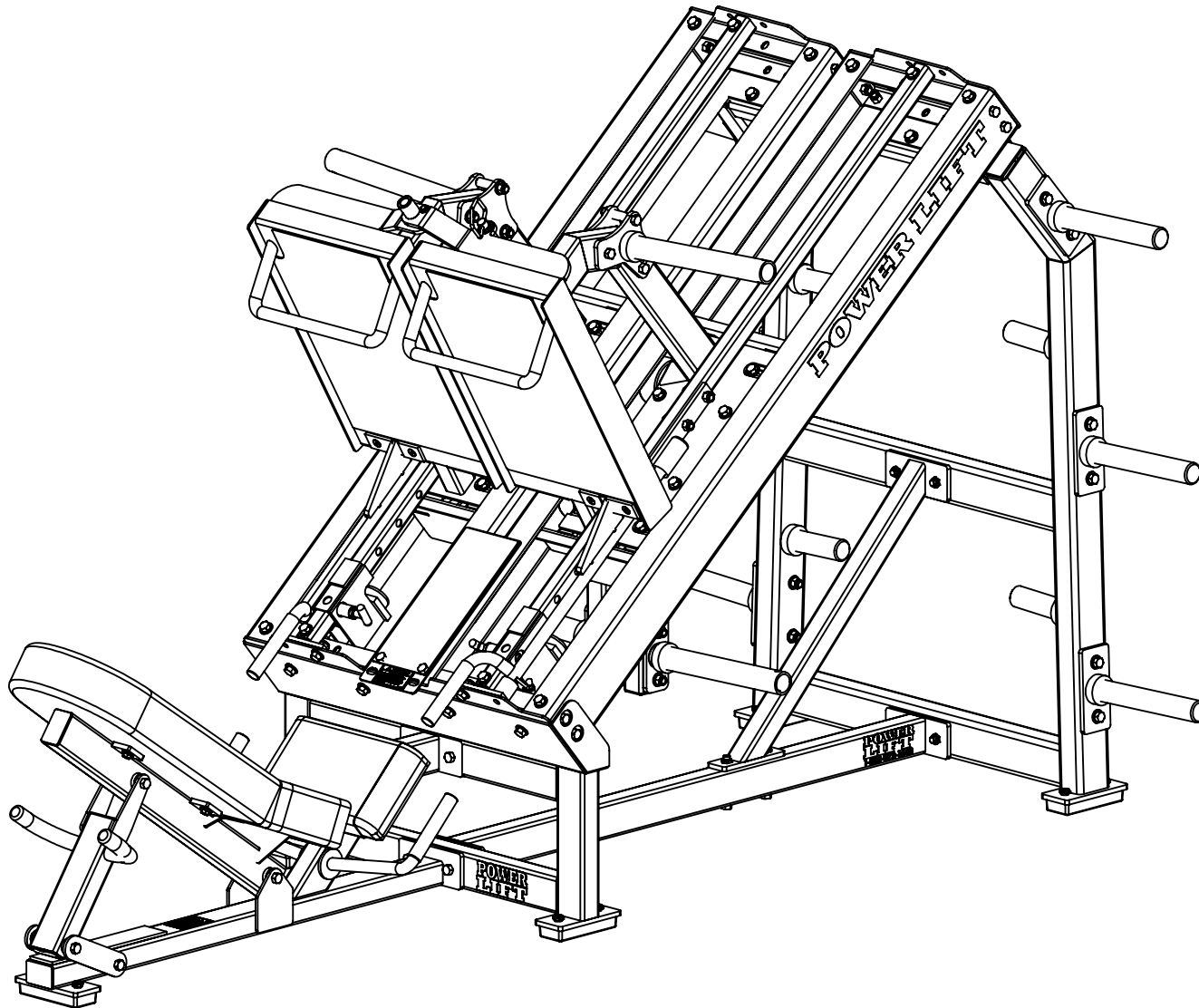


UNI-Bilateral Leg Press



Assembly Notes:

Fasteners provided to assemble machine:

- (8) 3/8"X1-3/4" Bolts
- (8) 1/2"X1-1/4" Bolts
- (12) 1/2"X3-1/2" Bolts
- (2) 1/2"X4" Bolts
- (8) 1/2"X4-1/2" Bolts

Tools required (Not Included):

- 9/16" Open-End Wrench
- 9/16" Socket
- 3/4" Open-End Wrench
- 3/4" Socket

Note: When assembling unit DO NOT tighten any fasteners until specified.

