Dripex B0GS8WYGMX

Dripex Leg Press Hack Squat Machine Combo User Manual

Model: B0GS8WYGMX

Overview Assembly Operation Safety Information Maintenance Troubleshooting Product Specifications Warranty & Support

1. Safety Information

Important: Read all instructions carefully before assembling and using the Dripex Leg Press Hack Squat Machine Combo. Keep this manual for future reference.

- Ensure all bolts, nuts, and other connections are securely tightened before each use.
- Always use the safety locking positions and safety limit position to prevent injury. The machine features 4 safety locking positions and a safety limit position for dual security.
- Do not exceed the maximum load capacity of 1200 lbs.
- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the machine on a flat, stable surface.
- Inspect the machine for any signs of wear or damage before each workout. Do not use if damaged.

2. Product Overview

The Dripex Leg Press Hack Squat Machine Combo is a versatile 2-in-1 fitness equipment designed for comprehensive lower body workouts. It allows users to perform both leg presses and hack squats, targeting quadriceps, hamstrings, glutes, and calves.

Key Features:

- **2-in-1 Functionality:** Easily switch between leg press and hack squat modes.
- **Heavy-Duty Construction:** Made from high-strength alloy steel for durability and stability.
- **High Load Capacity:** Supports a maximum load of 1200 lbs.
- **Integrated Weight Storage:** Equipped with 4 weight plate storage holders to enhance stability and save space.
- **Enhanced Safety:** Features 4 safety locking positions and an additional safety limit position.
- **Comfort & Ergonomics:** Thickened high-density foam seat and back pads with anti-slip, wear-resistant leather.
- **Smooth Operation:** Metal guide rods and aluminum alloy handles ensure fluid movement.
- **Adjustable Footplate:** Five angle options for optimal comfort and varied training.
- **Portability:** Includes transport wheels and a handle for easy relocation.

Components Included:

The package includes the 2-In-1 Leg Press Hack Squat Combination Machine. Weight plates are not included.



Figure 2.1: The Dripex Leg Press Hack Squat Machine Combo in Classic Red. This image displays the full assembled machine, highlighting its robust construction and dual functionality.

3. Assembly Instructions

Assembly requires careful attention to detail. It is recommended to have two people for assembly. Ensure all parts are present before beginning.

Assembly Video Guide:

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Video 3.1: This video provides a step-by-step installation guide for the Dripex Leg Press Hack Squat Machine. It visually demonstrates the assembly process for each component.

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

1. **Base Frame Assembly:** Attach the main uprights to the base. Ensure small holes face inward and large holes face outward. Secure with bolts.
2. **Footplate Support:** Assemble the footplate support structure to the base.
3. **Rail Installation:** Mount the red guide rails onto the main frame.
4. **Carriage Assembly:** Attach the main carriage, which holds the footplate and backrest, to the guide rails.
5. **Upper Crossbar:** Secure the upper crossbar to the top of the main uprights.
6. **Weight Plate Holders:** Install the weight plate storage holders on the side of the frame.
7. **Seat and Backrest:** Attach the padded seat and backrest components.
8. **Final Checks:** Verify all connections are tight and the machine operates smoothly.

Note: The machine is shipped in 2 packages. Ensure both packages are received before starting assembly.

4. Operating Instructions

This machine offers two primary modes: Leg Press and Hack Squat. Always ensure the machine is properly configured and secured for the desired exercise.

4.1 Leg Press Mode



Figure 4.1: The machine configured for Leg Press. A user is shown performing a leg press exercise, demonstrating the proper form and machine setup.

1. **Configuration:** Ensure the backrest is in the reclined position and the footplate is positioned for leg presses.
2. **Loading Weights:** Carefully load 2-inch weight plates onto the weight carriage. Distribute weight evenly.
3. **Positioning:** Sit on the seat with your back firmly against the backrest. Place your feet shoulder-width apart on the footplate.
4. **Safety Release:** Push the footplate up to disengage the safety stoppers.
5. **Execution:** Slowly lower the footplate by bending your knees, ensuring your back remains pressed against the pad. Push back up to the starting position, extending your legs without locking your knees.
6. **Re-engaging Safety:** Once your set is complete, push the footplate to the highest point and re-engage the safety stoppers.



