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› Inspire Fitness Leg Curl/Extension Bench Attachment Instruction Manual

Inspire Fitness SCS-LE

Inspire Fitness Leg Curl/Extension Bench Attachment Instruction Manual

Model: SCS-LE

Brand: Inspire Fitness

INTRODUCTION

Welcome to your new Inspire Fitness Leg Curl/Extension Bench Attachment. This manual provides essential information for the safe and effective setup, operation, and maintenance of your new fitness accessory. Please read this manual thoroughly before assembly and use to ensure proper function and longevity of the product.

IMPORTANT SAFETY INFORMATION

Always consult with a physician before beginning any exercise program. Improper use of this equipment can result in serious injury. Adhere to the following safety guidelines:

- Ensure all parts are securely assembled before each use.
- Inspect the attachment for any signs of wear or damage before and after each workout.
- Keep children and pets away from the equipment during operation.
- Use only with compatible Inspire Fitness SCS-WB & FIDB benches.
- Do not exceed the maximum weight capacity of your bench or the attachment.

PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- Leg Extension Attachment main frame

- Padded rollers (multiple)
- Weight horn
- Connecting pin/hardware



Figure 1: Overview of the Leg Curl/Extension Bench Attachment.

SETUP AND ASSEMBLY

The Leg Curl/Extension Attachment is designed for quick and secure connection to your Inspire Fitness SCS-WB or FIDB bench. Follow these steps:

1. Locate the receiver tube on the front of your compatible Inspire Fitness bench.
2. Insert the main shaft of the Leg Curl/Extension Attachment into the receiver tube.
3. Align the holes and insert the provided locking pin to secure the attachment firmly to the bench. Ensure the pin is fully engaged.
4. Adjust the padded rollers to your desired height and position using the adjustment knobs for optimal comfort and exercise range.

PERFORM LEG CURLS & EXTENSIONS

- + Connects to the Inspire Fitness SCS weight bench & FT1 Benches



Figure 2: The Leg Curl/Extension Attachment securely connected to an Inspire Fitness bench.

DIMENSIONS



Figure 3: Detail of the double-stitched foam pads for comfort and stability.

OPERATING YOUR LEG CURL/EXTENSION ATTACHMENT

This attachment allows for both leg curl and leg extension exercises, targeting your hamstrings and quadriceps respectively. The built-in weight horn enables you to add standard weight plates for increased resistance.

Performing Leg Extensions:

- Sit on the bench with your back supported.
- Position your shins against the lower padded rollers.
- Extend your legs upwards, contracting your quadriceps. Control the movement as you return to the starting position.

Performing Leg Curls:

- Lie face down on the bench with your knees just off the edge.
- Position your Achilles tendons against the upper padded rollers.

- Curl your legs upwards towards your glutes, contracting your hamstrings. Slowly release back to the starting position.

Adding Resistance:

The integrated weight horn accommodates standard Olympic weight plates. Simply slide the desired plates onto the horn to increase the resistance for your exercises.

BUILDABLE RESISTANCE

- + Built-in weight horn allows you to add weight plates to your leg curls and extensions

