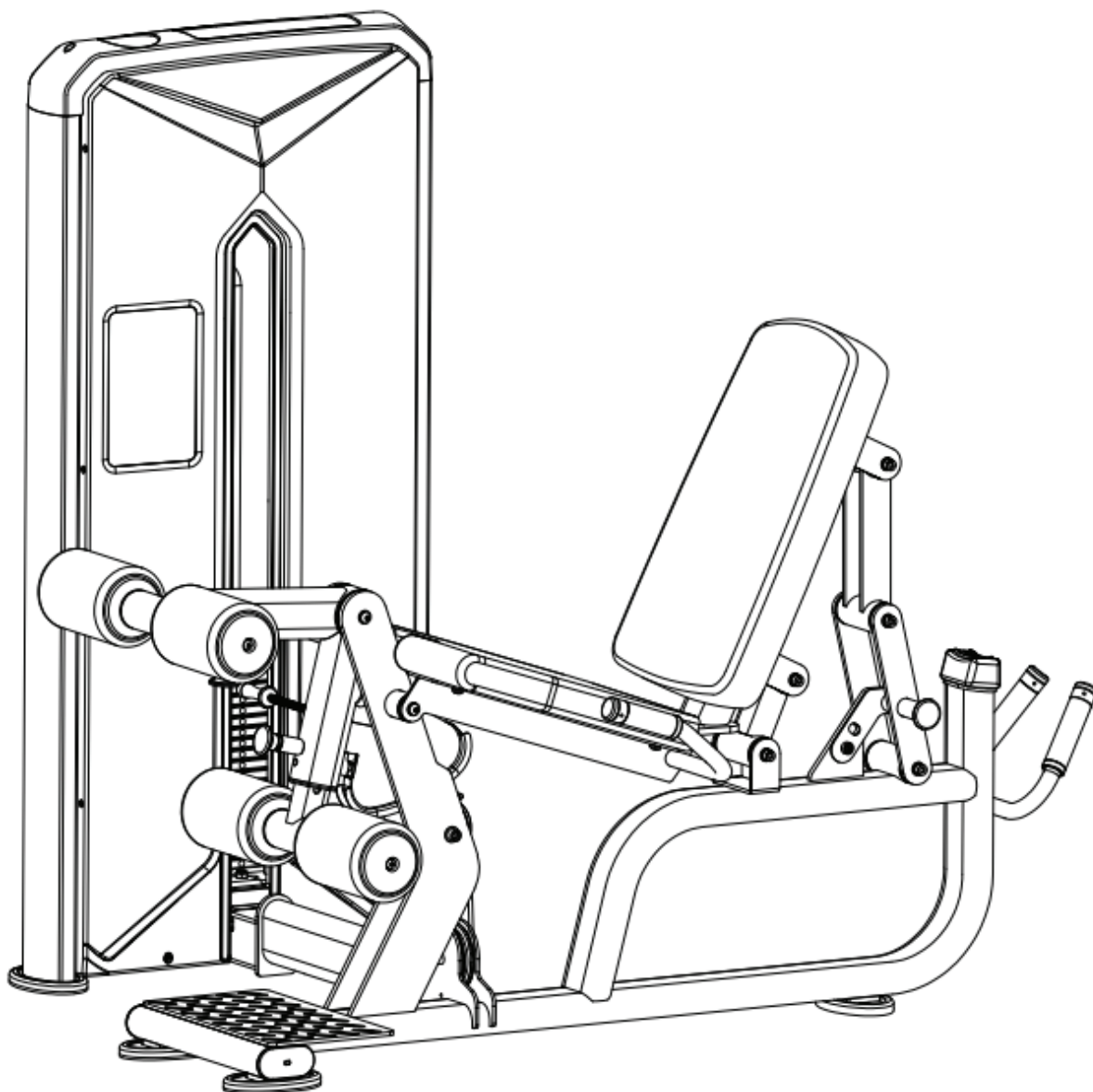


FORCE^{USA}



LEG EXTENSION / LEG CURL MACHINE

USER MANUAL | **F-S-LELC**





THANK YOU FOR YOUR PURCHASE

**For the most up to date info about using
your equipment and our latest support
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BEFORE YOU START



Read all instructions in this manual before assembling or using this equipment



Only tighten nuts and bolts loosely until all equipment is assembled. Once the equipment is fully assembled, tighten from the bottom up, working evenly around the unit.

- Remove all parts from the packaging and count each component separately to ensure everything is provided correctly, noting that some items may be pre-assembled
- Follow the instructions and refer to both the individual assembly pages and the exploded views of the equipment whenever possible
- The owner is responsible for ensuring that all users of this unit have read the user manual and understand the safety precautions
- Descriptions of left and right refer to the perspective of standing in front, facing the equipment.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until all assembly steps are completed
- It is recommended to keep these instructions

Although current at the time of this printing, specifications for this model may have changed in our continuing effort for improvement. Force USA reserves the right to modify and improve the specifications of its products without prior notice.

BEFORE YOU START CONTINUED

SAFETY PRECAUTIONS

Every piece of Force USA equipment is built for maximum safety and meets or exceeds all applicable domestic and international standards. However, certain precautions must be taken when operating any piece of fitness equipment.

