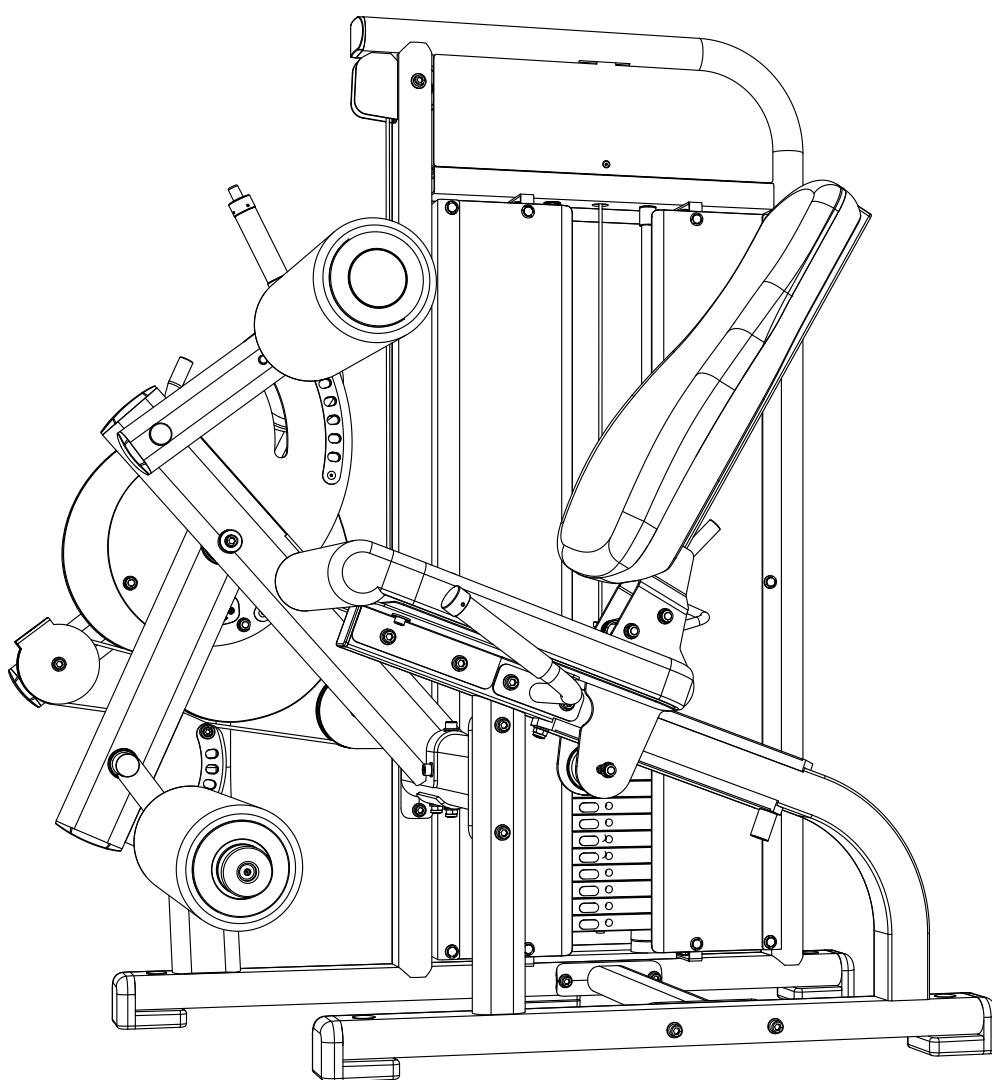




LEG CURL & EXTENSION

USER MANUAL



NOTE!

Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary and are subject to change without further notice.



GYMSTICK.COM

BEFORE YOU BEGIN

Thank you for choosing Gymstick training equipment. We take great pride in producing this high-quality product and hope it will make you feel better and enjoy life to the fullest. Please read this manual in its entirety before beginning to use this product.



IMPORTANT

Read all instructions carefully before using this product.

Retain this owner's manual for future reference.



WARNING

Read and follow all safety instructions carefully.

Failure to follow safety instructions could result in serious injury.

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SAFETY INSTRUCTIONS

Basic precautions should always be followed when using this machine. In order to ensure safe Read and follow all safety instructions included in this user manual. Failure to do so could result in serious injury.



WARNING

Before using this product, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

- ▲ This product is not a toy. Keep children and pets away from the machine at all times. Do not leave unattended children in the same room with the machine.
- ▲ Handicapped or disabled persons should not use the machine without the presence of a qualified health care professional or physician.
- ▲ If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
- ▲ Before beginning training, remove all objects within a radius of 2 meters from the machine. Do not place any sharp objects around the machine.
- ▲ Position the machine on a clear, level surface away from water and moisture. It is suggested to place a mat under the unit to help keep the machine stable and to protect the floor.
- ▲ Only use the machine for its intended purpose as described in this manual. Do not use any other accessories than the ones recommended by the manufacturer.
- ▲ Assemble the machine exactly as in the description in this instruction manual.
- ▲ Check all bolts and other connections before using the machine for the first time and ensure that the machine is in good and safe condition.
- ▲ Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible for wear and tear. Any defective components should be replaced immediately before using the machine.
- ▲ Never operate the machine if it is not functioning properly.
- ▲ This machine can be used for only one person's training at a time.
- ▲ Do not use abrasive cleaning articles to clean the machine. Wipe drops of sweat from the machine immediately after finishing training.
- ▲ Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
- ▲ Before exercising, always warm-up your body thoroughly by dynamic stretching our a warm-up routine.
- ▲ This machine is intended for commercial and professional use.
- ▲ This machine must be assembled by adults.
- ▲ It is the responsibility of the owner to ensure that all users are properly informed as how to use this product safely.
- ▲ Maximum user weight: 150 kg.

PARTS LIST

PART#	DESCRIPTION	QTY
1	Weight frame	1
2	Seat Support	1
3	Connection Tube	1
4	Bottom Connection Tube	1
5	U Plate	4
6	Support Tube	1
7	Buffer Ring	2
8	Weight Label	1
9	Weight Plate 15 LBS	14
11	Top Weight Plate 10 LBS	1
12	Weight Pin	1
13	Guide Rod	2
14	External Retaining Ring D25	2
15	Rod Retainer	2
16	Shaft D25 x 404	1
17	Wave Washer	2
18	Rotatable Arm	1
19	CAM	1
20	Swinging Arm	1
21	Cable 3015 mm	1
22	Spacer	2
23	Big Pulley	3
24	Small Pulley	1
25	Cover	1
26	Cable End Clip	1
27	Front Lower Shield	1
28	Front Upper Shield	1
29	Back Upper Shield	1
30	Back Lower Shield	1
31	Left Handle	1
32	Seat Mounting L Plate	1
33	Seat Mounting L Plate	1
34	Right Handle	1
35	Wheel	1
36	Backrest Frame	1
37	Backrest Pad	1
38	Seat Pad	1
39	Hole Cap	3
40	Work Arm	1
41	Thigh Limit Frame	1
42	Foam Roller	2
43	Foam Roller Bushing	4
44	Retaining Ring ID 39 mm	1
45	Knob	1
46	Plastic Cap	1
47	FE Tube Cap 50x 100	1
48	Upper Lateral Tube	1
50	Rubber Pad	1
51	Plate 100x50x8.0	1
52	Limiter Sleeve	1
53	Link Rod	1
54	Short Pin	1

