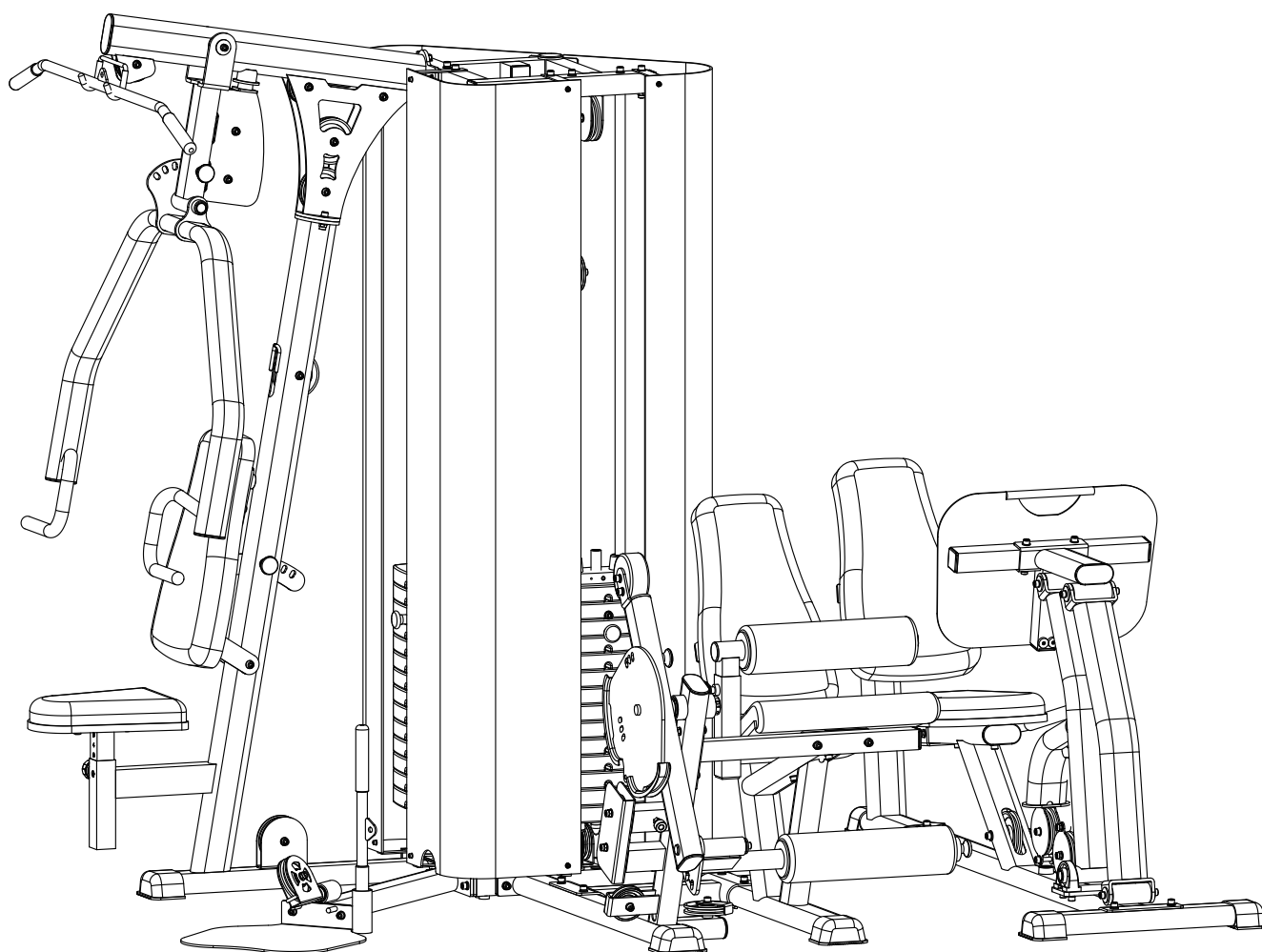


Metagenics Fitness Inc. MS-42 leg press assembly



MS-42 Leg press

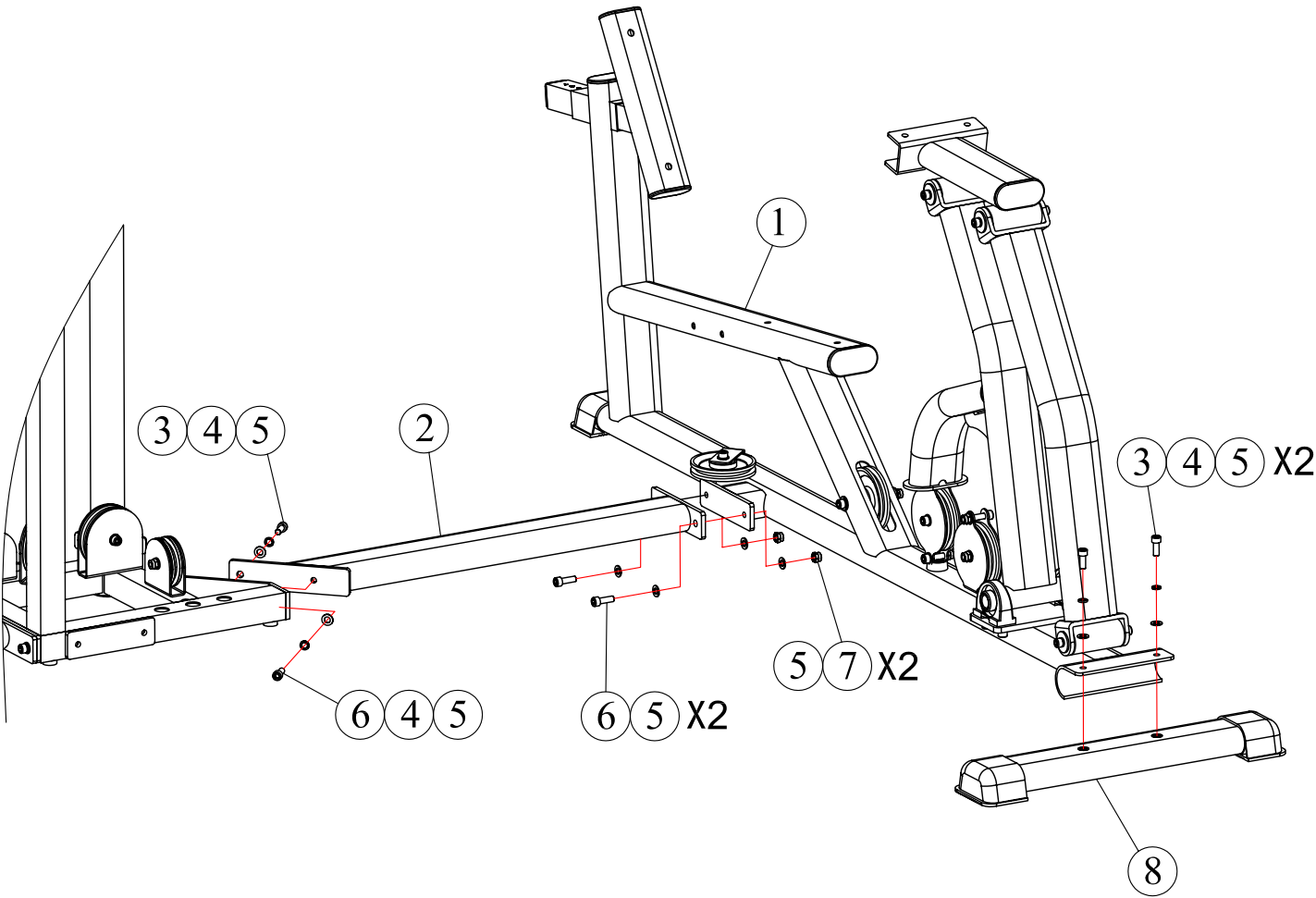
ASSEMBLY MANUAL

VER20111226

STEP 1:ASSEMBLE THE LEG PRESS MAIN FRAME

ITEM	DESCRIPTION	QTY
1	ASSY, LEG PRESS MAIN FRAME	1
2	LEG PRESS ATTACH	1
3	BOLT,SHCS,M10×25	3
4	WASHER, LOCK,M10	4
5	WASHER, FLAT,M10	8
6	BOLT,SHCS,M10×30	3
7	LOCK NUT,M10	2
8	ASSY, LEG PRESS FRONT FRAME	1

