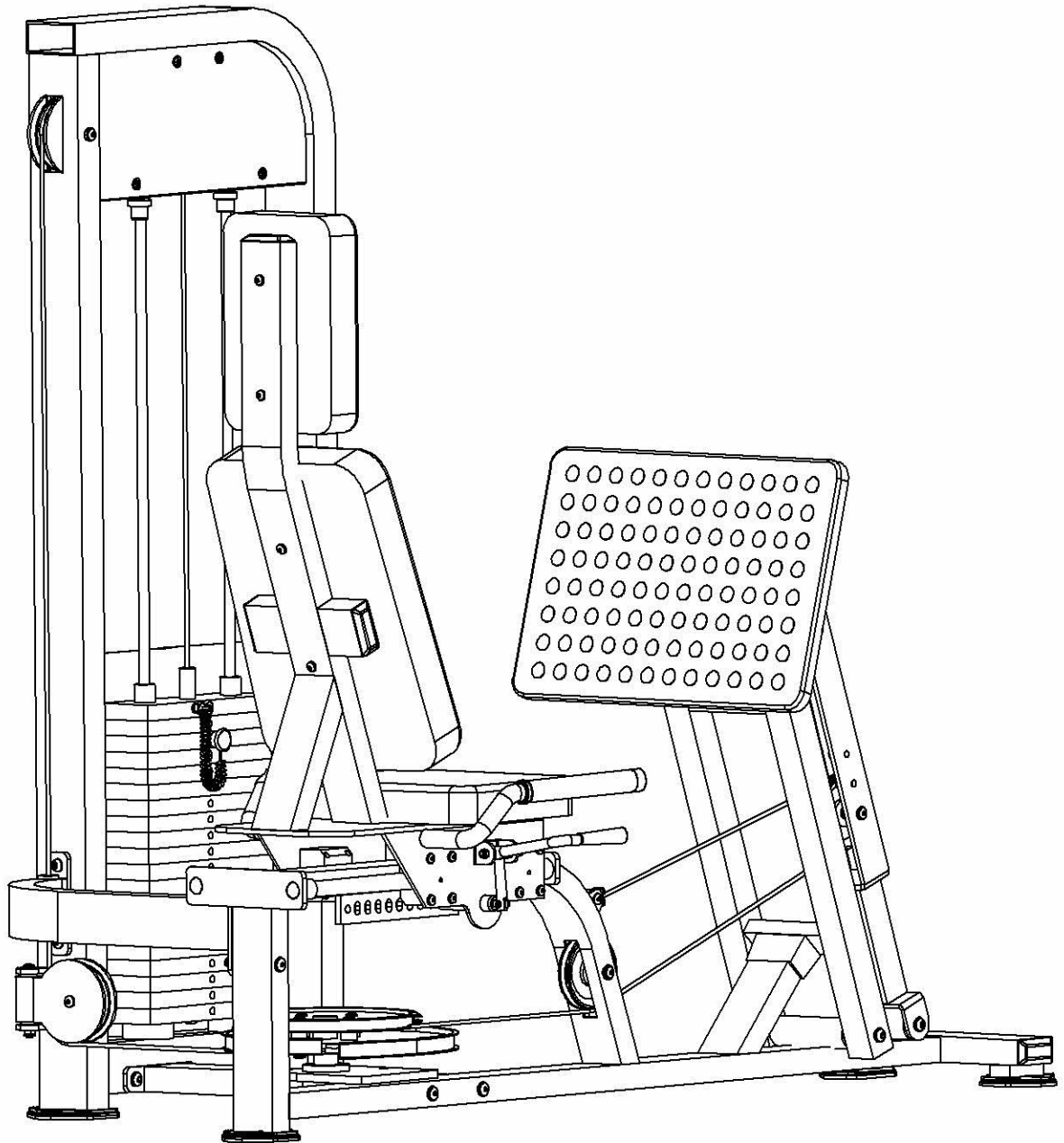


ASSEMBLY INSTRUCTION



PF-1009
Leg press/calf raise

Contents

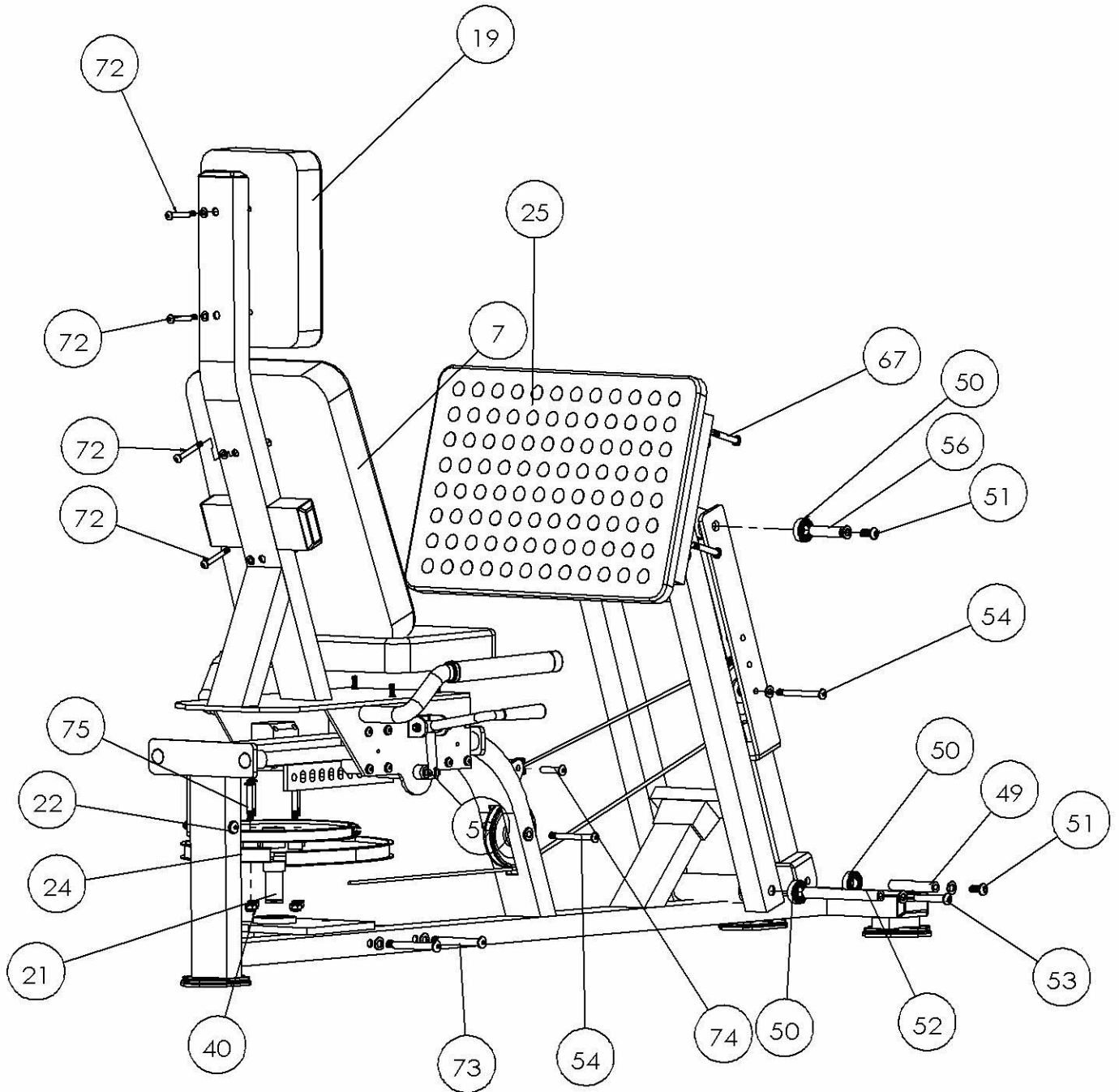
PARTS LIST	Page 3
Side Frame Assembly	Page4
Seat Assembly	Page5
Main Frame Assembly	Page6
Weight Stack Assembly	Page7
Image	Page8

