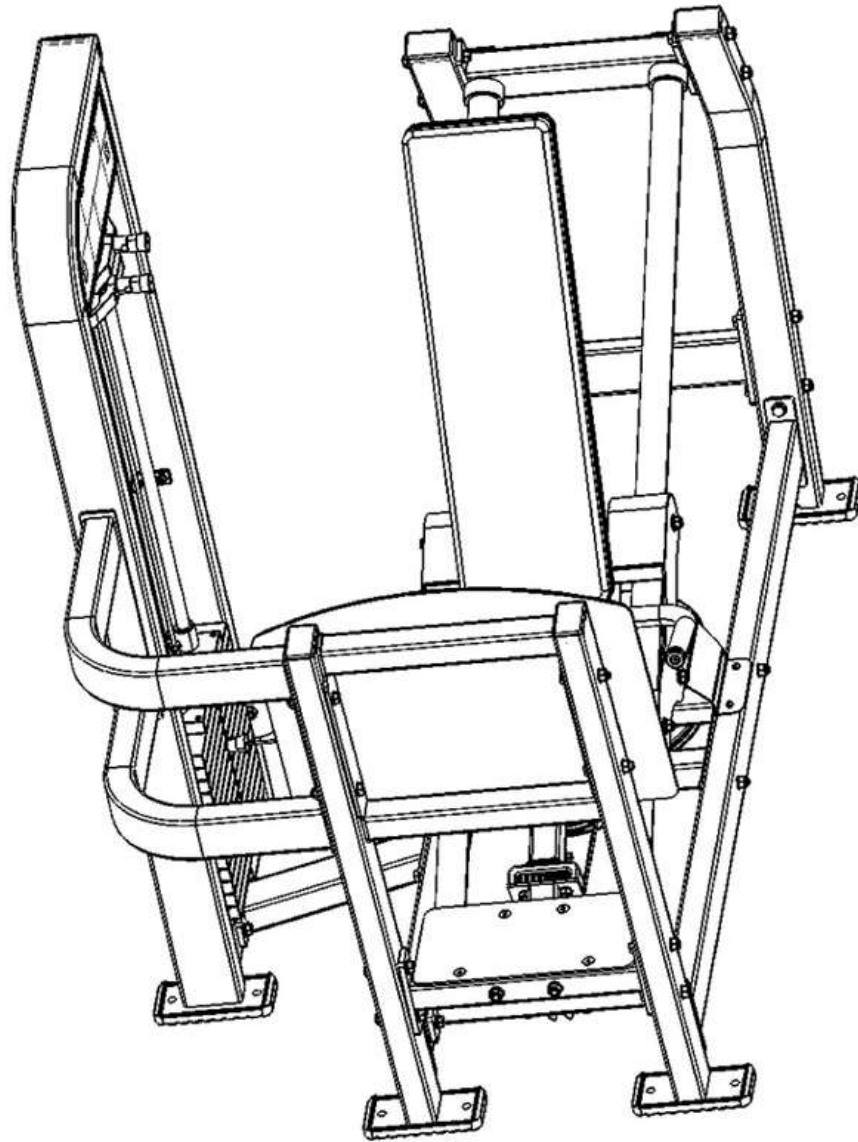


Muscle D

CLASSIC V₂

LEG PRESS

S-CV2-LP



Assembly Manual

WWW.MUSCLEDFIT.COM

Due to model upgrades, the product may differ slightly from the item shown in the figure. Please read all instructions carefully before using this product, and please keep this owner's manual for future reference.

SAFETY PRECAUTIONS

Note: Please read this manual carefully before use and pay attention to the following safety precautions.

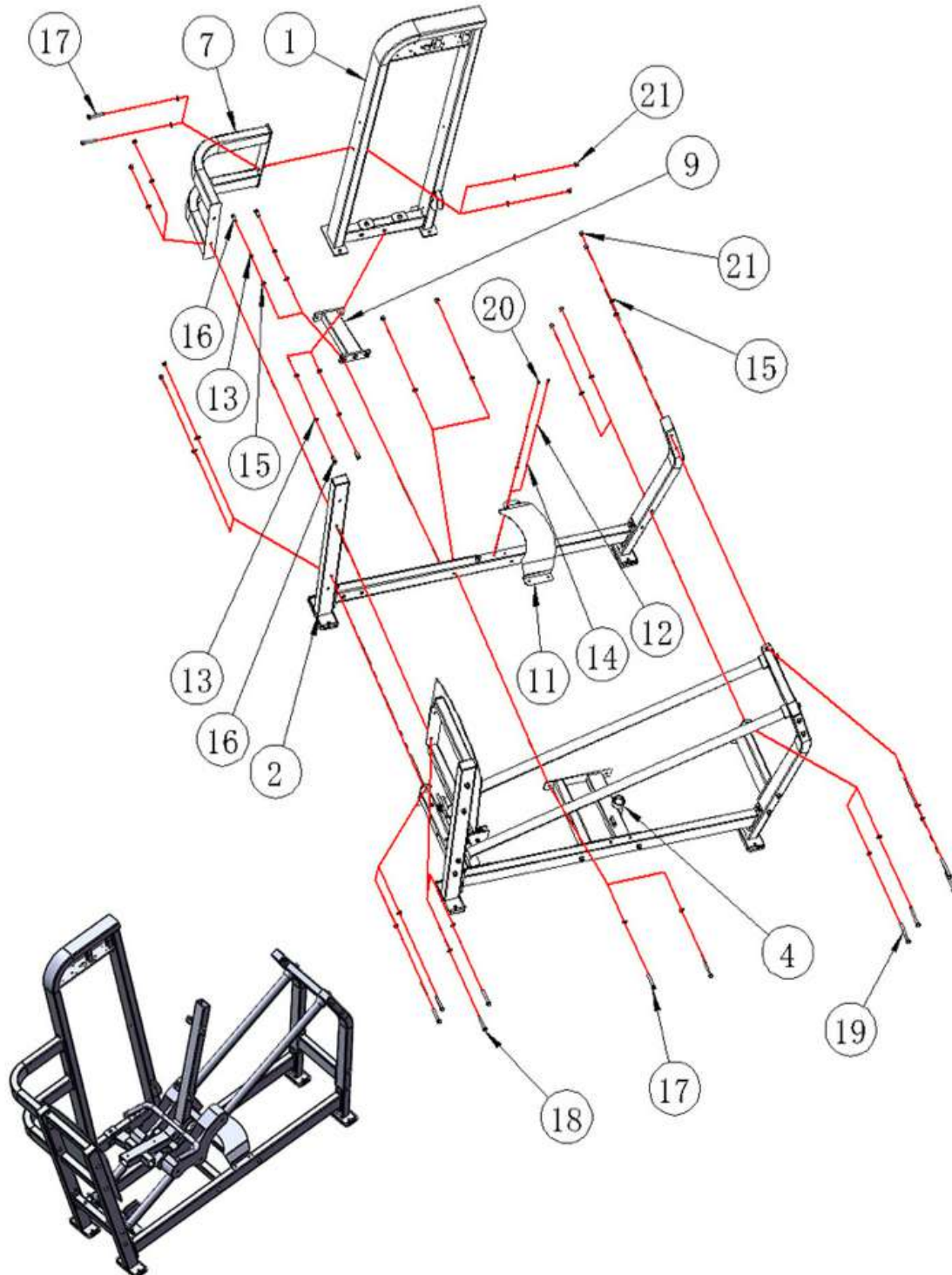
WARNING

1. Before each use, please check whether each transmission part is tight, if there is any looseness, tighten or replace it in time;
2. the movements should be uniform and slow during the exercise to achieve the ideal fitness effect;
3. During the exercise, slowly increase the resistance to avoid injury from stretching the muscles decisively.

