

ECP604

PRONE LEG CURL

OWNER'S MANUAL

25A

CAUTION! Read all precautions and instructions in this manual before using this equipment.

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

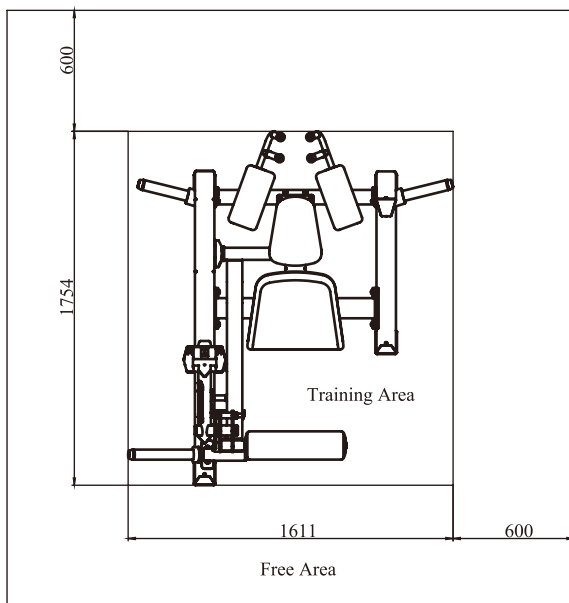
Important Safety Instructions

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Training Area and Free Area



Specifications

Class: S

Maximum User Weight: 150kg/ 330lbs

Maximum Training Load: 150kg/ 330lbs

Maximum Weight Load For Each

Storage Horn: 100kg/ 220lbs

Product Dimension: 1754*1611*788mm

Product Total Surface: 1754*1611mm

Product Total Mass:

Instructions

Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

Tools Required



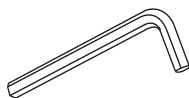
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	ECP60401ASSY	Side Stand Frame I ASSY	1
2	ECP60402ASSY	Side Stand Frame II ASSY	1
3	ECP60403ASSY	Main Frame ASSY	1
4	ECP6040400	Bottom Cross Frame ASSY	1
5	ECP20118ASSY	Barbell Storage Frame ASSY	2
6	ECP20121ASSY	Set-Contained Bearing	2
7	ECP30628ASSY	Rhomboid Set-Contained Bearing	2
8	CWRVL0101100	Pad Fixing Plate	1
9	ECP60405ASSY	Front Connecting Frame ASSY	1
10	ECP60406ASSY	Connecting Rod Frame ASSY	1
11	ECP60407ASSY	Adjusting Frame ASSY	1
12	ECP60408ASSY	Swing Frame ASSY	1
13	ECP60409ASSY	FOAM Frame ASSY	1
14	ECP1012200	LOGO Plate	1
15	ECP1012300	LOGO Inner Plate	1
16	ECP2014000	Step Cover	2
17	ECP2014005	Short Shaft Φ 16*54	1
18	ECP6045100	Chest Pad	1
19	ECP60452ASSY	FOAM ASSY	1
20	IT95211000V1	Seat Pad	1
21	ECP7135300	Shoulder Pad	2
22	IT90041700	Aluminum Cap Φ 60	1

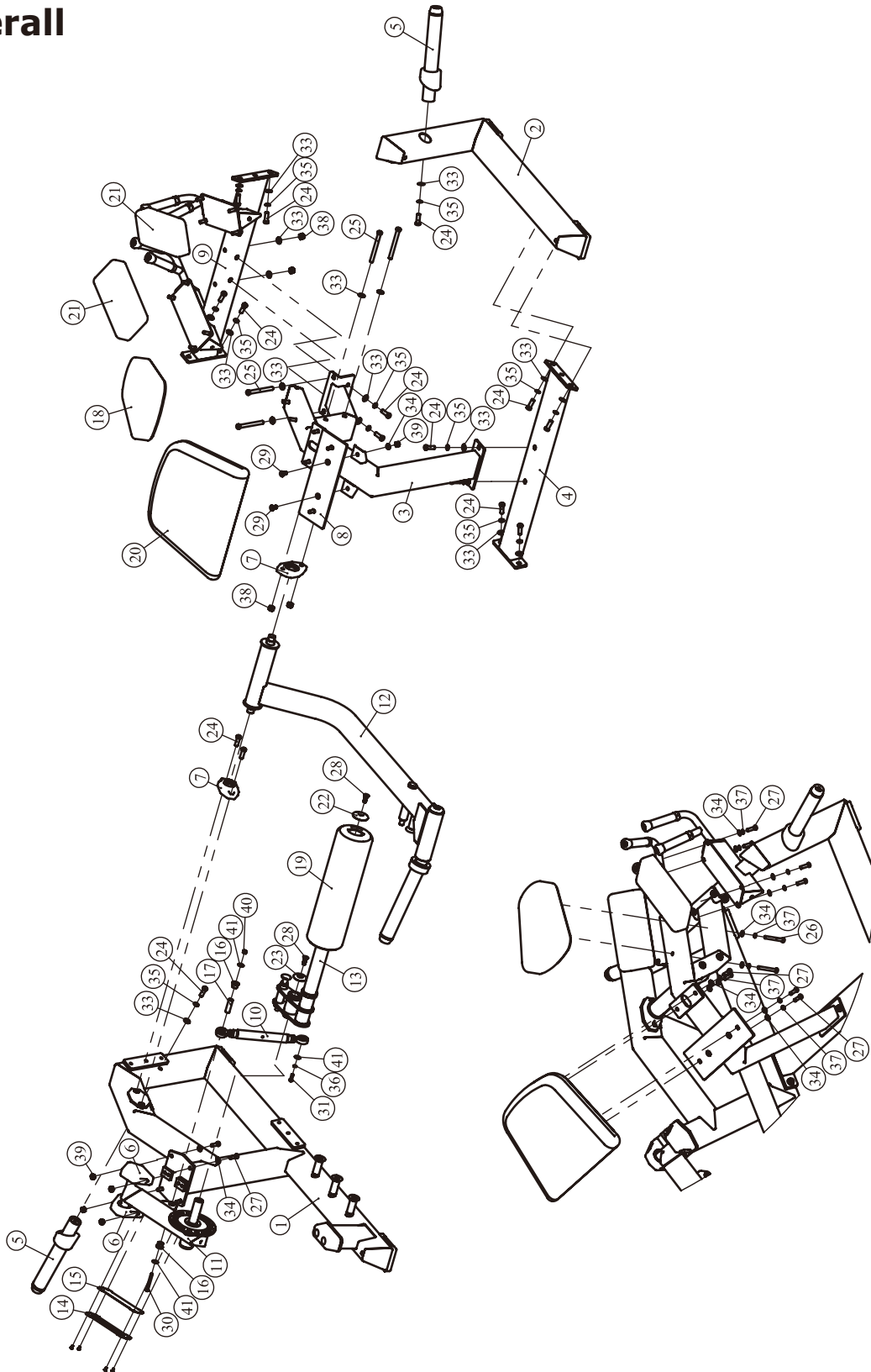
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
23	IN-S51102100	Aluminum Cap Φ 50	1
24	GB70BTM12*35DN18	Socket Head Cap Screw M12*35	16
25	GB70BTM12*125DN18	Socket Head Cap Screw M12*125	4
26	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	2
27	GB70BTM10*35DN18	Socket Head Cap Screw M10*35	16
28	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	2
29	CNLM10*25DS20	Flat Head Cap Screw M10*25	2
30	PNLM8*70DN20	Button Head Cap Screw M8*70	1
31	PNLM8*25DN20	Button Head Cap Screw M8*25	1
32	PNLM5*10DHS20	Button Head Cap Screw M5*10	4
33	GB9512DN2	Flat Washer Φ 13* Φ 24*2.5	20
34	GB9510DN2	Flat Washer Φ 11* Φ 20*2	20
35	GB9312N19	Spring Washer Φ 12	14
36	GB938N19	Spring Washer Φ 8	1
37	GB9310N19	Spring Washer Φ 10	14
38	NM12DN2	Nylon Lock Nut M12	4
39	NM10DN2	Nylon Lock Nut M10	6
40	NM8DN2	Nylon Lock Nut M8	1
41	DQ8DN2	Flat Washer Φ 9* Φ 22*1.6	3
42	NBS8DHS	Hex Key S=8	1
43	NBS6DHS	Hex Key S=6	1
44	NBS3DHS	Hex Key S=3	1

