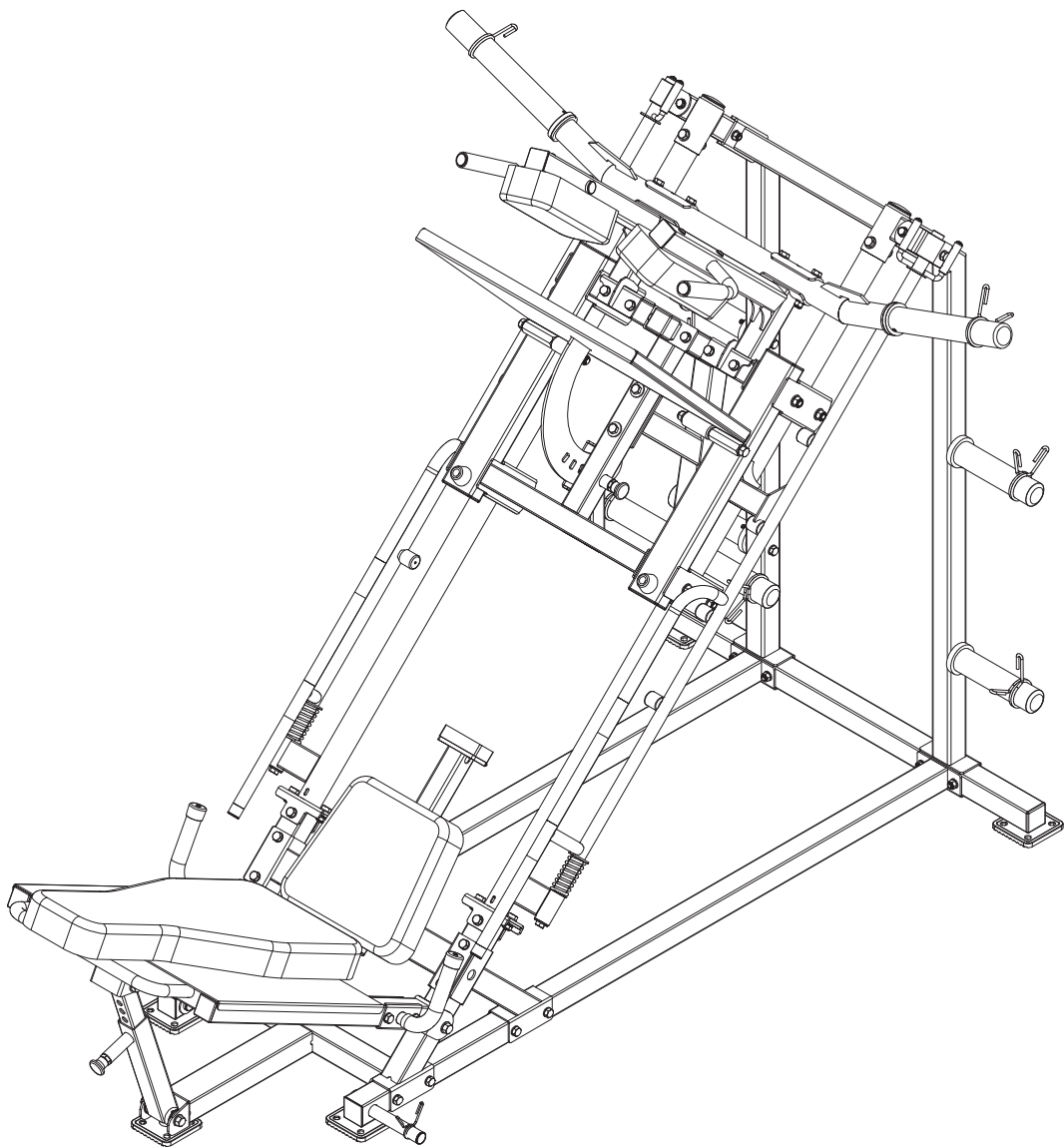


# Powercore®

## 45° Heavy Duty Leg Press Hack Squat IMLPHS



### **CAUTION!**

Read all precautions and instructions in this manual before using this equipment.

20200916-V1.0

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## BEFORE YOU BEGIN

Thank you for selecting the IMLPHS. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction.

## **IMPORTANT SAFETY NOTICE**

### **PRECAUTIONS**

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

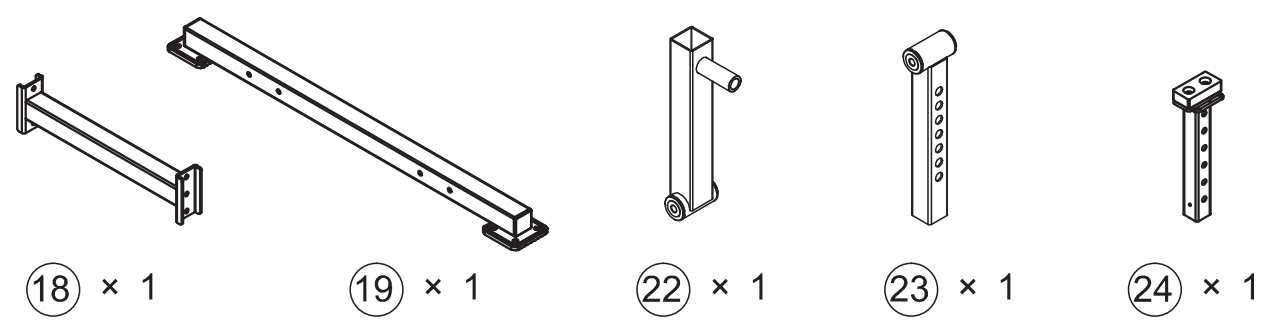
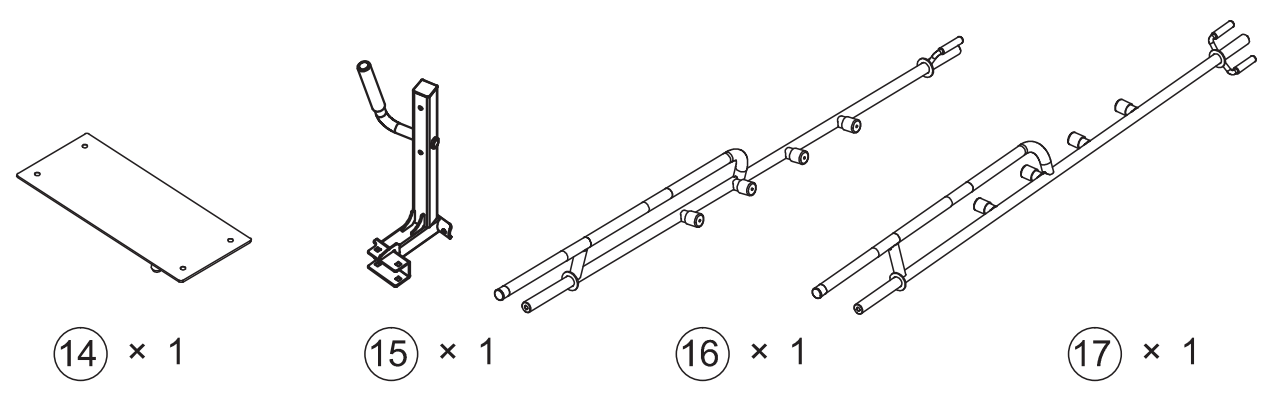
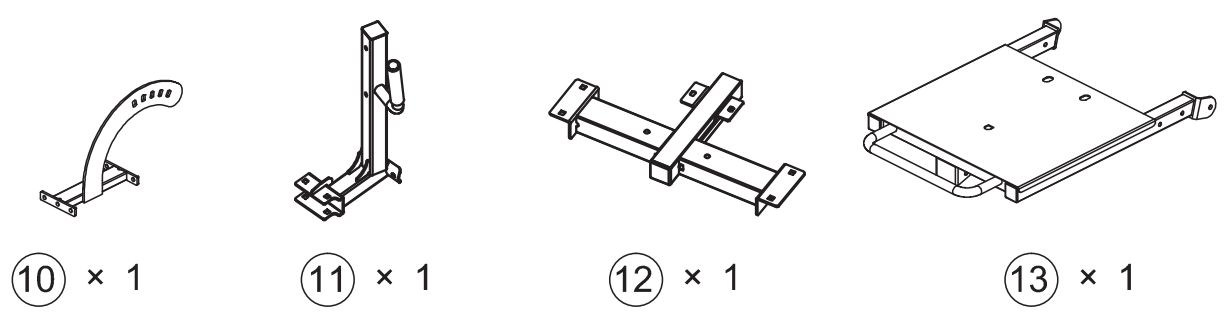
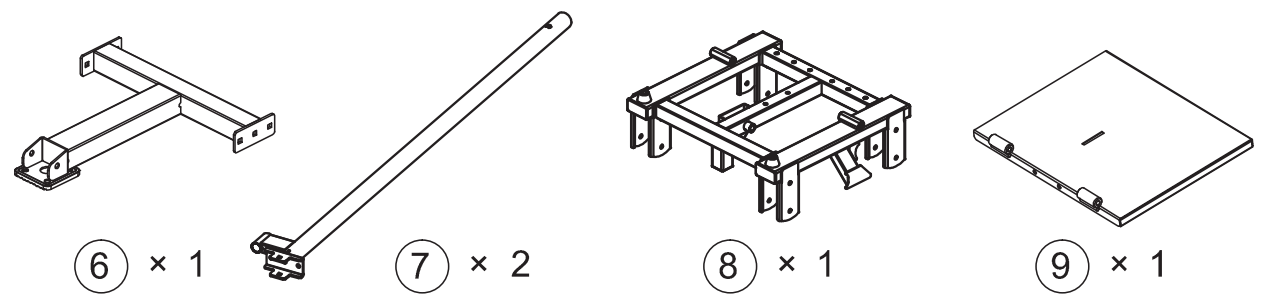
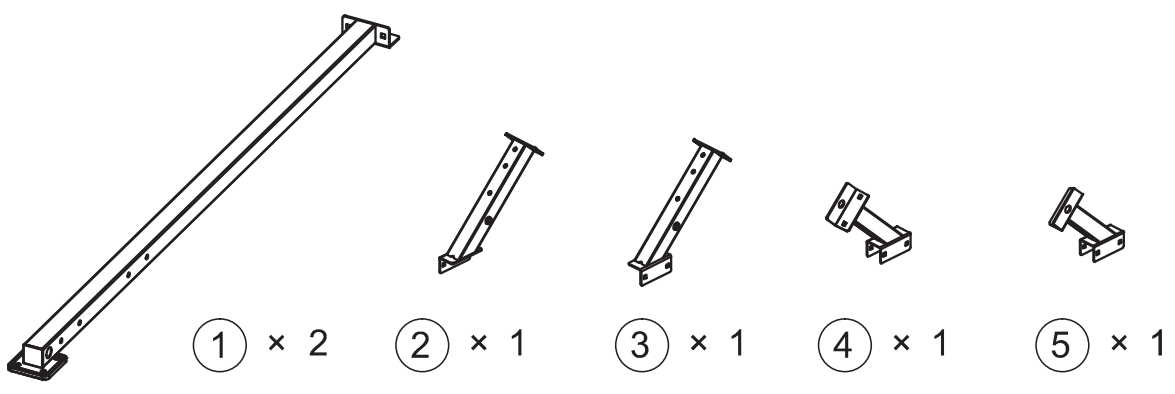
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine 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 machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.

