

 **SYNERGEE®**  
SYNERGEE Leg  
Press Machine



## SYNERGEE Leg Press Machine Installation Guide

[Home](#) » [SYNERGEE](#) » SYNERGEE Leg Press Machine Installation Guide 

### Contents




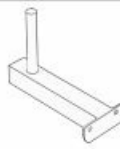


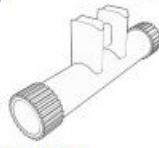
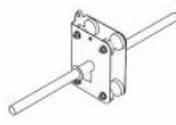

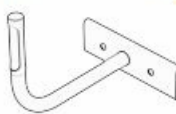









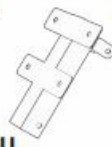










- [1 SYNERGEE Leg Press Machine](#)
- [2 PARTS LIST](#)
- [3 HARDWARE SIZING CHART](#)
- [4 Assembly Steps](#)
- [5 Frequently Asked Questions](#)
- [6 Documents / Resources](#)
  - [6.1 References](#)
- [7 Related Posts](#)

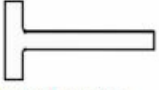















**SYNERGEE Leg Press Machine**




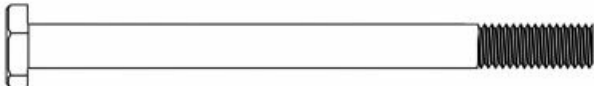

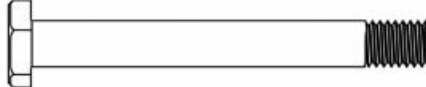


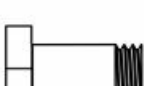

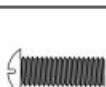
## PARTS LIST

<b>1.</b>  <b>MAIN FRAME</b> QTY x1	<b>2.</b>  <b>MAIN SLIDER</b> QTY x1	<b>3.</b>  <b>ANGLED SLIDER</b> QTY x1	<b>4.</b>  <b>PLATE STORAGE FRAME</b> QTY x1	<b>5.</b>  <b>TRIANGLE FRAME</b> QTY x1
<b>6.</b>  <b>FRONT FEET</b> QTY x1	<b>7.</b>  <b>REAR FEET</b> QTY x1	<b>8.</b>  <b>PLATE LOADER</b> QTY x1	<b>9.</b>  <b>FOOT REST</b> QTY x1	<b>10.</b>  <b>HANDLE BARS</b> QTY x2
<b>11.</b>  <b>UPPER PULLEYS</b> QTY x1	<b>12.</b>  <b>OVAL WASHERS</b> QTY x4	<b>13.</b>  <b>PULL DOWN BAR</b> QTY x1	<b>14.</b>  <b>LEG REST BAR</b> QTY x1	<b>15.</b>  <b>MID PULLEYS</b> QTY x1
<b>16.</b>  <b>SINGLE PULLEY</b> QTY x1	<b>17.</b>  <b>95" UPPER CABLE</b> QTY x1	<b>18.</b>  <b>72" LOWER CABLE</b> QTY x1	<b>19.</b>  <b>LOWER CUSHION</b> QTY x1	<b>20.</b>  <b>SMALL SEAT FRAME</b> QTY x1
<b>21.</b>  <b>FOAM PADDING SMALL</b> QTY x2	<b>22.</b>  <b>FOAM PADDING LARGE</b> QTY x1	<b>23.</b>  <b>MAIN SEAT</b> QTY x1	<b>24.</b>  <b>MAIN SEAT FRAME</b> QTY x1	<b>25.</b>  <b>ADJUSTMENT PINS</b> QTY x2
<b>26.</b>  <b>CARABINERS</b> QTY x4	<b>27.</b>  <b>EXTENSION CHAIN</b> QTY x1	<b>28.</b>  <b>ADJUSTMENT PIN</b> QTY x1	<b>29.</b>  <b>2" CLIPS</b> QTY x2	<b>30.</b>  <b>1" CLIPS</b> QTY x3

<b>31.</b>  <b>ANGLED SIDER EXTENSION</b>	<b>QTY</b> x1	<b>32.</b>  <b>2" Converter</b>	<b>QTY</b> x2
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<b>A.</b>  <b>M10x130 BOLT</b>	<b>QTY</b> x2	<b>B.</b>  <b>M10x100 BOLT</b>	<b>QTY</b> x2	<b>C.</b>  <b>M10x90 BOLT</b>	<b>QTY</b> x4	<b>D.</b>  <b>M10x70 BOLT</b>	<b>QTY</b> x2	<b>E.</b>  <b>M10x45 BOLT</b>	<b>QTY</b> x4
<b>F.</b>  <b>M10x40 BOLT</b>	<b>QTY</b> x1	<b>G.</b>  <b>M10x20 BOLT</b>	<b>QTY</b> x1	<b>H.</b>  <b>M8x20 BOLT</b>	<b>QTY</b> x2	<b>I.</b>  <b>M6x15 BOLT</b>	<b>QTY</b> x8	<b>J.</b>  <b>M10 WASHER</b>	<b>QTY</b> x26
<b>K.</b>  <b>M8 WASHER</b>	<b>QTY</b> x2	<b>L.</b>  <b>M10 NUT</b>	<b>QTY</b> x11						

