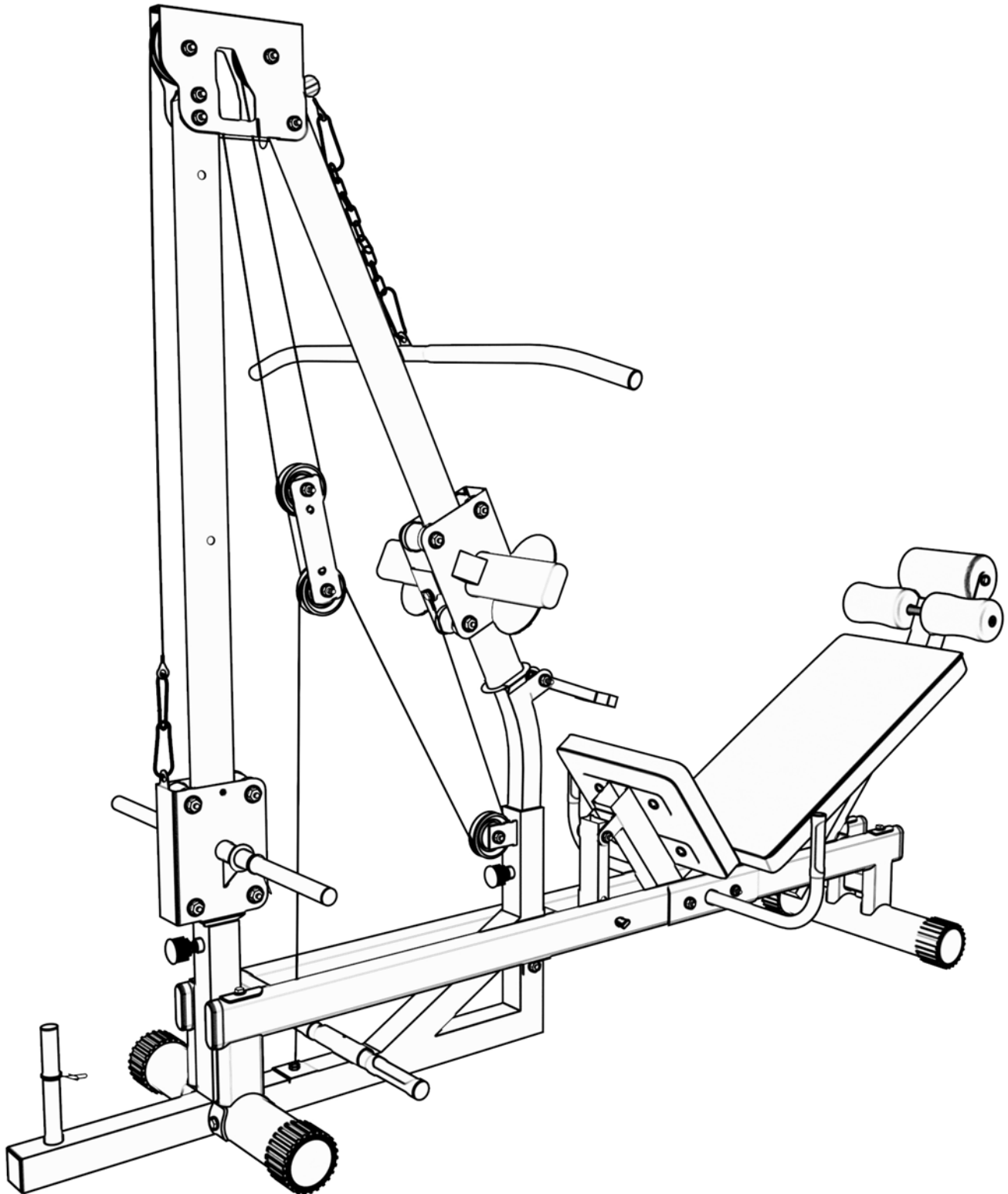


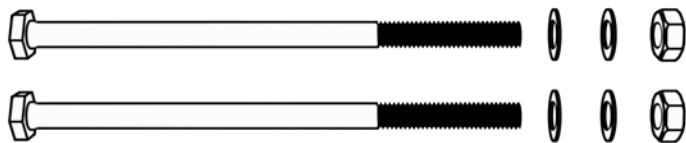
SYNERGEE

Leg Press Machine

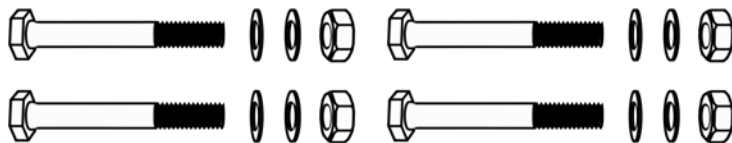


Parts List

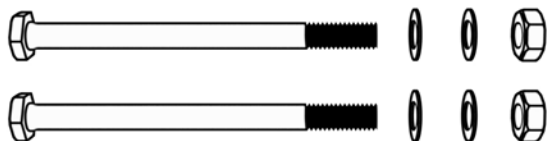
a 2x M10x130 4x M10 Washers 2x M10 Nuts



e 4x M10x45 8x M10 Washers 4x M10 Nuts



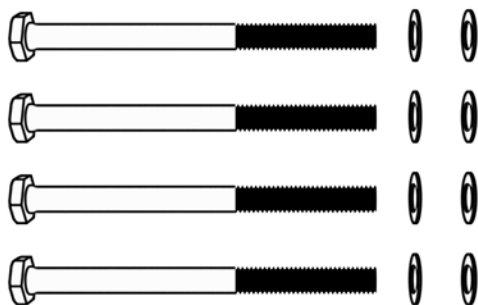
b 2x M10x100 4x M10 Washers 2x M10 Nuts



f 1x M10x40 2x M10 Washers 1x M10 Nut



c 4x M10x90 4x M10 Washers



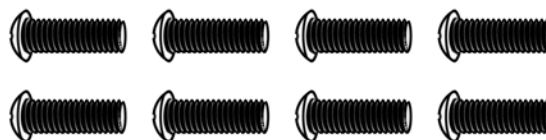
g 1x M10x20 2x M10 Washers 1x M10 Nuts



h 2x M8x20 2x M8 Washers



i 8x M6x15



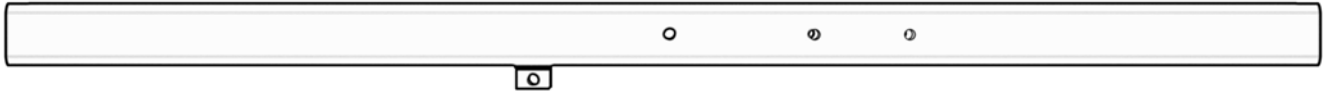
d 1x M10x70 2x M10 Washers 1x M10 Nut



**IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
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Parts List

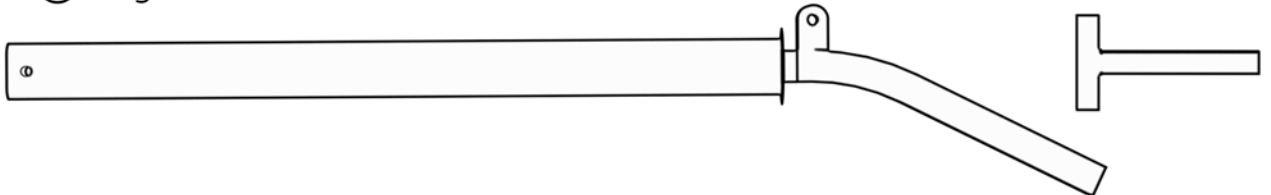
① Main Frame



② Main Slider

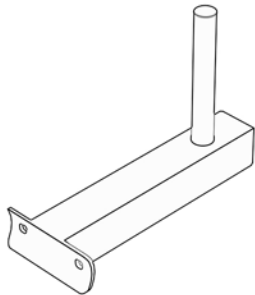


③ Angled Slider

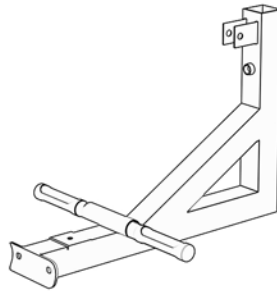


③-2 Angled Slider Extension

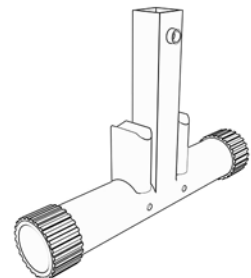
④ Plate Storage Frame



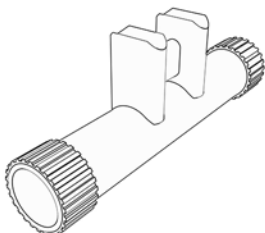
⑤ Triangle Frame



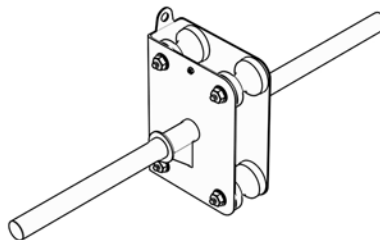
⑥ Front Feet



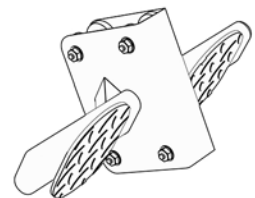
⑦ Rear Feet



⑧ Plate Loader



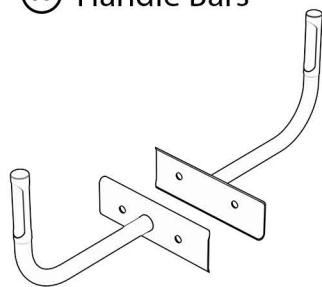
⑨ Foot Rest



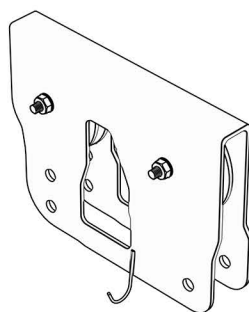
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Parts List

