

HORIZONTAL LEG CURL MACHINE

MT-013A

<http://bronze-gym.ru/bronze-gym-mt-013a-sgibanie-nog-lezha>



USER MANUAL

CONTENTS

1. INTRODUCTION.....	1
2. FEATURE.....	1
3. WARNING.....	1, 2
4. USAGE GUIDANCE.....	2, 3
5. NOTICE.....	3
6. MAINTENANCE.....	3
7. ASSEMBLY INSTRUCTION.....	4
8. CABLE.....	5
9. EXPLODED VIEW.....	6
10. ASSEMBLY TOOLS	7
11. ASSEMBLY STEPS	8, 9, 10, 11

1. INTRODUCTION

Thank you for purchasing this unit.

For your health and safety, please make a reasonable training program with suitable load and correct postures under the coach's guidance before starting the workout as well as reading this manual.

Please fill out the maintenance form carefully and keep it with receipt for after-sales service.

2. FEATURE

2.1 The product is well designed with scientific structure and elegant and simplified appearance and made of quality flat oval pipes which bring better durability and safety.

2.2 High quality steel cables are well distributed and make the movement trajectory more ergonomic bringing more comfort degree and safety.

2.3 The shroud protects the user from weight stacks and enhances the safety.

2.4 High quality bearings are applied in jointings which make the movement smoother.

2.5 Reasonably-designed handles are more comfortable to grip and bring smoother exercise.

3. WARNING

3.1 This training equipment is only intended for use in training areas of organizations such as sport associations, educational establishments, hotels, clubs and studios, where access and control are specifically regulated by professionals.

3.2 The unit can only be used by qualified members which are accepted strictly according to certain rules on items such as ages, occupations, health condition, etc.. Operations against the regulation are prohibited!

3.3 T The unit must be used under the supervisions of a coach in case of any accident.

3.4 Children must be kept away from the unit in case of any severe injury which may cause permanent disability.

3.5 Injury to health may result from incorrect or excessive trainings, please consult the coach to select proper exercise method and suitable load.

3.6 Please adjust load and position (e.g. seat adjustment) before exercise.

3.7 Please check if the clamping screws and handrails are fastened; if not, it's prohibited to use the machine in case of any accident.

3.8 For any fault with weight stacks, guiding rod or any other mechanical part, please contact the professional to fix it immediately in case of accident when the weight stacks fall off.

3.9 Adjust the steel cables to proper length for smooth connection without any twist. Regular inspection must be completed to avoid any error. For any problem, it must be solved by professionals instantly.

- 3.10 Do not return to the starting position too quickly in case of any damage to the weight stacks, instead, you must slow down when getting near.
- 3.11 No touching the steel cables or moving parts in use in case of jamming the hands!
- 3.12 Cardiac patients and children below 12 must not use the unit.
- 3.13 This equipment is in compliance with EN 957-2 class S (S=studio).
- 3.14 The max training weight is 150kg (330pound) while the max user weight is 150kg (330pound).
- 3.15 The machine should be located stably with a space of 2000mm×2000mm kept around.
- 3.16 The unit is firstly used in trainings for professionals and secondarily for fitness in residential communities and companies.
- 3.17 Please stop immediately and go to the doctor if you have any discomfort such as dizziness, nausea, etc..
- 3.18 The unit must be assembled and fixed stably on flat ground to avoid any movement of the machine in use.
- 3.19 The machine shall only be used indoor and kept away from moisture.
- 3.20 Please wear suitable dresses and shoes in exercise.
- 3.21 A warm exercise of 5~10min must be had before using the unit.
- 3.22 Improper movements are not allowed to have on the unit.
- 3.23 Please exercise under instruction of professional coach.
- 3.24 Please check if the unit is well fastened before starting your workout.
- 3.25 Any adjustment to the unit which may interfere with the users' exercise is not allowed.

