


A black and silver 45-degree leg press machine. It features a large, black, textured footplate with a grid of small circular indentations. The machine has two long, silver-colored pneumatic cylinders on the left side. A black handle is attached to the footplate. A control panel is mounted on the right side of the machine, displaying the brand name 'IRONEDGE' and the model 'Leg Press'. The machine is shown from a side-rear perspective, highlighting its sturdy frame and adjustable components.

**IRONEDGE.**

# 45 Degree Leg Press Manual

## Setup Instructions

 **CAUTION:** Read all precautions and instructions before using this equipment. Save this manual for future reference.

## Table Of Contents

General Information and Maintenance Advice.....	2
Assembly Instructions.....	3-6
Part List.....	7

## General Information and Maintenance Advice

Be sure to read the entire manual before you assemble or operate your Cable Machine. Please note the following precautions:

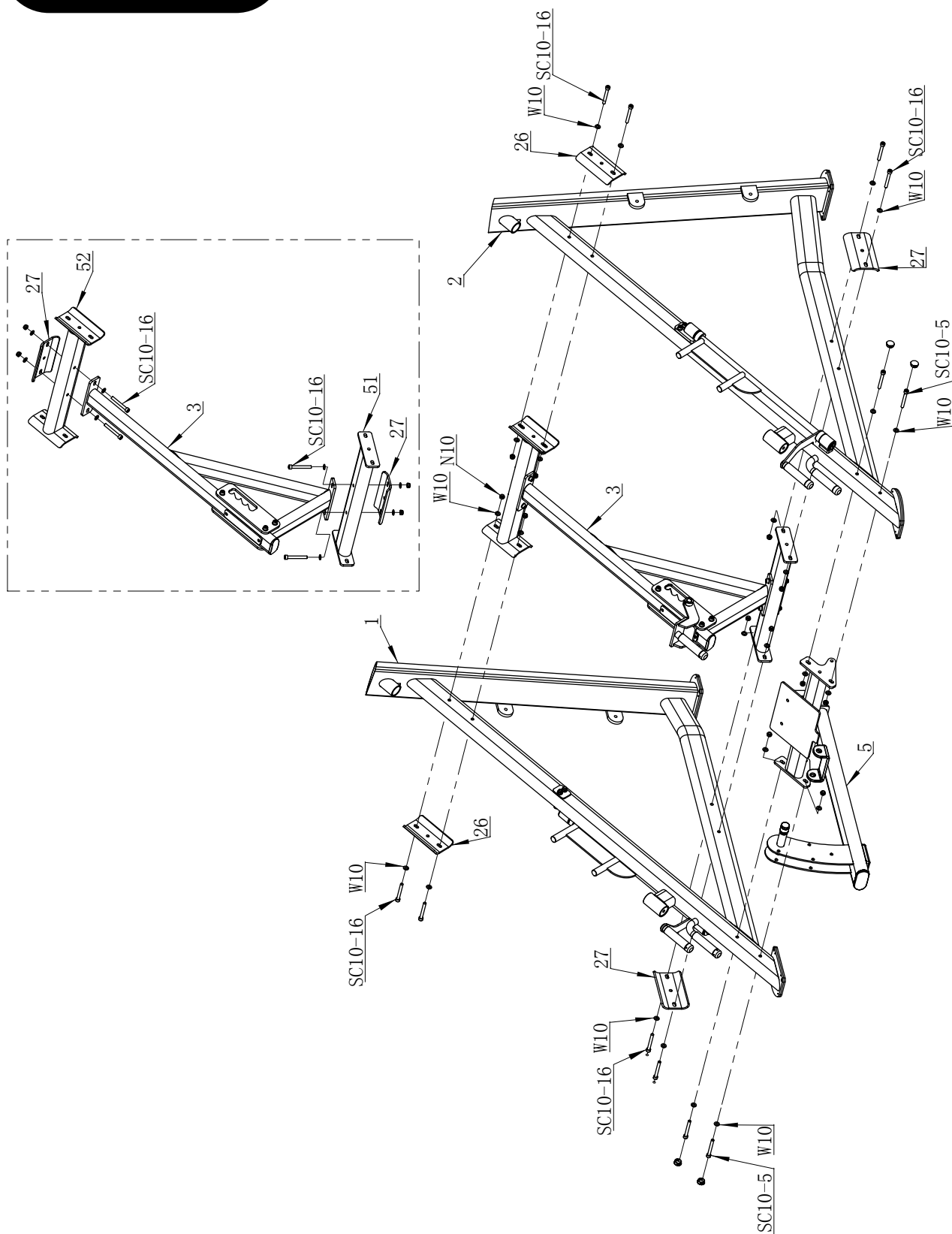
1. Keep children and pets away from the Cable Machine
2. To be used by one person at a time
3. Do not use the equipment near water or outdoors
4. Position on a level surface
5. Keep hands away from moving parts
6. Always wear appropriate workout clothing when exercising. Do not wear clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly.

