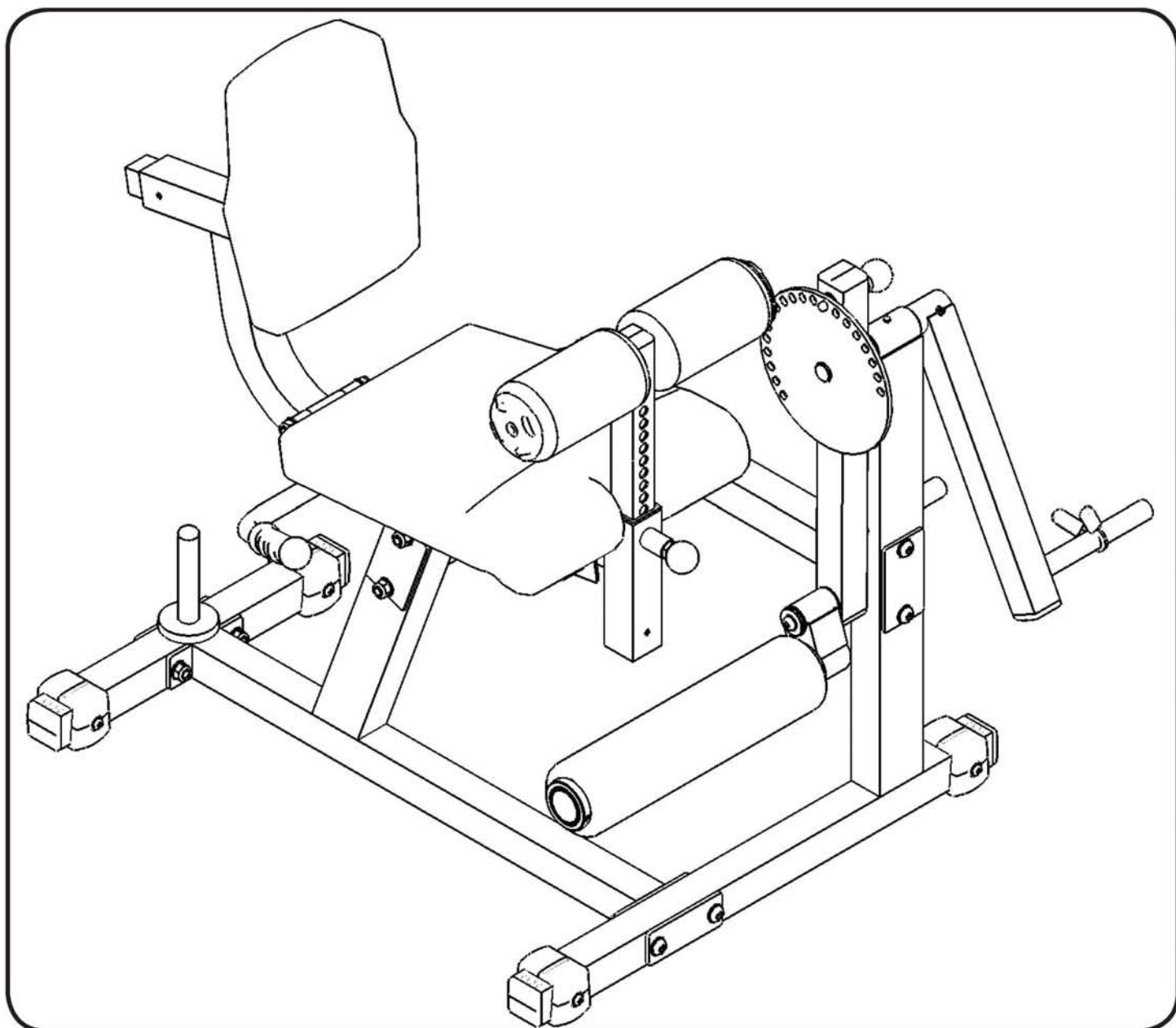




HUDSON STEEL

Owner's Manual

LEG MACHINE



215-00129
10/06 Rev A



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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!

