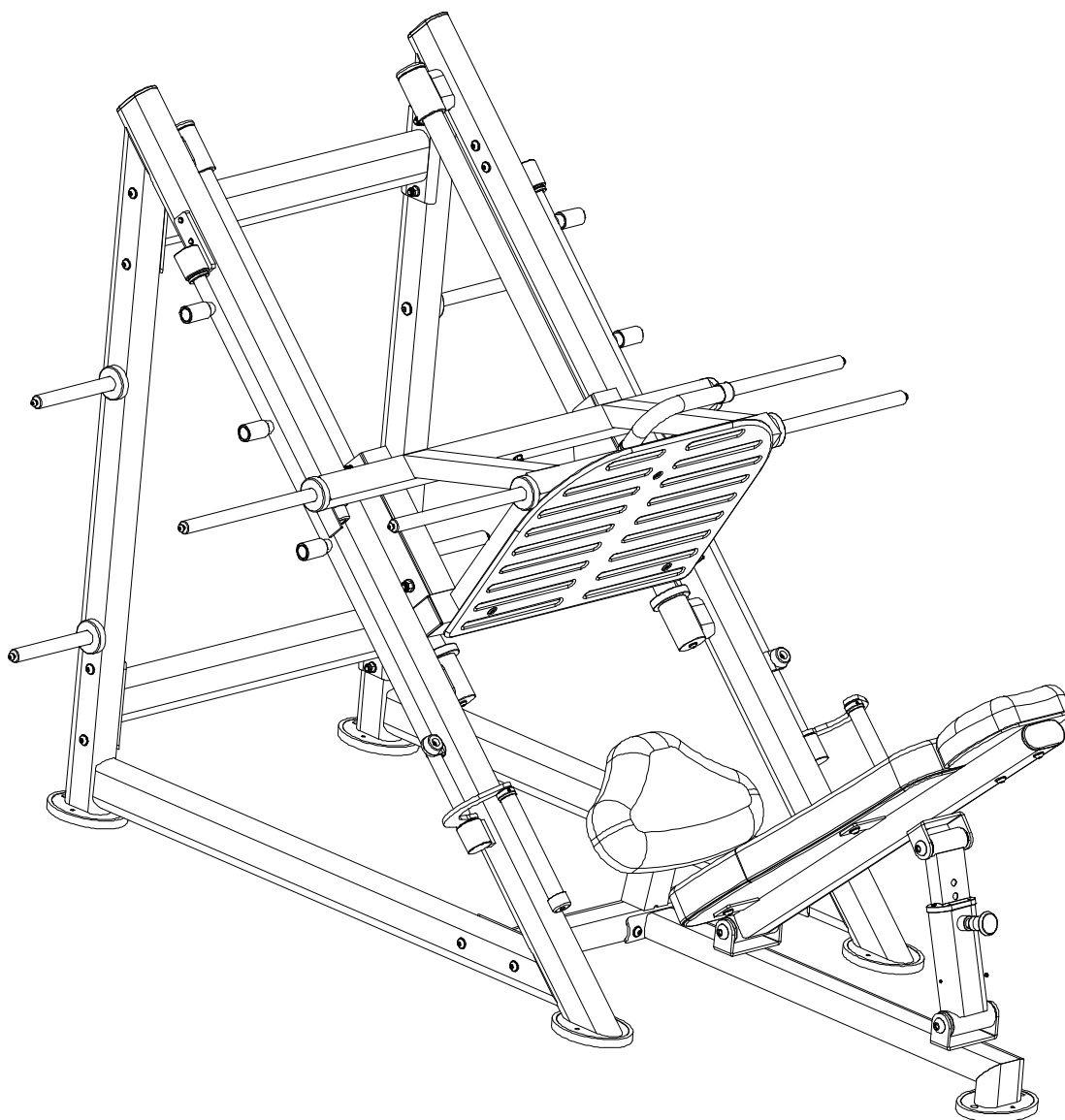




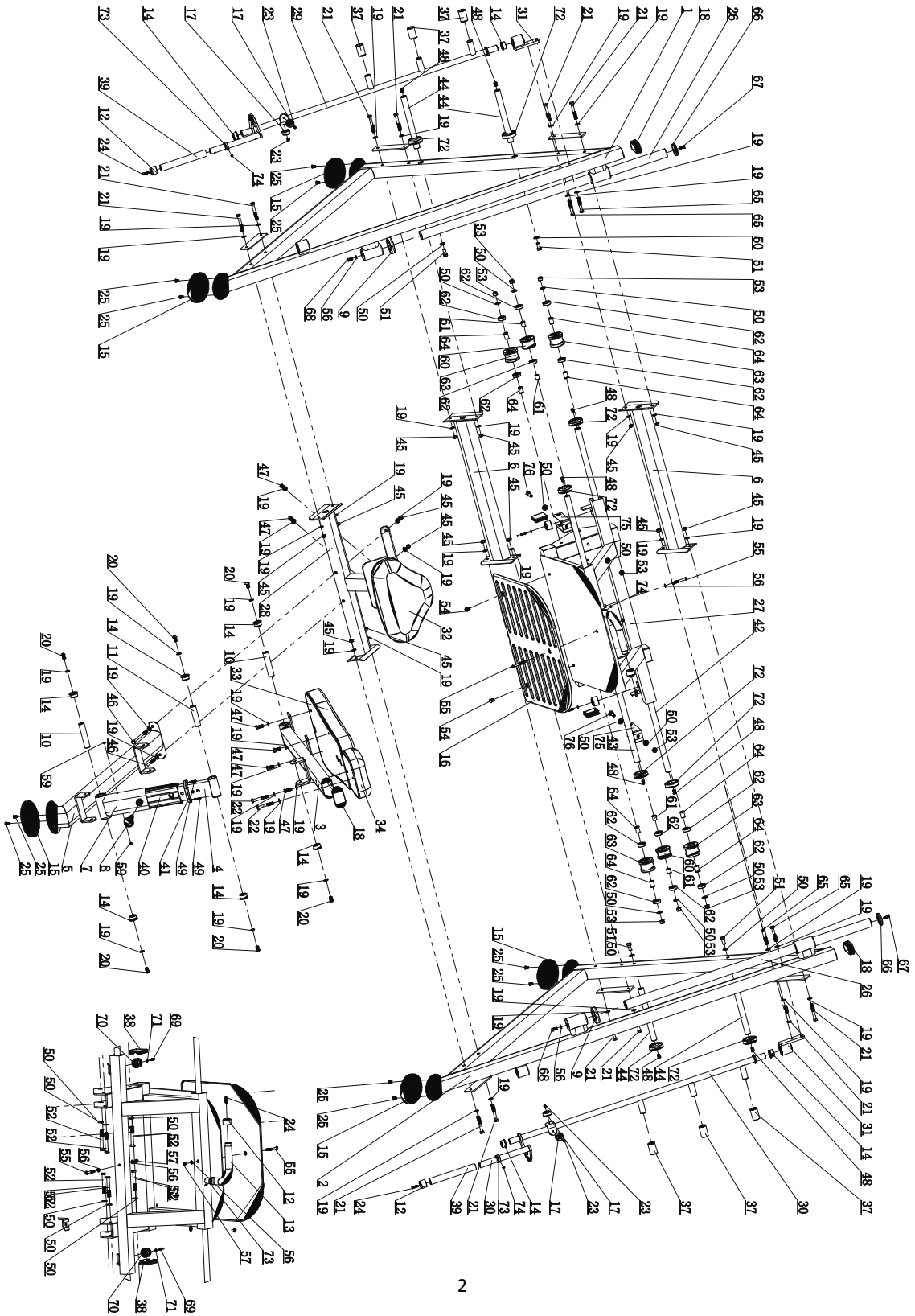
MODEL # LEGPRS

TAG FITNESS 688 LEG PRESS

ASSEMBLY INSTRUCTIONS



EXPLODED DRAWING & PARTS LIST



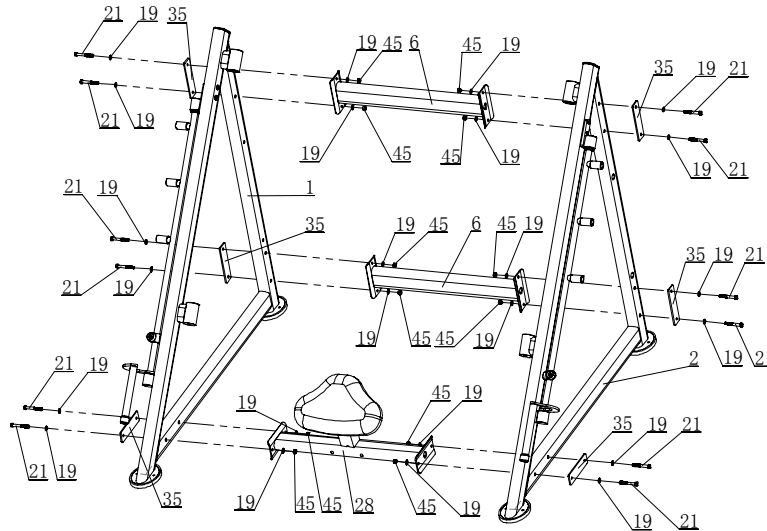
PARTS LIST

NO	DESCRIPTION	Q'TY	NO	DESCRIPTION	Q'TY
1	LEFT FRAME	1	39	HANDLE SLEEVE	2
2	RIGHT FRAME	1	40	SLEEVE	1
3	BACK FRAME	1	41	BUSHING CAP	1
4	INNER ADJUSTING TUBE	1	42	BARBELL AXIS	1
5	SEAT ADJUSTING FRAME	1	43	BARBELL AXIS	1
6	CONNECTING TUBE	2	44	WEIGHT SUPPORT	4
7	OUTER ADJUSTING TUBE	1	45	LOCK NUT HEX M10	14
8	KNOB	1	46	HEX HEAD BOLT M10x125	2
9	STOPPER PAD	2	47	HEX HEAD BOLT M10x25	6
