



# Seated Calf Raise 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.**

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

## **PARTS/HARDWARE LIST**

<b>Part Number</b>	<b>Part Description</b>	<b>Quantity</b>
A1	Arm	1
A2	Side Frame	1 pair
A3	Connection Frame (1)	1
A4	Connection Frame (2)	1
A5	Support Frame	1
A6	Assistance Frame	1
A7	Pedal Frame	1
A8	Leg Press Frame	1
1	Cushion Frame	1
2	Arm Axis	1
3	Deep Groove Ball Bearings	2
4	Washer	2
5	Outside Nut	2
6	Flat Pad	4
7	Hexagon Socket Head Screws M8x30	6
8	Footpads	5
9	Hexagon Socket Flat Head Screws M12x70	10
10	Flat Pad (1)	10
11	Flat Pad (2)	12
12	Self Locking Nut M12	10

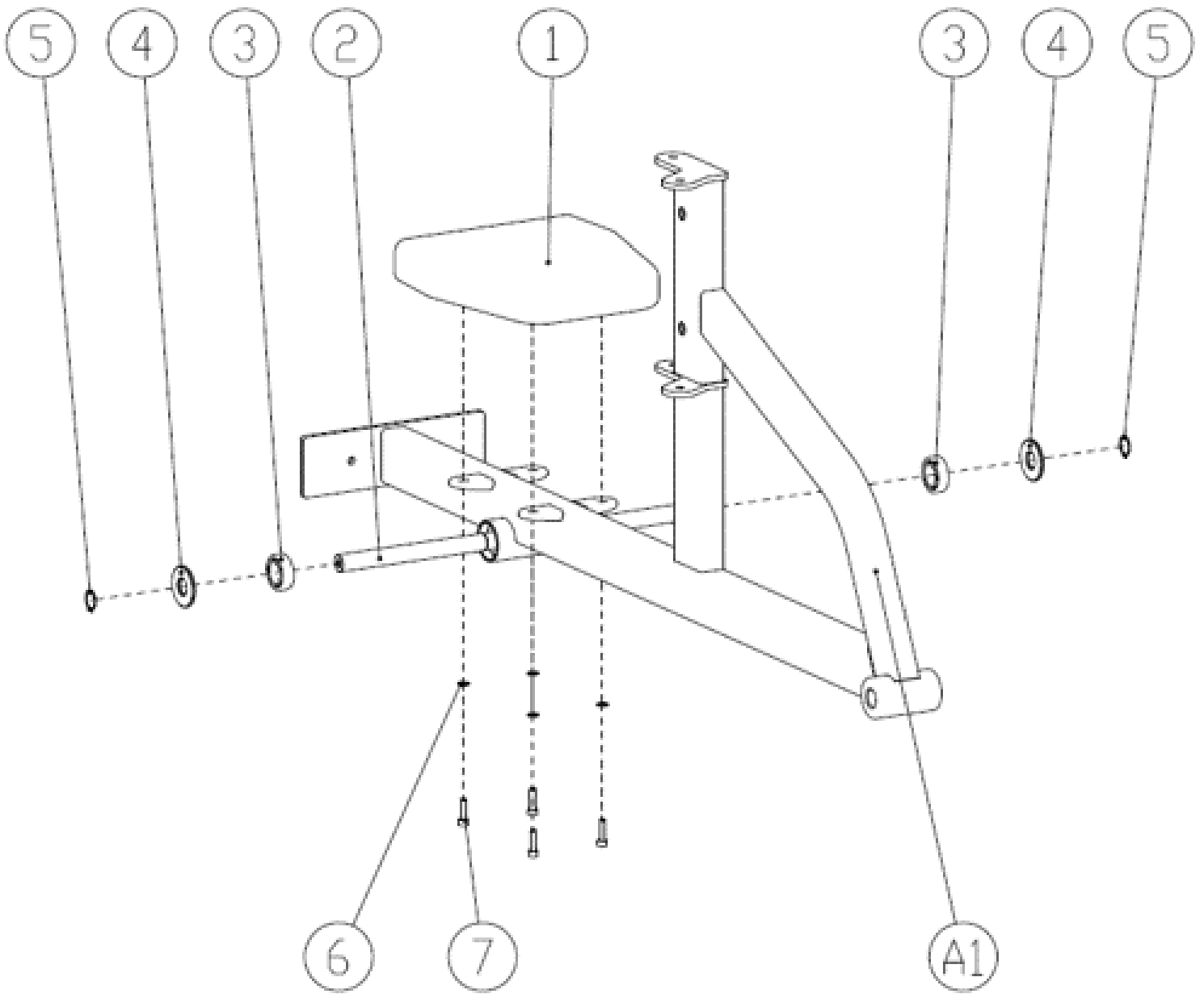
## PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
13	Hexagon Socket Head Screws M10x15	10
14	Flat Pad	6
15	Assistance Frame Axis	1
16	Dampening Piece	1
17	Hexagon Socket Head Screws M10x35	2
18	Half Round Stop Ball M10	2
19	Deep Groove Ball Bearings	2
20	Rooller Axis	1
21	Washers	2
22	Deep Groove Ball Bearings	2
23	Roller	1
24	Handle Limit Ring	1
25	Handle Cover	1
26	Handle End Cap	1
27	Hexagon Socket Head Screws M12x20	2
28	Sleeve End Cap	2
29	Sleeve Rod	2
30	Sleeve Tube	2
31	Sleeve End Cap	4
32	Hexagon Head Screws M8x15	4