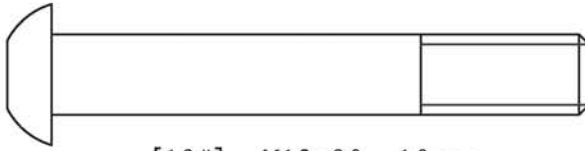
Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems.

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.

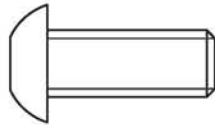
SAFETY PRECAUTIONS

- 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.

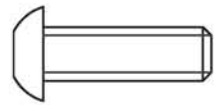
Assembly



[19#] M12*80 10pcs



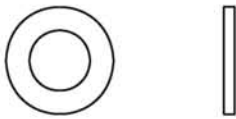
[28#] M10*25 7pcs



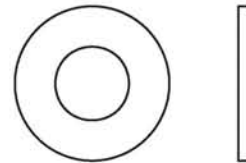
[51#] M8*25 8pcs



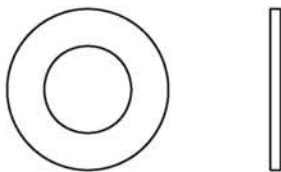
[34#] M8*6 2pcs



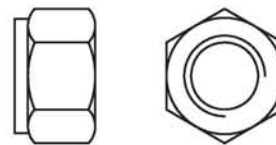
[52#] $\varnothing 9 * \varnothing 16 * 1.6$ 8pcs



[27#] $\varnothing 11 * \varnothing 23 * 2$ 7pcs



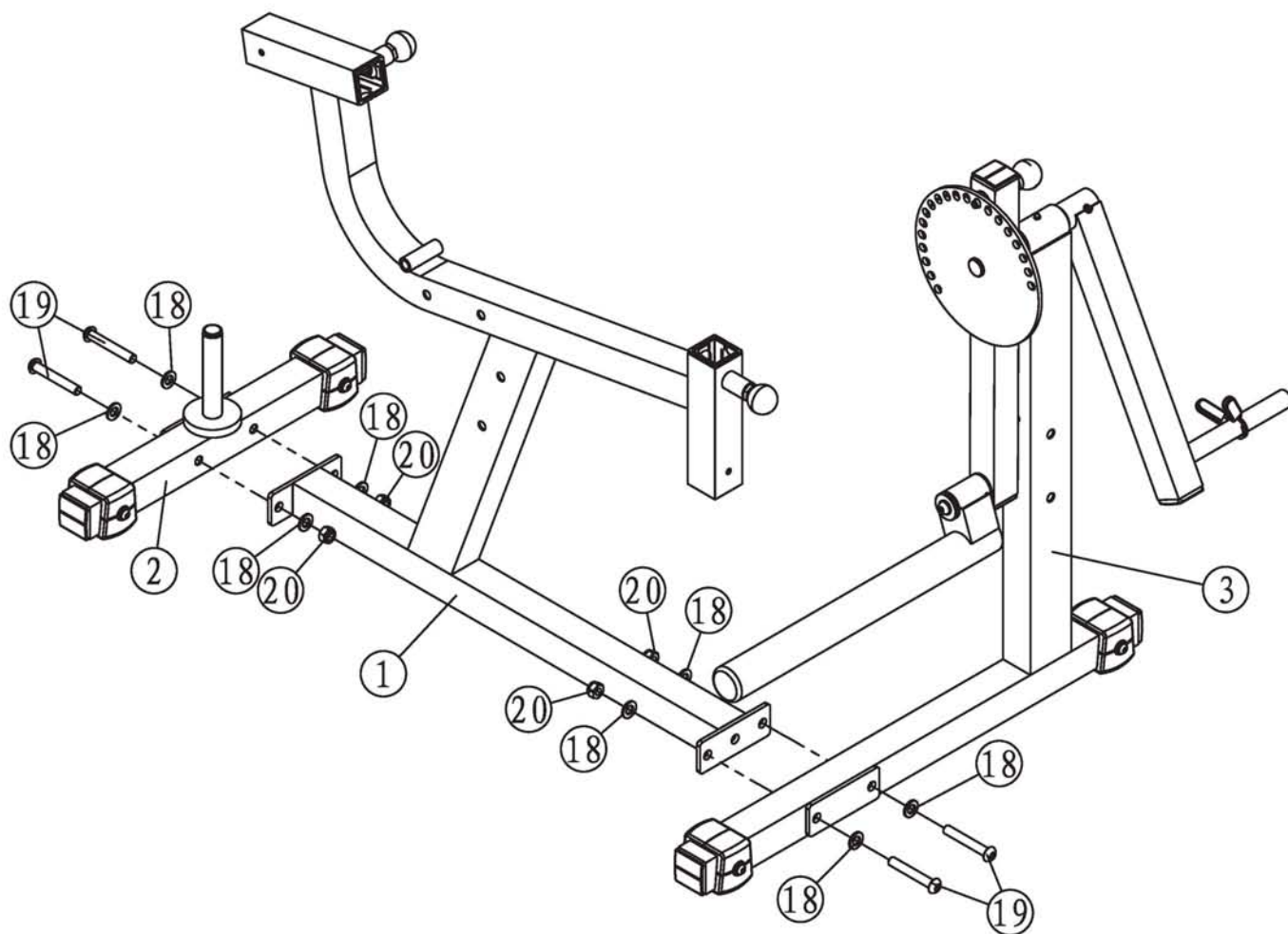
[18#] $\varnothing 13 * \varnothing 24 * 1.5$ 22pcs



