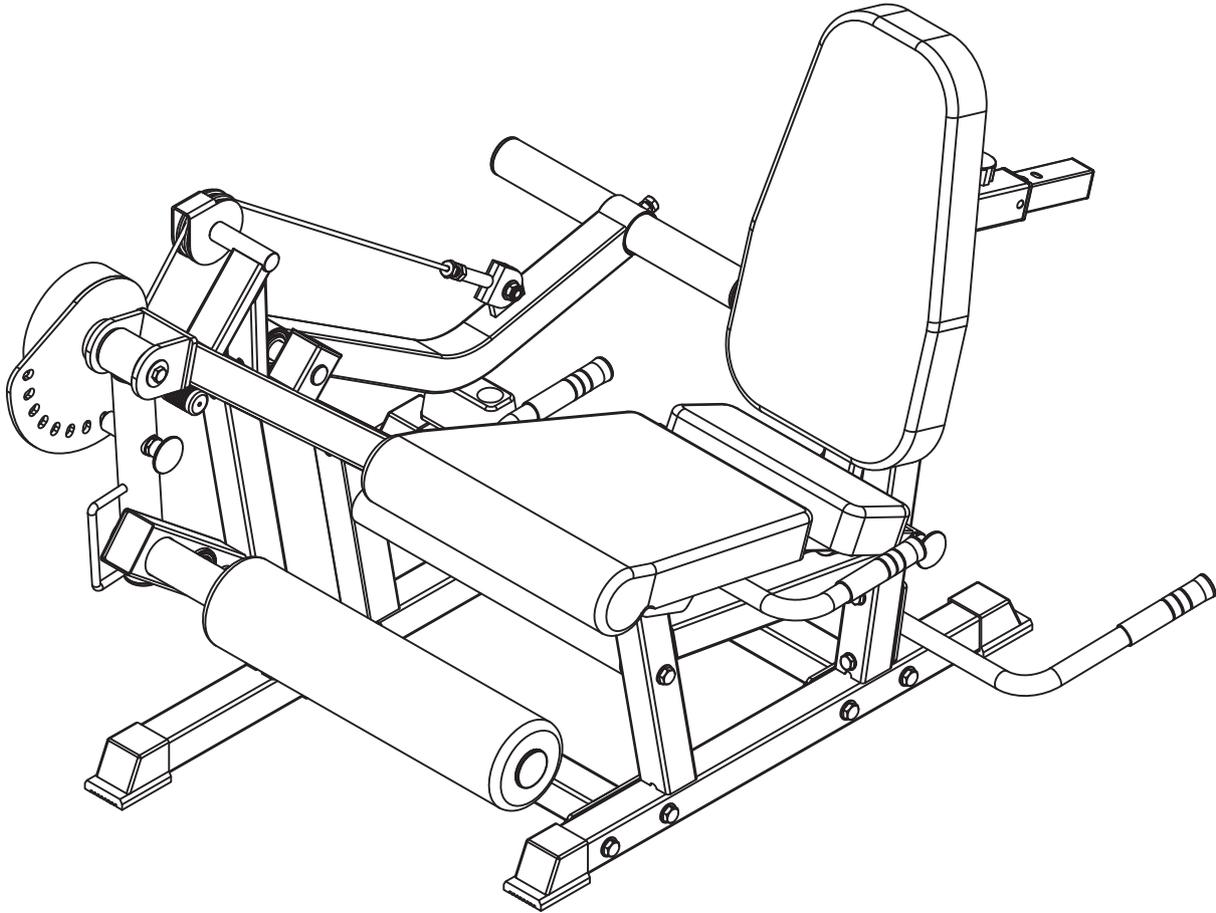




LEG EXTENSION / PRONE LEG CURL OWNER'S MANUAL



IMPORTANT – Please read these instructions fully before assembly or use.
Retain this owner's manual for future reference.

IF YOU NEED HELP WITH ASSEMBLY OR HAVE DAMAGED OR MISSING PARTS,
PLEASE EMAIL US AT SUPPORT@LIONSCOOL.COM

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Important Safety Instructions

Dear Customer:

Thank you for your purchase! Everyone at Lionscool would like to congratulate you and thank you for selecting the Lionscool Leg Extension / Prone Leg Curl Machine.

We're dedicated to providing convenient and effective workout solutions for every fitness enthusiast. We understand the journey to a better and healthier you because we're just like you!

We hope you will enjoy your new product for many years to come. Because we value your trust in our company, we will do our best to meet your service expectations. Should you have any assembly related questions, parts replacement requests, comments or suggestions, please feel free to contact us any time.

To help expedite the service, please have the assembly instructions available, along with your order receipt.

Before You Assemble

Please take the time to read all assembly instructions before attempting to assemble your Lionscool Leg Extension / Prone Leg Curl Machine.

Important Safety Notes

1. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.
3. Keep children and pets away from the equipment. This equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 meters of free space around it.
5. Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assembly, stop immediately. Do not use the equipment until the problem has been rectified.
6. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
7. This equipment is designed for indoor and home use only.
8. The maximum user weight capacity is 350 lbs, and the maximum weight plate capacity is 450 lbs, for a total of 800 lbs.

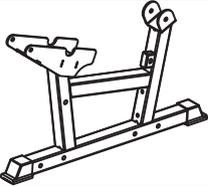
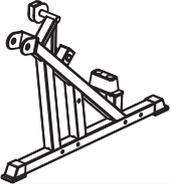
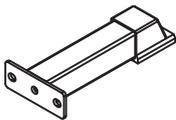
Parts List

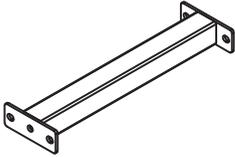
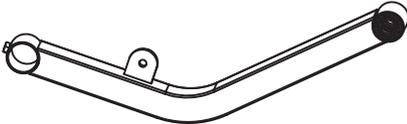
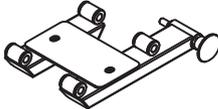
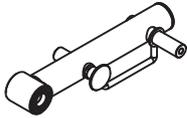
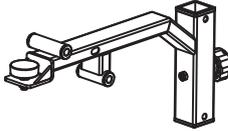
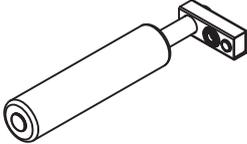
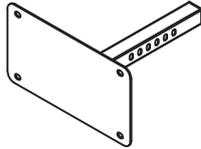
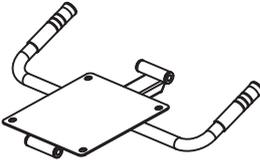
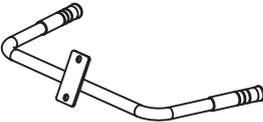
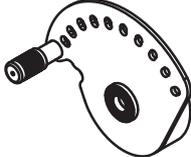


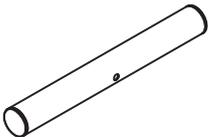
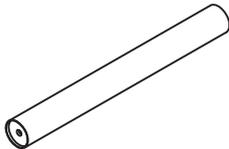
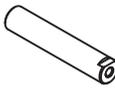
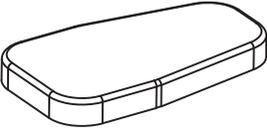
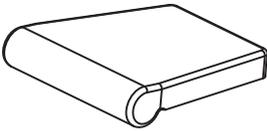
Before you start the assembly, check whether all parts and tools are included and whether damage has occurred.

CAUTION:

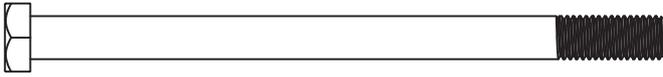
If you are missing any parts, the assembly must not be carried out, please contact us through Amazon Message Center or send email to support@lionscool.com immediately.

PART	DESCRIPTION	ILLUSTRATION	QUANTITY
1	SEAT FRAME		1
2	WEIGHT SUPPORT FRAME		1
3	LOCKING PIN		1
4	REAR FOOT		1

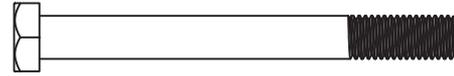
5	FRAME CROSS SUPPORT		2
6	WEIGHT HOLDER		1
7	MIDDLE PAD FRAME		1
8	MOVEMENT ARM		1
9	BACK PAD FRAME		1
10	SWIVEL FOAM ROLL TUBE		1
11	ADJUSTABLE BACK PAD TUBE		1
12	SEAT PAD SUPPORT		1
13	HANDLE BAR		1
14	CAM		1

15	PULLEY		1
16	WEIGHT HORN		1
17	CROSS BRACE		1
18	PIVOT ROD		1
19	T-JOINT		1
20	CABLE		1
21	BACK PAD		1
22	SEAT PAD		1
23	MIDDLE SEAT PAD		1

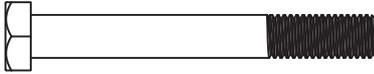
HARDWARE INCLUDED



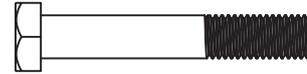
B1:Hex Bolt M12*175 (2Pcs)



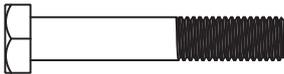
B2:Hex Bolt M12*115 (1Pc)



B3:Hex Bolt M12*95 (1Pc)



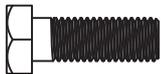
B4:Hex Bolt M12*75 (2Pcs)



B5:Hex Bolt M12*70 (6Pcs)



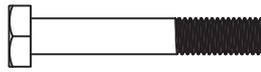
B6:Hex Bolt M12*65 (2Pcs)



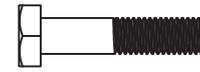
B7:Hex Bolt M12*35 (1Pc)



