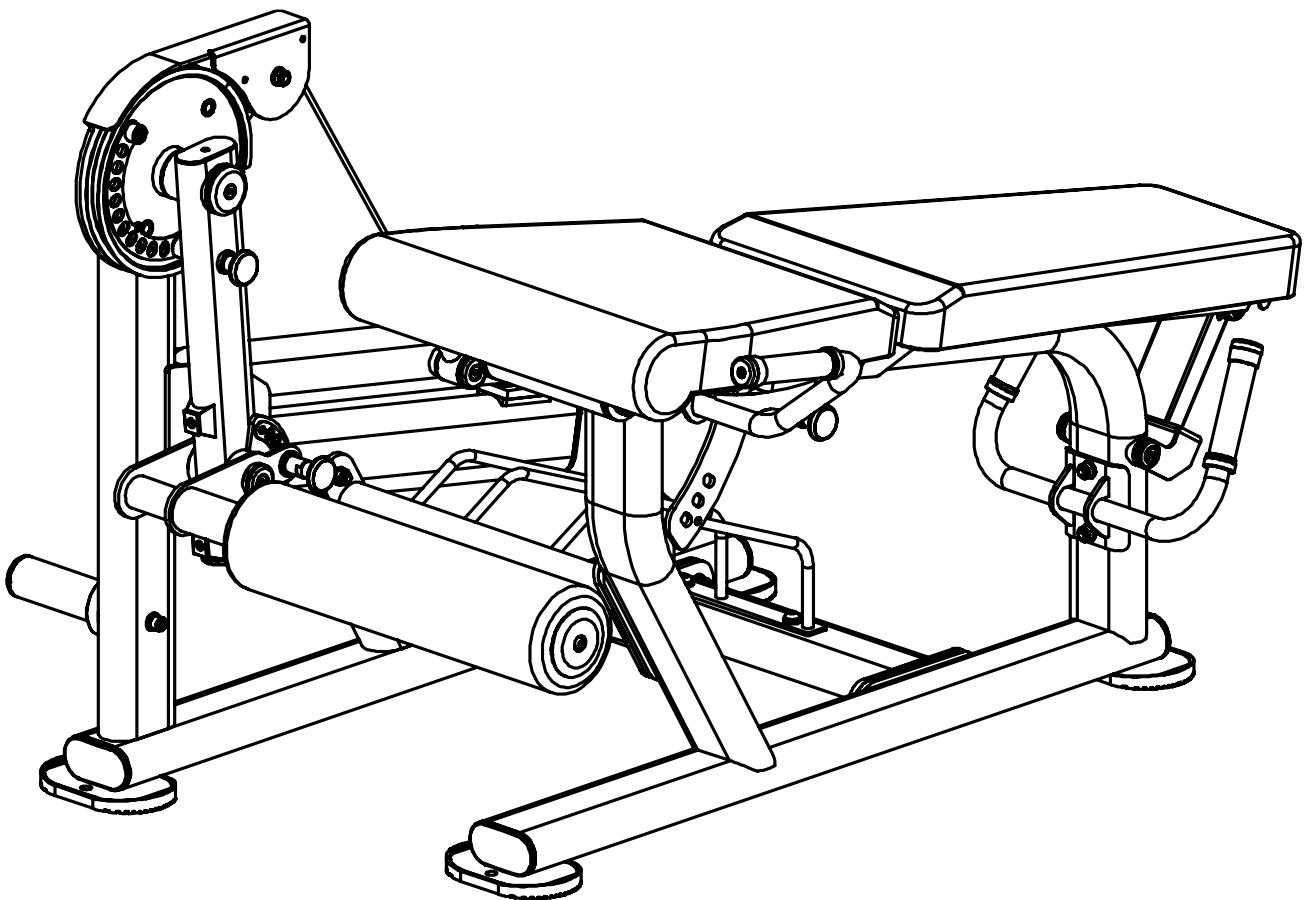


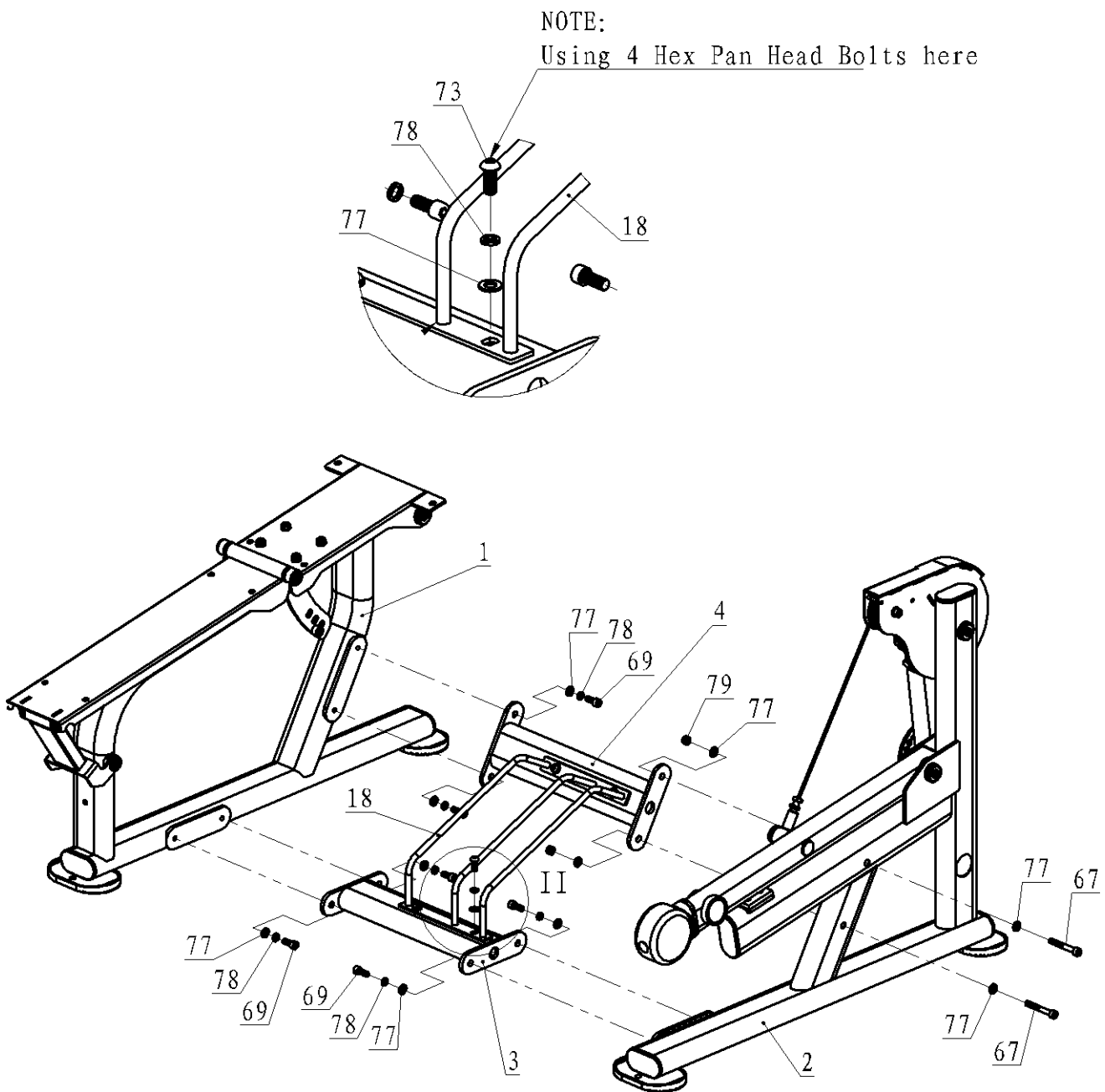
OWNER'S MANUAL

MODEL# LEC050



ASSEMBLY STEPS

Step 1.



NO.	NAME	SPECIFICATION	QUANTITY
1	Main Frame		1
2	Upright Frame		1
3	Base Connection Frame		1
4	Front Connection Frame		1
18	Storage Rack		1
77	Flat Washer	Φ11*Φ20*2	14
78	Spring Washer	Φ10	10
67	Hex Bolt	M10*75	2
69	Hex Bolt	M10*25	6
73	Hex Pan Head Bolt	M10*25	4
79	Nut	M10	2

1. Attach #1, #2 to #3 using:

- 4 #77
- 4 #78
- 4 #69

Please don't tighten the bolts.

