

PRONE LEG CURL/ EXTENSION



OWNER'S MANUAL

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IMPORTANT SAFETY NOTICE

PRECAUTIONS :

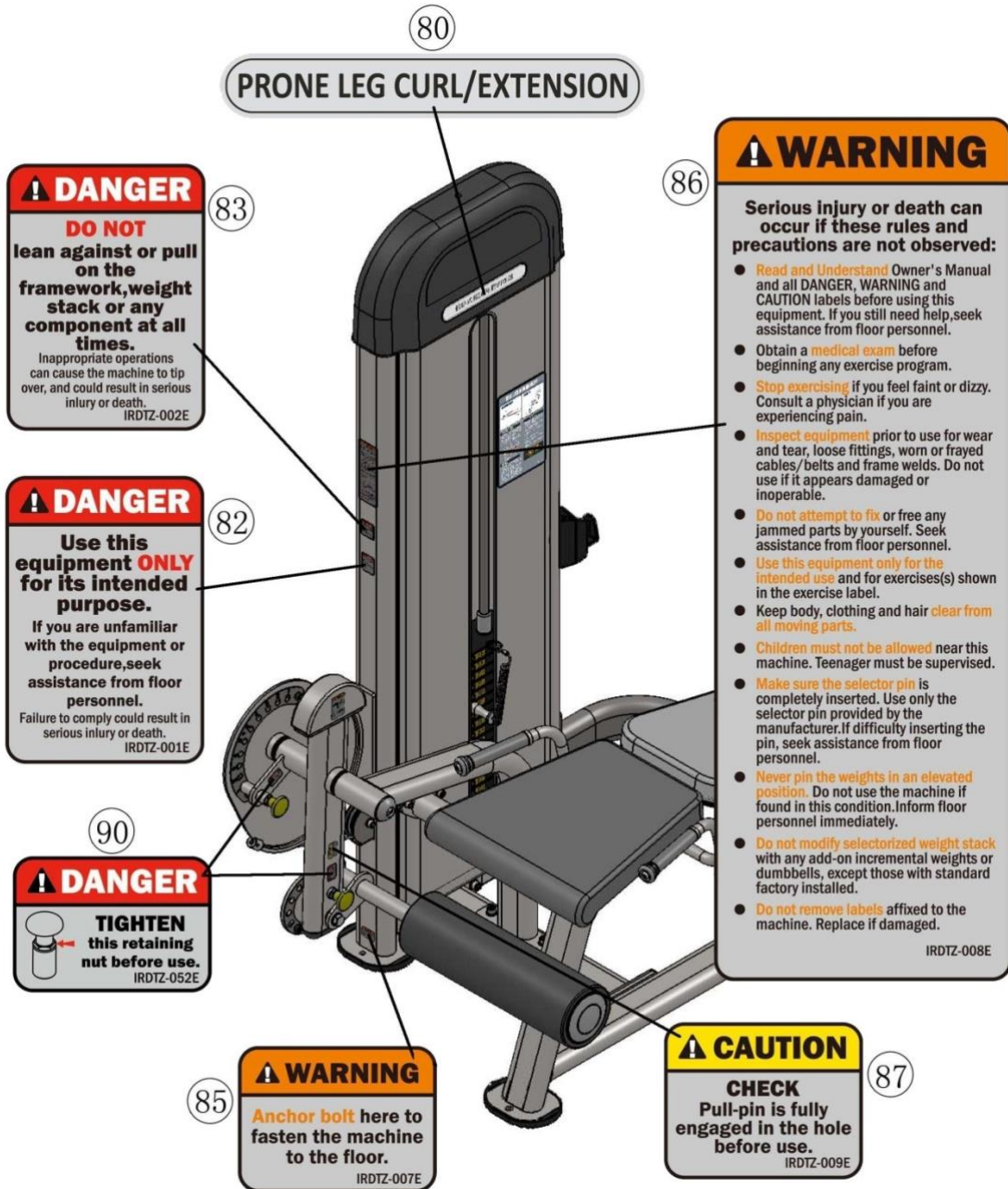
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- a. **Recommended maximum user weight : 150kg.**
- b. Keep children and pets away from the machine at all times. DO NOT leave unattended children in the same room with the machine.
- c. Only one person at a time should use the machine.
- d. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- e. Position the machine on a clear, level surface. DO NOT use near water or outdoors.
- f. Keep hands away from all moving parts.
- g. Always wear appropriate workout clothing when exercising. Do not wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required.
- h. Use the machine only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
- i. DO NOT place any sharp objects around the machine.
- j. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
- k. Before exercising, always do stretching first.
- l. Never operate the machine if it is not functioning properly.
- m. Please read the instructions carefully before assembling the MACHINE.

WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.


Labels Information

Carefully read ALL Danger, Warning & Caution labels posted on the machine.




PRONE LEG CURL/EXTENSION

PRONE LEG CURL



- Select appropriate weight resistance for your present fitness level.
- Adjust leg pad for a comfortable placement behind ankles. Align knee with machine's axis of rotation.
- Lie on your stomach against the body pad and grip the handles.
- Pull up against leg pad.

LEG EXTENSION



- Adjust leg pad to lower position and align knee with machine's axis of rotation when seated.
- Comfortably position your shin behind the leg pad and apply light pressure.
- Grip handles and stabilize body. Push forward and up against pad until your legs are straight in front of you.
- Return weight with controlled movement to start position.

PRONE LEG CURL Hamstrings
LEG EXTENSION Quadriceps Femoris

Safety Tips

- Read all caution and warning labels posted on the machine. Seek assistance from staff if unfamiliar with the machine or its use.
- It is important to know your own physical condition before beginning any type of exercise program.
- Always choose a light resistance when using a machine the first time.
- Train at a controlled rate of speed.
- Never hold your breath-inhaling during least resistant and exhaling at maximum resistant.
- Warm-up with light cardio exercises, stretchings or callisthenics.

WARNING
 If the machine appears to be damaged or inoperable, DO NOT use. Inform floor personnel immediately.

IRDZ-128-EN

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INSPECTIONS

Replace all parts at first signs of wear or damage.

	DAILY	WEEKLY	MONTHLY	6-MONTH	YEARLY
INSPECT: Links, pull-pins, snap locks, swivels, connectors, selector pin, and welded-joints.	*				
CLEAN: Upholstery with lanolin-base cleaner. Do not use Windex.	*				
INSPECT: Cables, Belts and tension (adjust if needed).	*				
INSPECT: All labels		*			
INSPECT: All nuts and bolts (tighten if needed).		*			
INSPECT: Accessory bars, handles rubber grips.		*			
INSPECT: All anti-skid surfaces.		*			
CLEAN & LUBRICATE: Clean guide rods with Super Lube. spray lubricant and lubricate with Super Lube (PTFE) grease.			*		
LUBRICATE: Seat sleeves, pull-pin sliding mechanism, bushings and linear bearings.			*		
CLEAN & WAX: All powder-coat finishes.				*	
REPLACE: Cables & connecting parts.					*

Use only genuine IronMaster replacement parts. Failure to do so will void warranty and could result in serious injury or death.

