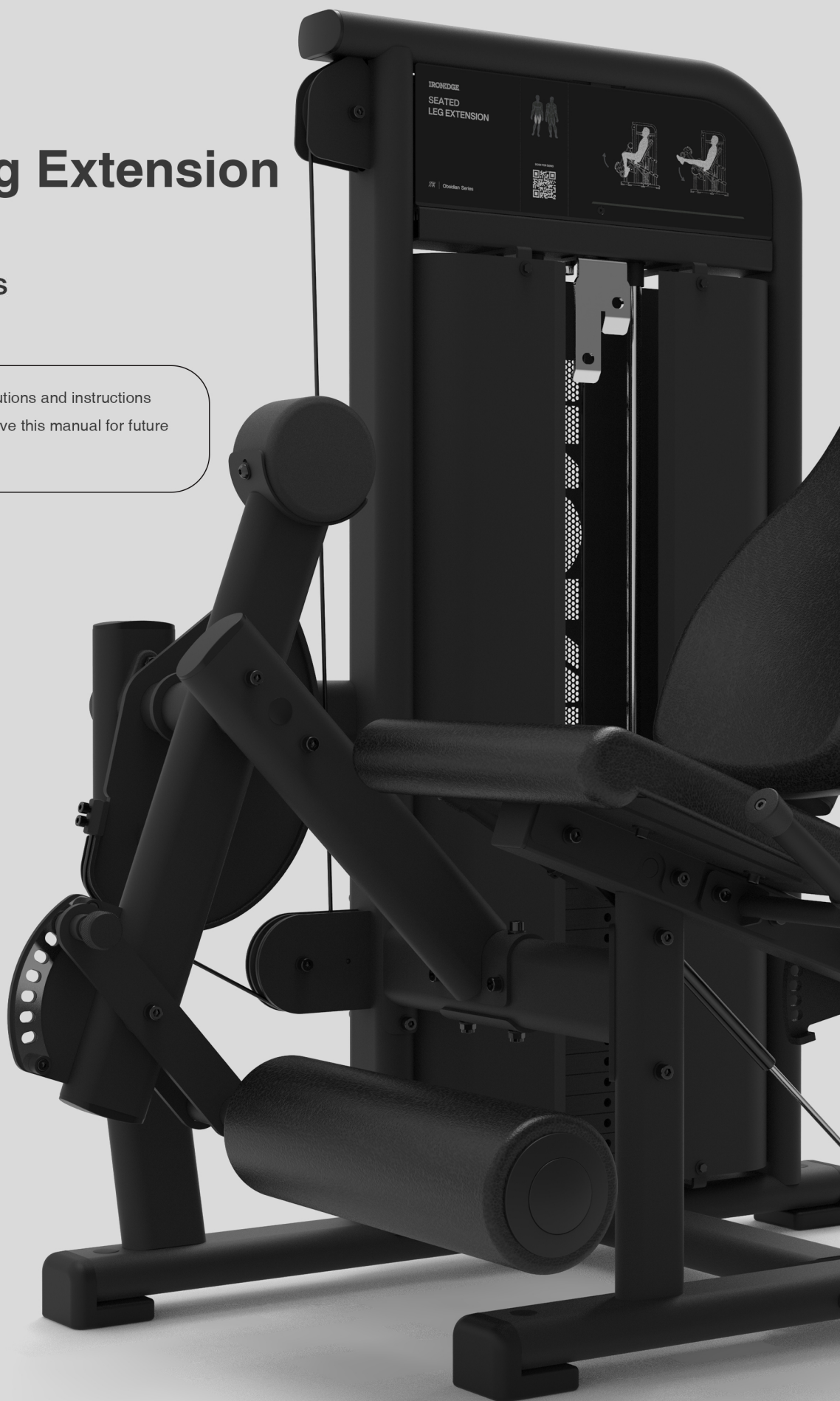


**IRONEDGE.**

# Seated Leg Extension

## Setup Instructions

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



# Table Of Contents

|                            |      |
|----------------------------|------|
| Assembly Instructions..... | 2-19 |
| Part List.....             | 20   |

# 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).**



Blue Thread Locker  
Medium strength

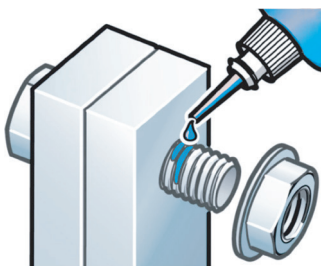
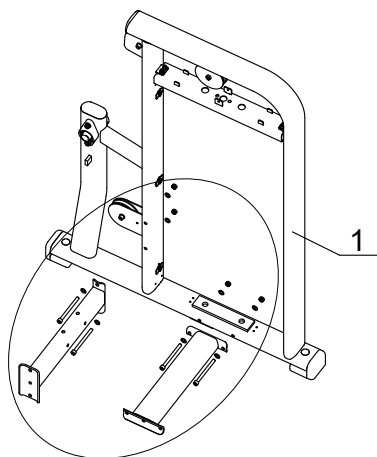


**FIG 1**



**FIG 2**

# STEP 1



## Tools



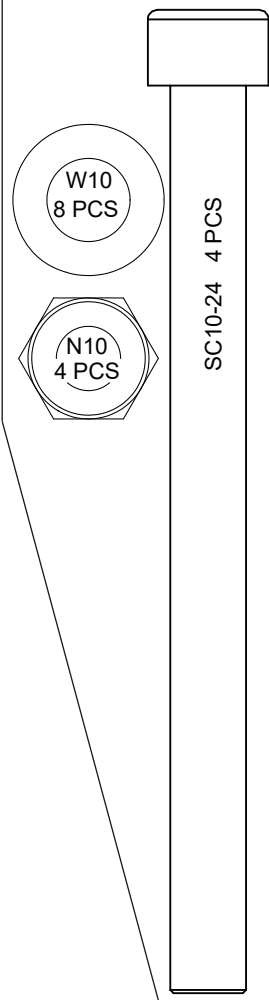
## Parts

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

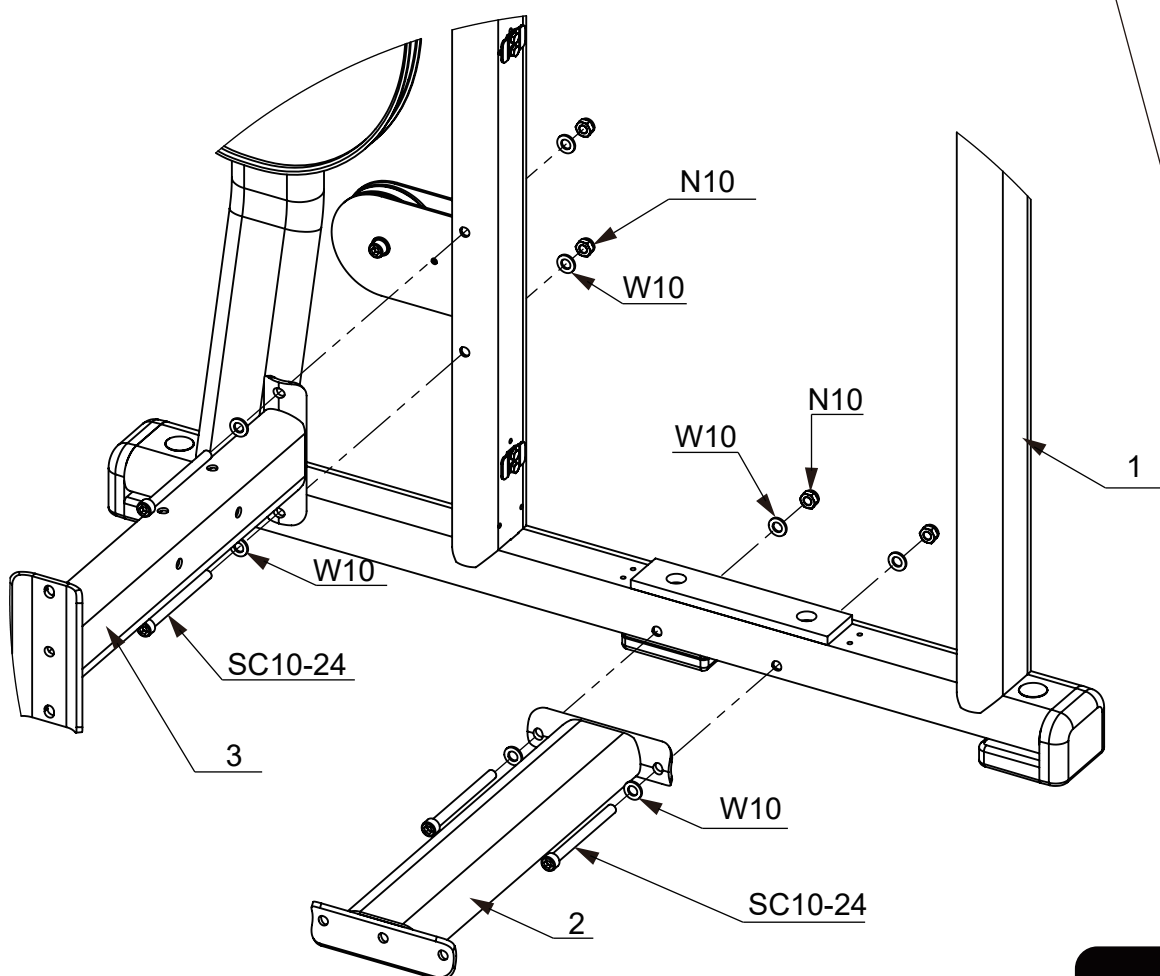
Part No: 2  
Name: Bottom  
Connection Tube  
Q'TY: 1

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

## Fixings



Assemble the Weight Frame (#1) ,Bottom Connecting Tube (#2) and the Front Connecting Tube(#3).