## HARDWARE SIZING CHART

<b>M10x130 BOLT</b>		QTY <b>8</b>
<b>M10x100 BOLT</b>		QTY <b>8</b>
<b>M10x90 BOLT</b>		QTY <b>8</b>
<b>M10x70 BOLT</b>		QTY <b>8</b>
<b>M10x45 BOLT</b>		QTY <b>8</b>
<b>M10x40 BOLT</b>		QTY <b>8</b>
<b>M10x20 BOLT</b>		QTY <b>8</b>
<b>M8x20 BOLT</b>		QTY <b>8</b>
<b>M6x15 BOLT</b>		QTY <b>8</b>

## Assembly Steps

- **Step 1**

Parts Needed: Main Frame, Triangle Frame, M10x70 Bolt, M10 Washer, M10 Nut

- **Step 2**

Parts Needed: Plate Storage Frame, Front Feet, Rear Feet, Oval Washers, M10x100 Bolt, M10x90 Bolt, M10 Washer, M10 Nut

- **Step 3**

Parts Needed: Main Slider, Angled Slider, Adjustment Pins

- **Step 4**

Parts Needed: Plate Loader, Foot Rest, Leg Rest Bar, Angled Slider Extension, M10x45 Hex Bolt, M10 Washer, M10 Nut

- **Step 5**

Parts Needed: Upper Pulleys, M10x45 Bolt, M10 Washer, M10 Nut

- **Step 6**

Parts Needed: Mid Pulleys, 95 Upper Cable, Carabiner

- **Step 7**

Parts Needed: Single Pulley, 72 Lower Cable, M10x40 Bolt, M10x20 Bolt, M10 Washer, M10 Nut

• **Step 8**

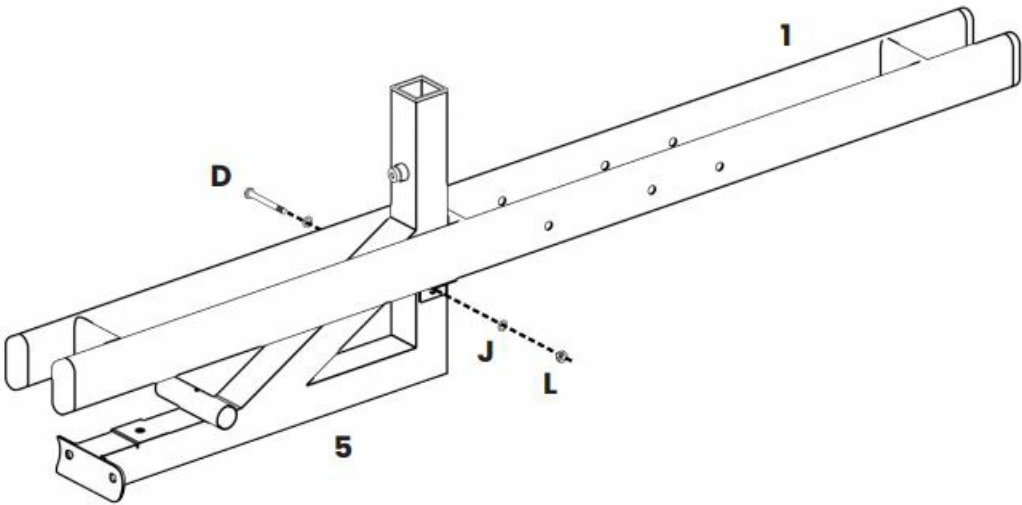
Parts Needed: Handle Bars, Main Seat, Main Seat Frame, M10x130 Hex Bolt, M6x15 Bolt, M10 Washer, M10 Nut

• **Step 9**

Parts Needed: Lower Cushion, Small Seat Frame, Pin, M10x130 Hex Bolt, M6x15 Hex Bolt, M10 Washer, M10 Nut

**ASSEMBLY**  
**STEP: 1**

STEP PART GUIDE		
#	PART NAME	QTY
1.	Main Frame	1
5.	Triangle Frame	1
D.	M10x70 Bolt	1
J.	M10 Washer	2
L.	M10 Nut	1

