

Synergee LEGPRESS-B1

Synergee Leg Press Component Box 1 Instruction Manual

Model: LEGPRESS-B1

IMPORTANT NOTICE

This document provides instructions for the Synergee Leg Press Component Box 1 (Model LEGPRESS-B1). Please note that this product is a **component only** and is not a standalone, functional leg press machine. It must be combined with other compatible components to form a complete Synergee Leg Press System.

For the complete Leg Press System, please refer to ASIN B09W9X4TB4. Ensure compatibility with all corresponding main product components before proceeding with assembly or use.

PRODUCT OVERVIEW

The Synergee Leg Press Component Box 1 contains essential parts for the Synergee Leg Press Machine. This box is one of several components required to assemble the full fitness equipment. Its purpose is to provide specific structural or functional elements that integrate into the larger system.



Image 1: Synergee Leg Press Component Box 1. This image displays the packaging for the component box, indicating it is part of a larger Leg Press Machine system.

SETUP AND ASSEMBLY

As this is a component box, detailed assembly instructions for the complete Synergee Leg Press Machine are provided in the main installation manual for the full system. This manual typically accompanies the primary Leg Press Machine purchase (ASIN B09W9X4TB4) or can be found on the Synergee website.

General Assembly Guidelines:

- Unpack all contents from Component Box 1 and other required component boxes.
- Identify all parts and hardware against the parts list provided in the main installation manual.
- Follow the step-by-step instructions in the comprehensive installation manual for the Synergee Leg Press Machine.
- Ensure all bolts, nuts, and fasteners are securely tightened according to the manual's specifications to prevent instability during use.
- Always assemble on a flat, stable surface.

A PDF version of the installation manual is available for download: [Synergee Leg Press Installation Manual \(PDF\)](#).



Image 2: An illustration of the fully assembled Synergie Leg Press Machine. This image helps visualize where the components from Box 1 will integrate into the complete fitness equipment.

OPERATING INSTRUCTIONS

Since this product is a component, it does not have standalone operating instructions. Once the complete Synergie Leg Press Machine is fully assembled using all required components, refer to the main user manual for the complete machine for detailed operating procedures, safety guidelines, and exercise techniques.

General Safety Precautions for Leg Press Machines:

- Consult a physician before starting any exercise program.
- Always perform a warm-up before using the machine.
- Ensure all pins and adjustments are securely locked before beginning an exercise.
- Use proper form and controlled movements. Avoid sudden jerks or dropping weights.
- Do not exceed your physical limits.
- Keep children and pets away from the machine during operation.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Synergee Leg Press Machine components.

- **Cleaning:** Wipe down all surfaces with a dry cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically inspect all bolts, nuts, and connections for tightness. Re-tighten as necessary.
- **Moving Parts:** Check cables, pulleys, and other moving parts for signs of wear or damage. Replace worn parts immediately.
- **Storage:** Store the machine in a dry, clean environment away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter issues with your Synergee Leg Press Machine, consider the following common troubleshooting steps:

- **Instability/Wobbling:** Ensure all assembly bolts are fully tightened. Check that the machine is placed on a level surface.
- **Unusual Noises:** Inspect all moving parts for obstructions or wear. Lubricate pivot points if recommended in the main manual.
- **Parts Missing/Damaged:** If you believe parts are missing from Component Box 1 or are damaged upon arrival, contact Synergee customer service immediately.
- **Difficulty with Operation:** Re-read the operating instructions in the main manual for the complete Leg Press Machine. Verify correct assembly.

For further assistance, refer to the Warranty and Support section.

SPECIFICATIONS

Attribute	Detail
Brand	Synergee
Model Number	LEGPRESS-B1
UPC	810032235307
Item Weight	64.3 pounds
Product Dimensions	37 x 26.5 x 6.5 inches
Number of Pieces	1 (This component box)
Furniture Finish	Stainless Steel
Product Care Instructions	Wipe with Dry Cloth

WARRANTY AND SUPPORT

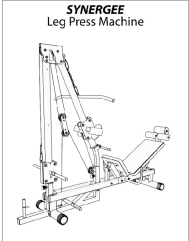

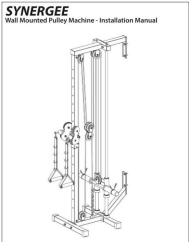


Synergee is committed to customer satisfaction. If you have any questions, concerns, or require assistance with your Synergee Leg Press Component Box 1 or the complete Leg Press Machine, please contact Synergee customer service.

For support, you can visit the official [Synergee Store on Amazon](#) or refer to the contact information provided with your purchase.

Synergee aims to provide quick and caring customer service to address any issues you may encounter.

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Related Documents - LEGPRESS-B1

 <p>SYNERGEE Leg Press Machine</p>	<p>Synergee Leg Press Machine Assembly and Parts Manual</p> <p>Detailed assembly instructions, parts list, and safety warnings for the Synergee Leg Press Machine. This manual guides users through the setup process and highlights important safety precautions for the home gym equipment.</p>
 <p>SYNERGEE SF2200-S SQUAT RACK</p>	<p>Synergee SF2200-S Squat Rack Assembly and Safety Guide</p> <p>Comprehensive guide for assembling and safely using the Synergee SF2200-S Squat Rack. Includes parts list, hardware requirements, step-by-step instructions, and important safety warnings.</p>
 <p>SYNERGEE Wall Mounted Pulley Machine - Installation Manual</p>	<p>Synergee Wall Mounted Pulley Machine Installation Manual</p> <p>Comprehensive installation guide for the Synergee Wall Mounted Pulley Machine, detailing parts, step-by-step assembly instructions, and essential safety warnings for proper setup and use.</p>
 <p>SYNERGEE POWER RACK V1</p>	<p>Synergee Power Rack V1 Assembly and Safety Guide</p> <p>Comprehensive assembly instructions and safety guidelines for the Synergee Power Rack V1, including parts list, hardware details, and important usage warnings.</p>
 <p>SYNERGEE Multi-Functional Interval Timer Manual (Large Size)</p> <p>GYM CLOCK USER GUIDE TABATA EMOM COUNT UP/DOWN STOP WATCH Read Synergee Fitness User Manual at synergeefitness.com</p>	<p>Synergee Multi-Functional Interval Timer User Guide</p> <p>Comprehensive user guide for the Synergee Multi-Functional Interval Timer (Large Size). Learn how to set up Tabata, EMOM, Count Up/Down, and Stopwatch modes, understand the remote and clock displays, mount the device, and utilize other features. Includes warranty information and contact details for Synergee Fitness.</p>

SYNERGEE
A-Frame Dumbbell Rack - Installation Manual



A-Frame Dumbbell Rack - Parts List			
1. Locking Pin (1)	2. Main Frame (1)	3. Top Bar (1)	4. Main Frame (1)
5. Locking Pin (1)	6. Main Frame (1)	7. Top Bar (1)	8. Main Frame (1)
9. Locking Pin (1)	10. Main Frame (1)	11. Top Bar (1)	12. Main Frame (1)

[Synergee A-Frame Dumbbell Rack - Installation Manual](#)

Installation guide for the Synergee A-Frame Dumbbell Rack, detailing parts and assembly steps for setting up your weight storage solution.