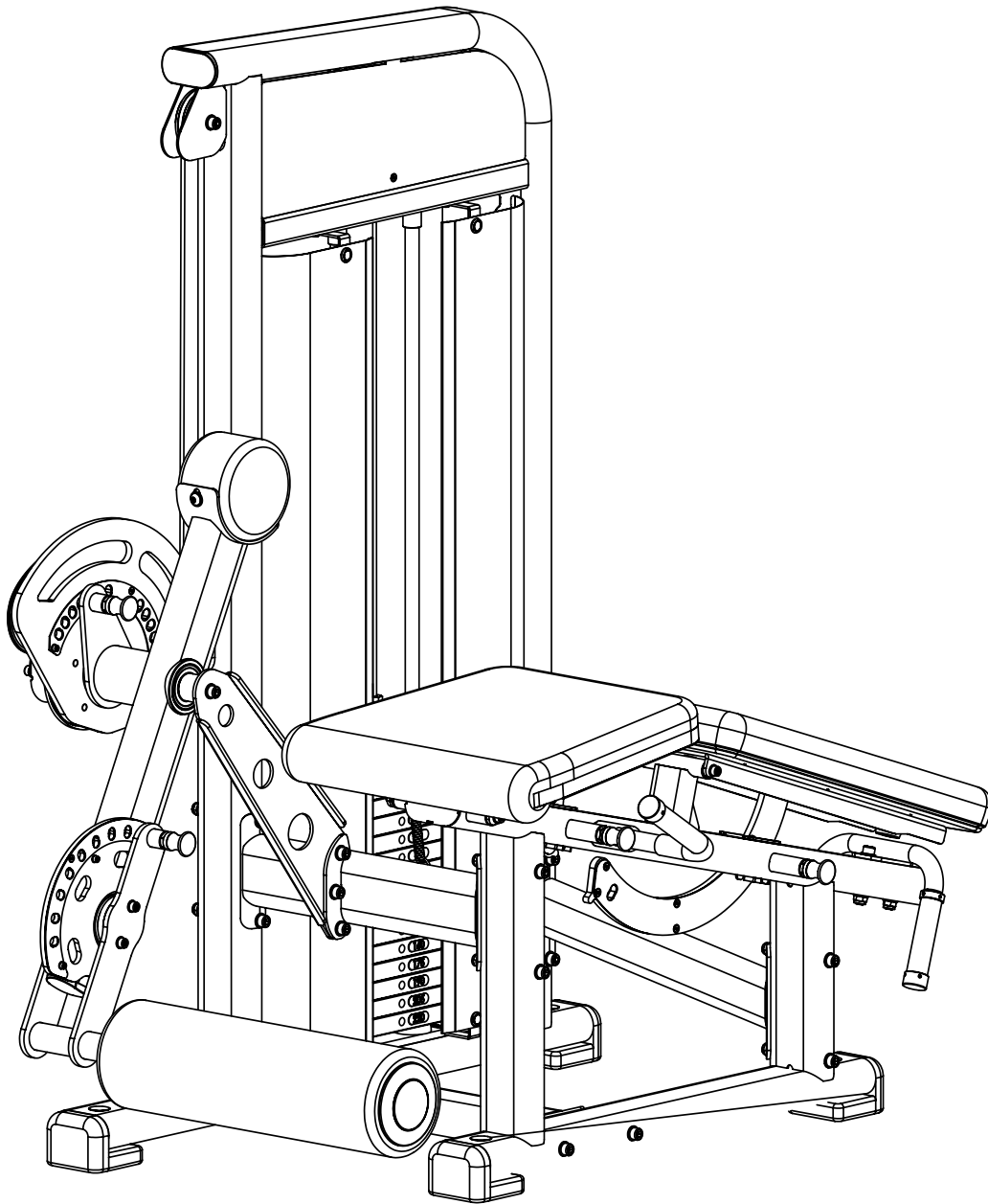

ASSEMBLY INSTRUCTIONS

PLATINUM SERIES

LEG EXTENSION / PRONE LEG CURL

SKU: CPL-LEP-1084



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

03-08 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

