



Prone Leg Curl Selectorized 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.

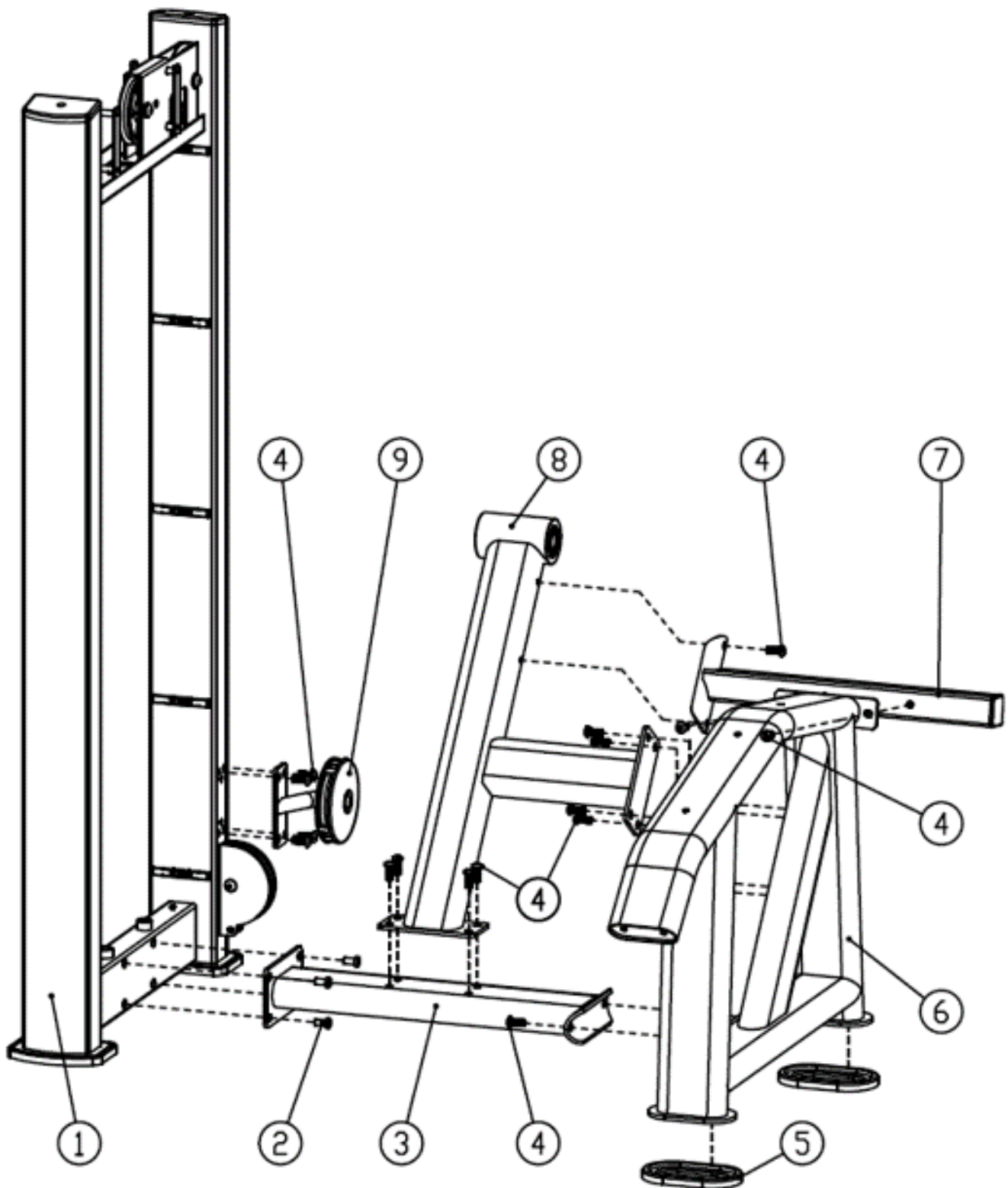
Ensure to tighten all nuts and bolts, lubricate any sliding parts, bearings, and moving mechanisms. We also suggest applying Loctite or any kind of thread locking adhesive to anything that does not thread into a Teflon nut. It is also important to ensure that every movement arm is properly aligned prior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