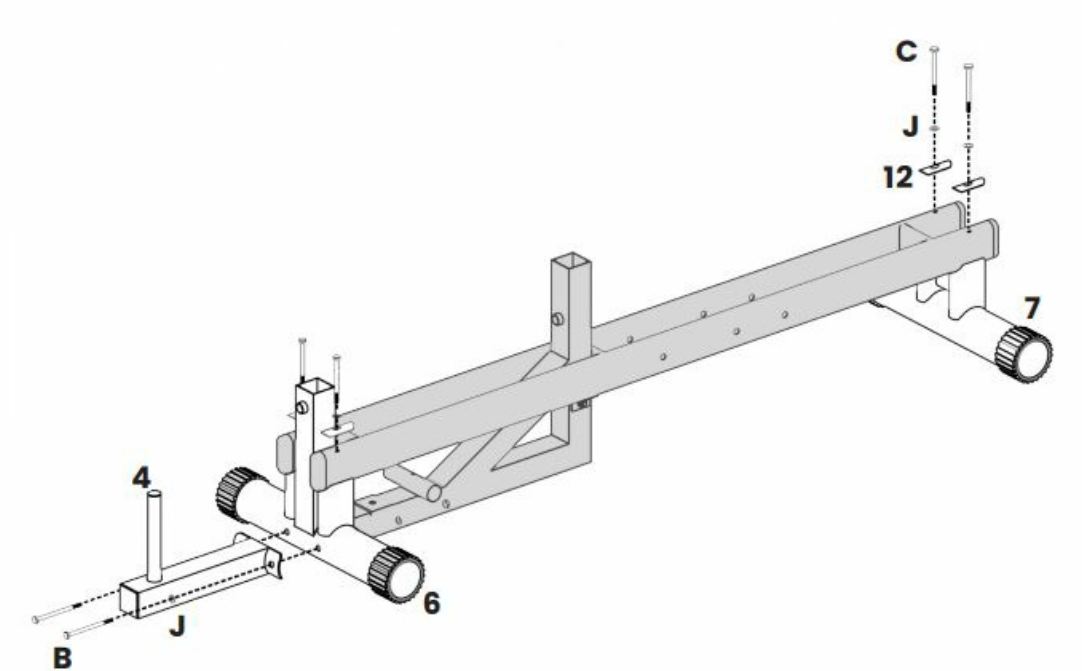


**ASSEMBLY**

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**STEP: 2**

STEP PART GUIDE		
#	PART NAME	QTY
4.	Plate Storage Frame	1
6.	Front Feet	1
7.	Rear Feet	1
12.	Oval Washers	4
B.	M10x100 Bolt	2
C.	M10x90 Bolt	4
J.	M10 Washer	8
L.	M10 Nut	2

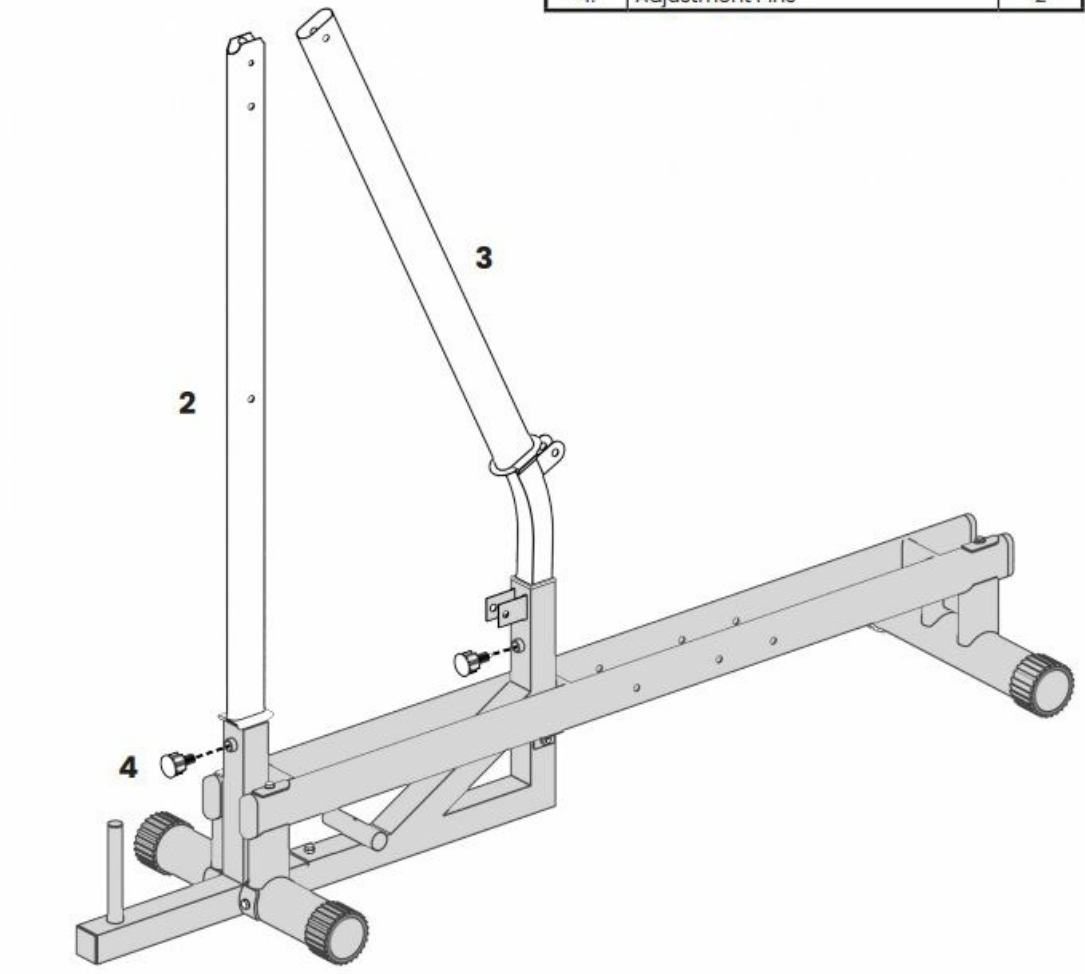


**ASSEMBLY**

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**STEP: 3**

STEP PART GUIDE		
#	PART NAME	QTY
2.	Main Slider	1
3.	Angled Slider	1
4.	Adjustment Pins	2



