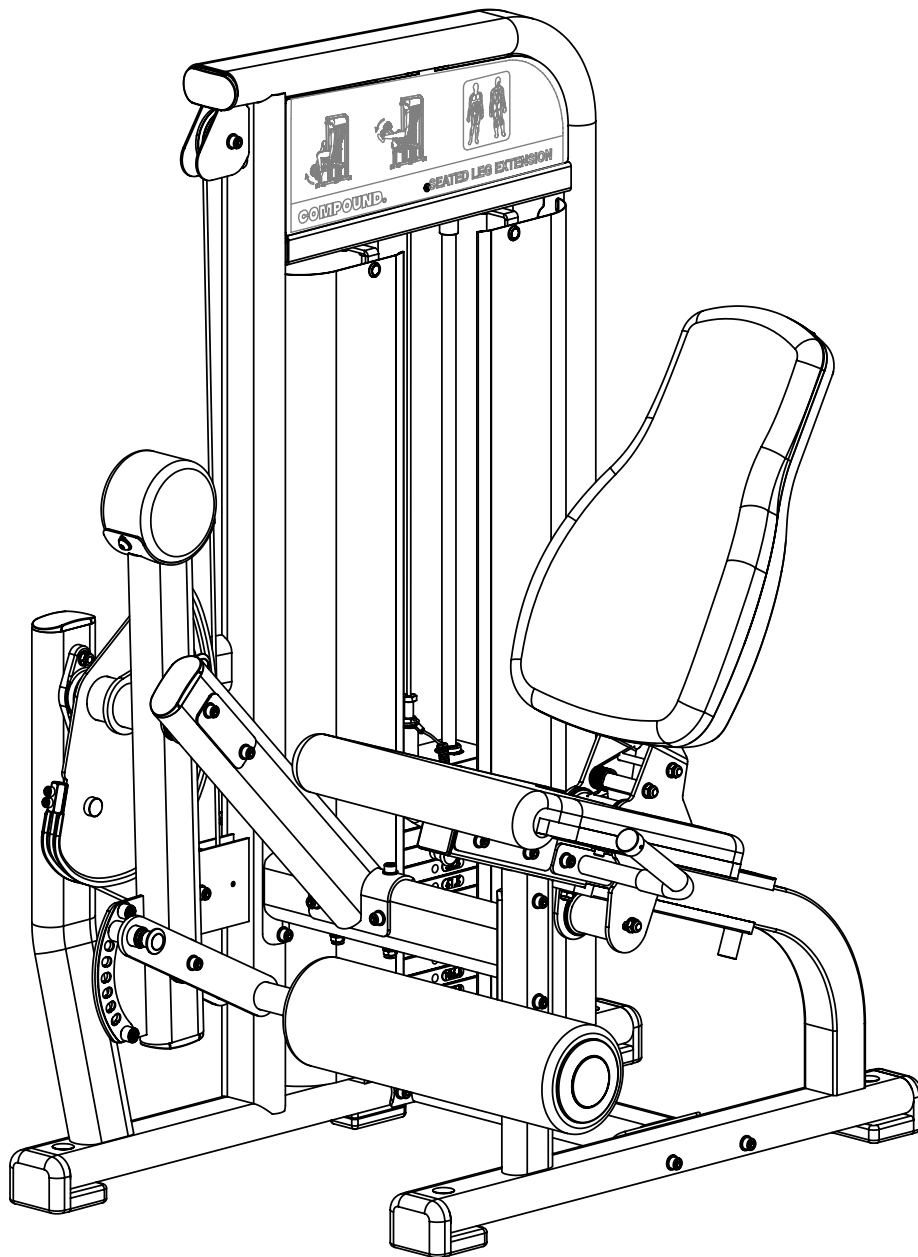

ASSEMBLY INSTRUCTIONS

PLATINUM SERIES

SEATED LEG EXTENSION

SKU: CPL-SLE-6016



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

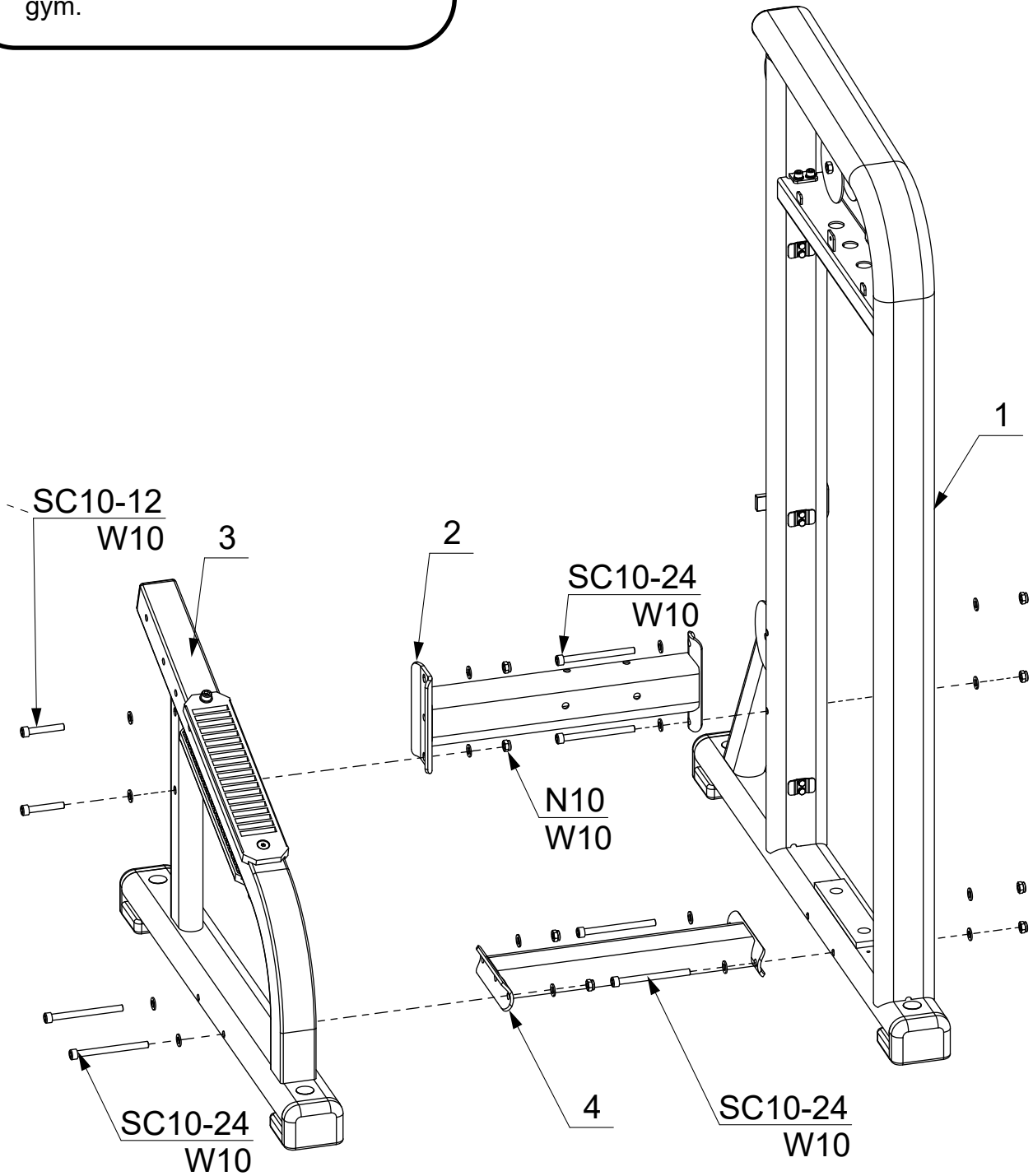
This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

