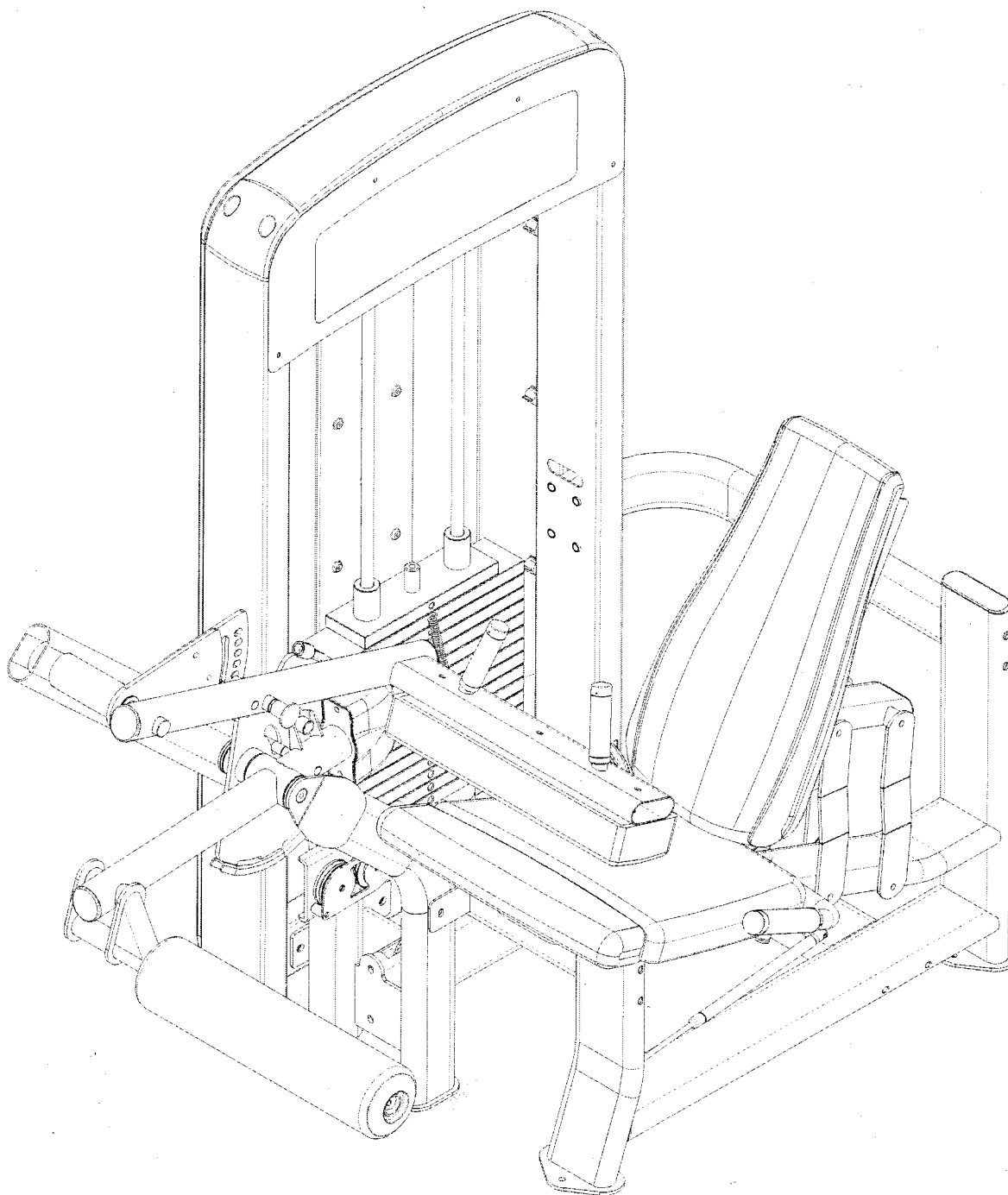


Seated Leg Curl



MDE-11 Seated Leg Curl

User Manual

V20170115

Contents

- 01/Safety
- 02/Installation chart & list
- 03/ Product description
- 04/ Product specification
- 05/ Maintenance
- 06/ Troubleshooting guides
- 07/ Warranty

