



Cybex® Plate Loaded Leg Press
Owner's and Service Manual
Strength Systems
Part Number 16110-999-4 A



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1 - Safety


Safety



Read the Owner's Manual carefully before assembling, servicing or using Cybex equipment.

WARNING: Serious injury could occur if these safety precautions are not observed:

User Safety Precautions

- Obtain a medical exam before beginning any exercise program.
- Stop exercising if feeling faint, dizzy or experiencing pain and consult your physician.
- Obtain instructions before using. Lisez les instructions avant l'utilisation.
- Read and understand the owner's manual and all warnings posted on the machine before using. 
- Keep all children (12 and under) away. Teenagers (13 and over) and disabled must be supervised. Garder tous les enfants (de 12 ans et moins) éloignés. Les adolescents (de 13 ans et plus) et les handicapés doivent être surveillés.
- Use a spotter.
- Keep body and clothing free from and clear of all moving parts.
- Use the machine only for the intended use. **DO NOT** modify the machine.
- Inspect machine prior to use. **DO NOT** use if it appears damaged or inoperable.
- **DO NOT** attempt to fix a broken or jammed machine.
- Report any malfunctions, damage or repairs to the facility.
- Replace any warning labels if damaged, worn or illegible.

Facility Safety Precautions

- Read the Owner's Manual carefully before assembling, servicing or using this equipment.
- Securely anchor machine to the floor using the anchor holes provided in each machine.

NOTE: Cybex is not responsible for the actual anchoring of equipment. Consult with a professional contractor.

NOTE: Use fasteners having a minimum of 500 lbs. tensile capacity (3/8" grade 2 bolts or better).

NOTE: If legs/frame does not contact surface, **DO NOT** pull down with anchors. Shim any leg or frame not in contact with surface using flat washers.

- Make sure that each machine is set up and operated on a solid level surface. **Do not install equipment on an uneven surface.**
- Make sure that all users are properly trained on how to use this equipment.
- Make sure there is enough room for safe access and operation of this equipment.
- Perform regular maintenance checks on this equipment. Also pay close attention to all areas most susceptible to wear.

- Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components then remove from service until the repair is made.

NOTE: *It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed.*

Safety Guidelines And Practices

Cybox recommends that all fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the owner. The extent of control is at the discretion of the owner.

It is the responsibility of the purchaser/user of Cybox products to read and understand the owner's manual, and warning labels; as well as instruct all individuals, whether end users or supervising personnel, on proper usage of the equipment.

PROPER USAGE:

Use machine only as described in the manual. Failing to follow proper instructions may result in injury.

Do Not Lean Against or Pull On the framework, weight stack, or any component, whether machine is at rest or in use. Inappropriate or improper use may result in injury to users or third parties (bystanders).

Do not use machine if it is not located on a solid level surface or is improperly installed.

Provide an adequate safety perimeter between the machine, walls and other equipment to ensure that the facility has the proper clearance for usage and training.

SECURING EQUIPMENT:

The machine has holes in the feet, which allow for ease in anchoring to the floor. Cybox strongly recommends that, to eliminate rocking, tipping or falling over due to incorrect usage and misuse, equipment be secured to a solid, level surface.

1. The solid, level surface should not deviate more than 1/8" over a 10' distance or as defined and required by local building and architectural codes.
2. Anchoring of equipment must be completed by a qualified licensed contractor.
3. Anchoring holes are provided on the feet of the frame. All anchoring locations must be used when anchoring the equipment to the floor.
4. Due to the wide variation of flooring on which machines may be anchored or installed, verify anchoring method and anchoring fasteners with a qualified and licensed contractor.
5. A minimum pull out force of 220 lbs/100 kgs is required for each anchor position..
6. Do not use machine until it is properly anchored.

MAINTENANCE:

Preventative maintenance allows proper equipment operation and reduces the risk of injury. Perform the maintenance requirements as specified in the manual.

STANDARD COMPLIANCE:

Cybox products meet or exceed applicable ASTM and EN Standards.



Warning/Caution Decals

Warning decals indicate a potentially hazardous situation, which, if not avoided, could result in death or serious injury.

Caution decals indicate a potentially hazardous situation, which, if not avoided, could result in minor or moderate injury.

The caution and warning decals are shown on this page.

A

⚠ WARNING

**SERIOUS INJURY
COULD OCCUR IF
THESE PRECAUTIONS
ARE NOT OBSERVED**

1. Obtain a medical exam before beginning any exercise program.
2. Stop exercising if feeling faint, dizzy or experiencing pain and consult your physician.
3. Obtain instructions before using. *Lisez les instructions avant l'utilisation.*
4. Read and understand the owner's manual and all warnings posted on the machine before using.
5. Keep all children (12 and under) away. Teenagers (13 and over) and disabled must be supervised. *Gardez tous les enfants (de 12 ans et moins) éloignés. Les adolescents (de 13 ans et plus) et les handicapés doivent être surveillés.*
6. Use a spotter.
7. Keep body and clothing free from and clear of all moving parts.
8. Use the machine only for the intended use. **DO NOT** modify the machine.
9. Inspect machine prior to use. **DO NOT** use if it appears damaged or inoperable.
10. **DO NOT** attempt to fix a broken or jammed machine.
11. Report any malfunctions, damage or repairs to the facility.
12. Replace any warning labels if damaged, worn or illegible.

