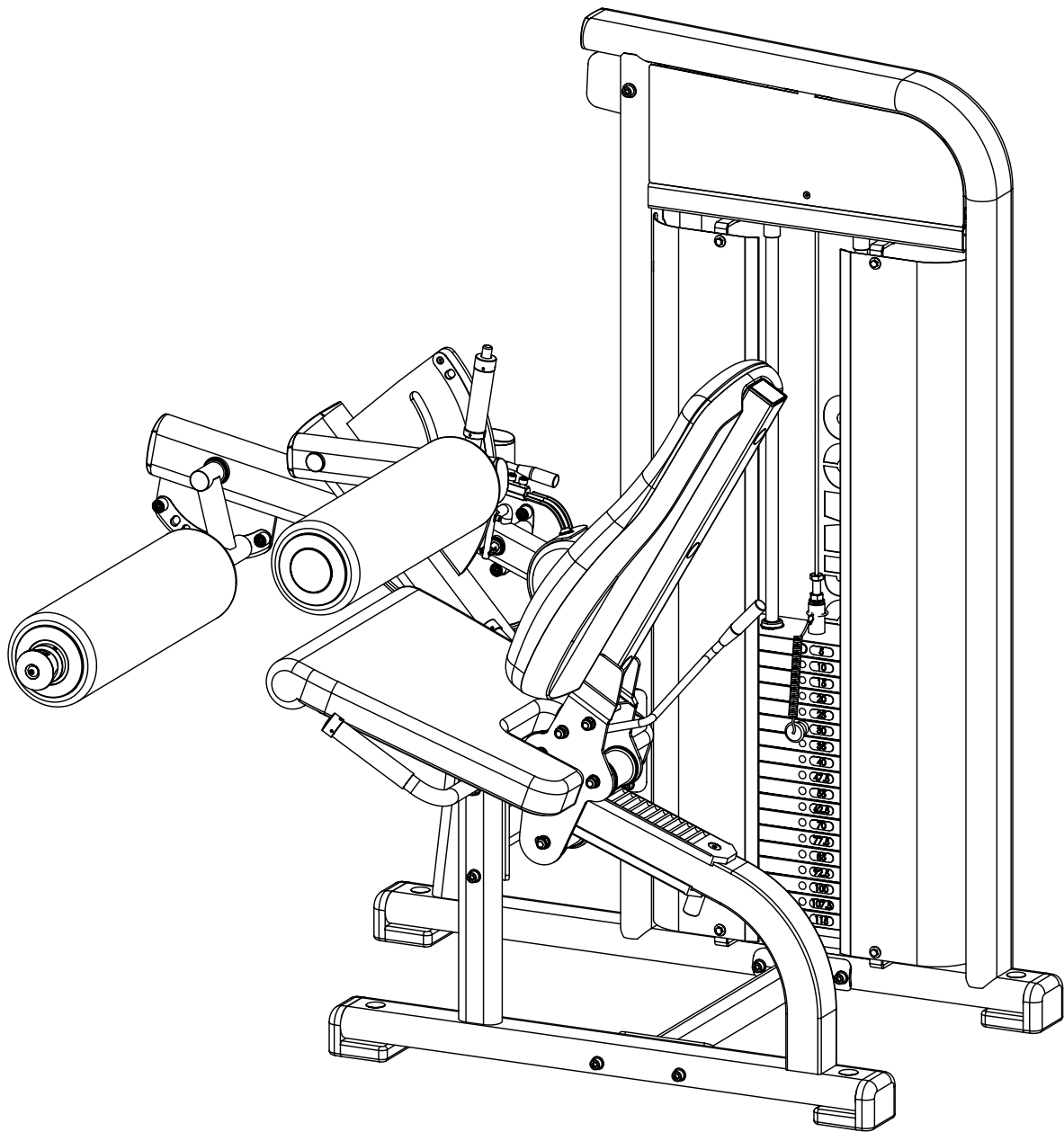

ASSEMBLY INSTRUCTIONS

PLATINUM SERIES

SEATED LEG CURL

SKU: CPL-SLC-1099



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

03-13 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

14-15 Part List

Assembly Instructions

Before Your Begin

