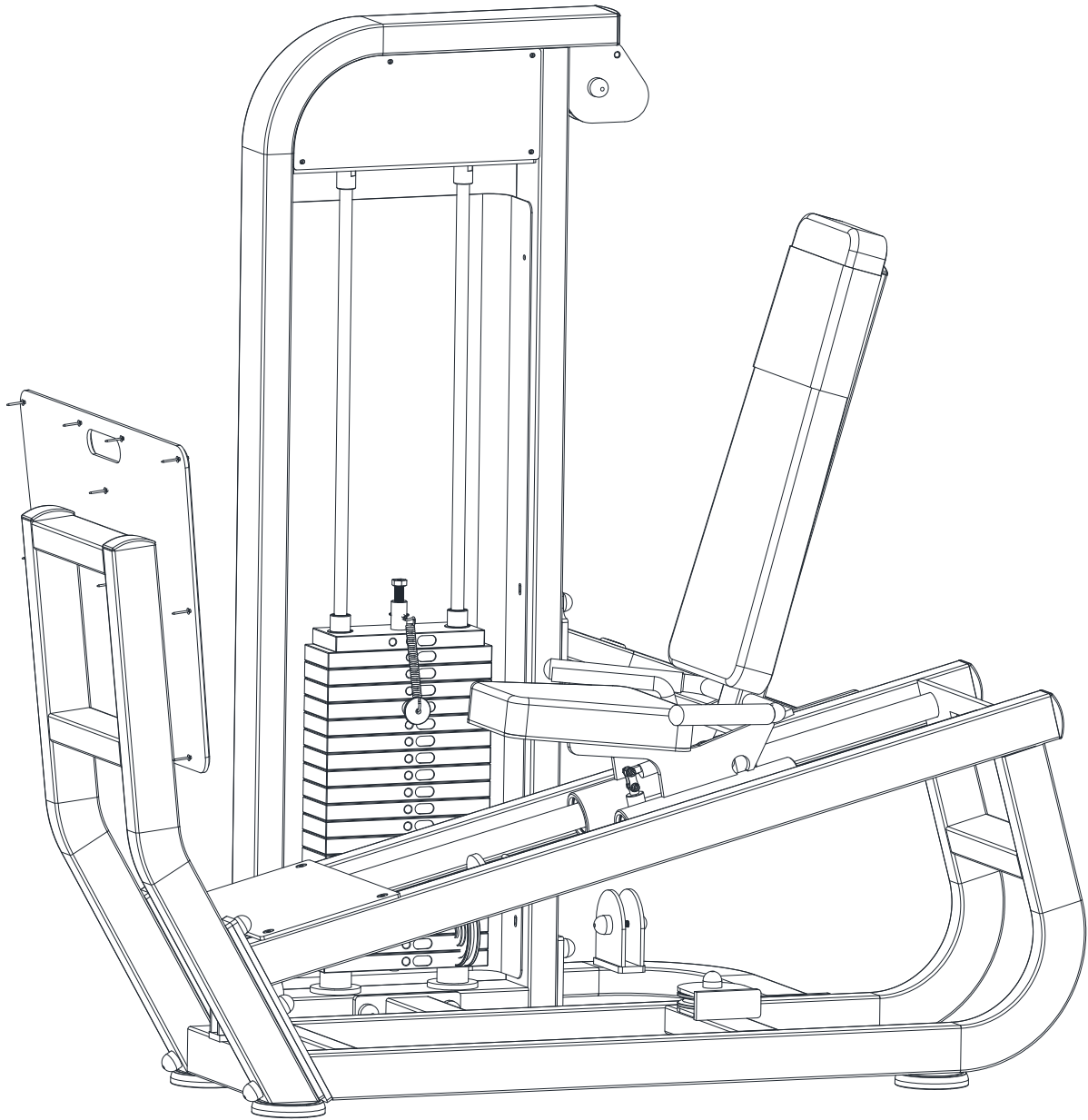


SEATED LEG PRESS



S3009 ASSEMBLY INSTRUCTION SEATED LEG PRESS

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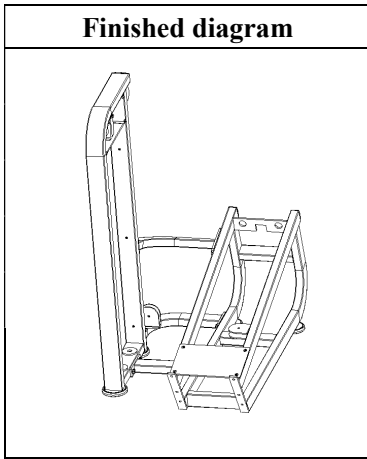
01/IMPORTANT NOTICE

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:

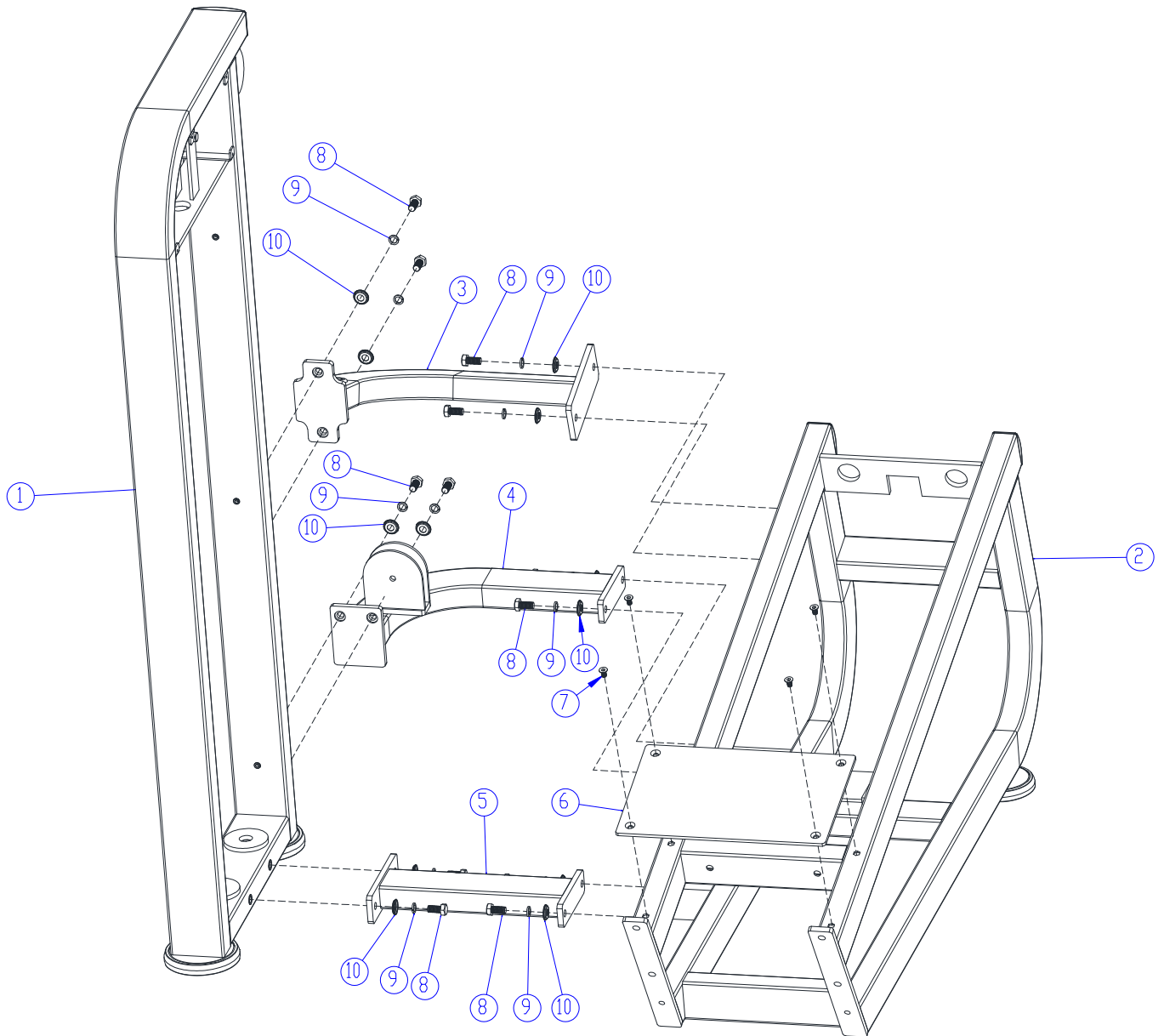
1. Please read all user manuals before operating the machine, and operate the machine according to the instructions. Please keep the user manual until the machine is scrapped.
2. Keep users read and understand all cautions
3. Keep air fresh, flowing and enough motion space for users when operating the 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.