2. Attach #1 to #4 using:

- 2 #77
- 2 #78
- 2 #69

Please don't tighten the bolts.

3. Attach #2 to #4 using:

- 4 #77
- 2 #79
- 2 #67

Please don't tighten the bolts.

4. Attach #3 to #4 using:

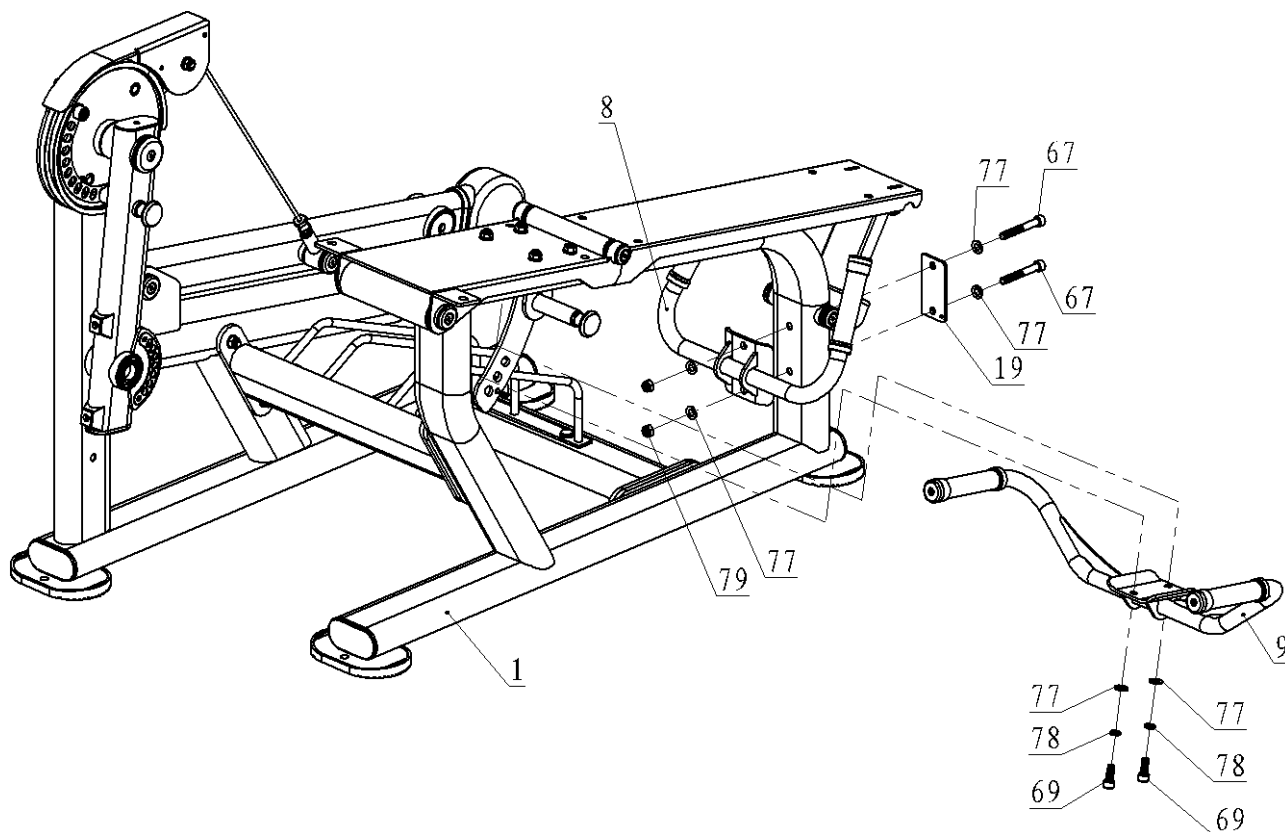
- 4 #77
- 4 #78
- 4 #73

Please don't tighten the bolts.

5. Tighten all bolts of step 1, 2 and 3. Then tighten all bolts of step 4.

Please make sure the machine is in stable.

Step 2.



