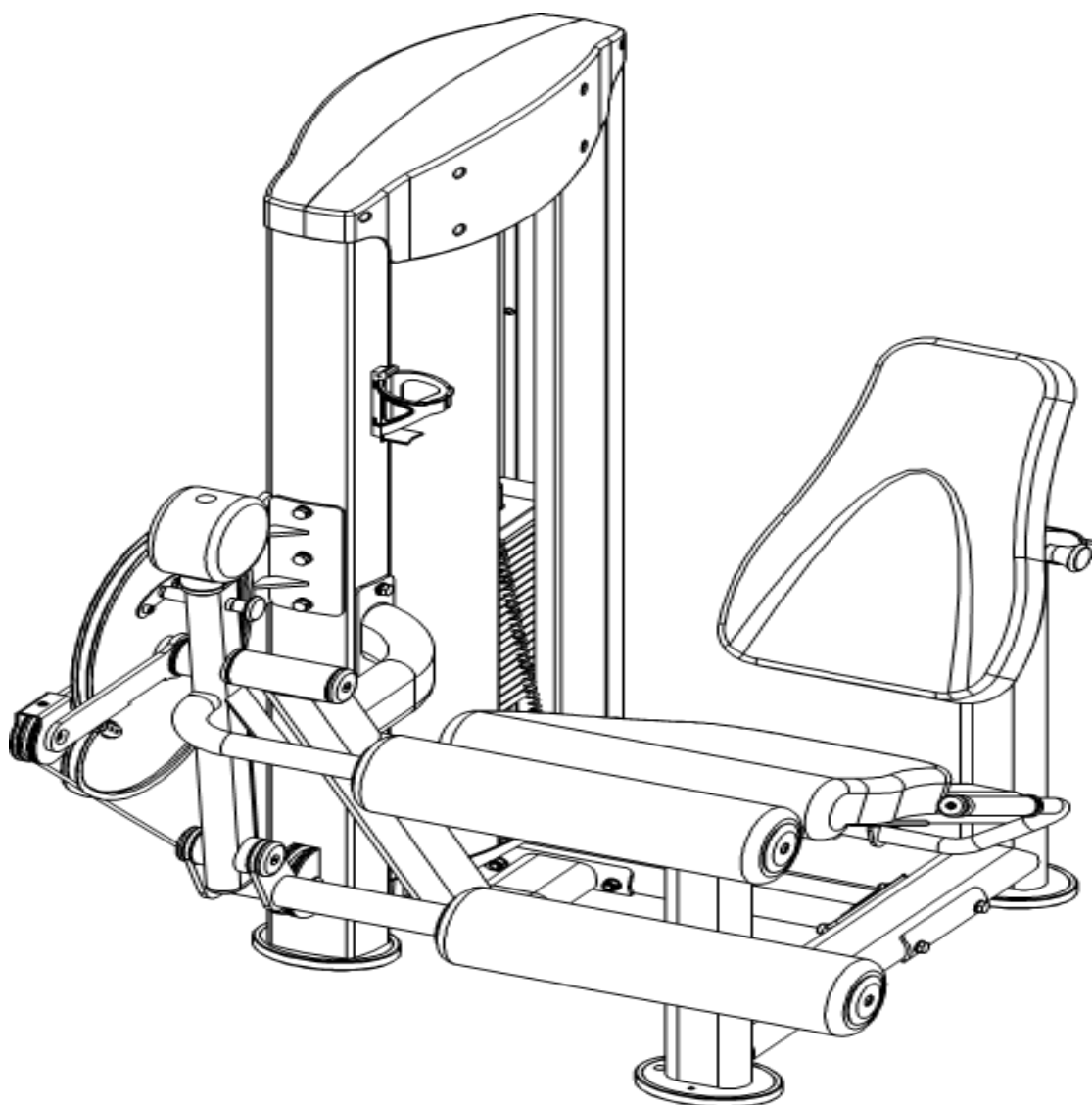


5404-G1 Gronk Leg EXT/CURL Assembly



SAFETY INFORMATION

Before using the equipment, carefully read all the safety labels and warnings related to the equipment as well as all the instructions contained in this Guide or the Equipment Installation Guide and retain them in a safe place for future reference. It is the owner's responsibility to ensure that all users of the equipment are adequately informed about the safety precautions and use. The misuse of this equipment could result in health hazards. The manufacturer assumes no responsibility for personal injury or property damage incurred by the improper use of this equipment.

