

HAMMER STRENGTH®

MTS Leg Extension

UNPACKING & ASSEMBLY INSTRUCTIONS



These instructions are divided into the following sections:

1. UNPACKING
2. HARDWARE
3. ASSEMBLY
4. FINAL INSPECTION
5. MAINTENANCE TIPS

The MTS LEG CURL comes disassembled on a pallet. Follow the steps below to unpack and assemble it.

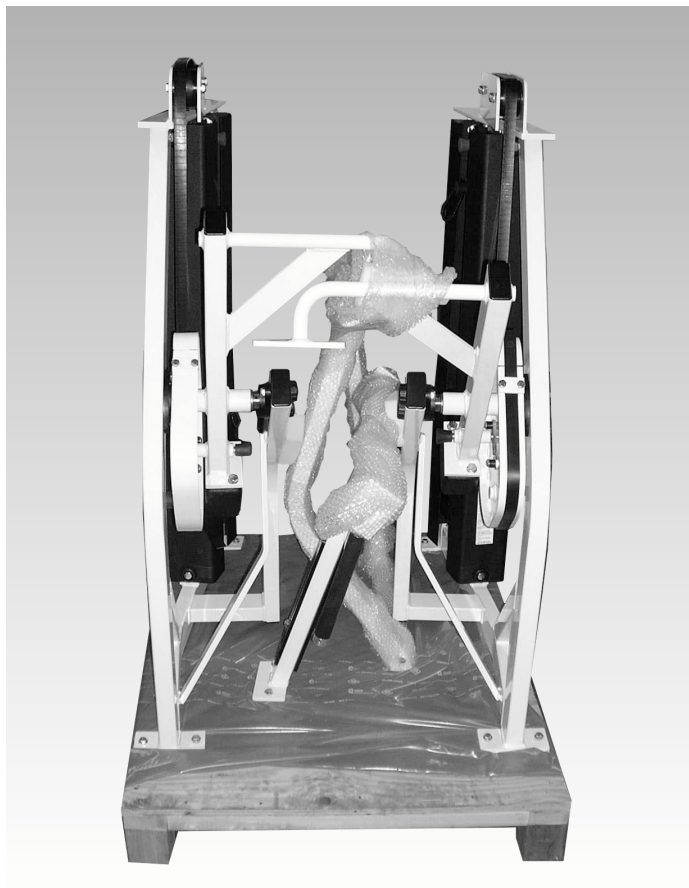


WARNING: COMPONENTS OF THIS MACHINE ARE LARGE AND HEAVY. USE CAUTION WHEN ASSEMBLING THIS MACHINE.

1. UNPACKING

Follow the steps below when unpacking the components of the pallet. Keep in mind that the sides of the MTS LEG CURL are heavy and not stable once they are unbolted from the pallet.

1. Remove the protective plastic wrap.
2. Remove the parts bag. This bag contains the washers, nuts and bolts shown in the *Hardware* section in the back of these instructions. Remove the bags containing the upholstery.
3. Using a ½" socket, remove the lag bolts that secure the seat post, back brace and the base.



Unpacking Figure 1. MTS LEG CURL shipping pallet.



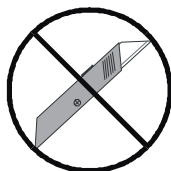
WARNING: THE SIDE PIECES OF THE MTS UNIT WILL BECOME UNSTABLE ONCE UNBOLTED. THE MTS SIDE PIECES SHOULD BE SUPPORTED DURING BOLT REMOVAL.

4. Using a ½" socket wrench, unbolt the bottom lag bolts on the left side as shown in Unpacking Figure 2. "Walk" the side off of the shipping crate onto the floor. Make sure the side is stabilized as it will tip over easily. Repeat this step for the right side piece. Remove and discard the shipping pallet and the lag bolts.



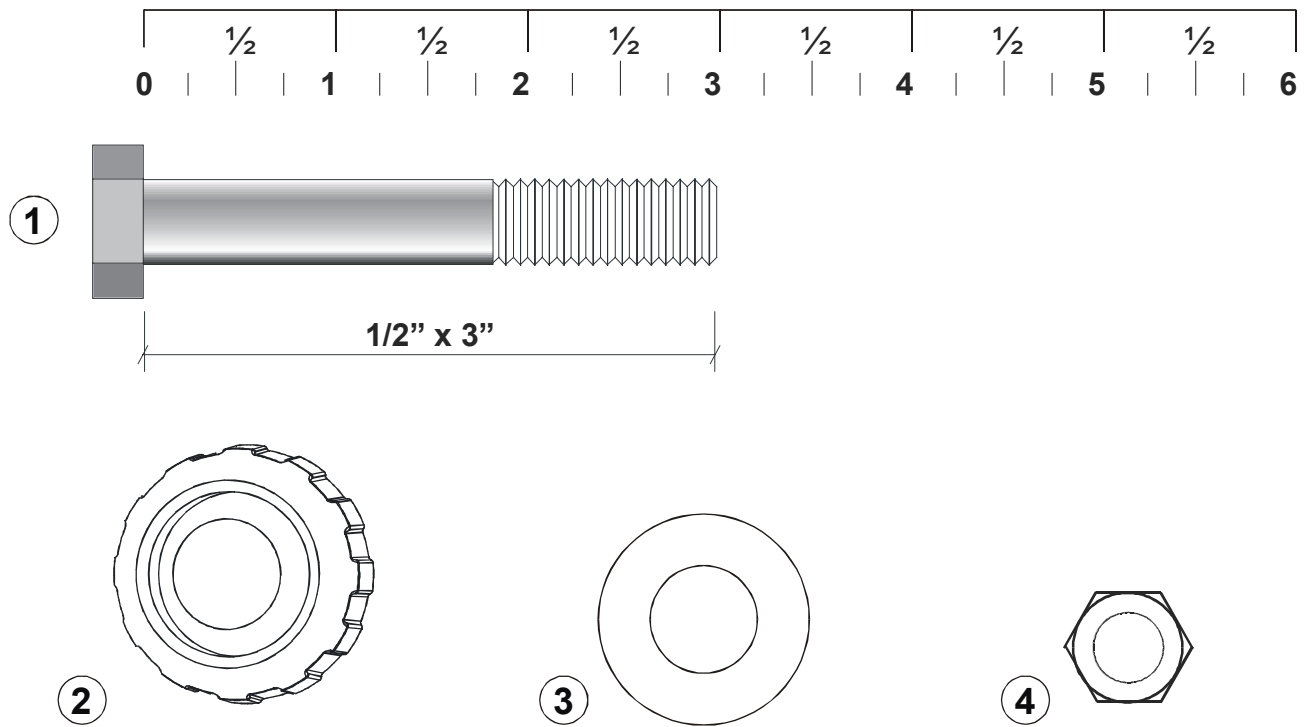
Unpacking Figure 2. Lag shipping bolts.

