

PRIMAL

Primal Performance Series Plate Loaded Standing Hamstring Curl PSSS0263



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01/IMPORTANT NOTICE

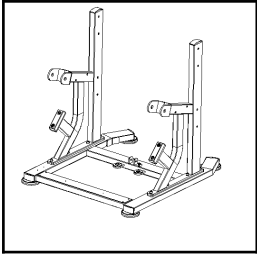
Thank you for choosing our machine, proper use of the machine is important to keep you convenient and away from danger. Please read the instruction before operating the machine:

1. Please read all user manuals before operating the machine, and operate the machine according to the instructions. Please keep the user manual until the machine is scrapped.
2. Keep users read and understand all cautions
3. Keep air fresh, flowing and enough motion space for users when operating the machine.
4. Keep the machine in good condition. Ensure all fixed parts are tightened without extra parts. Inspect the parts easy to wear out regularly.
5. Please contact the dealer or after-sales department to change wear-out or defective parts. DO NOT operate the machine when it out of use.
6. Please wear proper sports dress and gym shoes before operating it, DO NOT wear skirt, jewelry and tie up the hair to avoid any possible dangers.
7. Do warm-up exercises before operating the machine.
8. Stop workout and ask your doctor when any abnormal symptoms occurs such as headache, pain or emesis, etc.
9. Children must exercise under the supervision of adults.
10. WARNING: Keep hands and feet away from moving parts.
11. WARNING: DO NOT beyond adjustable setting range.
12. WARNING: Keep children or pets away from the machine when operating it.
13. WARNING: Keep all control apparatus in proper position.
14. WARNING: Please operate the machine in proper way, improper operating may not achieve workout effect of the machine, and lead to damage to your health.
15. Operating the machine in controlled area is recommended.

