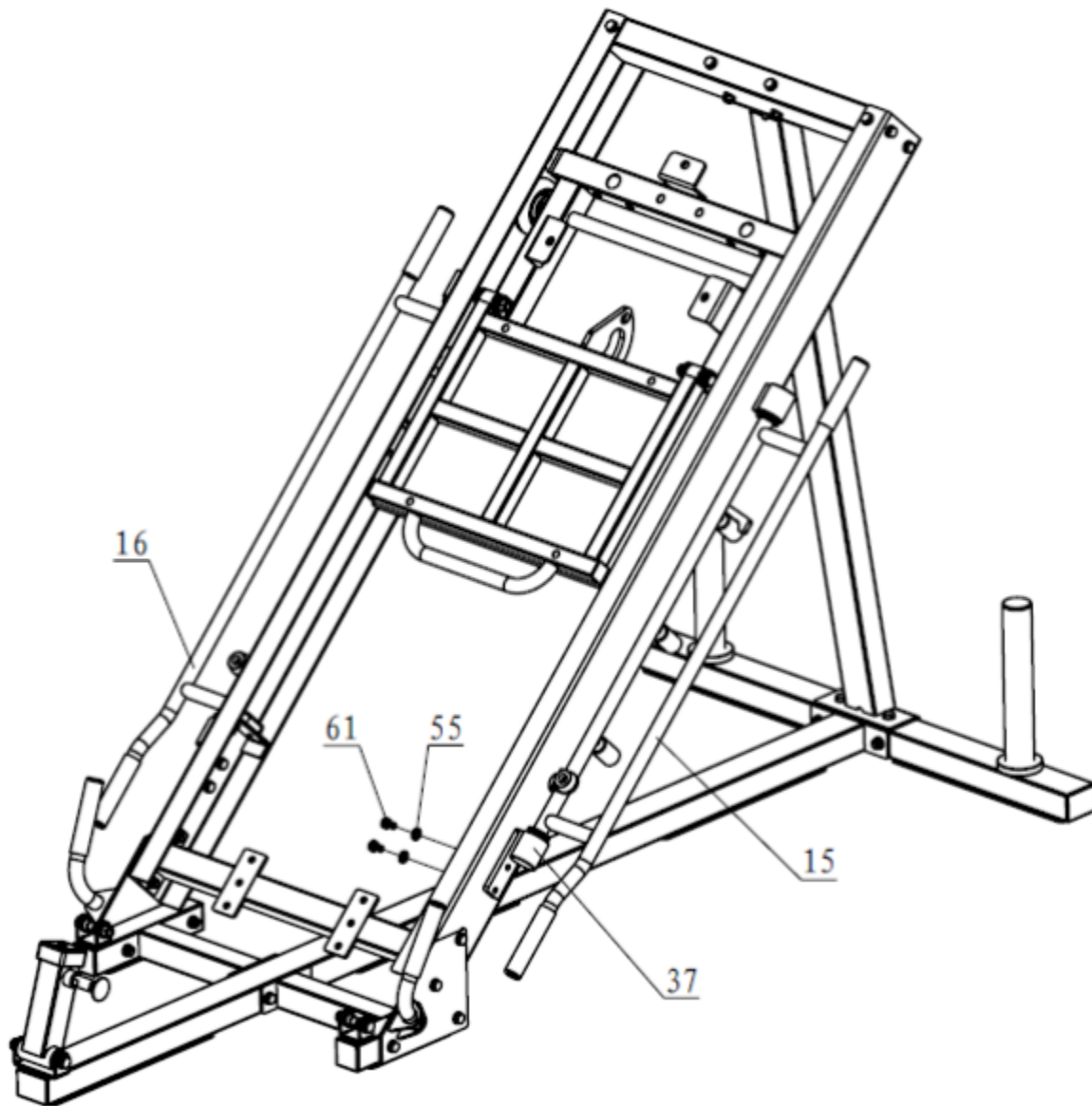
THEN TIGHTEN ALL BOLTS



ASSEMBLY INSTRUCTIONS

STEP 4

The **RIGHT & LEFT LIMITED FRAME (15 & 16)** through the hole on **RIGHT & LEFT SIDE FRAME (17 & 18)**. Then insert it into the **FIXING FRAME (37)** using **FLAT WASHER $\Phi 11*\Phi 20*2$ (55)**, and **HEX BOLT M10*15 (61)**.