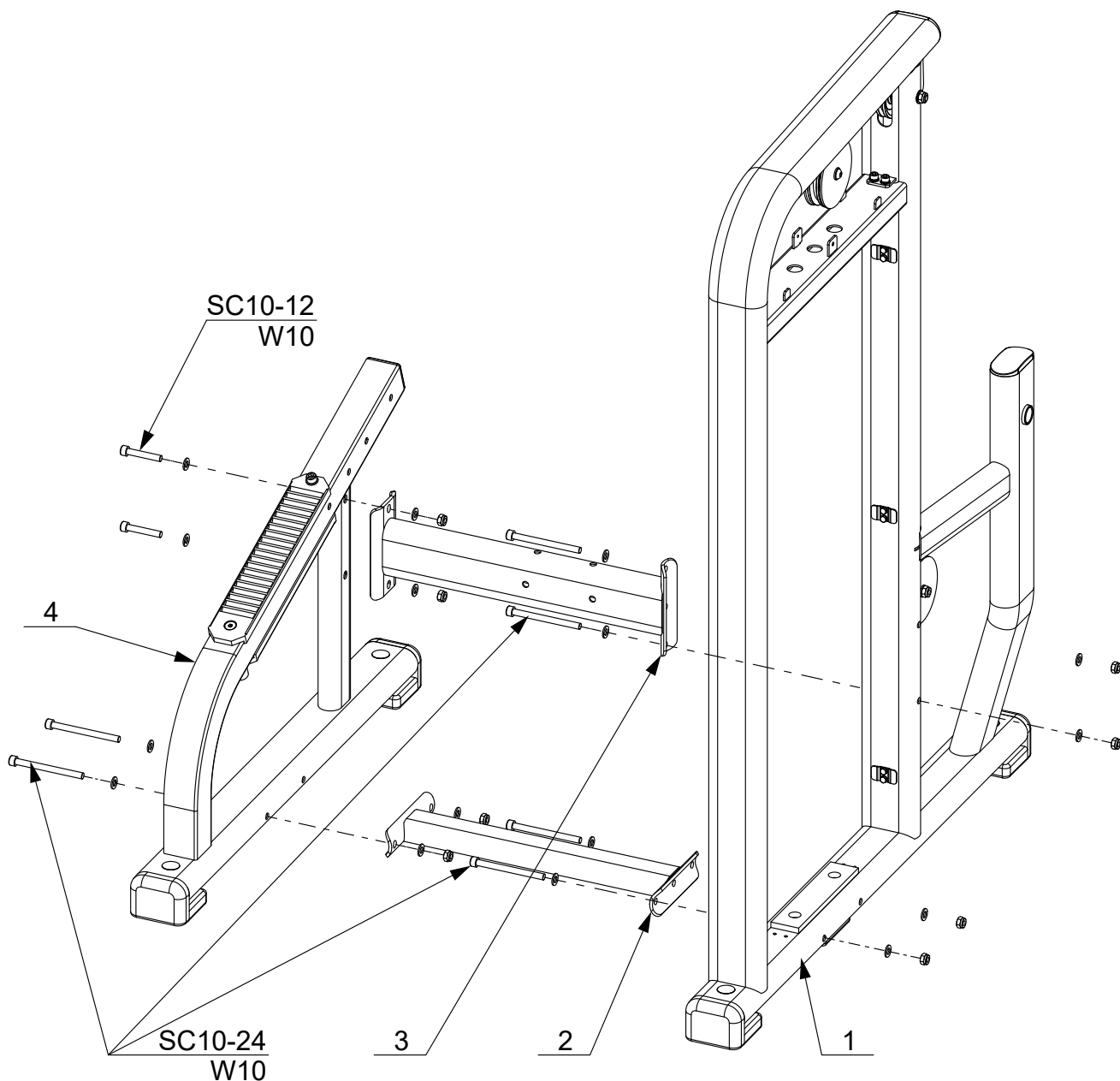
This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

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.

STEP 1

INFORMATION

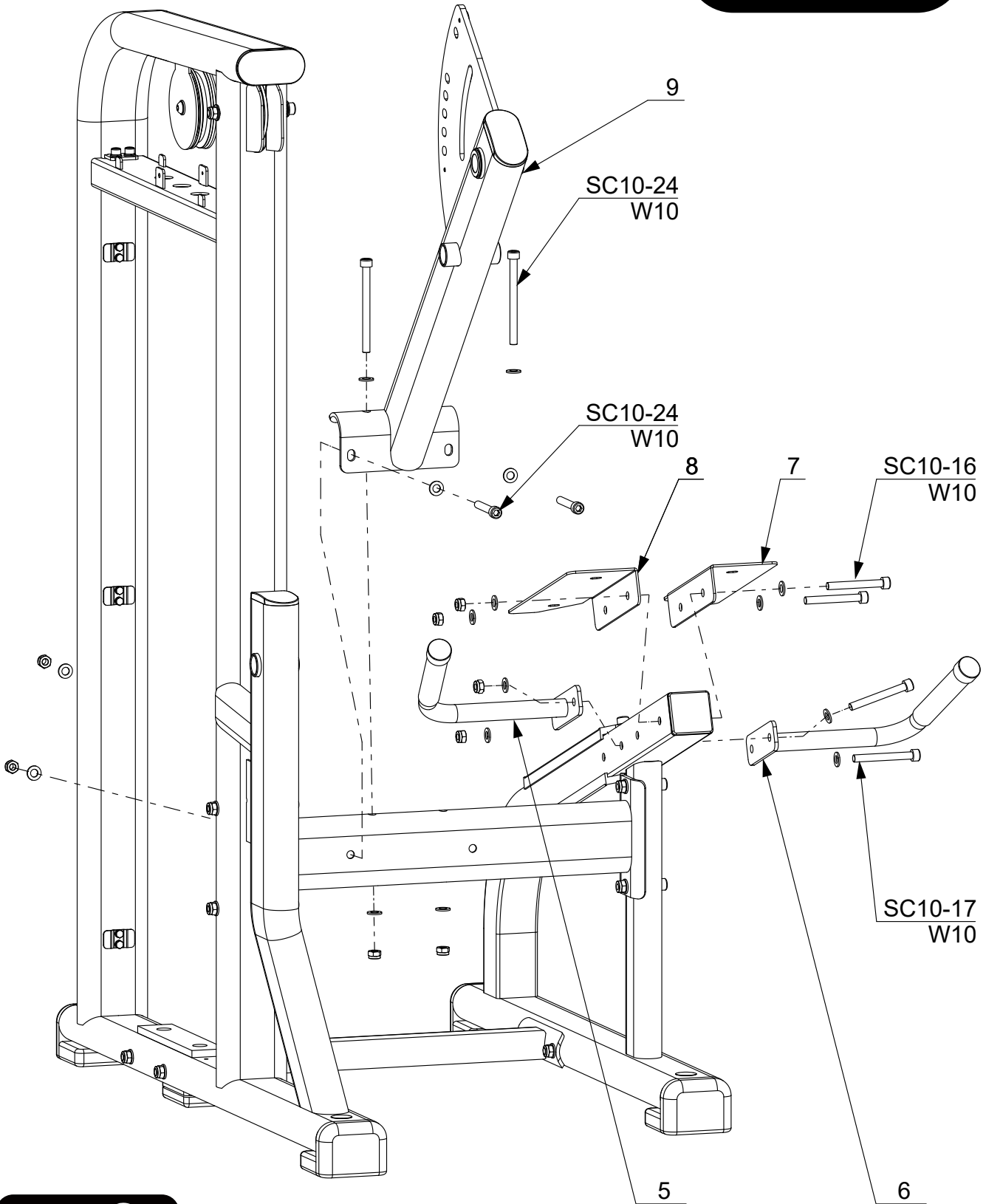
- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.



