

# XPLLP

PLATE LOADED LEG PRESS

# OWNER'S MANUAL



**! CAUTION**  
Read all precautions  
and instructions in this manual  
before using this equipment

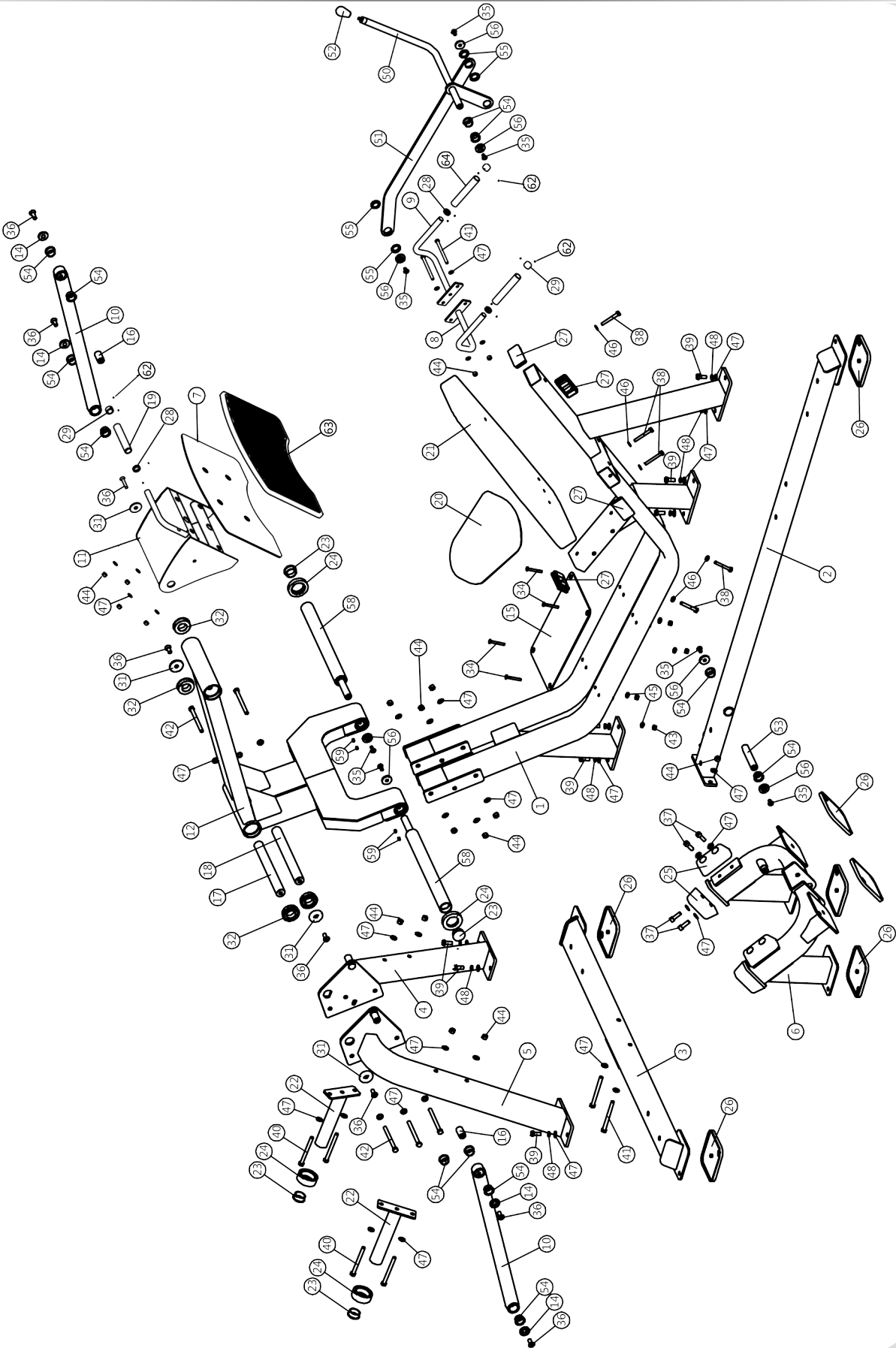
**TORQUE**  
FITNESS

## Parts List

**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

Item No.	Description	Qty	Item No.	Description	Qty
1	Main Frame	1	31	Domed Aluminium Cap	4
2	Base Bracket	1	32	Bearing $\phi 63.5 \times \phi 35 \times 18.5$	4
3	Cross Bracket	1	33	Flat Head Cap Screw M8*20	12
4	Right Union Frame	1	34	Flat Head Cap Screw M8*65	4
5	Left Union Frame	1	35	Flat Head Cap Screw M10*20	10
6	Adjust Frame	1	36	Flat Head Cap Screw M12*30	8
7	Foot Bracket	1	37	Socket Head Cap Screw M12*35	8
8	Left Arm Frame	1	38	Socket Head Cap Screw M10*75	5
9	Right Arm Frame	1	39	Socket Head Cap Screw M12*30	10
10	Cross Frame	2	40	Socket Head Cap Screw M12*125	4
11	Connecting Frame	1	41	Socket Head Cap Screw M12*135	4
12	Lift Arm	1	42	Socket Head Cap Screw M12*145	6
13	Aluminum Deck Plate	1	43	Nylon lock Nut M8	16
14	End Cap $\phi 38 \times 6$	4	44	Nylon lock Nut M12	24
15	Small Aluminum Deck Plate	1	45	Flat Washer $\phi 8.5 \times \phi 16 \times 1.5$	16
16	Shaft $\phi 25.4 \times 20$	2	46	Flat Washer $\phi 11 \times \phi 20 \times 2$	5
17	Shaft $\phi 30 \times 330$	1	47	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	52
18	Shaft $\phi 35 \times 314$	1	48	Spring Washer $\phi 12$	10
19	Short Grip	1	50	Adjust Handle	1
20	Seat Pad	1	51	Adjust Plate	1
21	Back Pad	1	52	Handbar	1
22	Weight Plate Storage	2	53	Shaft $\phi 25.4 \times 134 \times M10$	1
23	Plug $\phi 48$	4	54	Bushing $\phi 38 \times \phi 25.4 \times 18$	12
24	Rubber Bumper	4	55	Bushing $\phi 38 \times \phi 25.4 \times 7.5$	4
25	Rubber Bumper	4	56	End Cap	7
26	Rubber Foot	7	58	Weight Plate Storage	2
27	Plug J50*100	4	59	Socket Set Screw M8*10	4
28	Aluminium Ring	3	62	Socket Set Screw M5*3	12
29	Aluminium Cap	3	63	Rubber Foot Plate Cover	1
			64	Long Grip	2