5220-364-4

Leg Press - 16110

DESCRIPTION	PART NO.
A. Warning Decal.....	5220-364-4
B. Caution Decal.....	8500-025-4
C. Caution Decal.....	4000Y316-4
D. Warning Decal.....	5220-337-4
E. Warning Decal.....	5320-346-4

B

⚠ CAUTION

Failure to correctly adjust could result in personal injury.

Always fully engage the detent pin before use to avoid injury.

8500-025-4 A

C

⚠ CAUTION

Personal injury may occur.

Keep away from moving parts to avoid injury.

4000Y316-4 A

E

⚠ WARNING

SERIOUS INJURY could result if carriage falls toward user.

Carriage stops **MUST BE IN LOCKED POSITION** while performing calf raises.

5320-346-4

D

⚠ WARNING

Machine may tip if unevenly loaded.

Load and unload weight plates evenly to avoid injury.

5220-337-4

Regular Maintenance Activities

Preventative maintenance activities must be performed to maintain normal operation of this equipment. Keeping a log sheet of all maintenance actions will assist you in staying current with all preventative maintenance activities.



WARNING: *Equipment found to have worn or damaged components must be removed from service until repair(s) is made. Failure to do so could result in injury.*

Daily

1. Clean upholstery.

Weekly

1. Inspect all nuts and bolts for looseness. Tighten as required.
2. Check for worn handles, and worn warning labeling. Replace all worn parts immediately.

2 - Exercise

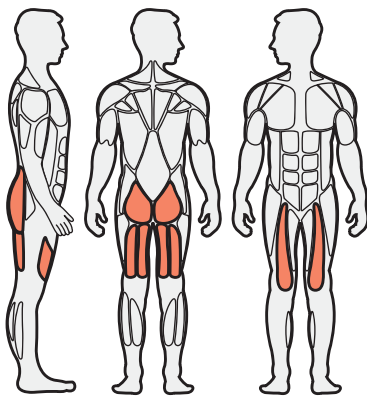
Intended Use

The intended use of this equipment is to aid or improve general physical fitness and exercise. For Comercial use.

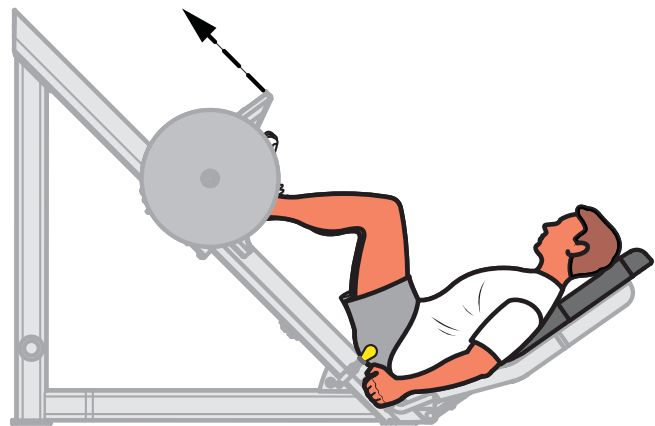
Instructions

Read and understand all instructions and warnings prior to using this machine. See Chapter 1, Safety in Owner's Manual or consult with floor staff.

MUSCLES USED



Quadriceps, Gluteus Maximus,
Hamstrings



NOTE: *Motions Developed: Hip Extension, Knee Extension*

NOTE: *Refer to next page for set up and movement*

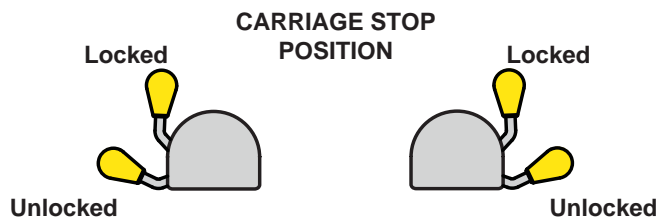
Set Up

1. Load evenly with appropriate resistance..
2. Select desired back pad angle by pulling up on adjustment cable (located below seat pad) and tilt back pad to desired angle.
3. Position feet securely on foot pad
4. Push foot plate upward and rotate carriage stops to the UNLOCKED position. Grasp handles.

Movement

1. Push foot plate upward until legs are extended. Return to start with a smooth controlled movement while keeping pelvis against back pad.

NOTE: When performing calf exercise, ensure carriage stops are in the LOCKED position.



3 - Customer Service

Contacting Service

Hours of phone service are Monday through Friday from 8:30 to 6:00 p.m Eastern Standard Time.

For Cybox customers living in the USA, contact Cybox Customer Service at 888-462-9239.

For Cybox customers living outside the USA, contact Cybox Customer Service at 508-533-4300 or fax 508-533-5183.

Find information on the web at www.cyboxintl.com or e-mail at techhelp@cyboxintl.com.

Ordering Parts

Fax orders to **508-533-5183**. To speak with a customer service representative, call **888-462-9239** (for customers living within the USA) or **508-533-4300** (for customers outside the USA). You may also contact us through e-mail at techhelp@cyboxintl.com

Having the following information ready when calling will assist our Cybox representatives in serving you.

- **Unit Serial Number**
- **Product Name**

The unit serial number and product name can be found on the serial number decal. See Chapter 6 for exact location of serial number decal.

- **Part Description**
- **Part Number**

Part descriptions and part numbers are located in Chapter 6 of this manual.

- **Shipping Address**
- **Contact Name**

In addition to your shipping address and contact name, your account number is helpful but not required.