PRODUCT

Two or more people will be required to assemble this equipment. Make sure that the floor is flat and there is sufficient space to mount, dismount, and use the equipment. Remove the equipment from the packaging. Do not discard the packaging until the installation is complete. Proceed with the assembly and make sure that the equipment is firmly installed and that all parts are tightened correctly. The equipment must be retained in the original configurations of the project. Do not carry out any modification that alters the equipment, which could result in the loss of the product warranty.

Replace damaged parts with original parts and regularly carry out preventive maintenance;

Replace defective parts immediately and/or take the equipment out of use until it is repaired;

Replace damaged labels;

For equipment with a weight stack, never use a system of weights if the top adapter plate is attached in a higher position relative to the others;

Adjust the required force so that exercises are smooth and uniform;

Inspect the equipment before use, especially cables, pulleys, fittings, canvas, attachment of the seat/saddle, pedal and shoe, moving or adjustable parts when applicable. Make sure that all the pieces and parts are securely fastened;

Never release the ankle, handles or bar while the weights are raised: the weights will fall with a lot of force and this can damage the equipment;

The training equipment shall only be used in areas where access and control is specifically regulated by the owner.

The training equipment shall only be used in supervised area.

PERSONAL

Consult your doctor before starting and during any exercise program. Special attention should be given to children, pregnant women, the elderly, people with heart problems and those with a disability or pre-existing health problems.

Keep children and pets, away from the equipment especially during use. Children should be watched so they do not to play with the equipment, whether or not it is in use.

The equipment is not intended to be used by children or people with some reduction in their physical, sensory or mental capacity, lack of experience and knowledge, unless they have been given the necessary instructions for the use of the equipment and be under the care of a person who is responsible for their safety.

When the machine is in motion never put your hands on the column weights covers (if applicable) or any moving parts. Do not insert any object in the openings. Never carry out any adjustments, cleaning or maintenance when the equipment is in motion.

Keep your body, clothes and hair away from any moving parts so that you do not suffer an accident or serious injury.

Do not allow more than one person use the equipment at the same time, except in those stations that are designed for this purpose.

Use the settings provided by the equipment and place yourself in a comfortable and adequate position on the equipment.

Stop any exercise if you feel any dizziness, chills, shortness of breath, tachycardia, headache or chest pain, weakness or breathing difficulty.

Wear appropriate athletic attire. Do not wear loose clothing that could eventually become caught in the equipment. Always wear athletic shoes for exercising.

Do not perform any exercises 1 hour before or 2 hours after meals. Hydrate yourself during the exercises.

Before you start the exercise it is recommended that you warm up for 5-10 minutes, doing rhythmic exercises that will move every muscle so you not damage the muscle during the exercises. Stretch before and after your session. Inhale and exhale while exercising to relax and coordinate breathing with the movement. Once a muscle has been exercised rest it for 48 hours before exercising it again. The exercises are efficient and you can get the most out of the equipment if you are supervised by a professional.

The person exercising should face the equipment at all times during the exercise. The weight stacks should remain within the field of vision of the user throughout exercise to prevent danger to the third party.