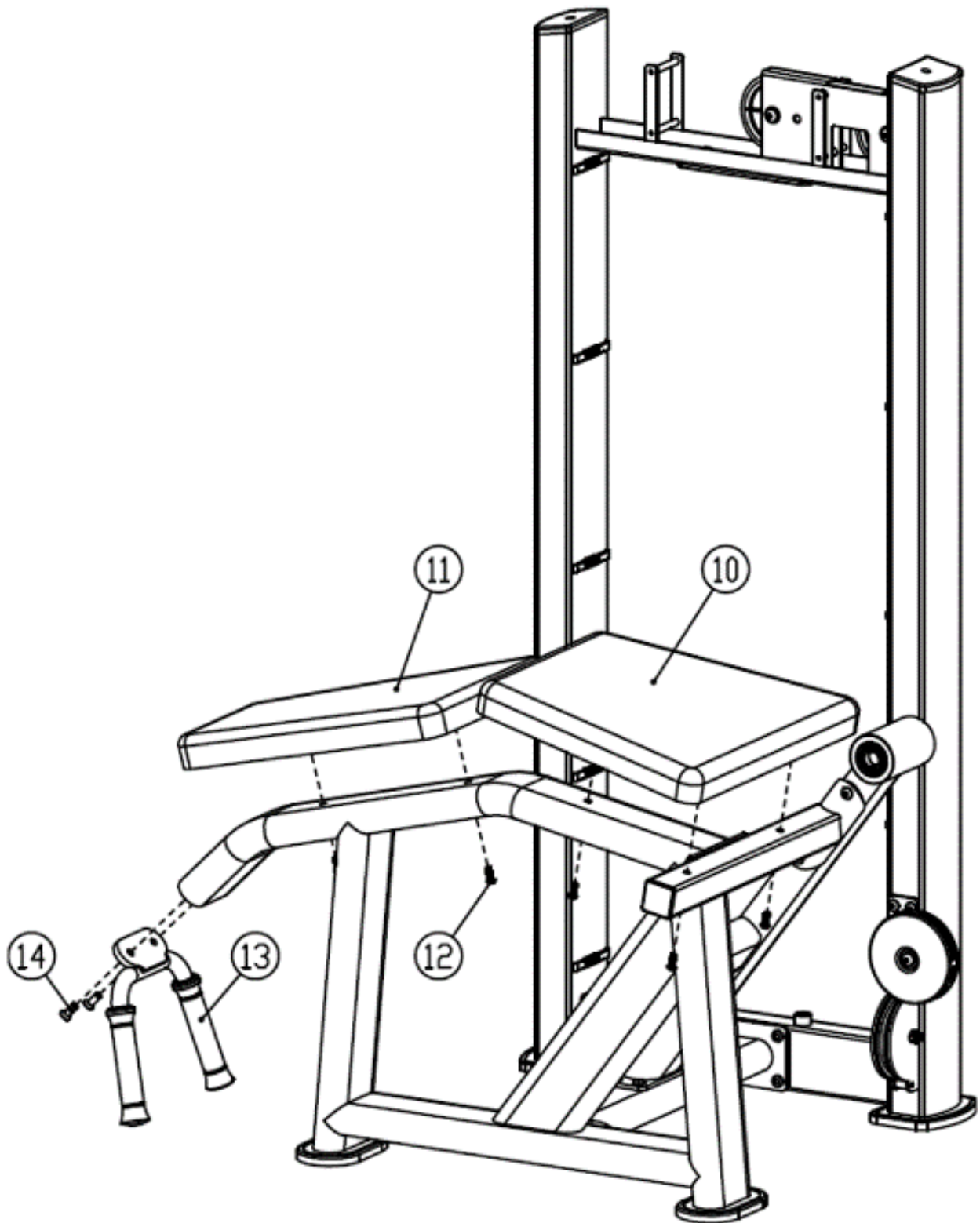
PARTS/HARDWARE LIST

| Part Number | Part Description | Quantity |
|-------------|--|----------|
| 1 | Balance Weight Frame | 1 |
| 2 | Hexagon Socket Head Cap Screws M10x20 | 4 |
| 3 | Joint | 1 |
| 4 | Hexagon Socket Button Head Screws M10x25 | 18 |
| 5 | Foot Pad | 2 |
| 6 | Side Frame | 1 |
| 7 | Joint | 1 |
| 8 | Joint | 1 |
| 9 | Wire Wheel Set | 1 |
| 10 | Cushion Set (1) | 1 |
| 11 | Cushion Set (2) | 1 |
| 12 | Hexagon Socket Head Cap Screws M8x20 | 5 |
| 13 | Handrail | 1 |
| 14 | Inner Hexagon Countersunk Head Screws M10x20 | 5 |
| 15 | Nut Cap | 2 |
| 16 | Wire Spool | 1 |
| 17 | Force Arm | 1 |
| 18 | Nut Cap | 1 |
| 19 | Leg Press Branch Pipe | 1 |
| 20 | Wire Rope | 1 |

