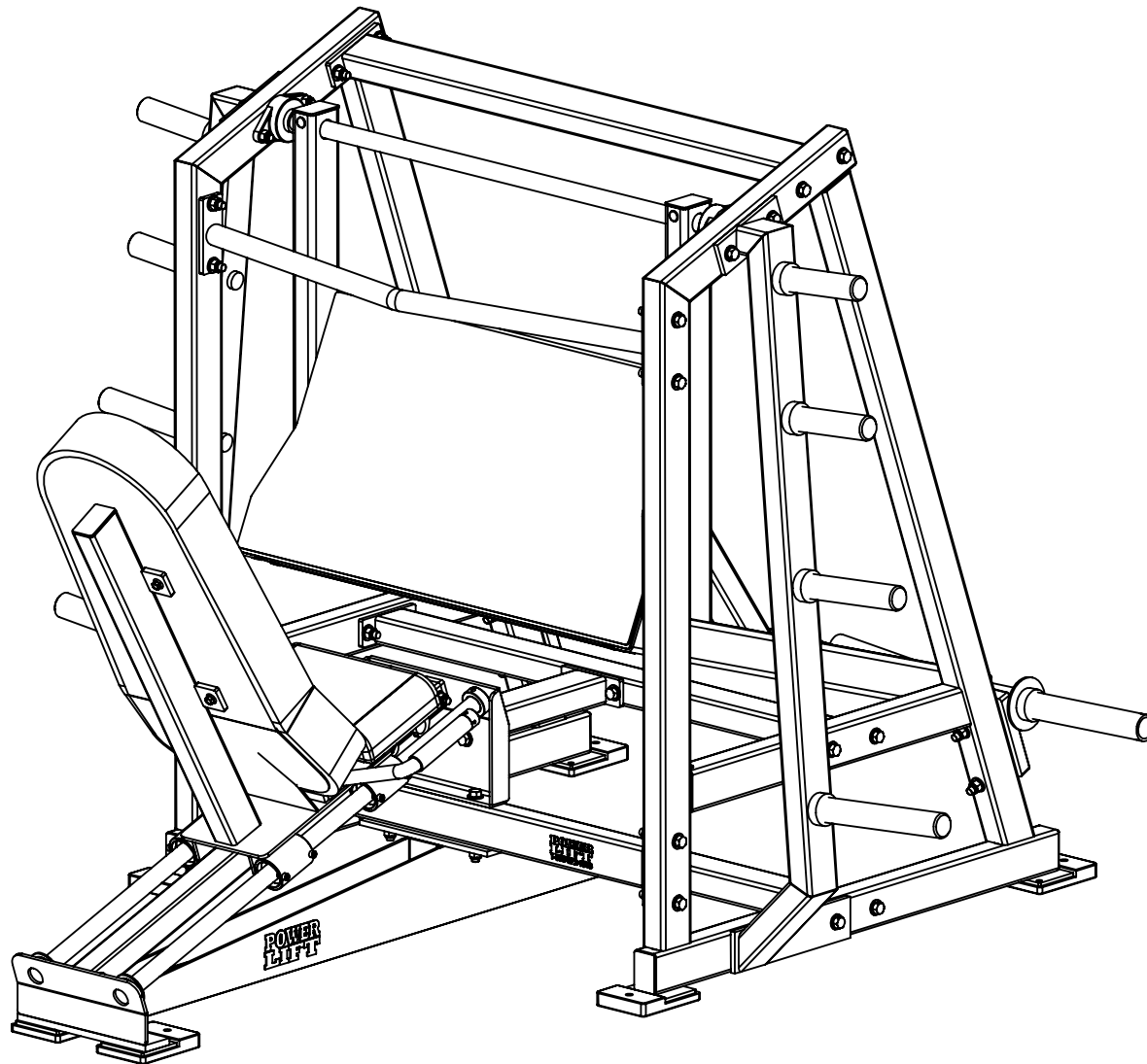


# Plate Loaded Leg Press



## Assembly Notes:

Fasteners provided to assemble machine:

- (26) 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
- (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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PART NUMBER

