

IRONEDGE

Seated Leg Press Pin Loaded

Setup Instructions

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



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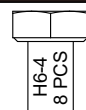
STEP 1

Tools



10 mm

Fixings



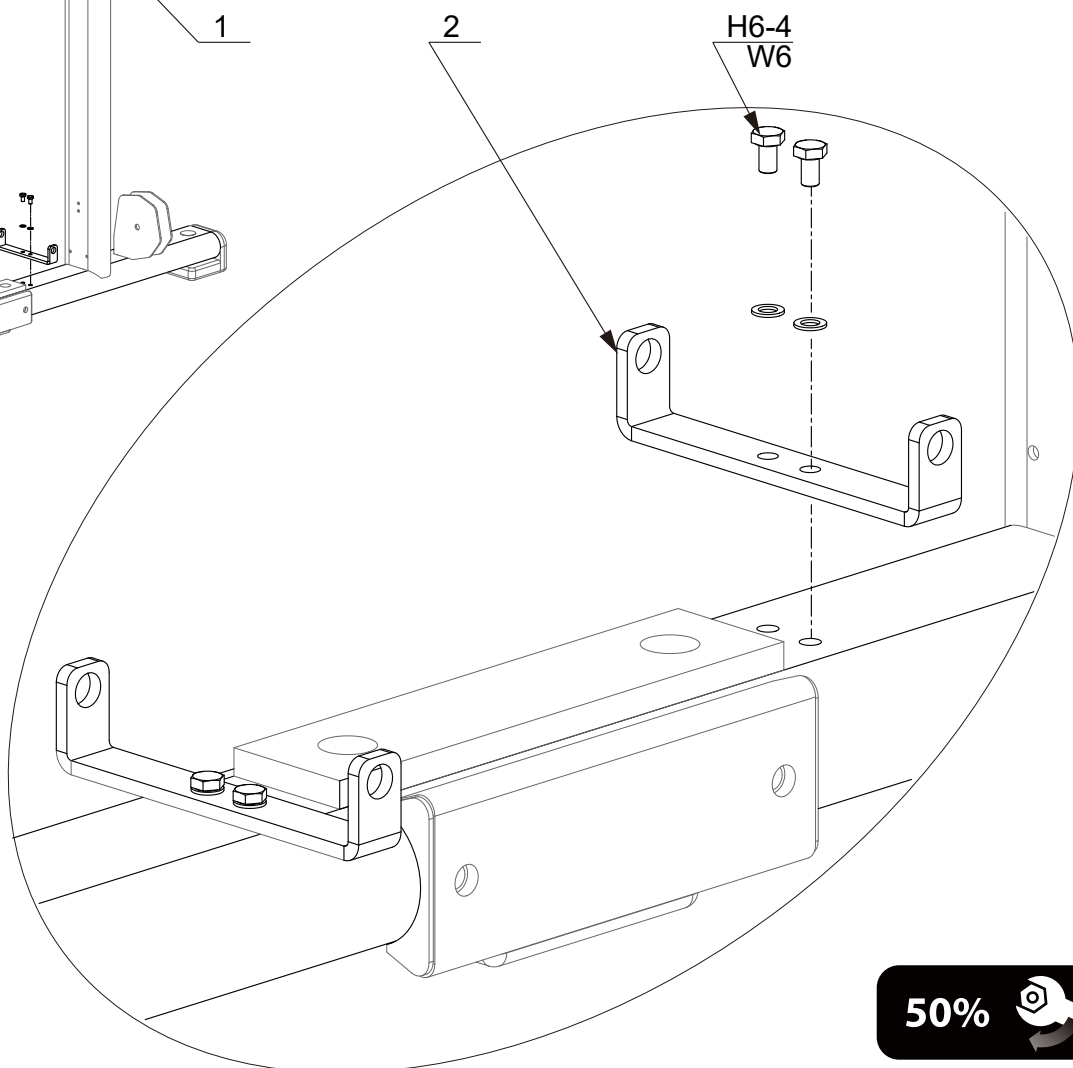
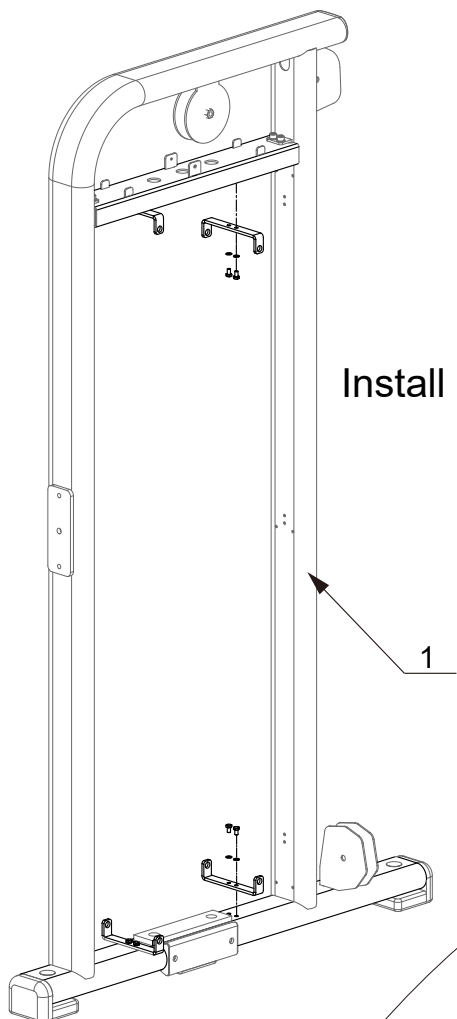
Parts

Part No: 1
Name: Weight Frame
Q'TY: 1

Part No: 2
Name: U Plate
Q'TY: 4



Install The U Plate(#2) To The Weight Frame(#1).



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STEP 2

Tools



8 mm

Parts

Part No: 3
Name: Bottom
Connection Tube
Q'TY: 1

Part No: 4
Name: L Shaped
Connection Tube
Q'TY: 1

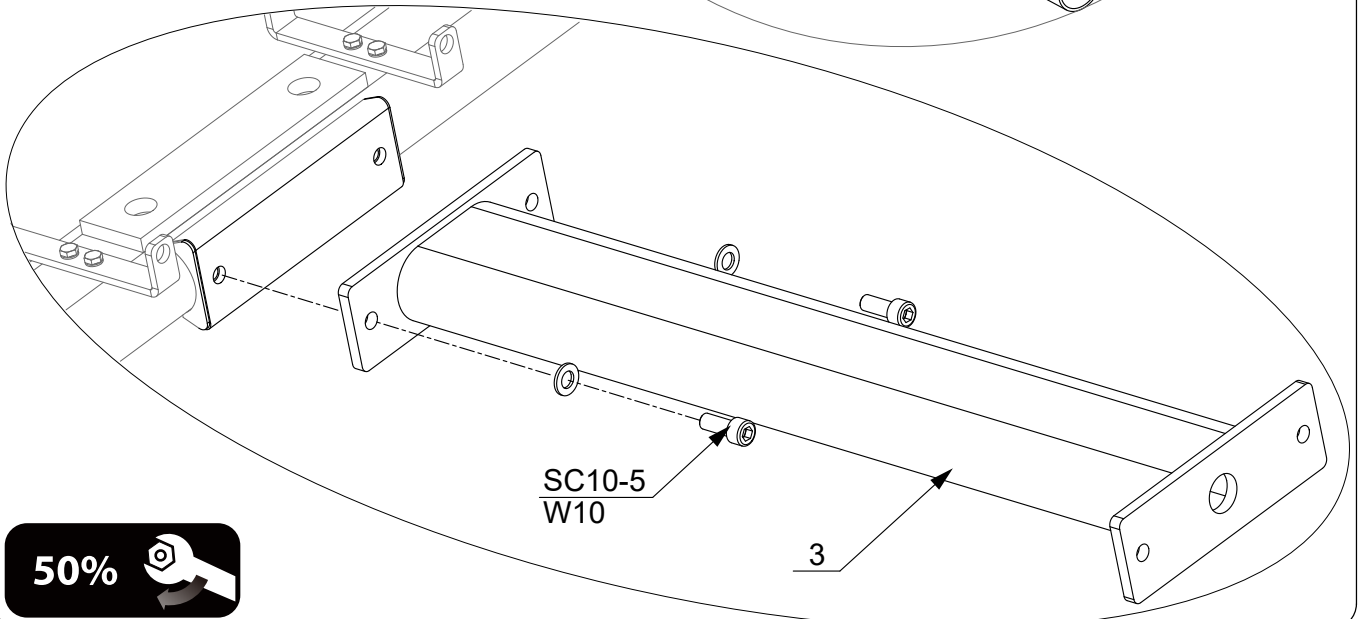
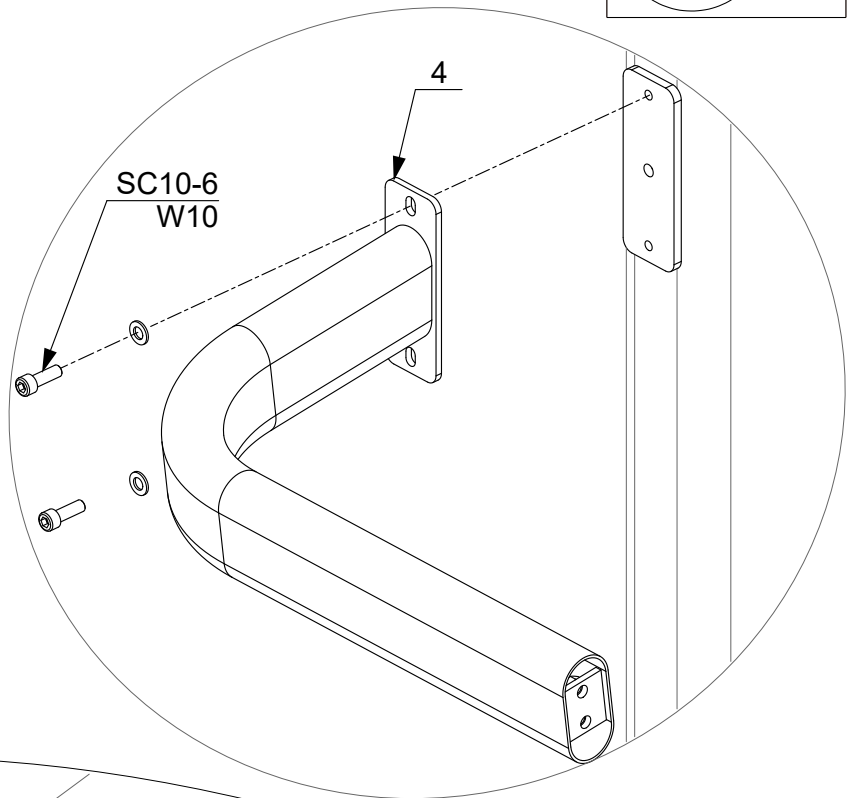
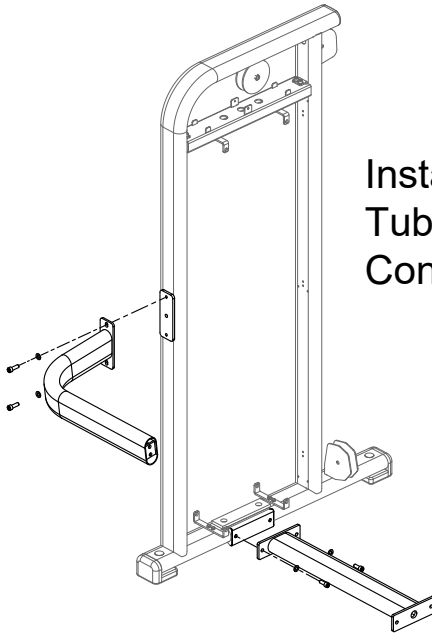
Fixings