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.

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



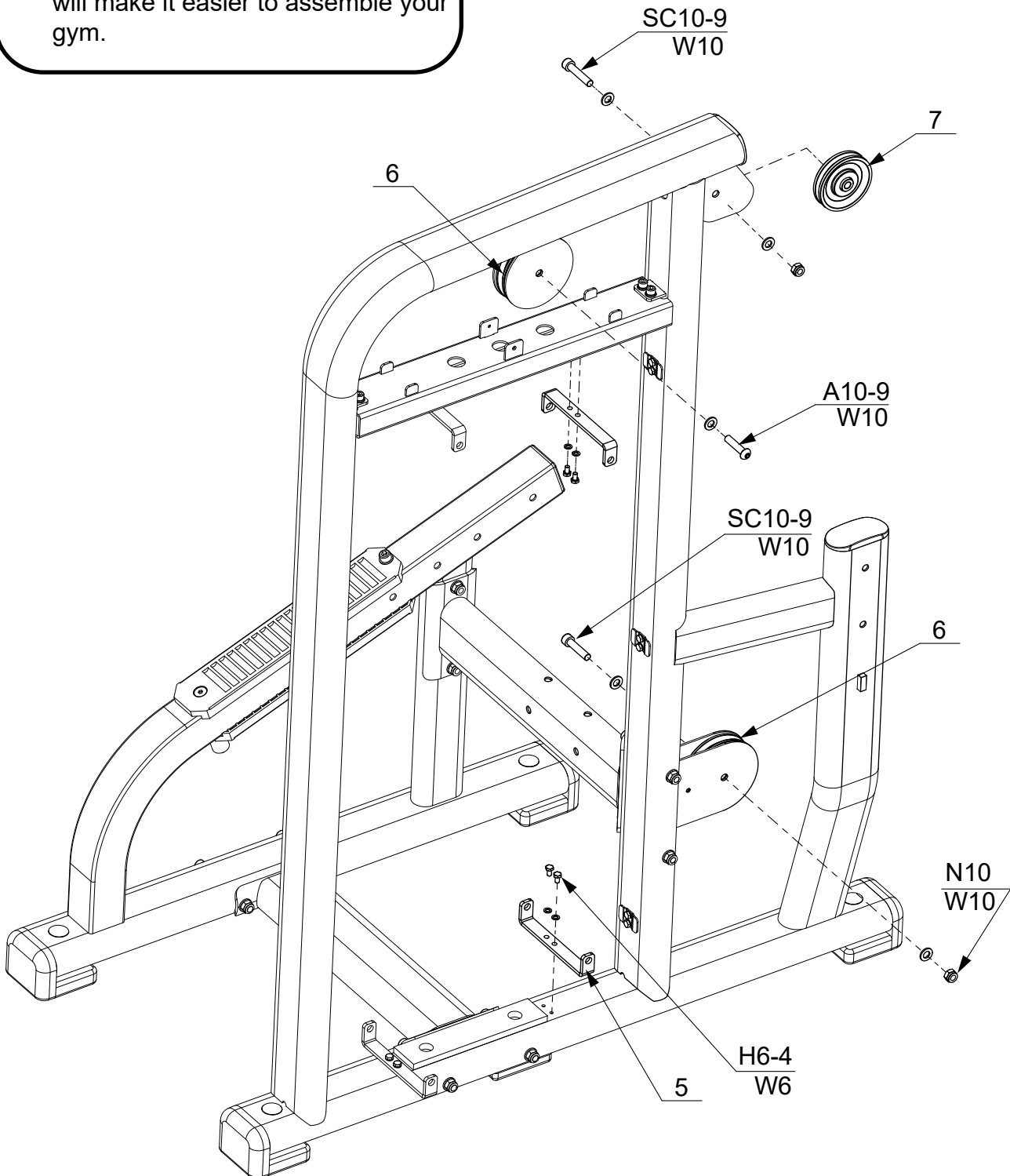
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STEP 2



