

LEG EXTENSION CURL MACHINE

LEGEXTCRLV2

401556

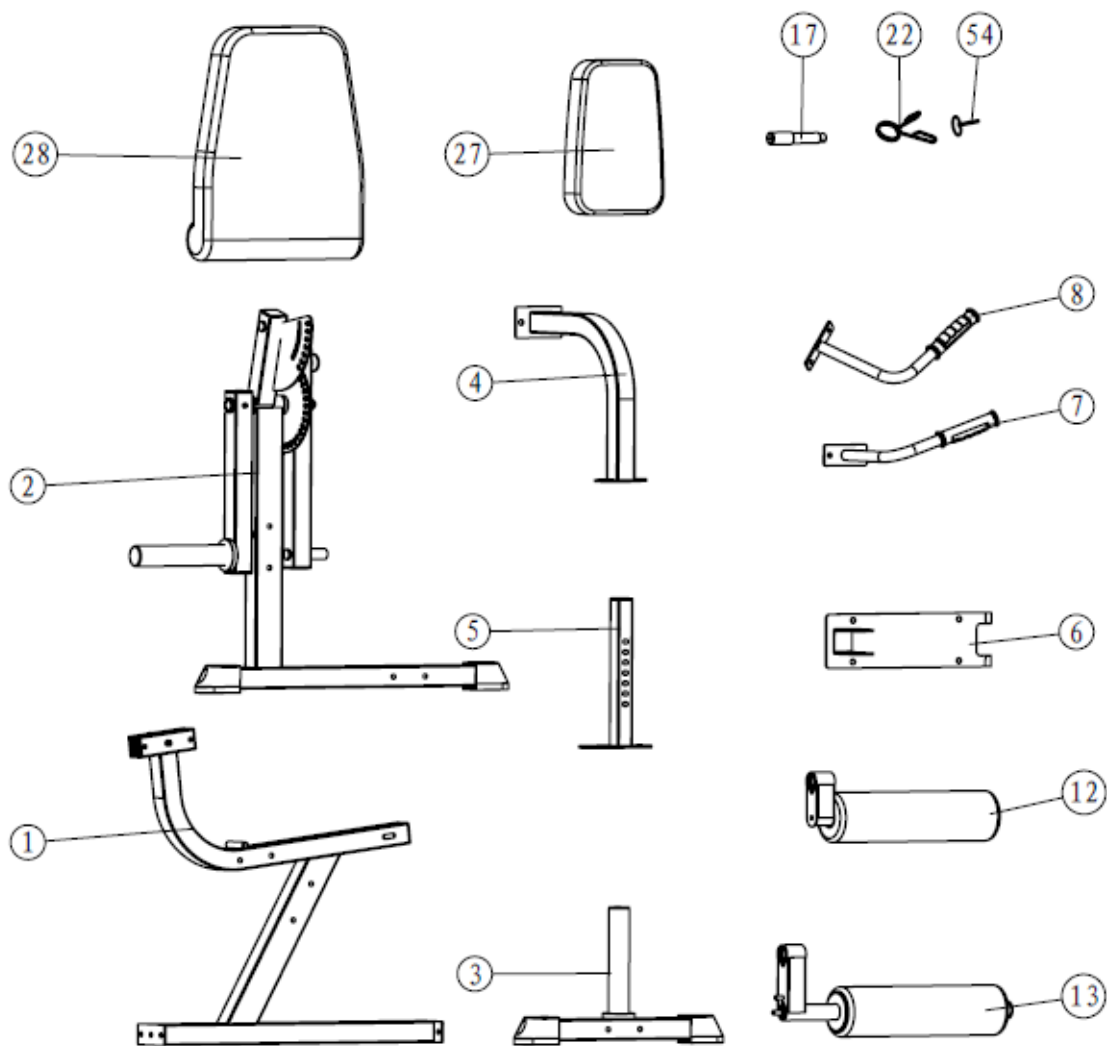


Operator's Manual



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!

