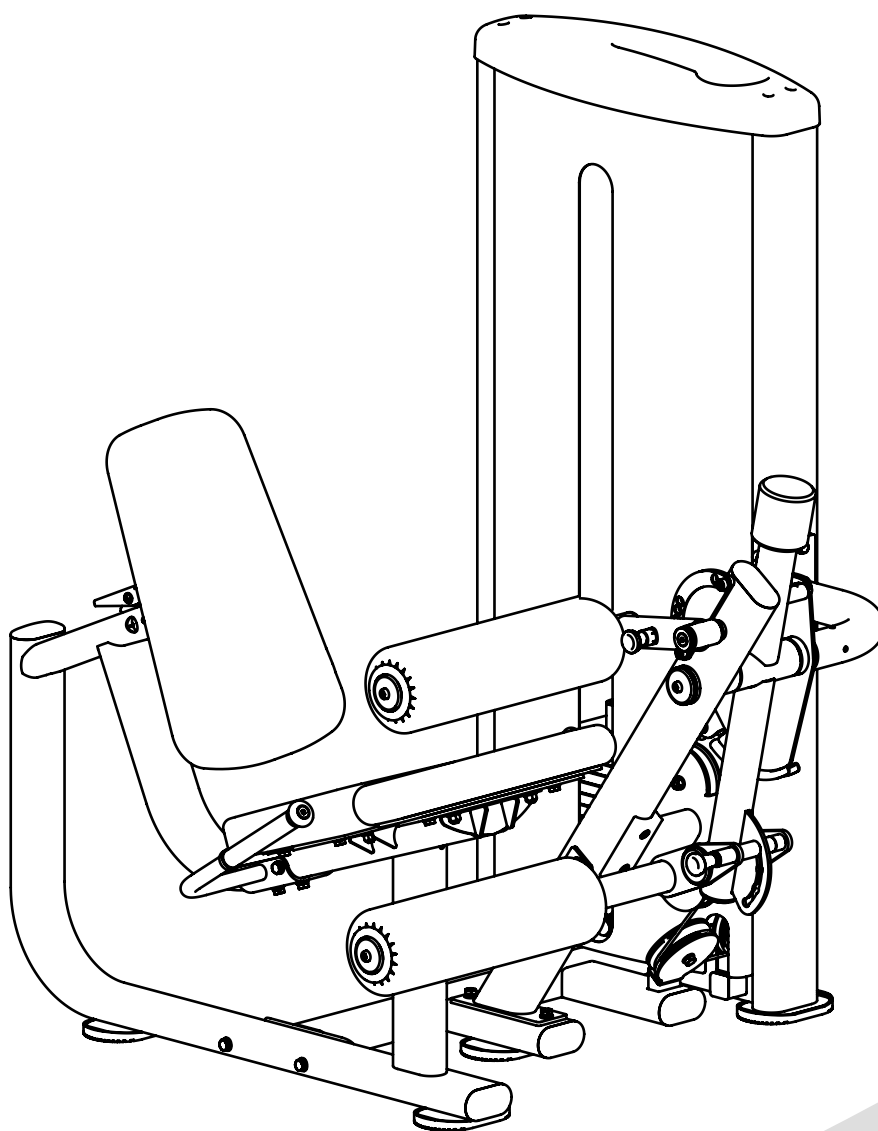


BS008

LEG CURL\EXTENSION

# OWNER'S MANUAL



## **! CAUTION**

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

## 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:

1. Read all instructions before using the equipment.  
These instructions are written to ensure your safety and to protect the unit.
2. 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.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.  
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.  
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.  
Do not attempt to lift more weight than you can control safely.  
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. 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.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

