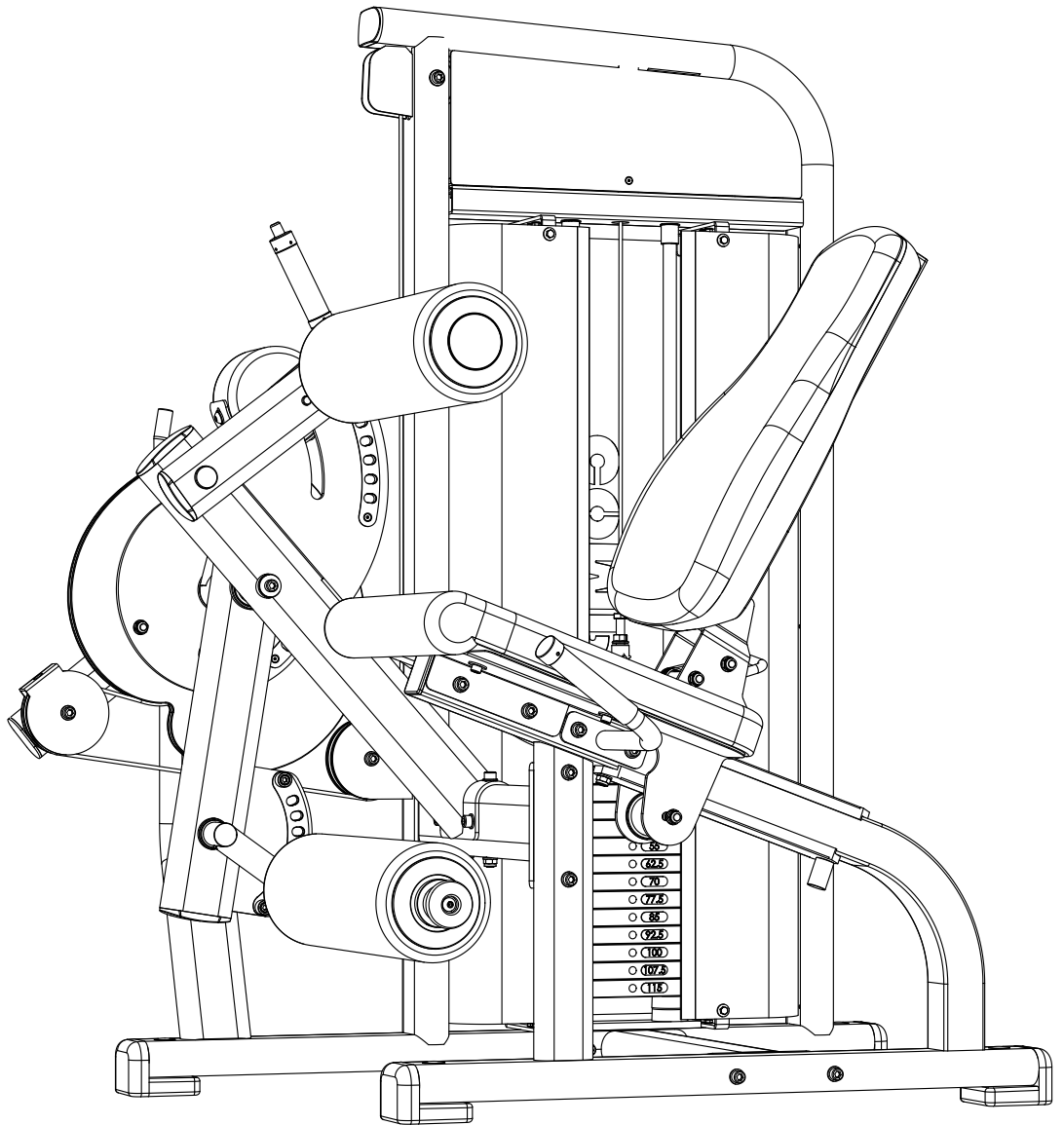


# OWNER'S MANUAL

**CPL-LES-1094**

**LEG EXTENSION / SEATED LEG CURL MACHINE**



**CAUTION:** Read all precautions and instructions before using this equipment. Save this manual for future reference.

# CONTENTS

02 General warnings and maintenance advice

03-14 Assembly Instructions

Explained as a series of steps, with each step containing:

- Pictures, descriptions and quantities of the parts required
- Notes
- Diagram showing how the parts fit together

15 Part List

# ***Assembly Instructions***

## **Before Your Begin**

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

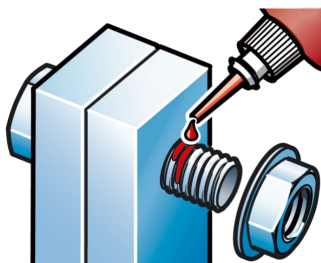
1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the equipment near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly.

# To Apply Thread Locker

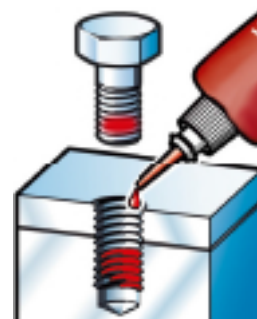
The Fasteners marked by the sign  in the following assembling steps need to be bonded to prevent loosening, or the fasteners are a type of thread locking screws.

## How to use

1. Degrease and clean surfaces prior to apply adhesive.
2. For through hole , insert bolt and apply adhesive to the exposed thread. Assemble nut and tighten to the correct torque (FIG 1).
3. Apply several drops of adhesive down the sides of the blind hole filling the lower third. Apply several drops to the bolt, Assemble and tighten (FIG 2).