IRDZ-013E

88



84 **WARNING**

 Keep body, hands and fingers clear of all moving parts.
 IRDZ-004E

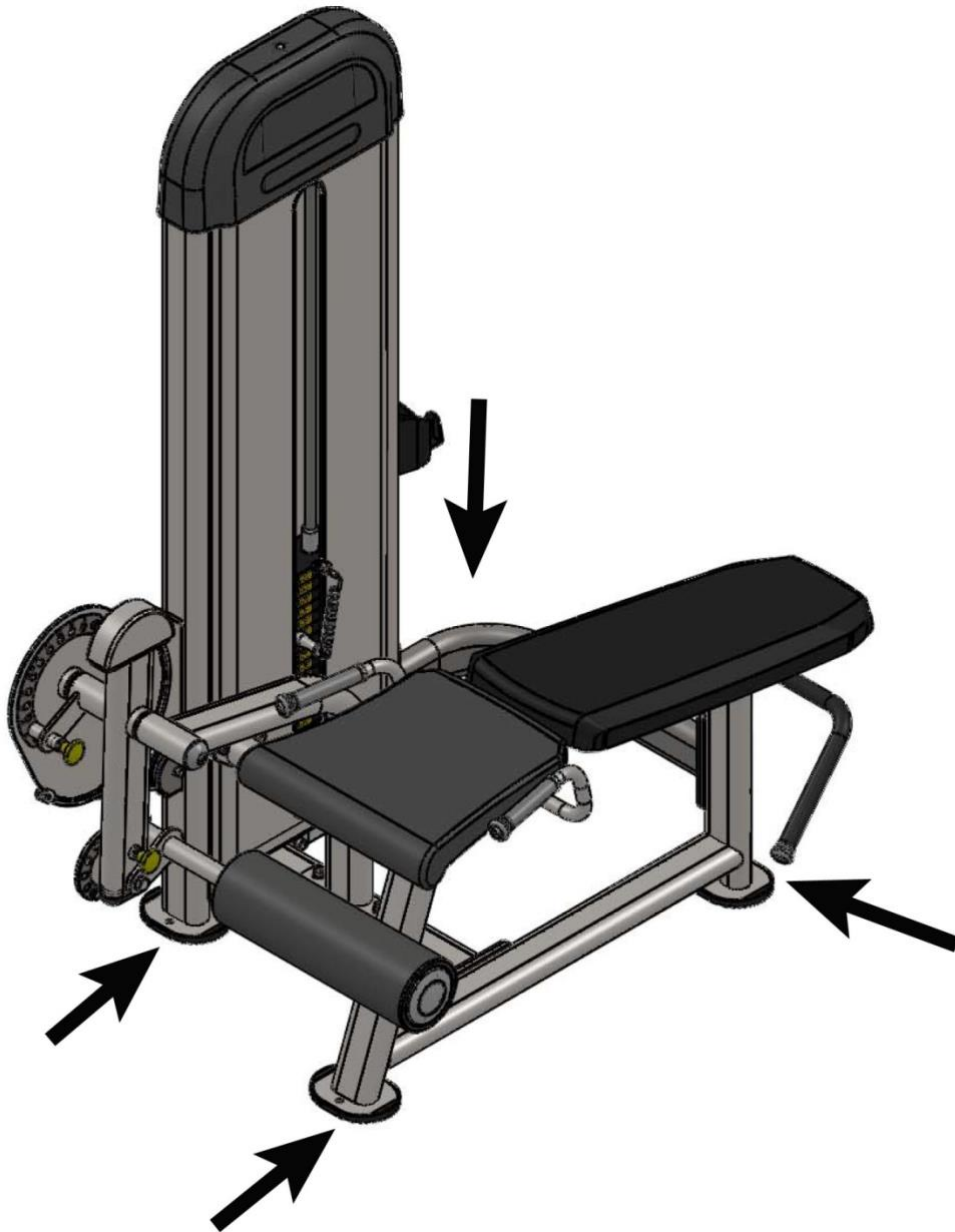
87 **CAUTION**
CHECK
 Pull-pin is fully engaged in the hole before use.
 IRDZ-009E

82 **DANGER**
Use this equipment ONLY for its intended purpose.
 If you are unfamiliar with the equipment or procedure, seek assistance from floor personnel.
 Failure to comply could result in serious injury or death.
 IRDZ-001E

89 **IMPORTANT**
CHECK CABLES
 Be sure cables run between the pulleys and working properly.
 IRDZ-016E

Anchoring Unit

Holes on frame are provided for anchoring the unit to the floor. See anchoring hole location below.



Cable Inspection

WARNING :

THE FOLLOWING CONDITIONS MAY INDICATE A WORN CABLE. REPLACE IMMEDIATELY.



"NECKING", STRETCHED CABLE COVERING



A CRACK IN THE CABLE COVER



A TEAR IN THE CABLE COVER



A BREAK ON THE CABLE



CABLE END SLIPPING OUT

IMPORTANT NOTE:

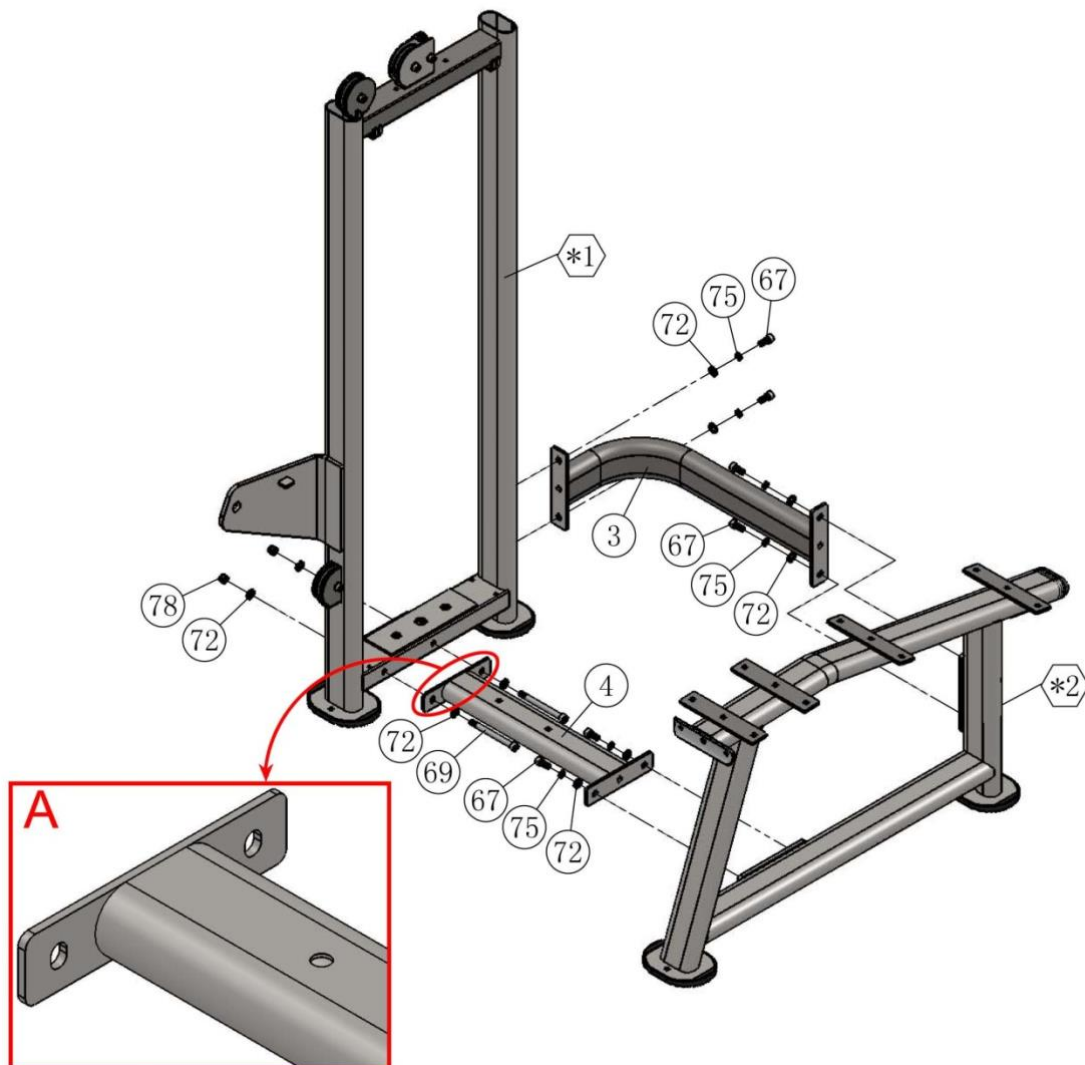
DAMAGED OR WORN CABLE (AS SHOWN ABOVE) MAY DAMAGE THE PULLEY(S). YOU MUST INSPECT THE PULLEYS AT THIS TIME FOR WEAR AND TEAR. REPLACE IF NEEDED.

Step 1

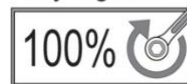
Step 1 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	69	Hex Recessed Round Head Screw M12*135	2
*2	Main Frame	1	72	Flat Washer Φ 12	10
3	Front Connecting Tube	1	75	Spring Washer Φ 12	6
4	Bottom Cross Brack	1	78	Nylon Lock Nut M12	2
67	Hex Recessed Round Head Screw M12*25	6			4

NOTE:

1. It is strongly recommended that 2 people participate in the assembly of this unit.
2. The placement of Bottom Cross Brack (#4) as shown in figure A.