## Parts List

**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

CAGE Detail List

| ITEM NO. | DESCRIPTION                                     | QTY |
|----------|-------------------------------------------------|-----|
| 01       | Weight Stack Frame                              | 1   |
| 02       | Front Shroud                                    | 1   |
| 03       | Rear Shroud                                     | 1   |
| 04       | Upper Shroud                                    | 1   |
| 05       | Sleeve $\phi 20 \times 14.2$                    | 4   |
| 06       | Baffle $62 \times 45 \times 25 \times 3$        | 2   |
| 07       | Rubber Plug $\phi 18.5 \times \phi 15 \times 7$ | 2   |
| 08       | Guide Rod                                       | 2   |
| 09       | Small Pulley 3.5"                               | 3   |
| 010      | Mount Sleeve                                    | 2   |
| 011      | Rubber Mat                                      | 2   |
| 012      | Selector Pin W/Coil                             | 1   |
| 013      | Plug F38                                        | 1   |
| 014      | Shield Fixed Seat                               | 8   |
| 015      | Rubber Foot                                     | 2   |
| 016      | Hex Head Bolt M10*70                            | 2   |
| 017      | Hex Head Bolt M10*50                            | 1   |
| 018      | Nylon Lock Nut M10                              | 3   |
| 019      | Flat Washer $\phi 11 \times \phi 20 \times 2$   | 2   |
| 021      | Hex Head Bolt M8*25                             | 2   |
| 022      | Flat Washer $\phi 16 \times \phi 9 \times 1$    | 2   |
| 023      | Spring Washer $\phi 8$                          | 2   |
| 024      | Button Head Cap Screw M5*12                     | 20  |
| 025      | Top Plate                                       | 1   |
| 026      | Weight Plate                                    | 15  |

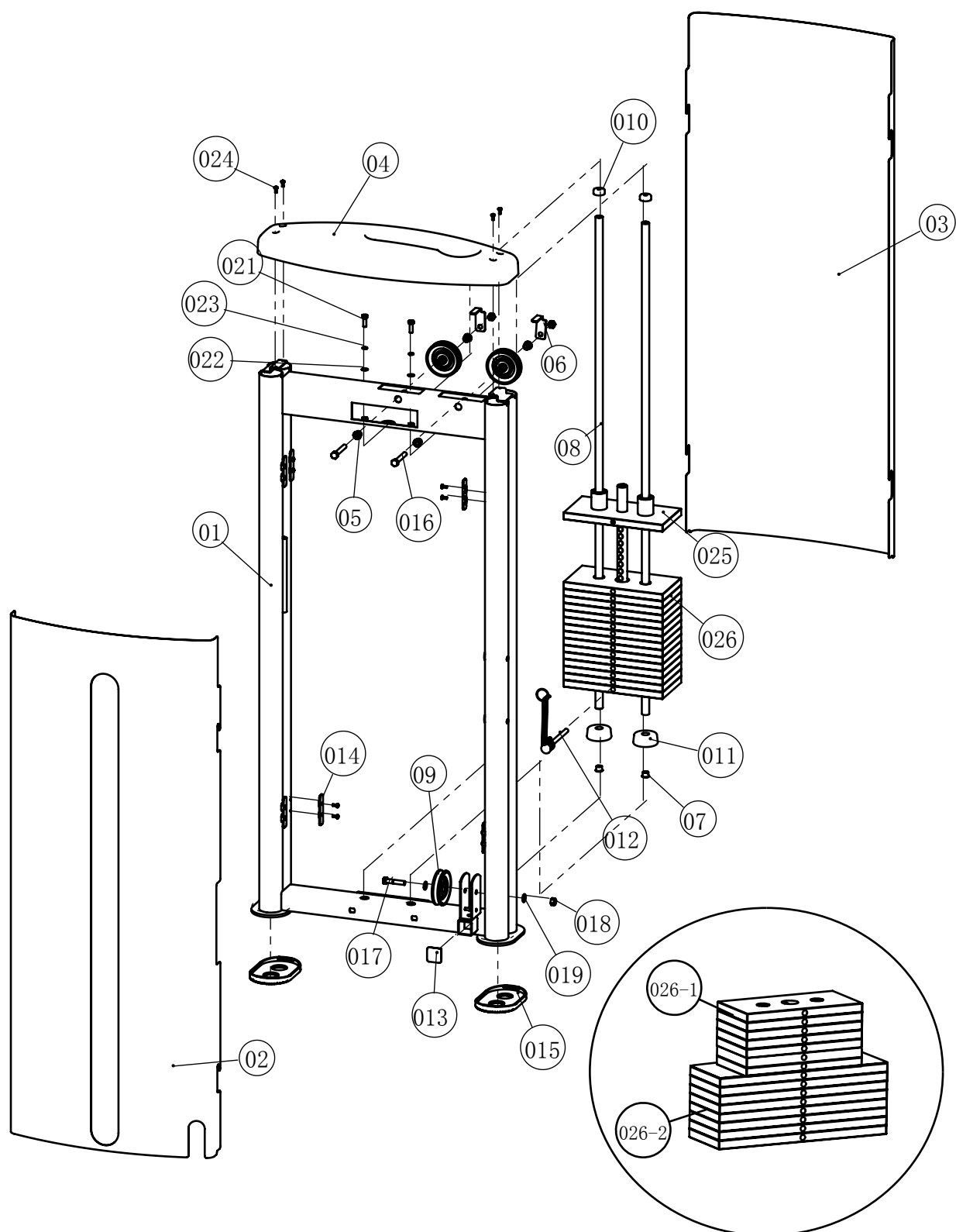
| WEIGHTS      | ITEM NO. | DESCRIPTION                             | QTY |
|--------------|----------|-----------------------------------------|-----|
| 80KG/176LBS  | 026-1    | Weight Plate $272 \times 135 \times 19$ | 15  |
| 100KG/220LBS | 026-1    | Weight Plate $272 \times 135 \times 19$ | 7   |
|              | 026-2    | Weight Plate $395 \times 135 \times 19$ | 8   |
| 118KG/260LBS | 026-2    | Weight Plate $395 \times 135 \times 19$ | 15  |

