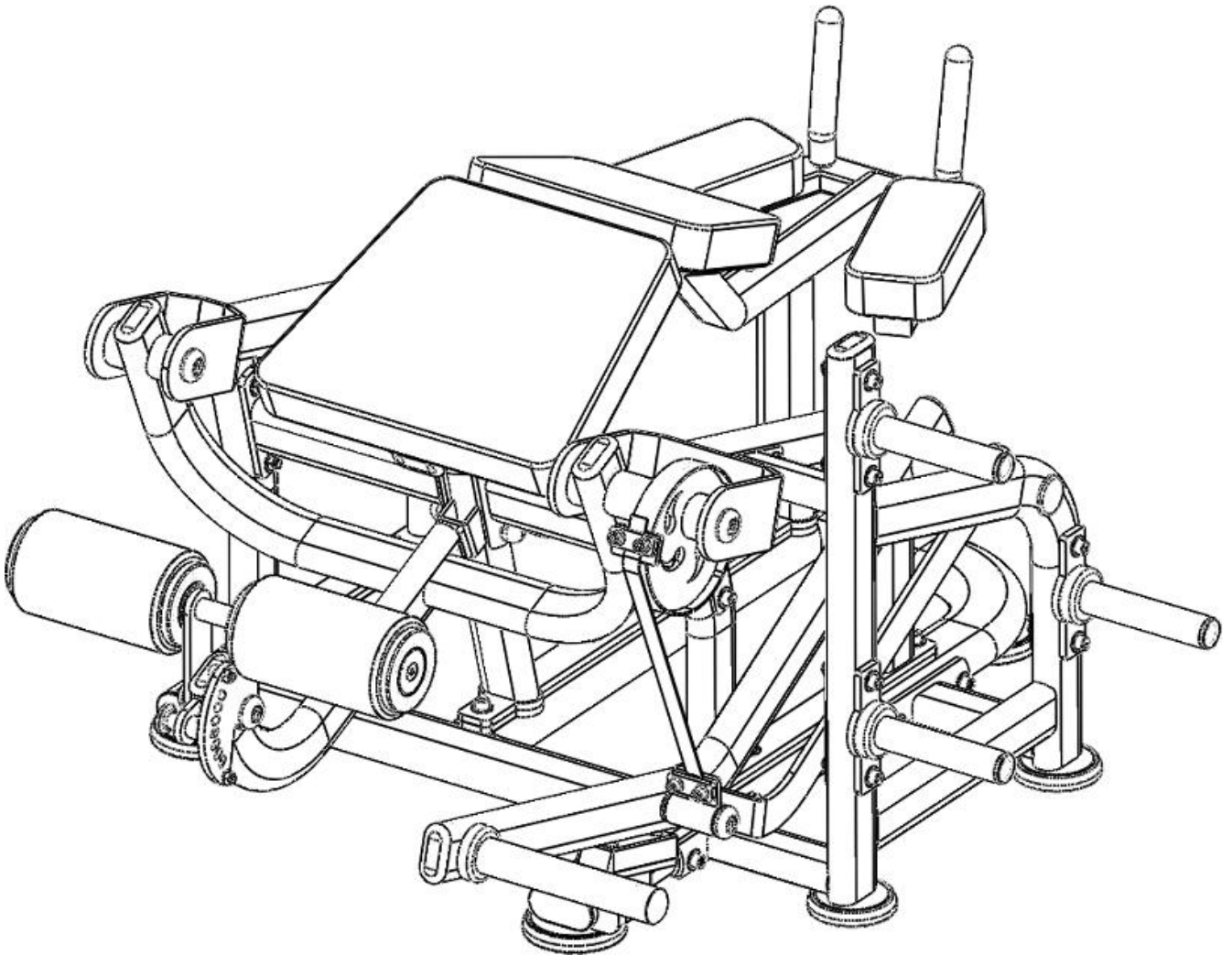


Pro Strength Prone Leg Curl PL-PS-PLC



Installation Manual

Table of Contents

01/ Safety instructions

02/ Installation steps diagram and checklist

03/ Product description

04/ Product specifications

05/ Maintenance guide

01/ Safety Instructions:

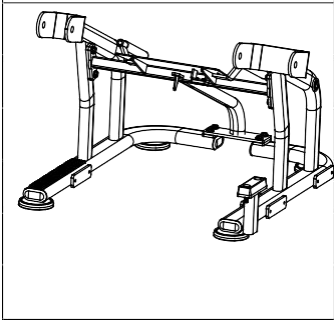
Thank you for choosing our company's product. Proper use of the trainer ensures your safety and convenience. Before using the trainer, please carefully read the following:

1. Before using this product, carefully read all user manuals and strictly follow the instructions provided. Keep this manual for the entire lifespan of the product.
2. The product owner should ensure that all users are aware of all safety precautions.
3. Maintain fresh and circulating indoor air while using the machine and ensure sufficient space for movement.
4. Users are responsible for maintaining the equipment. After installation and before each use, check that all fasteners are securely tightened and inspect worn parts regularly.
5. In case of damage to your equipment, contact the dealer and the company's after-sales service department immediately to replace all worn or defective parts. Do not use the equipment until it is completely repaired.
6. Wear appropriate sportswear and shoes before use. Do not wear skirts or jewelry, and tie up hair to avoid interference during exercise.
7. Perform warm-up exercises before using the machine for workouts.
8. If you experience dizziness, pain, vomiting, or any other abnormal symptoms, stop exercising immediately and consult a doctor.
9. Children should use the machine for selective training under adult supervision.
10. **Warning!** Keep hands and feet away from moving parts during operation.
11. **Warning!** Do not exceed the adjustment settings.
12. **Warning!** Keep children and pets away from the machine during exercise.
13. **Warning!** Ensure all adjustment devices are properly set during use.
14. **Warning!** Incorrect use or using the machine for purposes it is not intended for may cause injury to your health.
15. It is recommended to use this equipment only within supervised areas.