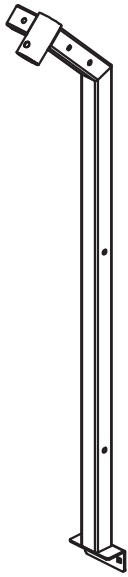
### **CARE AND MAINTENANCE**

1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

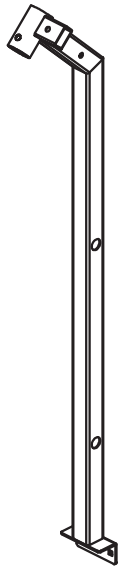
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

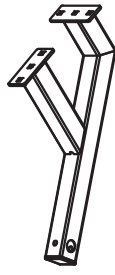




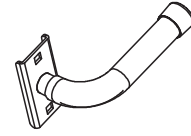
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21 × 1



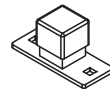
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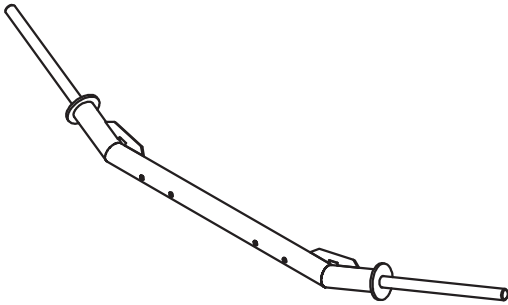
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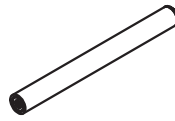
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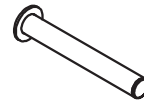
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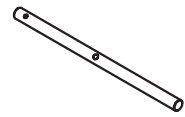
28 × 1



30 × 4



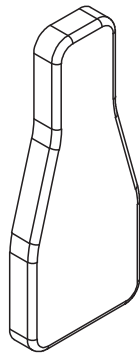
31 × 2



32 × 1



33 × 2



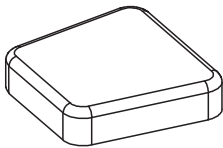
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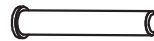
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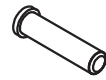
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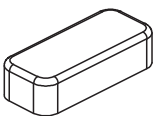
40 × 1



36 × 2



37 × 6



42 × 2



43 × 8



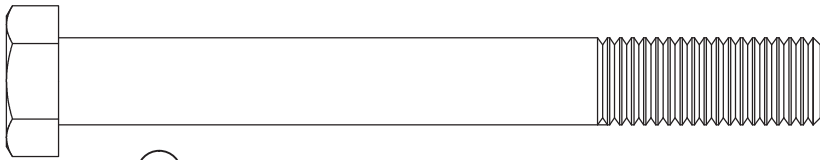
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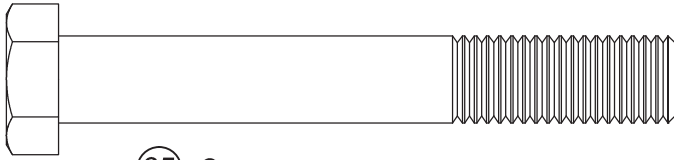
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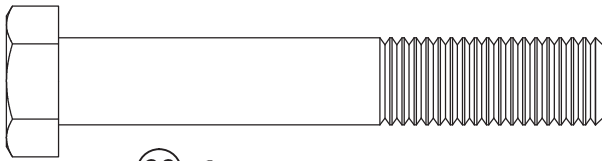
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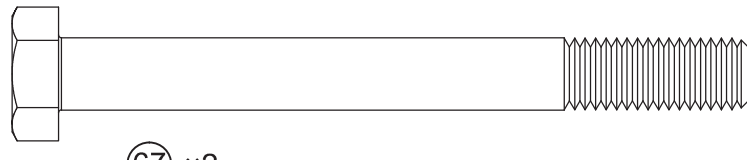
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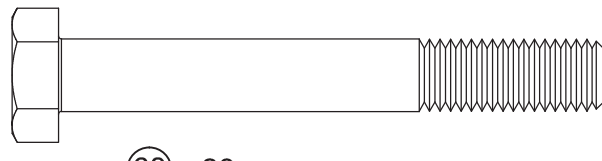
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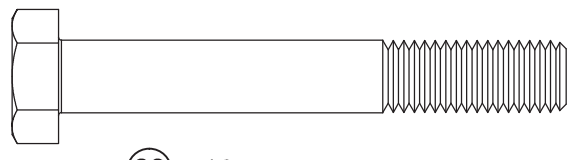
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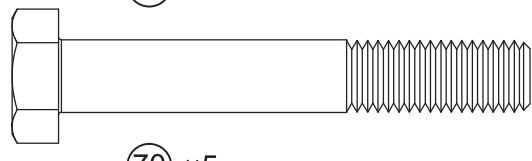
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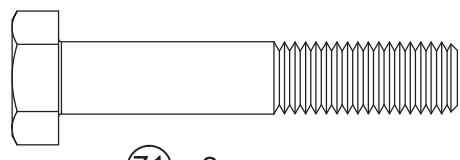
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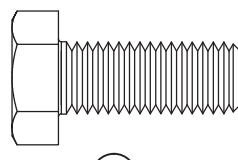
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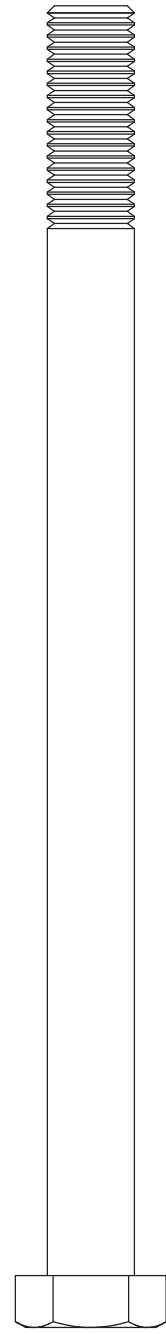
⑦0×5



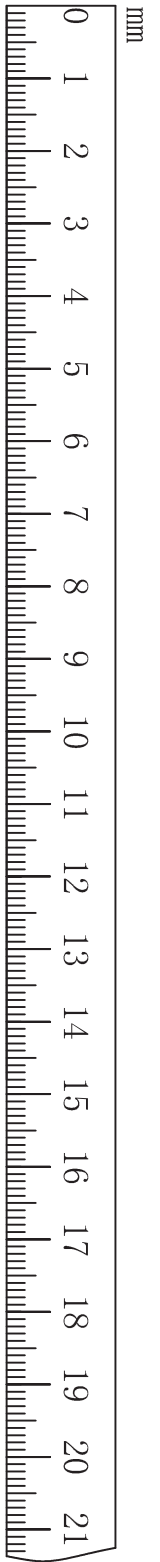
⑦1×2



⑦2×10

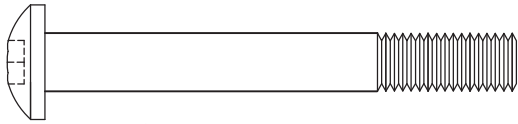


⑥3×2



mm

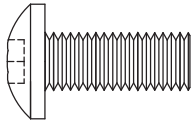




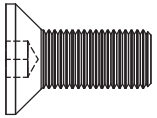
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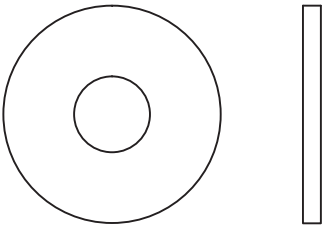
⑦④ × 2



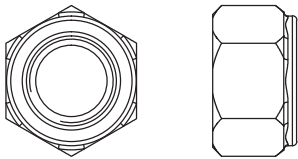
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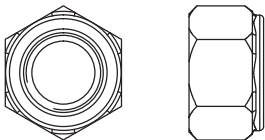
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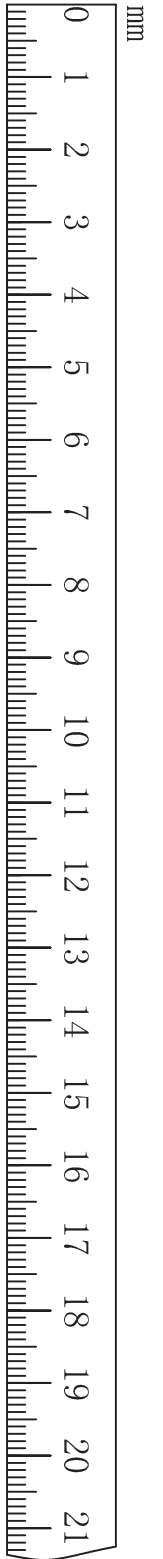
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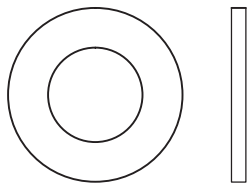


⑦⑨ × 14

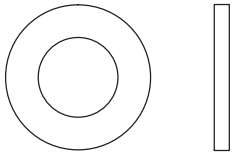


⑧① × 51

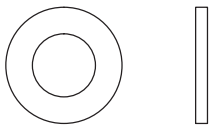




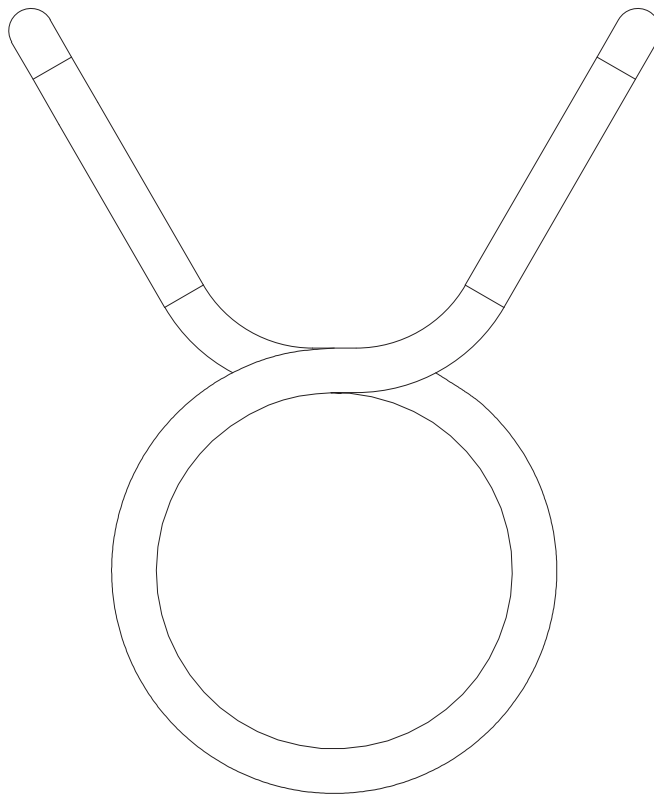
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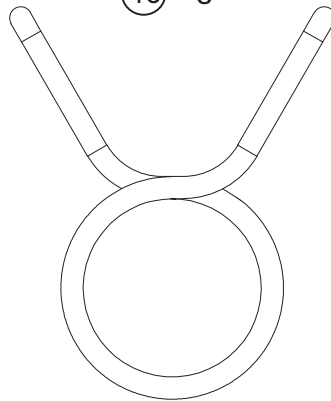
⑧2 ×104



