



Leg Extension 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
A9	Arm Rest	1 pair
A10	Backplane Frame	1
1	Footpads	6
2	Hexagon Socket Flat head Screws M12x70	8
3	Flat Pad (1)	12
4	Flat Pad (2)	14
5	Self Locking Nut M12	12
6	Hexagon Socket Flat Head Screws M12x120	2
7	Hexagon Socket Flat Head Screws M12x80	2
8	Square End Cap	4
9	Deep Groove Ball Bearings	8
10	Sleeve Pad	2

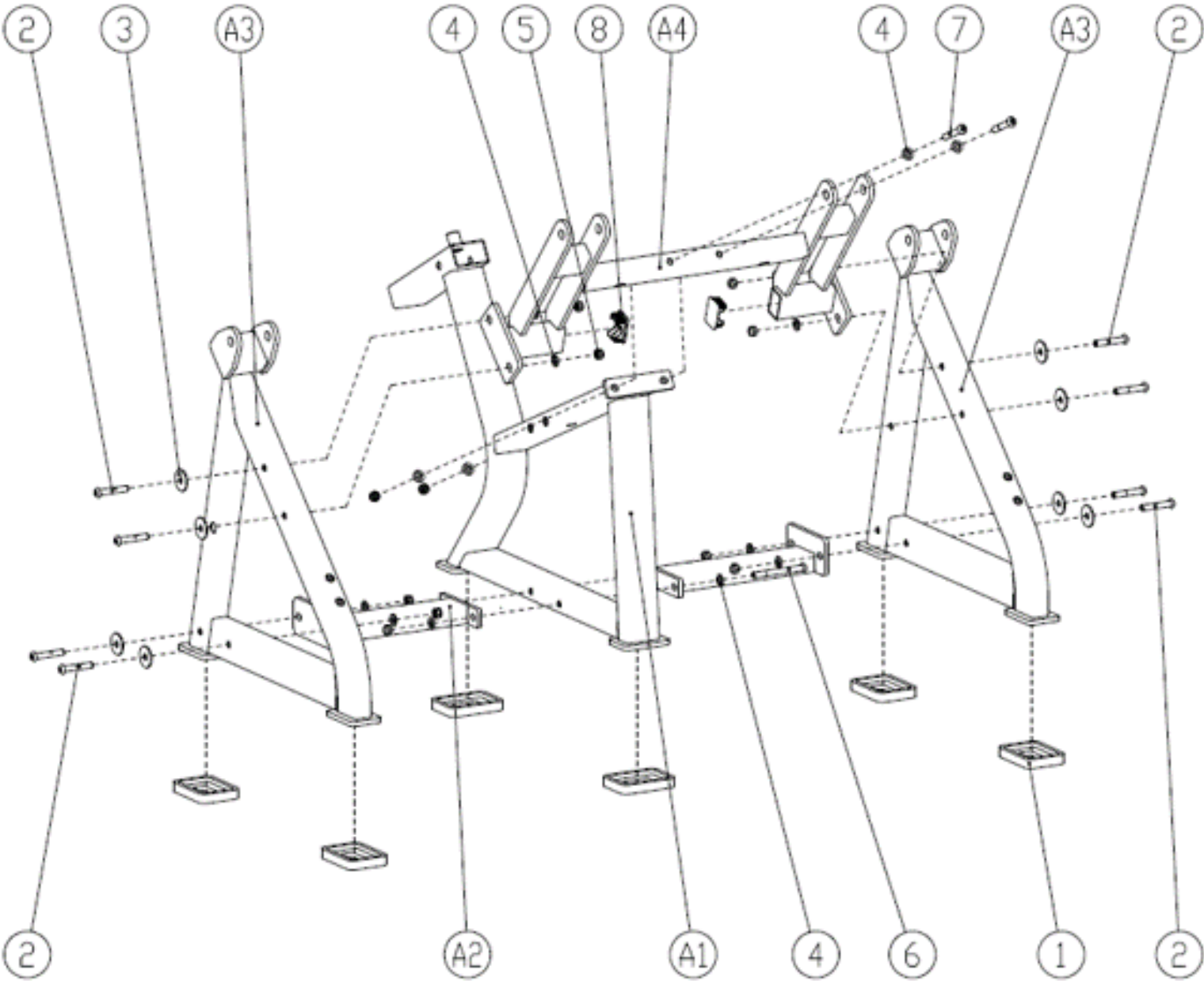
PARTS/HARDWARE LIST Continued

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

