



KINGSMITH LKC-1 Leg Extension Curl Machine User Manual

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KINGSMITH LKC-1 Leg Extension Curl Machine



Product Specifications

- Model: LKC-1
- Assembly Type: Leg Extension/Curl Machine
- Tools Required: Electric Screwdriver, Hex Key Set, Wrench Set, Adjustable Wrench, Rubber Mallet, Lubricant

Product Usage Instructions

Preparation

Before starting the assembly process, ensure you have all the necessary tools mentioned above. Follow the important tips provided in the manual for a smooth assembly experience.

Step-by-Step Assembly

Step 1: Main Frame Assembly

Assemble the Right Main Frame, Left Base Support Frame, Front Base Support Frame, and handles using the provided hardware (M10 washers, nuts, screws).

Step 2: Rotational Arm Support Assembly

Attach the Rotational Arm Support using M10 washers, nuts, and screws as specified.

Step 3: Connector Tube Assembly

Connect the Connector Tube using the provided M10 washers, nuts, and screws.

Frequently Asked Questions (FAQ)

• Q: What should I do if I encounter missing parts during assembly?

A: If you find any missing parts, please contact us immediately at support@kingsmithstrength.com for assistance in obtaining the necessary components.

• Q: How often should I check for loose screws and bolts after assembly?

A: It is recommended to periodically check for loose hardware, especially after initial use, and tighten them if

needed to ensure safety and stability.

PREPARATION

Tools for Assembly

- Electric Screwdriver
- Hex Key (Allen Wrench) Set
- Wrench Set and Adjustable Wrench
- Rubber Mallet
- Lubricant (for smooth assembly)

Important Tips:

Hand-tighten bolts and nuts during assembly. This ensures that the structure can be adjusted as needed. Once the entire unit is assembled, tighten all hardware securely.

Periodically check for loose screws and bolts, especially after initial use. Tighten them if necessary to ensure safety and stability.