Fully Tighten

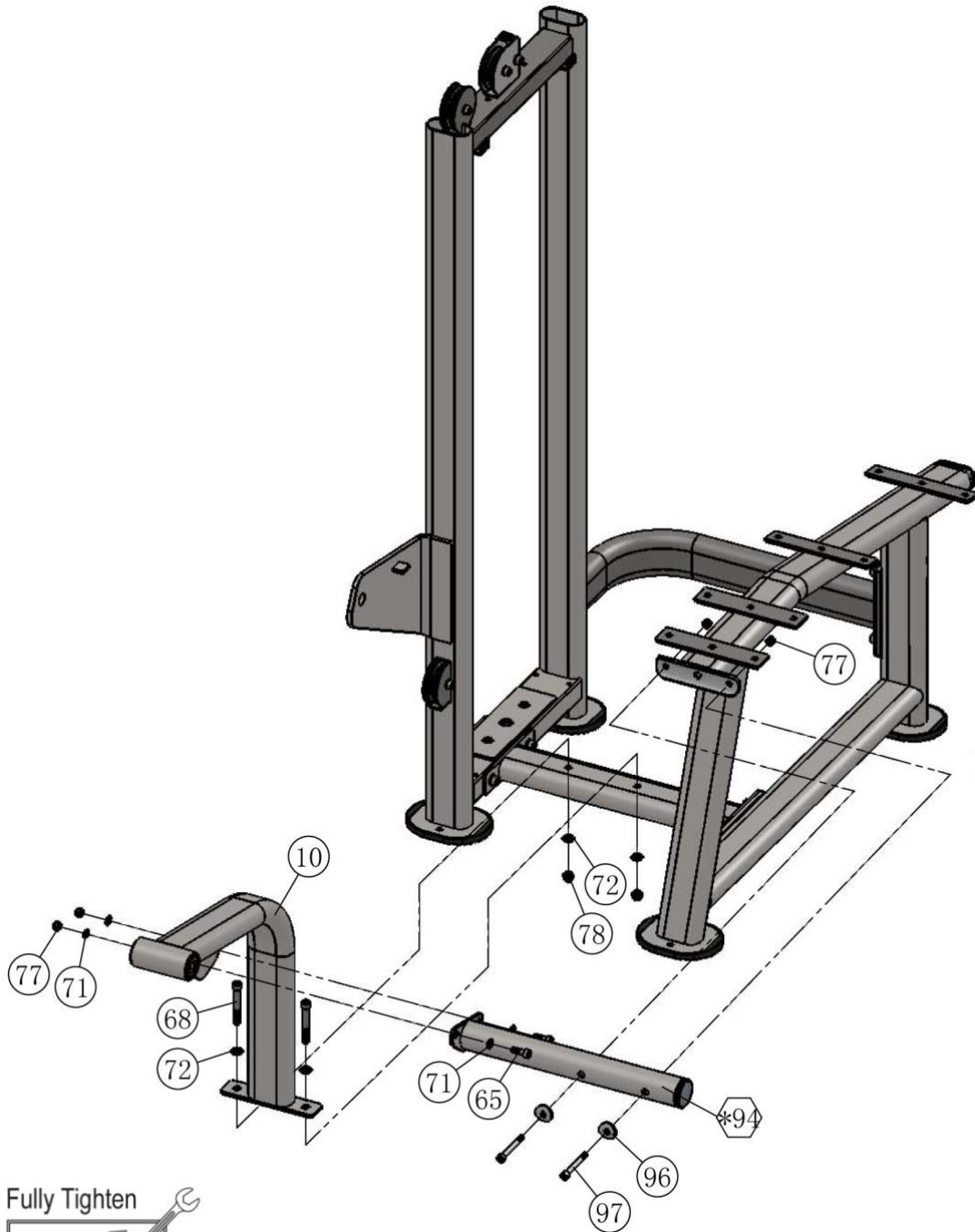


Fully Tighten

Wrench tighten all hardware in this step.

Step 2

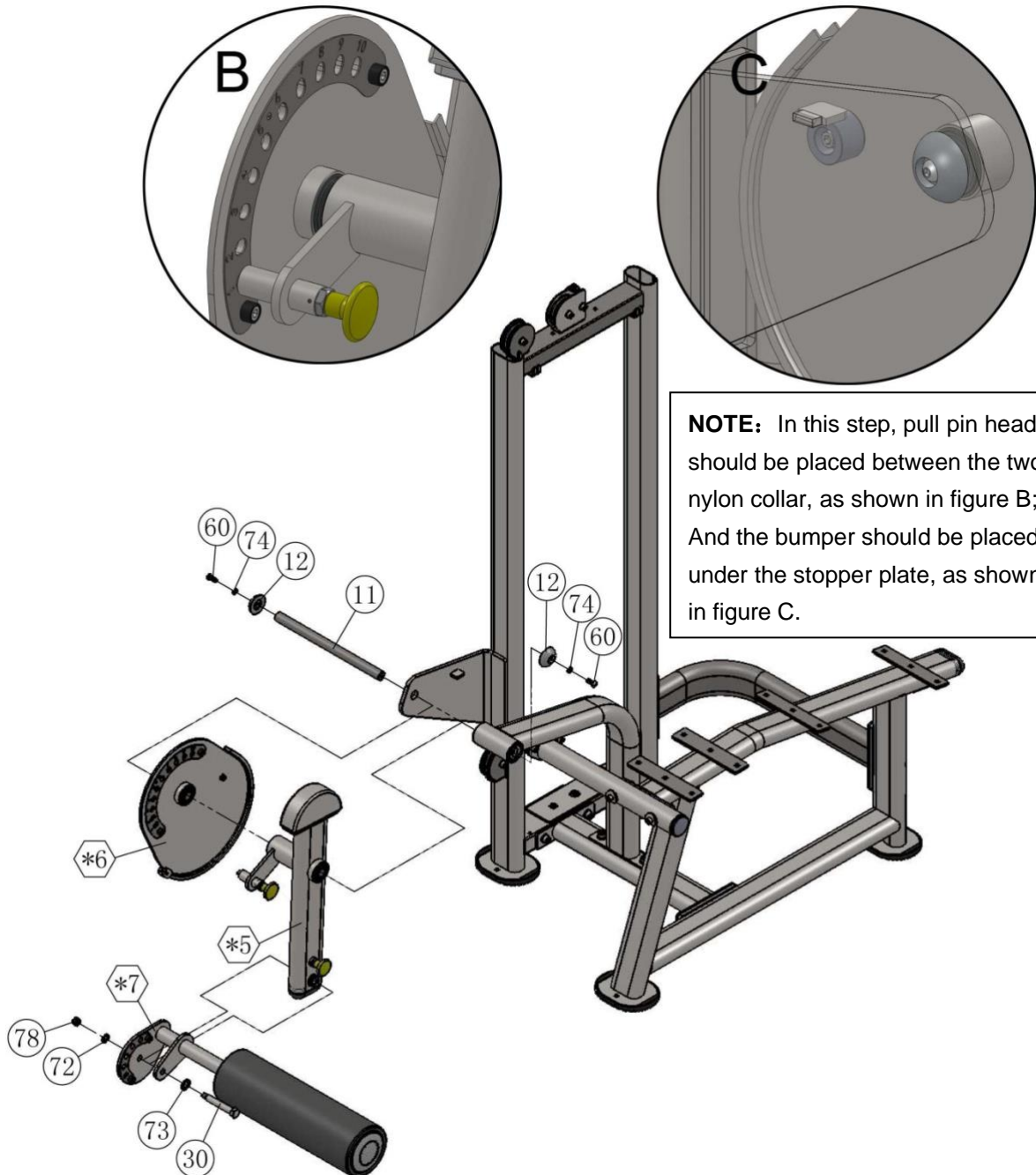
Step 2 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*94	Top Brace	1	72	Flat Washer $\Phi 12$	4
10	Support Frame	1	77	Nylon Lock Nut M10	4
65	Hex Recessed Round Head Screw M10*30	2	78	Nylon Lock Nut M12	2
68	Hex Recessed Round Head Screw M12*85	2	96	Big Arc Washer	2
71	Flat Washer $\Phi 10$	4	97	Hex Recessed Round Head Screw M10*85	2



Fully Tighten
Wrench tighten all hardware in this step.

