

# IFP1605

## Seated Leg Extension

### OWNER'S MANUAL

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22N

**CAUTION!** Read all precautions and instructions in this manual before using this equipment.

# Table Of Contents

## CAUTION!

Read all precautions and instructions in this manual before using this equipment.

|                                      |    |
|--------------------------------------|----|
| Important Safety Instructions-----   | 3  |
| Instructions-----                    | 5  |
| Exploded View and Parts List-----    | 6  |
| Measurement Guide-----               | 13 |
| Assembly Instructions-----           | 14 |
| Assembly-----                        | 15 |
| Adjust and Exercise Instruction----- | 19 |
| Maintenance Schedule-----            | 20 |
| General Maintenance Information----- | 21 |
| Weight Training Tips-----            | 22 |

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# Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.  
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.  
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.6 meters space around the product.  
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.  
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.  
Do not attempt to lift more weight than you can control safely.  
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.  
Never drop or insert anything into any opening in the equipment.  
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.  
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.  
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

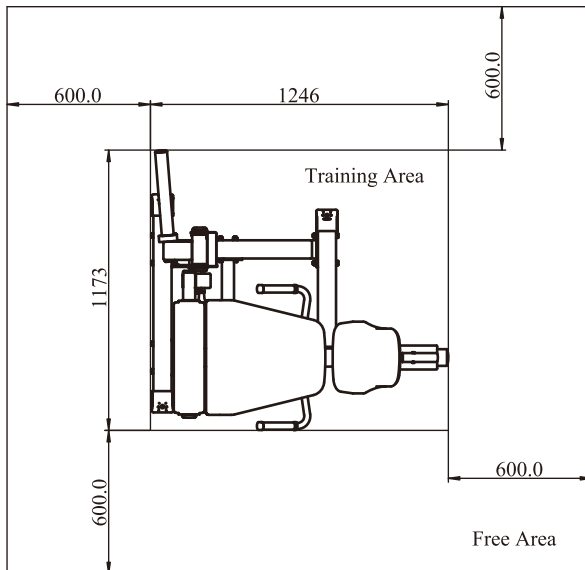
# Important Safety Instructions

## Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

## Training Area and Free Area



## Specifications

Class: S

Maximum Wt. Capacity: 150kg/ 330lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1246\*1173\*995mm

Product Total Surface: 1246\*1173mm

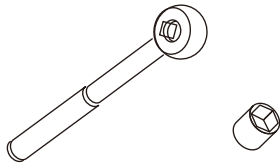
Product Total Mass:

# Instructions

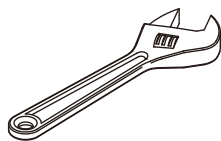
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

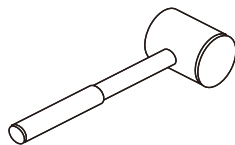
## Tools Required



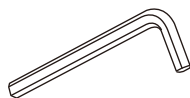
Ratchet Wrench and Socket



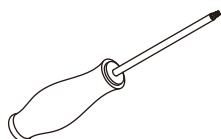
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

