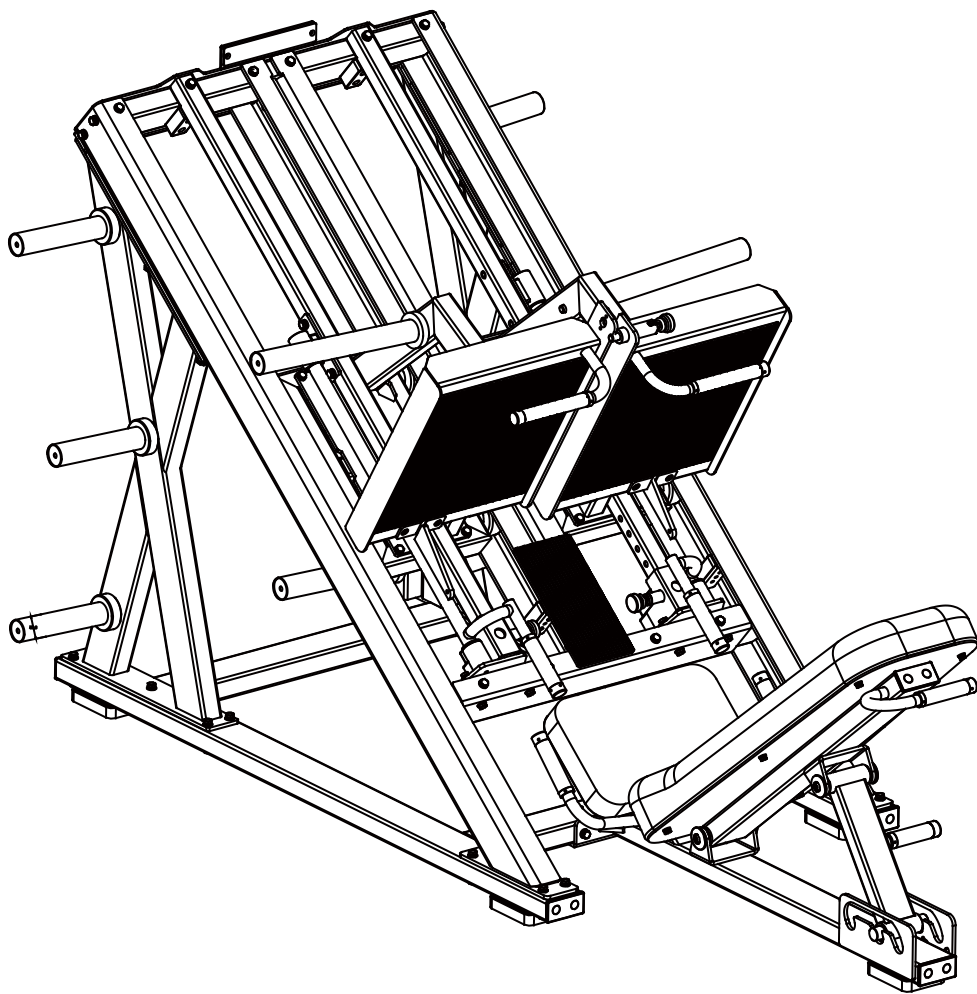




Pro Strength Dual Leg Press (PL-PS-LPD)



www.muscledfit.com

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Safety Use Instruction

Thank you for purchasing our company's products. Proper use of the trainer ensures your safety and convenience. Please read the following instructions carefully before using the trainer:

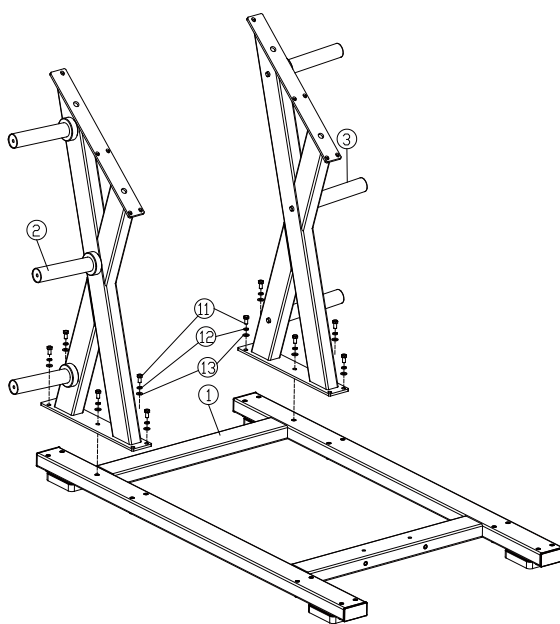
1. Please read all instructions carefully before using this product, and strictly follow the methods described in the manual. Keep this manual for the entire lifespan of the product.
2. The product owner should ensure that all users understand the safety precautions.
3. When using this machine, keep the indoor air fresh and circulating, and ensure there is enough space for activity.
4. Warning! Users are responsible for the maintenance of the equipment. After installation and before each use, check that all fixed parts are tightened and there are no protruding parts. Regularly inspect parts prone to wear.
5. Warning! If the equipment is damaged, contact the dealer or the company's after-sales service department immediately to replace any worn or defective parts. Do not use the equipment until it is fully repaired.
6. Wear appropriate sportswear and shoes before using this machine. Avoid wearing skirts or jewelry, and tie up long hair to prevent interference during exercise.
7. Perform warm-up exercises before using this machine to avoid muscle strain.
8. If you feel dizziness, pain, nausea, or any other unusual symptoms, stop exercising immediately and consult a doctor.
9. Children should use this machine for specific training under adult supervision.
10. Warning! Keep hands and feet away from moving parts.
11. Warning! Do not exceed the adjustment settings.
12. Warning! Keep children and pets away from the equipment during use.
13. Warning! When adjusting the barbell plates, ensure they are fully secured in place.
14. Warning! When lifting the weight block, avoid dropping it suddenly to prevent strong impact.
15. Warning! Adjust all adjustment devices properly before use.
16. Warning! Use the correct methods when exercising with this machine. Incorrect methods or misuse may result in injury.
17. A guide for the primary exercise modes is provided in the function diagram posted on the equipment.
18. Warning! Use this training equipment only in designated, supervised areas. Control should be adjusted based on user reliability, age, and experience.
19. Warning! During training, always face the equipment, and keep the weight block within your line of sight to prevent injury to others.
20. Warning! Install the equipment on a stable, flat surface.
21. It is recommended to use this training equipment only in supervised areas.

Assembly Steps

Please organize the following parts in order before beginning the equipment assembly. All necessary tools are included in the Hardware Kit. Follow the steps below to properly assemble the equipment. An Allen wrench is provided in the Hardware Kit.

Step 1:

1. Connect Part 1 (underframe assembly) to Part 2 (left support) using Part 11 (M10*20 bolts). Attach Part 12 (spring washer) and Part 13 (flat washer) to secure and lock the connection properly.
2. Connect Part 1 (underframe assembly) to Part 3 (right support assembly) using Part 11 (M10*20 bolts). Add Part 12 (spring washer) and Part 13 (flat washer), and lock all components securely.



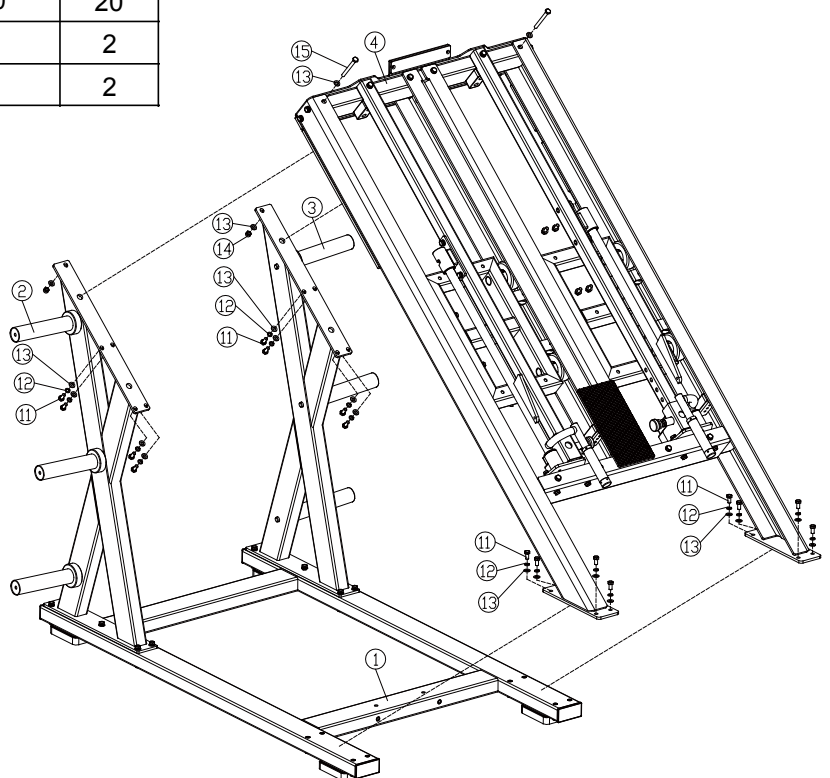
No.	Part name	Specification	Qty
1	underframe assembly	assembly	1
2	Left support	assembly	1
3	Right support	assembly	1
11	Hex bolts	M10*20	10
12	spring washer	Ø 10.2* Ø 15.4*t2.6	10
13	Flat Washer	Ø 11* Ø 20*t2.0	10

