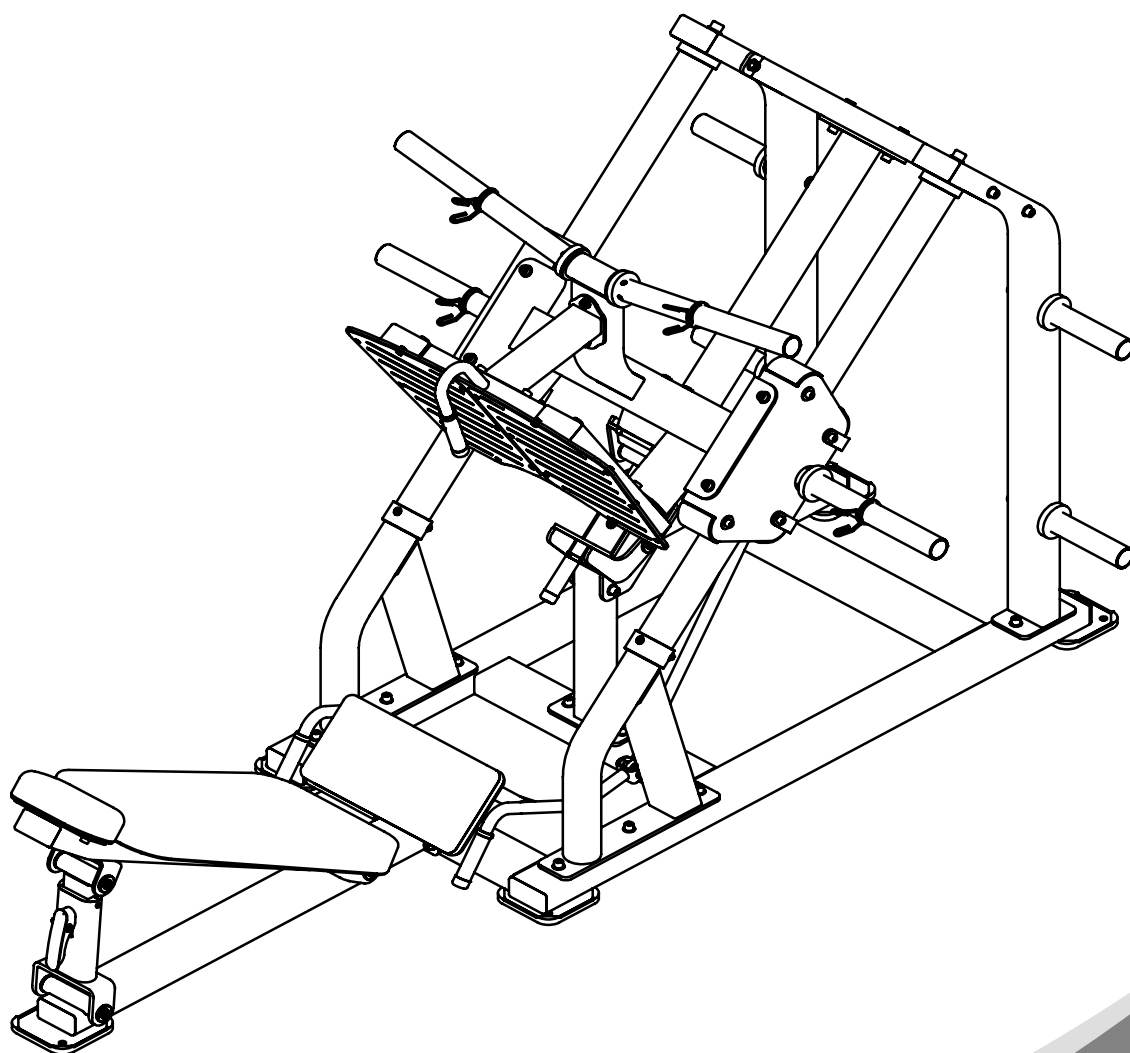


FH019

LINEAR LEG PRESS

OWNER'S MANUAL



! CAUTION

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

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

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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:

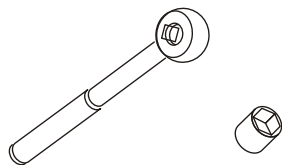
1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments 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.