**FIG 1**

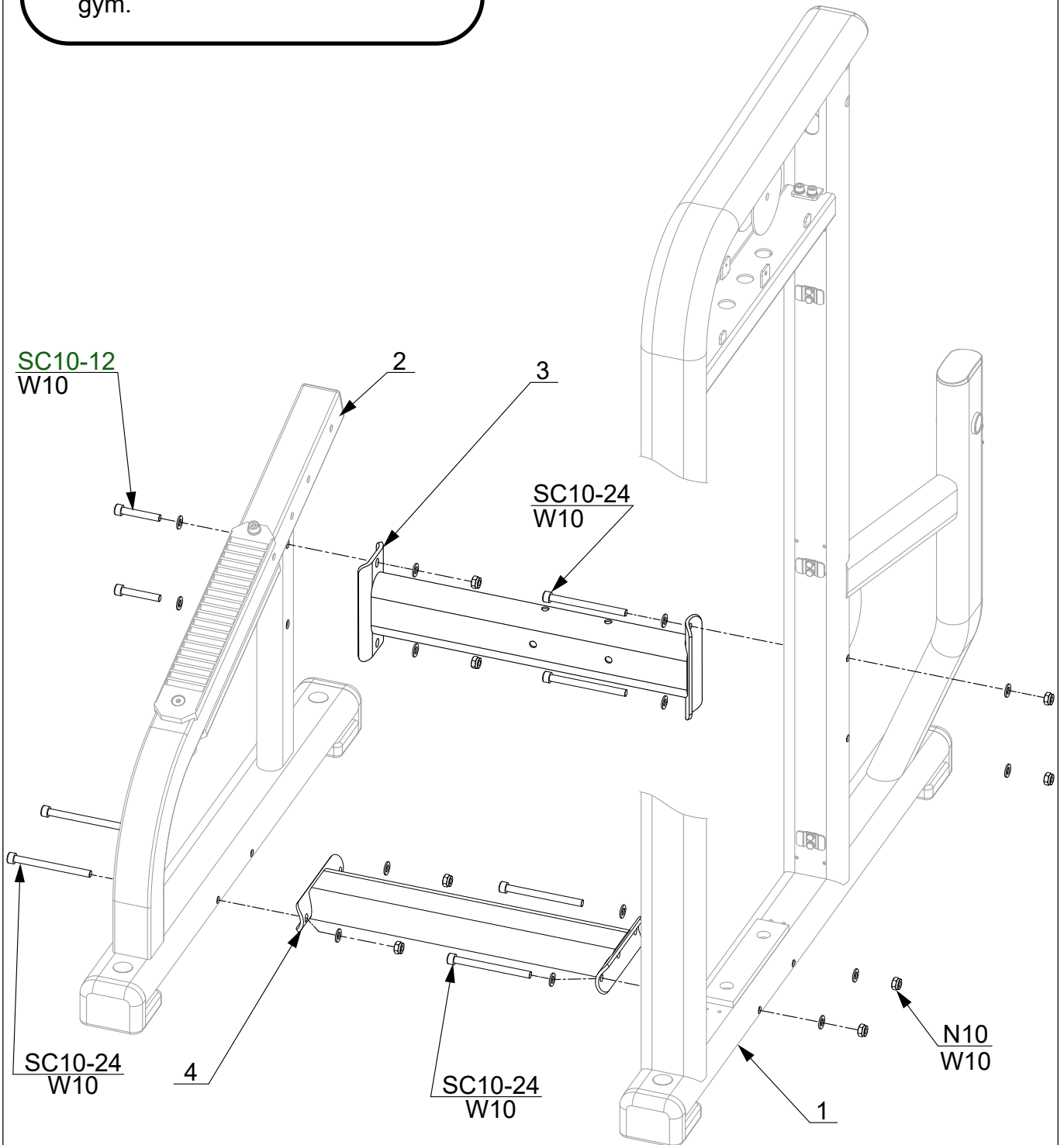


**FIG 2**

## INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

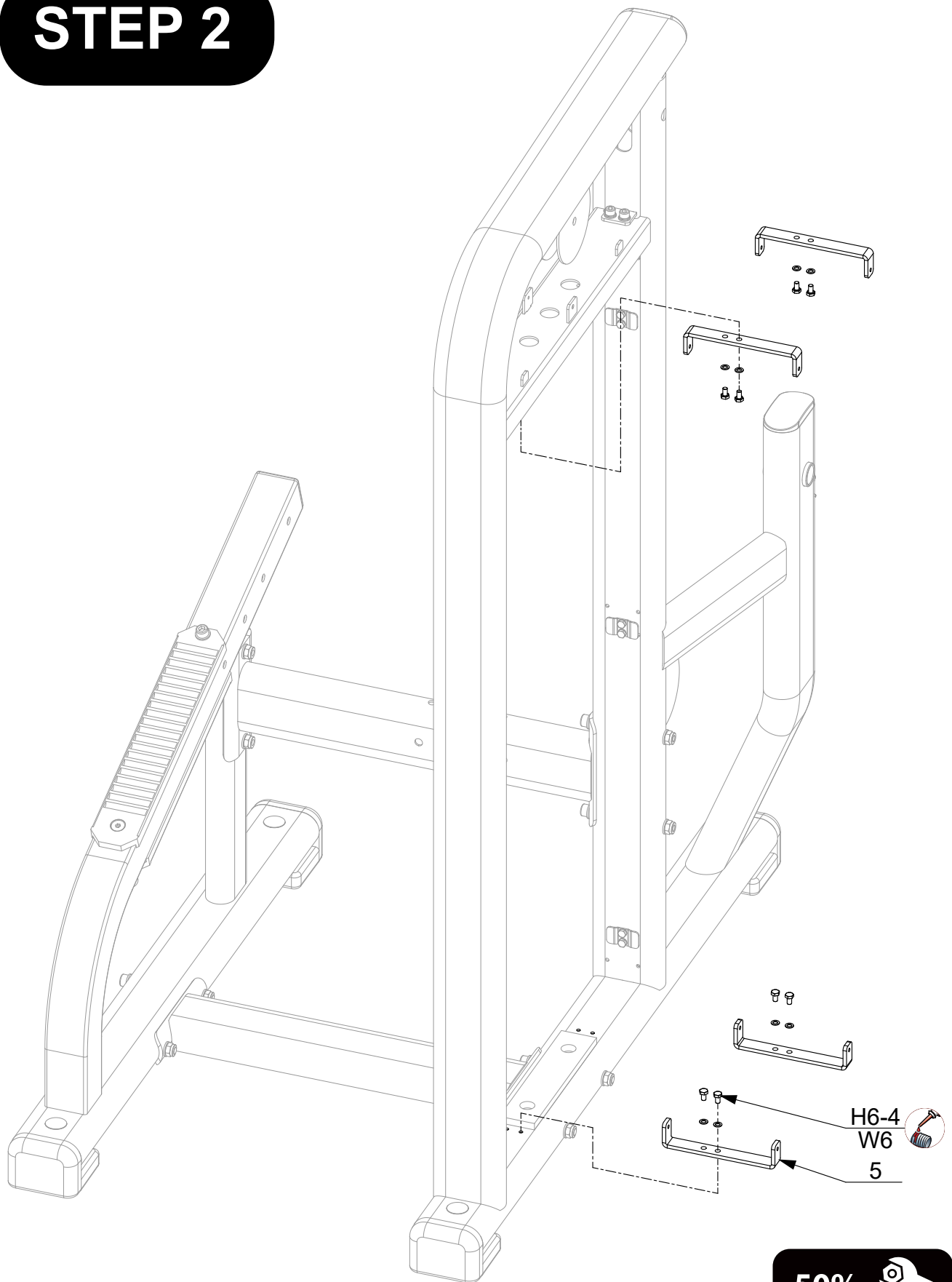
# STEP 1



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# STEP 2



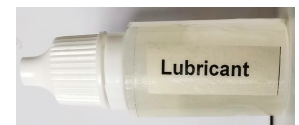
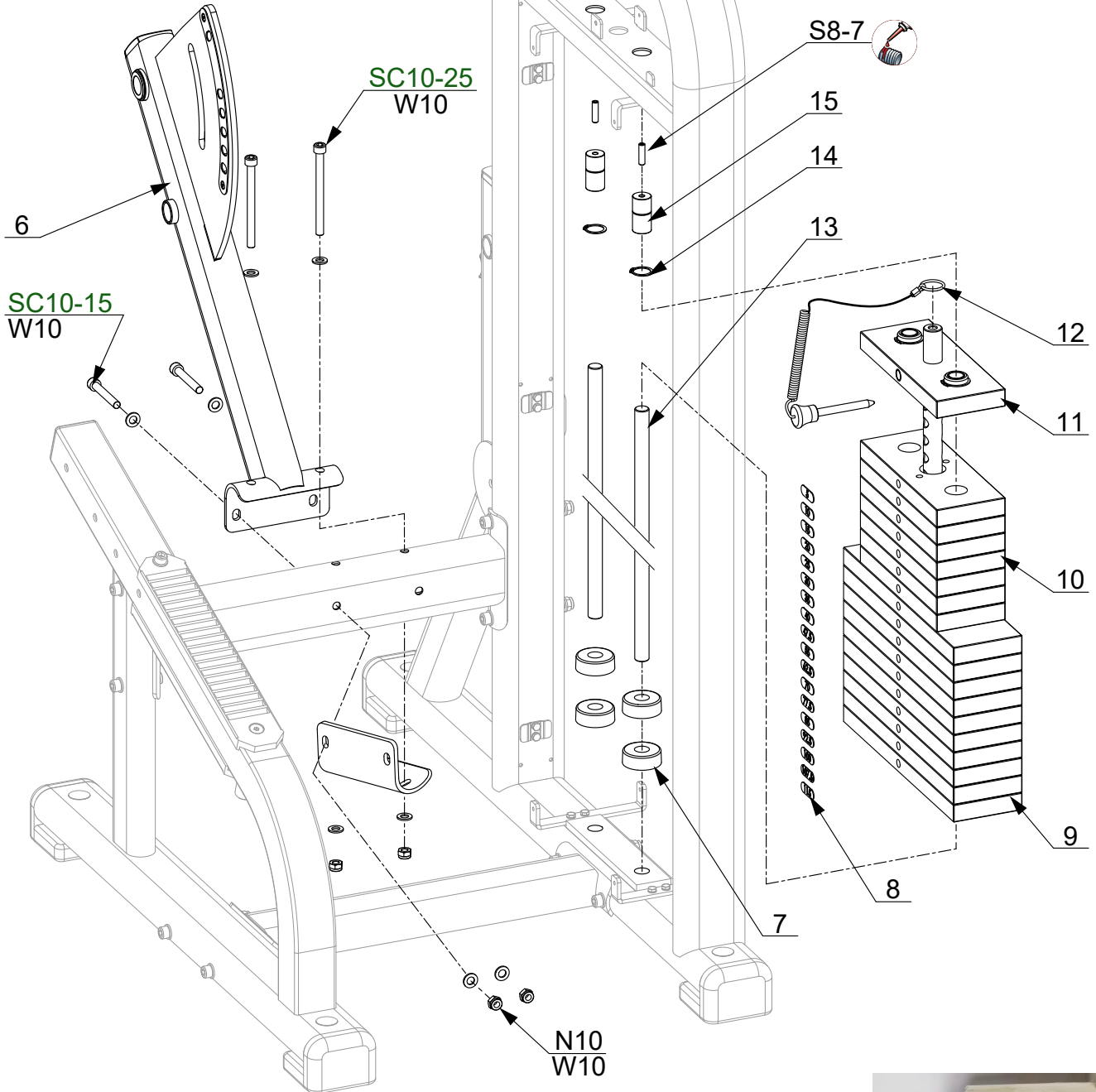
