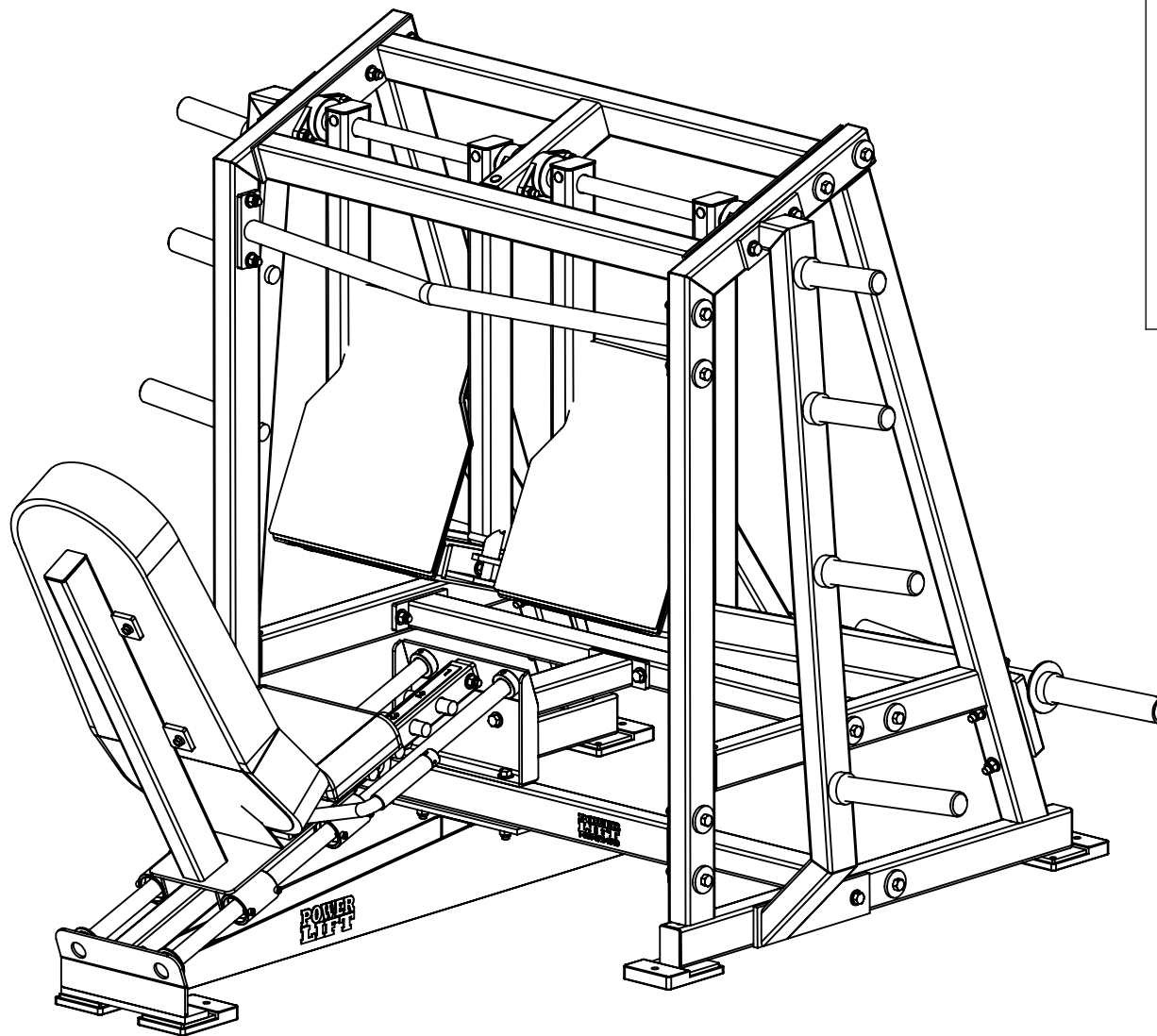


Plate Loaded Uni Lateral Leg Press



Assembly Notes:

Fasteners provided to assemble machine:

(24) 1/2"X3-1/2" BOLTS

(4) 1/2"X4-1/2" BOLTS

(2) 1/2"X4-3/4" BOLTS

(2) 1/2"X1-1/2" BOLTS

(2) 1/2"X4" BOLTS

(8) 3/8"X1-1/2" FLANGE BOLTS

Tools required (Not Included):

- 3/4" Open-End Wrench

- 3/4" Socket

- 9/16" Open-End Wrench

- 9/16" Socket

- 1/8" Allen Wrench

**Note: When assembling unit DO NOT
tighten any fasteners until specified.**

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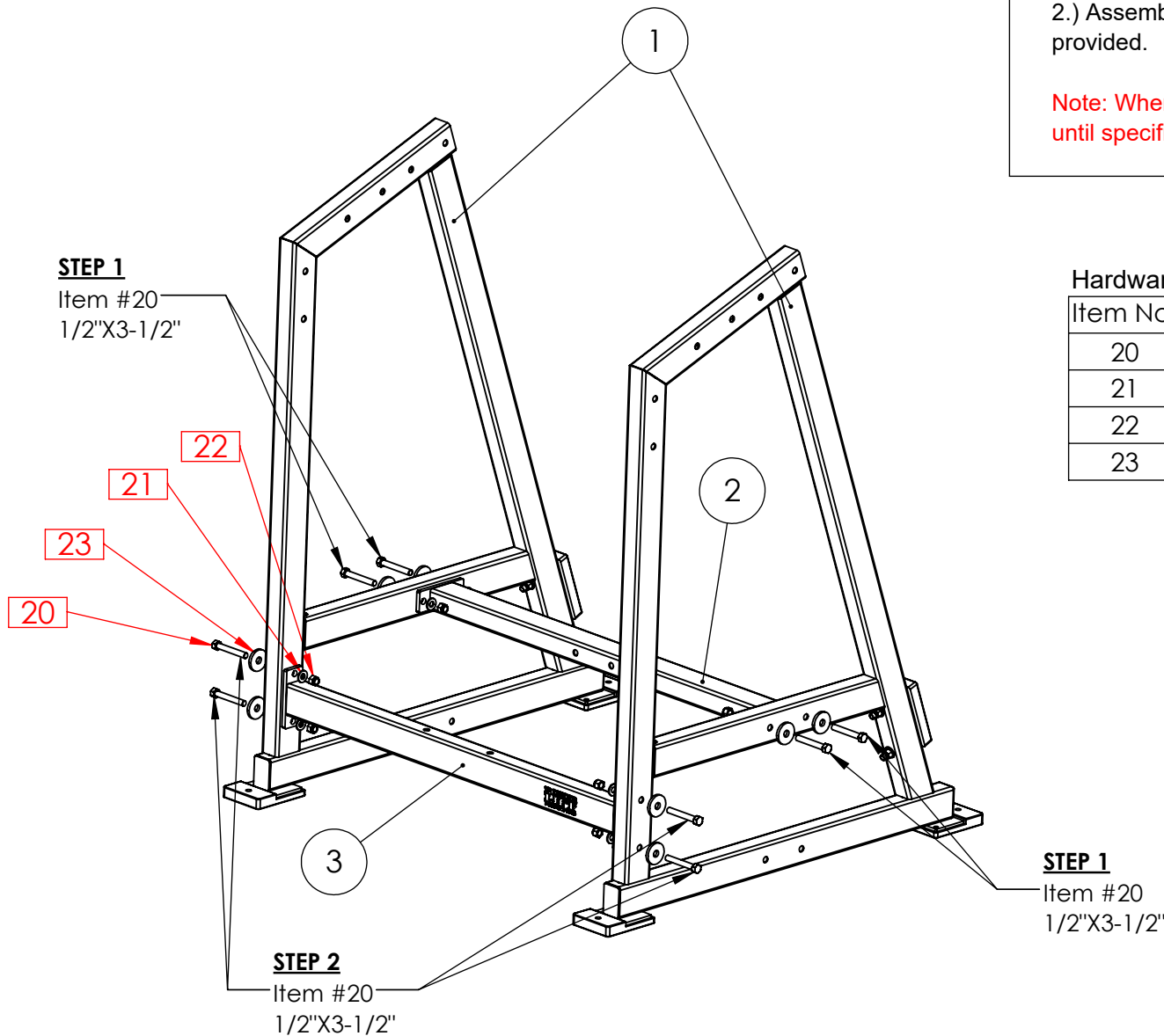
Date