09 Part List

Assembly Instructions

Before Your Begin

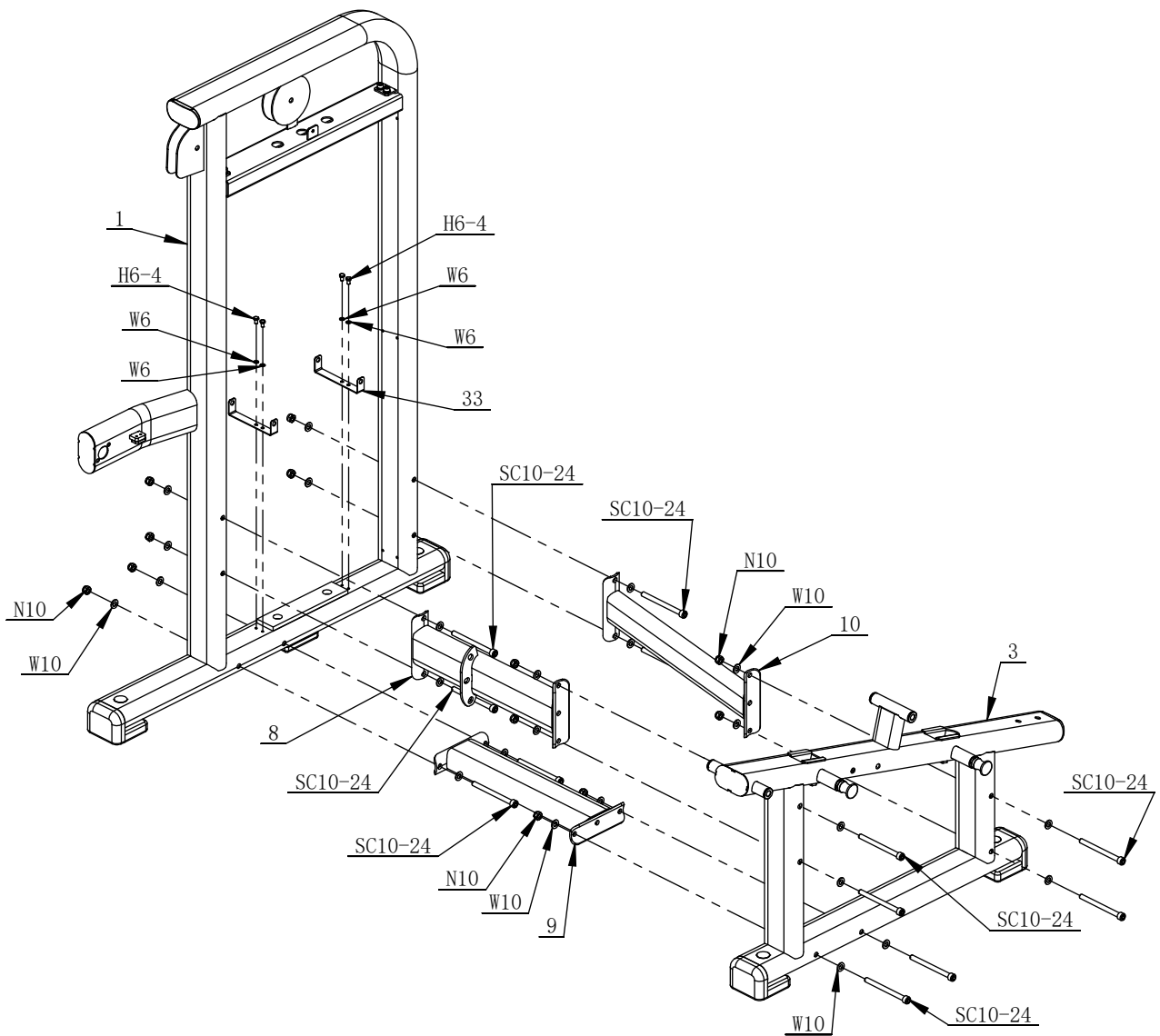
This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

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.

