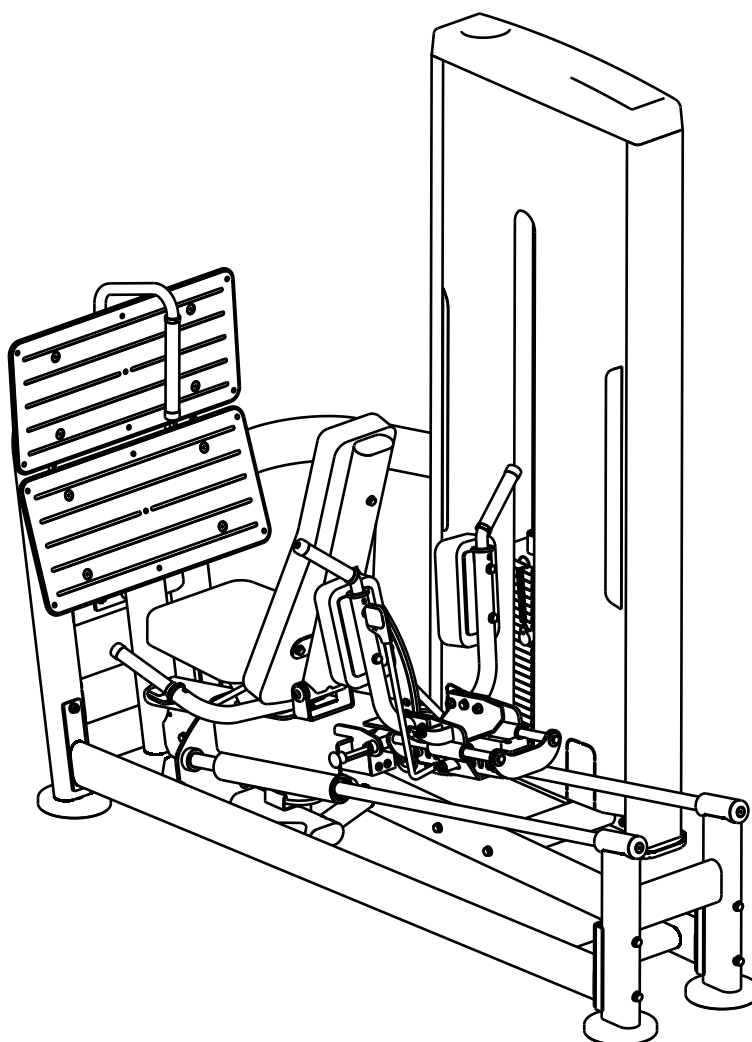


SA040B

SEATED 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:

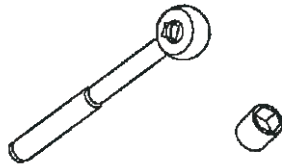
1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments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

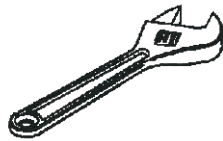
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

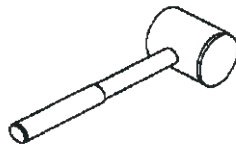
Tools Required



Ratchet Wrench and Socket



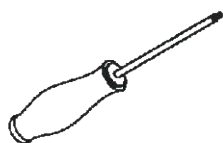
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Parts List