B8:Hex Bolt M10*70 (2Pcs)



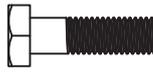
B9:Hex Bolt M10*65 (1Pc)



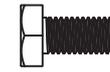
B10:Hex Bolt M10*45 (2Pcs)



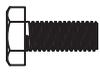
B11:Hex Bolt M10*40 (1Pc)



B12:Hex Bolt M10*35 (1Pc)

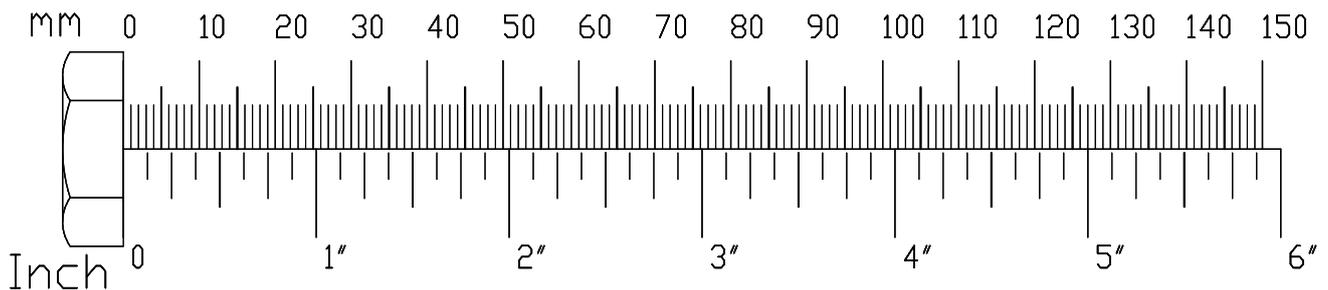


B13:Hex Bolt M10*20 (12Pcs)



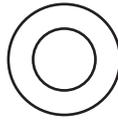
B14:Hex Bolt M8*20 (1Pc)

BOLT LENGTH MEASURING GUIDE

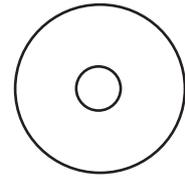




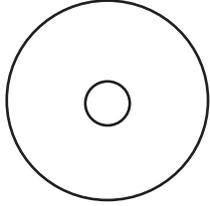
B15:Washer Ø10mm (17Pcs)



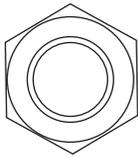
B16:Washer Ø12mm(28Pcs)



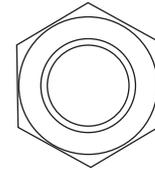
B17:Washer Ø38mm (4Pcs)



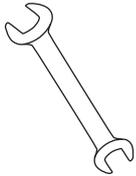
B18:Washer Ø50mm (3Pcs)



B19:Nut M10 (3pcs)



B20:Nut M12 (13pcs)

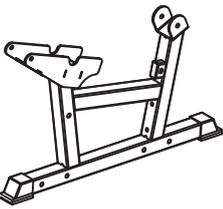
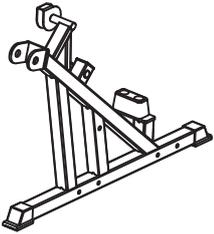
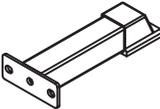
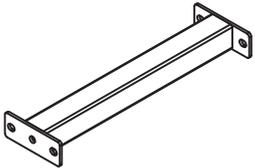
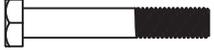


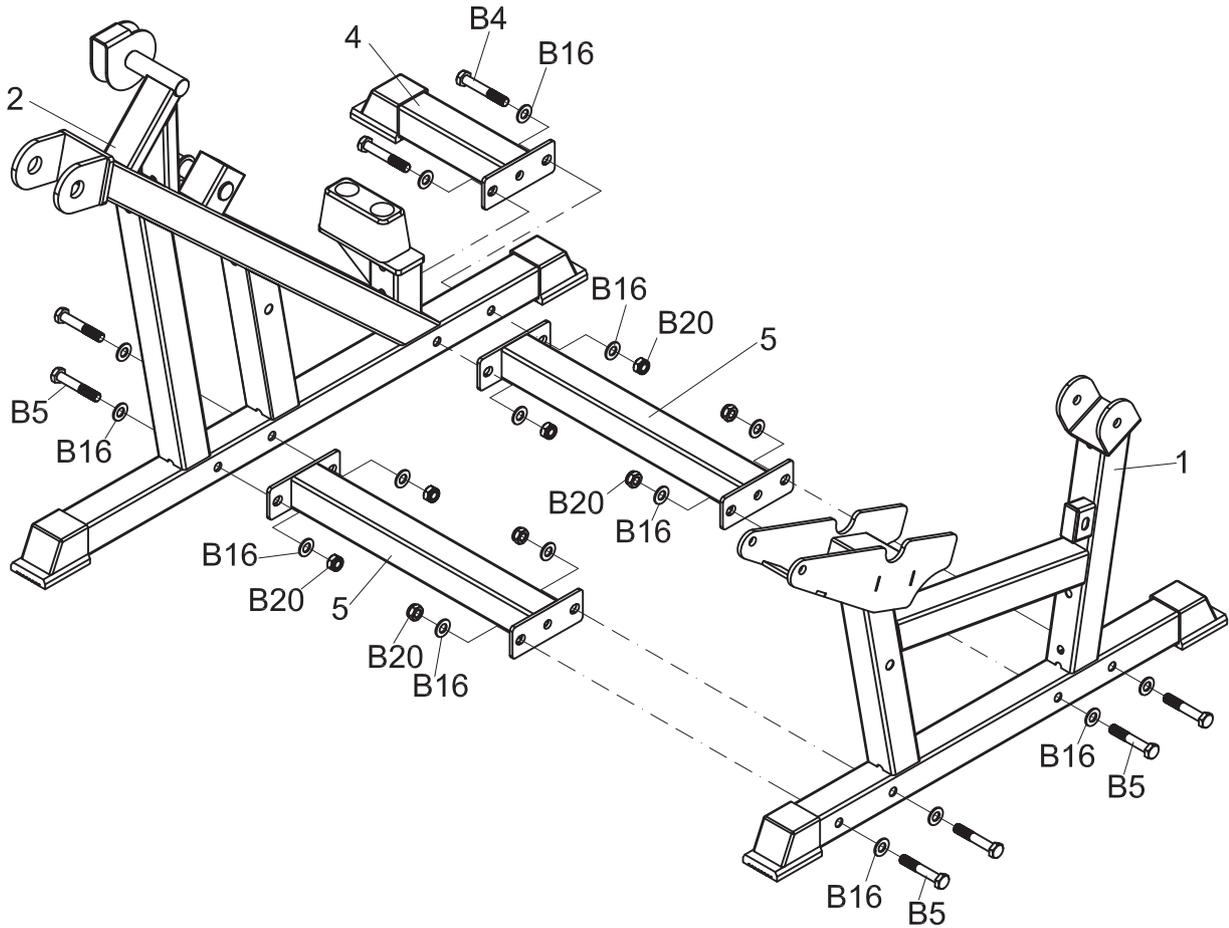
17-19 Wrench (2pcs)



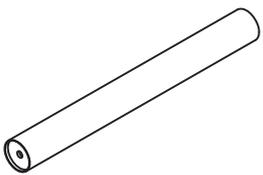
14 Wrench (1pc)

Assembly Instructions

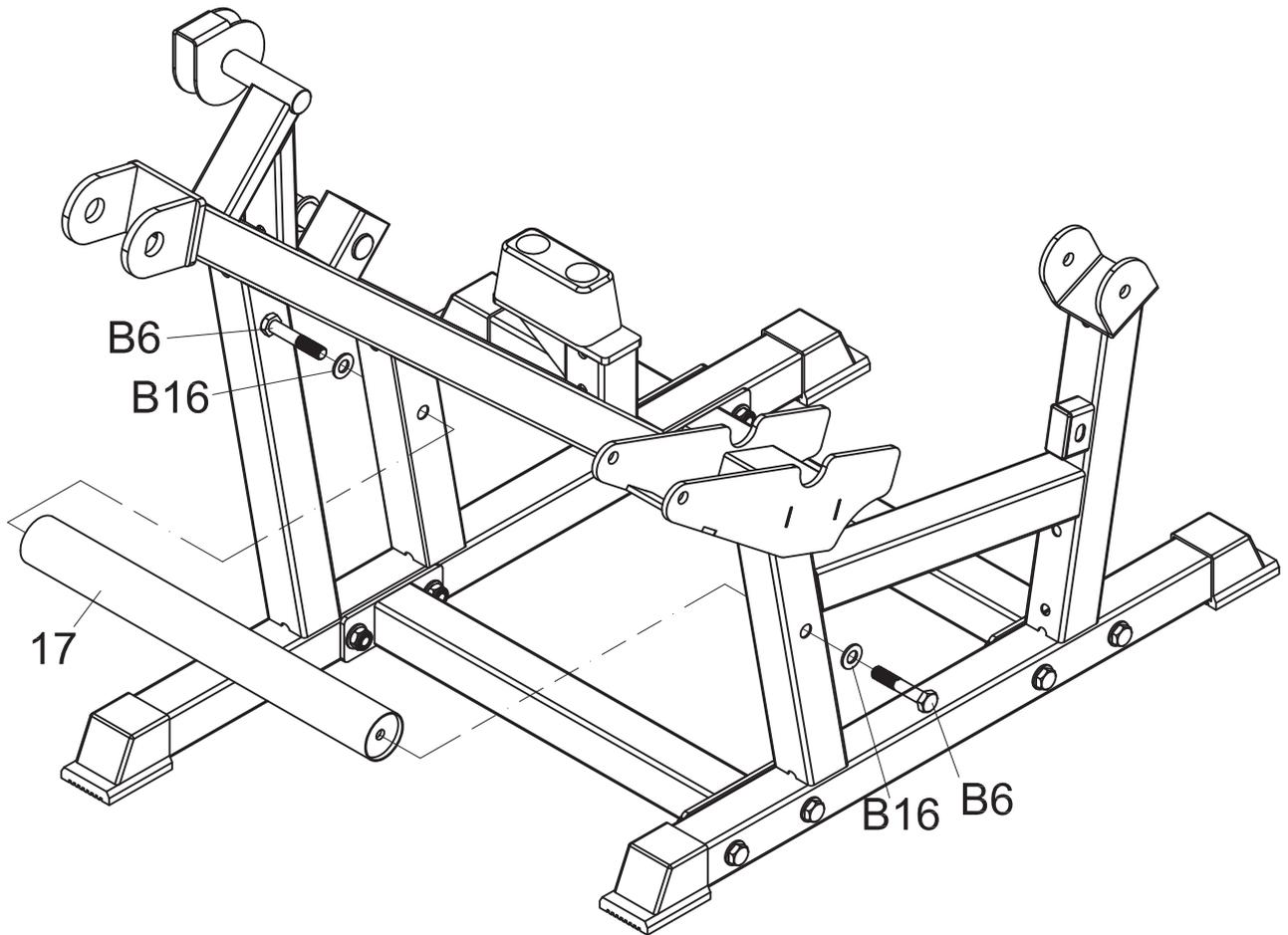
<p>1</p>  <p>SEAT FRAME x1</p>	<p>2</p>  <p>WEIGHT SUPPORT FRAME x1</p>	<p>4</p>  <p>REAR FOOT x1</p>	<p>5</p>  <p>FRAME CROSS SUPPORT x2</p>
<p>B4</p>  <p>Hex Bolt M12*75 X2</p>	<p>B5</p>  <p>Hex Bolt M12*70 X6</p>	<p>B16</p>  <p>Washer Φ12mm X16</p>	<p>B20</p>  <p>Nut M12 X8</p>

