

IRONEDGE.

Leg Extension / Prone Leg Curl

Setup Instructions

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



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To Apply Thread Locker

The Fasteners marked by the sign  in the following assembling steps need to be bonded to prevent loosening, or the fasteners are a type of thread locking screws.

How to use

1. Degrease and clean surfaces prior to apply adhesive.
2. Insert bolt and apply adhesive to the exposed thread. Assemble nut and tighten to the correct torque (FIG 1).
3. Apply several drops of adhesive down the sides of the blind hole filling the lower third. Apply several drops to the bolt, Assemble and tighten (FIG 2).

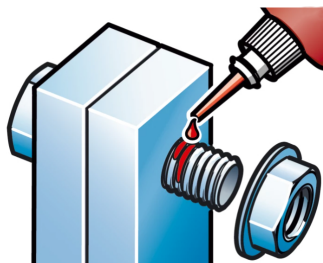


FIG 1

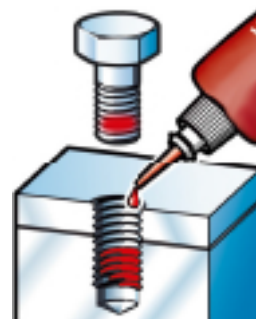
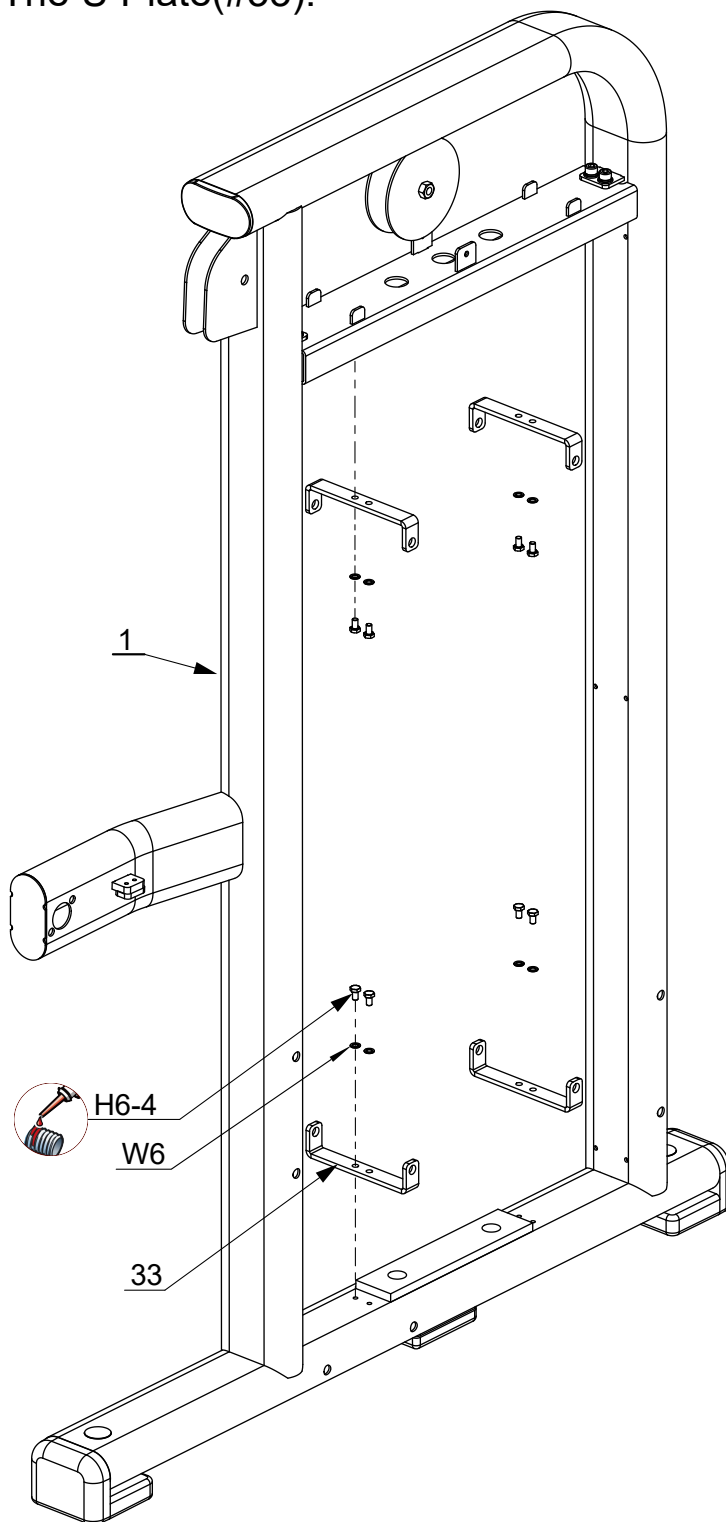


FIG 2

STEP 1

Install The U Plate(#33).



Parts

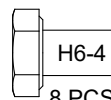


Part No: 1
Name: Main Frame
Q'TY: 1



Part No: 33
Name: U Plate
Q'TY: 4

Fixings



H6-4

8 PCS



W6

8 PCS

Tools



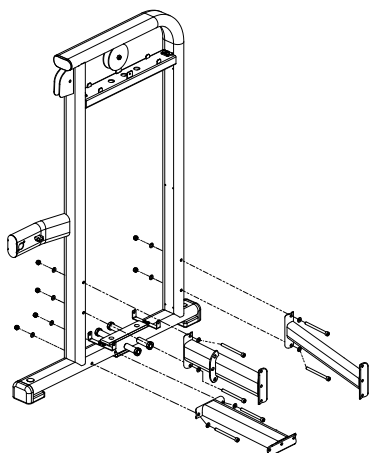
10mm

50%



STEP 2

Install the Connection Tubes(#8 & #9 & #10) on the Main Frame(#1).



