

LYING PRONE LEG CURL EXTENSION MACHINE

PRLGCL
400846



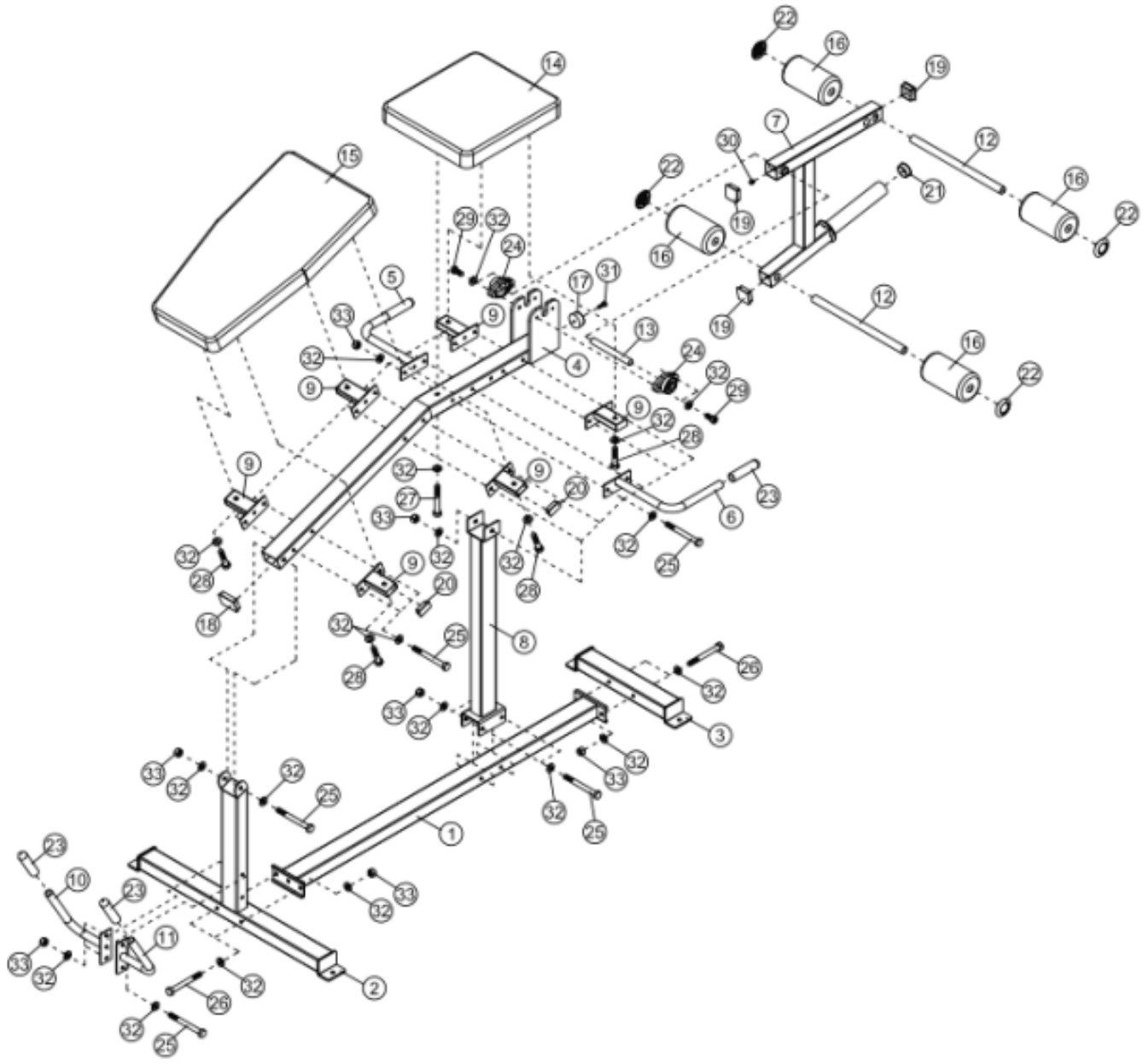
Operator's Manual



Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

Cover photo may show optional equipment not supplied with standard unit. For an Operator's Manual and Decal Kit in French or Spanish Language, please see your dealer.

