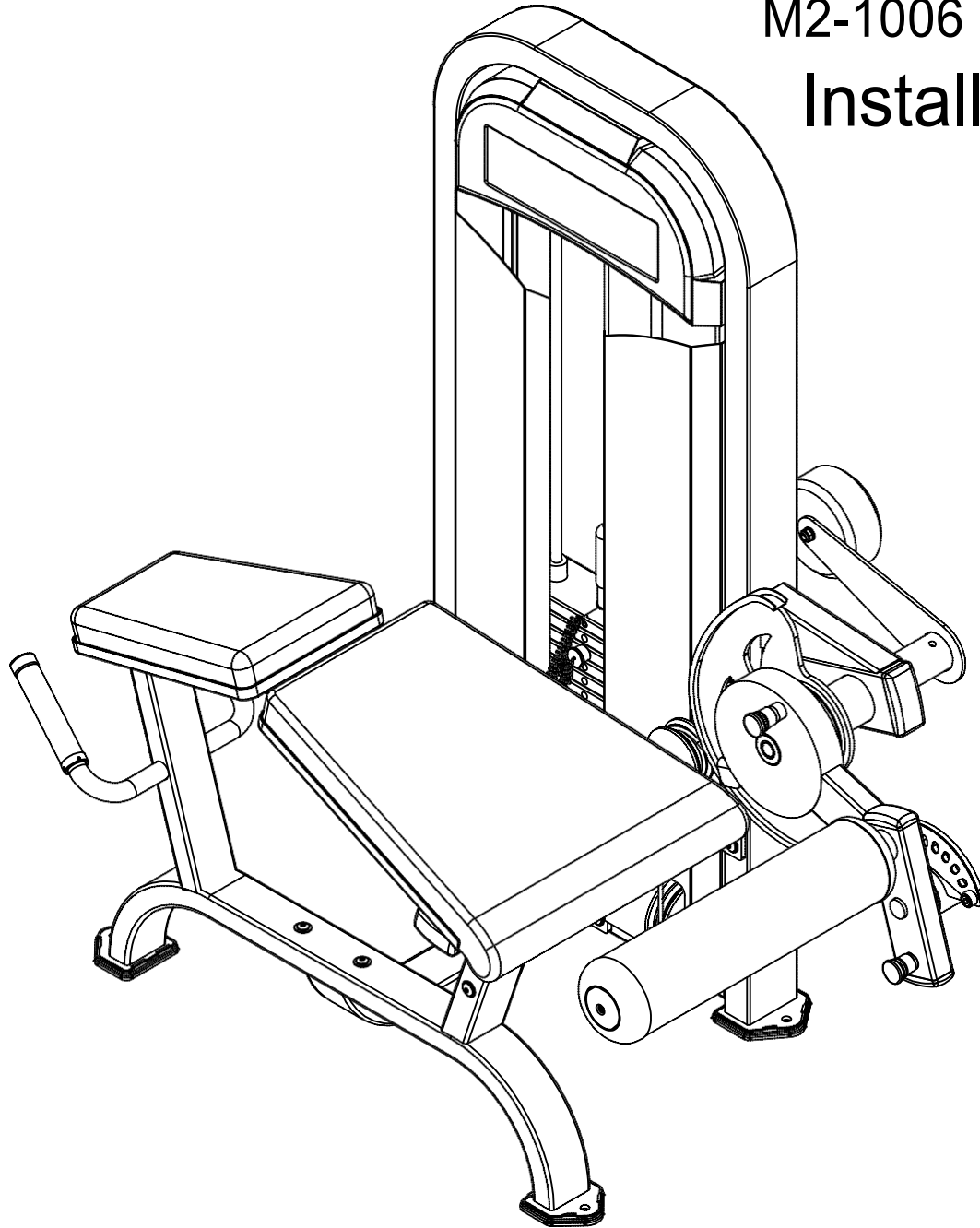
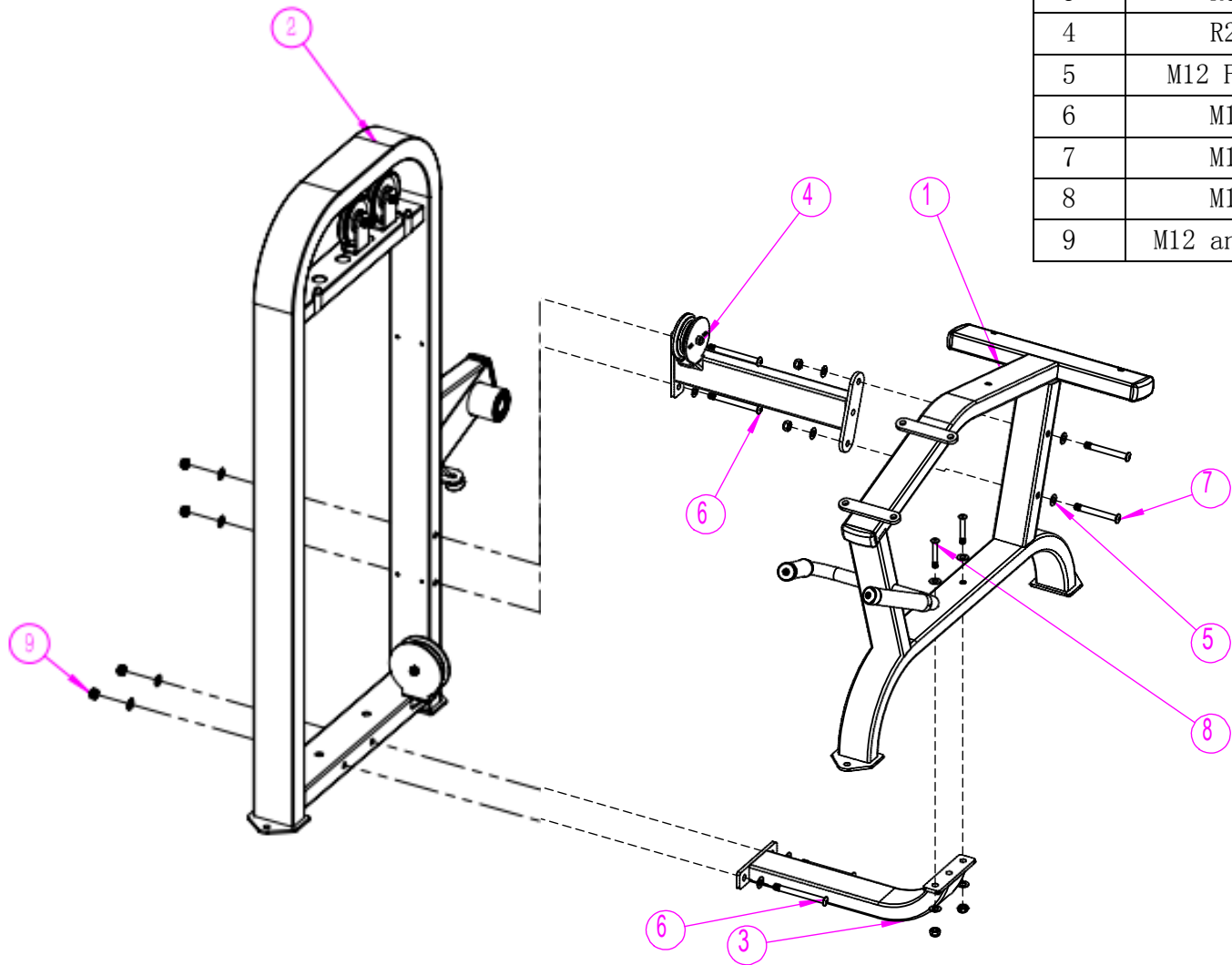
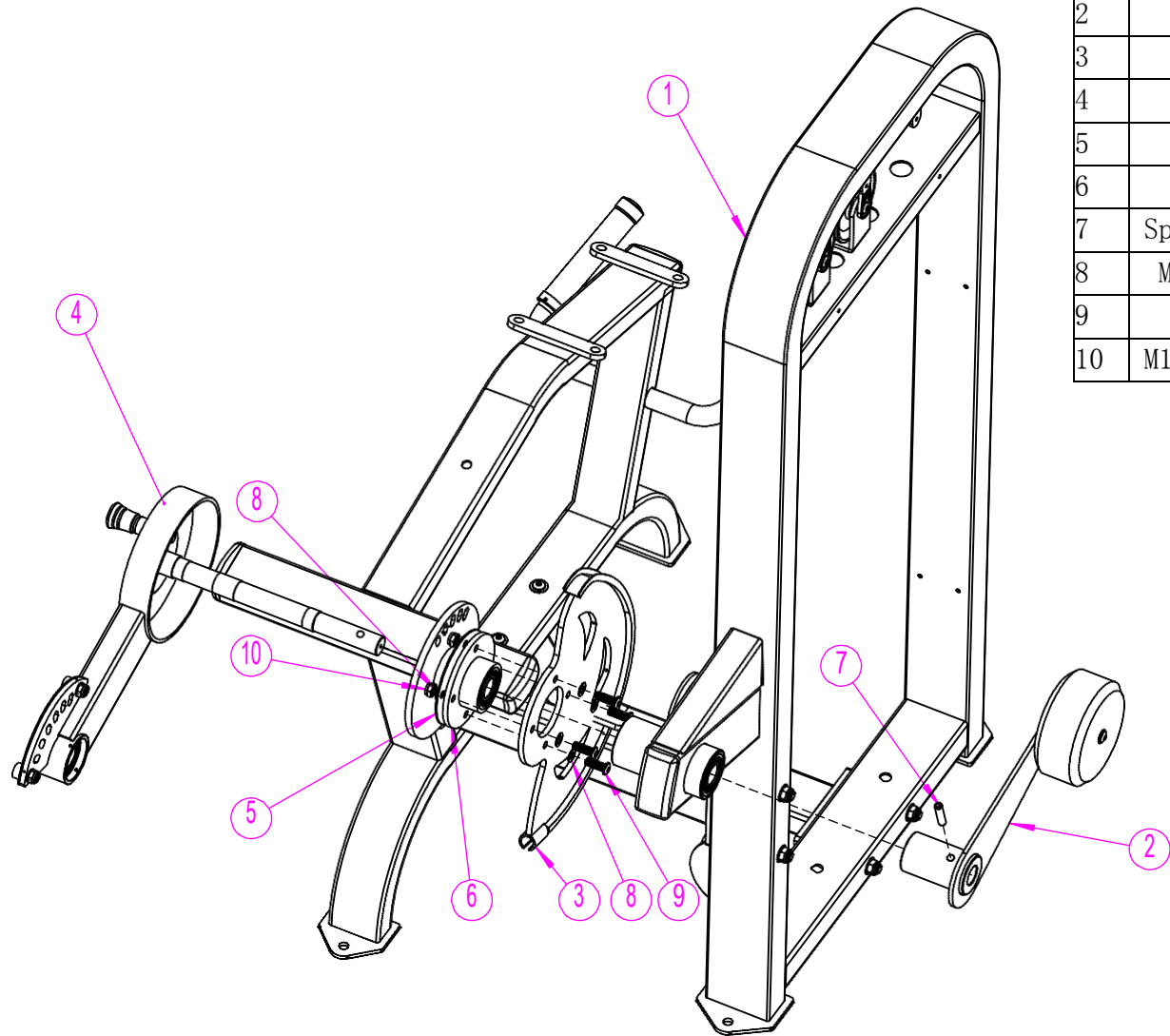


# M2-1006 Frone Leg Curl Installation Instruction



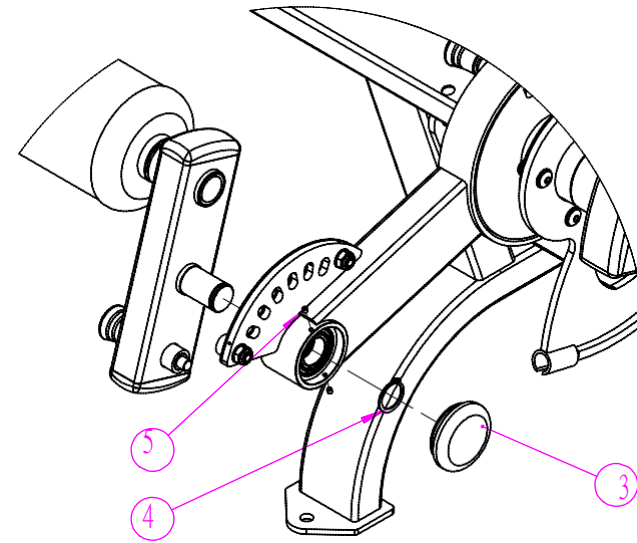
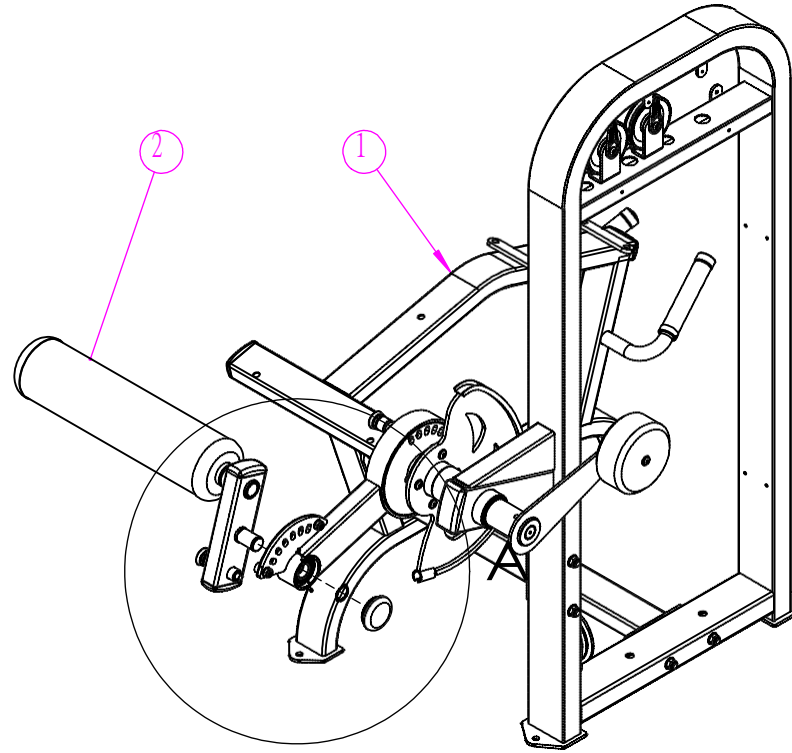
NO.	CODE	NAME	QUANTITY