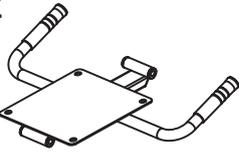
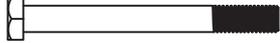


STEP 1

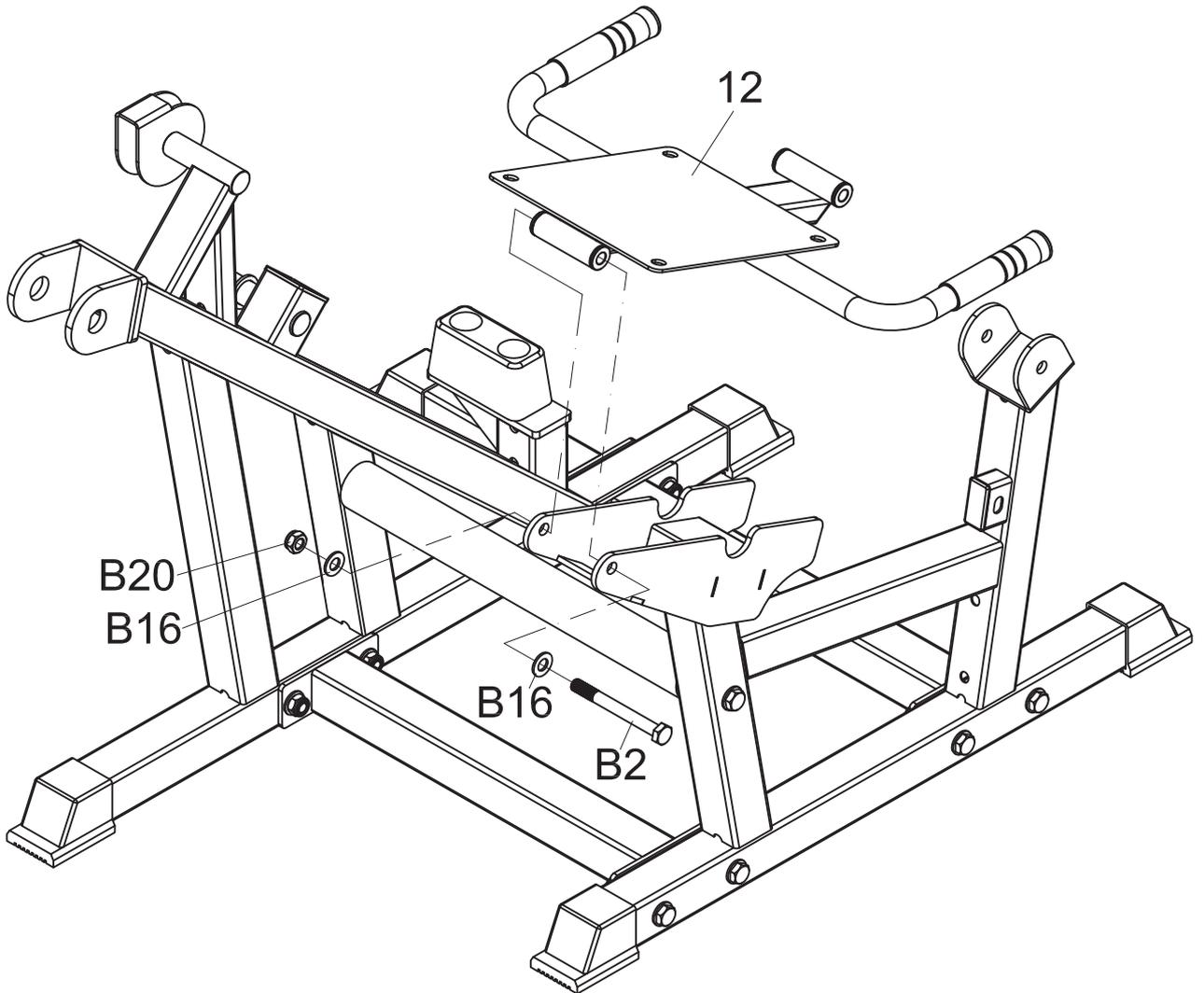
<p>17</p>  <p>CROSS BRACE x1</p>	<p>B6</p>  <p>Hex Bolt M12*65 X2</p>	<p>B16</p>  <p>Washer Φ12mm X2</p>
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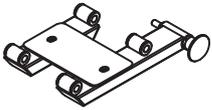
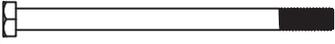
STEP 2



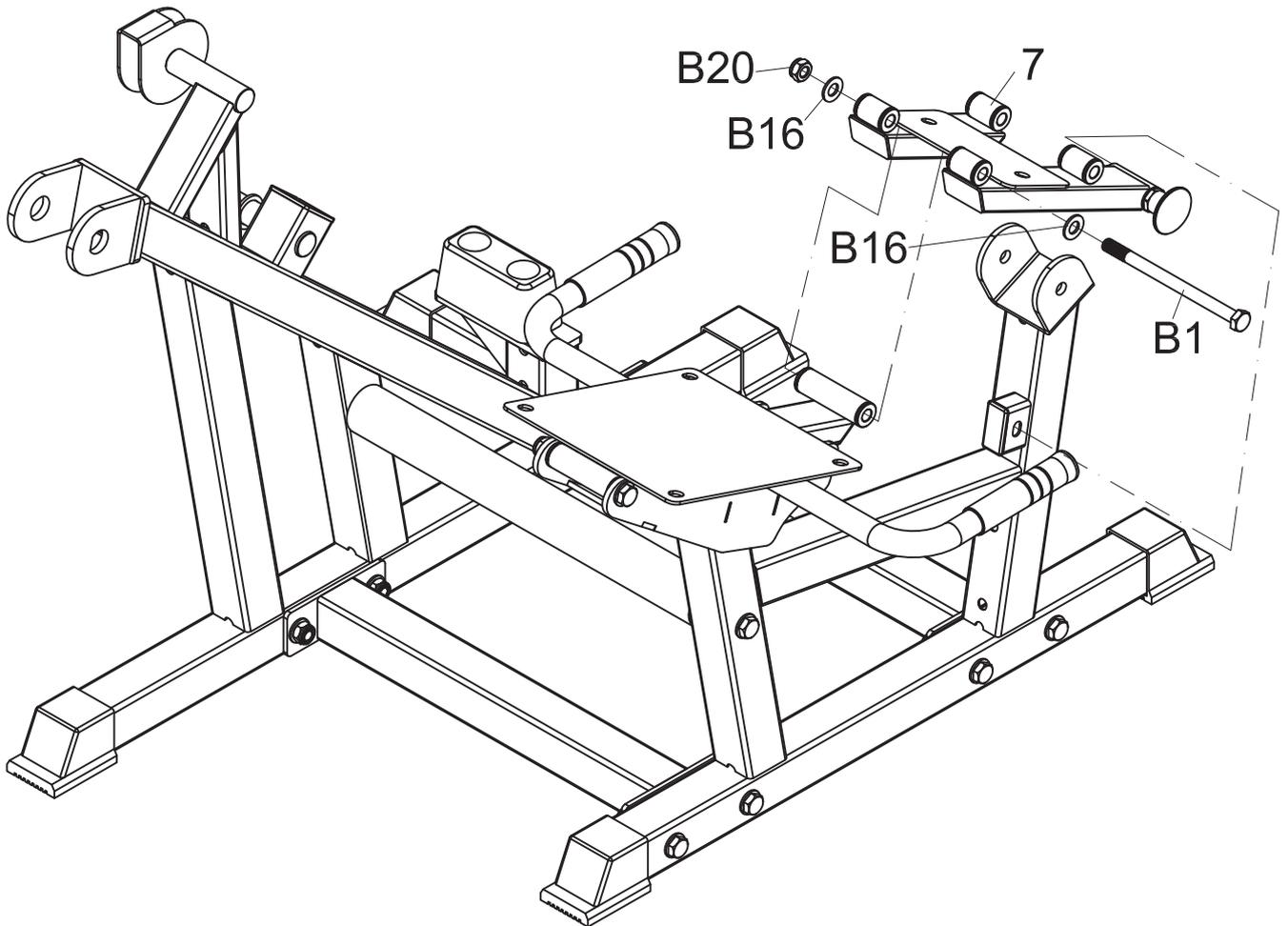
<p>12</p>  <p>SEAT PAD SUPPORT x1</p>	<p>B2</p>  <p>Hex Bolt M12*115 X1</p>	<p>B16</p>  <p>Washer Φ12mm X2</p>	<p>B20</p>  <p>Nut M12 X1</p>
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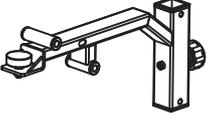
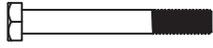
STEP 3

