



Leg Curl Plate Loaded 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
A1	Main Frame	1
A2	Connection Frame	2
A3	Side Frame	1 pair
A4	Arm Support Frame	1
A5	Linkage PC	1 pair
A6	Arm	1 pair
A7	Leg Press Frame	1 pair
A8	Pull Rod	2
1	Armrest	6
2	Backplane Frame	8
3	Footpads	12
4	Hexagon Socket Flat Head Screws M12x70	14
5	Flat Pad (1)	12
6	Flat Pad (2)	2
7	Self Locking Nut M12	2
8	Hexagon Socket Flat Head Screws M12x120	4
9	Hexagon Socket Flat Head Screws M12x80	8
10	Square End Cap	2
11	Deep Groove Ball Bearings	2
12	Sleeve Pad	2

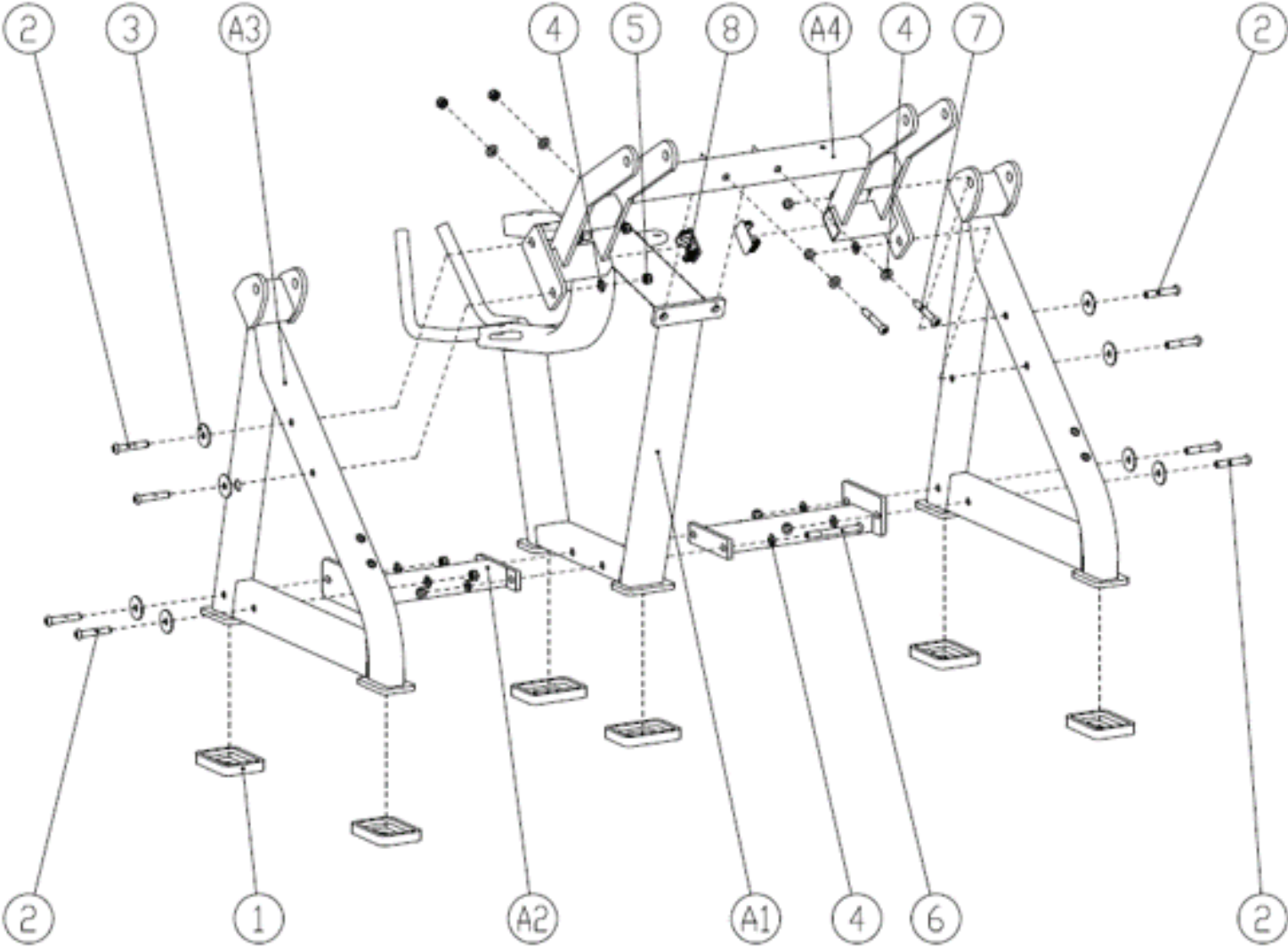
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
13	Sleeve End Cap	4
14	Hexagon Socket Head Screws M10x15	16
15	Hexagon Socket Head Screws M10x20	8
16	Flat Pad	12
17	Hexagon Socket Countersunk Head Screws M10x20	4
18	Adjustable Plate	2
19	Inside Washer	8
20	Linear Bearings	4
21	Cushion Pin	3
22	Slide Bar	4
23	Slide Bar Rubber Pad	2
24	Leather Barrel End Cap	4
25	Leather Sponge	2
26	Leather tube Limit Pad	2
27	Hexagon Socket Countersunk Head Screws M8x25	2
28	Hex Nuts M16	4
29	Rod End Bearing M16	4
30	Arm Axis	4
31	Flat Pad	8
32	Hexagon Socket Head Screws M12x20	2

