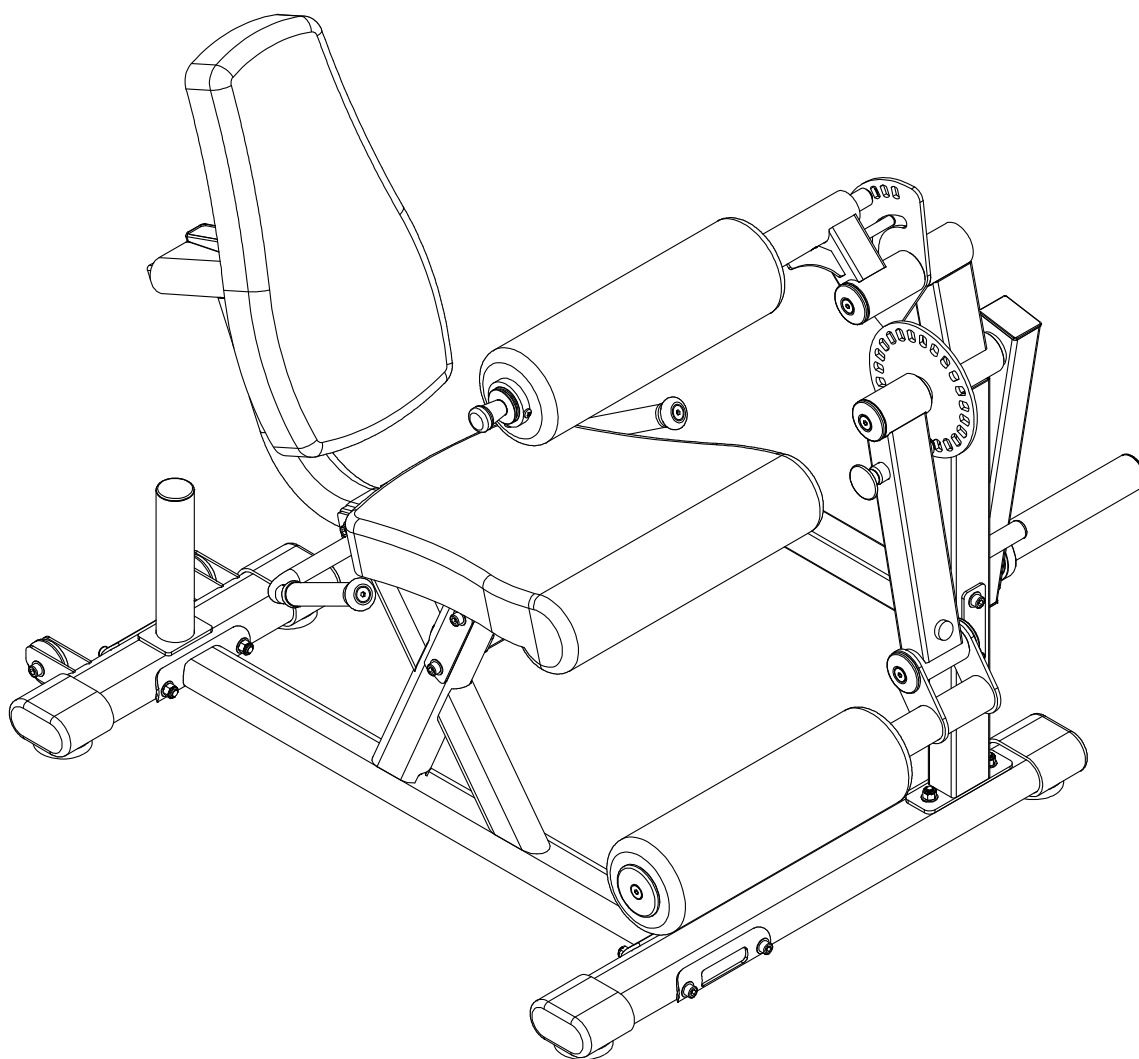




LEG EXTENSION / LEG CURL

5703-G1



Operator's Manual

PLEASE READ THIS MANUAL IN ENTIRETY.
MAKE SURE ALL PARTS ARE INSTALLED
AND WORKING PROPERLY PRIOR TO USE.
CONSULT A MEDICAL PROFESSIONAL PRIOR
TO VIGOROUS EXERCISE.



