

SL7020

45 LEG PRESS

OWNER'S MANUAL



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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:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * 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.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * 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.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

PERSONAL SAFETY DURING ASSEMBLY

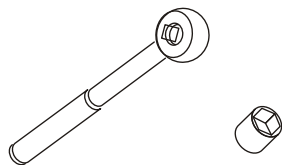
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the 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.

Instructions

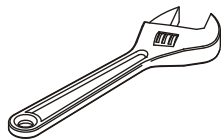
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

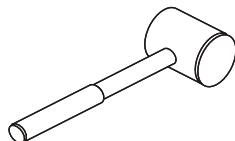
Tools Required



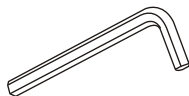
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



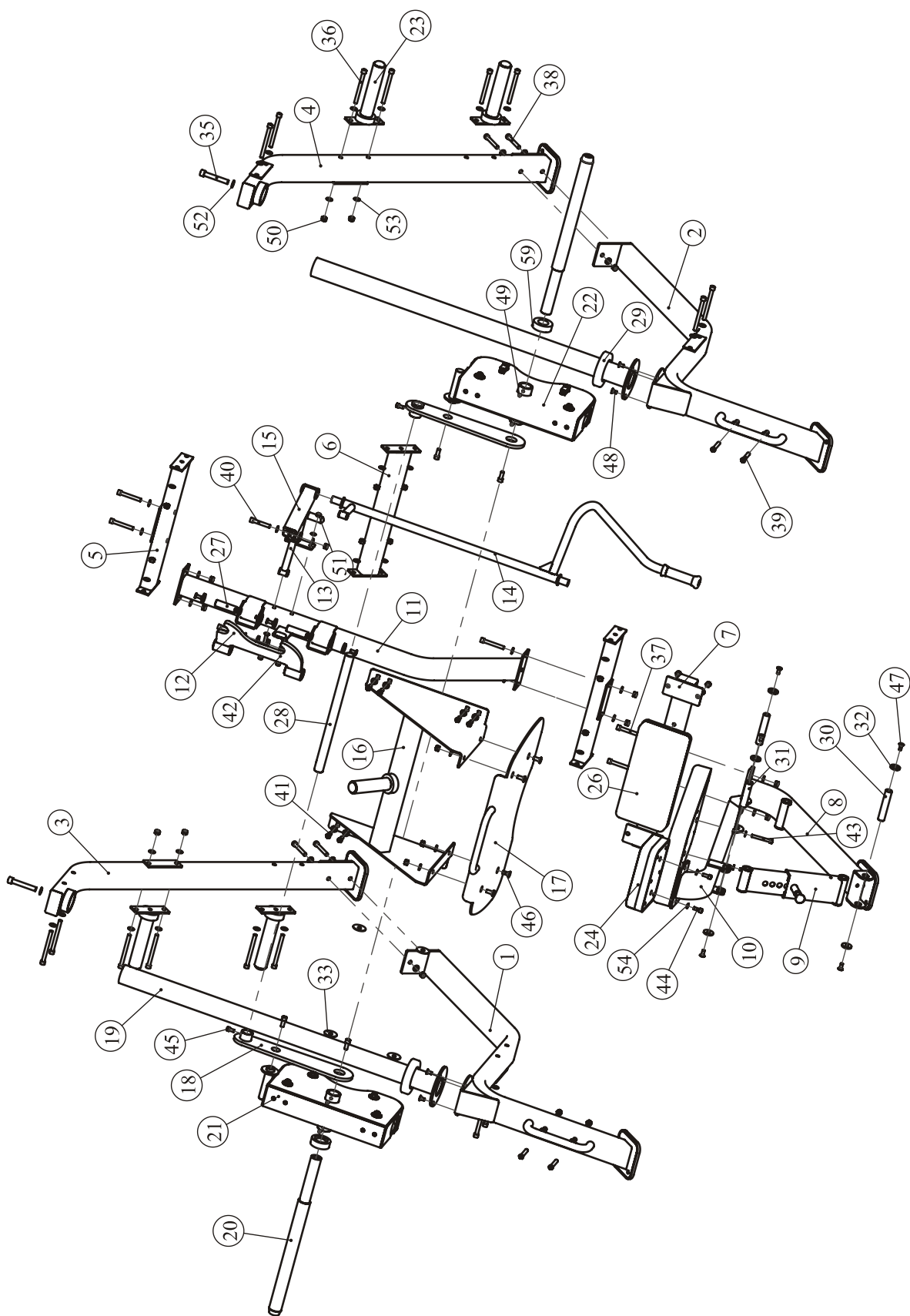
Hex Key Wrench Set

Parts List

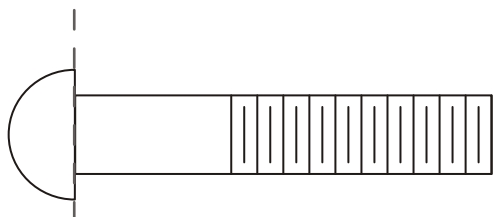
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item No.	Description	Qty	No parts	Item No.	Description	Qty	No parts
1	Left Bottom Frame Assembly	1	SL702001ASSY	31	Fixed Shaft $\Phi 25.4$	1	IF81061400
2	Right Bottom Frame Assembly	1	SL702002ASSY	32	End Cap	10	IF81212000
3	Left Union Frame Assembly	1	SL702003ASSY	33	Flat Washer $\Phi 50.8 \times \Phi 13.5 \times 3$	4	ROC-IT4022200
4	Right Union Frame Assembly	1	SL702004ASSY	35	Socket Head Cap Screw M16*100	2	GB70M16*100DHS20
5	Upper Beam Frame	2	SL70200500	36	Socket Head Cap Screw M12*135	16	GB70M12*135DHS20
6	Lower Beam Frame	1	SL70200600	37	Socket Head Cap Screw M12*105	2	GB70M12*105DHS20
7	Seat Pad Frame Assembly	1	SL702007ASSY	38	Socket Head Cap Screw M12*85	8	GB70M12*85DHS20
8	Front Bottom Frame Assembly	1	SL702008ASSY	39	Socket Head Cap Screw M12*75	4	GB70M12*75DHS20
9	Swing Telescopic Frame Assembly	1	SL702006ASSY	40	Socket Head Cap Screw M12*70	2	GB70M12*70DHS20
10	Arm Pad Frame	1	SL70201100	41	Socket Head Cap Screw M12*30	12	GB70M12*30DHS20
