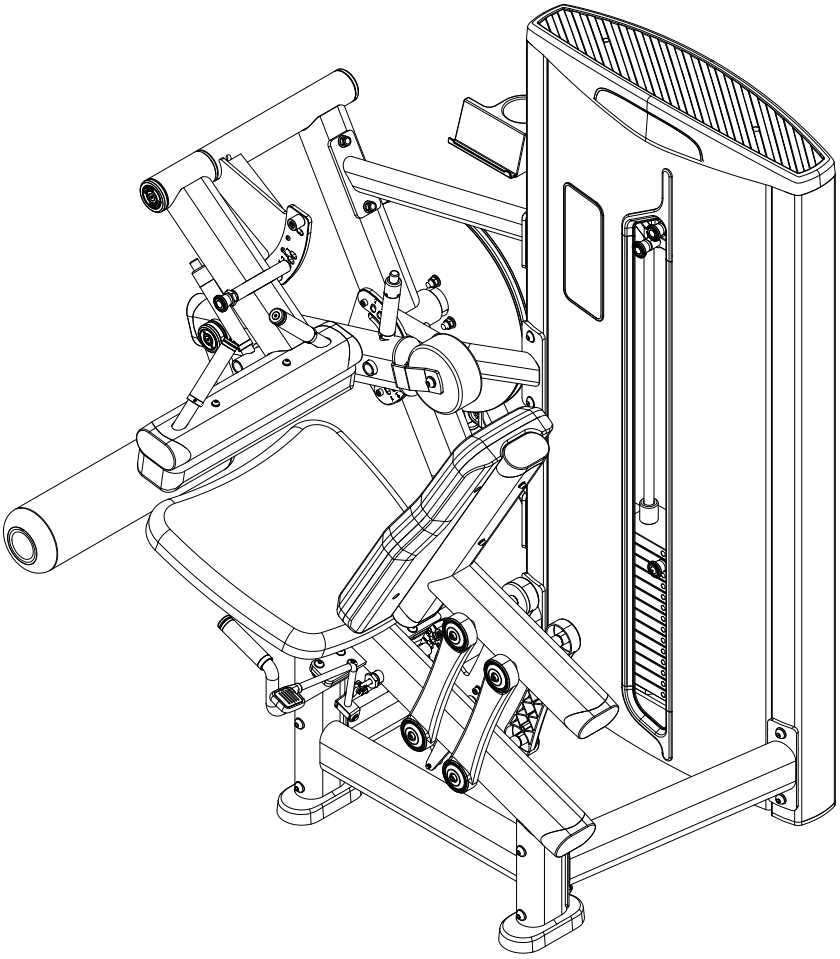
SWISS

STRENGTH MACHINES

SW33 SEATED LEG CURL/EXTENSION

USER MANUAL



TO OBTAIN THE WARRANTY OF THIS PRODUCT, WE RECOMMEND THAT A QUALIFIED TECHNICIAN CARRIES OUT THE FULL ASSEMBLY.

CAUTION

BEFORE USING THIS EQUIPMENT. READ ALL PRECAUTIONS AND INSTRUCTIONS IN THIS MANUAL KEEP THIS MANUAL FORFUTURE REFERENCE.

IMPORTANT SAFETY INSTRUCTIONS

Is the sole responsibility of the purchaser of products to read the owner’ s manual, warning labels and instruct all individuals, on proper usage of the equipment. Understanding each and every warning to the fullest is important. It is recommended that all users of be informed of the following information prior to use.

⚠ HEALTH WARNING

• Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are inactive, pregnant or suffer from any illness.

• If at any time during exercise you feel faint, dizzy or experience pain, stop exercising immediately and consult your physician.

• To avoid muscular pain and strain, begin each workout by stretching and warming up and end each session by cooling down and stretching.

⚠ INSTALLATION

Recommends that all equipment:

• Be secured to or set up on a solid, level surface to stabilise and eliminate rocking or tipping over during training.

• Be set up with sufficient ventilation to ensure proper operation.

• Be set up with sufficient space around the equipment so that all exercises can be completed safely. It is recommended

that there should be at least 1 metre of space around the equipment where access is required to exercise.

⚠ PROPER USAGE

Before you use this equipment, please read the following safety instruction and abide by it, thanks!

• Please assemble the equipment following the assembly instruction.

• Be careful and use matched wrench tools during the assemble. Ask for help if have problem.

• Don't use caustic cleanser to clean and wipe it.

