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Fitvids B0GKNHCQKK

Fitvids Leg Extension and Curl Machine Instruction Manual

Model: B0GKNHCQKK

1. Introduction

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

2. Safety Information

WARNING: Serious injury may occur if safety precautions are not followed. Consult a 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.
- Place the machine on a flat, stable surface. Ensure adequate clearance around the equipment.
- Keep children and pets away from the machine during operation.
- Do not exceed the maximum user weight capacity of **440 lbs** (from image PT06) and maximum plate load capacity of **330 lbs** (from image PT05).
- Wear appropriate exercise attire and footwear.
- Perform exercises with controlled movements. Avoid sudden or jerky motions.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.

3. Product Features

The Fitvids Leg Extension and Curl Machine is designed for targeted lower body strength training. Key features include:

- **Adjustable Backrest:** Offers 8 positions for varied user heights and exercise angles.
- **Adjustable Leg Pads:** Removable and adjustable leg pads with 6 positions for comfort and proper alignment.
- **Adjustable Shin/Calf Support:** Features 18 positions to accommodate different leg lengths and exercise types.
- **Sundial Adjustment:** Provides 24 holes for precise starting positions for leg extensions and curls.

- **Plate Loaded Design:** Compatible with both 1-inch and 2-inch weight plates. Includes a 10.92-inch long weight holder and a 7.8-inch long weight storage pin for stability and convenience.
- **Integrated Squat Rack:** Allows for banded deep squats, curls, rows, or guided hard lifts.
- **Durable Construction:** Made from heavy gauge carbon steel for stability and longevity.
- **Comfort Features:** Thick backrest pads and rubber grip handlebars ensure a comfortable workout.



Image: Adjustable backrest (8 positions), removable and adjustable leg pads (6 positions), and adjustable shin/calf pads (18 positions) for customized fit.



Image: Details of the 10.92-inch weight plate sleeve for 2-inch plates, 7.8-inch weight plate sleeve for 1-inch plates, comfortable support handle, and the squat rack's compatibility with belt squat accessories.

4. Assembly Instructions

Assembly typically requires two adults. All necessary tools and hardware are usually included. Follow the step-by-step instructions provided in the separate assembly guide that accompanies your product packaging. Ensure all components are present before beginning assembly.

1. Unpack all components and verify against the parts list.
2. Attach the main frame components securely.
3. Install the backrest and seat, ensuring all adjustment mechanisms function correctly.
4. Mount the leg extension/curl arm and associated pads.
5. Attach the weight plate holders and storage pins.
6. Perform a final check to ensure all bolts are tightened and the machine is stable.

5. Operating Instructions

5.1 Adjustments

- **Backrest:** Use the adjustment pin to select one of the 8 available positions. Ensure it locks securely.
- **Leg Pads:** Adjust the height and position of the removable leg pads (6 positions) to comfortably secure your legs.
- **Shin/Calf Support:** Adjust the shin/calf support (18 positions) to align with your lower leg for optimal exercise form.



Image: The sundial adjustment mechanism, offering 24 different starting positions for leg exercises.

- **Sundial Adjustment:** Rotate the sundial mechanism to select one of the 24 starting positions for your leg extensions or curls. This allows for precise control over the range of motion.

5.2 Performing Exercises

Proper form is crucial for effective and safe workouts. Always start with light weights to master the movement before increasing resistance.