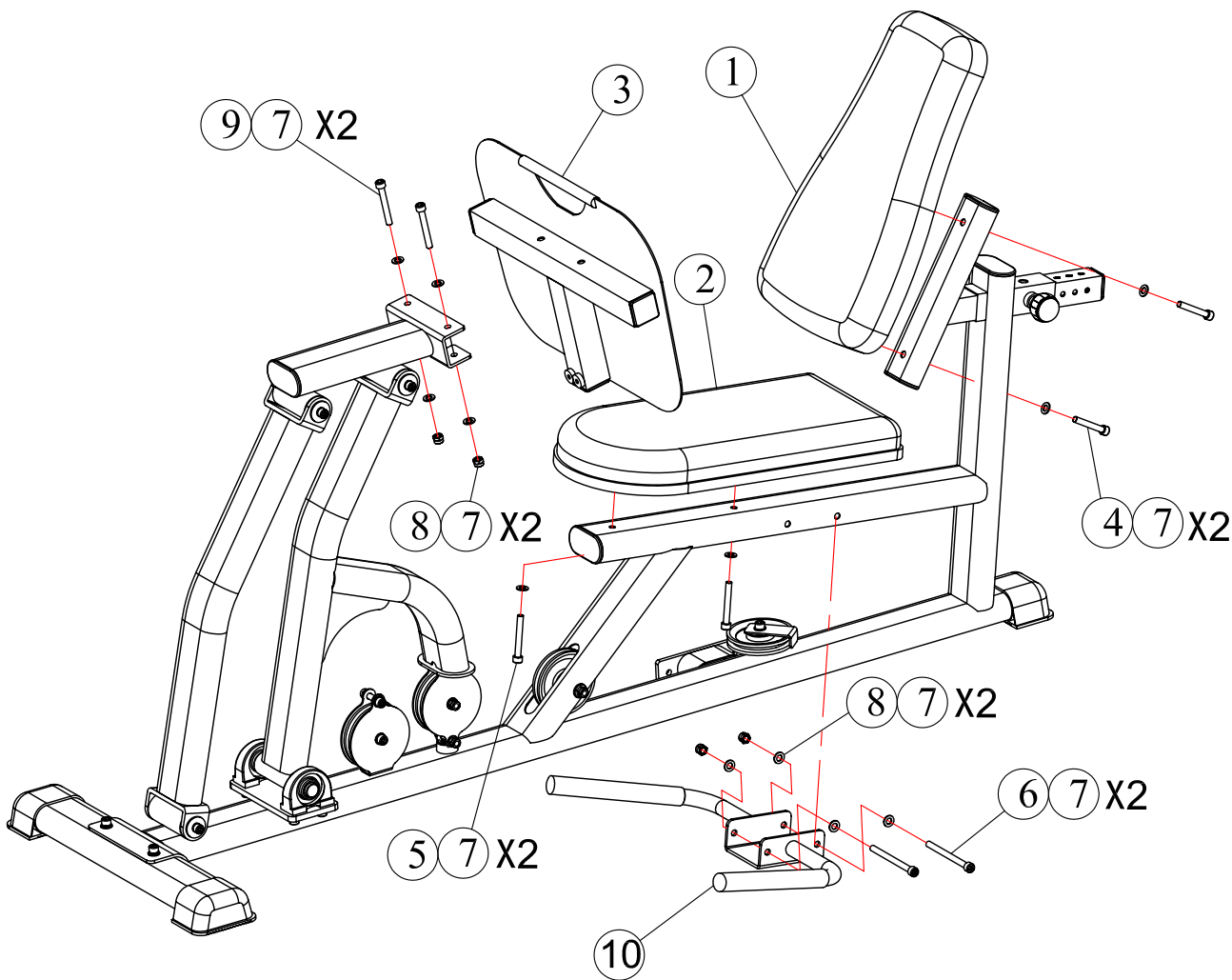
- 1
- Loosely assemble all hardware shown in this step.
- 2
- After aligning all component edges and surfaces, tighten the hardware.



