



CORE LEG PRESS

ASSEMBLY GUIDE



IMPORTANT - READ FIRST

Resistance training, gymnastics training and activities at height are potentially dangerous and may lead to severe injury or even death. This equipment must only be used by competent and responsible persons, or under the direct and visual control of a competent and responsible person. Use common sense when training, obtain instruction to ensure safe execution of movements.

Obtaining instruction in appropriate techniques and methods of use is your own responsibility. You assume all risks and responsibilities for all damage injury or death which may occur during or following incorrect use of this equipment in any matter whatsoever. AlphaFit bears no liability beyond the replacement value of the equipment in question.

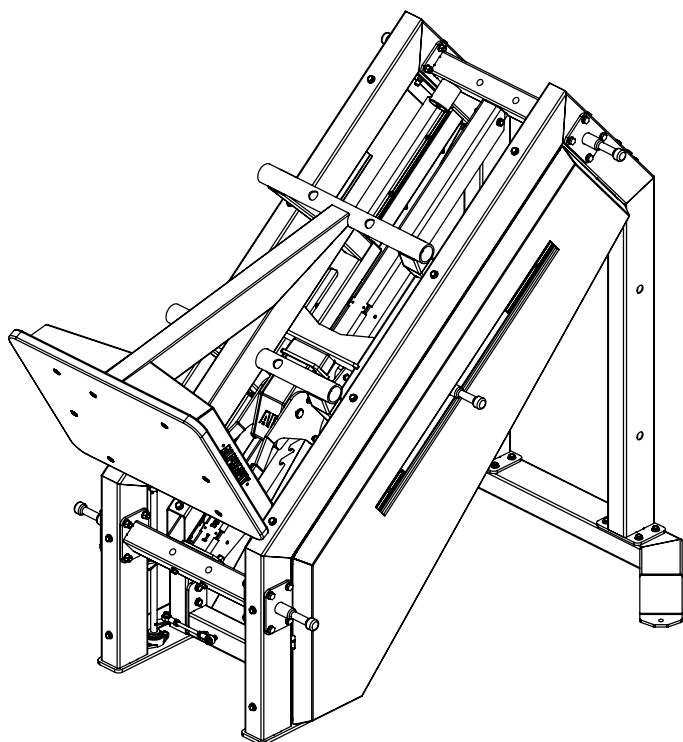
It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions. The safety and integrity designed into the equipment can only be maintained when it is regularly examined for damage and repaired. It is the responsibility of the user/owner to ensure that regular maintenance is performed. Inspect and properly tighten all parts regularly. Replace any worn or damaged parts immediately and do not use until the equipment has been repaired.

Both AlphaFit and buyer disclaim any express or implied warranty, including, without limitation, warranties or merchantability and/or fitness for a particular purpose with respect to the equipment.

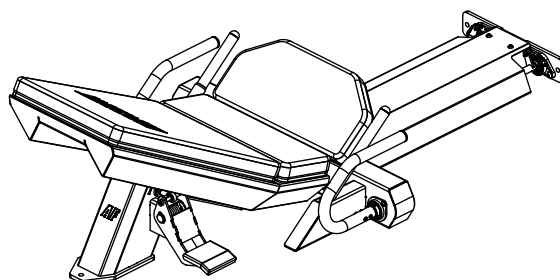
WARNING: MISUSE OF THIS EQUIPMENT CAN RESULT IN SEVERE INJURY OR DEATH. BUYER ASSUMES ALL LIABILITY IN USAGE OF EQUIPMENT.

CORE LEG PRESS PART LIST:

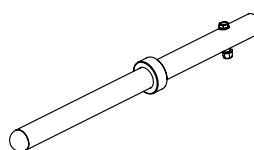
1x



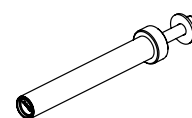
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4x

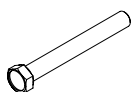


4x



INCLUDED FASTENERS:

2x (A)



M12 x 100mm Hex Zinc Plated Bolt

4x (B)



M12 x 70mm Hex Zinc Plated Bolt

12x (C)



M8 x 25mm Button Head Zinc Plated Bolt

1x (D)



M8 x 20mm Socket Head Cap Bolt

1x (E)



Bolt Shoulder 10 x 16 M8

12x (F)



M12 Flat Washer

12x (G)