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

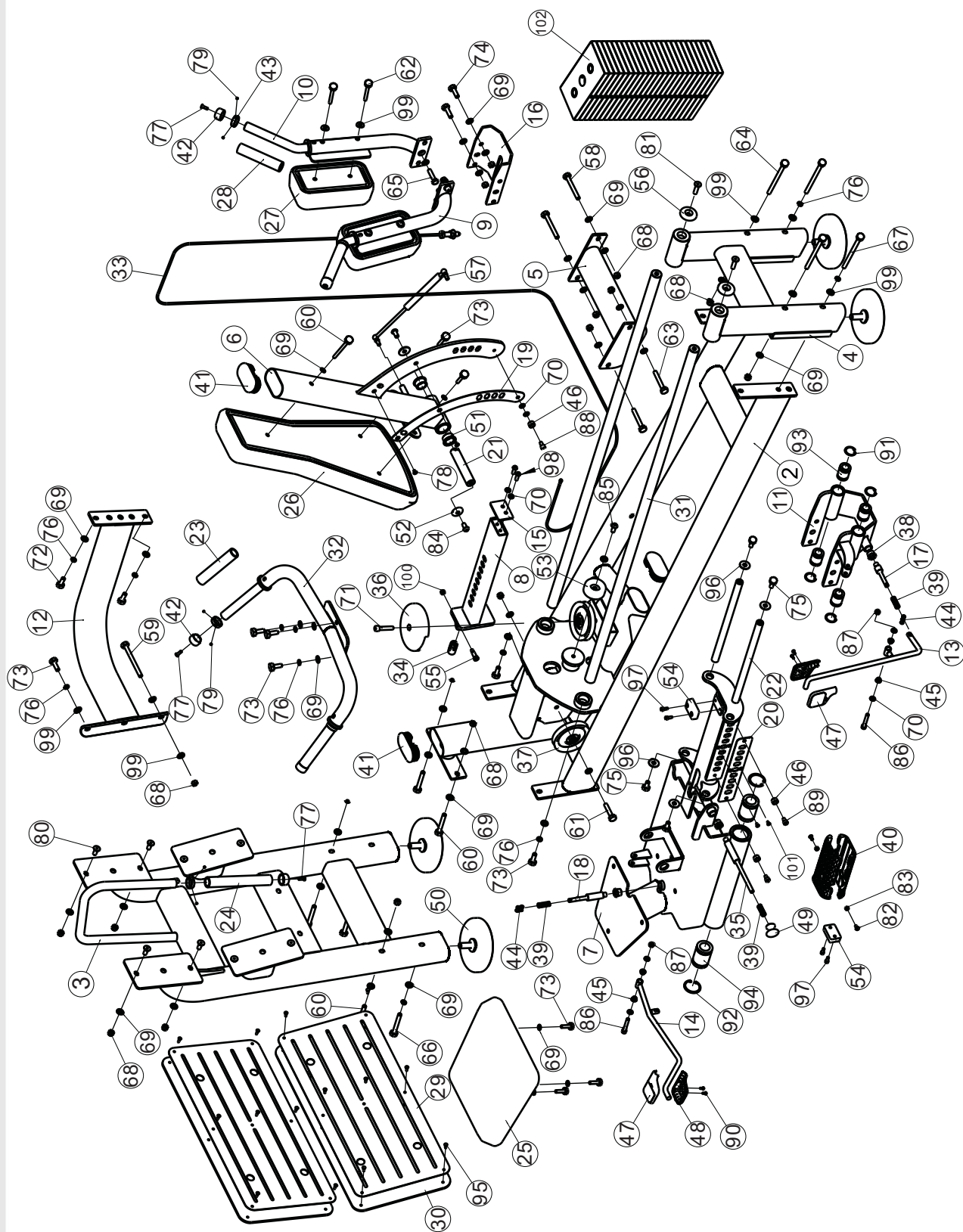
Item No	Description	QTY	Item No	Description	QTY
1	Weight Stack Frame ASSY	1	9	Left Shoulder Cushion Frame	1
1.1	Weight Stack Frame	1	10	Right Shoulder Cushion Frame	1
1.3	L braket	2	11	Shoulder Cushion Regulating Frame	1
1.4	Guide Rod	2	12	Connecting Frame	1
1.5	Mount Sleeve	2	13	Handle Frame	1
1.6	Sleeve	2	14	Handle Regulating Frame	1
1.7	Rubber Foot	2	15	Limit Baffle	1
1.8	4.5" Pulley	3	16	Stiffening Plate	1
1.9	Weight Plate	1	17	Shaft $\phi 12.7 \times 90$	1
1.10	Selector PinW/Coil	1	18	Shaft $\phi 18 \times \phi 12.7 \times 121.5$	1
1.11	Rubber Bumper	2	19	Scratch Board	1
1.12	Sticker	4	20	Scratch Board	1
1.13	Front Shroud	1	21	Shaft $\phi 25.4 \times 131$	1
1.14	Rear Shroud	1	22	Guide Rod $\phi 20 \times 349$	2
1.15	Top Shroud	1	23	Grip ST $\phi 30 \times \phi 22 \times 150$	2
1.16	Shroud Clip	8	24	Grip ST $\phi 30 \times \phi 22 \times 215$	1
1.17	Pulley Cover	2	25	Seat Cushion	1
1.18	Plug F38	1	26	Back Cushion	1
1.19	Rubber Plug	2	27	Shoulder Cushion	2
1.20	Hex Head Screw M10*80	1	28	Grip ST $\phi 22 \times \phi 30 \times 140$	2
1.21	Hex Head Screw M10*50	1	29	Footboard	2
1.22	Socket Head Cap Screw M10*50	1	30	Foot pedal	2
1.23	Socket Head Cap Screw M8*25	2	31	Guide Rod $\phi 30 \times 1473.5$	2
1.24	CrossPanHeadScrewsM5 \times 15	20	32	Handle Frame	1
1.25	Nylon Lock Nut M10	3	33	Cable Assembly	1
1.26	Flat Washer $\phi 11 \times \phi 20 \times 2$	3	34	Cable Joint	1
1.27	Flat Washer $\phi 5.5 \times \phi 10 \times 1$	4	35	Shaft $\phi 18.2 \times \phi 12.7 \times 213$	1
1.28	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2	36	Pulley Cover	1
1.29	Spring Washer $\phi 8$	2	37	4.5" Pulley	2
1.30	Stretch Splint	4	38	Locking Nut	3
2	Main Frame	1	39	Spring	3
3	Pedal Frame	1	40	Plastic Tube Guide	2
4	Back Support Frame	1	41	Tube Plug PT50*100	3
5	Connecting Frame	1	42	Aluminium Grip Cap $\phi 32.5 \times \phi 26 \times 19$	5
6	Back Cushion Frame	1	43	Aluminium Grip Ring $\phi 33 \times \phi 26.8 \times 9.5$	5
7	Seat Cushion Sliding Frame	1	44	Chain Clasp	2
8	Sliding Frame	1	45	Plastic Bushing	4

