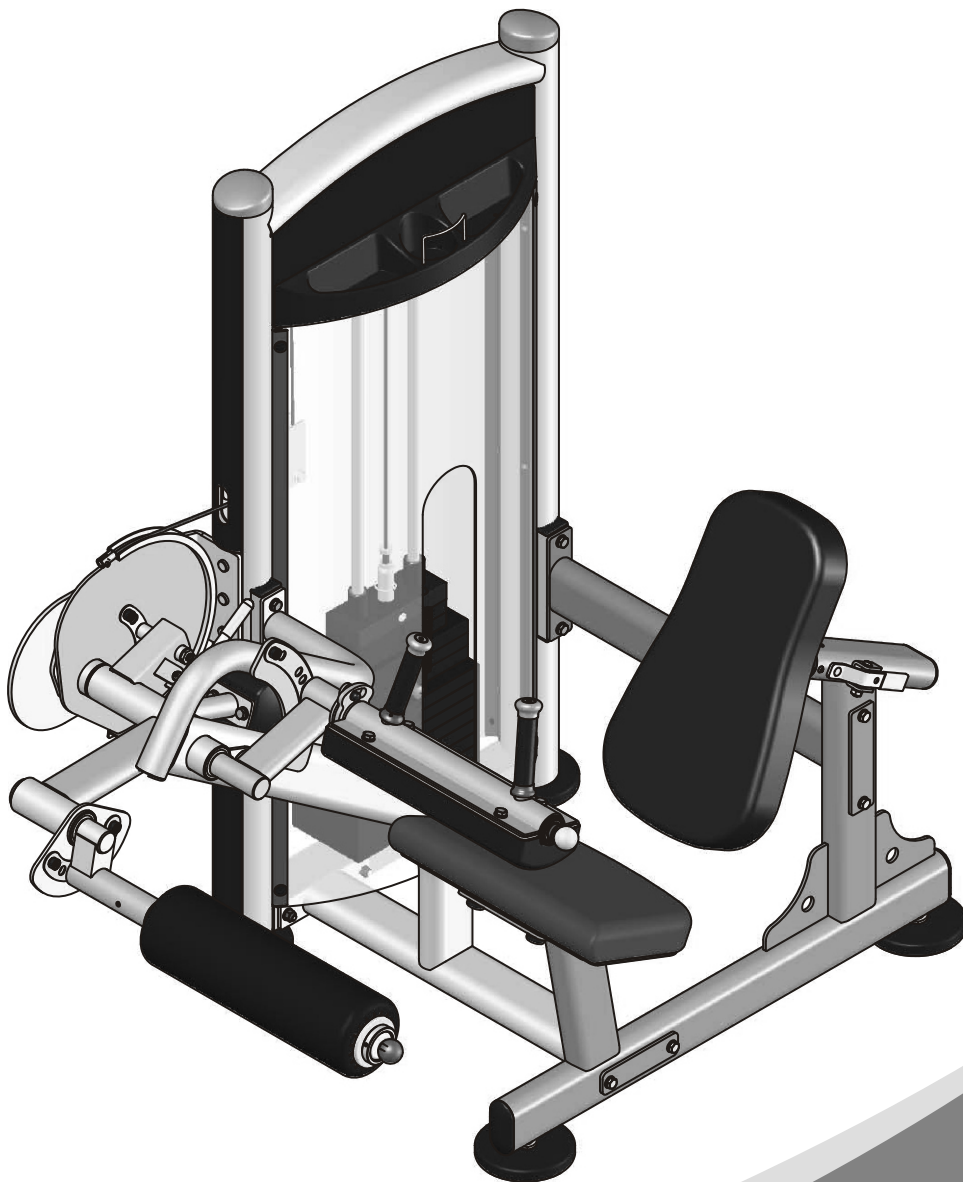


IT9306

SEATED LEG CURL

OWNER'S MANUAL



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

! CAUTION

Read all precautions and instructions in this manual before using this equipment.

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Please assemble according to the actual **weights and Shroud** you buy !

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * Never operate the unit when it has been dropped or damaged.
- * Never drop or insert anything into any opening in the equipment.
- * Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- * Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- * Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

Personal Safety During Assembly

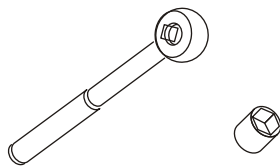
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Instructions

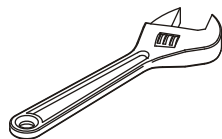
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

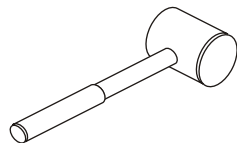
Tools Required



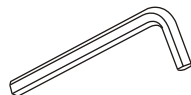
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

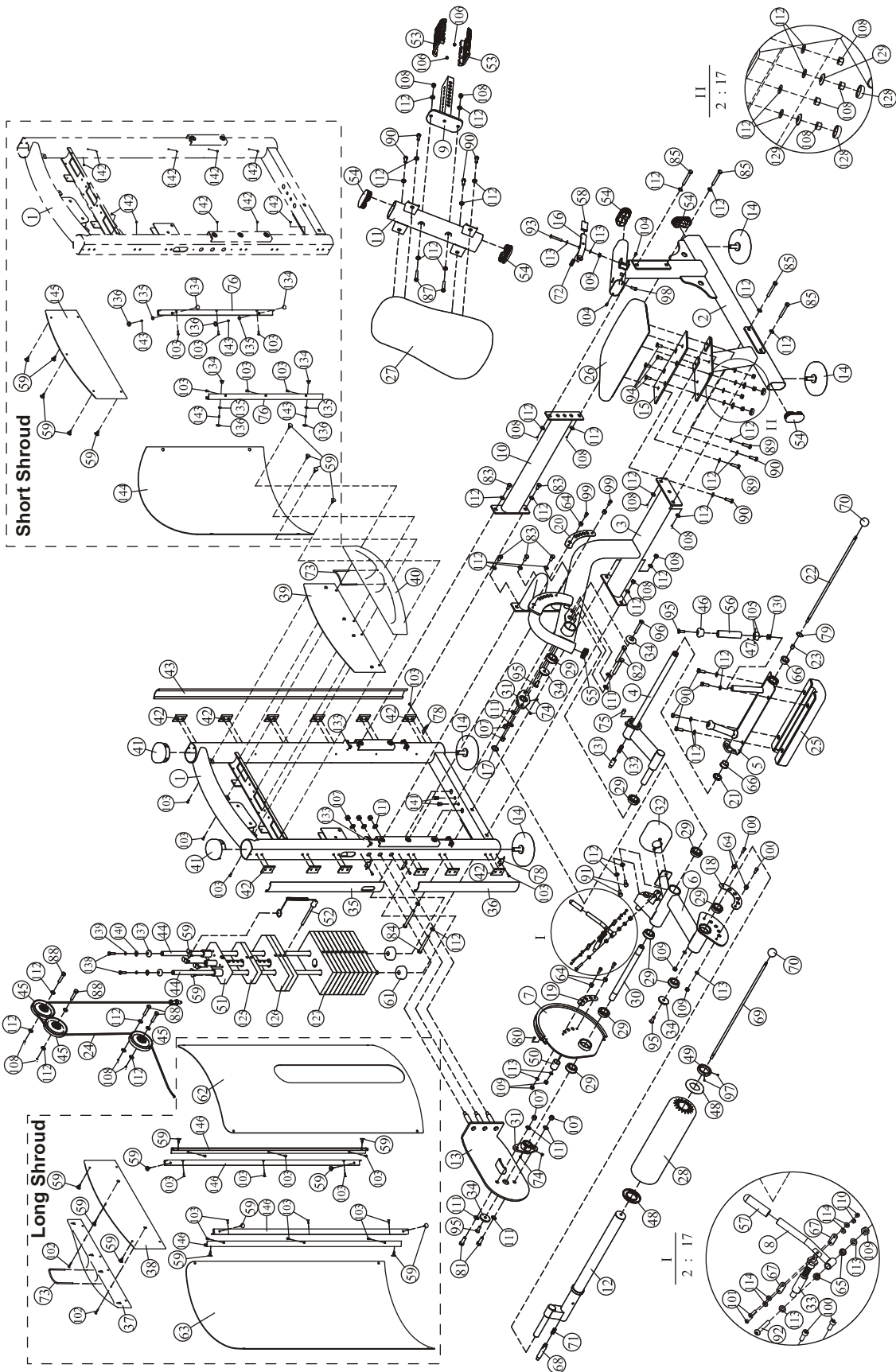
Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame	1	36	Lower Side Cover	1
2	Main Frame	1	37	Rear Support	1
3	Bottom Cross Brace	1	38	Top Rear Shroud A	1
4	Movement Arm	1	39	Top Front Shroud	1
5	Support Arm	1	40	Support	1
6	Pivot Arm	1	41	PlugΦ95.4*61	2
7	Cam	1	42	Plastic Block	12
8	Adjustable Handle	1	43	Side Cover	1
9	Adjustable tube	1	44	Guide Rod	2
10	Rear Cross Brace	1	45	4.5" Pulley	3
11	Back Pad Support	1	46	Aluminium Grip Cap	2
12	Swing Tube	1	47	Aluminium Grip ring	2
13	Main Bracket	1	48	Big Collar	2
14	Adjustable Foot plate	4	49	Collar Φ65.6*Φ50.5*12.7	1
15	Seat Pad Plate	1	50	Bumper Φ32*Φ25.4*40	1
16	Adjustable Support	1	51	Top Plate	1
17	Flat Washer Φ32*Φ26*5	1	52	Selector Pin W/Coil	1
18	Swing Tube Scaleboard	1	53	Plastic Tube Guide	2
19	Scaleboard R115*2	1	54	Plug RT50*100	5
20	Scaleboard R217.5*2	1	55	Plug Φ50.8	1
21	Flat Washer Φ40*Φ26*5.5	1	56	Grip	2
22	Pin Pole Φ10*566	1	57	Yellow Grip	1
23	Spacer Φ14*Φ10.5*15	1	58	Adjustable Support Sleeve	1
24	Cable	1	59	Button	19
25	Thigh Pad	1	61	Weight Rubber Bumper	2
26	Seat Pad	1	62	Front Shroud	1
27	Back Pad	1	63	Rear Shroud	1
28	Roller	1	64	Little BumperΦ17*10.5	6
29	Bearing Φ50.8*Φ25.4*15.9	8	65	Bushing Φ16*Φ12*8	2
30	Main Shaft Φ25*335.4	1	66	Bushing Φ38*Φ25.4*18	2
31	Flange	2	67	Plate	2
32	Counter Poise Block	1	68	Pin End Φ17.7*100	1
33	Pin	1	69	Pin Pole Φ10*637	1
34	Aluminum End Cap Φ50*Φ10.5*8	4	70	Ball	2
35	Upper Side Cover	1	71	Spring Φ1.2*Φ12.9*70	1

