

SB-LP200S

SB Fitness Equipment

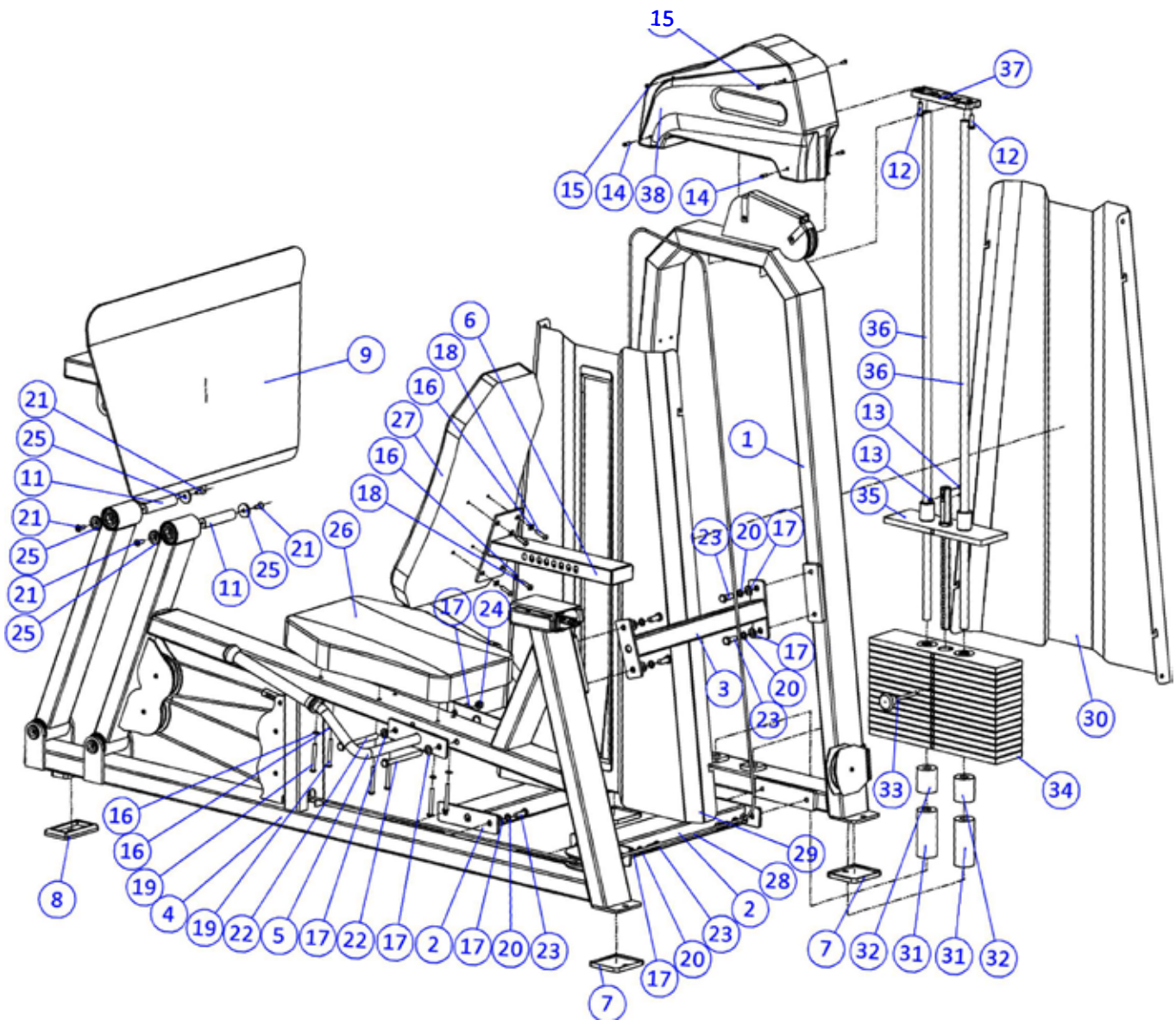
SEATED LEG PRESS & CALF RAISE MACHINE



SB

Owners Manual
and Assembly Guide

PARTS DIAGRAM EXPLODED VIEW

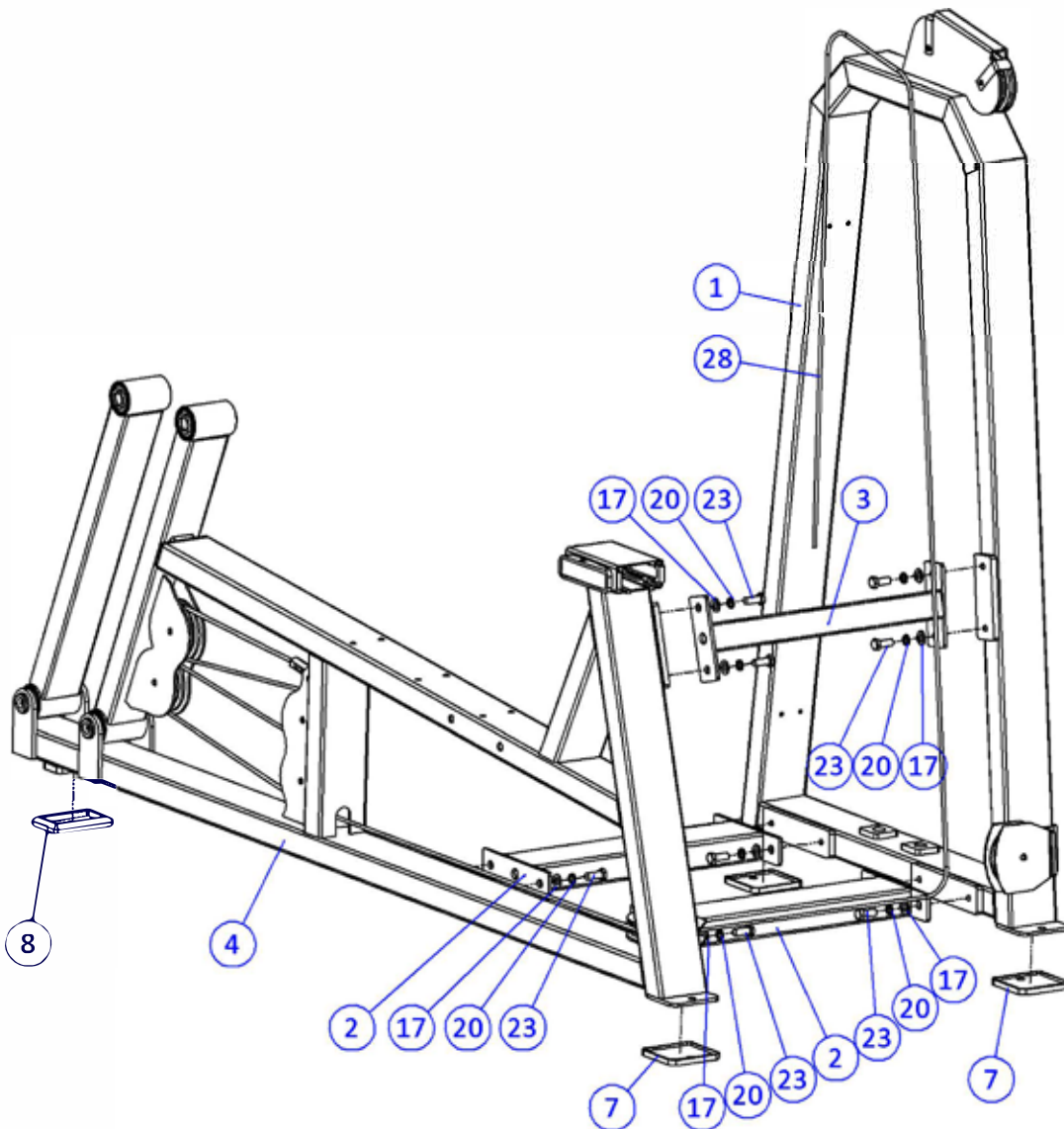


LIST OF PRODUCT ACCESSORIES

SERIAL NUMBER	PART NUMBER	SPAR PART NAME	STANDARD SIZES	AMOUNT(PIECE)
1	100	DOOR FRAME COMBINATION		1
2	200	LOWER CONNECTING PIPE ASSEMBLY		1
3	300	COMBINATION OF SUPPORT PIPES		1
4	400	MAIN FRAME PIPE ASSEMBLY		1
5	500	HANDLE COMBINATION		1
6	600	ADJUSTMENT TUBE COMBINATION		1
7	W7009	BOTTOM FOOT PAD		2
8	W7010	BOTTOM FOOT PAD		1
9	900	PEDAL COMBINATION		1
10	MIRROR DIRECTION 0500	HANDLE COMBINATION		1
11	1400	SAFETY HOOK SHAFT (NOT SPRAYED)		1
12	S5103-02	HEXAGON SOCKET HEAD SCREW.		2
13	S5120-02	TOP THREAD M8		1
14	S5124-01	HEXAGON SOCKET HEAD SCREW.		12
15	S5125-01	CROSS COUNTERSUNK SCREWS.		1
16	S5304	FLAT GASKET	T1.5*D13*D24	12