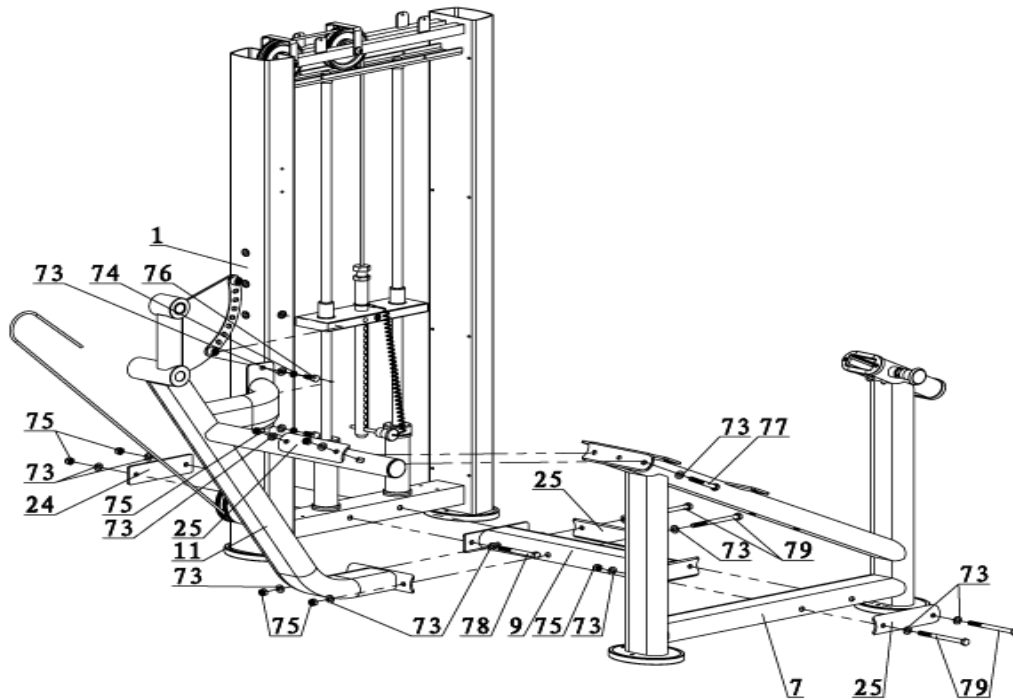
Note: For your convenience and quick access, basic safety information, also available in sticker fixed on tower.

Bubble No	Part Number	Description	Qty
1	5405-001-G1	Tower Frame	1
2	5405-002-G1	Cam	1
3	5405-003-G1	Leg Curl Frame	1
7	5405-007-G1	Main Frame	1
8	5405-008-G1	Adjusting Tube	1
9	5405-009-G1	Connecting Tube	1
10	5405-010-G1	Handle Bar	1
11	5405-011-G1	Curl Support Frame	1
12	5405-012-G1	Weight Stack Support Frame	2
13	5405-013-G1	Arm Support	1
16	5405-016-G1	Magnetic Pin	1
24	5405-024-G1	Fixing Plate	2
25	5405-025-G1	Fixing Plate	3
26	5405-026-G1	Guide-Rod	2
27	5405-027-G1	Weight Stack	19
28	5405-028-G1	Top Weight Stack	1
29	5405-029-G1	Selector Shaft	1
34	5405-034-G1	Ending Cap	3
40	5405-040-G1	Cushion	1
41	5405-041-G1	Back Cushion	1
47	5405-047-G1	Base Cover	2
48	5405-048-G1	Top Cover	2
51	5405-051-G1	Side Face	4
52	5405-052-G1	Back Cover	1
53	5405-053-G1	Front Cover	2
60	5405-060-G1	Cable	1
66	5405-066-G1	Double End Insert Tube	1
68	5405-068-G1	Terminal	1
69	5405-069-G1	Hex Nut	1
73		Flat Washer	45
74		Spring Washer	10
75		Lock Nut Hex M10	10
76		Hex Head Bolt M10x25	16
77		Hex Head Bolt M10x75	4
78		Hex Head Bolt M10x100	2
79		Hex Head Bolt M10x125	4
80		Pan Head Allen Bolt M8x25	1
81		Pan Head Allen Bolt M10x25	2
90		Pan Head Phillips Bolt M6x15	40
92		Flat Head Allen Bolt M8x15	5
95		Allen Head Set Screw M8x8	10

Step 1: Frame Assembly

Assemble: Tower Frame (1), Main Frame (7), Connecting Tube (9), Curl Support Tube (11), Fixing Plates (24, 25).

Use: Flat Washer (73), Spring Washer (74), Lock Nut Hex M10 (75), Hex Head Bolts M10x25 (76), M10x75 (77), M10x100 (78), M10x125 (79). Do not tighten yet.