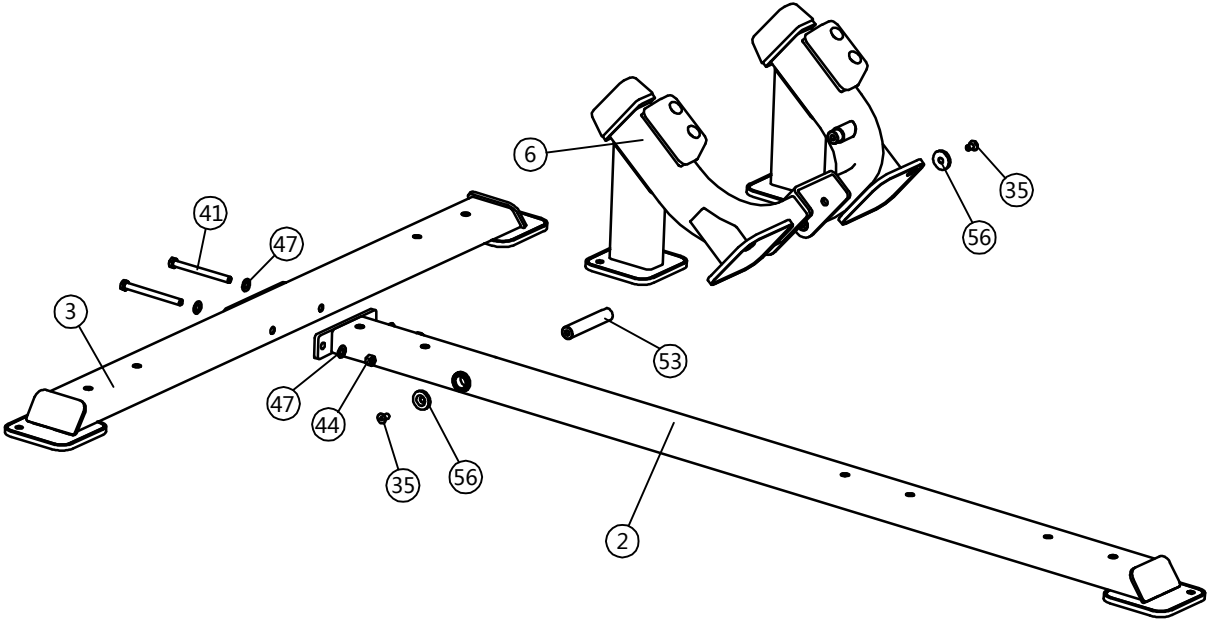
# Exploded View



# Assembly

## Step 1

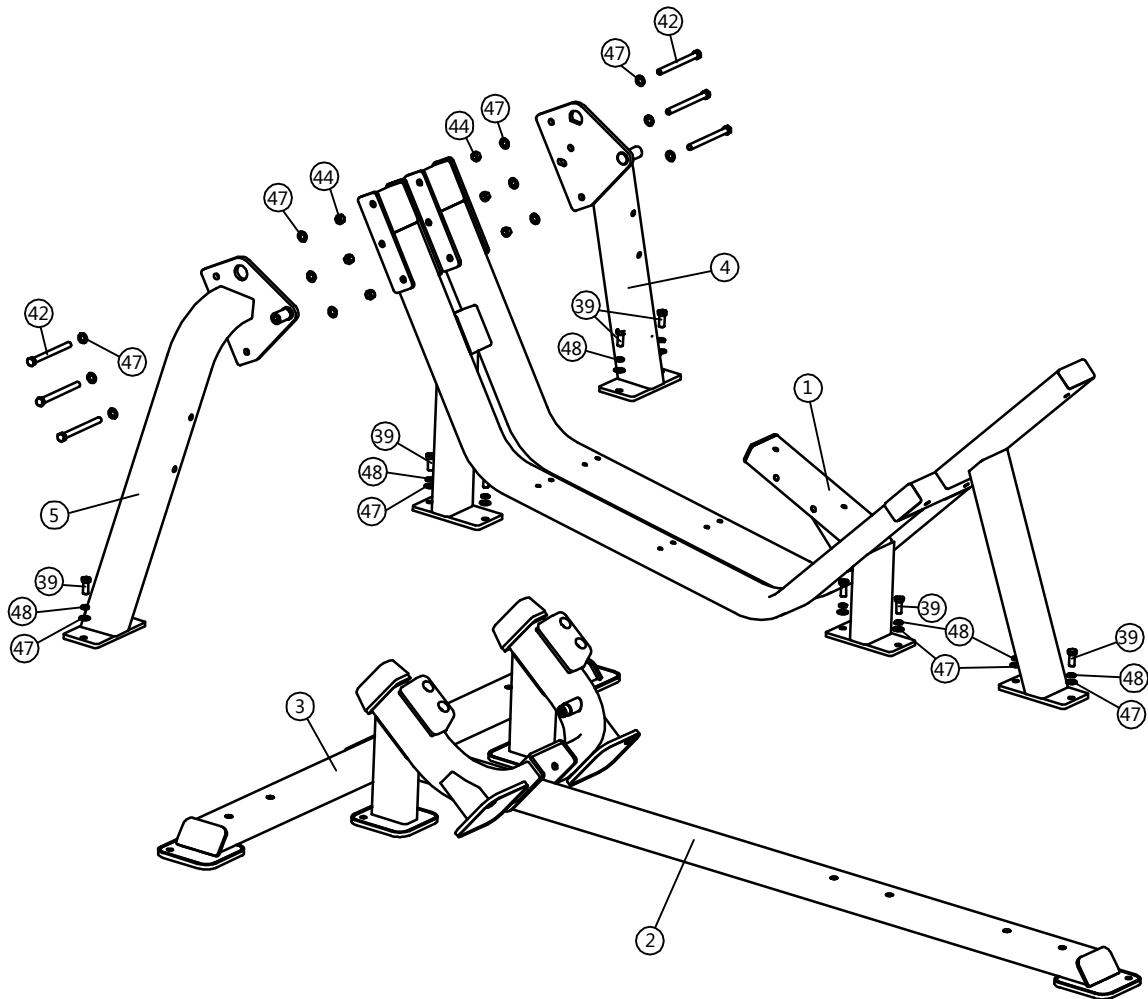
Item No.	Description	Qty
2	Base Bracket	1
3	Cross Bracket	1
6	Adjust Frame	1
35	Flat Head Cap Screw M10*20	2
41	Socket Head Cap Screw M12*135	2
44	Nylon lock Nut M12	2
47	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	4
53	Shaft $\phi 25.4 \times 134 \times M10$	1
58	Weight Plate Storage	2
59	Socket Set Screw M8*10	4