Return Material Authorization (RMA)

The Return Material Authorization (RMA) system outlines the procedures to follow when returning material for placement, repair or credit. The system assures that returned materials are properly handled and analyzed. Follow the following procedures carefully.

Contact your authorized Cybox dealer on all warranty-related matters. Your local Cybox dealer will request a RMA from Cybox, if applicable. Under no circumstances will defective parts or equipment be accepted by Cybox without proper RMA and an Automated Return Service (ARS) label.

1. Call the Customer Service Hot Line listed above for the return of any item that is defective.
2. Provide the technician with a detailed description of the problem you are having or the defect in the item you wish to return.
3. Provide the model and serial number of your Cybox equipment.
4. At Cybox's discretion, the technician may request that you return the problem part(s) to Cybox for evaluation and repair or replacement. The technician will assign you a RMA number and will send you an ARS label. The ARS label and the RMA numbers must be clearly displayed on the outside of the package that contains the item(s) to be returned. Include the description of the problem, the serial number of the equipment and the name and address of the owner in the package along with the part(s).
5. Forward the package through UPS to Cybox.

Attn: Customer Service Department
Cybox International, Inc.
1975 24th Ave SW
Owatonna, MN 55060

NOTE: Merchandise returned without an RMA number on the outside of the package or shipments sent COD will not be accepted by the Cybox receiving department.

Damaged Parts

Materials damaged in shipment should not be returned for credit. Shipping damages are the responsibility of the carrier (UPS, Federal Express, trucking companies, etc.)

Apparent Damage - Upon receipt of your shipment, check all items carefully. Any damage seen with a visual check must be noted on the freight bill and signed by the carrier's agent. Failure to do so will result in the carriers refusal to honor your damage claim. The carrier will provide you with the required forms for filing such claims.

Concealed Damage - Damage not seen with a visual check upon receipt of a shipment but notices later must be reported to the carrier as soon as possible. Upon discovery of the damage, a written or phone request to the carrier asking them to perform an inspection of the materials must be made within ten days of the delivery date. Keep all shipping containers and packing materials as they will be needed in the inspection process. The carrier will provide you with an inspection report and the necessary forms for filing a concealed damage claim. Concealed damage claim is the carrier's responsibility.

4 - Assembly

Tools Required

- 1/8" Allen wrench
- 5/16" Allen wrench
- 3/4" Wrench

NOTE: It is the responsibility of the facility owner/owner of the equipment to ensure that there is appropriate clearance around each machine to allow for safe use and passage.

NOTE: Refer to chapter 6 for reference diagrams.

1. Read and understand all instructions thoroughly before starting any of the procedures listed on this instruction sheet. 

2. Verify you have received the appropriate configuration.

- A. Verify that you received the correct color machine that you ordered.
- B. Verify you received the appropriate owner's manual.
- C. Verify you received the warranty sheet.

3. Move to desired location.

- A. Note the dimensions of the machine:
Machine Weight: 443 lbs. Size: 64 W" x 83" L x 54" H
Machine Weight: 201 kg. Size: 163 cm W x 211 cm L x 137 cm H

NOTE: Keep all shipping packages near area of installation.

- B. Remove hardware pack and verify contents. See Figure 1.
- C. Carefully remove foam and shrink wrap securing weight bar and weight tubes.
- D. Carefully remove each (standard) cone-shaped shipping support using a 3/4" socket or wrench.
- E. Carefully place rubber feet (supplied with machine) on each foot of the frame.

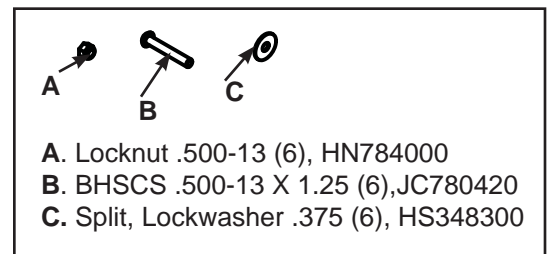


Figure 1

4. Install weight bar.

- A. Position bar on Leg Press and insert all six Button Head Socket Cap Screws (BHSCS) (B from kit) through mounting plate. See Figure 2.
- B. Place washer (C) and locknut (A) on BHSCS from step 4A and finger tighten.
- C. Position carriage so that the bar is resting on lowest position. Raise and lower carriage. Verify stop plates on bar are hitting stop blocks at same time at both stop positions. See Figure 3.

