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› Elementool 2-in-1 Leg Press & Hack Squat Machine User Manual

Elementool sqy3ilGNQa-yKdJ8nNVi4K3kgwKQJefb

Elementool 2-in-1 Leg Press & Hack Squat Machine User Manual

Model: sqy3ilGNQa-yKdJ8nNVi4K3kgwKQJefb

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Elementool 2-in-1 Leg Press & Hack Squat Machine. Please read this manual thoroughly before assembly and operation. Keep it for future reference.

2. SAFETY INFORMATION

WARNING: Serious injury or death can occur if safety precautions are not followed. Consult a physician before starting any exercise program. This equipment is for home use only. Not for commercial or institutional use.

- Always inspect the machine for loose parts or damage before each use.
- Ensure all bolts and nuts are securely tightened.
- Do not exceed the maximum weight capacity of 440 LBS.
- Keep children and pets away from the equipment during use.
- Use the machine on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- Perform exercises slowly and in a controlled manner.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- The machine features dual security protection with 4 safety locking positions and a safety limit position. Always engage safety catches when not actively performing a repetition or when adjusting the machine.

DUAL SECURITY PROTECTION



Figure 1: Dual Security Protection. The machine is equipped with multiple safety locking positions to ensure user safety during exercises.

3. PRODUCT OVERVIEW

The Elementool 2-in-1 Leg Press & Hack Squat Machine is designed for comprehensive lower body strength training, allowing users to perform both leg presses and hack squats with a single piece of equipment. Its robust construction and adjustable features cater to various fitness levels and body types.

Key Features:

- **2-in-1 Versatile Design:** Easily switch between leg press and hack squat exercises by adjusting the back pad and pedal. This dual-function machine is perfect for efficiently working your glutes, quads, hamstrings, and calves.
- **Sturdy Steel Frame & Storage:** Constructed from high-strength steel with a robust, full-frame design. Integrated weight plate storage posts provide exceptional stability during use and help keep your workout space neat and organized.
- **Customizable User Fit:** Achieve a perfect workout position with the 5-position adjustable foot pedal and 2-way adjustable backrest. These settings accommodate various user heights and limb lengths for a comfortable,

personalized training experience.

- **Smooth & Quiet Operation:** Experience fluid motion with our linear bearing system. This advanced mechanism ensures each repetition is consistently smooth and quiet, allowing for better focus and effective muscle engagement without distractions.



Figure 2: 2-in-1 Functionality. The machine easily converts between leg press and hack squat modes.

SMOOTH TRAINING EXPERIENCE



New Technology Advantage: Our Linear Bearing Advantage

- ✓ Higher Hardness
- ✓ Less Prone to Deformation
- ✓ More Wear-resistant
- ✓ Smoother User Experience
- ✓ Lower Noise
- ✓ More Durable

Figure 3: Linear Bearing System. Ensures smooth and quiet movement during exercises.



Figure 4: Adjustable Foot Pedal and Weight Capacity. Customize your workout with multiple foot pedal positions.

EASY TO MOVE WITH WHEELS AND HANDLES



Figure 5: Mobility Features. Integrated wheels and handles facilitate easy relocation of the machine.

4. SETUP AND ASSEMBLY

Your Elementool 2-in-1 Leg Press & Hack Squat Machine arrives in two separate packages to ensure safe delivery. Please ensure you have all components before beginning assembly. Refer to the included parts list and diagrams for detailed instructions.

Assembly Video Guide:

Your browser does not support the video tag.

Video 1: Comprehensive Assembly of Leg Press Hack Squat Combo Machine. This video provides a step-by-step visual guide for assembling your machine.

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Video 2: Hack Squat Installation Steps. This video focuses on the specific steps for setting up the machine in hack squat configuration.

General Assembly Steps (Refer to video for detailed visuals):

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify all components are present against the parts list.
2. **Assemble Base Frame:** Connect the main base components using the provided bolts, washers, and nuts. Ensure a stable foundation.
3. **Attach Upright Supports:** Secure the main upright supports to the base frame.
4. **Install Guide Rods:** Mount the guide rods onto the main frame, ensuring they are parallel and securely fastened.
5. **Assemble Foot Plate Mechanism:** Attach the foot plate and its adjustment mechanism.
6. **Install Backrest and Shoulder Pads:** Secure the backrest and adjustable shoulder pads.
7. **Final Checks:** Double-check all connections for tightness. Ensure all moving parts operate smoothly and safety pins engage correctly.

5. OPERATING INSTRUCTIONS

The Elementool 2-in-1 machine allows for seamless transitions between Leg Press and Hack Squat exercises.

Switching Between Modes:

- To switch from Leg Press to Hack Squat, adjust the back pad and foot pedal positions as required. Typically, the back pad will become the foot platform for hack squats, and the foot pedal will be repositioned or removed.
- Refer to the assembly videos or detailed diagrams for specific adjustment mechanisms.

Performing Exercises:

- **Leg Press:**
 1. Sit on the seat with your back firmly against the backrest.
 2. Place your feet shoulder-width apart on the foot platform.
 3. Disengage the safety catches and slowly lower the platform by bending your knees.
 4. Push the platform back up to the starting position, ensuring not to lock your knees.
 5. Re-engage safety catches when finished.
- **Hack Squat:**
 1. Stand on the foot platform with your shoulders under the shoulder pads.
 2. Disengage the safety catches and slowly lower your body by bending your knees, keeping your back straight.
 3. Push back up to the starting position.
 4. Re-engage safety catches when finished.
- **Calf Raises:** The machine includes a calf platform for targeted calf muscle training. Position your feet on the calf platform with heels hanging off, then raise and lower your heels.

MULTIPLE TRAINING METHODS



Figure 6: Multiple Training Methods. The machine supports various exercises, including calf raises using the dedicated calf platform.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your 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 guide rods to maintain smooth operation of the linear bearing system.
- **Inspection:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners immediately.
- **Storage:** Store the machine in a dry, clean environment away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

If you encounter issues with your machine, refer to the following common solutions:

- **Squeaking or Grinding Noise:**
 - Check all bolts and nuts for tightness.
 - Apply lubricant to the guide rods and any pivot points.
- **Rough Movement:**
 - Ensure guide rods are clean and lubricated.
 - Inspect linear bearings for any obstructions or damage.
- **Machine Instability:**
 - Verify the machine is on a flat, level surface.
 - Check all frame connections for tightness.

If problems persist, contact Elementool customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	Elementool
Model Number	sqy3ilGNQa-yKdJ8nNVi4K3kwgKQJefb
UPC	199809825522
Product Dimensions (LxWxH)	74.8"D x 40.55"W x 55.91"H
Item Weight	287.3 Pounds
Material	Alloy Steel
Color	All Black
Included Components	Leg Press Hack Squat Machine Combo
Maximum Load Capacity	440 LBS (as per product title)

PRODUCT SPECIFICATION

Note: Shipped in 2 Packages



Figure 7: Product Dimensions. Detailed measurements for planning your workout space.

9. WARRANTY AND SUPPORT

Warranty: The Elementool 2-in-1 Leg Press & Hack Squat Machine comes with a 30-day manufacturer's warranty.

Customer Support: If you have any questions, require assistance with assembly, or need to report a missing or damaged part, please contact Elementool customer support. Our dedicated team is ready to assist you.

For further assistance, please refer to the contact information provided with your purchase or visit the official Elementool website.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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