

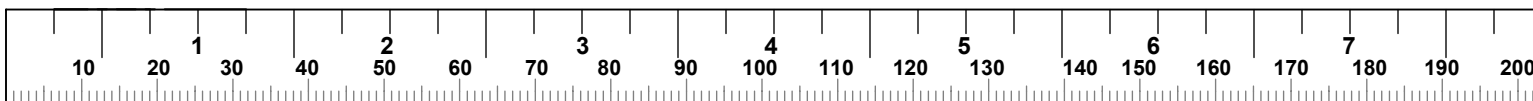
SEATED LEG CURL

Assembly Guide

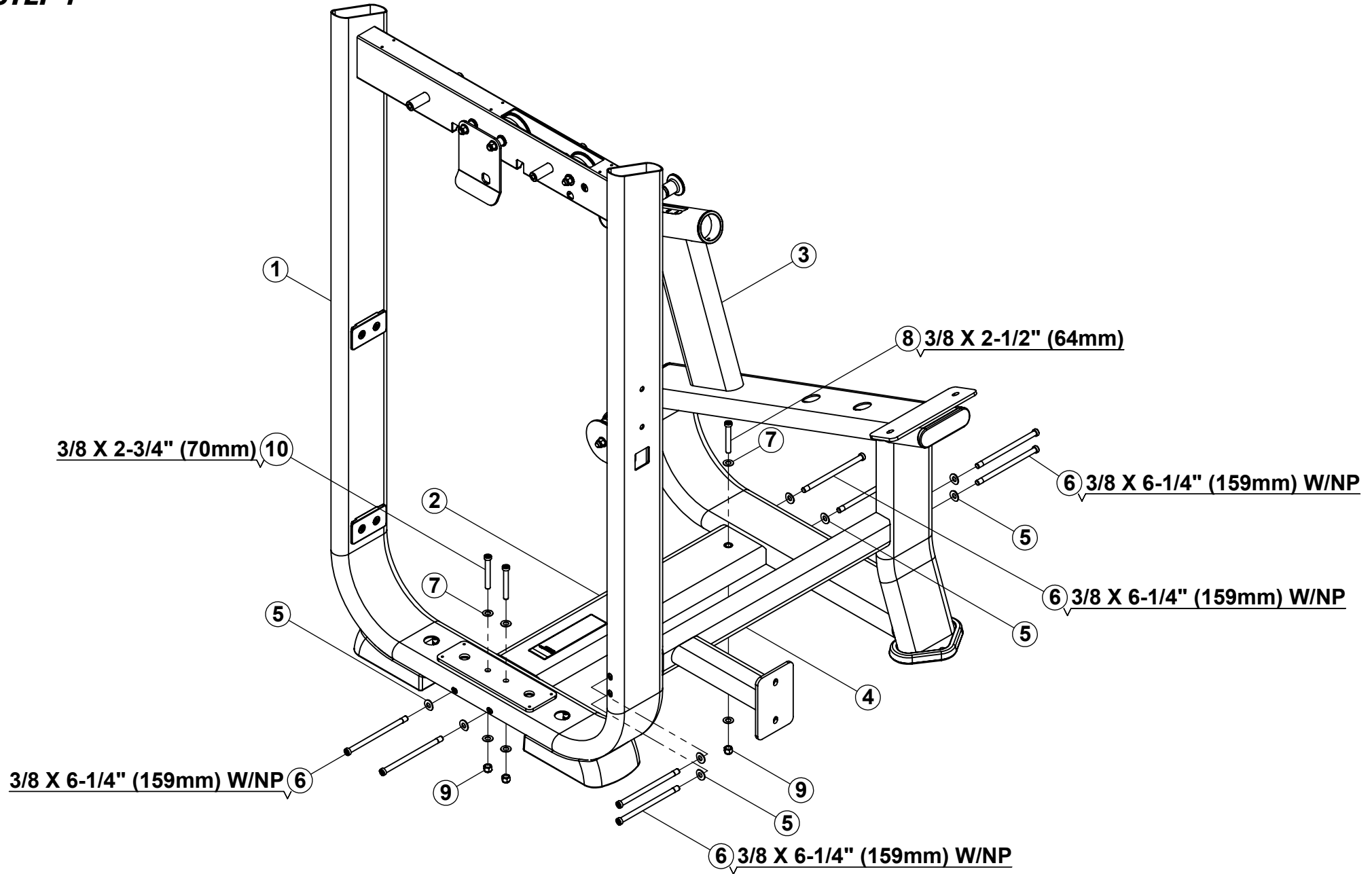
VERSION: SLC-03

PART #: 5290601-D

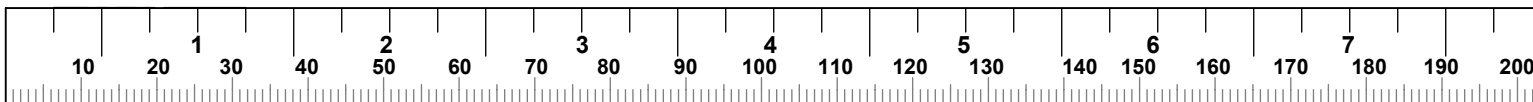
ITEM	QTY	PART NO	DESCRIPTION	ITEM	QTY	PART NO	DESCRIPTION
1	1	52518PA-C	PTD ASSY, SLC TOWER	32	1	52567PA-A	PTD ASSY, BACK PAD ADJ
2	1	52520PA-A	PTD ASSY, BASE CONNECTOR	33	1	5234801	BUSHING, STOP
3	1	52522PA-C	PTD ASSY, SLC FRAME	34	1	5212601	COVER, TOWER BASE
4	1	5252901-A	WLDMT, FRONT CONNECTOR	35	12	2004802	SCREW, 10-32 X 1/2" (12MM) PAN HEAD W/NP
5	9	2003001	WASHER, 3/8" SAE CURVED	36	2	5209701	GUIDE ROD, 19 DIA X 1315
6	8	2006424	BOLT, 3/8-16 X 6-1/4" (159mm) SOCKET HEAD W/NP	37	15	52101PA	PTD ASSY, 15 LB WEIGHT PLATE
7	40	2001101	WASHER, FLAT 3/8 SAE ST ZN	38	1	5250201-C	ASSY, 15 PLATE HEAD PLATE
8	3	2005409	BOLT, 3/8-16 X 2-1/2" (64mm) SOCKET HEAD	39	1	5218201-D	ASSY, 7.5LB INC. WEIGHT
9	6	2001201	NUT, 3/8-16 LK ST ZN	40	2	5095301	SHAFT COLLAR, GUIDE ROD
10	2	2005410	BOLT, 3/8-16 X 2-3/4" (70mm) SOCKET HEAD	41	2	5209801	BUSHING, GUIDE ROD RETAINER
11	1	53502PA	PTD ASSY, SLC MAIN UPRIGHT	42	2	5098201	CUSHION, WEIGHT STACK
12	4	2005408	BOLT, 3/8-16 X 2-1/4" (57mm) SOCKET HEAD	43	1	5263801-B	BELT, SLC TOWER
13	8	2004301	NUT, 3/8-16 LH LK ST ZN	44	1	5209501-A	PLATE, BELT WRAP
14	1	5256401-A	WLDMT, UPRIGHT CONNECTOR	45	1	5208201-A	PLATE, BELT CLAMP
15	1	5285001-A	PLATE, 50 X 120 X 4MM	46	6	2005405	BOLT, 3/8-16 X 1-1/2" (38mm) SOCKET HEAD
16	2	5349201	SPACER, 35 ID X 45 OD X 8	47	1	5248901-A	SHROUD, TOWER FRONT N/O
17	1	5356501	WLDMT, ADJUSTABLE START	48	1	5212901-B	SHROUD, TOWER FRONT - LH
18	1	5349101	KEY, 35mm CAM SHAFT	49	1	5297701	LABEL, WEIGHT STACK 15LBS
19	1	5350101	WLDMT, SLC CAM	50	4	5213201	MOUNT, 19MM ID STANDOFF
20	2	5215901	CAP, AL END 6205Z BEARING HOUSING	51	1	5297001	ASSY, REAR SHROUD
21	2	2006402	BOLT, 3/8-16 X 3/4" (19mm) SOCKET HEAD W/NP	52	1	5294601	ASSY, TOWER CAP
22	1	5357501	SPACER, PIVOT ARM	53	1	5296601-A	ASSY, SLC PLACARD
23	1	53573PA	PTD ASSY, SLC PIVOT ARM	54	2	5244001	TRAY, TOWER CAP - LARGE
24	1	5356301	CAP, LARGE AL END PIVOT POINT	55	1	5244101	TRAY, TOWER CAP - SMALL
25	1	52557PA	PTD ASSY, LEG PIVOT	56	1	52672PA-A	PTD ASSY, HANDLE
26	1	2005417	BOLT, 3/8-16 X 4-1/2" (114mm) SOCKET HEAD	57	6	2006404	BOLT, 3/8-16 X 1-1/4" (32mm) SOCKET HEAD W/NP
27	1	5222501-B	COUNTER WEIGHT, 325 LONG DIPPED	58	1	5223001-B	ASSY, BACK PAD W/PLASTIC COVER
28	5	2006403	BOLT, 3/8-16 X 1" (25mm) SOCKET HEAD W/NP	59	2	2006410	BOLT, 3/8-16 X 2-3/4" (70mm) SOCKET HEAD W/NP
29	1	5252701-B	PLATE, KNEE HOLD DOWN ADJ	60	1	5248101-A	PAD, LARGE SEAT
30	2	2005403	BOLT, 3/8-16 X 1" (25mm) SOCKET HEAD	61	2	5246801-D	PAD, LONG ROLLER
31	1	52560PA-B	PTD ASSY, SLC KNEE HOLD DOWN	62	2	5222201-A	CAP, AL ROLLER PAD



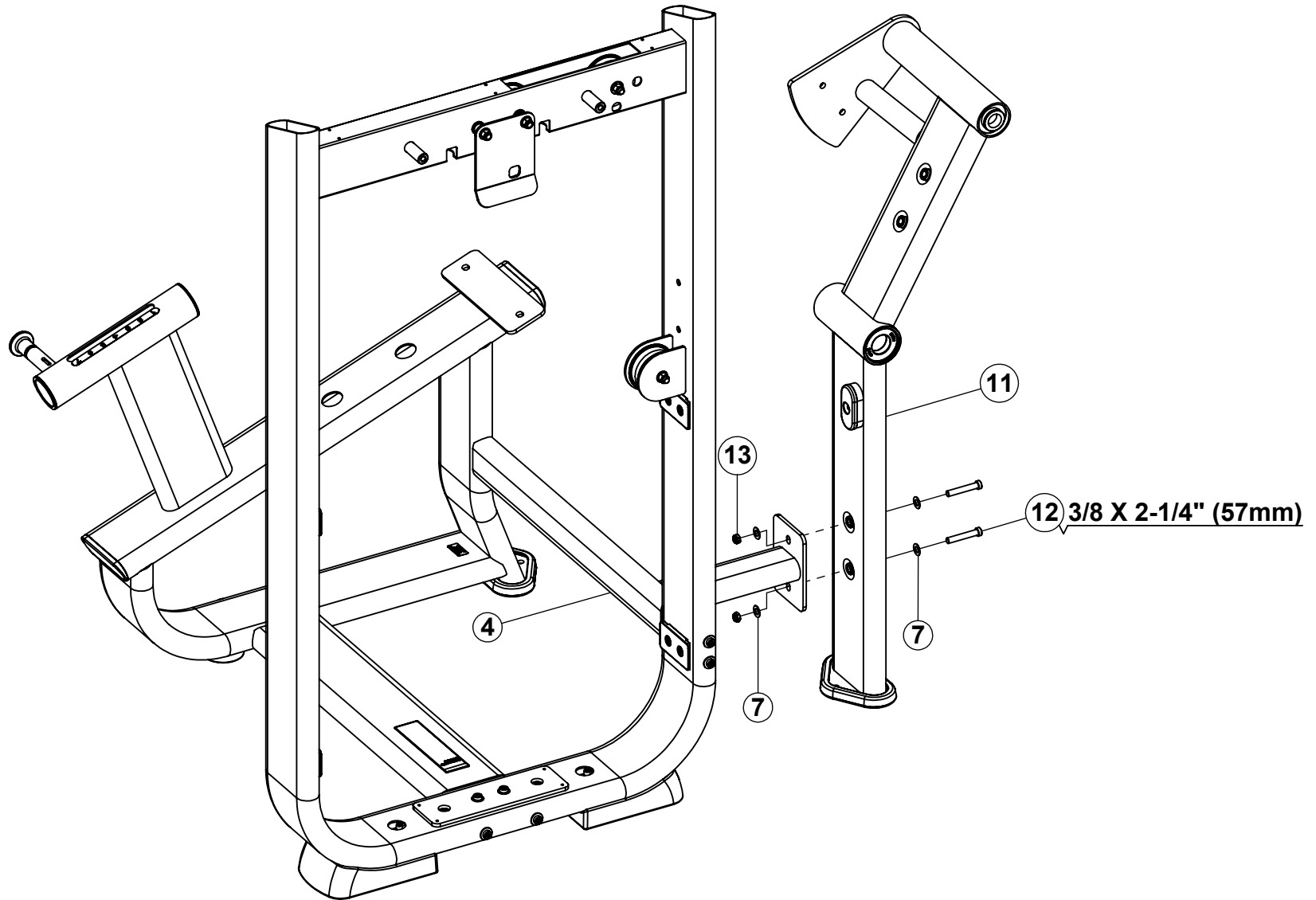
STEP 1



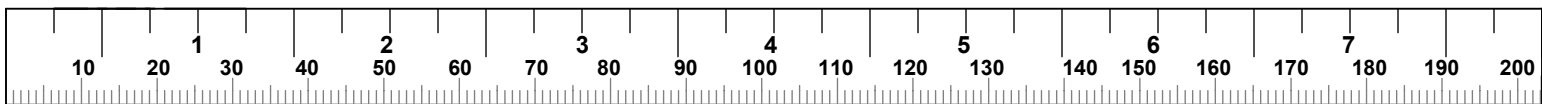
- LOOSELY assemble all frame connections first, then securely tighten all bolt connections.



