

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



Right Main Frame 1 pc



Rotational Arm Support 1 pc



Cushion Bracket Frame 1 pc



Backrest Frame 1 pc



Leg Roller Frame 1 pc



Connector Tube 1 pc



Left Base Support Frame 1 pc



Front Base Support Frame 1 pc



Right Small Handle 1 pc



Left Small Handle 1 pc



Right Large Handle 1 pc



Left Large Handle 1 pc



Foam Roller 1 pc



Backrest 1 pc



Cushion 1 pc



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



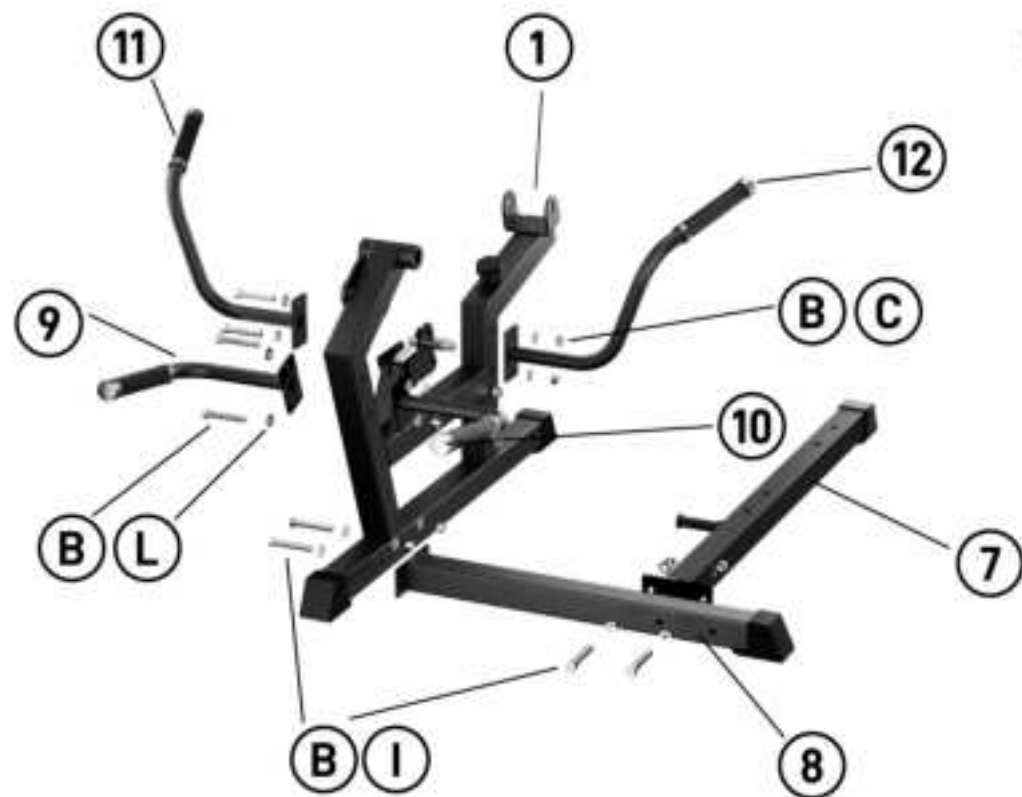
M10x65 Round Head
Square Neck Screw 4 pcs



M10x75 External
Hexagon Screw 4 pcs

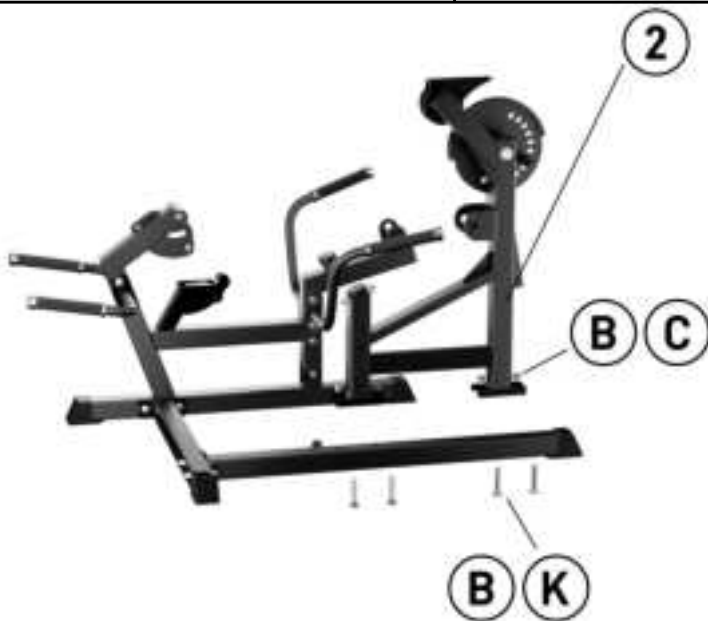
Step 1 Main Frame Assembly

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
	M10 Washer	4
	M10 Nut	4
	M10x65 Round Head Square Neck Screw	4
	Rotational Arm Support	1



Step 3 Connector Tube Assembly

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



Step 4 Leg Roller Frame Assembly

Item No.	Name	Qty
	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
	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
	Cushion	1



Step 8 Backrest Assembly

Item No.	Name	Qty
	M8 Washer	3
	M8x30 External Hexagon Screw	1
	M8x80 External Hexagon Screw	2
	Backrest Frame	1
	Backrest	1



Step 9 Backrest Assembly

Item No.	Name	Qty
	Backrest Frame	1
	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!