Parts List

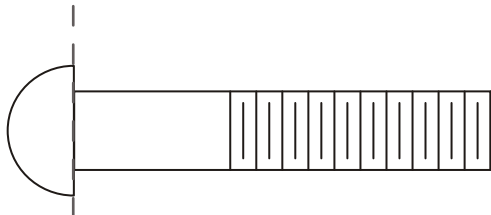
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No.	Description	Qty	Item No.	Description	Qty
72	Spring $\Phi 1.2 \times \Phi 13 \times 38.6$	1	109	Nylon lock Nut M8	6
73	Arc Bracket	1	110	Nylon lock Nut M5	2
74	Socket Set Screw M8*8	4	111	Flat Washer $\Phi 13 \times \Phi 24 \times 1.5$	11
75	Cover $\Phi 14 \times \Phi 9.4 \times 22$	1	112	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	47
76	Short Shroud Retainer Plate	2	113	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	8
78	L Bracket	4	114	Flat Washer $\Phi 5.5 \times \Phi 12 \times 1$	4
79	Retaining Snap Ring d=25	1	116	Hex Key S=3	1
80	Socket Head Cap Screw M4*15	1	117	Hex Key S=4	1
81	Hex Head Bolt M12*35	2	118	Hex Key S=5	1
82	Hex Head Bolt M12*85	2	119	Hex Key S=6	1
83	Hex Head Bolt M10*20	5	121	Hex Key S=3/32"	1
84	Hex Head Bolt M10*100	2	122	Wrench	1
85	Hex Head Bolt M10*80	4	123	Lube	1
87	Button Head Cap Screw M10*65	2	125	Weight Plate 5LBS	2
88	Hex Head Bolt M10*50	4	126	Weight Plate 10LBS	3
89	Hex Head Bolt M10*35	2	127	Weight Plate 15LBS	10
90	Hex Head Bolt M10*30	10	128	Plastic Cap $\Phi 30$	2
91	Hex Head Bolt M10*25	2	129	Washer $\Phi 27.6 \times \Phi 12.8 \times 3.5$	2
92	Button Head Cap Screw M8*60	1	130	Nut	2
93	Button Head Cap Screw M8*55	1	131	Pin End $\Phi 17.7 \times 50$	1
94	Flat Head Cap Screw M10*25	4	132	Spring $\Phi 1.5 \times 36$	1
95	Flat Head Cap Screw M10*30	5	133	Plug	4
96	Flat Head Cap Screw M10*75	1	134	Connect Button	4
97	Socket Set Screw 10-32*6.4	2	135	Plastic Washer	4
98	Socket Head Cap Screw M8*30	1	136	Plastic Cover	4
99	Socket Head Cap Screw M8*15	2	137	Rubber Plug $\Phi 29 \times \Phi 19 \times 10$	2
100	Socket Head Cap Screw M8*25	4	138	Hex Head Bolt M8*30	2
101	Socket Head Cap Screw M5*25	2	139	Spring Washer $\Phi 8$	2
102	Flat Philips Screw M5*25	2	140	Flat Washer $\Phi 9 \times \Phi 22 \times 1.6$	2
103	Flat Philips Screw M5*16	19	141	Rivet Nut M8	2
104	Button Head Cap Screw M6*12	2	142	Button $\Phi 8.1 \times 7$	10
105	Socket Set Screw 10-32*3.2	4	143	Screw ST4.2*10	4
106	Hex Nut M6	2	144	Shroud	1
107	Nylon lock Nut M12	7	145	Top Rear Shroud	1
108	Nylon lock Nut M10	16	146	Shroud Retainer Plate	4

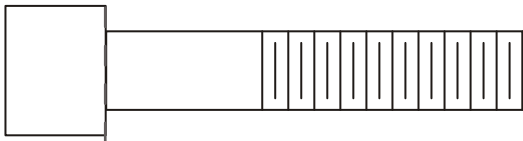
Exploded View



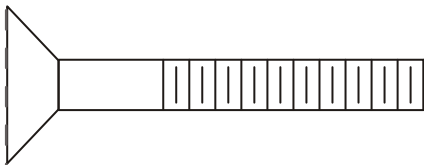
Measurement Guide



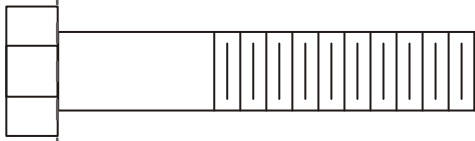
BHCS = Button Head Cap Screw



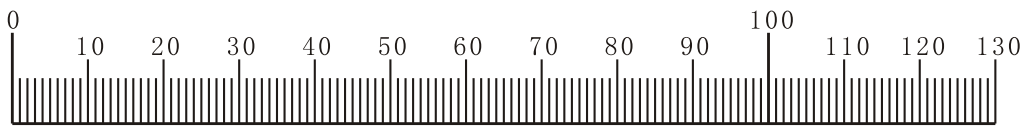
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



Inches

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.