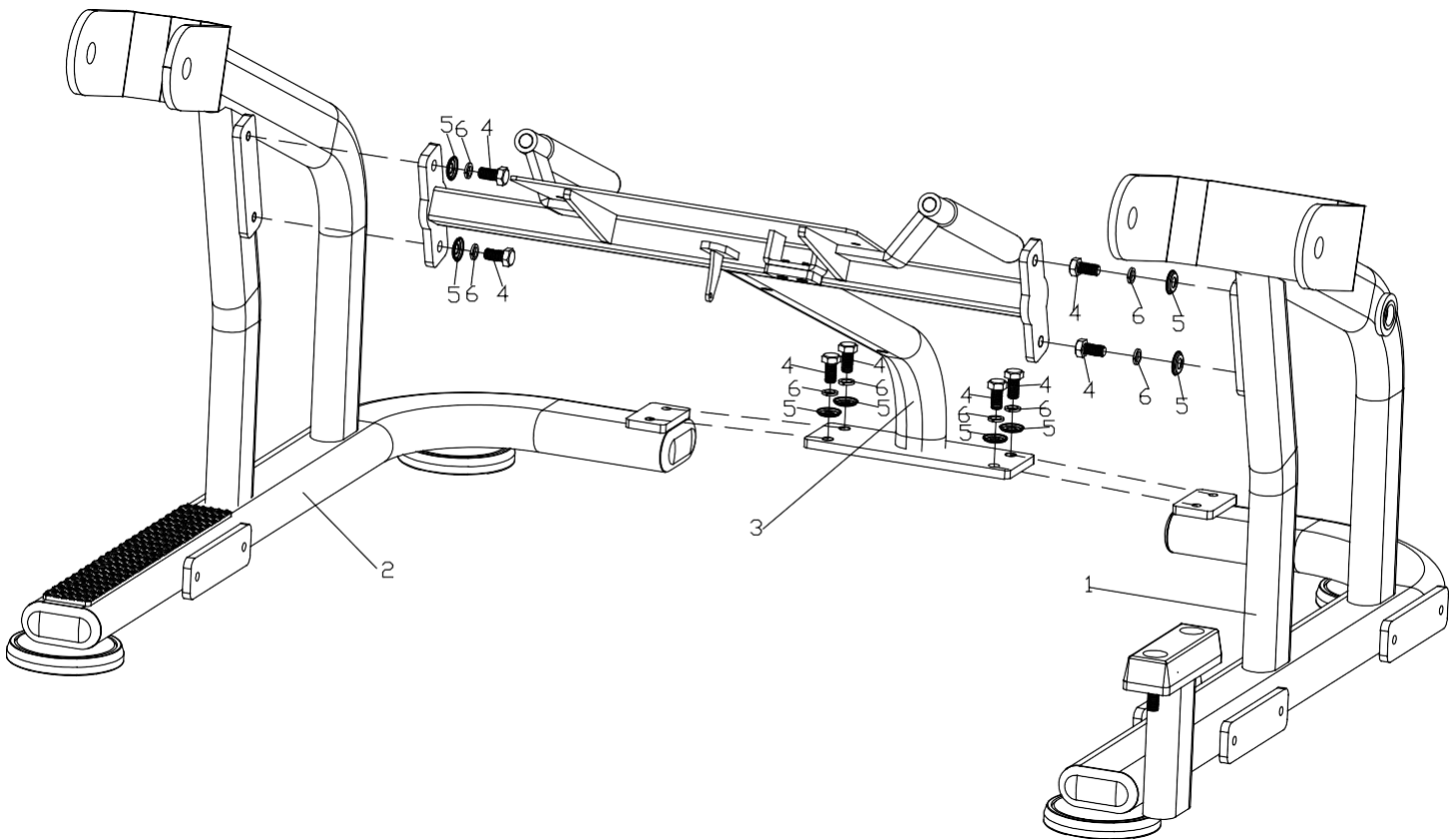
02/Installation Steps

1) Installation Step One

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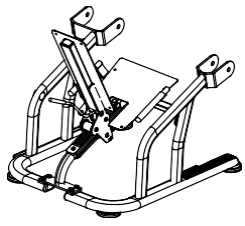


Installation Checklist			
No	Name	Specs	Qty
1	Left frame component		1
2	Right frame component		1
3	Door support component		1
4	Hexagon socket round head bolt	M12*25	8
5	Washer	Φ12	8
6	Spring washer	∅12	8