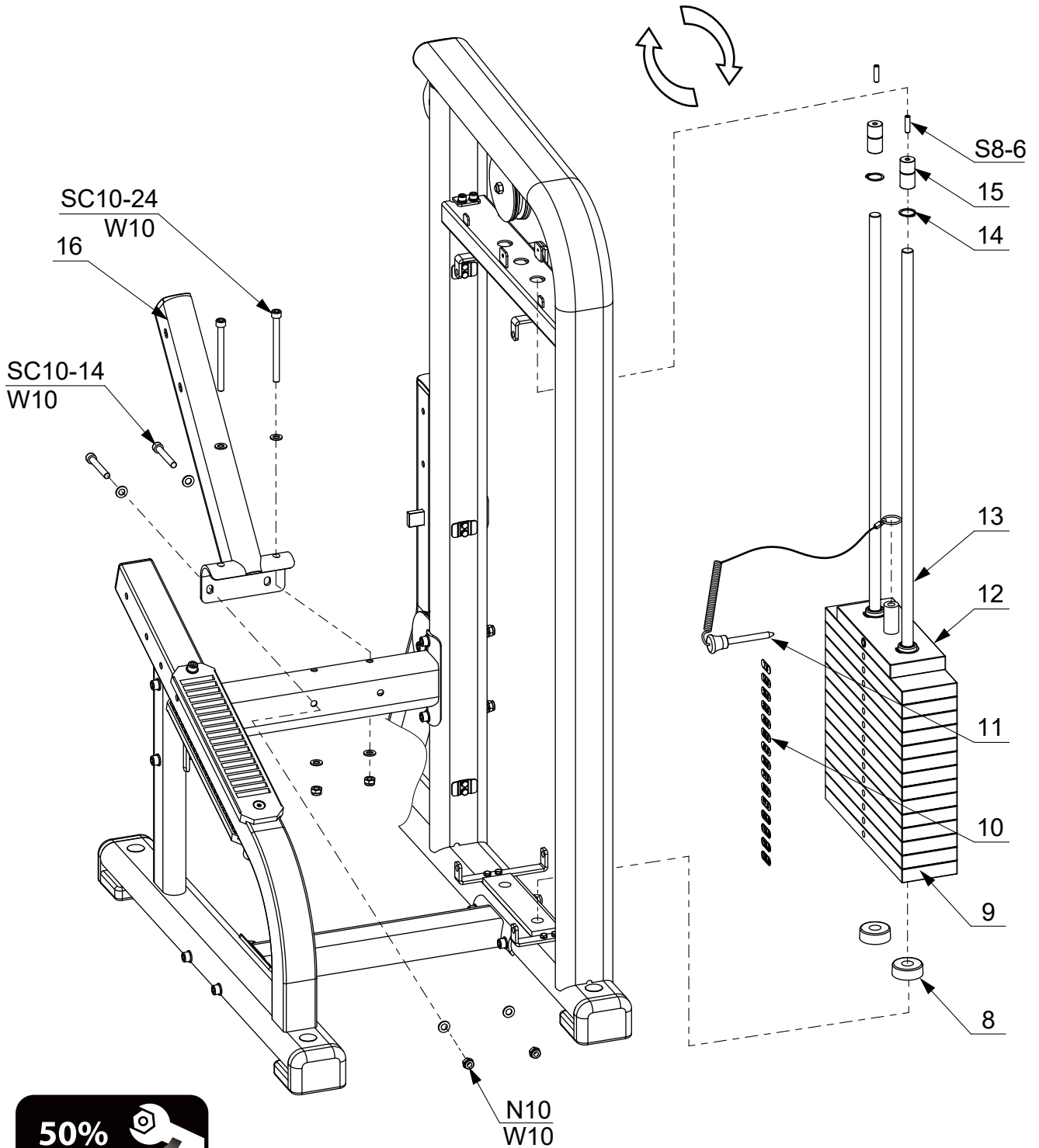
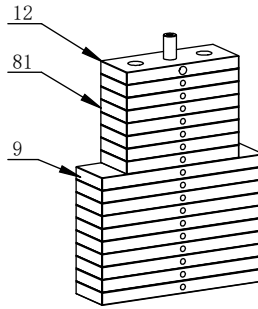
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STEP 3



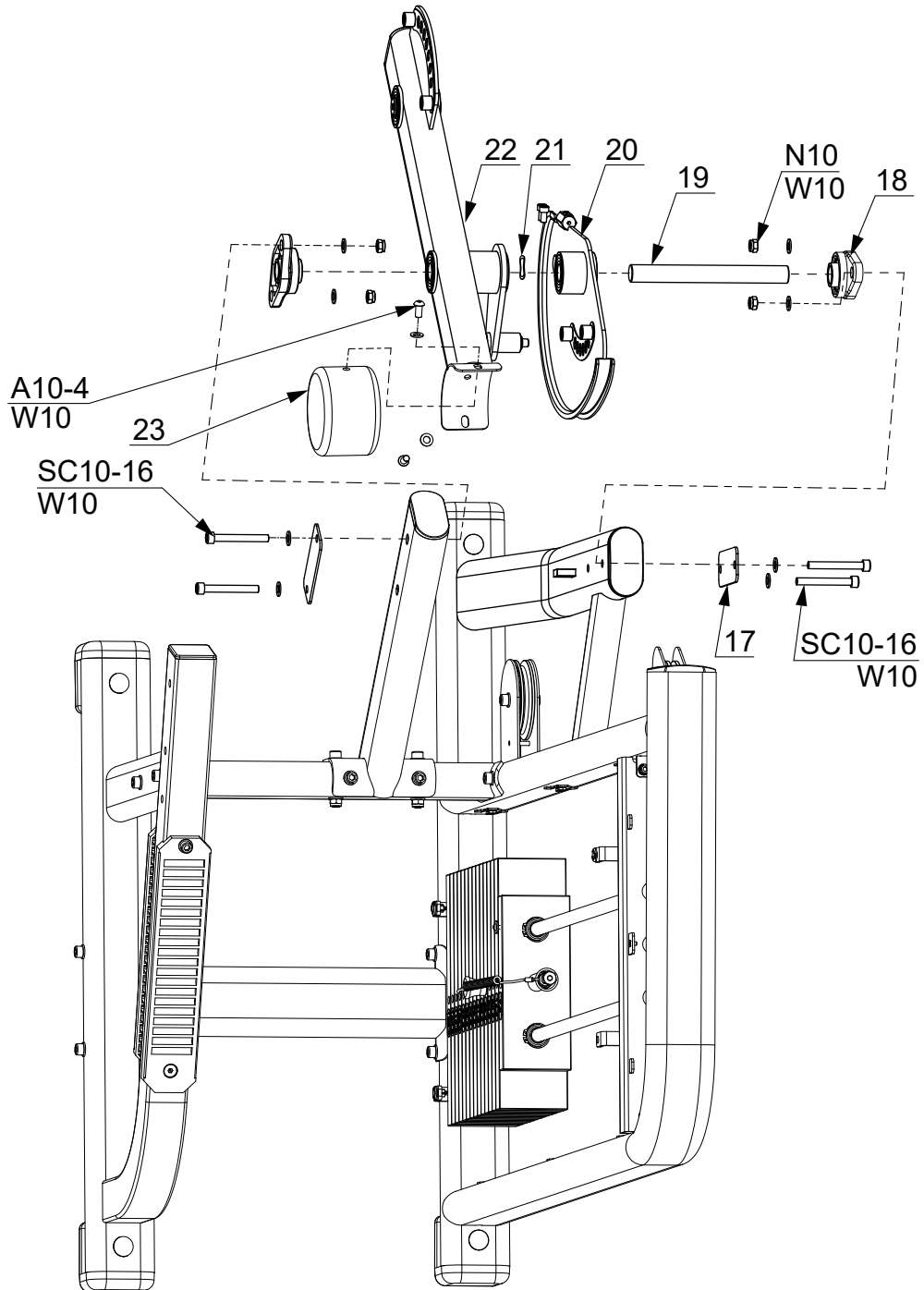
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STEP 4