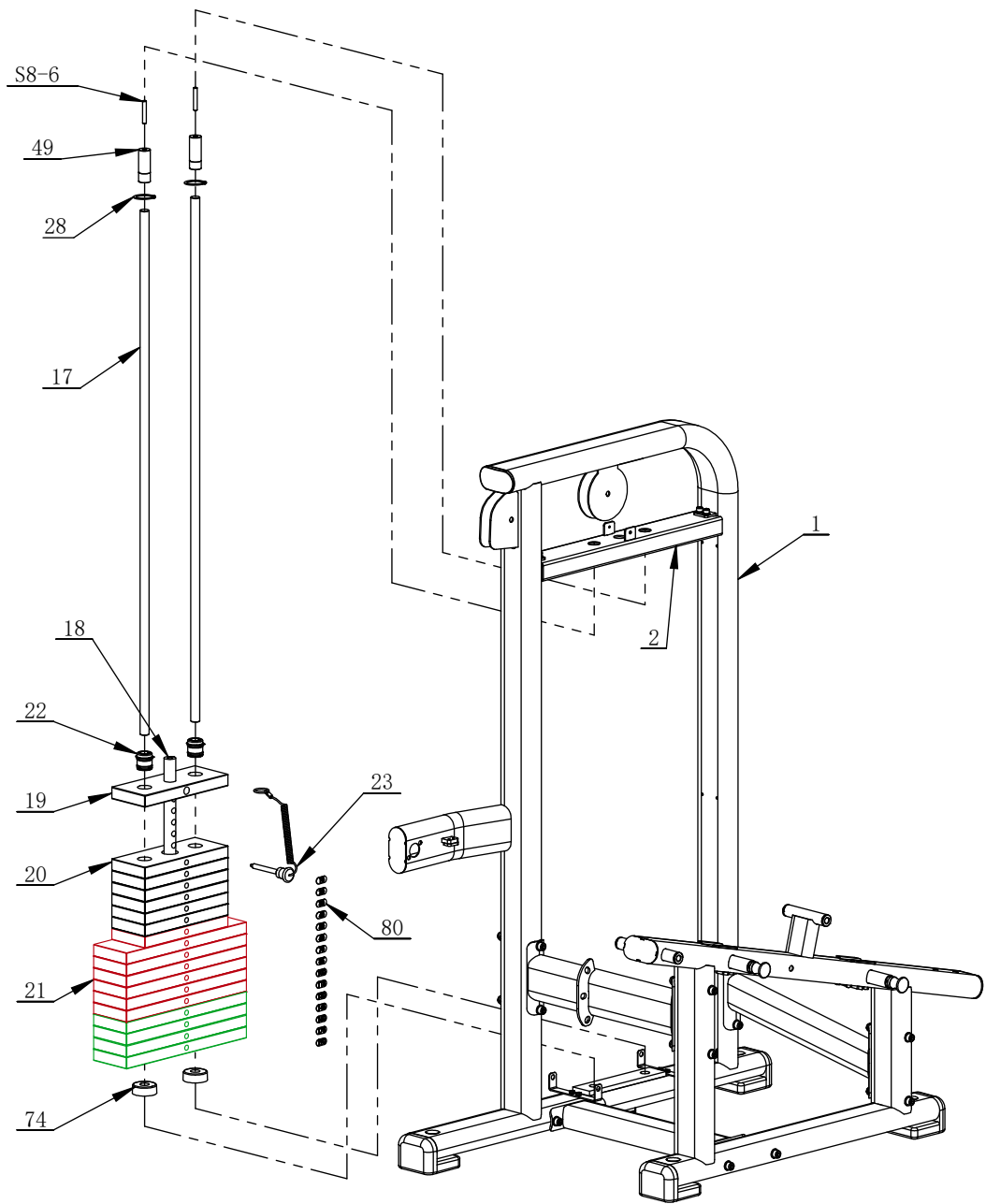
NOTE:

- In this step, all the washer and nuts which are not marked are W10 and N10.