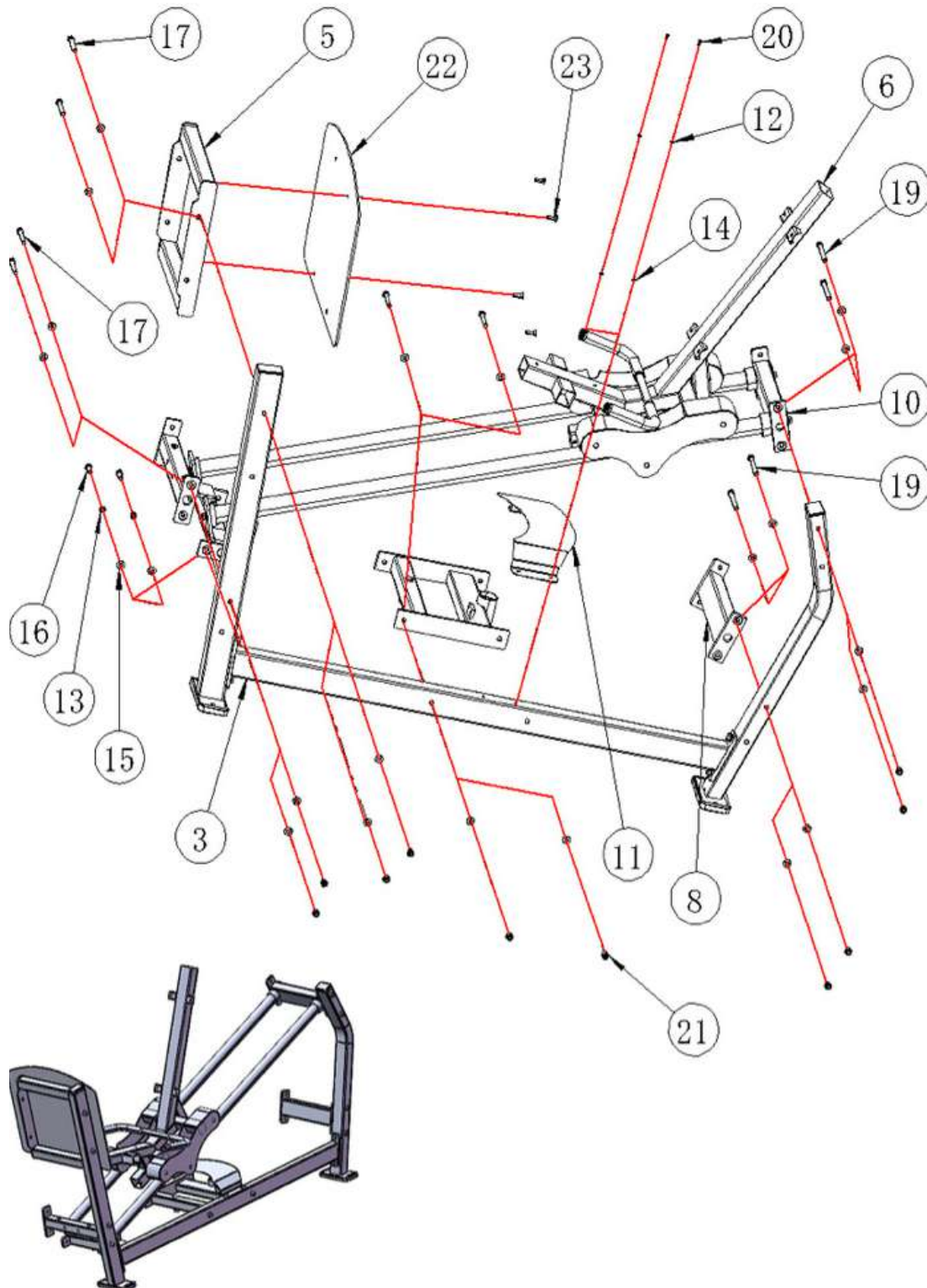
NOTE

1. The trainer should be properly placed indoors to avoid moisture;
2. The trainer should be placed on a spacious and unobstructed flat ground to allow the equipment to be placed smoothly.
3. Before planning any exercise, it is recommended that you should consult your doctor first;
4. Any strenuous exercise should only be started 40 minutes after eating;
5. Please wear appropriate sportswear and sneakers before starting exercise;
6. To prevent injury, do warm-up exercises before your workout;
7. This device must be used in a supervised area, and appropriate care, guidance, and supervision should be given to the elderly, children, and disabled people, and children under 12 years old are prohibited from using it.
8. If you feel any inapplicable or abnormal conditions during the use of this machine, please stop the exercise immediately and consult a doctor;
9. During the maintenance and repair of the instrument, there should be a clear suspension sign near the device.

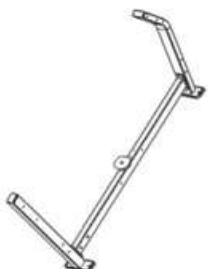
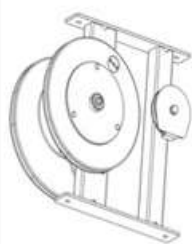
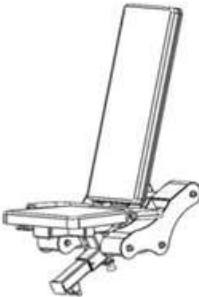
STEP 1-1



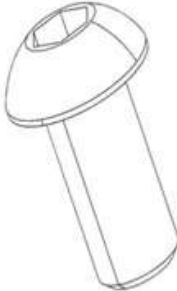
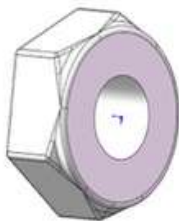
STEP 1-2