Parts List

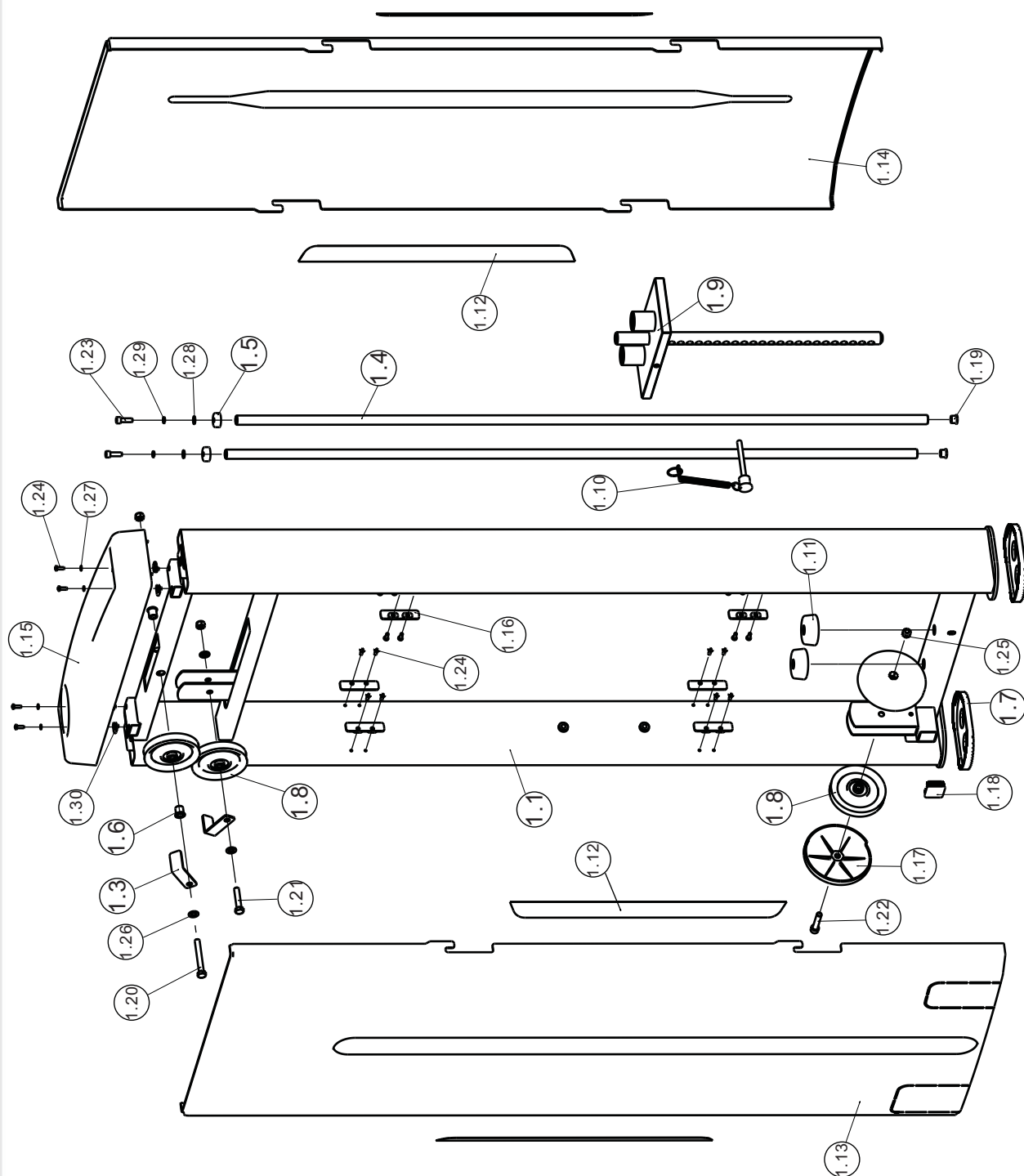
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item No	Description	QTY	Item No	Description	QTY
46	Limit Sleeve	3	75	Hex Head Screw M10*20	4
47	Handle Upper Cover Assembly	2	76	Spring Washer $\phi 10$	12
48	Handle Lower Cover	2	77	Flat Head Cap Screw M6*20	5
49	Little Handle	1	78	Flat Head Cap Screw M6*10	2
50	Floor Stand	4	79	Socket Set Screw M5*3	10
51	Spacer	2	80	Flat Head Cap Screw M10*25	8
52	Small End Cap	2	81	Flat Head Cap Screw M10*40	2
53	Big Rubber Pad	1	82	Button Head Cap Screw M6*12	2
54	Rubber Pad	2	83	Hexagon Nut	2
55	Cable Bolt	1	84	Button Head Cap Screw M10*20	2
56	Shaft End Cap	2	85	Button Head Cap Screw M10*25	1
57	Air Spring	1	86	Hex Head Screw M8*50	2
58	Hex Head Screw M10*90	2	87	Nylon Lock Nut M8	2
59	Hex Head Screw M10*120	1	88	Socket Head Cap Screw M8*15	1
60	Hex Head Screw M10*75	5	89	Socket Head Cap Screw M8*12	2
61	Hex Head Screw M10*50	1	90	Button Head Cap Screw M4*10	4
62	Hex Head Screw M10*60	4	91	Circlip For Hole $\phi 32$	4
63	Hex Head Screw M10*70	2	92	Circlip For Hole $\phi 47$	4
64	Hex Head Screw M10*125	2	93	Linear Bearing $\phi 32 \times \phi 20 \times 42$	4
65	Hex Head Screw M10*40	2	94	Linear Bearing $\phi 47 \times \phi 30 \times 68$	4
66	Hex Head Screw M10*80	2	95	Rivet $\phi 5 \times 13$	14
67	Hex Head Screw M10*130	2	96	Flat Washer $\phi 11 \times \phi 30 \times 2$	4
68	Nylon Lock Nut M10	24	97	Socket Head Cap Screw M6*15	4
69	Flat Washer $\phi 11 \times \phi 20 \times 2$	54	98	Button Head Cap Screw M8*25	2
70	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	8	99	Arc Washer $\phi 10$	11
71	Socket Head Cap Screw M10*50	1	100	Nut 5/16"-18x8	1
72	Hex Head Screw M10*25	2	101	Flat Head Cap Screw M5*10	2
73	Hex Head Screw M10*30	11	102	Weight Plate	24
74	Hex Head Screw M10*35	4	103	Lube Oil Box	1