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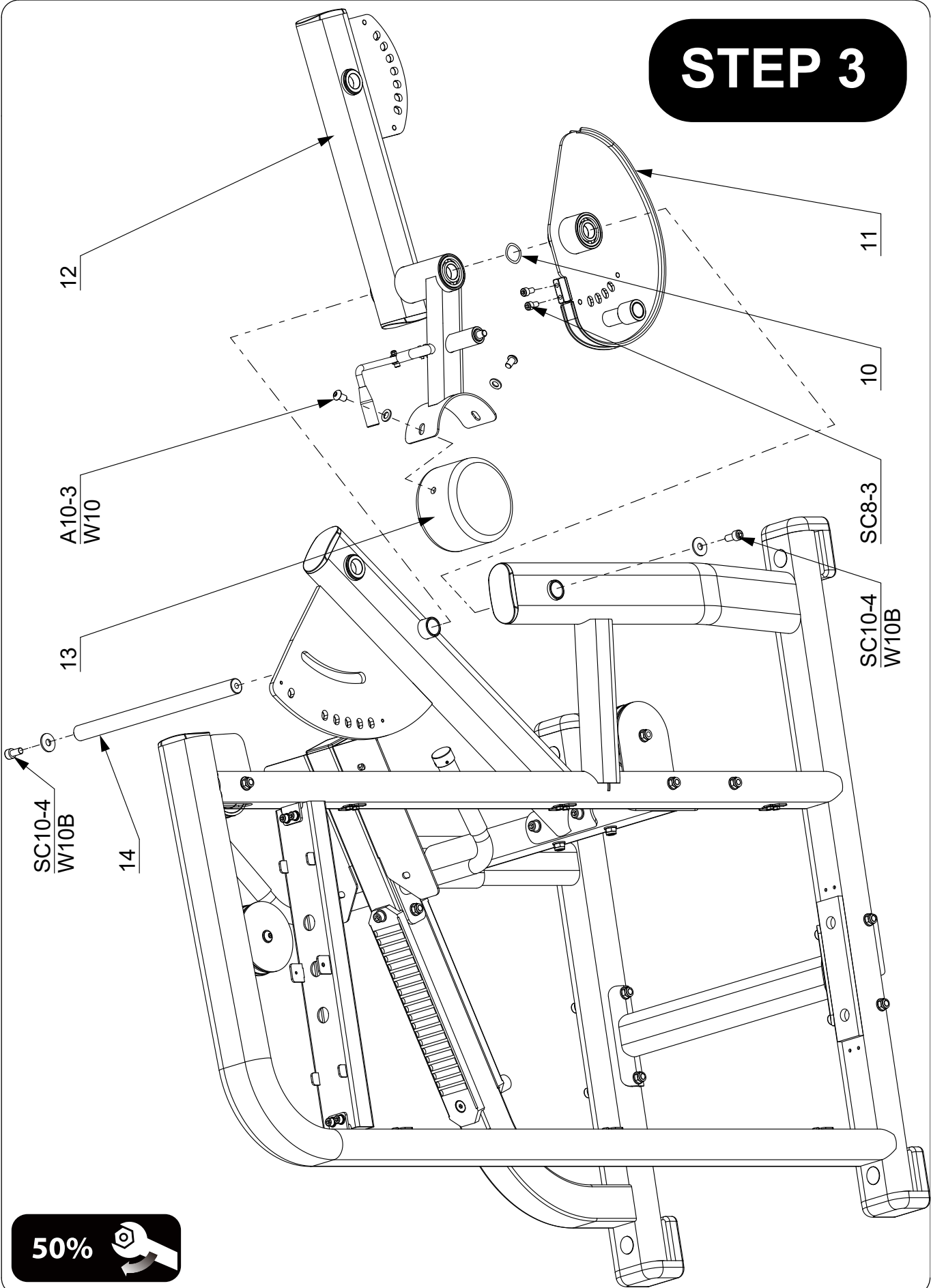