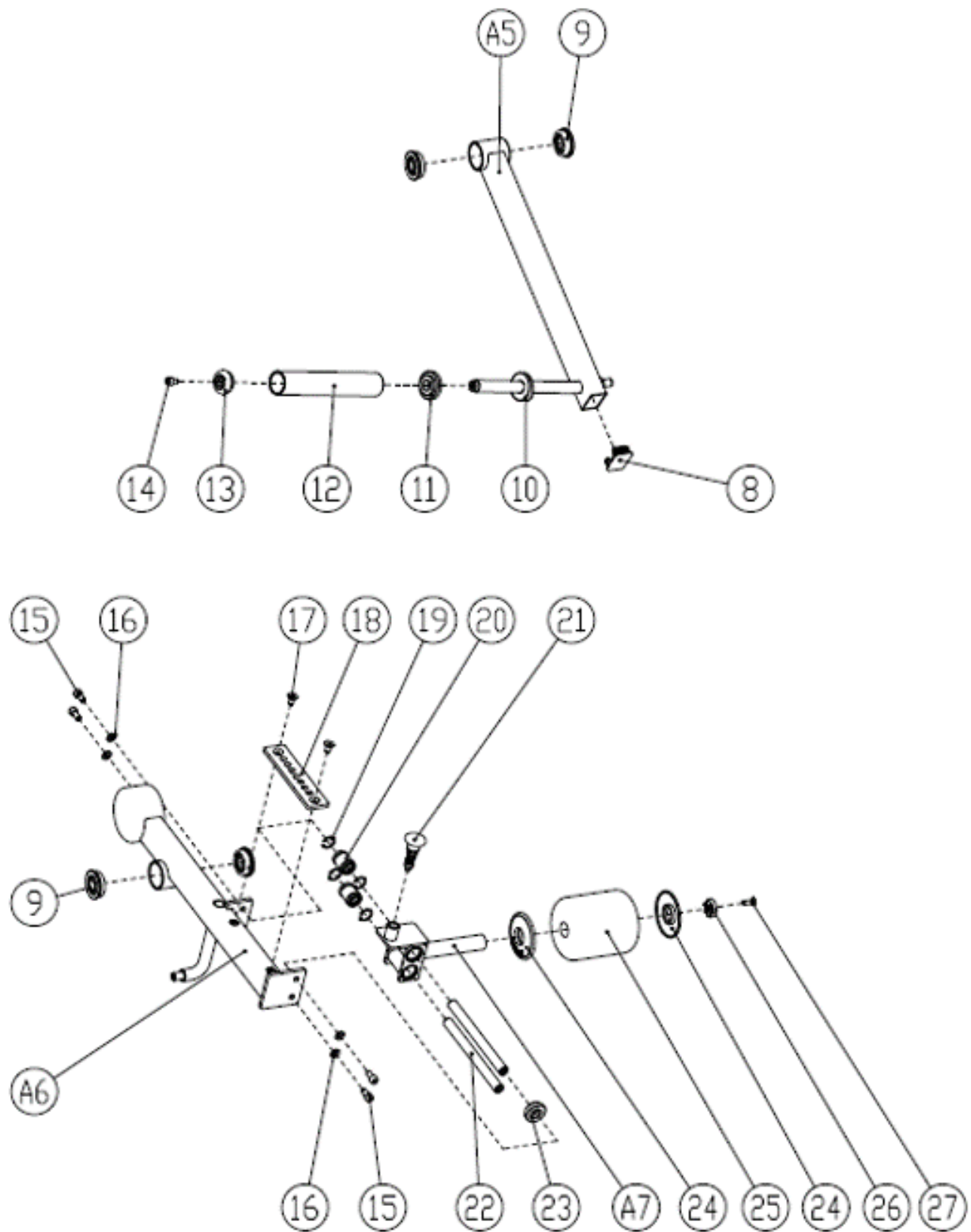
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
33	Hexagon Socket Head Screws M10x35	4
34	Dampening Piece	2
35	Sleeve End Cap	2
36	Sleeve Rod	2
37	Sleeve Tube	2
38	Leather Pads Group (1)	1
39	Leather Pads Group (2)	1
40	Leather Pads Group (3)	1
41	Handle End Cap	2
42	Handle Cover	2
43	Handle Limit Ring	2
44	Square End Cap	1
45	Flat Pad	6
46	Hexagon Socket Head Screws M8x30	10

