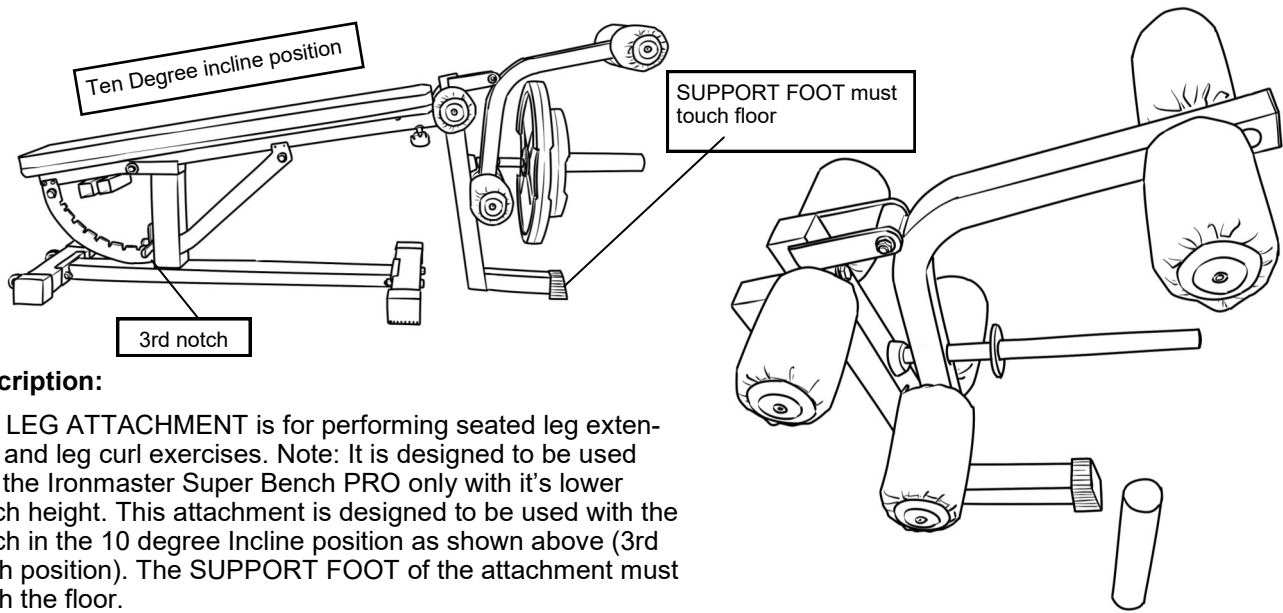


Assembly & Operating Instructions

Ironmaster Leg Attachment for the Super Bench PRO (Sold separately)