### Warranty Terms

- The Frame is under warranty for 10 years against manufacturing defects
- Integral bearings, guide rods, pulleys, weight plates, cables and grips are under warranty for 1 year against manufacturing defects
- Upholstery is under warranty for 90 days against manufacturing defects
- Warranty does not extend to wear and tear through normal use, or rust

# STEP 1

50%



50%

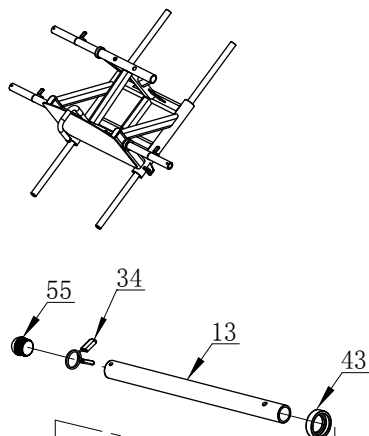


## STEP 2

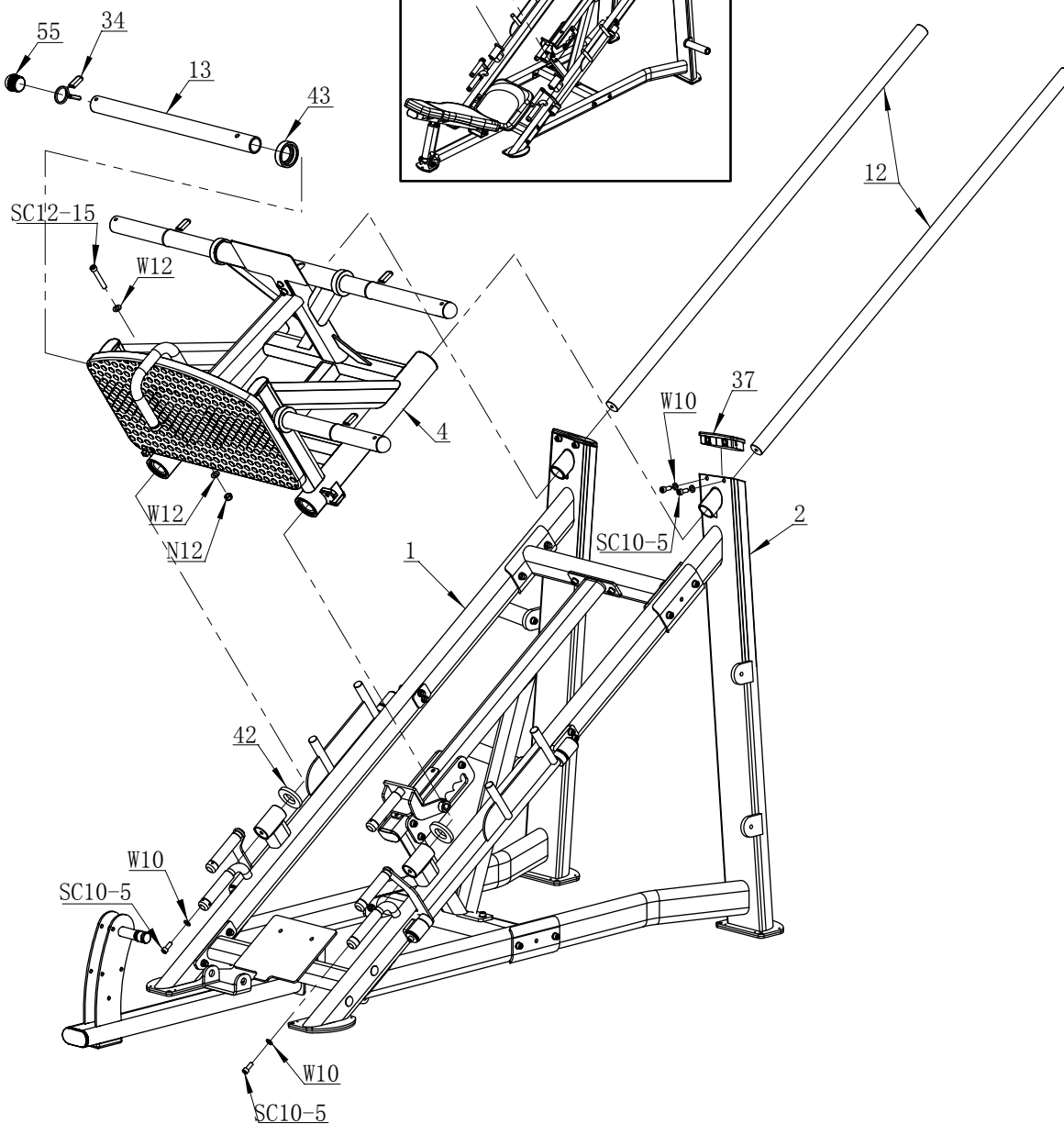
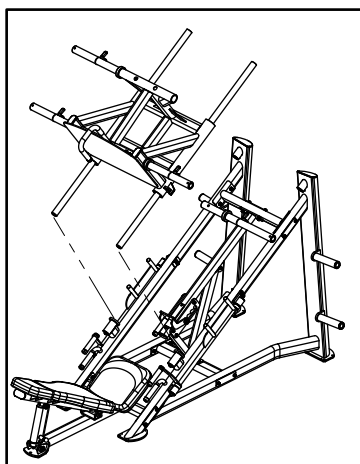
STEP1: Thread The Two Guide Rods (12#) Through 4# At The Same Time.