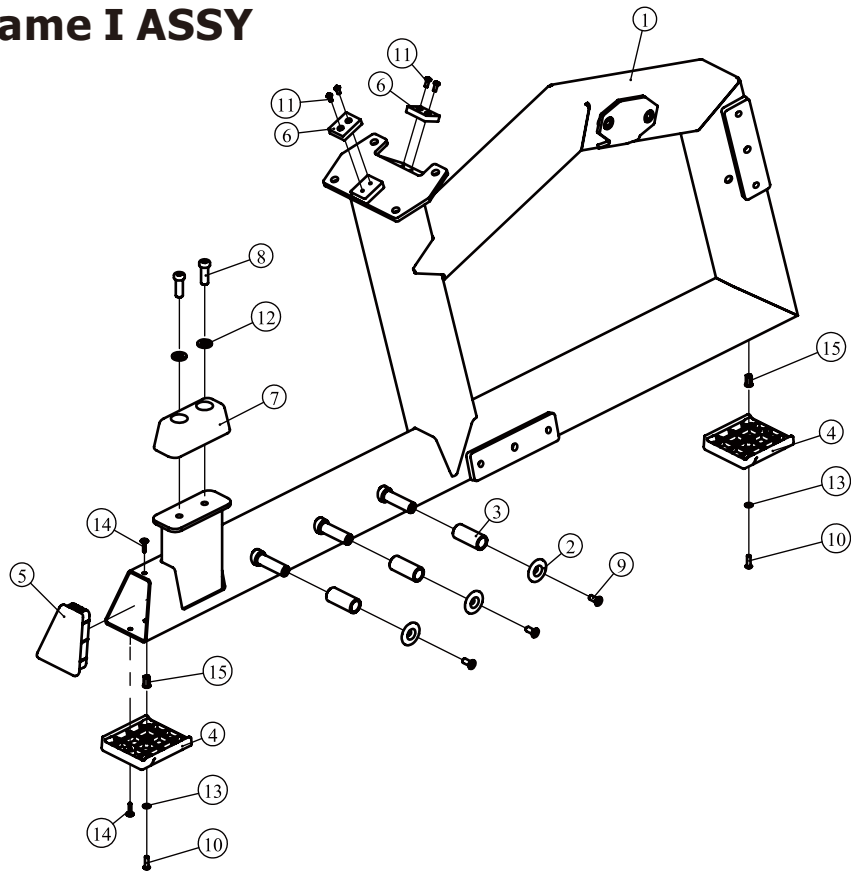
Exploded View and Parts List

Overall



Exploded View and Parts List

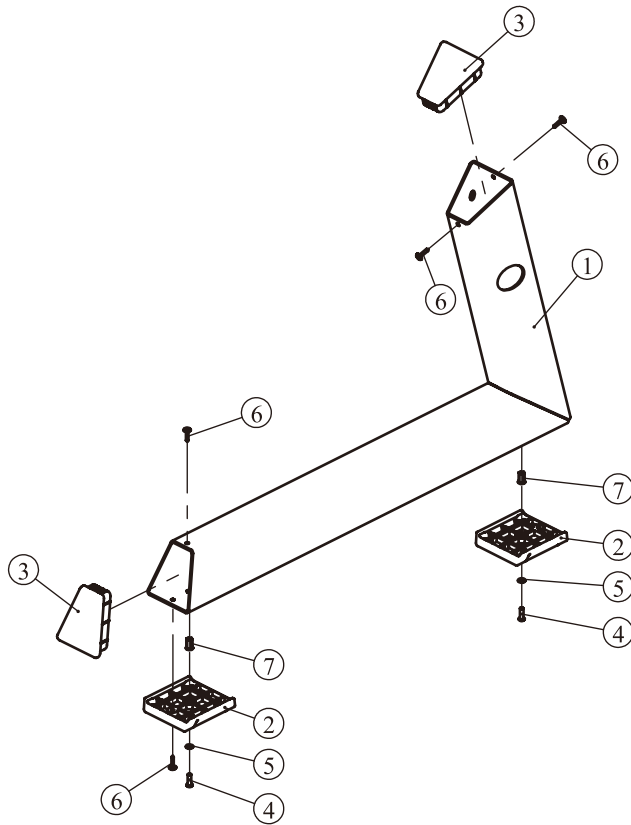
Side Stand Frame I ASSY



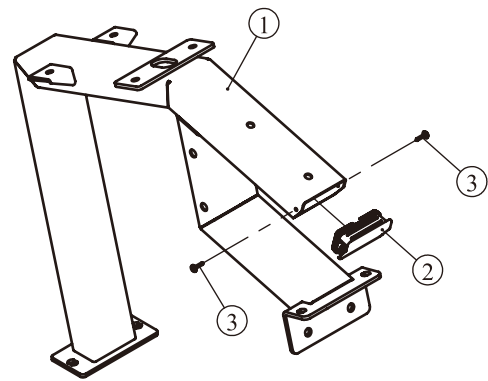
Grade No.	Part No.	Description	QTY
1.1	ECP6040100	Side Stand Frame I	1
1.2	ECP1012400	Aluminum Cap $\Phi 40$	3
1.3	ECP1013000	Rotating Sleeve	3
1.4	ECP2013400	Rubber Foot	2
1.5	ECP2013500	Slanted Plug	1
1.6	IT4005000	Rubber Bumper	2
1.7	PL380800	Safety Bumper	1
1.8	GB70BTM12*35DN18NL	Socket Head Cap Screw M12*35	2
1.9	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
1.10	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
1.11	GB818M5*12DHS2	Cross Recessed Pan Head Screws M5*12	4
1.12	GB9512DN2	Flat Washer $\Phi 13*\Phi 24*2.5$	2
1.13	GB956DHS2	Flat Washer $\Phi 6.6*\Phi 12*1.6$	2
1.14	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	2
1.15	GB17880.5M6*16.5DHS17	Rivet Nut M6	2

