

IRONEDGE

Squat And Calf Raise

Setup Instructions

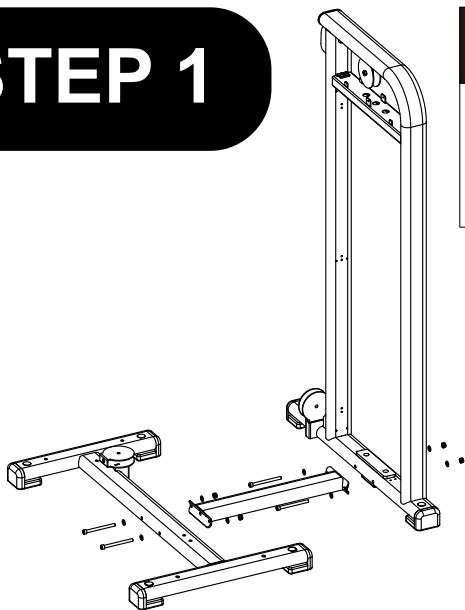
 **CAUTION:** Read all precautions and instructions before using this equipment. Save this manual for future reference.



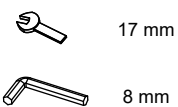
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STEP 1



Tools



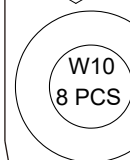
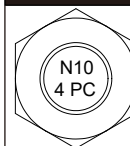
Parts

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

Part No: 2
Name: Base Frame
Q'TY: 1

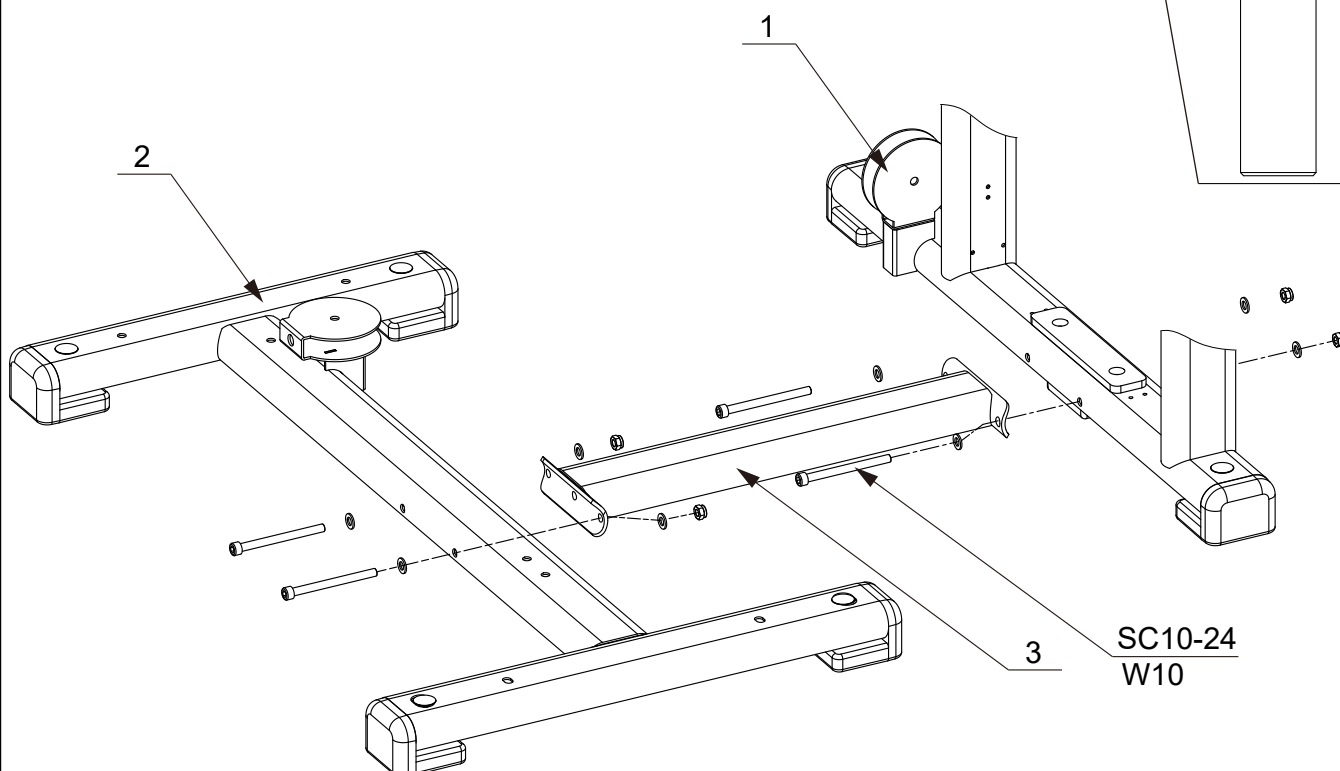
Part No: 3
Name: Connection Tube
Q'TY: 1

Fixings



SC10-24 4 PCS

Assemble The Weight Frame(#1),The Base Frame(#2)
And The Connection Tube(#3).



50%



STEP 2

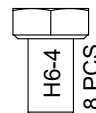
Fix The U Plate(#4).