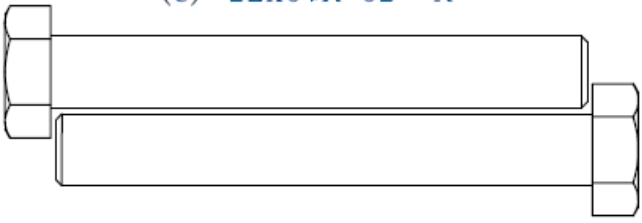
ASSEMBLY PARTS DIAGRAM / EXPLODED VIEW



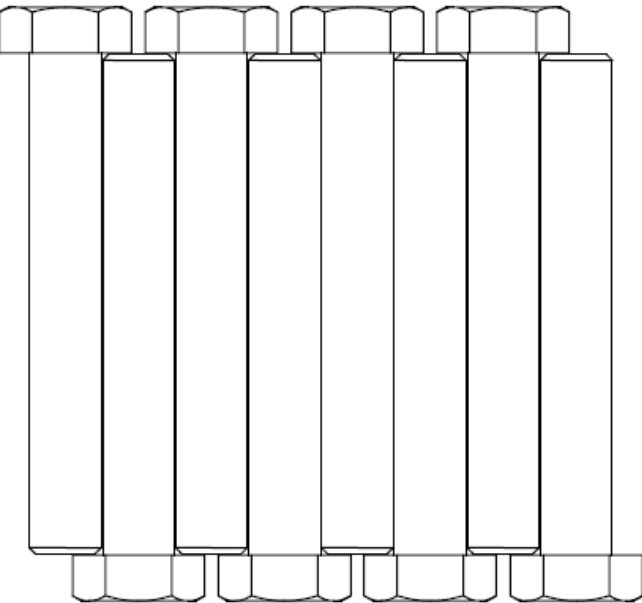
KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	MAIN FRAME	1	(12)	1	LEG FOAM RACK	1
(2)	1	FRONT UPRIGHT FRAME	1	(13)	1	PRESS LEG FOAM RACK	1
(3)	1	REAR FOOT FRAME	1	(17)	1	WEIGHT PLATE RETAINING BOLT	1
(4)	1	CONNECT FRAME	1	(22)	1	FORCE SPRING	1
(5)	1	BACK CUSHION FRAME	1	(27)	1	BACK CUSHION	1
(6)	1	SEAT CUSHION FRAME	1	(28)	1	SEAT CUSHION	1
(7)	1	LEFT HANDLE FRAME	1	(54)	1	O-SHAPE PIN	1
(8)	1	RIGHT HANDLE FRAME	1		1	ALLEN WRENCH 5MM	1

HARDWARE PACK (1/2)

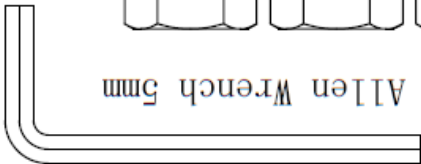
No. 50 M10X75 (2)



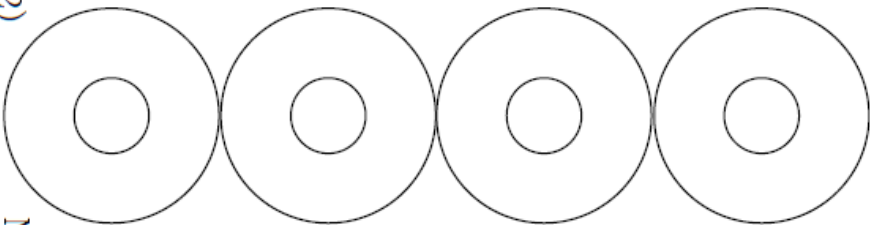
No. 49 M10X70 (8)



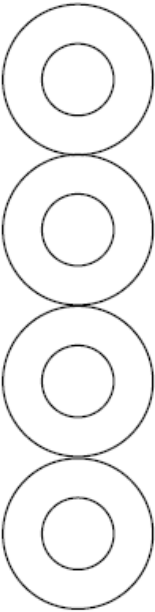
Allen Wrench 5mm



No. 42 $\Phi 10.5 \times \Phi 30 \times 2.5$ Washer (10)



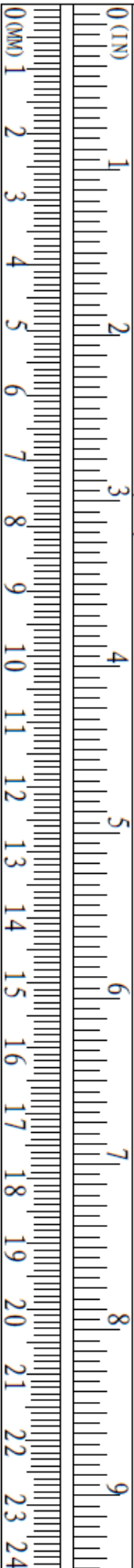
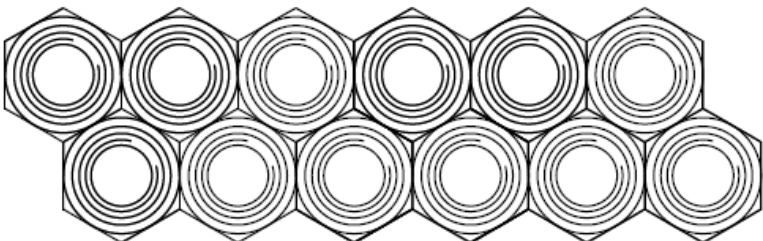
No. 44 $\Phi 10$ Washer (18)



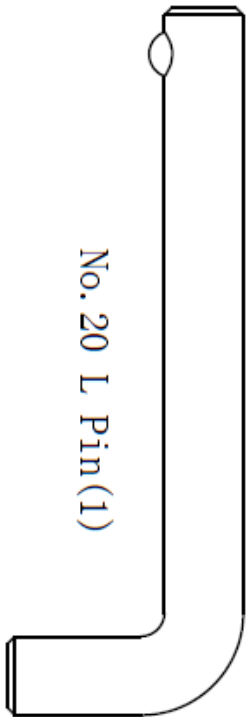
46. $\Phi 10$ Spring Washer (2)