• If there are damages of small parts, please stop use the equipment at once and contact the purchased company or agency for changing. Install the new small parts properly and make sure the connect joints and working parts are fastened, avoiding dangerous during use.

• Please wear cloth and shoes suitable for exercise to keep user from accident.

• Parents or other supervising adults must provide close supervision of children if the equipment is used in the presence of children.

IMPORTANT SAFETY INSTRUCTIONS

⚠ INSPECTION

• Do not use or permit use of any equipment that is damaged, or has worn or broken parts. For all equipment use only replacement parts supplied

• Always make sure that all nuts and bolts are tightened prior to each use.

• Maintain labels and nameplates – do not remove labels for any reason. They contain important information.

• Equipment maintenance – preventative maintenance is the key to smooth operating equipment. Please ensure that you follow our maintenance tips to ensure the continued correct function of your equip- ment.

• Before any use, examine all accessories approved for use with the equipment for damage or wear.

• Should your equipment appear damaged or worn, do not attempt to use or repair the equip- ment yourself.

⚠ OPERATING WARNINGS

• It is the purchaser’ s responsibility to instruct all users as to the proper operating procedures of all equipment.

• Keep children away from all moving parts. Parents must provide close supervision of children if the equipment is used in the presence of children.

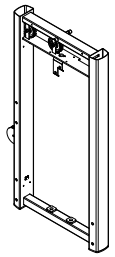
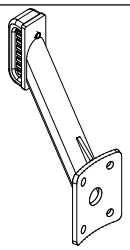
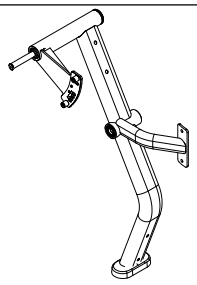
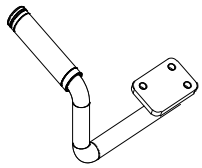
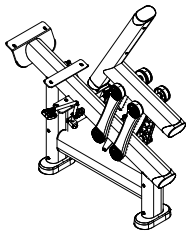
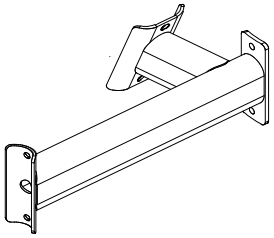
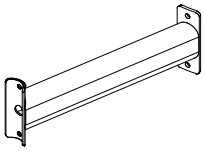
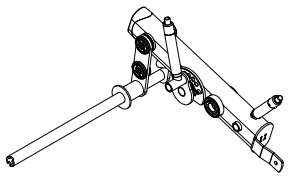
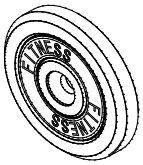
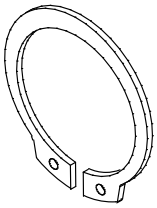
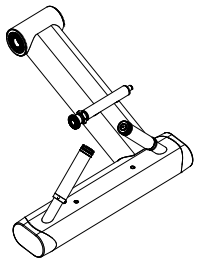
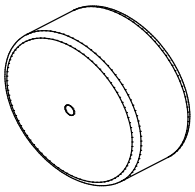
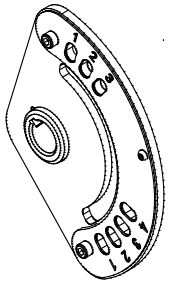
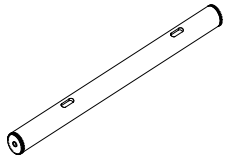
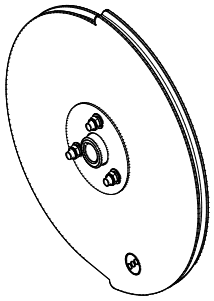
• Do not wear loose fitting clothing or jewellery when using the equipment. It is also recommended that users tie up long hair to avoid contact with moving parts.

• Ensure that anyone not using the equipment stays clear of the user, accessories and moving parts while the machine is in operation.

