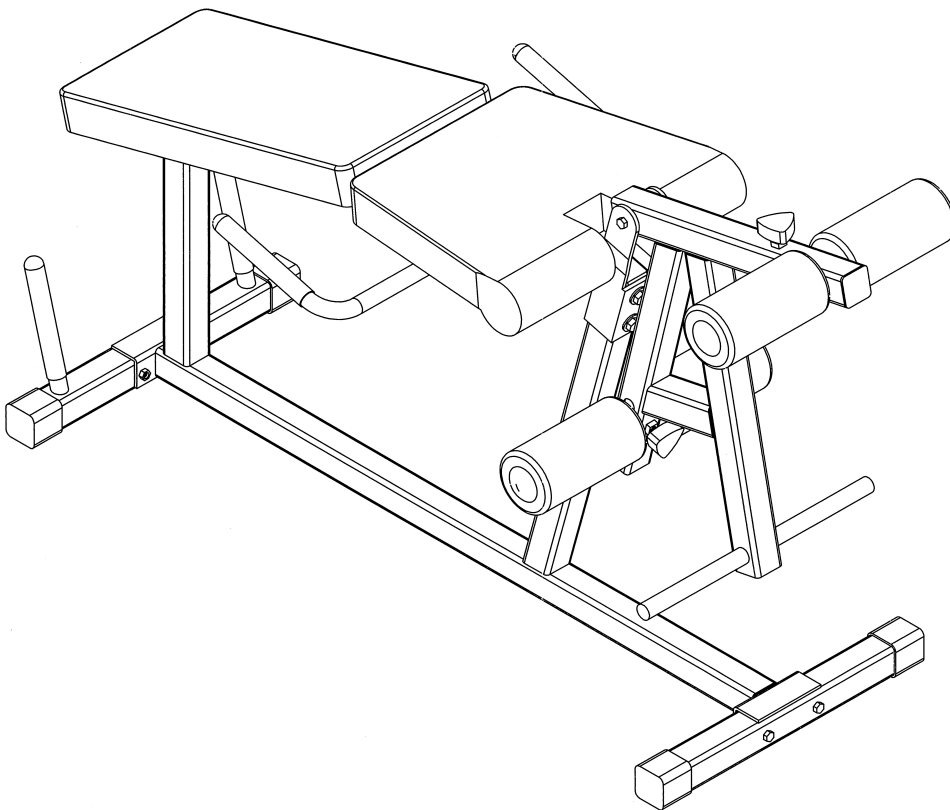


# DF807

## LEG CURL/LEG EXTENSION MACHINE

### Assembly Manual



**Assembly Video Available**

Simply scan the QR code below  
on your phone's camera to access  
the video

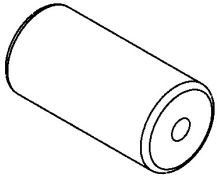


**(888) 258-0533**

***FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY***

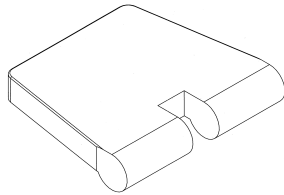
\*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

# ***BOX CONTENTS***



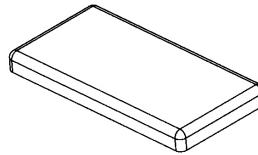
**A**

**LEG PAD  
QTY 4**



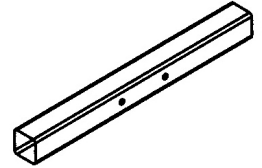
**B**

**FRONT PAD  
QTY 1**



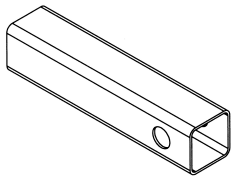
**C**

**REAR PAD  
QTY 1**



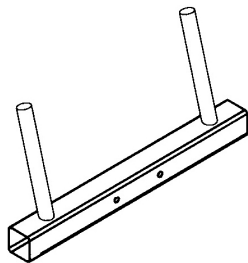
**D**

**FRONT FOOT  
QTY 1**



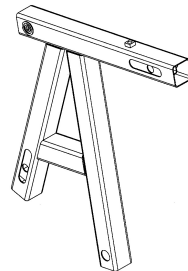
**E**

**SLIDE ADJUSTMENT  
TUBE  
QTY 2**



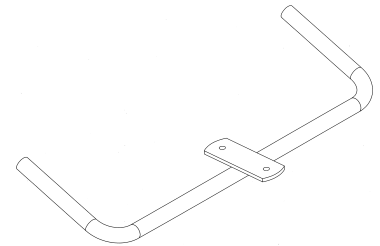
**F**

**REAR FOOT  
QTY 1**



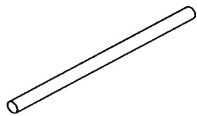
**G**

**LEG SWING  
QTY 1**



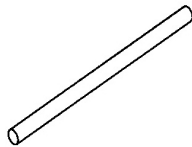
**H**

**HANDLE  
QTY 1**



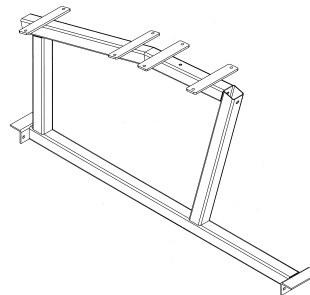
**I**

**LEG PAD TUBE  
QTY 2**



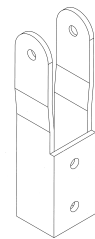
**J**

**WEIGHT PLATE  
ROD  
QTY 1**



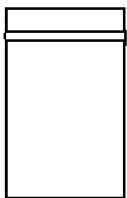
**K**

**BODY FRAME  
QTY 1**

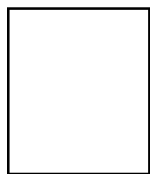


**L**

**MOUNT  
QTY 1**



**DF807  
HARDWARE  
QTY 1**



**DF807  
INSTRUCTIONS  
QTY 1**

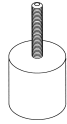
\*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