NOTE: BE CAREFUL NOT TO DAMAGE THE FINISH OF THE MACHINE OR THE UPHOLSTERY WHEN REMOVING THE PROTECTIVE PACKAGING MATERIAL.



**BOX CUTTERS CAN
DAMAGE
THIS EQUIPMENT!**

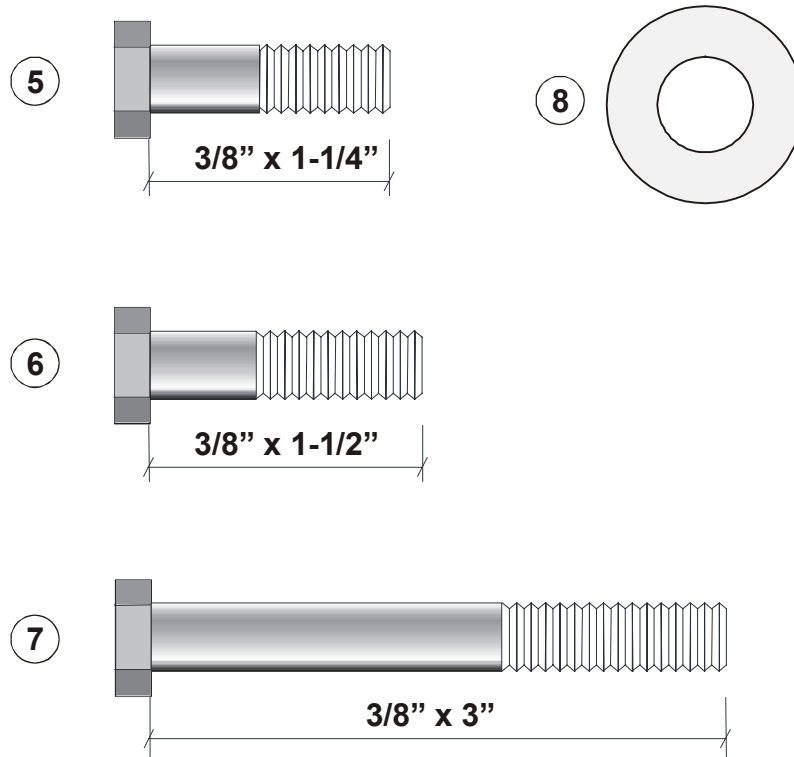
2. HARDWARE



Hardware Figure 1.

1. 1/2" x 3" hex head bolt (seat frame-back brace) (0017-00101-1582) (Qty 8)
2. Hammerhead washers (slide onto bolts) (0017-00042-1041) (Qty 8)
3. Flat washer (on nuts & bolts w/o hammerhead washers, counterweights) (0017-00104-0311) (Qty 8)
4. 1/2" locknut (0017-00103-0223) (Qty 8)

UPHOLSTERY HARDWARE



Hardware Figure 2. Upholstery bolts and washers.

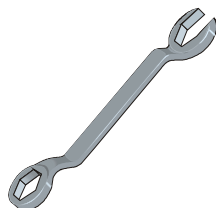
- 5. 3/8" x 1-1/4" hex head bolt (lower leg pad) (0017-00101-1412) **(Qty 4)**
- 6. 3/8" x 1-1/2" hex head bolt (seat back / seat bottom) (0017-00101-1411) **(Qty 8)**
- 7. 3/8" x 3" hex head bolt (seat bottom – cross frame) (0017-00101-1422) **(Qty 2)**
- 8. 3/8" flat washer (0017-00104-0313) **(Qty 14)**

