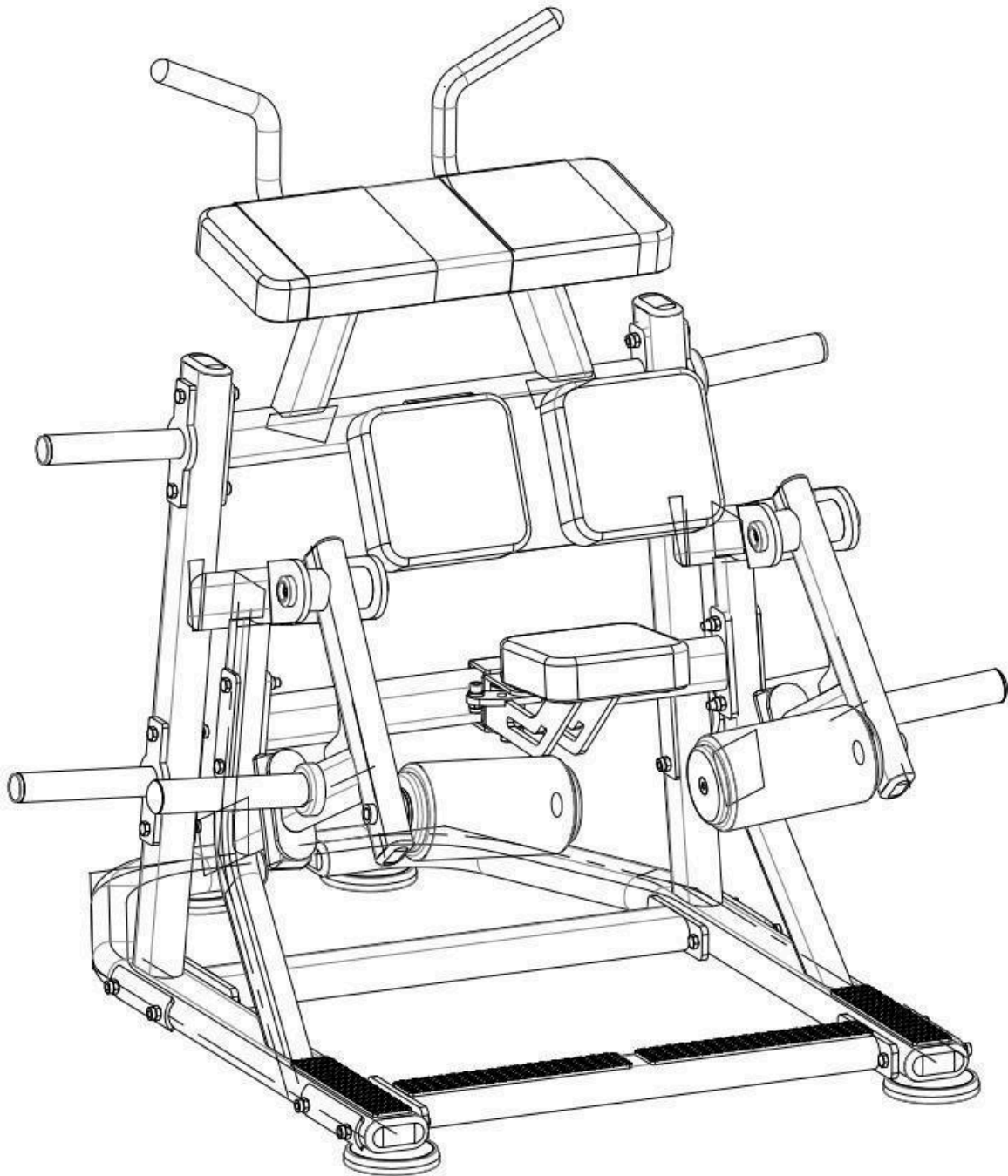

Pro Strength Kneeling Leg Curl

PL-PS-KLC



Installation Manual

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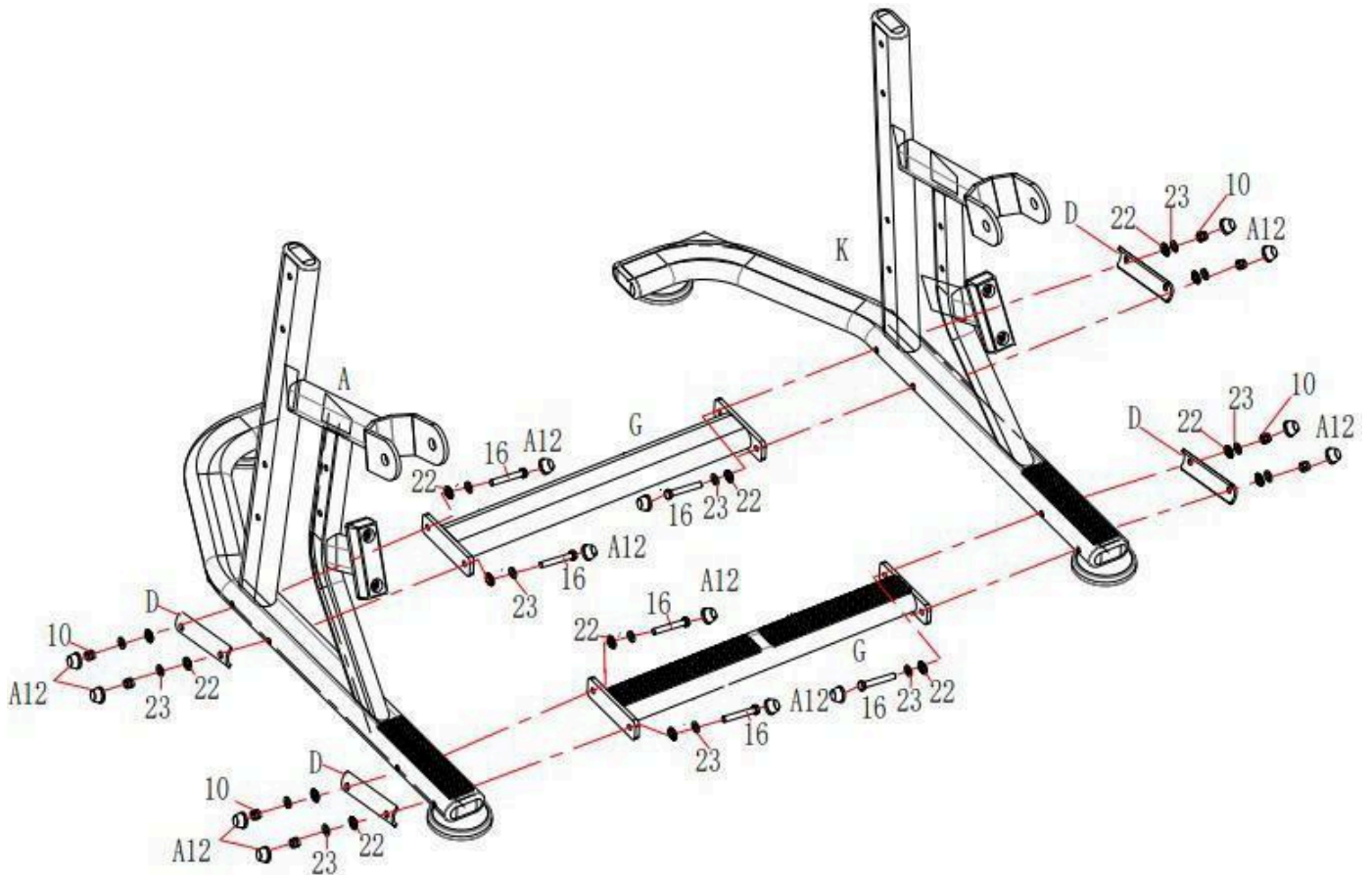
01、 Safety Instructions:

Thank you for purchasing our products. Correct use of trainers is a guarantee of your safety and convenience. Please read the following carefully before using trainers:

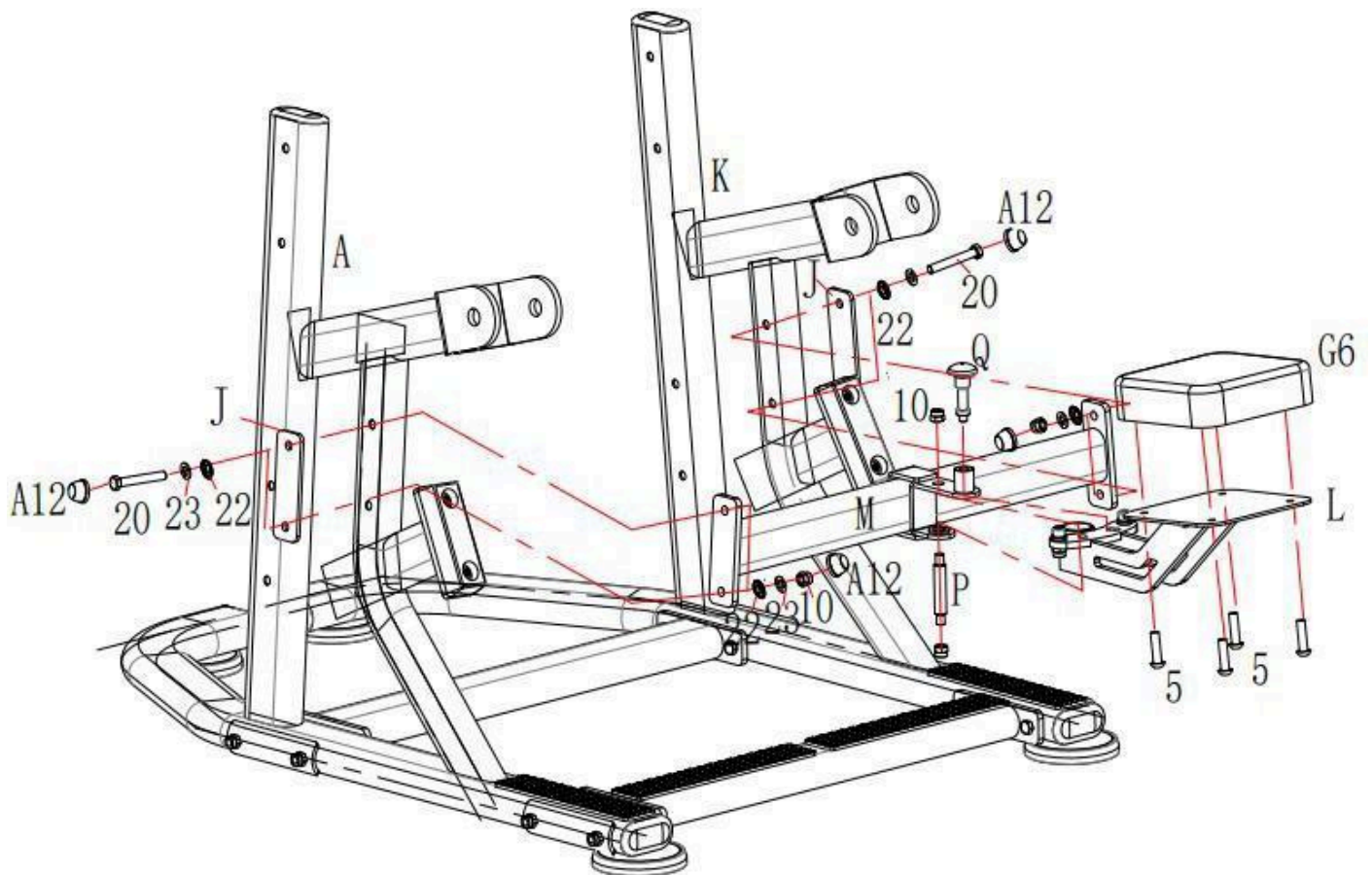
1. Please read all instructions carefully before using the product and use the product in strict accordance with the instructions in the manual. Keep this manual for the whole life of the product.
2. The product owner should ensure that all product users are aware of all usage considerations.
3. Use this machine should keep the indoor air fresh, circulation, and ensure that there is enough space for activities.
4. It is the user's responsibility to ensure the good maintenance of the equipment. After installing the product and before each use, check that the fixtures are tightened and no excess parts are found. Check the condition of easily worn parts regularly.
5. In case of damage to your equipment, please immediately contact the dealer and after-sales service department of the company to replace all worn or defective parts. Do not use the equipment before it is completely repaired.
6. Please wear appropriate sports clothes and sneakers before use. Do not wear skirts and jewelry.
7. Please warm up before using this machine for exercise.
8. If you feel dizziness, pain, vomiting and other abnormal symptoms, please stop exercising immediately and consult your doctor.
9. Children should use the machine for selective training under the supervision of adults.
10. Warning: keep your hands and feet away from the moving parts
11. Warning: do not exceed the adjustment range.
12. Warning: keep children and pets away from the machine.
13. Warning: Any adjustment device must be in place when in use.
14. Warning: Please use the machine in the correct way. Exercising with incorrect or unattainable functions of the machine may cause harm to your health.
15. It is recommended to use the equipment only in the supervised area.