Instructions

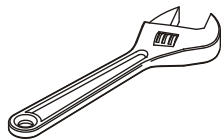
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

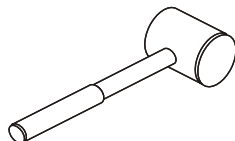
Tools Required



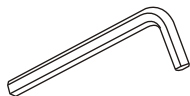
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



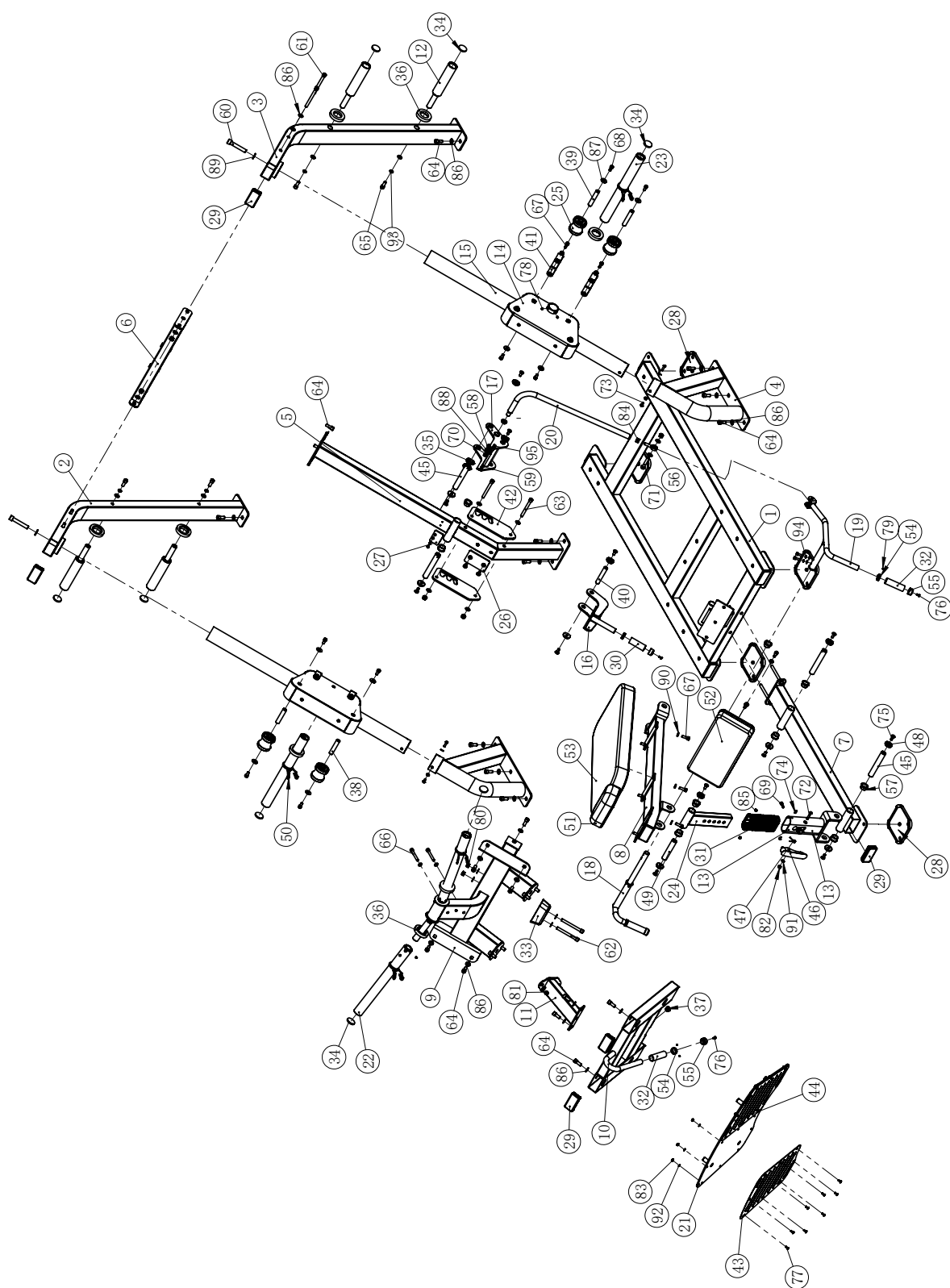
Hex Key Wrench Set

Parts List

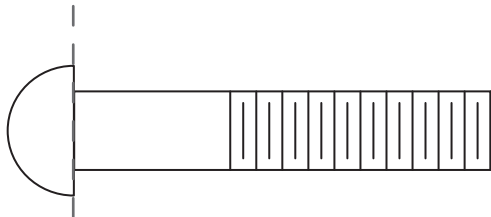
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Bottom Frame	1	51	Arm Force Pad	1
2	Left Upright Frame	1	52	Auxiliary Pad	1
3	Right Upright Frame	1	53	Seat Pad	1
4	Slide Frame	2	54	Aluminum Ring $\phi 25$	4
5	Middle Connecting Frame	1	55	Aluminum head $\phi 25$	4
6	Upper Connecting Frame	1	56	Bearing M12	1
7	Front Bottom Frame	1	57	Bushing $\phi 38 \times \phi 25.4 \times 18$	10
8	Back Cushion Frame	1	58	Bushing $\phi 28 \times 8.5$	2
9	Sliding Frame	1	59	Needle Bearing $\phi 12 \times \phi 8 \times 12$	2
10	Pedal Rack	1	60	Socket Head Cap Screw M16 \times 90	2
11	Short Connecting Frame	1	61	Socket Head Cap Screw M12 \times 125	6
12	Barbell Rod	4	62	Socket Head Cap Screw M12 \times 115	2
13	Swing Frame	1	63	Socket Head Cap Screw M12 \times 110	2
14	Roller Rack	2	64	Nylok Socket Head Cap Screw M12 \times 30	28
15	Guide	2	65	Socket Head Cap Screw M12 \times 30	4
16	Safety Frame	1	66	Socket Head Cap Screw M10 \times 70	2
17	Limit Frame	1	67	Socket Head Cap Screw M10 \times 30	12
18	Left Handle Rack	1	68	Socket Head Cap Screw M10 \times 20	16
19	Right Fandle Rack	1	69	Socket Head Cap Screw M8 \times 25	3
20	Connecting Rod Frame	1	70	Socket Head Cap Screw M8 \times 15	1
21	Pedal Frame	1	71	Hex Head Bolt M12 \times 65	1
22	Barbell Lever	2	72	Button Head Cap Screw M8 \times 45	1