# HARDWARE



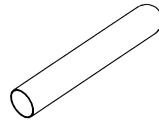
**M**

**2" SQUARE CAP**  
(Factory installed)  
QTY 6



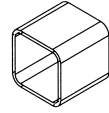
**N**

**RUBBER BUMPER**  
QTY 1



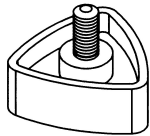
**O**

**HAND GRIP**  
QTY 4



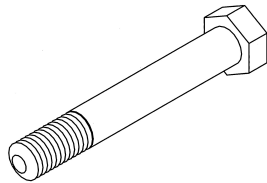
**P**

**RUBBER SHOE**  
QTY 4



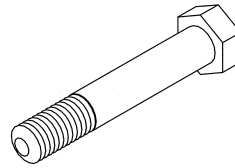
**Q**

**KNOB**  
QTY 2



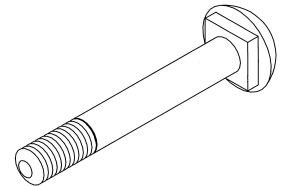
**R**

**12MM x 85MM BOLT**  
QTY 1



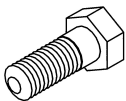
**S**

**12MM x 76MM BOLT**  
QTY 6



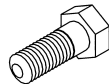
**T**

**12MM x 76MM  
CARRIAGE BOLT**  
QTY 2



**U**

**10MM x 25MM BOLT**  
QTY 8



**V**

**8MM x 40MM BOLT**  
QTY 1



**W**

**12MM LOCKNUT**  
QTY 8



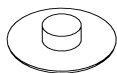