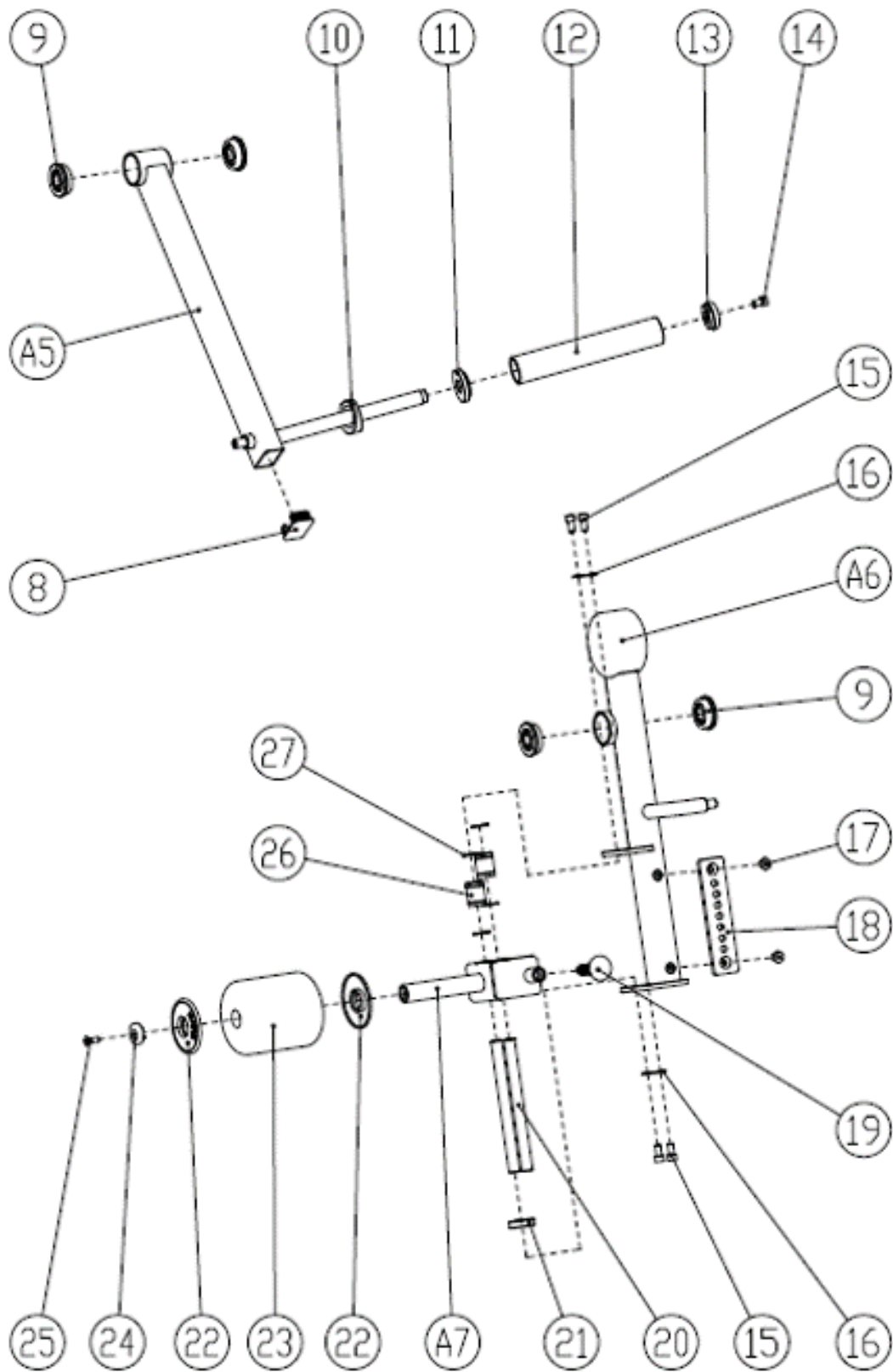
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
31	Flat Pad	8
32	Hexagon Socket Head Screws M12x20	2
33	Dampening Piece	2
34	Hexagon Socket Head Screws M10x35	4
35	Sleeve End Cap	2
36	Sleeve Rod	2
37	Sleeve Tube	2
38	Handle Limit Ring	2
39	Handle Cover	2
40	Handle End Cap	2
41	Hexagon Socket Head Screws M8x30	7
42	Flat Pad	4
43	Back Pad Group	1
44	Cushion Group	1
45	Square End Cap	1
46	Middle Pass Cover	1

