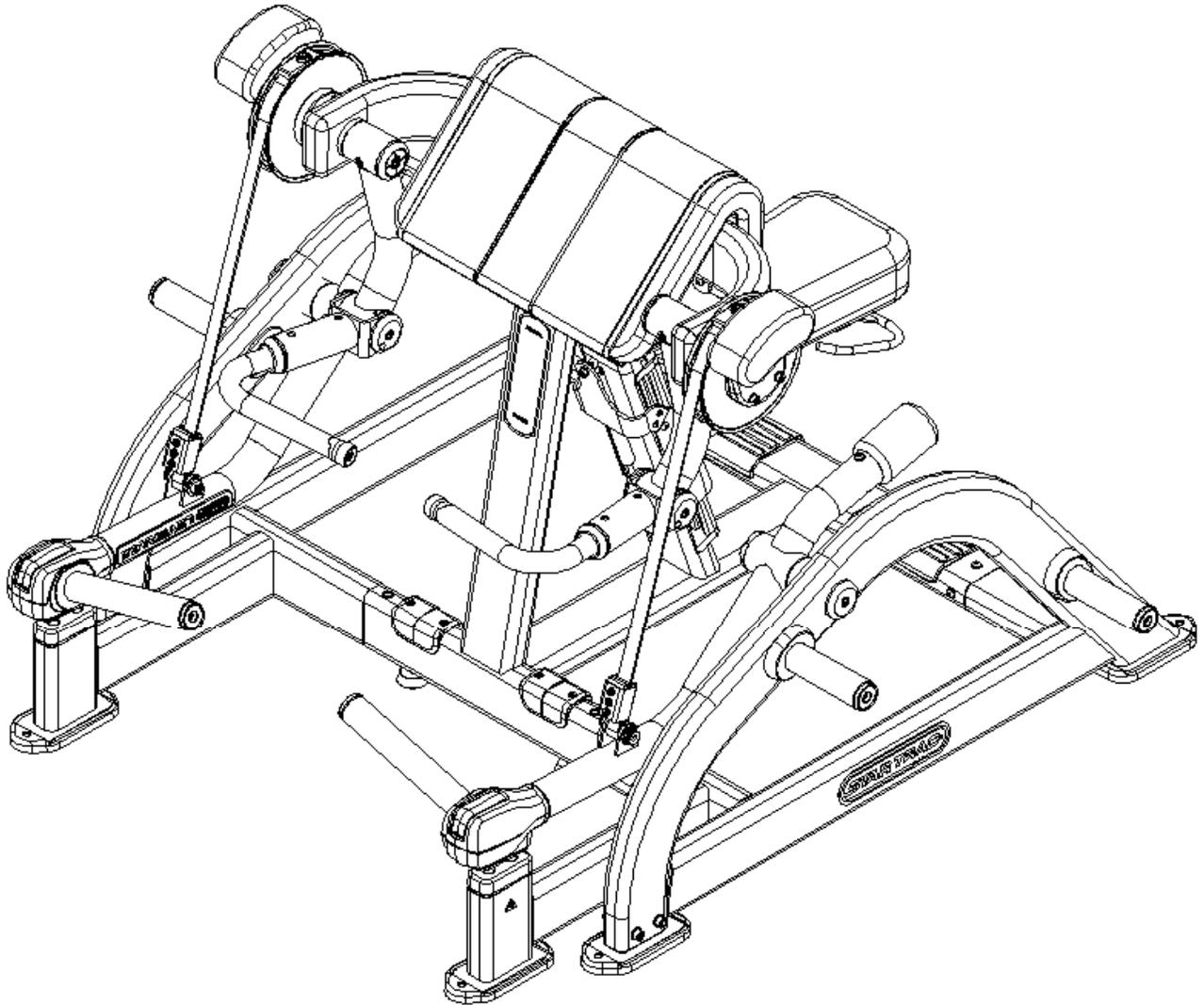


# LEVERAGE®



**IP-L5002**

**BICEPS CURL**

## **OWNERS MANUAL - INSTALLATION INSTRUCTIONS**



expect different™.

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# TABLE OF CONTENTS

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•	<b>SAFETY INSTRUCTIONS / WARNINGS</b>	4
•	<b>WARNING LABELS WITH PART NUMBERS</b>	6
•	<b>EXERCISE GUIDELINES</b>	7
•	<b>MAINTENANCE AND SERVICE</b>	8
•	<b>WARRANTY COVERAGE</b>	9
•	<b>INSTALLATION INSTRUCTIONS</b>	11
•	<b>HARDWARE</b>	18

# Safety Instructions

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## LEVERAGE Safety Information and General Exercise Guidelines

### Safety Information

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

***! WARNING: Serious injury or death could occur if these safety precautions are not observed:***

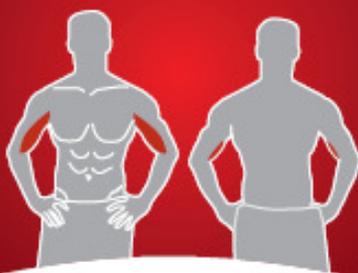
1. Do not use the LEVERAGE in any way other than designed or intended by the manufacturer. It is imperative that the LEVERAGE as well as any other STAR TRAC STRENGTH equipment is used properly to avoid injury.
2. Keep hands, feet, head, limbs, fingers and hair clear at all times from moving parts to avoid injury. Use appropriate positioning, speed and controlled movements.
3. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by STAR TRAC.
4. DO NOT wear loose or dangling clothing while using the STAR TRAC equipment. Keep away from all moving parts.
5. Obtain a medical exam prior to beginning an exercise program.
6. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
7. Children must not be allowed near these machines. Teenagers must be supervised.
8. DO NOT attempt to fix a broken or jammed machine. Contact appropriate staff of Star Trac Service.
9. Use the machine only for the intended use. Obtain instruction and DO NOT modify the machines.
10. Load plates evenly and carefully to avoid tipping equipment and possible crushing injuries. DO NOT exceed maximum load of 540 lbs (244.9 kgs) DO NOT exceed 270 lbs (122.5 kgs) per side of loaded weight.
11. USE A SPOTTER for all activities.
12. MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact STAR TRAC for a replacement.

