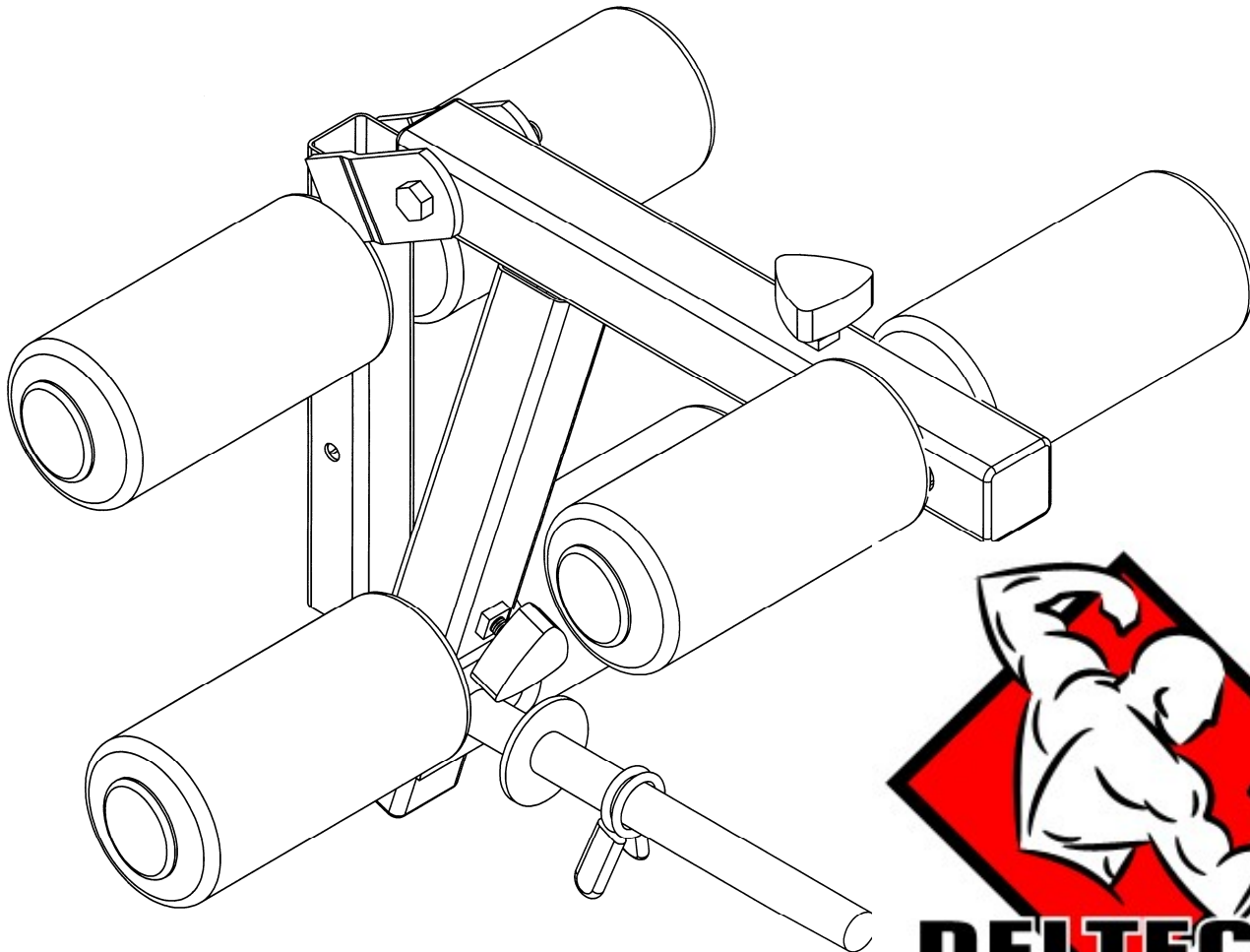


DF106

LEG EXTENSION

Assembly Manual

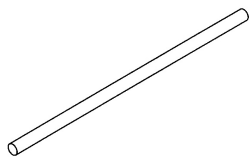


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FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

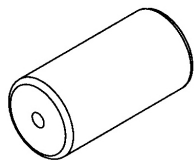
*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

