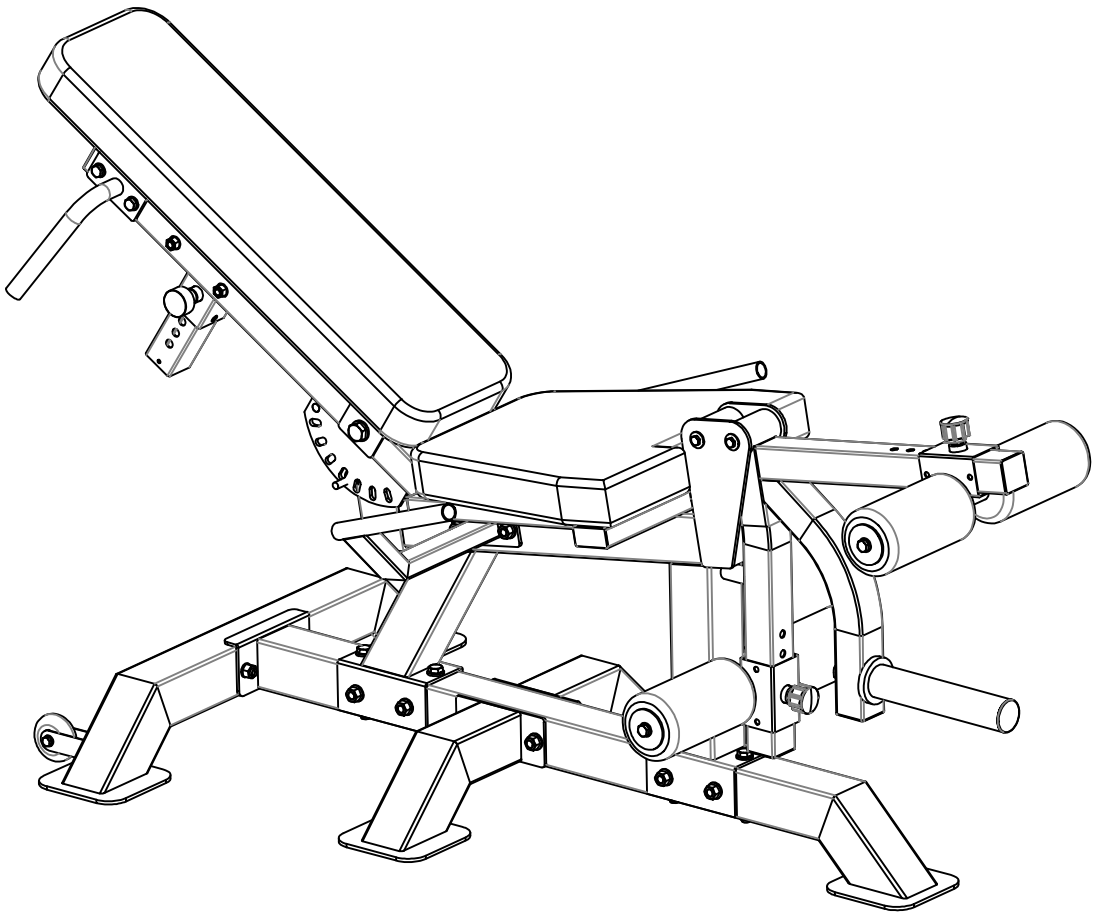


Leg Curl/Extension Bench



OWNER'S MANUAL

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

Safety Information

Important - Please read fully before assembly or using

Please take sufficient time to read the installation instructions before assembling the unit.

Before beginning any exercise program, a general medical examination should be performed by a physician to rule out any health risks.

With improper use of the machine, such as excessive exercise, incorrect settings, etc., damage to health cannot be ruled out.

This machine is intended solely for use by adults and adolescents with appropriate physical and mental development.

Make sure that every user of this machine is sufficiently familiar with all of its functions.

Learn the proper exercise technique before training with heavy weights.

Never allow children to play on this machine or in its immediate vicinity!

Worn or defective parts pose a safety risk and have to be replaced immediately!

If there are defects in the machine it must not be used until it is fully repaired!

Use of this machine is only approved for the purpose it is intended for!

The specified capacity limits must not be exceeded!

