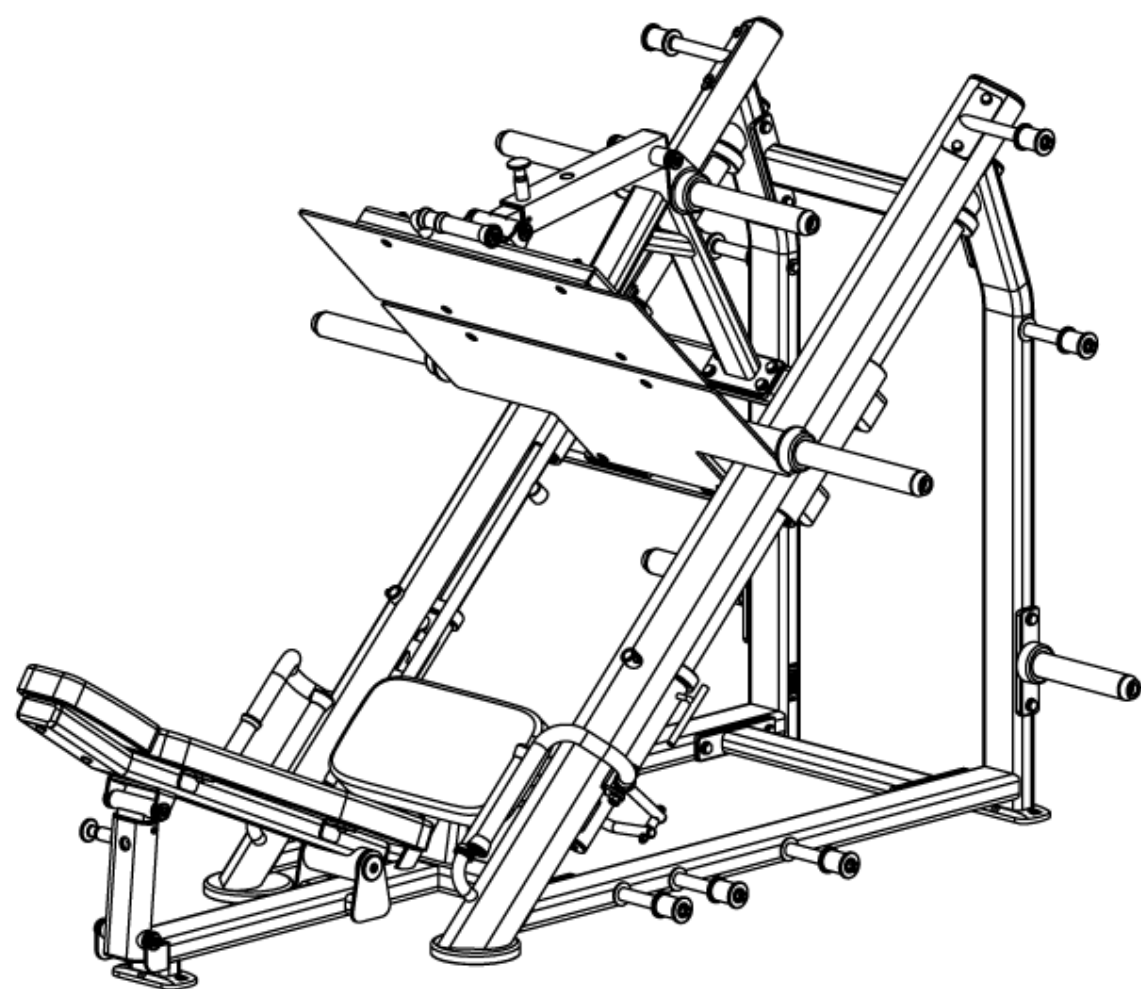


PRIMAL[®]

**Primal Performance Series 30-45 Degree
Leg Press v2.0**

PSSS0208



USER'S MANUAL



CAUTION

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

TABLE OF CONTENTS

Important Safety Instructions	1
Instructions	2
Parts List	3
Exploded View	5
Measurement Guide	6
Assembly Instructions	7
Assembly	8
Weight Training Tips	15
Maintenance Schedule	16
General Maintenance Information	17

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout---no loose clothing.
- Be careful when getting on or off the equipment.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate the unit when it has been dropped or damaged.
- Never drop or insert anything into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- Do not attempt to lift more weight than you can control safely.
- Do not use the equipment outdoors.

Personal Safety During Assembly

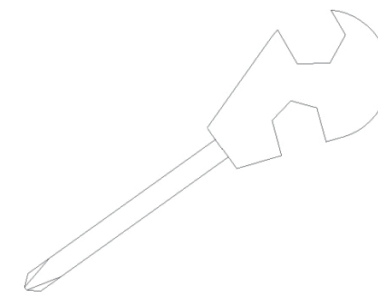
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Instructions

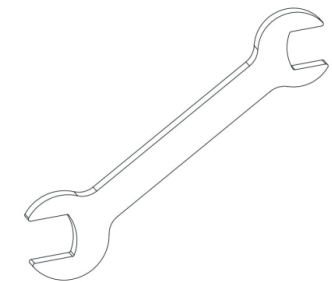
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your carton. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