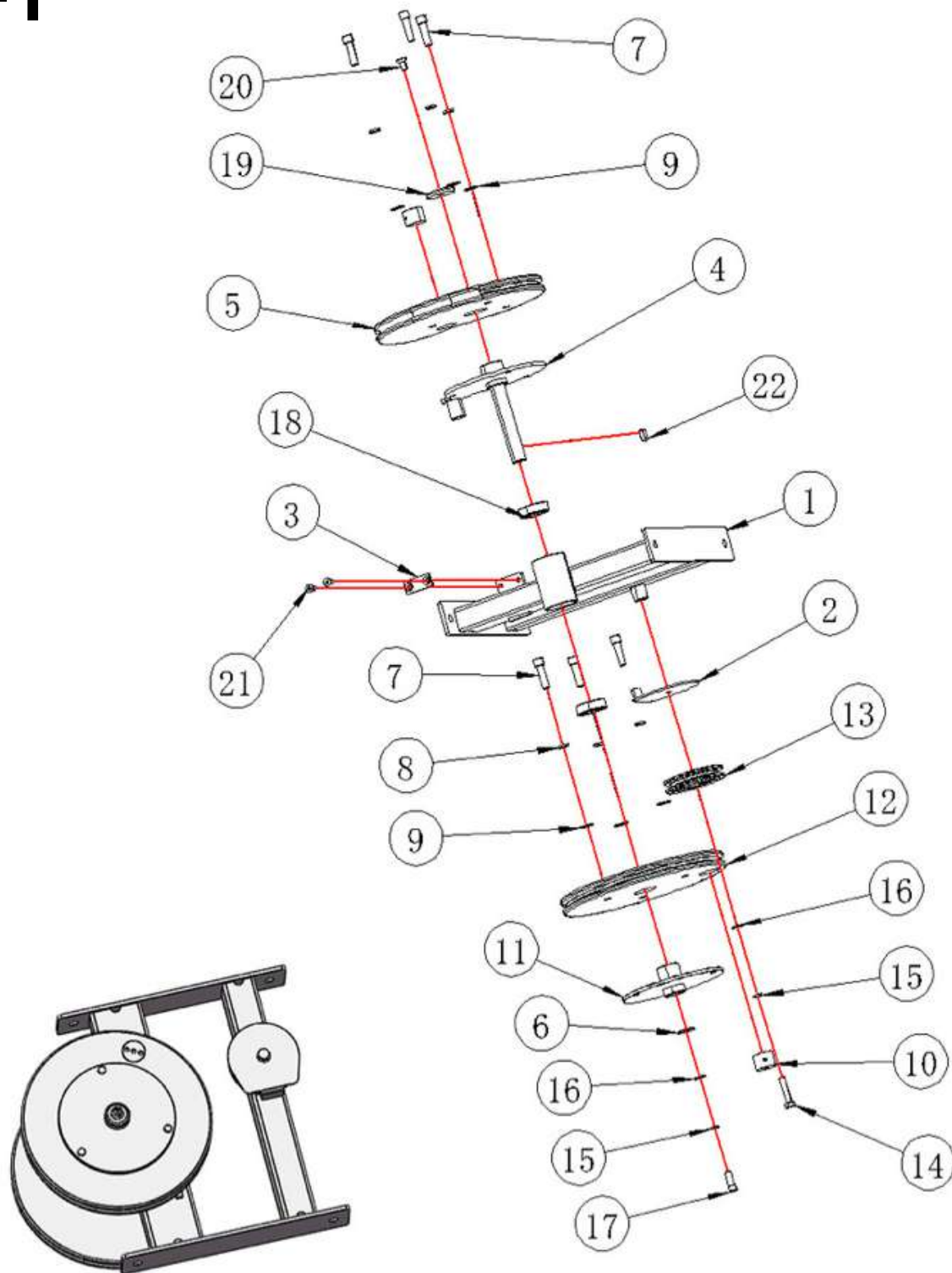
STEP 1 PARTS

Door			Left main frame			Main frame on the right			Nylon disc mounting		
											
1		1 piece	2		1 piece	3		1 piece	4		1 piece
The footrest is welded			Sliding seat			Connection welding			Lower connection welding		
											
5		1 piece	6		1 piece	7		1 piece	8		1 piece
Diagonal connection welding			Sliding group			Guards			Spring washer $\phi 6$		
											
9		1 piece	10		1 piece	11		1 piece	12		4 pieces

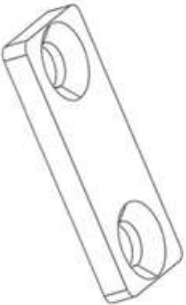
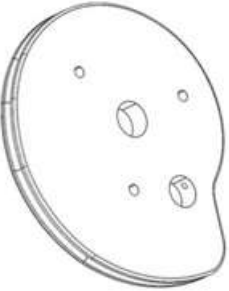
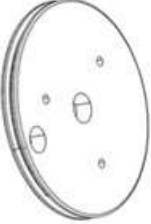
STEP 1 PARTS

Spring washer $\phi 12$			washer $\phi 6.3 \times \phi 12 \times 0.5$			washer $\phi 12.2 \times \phi 24 \times 1.2$			Hex head bolts M12x30		
											
13		8 pieces	14		4 pieces	15		52 pieces	16		8 pieces
Hex head bolts M12x75			Hex head bolts M12x80			Hex head bolt M12x105			Allen head screw M6x12		
											
17		12 pieces	18		2 pieces	19		8 pieces	20		4 pieces
Ni hat M12			Footrests			Allen countersunk screw M10x30					
											
