

SB-LELCC200S

SB Fitness Equipment

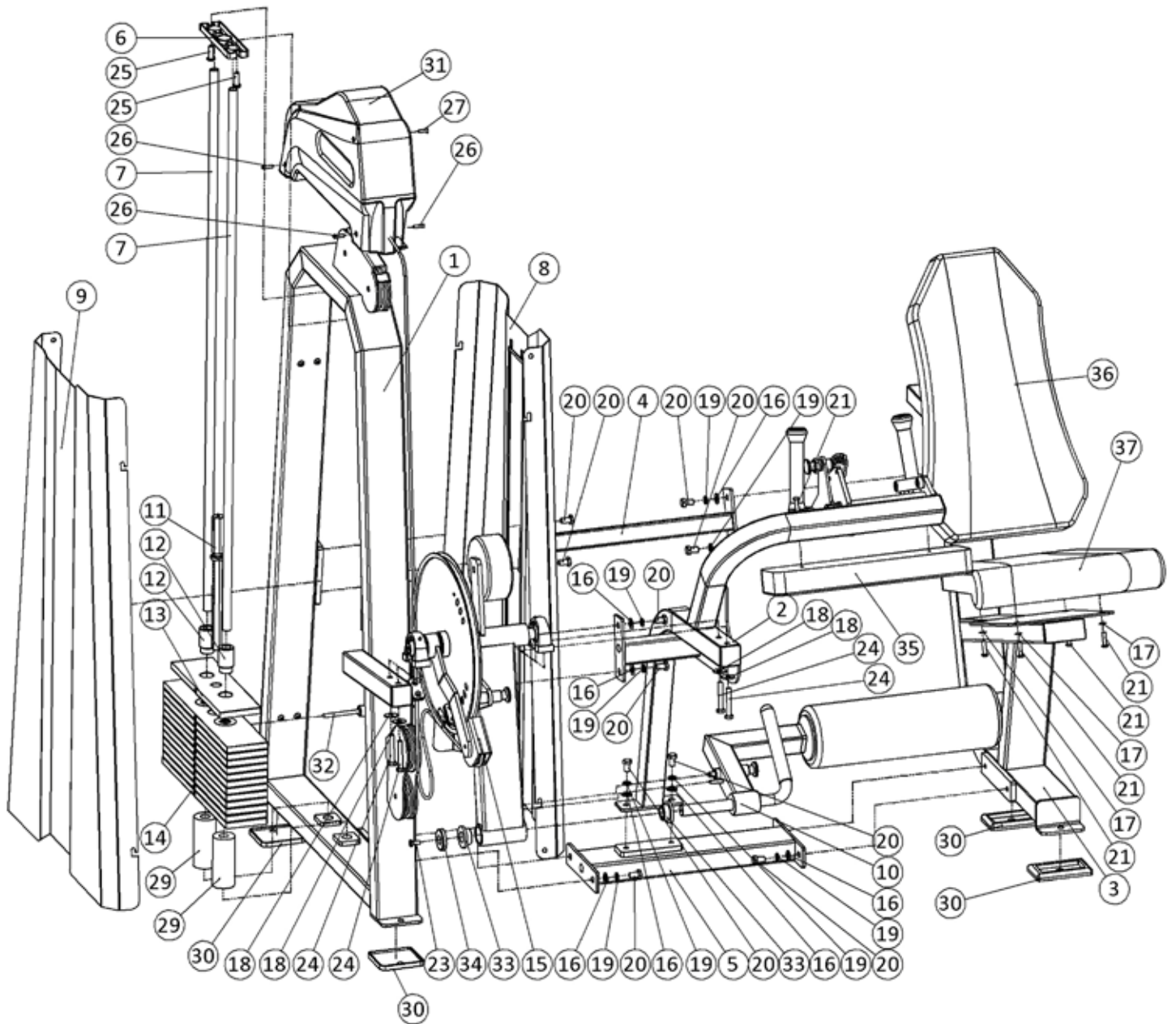
LEG EXTENSION / LEG CURL COMBO MACHINE



SB

Owners Manual
and Assembly Guide

PARTS DIAGRAM EXPLODED VIEW

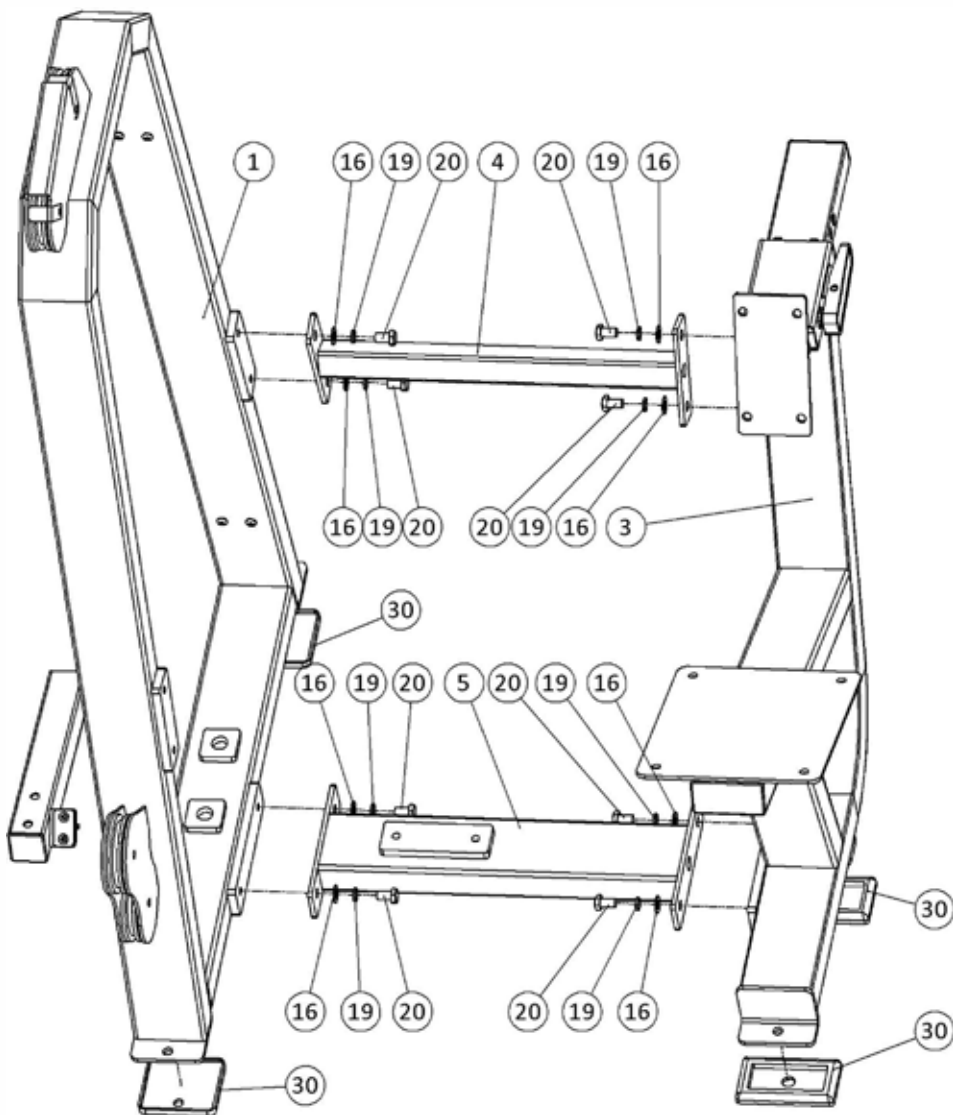


LIST OF PRODUCT ACCESSORIES

SERIAL NUMBER	PART NUMBER	SPAR PART NAME	STANDARD SIZES	AMOUNT(PIECE)
1	100	DOOR FRAME COMBINATION		1
2	200	SUPPORT TUBE COMBINATION		1
3	300	CUSHION SUPPORT FRAME COMBINATION		1
4	1751-0400	CONNECTION TUBE COMBINATION		1
5	500	CONNECTION TUBE COMBINATION		1
6	W7005	GUIDE ROD FIXING PLATE		1
7	G7008	GUIDE ROD L1330		2
8	B7041	INNER GUARD PLATE L1210		1
9	B7042	OUTER GUARD PLATE L1210		1
10	1200	LONG FOAM COMBINATION		1
11	C7009	COUNTERWEIGHT ADJUSTMENT SHAFT		1
12	W7031	TOP PIECE BUFFER CYLINDER ON COUNTERWEIGHT PIECE		2
13	W7025	TOP PIECE ON COUNTERWEIGHT PIECE		1
14	1751-1000	COUNTERWEIGHT		12