NO.	NAME	SPECIFICATION	QUANTITY
1	Main Frame		1
8	Leg Curl Handle Assembly		1
9	Leg Extension Handle Assembly		1
19	Small Fixing Plate	100*50*4	1
67	Hex Bolt	M10*75	2
69	Hex Bolt	M10*25	2
77	Flat Washer	Φ11*Φ20*2	6
78	Spring Washer	Φ10	2
79	Nut	M10	2

1. Attach #9 to the assembly of Step 1 using:

- 2 #77
- 2 #78
- 2 #69

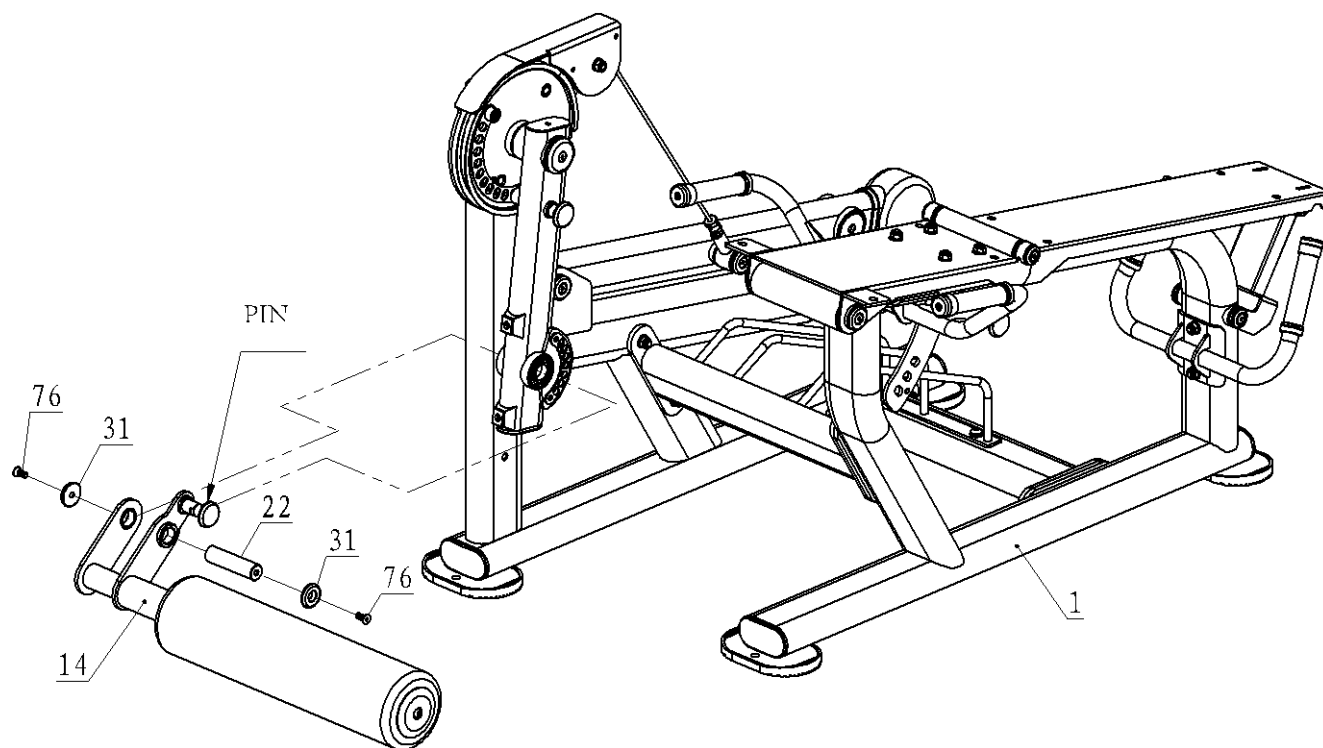
Tighten all the bolts.

2. Attach #8 to #18 using:

- 4 #77
- 2 #79
- 2 #67

Tighten all the bolts.

Step 3.