Exploded View and Parts List

Side Stand Frame II ASSY



Main Frame ASSY



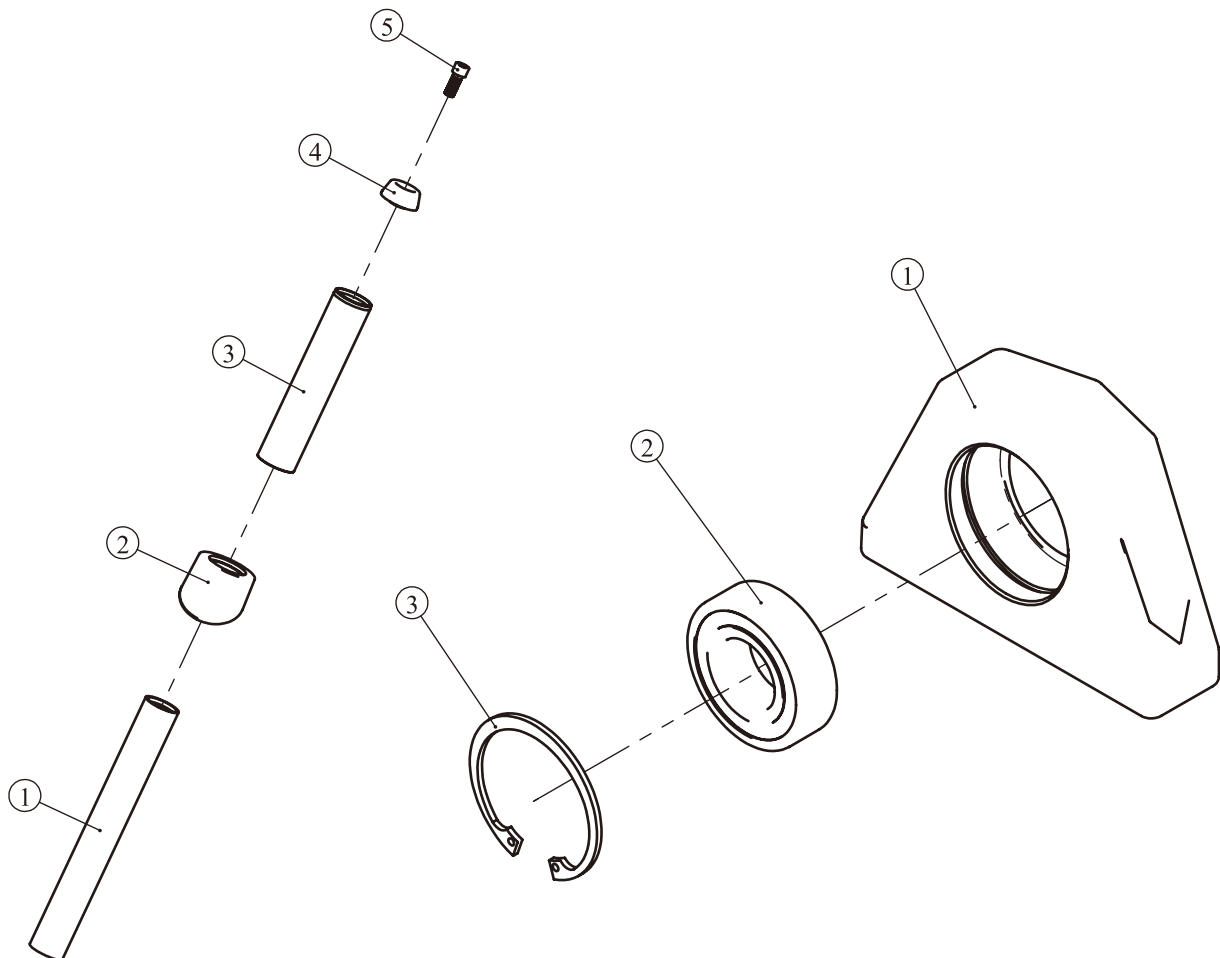
Grade No.	Part No.	Description	QTY
2.1	ECP6040200	Side Stand Frame II	1
2.2	ECP2013400	Rubber Foot	2
2.3	ECP2013500	Slanted Plug	2
2.4	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
2.5	GB956DHS2	Flat Washer $\Phi 6.6 * \Phi 12 * 1.6$	2
2.6	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	4
2.7	GB17880.5M6*16.5DS17	Rivet Nut M6	2

Grade No.	Part No.	Description	QTY
3.1	ECP6040300	Main Frame	1
3.2	ECP2014500	End Cap	1
3.3	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	2

Exploded View and Parts List

Barbell Storage Frame ASSY

Set-Contained Bearing

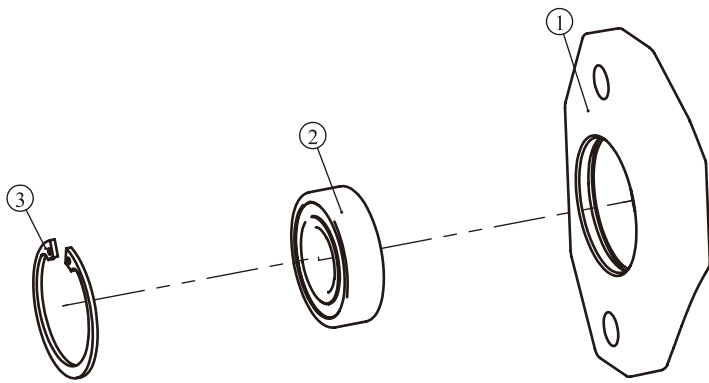


Grade No.	Part No.	Description	QTY
5.1	ECP2011800	Barbell Storage Frame	1
5.2	ECP2013800	Slanted Rubber Bumper	1
5.3	HZ70022000V1	Short Barbell Casing	1
5.4	SL70012000	Plastic Cap	1
5.5	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1