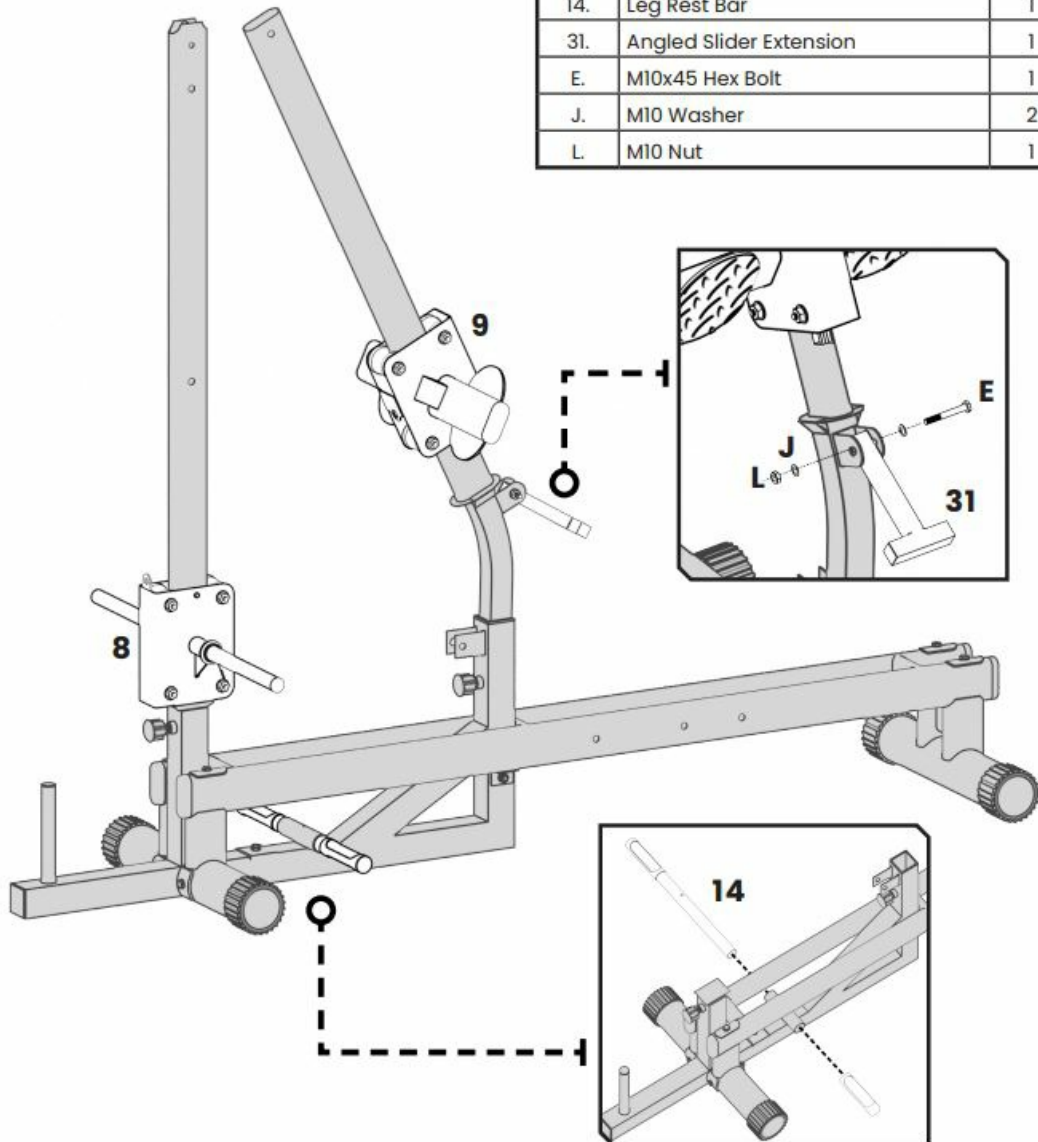


## ASSEMBLY

### STEP: 4

## STEP PART GUIDE

#	PART NAME	QTY
8.	Plate Loader	1
9.	Foot Rest	1
14.	Leg Rest Bar	1
31.	Angled Slider Extension	1
E.	M10x45 Hex Bolt	1
J.	M10 Washer	2
L.	M10 Nut	1