Parts Used in This Step:

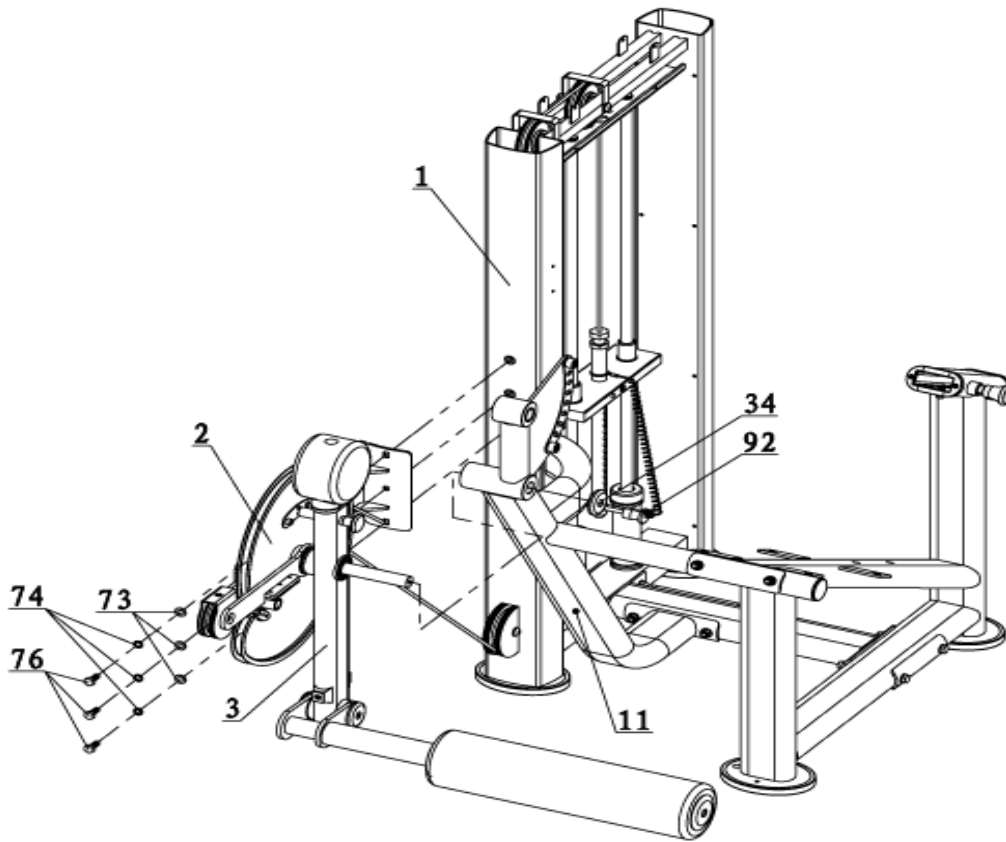
Bubble No.	Description	Qty
1	Tower Frame	1
7	Main Frame	1
9	Connecting Tube	1
11	Curl Support Tube	1
24	Fixing Plate	1
25	Fixing Plate	3
73	Flat Washer	18
74	Spring Washer	2
75	Lock Nut Hex M10	8
76	Hex Head Bolt M10x25	2
77	Hex Head Bolt M10x75	2
78	Hex Head Bolt M10x100	2
79	Hex Head Bolt M10x125	4

Step 2: Install Cam Support and Axis

Install Cam Support Frame (11) to Tower Frame (1) using Fasteners (Flat Washer (73), Spring Washer (74), HEX Bolt M10x25 (76).

Insert Long Axis (16) through: Cam Support (11), Cam (2), Leg Curl Frame (3), Curl Support Tube (11).

Fix with Ending Cap (34) and Allen Bolt M8x15 (92).