# Assembly

## Step 2

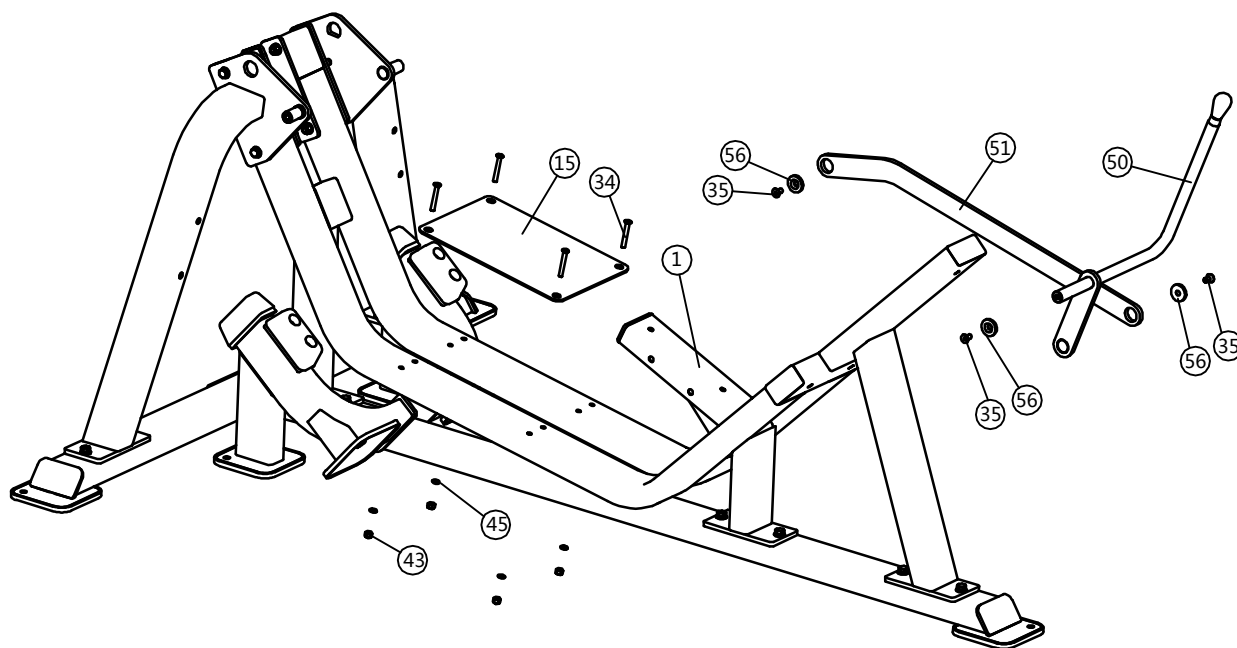
Item No.	Description	Qty
2	Base Bracket	1
3	Cross Bracket	1
4	Right Union Frame	1
5	Left Union Frame	1
39	Hex Head Bolt M12*30	10
42	Socket Head Cap Screw M12*145	6
44	Nylon lock Nut M12	6
47	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	22
48	Spring Washer $\phi 12$	10