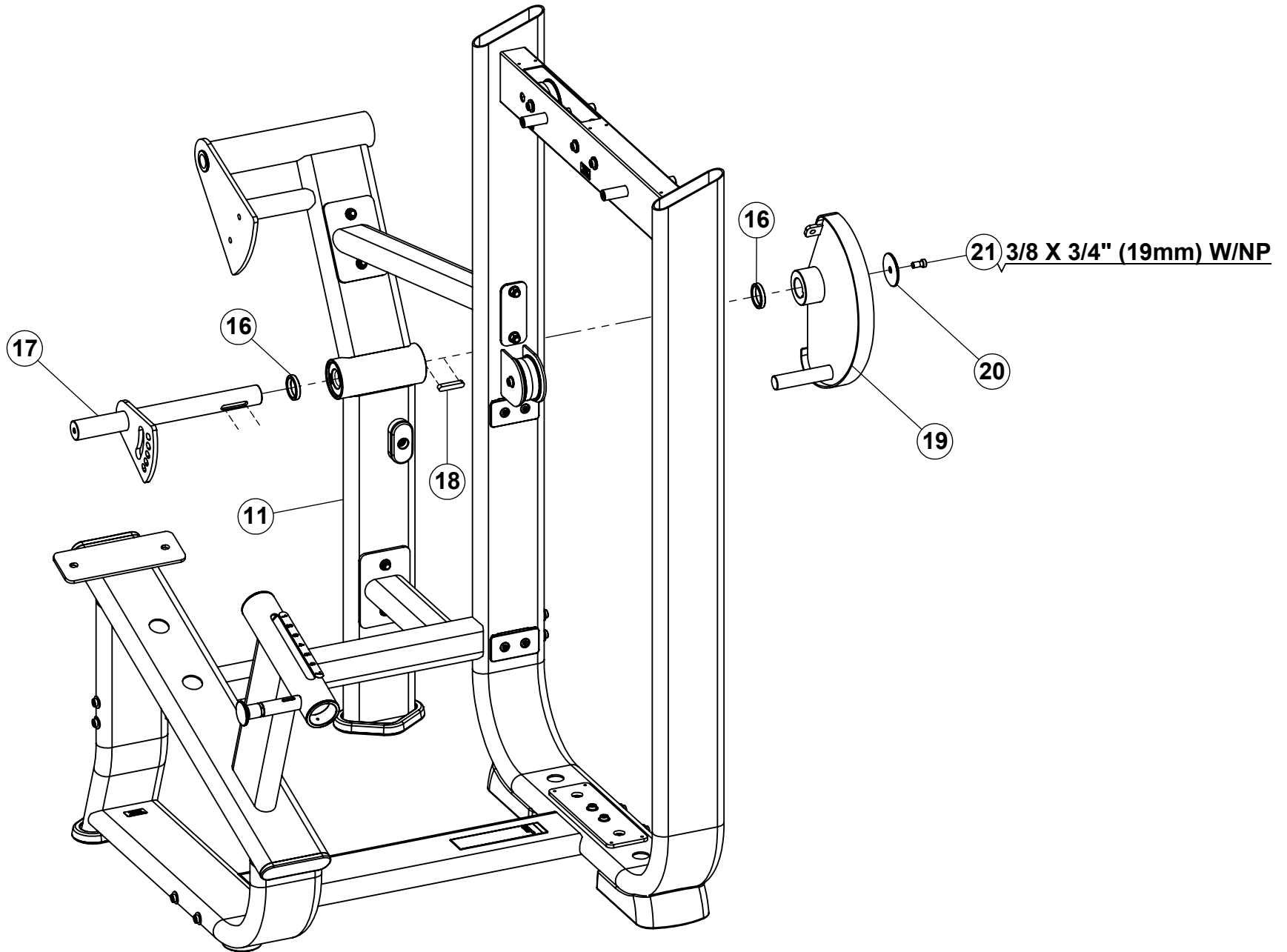
STEP 2



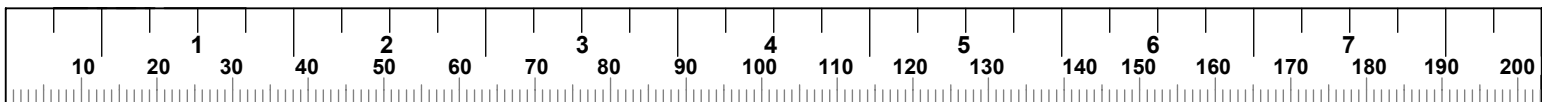
- **Keep this frame connection LOOSE until next step.**



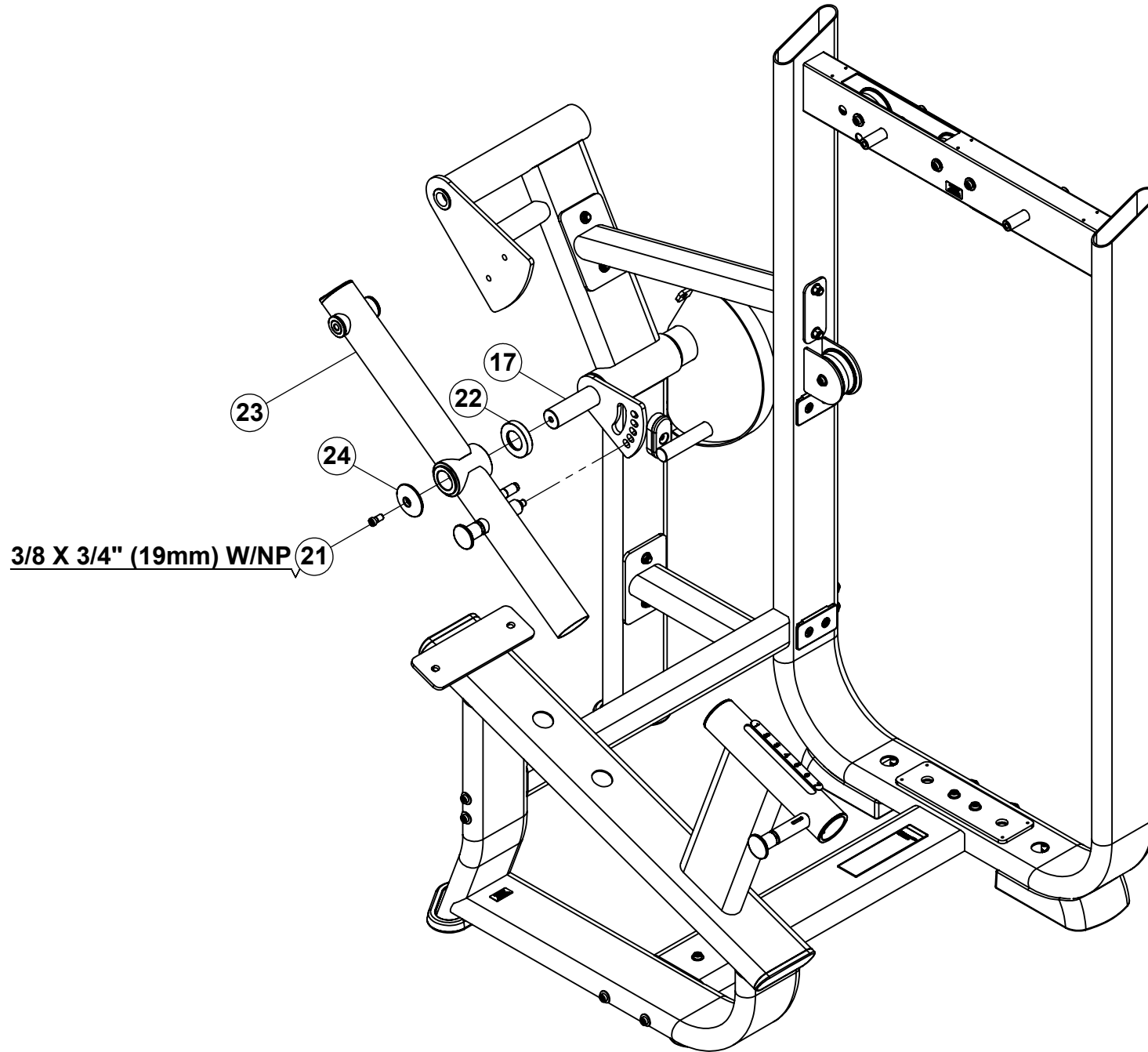
STEP 4



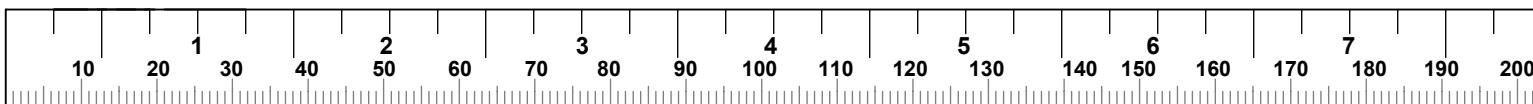
- **Securely tighten all bolt connections.**