When setting up the machine allow for enough freedom of movement for its operation and for exercising. Special attention should be paid to its moving parts.

If it is fastened to the wall or ceiling, you must make sure there is enough load-bearing capacity at these fixture sites.

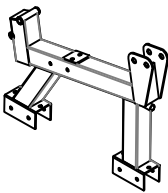
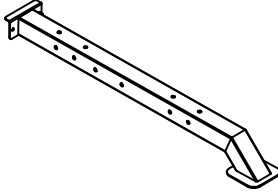

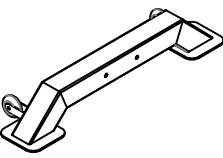
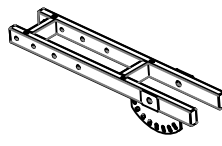
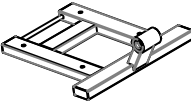
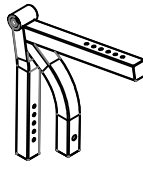

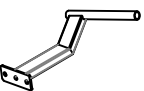
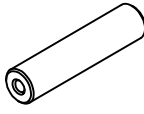
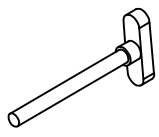
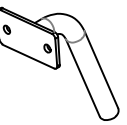
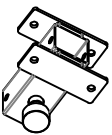
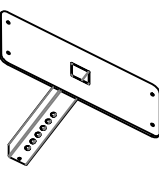
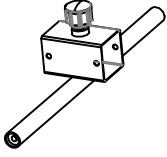
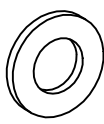
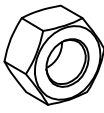
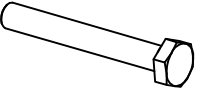

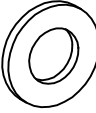
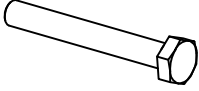
The machine must be set up on a horizontal, level, and stable surface!

Any unevenness on the floor must be compensated for.

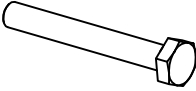
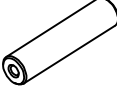
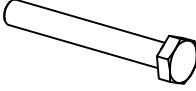
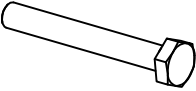
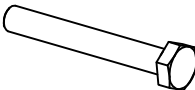
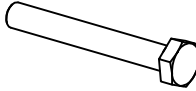

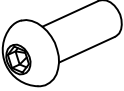
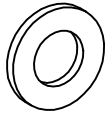
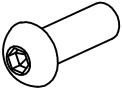
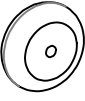
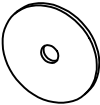
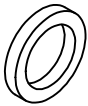

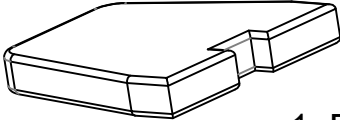
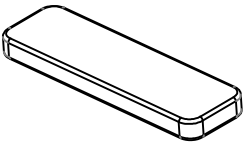
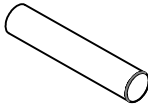

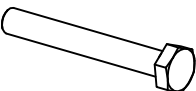
Place the exercise machine such that no one can hurt his or herself on protruding parts.

Weight plates and bars should be removed from the machine after training, and stowed away in the storage system provided.