8/13/19

Instructions

- 1.) Assemble item 2 to both items 1 using (4) 1/2"X3-1/2" bolts provided.
- 2.) Assemble item 3 to both items 1 using (4) 1/2"X3-1/2" bolts provided.

Note: When assembling unit **DO NOT** tighten any fasteners until specified.



Hardware Detail

Item No.	Part Number	Part Name	Qty
20	99520	1/2"X3-1/2" BOLT	8
21	99585	1/2" FLATWASHER	8
22	99620	1/2"-13 NUT	8
23	80010	PLATE, SPACER	8

Frame Detail

Item No.	Part Number	Part Name	Qty
1	81046	SIDE FRAME	2
2	81052	MIDDLE CROSS BRACE	1
3	81076	FRONT CROSS BRACE	1

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Instructions

3.) Assemble items 4 and 6 to item 1 using (4) 1/2"X3-1/2" bolts provided. (An extra pair of hands may be needed.)

4.) Assemble items 4 and 6 to the other item 1 using (4) 1/2"X3-1/2" bolts provided. (An extra pair of hands may be needed.)

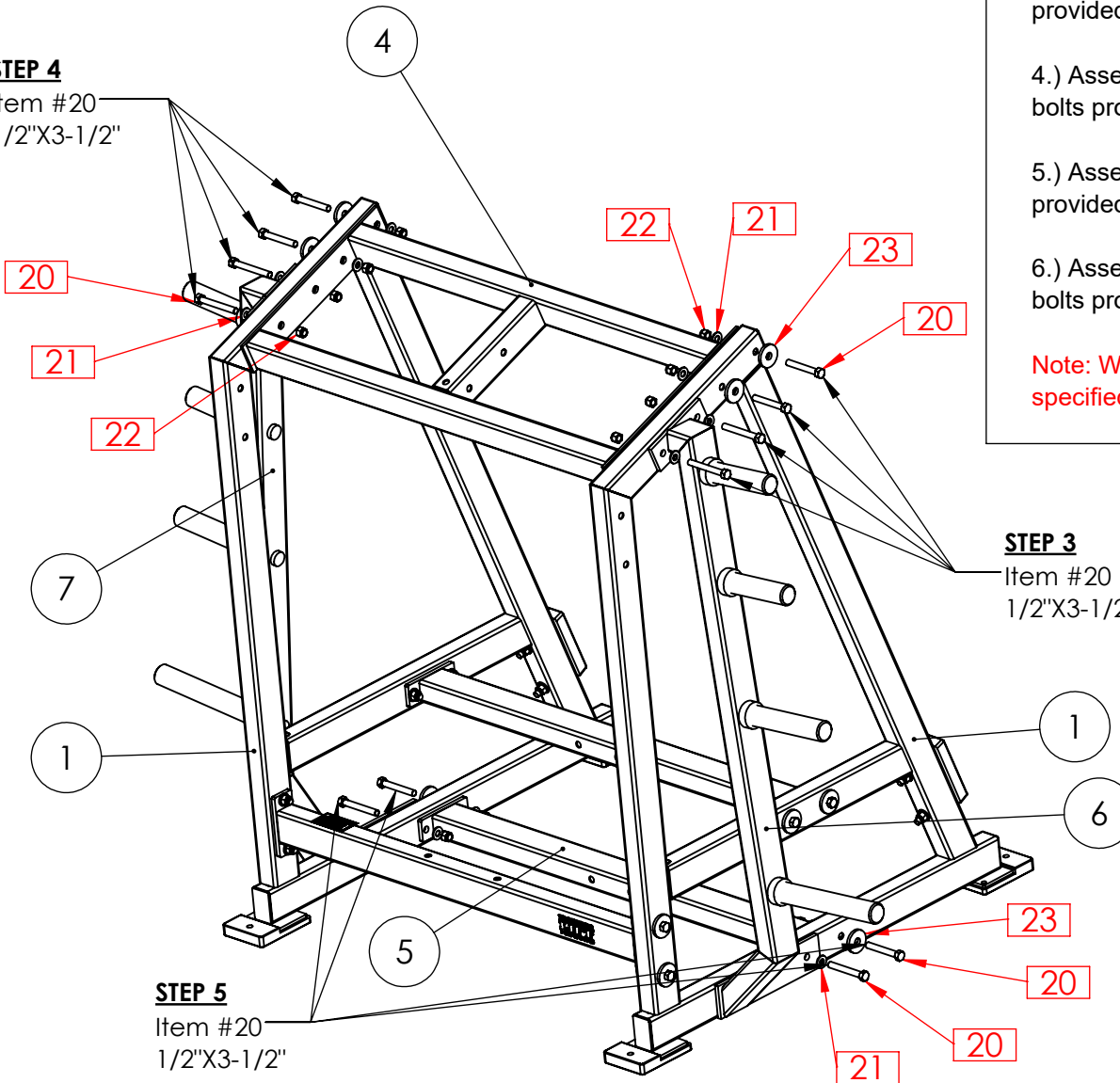
5.) Assemble items 5, and 6 to item 1 using (2) 1/2"X3-1/2" bolts provided.