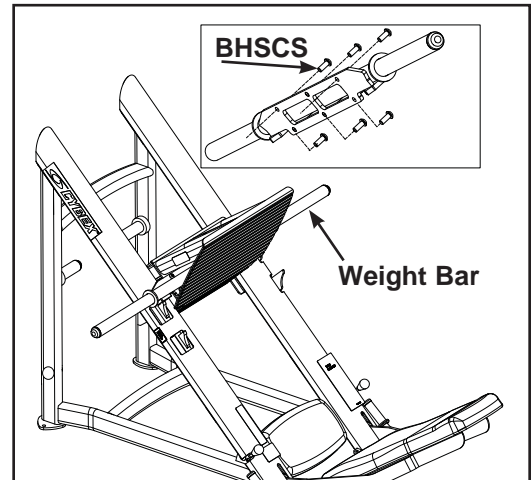


Figure 2

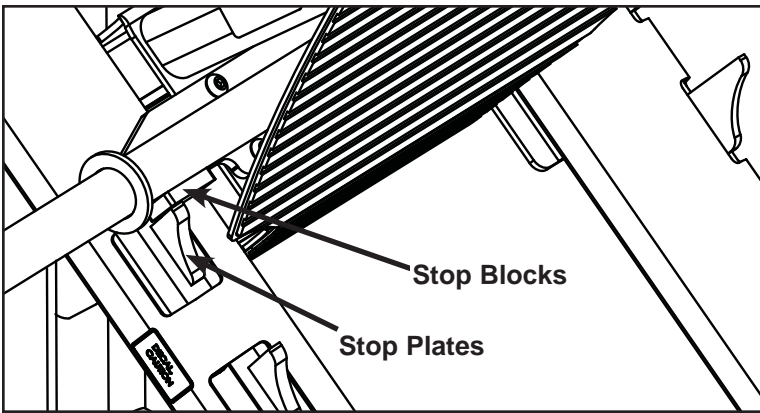


Figure 3

- D. Tighten all six BHSCS.

NOTE: If stop plates are not hitting stop plate at the same time then adjust arm before tightening BHSCS,

NOTE: If bar cannot be adjusted, loosen all bolts underneath carriage and align then tighten.

5. Install weight tubes.

- A. Remove one bearing sleeve.
- B. Insert weight tube through frame. See Figure 4.

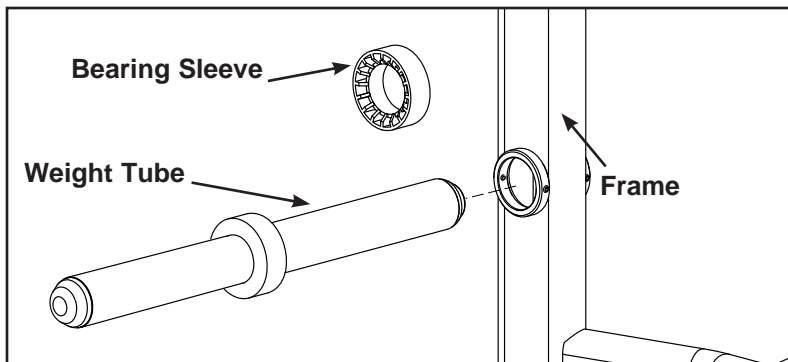


Figure 4

- C. Verify outside length of weight tube measures 9.5 inches. See Figure 5.

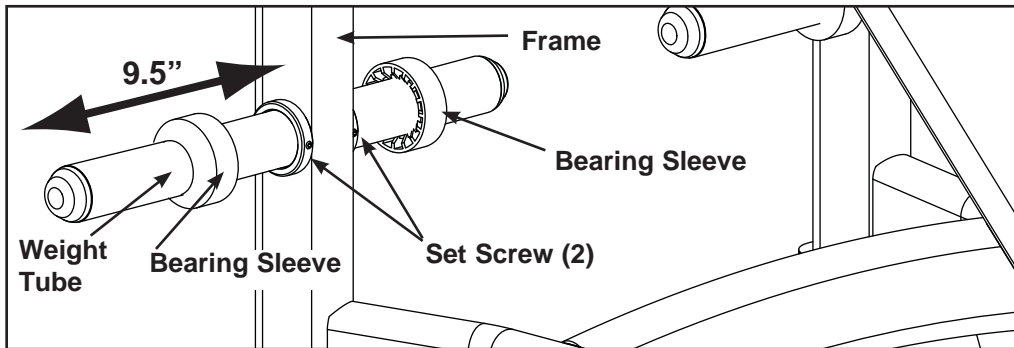


Figure 5

- D. Using a 1/8" Allen wrench secure tube in place with set screws located on both sides of frame. See Figure 5.
- E. Repeat steps 5A- 5D for opposite weight tube.

6. Verify proper operation.

7. Anchor machine to floor.

- A. Securely anchor machine to the floor using the anchor holes provided in each machine.

NOTE: Cybox is not responsible for the actual anchoring of equipment. Consult with a professional contractor.

NOTE: Use fasteners having a minimum of 500 lbs. tensile capacity (3/8" grade 2 bolts or better).

NOTE: If legs/frame does not contact surface, DO NOT pull down with anchors. Shim any leg or frame not in contact with surface using flat washers.

5 - Maintenance

All preventive maintenance activities must be performed on a regular basis. Performing routine preventive maintenance actions can aid in providing safe, trouble-free operation of all Cybex Strength Systems equipment.

NOTE: *Cybex is not responsible for performing regular inspection and maintenance actions for your machines. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting/recording. Cybex phone representatives are available to answer any questions or concerns that you may have.*

Daily Procedures

1. **Upholstery** - Wipe down all upholstery.
2. **Frames** - Wipe down all frames using a mild solution of warm water and car wash soap. Be sure to dry thoroughly. **AVOID** acid or chlorine based cleaners and also cleaners containing abrasives as these could scratch or damage the equipment.
3. **Chrome** - Clean chrome tubes, first using chrome polish and then using a car wax seal. Neutral cleaners with a pH between 5.5 and 8.5 are recommended. Be sure to dry thoroughly. **AVOID** acid or chlorine based cleaners and also cleaners containing abrasives as these could scratch or damage the equipment.

Weekly Procedures

1. Inspect all nuts and bolts for looseness. Tighten as required
2. Inspect all labeling for readability. This includes instructional placards, warning and caution decals. Replace all worn labeling immediately.