3. ASSEMBLY

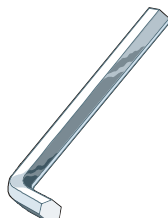
TOOLS NEEDED



3/4" & 9/16"
Socket Wrench



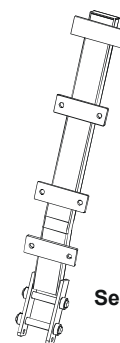
3/4" & 9/16"
Combination Wrench



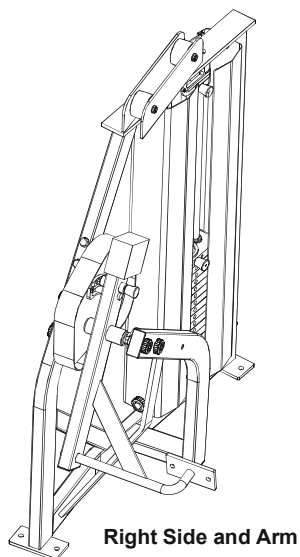
5/32"
Allen Wrench

ASSEMBLY TIME

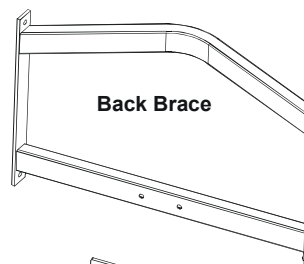
Two people can accomplish this assembly in approximately 1 hour.



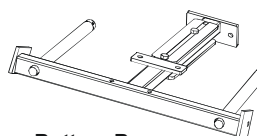
Seat Assembly



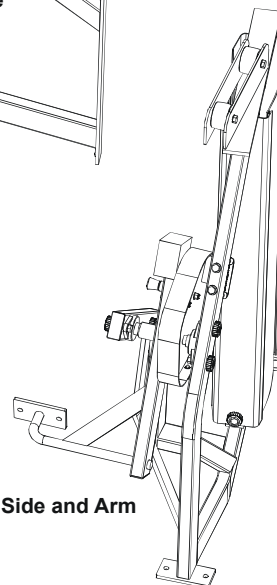
Right Side and Arm



Back Brace



Bottom Brace



Left Side and Arm

MTS LEG EXTENSION Primary Hardware Components.



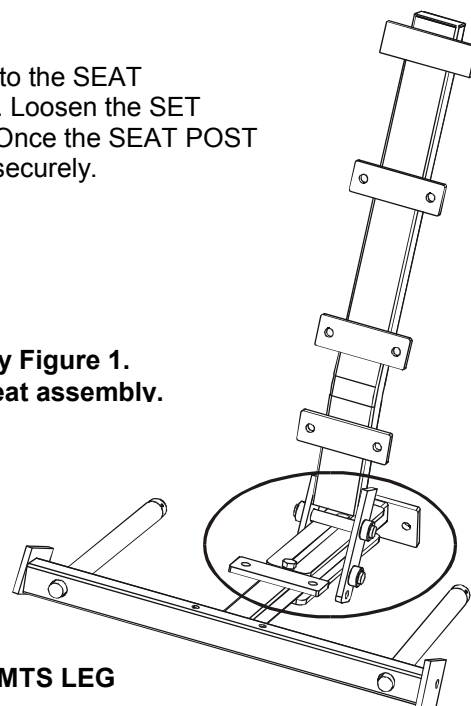
CAUTION: THE SIDES OF THIS MACHINE ARE NOT STABLE UNTIL THE BOTTOM BRACE AND BACK BRACE HAVE BEEN INSTALLED AND THE BOLTS HAVE BEEN TIGHTENED.

NOTE: THIS EQUIPMENT IS DESIGNED TO BE STABLE DURING NORMAL USE. HOWEVER, IN ORDER TO INSURE THE SAFETY OF PERSONNEL DURING POTENTIAL MISUSE OF THE EQUIPMENT, LIFE FITNESS STRONGLY RECOMMENDS THAT THIS EQUIPMENT BE SECURELY FASTENED TO THE FLOOR. USE 1/2" (12mm) FASTENERS COMPATIBLE WITH THE FLOORING MATERIAL OF THE FACILITY.

BOLT TOGETHER SEAT ASSEMBLY.

