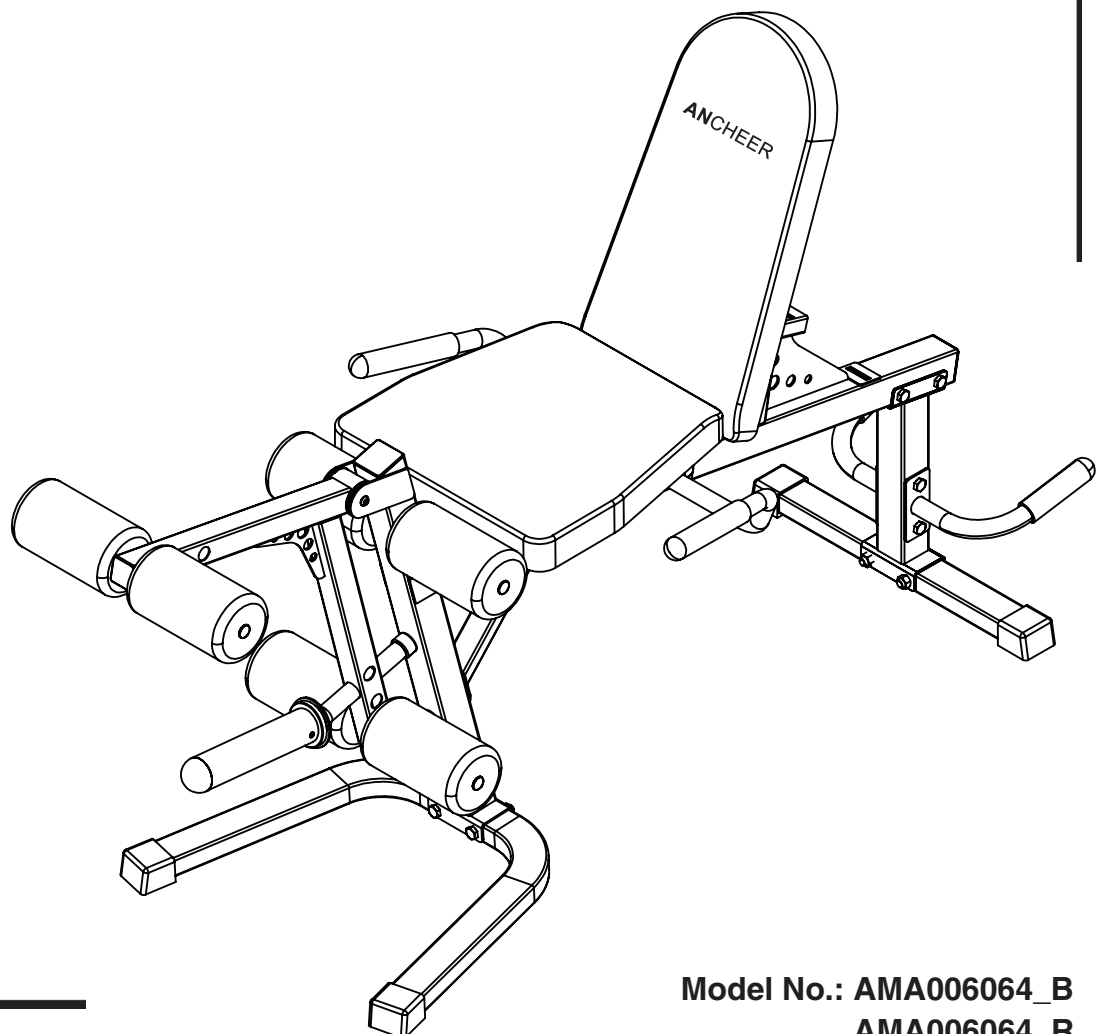


Leg Extension and Curl Machine

USER'S MANUAL



Model No.: AMA006064_B
AMA006064_R

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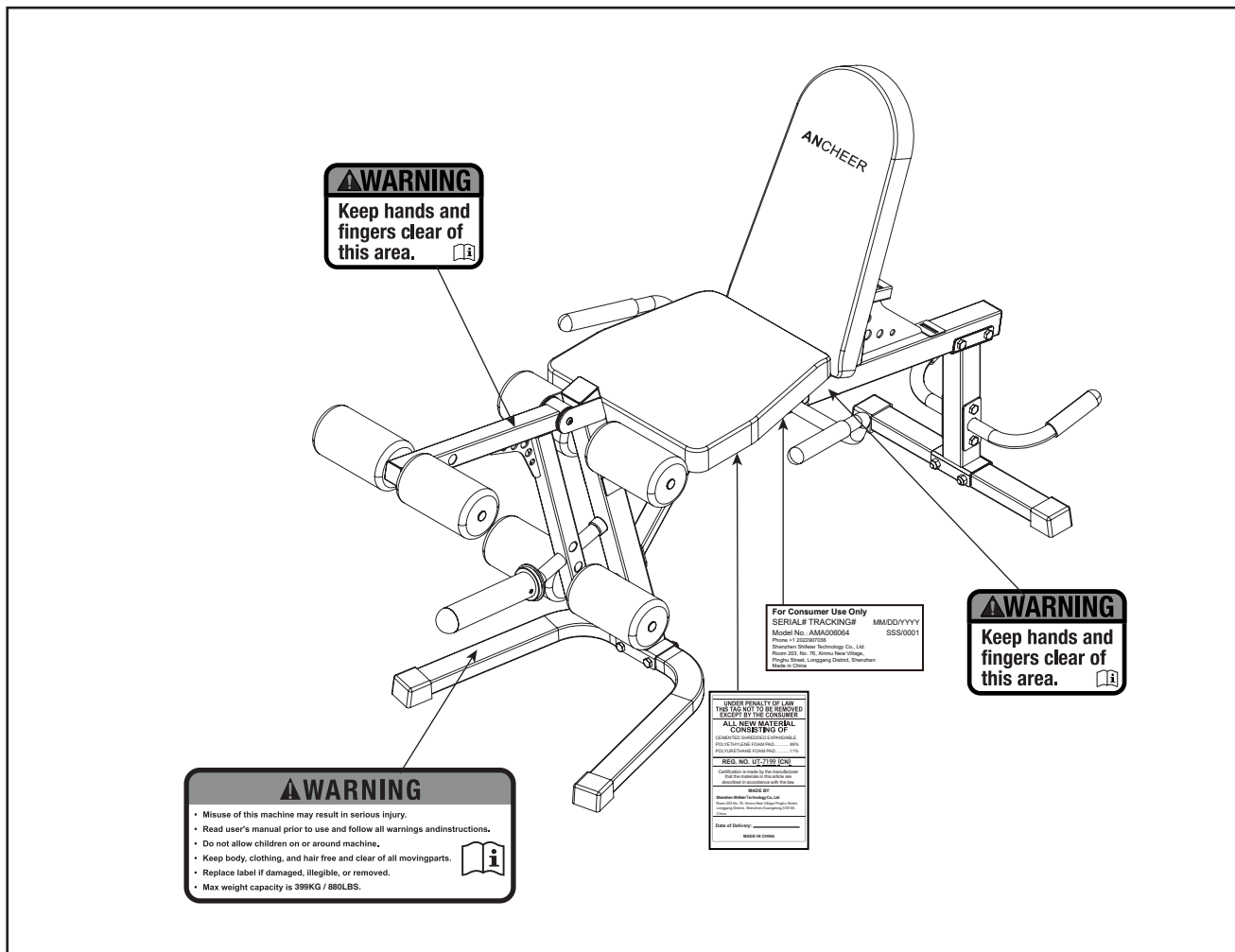
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WARNING DECAL PLACEMENT



BEFORE ASSEMBLING AND USING

To reduce the risk of injury, read and follow all of the warnings, precautions, and instructions in this manual before you use the Leg Extension and Curl Machine warnings and instructions for care, maintenance, and use of this equipment are included to promote safe enjoyable use of this equipment.