GRONK# 695703-G1

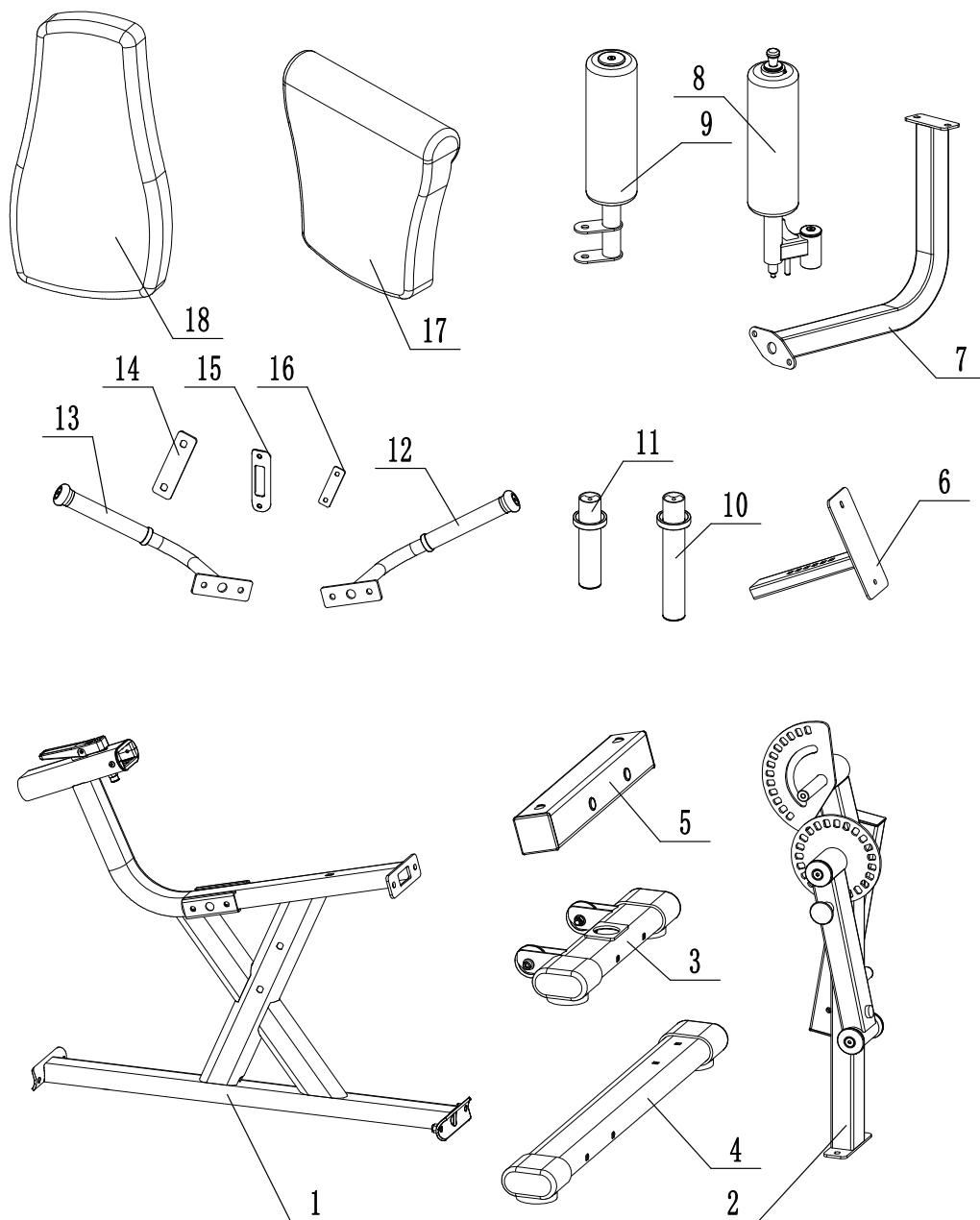
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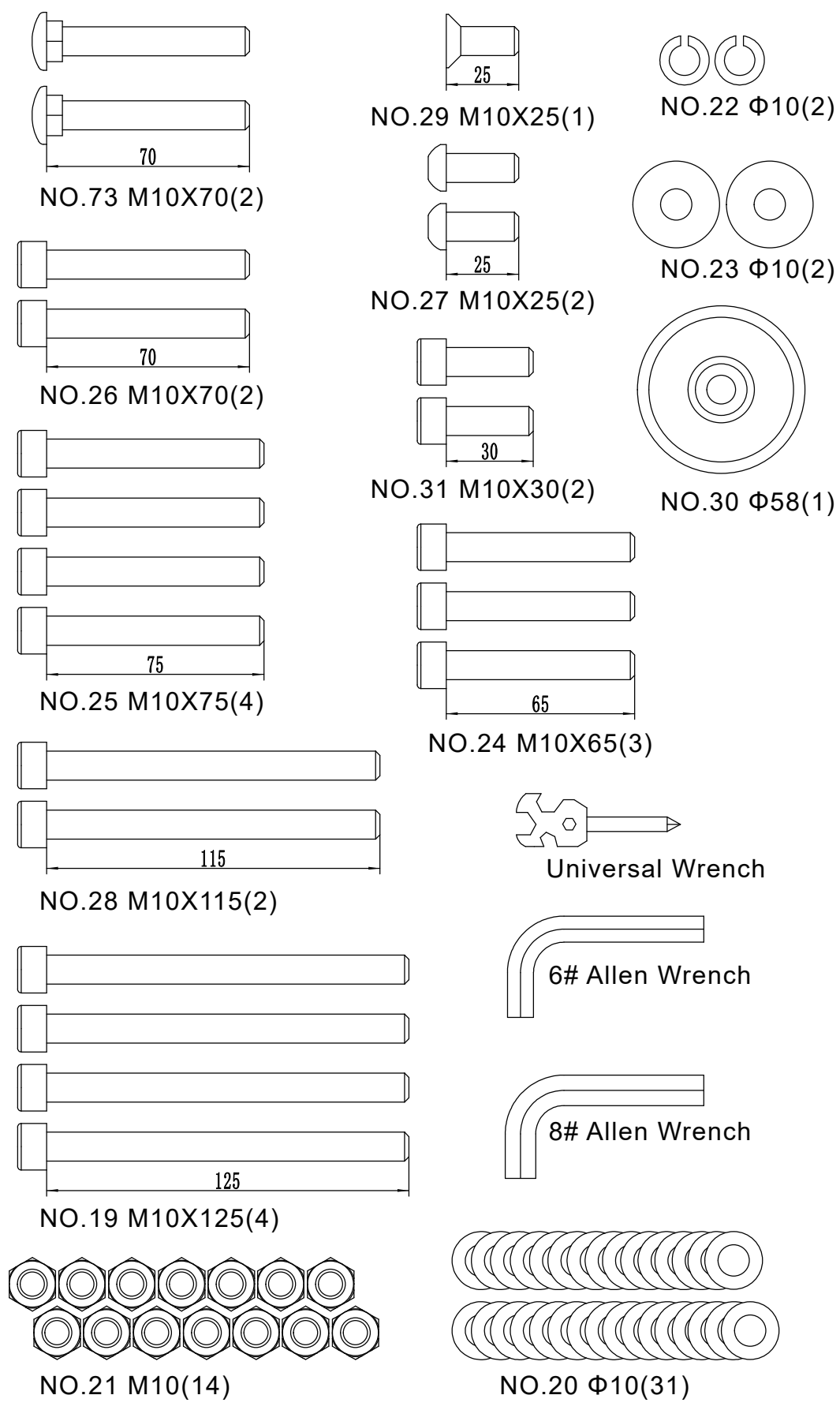
MADE IN CHINA