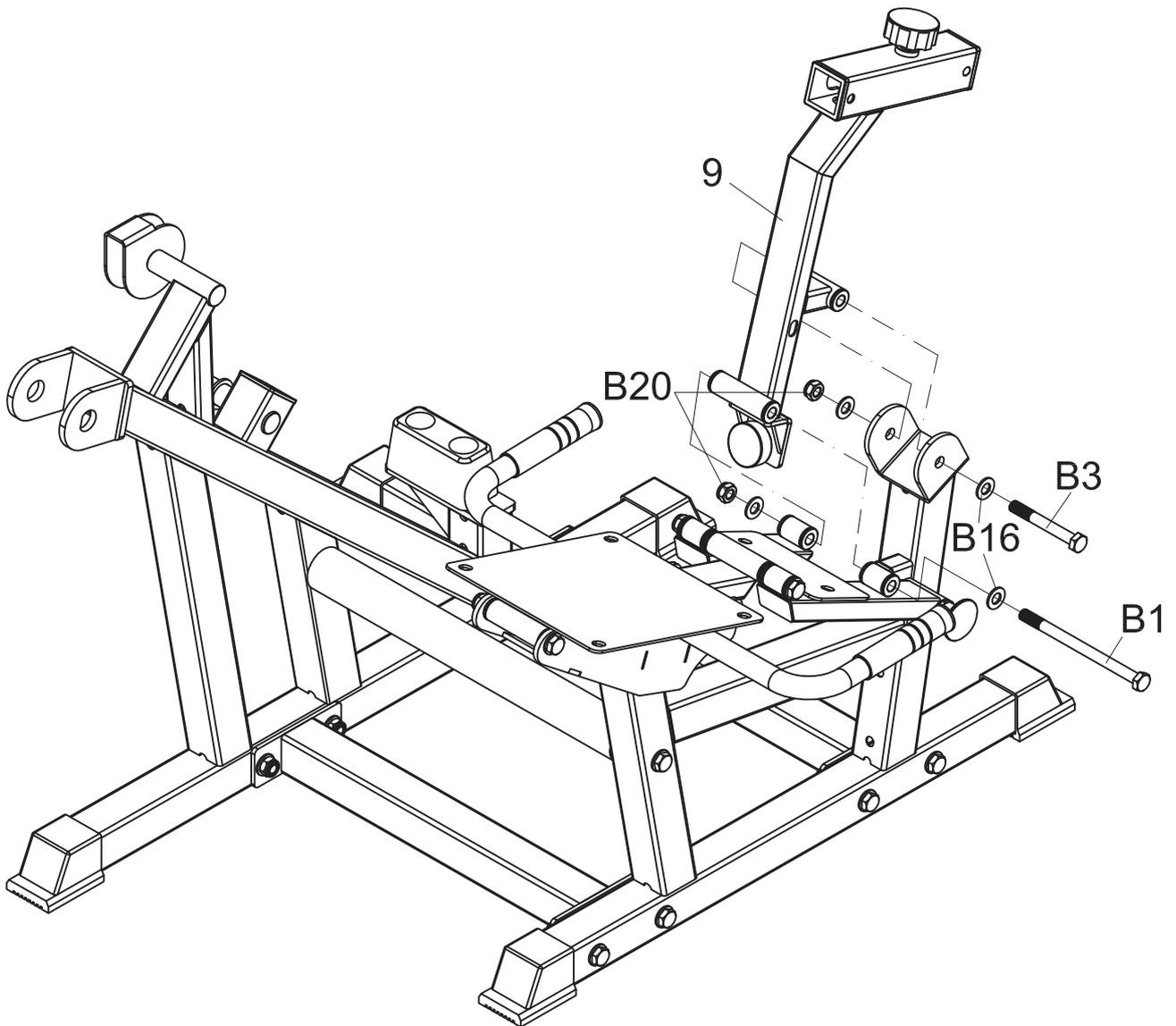


<p>7</p>  <p>MIDDLE PAD FRAME x1</p>	<p>B1</p>  <p>Hex Bolt M12*175 X1</p>	<p>B16</p>  <p>Washer Φ12mm X2</p>	<p>B20</p>  <p>Nut M12 X1</p>
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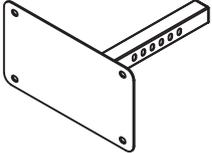
STEP 4



<p>9</p>  <p>BACK PAD FRAME x1</p>	<p>B1</p>  <p>Hex Bolt M12*175 X1</p>	<p>B3</p>  <p>Hex Bolt M12*95 X1</p>	<p>B16</p>  <p>Washer Φ12mm X4</p>	<p>B20</p>  <p>Nut M12 X2</p>
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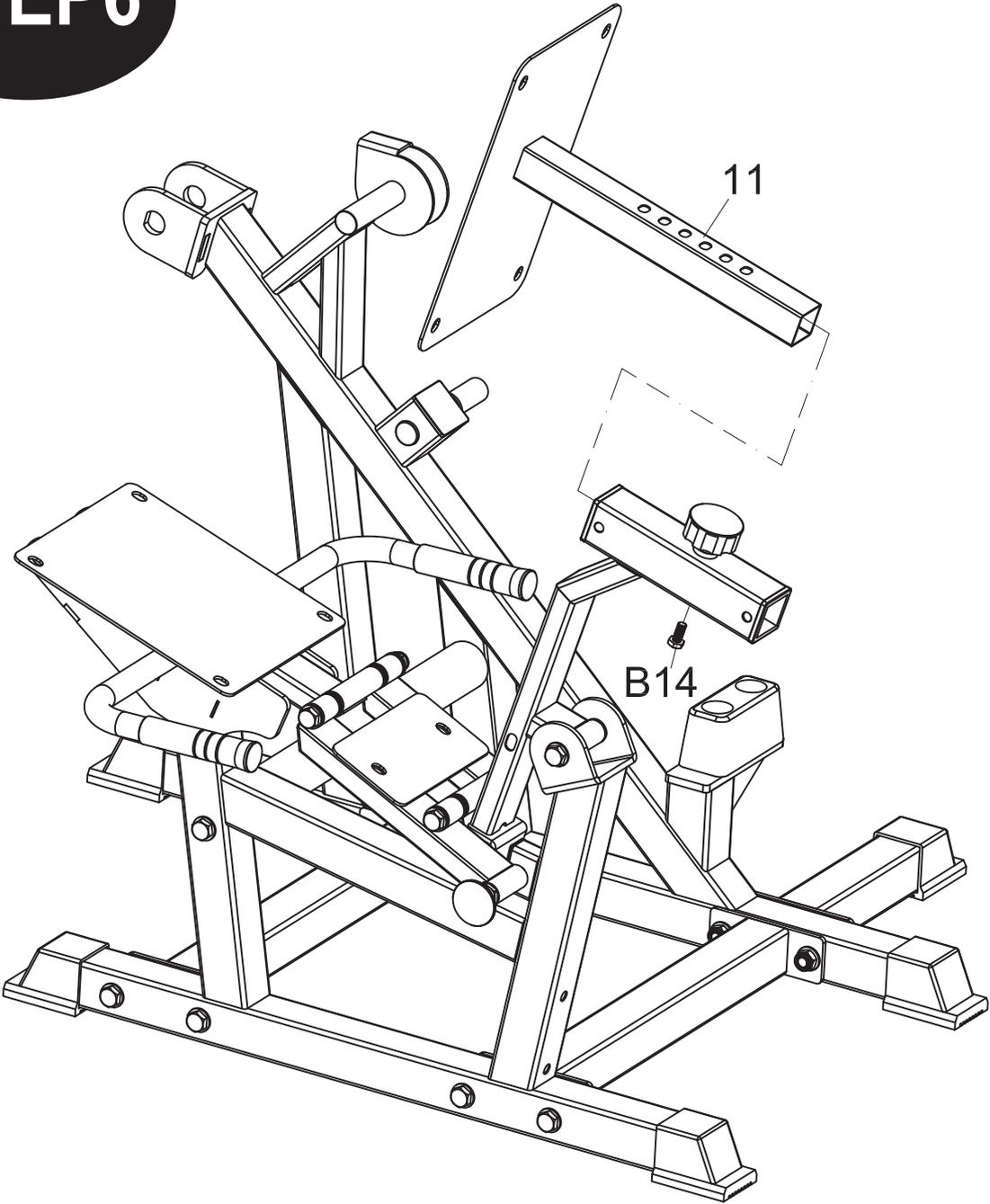