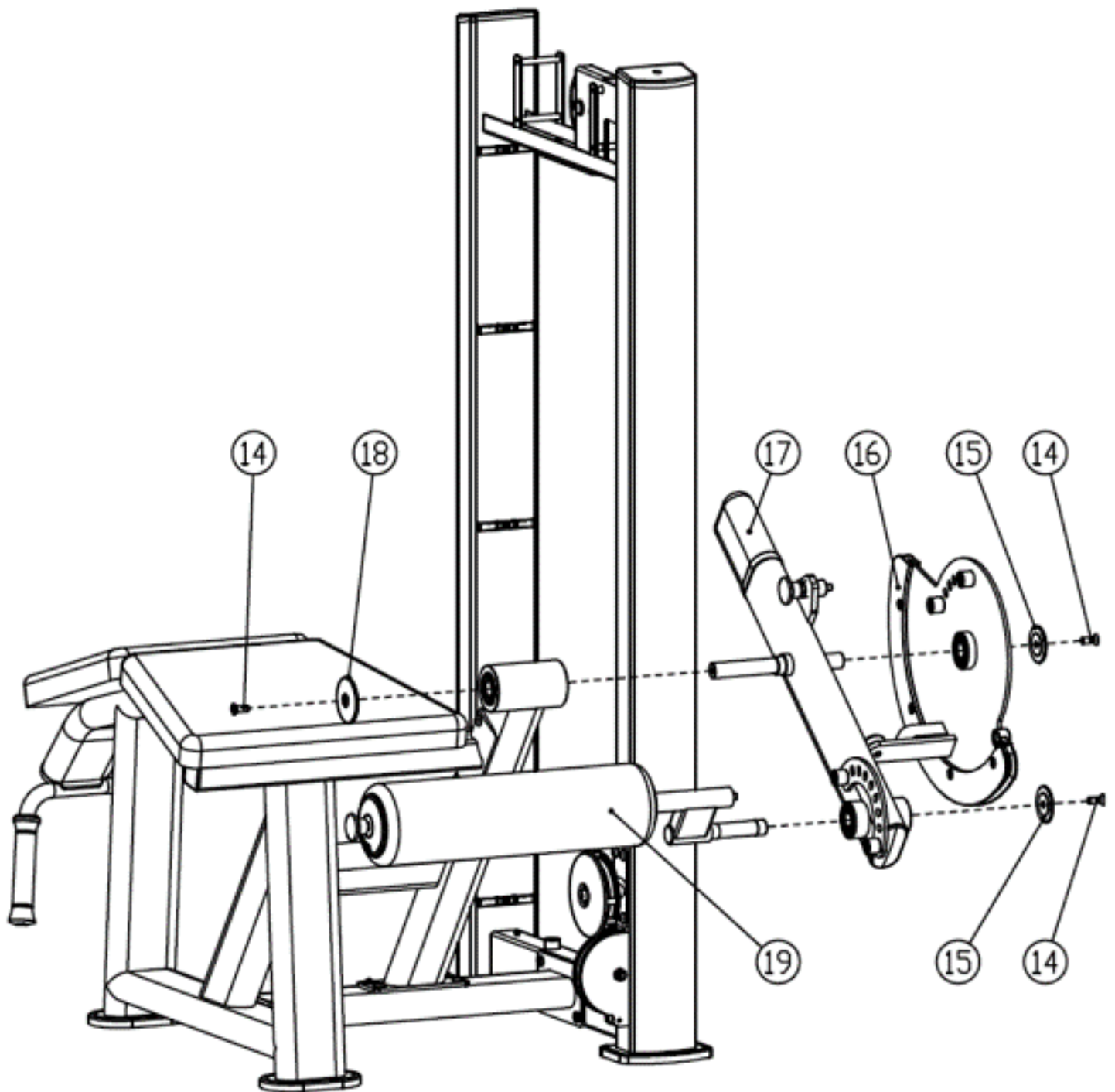
Frame Assembly



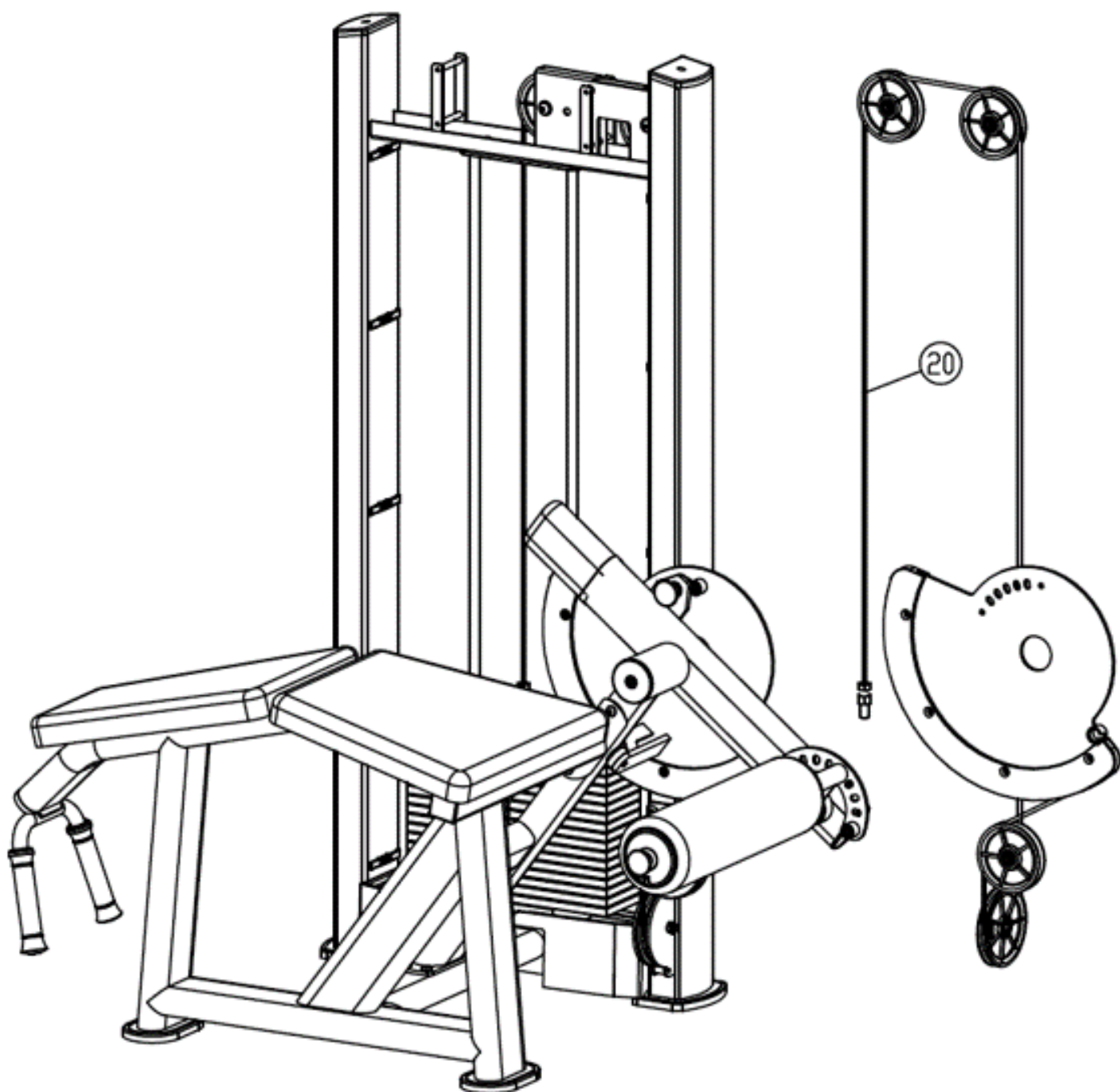
