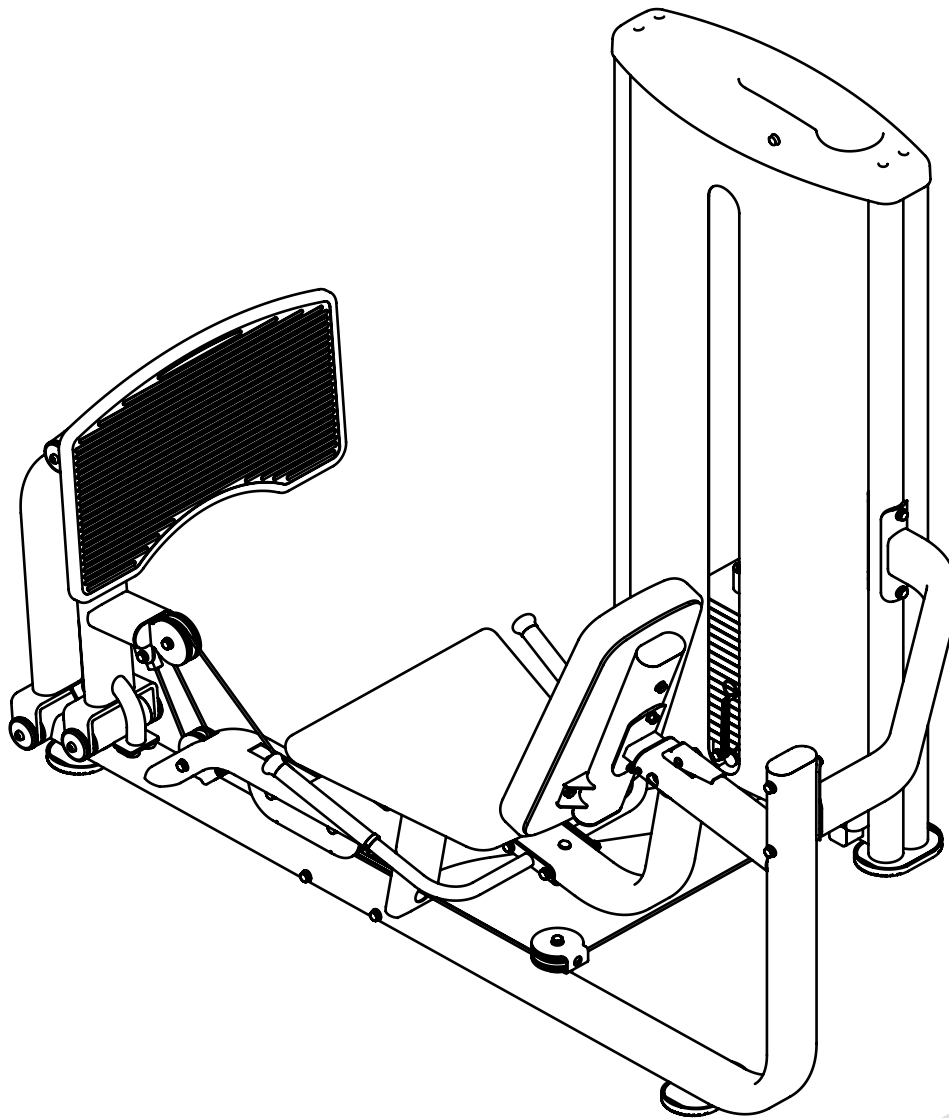


BS015

SEATED LEG PRESS

# 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  |

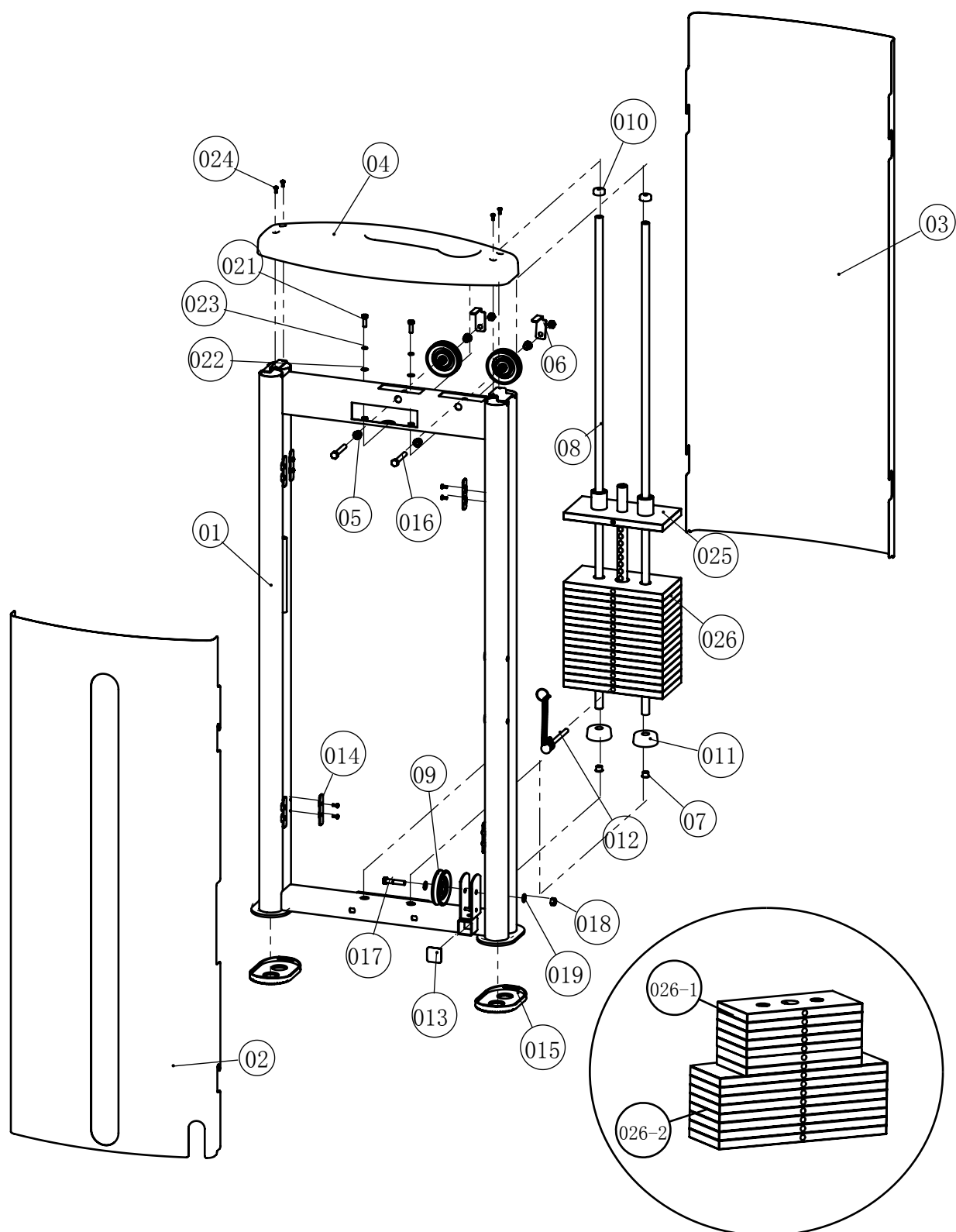
| WEIGHTS      | ITEM NO. | DESCRIPTION                             | QTY |
|--------------|----------|-----------------------------------------|-----|
| 80KG/176LBS  | 026-1    | Weight Plate $272 \times 135 \times 19$ | 15  |
| 100KG/220LBS | 026-1    | Weight Plate $272 \times 135 \times 19$ | 7 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