Note

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

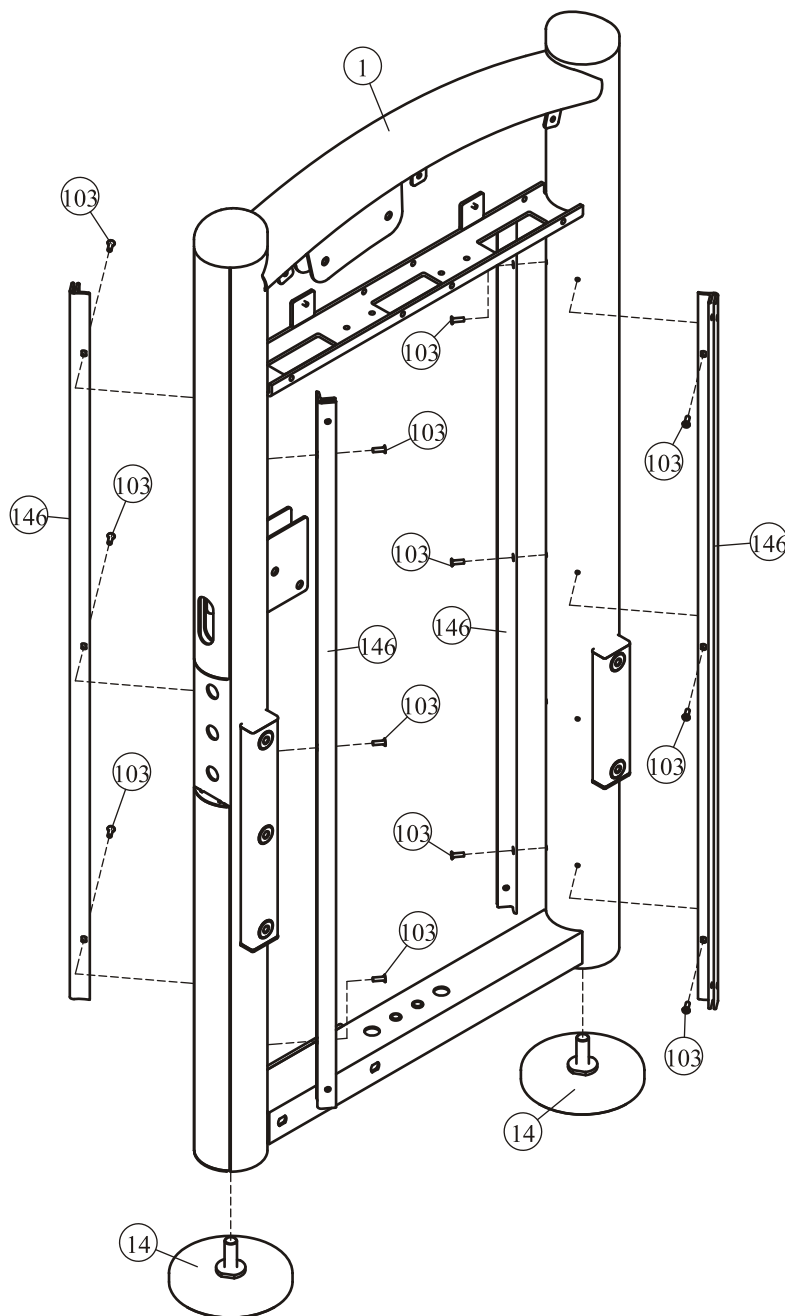
Assembly

STEP 1

1. Attach two Adjustable Foot Plate (#14) to the Weight Stack Frame (#1).
2. Attach four Shroud Retainer Plate (#146) to the Weight Stack Frame (#1) using:
twelve M5*16 Flat Philips Screw (#103)

Note: Wrench Tighten Screws.

Here is the assembly instruction for **Long Shroud !**



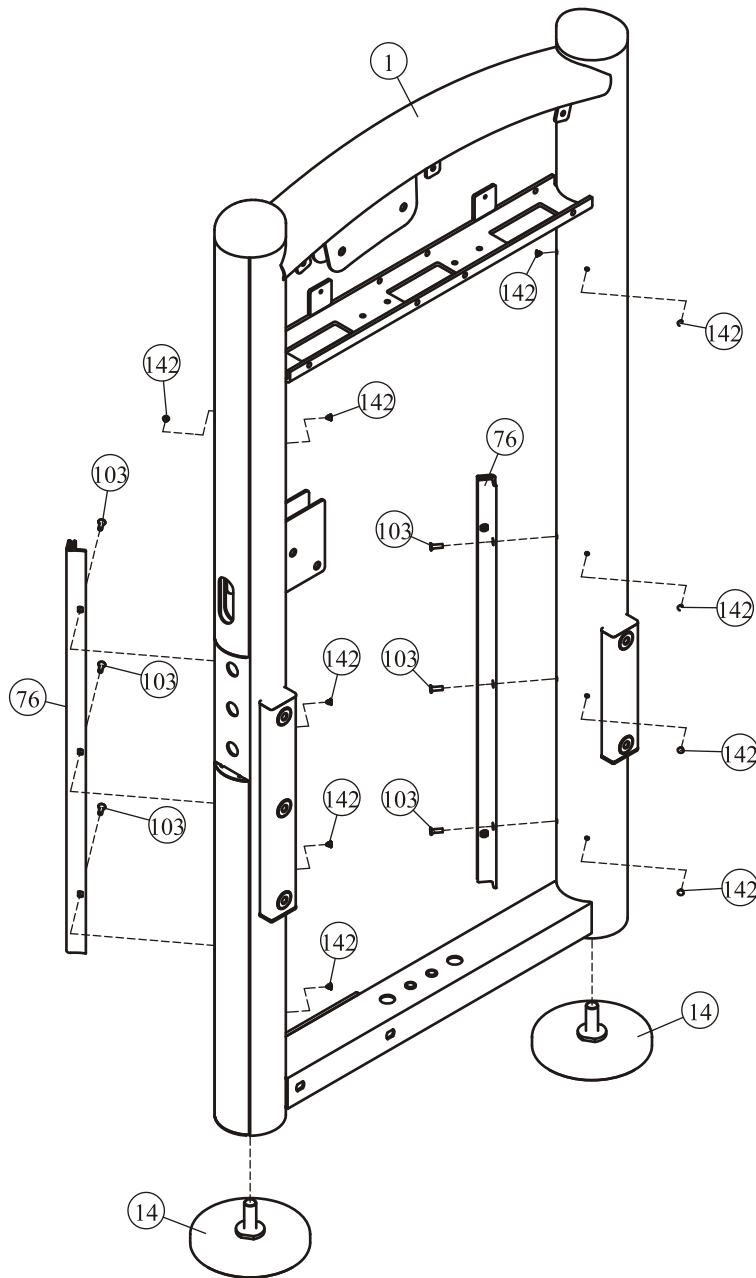
Assembly

STEP 1

1. Attach two Adjustable Foot Plate (#14) to the Weight Stack Frame (#1).
2. Attach two Short Shroud Retainer Plate (#76) to the Weight Stack Frame (#1) using:
six M5*16 Flat Philips Screw (#103)
3. Attach ten $\Phi 8.1 \times 7$ Button (#142) to the Weight Stack Frame (#1).

Note: Wrench Tighten Screws.