M8 Flat Washer Zinc Plated

12x (H)



M8 Spring Washer Zinc Plated

6x (I)



M12 Nyloc Nut

3x (J)



M8 Nyloc Nut

REQUIRED TOOLS:

- 19mm Socket & Socket Spanner
- 13mm Spanner
- 5mm Hex Key
- 4mm Hex Key
- 36mm Socket

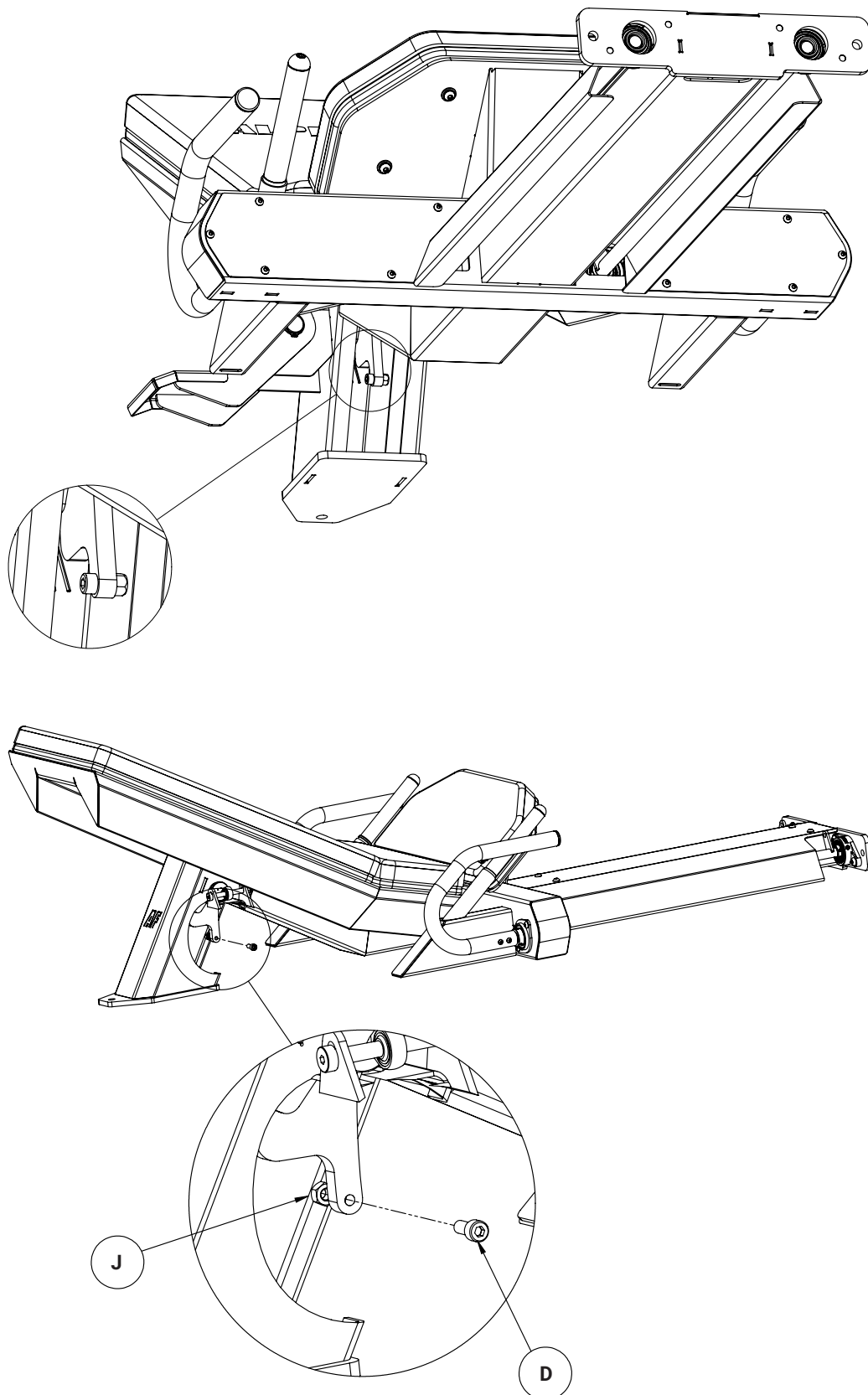
NOTE: ALL FASTENERS ARE PRE-INSTALLED IN THE MACHINE.

