



# Seated Leg Extension & 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.**

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

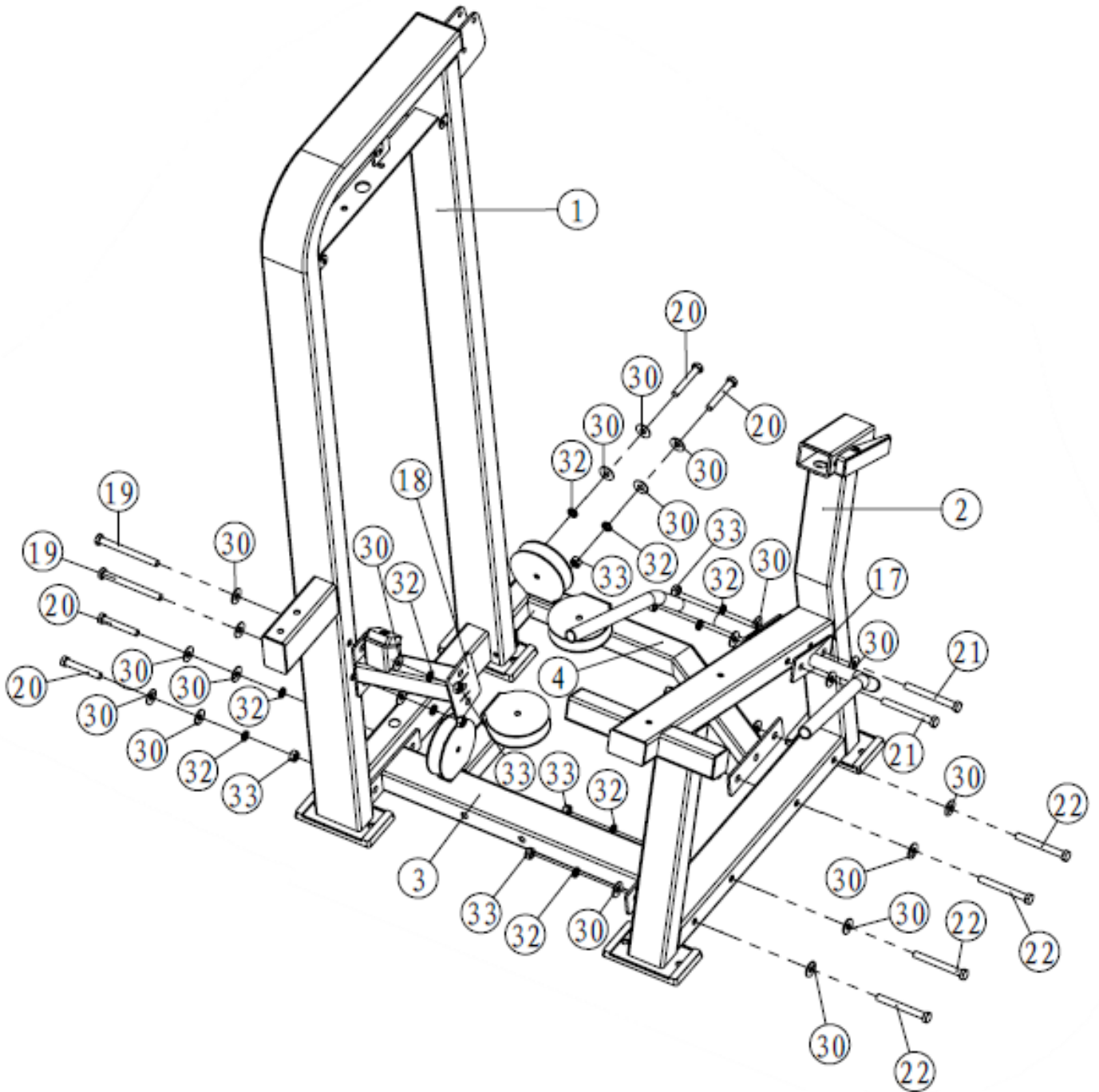
## PARTS/HARDWARE LIST

<b>Part Number</b>	<b>Part Description</b>	<b>Quantity</b>
1	Weight Cage	1
2	Main Upright	1
3	Bottom Cross Assembly	1
4	Rear Cross Assembly	1
5	Support	1
6	Cross Assembly	1
7	Arm Assembly	1
8	Pillow Block Bearing PA205	2
9	Back Rest Adjuster	1
10	Nylon Disc	1
11	Cam	1
12	Limit	1
13	Shield	2
14	Shield 1	1
15	Guide Rod	2
16	Arm Assembly	1
17	Handle	1
18	Cross Assembly	1
19	Hexagon Head Bolts M12X125	2
20	Hexagon Head Bolts M12X75	6