Here is the assembly instruction for **Short Shroud !**

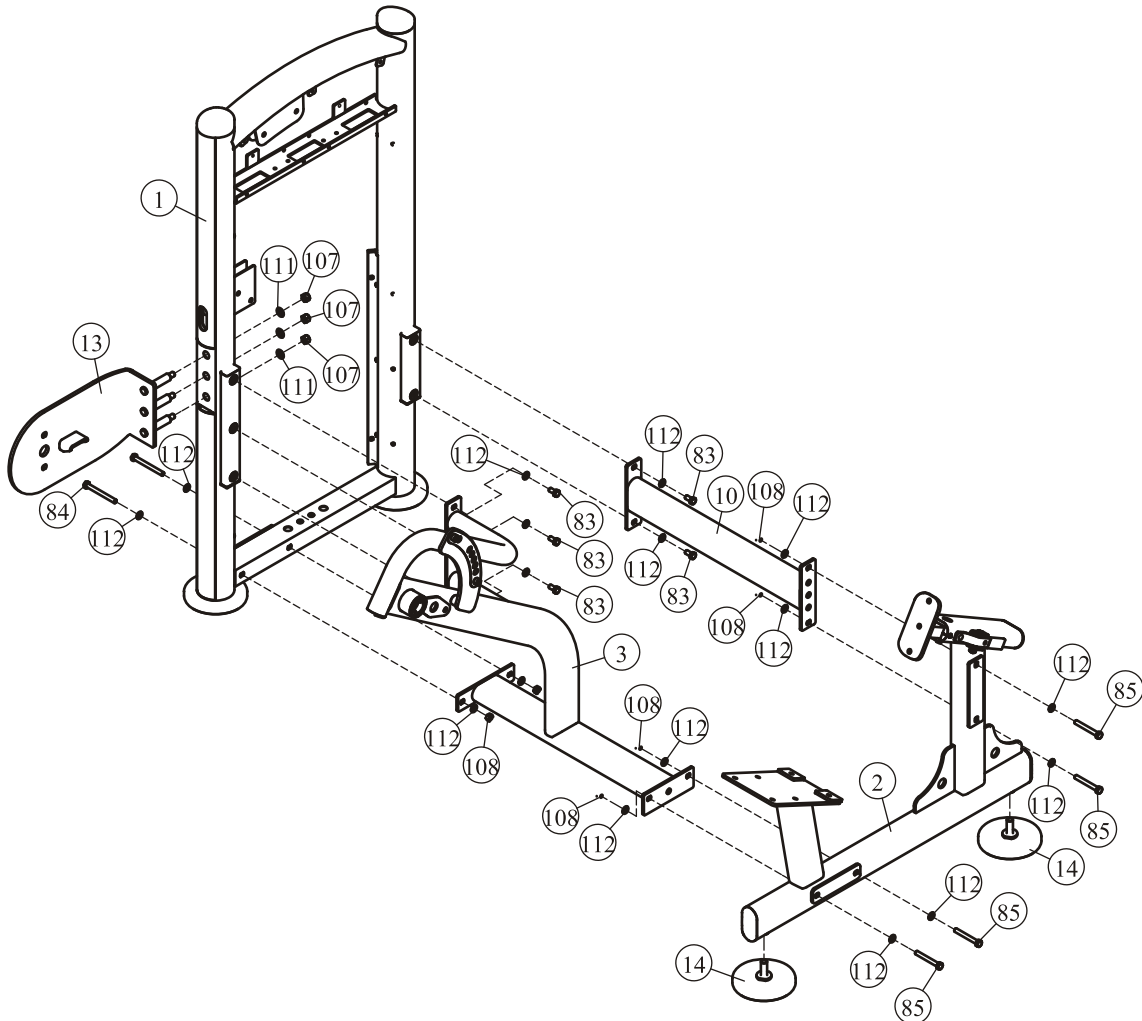


Assembly

STEP 2

1. Attach two Adjustable Foot Plate (#14) to the Main Frame (#2).
2. Attach the Main Bracket (#13) to the Weight Stack Frame (#1) using:
three $\Phi 13^* \Phi 24^* 1.5$ Flat Washer (#111) three M12 Nylon Lock Nut (#107)
3. Attach the Bottom Cross Brace (#3) to the Weight Stack Frame (#1) using:
two M10*100 HHB (#84) three M10*20 HHB (#83)
seven $\Phi 11^* \Phi 20^* 2$ Flat Washer (#112) two M10 Nylon Lock Nut (#108)
4. Attach the Bottom Cross Brace (#3) to the Main Frame (#2) using:
two M10*80 HHB (#85) four $\Phi 11^* \Phi 20^* 2$ Flat Washer (#112)
two M10 Nylon Lock Nut (#108)
5. Attach the Rear Cross Brace (#10) to the Weight Stack Frame (#1) using:
two M10*20 HHB (#83) two $\Phi 11^* \Phi 20^* 2$ Flat Washer (#112)
6. Attach the Rear Cross Brace (#10) to the Main Frame (#2) using:
two M10*80 HHB (#85) four $\Phi 11^* \Phi 20^* 2$ Flat Washer (#112)
two M10 Nylon Lock Nut (#108)

Note: Hand tighten Bolts and Nylon Lock nuts.