IMPORTANT PRECAUTIONS

WARNING

- It is the responsibility of the owner to ensure that all users of the Leg Extension and Curl Machine are adequately informed of all precautions.
- Always consult a physician before beginning any exercise program. This is especially important if you are over 35 or have experienced health problems before.
- This product is intended for domestic use only. Do not use the product in a commercial, rental or institutional setting.
- Keep body and clothing free from and clear of all moving parts.
- Always wear sports shoes for foot protection while using the Leg Extension and Curl Machine.
- The equipment must be placed on a flat, stable surface.
- Keep children and pets away from the Leg Extension and Curl Machine at all times. Teenagers must be supervised.
- Inspect and properly tighten all parts each time the Leg Extension and Curl Machine is used. Replace any worn parts immediately.
- Over exercising may result in serious injury or death. If you experience dizziness, nausea, chest pain or any other abnormal symptoms, immediately stop your workout and see your doctor.
- Always use locking pins to secure parts in desired positions.

ADULT ASSEMBLY REQUIRED

READ THIS BEFORE YOU BEGIN

- It is recommended to assemble the product by two adults.
- Because of its weight and size, the Leg Extension and Curl Machine should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the Leg Extension and Curl Machine as you assemble it.
- Use gloves to protect your hands from pinch points during assembly.
- We've provided two wrenches to help with assembly, but you're more than welcome to use your own tools. Assembly may be easier if you have a set of wrenches.

- one Phillips screwdriver

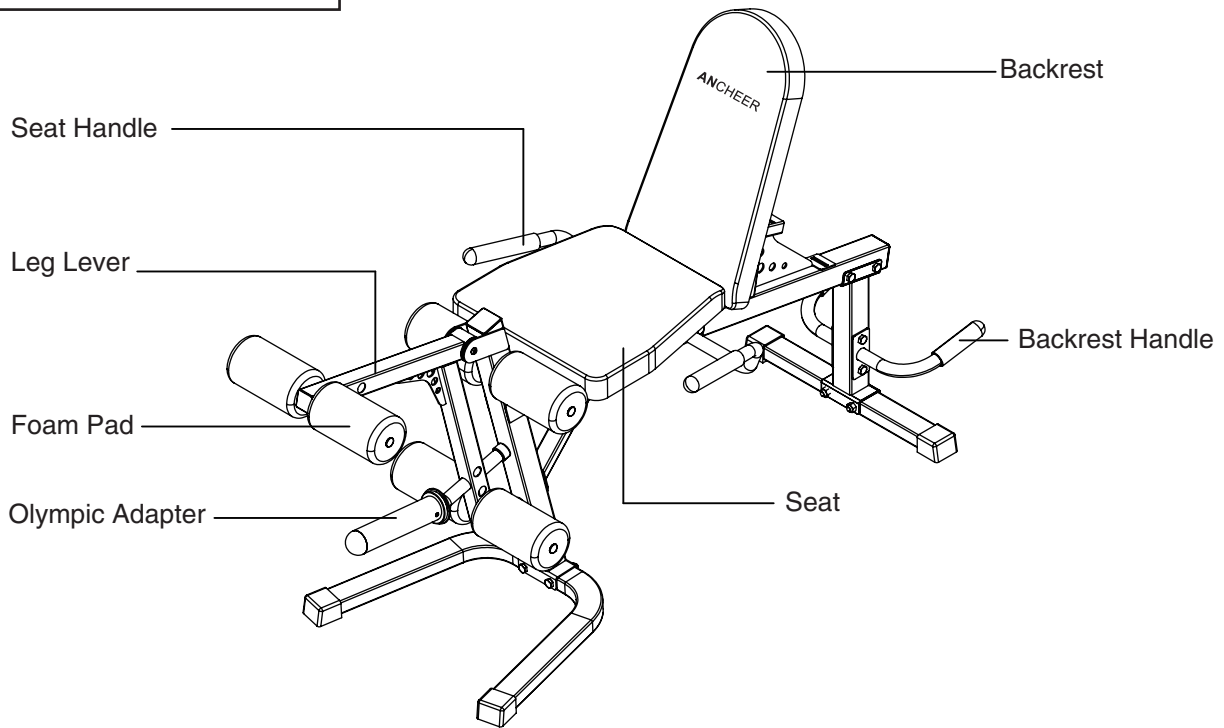


- two adjustable wrenches



BEFORE YOU BEGIN

Length: 166cm / 65.3inch
Width: 62cm / 24.4inch
Height: 105cm / 41.3inch

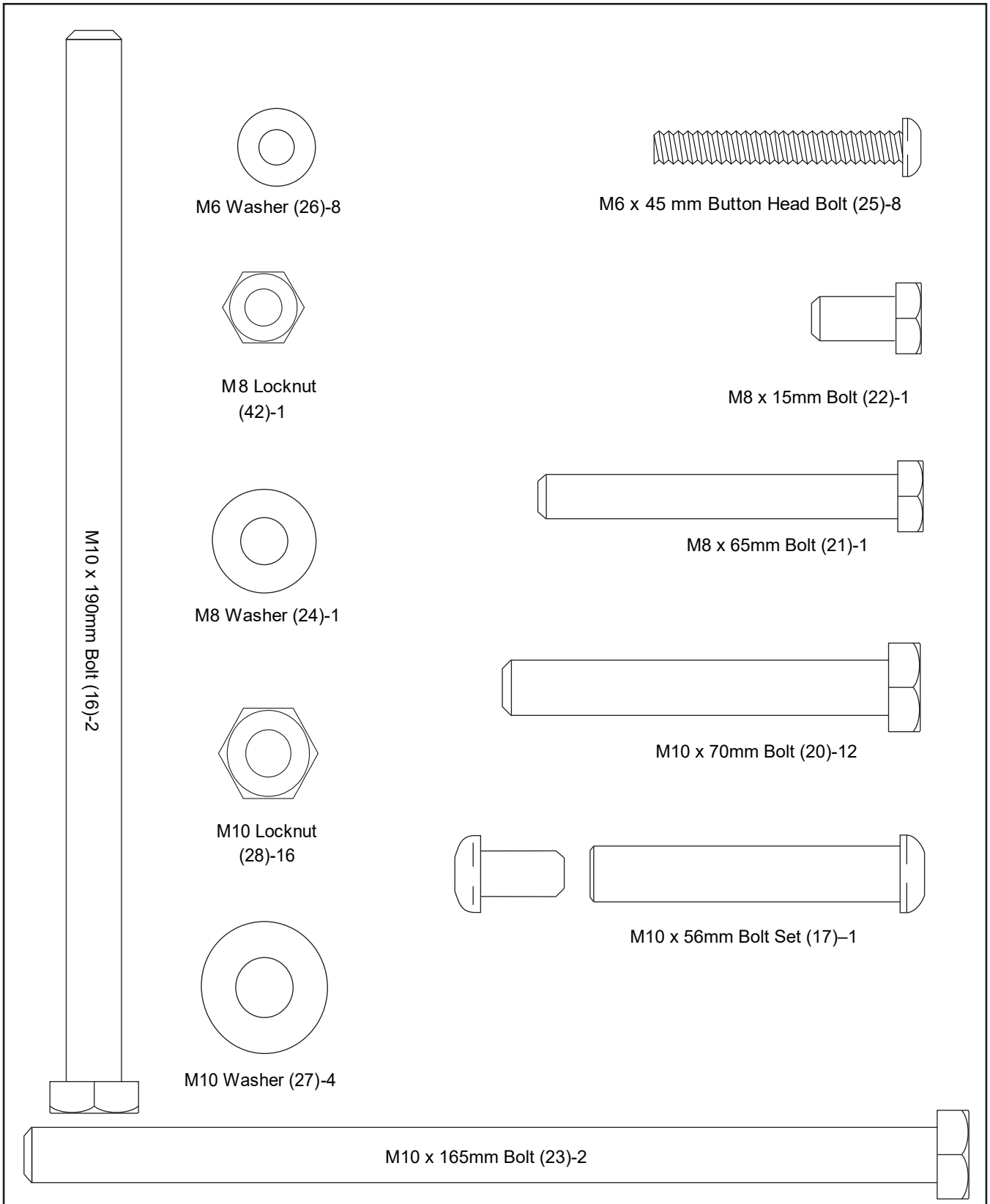


NOTICE

- Please retain these instructions for future reference.
- Please do not exceed the weight limitations of this item.
- The Leg Extension and Curl Machine has Max weight capacity is 399KG/880LBS.
- Do not stand on or use any part of this item as a step ladder.
- Firmly secure all bolts, screws, and knobs before use.
- Fasten screws loosely during initial assembly, Do not firmly tighten the screws until the item is completely assembled.
- Be aware that some parts are heavy and have sharp edges.
- If any parts are missing, broken, damaged, or worn, stop using this product until repairs are made and/or factory replacement parts are installed.
- Do not use this item in a way inconsistent with the manufacturer's instructions as this could void the product warranty.