PART#	DESCRIPTION	QTY
55	Spring Pin D16.5	2
56	Serrated Plate	1
57	End Cap 60x60x2.5	1
58	Limit Peg	1
59	Flat Track Plate	1
60	Tapered Roller Bearing 32005	4
61	Bearing	6
62	Pull Pin L=120 mm	1
63	Counter Weight	1
65	Handle	2
66	Lever	1
67	Link Pin	1
68	Link Plate	1
69	Spring Clip	1
70	Stainless Plate	1
71	Limit Sleeve	2
72	Internal Retaining Ring 52	4
73	Plastic Sleeve	1
74	Cam	1
75	Adjusting Plate	1
76	Stainless Plate	1
77	Cam Holding Plate	1
78	Plastic Plate 40x50x6.0	1
79	E Clip	6
80	Bearing 6203	6
81	Shaft Sleeve	3
82	Torsion Spring	1
83	Lever	1
84	Handle	1
85	End Cap 50x50x3.0	2
86	End Cap FE 40x70x2.5	2
87	Limit Ring ID25.8	1
88	Hand Grip 4 Inch	1
89	Push Pin	1
90	Handle Cap	1
91	Spring	1
92	Pin L=60mm	1
93	Stainless Plate	1
94	Hand Grip L=135mm	1
95	Handle Cap	2
96	Rubber Foot Pad	4
97	Rubber Foot Pad	4
110	Washer ID25.5 OD38 H2.0	1
111	Front Lower Shield	1
112	Shield Support	1
113	Shield Support	1
114	Shield Support	1
115	Shield Support	1
116	Panel Clip	28
117	Washer 10 Black	28
118	Brace	1
119	Nylon Pad	1

PARTS LIST

PART#	DESCRIPTION	QTY
A10-3	Button head screw M10 × 16	3
A10-4	Button head screw M10 × 20	2
A10-9	Button head screw M10 × 45	1
C5-4	Countersunk head screw M5×10 White	6
C5-6	Countersunk head screw M5×15	2
C10-10	Countersunk head screw M10×50	4
C5-4B	Countersunk head screw M5×10 Black	2
C10-19	Countersunk head screw M10×95	8
H6-4	Hex head screw M6×10	20
N5	Nut M5	29
N10	Nut M10	3
S5-1	Socket set screw M5×3	10
S5-1L	Socket set screw M5×4	4
S6-2	Socket set screw M6×6	6
S8-7	Socket set screw M8×35	2
SW8	Spring Washer 8	4
SW10	Spring Washer 10	4
SC5-4	Socket Head Cap Screw M5×10	2
SC5-7L	Socket Head Cap Screw M5×22	2
SC8-3	Socket head cap screw M8 × 15	2
SC8-4	Socket head cap screw M8 × 20	4
SC8-5	Socket head cap screw M8 × 25	5
SC8-7	Socket head cap screw M8 × 35	3
SC10-4	Socket head cap screw M10 × 20	8
SC10-8	Socket head cap screw M10 × 40	1
SC10-9	Socket head cap screw M10 × 45	1
SC10-12	Socket head cap screw M10 × 60	2
SC10-15	Socket head cap screw M10 × 75	2
SC10-16	Socket head cap screw M10 × 80	2
SC10-17	Socket head cap screw M10 × 85	2
SC10-19	Socket head cap screw M10 × 95	1
SC10-23	Socket head cap screw M10 × 115	1
SC10-24	Socket head cap screw M10 × 120	10
SC10-25	Socket head cap screw M10 × 125	4
W5	Washer 5	4
W6	Washer 6	20
W8	Washer 8	4
W8B	Big Washer 8	7
W8C	Big Washer 8 OD 45 mm	1
W10	Washer 10	56
W10B	Big Washer 10 OD38	2
W10C	Big Washer 10 OD30	2

ASSEMBLY INSTRUCTIONS

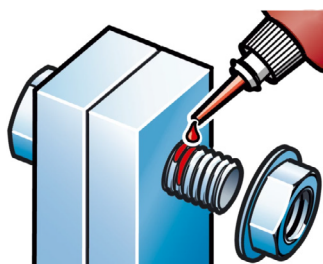


Attachment points marked with this symbol in the assembly steps must be bonded with thread locking adhesive to prevent loosening.



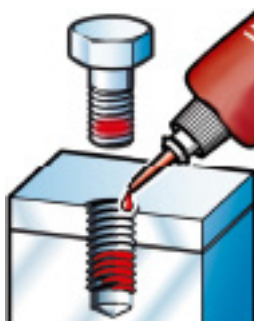
IMPORTANT

Degrease and clean surfaces prior to applying thread locking adhesive.



THROUGH HOLE

Insert a bolt into the through hole and apply thread locking adhesive to the exposed thread. Screw on the nut and tighten to the correct torque.

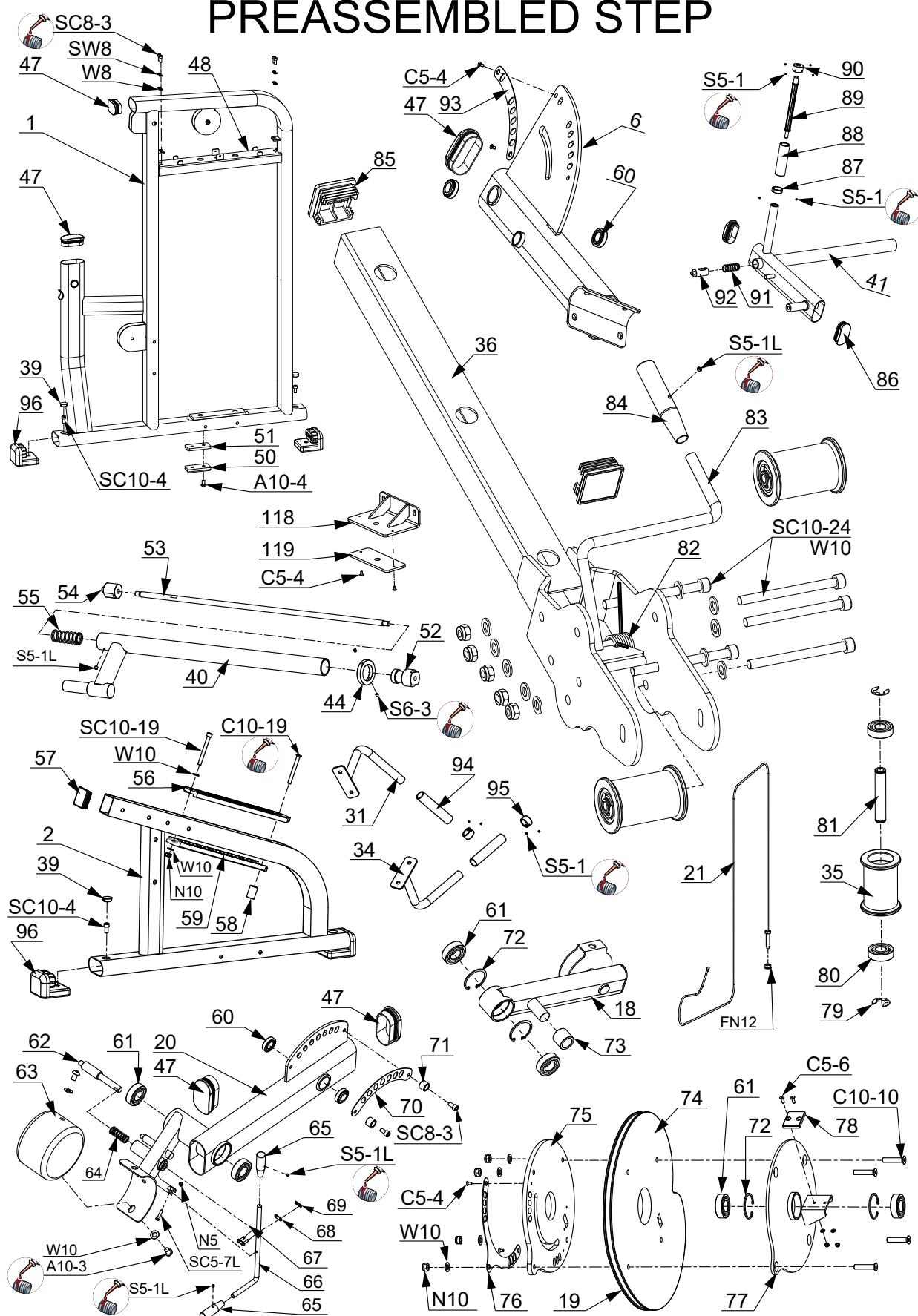


BLIND HOLE

Apply several drops of thread locking adhesive to the sides of the blind hole, filling the lower third. Apply adhesive to the bolt, assemble and tighten.