15	1600	STEERING ARM ENAMEL DISC COMBINATION		1
16	S5301	FLAT GASKET	T1.5*D13*D24	12
17	S5304	FLAT GASKET	T1*D8*D16	10
18	S5302	FLAT GASKET	T2.5*D10.5*D30	4
19	S5702	SPRING CUSHION	D12.5*D18*T2.5	12
20	S5108-03	HEXAGON SCREW	M12*20	12
21	S5110-04	HEXAGON SOCKET HEAD SCREW	M8*30	10
22	S5110-01	HEXAGON SOCKET HEAD SCREW	M8*16	8
23	S5102-03	HEXAGON SOCKET COUNTERSUNK HEAD SCREWS	M8*16	1
24	S5107-05	HEXAGON SCREW	M10*65	4
25	S5103-02	HEXAGON SOCKET HEAD SCREW	M10*30	2
26	S5124-02	HEXAGON SOCKET HEAD SCREW	M6*20	4
27	S5111-01	HEXAGON SOCKET COUNTERSUNK HEAD SCREWS	M6*16	2
28	S5120-02	TOP WIRE M8	M8*10	3
29	W7027	COUNTERWEIGHT SUPPORT TUBE		2
30	W7009	FOOT PAD		4
31	W7020	DOOR TOP SHELL		1
32	W7026	COUNTERWEIGHT ADJUSTMENT BOLT		1
33	W5001	NYLON PARTS		2
34	W5006	LU PING HEAD COVER		1
35		LEG PADS		1
36		UNIVERSAL BACK PAD	660*392	1
37		CUSHION		1

