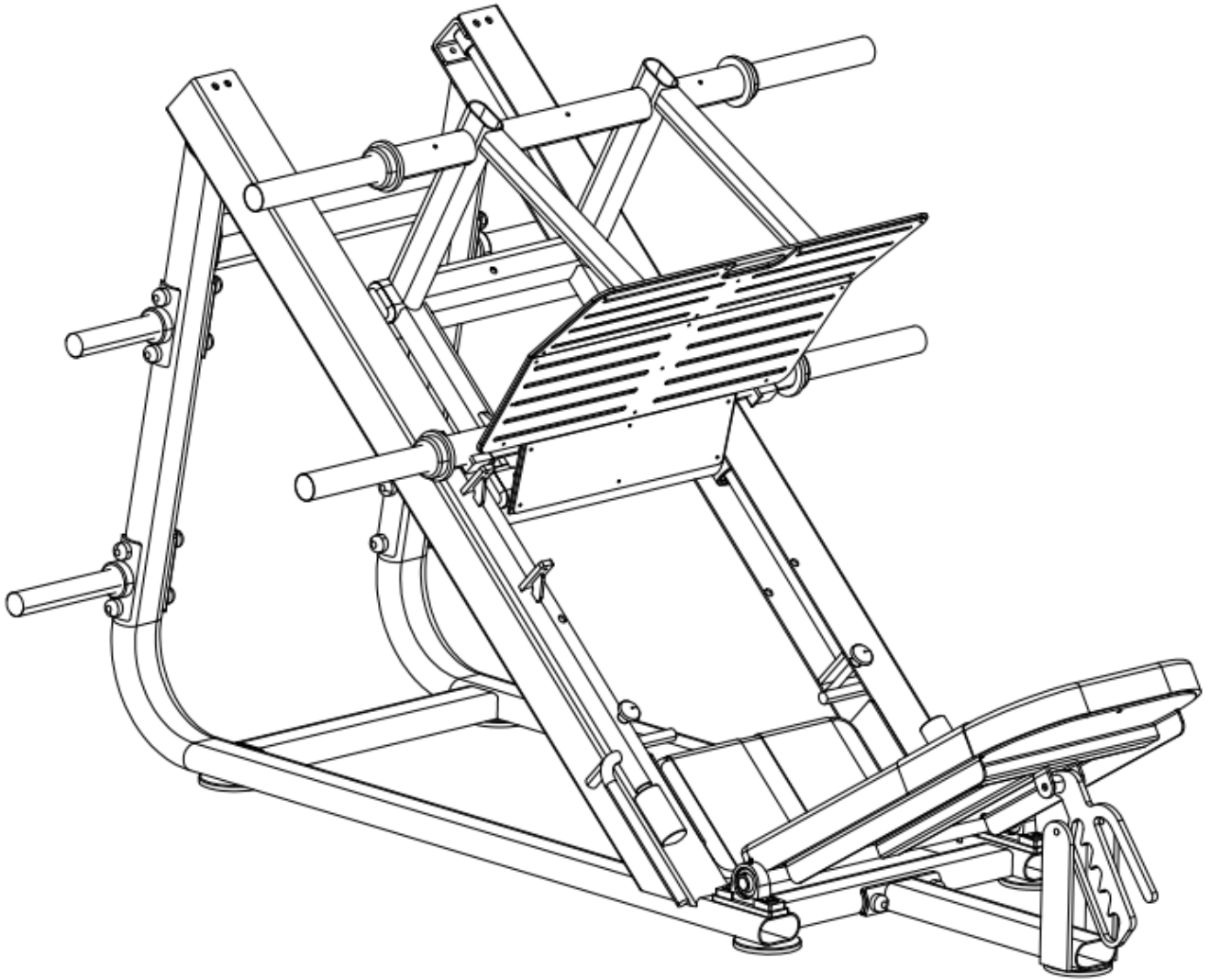


# Pro Strength Linear Bearing Leg Press (PL-PS-LP2)



## Installation Manual

V20200601