1. Step 1

2. Connect Part 1 (underframe assembly) to Part 4 (slide rail) using Part 11 (M10*20 bolts), Part 12 (spring washer), and Part 13 (flat washer). Secure and lock the connection properly.
3. Connect Part 2 (left support) to Part 4 (slide rail) using Part 11 (M10*20 bolts), Part 12 (spring washer), and Part 13 (flat washer). Secure and lock the connection properly.
4. Connect Part 3 (right support) to Part 4 (slide rail) using Part 11 (M10*20 bolts), Part 12 (spring washer), and Part 13 (flat washer). Secure and lock the connection properly.
5. Connect Part 4 (slide rail) to Parts 2 and 3 (left and right supports, respectively) using Part 15 (M10*150 hex bolts), Part 13 (flat washer), and Part 14 (hexagonal lock nut). Tighten all connections securely.

Note: Due to the weight of Assembly 4 (slide rail assembly), it is recommended to carry it with assistance to ensure safety and prevent injury.

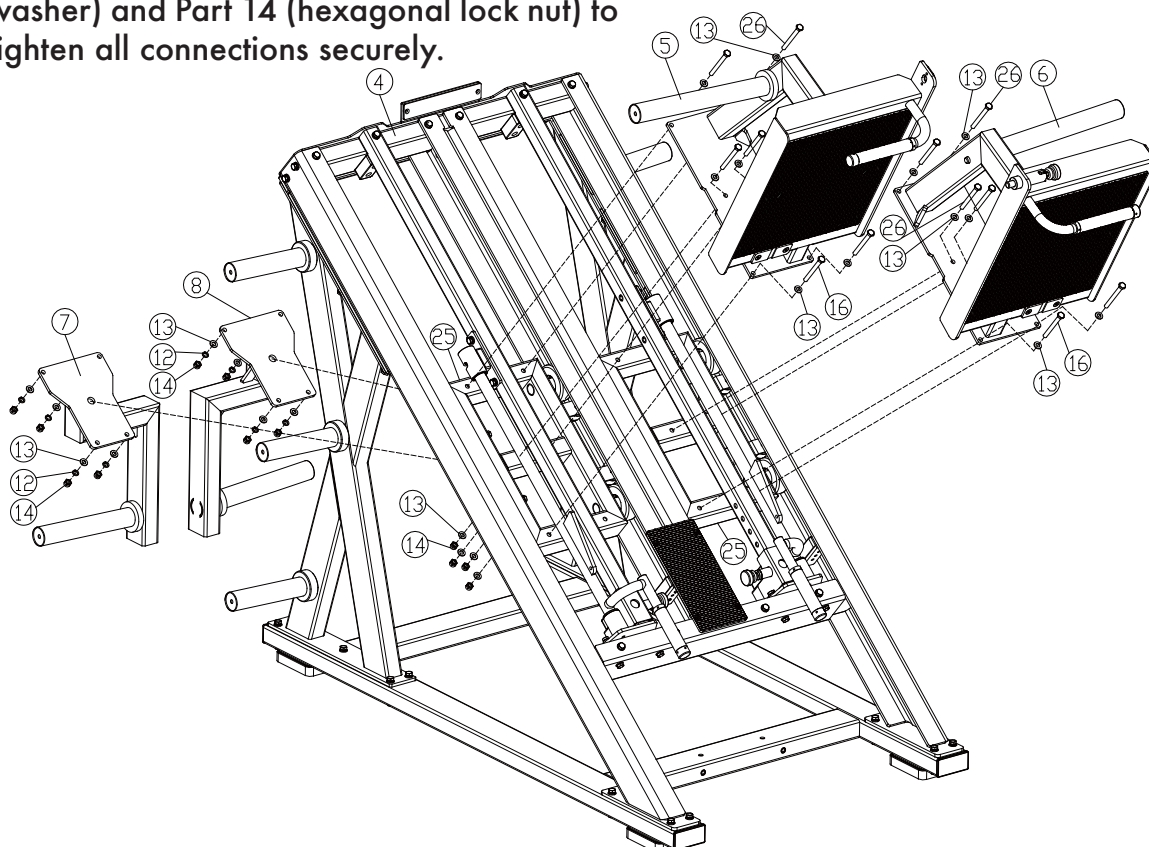
No.	Part name	Specification	Qty
1	underframe assembly	assembly	1
2	Left support	assembly	1
3	Right support	assembly	1
4	Slide rail	assembly	1
11	Hex bolts	M10*20	16
12	spring washer	Ø 10.2*Ø 15.4*t2.6	16
13	Flat Washer	Ø 11*Ø 20*t2.0	20
14	Hexagonal lock nut	M10	2
15	Hex bolts	M10*150	2