STEP2: Thread The Two Guide Rods (12#) To The Tube (1# And 2#) At The Same Time.

STEP1



STEP2

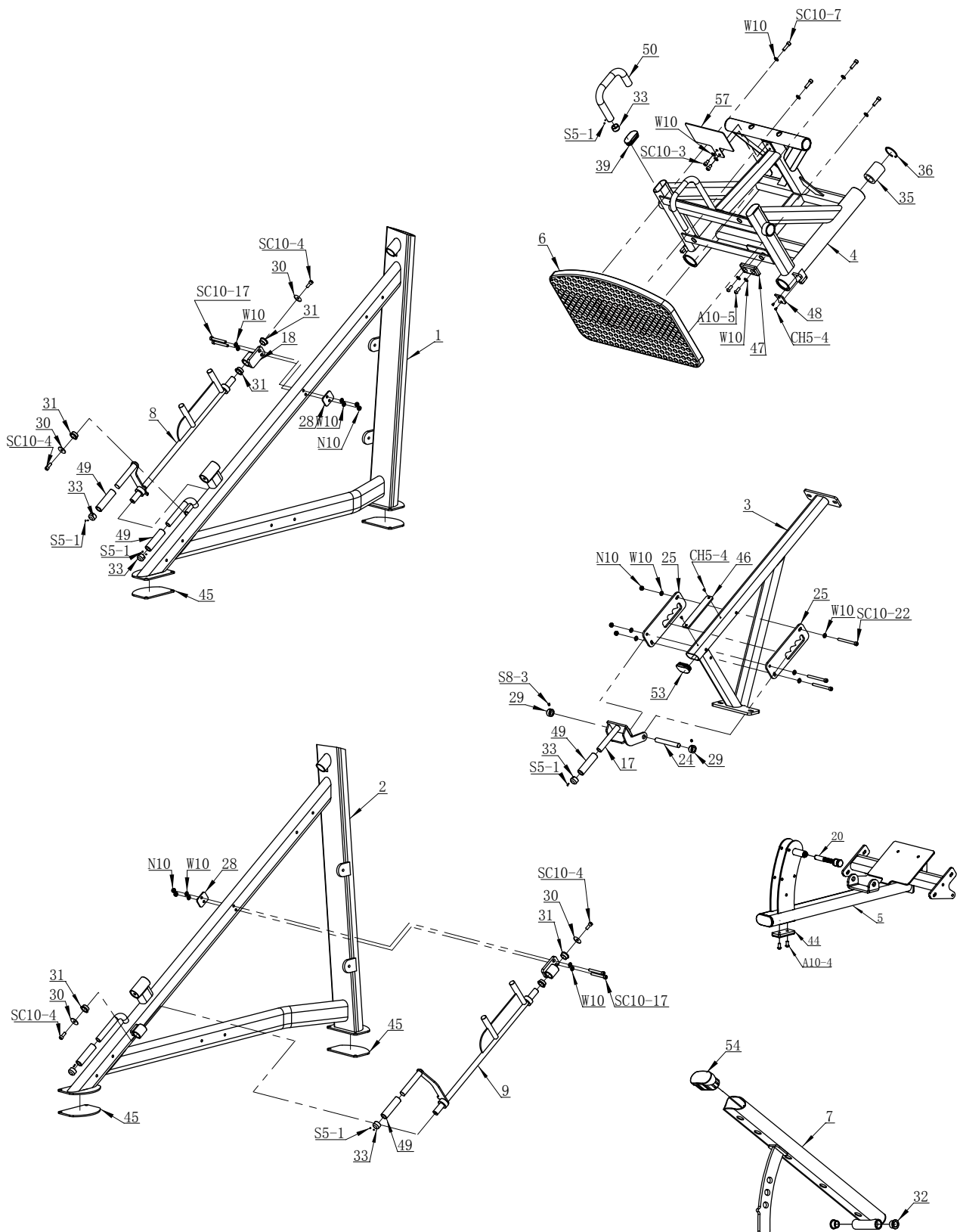


We recommend having a second person assist with lifting heavy items during assembly.

# 100%



# PREASSEMBLED STEP



# PARTS LIST

PART #	DESCRIPTION	QTY
1	Left Main Frame	1
2	Right Main Frame	1
3	Linking Frame	1
4	Sliding Frame	1
5	Base Frame	1
6	Footrest Plate	1
7	Back Pad Support Frame	1
8	Left Position Tube	1
9	Right Position Tube	1
10	Adjusting Plate 1	1
11	Adjusting Plate 2	1
12	Guide Rod	2
13	Long Barbell Rod	4
14	Back Pad	1
15	Head Pad	1
16	Seat Pad	1
17	Position Plate	1
18	Fixing Bushing	2
19	Short Barbell Rod	4
20	Pull Pin	1
21	*	*
22	*	*
23	Shaft 3	1
24	Shaft 4	1
25	Plate	2
26	Strengthening Plate 1	2
27	Strengthening Plate 2	4
28	Strengthening Plate 3	2
29	Ring	2
30	Big Washer	4
31	Bushing 1	8
32	Bushing 2	2
33	Handle Cap	6
34	Clip	4
35	Linear Bearing	4
36	Circlips	4