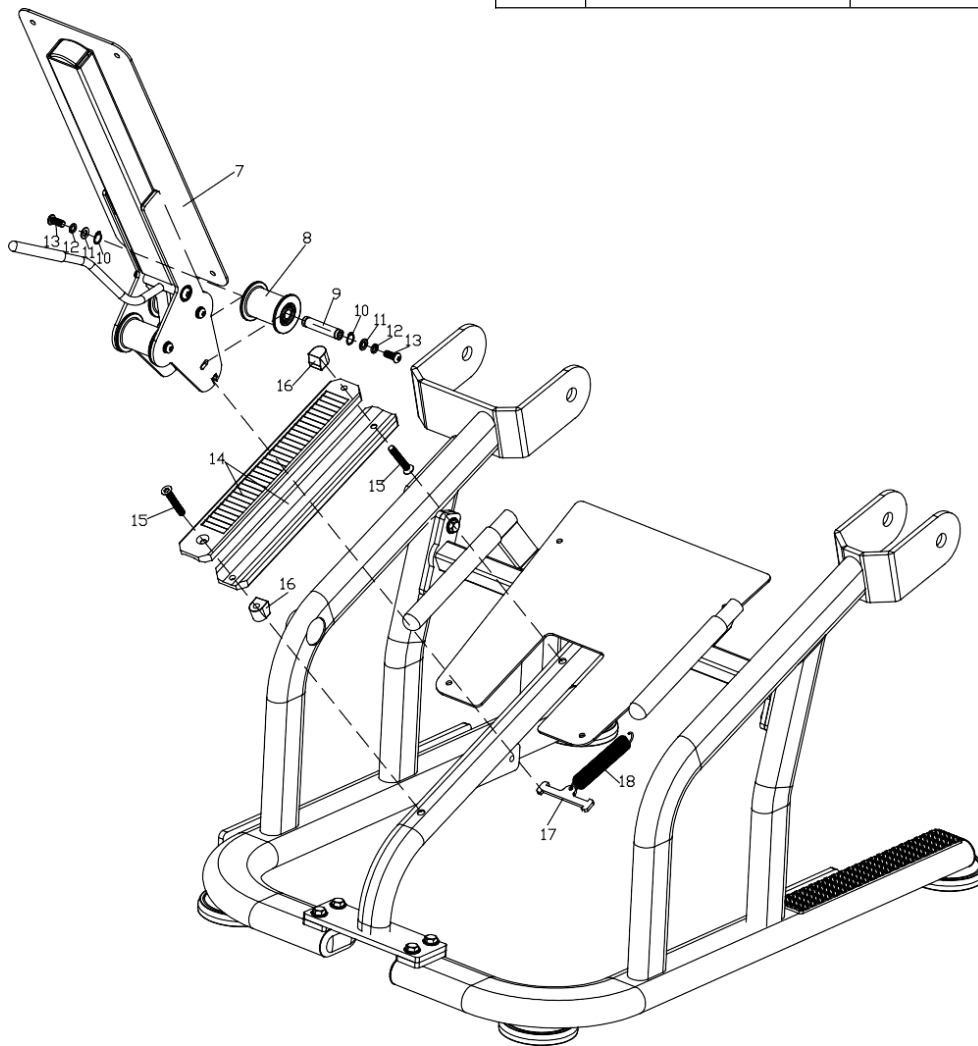


2) Installation Step Two

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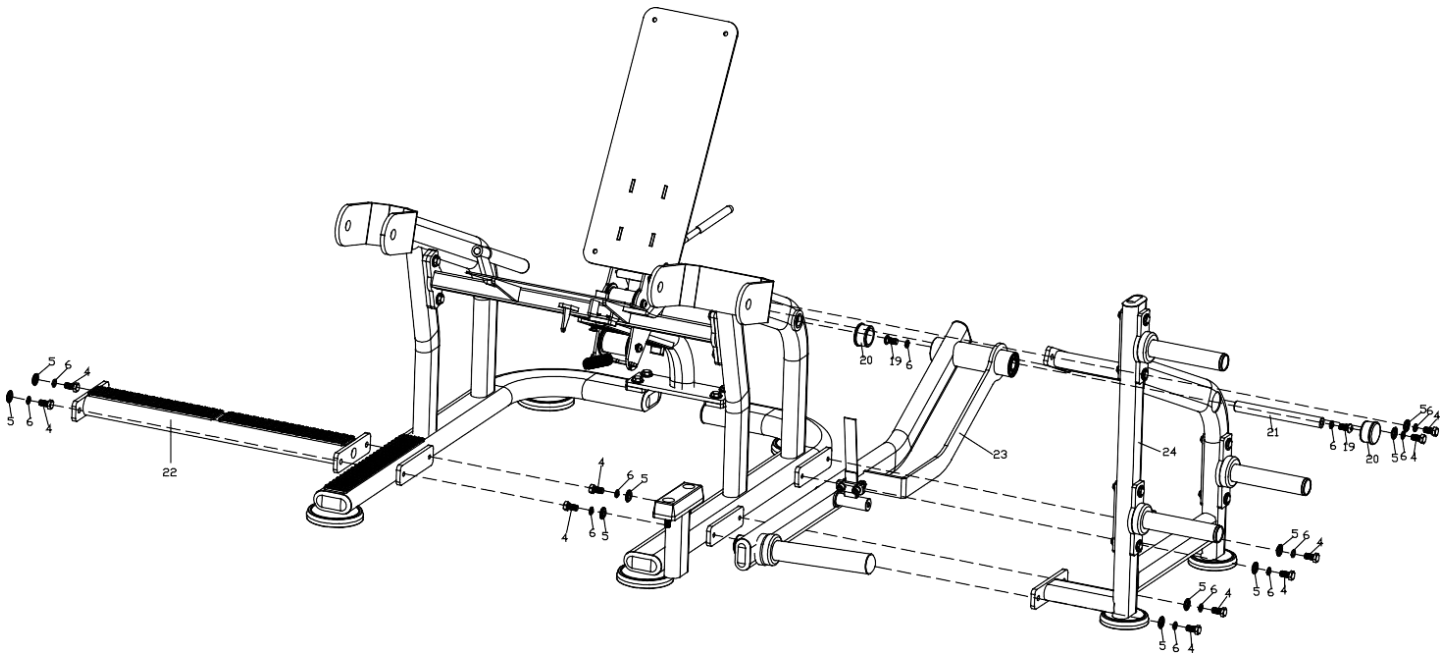
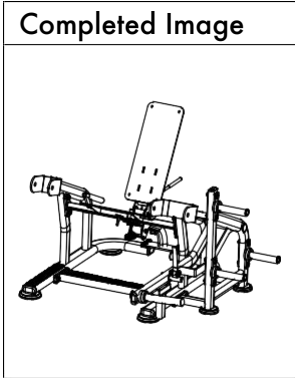