BOX CONTENTS



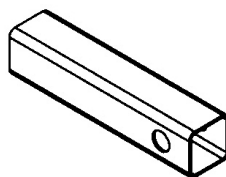
A

LEG PAD TUBE
QTY 3



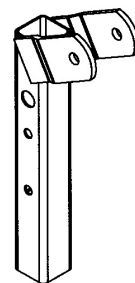
B

ROLLER PAD
QTY 6



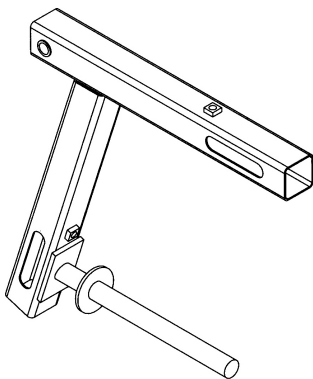
C

SLIDE TUBE
QTY 2



D

YOKE
QTY 1

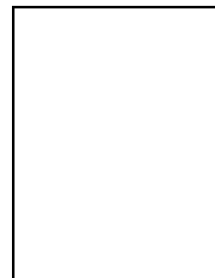


E

LEG SWING
QTY 1



DF106
HARDWARE PACK
QTY 1



DF106
INSTRUCTION SHEET
QTY 1

HARDWARE



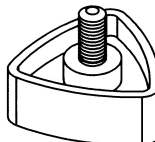
F

2" SQUARE CAP
QTY 3
(May be factory
installed)



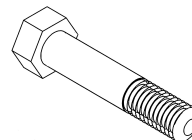
G

1-3/4" SQUARE CAP
QTY 1
(May be factory
installed)



H

KNOB
QTY 2
(May be factory
Installed)