ASSEMBLY PARTS DIAGRAM / EXPLODED VIEW



KEY	QTY	DESCRIPTION	KEY	QTY	DESCRIPTION
(1)	1	BOTTOM MAIN FRAME	(10)	1	LONG CHROMED TUBE
(2)	1	SIDE UPRIGHT FRAME	(11)	1	REAR CHROMED TUBE
(3)	1	REAR BOTTOM TUBE	(12)	1	LEFT HANDLE
(4)	1	FRONT BOTTOM TUBE	(13)	1	RIGHT HANDLE
(5)	1	SQUARE TUBE	(14)	1	STRENGTH PLATE
(6)	1	BACK CUSHION FRAME	(15)	2	CAMBERED STRENGTH PLATE
(7)	1	CONNEC BENDING TUBE	(16)	1	SMALL STRENGTH PLATE
(8)	1	TOP FOAM FRAME	(17)	1	SEAT CUSHION
(9)	1	BOTTOM FOAM FRAME	(18)	1	BACK CUSHION

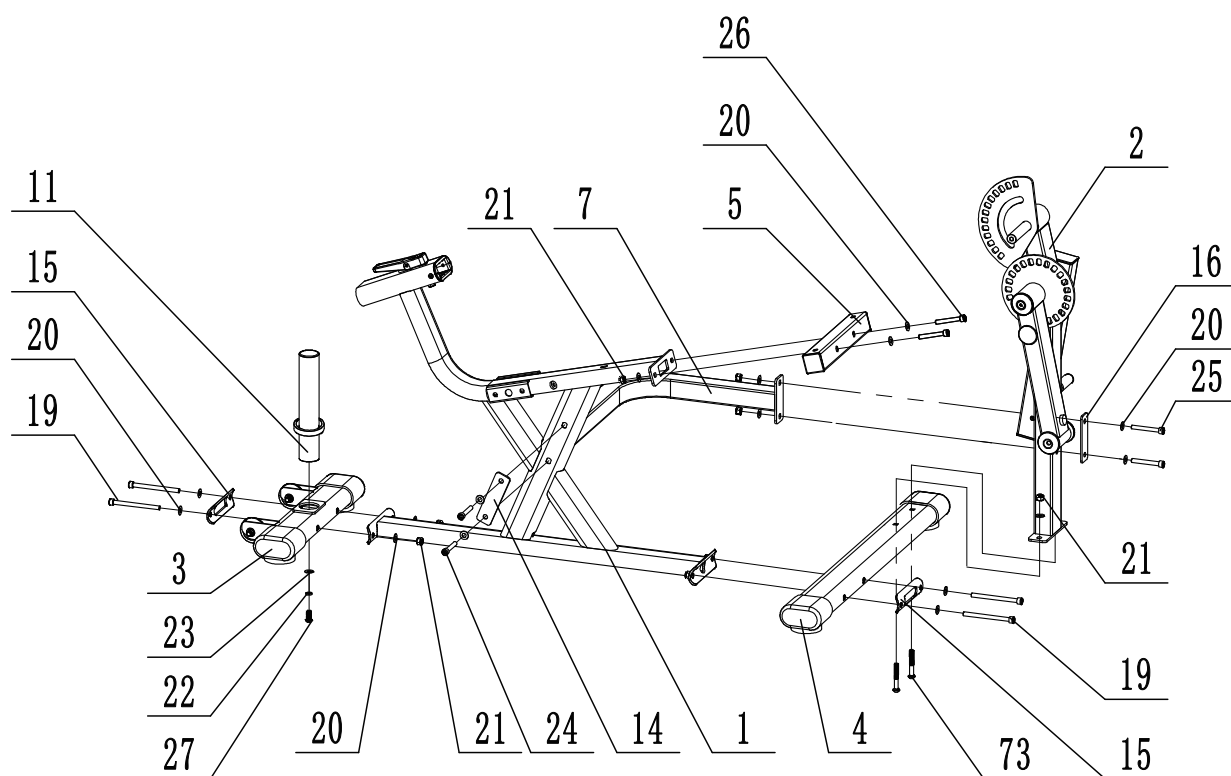
HARDWARE PACK



ASSEMBLY INSTRUCTIONS

STEP 1

1. Connect Rear Bottom Tube (3) and Rear Chromed Tube (11), using Flat Washer (23), Spring Washer (22) and Umbrella Head Hex Bolt (27).
2. Connect Bottom Main Frame (1), Rear Bottom Tube (3) and Cambered Strength Plate (15), using Cylinder Head Hex Bolt (19), Washer (20) and Self Locking Nut (21).
3. Connect Side Upright Frame (2) and Front Bottom Tube (4), using Washer (20), Self Locking Nut (21) and Carriage Bolt(73).
4. Connect Bottom Main Frame (1) and Front Bottom Tube (4), using Cylinder Head Hex Bolt M10 X 125 (19), Washer (20) and Self Locking Nut (21).
5. Connect Bottom Main Frame (1), Connection Bending Tube (7) and Strength Plate (14), using Washer (20) and Self Locking Nut (21) and Cylinder Head Hex Bolt(24).
6. Connect Side Upright Frame (2), Connection Bending Tube (7) and Small Strength Plate(16), using Washer (20) and Self Locking Nut (21) and Cylinder Head Hex Bolt (25).
7. Connect Bottom Main Frame (1) and Square Tube (5), using Washer (20) and Self Locking Nut (21) and Cylinder Head Hex Bolt (26).