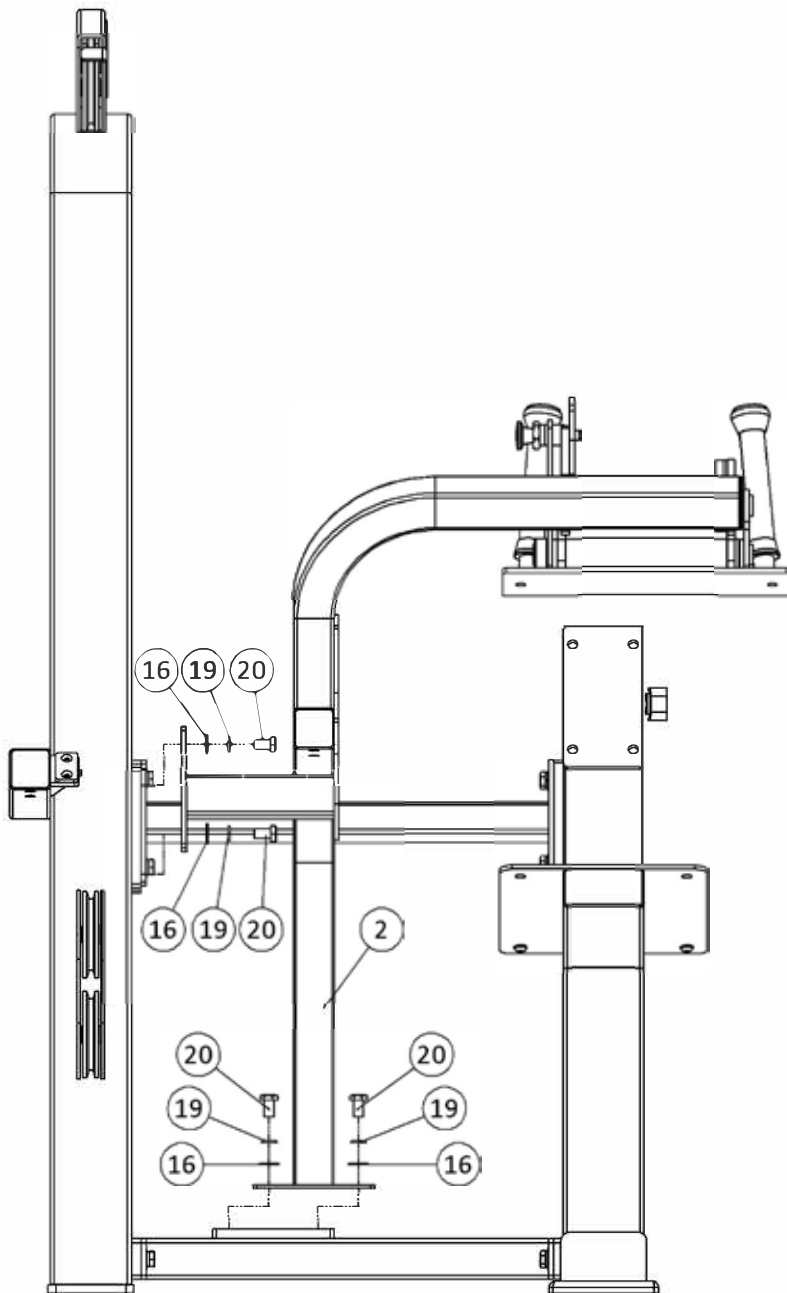
INSTALLATION DETAILS

STEP 1: ATTACH THE WEIGHT STACK FRAME (1) TO THE SEAT BASE FRAME (3) USING THE BOTTOM BASE ATTACHMENT BAR (5) AND UPPER REAR ATTACHMENT BAR (4) AND THE BOLTS AND WASHERS AS INDICATED IN THE DIAGRAM BELOW. INSTALL THE RUBBER FEET NOW IF NEEDED (OPTIONAL).