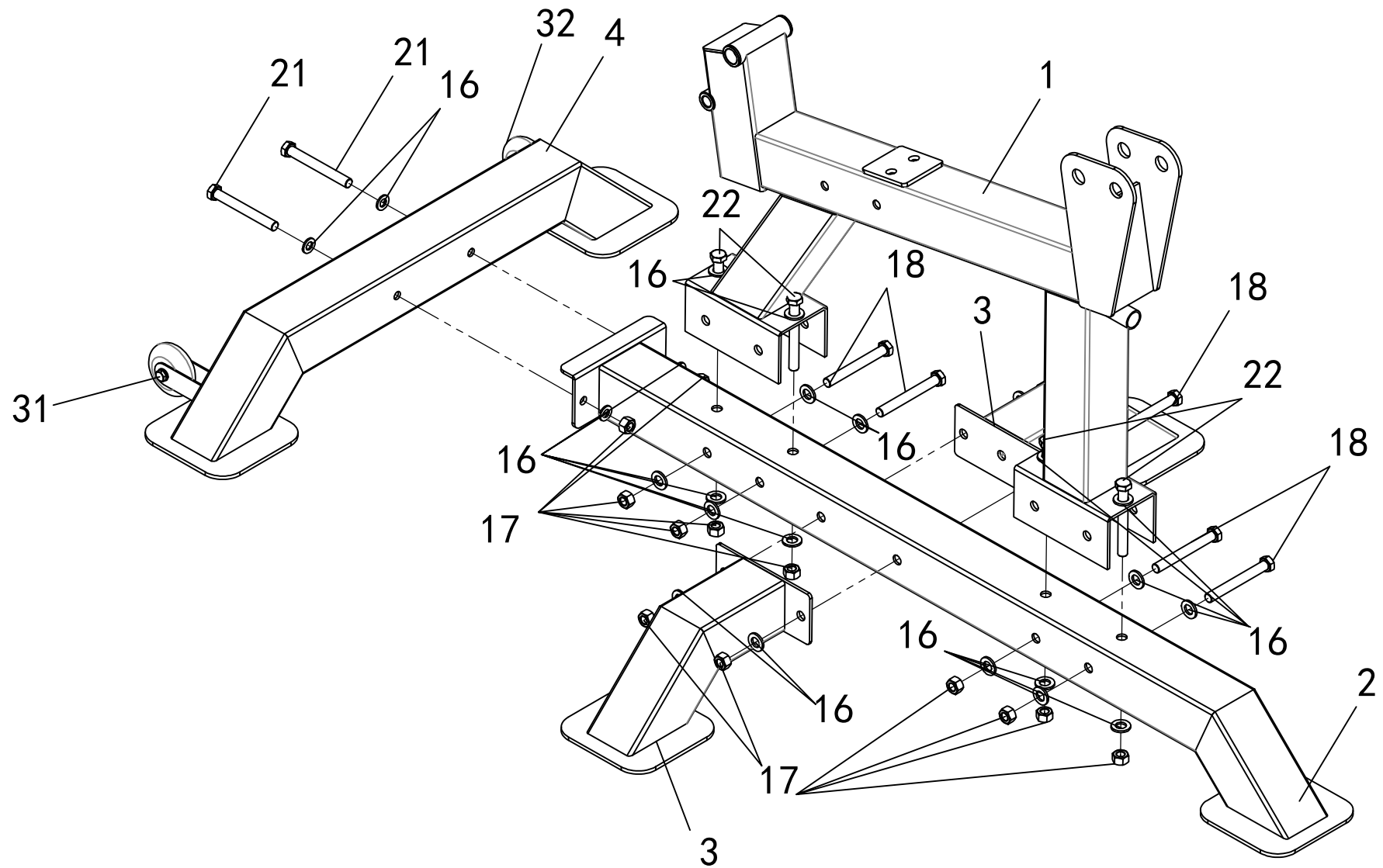
PART LIST

1	part 1	2	part 2	3	part 3
	 1 PCS		 1 PCS		 2 PCS
4	part 4	5	part 5	6	part 6
	 1 PCS		 1 PCS		 1 PCS
7	part 7	8	part 8 (left)	9	part 9 (left)
	 1 PCS		 1 PCS		 1 PCS
10	part 10	11	part 11	12	part 12
	 2 PCS		 1 PCS		 2 PCS
13	part 13	14	part 14	15	part 15
	 1 PCS		 1 PCS		 2 PCS
16	washers ϕ 12	17	nut M12	18	Hex bolt M12*105
	 24 PCS		 12 PCS		 6 PCS
19	washers ϕ 10	20	washers ϕ 8	21	Hex bolt M12*100
	 20 PCS		 8 PCS		 2 PCS