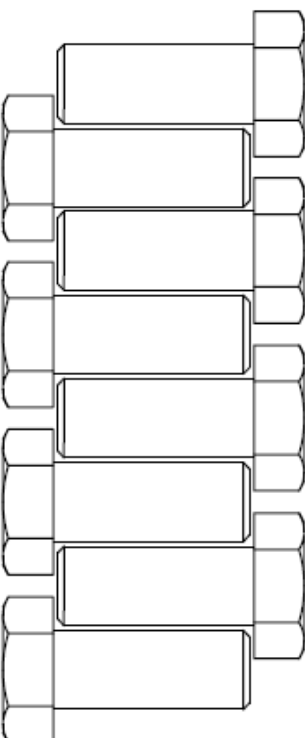
No. 47 M10 Nut (12)



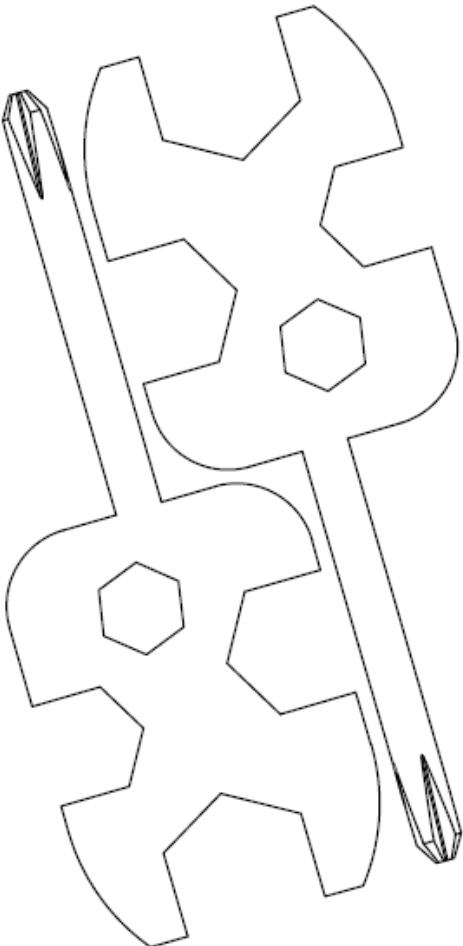
HARDWARE PACK (2/2)



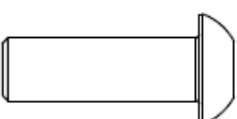
No. 20 L Pin(1)



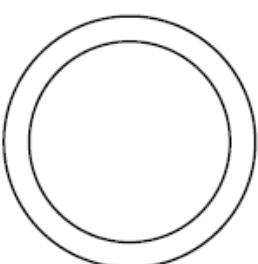
48. M10X25 (8)



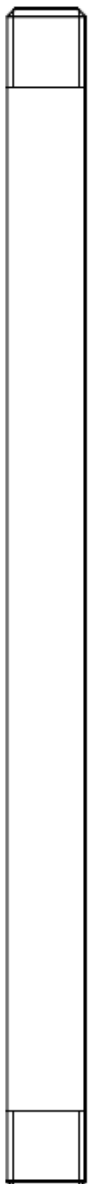
Universal Wrench (2)



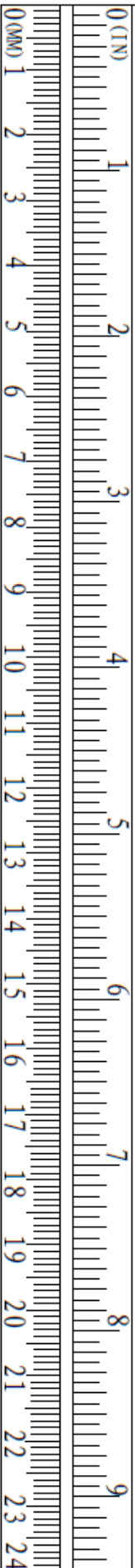
No. 52 M8X25 (1)



No. 26 Washer (2)