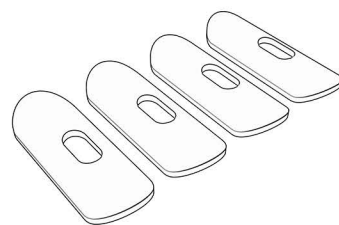
⑩ Handle Bars



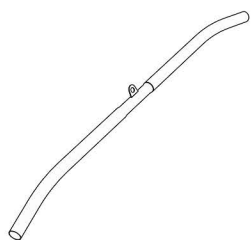
⑪ Upper Pulleys



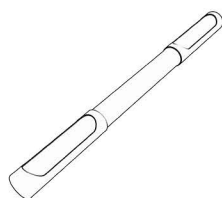
⑫ 4x Oval Washers



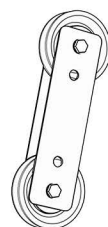
⑬ Pull Down Bar



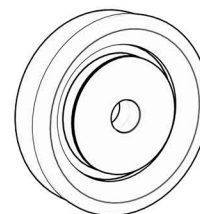
⑭ Leg Rest Bar



⑮ Mid Pulleys



⑯ Single Pulley



⑰ 167" Upper Cable



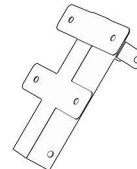
⑱ 85" Lower Cable



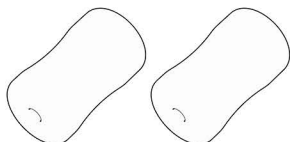
⑲ Lower Cushion



⑳ Small Seat Frame



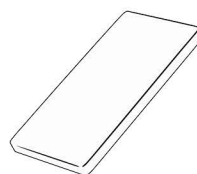
㉑ 2x Foam Padding



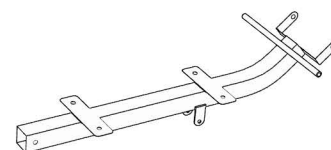
㉒ -2 Foam Padding



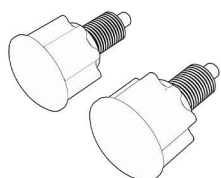
㉓ Main Seat



㉔ Main Seat Frame



㉕ 2x Adjustment Pin



㉖ 4x Carabiners



㉗ Extension Chains



㉘ Adjustment Pin



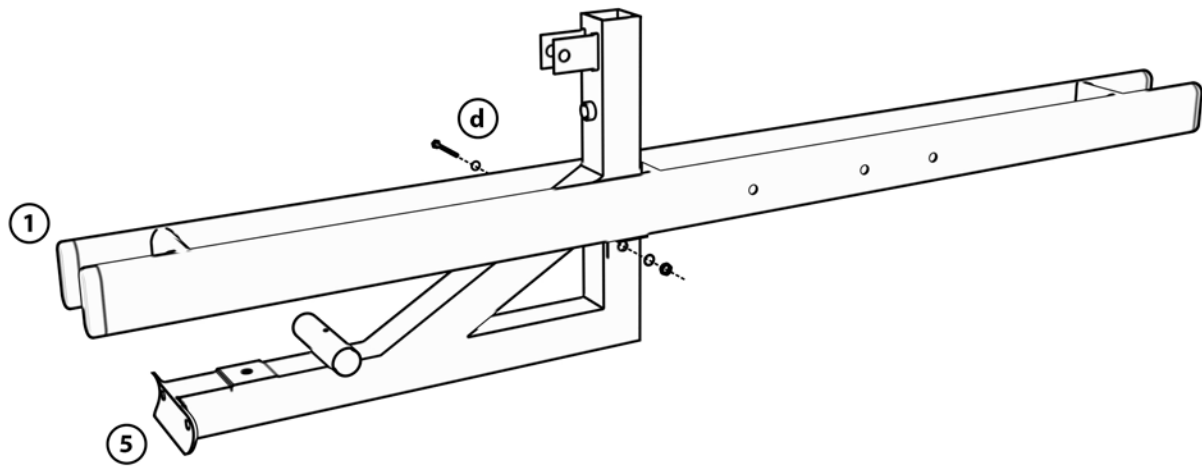
㉙ 2" Clip x3



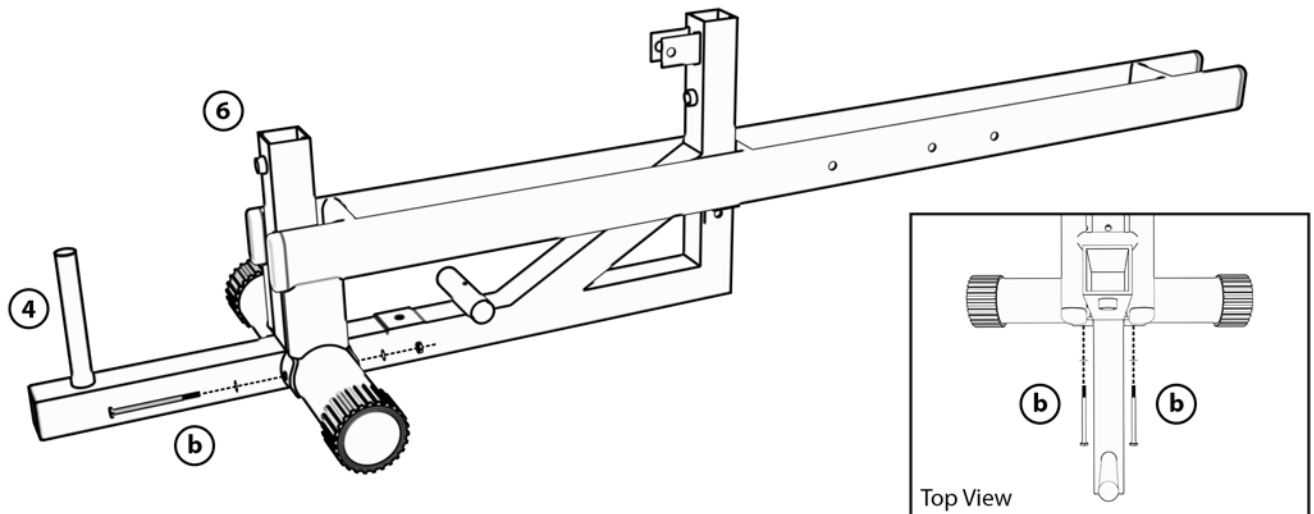
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Assembly Instructions