NO.	NAME	SPECIFICATION	QUANTITY
14	Foam Shaft		1
22	Shaft	$\Phi 25*99*M8$	1
31	$\Phi 38$ End Cap	$\Phi 38*\Phi 9*6$	2
76	Hex Countersunk Head Screw	M8*20	2

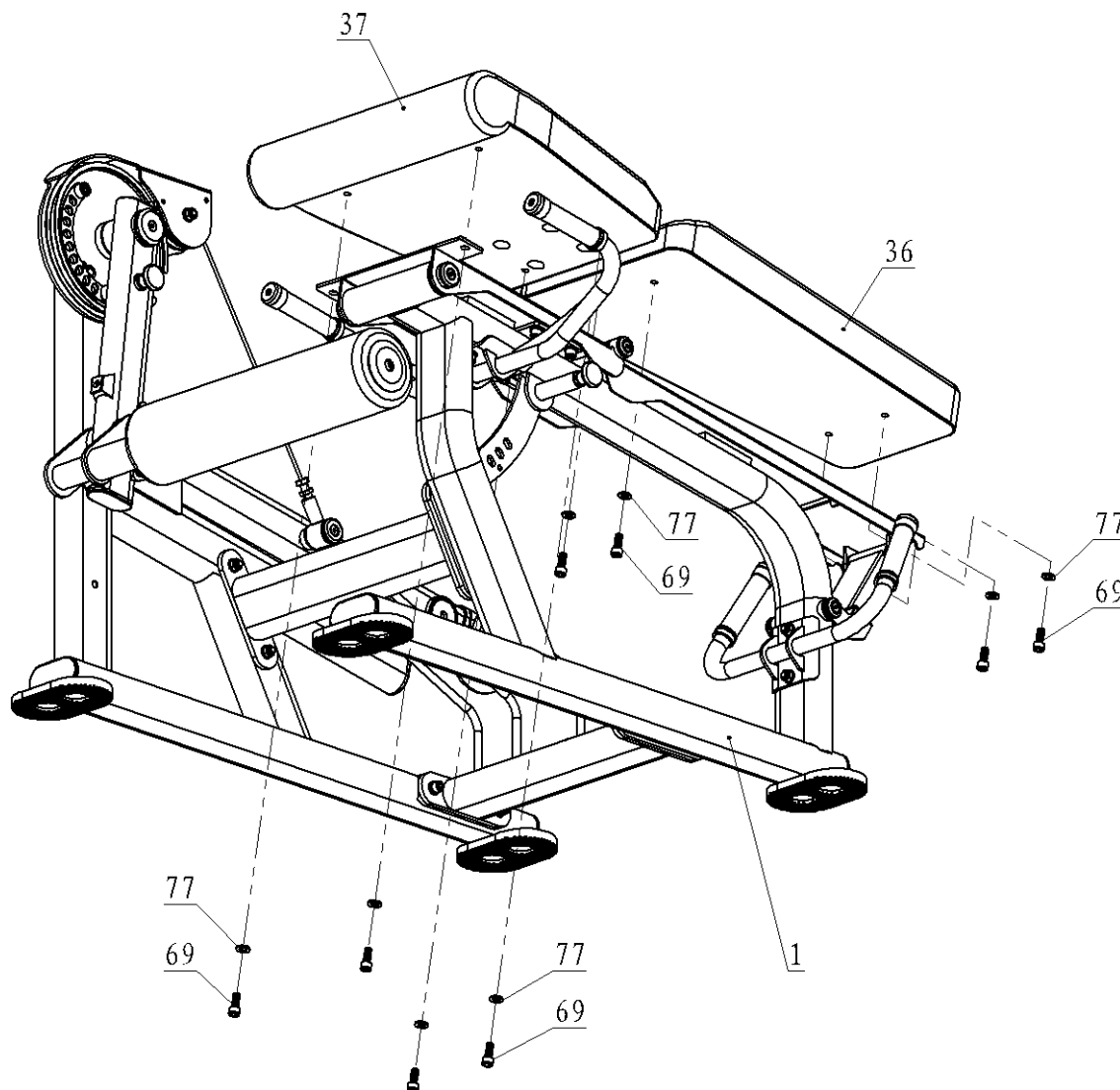
1. Remove 1 #22, 2 #31 and 2 #76.

2. Attach #14 and #22 to the assembly of Step 2 using:

- 2 #31
- 2 #76

Tighten all the bolts. Please make sure the pin can fit through each cam holes.

Step 4.



NO.	NAME	SPECIFICATION	QUANTITY
36	Back Pad	670*355*70	1
37	Seat Pad	485*480*70	1
77	Flat Washer	Φ11*Φ20*2	8
69	Hex Bolt	M10*25	8

1. Attach #36 to the assembly of Step 3 using:

- 4 #77
- 4 #69

Tighten all the bolts.