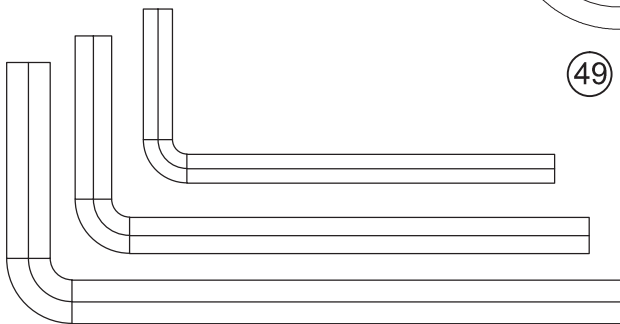
⑧3 ×8



④6 ×8



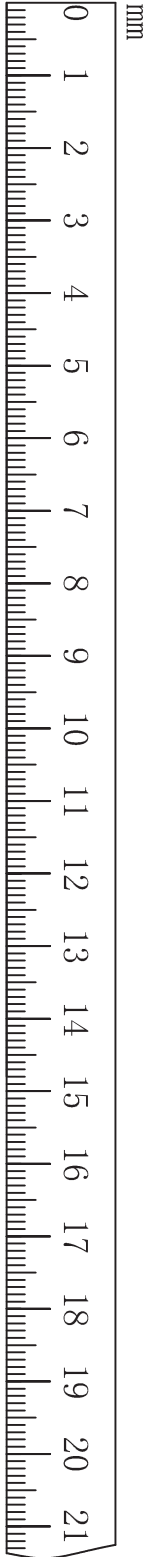
④9 ×2



4#×1

5#×1

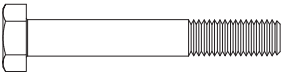



6#×1

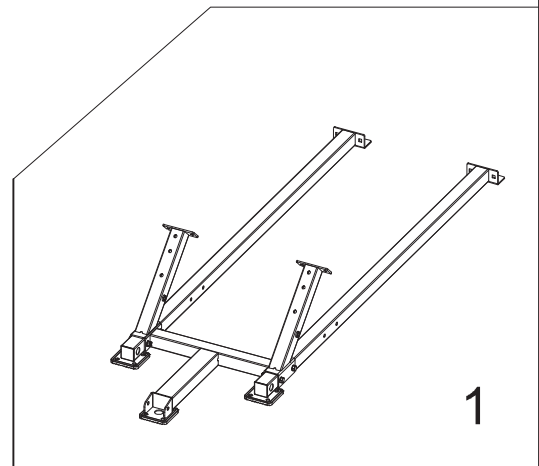
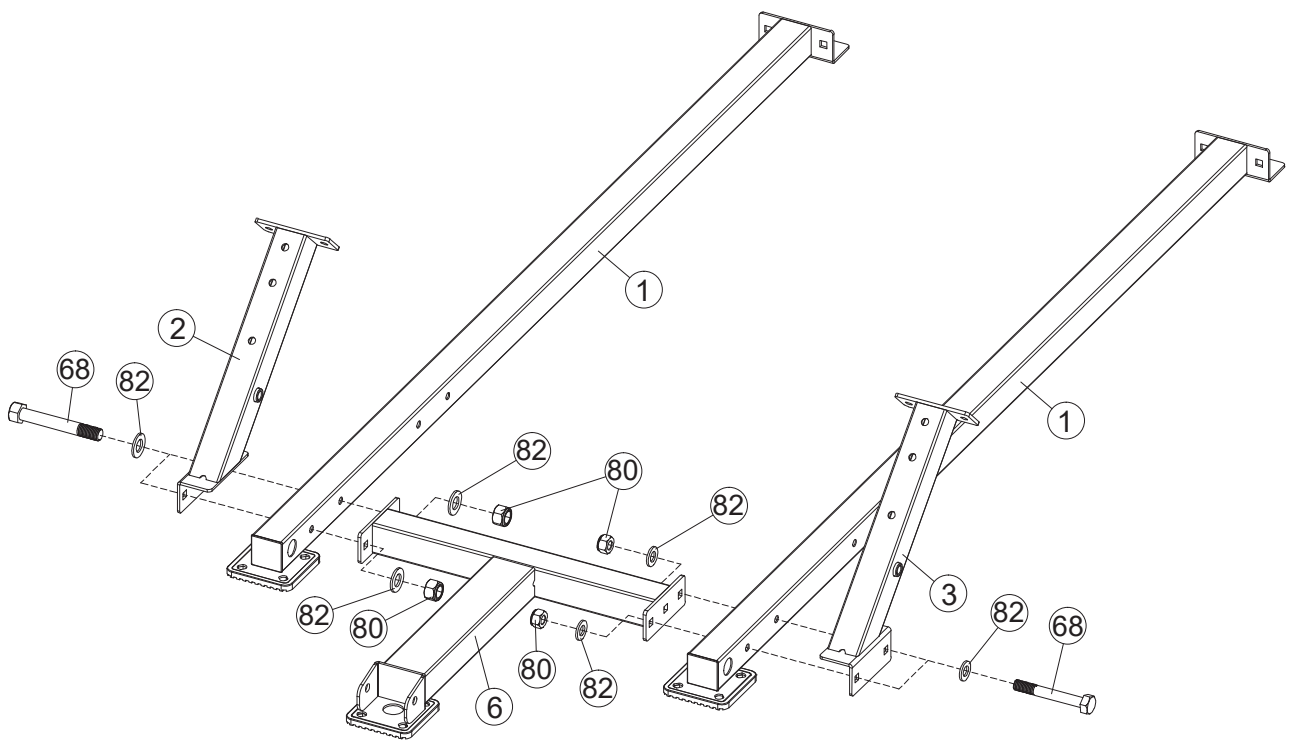
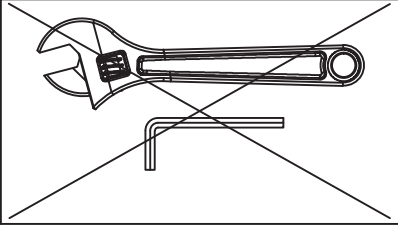






mm

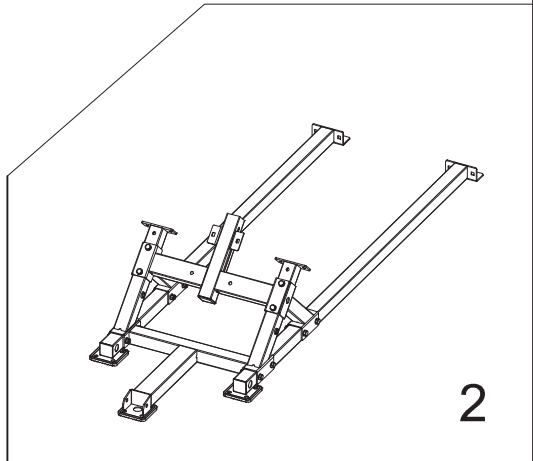
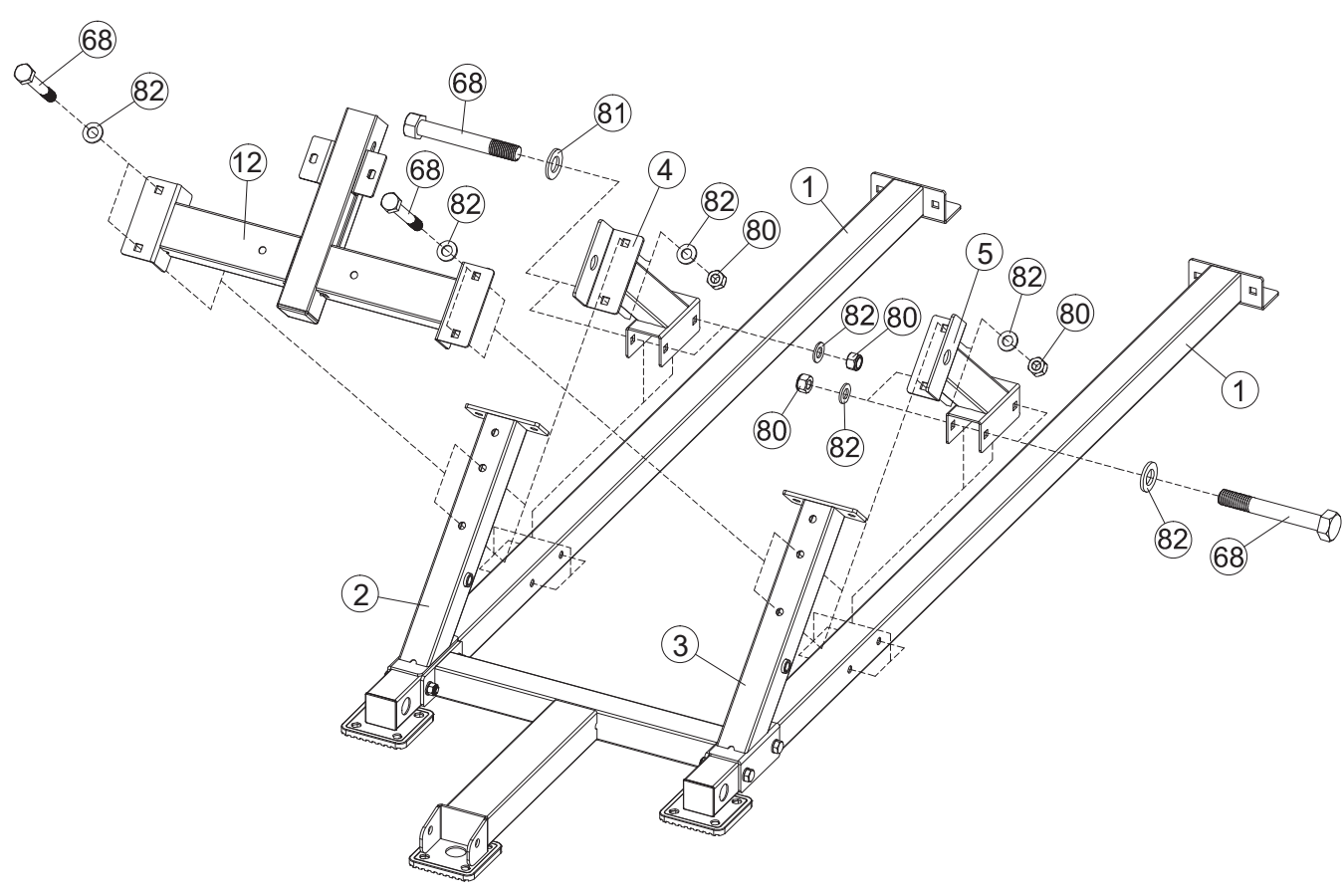
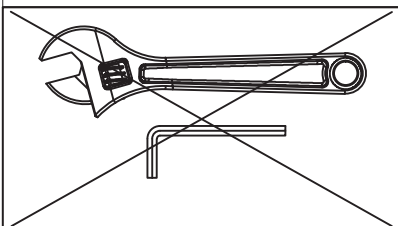





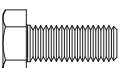




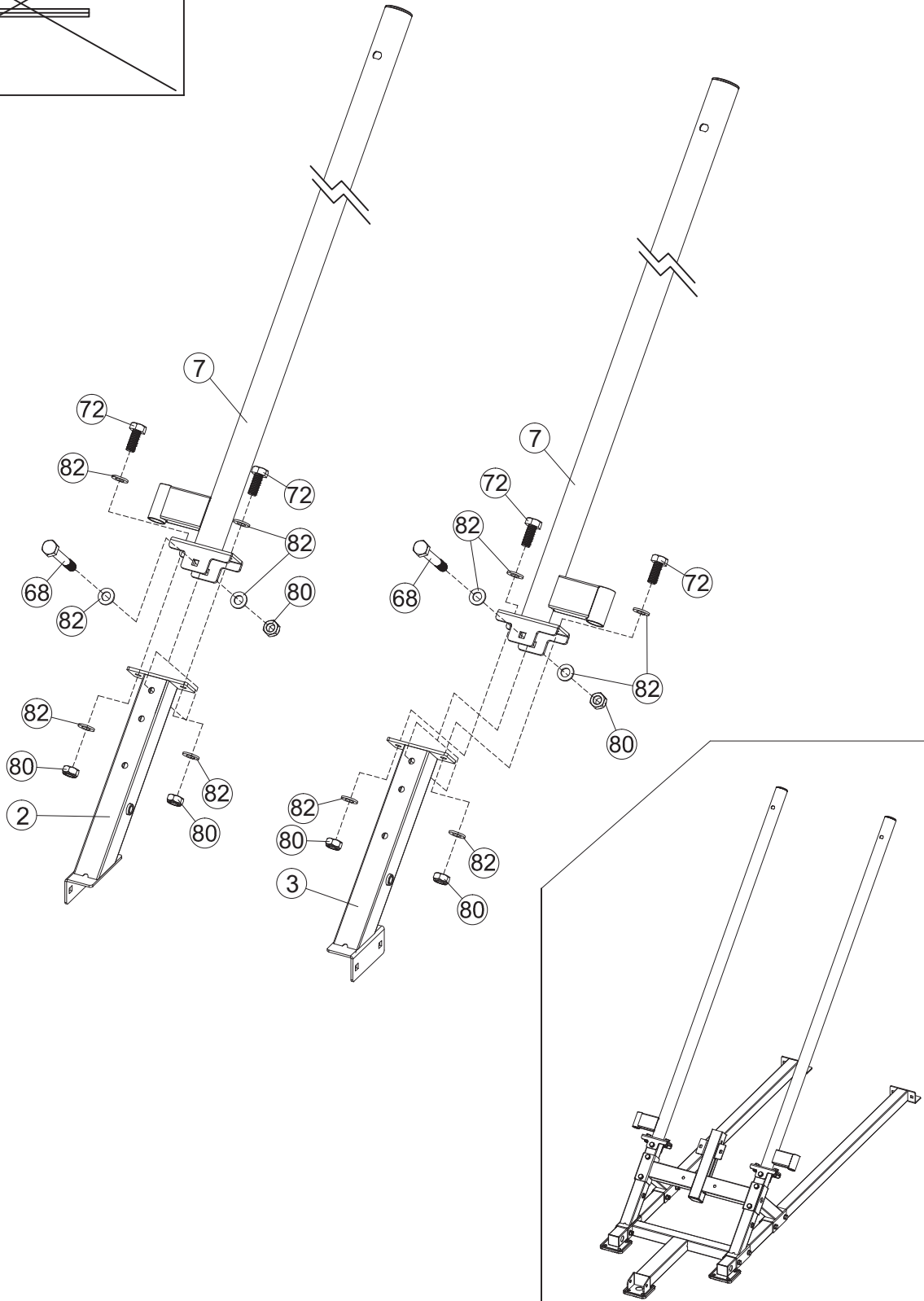
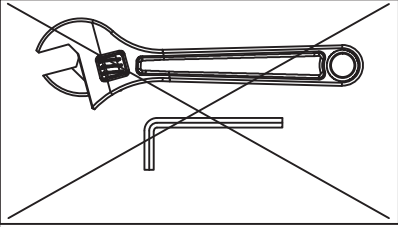
- |    |   |    |          |    |   |   |   |           |
|----|---|----|----------|----|---|---|---|-----------|
| ⑥8 |    | ×4 | M10×75mm | ⑧2 |  | × | 8 | Φ20×Φ10.5 |
| ⑧0 |   | ×4 | M10      |    |   |   |   |           |