**81045\_assembly cover**

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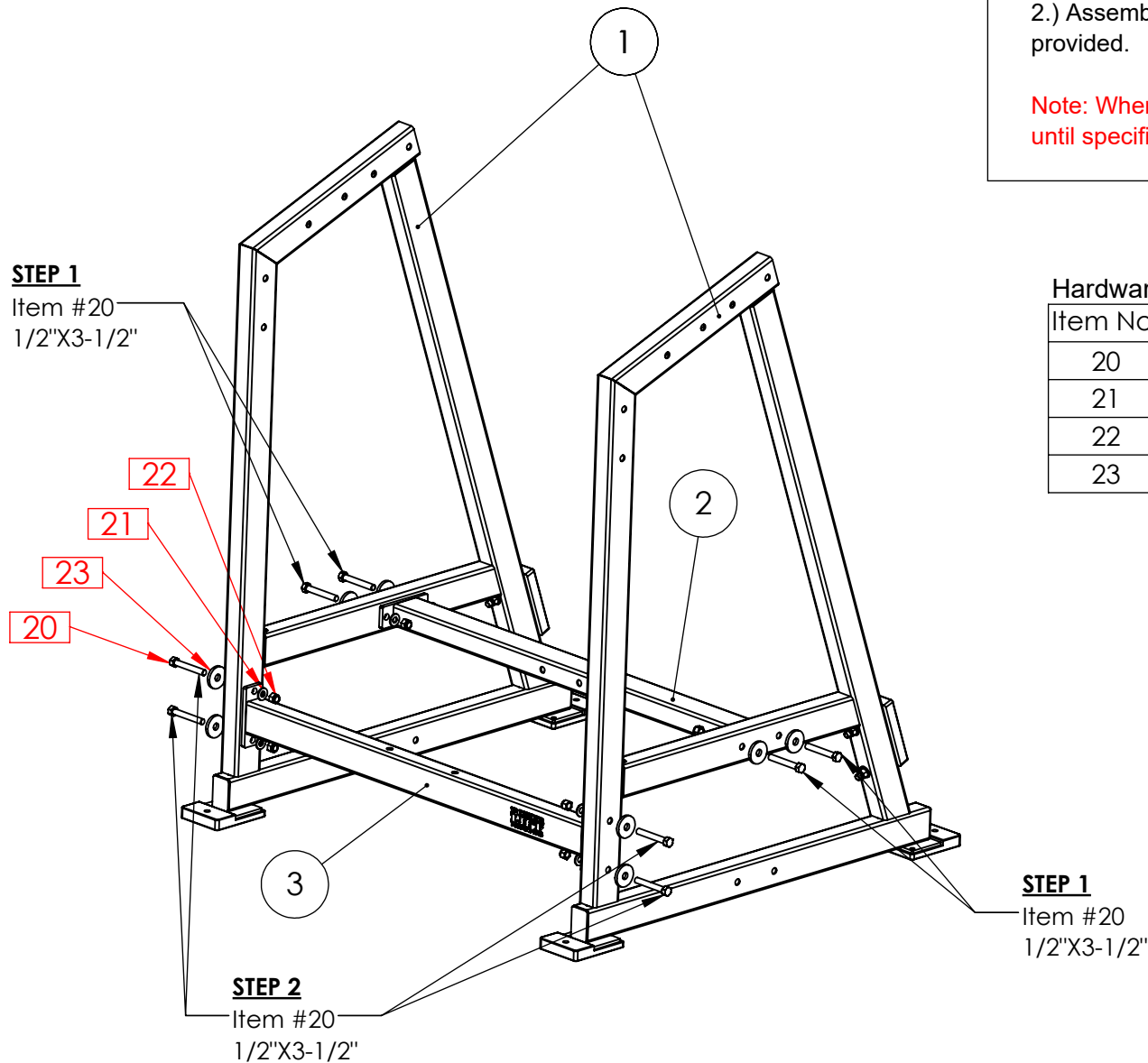
### Instructions

- 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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PART NUMBER

