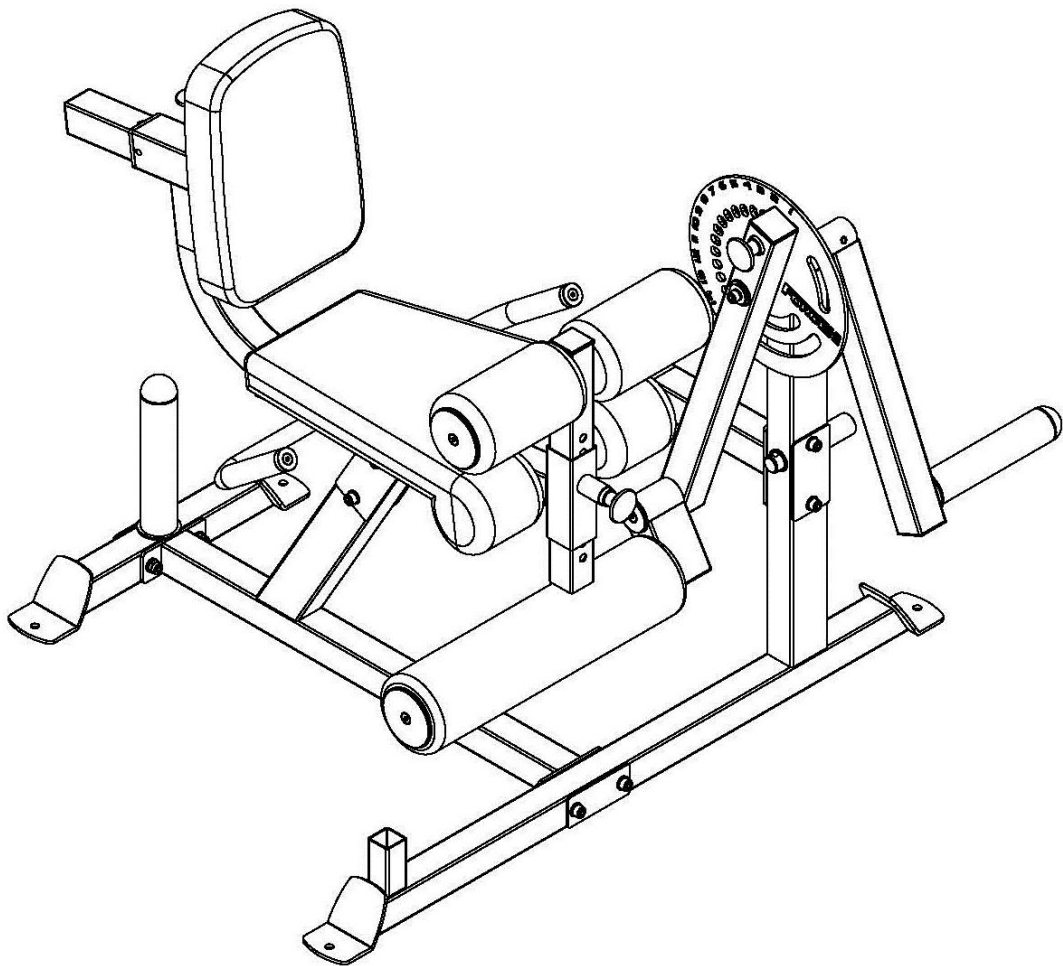


# **FORCE USA**

## **OWNER'S MANUAL F-LEGM**

Leg Extension & Leg Curl Machine



### **CAUTION!**

Read all precautions and instructions in this manual before using this equipment.

