

ASSEMBLY INSTRUCTIONS

LEG PRESS

MODEL NUMBER - 565 - 0 S I

- TOOLS REQUIRED -

- * SOCKET WRENCH WITH 7/16 AND 9/16 SOCKETS
- * SMALL ADJUSTABLE WRENCH
- * OPEN END WRENCH 7/16
- * OPEN END WRENCH 9/16
- * ALLEN WRENCH SET

- PRE - ASSEMBLY INSTRUCTIONS -

- * TWO PEOPLE ARE REQUIRED FOR SAFER AND EASIER ASSEMBLY.
- * SEPARATE AND IDENTIFY ALL PARTS.
- * SEPARATE AND IDENTIFY ALL NUTS, BOLTS, WASHERS, AND OTHER HARDWARE ITEMS.
- * ALL BOLTED ASSEMBLIES REQUIRE A FLAT WASHER ON BOTH SIDES OF THE ASSEMBLY UNLESS NOTED OTHERWISE.

IMAGE
MADE IN U.S.A.

3670 PARKWAY LANE SUITE J , HILLIARD, OH 43026-1281

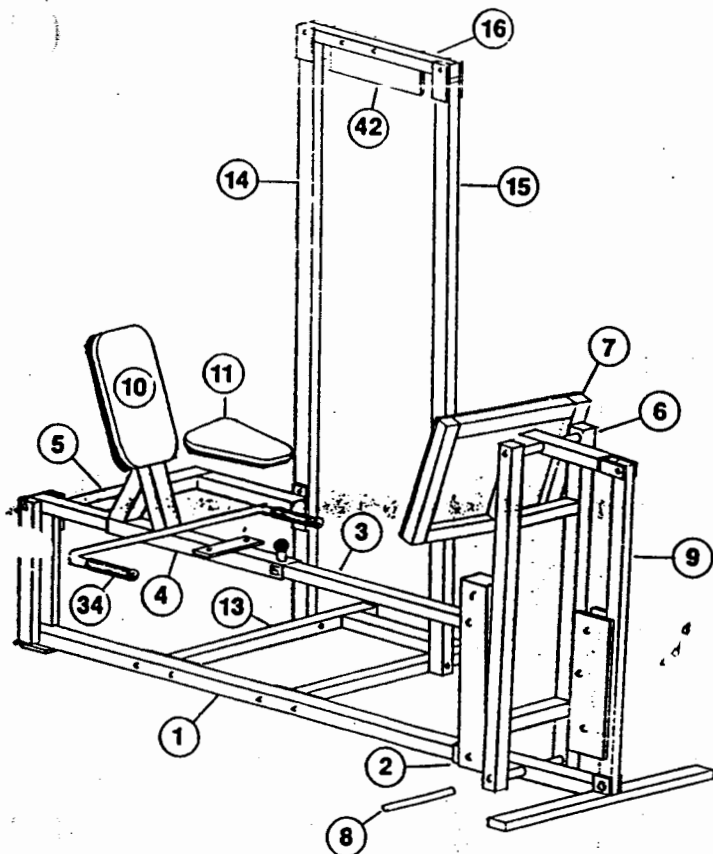
- LEG PRESS FRAME ASSEMBLY INSTRUCTIONS

1. Slide the Main Base (1) into the Base Extension (2) lining up the two end holes on each piece. Bolt together using one 3/8 x 3" bolt (23) and one 3/8 x 2-1/2" bolt (21).
2. Bolt this assembly to the Weight Stack Base Extension (13) using four 3/8 x 2-1/2" bolt (21).
3. Bolt Side Support (5) to the Vertical Weight Stack Tube (14) using two 3/8 x 2-3/4" bolt (22) as shown. Align hole in the bottom of the Vertical Weight Stack Tube to the hole in the Weight Stack Base Extension (13) insert one 3/8 x 4-1/2" bolt (25).
NOTE: THE VERTICAL WEIGHT STACK TUBES (14 & 15) ARE DIFFERENT; (14) HAS FOUR HOLES. The Side Support (5) also bolts to the Main Base and the Seat Adjustment Tube (3). At this time just use the lower hole, bolt Side Support to the Main Base with a 3/8 x 4" bolt.
4. Slide Seat Holder Assembly (4) onto Seat Adjustment Tube (3) as shown. Set the back of this assembly on the ledge of the Main Base. The front of this goes between the two bars of the Base Extension (2). Line up the hole in the Seat Adjustment Tube (3) with the lower holes in the Base Extension (2). Since the Seat Adjustment Tube is smaller than the distance between the two upright bars, it will require two 3/8" flat washers (26) on both sides of the Seat Adjustment Tube. Use one 3/8 x 3" bolt (23) to make this connection. Add Seat Back (10) using two 3/8 x 2-3/4" bolt (22) with lock washer (27) and the Seat Pad (11) using two 3/8 x 1" bolt (20) with lock washer (27).