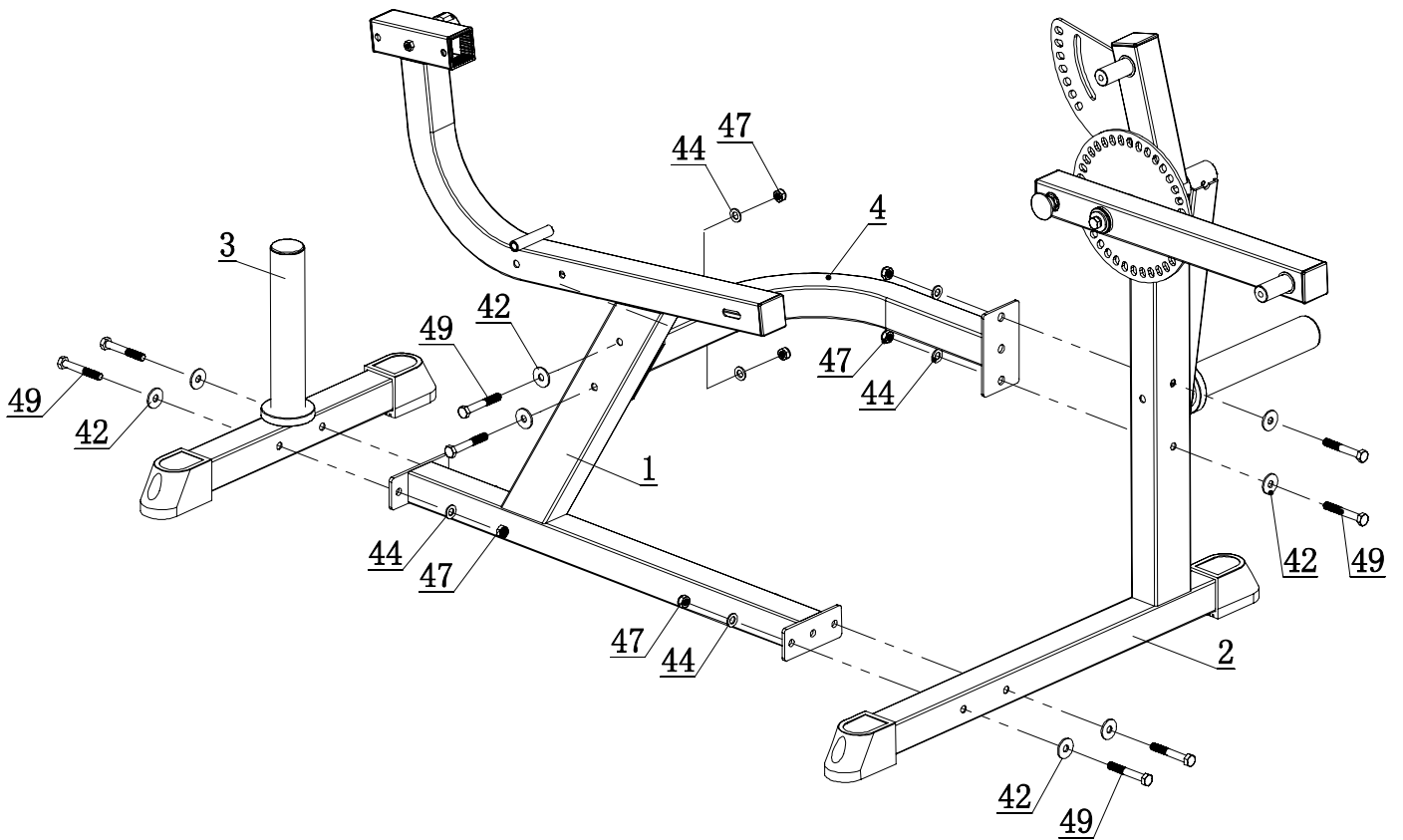
No. 16 Stud(1)



ASSEMBLY INSTRUCTIONS

STEP 1

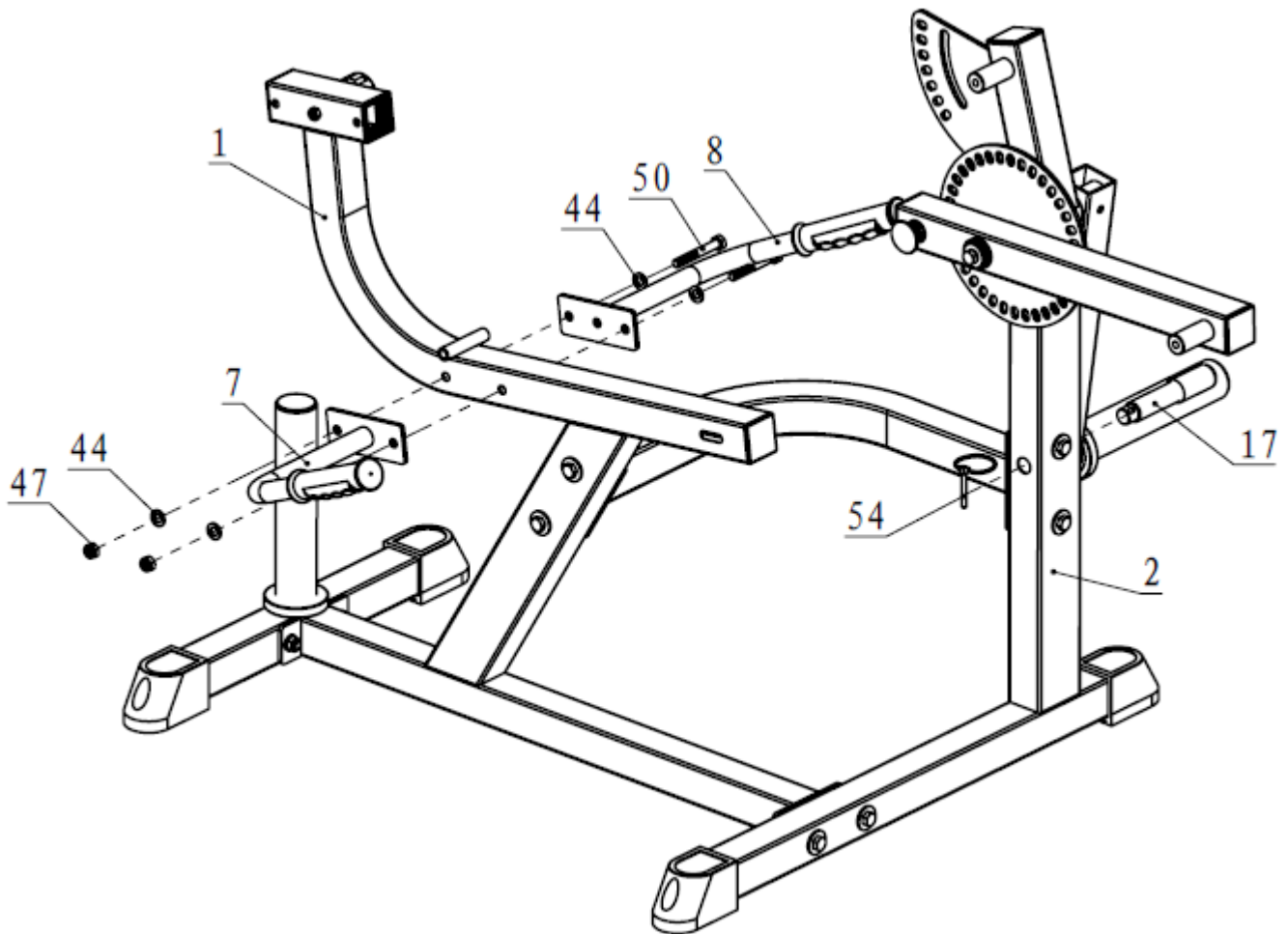
Connect Main Frame (1), Front Upright Frame (2), Rear Foot Frame (3) and Connect Frame (4), using Flat Washer (42), Flat Washer (44), Nut M10 (47) and Hex Bolt M10*70 (49)