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### INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

## STEP 3



**Note 1:** please clean the weight plates Before sticking the weight labels , and avoid touching the adhesive of the sticker.

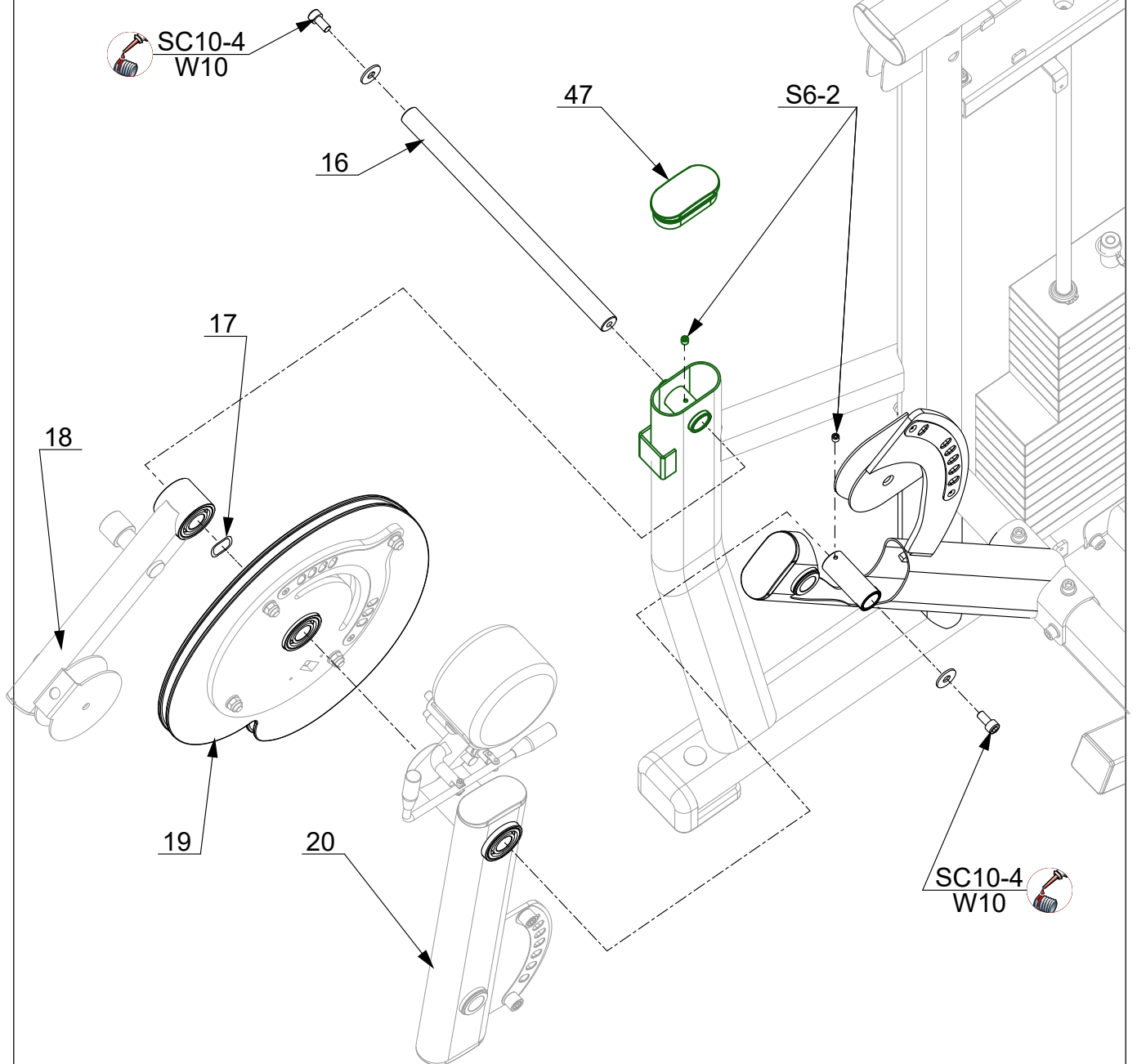
**Note 2:** If the movement of the weight stack is not smooth during exercising, please lubricate the guide rods.



## INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
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# STEP 4

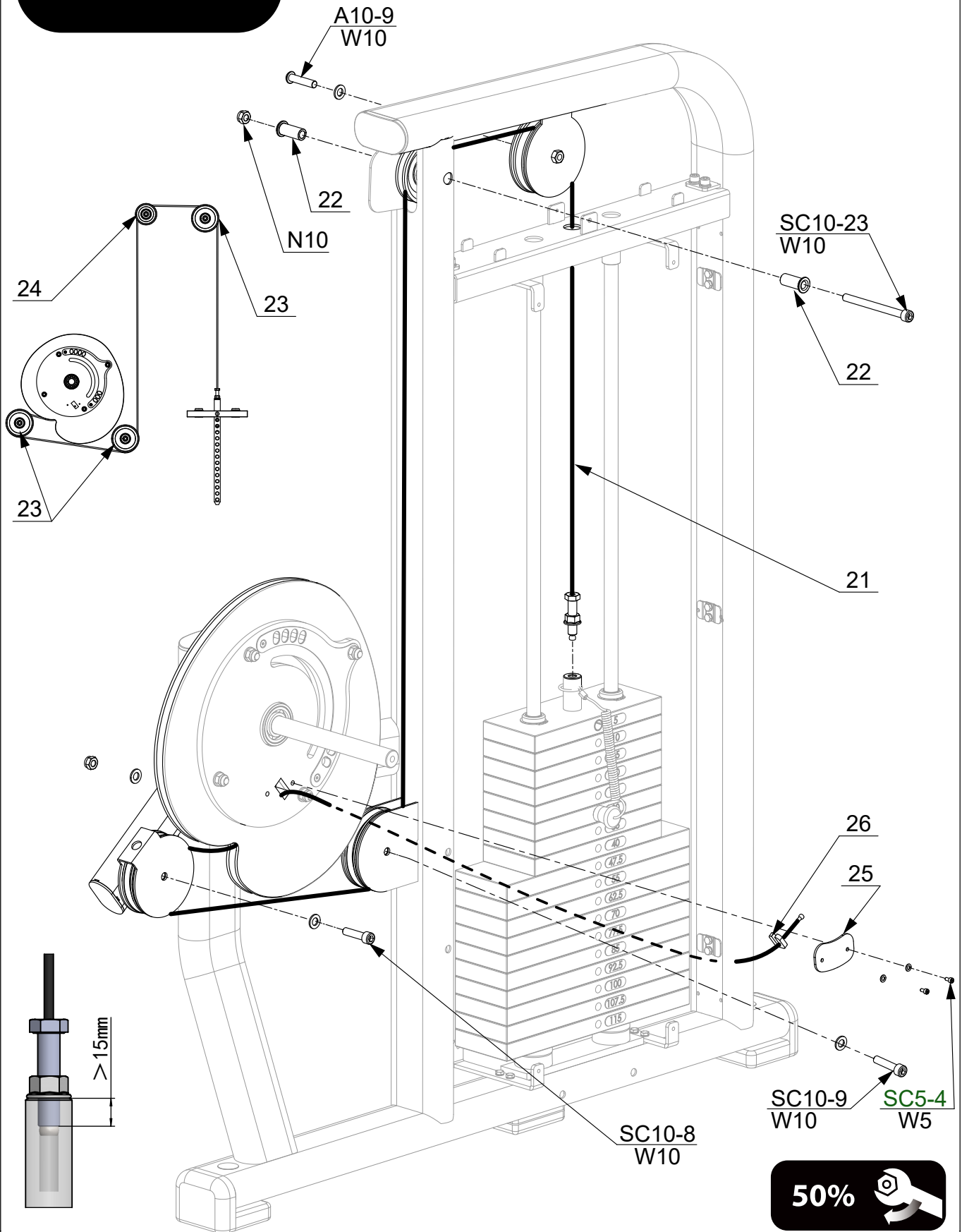


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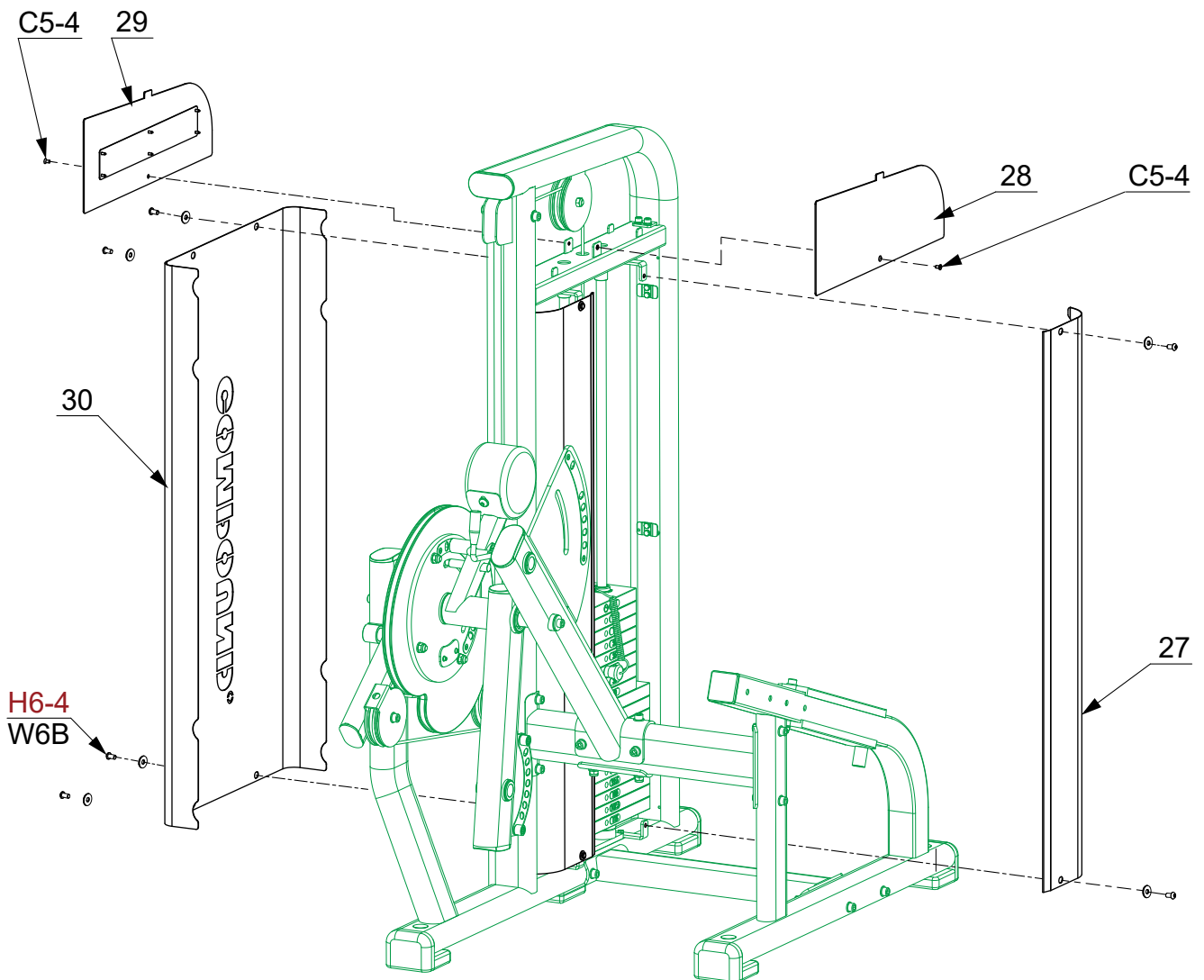