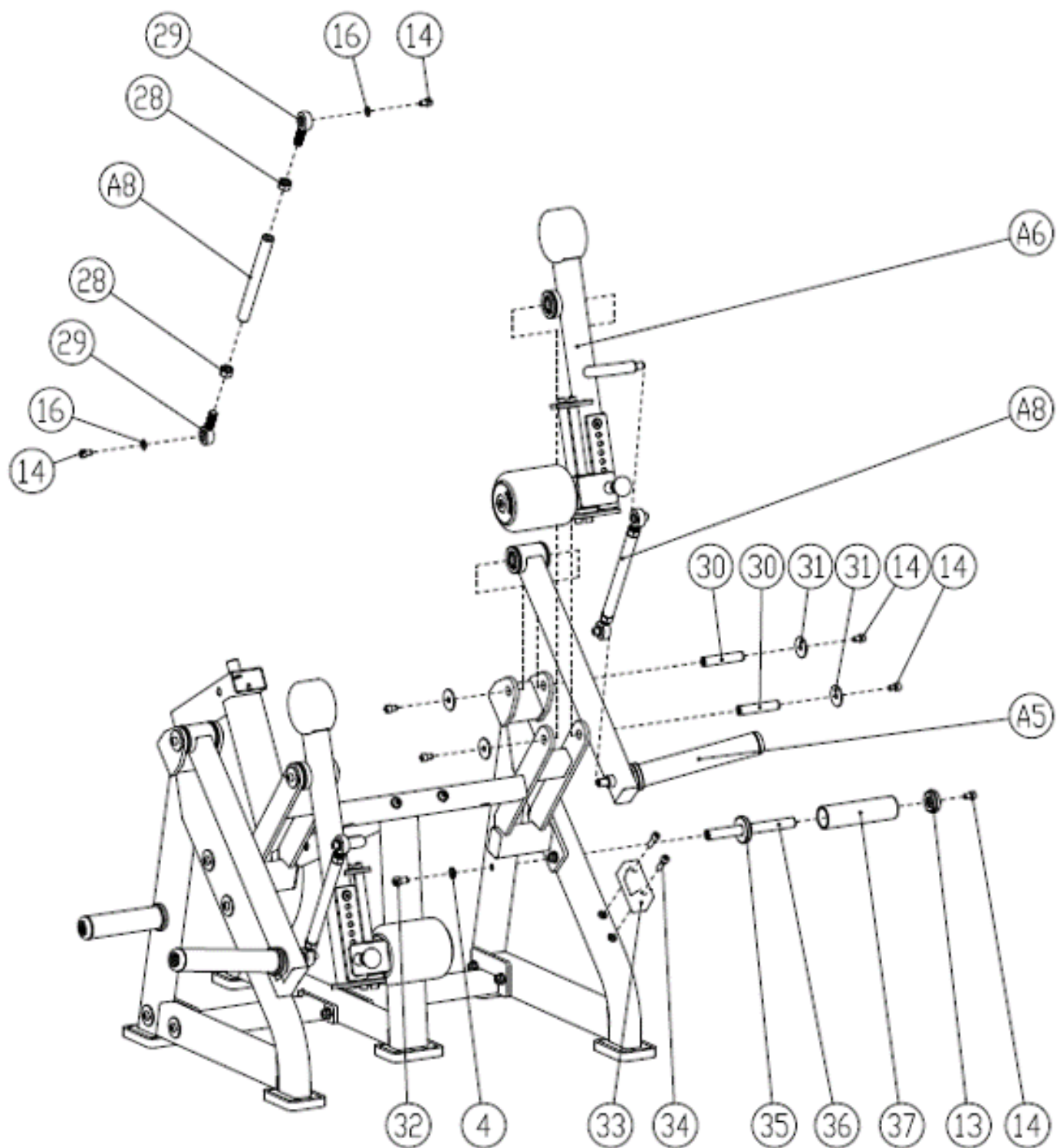
Frame Assembly



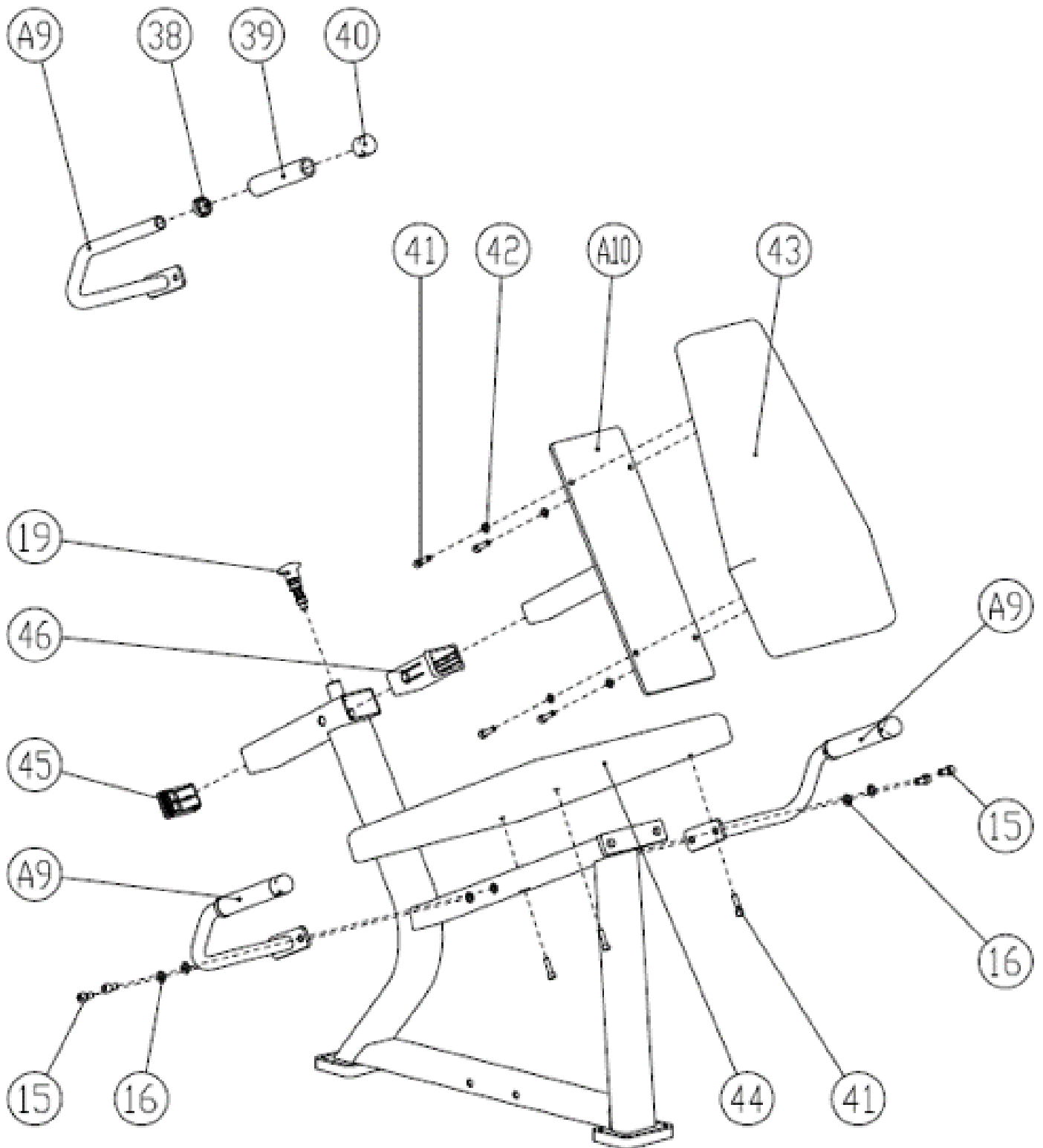