23	Barbell Rod	2	73	Button Head Cap Screw M8 \times 25	6
24	Telescopic Frame	1	74	Button Head Cap Screw M6 \times 12	2
25	Roller Assembly	8	75	Flat Head Cap Screw M10 \times 25	14
26	Plastic Plate 120 \times 76 \times 5	1	76	Flat Head Cap Screw M6 \times 16	4
27	Plastic Plate 76 \times 50 \times 5	1	77	NYLOK Flat Head Cap Screw M12 \times 30	18
28	Rubber Foot	5	78	Socket Set Screw M8 \times 6	8
29	Plug 50 \times 100	10	79	Socket Set Screw M5 \times 3	8
30	Gloves ST $\phi 30 \times \phi 22 \times 95$	1	80	Nylon Lock Nut M12	11
31	Hollow Socket	2	81	Nylon Lock Nut M10	2
32	Gloves ST $\phi 30 \times \phi 22 \times 214$	3	82	Nylon Lock Nut M8	1
33	Cushion pad	1	83	Nylon Lock Nut M6	16
34	Aluminum Plug $\phi 48$	8	84	Hex Nut M12	1
35	Cushion pad	2	85	Hex Nut M6	2
36	Plastic sleeve	8	86	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	54
37	Plug $\phi 24.5 \times 15.5$	1	87	Flat Washer $\phi 11 \times \phi 20 \times 2$	16
38	Shaft $\phi 19 \times 92$	4	88	Flat Washer $\phi 9 \times \phi 28 \times 2$	1
39	Shaft $\phi 19 \times 105$	4	89	Flat Washer $\phi 17.5 \times \phi 30 \times 3$	2
40	Shaft $\phi 19 \times 110$	1	90	Flat Washer $\phi 11 \times \phi 20 \times 2$	16
41	Adjusting Seat	4	91	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	10
42	Adjusting Tooth Plate	2	92	Flat Washer $\phi 6.5 \times \phi 12 \times 1.6$	16
43	Left Foot Liner	1	93	Spring Washer $\phi 12$	4
44	Right Foot Liner	1	94	Spring Washer $\phi 8$	2
45	Shaft $\phi 25.4 \times 165$	4	95	Split Washer $\phi 5$	2
46	Bolt Frame	1			
47	Torsion Spring	1			
48	End Cap	12			
49	Shaft $\phi 25.4 \times 131$	1			
50	End Cap	4			

