

# Assembly Manual

## Leg Extension/Curl Machine

Model: LKC-1



# 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



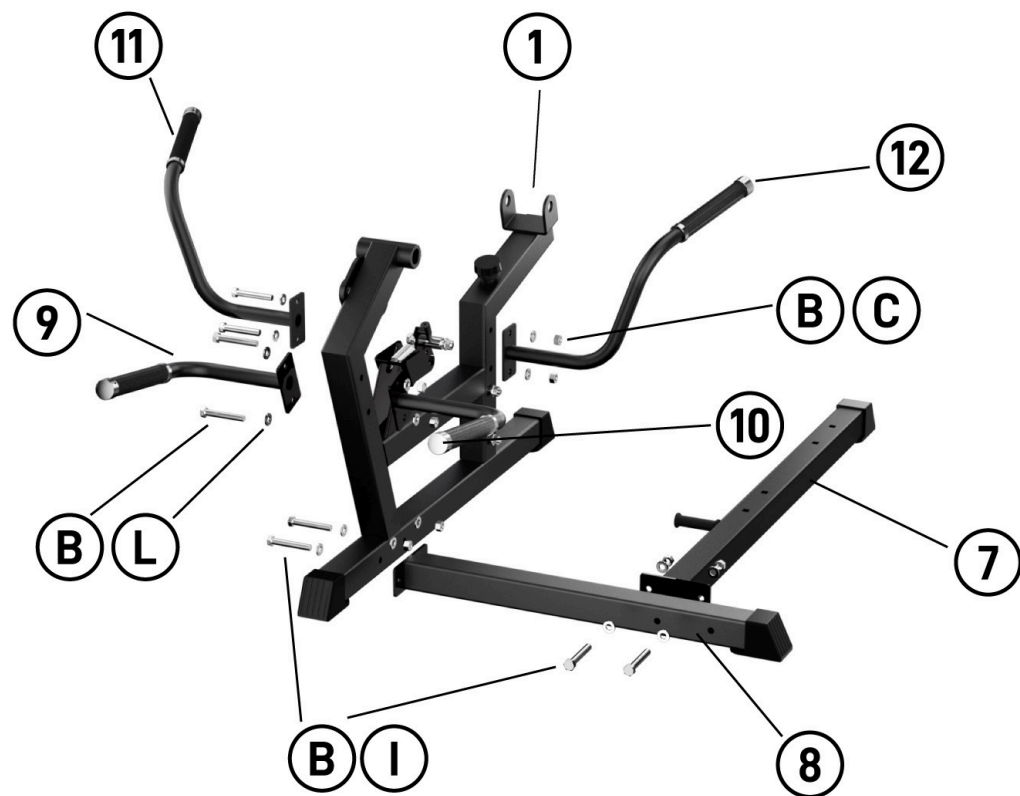
Ⓚ M10x65 Round Head Square Neck Screw 4 pcs



Ⓛ M10x75 External Hexagon Screw 4 pcs

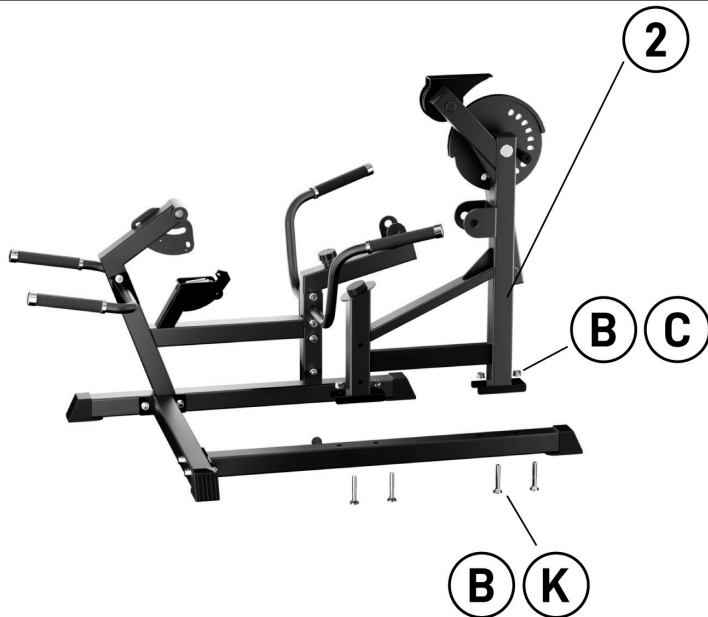
## Step 1 Main Frame Assembly

Item No.	Name	Qty	Item No.	Name	Qty
Ⓑ	M10 Washer	16	①	Right Main Frame	1
Ⓒ	M10 Nut	8	⑦	Left Base Support Frame	1
①	M10x70 External Hexagon Screw	4	⑧	Front Base Support Frame	1
Ⓕ	M10x75 External Hexagon Screw	4	⑨	Right Small Handle	1
			⑩	Left Small Handle	1
			⑪	Right Large Handle	1
			⑫	Left Large Handle	1



