

Body-Solid GCEC-STK

Body-Solid GCEC-STK Pro Select Leg Extension and Curl Machine User Manual

Comprehensive instructions for safe and effective use, setup, operation, and maintenance.

1. INTRODUCTION

The Body-Solid GCEC-STK Pro Select Leg Extension and Curl Machine is designed to provide a comprehensive lower body workout, targeting quadriceps, hamstrings, and glutes. This versatile machine allows users to perform both leg extension and leg curl exercises from a single, comfortable position. It features a 210 lb weight stack, adjustable components, and durable construction suitable for both home and commercial gym environments.

2. SAFETY INFORMATION

- Read all instructions before assembly and use.
- Consult a physician before starting any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Keep children and pets away from the equipment during operation.
- Use the machine on a level surface.
- Do not exceed the maximum recommended weight for the machine.
- Stop exercising immediately if you feel pain, dizziness, or nausea.

3. SETUP AND ASSEMBLY

The Body-Solid GCEC-STK machine requires assembly. Refer to the separate assembly guide for detailed step-by-step instructions. Once assembled, ensure the machine is placed on a stable, level surface with adequate clearance around it for safe operation. The machine dimensions are approximately 54 inches (L) x 54 inches (W) x 71 inches (H).



Figure 1: The Body-Solid GCEC-STK Pro Select Leg Extension and Curl Machine.

Initial Adjustments

Before beginning your workout, adjust the machine to fit your body comfortably and ensure proper exercise form:

- **Seat Back Adjustment:** The back pad features 7 position adjustments. Adjust the seat back to ensure your knees are properly aligned with the machine's pivot point for both leg extensions and curls.
- **Thigh Restraint/Roller Adjustment:** For leg curls, use the oversized pop pin to adjust the thigh restraint to a comfortable position, securing your upper legs. For leg extensions, position your legs behind the oversized rollers.
- **Weight Selection:** Select the desired weight using the weight stack pin. The machine comes with a 210

lb weight stack.

4. OPERATING INSTRUCTIONS

The GCEC-STK machine allows for two primary exercises: Leg Extensions and Leg Curls.

4.1 Leg Extension Exercise (Targets Quadriceps)

1. Sit on the machine with your back firmly against the back pad.
2. Position your legs behind the oversized rollers, ensuring the rollers rest comfortably on your shins, just above your ankles.
3. Firmly grip the handles located on the sides of the seat for stability.
4. Extend your legs forward and upward, contracting your quadriceps. Ensure a controlled movement, avoiding jerking motions.
5. Slowly lower the weight back to the starting position, maintaining control throughout the movement.



Figure 2: User performing a leg extension exercise.

4.2 Leg Curl Exercise (Targets Hamstrings and Glutes)

1. Adjust the thigh restraint by pulling the oversized pop pin and positioning it comfortably over your thighs to secure your upper legs.
2. Sit down and wrap your legs over the 8-inch foam rollers, ensuring they rest on your Achilles tendons.
3. Firmly grip the handles for stability.
4. Press down with your legs, curling them towards your glutes, contracting your hamstrings.
5. Slowly return your legs to the starting position, controlling the weight.



Figure 3: User performing a leg curl exercise.

4.3 Instructional Video

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Video 1: Official demonstration of the Body-Solid GCEC-STK Pro Select Leg Extension and Leg Curl Machine in use, showcasing proper form for both exercises.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Body-Solid GCEC-STK machine.

- **Cleaning:** Wipe down the machine, especially the pads and handles, with a damp cloth after each use to

remove sweat and dirt. Use mild soap and water if necessary, avoiding harsh chemicals.

- **Inspection:** Periodically inspect all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners. Check cables and pulleys for fraying or damage.
- **Lubrication:** Apply a silicone-based lubricant to guide rods and pivot points as needed to ensure smooth operation. Do not over-lubricate.
- **Storage:** Store the machine in a dry, climate-controlled environment to prevent rust and material degradation.