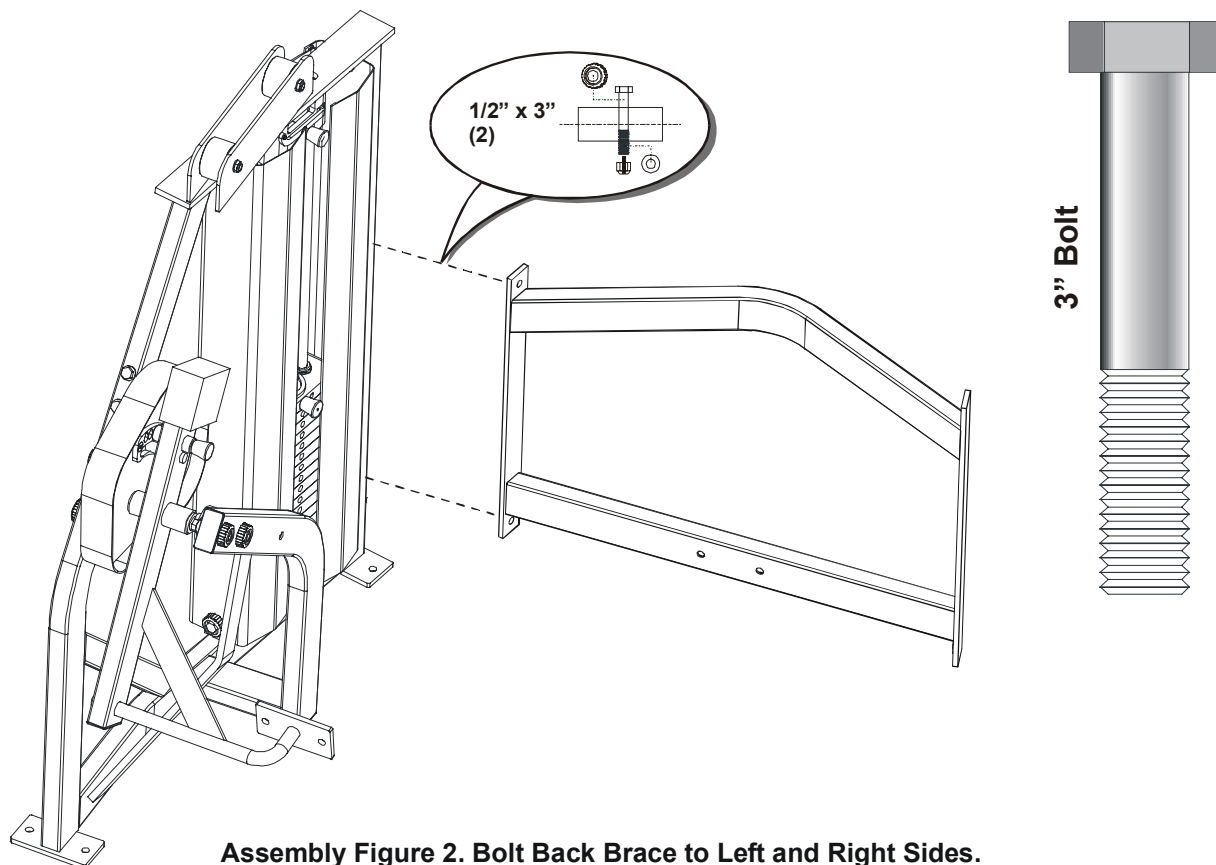
The SEAT ASSEMBLY is shipped in two pieces. Fasten the SEAT POST to the SEAT ASSEMBLY as shown. Use the bolts that are on the seat post as shipped. Loosen the SET SCREW on the 3/4" SHAFT COLLAR and remove the SHAFT COLLAR. Once the SEAT POST is in position, replace the SHAFT COLLAR and tighten the SET SCREW securely.

**Assembly Figure 1.
Build the seat assembly.**



2. BOLT THE BOTTOM TO THE LEFT SIDE AND RIGHT SIDES OF THE MTS LEG EXTENSION.

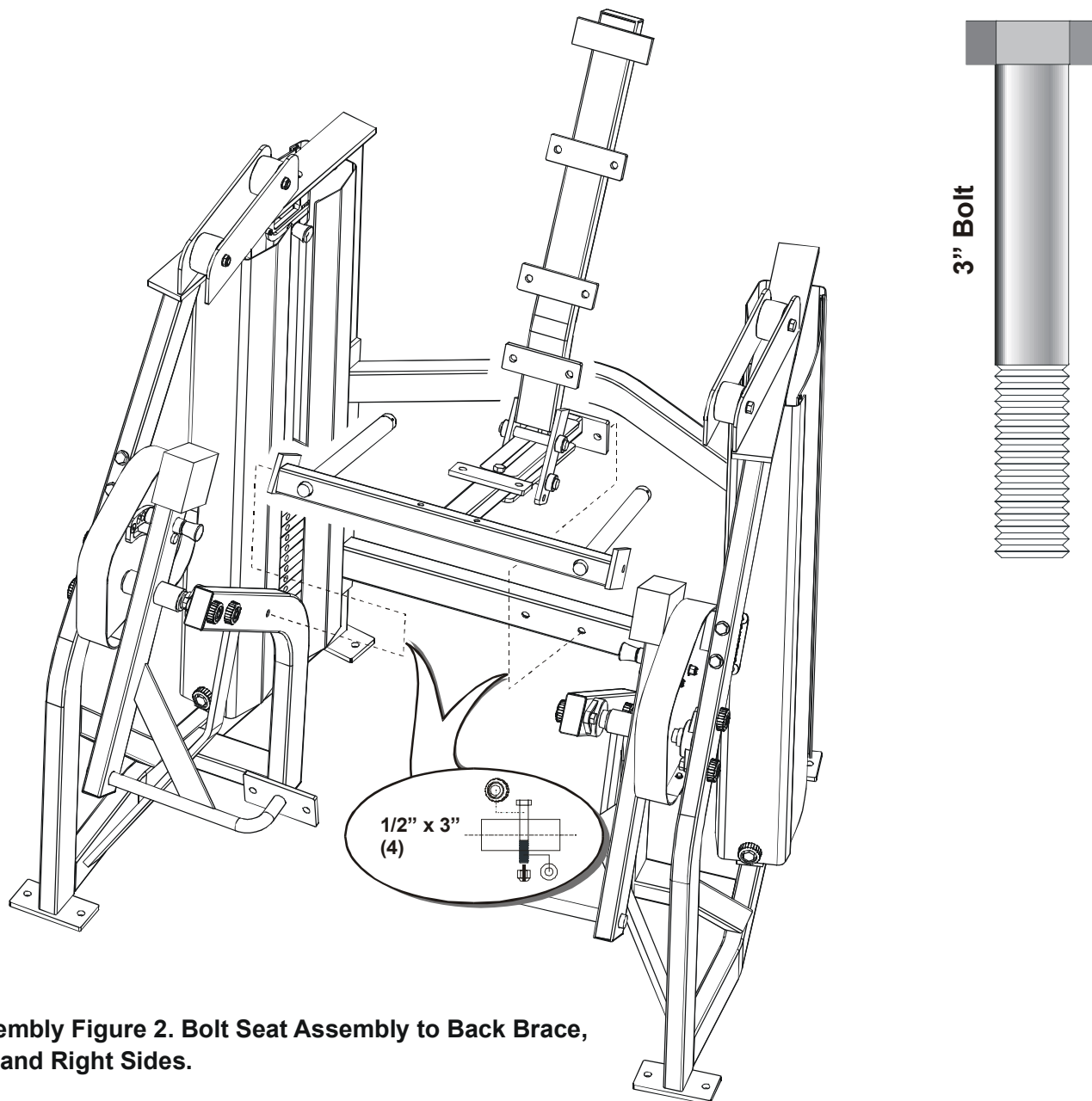
As shown in Figure 2, slide the BACK BRACE up to the right side of the MTS LEG EXTENSION and bolt them together using two of the 1/2" x 3" HEX BOLTS with HAMMERHEAD WASHERS on the outside of the FRAME. Insert the HEX BOLTS from the outside of the MTS LEG EXTENSION. Put on STAR WASHERS before threading the LOCKNUTS and hand tighten the LOCKNUTS so that the SEAT ASSEMBLY will be easier to install. Slide the left side of the MTS LEG EXTENSION up to the BACK BRACE and bolt it to the BACK BRACE using two more 1/2" x 3" HEX BOLTS with HAMMERHEAD WASHERS on the outside of the FRAME.