Parts

Part No: 8
Name: Front
Connection Tube
Q'TY: 1

Part No: 9
Name: Bottom
Connection Tube
Q'TY: 1

Part No: 10
Name: Rear
Connection Tube
Q'TY: 1

Fixings

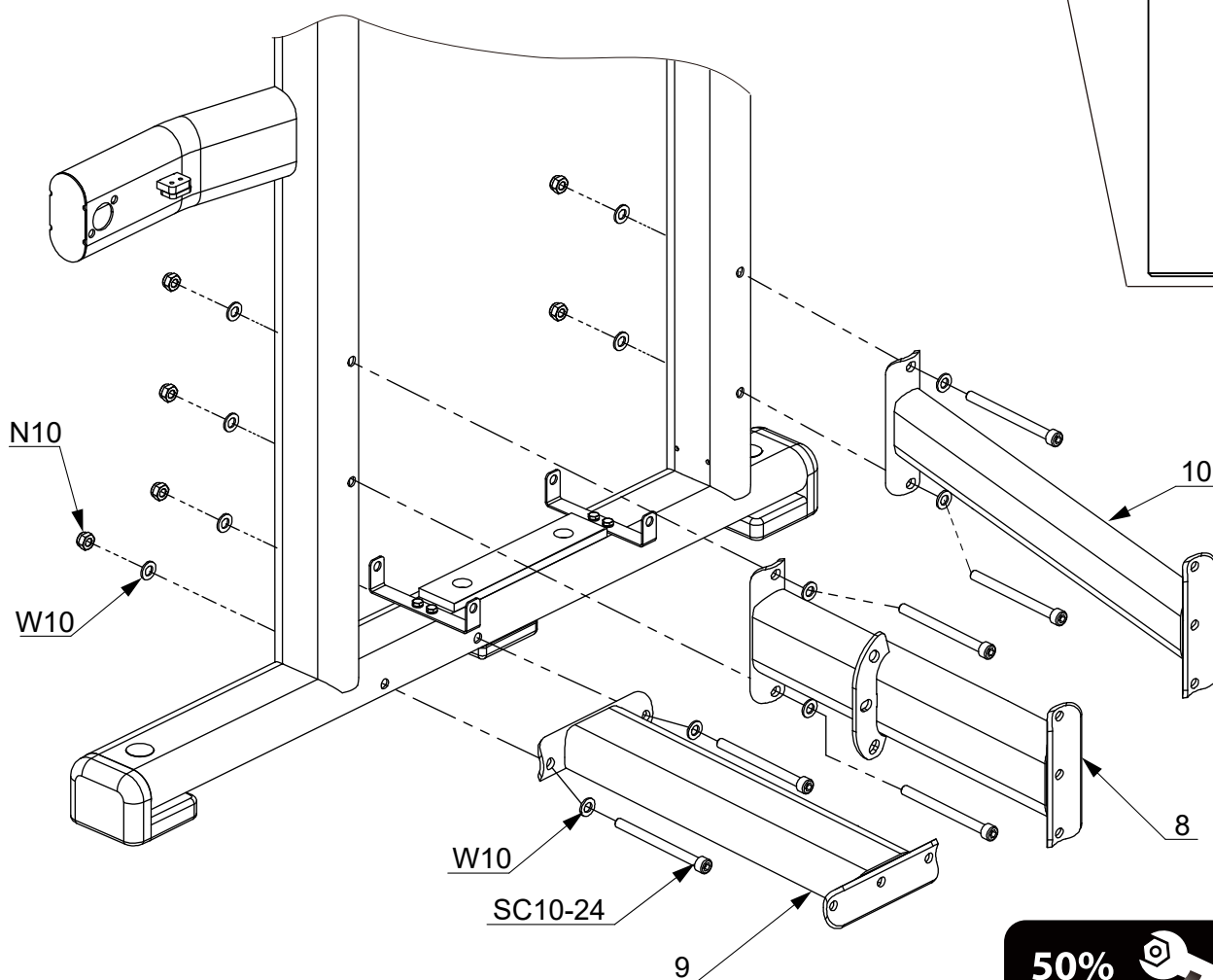
N10
6 PCS

W10
12 PCS

SC10-24 6 PCS

Tools

16(17)mm
8 mm



50%



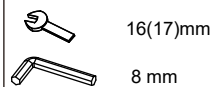
STEP 3

Parts

Part No: 3
Name: Seat Frame
Q'TY: 1



Tools

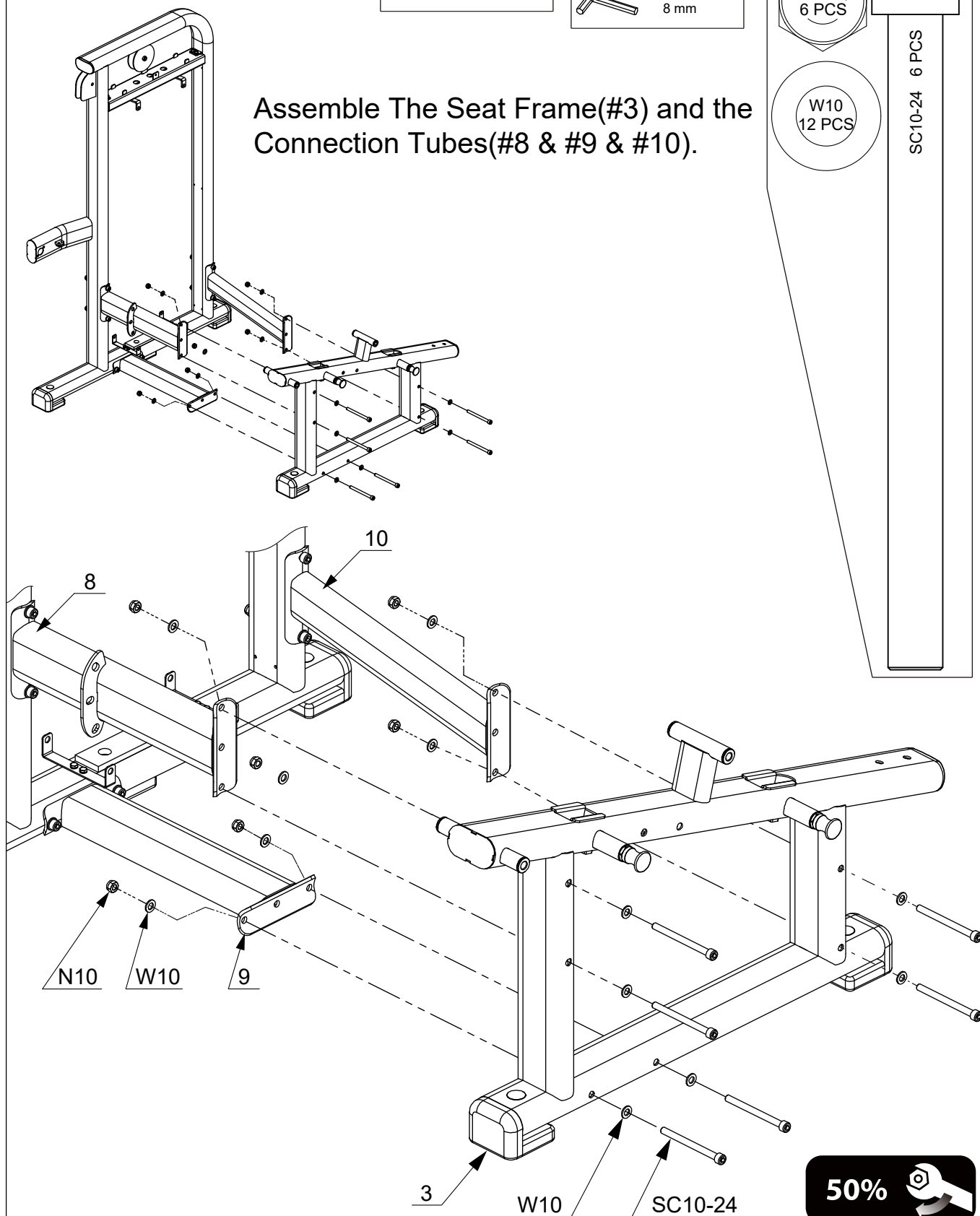


Fixings



SC10-24 6 PCS

Assemble The Seat Frame(#3) and the Connection Tubes(#8 & #9 & #10).



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STEP 4

Install The Weight Stack.