Step 3

Step 3 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*5	Pivot Arm	1	60	Hex Recessed Flat Head Screw M10*25	2
*6	Cam	1	72	Flat Washer Φ 12	1
*7	Swivel Foam Roll Tube	1	73	Flat Washer Φ 16	1
11	Pivot Axle	1	74	Spring Washer Φ 10	2
12	Axle End Cap	2	78	Nylon Lock Nut M12	1
30	Axle Bolt	1			

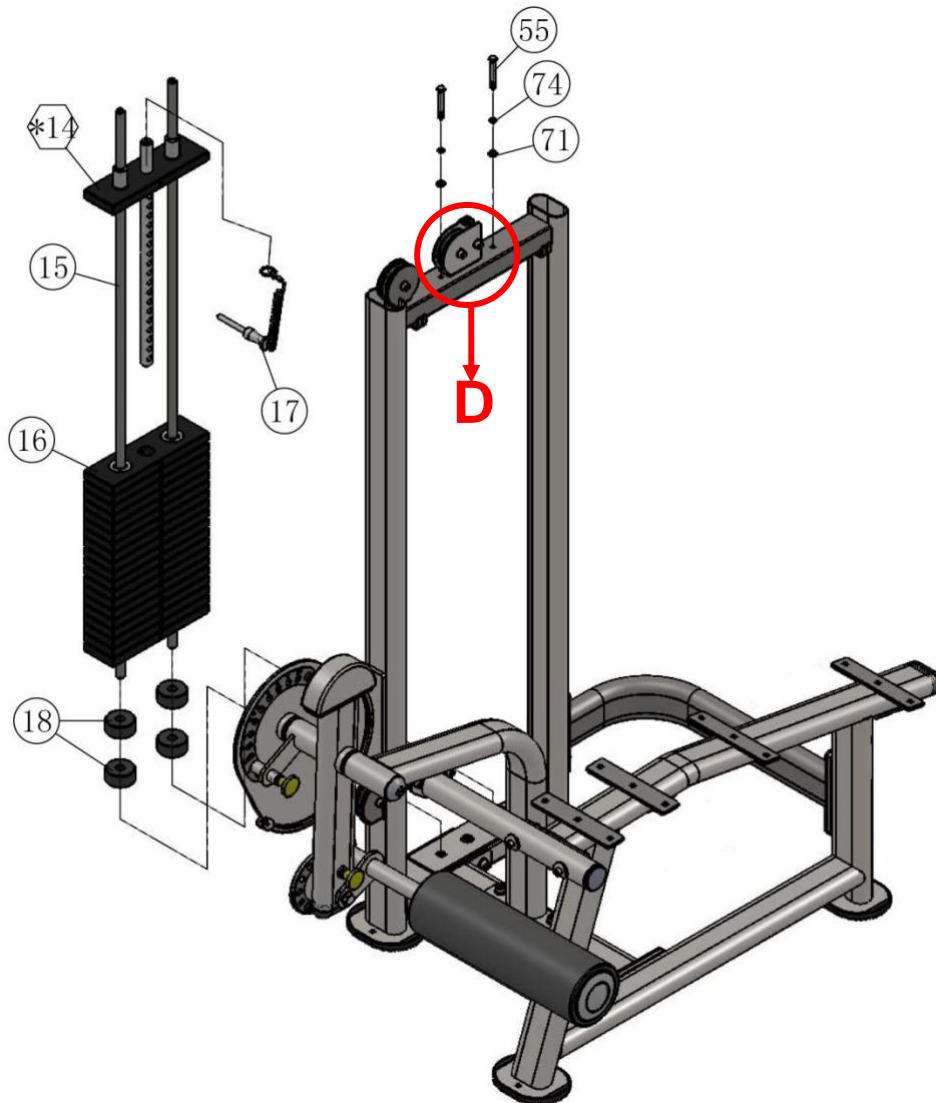


Fully Tighten

Wrench tighten all hardware in this step.

Step 4

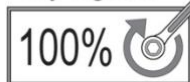
Step 4 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*14	Top Block	1	55	Hex Bolt M10*75	2
15	Guide Rod	2	71	Flat Washer Φ 10	2
16	4.5kg Weight Plate	19	74	Spring Washer Φ 10	2
17	Selector Pin	1	79	Weight Plate Label	1
18	Rubber Donut	4			



SPECIAL NOTICE:

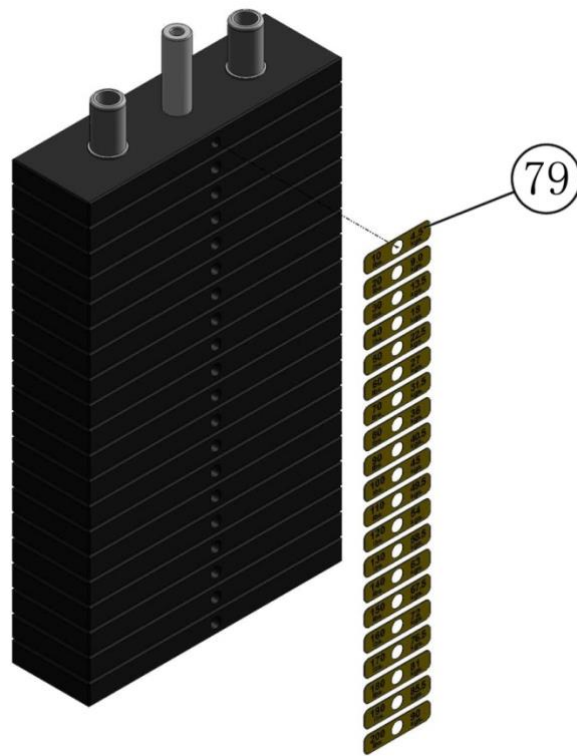
1. Please place the side with the plastic part face up when you assemble the weight plate.
2. You can remove the pulley in position D first, then assemble Hex Bolt M10*75(#55-2).

Fully Tighten 



Fully Tighten

Wrench tighten all hardware in this step.