Parts List

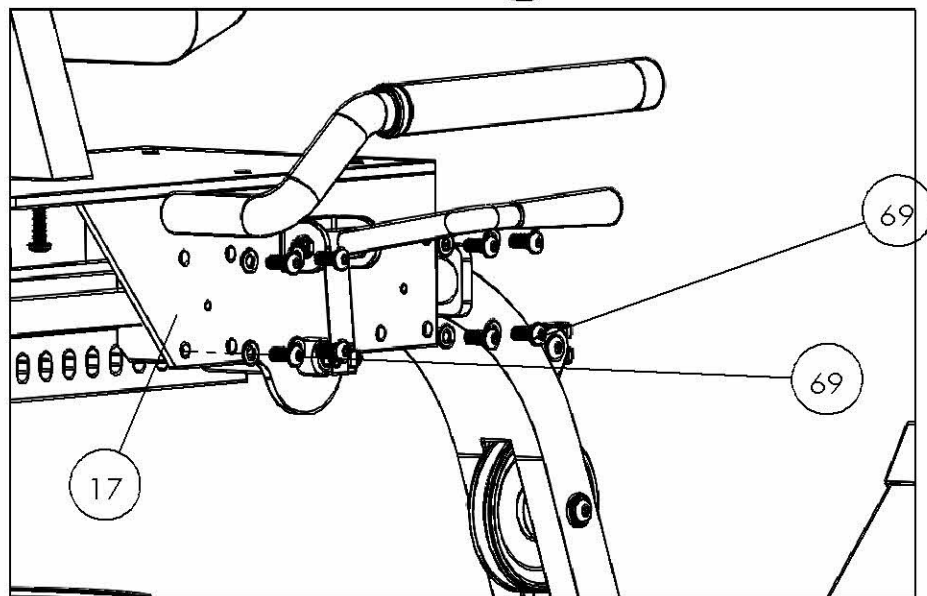
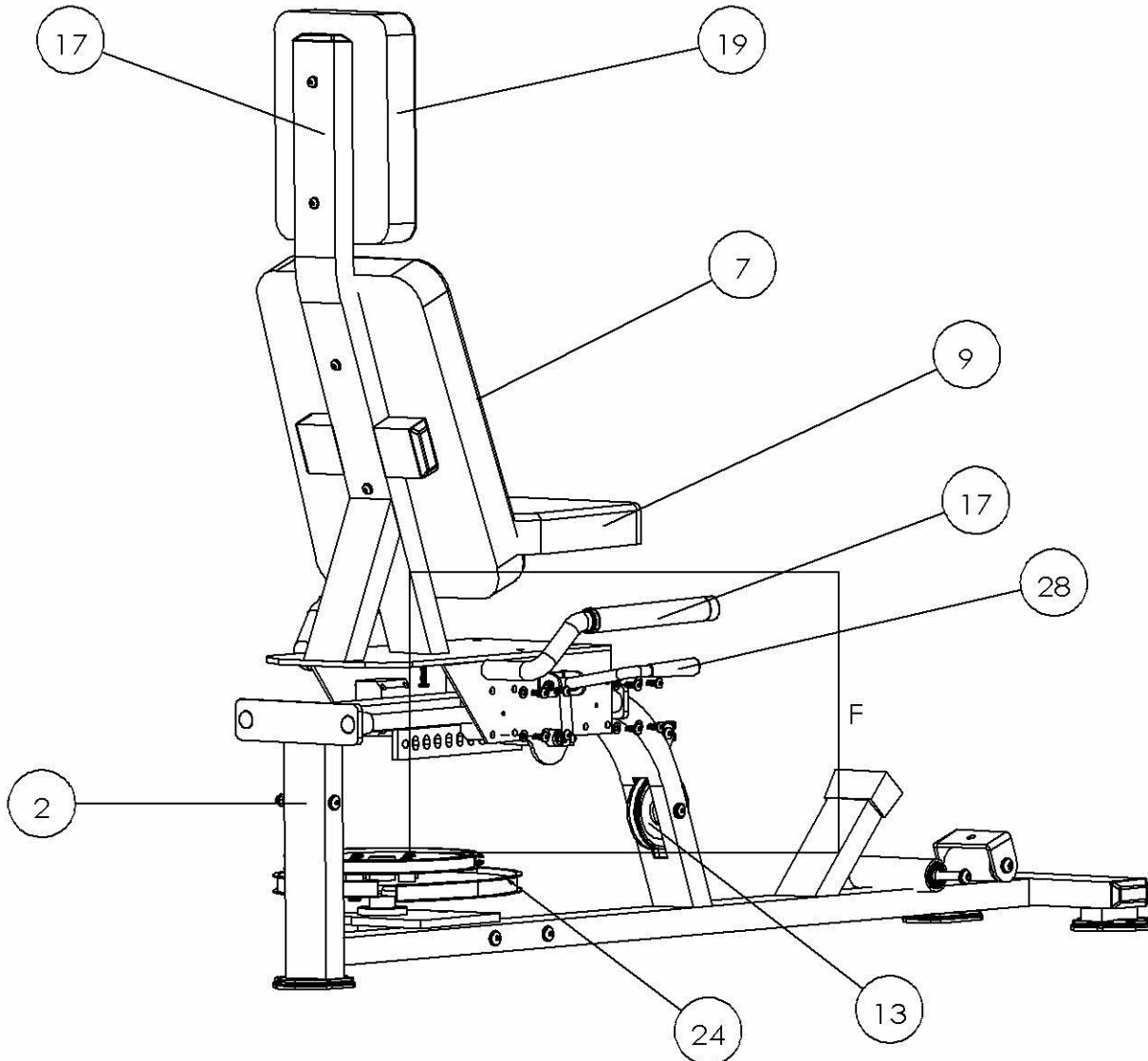
ITEM	Description	QTY
1	Main Frame	1
2	Side Frame	1
7	Assy,Back Cushion	1
8	foot step	1
9	Seat Cushion	1
10	Acrylic Board	1
11	Edgings	1
13	Ø114MM Pulley	5
14	Wire Rope	1
15	Wire Rope	1
16	Bearing	2
17	seat frame	1
18	Bearing Block	4
19	head cushion	1
25	Pubber foot step	1
26	Adjustable Bolt. 235MM	1
27	Handle	1
28	Handle	1
29	Ø25 Copper pads	2
30	Bearing 6003	1
31	Bushing 12MM	2
32	Screw,M10*110	1
33	Rubber Support	1
34	Counter Weight Cushion	2
35	Assy,Weight Plate	1
36	Guide Rod, 1. 39M	2
37	Placard	1
38	Placard	1
39	Screw, M10X50	1
40	Nut, M10	10
41	Screw, M10x120	1
42	Guide Rod Sleeve	2
43	Guide Rod Sleeve Nut	2
44	Screw, M8X55	2
45	Screw, M6X10	8
46	Screw M12*65	2
47	Washer, M12	20