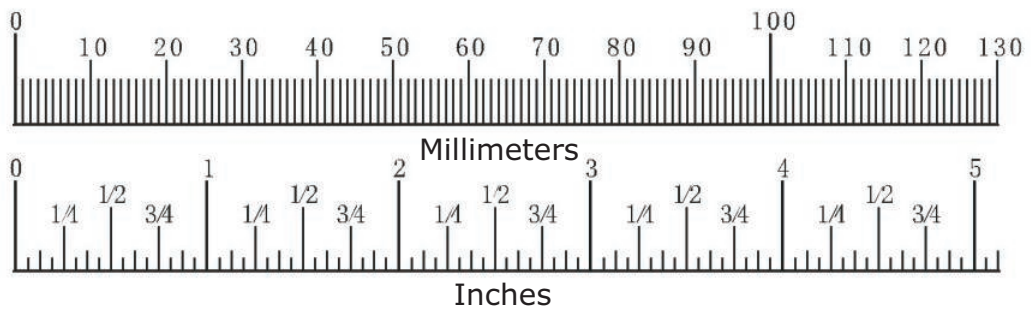
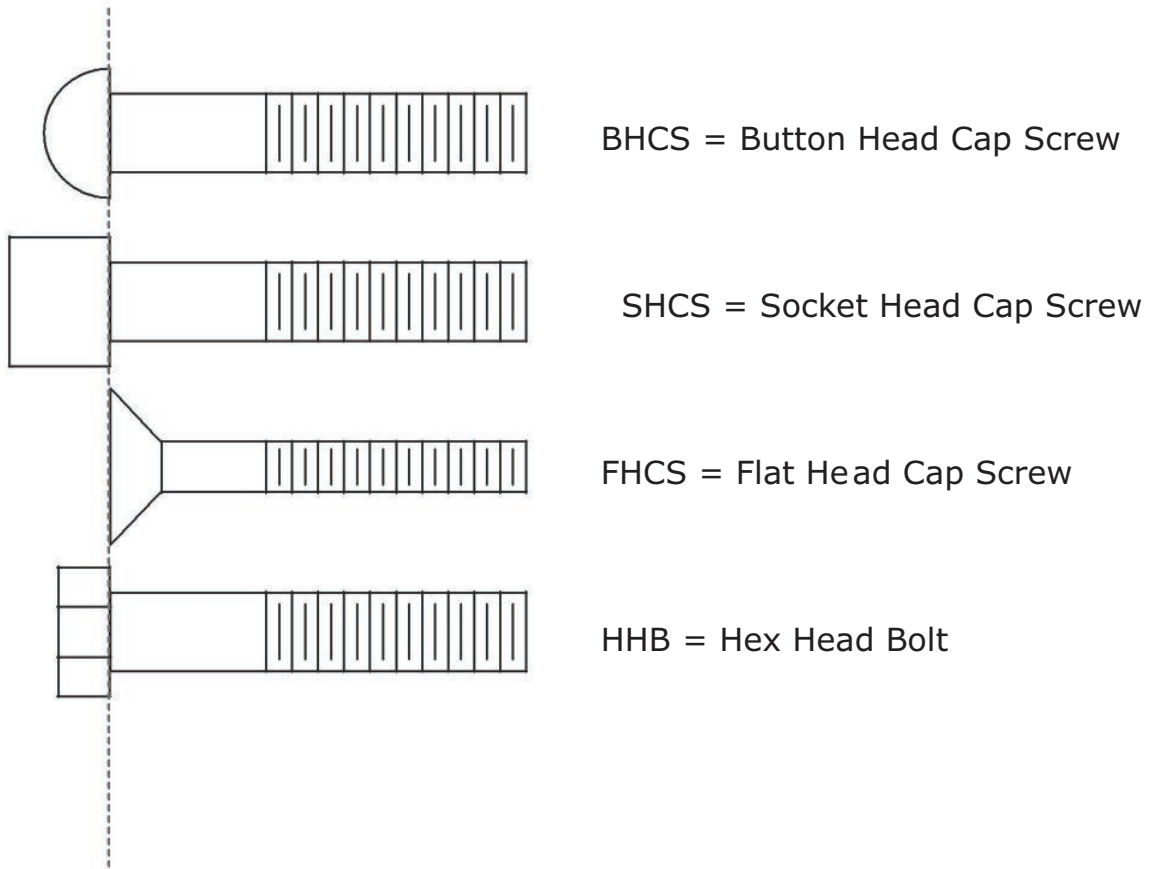
Exploded View



Exploded View



Measurement Guide



Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.