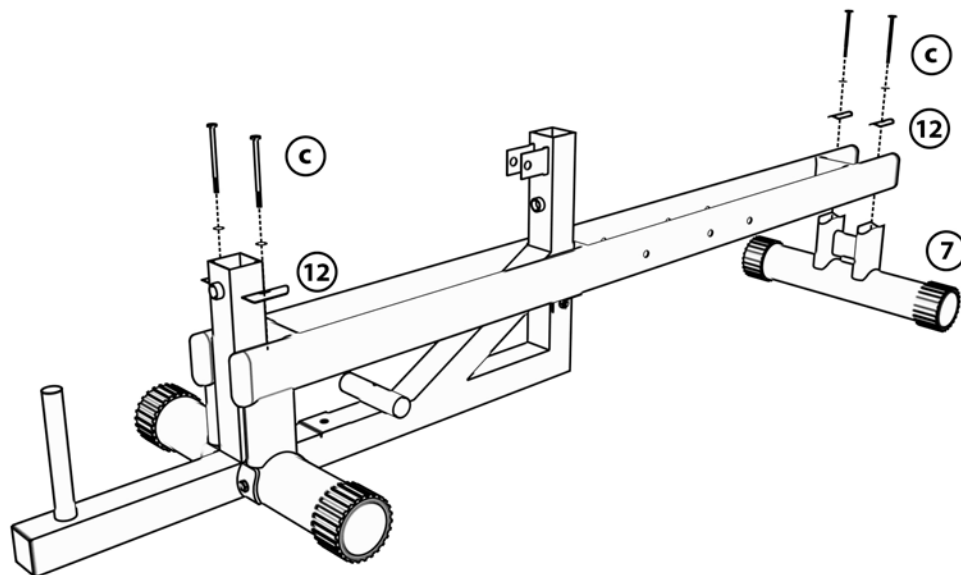
Step 1



Step 2

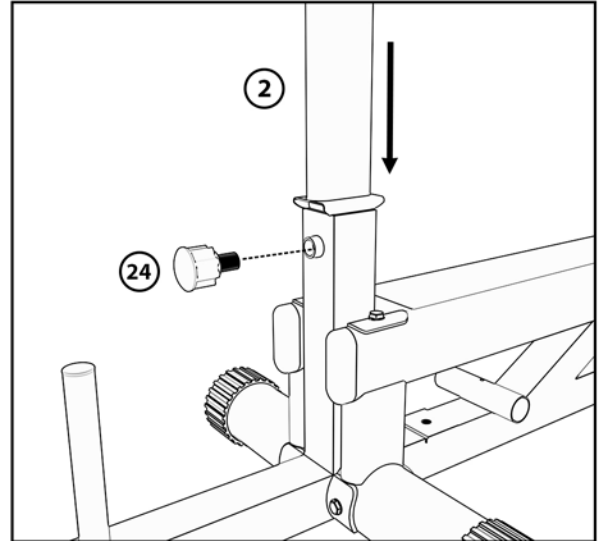
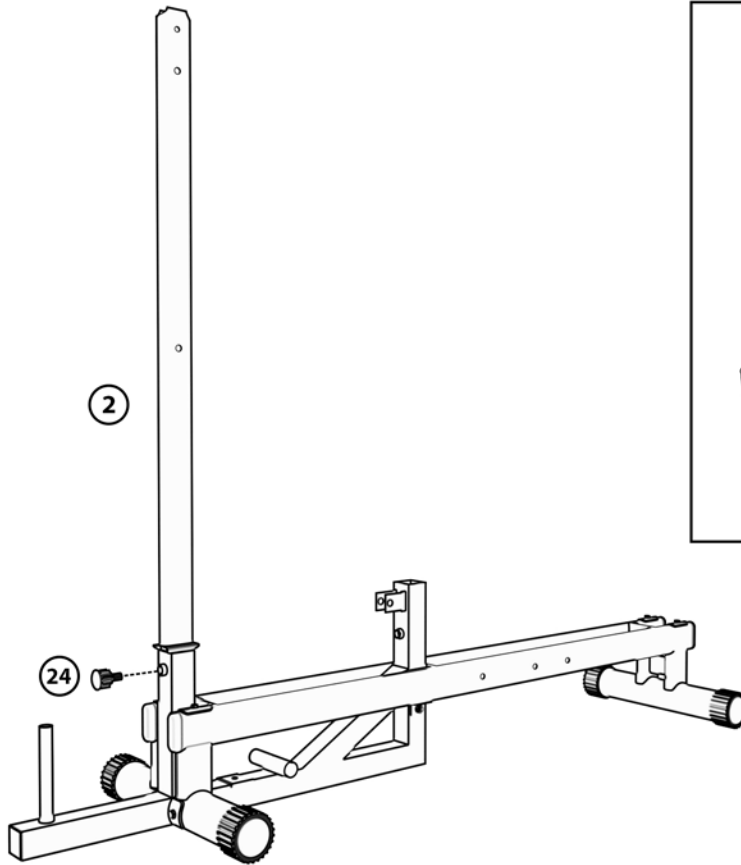


Step 3

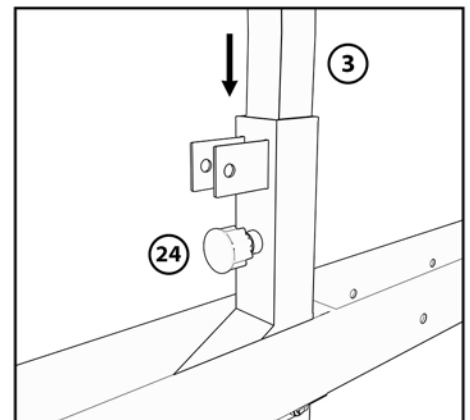
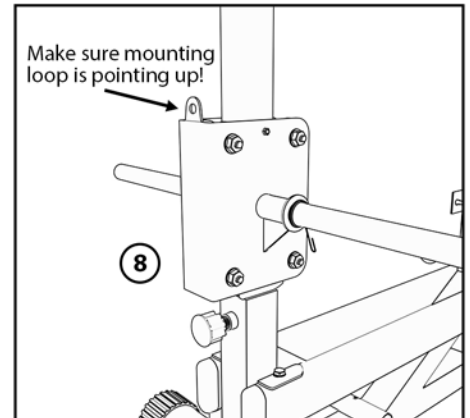