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41006C_assembly cover

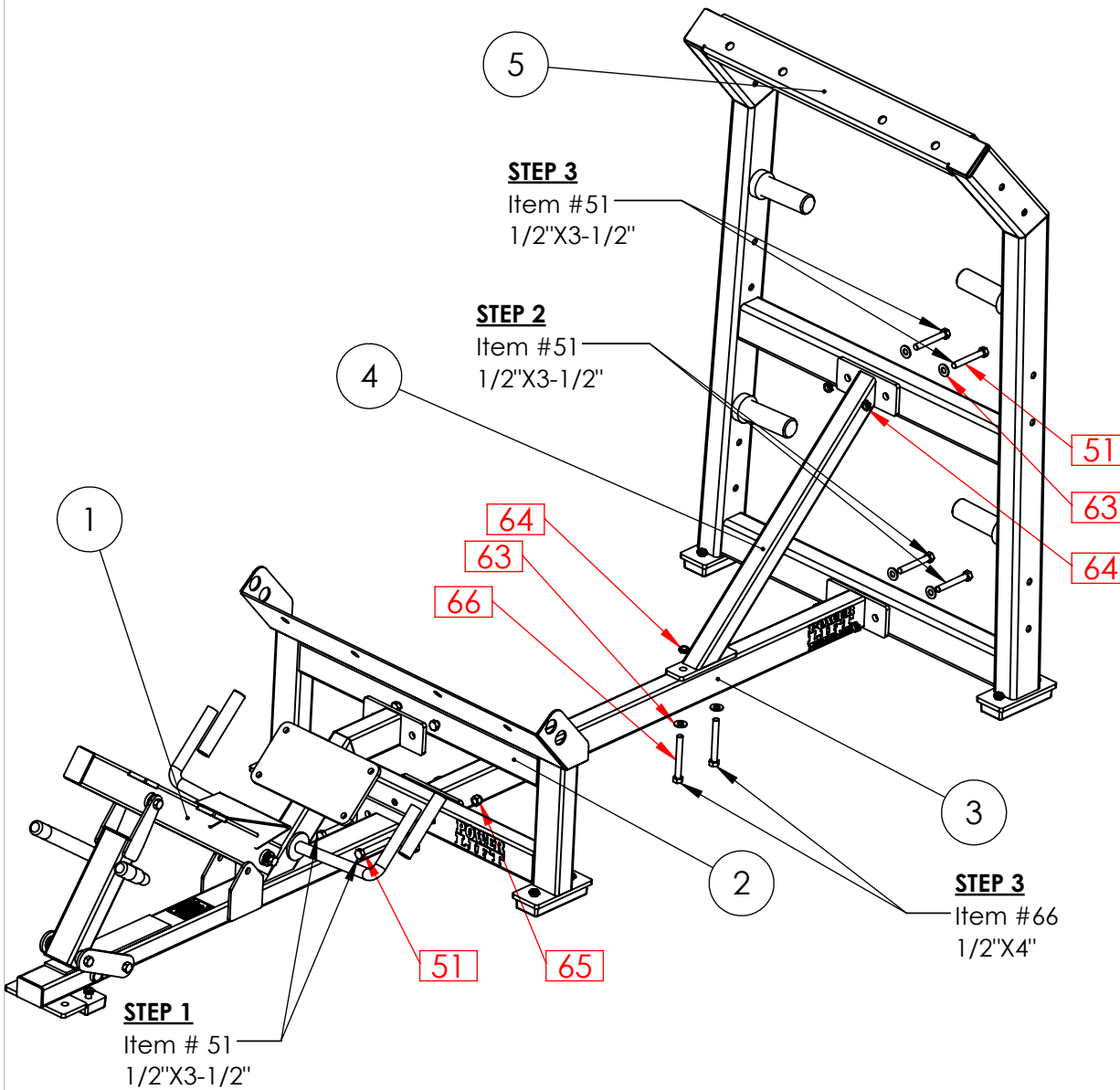
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Instructions

- 1.) Assemble item 1 to items 2 and 3 using (2) 1/2"X3-1/2" bolts provided.
- 2.) Assemble item 5 to item 3 using (2) 1/2"X3-1/2" bolts provided.
- 3.) Assemble item 4 to item 5 using (2) 1/2"X3-1/2" and to item 3 using (2) 1/2"X4" bolts provided.