Fixings

W 10
12 PCS

Fixings

S8-7 2 PCS

Parts

Part No: 17
Name: Guide Rod
Q'TY: 2

Part No: 19
Name: Weight Stack
Head
Q'TY: 1

Part No: 20
Name: Weight Plate
Q'TY: 14

Part No: 23
Name: Weight Pin
Q'TY: 1

Part No: 49
Name: Guide Rod
Bushing
Q'TY: 2

Part No: 39
Name: Buffer
Q'TY: 2

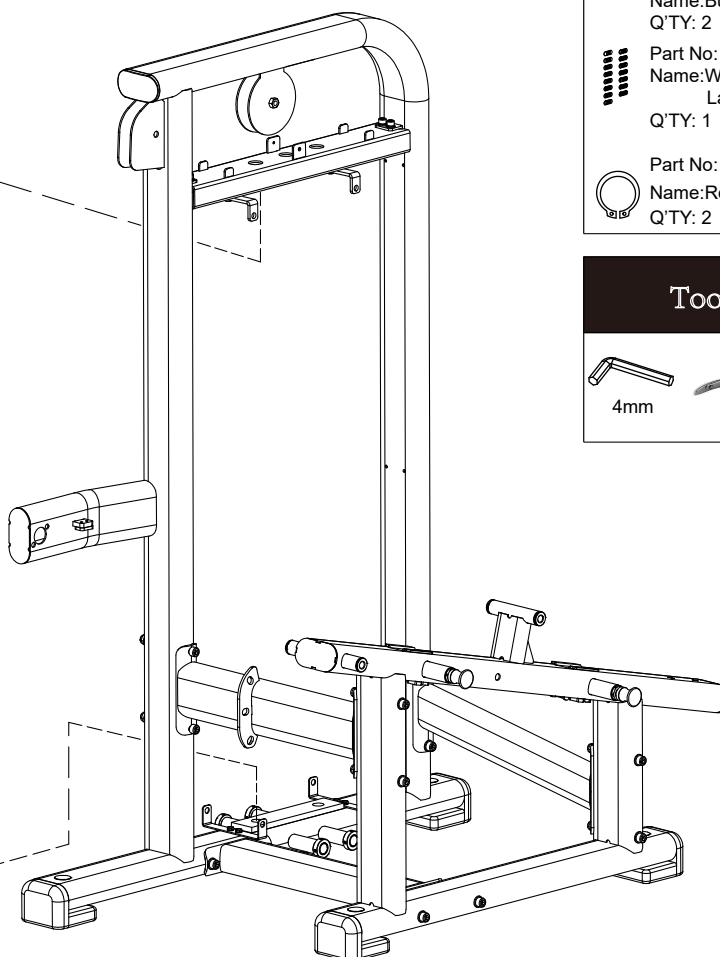
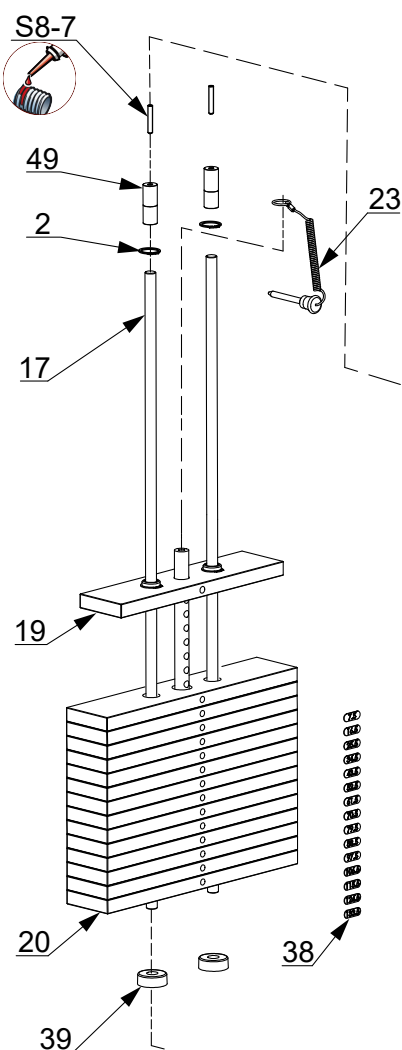
Part No: 38
Name: Weight Stack
Label
Q'TY: 1

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

Tools



4mm



Note 1: After attaching weight stack stickers, please assemble the weight stack on the main frame.

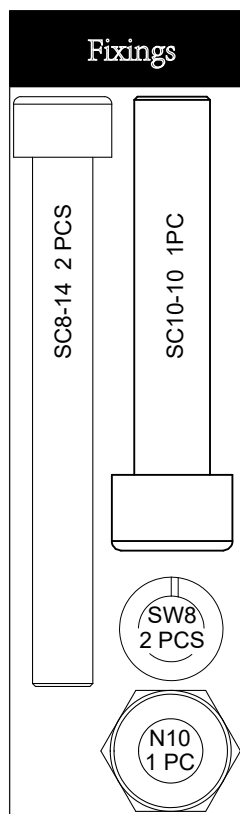
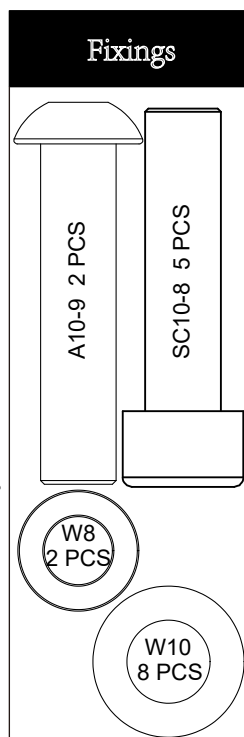
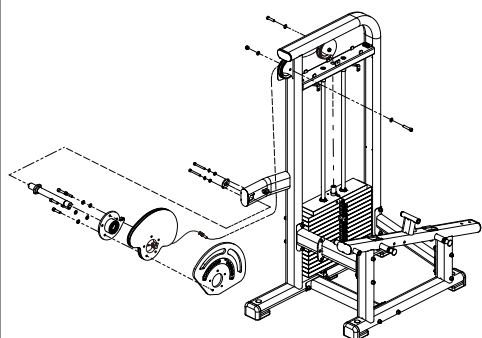
Note 2: After Assembling the weight stack, please lubricate the guide rods. And the guide rods should be lubricated when the motion of the weight plates are not smooth.