# Assembly

## Step 3

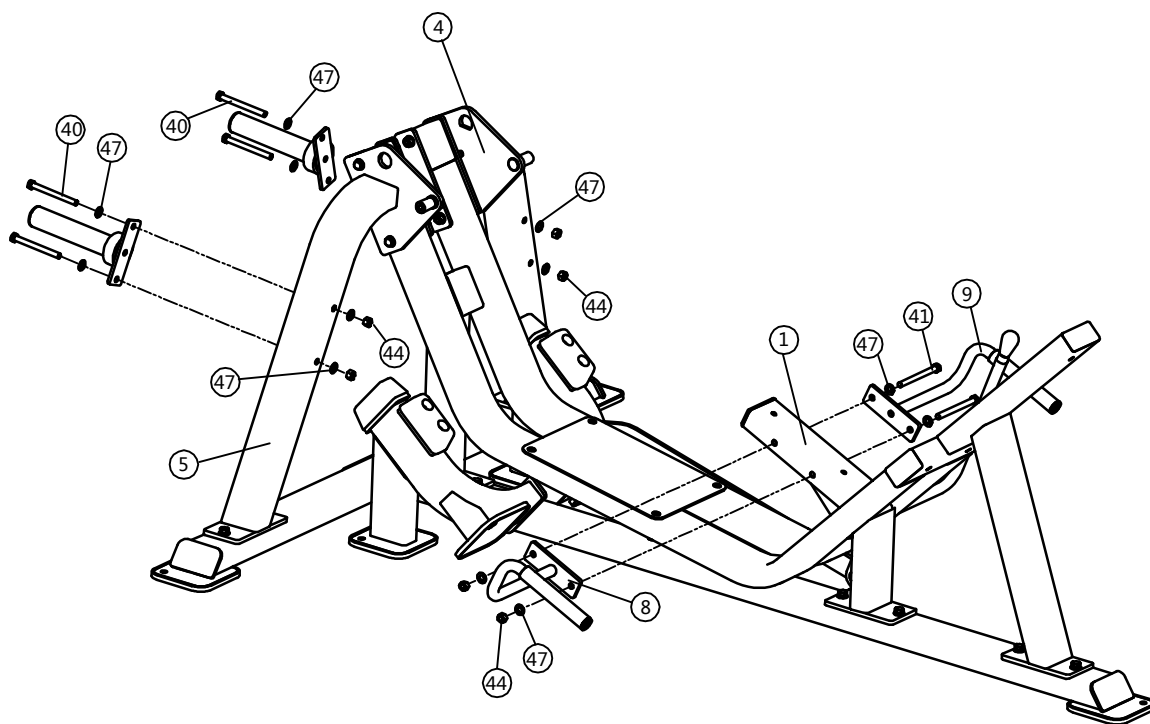
Item No.	Description	Qty
1	Main Frame	1
15	Small Aluminum Deck Plate	1
34	Flat Head Cap Screw M8*65	4
35	Flat Head Cap Screw M10*20	3
43	Nylon lock Nut M8	4
45	Flat Washer $\phi 8.5 * \phi 16 * 1.5$	4
50	Adjust Handle	1
51	Adjust Plate	1
56	End Cap	3