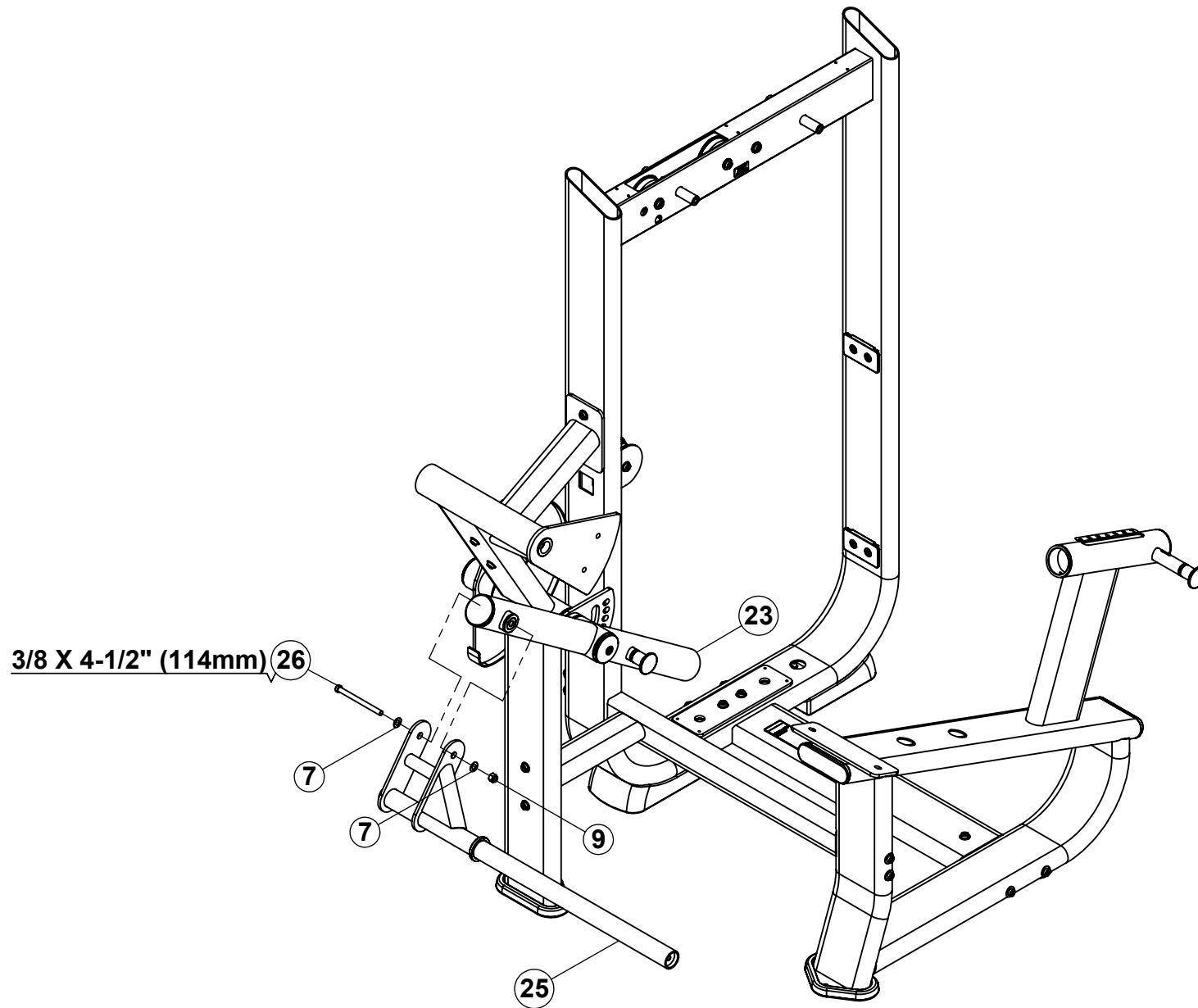
STEP 5



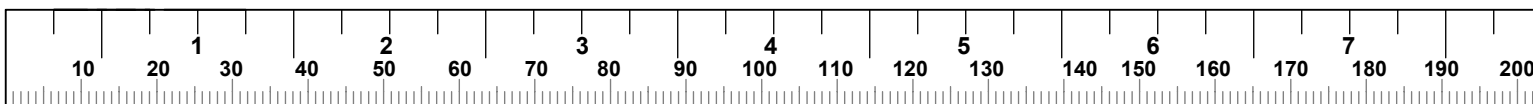
- **Securely tighten all bolt connections.**



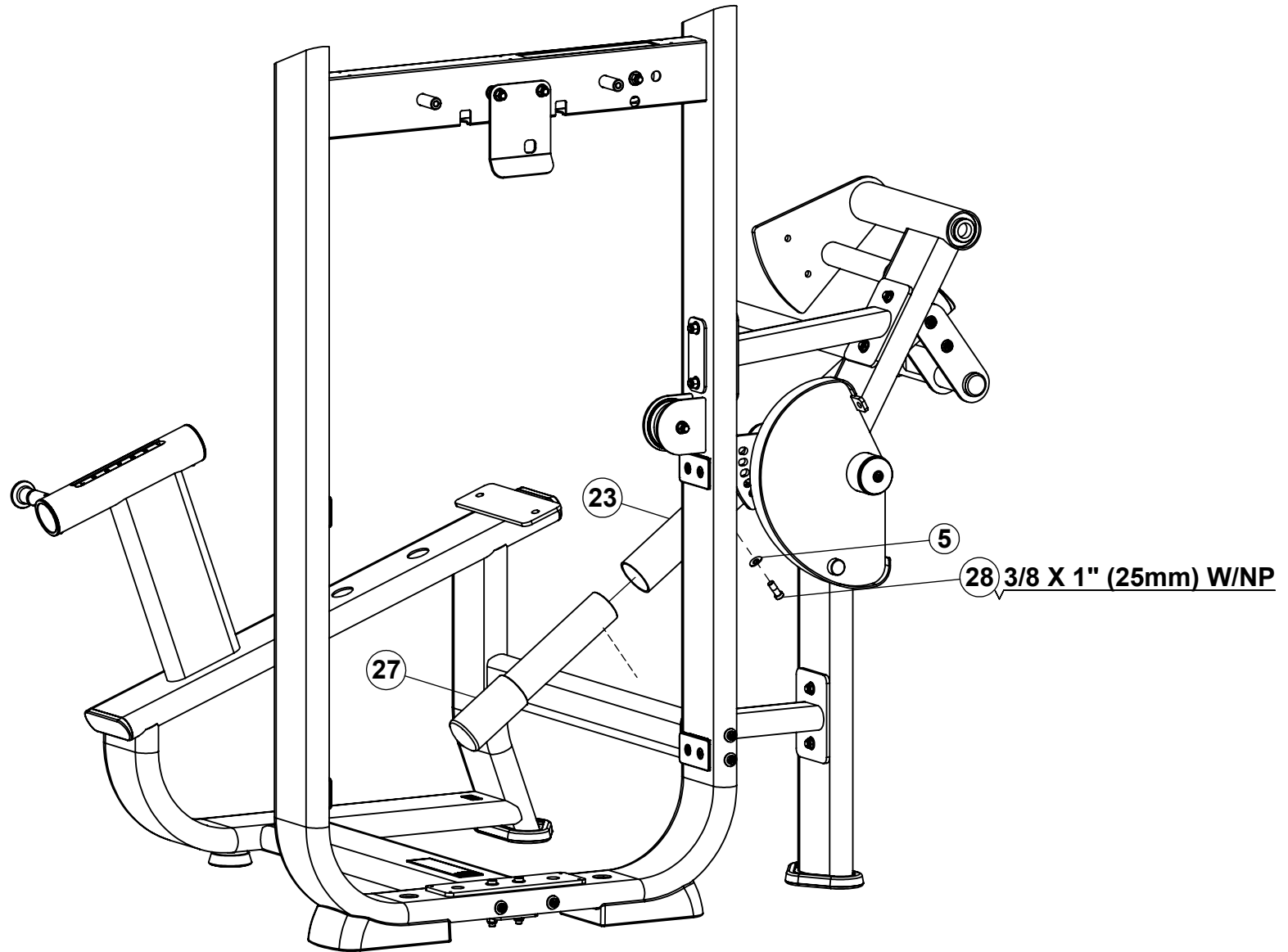
STEP 6



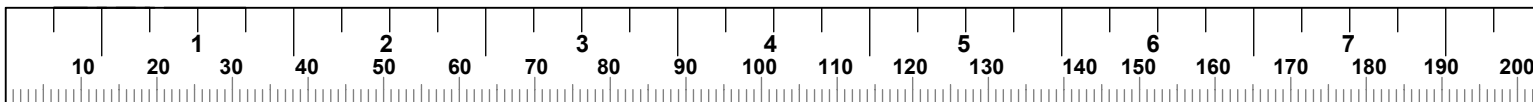
- **Securely tighten all bolt connections.**



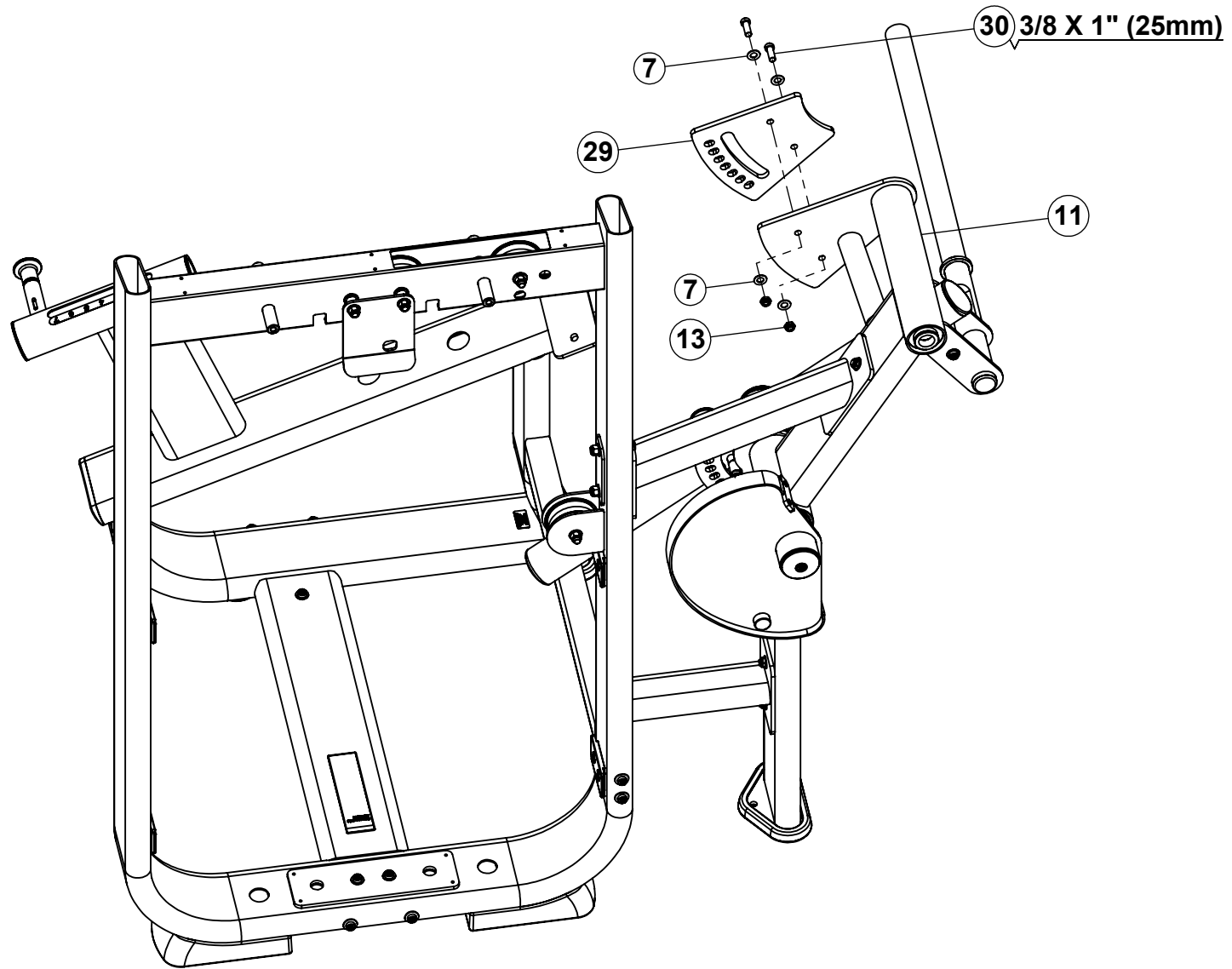
STEP 7



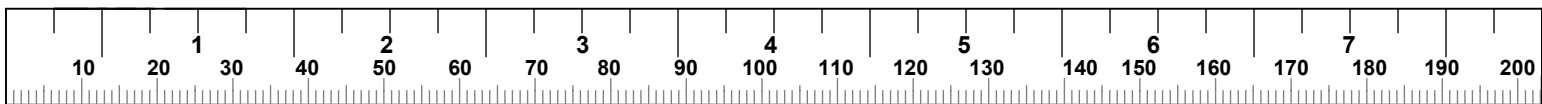
- **Securely tighten all bolt connections.**