Note: When assembling unit DO NOT tighten any fasteners until specified.

Hardware Detail

Item No.	Part Number	Part Name	Qty
51	99520	1/2"X3-1/2" BOLT	6
63	99585	1/2" FLATWASHER	6
64	99571	1/2"-13 THIN NUT	6
65	99620	1/2"-13 NUT	2
66	99521	1/2"X4" BOLT	2

Frame Detail

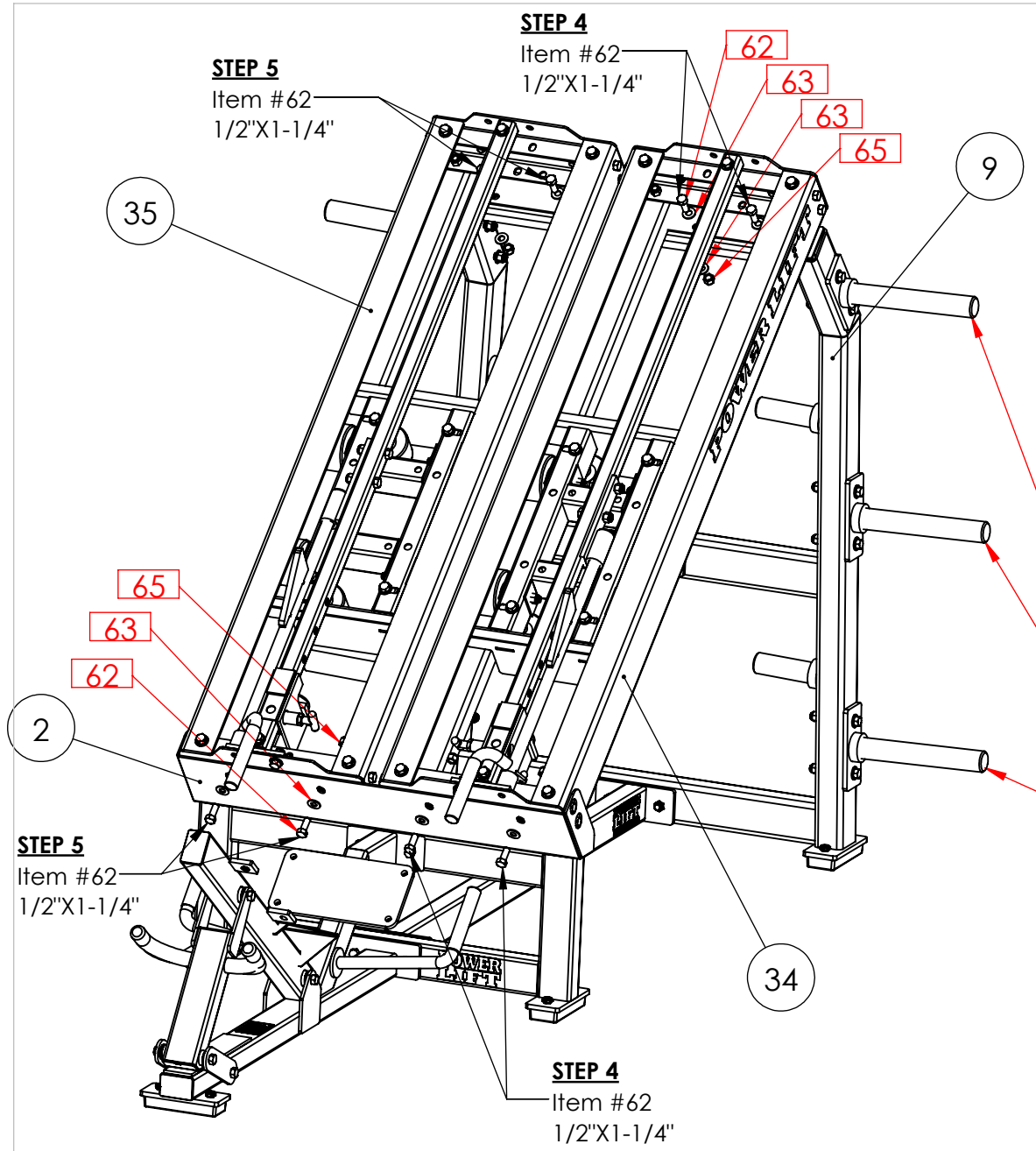
Item No.	Part Number	Part Name	Qty
1	41010B	SEAT, LEG PRESS	1
2	41016	TRAY, LEG PRESS	1
3	41020	HORIZONTAL SUPPORT BRACE	1
4	41022	DIAGONAL BRACE	1
5	41024C	WEIGHT STORAGE FRAME	1