4. USAGE GUIDANCE



MT-013A Horizontal Leg Curl Machine

Targeted muscle: musculus biceps brachii

Dimension: 1300mm×1720mm×1680 mm

N.W.: 220kg

Usage guidance:

- (1) Read all warnings and instructions before using the unit.

- (2) Lie on elbow rest and leg roller.
- (3) Selected desired load by inserting weight stack pin at corresponding level.
- (4) Press regulating handle to adjust leg roller.
- (5) Put legs under leg roller and paste knees onto leg pad; grip handles and contract lower legs to utmost.
- (6) Keep the posture for a moment and return to starting position slowly; repeat the movements.

5. NOTICE

5.1 Warm-up exercise

Please have a warm-up exercise for 5~10 min. Mark the time when having free movements which help to activate the joint mussels and avoid injury in exercise.

5.2 Diet

Please take food which contains much protein, such as vegetables and fruits. Start the workout 40min after the meal. The next meal should be had 30min after stopping the workout while a small amount of water can be taken in exercise.

5.3 Breath

Inhale when move with strength; exhale when relax. Adjust the breath according to the movements.

5.4 Frequency

Enough rest is essential for exercise. The next stimulation on same muscle must be taken in 48hours.

5.5 Load

The exercise load should be selected according to personal condition. Excessive weight must not be taken in case of injury to the muscles. The training must be proceeded in an orderly way and step by step. It is normal to feel slight pain in the muscles in the first workout.

6. MAINTENANCE

6.1 For safety use of machines, regular maintenance must be implemented, especially for parts such as cable, pulley block and connecting parts.

6.2 Special attention should be paid to easy-worn parts.

6.3 Replace the damaged components immediately and stop using the machine.

6.4 Maintenance should be made according to following form:

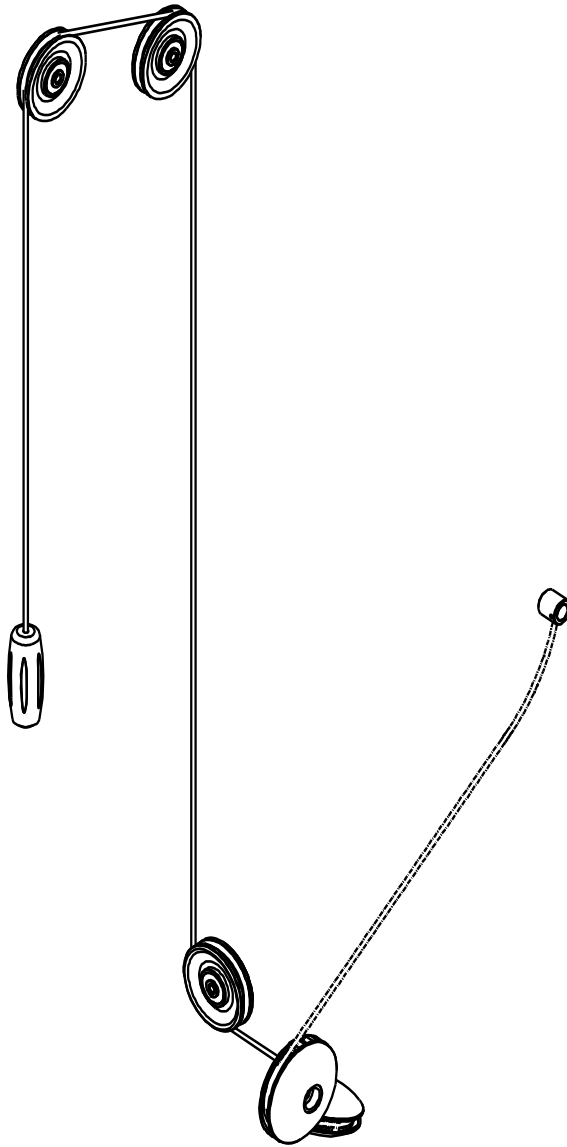
ITEM	DAILY	WEEKL	QUATERLY
Inspect: connecting parts, pulleys, weight stacks	√		
Clean: cushion, shroud	√		
Lubricate: necessary parts			√
Check: whether screws are loose		√	
Lubricate: bearings			√