11	Middle Connection Frame Assembly	1	SL702013ASSY	42	Socket Head Cap Screw M10*100	2	GB70M10*100DHS20
12	Limit Tooth Assembly	1	SL702014ASSY	43	Socket Head Cap Screw M10*75	4	GB70M10*75DHS20
13	Link Frame Assembly	1	SL702015ASSY	44	Socket Head Cap Screw M10*25	2	GB70M10*25DHS20NL
14	Adjustable Handle Frame Assembly	1	SL702016ASSY	45	Socket Head Cap Screw M10*20	2	GB70M10*20DHS20NL
15	Adjustable Connection Frame Assembly	1	SL702017ASSY	46	Flat Head Cap Screw M12*30	4	CNLM12*30DHS20
16	Footplate Frame Assembly	1	SL702018ASSY	47	Flat Head Cap Screw M10*25	10	CNLM10*25DS20NL
17	Deck Pedal	1	SL70201900	48	Flat Head Cap Screw M10*20	6	CNLM10*20DS20NL
18	Extend Frame	2	SL70202000	49	Socket Set Screw M10*8	4	GB77M10*8DS18
19	Lead Rail	2	SL702021ASSY	50	Nylon Lock Nut M12	34	NM12DHS2
20	Weight Horn assembly	2	SL702022V1ASSY	51	Nylon Lock Nut M10	1	NM10DHS2
21	Left Idler Wheel Frame Assembly	1	SL702023ASSY	52	Flat Washer $\Phi 28 \times \Phi 16.5 \times 2$	2	YDQ16.5*28*2DHS2
22	Right Idler Wheel Frame Assembly	1	SL702024ASSY	53	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	74	GB9512DHS2
23	Weight Plate Storage	4	SL702025ASSY	54	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	9	GB9510DHS2
24	Head Pad	1	SL70203300	55	Hex Key S=6	1	NBS6DHS
25	Arm Pad	1	SL70203400	56	Hex Key S=8	1	NBS8DHS
26	Seat Pad	1	SL70203500	57	Hex Key S=10	1	NBS10DHS
27	Short Pivot Shaft	2	SL70202900	58	Hex Key S=12	1	NBS12DHS
28	Limit shaft $\Phi 35$	1	SL70203000	59	Weight Horn Rubber Donut	2	
29	Large Rubber Bumper	2	SL70203100V1	60	Hex Key S=5	1	NBS5DHS
30	Pivot Shaft $\Phi 25.4$	2	SL70171000				

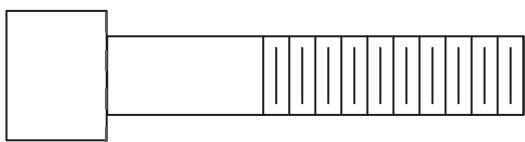
Exploded View



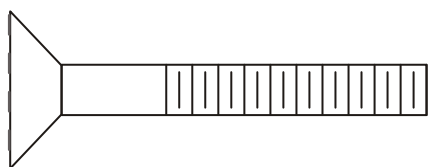
Measurement Guide



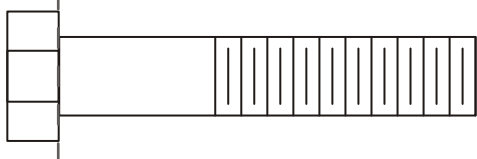
BHCS = Button Head Cap Screw



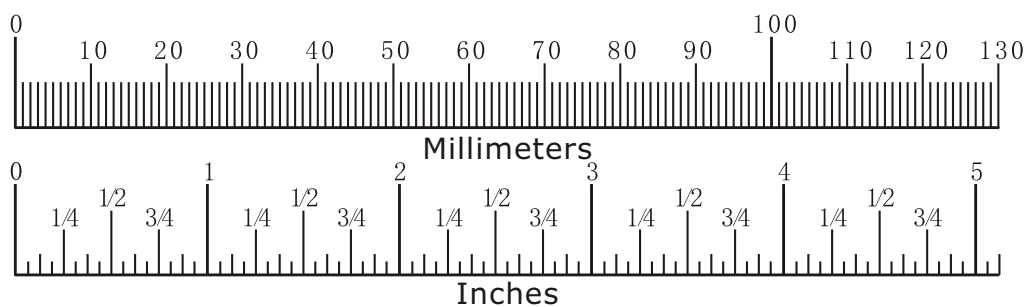
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



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.