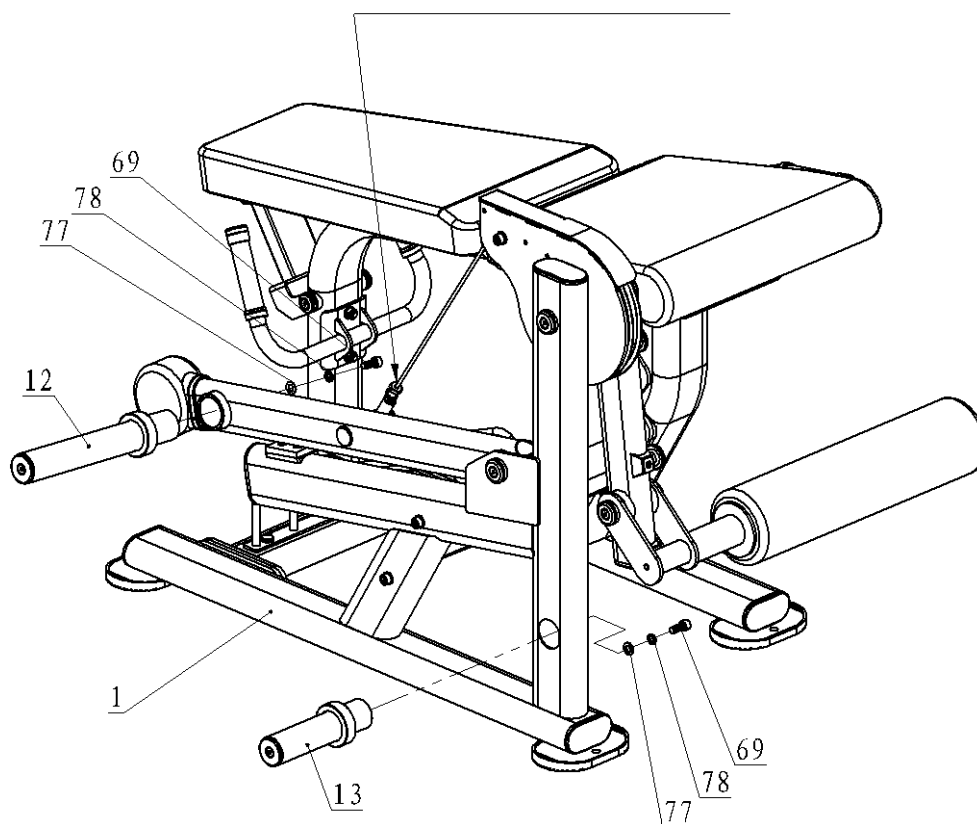
2. Attach #37 to the assembly of Step 3 using:

- 4 #77
- 4 #69

Tighten all the bolts.

Step 5.

Finally, adjust the cable length and lock the bolts



NO.	NAME	SPECIFICATION	QUANTITY
12	Long Weight Plate Holder		1
13	Short Weight Plate Holder		1
77	Flat Washer	$\Phi 11 * \Phi 20 * 2$	2
78	Spring Washer	$\Phi 10$	2
69	Hex Bolt	M10*25	2

1. Attach #12 to the assembly of Step 4 using:

- 1 #77
- 1 #78
- 1 #69

Tighten all the bolts.

2. Attach #13 to the assembly of Step 4 using:

- 1 #77
- 1 #78
- 1 #69

Tighten all the bolts.

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * Never operate the unit when it has been dropped or damaged.
- * Never drop or insert anything into any opening in the equipment.
- * Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- * Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- * Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

PERSONAL SAFETY DURING ASSEMBLY

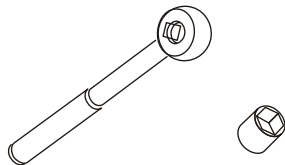
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Instructions

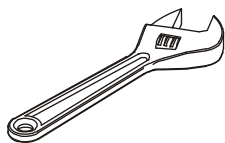
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

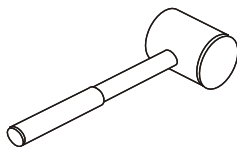
Tools Required



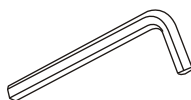
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based Lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.