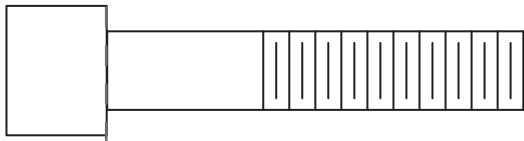
Exploded View



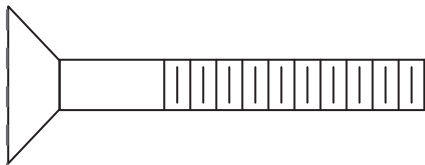
Measurement Guide



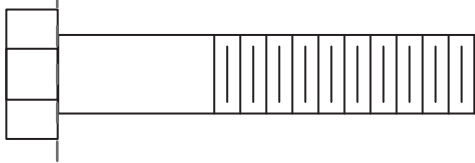
BHCS = Button Head Cap Screw



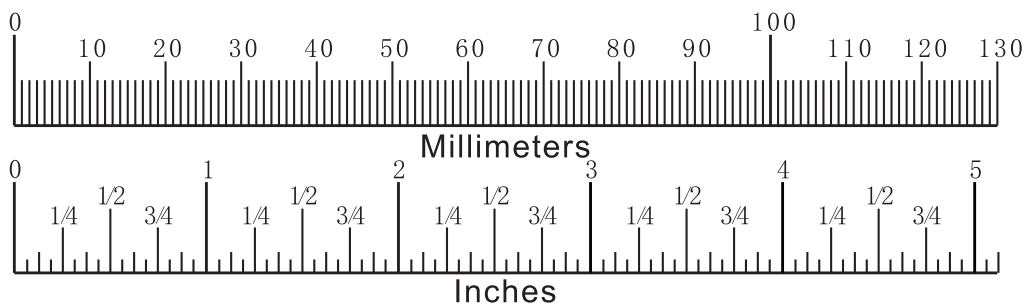
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt

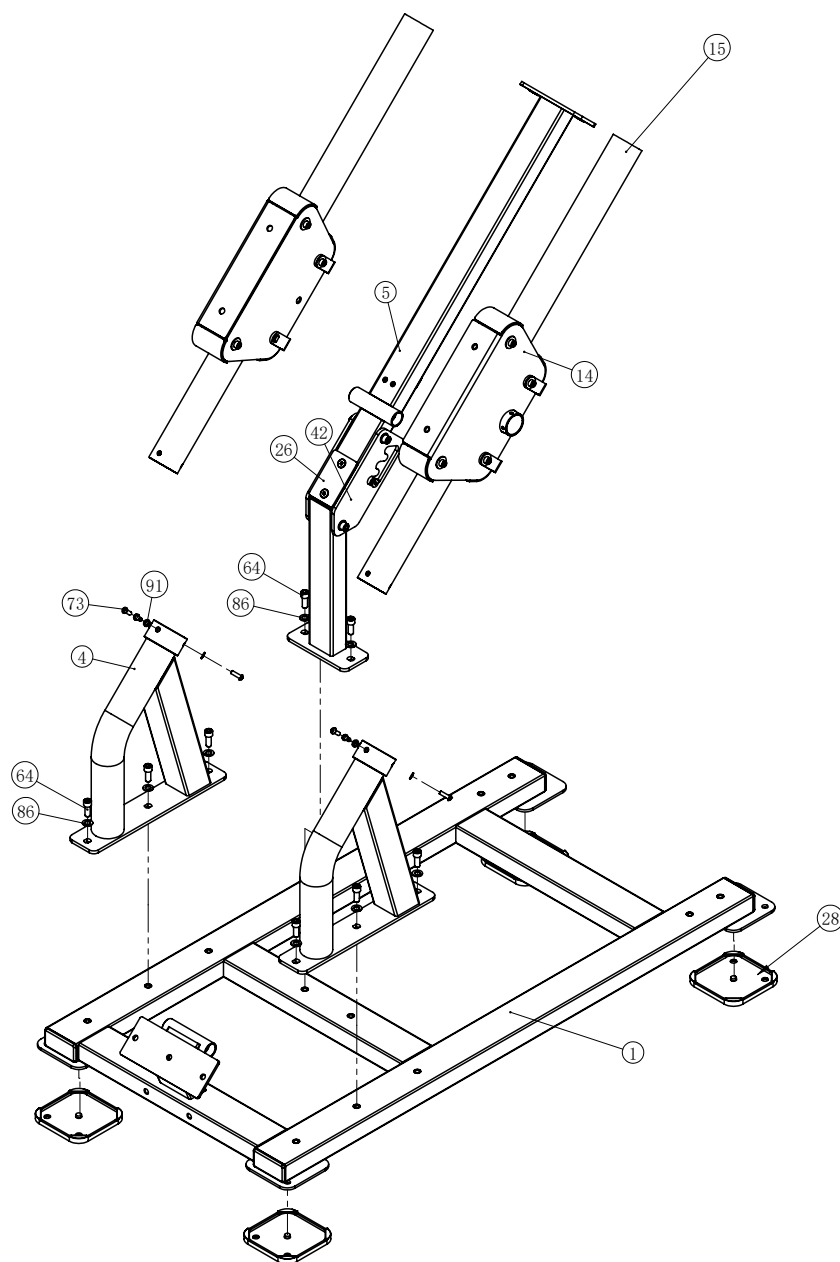


Assembly

STEP 1

ITEM NO.	DESCRIPTION	QTY
1	Bottom Frame	1
4	Slide Frame	2
5	Middle Connection Frame	1
14	Roller Rack	2
15	Guide	2
26	Plastic Plate 120×76×5	1