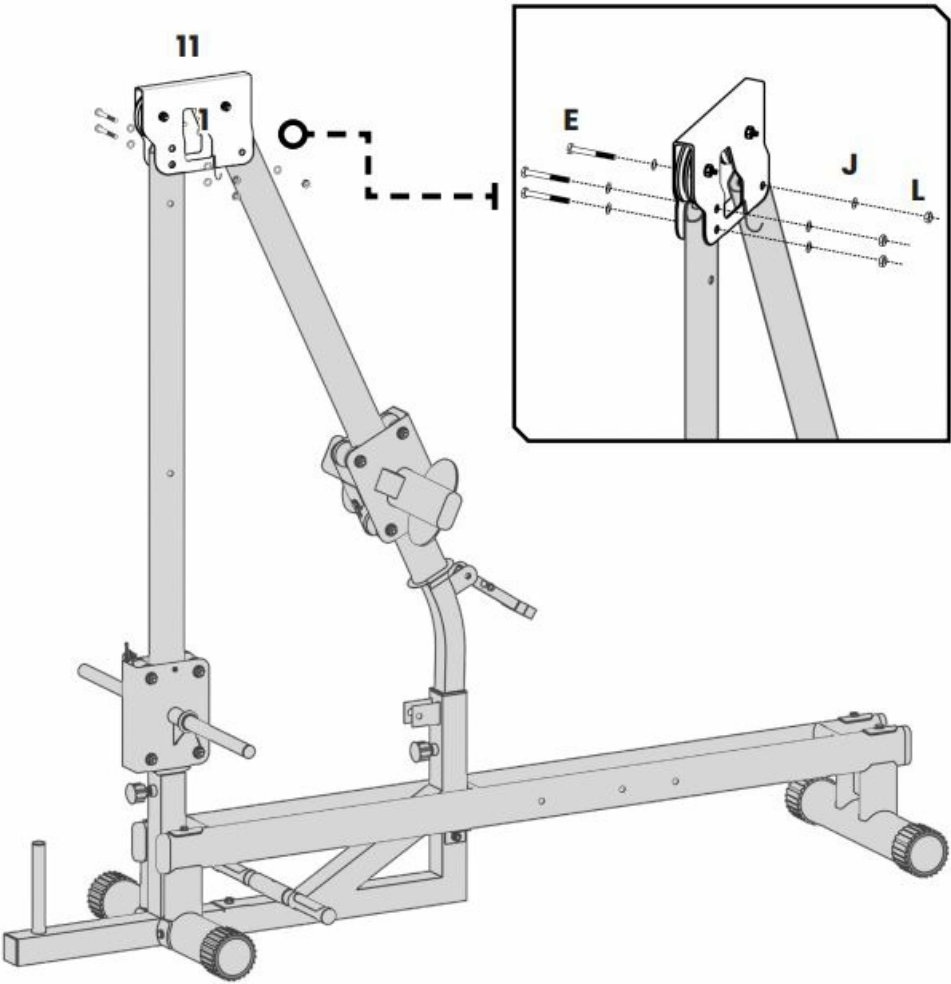


**ASSEMBLY**

**STEP: 5**

**STEP PART GUIDE**

#	PART NAME	QTY
11.	Upper Pulleys	1
E.	M10x45 Bolt	3
J.	M10 Washer	6
L.	M10 Nut	3

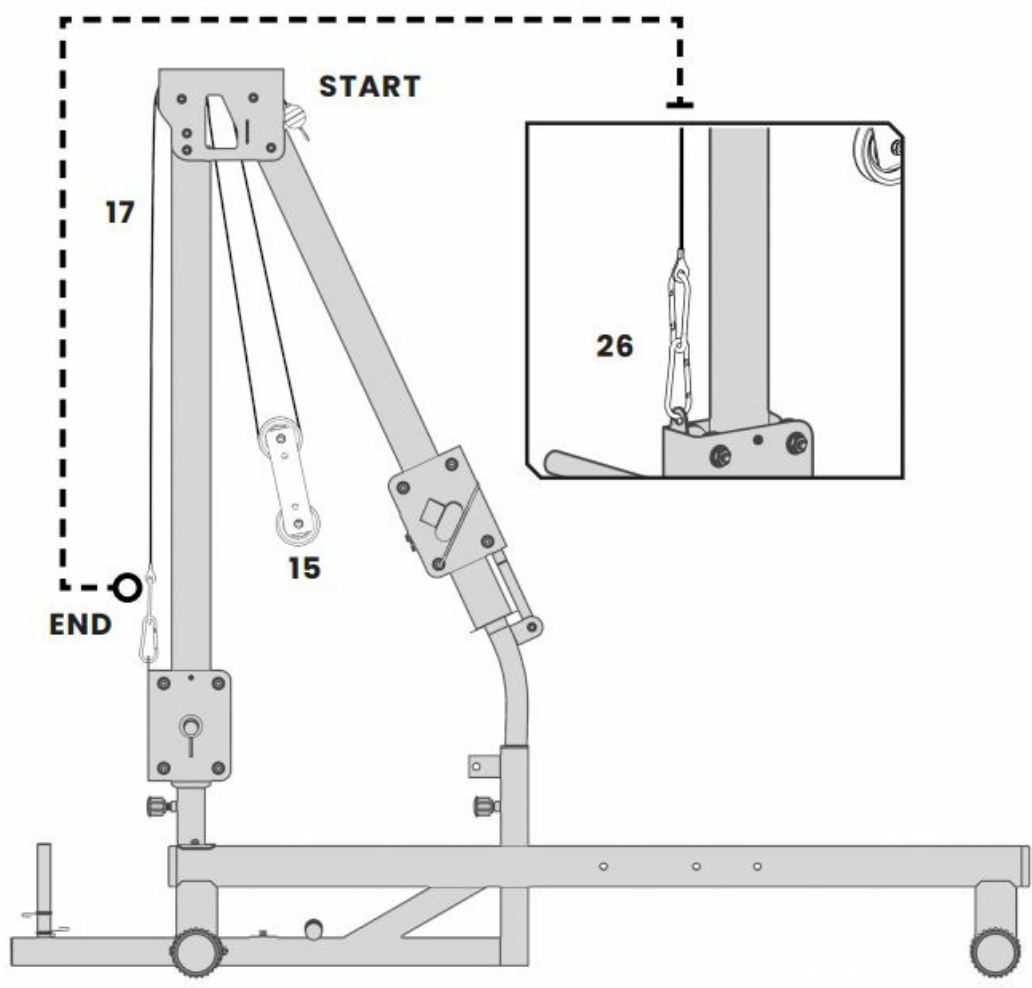


**ASSEMBLY**

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**STEP: 6**

STEP PART GUIDE		
#	PART NAME	QTY
15.	Mid Pulleys	1
17.	95" Upper Cable	1
26.	Carabiner	2