50%



# STEP 2

Install the Seat Frame(#4).

## Parts

Part No: 4  
Name: Seat Frame  
Q'TY: 1

## Fixings

N10  
4 PCS

W10  
8 PCS

SC10-12 2 PCS

SC10-24 2 PCS

SC10-24

W10

W10

N10

## Tools



17mm

8 mm

50%



# STEP 3

Install the Shield Support (#5).

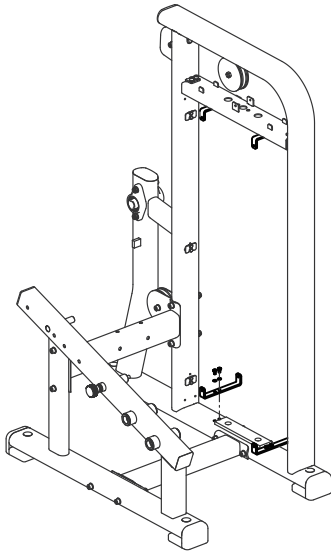
## Parts

Part No: 5  
Name: Shield Support  
Q'TY: 4

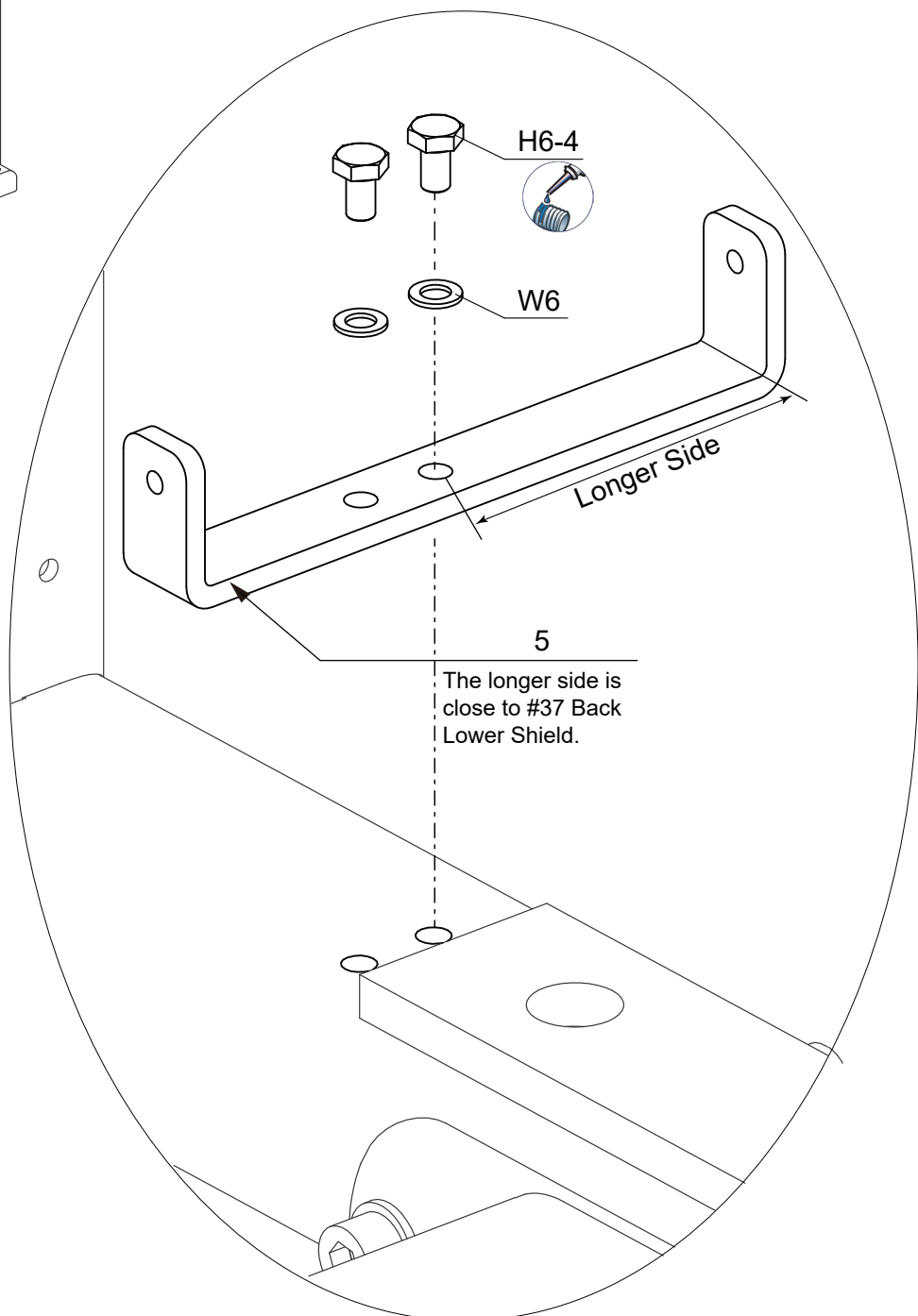
## Tools



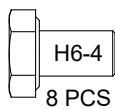
10 mm



The longer side is close to #37 Back Lower Shield.