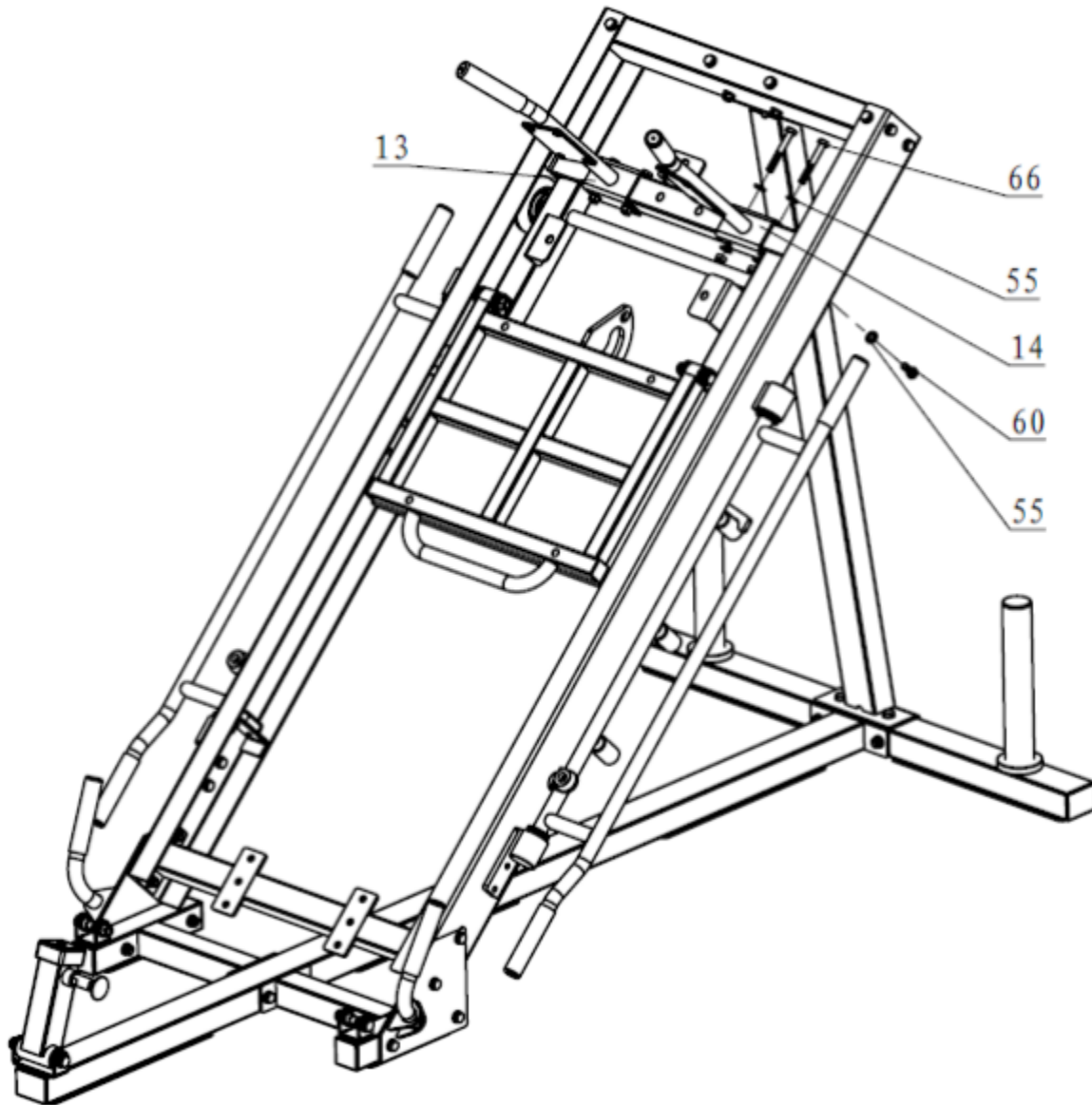


ASSEMBLY INSTRUCTIONS

STEP 5

Assemble **RIGHT & LEFT HANDLEBAR FRAME (13 & 14)**, and **SLIDING FRAME (21)**, using **FLAT WASHER $\Phi 11*\Phi 20*2$ (55)**, **HEX BOLT M10*25 (60)**, and **HEX BOLT M10*75 (66)**.