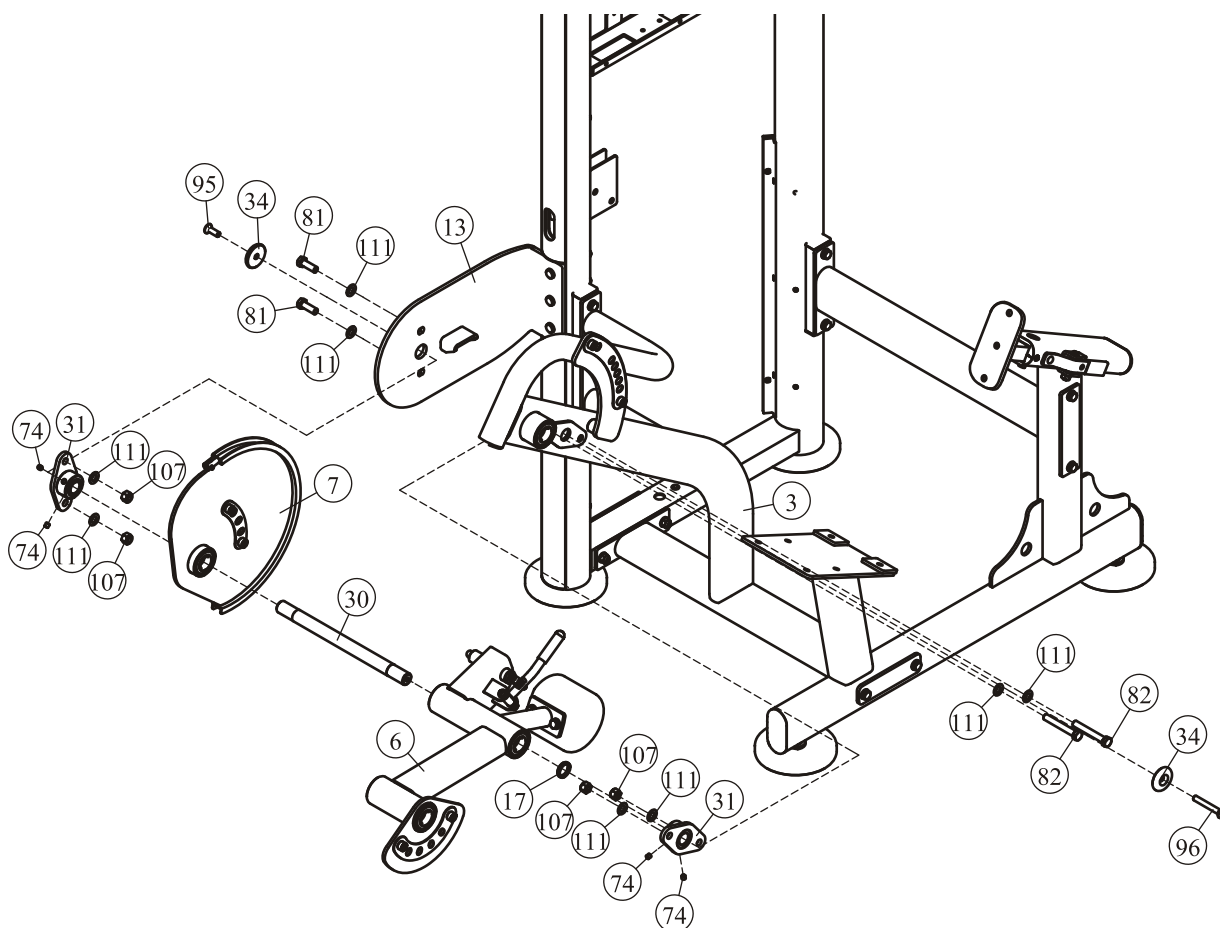


Assembly

STEP 3

1. Attach the Cam (#7) & the Pivot Arm (#6) & the $\phi 32 \times \phi 26 \times 5$ Flat Washer (#17) & two Flange (#31) to the Main Shaft (#30).
2. Attach one Flange (#31) to the Main Bracket (#13) using:
 - two M12*35 HHB (#81)
 - two M12 Nylon Lock Nut (#107)
 - four $\Phi 13 \times \Phi 24 \times 1.5$ Flat Washer (#111)
3. Attach the Flange (#31) to the Bottom Cross Brace (#3) using:
 - two M12*85 HHB (#82)
 - two M12 Nylon Lock Nut (#107)
 - four $\Phi 13 \times \Phi 24 \times 1.5$ Flat Washer (#111)
4. Attach two Aluminum End Cap (#34) to the Main Shaft (#30) using:
 - one M10*30 FHCS (#95)
 - one M10*75 FHCS (#96)
5. Attach two Flange (#31) to the Main Shaft (#30) using:
 - four M8*8 Socket Set Screw (#74)

Note: Hand tighten Bolts and Nylon Lock nuts.

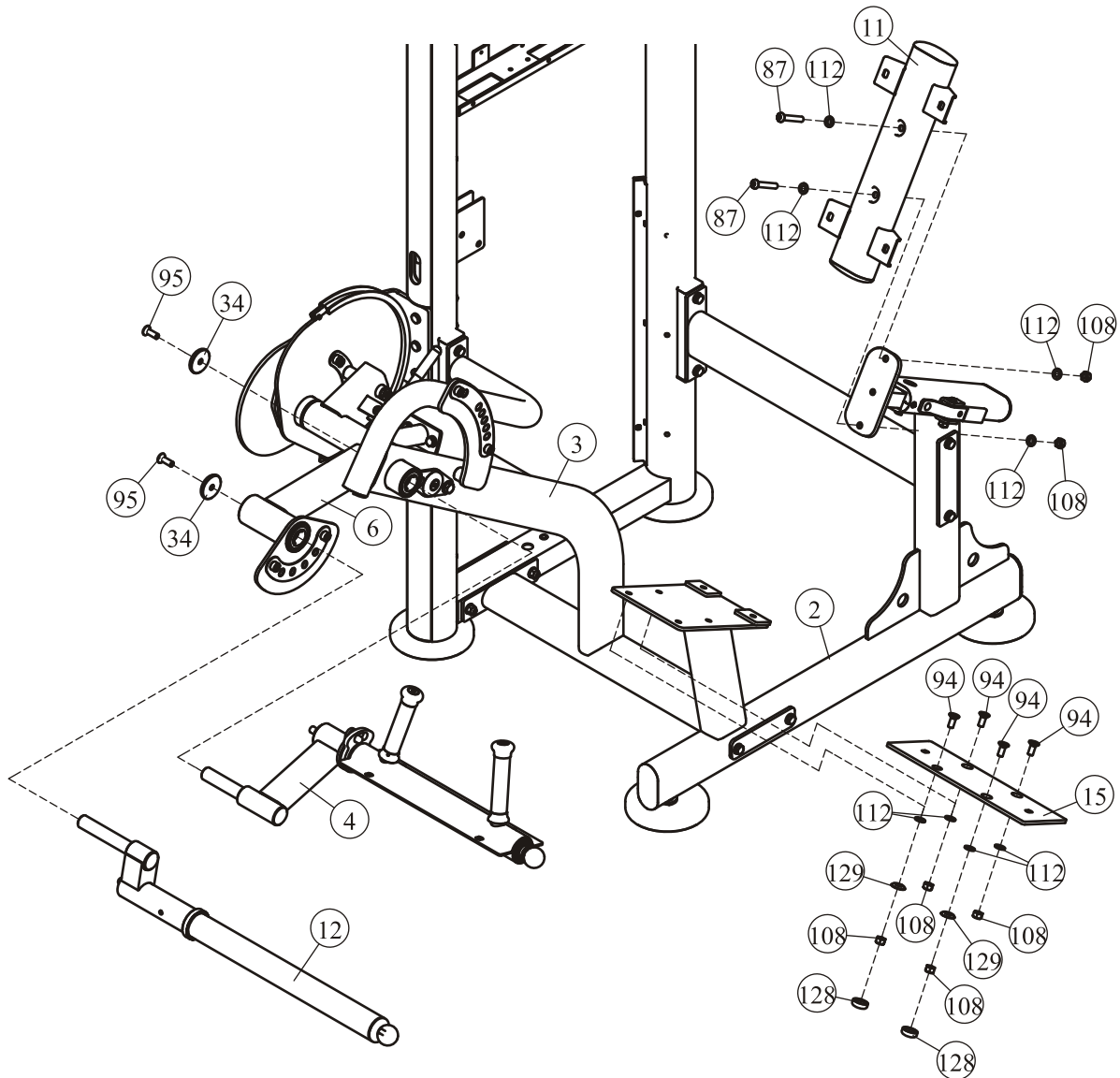


Assembly

STEP 4

1. Attach the Seat Pad Plate (#15) to the Main Frame (#2) using:
 - four M10*25 FHCS (#94)
 - four $\Phi 11*\Phi 20*2$ Flat Washer (#112)
 - four M10 Nylon Lock Nut (#108)
 - two $\Phi 27.6*\Phi 12.8*3.5$ Washer(#129)
 - two $\Phi 30$ Plastic Cap (#128)
2. Attach the Back Pad Support (#11) to the Main Frame (#2) using:
 - two M10*65 BHCS (#87)
 - two M10 Nylon Lock Nut (#108)
 - four $\Phi 11*\Phi 20*2$ Flat Washer (#112)
3. Attach the Movement Arm (#4) to the Bottom Cross Brace (#3) using:
 - one Aluminum End Cap (#34)
 - one M10*30 FHCS (#95)
4. Attach the Swing Tube (#12) to the Pivot Arm (#6) using:
 - one Aluminum End Cap (#34)
 - one M10*30 FHCS (#95)

Note: Wrench Tighten Bolts and Nylon Lock nuts.



Assembly

STEP 5

1. Attach:

two Guide Rod (#44)

ten Weight Plate 15LBS (#127)

two Weight Plate 5LBS (#125)

to the Weight Stack Frame (#1) using:

two M8*30 HHB (#138)

two $\Phi 63.5 \times \Phi 19 \times 25.4$ Weight Rubber Bumper (#61)

three Weight Plate 10LBS (#126)