ASSEMBLY INSTRUCTIONS

PREASSEMBLED STEP

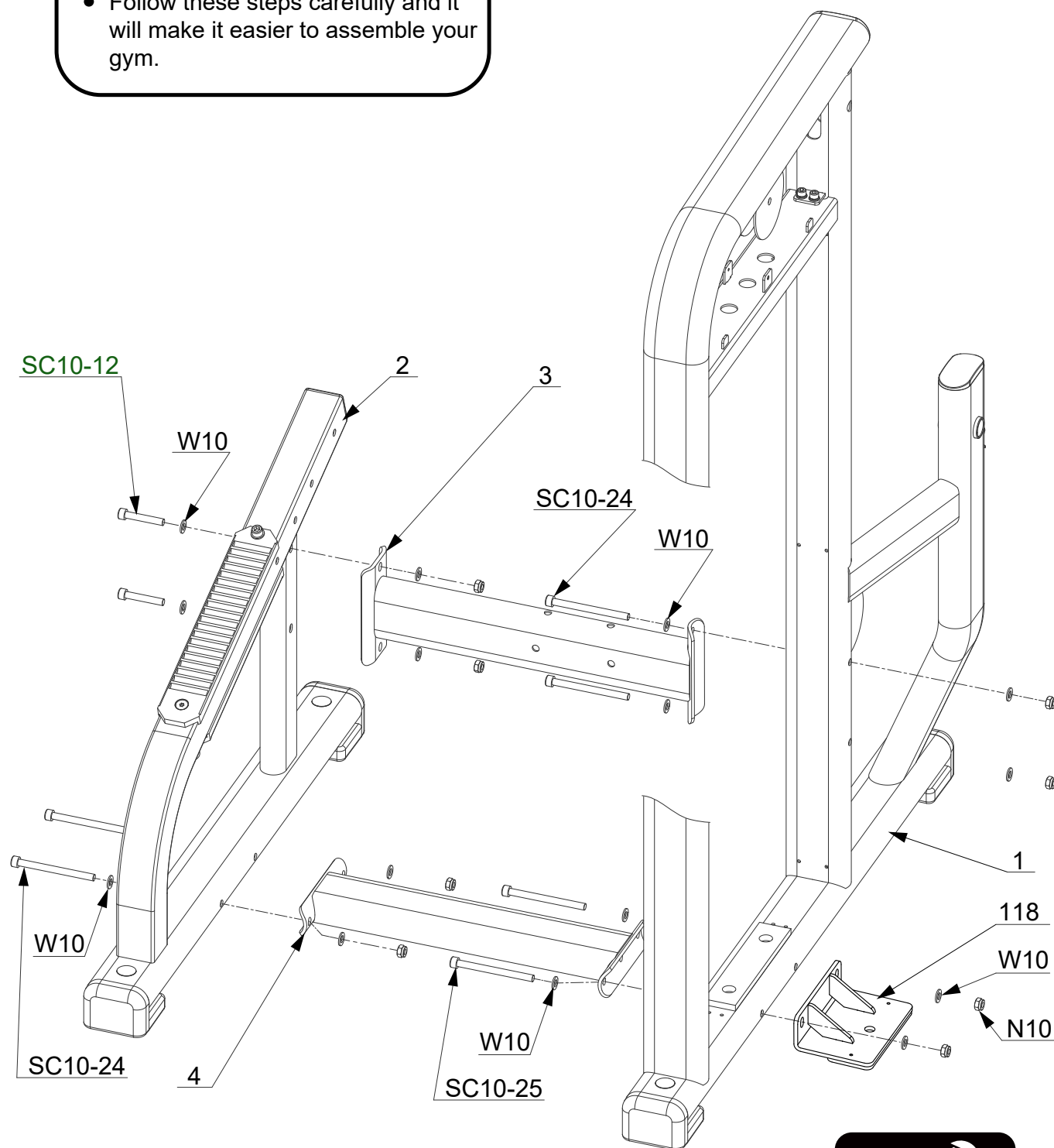


ASSEMBLY INSTRUCTIONS

INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

STEP 1

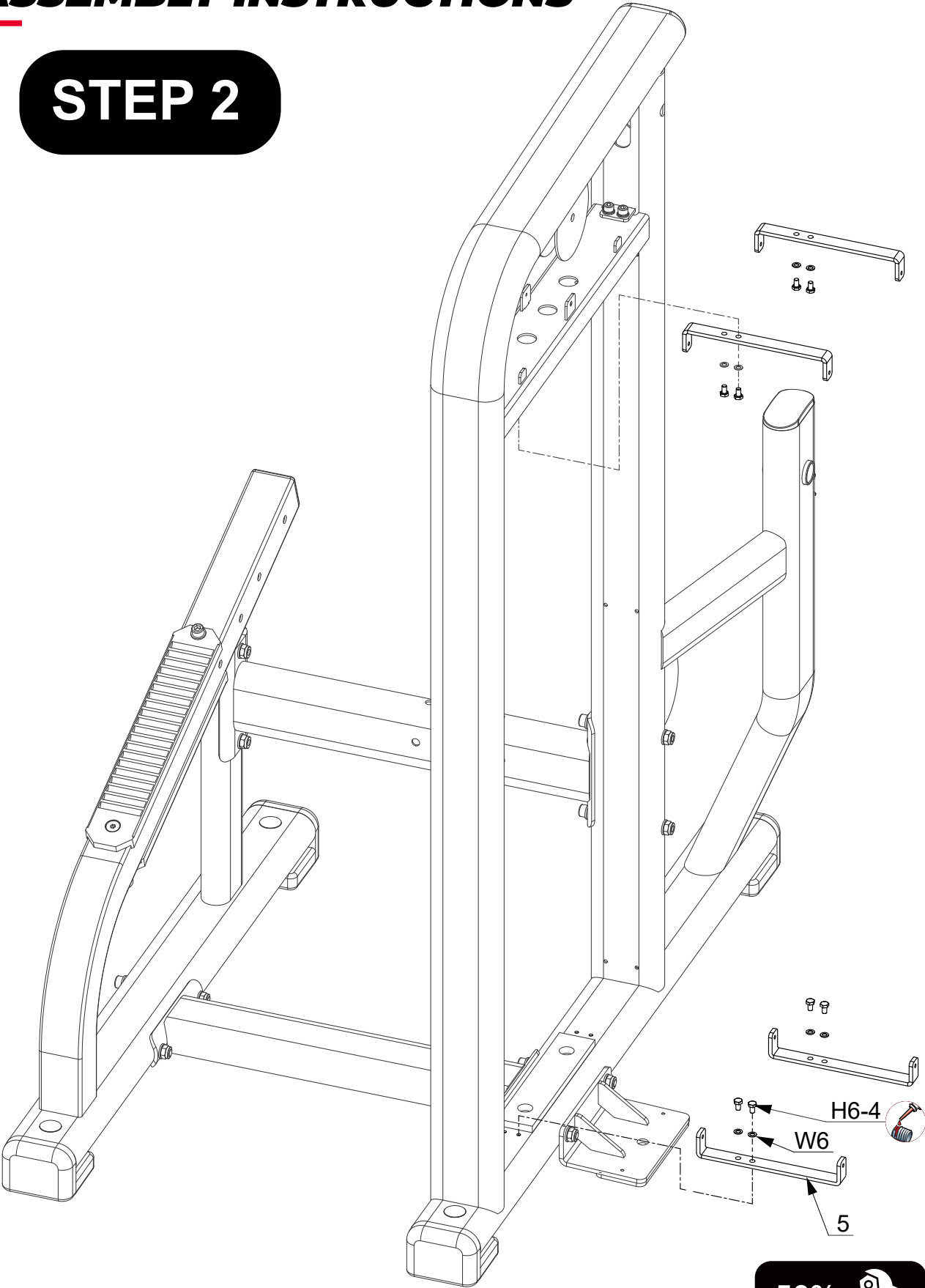


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ASSEMBLY INSTRUCTIONS

STEP 2



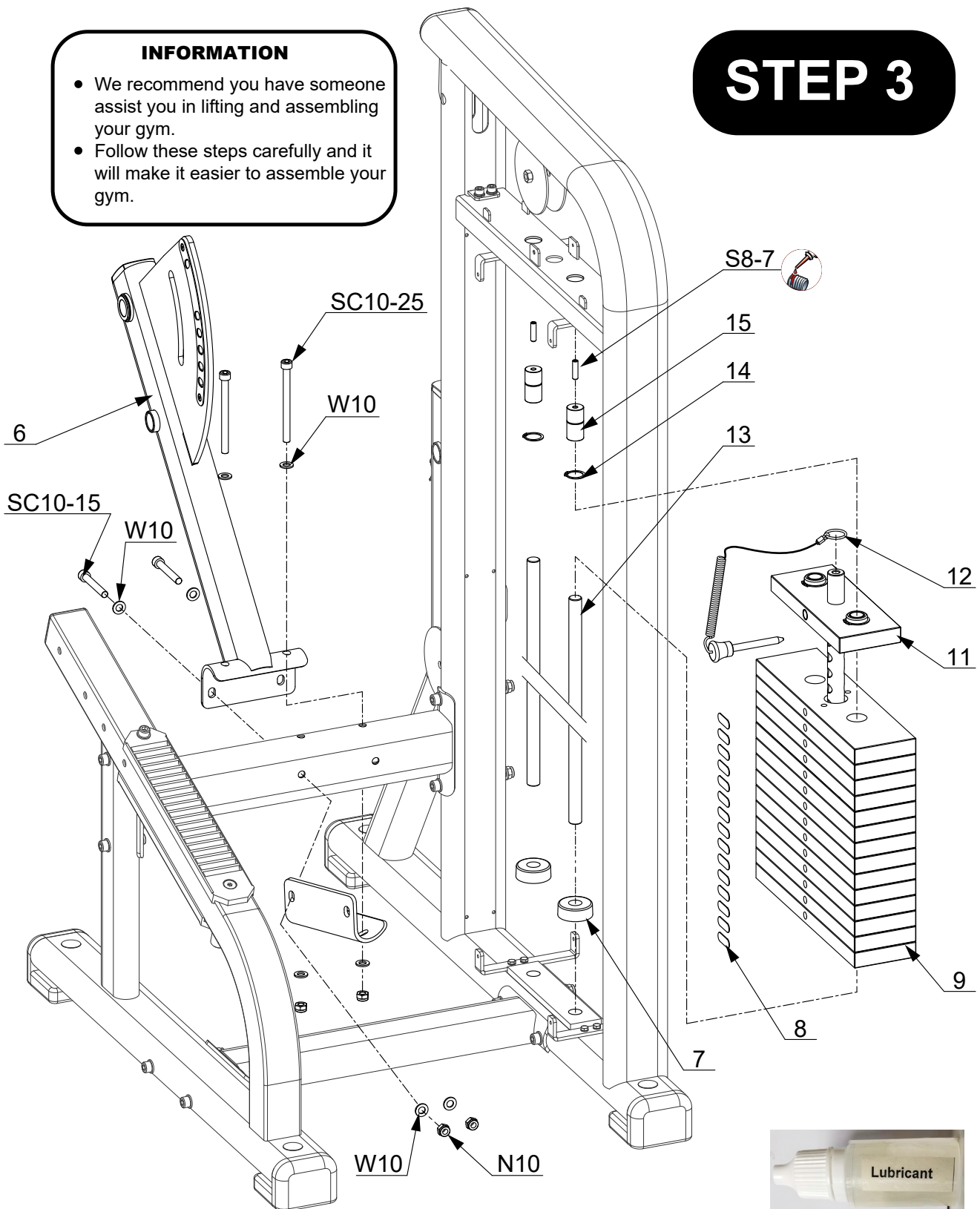
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ASSEMBLY INSTRUCTIONS

INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

STEP 3



Note 1: please clean the weight plates Before sticking the weight labels , and avoid touching the adhesive of the sticker.

Note 2: If the movement of the weight stack is not smooth during exercising, please lubricate the guide rods.

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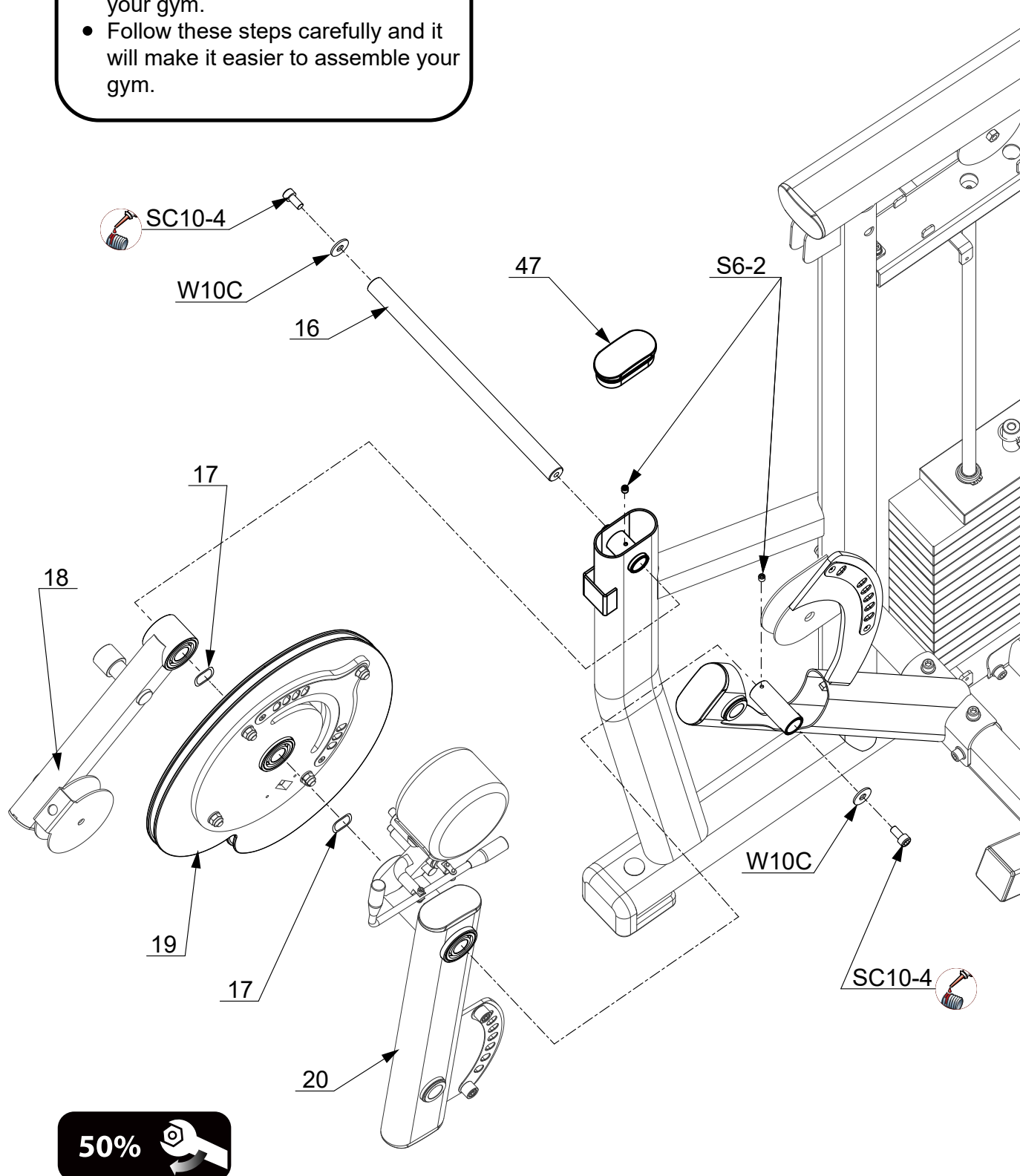