Installation Checklist			
No.	Name	Sepcs	Qty.
7	Backrest adjustment component		1
8	Roller	Φ70*78	1
9	Roller axle	Φ17*80	1
10	Axle elastic retaining ring type A	Φ17-GB/T894.1-1986	2
11	Spring washer	∅10	2
12	Flat washer	Φ10	2
13	Hexagon socket flat head bolt	M10*25	2
14	Adjustment plate	70*455*15	2
15	Hexagon socket countersunk head bolt	M10*65	2
16	Limit block	26*39*25.5	2
17	Spring hook	113*36*6	1
18	Tension spring	Φ25*183*Φ2.2	1



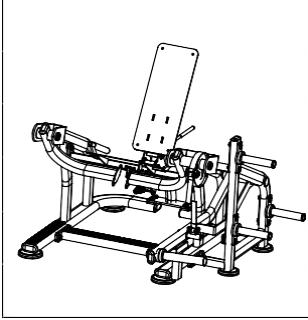
3) Installation Step Three

Installation Checklist			
No.	Name	Specs	Qty.
4	Hexagon socket cylindrical head bolt	M12*25	10
5	Washer	Φ12	12
6	Spring washer	∅12	10
19	Hexagon socket flat head bolt	M12*25	2
20	Plug	Φ55*30	2
21	Arm pivot	Φ25*230	1
22	Intermediate connecting component		1
23	Linkage arm component		1
24	Side frame component		1