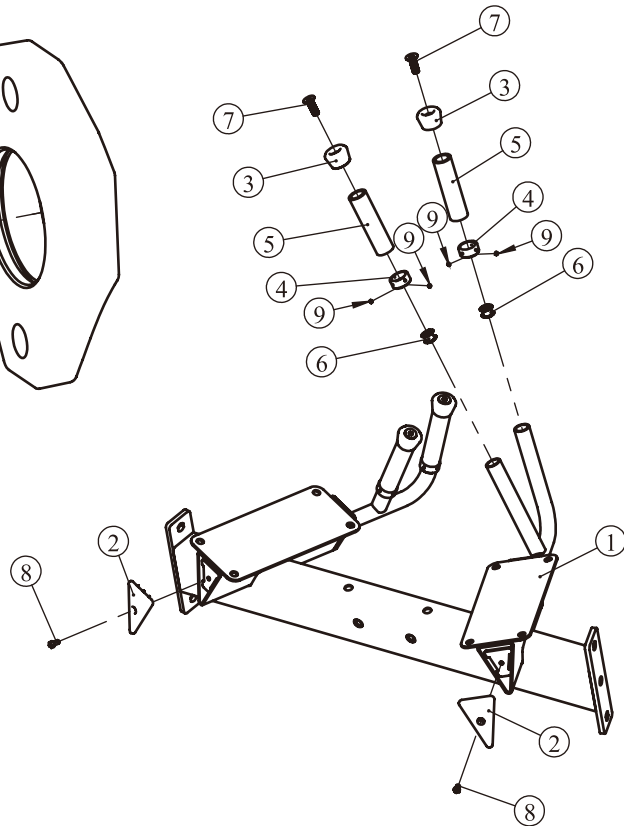
Grade No.	Part No.	Description	QTY
6.1	ECP2012100	Bearing Seat	1
6.2	GB2766205-2ZC3	Bearing 6205-2ZC3	1
6.3	GB893.152FH12	Hole Retaining Ring $\Phi 52$	1

Exploded View and Parts List

Rhomboid Set-Contained Bearing



Front Connecting Frame ASSY

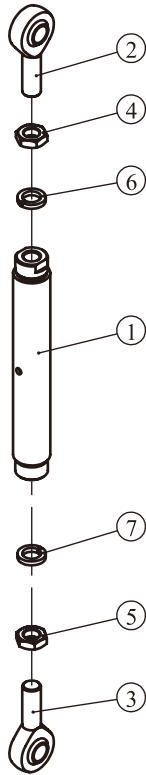


Grade No.	Part No.	Description	QTY
7.1	ECP3062800	Bearing Seat	1
7.2	GB2766205-2ZC3	Bearing 6205-2ZC3	1
7.3	GB893.152FH12	Hole Retaining Ring $\Phi 52$	1

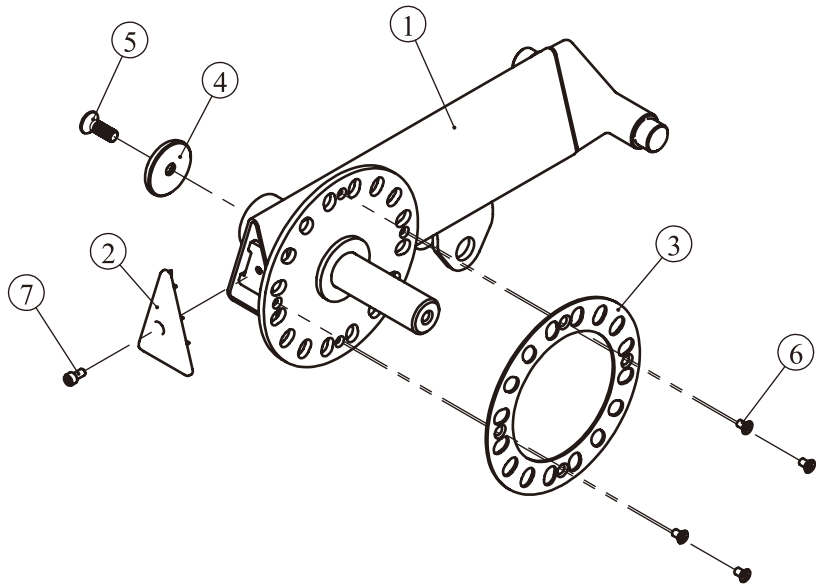
Grade No.	Part No.	Description	QTY
9.1	ECP6040500	Front Connecting Frame	1
9.2	ECP3013100	Triangle Plug	2
9.3	ECP6174500	Aluminum Grip Cap	4
9.4	VST600-PL232600V1	Aluminum Grip Ring	4
9.5	026-01PL0206-5	Grip ST $\Phi 31*\Phi 24*110$	4
9.6	IF81165000	Lock Nut $\Phi 25*2.5*21.6*M10$	4
9.7	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	4
9.8	GB70M6*12DHS2	Button Head Cap Screw M6*12	2
9.9	YZGB7710-32*3.2N19	Socket Set Screw 10-32*3.2	8

Exploded View and Parts List

Connecting Rod Frame ASSY



Adjusting Frame ASSY

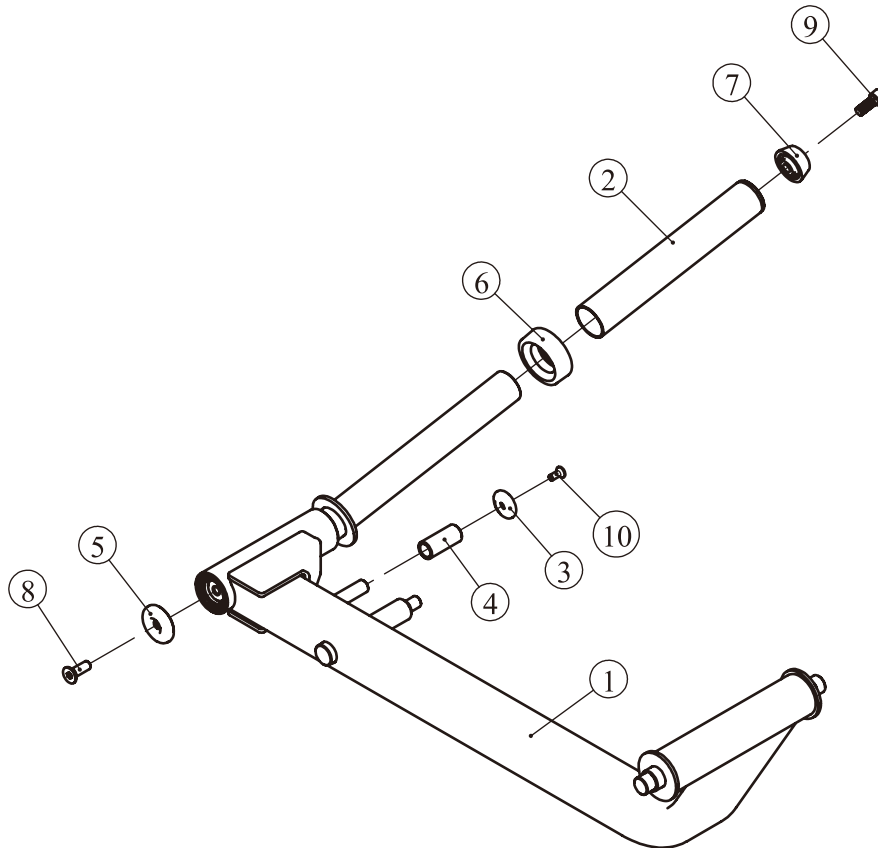


Grade No.	Part No.	Description	QTY
10.1	ECP6040600	Short Connecting Rod Frame	1
10.2	SAL16	Oscillating Bearing(LH)	1
10.3	SA16	Oscillating Bearing	1
10.4	GB6172.1LM16DS2	Hex Nut M16(LH)	1
10.5	GB6172.1M16DS2	Hex Nut M16	1
10.6	GB93L16DS12	Spring Washer Φ 16(LH)	1
10.7	GB9316DS12	Spring Washer Φ 16	1