Parts

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



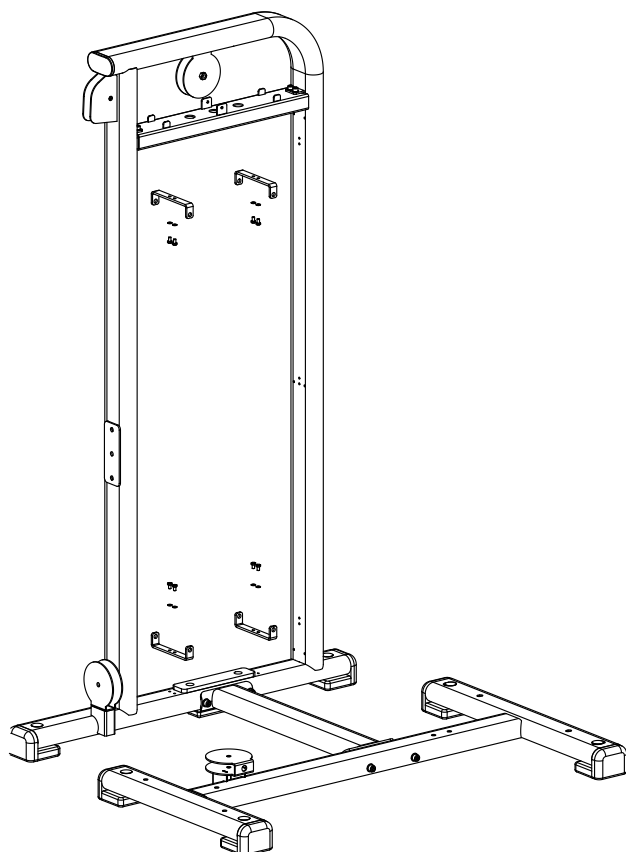
Fixings



Tools

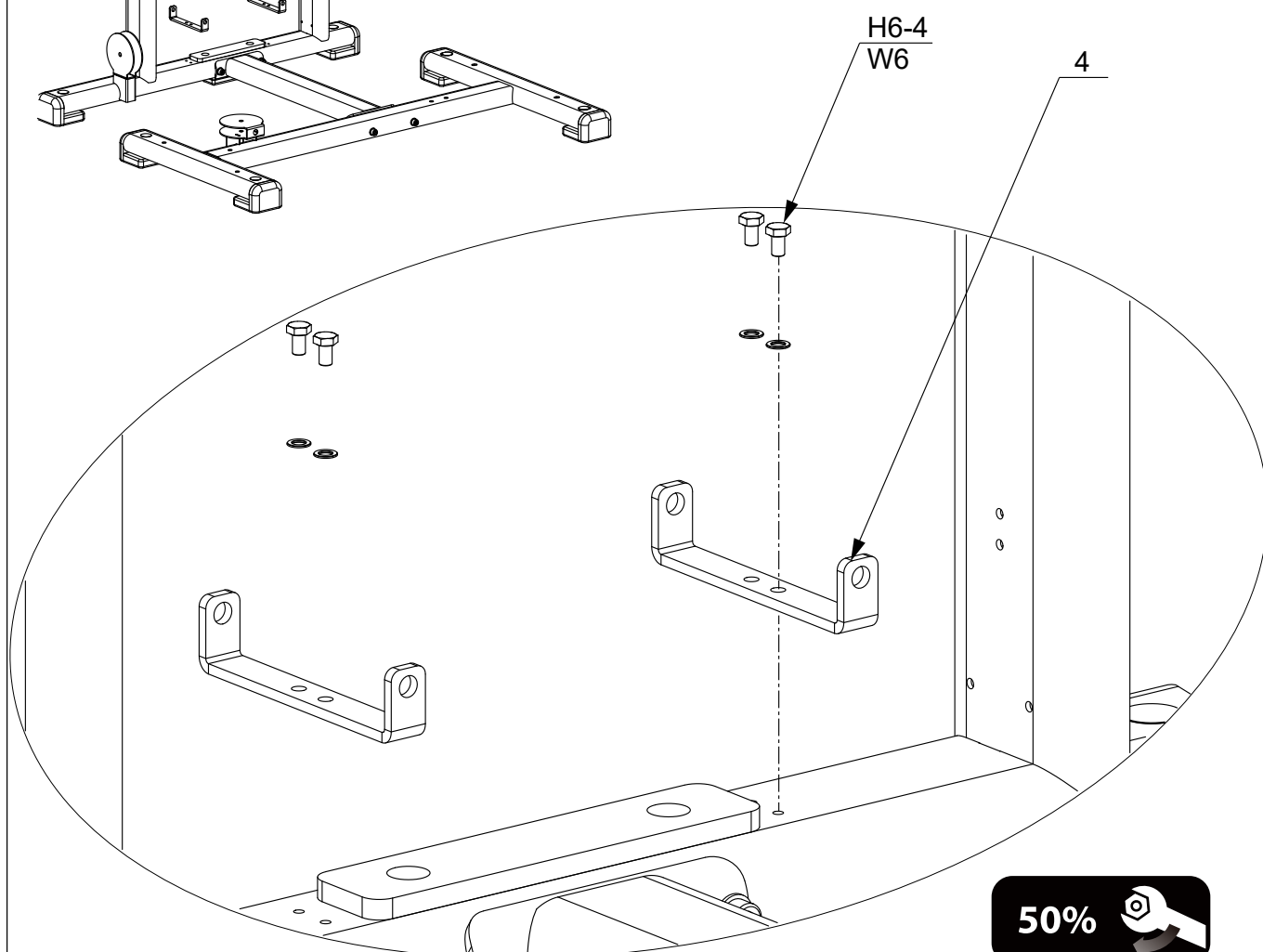


10 mm



H6-4
W6

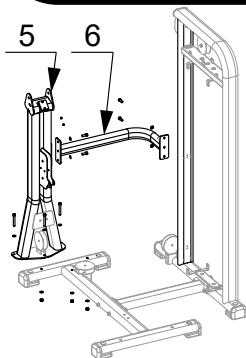
4



50%



STEP 3



Tools



17 mm



8 mm

Parts

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



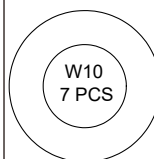
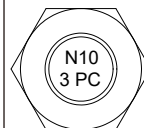
Part No: 6
Name: Connection Tube
Q'TY: 1



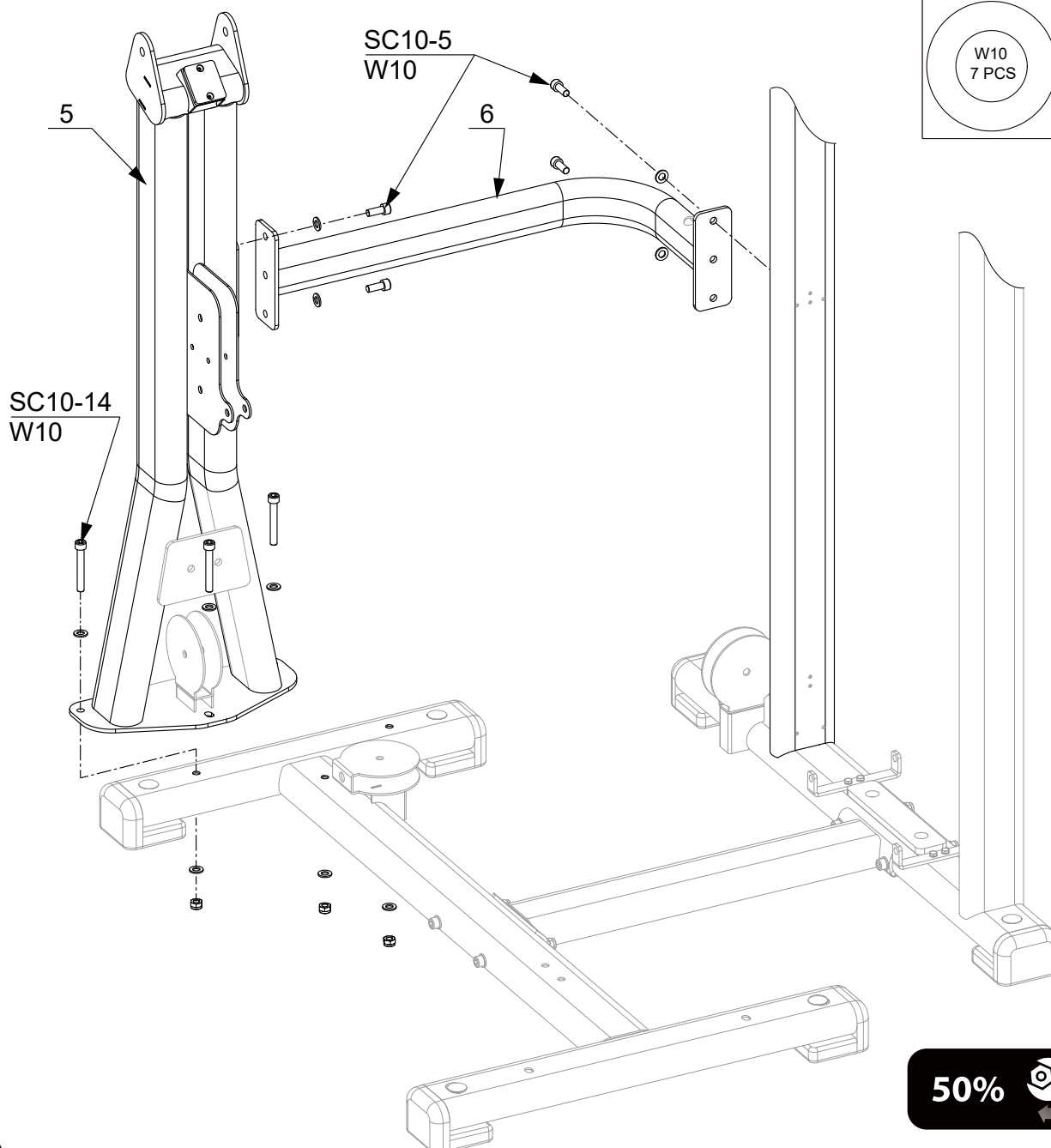
Fixings

SC10-5 4 PCS

SC10-14 3 PCS



Install The Upright Frame(#5) To The Base Frame(#2),And Connect It to The Weight Frame With The Connection Tube(#6).