6.) Assemble items 5, and 7 to the other item 1 using (2) 1/2"X3-1/2" bolts provided.

Note: When assembling unit **DO NOT** tighten any fasteners until specified.

STEP 4

Item #20
1/2"X3-1/2"



STEP 3

Item #20
1/2"X3-1/2"

Hardware Detail

Item No.	Part Number	Part Name	Qty
20	99520	1/2"X3-1/2" BOLT	12
21	99585	1/2" FLATWASHER	14
22	99620	1/2"-13 NUT	12
23	80010	PLATE, SPACER	6

Frame Detail

Item No.	Part Number	Part Name	Qty
1	81046	SIDE FRAME	2
4	80757	TOP FRAME	1
5	81052	BOTTOM CROSS BRACE	1
6	81092	RIGHT WEIGHT STORAGE	1
7	81086	LEFT WEIGHT STORAGE	1

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PART NUMBER

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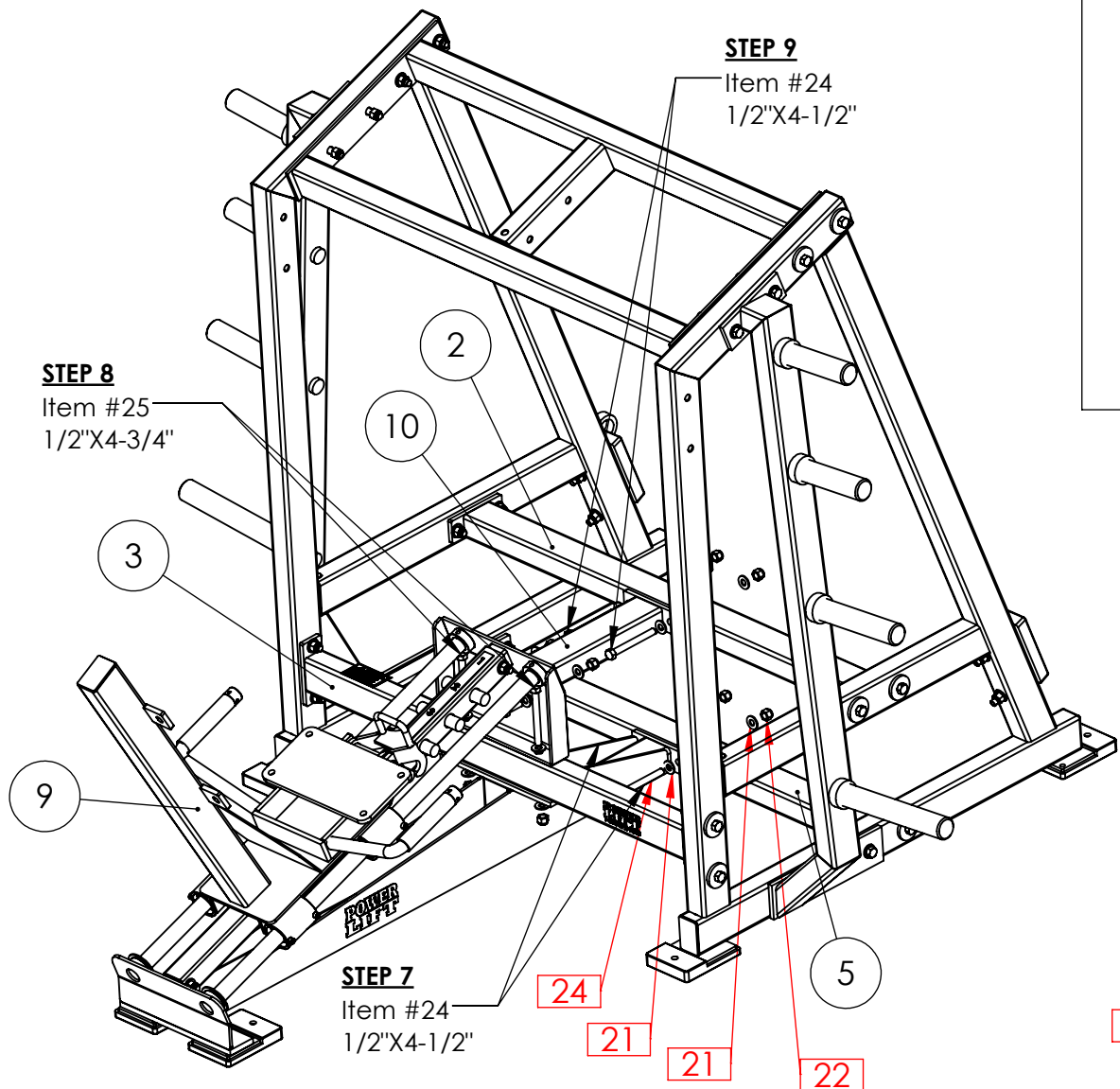
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Instructions

7.) Assemble item 9 to item 5 using (2) 1/2"X4-1/2" bolts provided.

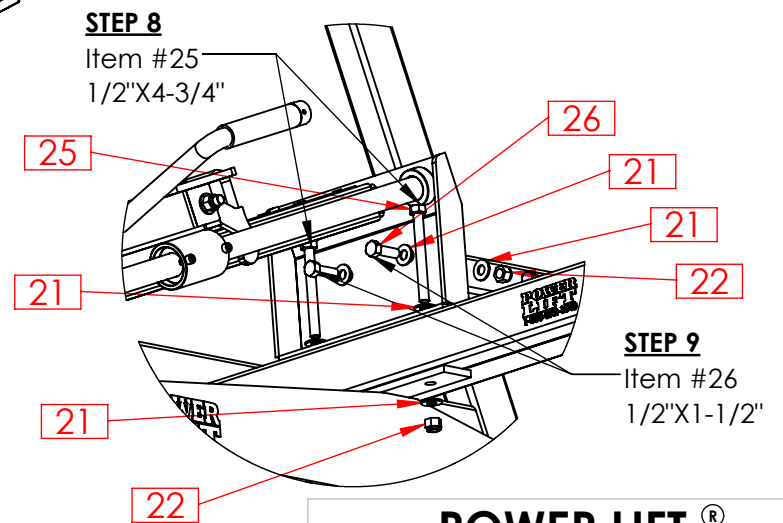
8.) Assemble item 9 to item 3 using (2) 1/2"X4-3/4" bolts provided.

9.) Assemble item 10 to both item 2 and 9 using (2) 1/2"X4-1/2" bolts, and (2) 1/2"X1-1/2" bolts provided.

Note: When assembling unit DO NOT tighten any fasteners until specified.

