

# SEATED CALF RAISE

## Owner's Manual



### CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

## Table of Contents

Important Safety Guidelines for Owners .....	01
Assembly Instructions .....	02
Assembly Guide .....	03

## Important Safety Guidelines for Owners

Follow these guidelines to maintain proper working condition of the equipment:

**Important:** *Do not modify the equipment or any of its parts, or permanently remove any part from the equipment. Do not use accessory attachments that are not recommended by ours as such attachments might cause injuries.*

- Qualified technicians must perform all regular maintenance.
- Make sure that trainers, facility personnel, and maintenance technicians understand how to use the equipment, know important safety guidelines, and can recognize potential problems such as a worn cable or cracked weld.
- Strength training requires a significant focus by the facility and its staff to maintain the quality of the fitness environment. If possible, the facility should provide direct supervision of the fitness equipment at all times by people knowledgeable about the safe operation of the equipment and trained to recognize potential problems.
- Make sure the equipment is stable and placed on a solid, level surface. The equipment is designed to be freestanding; however, equipment can be bolted to the floor for extra stability. Consult a qualified general contractor for proper fastening methods.
- Make sure that the equipment is installed with enough free space for safe operation. With most equipment, the general rule is to allow about a 4-foot (1.2-meter) circle of space from the user's center. For Functional Training equipment, make sure that the operating space is large enough to allow the cables to be fully extended in all possible directions.
- Check the equipment thoroughly based on the recommended inspection schedules outlined in this manual, including daily, weekly, monthly and annual checks.
- Place an "out-of-order" sign on the equipment during maintenance of the equipment or the surrounding area. Users should never be allowed to operate the equipment until it has been inspected and works properly. If a piece of equipment needs service, keep it out of use until repaired.
- Whenever a weight can drop and hit a user, such as with an Olympic bench, We highly recommends that a helper or spotter be used.
- Do not place the equipment outdoors or on wet surfaces.

## Assembly Instructions

Assembly of the *machine* takes about 120 minutes to complete. If this is the first time you have assembled this type of equipment, plan on allowing more time.

*Be careful to open boxes and assemble components in the sequence presented in this manual.*

**Note:** With so many assembled parts, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments.

### Open the Box

Use wire cutters to open the box and remove the packing materials.

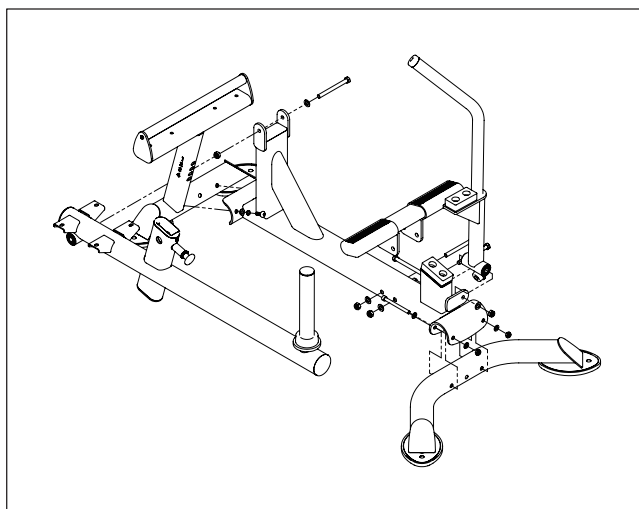
The illustration shows how the machine will look when you have completed its assembly. The callouts identify specific pieces.



## Assembly Guide

### Step 1

Position the movement arm to the base support frame.



### Step 2

Position leg pad and seat to the frame and position the handle on it .