ITEM NO.	DESCRIPTION	QTY
28	Rubber Foot	4
42	Adjusting Tooth Plate	2
64	NYLOK Socket Head Cap Screw M12×30	8
73	Button Head Cap Screw M8×25	6
86	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	8
91	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	6

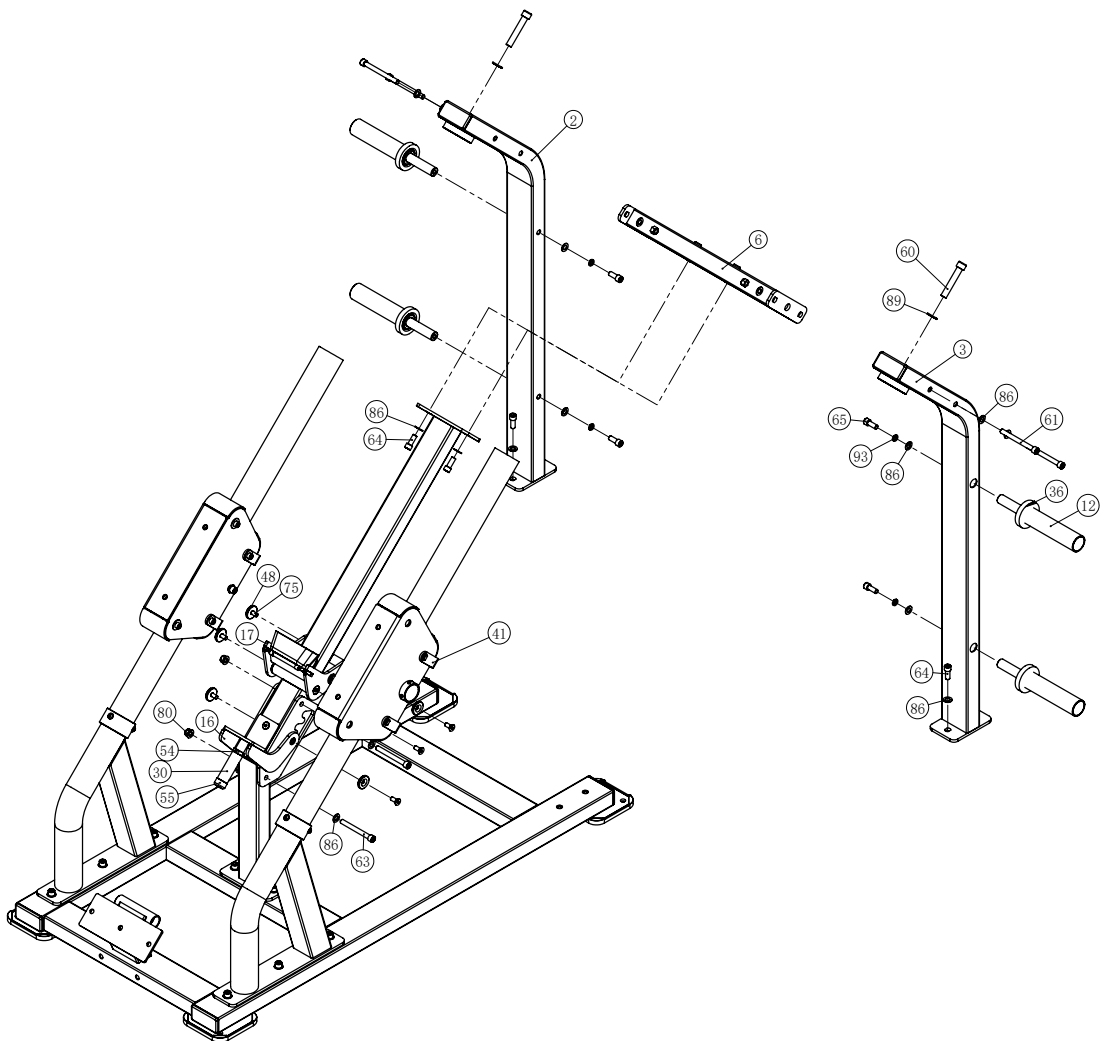


Assembly

STEP 2

ITEM NO.	DESCRIPTION	QTY
2	Left Upright Frame	1
3	Right Upright Frame	1
6	Upper Connecting Frame	1
12	Barbell Rod	4
16	Safety Frame	1
30	Gloves ST ϕ 30 \times ϕ 22 \times 95	1
48	End Cap	6
54	Aluminum Ring ϕ 25	1
55	Aluminum head ϕ 25	1