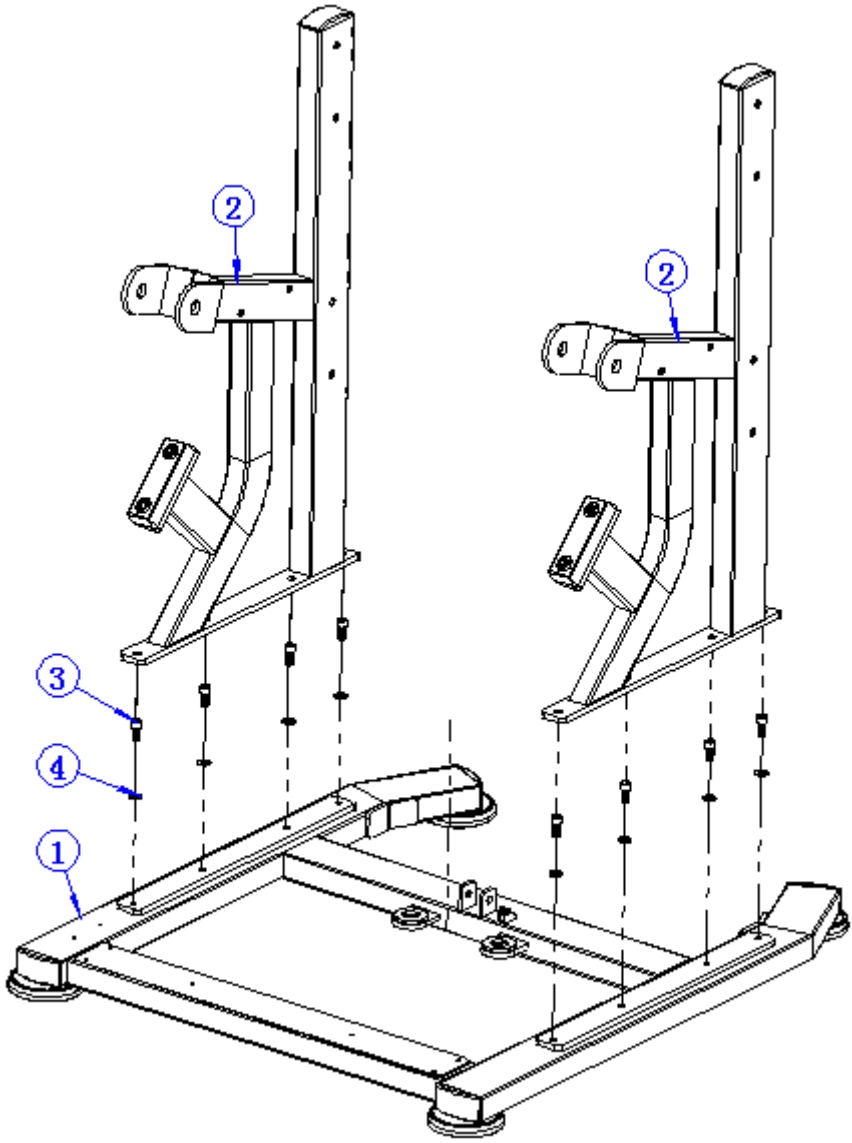
02/ASSEMBLY PROCEDURE

1) Step 1

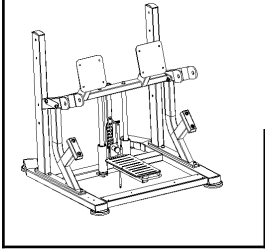
Finished diagram

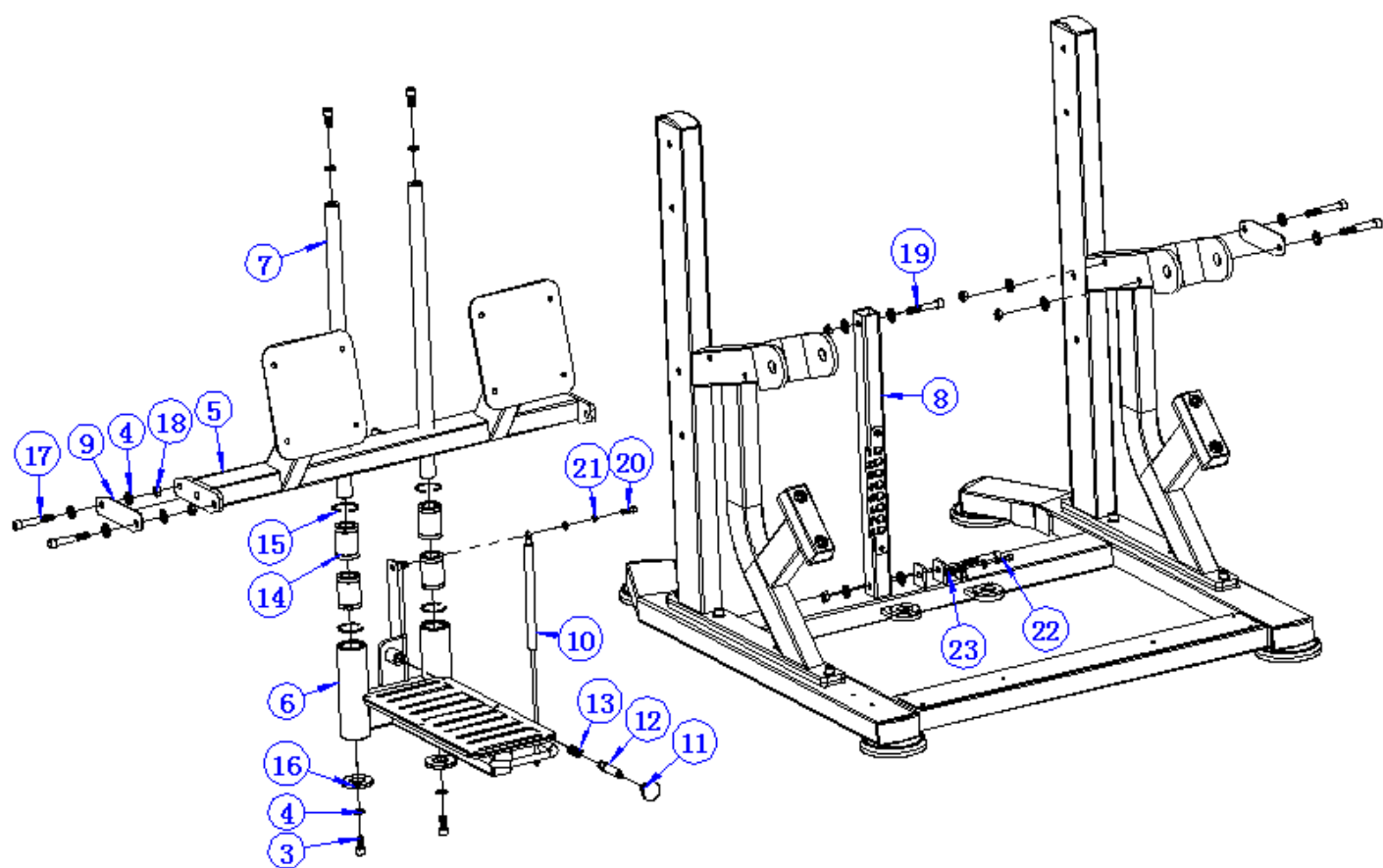


Bill of materials				
No	Name		Spec	Qty
5	Elbow pad support assembly	Weldment		1
6	Footpad Support assembly	Weldment		2
7	Guide rod	Hexagon socket cylinder bolt	Φ30*62.5	8
8	Adjusting tube	Flat washer	40*40*1.7	8
9	Subplate			2
10	Gas spring			1
11	Pop pin head			1
12	Pop pin			1
13	Pressure spring			1
14	Linear bearing			4
15	Elastic collar			4
16	Crash pad			2
17	Hexagon socket cylinder bolt			4
18	Hexagon lock nut			6
			M12*70	2
			M8*25	1
			Φ8	1
			M8*30	1
			M8	1
			M12*25	4
			Φ12	16

