

Body-Solid LVLC

Body-Solid LVLC Leverage Leg Curl Machine User Manual

Model: LVLC | Brand: Body-Solid

1. INTRODUCTION

The Body-Solid ProClubLine Leverage Leg Curl Machine (LVLC) is engineered to provide focused and intense leg workouts, prioritizing user comfort and safety. Its unique V-bench design is specifically crafted to isolate hamstrings, while simultaneously minimizing stress on the back and reducing unwanted knee forces. The direct link movement arm and sealed bearing pivot points ensure a smooth and consistent range of motion throughout your workout, contributing to an uninterrupted exercise experience.

Constructed with an 11-gauge high-tensile strength steel mainframe and featuring durable double-stitched upholstery, this machine is built for rigorous use in both home and commercial gym environments. Integrated side handles offer enhanced stability and control during exercises, and fully adjustable foot rollers accommodate users of various sizes. For convenience, weight plate holders are incorporated into the machine's design, allowing for easy storage of plates (sold separately).

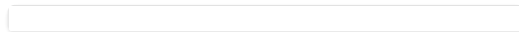


Figure 1: The Body-Solid LVLC Leverage Leg Curl Machine.

2. SAFETY INFORMATION

Before operating this equipment, please read and understand all instructions and warnings. Failure to do so may result in serious injury.

- Consult a physician before beginning any exercise program.
- Keep children and pets away from the equipment during use.
- Inspect the machine before each use for loose parts, wear, or damage. Do not use if damaged.
- Ensure all bolts and nuts are securely tightened before and after each use.
- Use proper form and controlled movements during exercises. Do not use excessive weight.
- This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm (Proposition 65 Warning).
- Do not modify the equipment in any way.

3. SETUP

The Body-Solid LVLC Leverage Leg Curl Machine requires assembly. Follow the detailed assembly instructions provided with your product packaging. Ensure all components are present and correctly installed before use. Pay close attention to the part descriptions for nuts and bolts to ensure correct placement and secure tightening.

Space Requirements: When assembled, the machine measures 74 inches (D) x 26 inches (W) x 46 inches (H). Ensure you have adequate space around the machine for safe operation and movement, including room for loading and unloading weight plates.

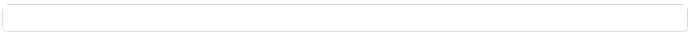


Figure 2: Product dimensions and total weight.

Weight Plates: The machine is designed for use with standard weight plates (not included). Weight plate holders are integrated for convenient storage when not in use.

4. OPERATING INSTRUCTIONS

The LVLC machine is designed for effective hamstring isolation through a prone leg curl exercise.

Performing a Leg Curl:

1. **Positioning:** Lie prone (face down) on the V-bench, ensuring your knees are just off the edge of the bench and aligned with the machine's pivot point. Your torso should be flat against the bench.



Figure 3: V-bench design for hamstring isolation.

2. **Foot Roller Adjustment:** Adjust the foot rollers so they rest comfortably and securely against your lower calves, just above your ankles. The adjustable foot rollers accommodate users of all sizes, ensuring a personalized fit.



Figure 4: Adjustable foot roller accommodates users of all sizes.

3. **Grip:** Grasp the side handles firmly for stability and to maintain proper body alignment throughout the exercise.
4. **Execution:** Exhale and slowly curl your legs upwards, bringing your heels towards your glutes. Focus on contracting your hamstrings. Maintain control and avoid swinging your legs.
5. **Return:** Inhale and slowly lower your legs back to the starting position, maintaining control and resisting the weight. Do not let the weight plates crash down.
6. **Repetitions:** Perform the desired number of repetitions, ensuring smooth and controlled movements.



Figure 5: Proper form for the leg curl exercise.

5. MAINTENANCE

Regular maintenance is crucial for the longevity and safe operation of your Body-Solid LVLC Leverage Leg Curl Machine.

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dust. Use mild soap and water for deeper cleaning, avoiding harsh chemicals that may damage the finish or upholstery.
- **Inspection:** Periodically inspect all nuts, bolts, and moving parts for tightness. Tighten any loose fasteners immediately. Check the upholstery for any tears or excessive wear.
- **Lubrication:** The sealed bearing pivot points are designed for smooth operation and typically do not require lubrication. However, if you notice any squeaking or stiffness in the movement arm, consult a qualified technician or the manufacturer's support for guidance.
- **Storage:** Store the machine in a dry, climate-controlled environment to prevent rust and material degradation.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your leg curl machine.

Problem	Possible Cause	Solution
Machine feels unstable or wobbly	Loose bolts or uneven surface.	Check and tighten all assembly bolts. Ensure the machine is on a flat, level surface.
Movement arm is not smooth or makes noise	Debris in pivot points, loose connections, or worn bearings.	Inspect pivot points for obstructions. Check all connections. If issue persists, contact customer support.
Foot rollers are difficult to adjust	Dirt or friction in the adjustment mechanism.	Clean the adjustment mechanism. Ensure no foreign objects are impeding movement.

If you encounter a problem not listed here or if the suggested solutions do not resolve the issue, please contact Body-Solid customer support for assistance.

7. SPECIFICATIONS

Key specifications for the Body-Solid LVLC Leverage Leg Curl Machine:

- **Model:** LVLC
- **Product Dimensions (Assembled):** 74" (Depth) x 26" (Width) x 46" (Height)
- **Item Weight:** 136 Pounds
- **Frame Material:** 11-gauge High-Tensile Strength Alloy Steel
- **Upholstery Material:** Double-stitched Nylon
- **Color:** Black (Upholstery), Metallic Silver (Frame)
- **Manufacturer:** Body-Solid, Inc.
- **Features:** V-bench design for hamstring isolation, adjustable foot rollers, direct link movement arm, sealed bearing pivot points, integrated weight plate holders.
- **What's in the Box:** Pcl Leverage Leg Curl (main unit and components for assembly)

8. WARRANTY AND SUPPORT

The Body-Solid LVLC Leverage Leg Curl Machine is backed by the Body-Solid Lifetime In-Home Warranty and Full Commercial Warranty. This warranty covers defects in materials and workmanship under normal use and service.

For detailed warranty terms and conditions, or for any product support inquiries, please refer to the warranty documentation included with your purchase or visit the official Body-Solid website. You may also contact customer support through your retailer or the manufacturer's provided contact channels.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question