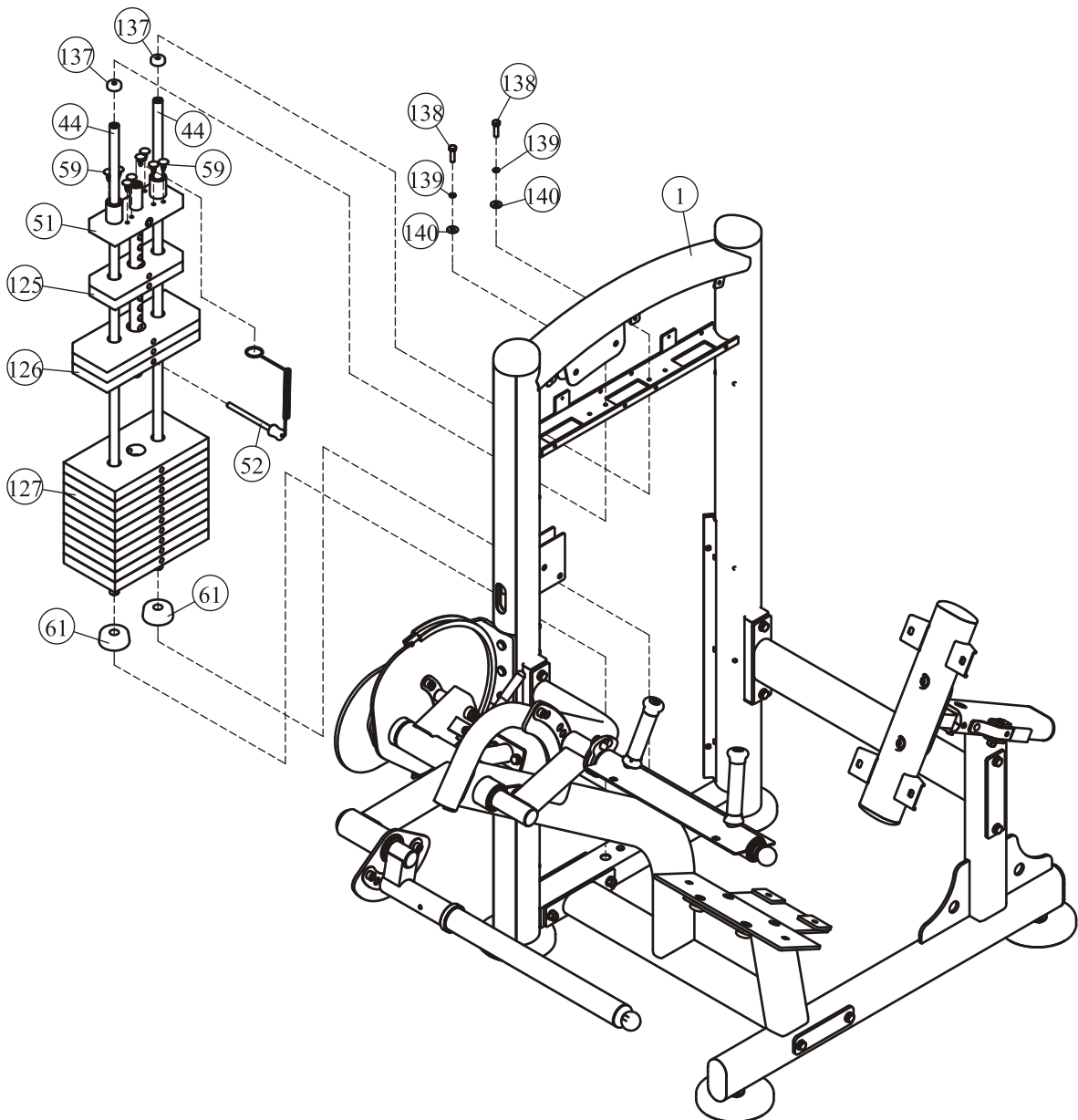
one Top Plate (#51)

two $\Phi 8$ Spring Washers (#139)

two $\Phi 9 \times \Phi 22 \times 1.6$ Flat Washer (#140) two $\Phi 29 \times \Phi 19 \times 10$ Rubber Plug (#137)

2. Attach the Selector Pin W/Coil (#52) & eight Button (#59) to the Top Plate (#51).

Note: Wrench Tighten Bolts and Nylon Lock nuts.

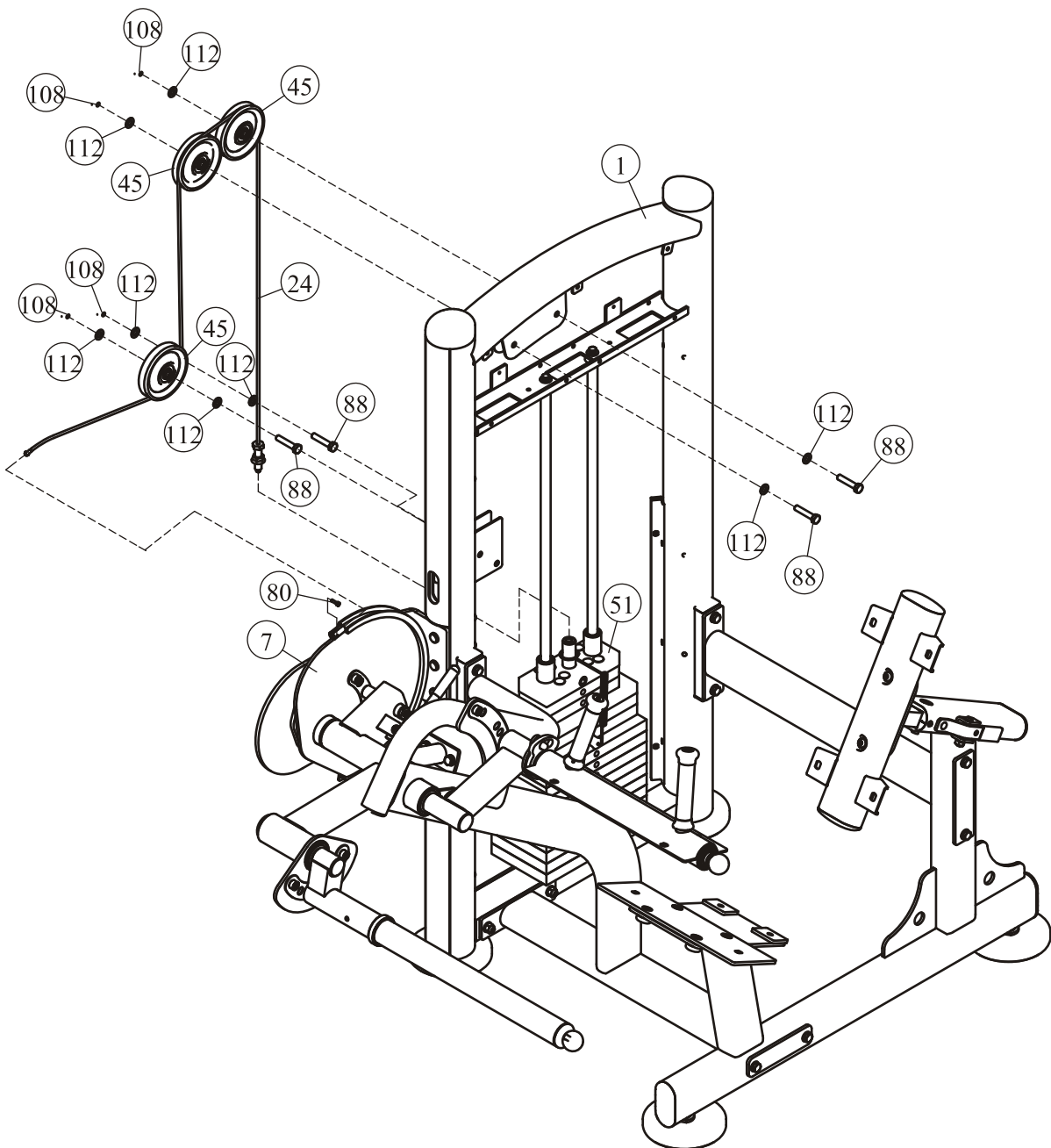


Assembly

STEP 6

1. Attach the Cable (#24) to the Top Plate (#51).
2. Attach three 4.5" Pulley (#45) to the Weight Stack Frame (#1) using:
 four M10*50 HHB (#88) eight Φ 11* Φ 20*2 Flat Washer (#112)
 four M10 Nylon Lock Nut (#108)
3. Attach the Cable (#24) to the Cam (#7) using:
 one M4*15 SHCS (#80)

Note: Wrench Tighten Bolts and Nylon Lock nuts.