Component Overview



① Right Main Frame 1 pc



② Rotational Arm Support 1 pc



③ Cushion Bracket Frame 1 pc



④ Backrest Frame 1 pc



⑤ Leg Roller Frame 1 pc



⑥ Connector Tube 1 pc



⑦ Left Base Support Frame 1 pc



⑧ Front Base Support Frame 1 pc



⑨ Right Small Handle 1 pc



⑩ Left Small Handle 1 pc



⑪ Right Large Handle 1 pc



⑫ Left Large Handle 1 pc



⑬ Foam Roller 1 pc



⑭ Backrest 1 pc



⑮ Cushion 1 pc



⑯ Roller Frame Cover 1 pc

Hardware Details



Ⓐ M8 Washer 7 pcs



Ⓑ M10 Washer 28 pcs



Ⓒ M10 Nut 16 pcs



Ⓓ M8x30 External Hexagon Screw 3 pcs



Ⓔ M8x50 External Hexagon Screw 2 pcs



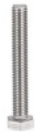
Ⓕ M8x80 External Hexagon Screw 2 pcs



Ⓖ M10x20 Hexagon Socket Countersunk Head Screw 1pc



Ⓖ M10x25 Hexagon Socket Countersunk Head Screw 1pc



Ⓘ M10x70 External Hexagon Screw 8 pcs



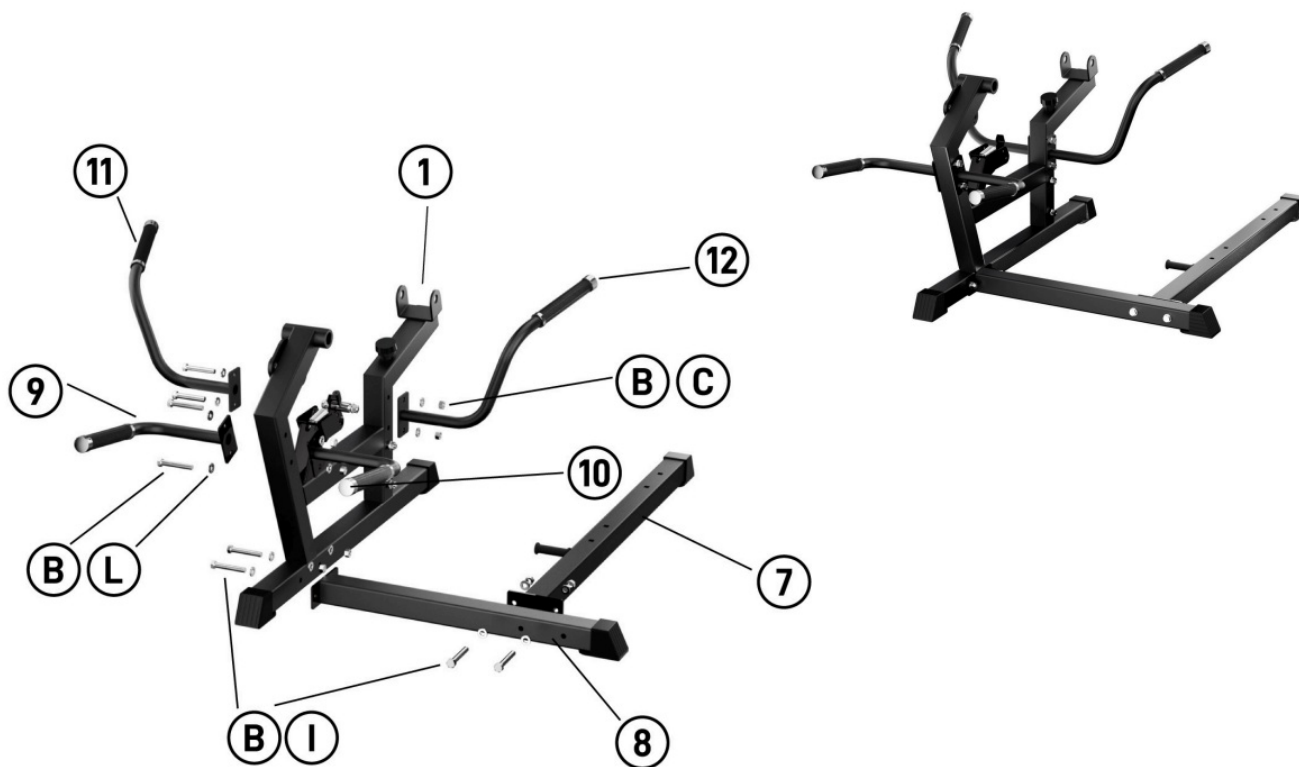
Ⓚ M10x65 Round Head Square Neck Screw 4 pcs



