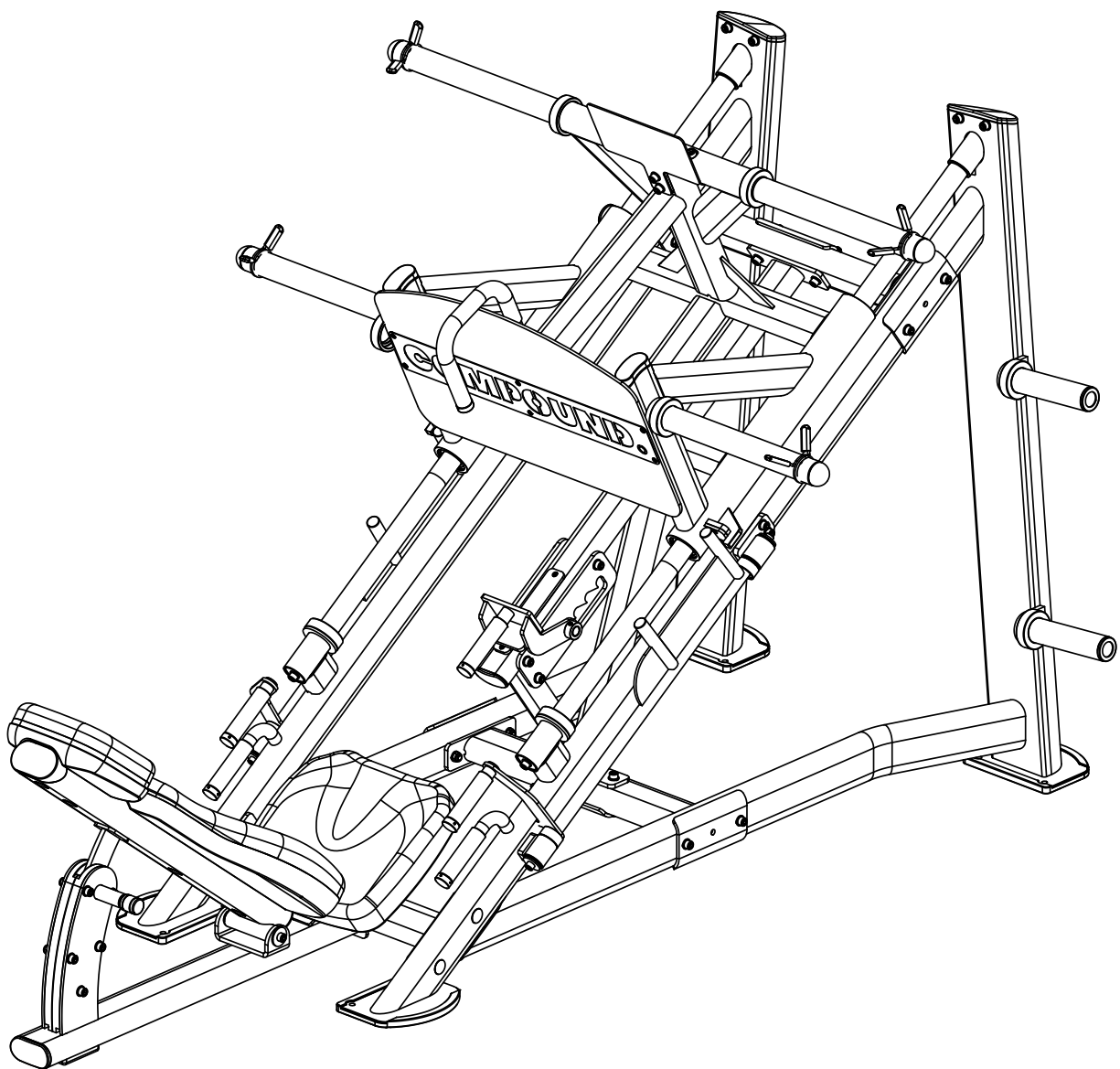

ASSEMBLY INSTRUCTIONS

PLATINUM SERIES

LINEAR 45 DEGREE LEG PRESS

SKU: CPL-45LP-1059



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

COMPOUND
FITNESS EQUIPMENT

CONTENTS