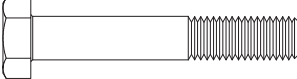


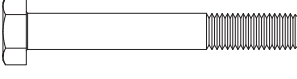







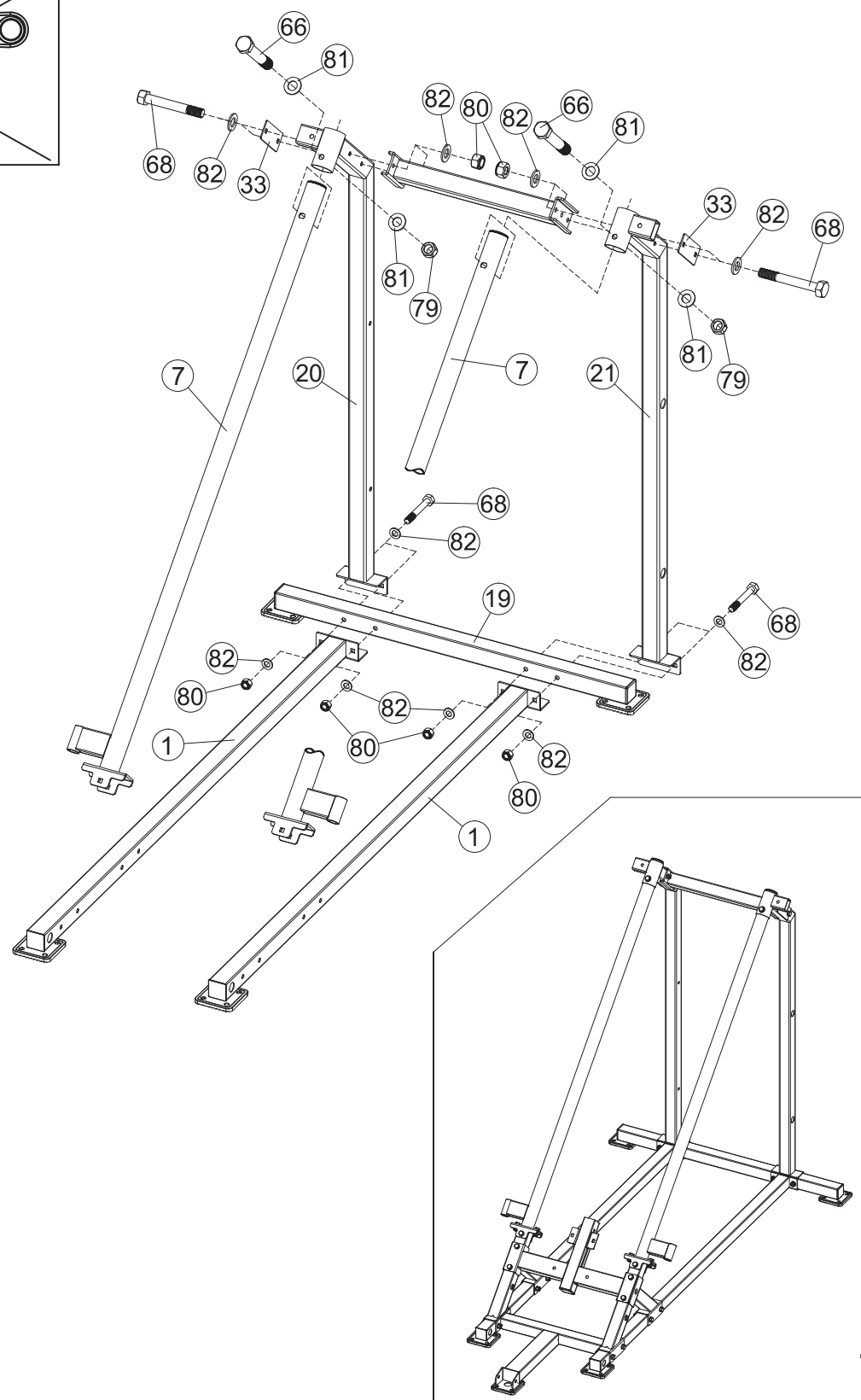
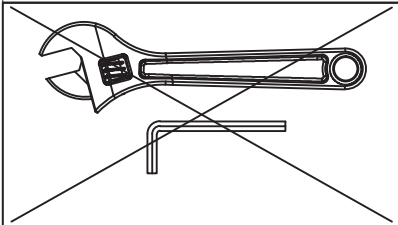
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|----|---|----|-----------|----|---|-----|-----------|
| ⑥8 |  | ×8 | M10× 75mm | ⑧2 |  | ×16 | Φ20×Φ10.5 |
| ⑧0 |  |    |           |    |    |     |           |
|    |   | ×8 | M10       |    |   |     |           |

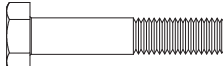
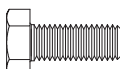
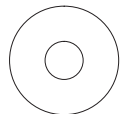







- |    |   |    |           |    |   |     |           |
|----|---|----|-----------|----|---|-----|-----------|
| ⑥8 |  | ×2 | M10× 75mm | ⑧0 |   | ×6  | M10       |
| ⑦2 |  | ×4 | M10× 25mm | ⑧2 |   | ×12 | Φ20×Φ10.5 |

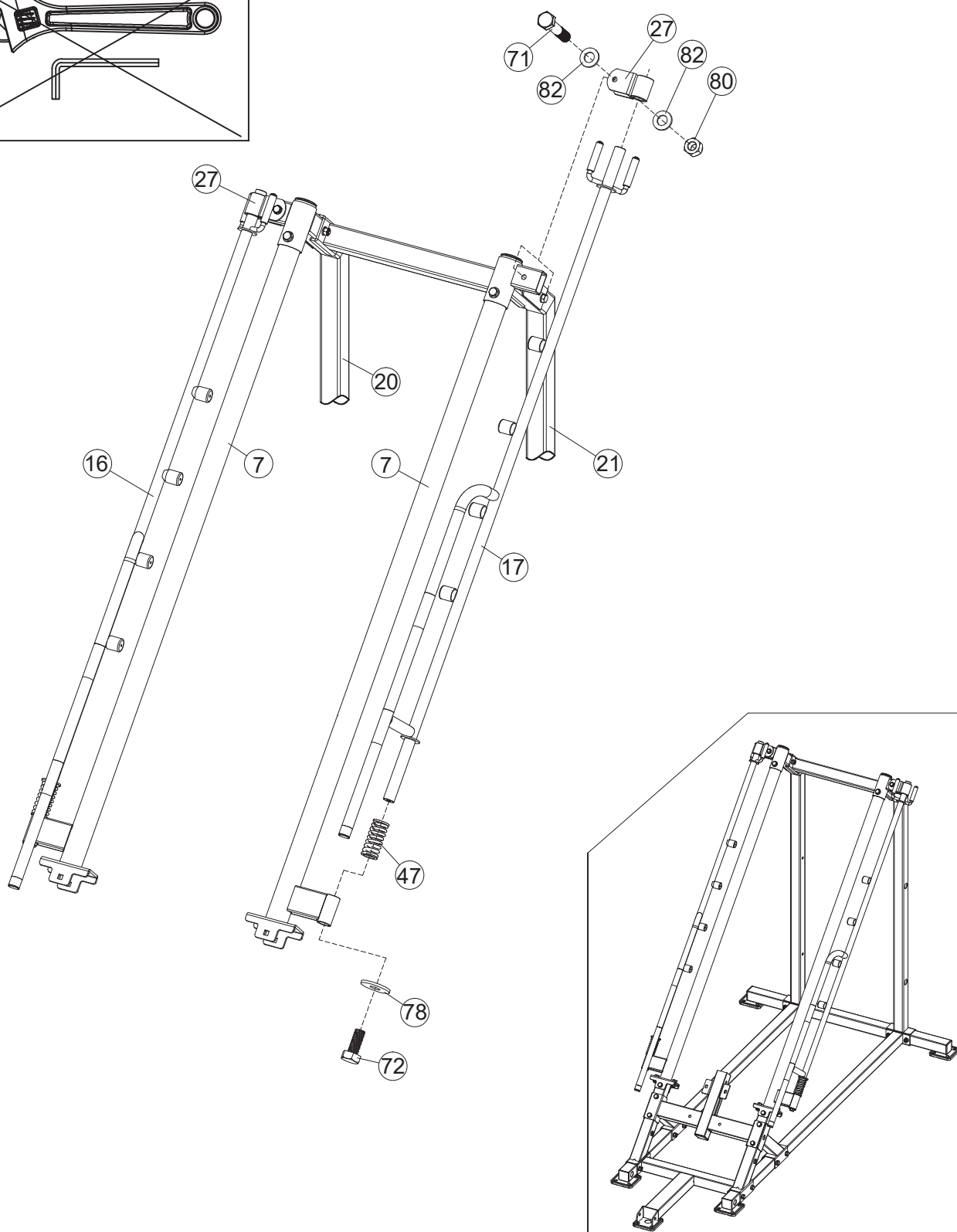
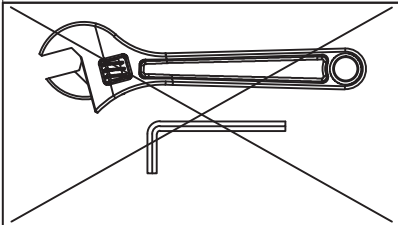


⑥⑥		×2	M12×75mm	⑧①			×8	M10
⑥⑧		×8	M10×75mm	⑧②			×4	Φ24×Φ13
⑦⑨		×2	M12	⑧②			×16	Φ20×Φ10.5