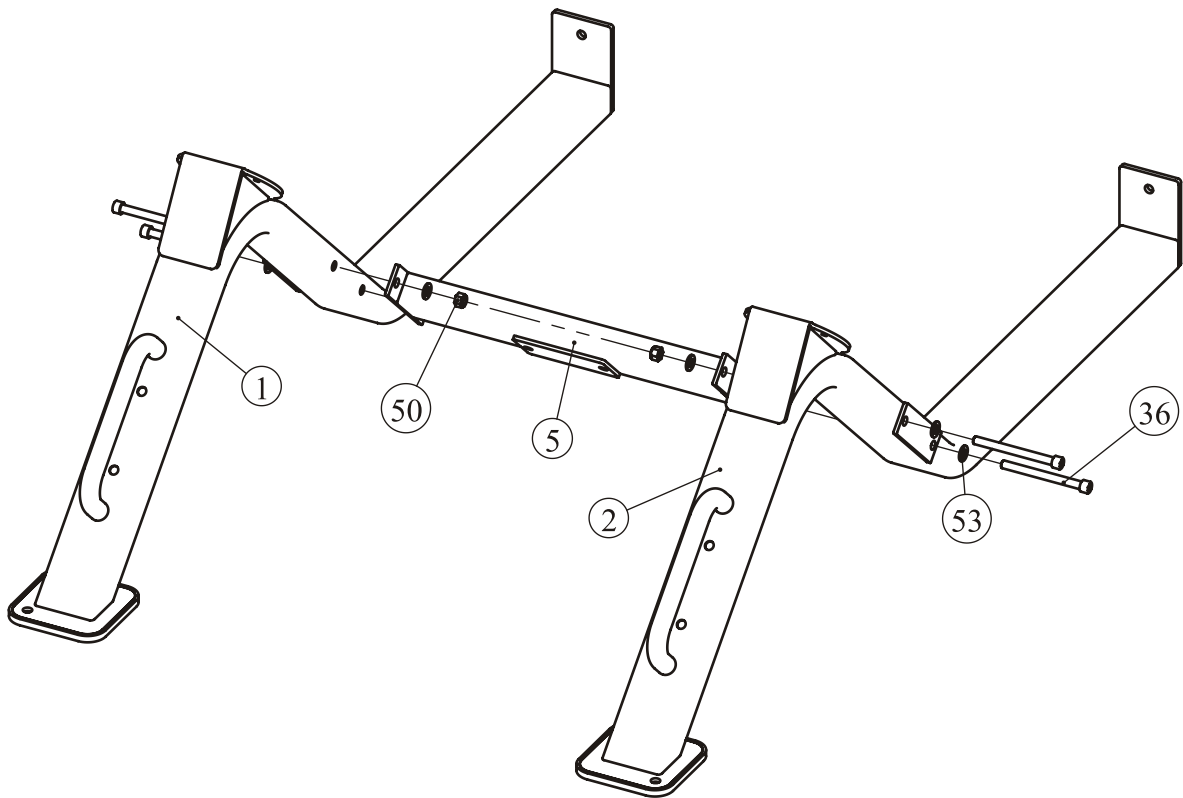
Assembly

STEP 1

The Left Bottom Frame Assembly (#1), Right Bottom Frame Assembly (#2) and one pieces of Upper Beam Frame (#5) connected together using:

- four M12*135 SHCS (#36)
- eight $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washers (#53)
- four M12 Nylon Lock Nuts (#50)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



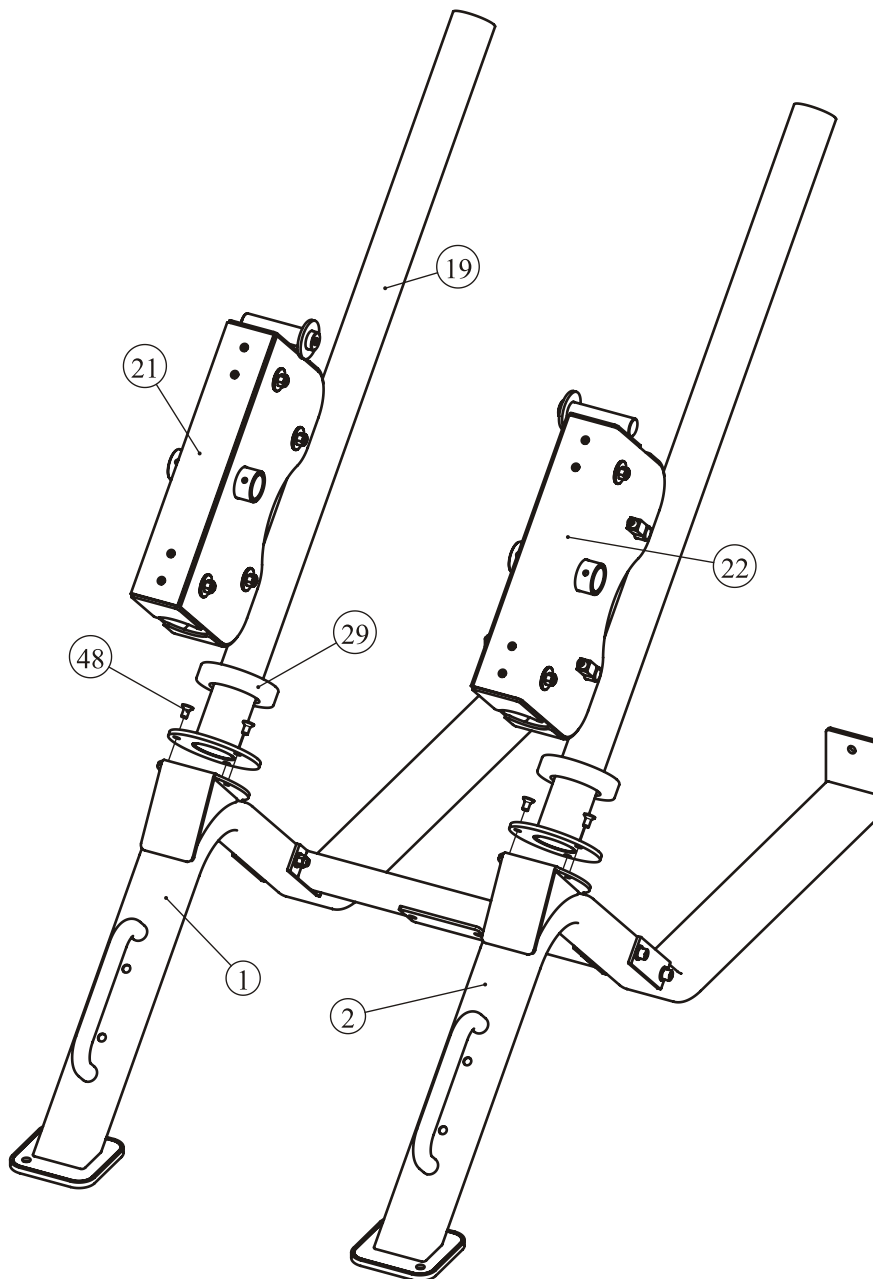
Assembly

STEP 2

1. Two pieces of Lead Rail (#19) and Left Bottom Frame Assembly (#1), Right Bottom Frame Assembly (#2) connected together using:
 - six M10*20 FHCS (#48)
2. Two Large Rubber Bumper (#29), Left Idler Wheel Frame Assembly (#21), Right Idler Wheel Frame Assembly (#22) Wear into the two pieces of Lead Rail (#19).

Note:

1. Two people will be needed to complete this step safely.
2. Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



Assembly

STEP 3

1. The Left Union Frame Assembly (#3), Right Union Frame Assembly (#4) and Left Bottom Frame Assembly (#1), Right Bottom Frame Assembly (#2), Lead Rail (#19) connected together using:

- two M16*100 SHCS (#35)
- four M12*85 SHCS (#38)
- two $\Phi 28 \times \Phi 16.5 \times 2$ Flat Washers (#52)
- six $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washers (#53)
- two M12 Nylon Lock Nuts (#50)

2. The Left Union Frame Assembly (#3), Right Union Frame Assembly (#4) and Lower Beam Frame (#6), four pieces of Weight Plate Storage (#23) connected together using:

- eight M12*135 SHCS (#36)
- sixteen $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washers (#53)
- eight M12 Nylon Lock Nuts (#50)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

STEP 4

1. The Middle Connection Frame assembly (#11) and two pieces of Upper Beam Frame (#5) connected together, then one pieces of Upper Beam Frame (#5) and Left Union Frame Assembly (#3), Right Union Frame Assembly (#4) connected together using:

- four M12*135 SHCS (#36)
- four M12*85 SHCS (#38)
- sixteen $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washers (#53)
- eight M12 Nylon Lock Nuts (#50)

Note: Two people will be needed to complete this step safely.