13. SECURING EQUIPMENT: All STAR TRAC equipment MUST be secured to the floor to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor. DO NOT use the Weight equipment if it is not set up and located on a solid level surface.
14. Make sure that each machine is set up and operated on a solid level surface. DO NOT install equipment on an uneven surface.
15. MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Inspect the STAR TRAC equipment prior to use. DO NOT use if damaged or inoperable.
16. Ensure that any person (s) making adjustments or performing maintenance or repair of any kind is qualified to do so.
17. Routinely inspect all fasteners that join attachments and framework tighten as needed to maintain the integrity of the unit.
18. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all STAR TRAC equipment. It is recommended that the end users physical condition be evaluated prior to beginning any exercise program.
19. Perform regular maintenance checks on the STAR TRAC equipment. Also, pay close attention to all areas most susceptible to wear.
20. Keep a repair log of all maintenance activities.
21. Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components then remove the STAR TRAC piece of equipment from service until the repair is made.
22. Make sure that all users are properly trained on how to use the STAR TRAC equipment.
23. Make sure there is enough room for safe access and operation of the STAR TRAC equipment.
24. Use only STAR TRAC supplied components to maintain/repair the STAR TRAC equipment.
25. UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, ASK FOR CLARIFICATION FROM STAR TRAC PERSONNEL.

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

**NOT TO SCALE**

**LEVERAGE**  
BICEPS CURL



**1**

**2**

**WARNING** MAX CAPACITY 180LBS (82KG) PER ARM,  
STARTING RESISTANCE 12LBS (6KG) PER ARM.

**STAR TRAC**  
www.startrac.com

731-2991

**WARNING**  
MACHINE **MUST** BE  
BOLTED DOWN

**ATTENTION**  
LA MACHINE **DOIT**  
ÊTRE FIXÉ AU SOL

**ACHTUNG**  
DIE MASCHINE **MUSS**  
AM BODEN BEFESTIGT  
WERDEN

PN:731-0517



PN:731-0512

# Exercise Guidelines

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- Like most exercise, strength training involves an element of risk. Utilize this information to assist you and/or your members in making the experience on STAR TRAC equipment both productive and safe.
- Prior to engaging in any strength-training program, individuals with known health conditions and/or individuals whom are unfamiliar with the risk (s) involved with weight training, should first consult with a physician.
- All training sessions should be supervised by trained personnel.
- Be certain that the warning stickers affixed on STAR TRAC equipment, remain on the product and unaltered. Also, be certain that all the stickers (safety, instructional and/or other) are read and understood by each user.
- All users should be instructed on the proper use of STAR TRAC equipment as well as those actions that should be avoided.

In an attempt to minimize user and/or bystander injury:

- Do not lean against framework, plate holders or any component whether it is dynamic or static.
- Stay clear of any components while in a dynamic state of motion. Keep hands and feet away from all moving parts. The convergence of these components can cause serious injury.
- Exercising on free weight and selectorized products should be performed with the assistance of a spotter.

# MAINTENANCE AND SERVICE

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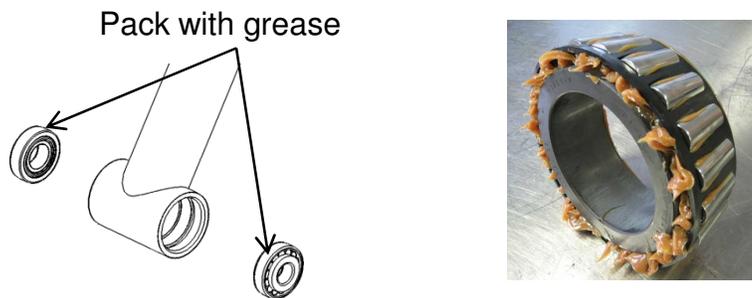
LEVERAGE requires very little upkeep to keep your equipment performing at its best, the following guidelines are suggested.

## GENERAL CLEANING

- ☑ Wipe LEVERAGE with a light all-purpose cleaner, such as diluted Simple Green at a 30:1 solution.
- ☑ Dry LEVERAGE with a soft cloth to prevent rust.

## BEARING GREASE PACKING

- ☑ Before bearings 731-0842 and 731-2595 installed they must be fully packed with general purpose Lithium Grade 2 grease.



## TIGHTENING OF THE TAPERED ROLLER BEARING ON ALL SHAFTS

To properly torque the taper roller bearing:

- ☑ With the tab washer NOT installed torque the bearing nut to 40-42 Lbs-Ft. (This will square and seat the bearings)
- ☑ Back the nut off, then install the tab washer.
- ☑ Torque the nut to 7- 9 Lbs-Ft, now bend tabs on washers to lock in place.

# Warranty Coverage

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Star Trac commercial exercise equipment (.Product.) is warranted to be free of all defects in material and workmanship.

Star Trac warrants all structural frameworks for a period of 10 years. This limited warranty on structural frame does not include coatings. The following moving parts are warranted for 5 years; rotary bearings and structural moving parts. All unlisted parts, handles and accessories are warranted for 1 year. Upholstery is warranted for 6 months.

## **Who is covered**

The original purchaser or any person receiving the product as a gift from the original purchaser.

## **Who pays for transportation and insurance for service**

If the Product or any covered part must be returned to a service facility for repairs, We, Star Trac, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charges during the second and third years (if applicable).

## **What Star Trac will do to correct covered defects**

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

## **What is not covered**

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual (.Manual.).

All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Star Trac representative.

## **Operation Manual**

It is very important that you read and review this manual before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

## **How to get parts and service**

Contact Star Trac Customer Support Services Monday through Friday from 8:00 a.m. to 6:00 p.m. Pacific Standard Time, and tell them your name, address and the serial number of your Product. They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located or advise you on how and where to ship the Product for service.