7. ASSEMBLY INSTRUCTION

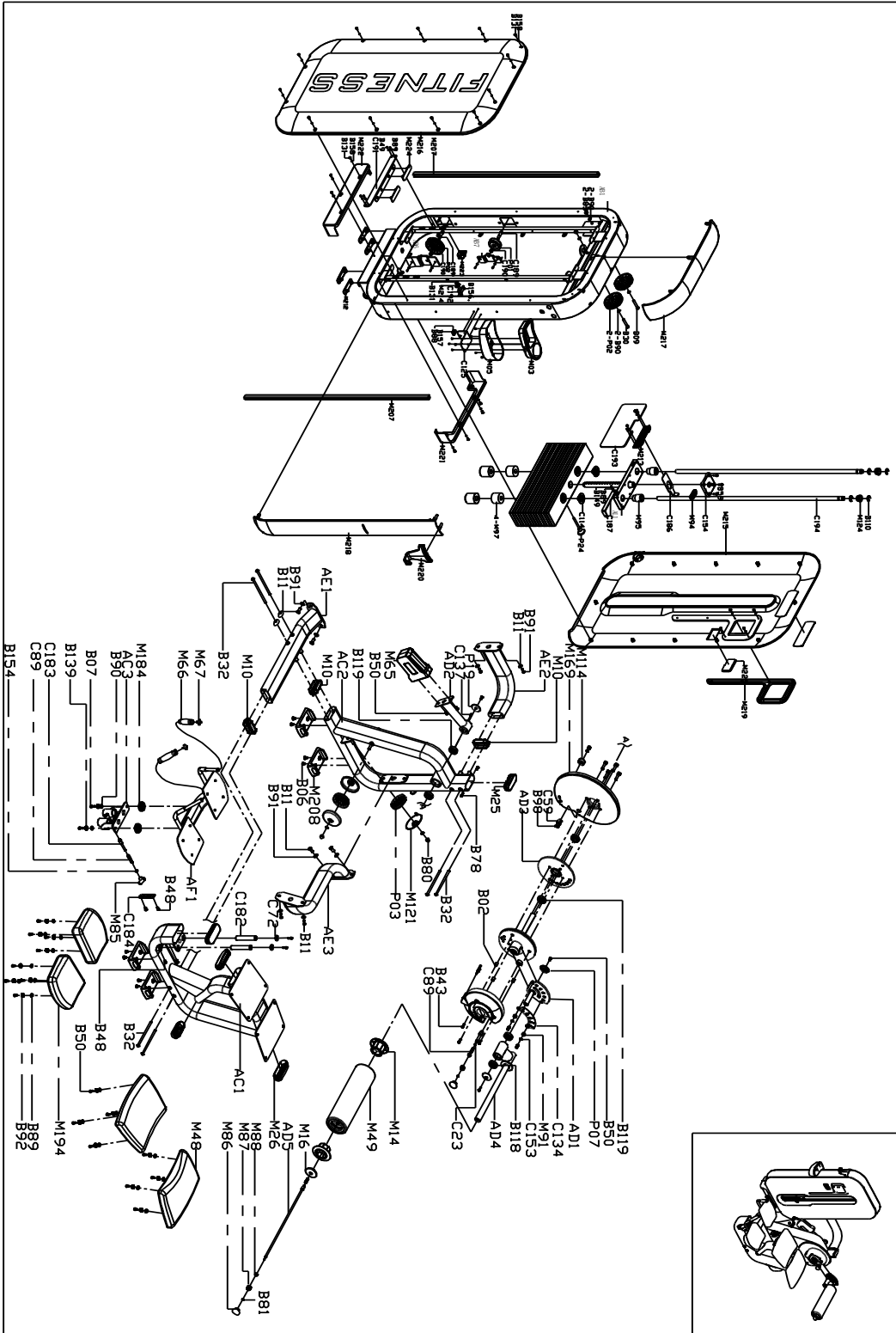
Following instructions aim to make the assembly easier, please read them carefully:

- 7.1 Due to the big size of the unit, please find enough space before assembly.
- 7.2 Remove all the packing materials and put all the parts on the floor tidily.
- 7.3 Tighten the screws to avoid slack except for special requirement.
- 7.4 Assure that the unit gets assembled with all the parts according to the assembly steps.
- 7.5 It must be done by at least 2 persons.
- 7.6 Check whether all the parts referred in the packing list are there.
- 7.7 Please adjust the four fastening screws on the first weight stack if the weight stack pin cannot be easily plugged.

8. CABLE



9. EXPLODED VIEW

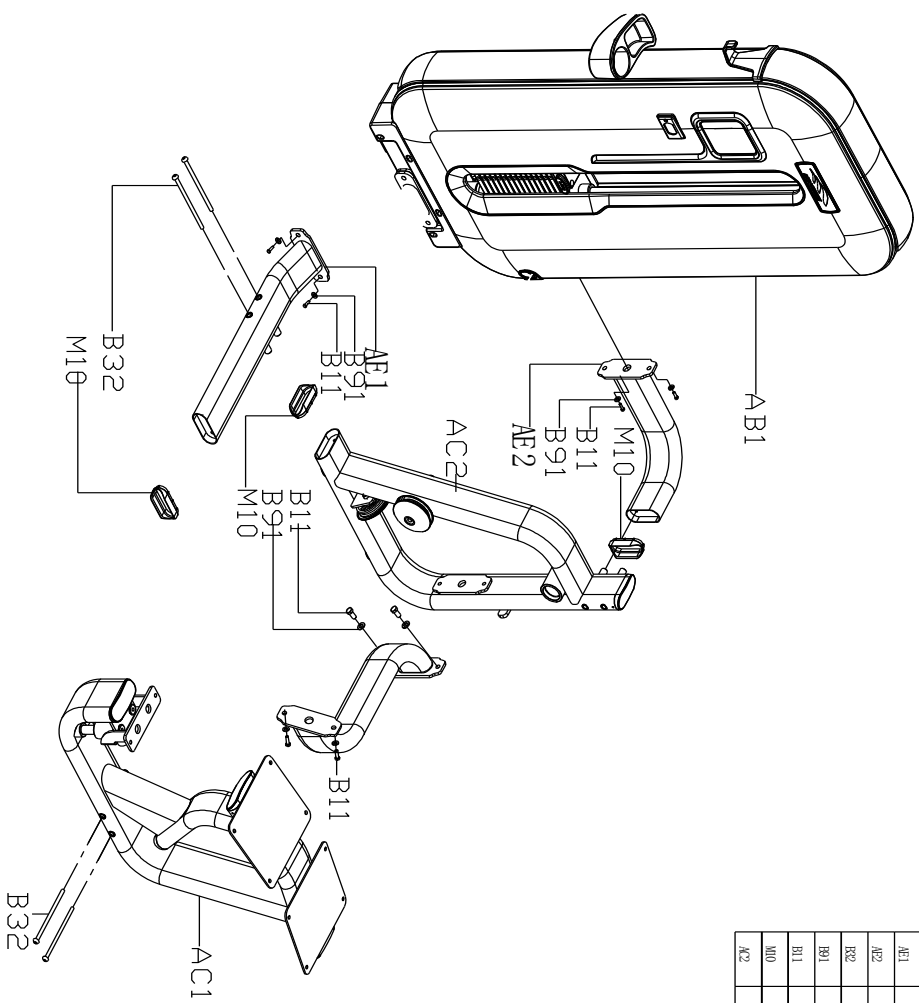


10. ASSEMBLY TOOLS

- (1) M6 Allen wrench, 1 piece
- (2) M8 Allen wrench, 1 piece
- (3) Cross screwdriver, 1 piece
- (4) 17-19 wrench, 1 piece

