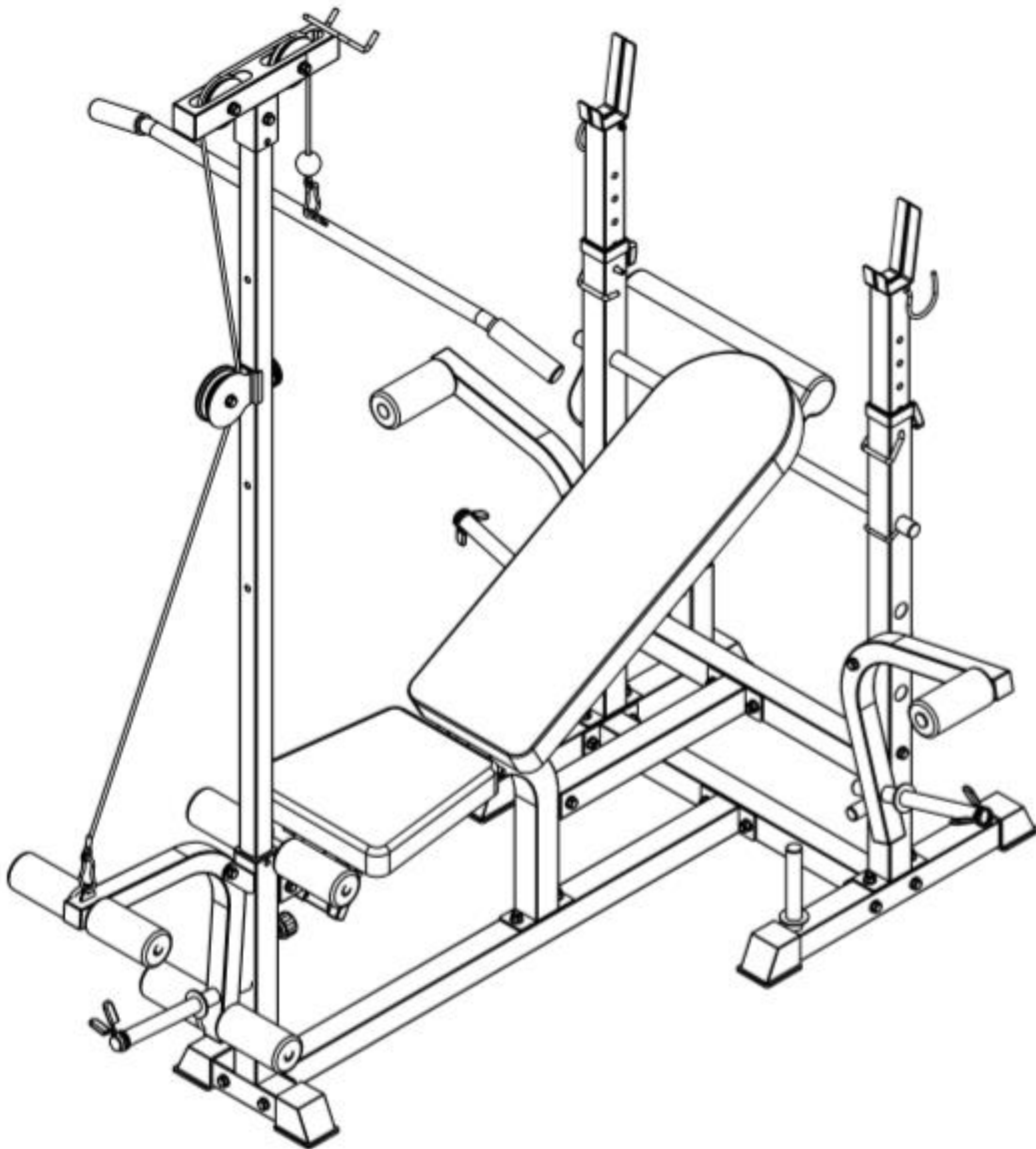


## 69787 WEIGHT BENCH



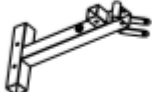







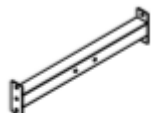






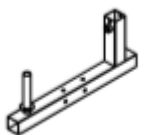







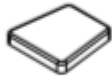






















### General Warning










Read all the instructions and warnings carefully before using this product. Failure to follow warnings and instructions can result in severe injury, death, or property damage. Before installation, check if all accessories are complete and without damage. If not, contact customer service. Keep these instructions in a safe place for future reference. Use this product with its original parts only. The information contained in this manual is believed to be correct at the time of printing. Repairs should only be carried out by a specialist or a professional and experienced technician. Never attempt to repair the product yourself.

