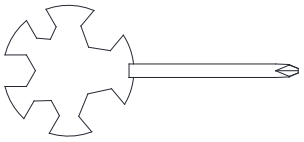
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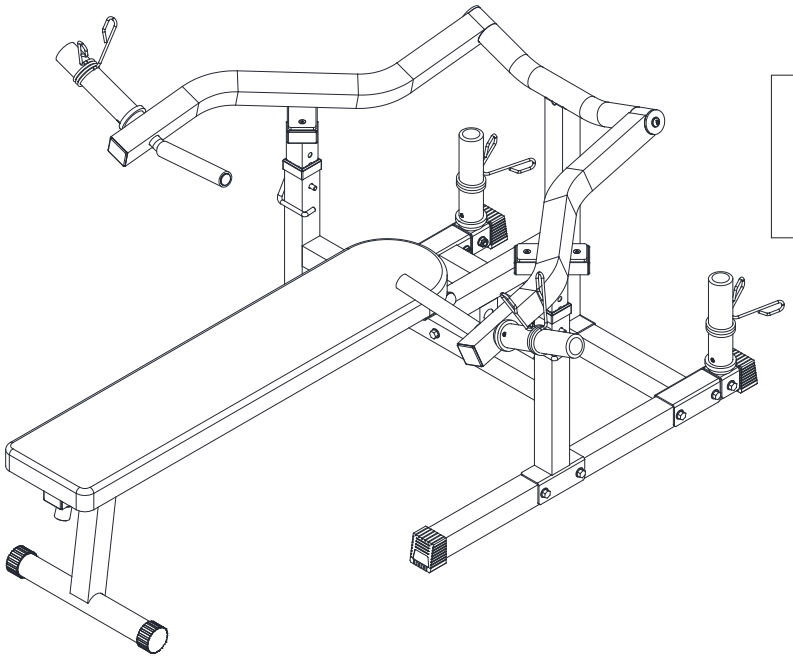
ASSEMBLY INSTRUCTIONS

FL-V1



2x NOT INCLUDED

NOTE:DO NOT FULLY TIGHTEN HARDWARE UNTIL FINAL STEP



LEG EXTENSION AND CURL MACHINE

MEET ANY QUESTION ASSEMBLING OR PRODUCT?

EMAIL US FOR CUSTOMER SERVICE

syedee1997@163.com

www.syedeegym.com

Read all precautions and instructions in this manual before using this equipment

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ASSEMBLY CAUTION

Make Things Easier for Yourself
Everything in this manual is designed to ensure that the machine can be assembled suc-cessfully by anyone.However, it is important to realize that the versatile weight system has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

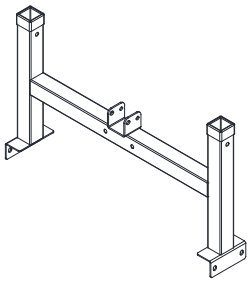