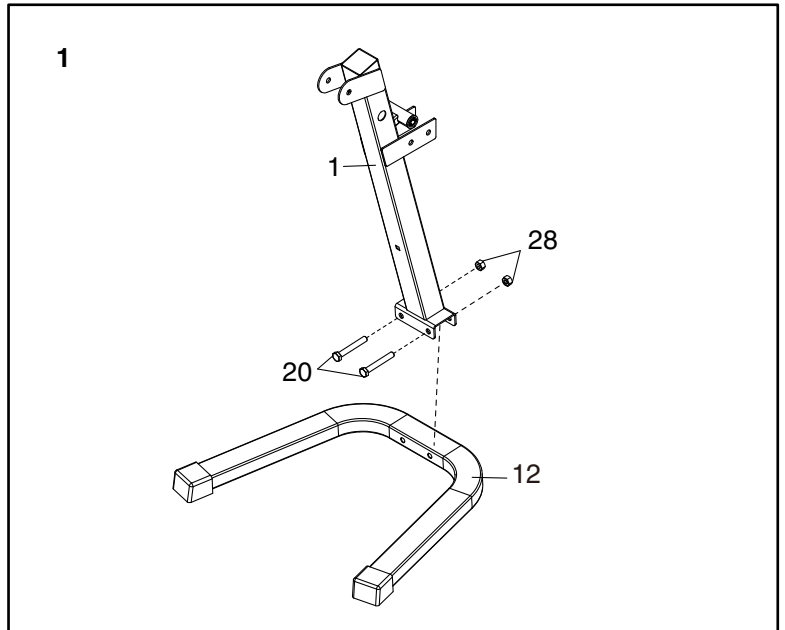
PART IDENTIFICATION CHART

Use the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **IMPORTANT: If you cannot find a part in the hardware kit, check to see whether it has been preassembled. Extra hardware may be included.**

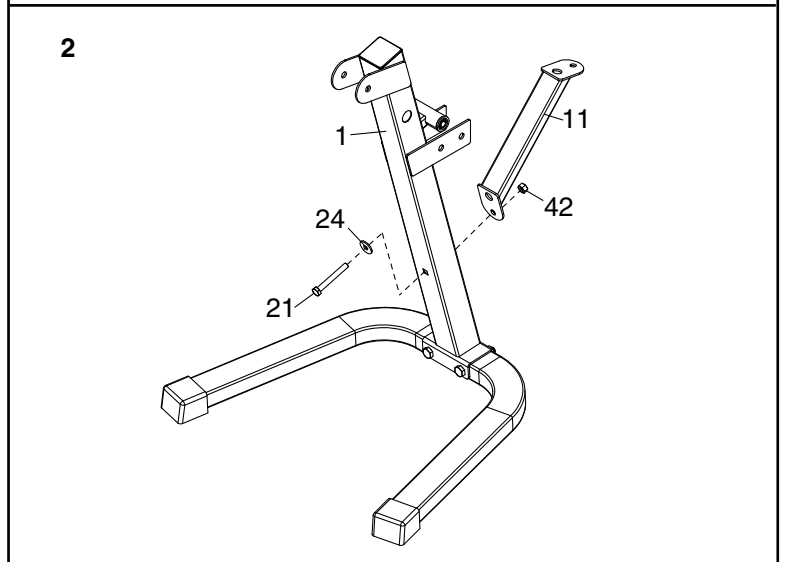


ASSEMBLY

1. Attach the Front Leg (1) to the Front Base (12) with two M10 x 70mm Bolts (20) and two M10 Locknuts (28); **do not tighten the Locknuts yet.**

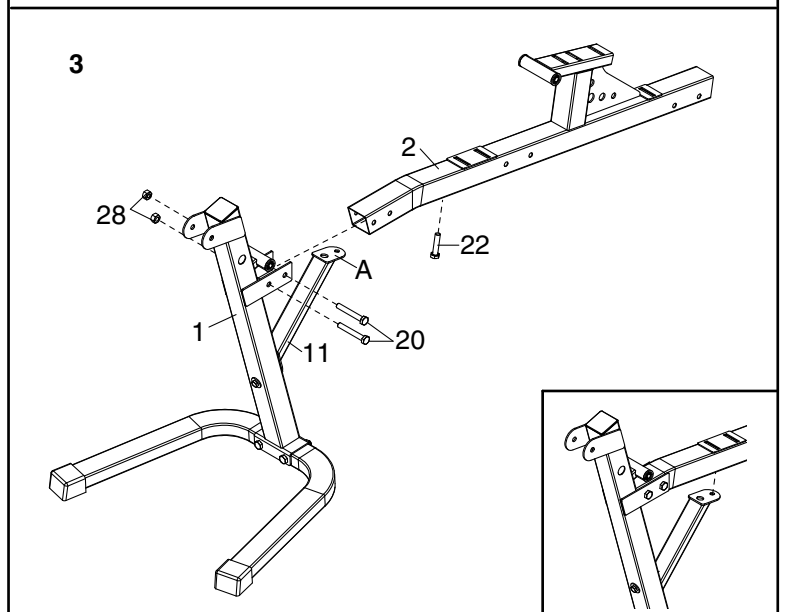


2. Attach the Stabilizer (11) to the Front Leg (1) with one M8 x 65mm Bolt (21), one M8 Washer (24) and an M8 Locknut (42); **do not tighten the Locknuts yet.**



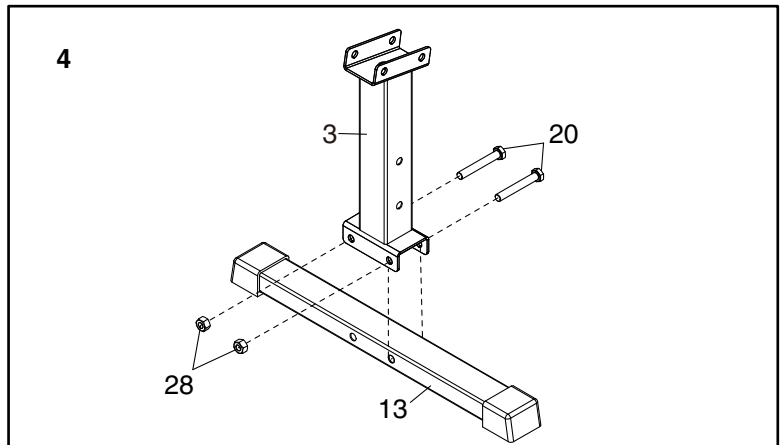
3. Attach the Frame (2) to the top of the indicated bracket (A) on the Stabilizer (11) with an M8 x 15mm Bolt (22); **do not tighten the Bolt yet.**

Attach the Frame (2) to the Front Leg (1) with two M10 x 70mm Bolts (20) and two M10 Locknuts (28); **do not tighten the Locknuts yet.**



