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GMWD DD07

GMWD DD07 Leg Press Hack Squat Machine Combo User Manual

Model: DD07

Brand: GMWD

1. INTRODUCTION

This manual provides essential information for the safe and effective assembly, operation, and maintenance of your GMWD DD07 Leg Press Hack Squat Machine Combo. Please read all instructions carefully before use to ensure proper function and user safety. Retain this manual for future reference.



The GMWD DD07 Leg Press Hack Squat Machine Combo in leg press configuration, demonstrating a user performing the exercise.

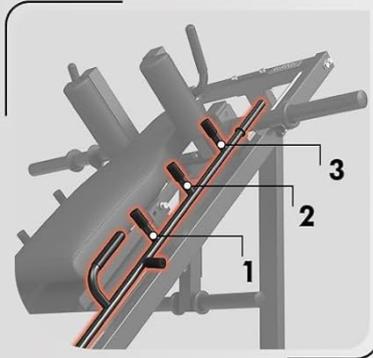
2. SAFETY INFORMATION

Your safety is paramount. Adhere to the following guidelines to prevent injury and ensure safe operation of the GMWD DD07 machine.

- **Consult a Physician:** Before starting any new exercise program, consult with a qualified healthcare professional.
- **Read Instructions:** Fully understand all assembly and operating instructions before using the machine.
- **Proper Assembly:** Ensure all bolts, nuts, and components are securely tightened according to the assembly instructions. Regularly check for loose parts.
- **Clearance Area:** Maintain a minimum clearance of 2 feet (0.6 meters) around the machine during operation.
- **Weight Capacity:** Do not exceed the maximum training load capacity of 1000 lbs (453 kg).
- **Spotter Recommended:** For heavy lifts, especially during hack squats, consider using a spotter.
- **Safety Stops:** Always engage the safety stopper and utilize the triple protection stopper rails with 3 lockout positions to prevent accidental drops.
- **Children and Pets:** Keep children and pets away from the machine during use and when unattended.
- **Inspect Before Use:** Before each workout, inspect the machine for any signs of wear, damage, or loose components. Do not use if damaged.
- **Proper Form:** Use correct exercise form to avoid injury. If you experience pain, stop immediately.