PARTS DIAGRAM / EXPLODED VIEW

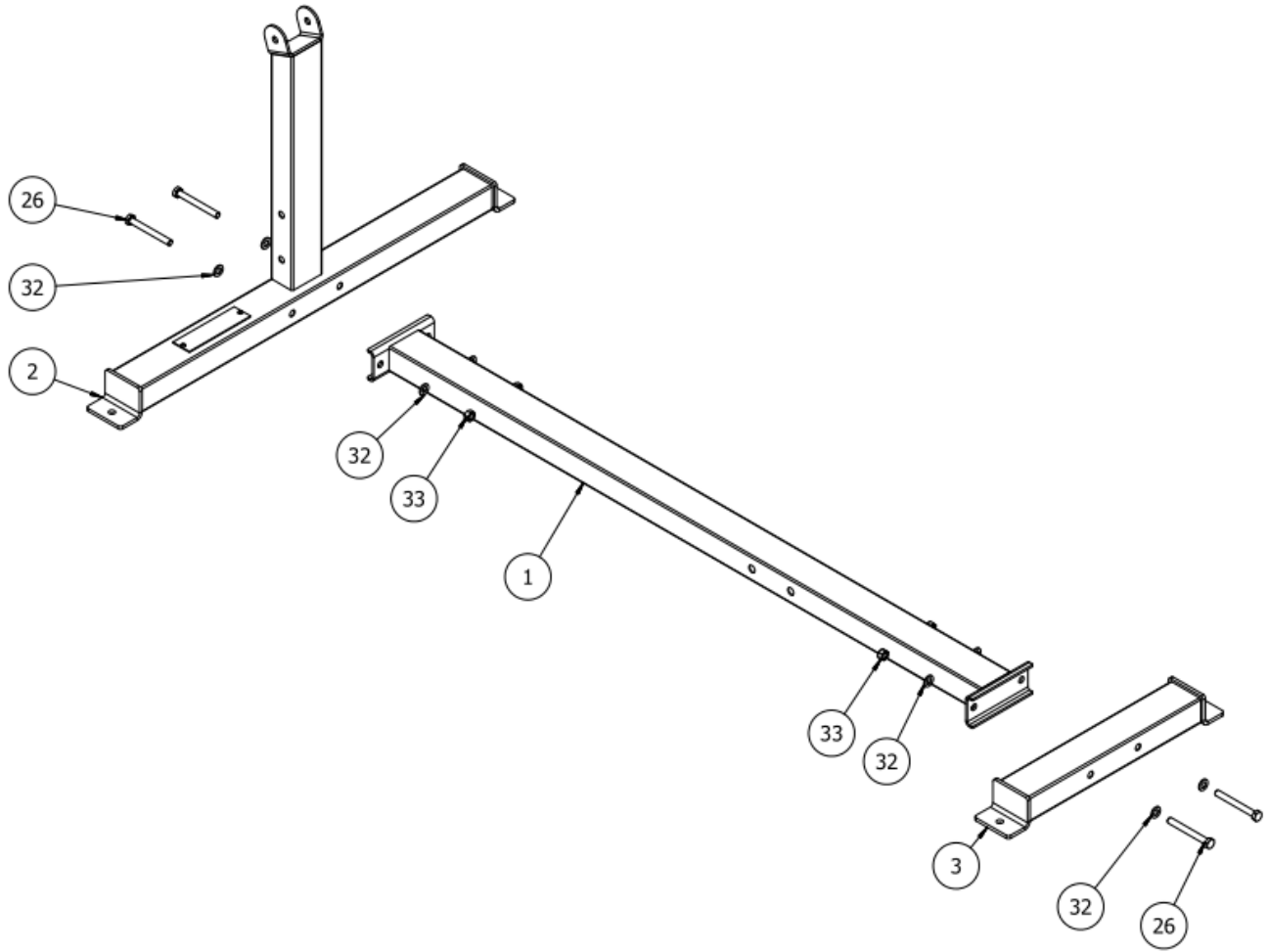


PARTS LIST DIAGRAM / EXPLODED VIEW

KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
(1)	STICK TO FRAME	1	(18)	END CAP 50X70	1
(2)	REAR BASE	1	(19)	END CAP 50X3	3
(3)	FRONT BASE	1	(20)	END CAP 25X50	6
(4)	BEND FRAME	1	(21)	END CAP Φ 48	1
(5)	LEFT FRONT HANDLE	1	(22)	FOAM ROLLER END CAP Φ 25	4
(6)	RIGHT FRONT HANDLE	1	(23)	GRIP SLEEVE Φ 25X120	4
(7)	LEG DEVELOPER	1	(24)	BEARING SEAT SBLF204	2
(8)	FRONT POST	1	(25)	HEX BOLT M10*95	14
(9)	CUSHION HOLDER	6	(26)	HEX BOLT M10*90	4
(10)	LEFT REAR HANDLE	1	(27)	HEX BOLT M10*70	1
(11)	RIGHT REAR HANDLE	1	(28)	HEX BOLT M10*45	6
(12)	FOAM TUBE 25*2*410	2	(29)	HEX SOCKET HEAD CAP SCREW M10X20	4
(13)	AXLE 20*174	1	(30)	HEX SOCKET LOCKING SCREW M8X10	1
(14)	SEAT PAD 440*400*61	1	(31)	CROSS RECESS HEAD SCREW M6X16	1
(15)	BACKREST BOARD 440*400*61	1	(32)	WASHER M10	43
(16)	FOAM 110*180	4	(33)	AIRCRAFT NUT M10	18
(17)	RUBBER BUMPER 50*6*24	1		ALLEN WRENCH 4# AND 8#	1