SC10-5 2 PCS

SC10-6 2 PCS

W10
4 PCS

Install The Bottom Connection Tube(#3) And The L Shaped Connection Tube(#4) .



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STEP 3

Parts

Part No: 5
Name: Main Frame
Q'TY: 1



Tools



17 mm



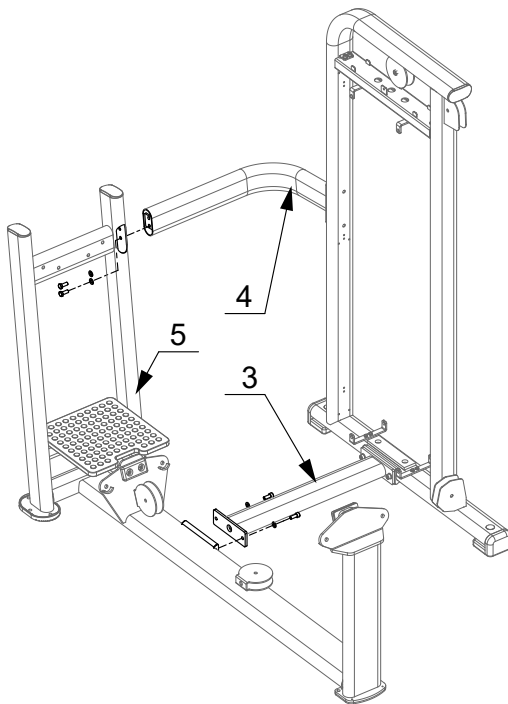
8 mm

Fixings

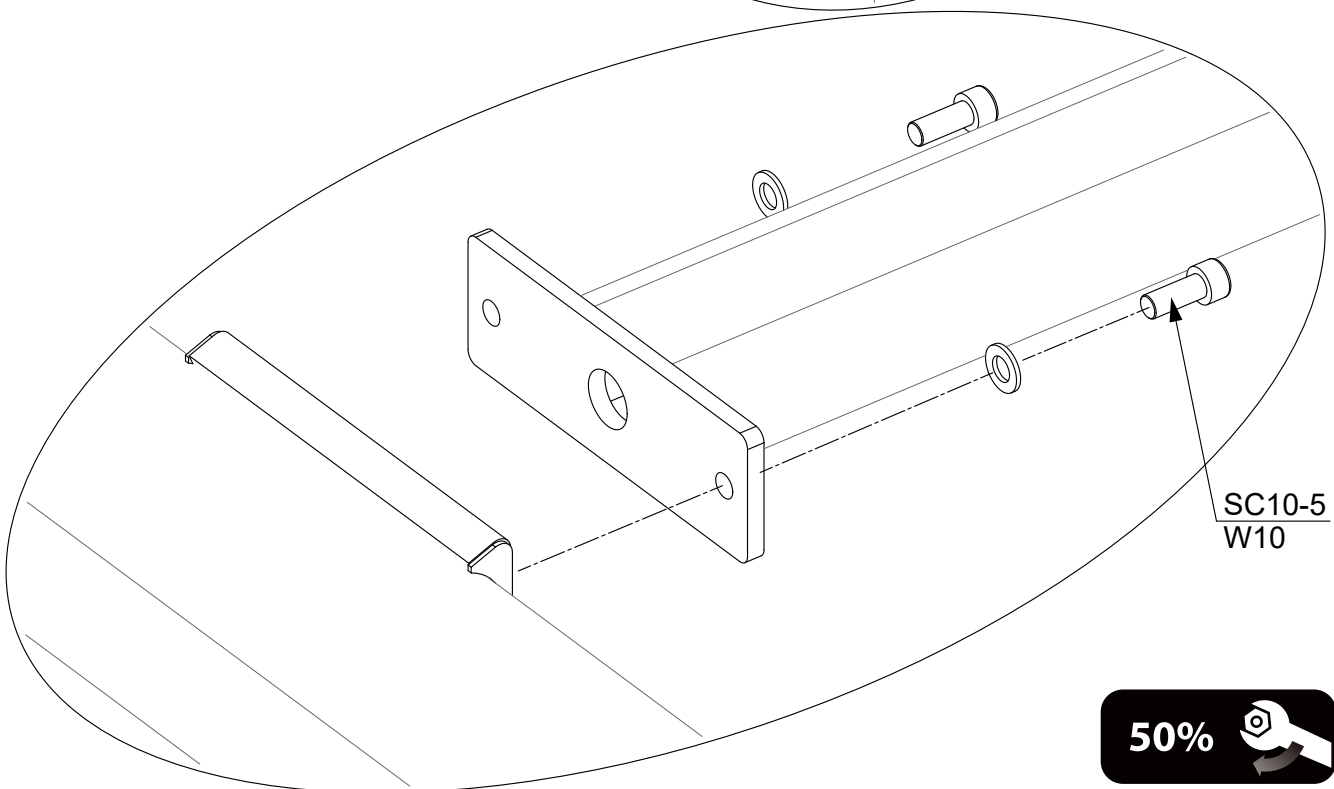
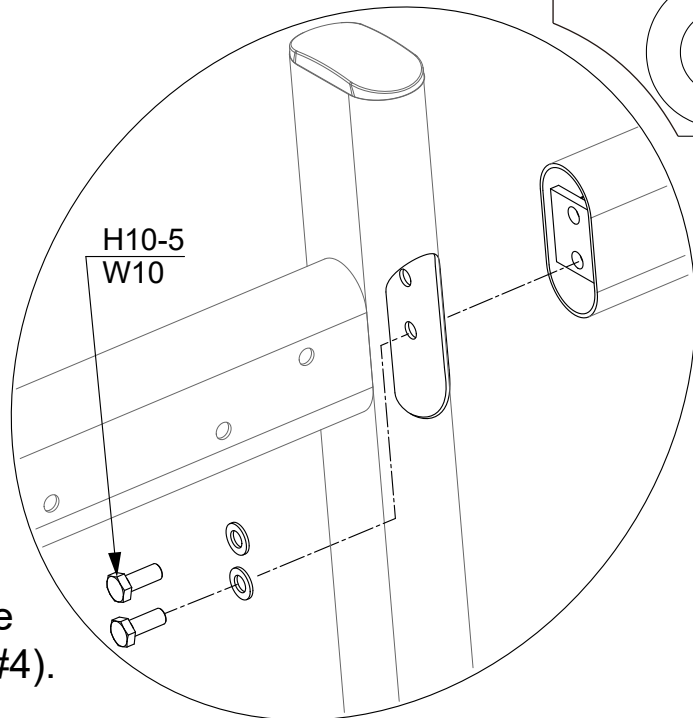
H10-5 2 PCS

SC10-5 2 PCS

W10
4 PCS



Assemble The Main Frame(#5),The Bottom Connection Tube(#3) And The L Shaped Connection Tube(#4).