# STEP 5



## INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
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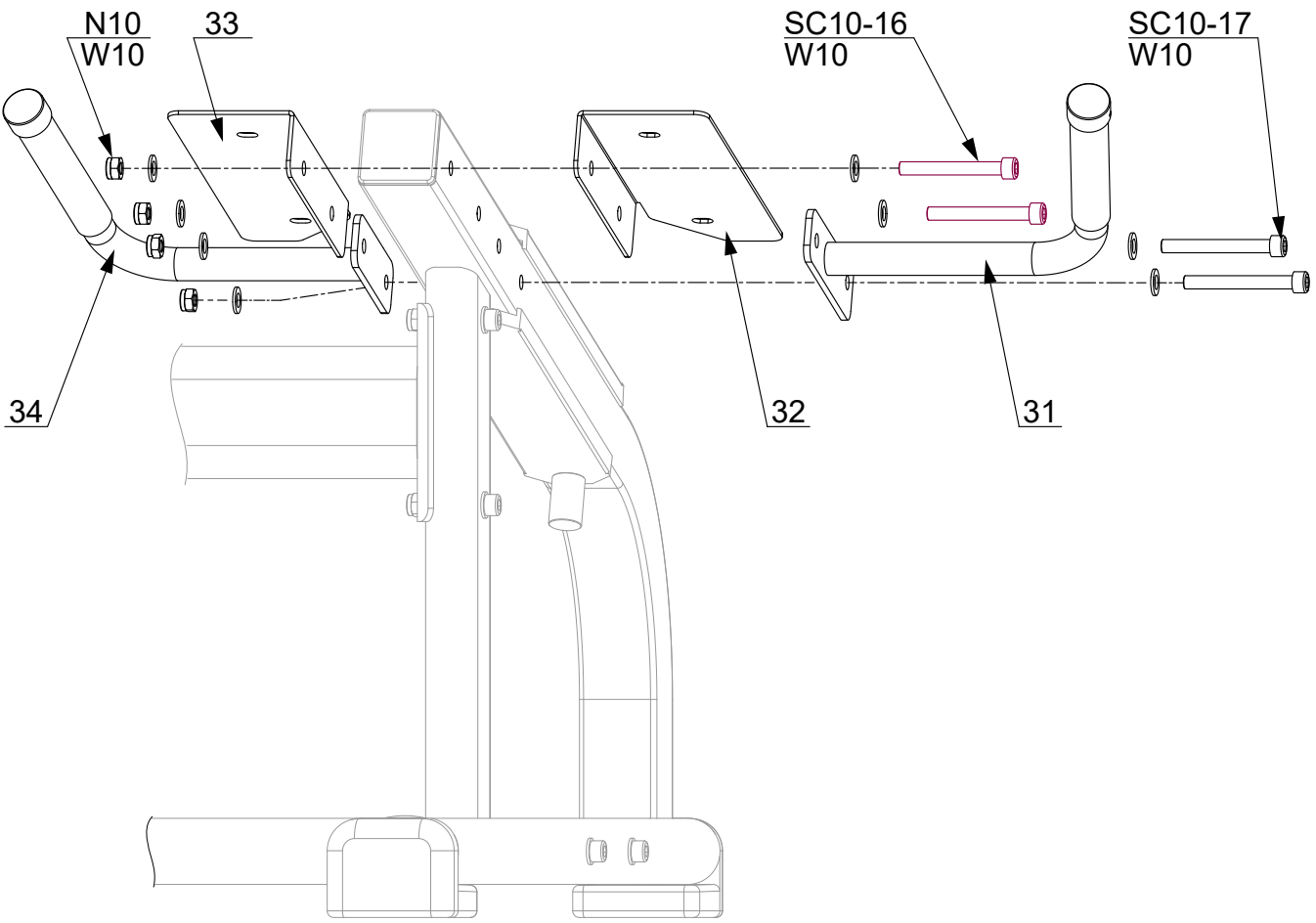
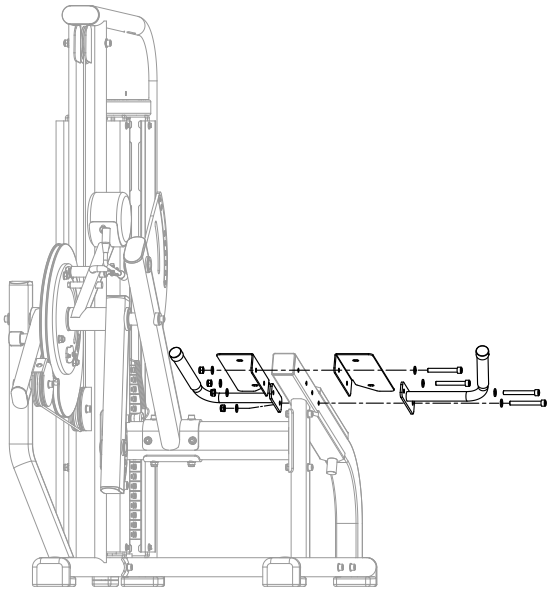
# STEP 6