Step 3

1. Insert Part 5 (left pedal) obliquely from the inside out into Part 25 (slide assembly) using Part 26 (M10*105 hex bolts). Connect the additional parts: Part 13 (flat washer), Part 7 (left bottom hanging rod assembly), Part 12 (spring washer), and Part 14 (hexagonal lock nut). Tighten all components properly.
2. Connect Part 5 (left pedal) and Part 25 (slide assembly) with Part 16 (M10*100 hex bolts). Use Part 13 (flat washer) and Part 14 (hexagonal lock nut) to secure and tighten all connections.
3. Insert Part 6 (right pedal) obliquely from the inside out into Part 25 (slide assembly) using Part 26 (M10*105 hex bolts). Connect the following parts: Part 13 (flat washer), Part 8 (right bottom hanging rod), Part 12 (spring washer), and Part 14 (hexagonal lock nut). Tighten all components properly.
4. Connect Part 6 (right pedal assembly) to Part 25 (slide assembly) using Part 16 (M10*100 bolts). Then, attach Part 13 (flat washer) and Part 14 (hexagonal lock nut) to tighten all connections securely.

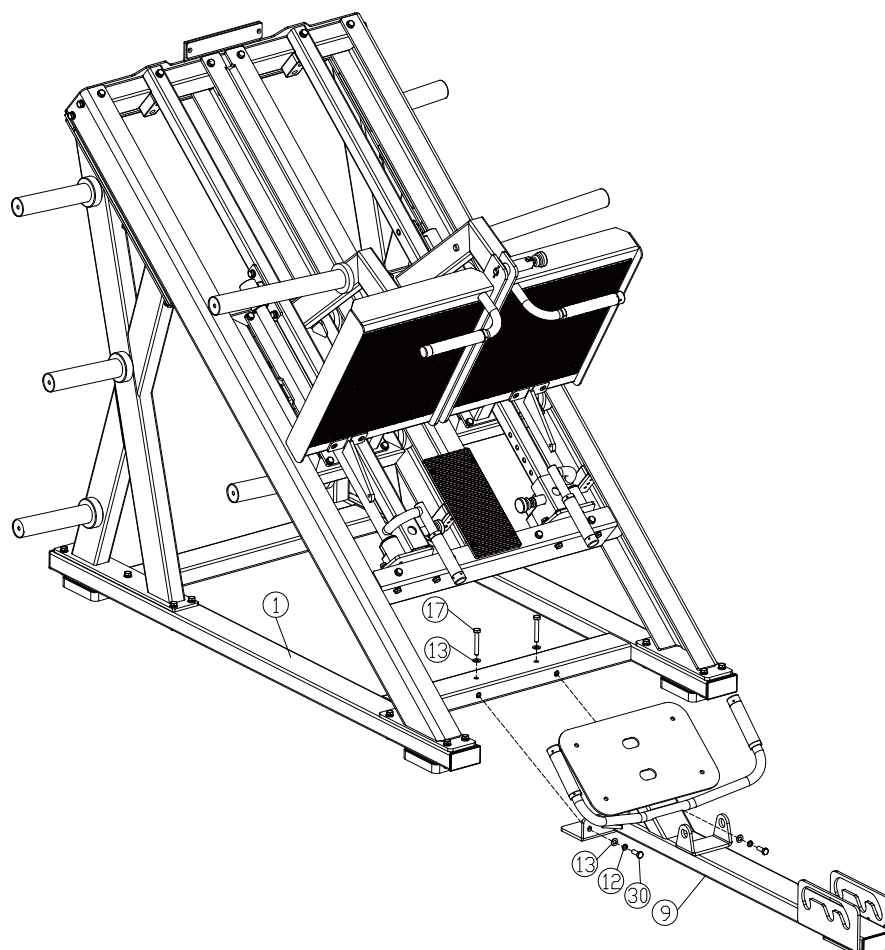
No.	Part name	Specification	Qty
4	Slide rail	assembly	1
5	Left pedal	assembly	1
6	Right pedal	assembly	1
7	Left bottom hanging rod	assembly	1
8	Right bottom hanging rod	assembly	1
12	spring washer	Ø 10.2* Ø 15.4*t2.6	8
13	Flat Washer	Ø 11* Ø 20*t2.0	24
14	Hexagonal lock nut	M10	12
16	Hex bolts	M10*100	4
25	Slide assembly	assembly	2
26	Hex bolts	M10*105	8