## Fixings

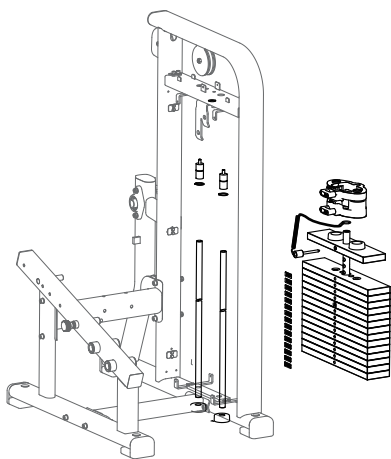


50%



## STEP 4

## Install The Weight Stack.



## Parts



7.5Kg



7.5 Kg

7.5Kg



ate 9Kg

9

111

bel

bet

uffer 

uffer 



—



100

Ring D19



ner



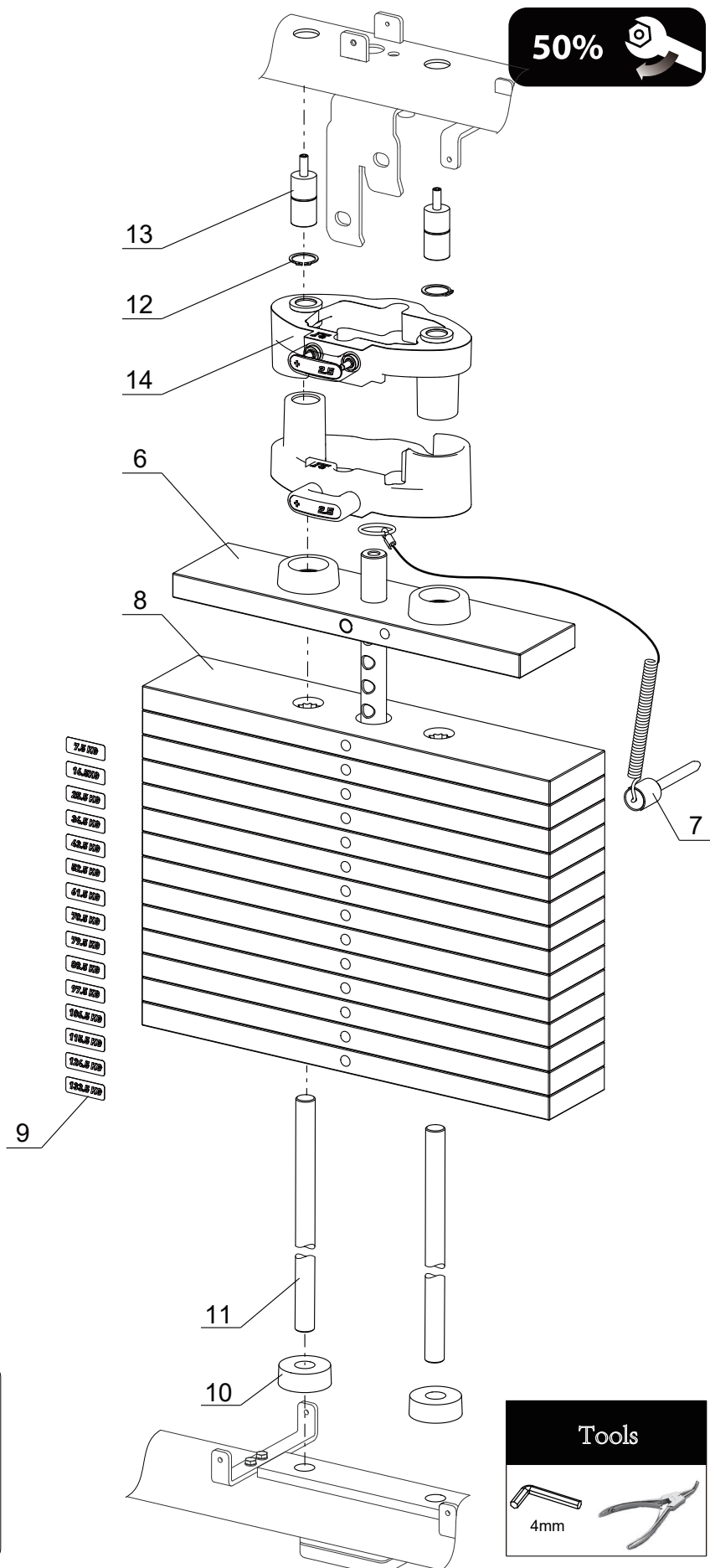
cluster

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**Note :**

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



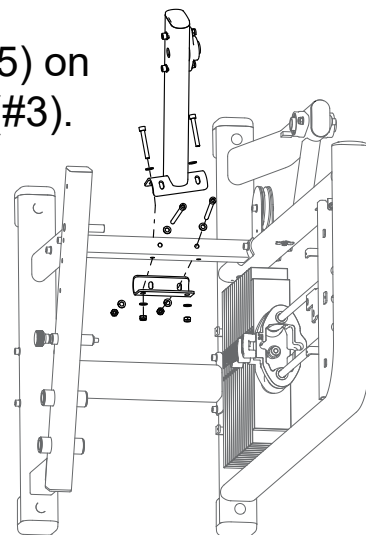
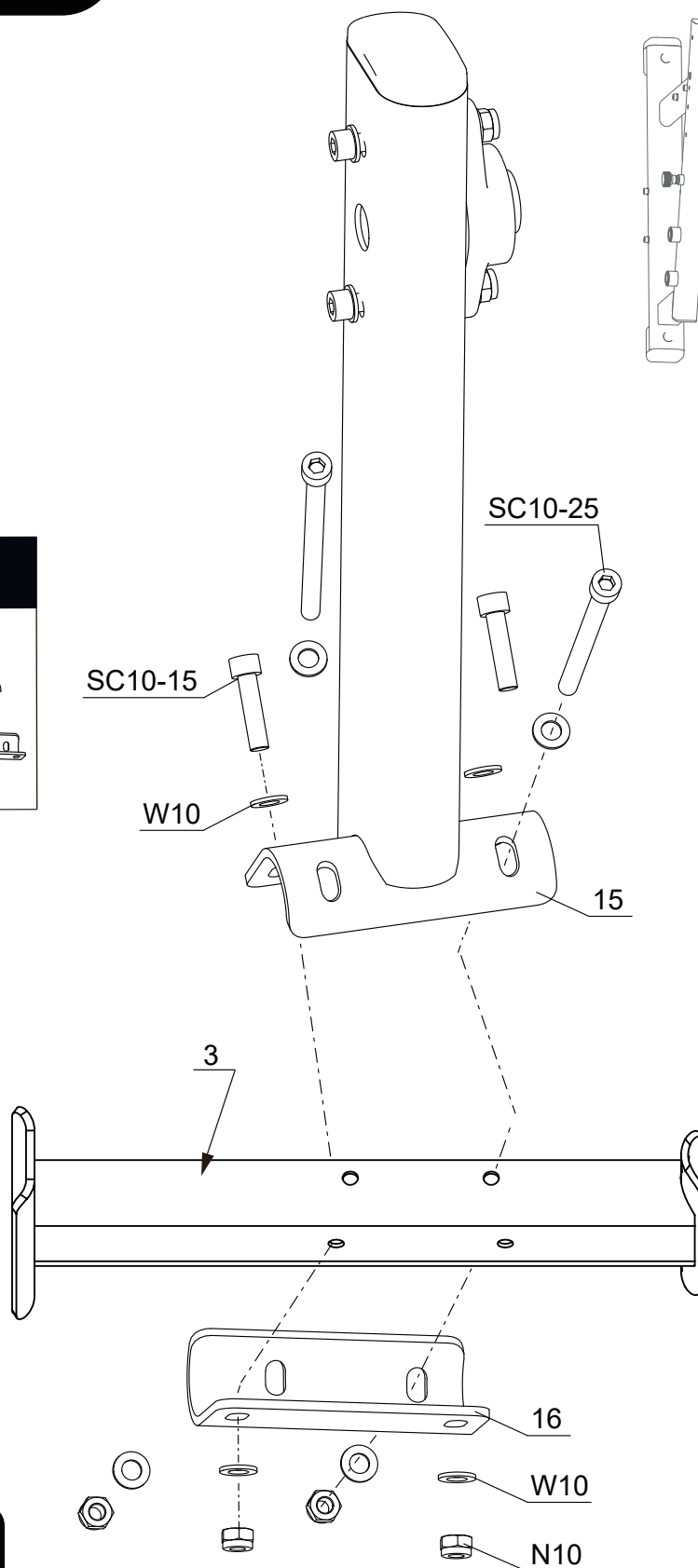
## Tools



# STEP 5

Install the Support Tube (#15) on the Front Connecting Tube(#3).

| Parts                                            |                                                                                     |
|--------------------------------------------------|-------------------------------------------------------------------------------------|
| Part No: 15<br>Name:<br>Support Tube<br>Q'TY: 1  |   |
| Part No: 16<br>Name:<br>Backing Plate<br>Q'TY: 1 |  |



## Fixings

SC10-25  
2 PCS

SC10-15  
2 PCS

N10  
4 PCS

W10  
4 PCS

## Tools



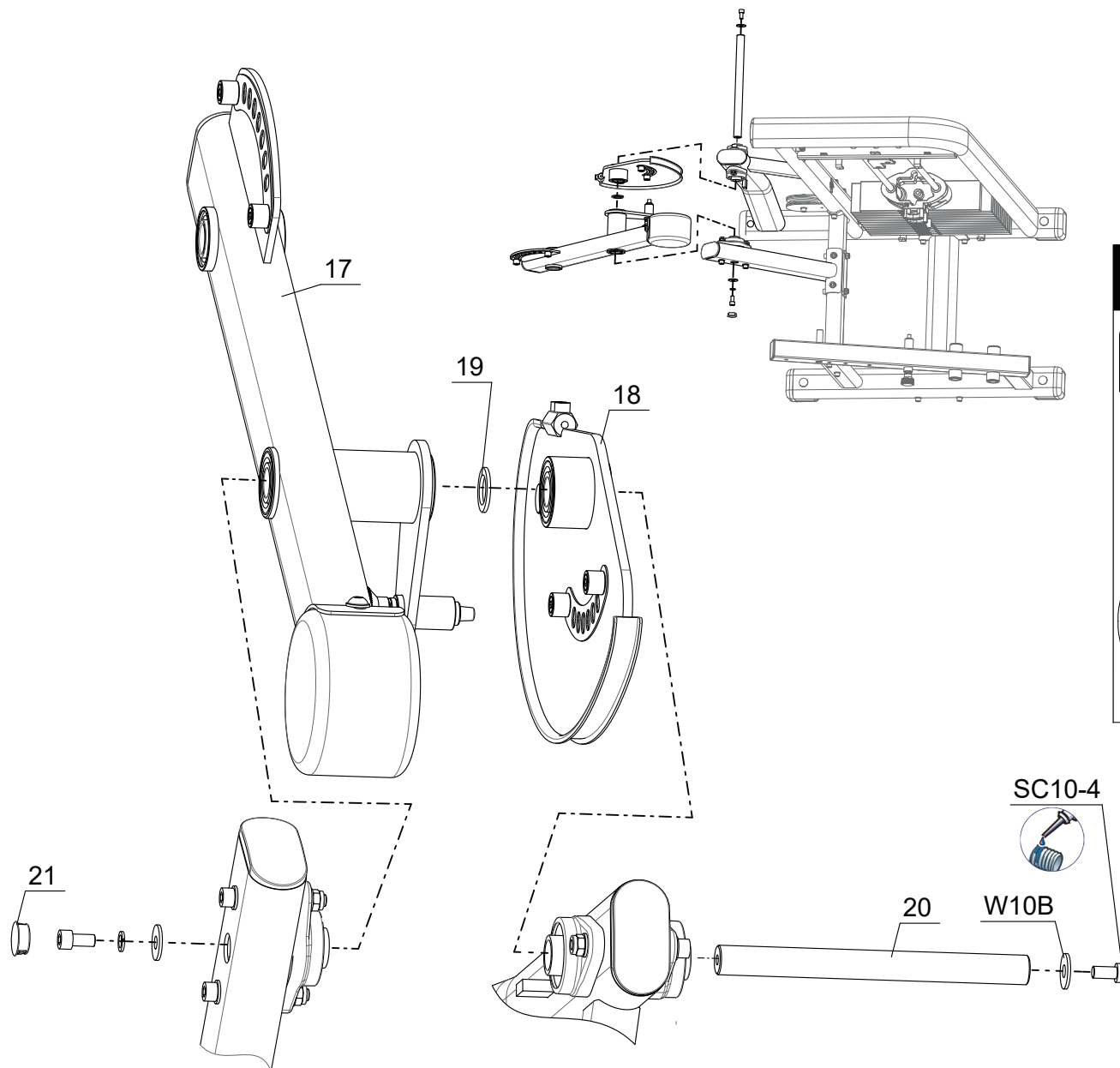
8 mm

50%



# STEP 6

Install the  
Swing Arm(#17).