Assembly Figure 2. Bolt Back Brace to Left and Right Sides.

3. BOLT THE SEAT ASSEMBLY TO THE SIDES.

Position the SEAT ASSEMBLY between the two sides of the MTS LEG EXTENSION. Align the right mounting hole of the SEAT ASSEMBLY with that of the right side SEAT SUPPORT. Insert the one $\frac{1}{2}$ " x 3" HEX BOLT with HAMMERHEAD WASHER from the outside of the MTS LEG EXTENSION. Put on a FLAT WASHER and hand tighten the LOCKNUT. Then, insert the left $\frac{1}{2}$ " x 3" HEX BOLT, HAMMERHEAD WASHER, FLAT WASHER and hand tighten the LOCKNUT. Using two $\frac{1}{2}$ " x 3" HEX BOLT with HAMMERHEAD WASHER and FLAT WASHERS, loosely fasten the SEAT ASSEMBLY to the BACK BRACE.



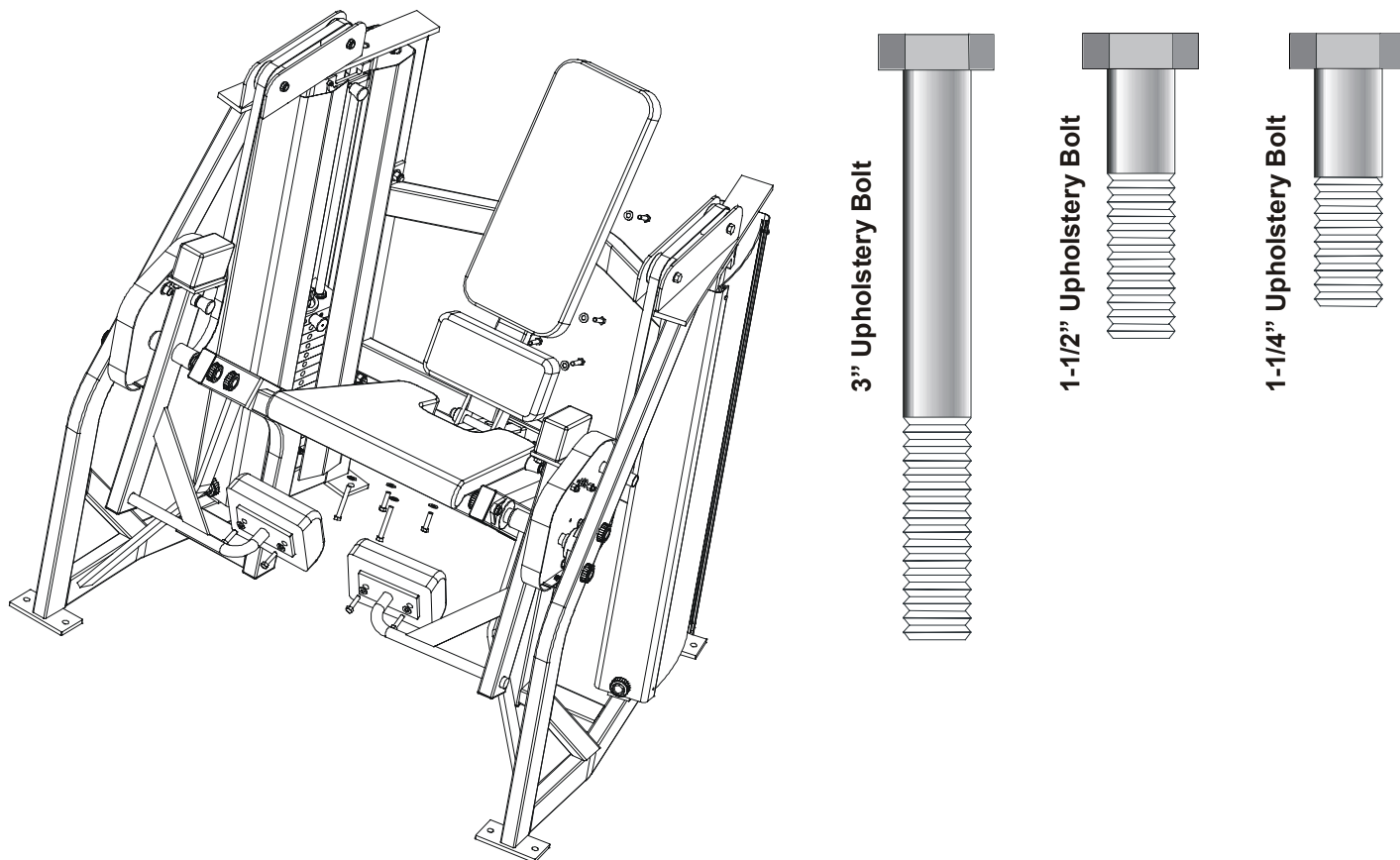
Assembly Figure 2. Bolt Seat Assembly to Back Brace, Left and Right Sides.