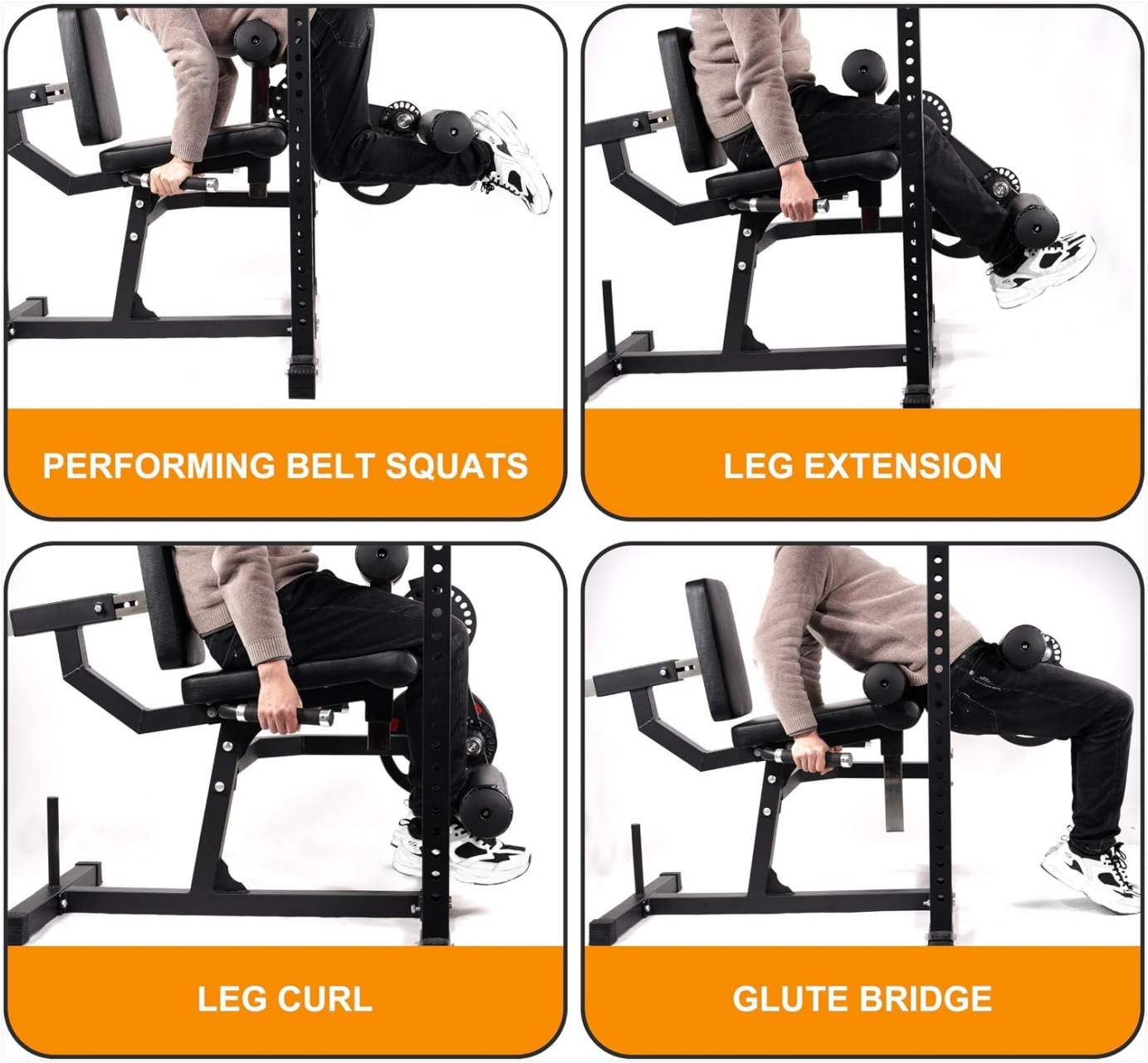


Image: Visual guide demonstrating proper form for belt squats, leg extensions, leg curls, and glute bridges using the machine.

- **Leg Extension:**
    a. Sit on the machine with your back against the backrest and your knees bent at 90 degrees.
    b. Adjust the shin/calf support so it rests comfortably on your lower shins, just above your ankles.
    c. Select desired weight plates and load them onto the weight holder.
    d. Extend your legs fully, contracting your quadriceps. Hold briefly at the top.
    e. Slowly lower the weight back to the starting position.
- **Leg Curl:**
    a. Lie face down on the bench with your knees just off the edge.
    b. Adjust the shin/calf support so it rests comfortably on your lower calves, just above your ankles.
    c. Select desired weight plates and load them onto the weight holder.
    d. Curl your legs upwards, contracting your hamstrings. Hold briefly at the top.
    e. Slowly lower the weight back to the starting position.
- **Squat Rack Usage (Belt Squats):**

a. Position the machine's squat rack attachment.
b. Attach a belt squat accessory (not included) to the straight rod with a hole.
c. Perform squats, ensuring your back remains straight and core engaged.

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.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Apply a small amount of silicone-based lubricant to pivot points and adjustment mechanisms if they become stiff.
- **Storage:** Store the machine in a dry, clean environment away from direct sunlight and extreme temperatures.

7. Troubleshooting

- **Machine feels unstable:** Ensure all assembly bolts are fully tightened. Verify the machine is on a level surface.
- **Adjustments are stiff:** Clean any debris from the adjustment mechanisms and apply a light lubricant if necessary.
- **Squeaking noises:** Identify the source of the noise and apply lubricant to moving parts or tighten loose connections.

8. Specifications

Brand	Fitvids
Model Number (ASIN)	B0GKNHCQKK
Material	Carbon Steel
Item Weight	92.59 Pounds
Product Dimensions (L x W x H)	60.6" x 43" x 57"
Maximum User Capacity	440 lbs
Maximum Plate Load Capacity	330 lbs
Weight Plate Compatibility	1-inch and 2-inch plates
Backrest Adjustment	8 positions
Leg Pad Adjustment	6 positions
Shin/Calf Support Adjustment	18 positions
Sundial Adjustment	24 starting positions



Image: Detailed product dimensions, maximum capacity (330 lbs for plates), and product weight (92.59 lbs).



Image: A user demonstrating a leg extension exercise, with the maximum user capacity of 440 lbs indicated.

9. Warranty

This Fitvids Leg Extension and Curl Machine comes with a **2-Year Manufacturer Warranty**. Please refer to the warranty card included with your product for specific terms and conditions, or visit the official Fitvids website for more details.

10. Customer Support

For any questions, assistance with assembly, or troubleshooting, please contact Fitvids customer support. You can find contact information on the Fitvids official website or through your purchase platform.

Online Resources: Visit the Fitvids Store on Amazon for additional product information and support.

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