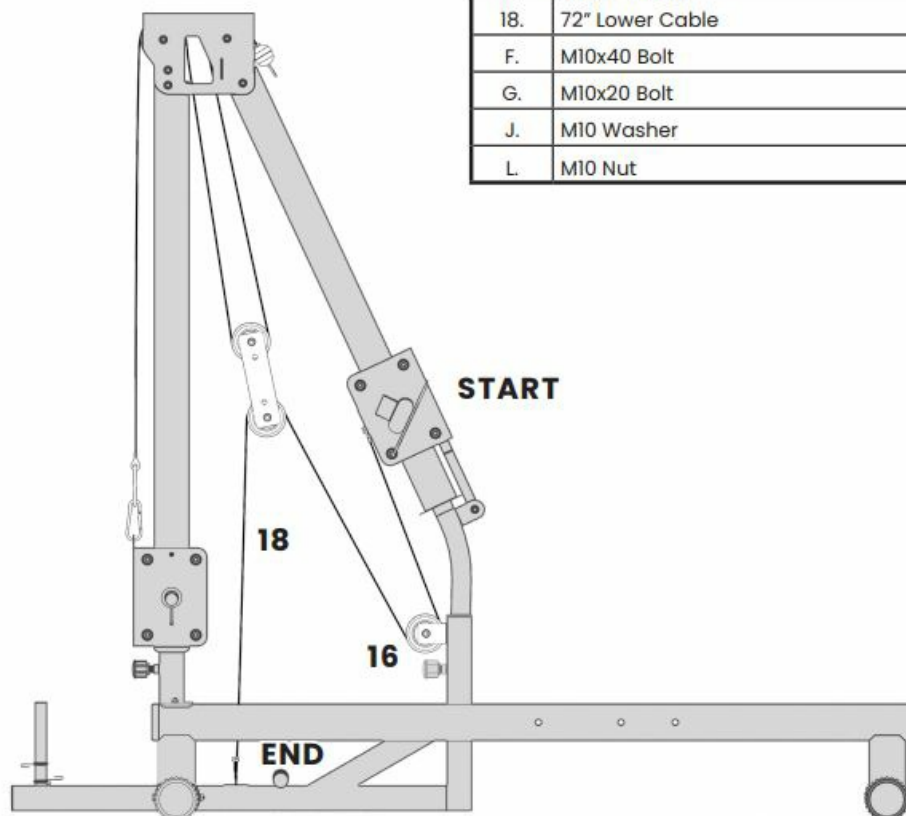


## ASSEMBLY

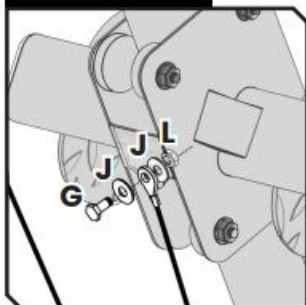
### STEP: 7

## STEP PART GUIDE

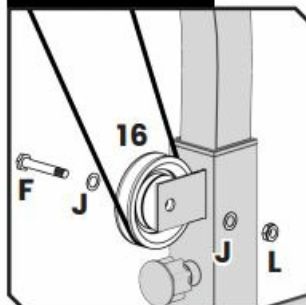
#	PART NAME	QTY
16.	Single Pulley	1
18.	72" Lower Cable	1
F.	M10x40 Bolt	1
G.	M10x20 Bolt	1
J.	M10 Washer	4
L.	M10 Nut	2