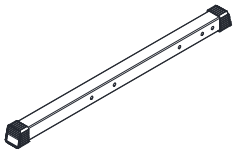
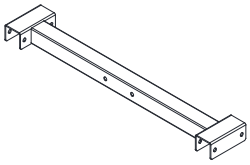
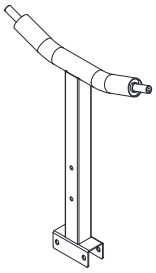
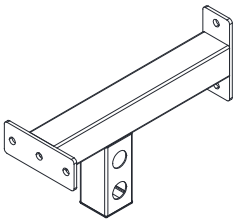
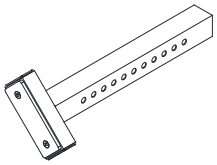
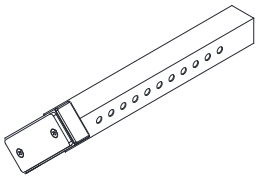
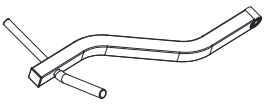
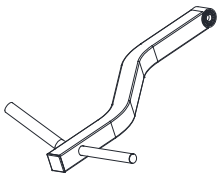
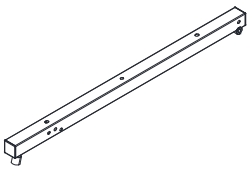
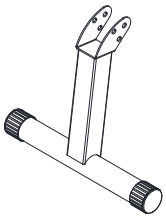
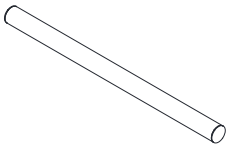
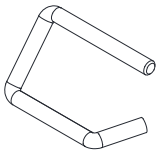
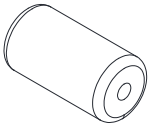
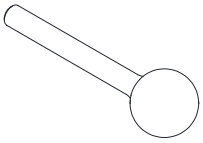
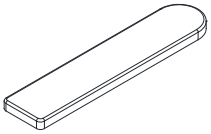
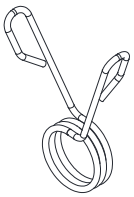
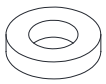
- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.
- ***For help identifying small parts, refer to the PART IDENTIFICATION CHART on page 5.***