STEP 2:ASSEMBLE THE LEG PRESS PAD

ITEM	DESCRIPTION	QTY
1	BACK PAD	1
2	SEAT PAD	1
3	ASSY, LEG PRESS PLATE	1
4	BOLT,SHCS,M10×70	2
5	BOLT,SHCS,M10×80	2
6	BOLT,SHCS,M10×125	2
7	WASHER, FLAT,M10	12
8	LOCK NUT, M10	4
9	BOLT,SHCS,M10×75	2
10	ASSY, HANDLE	1

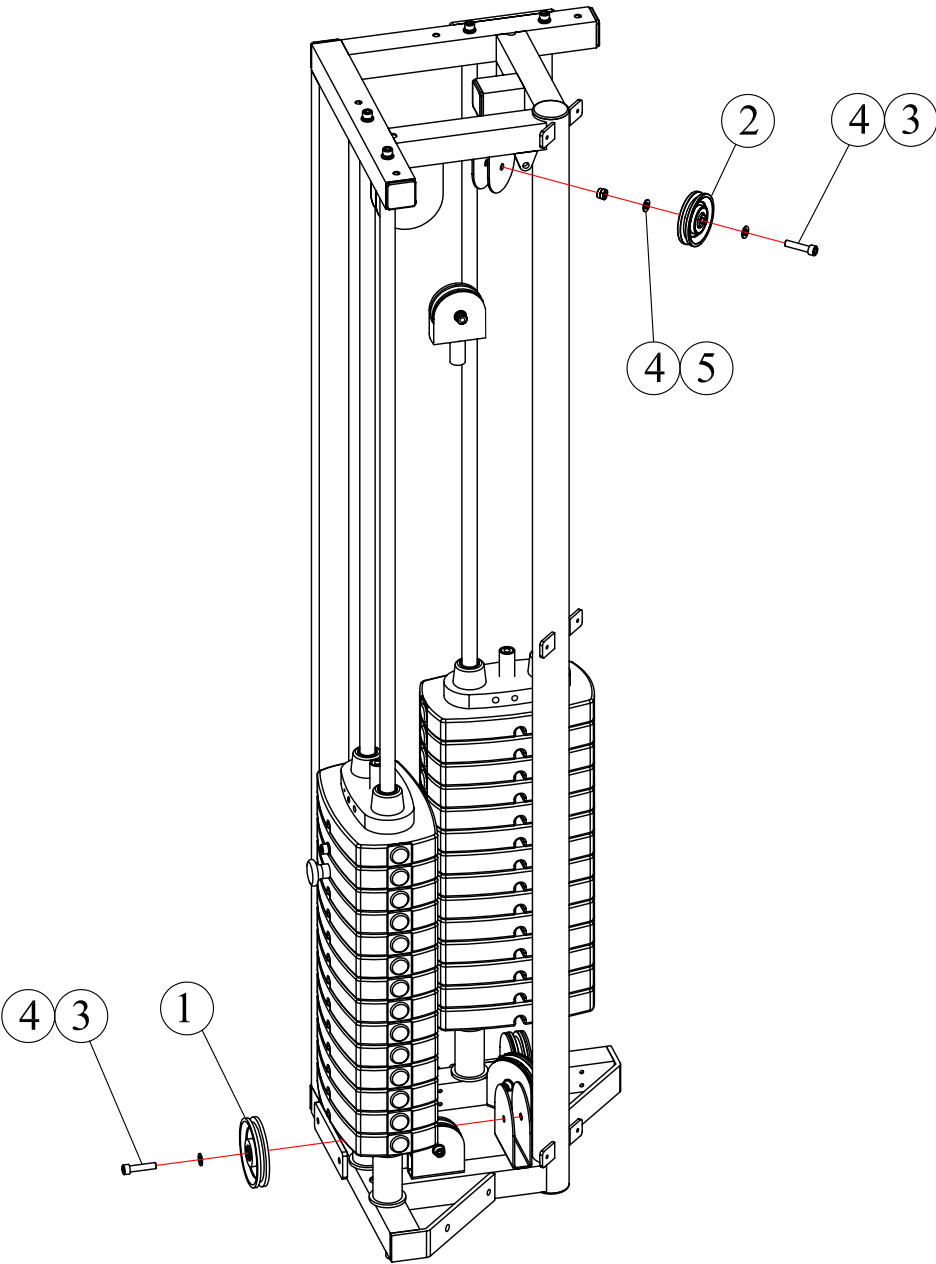
- 1 Assemble the handle as shown.
- 2 Assemble the seat pad and back pad as shown. Tighten all the hardware.



