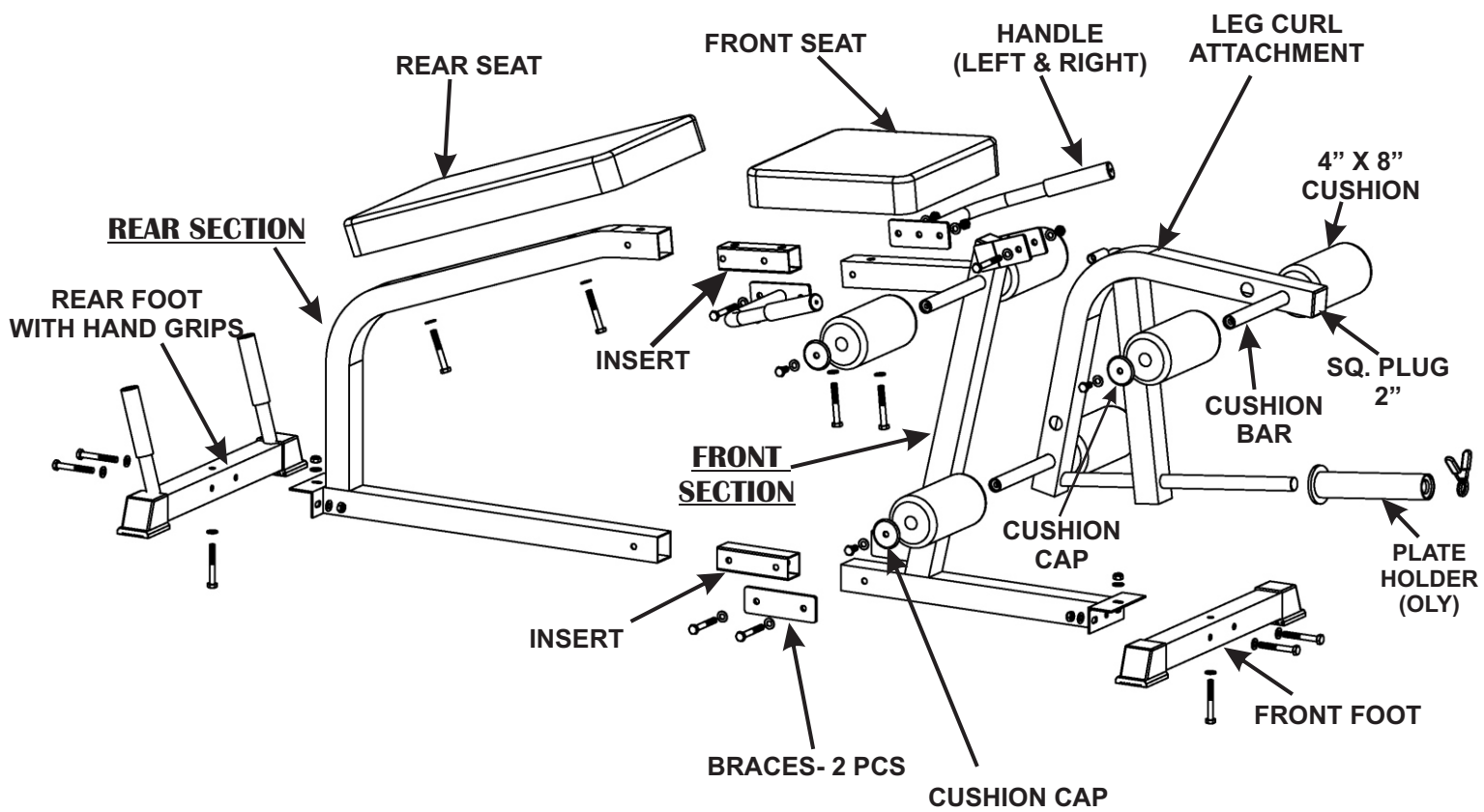


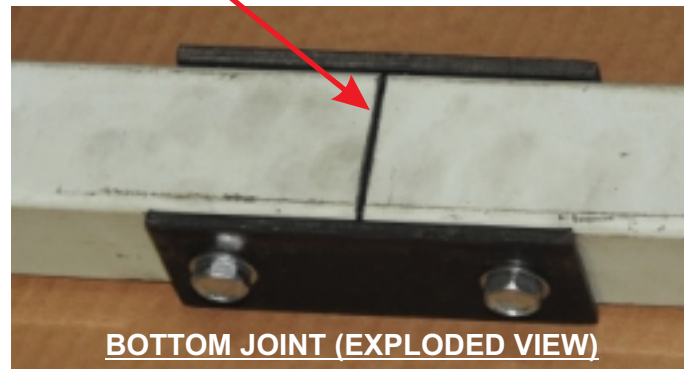