ASSEMBLY INSTRUCTIONS

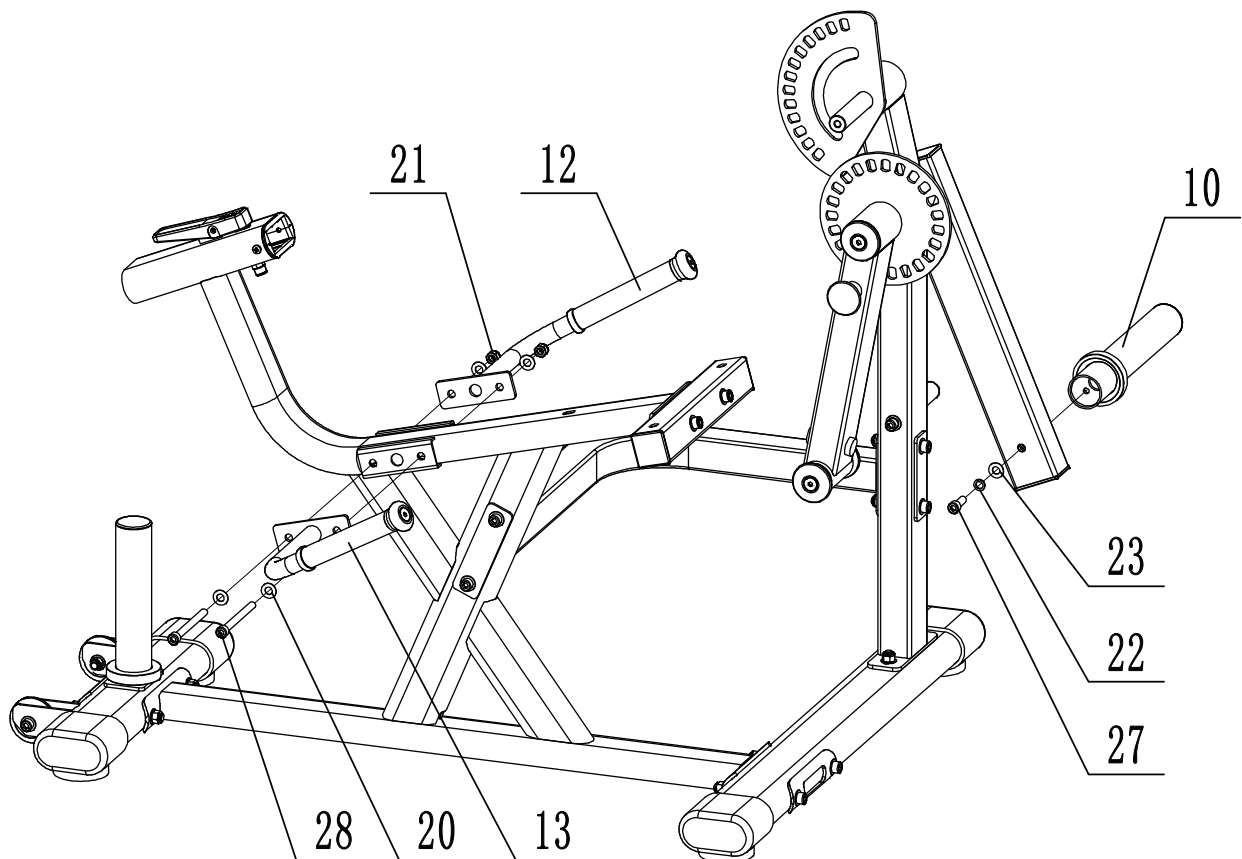
STEP 1

KEY	DESCRIPTION	SPECIFICATION
(1)	BOTTOM MAIN FRAME	
(2)	SIDE UPRIGHT FRAME	
(3)	REAR BOTTOM TUBE	
(4)	FRONT BOTTOM TUBE	
(5)	SQUARE TUBE	
(7)	CONNECTION BENDING TUBE	
(11)	REAR CHROMED TUBE	
(14)	STRENGTH PLATE	
(15)	CAMBERED STRENGTH PLATE	
(16)	SMALL STRENGTH PLATE	
(19)	CYLINDER HEAD HEX BOLT	M10X125
(20)	WASHER	φ10
(21)	SELF LOCKING NUT	M10
(22)	SPRING WASHER	φ10
(23)	FLAT WASHER	φ10X30
(24)	CYLINDER HEAD HEX BOLT	M10X65
(25)	CYLINDER HEAD HEX BOLT	M10X75
(26)	CYLINDER HEAD HEX BOLT	M10X70
(27)	UMBRELLA HEAD HEX BOLT	M10X25
(73)	CARRIAGE BOLT	M10X70

ASSEMBLY INSTRUCTIONS

STEP 2

1. Connect (10) on the main frame, using (22), (23) and (27).
2. Connect (12), (13) on the main frame, using (20), (21) and (28).