02 General warnings and maintenance advice

03-06 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

07 Part List

Assembly Instructions

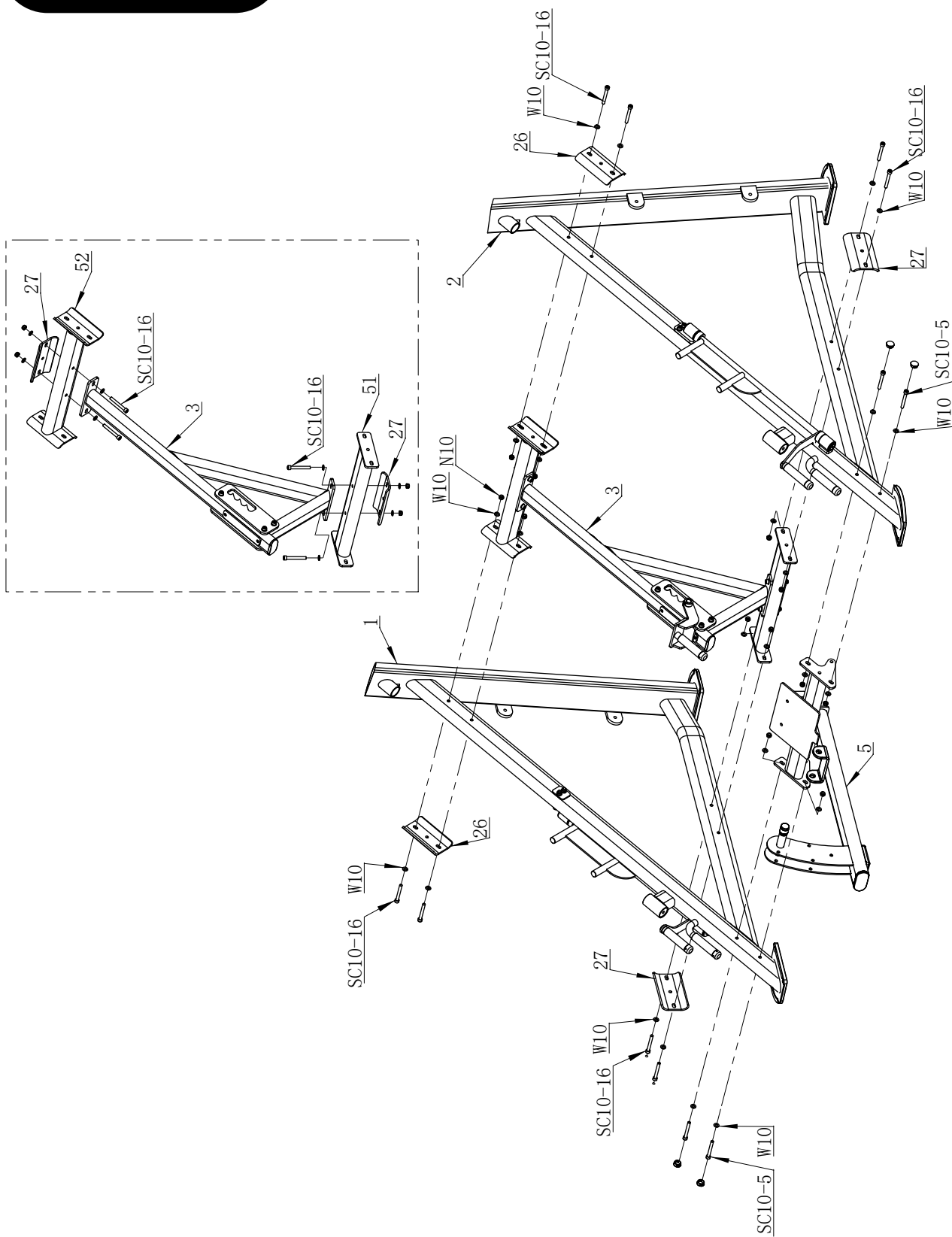
Before Your Begin

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.