10	AXIS	2	48	PAN HEAD, ALLEN BOLT M8x15	8
11	AXIS	1	49	PHILIP HEAD, SELF-TAPPING BOLT	2
12	HANDLE CAP	3	50	FLAT WASHER	20
13	HANDLE SLEEVE	1	51	HEX HEAD BOLT M12x25	4
14	METAL BUSHING	10	52	PAN HEAD, ALLEN BOLT M12*25	6
15	FOOTPAD	5	53	PAN HEAD, ALLEN BOLT M12*85	8
16	PLATFORM MAT	1	54	PAN HEAD, ALLEN BOLT M10*15	2
17	SHOCK ABSORBER RUBBER	4	55	PAN HEAD, ALLEN BOLT M8x65	2
18	DECORATIVE CAP	3	56	FLAT WASHER	6
19	FLAT WASHER	46	57	LOCK NUT HEX M8	2
20	PAN HEAD, ALLEN BOLT M10*20	6	58	PAN HEAD, ALLEN BOLT M8x25	1
21	HEX HEAD BOLT M10x75	12	59	ALLEN HEAD, SET SCREW M6x6	2
22	HEX HEAD BOLT M10x70	2	60	TROLLEY	2
23	PAN HEAD, ALLEN BOLT M6*10	4	61	BUSH	4
24	ROUND HEAD, ALLEN BOLT M6*20	3	62	BEARING	12
25	FLAT HEAD, ALLEN BOLT M8*15	10	63	TROLLEY	4
26	GUIDE-ROD	2	64	BUSHING	8
27	SLIDING FRAME	1	65	PAN HEAD, ALLEN BOLT M10*65	4
28	SEAT FRAME	1	66	ENDING CAP	2
29	LEFT LIMITE FRAME	1	67	FLAT HEAD, ALLEN BOLT M8x25	2
30	RIGHT LIMITE FRAME	1	68	PAN HEAD, ALLEN BOLT M8x20	2
31	FIXING TUBE	2	69	PAN HEAD, ALLEN BOLT M6x20	2
32	SEAT PAD	1	70	STOPPER PAD	2
33	BACK PAD	1	71	FLAT WASHER	2
34	PILLOW	1	72	SHOCK ABSORBER RUBBER	8
35	FIXING PLATE	6	73	RING	3
36	FIXING PLATE	1	74	ALLEN HEAD, SET SCREW M6*5	3
37	PROTECTING JACKET	6	75	BRACKET	2
38	DECORATIVE CAP	2	76	BOLT	2

