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Yes4All LMOJ

Yes4All Leg Extension and Curl Machine User Manual

Model: LMOJ

1. Introduction

This manual provides essential information for the safe and effective use of your Yes4All Leg Extension and Curl Machine. Please read all instructions carefully before assembly, operation, or maintenance. Retain this manual for future reference.

2. Safety Information

Your safety is paramount. Adhere to the following guidelines:

- Consult a physician before starting any exercise program.
- Always perform a warm-up before exercising and a cool-down afterward.
- Ensure the machine is placed on a stable, level surface.
- Inspect the machine for loose parts, damage, or wear before each use. Do not use if damaged.
- Keep children and pets away from the machine during operation.
- Do not exceed the maximum weight capacity of 350 lbs.
- Use proper form and controlled movements during exercises.
- Wear appropriate athletic footwear.

For detailed safety warnings, please refer to the official Safety Information PDF:Yes4All Safety Information (PDF).

3. Assembly and Setup

3.1 Unpacking

Carefully remove all components from the packaging. Verify that all parts are present according to the packing list. Keep packaging materials until assembly is complete.

3.2 Assembly Steps

Assembly typically involves attaching the main frame components, seat, backrest, and leg pads. Ensure all bolts and nuts

are securely tightened after assembly. Refer to the official assembly video for a visual guide.

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Video Description: This official video from Yes4All provides a visual guide to the assembly process and highlights the main adjustable features of the Leg Extension and Curl Machine, including seat, backrest, and leg pad adjustments.

3.3 Dimensions

Understanding the machine's dimensions is crucial for proper placement in your home gym.



Image Description: This image displays the overall dimensions of the Yes4All Leg Extension and Curl Machine, including height (37 13/32 in), width (41 29/32 in), depth (35 13/16 in), and pad lengths. The weight plate holder has a diameter of 2 inches and a length of 12 inches.

4. Operation

4.1 Adjustments

The Yes4All Leg Extension and Curl Machine offers multiple adjustment points to accommodate various user heights and exercise preferences, ensuring optimal posture and muscle engagement.

- **Seat Positions:** 3 adjustable positions to fit your height and leg length.
- **Backrest Positions:** 5 adjustable positions for back support and comfort.
- **Thigh Pad Adjustment:** 6 positions for securing your thighs during leg curls.
- **Foot Pad Adjustment:** 32 positions for precise positioning during leg extensions and curls.



Image Description: This image illustrates the adjustable features of the machine, showing a user seated. It highlights 6 backrest positions and 3 seat positions, allowing customization for various body types and comfort during exercises.



Image Description: This image details the advanced adjustment options for leg exercises, featuring 6 holes for leg hold-on and 32 holes for leg extension, along with a 4-position adjustable leg bar. These settings ensure proper alignment and muscle engagement.



Image Description: This image provides a close-up of key components: comfortable thigh padding, durable leg padding, ergonomic support handles for stability, and a non-slip base with rubber feet to prevent movement during exercise.

4.2 Performing Leg Extensions

1. Adjust the seat, backrest, and foot pad to comfortably position your knees at the pivot point of the machine.
2. Sit on the machine with your back against the backrest and your shins under the foot pads.
3. Grasp the support handles for stability.
4. Extend your legs upward, contracting your quadriceps. Pause briefly at the top.
5. Slowly lower the weight back to the starting position in a controlled manner.

4.3 Performing Leg Curls

1. Adjust the seat, backrest, and thigh pad to secure your thighs and position your Achilles tendon against the foot pads.
2. Lie face down or sit as appropriate for the machine's configuration, with your legs extended.
3. Grasp the support handles for stability.
4. Curl your legs upward, contracting your hamstrings. Pause briefly at the top.
5. Slowly extend your legs back to the starting position in a controlled manner.



Image Description: This image demonstrates the machine in use for both leg extension (targeting quadriceps) and leg curl (targeting hamstrings and calf muscles), illustrating how it helps optimize leg muscle impact.



Image Description: This image shows the machine with multiple weight plates loaded onto its Olympic weight loading bar, emphasizing its robust construction and maximum weight capacity of 350 lbs.



Image Description: This image highlights the design of the Yes4All machine's firm shin pad, which protects the leg and ankles, contrasting it with a loose-fitting pad to demonstrate enhanced stability and comfort.

5. Maintenance

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

- **Cleaning:** Wipe down the machine, especially pads and handles, with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners. Inspect padding for tears or excessive wear.
- **Lubrication:** Apply a small amount of silicone-based lubricant to pivot points and moving parts if you notice any friction or squeaking.
- **Storage:** Store the machine in a dry, clean environment away from extreme temperatures and direct sunlight.

6. Troubleshooting

Refer to the table below for common issues and their solutions.

Issue	Possible Cause	Solution
Machine wobbles or is unstable	Loose fasteners; uneven floor surface	Ensure all bolts and nuts are securely tightened. Move the machine to a level surface.
Difficulty adjusting seat/pads	Adjustment pin not fully disengaged; obstruction	Pull adjustment pins out completely before moving. Check for any debris or obstructions in the adjustment holes.
Squeaking or grinding noises	Lack of lubrication on pivot points; loose parts	Apply silicone-based lubricant to all moving joints and pivot points. Check and tighten all fasteners.
Lack of resistance during exercise	Weight plates not properly loaded; mechanism not engaged	Ensure weight plates are correctly placed on the loading bar. Verify that the leg pad mechanism is properly connected and engaged.

7. Specifications

Feature	Detail
Brand	Yes4All
Model Number	LMOJ
Material	Alloy Steel
Color	Black & Red
Maximum Weight Recommendation	350 pounds
Seat Adjustment	3 positions
Backrest Adjustment	5 positions
Thigh Pad Adjustment	6 positions
Foot Pad Adjustment	32 positions
UPC	810151673714

8. Warranty and Support

8.1 Warranty Information

This Yes4All Leg Extension and Curl Machine comes with a**1-year manufacturer warranty**. Please retain your proof of purchase for warranty claims.

8.2 Customer Support

For any questions, assistance, or to report issues, please contact Yes4All customer support. You can find more information and contact details on the official Yes4All store page: Visit the Yes4All Store.

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