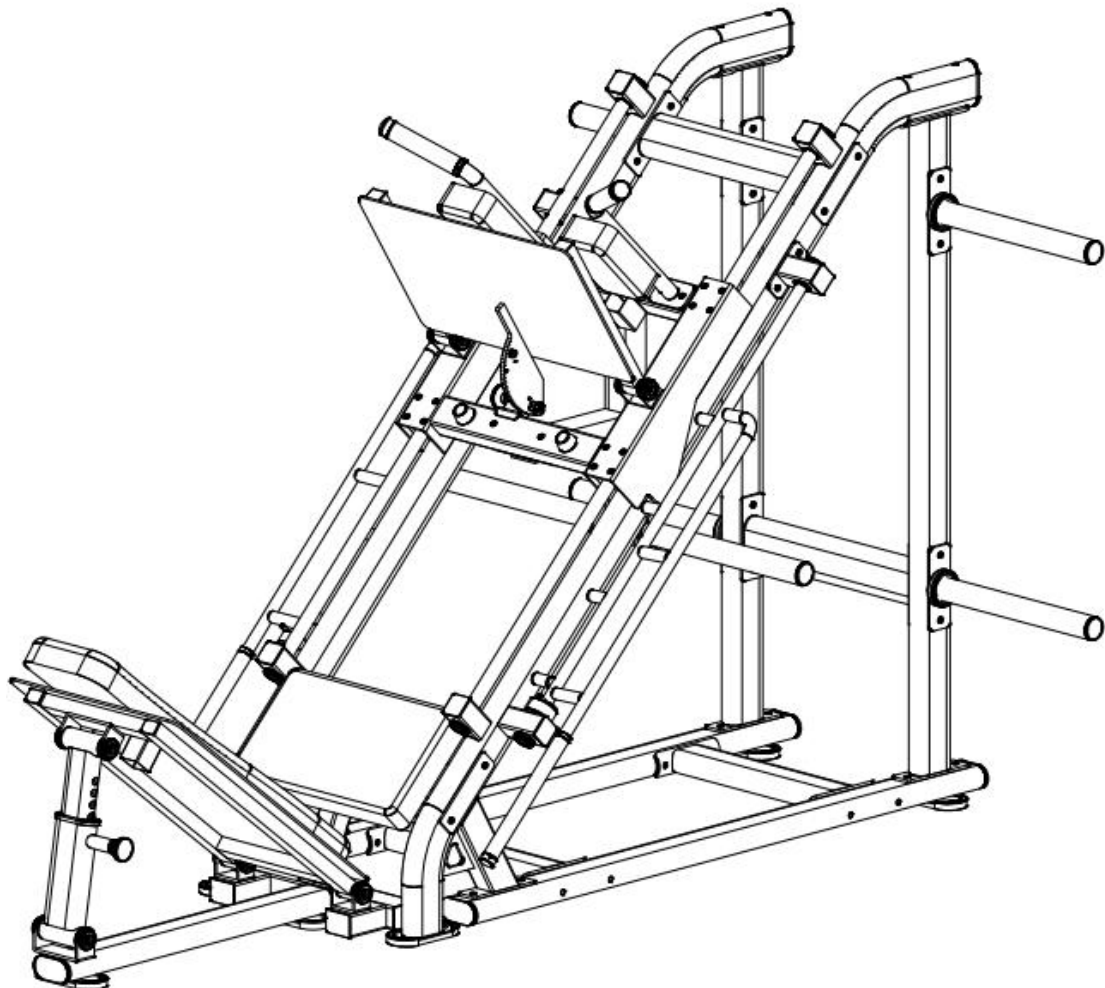


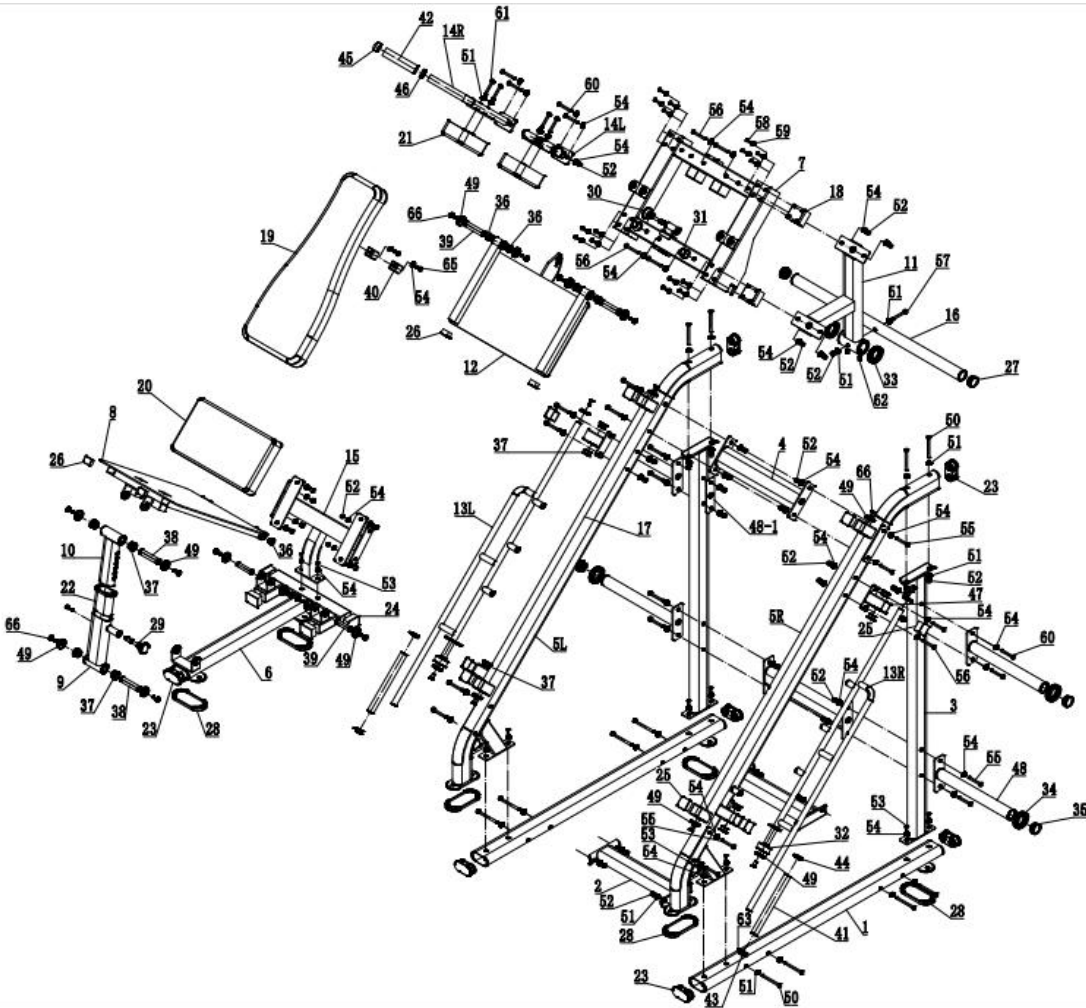


HIT FITNESS

**Hit Fitness Comm Leg Press / Hack
Squat HS-053
HIT00746**



EXPLORE DRAWING



PART LIST

PART NO	PART NAME	Q'TY
1	Bottom longitudinal frame	2
2	Bottom cross frame	2
3	Upright support frame	2
4	Main frame cross support	2
5L	Left guide rail frame	1
5R	Right guide rail frame	1
6	End bottom frame	1
7	Slide block	1
8	Fix frame of back pad	1
9	Support frame of back pad	1
10	Adjustable frame of back pad	1
11	Weight frame	1
12	Front pedal frame	1
13L	Left handlebar limited frame	1
13R	Right handlebar limited frame	1
14L	Left shoulder cushion frame	1
14R	Right shoulder cushion frame	1
15	Seat frame	1
16	Support tube of weight	1
17	Guide rail	2
18	Round guide rail slide block	4
19	Back pad	1
20	Seat	1
21	Shoulder pad	2
22	Adjust bush	1
23	50*100 Oval flat plug	7
24	50*70 Rectangle tube plug	4
25	50*50 Square tube plug	8
26	40*30 Rectangle tube plug	4
27	Φ50 Round tube plug	2
28	Base frame sleeve	6
29	Pull pin assembly	1
30	Long pull pin assembly	1
31	Shock cushion	2