STEP 1

50%



50%



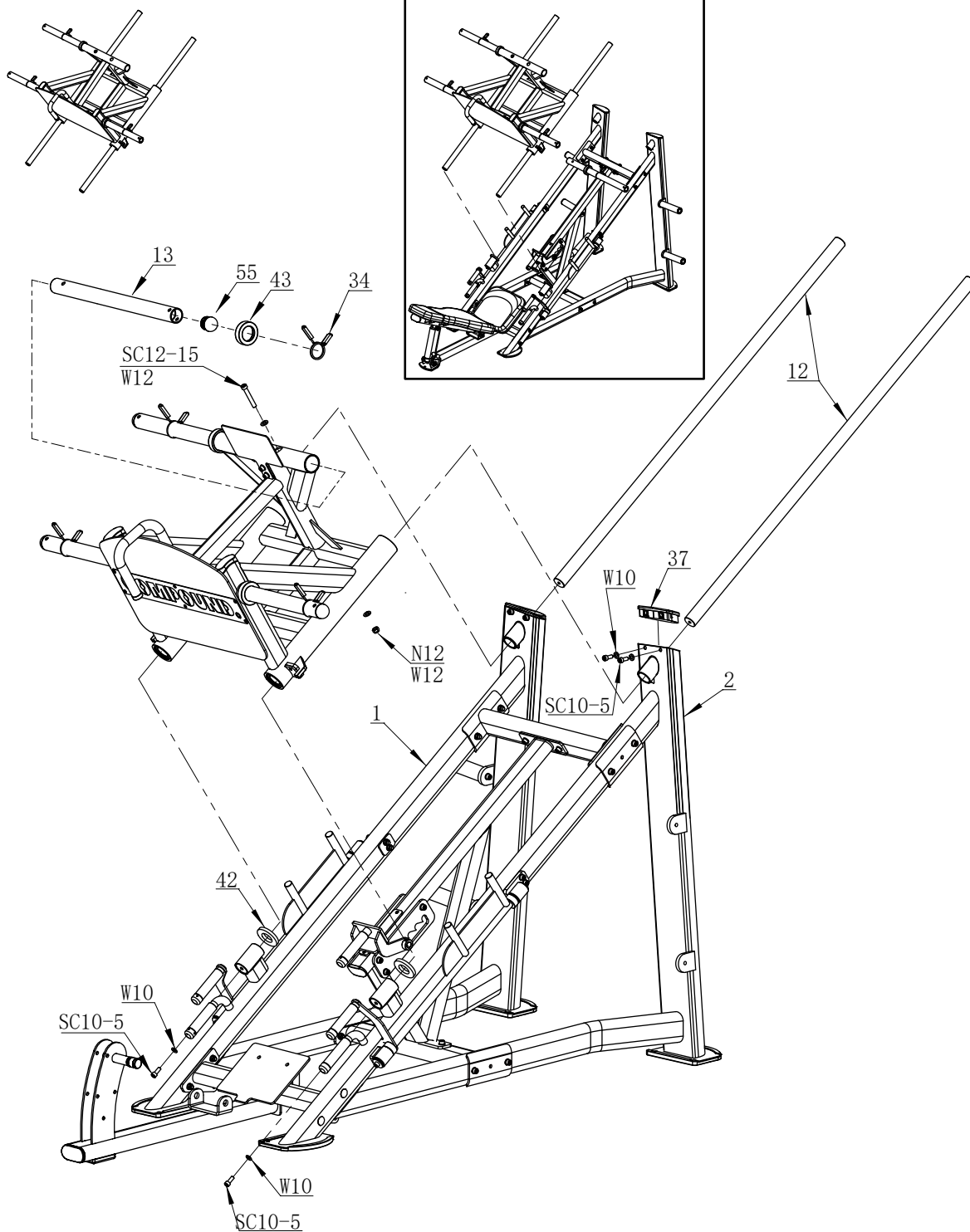
STEP 2

STEP1: Thread The Two Guide Rods (12#) Through 4# At The Same Time.

STEP2: Thread The Two Guide Rods (12#) To The Tube (1# And 2#) At The Same Time.