STEP 2

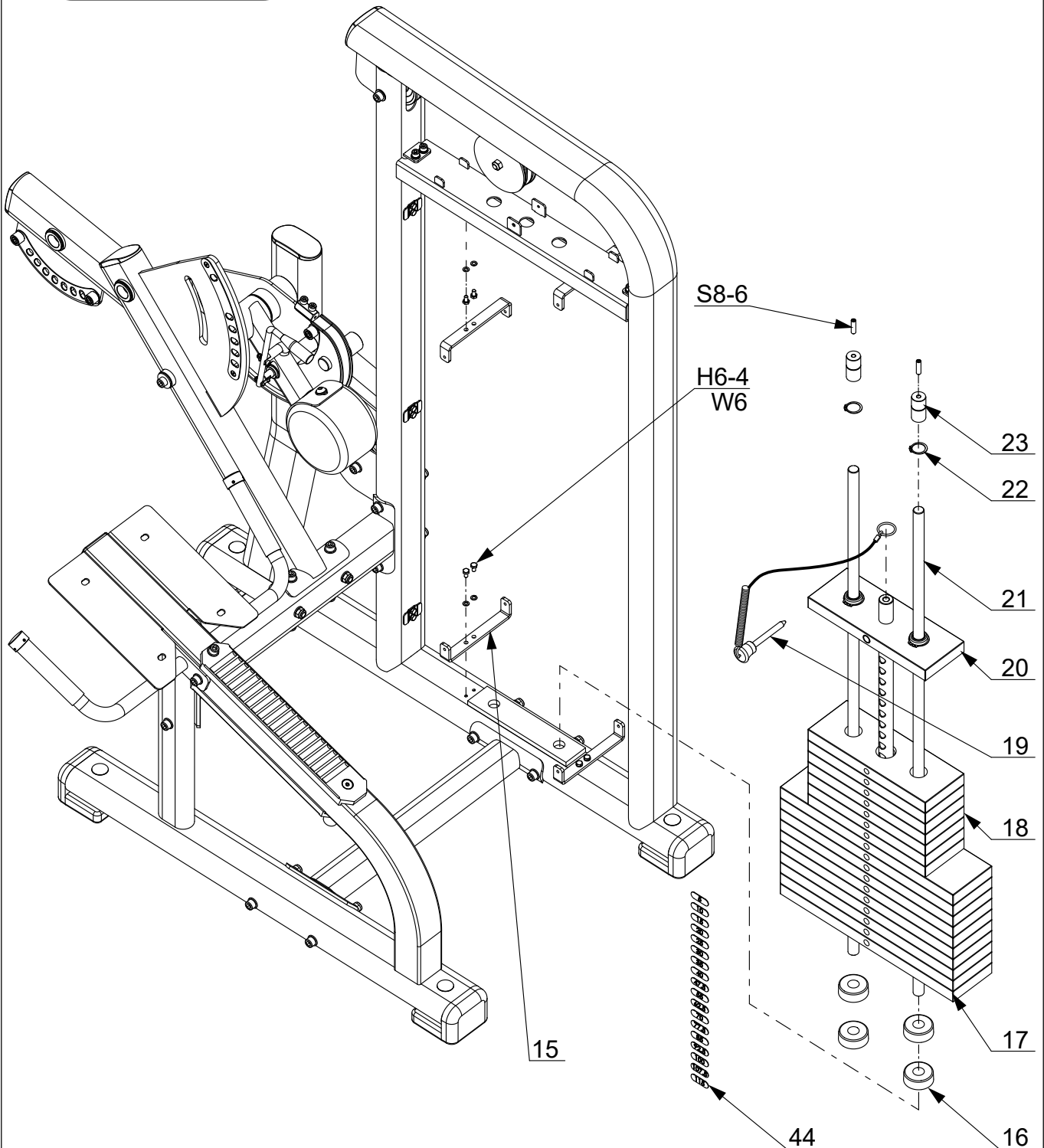


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STEP 3



STEP 4



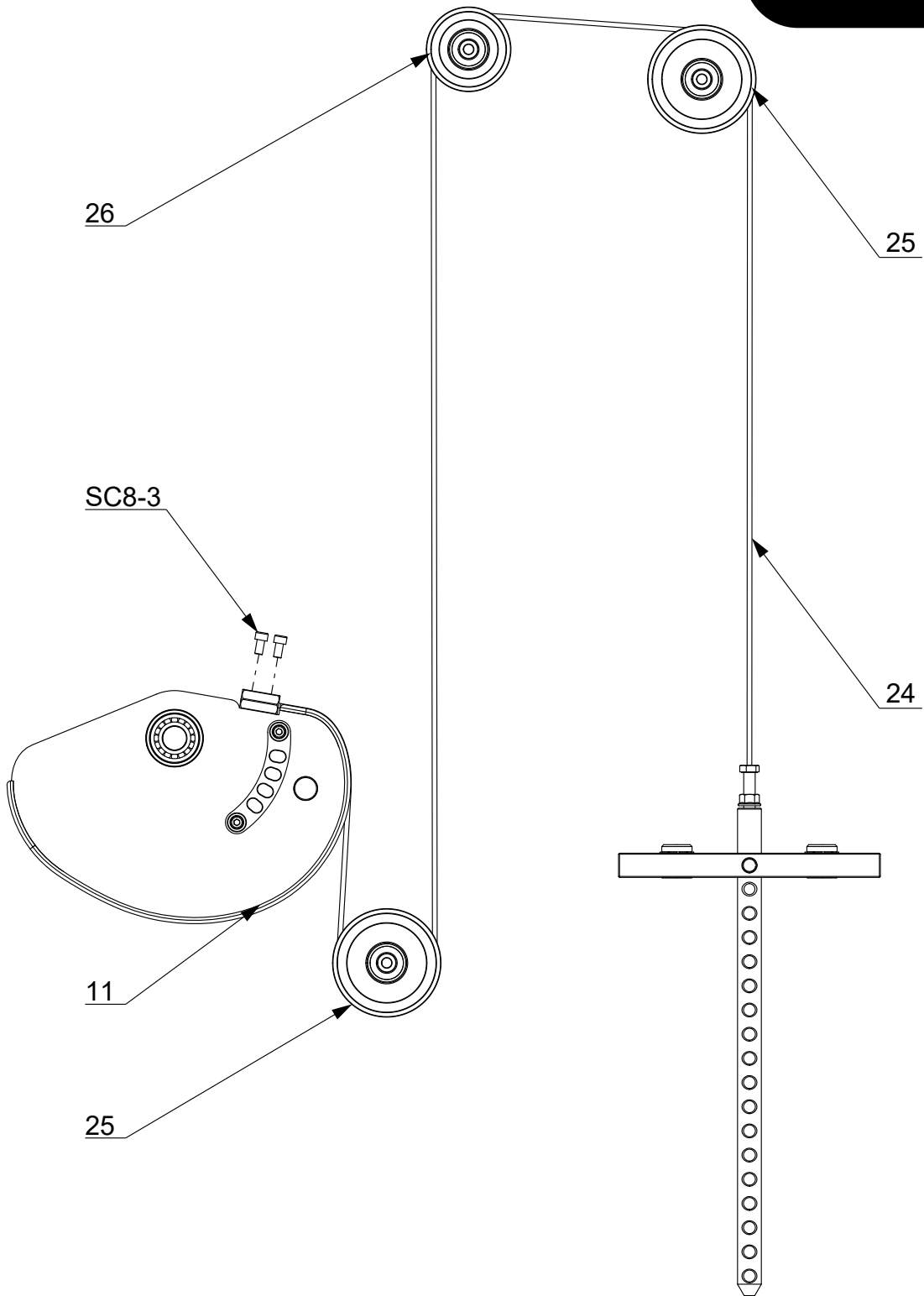
NOTE 1: please clean the weight plates Before sticking the weight labels , and avoid touching the adhesive of the sticker.