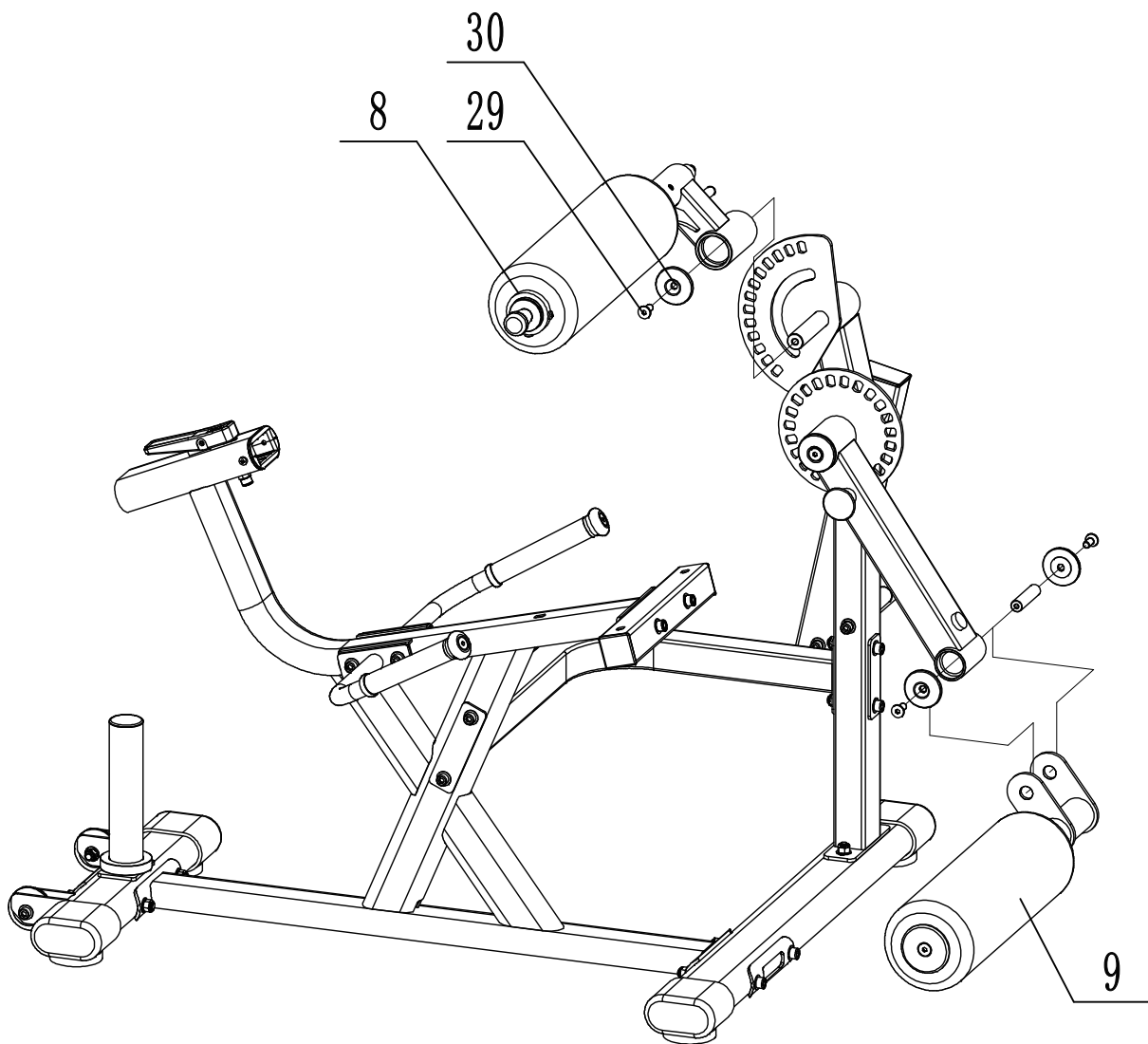


KEY	DESCRIPTION	SPECIFICATION
(10)	LONG CHROMED ROD	
(12)	LEFT HANDLE FRAME	
(13)	RIGHT HANDLE FRAME	
(20)	WASHER	φ10
(21)	SELF LOCKING NUT	M10
(27)	UMBRELLA HEAD HEX BOLT	M10X25
(28)	HEX HEAD BOLT	M10X115

