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KINGSMITH LKC

User Manual: KINGSMITH Leg Extension and Curl Machine

Model: LKC

1. INTRODUCTION

Thank you for choosing the KINGSMITH Leg Extension and Curl Machine. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read this manual thoroughly before assembly or operation and retain it for future reference.

Important Safety Information

- Consult your physician before starting any exercise program.
- Always inspect the machine for loose parts or damage before each use. Do not use if damaged.
- Ensure all bolts and nuts are securely tightened before and during use.
- Keep children and pets away from the machine during operation.
- Use the machine on a flat, stable surface.
- Do not exceed the maximum weight recommendation of 440 pounds (200 lbs for plates).
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel pain, dizziness, or nausea.

2. PRODUCT OVERVIEW

The KINGSMITH Leg Extension and Curl Machine is designed for comprehensive lower-body development, offering dual functionality for both leg extensions and hamstring curls. Its robust construction ensures stability

and durability for home gym use.

Key Features:

- **Dual Functionality:** Seamlessly switch between leg extensions (quadriceps) and leg curls (hamstrings).
- **Adjustable Components:** Features a fully adjustable seat, backrest, and leg support pads to accommodate various body sizes and ensure optimal comfort and alignment.
- **Heavy-Duty Frame:** Constructed with high-quality 14-gauge steel (1.5mm wall thickness) for superior stability and long-term use.
- **Smooth Cable System:** Utilizes a high-strength steel cable and pulley system for consistent, fluid resistance and reduced friction.
- **Cushioned Shin Pad:** Provides comfortable support during leg extensions, ensuring proper alignment and reducing discomfort.
- **Anti-Slip Design:** Enhances stability during intense workouts.



Figure 2.1: Overview of the KINGSMITH Leg Extension and Curl Machine.