Left Force Arm Installation



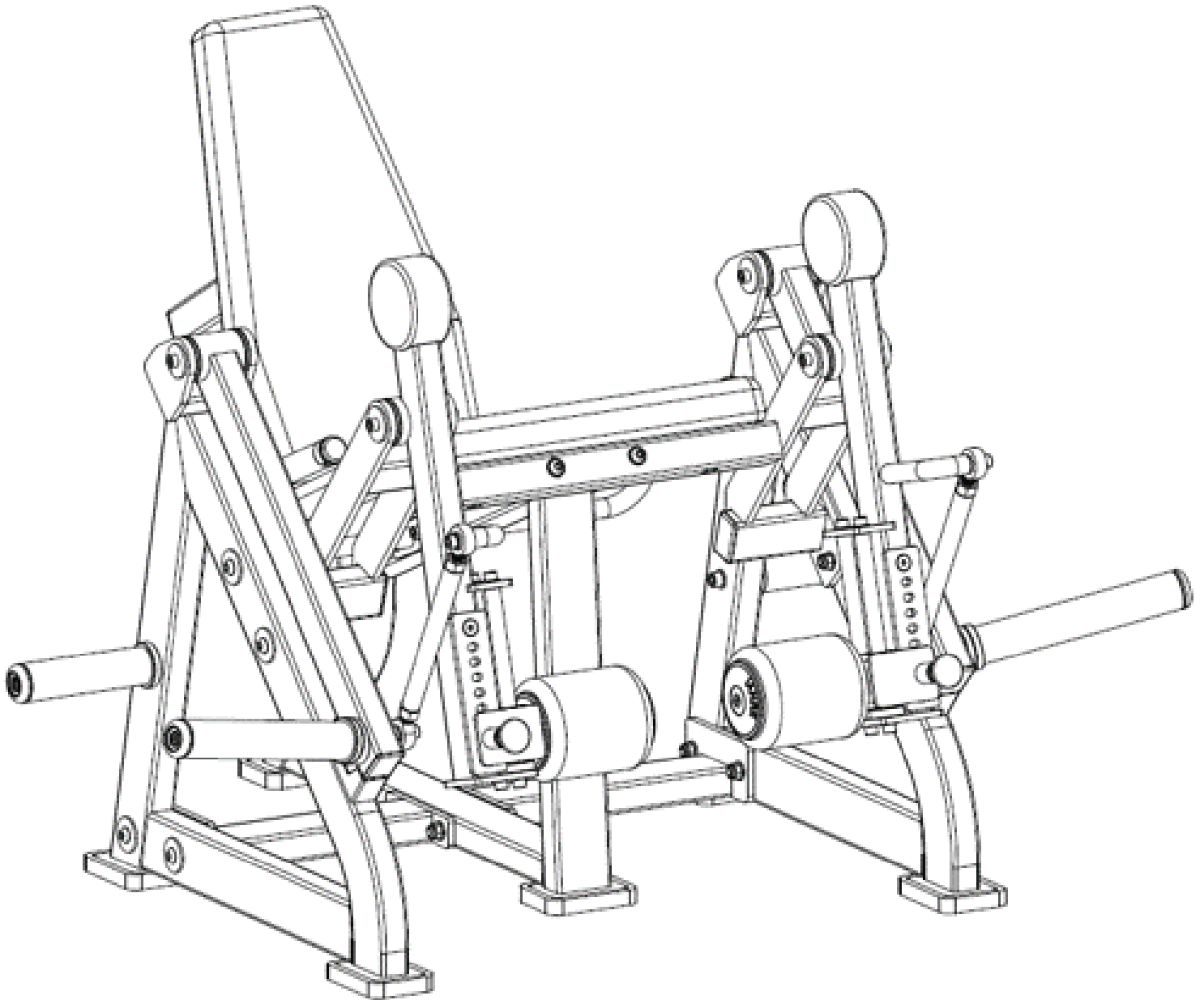
Left Side Rack Installation



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

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