5. The back side of the Seat Adjustment Tube is between the Main Base and the Side Support. Once again four 3/8" flat washers (26) are to be used to center the Seat Adjustment Tube. Use one 3/8" x 4" bolt (24) for this connection.
6. The Pivot Frame (6) mounts to the Base Extension (2) at the base. Use one 3/8 x 10-1/4 Pin (8) to secure. At the top, tie in the Push Deck (7) as shown. Use The other Pin for this connection. Make sure that these Pins are centered and lock them in place by tightening the allen bolts on the collars of the Pivot Frame (6).
7. The Pivot Arm (9) sets between the two short bars of the Base Extension at the bottom. Use one 1/2 x 2-1/2 bolt (29) for this connection. At the top, it goes between the 1/2" bars on the Push Deck (7). Use one 1/2 x 3" bolt (30) to make this connection.
8. Push the four Plastic Plugs (12) into the outer holes of the Pivot Frame.
9. Take the Vertical Weight Stack Tube (15), align hole in bottom to the hole in the Weight Stack Base Ext. (13) insert one 3/8 x 4-1/2 bolt (25). With the Vertical Weight Stack Tubes upright as shown, take the Top Tie Tube (16) align holes and insert one bolt 3/8 x 3" (23) at each end.

THIS COMPLETES THE LEG PRESS FRAME ASSEMBLY

- REPAIR PARTS LIST -



REF.NO.	PART NO.	AMT.	DESCRIPTION
1	565-01	1	LEG PRESS - MAIN BASE
2	565-02	1	BASE EXTENSION
3	565-03	1	SEAT ADJUSTMENT TUBE
4	565-04	1	SEAT HOLDER ASSEMBLY
5	565-05	1	SIDE SUPPORT
6	565-06	1	PIVOT FRAME
7	565-07	1	PUSH DECK
8	565-08	2	PIVOT FRAME PIN - 3/4 X 10-1/4
9	565-09	1	PIVOT ARM
10	565-10	1	BACK PAD
11	565-11	1	SEAT PAD
12	565-12	4	PLASTIC PLUG 13/16"
13	565-13	1	WEIGHT STACK BASE EXTENSION
14	565-14	1	VERTICAL WEIGHT STACK TUBE - 4 HOLES
15	565-15	1	VERTICAL WEIGHT STACK TUBE - 1 HOLE
16	565-16	1	TOP TIE TUBE
20	565-20	2	3/8 X 1" BOLT
21	565-21	5	3/8 X 2-1/2 BOLT
22	565-22	4	3/8 X 2-3/4" BOLT
23	565-23	4	3/8 X 3" BOLT
24	565-24	2	3/8 X 4" BOLT
25	565-25	2	3/8 X 4-1/2" BOLT
26	565-26	38	3/8" FLAT WASHER
27	565-27	4	3/8" LOCK WASHER
28	565-28	15	3/8" LOCK NUT
29	565-29	1	1/2 X 2-1/2 BOLT
30	565-30	1	1/2 X 3" BOLT
31	565-31	4	1/2" FLAT WASHER
32	565-32	2	1/2" LOCK WASHER
33	565-33	2	1/2" LOCK NUT
34	565-34	2	FOAM GRIP
35	565-35	8	2" END PLUG
36	565-36	7	2" X 1" END PLUG