21		22 pieces			1 piece	23		4 pieces			

STEP 2-1



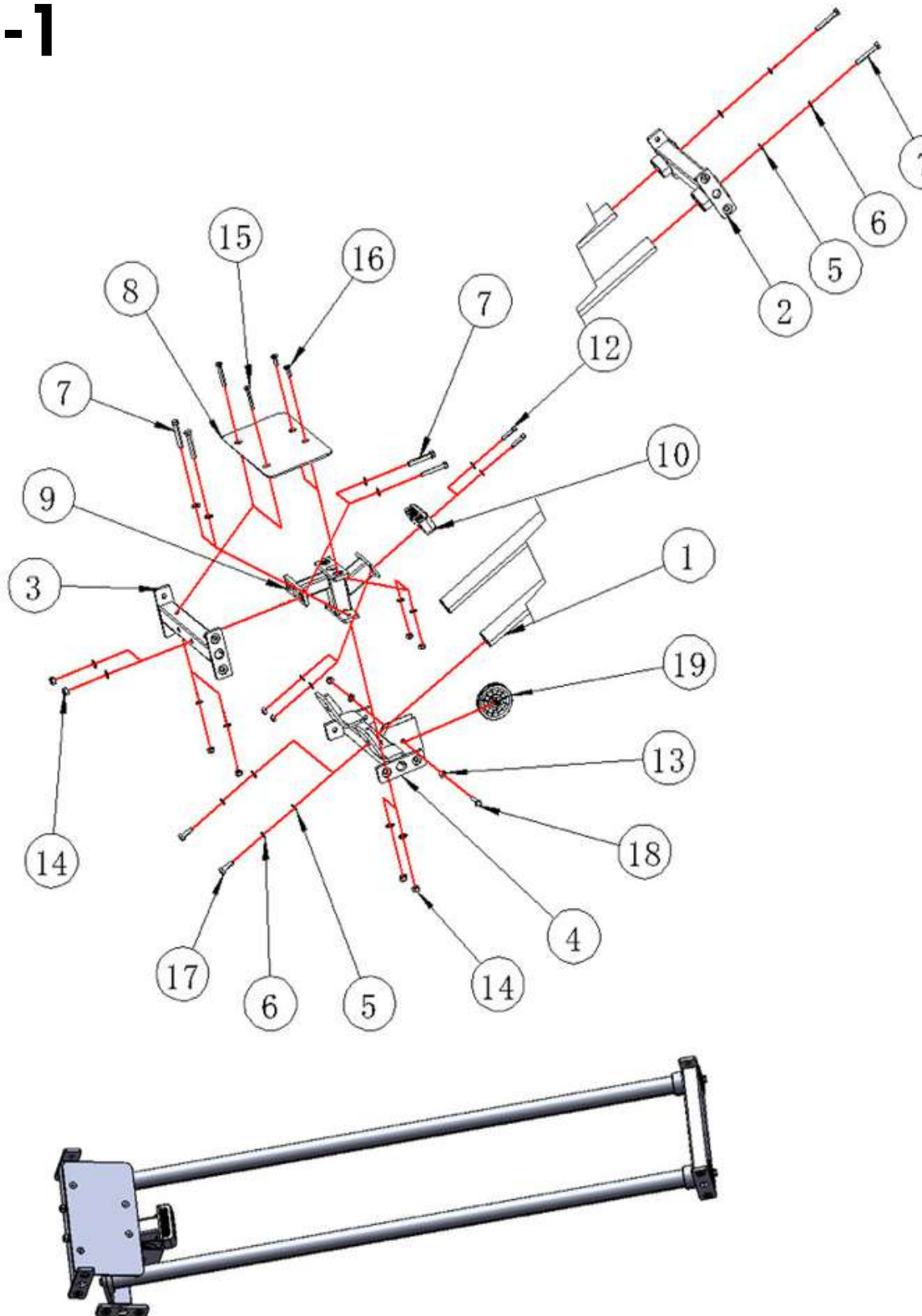
STEP 2 PARTS

Nylon disc mounting and welding			Anti-detachment plate			Crash plate			The upper turntable is welded		
											
1		1 piece	2		2 pieces	3		1 piece	4		1 piece
Online market			Mounting plate			Hexagon cylindrical head screw			Spring washer $\phi 12$		
											
5		1 piece	6		1 piece	7		6 pieces	8		6 pieces
washer $\phi 12$. 2x $\phi 24 \times 1.2$			Threaded column group			The lower turntable is welded			Downline disk		
											
9		6 pieces	10		2 pieces	11		1 piece	12		1 piece

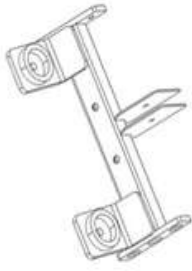
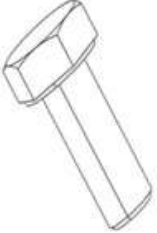
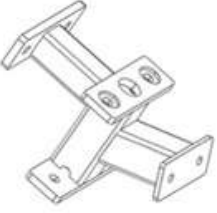
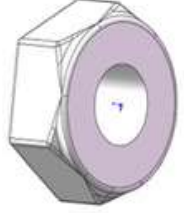
STEP 2 PARTS

ϕ 105 pulley			Hex head bolts M10x45			Spring washer ϕ 10			washer ϕ 10. 3x ϕ 20x1. 2		
											
13		1 piece	14		1 piece	15		2 pieces	16		2 pieces
Hexagon cylindrical head screw M10x25			Deep groove ball bearings ϕ 52x ϕ 25x15			ϕ 50 aluminum end cap			Allen countersunk screw M10x20		
											
17		1 piece	18		1 piece	19		1 piece	20		1 piece
Hexagon countersunk screws M8x20			Flat key block								
											
21		2 pieces	22		1 piece						

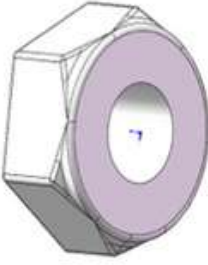
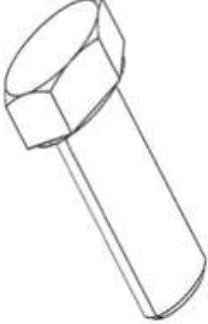
STEP 3-1