The following tools (not included) are required for assembly:

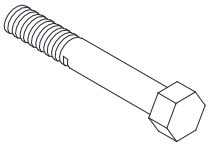
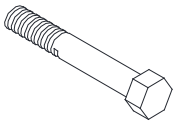
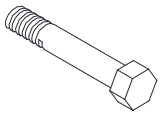
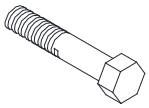
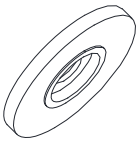
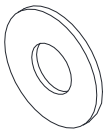
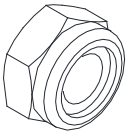
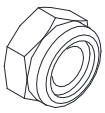
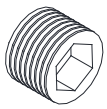
- Two adjustable wrenches 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 
- Lubricant,such as grease or petroleum jelly,and soapy water.

Assembly will be more convenient if you have asocket set, a set of open-end or closed-endwrenches, or a set of ratchet wrenches.

PART LIST

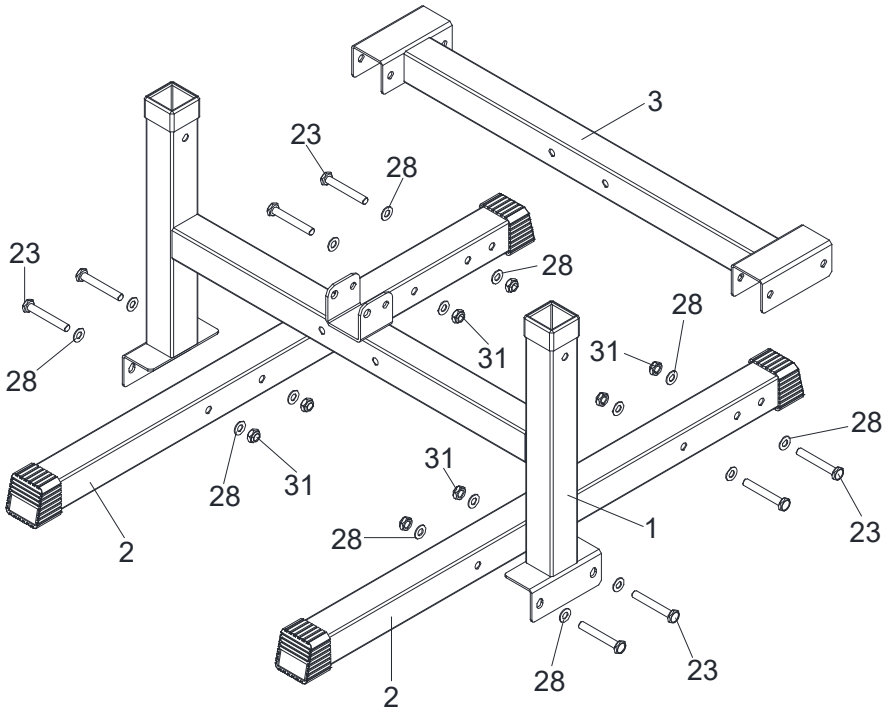
1  Main Frame 1PC	2  Base Frame 2PCS	3  Rear Connection Tube 1PC	4  Rear Support Frame 1PC	5  Leg Extension Frame 1PC
6  Right Adjust Frame 1PC	7  Left Connect Frame 1PC	8  Right Press Arm 1PC	9  Left Press Arm 1PC	10  Seat Frame 1PC
11  Front Support Frame 1PC	12  Foam Tube 1PC	13  Weight Plate Tube 2PCS	14  Safety Hook 2PCS	15  OB Tube 4PCS
16  Leg Foam Roller 2PCS	17  Insert Pin 2PCS	18  Cushion 1PC	19  Spring Collar 4PCS	20  Rubber Cushion 4PCS