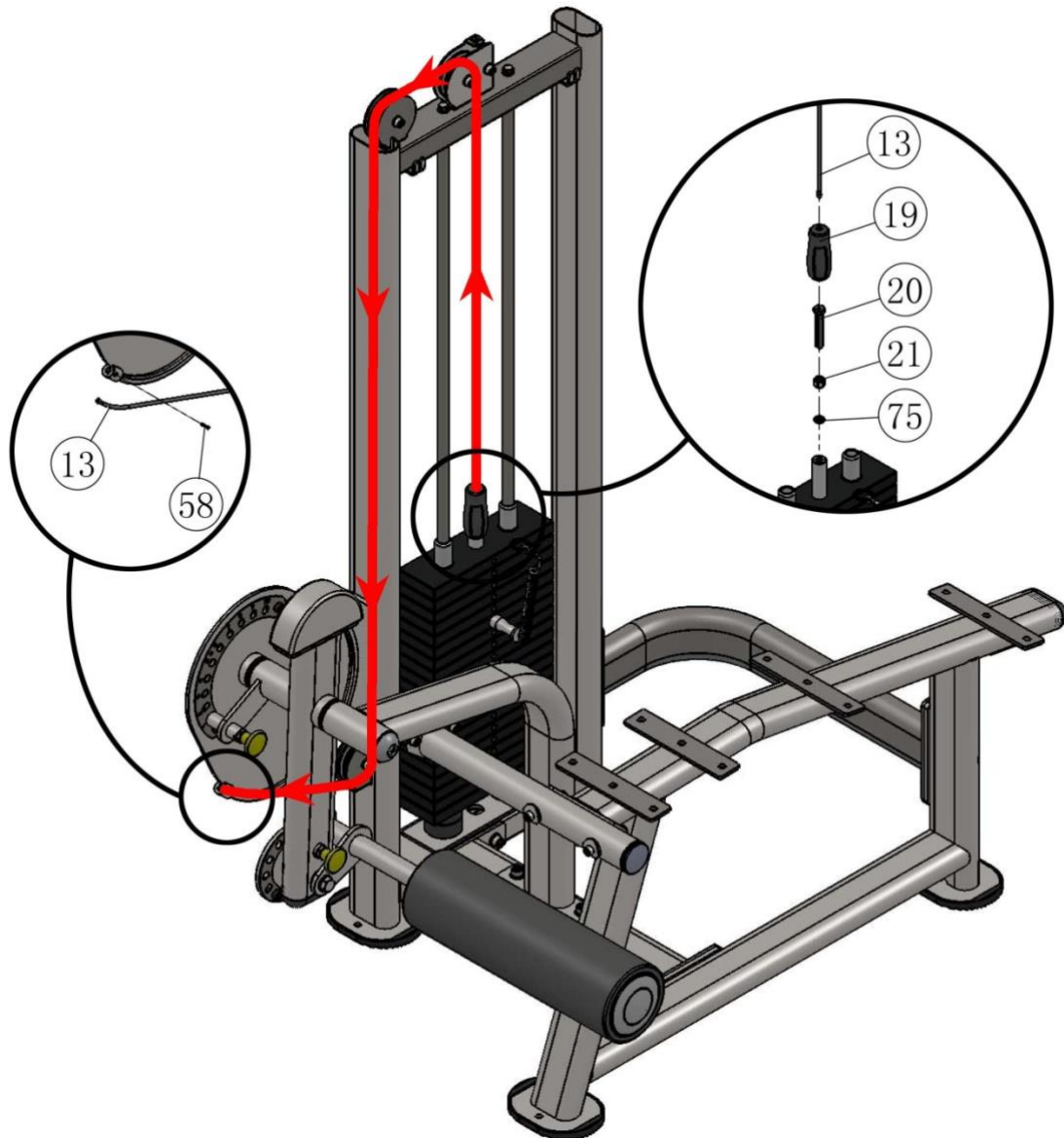


Weight stack label instructions:

1. Wipe front surface of weight stack with rubbing alcohol and wipe dry.
2. peel off back sheet (adhesive side) from label(#79) and make sure that the label remains attached to the application tape.
3. Line up left edge of label sheet with outside edge of weight holes.
4. Make sure label is straight and slowly press into place.
5. Gently remove application tape and rub each label firmly against the weight stack.
6. Allow labels to stand for 2 days to allow adhesive to cure fully.

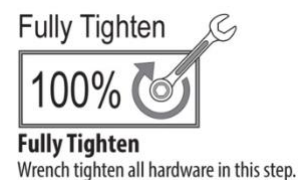
Step 5 Cable Routing

Step 5 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
13	Cable	1	21	Hex Nut M12	1
19	Bumper Cap	1	58	Cross Countersunk Head Screw M3*15	1
20	Split Bolt	1	75	Spring Washer Φ 12	1



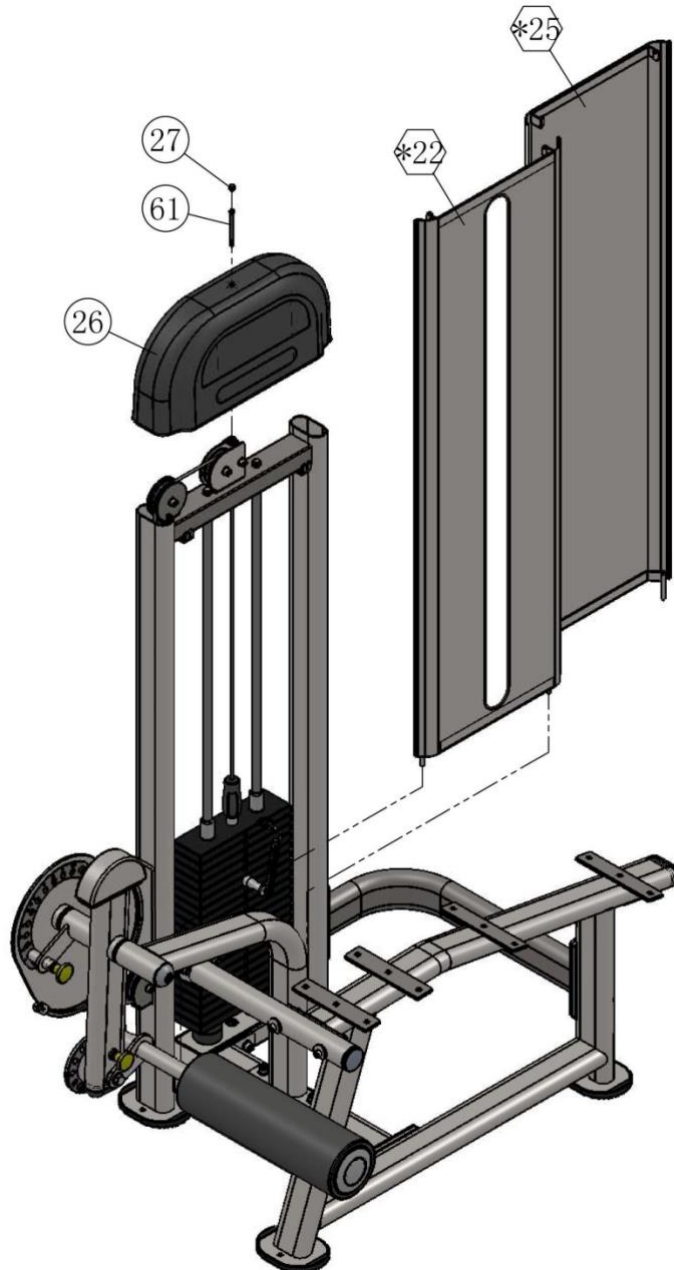
SPECIAL NOTE:

1. Please loosen the Screw(#58) first, then put the cable into the cam, and finally tighten the Screw(#58).
2. Pulleys at the particular location are around the wire, you can tie the wire on one end of the cable and pull the wire to help install the cable.



Step 6

Step 6 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*22	Weight Shield Front	1	27	Hole Plug	1
*25	Weight Shield Rear	1	61	Hex Recessed Round Head Screw M6*95	1
26	Weight Shield Top	1			



NOTE:

Please assemble Weight Shield Front & Rear (#*22 & #*25) first, then assemble Weight Shield Top (#26).