Step 4

1. Connect Part 9 (rear bottom tube assembly) to Part 1 (underframe assembly) using Part 30 (M10*30 hex bolts), along with Part 12 (spring washer) and Part 13 (flat washer). Ensure all components are connected and locked properly.
2. Connect Part 9 (rear bottom tube assembly) to Part 1 (underframe assembly) using Part 17 (M10*75 hex bolts) and Part 13 (flat washer) to secure and lock them all.

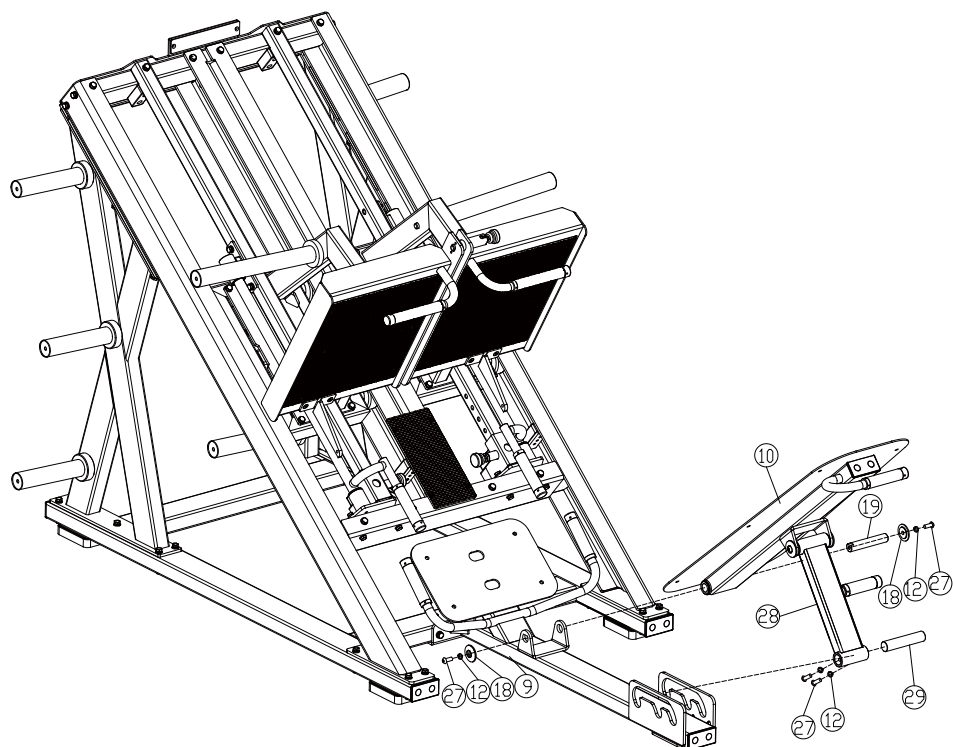
No.	Part name	Specification	Qty
1	underframe assembly	assembly	1
9	Rear bottom tube assembly	assembly	1
12	spring washer	Ø 10.2* Ø 15.4*t2.6	2
13	Flat Washer	Ø 11* Ø 20*t2.0	4
17	Hex bolts	M10*75	2
30	Hex bolts	M10*30	2