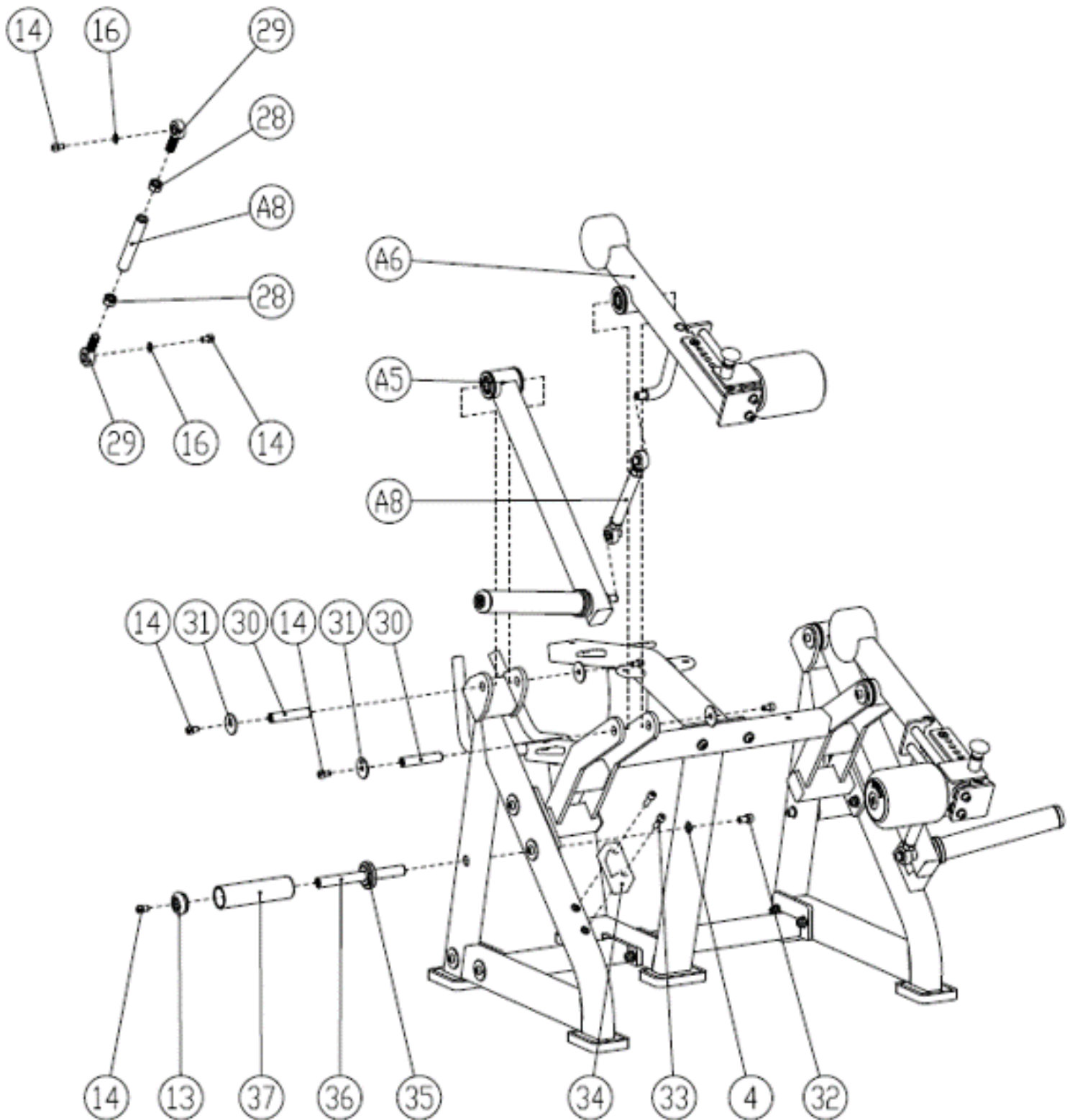
Frame Assembly



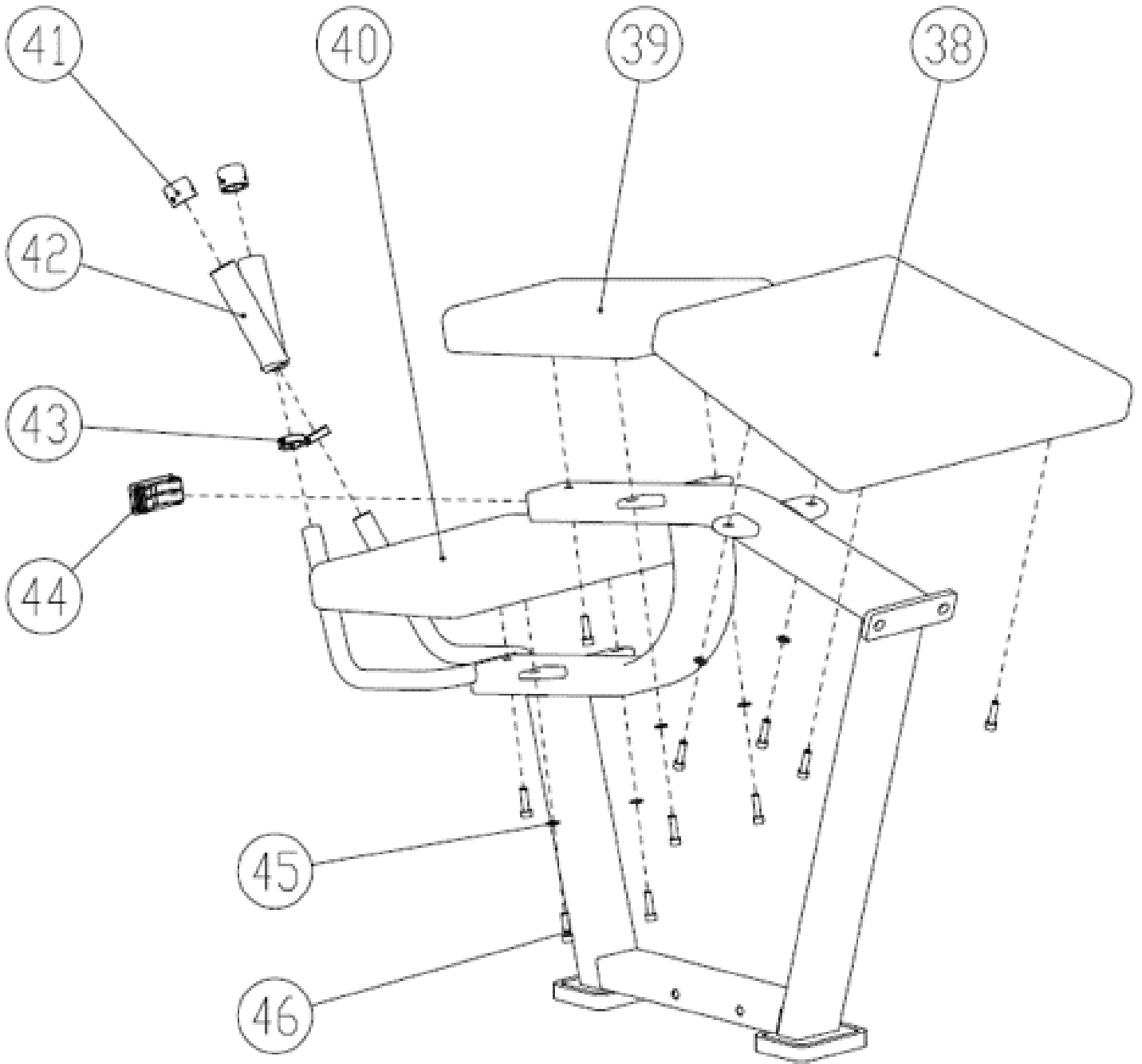
Left Force Arm Assembly