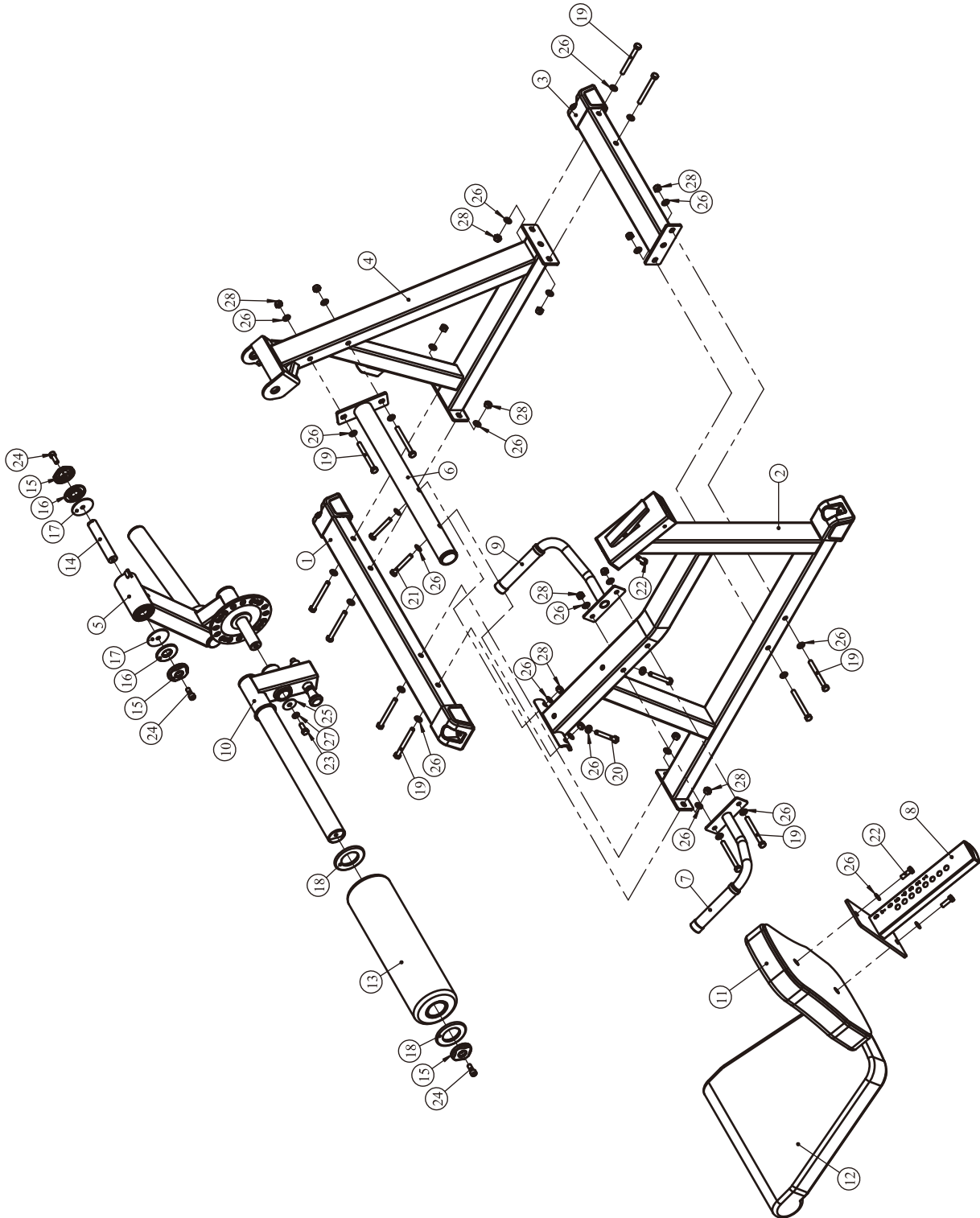
# Exploded View and Parts List

## Overall

| Item No. | Part No.           | Description                      | QTY |
|----------|--------------------|----------------------------------|-----|
| 1        | IFP160501ASSY      | Front Ground Sticking Pipe ASSY  | 1   |
| 2        | IFP160502ASSY      | Main Frame ASSY                  | 1   |
| 3        | IFP160503ASSY      | Rear Ground Sticking Frame ASSY  | 1   |
| 4        | IFP160504ASSY      | Support Frame ASSY               | 1   |
| 5        | IFP160505ASSY      | Swing Frame ASSY                 | 1   |
| 6        | IFP160506ASSY      | Cross Connection Frame ASSY      | 1   |
| 7        | IFP160507ASSY      | Left Handle Frame ASSY           | 1   |
| 8        | IF930508ASSY       | Back Pad Frame ASSY              | 1   |
| 9        | IFP160509ASSY      | Right Handle Frame ASSY          | 1   |
| 10       | IFP160510ASSY      | FOAM Frame ASSY                  | 1   |
| 11       | IF93055100V2       | Back Pad                         | 1   |
| 12       | IF93055200V2       | Seat Pad                         | 1   |
| 13       | IF81241100V6       | FOAM Assembly                    | 1   |
| 14       | IT95121100         | shaft                            | 1   |
| 15       | FE97211900         | Cap $\Phi 60$                    | 3   |
| 16       | FE97212000         | Circle Ring $\Phi 62.5*5$        | 2   |
| 17       | IF93062200         | Big Washer $\Phi 62*\Phi 10.5*3$ | 2   |
| 18       | IT80053700         | Big Collar                       | 2   |
| 19       | GB5780M10*100DHS20 | Hex Head Bolt M10*100            | 12  |
| 20       | GB5780M10*80DHS20  | Hex Head Bolt M10*80             | 2   |
| 21       | GB5780M10*70DHS20  | Hex Head Bolt M10*70             | 2   |
| 22       | GB5780M10*30DHS2   | Hex Head Bolt M10*30             | 3   |
| 23       | GB5781M10*25DHS20  | Hex Head Bolt M10*25             | 1   |
| 24       | GB70M10*25DHS20NL  | Socket Head Cap Screw M10*25     | 3   |
| 25       | DQ10DHS2D          | Flat Washer $\Phi 11*\Phi 38*2$  | 1   |
| 26       | GB9510DHS2         | Flat Washer $\Phi 11*\Phi 20*2$  | 32  |
| 27       | GB9310DHS12        | Spring Washer $\Phi 10$          | 1   |
| 28       | NM10DHS2           | Nylon Lock Nut M10               | 14  |
| 29       | NBS8DHS            | Hex Key S=8                      | 1   |

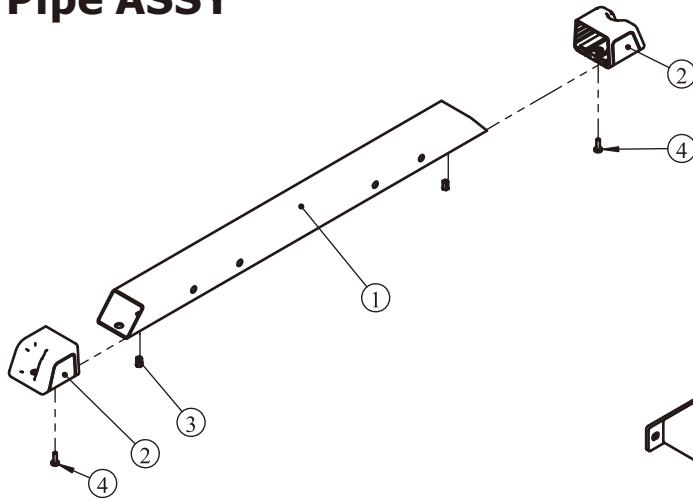
# Exploded View and Parts List

## Overall

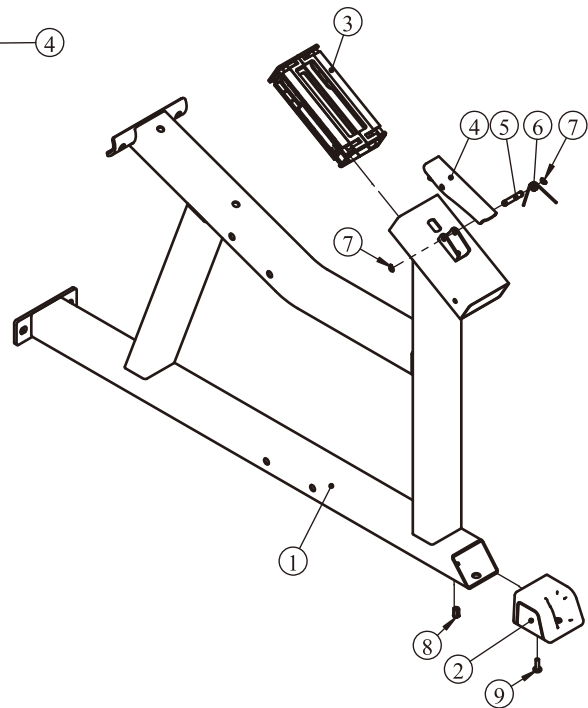


# Exploded View and Parts List

## Front Ground Sticking Pipe ASSY



## Main Frame ASSY



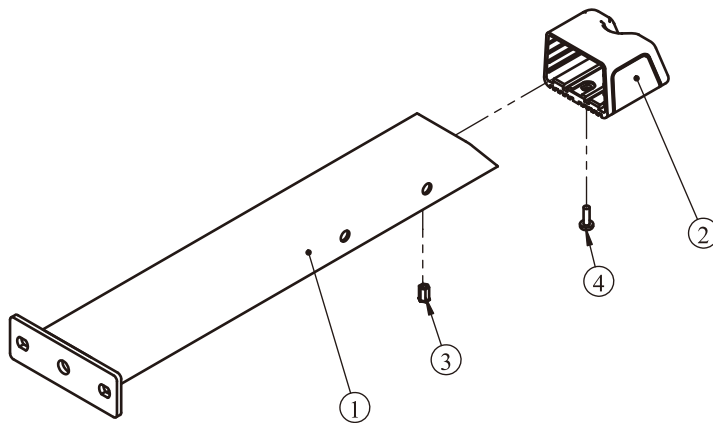
| Grade No. | Part No.           | Description                         | QTY |
|-----------|--------------------|-------------------------------------|-----|
| 1.1       | IFP16050100        | Front Ground Sticking Pipe          | 1   |
| 1.2       | IFP12013300        | Ground Plug                         | 2   |
| 1.3       | GB17880.3M6*15DS17 | Rivet Nut M6*15                     | 2   |
| 1.4       | GB818M6*20DHS2     | Cross Recessed Pan Head Screw M6*20 | 2   |

| Grade No. | Part No.           | Description                         | QTY |
|-----------|--------------------|-------------------------------------|-----|
| 2.1       | IFP16050200        | Main Frame                          | 1   |
| 2.2       | IFP12013300        | Ground Plug                         | 1   |
| 2.3       | IF93035000         | Inner Wear Sleeve                   | 2   |
| 2.4       | IT95014500         | Adjustable Support                  | 1   |
| 2.5       | CWRVL0012200       | Roll Pin                            | 1   |
| 2.6       | AXT3S5500          | Torsional Spring                    | 1   |
| 2.7       | GB894.18FH12       | Circlips For Shaft $\Phi 8$         | 2   |
| 2.8       | GB17880.3M6*15DS17 | Rivet Nut M6*15                     | 1   |
| 2.9       | GB818M6*20DHS2     | Cross Recessed Pan Head Screw M6*20 | 1   |