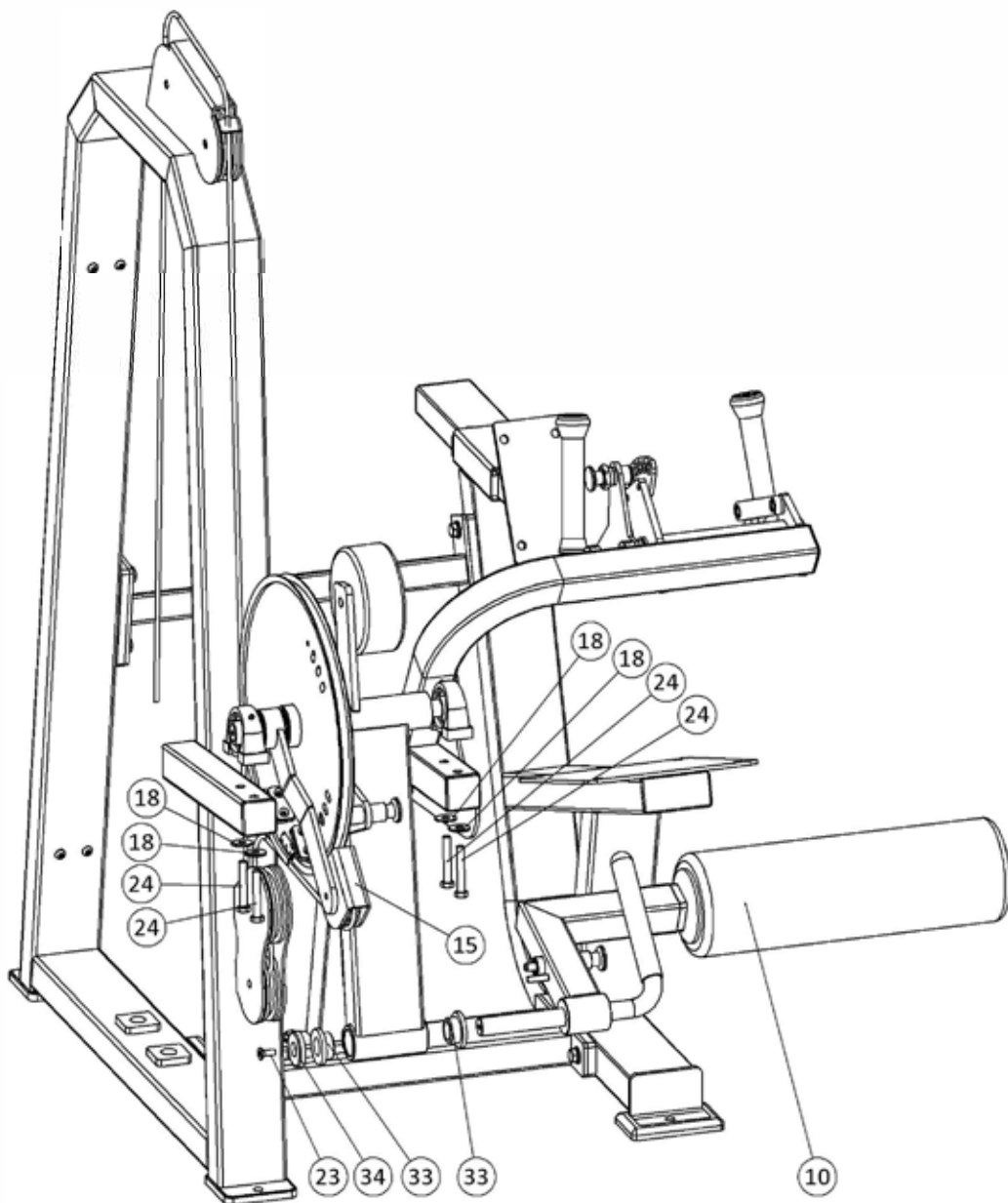
INSTALLATION DETAILS

STEP 2: INSTALL THE ADJUSTABLE QUADRICEP SUPPORT (2) TO THE WEIGHT STACK FRAME AND BOTTOM BASE ATTACHMENT AS SHOWN IN THE DIAGRAM.



INSTALLATION DETAILS

STEP 3: INSTALL THE ADJUSTABLE CAM ASSEMBLY TO THE WEIGHT STACK FRAME BY ATTACHING TO TWO PILLOW BLOCK BEARINGS AND 4 BOLTS. TAKE OUT THE WEIGHT STACK CABLE FROM THE ADJUSTABLE CAM ASSEMBLY AND PASS BETWEEN THE TWO PULLEY'S BELOW THE LARGE CAM. THEN THE CABLE TO THE TOP PULLEYS ABOVE THE WEIGHT STACK. FEED THE CABLE THROUGH THE HOLE AFTER STEP 4 IS COMPLETE. INSTALL THE LONG FOAM ANKLE PAD (10) AND STEEL ADJUSTABLE ANKLE ASSEMBLY THAT PAD (10) CONNECTS TO.