Visit us on line at <http://www.startrac.com/us-en/Support>

Customer Services Hot Line: 1 800 503 1221

Fax: 1 714 669 0739

[support@startrac.com](mailto:support@startrac.com)

International Customer Services: +1 714 508 3796

Fax: +1 714 669 0739

[IntlSupport@startrac.com](mailto:IntlSupport@startrac.com) or [ServiciosEnEspanol@startrac.com](mailto:ServiciosEnEspanol@startrac.com)

## **Exclusive warranties**

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART.

We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you.

### **Changes in warranty that are not authorized**

No one is authorized to change, modify or extend the terms of this limited warranty.

### **Effects of state laws**

This warranty gives you specific legal rights and you may have other rights, which vary, from state to state.

### **Our commitment to you**

Our Products are designed and manufactured to the highest standards.

We want you completely satisfied with our Products and will do everything possible under the terms of this warranty to meet and exceed your expectations.

# INSTALLATION INSTRUCTIONS

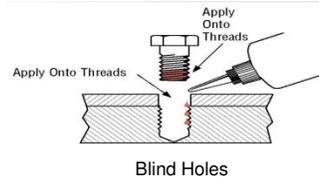
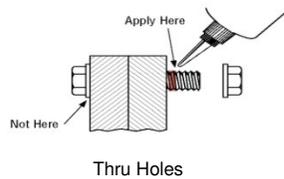
## REQUIRED TOOLS:

• 13mm Box / Open-End Wrench .....	1	• 5mm Hex Key Socket.....	1
• 13mm Socket.....	1	• 6mm Hex Key Socket.....	1
• Torque Wrench.....	1		

## GENERAL NOTES:

- Unless otherwise noted Loctite 242/243 or equivalent thread locker must be used on all threaded fasteners. (Do not use thread locker when a Nyloc nut is used.)
- All Star Trac Strength equipment MUST be secured to the floor using either 10mm or 3/8in. (grade 5 minimum) bolts.
- This Installation Instructions Manual must be used in conjunction with the equipment's Owner's Manual. The Owner's manual describes equipment setup and instructs members on how to use it correctly and safely.
- LEVERAGE requires at least two people to perform the installation.

**THREAD LOCKER APPLICATION:** Clean all threads and holes, apply no more than 3-4 drops per bolt.



### Metric Steel Bolts Torque Specifications

Bolt Size	Thread Pitch	Torque, N-m (lbs-ft)
6mm	1.25	10 to 13.5 (8 to 10)
8mm	1.25	25.5 to 28.5 (19 to 21)
10mm	1.75	55.5 to 58 (41 to 43)
12mm	1.25	61 to 65 (45 to 48)

- Torque all hardware to values as specified above, unless noted otherwise.
- See hardware sheet of this manual for fastener sizing information; for reference only.
- Note: All torque values are in N-m unless otherwise stated.

**WARNING:** All taper roller bearings should ship from the factory packed with grease. It is the installers responsibility to verify that ALL taper roller bearings are fully packed with grease before assembly of the LEVERAGE product begins. If any bearing needs grease added use a general purpose Lithium Grade 2 grease. Fully pack the roller bearing with grease by forcing the grease under the bearing cage between the rollers from the large end of the roller until it oozes thru the small end.

Failure to correctly lubricate bearings and maintain proper lubrication may result in damage that could cause bearing to fail during operation, creating a risk of serious bodily harm.

## PACKAGING REMOVAL:

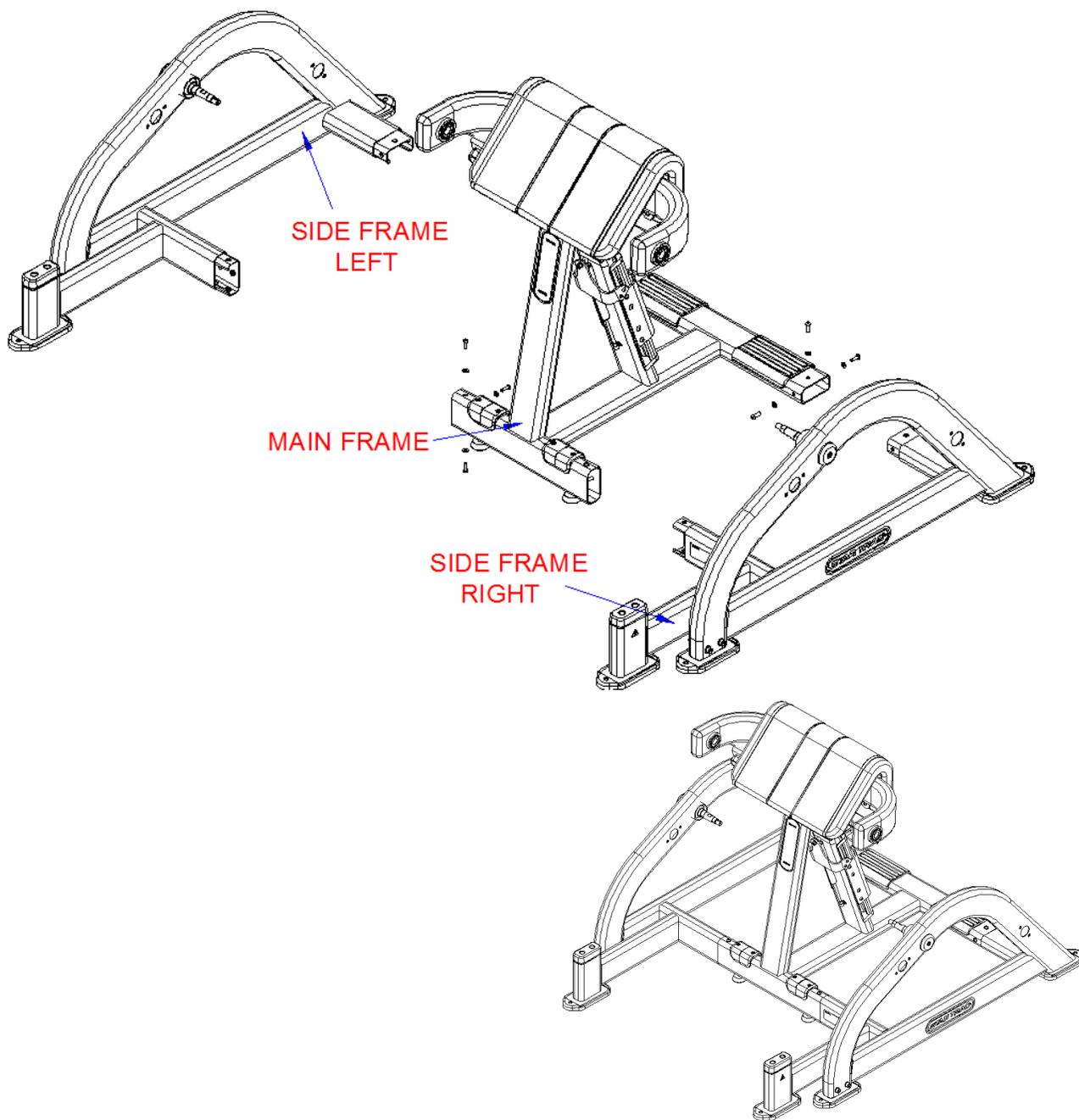
Carefully remove all packaging materials that wrap the equipment. **DO NOT USE A KNIFE OR BOX CUTTER AS YOU MAY DAMAGE THE EQUIPMENT.** At this time remove any sub-components from the pallet and set aside for later assembly.



