



FFITTECH FSM70 Lying Leg Curl Instructions

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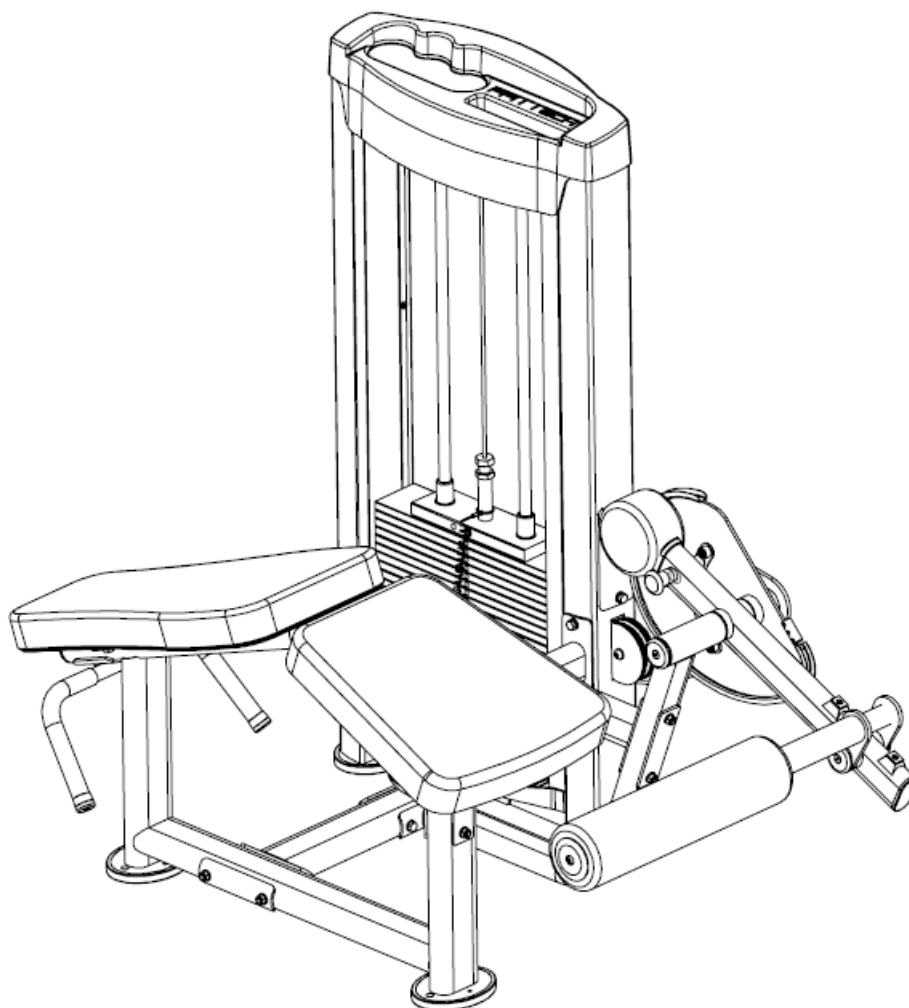
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FSM70 Lying Leg Curl

FFITTECH[®]

GUIDE ASSEMBLY PRODUCT



HORIZONTAL LEG CURL

SPECIFICATIONS OF THE PRODUCT

Dimension	1625x935x1440mm (LxWxH)
Tower height	1400mm
Weightstack	100kg 220lbs
Weight gross/net	230/220kg 507/485lbs

Pictures and photos in this manual are merely illustrative. The company reserves the right to change specifications and design without notice. This manual may illustrate optional items which are not part of the equipment purchased. Read all the information applied to the product and the Manual/Guide that comes with it.

USE OF THE PRODUCT

Instruction to use see sticker fixed on top cover of tower weight, as shown in figure. Look at the illustrations and callouts.



SAFETY AND MAINTENANCE STICKER

Safety and maintenance see sticker fixed on the tower.



PREVENTIVE MAINTENANCE

Follow these guidelines to maintain perfect operation of the equipment.