Accessories and Cushion Installation



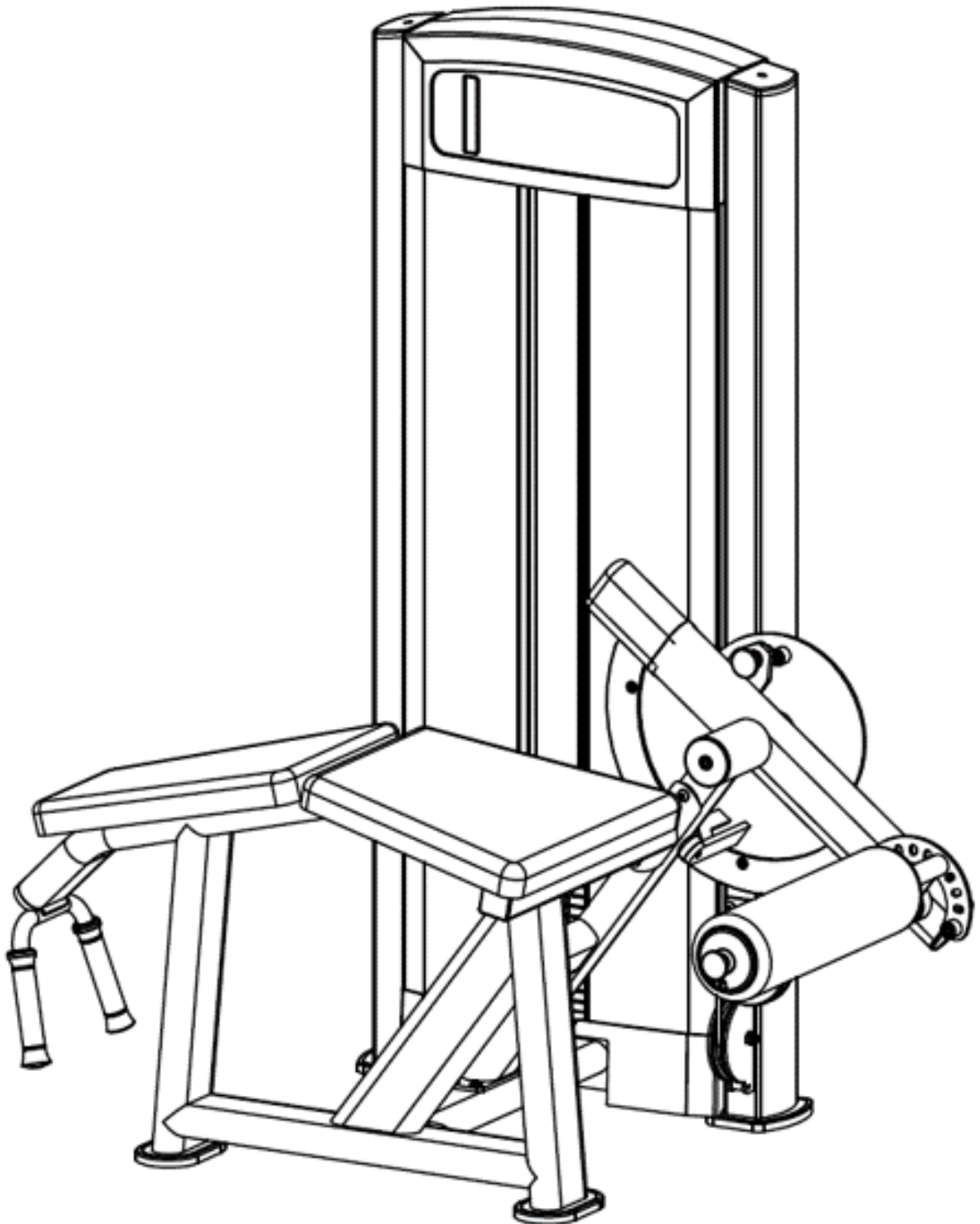
Force Arm Installation



Cable Installation



Cover 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