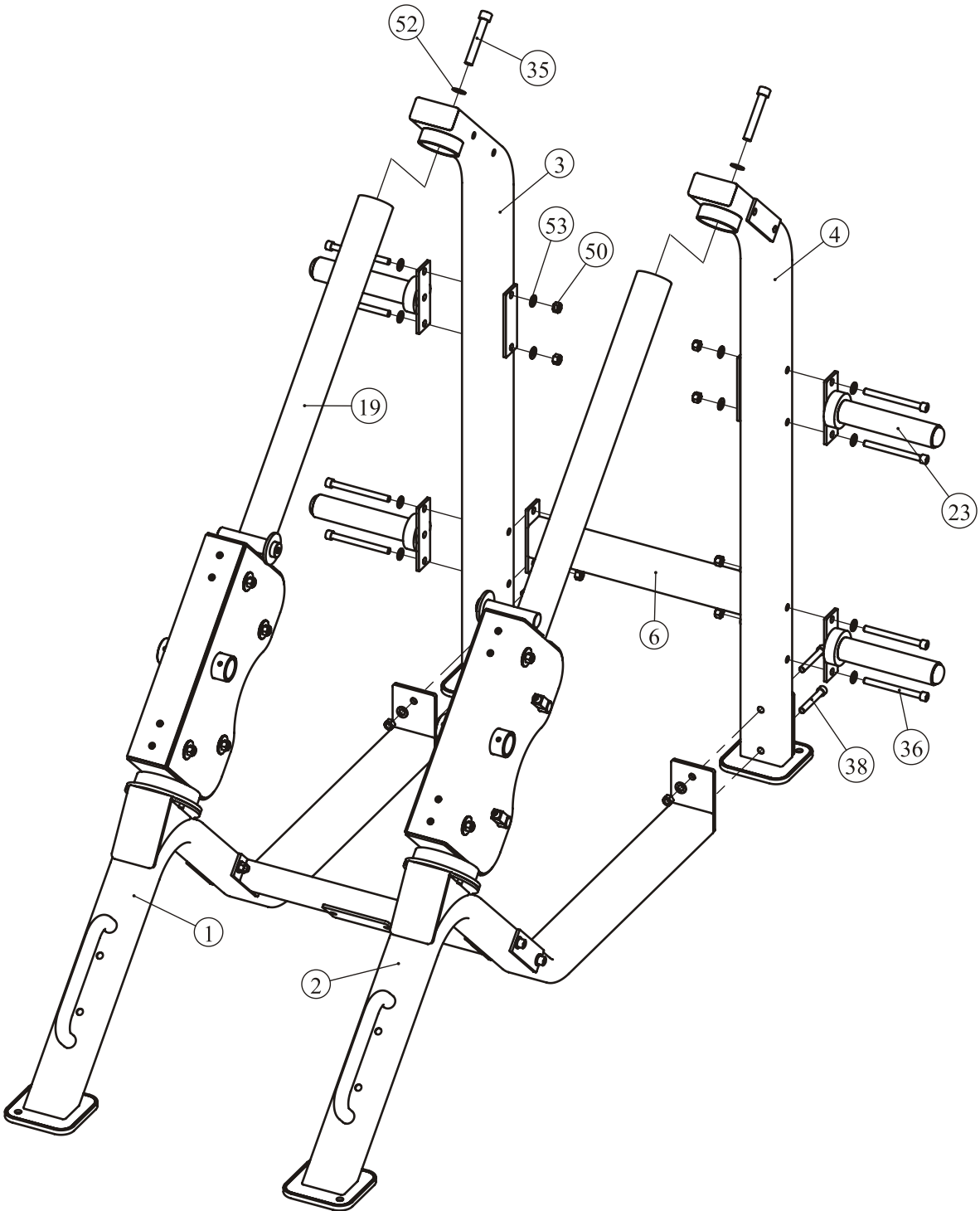
2. The Limit Tooth Assembly (#12) and Middle Connection Frame assembly (#11) connected together using:

- two $\Phi 25.4 \times 87$ Short Pivot Shaft (#27)
- four $\Phi 38 \times 6$ End Cap (#32)
- four M10*25 FHCS (#47)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