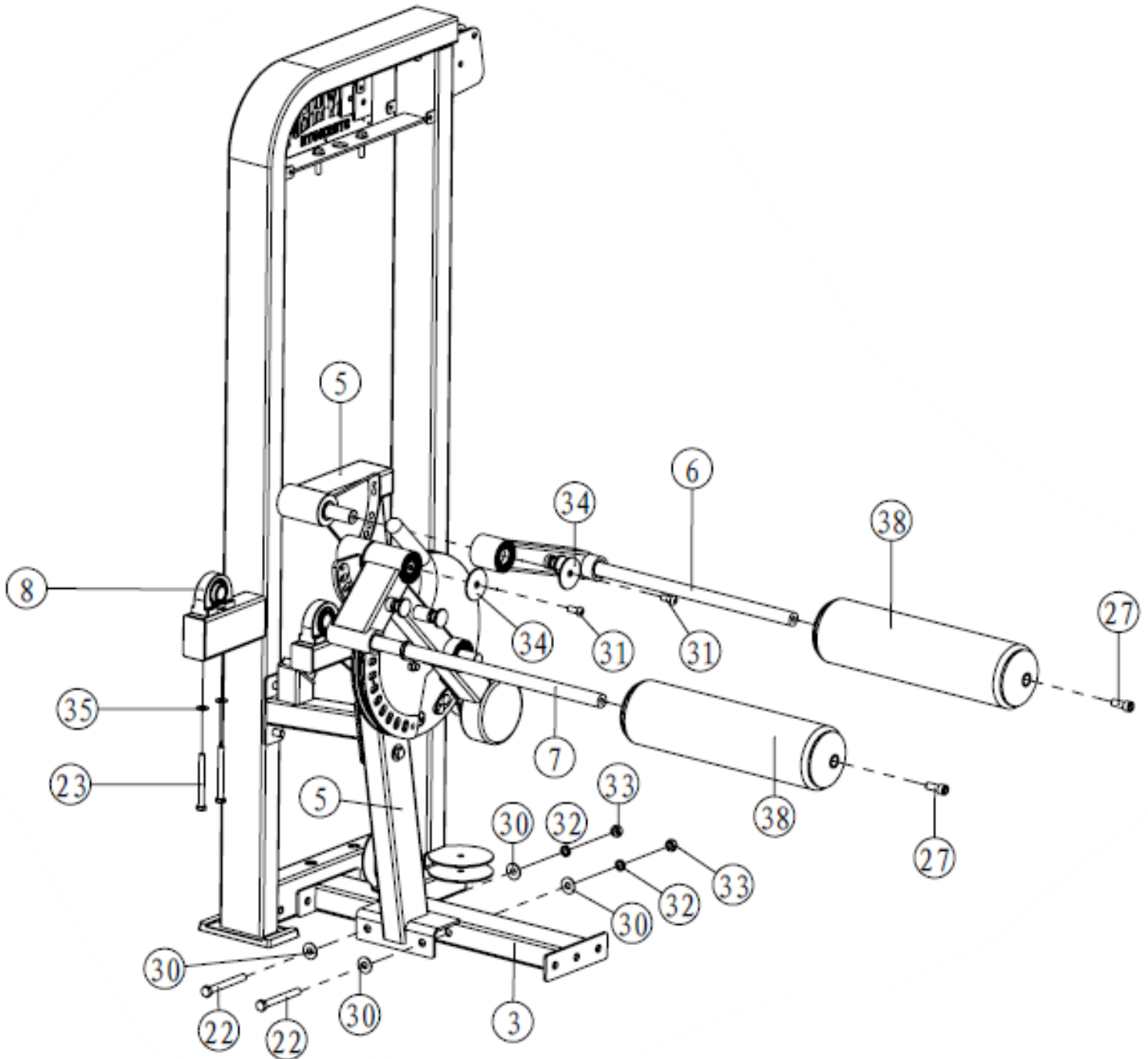
## PARTS/HARDWARE LIST Continued

<b>Part Number</b>	<b>Part Description</b>	<b>Quantity</b>
21	Hexagon Head Bolts M12X110	2
22	Hexagon Head Bolts M12X105	6
23	Hexagon Head Bolts M10X100	4
24	Hexagon Head Bolts M12X45	3
25	Hexagon Head Bolts M10X70	2
26	Hexagon Head Bolts M10X40	4
27	Hexagon Head Bolts M12X30	2
28	Hexagon Head Bolts M10X25	2
29	Hexagon Socket Button Head Screws M8X14	12
30	Plain Washers - Product Grade 12	32
31	Hexagon Socket Button Head Screws M10X25	2
32	Spring Lock Washers - Normal Type	16
33	Hexagon Nuts Grade M12	16
34	Bearing Washer 60	2
35	Plain Washers - Product Grade 10	27
36	Hexagon Nuts Grade M10	7
37	Plain Washers - Product Grade 8	12
38	Poller Pad 120x450	2
39	Back Pad Assembly	1
40	Seat Pad Assembly	1