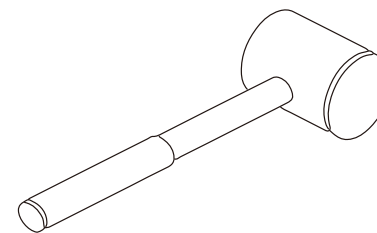
Tools Required



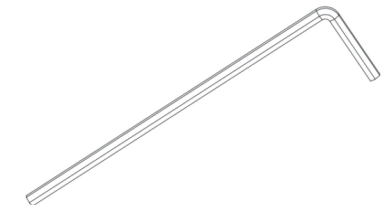
Punch Wrench



Wrench



Rubber Mallet



Hex Key Wrench Set

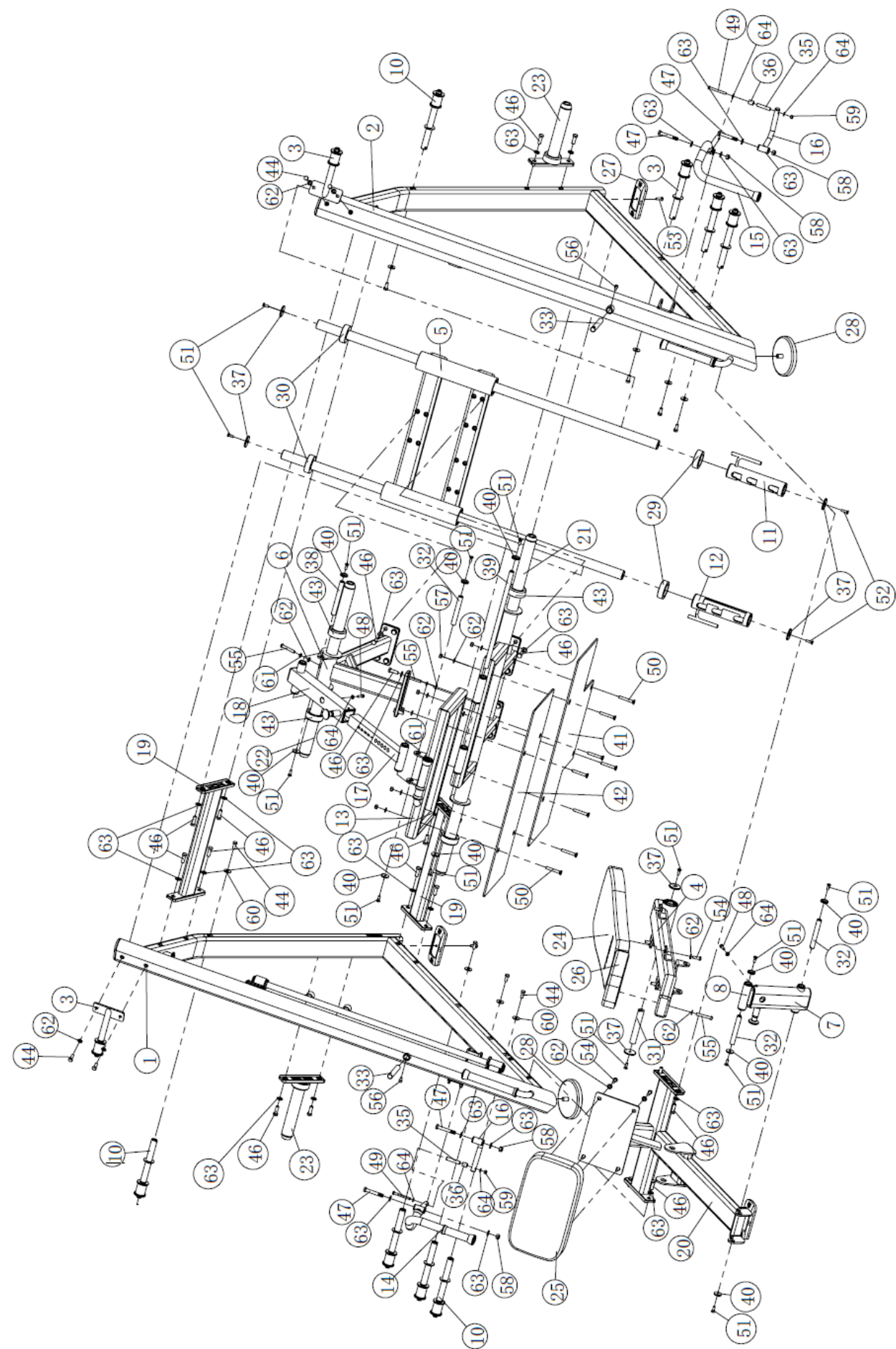
Parts List

Note: some of these parts may come pre-installed.

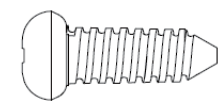
Item#	Part Name	Specification	QTY
1	Left support frame assembly		1
2	Right support frame assembly		1
3	Upper rubber band fixing rod assembly		2
4	Pad frame assembly		1
5	Sliding frame assembly		1
6	Load-bearing frame assembly		1
7	Outer sleeve assembly		1
8	Adjustment frame assembly		1
9	Lower pedal assembly		1
10	Rubber band fixing rod assembly		8
11	Right regulating sleeve assembly		1
12	Left regulating sleeve assembly		1
13	Upper pedal assembly		1
14	Left handle assembly		1
15	Right handle assembly		1
16	Rotating connection frame assembly	A	2
17	Upper Adjustment frame assembly		1
18	Upper outer sleeve assembly		1
19	Left and right connecting frame assembly		2
20	Bottom frame assembly		1
21	Long barbell bar assembly		1
22	Short barbell bar assembly		1
23	Barbell support assembly		2
24	Back pad	779×320×58	1
25	Seat pad	459×249×58	1
26	Head pad	248×212×58	1
27	Ground floor mat	50X100管用	2
28	Round foot mat	φ 170	2
29	Rubber mat	φ 78× φ 40×25	2
30	Rubber mat	φ 78× φ 41×25	2
31	Rotation shaft φ25x159	φ25x159	1
32	Rotation shaft φ19x136	φ 19x136	3

Item#	Part Name	Specification	QTY
33	Limit shaft	φ 20×122.5	2
34	Slide bar	Φ40×1573.5	2
35	Fixing sleeve	φ 12.5x φ 8.5x61	2
36	Spacer	φ 13x φ 16x20	2
37	Decorative end cap φ50	Φ9× Φ50×6.3	6
38	Rotation shaft φ19x160	φ19x160	1
39	Rotation shaft φ19x467	φ 19x467	1
40	Decorative end cap φ32	Φ9× Φ32×7	10
41	Pedal	900x454x6	1
42	Upper pedal	900x300x6	1
43	Rubber sleeve A	Φ48× Φ78×30	4
44	Hexagon bolts	M10X25	12
46	Hexagon bolts	M12X35	30
47	Hexagon bolts	M12X80	4
48	Hexagon bolts	M8X25	2
49	Hexagon bolts	M8X75	2
50	Hexagon socket countersunk head bolts	M10X70	8
51	Hexagon socket countersunk head bolts	M8X25	14
52	Hexagon socket countersunk head bolts	M8X30	2
53	Hexagon socket countersunk head bolts	M8X30	2
54	Hexagon socket countersunk head bolts	M10X30	8
55	Hexagon socket countersunk head bolts	M10X65	4
56	Hexagon socket head screws	M8×12	2
57	Nut	M10	8
58	Nut	M12	4
59	Nut	M8	2
60	Flat washers	Φ11× Φ30×2.5	8
61	Spring washers	Φ10	2
62	Flat washers	Φ11XΦ20X2	24
63	Flat washers	Φ13× Φ24×2	38
64	Flat washers	Φ8.5× Φ16×1.5	6