6. TROUBLESHOOTING

If you encounter issues with your machine, refer to the following common troubleshooting tips:

- **Squeaking or Grinding Noises:** Check for loose bolts or components. Lubricate moving parts as described in the maintenance section. Inspect cables and pulleys for proper alignment and wear.
- **Resistance Issues:** Ensure the weight stack pin is fully inserted into the desired weight plate. Check for any obstructions in the cable path or issues with the weight stack mechanism.
- **Unstable Machine:** Verify that the machine is placed on a level surface. Check all frame bolts and connections for tightness.
- **Difficulty Adjusting Components:** Ensure adjustment pins are fully disengaged before attempting to move components. Clean and lubricate adjustment mechanisms if they are stiff.

For persistent issues or problems not covered here, contact customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	Body-Solid
Model Name	GCEC-STK
Product Dimensions (LxWxH)	54" x 54" x 71"
Item Weight (Machine)	412 lbs
Package Weight	415 lbs
Maximum Weight Stack	210 lbs (upgradable to 310 lbs)
Tension Level	4650 lb (Cable Rating)
Handle Type	Fixed
Material	Steel, Durafirm Pads
Suggested Users	Unisex-adult
UPC	638448008885

8. WARRANTY INFORMATION

The Body-Solid GCEC-STK Pro Select Leg Extension and Curl Machine comes with a**Limited Lifetime**


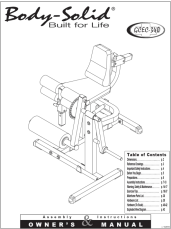
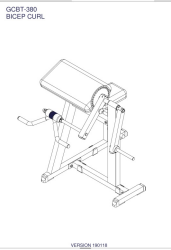
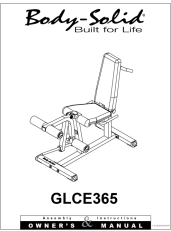
Warranty. For specific details regarding coverage, terms, and conditions, please refer to the official warranty documentation provided with your product or contact Body-Solid customer service.

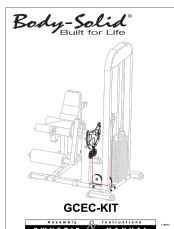
9. CUSTOMER SUPPORT

For further assistance, parts, or service inquiries, please contact Body-Solid customer support through their official website or the contact information provided in your product packaging. When contacting support, please have your model number (GCEC-STK) and proof of purchase readily available.

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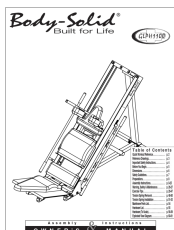
Related Documents - GCEC-STK

	<p>Body-Solid GCEC-KIT Assembly and Owner's Manual</p> <p>Comprehensive assembly instructions, safety guidelines, and maintenance schedule for the Body-Solid GCEC-KIT strength training machine. Learn how to properly set up and maintain your equipment for optimal performance and safety.</p>
	<p>Body-Solid GCEC-340 Owner's Manual and Assembly Guide</p> <p>Comprehensive owner's manual and assembly guide for the Body-Solid GCEC-340 leg extension and curl machine, detailing assembly, safety, maintenance, and usage tips.</p>
	<p>Body-Solid GCBT-380 Bicep Curl Assembly Manual</p> <p>Comprehensive assembly and owner's manual for the Body-Solid GCBT-380 Bicep Curl machine, including safety instructions, parts lists, and step-by-step assembly guides.</p>
	<p>Body-Solid GLCE365 Leg Extension Curl Machine Owner's Manual and Assembly Instructions</p> <p>This document provides comprehensive assembly instructions, safety guidelines, and maintenance information for the Body-Solid GLCE365 Leg Extension Curl Machine. It includes a detailed parts list, hardware illustrations, and step-by-step assembly procedures to ensure proper setup and use.</p>



[Body-Solid GCEC-KIT Owner's Manual & Assembly Instructions](#)

Comprehensive owner's manual and assembly instructions for the Body-Solid GCEC-KIT strength training machine. Includes safety guidelines, preparation steps, detailed assembly instructions with hardware lists, and maintenance information.



[Body-Solid GLPH1100 Owner's Manual and Assembly Guide](#)

Comprehensive guide for the Body-Solid GLPH1100 Leg Press and Hack Squat machine, featuring detailed assembly instructions, safety guidelines, maintenance tips, and parts lists. Learn how to safely set up, operate, and maintain your GLPH1100.