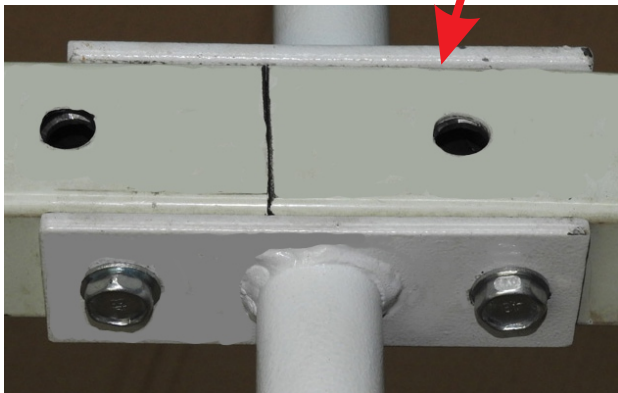
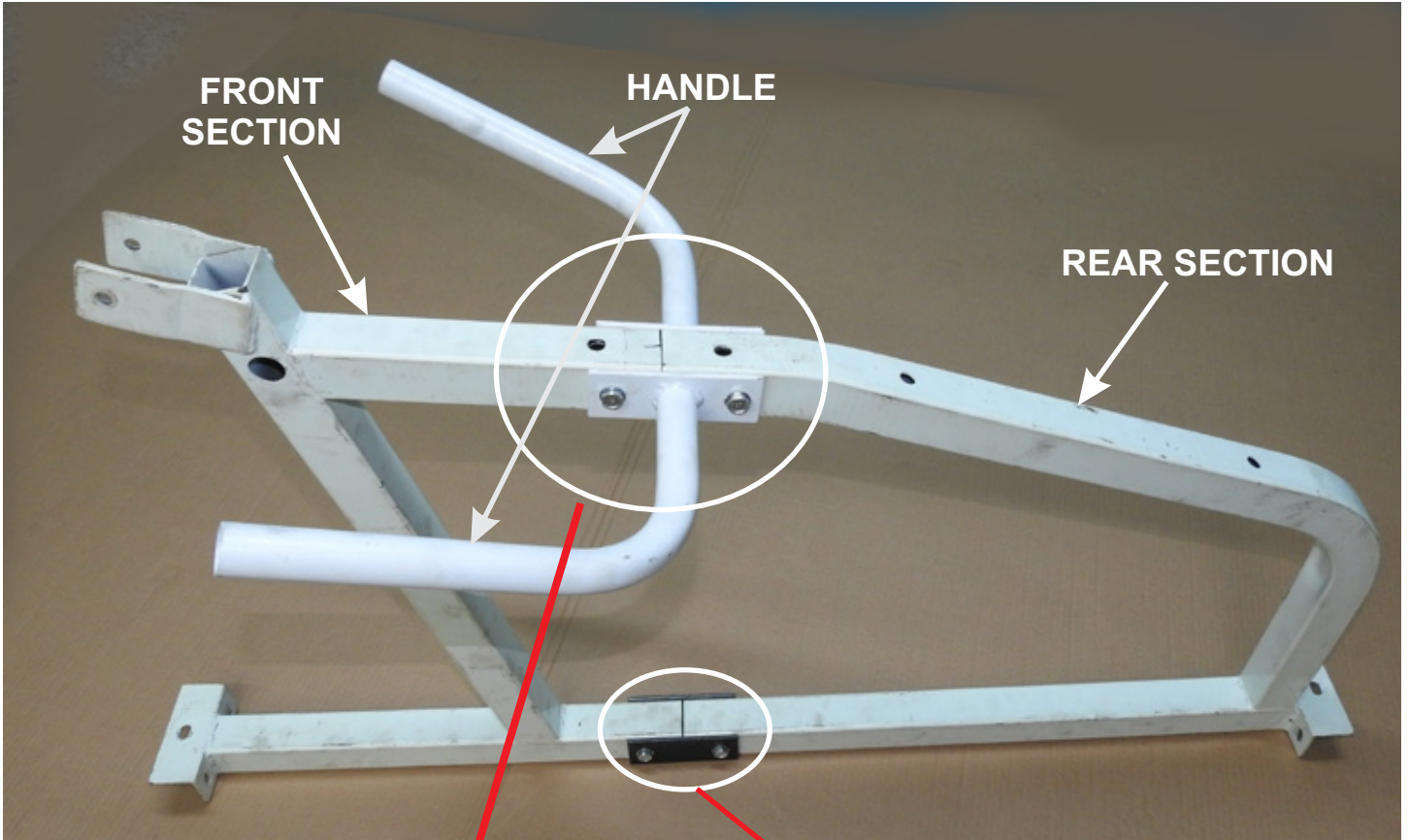
# (C-9195KD) LEG CURL EXTENSION