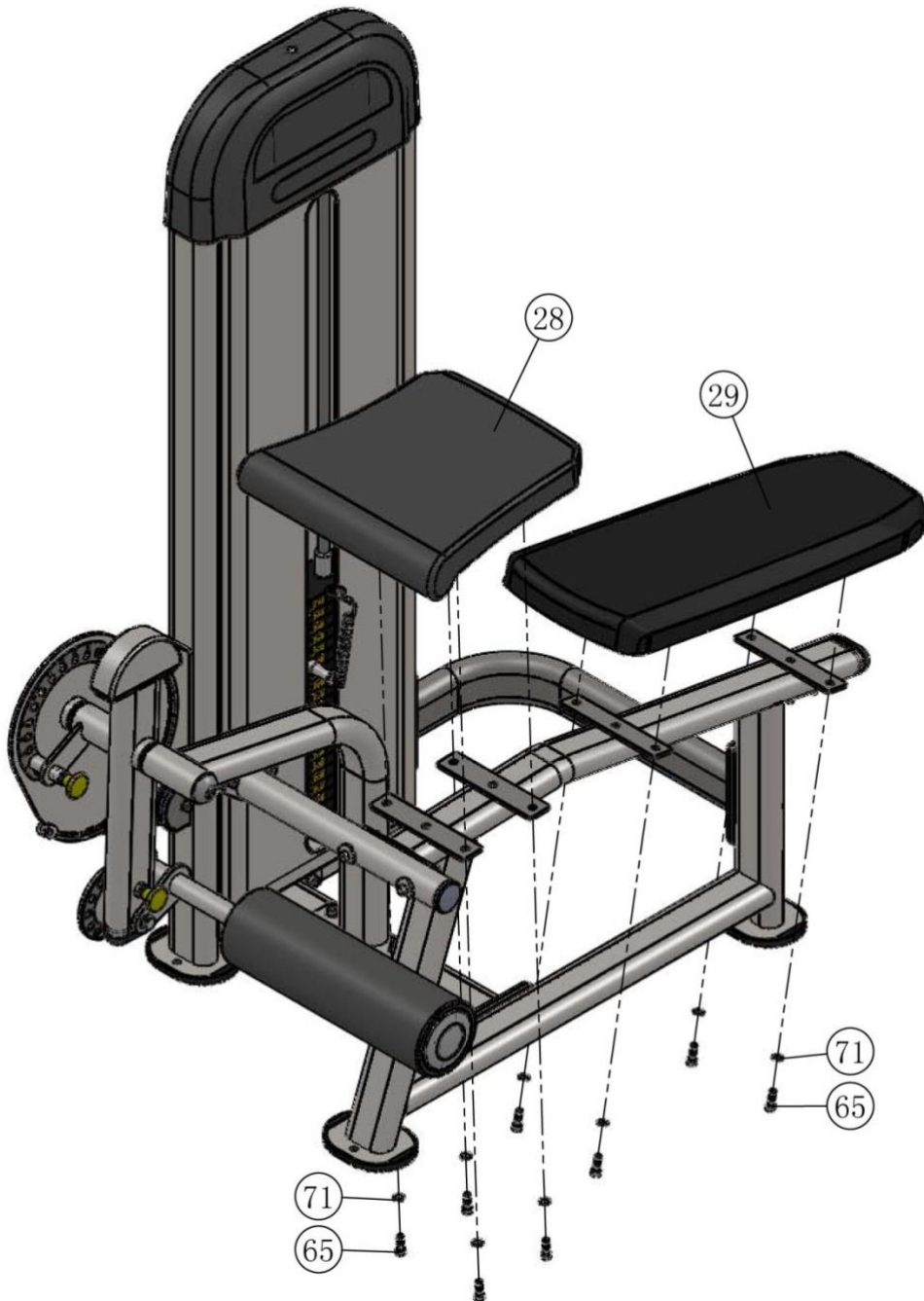


Fully Tighten

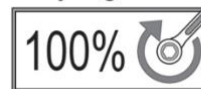
Wrench tighten all hardware in this step.

Step 7

Step 7 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
28	Seat Pad	1	65	Hex Recessed Round Head Screw M10*30	8
29	Back Pad	1	71	Flat Washer Φ 10	8



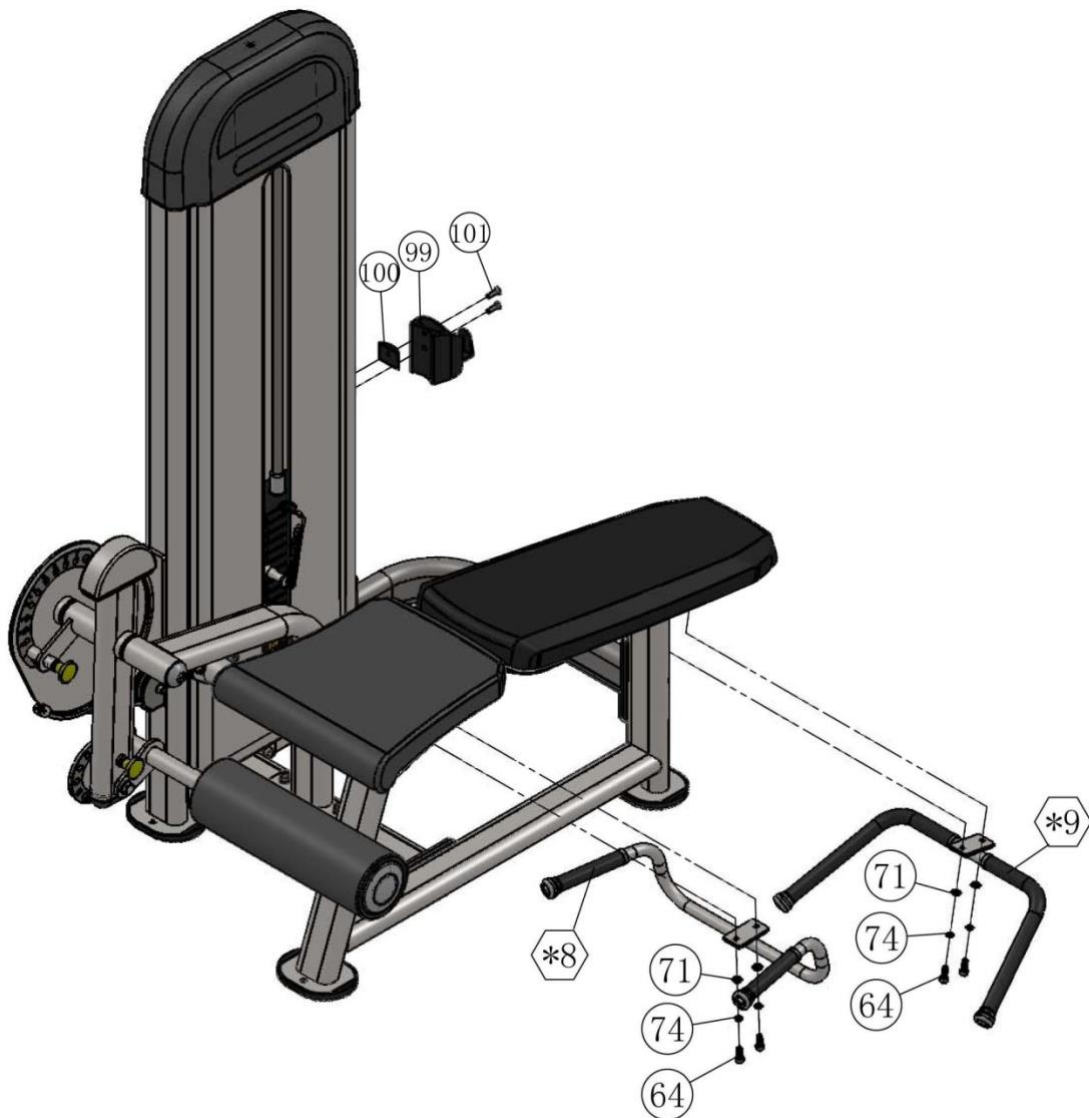
Fully Tighten 



Fully Tighten
Wrench tighten all hardware in this step.

Step 8

Step 8 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*8	Handles 1	1	74	Spring Washer Φ 10	4
*9	Handles 2	1	99	Bottle Cage	1
64	Hex Recessed Round Head Screw M10*25	4	100	Spacer Block	1
71	Flat Washer Φ 10	4	101	Hex Socket Countersunk Head Screw M8*30	2



Fully Tighten
Wrench tighten all hardware in this step.

Part List

Item#	Description	Qty.	Item#	Description	Qty.
1	Weight Stack Frame	1	38	Pull Pin Handle	2
2	Main Frame	1	39	Pull Pin Stiff Spring Φ1.2*Φ11.7*38	2
3	Front Connecting Tube	1	40	Perforation Bolt	2
4	Bottom Cross Brack	1	41	Elliptical Plug (with gap)	1
5	Pivot Arm	1	42	Oil Bearing	2
6	Cam	1	43	Cam Backplate	1
7	Swivel Foam Roll Tube	1	44	Bumper	1
8	Handles 1	1	45	Nylon Collar	4
9	Handles 2	1	46	Small Backplate	1
10	Support Frame	1	47	Foam	1
11	Pivot Axle	1	48	External Circlip Φ38	1
12	Axle End Cap	2	49	Foam Small End Cap	1
13	Cable	1	50	Grip L=447	2
14	Top Block	1	51	Grip L=151	2
15	Guide Rod	2	52	Aluminum Cap Φ25	2
16	4.5kg Weight Plate	19	53	Selector Lever	1
17	Selector Pin	1	54	Elastic Cylindrical Pin Φ10*65	1
18	Rubber Donut	4	55	Hex Bolt M10*75	2
19	Bumper Cap	1	57	Cross Countersunk Head Screw M3*6	1
20	Split Bolt	1	58	Cross Countersunk Head Screw M3*15	1
21	Hex Nut M12	1	59	Hex Socket Countersunk Head Screw M10*25	2
22	Weight Shield Front	1	60	Hex Recessed Flat Head Screw M10*25	6
23	Edge Protector Chrome 1	1	61	Hex Recessed Round Head Screw M6*95	1
24	Edge Protector Chrome 2	4	62	Hex Recessed Round Head Screw M8*20	2
25	Weight Shield Rear	1	63	Hex Recessed Round Head Screw M8*30	1
26	Weight Shield Top	1	64	Hex Recessed Round Head Screw M10*25	4
27	Hole Plug	1	65	Hex Recessed Round Head Screw M10*30	10
28	Seat Pad	1	66	Hex Recessed Round Head Screw M10*50	4
29	Back Pad	1	67	Hex Recessed Round Head Screw M12*25	6
30	Axle Bolt	1	68	Hex Recessed Round Head Screw M12*85	2
31	Pulley Φ90*δ26	3	69	Hex Recessed Round Head Screw M12*135	2
32	Elliptical Rubber Shoe	4	70	Flat Washer Φ8	6
33	Cage Nut	1	71	Flat Washer Φ10	26
34	Elliptical Plug	1	72	Flat Washer Φ12	15
35	T Bearing	4	73	Flat Washer Φ16	1
36	Counter Balance	1	74	Spring Washer Φ10	12
37	Pull Pin Lever	2	75	Spring Washer Φ12	7