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Parts

Part No: 6
Name: Guide Rod
Q'TY: 2

Part No: 7
Name: Weight Label
Q'TY: 1

Part No: 8
Name: Buffer Ring
Q'TY: 2

Part No: 9
Name: Weight Plate 7.5 Kg
Q'TY: 19

Part No: 10
Name: Top Weight Plate 7.5 Kg
Q'TY: 1

Part No: 11
Name: Weight Pin
Q'TY: 1

Part No: 12
Name: External Retaining Ring D19
Q'TY: 2

Part No: 13
Name: Retainer
Q'TY: 2

Fixings

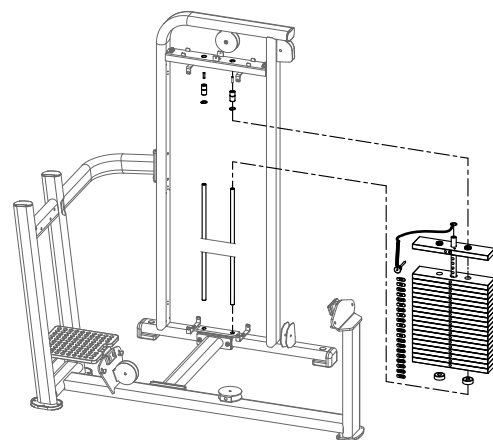
S8-7 2 PCS

Tools



4 mm

STEP 4



S8-7

Install The Weight Stack.

Note :

If the movement of the weight stack is not smooth during exercising, please lubricate the guide rods.

11

10

8

6

7

9

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STEP 5

Tools



8 mm

Parts

Part No: 14
Name: Pedal
Q'TY: 1



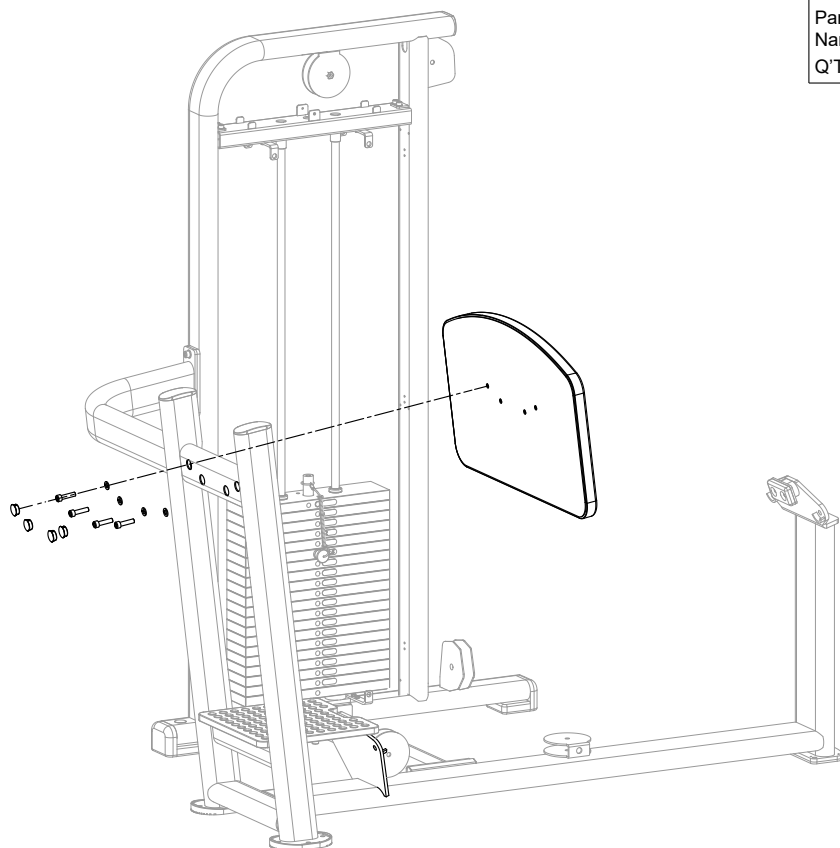
Part No: 16
Name: D25 Hole Cap
Q'TY: 4



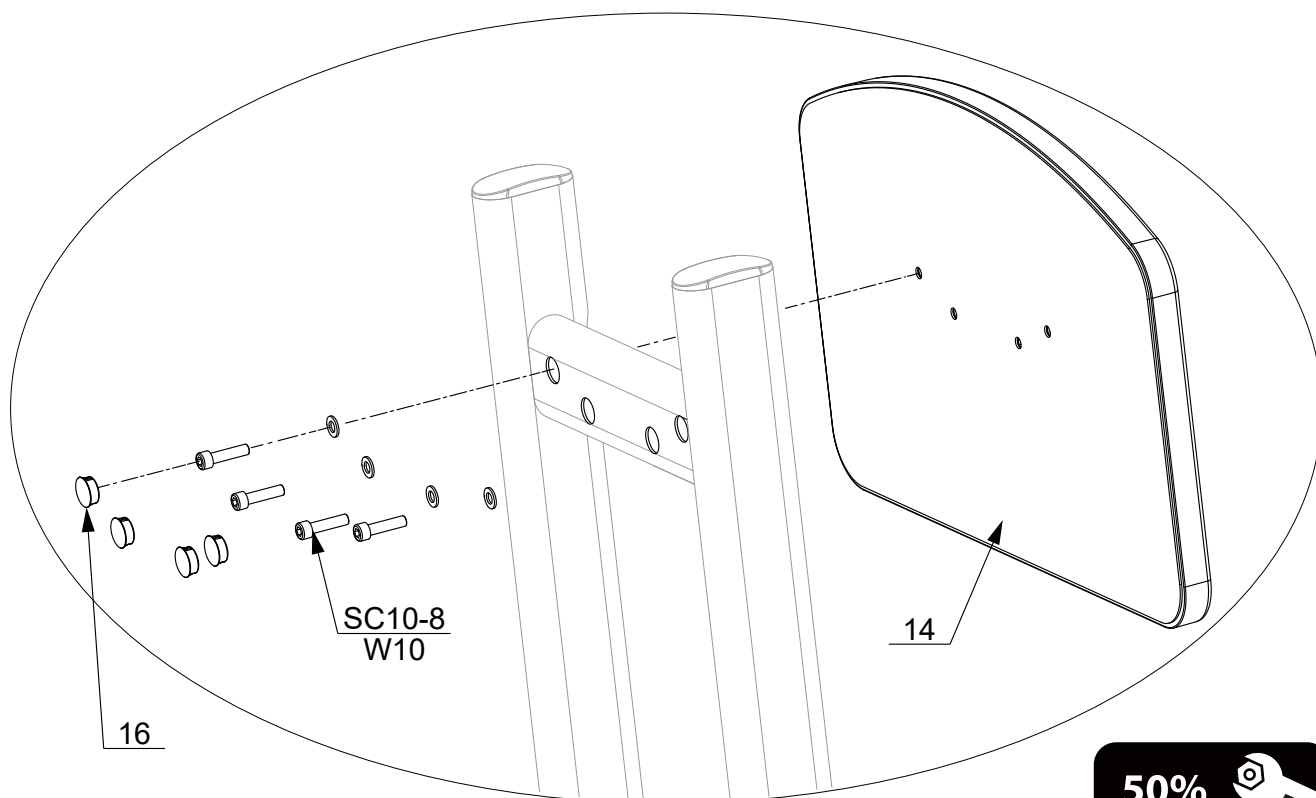
Fixings

W10
4 PCS

SC10-8 4 PCS



Install The Pedal(#14).

