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SKYSHALO

SKYSHALO UB2903A Leg Extension and Curl Machine



Specifications

- Model: UB2903A
- Maximum Weight Capacity: 100 kg 220 lbs)
- Recommended Distance from Pets and Children: 3m (10 feet)
- Age Restriction: Children under 12 should not use the product

Product Information

This product, model UB2903A, is designed for weightlifting exercises using dumbbells. It comes with safety instructions and guidelines that must be followed to ensure safe operation and prevent injury. The product appearance may vary slightly from the images in the manual due to product updates.

Usage Instructions

Warnings and Safety Guidelines

For safety reasons, please adhere to the following guidelines:

- Keep pets and children under 12 at least 3m (10 feet) away from the product at all times.
- Children under 12 should not use the product, and those over 12 require adult supervision.
- After installing the dumbbell, always secure it with the Weight Holder Clip.
- Avoid exercising 30 minutes before/after meals or 1 hour before sleep.

- Regularly check and tighten screws every month to prevent loosening.

Installation Steps

1. Follow the provided manual instructions for installing the dumbbell.
2. Secure the dumbbell with the Weight Holder Clatter installation.

Cleaning and Storage

1. Wipe the product with a soft, dry cloth. Do not use abrasive cleaners or harsh pads.
2. Ensure the product remains dry to prevent damage.
3. Avoid children cleaning the product to prevent tipping and falling injuries.

Note: The manual includes all necessary parts for installation; any unused parts are spares.

This is the original instruction, Please read all manual instructions carefully before operating. SKYSHALO reserves a clear interpretation of our user manual. The appearance of the product shall be subject to the product you received. Please forgive us for not informing you again if there are any technology or software updates on our product.

Warning-To reduce the risk of injury, the user must read the instructions manual carefully.

At NO time should pets or children under the age of 12 be closer to the product than 3 m (10 feet). At NO time should children under the age of 12 use the product. Children over the age of 12 should not use the product without adult supervision.

Warning! After installing the dumbbell, it is necessary to use the Weight Holder Clip to secure the dumbbell.

IMPORTANT SAFEGUARDS

Thank you for using this product. To make sure that you can operate the machine correctly, read these instructions carefully before operation and keep them properly for

future reference. Please be sure to read the precautions and safety rules on this page to ensure your safe use. This manual will outline safety warnings and precautions, operating, maintenance, and cleaning. The warnings and instructions reviewed in this manual cannot cover all possible conditions and situations that may occur. Caution and common sense are not built into this product, since we believe that the users will comply with these codes.

Please read ALL the instructions before using your machine.

1. Do not let children and minors and pet get close to or touch the product. Never leave it unattended while in use.
2. Do not apply this unit to any other purpose than the indicated usage.
3. DO NOT CLEAN IT WITH ANY ABRASIVE MATERIAL.
4. Pet urine and feces can damage the product; please keep away.
5. Before using this product, consult with your physician or therapist to discuss an appropriate exercise program.
6. If you experience any pain or difficulty with this equipment, stop using it immediately and consult your healthcare provider.
7. Always inspect the product for any damage before each use.
8. To prevent muscle fatigue or injury, do not use this exercise equipment for extended periods of time at once.
9. Improper use of this climbing rope and excessive or incorrect training can lead to serious injuries.
10. Before use, the product's feet must be leveled and the product must be placed on a level surface.
11. Keep your body balanced on the product and do not make large movements.
12. If you suffer from heart disease, high blood pressure, or any other disease or condition, consult your physician or therapist before beginning any workout.
13. Perform two exercises slowly and in a controlled manner. If you feel dizzy or short of breath, please stop and rest as needed. If the problem persists, do not use this equipment and consult your doctor.
14. Use this product only as intended and demonstrated in these instructions and workout!
15. Please take a warm-up exercise before using the equipment. Be aware of your physical ability and condition. Do not overuse.
16. Use the equipment on a solid, flat level surface. Suggest adding cushioning pads

around the product (cushioning pads need to be purchased by oneself).