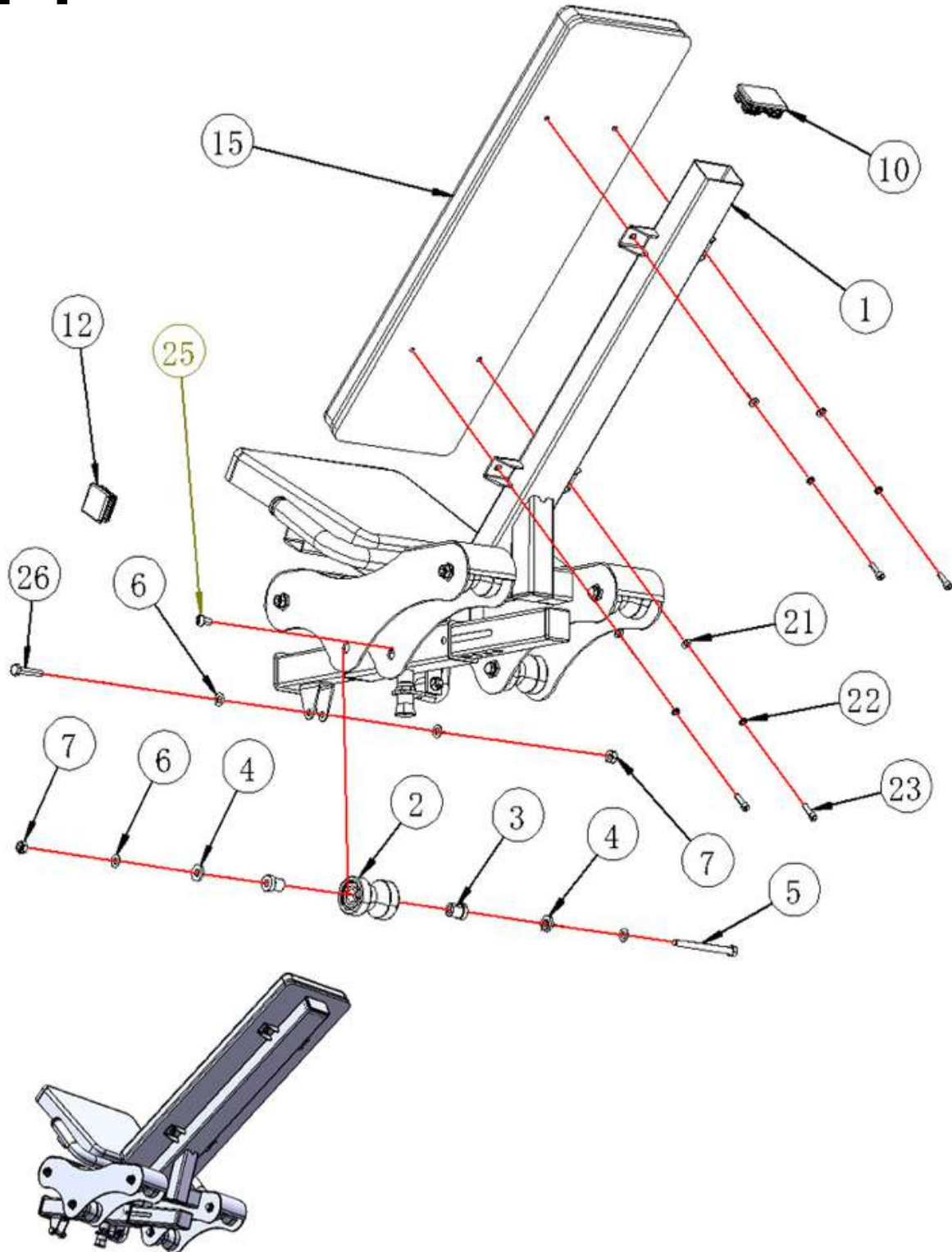
STEP 3 PARTS

Dynamic welding			Rear connection welding			Front connection welded			Support weld		
											
1		1 piece	2		1 piece	3		1 piece			1 piece
washer φ12.2xφ24x1.2			Spring washer φ 12			Hex head bolts M12x75			Footrests		
											
5		12 pieces	6		4 pieces	7		6 pieces	8		8 pieces
The support group is welded			Hummer cushioning			Ni hat M10			Hexagon cylindrical head screws M10x40		
											
9		1 piece	10		1 piece	11		7 pieces	12		2 pieces

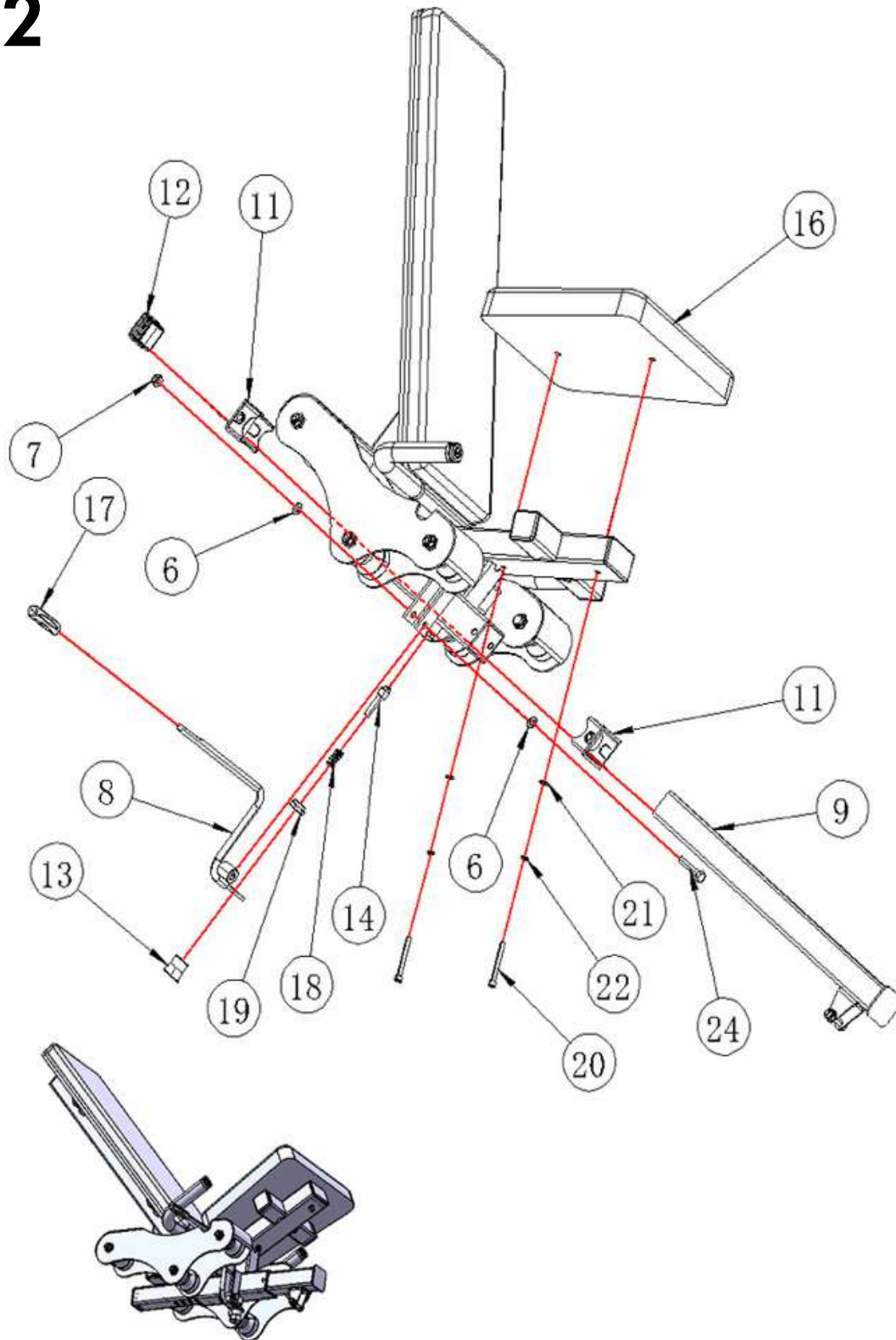
STEP 3 PARTS

washer $\phi 10.3 \times \phi 20 \times 1.2$			Ni hat M12			Allen countersunk screw M10x70			Allen countersunk screw M10x30		
											
13		10 pieces	14		4 pieces	15		2 pieces	16		2 pieces
Hex head bolts M12x35			Hex head bolts M10x45			$\phi 105$ pulley					
											
17		1 piece	18			19		1 piece			

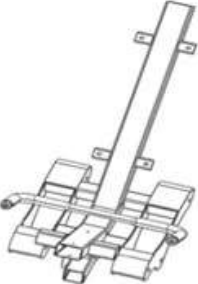
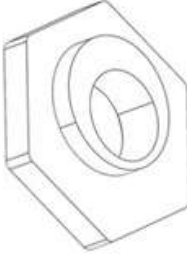
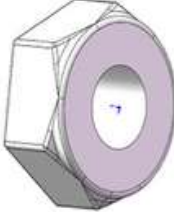
STEP 4-1