- It is highly recommended that two or more people are used for assembly
- Assemble equipment on a flat surface
- Consider placing a mat/mats under the equipment to protect your floor
- Ensure all parts are in working order prior to use
- Make sure all pivoting components are able to move freely
- Do not use or store the equipment outdoors or around water
- Do not over tighten any component with pivoting function
- Keep hair, fingers and clothing away from moving parts
- Only use attachments recommended by the manufacturer
- Never operate if parts are not functioning correctly
- Always stretch prior to using equipment
- Stop immediately if you experience any pain, dizziness or nausea
- Before starting any exercise program consult your doctor

PREVENTATIVE MAINTENANCE

To ensure your equipment is operating at its peak, please follow the below preventative maintenance schedule performing all tasks upon initial assembly:

Daily Maintenance

- Wipe down the equipment to remove any dust and sweat residue with a dry, non-abrasive cloth
- Inspect the unit for noisy, damaged or loose components

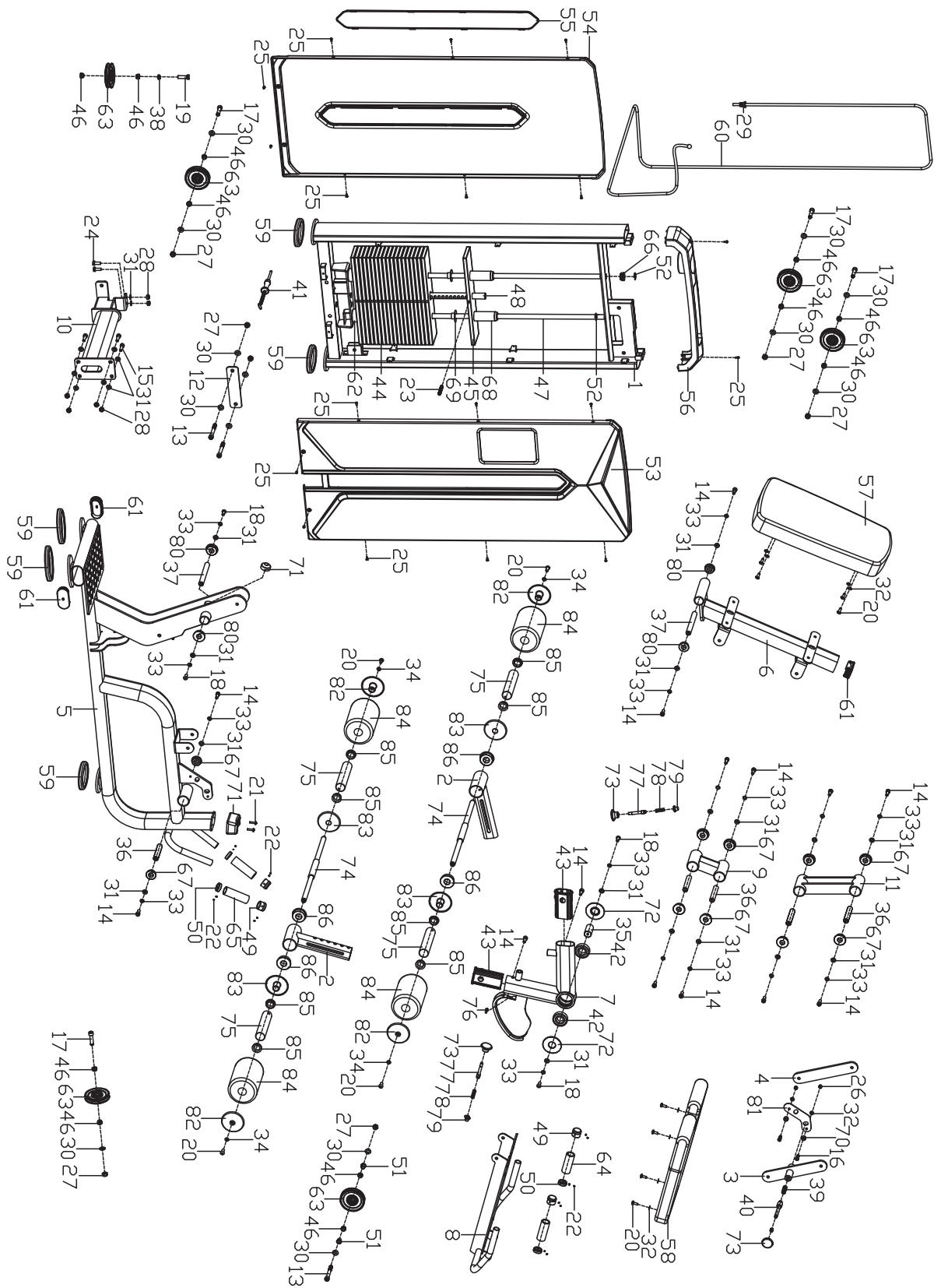
Monthly Maintenance

- Thoroughly clean the equipment using a non abrasive cloth dampened with a mild, all purpose cleaner ensuring to thoroughly wipe down and dry the equipment afterwards
- Apply a 100% silicone lubrication (preferably spray) to guide rods, pulley sliders, weight plate carriages and any other moving parts where friction can occur including bearings (where applicable). Any other form of lubrication will void your warranty
- Check the tightness of all bolts, nuts and screws
- Check the cables for fraying or any signs of wear and ensure they are at the correct tension with a small amount of slack at resting position (where applicable)
- Inspect pulleys for any damage or cracks (where applicable)
- Knurling can be cleaned using a soft bristled brush to help remove any particles that may be nestled within the knurling
- Vacuum around the machine/equipment to prevent dust accumulation

EXPLODED DIAGRAMS



Most of the listed hardware has been packaged separately, but some of them have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required. Please refer the individual steps for the installation and pay attention to the preinstalled hardware.