Step 5

1. Connect Part 9 (rear bottom tube assembly) to Part 10 (backrest assembly) using Part 27 (M10*25 bolt). Add Part 18 (cushion inverted rod gasket), Part 12 (spring washer), and Part 19 (backrest axis) to ensure a secure connection and lock.
2. Assemble Part 28 (backrest adjustment sleeve assembly) with Part 29 (backrest adjustment rod) onto Part 9 (rear bottom tube assembly).

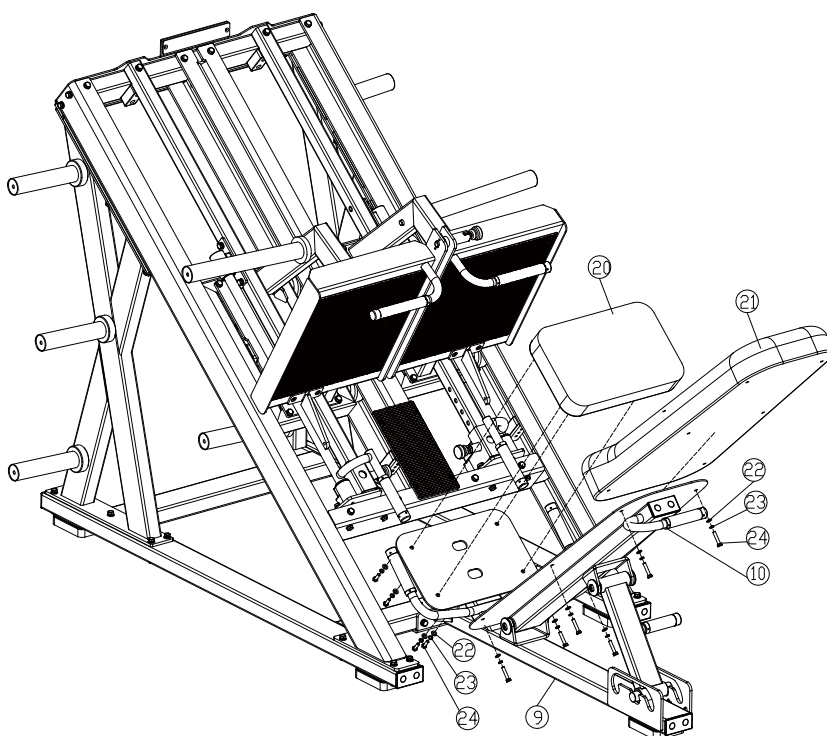
No.	Part name	Specification	Qty
9	Rear bottom tube assembly	assembly	1
10	Backrest	Assembly parts	1
12	spring washer	∅ 10.2* ∅ 15.4*t2.6	4
18	cushion inverted rod gasket	∅ 50*9.1	2
19	Backrest axis	∅25*134*M10	1
27	Inner hexagon	M10*25	4
28	Back adjust casing pipe	Welding assembly	1
29	Backrest Adjustment Rod	Hardware	1



Step 6

1. Connect Part 20 (seat cushion) to Part 9 (rear bottom tube assembly) using Part 24 (M8*25 hex bolts). Add Part 23 (spring washer) and Part 22 (flat washer) to ensure a secure connection and lock.
2. Connect Part 21 (back pad) to Part 10 (backrest) using Part 24 (M8*25 hex bolts). Add Part 23 (spring washer) and Part 22 (flat washer) to secure the connection and lock.
3. Check whether all screws are tightened. If any screws are loose, ensure they are locked in place. Assembly is now complete.

No.	Part name	Specification	Qty
9	Rear bottom tube assembly	assembly	1
10	Backrest	assembly	1
20	Seat cushion	assembly	1
21	Back pad	assembly	1
22	Flat Washer	Ø 8.4* Ø 16*t1.6	10
23	spring washer	Ø 8.1* Ø 12.3*t2.1	10
24	Hex bolts	M8*25	10



Product Description

This machine is an indoor dual leg press. It is designed for anaerobic exercise and primarily focuses on leg muscle training, helping to strengthen and enhance the body's physique.

