



HUDSON STEEL

Owner's Manual

CALF RAISE





Table of Contents

Before You Start	3
Important Safety Information	4
Assembly	5 - 7
Parts List	8
Exploded View	9



Important Safety Information



This manual will guide you through the assembly process.



NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

SAFETY INFORMATION WARNING!

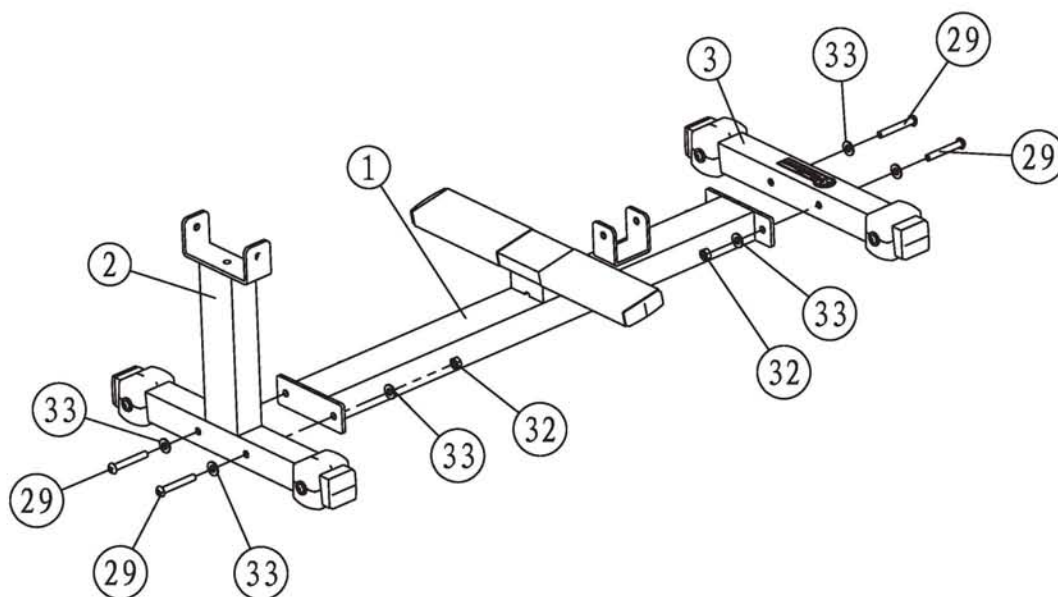
Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems.

It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with safety information and precautions.

SAFETY PRECAUTIONS

- This unit should only be used on a level surface and is intended for indoor use only.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- Always examine your unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the unit.
- Service to your unit should only be performed by an authorized service representative.