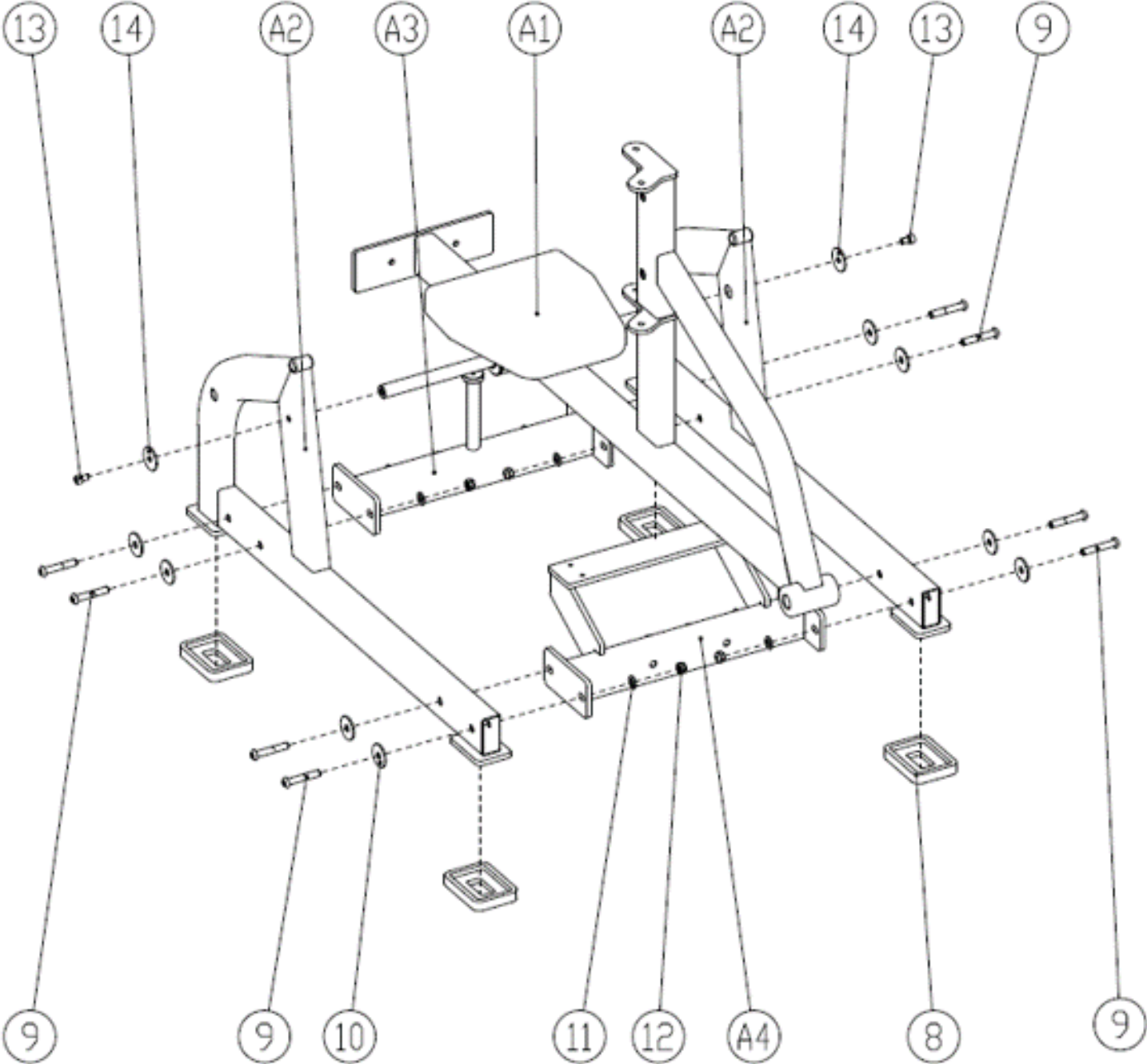
## PARTS/HARDWARE LIST Continued

<b>Part Number</b>	<b>Part Description</b>	<b>Quantity</b>
33	Air Rod	1
34	Square End Cap	2
35	Leg Pads Group	1
36	Square End Cap	2
37	Cushion Pin	1
38	Bolt	2
39	Inside Stuck	4
40	Linear Bearings	3
41	Slide Bar	2
42	Slide Bar Rubber Pad	1
43	Hexagon Socket Countersunk Head Screws M10x20	2
44	Adjustable Plate	1
45	Counterbalance	1
46	Flat Pad	6
47	Hexagon Socket Head Screws M10x25	2
48	Sleeve Tube	2
49	Sleeve End Cap	2
50	Sleeve Rod	1
51	Hexagon Socket Head Screws M10x20	4