## Warning and personal safety

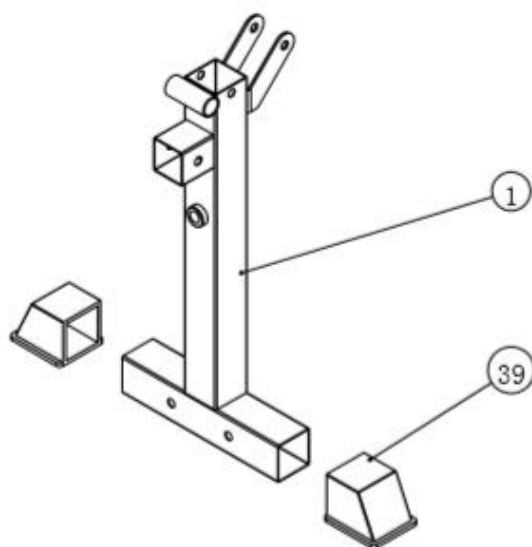
- This product is for domestic use only, not for commercial or therapeutic use.
- An area of at least 0.6 meters around the equipment is to be kept free to provide an opportunity for emergency dismounts.
- This equipment is not a toy. It should not be used by children. Keep unsupervised children away from the equipment.
- Do not leave assembly and adjustment devices exposed when using the equipment as they may lead to physical harm or interfere with your movement. Always make sure the area around the equipment is free from clutter.
- This equipment is not to be used by persons weighing more than 120 kg.
- Always use the right form when exercising with this equipment to avoid harming yourself or third parties.
- Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises immediately. Do not use the equipment until the problem has been rectified.
- Wear suitable clothing while using the equipment. Avoid wearing loose clothing which might get caught in the equipment or restrict your movement.
- Care must be taken when lifting or moving the equipment so as not to injure your back.
- Injuries to health may result from incorrect or excessive training.
- Free standing equipment shall be installed on a stable and levelled base.
- The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points.
- Replace defective components immediately and/or keep the equipment out of use until repair.
- Special attention to components most susceptible to wear.

## PARTS

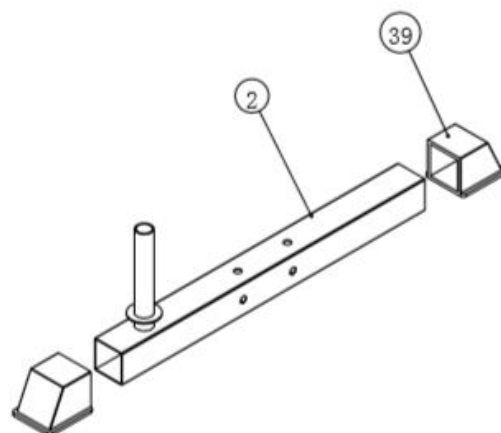
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6  X1	7  X1	8  X1	9  X1	10  X2
11  X1	12  X1	13  X1	14  X1	15  X1
16  X1	17  X2	18  X2	19  X1	20  X2
21  X1	22  X1	23  X1	24  X1	25  X1
26  X1	27  X1	28  X1	29  X1	30  X1
31  X1	32  X4	33  X3	34  X1	35  X4
36  X2	37  X2	38  X1	39  X6	40  X3
41  X1	42  M10X125-2	43  M10X70-22	44  M10X65-4	45  M10X45-1
46  M10X25-2				