02. Assembly Steps

STEP 1:



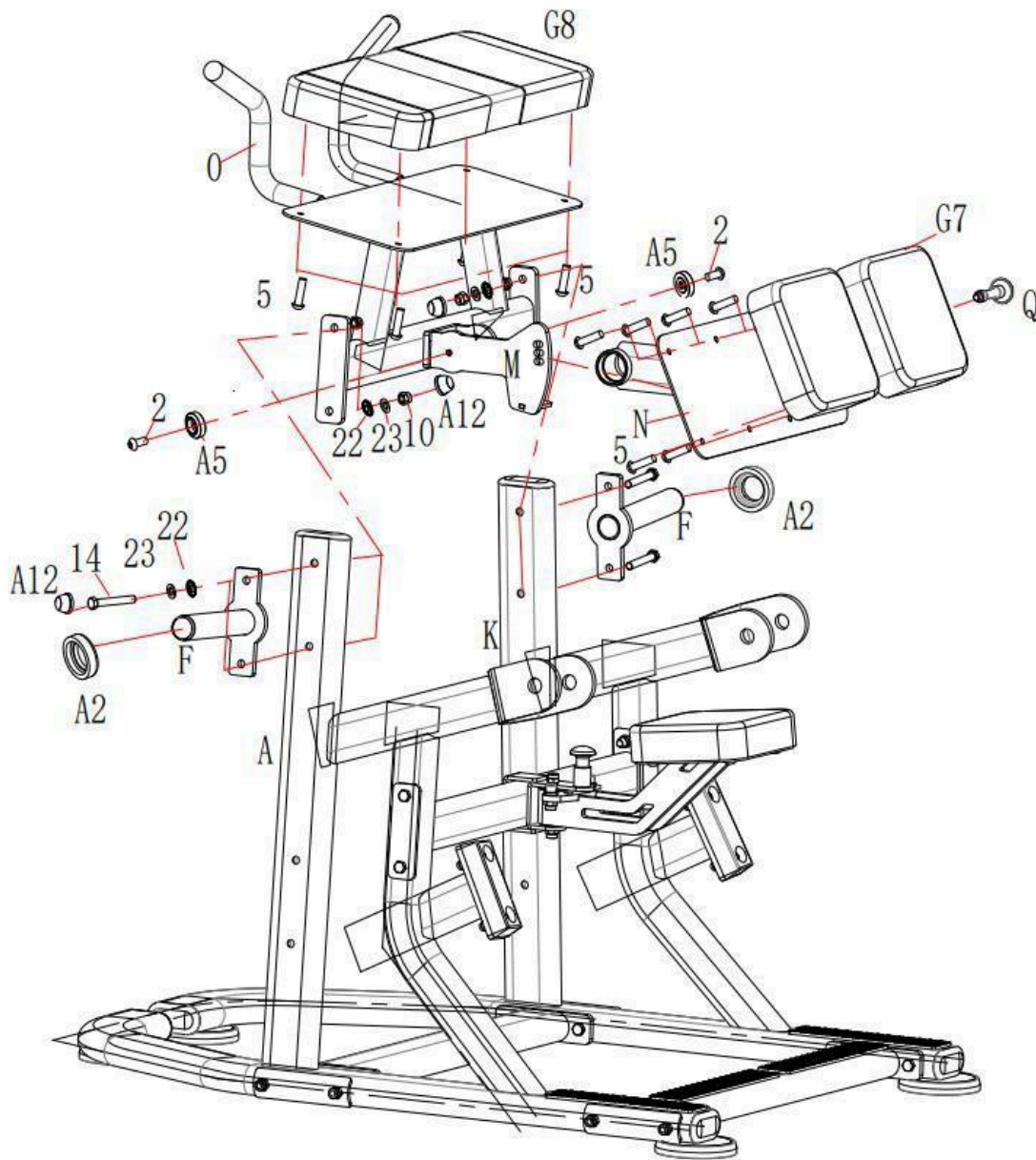
Attach the two ends of middle lower connection frame(#G) to the left side frame(#A) and right side frame(#K) respectively,using 8pcs M12 × 135mm Hex bolts(#16),16pcs Φ 12 washer(#23),16pcs Φ 12 drum washer(#22) and 4pcs C-shaped brackets(#D).Then use screw caps(#A12) to cover the two ends of M12×135mm hex bolts(#16)



A) Attach the two ends of middle connection frame(#M) to the left side frame(#A) and right side frame(#K),using 4pcs M12 × 75mm Hex bolts(#20),8pcs washer(#23),8pcs drum washer(#22),4pcs aircraft nuts(#10) and 2pcs flat washer(#J) and then cover the two ends of M12×75mm hex bolts(#20) with screw caps(#A12).