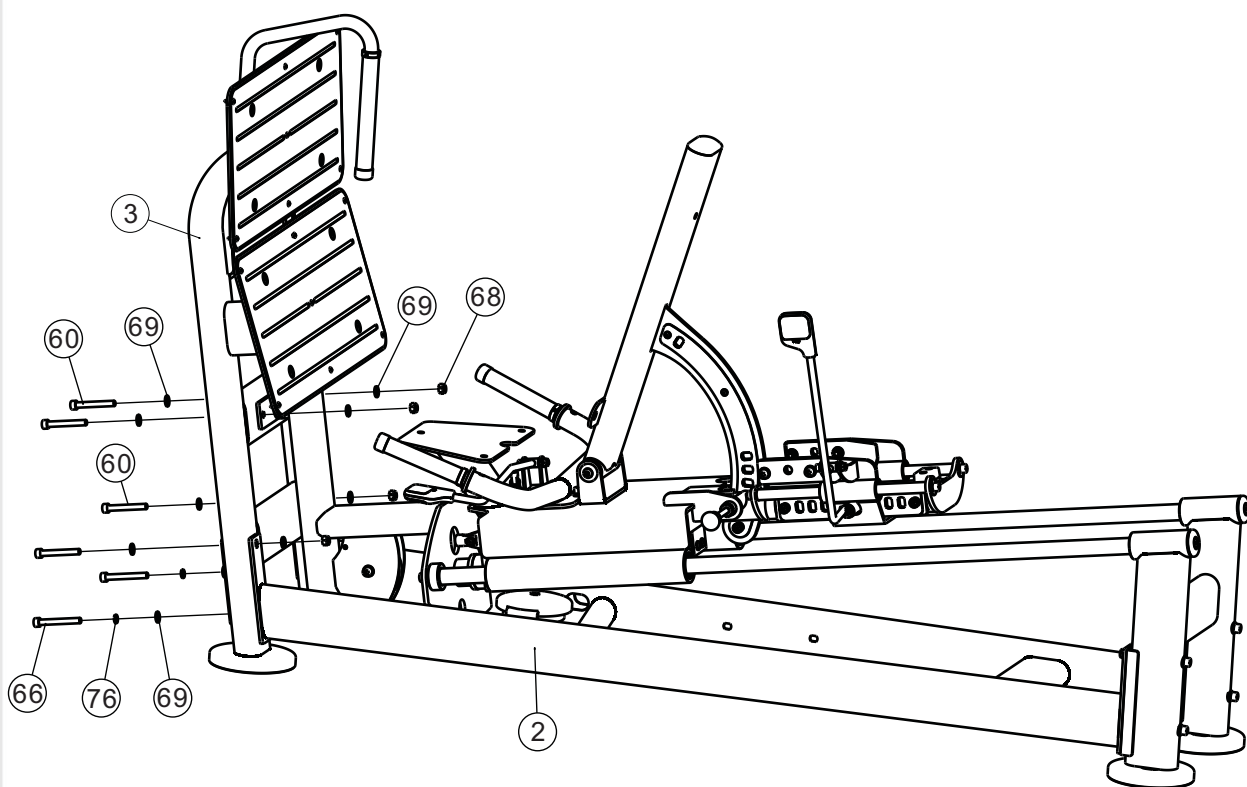
NOTE

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

Step 1

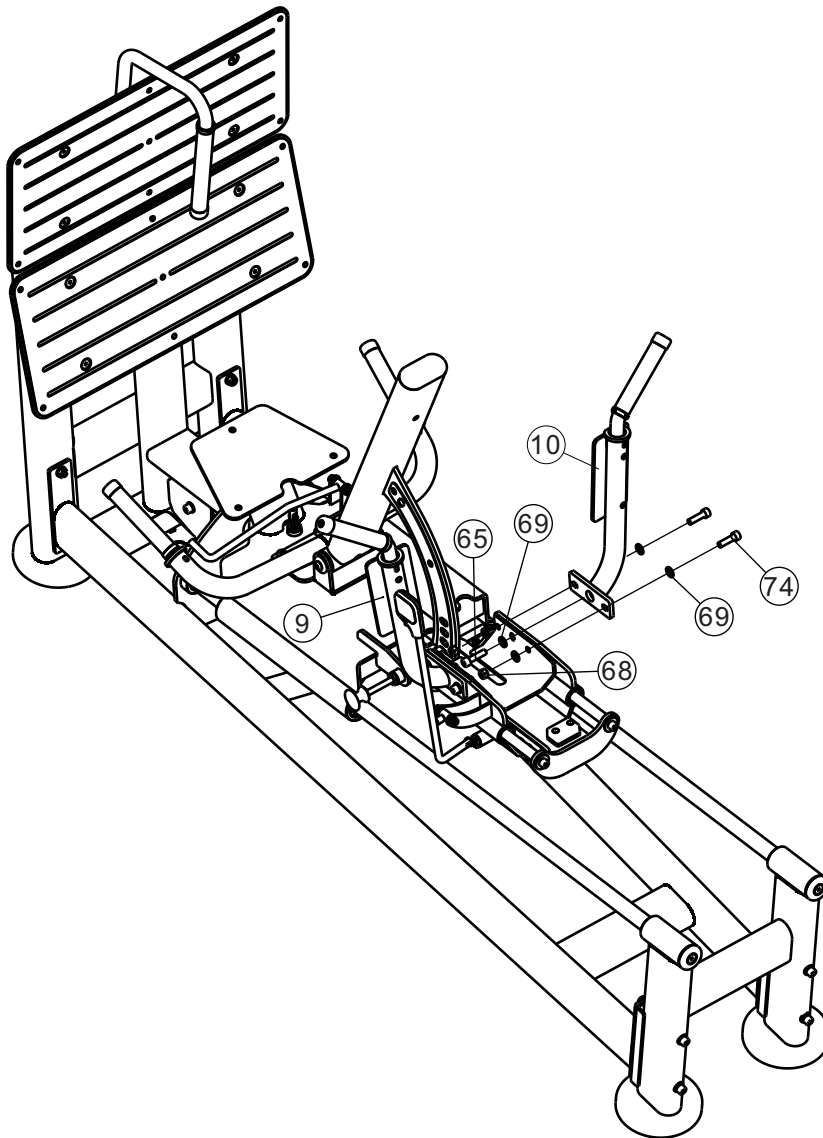
Item No	Description	QTY	Item No	Description	QTY
2	Main Frame	1	68	Nylon Lock Nut M10	4
3	Pedal Frame	1	69	Flat Washer $\phi 11 \times \phi 20 \times 2$	10
60	Hex Head Screw M10*75	4	76	Spring Washer $\phi 10$	2
