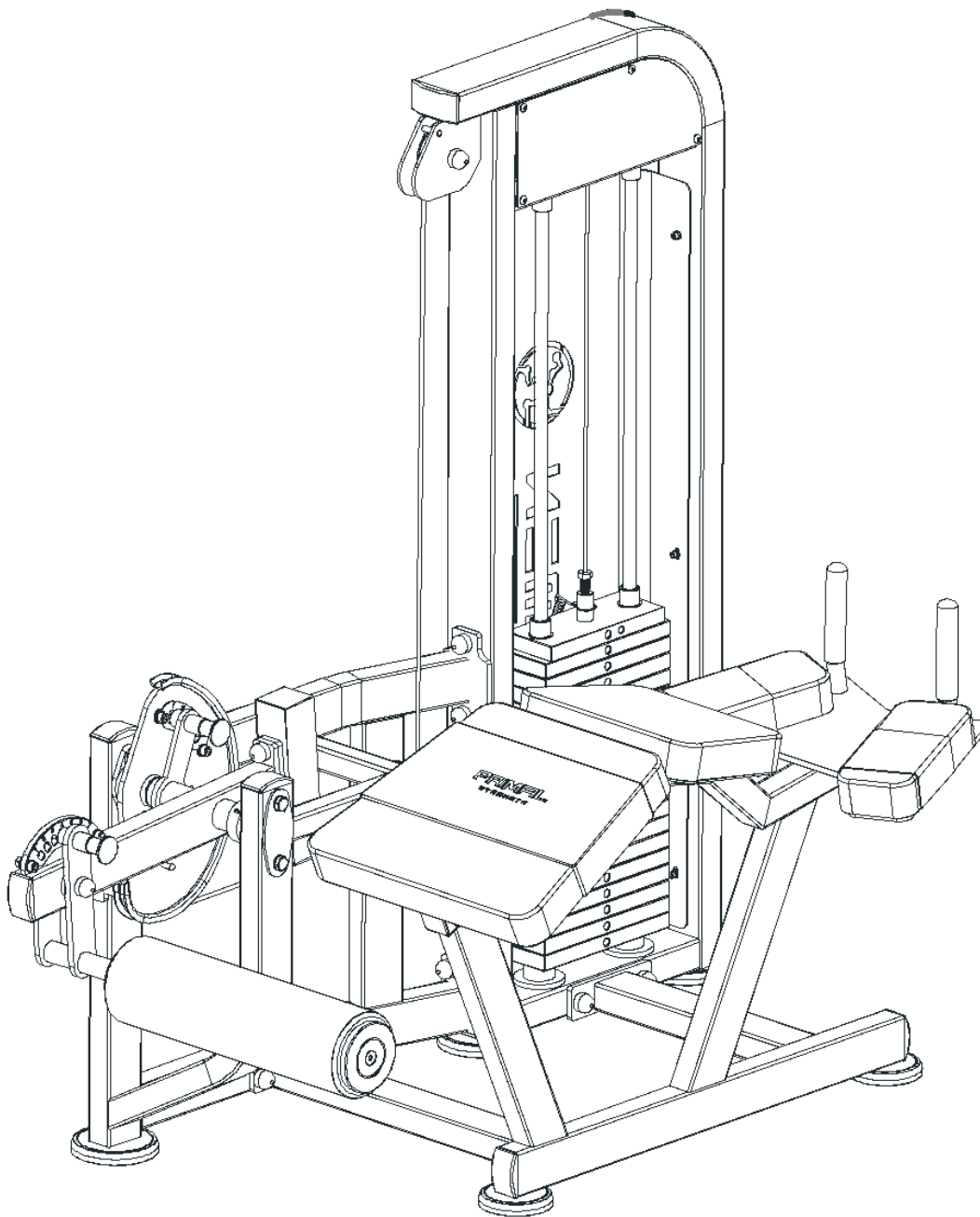


# LEG CURL



## S3011 ASSEMBLY INSTRUCTION LEG CURL

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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 baby or pets away from the machine when operating it.