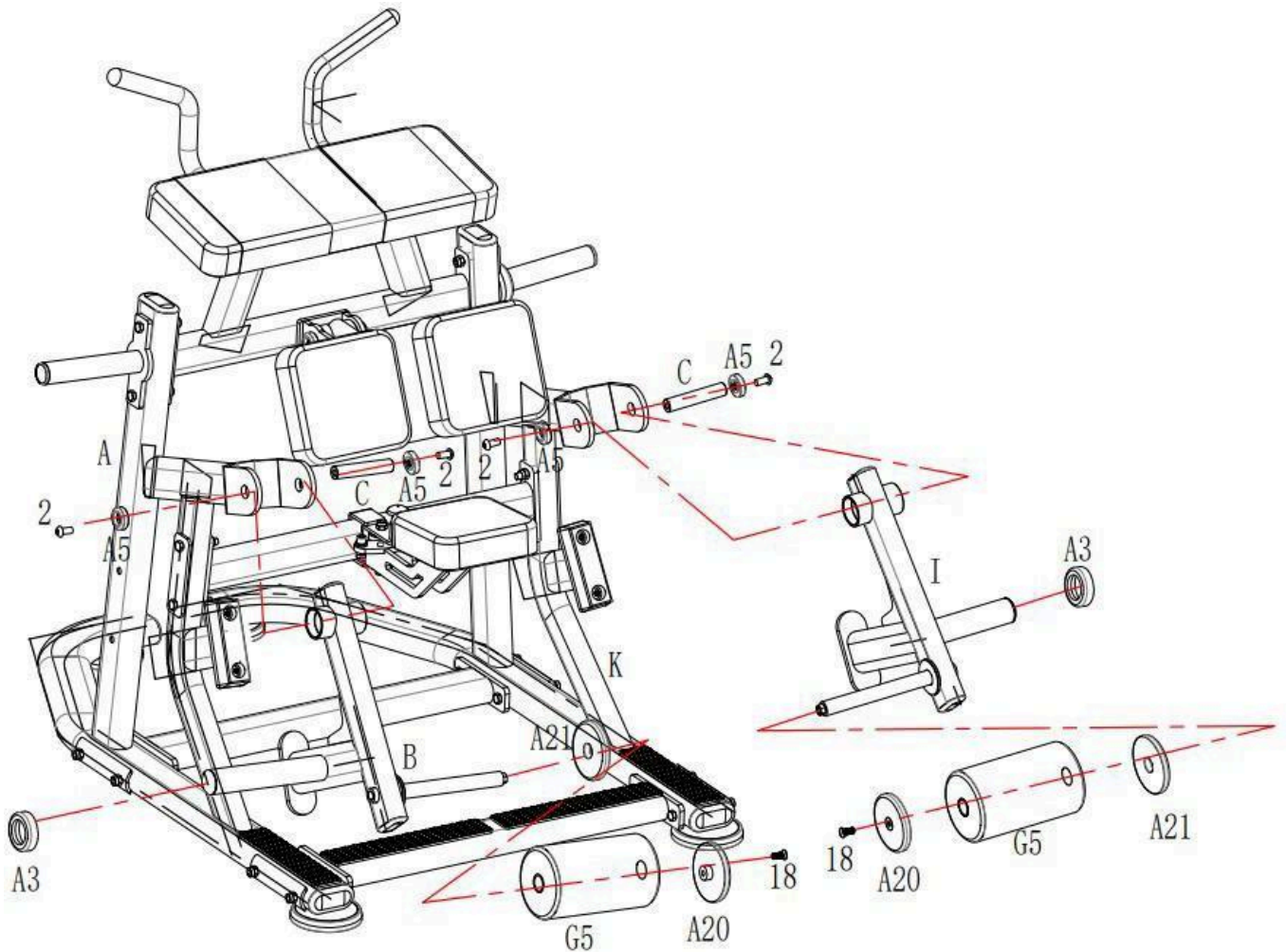
B) Attach the knee pad fixing group(#L) to the middle connection frame(#M) using 1pc knee pad axle(#P) and 2pcs aircraft nuts(#10).Then lock it with short lock pin(#Q).