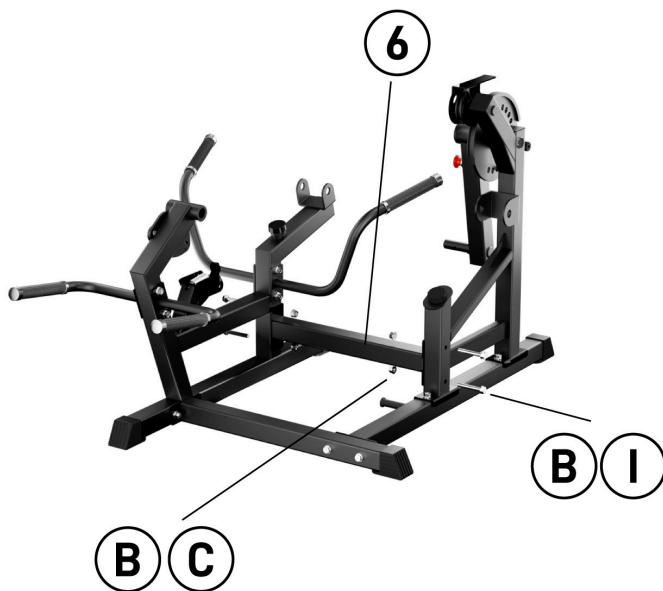
## Step 2 Rotational Arm Support Assembly

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





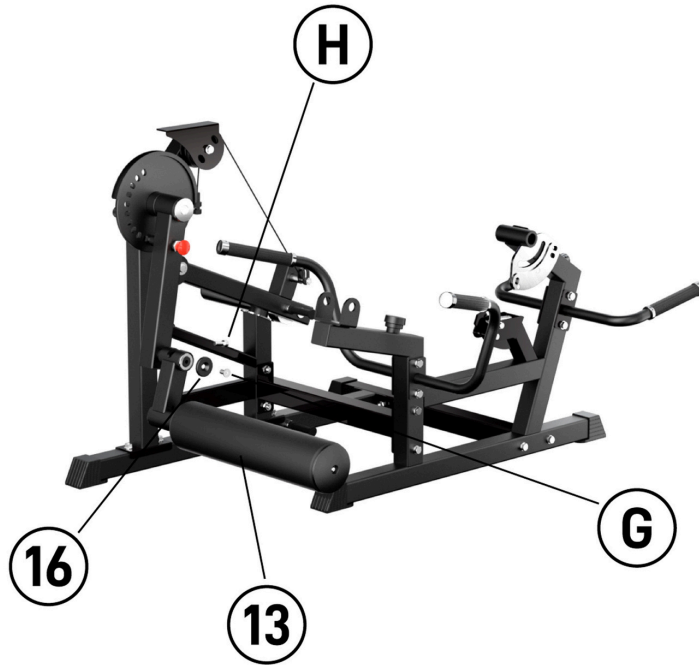
## Step 4 Leg Roller Frame Assembly

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
⑬	Foam Roller	1
⑯	Roller Frame Cover	1



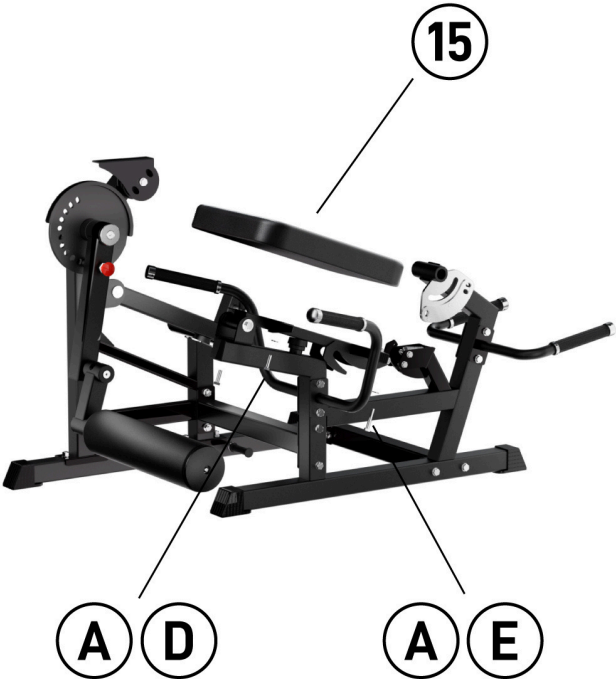
## Step 6 Cushion Bracket Frame Assembly