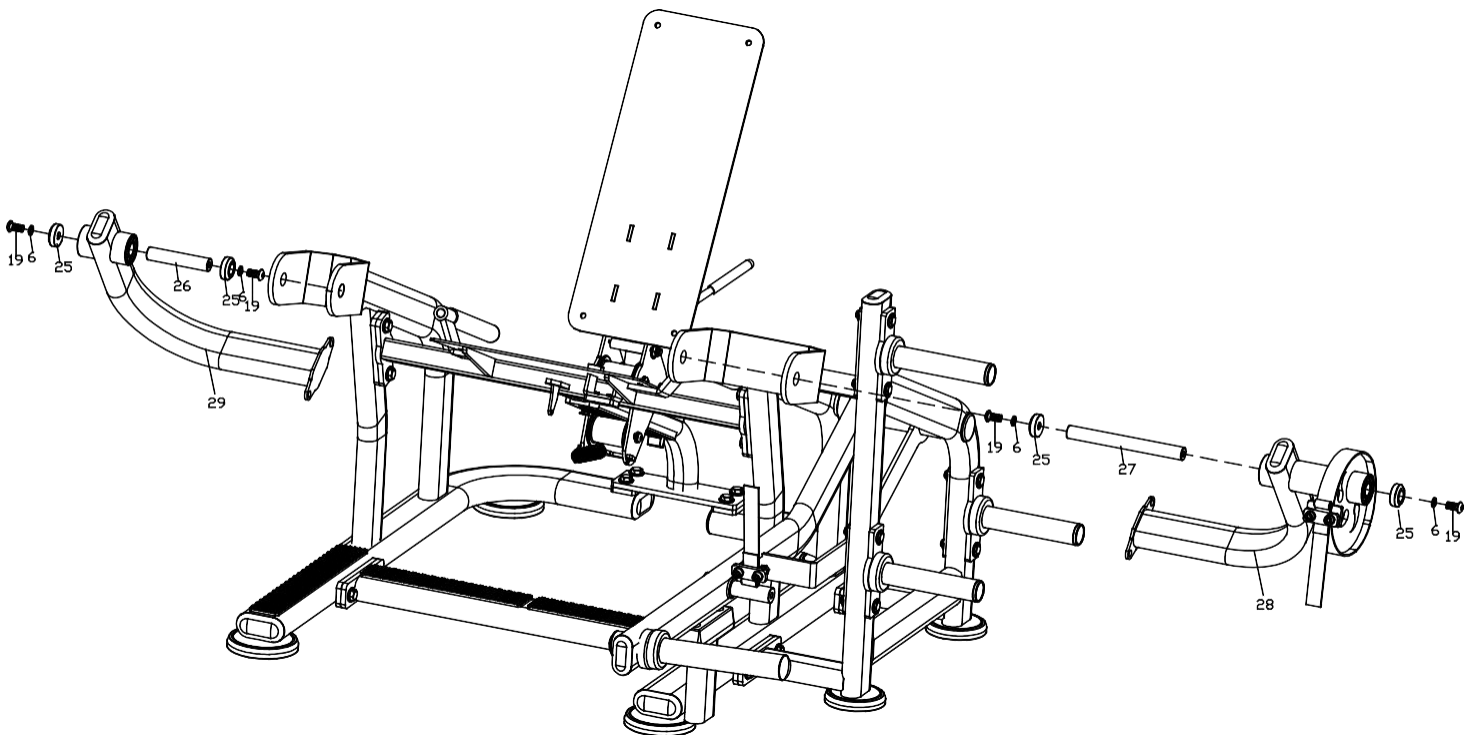


4) Installation Step Four

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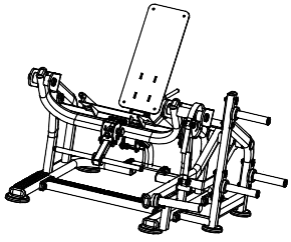


Installation Checklist			
No	Name	Specs	Qty.
6	Spring washer	∅12	4
19	Hexagon socket flat head bolt	M12*25	4
25	End cap	∅43.5*14.5	4
26	Rotating shaft	∅25*127	1
27	Long shaft	∅25*240	1
28	Right arm component		1
29	Left arm component		1