1	R20-1035	Sub-Frame	1
2	R20-1538	Frame	1
3	R04-5797	Support Tube	1
4	R20-1539	Connection Tube	1
5	M12 Flat Washer	M12 Flat Washer	16
6	M12X125	Cup Head M12X125	4
7	M12X105	Cup Head M12X105	2
8	M10X65	Cup Head M10X65	2
9	M12 anti-loose nut	M12 anti-loose nut	8

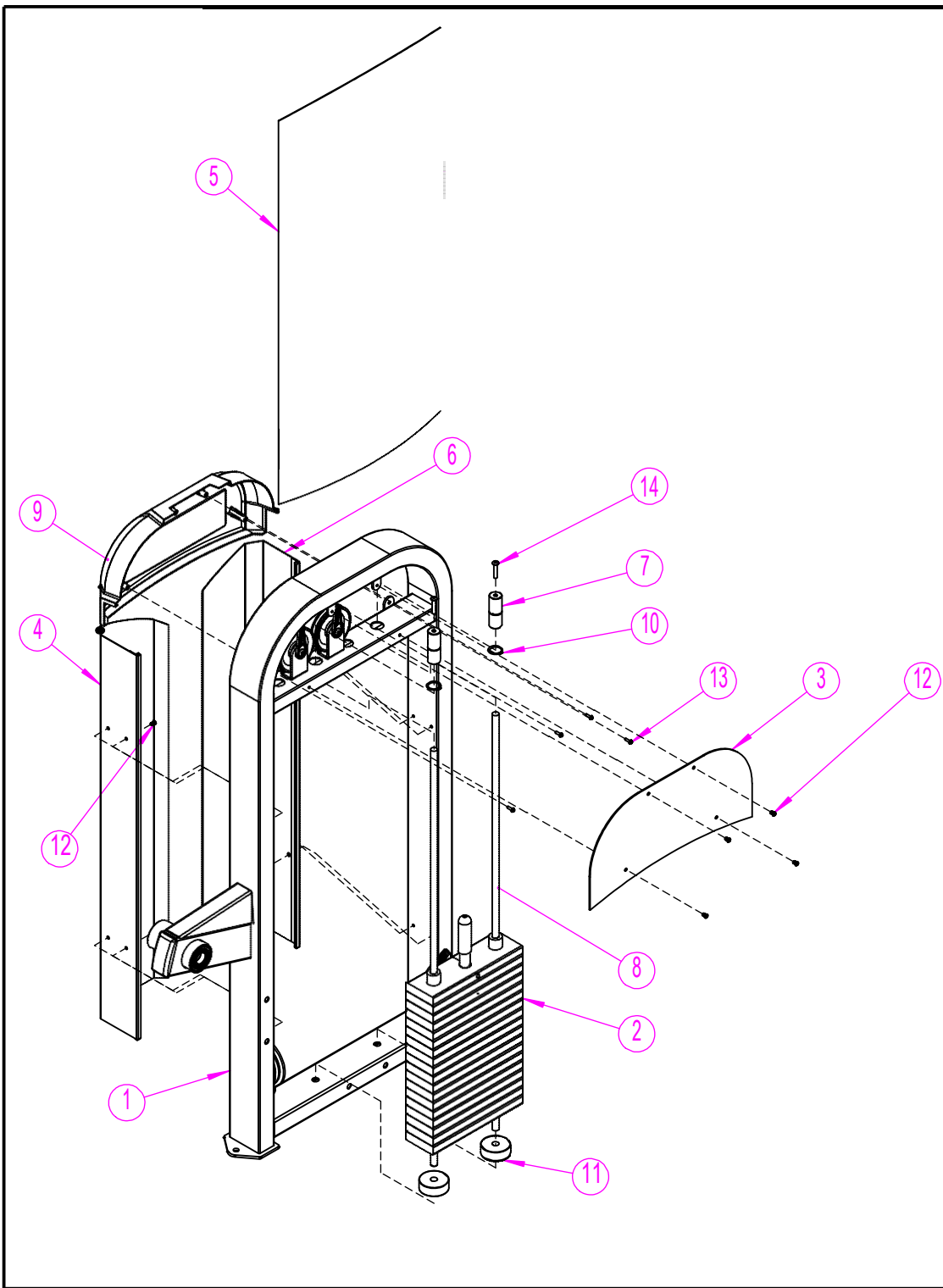