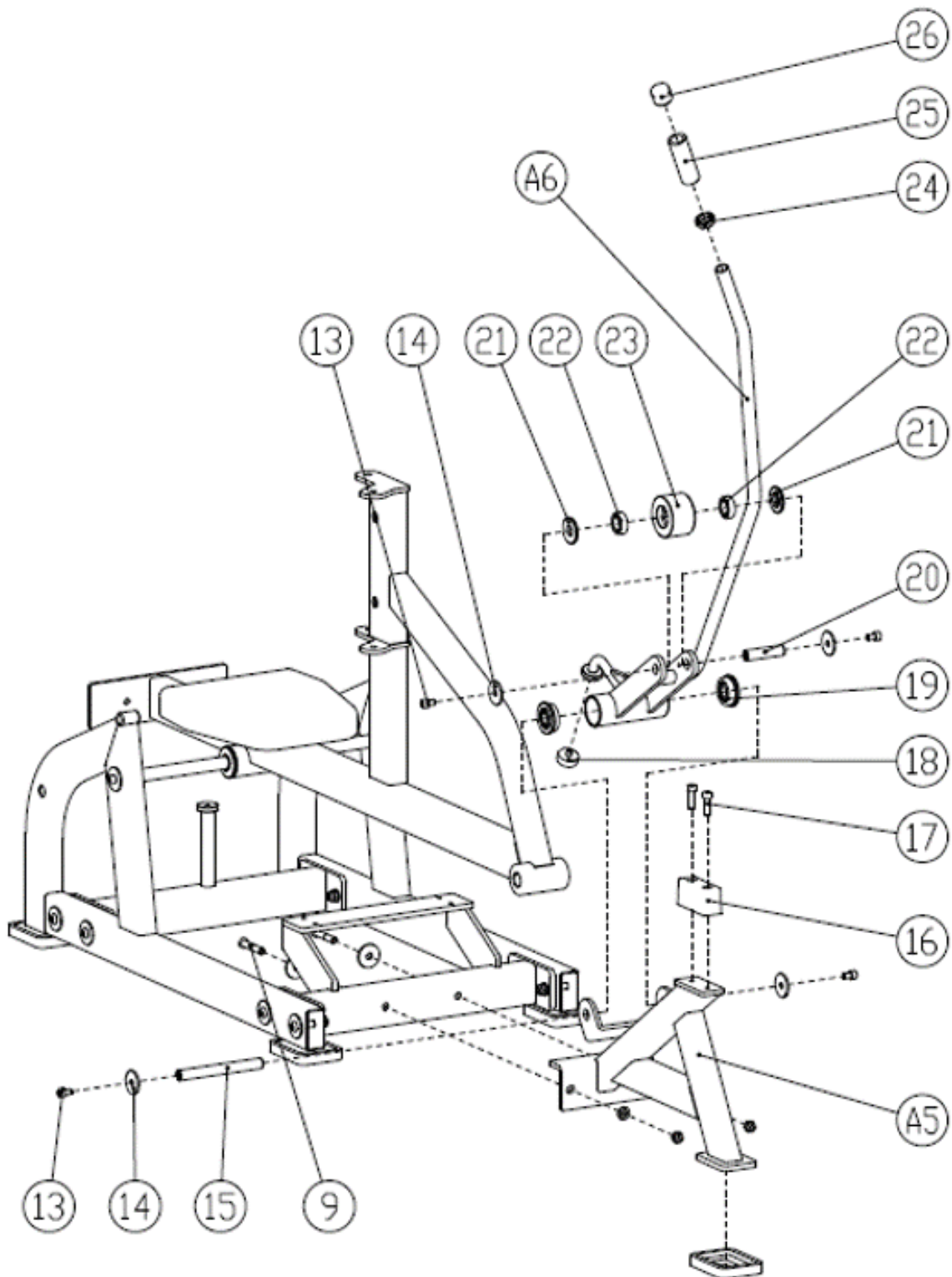
# Force Arm Assembly



# Frame Assembly

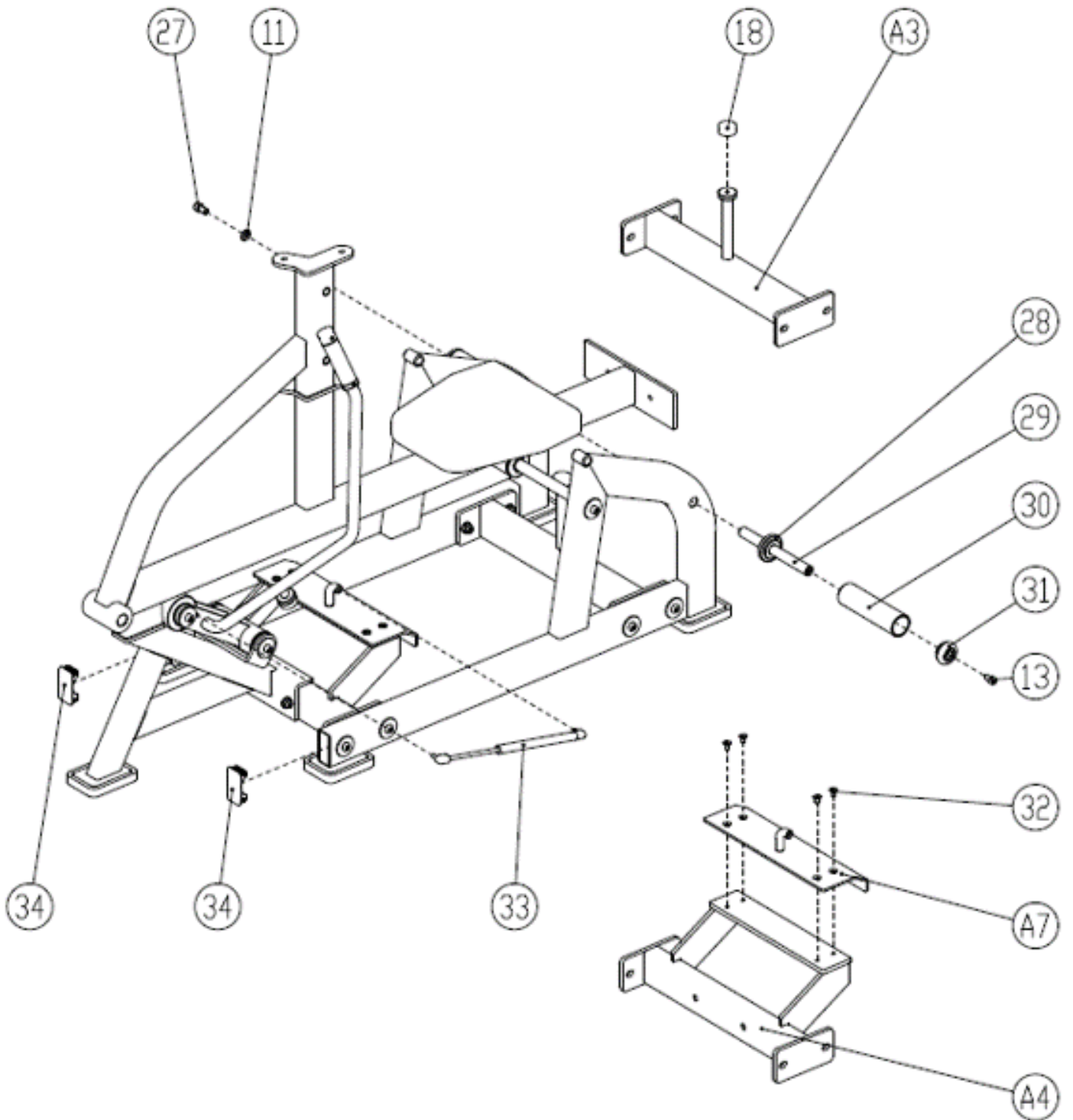