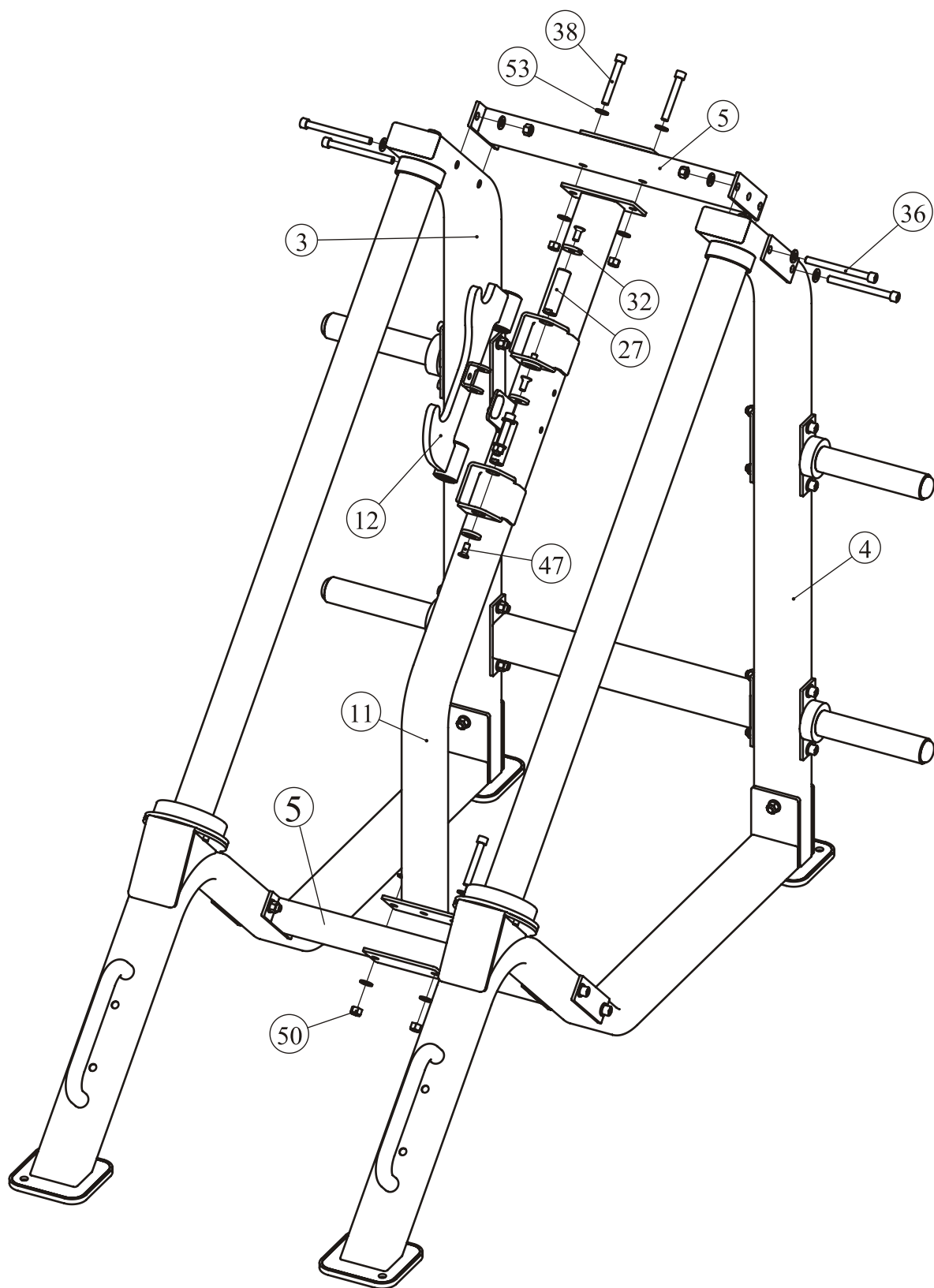
Assembly

STEP 3



Assembly

STEP 4



Assembly

STEP 5

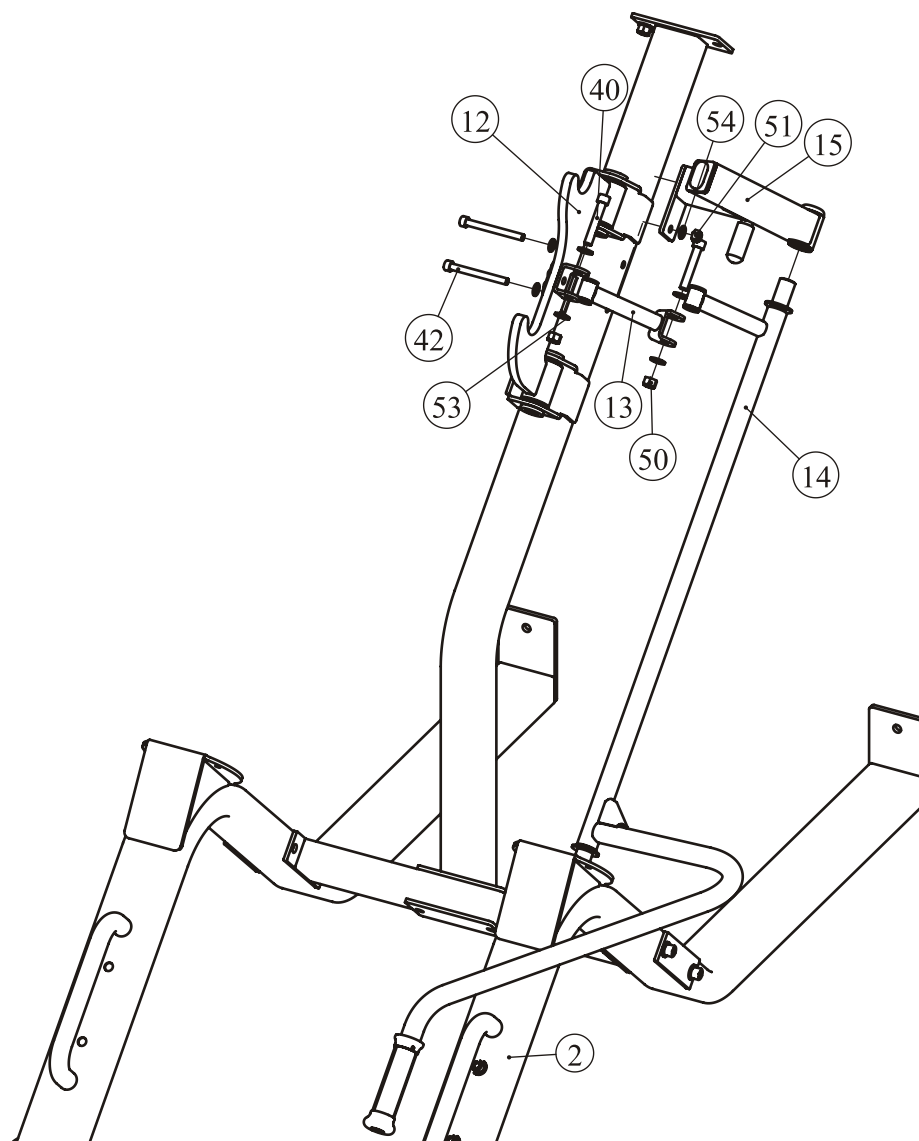
1. The Adjustable Handle Frame Assembly (#14) and Right Bottom Frame Assembly (#2) Adjustable Connection Frame Assembly (#15) connected together, then the Adjustable Connection Frame Assembly (#15) and Middle Connection Frame assembly (#11) connected together using:

- two M10*100 SHCS (#42)
- three $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#54)
- one M10 Nylon Lock Nuts (#51)

2. The Link Frame Assembly (#13) and Limit Tooth Assembly (#12), Adjustable Handle Frame Assembly (#14) connected together. Using:

- two M12*70 SHCS (#40)
- four $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washers (#53)
- two M12 Nylon Lock Nuts (#50)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



Assembly

STEP 6

1. Two pieces of Weight Horn assembly (#20), two pieces of Weight Horn Rubber Donut (#59) and Left Idler Wheel Frame Assembly (#21), Right Idler Wheel Frame Assembly (#22) connected together using:

- four M10*8 Socket Set Screw (#49)

