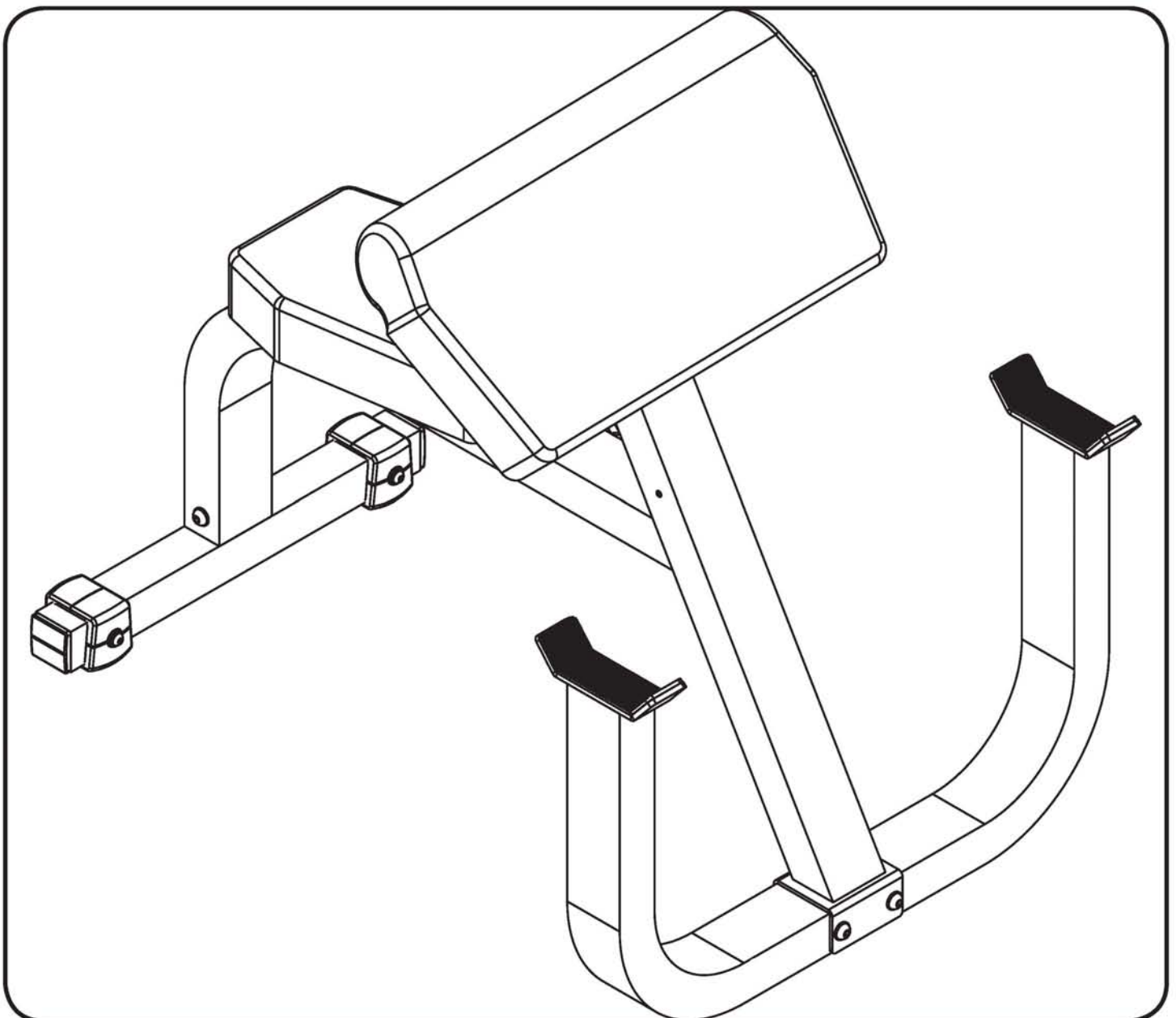




HUDSON STEEL

SEATED PREACHER CURL

Owner's Manual



215-00128
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.