# ASSEMBLY MANUAL

## FORCE USA LEG EXTENSION & LEG CURL MACHINE

### BEFORE YOU START

Remove all parts from the packaging and separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

Certain parts may arrive pre-assembled from the factory.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

### SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear appropriate footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled
- Ensure you correctly orientate each piece before attaching
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Do not use the equipment outdoors or around water.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if you experience any pain, dizziness or nausea. See a doctor at once.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

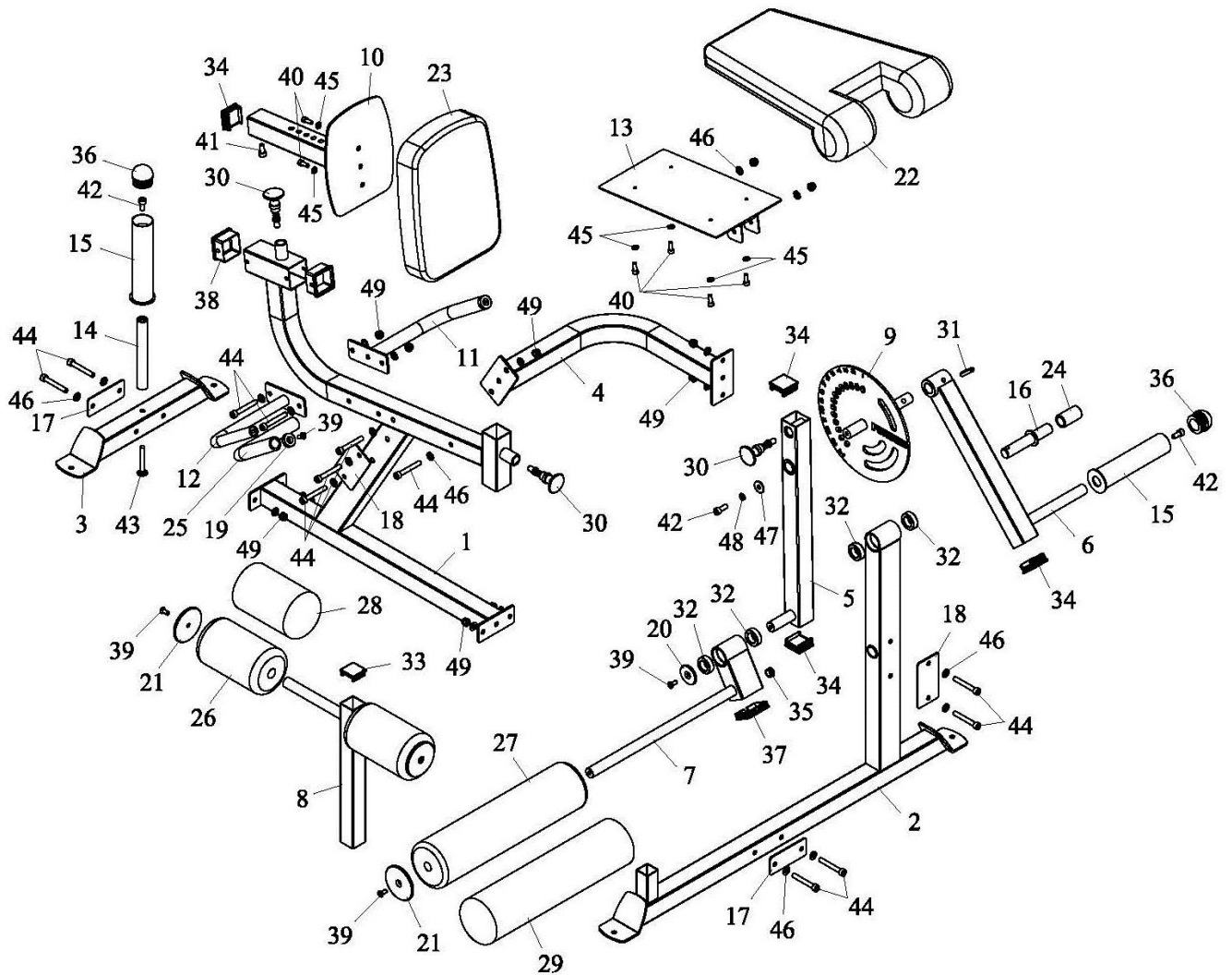
**BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.**

**READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.**

**FORCE USA FITNESS EQUIPMENT ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

# EXPLODED DIAGRAM

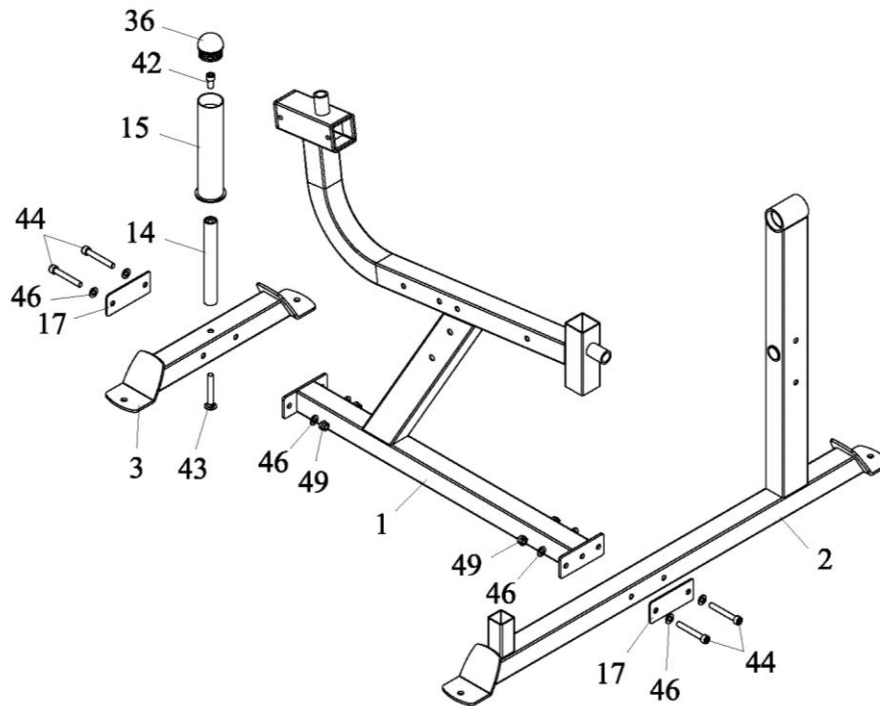


## PART LIST

NUMBER	DESCRIPTION	Q'TY
1	MAIN FRAME	1
2	FRONT FRAME	1
3	REAR BASE	1
4	BEND SUPPORT	1
5	ROTATING SUPPORT	1
6	WEIGHT POST	1
7	LEG HOLDER	1
8	FOAM HOLDER	1
9	ADJUSTMENT PLATE	1
10	BACKREST SUPPORT	1
11	LEFT HANDLE BAR	1
12	RIGHT HANDLE BAR	1
13	SEAT SUPPORT	1
14	PLATE BAR	1
15	OLYMPIC SLEEVE	2
16	BLOCK AXIS	1
17	REINFORCEMENT PLATE	2
18	WIDE REINFORCEMENT PLATE	2
19	SMALL SHEATHING	2
20	MIDDLE SHEATHING	1
21	SHEATHING	3
22	SEAT CUSHION	1
23	BACKREST	1
24	SHORT FOAM	1
25	HANDLE FOAM	2

