

PRIMAL®

**Primal Pro Series Leg Press/Hack Squat
PSSS0203**

USER'S MANUAL

Squat & Leg press

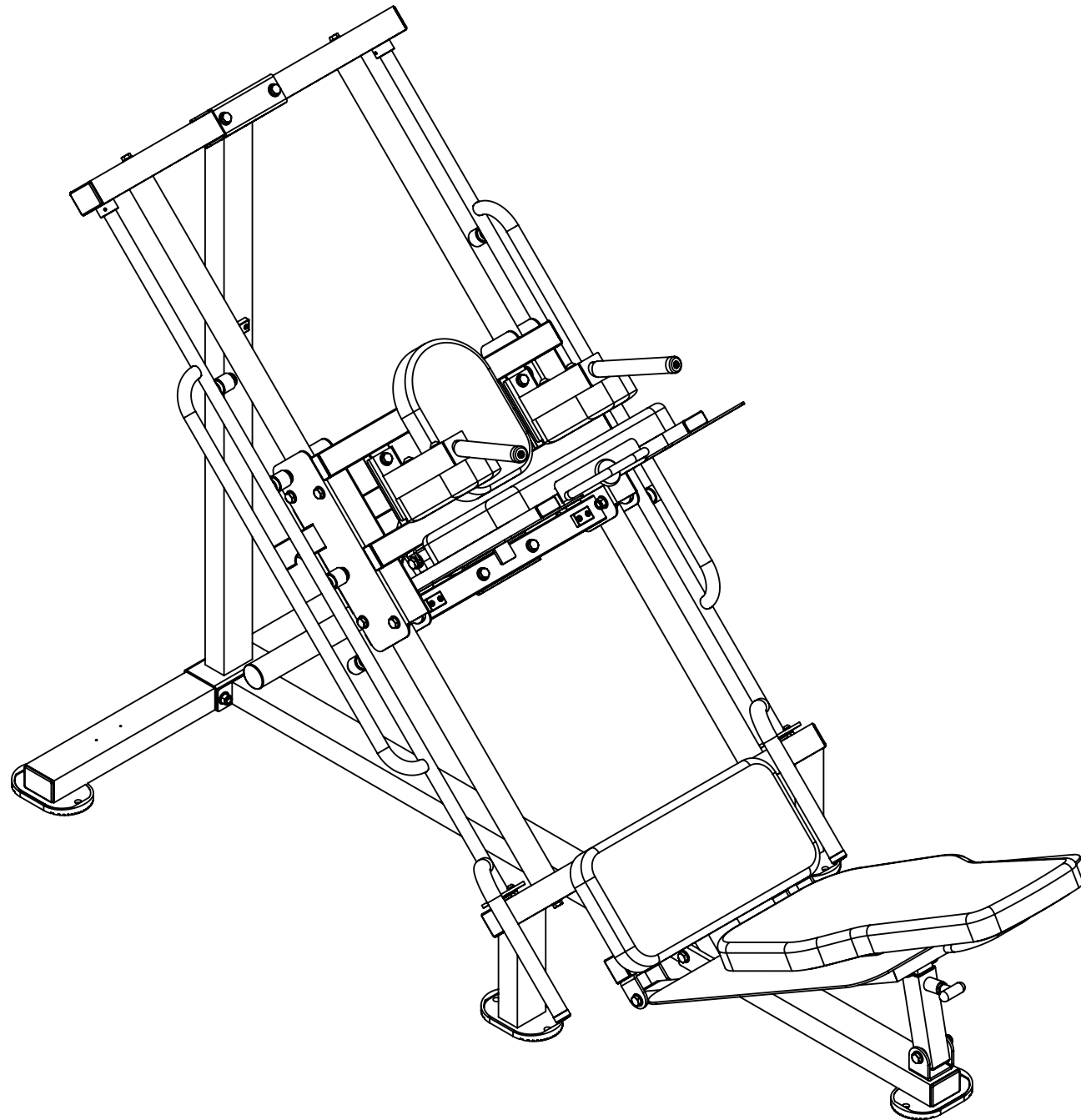


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CAUTION

Read all precautions and instructions in this manual
before using this equipment.

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout---no loose clothing.
- Be careful when getting on or off the equipment.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate the unit when it has been dropped or damaged.
- Never drop or insert anything into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- Do not attempt to lift more weight than you can control safely.
- Do not use the equipment outdoors.

Personal Safety During Assembly

- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Personal Safety During Assembly

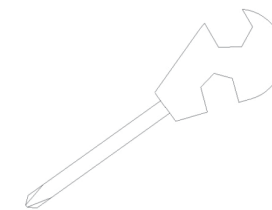
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Instructions

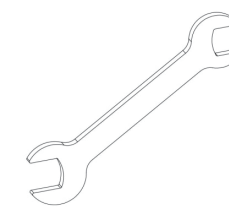
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your carton. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