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Instructions

*(If track columns already assembled skip to page 3)

- 4.) Assemble item 34 to items 2 and 9 using (4) 1/2"X1-1/4" bolts provided.
- 5.) Then assemble item 34 to item 2 using (4) 1/2"X1-1/4" bolts provided.
- 6.) Also if not done so, make sure storage pegs on item 9 are facing outward.
- 7.) Now all bolts may be tightened starting from the bottom.

Item No.	Part Number	Part Name	Qty
62	99582	1/2"X1-1/4" BOLT	8
63	99585	1/2" FLATWASHER	12
65	99620	1/2"-13 NUT	8

NOTE: PEGS FACE OUTWARD

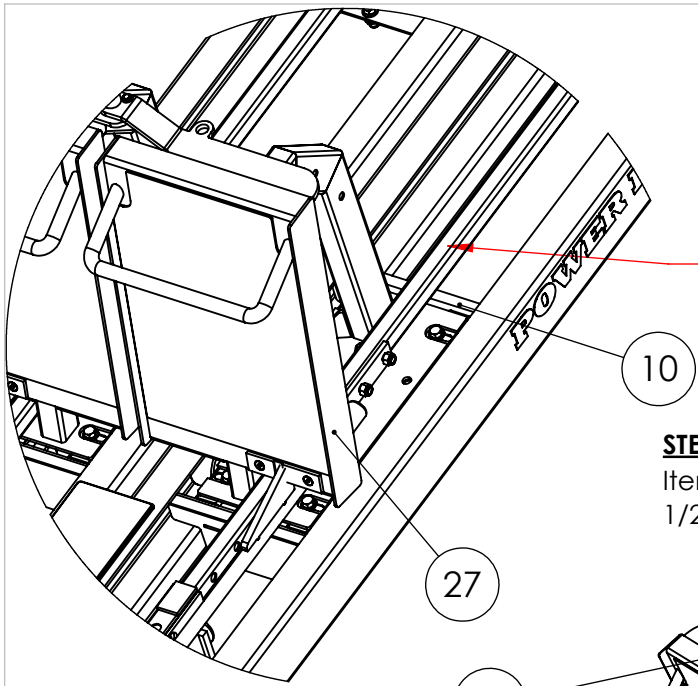
Item No.	Part Number	Part Name	Qty
2	41016	TRAY, LEG PRESS	1
9	41024C	WEIGHT STORAGE SUPPORT	1
34	41098	RIGHT TRACK COLUMN	1
35	41102	LEFT TRACK COLUMN	1