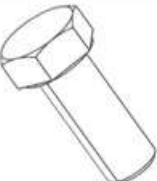
STEP 4-2



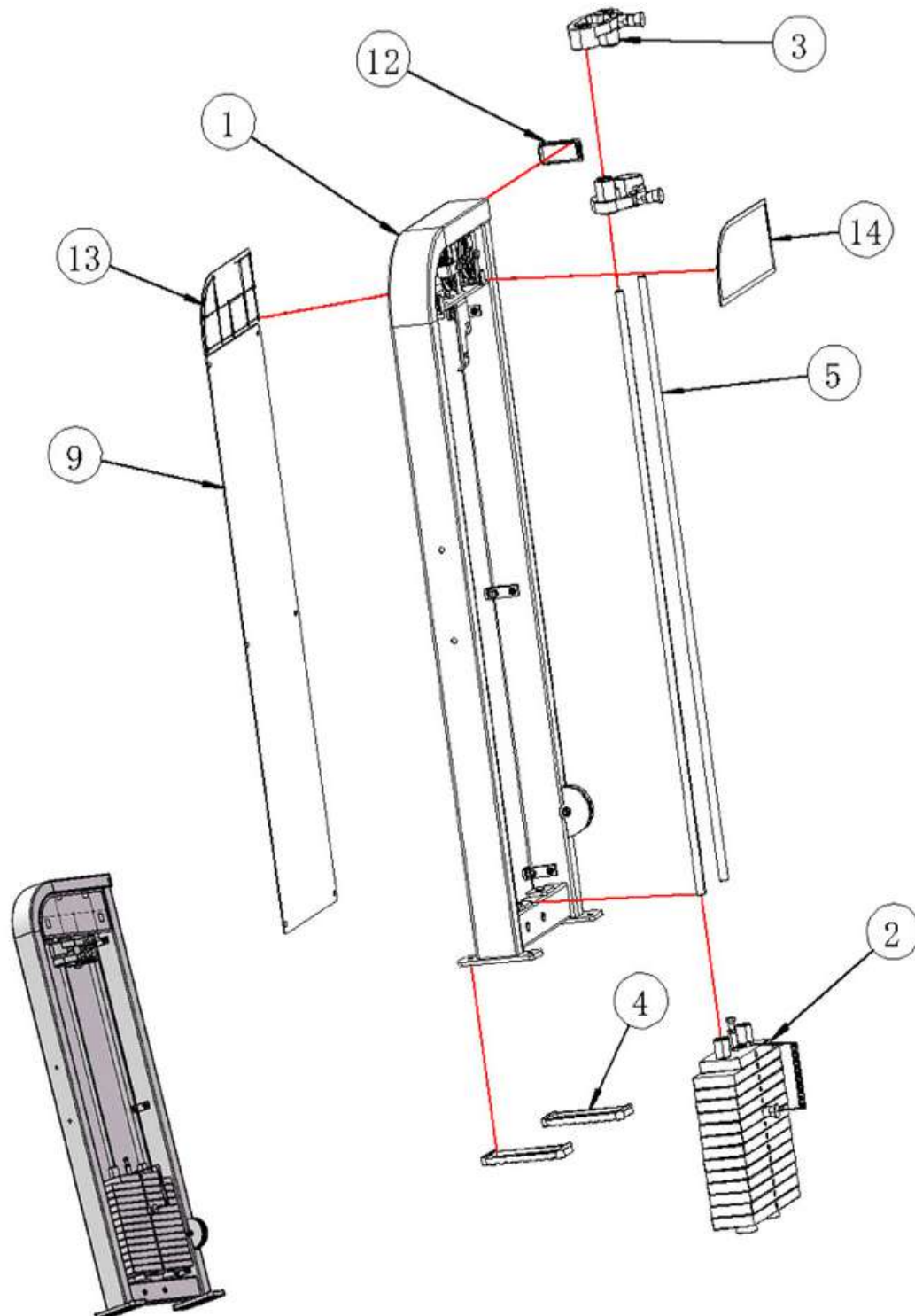
STEP 4 PARTS

Sliding seat welding			Nylon wheels			Rotation			Eccentric nut		
											
1		1 piece	2		6 piece	3		12 pieces	4		12 pieces
Hex head bolts M10x120			washer $\phi 10.3 \times \phi 20 \times 1.2$			Ni hat M10			Adjust the weld		
											
5		6 pieces	6		16 piece	7		8 pieces	8		1 piece
Adjust the boom weld			50x80 Rectangular pipe			60-50 The square is clamping the			50x50 The square pipe is		
											
9		1 piece	10		2 piece	11		2 pieces	12		4 pieces

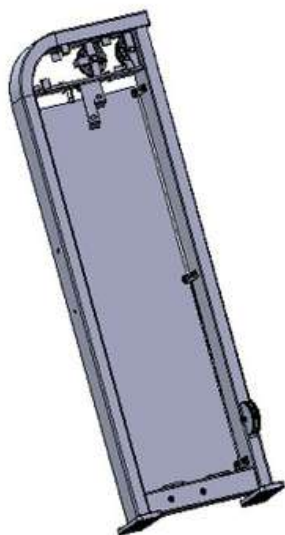
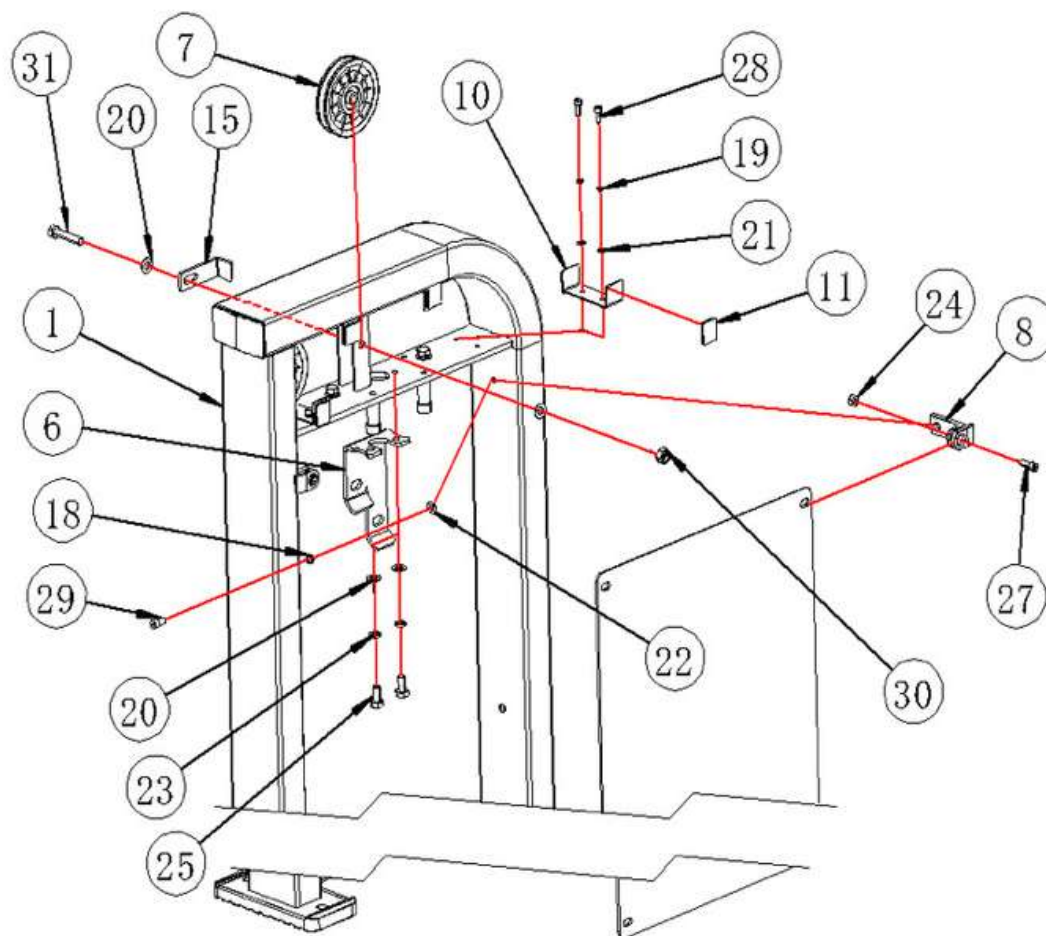
STEP 4 PARTS