As dual leg press, it allows users to train each foot pedal independently or in coordination. The backrest pad can be adjusted to various angles based on the user's preferences, providing customized comfort during workouts. Additionally, users can increase or decrease the weight of the barbell plates according to their individual needs.

Key Features:

Main Frame:

Constructed from large-scale 100x50 rectangular steel tubing, ensuring strength and stability. Electrostatic coating enhances safety, reliability, and durability.

Seat Cushion and Back Cushion:

Crafted using one-time molded PU foaming technology to contour to the body for optimal comfort. Enhanced thickness of PU leather ensures both safety and durability.

Illustrated Exercise Guide:

Provides clear instructions on proper equipment usage and muscle exercise techniques. Includes detailed visuals for easy understanding and implementation.

Handle Grips:

1. Made from wear-resistant thermoplastic rubber for extended longevity.
2. Finished with stylish aluminum end caps for a modern look.

Specifications:

Name	Pro Strength Dual Leg Press	SKU	PL-PS-LPD
Dimension	100" L x 55" W x 60" H	Max User Weight	330 lb
Net Weight	1195 lb		

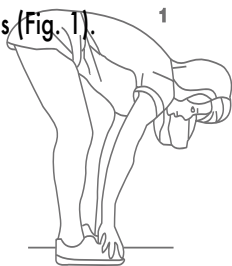
Getting Started

Stretching exercise

It is beneficial to stretch regardless of your walking speed, as warm muscles are easier to stretch. Therefore, conduct a 5-10 minute warm-up first, followed by stretching for 10 seconds per leg or longer. Repeat the stretching sequence 5 times, and after your workout, make sure to repeat the stretches again.

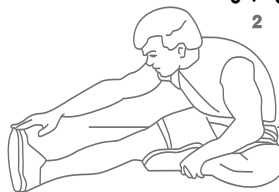
1. Stretch-down

With your knees bent slightly, slowly bend your body forward while relaxing your back and shoulders, aiming to touch your toes with both hands. Hold this position for 10-15 seconds, then relax. Repeat this stretch 3 times (Fig. 1).



2. Hamstring stretching

Sit on a clean seat cushion and extend one leg straight while bending the other leg inward until it touches the inner side of the extended leg. Reach forward and try to touch your toes with both hands. Hold this position for 10-15 seconds, then relax. Repeat this stretch 3 times for each leg (Fig. 2).



3. Calf and hamstring stretching

Stand with both hands against a wall or tree, positioning one foot behind the other. Keep the rear leg straight with the heel on the ground, and lean toward the wall or tree. Hold this position for 10-15 seconds, then relax. Repeat this stretch 3 times for each leg (Fig. 3).



4. Quadriceps stretching

While maintaining balance with your left hand against a wall or table, extend your right hand backward and gently pull your right ankle toward your hip until you feel tension in the front of your thigh. Hold this position for 10-15 seconds, then relax. Repeat this stretch 3 times for each leg (Fig. 4).



Sartorius (inner thigh muscle) stretching

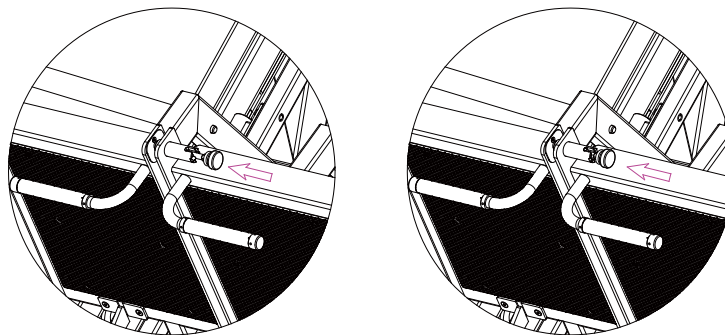
Sit with the soles of your feet facing each other and your knees outward. Grasp your feet with both hands and gently pull them toward your groin. Hold this position for 10-15 seconds, then relax. Repeat this stretch 3 times (Fig. 5).