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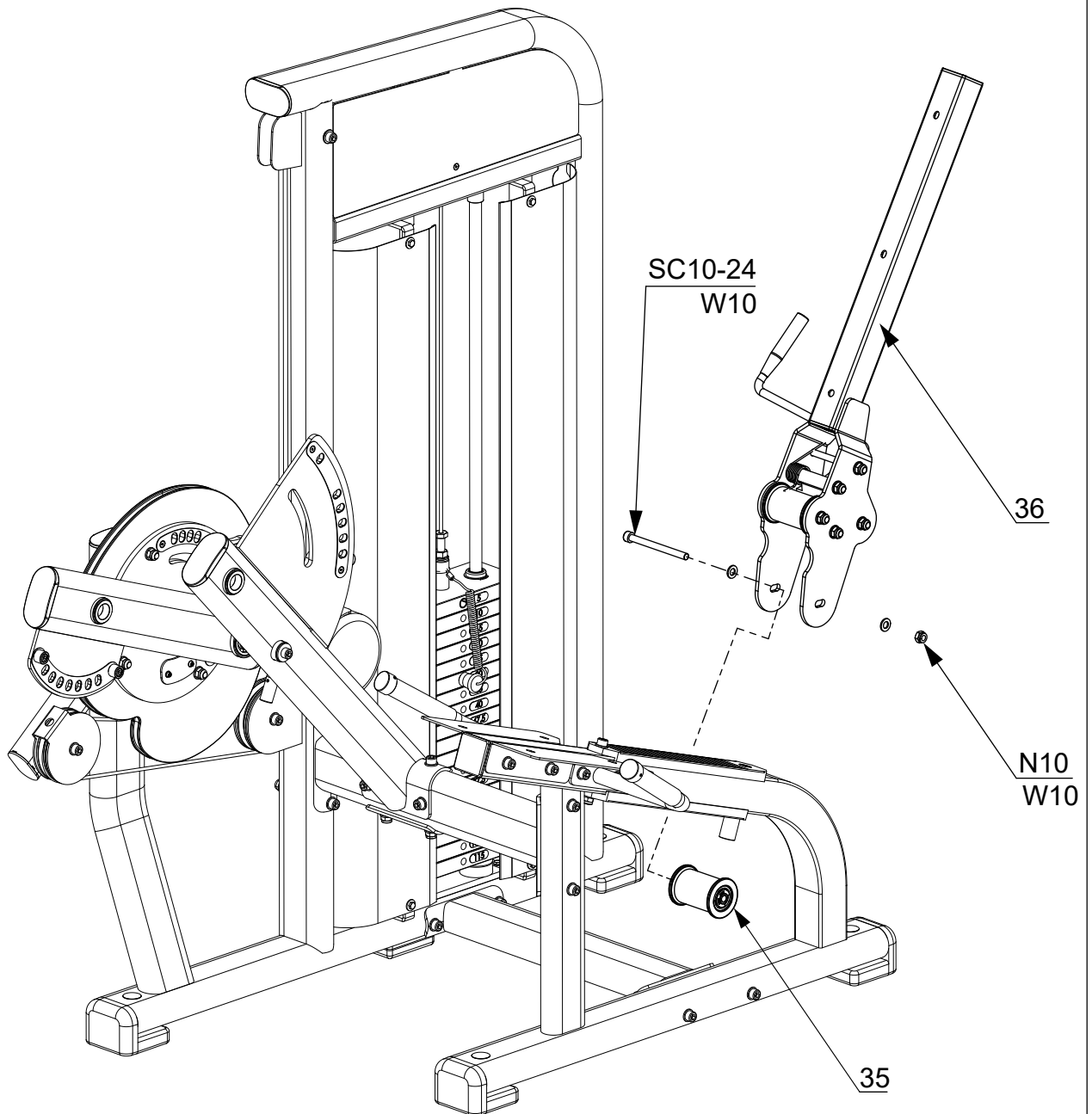
# STEP 7