C) Attach knee pad(#G6) onto the knee pad fixing group(#L) using 4pcs Hexagon Socket Head Bolt(#5).



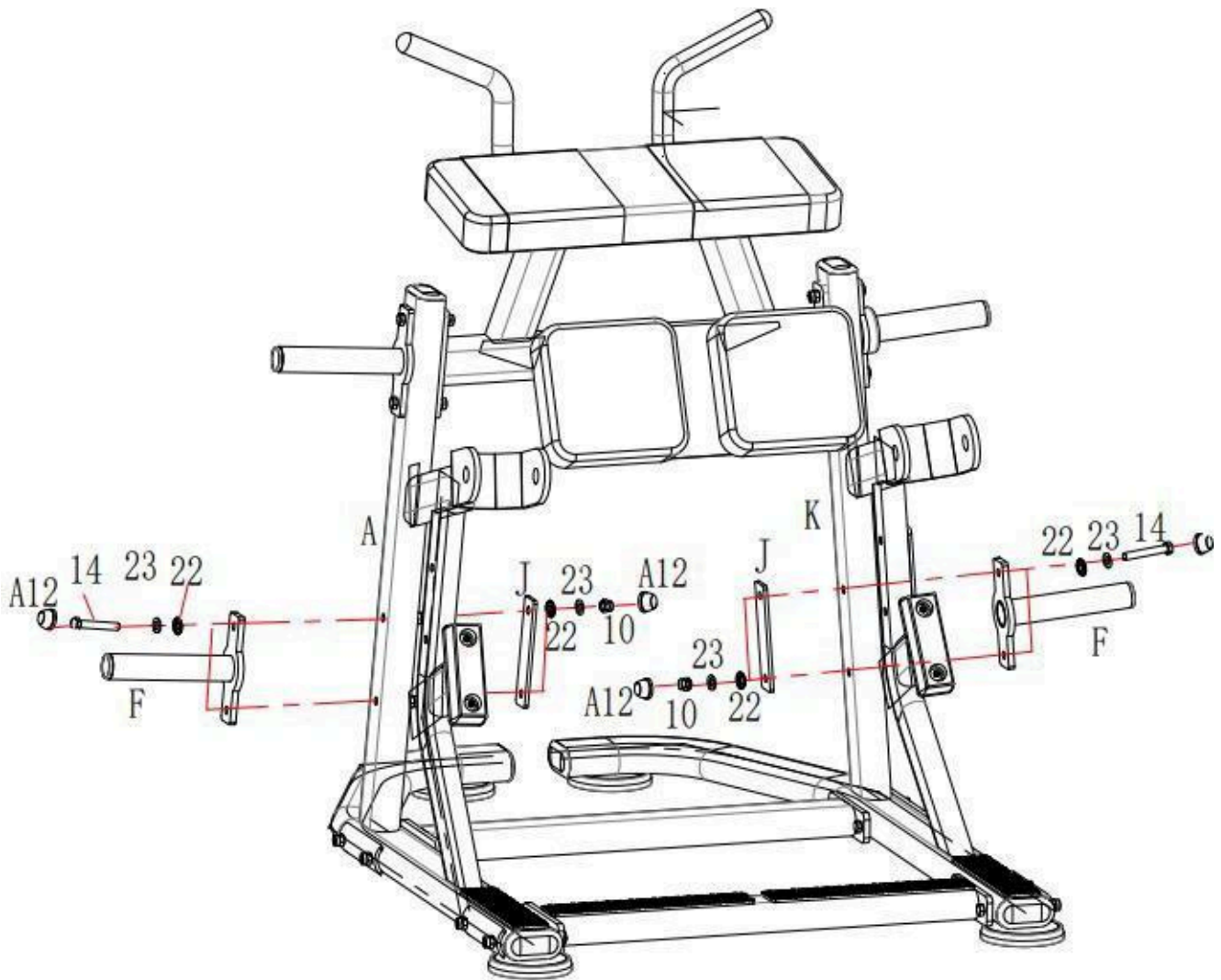
- A) Attach two pcs weight plate holders(#F) and middle connection group(#M) onto the left side frame(#A) and right side frame(#K),using 4pcs M12 × 85mm hex bolts(#14) , 8pcs Φ 12 washer(#23),8pcs Φ12 drum washer(#22) and 4pcs aircraft nuts(#10).Then use screw caps(#A12) to cover the two ends of M12×85mm(#14) hex bolts and then insert round rubber bumper(#A2) onto the weight plate holder(#F) from both ends.
- B) Attach the leg pad(#G7) and arm curl pad(#G8) onto the middle connection group(#M) and leg block group(#N) using 12pcs M8×40mm Hexagon Socket Head Bolts(#5).