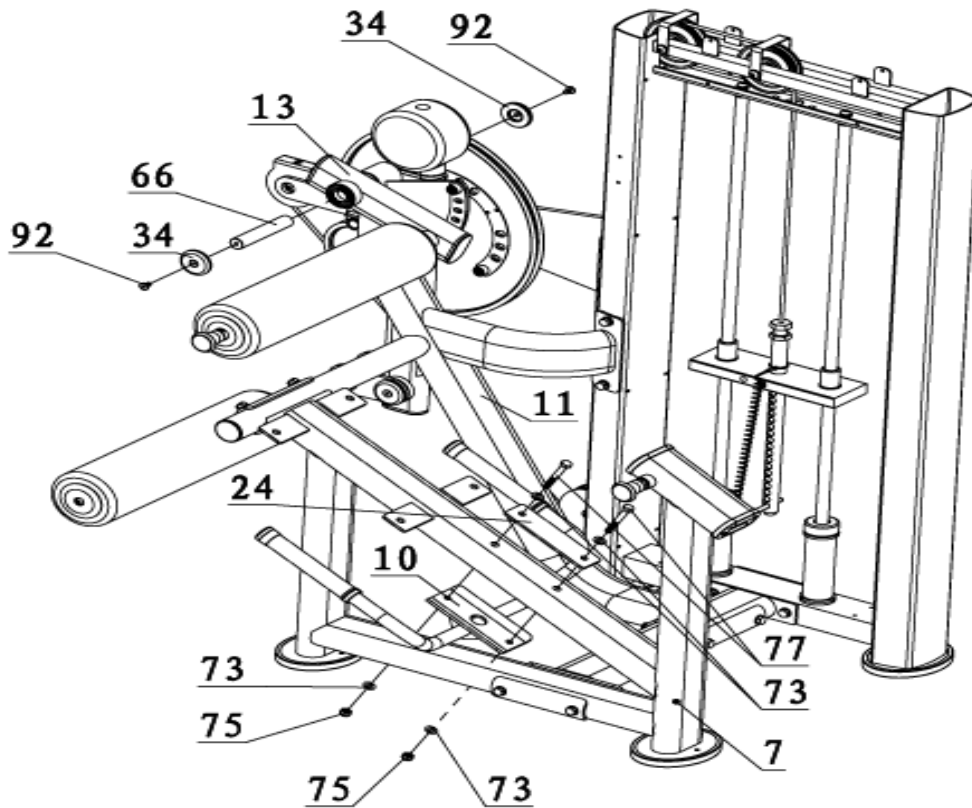
Parts Used in This Step:

Bubble No.	Description	Qty
1	Tower Frame	1
2	Cam	1
3	Leg Curl Frame	1
11	Cam Support Frame	1
34	Ending Cap	1
73	Flat Washer	3
74	Spring Washer	3
76	Hex Head Bolt M10x25	3
92	Flat Head, Allen Bolt M8x15	1

Step 3: Foam Support & Handle Bar

Attach Arm Support (13) to Curl Support Frame (11) using Double End Insert Tube (66), Ending Cap (34), Allen Bolt (92).

Install Handle Bar (10) and Fixing Plate (24) to Main Frame (7) using Fasteners (73, 75, 77).



Parts Used in This Step:

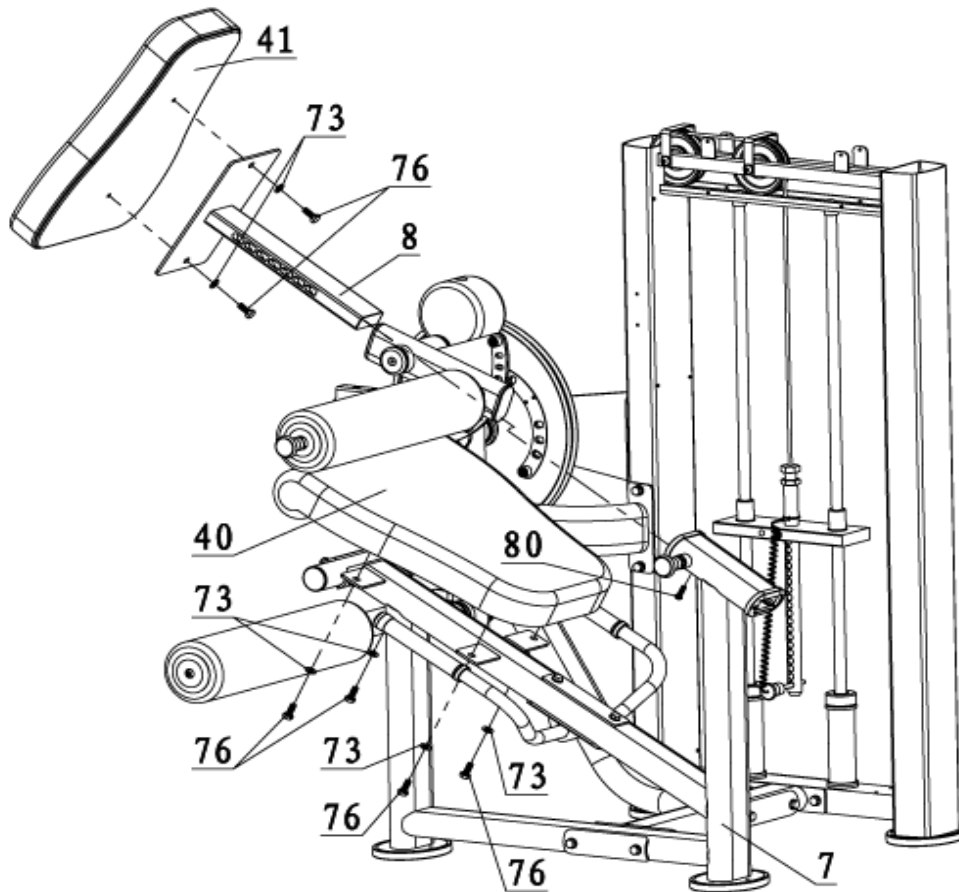
Bubble No.	Description	Qty
7	Main Frame	1
10	Handle Bar	1
11	Curl Support Frame	1
13	Arm Support	1
24	Fixing Plate	1
34	Ending Cap	2
66	Double End Insert Tube	1
73	Flat Washer	4
75	Lock Nut Hex M10	2
77	Hex Head Bolt M10x75	2
92	Flat Head, Allen Bolt M8x15	2

Step 4: Back Cushion and Adjusting Tube

Attach Back Cushion (41) to Adjustable Back tube (8) using Washers (73) and Allen Bolts M8x25 (76).

Attach Adjusting Tube (8) to Main Frame (7) using Bolt M8x25 (80).

Fix Cushion (40) to Main Frame (7) using Washers (73) and Bolts (76). Tighten all bolts.