## INFORMATION

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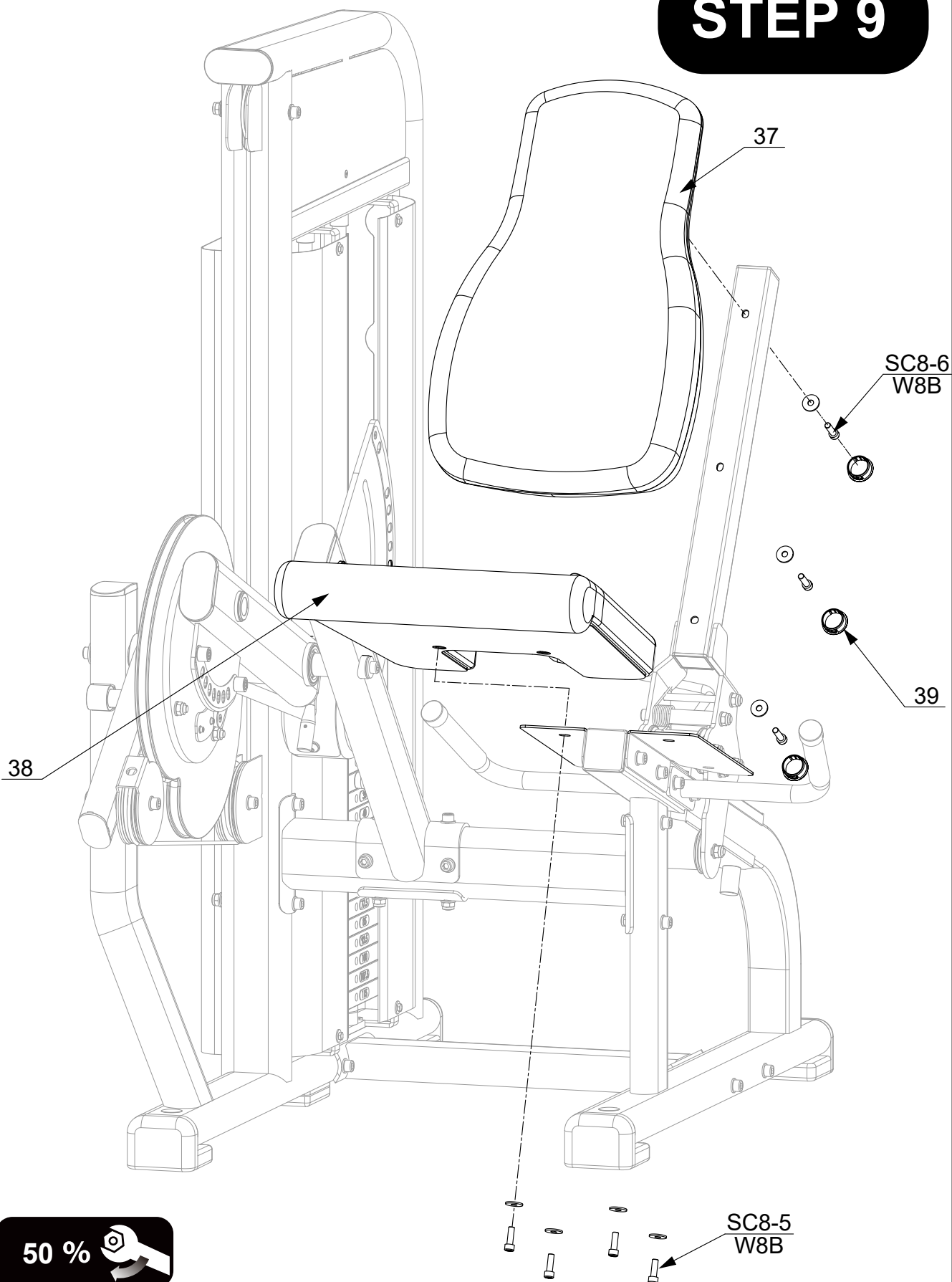
# STEP 8



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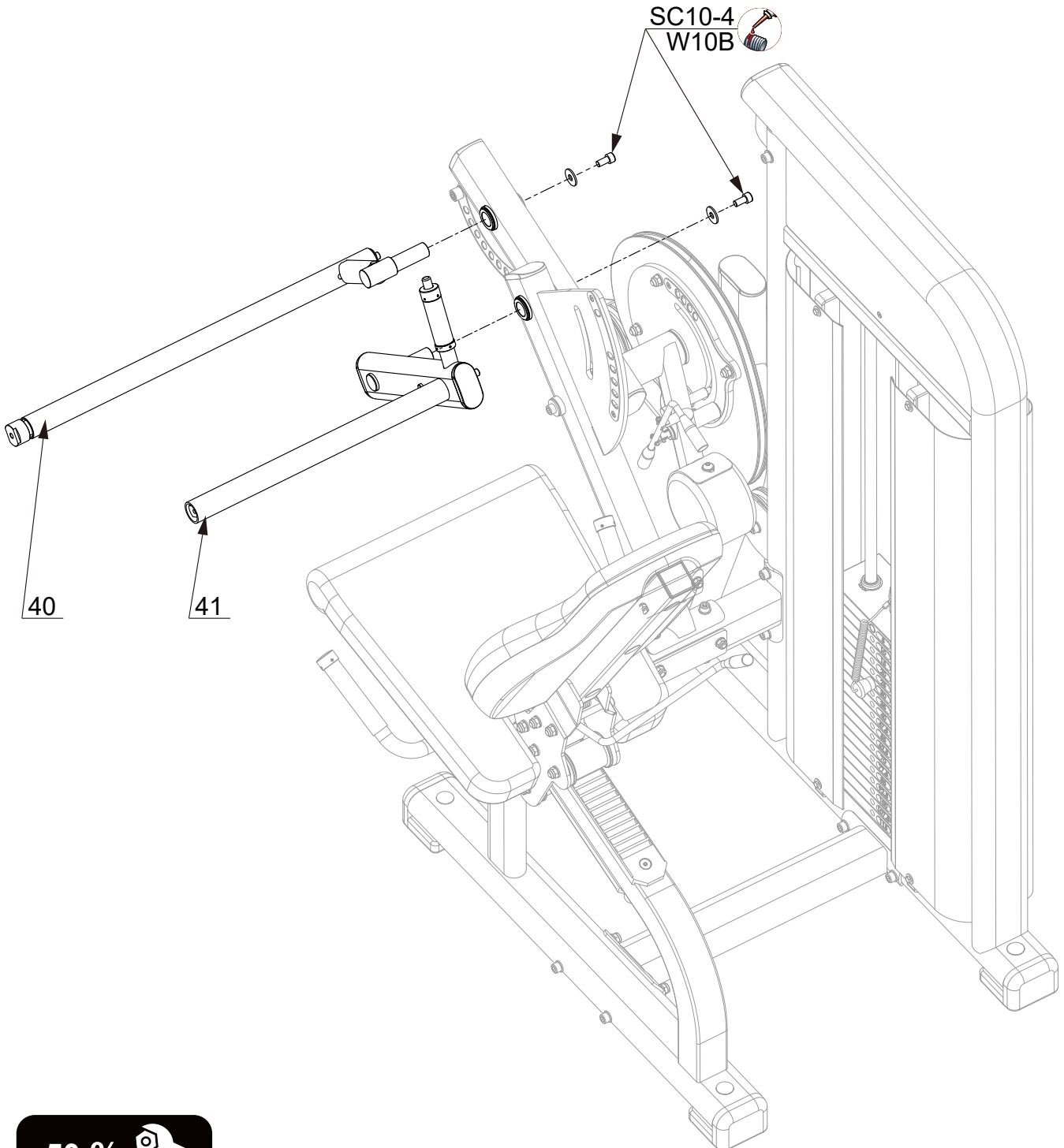
# STEP 9



### INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
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## STEP 10