[20#] M12 12pcs

Assembly

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



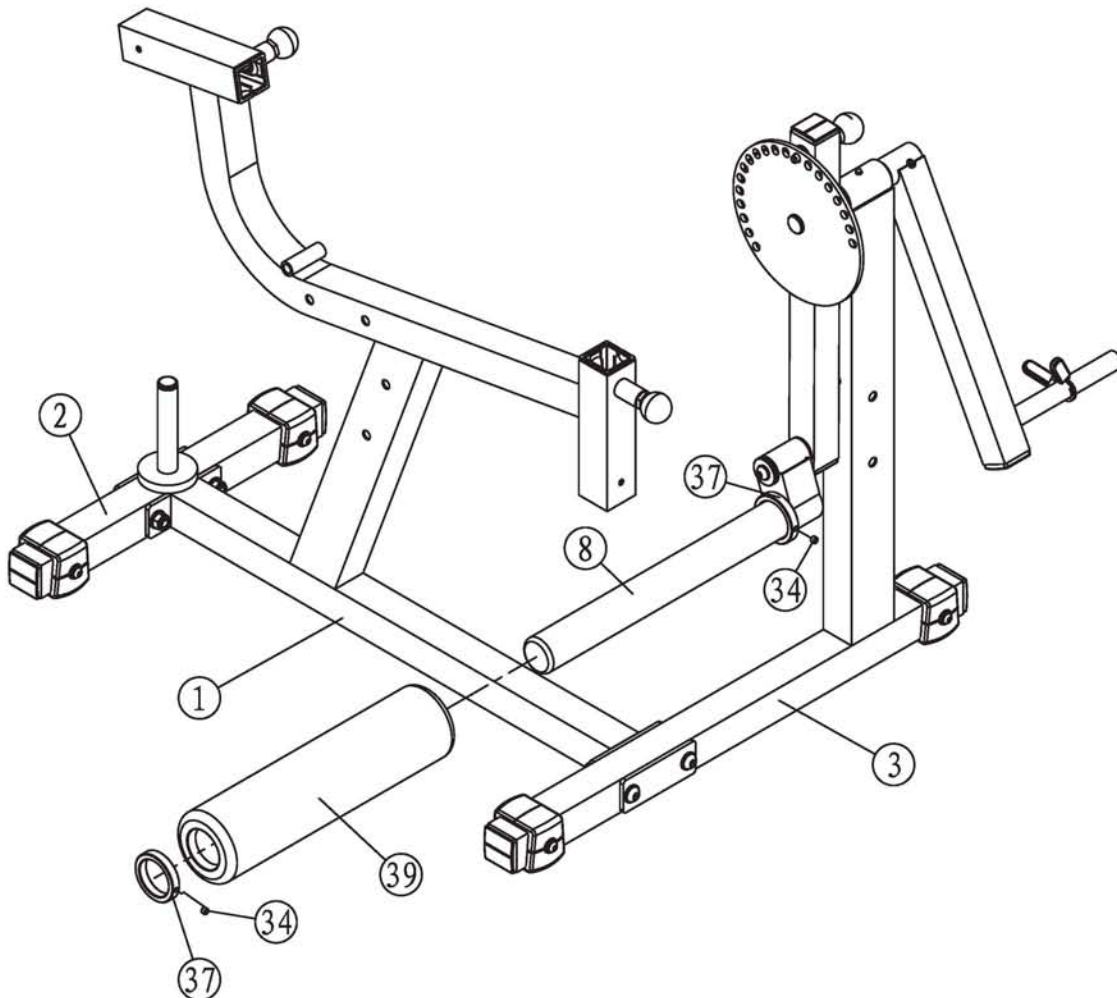
STEP 1

Connect Front Frame (3) and Rear Base (2) to Main Frame (1) using:

- 4 x (19) Bolt
- 8 x (18) Washer
- 4 x (20) Nylon Lock Nut

Assembly

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



STEP 2

Connect Swing Tube (8) to Swing Arm as shown using:

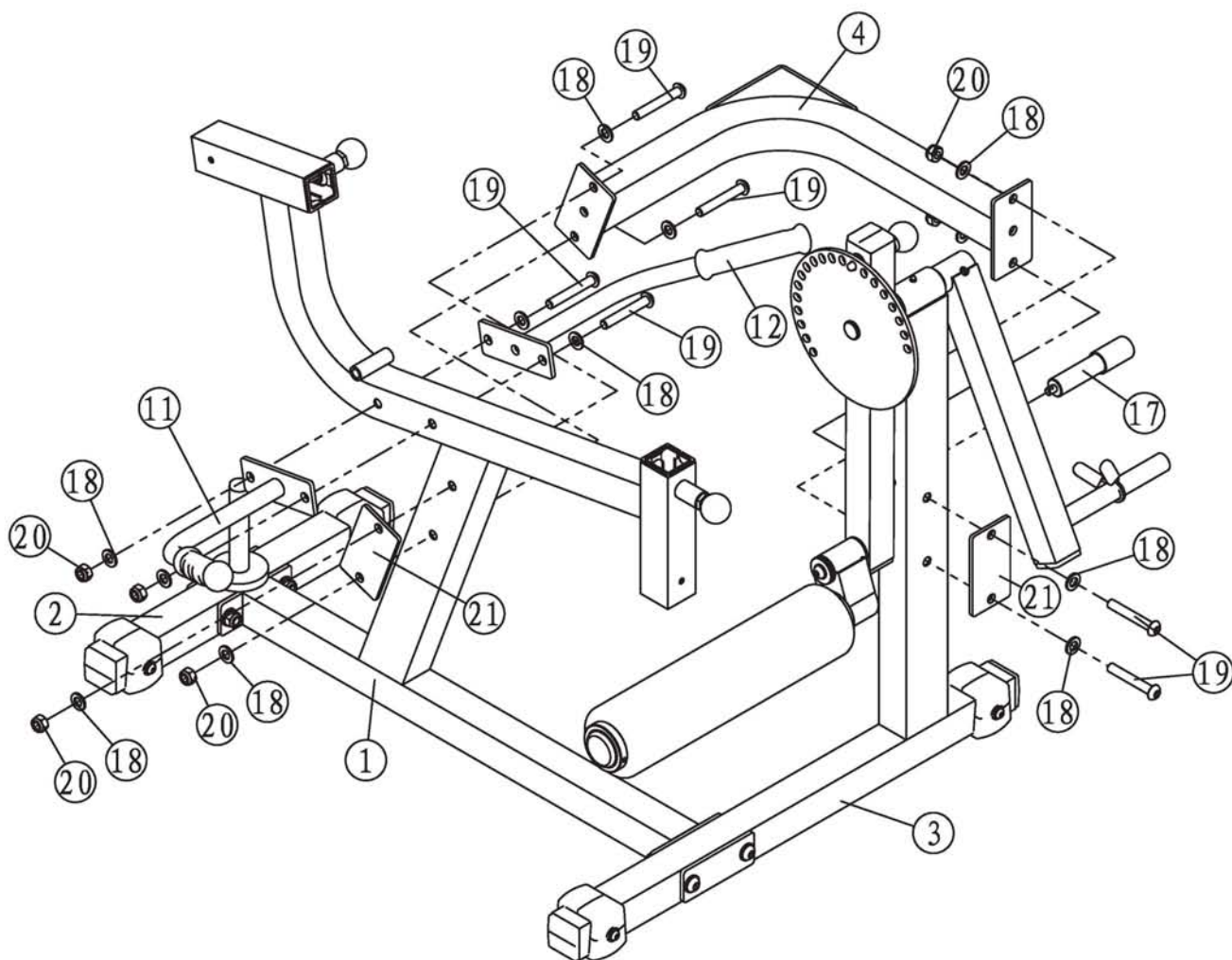
- 1 x (37) Collar
- 1 x (34) Bolt

Slide Big Roller Pad (39) onto Swing Tube (8) and secure using:

- 1 x (37) Collar
- 1 x (34) Bolt

Assembly

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



STEP 3