I

M12 x 90MM BOLT
QTY 1



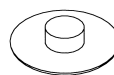
J

M12 LOCK NUT
QTY 1



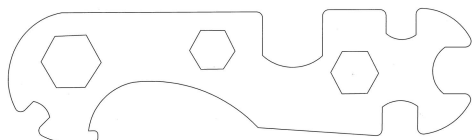
K

M12 WASHER
QTY 2



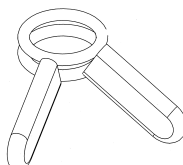
L

MUSHROOM CAP
QTY 6



M

ASSEMBLY TOOL
QTY 2



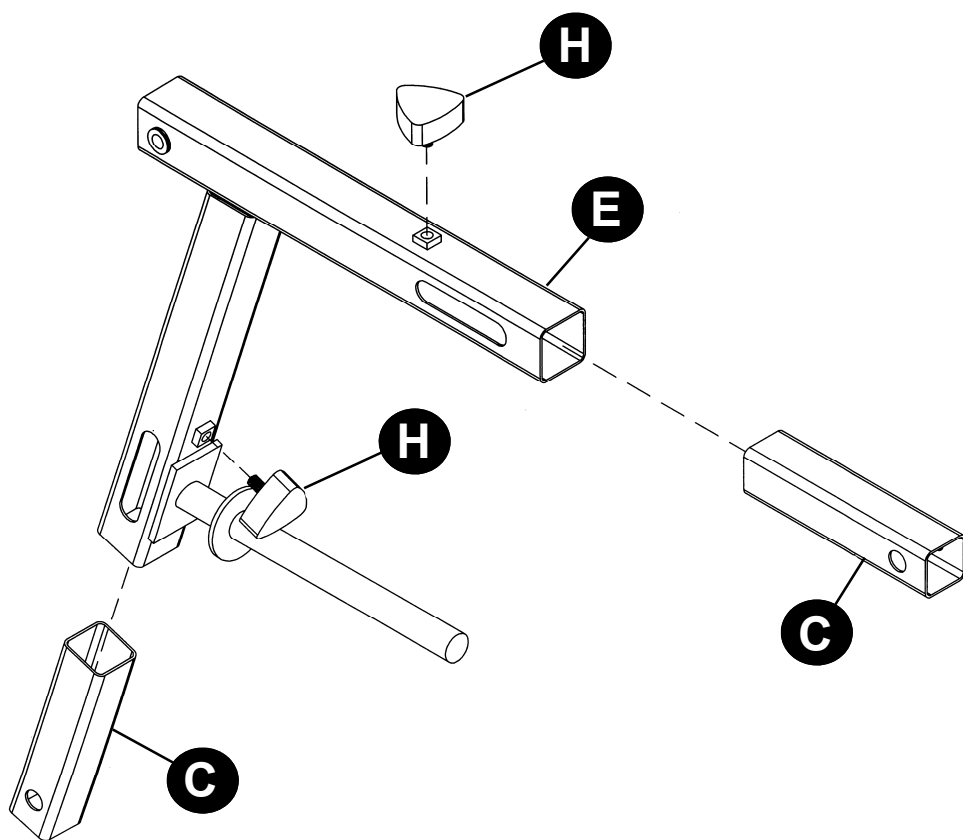
N

SPRING CLIP
QTY 1

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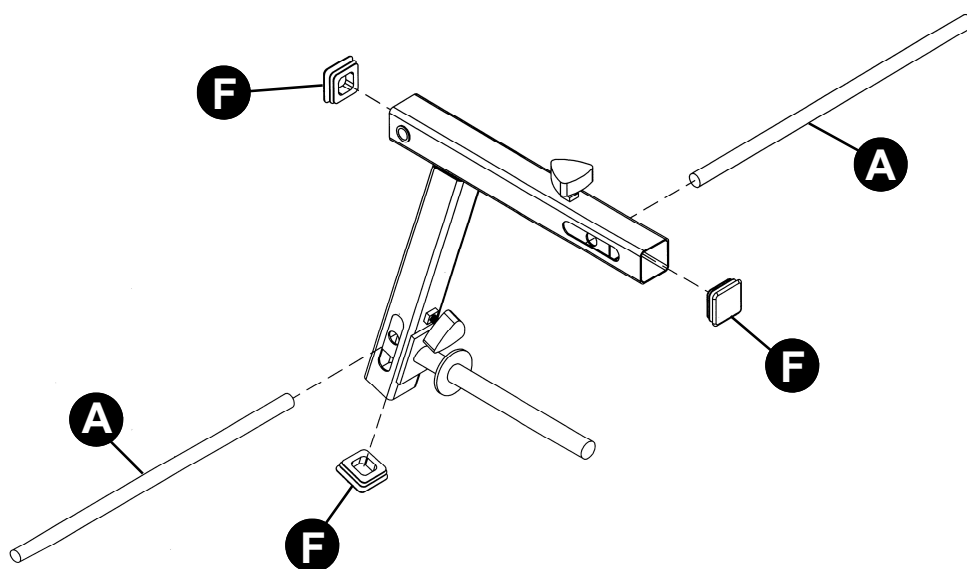
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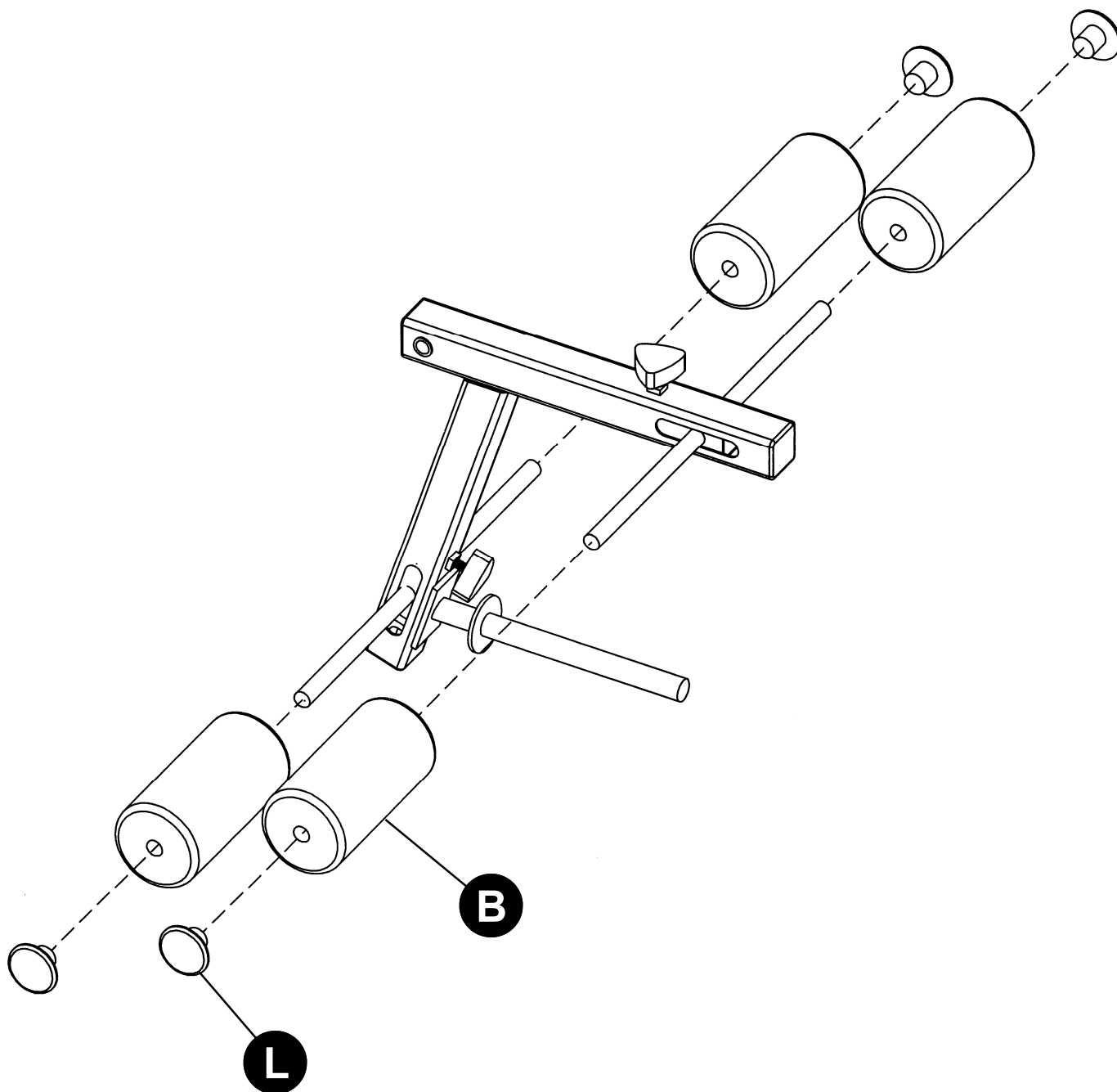