**X**

**12MM WASHER**  
QTY 15



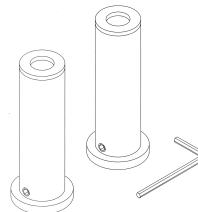
**Y**

**10MM WASHER**  
QTY 8

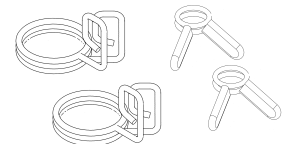


**Z**

**MUSHROOM CAP**  
QTY 4



**OLYMPIC ADAPTERS**



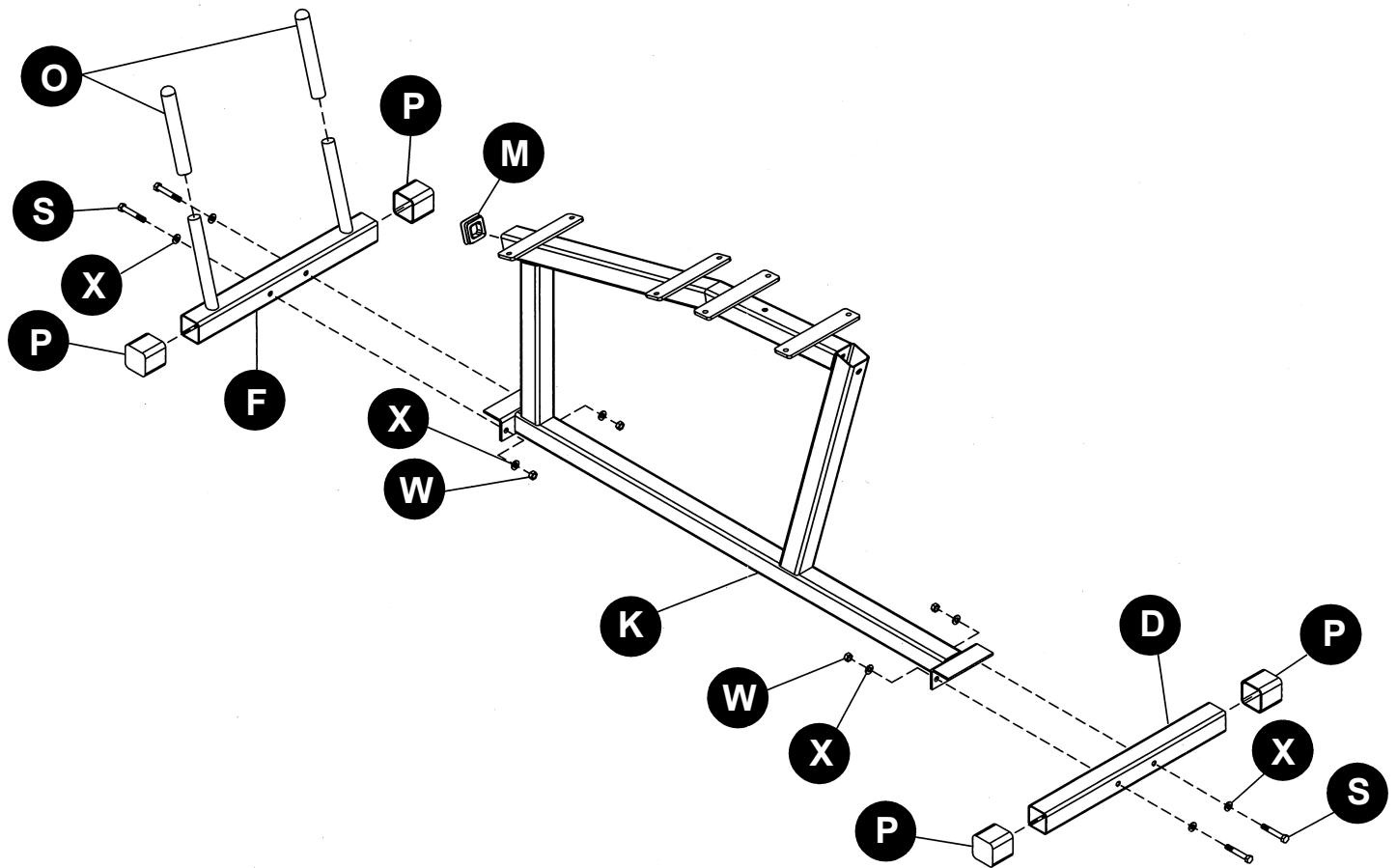
**SPRING COLLARS**

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\*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

## FRAME ASSEMBLY



**TOOLS REQUIRED:**  
WRENCHES OR METRIC SOCKET SET

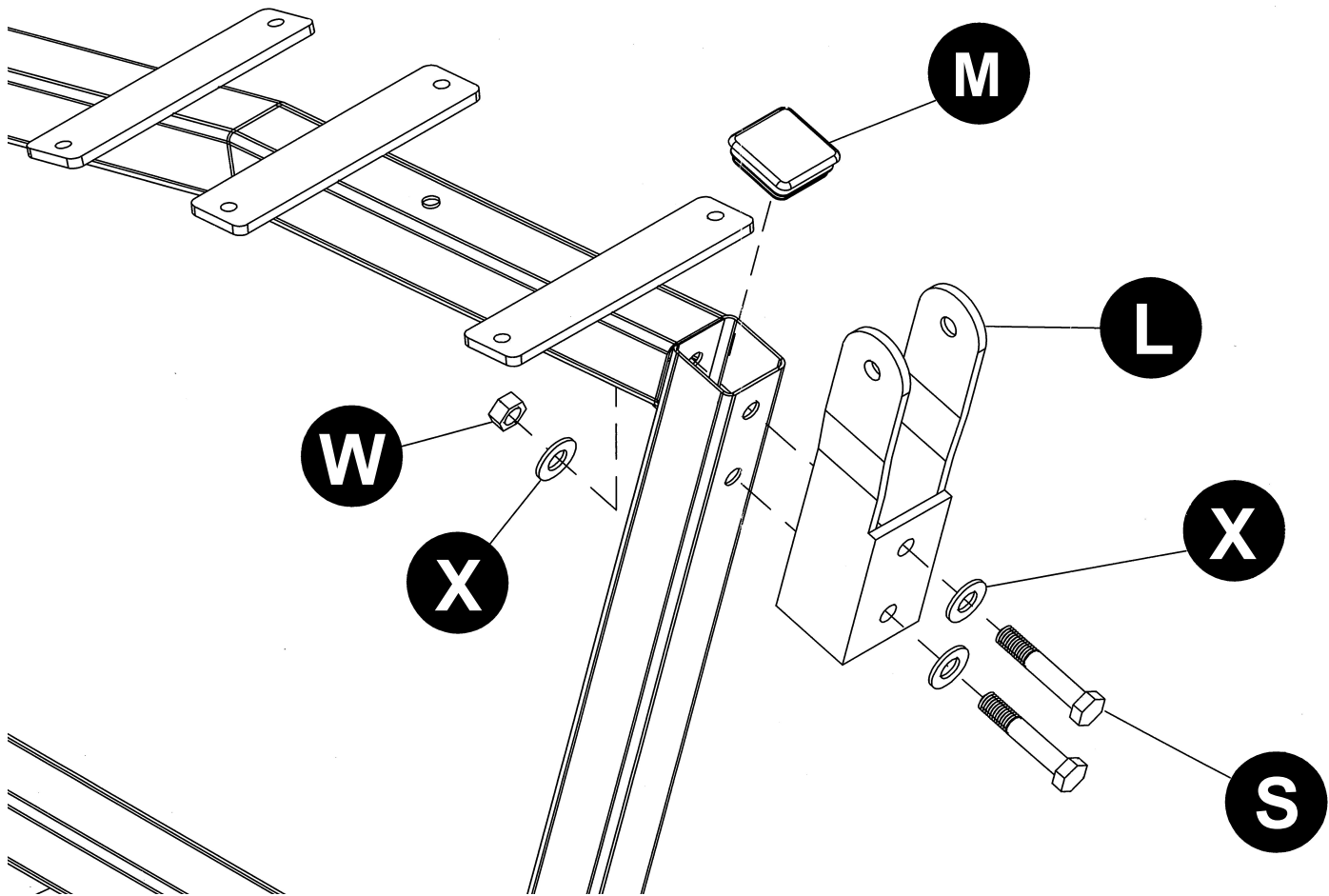
ASSEMBLE THE FRONT FOOT (D) TO THE BODY FRAME (K) USING THE M12 x 76MM BOLTS (S), 12MM WASHERS (X), AND 12MM LOCK NUTS (W). NOW INSTALL THE RUBBER SHOES (P).

ASSEMBLE THE REAR FOOT (F) ONTO THE BODY FRAME (K) USING THE M12 x 76MM BOLTS (S), 12MM WASHERS (X), AND 12MM LOCK NUTS (W). NOW INSTALL THE RUBBER SHOES (P).