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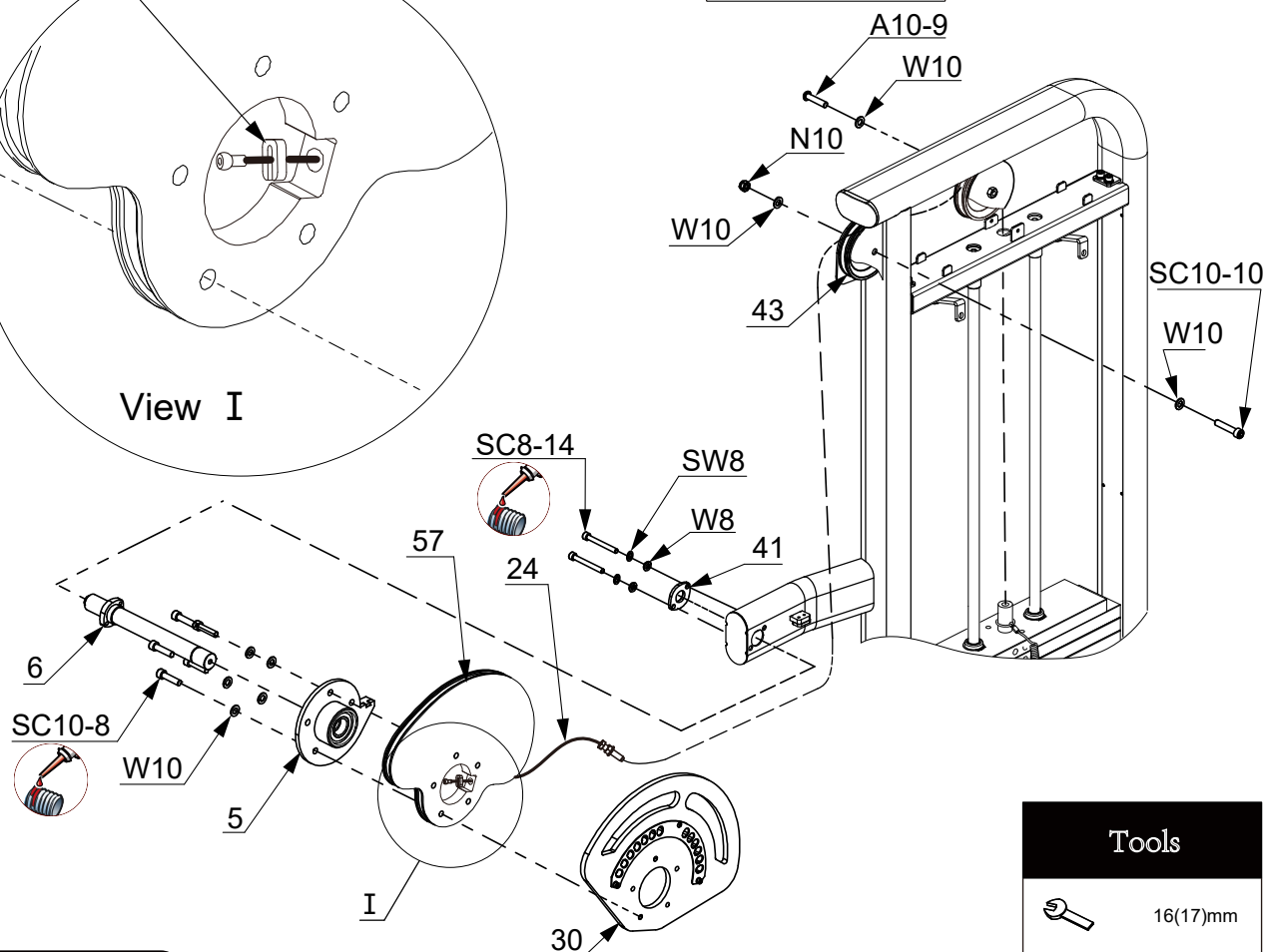
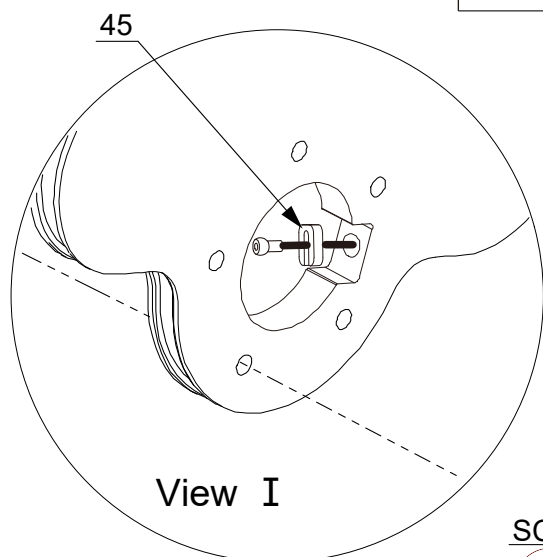


STEP 5

Install The Cable



Parts	
	Part No: 6 Name: Shaft Assembly Q'TY:1
	Part No: 5 Name: Cam Mounting Plate Q'TY:1
	Part No: 64 Name: Cam Plate Q'TY:1
	Part No: 24 Name: Cable Q'TY:1
	Part No: 30 Name: Adjusting Plate Q'TY:1
	Part No: 45 Name: U Clip Q'TY:1
	Part No: 41 Name: Washer Q'TY:1
	Part No: 43 Name: 114 Pulley Q'TY:2



Tools	
	16(17)mm
	8 mm \ 6 mm

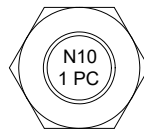
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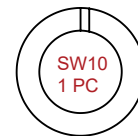
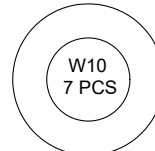
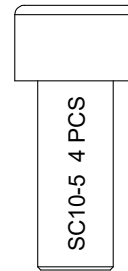
STEP 6

Install The Swivelling Tube Assy(#4).