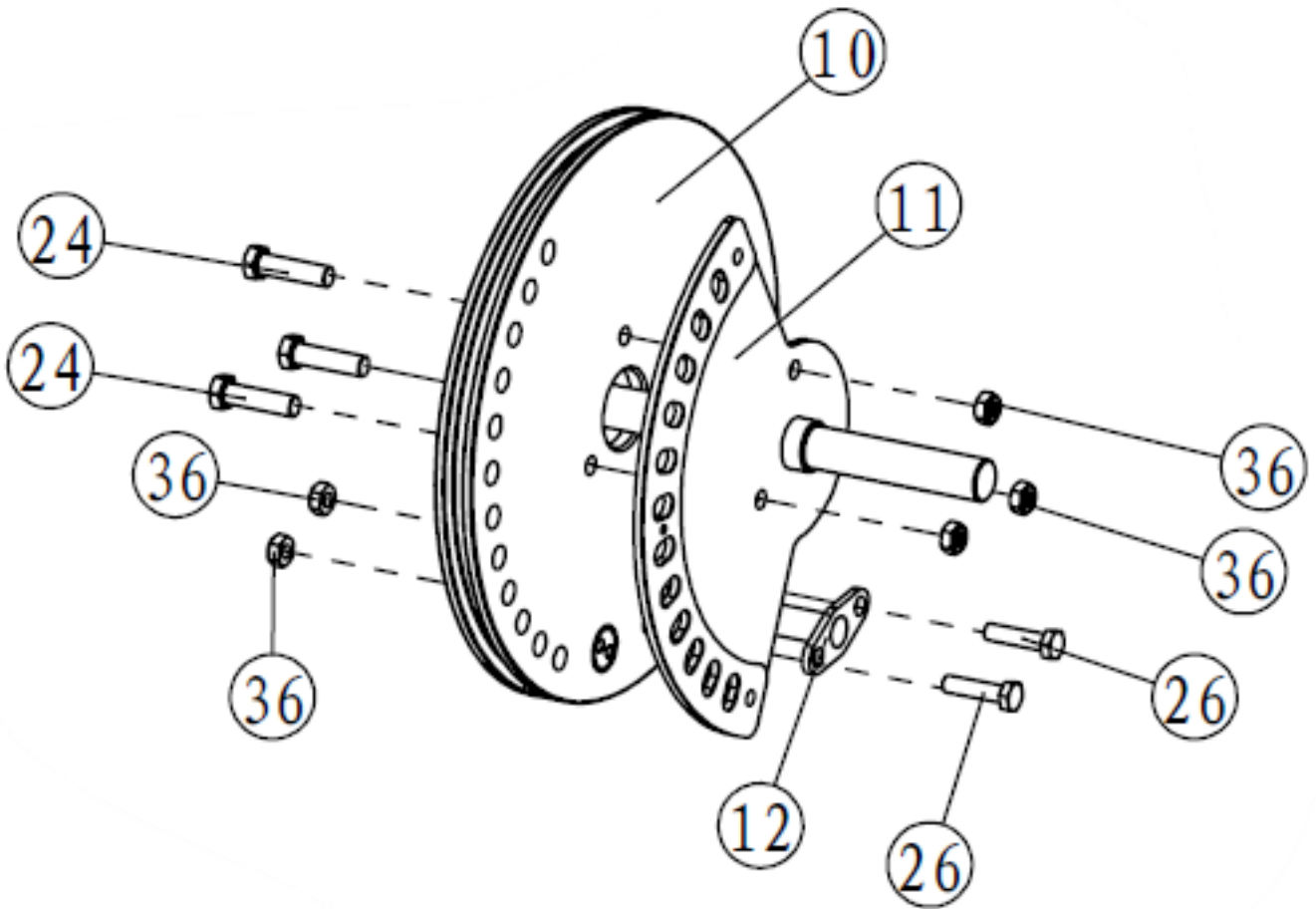
# Frame Assembly



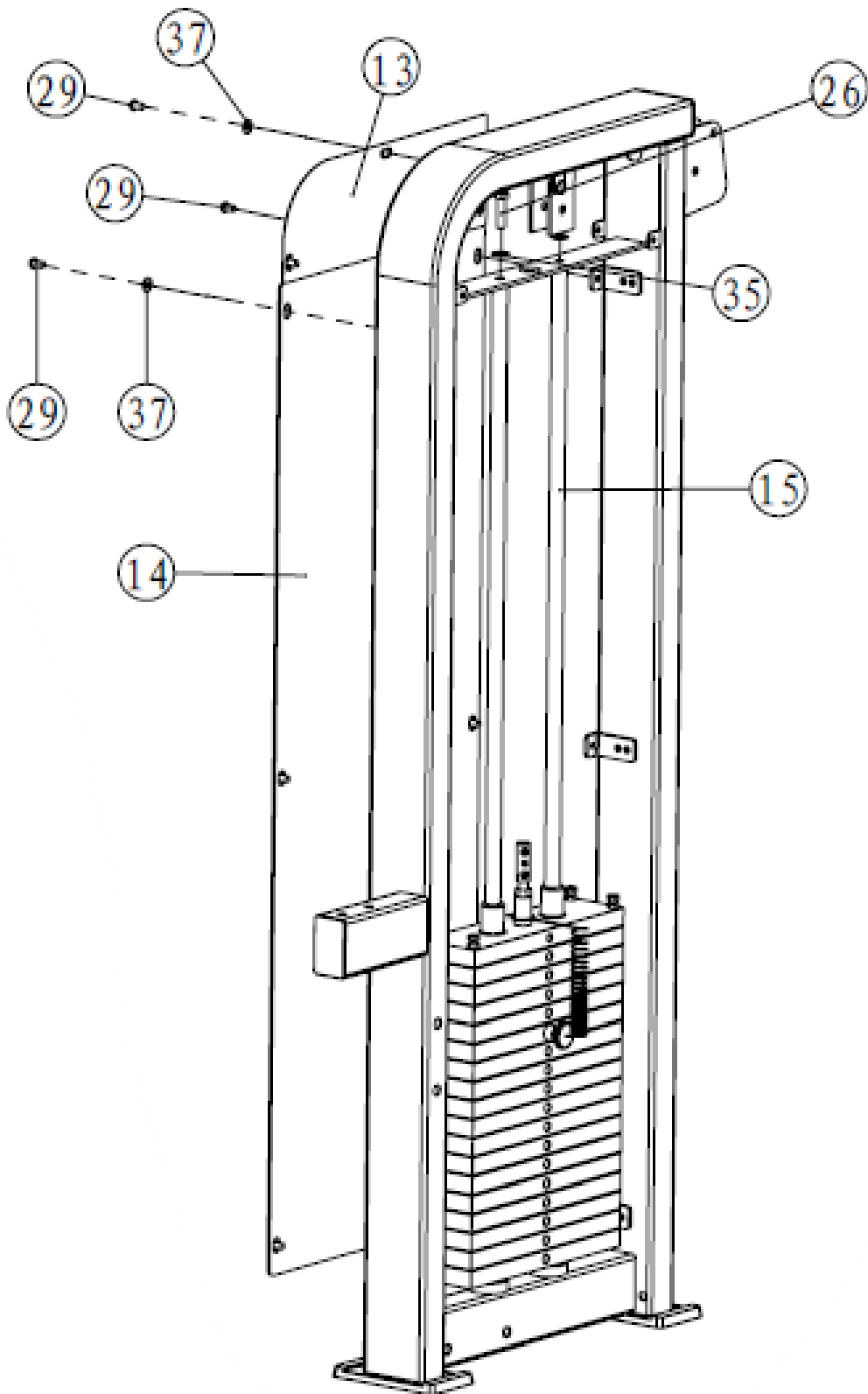
# Force Arm Installation