32	Shock cushion	2
33	Damping cushion	2
34	Barbell protect sleeve	4
35	Round tube plug	4
36	Powder metallurgy sleeve	8
37	Powder metallurgy	10

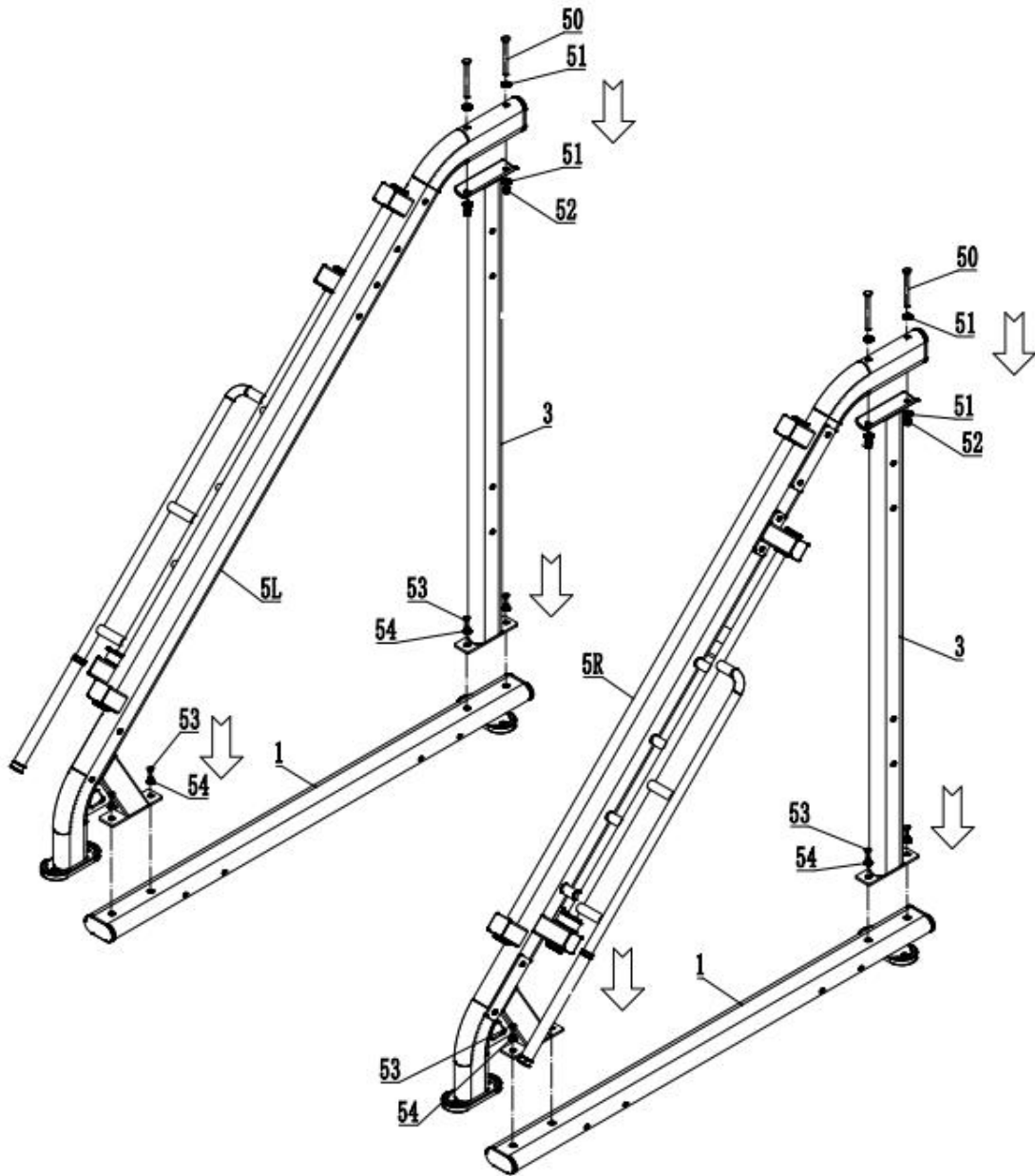
38	Rotation axis Φ 25*129	2
39	Rotation axis Φ 19*69	4
40	Back pad fix block	2
41	Dipping handle Φ 25, L=300	2
42	Dipping handle Φ 32, L=160	2
43	Aluminum end cap Φ 25	2
44	Aluminum cover Φ 25	2
45	Aluminum end cap Φ 32	2
46	Aluminum cover Φ 32	2
47	Handle fix assembly	2
48	Barbell sleeve	4
48-1	Barbell sleeve strengthen plate	4
49	Aluminum end cap Φ 43	
50	M10*120 Allen head bolt	12
51	Φ 10 Arc washer	30
52	M10 Nylon nut	33
53	M10*25 Hex bolt	14
54	Φ 10 washer	62
55	M10*80 Allen head bolt	16
56	M10*70 Allen head bolt	8
57	M10*85 Allen head bolt	1
58	M8*25 Allen head bolt	16
59	Φ 8 Washer	16
60	M10*75 Allen head bolt	4
61	M10*60 Allen head bolt	4
62	M8*10 Hex socket head fastening screw	2
63	M4*3 Hex socket head fastening screw	16
64	M8*25 Hex socket bolt	1
65	M10*25 Hex socket bolt	2
66	M10*25 Countersunk bolt	20
Note: In part list, many bolts have fixed parts.		