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

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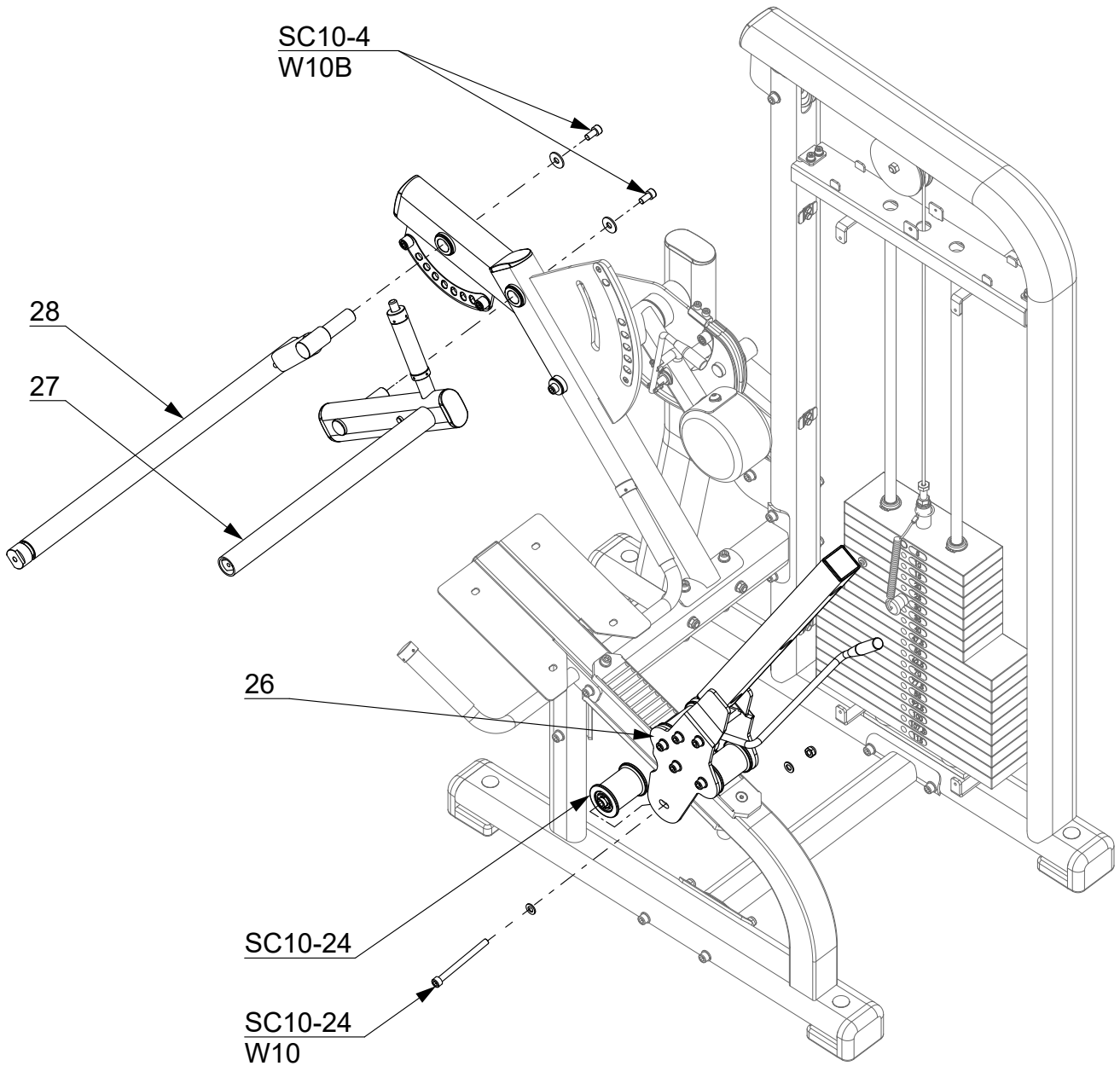
STEP 5