50%



STEP 4

Parts

Part No: 7
Name: Pedal Support
Q'TY: 1



Tools



17 mm



8 mm

Fixings

SC10-5 2 PCS

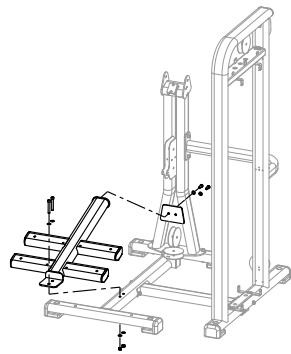
SC10-14 2 PCS

N10

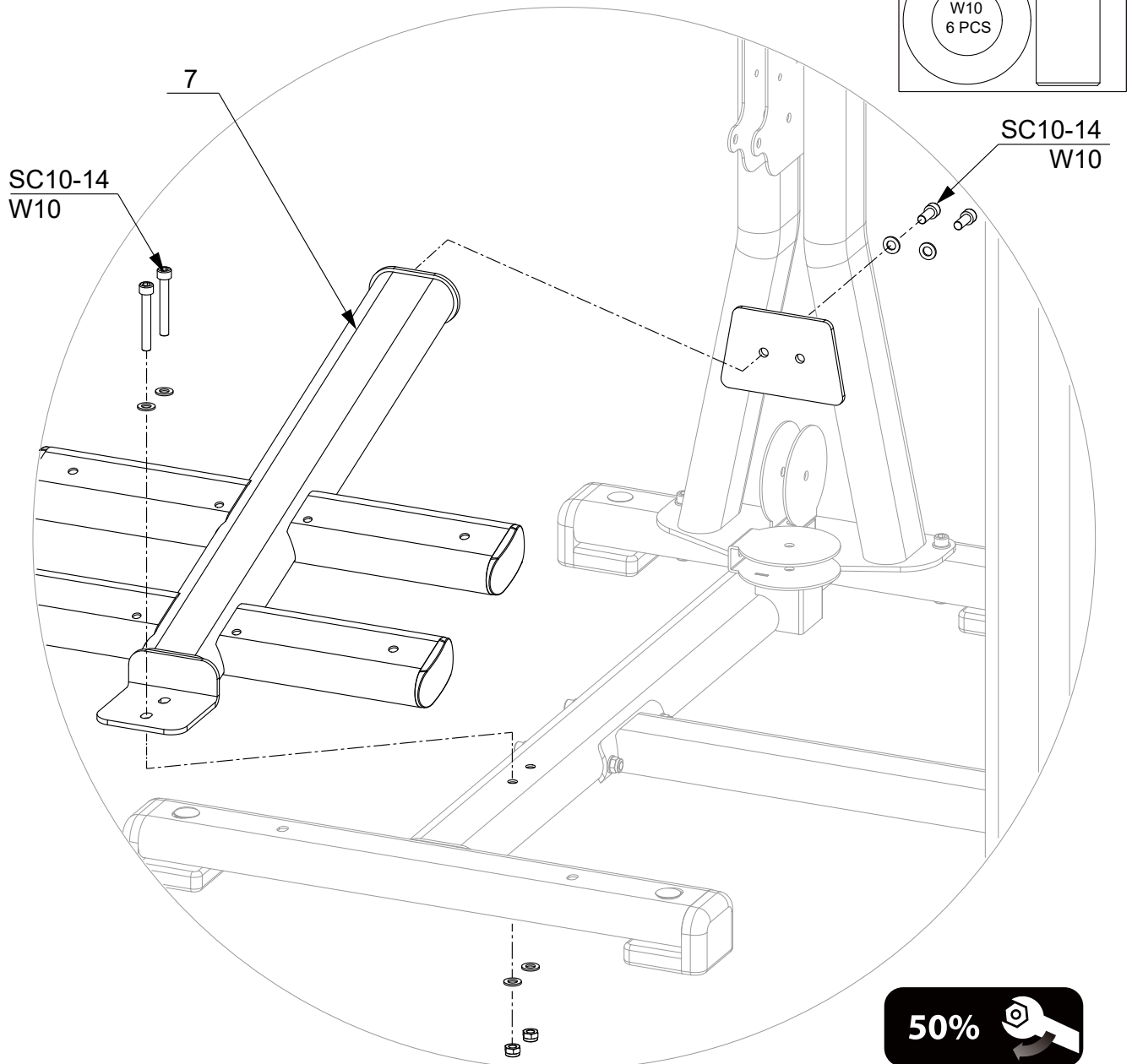
2 PC

W10

6 PCS



Install The Pedal Support(#7)



50%



STEP 5

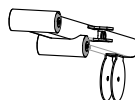
Tools



10 mm

Parts

Part No: 8
Name: Rotatable Arm
Q'TY: 1

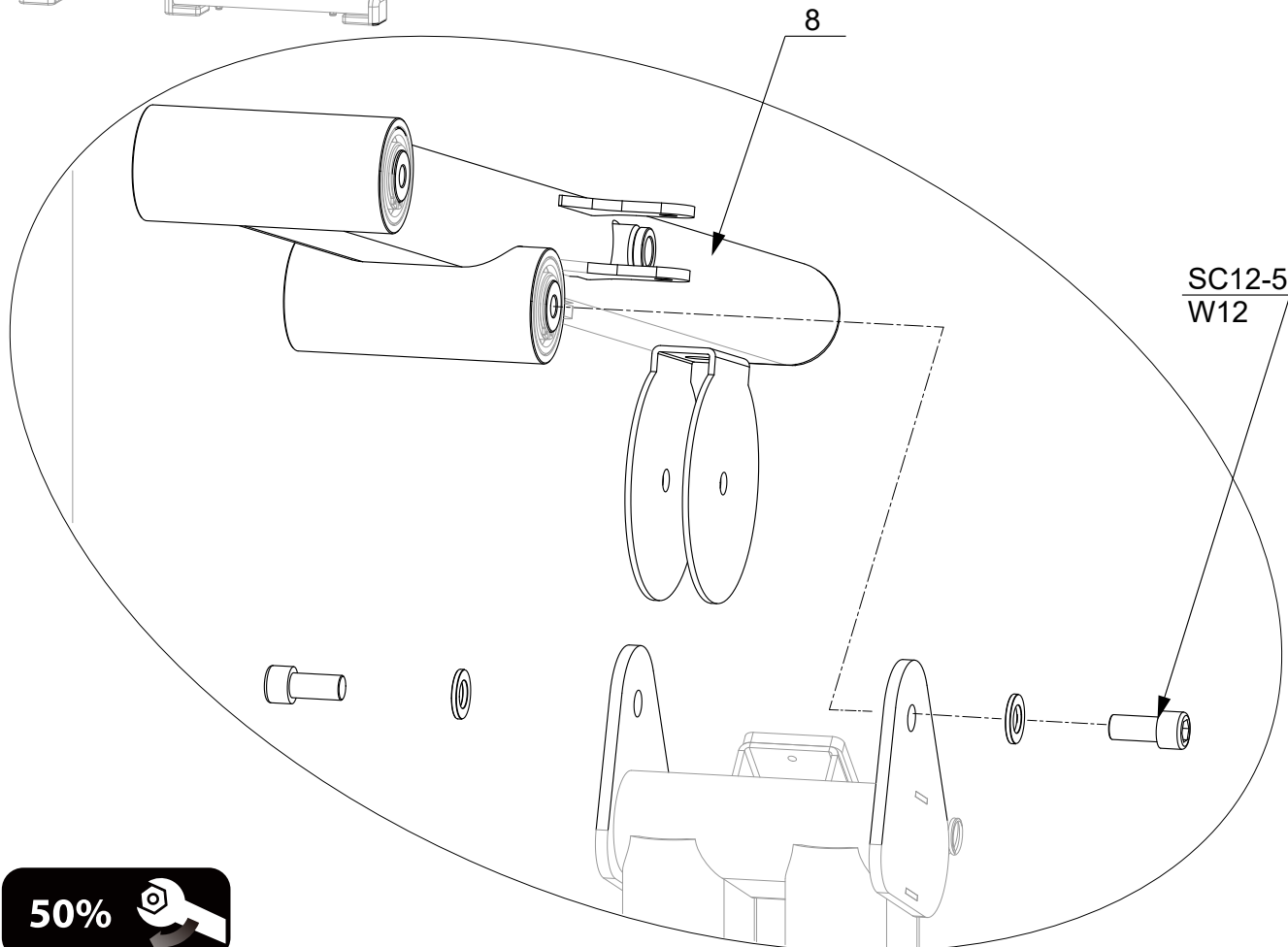
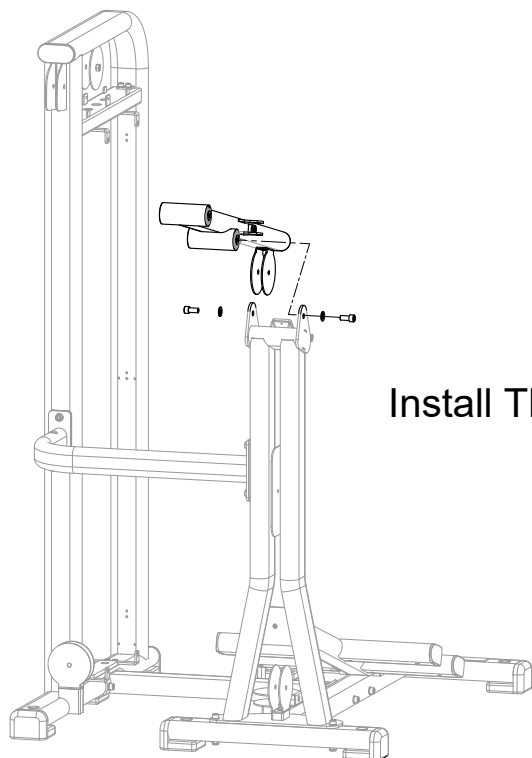


Fixings

SC12-5 2 PCS

W12
2 PCS

Install The Rotatable Arm(#8).



50%



STEP 6

Install The Weight Stack.

Parts

Part No: 9
Name: Guide Rod
Q'TY: 2

Part No: 10
Name: Weight Label
Q'TY: 1

Part No: 11
Name: Rubber Buffer
Q'TY: 2

Part No: 12
Name: Weight Plate 9Kg
Q'TY: 14

Part No: 13
Name:
Top Weight Plate 7.5Kg
Q'TY: 1

Part No: 14
Name: Weight Pin
Q'TY: 1

Part No: 15
Name:
Outer Retaining Ring D19
Q'TY: 2

Part No: 16
Name: Rod Retainer
Q'TY: 2

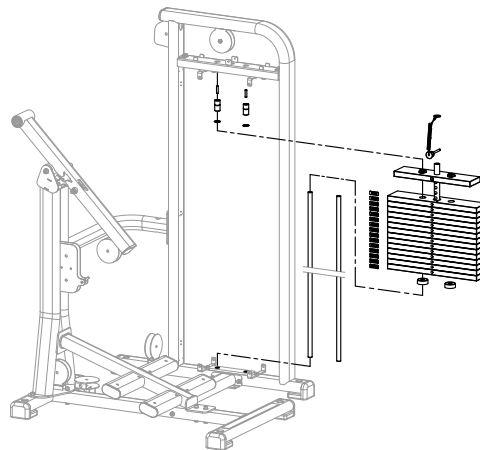
Fixings

S8-7
2 PCS

Tools



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



S8-7

16

15

14

13

9

10

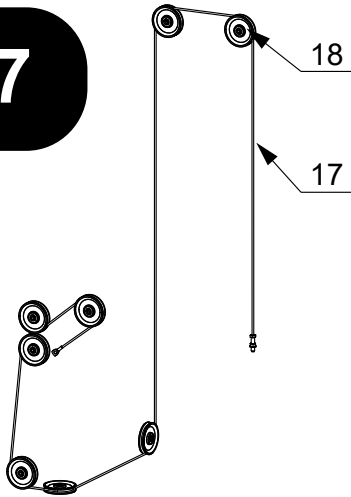
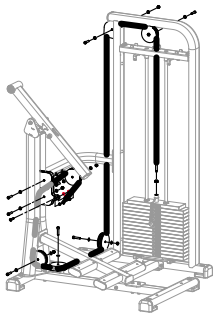
11

12

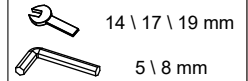
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STEP 7

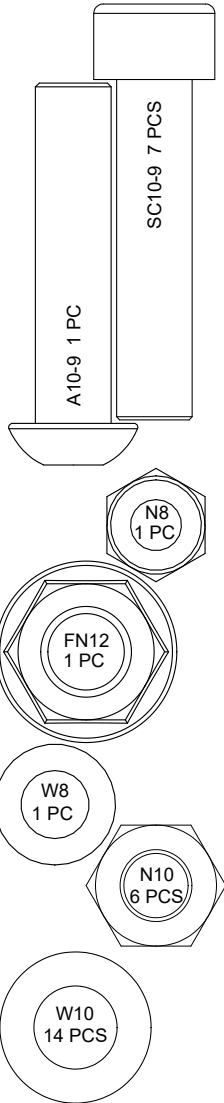


Tools



Install The Cable.