## Fixings

SC10-4  
2 PCS

SW10  
1 PC

W10B  
2 PCS

## Parts

Part No: 17

Name:

Swing Arm

Q'TY: 1



Part No: 18

Name: Cam

Q'TY: 1



Part No: 19

Name:

Washer ID25.5 OD38

Q'TY: 1



Part No: 20

Name: Shaft

Q'TY: 1

Part No: 21

Name: D25 Hole Cap

Q'TY: 1



## Tools



8 mm

50%

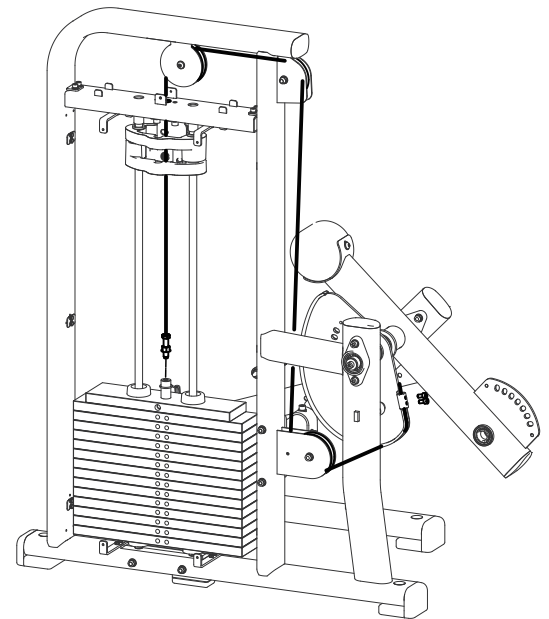


# STEP 7

## Parts

Part No: 22  
Name: Cable  
Q'TY:1

Part No: 43  
Name: 114 Pulley  
Q'TY:3



Route the Cable(#22).

## Tools



19 mm  
6 mm

## Fixings

SC8-3  
2 PCS

SC8-3

50%



## STEP 8

Install The Work Arm(#23).

### Parts

Part No: 24  
Name: Shaft  
Q'TY: 1



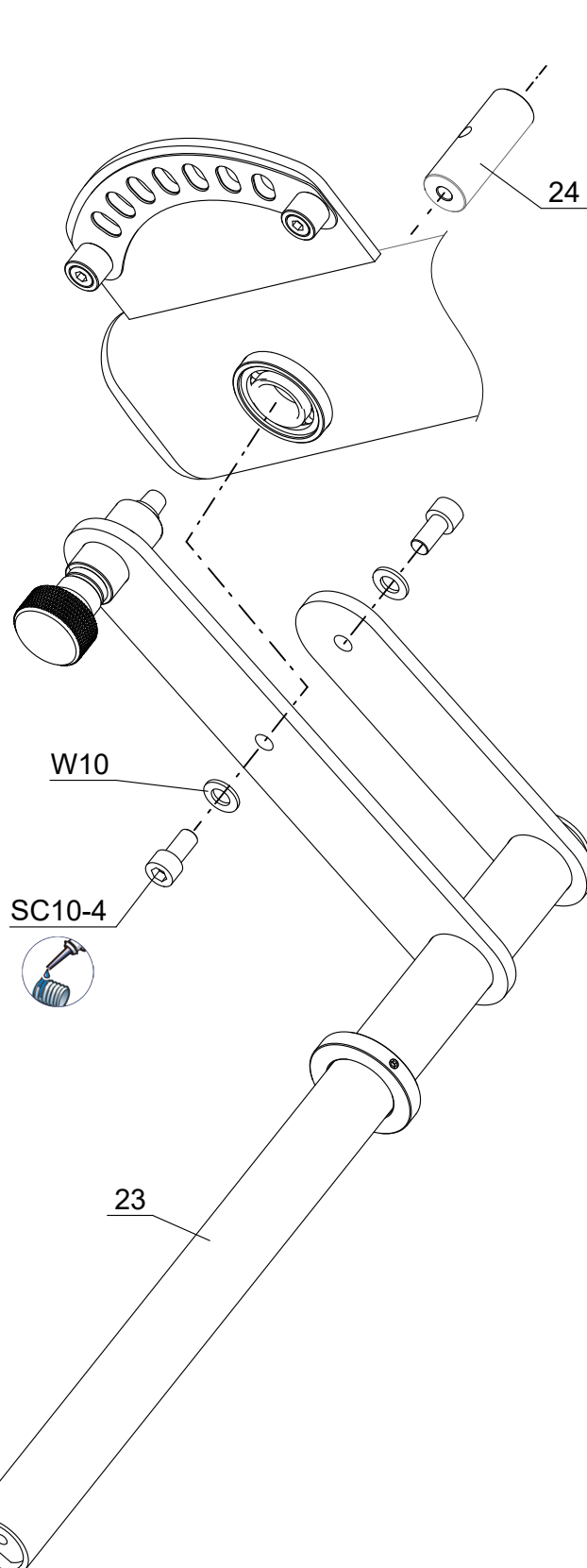
Part No: 23  
Name: Work Arm  
Q'TY: 1



### Fixings

SC10-4  
2 PCS

W10  
2 PCS



### Tools



8 mm

50%



# STEP 9

Install the Link Arm(#25 &#26).

## Fixings

SC10-4  
4 PCS

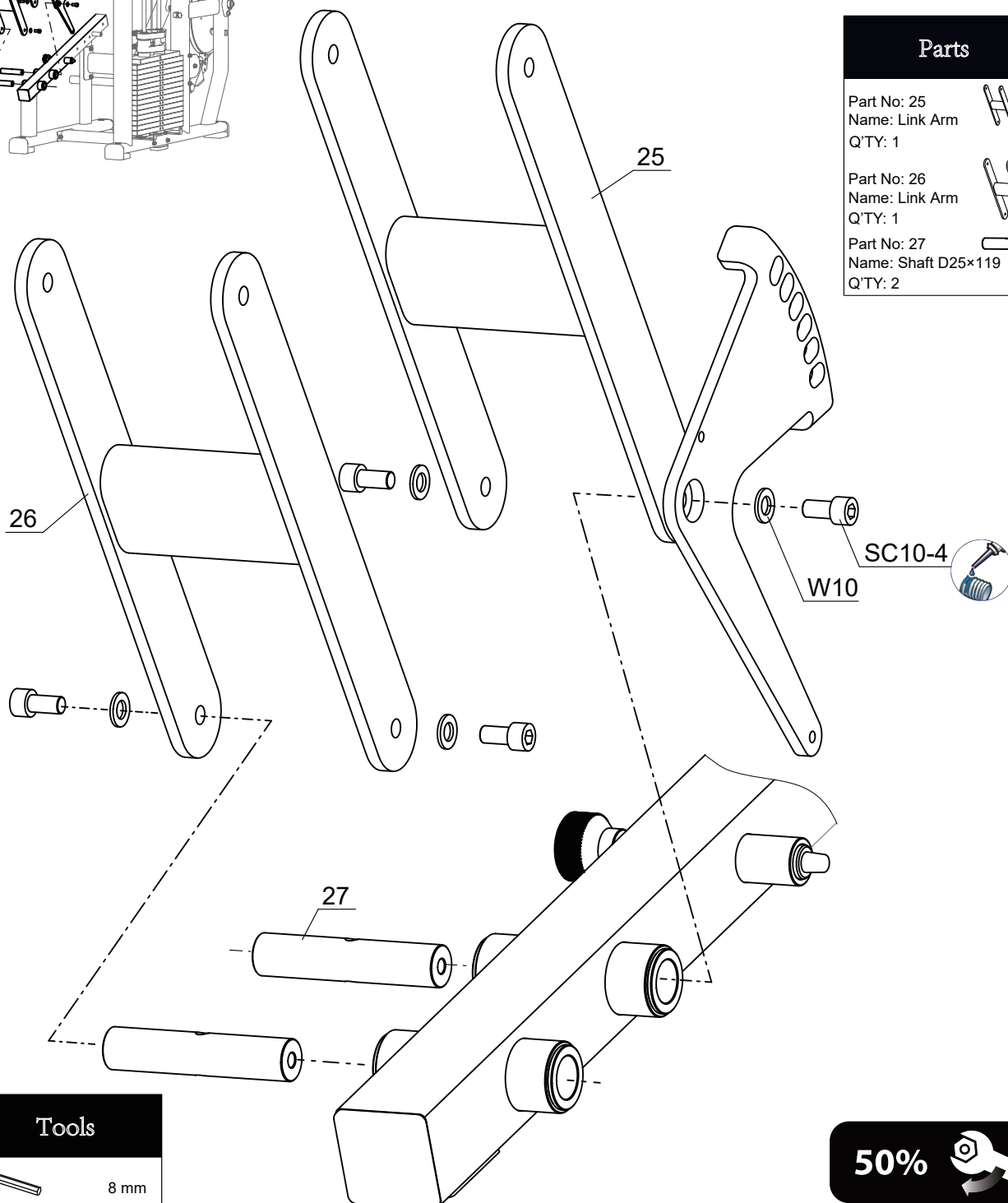
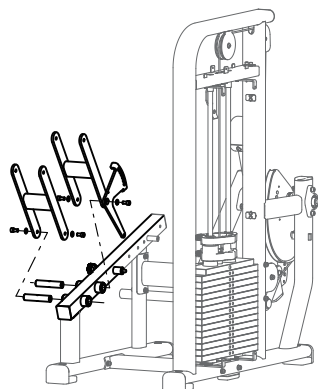
W 10  
4 PCS