Estações e Máquinas Stations and Machines Estaciones y Máquinas	Observações Remarks	Atenção Attention	Prevenção Prevention	Manutenção Maintenance
<ul style="list-style-type: none"> ✓ Fique atento à aparição de ruídos estranhos. ✓ Be aware of strange noises. ✓ Este atento a la aparición de ruidos extraños. ✓ Inspeccionar e revisar: Cabos de aço, em toda a sua extensão, seus respectivos terminais e todas as partes móveis e pesos. ✓ Inspect and review: Steel cables, and terminals throughout its length and all moving parts and weights. ✓ Inspeccionar y revisar: Cables de acero, sus respectivos terminales en toda su extensión y todas las partes móviles y pesas. 	X			
<ul style="list-style-type: none"> ✓ Limpar: Assentos e pagadores. ✓ Clean: Seats and handles. ✓ Limpiar: Asientos y pagadores. ✓ Inspeccionar: Barras, manípulos, superficies antidemparantes e etiquetas de segurança. ✓ Inspect: Bars, handles, non-slip surfaces and safety labels. ✓ Inspeccionar: Barras, perillas, superficies antidemparantes y etiquetas de seguridad. 	X			
<ul style="list-style-type: none"> ✓ Limpar e lubrificar: Guias de pesos, utilizar vaselina ou desengripante para lubrificação. ✓ Clean and lubricate: Weight guides, use Vaseline or WD40 for lubrication. ✓ Limpiar y lubricar: Guías de pesas, utilizar vaselina o lubricador para lubricación. ✓ Inspeccionar todos os parafusos e encaixes, apertar se necessário. ✓ Inspect all screws and fittings, tighten if necessary. ✓ Inspeccionar todos los tornillos y encajes, apertar si necesario. 		X		
<ul style="list-style-type: none"> ✓ Limpar polias e partes móveis dos assentos. ✓ Clean pulleys and moving parts of the seats. ✓ Limpiar poleas y partes móviles de los asientos. ✓ Inspeccionar: toda a estrutura do equipamento. ✓ Inspect: the entire equipment structure. ✓ Inspeccionar: toda la estructura del equipamiento. 			X	

Note: For your convenience and quick access, the same information is applied in the product, sticker fixed on tower.

SAFETY INFORMATIONS

Before using the equipment, carefully read all the safety labels and warnings related to the equipment as well as all the instructions contained in this Guide or the Equipment Installation Guide and retain them in a safe place for future reference. It is the owner's responsibility to ensure that all users of the equipment are adequately informed about the safety precautions and use. The misuse of this equipment could result in health hazards. The manufacturer assumes no responsibility for personal injury or property damage incurred by the improper use of this equipment.

PRODUCT

Two or more people will be required to assemble this equipment. Make sure that the floor is flat and there is sufficient space to mount, dismount, and use the equipment. Remove the equipment from the packaging. Do not discard the packaging until the installation is complete. Proceed with the assembly and make sure that the equipment is firmly installed and that all parts are tightened correctly. The equipment must be retained in the original configurations of the project. Do not carry out any modification that alters the equipment, which could result in the loss of the product warranty.

Replace damaged parts with original parts and regularly carry out preventive maintenance;

Replace defective parts immediately and/or take the equipment out of use until it is repaired;

Replace damaged labels;

For equipment with a weight stack, never use a system of weights if the top adapter plate is attached in a higher position relative to the others;

Adjust the required force so that exercises are smooth and uniform;

Inspect the equipment before use, especially cables, pulleys, fittings, canvas, attachment of the seat/saddle, pedal and shoe, moving or adjustable parts when applicable. Make sure that all the pieces and parts are securely fastened;

Never release the anklet, handles or bar while the weights are raised: the weights will fall with a lot of force and this can damage the equipment;

Electrical equipment must be connected to a grounded electrical system. For treadmills use a 16A breaker, at least. Make sure that the installation voltage is the same as the equipment. Regularly ensure that the cables and plugs are in perfect condition. Do not place power cables under carpets or any other object;

Keep electrical equipment disconnected from the mains when not in use.

PERSONAL

Consult your doctor before starting and during any exercise program. Special attention should be given to children, pregnant women, the elderly, people with heart problems and those with a disability or pre-existing health problems.

Keep children and pets, away from the equipment especially during use. Children should be watched so they do not play with the equipment, whether or not it is in use.

The equipment is not intended to be used by children or people with some reduction in their physical, sensory or mental capacity, lack of experience and knowledge, unless they have been given the necessary instructions for the use of the equipment and be under the care of a person who is responsible for their safety.

When the machine is in motion never put your hands on the column weights covers (if applicable) or any moving parts. Do not insert any object in the openings. Never carry out any adjustments, cleaning or maintenance when the equipment is in motion.

Keep your body, clothes and hair away from any moving parts so that you do not suffer an accident or serious injury.