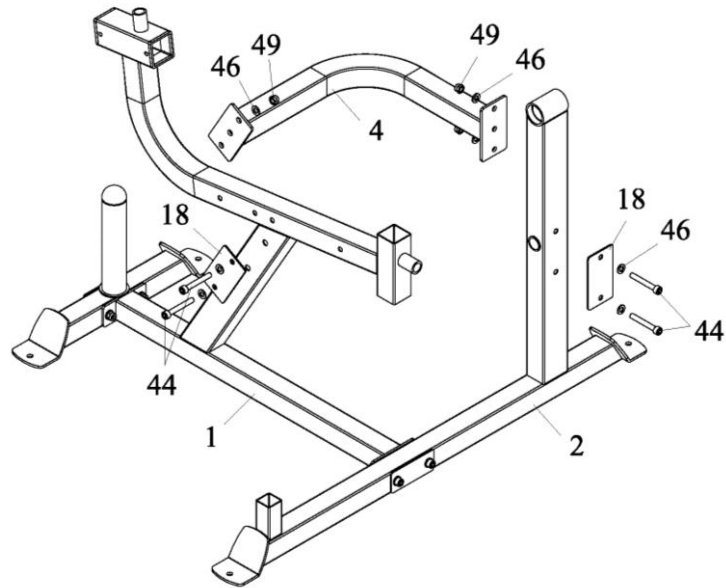
NUMBER	DESCRIPTION	Q'TY
26	FOAM ROLLER	2
27	LONG FOAM ROLLER	1
28	FOAM COVER	2
29	LONG FOAM COVER	1
30	FAST PIN	3
31	COTTER PIN	1
32	BUSHING	4
33	SQUARE PLUG-45	1
34	SQUARE PLUG-50	4
35	ROUND PLUG-25	1
36	ROUND PLUG-50	2
37	RECTANGULAR PLUG	1
38	SQUARE BUSHING	2
39	M8*25 SOCKET SCREW	6
40	M8*25 SOCKET CAP SCREW	6
41	M10*16 SOCKET CAP SCREW	1
42	M10*25 SOCKET CAP SCREW	3
43	M10*60 SQUARE NECK SCREW	1
44	M10*75 SOCKET CAP SCREW	12
45	8MM WASHER	6
46	10MM WASHER	24
47	10MM BIG WASHER	1
48	10MM SPRING WASHER	1
49	M10 LOCK NUT	12

# STEP 01



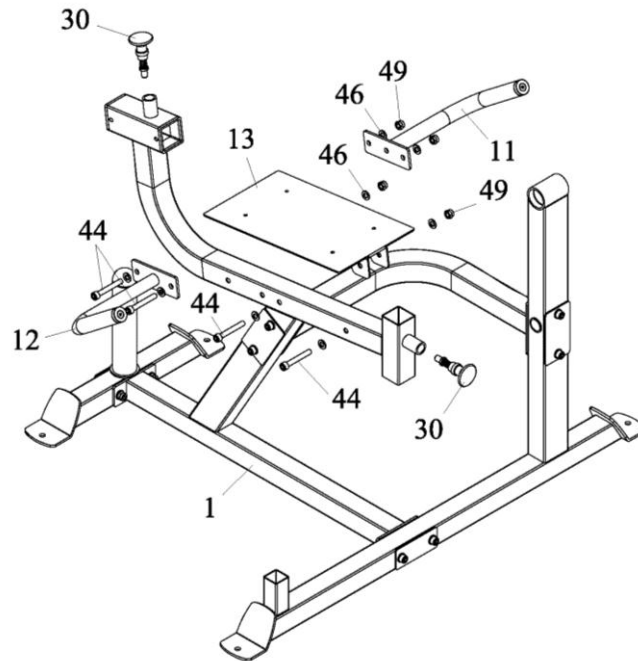
1. Attach FRONT FRAME (2) and REINFORCEMENT PLATE (17) to MAIN FRAME (1) using two SCREWS M10\*75 (44), four WASHERS 10MM (46) and two LOCK NUTS M10 (49).
2. Attach PLATE BAR (14) to REAR BASE (3) using SCREW M10\*60 (43). Slide OLYMPIC SLEEVE (15) onto PLATE BAR (14), secure with SCREW M10\*25 (42). Insert ROUND PLUG (36) into OLYMPIC SLEEVE (15).
3. Attach REAR BASE (3) and REINFORCEMENT PLATE (17) to MAIN FRAME (1) using two SCREWS M10\*75 (44), four WASHERS 10MM (46) and two LOCK NUTS M10 (49).