## Parts

Part No: 25  
Name: Link Arm  
Q'TY: 1

Part No: 26  
Name: Link Arm  
Q'TY: 1

Part No: 27  
Name: Shaft D25×119  
Q'TY: 2



## Tools



8 mm

50%

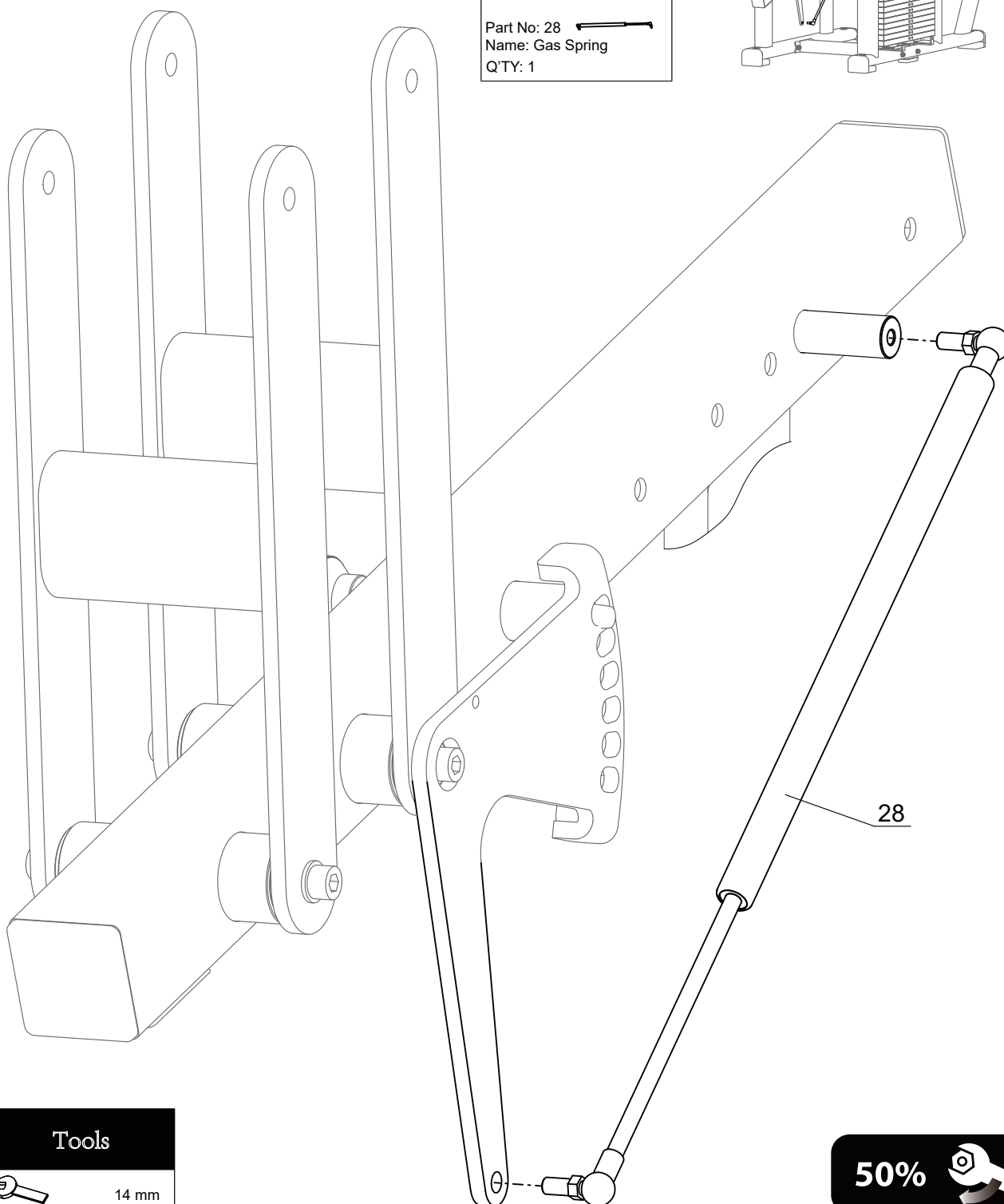
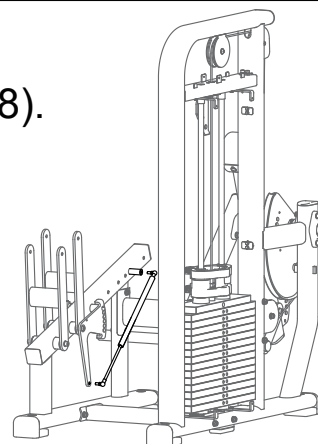


# STEP 10

Install the Gas Spring(#28).

## Parts

Part No: 28  
Name: Gas Spring  
Q'TY: 1



## Tools



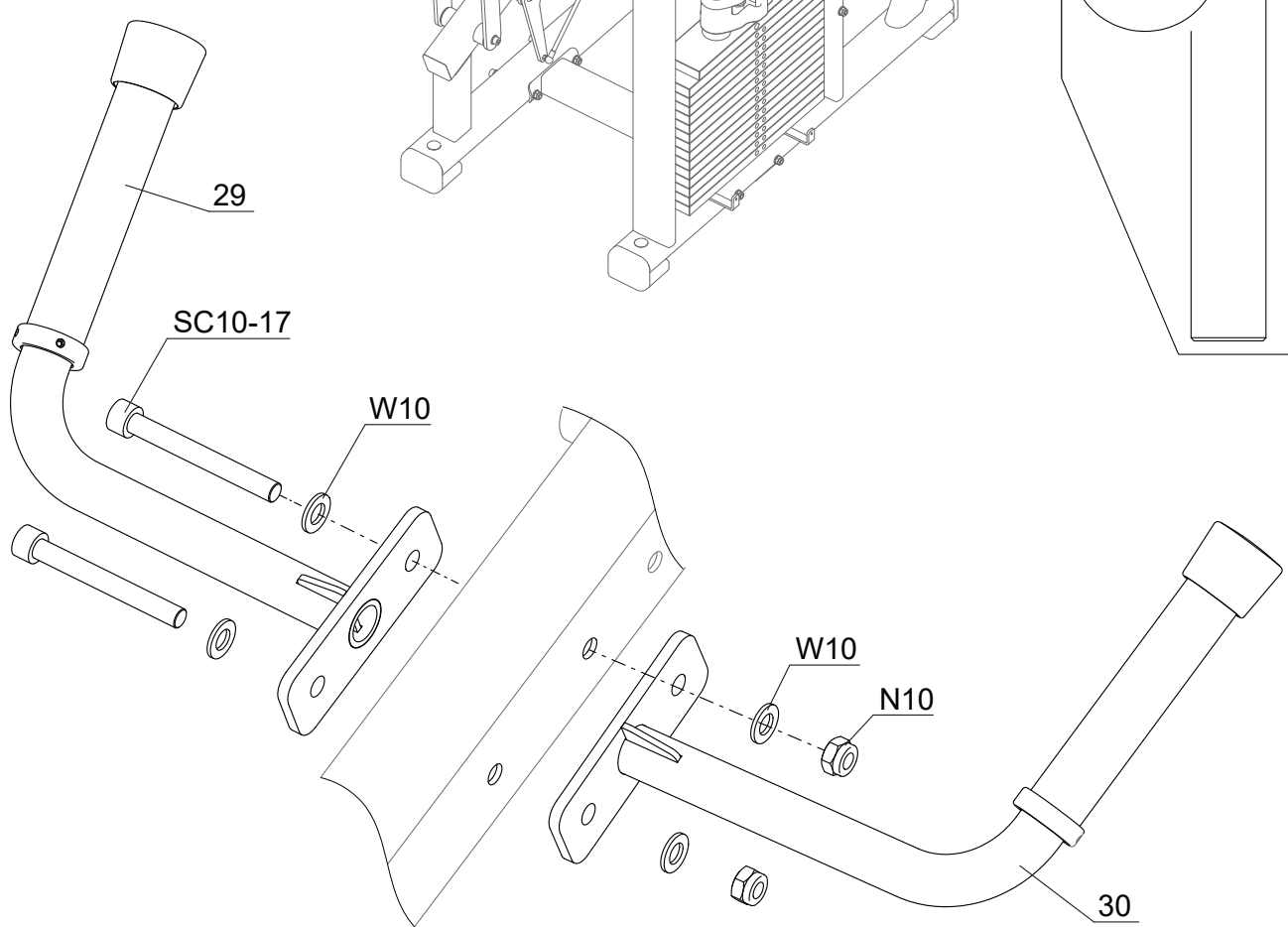
14 mm

50%



# STEP 11

Install the Handles  
( #29 & #30).