STEP 4:



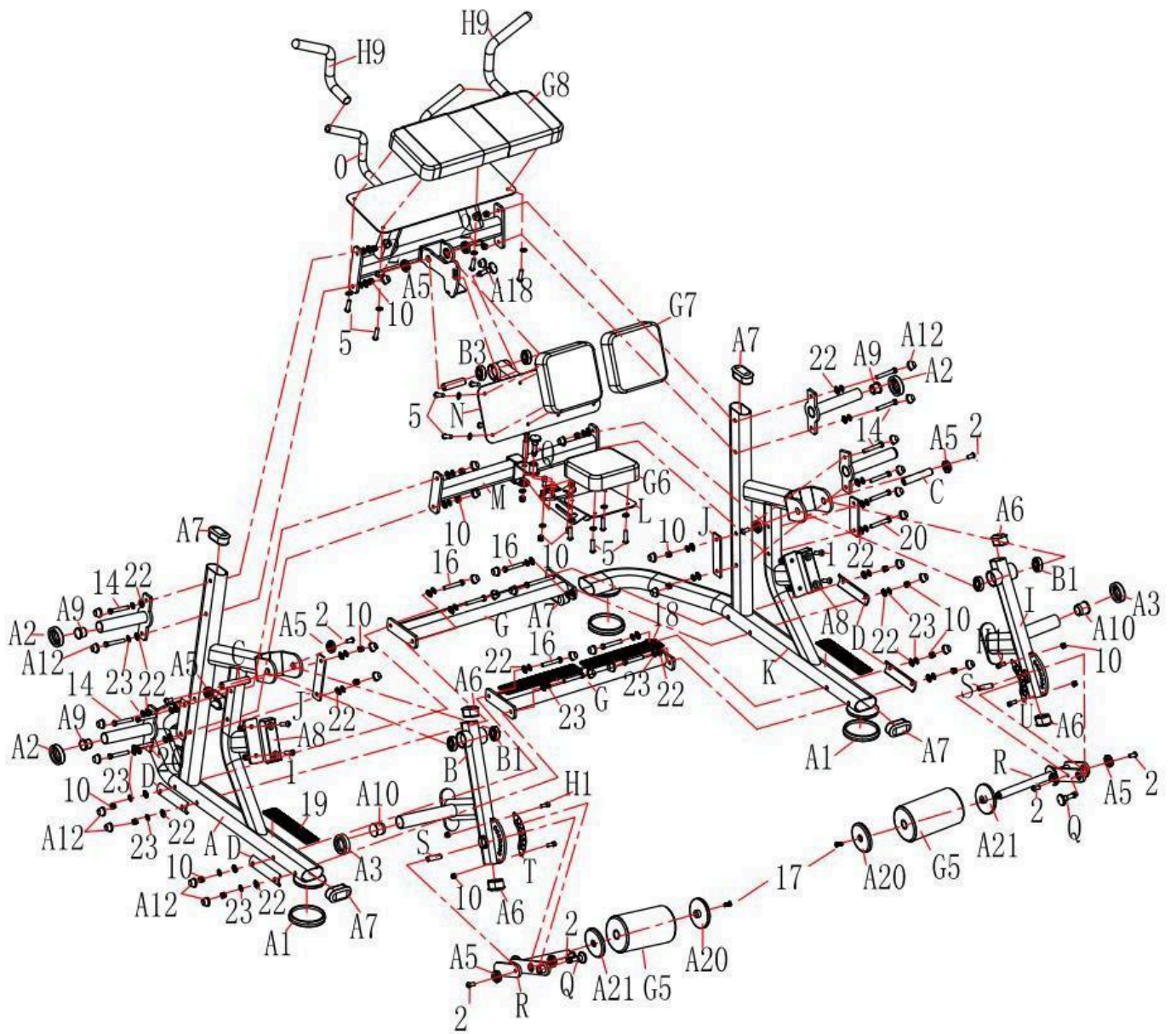
- A) Attach left action frame(#B) and right action frame(#I) to the left side frame(#A) and right side frame(#K) respectively using 4pcs M12 × 25mm Hexagon Socket Head Bolt(#2),4pcs Shaft End Washer(#A5) and 2pcs Axle(#C).Then attach the round rubber bumper(#A3) to the left action frame(#B) and right action frame(#I) respectively.
- B) Attach two pcs foam rolls(#G5),2pcs foam roll front cover(#A20),2pcs foam roll rear cover(#A21) to the left action frame(#B) and right action frame(#I) respectively using 2pcs M12 × 30mm Hexagon Socket Flat Head Sunk Bolt(#18)