STEP 3:ASSEMBLE THE LEG PRESS PULLEY

ITEM	DESCRIPTION	QTY
1	PULLEY,4 1/2"	1
2	PULLEY,3 1/2"	1
3	BOLT,SHCS,M10×45	2
4	WASHER, FLAT,M10	3
5	LOCK NUT, M10	1

1 Assemble the pulley as shown.Tighten all the hardware.

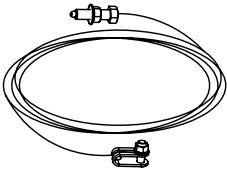


Two cables come in the Leg press box , the longer one is #5 and the shorter is #6 which connects to the weight stack and holds the two floating pulleys.

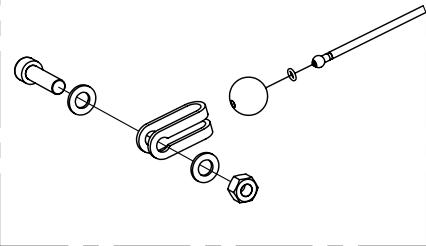
STEP 4:ASSEMBLE THE LEG PRESS CABLE (1)

ITEM	DESCRIPTION	QTY
1	LEG PRESS CABLE (6# cable)	1
2	ASSY, 3.5" FLOATING PULLEY	1

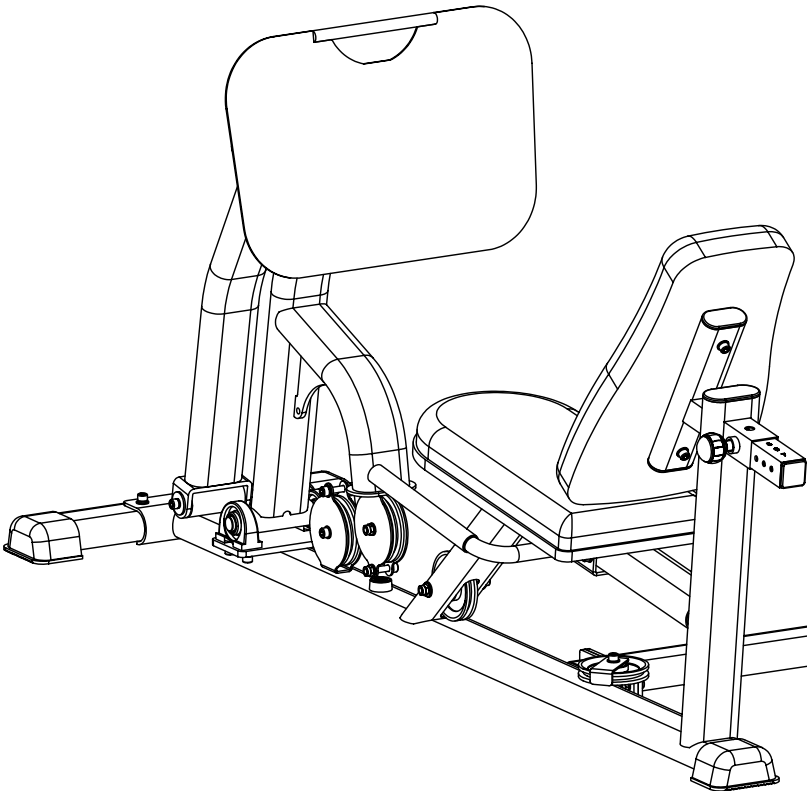
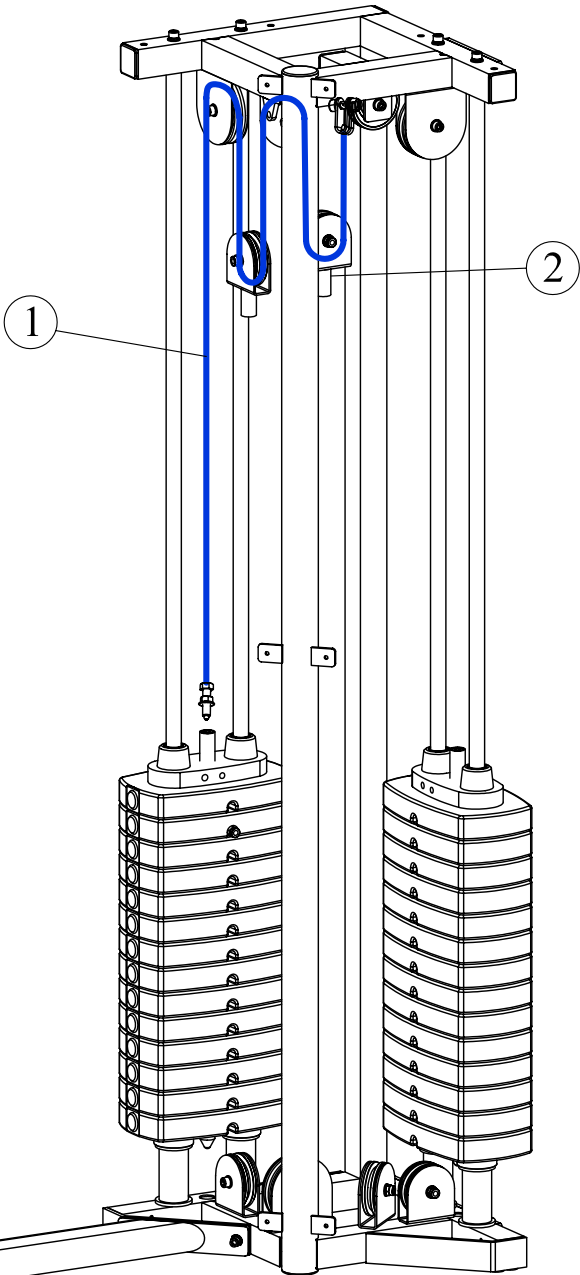
- 1 Routing the leg press cable (6#) as shown.
- 2 Be sure the cable clears the retaining bolts and that pulleys can rotate freely.



Disassemble cable end piece



LEG PRESS CABLE (6# cable)
Length: mm(75Kg Standard weight stack)
OR: mm(200lb iron weight stack)