Assembly

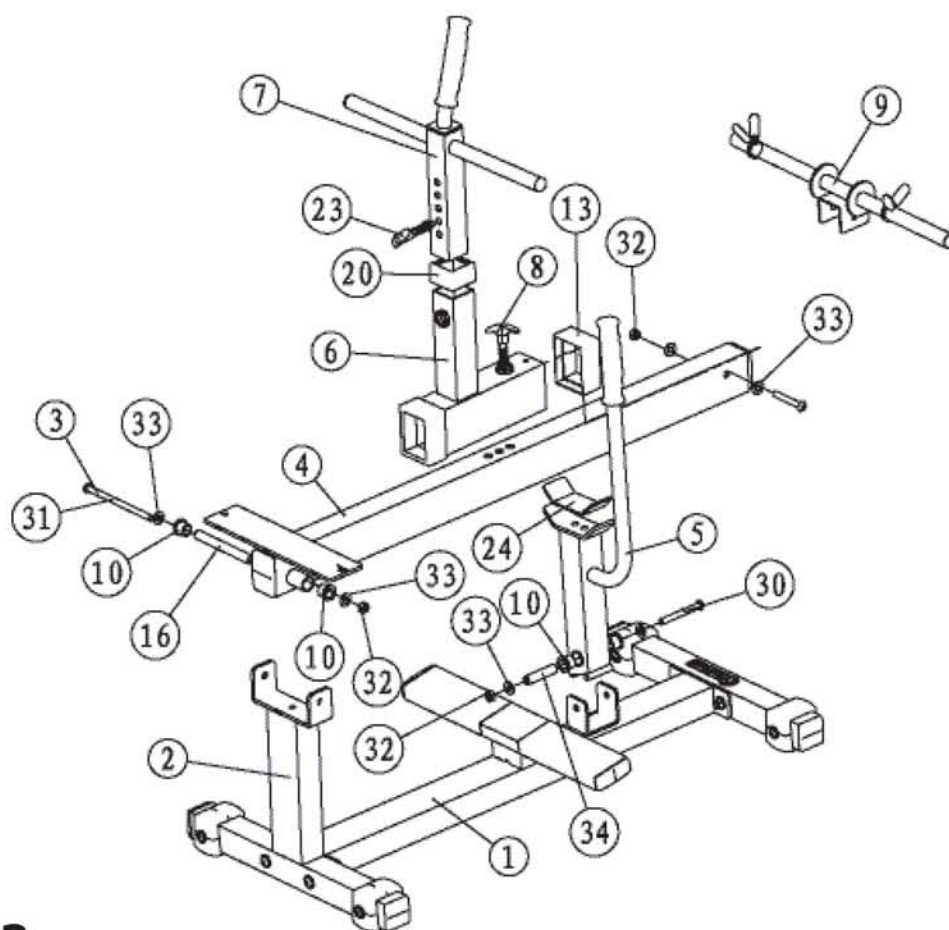


STEP 1

Connect Rear Upright (2) and Front Base (3) to Cross Base (1) using:

- 4 x (29) Bolt
- 8 x (33) Washer
- 4 x (32) Nylon Lock Nut

Assembly



STEP 2

Attach Stopper Frame (5) to Cross Base (1) as shown using:

- 1 x (30) Bolt
- 2 x (33) Washer
- 1 x (34) Short Sleeve Tube
- 2 x (10) Bronze Bushing
- 1 x (32) Nylon Lock Nut

Slide Adjustable Slide (6) onto Swing Frame (4) and secure with Long Pop Pin (8).

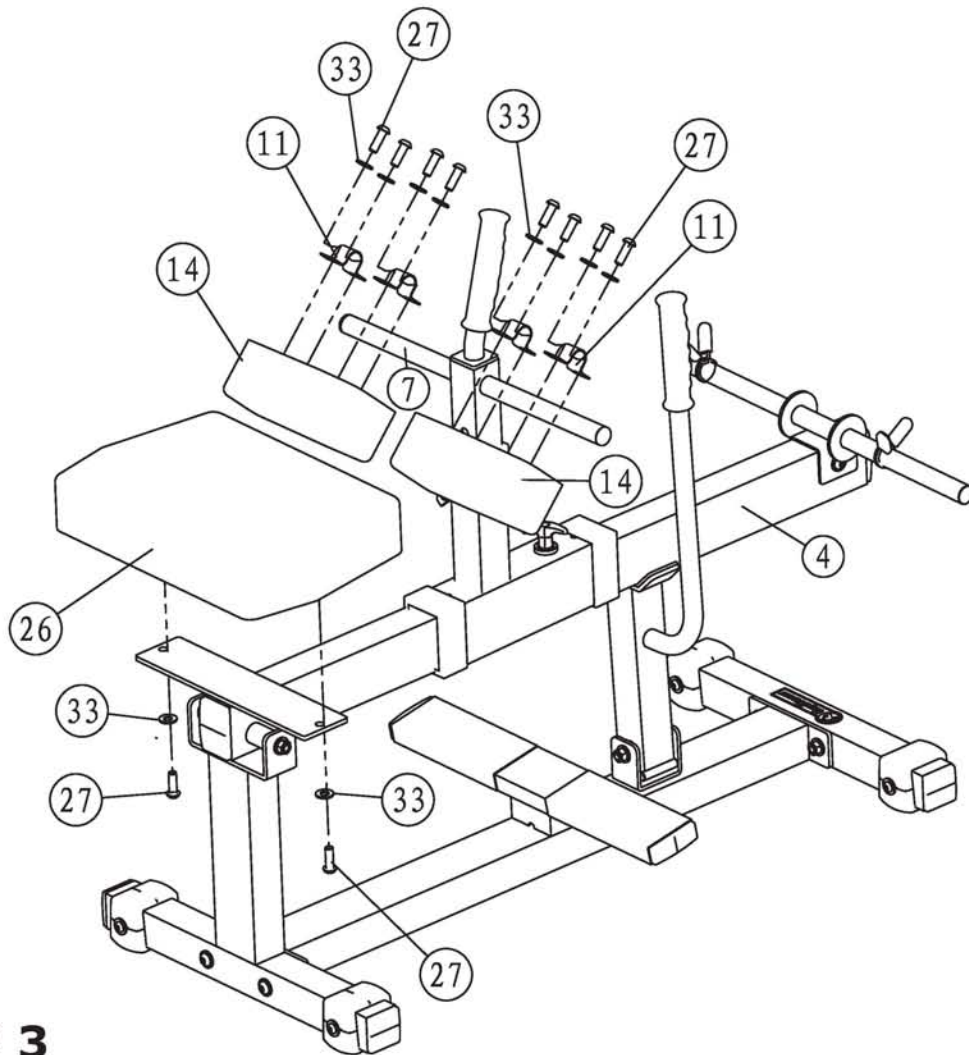
Connect Swing Frame (4) to Rear Upright (2) as shown using:

- 1 x (16) Long Sleeve Tube
- 2 x (10) Bronze Bushing
- 1 x (32) Nylon Lock Nut
- 1 x (31) Bolt
- 2 x (33) Washer

Attach Weight Holder (9) to Swing Frame (4) using:

- 1 x (29) Bolt
- 1 x (32) Nylon Lock Nut
- 2 x (33) Washer

Slide Adjustable Pad Frame (7) into Adjustable Slide (6) and secure using Pop Pin (23).



STEP 3

Attach Seat (26) to Swing Frame (4) using:
2 x (27) Bolt 2 x (33) Washer

Attach Right and Left Knee Pads (14) to Adjustable Pad Frame (7) using:

4 x (11) Bracket	8 x (33) Washer
8 x (27) Bolt	

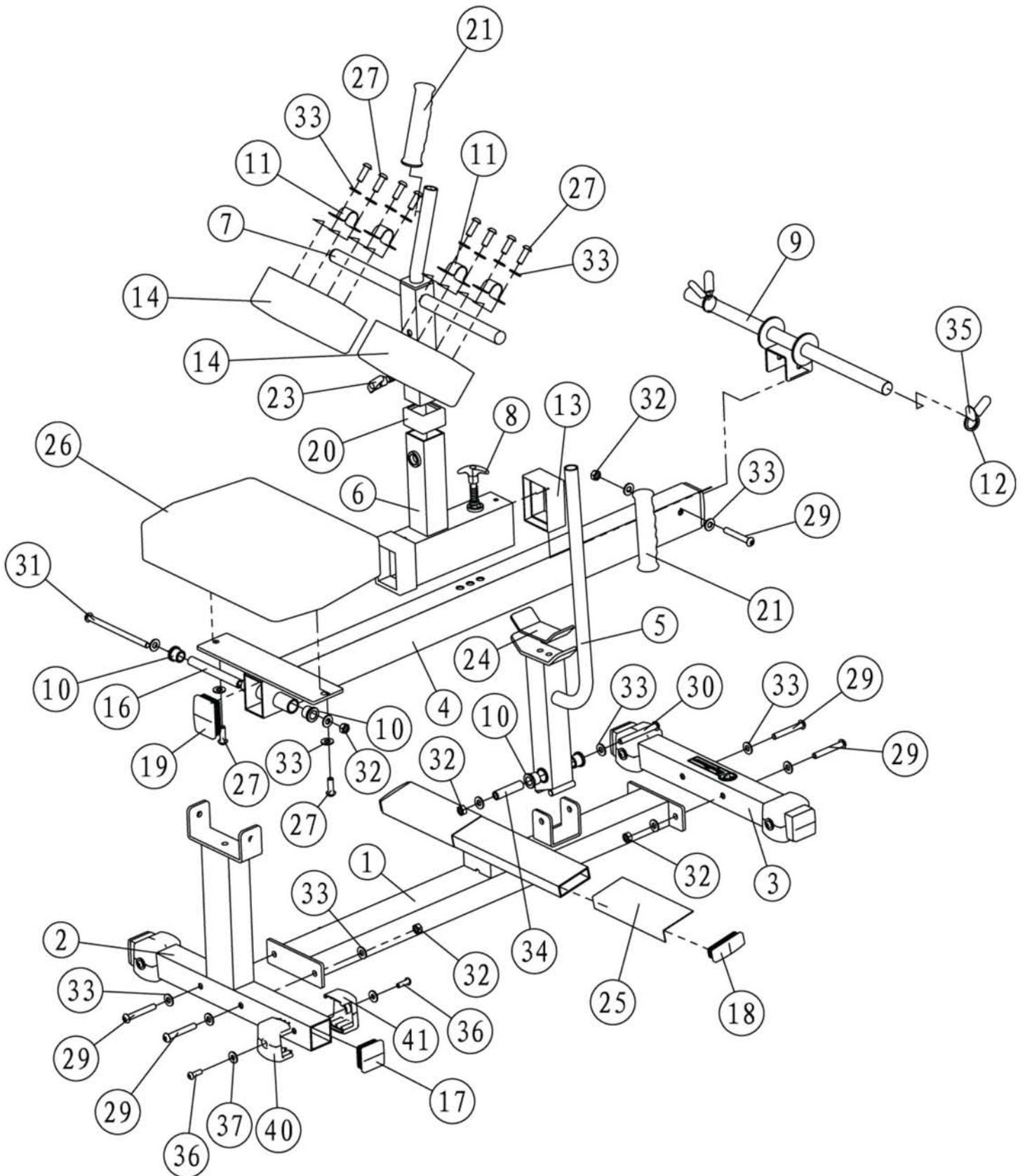


Parts List

KF-CR Parts List Rev A

Ref #	Part #	Description	Qty
1	223-00985	CROSS BASE, H-CR	1
2	223-00986	UPRIGHT, REAR H-CR	1
3	223-00987	FRONT BASE, H-CR	1
4	223-00988	FRAME, SWING H-CR	1
5	223-00989	FRAME, STOPPER H-CR	1
6	223-00991	ADJUSTABLE SLIDE, H-CR	1
7	223-00990	FRAME, ADJUSTABLE PAD H-CR	1
8	210-00019	POP PIN	1
9	219-00324	WEIGHT HOLDER, H-CR	1
10	202-00245	BRONZE BUSHING, 16X12.8X12.7	4
11	223-00611	BRACKET, H-CR	4
12	210-00123	SPRING CLIP	2