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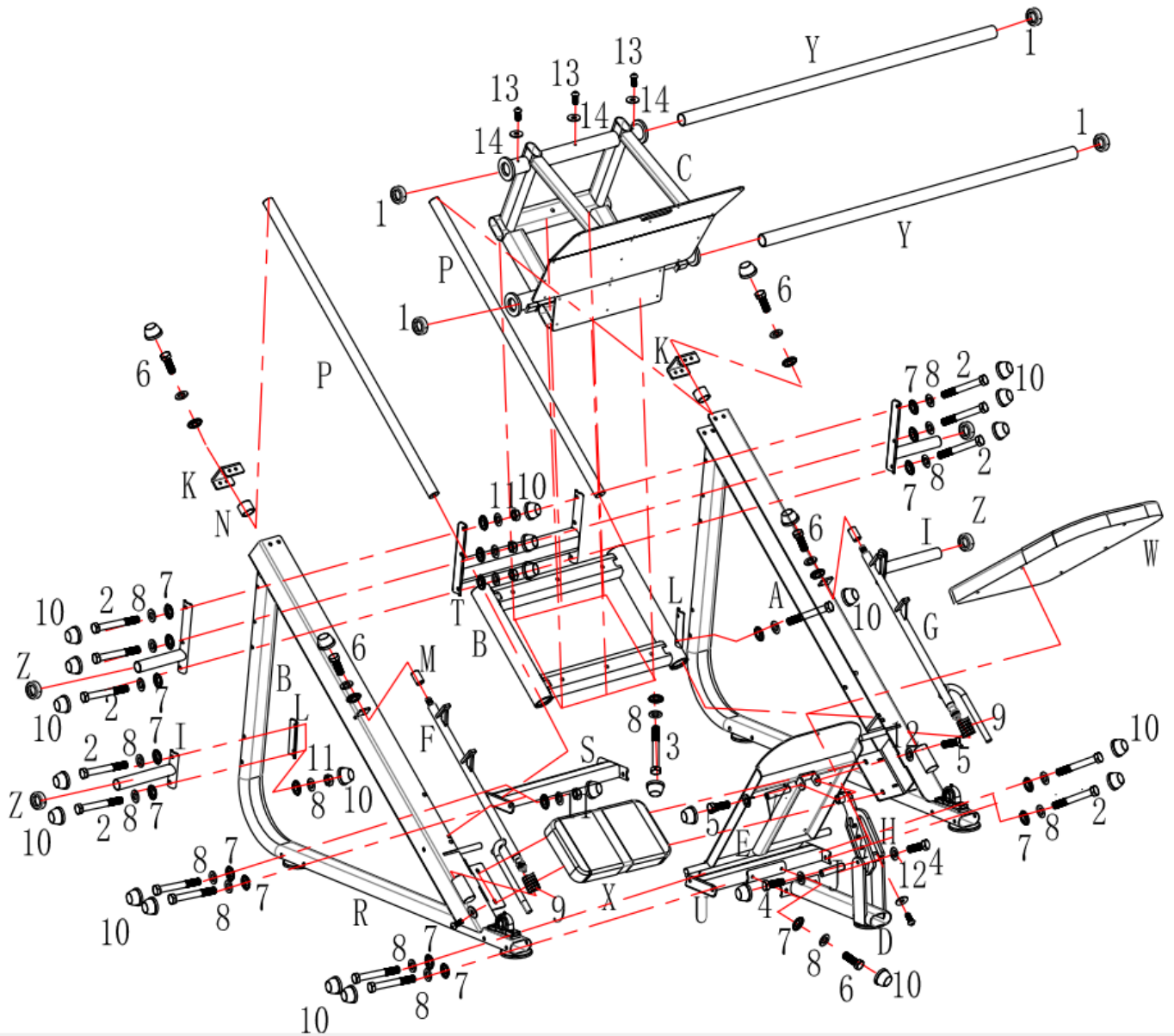
# 01/ Safety Instruction