## Fixings

SC10-17  
2 PCS

N 10  
2 PCS

W 10  
4 PCS

## Parts

Part No: 29  
Name: Handle  
Q'TY: 1

Part No: 30  
Name: Handle  
Q'TY: 1

## Tools



17 mm  
8 mm

50%



# STEP 12

Install the Backrest Tube(#31).

## Fixings

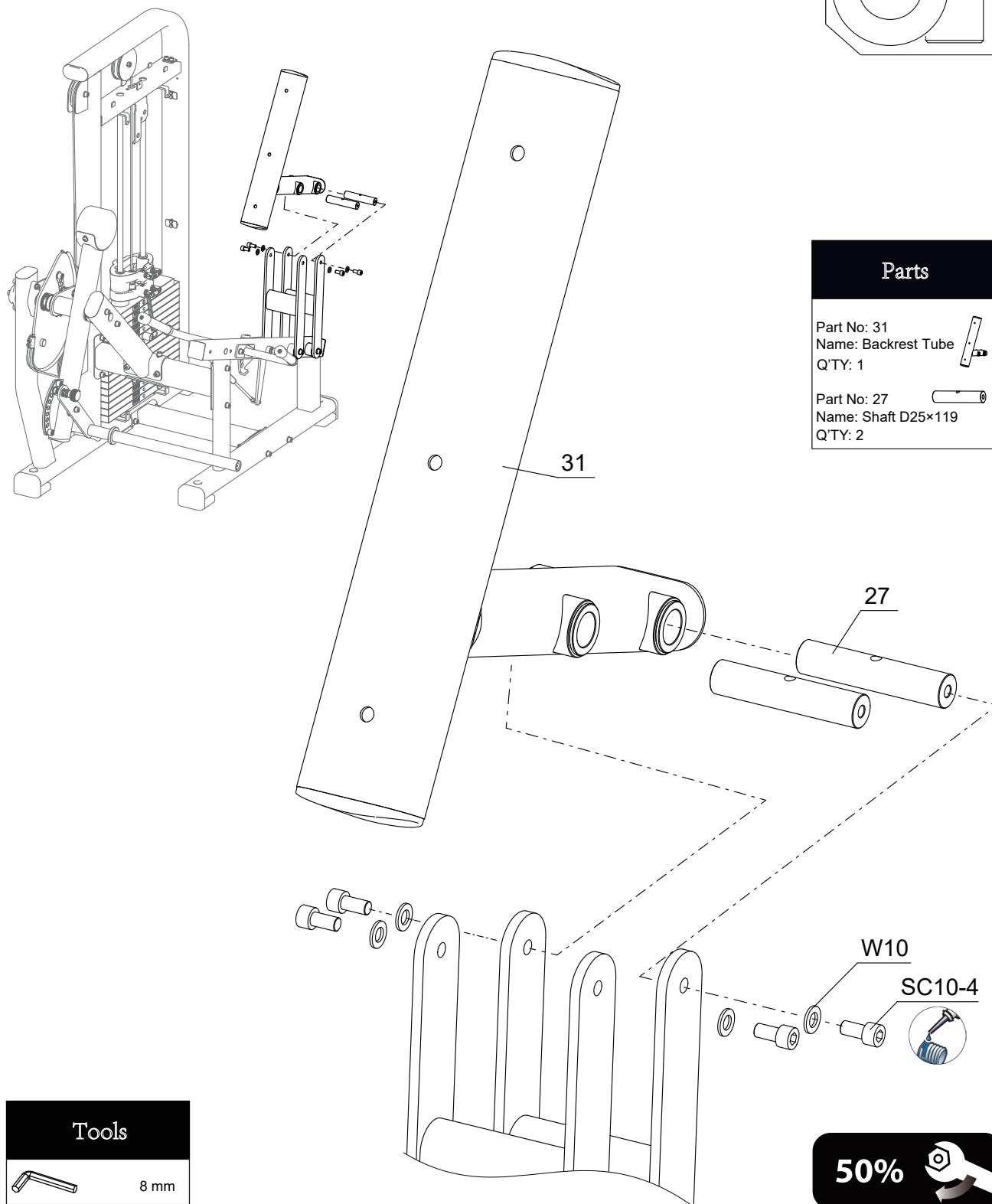
SC10-4  
4 PCS

W 10  
4 PCS

## Parts

Part No: 31  
Name: Backrest Tube  
Q'TY: 1

Part No: 27  
Name: Shaft D25×119  
Q'TY: 2



## Tools



8 mm

50%



# STEP 13

## Tools



17 mm

8 mm

## Parts

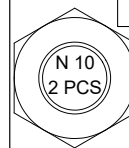
Part No: 32  
Name: Holding Plate  
Q'TY: 1



Part No: 33  
Name: Holding Plate  
Q'TY: 1

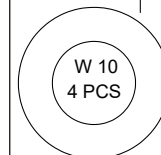


## Fixings



N 10

2 PCS

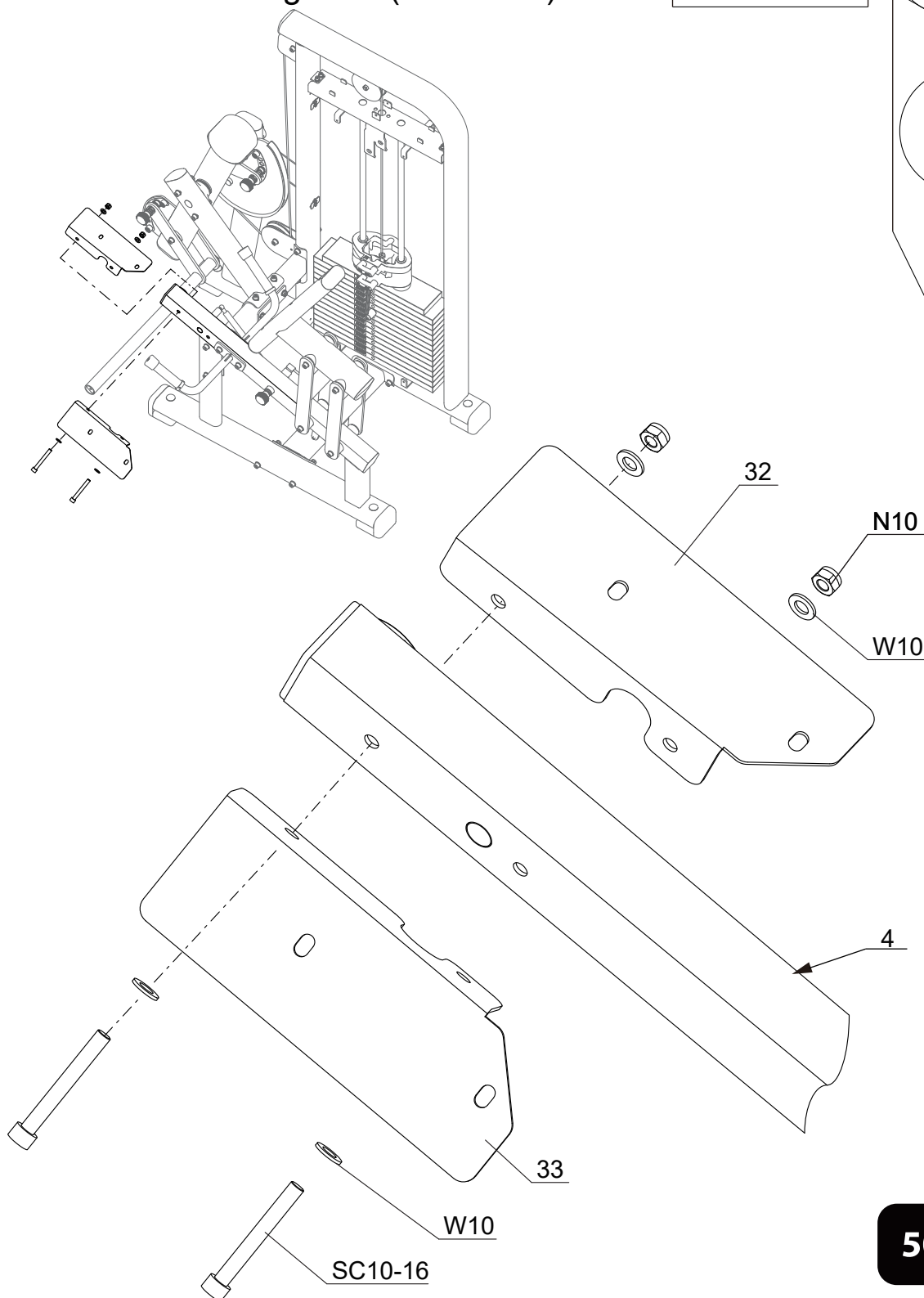


W 10

4 PCS

SC10-16 2 PCS

Install the Holding Plate(#32 & #33).