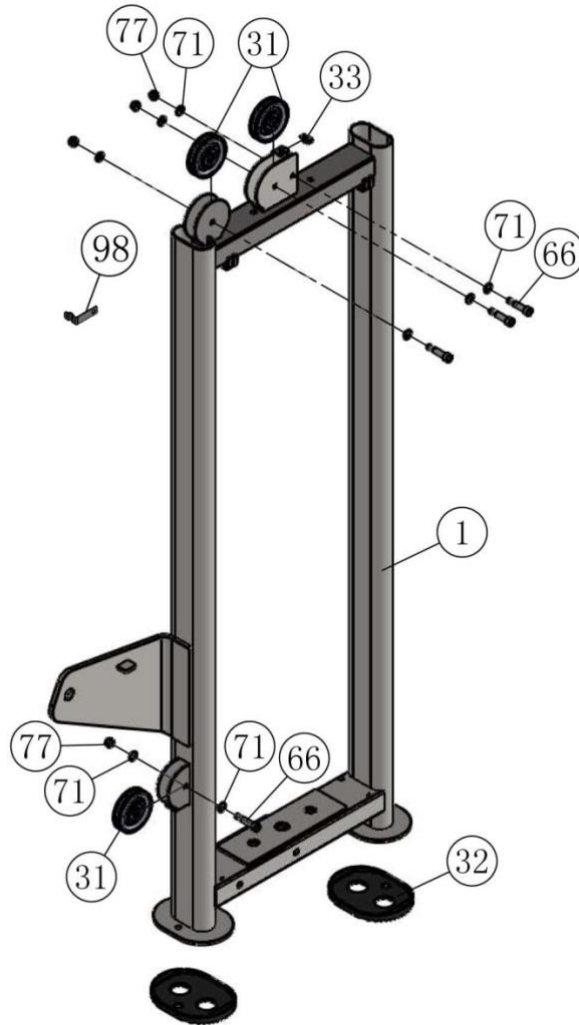
Item#	Description	Qty.	Item#	Description	Qty.
76	Nylon Lock Nut M8	5	88	LABEL-INSPECTIONS	1
77	Nylon Lock Nut M10	8	89	LABEL-CHECK CABLES	1
78	Nylon Lock Nut M12	5	90	LABEL-DANGER(IRDTZ-052E)	2
79	Weight Plate Label	1	93	Hex Recessed Round Head Screw M8*25	2
80	LABEL- PRONE LEG CURL	2	94	Top Brace	1
81	LABEL-EXERCISE CHART	1	95	Round Plug Φ60	1
82	LABEL-DANGER(IRDTZ-001E)	2	96	Big Arc Washer	2
83	LABEL-DANGER(IRDTZ-002E)	1	97	Hex Recessed Round Head Screw M10*85	2
84	LABEL-WARNING(IRDTZ-004E)	1	98	"L" Plate	1
85	LABEL-WARNING(IRDTZ-007E)	1	99	Bottle Cage	1
86	LABEL-WARNING(IRDTZ-008E)	1	100	Spacer Block	1
87	LABEL-CAUTION(IRDTZ-009E)	2	101	Hex Socket Countersunk Head Screw M8*30	2

Pre Assemble Components Parts List

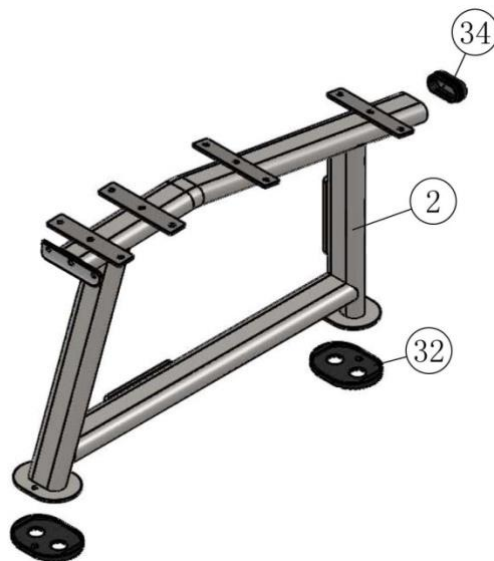
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	*9	Handles 2	1
*2	Main Frame	1	*14	Top Block	1
*5	Pivot Arm	1	*22	Weight Shield Front	1
*6	Cam	1	*25	Weight Shield Rear	1
*7	Swivel Foam Roll Tube	1	*94	Top Brace	1
*8	Handles 1	1			