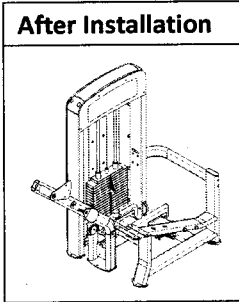
Safety

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:

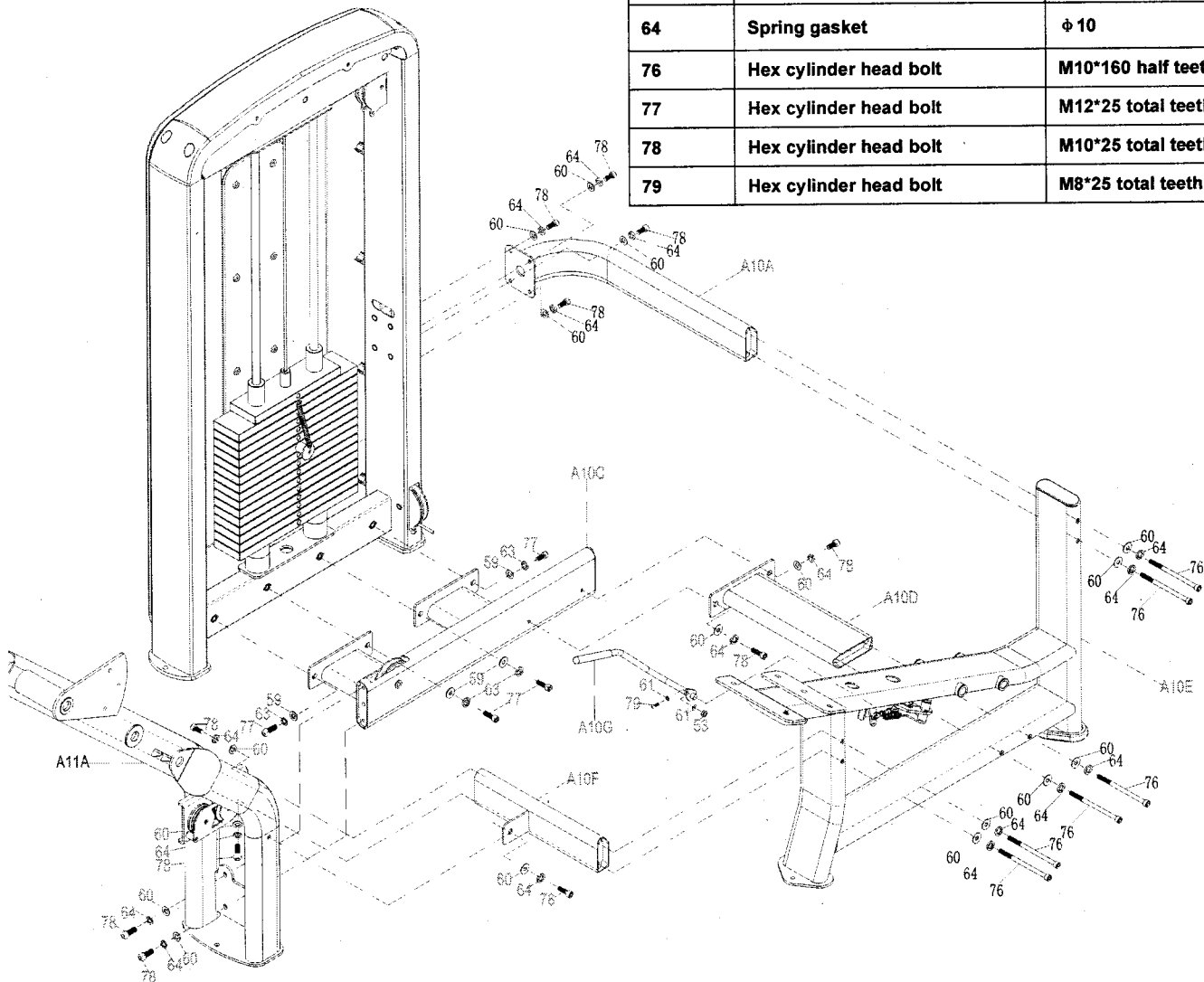
1. Please read all the instructions carefully before using our product. Follow the rules strictly, and keep this manual within the lifetime of this product.
2. Product owner should ensure all the users of this product to know all the matters and attention.
3. Keep air flow and fresh during your workout, 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 chart & list