## STEP 02



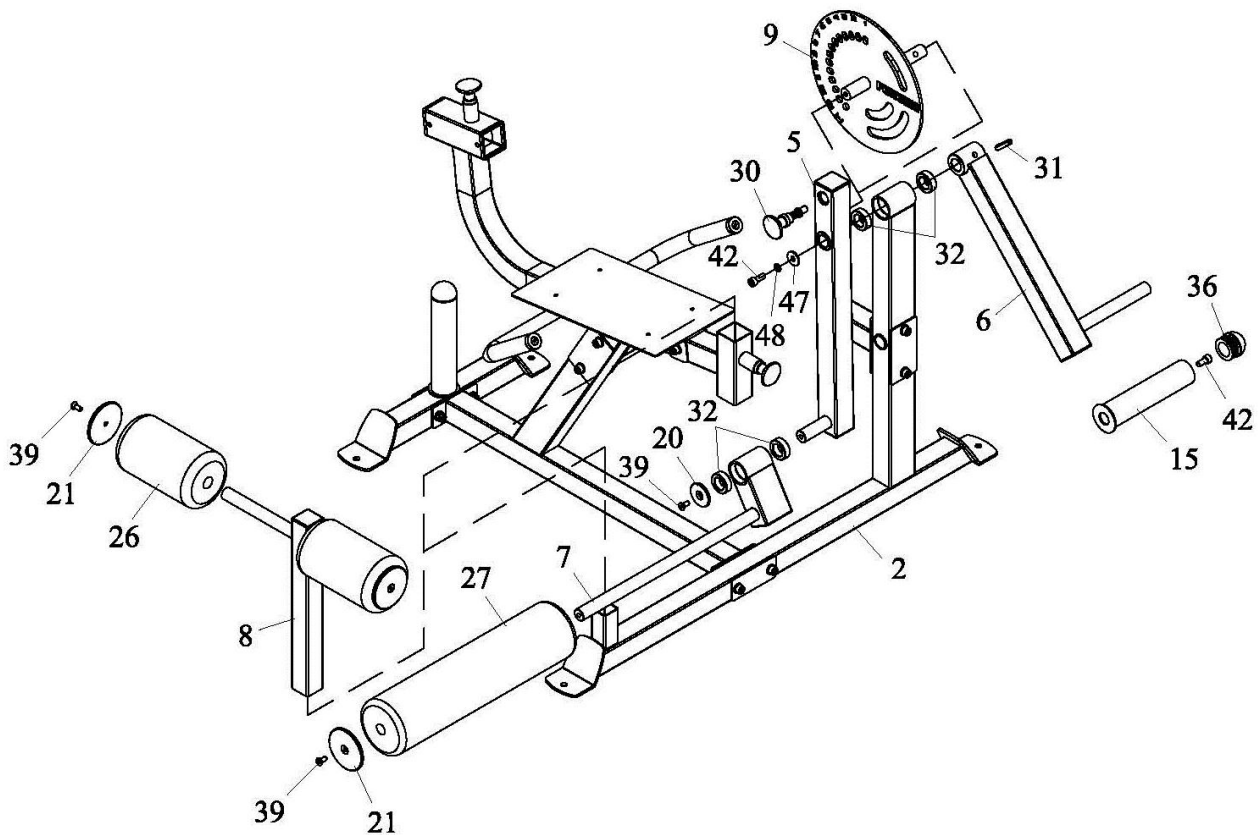
1. Attach BEND SUPPORT (4) and WIDE REINFORCEMENT PLATE (18) to MAIN FRAME (1) using two SCREWS M10\*75 (44), four WASHERS 10MM (46) and two LOCK NUTS M10 (49).
2. Attach BEND SUPPORT (4) and WIDE REINFORCEMENT PLATE (18) to FRONT FRAME (2) using two SCREWS M10\*75 (44), four WASHERS 10MM (46) and two LOCK NUTS M10 (49).

## STEP 03



1. Attach LEFT HANDLE BAR (11) and RIGHT HANDLE BAR (12) to rear hole of MAIN FRAME (1) using two SCREWS M10\*75 (44), four WASHERS 10MM (46) and two LOCK NUTS M10 (49).
2. Attach SEAT SUPPORT (13) to MAIN FRAME (1) using two SCREWS M10\*75 (44), four WASHERS 10MM (46) and two LOCK NUTS M10 (49).
3. Attach two FAST PINS (30) to MAIN FRAME (1).