Exploded View



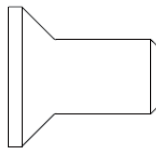
Measurement Guide



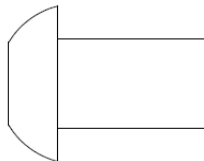
Cross Recessed Pan Head Tapping Screw



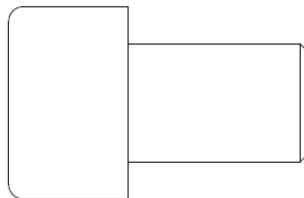
Hex Socket Set Screw with Flat Point



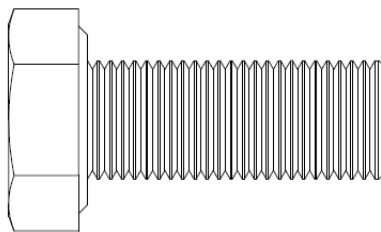
Flat Head Cap Screw



Button Head Cap Screw



Socket Head Cap Bolt



Hex Bolt



Assembly Instructions

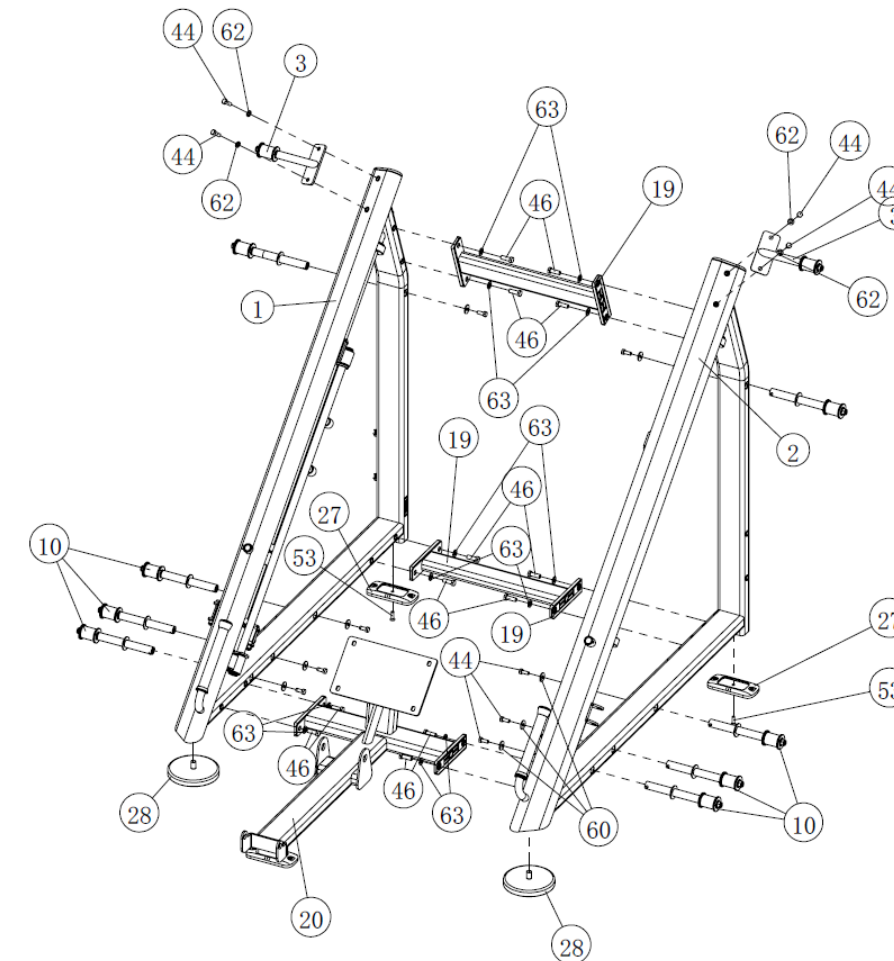
Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, and easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

Note: As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

Step 1

1. Attach ground floor mat (#27) and round floor mat (#28) to the left support frame assembly(#1),
Use: 1 piece hexagon socket countersunk head bolts M8×30 (#53)
2. Attach ground floor mat (#27) and round floor mat (#28) to the right support frame assembly(#2)
Use: 1 piece hexagon socket countersunk head bolts M8×30 (#53)
3. Attach left support frame assembly(#1), right support frame assembly(#2), 2 pieces left and right connecting frame assembly(#19) to Bottom frame assembly(#20).
Use: 12 pieces Hexagon bolts M12×35(#46) 12pieces Flat washer $\Phi 13 \times \Phi 24 \times 2$ (#63)
4. Attach 4 pieces Rubber band fixing rod assembly(#10) to the left support frame assembly(#1), and 4 pieces Rubber band fixing rod assembly(#10) to the right support frame assembly(#2).
Use: 8 pieces Hexagon bolts M10X25(#44) 8 pieces Flat washers $\Phi 11 \times \Phi 30 \times 2.5$ (#60)
5. Attach 1 piece Upper rubber band fixing rod assembly(#3) to left support frame assembly(#1), and 1 piece Upper rubber band fixing rod assembly(#3) to the right support frame assembly(#2).
Use: 4 pieces Hexagon bolts M10X25(#44) 4 pieces Flat washers $\Phi 11 \times \Phi 20 \times 2$ (#62)