Figure 4.2: Close-up of the dual security protection, showing the 4 safety locking positions and the safety limit position on the leg press.

4.2 Hack Squat Mode



Figure 4.3: The machine configured for Hack Squat. A user is shown performing a hack squat exercise, demonstrating the proper form and machine setup.

1. **Conversion:** To switch to hack squat mode, adjust the backrest to the upright position and secure the footplate in its hack squat configuration. Refer to the assembly video or product diagrams for specific conversion steps.
2. **Loading Weights:** Load 2-inch weight plates onto the weight carriage.
3. **Positioning:** Stand on the footplate with your shoulders under the padded shoulder rests. Grip the handles for stability.
4. **Safety Release:** Push up to disengage the safety stoppers.
5. **Execution:** Slowly lower your body by bending your knees, keeping your back straight and shoulders pressed against the pads. Push back up to the starting position, extending your legs without locking your knees.
6. **Re-engaging Safety:** Once your set is complete, push the carriage to the highest point and re-engage the safety stoppers.

4.3 Adjustments

- **Footplate Angle:** The footplate offers five adjustable angle options. Adjust the angle using the knob located beneath the footplate to target different muscle groups or for comfort.

- **Safety Stopper Positions:** The machine has 4 safety stopper positions. Select the appropriate position based on your range of motion and exercise.

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Video 4.4: This video demonstrates the operation of the Dripex Leg Press Hack Squat Machine Combo, including switching between modes, using safety features, and adjusting the footplate.

5. Maintenance

Regular maintenance ensures the longevity and safe operation of your Dripex Leg Press Hack Squat Machine Combo.

- **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 ensure smooth movement.
- **Hardware Check:** Regularly inspect all bolts, nuts, and fasteners. Tighten any loose hardware.
- **Pad Inspection:** Check the foam pads and upholstery for tears or excessive wear.
- **Storage:** When not in use, store the machine in a dry, clean environment. The transport wheels allow for easy movement.