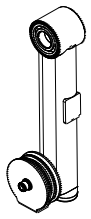
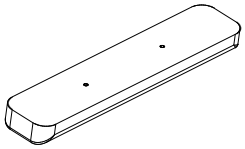
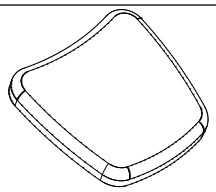
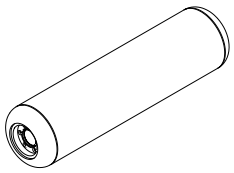
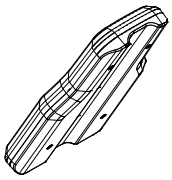
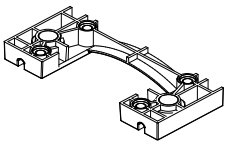
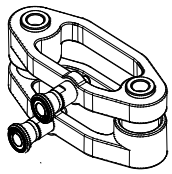
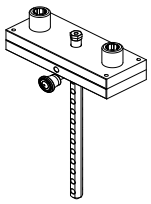
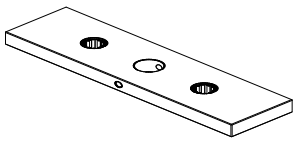
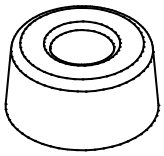
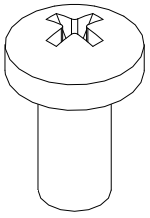
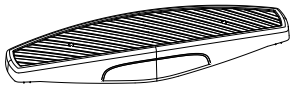
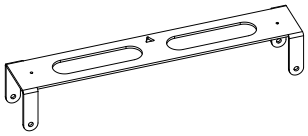
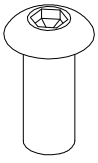
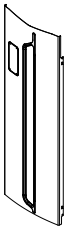
⚠ USER WEIGHT LIMITATIONS

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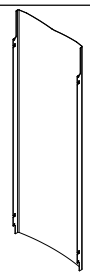
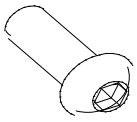
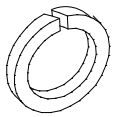
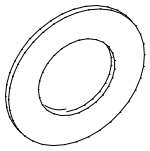
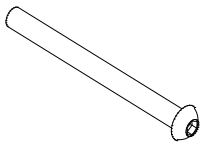
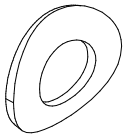
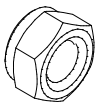
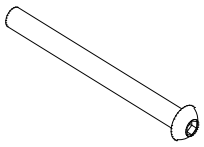
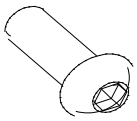
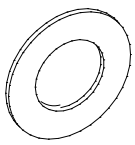
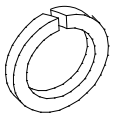
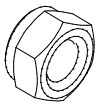
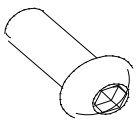
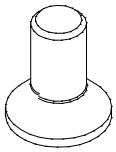
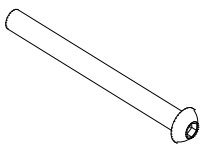
ASSEMBLY LIST

Small door group			Shock Absorption Group			Support Group			Handlebar set		
											
1		1PC	2		1PC	3		1PC	4		2PCS
Main frame group			Main frame connecting support			Small door connection support			Boom Group		
											
5		1PC	6		1PC	7		1PC	8		1PC
End caps			Φ25Circlip			Leg press group			Counterweight		
											
9		3PCS	10		1PC	11		1PC	12		1PC
Adjustment disk			Flat key			Shaft			Nylon disc set		
											
13		1PC	14		2PCS	15		1PC	16		1PC

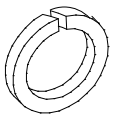
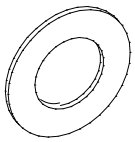
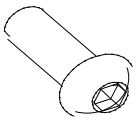
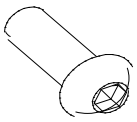
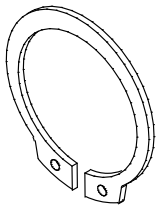
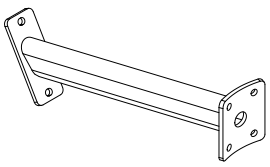
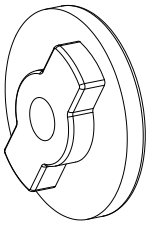
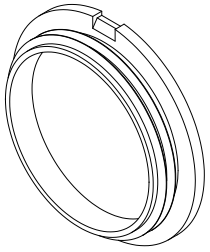
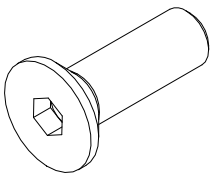
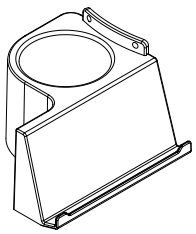
ASSEMBLY LIST