PART LIST

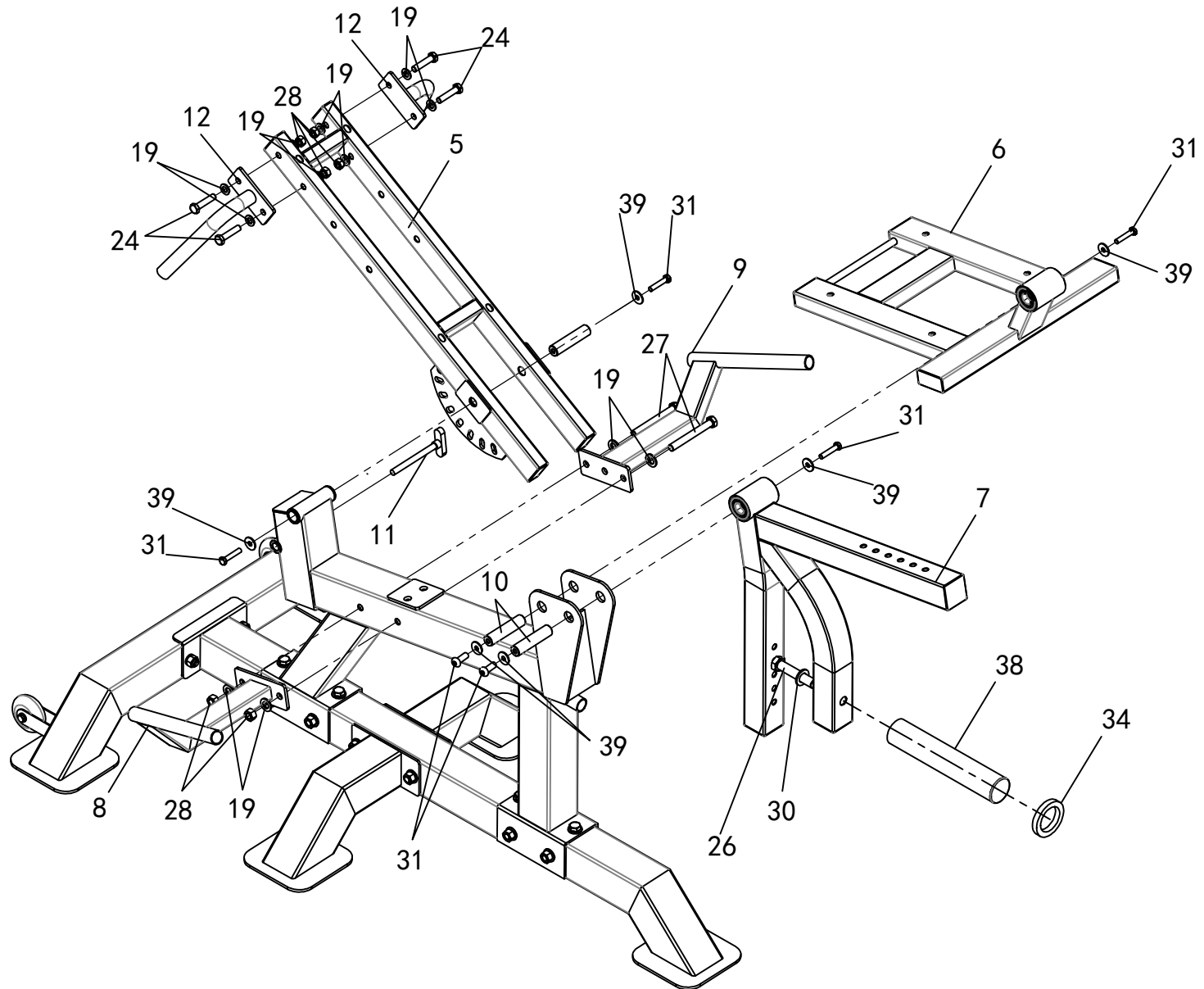
22	Hex bolt M12*95	23	part 22	24	Hex bolt M10*45
 4 PCS		 2 PCS		 8 PCS	
25	Hex bolt M8*55	26	Hex bolt M12*75	27	Hex bolt M10*100
 4 PCS		 1 PCS		 2 PCS	
28	nut M10	29	Hex bolt M10*30	30	Large gasket ϕ 12
 10 PCS		 2 PCS		 1 PCS	
31	Hex bolt M10*25	32	pulley	33	part 16
 6 PCS		 2 PCS		 4 PCS	
34	part 17	35	part 18	36	part 19
 1 PCS		 4 PCS		 1 PCS	
37	part 20	38	part 21	39	Large gasket ϕ 10
 1 PCS		 1 PCS		 6 PCS	
40	Hex bolt M8*25	41		43	
 4 PCS					