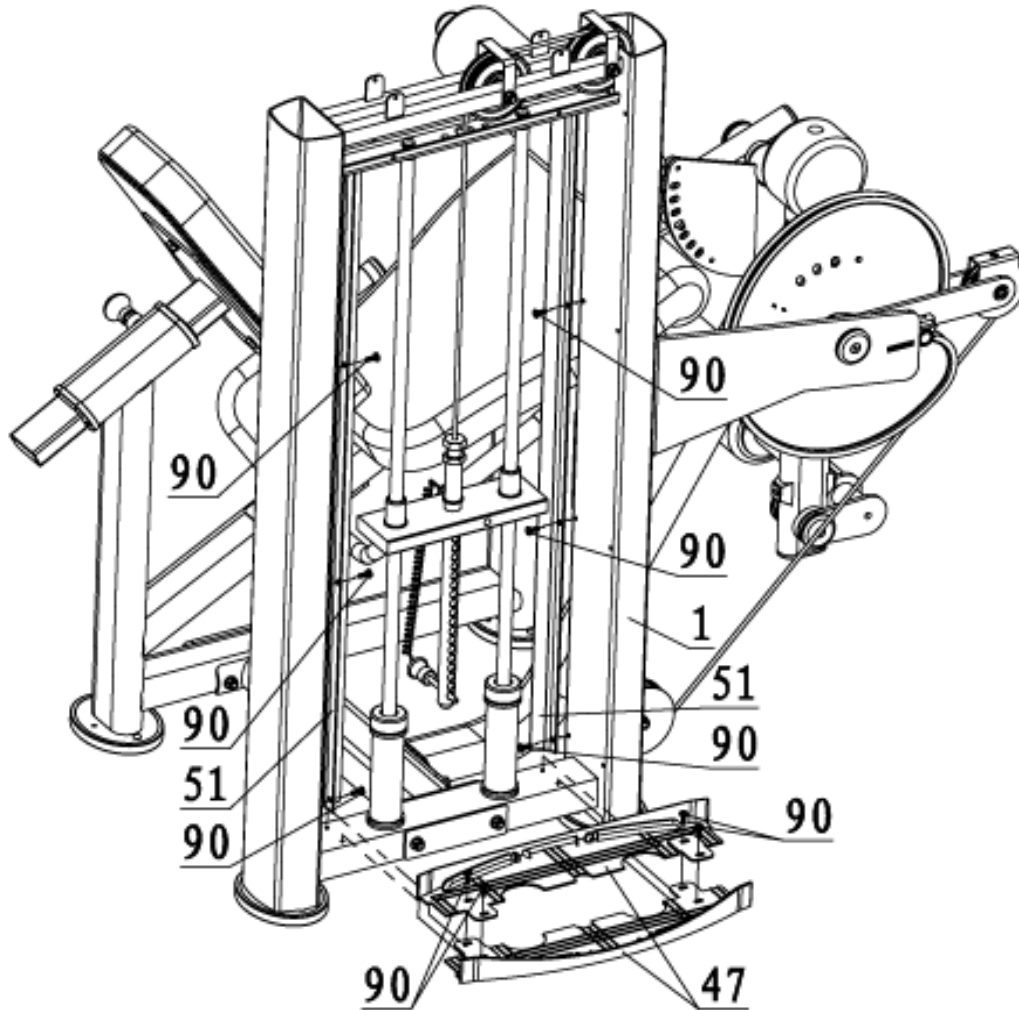


Parts Used in This Step:

Bubble No.	Description	Qty
7	Main Frame	1
8	Adjustable Back Tube	1
40	Cushion	1
41	Back Cushion	1
73	Flat Washer	6
76	Hex Head Bolt M10x25	6
80	Pan Head, Allen Bolt M8x25	1

Step 5: Covers and Panels

Install Base Cover (47) to Tower Frame (1) with Pan Head Bolt M6x15 (90).
Fix Side Faces (51) to Tower Frame (1) with Bolts (90). Tighten properly.



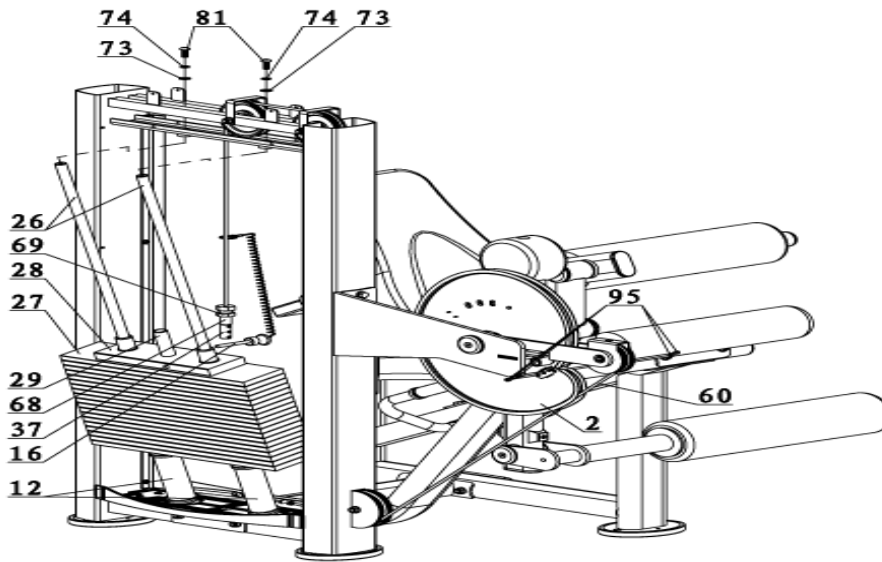
Parts Used in This Step:

Bubble No.	Description	Qty
1	Tower Frame	1
47	Base Cover	2
51	Side Face	2
90	Pan Head Phillips bolt M6x15	12

Step 6: Install Weight Stack

Remove Terminal (68), Bolts (76), Washers (74). Remove Top Weight Stack (28), Selector Shaft (29), Magnetic Pin (16). Stack 19 Weight Stacks (27) onto Guide-Rod (26). Reinsert

Top Stack, Selector Shaft, Magnetic Pin. Secure Guide-Rod (26) to Tower Frame (1) with Fasteners (Spring Washer (73), Flat Washer (74), M10x25 (81). Attach Cable (60) to Cam Frame (2) with Allen Set Screws (95). Adjust length using Terminal (68).



