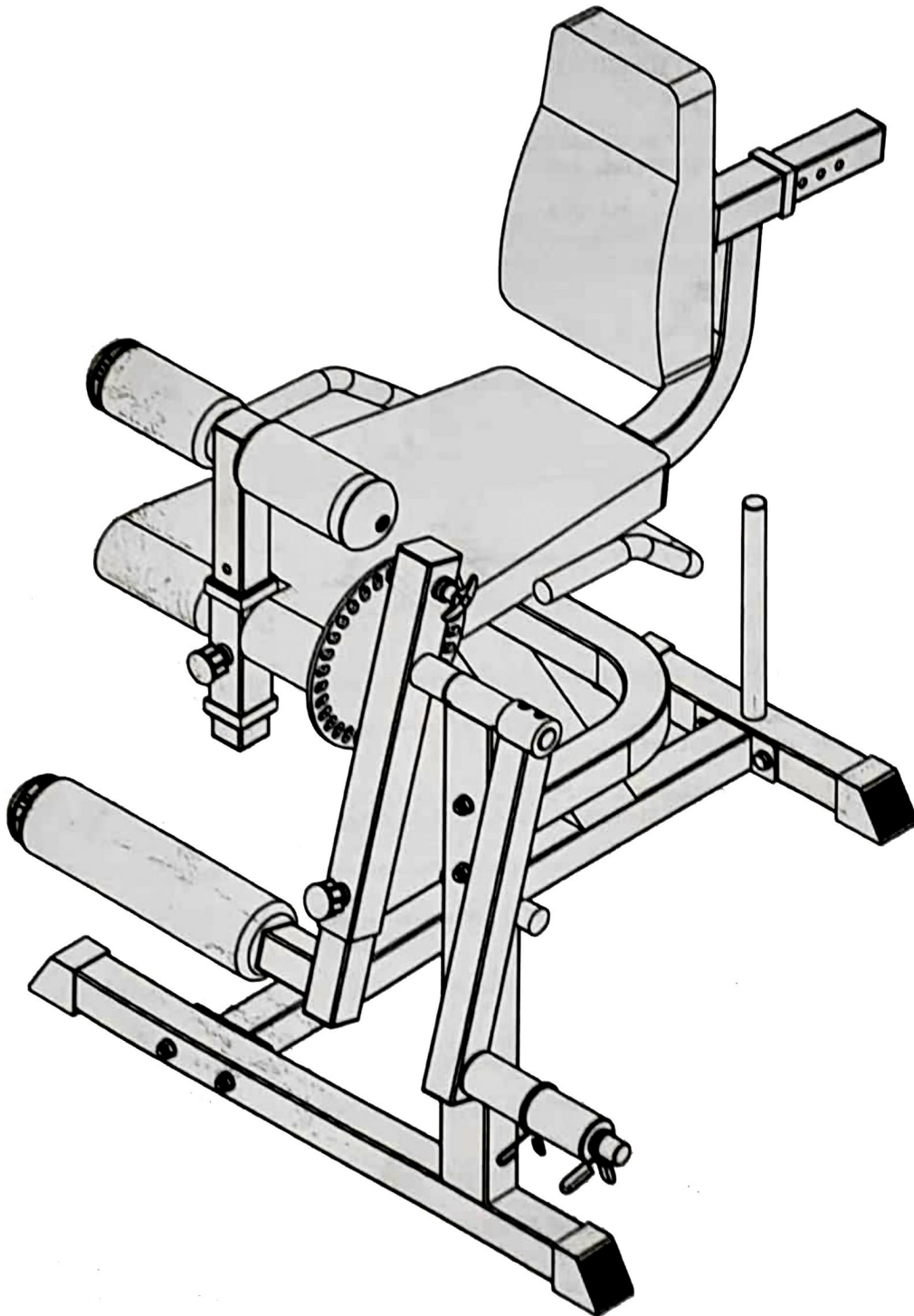


Seated Leg Extension Curl

LEXC-Z1



OWNER'S MANUAL

SAFETY & PRECAUTIONS


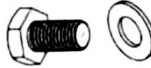


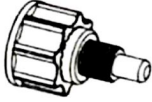

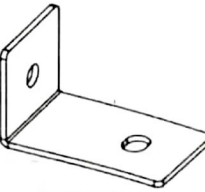
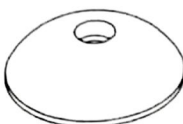
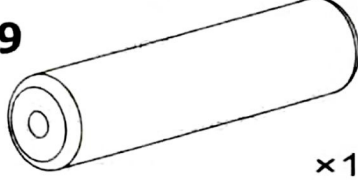