- FINAL ASSEMBLY CHECKS -

1. MAKE SURE ALL BOLTS ARE TIGHT.
2. ADD TIGHTENING KNOB TO THE NUTS WELDED ADJACENT TO THE POP PINS.
3. ADJUST CABLE SO THERE IS NO SAG.
4. SNAP THE BLACK END CAPS INTO THE ENDS OF THE TUBES
5. ATTACH THE WEIGHT DECALS ON ALL THE WEIGHTS. START WITH THE ONE AT THE TOP, CONTINUE UNTIL YOU HAVE ALL 20 ON.
6. MAKE SURE HAND GRIPS ARE IN PLACE AND SECURE.
7. CHECK THAT THE SEAT PAD AND SEAT BACK ARE FASTENED TIGHTLY.

- REPAIR PARTS -

WHEN ORDERING REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:

PRODUCT - LEG PRESS

MODEL NUMBER - 565

PART NUMBER -

PART DESCRIPTION -

CONTACT: IMAGE
3670 PARKWAY LANE
SUITE J
HILLIARD, OH 43026-1281

- REPAIR PARTS LIST -

ITEM	PART NO.	AMT.	DESCRIPTION
1	565-01	1	LEG PRESS - MAIN BASE
2	565-02	1	BASE EXTENSION
3	565-03	1	SEAT ADJUSTMENT TUBE
4	565-04	1	SEAT HOLDER ASSEMBLY
5	565-05	1	SIDE SUPPORT
6	565-06	1	PIVOT FRAME
7	565-07	1	PUSH DECK
8	565-08	2	PIVOT FRAME PIN - 3/4 x 10-1/4
9	565-09	1	PIVOT ARM
10	565-10	1	BACK PAD
11	565-11	1	SEAT PAD
12	565-12	4	PLASTIC PLOG 13/16"
13	565-13	1	WEIGHT STACK BASE EXTENSION
14	565-14	1	VERTICAL STACK TUBE - 4 HOLES
15	565-15	1	VERTICAL STACK TUBE - 1 HOLE
16	565-16	1	TOP TIE TUBE
20	565-20	2	BOLT 3/8 x 1"
21	565-21	5	BOLT 3/8 x 2-1/2"
22	565-22	4	BOLT 3/8 x 2-3/4"
23	565-23	5	BOLT 3/8 x 3"
24	565-24	4	BOLT 3/8 x 4"
25	565-25	2	BOLT 3/8 x 4-1/2"
26	565-26	58	FLAT WASHER 3/8"
27	565-27	4	LOCK WASHER 3/8"
28	565-28	25	LOCK NUT 3/8"
29	565-29	1	BOLT 1/2 x 2-1/2"
30	565-30	2	BOLT 1/2 x 3"
31	565-31	6	FLAT WASHER 1/2"
32	565-32	2	LOCK WASHER 1/2"
33	565-33	3	LOCK NUT 1/2"
34	565-34	2	FOAM GRIP
35	565-35	8	END PLUG 2"
36	565-36	7	END PLUG 2" x 1"
40	565-40	2	RUBBER CUSHION
41	565-41	2	WEIGHT GUIDE RODS
42	565-42	1	UPPER WEIGHT GUIDE
43	565-43	1	INDEX ROD
44	565-44	1	WEIGHT INDEX PIN
45	565-45	1	WEIGHT CAP
60	565-60	1	SWIVEL PULLEY
61	565-61	1	CABLE
62	565-62	8	PULLEY 4-1/2 x 1" BUSHING
63	565-63	1	PULLEY 3-1/2 x 2" BUSHING
64	565-64	2	PULLEY COVER
65	565-65	1	CABLE RETAINER
66	565-66	1	SNAP LINK
67	565-67	2	BOLT 3/8 x 2"
68	565-68	4	BOLT 3/8 x 1-3/4"
69	565-69	1	BOLT 3/8 x 3-1/2"
70	565-70	1	PULLEY 3 1/2 x 1" BUSHING

IMAGE
MADE IN U.S.A.