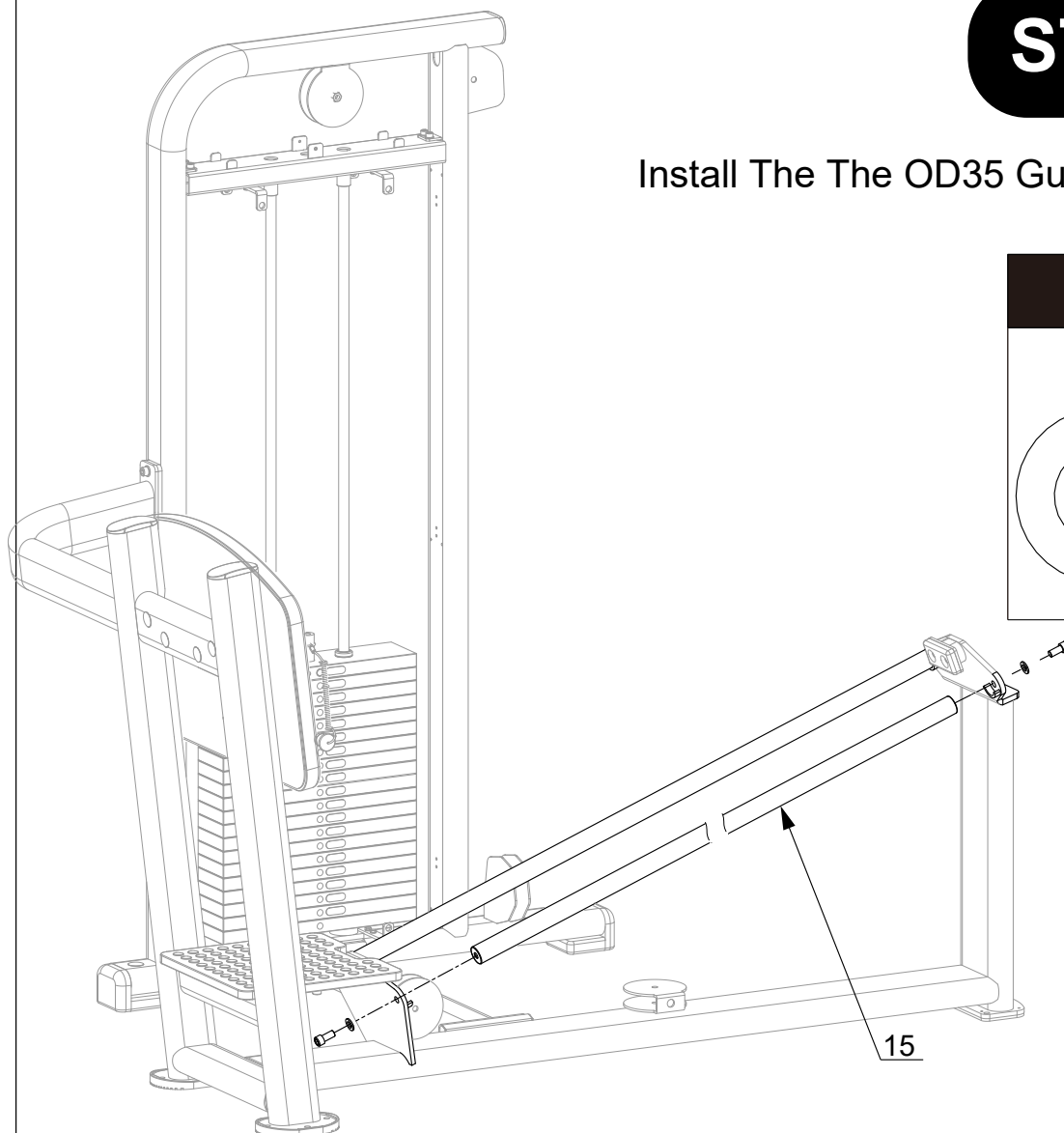


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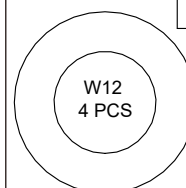


STEP 6

Install The The OD35 Guide Rod(#15).



Fixings



SC12-5 4 PCS

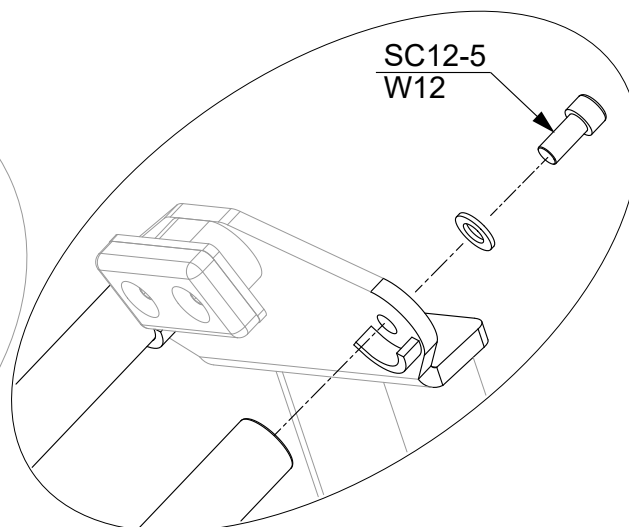
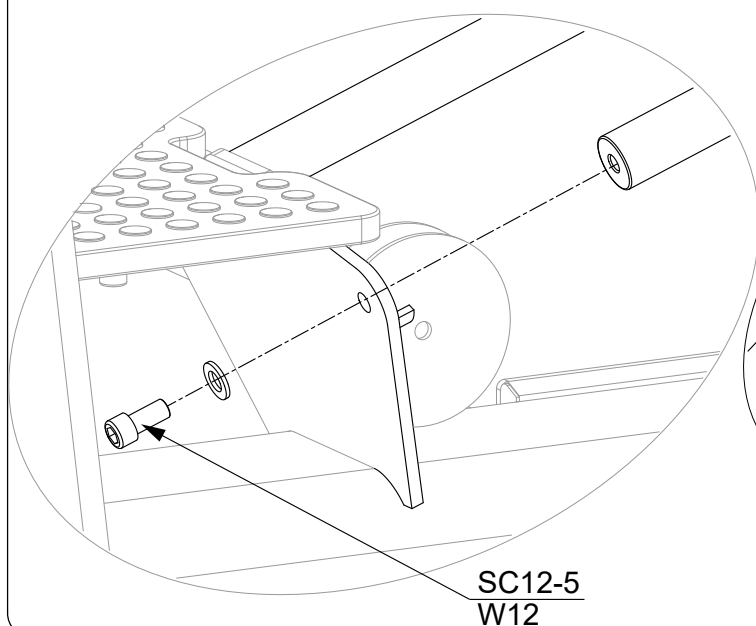
Tools



10 mm

Parts

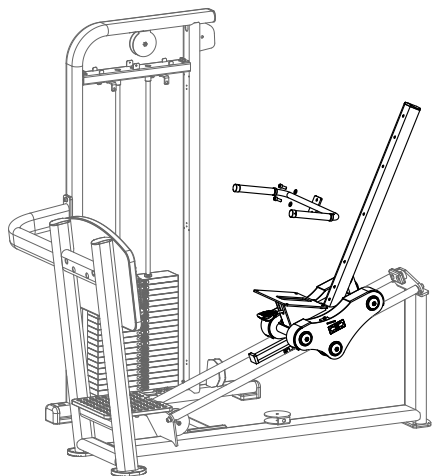
Part No: 15
Name: OD 35 Guide Rod
QTY: 2