17. Before exercise, please carefully examine the equipment make sure it is in good condition. If any defect, adjust and repair it before use. Ensure to wear proper outfit while using this equipment to avoid any possible dangerous circumstances.
18. Do not stand on the product.
19. The exerciser is intended for home use only.
20. Keep the exerciser indoors, away from moisture and dust. Place on a level surface, It is recommended to add a person for supervision when using this product to prevent dangerous situations from occurring.
21. The maximum load-bearing capacity of the seat is 205 kg (450 LBS).
The maximum weight for placing dumbbells on one side is i100 kgK220 lbs).
22. Wear appropriate clothes while exercising. Do not wear loose clothes that could become caught in the exerciser. In addition, wear athletic shoes for foot protection while exercising.
23. Use the exerciser only as described in the manual.
24. It is recommended to use waist fitness protective equipment, hand fitness protective equipment, and leg protective equipment to protect your body.
25. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
26. Regularly lubricate the machine with lubricating oil.
27. **WARNING:** This appliance is not intended for use by young or infirm persons unless supervised by a responsible person to ensure that they can use the appliance safely. Young children should be supervised to ensure that they do not play with the product. Pets should stay away from the product.
28. **WARNING:** Not all exercises are suitable for everyone. One, to reduce the risk of injury, consult with your physician before using this exercise equipment and beginning this or any other exercise program. This product is not intended to diagnose any medical condition or to replace the advice or treatment recommended by your healthcare professional.
29. **WARNING:** PLEASE KEEP A SAFE DISTANCE OF ONE METER FROM ALL THE EQUIPMENT DURING EXERCISE
30. **WARNING:** If there is a physical defects or movement disorders. Please consult the physician and trainer before exercise. Please read the manual carefully before use. We will not responsible for personal injury and damage to the equipment which is

caused by improper use.

31. Do not use this product after taking drugs, drinking, eating, or in a bad mental state, etc.
32. Indoor use only! The product should not come into contact with water! Only one person can use it!
33. Please keep your hands dry and wipe off sweat promptly.
34. Do not use it if you are pregnant.
35. Please do not exercise half an hour before /after meals or 1 hour before sleep.








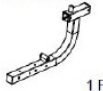












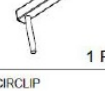





ATTENTION! Ensure that the product is placed on a horizontal and sturdy platform.















ATTENTION! Before each use, the handle must be checked for looseness and the handle and screws must be kept tight.

CLEANING AND STORAGE

1. Wipe with a soft, dry cloth. Never use an abrasive cleanser or harsh pad. Be sure to keep the product dry.
2. Children are not allowed to wipe the product to avoid tipping and falling injuries.
3. Check the screws regularly every months for loosening and tighten the screws.

PART LIST

A.MAIN RACK  1 PC	B.FRONT BASE  1 PC	C.BACK BASE  1 PC	D.SMALL SPLINT  2 PCS	E.PLATE ADAPTER  1 PC
F.PLATE LOADING  2 PCS	G.MAIN SUPPORT  1 PC	H.CONNECT FRAME  1 PC	I.STIFFENER  1 PC	J.BIG SPLINT  2 PCS
K.SAFETY PIN  1 PC	L.LEFT HANDLE  1 PC	M.RIGHT HANDLE  1 PC	N.BACK CUSHION SUPPORT  1 PC	O.BACK CUSHION  1 PC
P.PULL PIN  2 PCS	Q.SEAT CUSHION SUPPORT  1 PC	R.SEAT CUSHION  1 PC	S.PIN  1 PC	T.ADJUSTMENT ARM  1 PC
U.LOAD-BEARING ARM  1 PC	V.ADJUSTMENT DISC  1 PC	W.SPRING PIN  1 PC	X.FOOTPLATE  1 PC	Y.ADJUSTMENT SLEEVE  1 PC
Z.CIRCLIP  1 PC				














1.BOLT M8*25  2 PCS	2.BOLT M8*45  4 PCS	3.BOLT M10*15  3 PCS	4.SCREW M10*55  3 PCS	5.BOLT M10*70  3 PCS
6.BOLT M10*75  10 PCS	7.BOLT M10*125  1 PC	8.WASHER(Ø8)  6 PCS	9.WASHER(Ø10)  30 PCS	10.BIG WASHER(Ø10)  3 PCS
11.LOCK NUT(M10)  16 PCS	12.WRENCH 14-17  1 PC	13.BIG WRENCH  1 PC	14.SMALL WRENCH  1 PC	