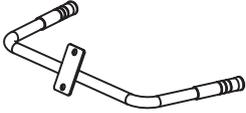
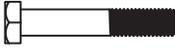
STEP5

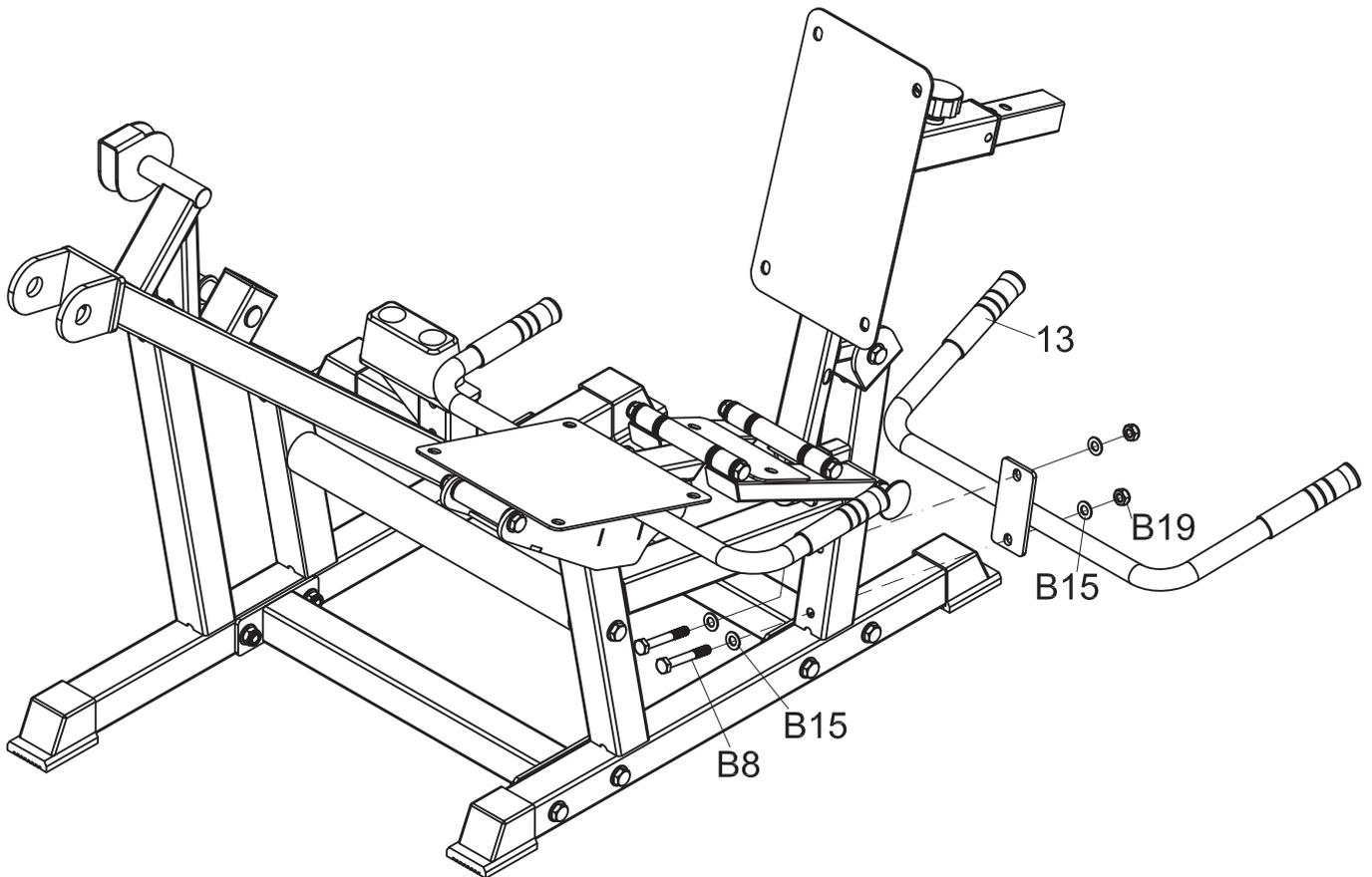
<p>11</p>  <p>ADJUSTABLE BACK PAD TUBE x1</p>	<p>B14</p>  <p>Hex Bolt M8*20 X1</p>
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Insert the Adjustable Tube first,
and then secure with the M8*20 Bolt.

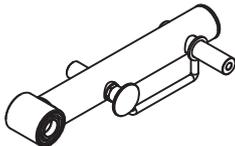
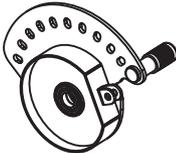
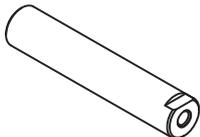
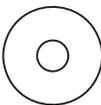
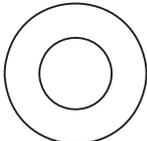
STEP6

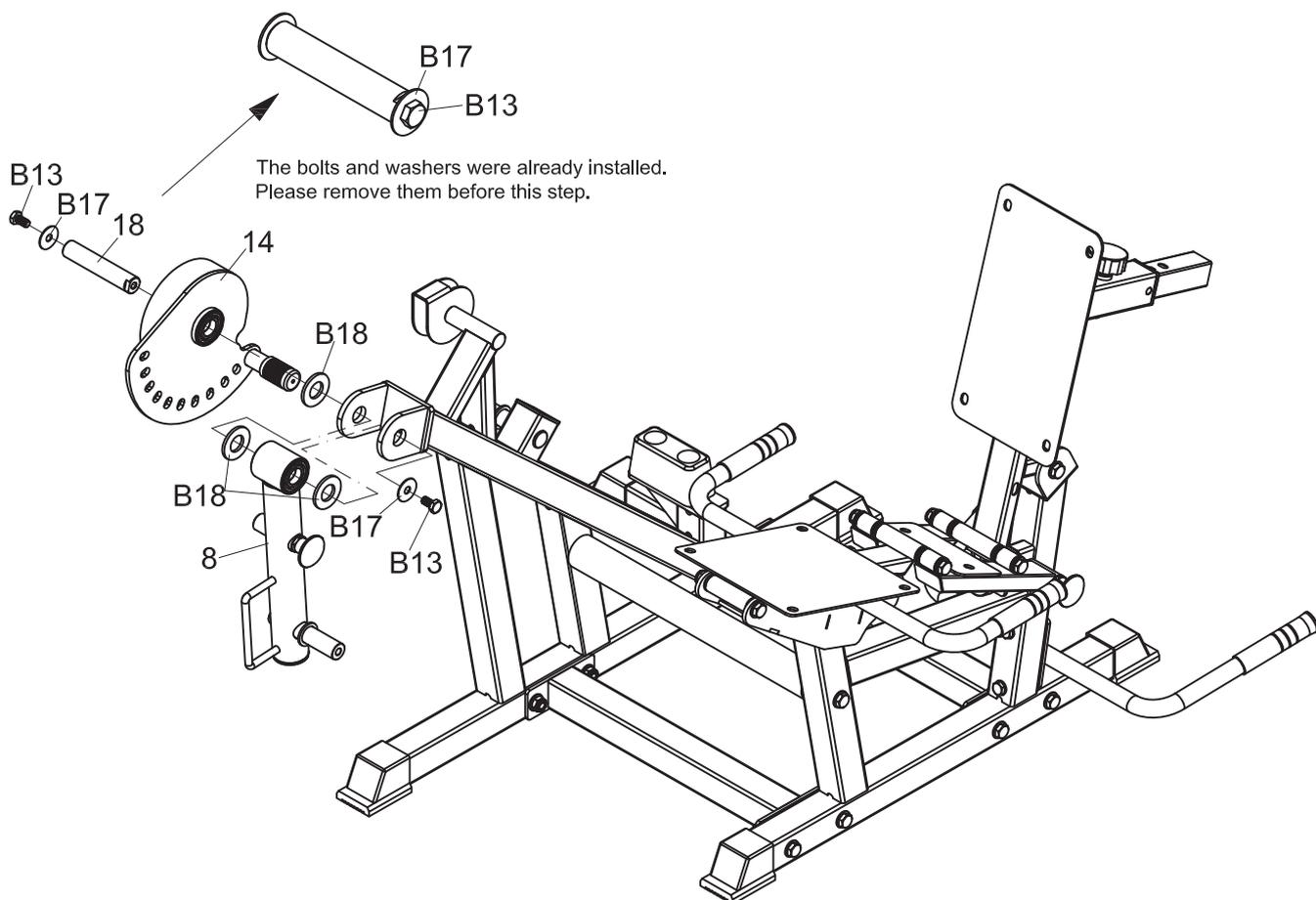


<p>13</p>  <p>HANDLE BAR x1</p>	<p>B8</p>  <p>Hex Bolt M10*70 X2</p>	<p>B15</p>  <p>Washer Φ10mm X4</p>	<p>B19</p>  <p>Nut M10 X2</p>
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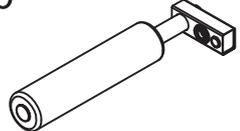