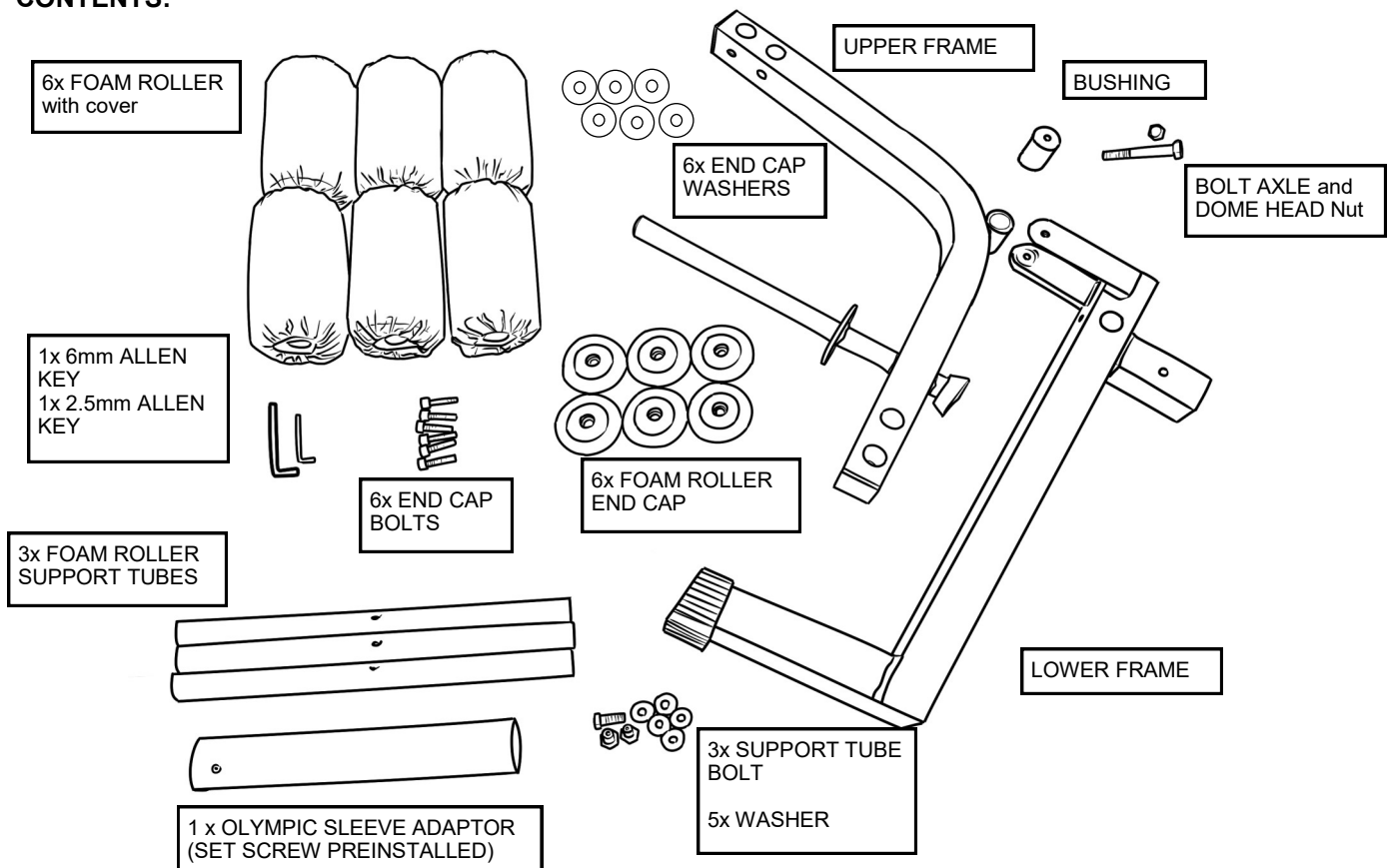
Congratulations on your purchase of this fine Ironmaster product. Be sure to read and understand the operating instructions to achieve the best performance and avoid injury.



Description:

This LEG ATTACHMENT is for performing seated leg extension and leg curl exercises. Note: It is designed to be used with the Ironmaster Super Bench PRO only with its lower bench height. This attachment is designed to be used with the bench in the 10 degree Incline position as shown above (3rd notch position). The SUPPORT FOOT of the attachment must touch the floor.