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STEP 7



Tools



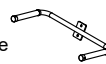
8 mm

Parts

Part No: 17
Name: Seat Carriage
Q'TY: 1



Part No: 18
Name: Handle
Q'TY: 1

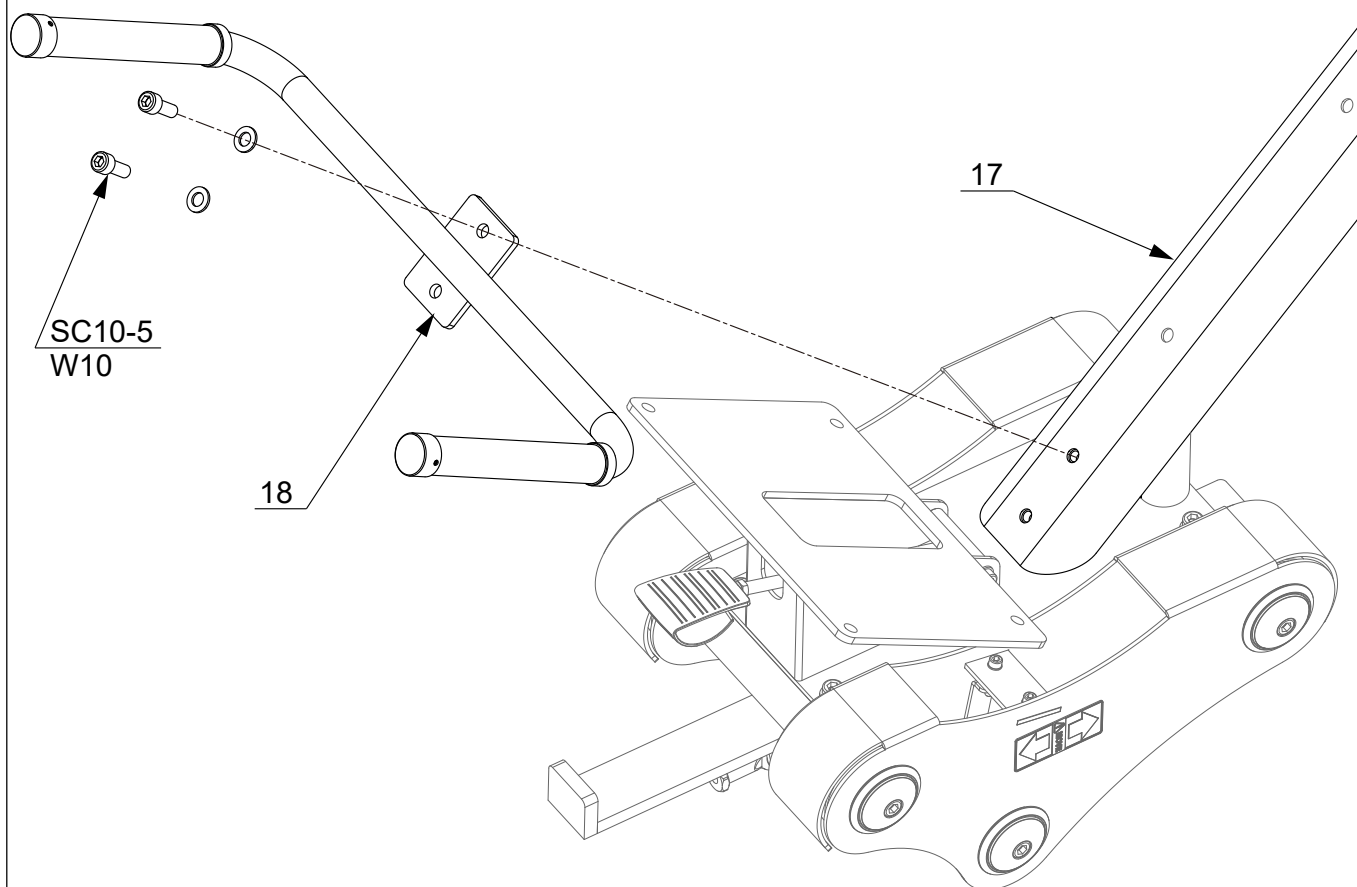


Fixings

W10
2 PCS

SC10-5 2 PCS

Assemble The Seat Carriage(#17) And The Handle(#18).

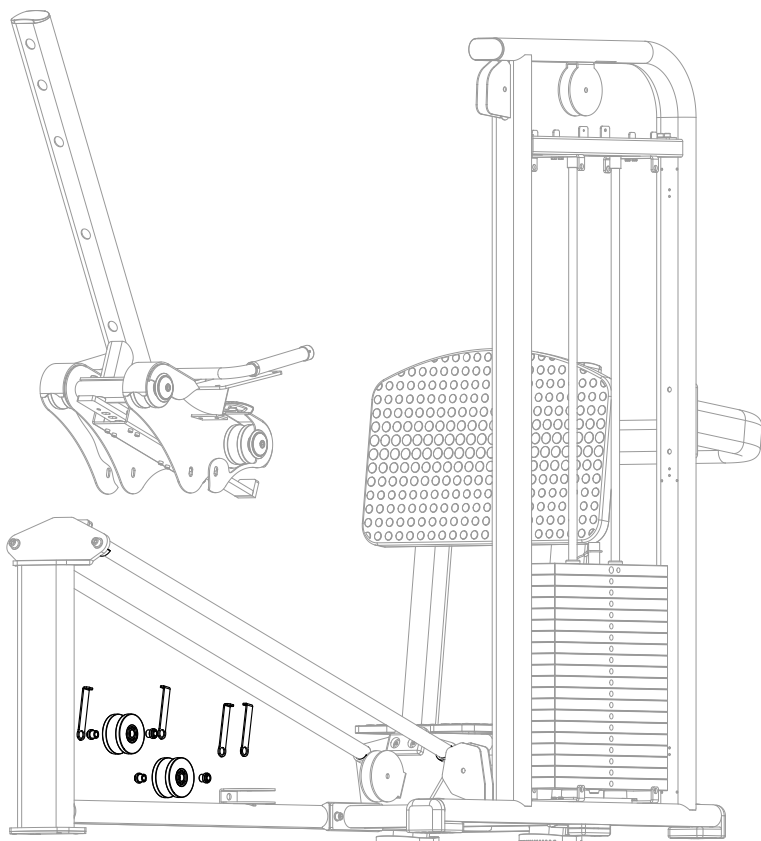


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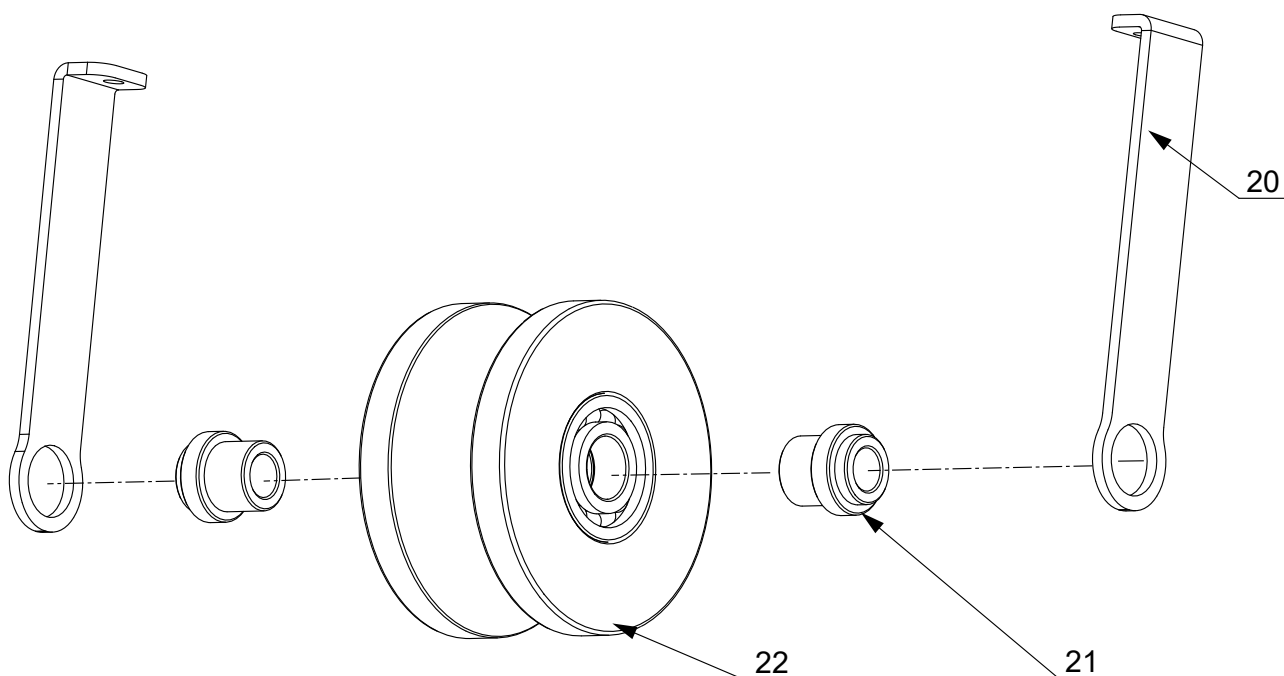
STEP 8

Assemble The Pulley(#22),
Tension Plate(#20) And The
Sleeve(#21).



Parts

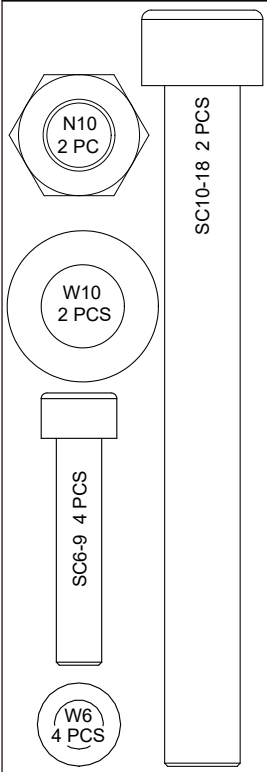
Part No: 20
Name: Tension Plate
Q'TY: 4
Part No: 21
Name: Sleeve
Q'TY: 4
Part No: 22
Name: Wheel
Q'TY: 2