17	S5301	FLAT GASKET	T1*D8*D16	10
18	S5110-04	HEXAGON SOCKET HEAD SCREW.	T2.5*D10.5*D30	4
19	S5110-07	HEXAGON SOCKET HEAD SCREW.	D12.5*D18*T2.5	12
20	S5702	SPRING WASHER	M12*20	12
21	S5102-03	HEXAGON SOCKET COUNTERSUNK HEAD SCREW	M8*30	10
22	S5108-06	OUTER HEXAGON SCREW.	M8*16	8
23	S5108-04	OUTER HEXAGON SCREW.	M8*16	1
24	S5203	LOCKNUT	M10*65	4
25	W5009	ALUMINUM FLAT HEAD COVER.	M10*30	2
26	YW-1763	SEAT CUSHION OF KICK TRAINER	M6*20	4
27		UNIVERSAL BACK PAD	M6*16	2
28		WIREROPE	M8*10	3
29	B7041	INNER GUARD PLATE		2
30	B7042	OUTER CASING		4
31	W7027	COUNTERWEIGHT SUPPORT PIPE		1
32	W7011	SHORT COUNTERWEIGHT SUPPORT PIPE.		1
33	W7026	ADJUSTING BOLT OF COUNTERWEIGHT PLATE.		2
34	W7023	COUNTERWEIGHT SHEET		1
35	W7025	TOP SHEET ON COUNTERWEIGHT SHEET.		1
36	G7008	GUIDE ROD L1330.	660*392	1
37	W7005	GUIDE ROD FIXING PLATE		1
38	W7020	TOP CAP SHELL OF DOOR.		