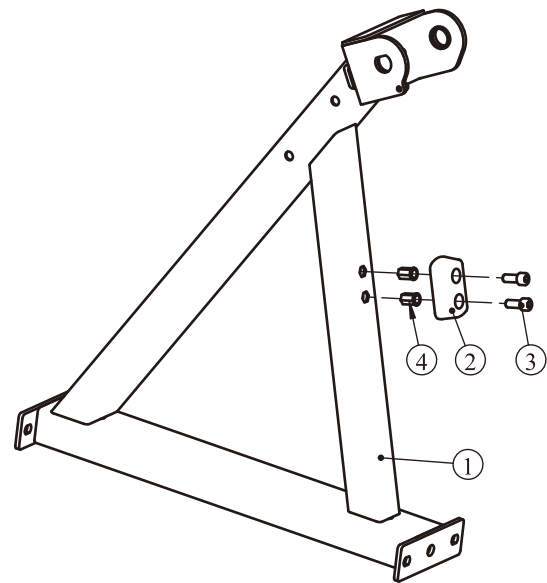


# Exploded View and Parts List

## Rear Ground Sticking Frame ASSY



## Support Frame ASSY



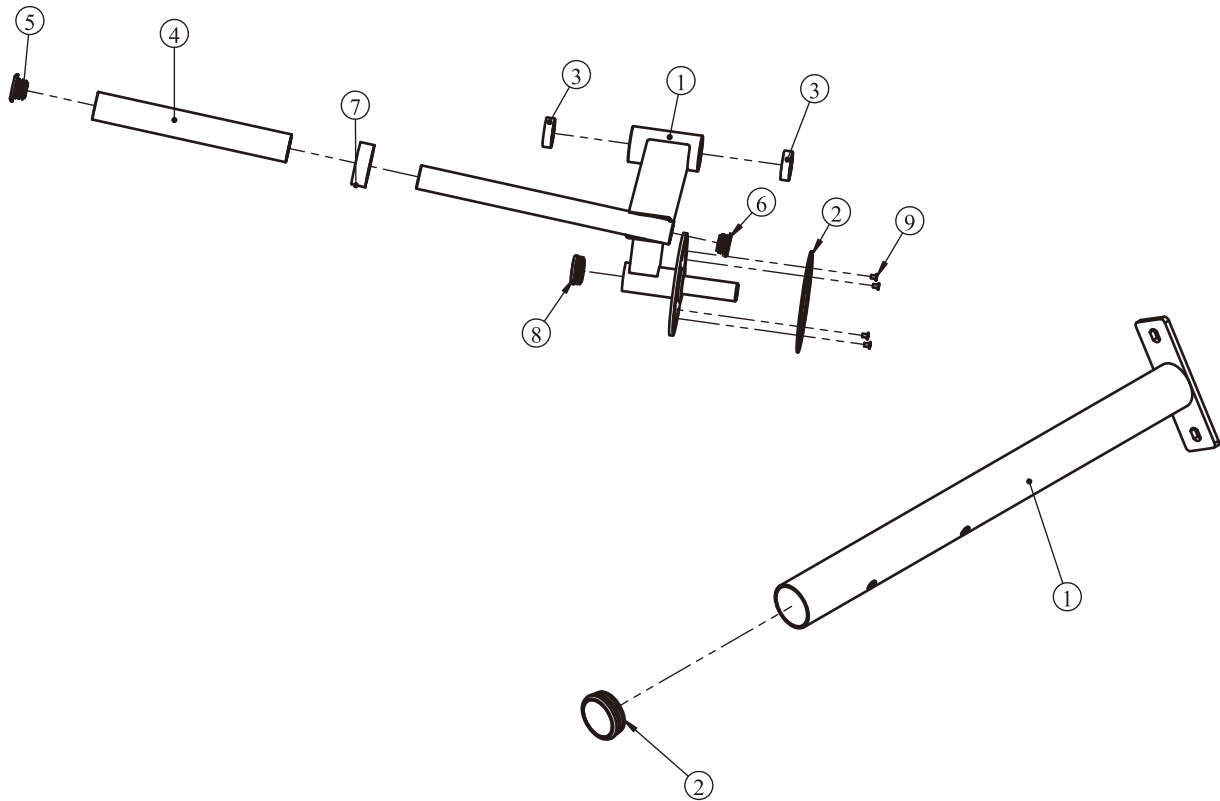
| Grade No. | Part No.           | Description                         | QTY |
|-----------|--------------------|-------------------------------------|-----|
| 3.1       | IFP16050300        | Rear Ground Sticking Frame          | 1   |
| 3.2       | IFP12013300        | Ground Plug                         | 1   |
| 3.3       | GB17880.3M6*15DS17 | Rivet Nut M6*15                     | 1   |
| 3.4       | GB818M6*20DHS2     | Cross Recessed Pan Head Screw M6*20 | 1   |

| Grade No. | Part No.              | Description                         | QTY |
|-----------|-----------------------|-------------------------------------|-----|
| 4.1       | IFP16050400           | Support Frame                       | 1   |
| 4.2       | RS17000400            | Bumper                              | 1   |
| 4.3       | GB70M10*25DHS20       | Rivet Nut M6*15                     | 2   |
| 4.4       | GB17880.5M10*19.5DS17 | Cross Recessed Pan Head Screw M6*20 | 2   |