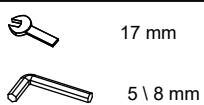
50%



Fixings



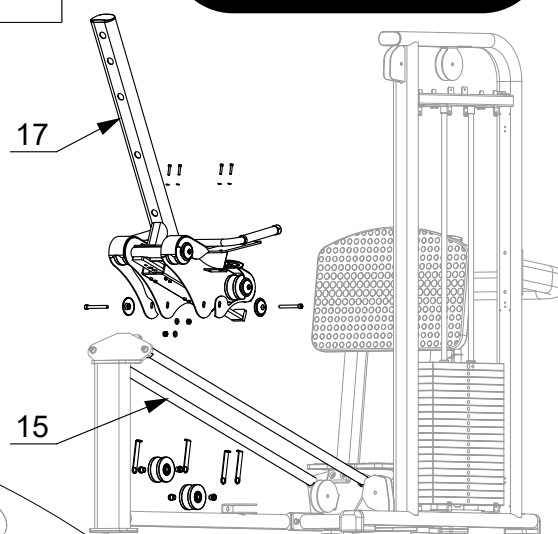
Tools



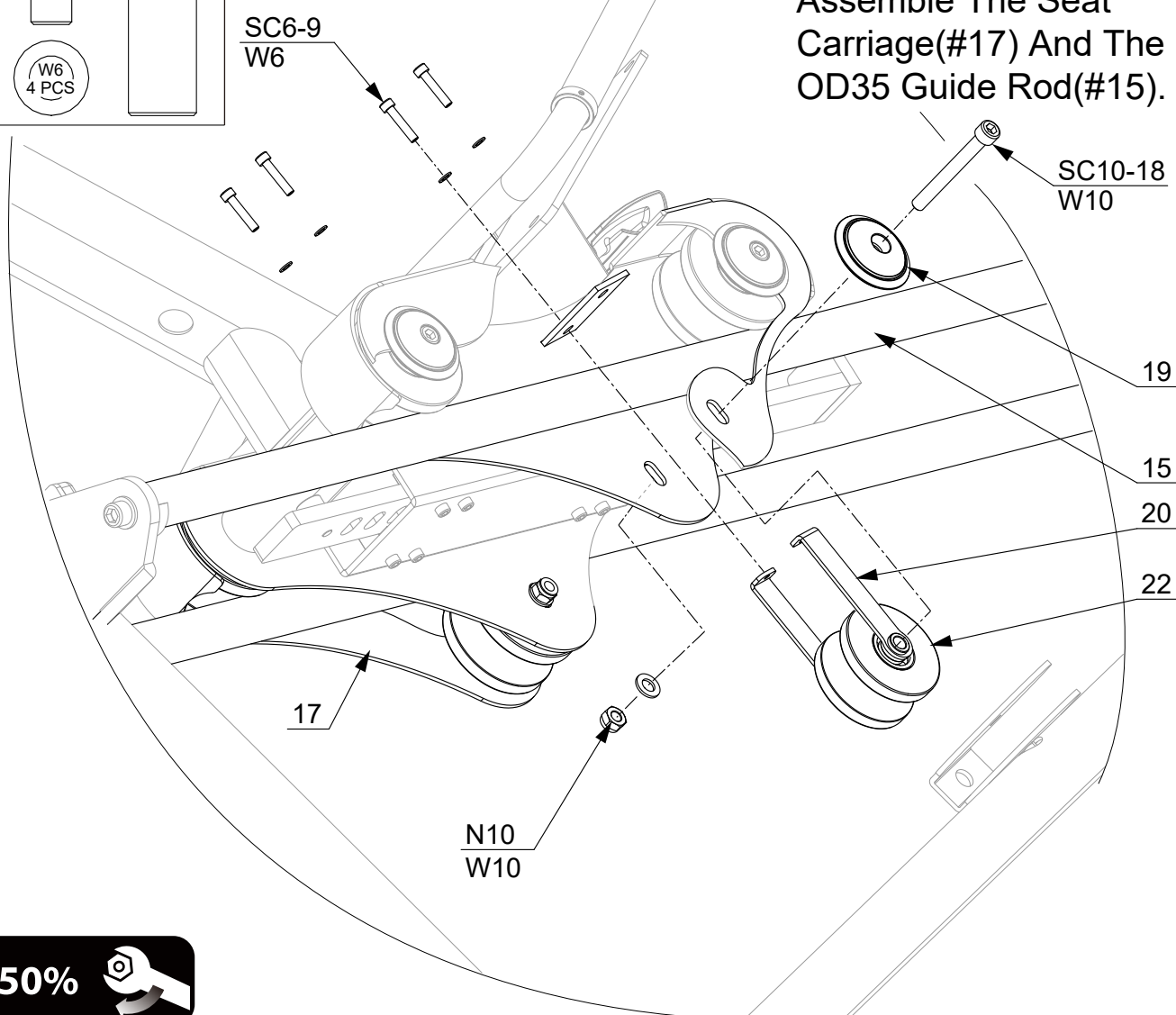
Parts

Part No: 19
Name: Decration Cover
Q'TY: 2

STEP 9



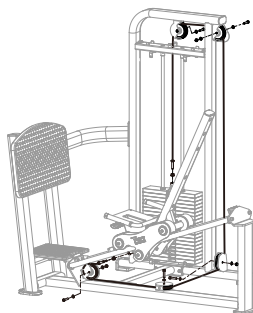
Assemble The Seat Carriage(#17) And The OD35 Guide Rod(#15).



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STEP 10



Install The Cable(#23).

Fixings

A10-9 1 PC

SC10-9 3PCS

SC10-10 1 PCS

W10
8 PCS

N10
3 PCS

Fixings

FN12
2 PCS

Parts

Part No: 23
Name: Pulley
Q'TY: 5
Part No: 24
Name: Cable
Q'TY: 1

Tools

17 \ 19 mm
8 mm

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SC10-10 W10 N10 W10

FN12

SC10-9 W10

N10 W10

A10-9 W10

SC10-9 W10

24

23

N10 W10

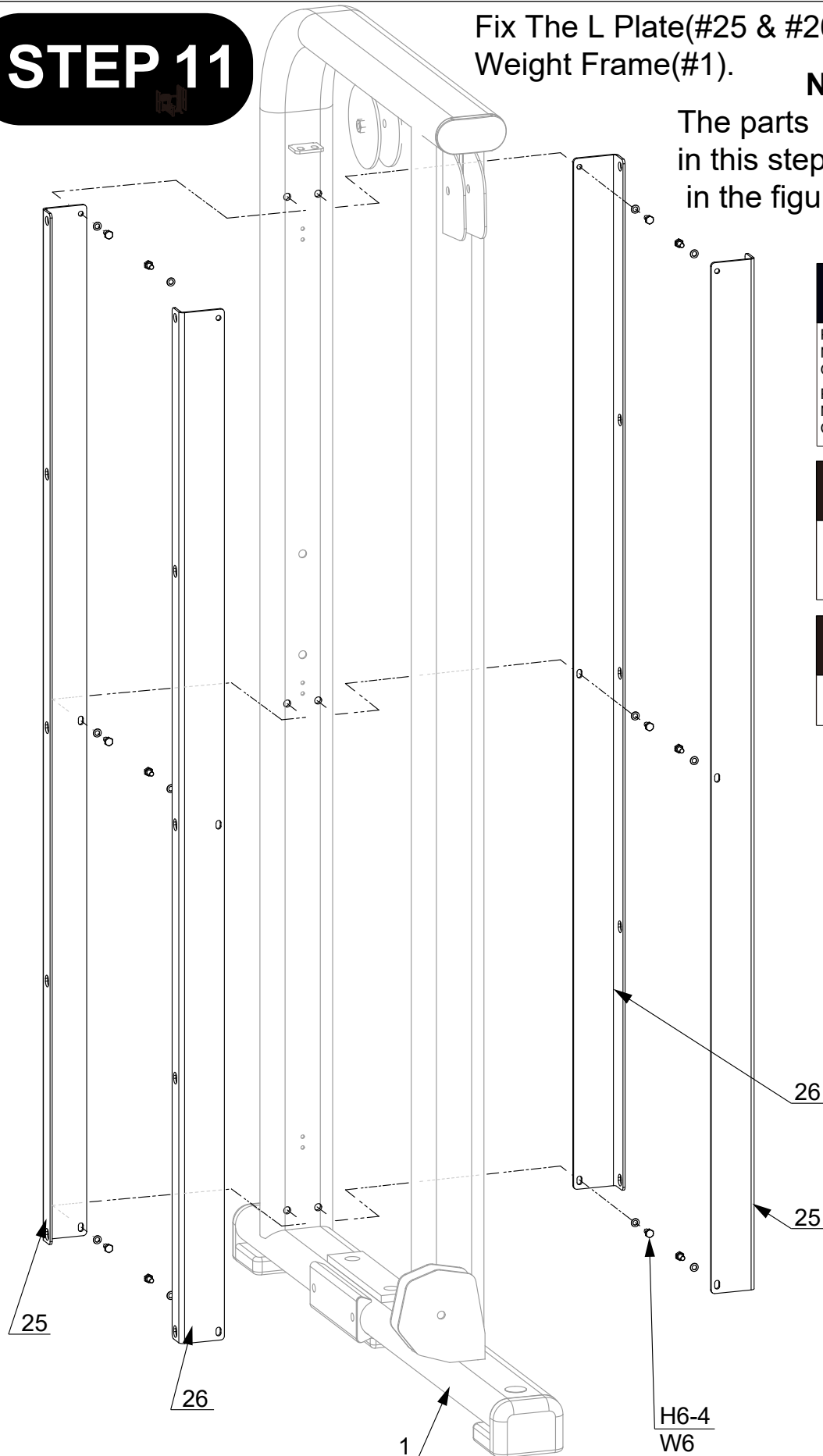
FN12

STEP 11

Fix The L Plate(#25 & #26) To The Weight Frame(#1).

Note:

The parts not referred in this step are removed in the figure.

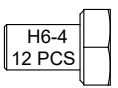


Parts

Part No: 25
Name: L Plate
Q'TY:2

Part No: 26
Name: L Plate
Q'TY:2

Fixings



Tools



10 mm

50%



STEP 12

Fix The Front Lower Shield(#27 & #28)
And The Back Lower Shield(#29).