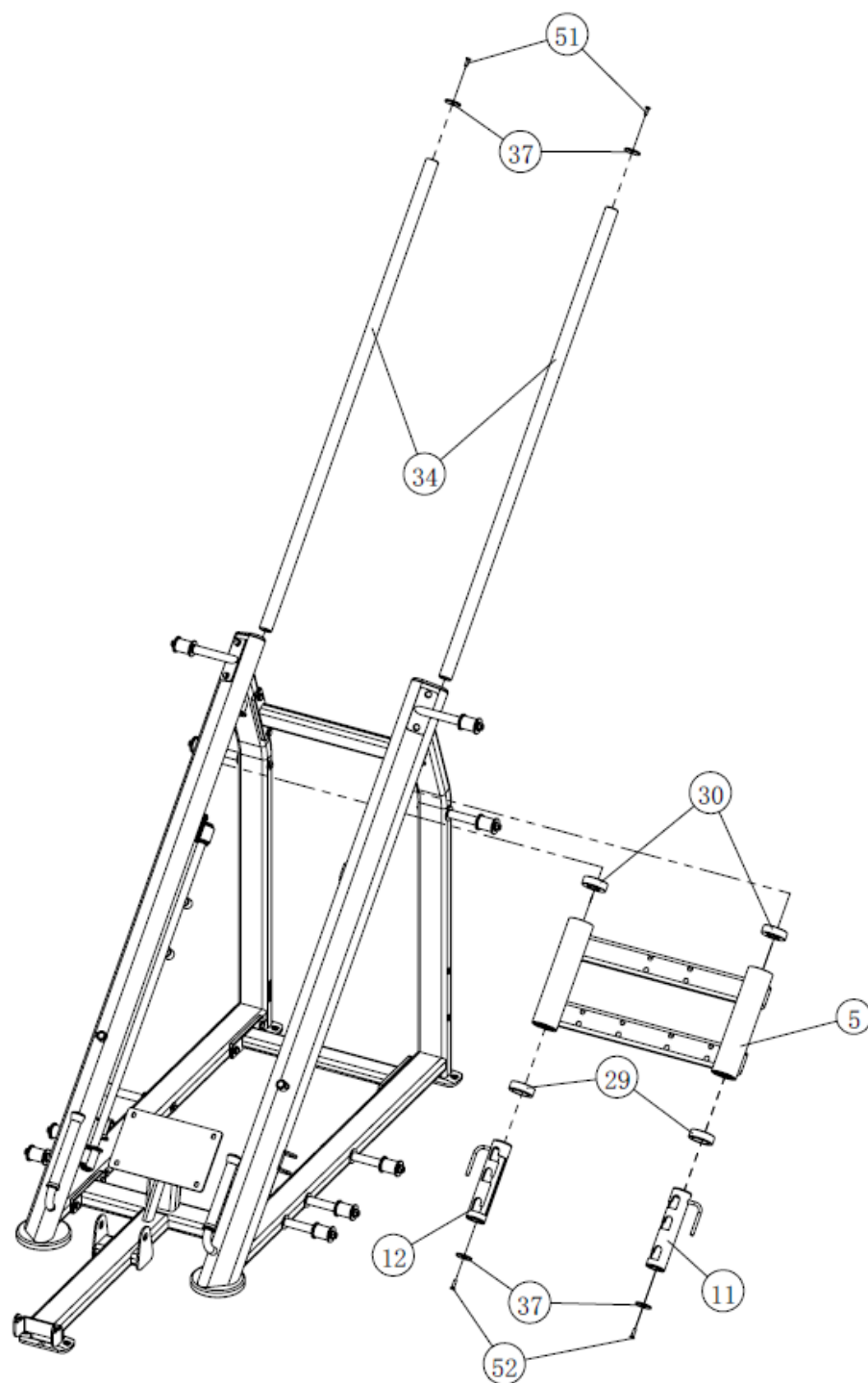
Step 2

Attach 2 pieces slider bars (#34), 1 piece sliding frame assembly (#5), 2 pieces Shock-absorbing cushions $\phi 40$ (#29), 2 pieces Shock-absorbing cushions $\phi 41$ (#30), Right regulating sleeve assembly(#11) and Left regulating sleeve assembly(#12) to the whole machine.

Use: 4 pieces Decorative end cap $\phi 50$ (#37)

2 pieces hexagon socket countersunk head bolts M8X25 (#51)

2 pieces hexagon socket countersunk head bolts M8X30 (#52)



Step 3

1. Attach Pedal(#41) to Lower pedal assembly (#9)

Use: 4 pieces hexagon bolts M10×70 (#50) 4 pieces Flat washers $\Phi 11 \times \Phi 20 \times 2$ (#62)
4 pieces Nuts M10 (#57)

2. Attach Lower pedal assembly (#9) to the sliding frame assembly (#5).

Use: 8 pieces hexagon bolts M12×35 (#46) 8 pieces flat washers $\Phi 13 \times \Phi 24 \times 2$ (#63)

3. Attach load-bearing frame assembly (#6) to the machine as shown in the picture, and fix the two ends to sliding frame assembly (#5) and pedal assembly (#9).

Use: 6 pieces hexagon bolts M12×35 (#46), 6 pieces flat washer $\Phi 13 \times \Phi 24 \times 2$ (#63)

4. Attach Upper Adjustment frame assembly(#17) to Upper outer sleeve assembly (#18),
Use: 1 piece hexagon bolts M8×25(#48) 1 piece Flat washers $\Phi 8.5 \times \Phi 16 \times 1.5$ (#64)