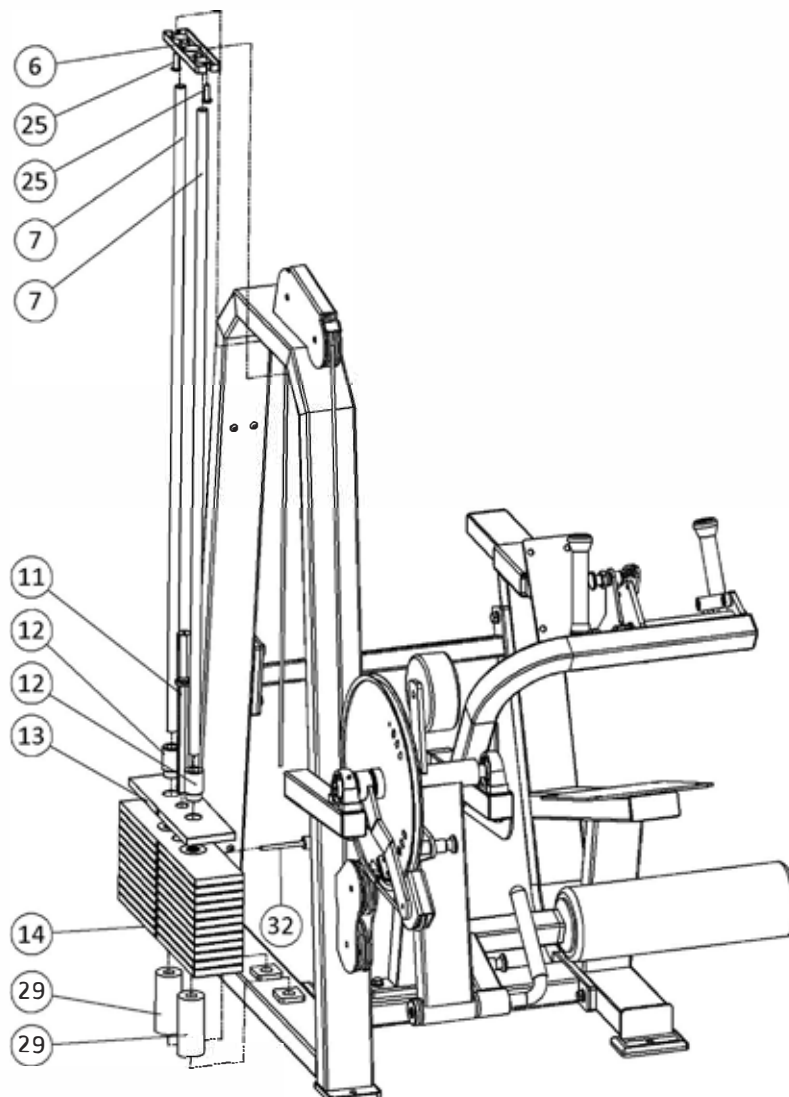


INSTALLATION DETAILS

STEP 4:

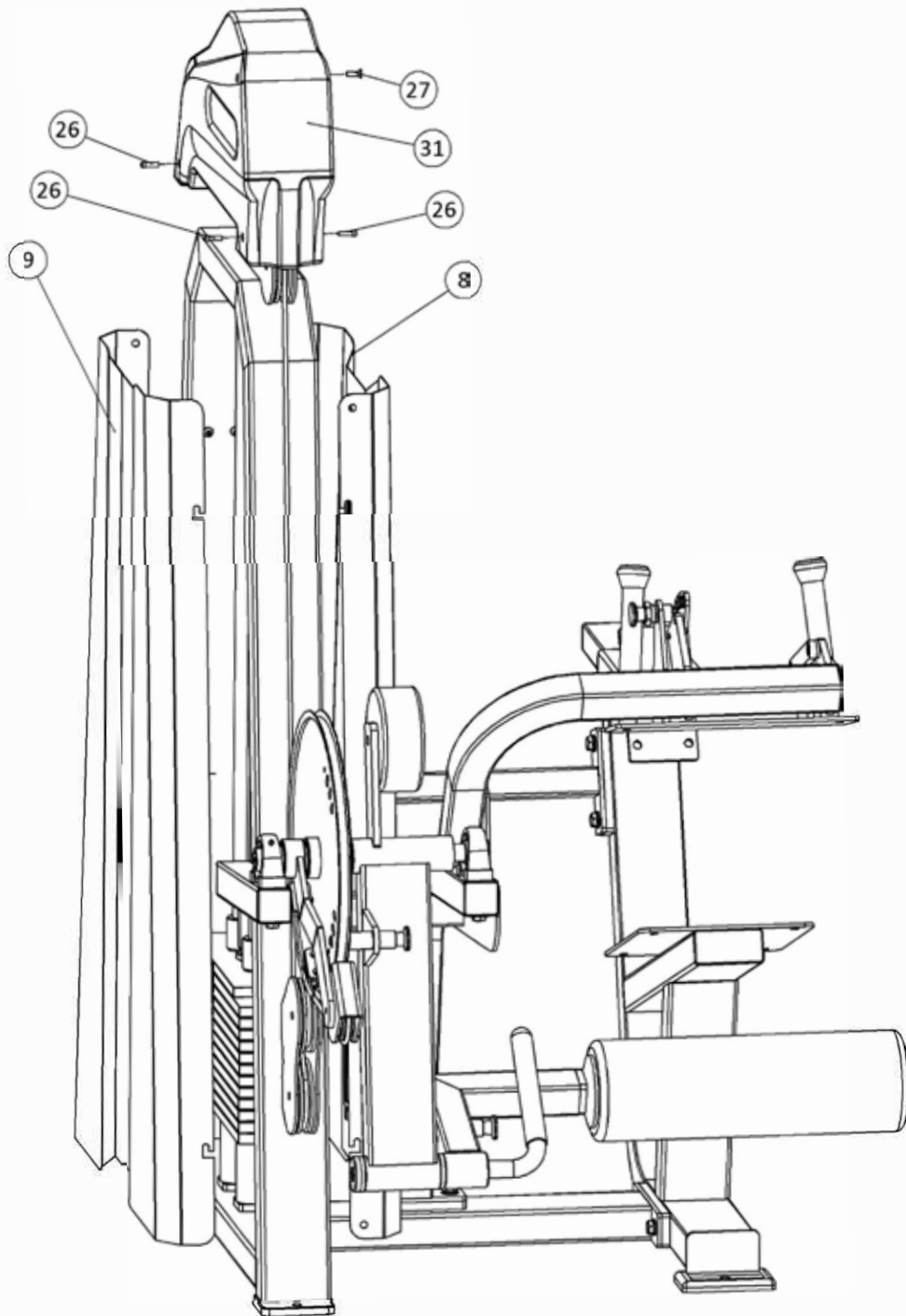
- 1.) INSTALL GUIDERODS(7) INTO HOLES LOCATED INSIDE BOTTOM OF WEIGHT STACK FRAME.
- 2.) SLIDE #29 SPACERS ON FROM TOP OF GUIDE RODS TO HAVE 1 ON EACH GUIDE AT THE BOTTOM.
- 3.) INSTALL WEIGHT PLATES(29). SMALLEST WEIGHT PLATE IS LAST AS THIS IS THE TOP PLATE.
- 4.) INSTALL #27 ON TO GUIDE ROD AND INTO TOP PLATE.
- 5.) INSTALL SELECTOR ROD(28) INTO WEIGHT STACK CENTER HOLE.
- 6.) SECURE TOP OF GUIDE RODS TO WEIGHT STACK FRAME USING #9 PLATE AND #17 BOLTS.
- 7.) PLACE SELECTOR PIN(30) INTO WEIGHT STACK