Hardware Detail

Item No.	Part Number	Part Name	Qty
21	99585	1/2" FLATWASHER	16
22	99620	1/2"-13 NUT	8
24	99539	1/2"X4-1/2" BOLT	4
25	99827	1/2"X4-3/4" BOLT	2
26	99572	1/2"X1-1/2" BOLT	2



Frame Detail

Item No.	Part Number	Part Name	Qty
2	81052	MIDDLE CROSS BRACE	1
3	81076	FRONT CROSS BRACE	1
5	81052	BOTTOM CROSS BRACE	1
9	81078	SEAT FRAME	1
10	81095	SEAT CROSS BRACE	1

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PART NUMBER
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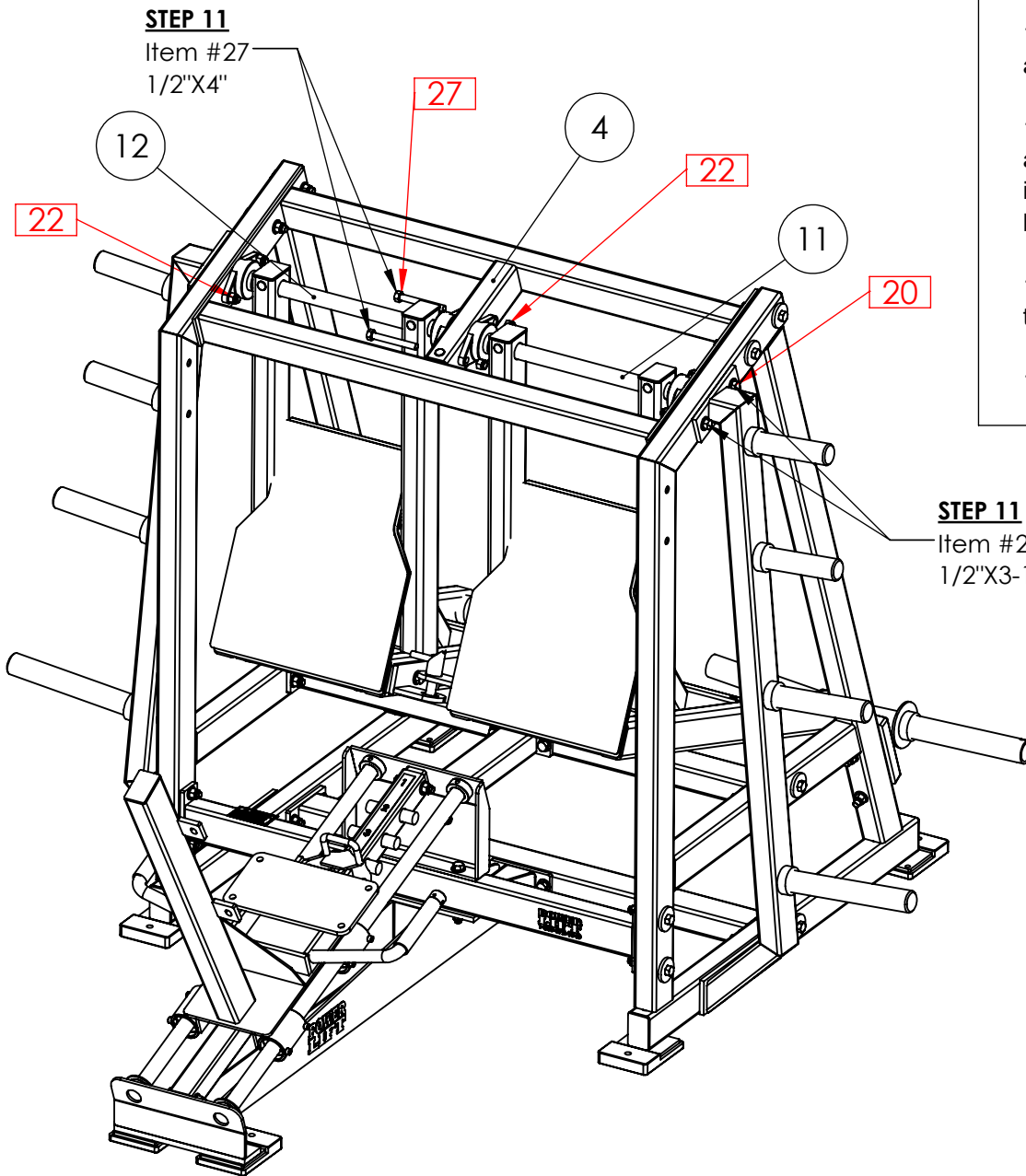
Instructions

10.) Make sure the bearings are on the inside and outside of items 11 and 12.