Fixings



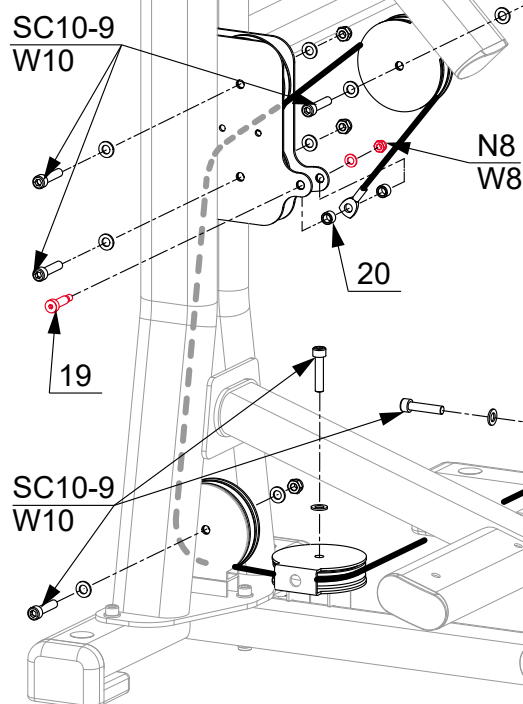
Parts

Part No: 17
Name: Cable
Q'TY: 1

Part No: 18
Name: Pulley D114
Q'TY: 8

Part No: 19
Name: Shoulder Bolt
Q'TY: 1

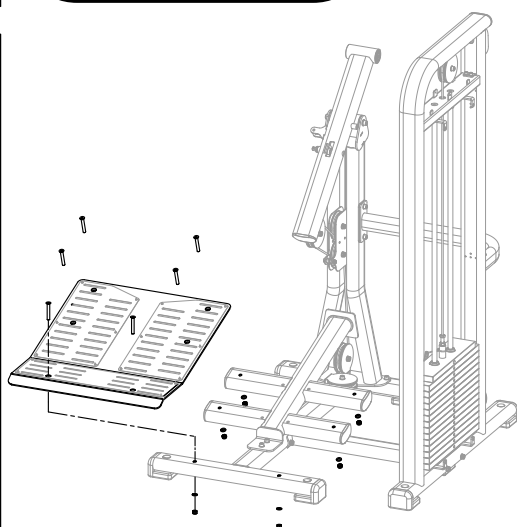
Part No: 20
Name: Spacer
Q'TY: 2



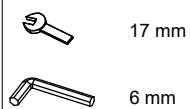
50%



STEP 8



Tools

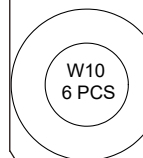
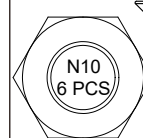


Parts

Part No: 21
Name: Pedal
Q'TY: 1

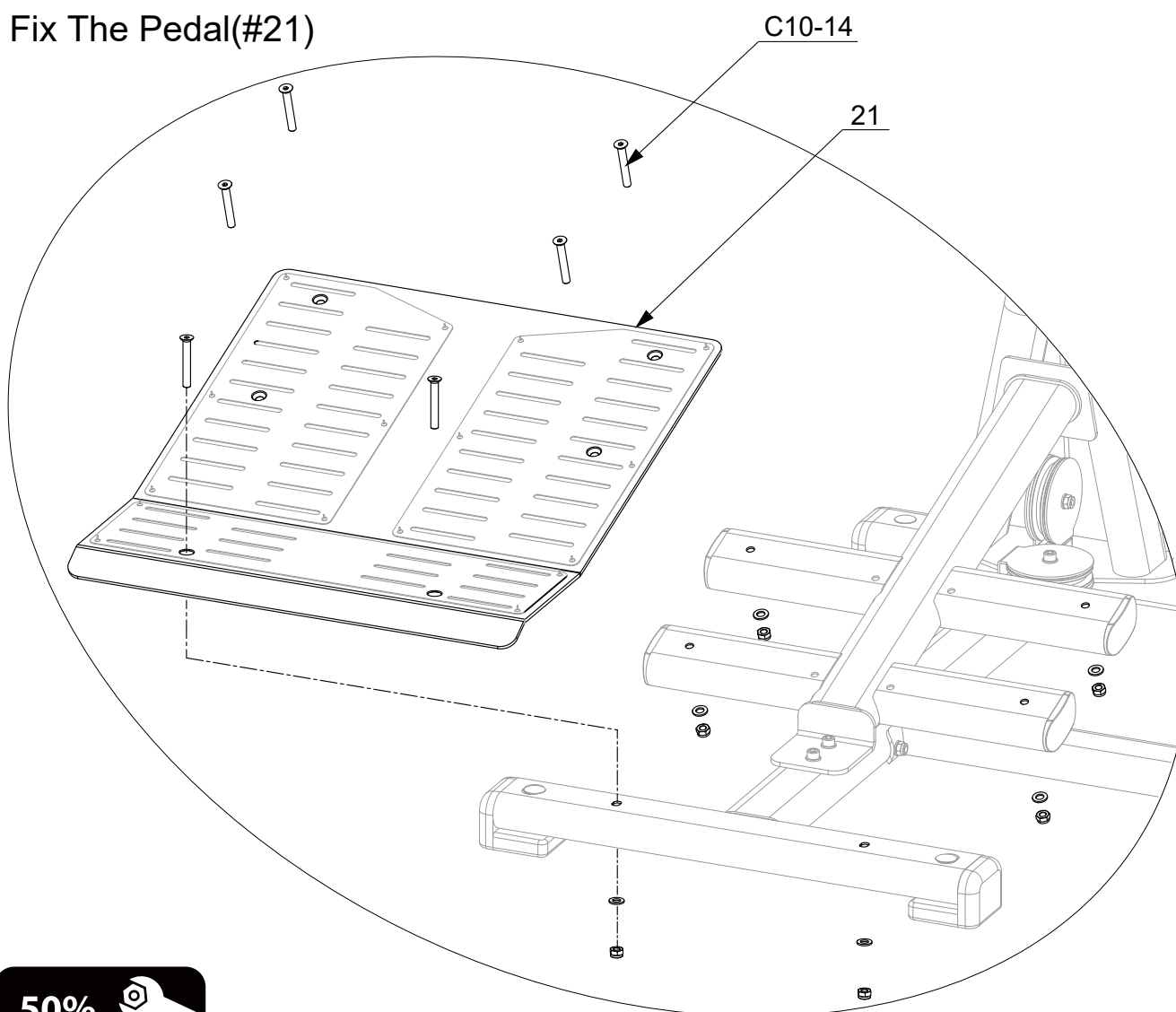


Fixings



C10-14 6 PCS

Fix The Pedal(#21)

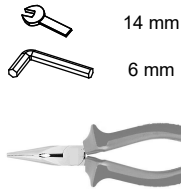


50%



STEP 9

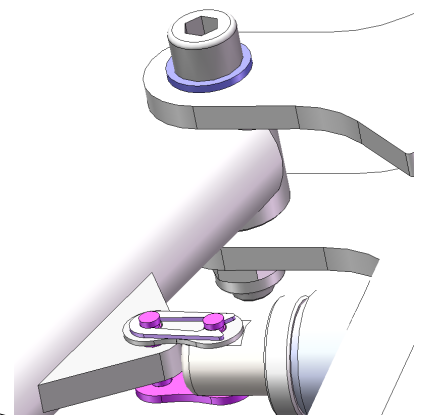
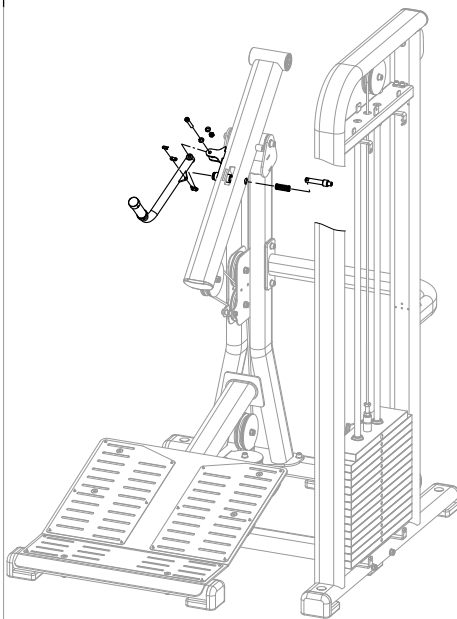
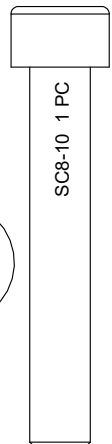
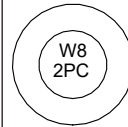
Tools