# Assembly

## Step 4

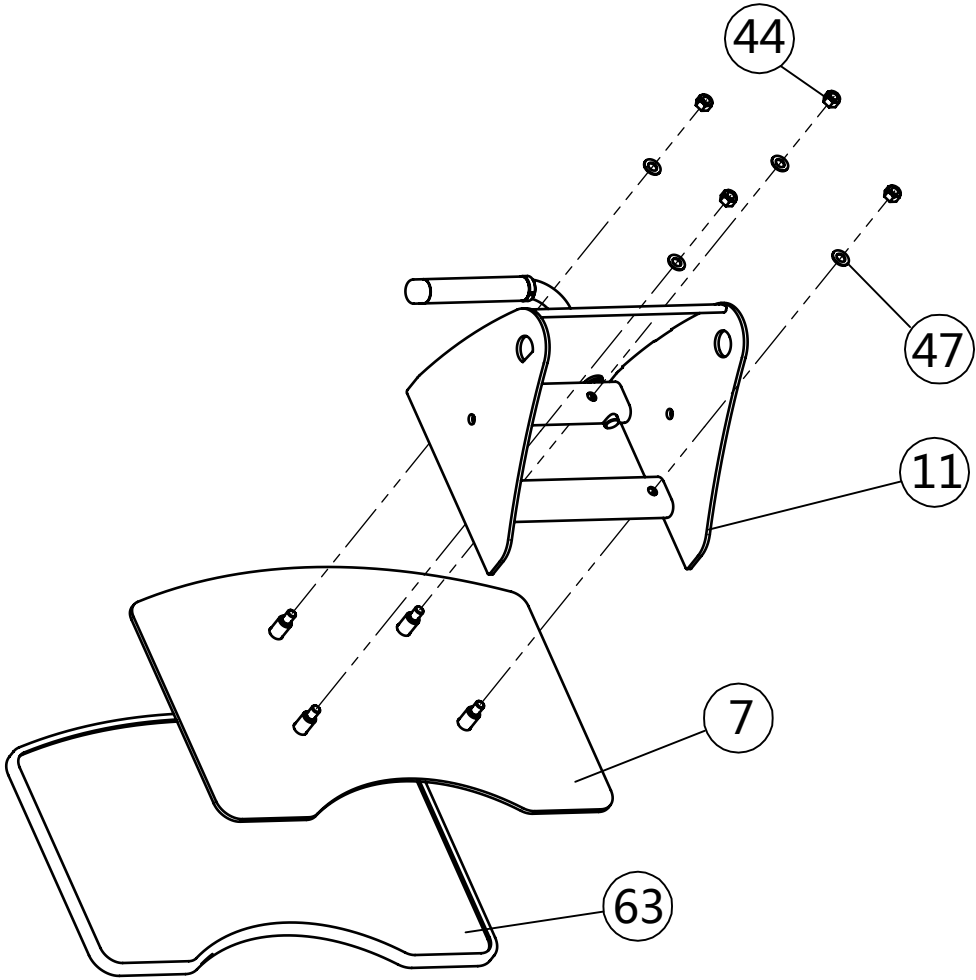
Item No.	Description	Qty
1	Main Frame	1
4	Right Union Frame	1
5	Left Union Frame	1
8	Left Arm Frame	1
9	Right Arm Frame	1
40	Hex Head Bolt M12*125	4
41	Socket Head Cap Screw M12*135	2
44	Nylon lock Nut M12	6
47	Flat Washer $\phi 13*\phi 24*1.5$	12



# Assembly

## Step 5

Item No.	Description	Qty
7	Foot Bracket	1
11	Connecting Frame	1
44	Nylon lock Nut M12	4
47	Flat Washer $\phi 13 * \phi 24 * 1.5$	4
63	Rubber Foot Plate Cover	1