ASSEMBLY INSTRUCTIONS

INFORMATION

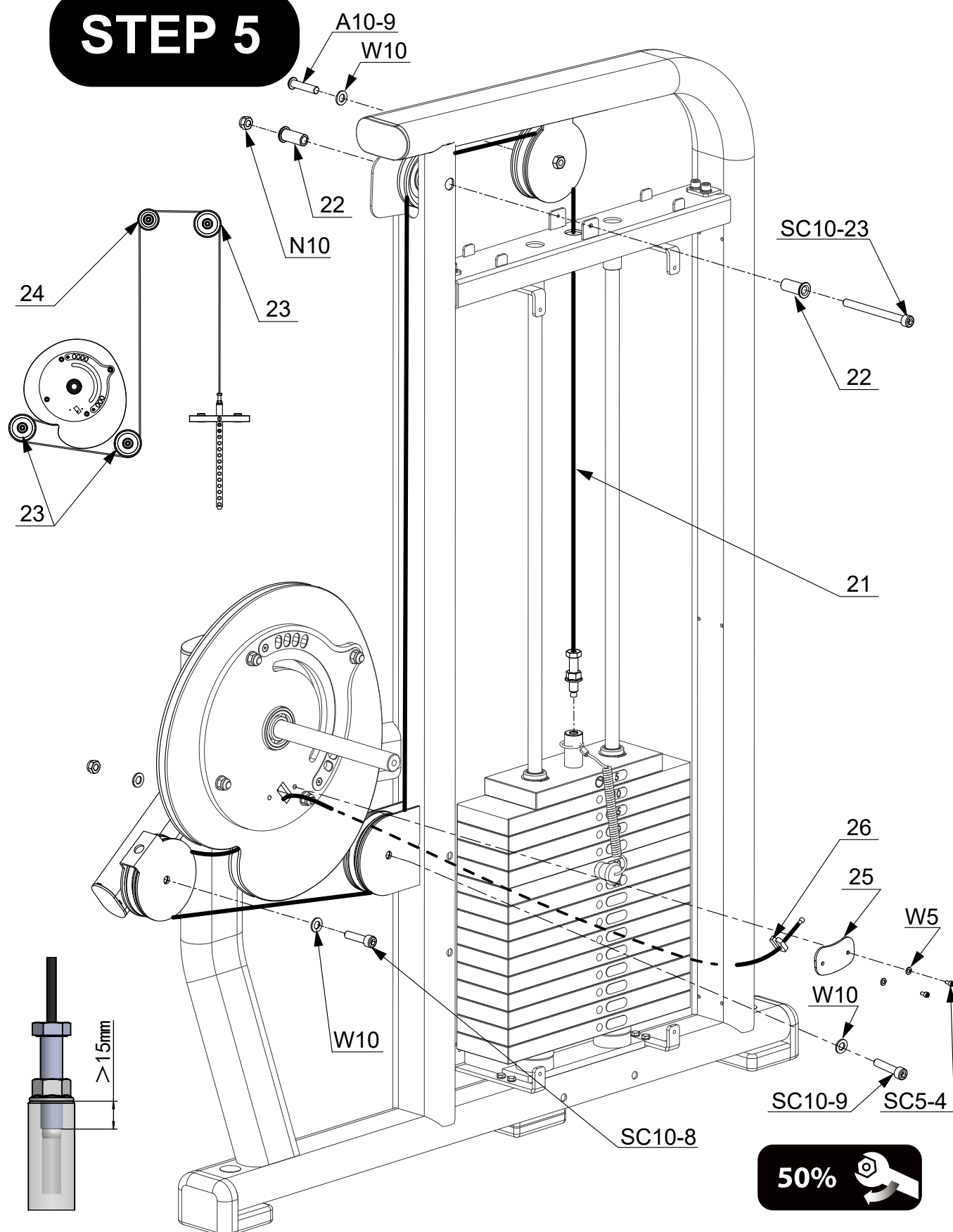
- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