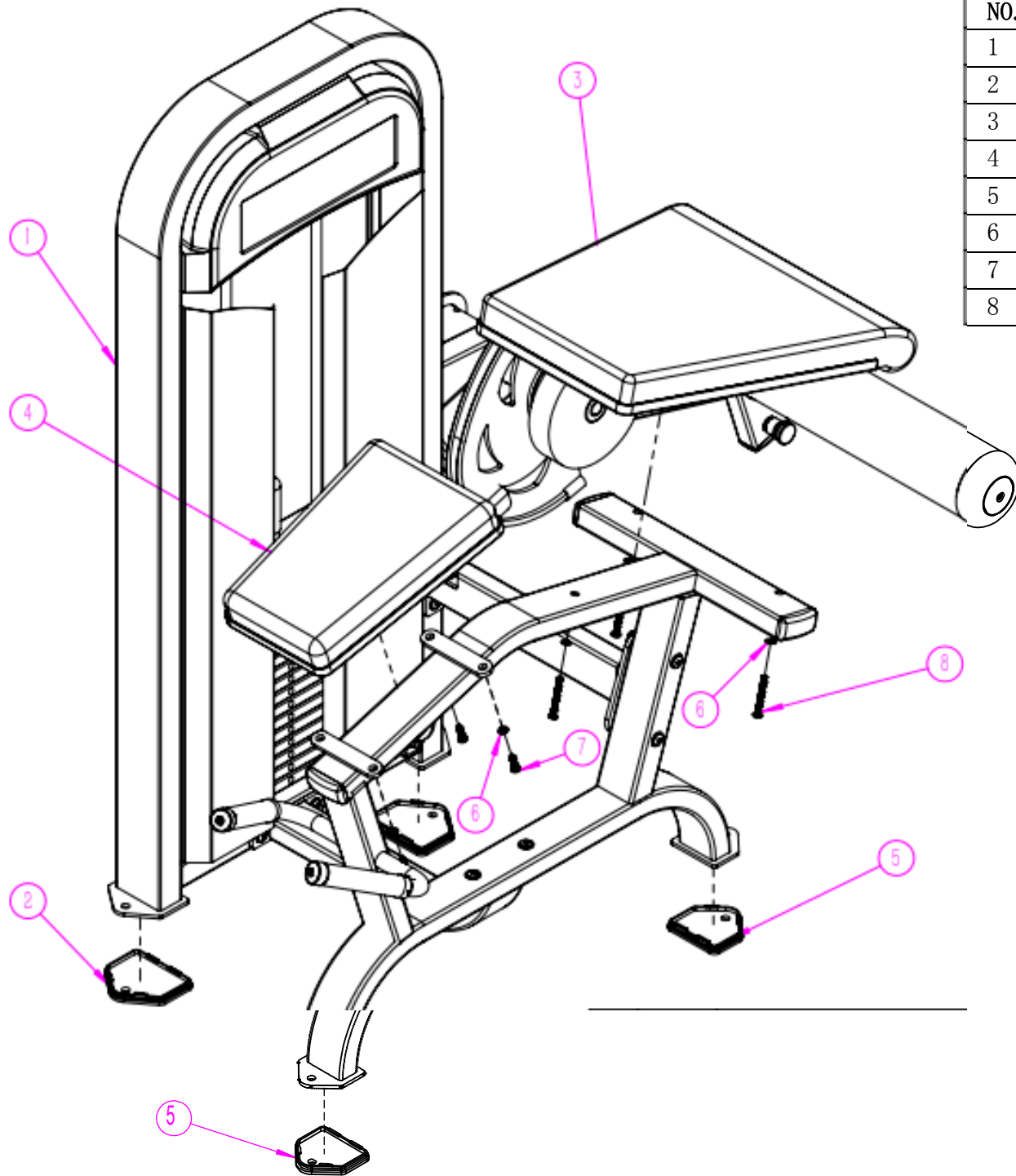
NO.	CODE	NAME	QUANTITY
1	Step 1		
2	R20-1537	Counterweight	1
3	R04-5796	Force Plate	1
4	R20-1536	Arm Of Force	1
5	R02-1066	Regulator	1
6	R20-1540	Regulator	1
7	Spring Pins 10X60	Spring Pins 10X60	1
8	M10 Flat Washer	M10 Flat Washer	8