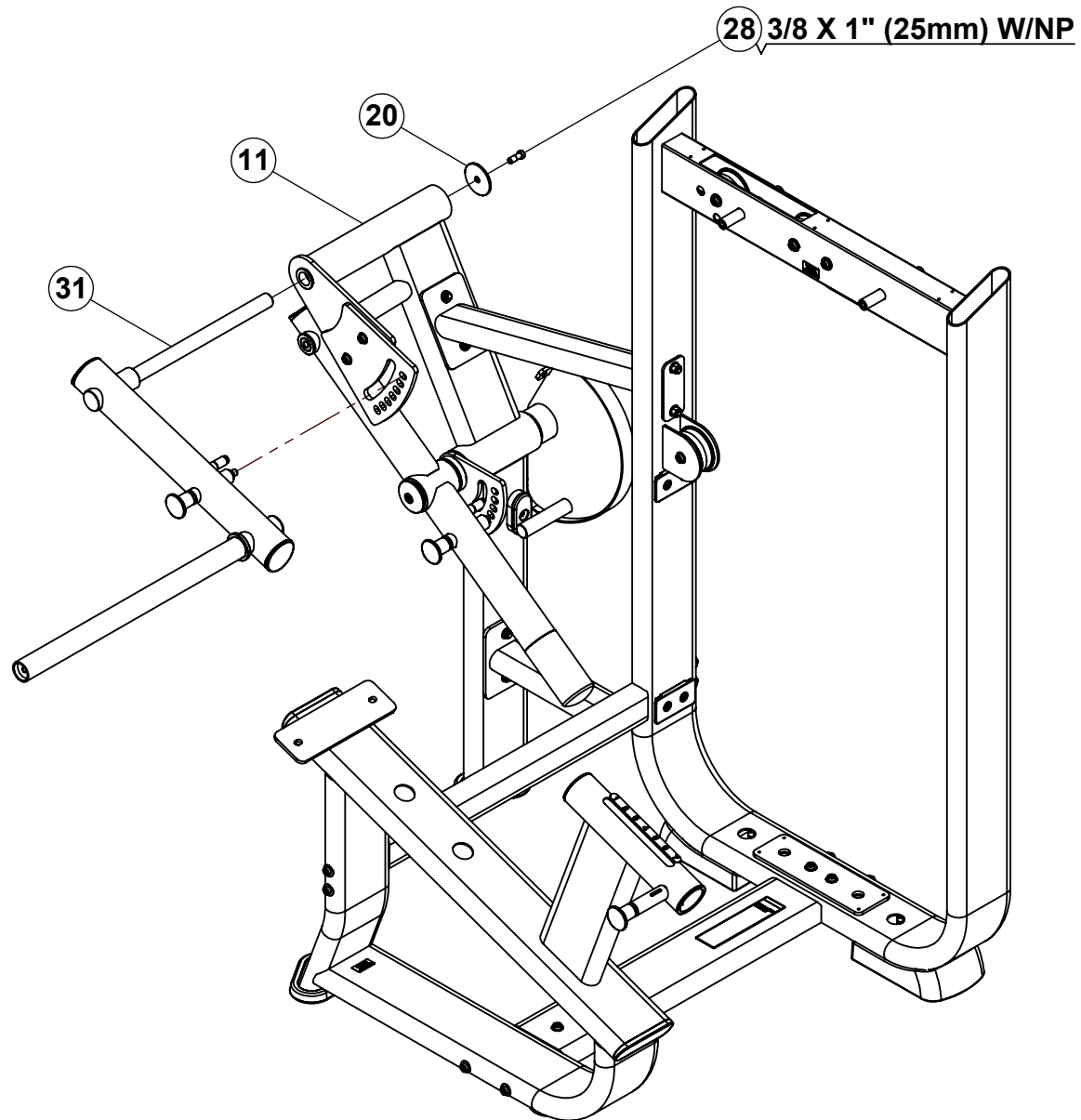
STEP 8



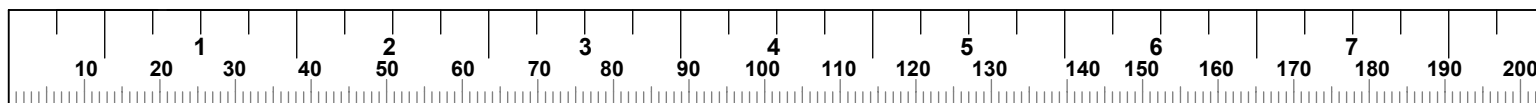
- **Securely tighten all bolt connections.**



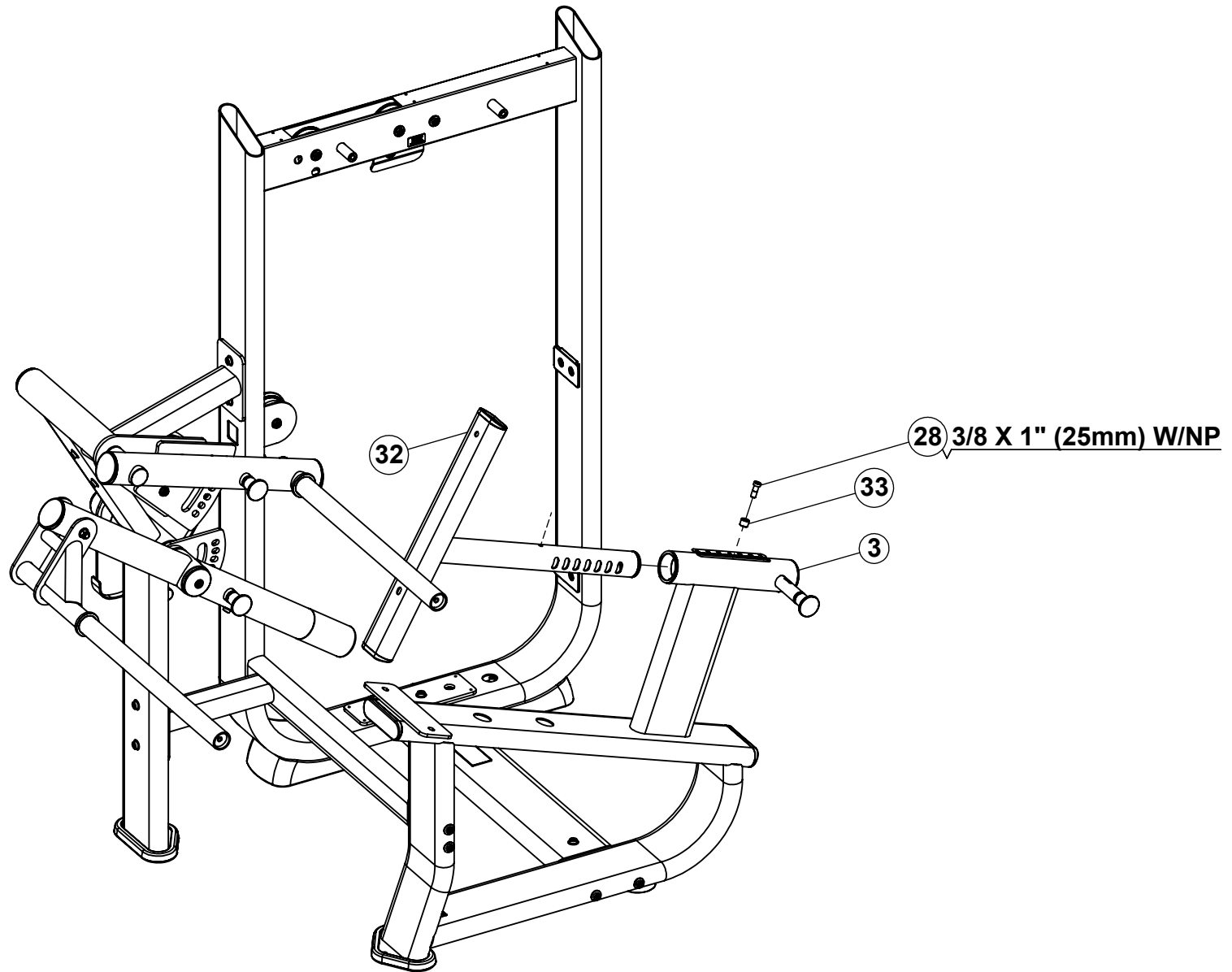
STEP 9



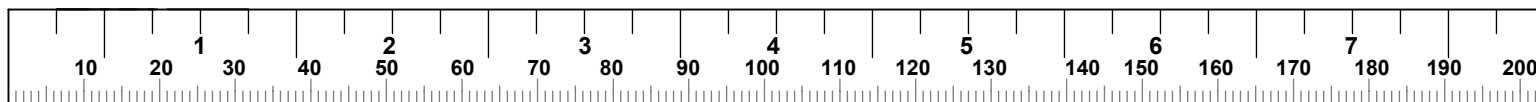
- Securely tighten all bolt connections.



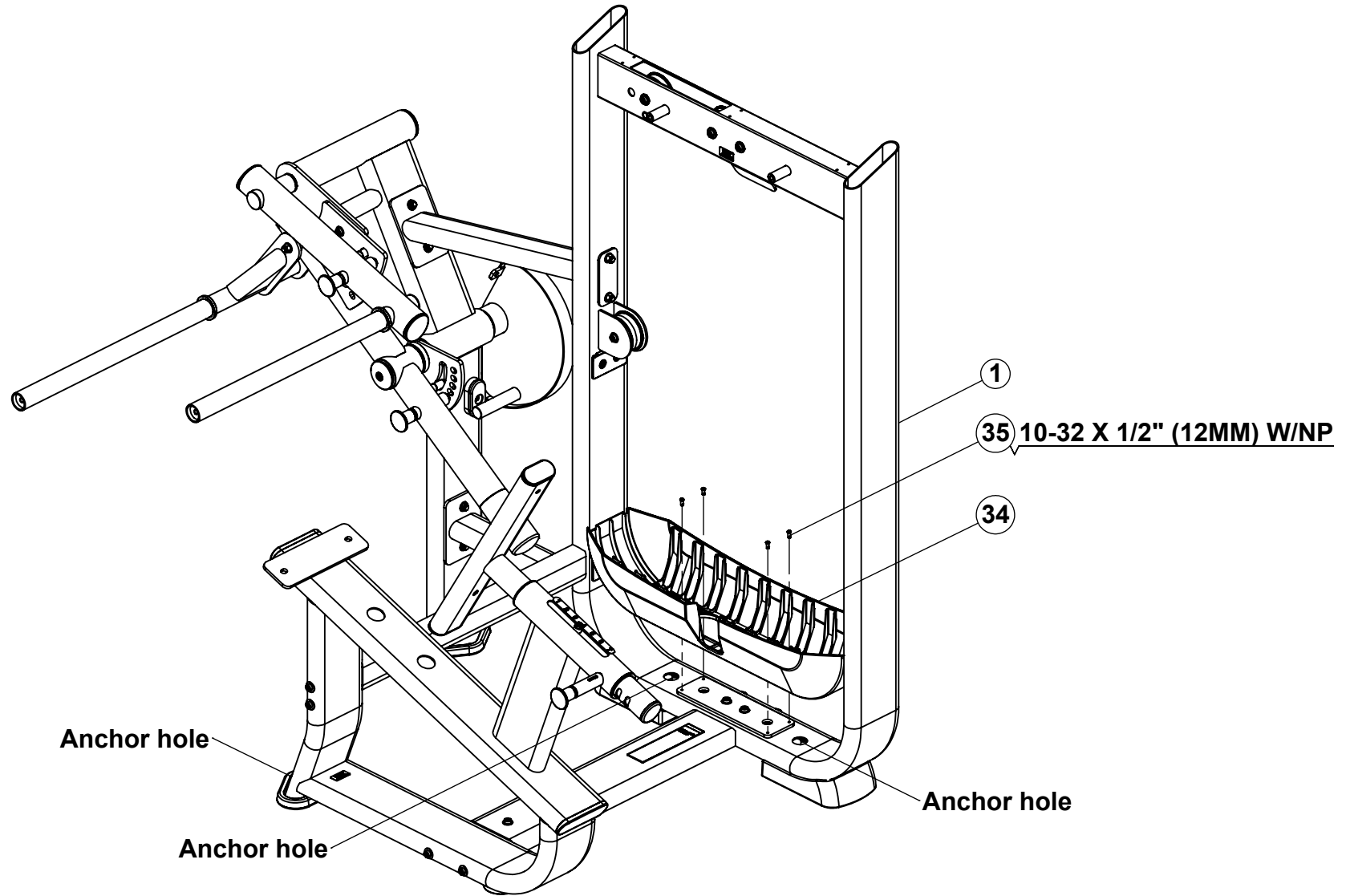
STEP 10



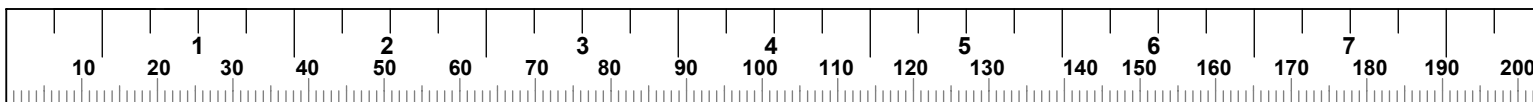
- **Securely tighten all bolt connections.**