66	Hex Head Screw M10*80	2			



Assembly

Step 2

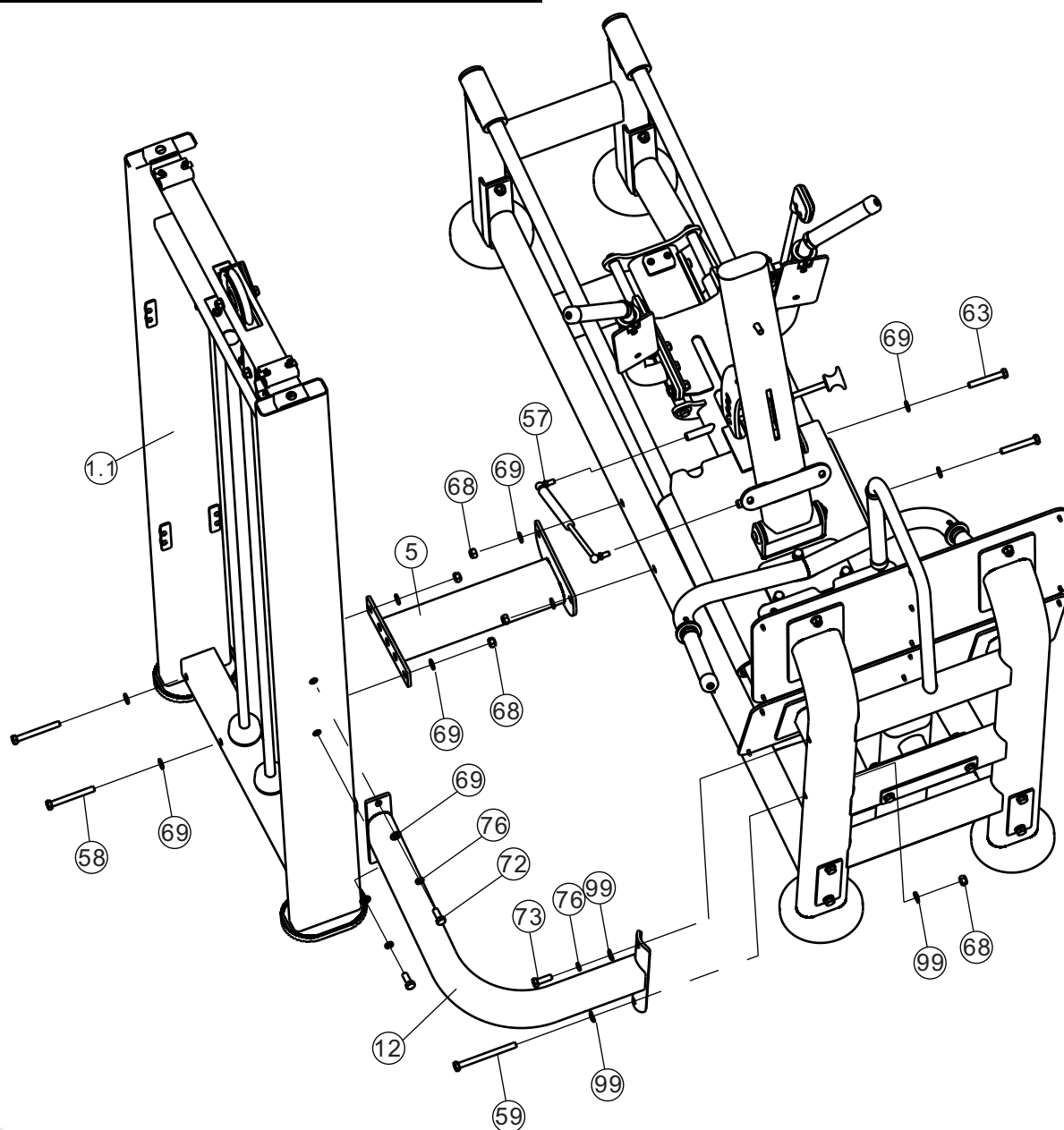
Item No	Description	QTY	Item No	Description	QTY
9	Left Shoulder Cushion Frame	1	68	Nylon Lock Nut M10	4
10	Right Shoulder Cushion Frame	1	69	Flat Washer $\phi 11 \times \phi 20 \times 2$	10
65	Hex Head Screw M10*40	2	74	Hex Head Screw M10*35	4