INSTALL THE SQUARE CAP (M) INTO THE END OF THE BODY FRAME. SLIDE THE HAND GRIPS (O) ONTO THE REAR FOOT (F).



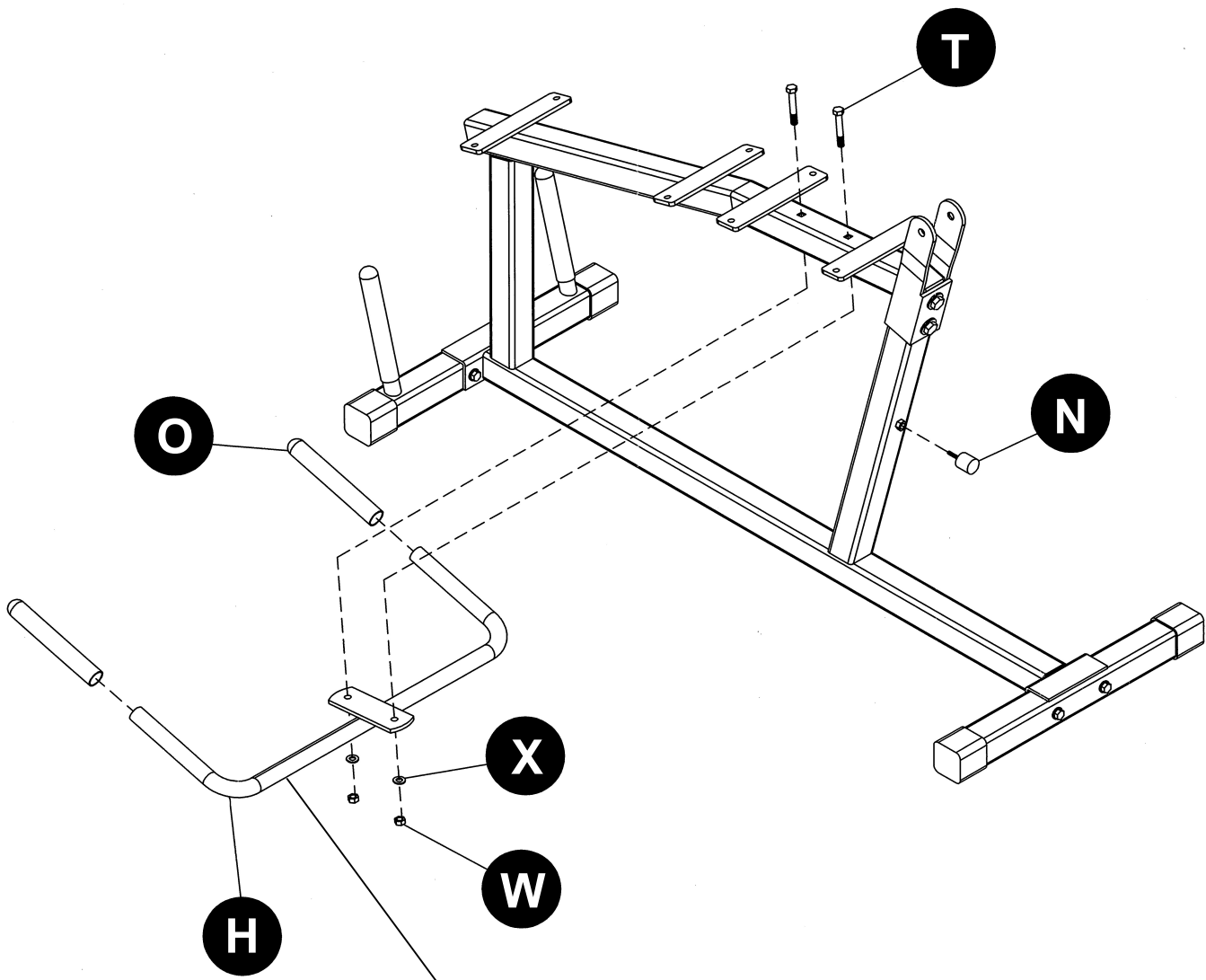
## **BRACKET INSTALLATION**



INSTALL SQUARE CAP (M) IN TO THE BODY FRAME ASSEMBLY.

ATTACH THE MOUNT (L) ON TO THE BODY FRAME ASSEMBLY USING 12MM x 76MM BOLTS (S), 12MM WASHERS (X) AND 12MM NUT (W).