**81045\_page1**

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**STEP 5**

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

**STEP 3**

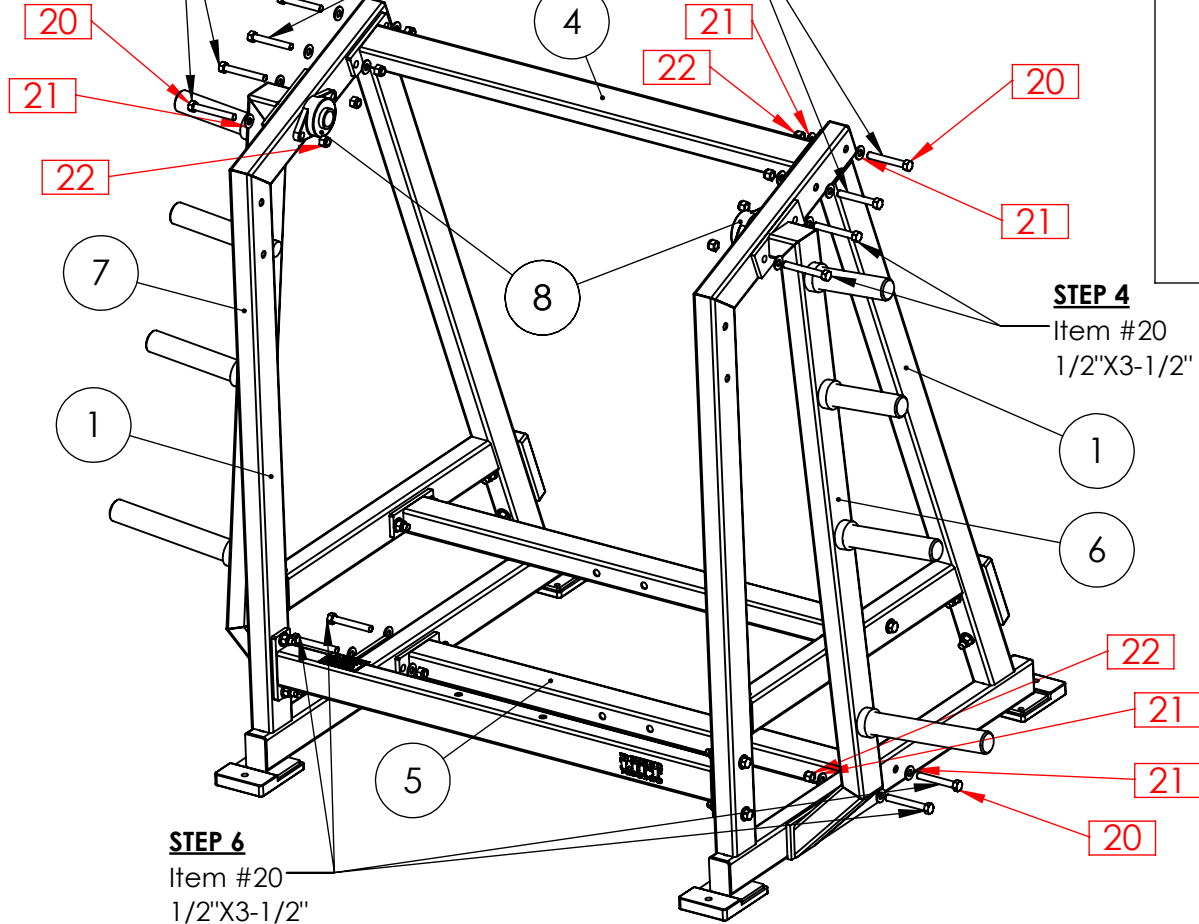
Item #20  
1/2"X3-1/2"

**STEP 4**

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

**STEP 6**

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



**Instructions**

- 3.) Assemble items 4 to both of items 1 using (4) 1/2"X3-1/2" bolts provided.
- 4.) Assemble items 6 and 8 to the item 1 using (2) 1/2"X3-1/2" bolts provided.
- 5.) Assemble items 7 and 8 to the item 1 using (2) 1/2"X3-1/2" bolts provided.
- 6.) Assemble items 5 to both of 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	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	81097	TOP FRAME	1
5	81052	BOTTOM CROSS BRACE	1
6	81092	RIGHT WEIGHT STORAGE	1
7	81086	LEFT WEIGHT STORAGE	1
8	99773	BEARING	2