STEP 7

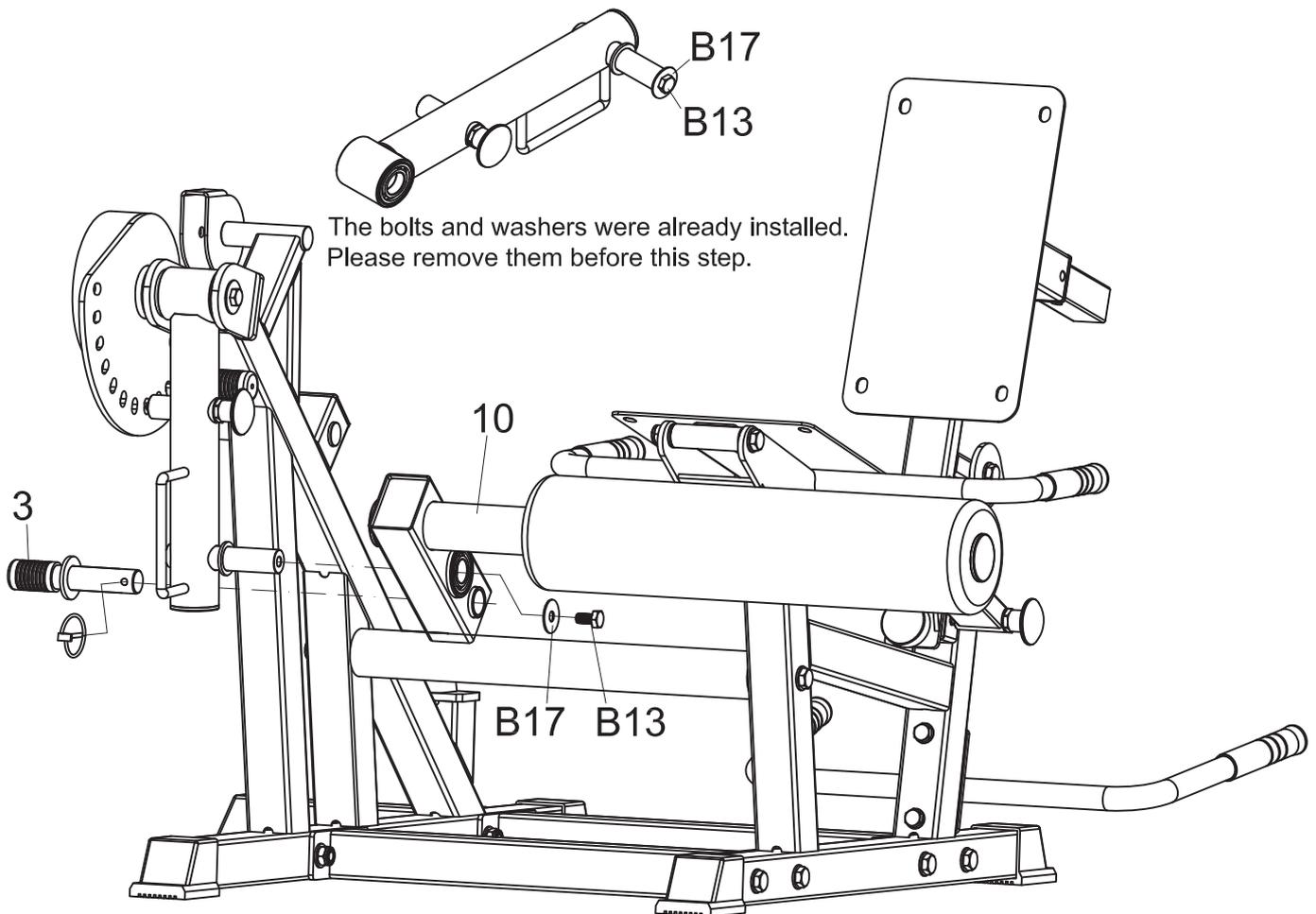
<p>8</p>  <p>MOVEMENT ARM x1</p>	<p>14</p>  <p>CAM x1</p>	<p>18</p>  <p>PIVOT ROD x1</p>
<p>B13</p>  <p>Hex Bolt M10*20 X2</p>	<p>B17</p>  <p>Washer Φ38mm X2</p>	<p>B18</p>  <p>Washer Φ50mm X3</p>

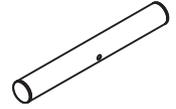


STEP 8

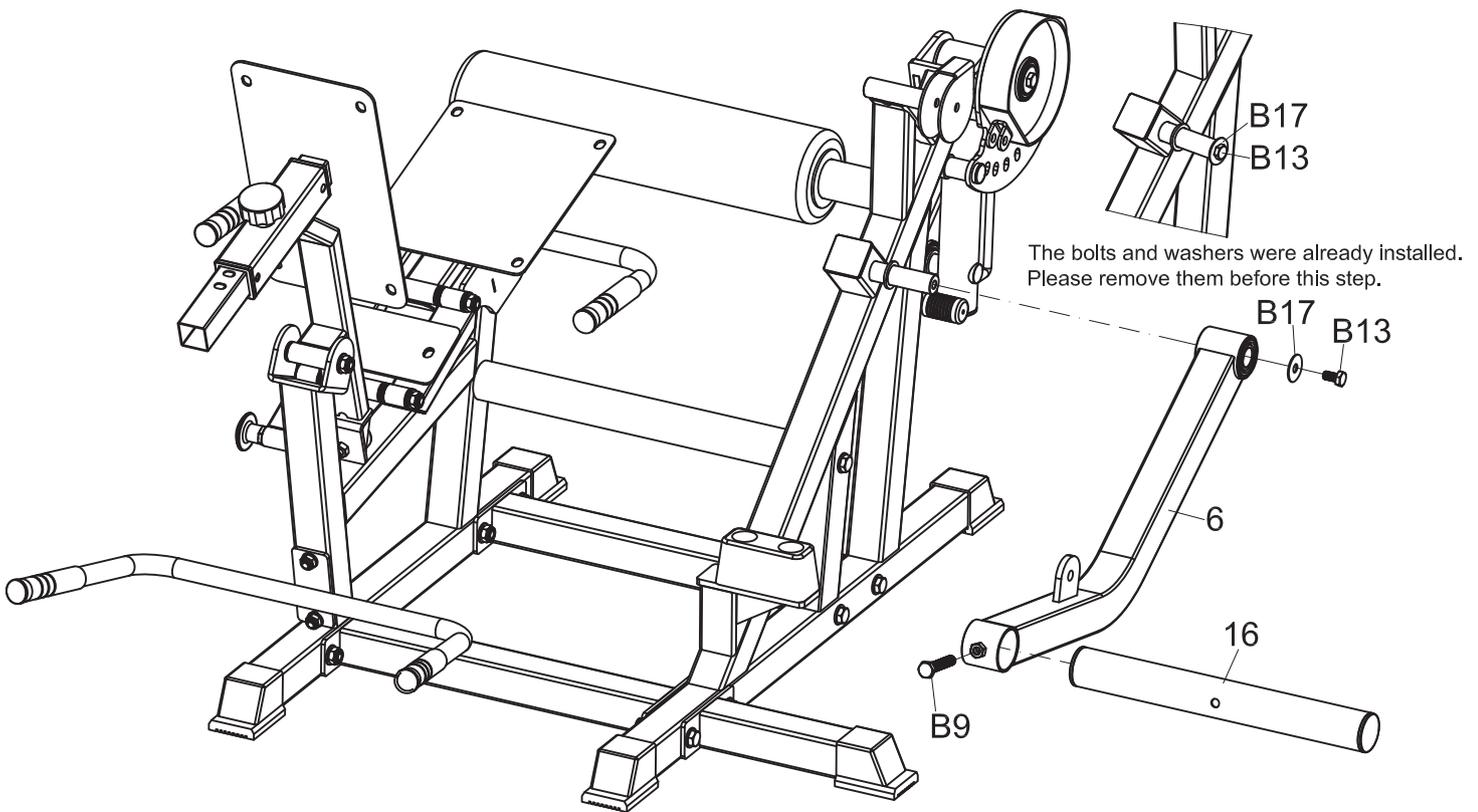
<p>3</p>  <p>LOCKING PIN x1</p>	<p>10</p>  <p>SWIVEL FOAM ROLL TUBE x1</p>	<p>B13</p>  <p>Hex Bolt M10*20 X1</p>	<p>B17</p>  <p>Washer Φ38mm X1</p>
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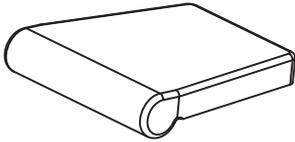
STEP9