Movable pulley block			Leg press pad			cushion			Foam		
											
17		1PC	18		1PC	19		1PC	20		1PC
cushion			Guide rod fixing shell			Micro-recombination			Guide rod		
											
21		1PC	22		1PC	23		1PC	24		2PCS
Header set			Weight Stack			Counterweight shock pad			Round head cross screw M5*10		
											
25		1PC	26		13PCS	27		2PCS	28		6PCS
Upper shell			Bracket plate			Hexagon socket head screw M8*16			Front guard		
											
29		1PC	30		1PC	31		12PCS	32		1PC

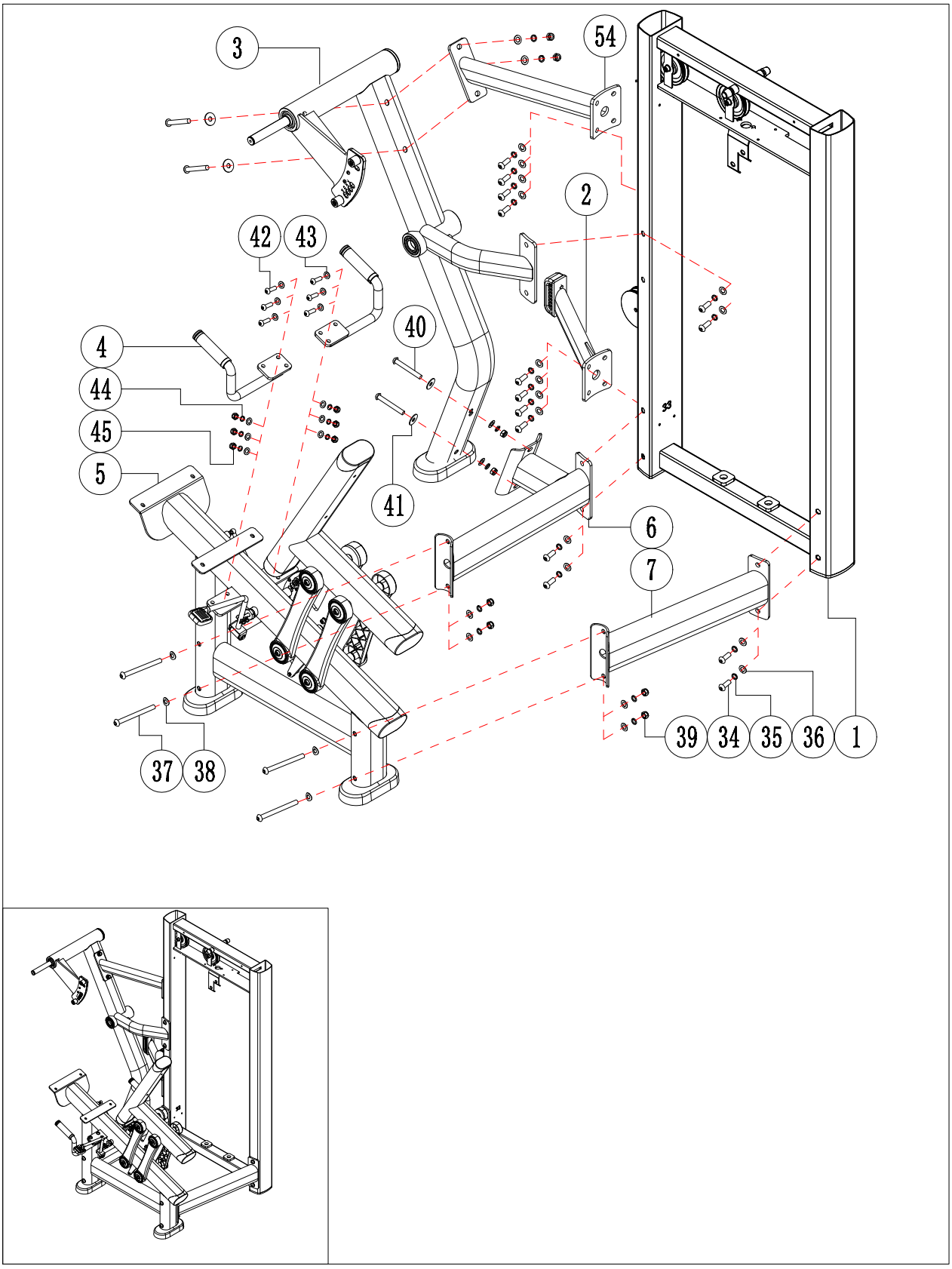
ASSEMBLY LIST

Rear guard plate			Hexagon socket head screw M12*35			Φ12 Spring pad			Φ12 Flat Washer		
											