Should any component not be present or if you have any operational questions, please refer to your owner's manual or on the web @ [www.startrac.com](http://www.startrac.com). Specifically refer to your Leverage serial number and model number labeled on your equipment.

## STEP #1 - UNPACK AND ASSEMBLE MAIN FRAME:

1. Remove and unwrap all product from shipping boxes. Lay all parts out in a clean open area to prepare for assembly.
2. Locate the MAIN FRAME, SIDE FRAME LEFT and SIDE FRAME RIGHT as shown below.
3. As shown slide SIDE FRAME LEFT into MAIN FRAME. At each tube loosely Install three (M8 X 25MM, BUTTON HEAD BOLTS), and three (M8, FLAT WASHERS) do not tighten at this time.
4. As shown slide SIDE FRAME RIGHT into MAIN FRAME. At each tube joint loosely Install three (M8 X 25MM, BUTTON HEAD BOLTS), and three (M8, FLAT WASHERS) do not tighten at this time.
5. Using a 5MM hex key tighten all the (Button HEAD BOLTS) to specified torque setting. **NOTE: each tube joint has three bolts, one located on top, bottom, and side.**



STEP #1 Completed

## STEP #2 - ASSEMBLE LEVERAGE ARMS:

1. Locate one of the LEVERAGE ARMS, slide it onto the corresponding shaft as show below, the side of the leverage arms that has bearing and seal pre-installed will slide onto the corresponding shaft first.

2. After the one of LEVERAGE ARMS has been slid onto the corresponding shaft, install a full greased (20 MM ID TAPERED BEARING) with the small diameter of the bearing going first. Next install a (3MM thick, 17MM ID WASHER) followed by a (TAB WASHER), then a (BEARING NUT) as shown in Fig A. **Note: the Tab washer will have a tab protruding through the ID. This will need to align the slot in the shaft.**

3. Using the provided nut driver tool tighten the bearing nut to the 7-9 Lbs-Ft torque. Check to make sure the bearing are fully seated by wiggling the leverage arms, if there is excessive play in the arm you need to tighten the bearing nut more.

4. Once the nut is tight, use a small flat screwdriver to bend one of the tabs on the tab washer into one of the four notched in the bearing nut as shown in Fig B.