Ⓛ M10x75 External Hexagon Screw 4 pcs

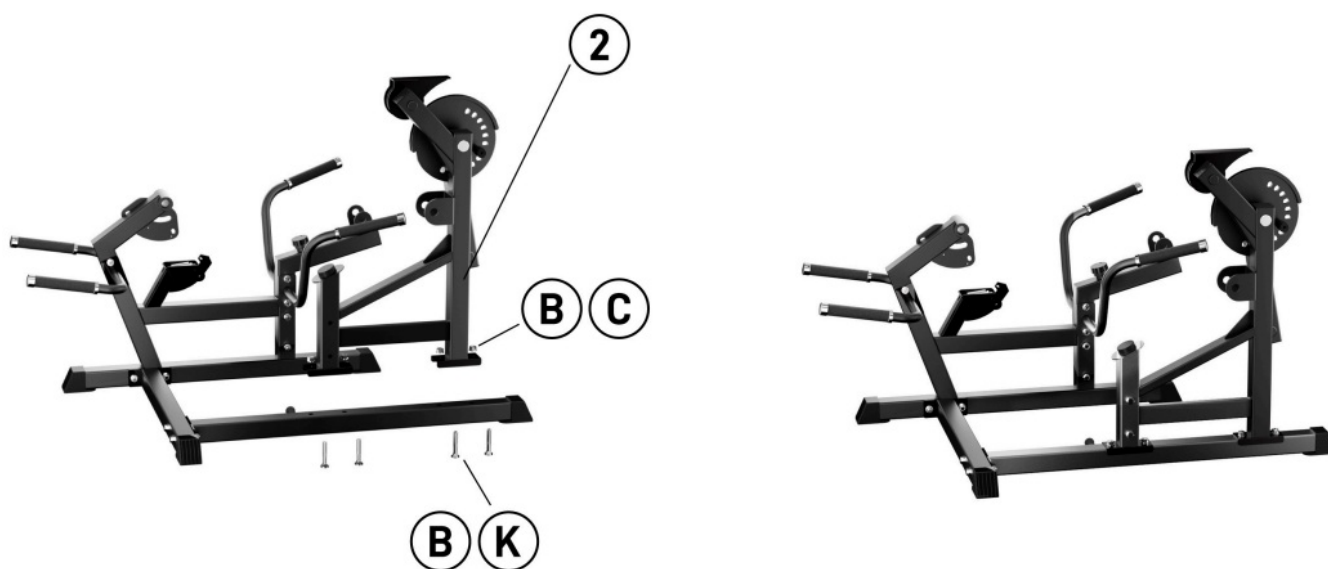
Step 1 Main Frame Assembly

Item No.	Name	Qty	Item No.	Name	Qty
	M10 Washer	16		Right Main Frame	1
	M10 Nut	8		Left Base Support Frame	1
	M10x70 External Hexagon Screw	4		Front Base Support Frame	1
	M10x75 External Hexagon Screw	4		Right Small Handle	1
				Left Small Handle	1
				Right Large Handle	1
				Left Large Handle	1



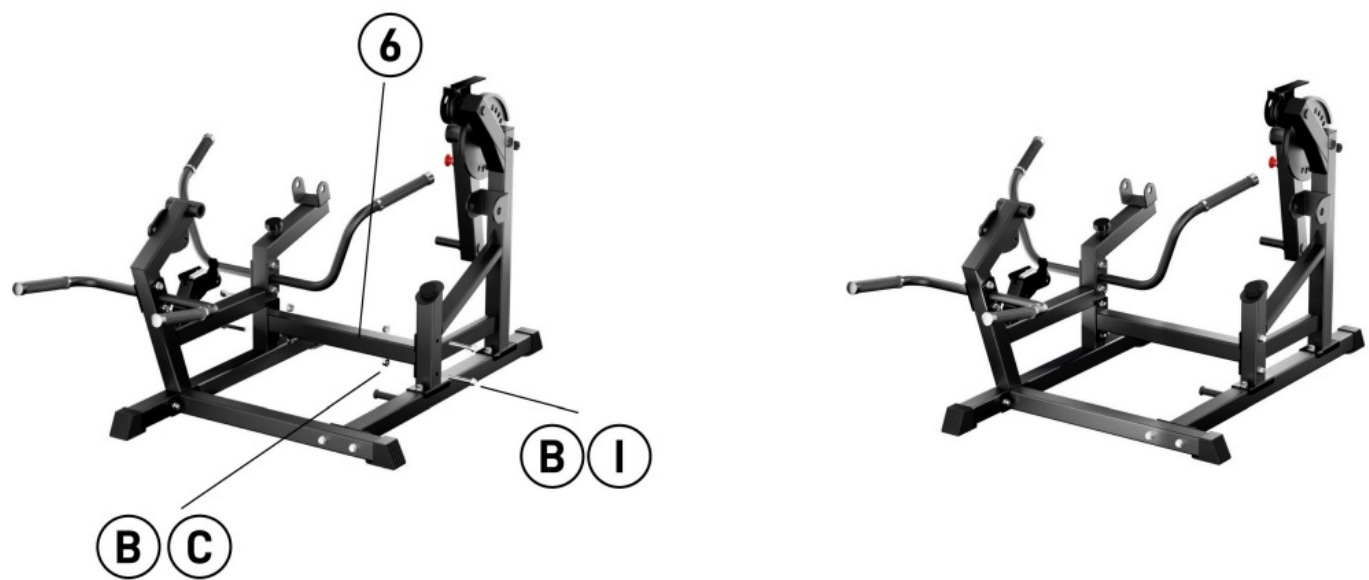
Step 2 Rotational Arm Support Assembly

Item No.	Name	Qty
(B)	M10 Washer	4
(C)	M10 Nut	4
(K)	M10x65 Round Head Square Neck Screw	4
(2)	Rotational Arm Support	1



