



ISO Lateral Kneeling Leg Curl ASSEMBLY INSTRUCTIONS



Please take the time to carefully read the instruction manual before starting the process of assembling your machine. If you have any inquiries or complications, please call us at 662-GYM-BROS, or email us at info@gymbrofitness.com.

Ensure to tighten all nuts and bolts, lubricate any sliding parts, bearings, and moving mechanisms. We also suggest applying Loctite or any kind of thread locking adhesive to anything that does not thread into a Teflon nut. It is also important to ensure that every movement arm is properly aligned prior to frequent use, and that the machine that you are assembling is fully functional.

Tools Required for Installation:
Rubber Mallet
Level
Ratchet and Socket Set
Snap Ring Pliers
Adjustable Wrench
2 People Required

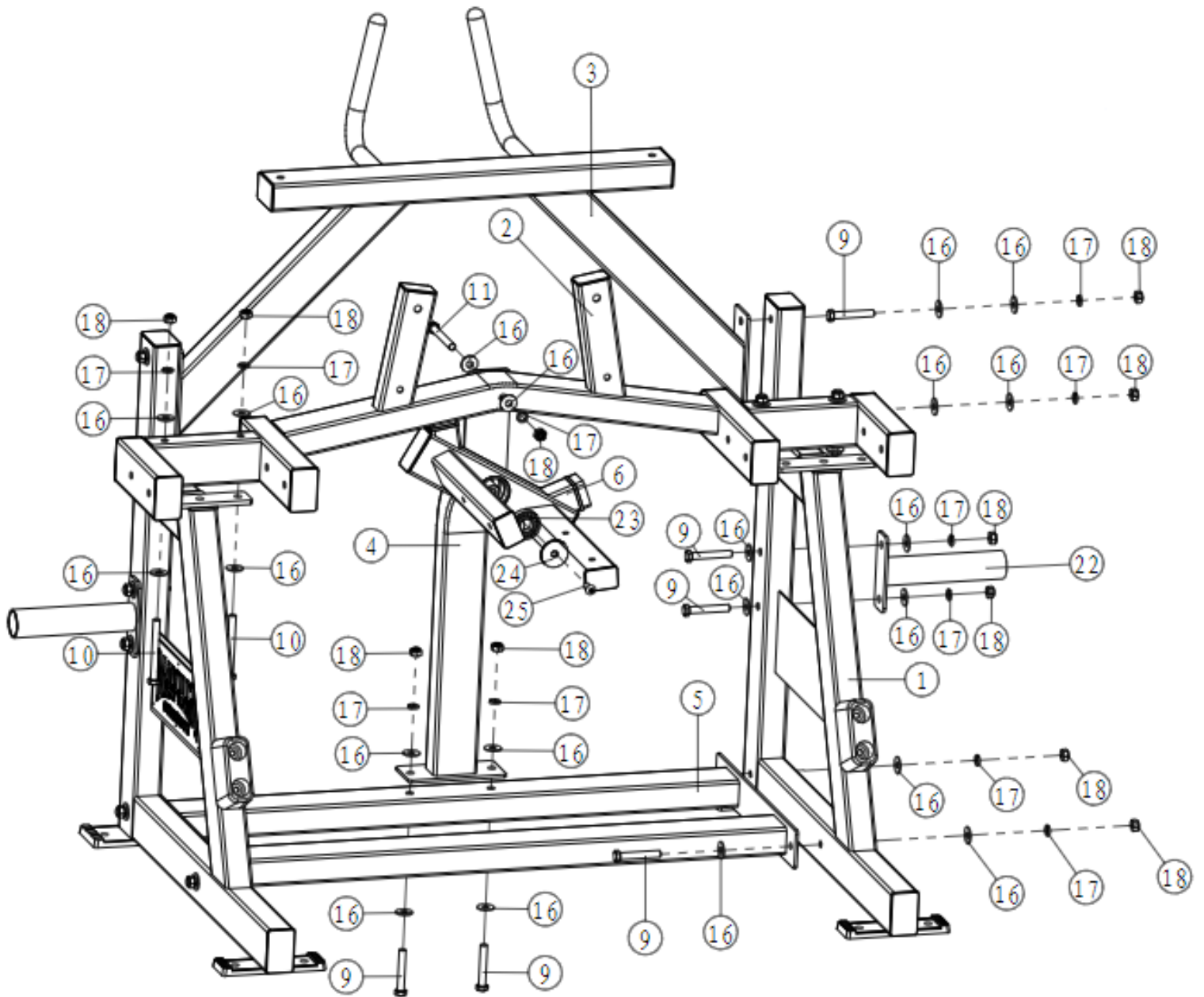