5. Attache Upper outer sleeve assembly (#18) to Load-bearing frame assembly(#6)

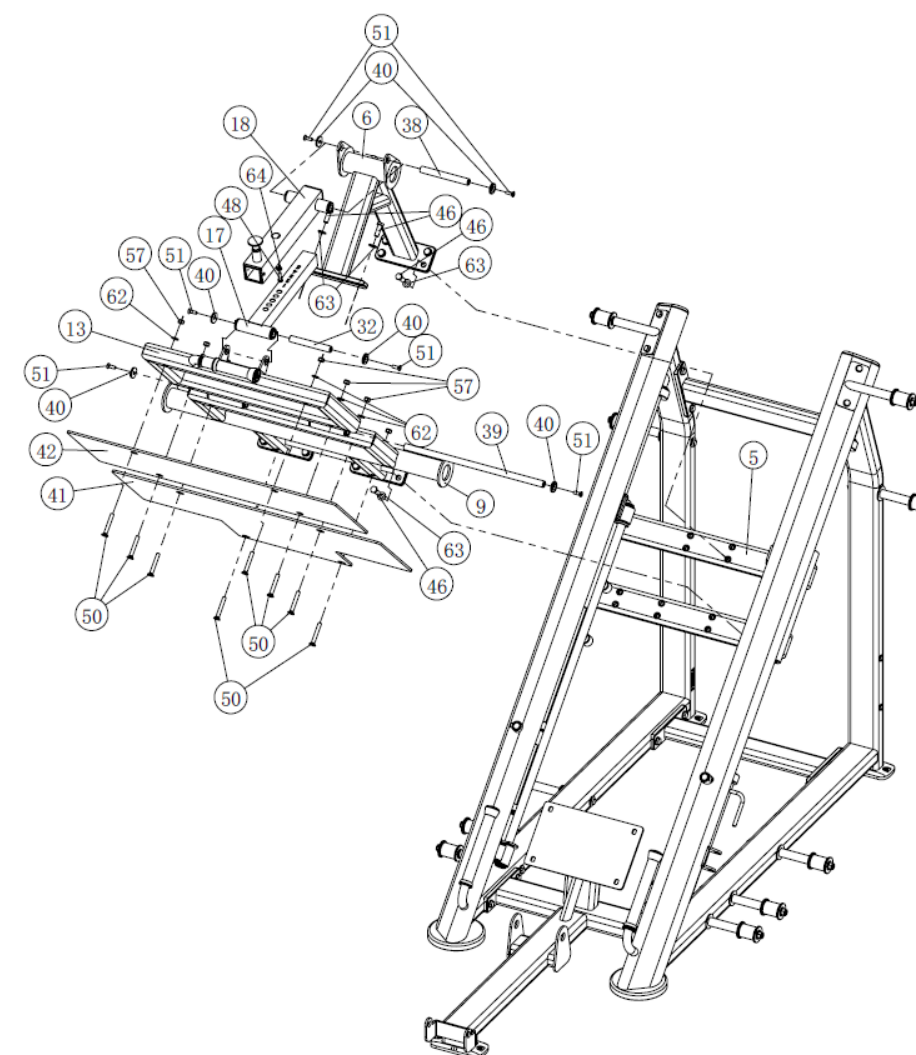
Use: 1 piece Rotation shaft $\phi 19 \times 160$ (#38) 2 pieces Decorative end cap $\phi 32$ (#40)
2 pieces hexagon bolts M8×25 (#51)

6. Attach Upper pedal assembly(#13) to Lower pedal assembly(#9), then connect them to Upper Adjustment frame assembly(#17)

Use: 1 piece Rotation shaft $\phi 19 \times 467$ (#39) 1 piece Rotation shaft $\phi 19 \times 136$ (#32)
4 pieces Decorative end cap $\phi 32$ (#40) 4 pieces hexagon bolts M8×25 (#51)

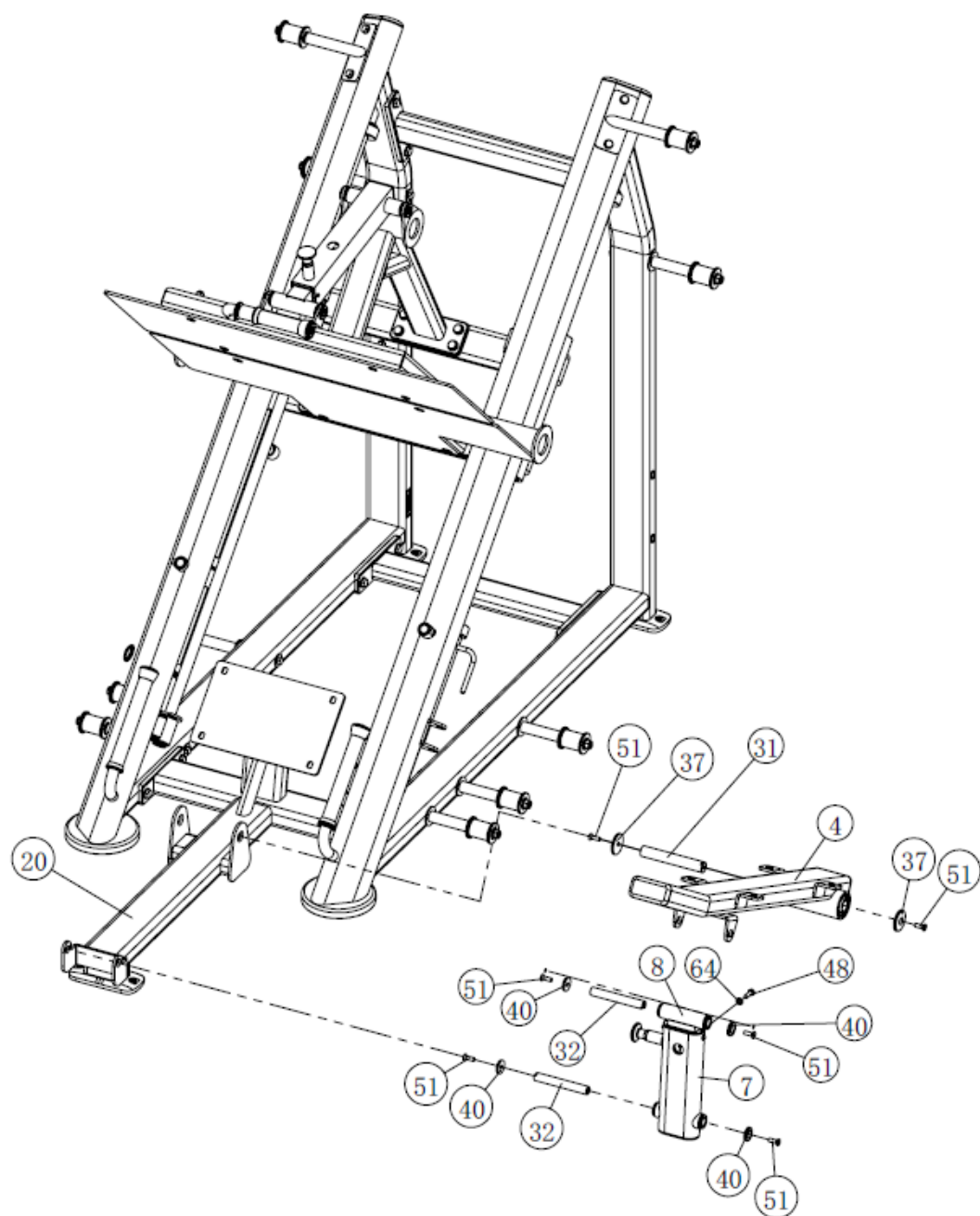
7. Attach Upper pedal(#42) to Upper pedal assembly(#13).