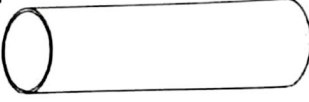

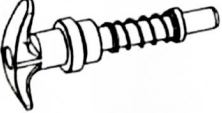
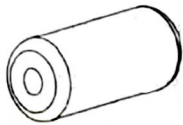

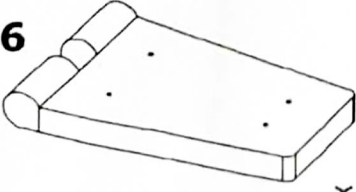
**IMPORTANT: READ ALL PRECAUTIONS CAREFULLY BEFORE USING THIS PRODUCT.
RETAIN OWNER'S MANUAL FOR FUTURE REFERENCE.**

Note: This item is shipped in an unusual shaped box. Please hold on to box until you feel it is there's no need to return product. Place the manual and warranty information in safe secure places in your home or office.

- In the event should you find this product has either a defective or a missing part, do not use substitute parts or try to use the unit in an incomplete form. Please contact Valor Athletics Inc. for a replacement.
- Additional features on products may be added during seasonal production but may not be featured in line art diagrams at time of production. Changes of such will not affect the performance or assembly of the unit. If you would like further clarification during your assembly process please feel free to contact Valor Athletics for direction.
- This product has been designed for **light commercial** or **home use** only. Light commercial can be defined as a location with multiple users but not in a membership setting. Examples would be hotels, fire departments, high schools, etc.. Commercial use would include, but not limited too, locations that accept membership for use of equipment.
- This exercise equipment was designed and built for optimum safety. However certain operator precautions apply whenever you operate a piece of exercise equipment. Please note the following safety procedures:
 1. Keep children and pets away from this equipment.
 2. Always inspect equipment prior to use to assure the structural integrity. Some parts may need occasional maintenance due to wear and tear.
 3. Lubricate moving parts as needed(depends on use but once a month is a good rule to follow)
 4. One person at a time should use this equipment unless otherwise designed for safety(example:spotter stand on some weight benches)
 5. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, stop the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
 6. Always use this equipment on a level surface. Do not use outdoors or near water.
 7. Keep hands and feet away from any moving parts that are not intended to have body parts near them while in use.
 8. Do not insert any object into any openings unless object is supposed to be inserted into a particular place(such as a pin in a weight stack)
 9. Before using this equipment, always do stretching exercise to warm up.
 10. Use this equipment only for its intended use as described in manual.
 11. Always wear appropriate workout clothing or shoes when exercising. DO NOT WEAR ROBES OR OTHER CLOTHING THAT COULD BECOME CAUGHT IN THE EQUIPMENT.
 12. BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHISICIAN.