COMPLETE COMPONENT INVENTORY

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	counterweight frame combination	1	44	WEIGHT block	19
2	foam adjustment tube	2	45	load block	1
3	backpad connection frame	1	46	aluminum bushings	12
4	connecting plate 2	1	47	slide rod	2
5	seat frame combination	1	48	pull rod	1
6	back pad frame joint	1	49	aluminum end cap	4
7	swinging frame combination	1	50	aluminum inner end cap	4
8	seat frame connection	1	51	spacer $\phi 20 \times 17$	2
9	back pad supporting tube	1	52	E-type clamp springs $\phi 15$	4
10	connecting frame combination	1	53	front guard	1
11	back pad supporting frame	1	54	rear guard	1
12	connecting plate 2	1	55	rear protective guard	1
13	hexagon cylindrical head bolt M12*100	3	56	upper cover	1
14	hexagon cylindrical head bolt M10*25	14	57	back pad	1
15	hexagon cylindrical head bolt M10*30	4	58	seat plate	1
16	hexagon cylindrical head bolt M8*20	2	59	rubber foot end cap	5
17	hexagon cylindrical head bolt M12*50	4	60	wire rope	1
18	hexagon pan head bolt M10*25	4	61	oval bushings 100*50*3	3
19	outer hexagon bolt M12*40	1	62	buffer pad	2
20	Hex socket pan head screw M8*20	12	63	pulleys	6
21	Cross pan head bolt M6*25	2	64	foam grip $\phi 22.3 \times T4 \times 90$	2
22	flat point set screw M5*3	16	65	foam grip $\phi 22.3 \times T4 \times 110$	2
23	flat point set screw M10*70	1	66	hole plug	2
24	outer hexagon bolt M10*25	2	67	axle bushings $\phi 50 \times 15$	10
25	cross pan head screws M5*10	18	68	nylon axle bushings	2
26	nylon nut M8*H8	2	69	nylon flange bushings	38
27	nylon nut M12*H11	7	70	cushion collar	2