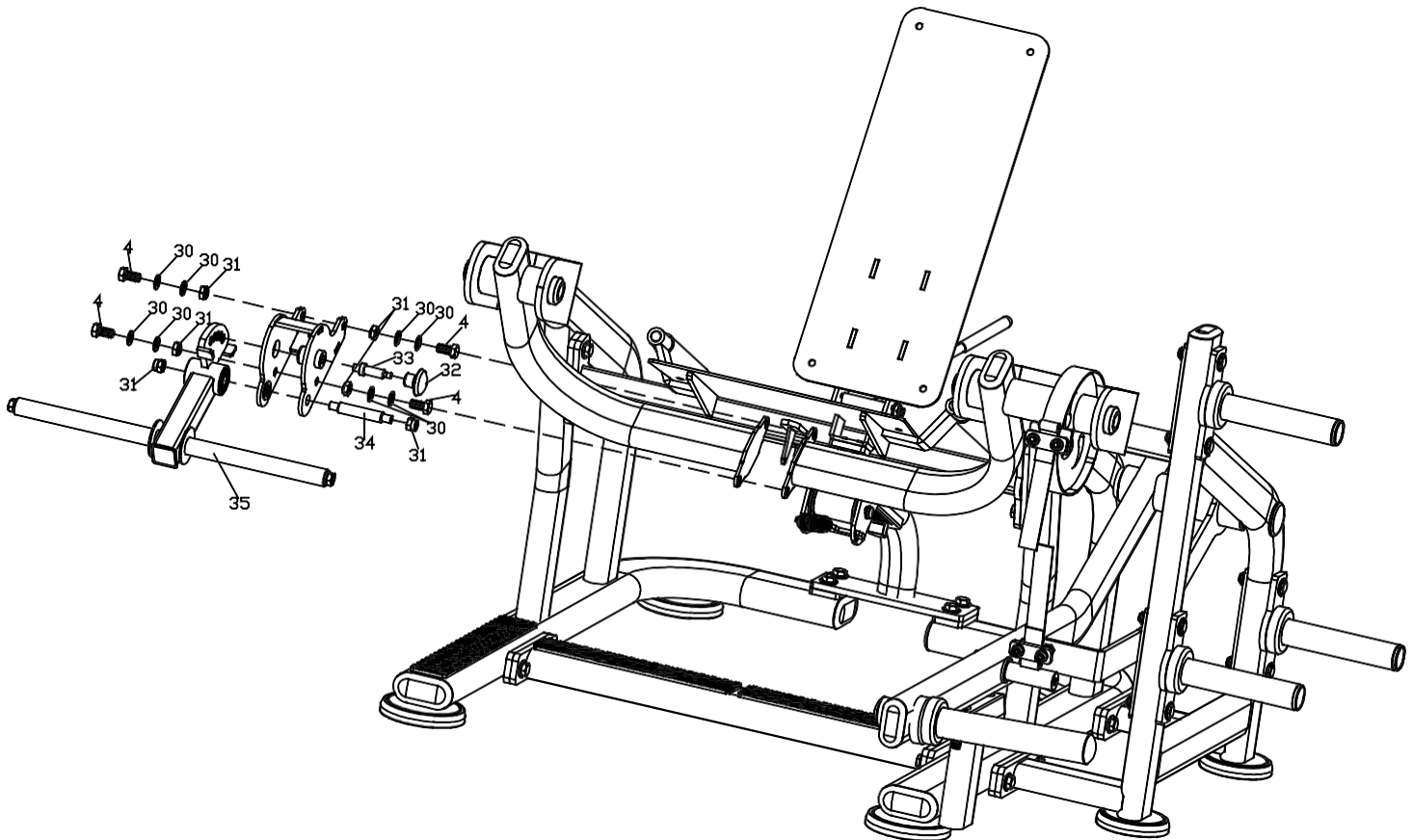


5) Installation Step Five

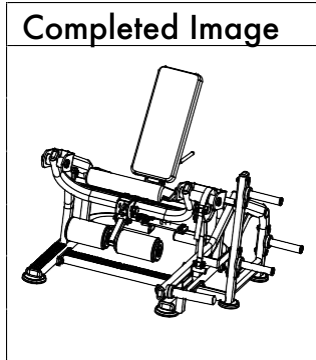
Completed Image



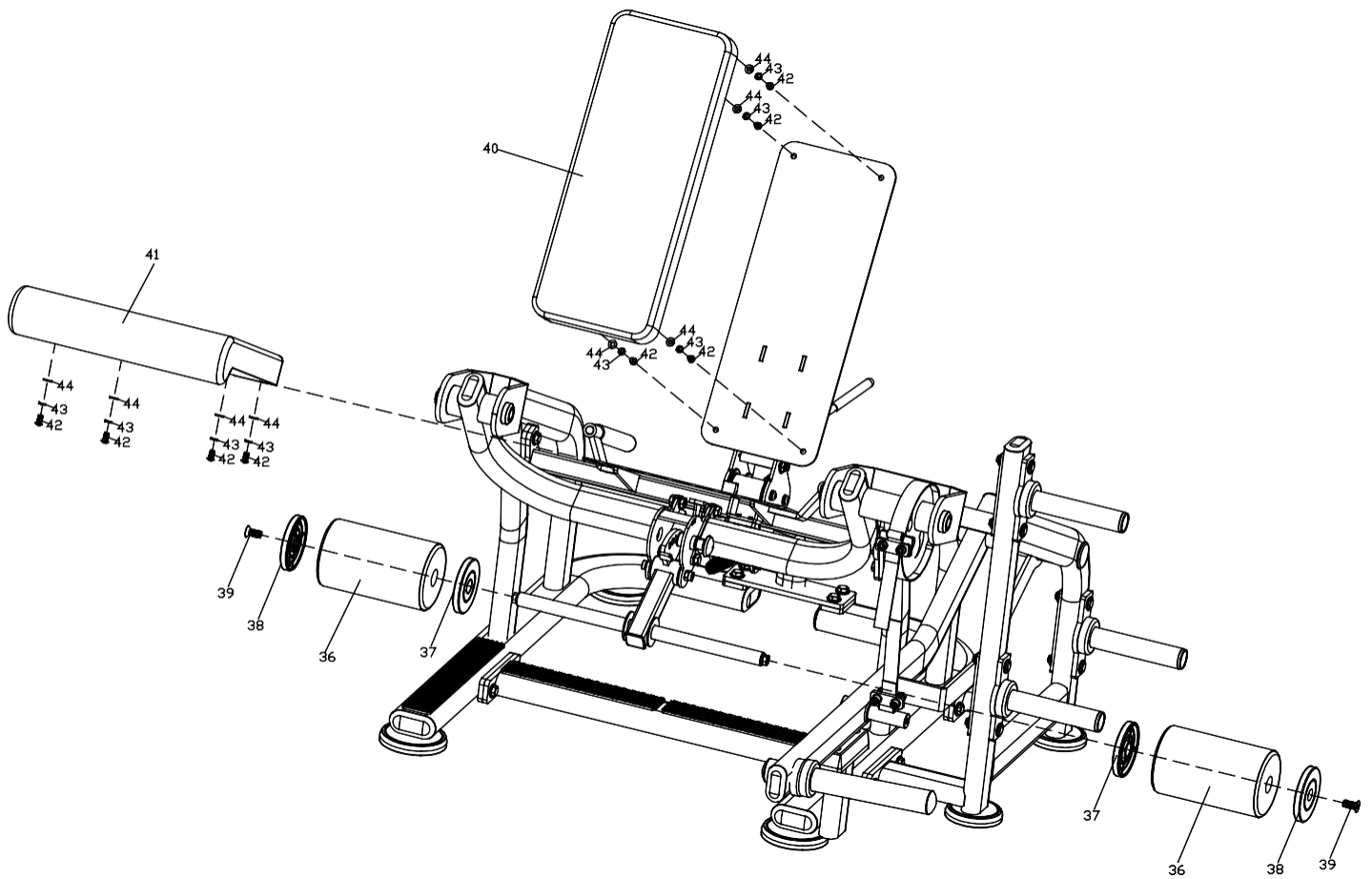
Installation Checklist			
No.	Name	Specs	Qty.
4	Hexagon socket cylindrical head bolt	M12*25	4
30	Flat washer	Φ12	8
31	Hexagon lock nut	M12	6
32	Mushroom head pull pin	Ø43*34*M8	1
33	Dowel pin	Φ19*62	1
34	Foam cushion pivot	Φ17*105	1
35	Foam cushion component		1



6) Installation Step Six



Installation Checklist			
No	Name	Specs	Qty
36	Foam	Φ140*230	2
37	Foam end cap	Φ114*12	2
38	Foam end cap	Φ114*12	2
39	Hexagon socket countersunk head bolt	M12*30	2
40	Backrest	640*250*60	1
41	Seat cushion	570*460*60	1
42	Hexagon socket flat head bolt	M8*25	8
43	Spring washer	∅8	8
44	Flat washer	Φ8	8



Note: After installation, tighten all bolts, and use screw caps on all positions where washers are used.

03/Product Description:

This machine is indoor fitness equipment designed for aerobic cardiovascular exercise, primarily focusing on improving cardiovascular function while also assisting in muscle training. It targets various muscle groups such as the thighs and calves, aiming to enhance strength and aesthetics. Illustrated with functional diagrams, it provides clear instructions on how to correctly use the equipment and exercise different muscles, making it easy to grasp. The machine features a weight stack system for convenient selection of resistance levels, allowing users to adjust intensity according to their needs. Its design and manufacturing adhere to the natural movement trajectory of the human body, ensuring both safety and durability.

- The machine is manufactured using large-scale steel tubing and undergoes electrostatic spraying treatment, ensuring its safety, reliability, and durability.

04/Product Specifications:

Name	Prone Leg Curl	SKU	PL-PS-PLC
Dimensions	52" x 72" x 32"		
Weight	135Kg		

05/Maintenance Guide:

1. Regularly inspect and tighten all bolts on the machine to ensure they are securely fastened. Moving parts should be flexible and free of any unusual noises.
2. Keep the machine clean, but avoid using strong detergents or solvents for cleaning.
3. If any load-bearing parts show signs of wear or damage, they should be replaced immediately. Do not use the machine until repairs have been completed.