STEP 4



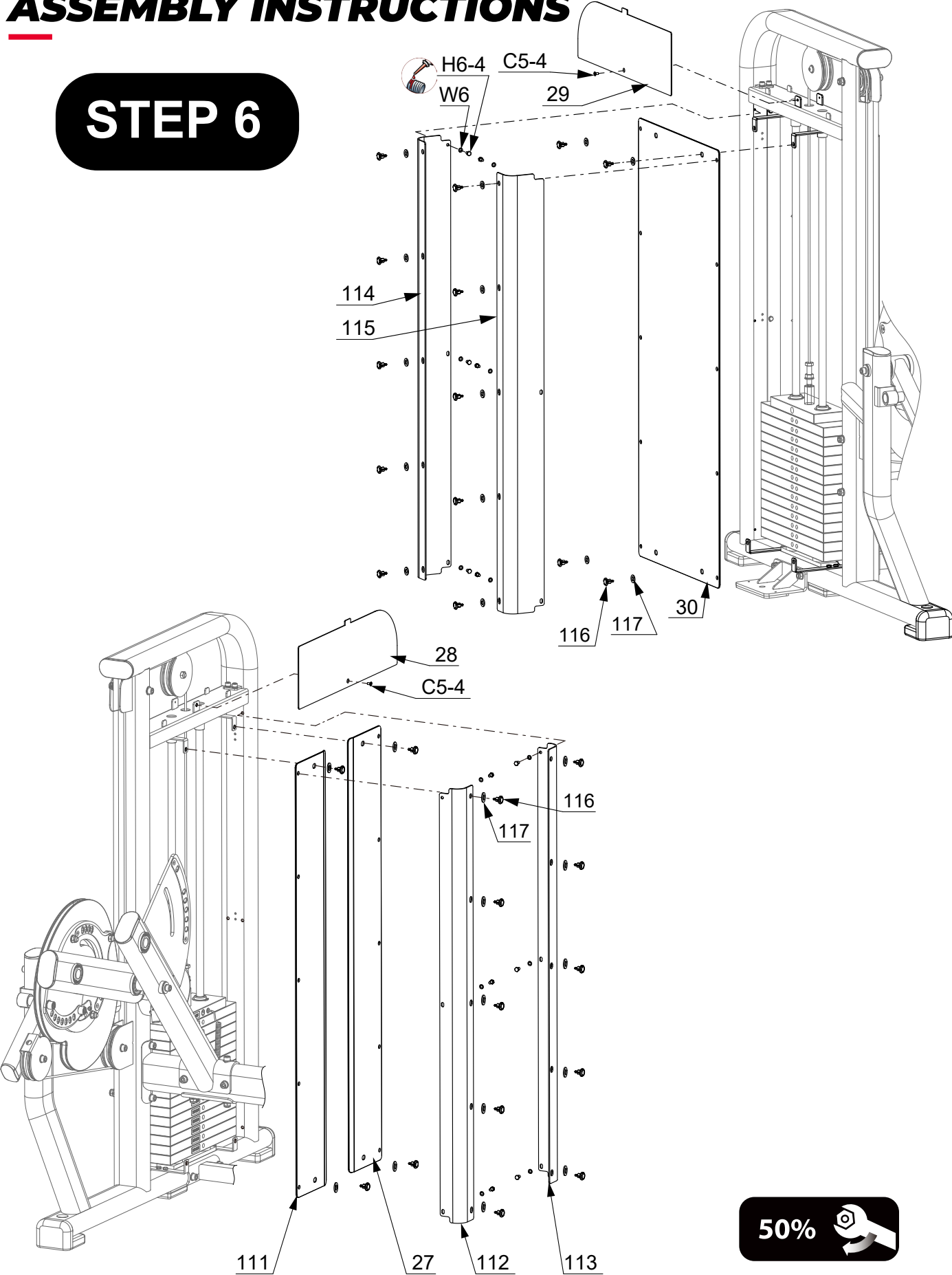
ASSEMBLY INSTRUCTIONS

STEP 5



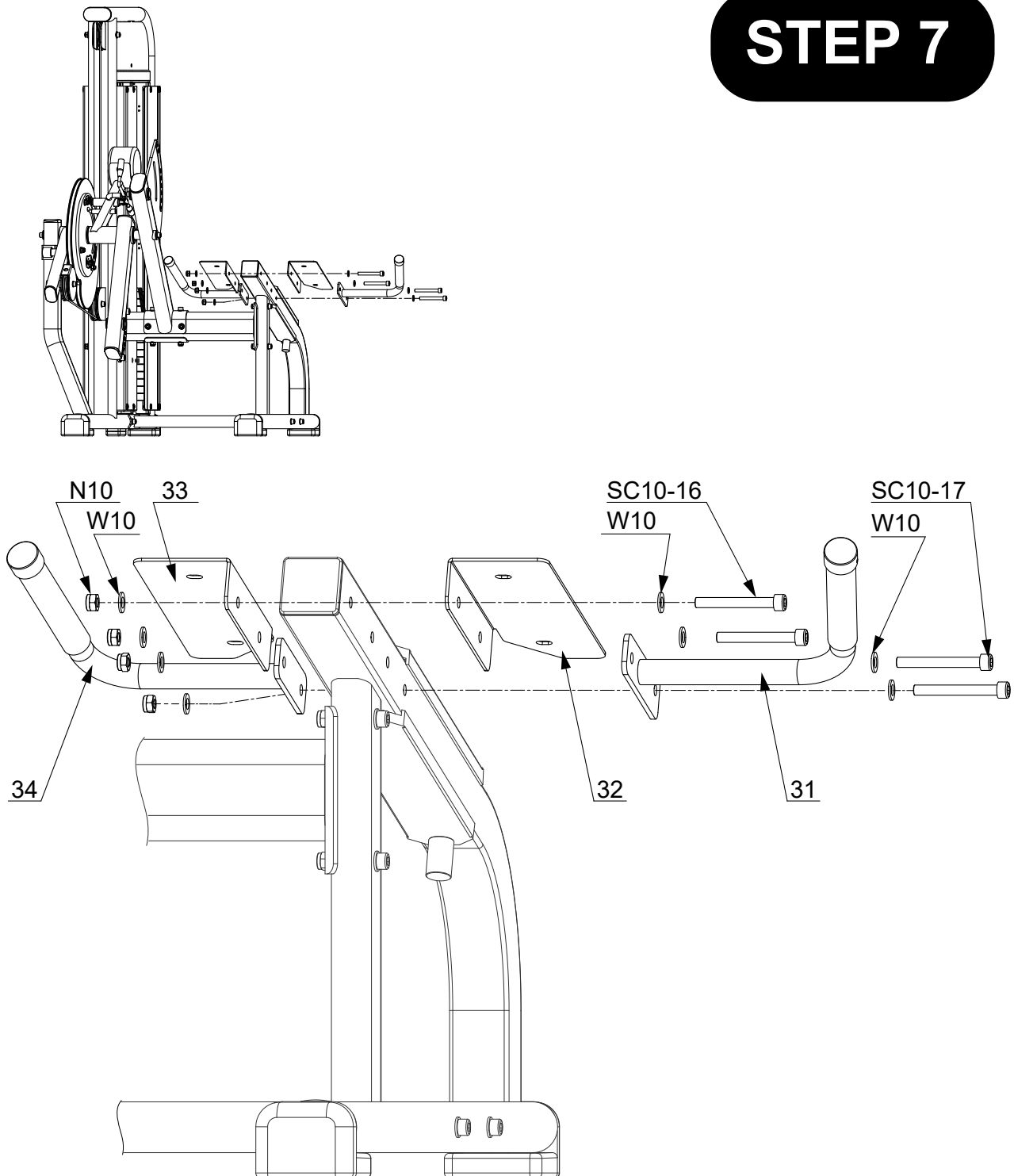
ASSEMBLY INSTRUCTIONS

STEP 6



ASSEMBLY INSTRUCTIONS

STEP 7



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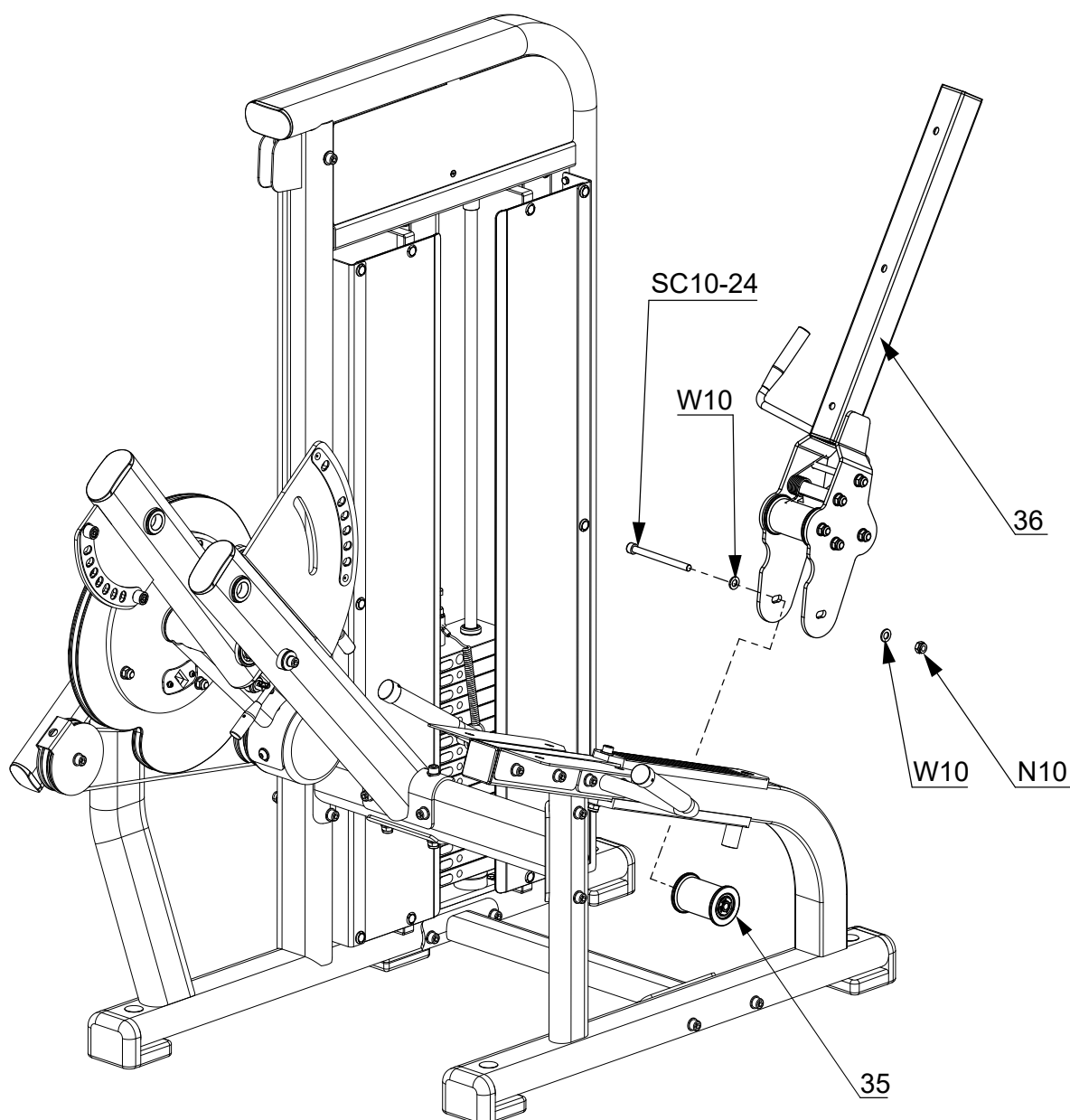