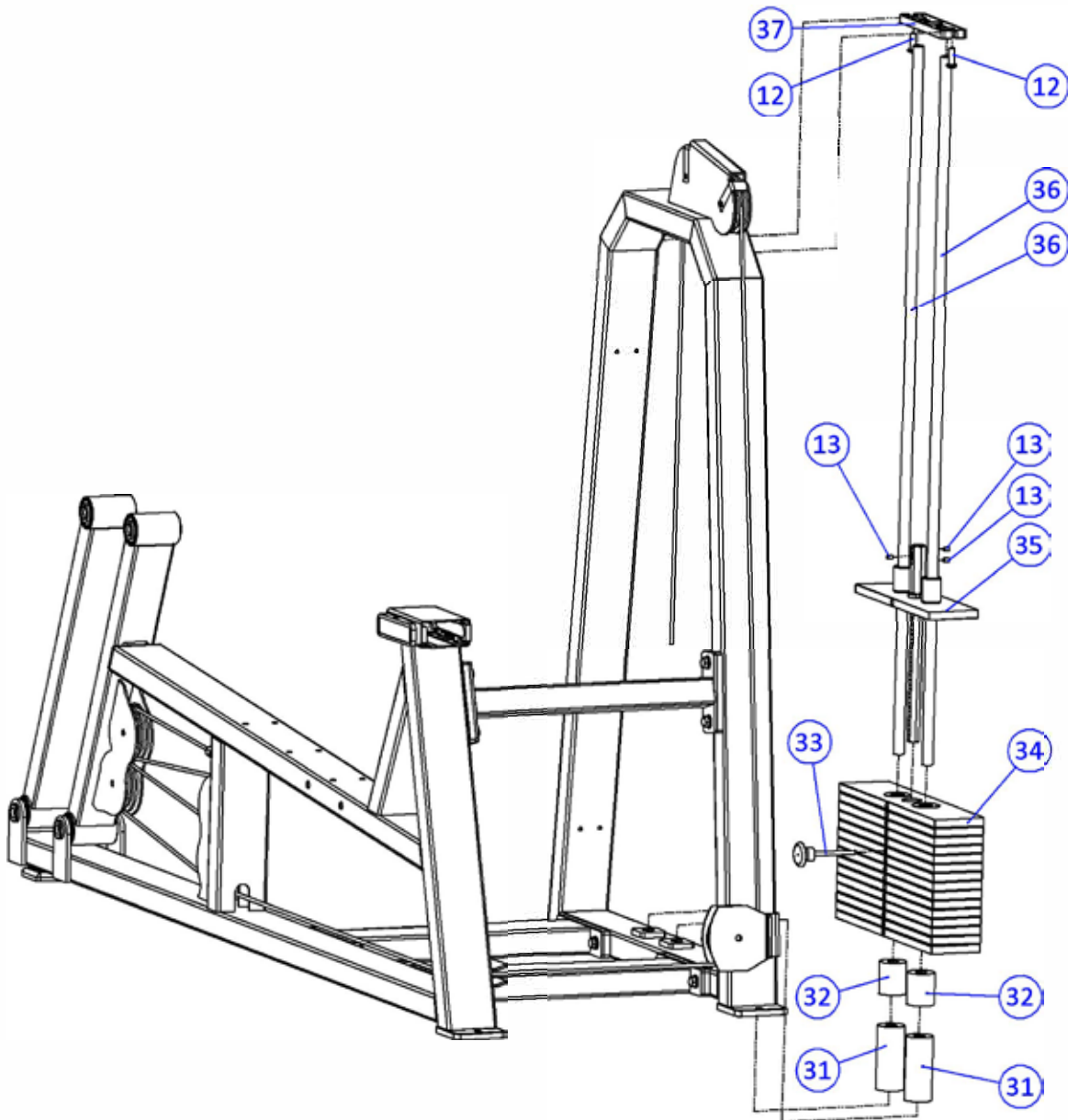
INSTALLATION DETAILS

STEP 1: INSTALL THE MAIN FRAME ASSEMBLY (4) AND THE WEIGHT STACK FRAME ASSEMBLY WITH CONNECTING BASE BARS (2).