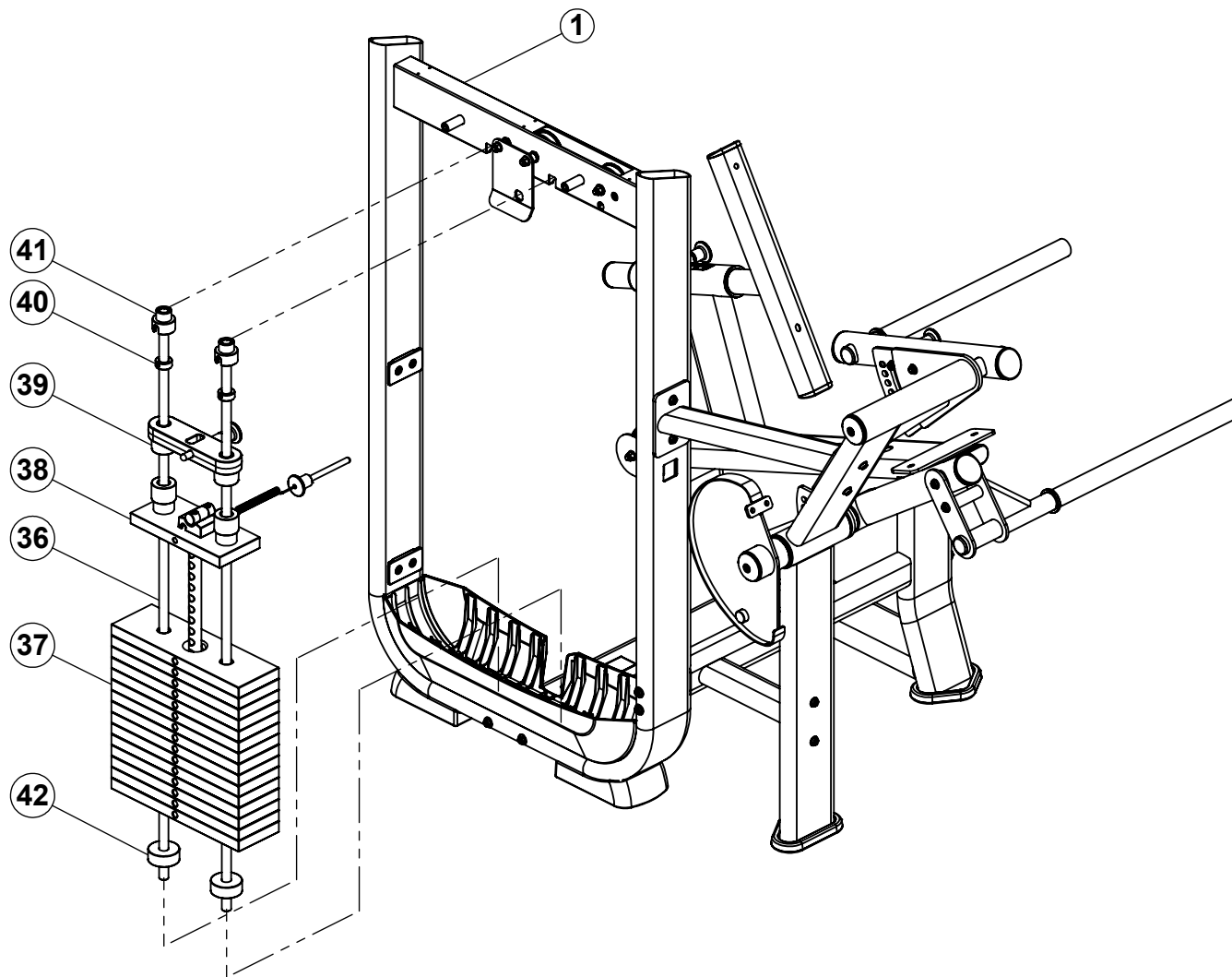
STEP 11



- **Securely tighten all bolt connections.**
- **If machine will be anchored to the floor, this must be done before the weight stack is assembled.**
- **Securely anchor machine to the floor using the anchor holes provided.**
NOTE: Consult a professional contractor for the actual anchoring of the machine.



STEP 12



OPTIONAL: follow these steps to permanently attach the Lanyard to the Head Plate:

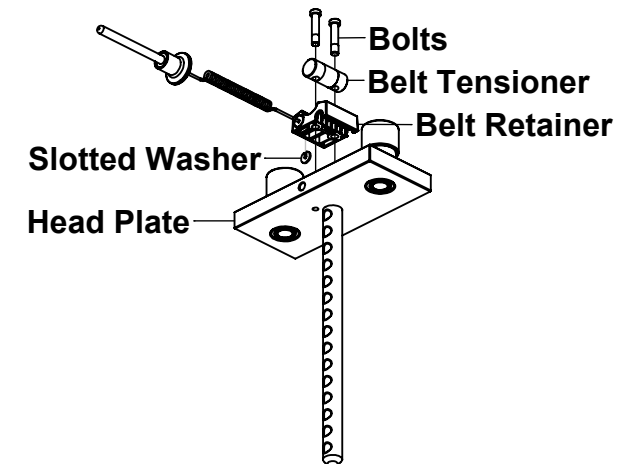
A) Loosen and remove the two Bolts and the Belt Tensioner from the Belt Retainer

B) Remove the Belt Retainer from the Head Plate and allow the slotted washer to fall out

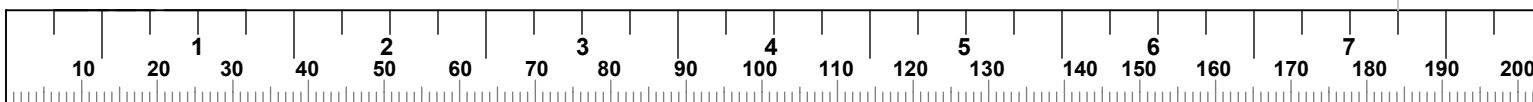
C) Push in on Lanyard until it stops

D) Insert the slotted washer (slot up) into the slotted opening of the Belt Retainer to secure the Lanyard

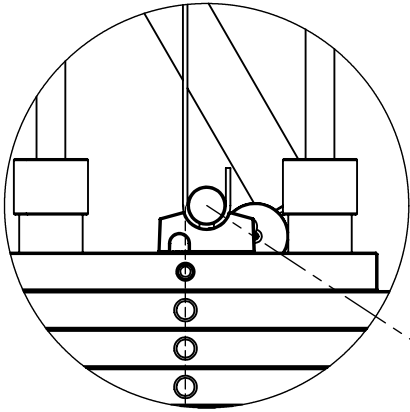
E) Loosely assemble Belt Retainer, Belt Tensioner and two Bolts to the Head Plate



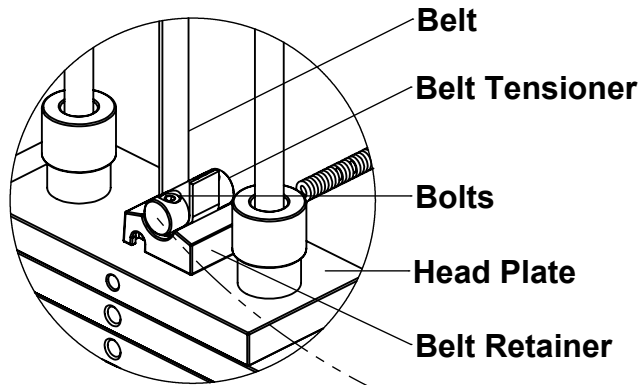
- Securely tighten all bolt connections.



BELT ROUTING DIAGRAM



NOTE: The Belt must be routed directly down the center of the Head Plate as shown.

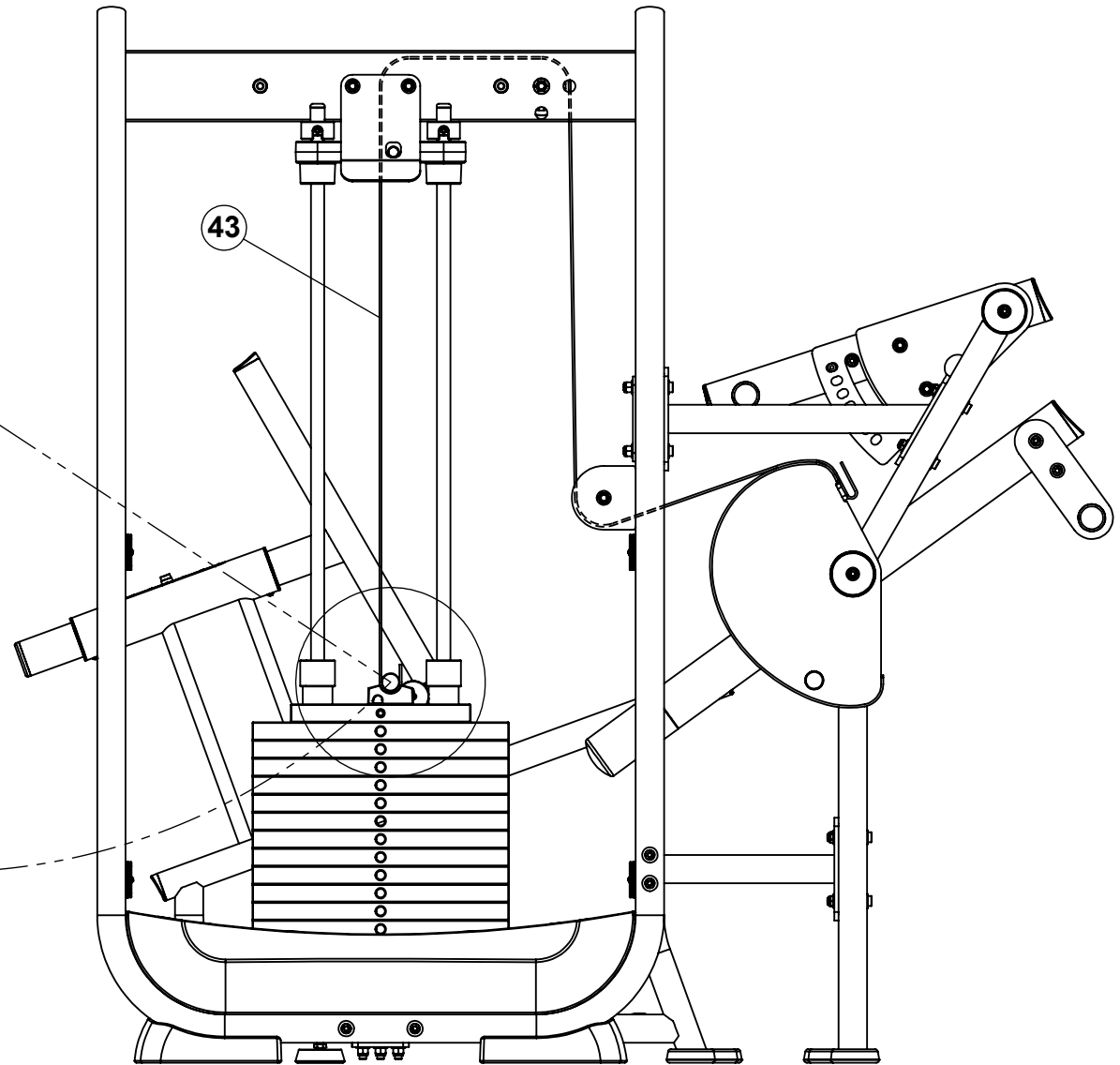


Follow these steps to assemble the Belt to the Head Plate:

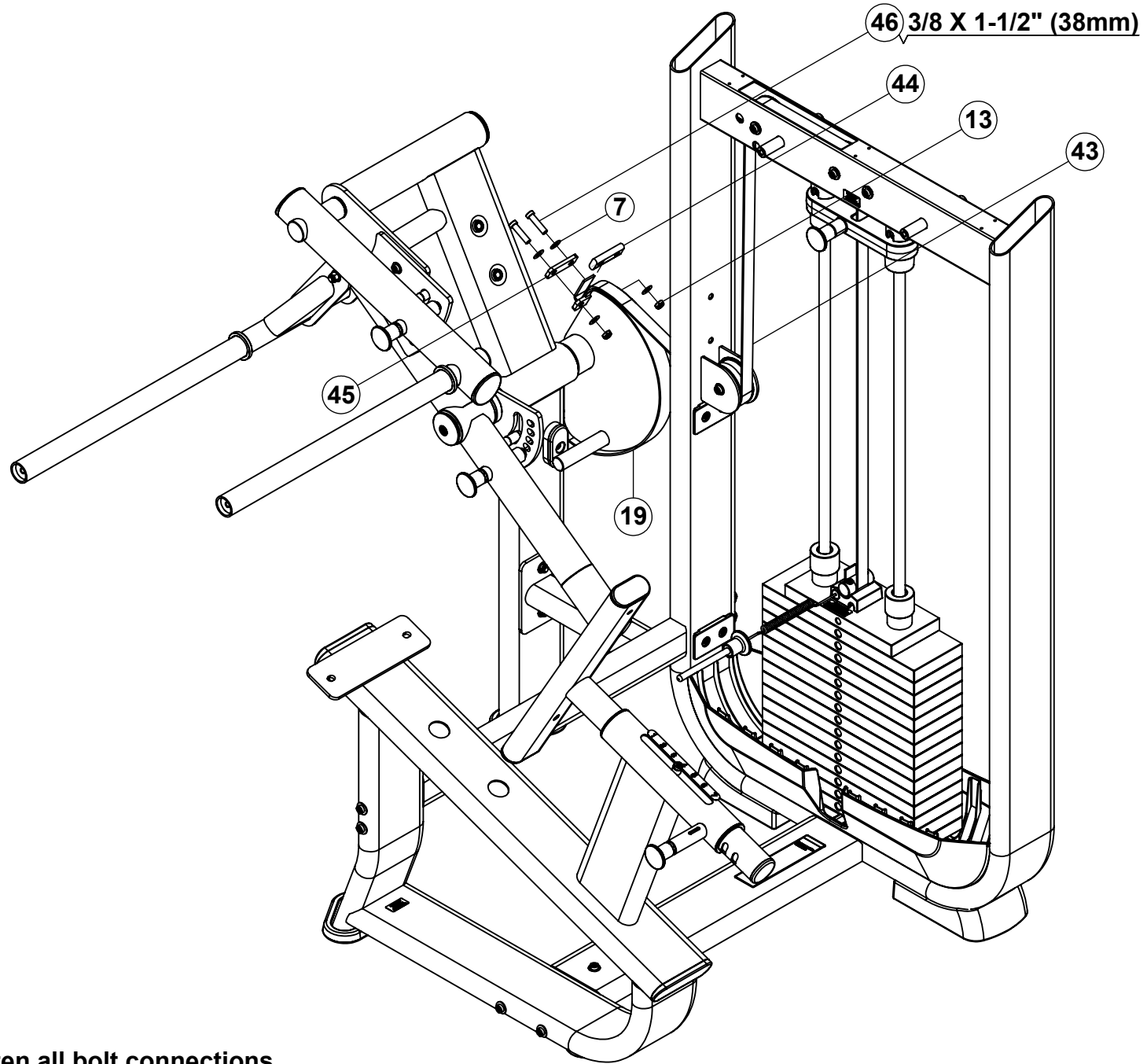
A) Loosen the Bolts that hold the Belt Tensioner to the Belt Retainer

B) Slide the Belt underneath the Belt Tensioner, between the Bolts leaving approximately 1" of Belt exposed on the other side

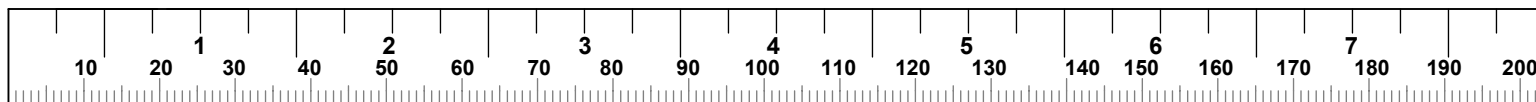
C) Securely tighten the Bolts and Belt Tensioner to the Belt Retainer



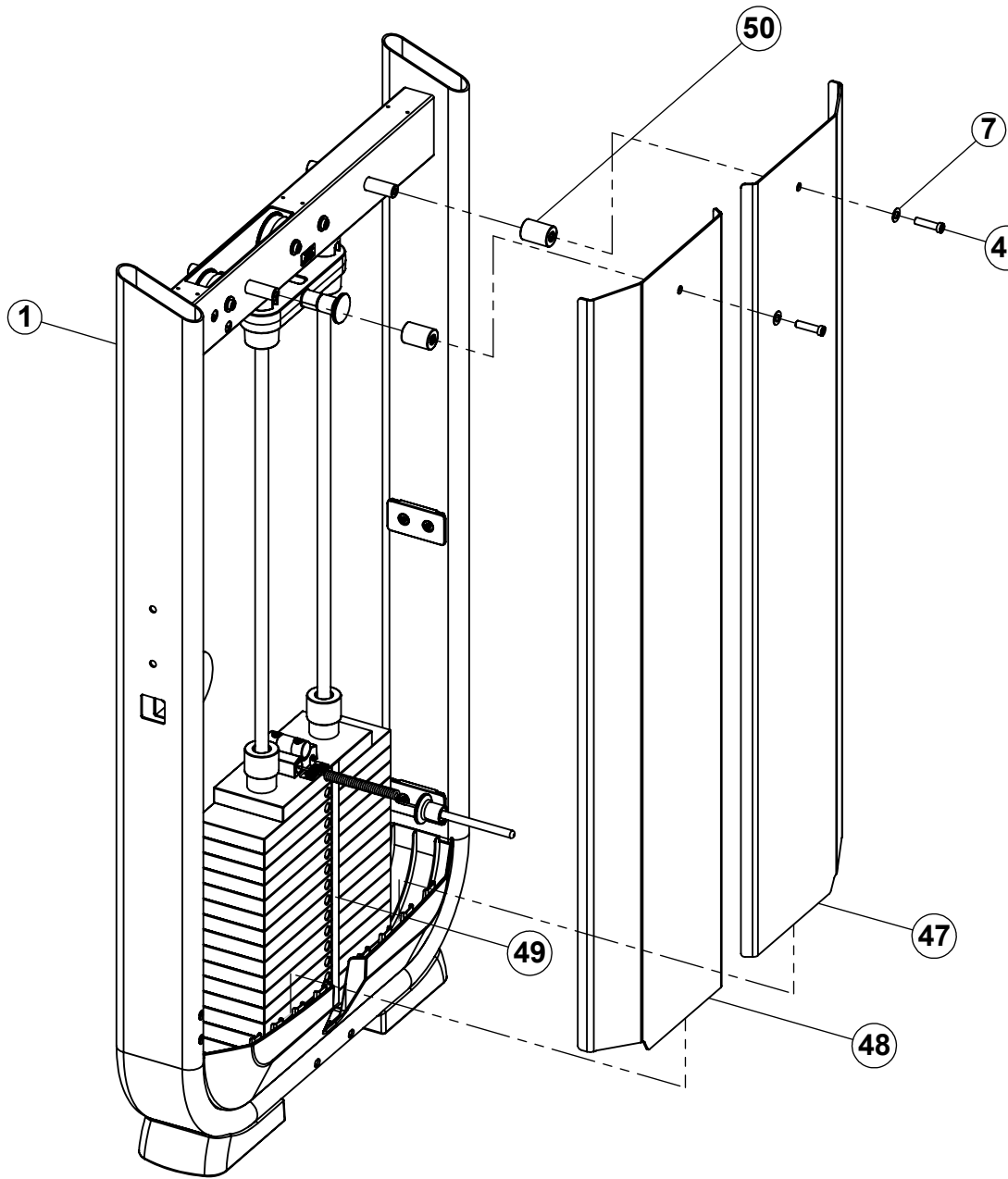
STEP 13



- **Securely tighten all bolt connections**

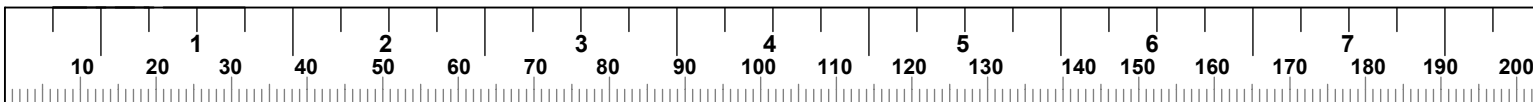


STEP 14

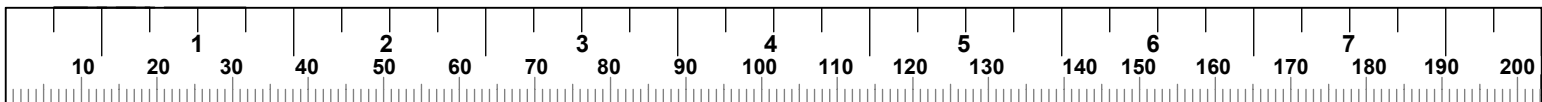
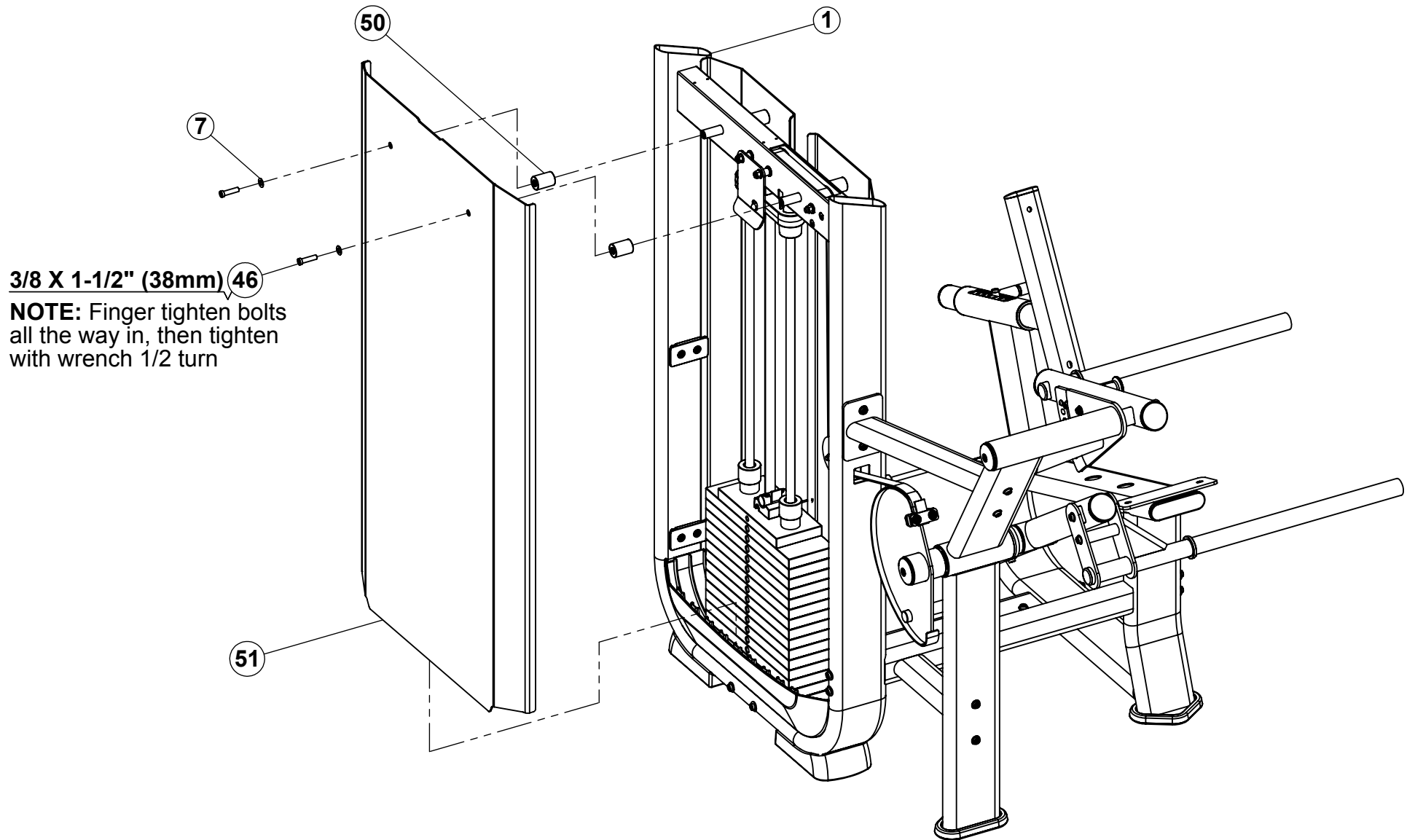


46 3/8 X 1-1/2" (38mm)