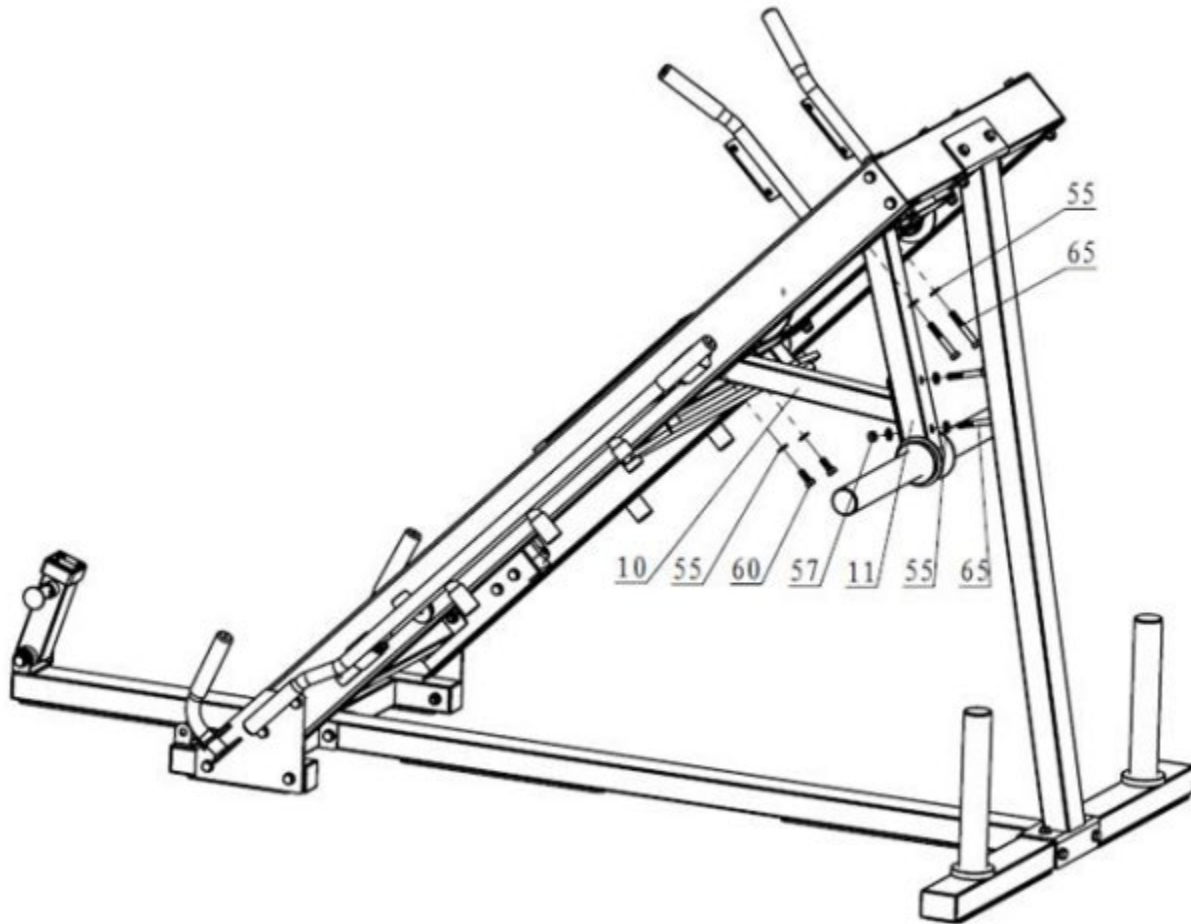
THEN TIGHTEN ALL BOLTS.



ASSEMBLY INSTRUCTIONS

STEP 6

Assemble **DIAGONAL BRACING (10)**, **WEIGHT PLATE HOLDER (11)**, and **SLIDING FRAME (21)** using **FLAT WASHER $\Phi 11 \times \Phi 20 \times 2$ (55)**, **NUT M10 (57)**, **HEX BOLT M10*15 (61)**, and **HEX BOLT M10*30 (65)** as shown.