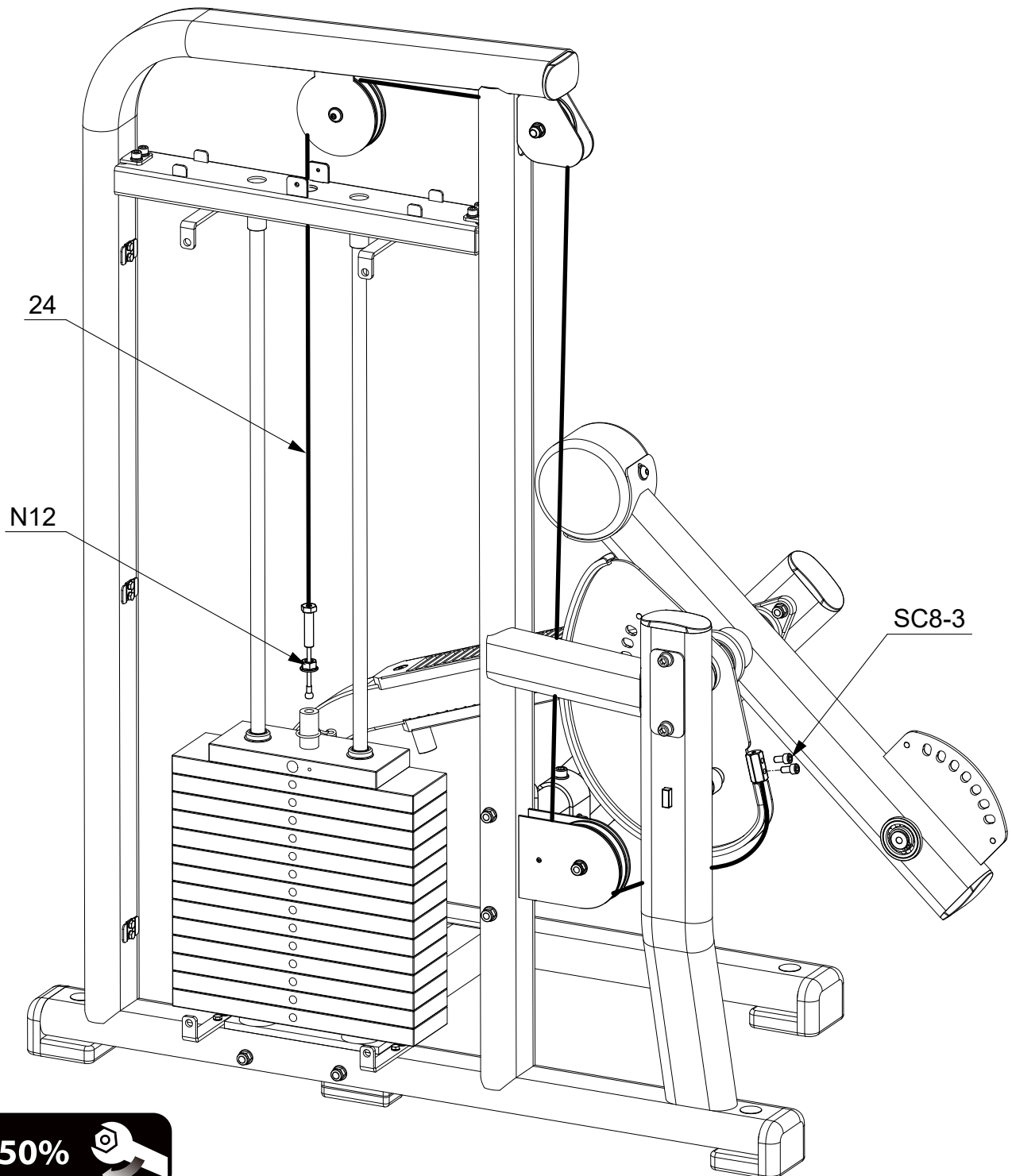
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STEP 5