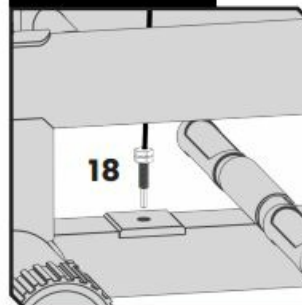
### STEP 1



### STEP 2

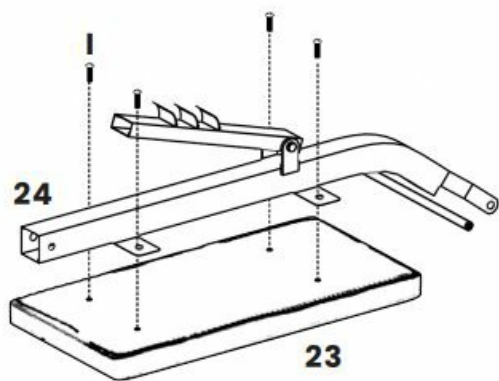


### STEP 3



**ASSEMBLY**

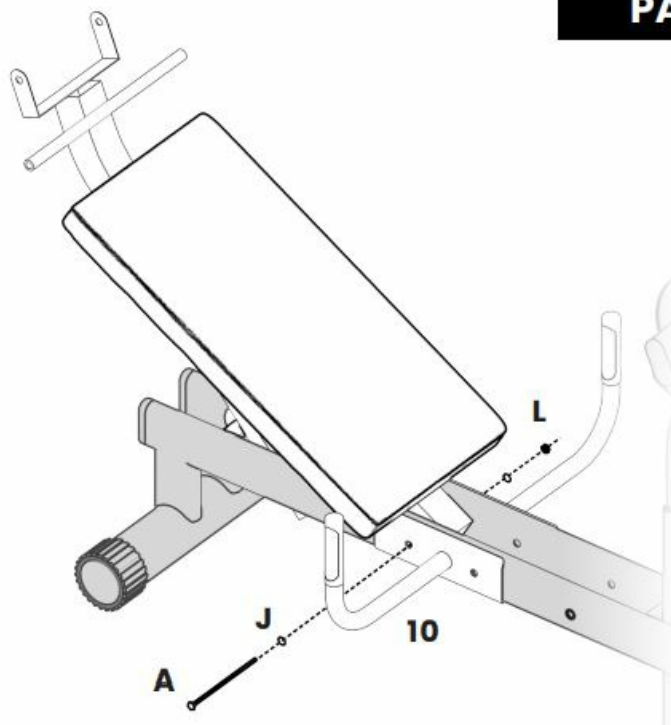
**STEP: 8**



STEP PART GUIDE		
#	PART NAME	QTY
10.	Handle Bars	2
23.	Main Seat	1
24.	Main Seat Frame	1
A.	M10x130 Hex Bolt	1
I.	M6x15 Bolt	4
J.	M10 Washer	2
L.	M10 Nut	1

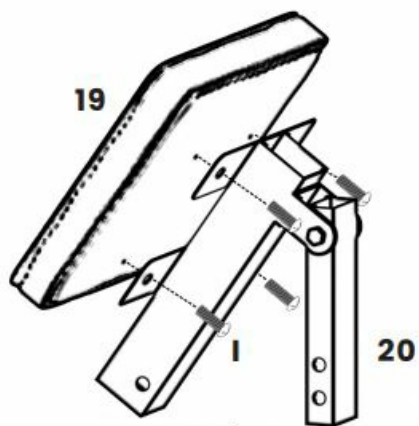
**PART A**

**PART B**



**ASSEMBLY**

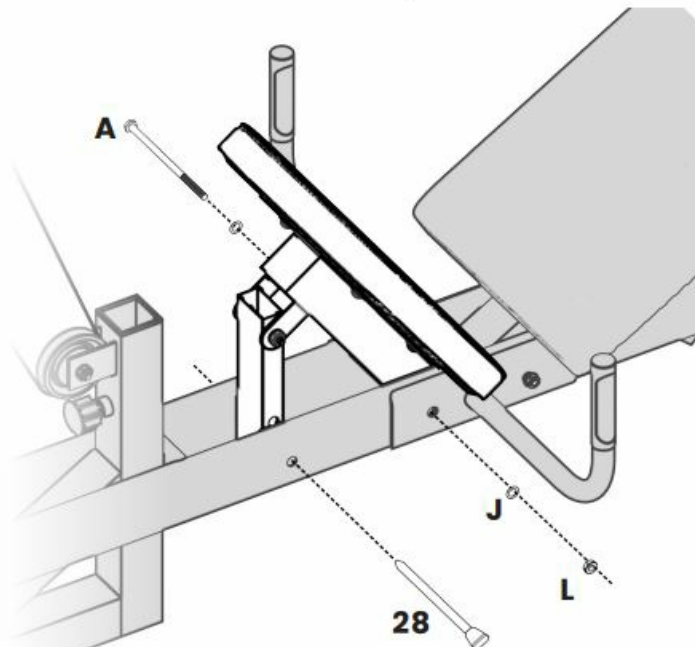
**STEP: 9**



STEP PART GUIDE		
#	PART NAME	QTY
19.	Lower Cushion	1
20.	Small Seat Frame	1
28.	Pin	1
A.	M10x130 Hex Bolt	1
I.	M6x15 Hex Bolt	4
J.	M10 Washer	2
L.	M10 Nut	1

**PART A**

**PART B**

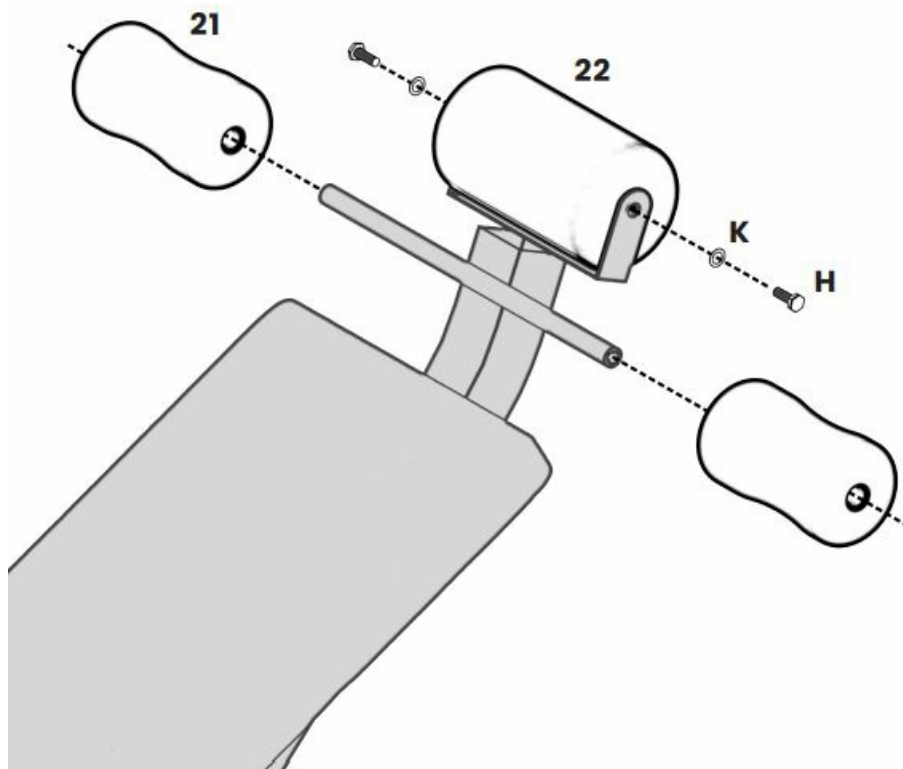


**ASSEMBLY**

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**STEP: 10**

STEP PART GUIDE		
#	PART NAME	QTY
21.	Foam Padding Small	2
22.	Foam Padding Large	1
H.	M8x65 Bolt	2
K.	M8 Washer	2