Attach Right and Left Handles (11,12) using:
 2 x (19) Bolt 4 x (18) Washer
 2 x (20) Nylon Lock Nut

STEP 4

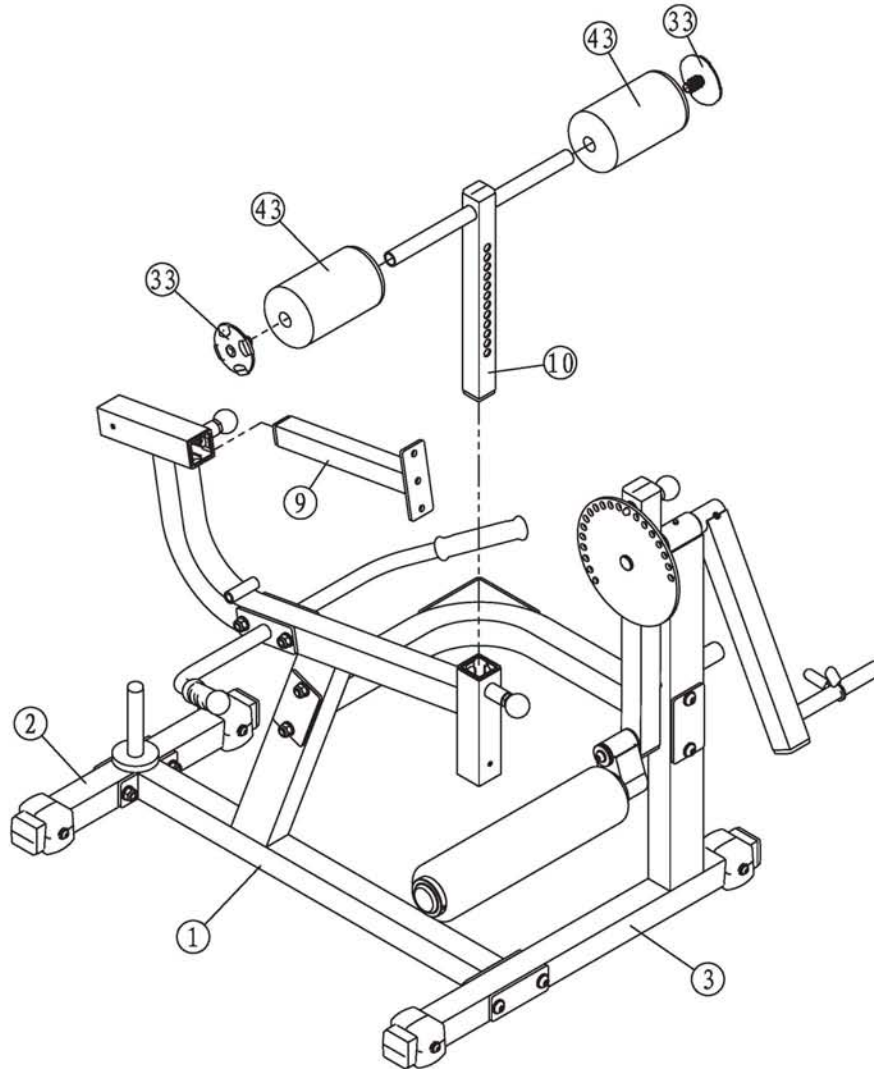
Attach Side Angle Frame (4) using:
 4 x (19) Bolt 8 x (18) Washer
 4 x (20) Nylon Lock Nut 2 x (21) Plate