ASSEMBLY INSTRUCTIONS

STEP 3

1. Connect (8) on the main frame, using (29) and (30).
2. Connect (9) on the main frame.

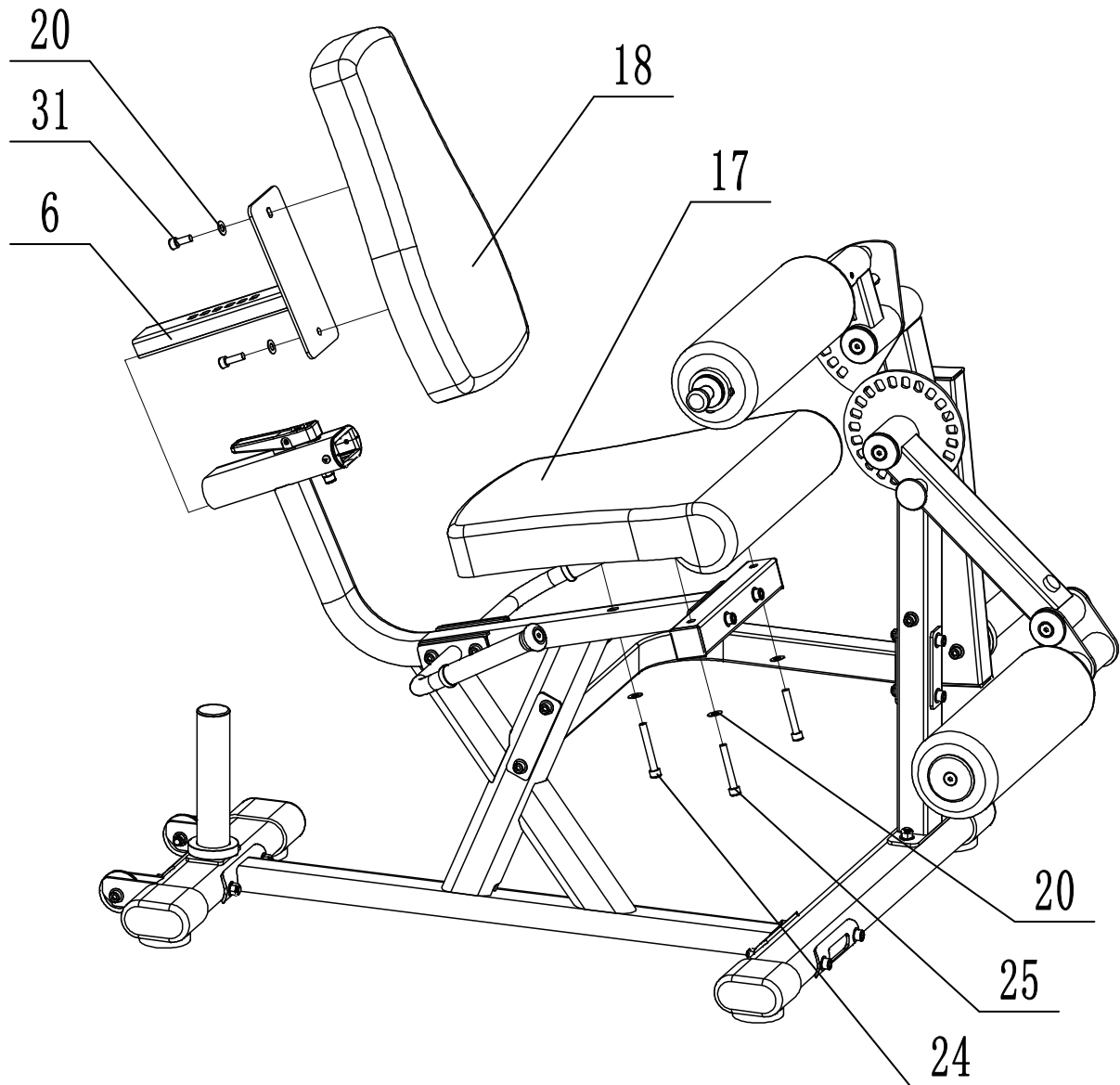


KEY	DESCRIPTION	SPECIFICATION
(8)	TOP FOAM FRAME	
(9)	BOTTOM FOAM FRAME	
(24)	CYLINDER HEAD HEX BOLT	M10X65
(29)	HEAVY HEAD BOLT	M10X25
(30)	STEPPER ALUMINUM END CAP	φ58