# Supporting Rack Installation

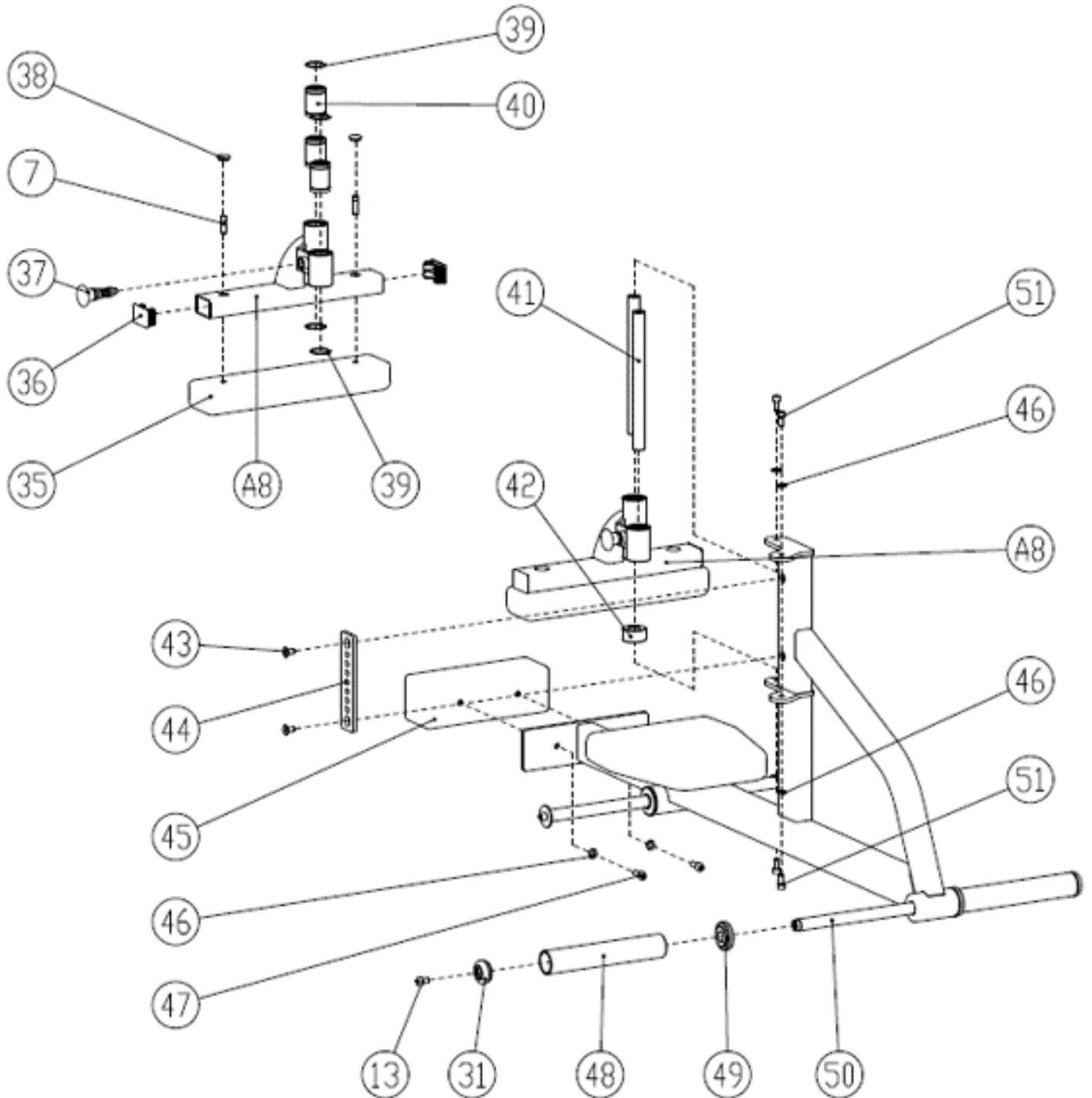




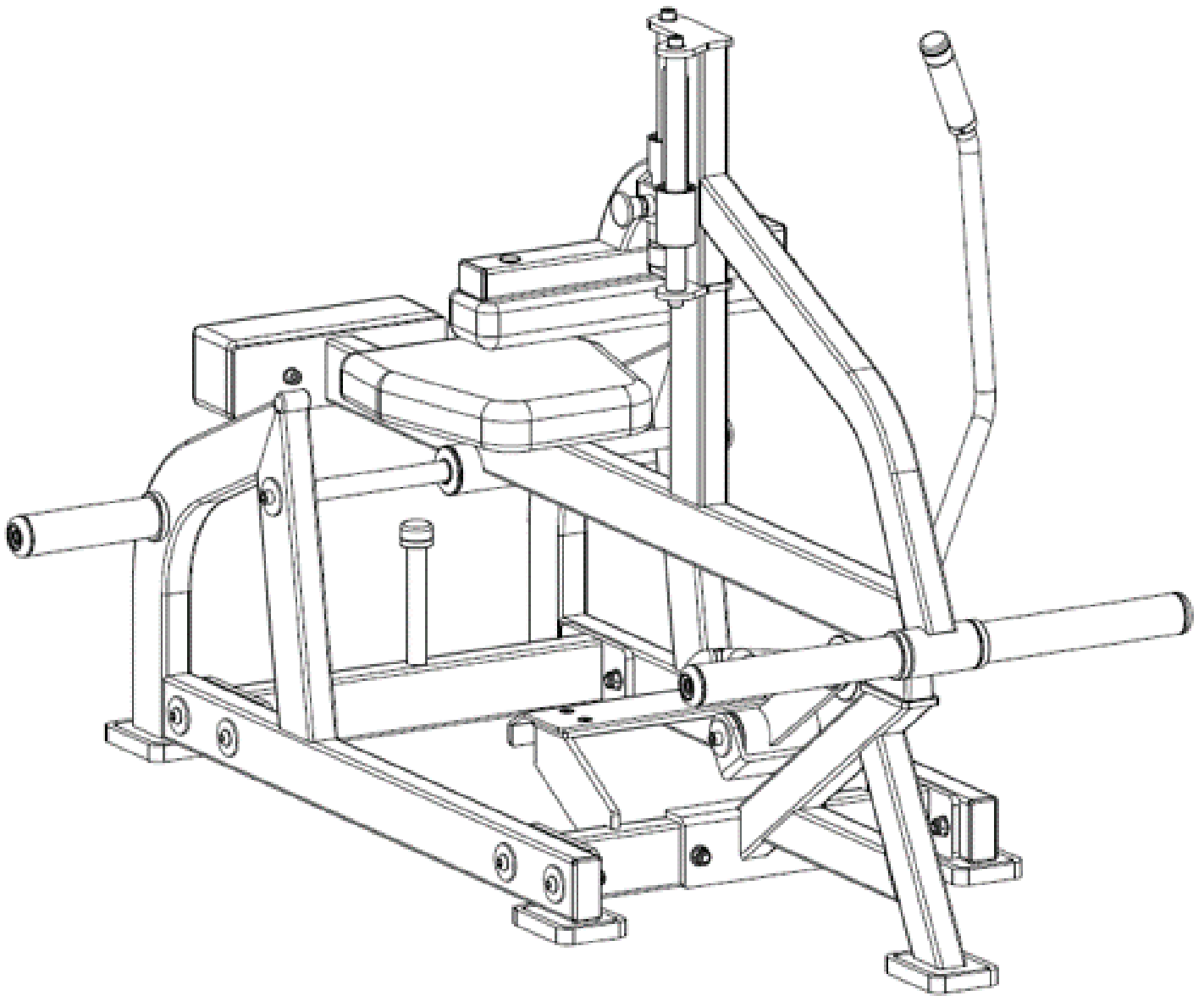
# Accessory Installation



# Leg Pressing Rack Installation



# Final Product



## **PARTS/HARDWARE LIST**

**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](mailto:info@gymbrofitness.com)**

**Visit Our Website: [www.gymbrofitness.com](http://www.gymbrofitness.com)**