# Flange Plate Installation

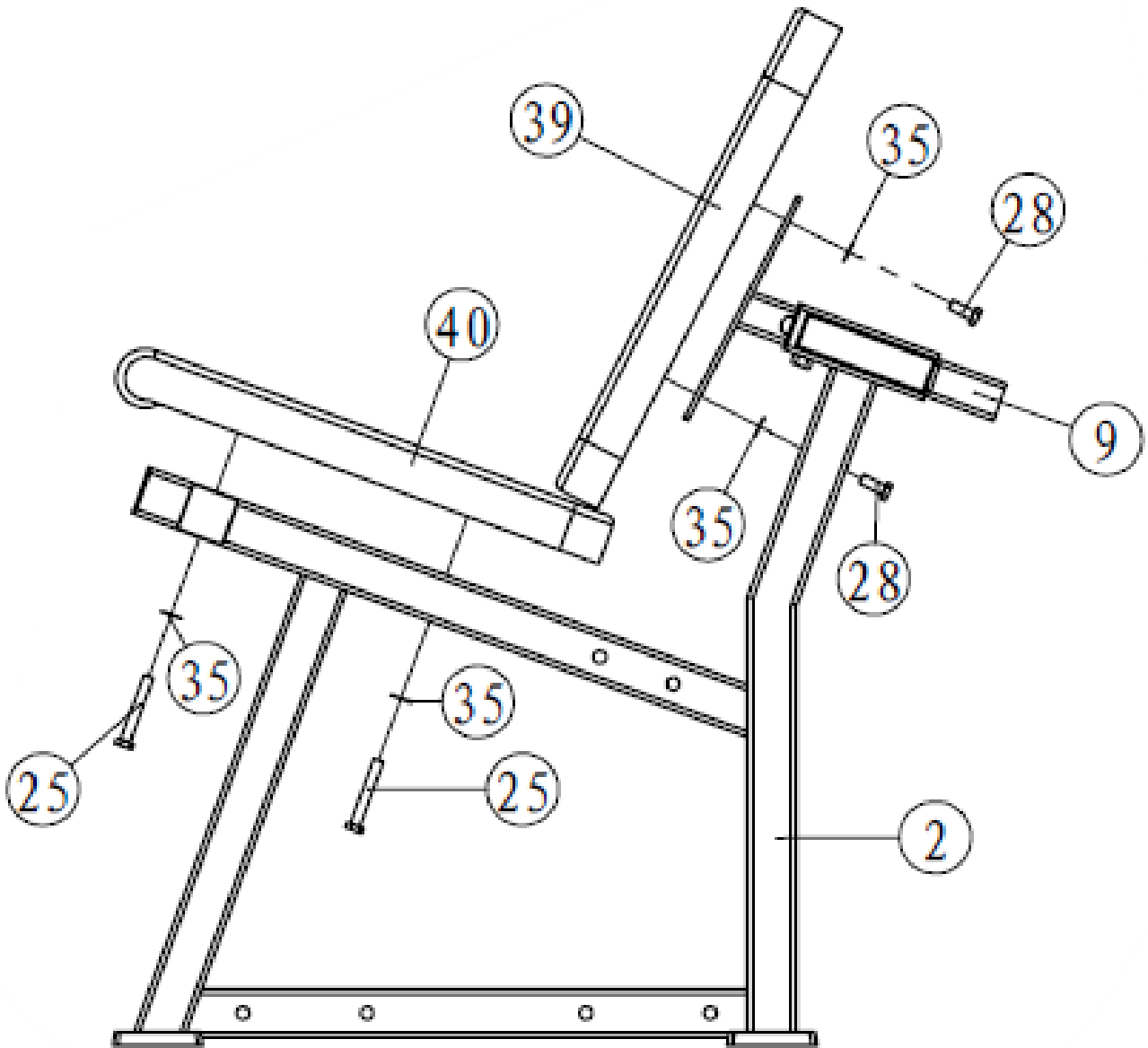


## Cover Installation

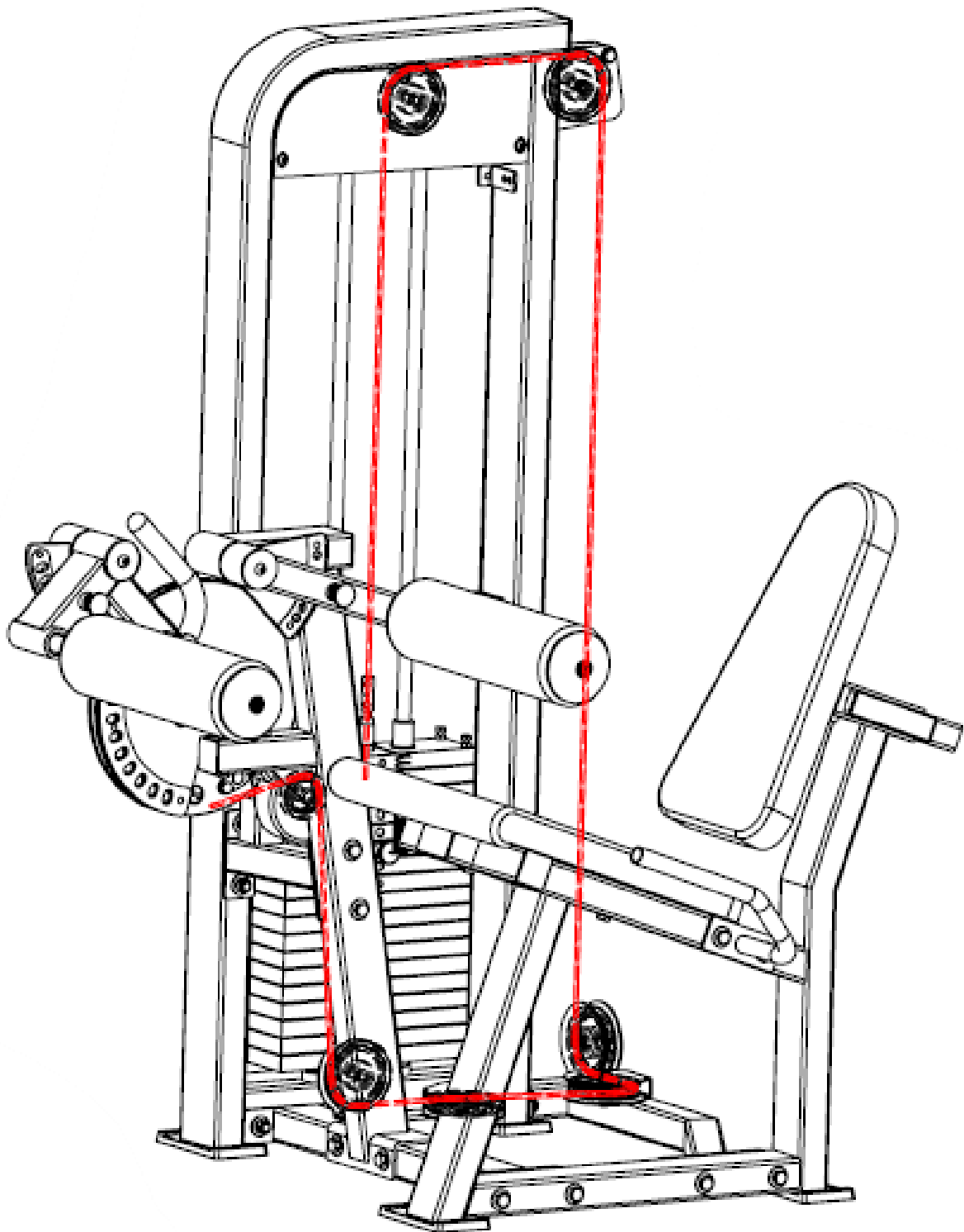




# Cushion Installation



## Cable 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**

**Phone: (662)GYM-BROS**

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

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