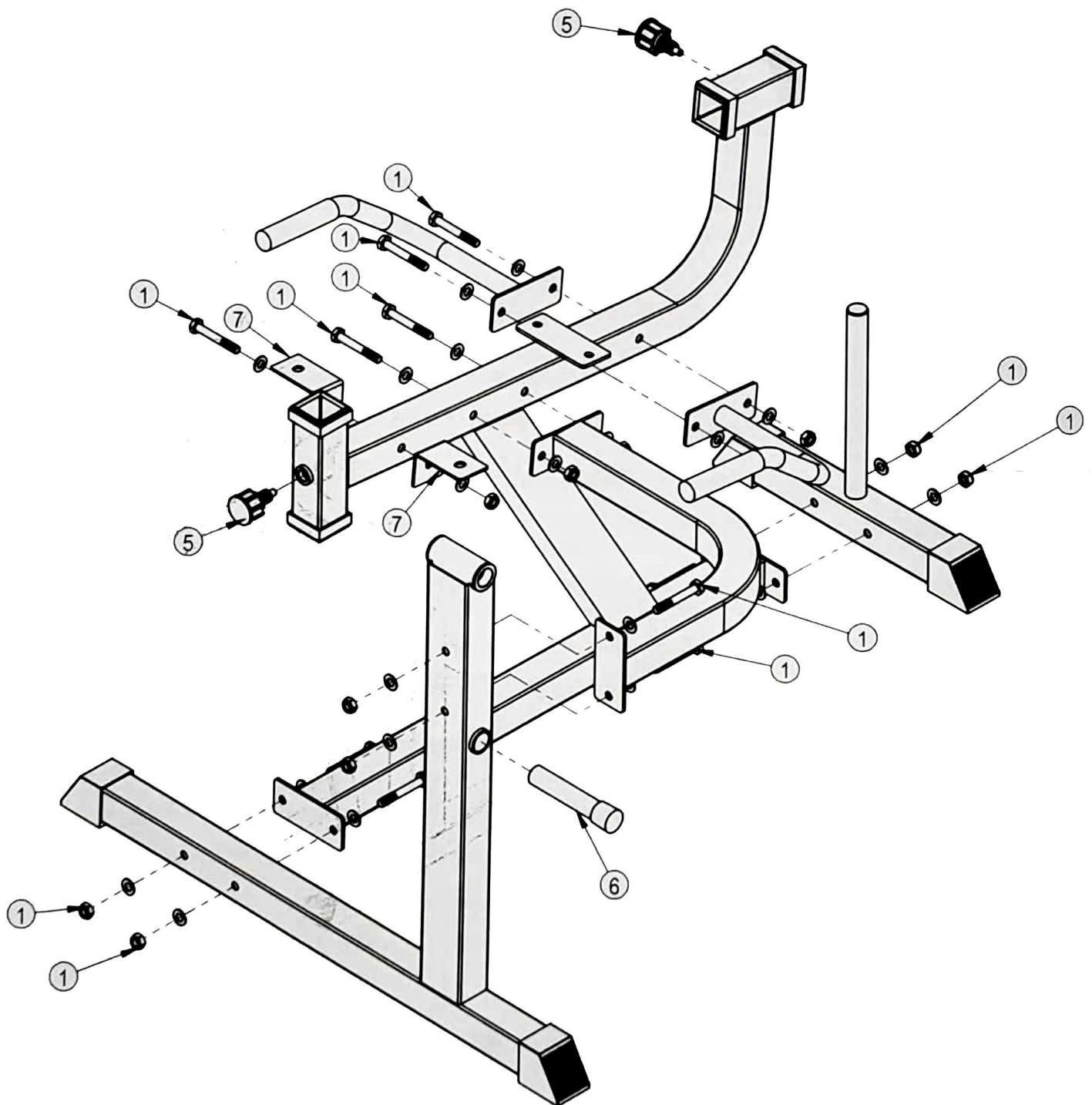
Seated Leg Extension Curl

Part list

<p>1 M10 X 70</p>  <p>x11</p>	<p>2 M10 X 20</p>  <p>x6</p>	<p>3 M8 X 35</p>  <p>x2</p>
<p>4 M10 X 40</p>  <p>x3</p>	<p>5</p>  <p>x3</p>	<p>6</p>  <p>x1</p>
<p>7</p>  <p>x2</p>	<p>8</p>  <p>x3</p>	<p>9</p>  <p>x1</p>
<p>10</p>  <p>x1</p>	<p>11</p>  <p>x1</p>	<p>12</p>  <p>x1</p>
<p>13</p>  <p>x2</p>	<p>14</p>  <p>x2</p>	<p>15</p>  <p>x1</p>
<p>16</p>  <p>x1</p>		

