

leikefitness 8300

leikefitness Deluxe Multi-Function Sissy Squat Bench User Manual

Model: 8300

1. INTRODUCTION

Thank you for choosing the leikefitness Deluxe Multi-Function Sissy Squat Bench. This versatile home gym workout station is designed to enhance your leg and core strength through various exercises, including sissy squats, back extensions, and sit-ups. Please read this manual thoroughly before assembly and use to ensure safe and effective operation.

2. IMPORTANT SAFETY INFORMATION

Before using this equipment, consult with a physician. Always follow these safety precautions:

- Ensure all parts are securely assembled before each use.
- Place the machine on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Wear appropriate athletic footwear and clothing.

3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- Main Frame Assembly
- Back Cushion
- Foot Holder Rollers
- Adjustment Knobs/Pins
- User Manual (this document)

4. SETUP AND ASSEMBLY

The leikefitness Sissy Squat Bench requires minimal assembly. Follow these steps:

1. **Unpack the Machine:** Carefully remove all components from the packaging.
2. **Unfold the Frame:** Extend the main frame until it locks into position.
3. **Attach Cushions and Rollers:** Secure the back cushion and foot holder rollers using the provided pins or knobs. Ensure they are firmly attached.
4. **Adjust for Use:** Adjust the height of the back cushion and the position of the foot holder to suit your body size and the exercise you intend to perform. Refer to the "Adjustable Design" image for guidance.

For Sissy Squats



For Back Extension

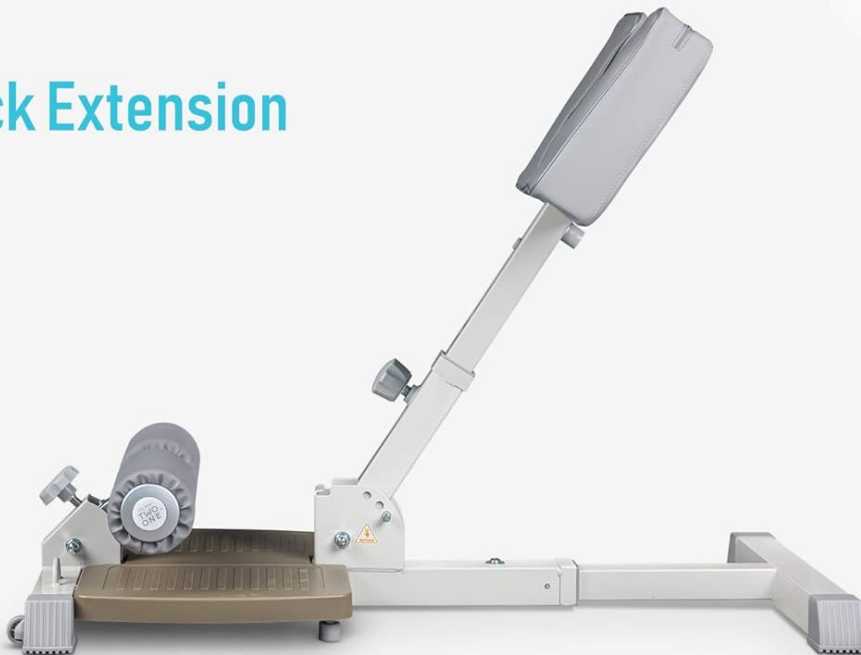


Figure 4.1: Adjustable Design. This image illustrates the adjustable height of the back cushion, the adjustable angle of the back support, and the adjustable padded foot holder, allowing customization for various body types and exercises.

5. OPERATING INSTRUCTIONS

This multi-functional station supports various exercises. Always ensure proper form to prevent injury.

5.1 Sissy Squats

Sissy squats target the quadriceps and glutes. Adjust the foot holder to secure your feet and the back cushion to support your calves.

1. Stand on the footplate, securing your feet under the foot holder.
2. Lean back, allowing your knees to bend forward while keeping your torso and hips in a straight line.
3. Lower yourself until your thighs are parallel to the floor or as deep as comfortable.
4. Push back up to the starting position, engaging your quadriceps.