## Parts List

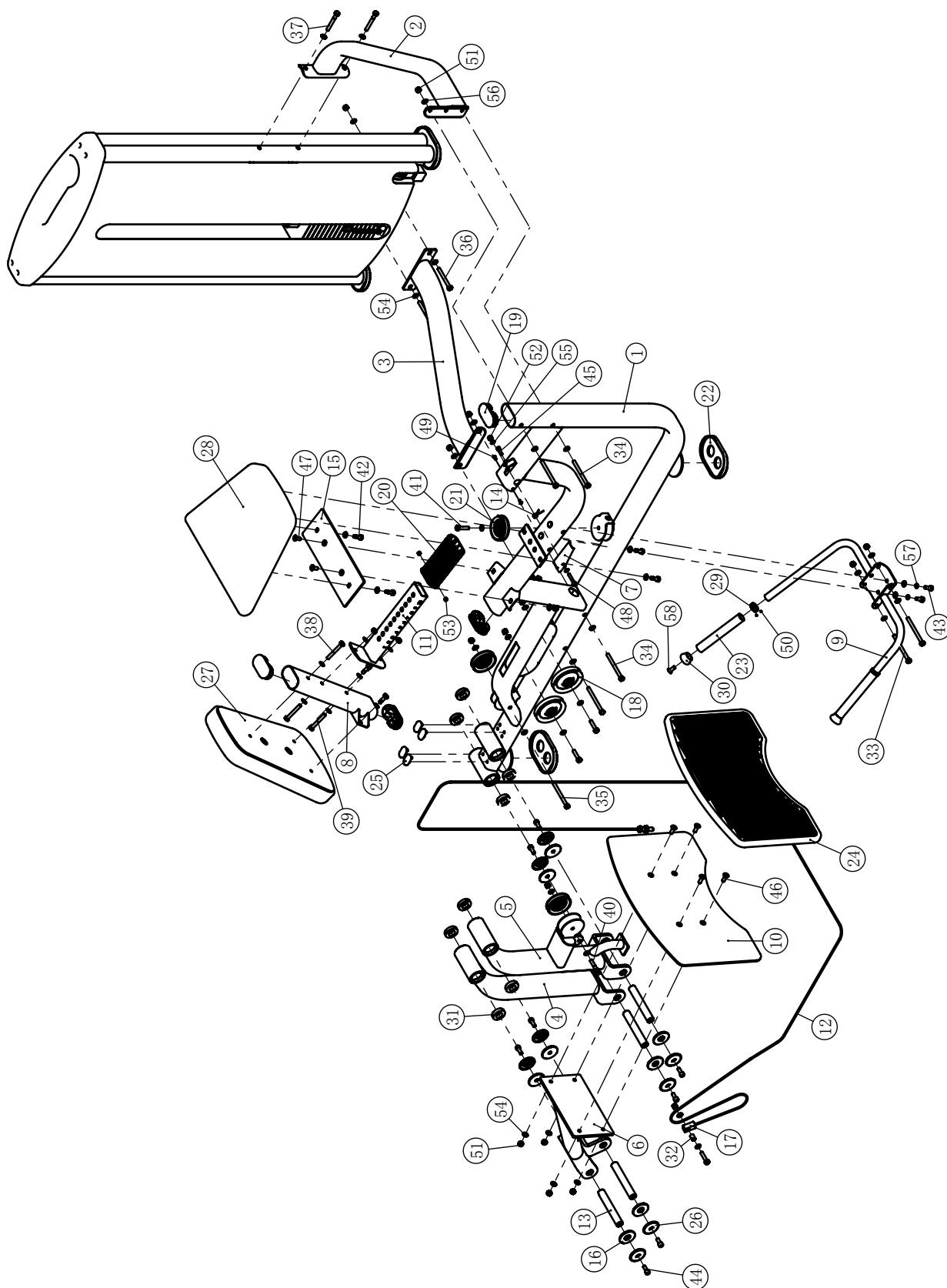
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