STEP 5

Slide Stopper Prone (17) into Front Frame for range of motion limiter.

Assembly

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



STEP 6

Complete Adjustable Roller Pad Frame (10) as shown using:

2 x (43) Foam Pad

2 x (33) Big Plug

Slide into frame and secure with Pop Pin.

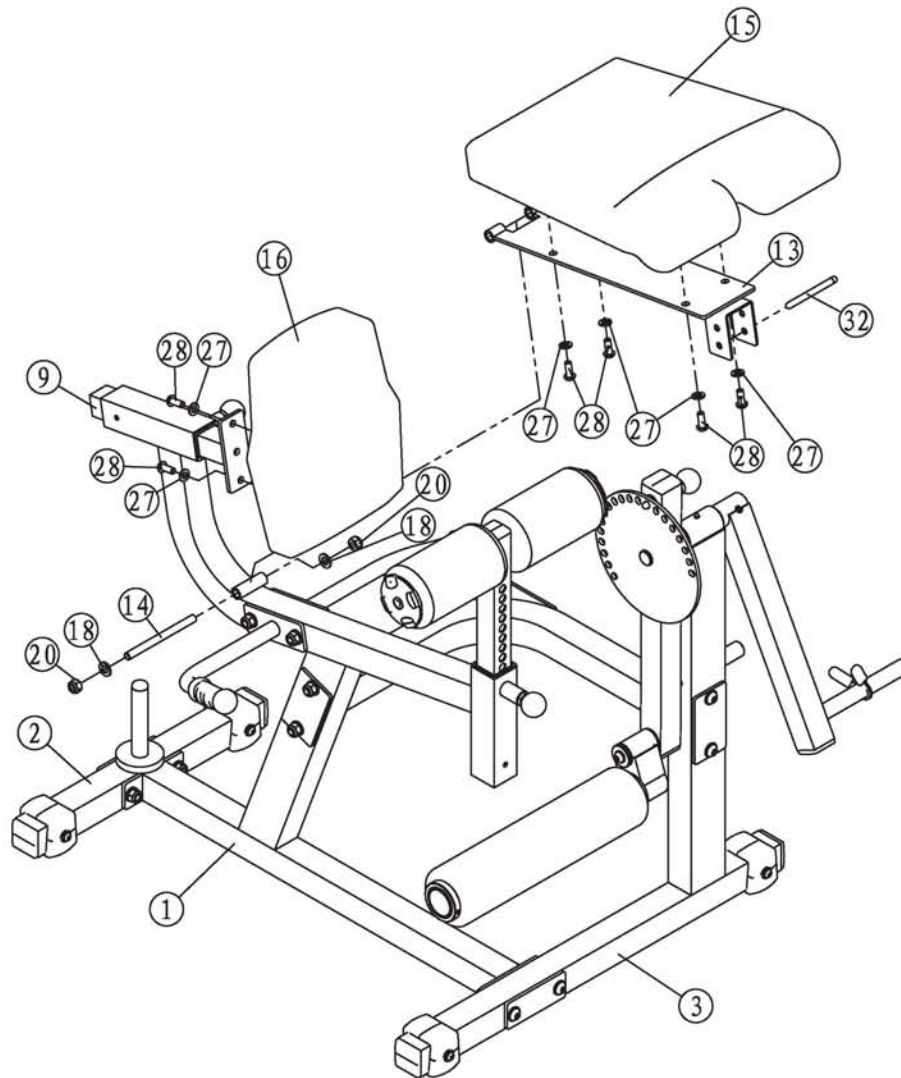
Note: It is suggested that a rubber mallet be used to secure plugs.