Read this entire guide before attempting to build or use this machine. This guide contains step by step instructions for proper assembly. **AlphaFit recommends a minimum of two (2) people to assemble the Core Leg Press.**

Use the parts list included in this guide to verify that all parts are accounted for before assembly. If any parts are missing, contact AlphaFit on 1300 257 428 or admin@alphafit.com.au.

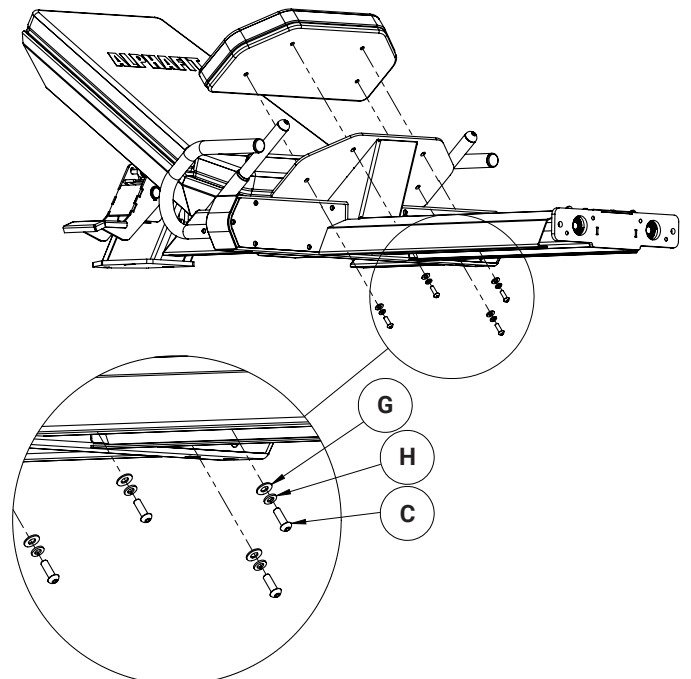
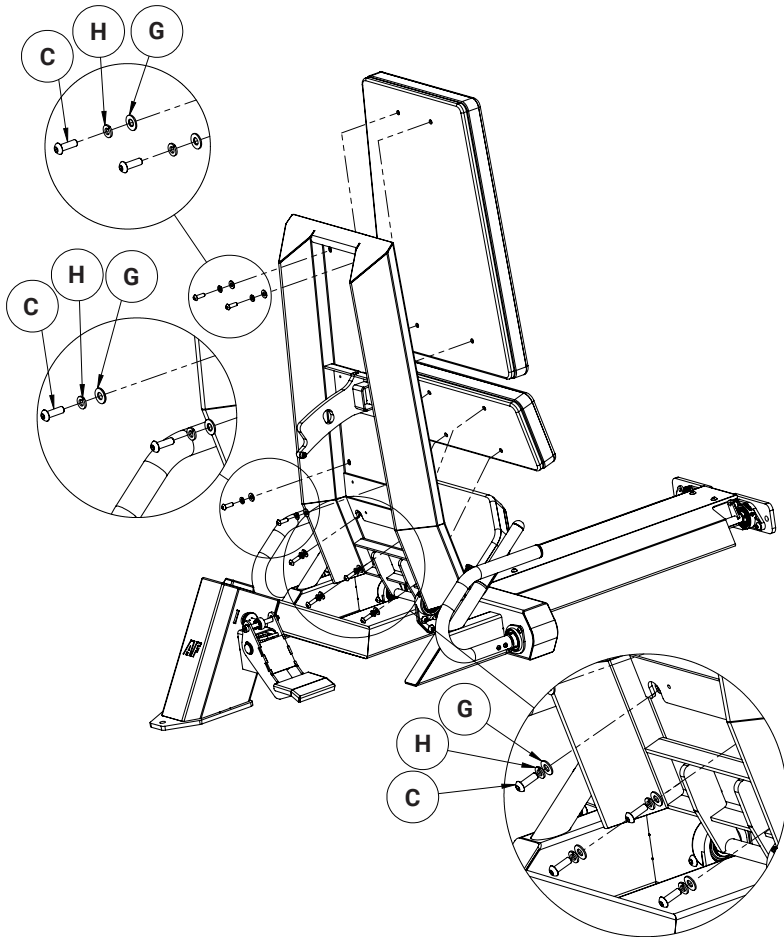
STEP 1: REMOVE HARD LIMIT BOLT

Ensure seat is in the lowest position. Remove hard limit bolt and lock nut. Keep bolt safe as it will be reinstalled during step 3.