**** REFER TO PAGE 9 FOR FURTHER ASSISTANCE****



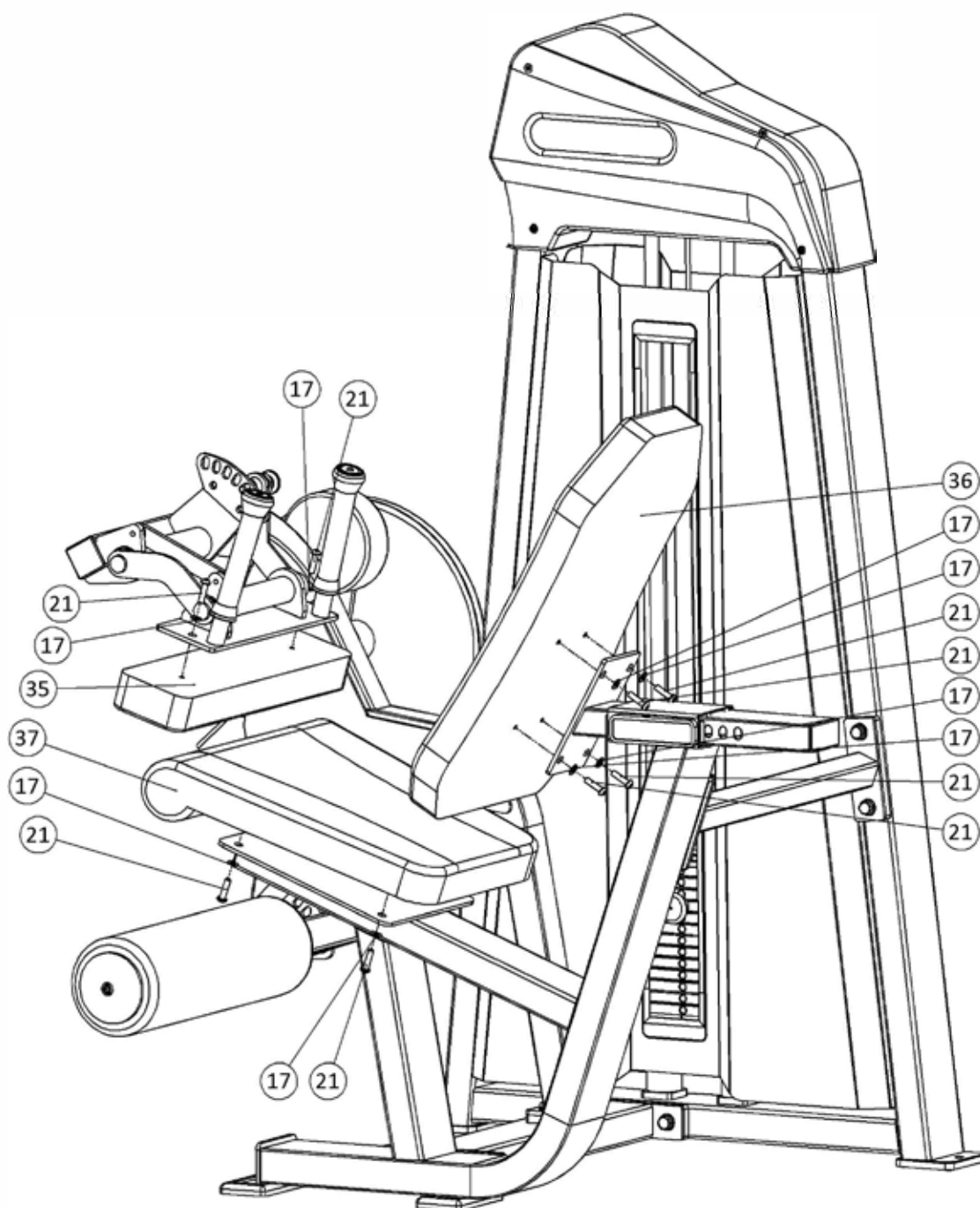
INSTALLATION DETAILS

STEP 5: HANG THE TWO GUARD PLATES ON THE SCREWS OF THE DOOR FRAME ASSEMBLY, AND INSTALL THE PLATIC PULLEY COVER THE WEIGHT STACK FRAME .



INSTALLATION DETAILS

STEP 6: INSTALL BACK CUSHION, LEG CUSHION, SEAT CUSHION, TIGHTEN SCREWS.