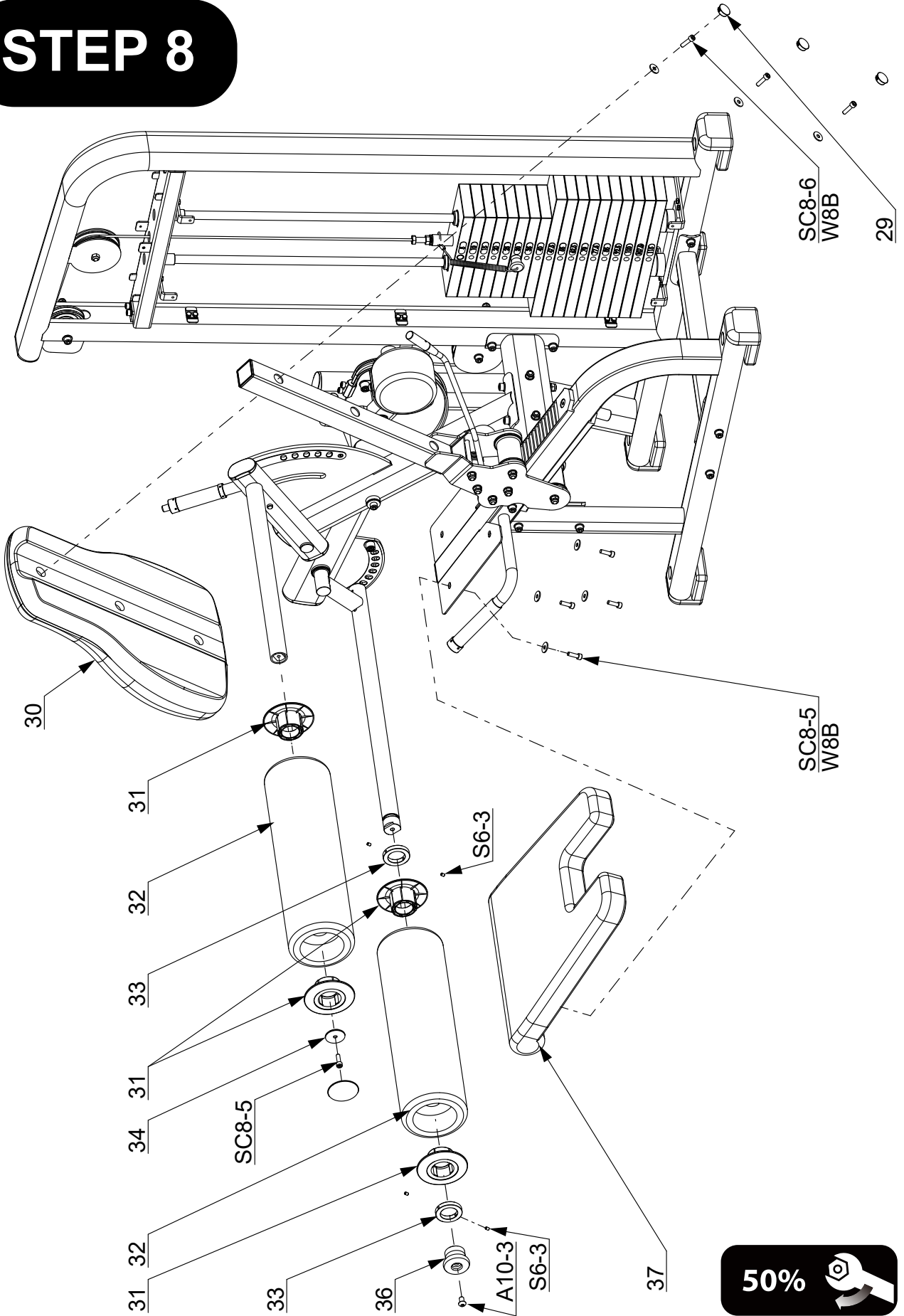
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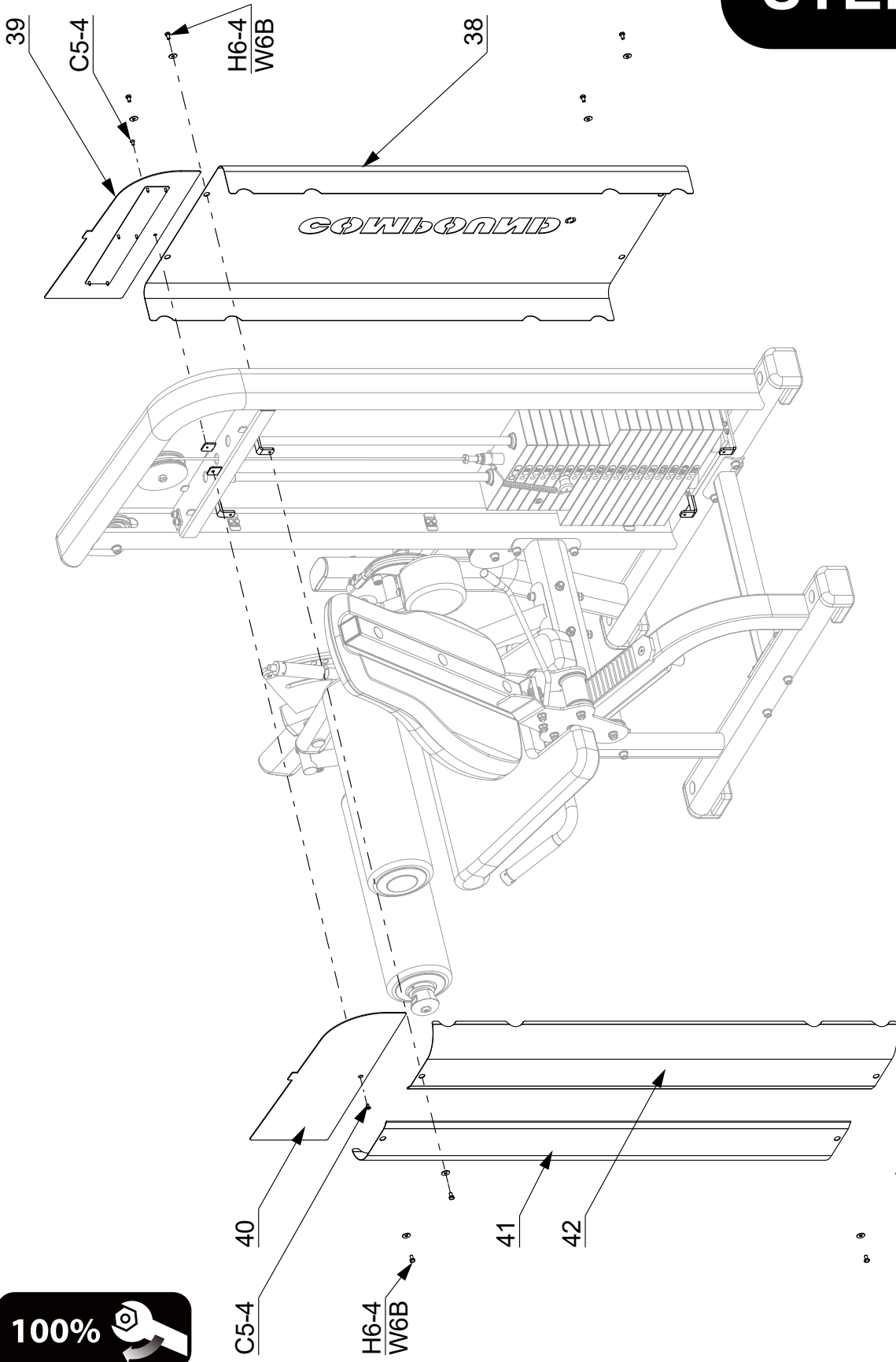
STEP 7