# Exploded View and Parts List

## Swing Frame ASSY

## Cross Connection Frame ASSY

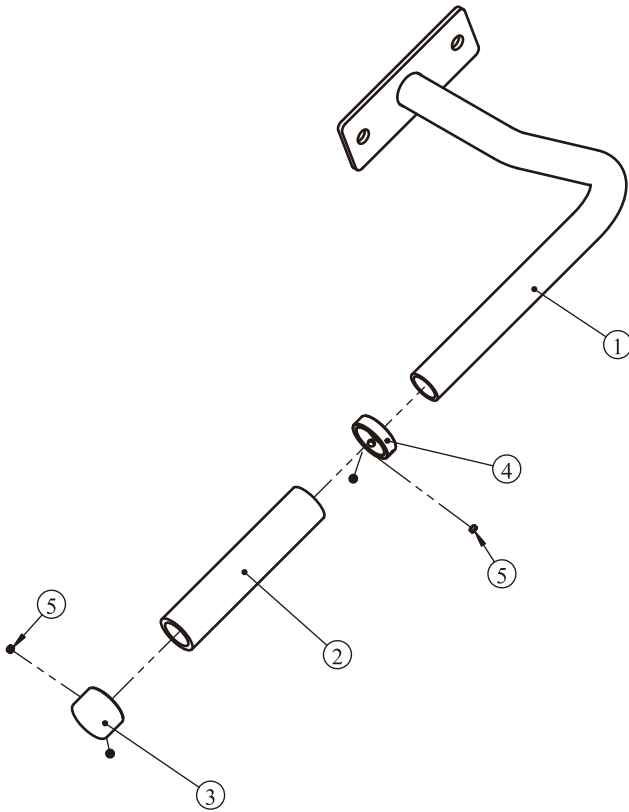


| Grade No. | Part No.       | Description   | QTY |
|-----------|----------------|---|-----|
| 5.1       | IFP16050500    | Swing Frame   | 1   |
| 5.2       | IF93051500     | Lining Board  | 1   |
| 5.3       | GB2766205-2ZC3 | Deep Groove Ball Bearing $\Phi 25 \times \Phi 52 \times 15$ | 2   |
| 5.4       | IFP16053000    | Weight Horn Sleeve  | 1   |
| 5.5       | IFP16053100    | Plug $\Phi 49$  | 1   |
| 5.6       | IFP16053200    | Plug $\Phi 42$  | 1   |
| 5.7       | HF985A1500     | Bumper  | 1   |
| 5.8       | B10009900      | Plug $\Phi 50.8$  | 1   |
| 5.9       | GB819M6*10N19  | Phillips Countersunk Screw M6*10                            | 4   |

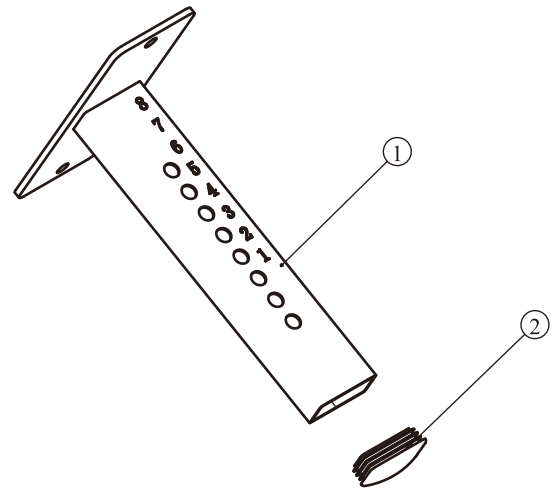
| Grade No. | Part No.    | Description            | QTY |
|-----------|-------------|------------------------|-----|
| 6.1       | IFP16050600 | Cross Connection Frame | 1   |
| 6.2       | B10009900   | Plug $\Phi 50.8$       | 1   |

# Exploded View and Parts List

## Left Handle Frame ASSY



## Back Pad Frame ASS

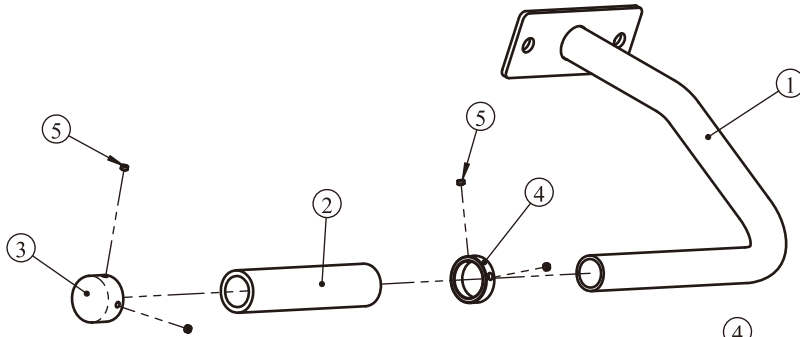


| Grade No. | Part No.           | Description                      | QTY |
|-----------|--------------------|----------------------------------|-----|
| 7.1       | IFP16050700        | Left Handle Frame                | 1   |
| 7.2       | FE97031800         | Grip ST $\Phi$ 31* $\Phi$ 24*140 | 1   |
| 7.3       | V39600             | Aluminum Grip Cap $\Phi$ 32      | 1   |
| 7.4       | V39500             | Aluminum Grip Ring $\Phi$ 32     | 1   |
| 7.5       | YZGB7710-32*3.2N19 | Socket Set Screw 10-32UNF*3.2    | 4   |

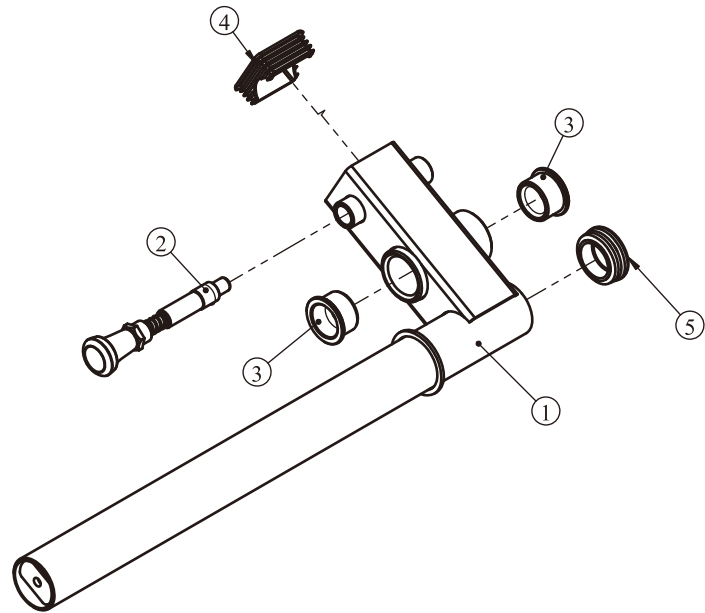
| Grade No. | Part No.   | Description          | QTY |
|-----------|------------|----------------------|-----|
| 8.1       | IF93050800 | Back Pad Support     | 1   |
| 8.2       | IF93053100 | Plug $\square$ 30*70 | 1   |