Pull pin hat			Pull pin shaft			Backrest cushions			Cushion		
											
13		1 piece	14		1 piece	15			16		1 piece
handle			spring			Hex nut			Hexagon cylindrical		
											
17		1 piece	18		1 piece	19		1 piece	20		2 pieces
washer $\phi 8.3 \times \phi 16 \times 1$			Spring washer $\phi 8$			Hexagon cylindrical head screw M10x20			Hex head bolts M10x55		
											
21		6 pieces	22		6 piece	23		4 pieces	24		1 piece
Hexagon pan head screws M10x20			Hex head bolts M10x50								
											
25		2 pieces	26		1 piece						

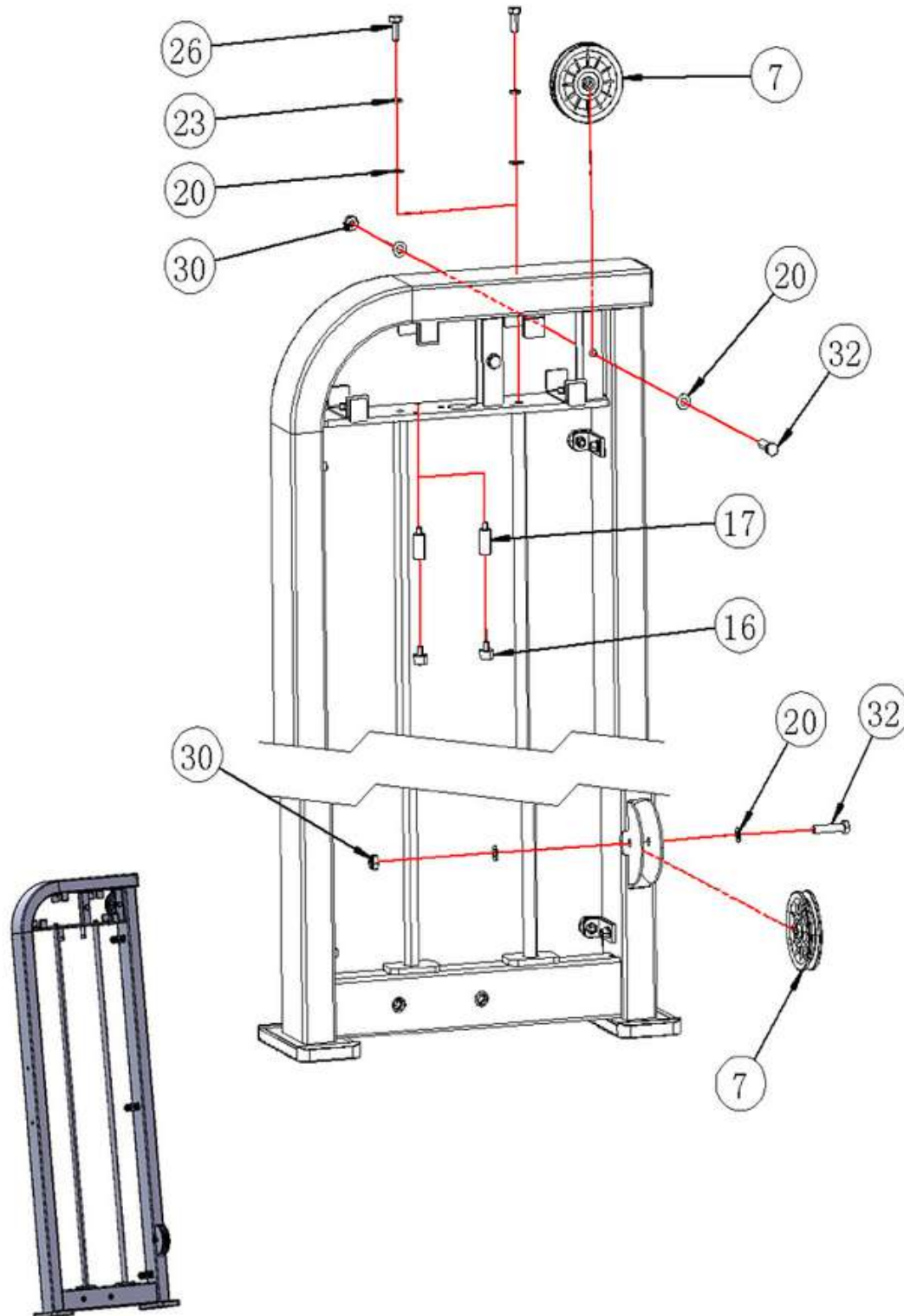
STEP 5-1



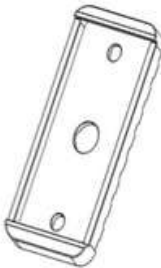
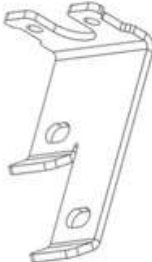
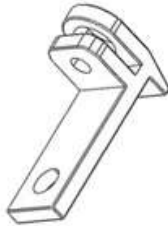
STEP 5-2



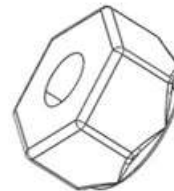
STEP 5-3



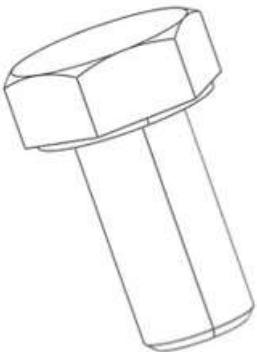
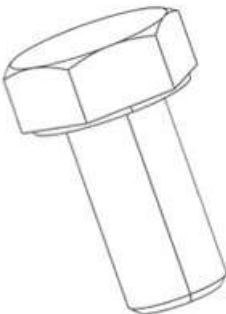
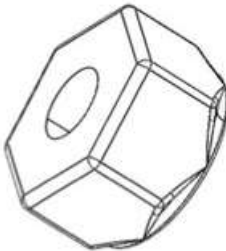
STEP 5 PARTS