Step 3 Connector Tube Assembly

Item No.	Name	Qty
Ⓑ	M10 Washer	8
Ⓒ	M10 Nut	4
①	M10x70 External Hexagon Screw	4
⑥	Connector Tube	1



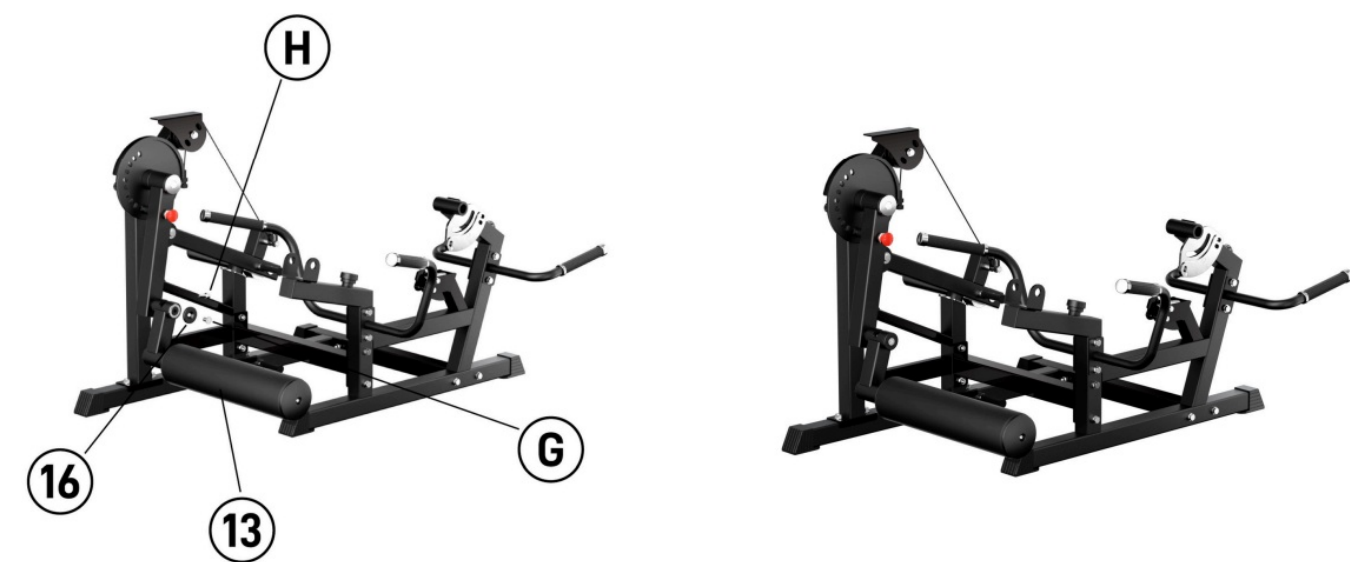
Step 4 Leg Roller Frame Assembly

Item No.	Name	Qty
⑤	Leg Roller Frame	1



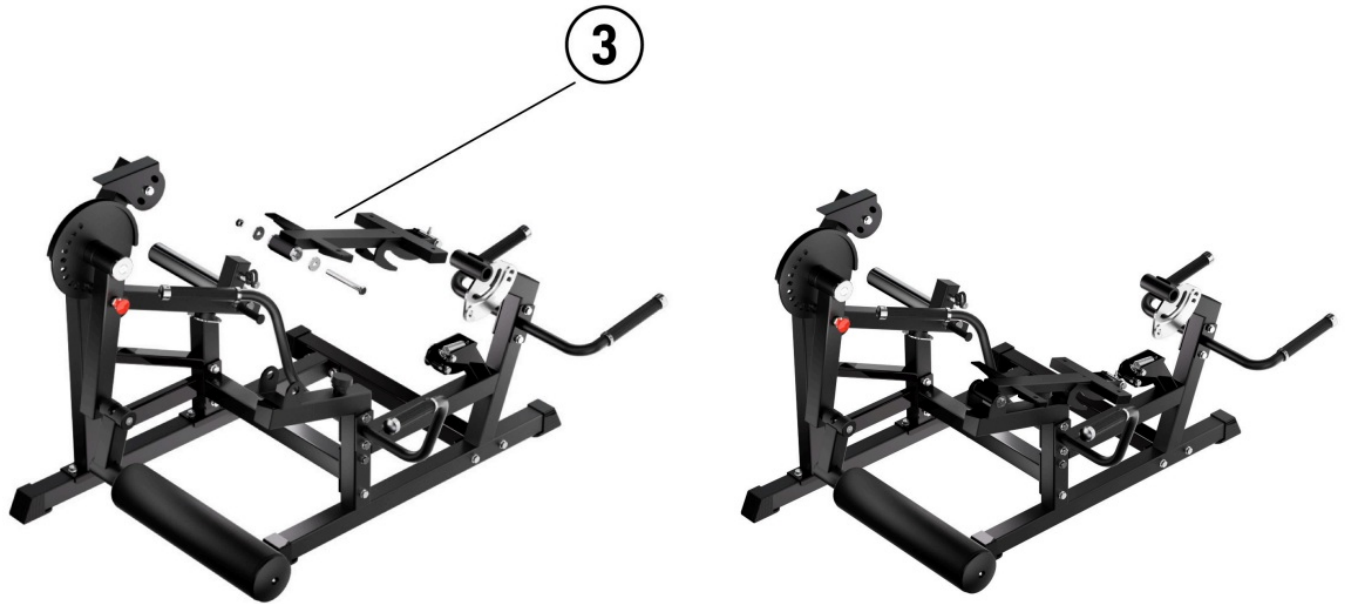
Step 5 Foam Roller Assembly

Item No.	Name	Qty
Ⓒ	M10x20 Hexagon Socket Countersunk Head Screw	1
Ⓓ	M10x25 Hexagon Socket Countersunk Head Screw	1
Ⓙ	Foam Roller	1
Ⓚ	Roller Frame Cover	1



Step 6 Cushion Bracket Frame Assembly

Item No.	Name	Qty
③	Cushion Bracket Frame	1



Step 7 Cushion Assembl

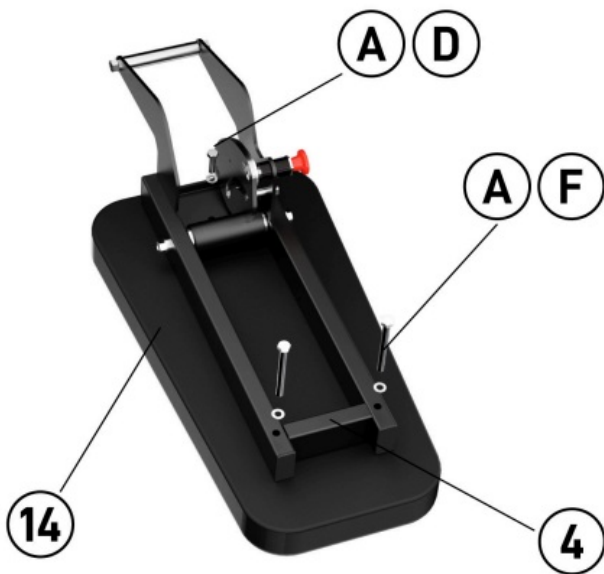
Item No.	Name	Qty
(A)	M8 Washer	4
(D)	M8x30 External Hexagon Screw	2
(E)	M8x50 External Hexagon Screw	2
(15)	Cushion	1



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Step 8 Backrest Assembly

Item No.	Name	Qty
(A)	M8 Washer	3
(D)	M8x30 External Hexagon Screw	1
(F)	M8x80 External Hexagon Screw	2
(4)	Backrest Frame	1
(14)	Backrest	1



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Step 9 Backrest Assembly

Item No.	Name	Qty
④	Backrest Frame	1
⑭	Backrest	1



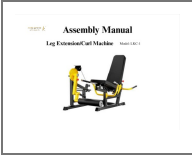
Contact Us

For any questions or assistance with the assembly of this product, please feel free to contact us.

Email: support@kingsmithstrength.com

We are committed to providing you with the support you need and ensuring your satisfaction!

Documents / Resources

	KINGSMITH LKC-1 Leg Extension Curl Machine [pdf] User Manual LKC-1, LKC-1 Leg Extension Curl Machine, LKC-1, Leg Extension Curl Machine, Curl Machine, Machine
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References

- [User Manual](#)

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