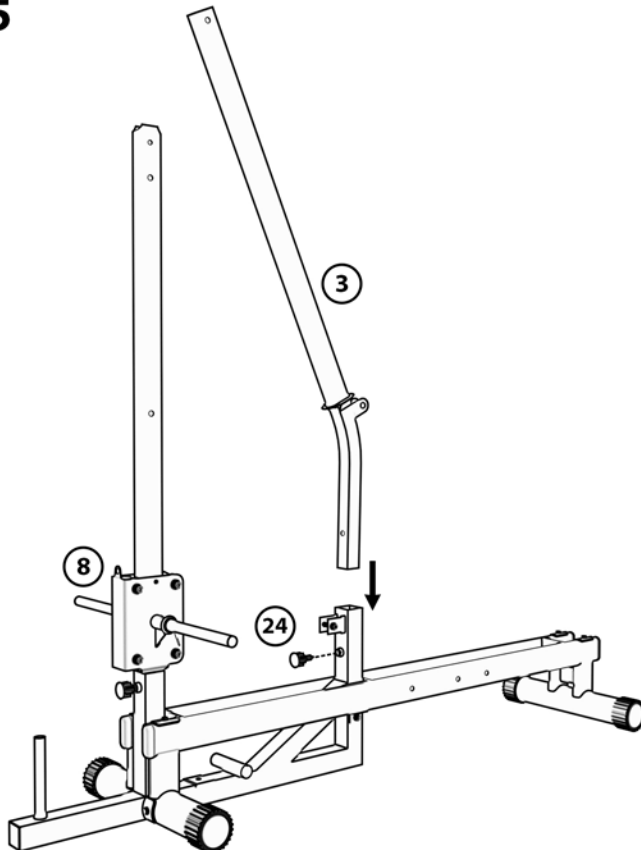


Assembly Instructions

Step 4

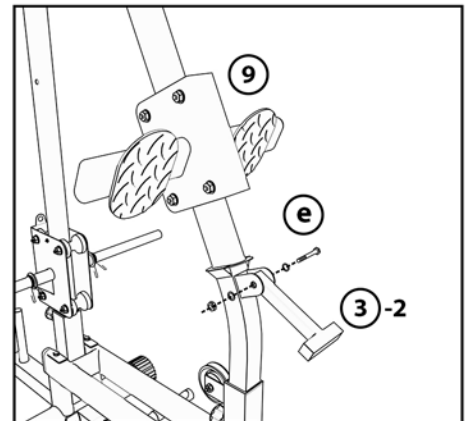
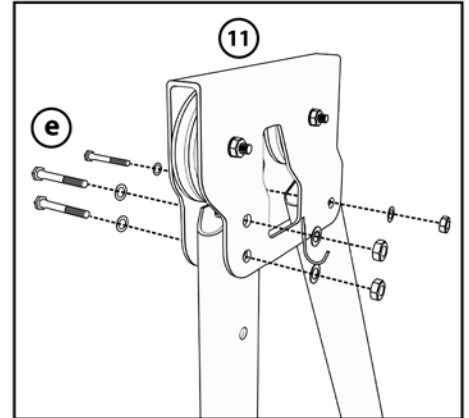
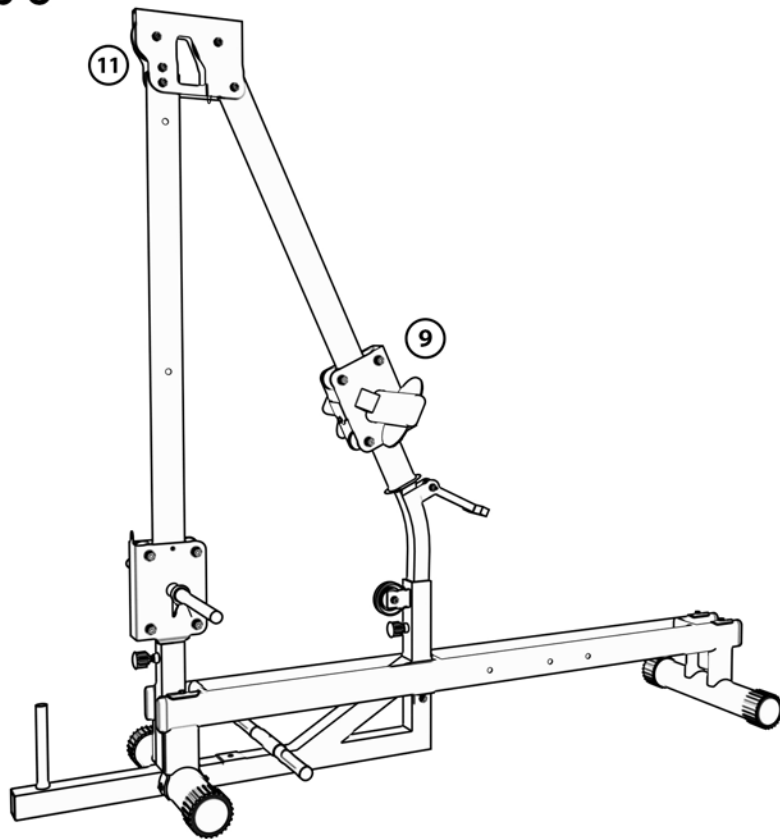


