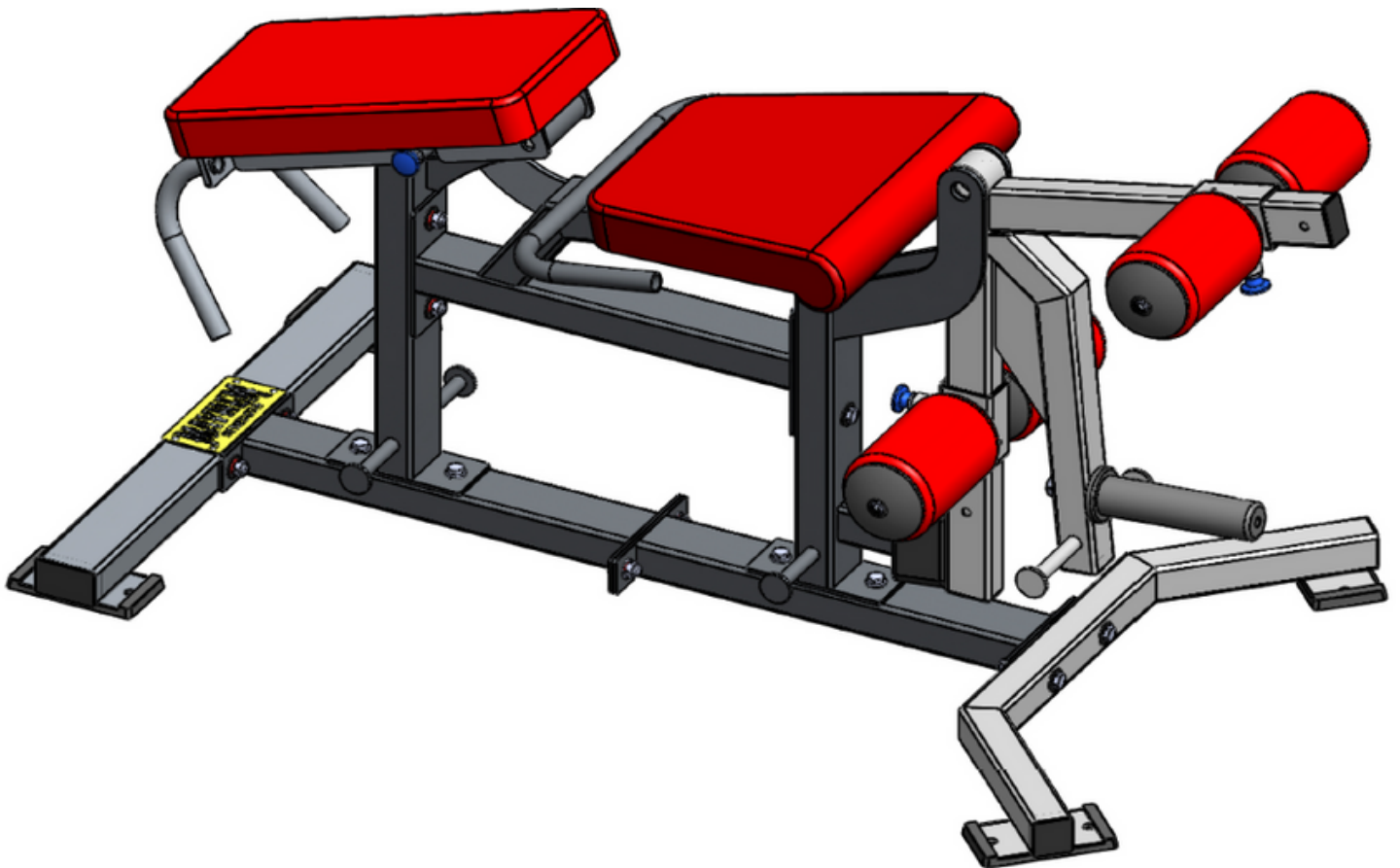




Leg Extension Prone Curl Combo ASSEMBLY INSTRUCTIONS



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

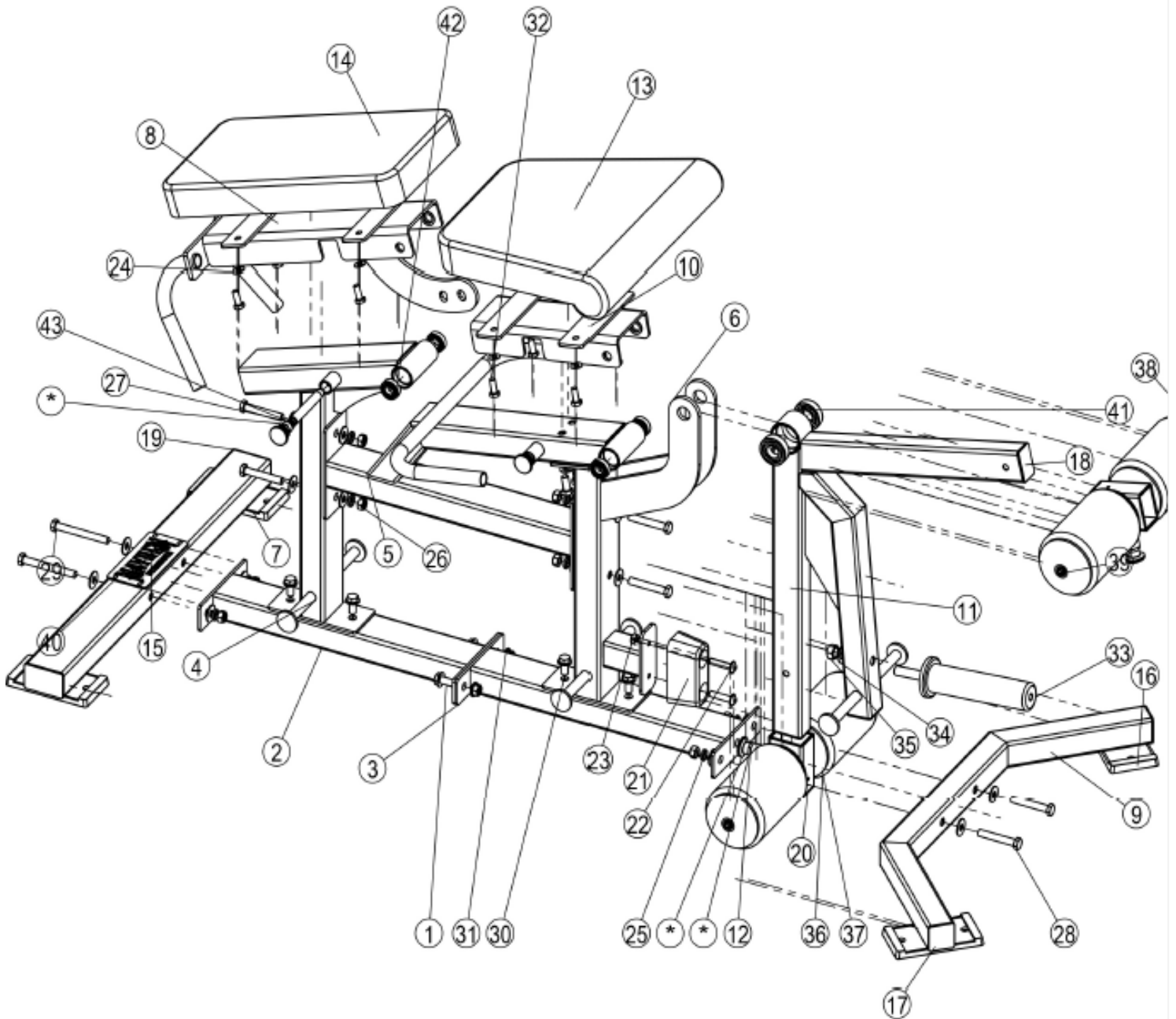
PARTS/HARDWARE LIST

Part Number	Part Description	Quantity
1	Hexagon Hexagon Bolts-Product Grade M12x30	2
2	Main Upright-1	1
3	Main Upright-2	1
4	Main Upright-3	1
5	Main Upright-4	1
6	Main Upright-5	1
7	Base Frame	1
8	Back Pad Frame	1
9	Front Cross assembly	1
10	Cushion Frame	1
11	Leg Pad Frame	1
12	Shin Bar Assembly	2
13	Upholstery Knee Pad	1
14	Pillow	1
15	Logo	1
16	Bent Foot Base	4
17	50 50 End Cap	3
18	40 60 End Cap	2
19	50 80 End Cap	2
20	EZ Glide Sleeve	2

PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
21	Weight Stack Bumper	1
22	Hexagon Socket Button Head Screws M10x45	2
23	Hexagon Nuts Grade M10	2
24	Plain Washers-Product Grade 10	12
25	Spring Lock Washers-Normal Type 12	10
26	Hexagon Nuts Grade M12	10
27	Plain Washers-Product Grade 12	16
28	Hexagon Head Bolts-Product Grade M12x75	6
29	Hexagon Head Bolts-Product Grade M12x105	2
30	Hexagon Head Bolts-Product Grade M12x25	6
31	Plain Washers-Product Grade 12	10
32	Hexagon Head Bolts-Product Grade M10x25	8
33	Weight Holder 50	1
34	Plain Washers-Product Grade M16	1
35	Hexagon Nuts Grade M16	1
36	Poller Pad 120x180	4
37	Plastic Washer 1	4
38	Plastic Washer 2	4
39	Hexagon Socket Head Cap Screws M12x30	4
40	Rivet 5x15	4

Assembly



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