47  M8X40-8	48  M8X20-2	49  Ø 10-60	50  Ø 8-10	51  M10-29
52  M6-2	53  X1	54  X1	55  X2	

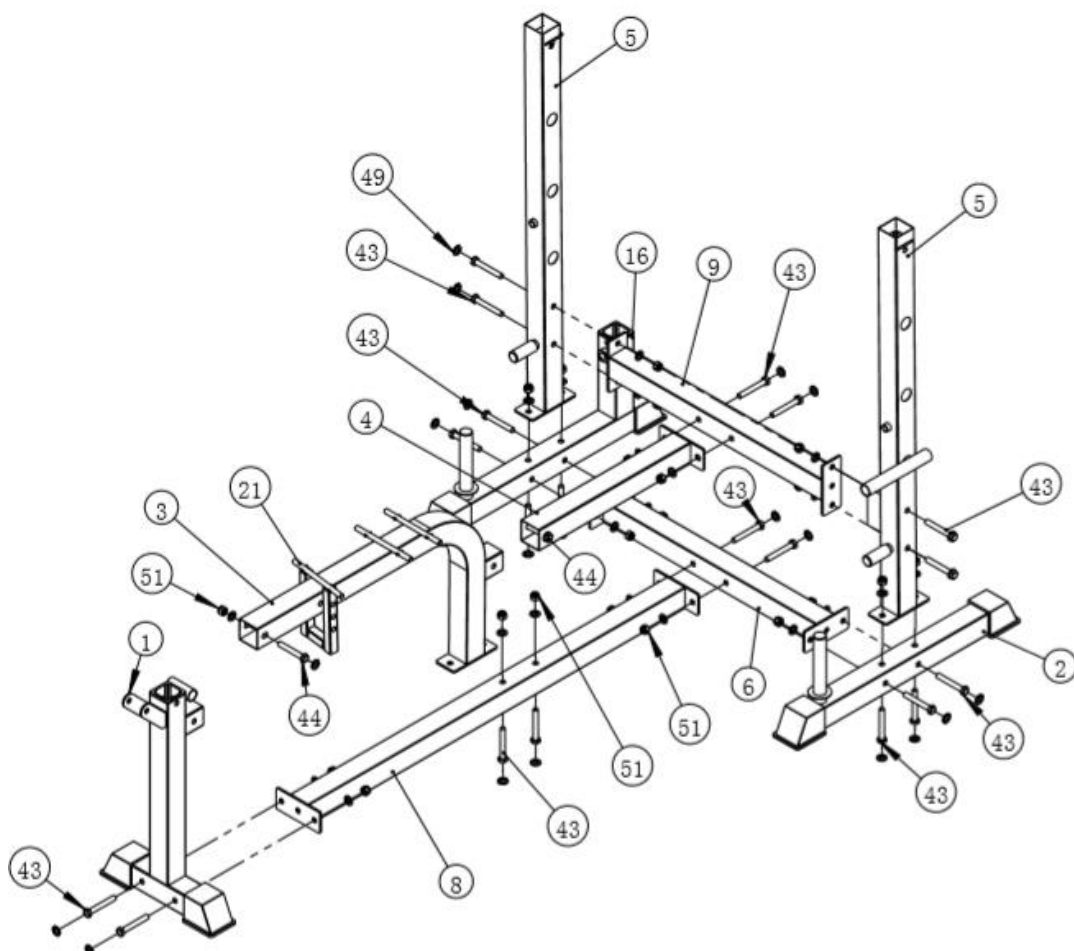
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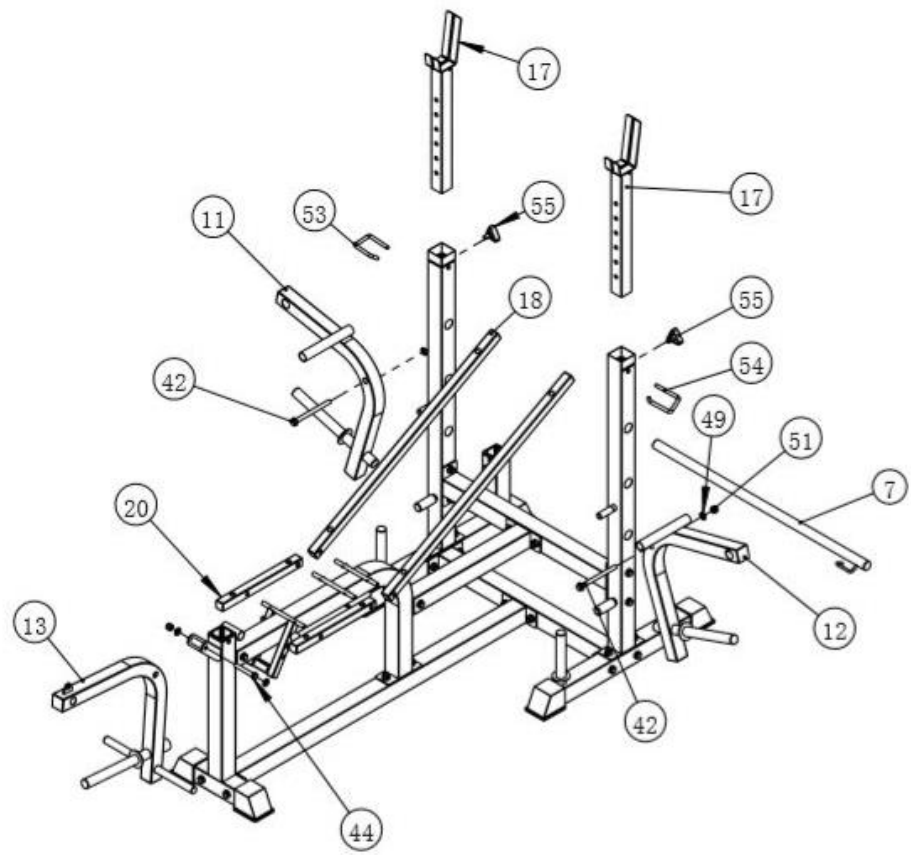
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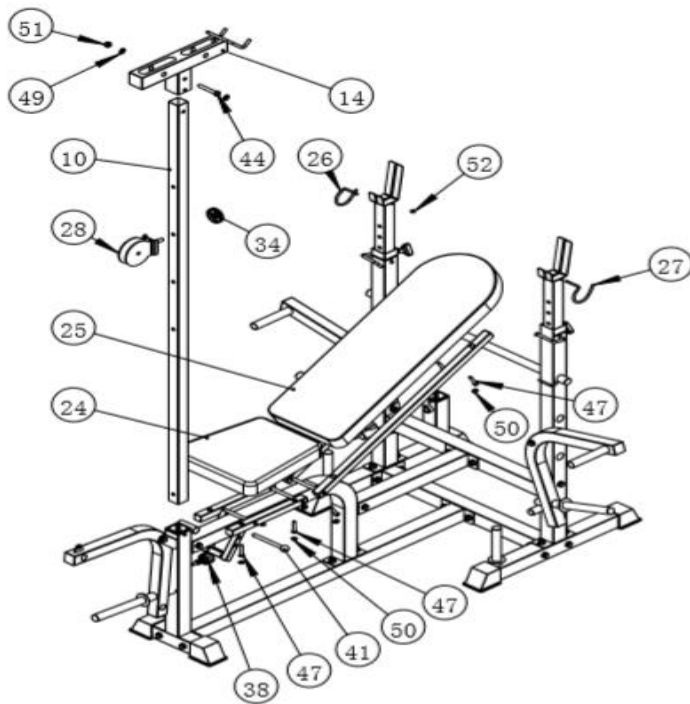
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4.