## ASSEMBLY INSTRUCTIONS



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## **(C-9195KD) LEG CURL EXTENSION** **ASSEMBLY INSTRUCTIONS**

THIS UNIT IS BULKY, HENCE TWO PEOPLE ARE REQUIRED TO ASSEMBLE THE UNIT.  
TOOLS REQUIRED: (1) 17mm and (1) 9/16" WRENCHES. DO NOT TIGHTEN HARDWARE  
(HAND TIGHT ONLY) UNTIL INSTRUCTED.

ATTACHING (1) FRONT SECTION TO (1) REAR SECTION: FOR BOTTOM JOINT: PLACE (1) INSERT INSIDE 2" SQ. TUBES, (2) BRACES OUTSIDE AS SHOWN WITH (2) 3/8" X 3" BOLTS, (4) 3/8" FLAT WASHERS AND (2) 3/8" LOCK NUTS. FOR TOP JOINT: PLACE (1) INSERT INSIDE 2" SQ. TUBES, (2) HANDLES OUTSIDE AS SHOWN WITH **(1) 3/8" X 3-1/4" BOLT** and **(1) 3/8" X 3" BOLT**, (4) 3/8" FLAT WASHERS AND (2) 3/8" LOCK NUTS.

ATTACH (1) REAR FOOT TO REAR SECTION AND (1) FRONT FOOT TO FRONT SECTION WITH (6) 3/8" X 3" BOLTS, (12) 3/8" FLAT WASHERS AND (6) 3/8" LOCK NUTS.  
NOTE: ATTACH OUTSIDE (4) CAPS TO FRONT & REAR FOOT IF NOT ALREADY ATTACHED.

ATTACH FRONT AND REAR SEATS TO THE MAIN FRAME WITH (4) 3/8" X 3" BOLTS AND (4) 3/8" FLAT WASHERS.

**ATTACH LEG CURL ATTACHMENT TO THE MAIN FRAME WITH (1) 3/8" X 3" BOLT, (2) 3/8" FLAT WASHERS AND (1) 3/8" LOCK NUT.**  
*(using longer bolt can scratch your thigh)*

INSERT (1) CUSHION BAR THROUGH MAIN FRAME, PUSH (2) ROUND CUSHIONS ON TO CUSHION BAR AND SECURE WITH (2) 3/8" X 1" BOLTS AND (2) 3/8" LARGE WASHERS. INSERT (2) TOP & BOTTOM CUSHION BARS INTO LEG CURL. PUSH (4) CUSHIONS ON TO CUSHION BARS, THEN SECURE WITH (4) 3/8" X 1" BOLTS AND (4) 3/8" LARGE WASHERS.

CHECK THE UNIT ON A LEVEL SURFACE TO MAKE SURE THE UNIT IS LEVEL, CENTER THE SEATS AND LEG CURL ATTACHMENT. THEN TIGHTEN ALL BOLTS AND NUTS.  
IMPORTANT: PLACE SMALL WEIGHTS ON PLATE HOLDER TO START.

### **HARDWARE:**

- (15) 3/8" X 3" BOLTS
- (6) 3/8" X 1" BOLTS
- (36) 3/8" FLAT WASHERS
- (11) 3/8" LOCK NUTS
- (6) LARGE WASHERS (for cushions)
- (6) CUSHIONS
- (4) 2" OUTSIDE FEET
- (4) 2" INSIDE PLUGS (PRE-INSTALLED)
- (1) 3/8" X 3-1/4" BOLT