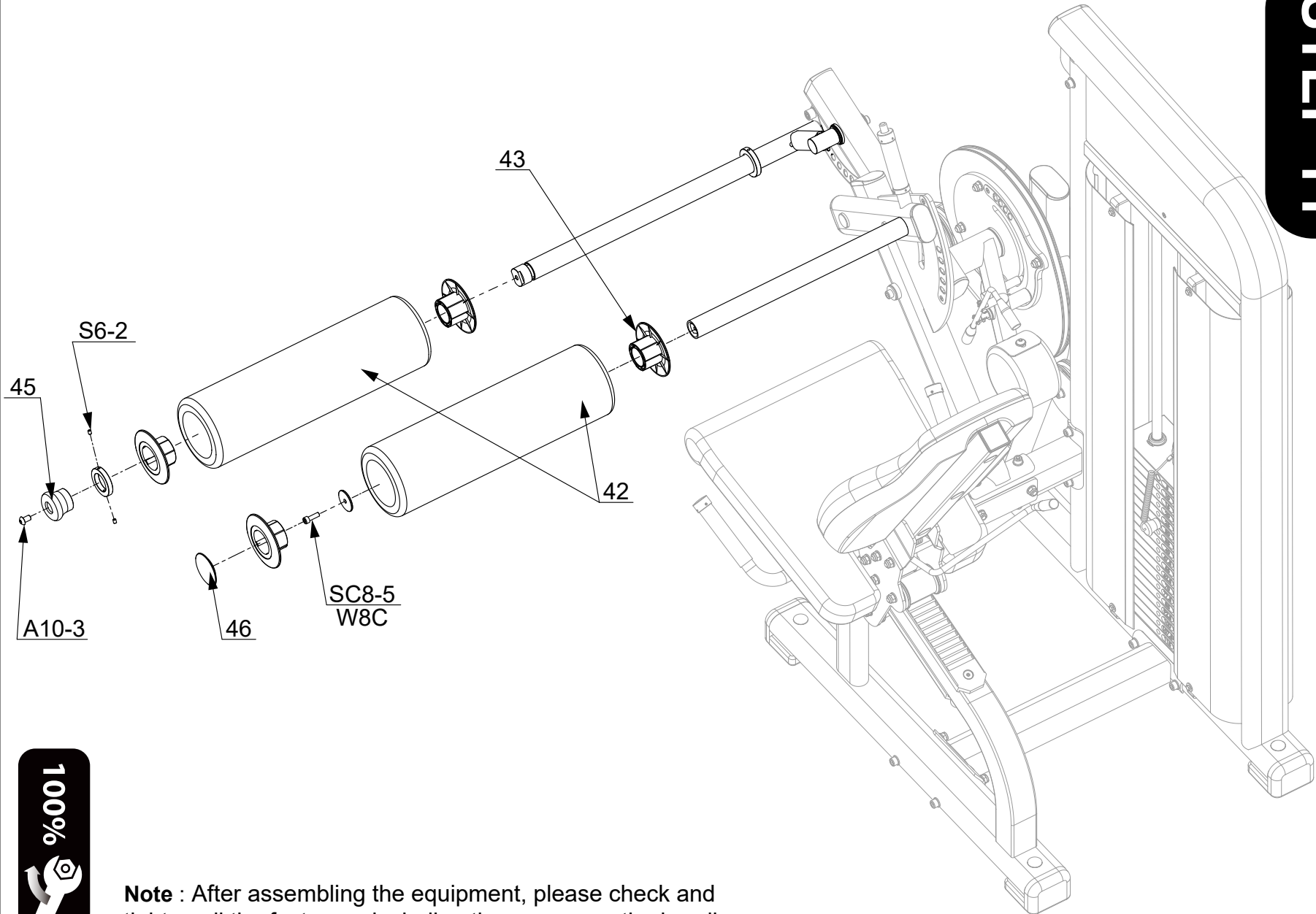


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# STEP 11

14



**Note :** After assembling the equipment, please check and tighten all the fasteners including the screws on the handle.

## PARTS LIST

PART#	DESCRIPTION	QTY
1	Weight frame	1
2	Seat Support	1
3	Connection Tube	1
4	Bottom Connection Tube	1
5	U Plate	4
6	Support Tube	1
7	Buffer Ring	4
8	Weight Label	1
9	Weight Plate 7.5 Kg	10
10	Weight Plate 5 Kg	7
11	Top Weight Plate 5 Kg	1
12	Weight Pin	1
13	Guide Rod	2
14	External Retaining Ring D25	2
15	Rod Retainer	2
16	Shaft D25 × 404	1
17	Wave Washer	1
18	Rotatable Arm	1
19	CAM	1
20	Swinging Arm	1
21	Cable 3015 mm	1
22	Spacer	2
23	Big Pulley	3
24	Small Pulley	1
25	Cover	1
26	Cable End Clip	1
27	Front Lower Shield	2
28	Front Upper Shield	1
29	Back Upper Shield	1
30	Back Lower Shield	1
31	Left Handle	1
32	Seat Mounting L Plate	1
33	Seat Mounting L Plate	1
34	Right Handle	1
35	Wheel	1
36	Backrest Frame	1
37	Backrest Pad	1
38	Seat Pad	1
39	Hole Cap	3
40	Work Arm	1
41	Thigh Limit Frame	1
42	Foam Roller	2
43	Foam Roller Bushing	4
44	Retaining Ring ID 39 mm	1
45	Knob	1
46	Plastic Cap	1
47	FE Tube Cap 50× 100	1
A10-3	Button head screw M10 × 15	1
A10-9	Button head screw M10 × 45	1
C5-4	Countersunk head screw M5×10	2
H6-4	Hex head screw M6×10	16
N10	Nut M10	19
S6-2	Socket set screw M6×6	4

PART#	DESCRIPTION	QTY
S8-7	Socket set screw M8×35	2
SC5-4	Socket head cap screw M5 × 10	2
SC8-5	Socket head cap screw M8 × 25	5
SC8-6	Socket head cap screw M8 × 30	3
SC10-4	Socket head cap screw M10 × 20	4
SC10-8	Socket head cap screw M10 × 40	1
SC10-9	Socket head cap screw M10 × 45	1
SC10-12	Socket head cap screw M10 × 60	2
SC10-15	Socket head cap screw M10 × 75	2
SC10-16	Socket head cap screw M10 × 80	2
SC10-17	Socket head cap screw M10 × 85	2
SC10-23	Socket head cap screw M10 × 115	1
SC10-24	Socket head cap screw M10 × 120	7
SC10-25	Socket head cap screw M10 × 125	2
W5	Washer 5	2
W6	Washer 6	8
W6B	Big Washer 6	8
W8B	Big Washer 8	7
W8C	Big Washer 8 OD 45 mm	1
W10	Washer 10	40
W10B	Big Washer 10	2