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PART NUMBER
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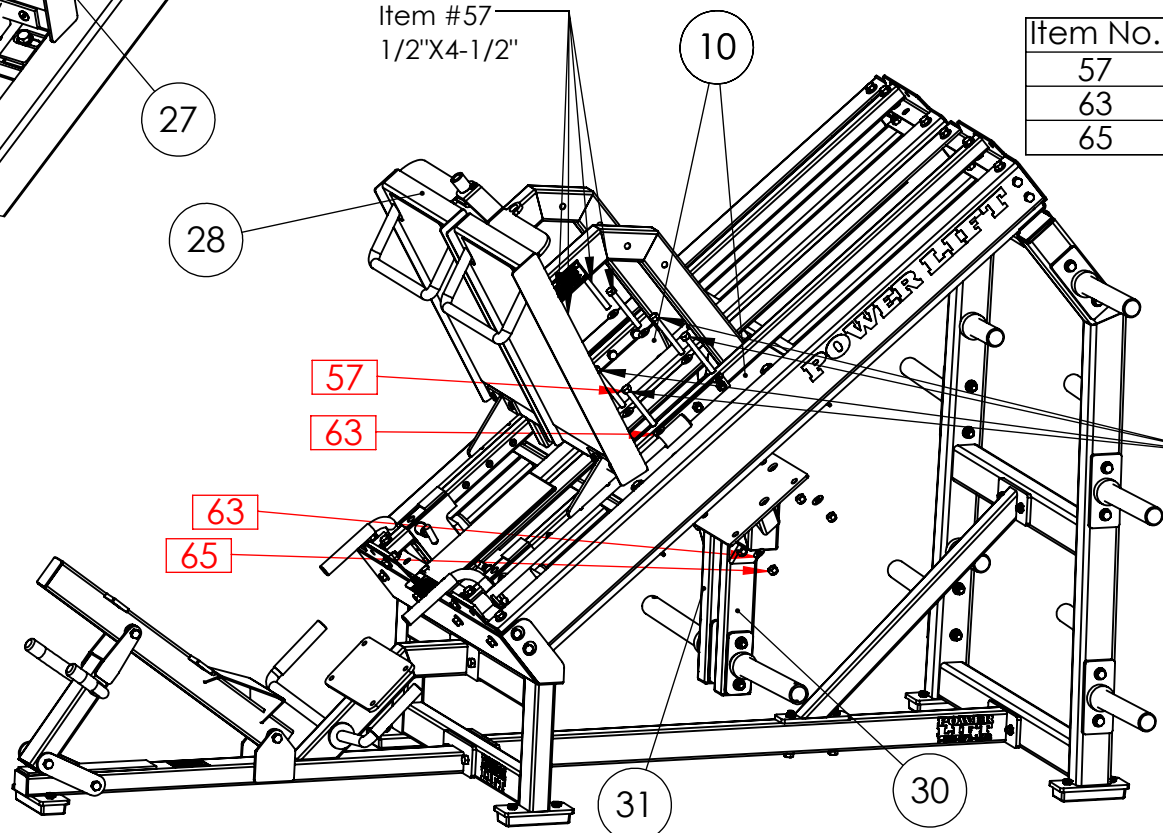
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Note: Item 27 needs to slide under this bar so that bolt holes are aligned.

STEP 9

Item #57
1/2"X4-1/2"



Instructions

8.) Slide item 27 under the middle bar so that the bolt holes align with item 10 and assemble to item 10 and 30 using (4) 1/2"X4-1/2" bolts provided.

9.) Slide item 28 under the middle bar so that the bolt holes align with item 10 and assemble to item 10 and 31 using (4) 1/2"X4-1/2" bolts provided.

10.) Tighten bolts

Hardware Detail

Item No.	Part Number	Part Name	Qty
57	99539	1/2"X4-1/2" BOLT	8
63	99585	1/2" FLATWASHER	16
65	99620	1/2"-13 NUT	8

STEP 8

Item #57
1/2"X4-1/2"

Frame Detail

Item No.	Part Number	Part Name	Qty
10	41037	CARRIAGE	2
27	41056B	RIGHT LEG PRESS FOOTPLATE	1
28	41074B	LEFT LEG PRESS FOOTPLATE	1
30	41046	RIGHT LOWER PLATE HOLDER	1
31	41054	LEFT LOWER PLATE HOLDER	1

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PART NUMBER
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Instructions

11.) Assemble item 81 and 82 to item 27 using (3) 1/2"X3-1/2" bolts provided. (Tighten bolts)