Toolkit

50	M10*120 Allen head bolt	12
51	Φ 10 Arc washer	30
52	M10 Nylon nut	33
53	M10*25 Hex bolt	14
54	Φ 10 washer	52
55	M10*80 Allen head bolt	16
56	M10*70 Allen head bolt	4

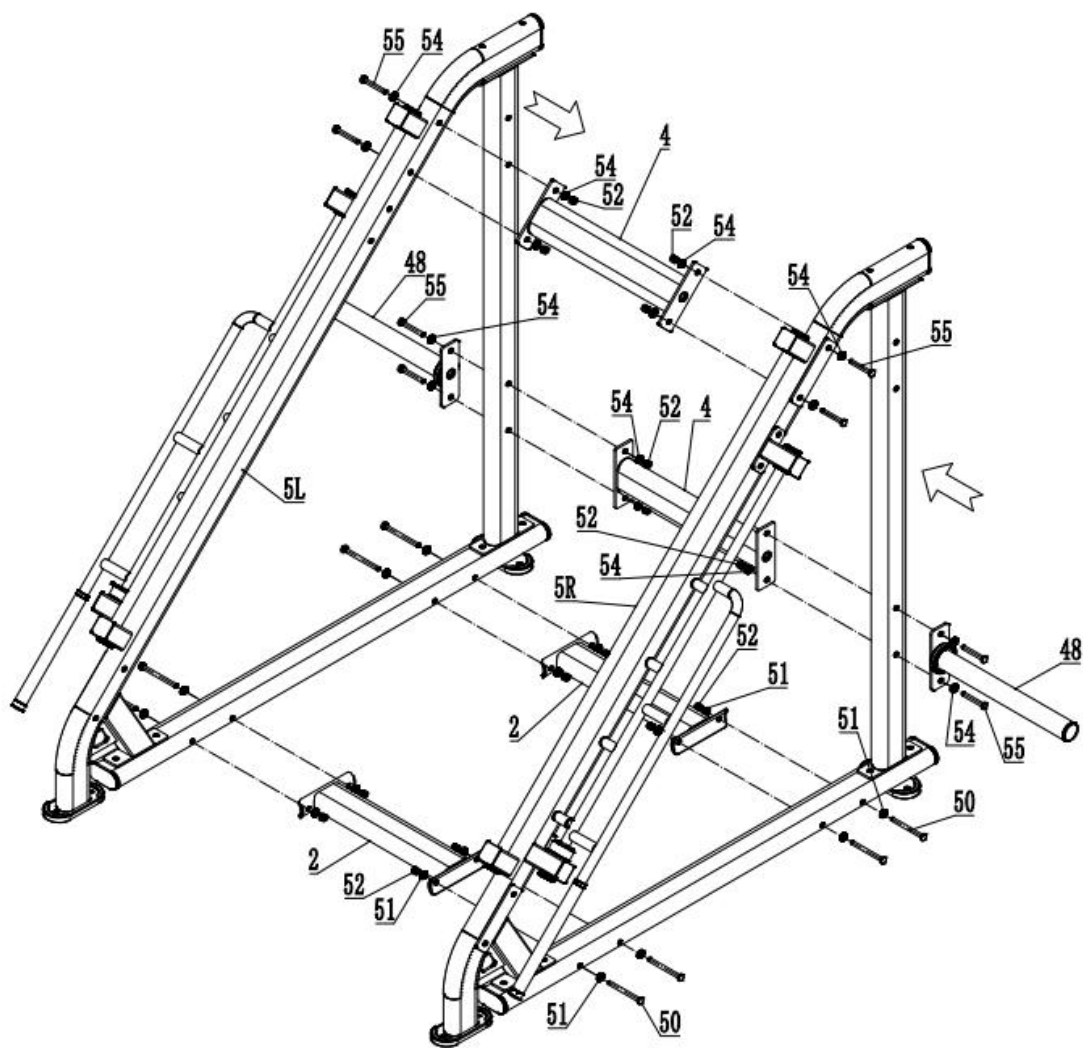
57	M10*85 Allen head bolt	1
58	M8*25 Allen head bolt	16
59	Φ8 Washer	16
60	M10*75 Allen head bolt	4
61	M10*60 Allen head bolt	4
T1	17-19 Fork wrench	2
T2	13-15 Fork wrench	1
T3	6# socket head wrench	1
Note: Loss bolts of toolkit have fixed parts, so please disassembly before assembly.		