ASSEMBLY INSTRUCTIONS

STEP 2

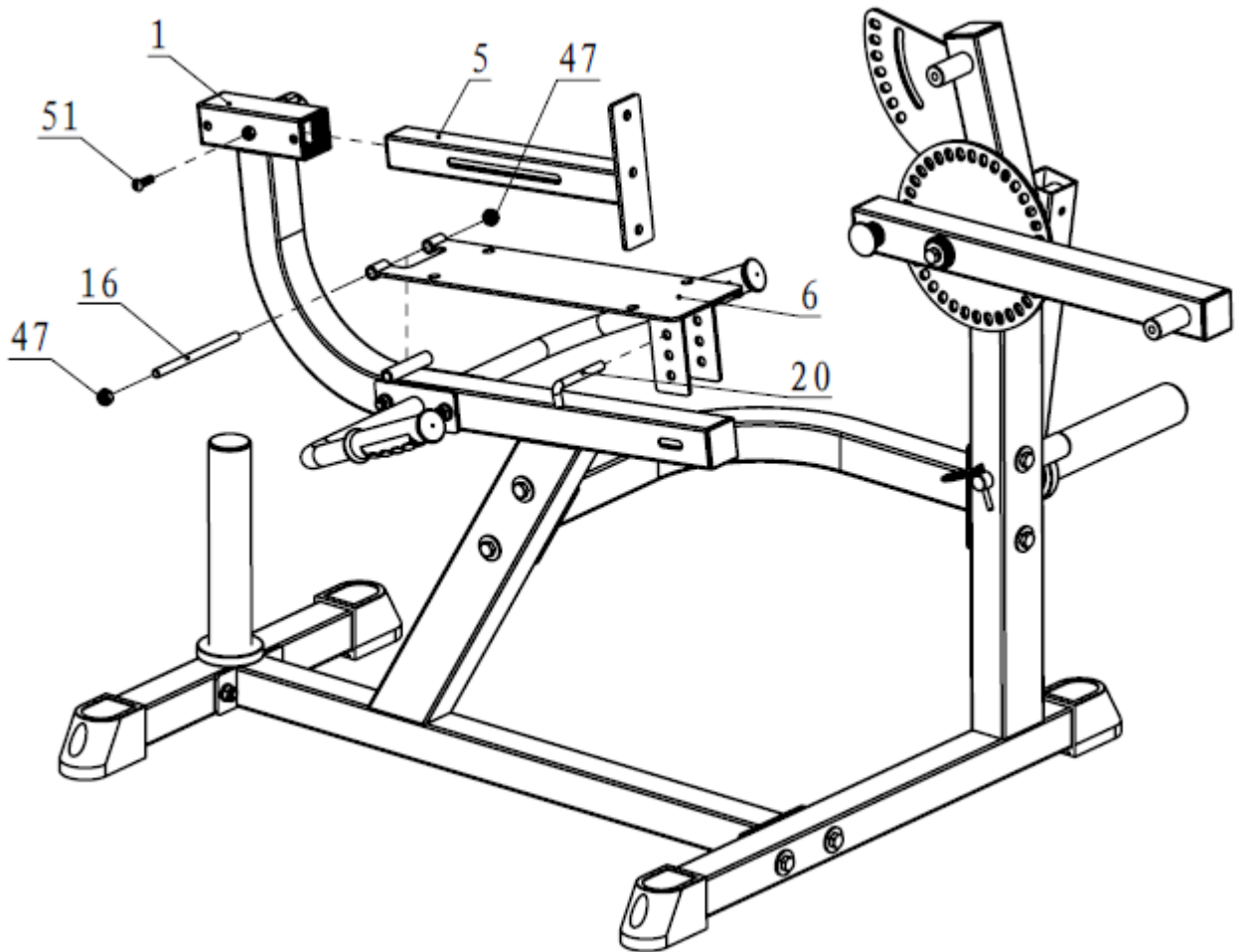
1. Fix Left Handle Frame (7), Right Handle Frame (8) on Main Frame (1), using Flat Washer (44), Nut M10 (47) and Hex Bolt M10*75 (50)
2. Fix Weight Plate Retaining Bolt (17) on Front Upright Frame (2), using the O-Shape Pin (54).