Pre-Assembled Components

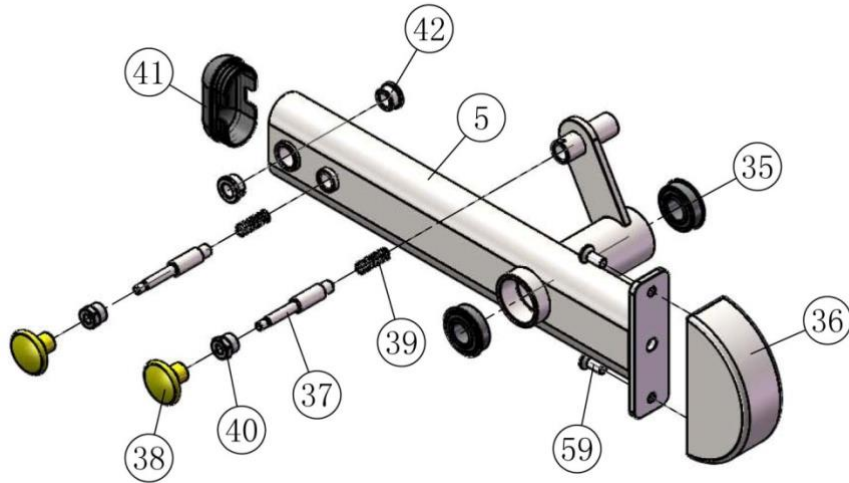
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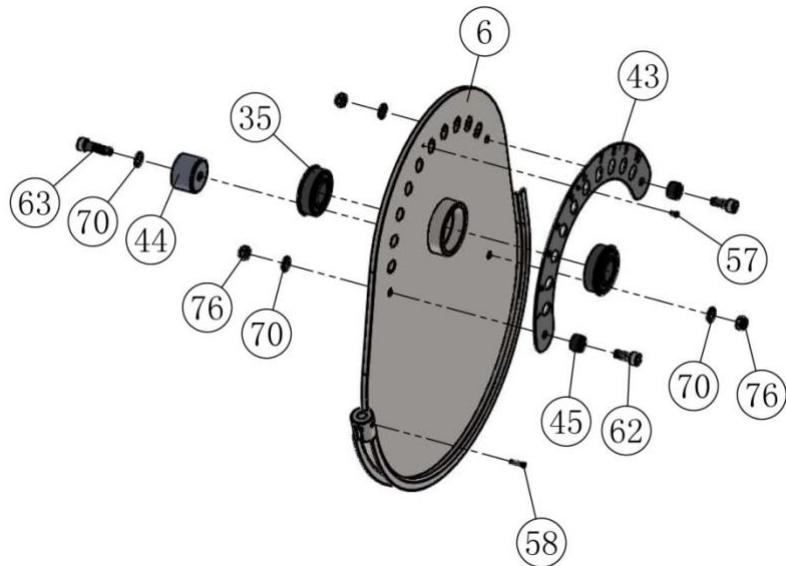
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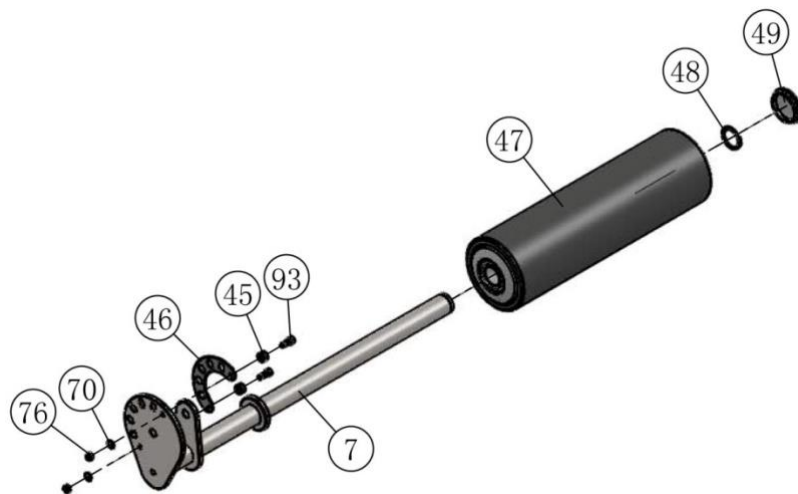
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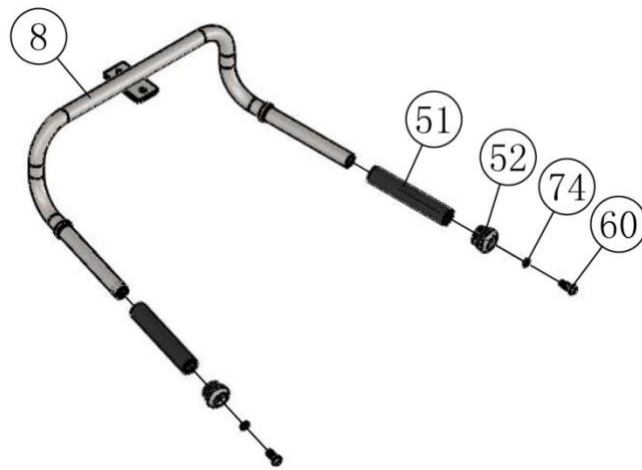
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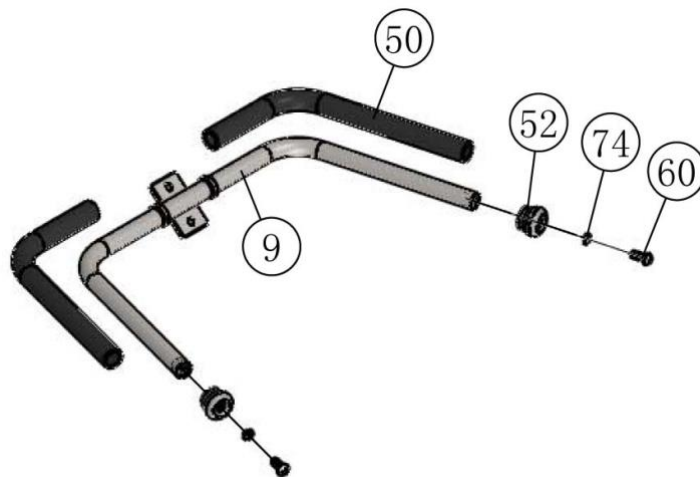
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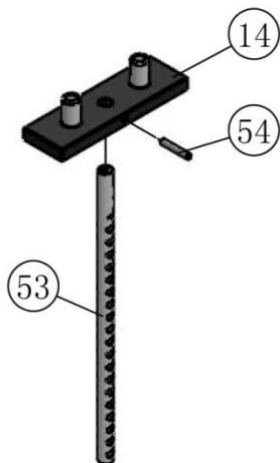
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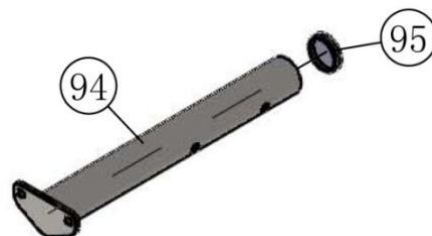
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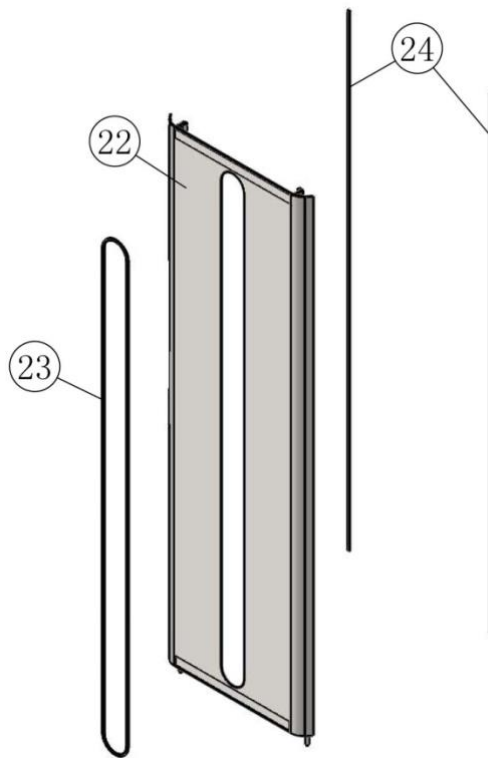
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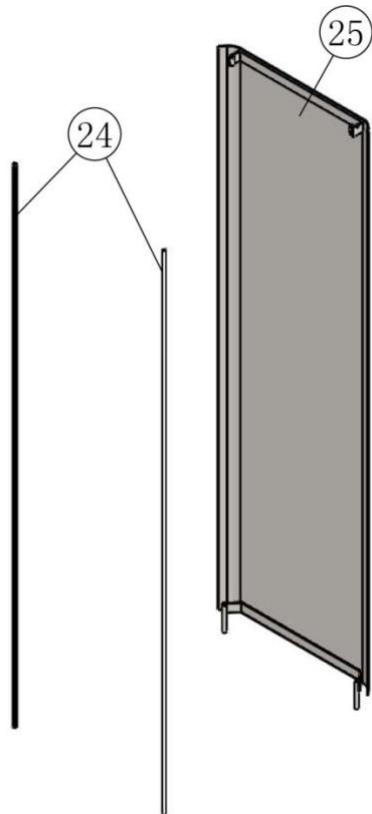
***94**



***22**



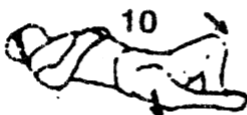
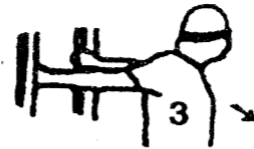
***25**



INSTRUCTIONS FOR USE

Using this Machine will provide you with several benefits. It will improve your physical fitness, tone your muscles and, in conjunction with a calorie-controlled diet, help lose your weight.

The stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds. Do not force or jerk your muscles into a stretch-if it hurts, **STOP**.



MAINTENANCE

Maintenance Information

1. Lubrication of all moving parts is essential to the longevity and optimal performance of your Machine.

Note: Do not use oil based lubricants as they will attract dust, dirt and grime, and will eventually gum up and erode bushings and sealed bearings.

2. All bushings should be checked regularly for signs of wear.
3. Check and adjust cable tension periodically as it will maintain proper anatomical function.
4. Periodically check all moving parts, upholstery and grips for signs of wear or damage. If there is a problem or replacement part which is necessary, STOP USING THE EQUIPMENT and immediately contact your local retailer. Replace parts using only genuine parts.
5. As needed, upholstery may be cleaned with a mild solution of soap and water. Regular use of a vinyl treatment will add to the life and appearance of your upholstery.
6. All chrome plated surfaces should be cleaned regularly to prolong the life and luster of the finish. Wipe machine down with a damp cloth and dry thoroughly each day. At least once a week your chrome equipment should be polished with a commercial grade or automotive type chrome polish.
7. When checking the bolts and nuts, be sure they are all fully fastened. If there is a bolt or nut that continuously loosens obtain a replacement through your local retailer.
8. Check welds to be free of cracks.

Failure to perform routine maintenance could result in personal injury and/or equipment damage.