STEP 7

Slide Back Pad Adjustable Frame (9) into frame and secure with Pop Pin.

Assembly

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



STEP 8

Attach Back Pad (16) using:
2 x (28) Bolt

2 x (27) Washer

Connect Seat Pad (15) to Adjustable Seat Bracket (13) using:
4 x (28) Bolt

4 x (27) Washer

Connect Adjustable Seat Bracket (13) to frame as shown using:

1 x (14) Shaft with Screw End	2 x (18) Washer
2 x (20) Nylon Lock Nut	1 x (32) L Pin

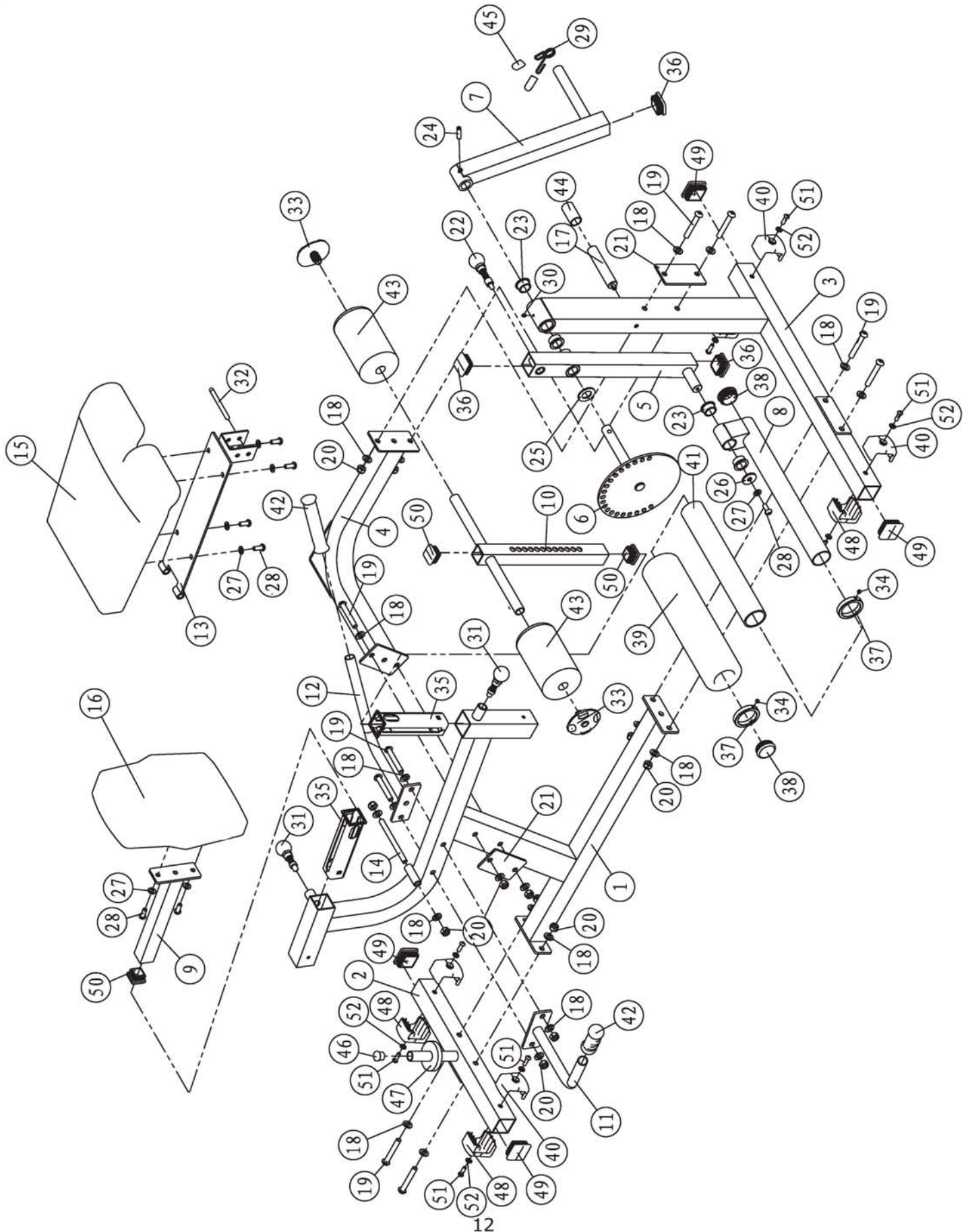


Parts List

KF-LEGM Parts List Rev A

Ref #	Part #	Description	Qty
1	223-01011	MAIN FRAME, H-LEGM	1
2	223-01012	REAR BASE, H-LEGM	1
3	223-01013	FRONT FRAME, H-LEGM	1
4	223-01014	FRAME, SIDE ANGLE H-LEGM	1
5	219-00323	LEG FRAME, H-LEGM	1
6	219-00143	CIRCULAR PLATE W/ SHAFT H-LEGM	1
7	219-00146	WEIGHT HOLDER H-LEGM	1
8	219-00148	SWING TUBE H-LEGM	1
9	219-00140	BACK ADJUST BAR H-LEGM	1
10	219-00139	ADJUST ROLLER PAD FRAME H-LEGM	1
11	219-00596	HANDLE, RIGHT H-ABM	1
12	219-00597	HANDLE, LEFT H-LEGM	1
13	223-01015	FRAME, ADJUSTABLE ROLLER PAD H-LEGM	1
14	230-00012	SHAFT W/ SCREW H-LEGM	1
15	228-00235	SEAT PAD, H-LEGM	1
16	228-00236	BACK PAD, H-LEGM	1
17	210-00120	STOPPER PRONE	1
18	202-00127	WASHER, 13*24*1.5	22