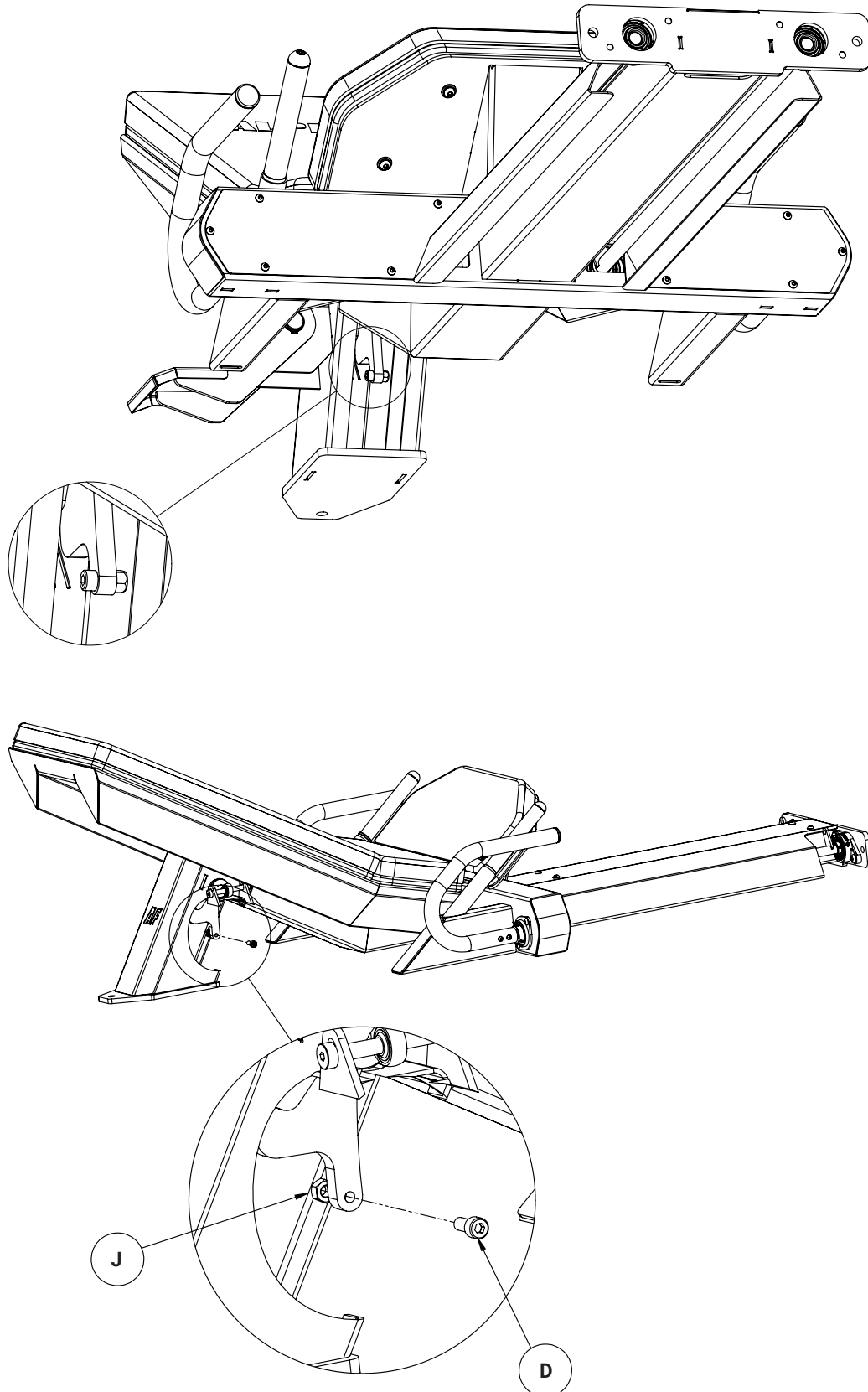
STEP 2: BOLT ON THE PADS

Remove fasteners from pads. Lift the seat and support to ensure it cannot fall. Install the lumbar and back pad. *Letters denote appropriate fasteners.* Carefully lower the seat ensuring the seat fin goes into the receiver slot.