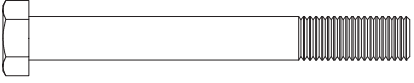





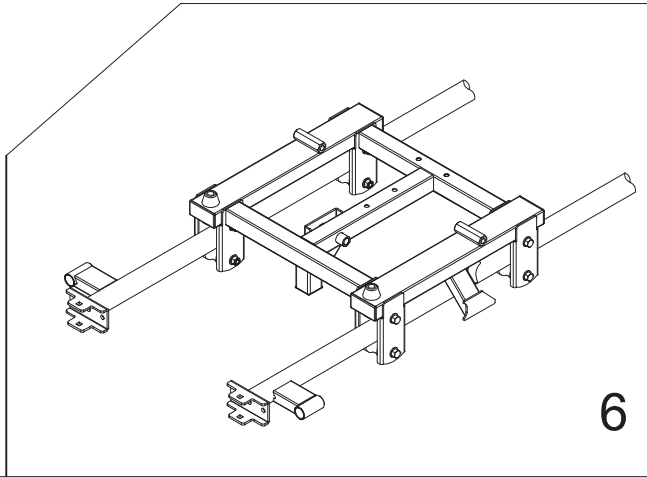
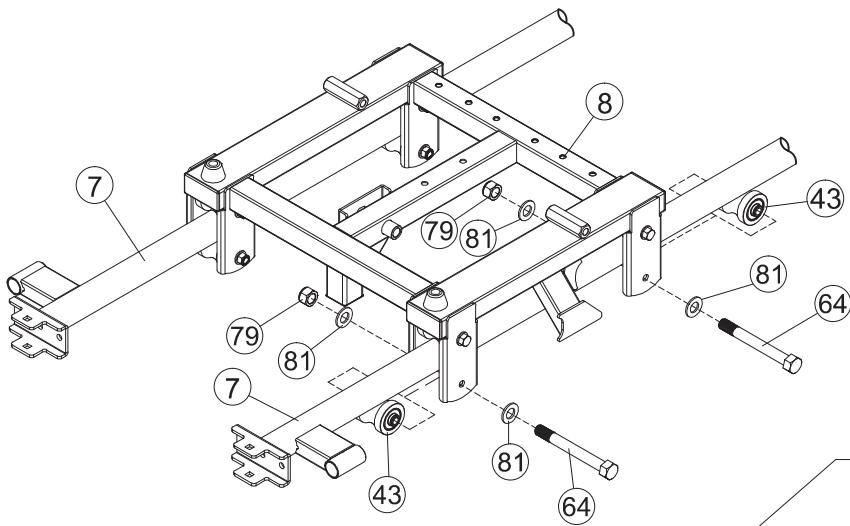
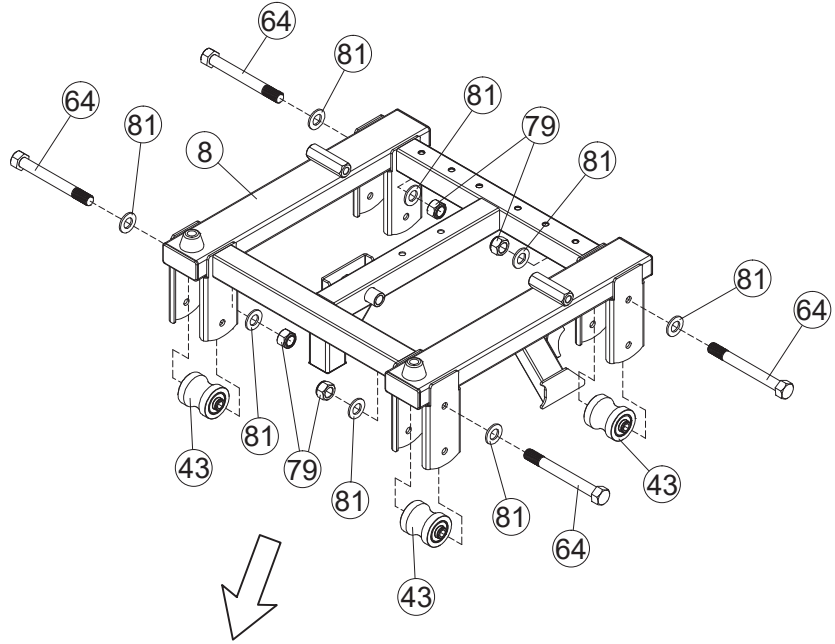
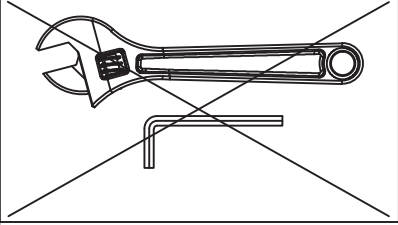
- 71  ×2 M10× 55mm
- 72  ×2 M10× 25mm
- 78   ×2 Φ30×Φ10.5

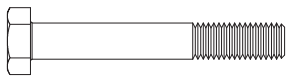


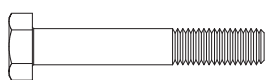


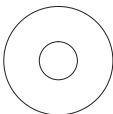
- 80   ×2 M10
- 82   ×4 Φ20×Φ10.5

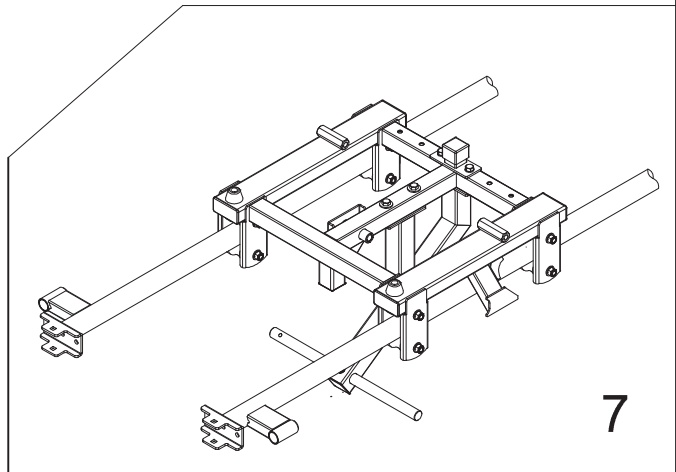
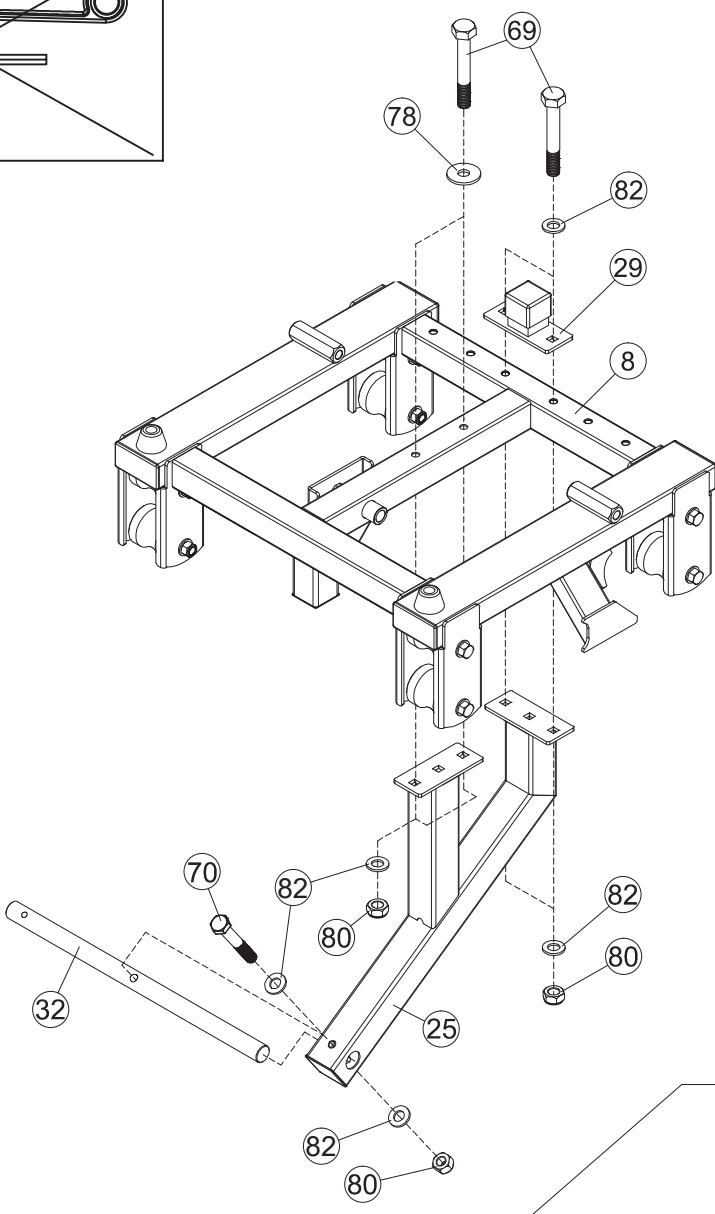
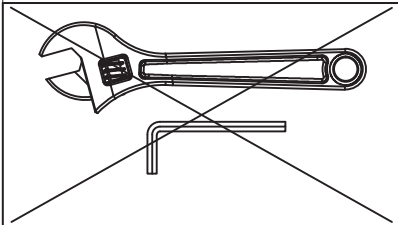


5

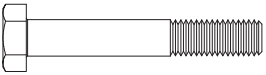

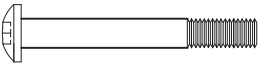


- (64)  ×8 M12×105mm (81)  ×16  $\Phi 24 \times \Phi 13$   
 (79)   ×8 M12

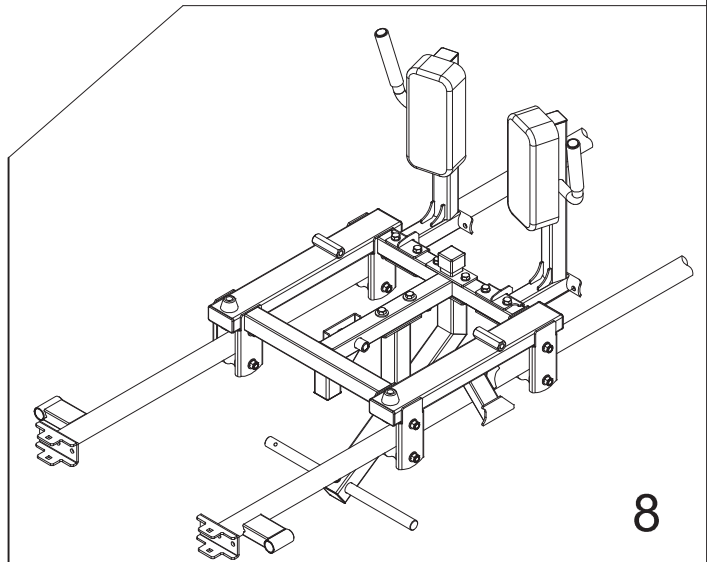
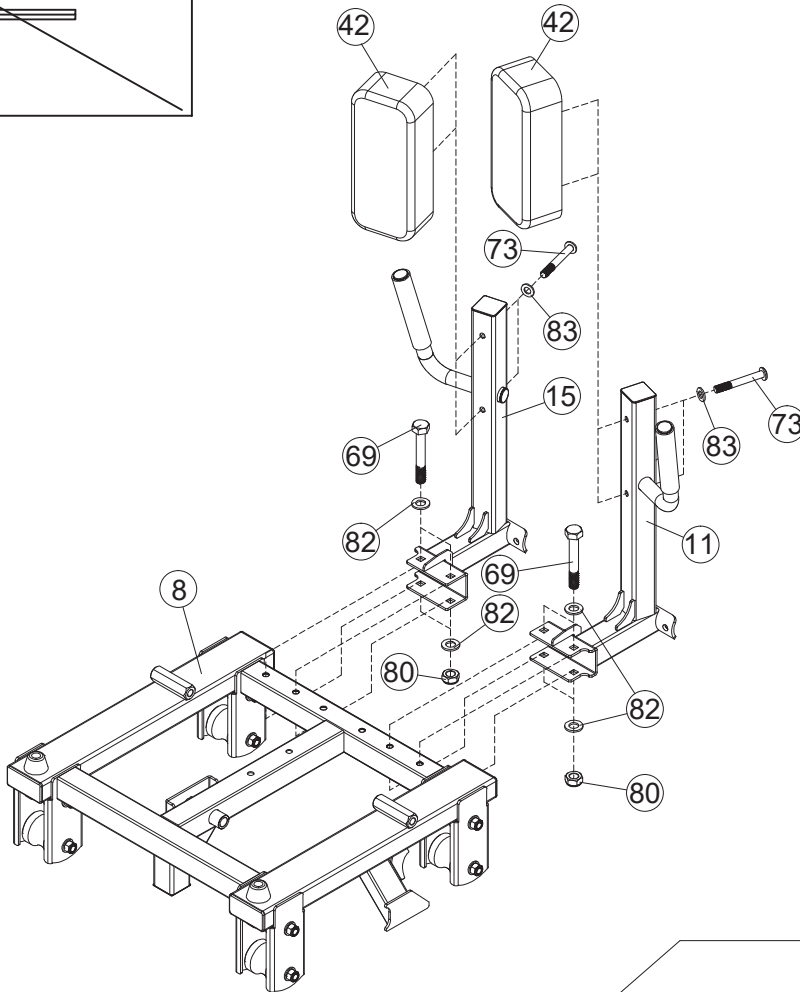
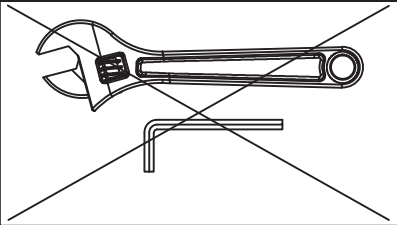