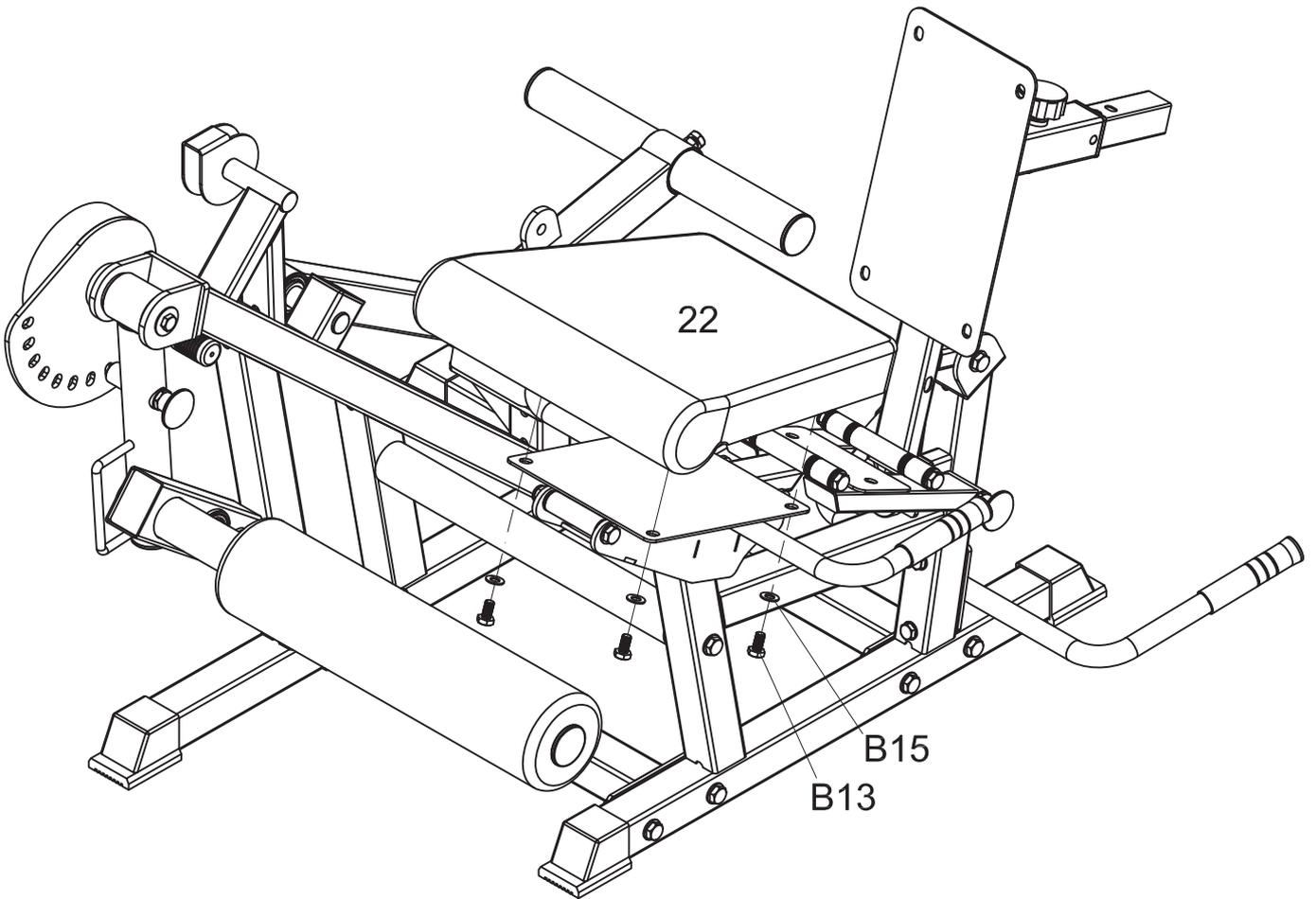


<p>6</p>  <p>WEIGHT HOLDER x1</p>	<p>16</p>  <p>WEIGHT HORN x1</p>	<p>B9</p>  <p>Hex Bolt M10*65 X1</p>	<p>B13</p>  <p>Hex Bolt M10*20 X1</p>	<p>B17</p>  <p>Washer Φ38mm X1</p>
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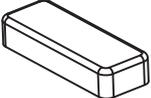
STEP10



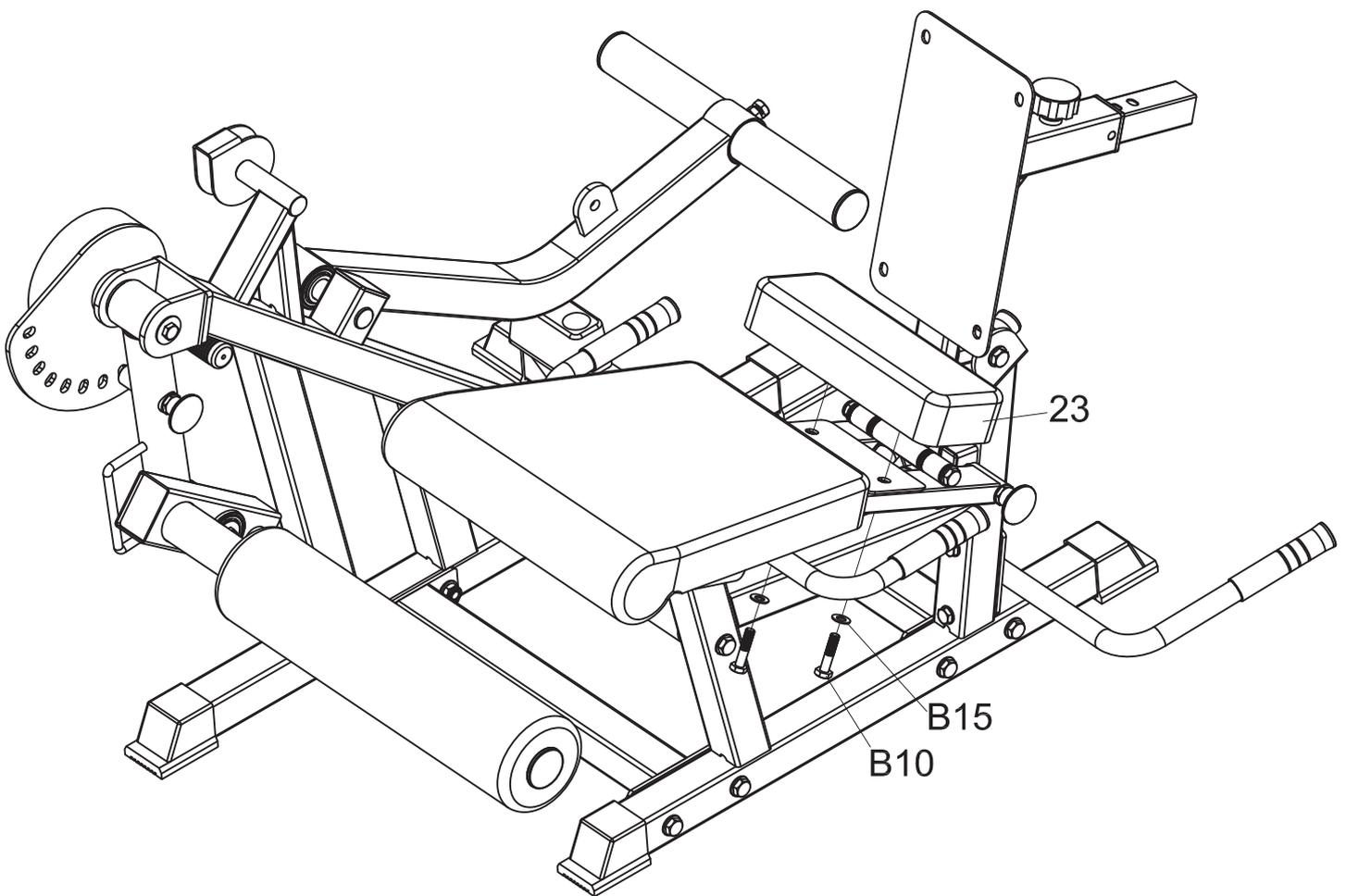
<p>22</p>  <p>SEAT PAD x1</p>	<p>B13</p>  <p>Hex Bolt M10*20 X4</p>	<p>B15</p>  <p>Washer Φ10mm X4</p>
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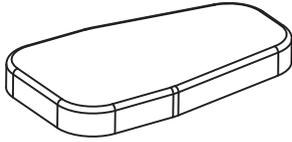
STEP11

<p>23</p>  <p>MIDDLE SEAT PAD x1</p>	<p>B10</p>  <p>Hex Bolt M10*45 X2</p>	<p>B15</p>  <p>Washer Φ10mm X2</p>
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STEP12