## Parts List

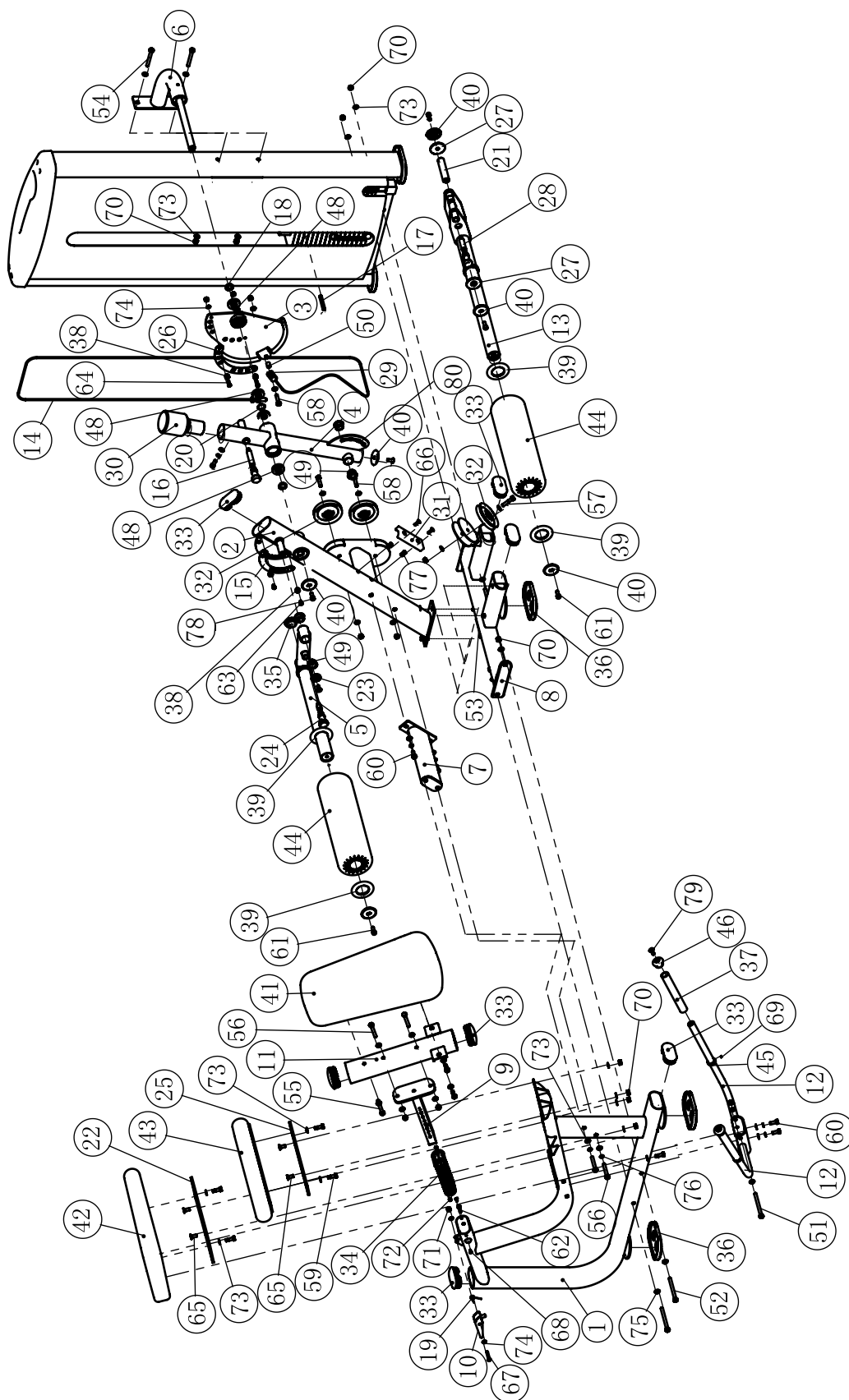
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