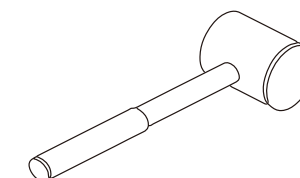
Tools Required



Punch Wrench



Wrench



Rubber Mallet



Hex Key Wrench Set

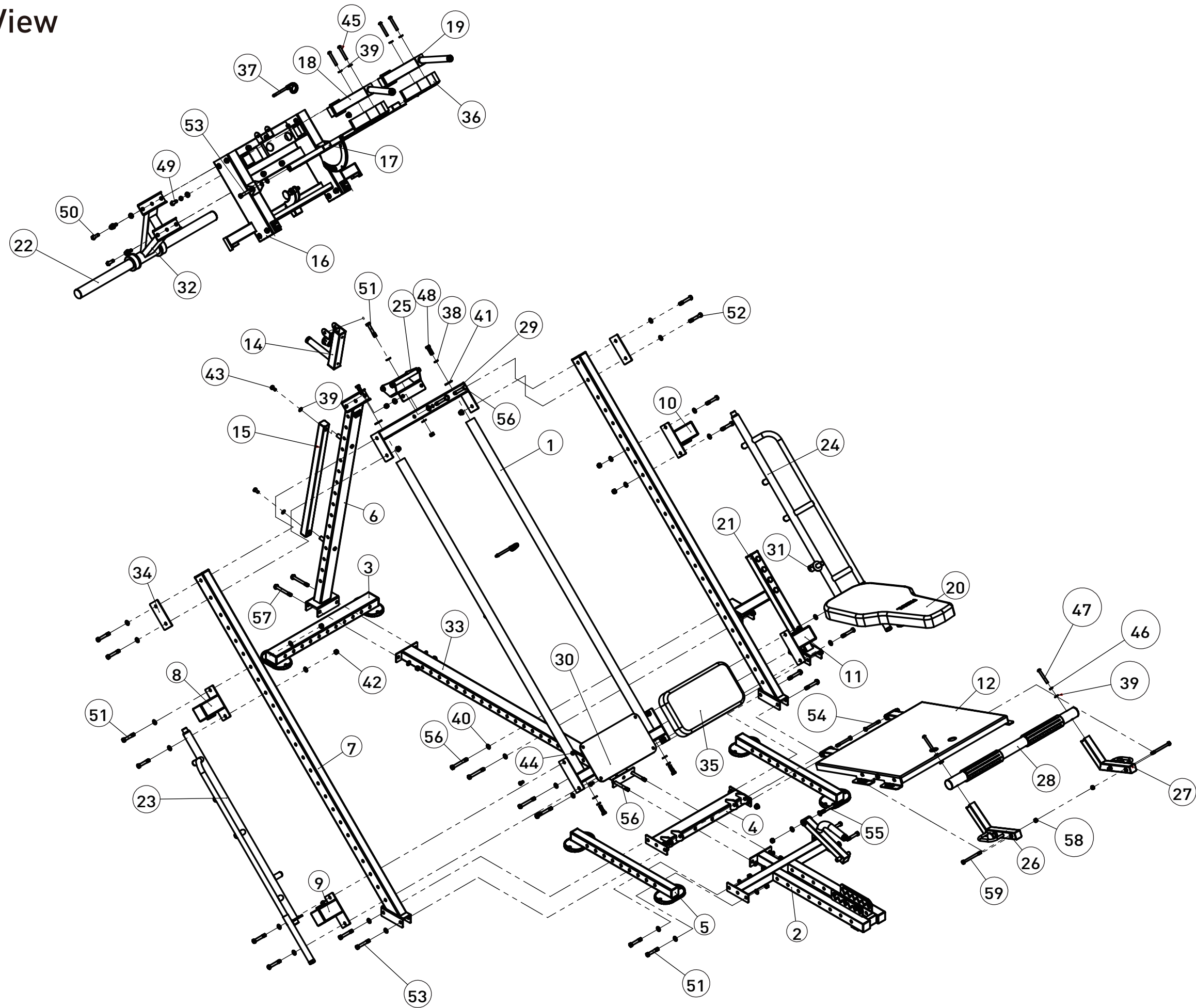
Parts List

Note: some of these parts may come pre-installed.

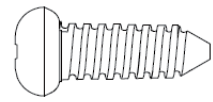
| Item# | Name | Spec. | Qty |
|-------|--|-------|-----|
| 1 | Slide bar assembly | | 2 |
| 2 | Rear bottom bracket | | 1 |
| 3 | Front ground bracket | | 1 |
| 4 | Cross connecting bracket | | 1 |
| 5 | Side ground bracket | | 2 |
| 6 | Rear upright bracket | | 1 |
| 7 | Diagonal support bracket | | 2 |
| 8 | Left upper safety mount | | 1 |
| 9 | Lower left safety bracket assembly | | 1 |
| 10 | Right upper safety mount | | 1 |
| 11 | Right lower safety bracket | | 1 |
| 12 | Lower footrest assembly | | 1 |
| 13 | Lower Footrest Adjustment Frame Assembly | | 1 |
| 14 | Outer elastic band adjuster assembly | | 1 |
| 15 | Inside elastic band adjuster assembly | | 1 |
| 16 | Sliding frame assembly | | 1 |
| 17 | Upper footrest assembly | | 1 |
| 18 | Left shoulder pad assembly | | 1 |
| 19 | Right shoulder pad assembly | | 1 |
| 20 | Back cushion holder assembly | | 1 |
| 21 | Lower Limite Frame | | 1 |
| 22 | Barbell Tube Assembly | | 1 |
| 23 | Left safety frame | | 1 |
| 24 | Right safety frame | | 1 |
| 25 | Elastic band holder assembly | | 1 |
| 26 | Left Calf Brace Assembly | | 1 |
| 27 | Right Calf Bracket Assembly | | 1 |
| 28 | Middle calf bracket assembly | | 1 |
| 29 | Upper cross frame group welding | | 1 |
| 30 | Lower transverse bracket | | 1 |