Figure 5.1: Sissy Squat Exercise. This image demonstrates the correct posture for performing sissy squats, highlighting the adjustable angle feature of the back support (90°, 72°, 58°).



EASY TO FOLD & EASY TO STORE



Figure 5.2: Sissy Squat Configuration. This image shows the machine set up specifically for sissy squats, with the back support in an upright position.

5.2 Back Extensions (Hyperextensions)

Back extensions strengthen the lower back and hamstrings. Adjust the back cushion to support your hips, allowing your upper body to hinge freely.

1. Position your hips over the back cushion, securing your feet under the foot holder.
2. Keep your back straight and slowly lower your upper body towards the floor.
3. Engage your lower back and glutes to raise your torso back to the starting position.



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Figure 5.3: Back Extension Configuration. This image shows the machine adjusted for back extensions, with the back support angled downwards.

5.3 Other Exercises (Sit-ups, Push-ups, Lunges)

The machine can also be used for other bodyweight exercises. For sit-ups, secure your feet and use the back cushion for support. For push-ups, the base can provide an elevated platform. For lunges, use the foot holder to stabilize one foot.



Figure 5.4: Multi-Exercise Capabilities. This image displays the versatility of the machine, illustrating sissy squats, lunges, back extensions, and band squats.

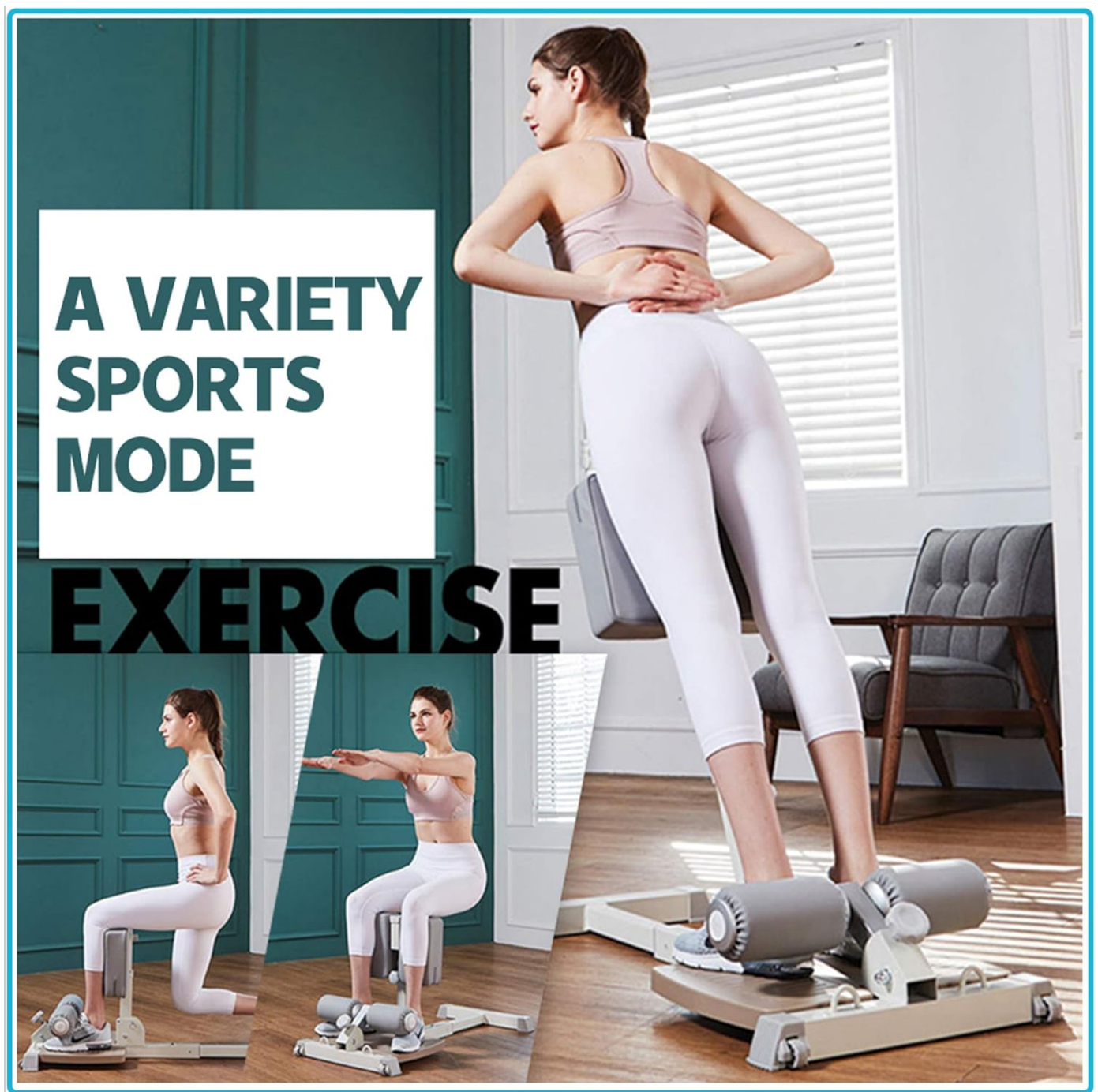


Figure 5.5: Variety of Sports Modes. This image showcases different exercise modes possible with the machine, such as sissy squats, lunges, and back extensions.