6 - Service

Please refer to the next page for parts lists and exploded-view diagrams



CAUTION

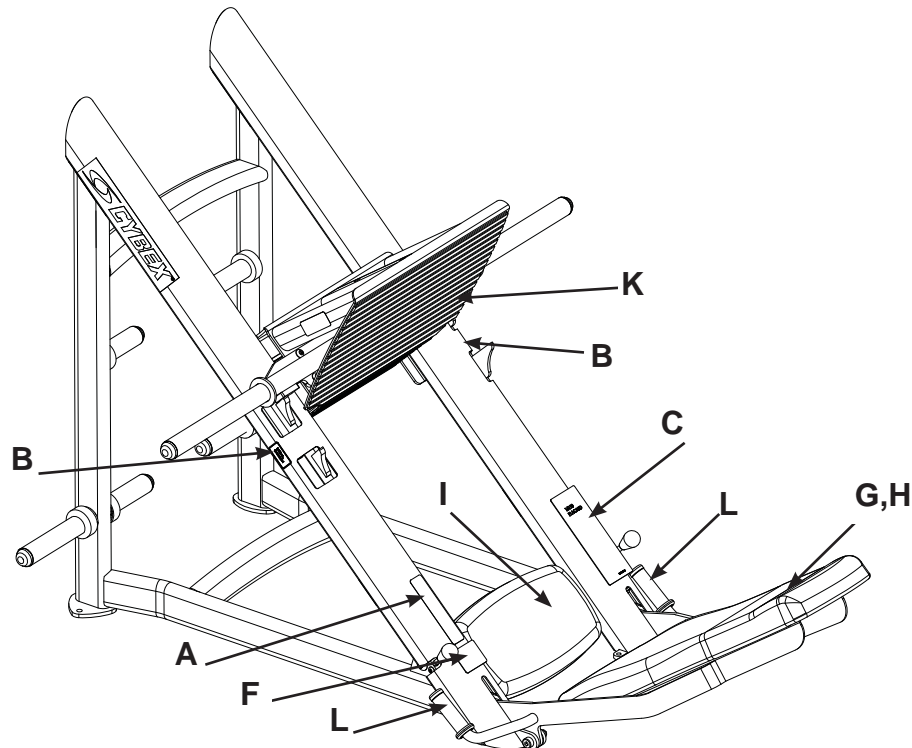
Use only Cybex replacement parts when servicing. Failure to do so could result in personal injury.

NOTE: All inspections and repairs must be performed by trained service personnel only.

Cybex will void warranty if non-Cybex replacement parts are used.

Plate Loaded Leg Press

PRODUCT NO. 16110



NOTE: See exploded-view diagram for location of D (caution decal), E (warning decal), J (serial number decal).

DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Warning Decal.....	5220-364-X	G. Pad W/Wear cover.....	4800-184
B. Caution Decal.....	4000Y316-X	H. Wear Cover.....	4800-187
C. Placard.....	16110-598-X	I. Seat Pad.....	4800-188
D. Caution Decal.....	8500-025-X	J. Serial Number Decal	
E. Warning Decal.....	5220-337-X	K. Non Slip.....	12220-005
F. Warning Decal.....	5220-346-X	L. Grips.....	4605-509