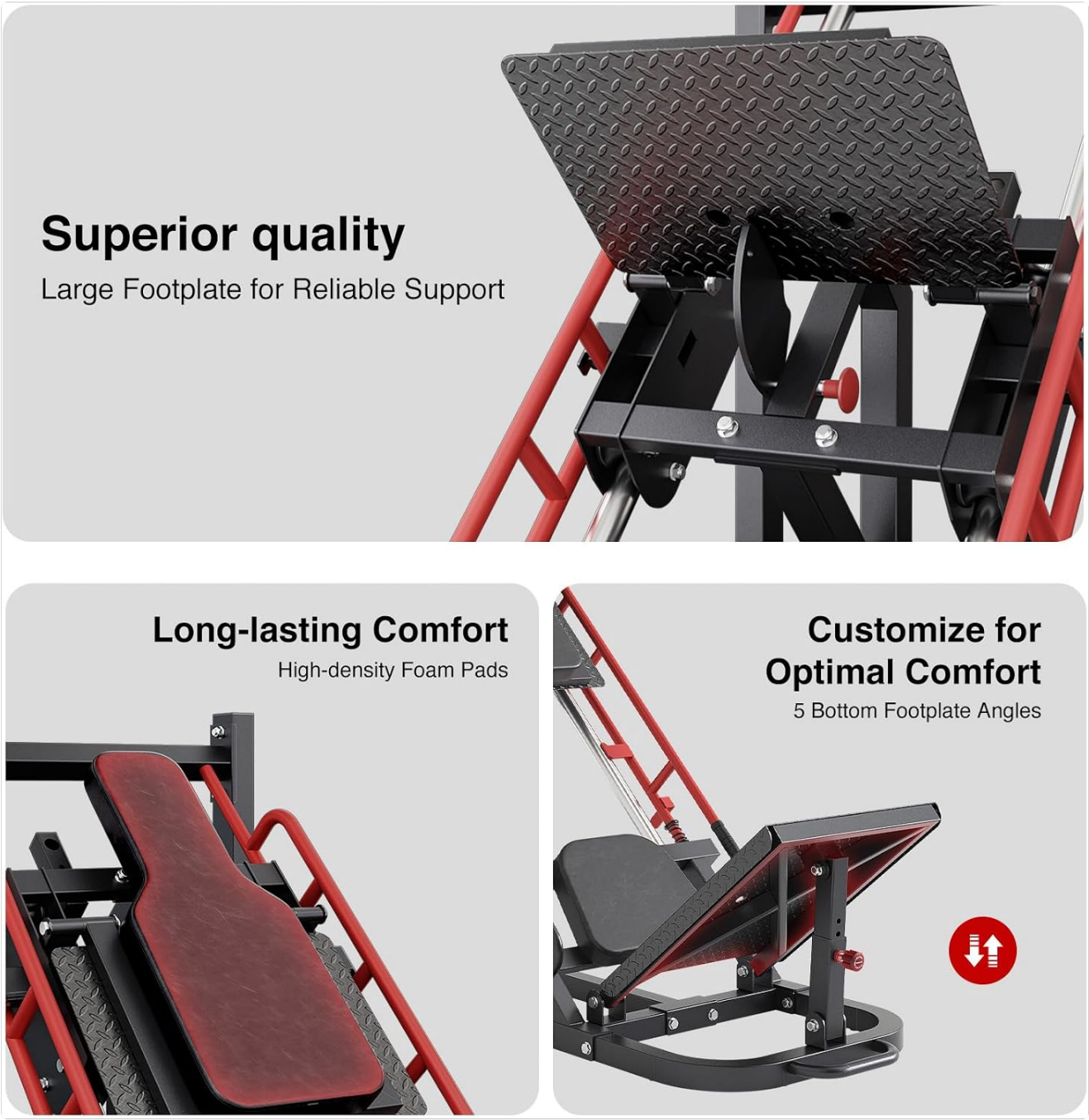


Figure 5.1: The machine equipped with transport wheels and a handle, illustrating its ease of movement for storage or repositioning.

6. Troubleshooting

Problem	Possible Cause	Solution
Machine feels unstable or wobbly.	Loose bolts or uneven surface.	Check and tighten all bolts. Ensure the machine is on a flat, level surface.
Carriage movement is not smooth.	Lack of lubrication on guide rods or debris.	Clean guide rods and apply silicone lubricant. Check for any obstructions.

Problem	Possible Cause	Solution
Difficulty engaging/disengaging safety stoppers.	Misalignment or obstruction.	Ensure the carriage is fully extended or retracted. Check for any foreign objects.
Noise during operation.	Loose components or lack of lubrication.	Inspect all connections for tightness. Lubricate moving parts as needed.

7. Specifications

Feature	Detail
Product Name	Dripex Leg Press Hack Squat Machine Combo
Model Number	B0GS8WYGMX
Brand	Dripex
Item Weight	103.6 Pounds
Material	Alloy Steel
Product Dimensions (D x W x H)	82.3"D x 42.9"W x 58.3"H
Max Load Capacity	1200 lbs
Safety Features	4 Safety Locking Positions, 1 Safety Limit Position
Footplate Adjustment	5 Angle Options
Weight Plate Compatibility	2-inch plates
Included Components	2-In-1 Leg Press Hack Squat Combination Machine



Figure 7.1: Detailed product dimensions of the Dripex Leg Press Hack Squat Machine Combo. Note that the product is shipped in two separate packages.

8. Warranty & Support

The Dripex Leg Press Hack Squat Machine Combo comes with a**1-Year Warranty**.

For any questions, concerns, or support needs regarding assembly, operation, or maintenance, please contact Dripex customer service. Refer to your purchase documentation for specific contact details or visit the official Dripex website.

Customer Support: For assistance, please refer to the contact information provided with your purchase or visit the **Dripex Store on Amazon**.

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