4. BOLT CUSHIONS TO THE ASSEMBLY.

Using two 3/8" x 1-1/2" BOLTS and 3/8" FLAT WASHERS, align the bolt holes with the mounting flanges and fasten the LOWER SEAT BACK PAD to the SEAT ASSEMBLY. Using four 3/8" x 1-1/2" BOLTS and FLAT WASHERS, fasten the UPPER SEAT BACK PAD to the SEAT ASSEMBLY in similar fashion.

Using two 3/8" x 3" BOLTS and 3/8" FLAT WASHERS, attach the SEAT PAD to the SEAT ASSEMBLY CROSS MEMBER. Complete attaching the SEAT PAD using two 3/8" x 1-1/2" BOLTS and 3/8" FLAT WASHERS through the two remaining mounting flange holes located under the SEAT.

Attach the two remaining PADS to the LOWER LEG EXTENSION ARM FLANGES using two 3/8" x 1-1/4" BOLTS and 3/8" FLAT WASHERS for each PAD.

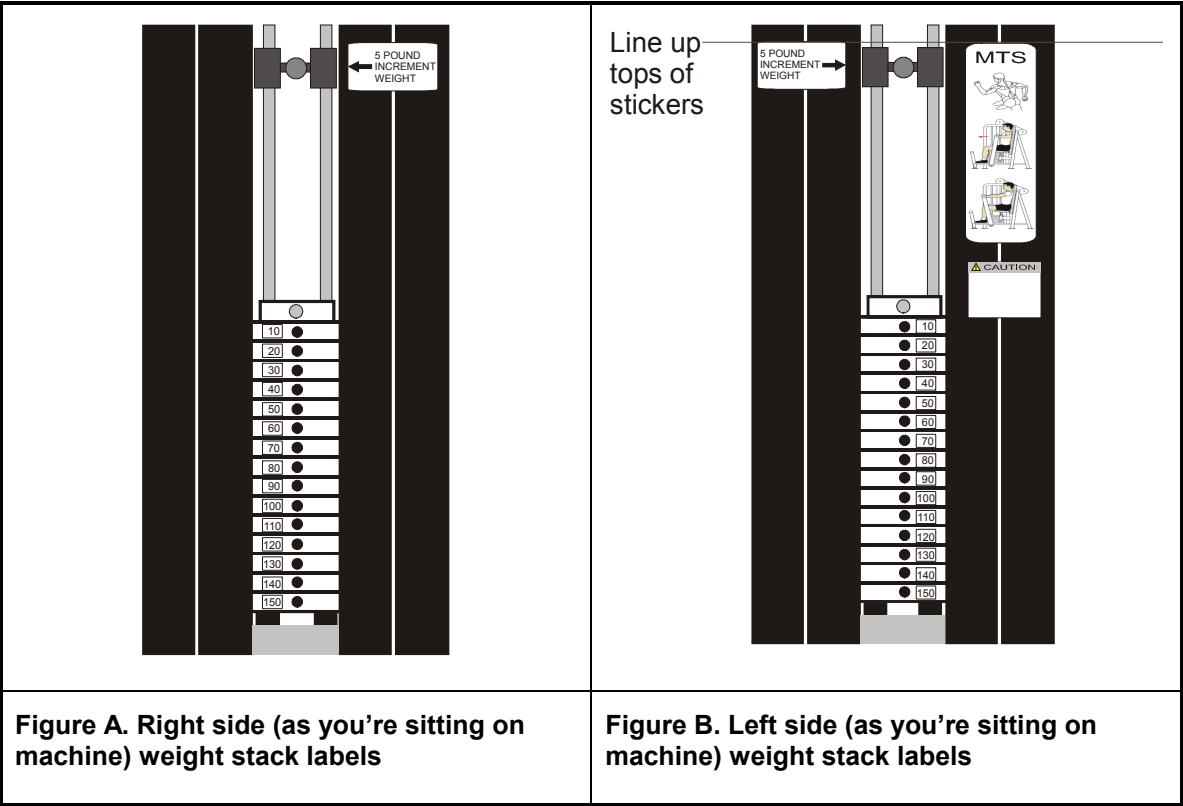


Assembly Figure 5. Bolt on the upholstery.