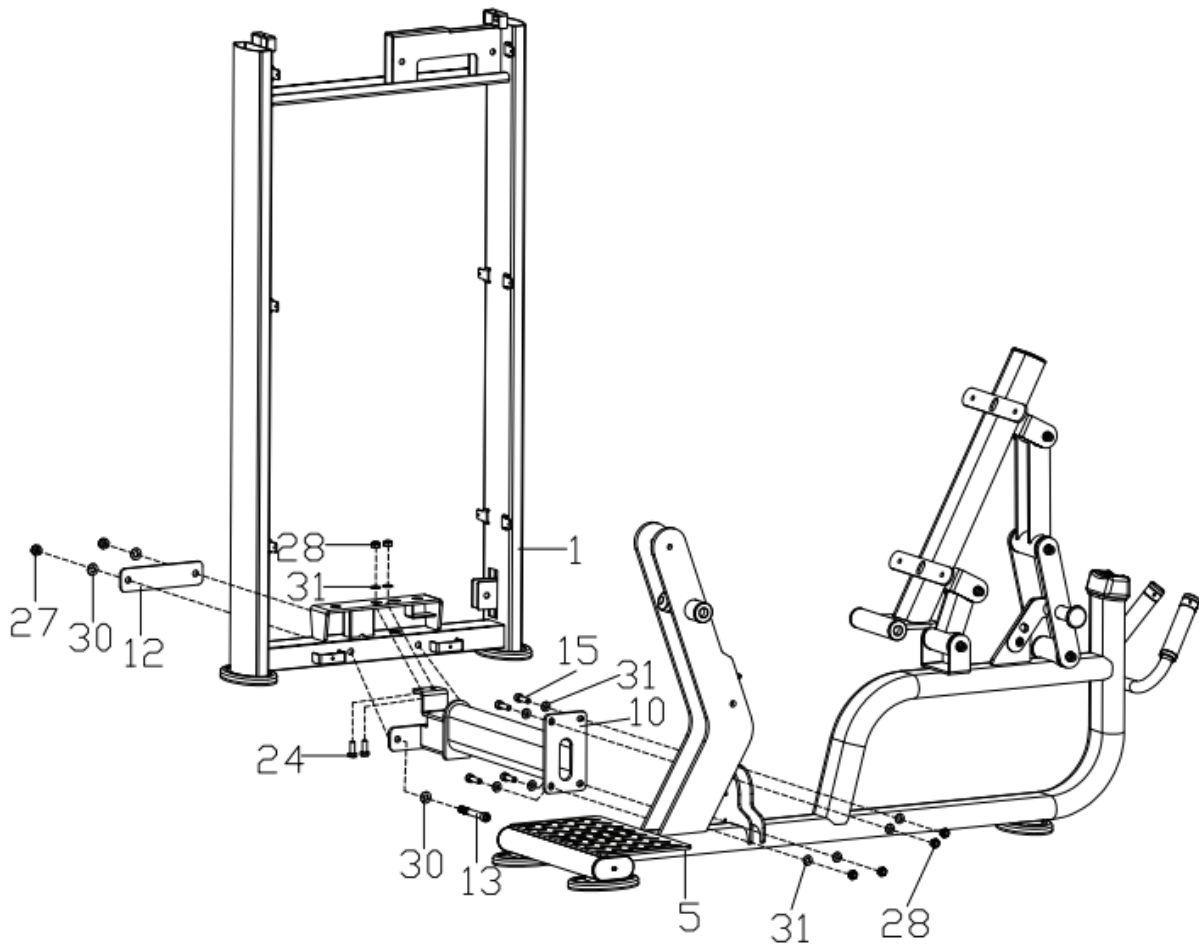
COMPLETE COMPONENT INVENTORY

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
28	nylon nut M10*H10	6	71	cushion plate	1
29	flange nut M12*H11	1	72	nylon pad	2
30	flat washer $\phi 12.2 \times \phi 24 \times 2$	13	73	plastic pop-pin head	3
31	flat washer $\phi 10.2 \times \phi 20 \times 2$	26	74	foam axle	2
32	flat washer D8* $\phi 16 \times 1.5$	10	75	foam tube	4
33	spring washer D10	16	76	hex cylindrical head bolt M6*20	1
34	flat washer D8* $\phi 20 \times 2$	4	77	hinge bar $\phi 14.4 \times 76.5$	2
35	short shaft $\phi 30 \times 59$	1	78	press spring 65Mn/ $\phi 14$ outer* $\phi 1.2 \times L28$	2
36	rotating axle $\phi 20 \times 110$	5	79	Latch tube sealing nut	2
37	long shaft $\phi 20 \times 169$	2	80	axle sleeve $\phi 42 \times 15$	4
38	spring washer D12	1	81	adjustment pad	1
39	press spring 65Mn/ $\phi 16$ outer * $\phi 1.4 \times L46$	1	82	foam outer cover	4
40	latch plate bar $\phi 20 \times 131$	1	83	foam inner cover	4
41	magnetic latch	1	84	foam	4
42	bearing 6206-RS	2	85	axle sleeve $\phi 40 \times \phi 27.8 \times 13$	8
43	bushings	2	86	nylon axle sleeve	4

STEP 1 - ASSEMBLY



It is well suggested that two or more people to assemble this machine to avoid any possible injury.
Remove all the security tape and wrapping before the installation.



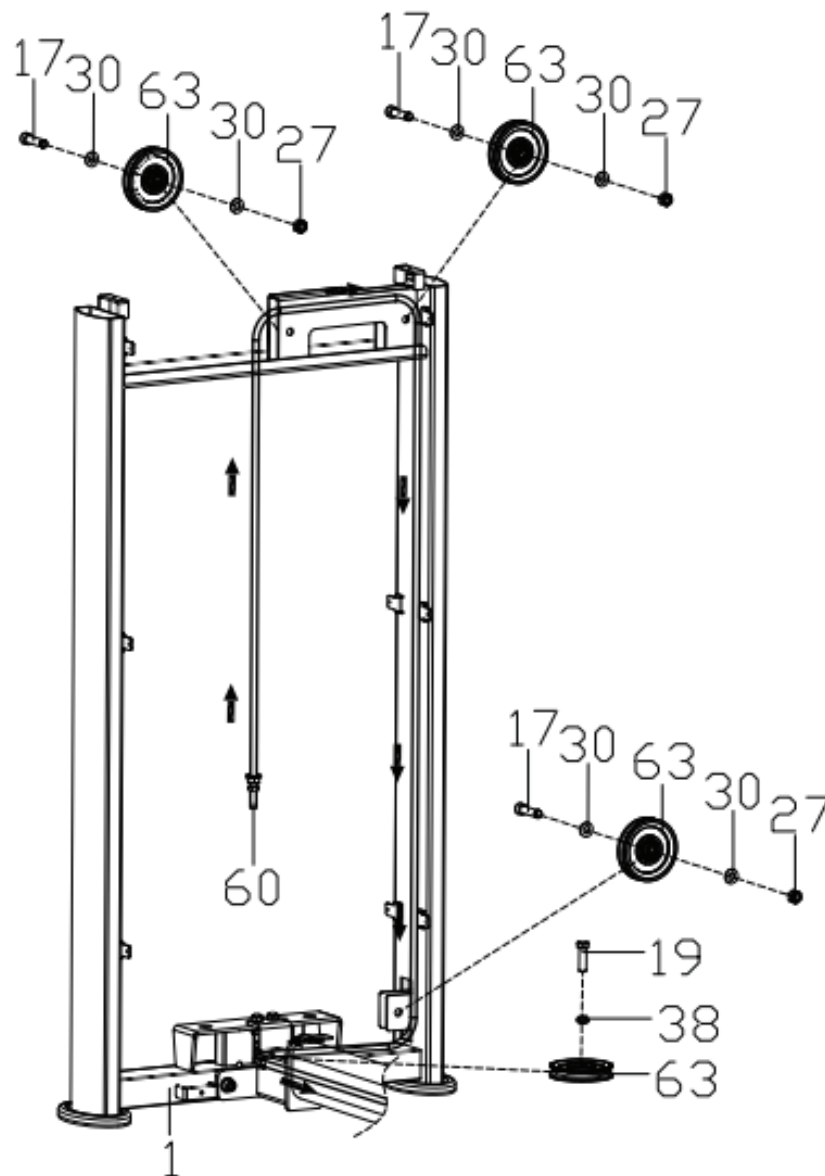
1

Pre-lock the connecting frame combination (10) on the counterweight frame combination (1) with outer hexagon bolt (24), flat washer (31) and nylon nut (28), and pre-lock the connecting plate two (12) and connecting frame combination (10) on the counterweight frame combination (1) with hexagon cylindrical head bolt (13), flat washer (30) and nylon nut (27);

2

Use hexagon cylindrical head bolt (15), flat washer (31), nylon nut (28) to lock the seat frame combination (5) to the connecting frame combination (10), and lock all the outer hexagon bolts (24) and hexagon cylindrical head bolts (13) that are not locked.