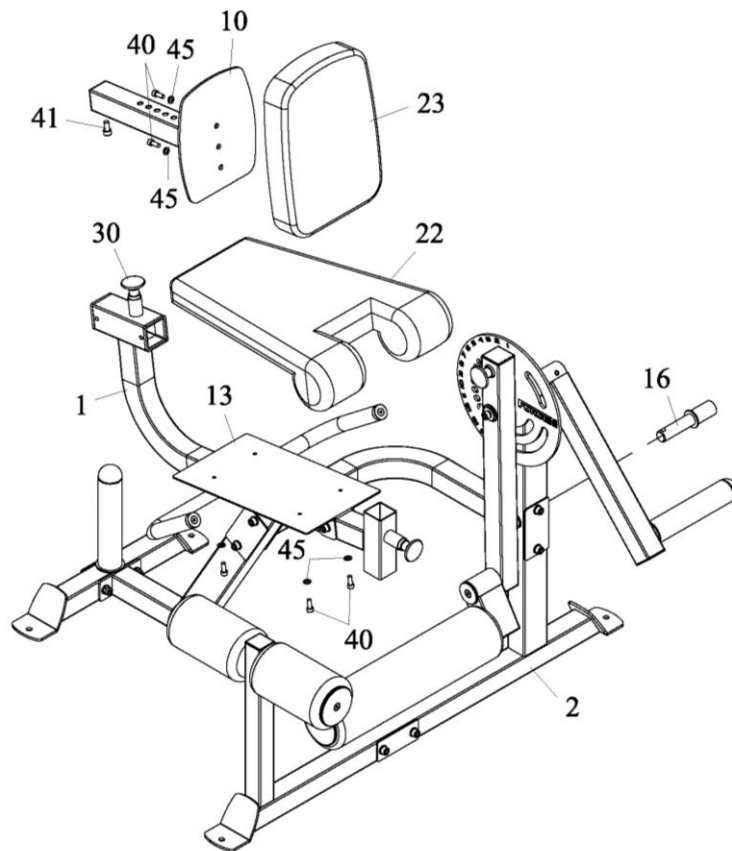
## STEP 04



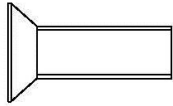
1. Attach BUSHING (32) to FRONT FRAME (2). Insert long axis on ADJUSTMENT PLATE (9) into hole of FRONT FRAME (2).
2. Slide WEIGHT POST (6) onto axis of ADJUSTMENT PLATE (9), insert COTTER PIN (31) into hole on WEIGHT POST (6) and ADJUSTMENT PLATE (9).
3. Slide OLYMPIC SLEEVE (15) onto weight bar of WEIGHT POST (6), secure with SCREW M10\*25 (42). Insert ROUND PLUG (36) into OLYMPIC SLEEVE (15).
4. Slide ROTATING SUPPORT (5) onto short axis of ADJUSTMENT PLATE (9), secure with SCREW M10\*25 (42), SPRING WASHER 10MM (48) and BIG WASHER 10MM (47). Attach FAST PIN (30) to ROTATING SUPPORT (5) and ADJUSTMENT PLATE (9).
5. Attach BUSHING (32) to LEG HOLDER (7). Slide LEG HOLDER (7) onto axis on ROTATING SUPPORT (5), secure with MIDDLE SHEATHING (20) and SCREW M8\*25 (39).
6. Slide LONG FOAM ROLLER (27) onto bar of LEG HOLDER (7), secure with SHEATHING (21) and SCREW M8\*25 (39).
7. Slide FOAM ROLLER (26) onto bar of FOAM HOLDER (8), secure with two SHEATHINGS (21) and two SCREWS M8\*25 (39).



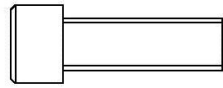
## STEP 05



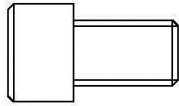
1. Attach SEAT CUSHION (22) to SEAT SUPPORT (13) using four SCREWS M8\*25 (40) and four WASHERS 8MM (45).
2. Attach BACKREST (23) to BACKREST SUPPORT (10) using two SCREWS M8\*25 (40) and two WASHERS 8MM (45).
3. Insert BACKREST SUPPORT (10) into port of MAIN FRAME (1) and secure with FAST PIN (30).
4. Attach SCREW M10\*16 (41) to BACKREST SUPPORT (10).
5. Insert BLOCK AXIS (16) into hole on FRONT FRAME (2).