02/ASSEMBLY PROCEDURE

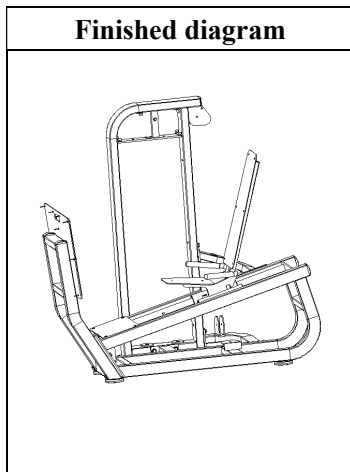
1) Step 1



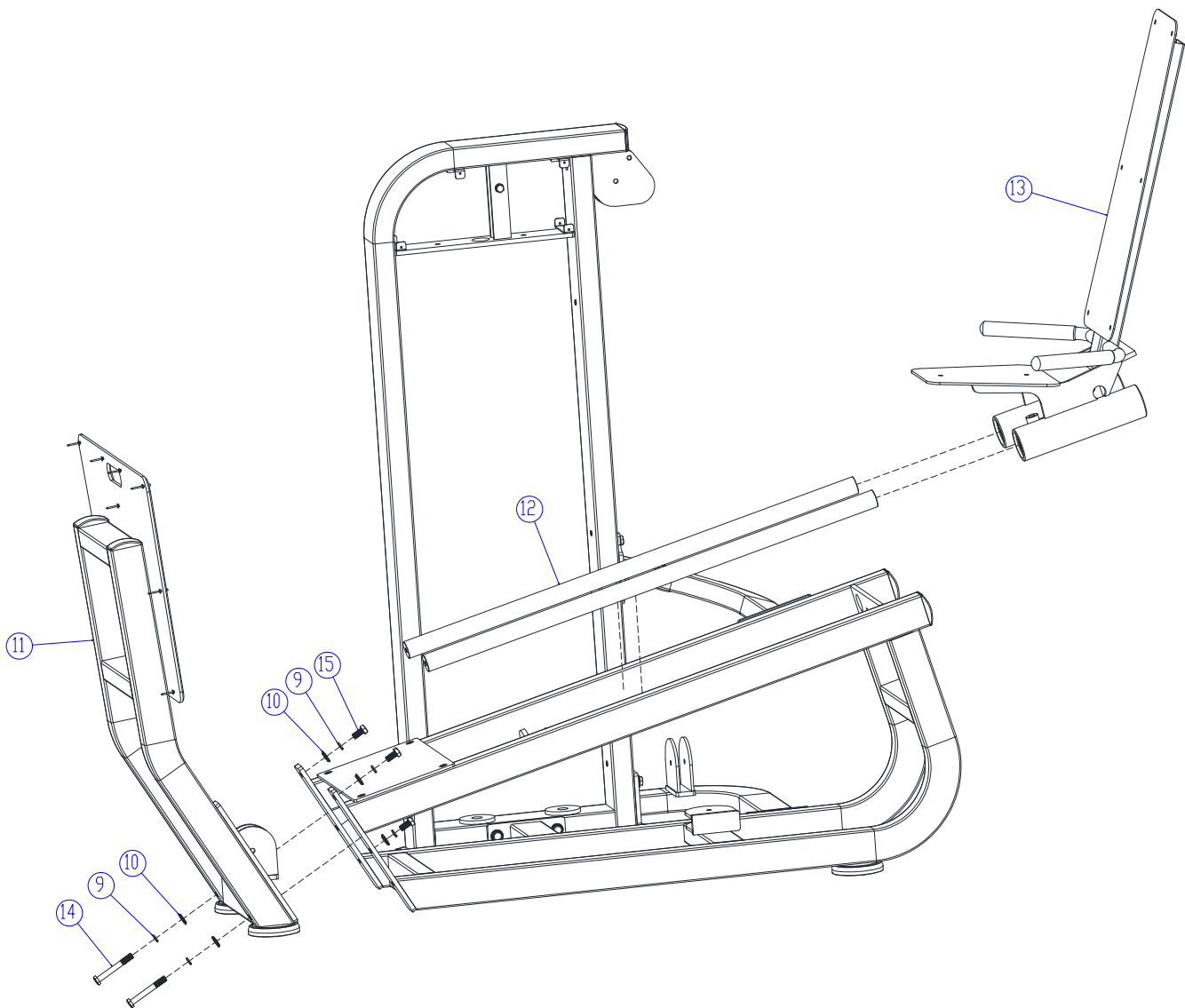
Bill of materials			
1	Portal frame		1
2	Bottom frame		1
3	Upper connecting support		1
4	Back connecting tube		1
5	Bottom connecting tube		1
6	Checkered plate	390*245*T6	1
7	Hexagon socket countersunk bolt	M8*15	4
8	Outer hexagon bolt	M12*25	12
9	Spring washer	Ø12	12
10	Drum washer	Ø12	12