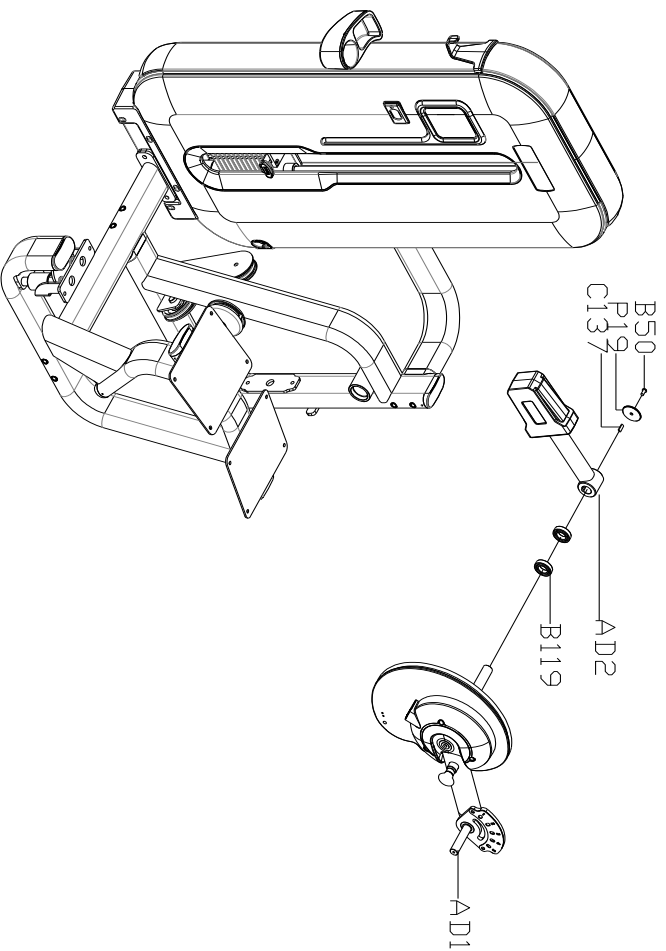
11. ASSEMBLY STEPS

Step 1



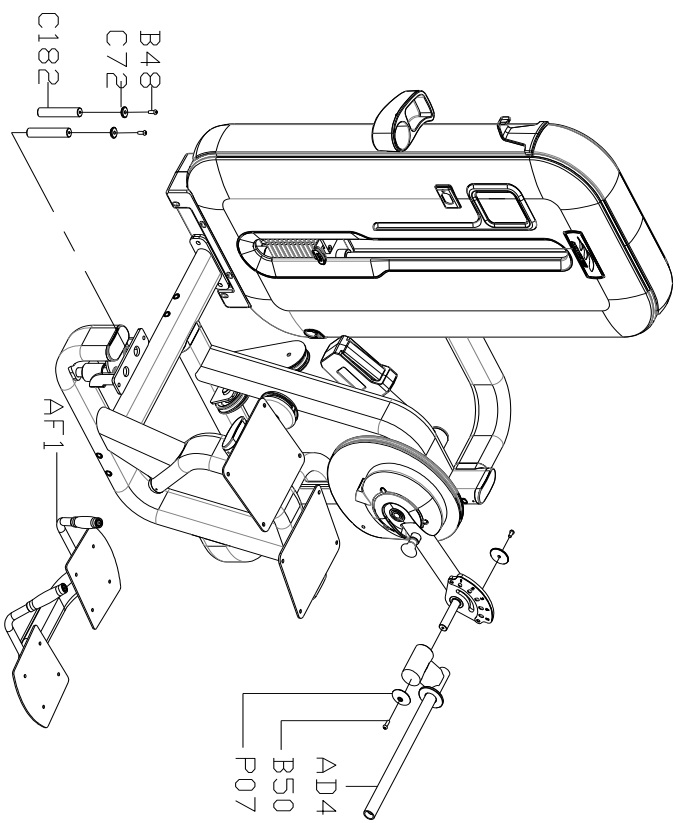
No.	Description	Spec.	Qty.
AB1	小顶台		1
AC1	主臂骨板组		1
AB1	上连接臂		1
AE2	下连接臂		1
B32	圆孔内入油螺栓	M10*170	4
B31	螺母	M12	8
B11	外六角螺栓	M12*2L	8
M10	圆孔连接头	12M*3X-08S-5t	3
AC2	主臂骨板组		1