APPENDIX 1: ORIENTATION DISTINGUISHING METHOD OF COUNTERWEIGHT SHEET

THE SIDE WITH RUBBER COLLAR IS UPWARD



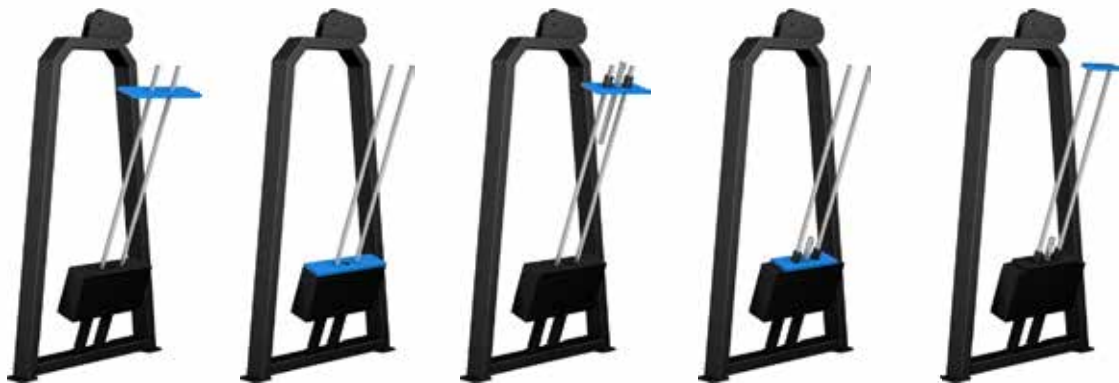
THE SIDE WITH THE ADJUSTING JACK FACES THE TRAINER

APPENDIX 1: INSTALLATION SEQUENCE OF COUNTERWEIGHT



1. INSERT THE FIRST COUNTERWEIGHT PIECE FROM TOP TO BOTTOM.

2. EACH OF THE NEXT STEPS IS THE SAME AS THE FIRST.



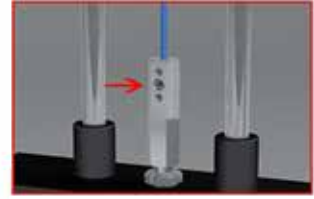
3. THE NUMBER OF INSTRUMENTS WITH SINGLE PIECE WEIGHT OF 10LB AND COUNTERWEIGHT OF 200LB IS $19 + 1$ (HEAD PIECE).

4. AFTER INSTALLING THE HEAD PIECE, PUT ON THE PLASTIC FIXING PLATE.



5. FIRST MOVE THE PLASTIC FIXING PLATE TO THE POSITION SHOWN IN THE FIGURE, AND THEN TIGHTEN IT WITH SCREWS TO COMPLETE THE WHOLE INSTALLATION PROCESS OF COUNTERWEIGHT PIECE.

APPENDIX 3: INSTALLATION METHOD OF WEIGHT STACK CABLE



WARNING: THE SCREWS AT EACH JOINT OF THE WEIGHT STACK CABLE MUST BE FULLY TIGHTENED!



PRODUCT OVERVIEW PICTURES



SB FITNESS EQUIPMENT

SB-LELCC200S

PRODUCT NAME: : LEG EXTENSION AND LEG CURL COMBO MACHINE

WEIGHT STACK: 200LB

PRODUCT FEATURES: SITTING LEG EXTENSION, SITTING LEG BENDING

PRODUCT DIMENSIONS: 67"L X 39"W X 64.5"H

MUSCLES WORKED: QUADRICEPS AND HAMSTRINGS

FOR YOUR SAFETY

- ◆ 1. CONSULT YOUR PHYSICIAN OR HEALTH CARE PROVIDER BEFORE USING YOUR SB-LELC200S AND/OR EXERCISE EQUIPMENT.
- ◆ 4. IF YOU HAVE A PHYSICAL DISABILITY OR AN ATHLETIC DISABILITY, IT IS REQUIRED THAT YOU CONSULT YOUR PHYSICIAN OR HEALTH CARE PROVIDER BEFORE PROCEEDING WITH ANY EXERCISE PROGRAM.
- ◆ 5. BEFORE USING THE SB-LELC200S, PLEASE READ THIS MANUAL CAREFULLY. SB FITNESS EQUIPMENT IS NOT RESPONSIBLE FOR ANY PERSONAL INJURY OR DAMAGE CAUSED BY USING THIS PRODUCT UNDER ANY CIRCUMSTANCES OR NEGLIGENCE CAUSED BY THE USER.