| | | | |
|----|---------------------------|------------|----|
| 31 | Welding of limit frame | | 1 |
| 32 | Barbell support bracket | | 1 |
| 33 | Ground connecting bracket | | 1 |
| 34 | Upper connecting plate | 150×75×4.0 | 2 |
| 35 | Lower saddle | 450×240×60 | 1 |
| 36 | Shoulder pads | 230×120×60 | 2 |
| 37 | Ring pins | Φ10×100 | 2 |
| 38 | Spring washers | Φ12 | 6 |
| 39 | Flat Washer | Φ11×Φ20×2 | 12 |
| 40 | Flat washers | Φ13×Φ24×2 | 82 |
| 41 | Flat Washers | Φ13×Φ37×3 | 2 |
| 42 | Nylon Cap | M 12 | 38 |
| 43 | Hexagon bolts | M 10×20 | 2 |
| 44 | Hexagon socket head bolts | M 10×25 | 4 |
| 45 | Hexagon socket head bolts | M 10×70 | 4 |
| 46 | Spring washers | Φ10 | 2 |
| 47 | Hexagon socket head bolts | M 10×75 | 2 |
| 48 | Hexagon bolts | M 12×40 | 4 |
| 49 | Hexagon bolts | M 12×35 | 2 |
| 50 | Hexagon bolts | M 12×45 | 4 |
| 51 | Hexagon bolts | M 12×70 | 9 |
| 52 | Hexagon bolts | M 12×75 | 8 |
| 53 | Hexagon bolts | M 12×80 | 6 |
| 54 | Hexagon bolts | M 12×95 | 2 |
| 55 | Hexagon bolts | M 12×85 | 1 |
| 56 | Hexagon bolts | M 12×100 | 8 |
| 57 | Hexagon bolts | M 12×105 | 2 |
| 58 | Nylon cap | M 10 | 2 |
| 59 | Hexagon bolts | M 10×120 | 2 |
| 60 | Hexagon socket head bolts | M 10×65 | 1 |

Exploded View



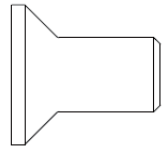
Measurement Guide



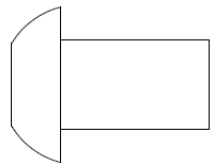
Cross Recessed Pan Head Tapping Screw



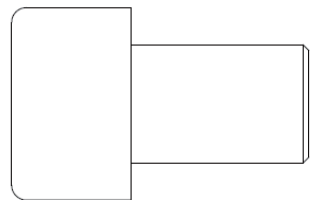
Hex Socket Set Screw with Flat Point



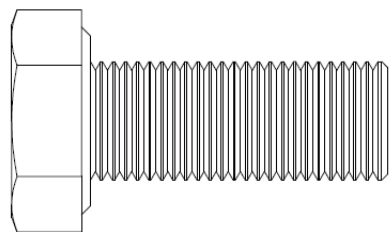
Flat Head Cap Screw



Button Head Cap Screw



Socket Head Cap Bolt



Hex Bolt



Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, and easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