SAFE AND COMFORT

ON EVERY REP



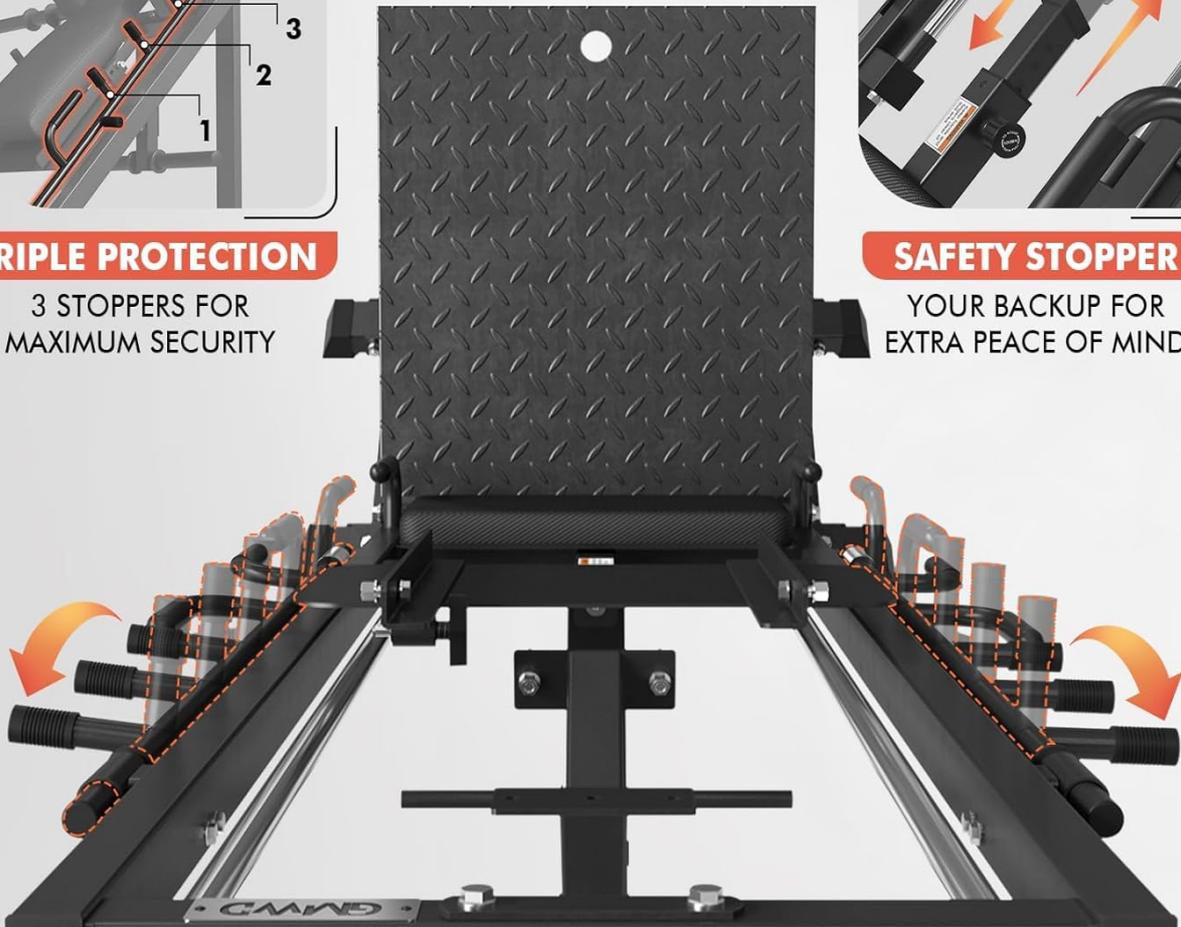
TRIPLE PROTECTION

3 STOPPERS FOR
MAXIMUM SECURITY



SAFETY STOPPER

YOUR BACKUP FOR
EXTRA PEACE OF MIND



Detailed view of the safety features, including the triple protection stopper rails and the adjustable safety stopper for secure operation during exercises.

3. SETUP AND ASSEMBLY

The GMWD DD07 machine requires assembly. It is recommended that two adults perform the assembly due to the weight of certain components. Refer to the included assembly guide for detailed, step-by-step instructions and diagrams.

- 1. Unpack Components:** Carefully unpack all boxes and verify that all parts are present against the parts list in your assembly guide.
- 2. Prepare Workspace:** Ensure you have a clear, level area large enough for assembly and machine operation (minimum 81" L x 34" W x 56" H plus clearance).
- 3. Follow Instructions:** Adhere strictly to the sequence of steps provided in the assembly manual. Pay close attention to bolt and washer placement.
- 4. Secure Connections:** Tighten all nuts and bolts firmly. Do not overtighten to avoid stripping threads, but ensure they are snug.

5. **Heavy Parts:** The sled and footplate assembly are heavy. Use caution and assistance when lifting and attaching these components.
6. **Final Check:** Once assembled, perform a thorough inspection to confirm all parts are correctly installed and secured. Test all moving parts for smooth operation.

BIG STRENGTH SMALL SPACE

• TRAINING LOADING : 1000LBS

• STORAGE CAPACITY: 600LBS



Diagram detailing the dimensions of the GMWD DD07 machine, including its footprint (81" x 34"), height (56"), and key component measurements, along with its training load capacity of 1000 lbs and storage capacity of 600 lbs.

4. OPERATING INSTRUCTIONS

The GMWD DD07 offers versatile lower body training with quick transitions between modes.

4.1. Switching Between Leg Press and Hack Squat Modes

The machine features a quick snap switch mechanism for seamless transitions:

- **For Hack Squat:** Ensure the backrest is in the upright position. Use the quick-release pop-pin to secure it. The footplate will be positioned for hack squats.

- **For Leg Press:** Adjust the backrest to the reclined position. Use the quick-release pop-pin to secure it. The footplate will be positioned for leg presses.



QUICK INSTALL BACKREST

SNAP, FLIP, N START SQUATTING



QUICK SNAP SWITCH



INSTANT ADJUSTMENT

PULL, FLIP, INSTALL N START PRESSING



Illustrations demonstrating the quick snap switch mechanism for installing the backrest for hack squats and adjusting the machine for leg presses.

4.2. Adjusting Back Pad and Footplate

The machine offers adjustable components for user comfort and exercise variation:

- **Back Pad:** Use the adjustable pop-pin to set the back pad to your desired angle for optimal comfort and exercise biomechanics.
- **Footplate:** The diamond-plated footplate is designed for versatile foot placement. Ensure your feet are securely positioned before starting an exercise.