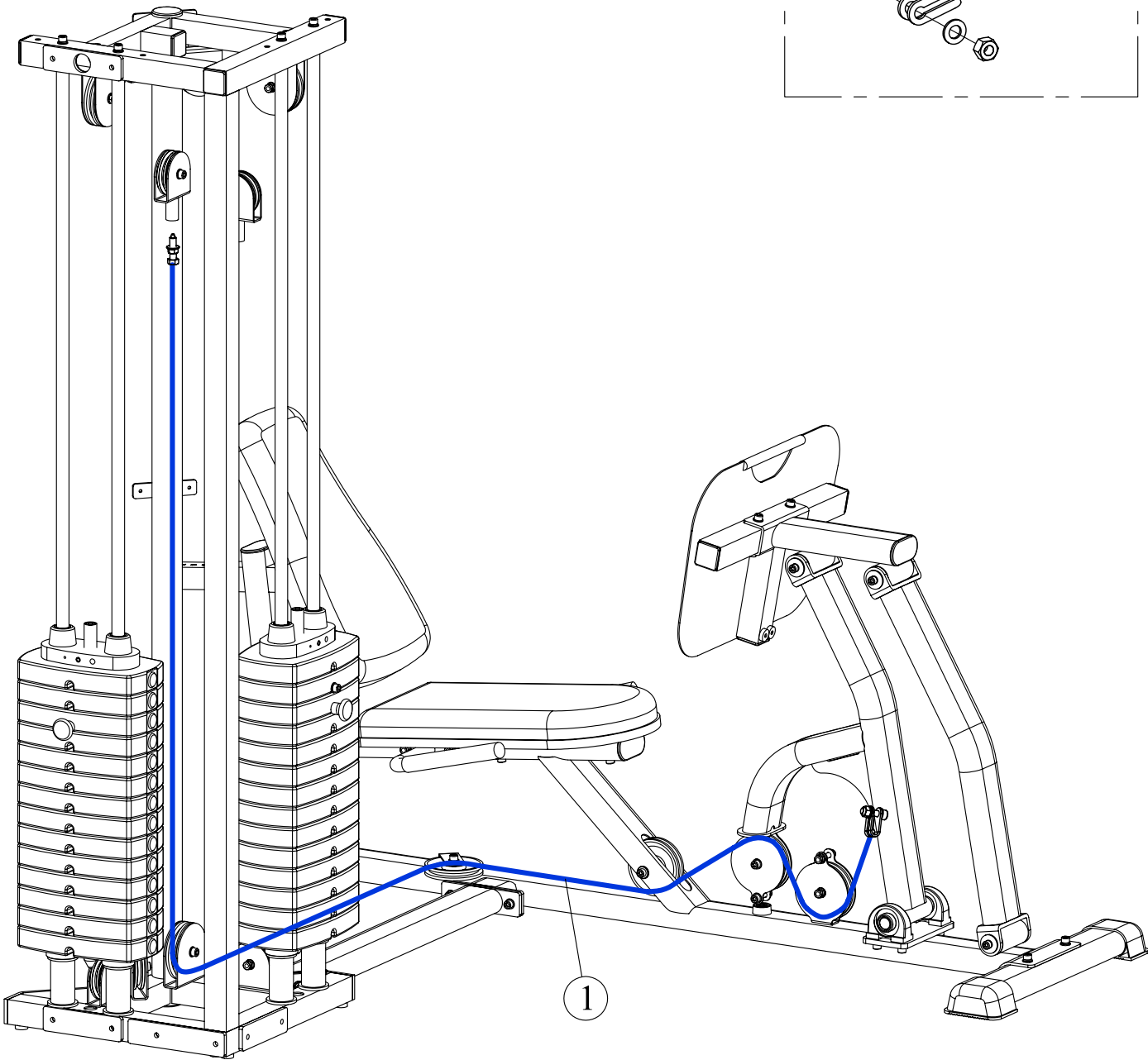
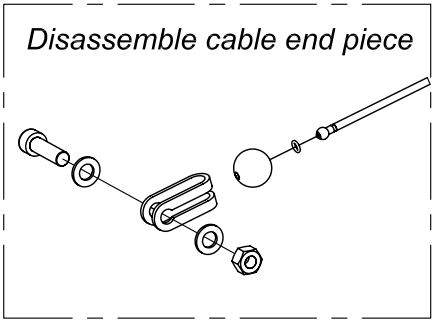
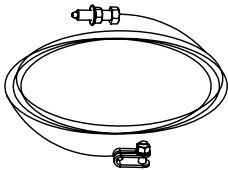


STEP 5:ASSEMBLE THE LEG PRESS CABLE (2)

ITEM	DESCRIPTION	QTY
1	LEG PRESS CABLE (5# cable)	1

LEG PRESS CABLE (5# cable)
Length: 3770mm

- 1 Routing the leg press cable (5#) as shown.
- 2 Be sure the cable clears the retaining bolts and that pulleys can rotate freely.



STOP!

Once you have finished the Leg Press installation, please resume assembly in the FIT2000 & FIT3000 Owner's Manual on page 14.

STEP 6:LEG PRESS INSTALL STICKERS