33		1PC	34		14PCS	35		23PCS	36		23PCS
Hexagon socket head screw M12*140			Φ12 arc gasket			M12 anti-loosening nut			Hexagon socket head screw M12*90		
											
37		4PCS	38		4PCS	39		8PCS	40		4PCS
Large gasket			Hexagon socket head screw M10*35			Φ10 flat washer			Φ10 spring washer		
											
41		4PCS	42		6PCS	43		12PCS	44		6PCS
M10 anti-loosening nut			Hexagon socket head screw M12*30			Flat countersunk hexagon socket screw M8*16			Hexagon socket head screw M8*90		
											
45		6PCS	46		1PC	47		3PCS	48		4PCS

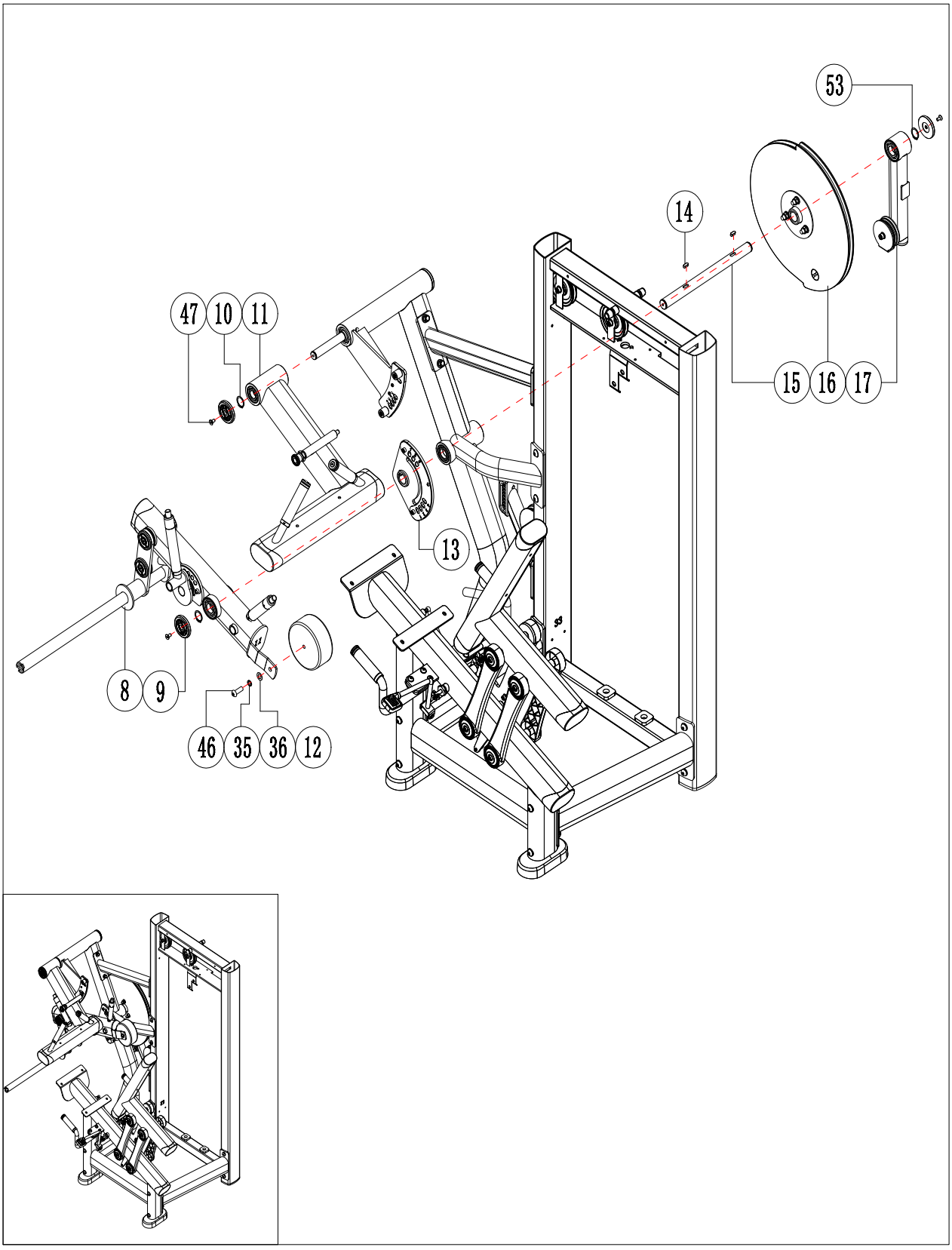
ASSEMBLY LIST

Φ8 spring washer			Φ8 flat washer			Hexagon socket head screw M8*25			Hexagon socket head screw M8*40		
											