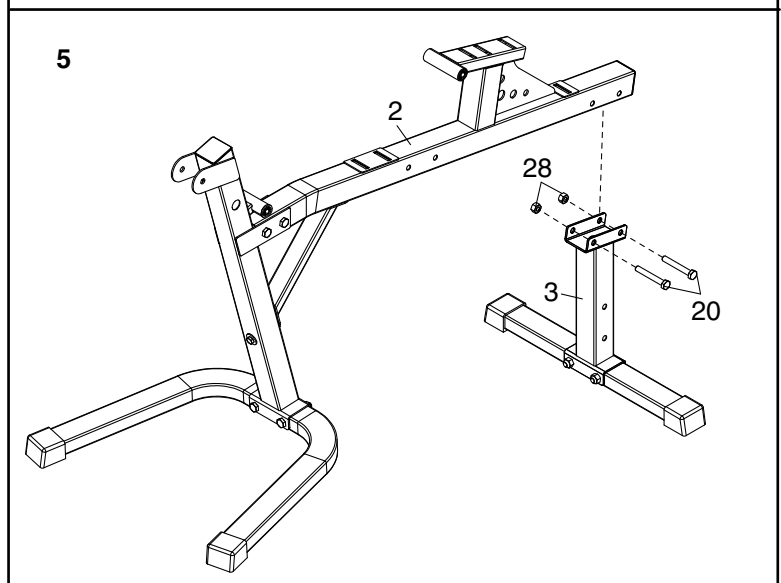
ASSEMBLY

4. Attach the Rear Leg (3) to the Rear Base (13) with two M10 x 70 mm Bolts (20) and two M10 Locknuts (28). **Do not tighten the bolts yet.**



5. Attach the Frame (2) to the Rear Leg (3) with two M10 x 70 mm Bolts (20) and two M10 Locknuts (28).

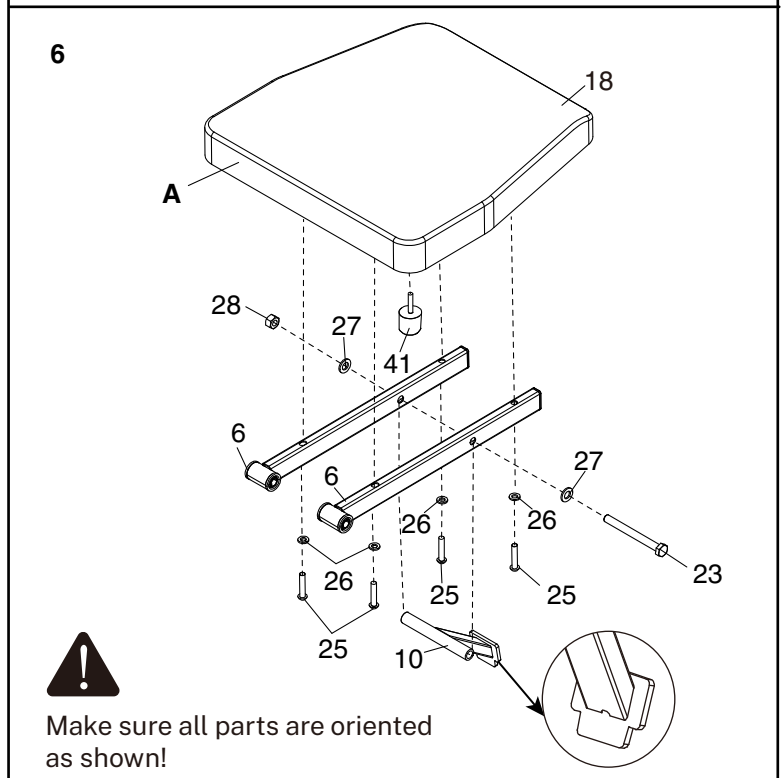
See step 1–5. Tighten the M10 Locknuts (28), the M8 Locknut (42) and M8 x 15mm Bolt (22).



6. Attach the Bumper (41) to the Seat (18) bottom tighten it.

Orient the Seat Post (10) as shown. Attach the Seat Post (10) to the Seat Frames (6) with the M10 x 165mm Bolt (23), two M10 Washers (27), and an M10 Locknut (28); **do not tighten the locknut yet.**

Then, orient the Seat (18) so that the wide end (A) is in the position shown, and attach it to the Seat Frames (6) with four M6 x 45mm Button Head Bolts (25) and four M6 Washers (26); **do not tighten the bolts yet**

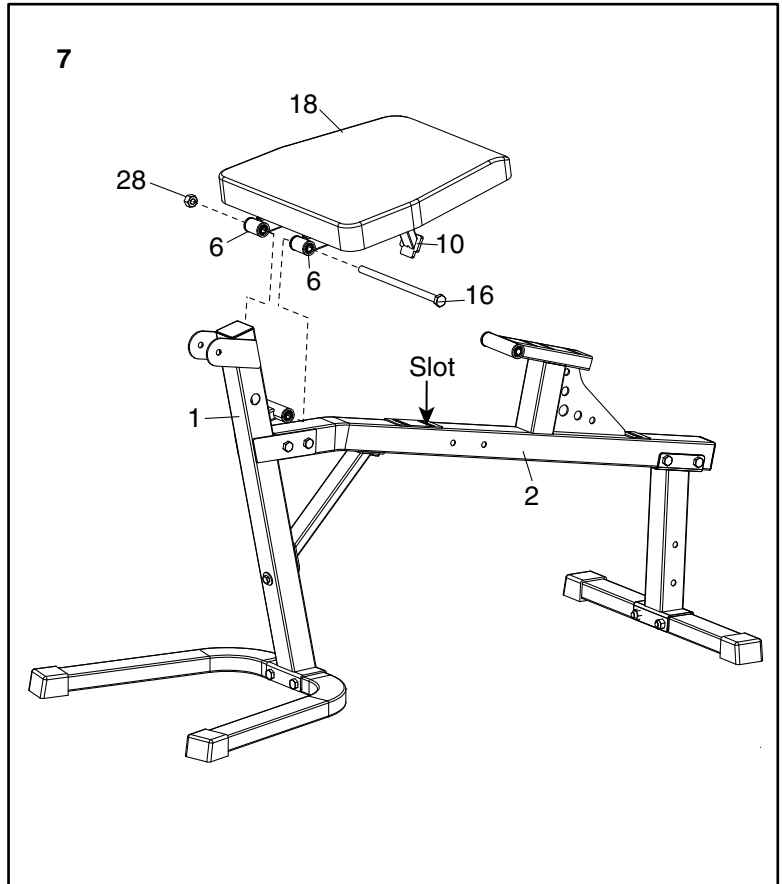


ASSEMBLY

7. Attach the Seat Frames (6) to the Front Leg (1) with one M10 x 190mm Bolt (16) and an M10 Locknut (28); **Do not overtighten the locknut; the Seat Frames (6) must pivot easily pivot freely.**

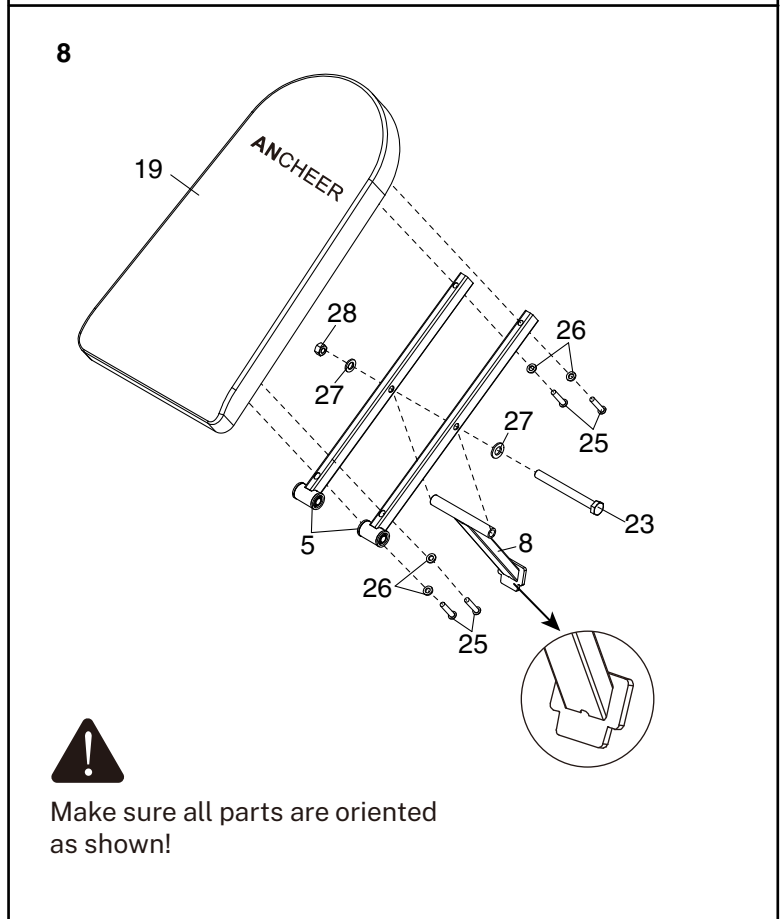
Then, set the end of the Seat Post (10) in one of the slots in the Frame (2).