STEP1

STEP2



INFORMATION

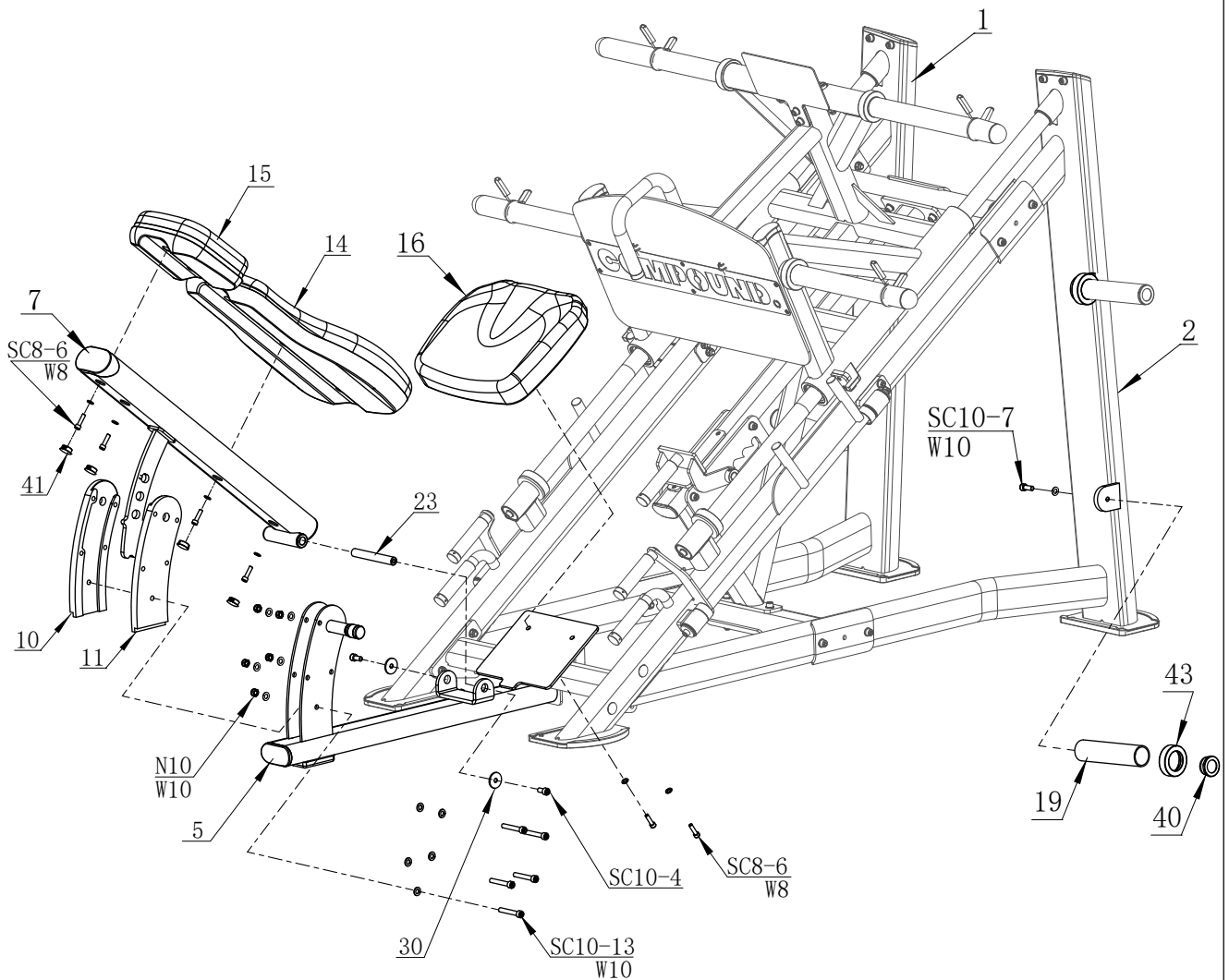
- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