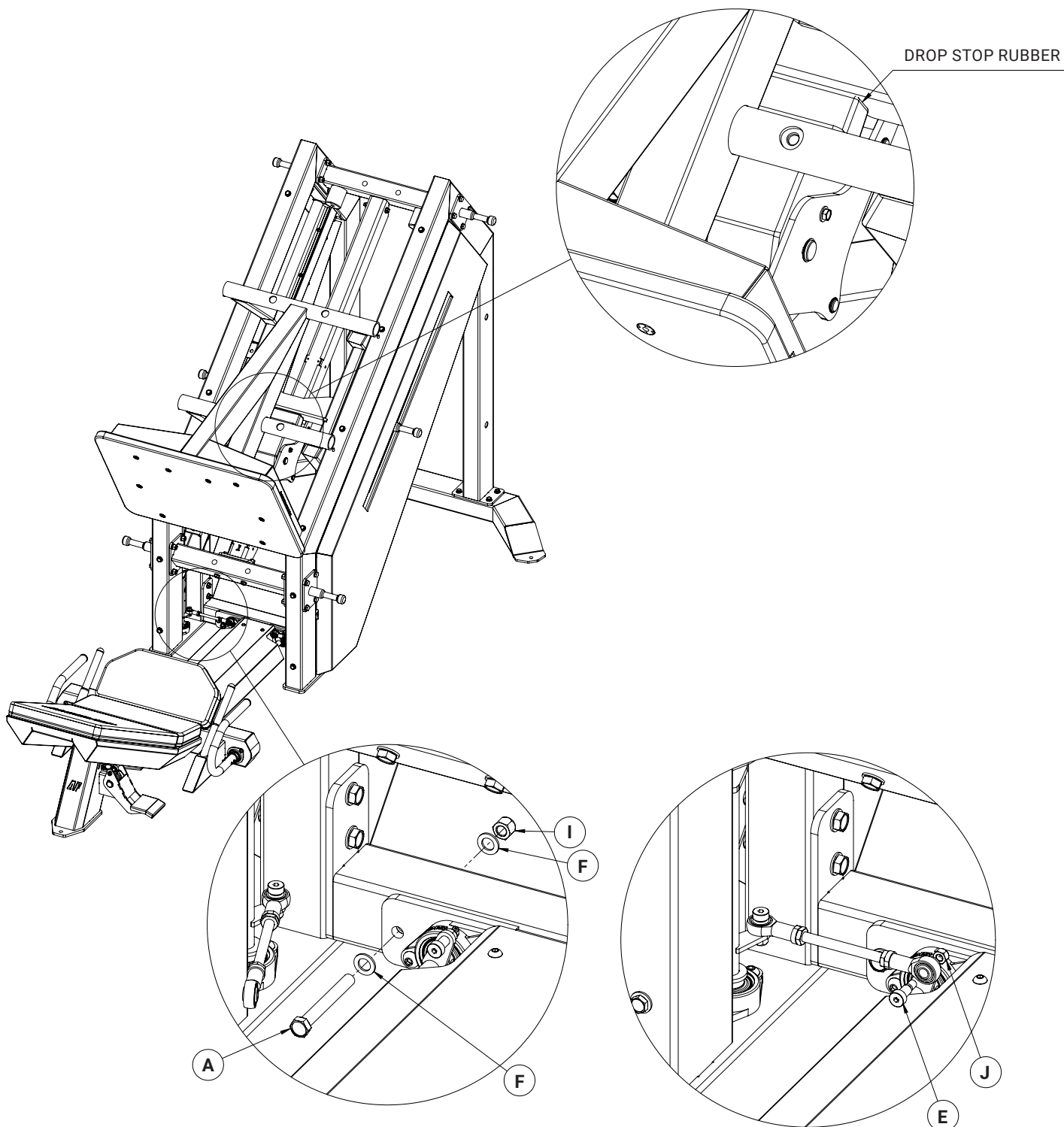
STEP 3: REINSTALL HARD LIMIT BOLT

Ensure seat is in the lowest position. Reinstall hard limit bolt and lock nut.