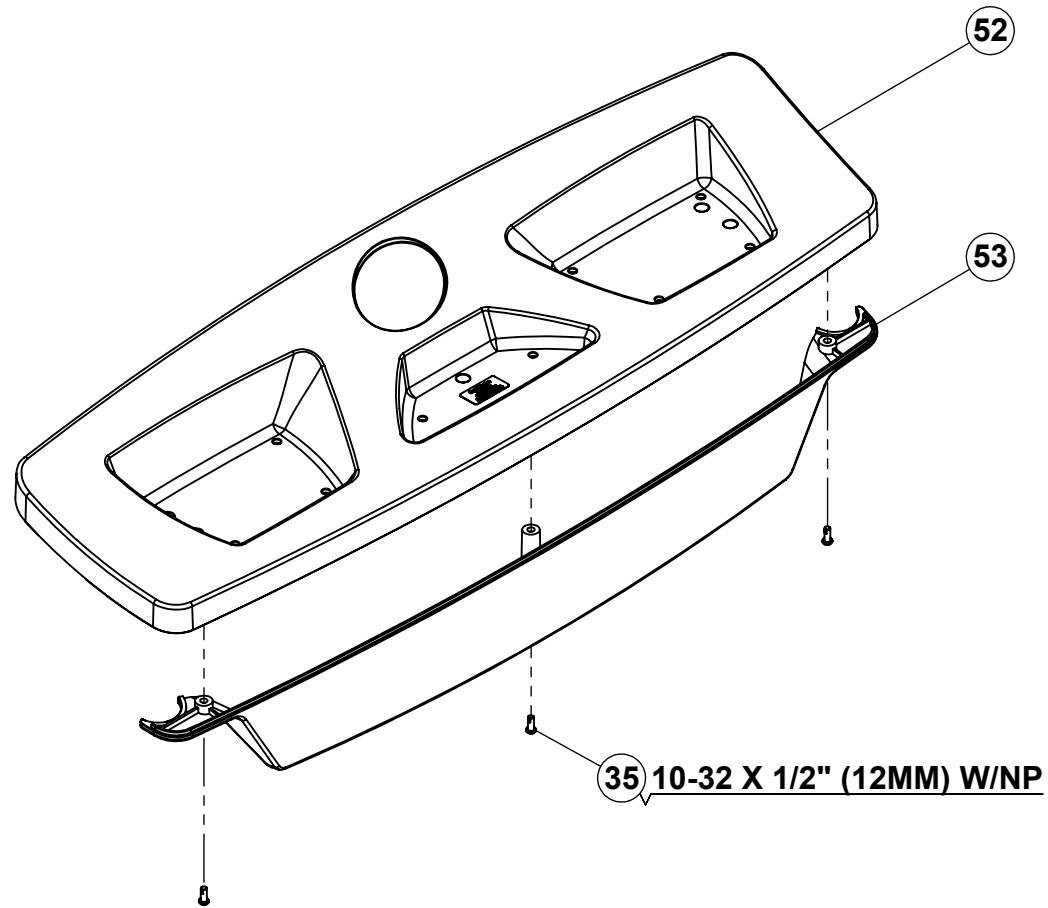
NOTE: Finger tighten bolts all the way in, then tighten with wrench 1/2 turn



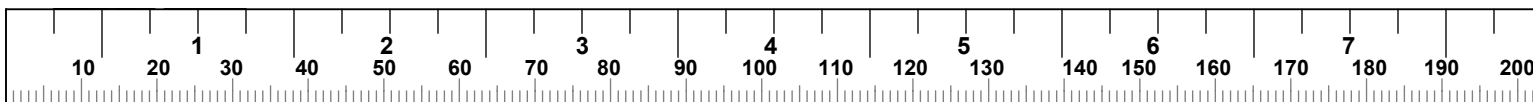
STEP 15



STEP 16

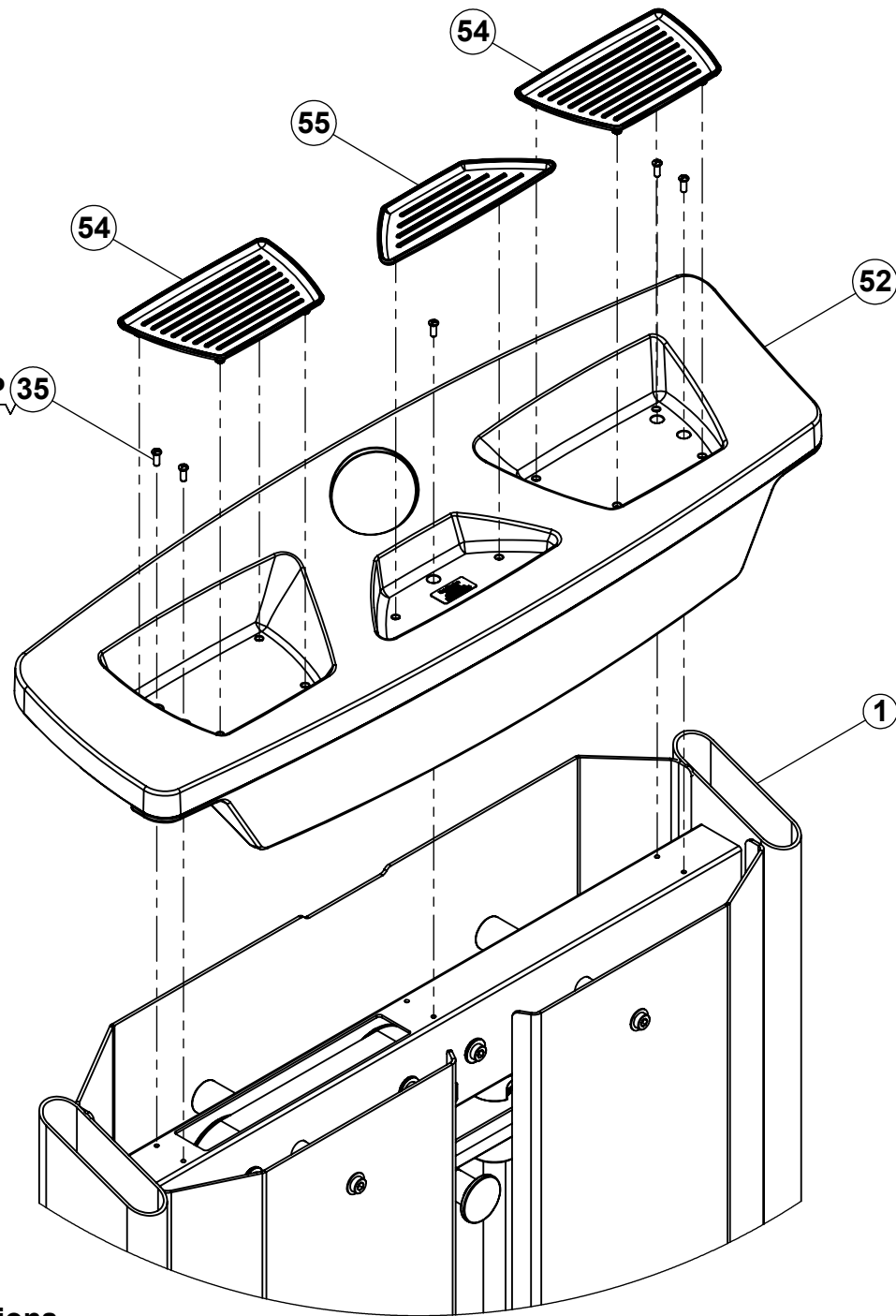


- **Securely tighten all bolt connections.**

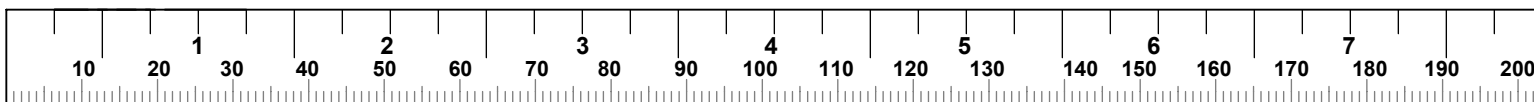


STEP 17

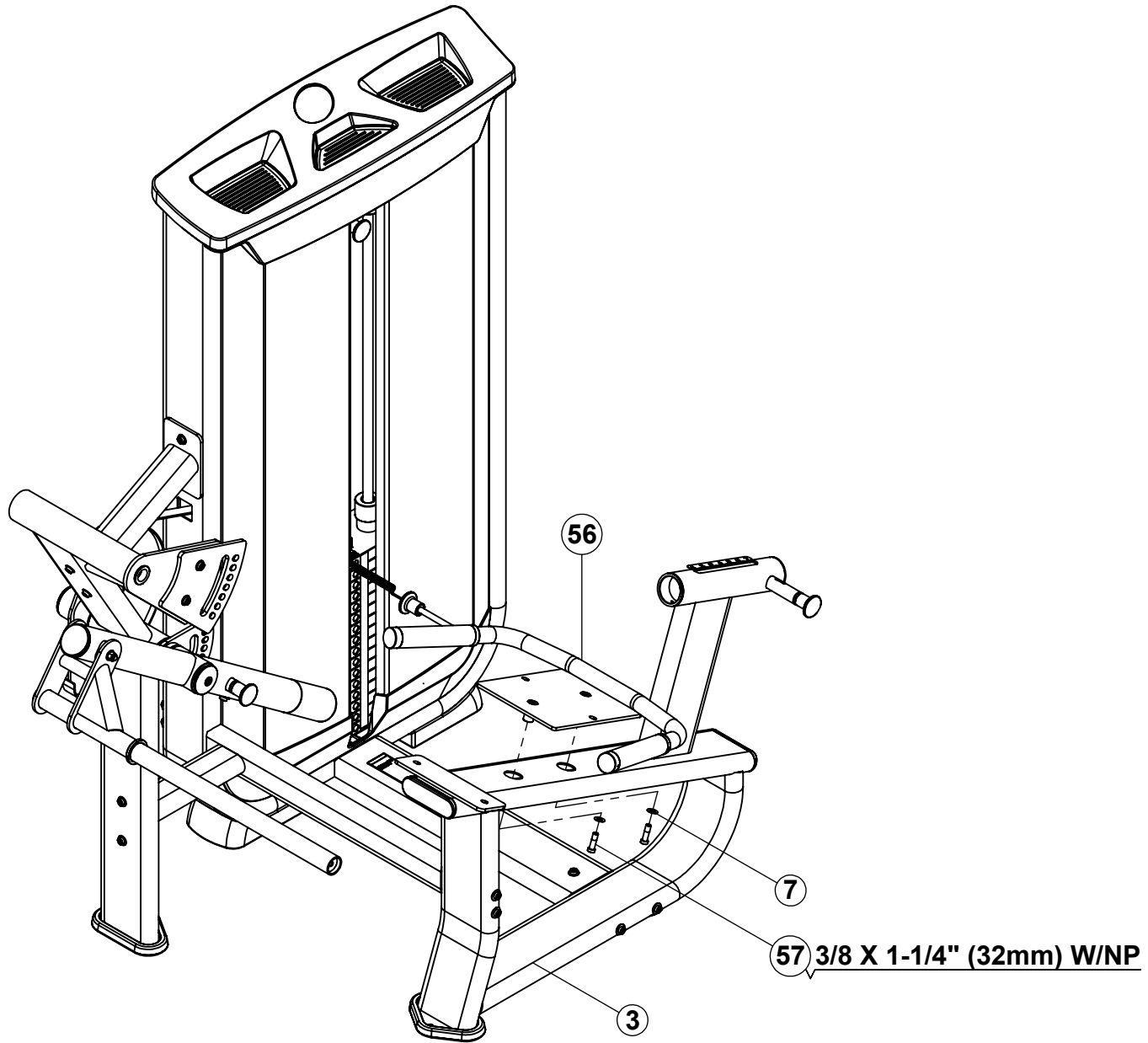
10-32 X 1/2" (12MM) W/NP 35



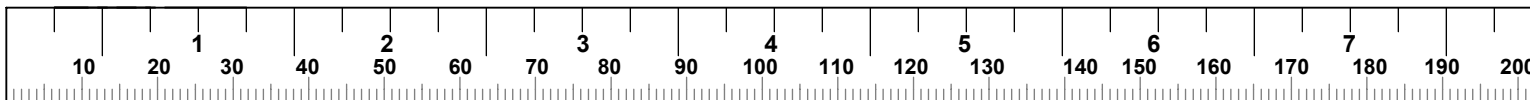
- **Securely tighten all bolt connections.**