See step 6. Tighten the M10 Locknut (28) and the four M6 x 45mm Button Head Bolts (25). **Do not overtighten the Locknut; the Seat Post (10) must pivot easily. To avoid damaging the Seat (18), tighten the Bolts only until the Seat does not move or feel loose.**



8. Orient the Backrest Post (8) as shown. Attach the Backrest Post (8) to two Backrest Frames (5) with the M10 x 165mm Bolt (23), two M10 Washers (27), and an M10 Locknut (28); **do not tighten the Locknut yet.**

Attach the Backrest (19) to the Backrest Frames (5) with four M6 x 45mm Button Head Bolts (25) and four M6 Washers (26); **do not tighten the Bolts yet.**

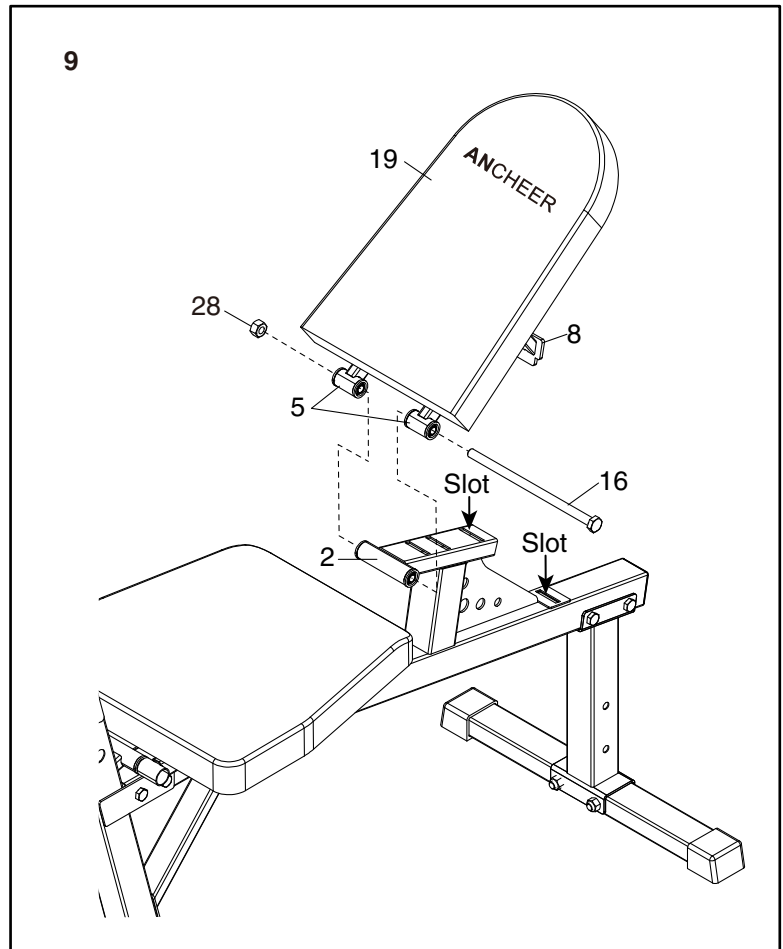


ASSEMBLY

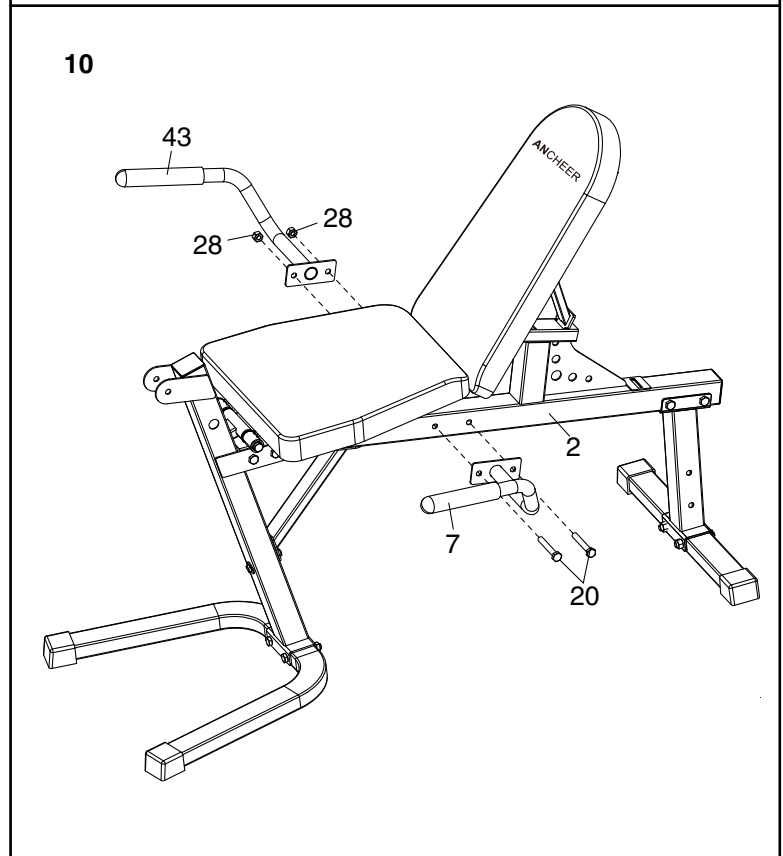
9. Attach the Backrest Frames (5) to the Frame (2) with one M10 x 190mm Bolt (16) and an M10 Locknut (28); **Do not overtighten the locknut; the Backrest Frames (5) must pivot easily pivot freely.**

Then, set the end of the Backrest Post (8) in one of the slots in the Frame (2).

See step 8. Tighten the M10 Locknut (28) and the four M6 x 45mm Button Head Bolts (25). **Do not overtighten the Locknut; the Backrest Post (8) must pivot easily. To avoid damaging the Backrest (19), tighten the bolts only until the Backrest does not move or feel loose.**