Grade No.	Part No.	Description	QTY
11.1	ECP6040700	Adjusting Frame	1
11.2	ECP3013100	Triangle Plug	1
11.3	IF93051500	Wear Plate	1
11.4	IN-S51102100	Aluminum Cap Φ 50	1
11.5	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	1
11.6	GB819M6*10N19	Philips Countersunk Screw M6*10	4
11.7	GB70M6*12DHS2	Button Head Cap Screw M6*12	1

Exploded View and Parts List

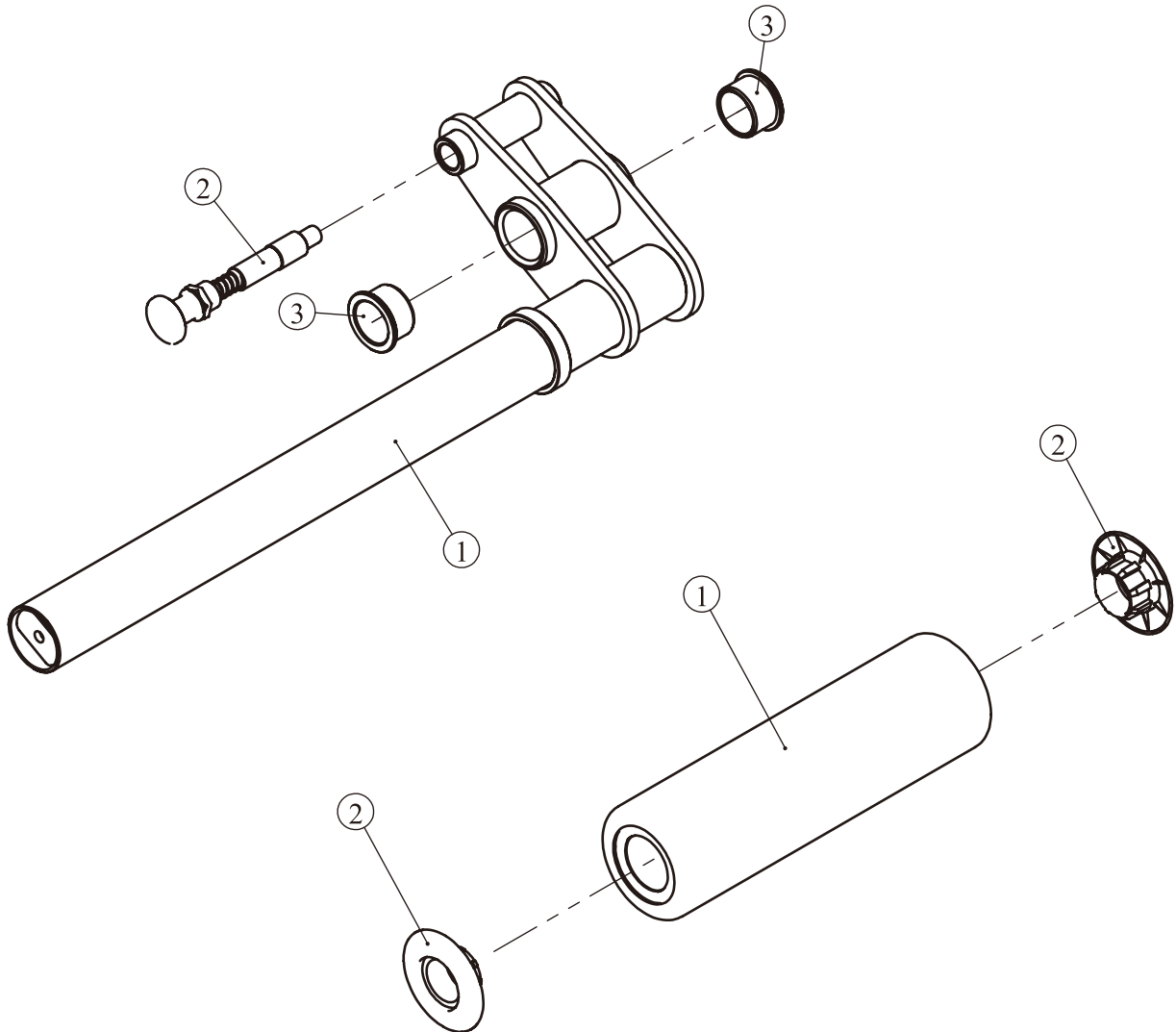
Swing Frame ASSY



Grade No.	Part No.	Description	QTY
12.1	ECP6040800	Swing Frame	1
12.2	ECP6042100	Barbell Casing	1
12.3	ECP1012400	Aluminum Cap $\Phi 40$	1
12.4	ECP1013000	Rotating Sleeve	1
12.5	SL70011700	Aluminum Cap $\Phi 54$	1
12.6	PL1301600	Rubber Bumper	1
12.7	SL70012000	Plastic Cap	1
12.8	CNLM12*35DS20NL	Flat Head Cap Screw M12*35	1
12.9	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1
12.10	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1