## HANDLE INSTALLATION



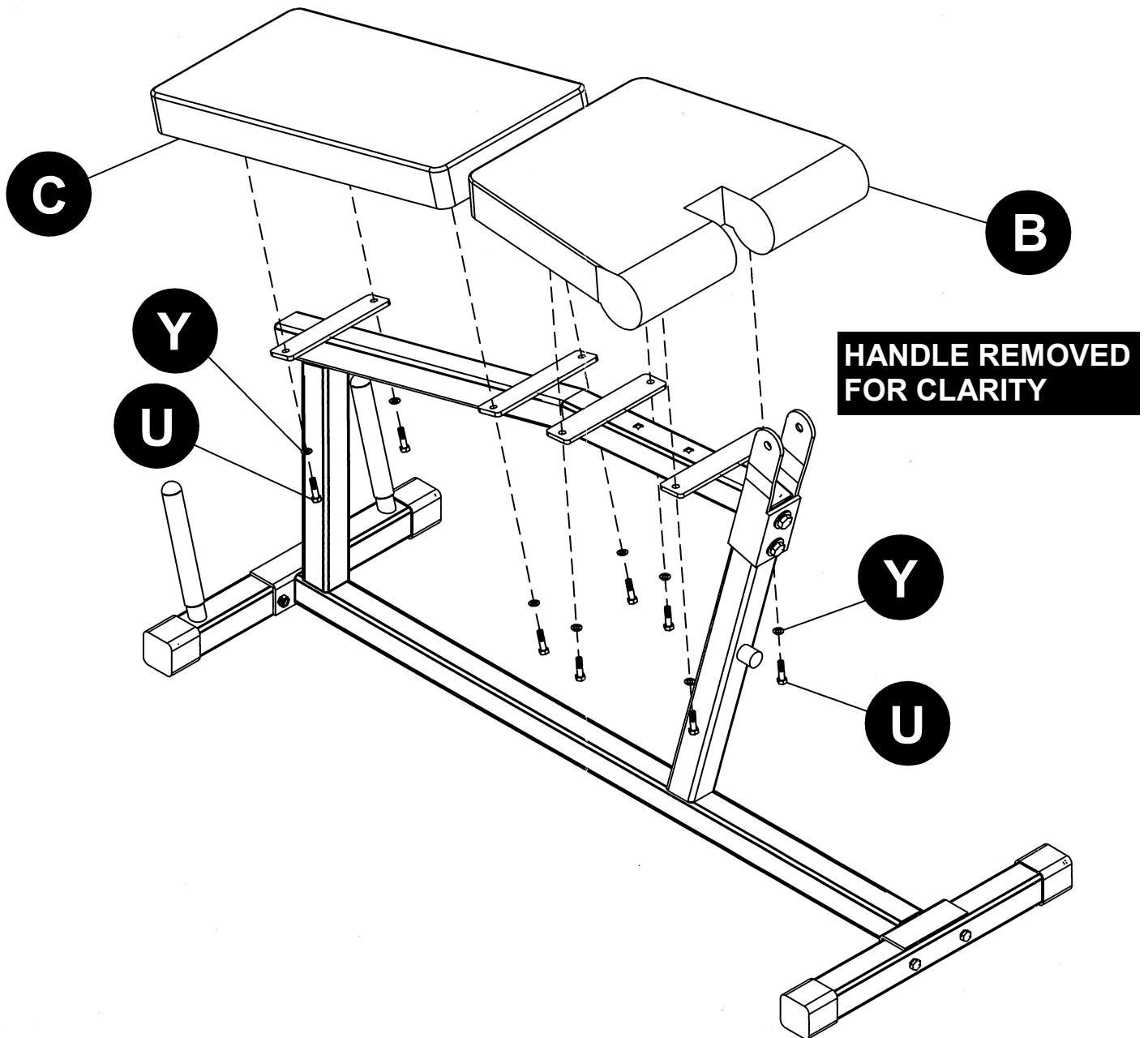
Note: Handle can be mounted facing forward or backward depending on user preference

SCREW THE RUBBER BUMPER (N) ONTO THE BODY FRAME ASSEMBLY.

SLIDE THE HAND GRIPS (O) ONTO THE HANDLE (H).

ATTACH THE HANDLE (H) TO THE BODY FRAME ASSEMBLY USING THE 12MM x 76MM CARRIAGE BOLTS (T), 12MM WASHERS (X), AND 12MM LOCK NUTS (W).

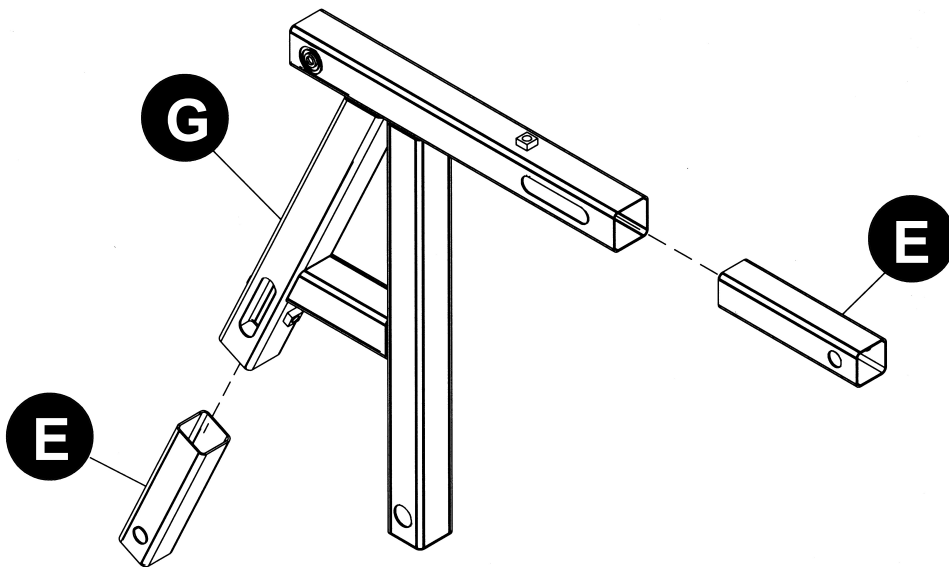
## FRONT & REAR PAD ASSEMBLY



ATTACH THE FRONT AND REAR PAD (B) & (C) TO THE BODY FRAME ASSEMBLY USING THE 10MM x 25MM BOLTS (U) AND THE 10MM WASHERS (Y).