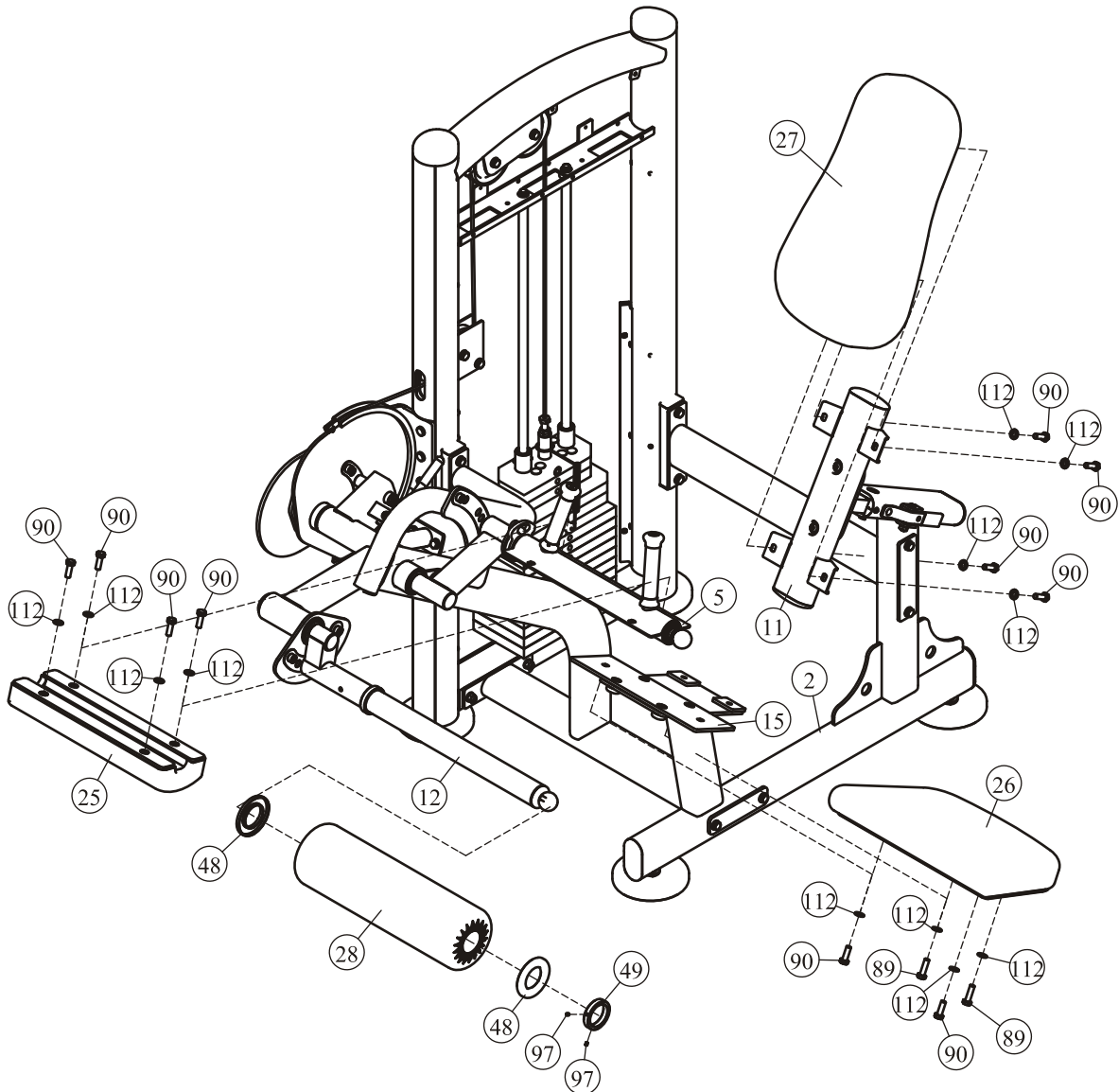


Assembly

STEP 7

1. Attach the Seat Pad (#26) to the Main Frame (#2) using:
four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#112) two M10*30 HHB (#90)
two M10*35 HHB (#89)
2. Attach the Roller (#28) to the Swing Tube (#12) using:
two Big Collar (#48) one $\Phi 65.6 \times \Phi 50.5 \times 12.7$ Collar (#49)
two 10-32*6.4 Socket Set Screw (#97)
3. Attach the Back Pad (#27) to the Back Pad Support (#11) using:
four M10*30 HHB (#90) four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#112)
4. Attach the Thigh Pad (#25) to the Support Arm (#5) using:
four M10*30 HHB (#90) four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#112)

Note: Wrench Tighten Bolts and Nylon Lock nuts.



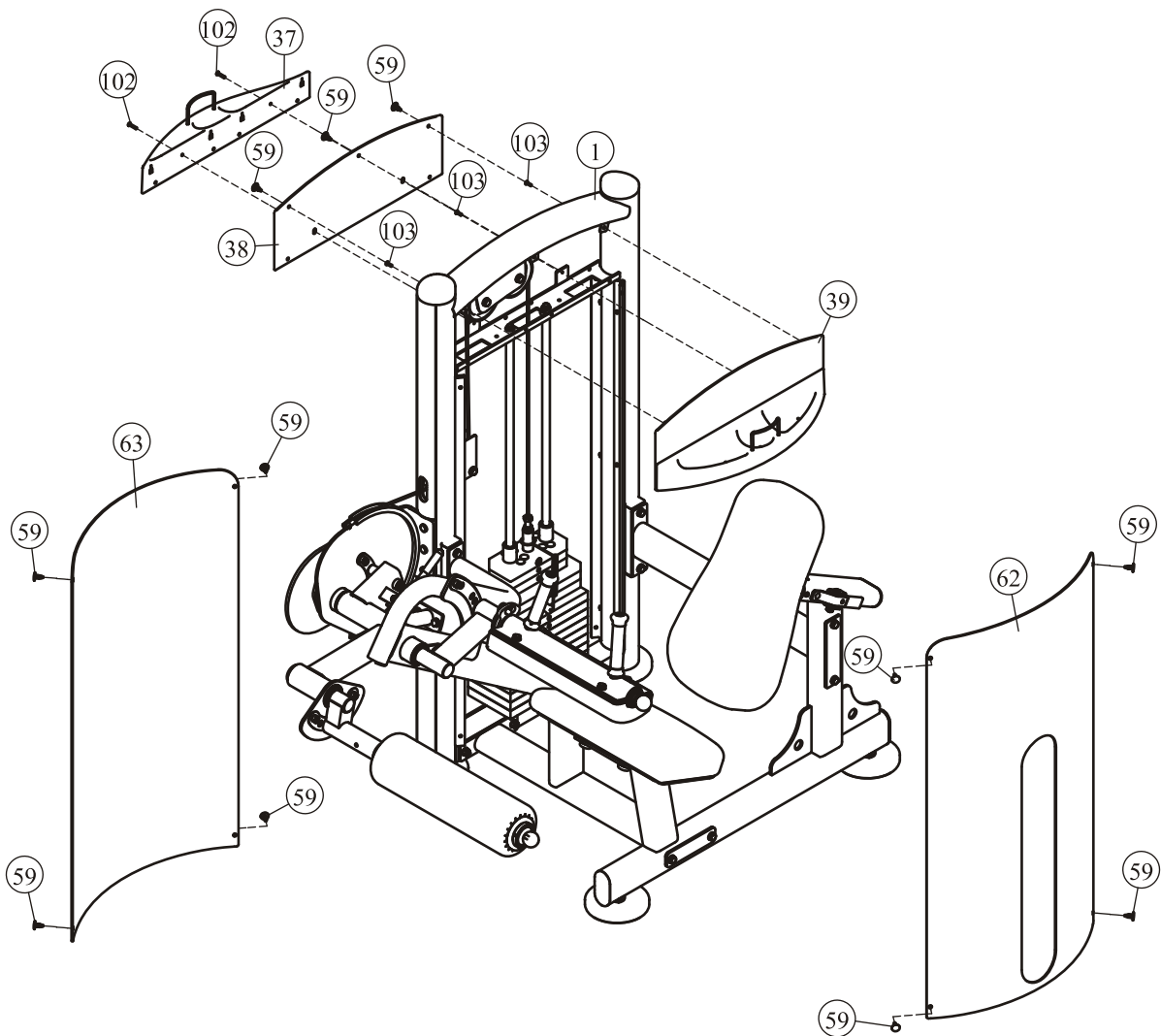
Assembly

STEP 8

1. Attach the Front Shroud (#62) & Rear Shroud (#63) to the Weight Stack Frame (#1) using:
eight Button (#59)
2. Attach the Top Front Shroud (#39) to the Weight Stack Frame (#1) using:
three M5*16 Flat Philips Screw (#103)
3. Attach the Top Rear Shroud A (#38) & the Rear Support (#37) to the Weight Stack Frame (#1) using:
three Button (#59) two M5*25 Flat Philips Screw (#102)

Note: Wrench Tighten Bolts and Nylon Lock nuts.