PARTS/HARDWARE LIST

Part Number	Part Description	Quantity
1	Support Upright (1)	1
2	Support (1)	1
3	Cross Assembly (1)	1
4	Support (2)	1
5	Cross Assembly (2)	1
6	Cross Assembly (3)	1
7	Weight Holder	2
8	Support Upright (2)	1
9	Hexagon Head Bolts M12x75	22
10	Hexagon Head Bolts M12x110	4
11	Hexagon Head Bolts M12x105	1
12	Hexagon Head Bolts M12x85	8
13	Hexagon Head Bolts M12x70	2
14	Hexagon Head Bolts M12x65	8
15	Hexagon Socket Head Cap Screws M12x30	2
16	Plain Washers	71
17	Spring Lock Washers	57
18	Hexagon Nuts M12	35
19	Plain Washers	9
20	Bearing	4

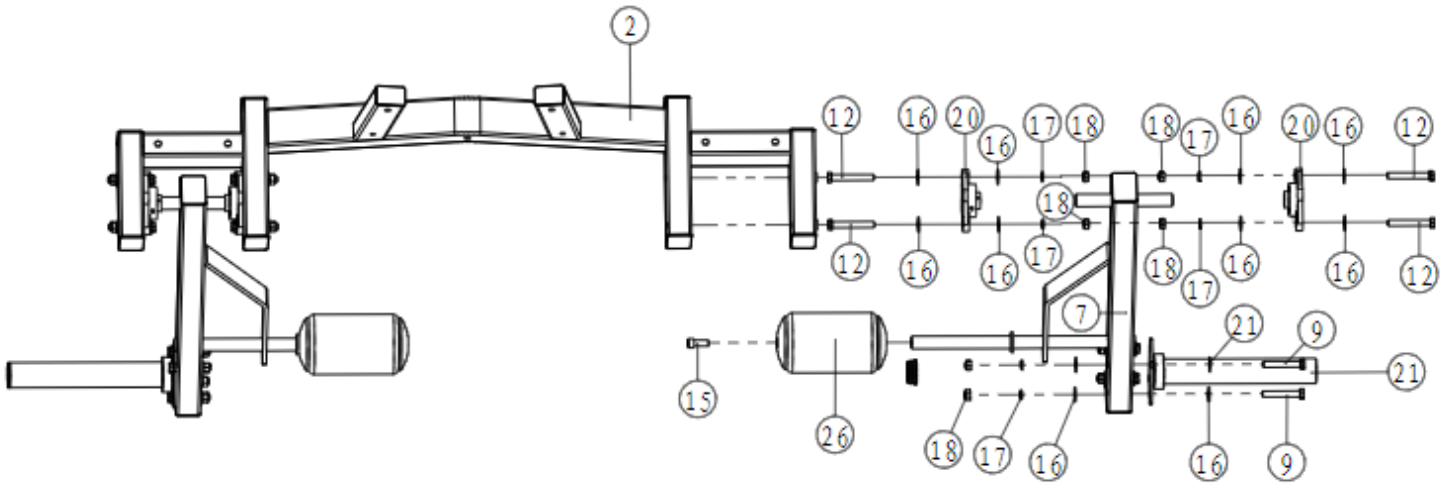
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
21	Weight Holder (1)	2
22	Weight Holder (2)	2
23	Bearing	1
24	Bearing Washers	1
25	Hexagon Socket Head Cap Screws M10x25	1
26	Roller Pad	2
27	Arm Pad Assembly	1
28	Upholstery Knee Pad (1)	2
29	Upholstery Knee Pad (2)	2