ASSEMBLY INSTRUCTIONS AND PROCEDURES

- ◆ 1. THE PURPOSE OF THIS SECTION OF THE USER MANUAL IS TO ENSURE THAT THE SB-LELC200S CAN BE INSTALLED EASILY AND CORRECTLY. PLEASE FOLLOW INSTRUCTIONS CAREFULLY AND ENTIRELY.
- ◆ 2. BECAUSE OF ITS LARGE SIZE AND WEIGHT, THE SB-LELC200S SHOULD BE ASSEMBLED NEAR THE LOCATION WHERE IT WILL BE USED.
- ◆ 3. PLACE ALL PARTS OF THE SB-LELC200S IN THE ASSEMBLY AREA AND REMOVE ALL PACKING MATERIAL. DO NOT DISCARD THE PACKAGING MATERIAL UNTIL THE ASSEMBLY IS COMPLETE.
- ◆ 4. ALL BOLTS MUST BE TIGHTENED DURING ASSEMBLY UNLESS OTHERWISE SPECIFIED, AND ALL BOLTS MUST BE TIGHTENED AFTER ASSEMBLY, IN ORDER FOR ASSEMBLY TO BE COMPLETE.
- ◆ 5. WHEN ASSEMBLING THE SB-LELC200S, MAKE SURE THAT ALL PARTS ARE ASSEMBLED ACCORDING TO THE ASSEMBLY DIAGRAM.

WARRANTY INFORMATION

◆ WHAT IS COVERED SB

SB FITNESS WARRANTS TO THE ORIGINAL PURCHASER OF THIS(SB-LELC200S)THAT THE FRAME OF THE PRODUCT SHALL BE FREE FROM DEFECT IN MATERIALS AND WORKMANSHIP AND UNDER WARRANTY FOR A PERIOD OF TWO YEARS FROM THE DATE OF PURCHASE. ALL OTHER PARTS AND COMPONENTS OF THE PRODUCT SHALL BE FREE FROM DEFECT IN MATERIAL AND WORKMANSHIP AND UNDER WARRANTY FOR A PERIOD OF ONE YEAR FROM THE DATE OF PURCHASE WHEN THE PRODUCT IS USED UNDER AS RECOMMENDED BY SB FITNESS UNDER NORMAL USES AND CONDITIONS. DURING THE WARRANTY PERIOD SB FITNESS WILL AT NO ADDITIONAL CHARGE TO YOU, REPAIR OR REPLACE (AT SB FITNESS' OPTION) THE FRAME OR ANY PART OF THE PRODUCT IF IT BECO MES DEFECTIVE, MALFUNCTIONS, OR OTHERWISE FAILS TO CONFORM WITH THIS LIMITED WARRANTY. ALL LABOR SHALL BE THE RESPONSIBILITY OF THE OWNER.

WARRANTY INFORMATION

◆ WHAT IS NOT COVERED

THIS LIMITED WARRANTY APPLIES ONLY FOR PRODUCT SOLD IN THE UNITED STATES UNDER THE SB FITNESS BRAND NAME. THIS WARRANTY DOES NOT COVER NORMAL WEAR AND TEAR ON ITEMS SUCH AS, BUT NOT LIMITED TO, TRANSPORTATION WHEELS, FOOT PEDALS, RUBBER GRIPS. PLASTIC END CAPS. SCRATCHED PARTS, BROKEN COVERS, COSMETIC DAMAGE, AND EXCLUDES PAINT & FINISH. WEAR ITEMS PERTAIN TO COMPONENTS THAT MIGHT NEED TO BE REPLACED DUE TO WEAR AND TEAR RESULTING FROM NORMAL USAGE. THIS WARRANTY IS VOID IF THE PRODUCT IS IMPROPERLY STORED, ASSEMBLED. ALTERED AND/OR MODIFIED IN ANY WAY. MISUSED. ABUSED, IS SUBJECT TO ACCIDENT, IS IMPROPERLY MAINTAINED, AND THIS WARRANTY DOES NOT COVER REPAIR FOR ANY NOISES SUCH AS: SQUEAKS. CLUNKS, THUMPS RESULTING FROM POOR OR LACK OF PREVENTIVE MAINTENANCE. THIS LIMITED WARRANTY DOES NOT EXTEND TO ANY PRODUCT THAT IS DAMAGED OR RENDERED DEFECTIVE; (A) AS A RESULT OF ACCIDENT, MISUSE. OR ABUSE; (B) USE WITH THE PRODUCT OF ANY PART NOT MANUFACTURED OR SOLD BY SB FITNESS; (C) BY MODIFICATION OF THE PRODUCT; (D) BY NORMAL WEAR AND TEAR; (E) OPERATION USING INCORRECT POWER SUPPLIES; OR (F) AS A RESULT OF SERVICE BY ANYONE OTHER THAN SB FITNESS. OR AN AUTHORIZED SB FITNESS SERVICE PROVIDER.

ASSUMPTION OF RISK



THIS PRODUCT HAS BEEN MANUFACTURED WITH SAFETY IN MIND. WARRANTY APPLIES ONLY WHEN USED AS INSTRUCTED. FAILURE TO COMPLY WITH THE WARNINGS AND PRECAUTIONS DESCRIBED IN THIS DOCUMENT MAY CAUSE PERSONAL INJURY AND RESULT IN WARRANTY BEING VOIDED. PLEASE NOTE THAT SB FITNESS ASSUMES NO RESPONSIBILITY FOR ANY ACCIDENTS RESULTING FROM USE.

CALIFORNIA PROPOSITION



WARNING: THIS PRODUCT CAN EXPOSE YOU TO CHEMICALS INCLUDING ARSENIC, WHICH IS KNOWN TO THE STATE OF CALIFORNIA TO CAUSE CANCER. FOR MORE INFORMATION, GO TO WWW.P65WARNINGS.CA.GOV.XN--IVG