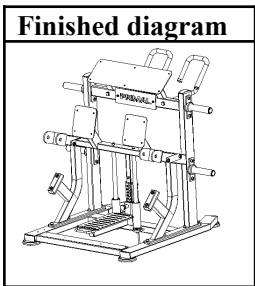


2) Step 2
Finished diagram

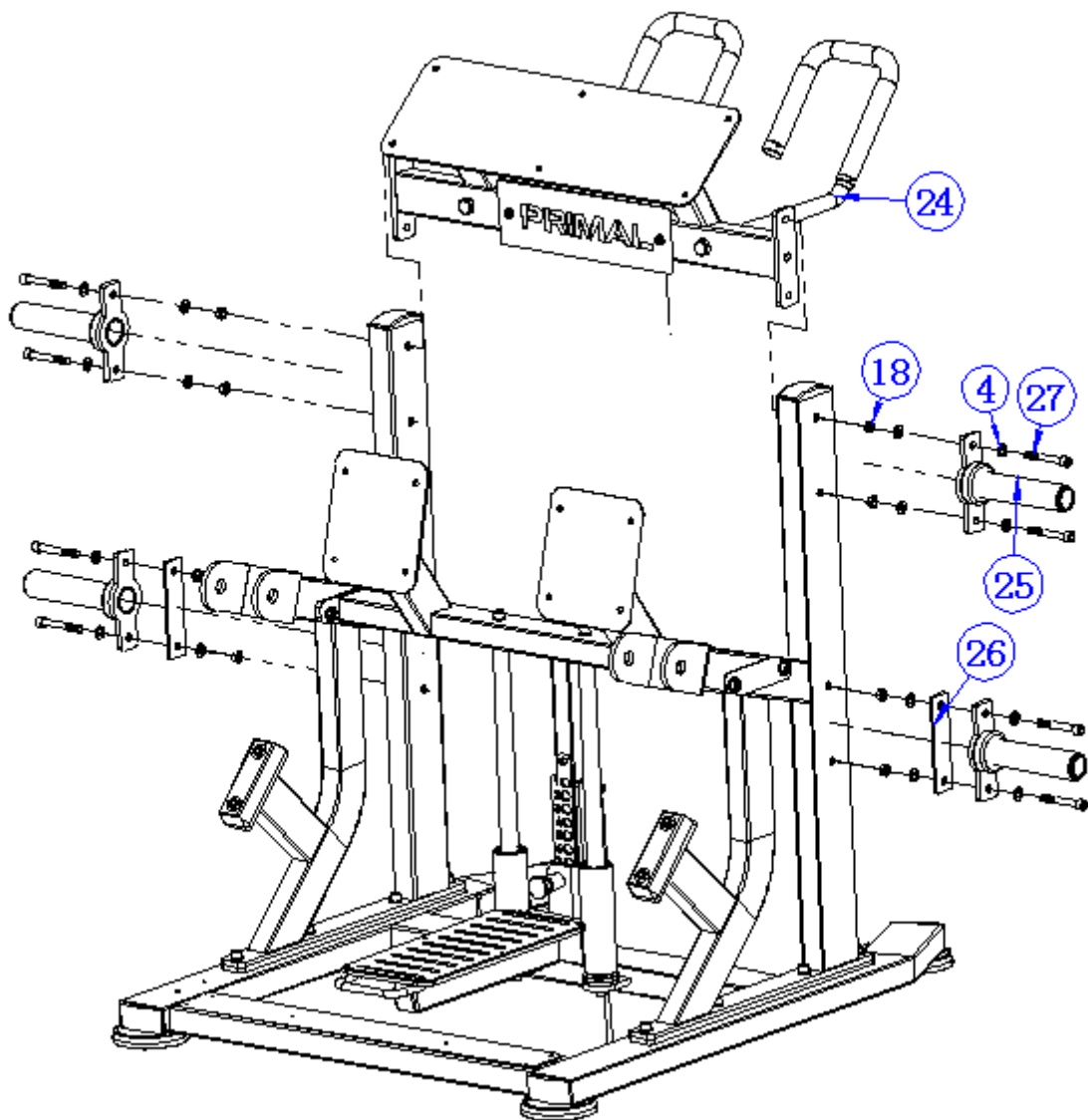




3) Step 3



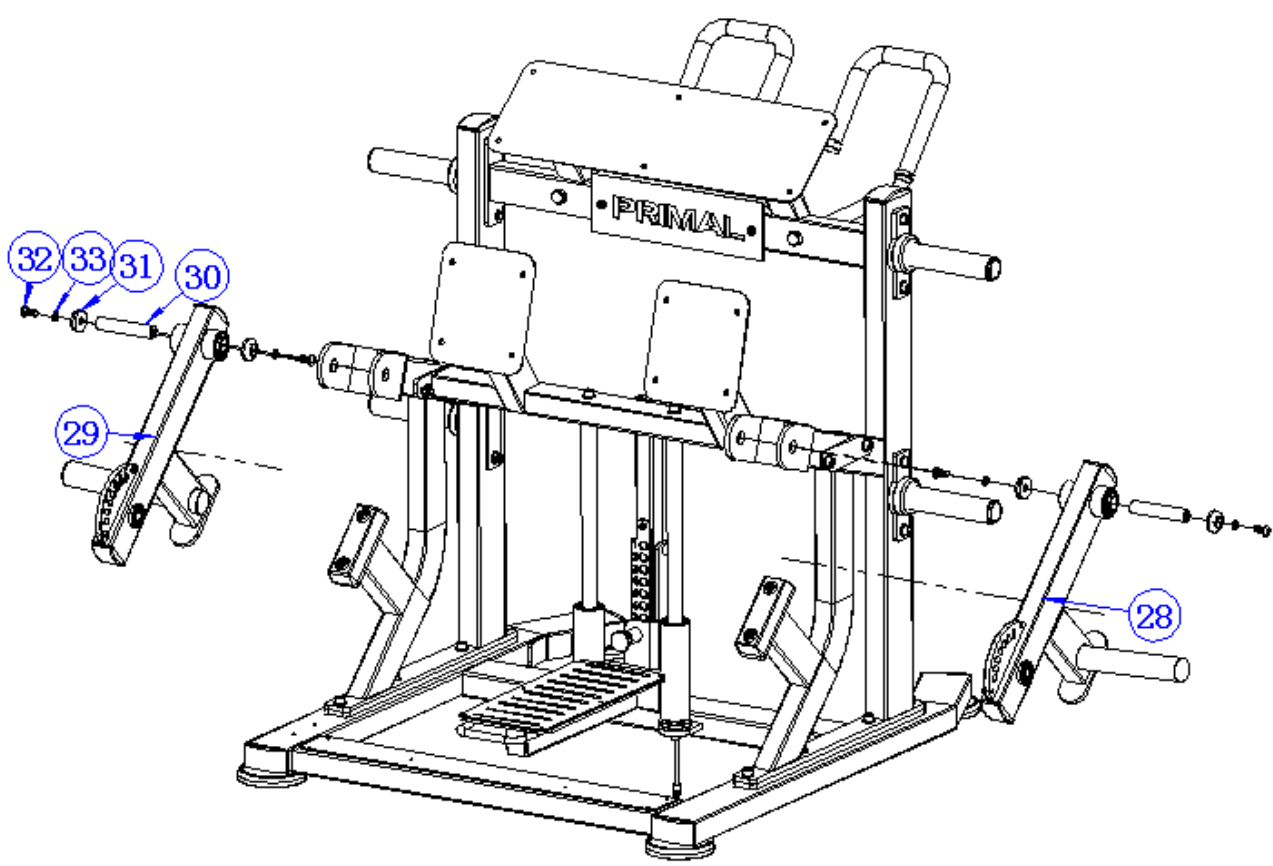
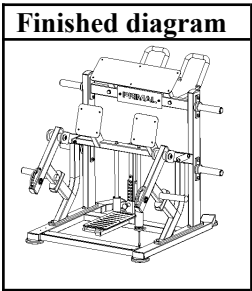
Bill of materials			
No	Name	Spec	Qty
24	Handle	Weldment	1
25	Bullhorn	Weldment	4
26	Bullhorn subplate	180*45*T6	2
27	Hexagon socket cylinder bolt	M12*85	8
4	Flat washer	Φ12	16
18	Hexagon lock nut	M12	8