ASSEMBLY INSTRUCTIONS

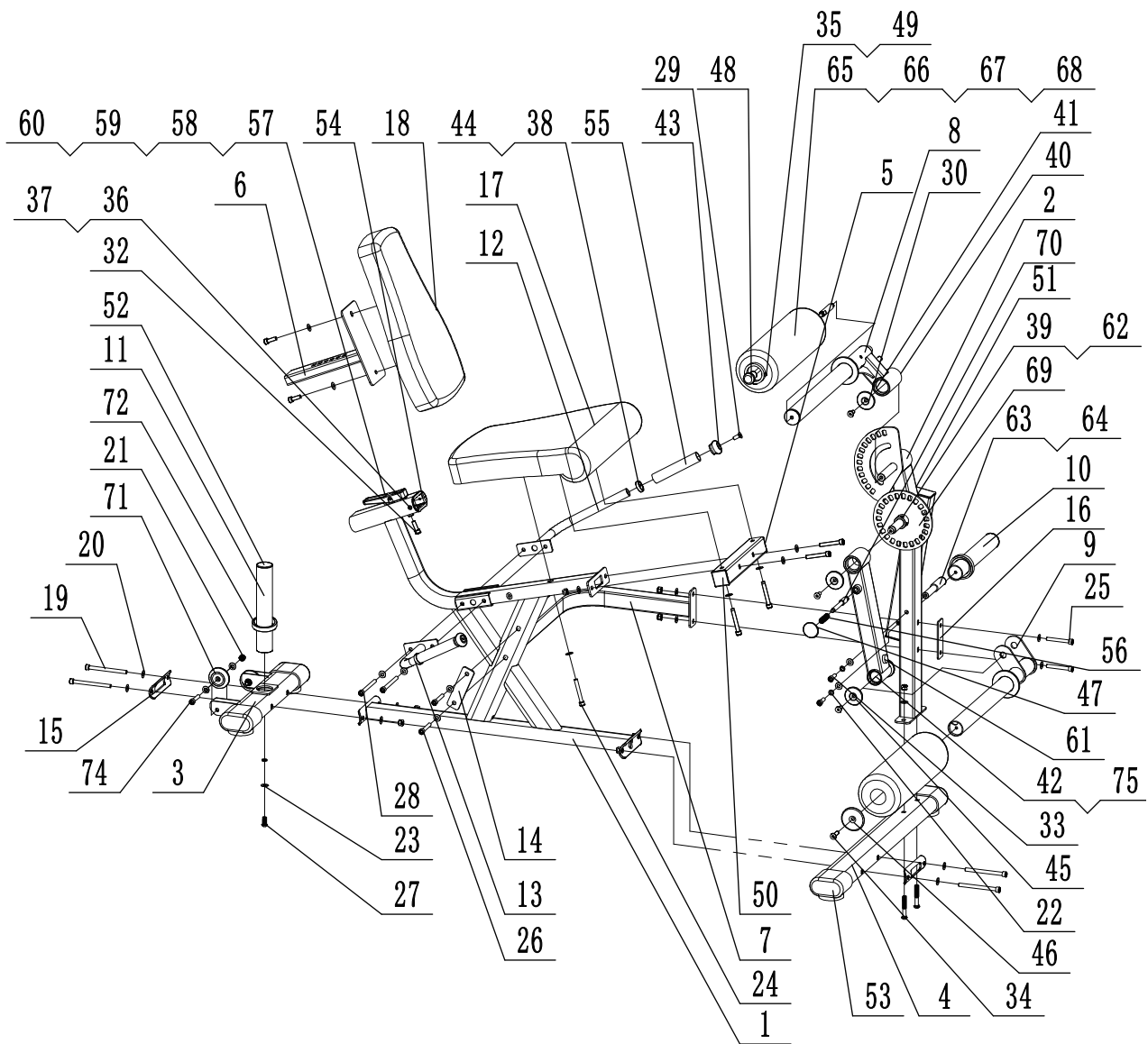
STEP 4

1. Connect(6) and (18), using (20) and (31).
2. Connect(17) on the seat frame, using (20), (24) and (25).



KEY	DESCRIPTION	SPECIFICATION
(6)	BACK CUSHION FRAME	
(17)	SEAT CUSHION	
(18)	BACK CUSHION	
(20)	FLAT WASHER	
(25)	CYLINDER HEAD HEX BOLT	M10X75
(31)	CYLINDER HEAD HEX BOLT	M10X30

APPENDIX-FULL ASSEMBLY/EXPLODED VIEW/FULL PARTS LIST



APPENDIX-FULL PARTS LIST

NO.	DESCRIPTION	SPECIFICATION	QTY
1	BOTTOM MAIN FRAME		1
2	SIDE UPRIGHT FRAME		1
3	REAR BOTTOM TUBE		1
4	FRONT BOTTOM TUBE		1
5	SQUARE TUBE		1
6	BACK CUSHION FRAME		1
7	CONNECTION BEND TUBE		1
8	TOP FOAM FRAME		1
9	BOTTOM FOAM FRAME		1
10	LONG CHROMED TUBE		1
11	REAR CHROMED TUBE		1
12	LEFT HANDLE FRAME		1
13	RIGHT HANDLE FRAME		1
14	STRENGTH PLATE		1
15	CAMBERED STRENGTH PLATE		2
16	SMALLER STRENGTH PLATE		1
17	SEAT CUSHION		1
18	BACK CUSHION		1
19	CYLINDER HEAD HEX BOLT	M10X125	4
20	FLAT WASHER	φ10	35
21	SELF LOCKING NUT	M10	16
22	SPRING WASHER	φ10	3
23	WASHER	φ10X30	3
24	CYLINDER HEAD HEX BOLT	M10X65	3
25	CYLINDER HEAD HEX BOLT	M10X75	4
26	CYLINDER HEAD HEX BOLT	M10X70	2
27	UMBRELLA HEAD HEX BOLT	M10X25	2
28	CYLINDER HEAD HEX BOLT	M10X115	2
29	HEAVY HEAD HEX BOLT	M10X25	6