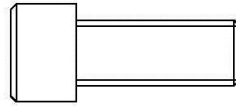
#39 M8 × 25 Socket Screw ( Qty 6 )



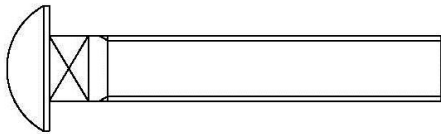
#40 M8 × 25 Socket Cap Screw ( Qty 6 )



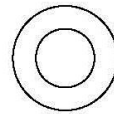
#41 M10 × 16 Socket Cap Screw ( Qty 1 )



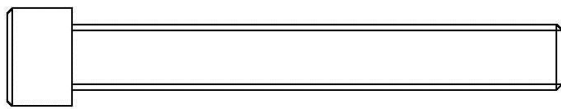
#42 M10 × 25 Socket Cap Screw ( Qty 3 )



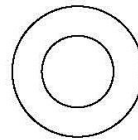
#43 M10 × 60 Square Neck Screw ( Qty 1 )



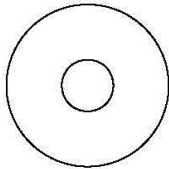
#45 Washer 8 ( Qty 6 )



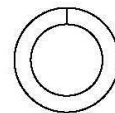
#44 M10 × 75 Socket Cap Screw ( Qty 12 )



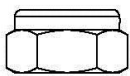
#46 Washer 10 ( Qty 24 )



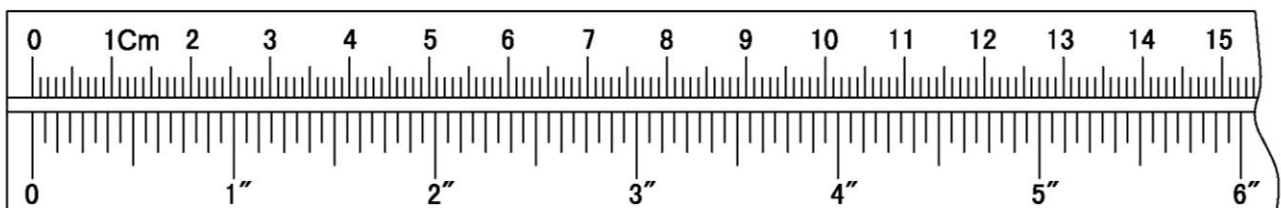
#47 Big Washer 10 ( Qty 1 )



#48 Spring Washer 10 ( Qty 1 )



#49 M10 Lock Nut ( Qty 12 )



# WARRANTY



## **LIFETIME WARRANTY ON FRAME**

### **2 YEAR WARRANTY ON MOVING PARTS (Such as cables and pulleys)**

**Force USA, the Trusted Name in Strength Equipment™ was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world. Offering one of the best warranties on the market for your peace of mind, each piece of Force USA strength equipment is hand crafted for quality and we use state-of-the-art production methods for our entire range. The Force USA range of strength equipment carries a Lifetime Structural Warranty along with 2 years cover on all cables and pulleys. This warranty applies to first owners and does not cover second hand equipment or re-sold equipment. This Force USA warranty covers only failures due to defects in structural, cables and pulleys and workmanship that occur during normal home use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, mis-application, alteration or improper assembly of the product. This warranty does not cover the use or failure of equipment in studio commercial applications. The replacement or repair provided for under the Force USA warranty is the responsibility of the user and the customer will be responsible for any freight charges applicable. Force USA will not be liable for any consequential damages or for breach of any implied warranty on the range of Force USA strength equipment. Force USA reserves the right to provide reconditioned parts and/or to request a return and repair existing defective parts on the Force USA product.**

**VorTex by Force USA is a commercial grade upholstery used for all Force USA equipment. We use a high grade commercial vinyl with rip-stop mesh backing which helps prevent rips and tears. Force USA, the Trusted Name in Strength Equipment™ was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world.**