13	206-00327	PLASTIC SLEEVE, 63.5X88.9-50.8X76.2	2
14	228-00176	RIGHT KNEE PAD, H-CR	2
16	202-00253	LONG SLEEVE TUBE, H-CR	1
17	206-00274	END CAP, 50.8	4
18	206-00195	PLUG, 25.4X76.2	2
19	206-00001	PLUG 50.8*76.2	2
20	206-00001	PLUG 50.8*76.2	1
21	206-00205	HANDLE GRIP, 25X154	2
23	210-00021	POP PIN	1
24	206-00276	BUMPER, H-CR	1
25	202-00215	NON SLIP PAPER	2
26	228-00226	PAD, SEAT H-LATM	1
27	202-00635	SCREW, M10X30 BUTTON HEAD SOCKET CAP	10
29	202-00637	SCREW, M10X70 BUTTON HEAD SOCKET CAP	5
30	202-00690	SCREW, BUTTON HD SOCKET CAP M10X90	1
31	202-00693	SCREW, BUTTON HD SOCKET CAP M10X165	1
32	202-00091	NYLON NUT, M10	7
33	202-00093	WASHER, 10	24
34	202-00254	SHORT SLEEVE TUBE	1
35	219-00326	SPRING COLLAR PLASTIC GRIPS	4
36	202-00659	SCREW, BUTTON HEAD SOCKET CAP M8X25	8
37	202-00094	WASHER 8, 9*28*2	8
38	202-00216	ALLEN WRENCH S6	1
39	202-00660	ALLEN WRENCH, S=5	1
40	206-00469	SLEEVE, EZ GLIDE 1 50.8 H-LATM	4
41	206-00470	SLEEVE, EZ GLIDE 2 50.8 H-LATM	4

Exploded View





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