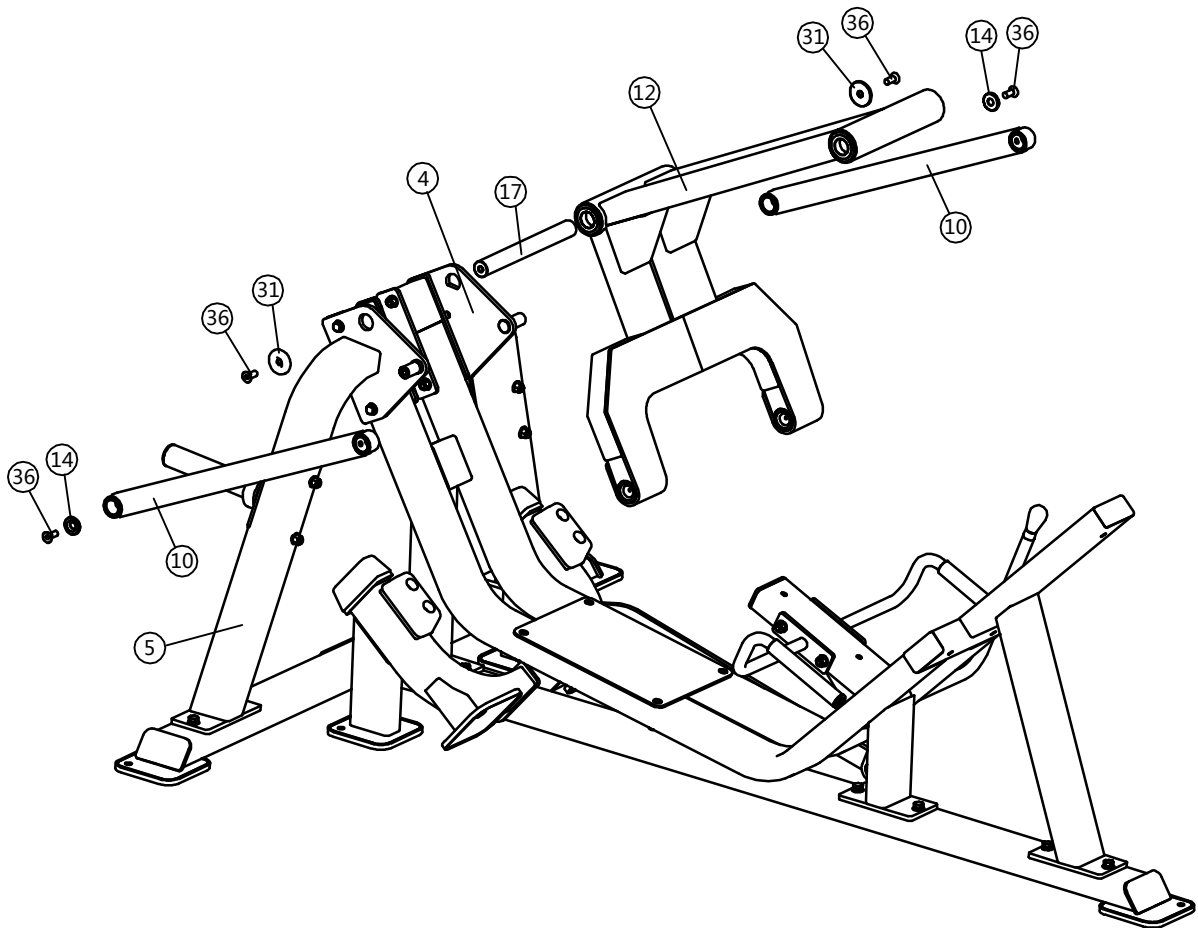




# Assembly

## Step 6

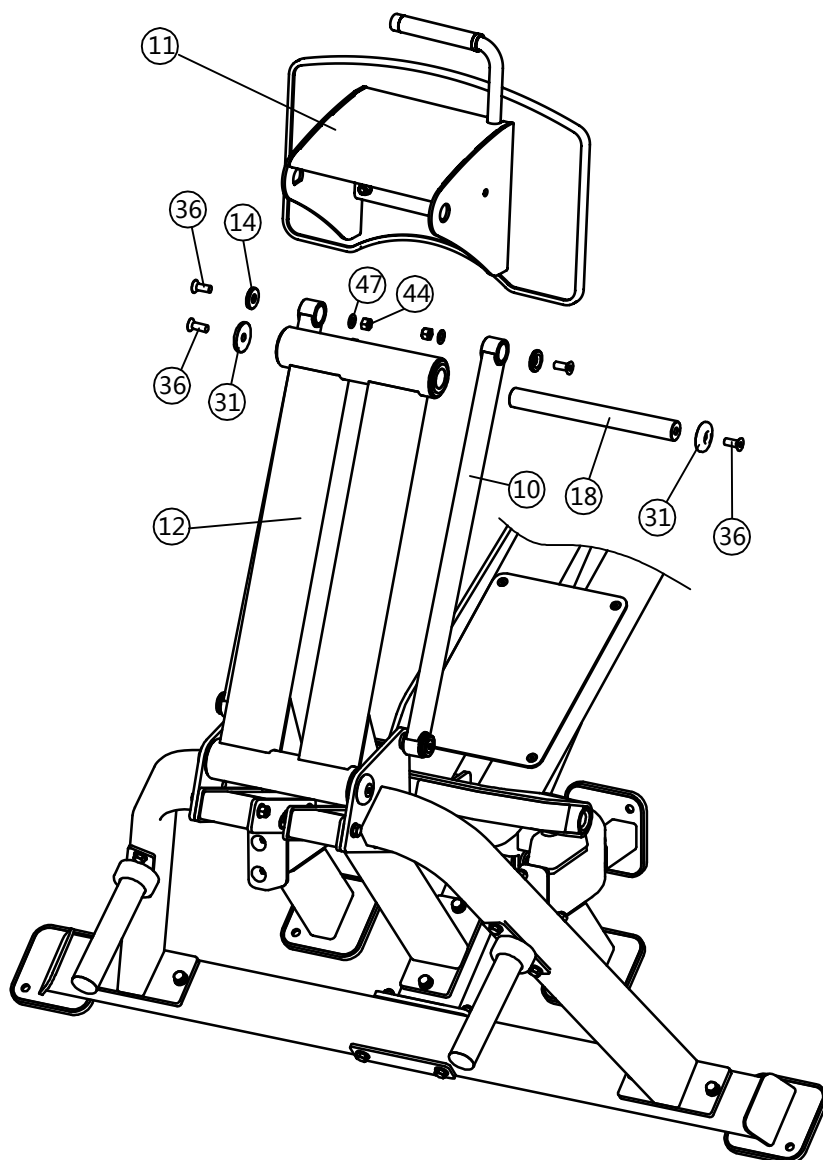
Item No.	Description	Qty
4	Right Union Frame	1
5	Left Union Frame	1
10	Cross Frame	2
12	Lift Arm	1
14	End Cap $\phi 38*6$	2
17	Shaft $\phi 30*330$	1
31	Domed Aluminium Cap	2
36	Flat Head Cap Screw M12*30	4



# Assembly

## Step 7

Item No.	Description	Qty
10	Cross Frame	2
11	Connecting Frame	1
12	Lift Arm	1
14	End Cap $\phi 38 \times 6$	2
18	Shaft $\phi 35 \times 314$	1
31	Domed Aluminium Cap	2
36	Flat Head Cap Screw M12*30	4
44	Nylon lock Nut M12	2
47	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	2



# Assembly

## Step 8

Item No.	Description	Qty
12	Lift Arm	1
20	Seat Pad	1
21	Back Pad	1
24	Rubber Bumper	2
35	Flat Head Cap Screw M10*20	2
38	Socket Head Cap Screw M10*75	5
46	Flat Washer $\Phi 11*\Phi 20*2$	5
56	End Cap	2
58	Weight Plate Storage	2
59	Socket Set Screw M8*10	4