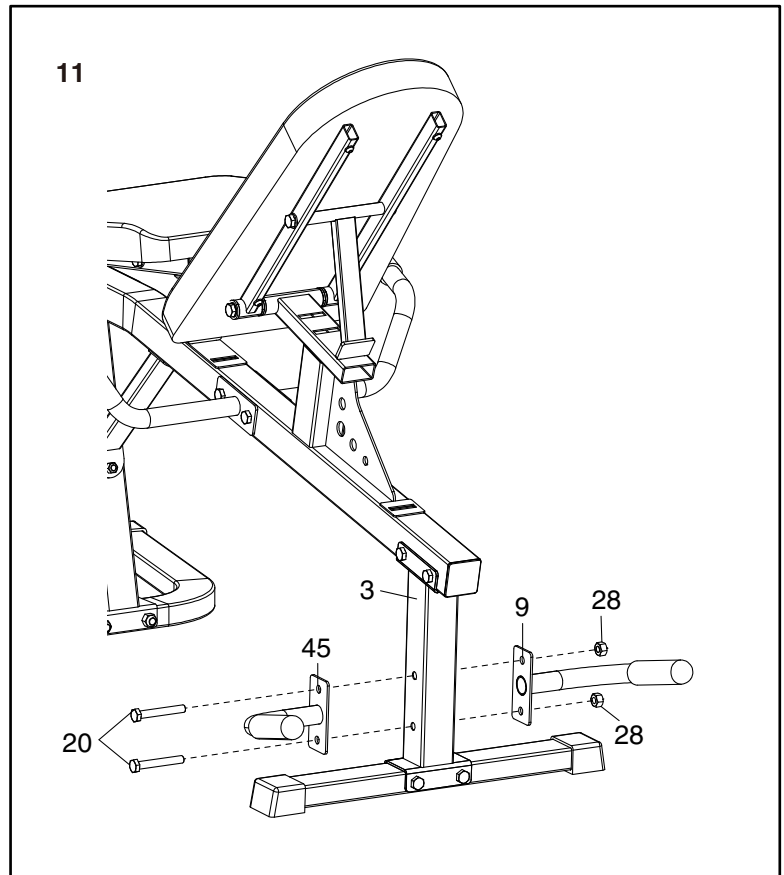


10. Attach the Left Seat Handle (43) and the Right Seat Handle (7) to the Frame (2) with two M10 x 70mm Bolts (20) and two M10 Locknuts (28).

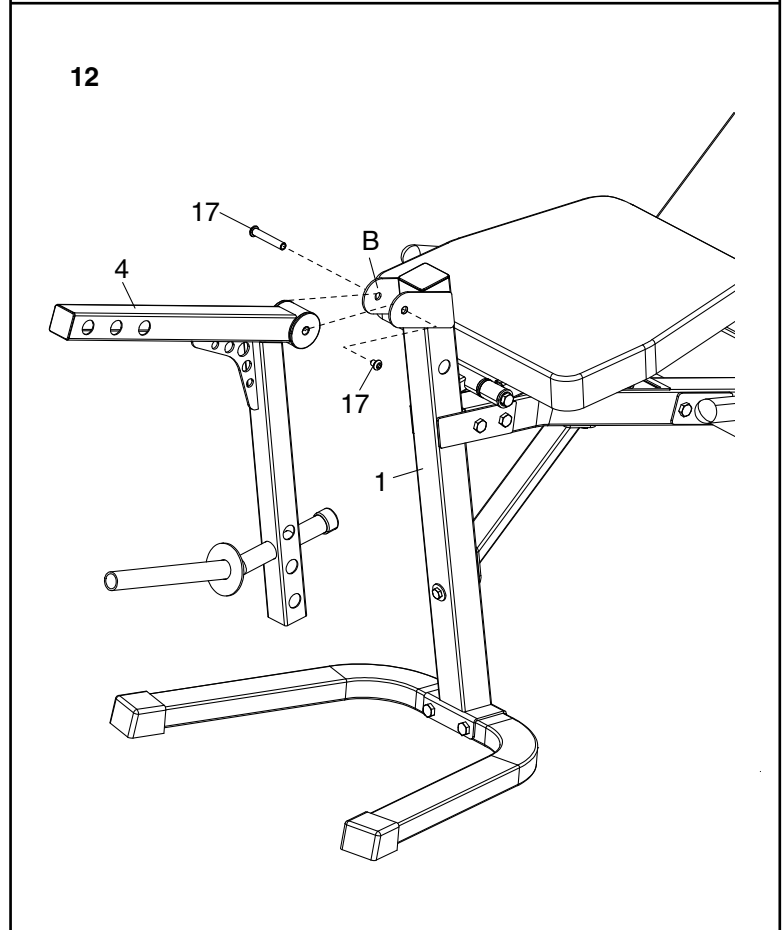


ASSEMBLY

11. Attach the Left Backrest Handle (9) and the Right Backrest Handle (45) to the Rear Leg (3) with two M10 x 70mm Bolts (20) and two M10 Locknuts (28).



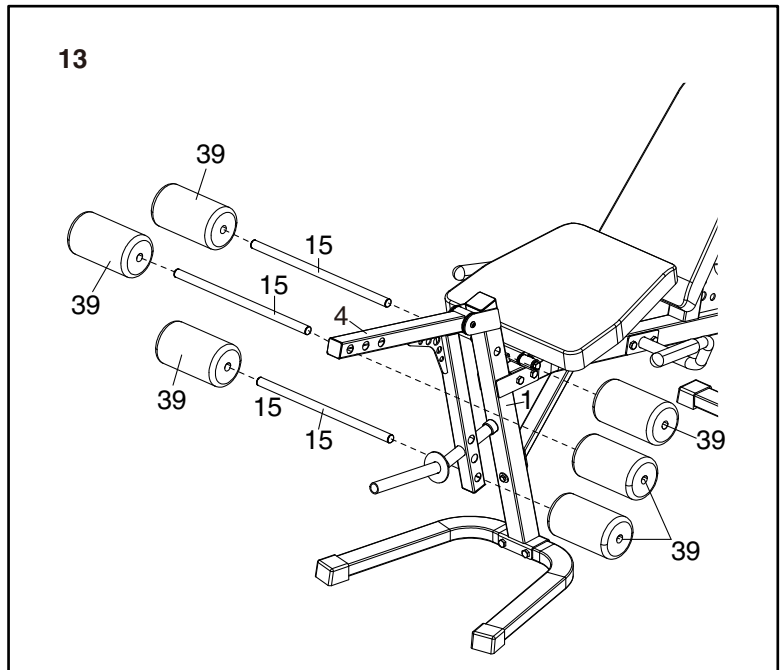
12. Attach the Leg Lever (4) to the Front Leg (1) with an M10 x 56mm Bolt Set (17). **Make sure that the barrel of the Bolt Set is inserted through both sides of the bracket (B) on the Front Leg.**



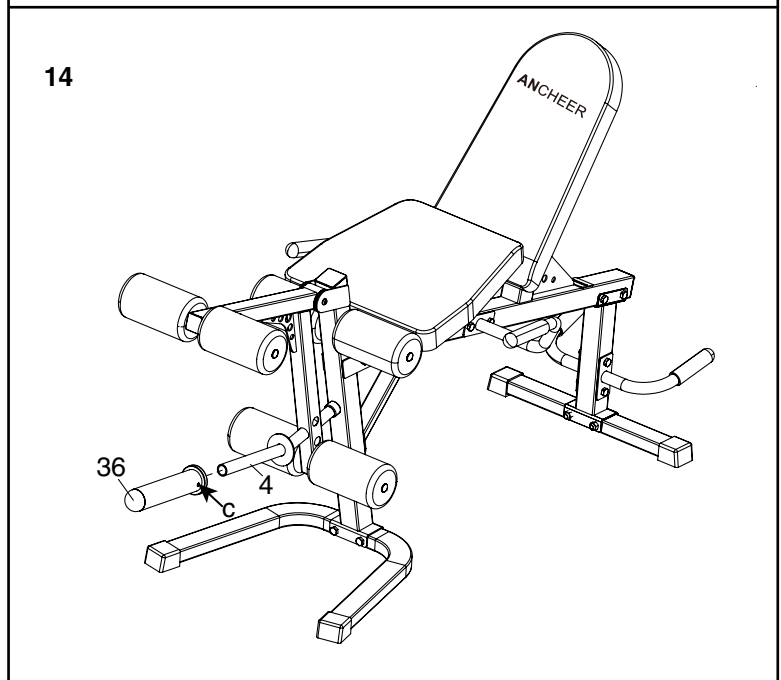
ASSEMBLY

13. Insert a Pad Tube (15) through the Front Leg (1). Then, slide two Foam Pads (39) onto end of the Pad Tube.

Insert two Pad Tubes (15) through the Leg Lever (4). Then, slide four Foam Pads (39) onto end of the Pad Tubes.



14. If you plan to use Olympic weights (not included), slide the Olympic Adapter (36) onto the Leg Lever (4). Then, tighten the M8 x 10mm Set Screw (C) in the Olympic Adapter.