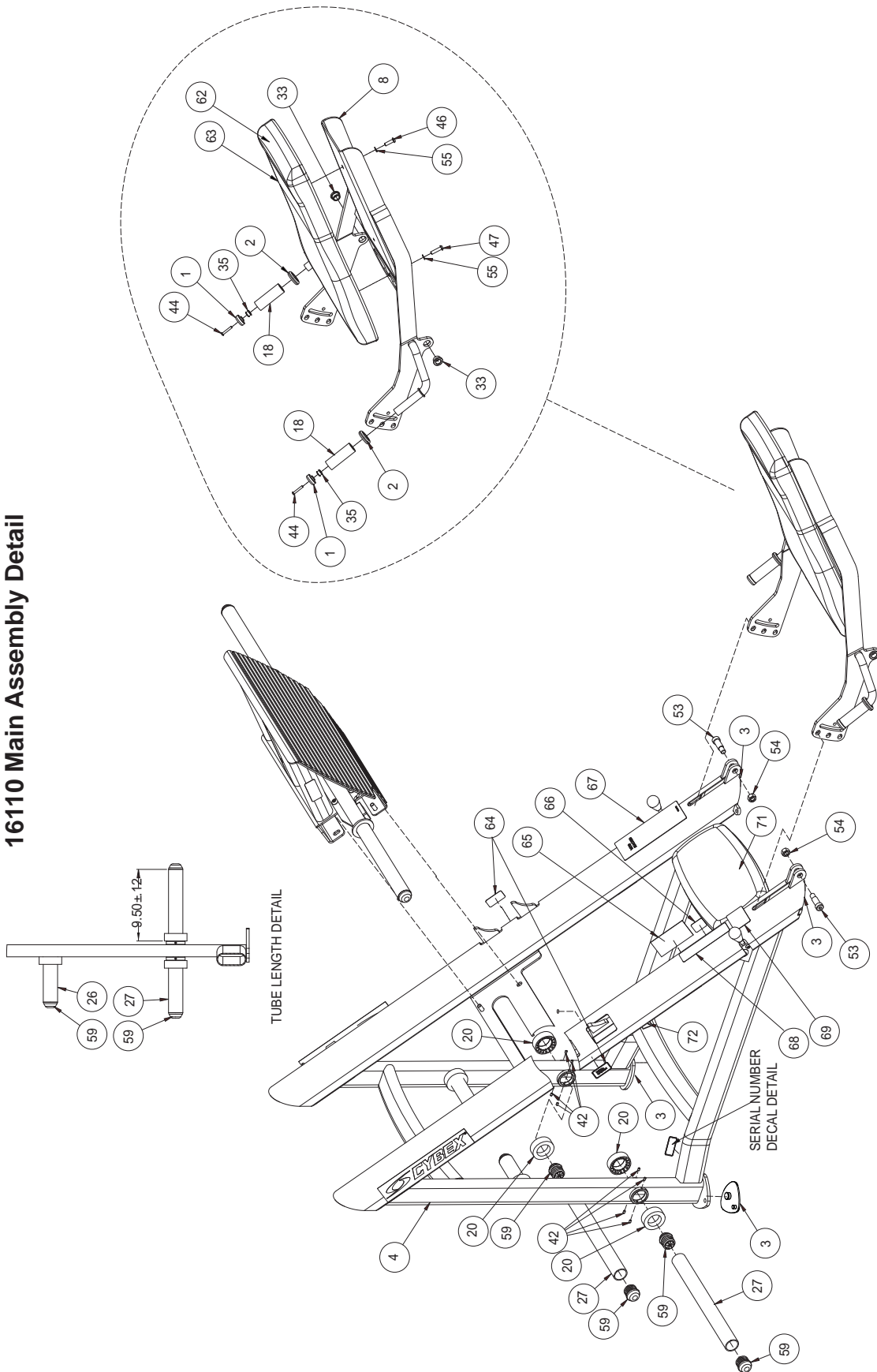
ITEM	QTY	PART NO.	DESCRIPTION
1	2	11090-374	END CAP
2	2	11090-376	RING, HANDLE GRIP
3	4	16010-311	FOOT PAD
4	1	16010-200	W MAIN FRAME
5	1	16110-210	W/HANDLE-LEFT
6	1	16110-211	W/HANDLE-RIGHT
7	2	16110-212	W/STOP ROD
8	1	16110-213	W SEAT BACK
9	1	16110-215	W SLED
10	1	16110-216	PLATED WEIGHT BAR
11	4	16110-351	SHAFT MOUNT
12	4	16110-357	CAP
13	2	16110-358	LINK
14	1	16110-388	NON-SLIP
15	1	16110-389	CABLE
16	2	3900-434	DECAL, CYBEX
17	2	4540-321	BUMPER, HANDLE
18	2	4605-509	GRAB GRIP 4.00
19	1	51198	WARRANTY BOOK (NOT SHOWN)
20	6	5220-367	SPACER, PLASTIC
21	2	5320-204	C BEARING SLEEVE
22	1	5320-205	W SLIDE PLATE
23	2	5321-302	SHAFT
24	2	5320-332	P STOP ROD COLLET
25	2	5320P040	PIN DETENT
26	2	5330P012	P/WEIGHT TUBE 5.00
27	2	5330P029	PLATED WEIGHT TUBE (19.00)
28	4	BR030203	RETAINING RING
29	2	BS070201	COM SPRING .56 x .66 1.50 LG
30	4	FB110200	BRG, LINEAR 1.50
31	4	FS100006	O-RING (.612 ID X .103 WIDE)
32	4	FS110200	SEAL, LINEAR BEARING
33	2	HB-60008	BEARING FLUSH OILITE
34	10	HC700417	BHSCS .375-16 X 1.00
35	2	HF449063	INSERT 3/4 X 1/4-20
36	4	HN664900	NUT, HEX SELF-LOCKING .312-18 ZINC

ITEM	QTY	PART NO.	DESCRIPTION
37	2	HN704901	LOCKNUT, .375-16 NYLON
38	10	HN784000	HEX NUT .500-13
39	10	HS348300	LOCKWASHER, SPLIT .375
40	8	HS387700	WASHER, SAE .500
41	4	HY582910	SET SCREW
42	8	HY622910	SET SC .250-20 X .375
43	4	JC570412	BHSCS .190 10-32 X .375
44	2	JC620422	BHSCS .250-20 x 1.50
45	4	JC660412	BHSCS .312-18 X .50
46	7	JC700420	BHSCS .375-16 X 1.25
47	1	JC700422	BHSCS .375-16 X 1.50
48	2	JC700424	BHSCS .375-16 X 1.75
49	8	JC780417	BHSCS .500-13 X 1.00
50	10	JC780420	BHSCS .500-13 X 1.25
51	2	JC782815	SHCS .500-13 X .75
52	4	JD343322	S BOLT .375 X 1.50 .312-18
53	2	JD403348	SHOULDER BOLT .750 X 1.50 .625-11
54	2	JN814200	HEX NUT .625-11
55	4	JS347400	LOCKWASHER, INT TOOTH .375
56	10	JS388300	SPLIT LOCKWASHER .500
57	2	PN660200	INSERT, PLASTIC 1.00 DIA-11 GA
58	2	PP080207	INSERT, PLASTIC .437 DIA 11 GA
59	8	PP130006	INSERT, PLASTIC END
60	2	PP470006	KNOB, OVAL
61	4	PR060006	BUMPER, RECESS
62	1	4800-184	BACK PAD W/WEAR COVER
63	1	4800-187	WEAR COVER
64	2	4000Y316-X*	DECAL, CAUTION
65	1	5320-336-X*	DECAL
66	1	8500-025-X*	DECAL, CAUTION
67	1	16110-598-X*	PLACARD
68	1	5220-364-X*	DECAL, WARNING
69	1	5320-346-X*	DECAL, WARNING
70	2	5220-337-X*	DECAL, WARNING
71	1	4800-188	SEAT PAD
72	1	11040-790	DECAL, MADE IN USA