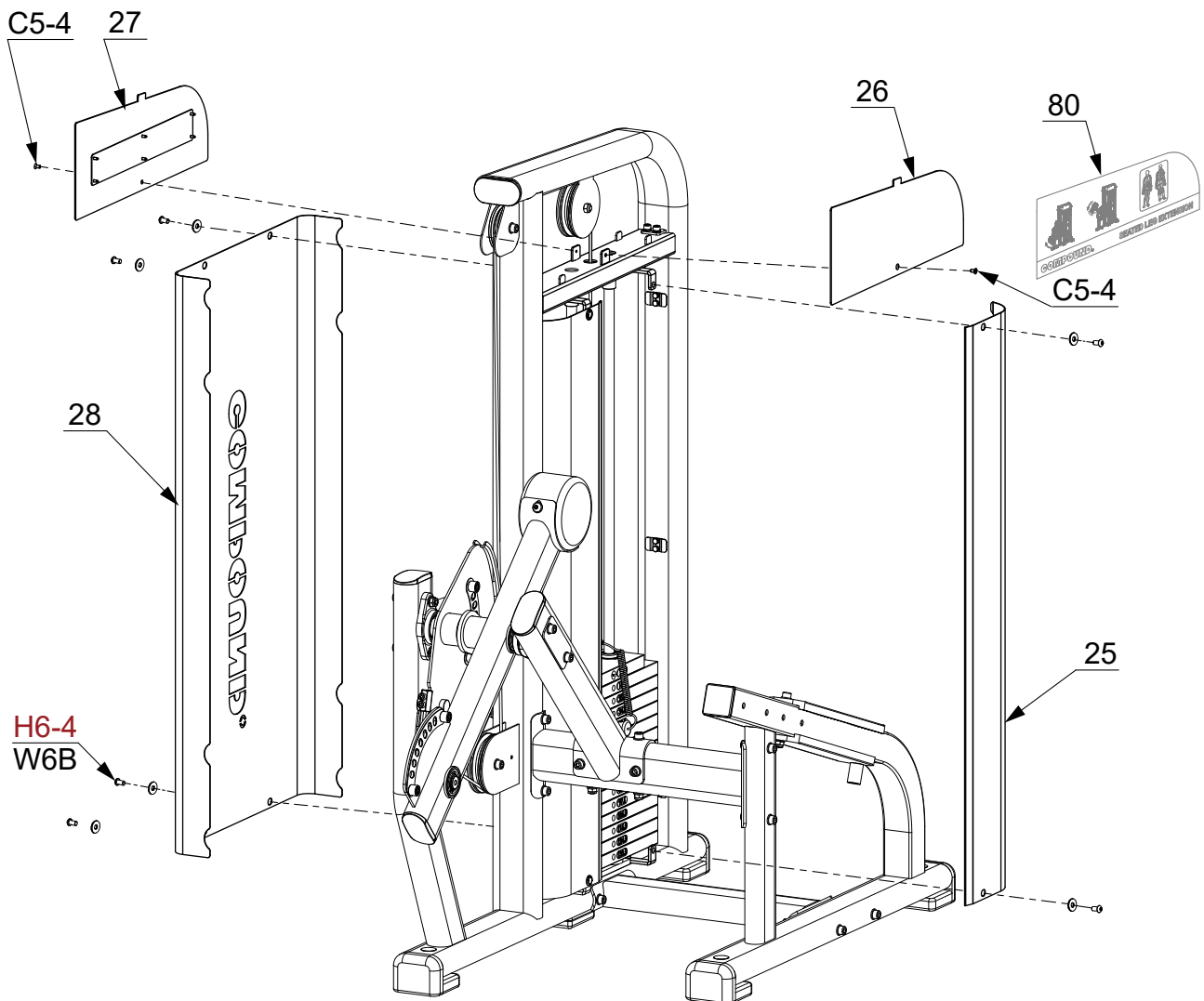
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INFORMATION

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STEP 6



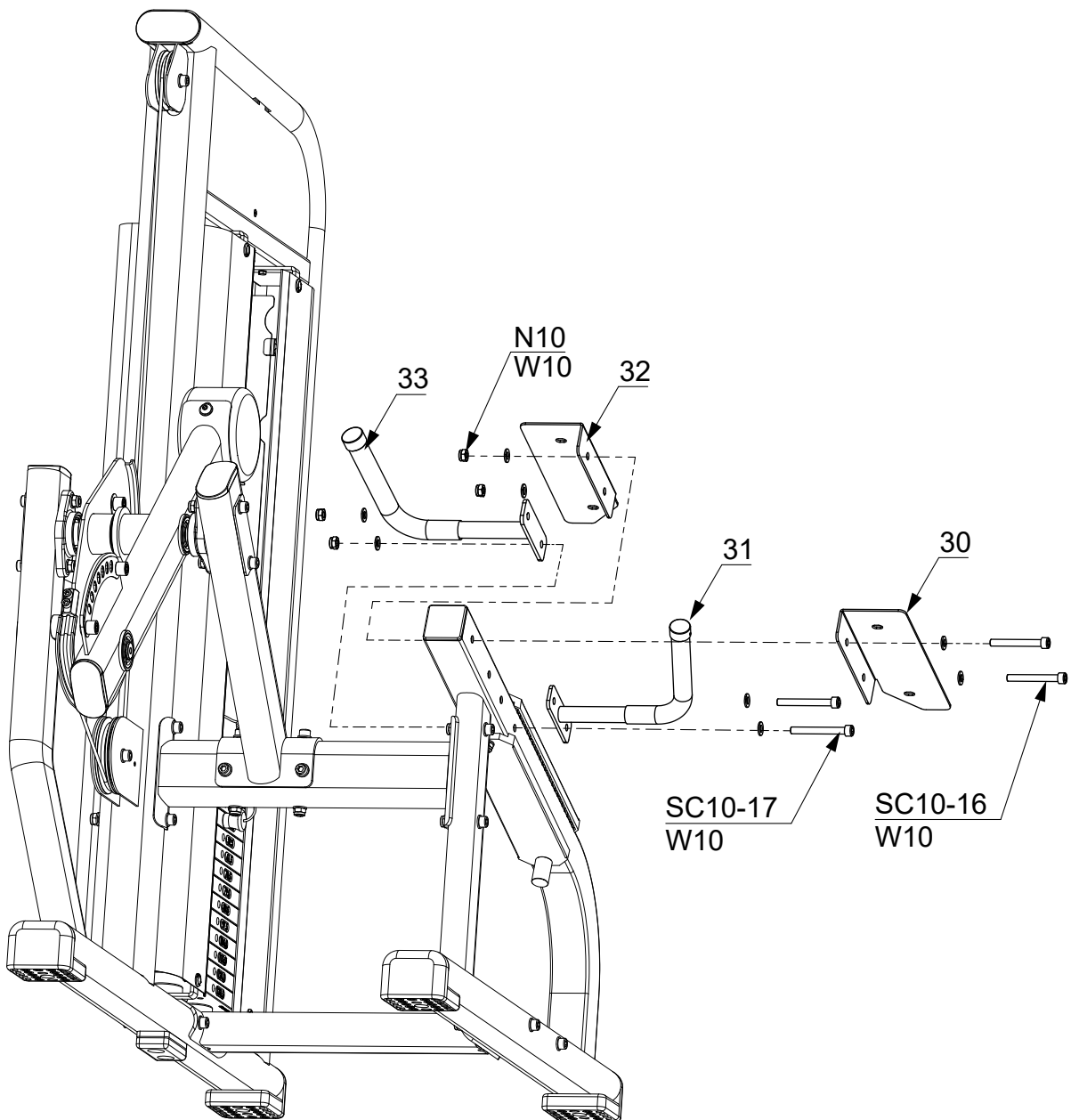
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INFORMATION