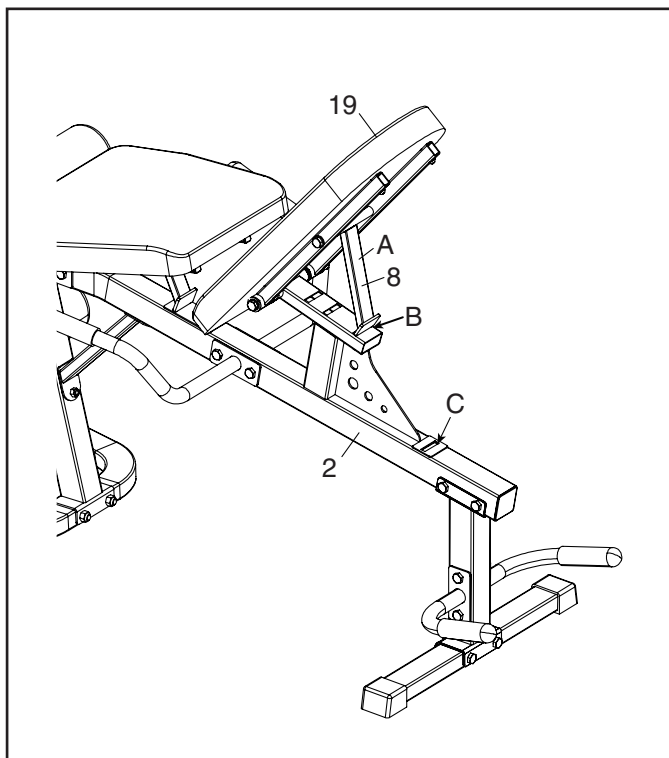
15. **Make sure that all parts are properly tightened before you use the Leg Extension and Curl Machine. Extra parts may be included.** The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 11.

ADJUSTMENT

Make sure that all parts are properly tightened each time the Leg Extension and Curl Machine is used. Replace any worn parts immediately. The Leg Extension and Curl Machine can be cleaned with a damp cloth and a mild, non-abrasive detergent; do not use solvents.

ADJUSTING THE BACKREST

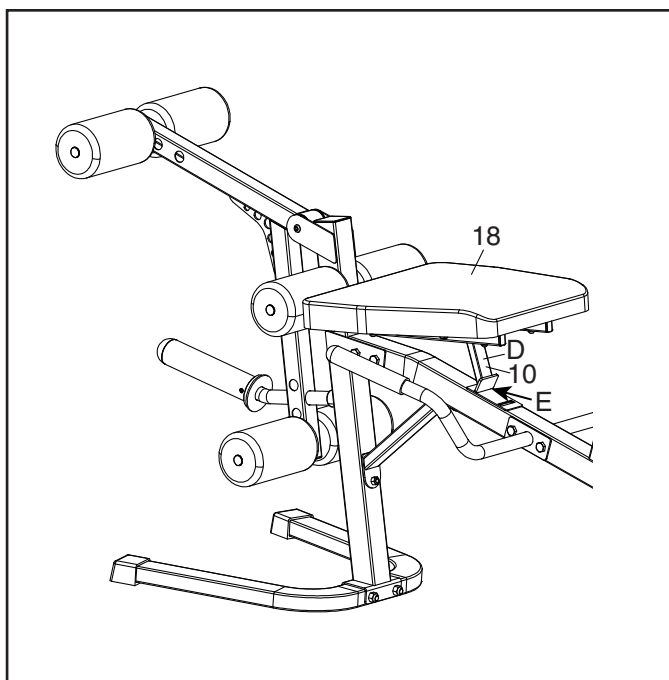
To adjust the position of the Backrest (19), hold the indicated tube (A) on the Backrest Post (8), raise or lower the Backrest, and then set the Backrest Post in one of the slots (B) or (C) in the Frame (2). **Make sure that the Backrest Post is fully inserted into one of the slots.**



ADJUSTING THE SEAT

The Seat (18) can be used in any of two positions.

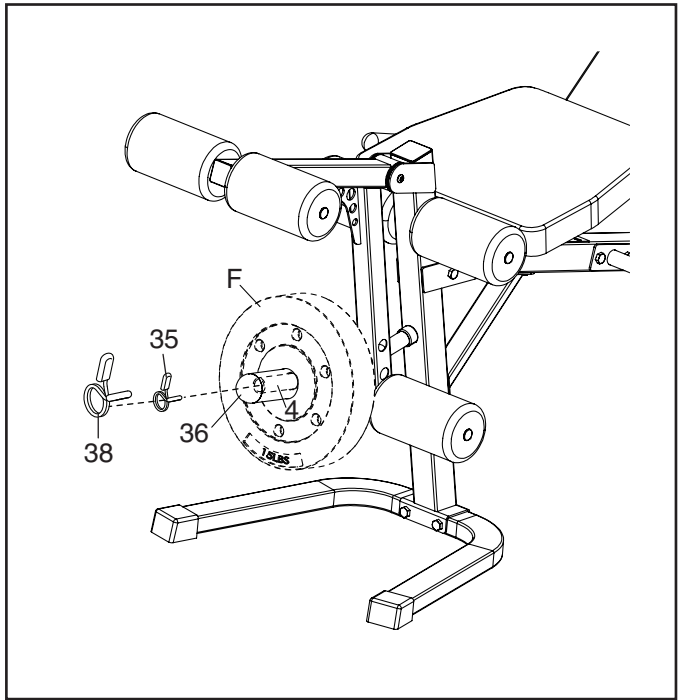
To adjust the position of the Seat (18), hold the indicated tube (D) on the Seat Post (10), raise or lower the Seat, and then set the Seat Post in one of the slots (E) in the Frame (2). **Make sure that the Seat Post is fully inserted into one of the slots.**



USING THE LEG LEVER

If you plan to use Olympic weights (not included), see assembly step 14 on page 10 and attach the Olympic Adapter (36) to onto the weight tube on the Leg Lever (4).

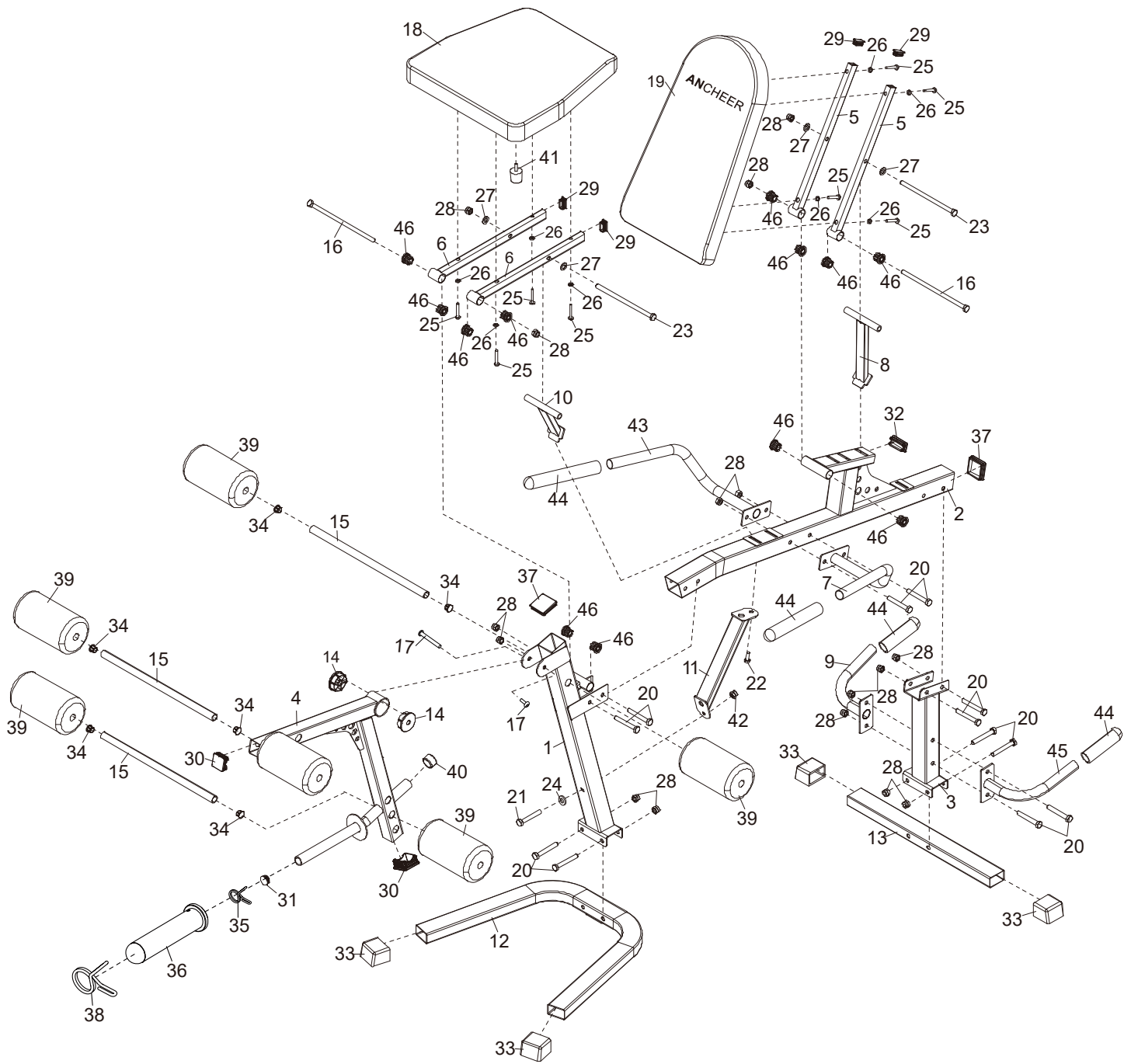
To use the Leg Lever (4), slide the desired weights (F) (not included) onto the weight tube on the Leg Lever (4). Secure the weights with the Standard Spring Clip (35) or the Olympic Spring Clip (38).