Specification

The Barbell Plates Need to Be Purchased Separately

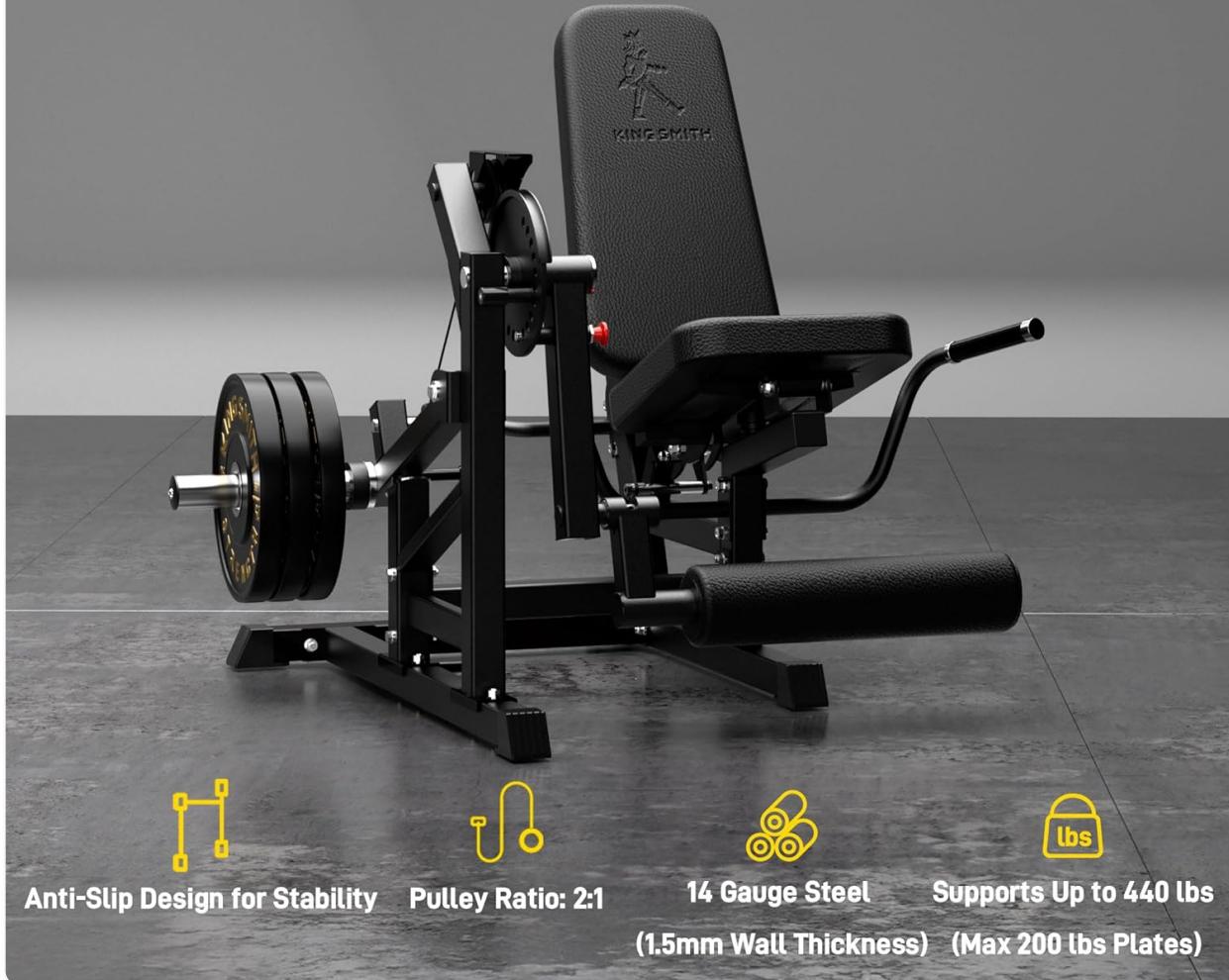


Figure 2.2: Key specifications and design elements.

3. SETUP AND ASSEMBLY

Your KINGSMITH Leg Extension and Curl Machine requires assembly. Please follow the detailed instructions provided in the included Assembly Manual. Ensure all components are present before beginning assembly.

Included Components:

- Main Frame Components
- Seat and Backrest Pads
- Leg Support Pads
- Cable and Pulley System
- Weight Plate Holder
- Assembly Manual
- Assembly Tools (wrenches, hex keys)

- User Guide (this document)

Assembly Steps (General Overview):

1. Unpack all components and verify against the parts list in the Assembly Manual.
2. Assemble the main frame structure, ensuring all bolts are finger-tight initially.
3. Attach the seat and backrest, securing them with the provided hardware.
4. Install the leg support pads and the weight plate holder.
5. Route the cable through the pulley system as illustrated in the Assembly Manual.
6. Once all components are in place, fully tighten all bolts and nuts using the provided tools.
7. Perform a final inspection to ensure stability and proper function of all moving parts.

Note: Barbell plates are not included and must be purchased separately.

4. OPERATING INSTRUCTIONS

The KINGSMITH Leg Extension and Curl Machine allows you to perform two primary exercises: Leg Extensions and Hamstring Curls. Proper form and machine adjustment are crucial for effective and safe workouts.

Adjusting the Machine:

- **Seat Adjustment:** Use the adjustment lever (Figure 4.1) to slide the seat forward or backward to ensure your knees align with the machine's pivot point.
- **Backrest Adjustment:** Adjust the angle of the backrest for comfort and proper support during leg extensions.
- **Leg Pad Adjustment:** Position the leg pads so they rest comfortably on your shins (for extensions) or behind your ankles (for curls).

ADJUSTABLE SEAT

Features an adjustable seat that allows for easy customization to fit different user heights and leg lengths.



Figure 4.1: Adjusting the seat for proper fit.

Performing Leg Extensions:

1. Sit upright on the machine with your back firmly against the backrest.
2. Position your shins under the leg pads.
3. Select your desired weight by loading plates onto the weight holder.
4. Grasp the handles for stability.
5. Extend your legs fully, contracting your quadriceps. Pause briefly at the top.
6. Slowly lower the weight back to the starting position, maintaining control.



CUSHIONED SHIN PAD

This extra cushioning ensures a pain-free workout, allowing you to focus on building strength without discomfort.

Figure 4.2: Proper shin pad placement for leg extensions.