Exploded View and Parts List

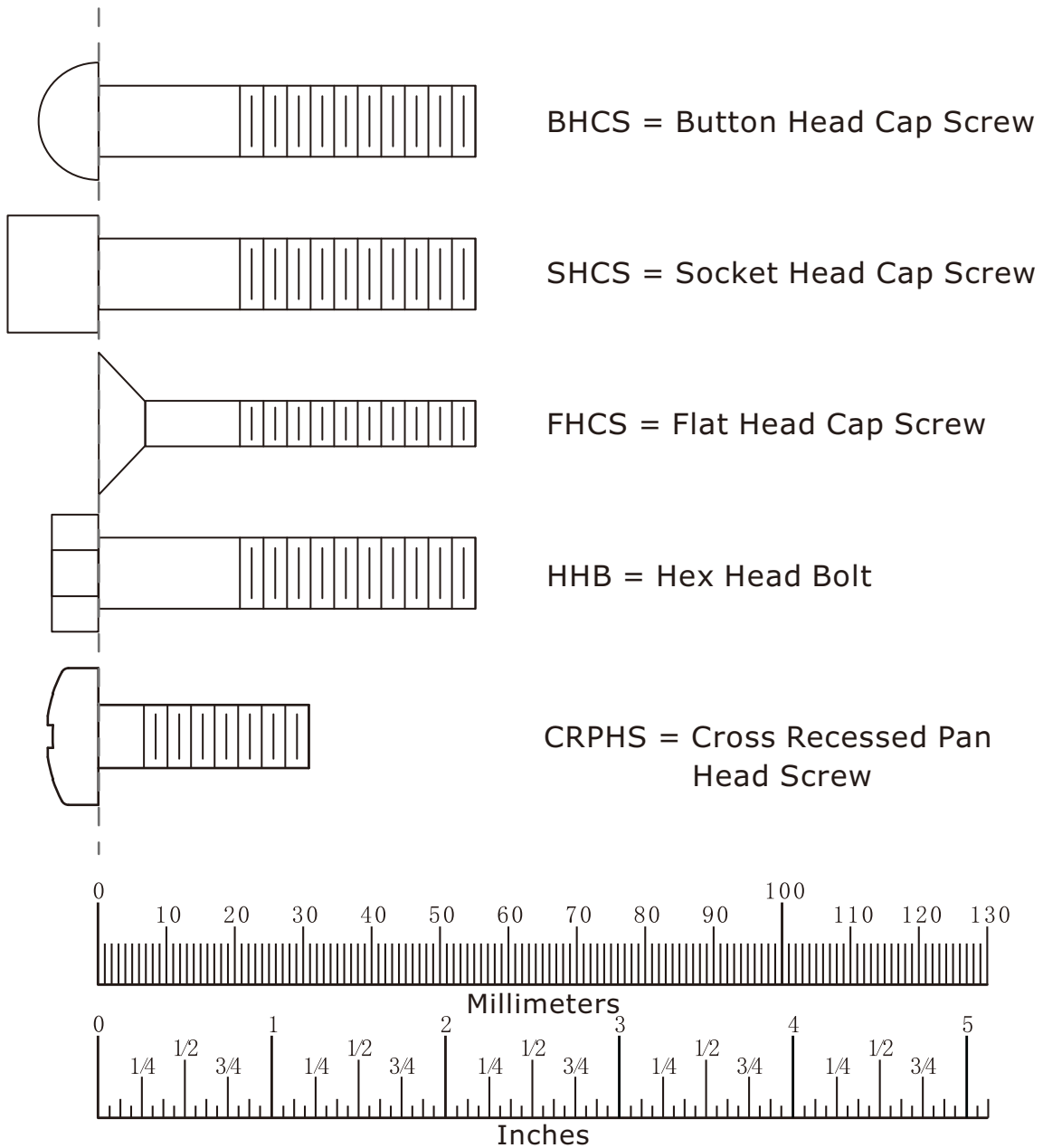
FOAM Frame ASSY



Grade No.	Part No.	Description	QTY
13.1	ECP6040900	FOAM Frame	1
13.2	ECP60410ASSY	Pin ASSY	1
13.3	CWS134005-101	Spacer $\Phi 45 * \Phi 38 * \Phi 32 * 24$	2

Grade No.	Part No.	Description	QTY
19.1	IE95052800V3	FOAM	1
19.2	IE95054500	FOAM Collar	2

Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

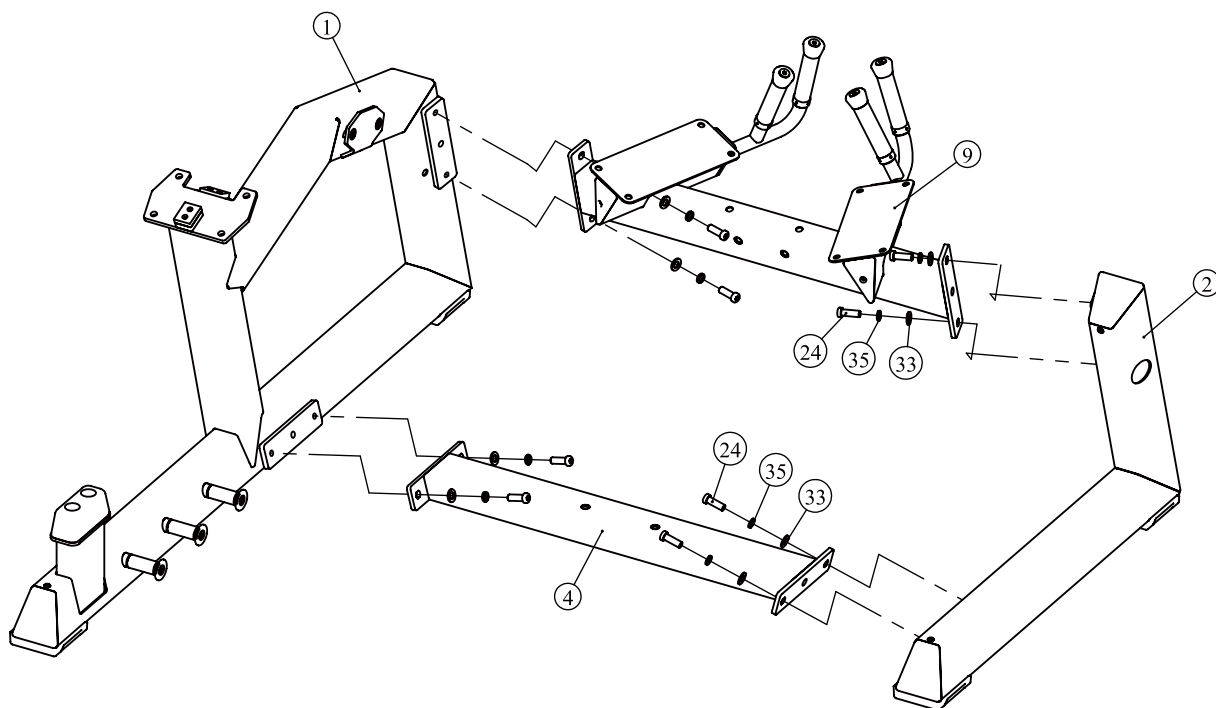
STEP 1

Attach the Bottom Cross Frame ASSY (#4) and the Front Connecting Frame ASSY (#9) to the Side Stand Frame I ASSY (#1) and the Side Stand Frame II ASSY (#2) using:

eight M12*35 SHCS (#24)

eight $\Phi 13*\Phi 24*2.5$ Flat Washer (#33)

eight Spring Washer $\Phi 12$ (#35)