TAILORED COMFORT WIDE STANCE



105° ERGONOMIC DESIGN

TESTED FOR SAFE, OPTIMAL TRAINING



ADJUSTABLE POP-PIN

BACK PAD & FOOTPLATE

Image highlighting the ergonomic design and adjustable pop-pin mechanism for the back pad and footplate, allowing for tailored comfort and a wide stance during exercises.

4.3. Loading Weight Plates

The GMWD DD07 is designed to accommodate standard Olympic plates (48mm horn diameter). Load plates evenly on both sides of the weight carriage to maintain balance and smooth operation.



VARIABLE RESISTANCE ADDED

Detail shot of the integrated pegs for attaching resistance bands, allowing for variable resistance training.

4.4. Exercise Modes

The machine supports various lower body exercises:

- **Leg Press:** Position yourself with your back against the reclined pad and feet on the footplate. Push the carriage away from you, extending your legs, then slowly return.
- **Hack Squat:** Stand facing the machine with your shoulders under the pads and feet on the footplate. Lower your body by bending your knees, then push back up.
- **Reverse Hack Squat:** Face away from the machine, placing your shoulders under the pads. Perform a squat motion, focusing on glutes and hamstrings.
- **Calf Raise:** While in leg press or hack squat position, place the balls of your feet on the lower edge of the footplate and push through your toes to raise your heels.



Pure BullFit

||

1. "This covers a lot of lower body leg development needs. I can see this working for a whole lot of people."
2. "What they've done in one generation is more than triple the weight capacity... this thing moves smooth with all those weights."
3. "For a home gym unit at a rather affordable price? This is a really, really good option."

||



Side-by-side comparison illustrating the distinct body positions and movements for Leg Press and Hack Squat exercises on the GMWD DD07 machine.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your GMWD DD07 machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically apply a silicone-based lubricant to the linear bearings and guide rods to maintain smooth operation. Consult your assembly guide for specific lubrication points.
- **Hardware Check:** Every 1-3 months, inspect all nuts, bolts, and fasteners. Tighten any that have become loose.
- **Pad Inspection:** Check upholstery for tears or excessive wear. Contact customer support for replacement parts if needed.

6. TROUBLESHOOTING

Address common issues with your GMWD DD07 machine using the following guide:

- **Squeaking or Grinding Noise:** This often indicates a need for lubrication. Apply lubricant to the linear bearings and guide rods. Check for any debris obstructing the movement path.
- **Rough Movement:** Ensure the guide rods are clean and lubricated. Verify that all bolts on the carriage and

frame are properly tightened. Uneven weight loading can also cause rough movement.

- **Parts Not Fitting During Assembly:** Double-check the assembly diagrams and ensure you are using the correct parts for each step. Sometimes, parts may appear similar but have subtle differences. Do not force components. If a part is genuinely defective or incorrect, contact customer support.
- **Machine Instability:** Ensure the machine is placed on a level surface. Check all frame bolts for tightness.

If you encounter issues not listed here or if troubleshooting steps do not resolve the problem, contact GMWD customer support.

7. SPECIFICATIONS

Feature	Specification
Model Name	DD07
Brand	GMWD
Material	Alloy Steel
Color	Black
Machine Type	Leg Press, Hack Squat, Reverse Hack Squat, Calf Raise Combo
Training Load Capacity	Up to 1000 lbs (453 kg)
Weight Storage Capacity	600 lbs (272 kg)
Footprint Dimensions (L x W)	81 inches x 34 inches (205.7 cm x 86.4 cm)
Height	56 inches (142.2 cm)
Frame Weight	297 lbs (134.7 kg)
Plate Compatibility	Olympic plates (48mm horn diameter)
Safety Features	Triple protection stopper rails (3 positions), 5-position adjustable safety limiter
Movement System	Precision Linear Bearing System
Included Components	Leg press machine (main unit)

8. WARRANTY AND SUPPORT

8.1. Warranty Information

The GMWD DD07 Leg Press Hack Squat Machine Combo comes with a **12-month warranty** from the date of purchase. This warranty covers manufacturing defects in materials and workmanship under normal use. It does not cover damage resulting from misuse, neglect, accident, alteration, or improper assembly.

Please retain your proof of purchase for warranty claims.

8.2. Customer Support

For any questions regarding assembly, operation, maintenance, or warranty claims, please contact GMWD customer service. Have your model number (DD07) and proof of purchase ready when contacting support. Contact information can typically be found on the GMWD official website or through your original point of purchase.