5. Repeat steps 1 thru 4 with the remaining LEVERAGE ARM as shown below.

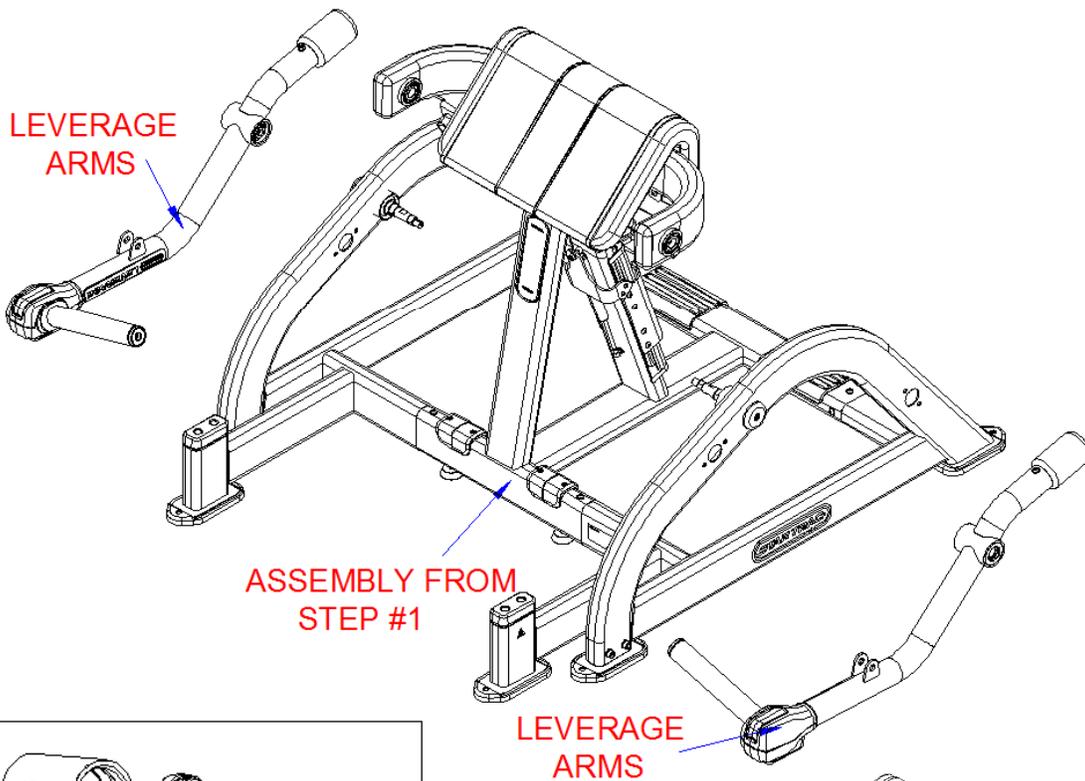


FIG:A

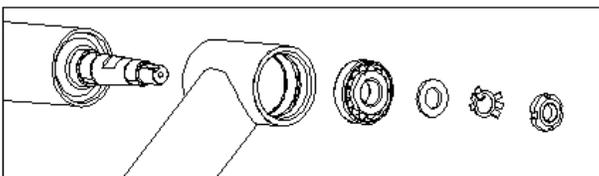
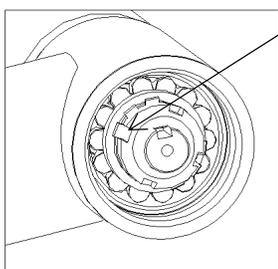
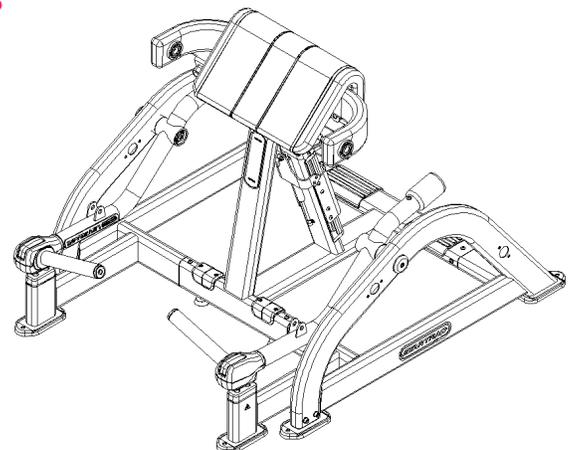


FIG:B



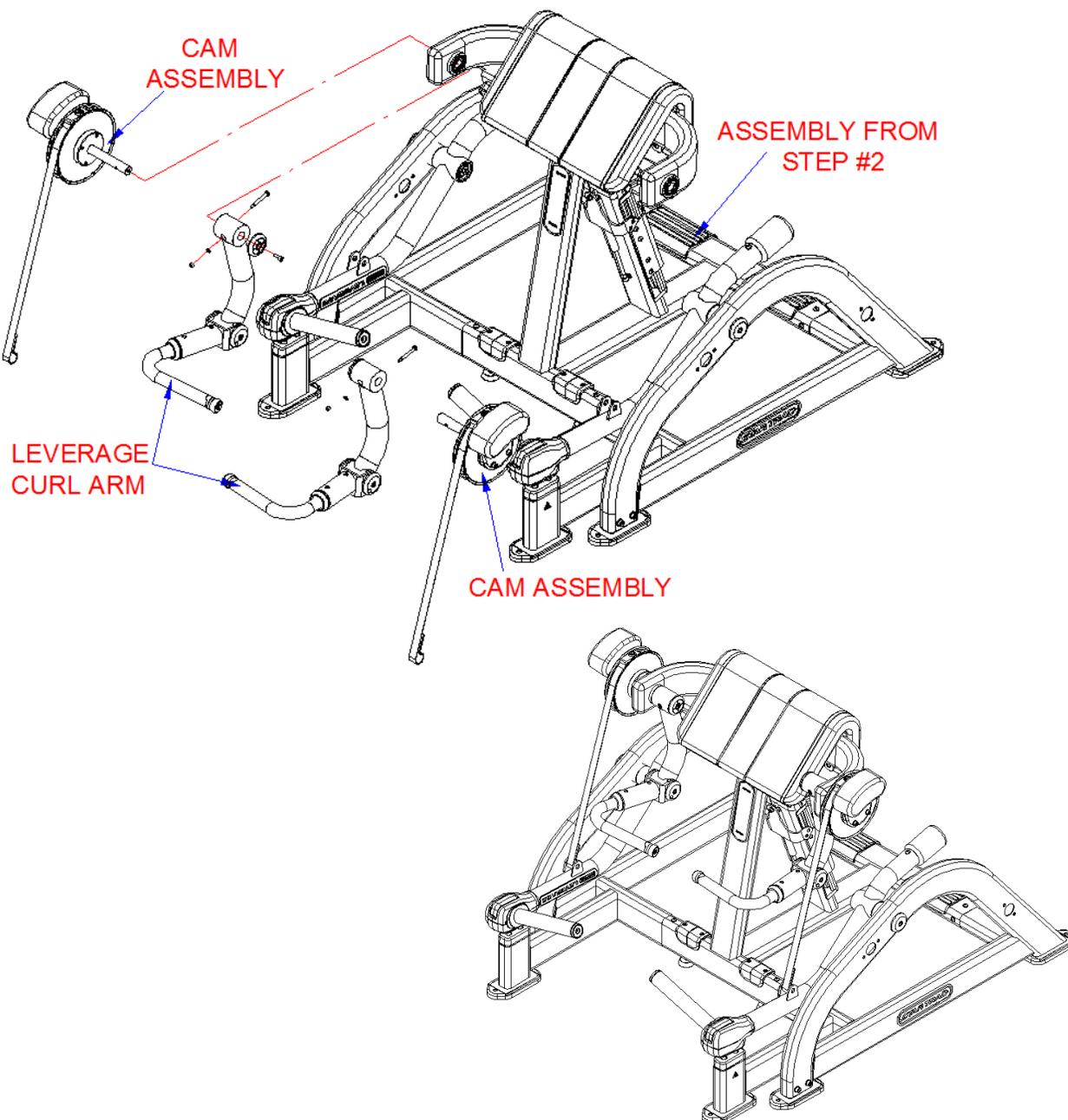
ALIGN 1 OF THE 6 TABS WITH THE SLOT IN NUT. BEND THE TAB INTO SLOT.