Step 5

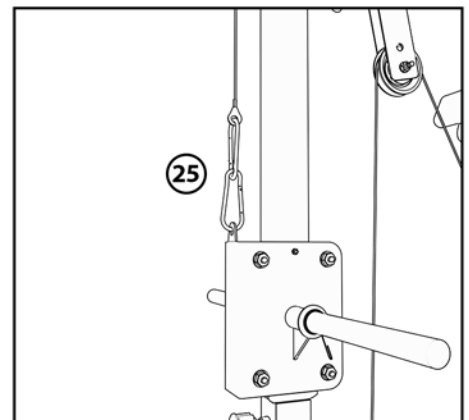
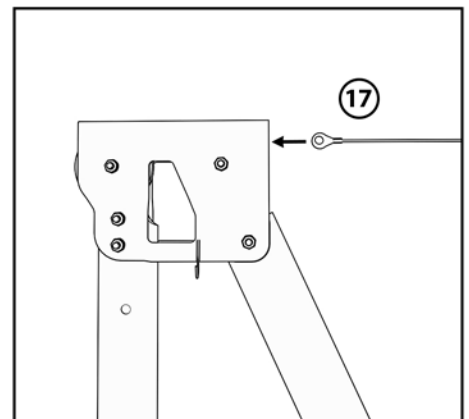
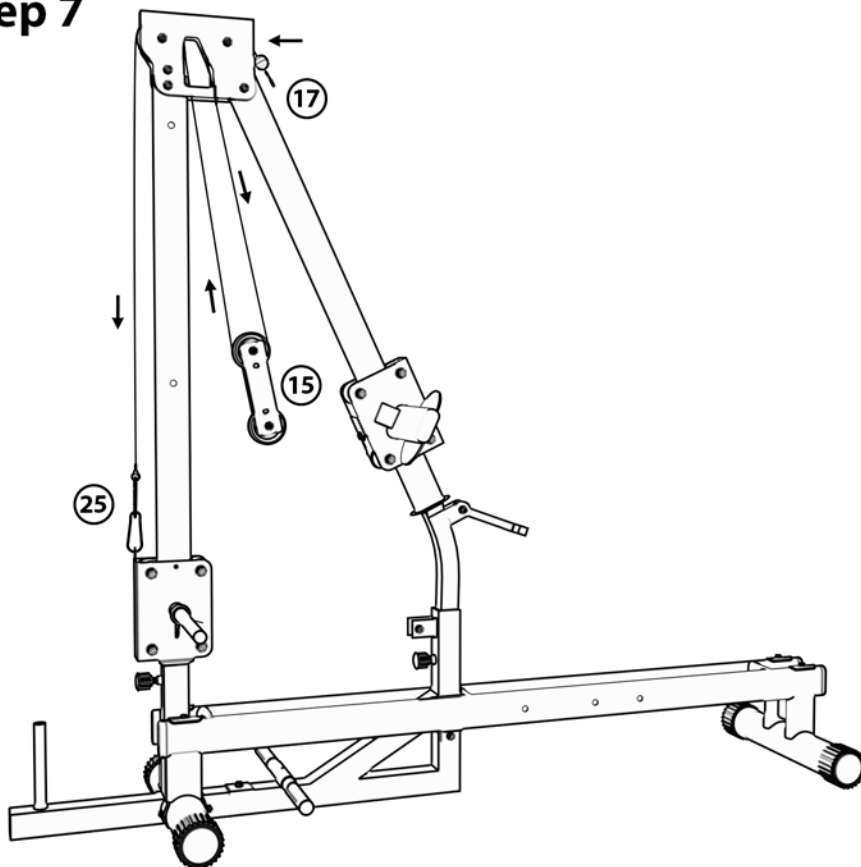