INSERT THE SLIDE TUBES (C) INTO EACH END OF THE LEG SWING (E). INSTALL THE KNOBS (H) INTO THE LEG SWING (E).

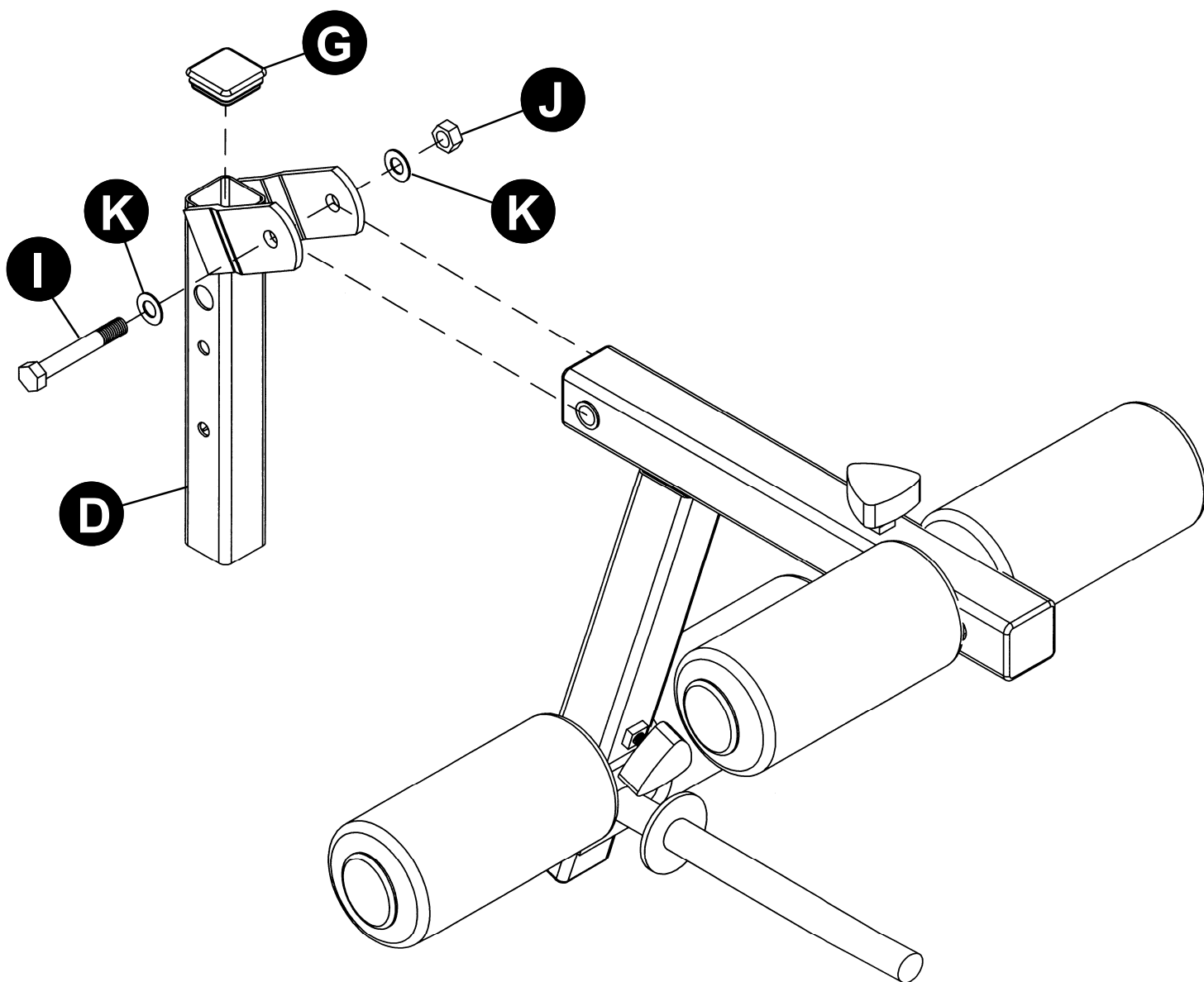
SLIDE THE LEG PAD TUBES (A) THROUGH THE SLIDE TUBES UNTIL AN EQUAL AMOUNT IS ON EACH SIDE.