| ITEM NO. | DESCRIPTION                | QTY | ITEM NO. | DESCRIPTION                         | QTY |
|----------|----------------------------|-----|----------|-------------------------------------|-----|
| 1        | Main Frame                 | 1   | 30       | Aluminum Cap $\phi$ 25              | 2   |
| 2        | After Connection Frame     | 1   | 31       | Bearing 6005                        | 8   |
| 3        | Ground Connection Frame    | 1   | 32       | Bushing                             | 1   |
| 4        | Front Swing Frame          | 1   | 33       | Hex Head Bolt M10*125               | 2   |
| 5        | After Swing Frame          | 1   | 34       | Hex Head Bolt M10*120               | 4   |
| 6        | Pedal Support Frame        | 1   | 35       | Hex Head Bolt M10*115               | 1   |
| 7        | Bolt Frame                 | 1   | 36       | Hex Head Bolt M10*95                | 2   |
| 8        | Back Pad Frame             | 1   | 37       | Hex Head Bolt M10*80                | 2   |
| 9        | Handle Frame               | 1   | 38       | Hex Head Bolt M10*75                | 1   |
| 10       | Footrest Frame             | 1   | 39       | Hex Head Bolt M10*70                | 2   |
| 11       | Telescopic Frame           | 1   | 40       | Hex Head Bolt M10*50                | 1   |
| 12       | Cable Assembly             | 1   | 41       | Hex Head Bolt M10*45                | 4   |
| 13       | Shaft $\phi$ 25*165        | 4   | 42       | Hex Head Bolt M10*30                | 6   |
| 14       | Torsion Spring             | 1   | 43       | Hex Head Bolt M10*25                | 2   |
| 15       | Cushion Plate              | 1   | 44       | Socket Head Cap Screw M10*25        | 8   |
| 16       | Cover Plate                | 8   | 45       | Socket Head Cap Screw M8*25         | 1   |
| 17       | Cable Connector            | 1   | 46       | Flat Head Cap Screw M10*30          | 4   |
| 18       | Pulley 4.5"                | 2   | 47       | Flat Head Cap Screw M10*25          | 4   |
| 19       | Elliptical Tube Plug       | 4   | 48       | Button Head Cap Screw M8*45         | 1   |
| 20       | Hollow Socket              | 2   | 49       | Button Head Cap Screw M6*12         | 2   |
| 21       | Pulley 3.5"                | 3   | 50       | Socket Set Screw M5*3               | 4   |
| 22       | Rubber Foot                | 2   | 51       | Nylon Lock Nut M10                  | 22  |
| 23       | Long Gloves                | 2   | 52       | Nylon Lock Nut M8                   | 1   |
| 24       | Footrest Plate Rubber      | 1   | 53       | Hex Thin Nut M6                     | 2   |
| 25       | Cushion Pad Ellipse Double | 4   | 54       | Flat Washer $\phi$ 11* $\phi$ 20*2  | 36  |
| 26       | Small Round Cover          | 8   | 55       | Flat Washer $\phi$ 9* $\phi$ 16*1.6 | 2   |
| 27       | Back Cushion               | 1   | 56       | Arc Washer $\phi$ 10                | 13  |
| 28       | Abdominal Pad              | 1   | 57       | Spring Washer $\phi$ 10             | 2   |
| 29       | Aluminum Ring $\phi$ 25    | 2   | 58       | Flat Head Cap Screw M6*16           | 2   |

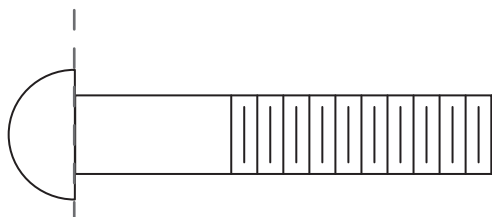
# Exploded View



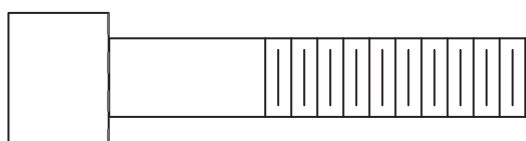
# Exploded View



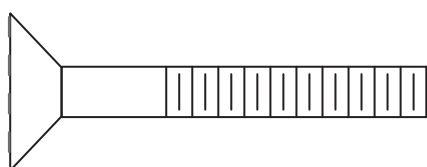
# Measurement Guide



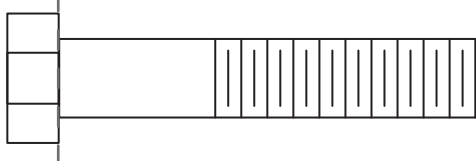
BHCS = Button Head Cap Screw



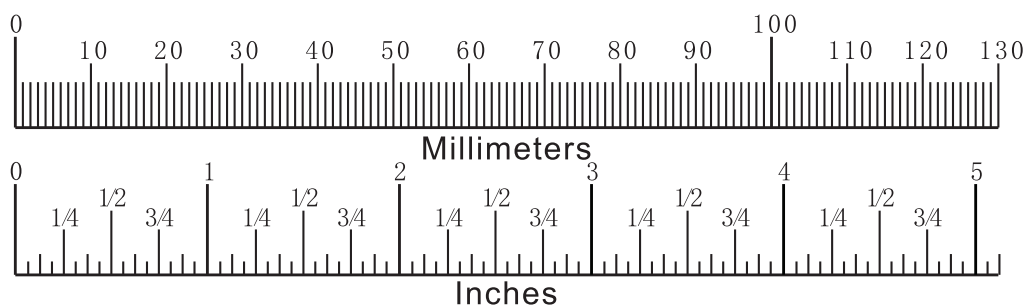
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