ASSEMBLING INSTRUCTIONS



STEP 1-1:

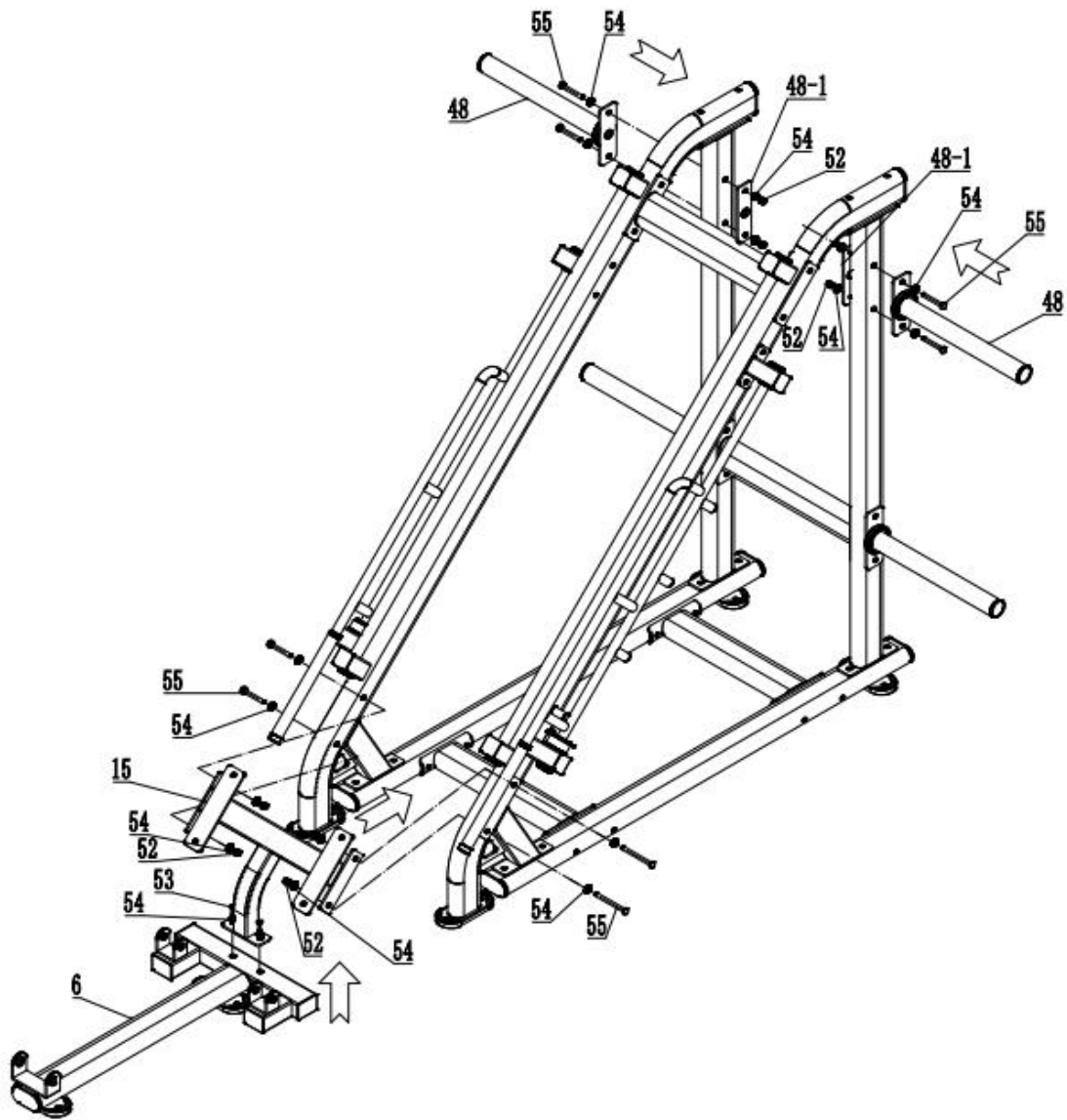
1. Fix Upright support frame 3 to Bottom longitudinal frame 1 with $\Phi 10$ Washer 54, M10*25 Allen head bolt 53.
2. Fix Guide rail frame 5 to Bottom longitudinal frame 1 with $\Phi 10$ Washer 54, M10*25 Allen head bolt 53.
3. Fix Guide rail frame 5 to Upright support frame 3 with $\Phi 10$ Washer 54, M10*25 Allen head bolt 53.



STEP 1-2:

1. Fix Bottom cross frame 2 to Bottom longitudinal frame 1 with $\Phi 10$ Arc washer 51, M10 Nylon nut, M10*120 Allen head bolt 50.

2. Fix Main frame cross support 4 and Barbell sleeve 48 to Upright support frame 3 with M10 Nylon nut 52, $\Phi 10$ Washer 54, M10*80 Allen head bolt 55.