STEP 2 - ASSEMBLY



1

Wrap one end of the wire rope (60) around the rope in the direction of the arrow;

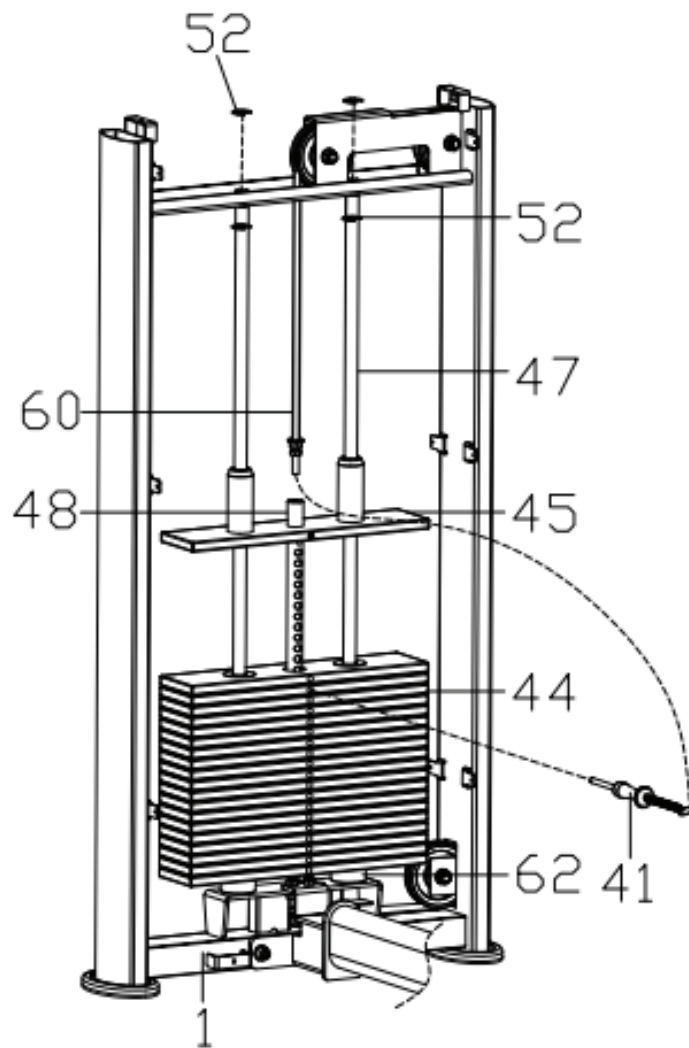
2

The three sets of pulleys (63) are respectively locked on the combination (1) of the counterweight frame with hexagonal cylindrical head bolts (17), flat washers (30) and nylon nuts (27);

3

Use the outer hexagon bolt (19) and spring washer (38) to lock the pulley (63) to the counterweight frame combination (1)

STEP 3 - ASSEMBLY



1

First, the buffer pad (62), slide rod (47), weight block (44), guide block (45) are loaded into the counterweight frame combination (1) in sequence;

2

The slide rod (47) is fixed on the combination (1) of the counterweight frame with 4 E-type clamp springs (52);