Item No.	Name	Qty
③	Cushion Bracket Frame	1



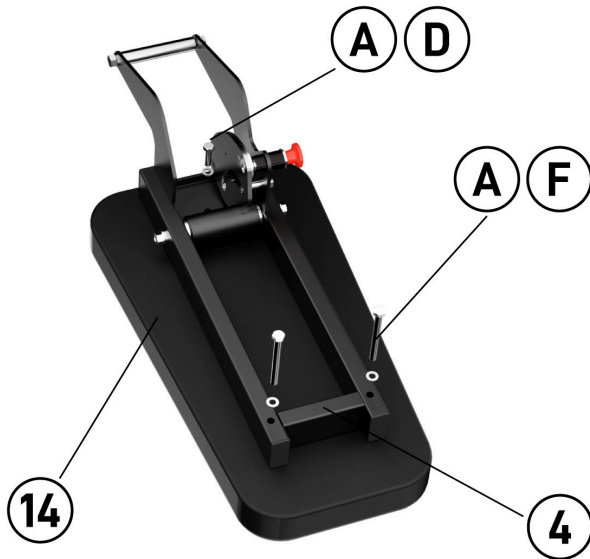
# Step 7 Cushion Assembly

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



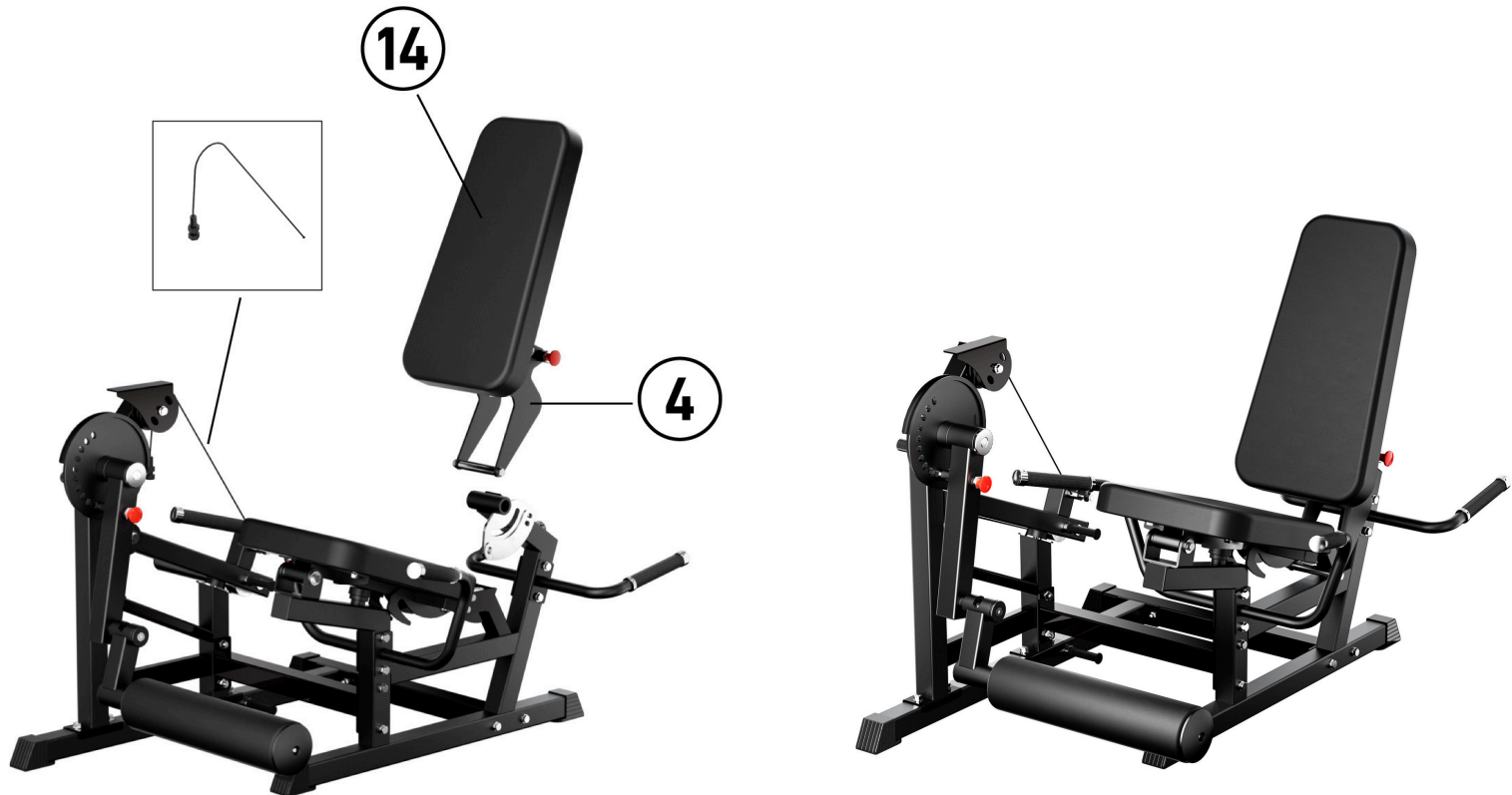
## Step 8 Backrest Assembly

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



## 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](mailto:support@kingsmithstrength.com)

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