Assembly

Step 3

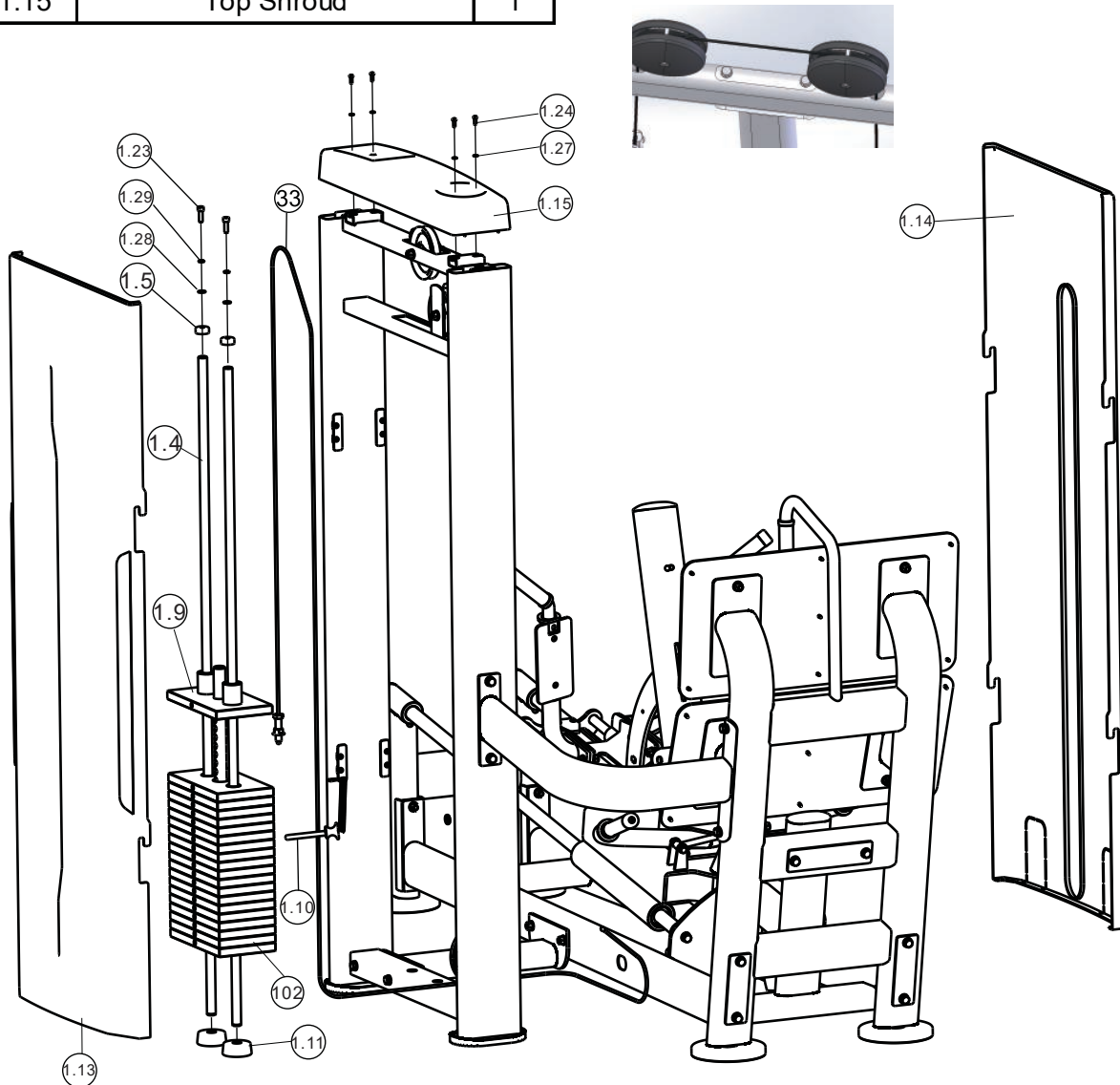
Item No	Description	QTY	Item No	Description	QTY
1.1	Weight Stack Frame	1	68	Nylon Lock Nut M10	5
5	Connecting Frame	1	69	Flat Washer $\phi 11 \times \phi 20 \times 2$	10
12	Connecting Frame	1	72	Hex Head Screw M10*25	2
57	Air Spring	1	73	Hex Head Screw M10*30	1
58	Hex Head Screw M10*90	2	76	Spring Washer $\phi 10$	3
59	Hex Head Screw M10*120	1	99	Arc Washer $\phi 10$	3
63	Hex Head Screw M10*70	2			