Assembly Instructions

Step 6

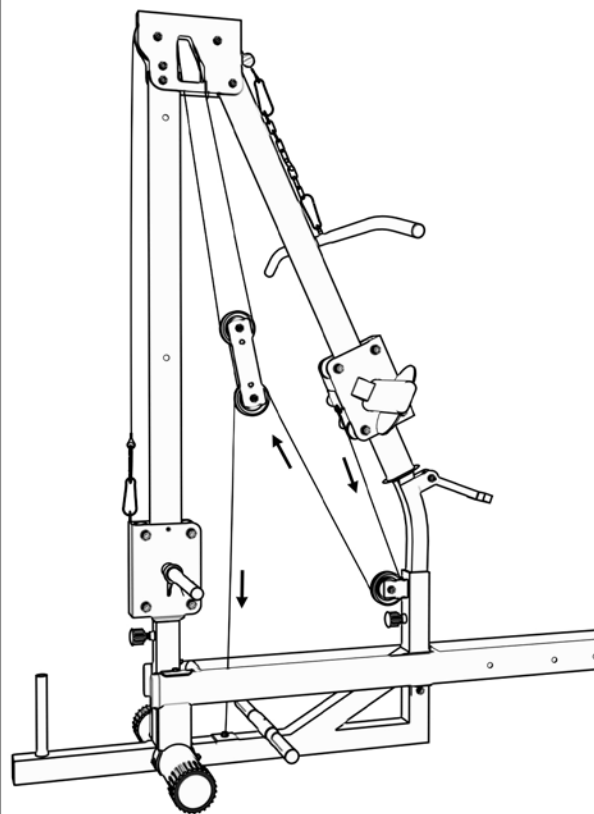


Step 7

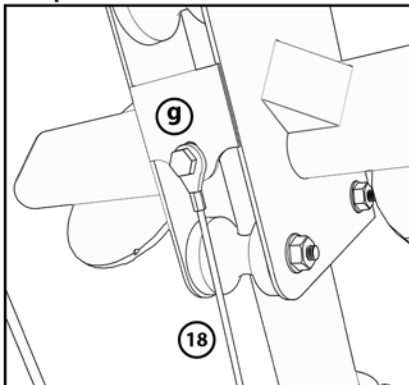


Assembly Instructions

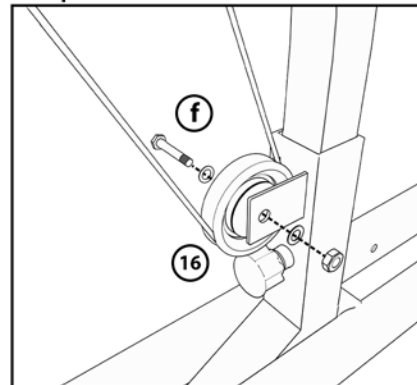
Step 8



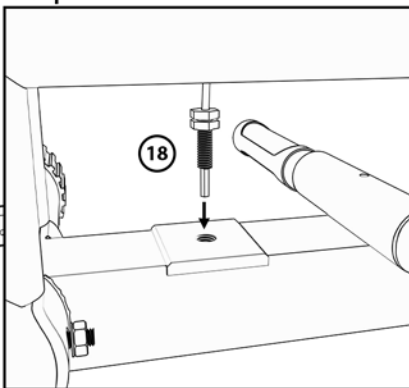
Step 8a



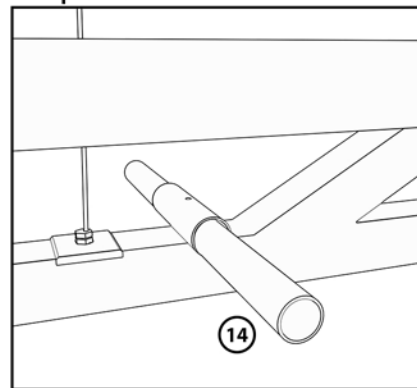
Step 8b



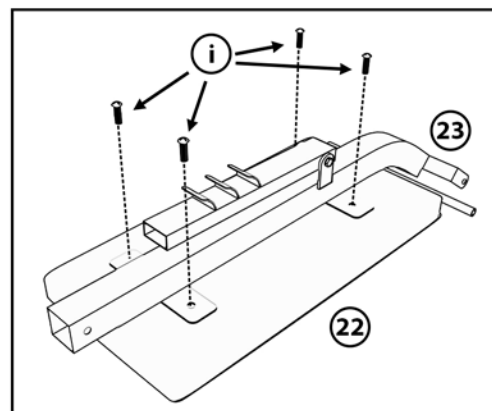
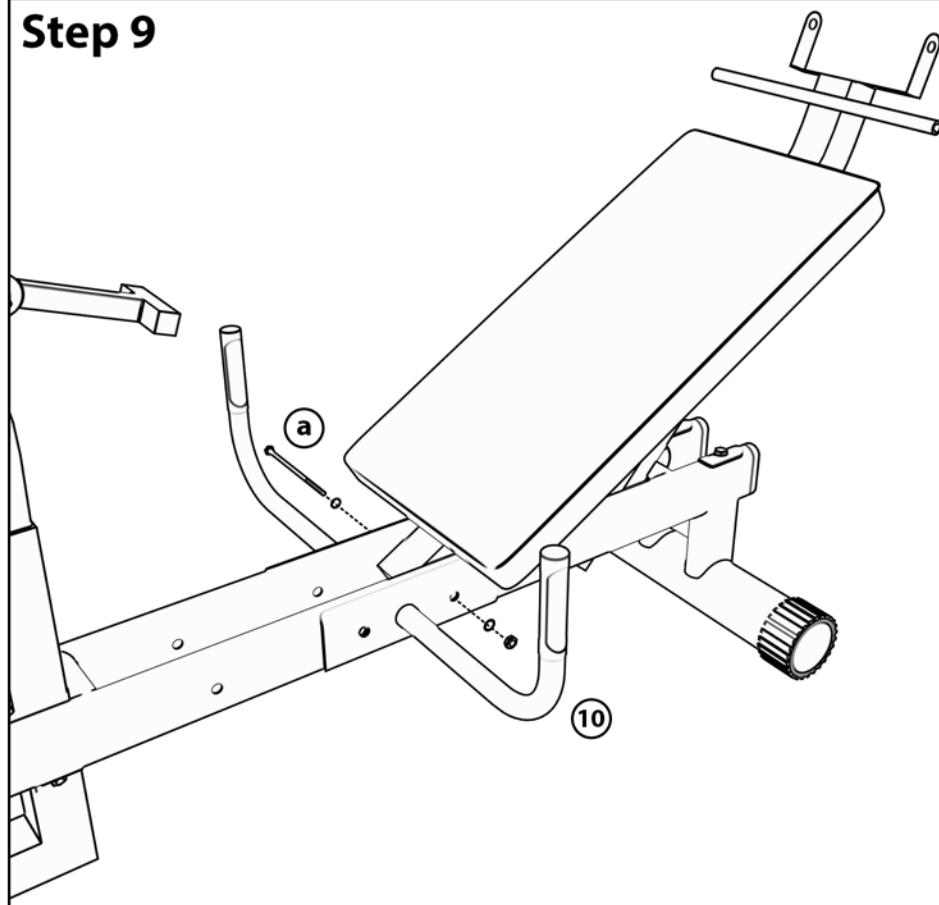
Step 8c