49		20PC	50		20PC	51		4PC	52		4PC
Φ30 circlip			Upper connection group			Cover			Foam end cap sealing		
											
53		2PC	54		1PC	55		1PC	56		1PC
Flat countersunk hexagon socket screw M8*35			Bottle cage								
											
57		1PC	58		1PC						

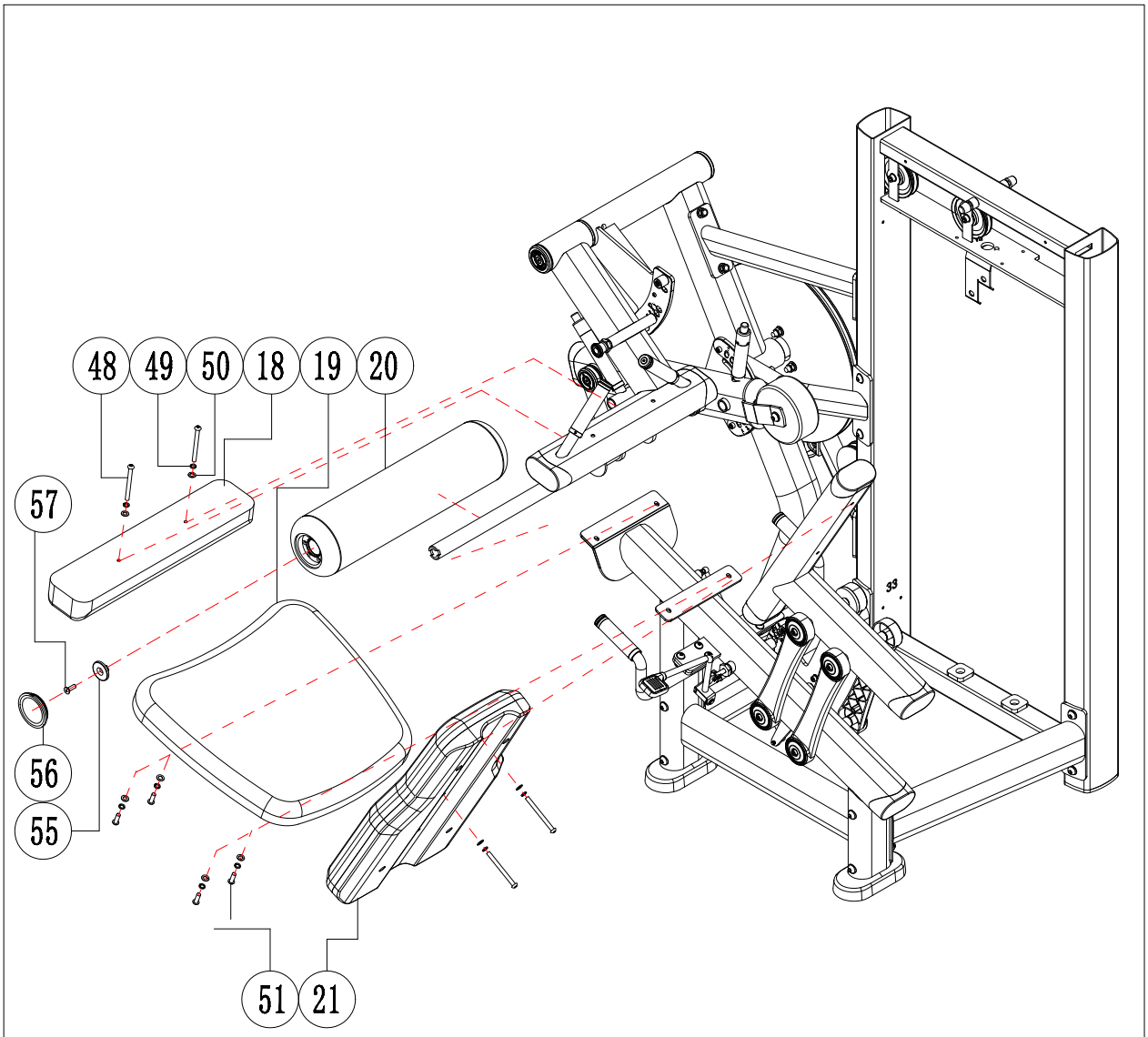
ASSEMBLY STEPS

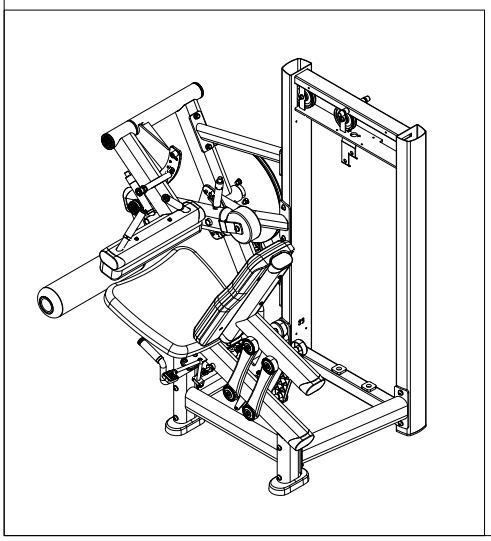