Performing Hamstring Curls:

1. Adjust the backrest to a flat or slightly inclined position.
2. Lie face down on the bench, ensuring your knees are just off the edge of the bench.
3. Position your ankles under the leg pads.
4. Select your desired weight.
5. Curl your legs upwards towards your glutes, contracting your hamstrings. Pause briefly at the top.
6. Slowly lower the weight back to the starting position, maintaining control.

Dual Functionality



Fully Adjustable Backrest

Lie Face Down for Leg Curls

Figure 4.3: Demonstrating dual functionality for leg extensions and curls.



PULL-THROUGH DESIGN

Our innovative pull-through system utilizes a high-strength steel cable to smoothly engage weight plates, providing consistent resistance during leg extensions.

Figure 4.4: The smooth pull-through cable system.

5. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your KINGSMITH Leg Extension and Curl Machine.

Daily/After Each Use:

- Wipe down all surfaces, especially padded areas and handles, with a damp cloth to remove sweat and dust. Use a mild, non-abrasive cleaner if necessary.

Weekly/Bi-Weekly:

- Inspect all bolts, nuts, and fasteners for tightness. Retighten any loose components.
- Check the cable for any signs of fraying, wear, or damage. If damage is found, discontinue use immediately and replace the cable.

- Inspect the pulleys for smooth operation and ensure they are free of debris.
- Check the condition of all padded surfaces for tears or excessive wear.

Monthly/Quarterly:

- Apply a small amount of silicone-based lubricant to any pivot points or moving parts that may experience friction, as recommended in the Assembly Manual. Avoid over-lubrication.
- Thoroughly clean the entire machine, including hard-to-reach areas.

Caution: Do not use abrasive cleaners or solvents, as they may damage the finish or components of the machine.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your Leg Extension and Curl Machine. For problems not listed here, please contact customer support.

Problem	Possible Cause	Solution
Machine feels unstable or wobbly.	Loose bolts or nuts; uneven floor.	Check and tighten all assembly bolts and nuts. Ensure the machine is on a flat, level surface.
Cable movement is not smooth or makes noise.	Debris in pulleys; dry cable; worn cable.	Clean pulleys. Apply silicone lubricant to the cable and pulley axles. Inspect cable for wear and replace if necessary.
Resistance feels inconsistent.	Cable or pulley issue; weight plates not properly seated.	Check cable and pulleys as above. Ensure weight plates are fully loaded and stable on the holder.
Pads are uncomfortable or worn.	Normal wear and tear.	Contact KINGSMITH customer support for replacement pads.

7. SPECIFICATIONS

Attribute	Detail
Model Name	LKC
Brand	KINGSMITH

Attribute	Detail
Material	Metal, Plastic
Color	Black
Item Dimensions (LxWxH)	50 x 20 x 40 inches (approximate assembled)
Product Dimensions (DxWxH)	12"D x 20"W x 40"H (as listed)
Item Weight	53 Kilograms (approx. 116.8 lbs)
Maximum Weight Recommendation	440 Pounds (total user + weight plates)
Max Plate Weight Capacity	200 lbs (plates)
Strap Type	Cable/Pulley system
Pulley Ratio	2:1 (as per image)
Steel Gauge	14 Gauge Steel (1.5mm wall thickness)

8. WARRANTY AND SUPPORT

Warranty Information:

The KINGSMITH Leg Extension and Curl Machine comes with a **2-Year Manufacturer Warranty**. This warranty covers defects in materials and workmanship under normal use and service conditions. Please retain your proof of purchase for warranty claims.

The warranty does not cover:

- Damage caused by improper assembly or installation.
- Damage caused by misuse, abuse, accident, or neglect.
- Damage from unauthorized repairs or modifications.
- Normal wear and tear, including but not limited to pads, cables, and paint finish.

Customer Support:

For any questions, concerns, or assistance with your KINGSMITH Leg Extension and Curl Machine, please contact KINGSMITH customer support. Have your model number (LKC) and purchase information ready when contacting support.

Please refer to the contact information provided at the point of purchase or on the official KINGSMITH website for the most current support channels.

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Product specifications are subject to change without notice.