Do not allow more than one person use the equipment at the same time, except in those stations that are designed for this purpose.

Use the settings provided by the equipment and place yourself in a comfortable and adequate position on the equipment.

When using treadmills the user should not be on the belt when starting the equipment. Hold the handles and place your feet on the side rails and then start the unit. Check the alignment of the belt.

The treadmills have a safety switch that is coupled to the monitor and is fastened to one's clothing. If you want to stop the treadmill quickly, remove the switch. Make sure it is working properly.

Stop any exercise if you feel any dizziness, chills, shortness of breath, tachycardia, headache or chest pain, weakness or breathing difficulty. Heartbeat

Heartbeat sensors cannot be used as accurate measurements for clinical use. Use them only as a reference.

Wear appropriate fitness attire. Do not wear loose clothing that could eventually become caught in the equipment.

Always wear fitness shoes for exercising.

Do not perform any exercises 1 hour before or 2 hours after meals. Hydrate yourself during the exercises.

Before you start the exercise it is recommended that you warm up for 5-10 minutes, doing rhythmic exercises that

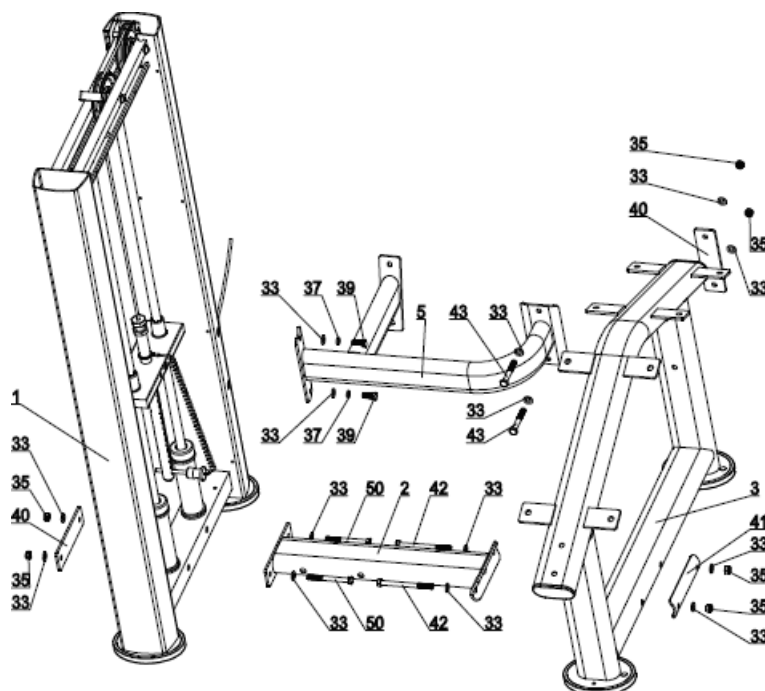
will move every muscle so you not damage the muscle during the exercises. Stretch before and after your session. Inhale and exhale while exercising to relax and coordinate breathing with the movement. Once a muscle has been exercised rest it for 48 hours before exercising it again. The exercises are efficient and you can get the most out of the equipment if you are supervised by a professional.

Note: For your convenience and quick access, basic safety information, also available in sticker fixed on tower.

ASSEMBLY

STEP

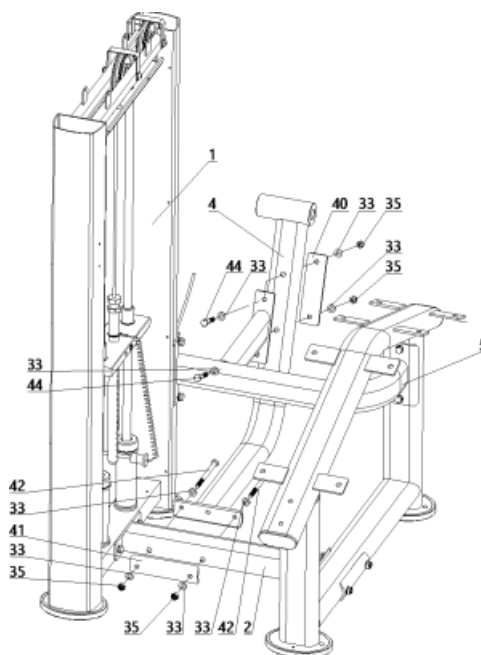
Assemble the tower frame(1) to the main frame(3) using connecting tube(2) and connecting frame(5). Fix it using 2 hex head bolt M10x125(42), 2 hex head bolt M10x100(50), 2 hex head bolt M10x25(39), 2 hex head bolt M10x75(43), 14 flat washer(33), 2 spring washer(37), 3 fixing plates(40, 41 & 77) and 6 lock nut hex M10(32). Do not tighten the bolts and the nuts in this step.