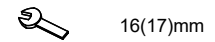
Fixings



Fixings

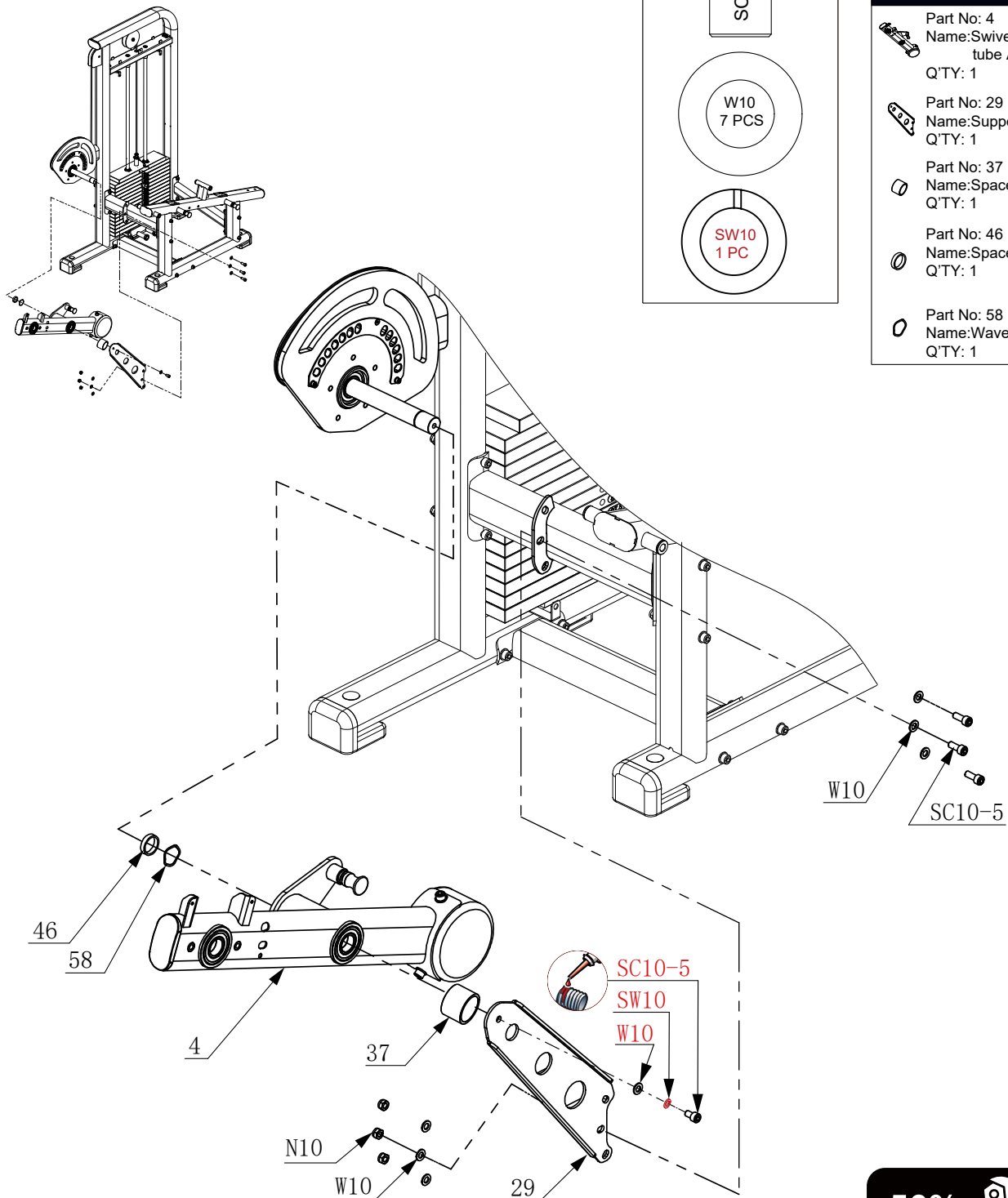


Tools



Parts

- Part No: 4
Name:Swivelling tube Assy
Q'TY: 1
- Part No: 29
Name:Support Plate
Q'TY: 1
- Part No: 37
Name:Spacer Tube
Q'TY: 1
- Part No: 46
Name:Spacer Tube
Q'TY: 1
- Part No: 58
Name:Wave Washer
Q'TY: 1



STEP 7

Install The Shank Pressing Assy.

Tools



6 mm

Fixings



SW8
3 PCS



W8
3 PCS

SC8-5 4 PCS

Parts



Part No: 7
Name: Shank
Pressing Tube Assy
Q'TY: 1



Part No: 55
Name: Foam Roller
Q'TY: 1



Part No: 54
Name: Foam Roller
Cap 1
Q'TY: 2

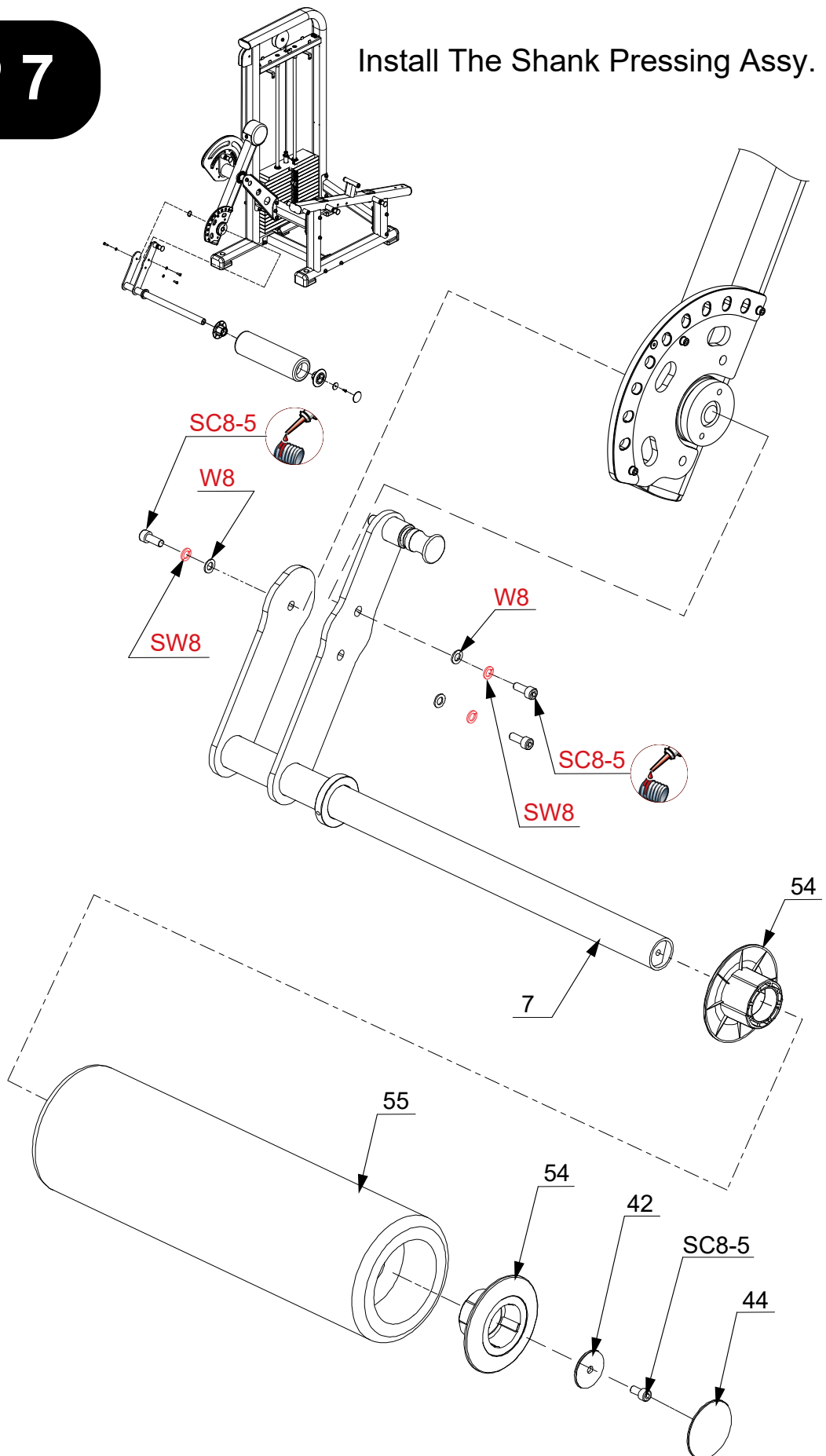


Part No: 44
Name: Foam Roller
Cap 2
Q'TY: 1



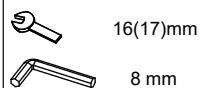
Part No: 42
Name: Bigger
Washer
Q'TY: 1

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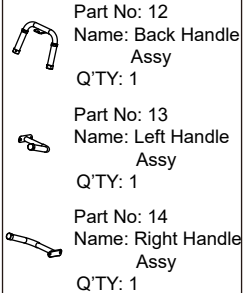