STEP 5:



Attach weight plate holder(#F) to the left side frame(#A) and right side frame(#K) respectively using 4pcs M12×85mm hex bolts(#14),8pcs Φ 12 washer(#23),8pcs Φ 12 drum washer(#22) and 4pcs aircraft nuts(#10).Then use screw caps(#A12) to cover M12×85mm Hex bolts(#14).

Exploded Diagram



Assembly Checklist			
Part #	Description	Specification	QTY
A	Left Vertical Frame Group	Weldment	1
B	Left Arm Group	Weldment	1
C	Axle	Parts	2
D	C-shape bracket	Parts	4
E	Connecting bracing plate	Parts	2
F	Weight plate holder	Weldment	4
G	Middle below connection group	Weldment	2
H	Long Pin	Parts	1
I	Right Arm Group	Weldment	1
J	Weight plate holder plate	Parts	4
K	Right Vertical Frame Group	Weldment	1
L	Kneel Pad Fixing Group	Weldment	1
M	Middle connection group	Weldment	1
N	Leg Block Group	Weldment	1
O	Arm Curl Pad Fixing Group	Weldment	1
P	Kneel pad axle	Parts	1
Q	Short Pin	Parts	3
R	Foam adjustment Group	Weldment	2
S	Foam adjustment axle	Φ17*60	2
T	Right Adjustment Plate	1551*97*T3	1
U	Left adjustment plate	1551*97*T3	1
20	Hex Bolt	M12*75	4
H1	Socket Head Hexagon Bolt	M12*25	4
A2	Round Cushion	Φ75*Φ42.5*20	4
A3	Round Cushion	Φ75*Φ48.5*20	4
A10	End Cap	Φ48*50	4
A6	End Cap	40*80*35	4
A7	End Cap	50*100*35	6
A5	Shaft End Washer	Φ43.5*14.5	10
B1	Outer Spherical Sleeve	UR205	4

	Bearing		
A1	Foot	Φ116.5*20	4
H9	Handle Grip	Φ32*Φ28*423	2
2	Hexagon Socket Head Bolt	M12*25	12
A8	Cushion	166*58*30	2

1	Hexagon Socket Head Bolt	M12*40	4
B2	Deep Groove Ball Bearing	6203	2
B3	Deep Groove Ball Bearing	6205	2
10	Hex Aircraft Nut	M12	26
14	Hex Bolt	M12*85	8
16	Hex Bolt	M12*135	8
A12	Screw Cap	M12	40
22	Drum Washer	Φ12	52
23	Flat Washer	Φ12	56
A18	Pin Cap	Φ42*34*M8	4
C3	Press Spring	Φ17*31	2
A9	End Cap	Φ40*30	4
18	Hexagon Socket Flat Head Sunk Bolt	M12*30	2
G6	Kneel Pad	220*200*60	1
G5	Foam	Φ140*231	2
I8	Foot	350*60*5	2
I9	Foot	280*60*5	2
A20	Front Foam End Cap	Φ140*14	2
A21	Rear Foam End Cap	Φ140*14	2
G7	Leg Pad	230*235*60	2
G8	Arm Curl Pad	260*650*60	1
5	Hexagon Socket Head Bolt	M8*40	16

03/Product Description

This equipment is for indoor use, in order to improve your cardio and muscles. It trains your chest muscles and others.

You can choose the stack weight in order to get the weights or resistance you need. You can read the placards in order to use the equipment properly.

The equipment is designed and produced according to human engineering, which can assure the safety and durability.

The equipment is designed and produced according to human engineering, strictly under GB17498.1-2008 GB17498.2-2008 standard.

The equipment is made of steel and of powder coating process, which assure the safety and durability.

04/Production Specification:

Name	Knee Bending Trainer	Model	J500-08
Assembly Dimension	1380*1450*1300	Weight Stack	Free Weight
Net Weight	123.5KG	Grade	S
Category : type S ; professional/commercial use type H; home use			

05/Maintenance

1. Please check all the screws regularly.
2. Keep the equipment clean. Do not use strong solvent.
3. If weighted spare parts abrasion or broken, please change it at once