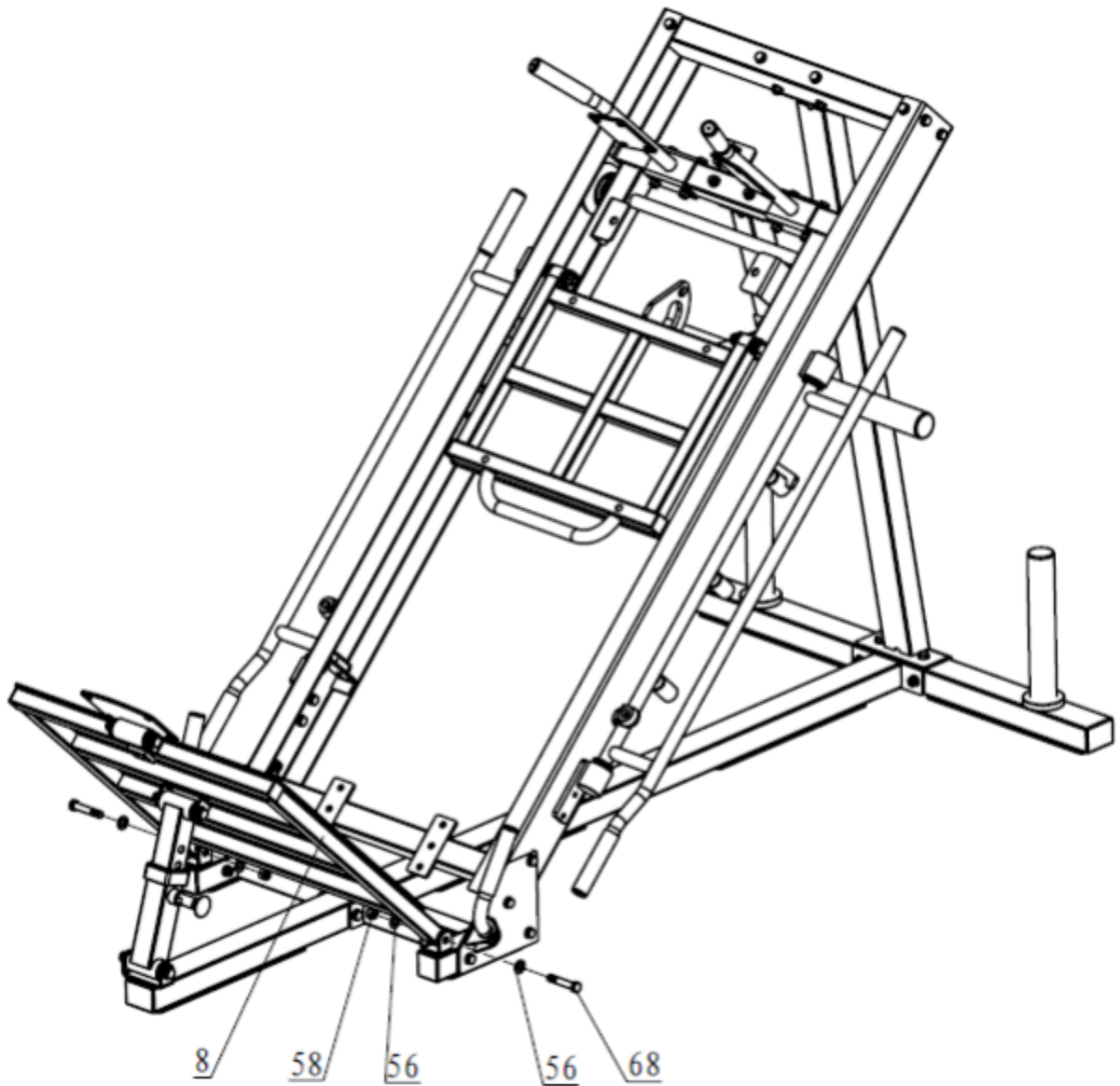


ASSEMBLY INSTRUCTIONS

STEP 7

Install **BACK PAD FRAME (8)** TO **MIDDLE BASE FRAME (3)** using **FLAT WASHER $\Phi 13.5 \times \Phi 24 \times 2.5$ (56)**, **NUT M12 (58)**, and **HEX BOLT M12*65 (68)**.

PLEASE TIGHTEN ALL BOLTS.