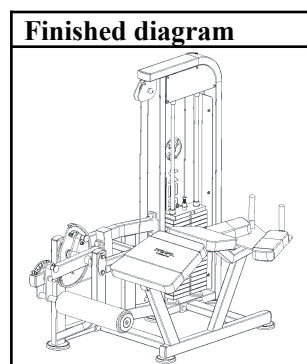
13. WARNING: Keep all control apparatus in proper position.

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.

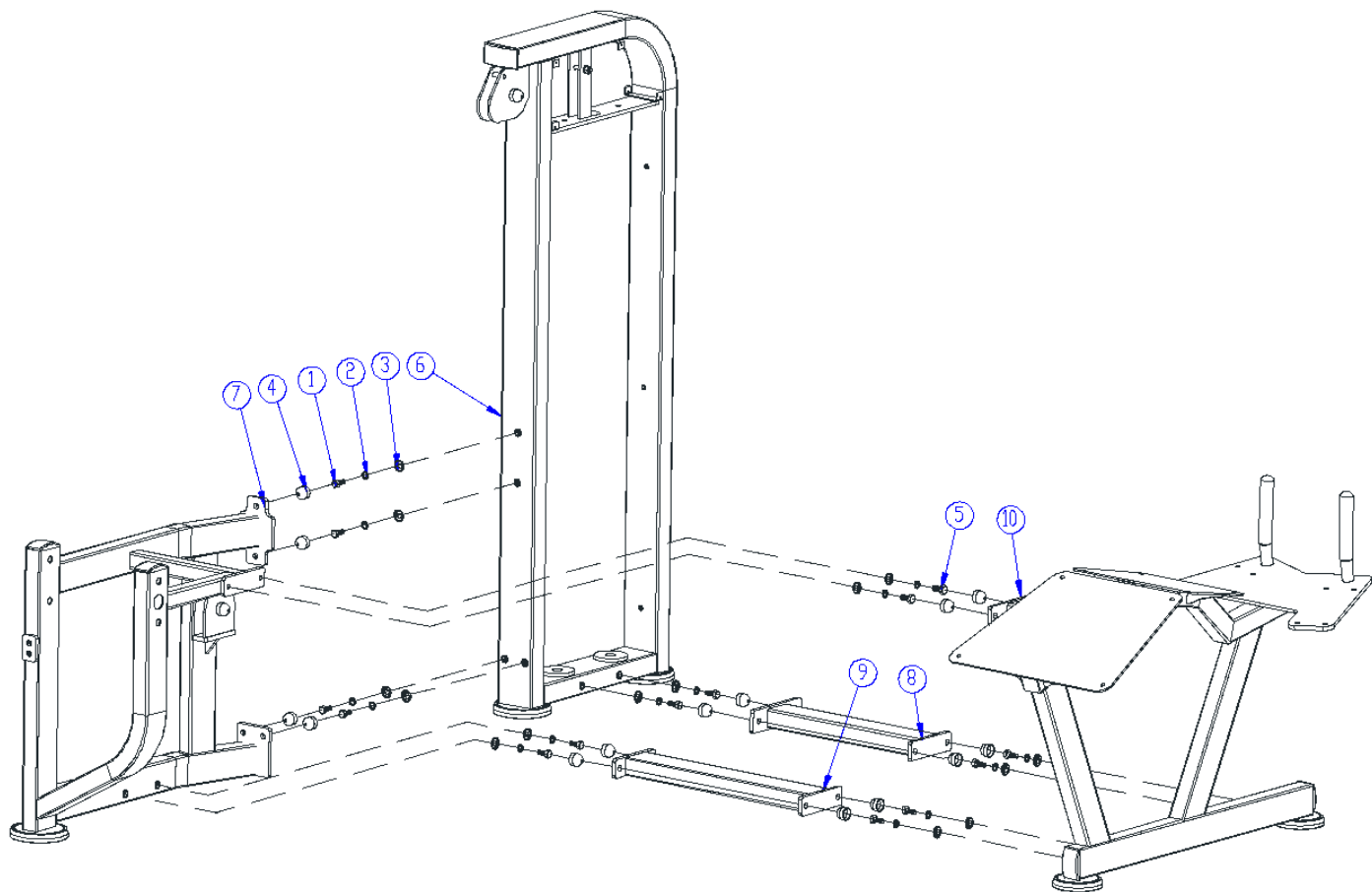
15. Operating the machine in controlled area is recommended.