Step 8d

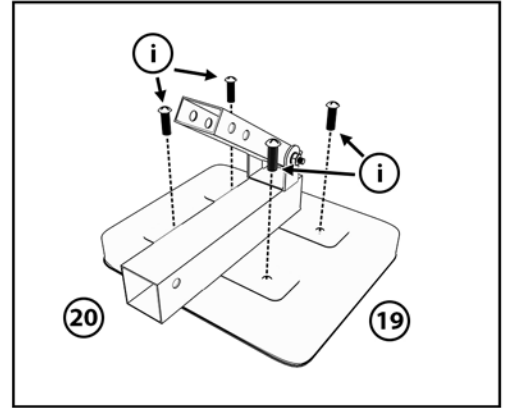
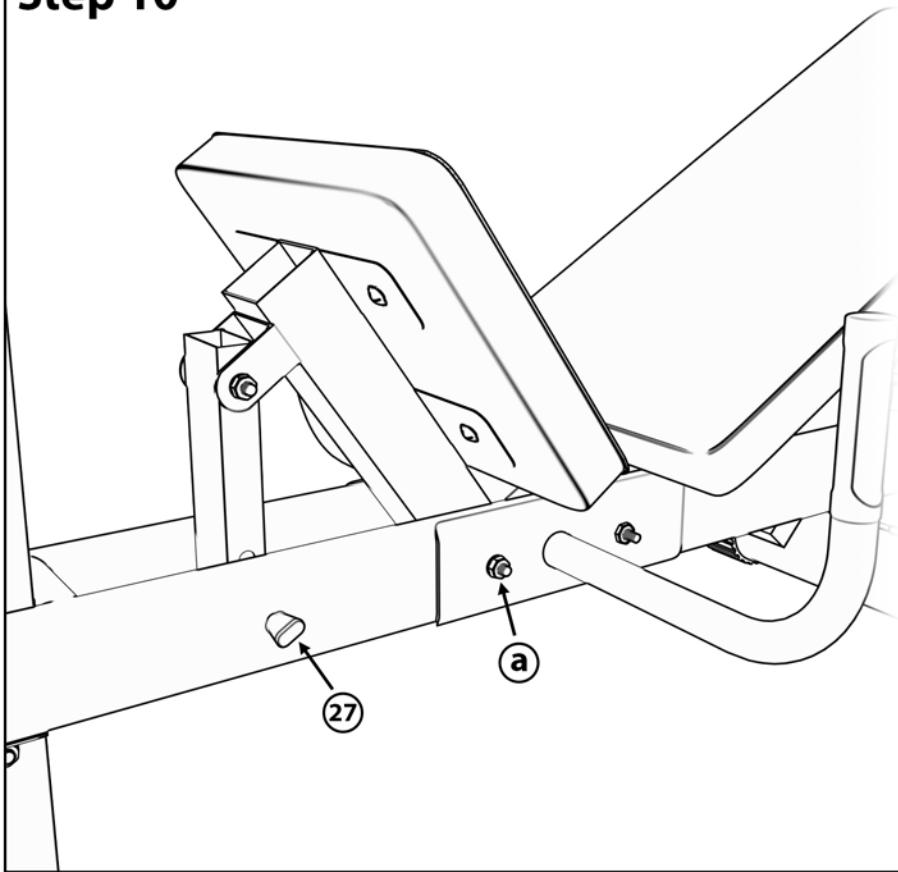