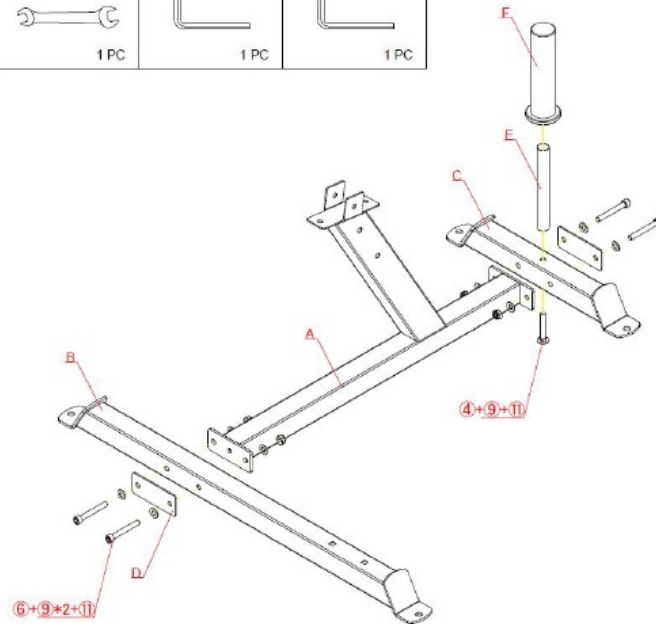
NOTE: The quantity of parts shown in the manual is the actual usage, and the unused parts are spare parts.

INSTALLATION STEPS





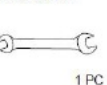

Before using the appliance for the first time, peel off any promotional materials and packaging materials, and check that the cooking plates are clean and free of dust. If necessary, wipe them over with a damp cloth. Spread with an absorbent kitchen towel and wipe off any excess oil. When your product is heated for the first time, it may emit slight smoke or odor, which is normal for many products, and will not affect the safety of your product.

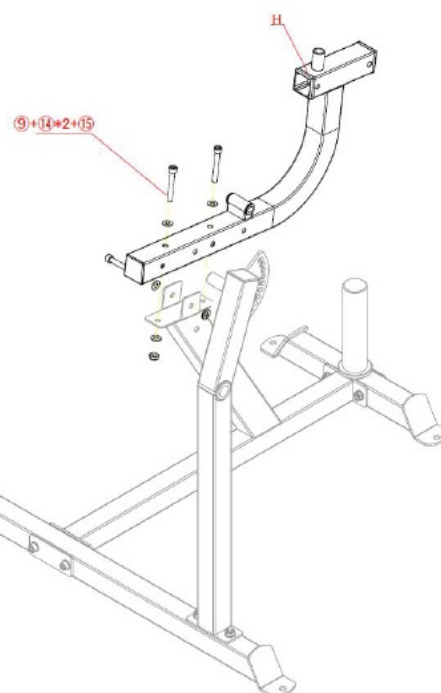
STEP1:

A.MAIN RACK  1 PC	B.FRONT BASE  1 PC	C.BACK BASE  1 PC	D.SMALL SPLINT  2 PCS	E.PLATE ADAPTER  1 PC
F.PLATE LOADING  1 PC	4.SCREW M10*65  1 PC	6.BOLT M10*75  4 PCS	9.WASHER(Ø10)  8 PCS	11.LOCK NUT(M10)  4 PCS
12.WRENCH 14-17  1 PC	13.BIG WRENCH  1 PC	14.SMALL WRENCH  1 PC		











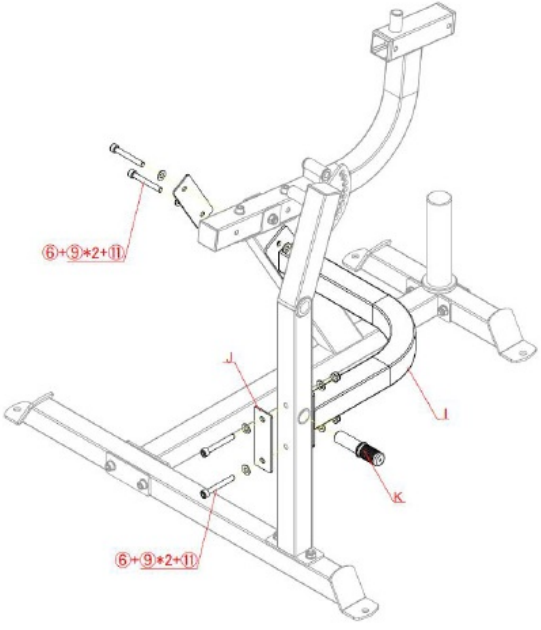
STEP3:

H.CONNECT FRAME  1 PC	5.BOLT M10*70  3 PCS	9.WASHER(Ø10)  8 PCS	11.LOCK NUT(M10)  5 PCS	12.WRENCH 14-17  1 PC
13.BIG WRENCH  1 PC				










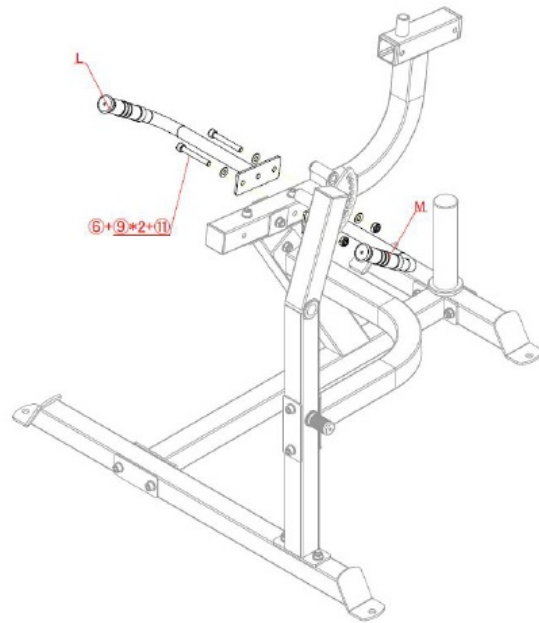
STEP4:

I. STIFFENER  1 PC	J. BIG SPLINT  2 PCS	K. SAFETY PIN  1 PC	6. BOLT M10*75  4 PCS	9. WASHER (Ø10)  8 PCS
11. LOCK NUT (M10)  4 PCS	12. WRENCH 14-17  1 PC	13. BIG WRENCH  1 PC		







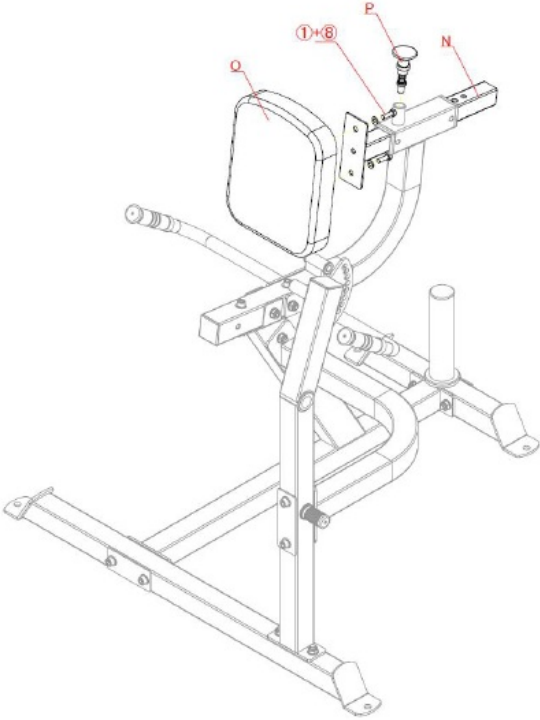


STEP5:

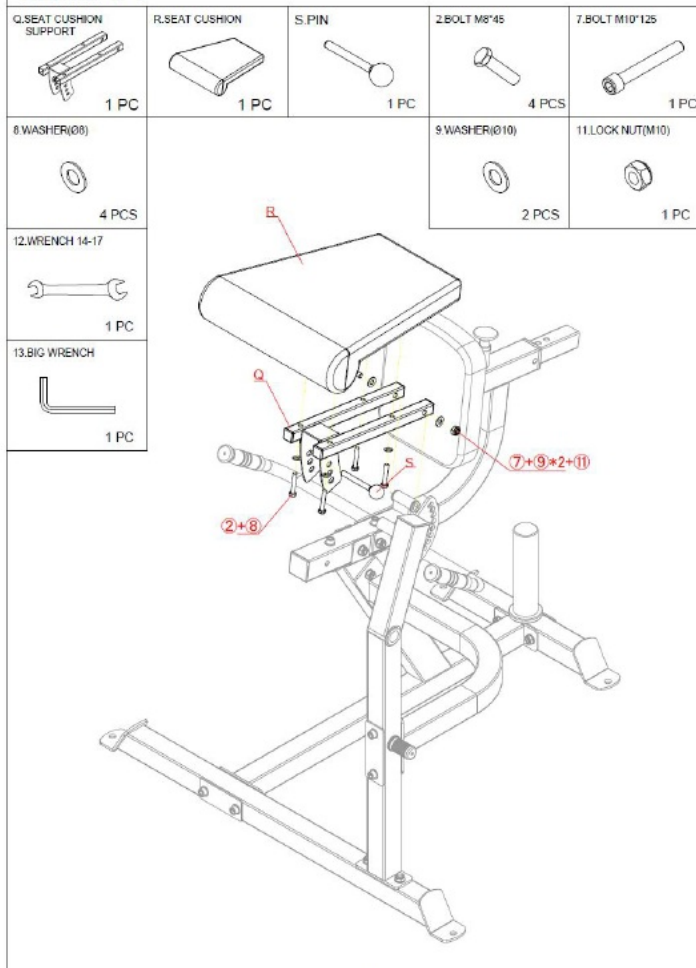
<p>L LEFT HANDLE</p>  <p>1 PC</p>	<p>M RIGHT HANDLE</p>  <p>1 PC</p>	<p>6 BOLT M10*75</p>  <p>2 PCS</p>	<p>9 WASHER (Ø10)</p>  <p>4 PCS</p>	<p>11 LOCK NUT (M10)</p>  <p>2 PCS</p>
<p>12 WRENCH 14-17</p>  <p>1 PC</p>	<p>13 BIG WRENCH</p>  <p>1 PC</p>			



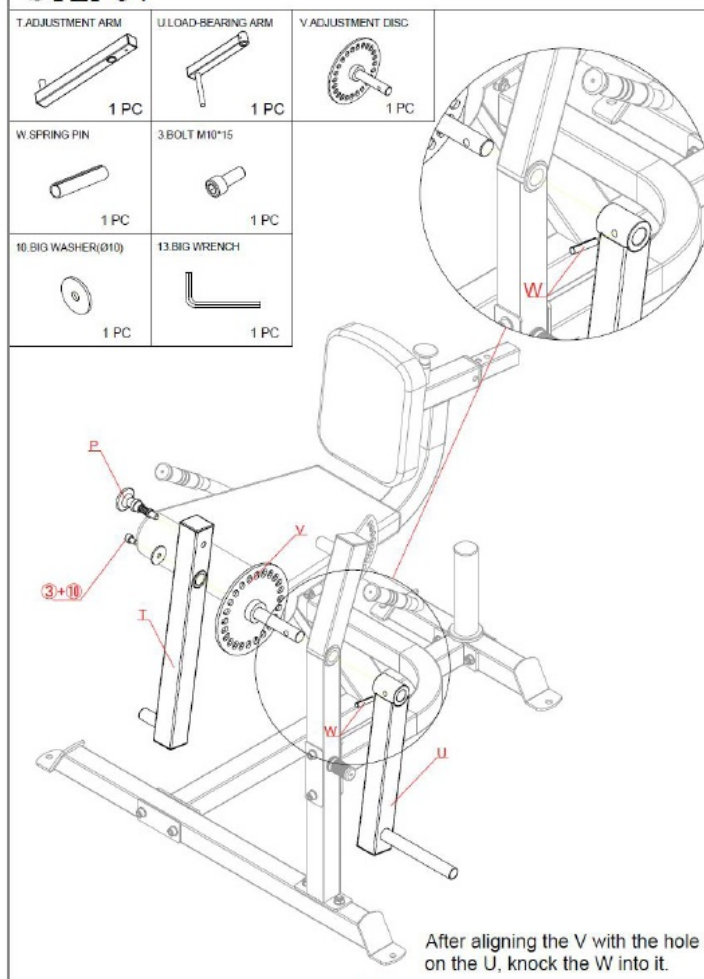
STEP6:

<div>N.BACK CUSHION SUPPORT</div> <div></div> <div>1 PC</div>	<div>O.BACK CUSHION</div> <div></div> <div>1 PC</div>	<div>P.PULL PIN</div> <div></div> <div>1 PC</div>	<div>1.BOLT M8*25</div> <div></div> <div>2 PCS</div>	<div>5.WASHER(Ø8)</div> <div></div> <div>2 PCS</div>
<div>12.WRENCH 14-17</div> <div></div> <div>1 PC</div>	<div></div>			





STEP7:

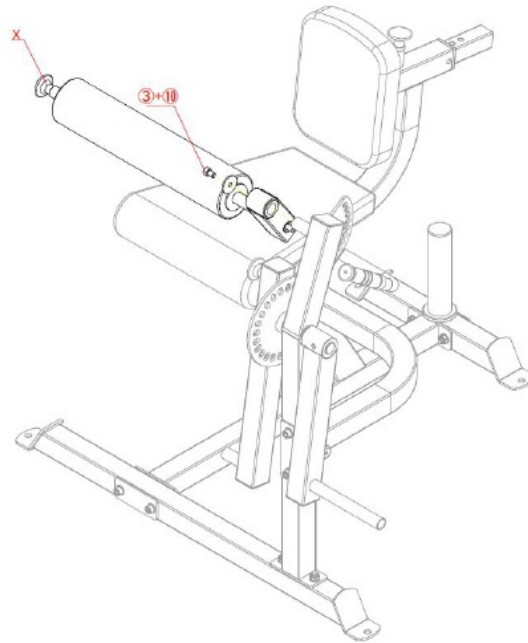


STEP8:










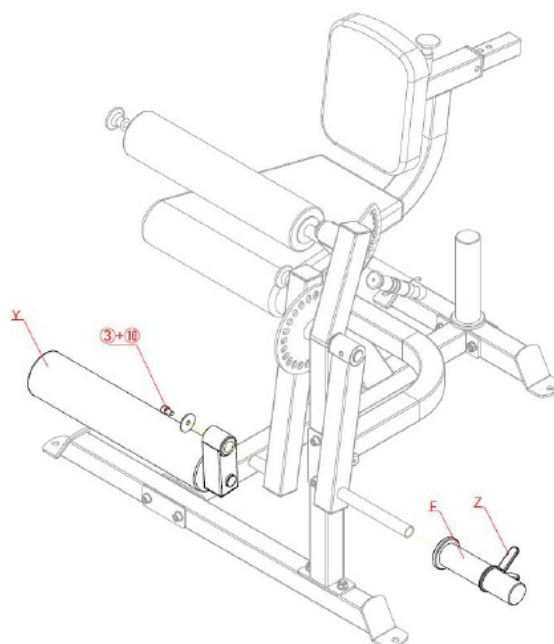
STEP9:

X.FOOTPLATE  1 PC	3.BOLT M10*15  1 PCS	10.BIG WASHER(Ø10)  1 PCS	13.BIG WRENCH  1 PC
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STEP10:

Y.ADJUSTMENT SLEEVE  1 PC	Z.CIRCLIP  1 PC	F.PLATE LOADING  1 PC	3.BOLT M10*15  1 PCS	10.BIG WASHER(Ø10)  1 PCS
13.BIG WRENCH  1 PC	14.SMALL WRENCH  1 PC			




Warning! After installing the dumbbell, it is necessary to use the Weight Holder Clip to secure the dumbbell.

Attention: The maximum weight for placing dumbbells on one side is 100 kg (220 lbs).

FAQ

Q: What is the maximum weight capacity for placing dumbbells on one side?
A: The maximum weight for placing dumbbells on one side is 100 kg, 220lbsS).
xceeding this weight limit may cause damage to the product or result in injury.

Documents / Resources

	SKYSHALO UB2903A Leg Extension and Curl Machine [pdf] Instruction Manual UB2903A Leg Extension and Curl Machine, UB2903A, Leg Extension and Curl Machine, Extension and Curl Machine, Curl Machine, Machine
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References

- [User Manual](#)

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Curl Machine, Extension and Curl Machine, Leg Extension and Curl Machine, Machine, SKYSHALO, UB2903A, UB2903A Leg Extension and Curl Machine

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