- INSTALLING THE WEIGHTS -

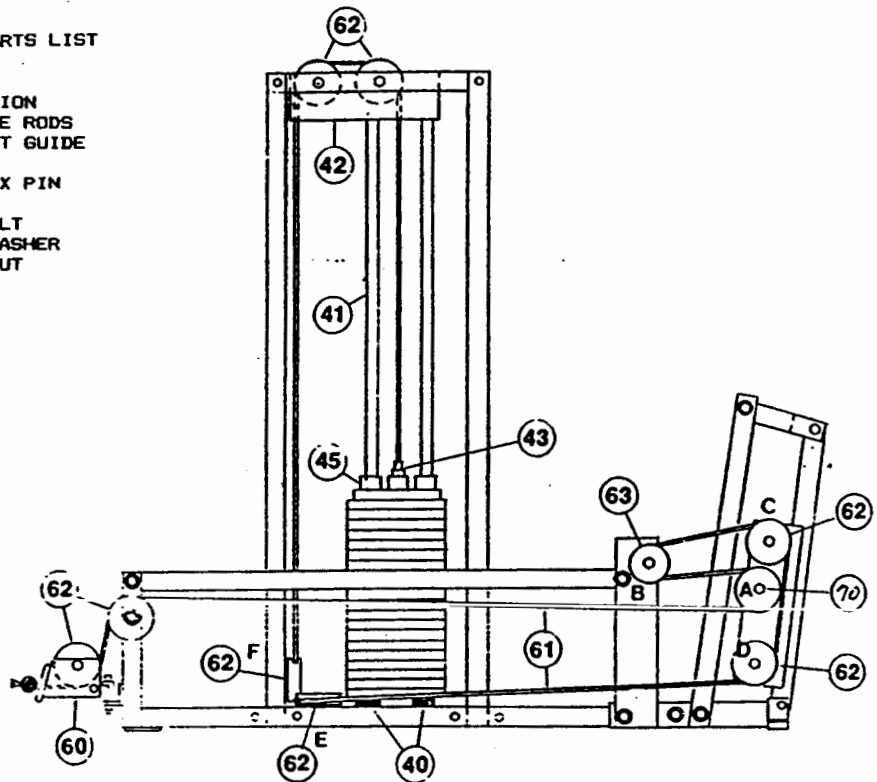
NOTE: WEIGHT RODS SHOULD BE LUBRICATED LIGHTLY WITH SOME HOUSEHOLD PRODUCT SUCH AS 3-IN-1 OIL, VASELINE, ETC.

NOTE: THE INDEXING HOLES OF THE WEIGHTS SHOULD ALL BE FACING IN THE SAME DIRECTION AS SHOWN.

1. Center the two Rubber Cushions (40) over the large holes in the Weight Stack Base Extension (13). Insert two Weight Guide Rods (41) through the cushions and into the Base Extension. One man can tip the rods forward and hold them about one foot down from the top. The other man can start adding the weights 3 or 4 at a time, allowing them to rest on the holders hands. The holder can then slide them down, removing his hands about a foot from the bottom. Continue this process until you have 20 weights in place. Top it off with the Weight Cap (45).
2. Add the Upper Weight Guide (42) to the Weight Guide Rods and bolt it temporarily, as shown, to the Top Tie Tube (16) with two 3/8 x 4" bolts (24).
3. Insert the Index Rod (44) through the center hole of the Weight Cap. Line up the top hole of the Index Rod with the hole in the Weight Cap. Tighten the allen bolt in the Weight Cap to lock in the weights.