STEP 4: JOIN SEAT ASSEMBLY TO MACHINE

Check leg press trolley is securely resting on drop stop rubber. Join seat assembly to machine as illustrated below moving handles to assist in alignment. Letters denote appropriate fasteners. Check catch arms move in and out with handle movement.

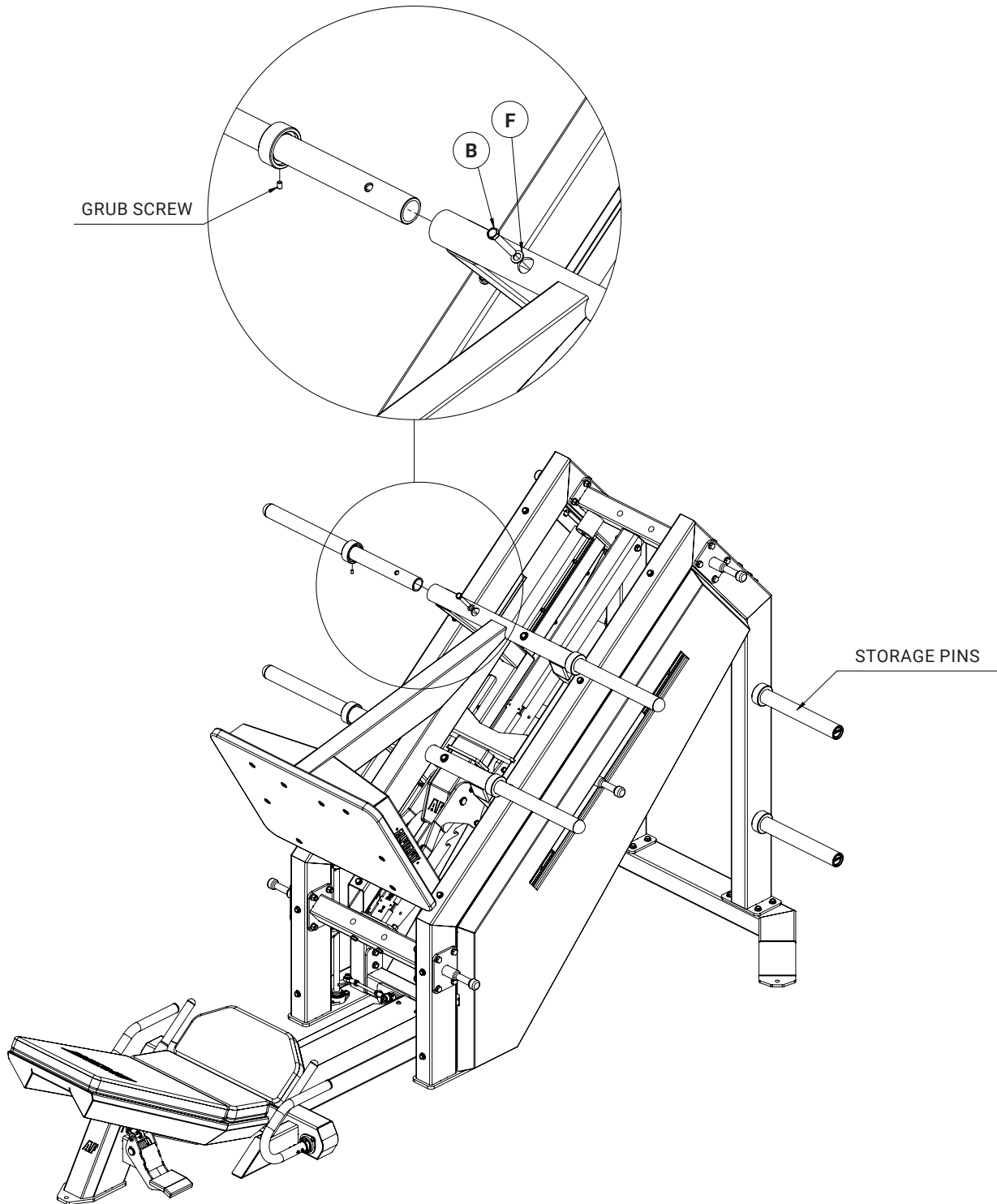


PRO TIP:

Recommend to have the drop stop set in position 5 for this step.