Step 9

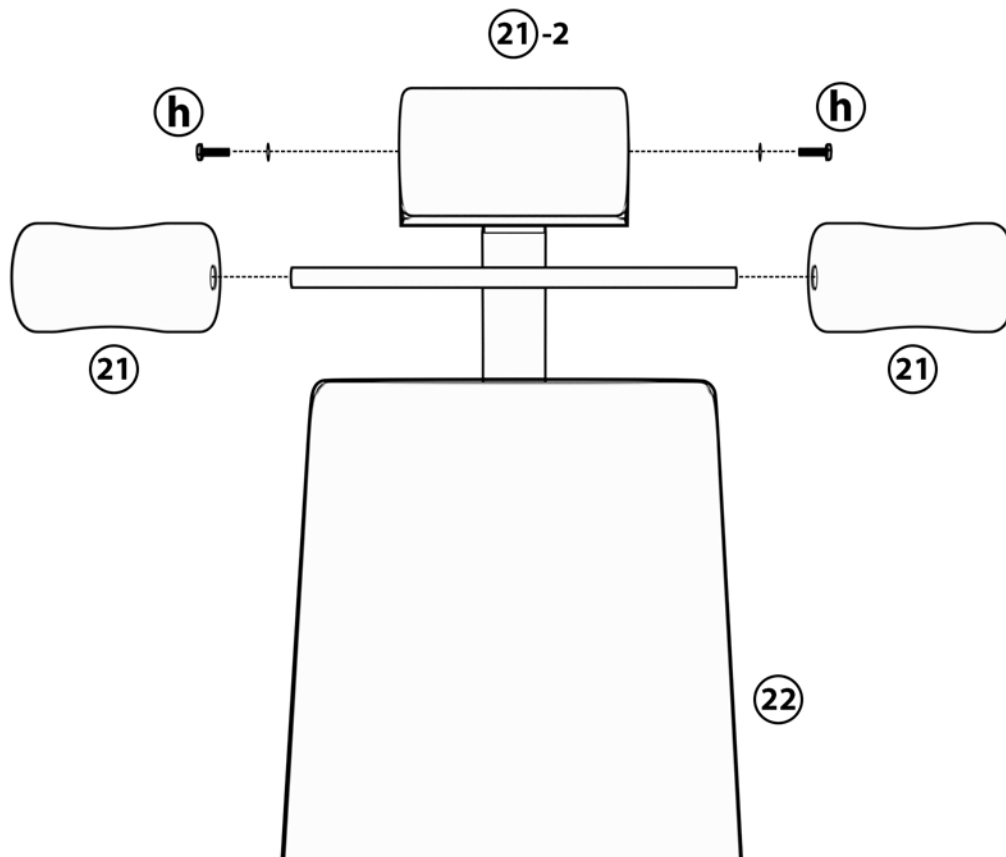


Assembly Instructions

Step 10

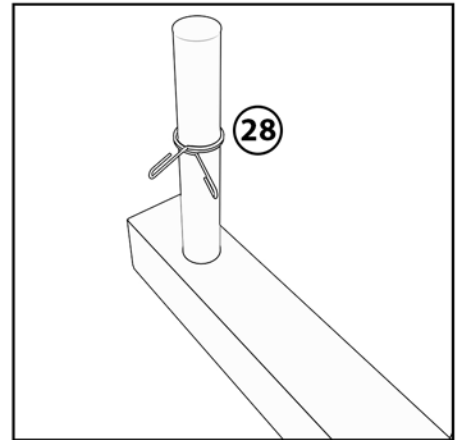
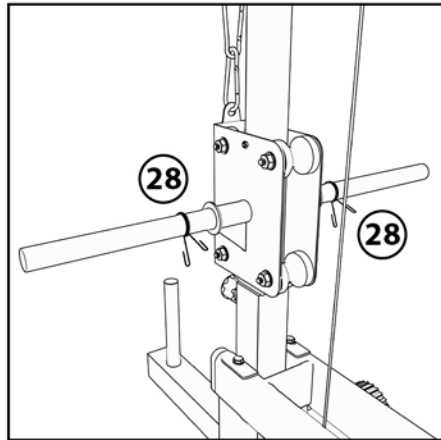
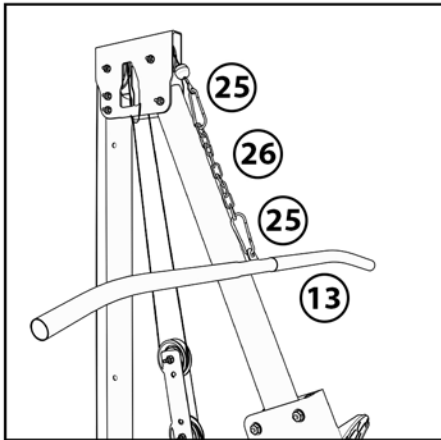
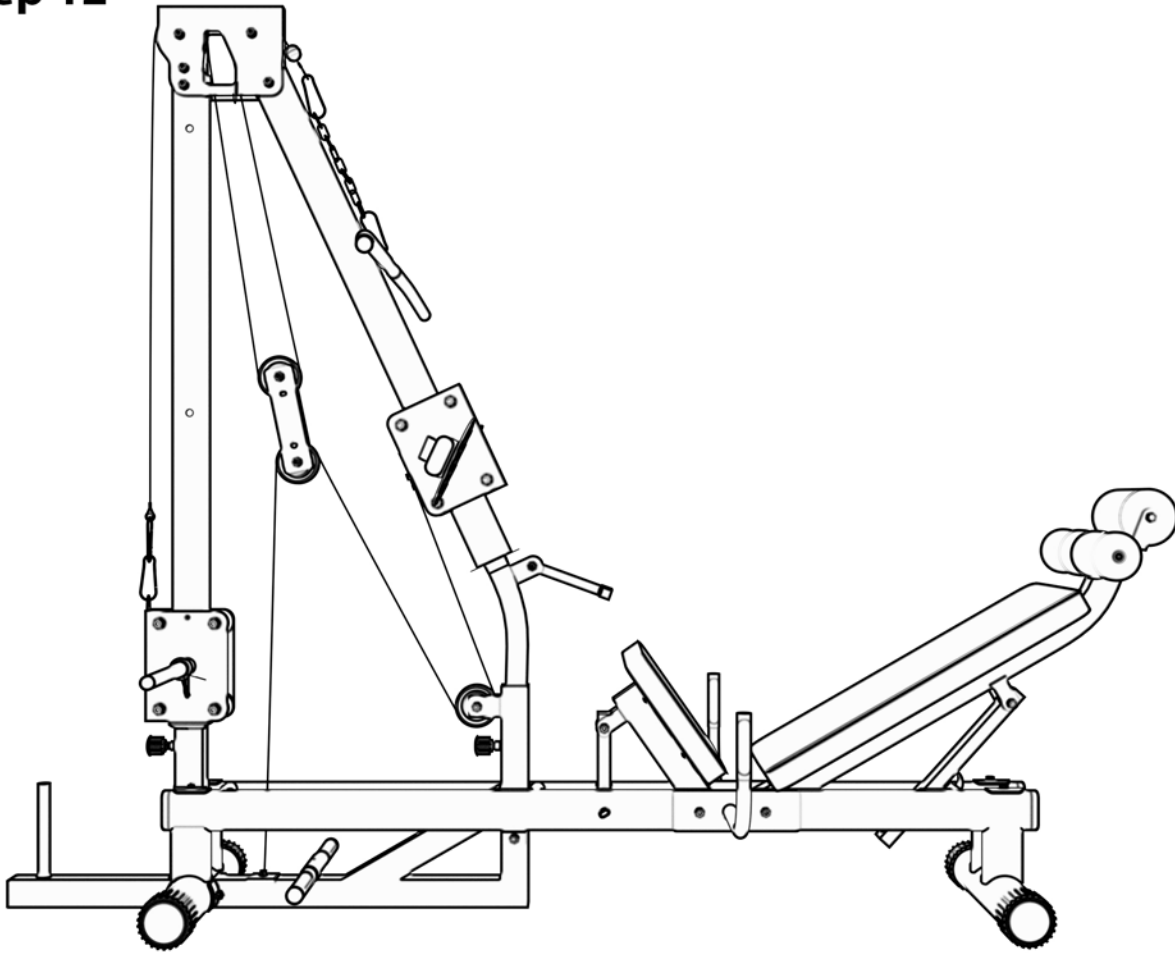


Step 11



Assembly Instructions

Step 12



WARNING

WARNING: SERIOUS INJURY OR DEATH CAN OCCUR IF CAUTION IS NOT USED.

As with any workout equipment that involves heavy weights, there is a risk of injury when using the Synergee leg press machine. The best way to reduce the risk of serious injury is to exercise caution. Follow the instructions in this manual and familiarize yourself with all warnings on your product before using it.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health issues.

THE MAXIMUM WEIGHT CAPACITY FOR THIS MACHINE IS 400 LB.
--

Follow these precautions to ensure you use your Synergee leg press machine safely:

- 1.** Read all instructions in this manual and all warnings on the product before using it. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all the safety precautions.
- 2.** Use this product only as described in this manual and keep this manual handy for future reference.
- 3.** Always keep children and pets away from this product. Keep hands and feet away from moving parts.
- 4.** This product is intended for consumer use only in an indoor environment. Do not use it in a commercial, rental, or institutional setting. Keep this product indoors, away from moisture and dust.
- 5.** Place the product on a level surface, with at least 3 feet of clearance around it. To protect the floor or carpet from damage, place a mat under it.
- 6.** Install the machine properly and according to instructions. Properly tighten all parts and check their tightness regularly. If any worn or damaged parts are found, stop usage immediately. Refrain from use until the machine has been repaired.
- 7.** Make sure all locking mechanisms are properly secured before using the unit. Ensure adjustment pins function properly and they are fully engaged before placing any weight on the machine.
- 8.** Wear appropriate clothes while exercising. Do not wear loose clothes that can get caught and always wear athletic shoes while exercising.
- 9.** Do not install any fitness product near a pool, hot tub or other damp locations. Corrosion caused by installation in these locations can lead to premature failure of components, which is not covered under any warranty.
- 10.** Do not use this machine to exhaustion: stop exercising and step away from the machine if you feel faint, dizzy, or in pain.

11. Create a safe workout space by always working out with someone else present. Lift with a spotter for your weighted exercises.

12. To avoid damaging parts, do not use power tools for assembly. Use hand tools and the hardware provided.