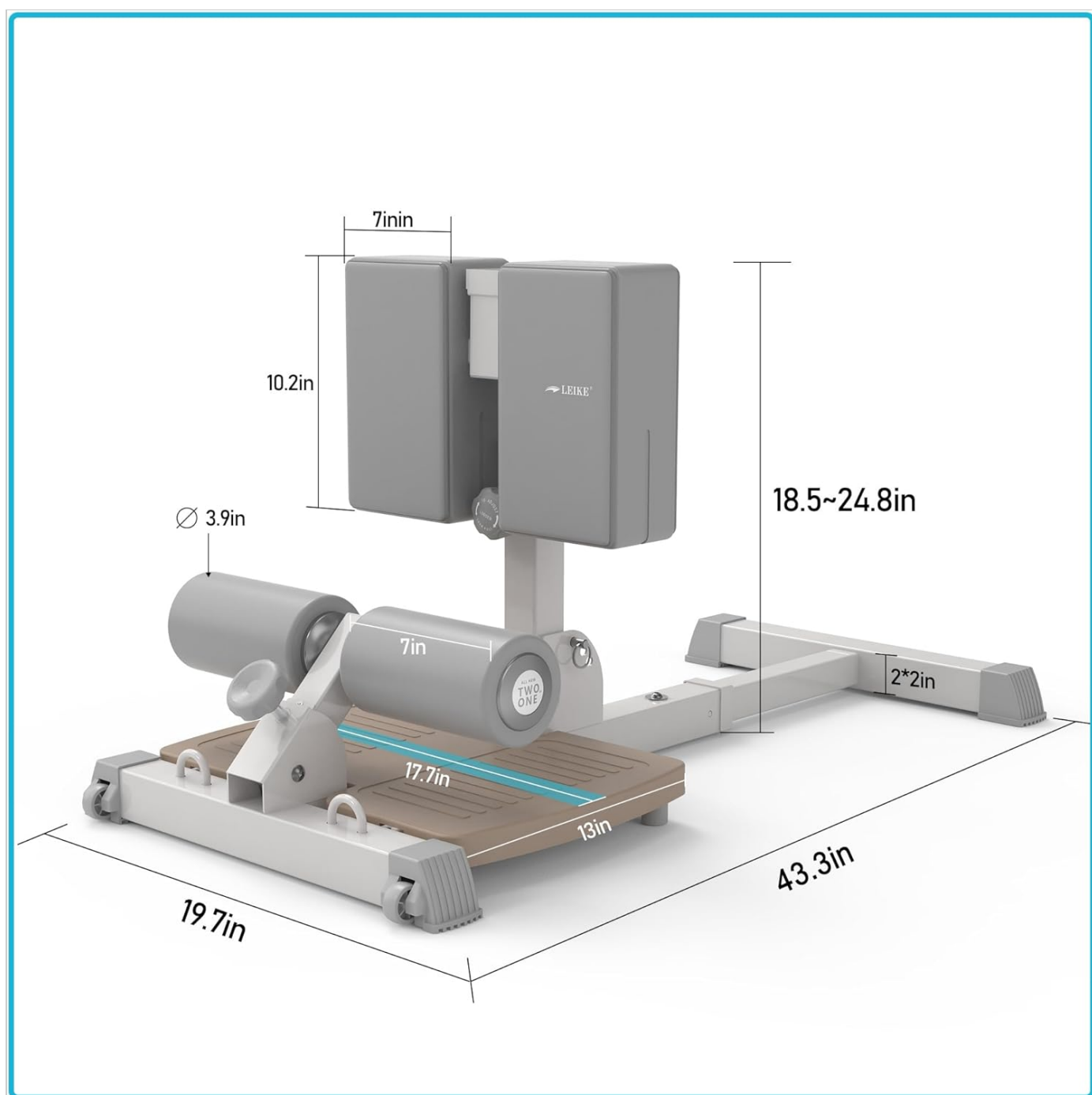


Figure 5.6: Additional Exercise Options. This image illustrates further exercise variations, including sissy squats with resistance bands, sit-ups, and lunges, demonstrating the machine's adaptability.

5.4 Video Demonstrations

For visual guidance on exercises and adjustments, please refer to the official product videos below.

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Video 5.1: Product Overview and Exercise Demonstration. This video provides a brief overview of the leikefitness Sissy Squat Bench and demonstrates various exercises that can be performed, including sissy squats and back extensions. It highlights the machine's multi-functionality and ease of use.

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Video 5.2: Assembly and Adjustment Guide. This video demonstrates the simple assembly process and how to adjust the machine's components, such as the back cushion height and foot holder position, for different exercises and user preferences.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your equipment.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and adjustment pins to ensure they are tight and secure.
- **Storage:** When not in use, the machine can be folded for compact storage. Refer to the "Easy to Fold & Store" image.



Figure 6.1: Easy to Fold and Store. This image illustrates how the sissy squat bench can be easily folded for compact storage, saving space when not in use.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Machine feels unstable.	Loose bolts or uneven surface.	Ensure all bolts are tightened. Place on a flat, level surface.
Difficulty adjusting components.	Adjustment pins not fully disengaged or engaged.	Ensure pins are pulled out completely before adjusting, and fully inserted to lock.
Squeaking noises during use.	Friction between moving parts.	Apply a small amount of silicone-based lubricant to pivot points if necessary.

8. SPECIFICATIONS

Model Number:	8300
Product Dimensions:	109.98 x 48.26 x 83.82 cm (L x W x H)
Item Weight:	12 kg (26.45 lbs)