Note: As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

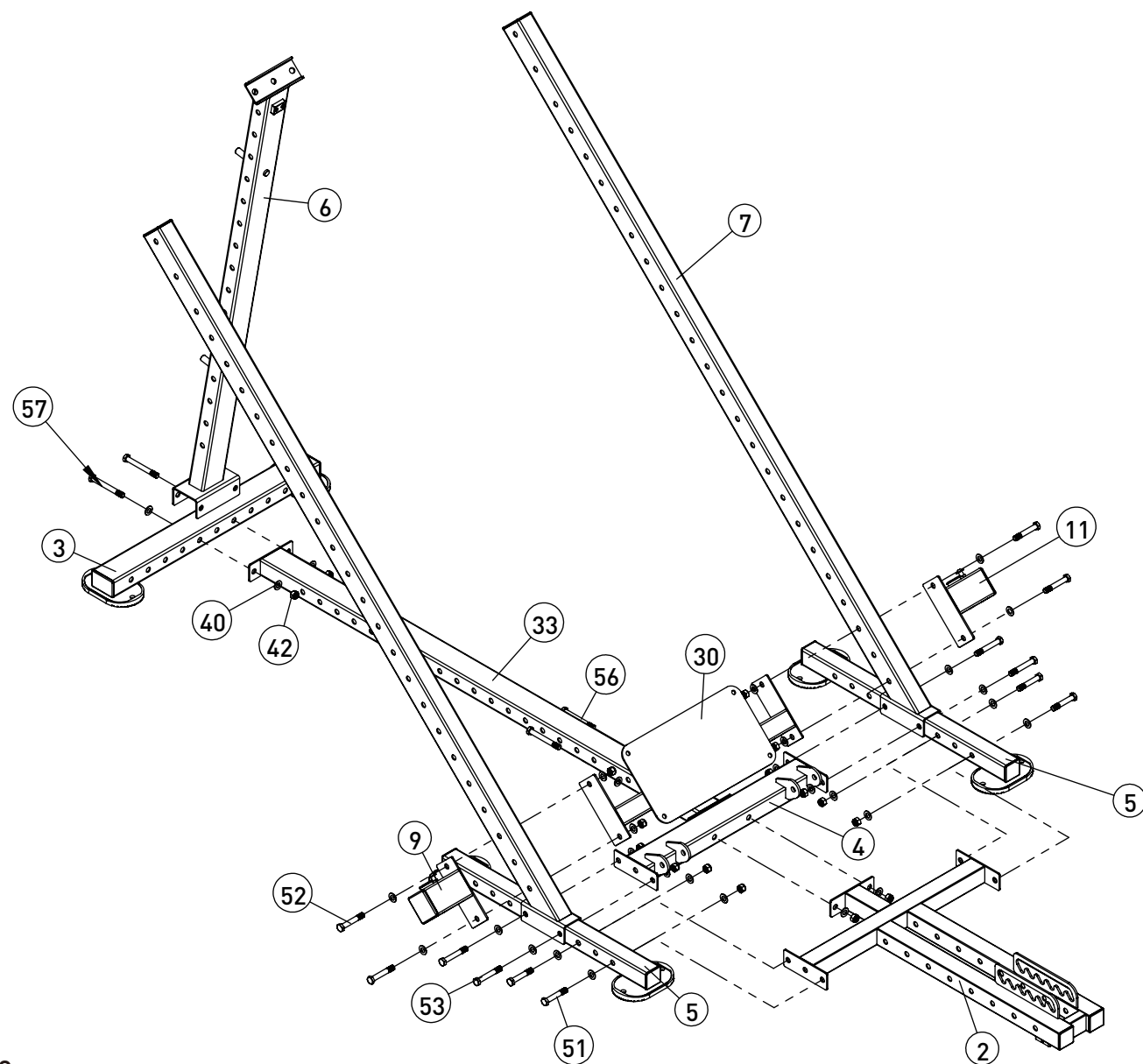
Step 1

1. Assemble (#2) rear bottom bracket, (#4) cross connecting bracket, (#33) ground connecting bracket, (#6) rear upright bracket and (#3) front ground bracket together, do not tighten the bolts.

Using: 2pcs (#56) Hexagon bolts M12×100 2pcs (#57) Hexagon bolts M12×105
 4pcs (#42) Nylon cap M12 8pcs (#40) Flat washers $\Phi 13 \times \Phi 24 \times 2$

2. Assemble 2 pcs (#7) diagonal support bracket, 2 pcs (#11) right lower safety bracket, 2 pcs (#5) side ground bracket, and (#30) lower transverse bracket together, do not tighten the bolts.

Using: 4pcs (#51) Hexagon bolts M12×70 4pcs (#53) Hexagon bolts M12×80
 4pcs (#52) Hexagon bolts M12×75 24pcs (#40) Flat washers $\Phi 13 \times \Phi 24 \times 2$
 12pcs (#42) Nylon cap M12



Step 2

1. Assemble (#1) sliding bar assembly, (#16) sliding frame assembly, (#29) upper cross frame group welding, (#25) elastic band holder assembly and 2 pcs (#34) Upper connecting plate together, do not tighten the bolts

Using: 4 pcs (#48) Hexagon bolts M12×40 4 pcs (#38) Spring washers $\Phi 12$
 2 pcs (#41) Flat washers $\Phi 13 \times \Phi 37 \times 3$ 14 pcs (#40) Flat washers $\Phi 13 \times \Phi 24 \times 2$
 4pcs (#52) Hexagon bolts M12×75 2pcs (#56) Hexagon bolts M12×100
 1pc (#51) Hexagon bolts M12×70 5pcs (#42) Nylon cap M12

2. Assemble (#23) left safety frame, (#24) right safety frame, (#8) left upper safety mount and (#10) right upper safety mount together, do not tighten the bolts.

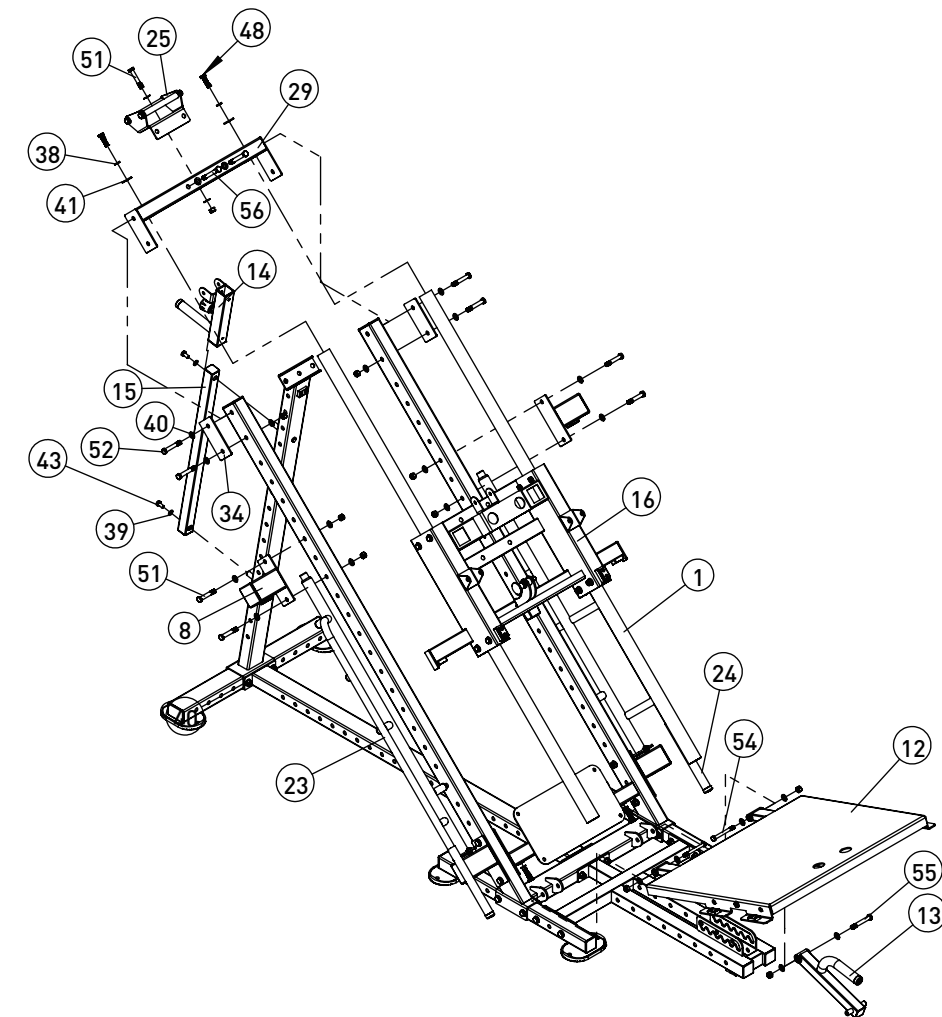
Using: 4pcs (#51) Hexagon bolts M12×70 8pcs (#40) Flat washers $\Phi 13 \times \Phi 24 \times 2$
 4pcs (#42) Nylon cap M12

3. Assemble (#14) outer elastic band adjuster assembly and (#15) inside elastic band adjuster assembly together, do not tighten the bolts;

Using: 2 pieces (#43) Hexagon bolts M10×20,
 2 pieces (#39) Flat washers $\Phi 11 \times \Phi 20 \times 2$

4. Fix the (#12) lower footrest assembly and (#13) lower footrest adjustment frame assembly together, do not tighten the bolts.