STEP 8

Tools



Parts



Fixings

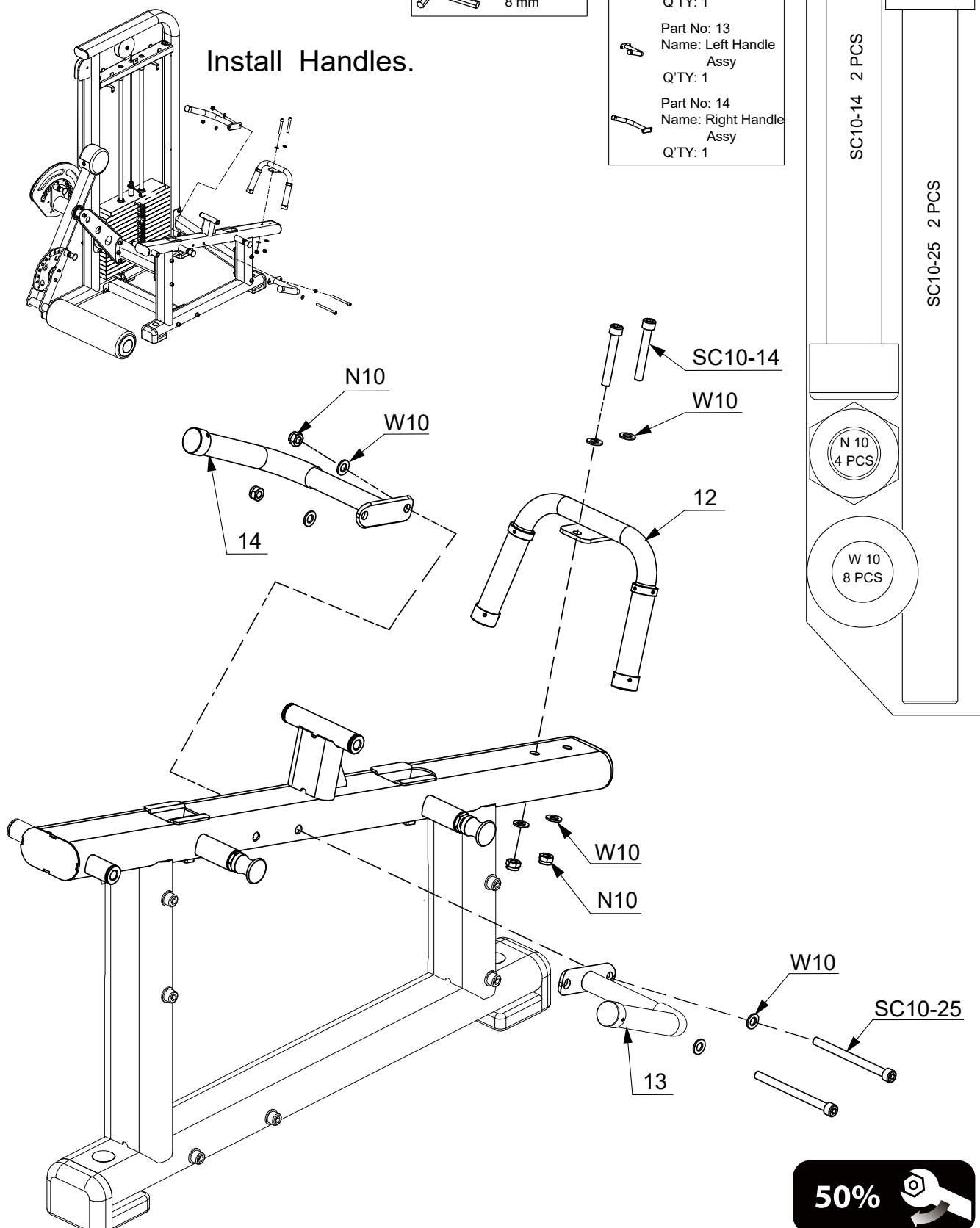
SC10-14 2 PCS

SC10-25 2 PCS

N 10
4 PCS

W 10
8 PCS

Install Handles.

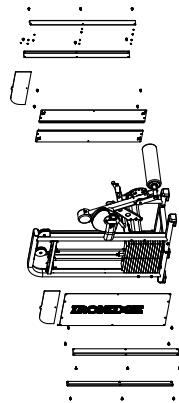


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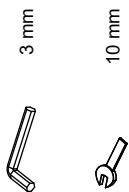