Step 2



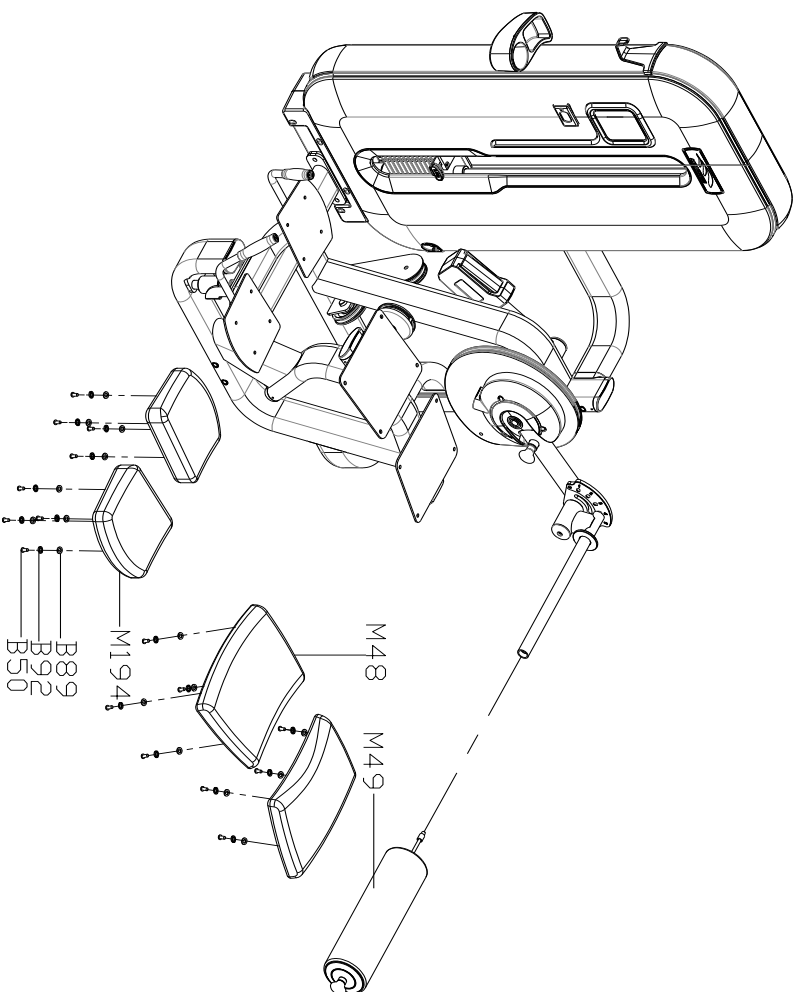
No.	Description	Spec	Qty
AD1	电动机模组		1
AD2	配齿轴	70*10*200(K, SMC)	1
B119	轴套	GB8006	2
C137	轴套	7*8*22	1
B50	半圆英寸带轴丝	10*25	1
P19	轴套	R80*8.7	1

Step 3



No.	Description	Spec.	Qty.
A01	油帽仔弹组		1
B50	半圆头十字螺丝	M6*25	2
P19	弹簧	300*19	2
AF1	把手弹组		1
B48	圆头十字螺丝	M6*16	2
C182	转轴	25*150	2
C72	油封弹组	200*1.0	2

Step 4



No.	Description	Spec.	Qty.
B30	半圆反冲刀轴套	M8*25	16
R82	弹弓叶片	M8	16
R89	叶片	M8	16
M94	刀片	27*25*0.80	2
M85	轴套	63*30*25	2
M49	油桶	9125*465	1