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STEP 7



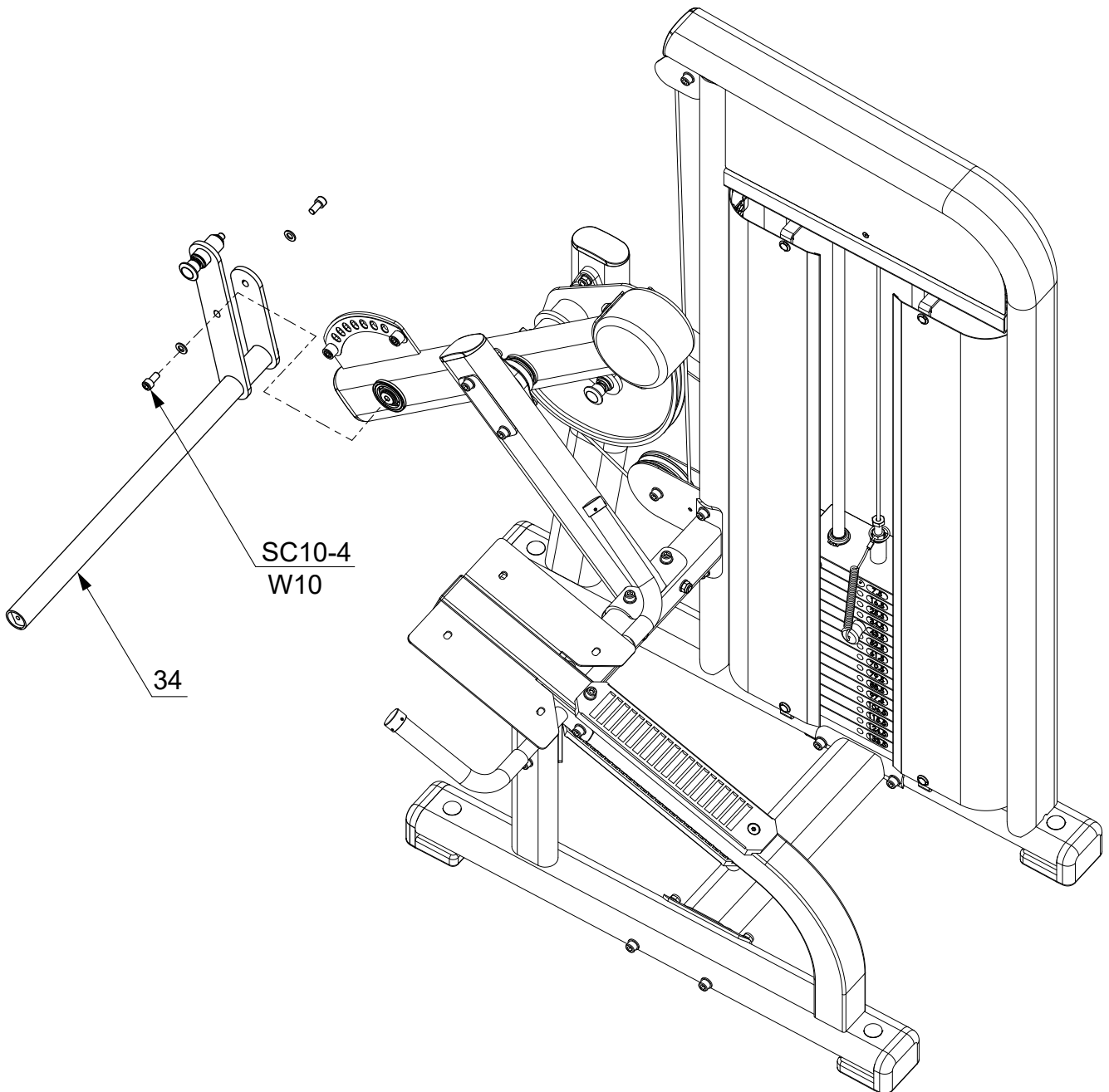
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STEP 8



