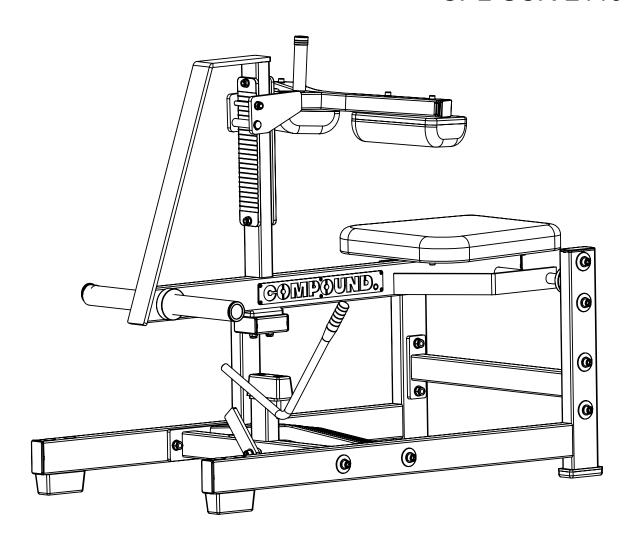
PARTS MANUAL

SEATED CALF RAISE CPL-SCR-2119



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

CONTENTS

- O2 General warnings and maintenance advice
- 03 Assembly Instructions

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

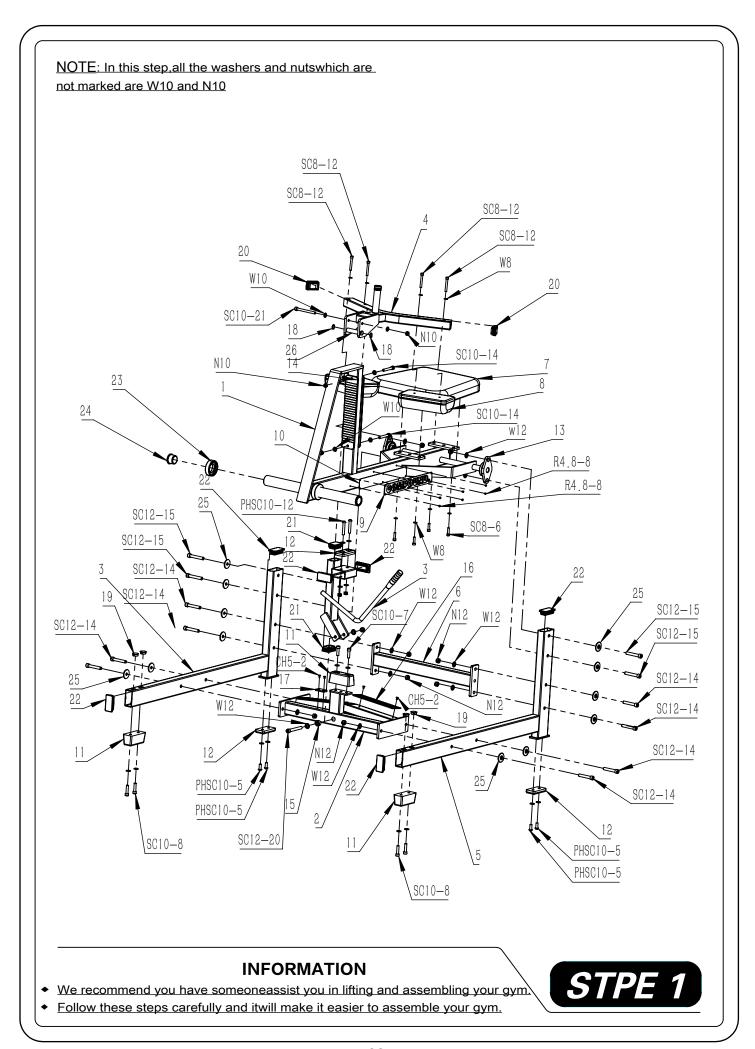
- ♦ Pictures, descriptions and quantities of the parts required
- **♦** Notes

04 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 thefollowing safety precautions:

- 1. Keep children and pets away from the equipment at all times. Do not leavechildren 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 abnorma symptoms stop the workout at once.
- 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.



PARTS LIST

	l
DESCRIPTION	QTY
Seat tube group	1
Support the transverse tube group	1
Support tube group	1
Leg press adjustment group	1
Ground tube group	2
Connecting tube group	1
Seat cushion	1
Leg pad	2
Label	1
signboard	1
Large Damping block	3
Small damping block	3
bearing	2
Regulating plate	2
Nylon retaining ring	1
Foot pad	2
Nylon plate	1
Clasp spring	2
Process plug D25	4
Rectangular plug 40*50	2
Rectangular plug 40*60	2
Rectangular plug 40*80	7
sheath D48	2
Round plug D48	2
Plastic pad	12
Pin shaft	1
Rivet M4.8*16	6
Socket Cap Screw M8*30	4
Socket Cap Screw M8*60	4
Socket Cap Screw M10*35	2
Socket Cap Screw M10*40	4
Socket Cap Screw M10*70	2
Socket Cap Screw M10*105	1
Socket Cap Screw M12*75	4
Socket Cap Screw M12*70	8
Socket Cap Screw M12*100	1
Pan head socket cap screw M10*25	4
Pan head socket cap screw M10*60	2
Countersunk head hexagon socket screws M5*10	6
	Seat tube group Support the transverse tube group Support tube group Leg press adjustment group Ground tube group Connecting tube group Seat cushion Leg pad Label signboard Large Damping block Small damping block bearing Regulating plate Nylon retaining ring Foot pad Nylon plate Clasp spring Process plug D25 Rectangular plug 40*50 Rectangular plug 40*60 Rectangular plug 40*80 sheath D48 Round plug D48 Plastic pad Pin shaft Rivet M4.8*16 Socket Cap Screw M8*30 Socket Cap Screw M10*35 Socket Cap Screw M10*70 Socket Cap Screw M10*70 Socket Cap Screw M10*70 Socket Cap Screw M10*70 Socket Cap Screw M12*75 Socket Cap Screw M12*75 Socket Cap Screw M12*70 Socket Cap Screw M12*70 Socket Cap Screw M12*100 Pan head socket cap screw M10*60 Countersunk head hexagon

PTRT	DESCRIPTION	QTY
W8	Washer ф8	8
W10	Washer ф10	32
W12	Washer ф12	26
N10	Nut M10	11
N12	Nut M12	13
	1144 11122	