Parts Used in This Step:

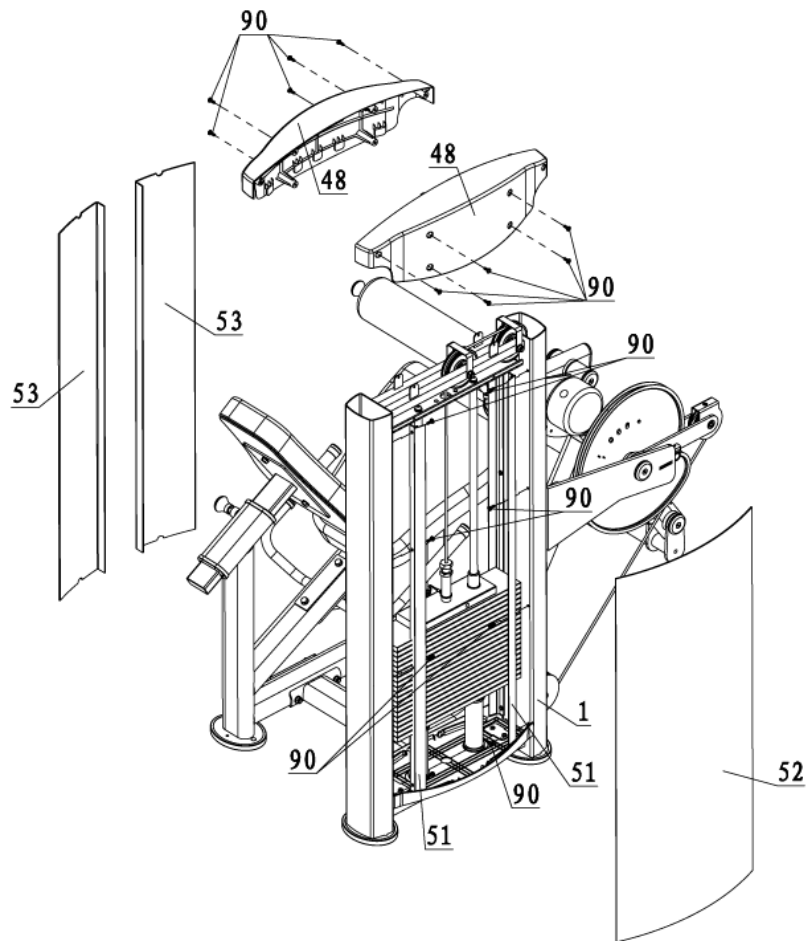
Bubble No.	Description	Qty
1	Tower Frame	1
2	Cam Frame	1
12	Weight Stack Support Frame	2
16	Magnetic Pin	1
26	Guide-Rod	2
27	Weight Stack	19
28	Top Weight Stack	1
29	Selector Shaft	1
60	Cable	1
68	Terminal	1
69	Hex Nut	1
73	Flat Washer	14
74	Spring Washer	2
81	Pan Head, Allen Bolt M10x25	2
95	Allen Head Set Screw M8x8	10

Step 7: Final Cover Installation

Fix Side Faces (51) to Tower Frame (1) with Bolts Pan Head M6x15 (90).

Insert Back Cover (52), Front Covers (53).

Install Top Cover (48) using Bolts (90). Tighten all bolts securely.



Parts Used in This Step:

Bubble No.	Description	Qty
1	Tower Frame	1
48	Top Cover	2
51	Side Face	2
52	Back Cover	1
53	Front Cover	2
90	Pan Head, Phillips Bolt M6x15	18