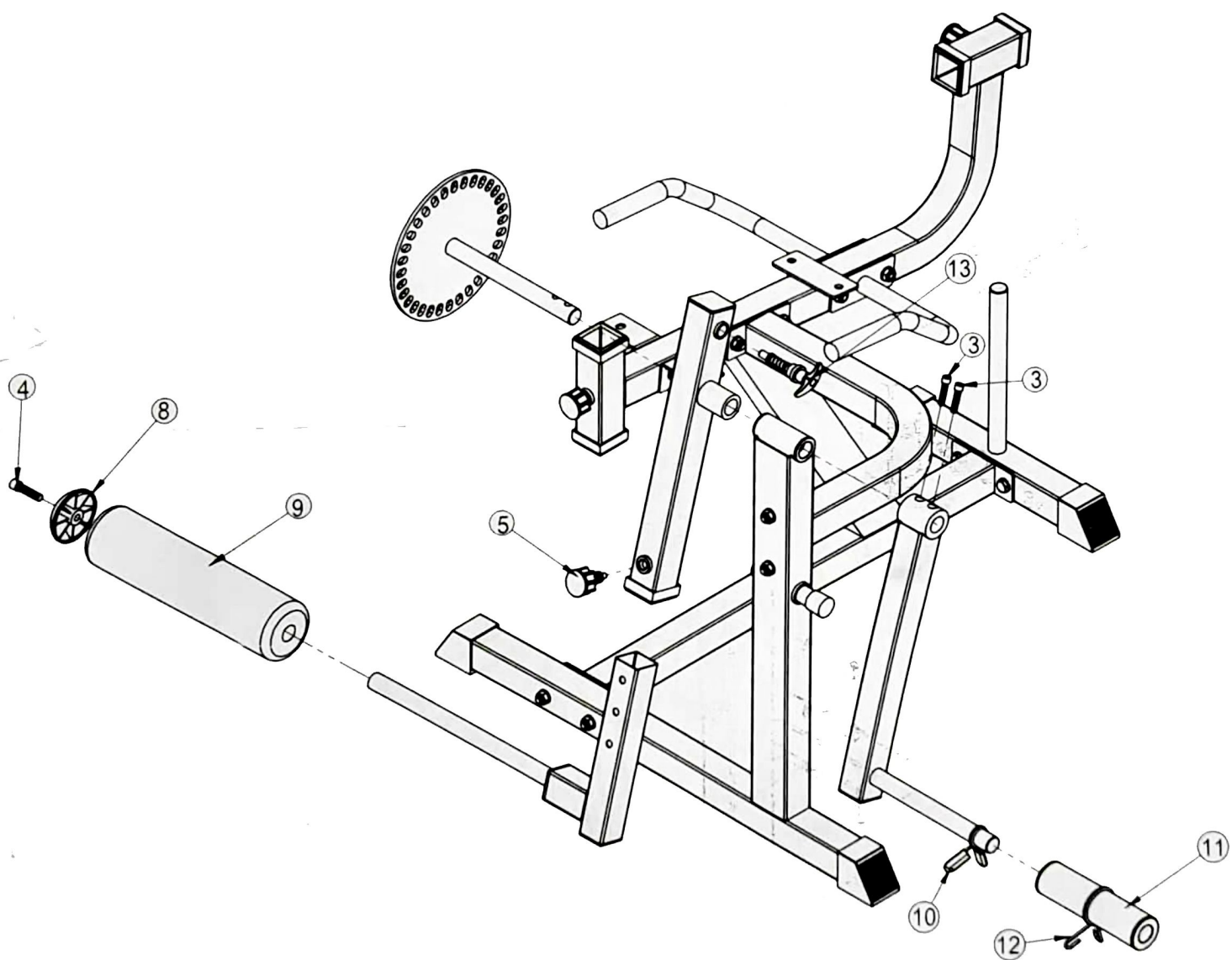
ASSEMBLY INFORMATION

STEP 1



ASSEMBLY INFORMATION

STEP 2



ASSEMBLY INFORMATION

STEP 3