STEP #2 Completed

### STEP #3 – ASSEMBLE CAM ASSEMBLY AND LEVERAGE CURL ARMS :

1. Slide one of the CAM ASSEMBLYS onto the mount of the Main Frame as shown, the side of CAM ASSEMBLY that has shaft slide onto the mount first.
2. After the CAM ASSEMBLY has been slid onto the mount, slide one of the LEVERAGE CURL ARMS onto the corresponding shaft of the CAM ASSEMBLY as shown below, At the same time, align the hole of the shaft with the hole of the mount of the LEVERAGE CURL ARMS, using one (M8x50mm SHOULDER BOLT), one (M6 FLAT WASHER), and one (M6 NYLOCK NUT), then install one END CAP and one (M8x20mm SOCKET HEAD BOLT). **Do not tighten these bolts at this time.**
3. Repeat step 1 thru 2 with the remaining CAM ASSEMBLY and LEVERAGE CURL ARM as shown below.

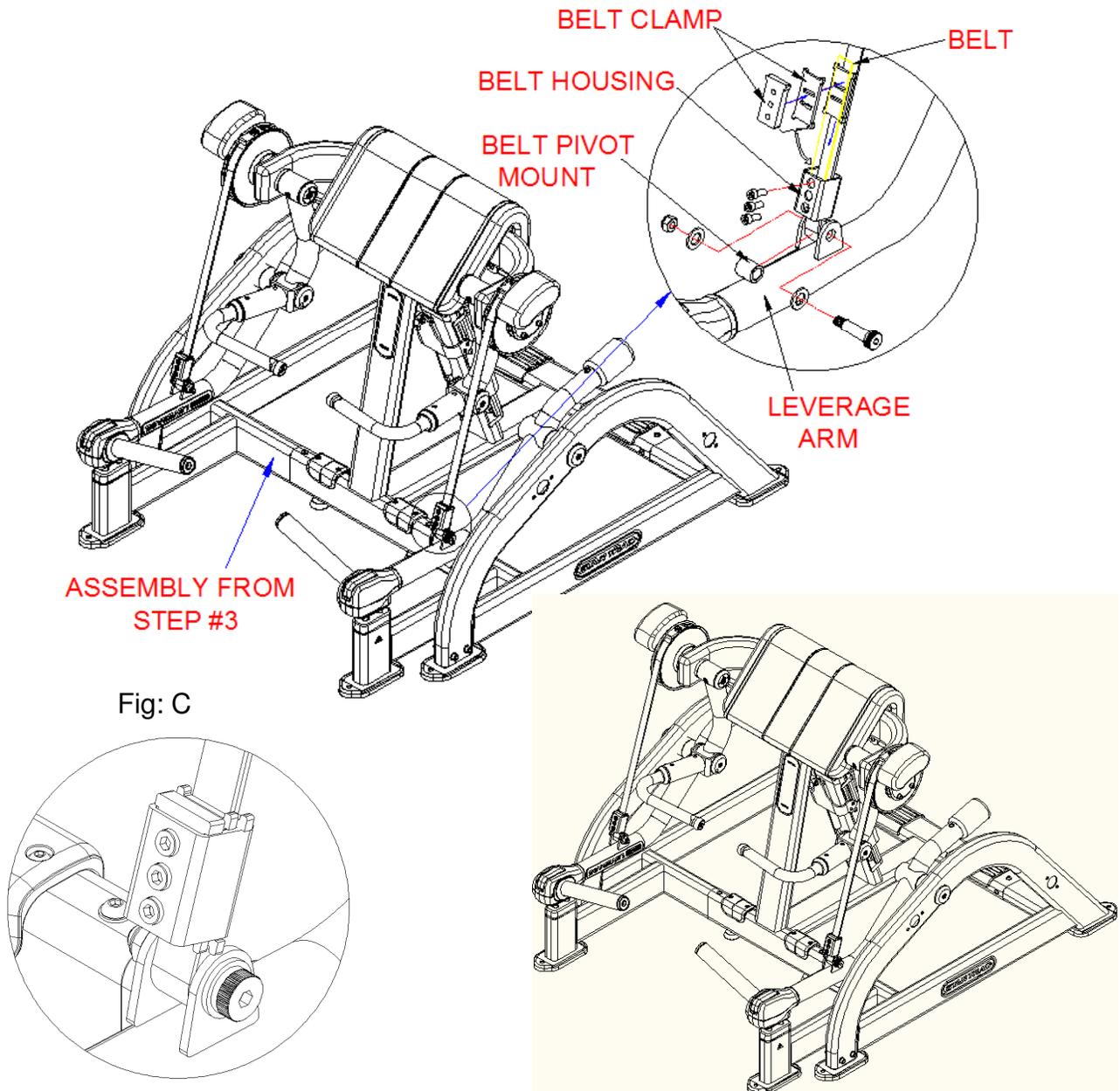


STEP #3 Completed

#### STEP #4: INSTALL BELT

1. Install the BELT PIVOT MOUNT onto the LEVERAGE ARM, using one (M16x45MM SHOULD BOLT), two (M16 FLAT WASHER), and one (M12 NYLOCK NUT) as shown below.
2. Located the BELT end through the BELT HOUSING. Make the BELT END through under the BELT PIVOT MOUNT, and bend it up into the BELT HOUSING, Then slide BELT CLAMP into the BELT HOUSING , at the same time, Let the BELT END was clamped by the two thinner BELT CLAMP as shown below. Do not tighten at this time.
3. When the shoulders of the three BELT CLAMPS have attached the top face of the BELT HOUSING, using three (M8x20MM SOCKET HEAD BOLTS) as shown Fig C. Do not tighten at this time. **NOTE: Make sure the BELT has to be appropriately state (not too tight or too loose).**
4. Repeat steps 1 thru 3 with the remaining BELT as shown below.