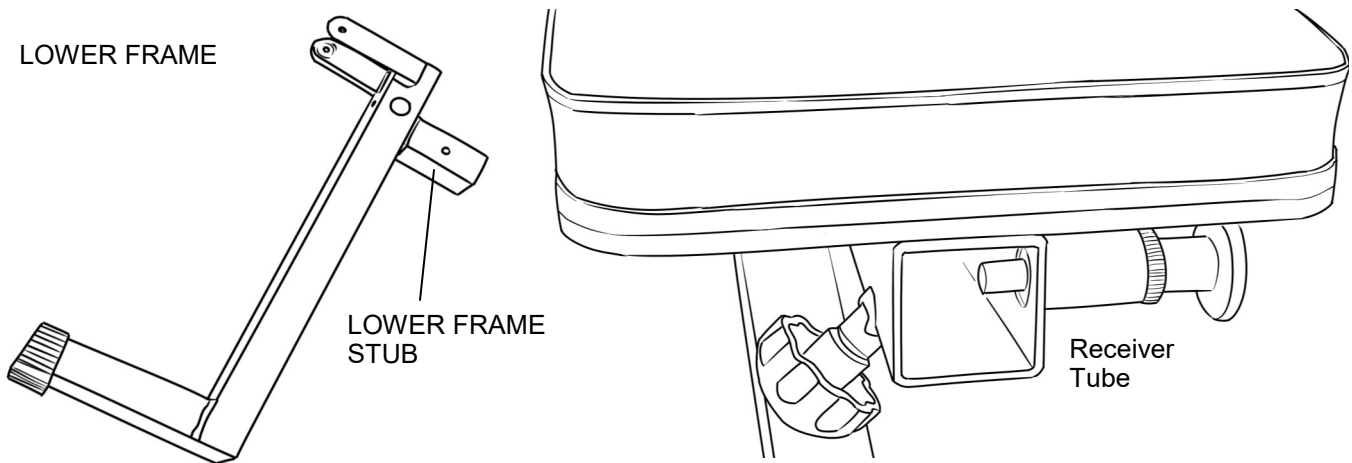
CONTENTS:



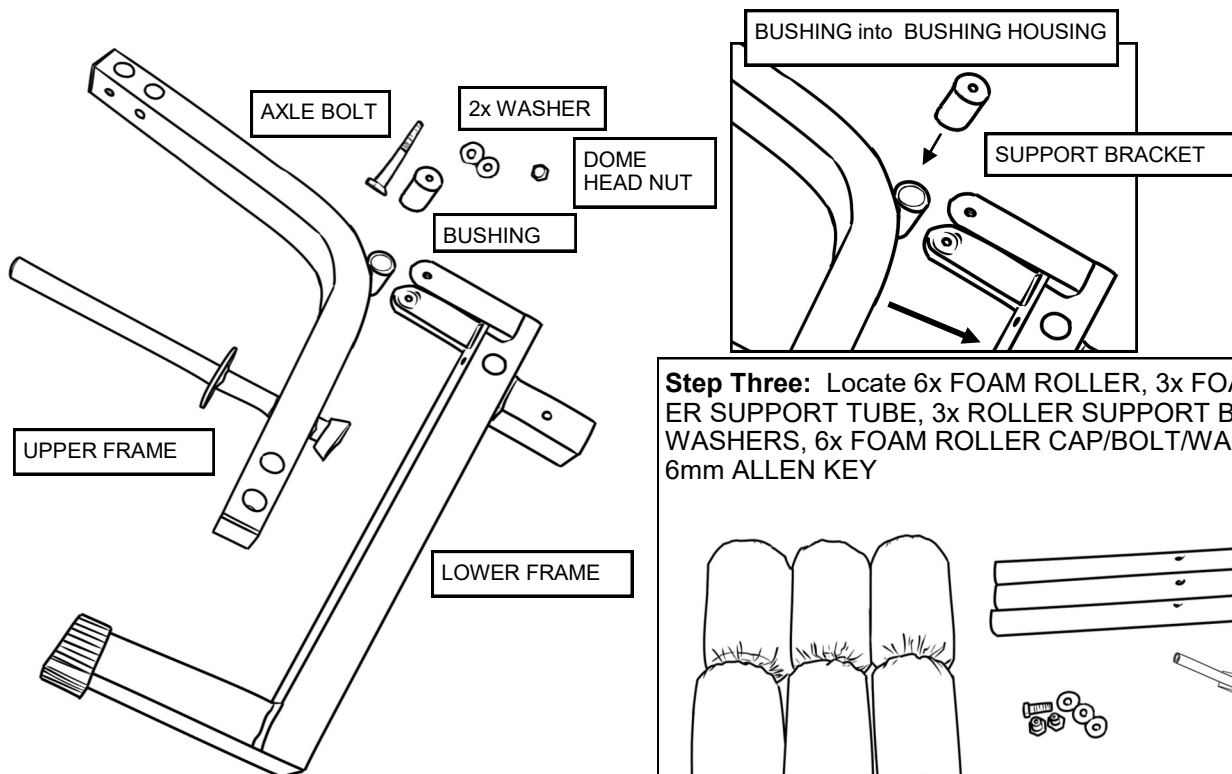
Assembly:

Make sure all parts are present in the box and Bolt pack.