HARDWARE LIST

21  M12X80mm Hex Bolt 1PC	22  M10X75mm Hex Bolt 1PC	23  M10X70mm Hex Bolt 16PCS	24  M10X20mm Bolt 2PCS
25  M8X65mm Hex Bolt 3PCS	26  ¢50X¢11 Washer 2PCS	27  M12 Washer 2PCS	28  M10 Washer 36PCS
29  M8 Washer 3PCS	30  M12 Nylon Nut 1PC	31  M10 Nylon Nut 17PCS	32  Screw M8X10mm 4PCS

STEP 1:

NO.	PART NAME	SPECIFICATION	NUMBER
1	Main Frame		1
2	Base Frame		2
3	Rear Connection Tube		1
23	Hex Bolt	M10X70mm	8
28	Washer	M10	16
31	Nylon Nut	M10	8

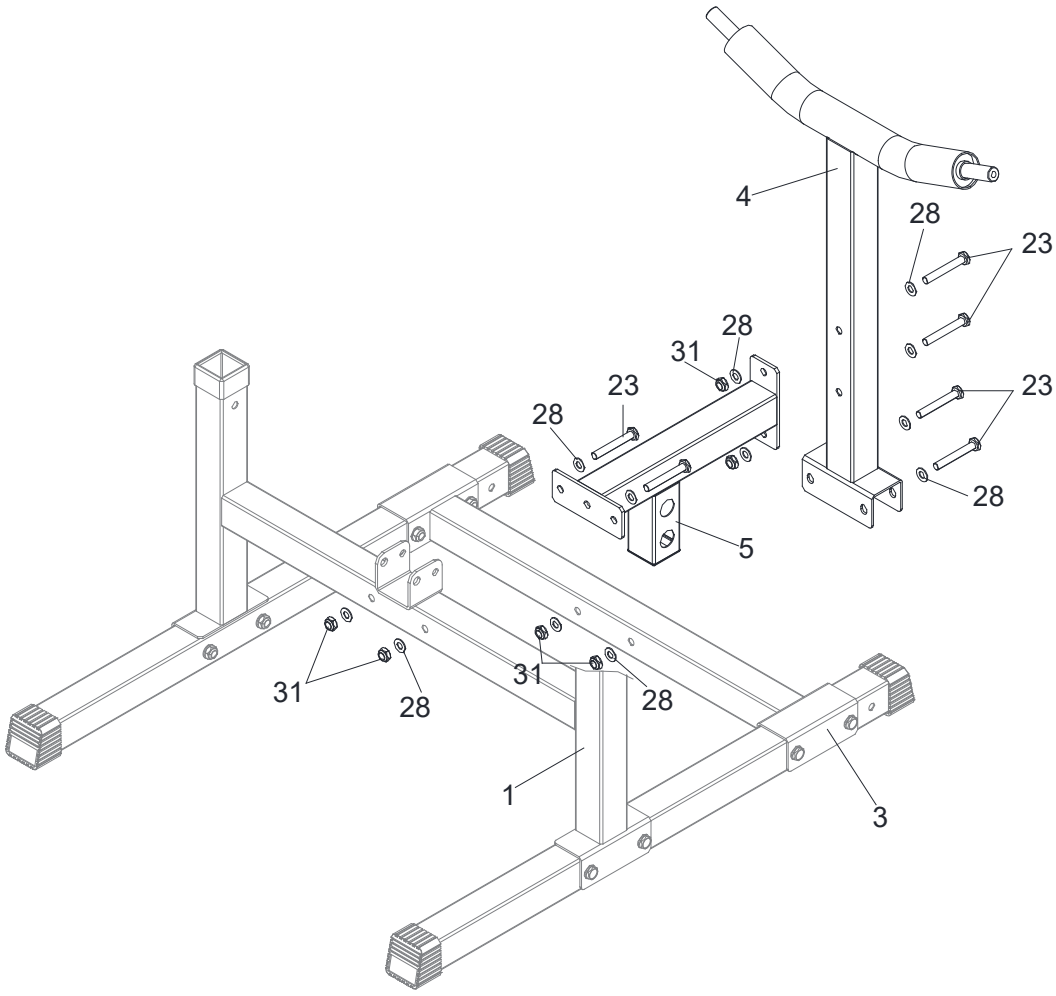


STEP 1:

1. Attach the Main Frame (1) to the two Base Frames (2), using four M10X70mm Hex Bolts (23), eight M10 Washers (28) and four M10 Nylon Nuts (31).
2. Attach the Rear Connection Tube (3) to the two Base Frames (2), using four M10X70mm Bolts (23), eight M10 Washers (28) and four M10 Nylon Nuts (31).

STEP 2:

NO.	PART NAME	SPECIFICATION	NUMBER
4	Rear Support Frame		1
5	Leg Extension Frame		1
23	Hex Bolt	M10X70mm	6
28	Washer	M10	12
31	Nylon Nut	M10	6