ASSEMBLY INSTRUCTIONS

INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

STEP 8

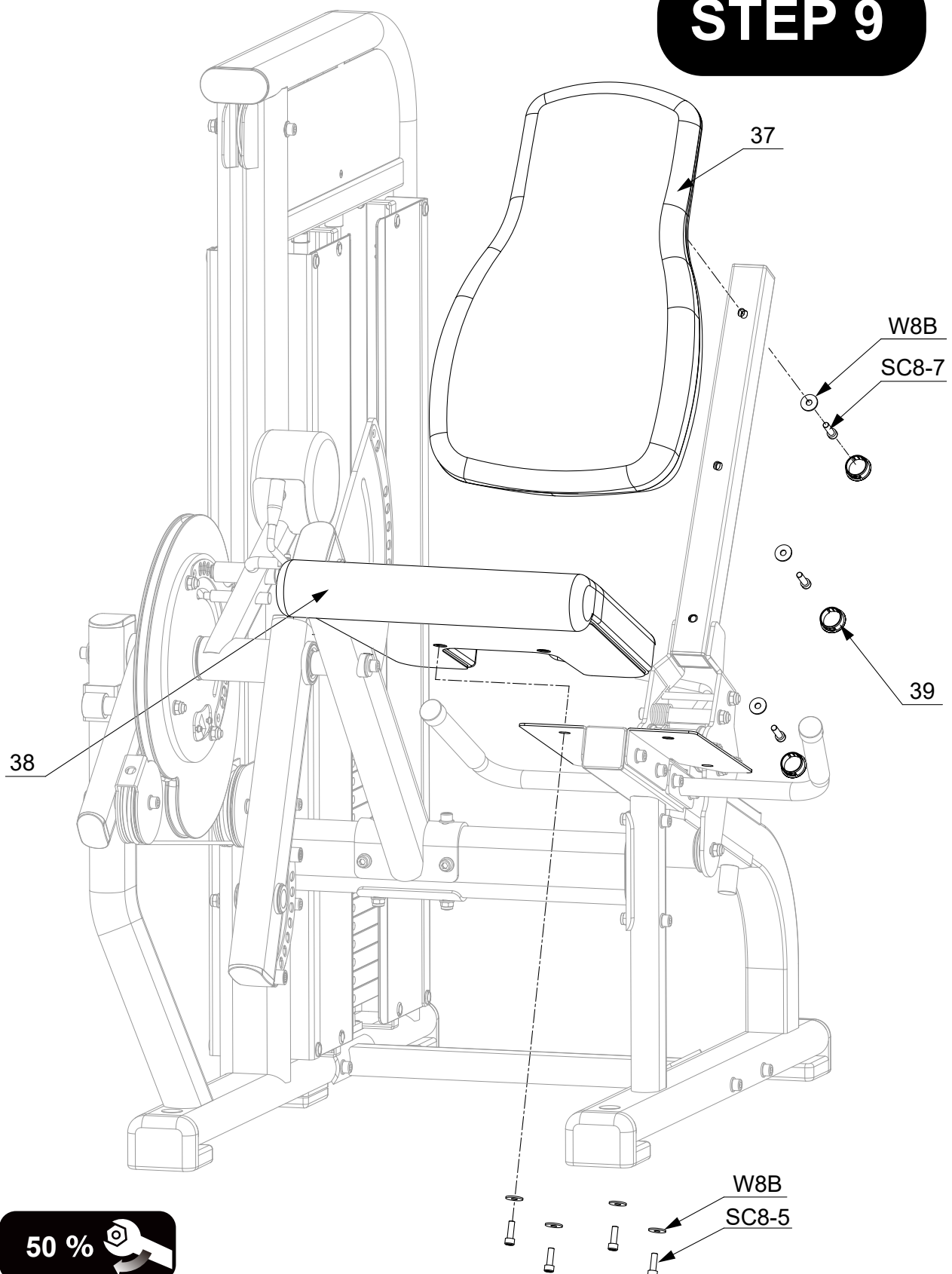


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ASSEMBLY INSTRUCTIONS

STEP 9

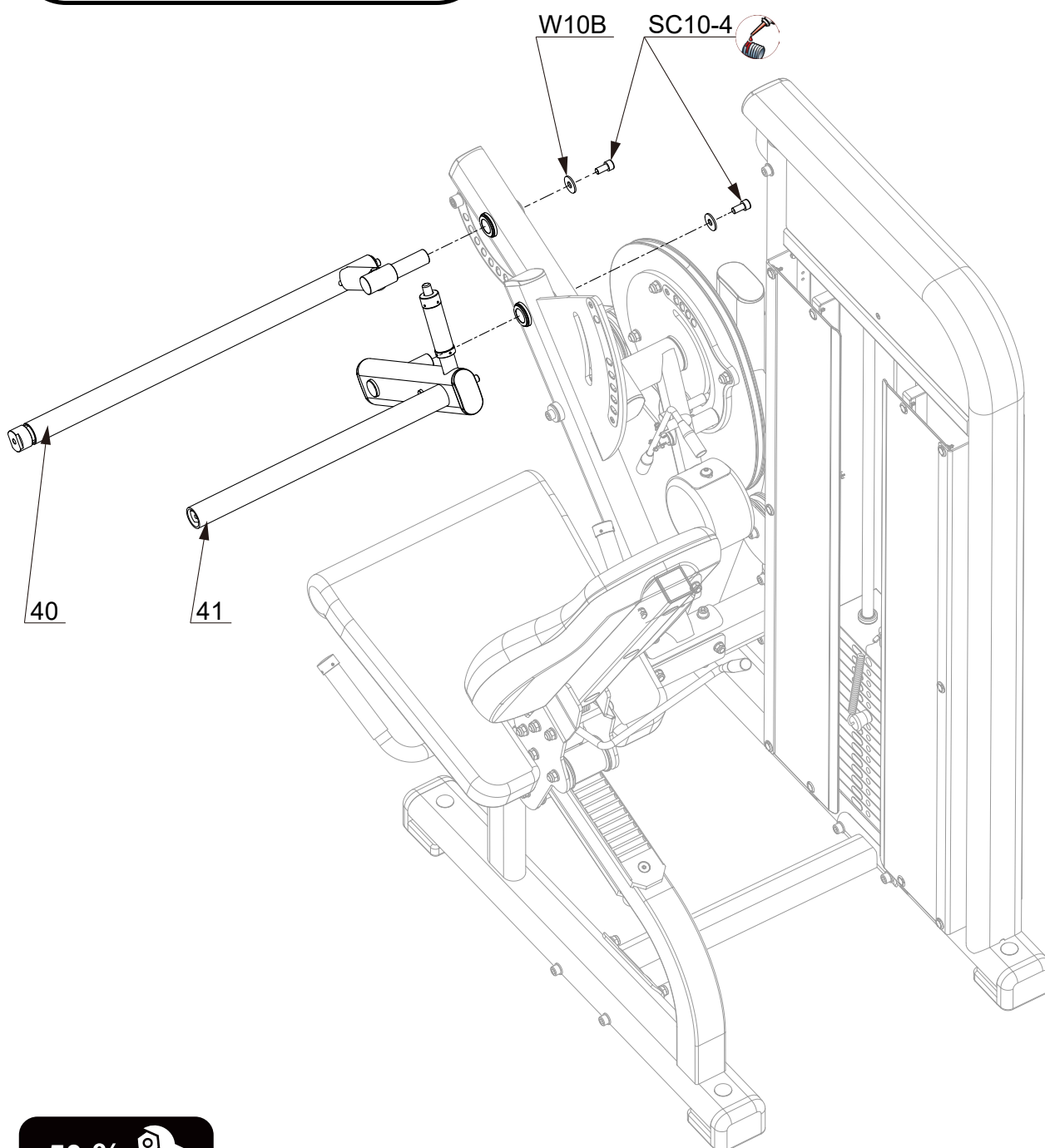


ASSEMBLY INSTRUCTIONS

INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

STEP 10

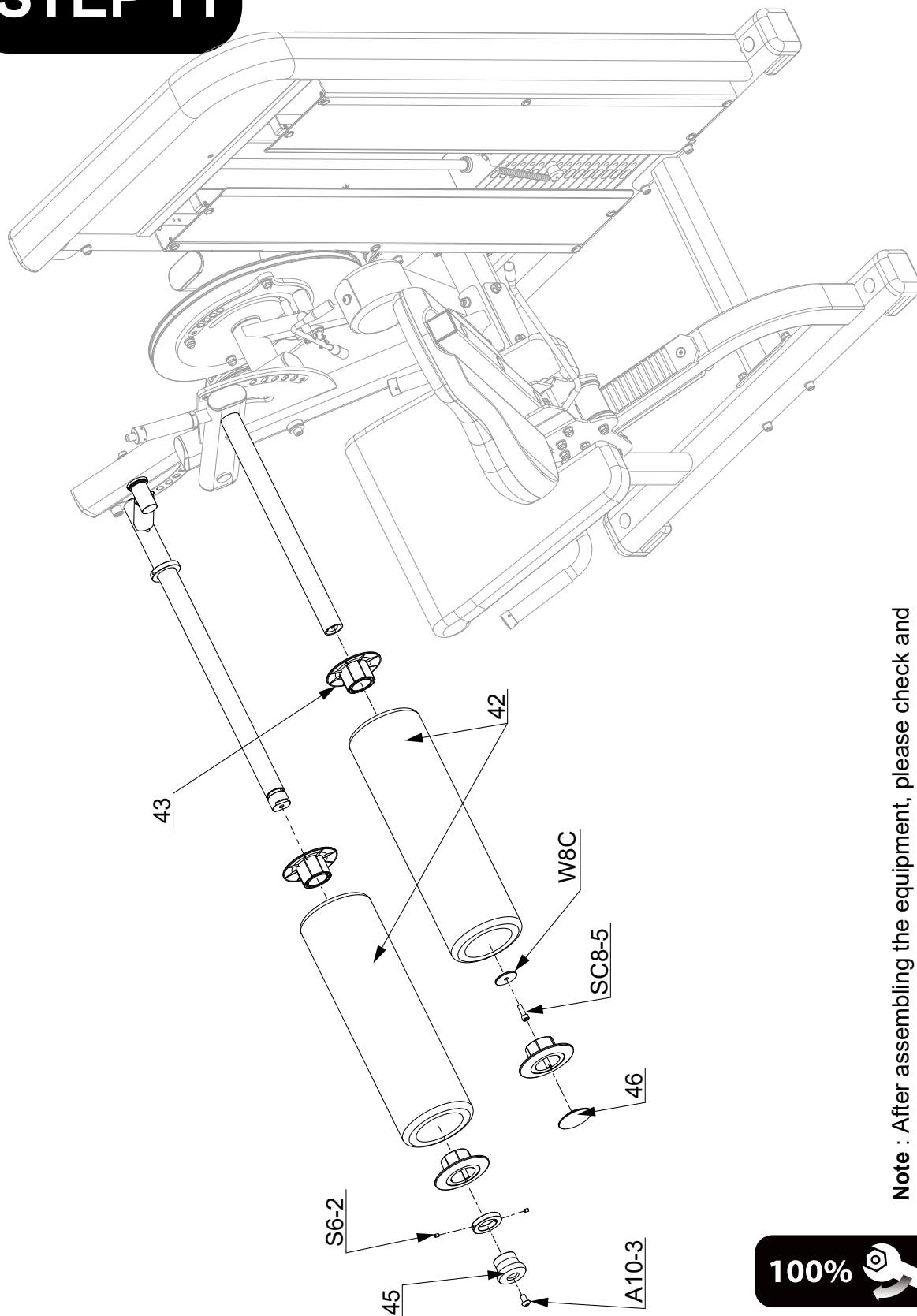


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ASSEMBLY INSTRUCTIONS

STEP 11



Note : After assembling the equipment, please check and tighten all the fasteners including the screws on the handle.

100%



IMPLIED WARRANTY

The importer of this product assures that this device is manufactured with high quality materials. The implied warranty is valid for 1 (one) year, beginning from the date of purchase. The guarantee is valid for professional use.

The warranty applies to the following parts:

- Frame
- All parts included in the original delivery

The warranty does not apply to the following parts:

- Wearing parts (e.g. cushions, bearings, cables, pulleys, etc.)

The warranty does not cover:

- Incorrect installation
- Damage caused externally
- Use of unauthorised service partners
- Failure to carry out regular maintenance and servicing
- Improper use and handling of the equipment
- Improper storage of the equipment
- Non-compliance of the operating instructions

MANUFACTURED FOR

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15170 Lahti, FINLAND

DISCLAIMER

The manufacturer and its associates and partners have no liability, obligation or responsibility to any person or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.



Products marked with these symbols must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide more information on the matter.