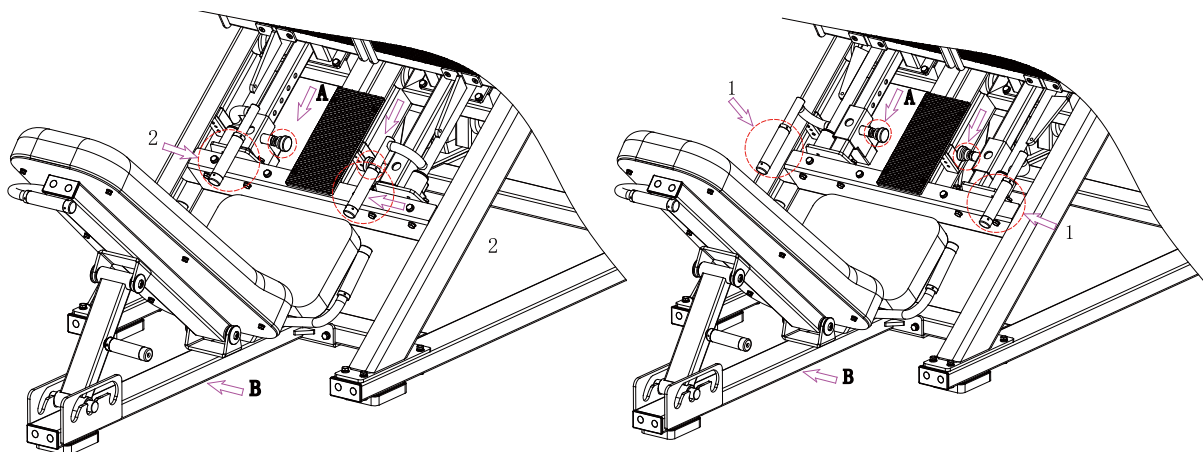
Operation guide

Instructions

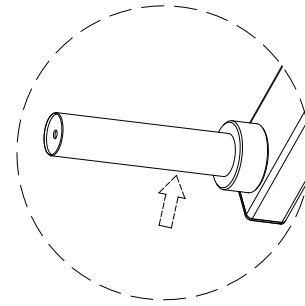
- When the bolt on the adjusting pin (indicated by the arrow in the figure) is positioned in the shallow groove on the pin sleeve, the system is in the transfer state (as shown in the left figure below). Conversely, when the bolt is adjusted to the deeper groove on the pin sleeve, it switches to the linkage state (as illustrated in the figure on the right below).



- By adjusting the left and right knobs (A), you can set the lowest position of the foot pedals based on the exercise intensity required by different users, effectively reducing the risk of sports injuries.
- Use knob (B) to adjust the angle of the backrest according to the comfort needs of each user.
- When the user is ready to exercise, they should move the left and right limit handles to position 1 (as shown in the lower left picture), allowing for exercise to commence. After finishing, the user must move the limit handles to position 2 (as shown in the lower right picture) so they are securely locked in the limit slot before leaving the equipment.
- Additionally, the weight hanging rods on the left and right pedal assembly can accommodate appropriate weights based on the user's needs.



- **Barbell Rod:** The barbell rod is compatible with standard barbell plates that have an inner hole of 51mm or larger. To ensure safety during exercise, the ends of the rod must be equipped with spring clips or other fixed devices to prevent the plates from falling off.



Maintenance Guide

1. Regularly check all bolts on the machine to ensure they are tight, and verify that rotating parts move smoothly without any abnormal noise.
2. Keep the machine clean, but avoid using strong washing solvents for cleaning.
3. After making any adjustments, tighten the latches of each adjustment part to prevent loosening.
4. If any force-bearing components, such as counterweights, are worn or damaged, they must be replaced immediately, and the machine should not be used until the necessary repairs are completed.

FAQ and Trouble-shooting

Troubleshooting	Causes	Troubleshooting	Note
Unstable frame.	A. Uneven or cluttered floor surface B. Base not leveled during frame assembly	Clearing Debris - Loosen the frame connection bolts, level the base, and then tighten the	User
Difficulty in adjustments.	A. Incorrect operation, failure to lift upward B. Protruding rubber pad screws	Protruding Screw Adjustment To remove an adjustment piece, lift it upward following the correct procedure and then tighten the protruding screw.	User
Barbell stand not rotating smoothly.	A. Bearing wear or damage B. Loose bolts	Replacing Bearings Tighten the bolts.	After-Sales Service User

If your training equipment experiences a malfunction not covered within the above range, please contact our customer service center or call our company directly.