PART LIST

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Front Leg	25	8	M6 x 45mm Button Head Bolt
2	1	Frame	26	8	M6 Washer
3	1	Rear Leg	27	4	M10 Washer
4	1	Leg Lever	28	16	M10 Locknut
5	2	Backrest Frame	29	4	30mm x 15mm Inner Cap
6	2	Seat Frame	30	2	38mm Square Inner Cap
7	1	Right Seat Handle	31	1	25mm Round Inner Cap
8	1	Backrest Post	32	1	25mm x 50mm Inner Cap
9	1	Left Backrest Handle	33	4	End Cap
10	1	Seat Post	34	6	19mm Round Inner Cap
11	1	Stabilizer	35	1	Standard Spring Clip
12	1	Front Base	36	1	Olympic Adapter
13	1	Rear Base	37	2	50mm Square Inner Cap
14	2	Leg Lever Bushing	38	1	Olympic Spring Clip
15	3	Pad Tube	39	6	Foam Pad
16	2	M10 x 190mm Bolt	40	1	25mm Round Outer Cap
17	1	M10 x 56mm Bolt Set	41	1	Bumper
18	1	Seat	42	1	M8 Locknut
19	1	Backrest	43	1	Left Seat Handle
20	12	M10 x 70mm Bolt	44	4	Grip
21	1	M8 x 65mm Bolt	45	1	Right Backrest Handle
22	1	M8 x 15mm Bolt	46	12	Bushing
23	2	M10 x 165mm Bolt			
24	1	M8 Washer			

EXPLODED DRAWING



WARNING

SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED

1. Obtain a medical exam before beginning any exercise program.
2. Stop exercising if feeling faint, dizzy or experiencing pain and consult your physician.
3. Obtain instructions before using.
4. Read and understand the owner's manual and all warnings posted on the machine before using.
5. Keep all children(12 and under) away. Teenagers(13 and over) and the disabled must be supervised.
6. Use a spotter.
7. Keep body and clothing free from and clear of all moving parts.
8. Use the machine only for the intended use. DO NOT modify the machine.
9. Inspect machine prior to use. DO NOT use if it appears damaged or inoperable.
10. DO NOT attempt to fix a broken or jammed machine.
11. Report any malfunctions, damage or repairs to the facility.
12. Replace any warning labels if damaged, worn or illegible.

Training manual

In addition to physical fitness and muscle strengthening exercise, a healthy and balanced diet is very important in achieving your fitness goals.

Warm-up exercises before training

This phase of warm-up exercises can enhance the blood circulation of the user and hence prevent injury during workout, please follow 5 simple stretching exercise as illustrated below for proper warm-up.

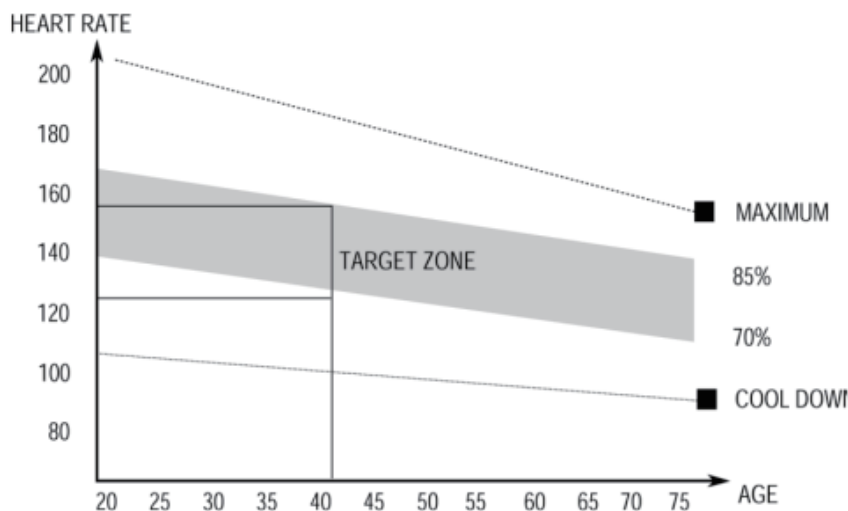


WARNING

The stage of training

This stage is the formal training stage, Through regular practice, you can improve the strength and flexibility of your muscles.

The key is to have a consistent and healthy intensity of training, you should consider the target heart rate to ensure that you are exercising in the optimal intensity. Please refer to the graph below.



Aim to keep your heart rate within the target range for 12 to 20 minutes.

Using Environment

1. Children and pets should stay away from products at all time, and do not allow children to be unattended while being around the product.
2. Only one person should be on the Leg Extension and Curl Machine at any point of time.
3. Stop training and consult your doctor immediately if you experience dizziness/chest pain/breathlessness or other discomfort.
4. Please put the product on a clean surface, away from water sources.
5. When training, wear appropriate sportswear and footwear, Avoid wearing loose clothing that may get caught in the Leg Extension and Curl Machine.
6. Please use this product in accordance with the product description described in the manual.
7. Do not put any sharp or dangerous objects nearby this Leg Extension and Curl Machine during workout.
8. Disabled users are not allowed to use this product without the supervision of professional personnel.
9. Warm-up and stretching exercise should be done before workout to reduce the risk of injury.
10. Do not use this product if you suspect that it may be faulty.
11. We recommend users to workout with a friend/partner to lookout for each other.

WARNING

Daily maintenance

1. Lubricate the parts regularly.
2. Check and tighten all parts of the product before using the device.
3. Use a damp towel to clean the Leg Extension and Curl Machine after use, Avoid using a chemical solvent to clean the product.

Warning:

Before any training, please be sure to consult your health care providers, especially those with health problems, you acknowledge that you are utilizing our equipments voluntarily and are aware of risks involved in fitness and weight training in your own private compound, These include, but are not limited to, injuries sustained while utilizing our fitness equipment, any illness that could potentially be precipitated during workout (eg, heart attack, stroke ect) as well as sudden death. You also acknowledge that any damage to your property will be at your own risk.

EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training—Combine strength training and aerobic exercise by following this type of program:

- Strength workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each

workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each strength workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.