The small door is welded			Hummer is restructured			Hummer auxiliary restructuring			Humvee ground		
											
1		1 piece	2		1 piece	3		2 pieces	4		2 piece
Hummer high gate guide rod			Sub-weight adjustment plate			φ105 pulley			Rear guard mounting buckle		
											
5		2 pieces	6		1 piece	7		3 pieces	8		6 pieces
High door rear guard			Guard plate fixing card			Velcro			50x100 Rectangular pipe plug		
											
9		1 piece	10		4 pieces	11		8 piece	12		1 piece

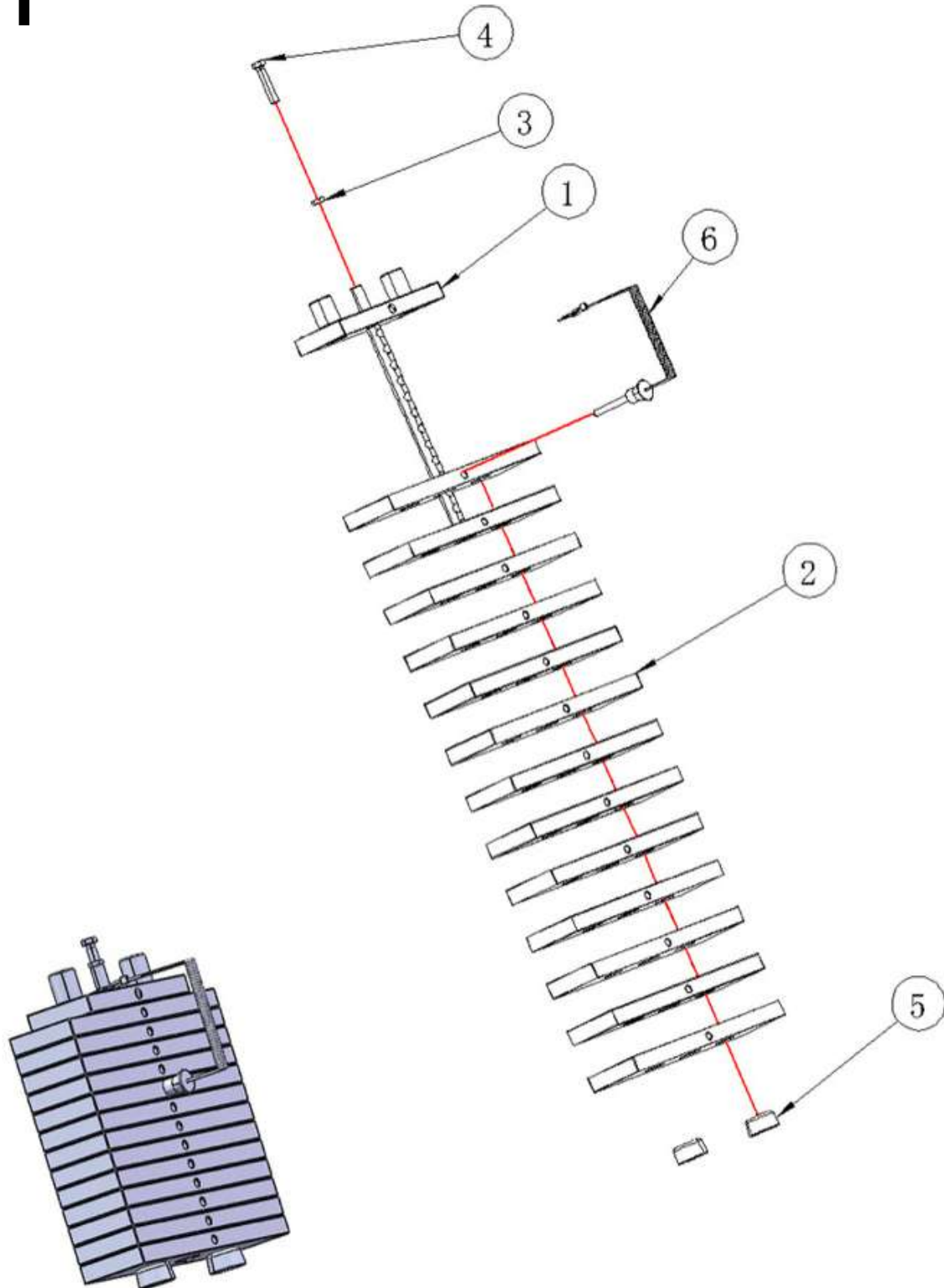
STEP 5 PARTS

Small guard 1			Small guard 2			Baffles			Small cushioning		
											
13		1 piece	14		1 piece	15		1 piece	16		2 pieces
Limit threaded column			Spring washer $\phi 8$			Spring washer $\phi 6$			washer $\phi 10.3 \times \phi 20 \times 1.2$		
											
17		2 pieces	18		6 pieces	19		8 pieces	20		10 pieces
washer $\phi 6.3 \times \phi 12 \times 0.5$			washer $\phi 8.3 \times \phi 16 \times 1$			Spring washer $\phi 10$			Ni hat M8		
											
21		8 pieces	22		6 pieces	23		4 pieces	24		6 pieces

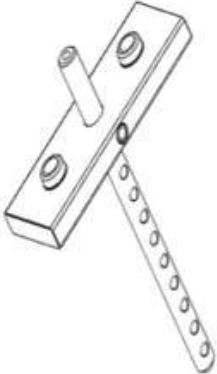
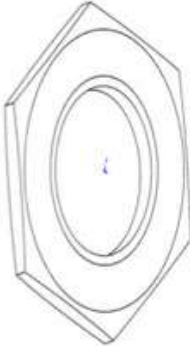
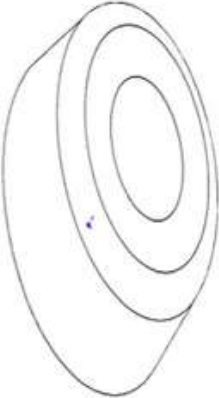
STEP 5 PARTS

Hex head bolts M10x20			Hex head bolts M10x25			Hexagon cylindrical head screw M8x20			Hexagonal cylindrical head screws M6x15		
											
25		2 pieces	26		2 pieces	27		6 pieces	28		8 pieces
Hexagon cylindrical head screw M8x15			Ni hat M10			Hex head bolts M10x50			Hex head bolts M10x45		
											
29		6 pieces	30		3 pieces	31		1 piece	32		2 pieces

STEP 6-1



STEP 6 PARTS

Hammer weighted head film group			Hammer counterweight lower film group			Hex thin nut M12x1.5			Hollow screw M12x60		
											
1		12	2		13	3		1	4		1
Counterweight cushioning			Hammer counterweight latch								
											
5		2	6		1 piece	7		2 pieces			

STEP 7-1