Here is the assembly instruction for **Long Shroud !**



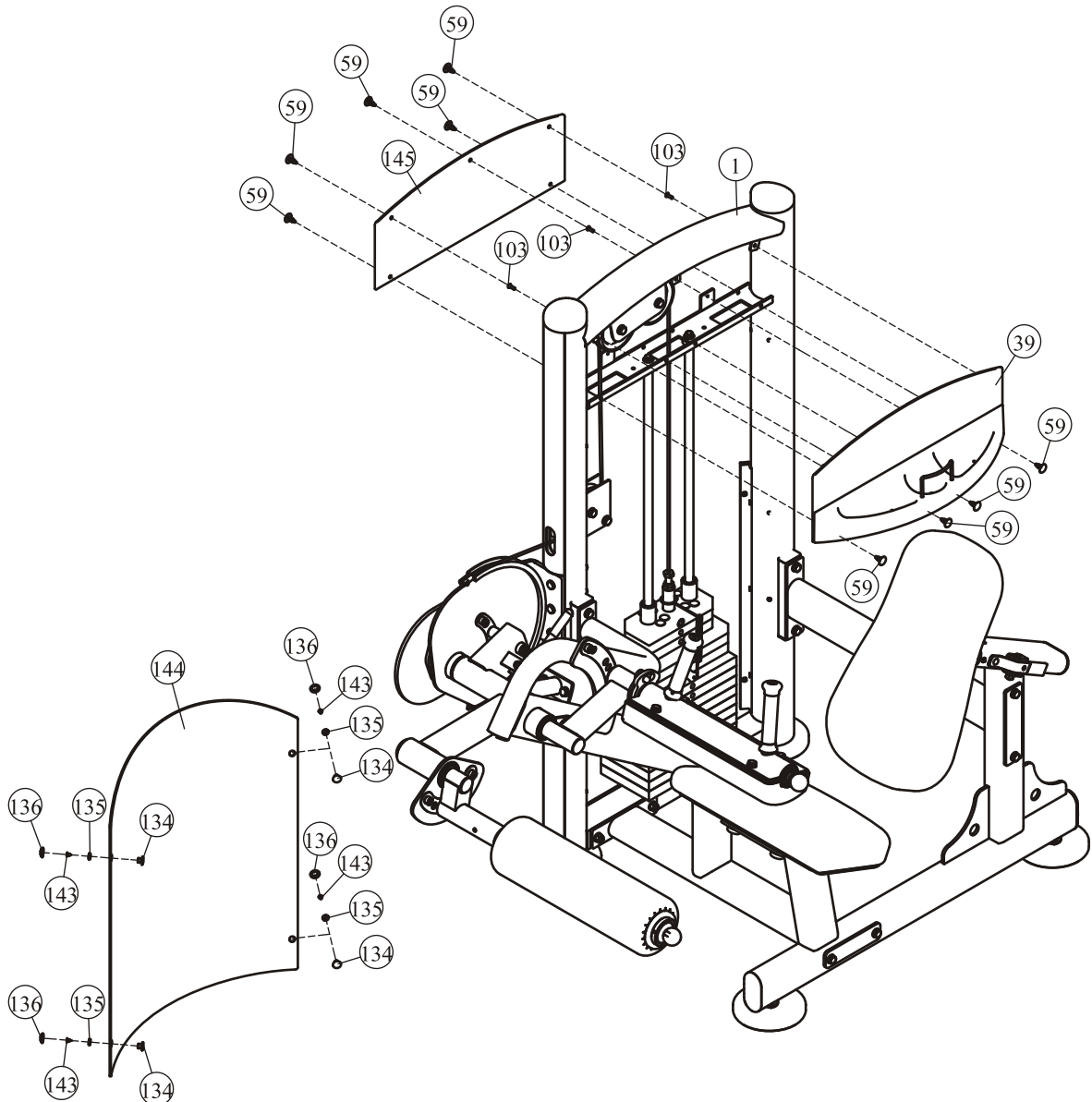
Assembly

STEP 8

1. Attach the Shroud (#144) to the Weight Stack Frame (#1) using:
four Connect Button (#134) four Plastic Washer (#135)
four ST4.2*10 Self-Tapping Screw (#143) four Plastic Cover (#136)
2. Attach the Top Front Shroud (#39) to the Weight Stack Frame (#1) using:
four Button (#59) three M5*16 Flat Philips Screw (#103)
3. Attach the Top Rear Shroud (#145) to the Weight Stack Frame (#1) using:
five Button (#59)

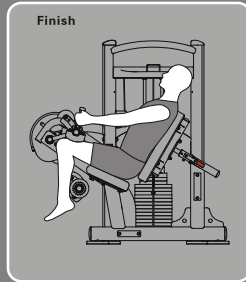
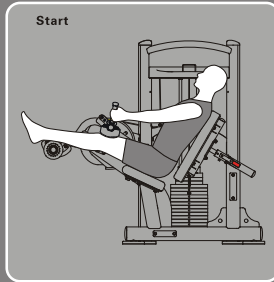
Note: Wrench Tighten Bolts and Nylon Lock nuts.

Here is the assembly instruction for **Short Shroud !**



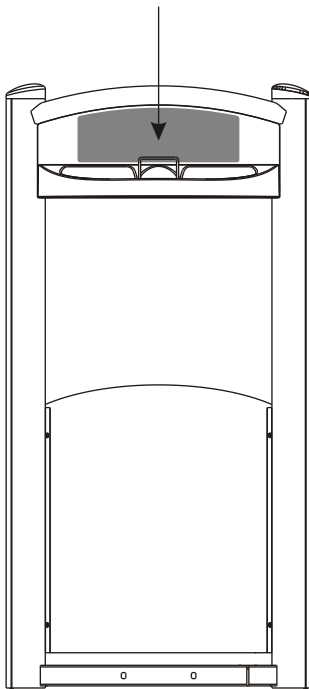
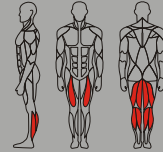
Exercise Instructions

SEATED LEG CURL



Exercise Instructions

1. Select an appropriate weight.
2. Adjust back pad and thigh pad to the desired position.
3. Select desired positioning, Hook both feet over the roller pad, Grasp handles, pull legs down slowly.
4. Slowly return to the starting position.



Exercise Instructions

1. Select an appropriate weight.
2. Adjust back pad and thigh pad to the desired position.
3. Select desired positioning, Hook both feet over the roller pad, Grasp handles, pull legs down slowly.
4. Slowly return to the starting position.
(Adjust weight according to the select pin)

Specifications

Class: S

Maximum Wt. Capacity: 91Kg/ 200lbs.

Maximum Load of Trainer: 150Kg/ 330lbs.

Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- *Check all pieces for signs of visible wear or damage.
- *Check springs in snap hooks and pull-pins for proper tension and alignment.
- *If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- *To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- *Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- *Replace ripped or worn upholstery immediately.
- *Keep sharp or pointed objects clear of all upholstery.

Decals:

- *Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- *Inspect all nuts and bolts for any loosening and tighten if needed.
- *Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- *These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- *We use only high quality belt, and mil-spec cables.
- *Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- *While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- *Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- *Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- *Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- *Wipe down adjusting tubes with a dust free rag before applying lubricant.
- *Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- *Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