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PART NUMBER

**81045\_page2**

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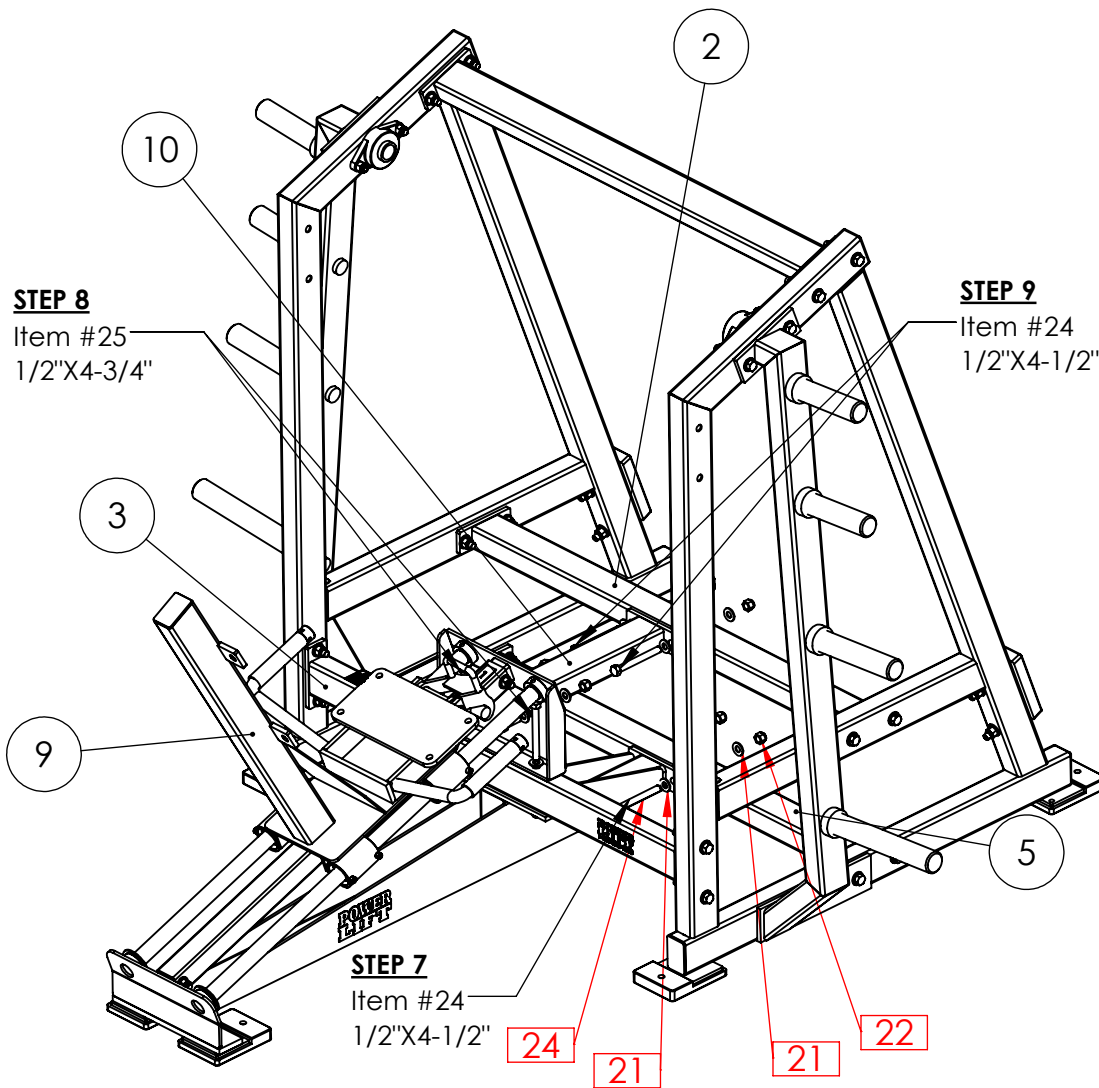
### Instructions

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.

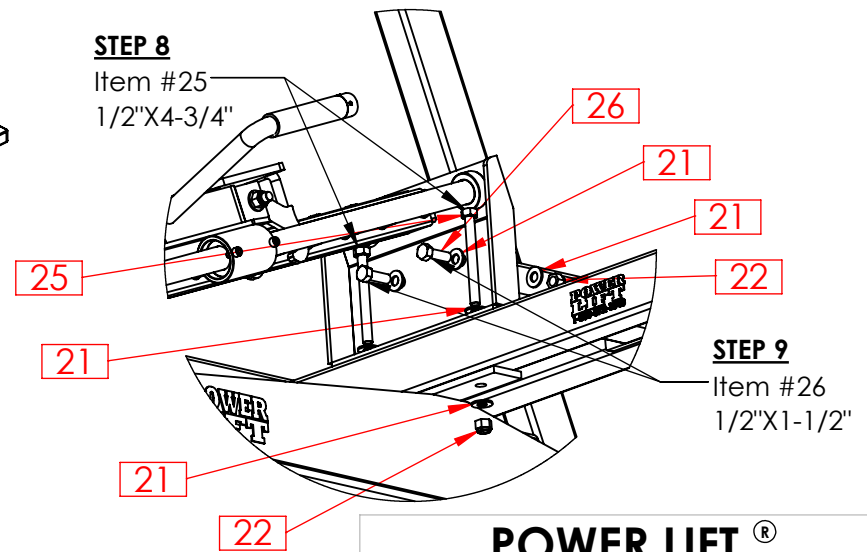
9.) Assemble item 10 to both item 2 and 9 using (2) 1/2"X4-1/2" bolts, and (2) 1/2"X1-1/2" bolts provided.