11.) Remove nuts from the top weight storage bolts. Insert item 11 and 12 workarms between items 1 and 4, one at a time. Assemble items 11 and 12 to items 1 and 4 using (2) 1/2"X4" and (4) 1/2"x3-1/2" bolts provided. (An extra pair of hands may be needed.)

12.) Tighten all bolts starting from the bottom and working toward the top.

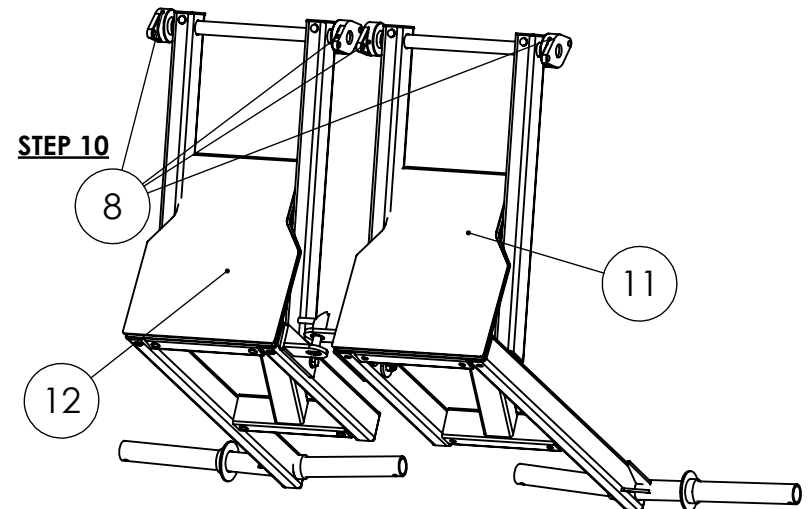
13.) Check that items 11 and 12 are aligned and move symmetrically.



STEP 11
Item #20
1/2"X3-1/2"

Hardware Detail

Item No.	Part Number	Part Name	Qty
20	99520	1/2"X3-1/2" BOLT	4
22	99620	1/2"-13 NUT	6
27	99521	1/2"X4" BOLT	2



STEP 10

Frame Detail

Item No.	Part Number	Part Name	Qty
4	80757	TOP FRAME	1
8	99773	BEARING	4
11	80753	RIGHT WORKARM	1
12	80746	LEFT WORKARM	1

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PART NUMBER

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Instructions

14.) Assemble item 13 to item 9 using (4) 3/8"X1-1/2" flange bolts provided. (Tighten bolts, but DO NOT over tighten bolts into pad.)