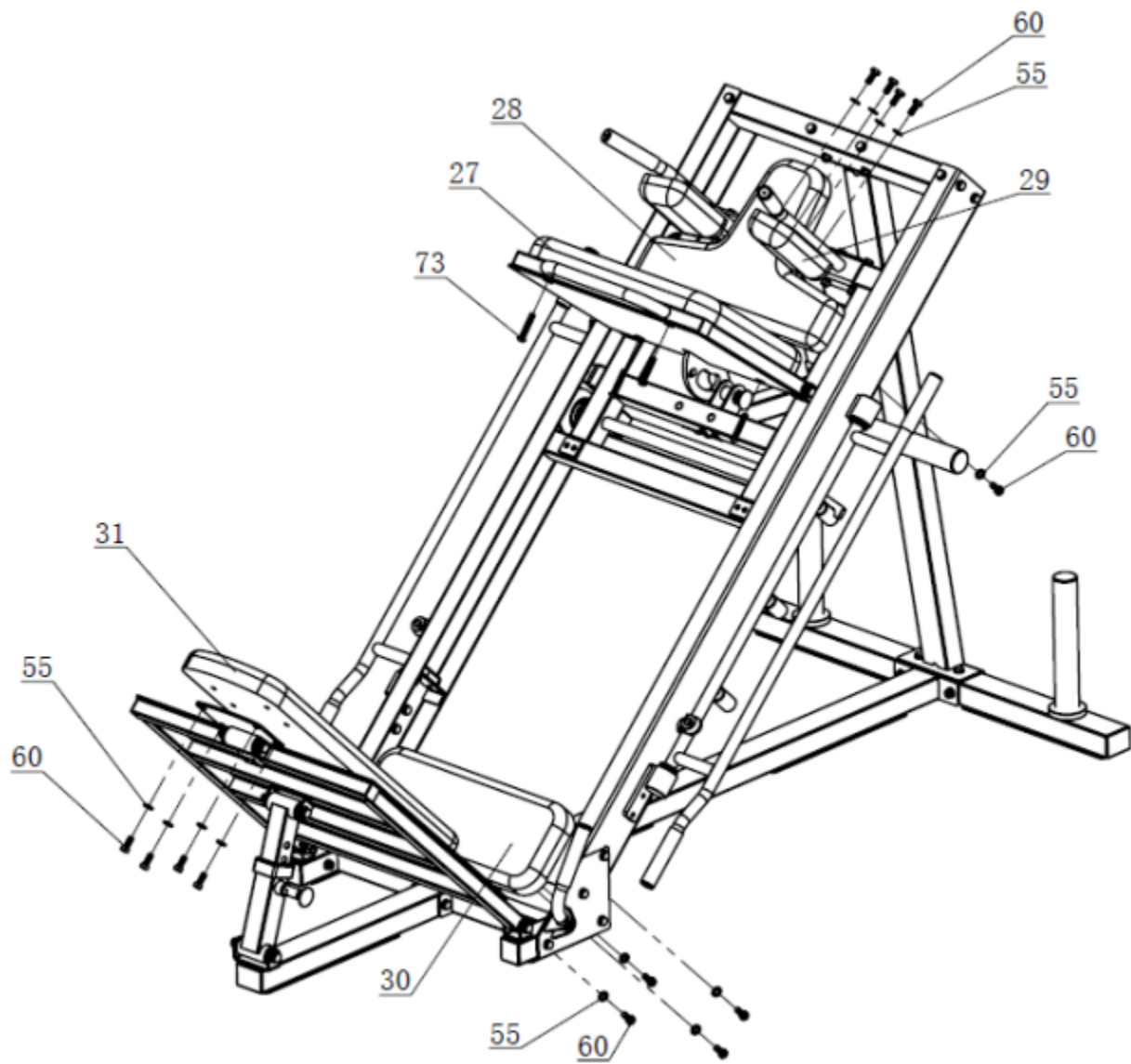


ASSEMBLY INSTRUCTIONS

STEP 8

Assemble **WAIST PAD (27)**, **BACK PAD (28)**, **SHOULDER PAD (29)**, **SEAT PAD (30)** and **BACK PAD (31)** as shown using **FLAT WASHER $\Phi 11*\Phi 20*2$ (55)**, **HEX BOLT M10*25 (60)**, and **PAN HEAD, HEX BOLT M10*55 (73)**.

THEN TIGHTEN ALL BOLTS.



ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

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This equipment must be used with care by capable and competent individuals under supervision,

WARNING



Heavy object. Use lifting aids and proper lifting techniques when moving.



Choking hazard. Small parts – Please exercise caution if small children or pets are present.



Sharp objects may be involved. Use precaution and protection.

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