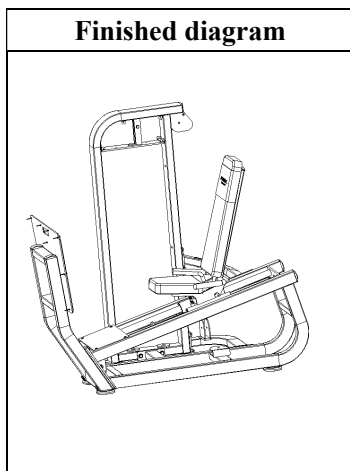
2) Step 2



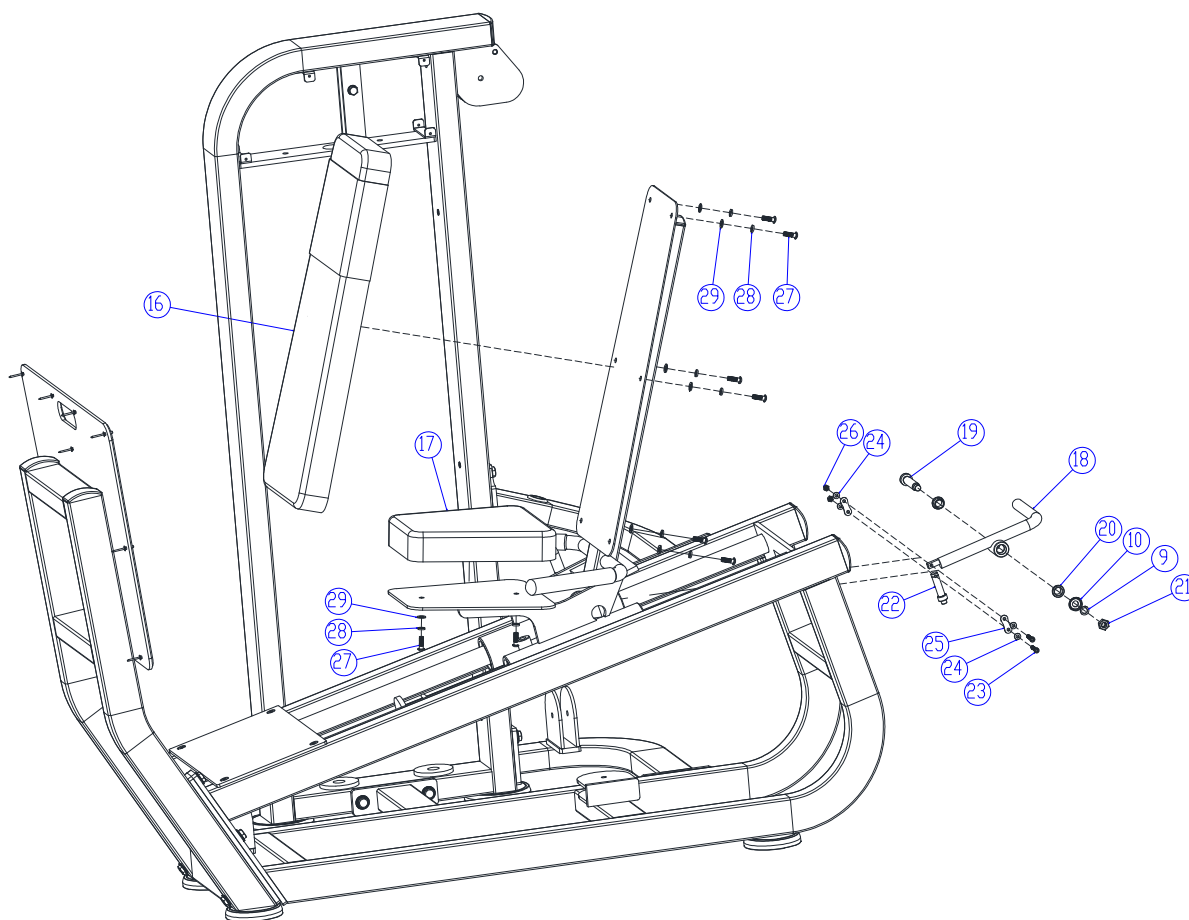
Bill of materials			
9	Spring washer	Ø12	6
10	Drum washer	Ø12	6
11	Leg press		1
12	Guide rod		2
13	Seat		1
14	Outer hexagon bolt	M12*95	2
15	Outer hexagon bolt	M12*20	4



3) Step 3



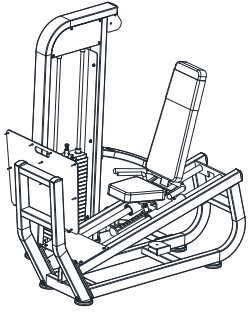
Bill of materials			
9	Spring washer	Φ12	1
10	Drum washer	Φ12	1
16	Back cushion	750*300.4*60	1
17	Seat	310*300*60	1
18	Adjust handle		1
19	Cylinder hexagon socket shoulder bolt	Ø16*L75*M12	1
20	Bushing	Φ25*13	2
21	Hexagon lock nut	Φ16	1
22	Spring pin	Φ19*Φ14*68	1
23	Cylinder hexagon socket bolt	M6*30	2
24	Flat washer	Φ6	4
25	Adjust connecting plate	39.5*15*T2	2
26	Hexagon lock nut	M6	2
27	Hexagon socket flat head bolt	M8*25	8
28	Spring washer	Φ8	8
29	Flat hanging plate	Φ8	8