# Exploded View and Parts List

## Right Handle Frame ASSY



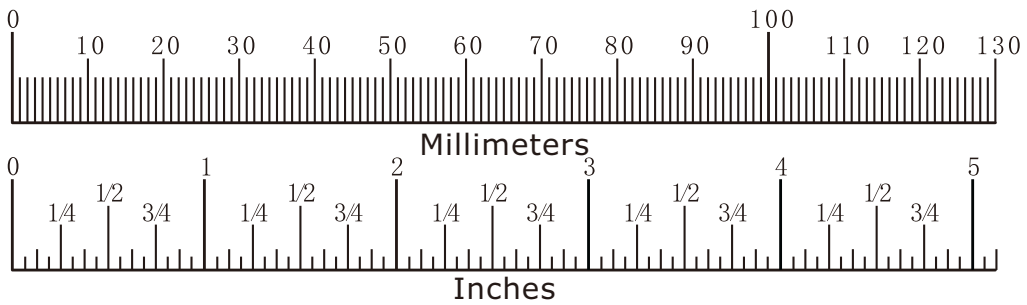
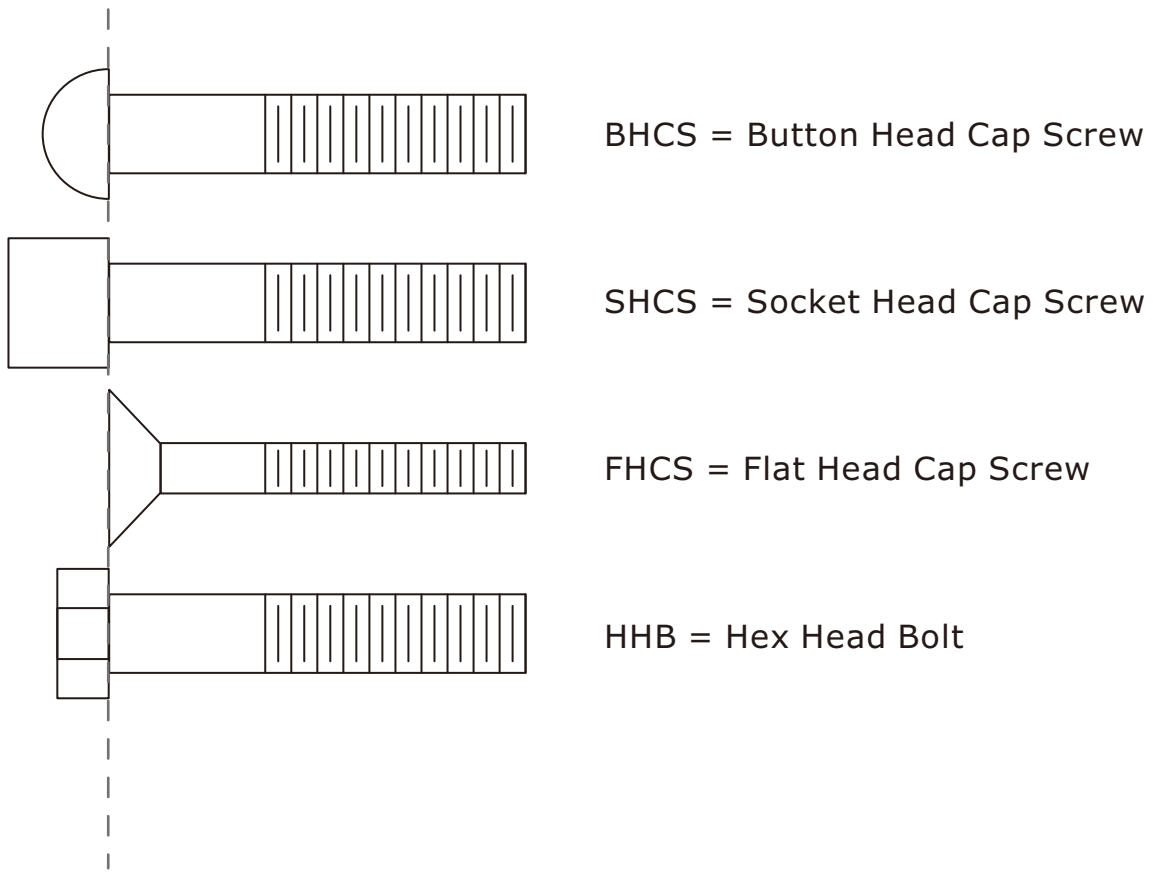
## FOAM Frame ASSY



| Grade No. | Part No.           | Description                       | QTY |
|-----------|--------------------|-----------------------------------|-----|
| 9.1       | IFP16050900        | Right Handle Frame                | 1   |
| 9.2       | FE97031800         | Grip ST $\Phi 31 * \Phi 24 * 140$ | 1   |
| 9.3       | V39600             | Aluminum Grip Cap $\Phi 32$       | 1   |
| 9.4       | V39500             | Aluminum Grip Ring $\Phi 32$      | 1   |
| 9.5       | YZGB7710-32*3.2N19 | Socket Set Screw 10-32UNF*3.2     | 4   |

| Grade No. | Part No.      | Description                                | QTY |
|-----------|---------------|--|-----|
| 10.1      | IFP16051000   | FOAM Frame                                 | 1   |
| 10.2      | SL70461800    | Pin ASSY                                   | 1   |
| 10.3      | CWS134005-101 | Bushing $\Phi 45 * \Phi 38 * \Phi 32 * 25$ | 2   |
| 10.4      | IPB-XL0011900 | Plug $\square 60$                          | 1   |
| 10.5      | B10009900     | Plug $\Phi 50.8$                           | 1   |

# Measurement Guide



|                                   |                           |                                       |                                |  |                   |
|-----------------------------------|---------------------------|---------------------------------------|--------------------------------|--|-------------------|
| Diameter of bolt (mm/inch)        | M6(1/4")                  | M8(5/16")                             | M10(3/8")                      | M12(1/2")                              | M16(5/8")         |
| Tightening torque (N.m)           | 9~12                      | 22~30                                 | 45~59                          | 78~104                                 | 193~257           |
| Operational methods for adult men | The strength of the wrist | The strength of the wrist and forearm | The strength of the entire arm | The strength of the arm and upper body | with all strength |

# Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

## **NOTE**

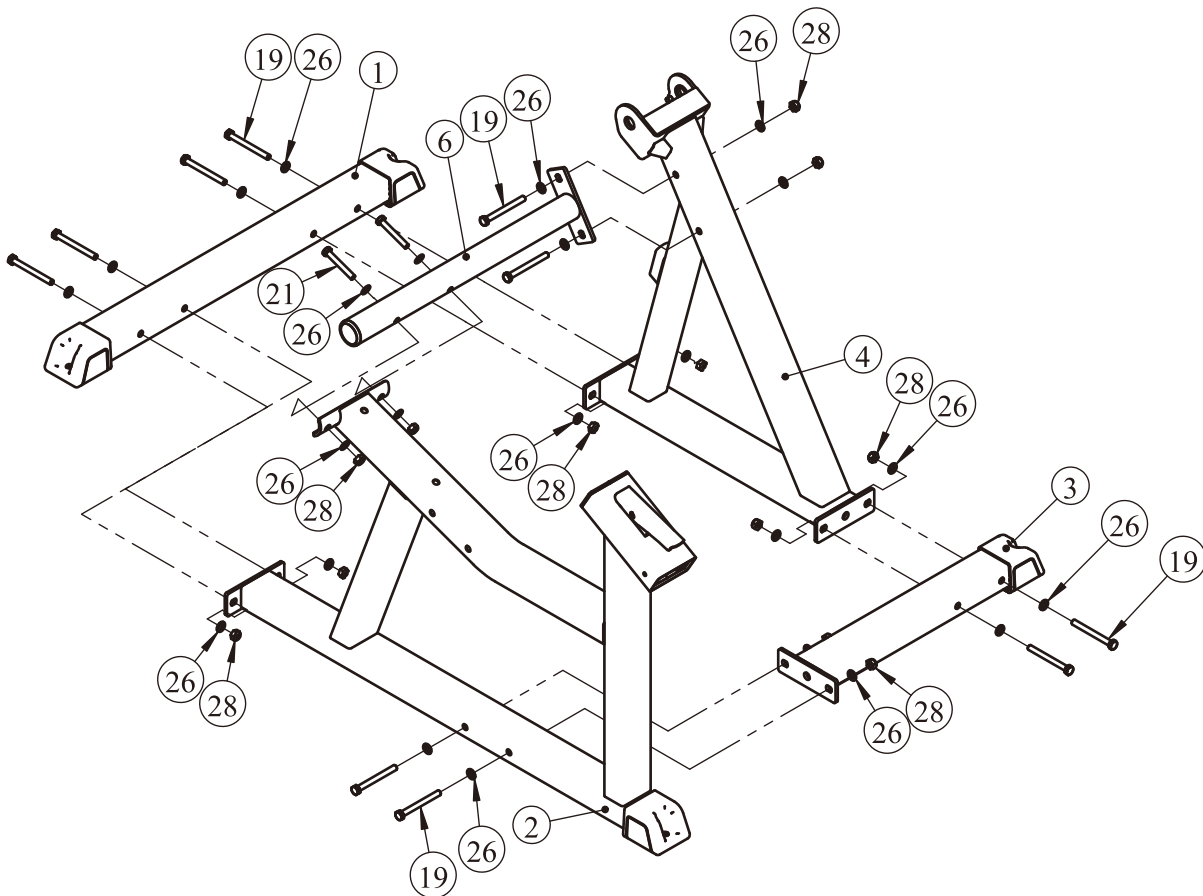
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