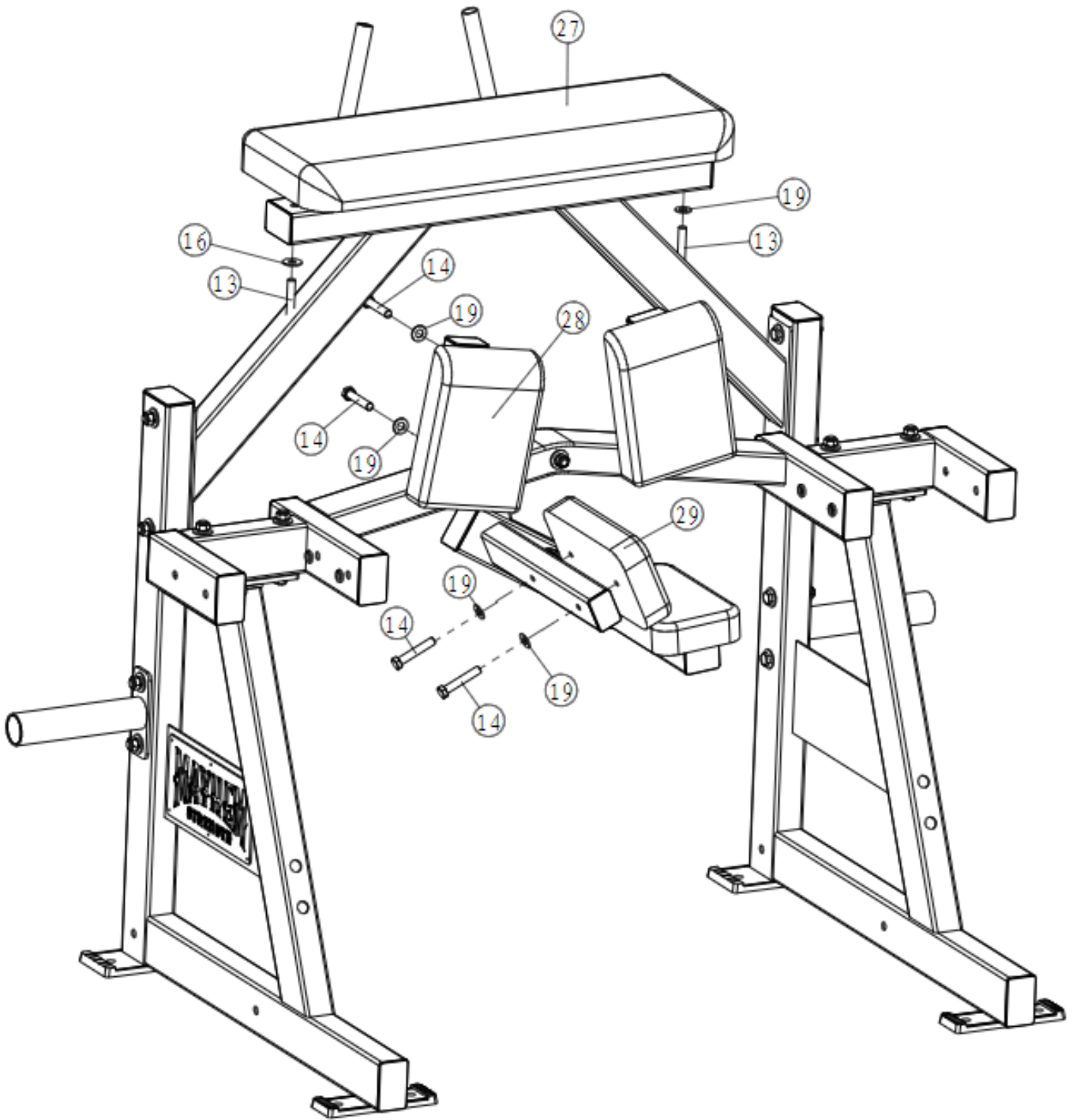
Frame Assembly



Force Arm Assembly



Cushion Installation



Have a question about assembly?



Please contact a Gym Bro Fitness Team Member!

Hours of Operation:

Monday-Friday 9:00am - 5:00pm (PST)

Saturday 9:00am - 3:00pm (PST)

Sunday CLOSED

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Email: info@gymbrofitness.com

Visit Our Website: www.gymbrofitness.com