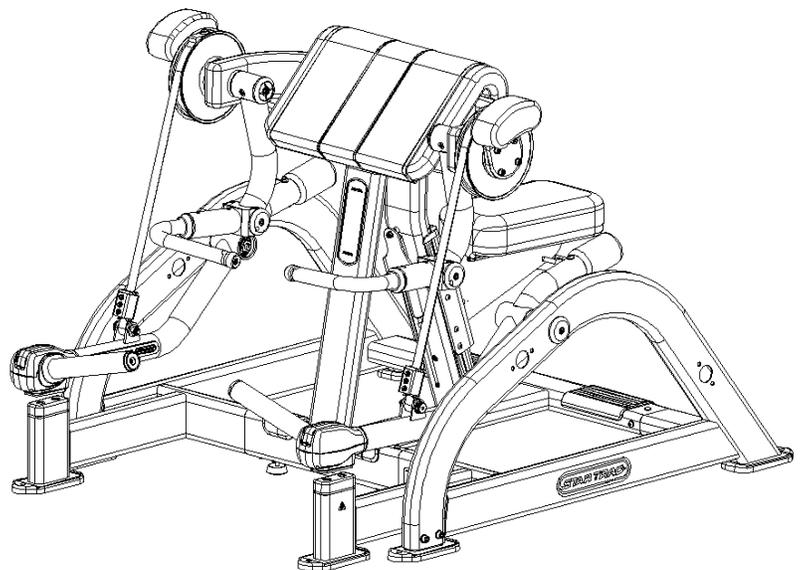
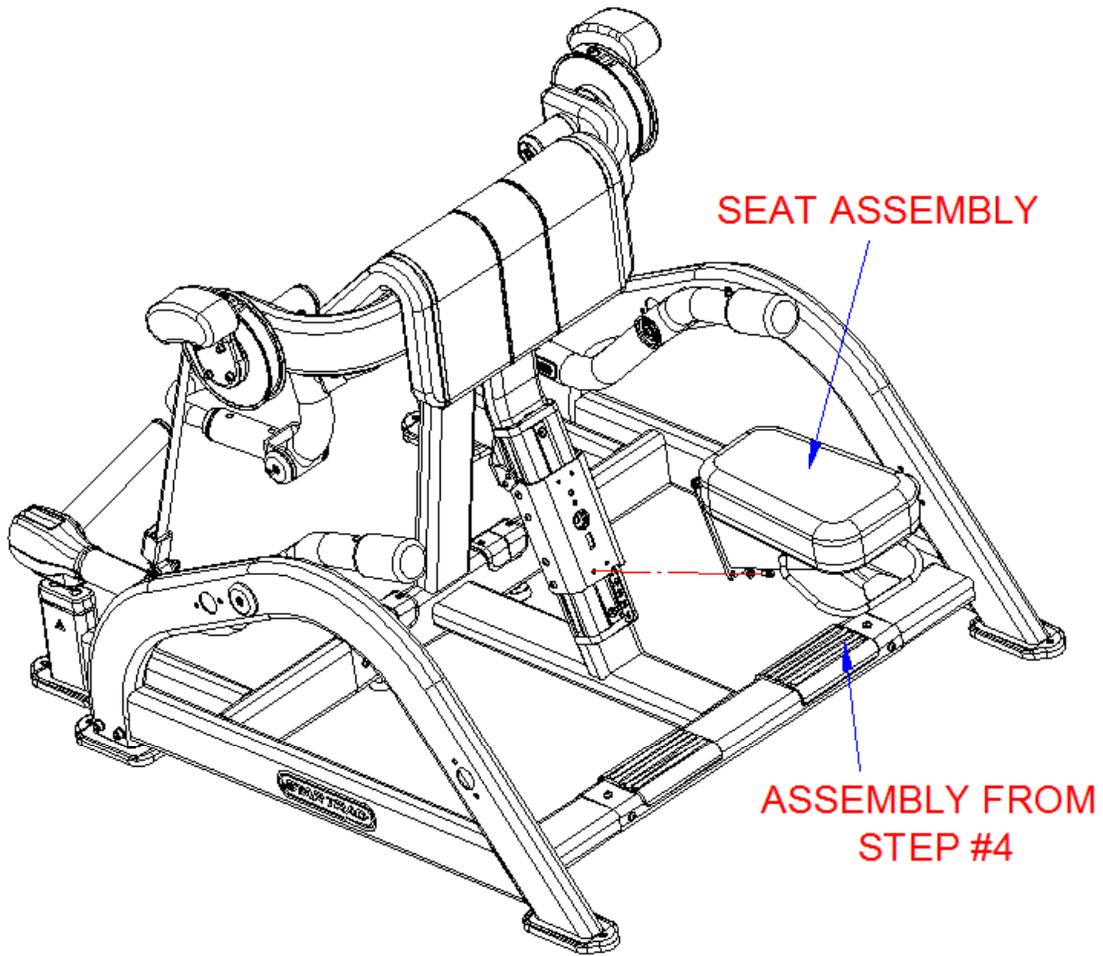
**NOTE: When completed test the motion of the Leverage machine to ensure smooth quiet operation. Then tighten all the screws at this time.**



STEP#4: Completed

## STEP #5: INSTALL SEAT ASSEMBLY

1. Install SEAT ASSEMBLY and ASSEMBLY FROM STEP #4, using four (M8x16MM SOCKET HEAD BOLTS), four (M8 FLAT WASHER) as shown below. Tighten the bolts at this time.