# Assembly

## STEP 1

1. Attach the Main Frame ASSY (#2) and the Support Frame ASSY (#4) to the Front Ground Sticking Pipe ASSY (#1) using:  
four M10\*100 HHB (#19)                      eight  $\Phi 11*\Phi 20*2$  Flat Washer (#26)  
four M10 Nylon Lock Nut (#28)
2. Attach the Rear Ground Sticking Frame ASSY (#3) to the Main Frame ASSY (#2) and the Support Frame ASSY (#4) using:  
four M10\*100 HHB (#19)                      eight  $\Phi 11*\Phi 20*2$  Flat Washer (#26)  
four M10 Nylon Lock Nut (#28)
3. Attach the Cross Connection Frame ASSY (#6) to the Main Frame ASSY (#2) and the Support Frame ASSY (#4) using:  
two M10\*100 HHB (#19)                      two M10\*70 HHB (#21)  
eight  $\Phi 11*\Phi 20*2$  Flat Washer (#26)                      four M10 Nylon Lock Nut (#28)

**Note: Wrench Tighten Bolts and Nylon Lock Nuts.**

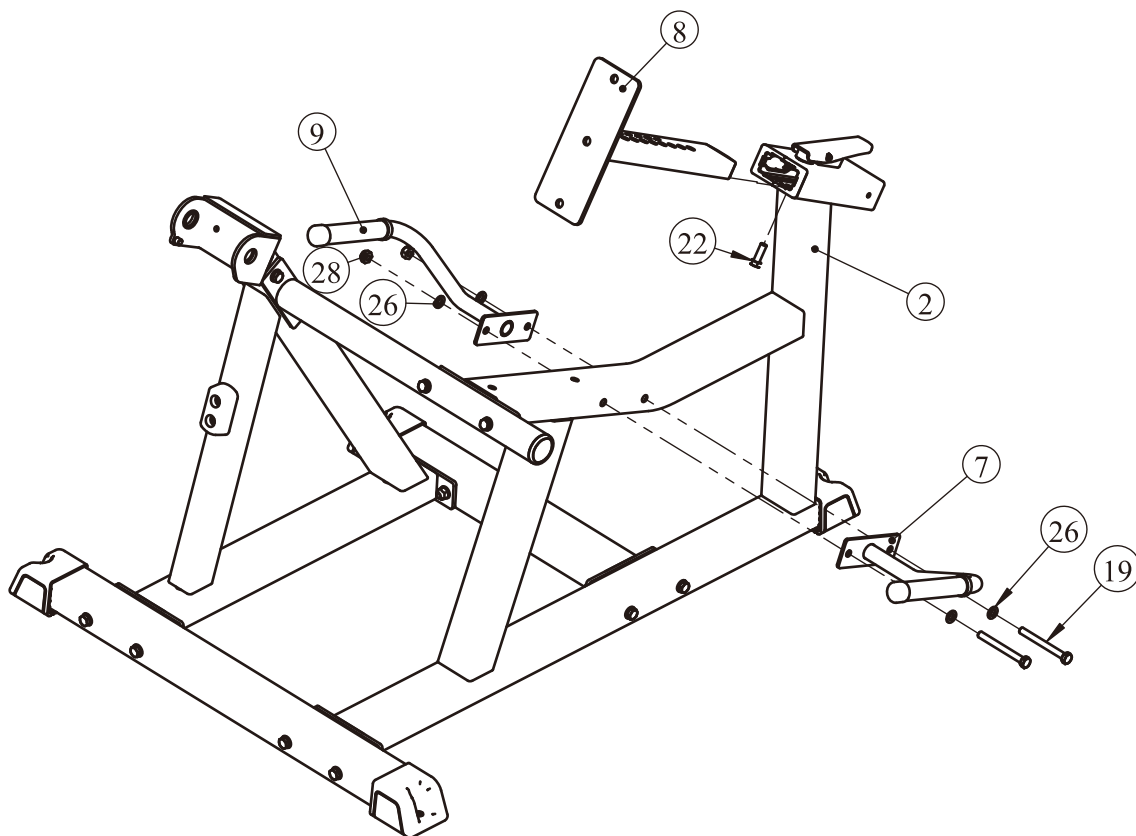


# Assembly

## STEP 2

1. Attach the Back Pad Frame ASSY (#8) to the Main Frame ASSY (#2) using:  
one M10\*30 HHB (#22)
2. Attach the Left Handle Frame ASSY (#7) and the Right Handle Frame ASSY (#9) to the Main Frame ASSY (#2) using:  
two M10\*100 HHB (#19)  
four  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#26)  
two M10 Nylon Lock Nut (#28)