| ITEM NO. | DESCRIPTION                             | QTY | ITEM NO. | DESCRIPTION                              | QTY |
|----------|-----------------------------------------|-----|----------|------------------------------------------|-----|
| 1        | Main Frame                              | 1   | 41       | Back Cushion                             | 1   |
| 2        | Rotating Shaft Bracket                  | 1   | 42       | Abdominal Pad                            | 1   |
| 3        | Sheave Frame                            | 1   | 43       | Seat Pad                                 | 1   |
| 4        | Swing Rack                              | 1   | 44       | Leatherwear Foam                         | 2   |
| 5        | Pressure Leg Frame                      | 1   | 45       | Aluminum Ring $\phi$ 25                  | 2   |
| 6        | Upper Connecting Frame                  | 1   | 46       | Aluminum Cap $\phi$ 25                   | 2   |
| 7        | Lower Connection Frame                  | 1   | 48       | Bearing 6005                             | 1   |
| 8        | Ground Connection Frame                 | 1   | 49       | Copper Bearing $\phi$ 38* $\phi$ 25.4*18 | 4   |
| 9        | Telescopic Frame                        | 1   | 50       | Bushing $\phi$ 14*20                     | 1   |
| 10       | Bolt Frame                              | 1   | 51       | Hex Head Bolt M10*125                    | 2   |
| 11       | Back Pad Frame                          | 1   | 52       | Hex Head Bolt M10*120                    | 2   |
| 12       | Handle Frame                            | 1   | 53       | Hex Head Bolt M10*95                     | 2   |
| 13       | FOAM Frame                              | 1   | 54       | Hex Head Bolt M10*85                     | 2   |
| 14       | Cable Assembly                          | 1   | 55       | Hex Head Bolt M10*75                     | 1   |
| 15       | Liner R97.5*184.6*2                     | 1   | 56       | Hex Head Bolt M10*70                     | 4   |
| 16       | Elastic Latch Assembly                  | 1   | 57       | Hex Head Bolt M10*50                     | 1   |
| 17       | Elastic Cylindrical Pin $\phi$ 11*75    | 1   | 58       | Hex Head Bolt M10*45                     | 3   |
| 18       | Retaining Ring $\phi$ 31* $\phi$ 25.4*6 | 2   | 59       | Hex Head Bolt M10*30                     | 8   |
| 19       | Torsion Spring                          | 1   | 60       | Hex Head Bolt M10*25                     | 6   |
| 20       | Circle $\phi$ 31* $\phi$ 25.5*1.5       | 1   | 61       | Socket Head Cap Screw M10*25             | 6   |
| 21       | Shaft $\phi$ 25.4*117*M10               | 1   | 62       | Socket Head Cap Screw M8*25              | 1   |
| 22       | Cushion Plate                           | 1   | 63       | Socket Head Cap Screw M8*12              | 2   |
| 23       | End Cap                                 | 1   | 64       | Socket Head Cap Screw M8*20              | 2   |
| 24       | Elastic Latch Assembly                  | 1   | 65       | Flat Head Cap Screw M10*25               | 8   |
| 25       | Cushion Plate                           | 1   | 66       | Button Head Cap Screw M8*25              | 2   |
| 26       | Liner R130*2                            | 1   | 67       | Button Head Cap Screw M8*45              | 1   |
| 28       | Elastic Latch Assembly                  | 1   | 68       | Button Head Cap Screw M6*12              | 2   |
| 29       | Cable Connector                         | 1   | 69       | Socket Set Screw M5*3                    | 4   |
| 30       | Counter Weight Rod                      | 1   | 70       | Nylon Lock Nut M10                       | 18  |
| 31       | Elastic Latch Assembly                  | 1   | 71       | Nylon Lock Nut M8                        | 3   |
| 32       | Pulley 4.5"                             | 3   | 72       | Hex Thin Nut M6                          | 2   |
| 33       | Elliptical Tube Plug                    | 7   | 73       | Flat Washer $\phi$ 11* $\phi$ 20*2       | 46  |
| 34       | Hollow Socket                           | 2   | 74       | Flat Washer $\phi$ 9* $\phi$ 16*1.6      | 4   |
| 35       | Elliptical Tube Plug                    | 1   | 75       | Arc Washer $\phi$ 10                     | 4   |
| 36       | Rubber Foot                             | 3   | 76       | Spring Washer $\phi$ 10                  | 9   |
| 37       | Long Gloves                             | 2   | 77       | Rivet nut M8                             | 2   |
| 38       | Limit Sleeve                            | 4   | 78       | Flat Head Cap Screw M10*30               | 5   |
| 39       | Large Retaining Ring                    | 4   | 79       | Flat Head Cap Screw M6*16                | 2   |
| 40       | Small Round Cover                       | 5   | 80       | FOAM Holder Lining Board                 | 1   |