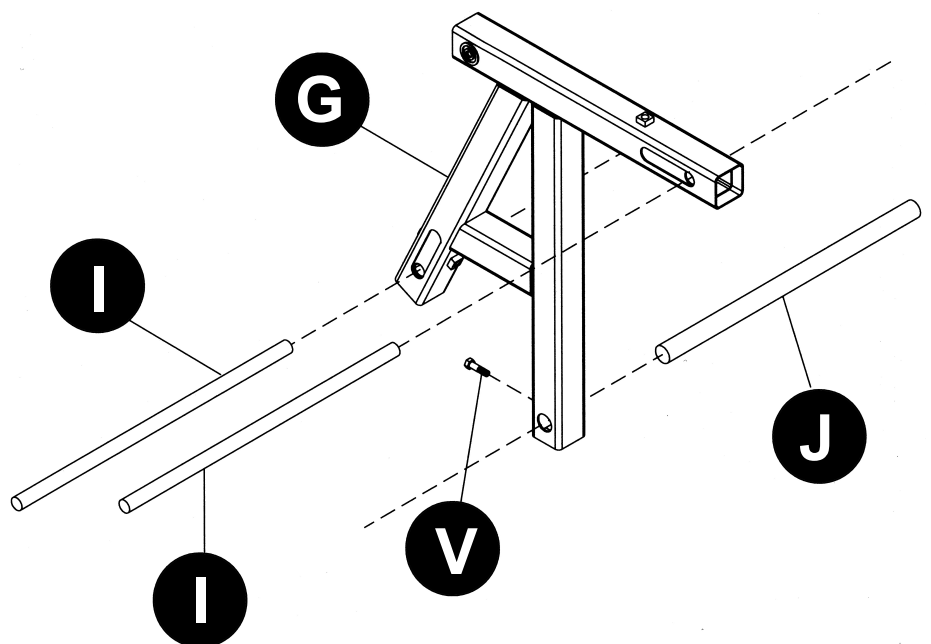
## LEG EXTENSION ASSEMBLY

SLIDE THE ADJUSTMENT TUBES (E) INTO EACH END OF THE LEG SWING (G).

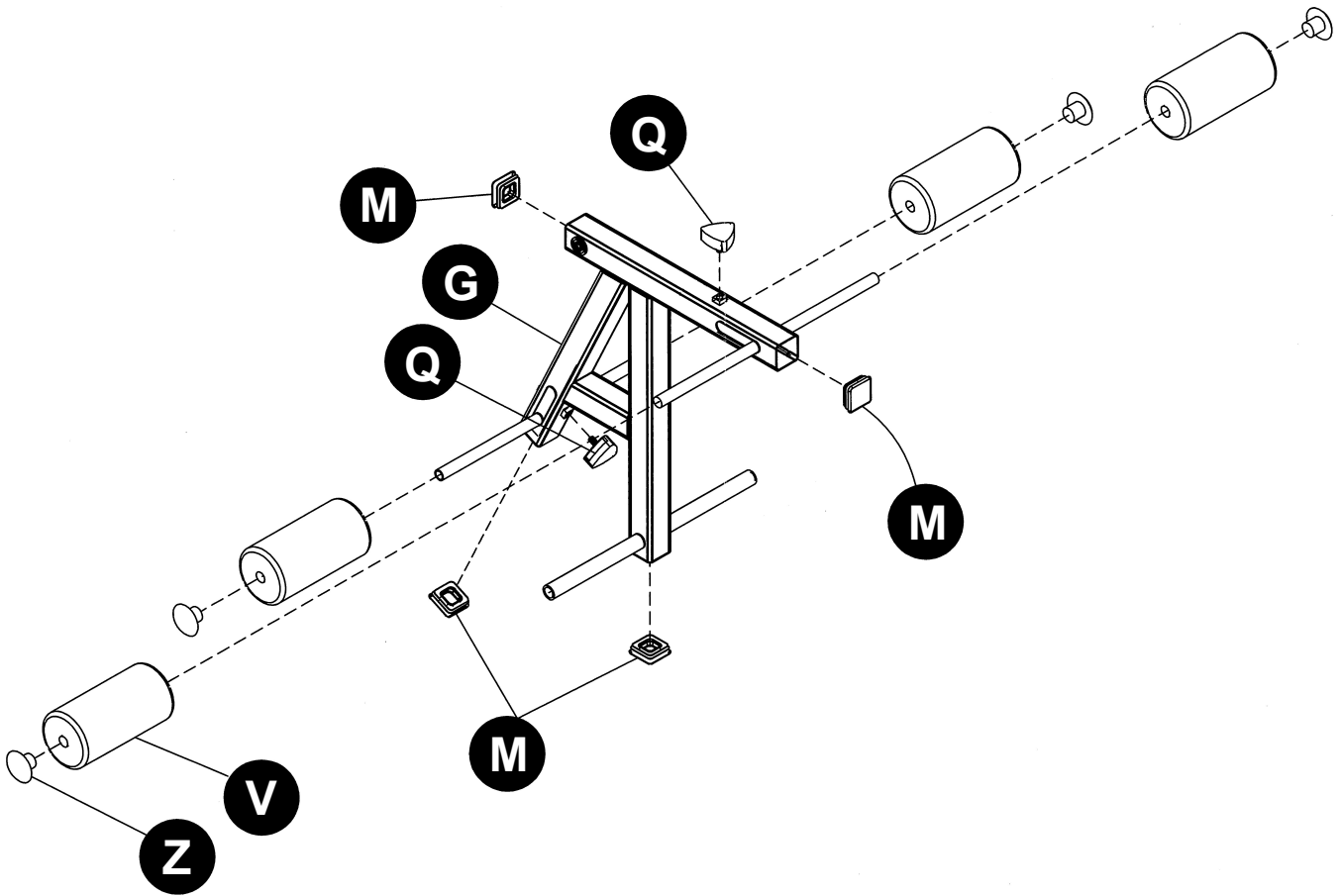


SLIDE THE 2 LEG PAD TUBES (I) THROUGH THE ADJUSTMENT TUBES UNTIL AN EQUAL AMOUNT IS ON EACH SIDE.