Nº	English description	Qt
1	TOWER FRAME	1
2	CONNECTING TUBE	1
3	MAIN FRAME	1
5	CONNECTING FRAME	1
33	FLAT WASHER	14
35	LOCK NUT HEX M10	6
37	SPRING WASHER	2
39	HEX HEAD BOLT M10x25	2
40	FIXING PLATE	2
41	FIXING PLATE	2
42	HEX HEAD BOLT M10x125	4
43	HEX HEAD BOLT M10x75	2
50	HEX HEAD BOLT M10x100	2

STEP

Assemble connecting frame(4) to the connecting frame(5) and connecting tube(2), using 2 hex head bolt M10x125(42), 2 hex head bolt M10x65(44), 8 flat washers(33) and 4 lock nut hex M10(35) 2 fixing plates(40 & 41). Adjust the equipment then using the right tools tighten bolts and nuts properly of step 1 and 2.



Nº	English description	Qt
1	TOWER FRAME	1
2	CONNECTING TUBE	1
4	CONNECTING FRAME	1
5	CONNECTING FRAME	1
33	FLAT WASHER	8
35	LOCK NUT HEX M10	4
40	FIXING PLATE	1
41	FIXING PLATE	1
42	HEX HEAD BOLT M10x125	2
44	HEX HEAD BOLT M10x65	2

STEP

Fix the cam support(6) to the tower frame(1) using 2 hex head bolt M10x25(39), 2 spring washer(37) and 2 flat washer(33). Assemble the rotating arm(8) and the cam(7) to the connecting frame (4) and cam support(6), using axis(16). Put the ending cap(45) at two side of the axis(16), fix both using 2 flat head Allen bolt M8x15(47). Fix the cable(66) to the cam(7) using 5 Allen head set screw M8x6(72). Using the right tools tighten bolt properly.

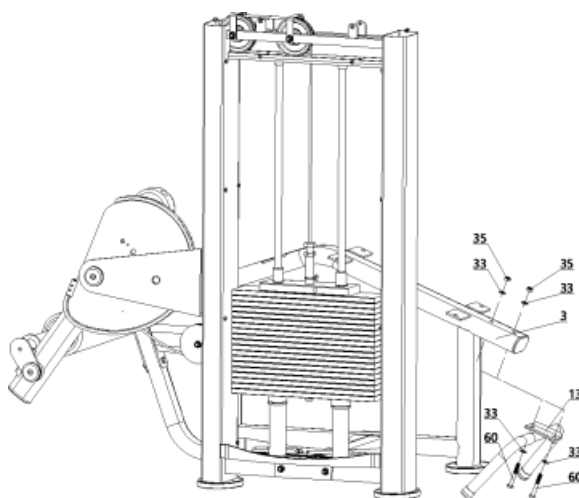
Nº	English description	Qt
1	TOWER FRAME	1
4	CONNECTING FRAME	1
6	CAM SUPPORT	1
7	CAM	1
8	ROTATING ARM	1
16	AXIS	1
33	FLAT WASHER	2
37	SPRING WASHER	7
39	HEX HEAD BOLT M10x25	2
45	ENDING CAP	4
47	FLAT HEAD, ALLEN BOLT M8x15	2
66	CABLE	1
72	ALLEN HEAD, SET SCREW M8x6	5
76	SPECIAL WASHER	1

STEP

Assemble the leg cushion frame(9) to the rotating arm(8), using the axis(17). Fix both sides of the axis(17) using 2 ending cap(45) and flat head Allen bolt M8x15(47). Using the right tools tighten bolts properly.

Nº	English description	Qt
8	ROTATING ARM	1
9	LEG CUSHION FRAME	1
17	AXIS	1
45	ENDING CAP	2
47	FLAT HEAD, ALLEN BOLT M8x15	2

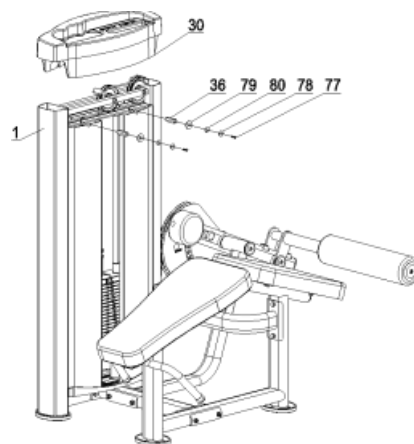
STEP



Assemble the handlebar(13) to the main frame(3) using 2 hex head bolt M10x70(60), 4 flat washer(33) and 2 lock nut hex M10(35).Using the right tools tighten bolts and nuts properly.