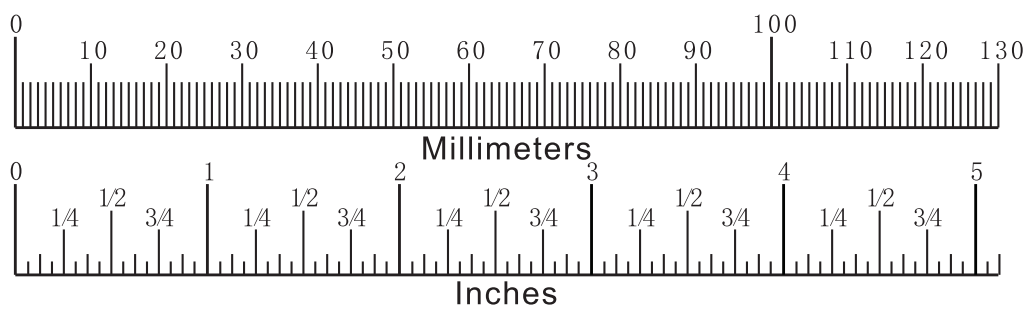
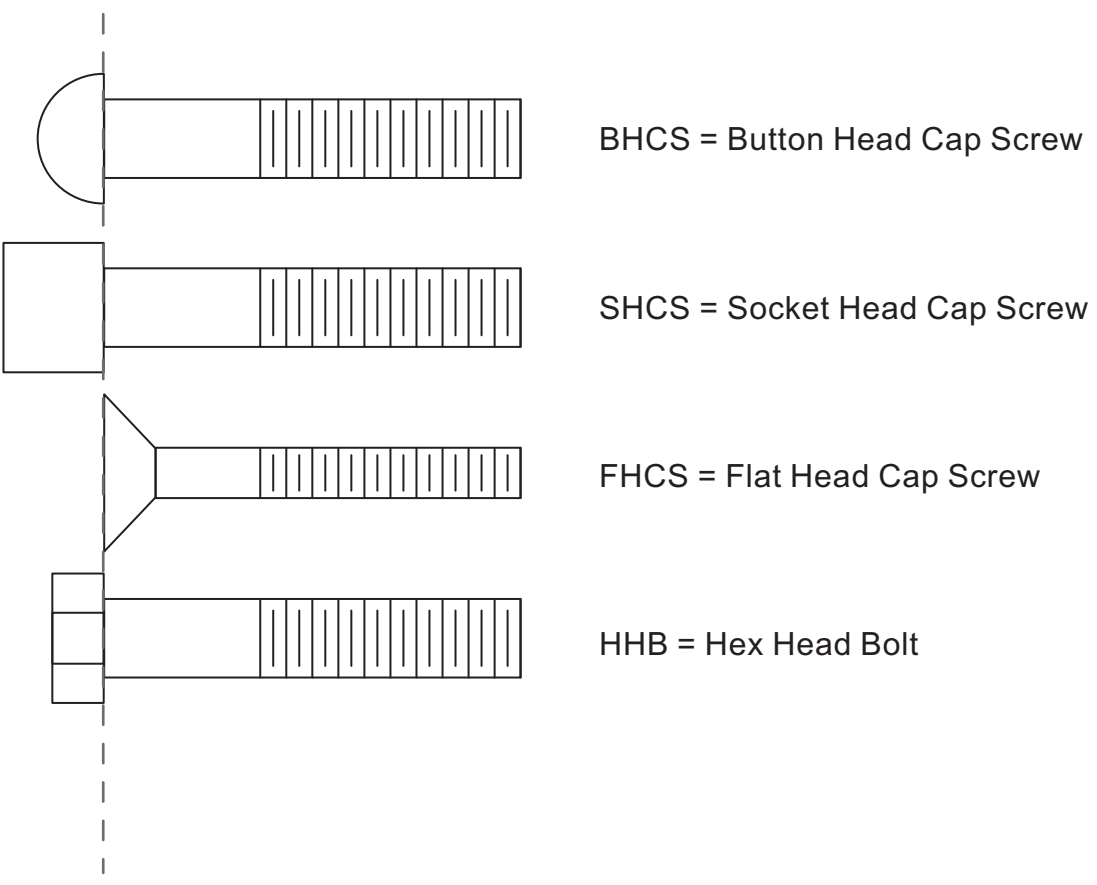
# Exploded View