ASSEMBLY STEPS

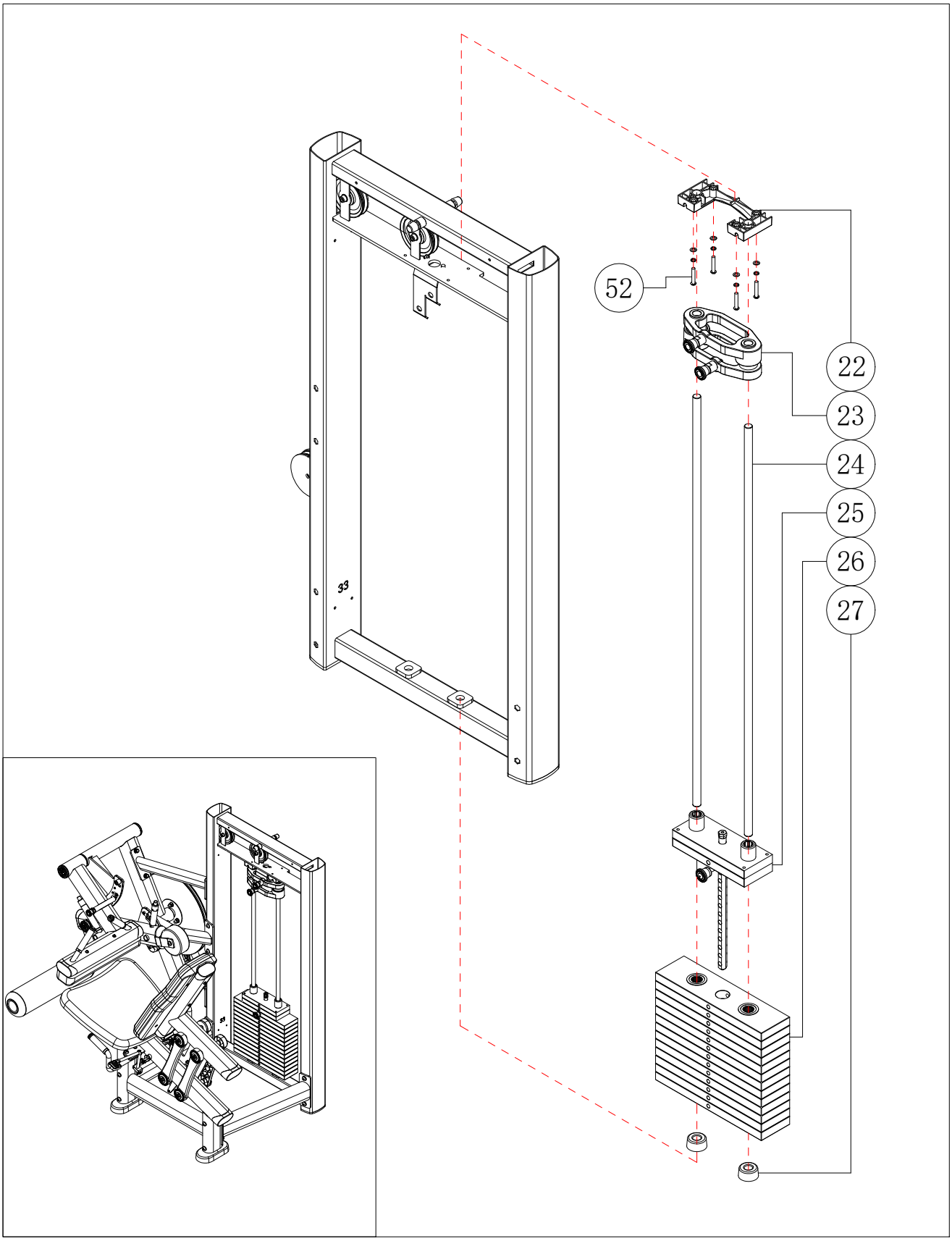


ASSEMBLY STEPS

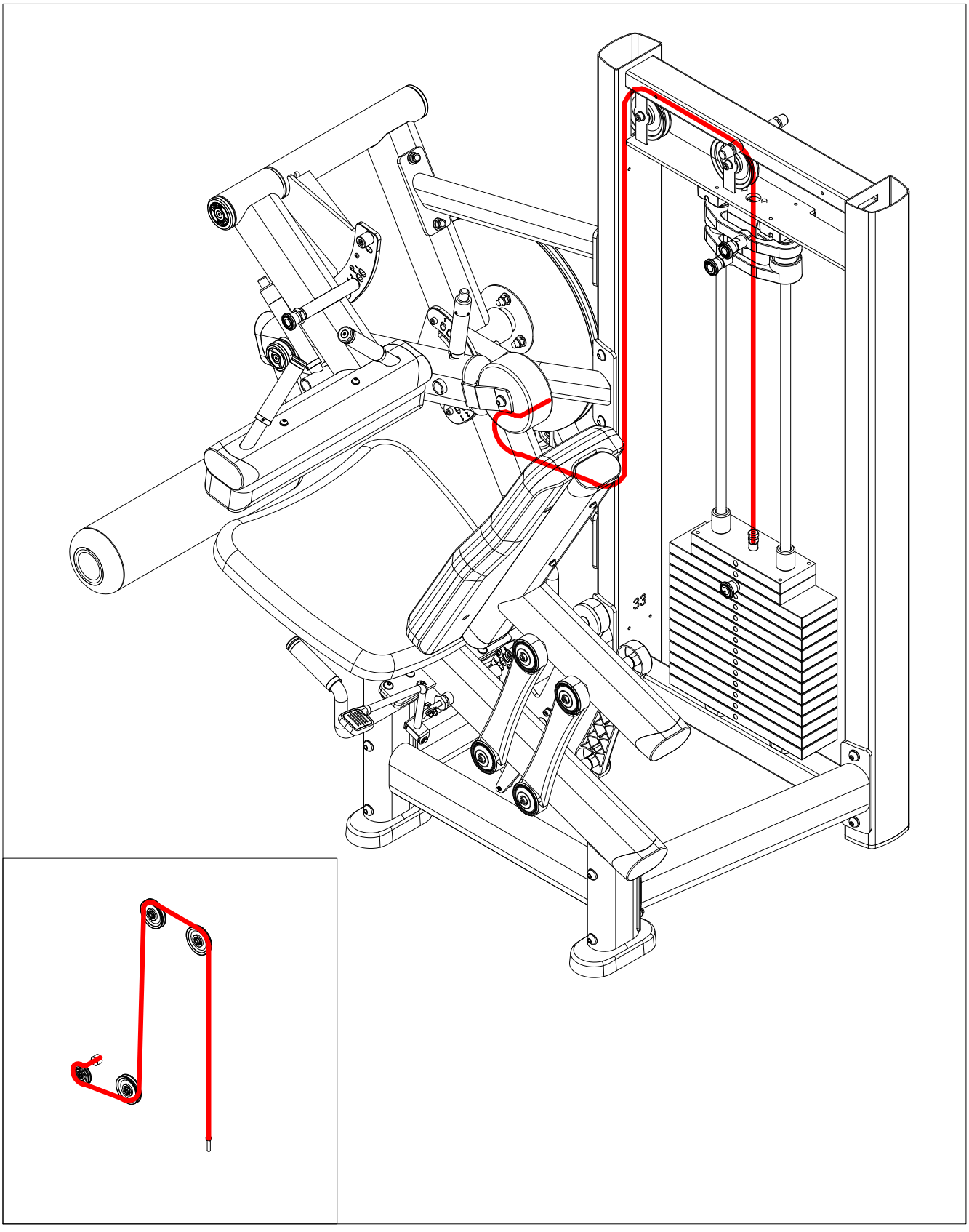




ASSEMBLY STEPS



ASSEMBLY STEPS



ASSEMBLY STEPS