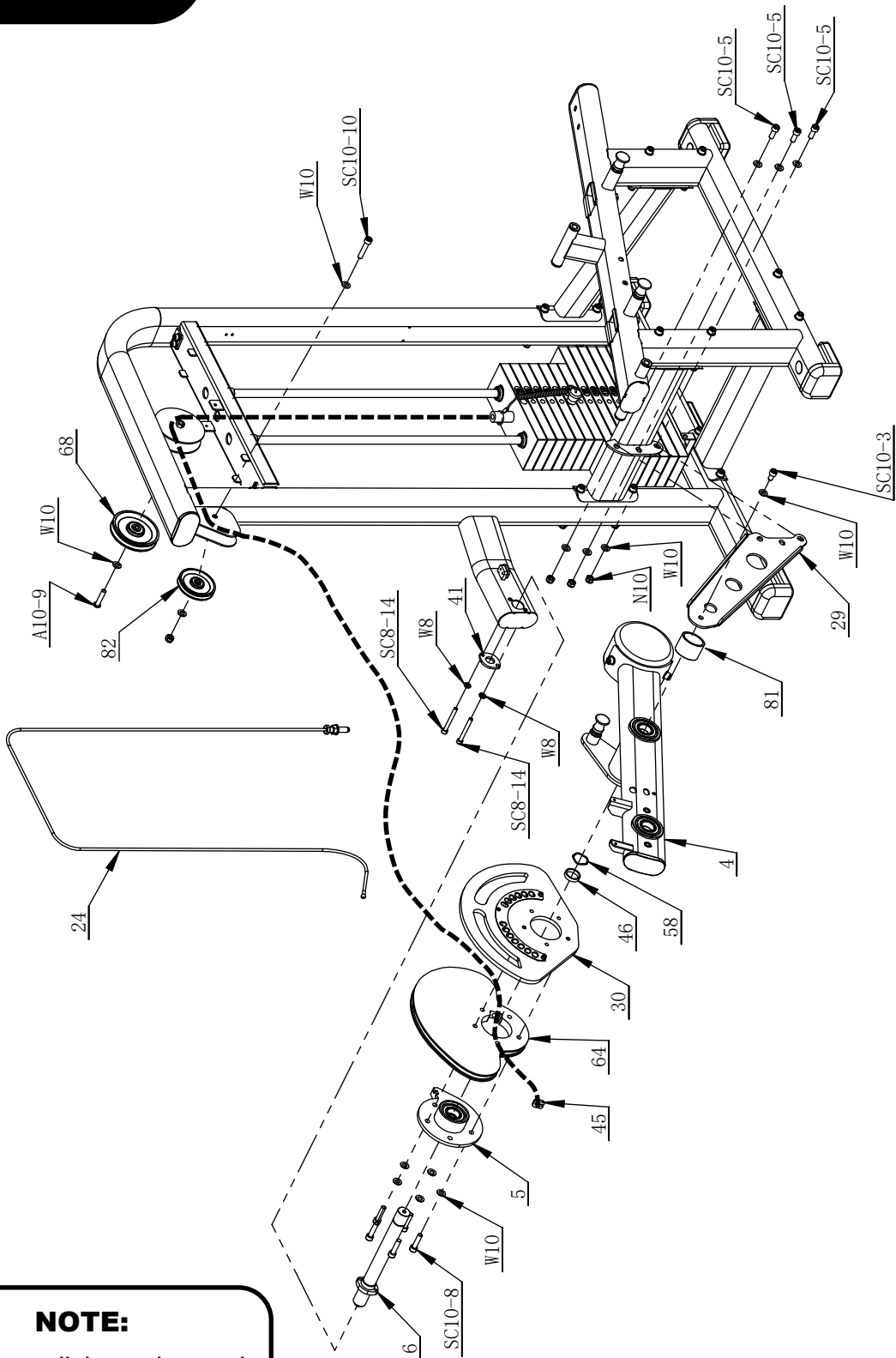
STEP 1



STEP 2



STEP 3



NOTE:

- In this step, all the washers and nuts which are not marked are W10 and N10.