- |    |   |              |    |  |   |              |
|----|---|--------------|----|--|---|--------------|
| ⑥9 |  | ×4 M10× 70mm | ⑧0 |   |  | ×5 M10       |
| ⑦0 |  | ×1 M10× 65mm | ⑧2 |  |  | ×8 Φ20×Φ10.5 |
| ⑦8 |  | ×2 Φ30×Φ10.5 |    |  |   |              |



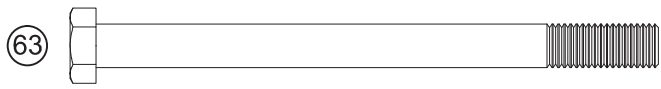
7

- |    |   |    |          |    |   |    |           |
|----|---|----|----------|----|---|----|-----------|
| ⑥9 |  | x4 | M10x70mm | ⑧2 |  | x8 | Φ20xΦ10.5 |
| ⑦3 |  | x4 | M8x65mm  | ⑧3 |  | x4 | Φ16xΦ8.4  |
| ⑧0 |  | x4 | M10      |    |   |    |           |

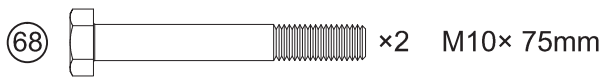


8





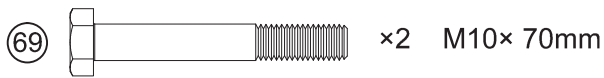
×2 M12× 175mm



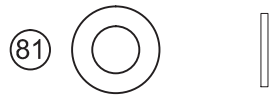
×2 M10× 75mm



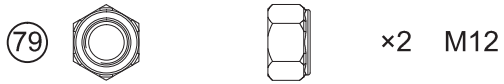
×4 M10



×2 M10× 70mm



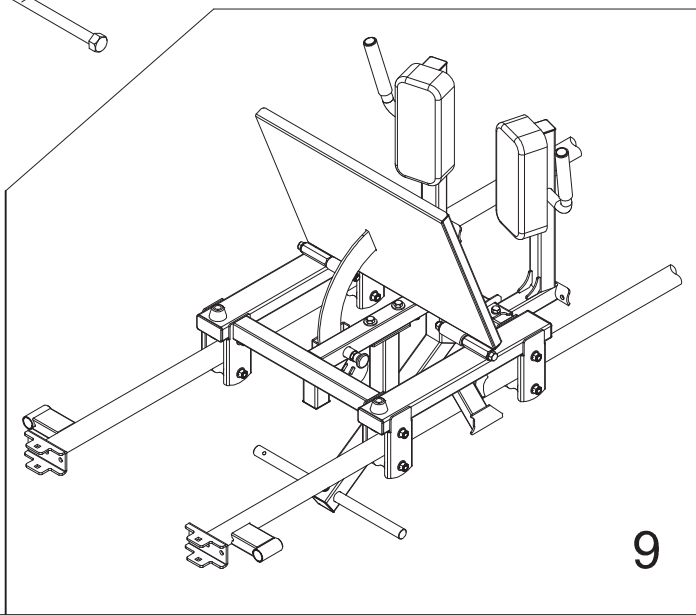
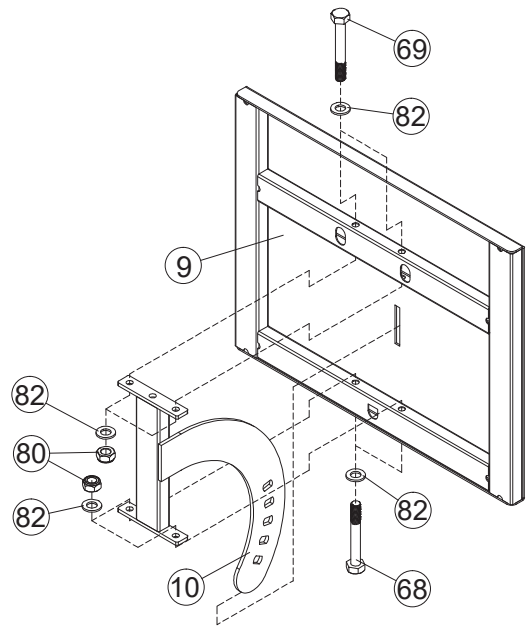
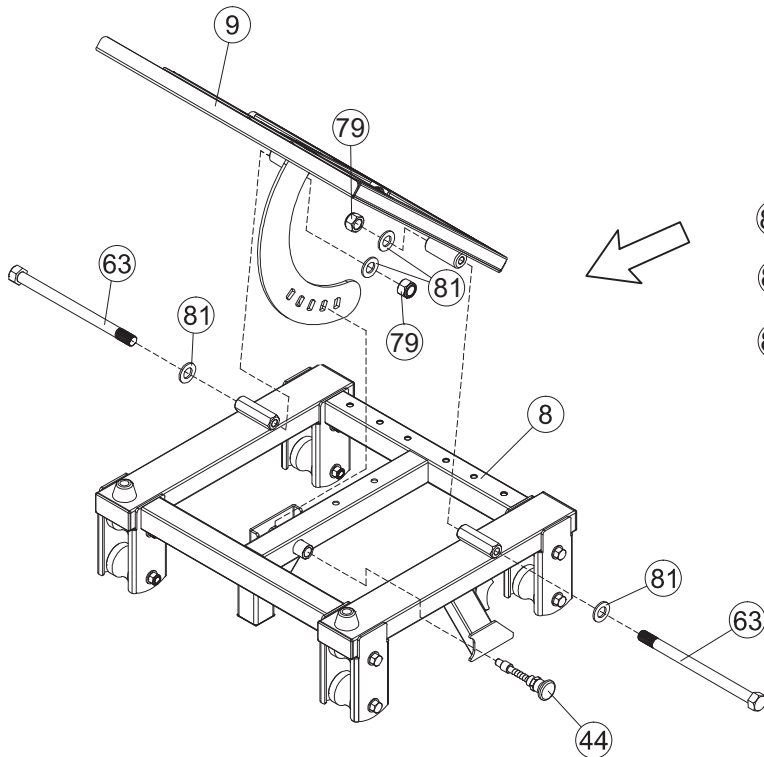
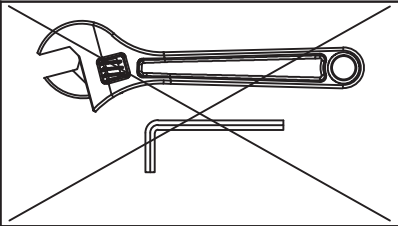
×4 Φ24×Φ13



×2 M12



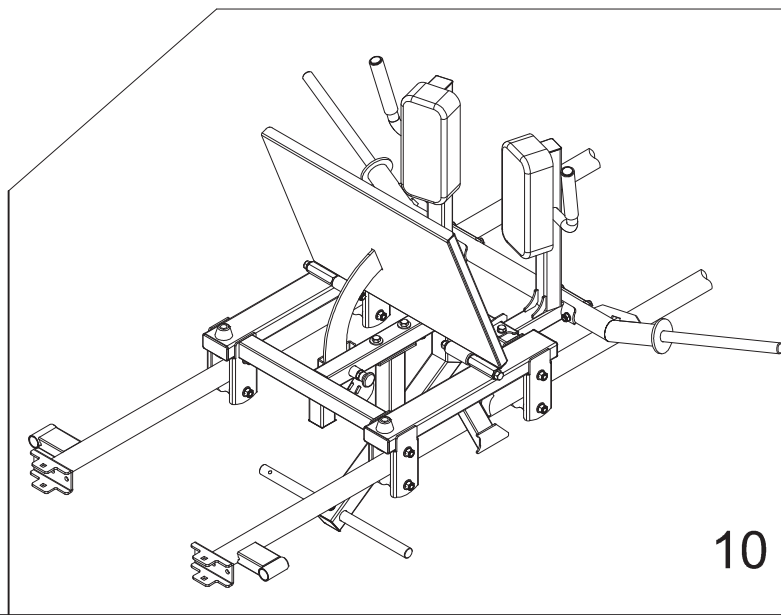
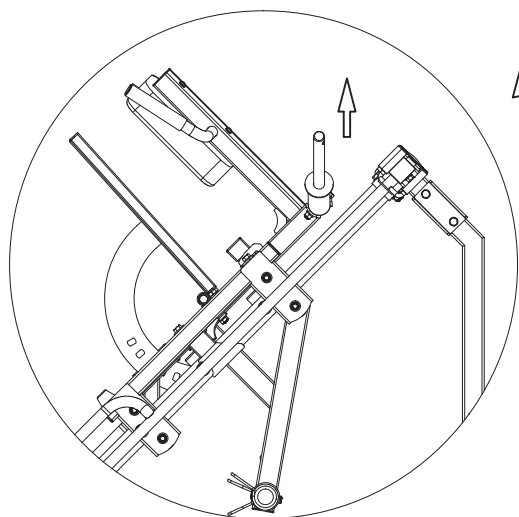
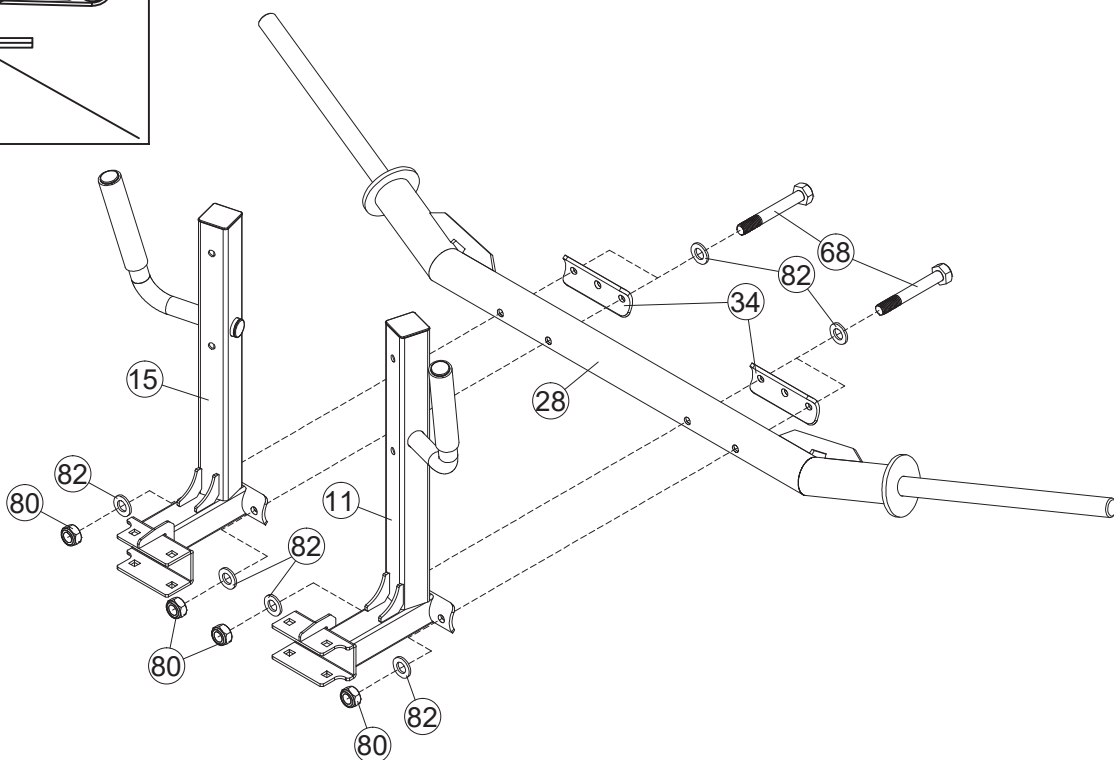
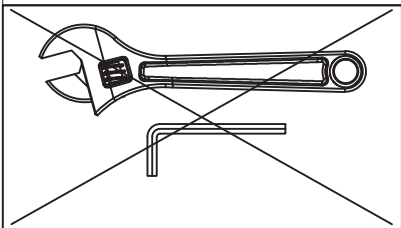
×8 Φ20×Φ10.5