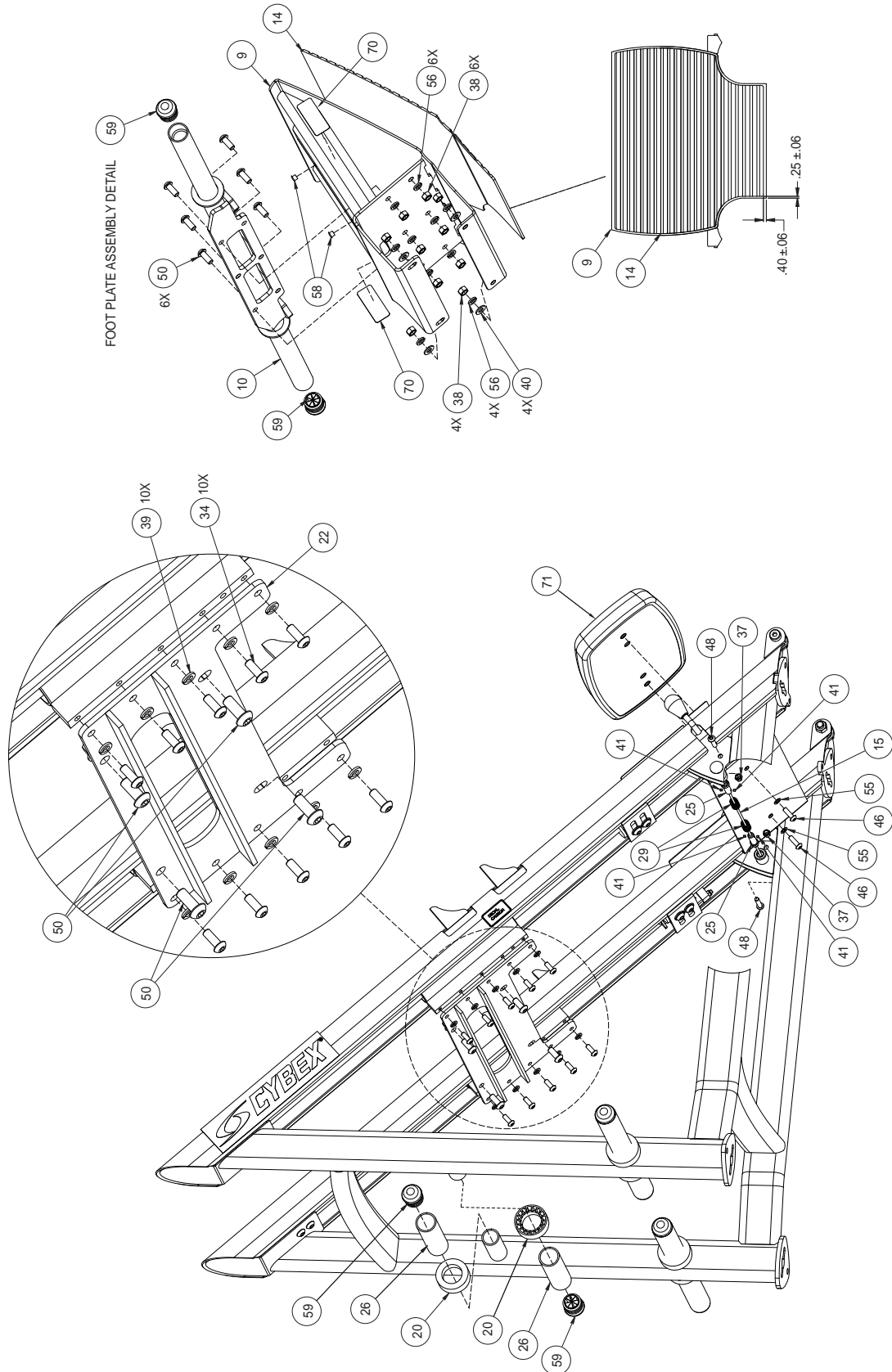
***Language Key**

1-German , 2-French, 3-Spanish, 4-English,
6-Japanese, 7- Swedish, 8- Russian

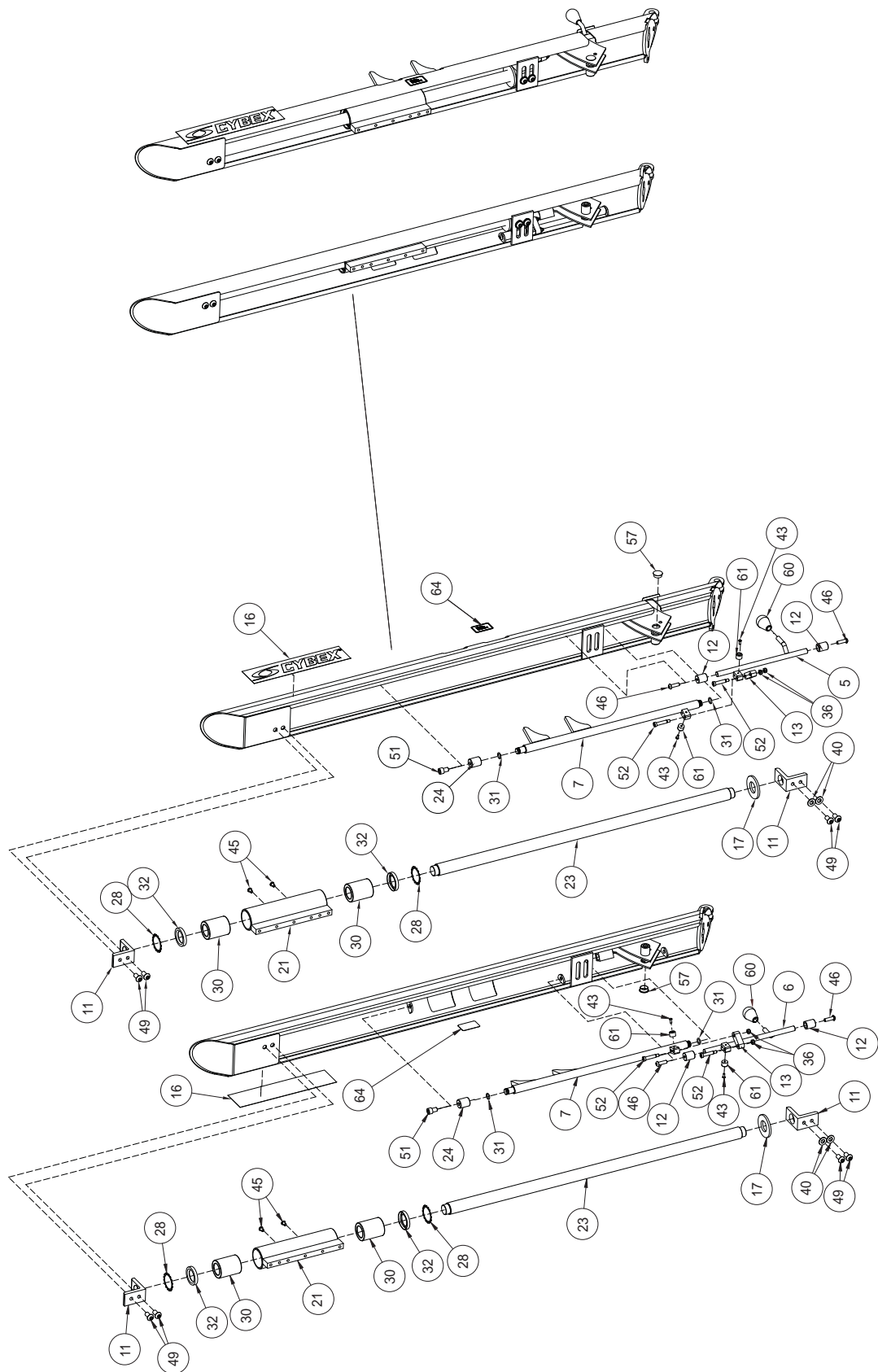
16110 Main Assembly Detail



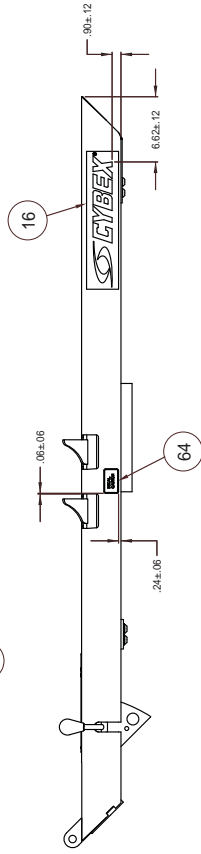
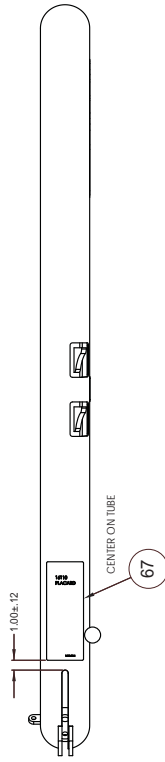
16110 Foot Plate Assembly Detail



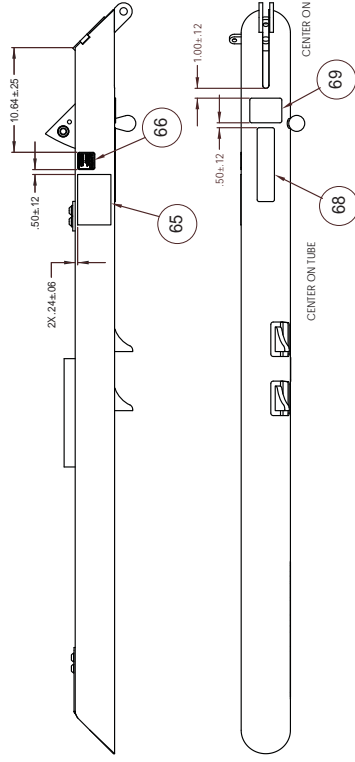
16110 Side Rail Assembly Detail



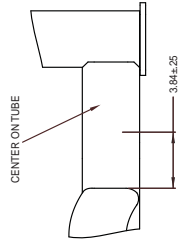
16110 Decal Placement Detail



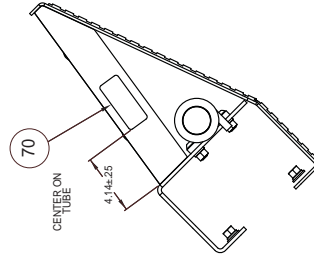
RH SIDE RAIL DECAL DETAIL



LH SIDE RAIL DECAL DETAIL



SERIAL DECAL DETAIL



LOAD WARNING DECAL



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www.cybexinternational.com • techhelp@cybexintl.com