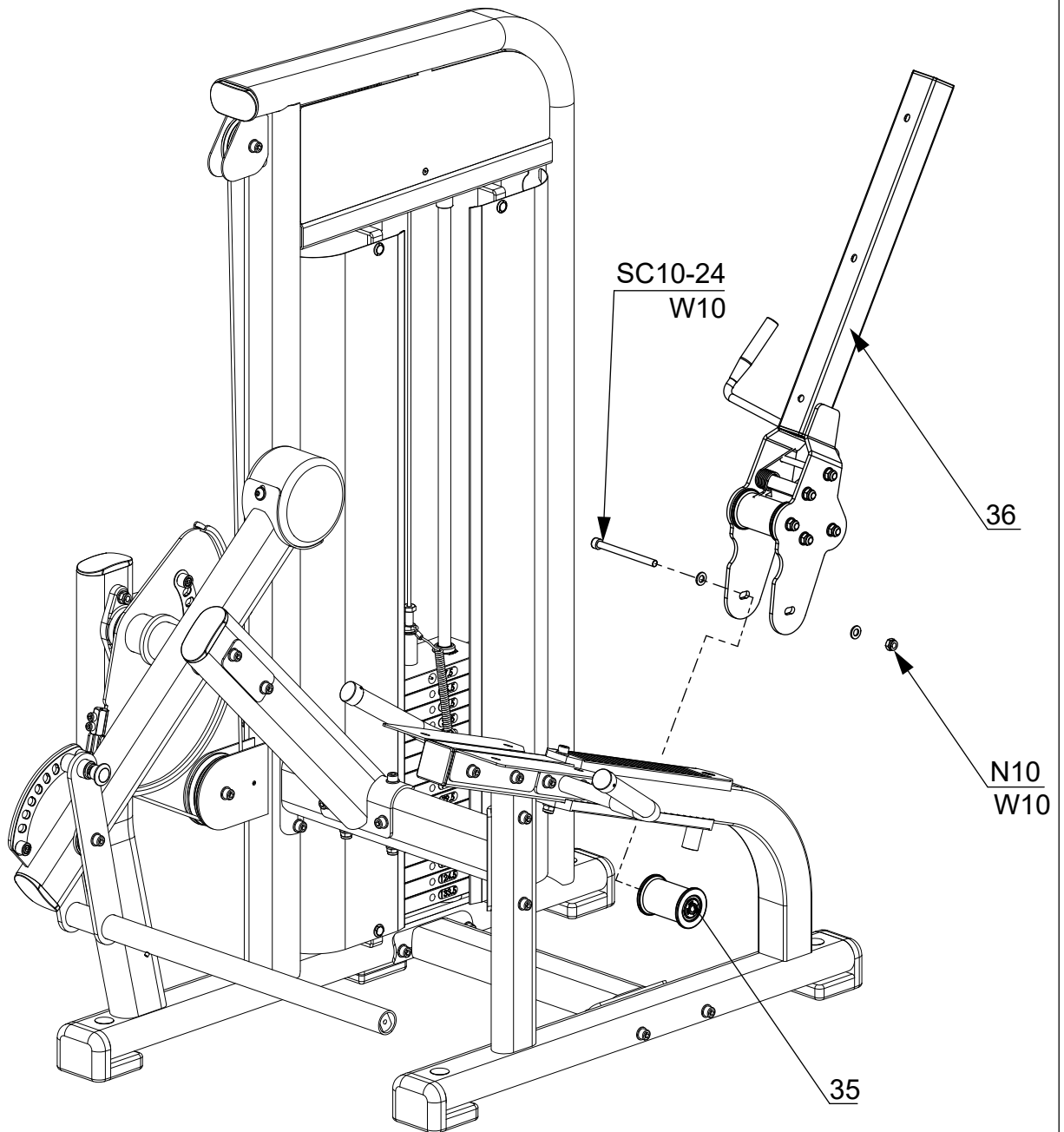
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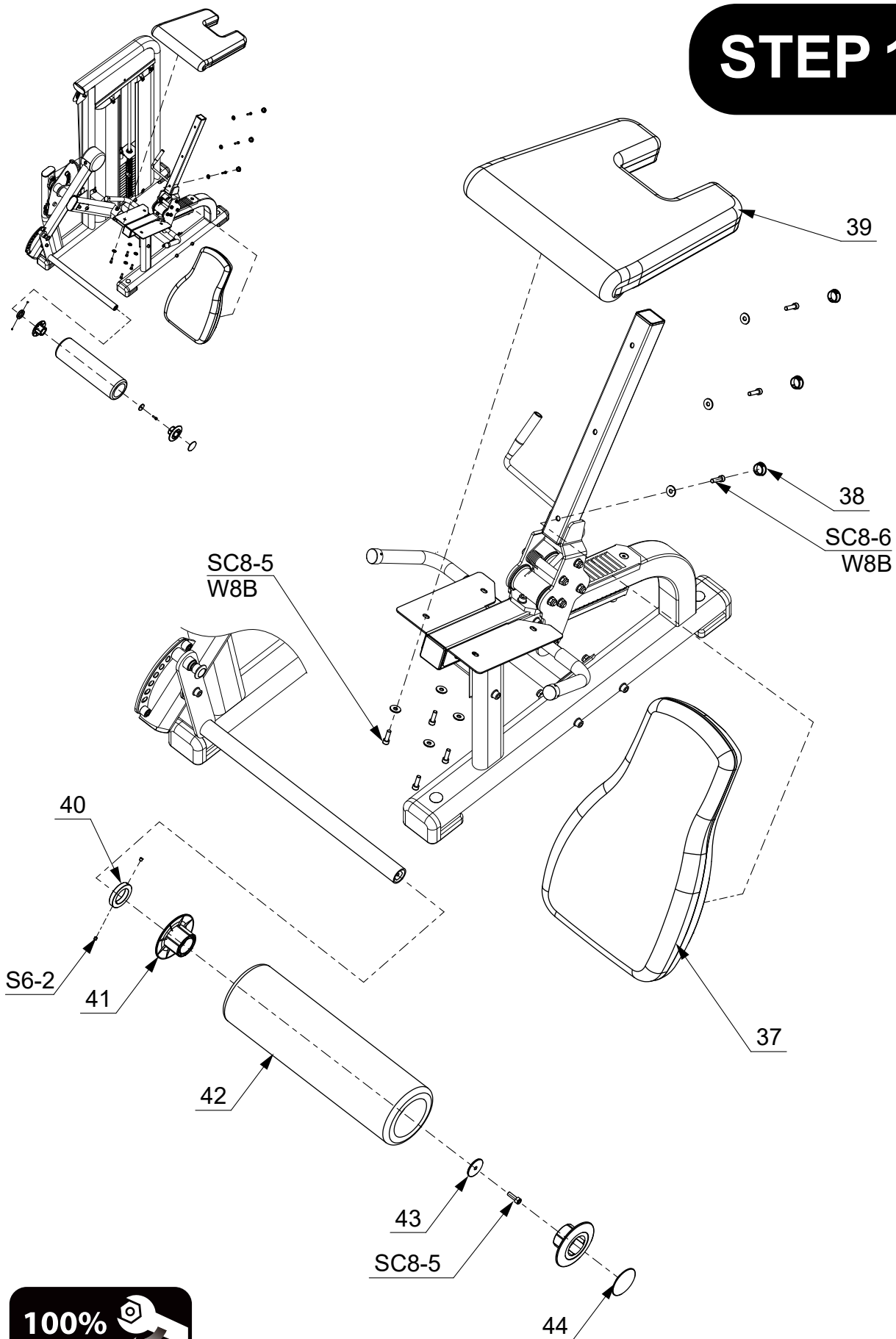
STEP 9