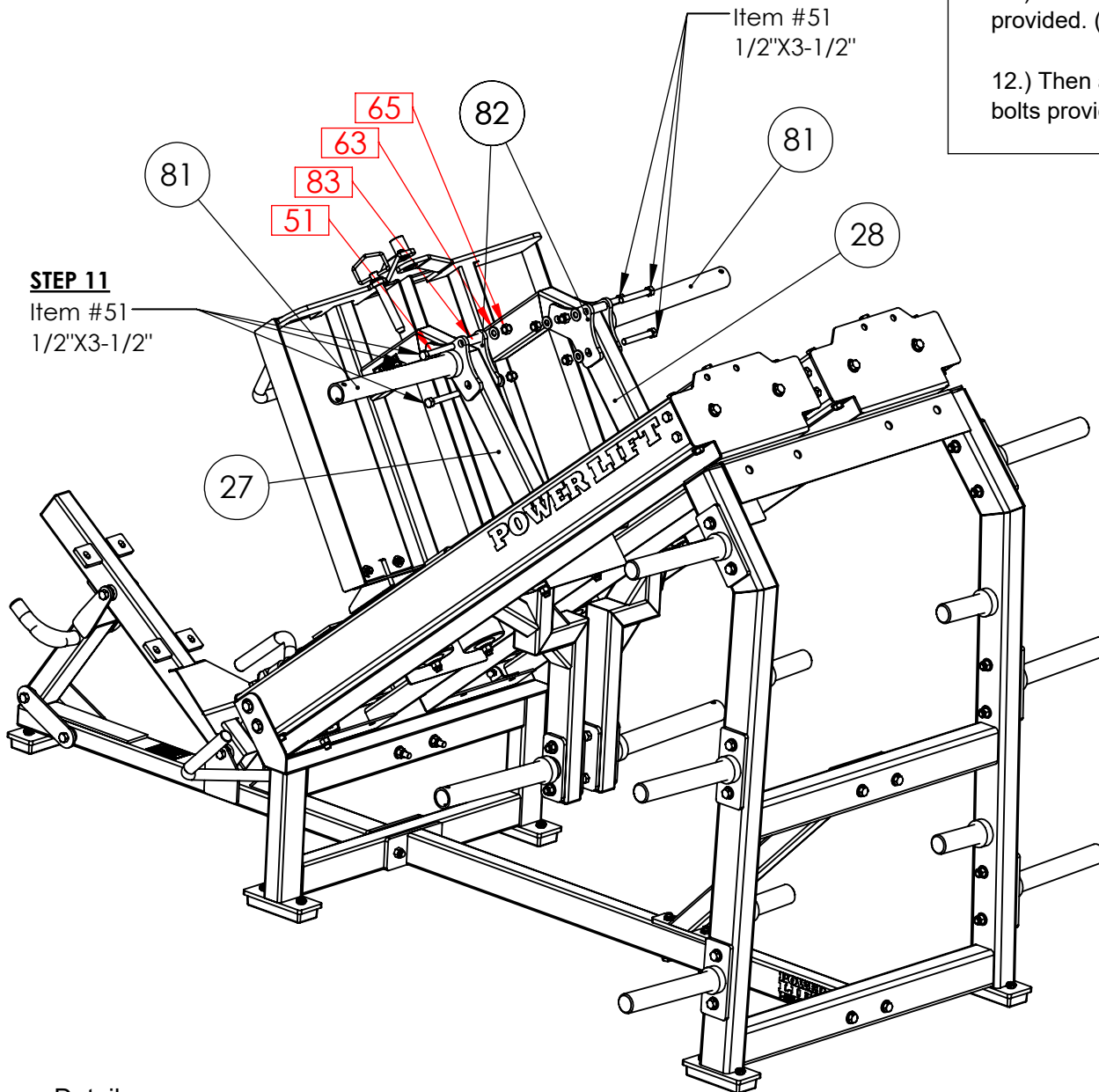
12.) Then assemble item 81 and 82 to item 28 using (3) 1/2"X3-1/2" bolts provided. (Tighten bolts)

STEP 12

Item #51
1/2"X3-1/2"

STEP 11

Item #51
1/2"X3-1/2"



Hardware Detail

Item No.	Part Number	Part Name	Qty
51	99520	1/2"X3-1/2" BOLT	6
63	99585	1/2" FLATWASHER	6
65	99620	1/2"-13 NUT	6
83	60006	3/4" BUSHING	2

Frame Detail

Item No.	Part Number	Part Name	Qty
27	41056B	RIGHT LEG PRESS FOOTPLATE	1
28	41074B	LEFT LEG PRESS FOOTPLATE	1
81	41124	WEIGHT HORN	2
82	99771B	WEIGHT HORN MOUNT	2