## 02/ASSEMBLY PROCEDURE

### 1) Step 1

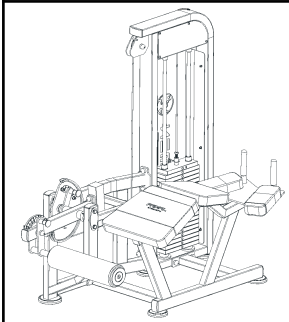


| Bill of materials |                               |               |     |
|-------------------|-------------------------------|---------------|-----|
| No.               | Name                          | Specification | Qty |
| 1                 | Outer hexagon bolt            | M12X25        | 12  |
| 2                 | Split washer                  | Ø12           | 14  |
| 3                 | Drum washer                   | Ø12.5         | 14  |
| 4                 | Bolt cap                      | Ø31X20.3      | 14  |
| 5                 | Outer hexagon bolt            | M12X20        | 2   |
| 6                 | Gantry                        |               | 1   |
| 7                 | Moving arm fixed assembly     |               | 1   |
| 8                 | Rear connection tube assembly |               | 1   |
| 9                 | Connection tube assembly      |               | 1   |
| 10                | Frame                         |               | 1   |

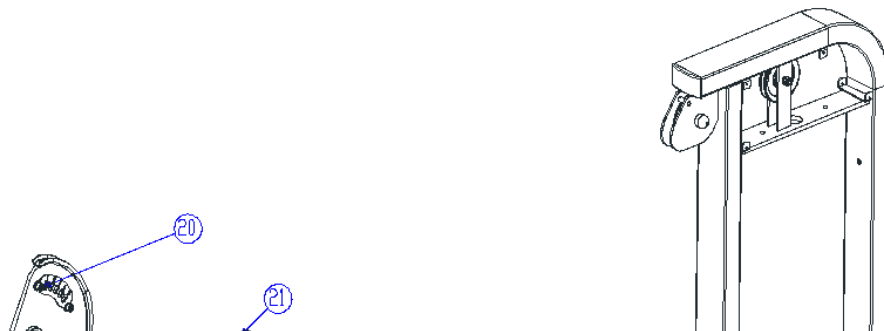


## 2) Step 2

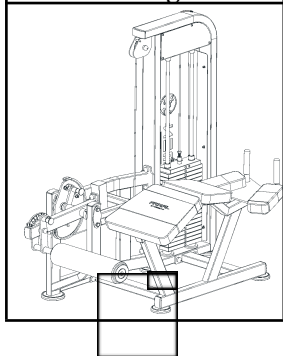
### Finished diagram



| Bill of materials |                                 |               |     |
|-------------------|---------------------------------|---------------|-----|
| No.               | Name                            | Specification | Qty |
| 2                 | Split washer                    | Ø12           | 2   |
| 3                 | Drum washer                     | Ø12.5         | 1   |
| 4                 | Bolt cap                        | Ø31X20.3      | 1   |
| 11                | Hexagon pan head bolt           | M12X25        | 1   |
| 12                | End cap                         | Φ43.5X14.5    | 1   |
| 13                | Outer hexagon locknut           | M12           | 1   |
| 14                | Outer hexagon bolt              | M16X75        | 4   |
| 15                | Flat washer                     | Ø16           | 8   |
| 16                | Hexagon locknut                 | M16           | 4   |
| 17                | Armor                           | 144X65XT4     | 2   |
| 18                | Pin knob                        | Φ43X34XM8     | 2   |
| 19                | Rhombus seated bearing UCFLU205 | GB/T7810-1995 | 2   |
| 20                | Cam plate assembly              |               | 1   |
| 21                | Stretch driving arm assembly    |               | 1   |
| 22                | Kicking welding assembly        |               | 1   |