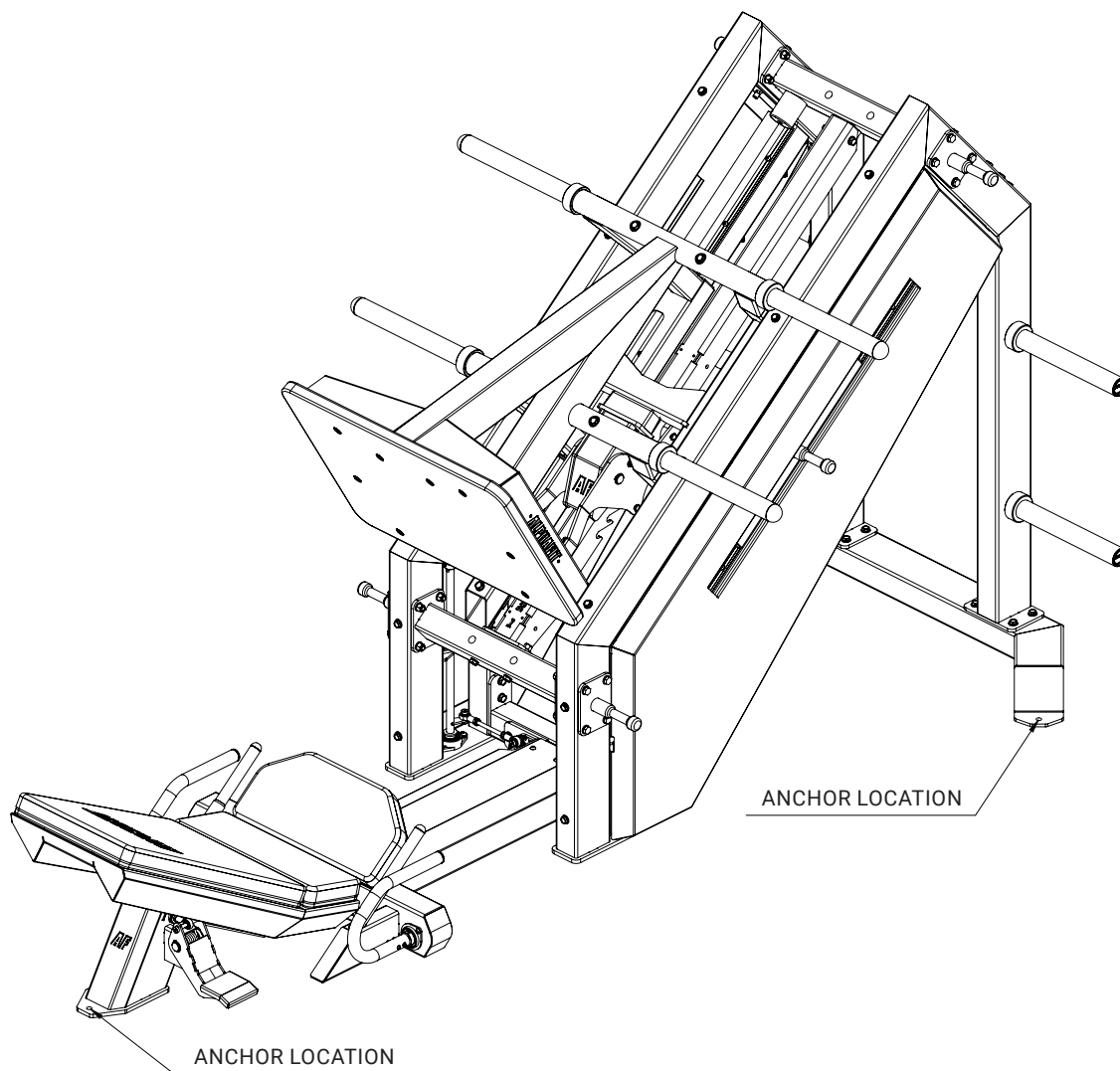
STEP 5: ATTACH STORAGE PINS

Attach trolley storage pins as illustrated below. *Letters denote appropriate fasteners.* Use grub screw to secure. Attach storage pins to frame using fasteners provided with pins.



STEP 6: BOLT MACHINE TO GROUND (OPTIONAL)

Anchor using anchor locations to ground.



PRO TIP:

Fasteners for affixing machine to the floor are not provided. Always choose fixings specially suited to the material in your floor which have sufficient holding power.

Hole size for machine: 14mm, to suit M12 or similar.