Parts

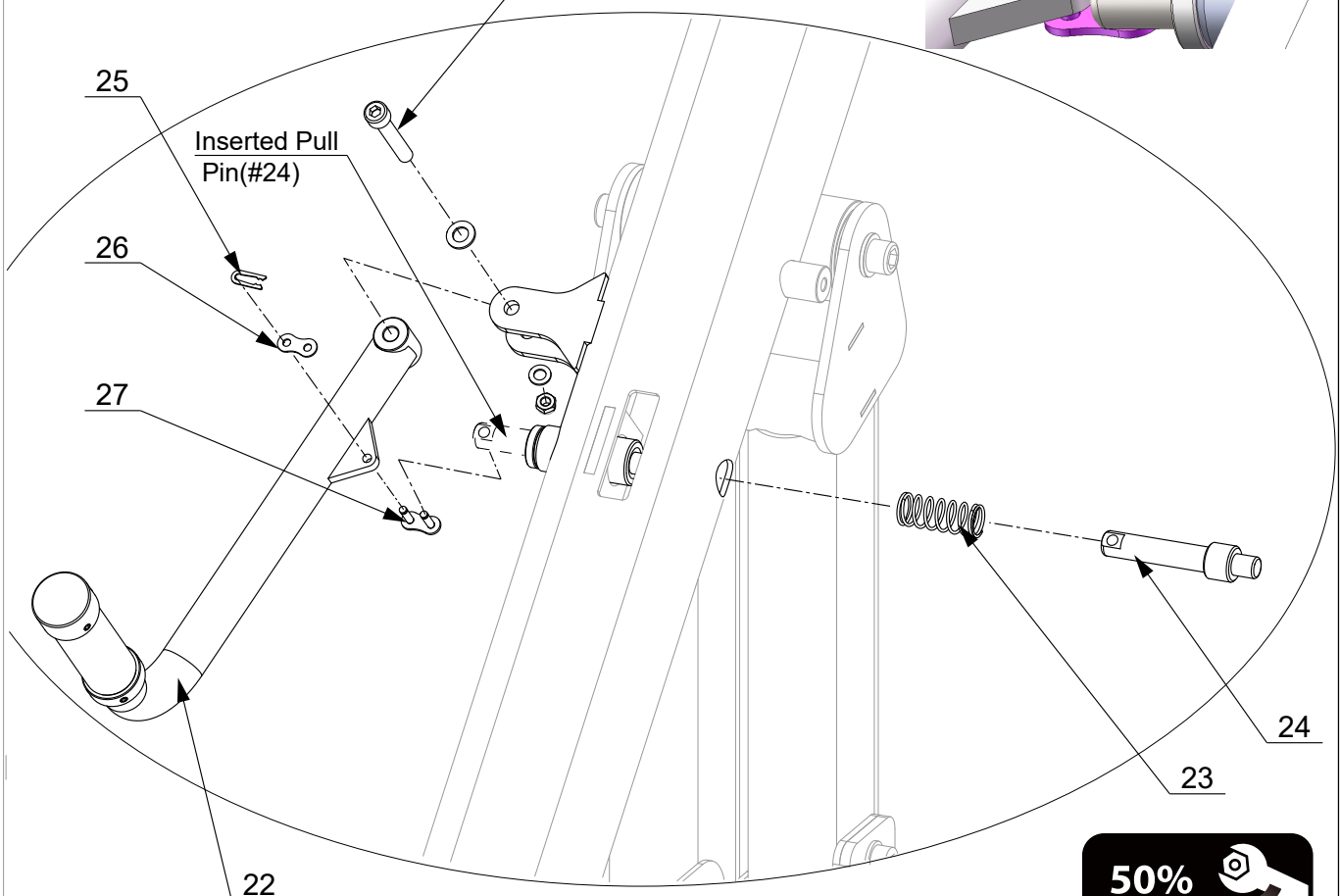
- Part No: 22
Name: Lever
Q'TY: 1
- Part No: 23
Name: Spring
Q'TY: 1
- Part No: 24
Name: Pull Pin
Q'TY: 1
- Part No: 25
Name: Spring Clip
Q'TY: 1
- Part No: 26
Name: Outer Chain Plate
Q'TY: 1
- Part No: 27
Name: Chain Pin
Q'TY: 1

Fixings



Install The Lever(#22).

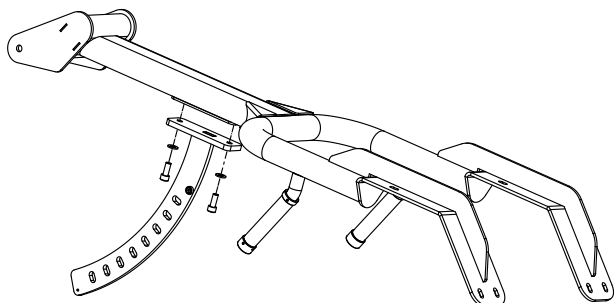
SC8-10
W8



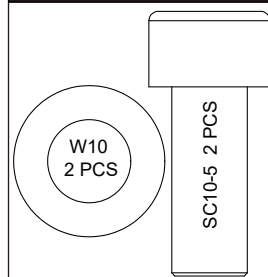
50%



STEP 10



Fixings



Tools



8 mm

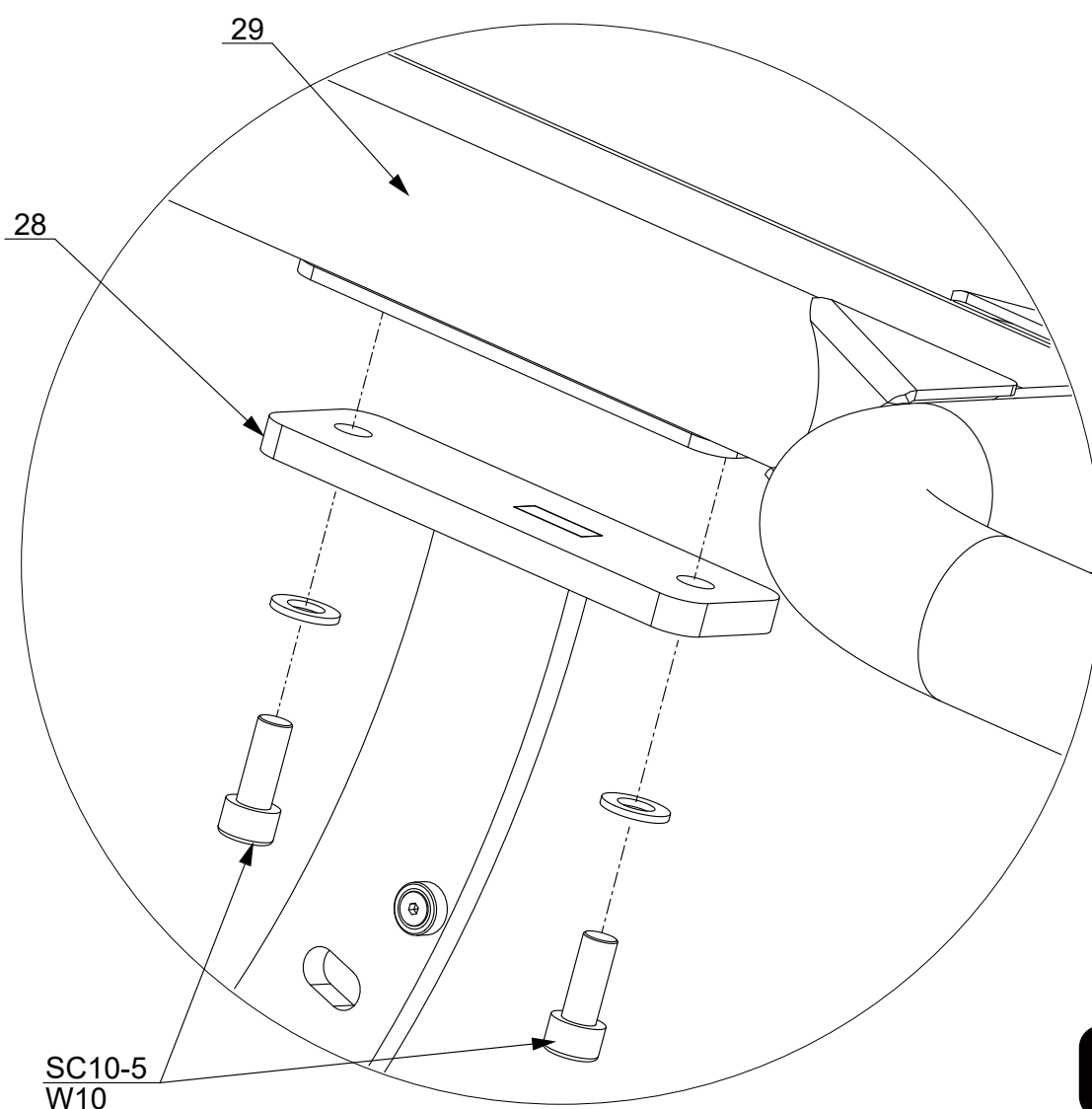
Parts

Part No: 28
Name: Adjusting Plate
Q'TY: 1

Part No: 29
Name: Work Arm
Q'TY: 1



Assemble The Adjusting Plate(#28) And The Work Arm(#29).