ASSEMBLY INSTRUCTIONS

STEP 3

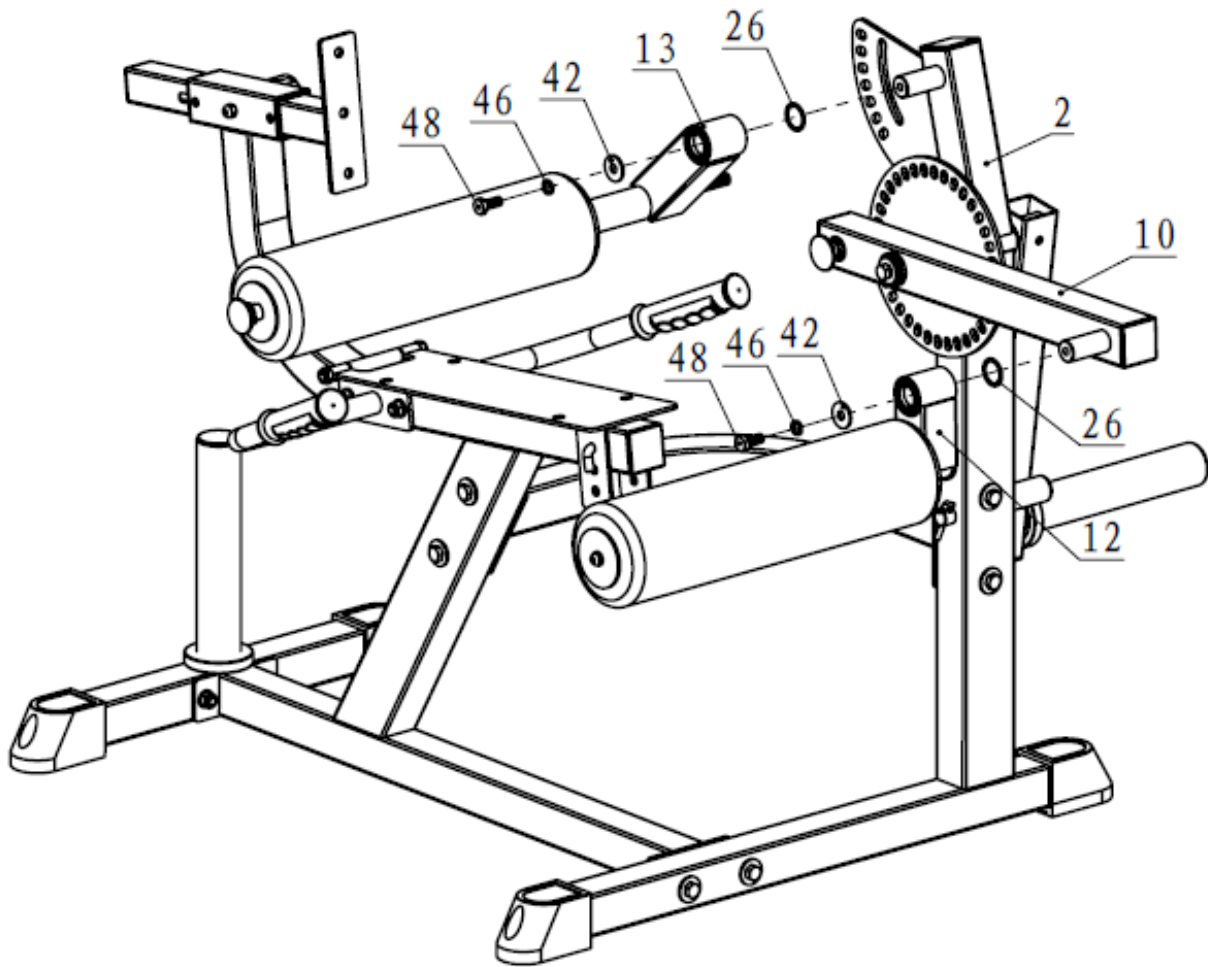
1. Plug Back Cushion Frame (5) into Main Frame (1), Using Hex Head Bolt (51).
2. Fix Seat Cushion Frame (6) on Main Frame (1), using Double end Bolt M10 (16), Nut M10 (47).
3. Fix Seat Cushion Frame (6) on Main Frame (1), using L Bolt (20).