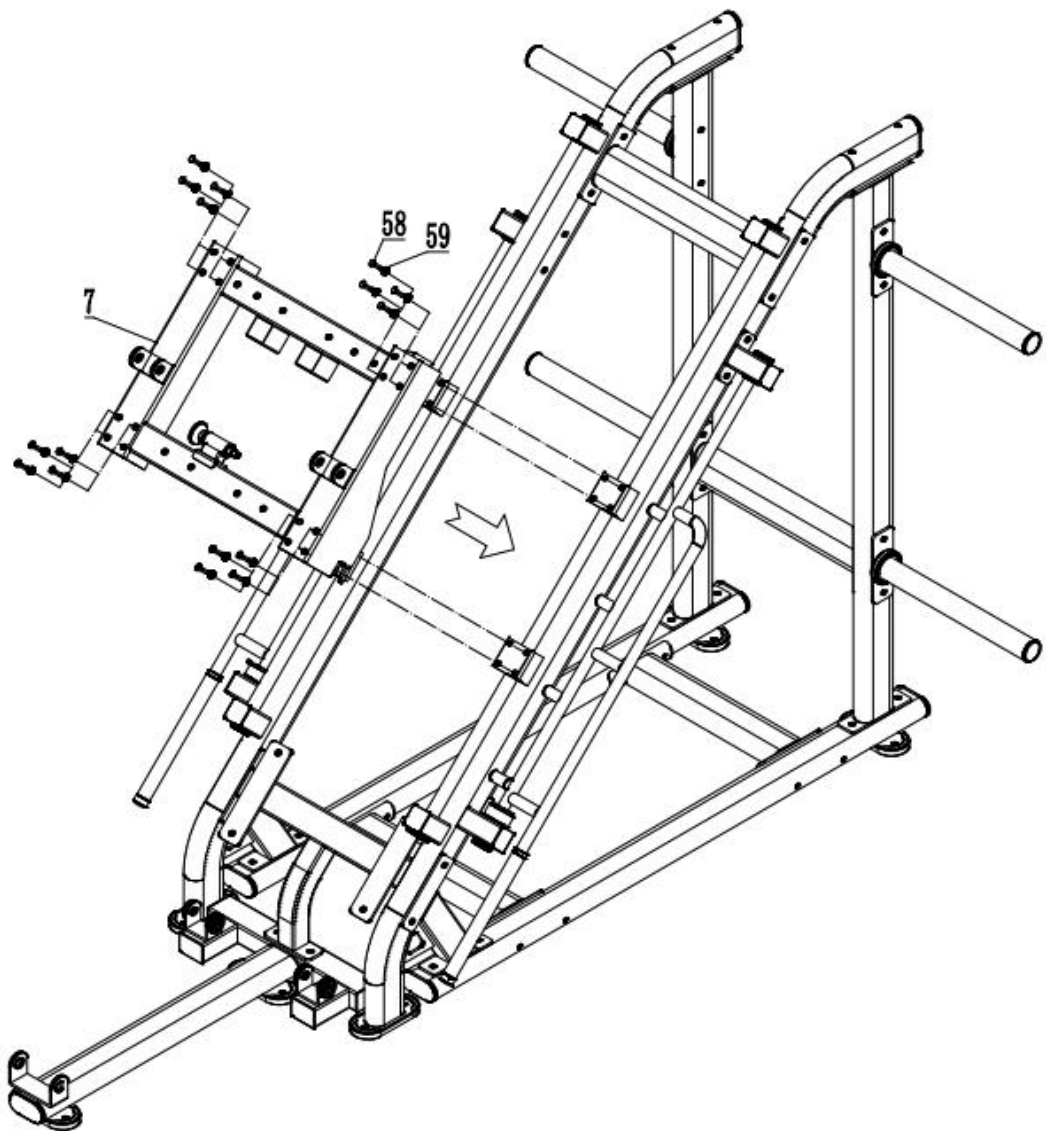


STEP 1-3:

1. Fix Seat frame 15 to Guide rail frame 5 with M10 Nylon nut 52, Φ10 Washer 54, M10*80 Allen head bolt 55.

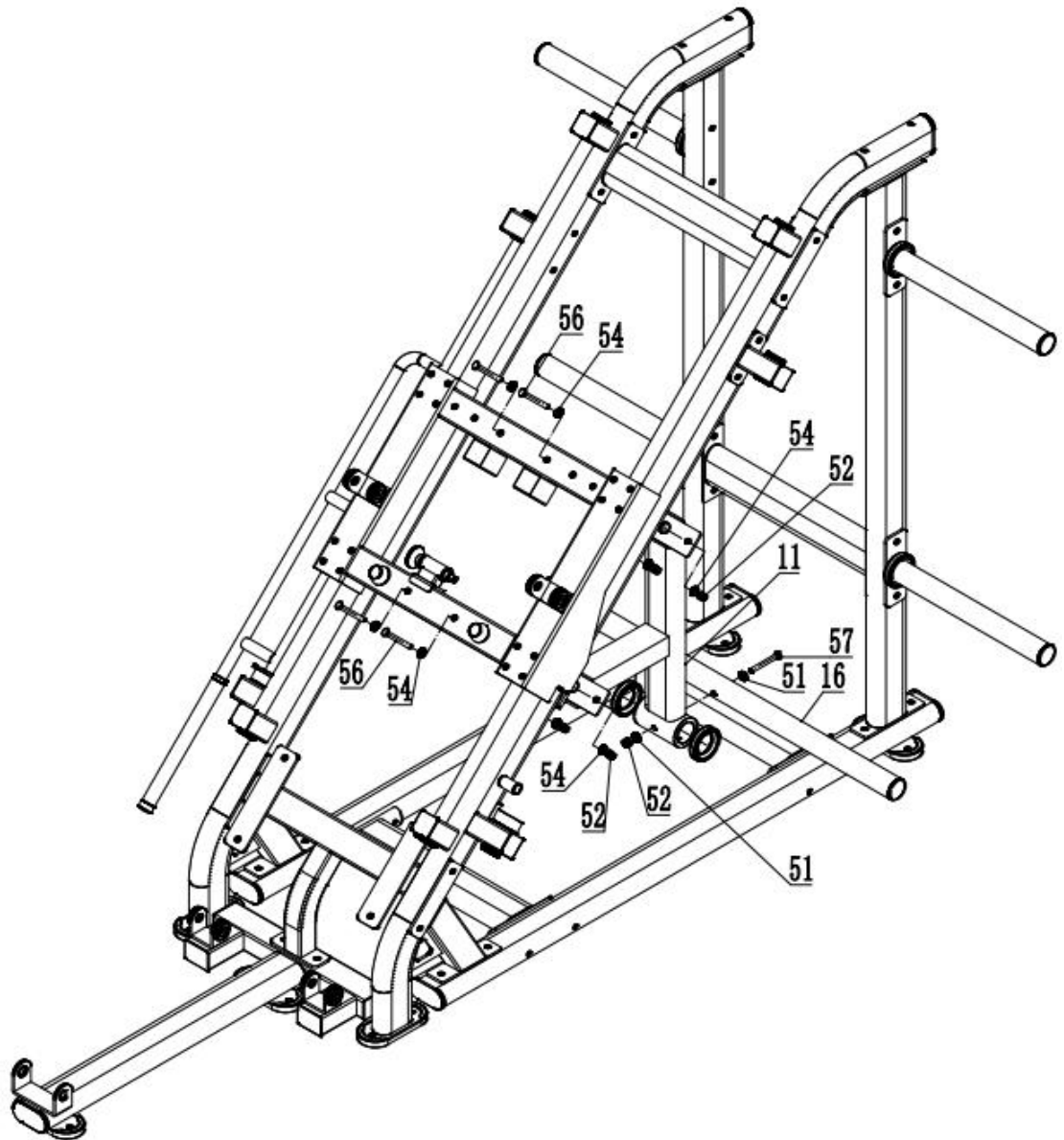
2. Fix End bottom frame 6 to Seat frame 15 with Φ10 Washer 54, M10*25 Allen head bolt 53.