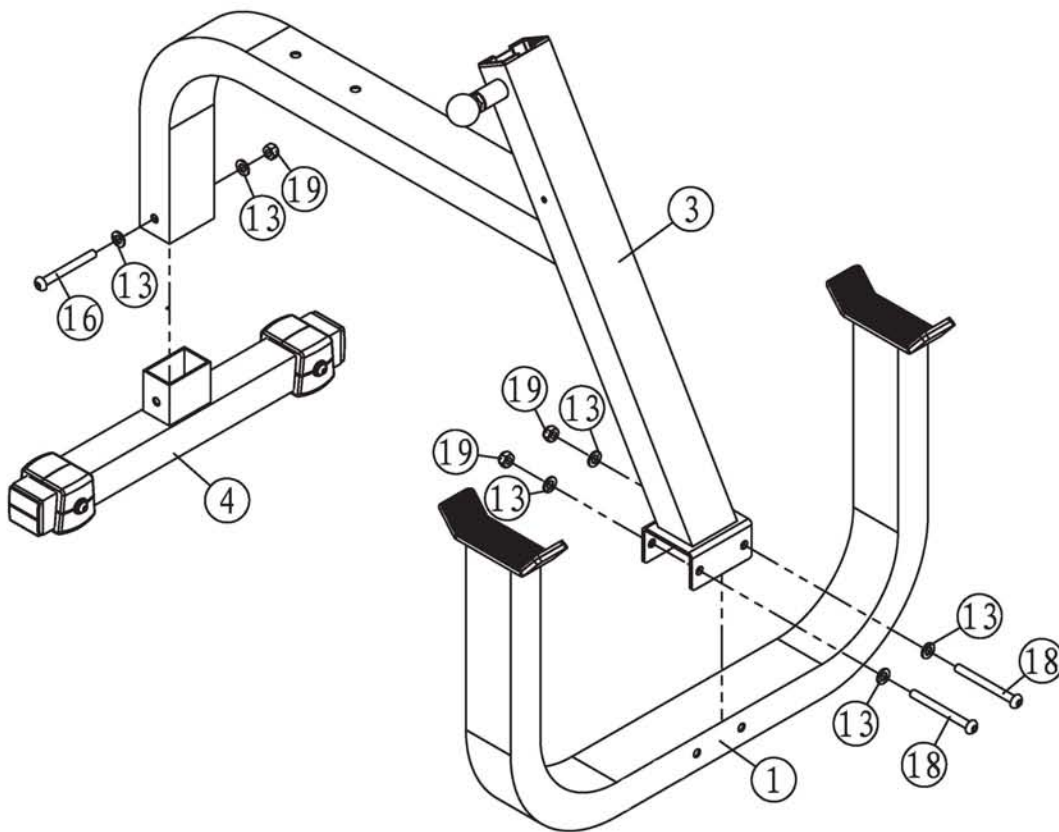
It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with safety information and precautions.