			Qty
			1
			1
			2
31	End cover	Φ43.5*14.5	4
32	Hexagon socket flat head bolt	M12*25	4

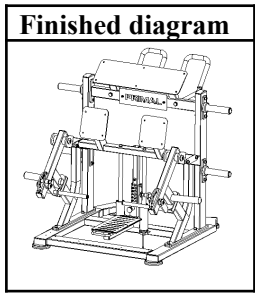
4) Step 4

33	Spring washer	Φ12	4
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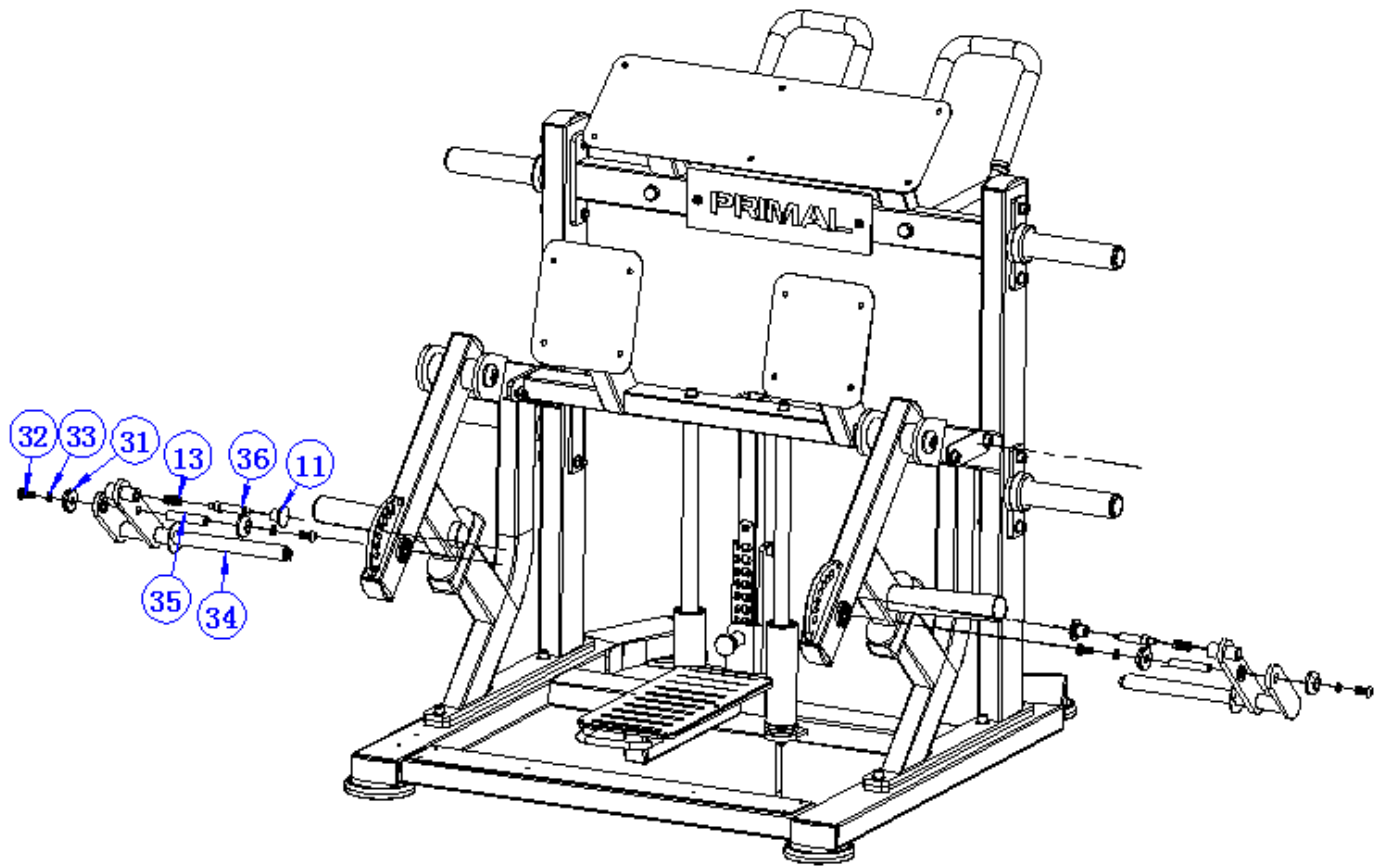


5) Step 5

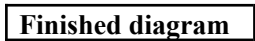
Bill of materials			
No	Name	Spec	Qty
34	Leg curl weldment	Weldment	2
35	Rotation shaft	Φ17*84.5	2
36	Pop pin	Φ19*87	2

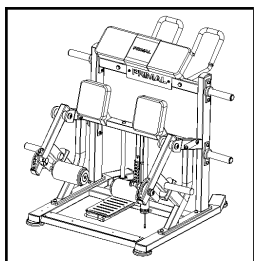


11	Pop pin head	Ø43*34*M8	2
13	Pressure spring	Φ17*31	2
31	End cover	Φ43.5*14.5	4
32	Hexagon socket flat head bolt	M12*25	4
33	Spring washer	Φ12	4