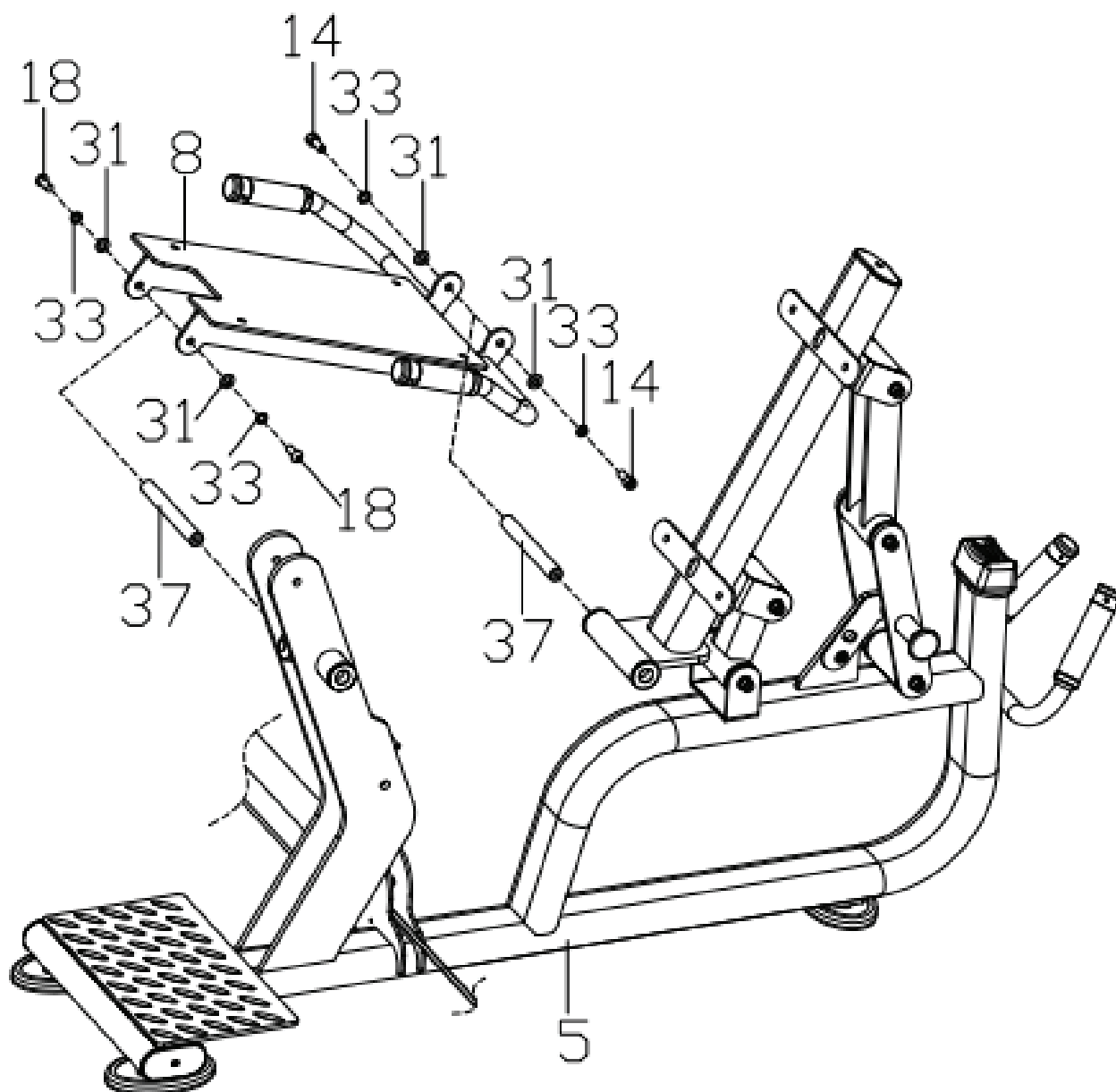
3

In order from small to large and from top to bottom, paste the sticker on the weight block (44);

4

First insert magnetic latch (41) with wire into the weight block (44) and pull rod (48), then insert the wire trap with magnetic latch (41) into the screw of the wire rope (60), and lock the screw end of the wire rope (60) to the pull rod (48)

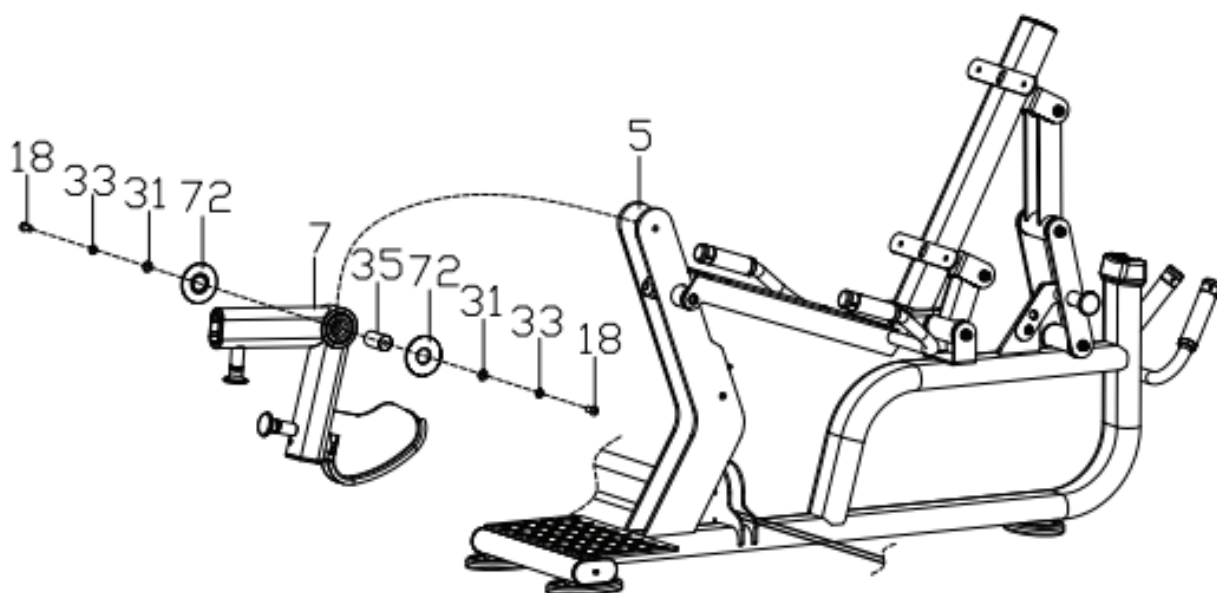
STEP 4 - ASSEMBLY



1

The seat frame combination (8) is locked on the seat frame combination (5) with the hexagon cylindrical head bolt (14), the hexagon pan head bolt (18), the spring washer (33), the flat washer (31) and the long shaft (37)