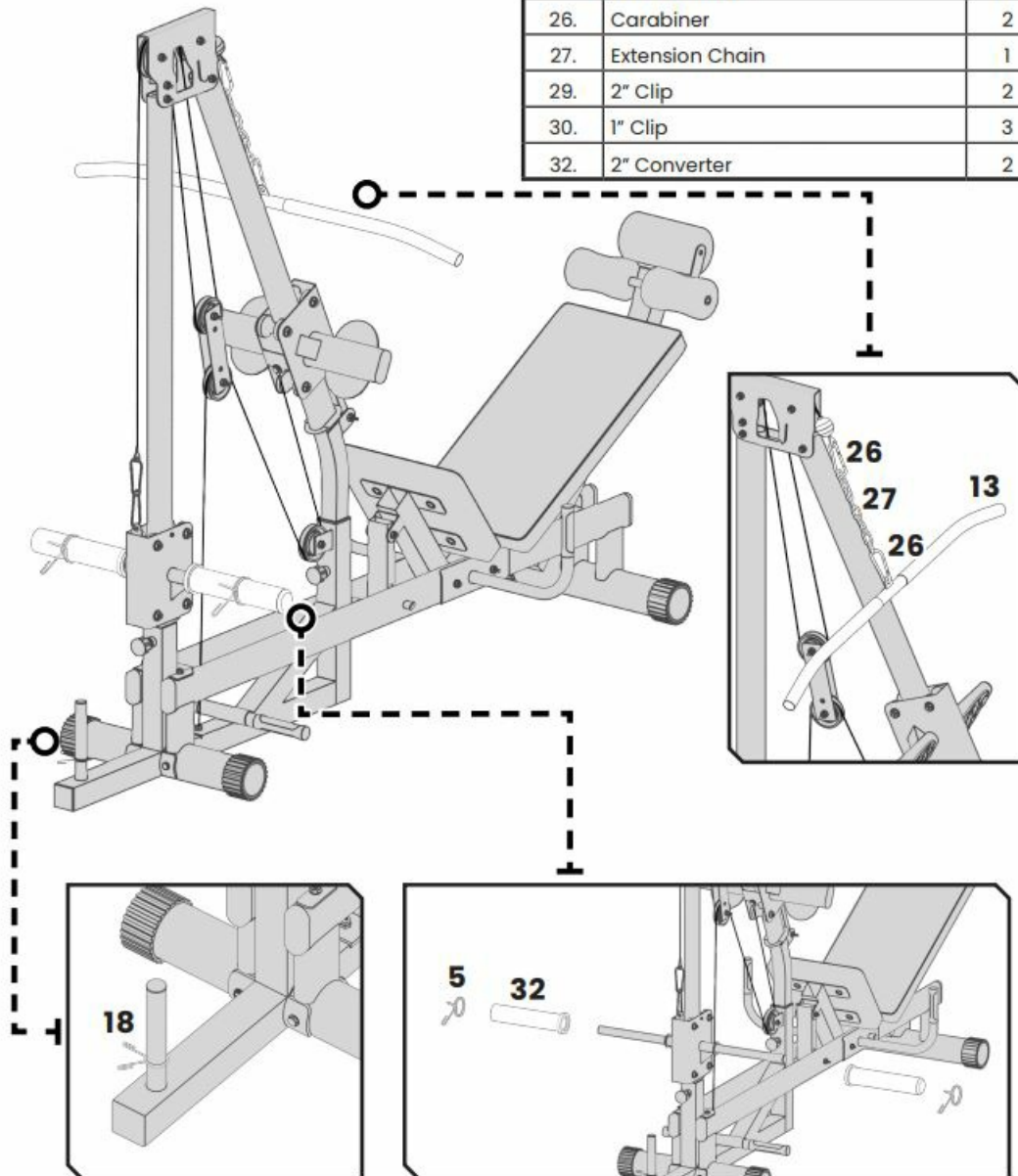


## ASSEMBLY

### STEP: 11

## STEP PART GUIDE

#	PART NAME	QTY
13.	Pull Down Bar	1
26.	Carabiner	2
27.	Extension Chain	1
29.	2" Clip	2
30.	1" Clip	3
32.	2" Converter	2



## Frequently Asked Questions

**Q: What should I do if any pieces are missing?**

**A:** If any pieces are missing from your leg press machine assembly, please contact us immediately at [HELLO@SYNERGEEFITNESS.COM](mailto:HELLO@SYNERGEEFITNESS.COM) or call 1.855.217.7136 for assistance.

## Documents / Resources



[SYNERGEE Leg Press Machine](#) [pdf] Installation Guide  
Leg Press Machine, Press Machine



## References

- [User Manual](#)

[Manuals+](#), [Privacy Policy](#)

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