3. Fix Barbell sleeve 48 and Barbell sleeve strengthen plate 48-1 to Upright support frame 3 with M10 Nylon nut 52, Φ10 Washer 54, M10*75 Allen head bolt 60.



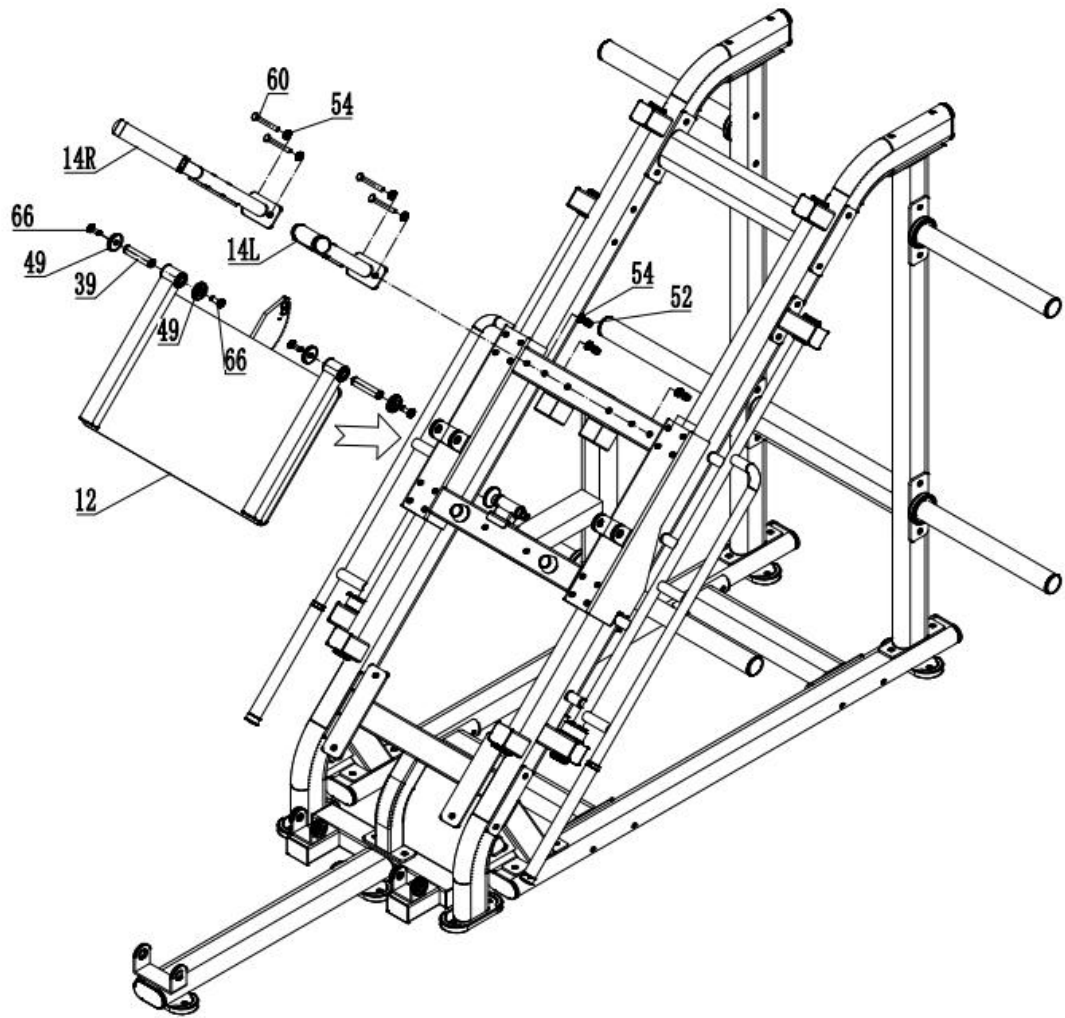
STEP 2:

Fix Slide block 7 to Guide rail frame 5 with $\Phi 18$ Washer 54, M8*25 Allen head bolt 58.