Use: 4 pieces hexagon bolts M10×70 (#50) 4 pieces Flat washers $\Phi 11 \times \Phi 20 \times 2$ (#62)
4 pieces Nuts M10 (#57)



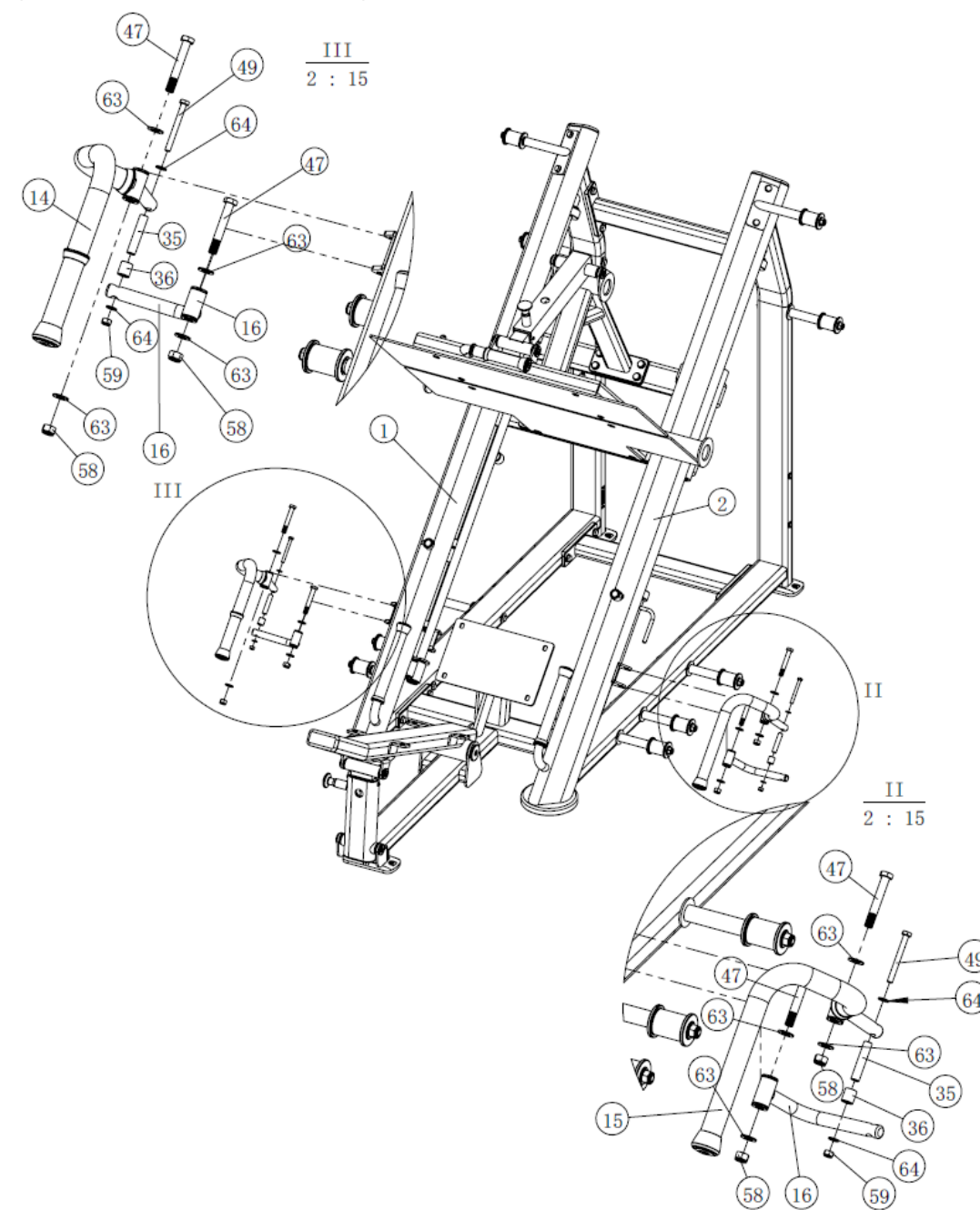
Step 4

1. Attach Pad frame assembly (#4) to Bottom frame assembly (#20)
Use: 1 piece $\Phi 25 \times 159$ shaft (#31) 2 pieces decorative end caps $\Phi 50$ (#37)
2 pieces hexagon socket countersunk head bolts M8 $\times$ 25 (#51)
2. Attach 1 piece Outer sleeve assembly (#7) to Bottom frame assembly (#20)
Use: 1 piece $\Phi 19 \times 136$ shaft (#32) 2 pieces Decorative end cap $\phi 32$ (#40)
2 pieces hexagon socket countersunk head bolts M8 $\times$ 25 (#51)
3. Attach Pad frame assembly (#4) to the adjustment frame assembly (#8) as shown in the picture.
Use: 1 piece $\Phi 19 \times 136$ shaft (#32) 2 pieces Decorative end cap $\phi 32$ (#40)
2 pieces Hexagon socket countersunk head bolts M8 $\times$ 25 (#51)
4. Insert the adjustment frame assembly (#8) to the outer sleeve assembly (#7).
Use: 1 piece hexagon bolts M8 $\times$ 25 (#48) 1 piece flat washer (#64)