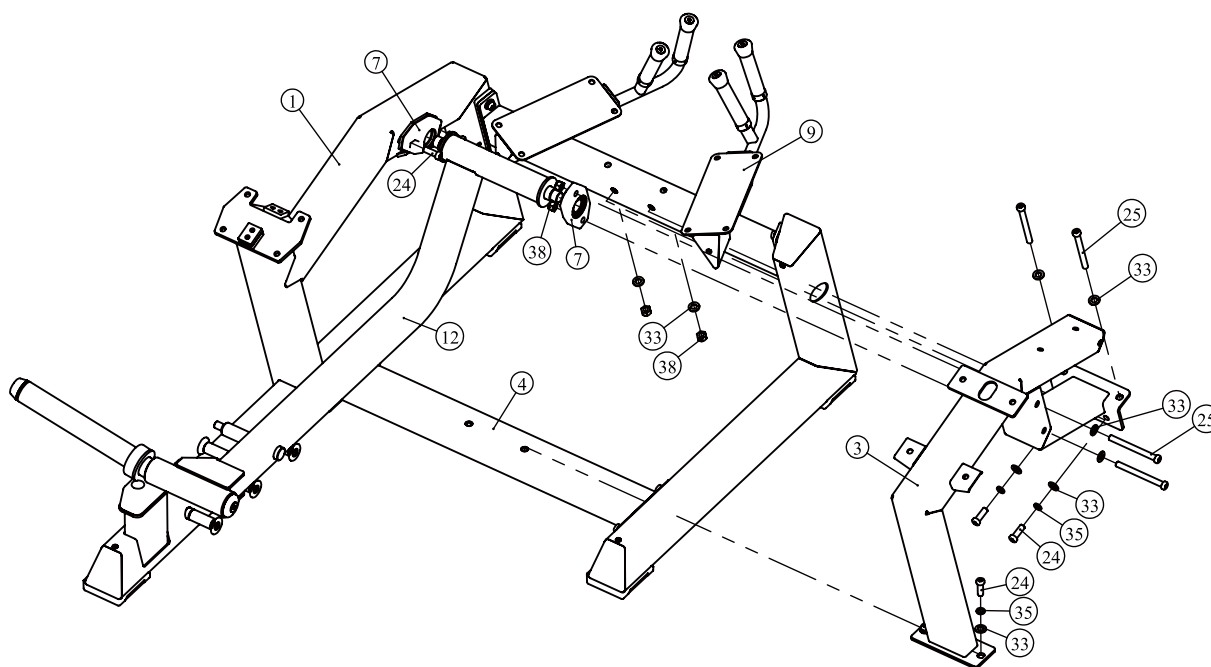


Assembly

STEP 2

1. Attach the Main Frame ASSY (#3) to the Bottom Cross Frame ASSY (#4) and the Front Connecting Frame ASSY (#9) using:
 - four M12*35 SHCS (#24)
 - two M12*125 SHCS (#25)
 - eight $\Phi 13*\Phi 24*2.5$ Flat Washer (#33)
 - four Spring Washer $\Phi 12$ (#35)
 - two M12 Nylon Lock Nut (#38)
2. Attach the Swing Frame ASSY (#12) and two Rhomboid Set-Contained Bearing (#7) to Side Stand Frame I ASSY (#1) and the Main Frame ASSY (#3) using:
 - two M12*35 SHCS (#24)
 - two M12*125 SHCS (#25)
 - two $\Phi 13*\Phi 24*2.5$ Flat Washer (#33)
 - two M12 Nylon Lock Nut (#38)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

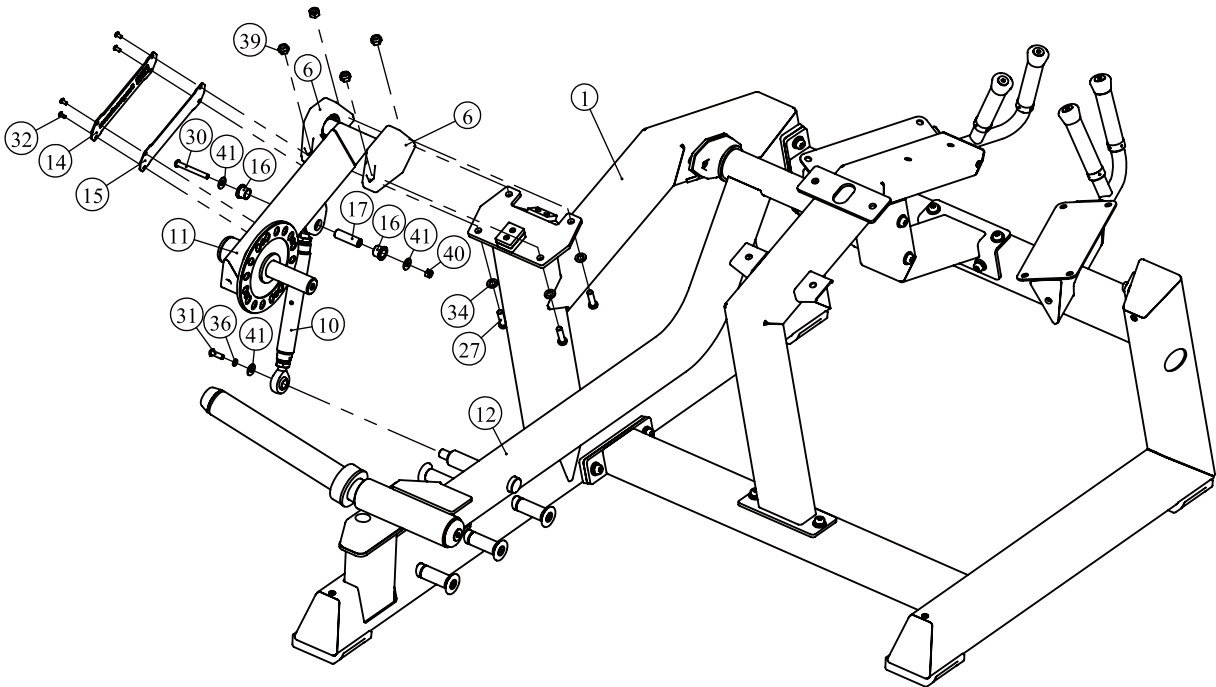


Assembly

STEP 3

1. Attach the LOGO Plate (#14) and the LOGO Inner Plate (#15) to the Adjusting Frame ASSY (#11) using:
four M5*10 BHCS (#32)
2. Attach the Adjusting Frame ASSY (#11) and two Set-Contained Bearing (#6) to the Side Stand Frame I ASSY (#1) using:
four M10*35 SHCS (#27)
four $\Phi 11*\Phi 20*2$ Flat Washer (#34)
four M10 Nylon Lock Nut (#39)
3. Attach the Connecting Rod Frame ASSY (#10) to the Adjusting Frame ASSY (#11) and the Swing Frame ASSY (#12) using:
one M8*25 BHCS (#31)
one M8*70 BHCS (#30)
two Step Cover (#16)
one Short Shaft $\Phi 16*54$ (#17)
three $\Phi 9*\Phi 22*1.6$ Flat Washer (#41)
one Spring Washer $\Phi 8$ (#36)
one M8 Nylon Lock Nut (#40)