Using: 1pc (#55) Hexagon bolts M12×8 2pcs (#54) Hexagon bolts
 6pcs (#40) Flat washers $\Phi 13 \times \Phi 24 \times 2$ 3pcs (#42) Nylon cap M12



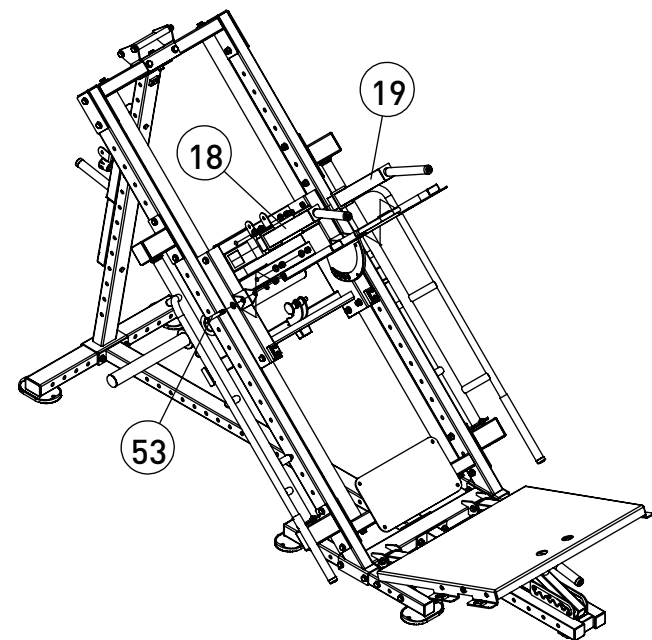
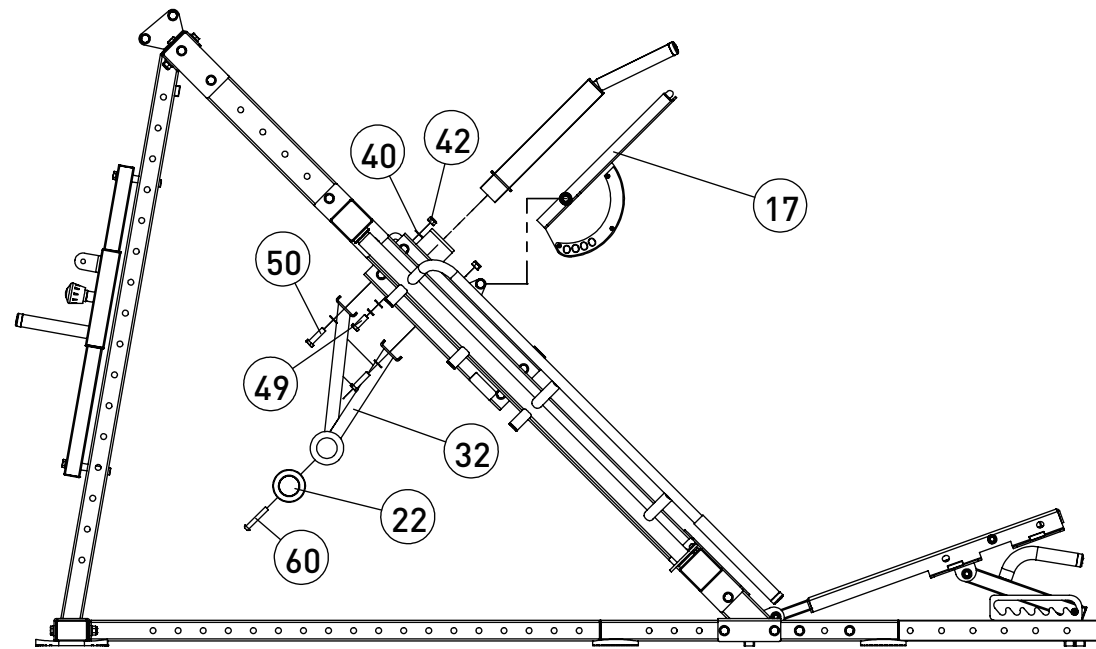
Step 3

1. Fix (#17) Upper Footrest Assembly, (#18) Left shoulder pad assembly, and (#19) Right shoulder pad assembly together, do not tighten the bolts.

Using: 2pcs (#53) Hexagon bolts M12×80 2pcs (#38) Spring washers Φ12
 6pcs (#40) Flat washers Φ13×Φ24×2 2pcs (#50) Hexagon bolts M12×45
 2pcs (#42) Nylon Cap M12

2 Fix (#32) barbell support bracket and (#22) barbell tube together, do not tighten the bolts;

Using: 2pcs (#49) Hexagon bolts M12×35 2pcs (#40) flat washers Φ13×Φ24×2
 1pc (#60) Hexagon bolts t M10×65



Step 4

Fix (#26) Left Calf Brace Assembly, (#27) Right Calf Bracket Assembly, and (#28) Middle calf bracket assembly together, and do not tighten the bolts.