NOW INSTALL THE 2" SQUARE CAPS (F) INTO EACH END OF THE LEG SWING.

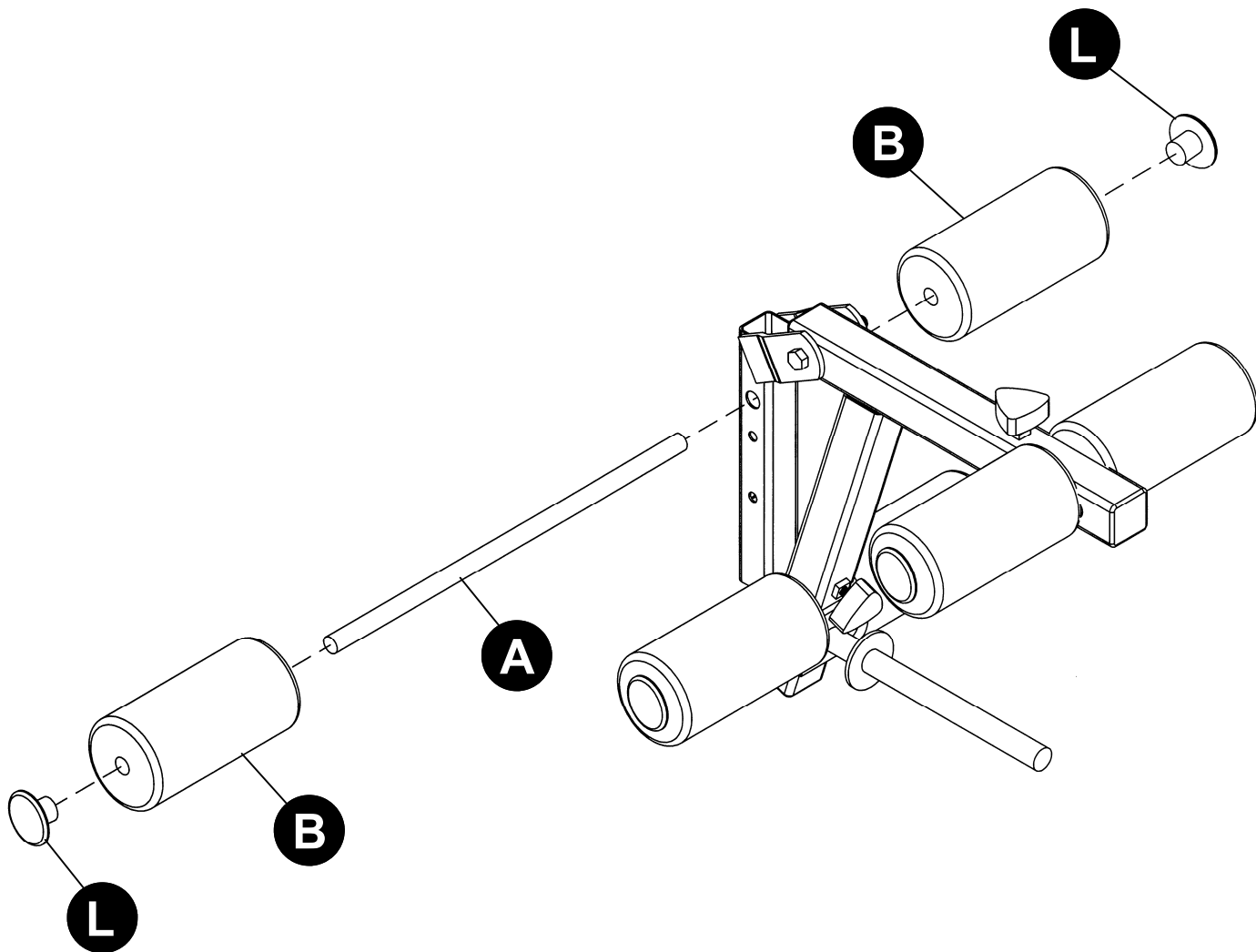




SLIDE THE LEG PADS (**B**) ONTO ONE END OF EACH OF THE LEG PAD TUBES. INSTALL THE MUSHROOM CAPS (**L**) ONTO THE END OF THE LEG PAD TUBES WITH A RUBBER MALLET.



INSTALL THE LEG SWING ASSEMBLY TO THE YOKE (D) USING M12 x 90MM BOLT (I) , M12 WASHERS (K), AND M12 LOCKNUT (J). INSERT 1-3/4" CAP (G) INTO YOKE (D).



INSERT THE LEG PAD TUBE (A) THROUGH THE TOP HOLE IN THE YOKE. INSTALL THE LEG PADS (B) ONTO ONE END OF THE LEG PAD TUBE. INSTALL THE MUSHROOM CAPS (L) ONTO THE END OF THE LEG PAD TUBE WITH A RUBBER Mallet.

SAFETY NOTICE

WARNING: THE USER OF THIS WEIGHT EQUIPMENT ASSUMES THE POSSIBILITY OF INJURY BY EXERCISING ON THIS EQUIPMENT. THE POSSIBILITY OF RISK CAN BE REDUCED BY ALWAYS FOLLOWING THESE SIMPLE RULES:

- 1) BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR FOR A COMPLETE PHYSICAL EXAMINATION AND SUGGESTED EXERCISE PROGRAM SPECIFIC FOR YOU.
- 2) STRETCH BEFORE AND AFTER THE EXERCISE PROGRAM. PROPER STRETCHING WILL PREPARE YOUR JOINTS AND MUSCLES FOR EXERCISE AND HELP AVOID INJURIES.
- 3) IF AT ANY TIME YOU SHOULD FEEL FAINT OR DIZZY, NAUSEOUS OR EXPERIENCE ANY OTHER ABNORMAL SYMPTOMS OR DISCOMFORT DISCONTINUE USE AND CONSULT YOUR DOCTOR.
- 4) DO NOT USE THIS EQUIPMENT WITHOUT QUALIFIED SUPERVISION AND PROPER TRAINING. NEVER WORK OUT ALONE- ALWAYS HAVE A PARTNER.
- 5) SECURELY TIGHTEN ALL BOLTS AND REGULARLY CHECK TO ENSURE ALL BOLTS HAVE NOT LOOSENED.
- 6) WEAR GOOD RUBBER SOLE SHOES ONLY. DO NOT USE BARE FOOTED OR WITH SOCKS ONLY.
- 7) DO NOT WEAR LOOSE CLOTHES SUCH AS ROBES, GOWNS, PANTS, LONG SHIRTS OR JEWELRY WHICH COULD BECOME ENTANGLED IN MOVING PARTS.
- 8) DO NOT STAND OR KNEEL ON SEAT. ALWAYS SIT OR LAY SQUARELY CENTERED.
- 9) KEEP HEAD, LIMBS AND BODY PARTS CLEAR OF MOVING PARTS AND WEIGHT PLATES.
- 10) CHILDREN SHOULD NOT USE EXERCISE EQUIPMENT WITHOUT SUPERVISION BECAUSE OF POSSIBILITY OF INJURY FROM IMPROPER USAGE. THIS EQUIPMENT IS INTENDED FOR HOME USE ONLY.
- 11) REPLACEMENT OF WORN OR DEFECTIVE PARTS MUST BE WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS OR ASSESSORS ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.