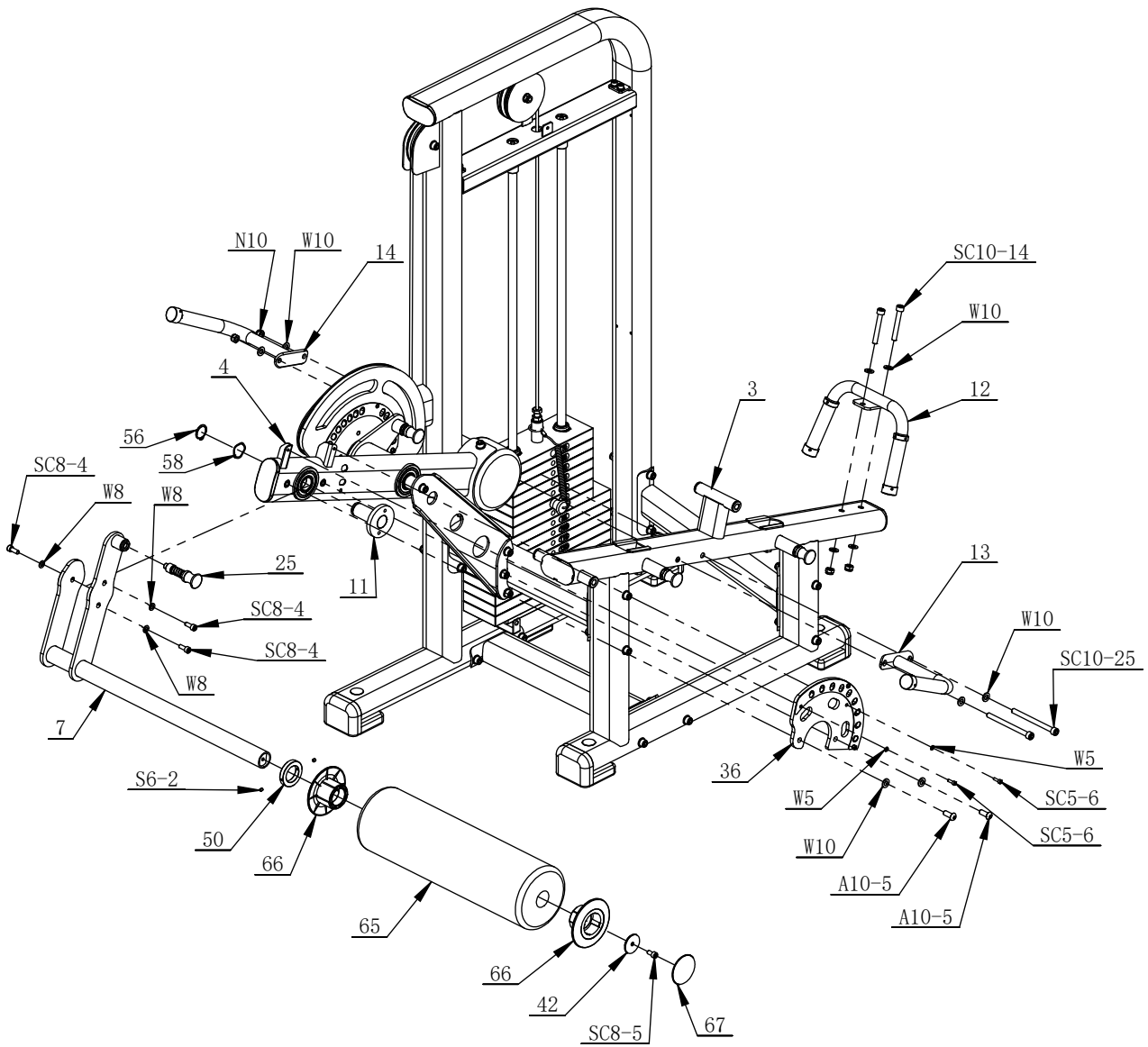
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