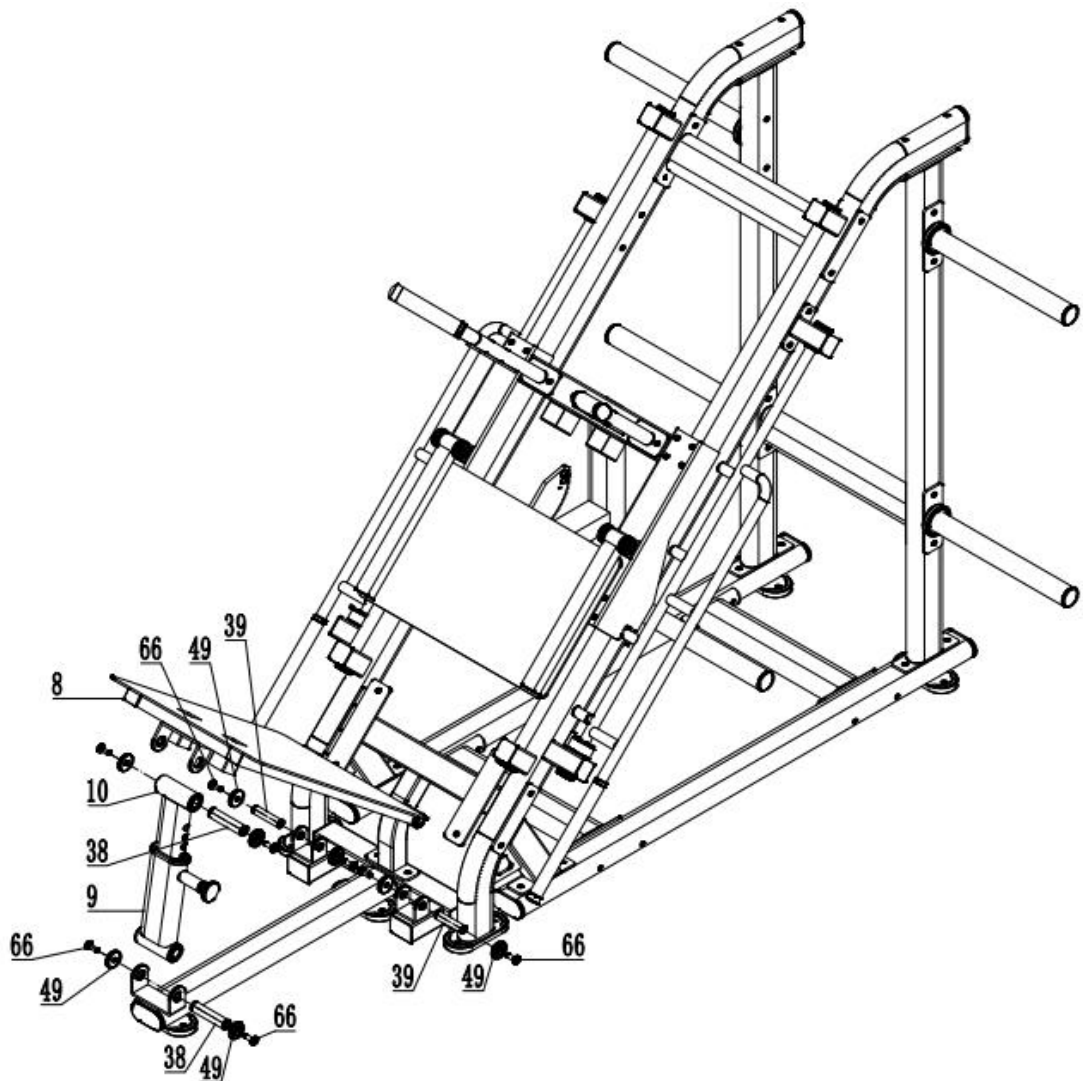
STEP 3:

1. Fix Weight frame 11 to Slide block 7 with M10 Nylon nut 52, Φ18Washer 54, M8*70 Allen head bolt 56.
2. Fix Support tube of weight 16 to Weight frame 11 with Φ10 Arc washer 51, M10 Nylon nut 52, M10*85 Allen head bolt 57.



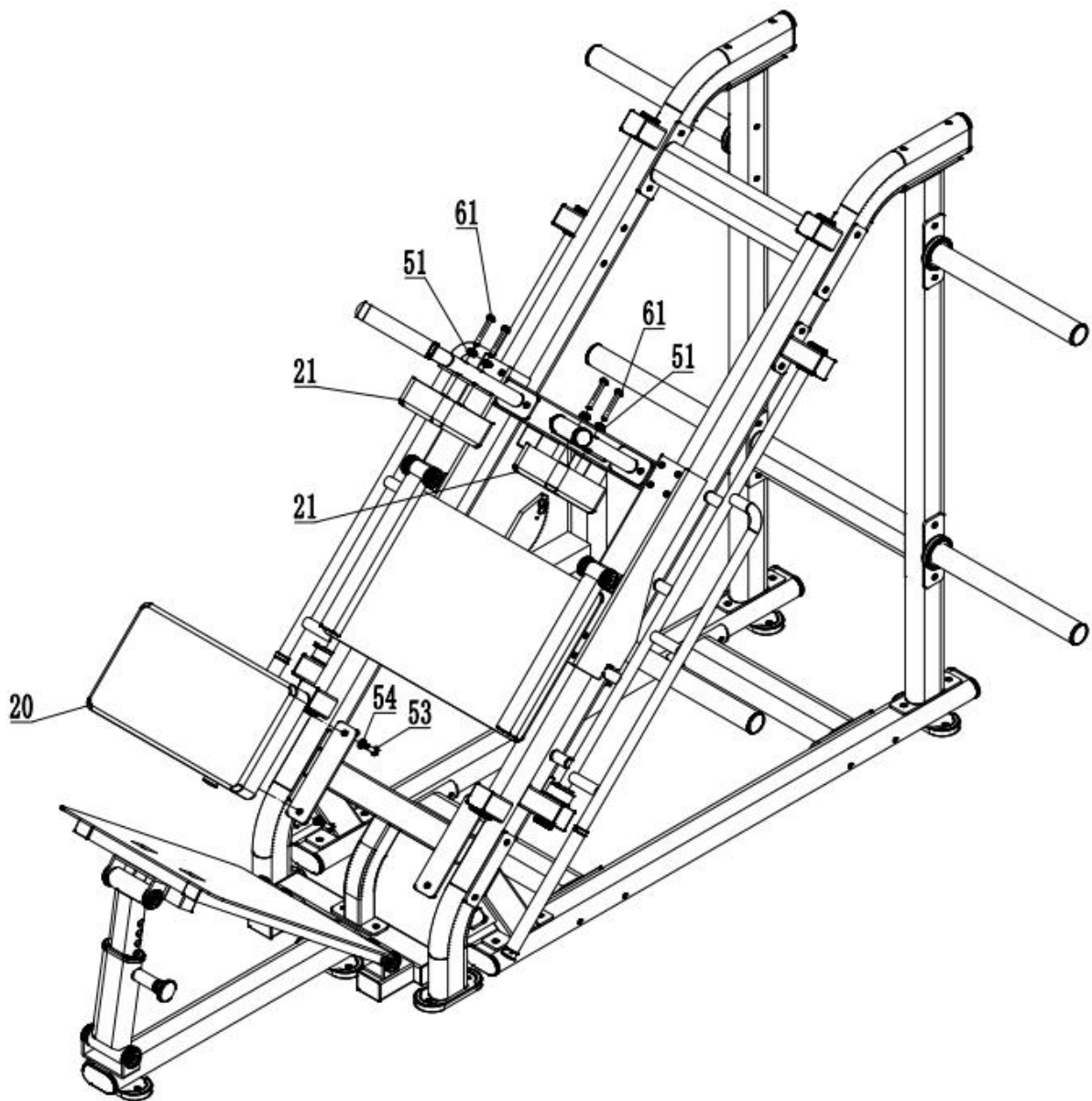
STEP 4:

1. Fix Front pedal frame 12 to Slide block 7 with Rotation axis $\Phi 19 \times 69$ 39, Aluminum end cap $\Phi 43$ 49, M10*25 Countersunk bolt 66.
2. Fix Shoulder cushion frame 14 to Slide block 7 with M10 Nylon nut 52, $\Phi 10$ Washer 54, M10*75 Allen head bolt 60.



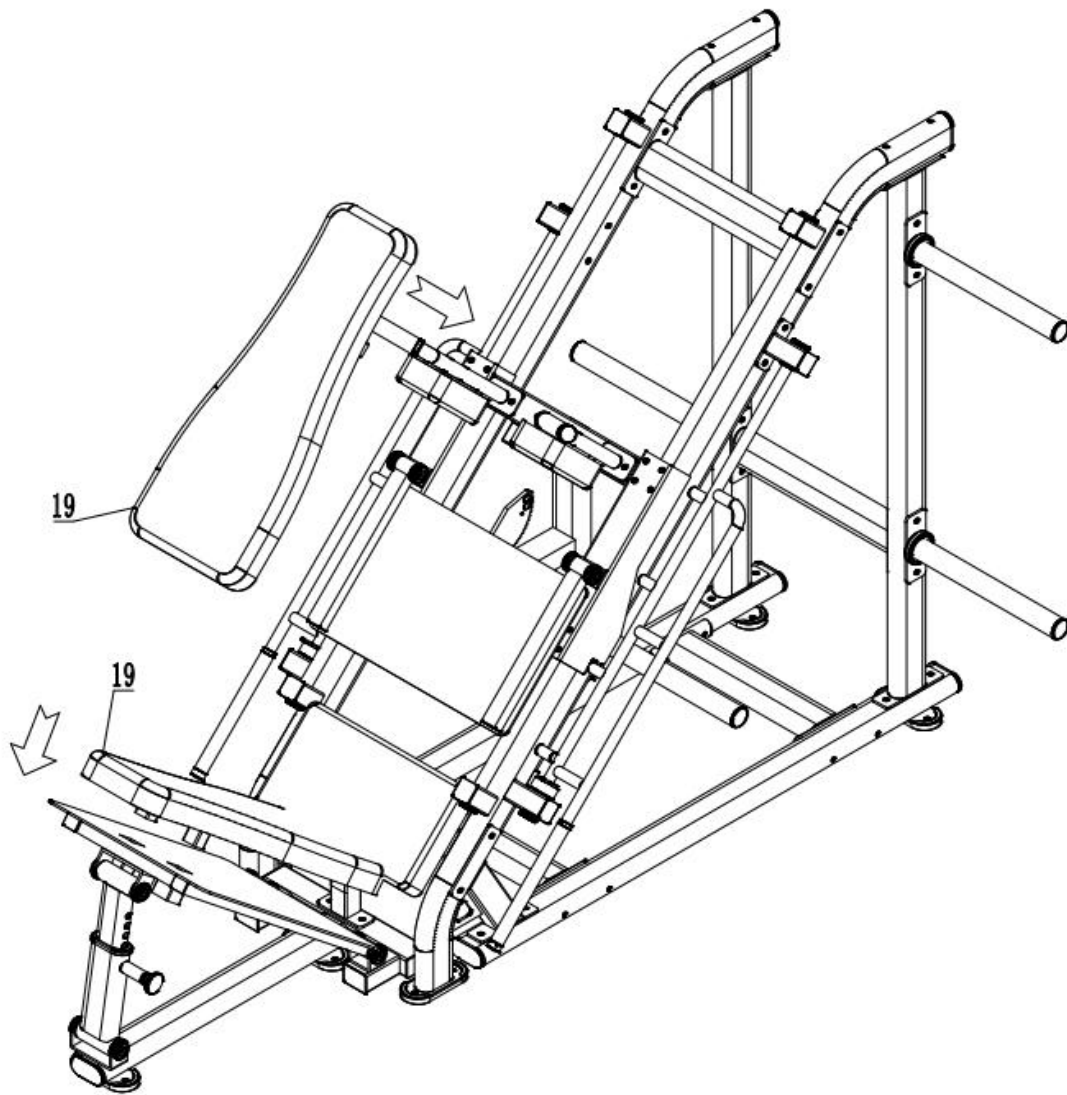
STEP 5:

1. Fix Support frame of back pad 9 to End bottom frame 6 with Rotation axis $\Phi 25 \times 129$ 38, Aluminum end cap $\Phi 43$ 49, M10*25 Countersunk bolt 66.
2. Fix Fix frame of back pad 8 to End bottom frame 6 with Rotation axis $\Phi 19 \times 69$ 39, Aluminum end cap $\Phi 43$ 49, M10*25 Countersunk bolt 66.
3. Fix frame of back pad 8 to Adjustable frame of back pad 10 with Rotation axis $\Phi 25 \times 129$ 38, Aluminum end cap $\Phi 43$ 49, M10*25 Countersunk bolt 66.



STEP 6:

1. Fix Seat frame 15 to Guide rail frame 5 with M10*25 Hex bolt 53, Φ10 Washer 54.
2. Fix Shoulder pad 21 to Shoulder cushion frame 14 with Φ10 Arc washer 51, M10*60 Allen head bolt 61.



STEP 7:

Fixed Back cushion 19 to Fixed frame of back 8 and Slide block 7.