30	STEPPER ALUMINUM END COVER	φ58	2
31	CYLINDER HEAD HEX BOLT	M10X30	2
32	UMBRELLA HEAD HEX BOLT	M10X30	1
33	CYLINDER HEAD HEX BOLT	M10X25	1
34	HEAVY HEAD HEX BOLT	M10X35	1
35	CYLINDER HEAD HEX BOLT	M5X12	2
36	UMBRELLA HEAD HEX BOLT	M6X12	2
37	NUT	M6	2
38	TOP THREAD	M5X3.5	4
39	TOP THREAD	M8X6	2
40	STEPPER BEARING	6005	4
41	BEARING	6005	2
42	STEPPER BEARING	6004	2
43	ALUMINUM END CAP	Φ25	2

APPENDIX-FULL PARTS LIST

44	ALUMINUM STOPPER	Φ25	2
45	ALUMINUM GASKET	Φ50	2
46	ALUMINUM GASKET	Φ70	1
47	ALUMINUM HANDLE		1
48	PLASTIC HANDLE		1
49	ALUMINUM RING	Φ65.5	1
50	SQUARE END CAP	50X50	2
51	SQUARE END CAP	50×70	2
52	ROUND END CAP	Φ50	2
53	FLAT ELLIPTICAL FOOT COVER	50X100	4
54	SEAT HOLLOW SLEEVE	50X100 TO 30X70	1
55	HANDLE GRIP	DIA25X160	2
56	ADJUSTABLE HANDLE SPRING	Φ12	2
57	ALUMINUM ADJUSTABLE HANDLE	15	1
58	HANDLE SPRING	Φ6	1
59	SPRING CLAMP	Φ6	2
60	ADJUSTABLE HANDLE SHAFT	Φ6	1
61	BUFFER	Φ25X8	2
62	SPRING FIXING PIN	Φ10X36	1
63	HANDLE GRIP COVER	Φ19X70	1
64	STOPPER SHAFT		1
65	FOAM ROLLER		2
66	LONG PIN ROD		1
67	SPRING	Φ12	2
68	SELECTOR PIN 2		1
69	CHROMED HOLE PLATE		1
70	SHORT PIN		1
71	MOVING SHAFT		2
72	RUBBER RING		2
73	CARRIAGE BOLT	M10X70	2
74	CYLINDER HEAD HEX BOLT	M10X50	2
75	FIXING SHAFT		1