Assembly

Step 4

Item No	Description	QTY	Item No	Description	QTY
1.4	Guide Rod	2	1.23	Socket Head Cap Screw M8*25	2
1.5	Mount Sleeve	2	1.24	CrossPanHeadScrewsM5×15	4
1.9	Weight Plate	1	1.27	Flat Washer $\phi 5.5 \times \phi 10 \times 1$	4
1.10	Selector PinW/Coil	1	1.28	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2
1.11	Rubber Bumper	2	1.29	Spring Washer $\phi 8$	2
1.13	Front Shroud	1	33	Cable Assembly	1
1.14	Rear Shroud	1	102	Weight Plate	24
1.15	Top Shroud	1			

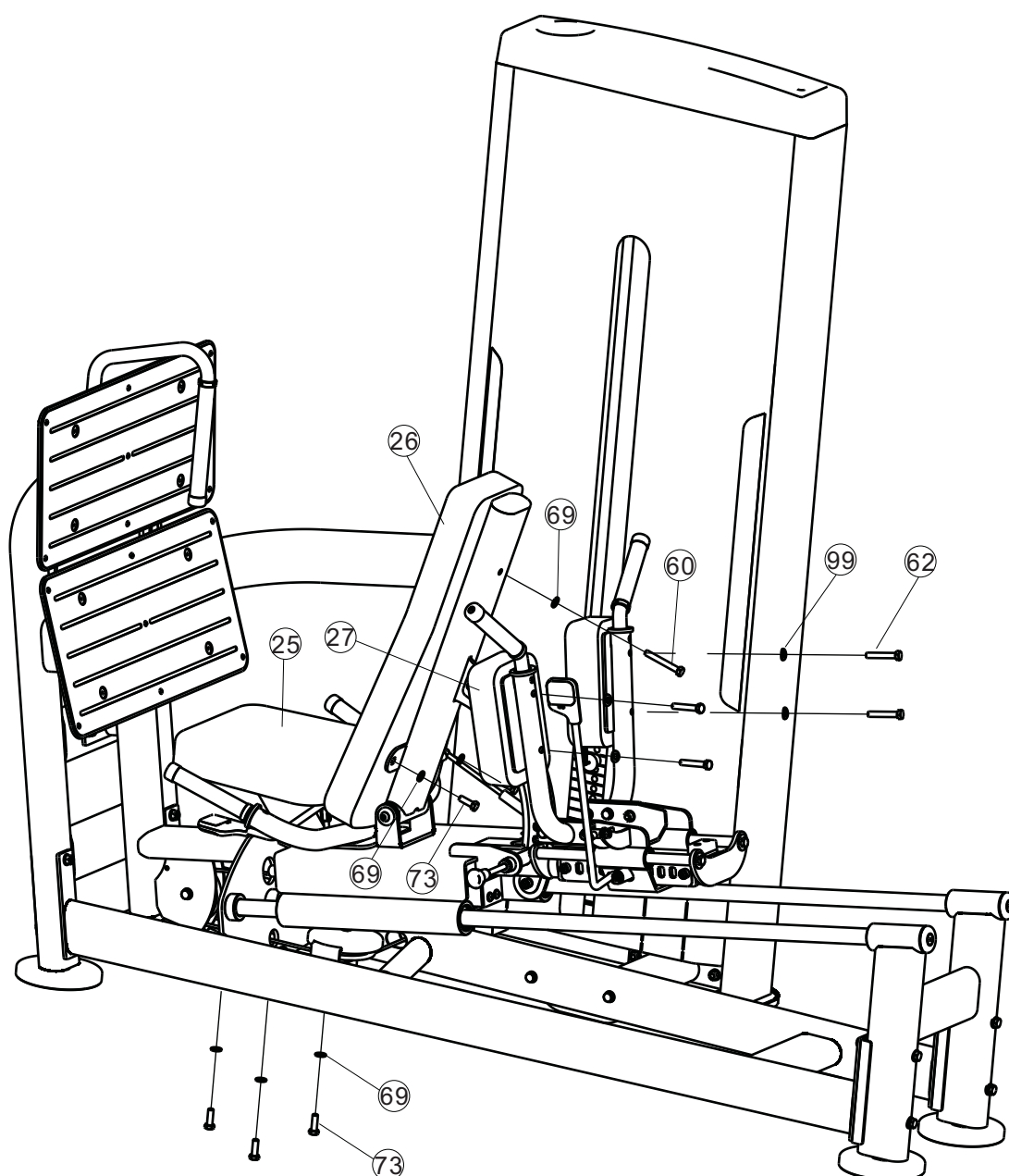


When installing the steel cable, the customer needs to avoid passing above the baffle and under the baffle as shown in the picture to avoid breakage.

Assembly

Step 5

Item No	Description	QTY	Item No	Description	QTY
25	Seat Cushion	1	62	Hex Head Screw M10*60	4
26	Back Cushion	1	69	Flat Washer $\phi 11 \times \phi 20 \times 2$	6
27	Shoulder Cushion	2	73	Hex Head Screw M10*30	5
60	Hex Head Screw M10*75	1	99	Arc Washer $\phi 10$	4



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 properly.

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 bolt 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.