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STEP 11

Tools

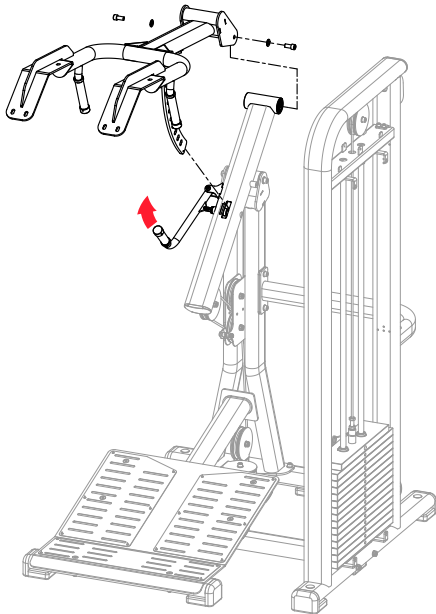


10 mm

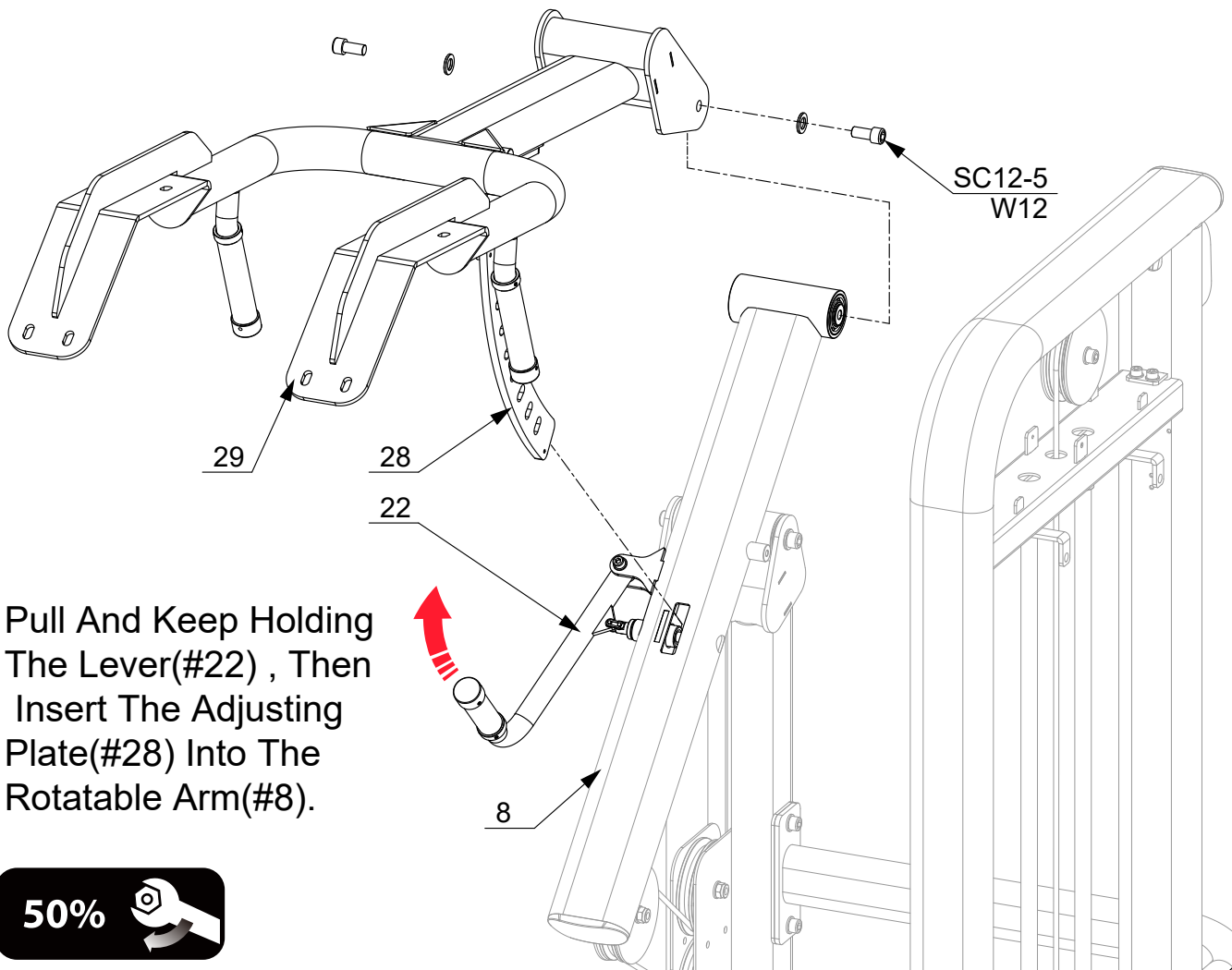
Fixings

SC12-5 2 PCS

W12
2 PCS



Assemble The Work Arm(#29)
And The Rotatable Arm(#8).



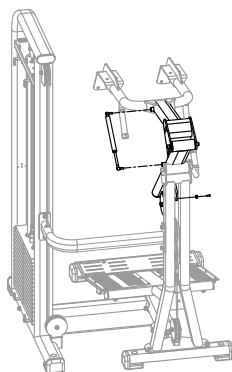
Pull And Keep Holding
The Lever(#22) , Then
Insert The Adjusting
Plate(#28) Into The
Rotatable Arm(#8).

50%



STEP 12

Install The Gas Spring (#30) And The Limit Post(#31).