1) Step 1

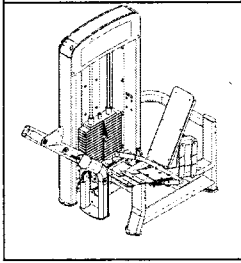


List for this step			
Model	Name	Spec	Qty
A11A	Upright welding group		1
A10A	Top connecting tube set		1
A10C	Connecting tube welding group		1
A10D	Connecting tube group		1
A10E	Body frame weld		1
A10F	Connecting tube group		1
A10G	Adjusting handle welding group		1
53	Locknut	M8	1
59	Spring gasket	φ 12	4
60	Flat gasket	φ 10	17
61	Flat gasket	φ 8	2
63	Flat gasket	φ 12	4
64	Spring gasket	φ 10	17
76	Hex cylinder head bolt	M10*160 half teeth	6
77	Hex cylinder head bolt	M12*25 total teeth	4
78	Hex cylinder head bolt	M10*25 total teeth	11
79	Hex cylinder head bolt	M8*25 total teeth	1

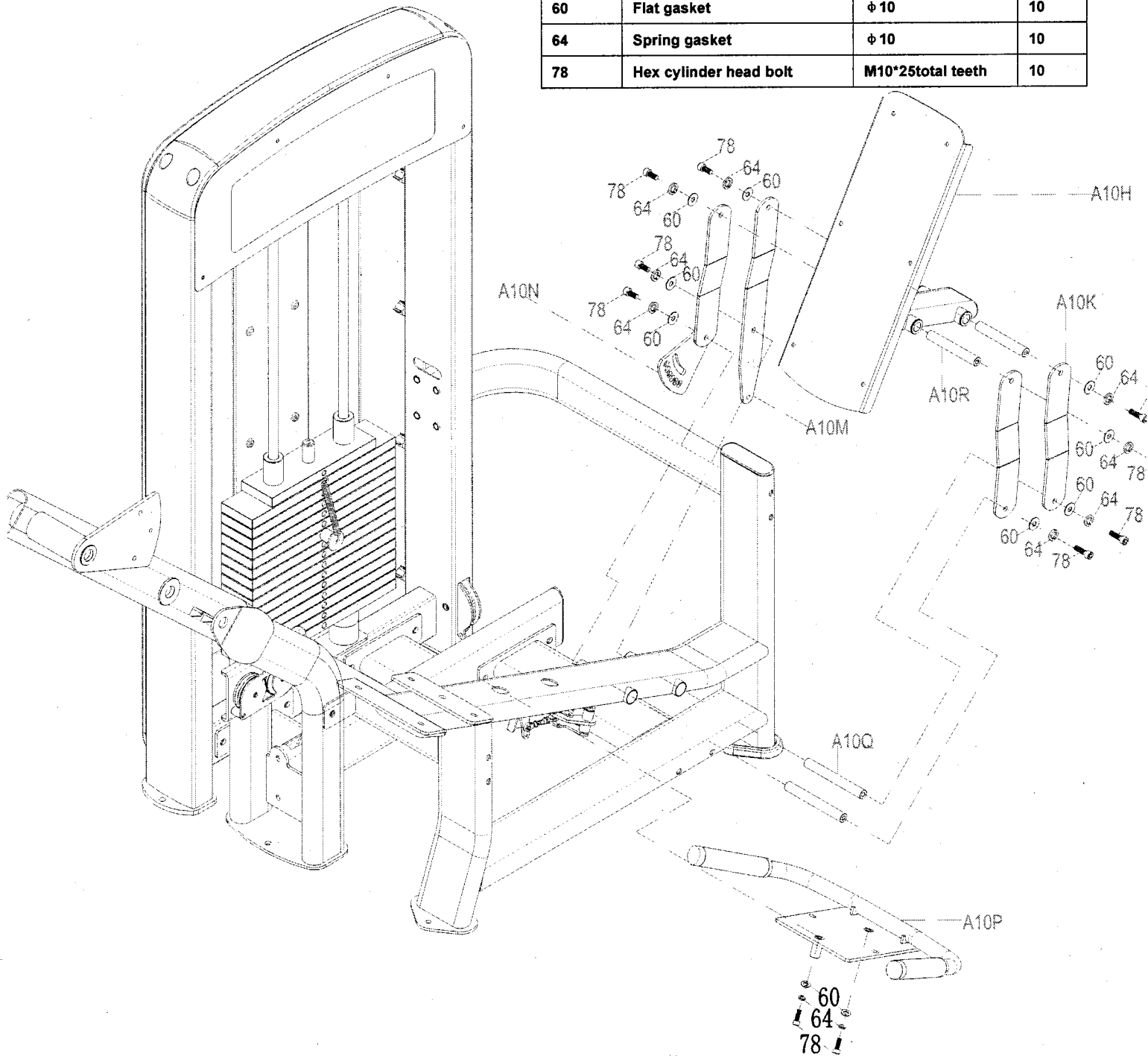


Step 2

After Installation

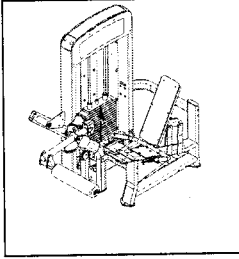


List for this step			
Model	Name	Spec	Qty
A10H	Back pad group		1
A10K	Short connecting rod		2
A10M	Long connecting rod		1
A10N	Backrest adjusting plate weld		1
A10P	Handrail connecting group		1
A10Q	Axis of rotation	φ 20*161	2
A10R	Axis of rotation	φ 20*136.5	2
60	Flat gasket	φ 10	10
64	Spring gasket	φ 10	10
78	Hex cylinder head bolt	M10*25total teeth	10