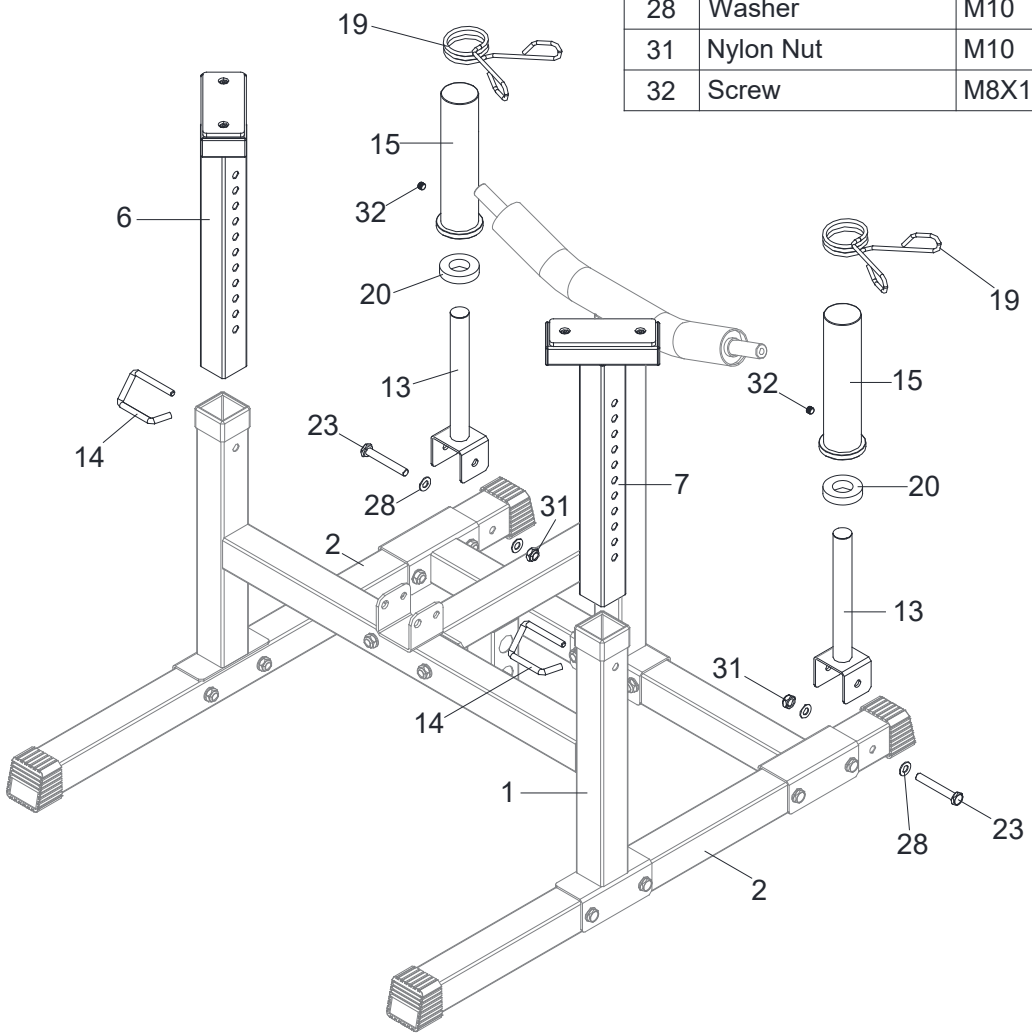


STEP 2:

1. Attach the Leg Extension Frame (5) to the Main Frame (1), using two M10X70mm Hex Bolts (23), four M10 Washers (28) and two M10 Nylon Nuts (31).
2. Attach the Rear Support Frame (4) to the Rear Connection Tube (3) and Leg Extension Frame (5), using four M10X70mm Hex Bolts (23), eight M10 Washers (28) and four M10 Nylon Nuts (31).

STEP 3:

NO.	PART NAME	SPECIFICATION	NUMBER
6	Connect Frame	Right	1
7	Connect Frame	Left	1
13	Weight Plate Tube		2
14	Safety Hook		2
15	OB Tube		2
19	Spring Collar		2
20	Rubber Cushion		2
23	Hex Bolt	M10X70mm	2
28	Washer	M10	4
31	Nylon Nut	M10	2
32	Screw	M8X10mm	2