LEG PRESS WEIGHT PLATE ASSEMBLY - REPAIR PARTS LIST

REF. NO.	PART NO.	AMT.	DESCRIPTION
40	565-40	2	RUBBER CUSHION
41	565-41	2	WEIGHT GUIDE RODS
42	565-42	1	UPPER WEIGHT GUIDE
43	565-43	1	INDEX ROD
44	565-44	1	WEIGHT INDEX PIN
45	565-45	1	WEIGHT CAP
24	565-24	2	3/8 x 4" BOLT
26	565-26	4	3/8" FLAT WASHER
28	565-28	2	3/8" LOCK NUT



- CABLE AND PULLEY ASSEMBLY INSTRUCTIONS

1. Bolt Swivel Pulley Assembly (60) on top of angle welded to Main Base (1). Use a bolt 1/2 x 3" (67) with washer (68), through the top and on through the angle. Add another washer (68) and 1/2" lock nut (69) to secure Loop the balled end of the Cable around a 4-1/2" pulley (62) and mount it inside the Swivel Pulley, as shown using a 3/8 x 2" bolt (70). Another 3/8 x 2" bolt is added after the cable is in place as a cable retainer.
2. A 4-1/2 Pulley (62) must be mounted between the uprights of the Base. Remove the 4" bolt; already installed, place pulley with cable between the uprights and re-install bolt.
3. The cable now extends to the other end, as shown. Loop cable around a 3-1/2 pulley (70). Place pulley between the plates of the Pivot Arm (9) at the "A" position. Use a 3/8 x 1-3/4 bolt (71).
4. Next, loop cable around a 3-1/2 x 2" pulley (63) and mount between the uprights of the Base Extension (2) using a 3/8 x 3" bolt (12), at the "B" position.
5. The cable goes up around a 4-1/2 pulley (62) ref. "C" and down around another 4-1/2 pulley (62) ref. "D". You will temporarily have to remove the 4-1/2 pulley ref. "A" to get the cable behind it and down around the "D" pulley. Use a 3/8 x 1-3/4 bolt (71) to fasten pulleys "C" and "D". Replace pulley "A" and secure.
6. Cable now comes back and around a 4-1/2 pulley (62); ref. "E" that mounts to the bar welded to the Weight Stack Base Extension (13). Loop cable around pulley, with a pulley cover (64) on top, and bolt in place with a 3/8 x 1-3/4 bolt (71).
7. Next it goes back around a 4-1/2 pulley (62) and up. A Pulley Cover (64) goes over this pulley also. Use a 3/8 x 3-1/2 bolt (73) for this connection.
8. Add the two remaining pulleys (62) to the bolts already installed in the Upper Weight Guide Assy making sure the pulleys are on the same as the welded collars. Loop cable over the top of these pulleys and let it hang straight down. Before re-installing washers and nuts; place the Cable Retainer (65) against the pulleys with the flange over the cable remove one bolt at a time and insert back through the Cable Retainer.
9. The threaded end of the Cable now bolts into the Weight Cap (49). Adjust the tension. A large Snap Ring (66) clips into the open eye of the cable.

- REPAIR PARTS LIST -

REF.NO.	PART NO.	AMT.	DESCRIPTION
60	565-60	1	SWIVEL PULLEY
61	565-61	1	CABLE
62	565-62	8	PULLEY 4-1/2 x 1" BUSHING
63	565-63	1	PULLEY 3-1/2 x 2" BUSHING
64	565-64	2	PULLEY COVER
65	565-65	1	CABLE RETAINER
66	565-66	1	SNAP LINK
67	565-67	2	3/8 x 2" BOLT
68	565-68	4	3/8 x 1-3/4" BOLT
69	565-69	1	3/8 x 3-1/2" BOLT
23	565-23	1	3/8 x 3" BOLT
26	565-26	16	3/8" FLAT WASHER
28	565-28	8	3/8" LOCK NUT
30	565-30	1	1/2 x 3" BOLT
31	565-31	2	1/2" FLAT WASHER
33	565-33	1	1/2" LOCK NUT
70	565-70	1	PULLEY 3-1/2 x 1" BUSHING