50%

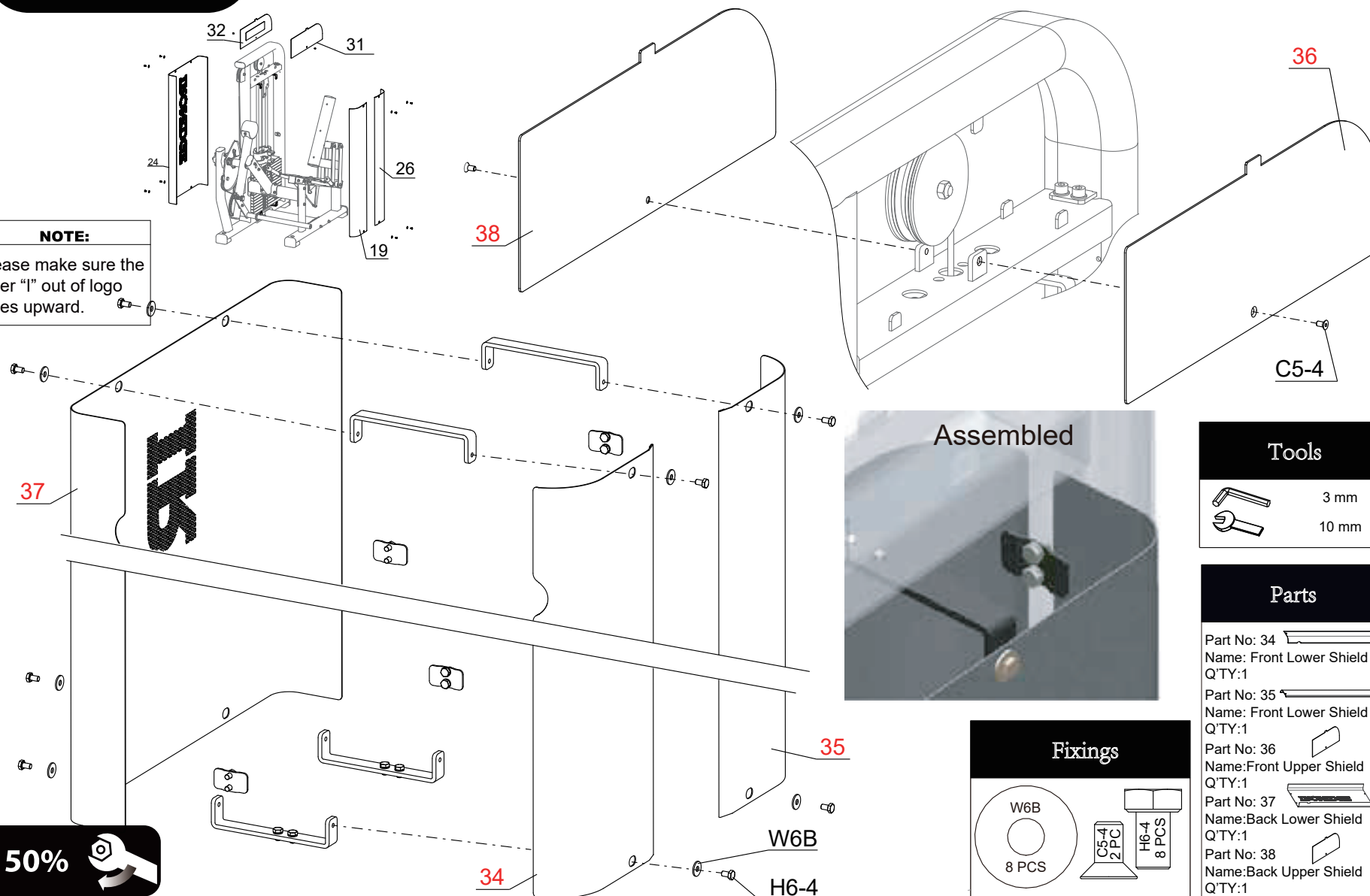


# STEP 14

Fix The Front Lower Shield(#34 & #35) , Front Upper Shield (#36),Back Lower Shield(#37) And The Back Upper Shield(#38).

## NOTE:

Please make sure the letter "I" out of logo faces upward.



Assembled

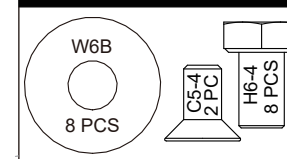
## Tools



## Parts

- Part No: 34  
Name: Front Lower Shield  
Q'TY:1
- Part No: 35  
Name: Front Lower Shield  
Q'TY:1
- Part No: 36  
Name:Front Upper Shield  
Q'TY:1
- Part No: 37  
Name:Back Lower Shield  
Q'TY:1
- Part No: 38  
Name:Back Upper Shield  
Q'TY:1

## Fixings



50%



# STEP 15

Install the Backrest Pad(#39).

## Tools



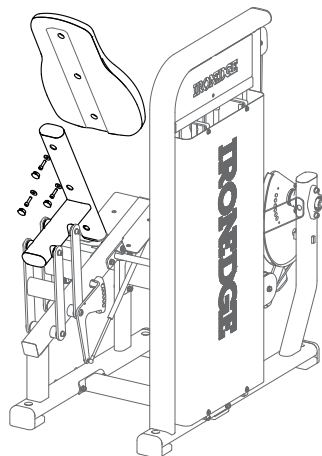
6 mm

## Parts

Part No: 39  
Name: Backrest Pad  
QTY:1



Part No: 21  
Name: D25 Hole Cap  
QTY:3



W8B

SC8-5

21

39

## Fixings

W8B  
3 PCS

SC8-5 3 PCS

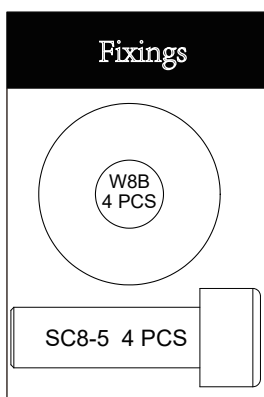
The fixings have been  
attached to the Seat Pad  
in advance.

100%

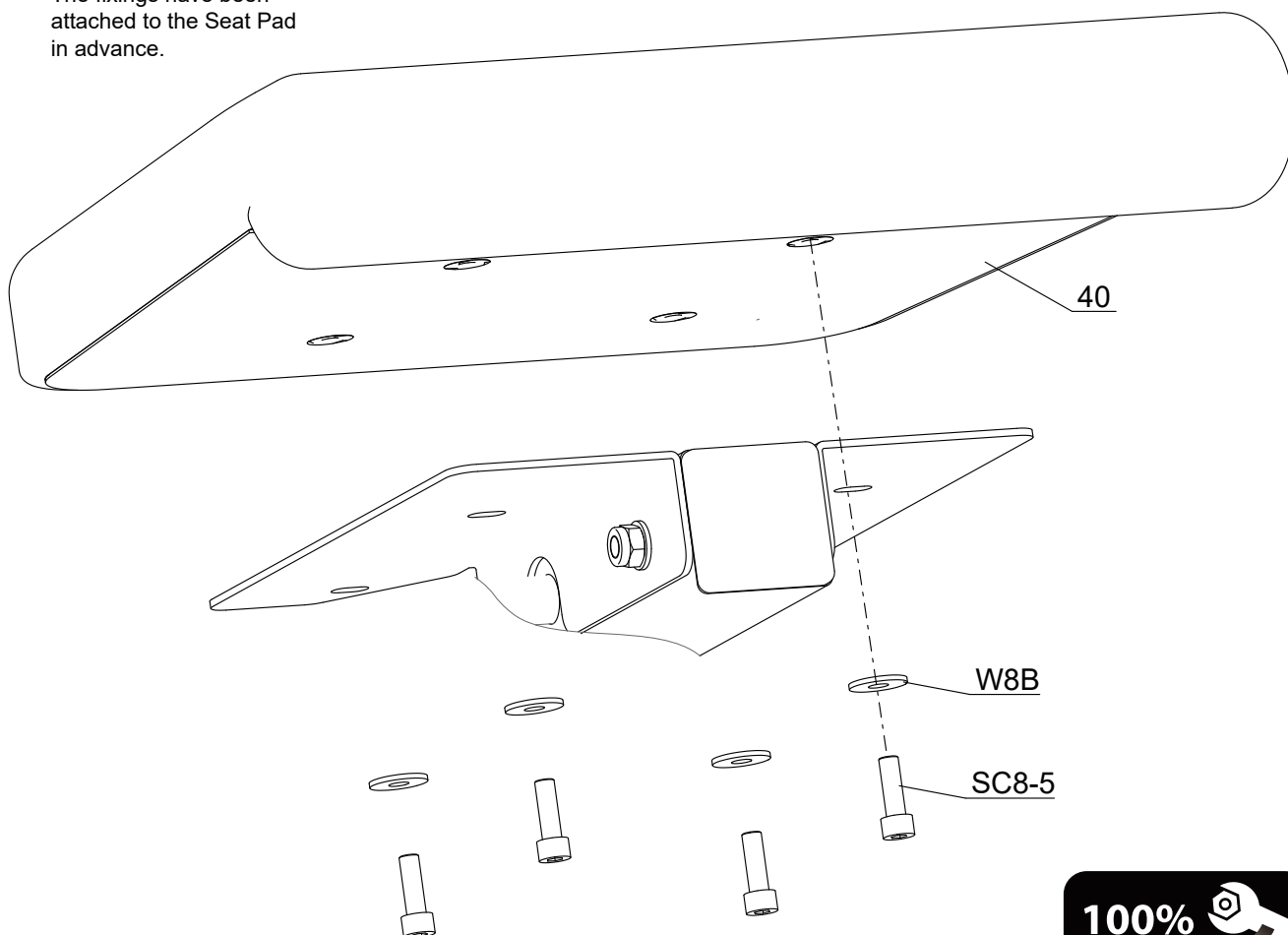
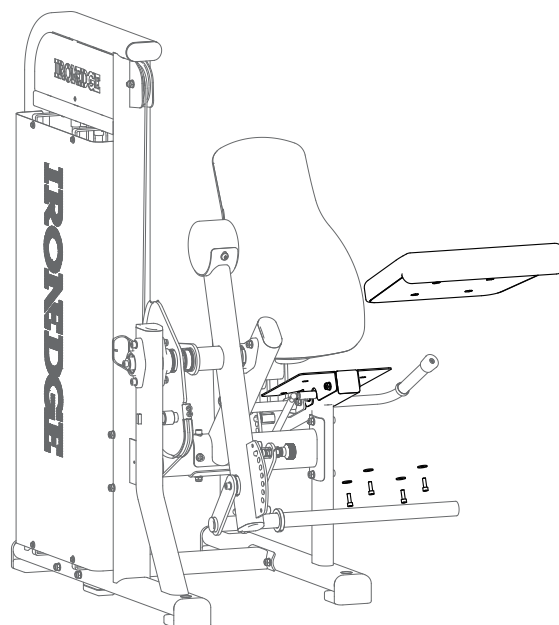
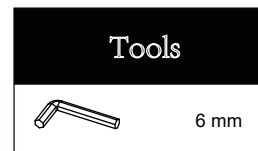
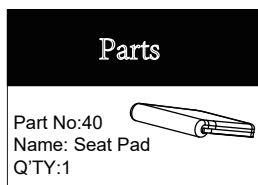