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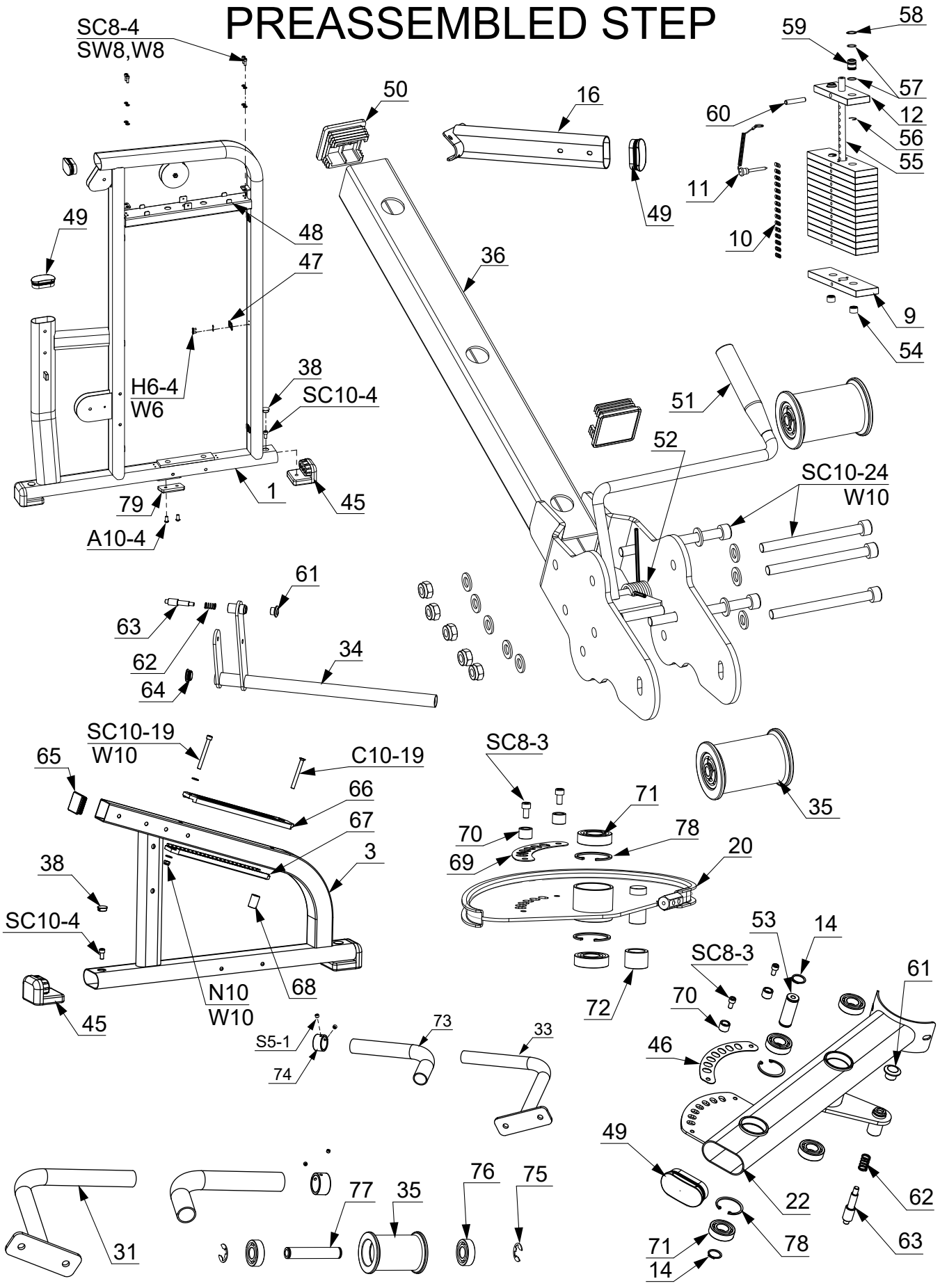
STEP 10



100%



PREASSEMBLED STEP



PARTS LIST

PART#	DESCRIPTION	QTY
1	Weight frame	1
2	Front Connecting tube assy	1
3	Seat holding frame	1
4	Seat holding frame	1
5	Bottom Connecting tube assy	1
6	114 Pulley	2
7	89 Pulley	1
8	Buffer Ring	2
9	Weight plate 7.5 Kg	10
10	Weight plate Label	1
11	Weight pin	1
12	Top Weight plate 5 Kg	1
13	Guide Rod	2
14	Retainer ring D25	4
15	Rod Retainer	2
16	Front supporting tube assy	1
17	Back Plate	2
18	Mounted ball bearing	2
19	Shaft L 230mm	1
20	Cam Plate assy	1
21	Wave washer ID25	1
22	Pendulum tube assy	1
23	Bob weight	1
24	Cable L=2088	1
25	Front shield plate	2
26	Front upper shield plate	1
27	Back upper shield plate	1
28	Back shield plate	1
29	Panel Clip	8
30	Left seat mounting plate	1
31	Left handle	1
32	Right seat mounting plate	1
33	Right handle	1
34	Foam holding assy	1
35	Wheel	3
36	Back pad holding assy	1
37	Back pad	1
38	Hole cap D25	7
39	Seat pad	1
40	Stop ring	1
41	Foam bushing	2
42	Foam roller	1
43	Big washer ID8.5 OD45	1
44	Foam Cap	1
45	Rubber foot pad	4
46	Stainless shield plate	1
47	Clamp plate	6
48	Mounting tube assy	1
49	Flat ellipse tube cap	1
50	Square tube cap F 50×50	2
51	Adjusting handle	1
52	Twist spring	1
53	Shaft L=68mm	1

PART#	DESCRIPTION	QTY
54	Weight plate bushing	28
55	Weight selector	1
56	C retainer ring	2
57	Rubber ring	4
58	Retainer ring D32	2
59	Aluminium bushing	2
60	Elastic pin	1
61	Knob	2
62	Compression Spring	2
63	Pull pin	2
64	Tube cap D38	1
65	Tube cap 60×60	1
66	Flat seat track	1
67	Serrated seat track	1
68	Stop post	1
69	Stainless shield plate	1
70	Plastic Limit post	4
71	Bearing 6205	6
72	Plastic sleeve	1
73	Hand grip	2
74	Hand grip Cap	2
75	E retainer	6
76	Bearing	6
77	Shaft D17 L=90.5	3
78	Inner retainer ring D52	4
79	Rubber pad	1
80	Exercise Chart	1
81	5 Kg Weight Plate	7
W6	Washer 6	20
W8	Washer 8	4
W10	Washer 10	63
W6B	Big washer 6	8
W8B	Big washer 8	7
SW8	Spring washer 8	4
N10	Nut M10	29
S5-1	Socket set screw M5×4	4
S6-2	Socket set screw M6×6	2
S8-6	Socket set screw M8×30	2
C5-4	Countersunk head screw M5×10	2
C10-19	Countersunk head screw M10×95	1
H6-4	Hex head screw M6×10	28
A10-4	Button head screw M10 × 20	4
A10-9	Button head screw M10 × 45	1
SC8-3	Socket head cap screw M8 × 15	6
SC8-4	Socket head cap screw M8 × 20	4
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	6
SC10-9	Socket head cap screw M10 × 45	2
SC10-12	Socket head cap screw M10 × 60	2
SC10-14	Socket head cap screw M10 × 70	2
SC10-16	Socket head cap screw M10 × 80	6
SC10-17	Socket head cap screw M10 × 85	2

PARTS LIST

PART#	DESCRIPTION	QTY
SC10-19	Socket head cap screw M10 × 85	1
SC10-24	Socket head cap screw M10 × 120	14