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

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



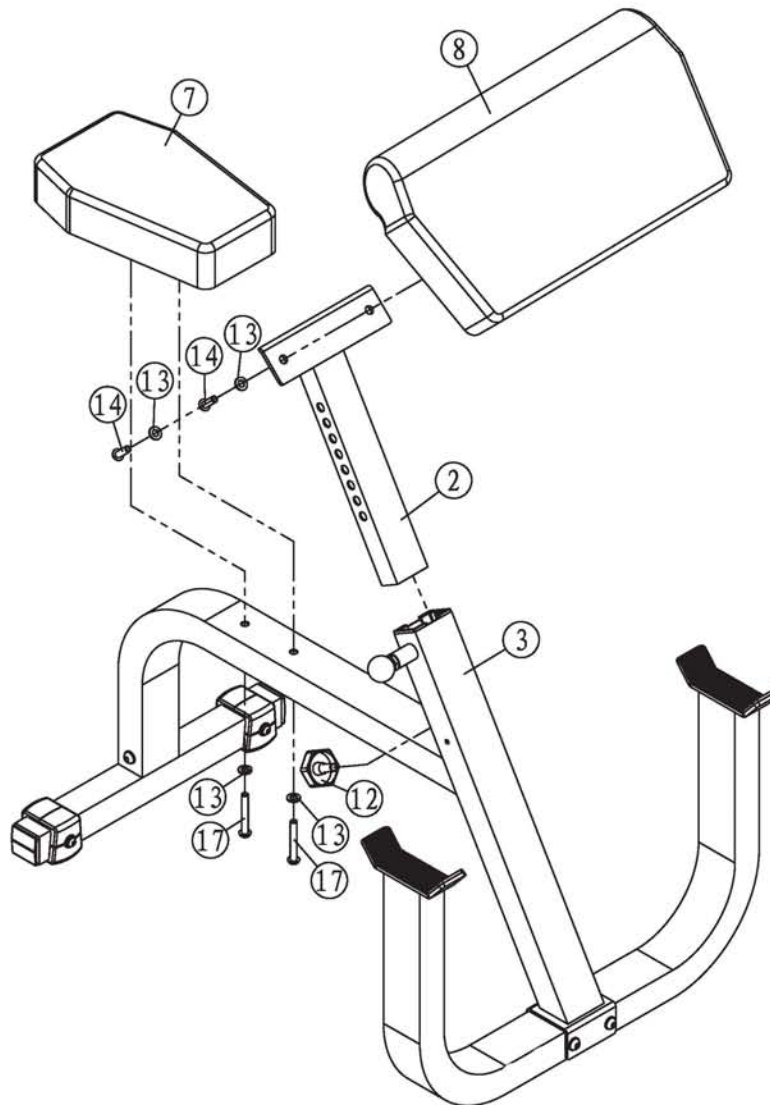
STEP 1

Connect Seat Frame (3) to Rear Base (4) and Weight Support (1) using:

- 1 x (16) Bolt
- 2 x (18) Bolt
- 6 x (13) Washer
- 3 x (19) Nylon Nut

Assembly

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



STEP 2

Attach Pads (7,8) using:

- 1 x (2) Telescoping Arm Support
- 2 x (17) Bolt
- 2 x (14) Bolt
- 4 x (13) Washer

Use Pop Pin to select height of Arm Pad.