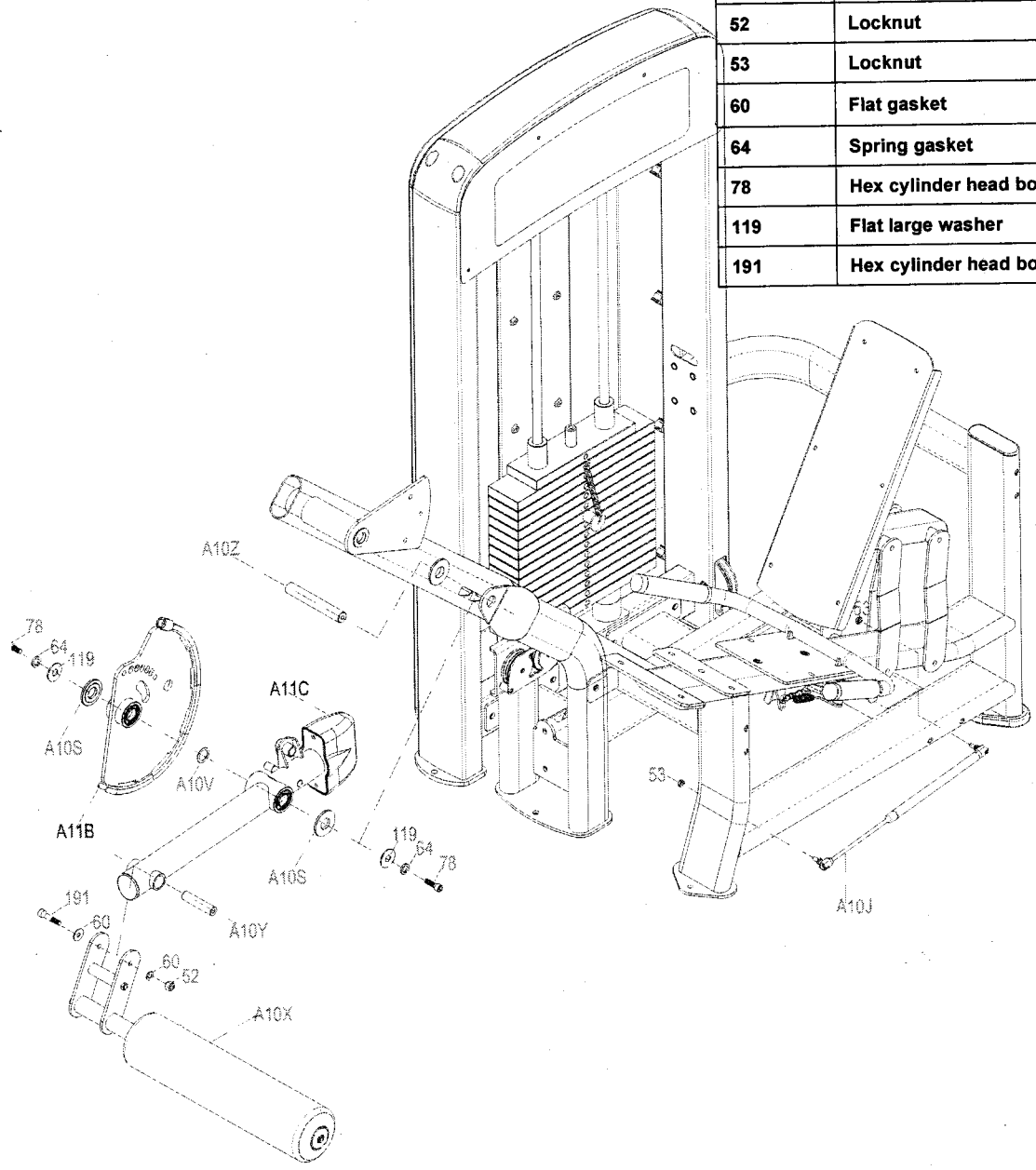


3) Step 3

After Installation

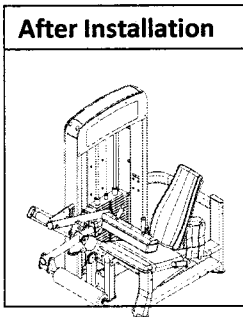


List for this step			
Model	Name	Spec	Qty
A11B	Cam group		1
A11C	Swing pipe welding group		1
A10S	Bearing cap	φ 25.5* φ 60*6	2
A10V	Interval piece	φ 25.5* φ 35*t1	1
A10X	Foam tube group		1
A10Y	Axis of rotation	φ 20*86	1
A10Z	Axis of rotation	φ 25*160	1
A10J	Gas spring		1
52	Locknut	M10	1
53	Locknut	M8	2
60	Flat gasket	φ 10	2
64	Spring gasket	φ 10	2
78	Hex cylinder head bolt	M10*25 total teeth	2
119	Flat large washer	φ 10	2
191	Hex cylinder head bolt	M10*105	1