NOW SLIDE THE WEIGHT PLATE ROD (J) THROUGH THE LEG SWING (G) AND ADJUST UNTIL EVEN ON BOTH SIDES. HOLD IN PLACE USING THE 8MM x 40MM BOLT (V). TIGHTEN WITH WRENCH. SLIDE RUBBER WASHERS (Y) ONTO WEIGHT PLATE ROD (J).



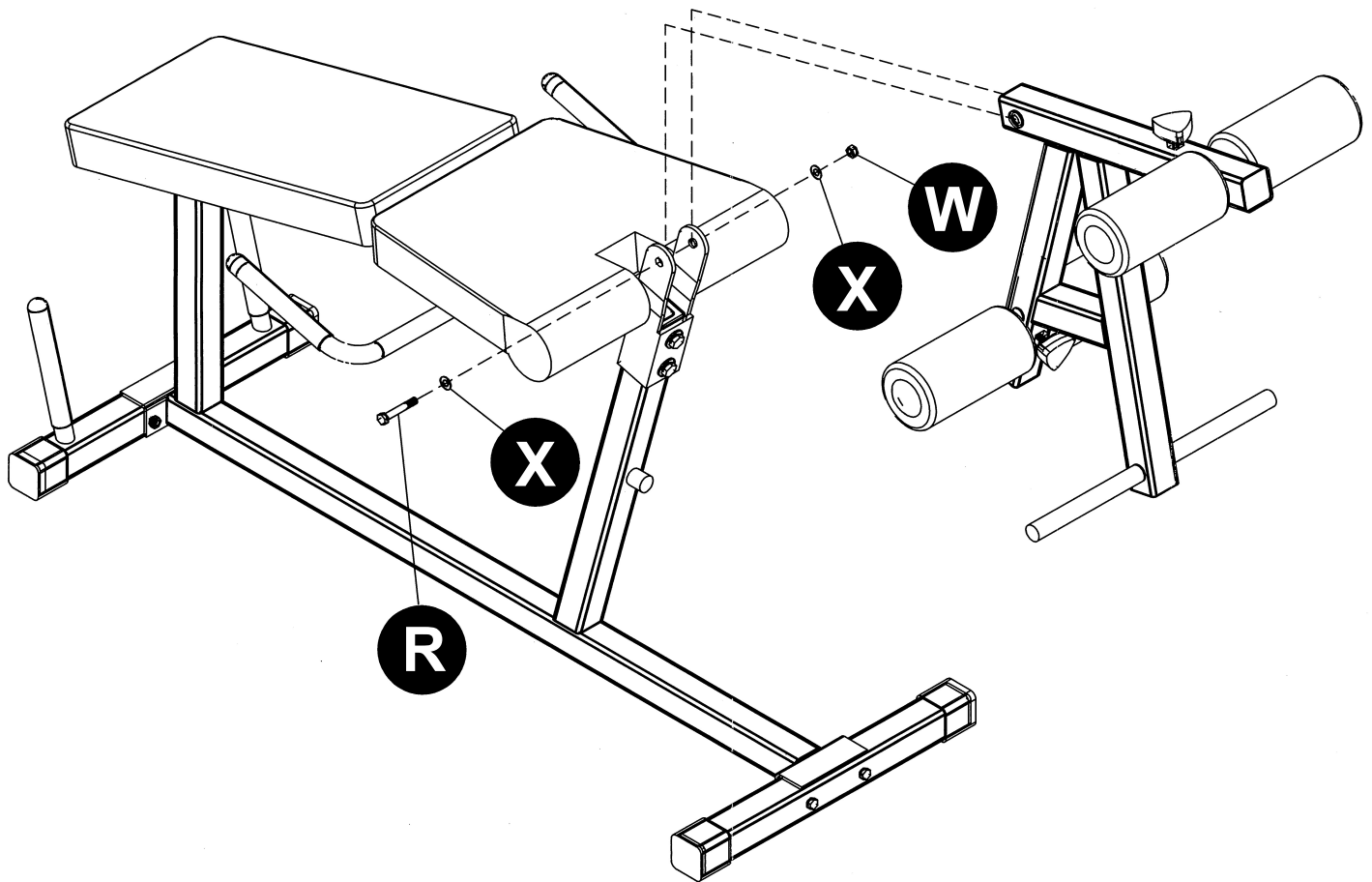
## LEG EXTENSION ASSEMBLY



SLIDE THE LEG PADS (A) ONTO BOTH SIDES OF EACH OF THE LEG PAD TUBES. INSTALL THE MUSHROOM CAPS (Z) INTO THE ENDS OF THE LEG PAD TUBES AND TAP WITH RUBBER MALLET..

INSERT KNOBS (Q) INTO LEG SWING ASSEMBLY. INSTALL SQUARE CAPS (M) INTO EACH TUBE END AND TAP WITH RUBBER MALLET.