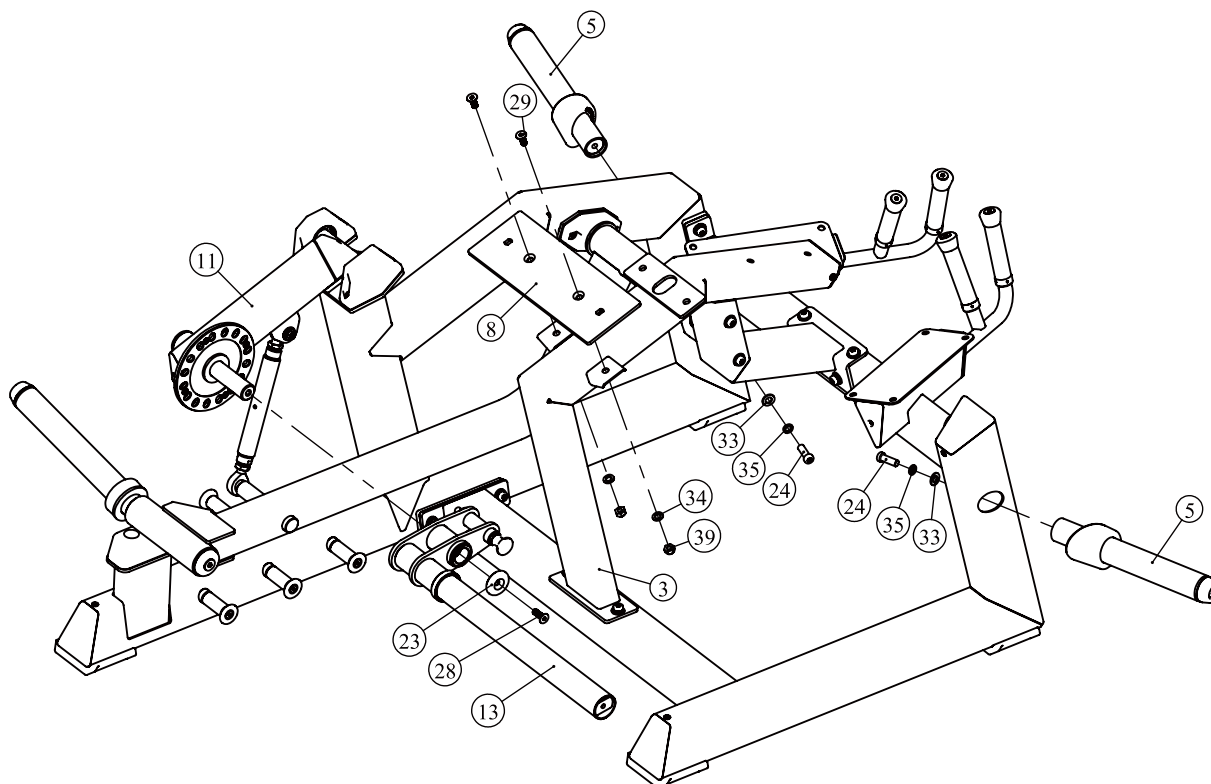
Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 4

1. Attach two Barbell Storage Frame ASSY (#5) to the Side Stand Frame I ASSY (#1) and the Side Stand Frame II ASSY (#2) using:
 - two M12*35 SHCS (#24)
 - two $\Phi 13*\Phi 24*2.5$ Flat Washer (#33)
 - two Spring Washer $\Phi 12$ (#35)
2. Attach the Pad Fixing Plate (#8) to the Main Frame ASSY (#3) using:
 - two M10*25 FHCS (#29)
 - two $\Phi 11*\Phi 20*2$ Flat Washer (#34)
 - two M10 Nylon Lock Nut (#39)
3. Attach the FOAM Frame ASSY (#13) to the Adjusting Frame ASSY (#11) using:
 - one M10*30 FHCS (#28)
 - one Aluminum Cap $\Phi 50$ (#23)



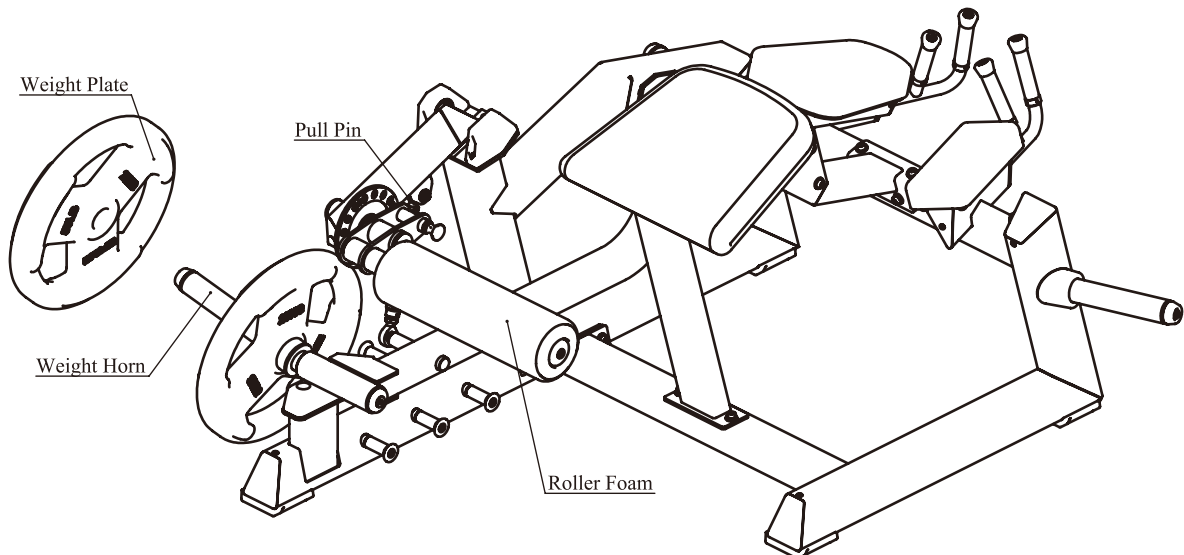
Adjust Instructions and Exercise Instructions

Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than $\Phi 50\text{mm}$ and external diameter is less than $\Phi 450\text{mm}$.
2. The total weight can not be greater than 150kg.
3. This equipment does not contains Weight Plates.

Adjust & Exercise Instruction

1. Select an appropriate weight or hang a pair of resistance bands on the weight horn.
2. Pull the Pull Pin and adjust the Roller Foam to the desired position.
3. Hook both feet under the Roller Foam and curled legs.
4. Pause slightly then slowly return to the starting position.



Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