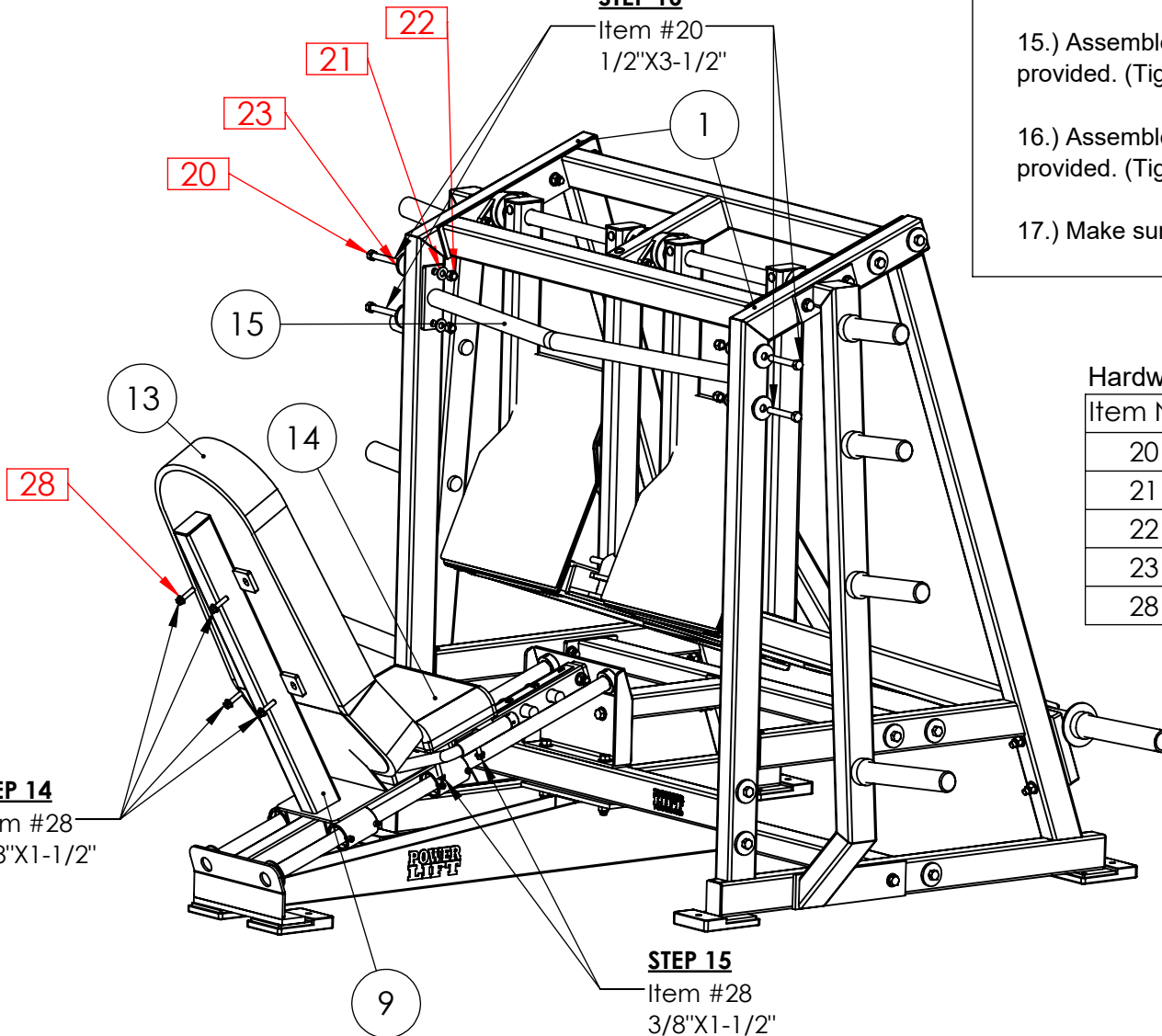
15.) Assemble item 14 to item 9 using (4) 3/8"X1-1/2" flange bolts provided. (Tighten bolts, but DO NOT over tighten bolts into pad.)

16.) Assemble item 15 to both of items 1 using (4) 1/2"X3-1/2" bolts provided. (Tighten bolts)

17.) Make sure all bolts are tightened.

STEP 16

Item #20
1/2"X3-1/2"



STEP 14

Item #28
3/8"X1-1/2"

STEP 15

Item #28
3/8"X1-1/2"

Hardware Detail

Item No.	Part Number	Part Name	Qty
20	99520	1/2"X3-1/2" BOLT	4
21	99585	1/2" FLATWASHER	4
22	99620	1/2"-13 NUT	4
23	80010	PLATE, SPACER	4
28	99441	3/8"X1-1/2" FLANGE BOLT	8

Frame Detail

Item No.	Part Number	Part Name	Qty
1	81046	SIDE FRAME	2
9	81078	SEAT FRAME	1
13	99772B	BACK PAD	1
14	99771B	SEAT PAD	1
15	71005	HANDLE	1

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