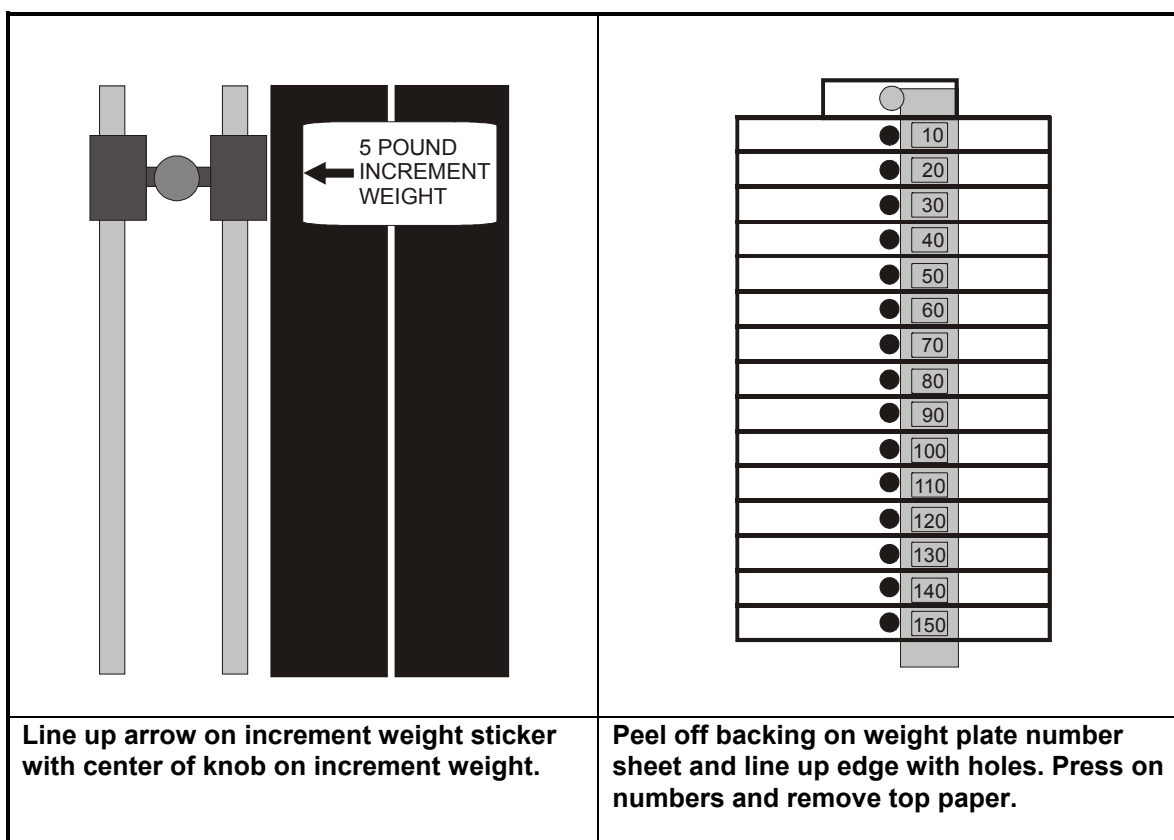
5. REREAD THESE DIRECTIONS AND TIGHTEN ALL BOLTS THAT WERE LEFT LOOSE. Bolts should protrude no more than a thread or two beyond the nuts. Do not overtighten the bolts.

WEIGHT STACK AND INCREMENT WEIGHT LABELS

NOTE: STUDY THE FIGURE BELOW BEFORE APPLYING ANY LABELS.



Assembly Figure 9. Weight stack and increment weight label locations for MTS LEG CURL.



Assembly Figure 10. Label details for MTS LEG CURL.

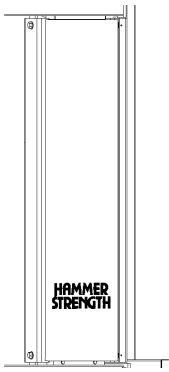
To apply the weight plate stickers:

1. Peel off the backing.
2. Line up sticker backing edge with holes as shown in the figure.

NOTE: *Make sure you've aligned the sheet so that the top hole in the stack (the hole that holds the weight stack pin) DOES NOT get a sticker.*

3. Make sure the sheet of labels is straight.
4. Press firmly over each weight label.

CLEANING THE SHIELDS



The shields on the MTS machine are made from polycarbonate. Adherence to regular and proper cleaning procedures is recommended to preserve the appearance.

Washing To Minimize Scratches

Wash the polycarbonate shields with a mild soap or detergent (e.g. Joy Dishwashing Liquid) and lukewarm water using a clean sponge or a soft cloth. Rinse well with clean water. Dry thoroughly with a chamois or moist cellulose sponge to prevent water spots. Do not scrub or use brushes on these products; their coating is UV-resistant, not mar-resistant.

Fresh paint splashes, grease and smeared glazing compounds can be removed easily before drying by rubbing lightly with a grade of VM&P naphtha or isopropyl. Afterward, a warm final wash should be made, using a mild soap or detergent solution and ending with a thorough rinsing with clean water.

Minimizing Hairline Scratches

Scratches and minor abrasions can be minimized by using a mild automobile polish. Four such products that tend to polish and fill scratches are: Johnson Paste Wax, Novus Plastic Polish #1 and #2, Mirror Glaze plastic polish, and Plexus. It is suggested that a test be made on a small corner of a shield with the product selected and that the polish manufacturer's instructions be followed.

Some Important "Don'ts"

- **DO NOT** use abrasive or highly alkaline cleaners on the shields.
- **Never** scrape shields with squeegees, razor blades or other sharp instruments.
- Benzene, gasoline, acetone or carbon tetrachloride should **never** be used on the shields.
- **DO NOT** clean shields in hot sun or at elevated temperatures.

Compatible Cleaners for Shields

The following cleaning agents have been found compatible with polycarbonate. The manufacturer's recommendations and instructions should be followed. They are: Joy, Freon T.F., Palmolive Liquid, Top Job, VM&P grade naphtha, Windex with Ammonia D.

Removal of Paint, Marking Pen, Labels

Butyl cellosolve works well for removal of paints, marking pen inks, lipstick, etc.