9	M10X30	Cup Head M10X30	4
10	M10 anti-loose nut	M10 anti-loose nut	.

NO	CODE	NAME	QUANTITY
1	Step 2		
2	R20-1499	Leg	1
3	R08-1027	Cover	1
4	30 Snap Ring	30 Snap Ring	1
5	M5x6 Screw	M5x6 Screw	2





NO.	CODE	NAME	QUANTITY
1	Step 3		1
2	R20-1006	18 Pieces Weight Stack	1
3	R02-1473	Back Cover	1
4	R04-1238	Right Cover	1
5	R02-1470	1130 Back Cover	1
6	R04-1204	Left Cover	1
7	R03-1075	86 Guide Rod	2
8	R03-1218	1.19 M Guide Rod	2
9	R06-1261	M2 Front Cover	1
10	30 Snap Ring	30 Snap Ring	2
11	R06-1131	Weight Stack Pad	2
12	M6X10	Cup Head M6X10	12
13	M5x18 self-tapping screw	M5x18 self-tapping screw	4
14	M8X40	Cup Head M8X40	2



NO.	CODE	NAME	QUANTITY
1	Step 4		1
2	R06-1046	50X100 Square Pad	2
3	R20-1044	Back Cushion	1
4	R20-1072	Seat Cushion	1
5	R06-1034	40X80 Square Pad	2
6	M8 Flat Washer	M8 Flat Washer	7
7	M8X30	Cup Head M8X30	4
8	M8X70	Cup Head M8X70	3