ITEM	Description	QTY
48	Nut, M12	6
49	Axle, 100L	1
50	Bearing 6203	7
51	Screw, M12X25	6
52	Axle, 160L	2
53	Button Head Cap Screw M12*70	4
54	Screw, M10*100	2
55	Washer, M10	10
56	Axle, 70L	1
57	Screw, M8x70	1
58	Nut, M10	1
59	Button Head Cap Screw M6*20	1
60	Nut, M6	1
61	Rectangle Rubber Shoe, 50x100	2
62	Rectangle Shoe, 40x80	2
63	Rectangle Shoe, 50x100	3
64	Rectangle Rubber Shoe, 40x80	3
65	Rectangle Cap 40*80	5
66	Rectangle Cap 50*50	1
67	Screw, M10*65	4
68	Washer, M8	8
69	Screw M8*20	8
70	Grip Ring	2
71	Washer, M8	4
72	Screw M8*65	4
73	Screw M12x110	4
74	Screw, M10*45	2
75	Button Head Cap Screw M10*60	4
76	Big "U" fastener	1
77	Screw, M8x30	4

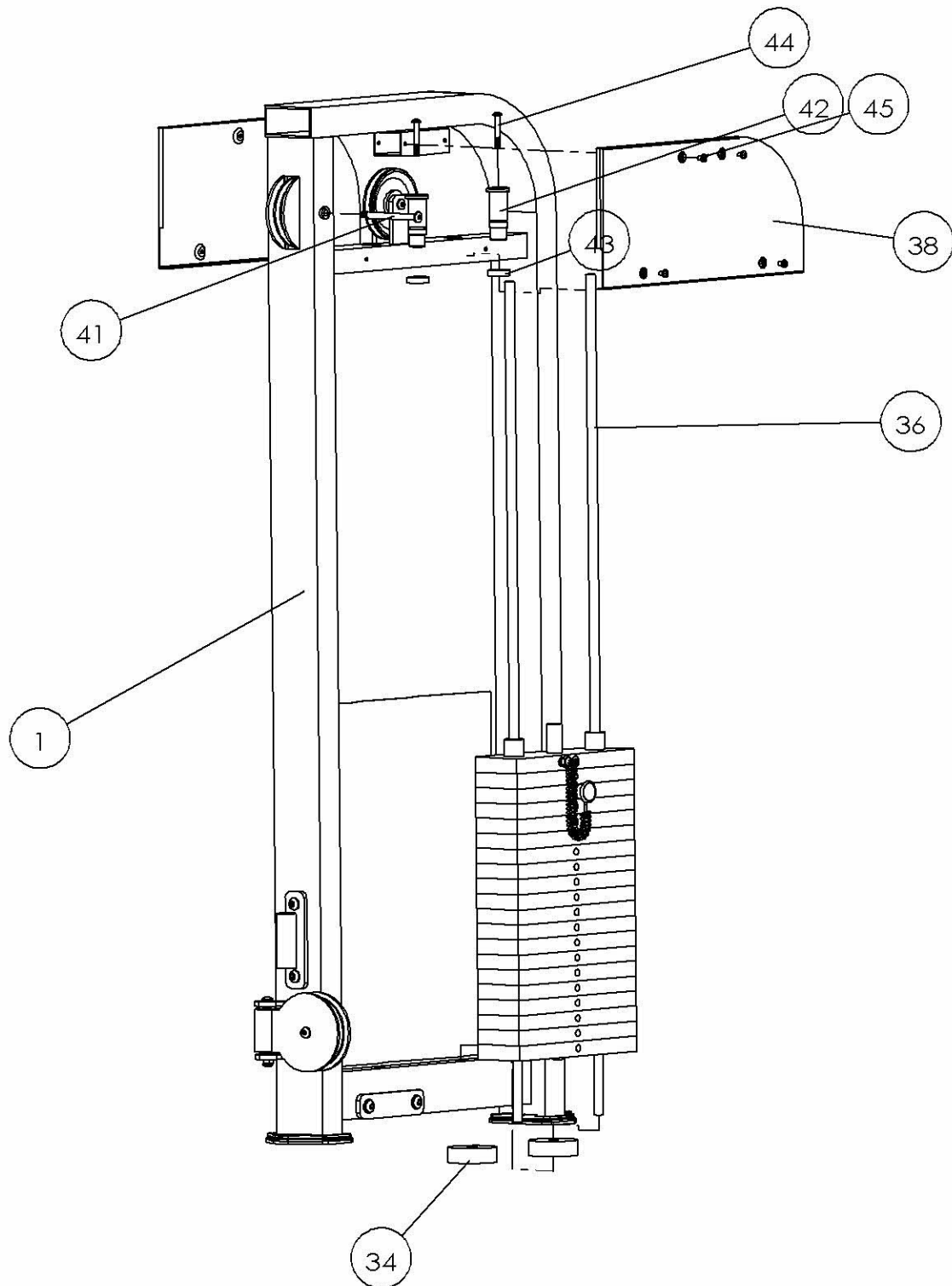
Side Frame Assembly



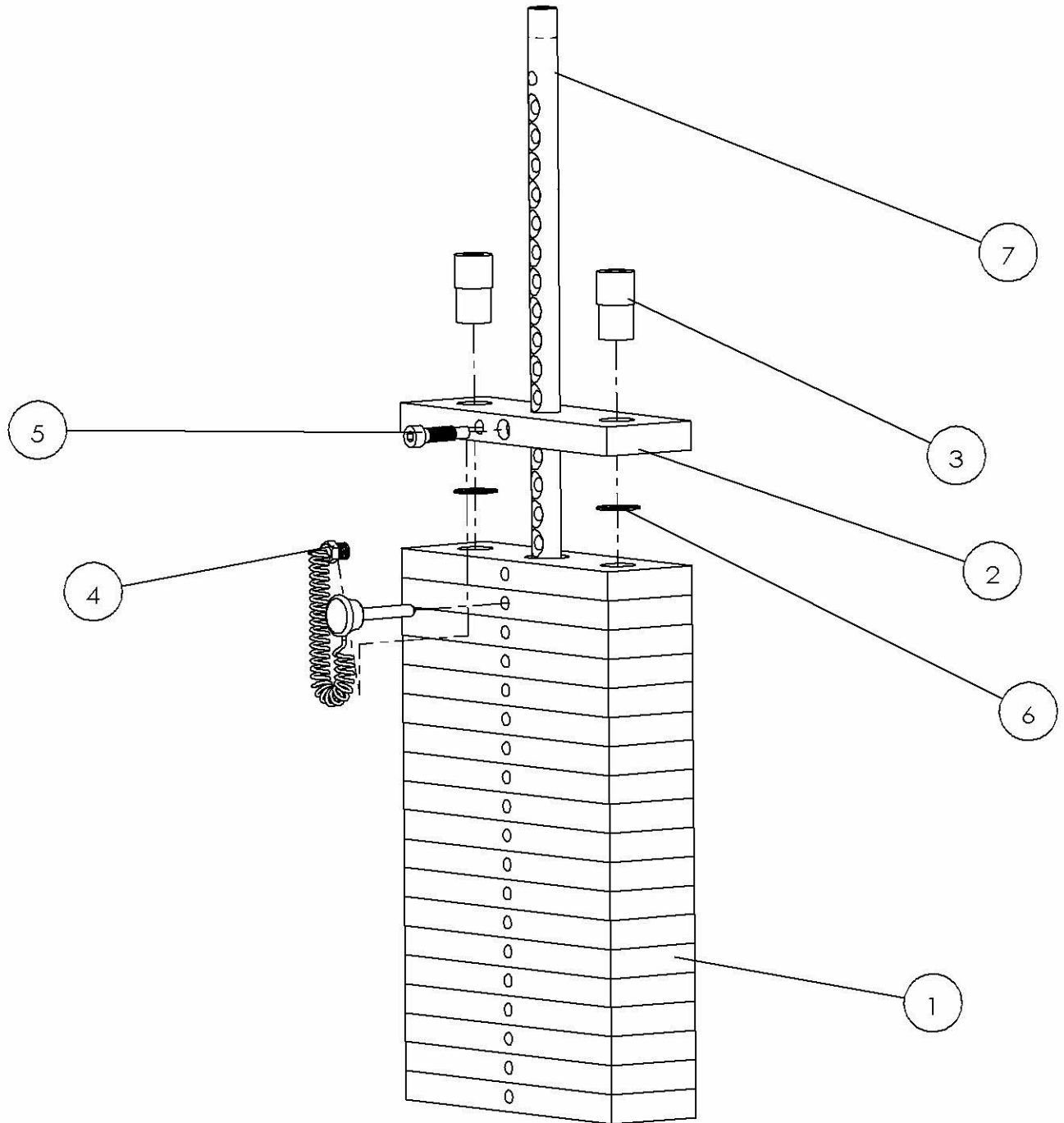
Seat Assembly



Side Frame Assembly



Weight Stack Assembly



ITEM No.	Description	QTY
1	Underside Weight Plate	19
2	Top Weight Plate	1
3	Guide Rod Sleeve	2
4	Adjustable Bolt	1
5	Standing Bolt for The Top Weight Plate	1
6	φ 30 Shaft Clip	2
7	20 Holes Pole	1