Parts

Part No: 30
Name: Gas Spring
Q'TY: 1



Part No: 31
Name: Limit Post
Q'TY: 1



Tools



10 mm

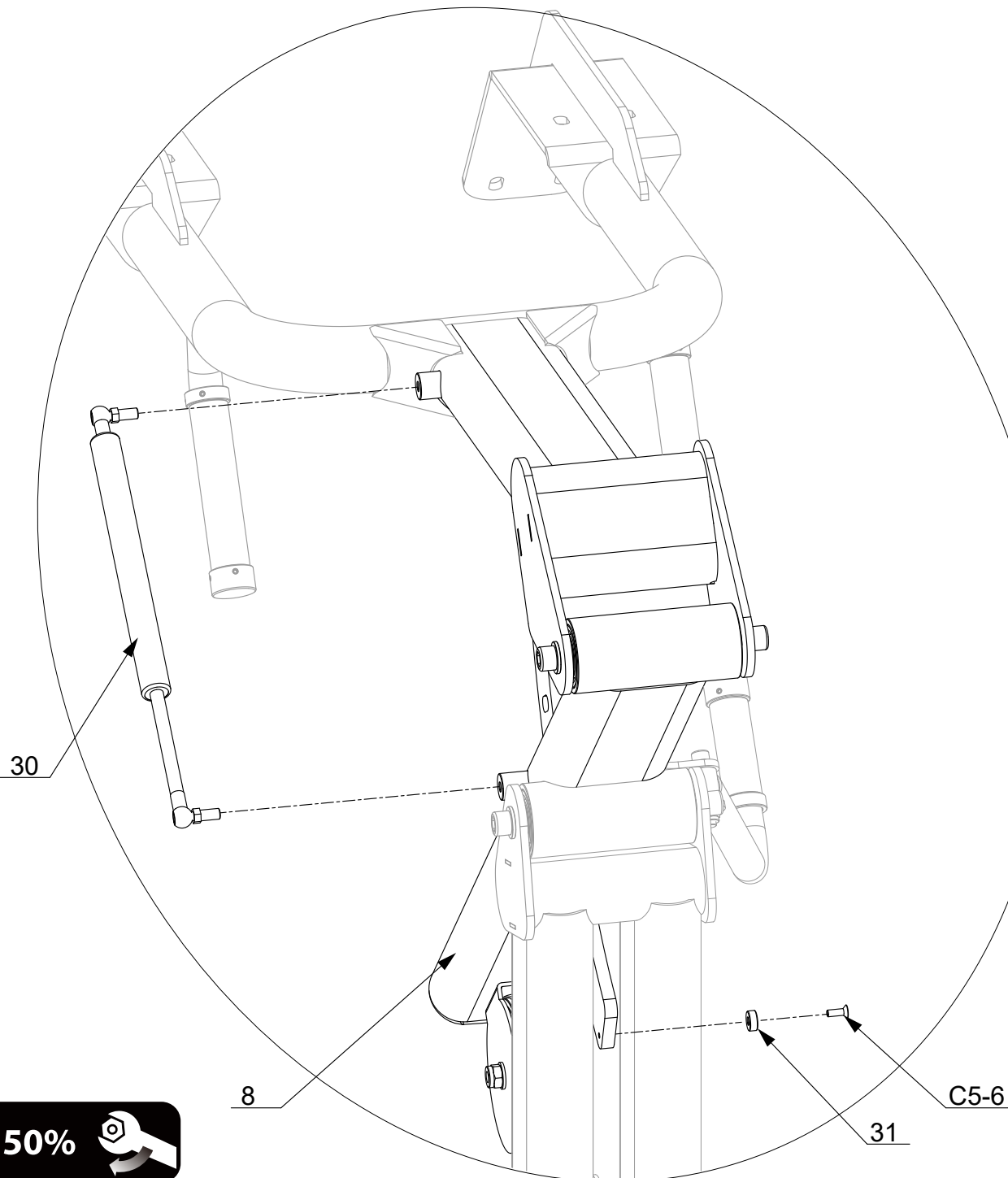


3 mm

Fixings



C5-6
1 PC



50%



STEP 13

Tools



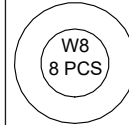
6 mm

Parts

Part No: 32
Name: Shoulder Pad
Q'TY: 2

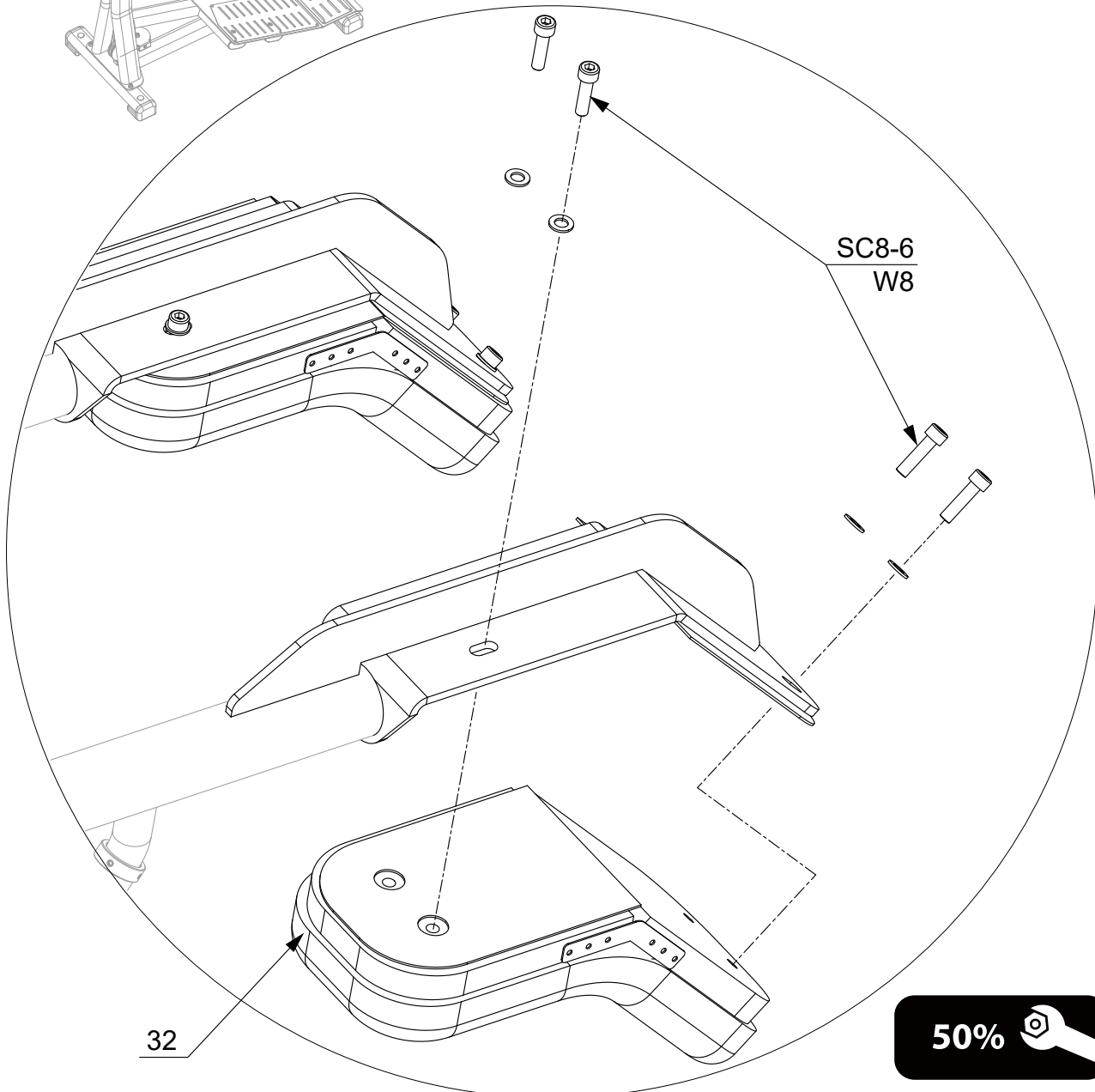
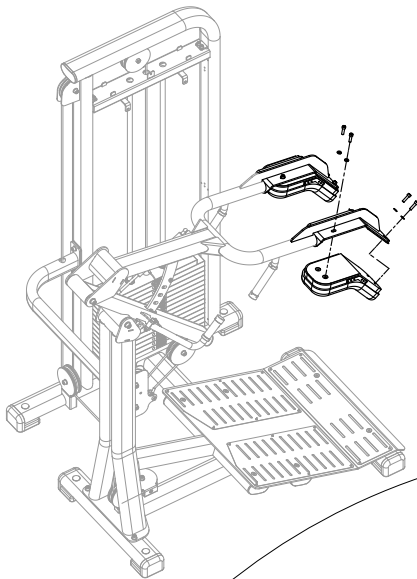


Fixings



SC8-6 8 PCS

Fix The Shoulder Pad(#32)



50%



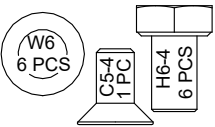
STEP 14

Install The Back Lower Shield(#34) And The Back Upper Shield(#33).

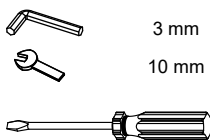
Parts

- Part No: 33
Name: Back Upper Shield
Q'TY:1
- Part No: 34
Name: Back Lower Shield
Q'TY:1
- Part No: 35
Name: L Plate
Q'TY:1
- Part No: 36
Name: L Plate
Q'TY:1
- Part No: 37
Name: Panel Clip
Q'TY:14

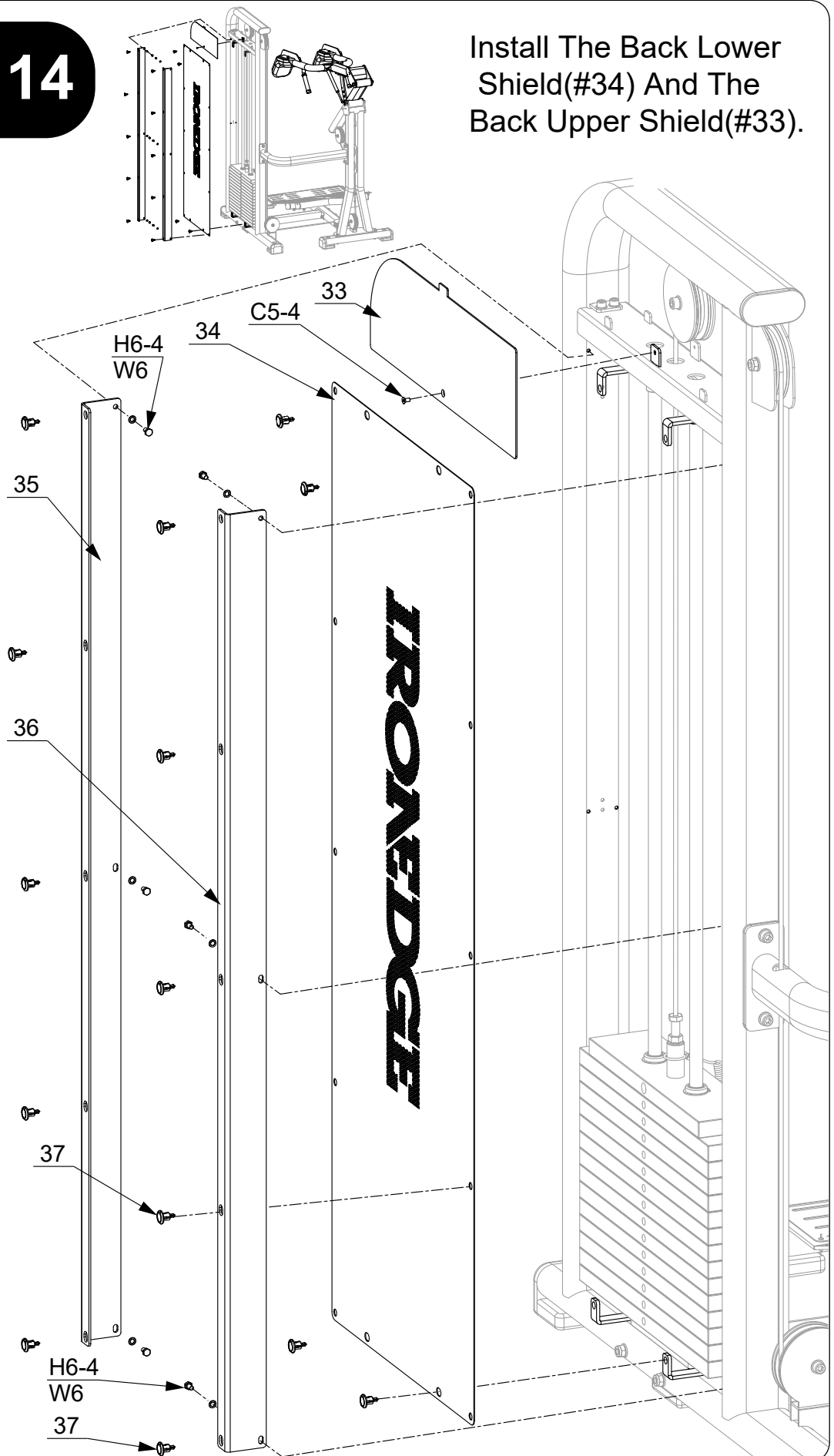
Fixings



Tools

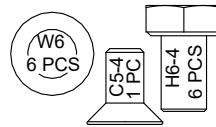


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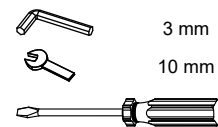