# STEP 16

Install The Seat Pad(#40).

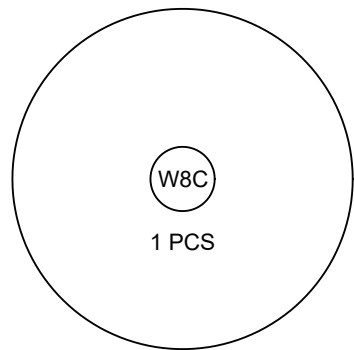


The fixings have been attached to the Seat Pad in advance.



### Fixings

SC8-5 1 PC



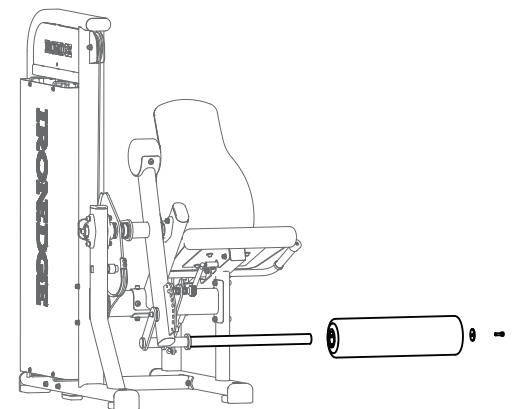
The fixings have been attached to the Work Arm in advance.

### Parts

Part No:41  
Name: Foam Roller  
Q'TY:1

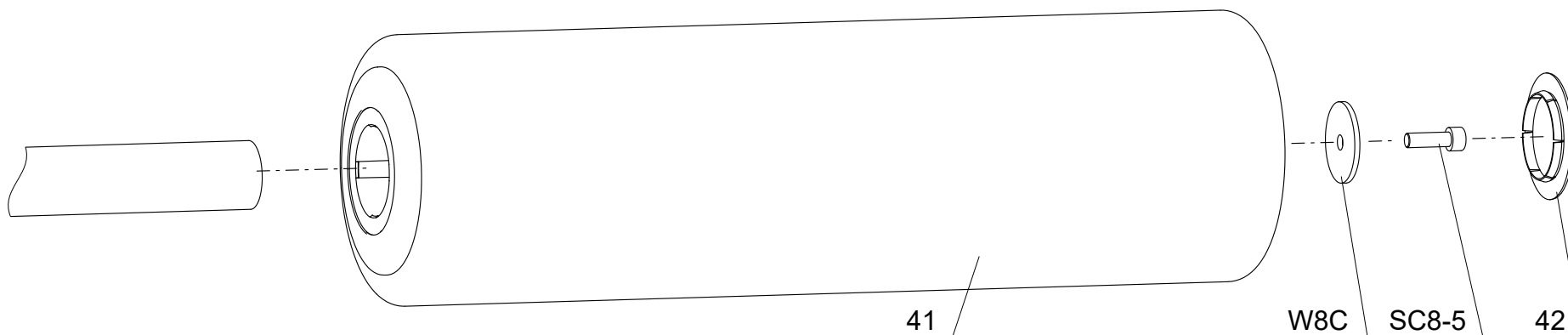
Part No:42  
Name: Cap  
Q'TY:1

The Cap have been attached to the Foam Roller in advance.



# STEP 17

Install The Foam Roller(#41).



100%



### Tools



6 mm

## PARTS LIST

| PART# | DESCRIPTION                 | QTY |
|-------|-----------------------------|-----|
| 1     | Weight Frame                | 1   |
| 2     | Bottom Connection Tube      | 1   |
| 3     | Front Connection Tube       | 1   |
| 4     | Seat Frame                  | 1   |
| 5     | Shield Support              | 4   |
| 6     | Top Weight Plate 7.5Kg      | 1   |
| 7     | Weight Pin                  | 1   |
| 8     | Weight Plate 9Kg            | 14  |
| 9     | Weight Label                | 1   |
| 10    | Rubber Buffer               | 2   |
| 11    | Guide Rod                   | 2   |
| 12    | External Retaining Ring D19 | 2   |
| 13    | Rod Retainer                | 2   |
| 14    | Micro Weight Adjuster       | 2   |
| 15    | Support Tube                | 1   |
| 16    | Backing Plate               | 1   |
| 17    | Swing Arm                   | 1   |
| 18    | Cam                         | 1   |
| 19    | Washer ID25.5 OD38          | 1   |
| 20    | Shaft                       | 1   |
| 21    | D25 Hole Cap                | 4   |
| 22    | Cable                       | 1   |
| 23    | Work Arm                    | 1   |
| 24    | Shaft                       | 1   |
| 25    | Link Arm                    | 1   |
| 26    | Link Arm                    | 1   |
| 27    | Shaft D25×119               | 4   |
| 28    | Gas Spring                  | 1   |
| 29    | Handle                      | 1   |
| 30    | Handle                      | 1   |
| 31    | Backrest Tube               | 1   |

| PART#   | DESCRIPTION                   | QTY |
|---------|-------------------------------|-----|
| 32      | Holding Plate                 | 1   |
| 33      | Holding Plate                 | 1   |
| 34      | Front Lower Shield            | 1   |
| 35      | Front Lower Shield            | 1   |
| 36      | Front Upper Shield            | 1   |
| 37      | Back Lower Shield             | 1   |
| 38      | Back Upper Shield             | 1   |
| 39      | Backrest Pad                  | 1   |
| 40      | Seat Pad                      | 1   |
| 41      | Foam Roller                   | 1   |
| 42      | Cap                           | 1   |
| 43      | 114 Pulley                    | 3   |
| C5-4    | Countersunk Head Screw M5X10  | 2   |
| H6-4    | Hex Head Bolt M6X10           | 16  |
| N10     | Lock Nut M10                  | 16  |
| SC8-3   | Socket Head Cap Screw M8X15   | 2   |
| SC8-5   | Socket Head Cap Screw M8X25   | 8   |
| SC10-4  | Socket Head Cap Screw M10X20  | 12  |
| SC10-12 | Socket Head Cap Screw M10X60  | 2   |
| SC10-15 | Socket Head Cap Screw M10X75  | 2   |
| SC10-16 | Socket Head Cap Screw M10X80  | 2   |
| SC10-17 | Socket Head Cap Screw M10X85  | 2   |
| SC10-24 | Socket Head Cap Screw M10X120 | 6   |
| SC10-25 | Socket Head Cap Screw M10X125 | 2   |
| SW10    | Spring Washer 10              | 1   |
| W6      | Washer 6                      | 8   |
| W6B     | Big Washer 6                  | 8   |
| W8B     | Big Washer ID8.5 OD24         | 7   |
| W8C     | Big Washer ID8.5 OD45         | 1   |
| W10     | Washer 10                     | 38  |
| W10B    | Washer ID11 OD30              | 2   |