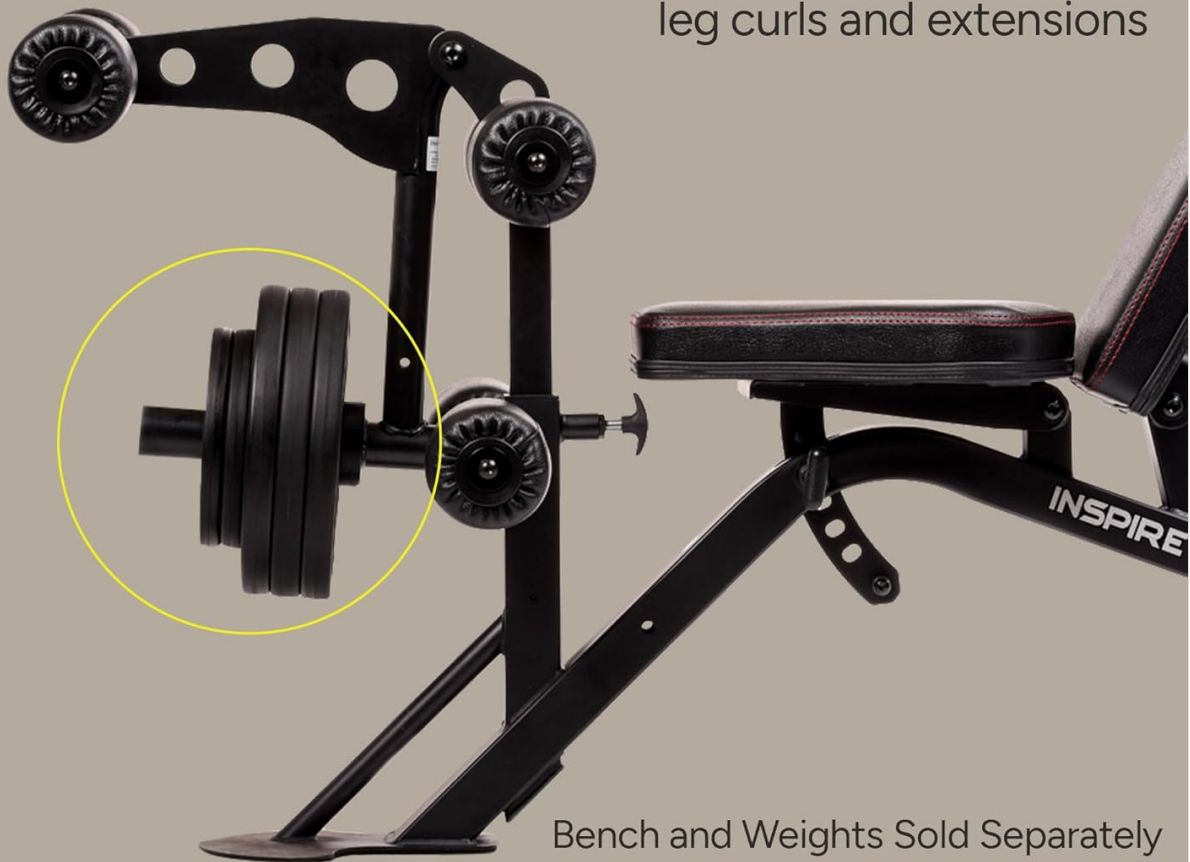


Figure 4: The built-in weight horn allows for customizable resistance with weight plates.

COMPATIBLE WITH INSPIRE FITNESS FT2 HOME GYM



With the Leg Conversion Kit and the Inspire Fitness FIDB or SCS Bench, this attachment can tie directly into the weight stacks of the Functional Trainer

Figure 5: The attachment can be integrated with the FT2 cable resistance system (with optional FT2 Leg Kit).

MAINTENANCE AND CARE

Regular maintenance ensures the longevity and safe operation of your attachment:

- **Cleaning:** Wipe down the padded surfaces and frame with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and connecting pins to ensure they are tight and secure. Inspect the padded rollers for any tears or excessive wear.
- **Storage:** Store the attachment in a dry, temperate environment away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter any issues with your Leg Curl/Extension Attachment, refer to the following common solutions:

- **Instability:** Ensure the attachment is fully inserted into the bench's receiver tube and the locking pin is securely engaged. Check that the bench itself is stable on a flat surface.
- **Pads feel uncomfortable or loose:** Verify that the adjustment knobs for the padded rollers are tightened. If pads are torn or excessively worn, contact customer support for replacements.
- **Difficulty adding weight plates:** Ensure you are using Olympic-sized (2-inch hole) weight plates. The weight horn is designed for this standard.

PRODUCT SPECIFICATIONS

Feature	Detail
Model Name	Inspire Fitness Leg Curl / Extension Home Gym Attachment
Part Number	SCS-LE
Dimensions (LxWxH)	21 x 20 x 32 inches
Item Weight	23 Pounds
Material	Alloy Steel
Color	Black
Compatible Benches	Inspire Fitness SCS-WB & FIDB benches
Weight Horn Size	Standard Olympic (2-inch)

WARRANTY AND CUSTOMER SUPPORT

Your Inspire Fitness Leg Curl/Extension Bench Attachment comes with a Manufacturer Warranty. For specific details regarding coverage, duration, and terms, please refer to the warranty documentation included with your purchase or visit the official Inspire Fitness website.

For any questions, technical assistance, or to order replacement parts, please contact Inspire Fitness customer support through their official channels. Always provide your model number (SCS-LE) and purchase date when seeking support.