STEP 15

Fixings

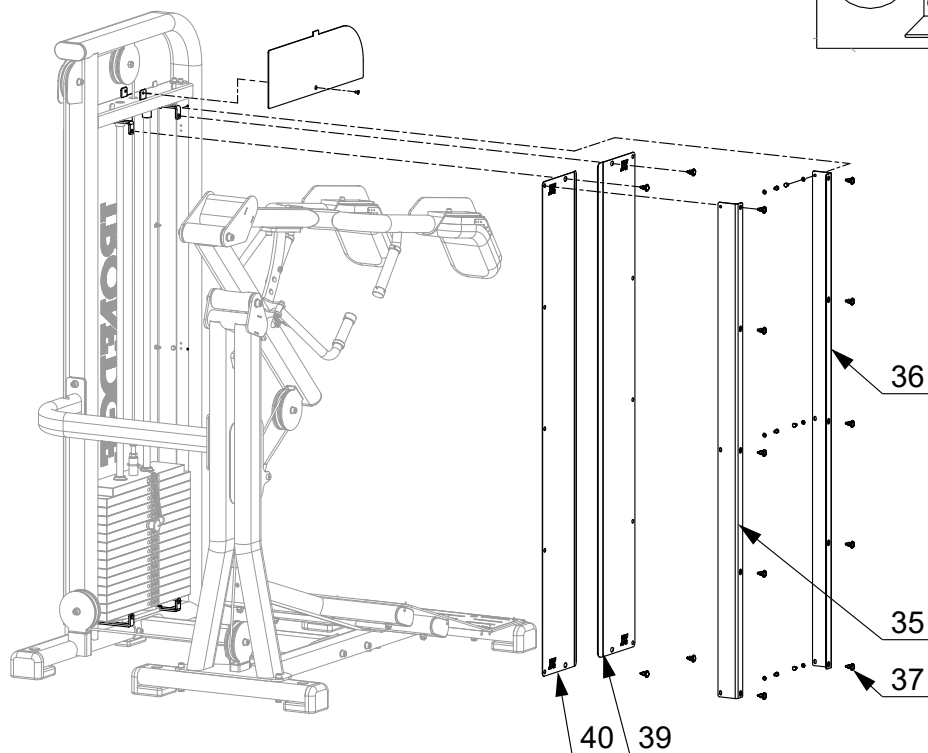


Tools

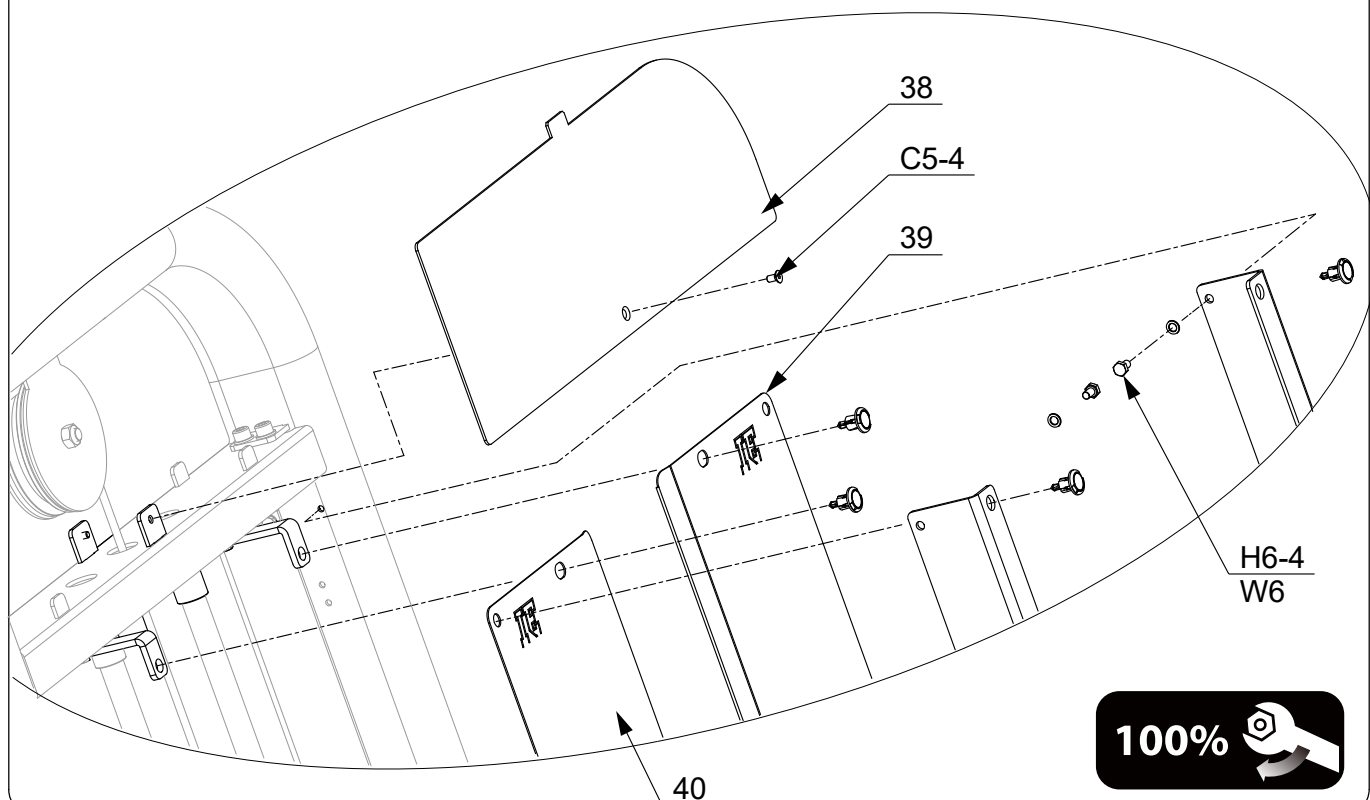


Parts

- Part No: 38
Name: Front Upper Shield
Q'TY:1
- Part No: 39
Name: Front Lower Shield
Q'TY:1
- Part No: 40
Name: Front Lower Shield
Q'TY:1
- Part No: 35
Name: L Plate
Q'TY:1
- Part No: 36
Name: L Plate
Q'TY:1
- Part No: 37
Name: L Panel Clip
Q'TY:14



Install The Front Upper Shield(#38) And The Front Lower Shield(#39().



PARTS LIST

PART#	DESCRIPTION	QTY
1	Weight Frame	1
2	Base Frame	1
3	Connection Tube	1
4	U Plate	4
5	Upright Frame	1
6	Connection Tube	1
7	Pedal Support	1
8	Rotatable Arm	1
9	Guide Rod	2
10	Weight Label	1
11	Rubber Buffer	2
12	Weight Plate 9Kg	14
13	Weight Plate 7.5Kg	1
14	Weight Pin	1
15	Retaining Ring D19	2
16	Rod Retainer	2
17	Cable	1
18	Pulley D114	8
19	Shoulder Bolt	1
20	Spacer	2
21	Pedal	1
22	Lever	1
23	Spring	1
24	Pull Pin	1
25	Spring Clip	1
26	Outer Chain Plate	1
27	Chain Pin	1
28	Adjusting Plate	1
29	Work Arm	1
30	Gas Spring	1
31	Limit Post	1
32	Shoulder Pad	2
33	Back Upper Shield	1
34	Back Lower Shield	1
35	L Plate	2
36	L Plate	2
37	Panel Clip	28
38	Front Upper Shield	1
39	Front Lower Shield	1
40	Front Lower Shield	1
W6	Washer 6	20
W8	Washer 8	11
W10	Washer 10	43
W12	Washer 12	4
N8	Lock Nut M8	2
N10	Lock Nut M10	21
FN12	Flange Nut M12	1
A10-9	Button Head Screw M10×45	1
C5-4	Countersunk Head Screw M5×10	2
C5-6	Countersunk Head Screw M5×15	1
C10-14	Countersunk Head Screw M10×70	6
H6-4	Hex Head Bolt M6×10	20
S8-7	Socket Set Screw M8×35	2
SC8-6	Socket Head Cap Screw M8×30	8
SC8-10	Socket Head Cap Screw M8×50	1
SC10-5	Socket Head Cap Screw M10×25	8

PART#	DESCRIPTION	QTY
SC10-9	Socket Head Cap Screw M10X45	7
SC10-14	Socket Head Cap Screw M10X70	5
SC10-24	Socket Head Cap Screw M10X120	4
SC12-5	Socket Head Cap Screw M12X25	4