21



BACK PAD x1

B13



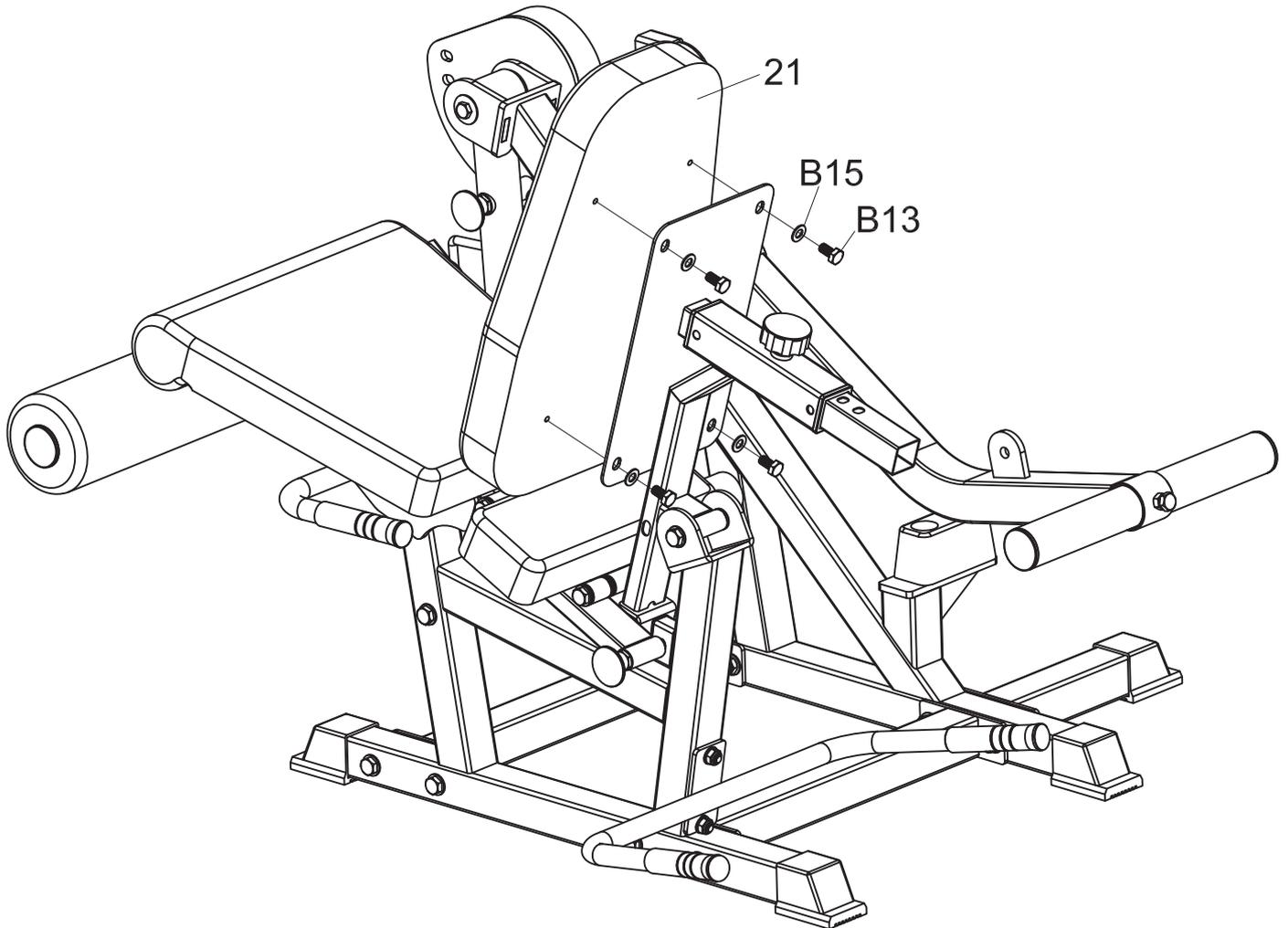
Hex Bolt M10*20 X4

B15



Washer Φ 10mm X4

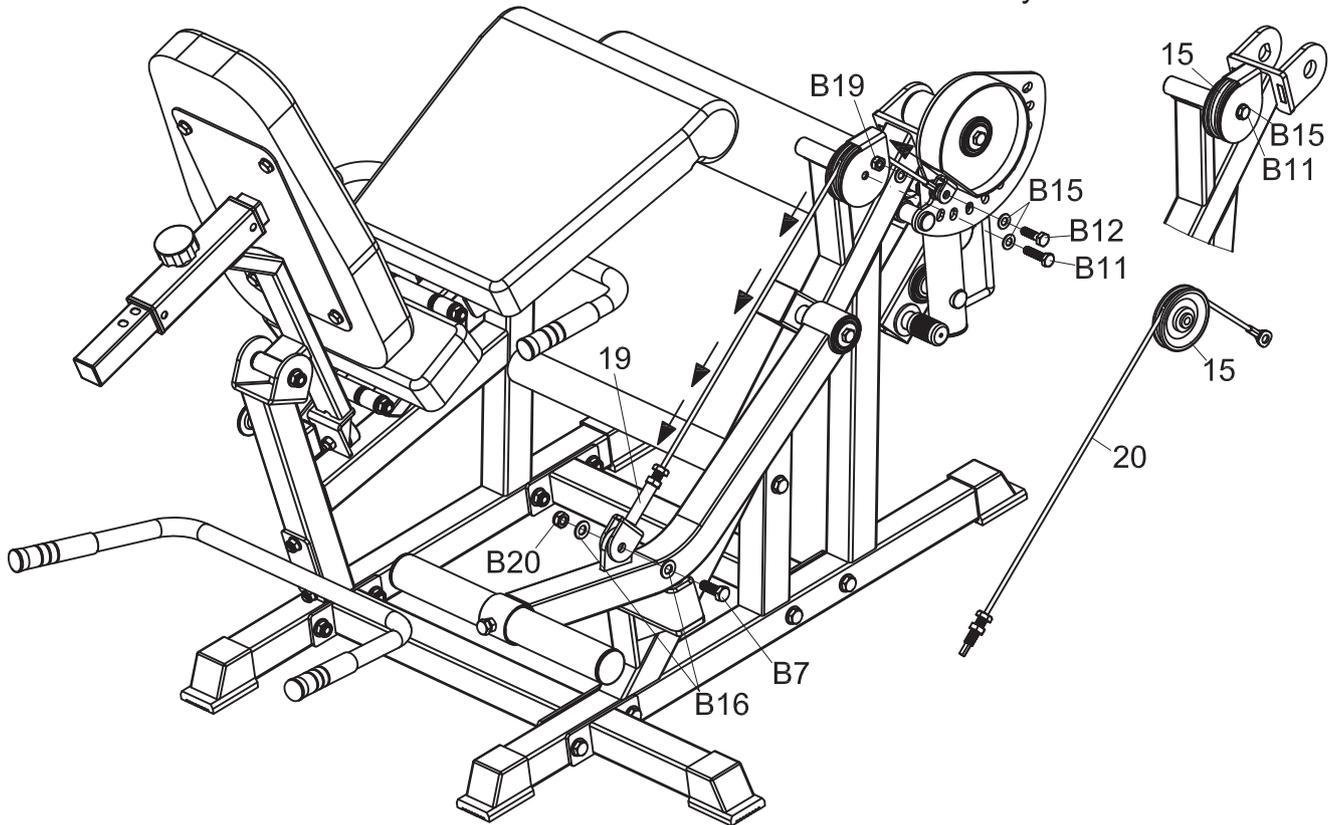
STEP 13



15  PULLEY x1	19  T-JOINT x1	20  CABLE x1	B7  Hex Bolt M12*35 X1	B11  Hex Bolt M10*40 X1
B12  Hex Bolt M10*35 X1	B15  Washer Φ10mm X3	B16  Washer Φ12mm X2	B19  Nut M10 X1	B20  Nut M12 X1

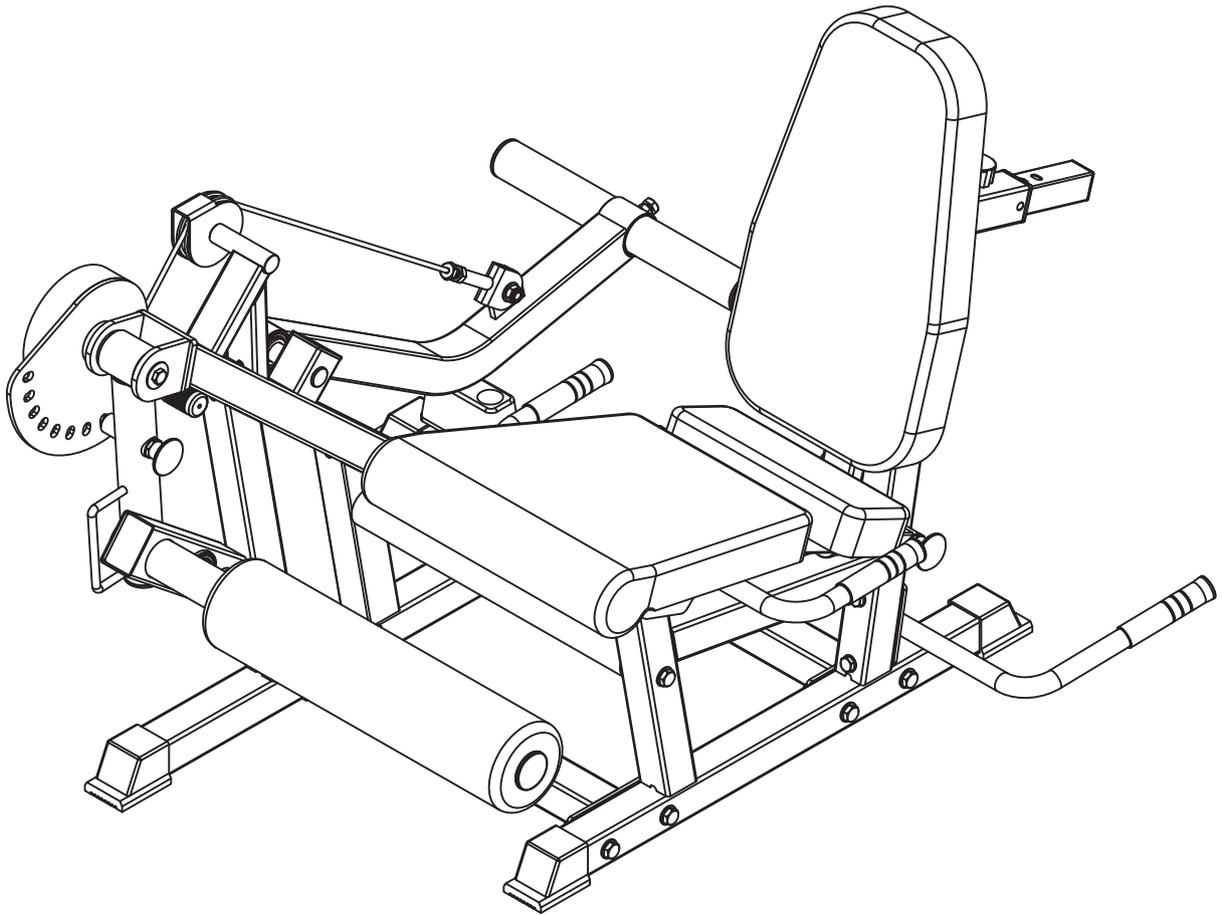
STEP14

The pulley, bolt and washer were already installed.



Final Check

- * All hardware need to be properly and securely attached.
Make sure the machine is rested on a flat surface
and does not feel loose or wobbly.



CONGRATULATIONS!

The assembly of LIONSCOOL Leg Extension / Prone Leg Curl Machine is completed!

Warranty

Manufacturer Limited Warranty

Lionscool warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated according to the Owner's Manual included with the product.

Warranty Period

- Two (2) years on framework (structural steel & welds)
- One (1) year on other parts

Warranty Exclusions

The Limited Warranty shall not extend to any Product that has been subjected to the following:

- accident, damage, negligence, abuse or misuse
- improper assembly, installation and/or maintenance (if applicable),
- abnormal operating conditions
- alteration or modification
- a purpose or application in any way different from that for which it was designed
- Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, rust, accumulate dirt or stains.