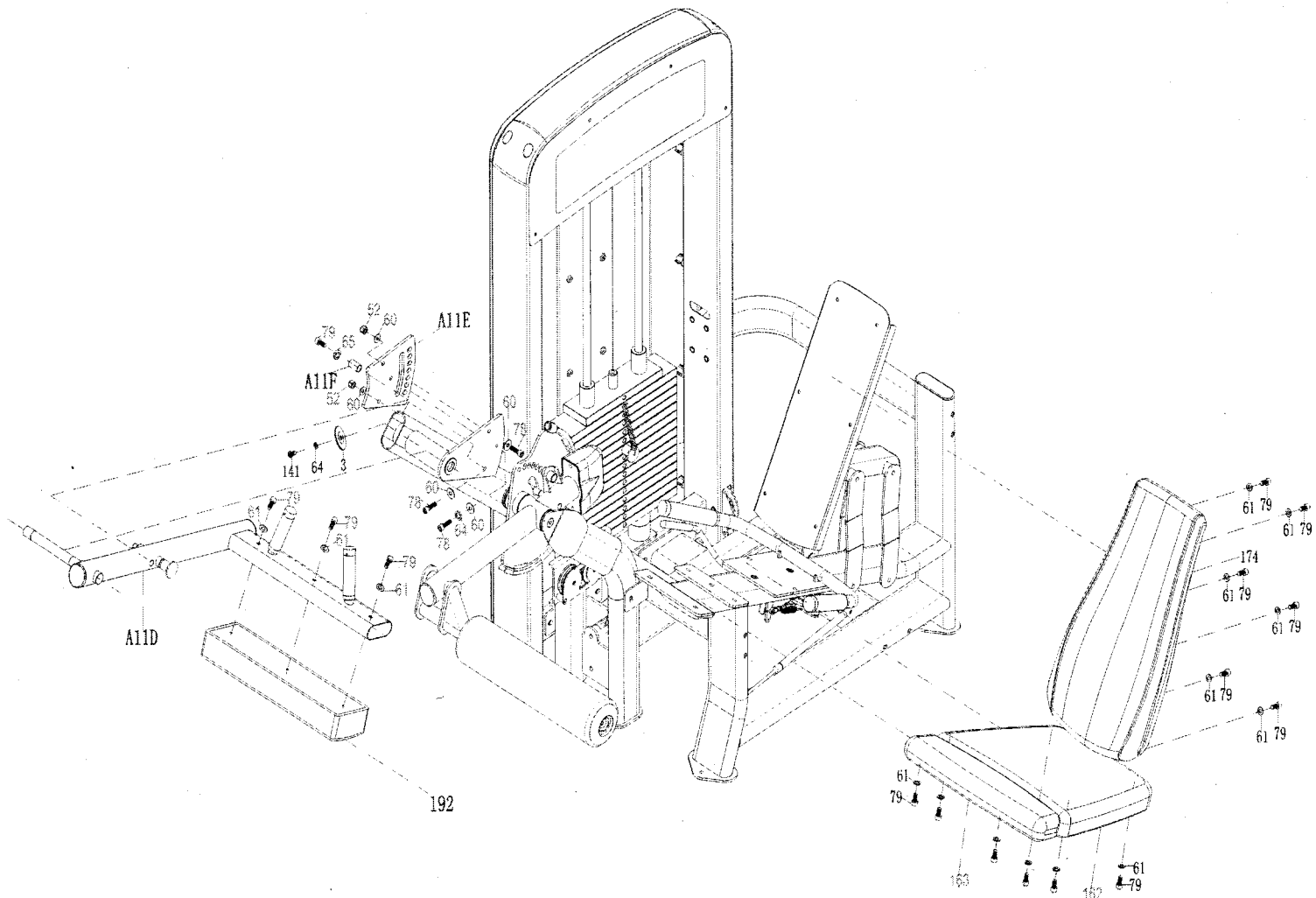
Step 4

After Installation



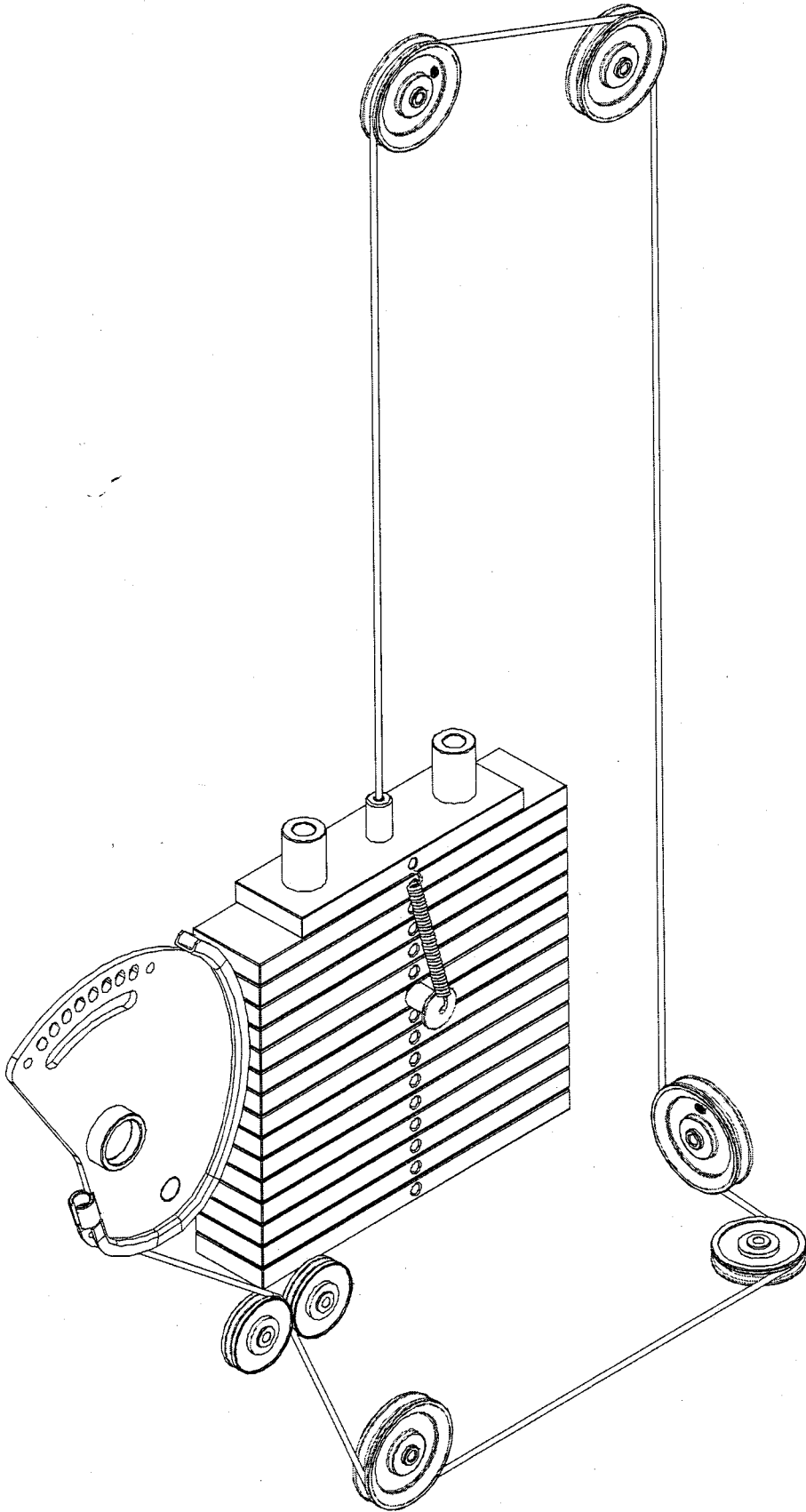
List for this step

Model	Name	Spec	Qty
A11D	Placed knee tube welding group		1
A11E	Select piece		1
A11F	Casing	φ 8.3* φ 16*22.5	1
3	Aluminum cap	φ 60* φ 10.5*8.84	1
52	Locknut	M10	2
60	Flat gasket	φ 10	5
61	Flat gasket	φ 8	15
64	Spring gasket	φ 10	2
64	Spring gasket	φ 8	1
78	Hex cylinder head bolt	M10*25 total teeth	3
79	Hex cylinder head bolt	M8*25 total teeth	16
141	Hex cup head bolt	M10*25	1
162	Cushion	455.8*520*63	1
163	Small cushion	534*135*63	1
174	Back pad	674.9*368.6*63.9	1
192	Knee pad	522*135*75	1



5) Step 5

Pulley installation diagram:



7/ 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 the safety and durability.

The equipment is designed and produced according to human engineering, strictly under GB17498.1-2008 GB17498.2-2008 standard.

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

04/Product specification

Name	Seated Leg Curl	Model	MDE-11
Assembly area	1668*1127*1626	Weight stack	200 pounds
NW	kg	Grade	S
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.
3. If weighted spare parts abrasion or broken, please change it at once.

06/Troubleshooting guides

07/Warranty

1. Warranty scope

It adopts to the situation that users use the equipment properly. Non-negotiable.

2. Warranty 1 year starts from the equipment leaving our factory

The followings are inapplicable for the warranty

- (1) Misuse the equipment, accidents or modify without notification
- (2) Breakdown of those who improperly adjust the weight stack pin.
- (3) Breakdown of those who improperly maintain.
- (4) Breakdown of other improper operations.