STEP 9

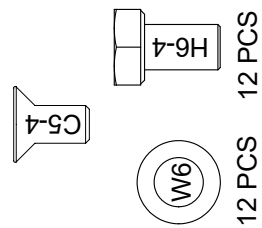
Install The Shield Plate



Tools



Fixings

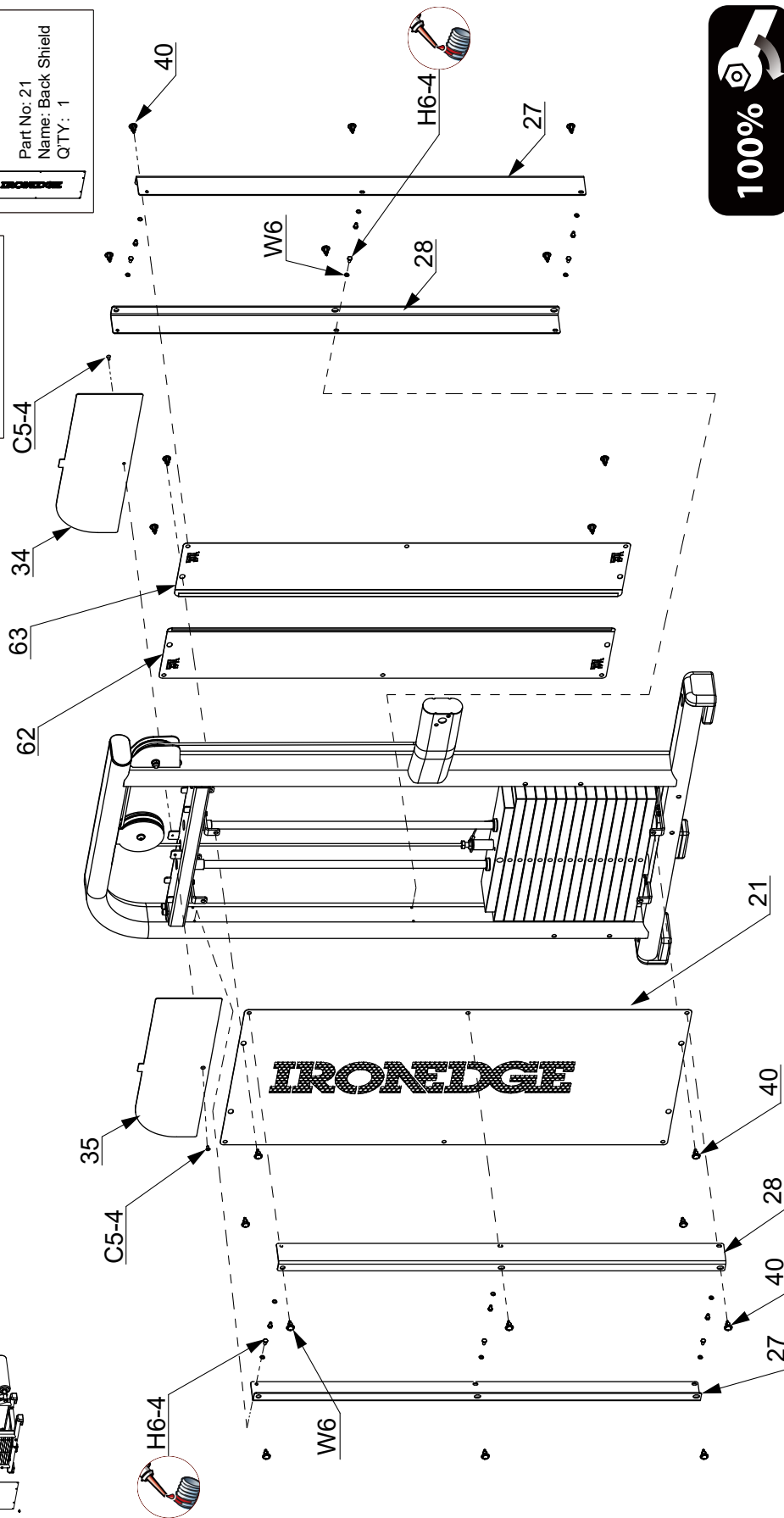


Parts

Part No: 63 Name: Shield 2 QTY: 1	Part No: 62 Name: Shield 1 QTY: 1	Part No: 40 Name: Panel Retainer QTY: 20
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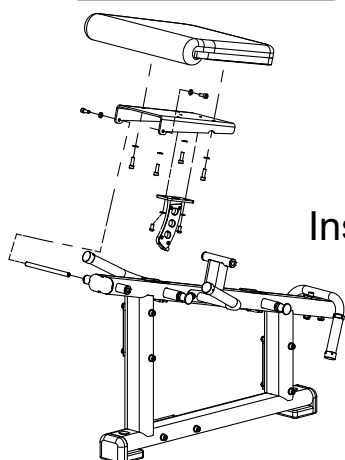
Parts

Part No: 27 Name: Fixing Plate 1 QTY: 2	Part No: 28 Name: Fixing Plate 2 QTY: 2	Part No: 34 Name: Logo Plate 1 QTY: 1	Part No: 35 Name: Logo Plate 2 QTY: 1	Part No: 21 Name: Back Shield QTY: 1
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STEP 10

Install The Seat Pad

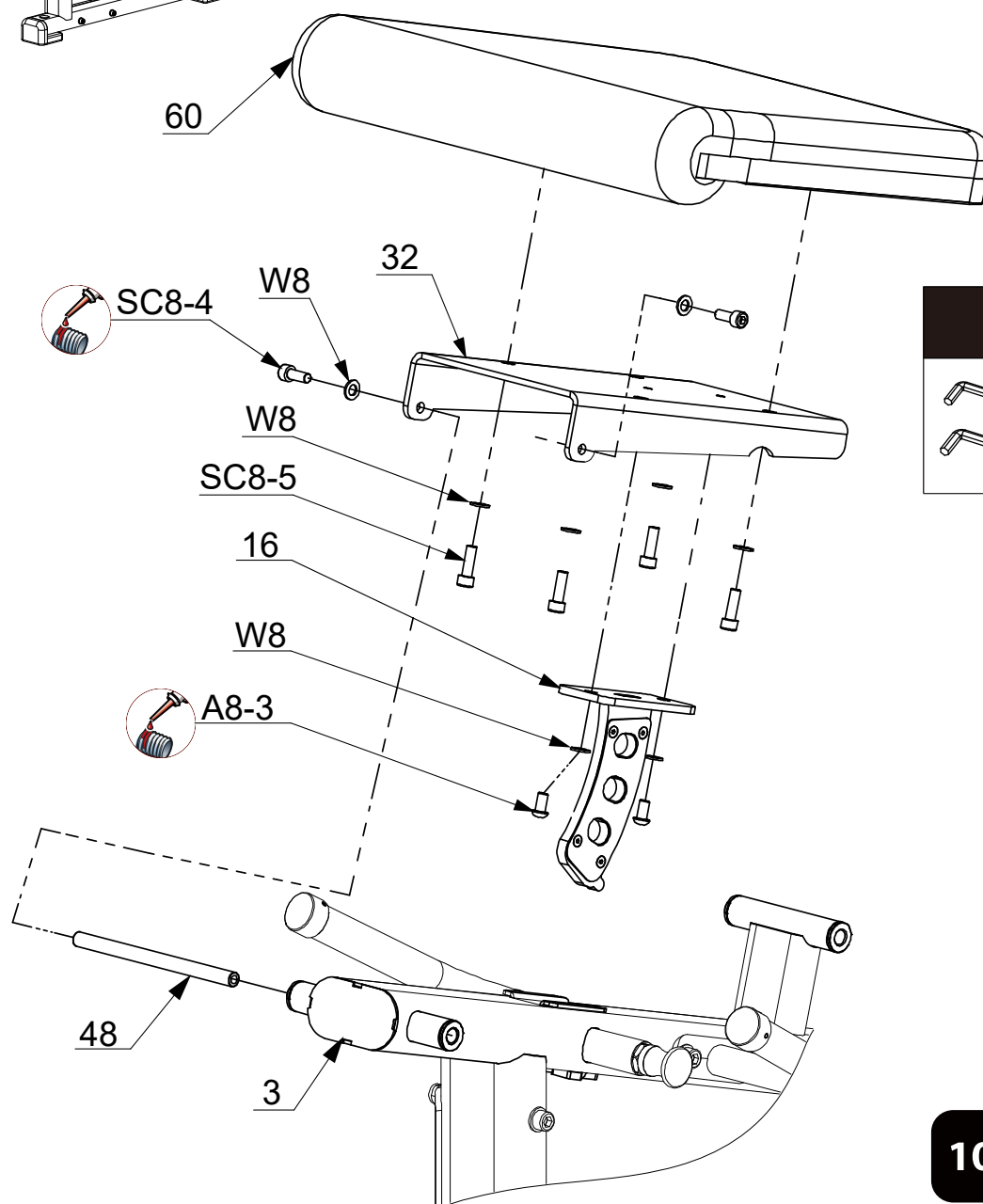


Parts

- Part No: 16
Name: Seat Pad
Adjusting Assy
Q'TY:1
- Part No: 32
Name: Seat Pad
Holder
Q'TY:1
- Part No: 48
Name: Seat Pad
Shaft
Q'TY:1
- Part No: 60
Name: Seat Pad
Q'TY:1

Fixings

- SC8-4 2 PCS
- SC8-5 4 PCS
- A8-3 2 PCS
- W8 8 PCS



Tools

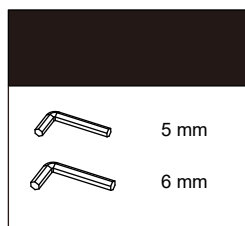
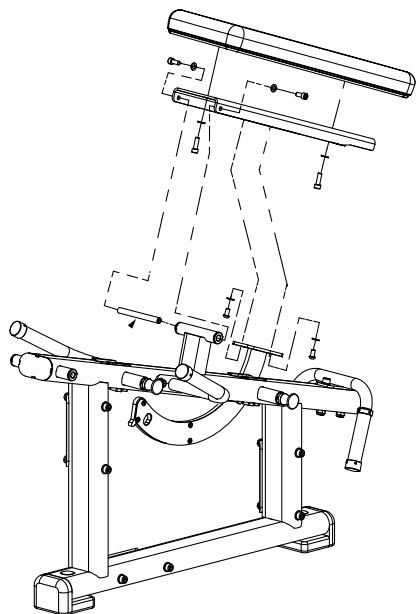
- 5 mm
- 6 mm