ASSEMBLY INSTRUCTIONS

STEP 4

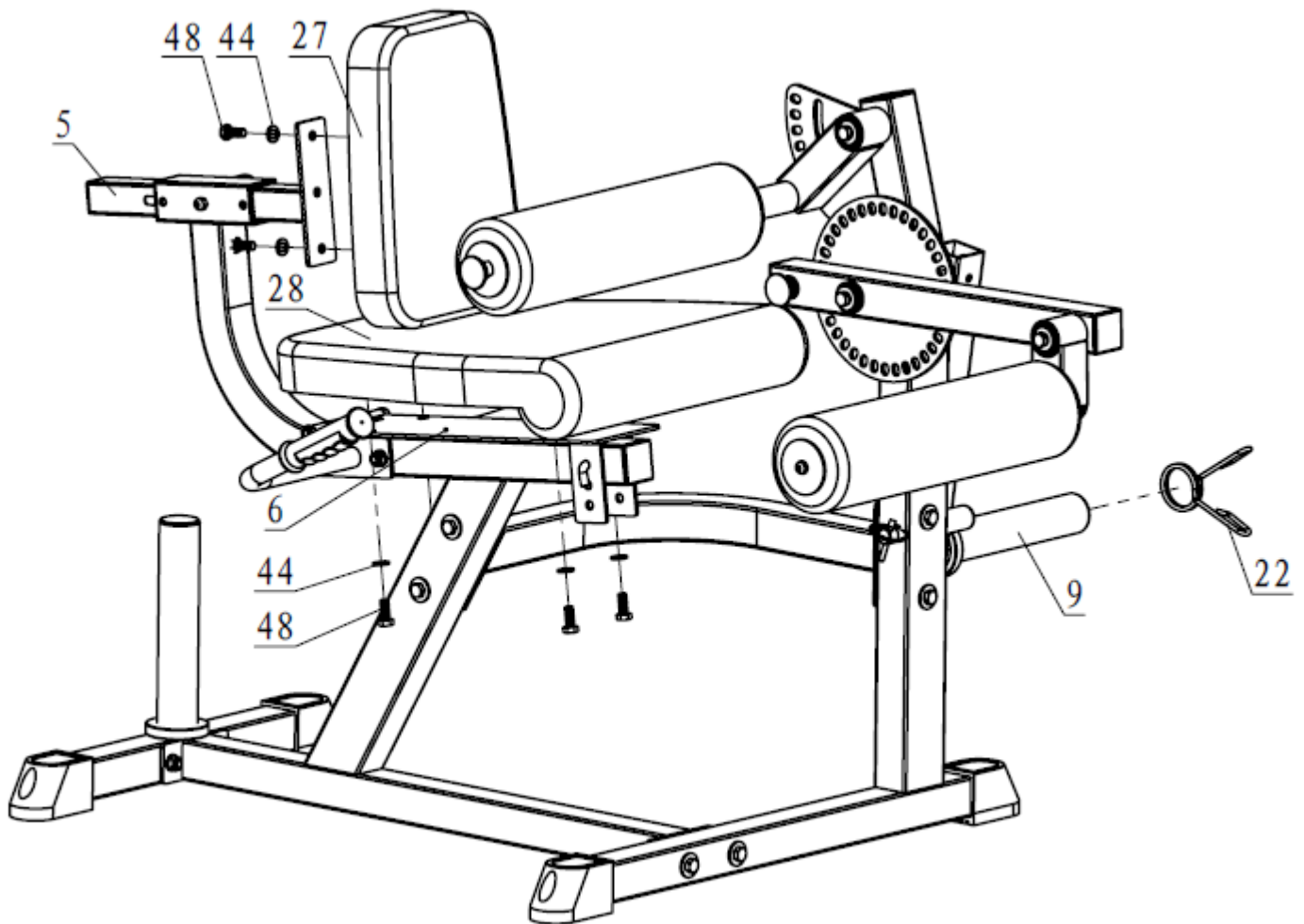
1. Fix Bearing Washer (26) and Leg Foam Rack (12) on Leg Swing Frame (10), using Flat Washer (42), Spring Washer (46), Hex Bolt M10*25(48).
2. Fix Bearing Washer (26) and Press Leg Foam Rack (13) on Front Upright Frame (2), using Flat Washer (42), Spring Washer (46), Hex Bolt M10*25(48).