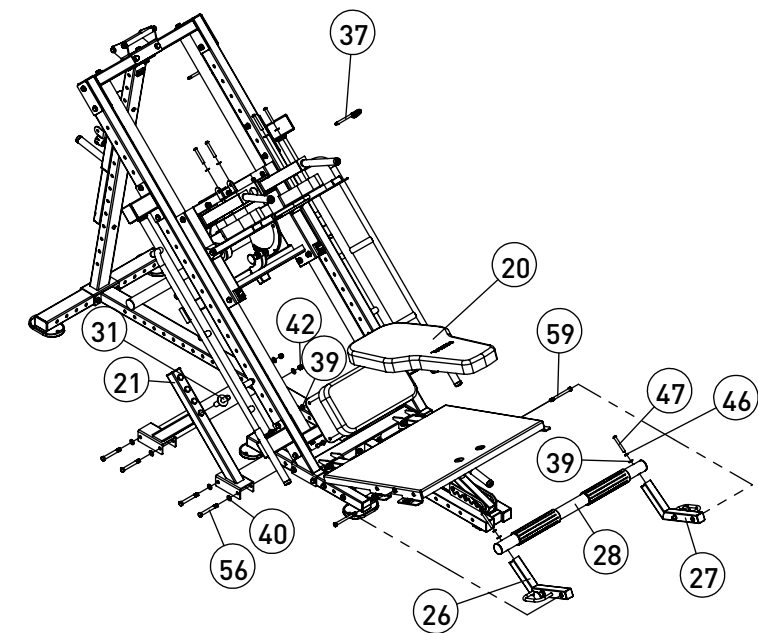
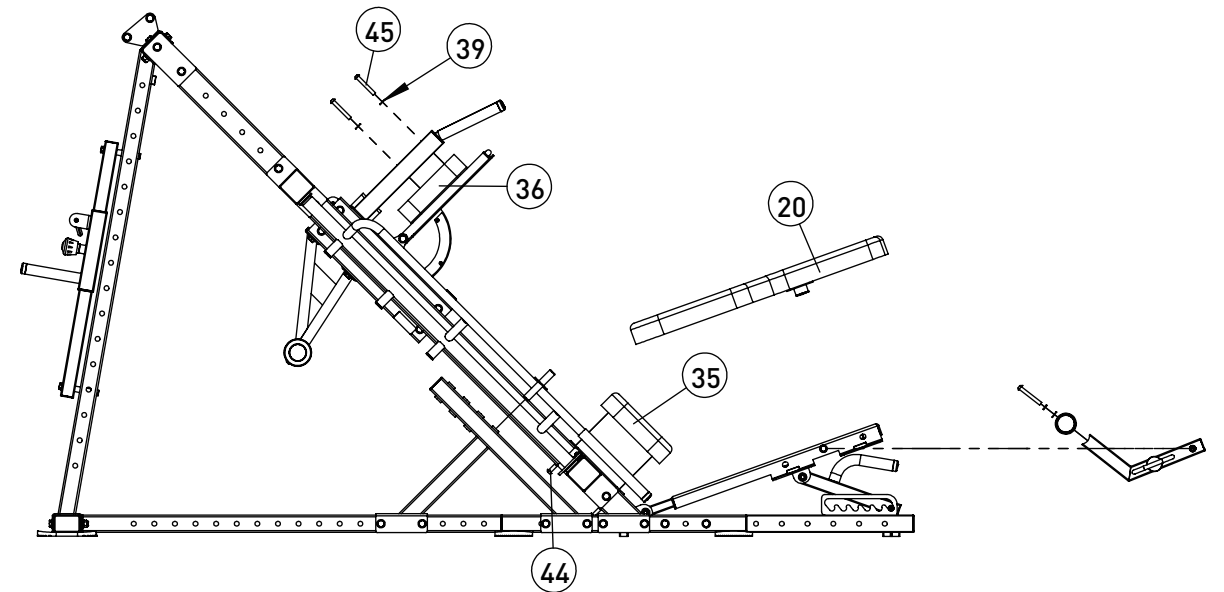
Using: 2pcs (#59) Hexagon bolts M10×120, 2pcs (#47) Hexagon bolts M10×75
 2pcs (#46) Spring washers Φ10 2pcs (#39) Flat washers Φ11×Φ20×2
 2pcs (#58) Nylon cap M10

2. Assemble the (#21) lower limit frame and Welding of limit frame (#31) together, do not tighten the bolts

Using: 4pcs (#56) Hexagon bolts M12×100 8pcs (#40) flat washers Φ13×Φ24×2
 4pcs (#42) nylon caps M12