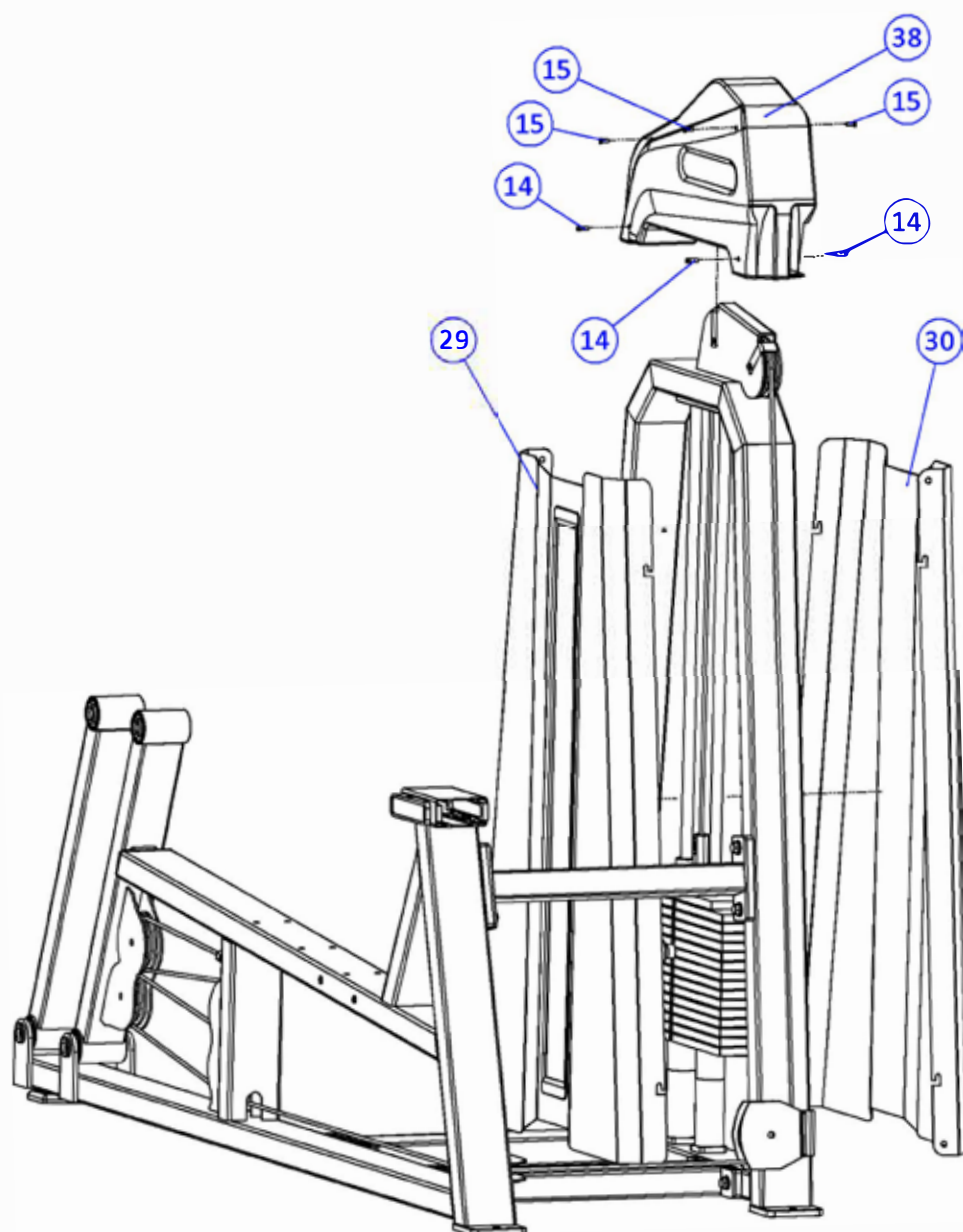
INSTALLATION DETAILS

STEP 2: INSTALL THE GUIDE ROD, WEIGHTS, AND THE WEIGHT STACK CABLE FOLLOWING THE DIAGRAM BELOW. FOR ADDITIONAL ASSISTANCE PLEASE REFER TO PAGE 9. DO NOT RUN THE CABLE THROUGH THE TOP HOLE OF THE WEIGHT STACK UNTIL ALL WEIGHT STACK COMPONENTS ARE INSTALLED.