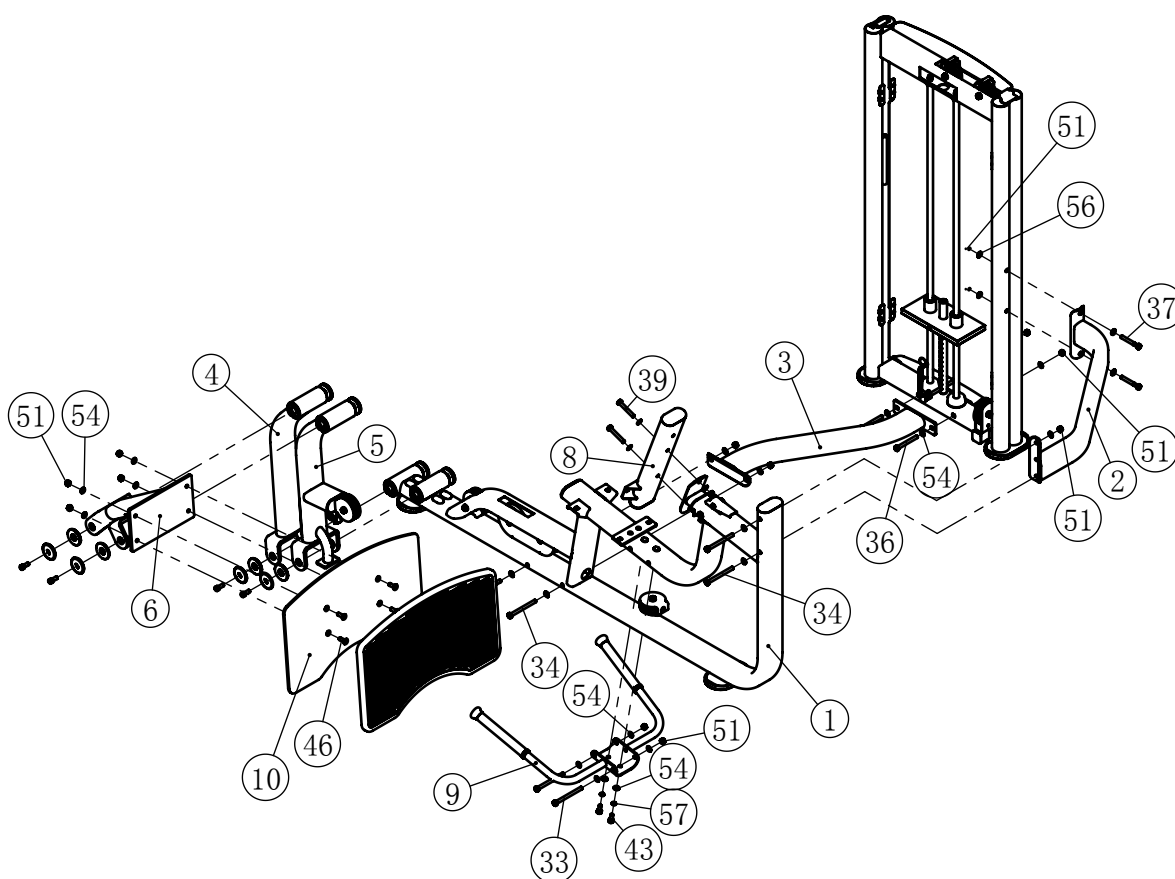
HHB = Hex Head Bolt



# Assembly

## STEP 1

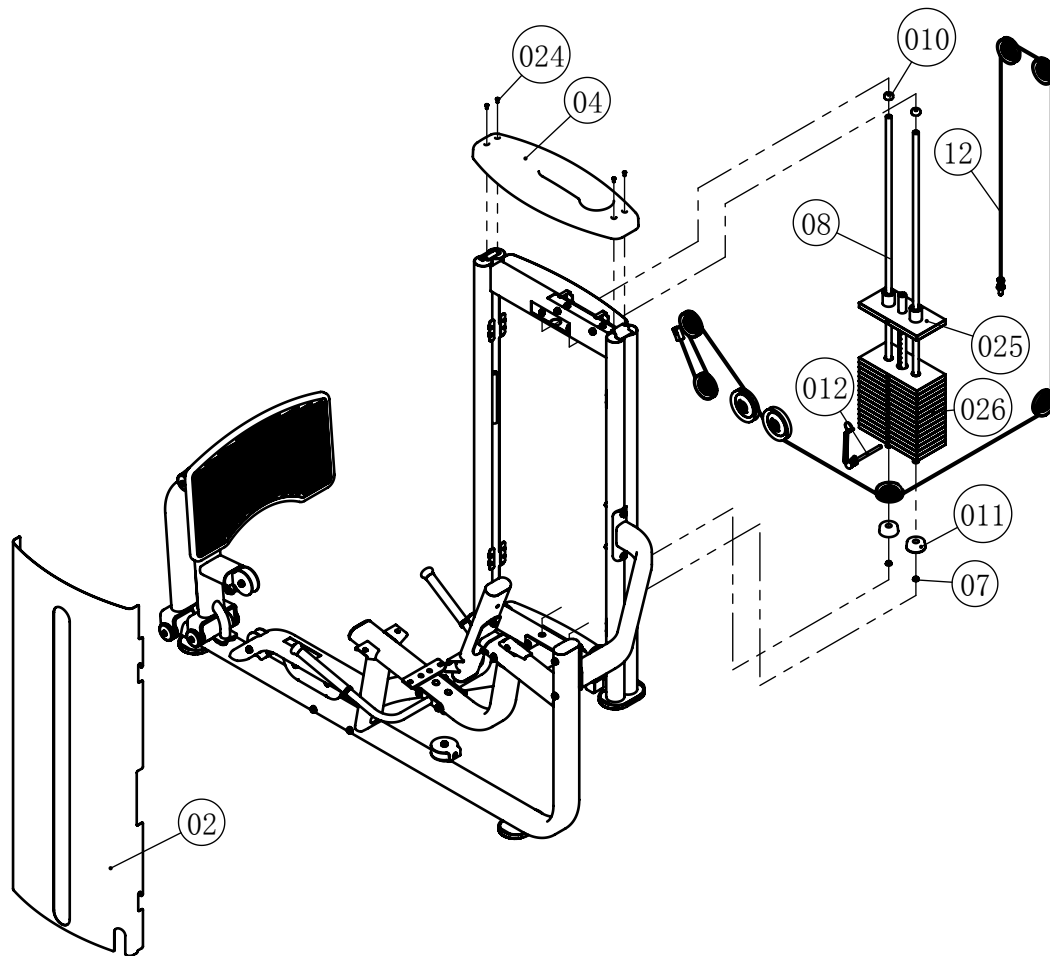
| ITEM NO. | DESCRIPTION             | QTY | ITEM NO. | DESCRIPTION                         | QTY |
|----------|-------------------------|-----|----------|-------------------------------------|-----|
| 1        | Main Frame              | 1   | 34       | Hex Head Bolt M10*120               | 4   |
| 2        | After Connection Frame  | 1   | 36       | Hex Head Bolt M10*95                | 2   |
| 3        | Ground Connection Frame | 1   | 37       | Hex Head Bolt M10*80                | 2   |
| 4        | Front Swing Frame       | 1   | 39       | Hex Head Bolt M10*70                | 2   |
| 5        | After Swing Frame       | 1   | 43       | Hex Head Bolt M10*25                | 2   |
| 6        | Pedal Support Frame     | 1   | 46       | Flat Head Cap Screw M10*30          | 4   |
| 8        | Back Pad Frame          | 1   | 51       | Nylon Lock Nut M10                  | 15  |
| 9        | Handle Frame            | 1   | 54       | Flat Washer $\phi 11 * \phi 20 * 2$ | 18  |
| 10       | Footrest Frame          | 1   | 56       | Arc Washer $\phi 10$                | 11  |
| 33       | Hex Head Bolt M10*125   | 2   | 57       | Spring Washer $\phi 10$             | 2   |



# Assembly

## STEP 2

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



# Assembly

## STEP 3

| ITEM NO. | DESCRIPTION          | QTY | ITEM NO. | DESCRIPTION                     | QTY |
|----------|----------------------|-----|----------|---------------------------------|-----|
| 15       | Cushion Plate        | 1   | 47       | Flat Head Cap Screw M10*25      | 2   |
| 27       | Back Cushion         | 1   | 51       | Nylon Lock Nut M10              | 2   |
| 28       | Abdominal Pad        | 1   | 54       | Flat Washer $\phi 11*\phi 20*2$ | 9   |
| 42       | Hex Head Bolt M10*30 | 6   |          |                                 |     |