STEP 8

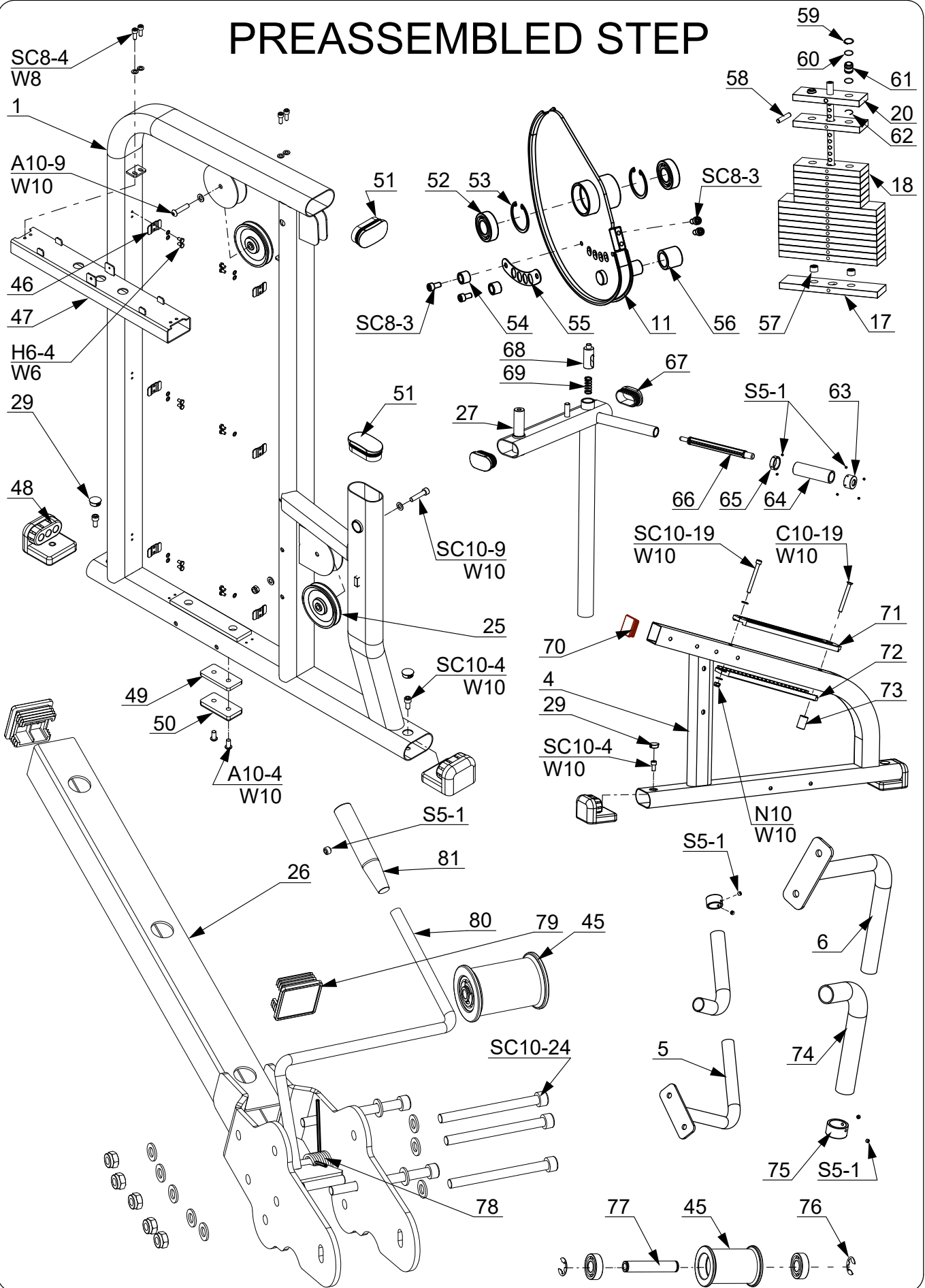


STEP 9

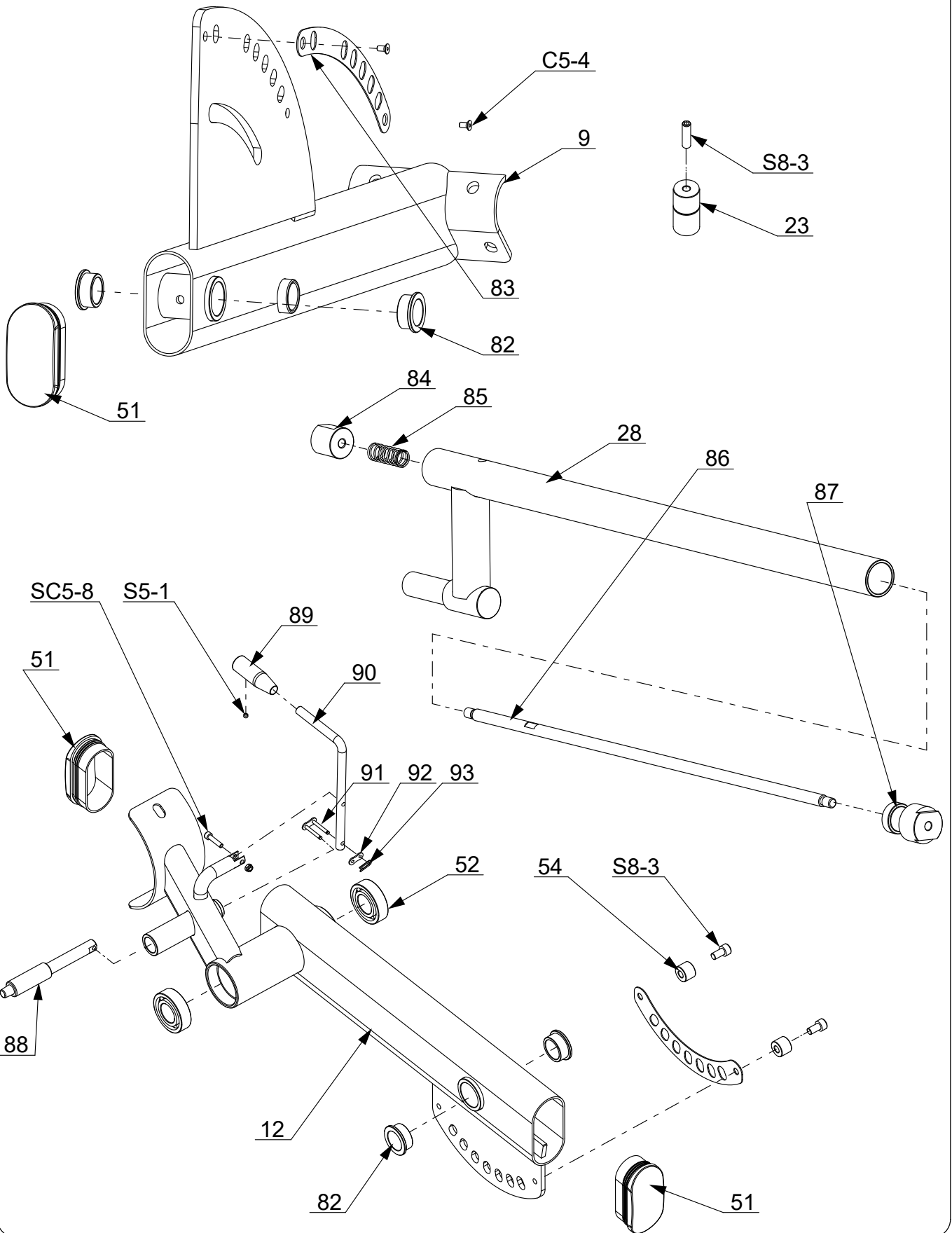


NOTE: After assembling the equipment, please check and tighten all the fasteners including the screws on the handle.

PREASSEMBLED STEP



PREASSEMBLED STEP



PARTS LIST

PART	DESCRIPTION	QTY
1	Weight Stack Frame	1
2	Bottom Connection Tube	1
3	Front Connection Tube	1
4	Seat Frame	1
5	Right Handle	1
6	Left Handle	1
7	Left Seat Support Plate	1
8	Right Seat Support Plate	1
9	Inclined Support Tube	1
10	Wave Washer D25	1
11	Cam	1
12	Swinging Tube	1
13	Bob Weight	1
14	Shaft D25 × 368	1
15	U Plate	4
16	Buffer Ring	4
17	Weight Plate 7.5 Kg	10
18	Weight Plate 5 Kg	7
19	Weight Pin	1
20	Top Weight Plate	1
21	Guide Rod	2
22	Outer Retaining Ring D25	2
23	Rod Retainer	2
24	Cable L 2638mm	1
25	Pulley D114	2
26	Pulley D89	1
27	Limit Tube	1
28	Power Tube Weldment	1
29	Hole Cap D25	7
30	Backrest Pad	1
31	Foam Roller Bushing	4
32	Foam Roller	2
33	Retaining Ring ID 39	2
34	Washer OD45	1
*		
36	Knob	1
37	Seat Pad	1
38	Back Lower Shield	1
39	Back Upper Shield	1
40	Front Upper Shield	1