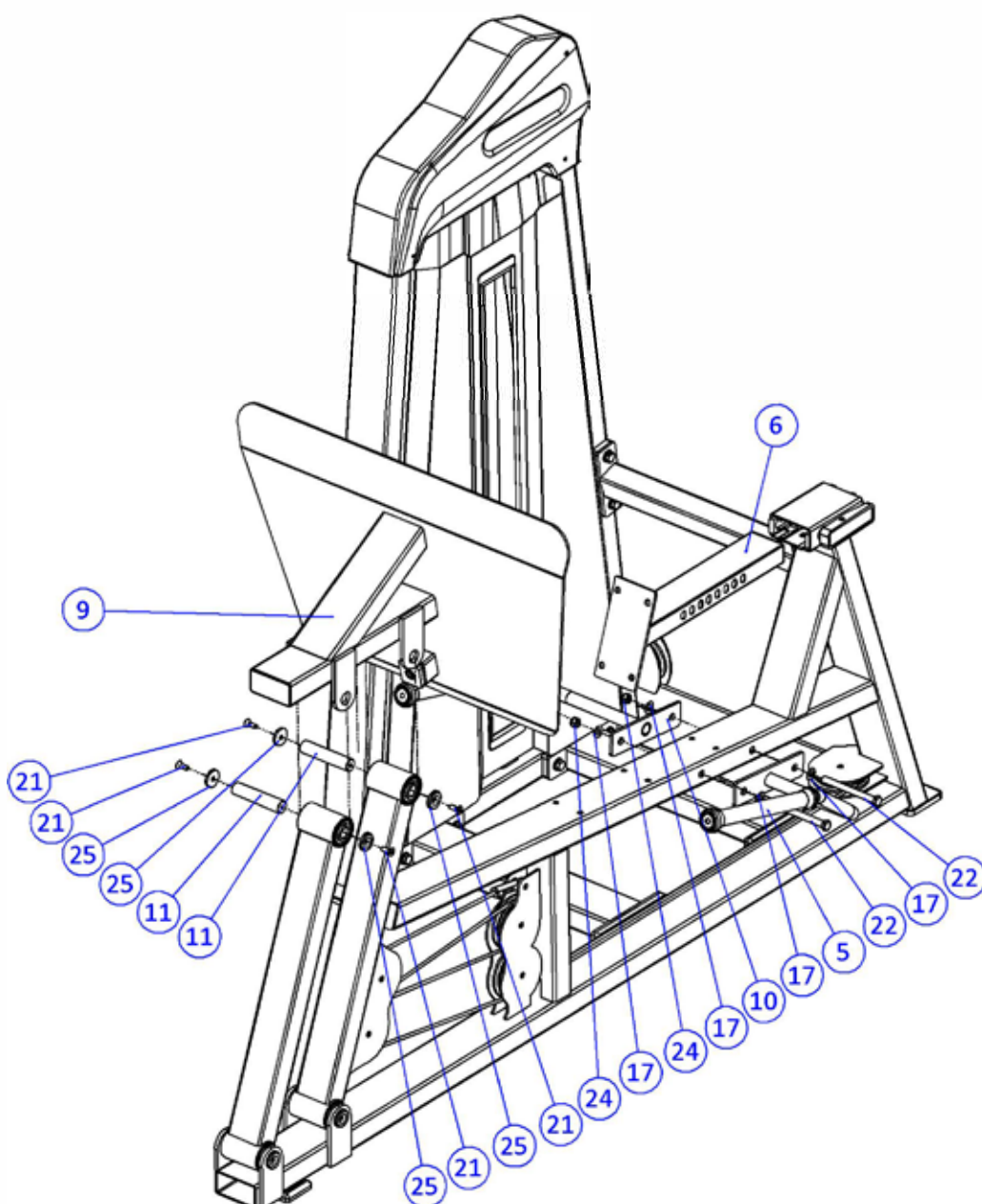
INSTALLATION DETAILS

STEP 3: INSTALL INNER AND OUTER GUARD PLATES AND PLASTIC PULLEY COVER TO TOP OF WEIGHT STACK FRAME.