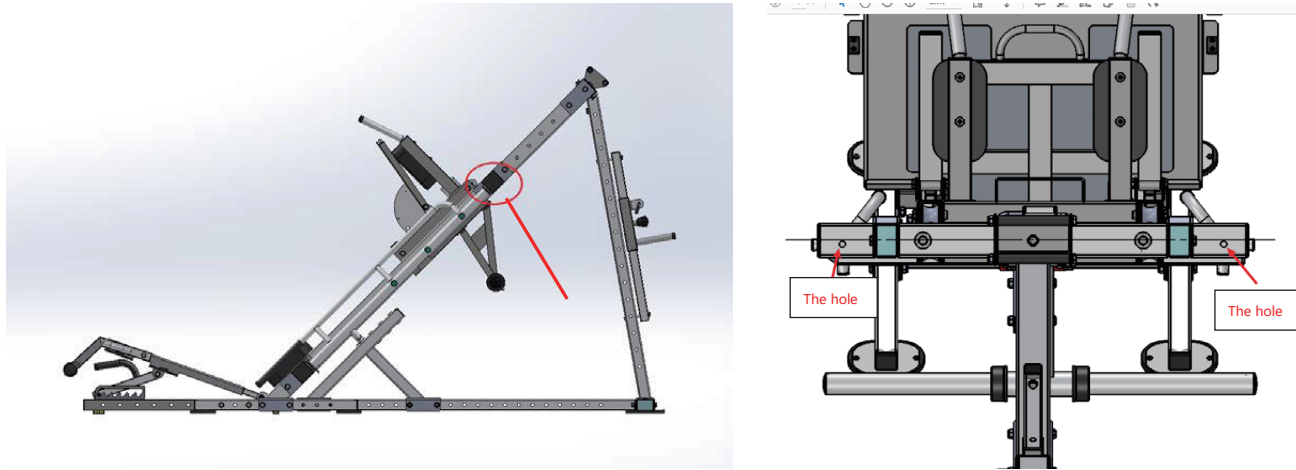
3. Fix (#21) Lower Limit Frame, (#35) Lower saddle, and 2 pcs (#36) shoulder pads together, do not tighten the bolts

Using: 4pcs (#45) Hexagon bolts M10×70, 4pcs (#44) Hexagon bolts M10×25
 8pcs (#39) Flat washers Φ11×Φ20×2

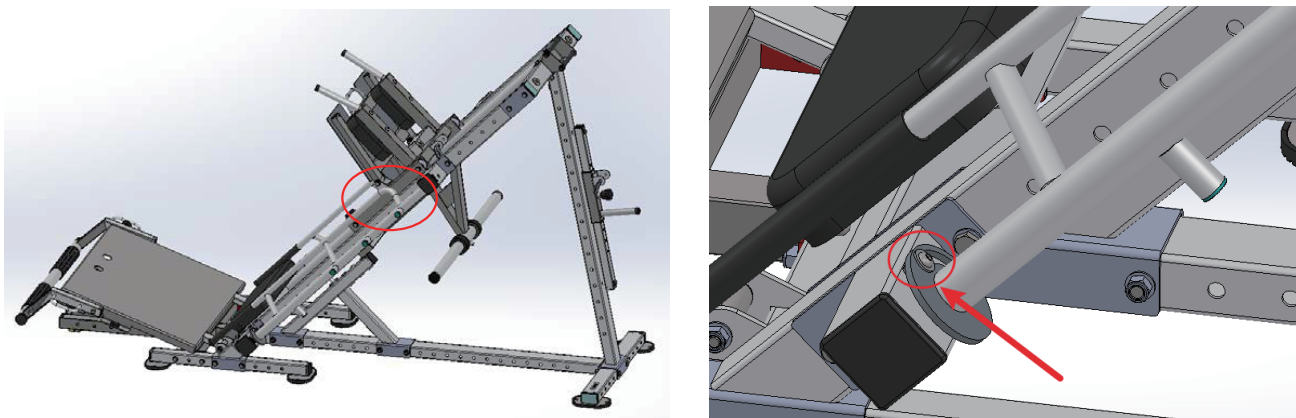


To prevent the left and right handles and brackets from being fitted backwards, please take note of the following tips:

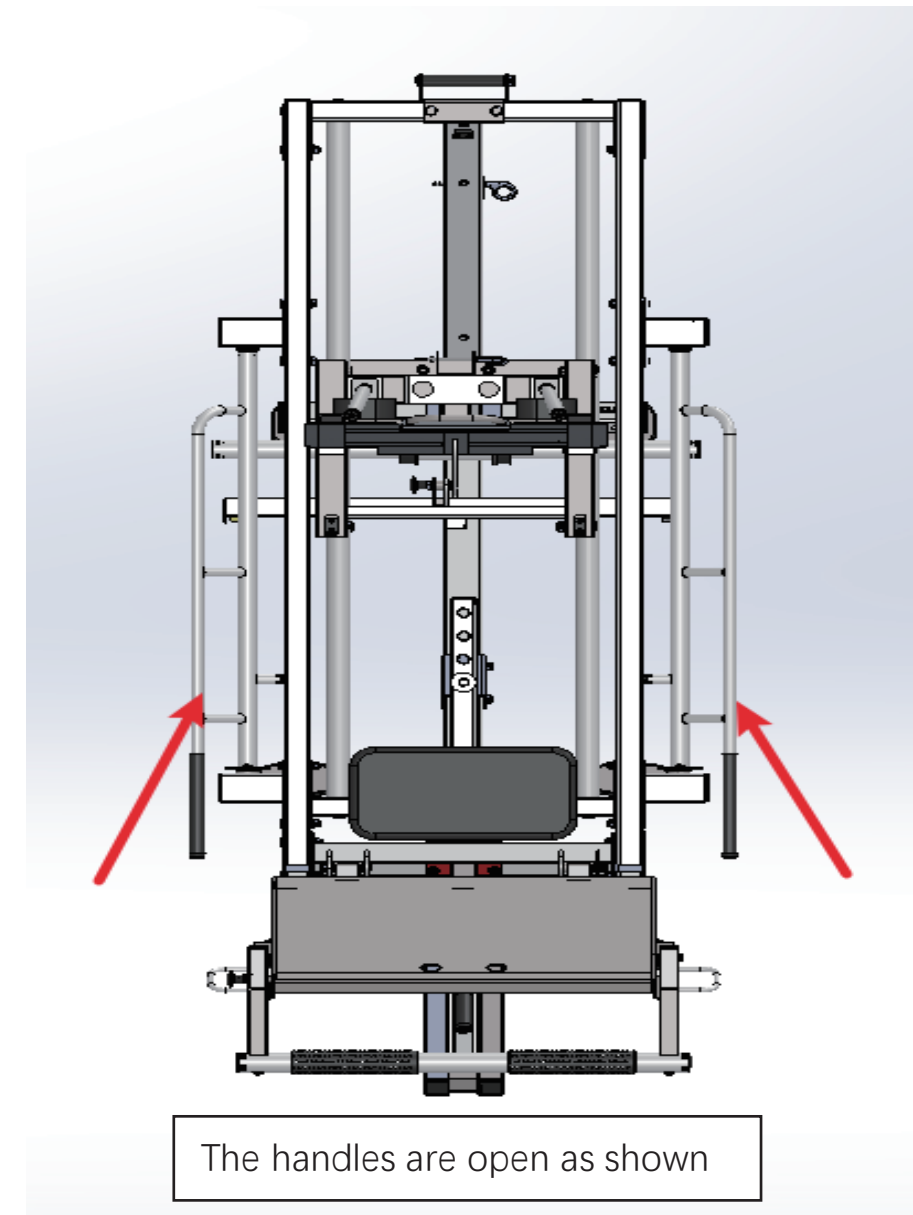
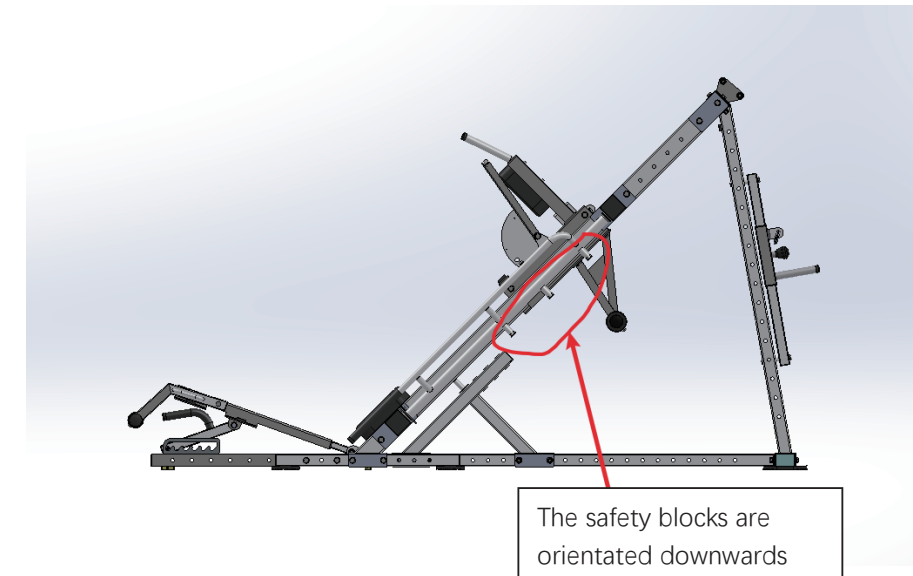
1. Please note that when the upper L/R brackets (in the red circle) are installed, The hole on the bracket is located below the center(from the top view):



2. Please note that when the bottom L/R brackets(in the red circle) are installed, the limit bolt faces upwards.



3. Left and right safety frame positions as shown



Maintenance Schedule

| ROUTINE | COMMERCIAL MAINTENANCE | HOME MAINTENANCE | LATEST DATE ENTRY | | | | | | |
|--|------------------------|------------------|-------------------|--|--|--|--|--|--|
| Inspect: Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins | DAILY | WEEKLY | | | | | | | |
| Clean: Upholstery | DAILY | WEEKLY | | | | | | | |
| Inspect: Cables or Belts and their tension | DAILY | WEEKLY | | | | | | | |
| Inspect: Accessory Bars, and Handles | WEEKLY | 3 MONTHS | | | | | | | |
| Inspect: All Decals | WEEKLY | 3 MONTHS | | | | | | | |
| Inspect: All Nuts and Bolts, Tighten if needed | WEEKLY | 3 MONTHS | | | | | | | |
| Inspect: Anti-skid Surface | WEEKLY | 3 MONTHS | | | | | | | |
| Clean & Lubricate: Guide rods with a Teflon (PTFE) based lubricant (Superlube) | MONTHS | 3 MONTHS | | | | | | | |
| Lubricate: Seat Sleeves, Turcite Bushings, Linear Bearing | MONTHS | 3 MONTHS | | | | | | | |
| Clean and Wax: All Glossy Finishes | 6 MONTHS | YEARLY | | | | | | | |
| Repack with Grease: Linear Bearings | 6 MONTHS | YEARLY | | | | | | | |
| Replace: Cables, Belts and Connecting Parts | YEARLY | 3 YEARLY | | | | | | | |

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- Check all pieces for signs of visible wear or damage.
- Check springs in snap hooks and pull-pins for proper tension and alignment.
- If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- Periodically take the time to use a mild soap or approved vinyl upholstery cleaner to deter the onset of cracking or drying.
- Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- Replace ripped or worn upholstery immediately. Keep sharp or pointed objects clear of all upholstery.

Decals:

- Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- Inspect all nuts and bolts for any loosening and tighten if needed.
- Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- We use only high quality belt, and mil-spec cables.
- Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Weight Training Tips

Belt and Cable Tensions:

- Referring to the Owner's Manual, when belts or cables are used check all bolts attachment to be sure they are properly attached.
- Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- Wipe down adjusting tubes with a dust free rag before applying lubricant.
- Lubricate seat sleeves and Guide Rods with silicon or Teflon based lubricant spray.

Linear Bearings:

- Referring to the owner's manual carefully disassembly the bearing from its housing and place a finger full of light grease (lithium, super lube, etc) into the inside of the bearing. Use your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.