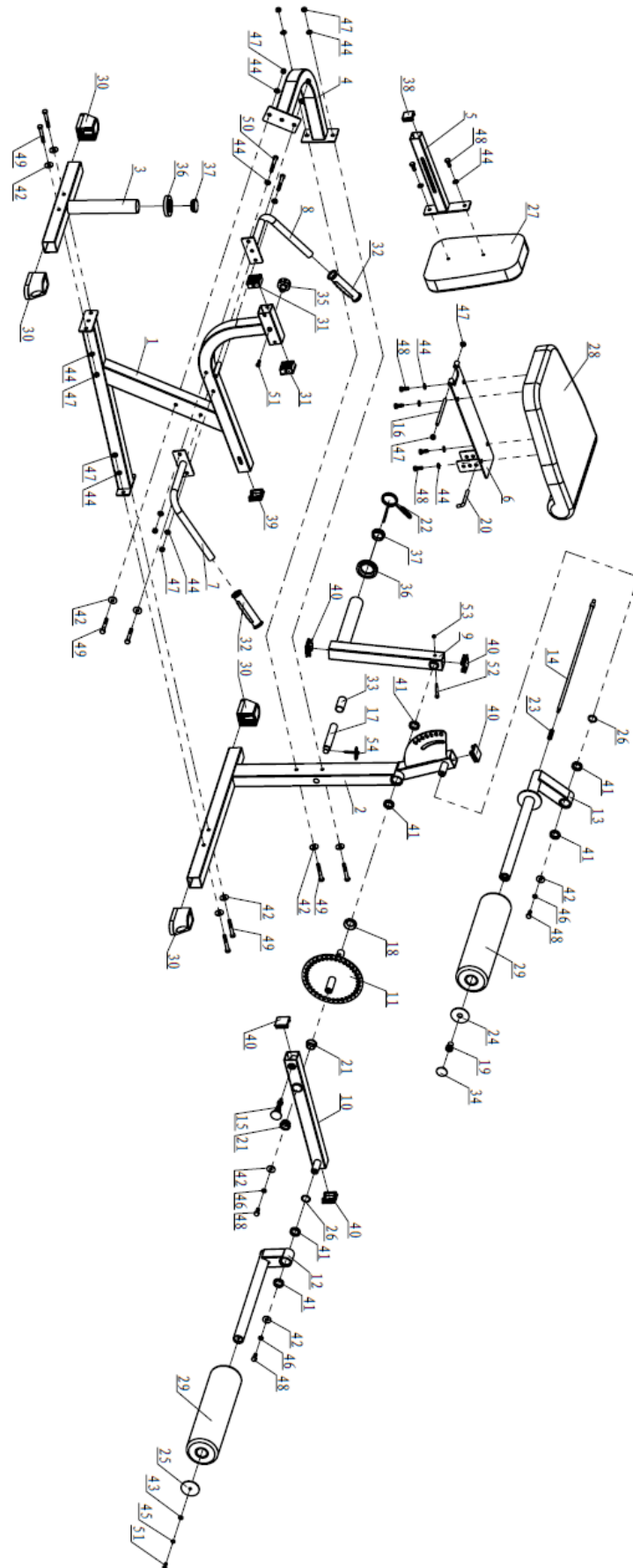
ASSEMBLY INSTRUCTIONS

STEP 5

1. Fix Back Cushion (27) on Back Cushion Frame (5), using Flat Washer (44), Hex Bolt M10*25(48).
2. Fix Seat Cushion (28) on Seat Cushion Frame (6), using Flat Washer (44), Hex Bolt M10*25(48).
3. Install Force Spring (22) on Weight Plate Rack (9).



APPENDIX - FULL ASSEMBLY/EXPLODED VIEW/ FULL PARTS LIST



APPENDIX - FULL PARTS LIST

KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
1	1	MAIN FRAME	1	28	1	SEAT CUSHION	1
2	1	FRONT UPRIGHT FRAME	1	29	1	BIG FOAM CUSHION	2
3	1	REAR FOOT FRAME	1	30	1	F50 HORSESHOE SLEEVE	4
4	1	CONNECT FRAME	1	31	1	HOLLOW SLEEVE1	2
5	1	BACK CUSHION FRAME	1	32	1	HANDLE SLEEVE	2
6	1	SEAT CUSHION FRAME	1	33	1	LIMITED SLEEVE	1
7	1	LEFT HANDLE FRAME	1	34	1	KNOP	1
8	1	RIGHT HANDLE FRAME	1	35	1	BOX BUTTON	1
9	1	WEIGHT PLATE RACK	1	36	1	WEIGHT PLATE CUSHION	2
10	1	LEG SWING FRAME	1	37	1	END CAP	2
11	1	ROTARY RACK	1	38	1	END CAP F40*2	1
12	1	LEG FOAM RACK	1	39	1	END CAP F50*2	1
13	1	PRESS LEG FOAM RACK	1	40	1	END CAP F50*3	5
14	1	LONG PULL PIN	1	41	1	BEARING – 61805ZZ	6
15	1	PULL PIN ASSEMBLY	1	42	1	FLAT WASHER Φ10.5*Φ30*2.5	11
16	1	DOUBLE END BOLT M10	1	43	1	FLAT WASHER Φ9*Φ16*1.6	1
17	1	WEIGHT PLATE RETAINING BOLT	1	44	1	FLAT WASHER Φ11*Φ20*2	18
18	1	SLEEVE	1	45	1	SPRING WASHER Φ8	1
19	1	LEG PLUG SLEEVE	1	46	1	SPRING WASHER Φ10	3
20	1	L BOLT	1	47	1	NUT M10	12
21	1	38-25 COPPER SLEEVE	2	48	1	HEX BOLT M10*25	9
22	1	FORCE SPRING	1	49	1	HEX BOLT M10*70	8
23	1	SPRING	1	50	1	HEX BOLT M10*75	2
24	1	LEG FOAM PLATE	1	51	1	HEX HEAD BOLT	2
25	1	FOAM PLATE	1	52	1	HEAVY SPRING STRAIGHT PIN	1
26	1	BEARING WASHER	2	53	1	NUT M6	1
27	1	BACK CUSHION	1	54	1	O-SHAPE PIN	1

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

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