Labels, stickers, etc. may be removed using kerosene or VM&P naphtha. When the solvent will not penetrate sticker material apply heat (hair dryer) to soften the adhesive and promote removal. **GASOLINE SHOULD NOT BE USED.**

4. FINAL INSPECTION



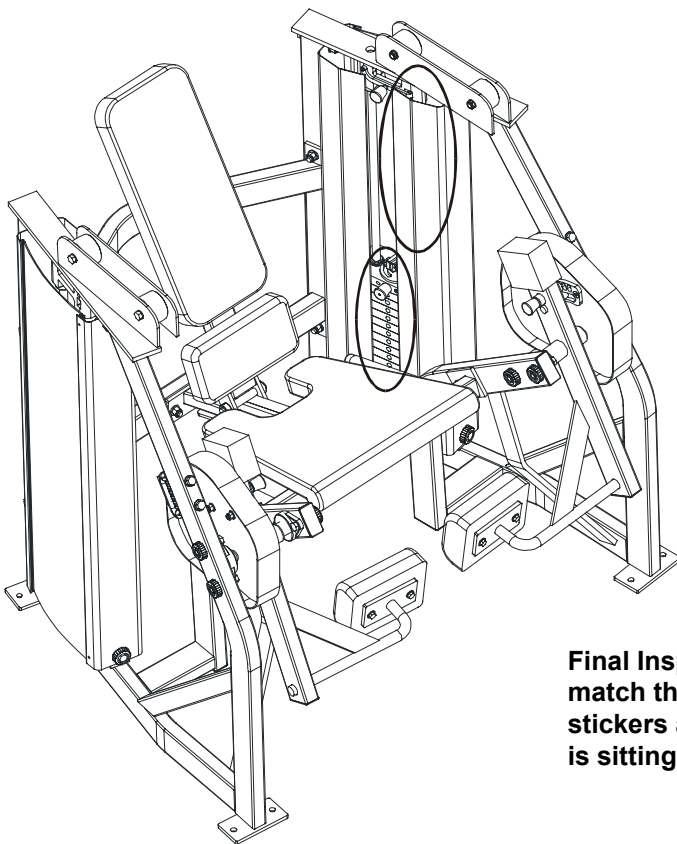
IMPORTANT: IT IS VITAL THAT THESE MACHINES LOOK AND PERFORM FLAWLESSLY BEFORE THE INSTALLATION CAN BE CONSIDERED COMPLETE.

Before leaving the MTS LEG CURL, inspect to confirm the following have been completed:

1. All bolts have been tightened (but not overtightened) so that at least one thread protrudes out of the locknut.
2. Inspect all Hammerhead washers and make sure their locations match those shown in the detail drawing in these instructions.
3. All weight plates have stickers on them as shown in the figure below.
4. The usage sticker and increment weight sticker locations match the drawings in these instructions.

●	10
●	20
●	30
●	40
●	50
●	60
●	70
●	80
●	90
●	100
●	110
●	120
●	130
●	140
●	150

Final Inspection Figure 1.
Weight plate stickers must be on correctly.



Final Inspection Figure 2. Usage sticker locations should match those shown above. Note which side the weight stack stickers are on (they should be “toward the front” as the user is sitting down on the machine so that they are easily visible).

5. The guide rods have been wiped down.
6. The shields have been cleaned as specified in these instructions.
7. All dirt and dust have been wiped off the machine.
8. The machine should be stable on the floor of the site. If any part of the machine is off of the floor, rocks, or is wobbly, the bolts on the machine will need to be loosened and the machine readjusted.
9. The belts should be tight with about 1 inch of play. Top weight stack plate should be flat on the stack and the weight stack pin should be able to slide smoothly into each plate hole.
10. Belts should run smoothly on the pulleys and not slide off to the sides. Belts that slide off center will need to have the arm bolts readjusted.

5. PREVENTIVE MAINTENANCE TIPS

<i>ACTION</i>	<i>DAILY</i>	<i>WEEKLY</i>	<i>MONTHLY</i>	<i>QUARTERLY</i>	<i>BI-ANNUALLY</i>	<i>YEARLY</i>	<i>AS NEEDED</i>
CLEAN							
Upholstery	X						
Guide Rods			X				
Linear Rods							X
Shields							X
Hand Grips		X					
INSPECT							
Belts	X						
Hardware		X					
Frame					X		
Hand Grips							X
LUBRICATE							
Linear Bearing							
Guide Rods							X

CLEAN

- Upholstery with a mild soap and water.
- Guide and linear rods with a cotton cloth.
- Hand grips with mild soap and water.

INSPECT

- Belts should be inspected for wear or damage. Pay close attention at bends and attachments points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand grips should be checked for wear or damage.

ONCE A DAY

- Wipe down upholstery with a mild soap and water or comparable all purpose cleaner.
- Visually inspect belts for wear at and around connections and along entire length of belt. Always replace at first sign of wear.

ONCE A WEEK

- Visually inspect all hardware for loosening, tampering or wear.
- Check bolts on both ends of belt for tightness.
- Check condition of hand grips.
- Check belts for stretch and adjust as necessary by loosening the bolts on the arms and pulling belt through. The belts should be adjusted so that there is no slack with the top weight plate resting on the weight stack. Make sure the weight pin goes in all holes easily. Tighten the bolts to complete the adjustment.

NOTES

- Use polishing compound (such as car wax) to clean and remove shoe scuffs from powdercoated surfaces as necessary.