ASSEMBLY

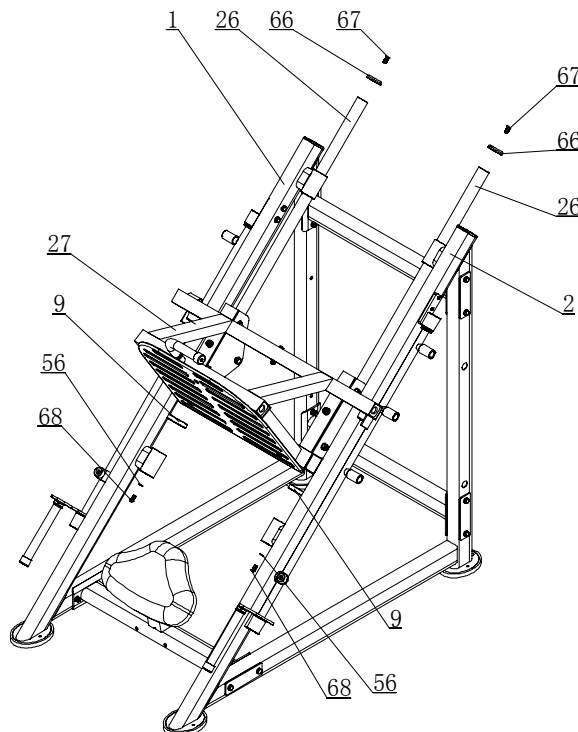
STEP1

Assemble the left frame(1) to the right frame(2) using seat frame(28) and 2 connecting tube(6) using 24 flat washer(19), 12 hex head bolt M10x75(36) 4 fixing plate(35)and 12 lock nut hex M10(45). Adjust the equipment and using the right tools tighten bolts and nuts properly.



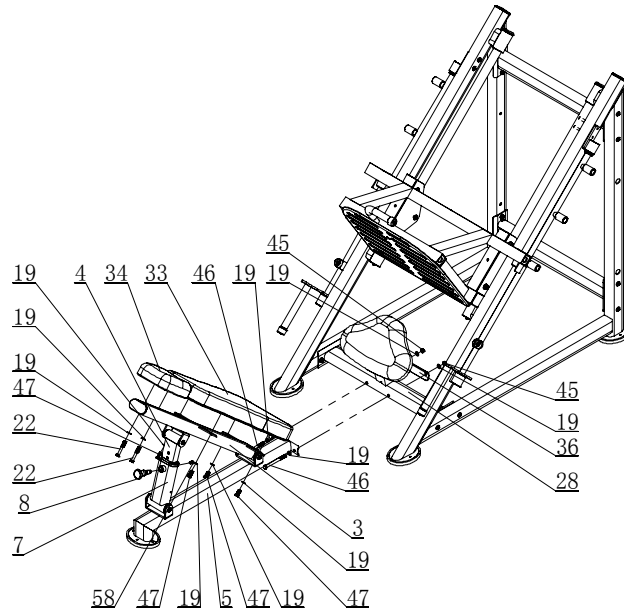
STEP2

Put the sliding frame (27) in the equipment as shown in the drawing. Insert 2 guide-rods (26) into the upper limited position of left frame (1) and right frame (2) through the support in the sliding frame (27). Insert 1 stopper pad(9) each guide-rod(26) and fix the inferior and superior sides of guide-rod using 2 pan head Allen bolt M8x20(68), 2 flat washers(56), 2 flat head Allen bolt M8x25(67) and 2 ending cap(66). Usingtherighttoolstightenbolts and nutsproperly.



STEP3

Connect the back cushion(33) and cushion(34) to the back frame(3), using 6 flat washer(19), 4 hex head bolt M10x25(47) and 2 hex head bolt M10x70(22). Slide the inner adjusting tube(4) to the outer adjusting tube(7). Insert the knob (8) and tighten the boatman head Allen bolt (58). Fix the seat adjusting frame (3) in the seat frame (28) using 2 head bolt M10x125 (46), 4 flat washer (19), 1 fixing plate (36) and 2 lock nut hex M10 (45). Using the right tool tighten bolts and nuts properly.



STEP4

Slide the barbell axis(42) to the sliding frame(27) and fix it using 2 flat washers(56), 1 lock nut hex M10(57) and 1 pan head Allen bolt M10x65(55). Slide the barbell axis(43) to the sliding frame(27) and fix it using 1 flat washer(56), 1 lock nut hex M10(57) and 1 hex head bolt M10x65(55). Connect the 4 weight support (44) 2 each side, using 4 flat washers (50) and 4 hex head bolt M12x25 (51). Insert in the weight support (42, 43 & 44) 8 shock absorber rubber (67) 1 each weight support. Using the right tool to tighten bolts and nut.