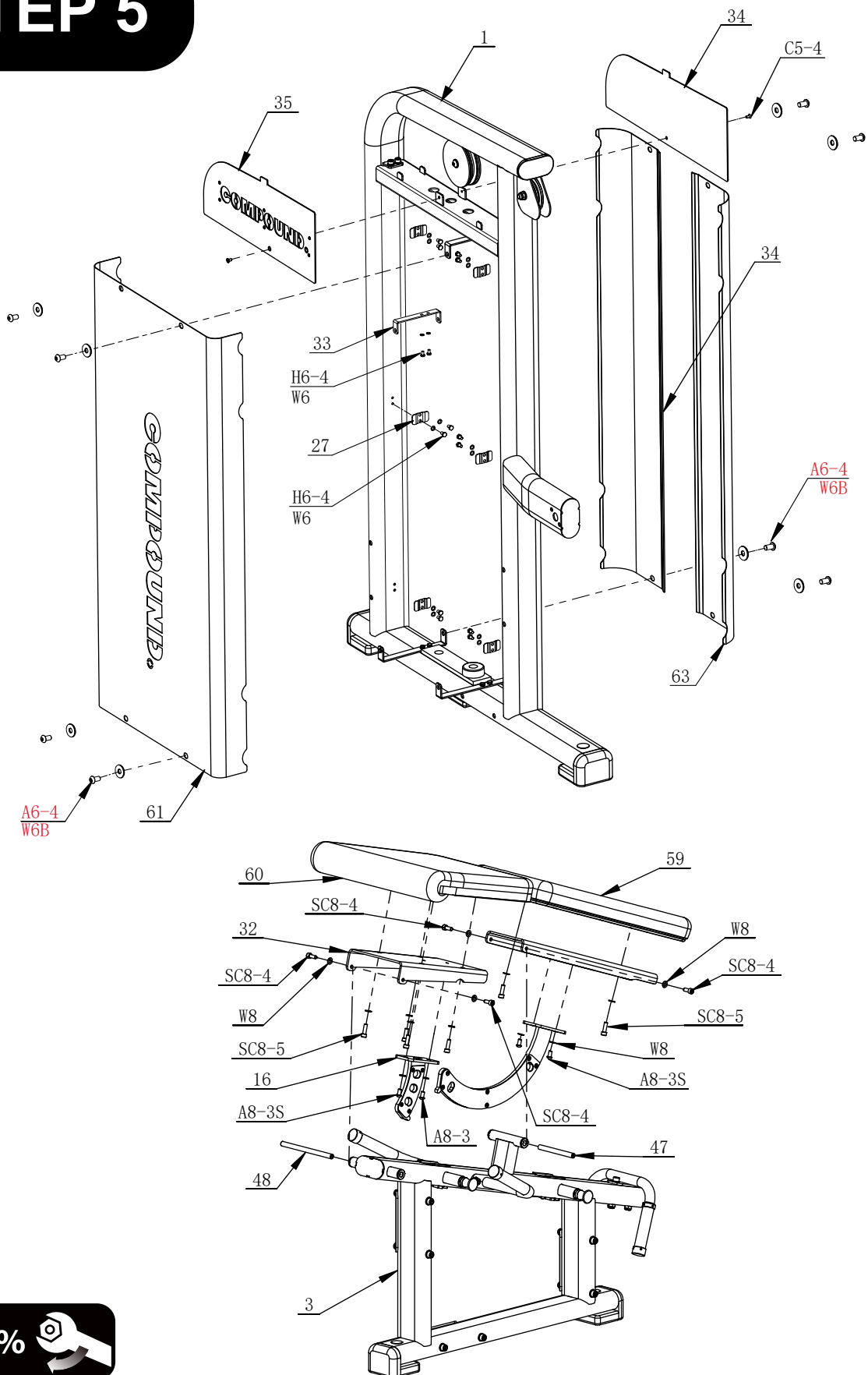
NOTE:

- In this step, all the washer and nuts which are not marked are W10 and N10.

STEP 4



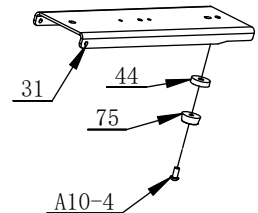
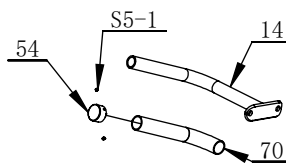
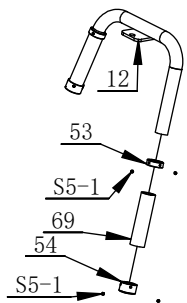
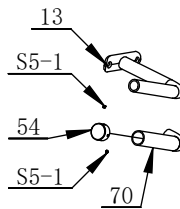
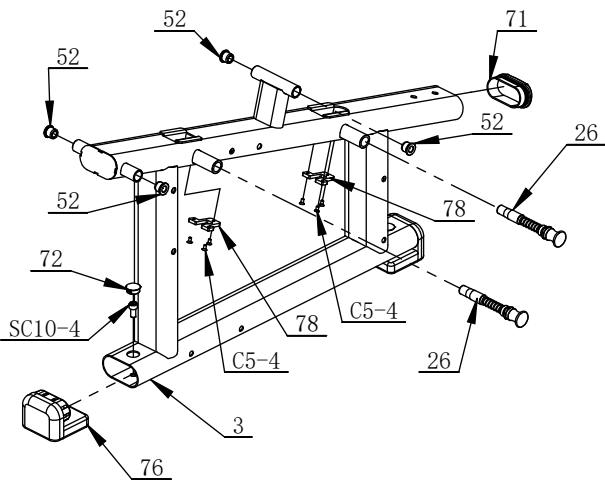
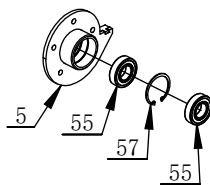
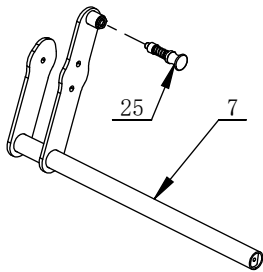
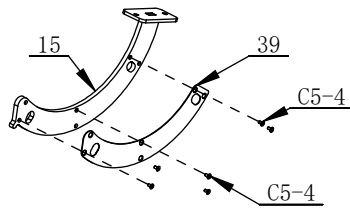
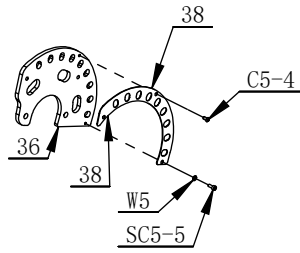
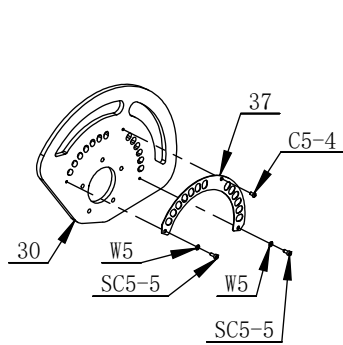
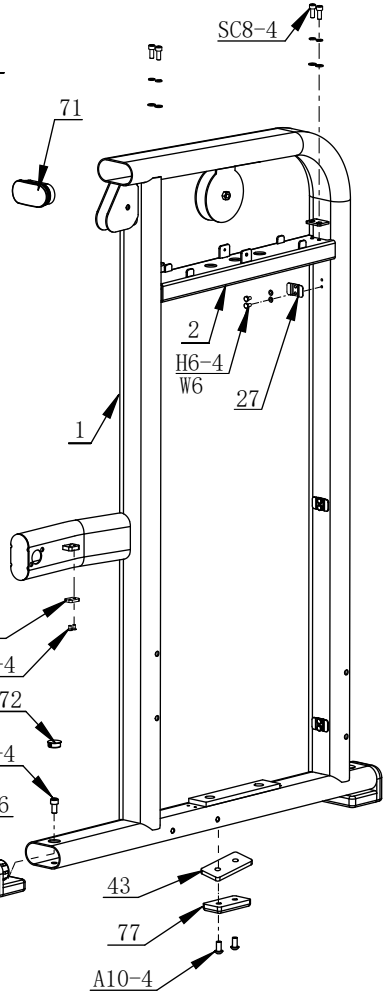
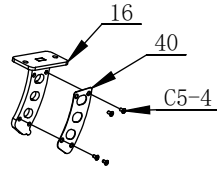
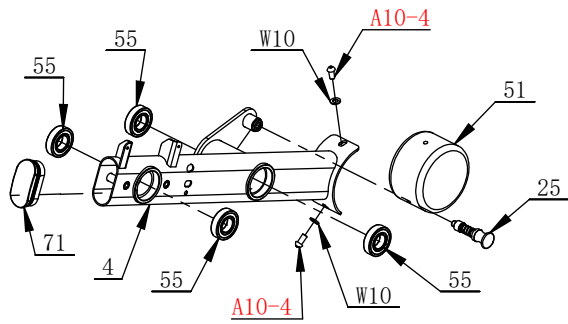
STEP 5