Parts

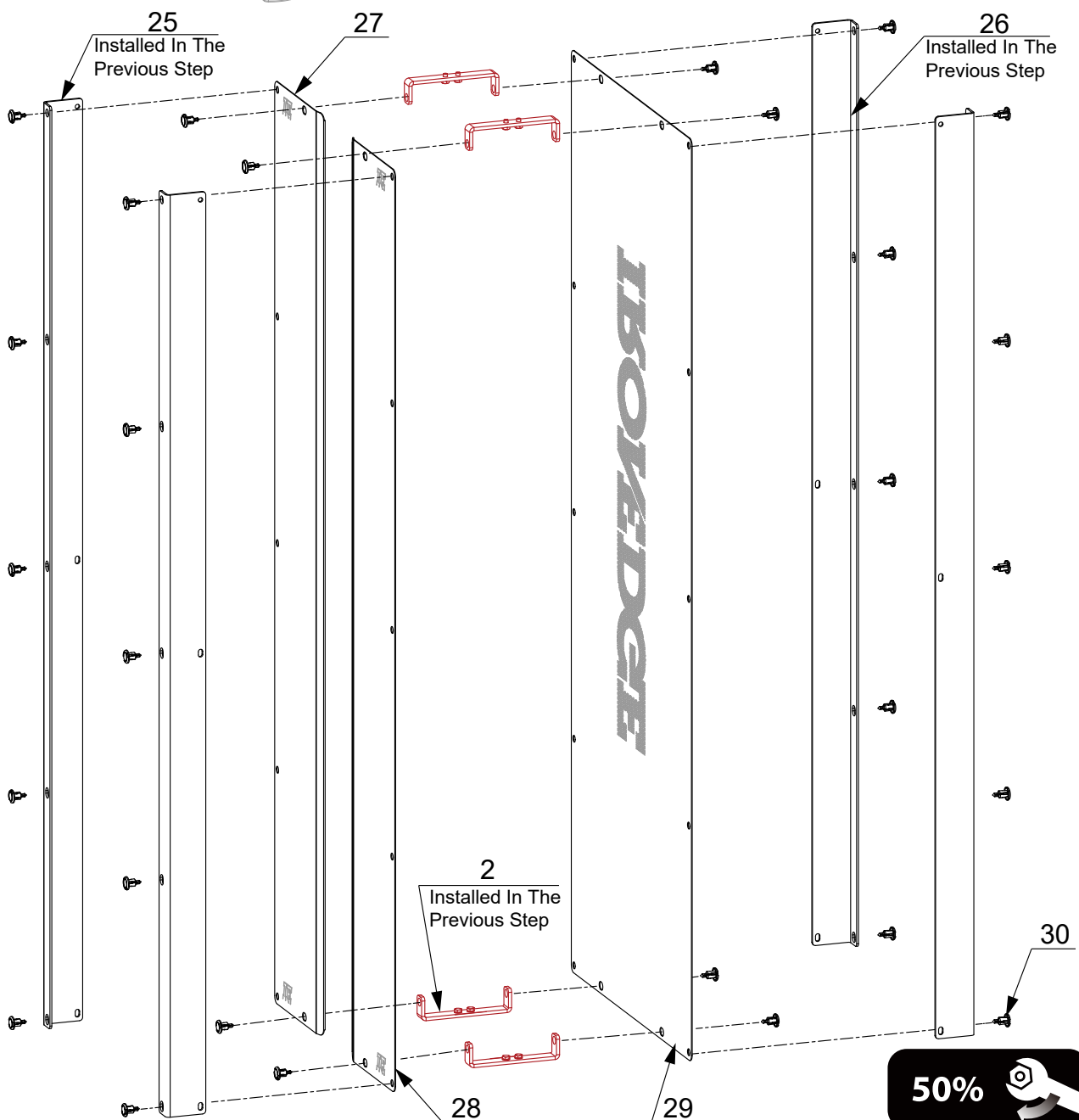
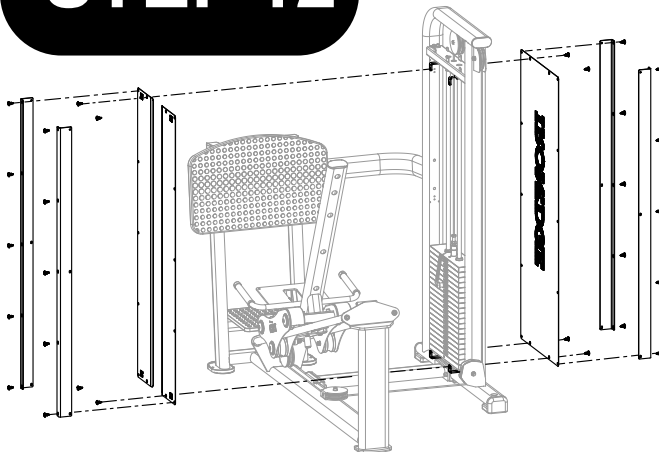
Part No: 27
Name:Front Lower Shield
Q'TY:1

Part No: 28
Name:Front Lower Shield
Q'TY:1

Part No: 29
Name:Back Lower Shield
Q'TY:1

Part No: 30
Name:Panel Clip
Q'TY: 28

Tools



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STEP 13

Fixings



C5-4
2 PC

Tools



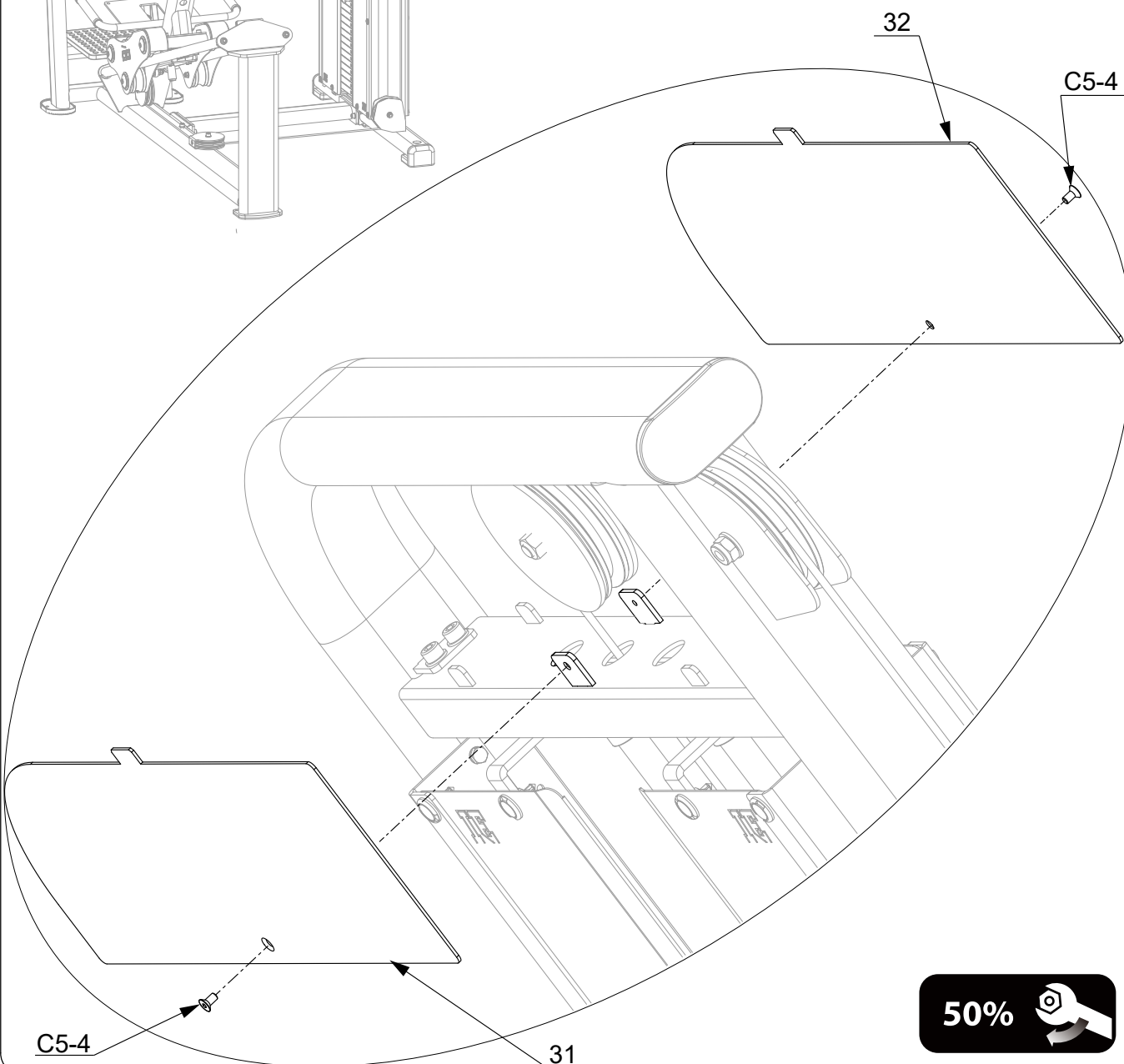
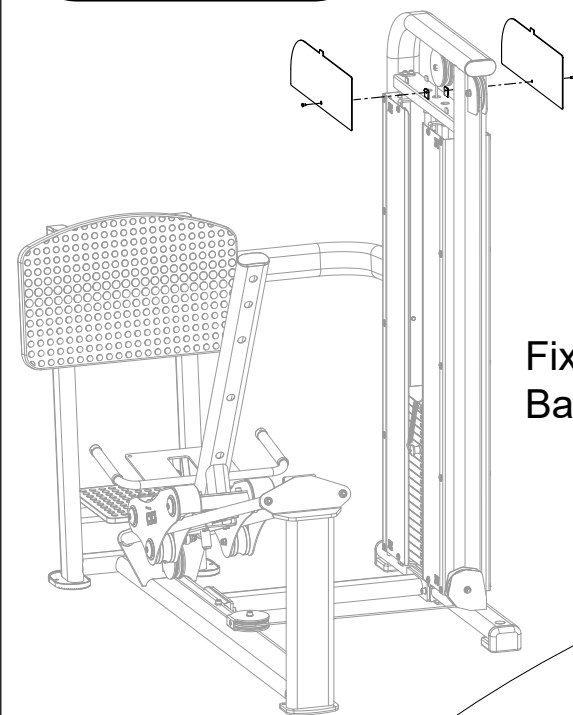
3 mm