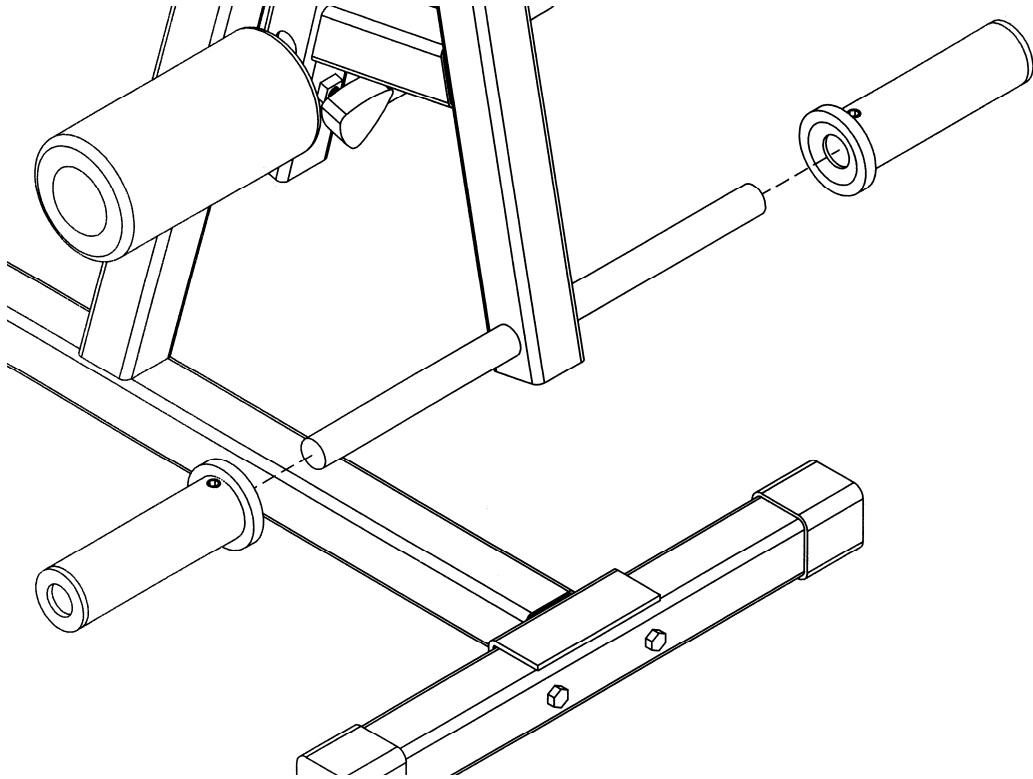
## ***LEG EXTENSION INSTALLATION***



ATTACH THE LEG SWING ASSEMBLY TO THE BODY FRAME ASSEMBLY USING THE 12MM x 85MM BOLT (**R**), 12MM WASHERS (**X**), AND 12MM NUT (**W**). TIGHTEN WITH WRENCH.

MAKE SURE ALL THE BOLTS ARE TIGHT BEFORE USE. REMEMBER TO CHECK THEM PERIODICALLY TO ENSURE THEY ALWAYS STAY TIGHT.

## ***LEG EXTENSION INSTALLATION***



TO USE WITH OLYMPIC WEIGHT PLATES, ATTACH OLYMPIC ADAPTERS ON WEIGHT PLATE ROD AND TIGHTEN SET SCREWS WITH HEX WRENCH.

# ***SAFETY NOTICE***

WARNING: THE USER OF THIS WEIGHT EQUIPMENT ASSUMES THE POSSIBILITY OF INJURY BY EXERCISING ON THIS EQUIPMENT. THE POSSIBILITY OF RISK CAN BE REDUCED BY ALWAYS FOLLOWING THESE SIMPLE RULES:

- 1) BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR FOR A COMPLETE PHYSICAL EXAMINATION AND SUGGESTED EXERCISE PROGRAM SPECIFIC FOR YOU.
- 2) STRETCH BEFORE AND AFTER THE EXERCISE PROGRAM. PROPER STRETCHING WILL PREPARE YOUR JOINTS AND MUSCLES FOR EXERCISE AND HELP AVOID INJURIES.
- 3) IF AT ANY TIME YOU SHOULD FEEL FAINT OR DIZZY, NAUSEOUS OR EXPERIENCE ANY OTHER ABNORMAL SYMPTOMS OR DISCOMFORT DISCONTINUE USE AND CONSULT YOUR DOCTOR.
- 4) DO NOT USE THIS EQUIPMENT WITHOUT QUALIFIED SUPERVISION AND PROPER TRAINING. NEVER WORK OUT ALONE- ALWAYS HAVE A PARTNER.
- 5) SECURELY TIGHTEN ALL BOLTS AND REGULARLY CHECK TO ENSURE ALL BOLTS HAVE NOT LOOSENED.
- 6) WEAR GOOD RUBBER SOLE SHOES ONLY. DO NOT USE BARE FOOTED OR WITH SOCKS ONLY.
- 7) DO NOT WEAR LOOSE CLOTHES SUCH AS ROBES, GOWNS, PANTS, LONG SHIRTS OR JEWELRY WHICH COULD BECOME ENTANGLED IN MOVING PARTS.
- 8) DO NOT STAND OR KNEEL ON SEAT. ALWAYS SIT OR LAY SQUARELY CENTERED.
- 9) KEEP HEAD, LIMBS AND BODY PARTS CLEAR OF MOVING PARTS AND WEIGHT PLATES.
- 10) CHILDREN SHOULD NOT USE EXERCISE EQUIPMENT WITHOUT SUPERVISION BECAUSE OF POSSIBILITY OF INJURY FROM IMPROPER USAGE. THIS EQUIPMENT IS INTENDED FOR HOME USE ONLY.
- 11) REPLACEMENT OF WORN OR DEFECTIVE PARTS MUST BE WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS OR ASSESSORS ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.