41	Front Lower Shield 1	1
42	Front Lower Shield 2	1
43	Spacer L=37mm	2
44	Weight Label	1
45	Roller	3
46	Clamp Plate	6
47	Upper Lateral Tube	1

PART	DESCRIPTION	QTY
48	L Rubber Foot	4
49	Spacer Plate 50×100×8	1
50	Rubber Pad	1
51	FE Tube Cap	5
52	Bearing 6205	4
53	Inner Retaining Ring D52	2
54	Limit Post	4
55	Stainless Plate 1	1
56	Plastic Sleeve	1
57	Plastic Bushing	34
58	Elastic Pin	1
59	Retaining Ring D32	2
60	Buffer Ring	4
61	Aluminium Bushing	2
62	C Clip	2
63	Hollow Handle Cap	1
64	Hand Grip L=102	1
65	Inner Retaining Ring D25	1
66	Plastic Push Bar	1
67	FE Tube Cap 40×70	2
68	Pin D24 L60	1
69	Spring H0 = 26mm	1
70	Square Tube Cap 60×60	1
71	Serrated Track	1
72	Flat Track	1
73	Limit Post	1
74	Hand Grip	2
75	Handle Cap	2
76	E Clip Retainer	6
77	Shaft D17×90.5	3
78	Twist Spring	1
79	Square Tube Cap 50×50	2
80	Lever 1	1
81	Hand Grip	1
82	Bushing	4
83	Stainless Plate 2	1
84	Pin D32×40	1
85	Spring H0=45mm	1
86	Pull Bar D12 ,L=665mm	1
87	Slider	1
88	Pull Pin	1
89	Hand Grip L=65mm	1
90	Lever 2	1
91	Link Pin	1
92	Link Plate	1
93	Spring Clip	1
*		