100%

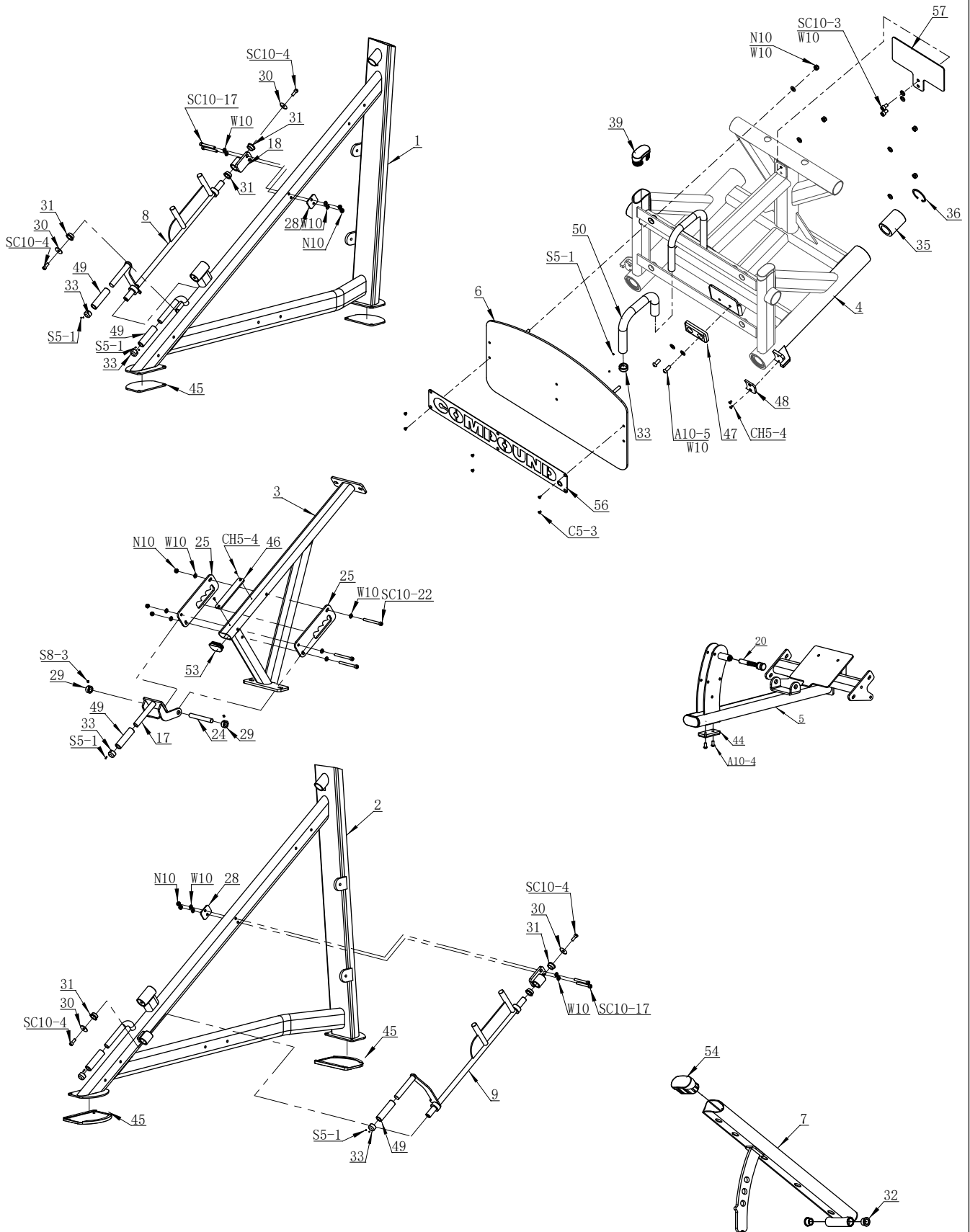


STEP 3

NOTE: Adjust 1# and 2# to parallel position and then tighten all the bolt.



PREASSEMBLED STEP



PARTS LIST

PART #	DESCRIPTION	QTY
1	Left Main Frame	1
2	Right Main Frame	1
3	Linking Frame	1
4	Sliding Frame	1
5	Base Frame	1
6	Footrest Plate	1
7	Back Pad Support Frame	1
8	Left Position Tube	1
9	Right Position Tube	1
10	Adjusting Plate 1	1
11	Adjusting Plate 2	1
12	Guide Rod	2
13	Long Barbell Rod	4
14	Back Pad	1
15	Head Pad	1
16	Seat Pad	1
17	Position Plate	1
18	Fixing Bushing	2
19	Short Barbell Rod	4
20	Pull Pin	1
21	*	*
22	*	*
23	Shaft 3	1
24	Shaft 4	1
25	Plate	2
26	Strengthening Plate 1	2
27	Strengthening Plate 2	4
28	Strengthening Plate 3	2
29	Ring	2
30	Big Washer	4
31	Bushing 1	8
32	Bushing 2	2
33	Handle Cap	6
34	Clip	4
35	Linear Bearing	4
36	Circlips	4
37	D Cap	2
38	Pt50x100 Cap	1
39	Pt40x80 Cap 1	2
40	D48 End Cap	4
41	D25 Cap	8
42	Bumper 1	2
43	D48 Ring	8
44	Rubber Plate 1	1

PART #	DESCRIPTION	QTY
45	Rubber Plate 2	4
46	Rubber Plate 3	1
47	Rubber Plate 4	1
48	Rubber Plate 5	2
49	Grip 1	5
50	Grip 2	1
51	Linking Tube 1	1
52	Linking Tube 2	1
53	Pt40x80 Cap 2	1
54	Pt65x115 Cap	1
55	Rubber Round Cap	4
56	LOGO Plate	1
57	Function Board	1
A10-4	Allen Bolt M10x20	2
A10-5	Allen Bolt M10x25	2
CH5-4	Countersunk Head Screw M5X10	6
S5-1	Socket Set Screw M5x4	12
S8-3	Socket Set Screw M8x8	2
SC8-6	Socket Cap Screw M8x30	6
SC10-3	Socket Cap Screw M10x15	2
SC10-4	Socket Cap Screw M10x20	6
SC10-5	Socket Cap Screw M10x25	10
SC10-7	Socket Cap Screw M10x35	4
SC10-13	Socket Cap Screw M10x65	5
SC10-16	Socket Cap Screw M10x80	12
SC10-17	Socket Cap Screw M10x85	4
SC10-22	Socket Cap Screw M10x110	3
SC12-15	Socket Cap Screw M12x75	4
W8	Washer Φ8	6
W10	Washer Φ10	76
W12	Washer Φ12	8
N10	Nut M10	34
N12	Nut M12	4