ITEM NO.	DESCRIPTION	QTY
60	Socket Head Cap Screw M16 \times 90	2
61	Socket Head Cap Screw M12 \times 125	6
63	Socket Head Cap Screw M12 \times 110	2
64	NYLOK Socket Head Cap Screw M12 \times 30	4
65	Socket Head Cap Screw M12 \times 30	4
75	Flat Head Cap Screw M10 \times 25	3
86	Flat Washer ϕ 13 \times ϕ 24 \times 1.5	12
89	Flat Washer ϕ 17.5 \times ϕ 30 \times 3	2
93	Spring Washer ϕ 12	4

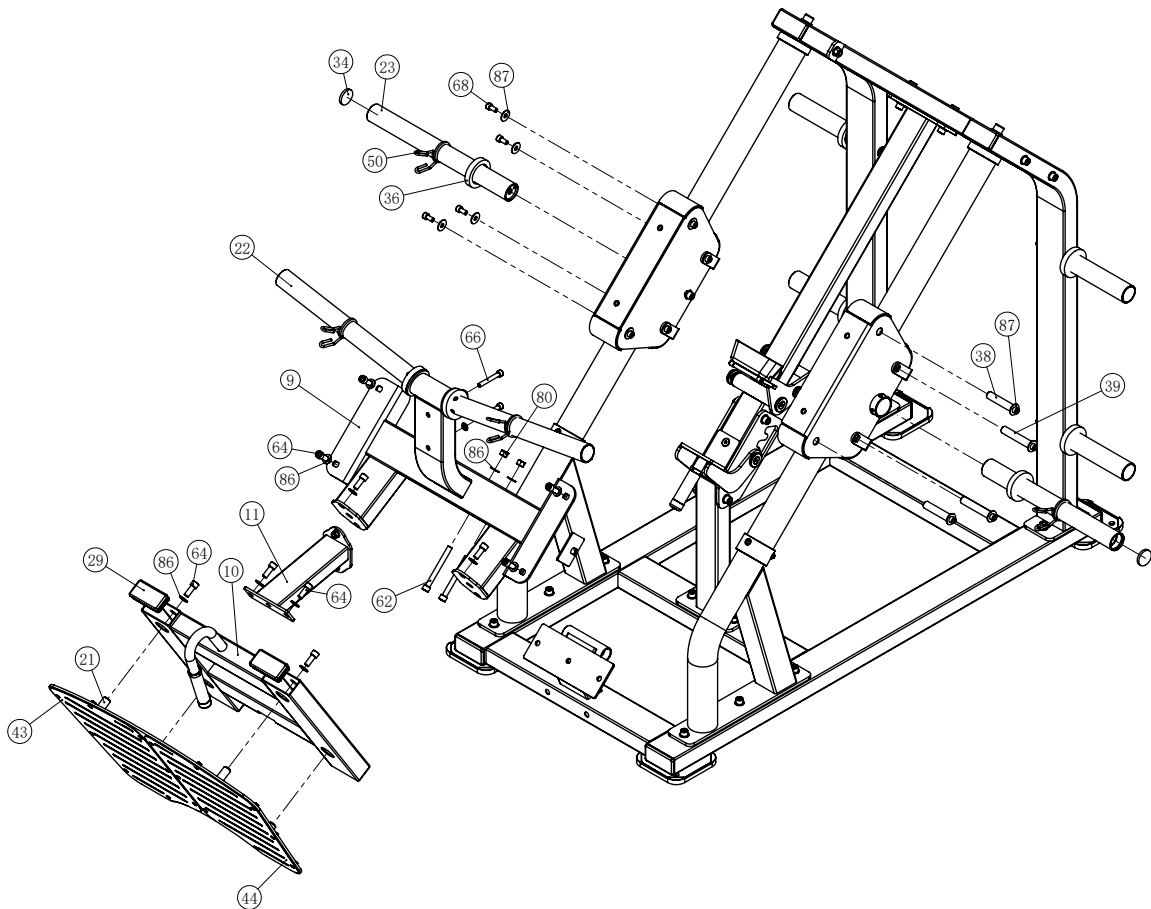


Assembly

STEP 3

ITEM NO.	DESCRIPTION	QTY
9	Sliding Frame	1
10	Pedal Rack	1
11	Short Connecting Frame	1
21	Pedal Frame	1
22	Barbell Lever	2
23	Barbell Rod	2
29	Plug 50×100	2
34	Aluminum Plug $\phi 48$	2
36	Plastic sleeve	2
38	Shaft $\phi 19 \times 92$	2
39	Shaft $\phi 19 \times 105$	2

ITEM NO.	DESCRIPTION	QTY
43	Left Foot Liner	1
44	Right Foot Liner	1
50	Cirelip	4
62	Socket Head Cap Screw M12×115	2
64	NYLOK Socket Head Cap Screw M12×30	12
66	Socket Head Cap Screw M10×70	2
68	Socket Head Cap Screw M10×20	8
80	Nylon Lock Nut M12	2
86	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	14
87	Flat Washer $\phi 11 \times \phi 20 \times 2$	12