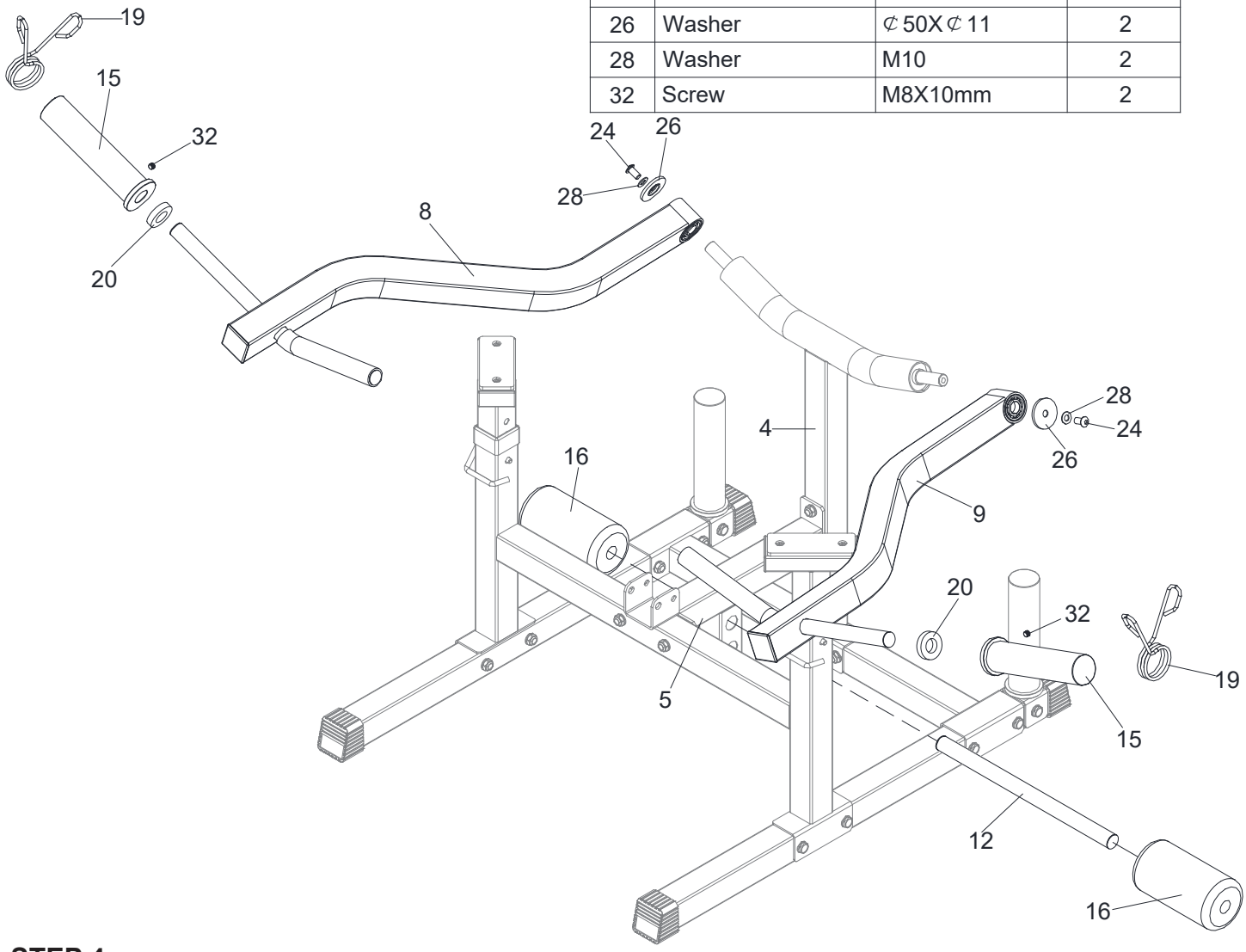


STEP 3:

1. Insert the two Adjust Frames (Right & Left) (6&7) into the Main Frame (1), using two Insert Pin (14).
2. Attach the two Weight Plate Tubes (13) to the Base Frame (2), using two M10X70mm Hex Bolts (23), four M10 Washers (28) and two M10 Nylon Nuts (31).
3. Slide two Rubber Cushions (20) onto two Weight Plate Tubes (13).
4. Insert the two OB Tubes (15) into the two Weight Plate Tubes (13), using two Screws M8X10mm (32).
5. Slide two Spring Collars (19) onto two OB Tubes (15).

STEP 4:

NO.	PART NAME	SPECIFICATION	NUMBER
8	Press Arm	Right	1
9	Press Arm	Left	1
12	Foam Tube		1
15	OB Tube		2
16	Leg Foam Roller		2
19	Spring Collar		2
20	Rubber Cushion		2
24	Bolt	M10X20mm	2
26	Washer	℄50X℄11	2
28	Washer	M10	2
32	Screw	M8X10mm	2