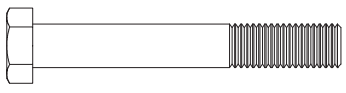


⑥8  ×4 M10× 75mm

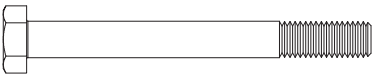
⑧2  ×8 Φ20×Φ10.5

⑧0  ×4 M10






⑥5  ×2 M12× 85mm


⑧1   ×4 Φ24×Φ13

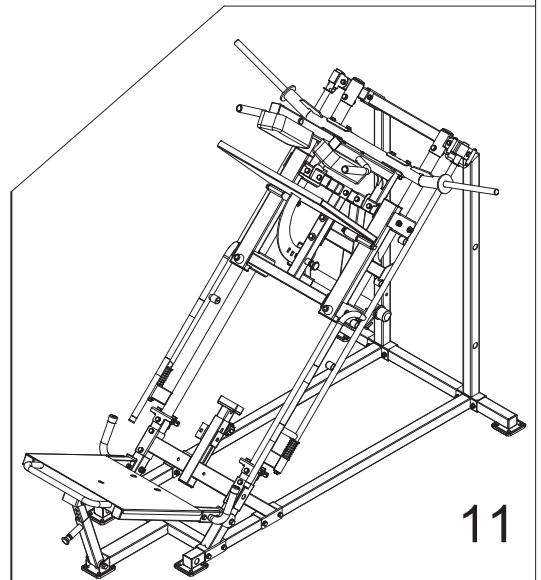
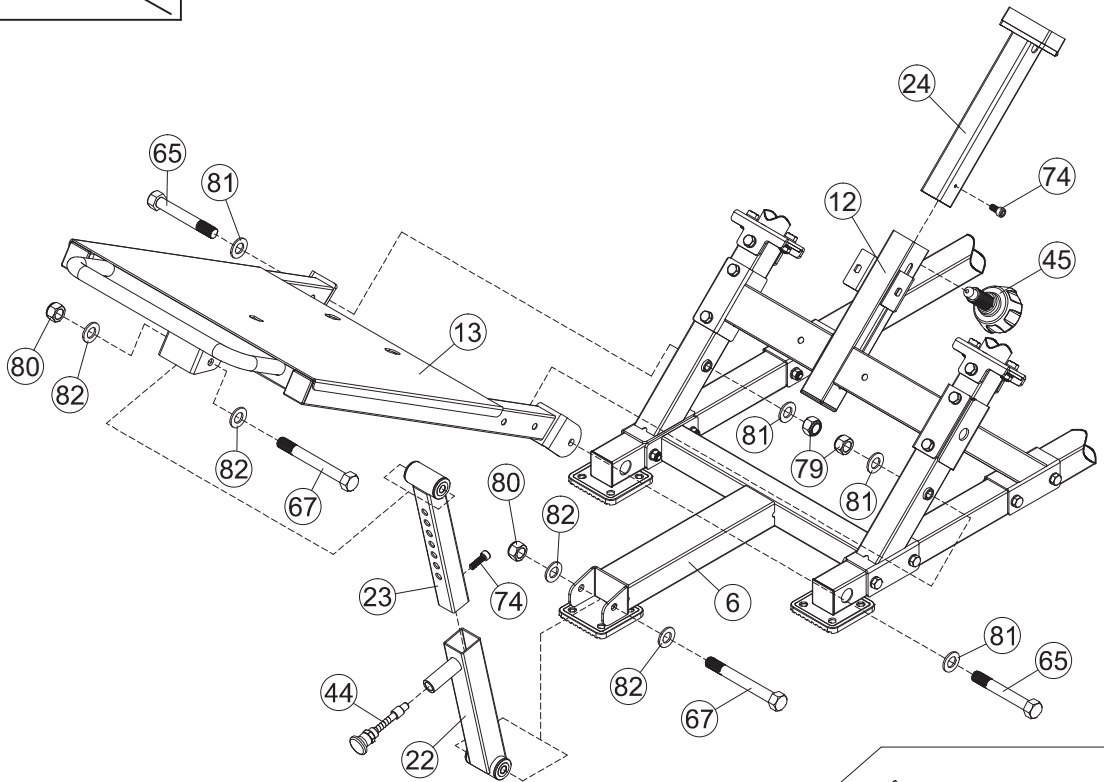
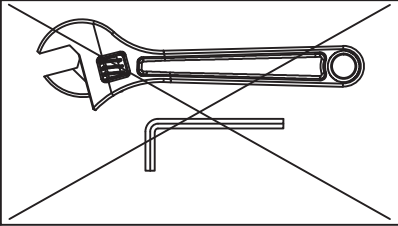
⑥7  ×2 M10× 95mm

⑧2   ×4 Φ20×Φ10.5


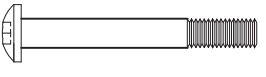


⑦9   ×2 M12

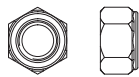


⑦4  ×2 M6× 15mm

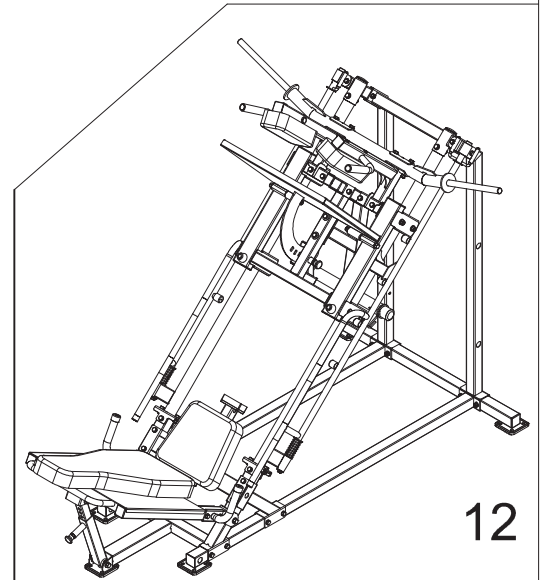
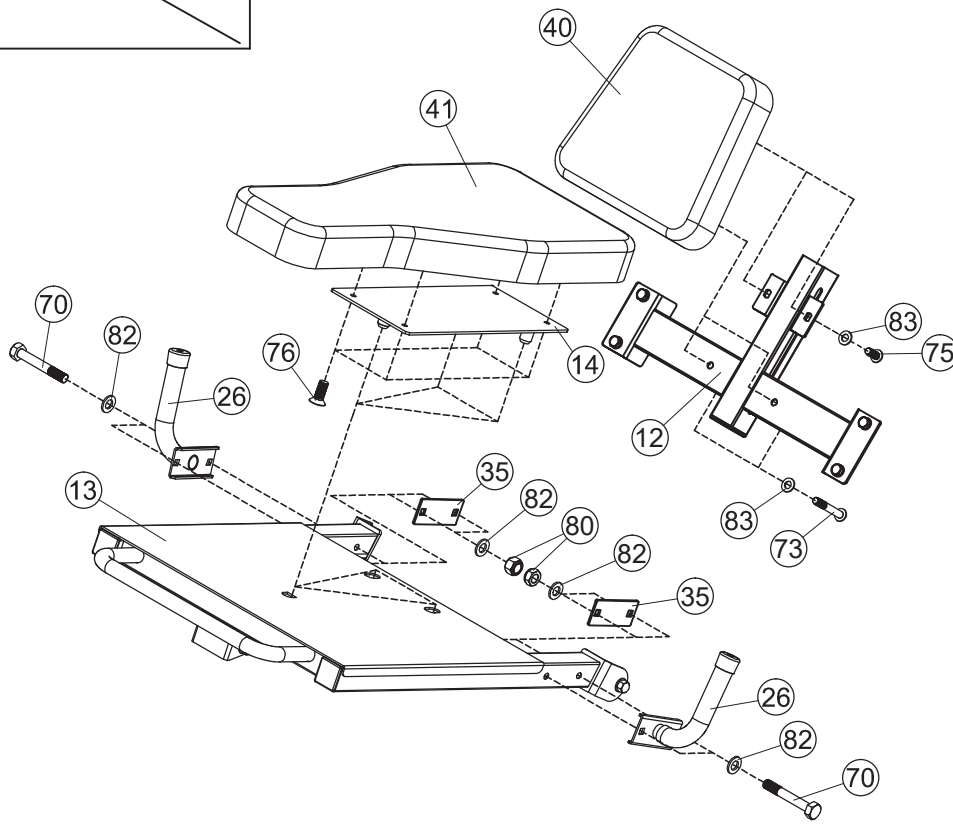
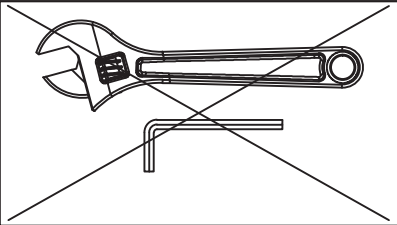
⑧0   ×2 M10

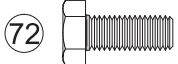


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- ⑦①        ×4    M10× 65mm
- ⑦③        ×2    M8× 65mm
- ⑦⑤        ×2    M8× 20mm
- ⑦⑥        ×4    M8× 20mm

- ⑧①        ×4    M10
- ⑧②        ×8    Φ20×Φ10.5
- ⑧③        ×4    Φ16×Φ8.4





×4 M10× 25mm



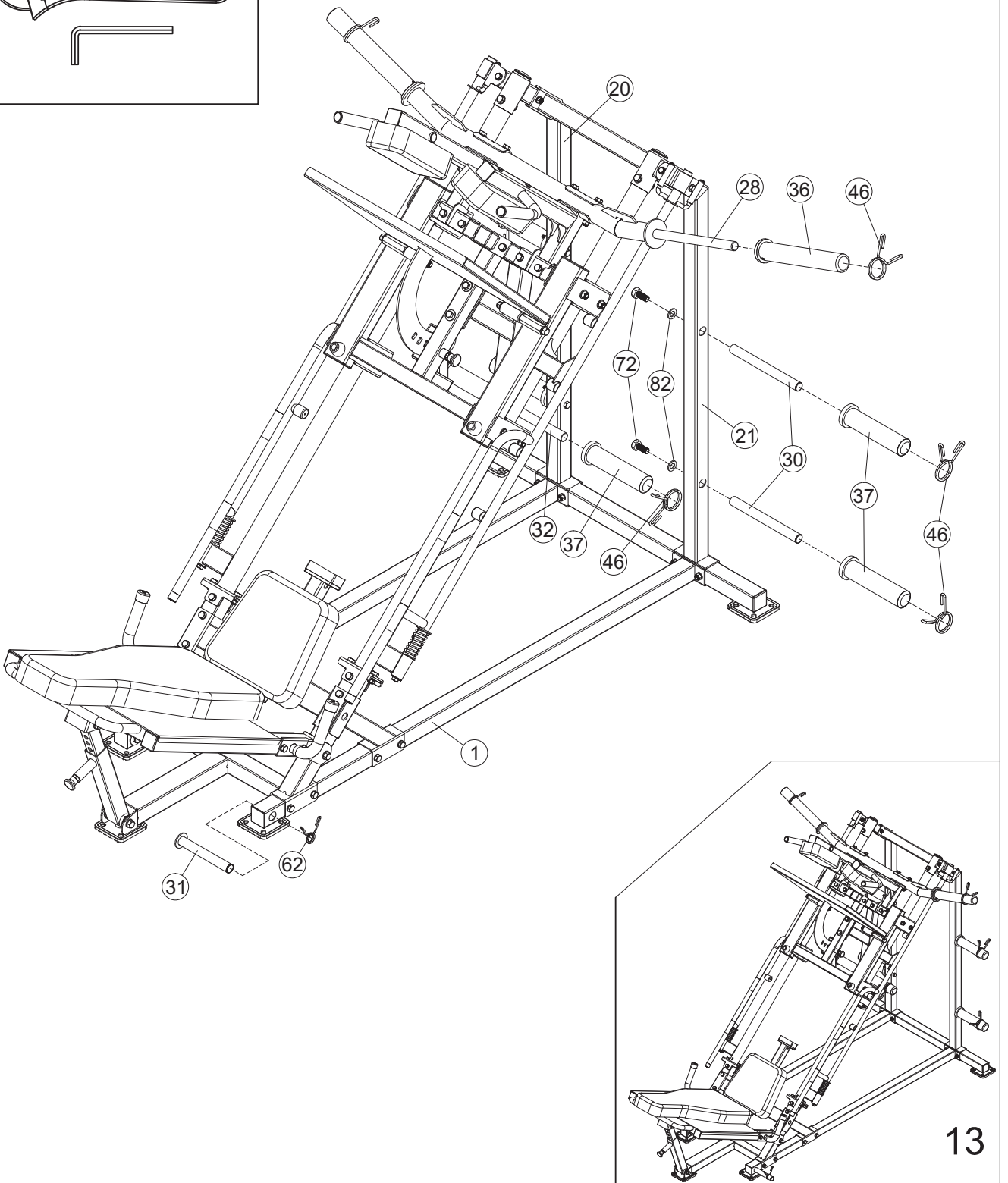
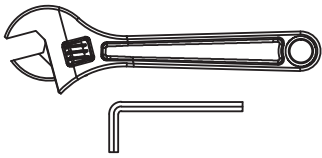
×4 Φ20×Φ10.5