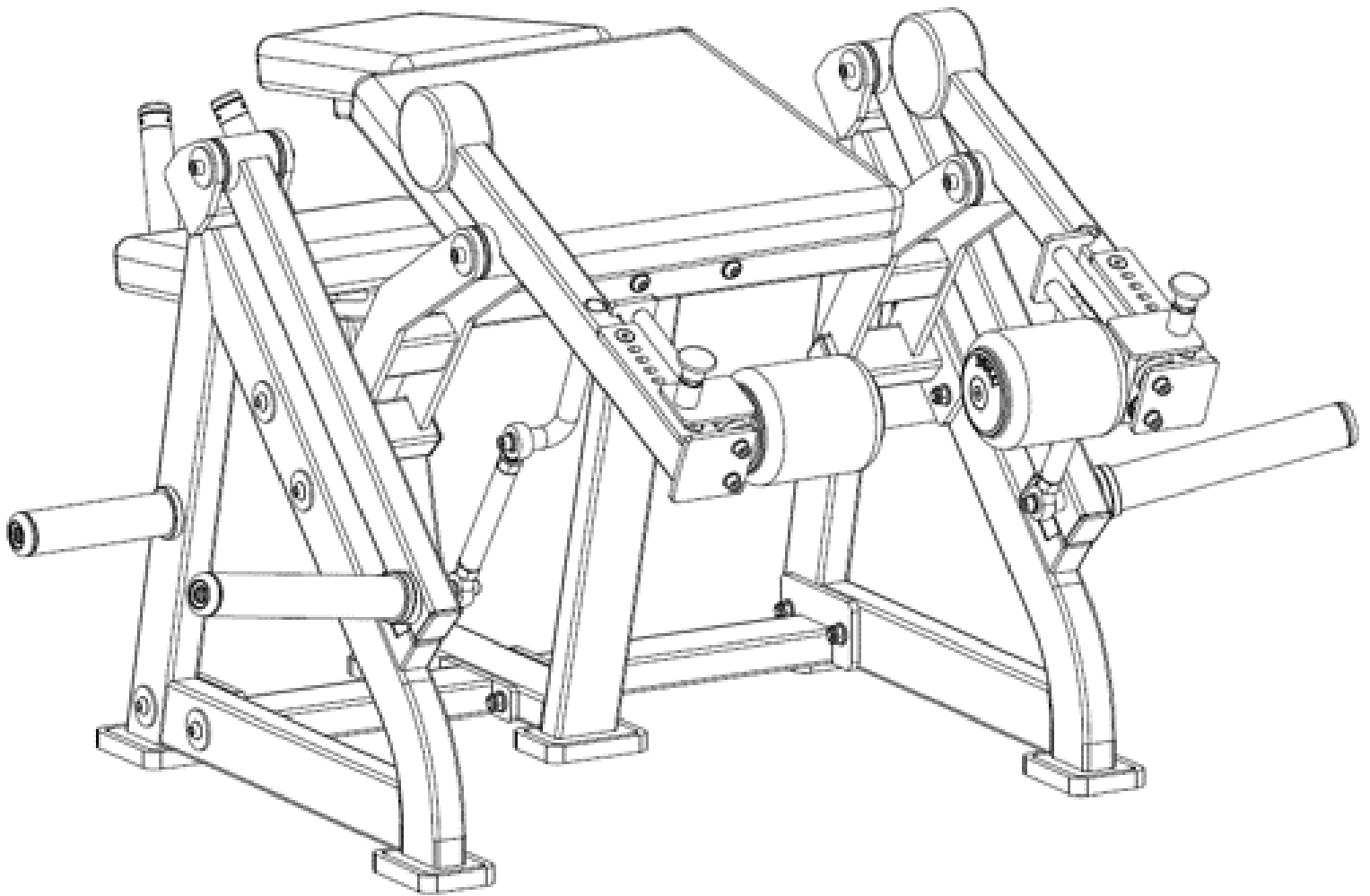
Left Side Rack Installation



Seat Assembly



Final Product



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

Phone: (662)GYM-BROS

Email: info@gymbrofitness.com

Visit Our Website: www.gymbrofitness.com