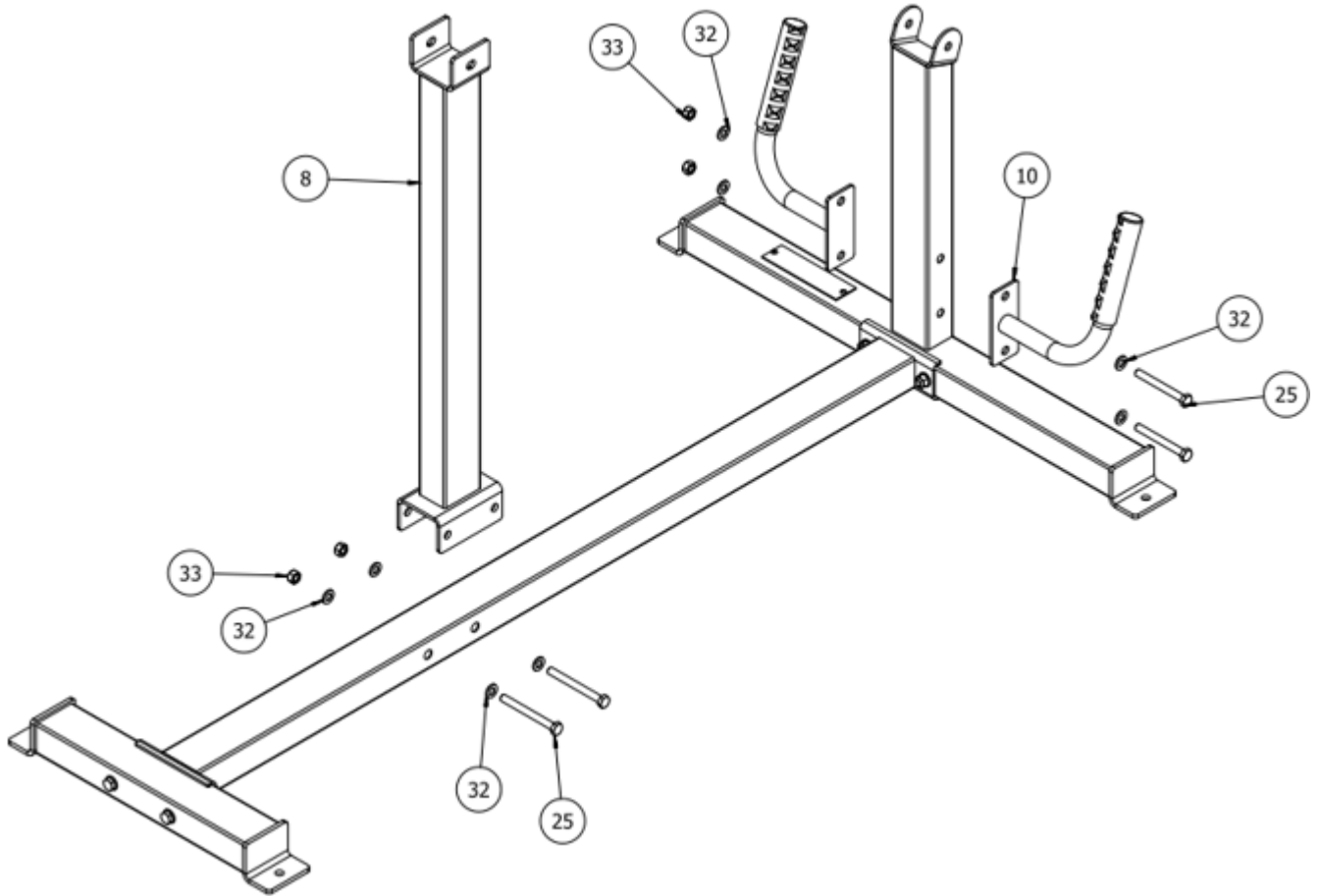
ASSEMBLY INSTRUCTIONS

STEP 1



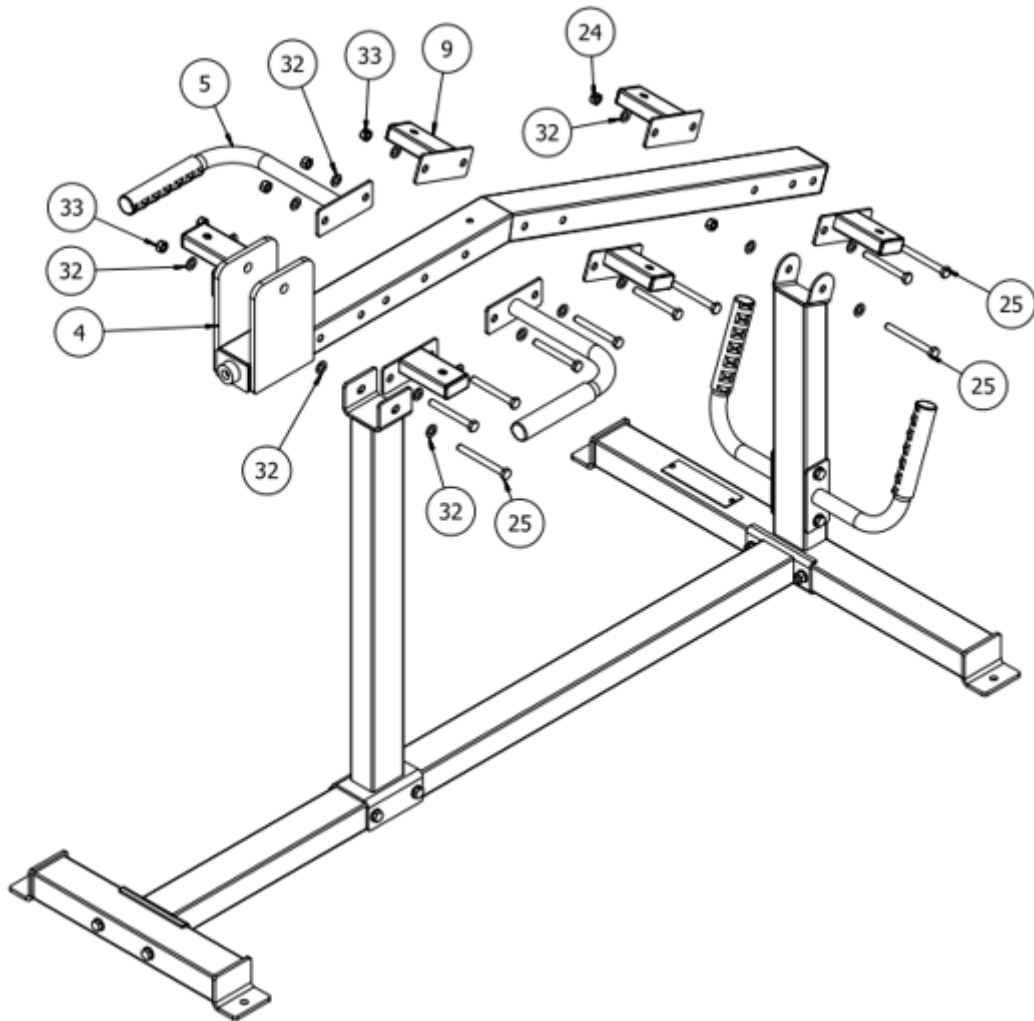
ASSEMBLY INSTRUCTIONS

STEP 2



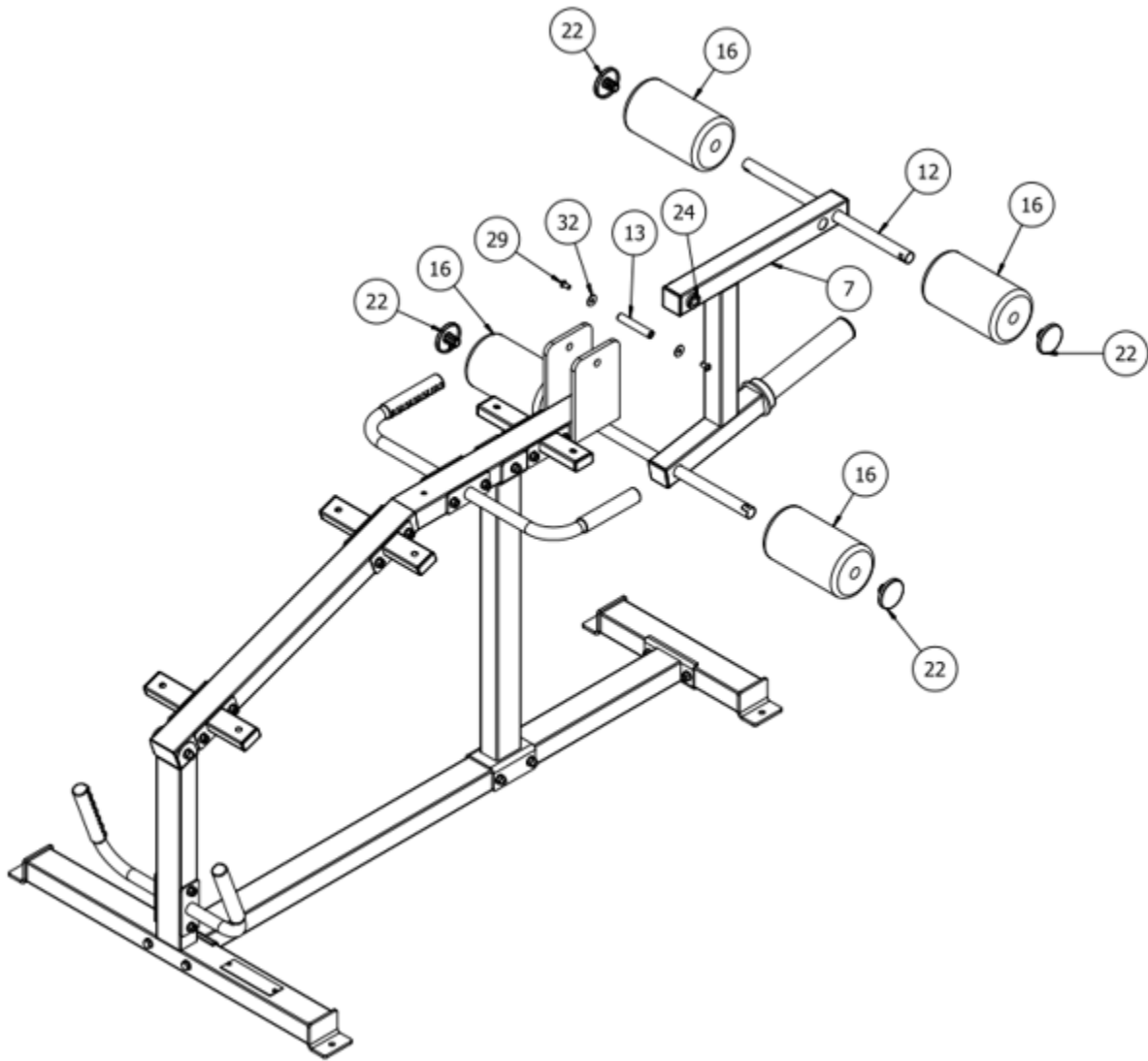
ASSEMBLY INSTRUCTIONS

STEP 3



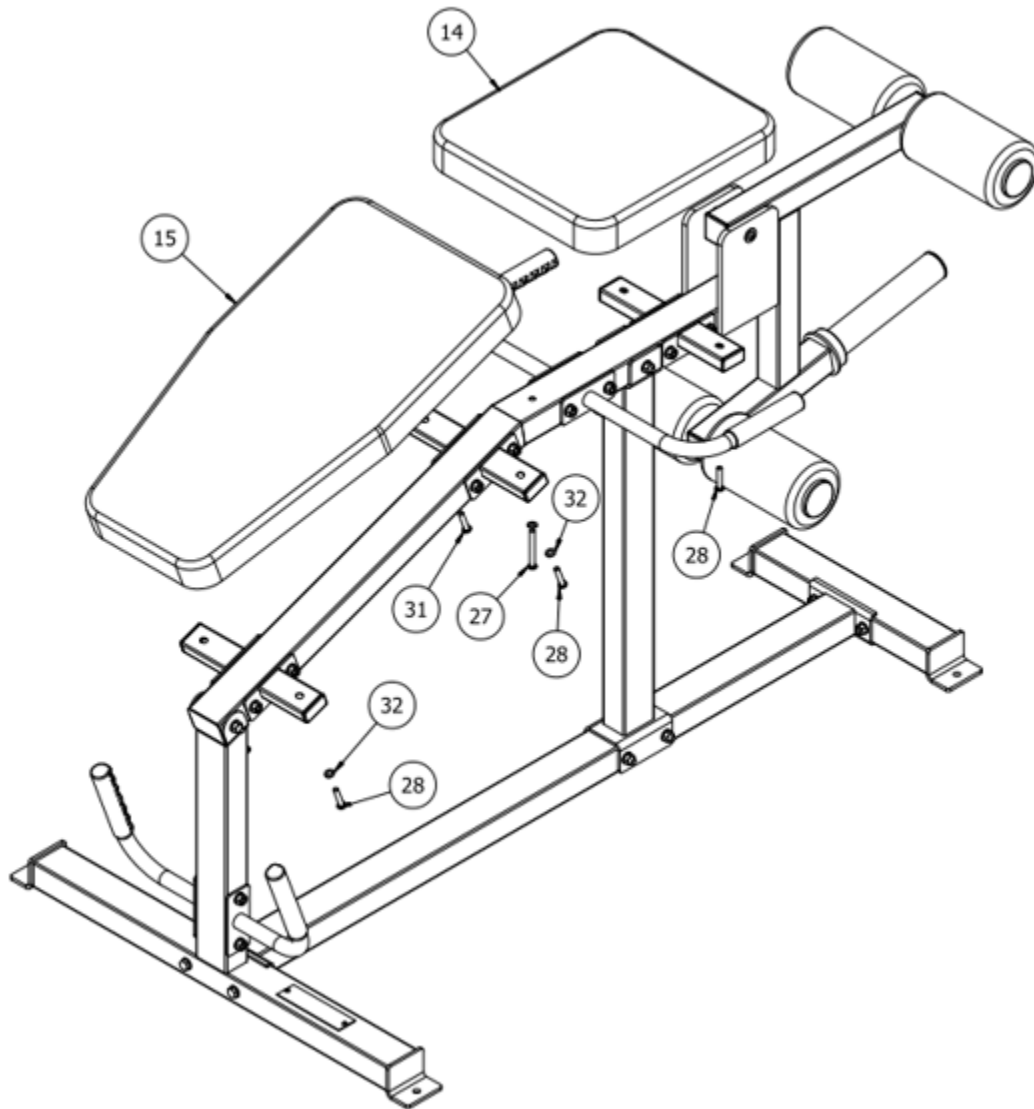
ASSEMBLY INSTRUCTIONS

STEP 4



ASSEMBLY INSTRUCTIONS

STEP 5



ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

The use of any equipment, including this one, involves the potential risk of injury. Apart from any warranty claim that might be presented for a claimed defect in material or workmanship of the product, you accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur, and you fully and forever release and discharge Titan, its insurers, employees, officers, directors, associates, and agents from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out of the use of said equipment.

This equipment must be used with care by capable and competent individuals under supervision,

WARNING



Heavy object. Use lifting aids and proper lifting techniques when moving.



Choking hazard. Small parts – Please exercise caution if small children or pets are present.



Sharp objects may be involved. Use precaution and protection.

TITAN LIMITED WARRANTY: TERMS, EXCLUSIONS AND LIMITATIONS OF REMEDIES

This product comes with a one (1) year limited warranty that can be found at www.titan.fitness/warranty.html Please review the same for all details regarding the Titan Limited Warranty.

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