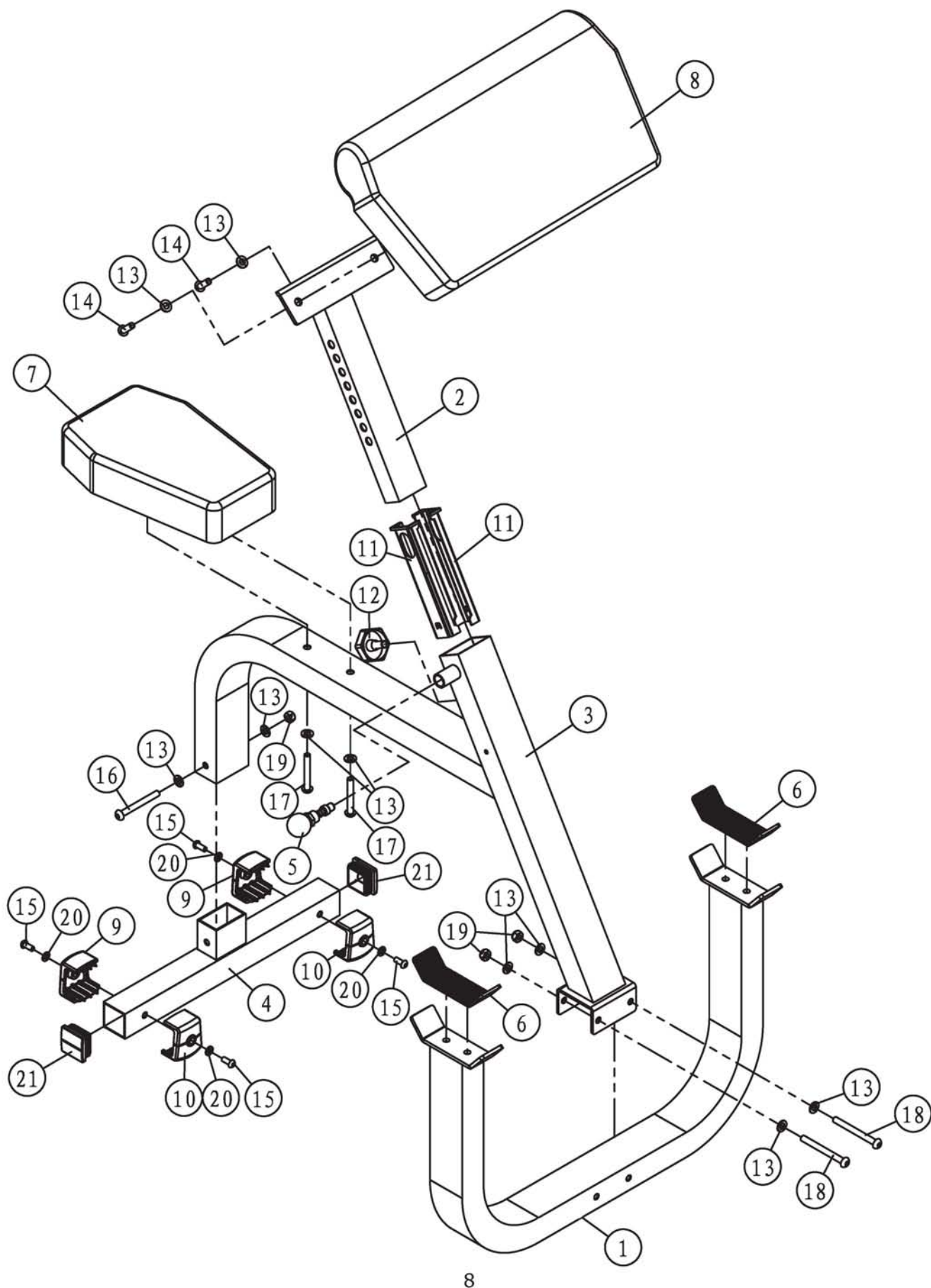


Parts List

KF-SPC Parts List Rev A

Ref #	Part #	Description	Qty
1	223-01002	WEIGHT SUPPORT, H-SPC	1
2	219-00591	SUPPORT, TELESCOPING ARM H-SPC	1
3	223-01003	SEAT FRAME, H-SPC	1
4	223-01044	REAR BASE, H-SPC	1
5	210-00257	POP PIN (LOCKING), H-45/ H-AAB	1
6	206-00187	BUMPER	2
7	228-00231	SEAT PAD, H-SPC	1
8	228-00232	PAD, ARM CURL H-SPC	1
9	206-00392	FOOT CAP, RIGHT 50.8 H SERIES	2
10	206-00393	FOOT CAP, LEFT 50.8 H SERIES	2
11	206-00029	PLASTIC SLEEVE 50.8*76.2	2
12	210-00022	KNOB BOLT M12*25	1
13	202-00093	WASHER, 10	10
14	202-00615	BOLT, HEX HEAD M10X30, RESOLUTION	2
15	202-00636	SCREW, M8X25 BUTTON HEAD SOCKET CAP	4
16	202-00690	SCREW, BUTTON HD SOCKET CAP M10X90	1
17	202-00634	SCREW, M10X80 BUTTON HEAD SOCKET CAP	2
18	202-00694	SCREW, BUTTON HD SOCKET CAP M10X100	2
19	202-00091	NYLON NUT, M10	3
20	202-00094	WASHER 8, 9*28*2	4
21	206-00391	SQUARE PLUG, 50.8 H SERIES	2

Exploded View





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