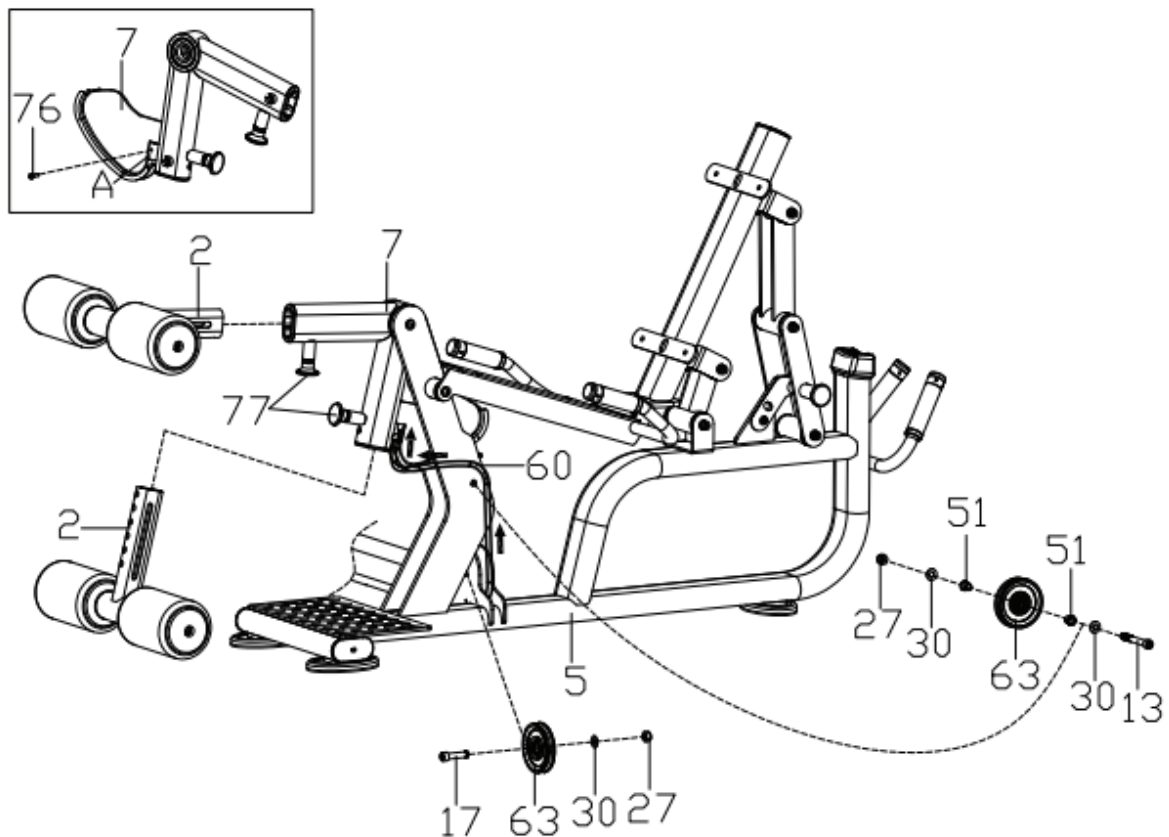
STEP 5 - ASSEMBLY



1

The swinging frame combination (7) is locked on the seat combination (5) with the hexagon pan head bolt (18), spring washer (33), flat washer (31), nylon pad (72) and short shaft (35).

STEP 6 - ASSEMBLY



1

First remove the hex cylindrical head bolt (76) that is pre-locked on the casing (A) of the swinging frame (7), then wrap one end of the wire rope (60) around the rope in the direction of the arrow, and buckle the ball head of the wire rope (60) in the casing (A) of the swinging frame (7);

2

Use hexagon cylindrical head bolt (17), flat washer (30), nylon nut (27) to lock the pulley (63) on the seat combination (5);

3

Use hexagon cylindrical head bolt (13), flat washer (30), spacer sleeve (51), nylon nut (27) to lock the pulley (63) on the seat combination (5);