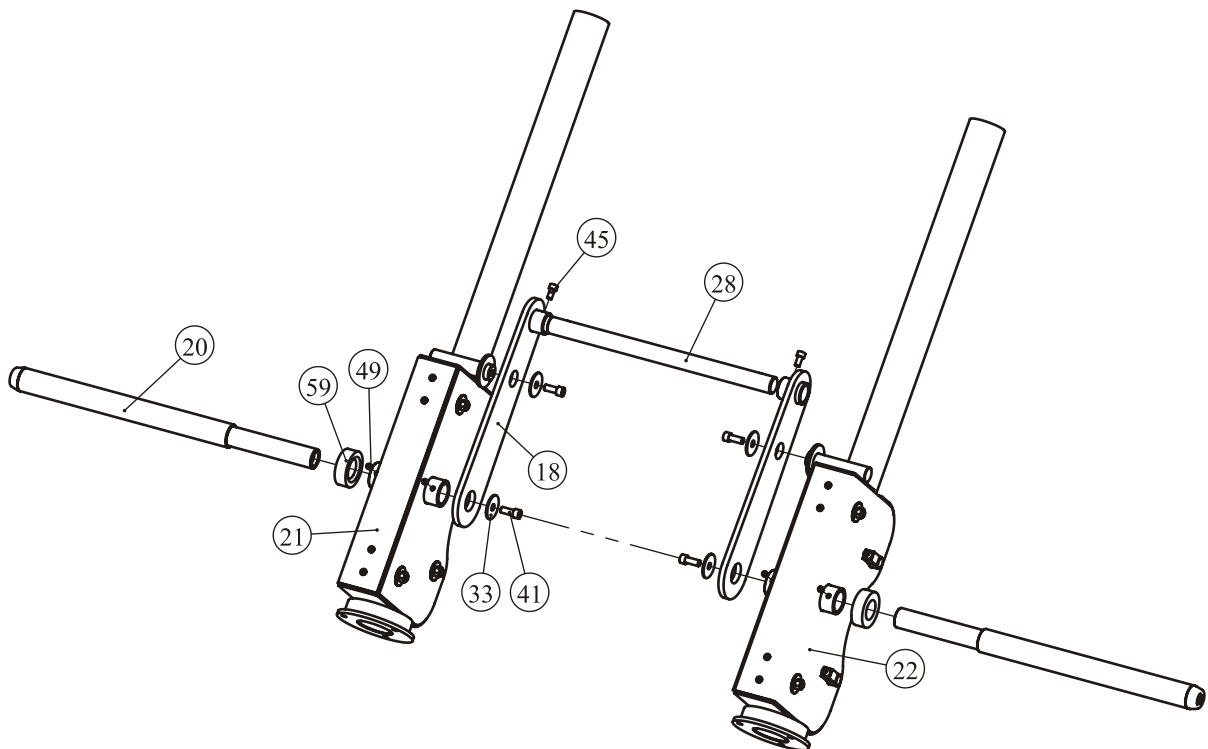
2. Two pieces of Extend Frame (#18) and Left Idler Wheel Frame Assembly (#21), Right Idler Wheel Frame Assembly (#22) connected together using:

- four M12*30 SHCS (#41)
- four $\Phi 50.8 \times \Phi 13.5 \times 3$ Flat Washers (#33)

3. The Limit shaft $\Phi 35$ (#28) and two pieces of Extend Frame (#18) connected together using:

- two M10*20 SHCS (#45)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



Assembly

STEP 7

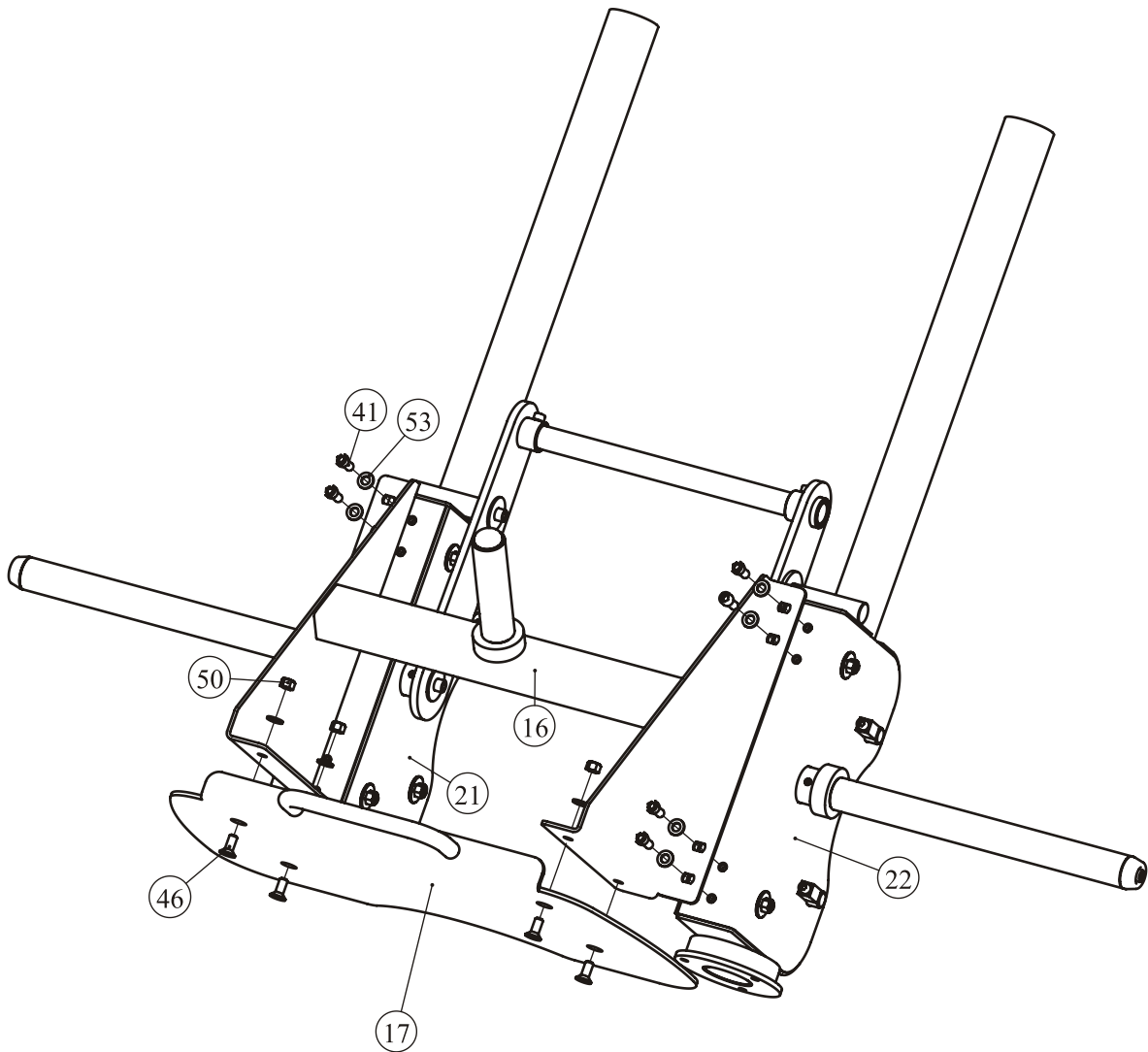
1. The Footplate Frame Assembly (#16) and Left Idler Wheel Frame Assembly (#21), Right Idler Wheel Frame Assembly (#22) connected together. Using:

- eight M12*30 SHCS (#41)
- eight $\Phi 13*\Phi 24*2.5$ Flat Washers (#53)

2. The Deck Pedal (#17) and Footplate Frame Assembly (#16) connected together. Using:

- four M12*30 FHCS (#46)
- four $\Phi 13*\Phi 24*2.5$ Flat Washers (#53)
- four M12 Nylon Lock Nuts (#50)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



Assembly

STEP 8

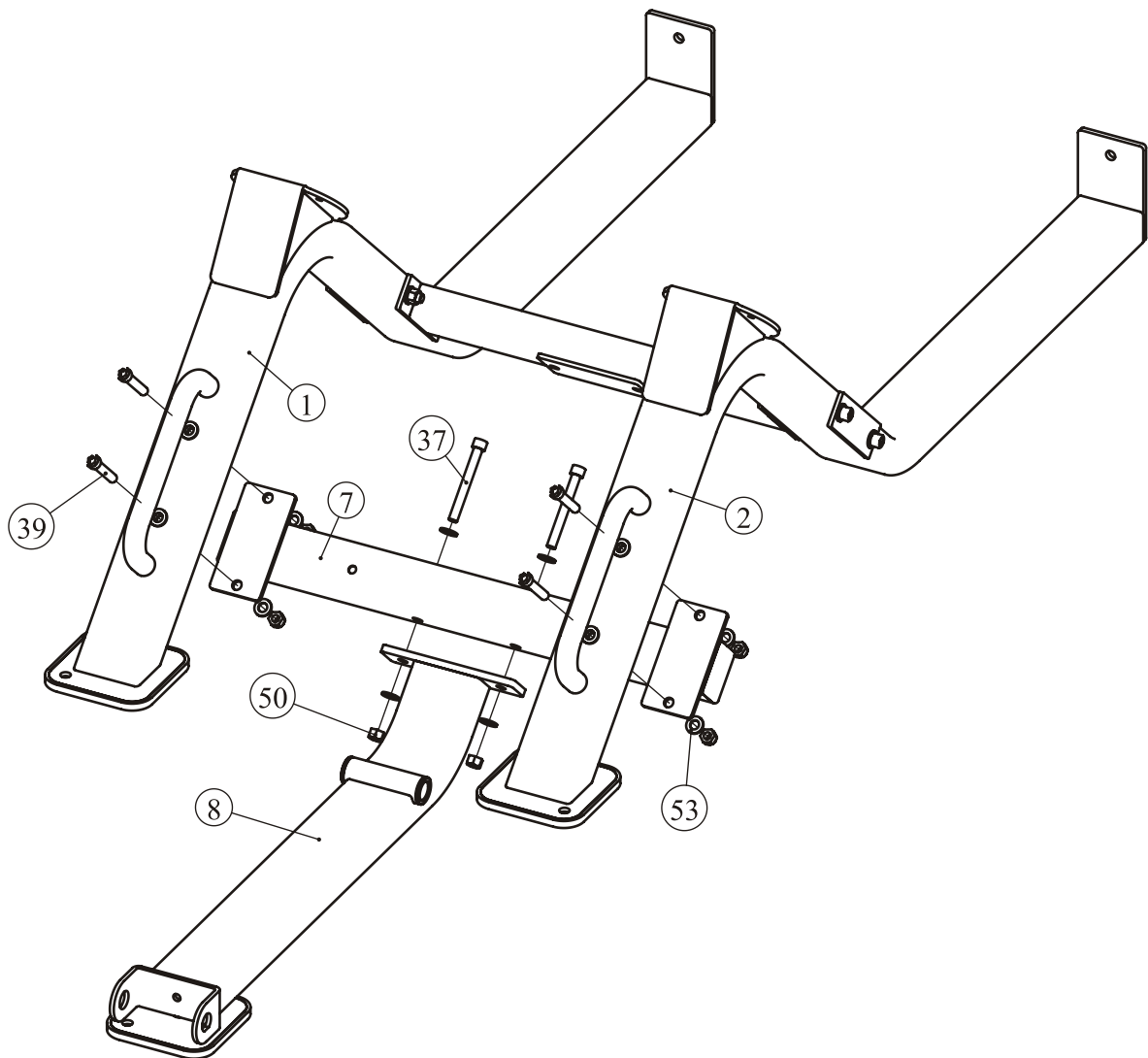
1. The Seat Pad Frame Assembly (#7) and Left Bottom Frame Assembly (#1), Right Bottom Frame Assembly (#2) connected together using:

- four M12*75 SHCS (#39)
- eight $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washers (#53)
- four M12 Nylon Lock Nuts (#50)

2. The Front Bottom Frame Assembly (#8) and Seat Pad Frame Assembly (#7) connected together using:

- two M12*105 SHCS (#37)
- four $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washers (#53)
- two M12 Nylon Lock Nuts (#50)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