**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

**81045\_page3**

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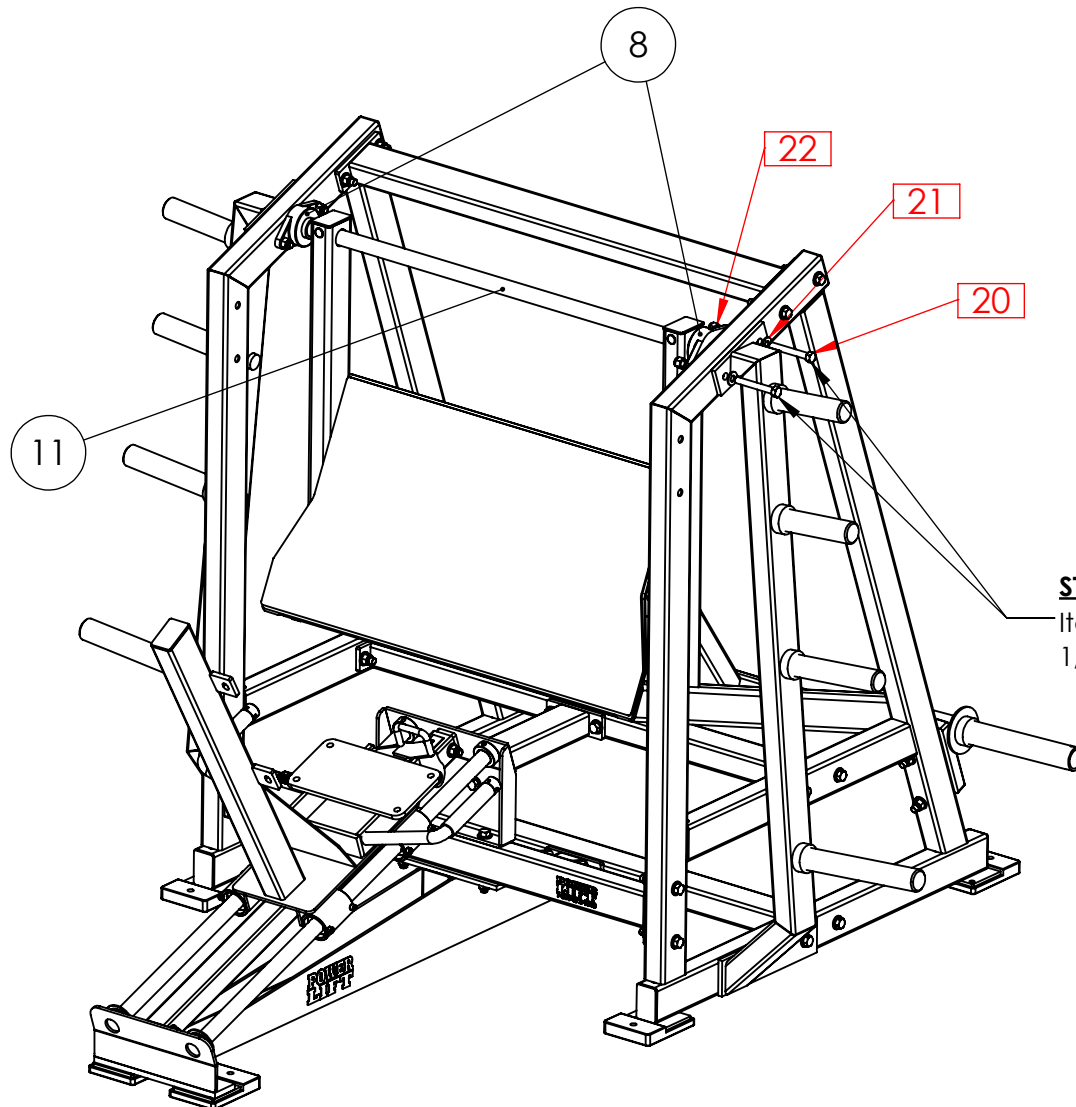
### Instructions

10.) Loosen one of the bearings that are on the inside of items 1 so that it comes off.

11.) Insert the shaft on item 11 into the bearings and re-assemble bearing back onto item 1 using (2) 1/2"X3-1/2" bolts provided.

12.) Tighten all bolts starting from the bottom and working toward the top. Be sure to tighten set screws on bearings.