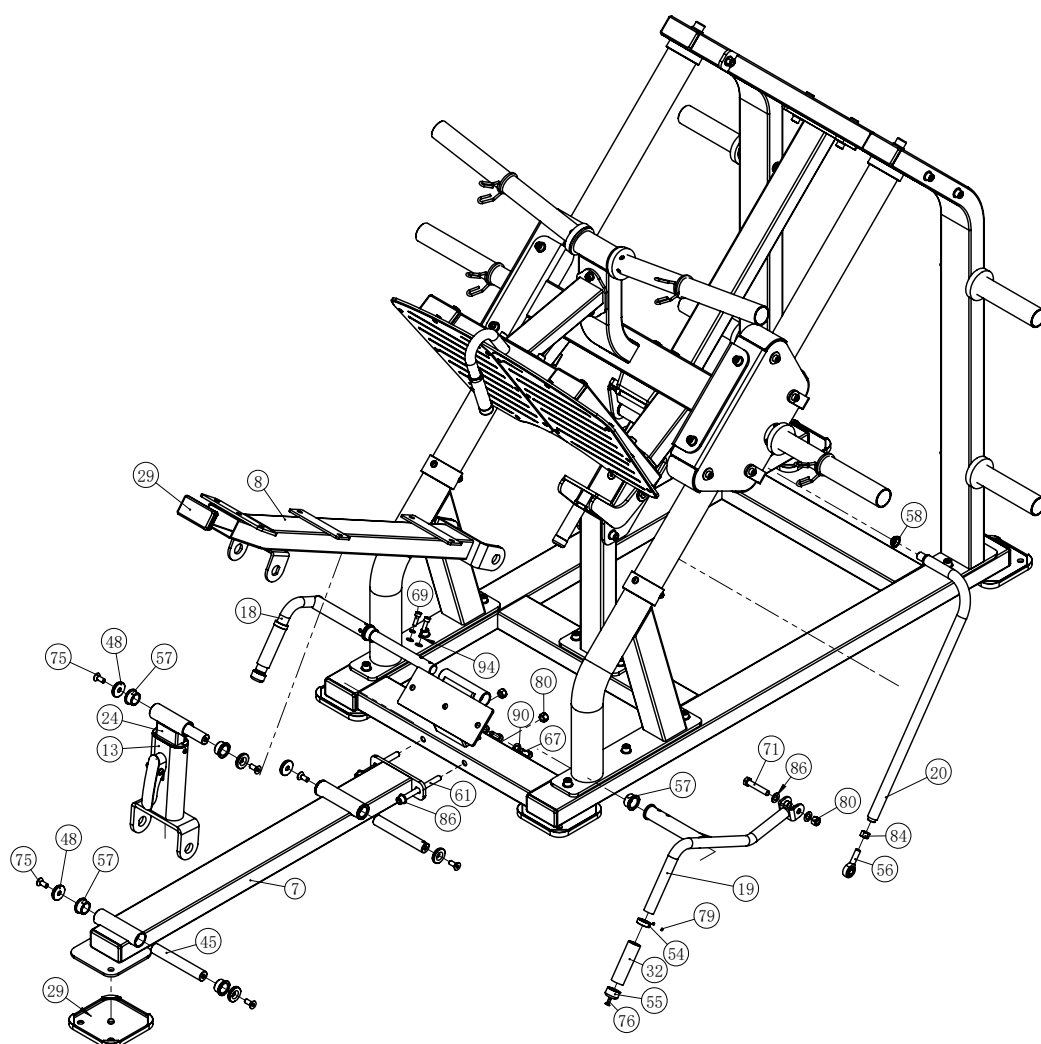


Assembly

STEP 4

ITEM NO.	DESCRIPTION	QTY
7	Front Bottom Frame	1
8	Back Cushion Frame	1
13	Swing Frame	1
18	Left Handle Rack	1
19	Right Handle Rack	1
20	Connecting Rod Frame	1
24	Telescopic Frame	1
28	Rubber Foot	1
29	Plug 50×100	2
32	Gloves STφ30×φ22×214	2
45	Shaft φ25.4×165	2
48	End Cap	6
54	Aluminum Ring φ25	2
55	Aluminum head φ 25	2
56	Bearing M12	1