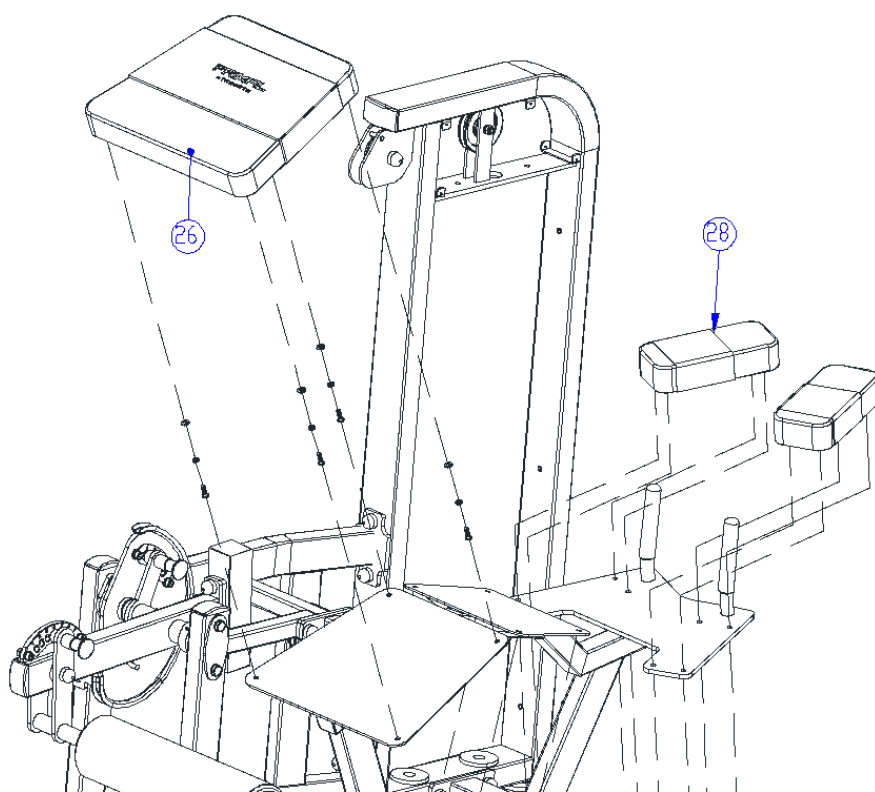
### Finished diagram



### 3) Step 3

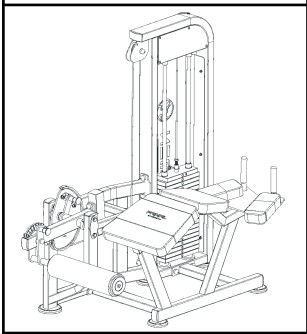
#### Bill of materials

| No. | Name                  | Specification | Qty |
|-----|-----------------------|---------------|-----|
| 23  | Hexagon pan head bolt | M8X25         | 16  |
| 24  | Split washer          | Ø8            | 16  |
| 25  | Flat washer           | Ø8            | 16  |
| 26  | Seat                  | 489X410X60    | 1   |
| 27  | Seat                  | 373X260X60    | 1   |
| 28  | Elbow cushion         | 280X133X60    | 2   |