37	D Cap	2
38	Pt50x100 Cap	1
39	Pt40x80 Cap 1	2
40	D48 End Cap	4
41	D25 Cap	8
42	Bumper 1	2
43	D48 Ring	4
44	Rubber Plate 1	1

PART #	DESCRIPTION	QTY
45	Rubber Plate 2	4
46	Rubber Plate 3	1
47	Rubber Plate 4	1
48	Rubber Plate 5	2
49	Grip 1	5
50	Grip 2	1
51	Linking Tube 1	1
52	Linking Tube 2	1
53	Pt40x80 Cap 2	1
54	Pt65x115 Cap	1
55	Rubber Round Cap	4
56	*	*
57	Function Board	1
A10-4	Allen Bolt M10x20	2
A10-5	Allen Bolt M10x25	2
CH5-4	Countersunk Head Screw M5X10	6
S5-1	Socket Set Screw M5x4	12
S8-3	Socket Set Screw M8x8	2
SC8-6	Socket Cap Screw M8x30	6
SC10-3	Socket Cap Screw M10x15	2
SC10-4	Socket Cap Screw M10x20	6
SC10-5	Socket Cap Screw M10x25	10
SC10-7	Socket Cap Screw M10x35	8
SC10-13	Socket Cap Screw M10x65	5
SC10-16	Socket Cap Screw M10x80	12
SC10-17	Socket Cap Screw M10x85	4
SC10-22	Socket Cap Screw M10x110	3
SC12-15	Socket Cap Screw M12x75	4
W8	Washer Φ8	6
W10	Washer Φ10	76
W12	Washer Φ12	8
N10	Nut M10	30
N12	Nut M12	4