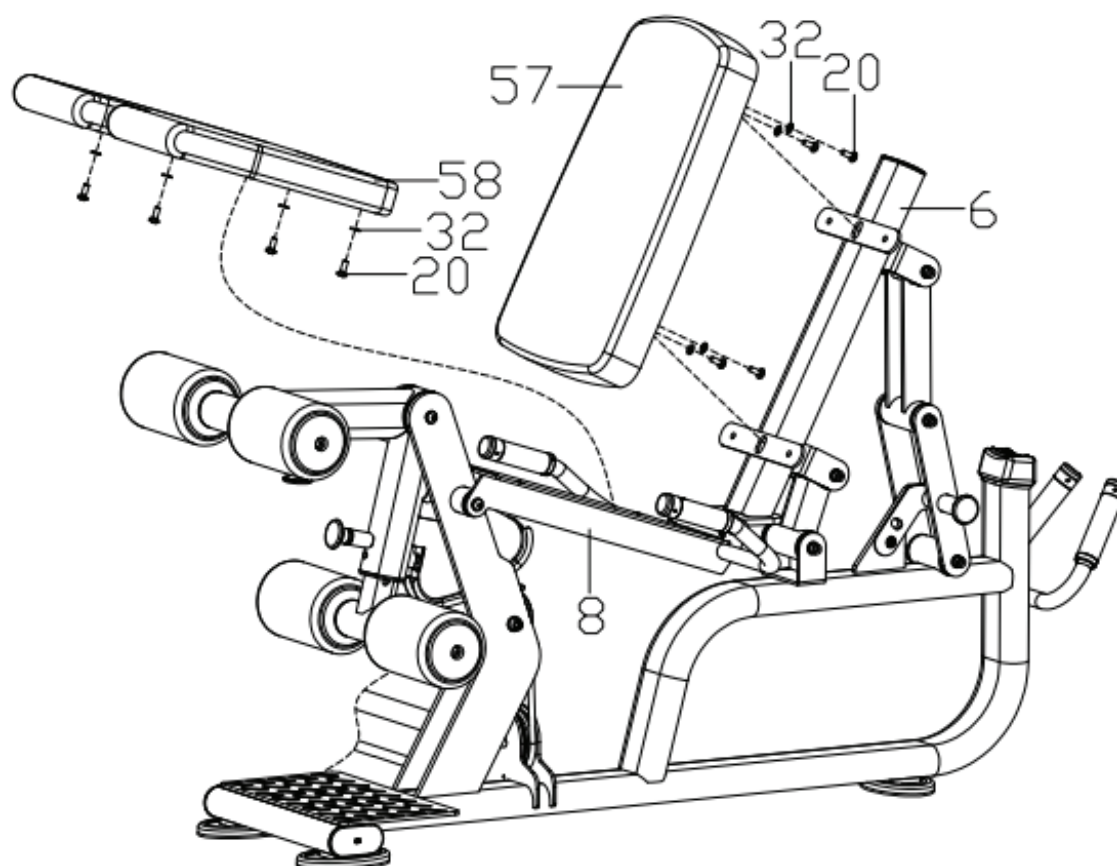
4

Lock the ball head of the wire rope (60) back to the original hole with the removed hex cylindrical head bolt (76);

5

Pull out the hinge bar (77) and insert the foam regulating tube combination (2) into the swinging frame combination (7), adjust the hole position, spring the hinge bar (77) and fix the foam regulating tube combination (2) on the swinging frame combination (7)

STEP 7 - ASSEMBLY



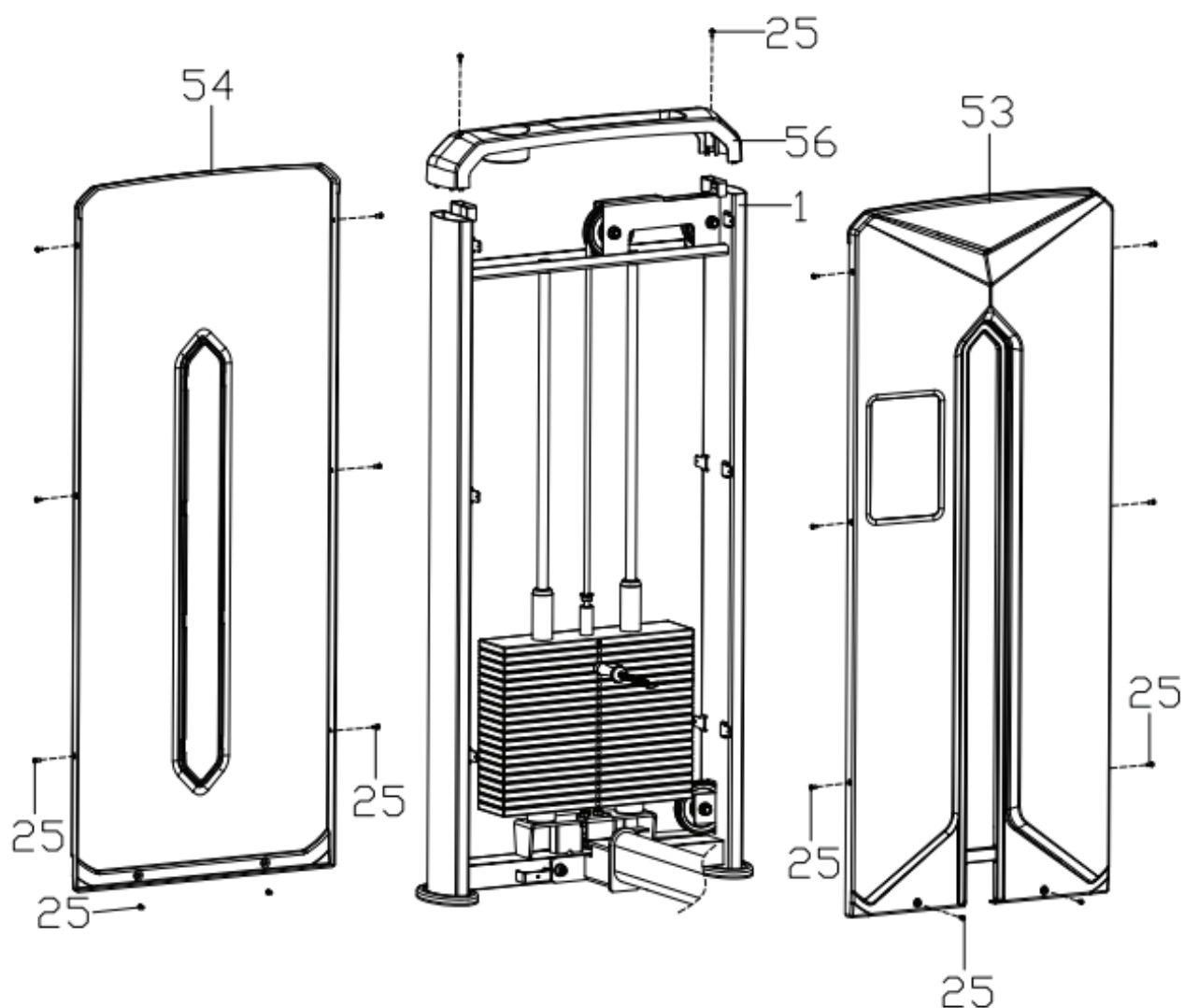
1

The seat plate (58) is locked on the seat combination (8) with the hexagon pan head screw (20) and the flat washer (32);

2

Use hexagon pan head screws (20) and flat washers (32) to lock the back pad (57) to the back pad frame joint (6).

STEP 8 - ASSEMBLY



1

Fasten the front guard (53), rear guard (54), and upper cover (56) to the counterweight frame coupling (1) with cross pan head screws (25)

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



<https://www.forceusa.com/locator>

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