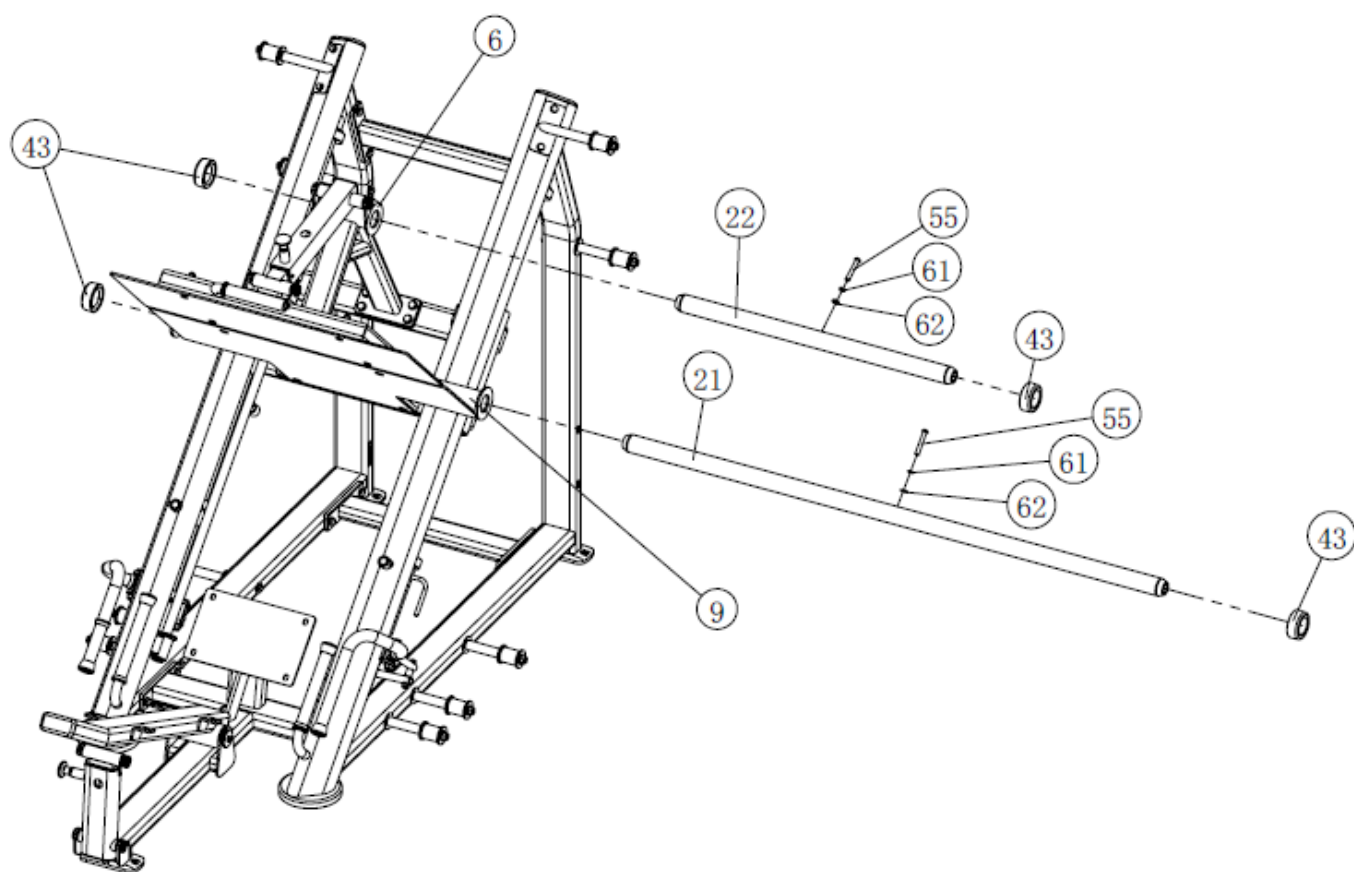
Step 5

1. Attach left handle frame assembly (#14) and rotation connection frame assembly (#16) to the left support frame assembly (#1)
Use: 2 pieces Hexagon bolts M12 $\times$ 80 (#47) 1 piece hexagon bolt M8 $\times$ 75 (#49)
1 piece fixed sleeve (#35) 1 pieces spacers (#36)
4 pieces flat washers $\Phi 13 \times \Phi 24 \times 2$ (#63) 1 piece nut M8 (#59)
2 pieces nuts M12 (#58) 2 pieces flat washers $\Phi 8.5 \times \Phi 16 \times 1.5$ (#64)
2. Attach right handle frame assembly (#15) and rotation connection frame assembly (#16) to the right support frame assembly (#2)
Use: 2 pieces Hexagon bolts M12 $\times$ 80 (#47) 1 piece Hexagon bolts M8 $\times$ 75 (#49)
1 piece fixed sleeve (#35) 1 pieces spacers (#36)
4 pieces flat washers $\Phi 13 \times \Phi 24 \times 2$ (#63) 1 piece nut M8 (#59)
2 pieces nuts M12 (#58) 2 pieces flat washers $\Phi 8.5 \times \Phi 16 \times 1.5$ (#64)