Installation Instruction



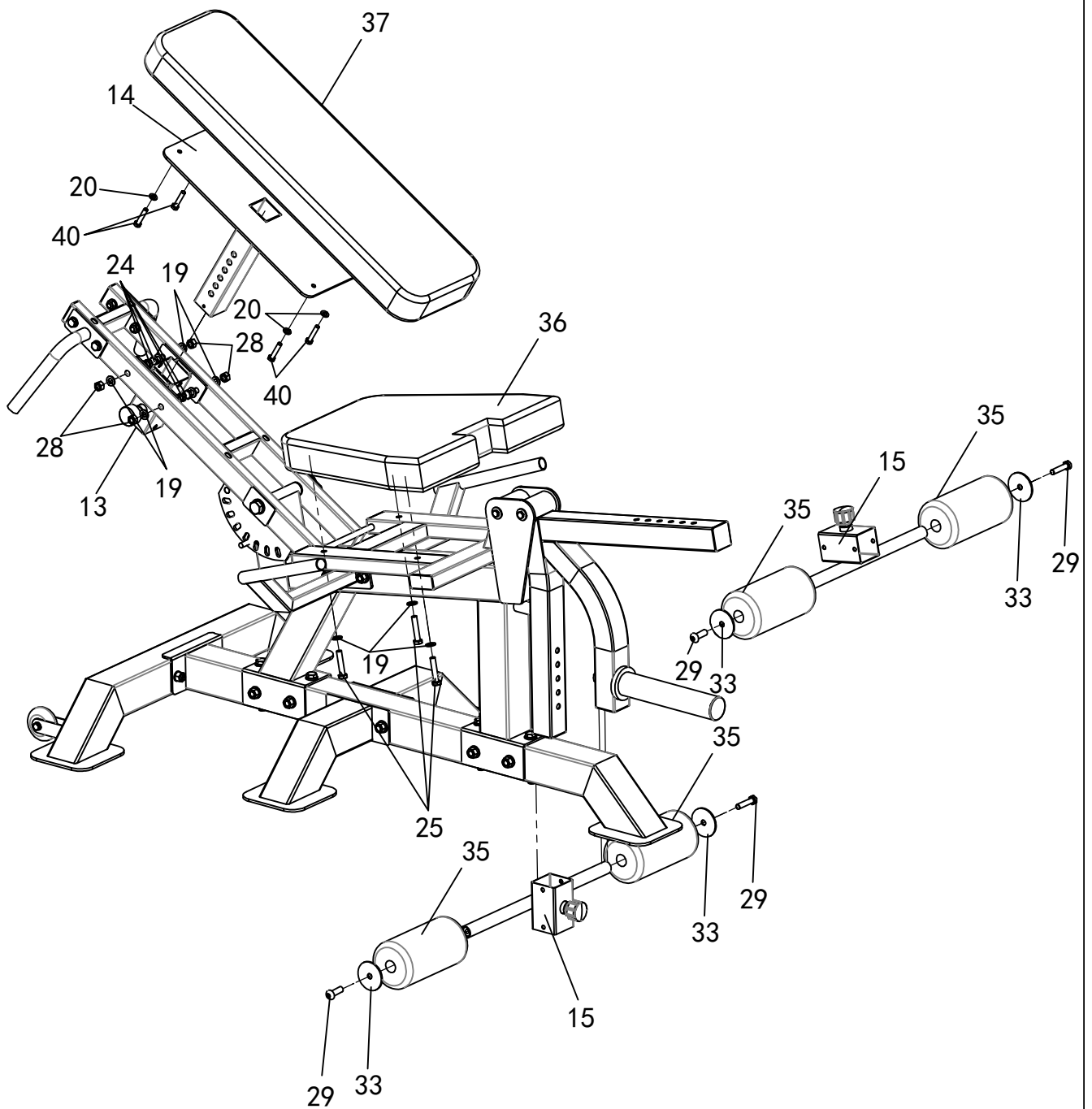
STEP 01

Installation Instruction



STEP 02

Installation Instruction



STEP 03