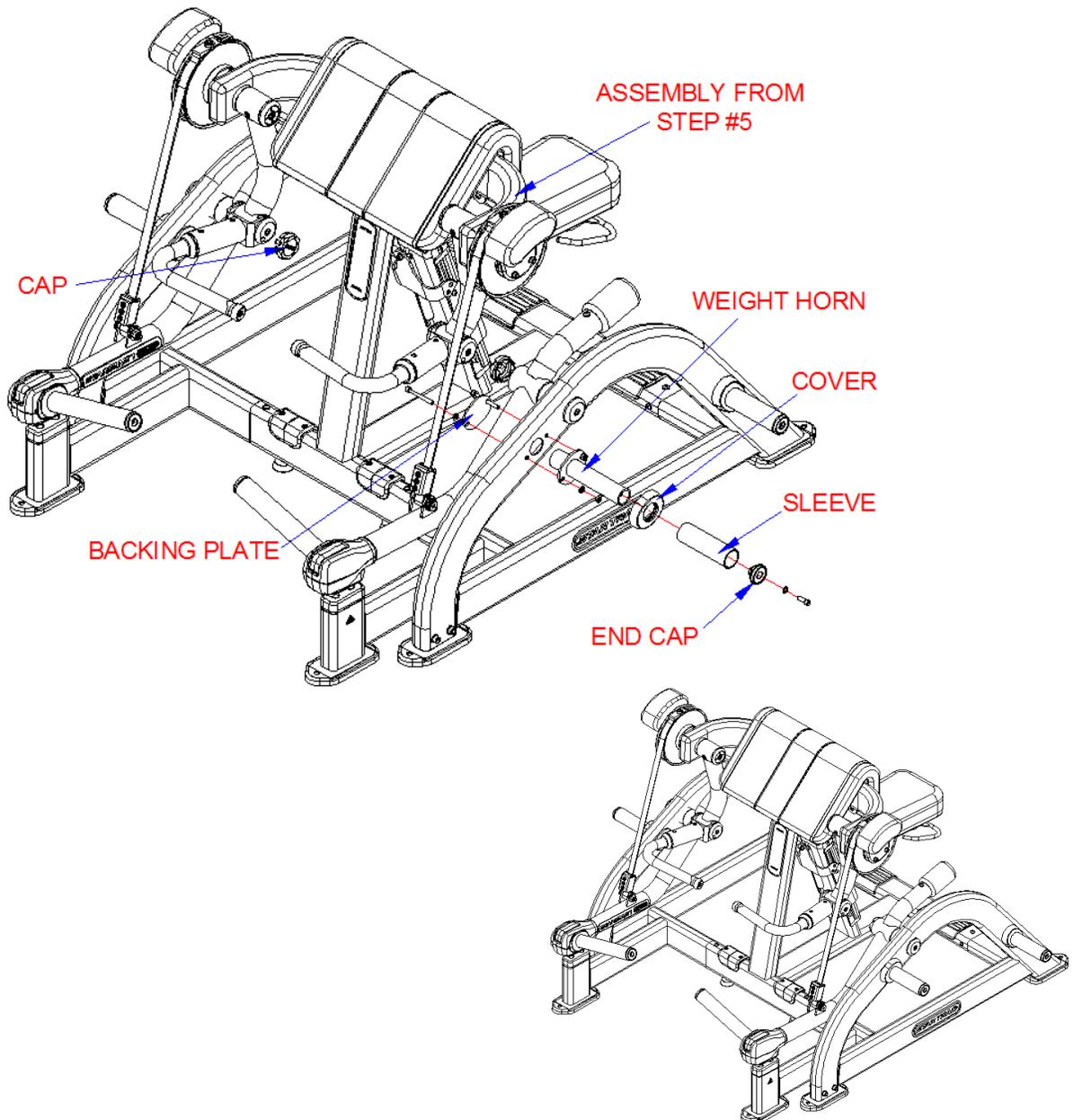


STEP#5:Completed

## STEP #6 – INSTALL WEIGHT STORAGE, BEARING END CAPS:

1. Install the WEIGHT HORN weldment and BACKING PLATE using two (M8 X 75MM, SOCKET HEAD BOLTS) four (M8, FLAT WASHERS) and two (M8, NYLOCK NUTS). Tighten to specified torque using a 6MM hex key and 13MM wrench.
2. Slide the COVER and PLASTIC SLEEVE onto WEIGHT HORN weldment. Install the rubber END CAP using one (M8x25MM, SOCKET HEAD BOLT), one (M8, FLAT WASHER) as shown.
3. Repeat steps 1 and 2 to install all four weight storage horns.
4. After you have ensured smooth quiet operation of the Leverage unit, locate the four black END CAPS and push them into the end of the Leverage arms as shown.

**NOTE: Ensure that you press the caps in straight and evenly when installing. Once installed pull out on the cap to ensure they are fully snapped into place.**



STEP #6: Completed

# HARDWARE



731-1720-M8x50mm



731-0373



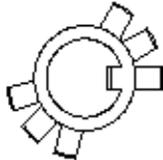
731-0355



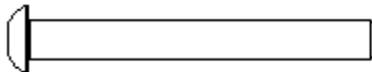
731-0367



731-2601



731-2593



731-0235-M8x75mm



731-1363



731-0365



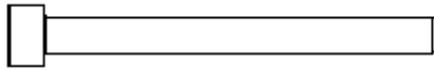
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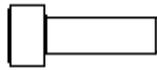
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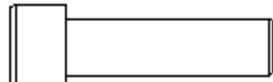
731-2594



731-0579-M8x85mm



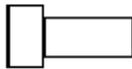
731-0390-M8x25mm



731-2990-M12x45mm



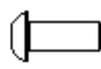
731-2608-M8x70mm



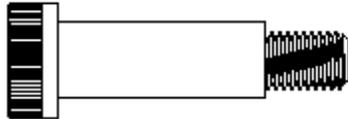
731-0379-M8x20mm



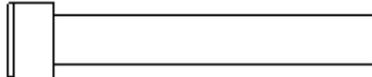
731-0359-M8x25mm



731-0374-M6x16mm



731-2968-M16x45mm



731-xxxx-M10x70mm

# FINAL ASSEMBLE CHECK SHEET

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1. Make sure ALL fasteners are tightened to specifications is this manual.
2. See Maintenance and Service page.
  1. Perform all steps

## MACHINE CLEARANCE AND SPACING

For the safe operation of Leverage Strength™ Star Trac recommends that a clearance of 24 inches (60.96cm) be maintained between and behind machines including moving arms and levers. To insure safe entry and exit to each unit a walkway of at least 36 inches (91.44cm) inches is recommended front of, or on the entry side of each machine.

## WARNING!



Before using this product, it is essential to read the ENTIRE operations manual and ALL installation Instructions. The Owner's manual describes equipment setup and instructs members on how to use it correctly and safely.



Health related injuries may result from incorrect or excessive use of exercise equipment. Star Trac strongly recommends you to encourage your members to discuss their health program or fitness regimen with a health care professional, especially if you or they have not exercised for several years, are over 35, or have known health conditions.



expect different.

**STAR TRAC**

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Fax: (714) 508-3303

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