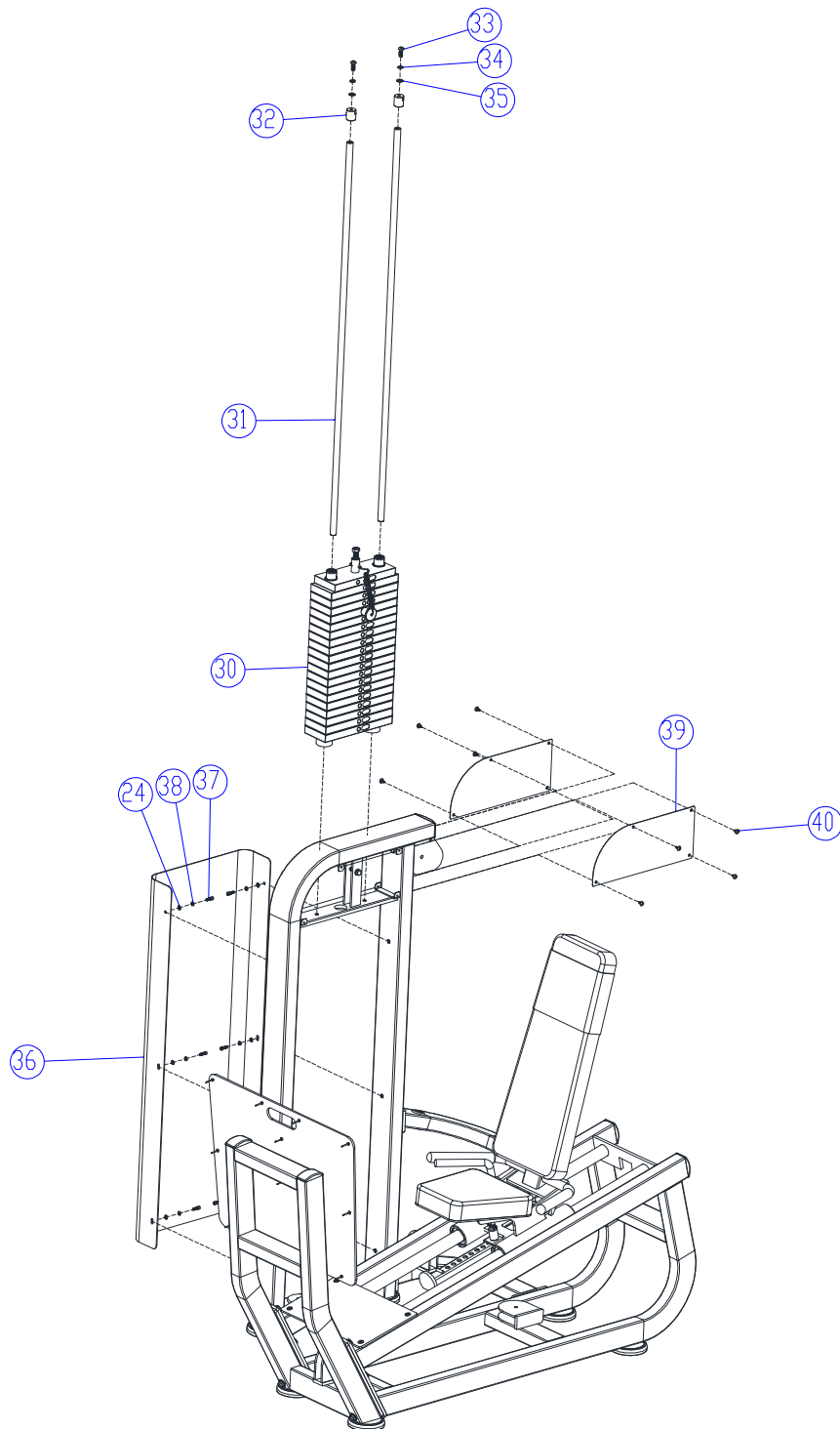
4) Step 4

Bill of materials			
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Finished diagram