Material:	Alloy Steel
Color:	Beige



Figure 8.1: Product Dimensions. This image provides a visual representation of the key dimensions of the sissy squat bench, including length, width, and height, along with specific measurements for various components.

9. WARRANTY AND SUPPORT

leikefitness offers a 1-year free replacement parts warranty for brand new products. For support, inquiries, or to report issues, please contact leikefitness customer service.

Manufacturer: Xiamen Kangchen Sports Co., Ltd.

Email: leikefit@leikesports.com







Figure 9.1: Manufacturer Information. This image displays the manufacturer's name, address, and email contact for support, along with EC and UK representative details and compliance marks.



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Related Documents - 8300

<div>  I Notice Please read the following carefully after using or after using the product. It contains safety and usage instructions. Be sure to keep the instruction proper maintenance. Precaution before Use 1. The product is not for use by children (12 years old) or those with heart disease. 2. The product is not for use by those who are pregnant or have a medical condition. Precaution 1. Before using the product, please read the instruction manual carefully. 2. Before using the product, please make sure the product is properly assembled. 3. Before using the product, please make sure the product is properly maintained. 4. Before using the product, please make sure the product is properly stored. 5. Before using the product, please make sure the product is properly disposed of. 6. Before using the product, please make sure the product is properly recycled.</div>	<p>LeikeFitness GM8300 Deep Sissy Squat Workout Station User Manual Setup & Exercise Guide</p> <p>User manual for the LeikeFitness GM8300 Deep Sissy Squat Workout Station. This guide provides detailed instructions on setup, assembly, safe usage, and various exercises including squats, deadlifts, and back extensions for home fitness.</p>
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