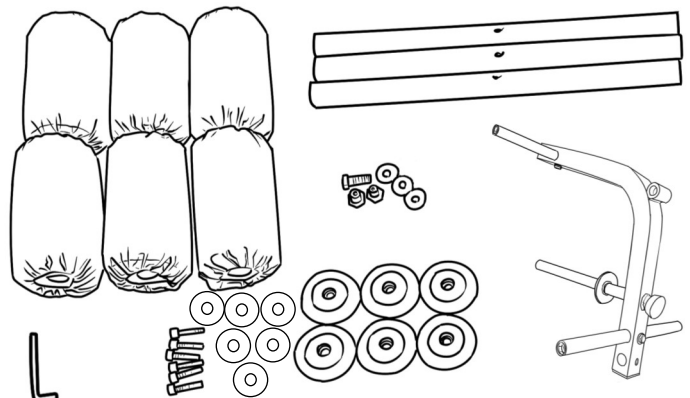
Step one: Insert LOWER FRAME STUB into Super Bench PRO Receiver Tube for ease of assembly. This will help hold in place during assembly. Refer to Super Bench PRO owners manual “Using the Super Bench PRO with accessories” section if unfamiliar with process of connecting attachments.

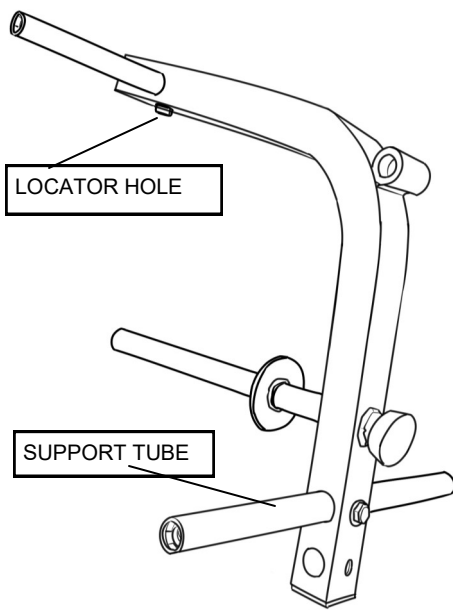


Step Two: Once LOWER FRAME is secured to Super Bench PRO, Locate the UPPER FRAME, BUSHING, AXLE BOLT, 2x WASHER and DOME NUT. First, insert the BUSHING into the UPPER FRAME BUSHING HOUSING. Next, while holding BUSHING in place, insert the BUSHING HOUSING on the UPPER FRAME into the SUPPORT BRACKETS of the LOWER FRAME. Align and secure with AXLE BOLT, 2x WASHER, and DOME HEAD NUT.



Step Three: Locate 6x FOAM ROLLER, 3x FOAM ROLLER SUPPORT TUBE, 3x ROLLER SUPPORT BOLT/WASHERS, 6x FOAM ROLLER CAP/BOLT/WASHER, 1x 6mm ALLEN KEY