# Exploded View



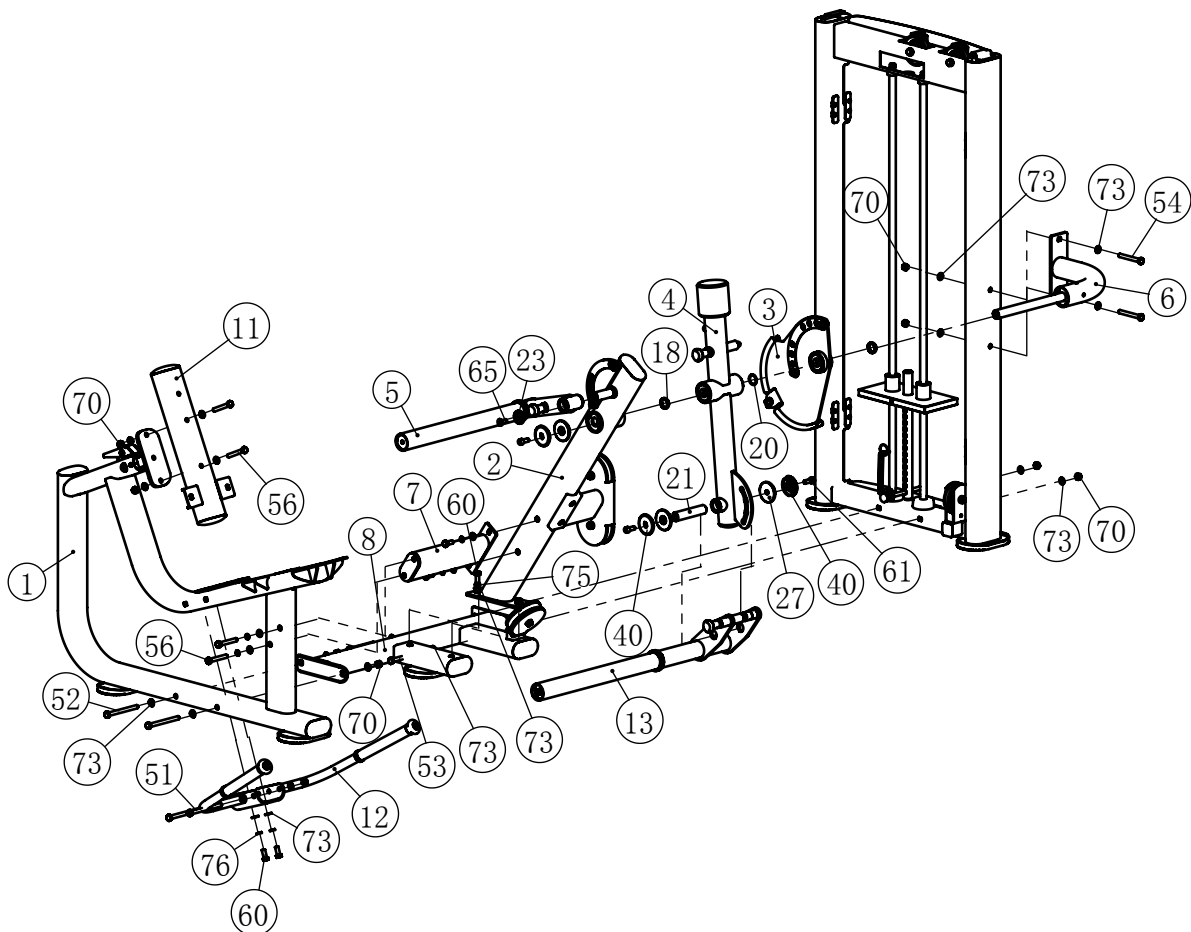
# Measurement Guide



# Assembly

## STEP 1

| ITEM NO. | DESCRIPTION                          | QTY | ITEM NO. | DESCRIPTION                     | QTY |
|----------|--------------------------------------|-----|----------|---------------------------------|-----|
| 1        | Main Frame                           | 1   | 27       | Cover Plate                     | 3   |
| 2        | Rotating Shaft Bracket               | 1   | 40       | Small Round Cover               | 3   |
| 3        | Sheave Frame                         | 1   | 51       | Hex Head Bolt M10*125           | 2   |
| 4        | Swing Rack                           | 1   | 52       | Hex Head Bolt M10*120           | 2   |
| 5        | Pressure Leg Frame                   | 1   | 53       | Hex Head Bolt M10*95            | 2   |
| 6        | Upper Connecting Frame               | 1   | 54       | Hex Head Bolt M10*85            | 2   |
| 7        | Lower Connection Frame               | 1   | 56       | Hex Head Bolt M10*70            | 4   |
| 8        | Ground Connection Frame              | 1   | 60       | Hex Head Bolt M10*25            | 6   |
| 11       | Back Pad Frame                       | 1   | 61       | Socket Head Cap Screw M10*25    | 3   |
| 12       | Handle Frame                         | 1   | 65       | Flat Head Cap Screw M10*25      | 1   |
| 13       | FOAM Frame                           | 1   | 70       | Nylon Lock Nut M10              | 10  |
| 18       | Retaining Ring $\phi 31*\phi 25.4*6$ | 2   | 73       | Flat Washer $\phi 11*\phi 20*2$ | 24  |
| 20       | Circle $\phi 31*\phi 25.5*1.5$       | 1   | 75       | Arc Washer $\phi 10$            | 4   |
| 21       | Shaft $\phi 25.4*117*M10$            | 1   | 76       | Spring Washer $\phi 10$         | 8   |
| 23       | End Cap                              | 1   |          |                                 |     |