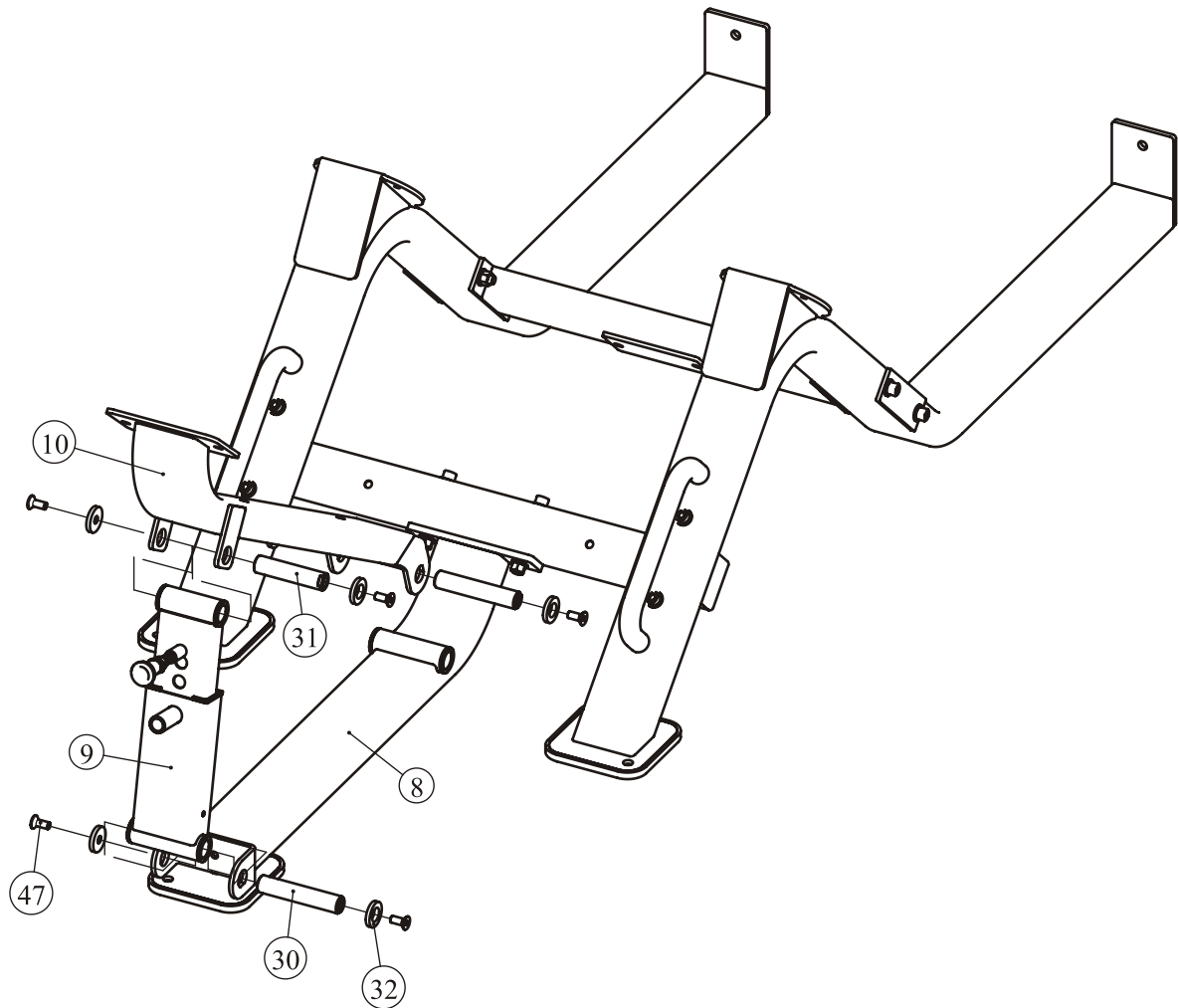
Assembly

STEP 9

The Swing Telescopic Frame Assembly (#9), Arm Pad Frame (#10) and Front Bottom Frame Assembly (#8) connected together using:

- two $\Phi 25.4 \times 131$ Pivot Shaft (#30)
- one $\Phi 25.4 \times 109$ Fixed Shaft (#31)
- six $\Phi 38 \times 6$ End Cap (#32)
- six M10 $\times$ 25 FHCS (#47)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



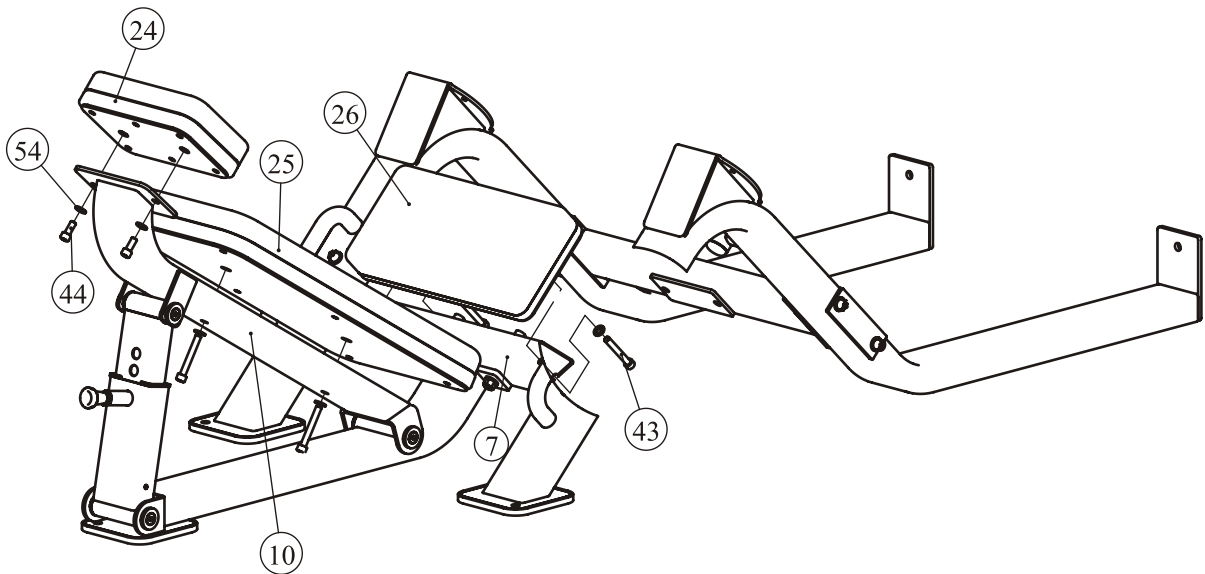
Assembly

STEP 10

The Head Pad (#24), Arm Pad (#25), Seat Pad (#26) and Arm Pad Frame (#10), Seat Pad Frame Assembly (#7) connected together. Using:

- four M10*75 SHCS (#43)
- two M10*25 SHCS (#44)
- six $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#54)

Note: Tighten all bolts and nuts before continuing.



Maintenance Schedule

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

Specifications

Class: S

Maximum Wt. Capacity: 450Kg/ 1000lbs.

Maximum User Weight: 150Kg/ 330lbs.