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PREASSEMBLED STEP



PARTS LIST

PART#	DESCRIPTION	QTY
1	Main Frame	1
2	Top Frame	1
3	Seat Tube Group	1
4	Swing Arm Group	1
5	Pendulum Group	1
6	Wheelset Shaft Group	1
7	Swing Plate Group	1
8	Front Connection Group	1
9	Lower Connection Group	1
10	Rear Connection Group	1
11	Leg Pressing Shaft Group	1
12	Back Handle group	1
13	Left Handle group	1
14	Right Handle group	1
15	Back Pad Adjust Group	1
16	Seat Pad Adjust Group	1
17	Guide Rod	2
18	Selector	1
19	5 Kg Top Weight Plate	1
20	5 Kg Weight Plate	7
21	7.5 Kg Weight Plate	10
22	Weight Stack Head Bushing	2
23	Weight Stack Pin	1
24	Cable	1
25	Pin 1	2
26	Pin 2	2
27	Clip Plate	6
28	Retainer Ring	2
29	Support Plate	1
30	Pendulum Spoke Plate	1
31	Back Pad Supporting Plate	1
32	Seat Pad Supporting Plate	1
33	Cover Connecting Plate	4
34	LOGO Plate 1	1
35	LOGO Plate 2	1
36	Leg Pressing Adjustment Plate	1
37	Adjustment Protecting Plate 1	1
38	Adjustment Protecting Plate 2	1
39	Adjustment Protecting Plate 3	1
40	Adjustment Protecting Plate 4	1
41	Mat Plate 2	1
42	Big Washer	1
43	Mat Plate	1
44	Mat Ring	1
45	Cable Plate	1
46	Interval Bushing	1
47	Back Pad Shaft	1
48	Seat Pad Shaft	1
49	Guide Rod Bushing	2
50	Foam Roller Ring	1
51	Counterweight Iron	1
52	D25 Bushing	4
53	Handle Ring	2
54	Handle Cap	4
55	Bearing 6206	6
56	Shaft Ring	1

PART#	DESCRIPTION	QTY
57	Hole Ring	1
58	Wave Washer	2
59	Back Pad	1
60	Seat Pad	1
61	Rear Shield	1
62	Front Shield 1	1
63	Front Shield 2	1
64	Round Plate	1
65	Long Foam Roller	1
66	Foam Roller Cap 1	2
67	Foam Roller Cap 2	1
68	114 Pulley	1
69	Grip 1	2
70	Grip 2	2
71	PT50X100 Cap	3
72	D25 Cap	4
*		
74	Buffer	2
75	Cushion	1
76	L Rubber Foot	4
77	Limiting Pad	1
78	Protective Plastic Plate	2
79	Plastic Plate	1
80	Weight Stack Label	1
81	Spacer Tube	1
82	89 Pulley	1
SC5-5	Socket Cap Screw M5X12	3
SC5-6	Socket Cap Screw M5X15	2
SC8-4	Socket Cap Screw M8X20	11
SC8-5	Socket Cap Screw M8X25	7
SC8-14	Socket Cap Screw M8X70	2
SC10-3	Socket Cap Screw M10X16	1
SC10-4	Socket Cap Screw M10X20	4
SC10-5	Socket Cap Screw M10X25	3
SC10-8	Socket Cap Screw M10X40	5
SC10-10	Socket Cap Screw M10X50	1
SC10-14	Socket Cap Screw M10X70	2
SC10-24	Socket Cap Screw M10X120	12
SC10-25	Socket Cap Screw M10X125	2
A8-3S	Allen Bolt M8×12	4
*		
A10-4	Allen Bolt M10X20	5
A10-5	Allen Bolt M10X25	2
A10-9	Allen Bolt M10X45	1
C5-4	Countersunk Head Screw M5X10	22
S5-1	Socket Set Screw M5X4	12
S6-2	Socket Set Screw M6X6	2
S8-6	Socket Set Screw M8X30	2
H6-4	Hex Head Bolt M6X10	28
W5	Washer Φ5	5
W6	Washer Φ6	20
W8	Washer Φ8	23
W6B	Big Washer 6	8
W10	Washer Φ10	51
SW8	Spring Washer Φ8	6
N10	Nut M10	20