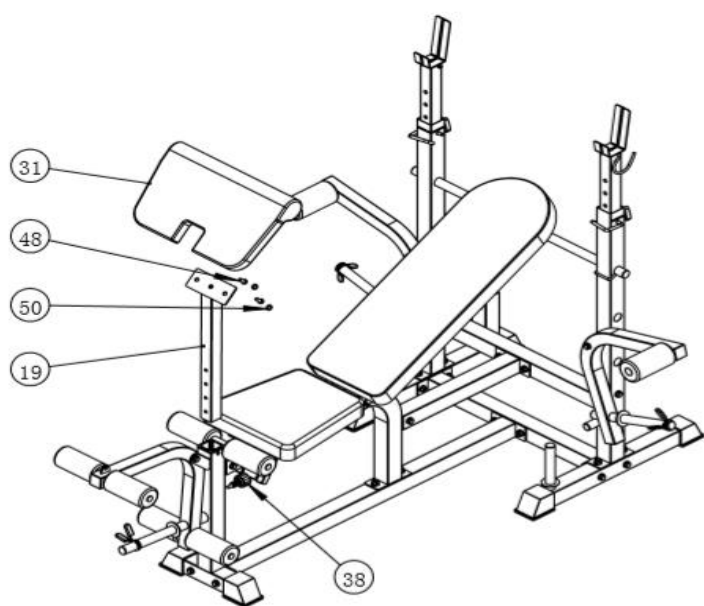
5.



[illegible]

This diagram shows an exploded perspective view of a leg press machine. The main components are labeled with circled numbers: 31 (seat), 32 (top plate), 33 (pulley), 34 (cable), 35 (roller), 36 (base), 37 (frame), 38 (footplate), 39 (cable), 40 (pulley), 41 (cable), 42 (pulley), 43 (cable), 44 (pulley), 45 (cable), 46 (pulley), 47 (cable), 48 (pulley), 49 (cable), 50 (pulley), and 51 (cable). The machine features a large, curved seat (31) mounted on a frame (37) with a footplate (38) at the front. A cable (34) is attached to the top of the frame and runs through a series of pulleys (33, 40, 42, 44, 46, 48, 50) to a footplate (38) at the front. The machine is supported by a base (36) with rollers (35) for movement. Various other components like pins, bolts, and adjustment mechanisms are also labeled.

8.



9.