ITEM NO.	DESCRIPTION	QTY
57	Bushing φ38×φ25.4×18	7
58	Bushing φ28×8.5	2
61	Socket Head Cap Screw M12×125	2
68	Socket Head Cap Screw M10×20	2
69	Button Head Cap Screw M8×25	1
71	Hex Head Bolt M12×65	1
75	Flat Head Cap Screw M10×25	6
76	Flat Head Cap Screw M6×16	2
79	Socket Set Screw M5×3	4
80	Nylon Lock Nut M12	3
84	Hex Nut M12	1
86	Flat Washer φ13×φ24×1.5	4
90	Flat Washer φ11×φ20×2	4
94	Spring Washer φ8	2

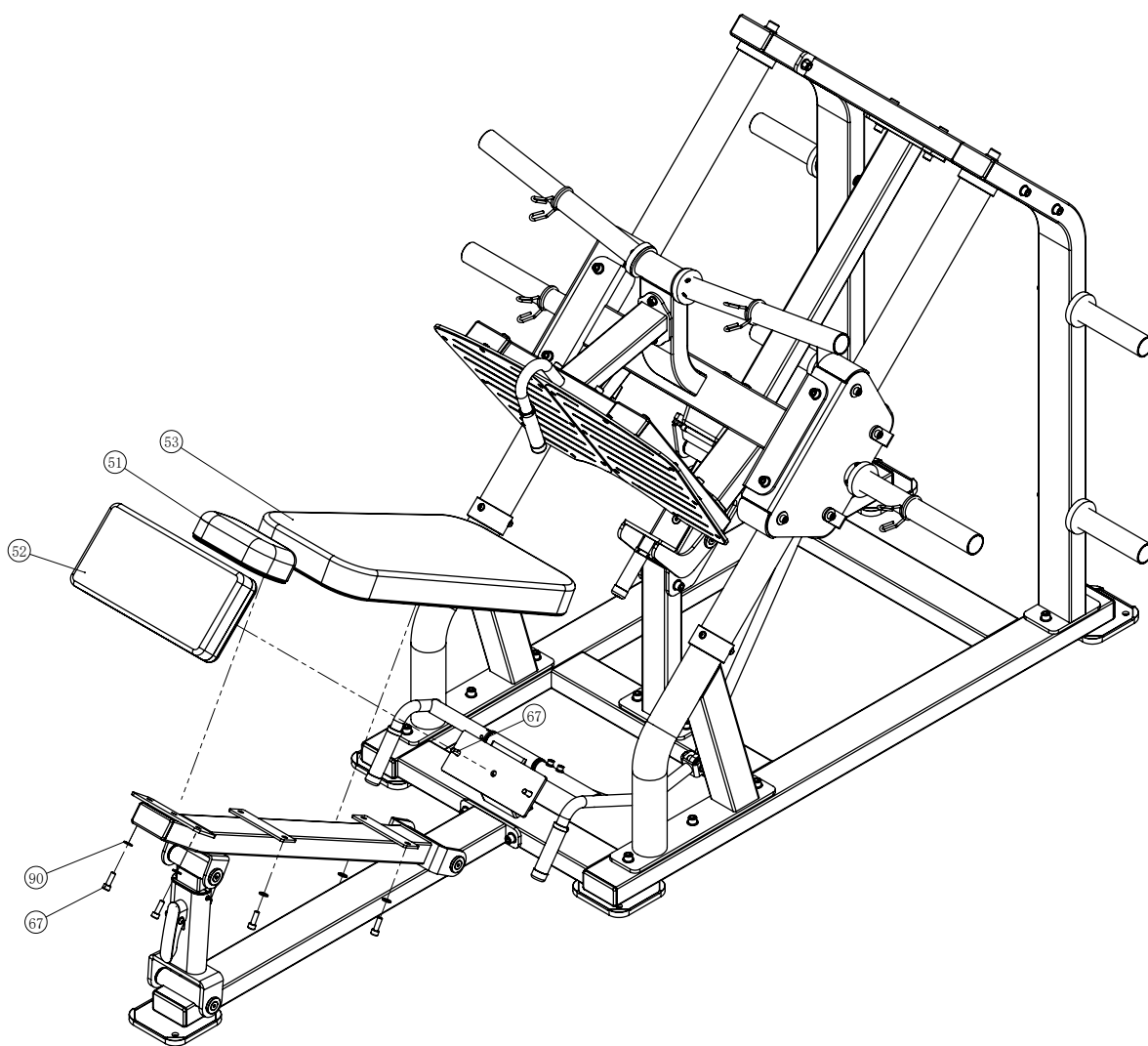


Assembly

STEP 5

ITEM NO.	DESCRIPTION	QTY
51	Arm Force Pad	1
52	Auxiliary Pad	1
53	Seat Pad	1

ITEM NO.	DESCRIPTION	QTY
67	Socket Head Cap Screw M10×30	8
90	Flat Washer $\phi 11 \times \phi 20 \times 2$	8



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 bolts 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.