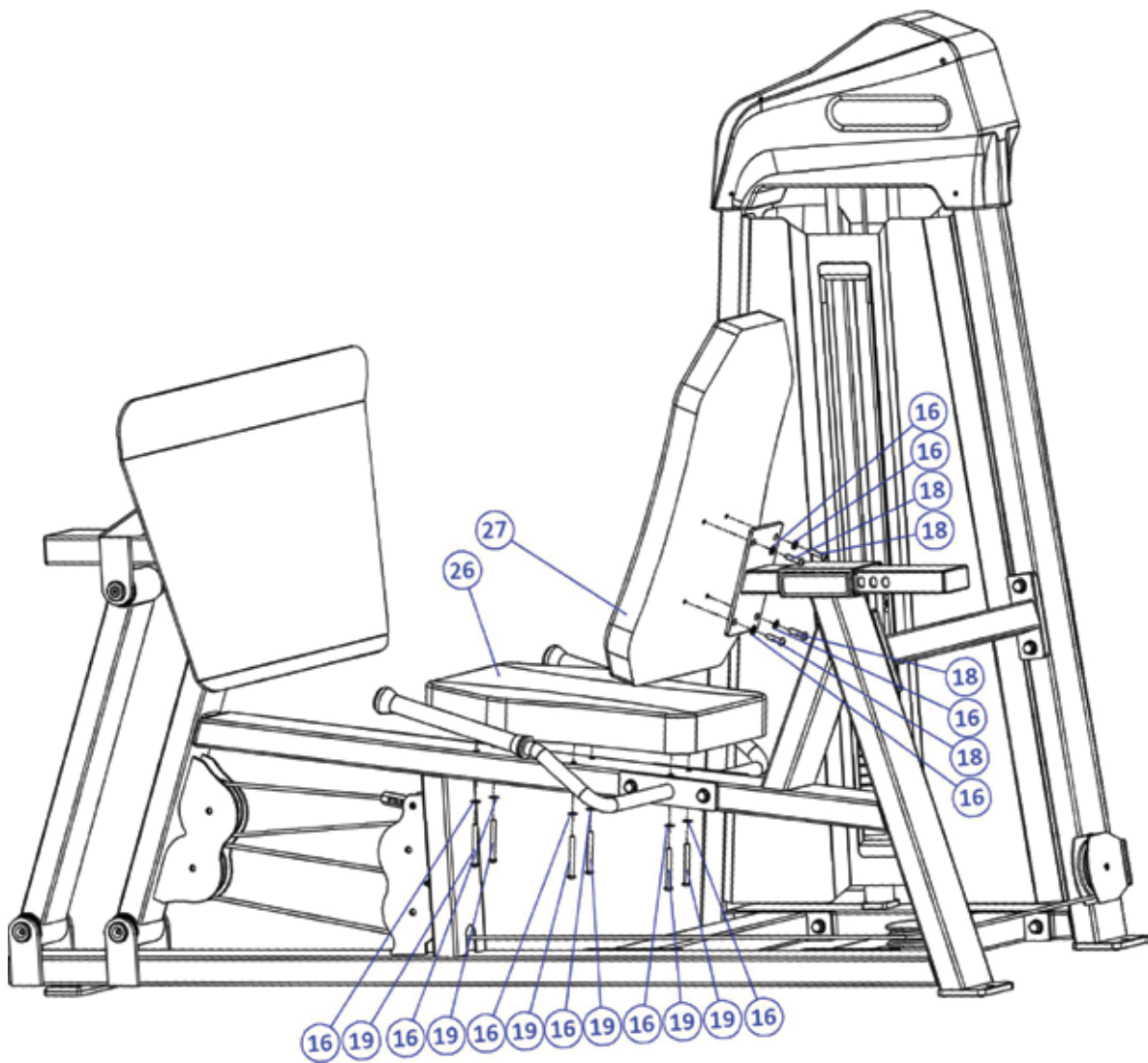
INSTALLATION DETAILS

STEP 4: INSTALL LEG PRESS FOOT PLATE (9) AND THE LEFT AND RIGHT HANDLES (5) AS PICTURED BELOW. INSTALL BACK PAD MOUNT (6).



INSTALLATION DETAILS

STEP 5: INSTALL BACK CUSHION AND SEAT CUSHION.



APPENDIX 1: ORIENTATION DISTINGUISHING METHOD OF COUNTERWEIGHT SHEET

THE SIDE WITH RUBBER COLLAR IS UPWARD



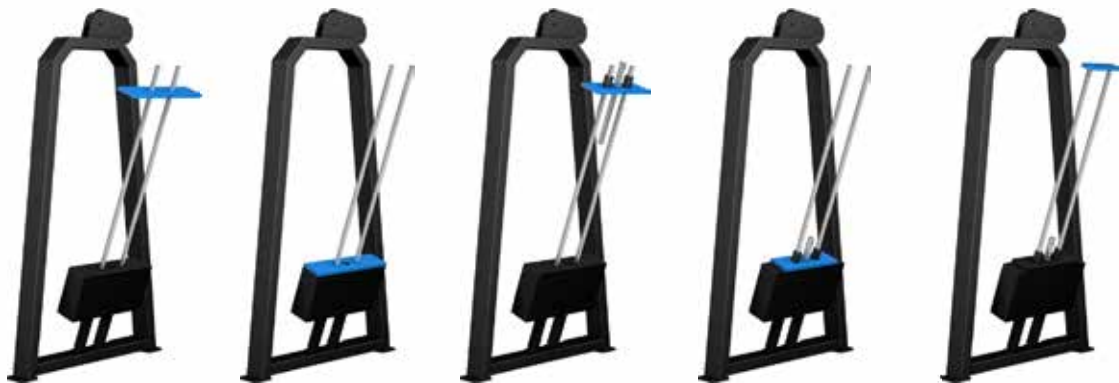
THE SIDE WITH THE ADJUSTING JACK FACES THE TRAINER

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-LP200S

PRODUCT NAME: : SEATED LEG PRESS

WEIGHT STACK: 200LB

PRODUCT FEATURES: FULLY ADJUSTABLE LEG PRESS AND CALF RAISE FOR ALL SIZES

PRODUCT DIMENSIONS:

MUSCLES WORKED: QUADRICEPS, GLUTES AND CALVES

FOR YOUR SAFETY

- ◆ 1. CONSULT YOUR PHYSICIAN OR HEALTH CARE PROVIDER BEFORE USING YOUR SB-LELC200S AND/OR EXERCISE EQUIPMENT.

- ◆ 2. 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.

- ◆ 3. BEFORE USING THE SB-LP200S, 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 MACHINE CAN BE INSTALLED EASILY AND CORRECTLY. PLEASE FOLLOW INSTRUCTIONS CAREFULLY AND ENTIRELY.
- ◆ 2. BECAUSE OF ITS LARGE SIZE AND WEIGHT, MACHINE SHOULD BE ASSEMBLED NEAR THE LOCATION WHERE IT WILL BE USED.
- ◆ 3. PLACE ALL PARTS OF THE MACHINE 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 MACHINE, 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 MACHINE 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 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 BECOMES 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



WARNING



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



65 WARNING



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