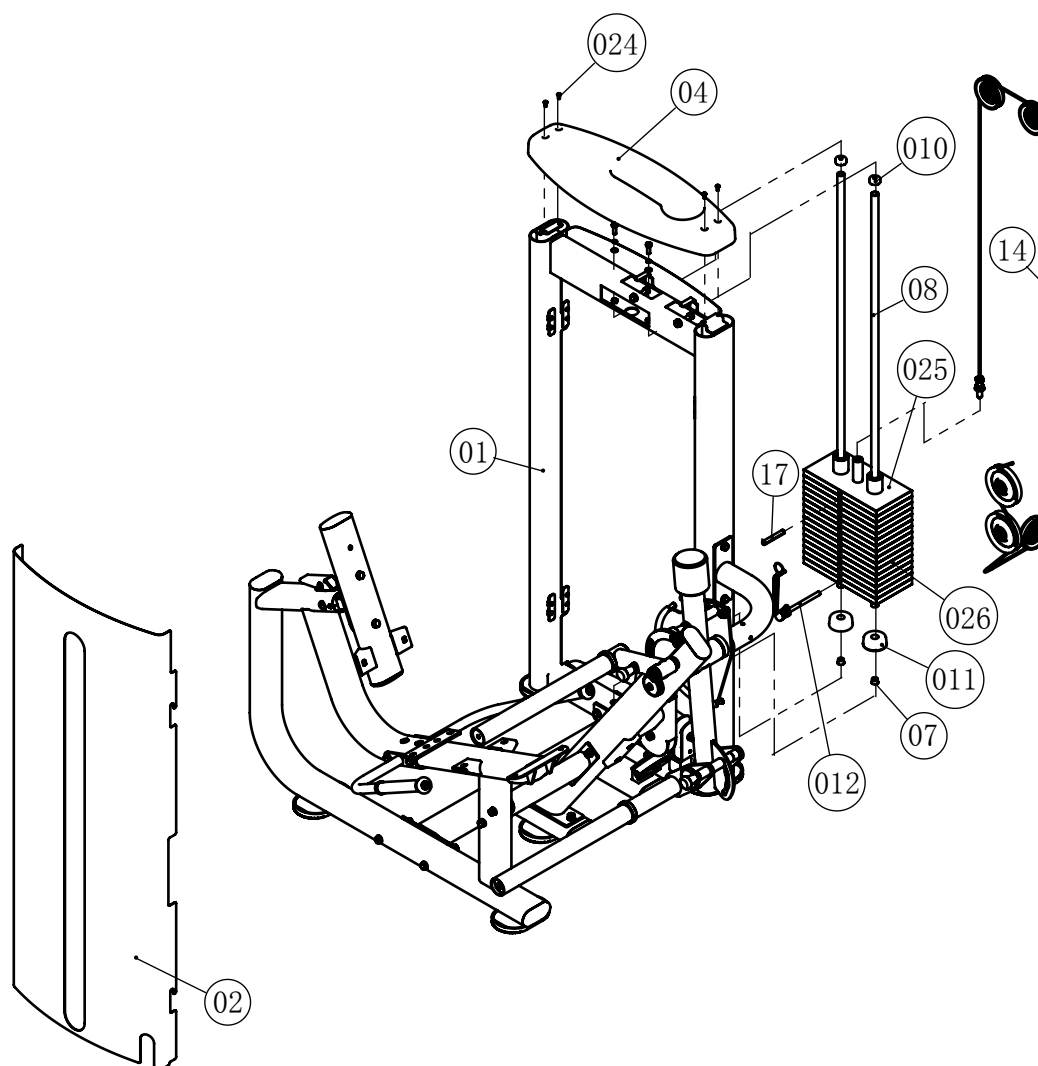




# Assembly

## STEP 2

| ITEM NO. | DESCRIPTION                          | QTY | ITEM NO. | DESCRIPTION                          | QTY |
|----------|--------------------------------------|-----|----------|--------------------------------------|-----|
| 01       | Weight Stack Frame                   | 1   | 012      | Selector Pin W/Coil                  | 1   |
| 02       | Front Shroud                         | 1   | 024      | Button Head Cap Screw M5*12          | 4   |
| 04       | Upper Shroud                         | 1   | 025      | TOP Plate                            | 1   |
| 07       | Rubber Plug $\phi$ 18.5* $\phi$ 15*7 | 2   | 026      | Weight Plate                         | 15  |
| 08       | Guide Rod                            | 2   | 14       | Cable                                | 1   |
| 010      | Mount Sleeve                         | 2   | 17       | Elastic Cylindrical Pin $\phi$ 11*75 | 1   |
| 011      | Rubber Mat                           | 2   |          |                                      |     |



# Assembly

## STEP 3

| ITEM NO. | DESCRIPTION          | QTY | ITEM NO. | DESCRIPTION                                   | QTY |
|----------|----------------------|-----|----------|-----------------------------------------------|-----|
| 1        | Main Frame           | 1   | 42       | Abdominal Pad                                 | 1   |
| 5        | Pressure Leg Frame   | 1   | 44       | Leatherwear Foam                              | 2   |
| 11       | Back Pad Frame       | 1   | 55       | Hex Head Bolt M10*75                          | 1   |
| 13       | FOAM Frame           | 1   | 59       | Hex Head Bolt M10*30                          | 8   |
| 22       | Cushion Plate        | 1   | 61       | Socket Head Cap Screw M10*25                  | 2   |
| 25       | Cushion Plate        | 1   | 65       | Flat Head Cap Screw M10*25                    | 4   |
| 39       | Large Retaining Ring | 4   | 70       | Nylon Lock Nut M10                            | 4   |
| 40       | Small Round Cover    | 2   | 73       | Flat Washer $\varnothing 11*\varnothing 20*2$ | 13  |
| 41       | Back Cushion         | 1   |          |                                               |     |