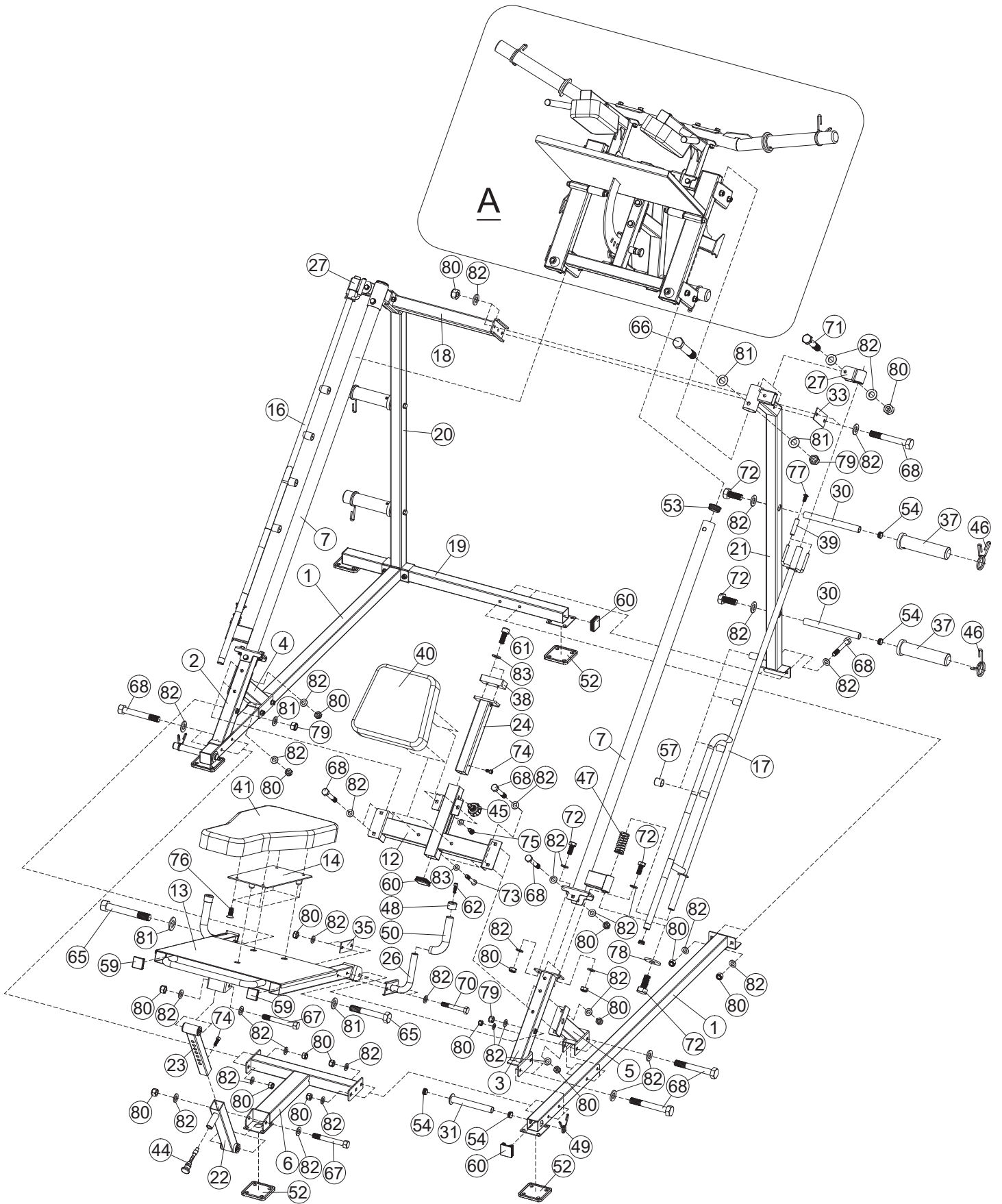
×8 Φ49



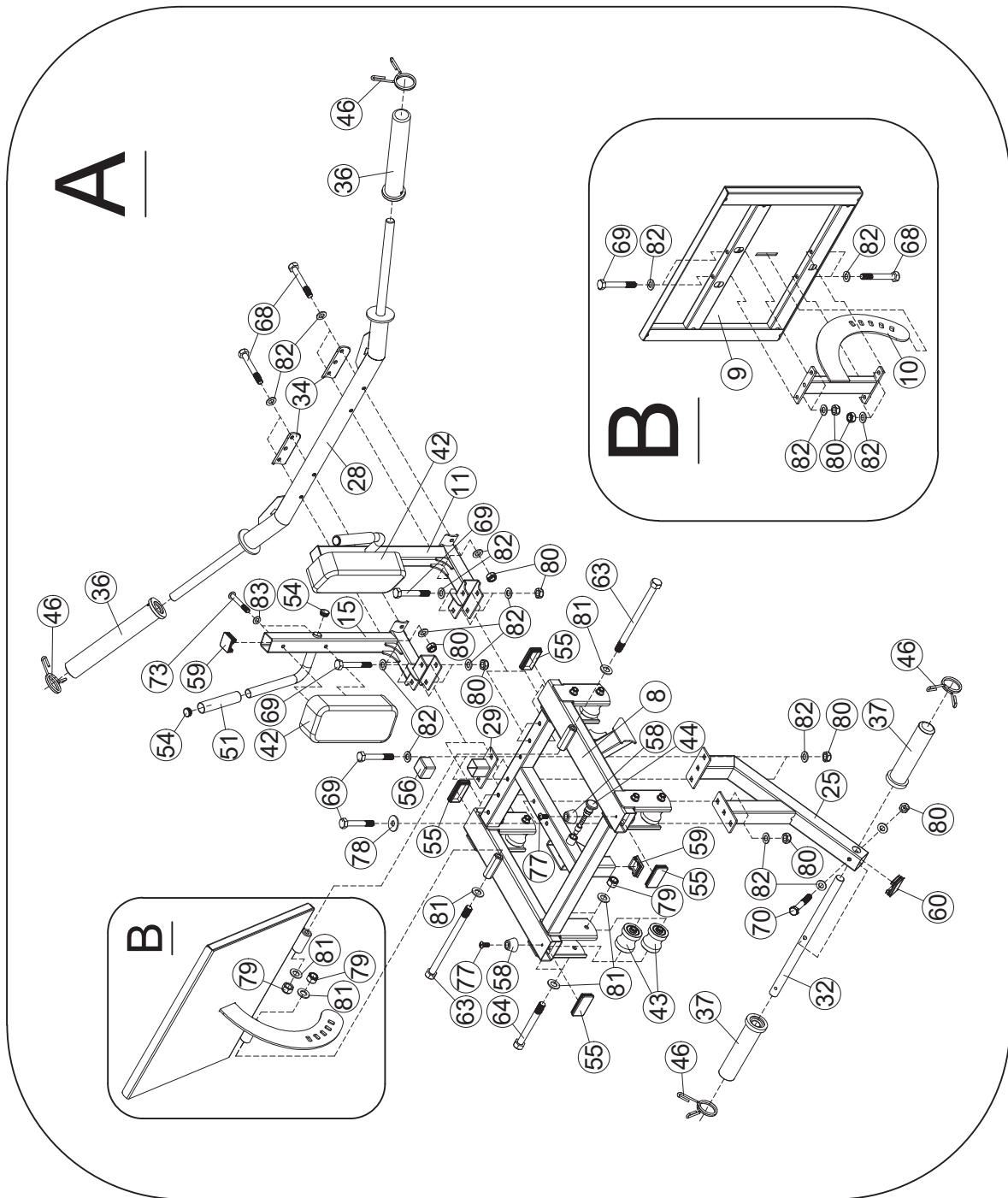
×2 Φ24.5



# EXPLODED DRAWING-1



# EXPLODED DRAWING-2



## PARTS LIST

PART NO	DESCRIPTION	SIZE	QUANTITY
1	Lower Support Frame		2
2	Left rail connector		1
3	Right rail connector		1
4	left support frame		1
5	Right support frame		1
6	Rear Connecting Frame		1
7	Upper Support Frame		2
8	Sliding Frame		1
9	Upper Foot Frame		1
10	Upper Adjuster		1
11	Left Shoulder Pad Mount		1
12	Seat Frame		1
13	Lower Adjuster		1
14	Backrest Pad Mount		1
15	Right Shoulder Pad Mount		1
16	Left Lock Out		1
17	Right Lock Out		1
18	Upper Crossmember		1
19	Front Connecting Frame		1
20	Left Support Frame		1
21	Right Support Frame		1
22	Adjuster-Outside		1
23	Adjuster-Inside		1
24	Under Limit Structure		1
25	Lower Weight Carriage		1
26	Handle Frame		2
27	Fixed Structure		2
28	Upper Barbell Rod		1
29	Limit Structure		1
30	Weight Post		4
31	Barbell plate storage		4
32	Bar slowly	φ25×470	1
33	Bracket	120×50×3	2



PART NO	DESCRIPTION	SIZE	QUANTITY
34	Bracket	120×R25×5	2
35	Bracket	110×45×3	2
36	Long Olympic Sleeve	φ50×335	2
37	Olympic Sleeve	φ50×210	6
38	Buffer	100×50×25	1
39	Buffer	φ16×φ10×φ6.5×67	4
40	Seat Pad	300×330×260×70	1
41	Backrest Pad	800×340×190×70	1
42	Shoulder Pad	280×120×70	2
43	Rollers		8
44	Moving Lock Pin		2
45	Lock Knob	φ12	2
46	Spring Clip	φ49	8
47	Spring	φ43×φ27×φ8×80	2
48	End Cap	φ33.5×φ6.6×25	4
49	Spring Clip	φ24.5	2
50	Grip	φ23×200	2
51	Grip	φ23×150	2
52	Base Frame Cap	□105×105×10	5
53	End Cap	φ50	2
54	End Cap	φ25	14
55	End Cap	□80×40	4
56	End Cap	□38	1
57	Bumper	φ30×φ25×30	10
58	Bumper	φ40×φ30×25	2
59	End Cap	□45	5
60	End Cap	□50	6
61	Socket Head Allen Bolt	M8×25	2
62	Socket Head Allen Bolt	M6×20	2
63	Hex Bolt	M12×175	2
64	Hex Bolt	M12×105	8
65	Hex Bolt	M12×85	2
66	Hex Bolt	M12×75	2

<b>PART NO</b>	<b>DESCRIPTION</b>	<b>SIZE</b>	<b>QUANTITY</b>
67	Hex Bolt	M10×95	2
68	Hex Bolt	M10×75	28
69	Hex Bolt	M10×70	10
70	Hex Bolt	M10×65	5
71	Hex Bolt	M10×55	2
72	Hex Bolt	M10×25	10
73	Allen Bolt	M8×65	6
74	Socket Head Allen Bolt	M6×15	2
75	Allen Bolt	M8×20	2
76	Socket countersunk head screw	M8×20	4
77	Philips Screw	M6×16	6
78	Washer	φ30×φ10.5×2.5	4
79	Aircraft Nut	M12	14
80	Aircraft Nut	M10	51
81	Washer	12	28
82	Washer	10	104
83	Washer	8	10
	Allen Wrench	6	1
	Allen Wrench	5	1
	Allen Wrench	4	1