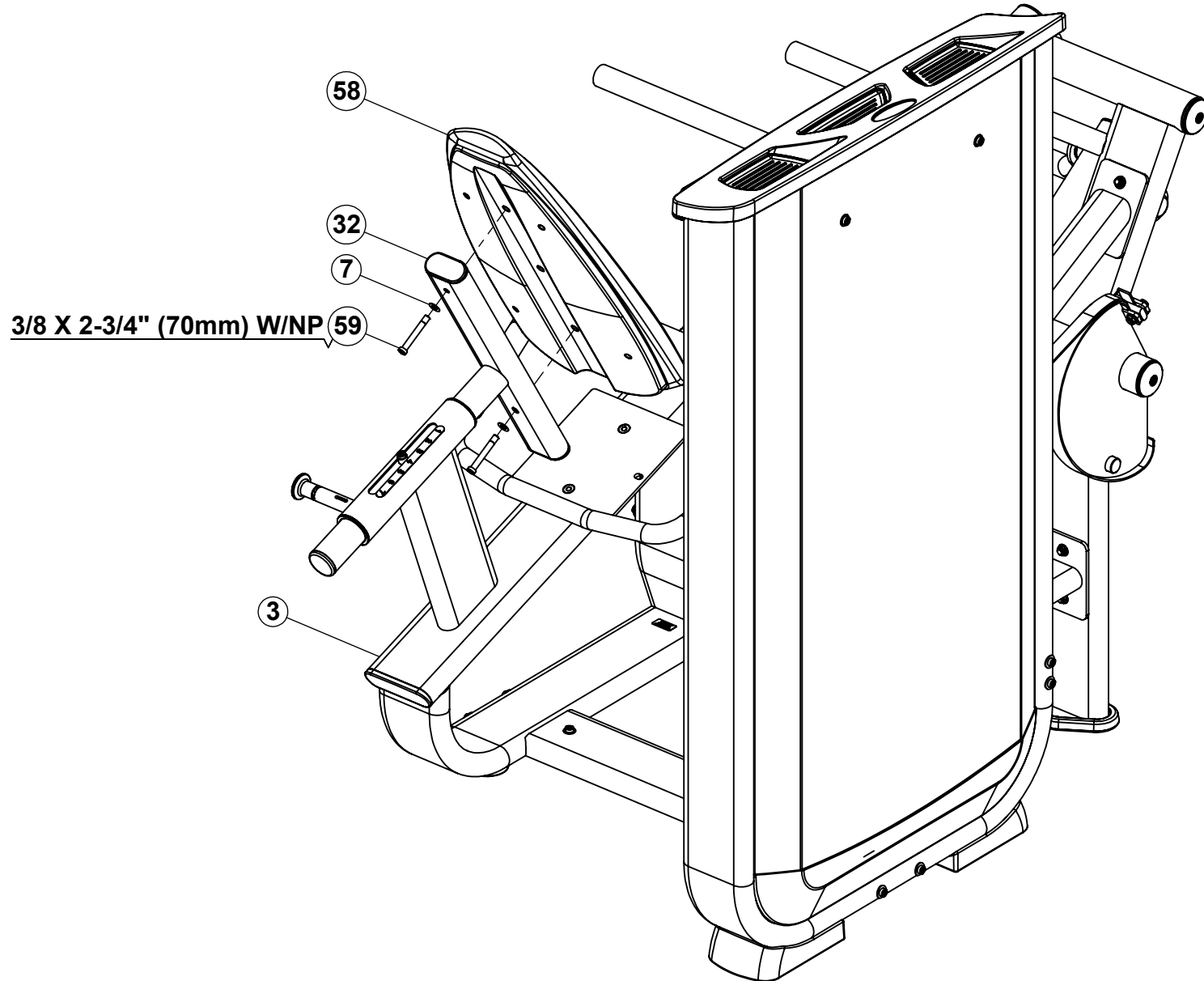
STEP 18



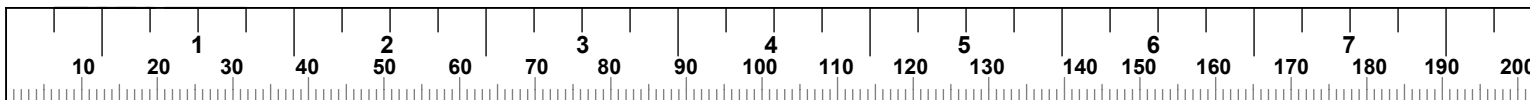
- **Securely tighten all bolt connections.**



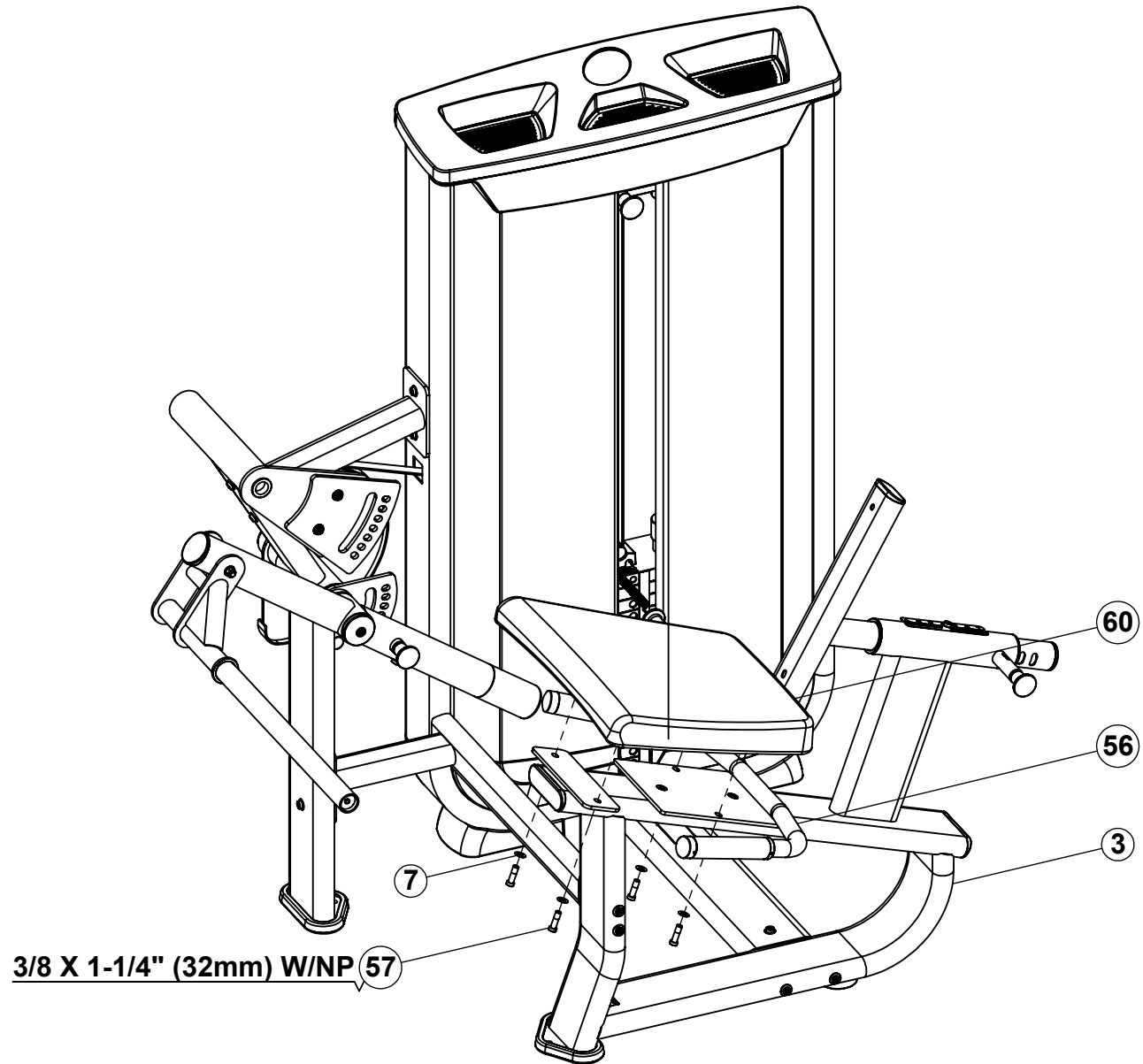
STEP 19



- **Securely tighten all bolt connections.**

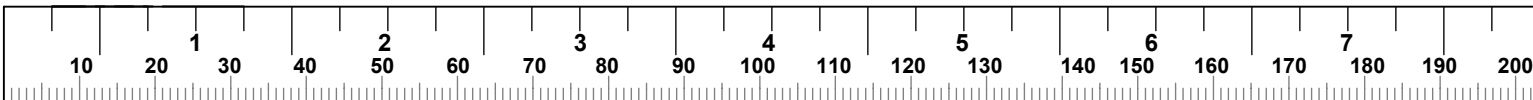


STEP 20

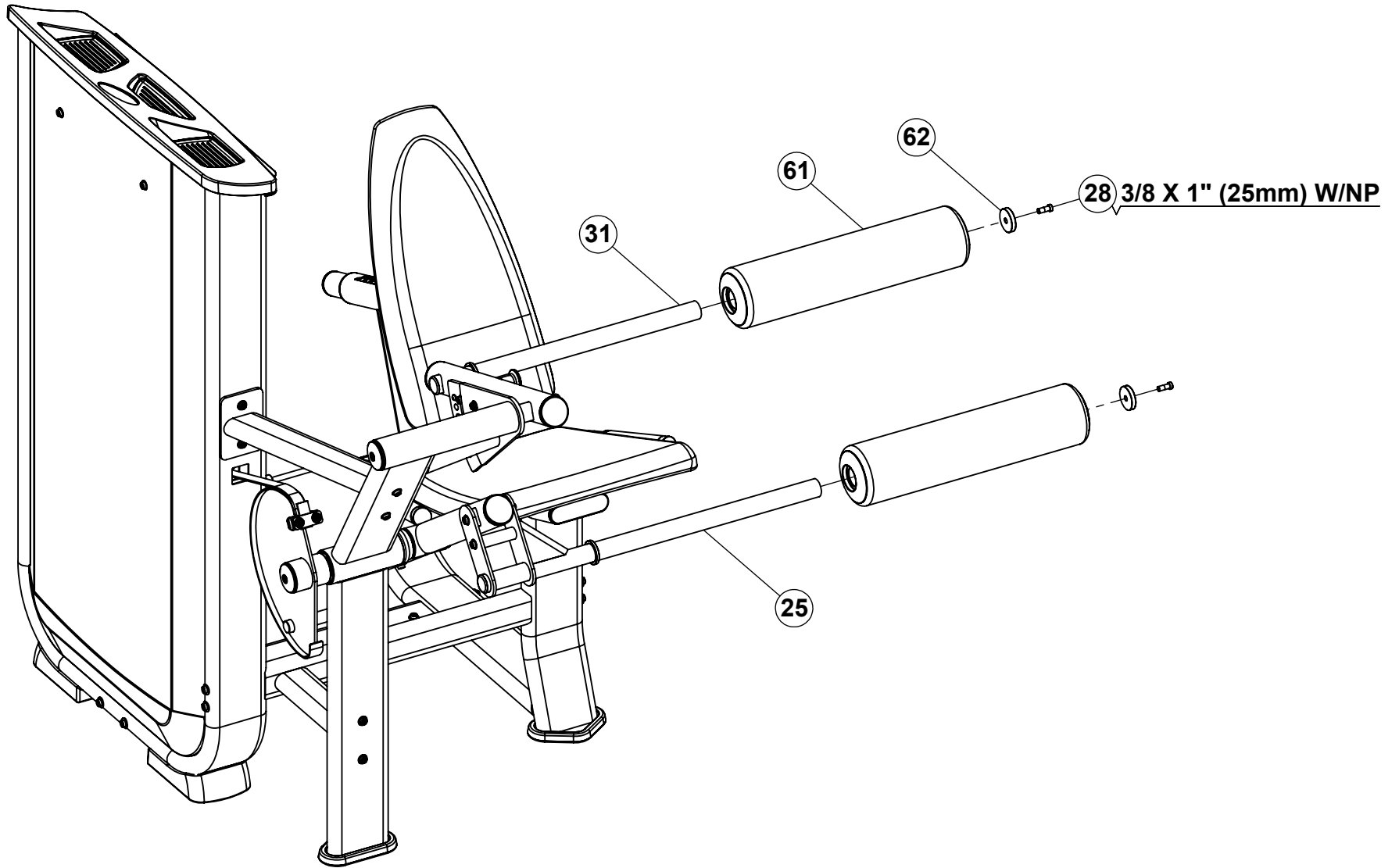


3/8 X 1-1/4" (32mm) W/NP 57

- **Securely tighten all bolt connections.**



STEP 21



- **Securely tighten all bolt connections.**