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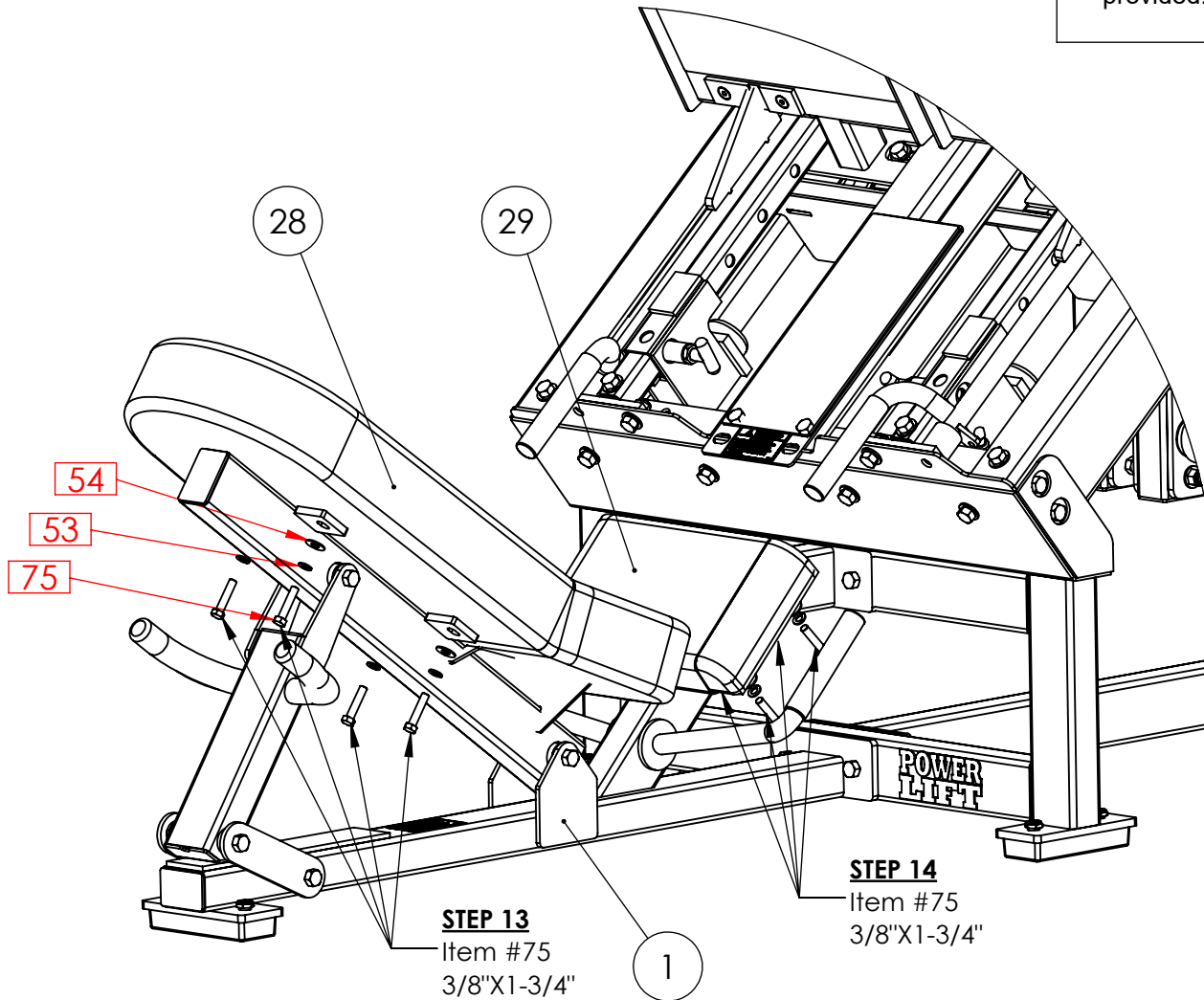
Date

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Instructions

13.) Assemble item 28 to item 1 using (4) 3/8"X1-3/4" bolts provided. (Tighten bolts, but DO NOT over tighten bolts into pads.)

14.) Then assemble item 29 to item 2 using (4) 3/8"X1-3/4" bolts provided. (Tighten bolts, but DO NOT over tighten bolts into pads.)



Hardware Detail

Item No.	Part Number	Part Name	Qty
53	99530	3/8" LOCK WASHER	8
54	99531	3/8" FLATWASHER	8
75	99860	3/8"X1-3/4" BOLT	8

Frame Detail

Item No.	Part Number	Part Name	Qty
1	41010B	SEAT, LEG PRESS	1
28	99772B	BACK PAD	1
29	99771B	SEAT PAD	1

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