Parts

Part No: 31
Name: Front Upper Shield
Q'TY: 1

Part No: 32
Name: Back Upper Shield
Q'TY: 1

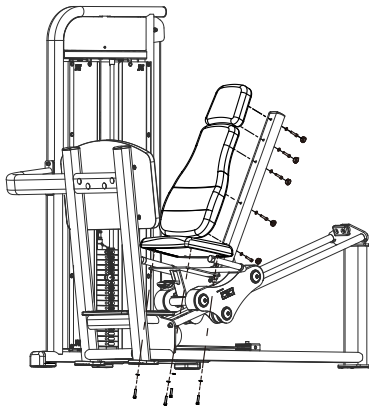
Fix The Front Upper Shield(#31) And The Back Upper Shield(#32).



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STEP 14

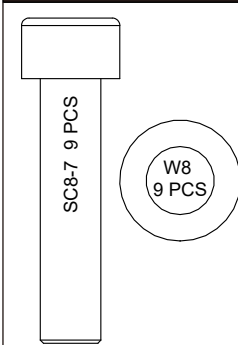


Fix The Seat Pad(#33) ,
Backrest Pad(#34) And
The Head Pad(#35).

Parts

- Part No: 33 
- Name: Seat Pad
Q'TY:1
- Part No: 34 
- Name: Backrest Pad
Q'TY:1
- Part No: 35 
- Name: Head Pad
Q'TY:1
- Part No: 16 
- Name: D25 Hole Cap
Q'TY:5

Fixings



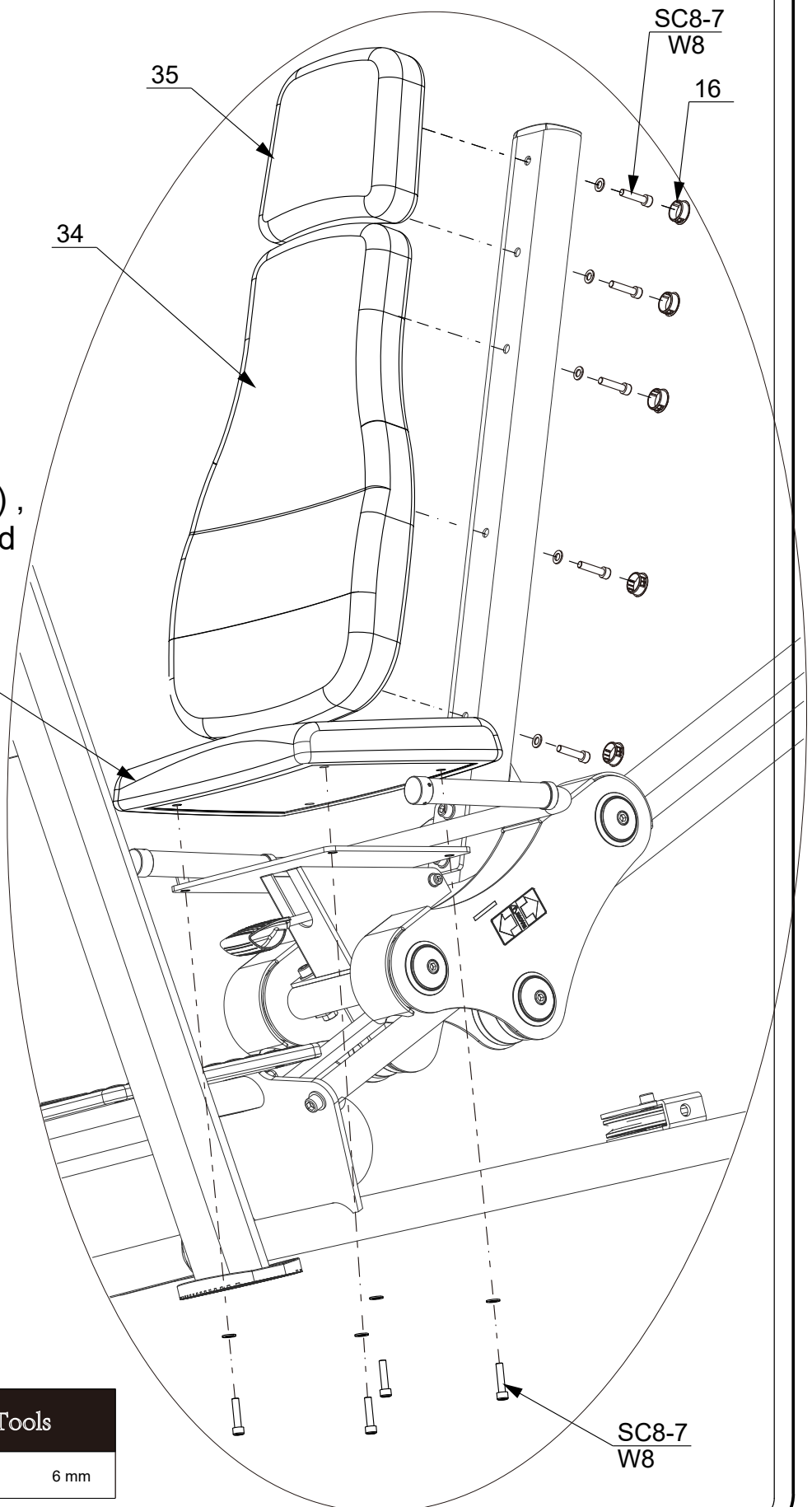
100%



Tools



6 mm



PARTS LIST

PART#	DESCRIPTION	QTY
1	Weight Frame	1
2	U Plate	4
3	Bottom Connection Tube	1
4	L Shaped Connection Tube	1
5	Main Frame	1
6	Guide Rod	2
7	Weight Label	1
8	Buffer Ring	2
9	Weight Plate 7.5 Kg	19
10	Top Weight Plate 7.5 Kg	1
11	Weight Pin	1
12	External Retaining Ring D19	2
13	Retainer	2
14	Pedal	1
15	OD 35 Guide Rod	2
16	D25 Hole Cap	9
17	Seat Carriage	1
18	Handle	1
19	Decration Cover	2
20	Tension Plate	4
21	Sleeve	4
22	Wheel	2
23	Pulley	5
24	Cable	1
25	L Plate	2
26	L Plate	2
27	Front Lower Shield	1
28	Front Lower Shield	1

PART#	DESCRIPTION	QTY
29	Back Lower Shield	1
30	Panel Clip	28
31	Front Upper Shield	1
32	Back Upper Shield	1
33	Seat Pad	1
34	Backrest Pad	1
35	Head Pad	1
W6	Washer 6	24
W8	Washer 8	9
W10	Washer 10	24
W12	Washer 12	4
N10	Lock Nut M10	5
FN12	Flange Nut M12	2
A10-9	Button Head Screw M10×45	1
C5-4	Countersunk Head Screw M5×10	2
H6-4	Hex Head Bolt M6×10	20
H10-5	Hex Head Bolt M10×25	2
S8-7	Socket Set Screw M8×35	2
SC6-9	Socket Head Cap Screw M6×30	4
SC8-7	Socket Head Cap Screw M8×35	9
SC10-5	Socket Head Cap Screw M10×25	6
SC10-6	Socket Head Cap Screw M10×30	2
SC10-8	Socket Head Cap Screw M10×40	4
SC10-9	Socket Head Cap Screw M10×45	3
SC10-10	Socket Head Cap Screw M10×50	1
SC10-18	Socket Head Cap Screw M10×90	2
SC12-5	Socket Head Cap Screw M12×25	4