Nº	English description	Qt
3	MAIN FRAME	1
18	BACK CUSHION	1
19	CUSHION	1
33	FLAT WASHER	8
39	HEX HEAD BOLT M10x25	8

STEP



Fix the bolt(36) on the tower frame(1) using 2 hex bolt M6x20(77), washer(78),washer(79),and big washer(80), and using the right tools tighten bolts properly. Put top cover(30) on the tower frame(1).

Nº	English description	Qt
1	TOWER FRAME	1
36	BOLT	1
30	TOP COVER	1
78	WASHER	2
77	HEX BOLT M6X20	2
79	WASHER	2
80	BIG WASHER	2

COMPLETED ASSEMBLY

WARRANTY TERM

General Warranty Terms

A) The warranty will be carried out only upon presentation of the original bill of sale/receipt, and within the time limits set out in this Agreement. The warranty is provided by the Ffittech Network of Authorized Service Centers in the major cities in the country.

B) Repaired or replaced parts under this warranty, does not stop nor extend the originally stipulated warranty period.

C) To utilize this warranty, the equipment must have been installed by the local Ffittech dealer.

D) The warranty does not cover installation services, the cleaning and lubrication of the products.

E) No dealer is authorized to receive the product from a customer to send it to the Ffittech Authorized Service Centers or return it and provide information in the name of Ffittech about the progress of the service. Ffittech or the Ffittech Authorized Technical Service will not be responsible for any damage or delay because of this non-compliance.

F) Lubricants (silicones, greases and oils) that are used should be those recommended by the manufacturer

(found in the Ffittech Network of Authorized Service Centers).

G) Ffittech will hold a spare parts inventory and make these available until the termination of the manufacture or import of equipment. If the production or import of any equipment is terminated, Ffittech will supply spare parts for its line of equipment for a reasonable period of time, according to the law.

H) The expenses arising from any freight or transport of the equipment to a Technical Assistance Center will be borne by the buyer, whether or not the equipment is covered by this warranty.

I) The conditions set out in this Agreement are guaranteed to the original purchaser/user of this equipment.

End of Warranty

This warranty will be considered void when:

A) The normal period of its validity.

B) The equipment is delivered for repair by anyone not authorized by Ffittech, are signs of interference of its original features or assembly outside the factory default.

C) Non-use of lubricants (silicones, greases and oils), recommended by the manufacturer.

D) Damage the latter may suffer as a result of misuse, rust originating from external agents, weathering, neglect, modification, improper use of accessories, poor design for the intended application, falls, punctures, use or installation not in accordance with the Instruction Manual or Assembly Guide.

E) The product is used in saunas, water or submerged in use so that this resembles, as well as any use that is not the purpose of the intended application.

F) When electrical product: failure to use properly electric outlet grounded and with a minimum 16A circuit breaker and / or wiring in incorrect voltages or power grids excessive fluctuation or surges, use in places such as heated pool and / or sauna.

Note

A) No dealer or Authorized Service Ffittech is authorized to alter these Terms or commitments on behalf of Ffittech.

B) Ffittech is not responsible for any accidents and their consequences, arising from breach of the original features or assembly outside the factory default of their equipment.

Note: Ffittech reserves the right to make changes without notice this.



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The logo for Ffittech, featuring the word "FFITTECH" in a bold, white, sans-serif font. A small registered trademark symbol (®) is located at the top right of the letter "H". The logo is centered within a dark gray rectangular background.

 GUIA DE MONTAGEM DO EQUIPAMENTO GUIDE ASSEMBLY PRODUCT GUIA DE MONTAJE DEL EQUIPO  FFITTECH FISIOFACIL FACILIDADE NA SUA VIDA	<p>FFITTECH FSM70 Lying Leg Curl [pdf] Instructions FSM70 Lying Leg Curl, FSM70, Lying Leg Curl, Leg Curl</p>
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References

-  [FFittech | Gym Equipments](#)
- [User Manual](#)