19	202-00640	SCREW, M12X80 BUTTON HEAD SOCKET CAP	10
20	202-00092	NYLON NUT, M12	12
21	219-00598	PLATE, H-LEGM	2
22	210-00259	LONG POP PIN, H-LEGM	1
23	202-00016	BRONZE ID 25.4	4
24	202-00255	PIVOT TENSION PIN	1
25	206-00033	BIG PLASTIC WASHER H, 46*26*3	1
26	202-00250	WASHER, 32X10.5X4	1
27	202-00223	WASHER, 11X23X2	7
28	202-00662	SCREW, BUTTON HEAD SOCKET CAP M10X25	7
29	219-00008	SPRING COLLAR	1
30	202-00249	GREASE FITTING	1
31	210-00257	POP PIN (LOCKING), H-45/ H-AAB	2
32	210-00011	L PIN KPS-LEGM	1
33	206-00390	PLUG, ROLLER PAD TUBE CAP, HSERIES	2
34	202-00252	ALLEN BOLT, M8X6	2
35	206-00114	PLASTIC SLEEVE, 50.8x44.5	4
36	206-00020	PLUG 44.5	3
37	219-00037	COLLAR H-LEGM	2
38	206-00002	PLUG 50.8*50.8	1
39	228-00077	UPHOLSTERED ROLLER	1
40	206-00392	FOOT CAP, RIGHT 50.8 H SERIES	4
41	206-00046	PLASTIC SLEEVE H-LEGM #41	1
42	206-00135	GRIP	2
43	206-00203	FOAM PAD, 22*110*180	2
44	206-00044	RUBBER SLEEVE	1
45	219-00325	COLLAR	2
46	206-00267	ROUND PLUG, 25.4	1
47	206-00044	RUBBER SLEEVE	1
48	206-00393	FOOT CAP, LEFT 50.8 H SERIES	4
49	206-00391	SQUARE PLUG, 50.8 H SERIES	4
50	206-00182	PLUG 38	3
51	202-00636	SCREW, M8X25 BUTTON HEAD SOCKET CAP	8
52	202-00224	WASHER, 9X16X1.6	8

Exploded View





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