**Note: Wrench Tighten Bolts and Nylon Lock Nuts.**



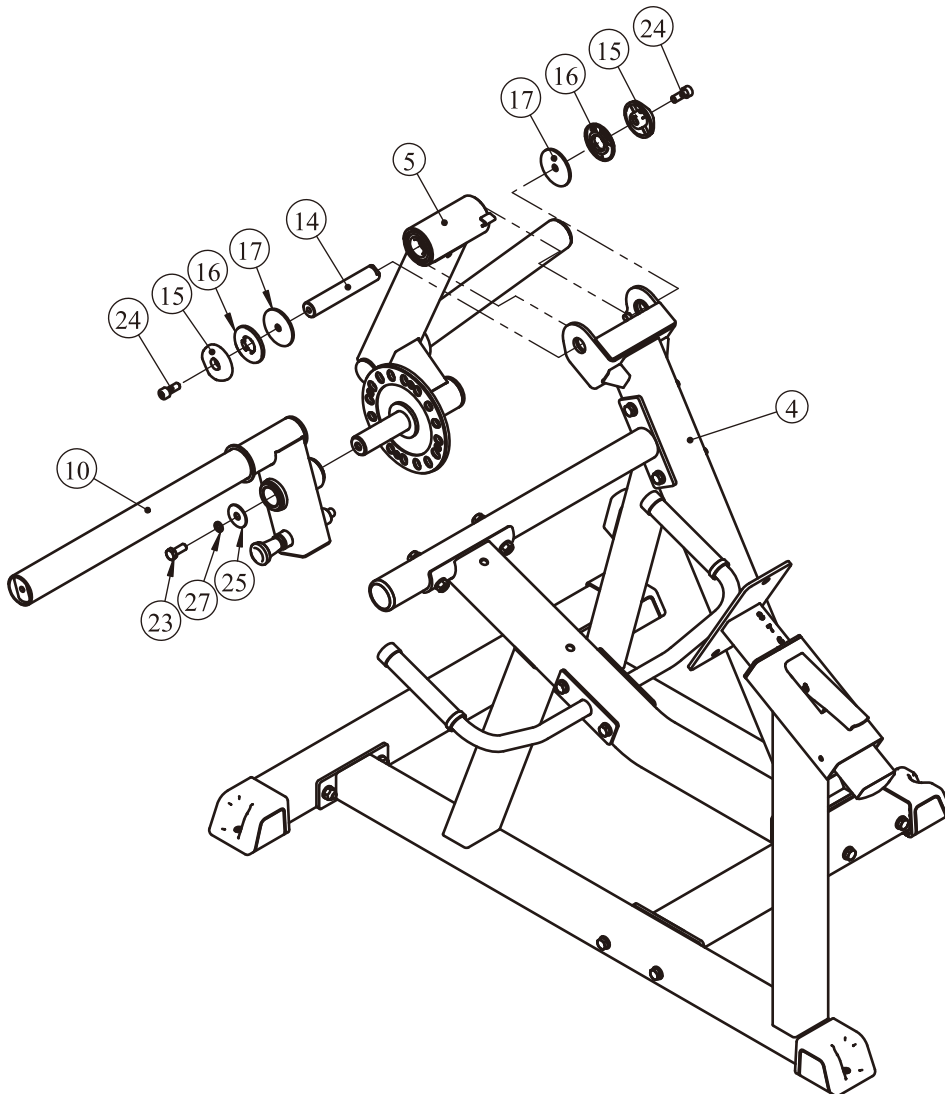


# Assembly

## STEP 3

1. Attach the Swing Frame ASSY (#5) to the Support Frame ASSY (#4) using:
  - two M10\*25 SHCS (#24)
  - two Cap  $\Phi 60$  (#15)
  - two Circle Ring  $\Phi 62.5 \times 5$  (#16)
  - two Big Washer  $\Phi 62 \times \Phi 10.5 \times 3$  (#17)
  - one shaft (#14)
2. Attach the FOAM Frame ASSY (#10) to the Swing Frame ASSY (#5) using:
  - one M10\*25 HHB (#23)
  - one Spring Washer  $\Phi 10$  (#27)
  - one Flat Washer  $\Phi 11 \times \Phi 38 \times 2$  (#25)

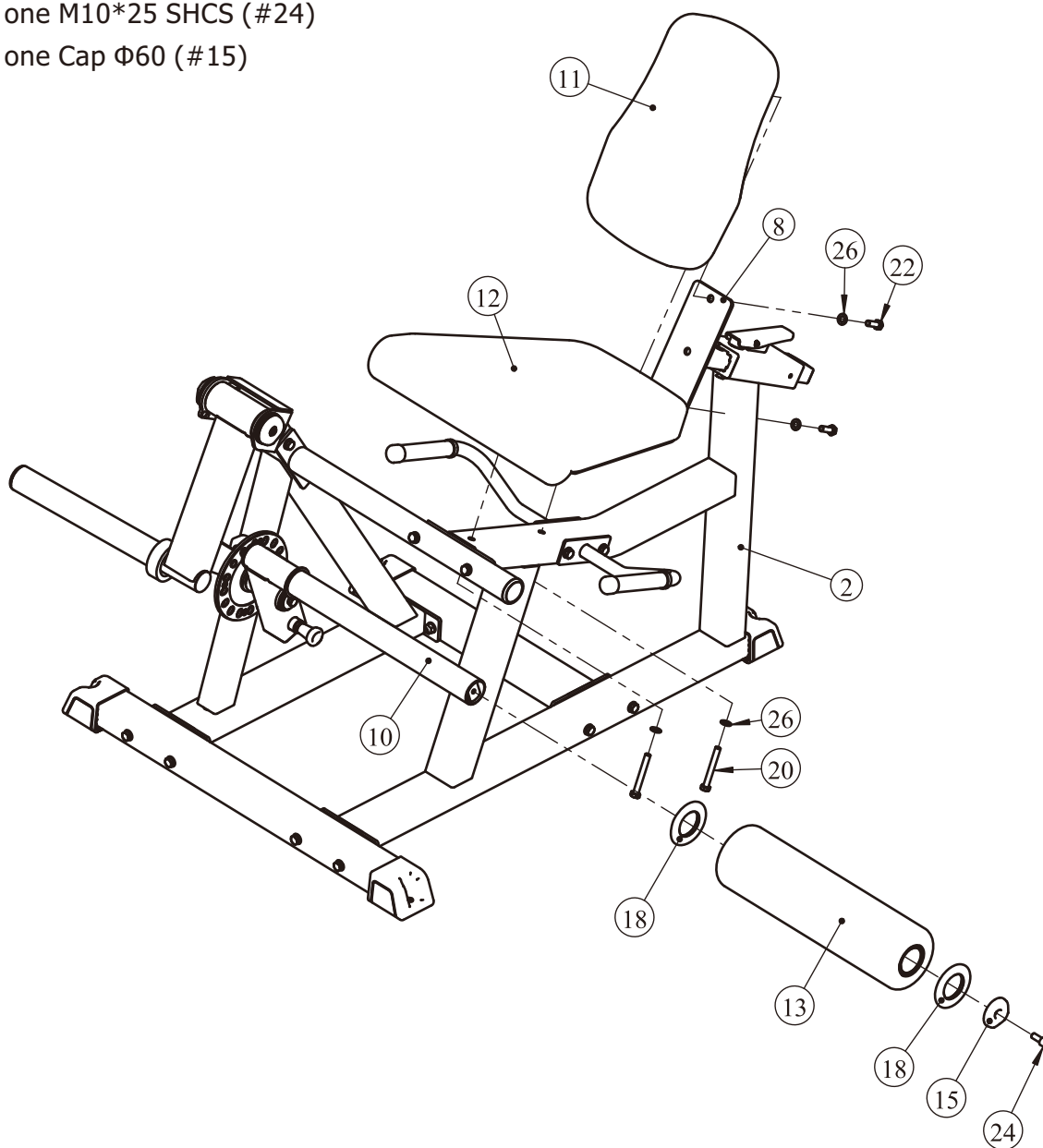
**Note: Wrench Tighten Bolts and Nylon Lock Nuts.**