**Welcome to choose our product. It is a guarantee to your safety and convenience if you use our product properly. Please read the followings carefully before using our product:**

1. Please read all the instructions carefully before using our product. Follow the rules strictly, and keep this manual within the lifetime of this product.
2. Product owner should ensure all the users of this product to know all the matters and attention.
3. Keep air flow and fresh during your workout, and be sure you have enough space.
4. Users are obliged for the good maintenance of the equipment. Before using, or install the equipment, check all the parts are fixed. Check all the parts regularly.
5. If the equipment broken, please contact the distributors or after-sales department. Do not use it before it repaired.
6. Before using the equipment, please wear properly and bundle up the hair for ladies
7. Please do warm up exercise before using the equipment.
8. If you feel dizzy, pain or some other abnormal symptom, please stop your exercise, and go to see doctors.
9. Children should use the equipment under adult's guardianship.
10. Warning! Keep hands and feet away from moving parts.
11. Warning! Do not do over adjustments.
12. Warning! Children or pets away from the equipment during your workout.
13. Warning! Any adjustable parts should be properly adjusted.
14. Warning! Please use this equipment correctly to avoid any injury.
15. We suggest you should use this equipment in supervision area.

## 02/Installation Steps

### 1) Step 1



List for this step			
Model	Name	Spec	Qty
A	Right Frame	Weldment	1
B	Slide Assembly Part	Weldment	1
C	Leg Press Assembly Part	Weldment	1
D	Backrest Pad Support Assembly Part	Weldment	1
E	Backrest Pad Fixture Part	Weldment	1
F	Left Safety Handlebar Assembly Part	Weldment	1
G	Right Safety Handlebar Assembly Part	Weldment	1
H	Position Limit Frame	Weldment	1
I	Barbell Holder	Weldment	1
J	Axle	Φ16*79*2-M10	1
K	Bracket	186*85.5*T8	2
L	Arc Bracket	150*50*T6	4
M	Small Guide Rod Fixing Bushing	Φ30*50	2
N	Big Guide Rod Fixing Bushing	Φ52*40	2
P	Big Guide Rod	Φ40*1580	2
R	Left Side Rack	Weldment	1
S	Lower Connection Assembly Part	Weldment	1
T	Upper Connection Assembly Part	Weldment	1
U	Front Connection Assembly Part	Weldment	1
V	Axle	Φ25*99*2-M12	1
W	Backrest Pad		1
X	Seat Pad		2
Y	Weight Stack Support Tube		2
Z	Round Cushion Pad	Φ75*Φ42.5*20	4
1	Round Cushion Pad	Φ75*Φ48.5*20	4
2	Hex Head Bolts	M12*130	8
3	Hex Head Bolts	M12*110	6
4	Hexagon socket head bolt	M10*25	2
5	Hexagon head bolt	M12*25	2
6	Hex Bolts	M12*20	10
7	Bulged Washer	Φ12	36
8	Flat Washer	Φ12	36
9	Spring	∅55*∅41*100	2
10	Screw Cap	M12	22
11	Aircraft Nuts	M12	2
12	Washer	Φ10	2
13	Hex	M8*15	6
14	Washer	Φ8	6

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### 03/Product description

This equipment is for indoor use, in order to improve your cardio and muscles. It trains your chest muscles and others.

You can choose the stack weight in order to get the weights or resistance you need.

You can read the placards in order to use the equipment properly.

The equipment is designed and produced according to human engineering, which can assure safety and durability.

The equipment is made of steel and of powder coating process, which assure the safety and durability.

### 04/Product specification

<b>Name</b>	Linear Bearing Leg Press	<b>SKU</b>	PL-PS-LP2
<b>Dimension</b>	91" x 60" x 53"		
<b>Weight</b>	600 lb		
Category : type S ; professional/commercial use type H; home use			

### 05/Maintenance

1. Please check all the screws regularly.
2. Keep the equipment clean. Do not use strong solvent. If weighted spare parts abrasion or broken, please change it at once.