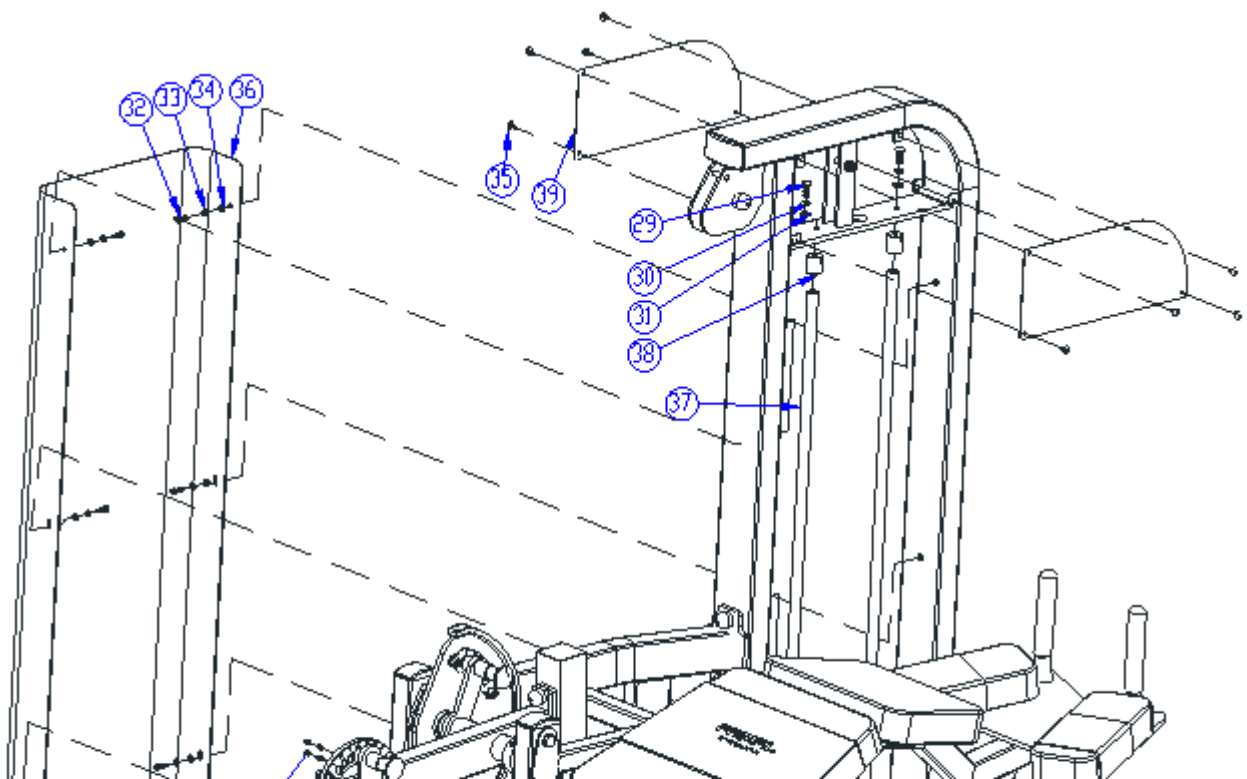
#### 4) Step 4

**Finished diagram**

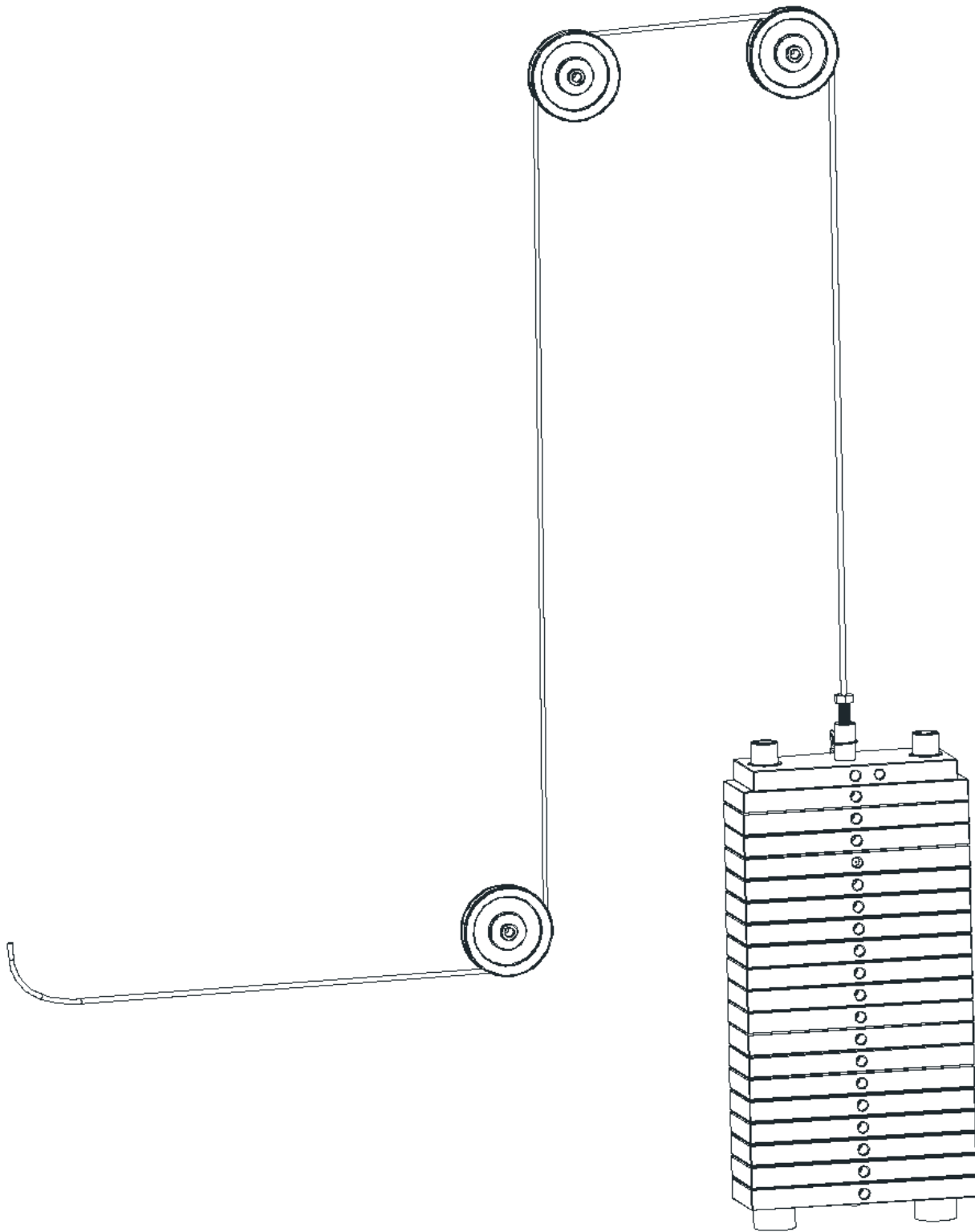


**Bill of materials**

| No. | Name                    | Specification | Qty |
|-----|-------------------------|---------------|-----|
| 29  | Hexagon pan head bolt   | M10X25        | 2   |
| 30  | Split washer            | Ø10           | 2   |
| 31  | Flat washer             | Ø10           | 2   |
| 32  | Hexagon cylinder bolt   | M6X15         | 6   |
| 33  | Split washer            | Ø6            | 6   |
| 34  | Flat washer             | Ø6            | 6   |
| 35  | Hexagon pan head bolt   | M5X12         | 8   |
| 36  | Safety board            | 1240X621.4XT2 | 1   |
| 37  | Guide rod               | ¢ 20X1344     | 2   |
| 38  | Guide rod fixing sleeve | Φ30X33        | 2   |
| 39  | Training flitch plate   | 415X175XT1.2  | 2   |
| 40  | Weight stack            | 100KG         | 1   |
| 41  | Steel cable             | Φ6X3020       | 1   |
| 42  | Hexagon locknut         | M8X10         | 4   |



**5) Step 5**  
**Pulley installation instruction :**



### **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                                                   | Leg Curl      | Model        | S3011 |
| Floor space                                            | 950*1780*1620 | Weight stack | 100Kg |
| Net weight                                             | 150Kg         | 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.