# Assembly

## STEP 4

1. Attach the Back Pad (#11) to the Back Pad Frame ASSY (#8) using:  
two M10\*30 HHB (#22)  
two  $\Phi 11*\Phi 20*2$  Flat Washer (#26)
2. Attach the Seat Pad (#12) to the Main Frame ASSY (#2) using:  
two M10\*80 HHB (#20)  
two  $\Phi 11*\Phi 20*2$  Flat Washer (#26)
3. Attach the FOAM Assembly (#13) and two Big Collar (#18) to the FOAM Frame ASSY (#10) using:  
one M10\*25 SHCS (#24)  
one Cap  $\Phi 60$  (#15)



# Adjust and Exercise Instruction

## The Back Pad adjustment

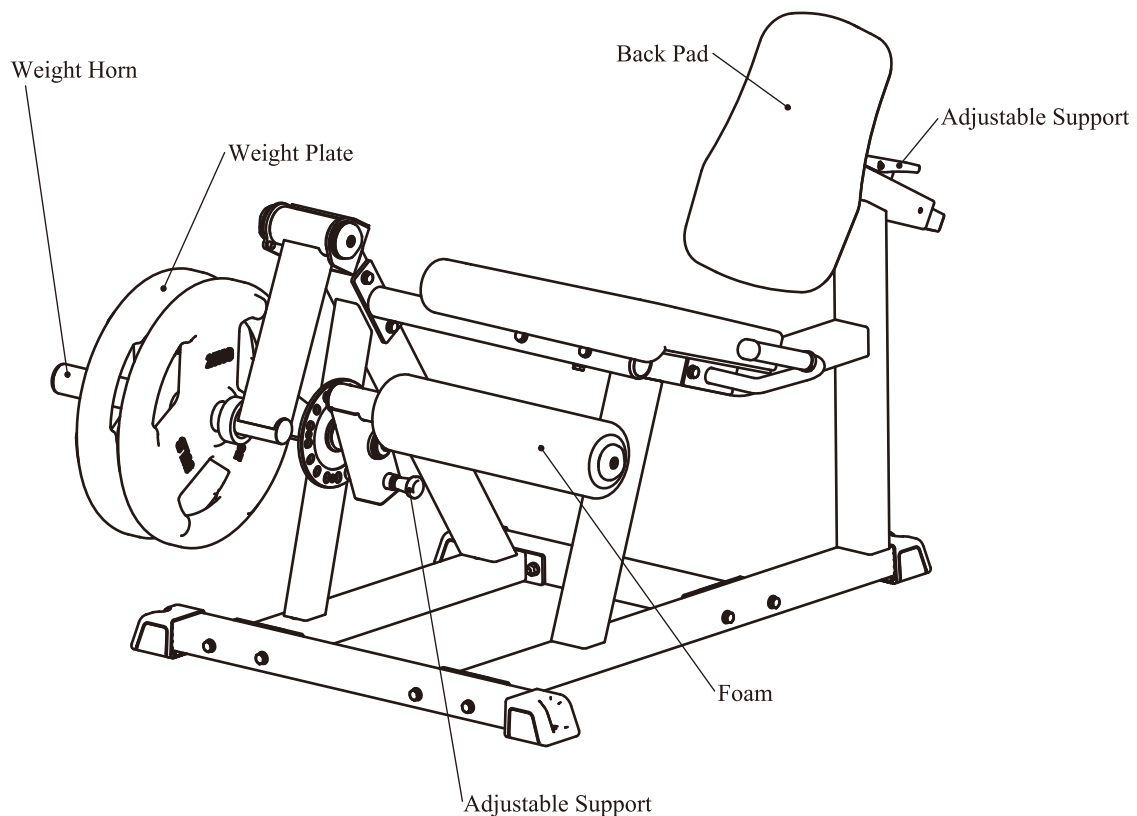
1. Pull the Adjustable Support and adjust the Back Pad to the desired position.
2. Make sure the pin gets into the hole completely.

## The Use Position adjustment

1. Pull the Adjustable Support and adjust the FOAM to the desired position.
2. Make sure the pin gets into the hole completely.

## Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than  $\Phi 50\text{mm}$  and external diameter is less than  $\Phi 450\text{mm}$ .
2. The total weight can not be greater than 150kg.
3. This equipment does not contains Weight Plates.



# Maintenance Schedule

| ROUTINE  | COMMERCIAL<br>MAINTENANCE | HOME<br>MAINTENANCE | LATEST DATE ENTRY |  |  |  |  |  |  |
|--|---------------------------|---------------------|-------------------|--|--|--|--|--|--|
|  |                           |                     |                   |  |  |  |  |  |  |
| Inspect;<br>Links, Pull Pins, Snap Locks,<br>Swivels, Weight Stack Pins              | DAILY                     | WEEKLY              |                   |  |  |  |  |  |  |
| Clean;<br>Upholstery   | DAILY                     | WEEKLY              |                   |  |  |  |  |  |  |
| Inspect;<br>Cables or Belts and their tension  | DAILY                     | WEEKLY              |                   |  |  |  |  |  |  |
| Inspect;<br>Accessory Bars, and Handles  | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |  |
| Inspect;<br>All Decals   | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |  |
| Inspect;<br>All Nuts and Bolts, Tighten if<br>needed                                 | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |  |
| Inspect;<br>Anti-Skid Surface  | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |  |
| Clean & Lubricate;<br>Guide Rods with a Teflon (PTFE)<br>based lubricant (Superlube) | MONTHLY                   | 3 MONTHS            |                   |  |  |  |  |  |  |
| Lubricate;<br>Seat Sleeves, Turcite Bushings,<br>Linear Bearing                      | MONTHLY                   | 3 MONTHS            |                   |  |  |  |  |  |  |
| Clean and Wax;<br>All Glossy Finishes  | 6 MONTHS                  | YEARLY              |                   |  |  |  |  |  |  |
| Repack with Grease;<br>Linear Bearings   | 6 MONTHS                  | YEARLY              |                   |  |  |  |  |  |  |
| Replace;<br>Cables, Belts and Connecting<br>Parts                                    | YEARLY                    | 3 YEARS             |                   |  |  |  |  |  |  |

*Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.*

# General Maintenance Information

## **Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:**

- \* Check all pieces for signs of visible wear or damage.
- \* Check springs in snap hooks and pull-pins for proper tension and alignment.
- \* If the spring sticks or has lost its rigidity, replace it immediately.

## **Upholstery:**

- \* To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \* Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \* Replace ripped or worn upholstery immediately.
- \* Keep sharp or pointed objects clear of all upholstery.

## **Decals:**

- \* Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

## **Nuts and Bolts:**

- \* Inspect all nuts and bolts for any loosening and tighten if needed.
- \* Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

## **Anti-Skid Surfaces:**

- \* These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

## **Belts and Cables:**

- \* We use only high quality belt, and mil-spec cables.
- \* Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- \* While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- \* Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

## **Belt and Cable Tension:**

- \* Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- \* Check slack in cables and re-adjust cable tension if needed.

## **Seat Sleeves, Guide Rods:**

- \* Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \* Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

## **Linear Bearings:**

- \* Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**

# Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