13.) Check that items 11 is aligned and moves smoothly.



#### STEP 11 & 12

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

#### Hardware Detail

Item No.	Part Number	Part Name	Qty
20	99520	1/2"X3-1/2" BOLT	2
21	99585	1/2" FLATWASHER	2
22	99620	1/2"-13 NUT	2

#### Frame Detail

Item No.	Part Number	Part Name	Qty
8	99773	BEARING	2
11	81054	WORK ARM	1

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PART NUMBER

**81045\_page4**

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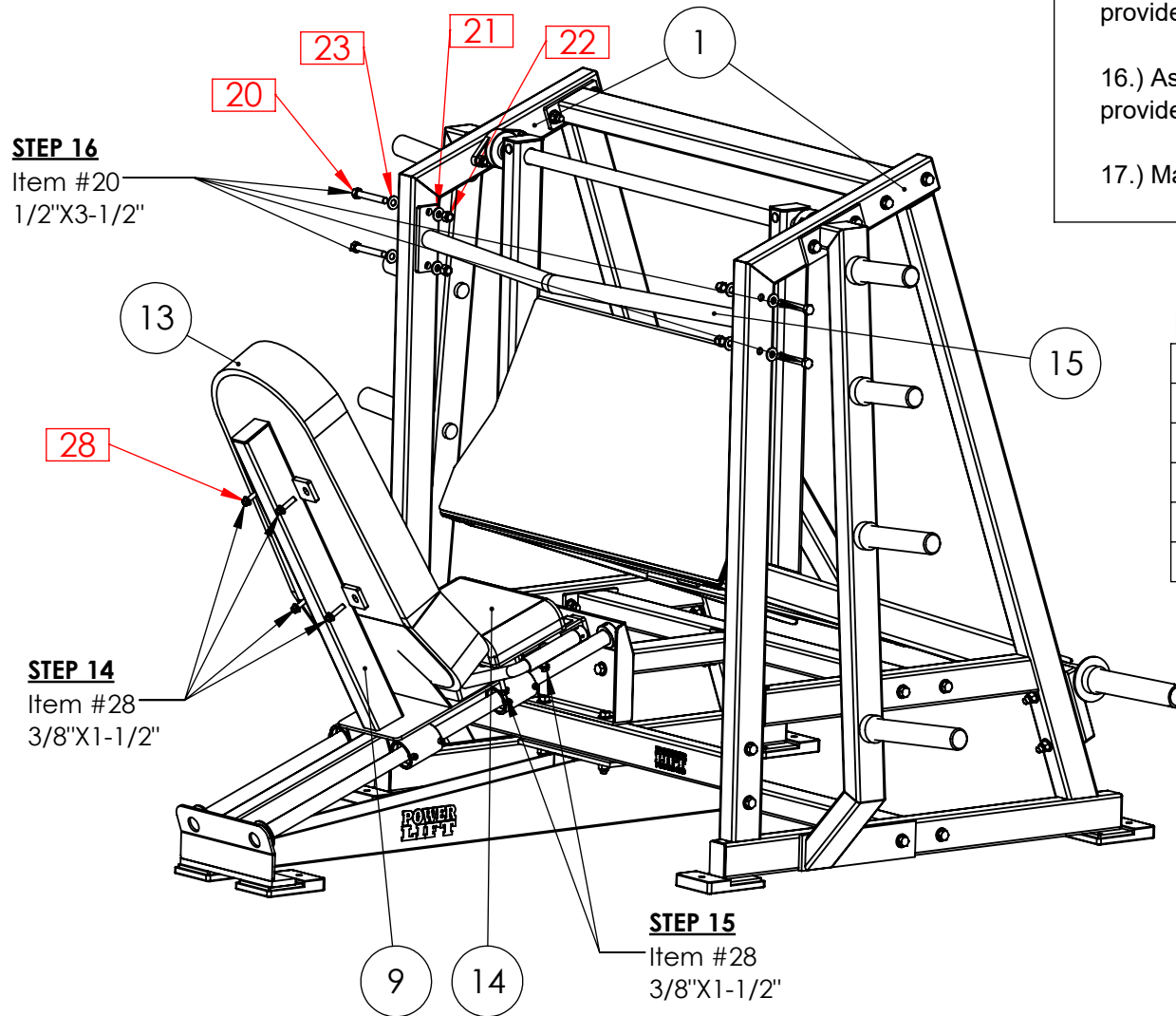
Instructions

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.



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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**81045\_page5**

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