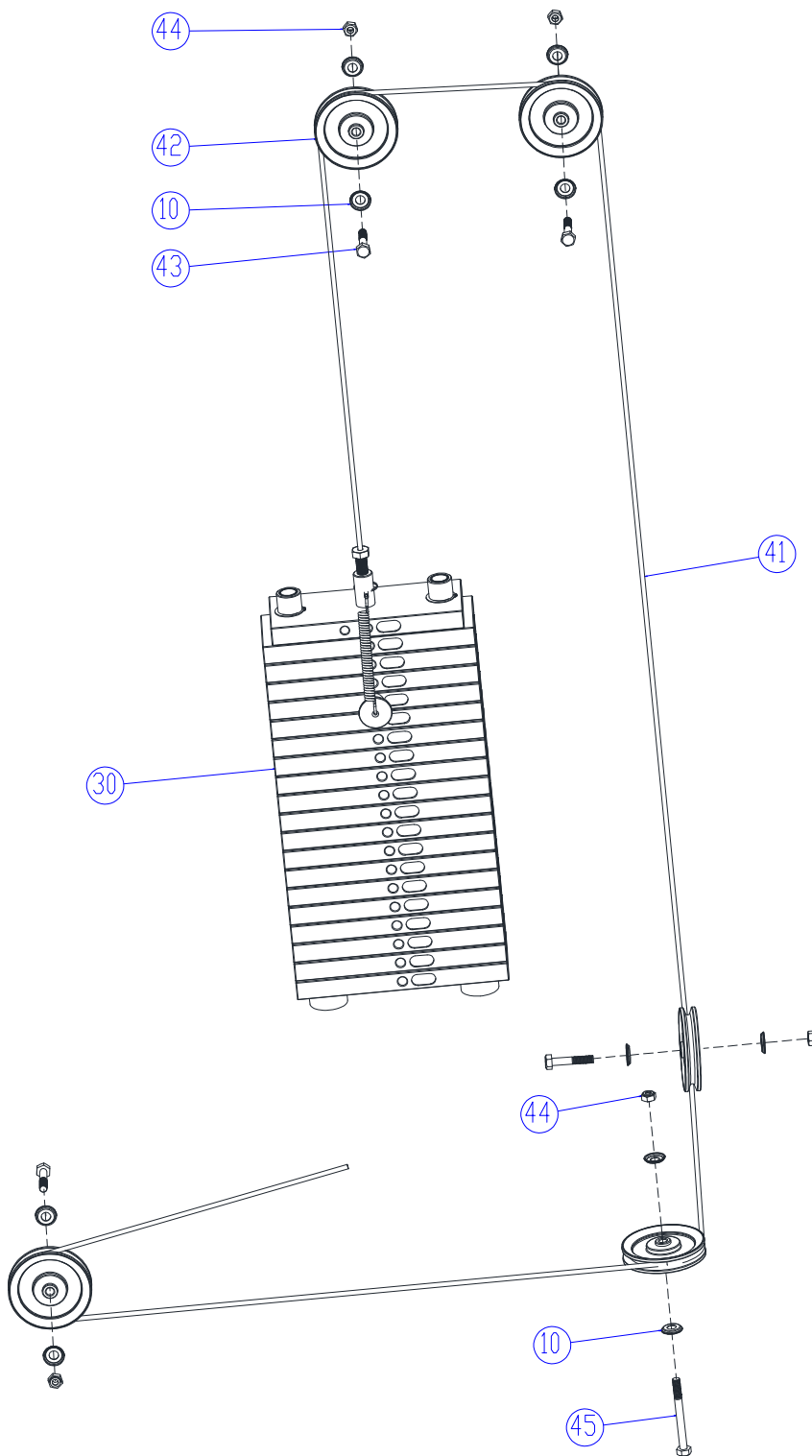
24	Flat washer	Ø6	6
30	Weight stack		1
31	Guide rod	Φ40*1100	2
32	Guide rod fixing sleeve	Φ30*33	2
33	Hexagon socket flat bolt	M10*25	2
34	Spring washer	Ø10	2
35	Flat washer	Ø10	2
36	Backplate	1240*621.4*T2	1
37	Cylinder hexagon socket bolt	M6*20	6
38	Spring washer	Ø6	6
39	Sticker	420*177*T1.2	2
40	Hexagon socket flat head bolt	M5*12	8



5) Step 5

Pulley installation instruction:

Bill of materials			
10	Drum washer	Ø12	10
30	Weight stack		1
41	Cable	Φ6*4430	1
42	Pulley	Φ110*27.7	5
43	Outer hexagon bolt	M10*55	4
44	Hexagon lock nut	M10	5
45	Outer hexagon bolt	M10*100	1



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 Press	Model	S3009
Floor space	1670*1975*1620	Weight stack	150Kg
Net weight	323Kg	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.