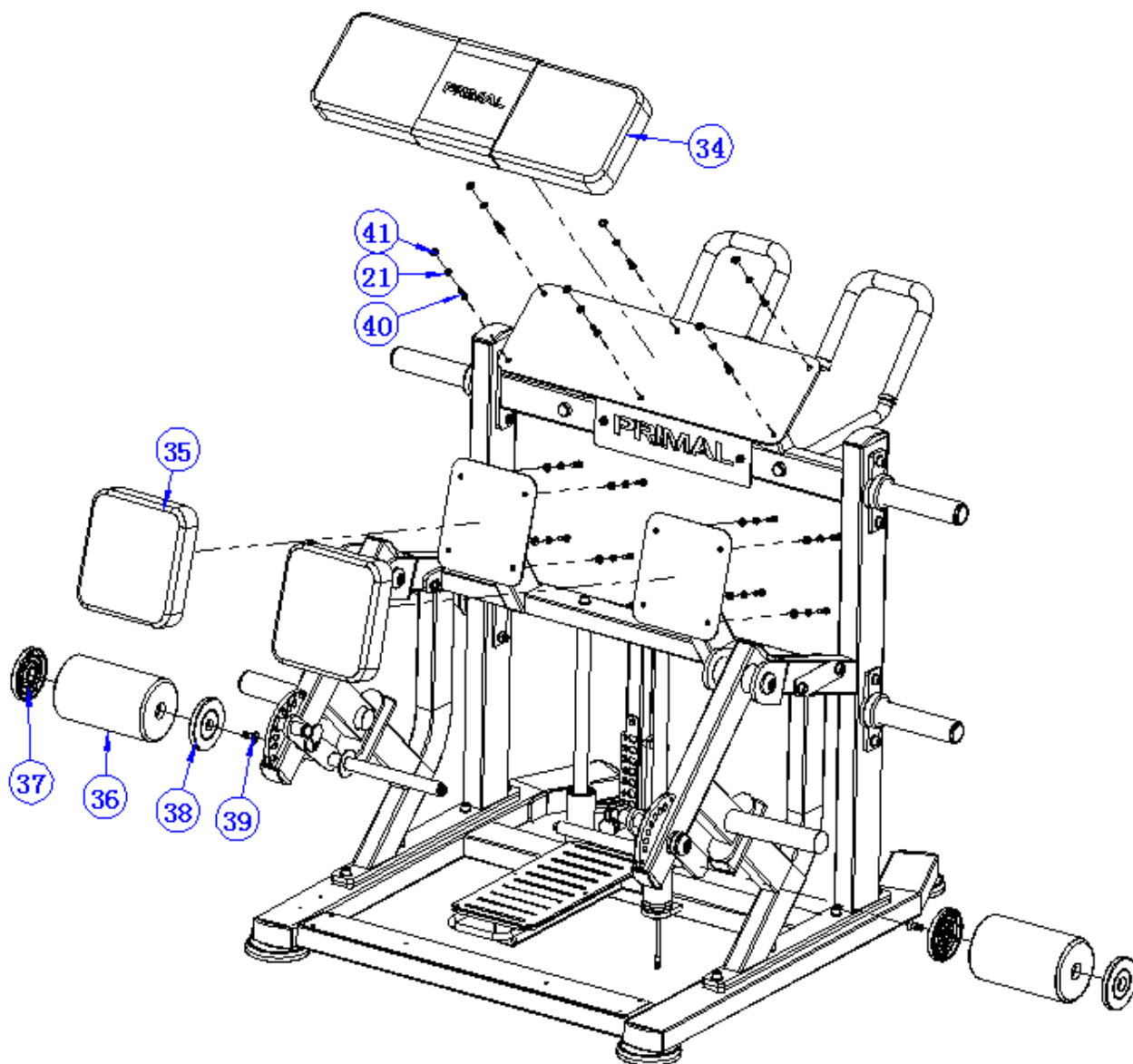


6) Step 6





Bill of materials			
No	Name	Spec	Qty
34	Elbow pad	240*750*60	1
35	Abdomen pad	235*260*60	2
36	Roller pad	Φ140*230	2
37	Roller pad end cover	Φ114*12	2
38	Roller pad end cover	Φ114*12	2
39	Hexagon socket countersunk bolt	M12*30	2
40	Hexagon socket flat head bolt	M8*25	14
41	Flat washer	Φ8	14
21	Spring washer	Φ8	14



03/

PRODUCT DESCRIPTION

The machine is indoor fitness equipment, is suitable for aerobic exercise, mainly used to strength cardio-pulmonary function, and train the muscles supplemented. By workout with the machine pectorals and other muscles can be built up, achieve the purpose of bodybuilding and fitness.

The machine explains how to operate it properly and build up muscles by functional diagram, easy to learn.

User can adjust the resistance by weight stack easily.

The design and manufacture of the machine meets the human motion curve, the safety and durability are guaranteed.

The design and manufacture of the machine meets the human motion curve, and meets the standard of GB17498.1-2008 and GB17498.2-2008, the safety and durability are guaranteed.

·Large size steel tube and electrostatic spraying guarantee the safety and durability.

04/ PRODUCT PARAMETER

Name	Plate Loaded Standing Hamstring Curl	Model	PSSS0263
Floor space	1792*1429*1385	Weight stack	Kg
Net Weight	260 Kg	Level	S
Category: S: Professional and Commercial; H: household			

05/ MAINTENANCE GUIDELINE

1. All the bolts and screws should be inspected regularly and keep tightened, rotating parts should be flexible without abnormal sound.
2. The machine should be keep clean. Please DO NOT clean the machine with strong cleaning solvent.
3. Any worn or damaged stress parts should be repaired or changed immediately.

06/ TROUBLESHOOTING

07/ WARRANTY INSTRUCTION

1. Warranty scope

The machine is damaged by any non-impersonal factors under proper maintenance. The warranty card is valid only when the user is original buyer.

2. The warranty period is one year since buying the machine.

3. The below-listed damages are out of warranty:

- 1). the damages caused by abuse, carelessness, accident or unauthorized modify.
- 2). the damages caused by improper adjusting weight stack pin.
- 3). the damages caused by improper maintenance.
- 4). the damages caused by other violation operating.