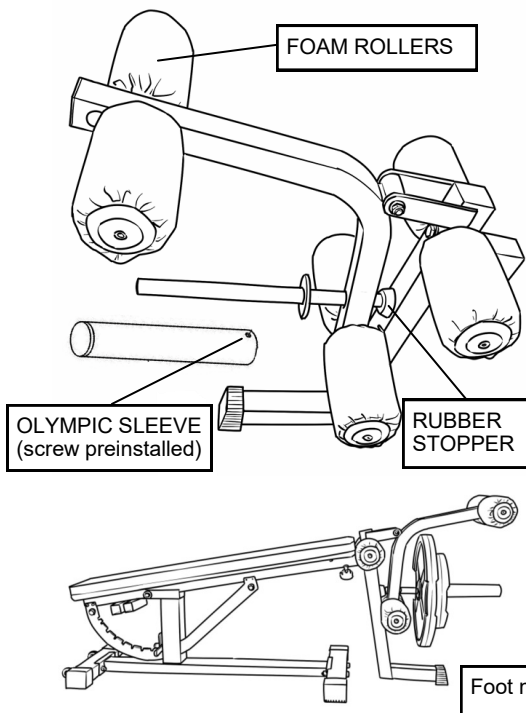




Step Three a: Insert SUPPORT TUBES into UPPER FRAME/LOWER FRAME using ROLLER SUPPORT BOLTS/WASHERS. Use Caution when inserting SUPPORT TUBES as light scratching can occur. (Using a light lubricant will ease assembly but is not required.) SUPPORT TUBES center holes are threaded and need to be aligned with locator hole on both UPPER/LOWER FRAME. Note: There are two holes to choose from for the SUPPORT TUBES to fit users of different heights/leg length. Recommend trying upper holes at pictured to start.

Once all three SUPPORT TUBES are installed, push the FOAM ROLLER pads onto the SUPPORT TUBES and secure with 6x SUPPORT TUBE CAP/BOLT/WASHER (6mm ALLEN KEY is provided). Note: WASHER is installed between CAP and SUPPORT TUBE.

If you wish to use the attachment with Olympic size weights, install the OLYMPIC SLEEVE ADAPTOR over the chrome plate holder on UPPER FRAME. Tighten in position with the 2.5mm Allen Set Screw (preinstalled inside the adapter) with supplied ALLEN KEY.



Operation:

To perform leg extensions, connect the attachment to the Super Bench PRO. Be sure the support foot is resting on the floor. Load desired weights on the plate holder and extend lower legs to rotate and raise the weights.

To perform lying leg curls, be sure the attachment is properly connected and load desired weights on the plate holder. Curl legs to rotate and raise the weights. Note: Position yourself on the bench so the knees are aligned with the pivot bolt and the FOAM ROLLER pads stay stationary on the lower legs during the exercise.

The rubber stopper on the back side of the UPPER FRAME normally should be screwed in all the way, but it can be extended to reduce the range of motion somewhat if desired.

Maintenance:

The grease on the pivot axle should last many years, but a general purpose grease lubricant can be reapplied in this area if needed.

For customer service, contact your local distributor or:

Ironmaster LLC, 14562 167th Ave SE Monroe, WA 98272 USA

Web site: www.ironmaster.com Email: support@ironmaster.com Tel: 800-533-3339 or 1-360-217-7780

Warranty Information:

Ironmaster warrants to the original purchaser that this Home Fitness Product will be free from defects in workmanship and materials for a specific period from date of purchase based on the part type listed below. During the warranty period, Ironmaster will either repair or replace, at its option, defective part(s) at no charge. Warranty covers in home use only.

1 year for normal wear items such as rubber, upholstered parts and surface finishes.

10 years for frame and structural components.

Shipping costs are not included in the warranty and some items may need to be sent to Ironmaster for repair or replacement. Installation of any parts and labor involved is not included. The warranties described above shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and for the period of time described above, shall constitute complete fulfillment of all liabilities and responsibilities of Ironmaster to the purchaser with respect to the product, and shall constitute full satisfaction of all claims, whether based on contract, negligence, strict liability or otherwise. In no event shall Ironmaster be liable or in any other way responsible for damages or defects in the product which were caused by repairs or attempted repairs performed by anyone other than Ironmaster or Authorized service Contractor. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear of the product purchased. Nor shall Ironmaster be liable or in any way responsible for any incidental or consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damage, so the above exclusion may not apply to you.