100%



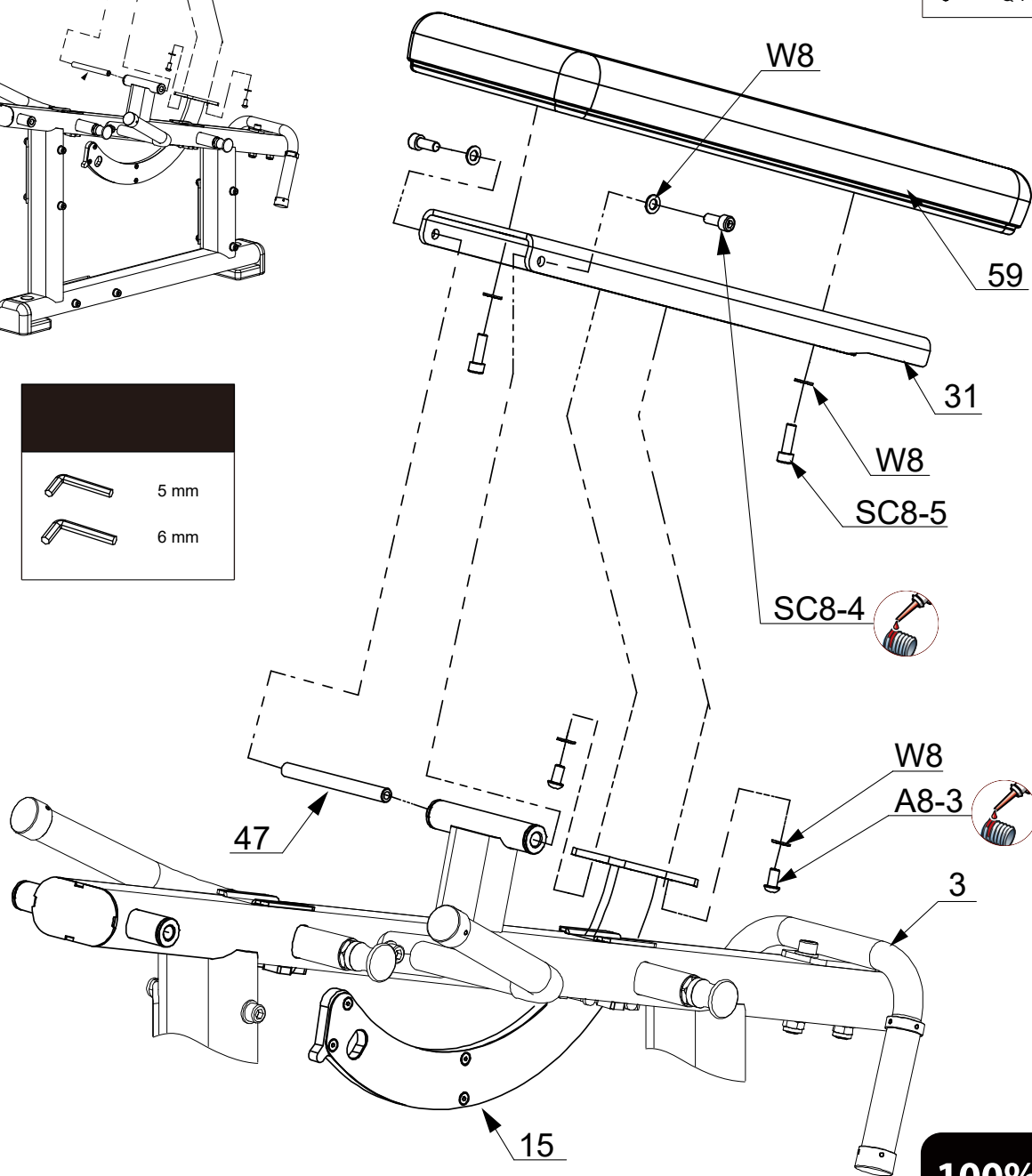
STEP 11

Install The Back Pad.



Fixings	
	SC8-4 2 PCS
	SC8-5 2 PCS
	W8 6 PCS
	A8-3 2 PCS

	Part No: 15 Name: Back Pad Adjusting Assy Q'TY:1
	Part No: 31 Name: Back Pad Holder Q'TY:1
	Part No: 47 Name: Back Pad Shaft Q'TY:1
	Part No: 59 Name: Back Pad Q'TY:1



PARTS LIST

PART#	DESCRIPTION	QTY
1	Main Frame	1
2	Retainer Ring	2
3	Seat Frame	1
4	Swivelling Tube Assy	1
5	Cam Mounting Plate	1
6	Shaft Assembly	1
7	Shank Pressing Tube Assy	1
8	Front Connection Tube Assembly	1
9	Bottom Connection Tube Assembly	1
10	Rear Connection Tube Assembly	1
12	Back Handle Assy	1
13	Left Handle Assy	1
14	Right Handle Assy	1
15	Back Pad Adjust Assy	1
16	Seat Pad Adjust Assy	1
17	Guide Rod	2
18	Selector	1
19	7.5KG Weight Stack Head	1
20	9 KG Weight Plate	14
21	Back Shield	1
22	Weight Stack Head Bushing	2
23	Weight Stack Pin	1
24	Cable L=2185mm	1
26	Pin 2	2
27	Fixing Plate 1	2
28	Fixing Plate 2	2
29	Support Plate	1
30	Adjusting Plate	1
31	Back Pad Holder	1
32	Seat Pad Holder	1
33	U Plate	4
34	LOGO Plate 1	1
35	LOGO Plate 2	1
37	Spacer Tube	1
38	Weight Stack Label	1
39	Buffer	2
40	Panel Retainer	20
41	Washer	1
42	Big Washer	1
43	114 Pulley	2
44	Foam Roller Cap 2	1
45	U Clip	1
46	Spacer Tube	1
47	Back Pad Shaft	1
48	Seat Pad Shaft	1
49	Guide Rod Bushing	2
52	D25 Bushing	4
53	Handle Ring	2
54	Foam Roller Cap 1	2
55	Long Foam Roller	1
57	Cam Plate	1
59	Back Pad	1
60	Seat Pad	1
62	Shield 1	2
63	Shield 2	2
SC8-4	Socket Cap Screw M8X20	4

PART#	DESCRIPTION	QTY
SC8-5	Socket Cap Screw M8X25	10
SC8-14	Socket Cap Screw M8X70	2
SC10-5	Socket Cap Screw M10X25	4
SC10-8	Socket Cap Screw M10X40	5
SC10-10	Socket Cap Screw M10X50	1
SC10-14	Socket Cap Screw M10X70	2
SC10-24	Socket Cap Screw M10X120	12
SC10-25	Socket Cap Screw M10X125	2
A8-3	Allen Bolt M8X12	4
A10-9	Allen Bolt M10X45	1
C5-4	Countersunk Head Screw M5X10	8
S5-1	Socket Set Screw M5X4	4
S8-7	Socket Set Screw M8X35	2
H6-4	Hex Head Bolt M6X10	20
W6	Washer 6	20
W8	Washer 8	19
W10	Washer 10	45
SW8	Spring Washer 8	5
SW10	Spring Washer 10	1
N10	Nut M10	20