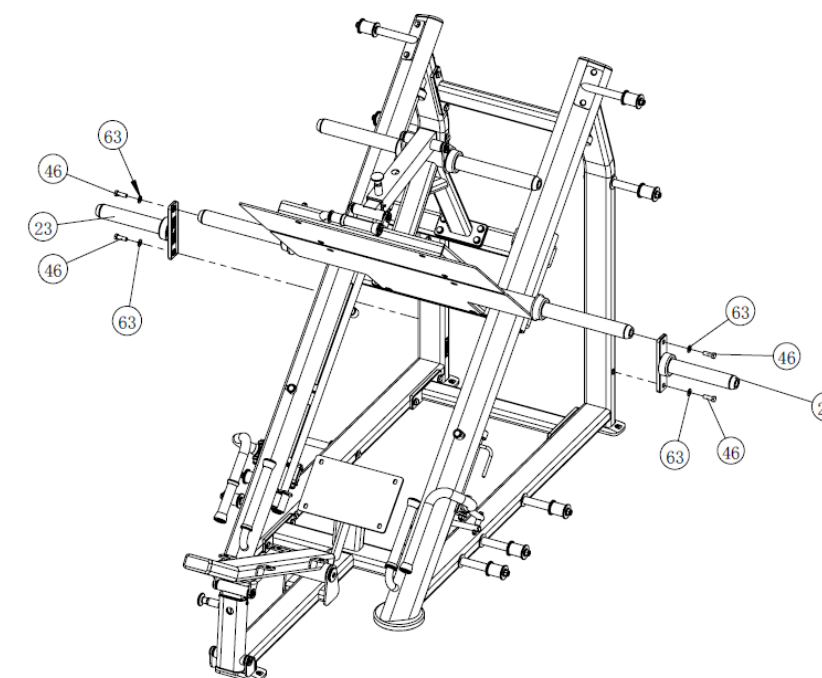
Step 6

- .Attach 1 piece short barbell bar assembly(#22), 2 pieces rubber sleeve A(#43) to the Load-bearing frame assembly (#6)
- Use: 1 piece Hexagon socket umbrella head bolt M10×65 (#55), 1 piece spring washer φ10 (#61)
1 piece flat washer Φ11×Φ20×2(#62)
- 2.Attach 1 piece long barbell bar assembly(#21), 2 pieces rubber sleeve A(#43) to the pedal assembly(#9)
- Use: 1 piece Hexagon socket umbrella head bolt M10×65 (#55)
1 piece spring washer Φ10 (#61) 1piece flat washer Φ11×Φ20×2(#62)



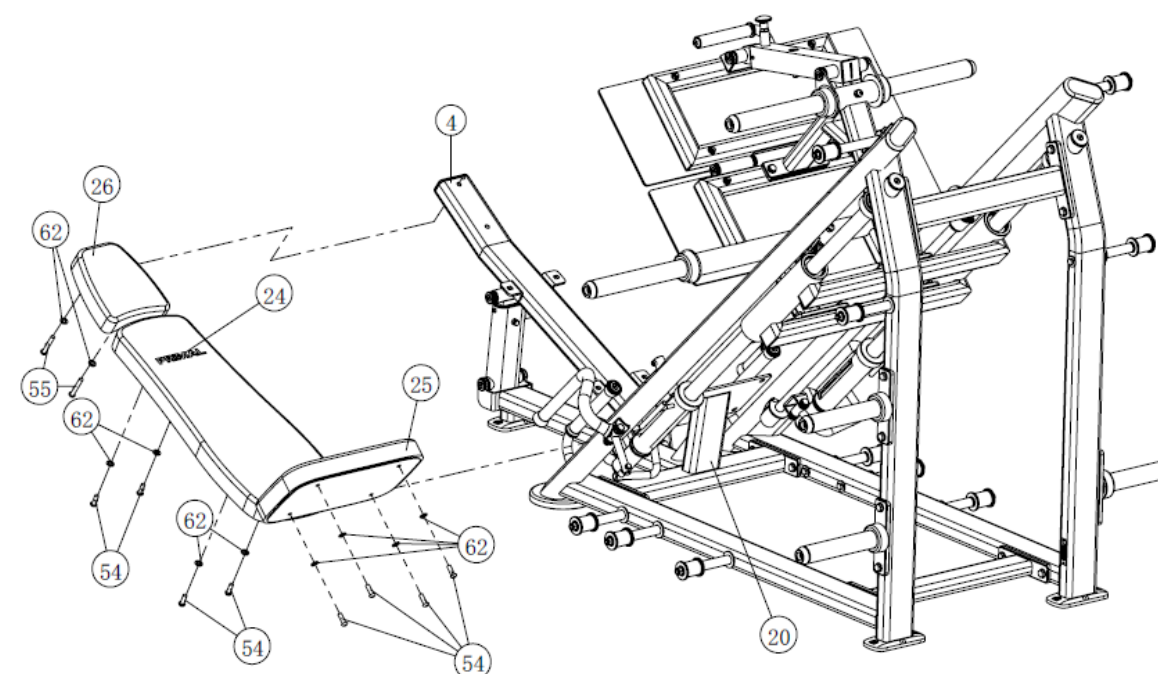
Step 7

- Attach 4 pieces Short barbell rack assemblies (#22) to the whole machine as shown in the picture,
- Use: 4 pieces Hexagon bolts M12X35(#46)
4 pieces flat washers Φ13 xΦ24 x 2(#63)



Step 8

- Attach Seat pad (#25) to the Bottom frame assembly (#20)
- Use: 4 pieces Hexagon socket countersunk head bolts M10X30 (#54)
4 pieces flat washers Φ11 xΦ20 x 2(#62)
- 2.Attach Back pad(#24) and Head pad(#26) to the pad frame assembly(#4)
- Use: 4 pieces hexagon socket countersunk head bolts M10X30 (#54)
2 pieces hexagon socket countersunk head bolts M10X65 (#55)
6 pieces flat washers Φ11 xΦ20 x 2(#62)



Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect: Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean: Upholstery	DAILY	WEEKLY							
Inspect: Cables or Belts and their tension	DAILY	WEEKLY							
Inspect: Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect: All Decals	WEEKLY	3 MONTHS							
Inspect: AllNuts and Bolts, Tighten ifneeded	WEEKLY	3 MONTHS							
Inspect:Anti-skid Surface	WEEKLY	3 MONTHS							
Clean&Lubricate: Guide rods with a Teflon(PTFE) based lubricant(Superlube)	MONTHS	3 MONTHS							
Lubricate: Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHS	3 MONTHS							
Clean and Wax: All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease: Linear Bearings	6 MONTHS	YEARLY							
Replace: Cables, Belts and Connecting Parts	YEARLY	3 YEARLY							

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- Check all pieces for signs of visible wear or damage.
- Check springs in snap hooks and pull-pins for proper tension and alignment.
- If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- Periodically take the time to use a mild soap or approved vinyl upholstery cleaner to deter the onset of cracking or drying.
- Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- Replace ripped or worn upholstery immediately. Keep sharp or pointed objects clear of all upholstery.

Decals:

- Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- Inspect all nuts and bolts for any loosening and tighten if needed.
- Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- We use only high quality belt, and mil-spec cables.
- Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tensions:

- Referring to the Owner's Manual, when belts or cables are used check all bolts attachment to be sure they are properly attached.
- Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- Wipe down adjusting tubes with a dust free rag before applying lubricant.
- Lubricate seat sleeves and Guide Rods with silicon or Teflon based lubricant spray.

Linear Bearings:

- Referring to the owner's manual carefully disassembly the bearing from its housing and place a finger full of light grease (lithium, super lube, etc) into the inside of the bearing. Use your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.