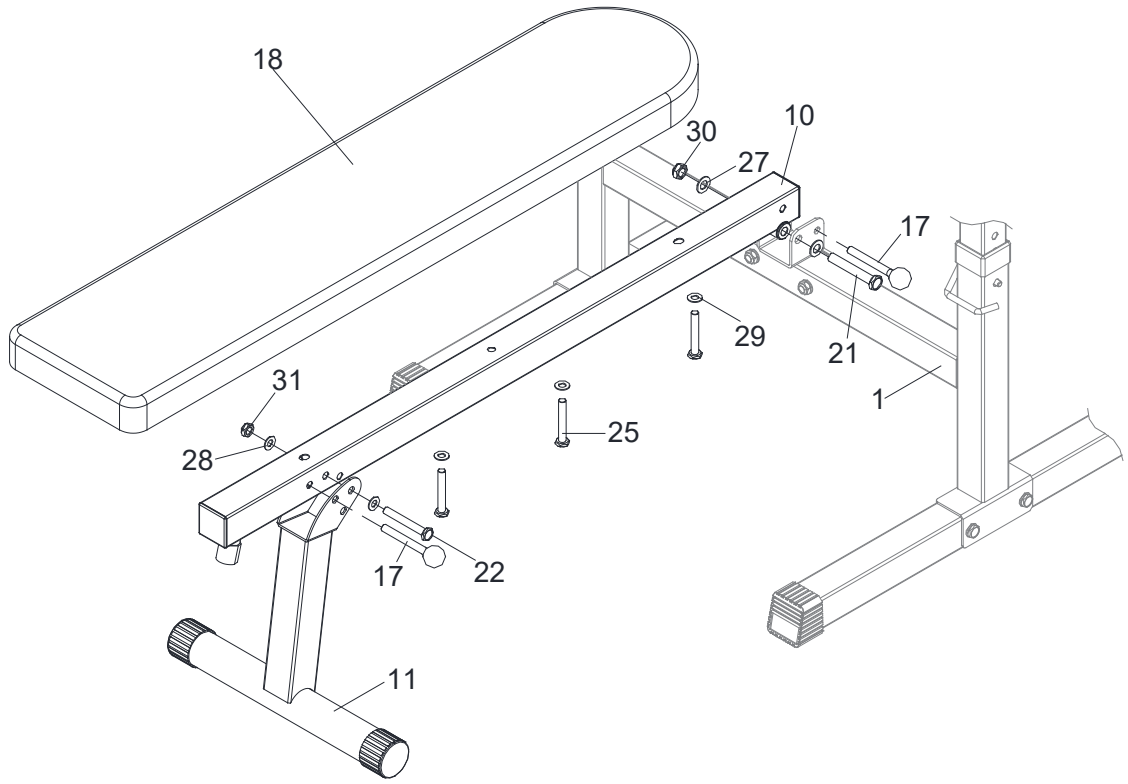


STEP 4:

1. Attach the Press Arm (Right & Left) (8&9) to the Rear Support Frame (4), using two M10X20mm Bolts (24), two M10 Washers (28) and two ℄50X℄11 Washers (26).
2. Slide two Rubber Cushions (20) onto Press Arm (Right & Left) (8&9).
3. Insert the two OB Tubes (15) into the Press Arm (Right & Left) (8&9), using two Screws M8X10mm (32).
4. Slide two Spring Collars (19) onto two OB Tubes (15).
5. Insert the Foam Tube (12) into the Leg Extension Frame (5).
6. Slide two Leg Foam Rollers (16) onto Foam Tube (12).

STEP 5:

NO.	PART NAME	SPECIFICATION	NUMBER
10	Seat Frame		1
11	Front Support Frame		1
17	Insert Pin		2
18	Cushion		1
21	Hex Bolt	M12X80mm	1
22	Hex Bolt	M10X75mm	1
25	Hex Bolt	M8X65mm	3
27	Washer	M12	2
28	Washer	M10	2
29	Washer	M8	3
30	Nylon Nut	M12	1
31	Nylon Nut	M10	1



STEP 5:

1. Attach the Seat Frame (10) to the Main Frame (1), using one M12X80mm Hex Bolts (21), two M12 Washers (27) and one M12 Nylon Nut (30).
2. Attach the Front Support Frame (11) to the Seat Frame (10), using one M10X75mm Hex Bolt (22), two M10 Washers (28) and one M10 Nylon Nut (31).
3. Insert the two Insert Pins (17) into the Seat Frame (10) and Front Support Frame (11).
4. Attach the Cushion (18) to the Seat Frame (10), using three M8X65mm Hex Bolts (25) and three M8 Washers (29).

STEP 6:

