

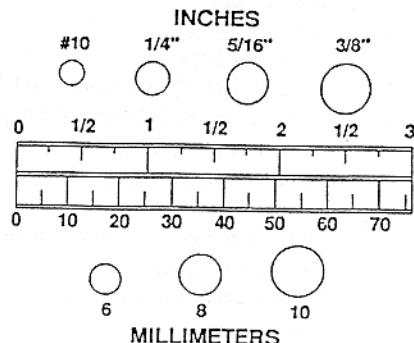
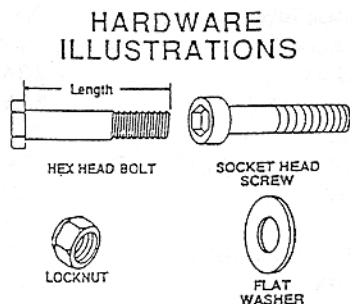
MMT-LPR

LEG PRESS STATION

※DUAL STACK OPTION(#MMT-LPDS)

OWNER'S

MANUAL

HARDWARE ILLUSTRATIONSHARDWARE PARTS LIST

NO.	Q'TY	PART NAME	WHERE USED
A	8	3/8" x 3 1/4" (82 mm) Long Hex Head Bolt	#2, #4, #5f, #5r, #5rd & #6
A1	2	3/8" x 3 3/4" (95 mm) Long Hex Head Bolt	#2, #18 & #20
B	1	3/8" x 3" (75 mm) Long Hex Head Bolt	#2 & #7
C	4	3/8" x 2 3/4" (70 mm) Long Hex Head Bolt	#4, #6, #18 & #22
C1	2	3/8" x 2 1/2" (65 mm) Long Hex Head Bolt	#10 & #14a
D	2	3/8" x 2 1/4" (56 mm) Long Hex Head Bolt	#2, #32c & #32d
E1	2	3/8" x 1 1/2" (40 mm) Long Hex Head Bolt	#20 & #21
G	1	3/8" x 1" (25 mm) Long Hex Head Bolt	#6 Seat Rail Upright(Front)
I	4	1/2" Nylon Locknut	Many
J	20	3/8" Nylon Locknut	Many
M	4	1/2" Flat Washer	#2, #19 & #24
N	41	3/8" Flat Washer	Many
P	4	6 mm x 18 mm Hex Head Bolt	#10 & #14
Q	4	6 mm Flat Washer	#10 & #14
BB	8	Brass Bushing	#2, #18 & #20

PARTS LIST

<u>NO.</u>	<u>Q'TY</u>	<u>DESCRIPTION</u>	<u>USE</u>	<u>FIG</u>
1	3	Rubber Feet Caps	Cover Base Tube #2 & #4	2,2A
2	1	Center Base Support	#4, #6, #18 & #19	2,2A
3	2	Reinforcement Plates(Length: 5 1/8")	#2, #4 & #5f	2,2A
3a	1	Reinforcement Plate(Length: 6 5/8")	#2 & #5r or #5rd	2,2A
4	1	Seat Rail Support(Rear)	#2 & #22	2
5f	1	Angled Connecting Tube	#MMT-500R #2m & #MMT-LPR #2	1,1A
6	1	Seat Rail Support (Front)	#2 & #22	2,2A
7	2	Rail Upright Support Plates (Length: 9 1/4")	#2 & #6	2,2A
8	6	Nylon Pulleys Spacer	#9 Pulley W/ Flat Sides	2,2A,5,5A
9	3	4" Ball Bearing Nylon Pulleys W/ Flat Sides	#6 & #18	2,2A,5,5A
10	1	Seat Frame	#22 Seat Rail	3
11	1	Seat Handle Bar Welded Bolt	#10 Seat Frame	3
12	1	Adjusting pull pin	#10 Seat Frame	3
13	2	Plastic Handles	#11 Seat Handle Bar Welded Bolt	3
14	1	Seat Pad(12" x 10 3/4")	#10 Seat Frame	3
14a	1	Back Pad(20 1/2" x 10" x 2")	#10 Seat Frame	3
15	2	2" Square Plugs	#10 & #18 Exposed Tubes	3,4
16	2	1 3/4" Square Plugs	#22 Seat Rail Exposed Tubes	4
17	6	1 1/2" Square Plugs	#19 & #21 Exposed Tubes	4
18	1	Foot Plate Pulley Bracket	#2 & #20	4
19	2	Foot Plate Support Tubes	#2 & #20	4
20	1	Foot Plate Mount	#18, #19 & #21	4
21	1	Foot Plate	#20 Foot Plate Mount	4
22	1	Seat Rail	#4 & #6	4
23	2	2 3/4" x 5/8" Steel Shaft	#2 & #18	4
24	2	8 1/4" x 1/2" Axle	#2 #19 & #20	4
32	2	4" Ball Bearing Nylon Pulleys	#2 Center Base Support	5,5A
33	1	L Type Cable Protection Plate	#32c Pulley Use Only	5,5A

HARDWARE PARTS LIST

NO.	Q'TY	PART NAME	WHERE USED
A	4	3/8" x 3 1/4" (82 mm) Long Hex Head Bolt	MMT-500R #2m, #3m & #5rd & #25dk
D	2	3/8" x 2 1/4" (56 mm) Long Hex Head Bolt	#32a & #32b
H	2	8 mm x 25 mm Hex Head Bolt	#25dk & 29
J	2	3/8" Nylon Locknut	#32a & #32b
J1	1	3/8" R. Hand Thread Hex Nut(Silver)	#26a Cable
J2	1	3/8" L. Hand Thread Hex Nut(Silver)	#28b Cable
N	4	3/8" Flat Washer	#32a & #32b

PARTS LIST

NO.	Q'TY	DESCRIPTION	USE	FIG
1	2	Rubber Feet Caps	#5rd Rear Connections Tube	1A
5rd	1	Rear Connecting Tube	#MMT-500R #2m, 3m & #MMT-LPR #2	1A,2A
15	3	2" Square Plugs	#25dk Guide Rod Top Mount	1A-1
25dk	1	Guide Rod Top Mount	#26a & #29	1A-1
26a	1	56 1/4" Cable- Bolt, Nut/ R. Hand Thread(3/8") Screw	#25dk, #27 & #31	5A
27	1	Macro Cable Adjuster W/O Hook	#26a & #28b Cable	5A
28	2	Rubber Donuts	#5rd , #29 & #30	1A-1
28b	1	183 5/8" Cable- L. Hand Thread (3/8") Screw/ Eye	#27, 5rd & MMT-LPR	5A
29	2	71 3/4" x 1" Guide Rod	#5rd & #25dk	1A-1
32	2	4" Ball Bearing Nylon Pulleys	#5rd & #25dk	5A
75	1	Assembly Instruction		

● **REVISION (#MMT-LPDS)**

- #28b 183 5/8" Cable –L. Hand Thread(3/8") Screw/Eye Already Changed To 181 3/8" Long.

※ FOR DUAL STACK OPTION ※**FIGURE 1A**

Step 1 – Push on rubber caps(No. 1) on all exposed tube ends.

Step 2 – Attach guide rod bottom mount(No. 3m) and rear connecting tube(No. 5rd) to base center support(No. 2m) using 3 1/4" bolts(A), washers(N) and hex nuts(J). Wrench - tighten.

Step 3 – Attach angled connecting tube(No. 5f) to base center support(No. 2m) using 3 1/4" bolts(A), washers(N) and hex nuts(J). Hand- tighten.

FIGURE 1A-1

Step 4 – Place rubber donuts(No. 28) on rear connecting tube(No. 5rd).

Set guide rods(No. 29) through donuts into the base.

Slowly slide(one at a time) 19 weight stack plates from top of guide rods with selector slot side facing out.

Slowly slide top plate with selector rod from top of guide rods.

Step 5 – Slide guide rod top mount (No. 25dk) over guide rods.

Attach guide rod top mount (No. 33m) and guide rod top mount (No. 25dk) to top support(No. 8m) using 3 1/4" bolts(A), washers(N) and hex nuts(J).

Push plugs (No. 15) into exposed tubes. Be sure mounts are "seated" over guide rods and rods are "seated" in weight stacks and donuts.

Wrench - tighten.

Step 6 – Gently tighten 8mm x 25mm bolts(H) into guide rod top mount(no washers) to hold guide rods(No. 29) in place – with 12mm wrench, tighten.

LIGHTLY TIGHTEN BOLTS (Step 3) SO THERE IS SOME PLAY(FLEX) IN UNIT.

MMT-LPDS DUAL STACK OPTION

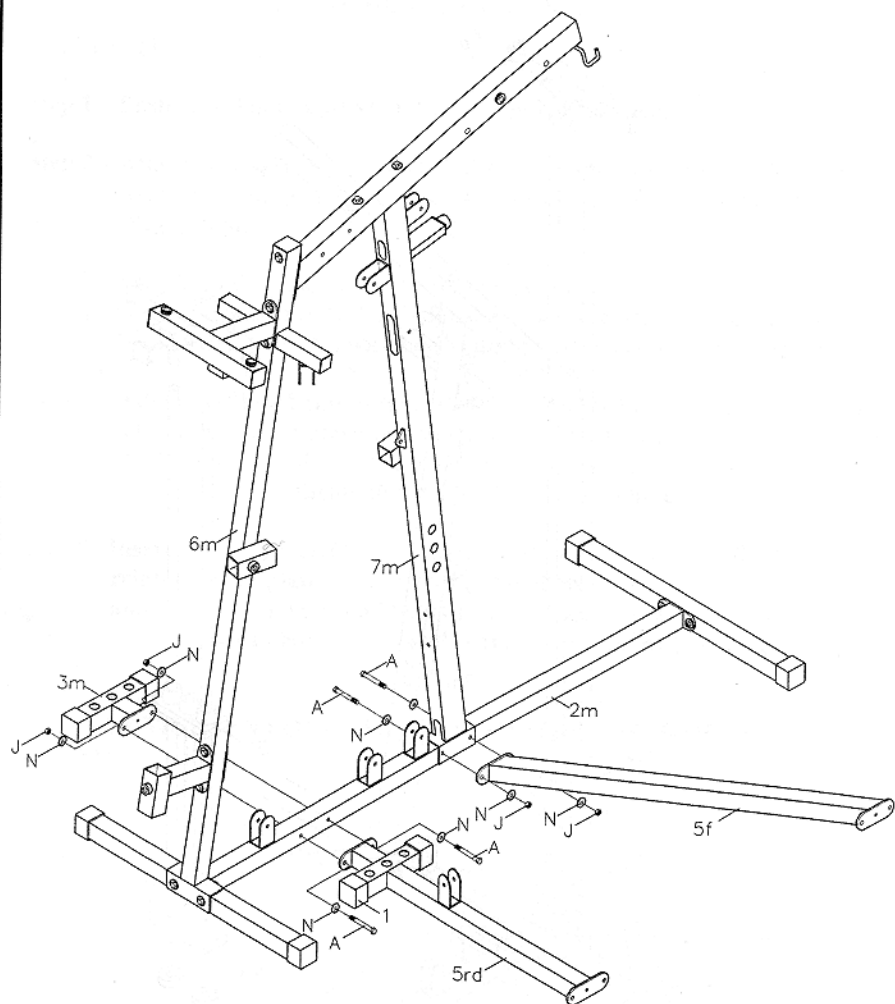


FIGURE 1A

MMT-LPDS DUAL STACK OPTION

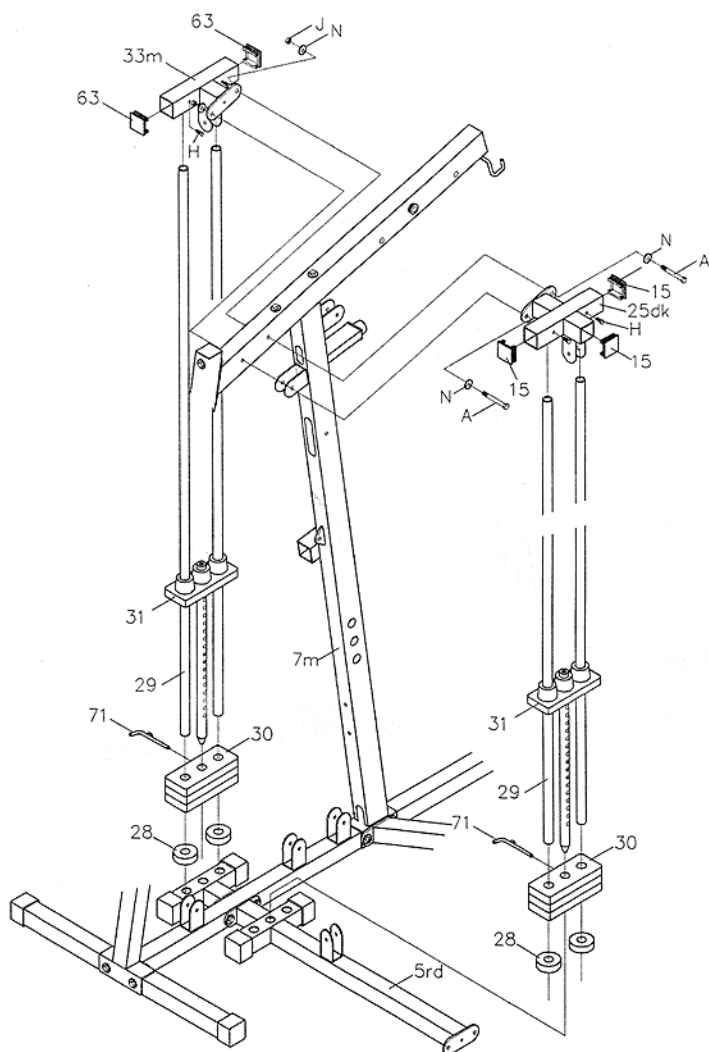


FIGURE 1A-1

※ FOR DUAL STACK OPTION ※FIGURE 2A

Step 1 – Push on rubber caps(No. 1) on all exposed tube ends.

Step 2 – Attach rear seat rail support (No. 4) to center base support (No. 2) using reinforcement plate(No. 3), 3 1/4" bolts(A), washers(N) and hex nuts(J). Hand- tighten.

Step 3 – Attach center base support (No. 2) to angled connecting tube(No. 5f) and rear connecting tube(No. 5rd) using reinforcement plates(No. 3 & 3a), with 3 1/4" bolts(A), washers(N) and hex nuts(J). Wrench - tighten.

Step 4 – Attach front seat rail support (No. 6) to center base support (No. 2) at hole closer to front of machine using 3 1/4" bolts(A), washers(N) and hex nuts(J). **IMPORTANT:** Make sure longer opening of seat rail support(No. 6) is facing towards FRONT of machine.

Step 5 – Insert pulley spacers(No. 8) into the seat rail support (No. 6). Attach reinforcement plates(No. 7), pulley(No. 9) using 3 1/4" bolts(A), washers(N) and hex nuts(J). Insert 3" bolt(B) with washers(N) and hex nuts(J) to reinforcement plates(No. 7) and center base support (No. 2). Hand - tighten.

LIGHTLY TIGHTEN BOLTS (Step 2,4,5) SO THERE IS SOME PLAY(FLEX) IN UNIT.

MMT-LPDS LEG PRESS STATION DUAL STACK OPTION

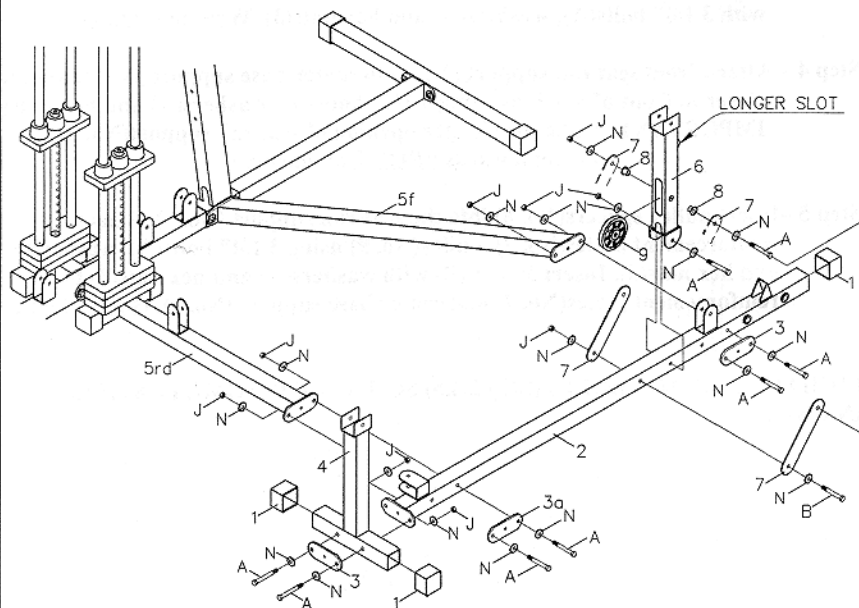


FIGURE 2A

※ FOR DUAL STACK OPTION ※

FIGURE 3

Step 1 – Attach seat pad (No. 14) using 6mm x 18mm bolts(P), washers(Q) and attach back pad (No. 14a) using 2 1/2" bolts(C1), washers(N) to seat frame(No. 10) as shown.

Wrench - tighten.

Step 2 – Attach handle bar(No. 11) to bottom of seat frame(No. 10) using washers(N) and hex nuts (J) as shown. Wrench - tighten.

Step 3 – Push plastic handles(No. 13) onto handle bar, and 2" square plug(No. 15) into seat frame.

Step 4 – Attach adjusting pull pin(No. 12) into seat frame as shown.

FIGURE 4

Step 1 – Slide seat frame(No. 10) onto seat rail(No. 22) while pulling on adjusting pull pin(No. 12). Attach seat rail(No. 22) to seat rail support (No. 4 & 6) using 2 3/4" bolts(C), washers(N) and hex nuts(J). Wrench - tighten. Push on 1 3/4" square plug(No. 16) into seat rail.

Step 2 – Attach foot plate pulley bracket(No. 18) to center base support (No. 2) at bushing closest to front end of the center base support, using 2 3/4" x 5/8" steel shaft(No. 23), 3 3/4" bolts (A1), washers(N) and hex nuts(J). (Wrench – tighten enough to allow for pivot action)
IMPORTANT: Make sure larger side of pulley slots on foot plate pulley bracket(No. 18) is facing towards BACK of machine.

Step 3 – Using 8 1/4" x 1/2" axle(No. 24), 1/2" washers(M) and 1/2" hex nuts(I), attach foot plate support tubes(No. 19) to other bushing on center base support (No. 2). Make sure the hole closest to the end of each foot plate support tube is on the bottom.
(Wrench – tighten enough to allow for pivot action)

Step 4 – Push on 1 1/2" square plug(No. 17) into foot plate(No. 21). Attach foot plate mount(No. 20) to foot plate, using 1 1/2" bolts(E1) and washers(N). Be sure angle down on back of foot plate is pointing two holes closest to plate edge.

Step 5 – Push on 2" square plug(No. 15) into foot plate pulley bracket(No. 18). And 1 1/2" square plug(No. 17) into foot plate support tubes(No. 19) as shown.

Step 6 – Using 8 1/4" x 1/2" axle(No. 24), 1/2" washers(M) and 1/2" hex nuts(I), attach foot plate and foot plate mount(No. 20) to foot plate support tubes(No. 19). Make sure foot plate(No. 21) angles down towards back of machine.

Step 7 – Attach U-shaped portion of foot plate assembly to foot plate pulley bracket(No. 18), using 2 3/4" x 5/8" steel shaft(No. 23), 3 3/4" bolts(A1), washers(N) and hex nuts(J).
(Wrench – tighten all bolts and axles, enough to allow for pivot action)

MMT-LPR LEG PRESS STATION
SINGLE/DUAL STACK OPTION

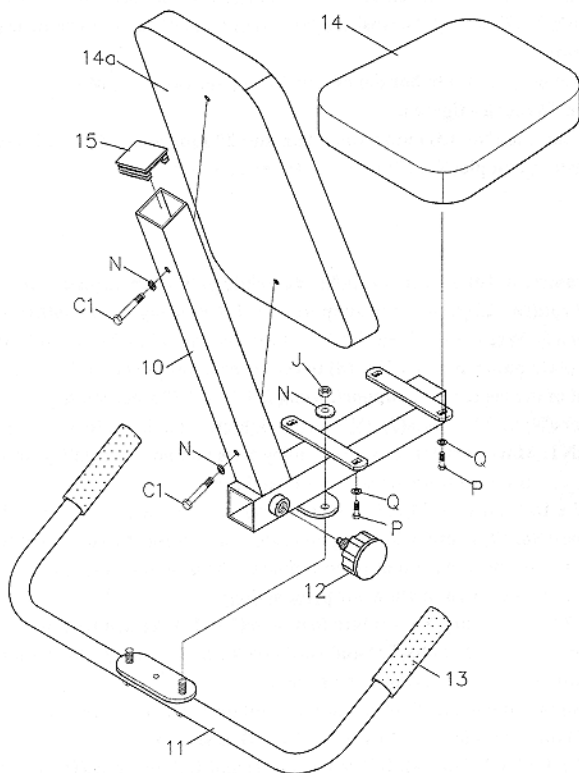


FIGURE 3

MMT-LPR LEG PRESS STATION
SINGLE/DUAL STACK OPTION

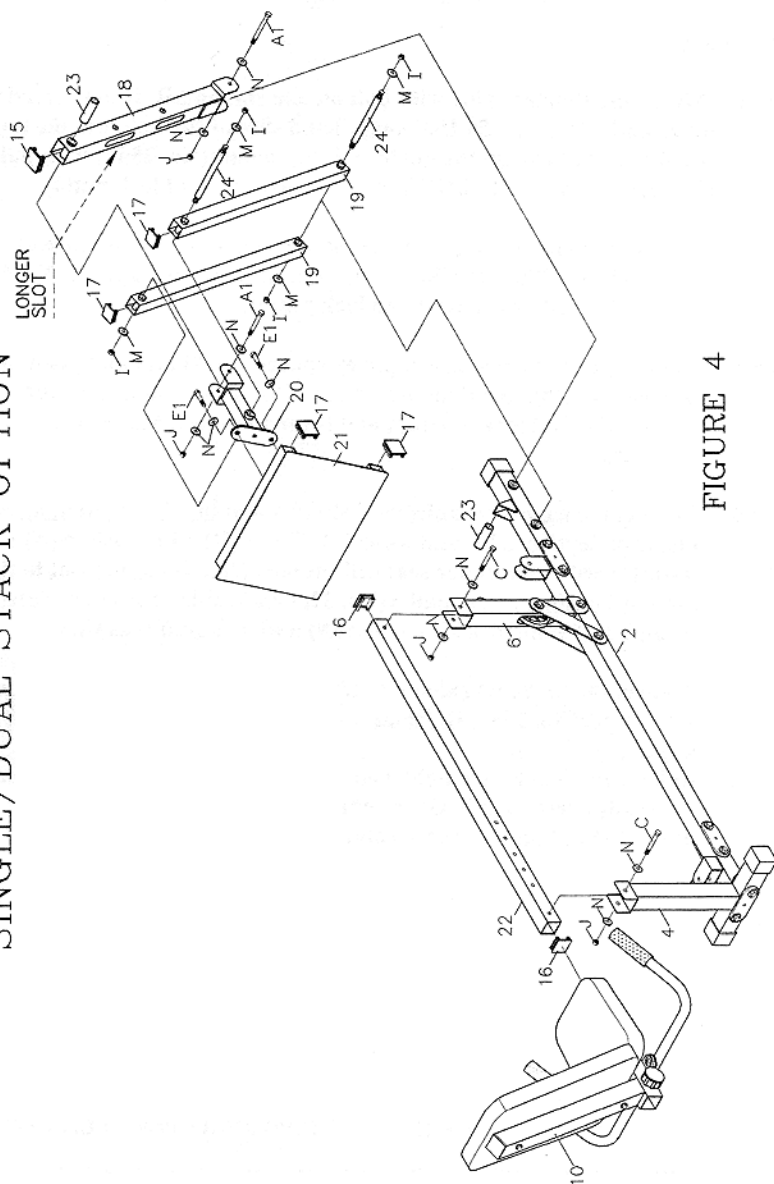


FIGURE 4

※ FOR DUAL STACK OPTION ※**FIGURE 5A**

- Step 1 – Attach the shorter cable with bolt on one end and R. Hand thread screw at other end (No. 26a – 56 1/4" long), hand thread the bolt into the top of the weight stack, through the guide rods top mount(No. 25dk) with pulley (No. 32a), using 2 1/4" bolt(D) with washers(N) and lock nut(J).
- Step 2 – Attach the longest cable with eye on one end and L. Hand thread screw at other end (No. 28b – 183 5/8" long) to front seat rail support (No. 6) using 3/4"bolt(G) with washer(N) and lock nut(J).
- Step 3 – Route cable as shown, insert pulley spacer(No. 8) into foot plate pulley bracket(No. 18), installing pulleys (No. 9b & 9c) and using 2 3/4" bolts(C) washers(N) and lock nuts(J) , and through pulley(No. 9a) shown on the diagram.
- Step 4 – Connect the leg press cable(No. 28b) through the first bottom housing, insert pulley(No. 32d) and using 2 1/4" bolt(D) with washers(N) and lock nut(J). Feed cable under seat rail support (No. 6) bottom slot to the second bottom housing, insert pulley(No. 32c) and cable protection plate(No. 33), using 2 1/4" bolt(D) with washers(N) and lock nut(J) as shown.
- Step 5 – Connect the leg press cable(No. 28b - L. Hand thread screw) to the weight stack cable(No. 26a – R. Hand thread screw) using the macro cable adjuster (No. 27).
- Step 6 – Make sure all bolts are tightened. Adjust cable tension using the macro cable adjuster(No. 27). Once cable tension is adjusted, wrench tighten nuts(J1 & J2) on the macro cable adjuster.

MMT-LPDS CABLE INSTALLATION DUAL STACK OPTION

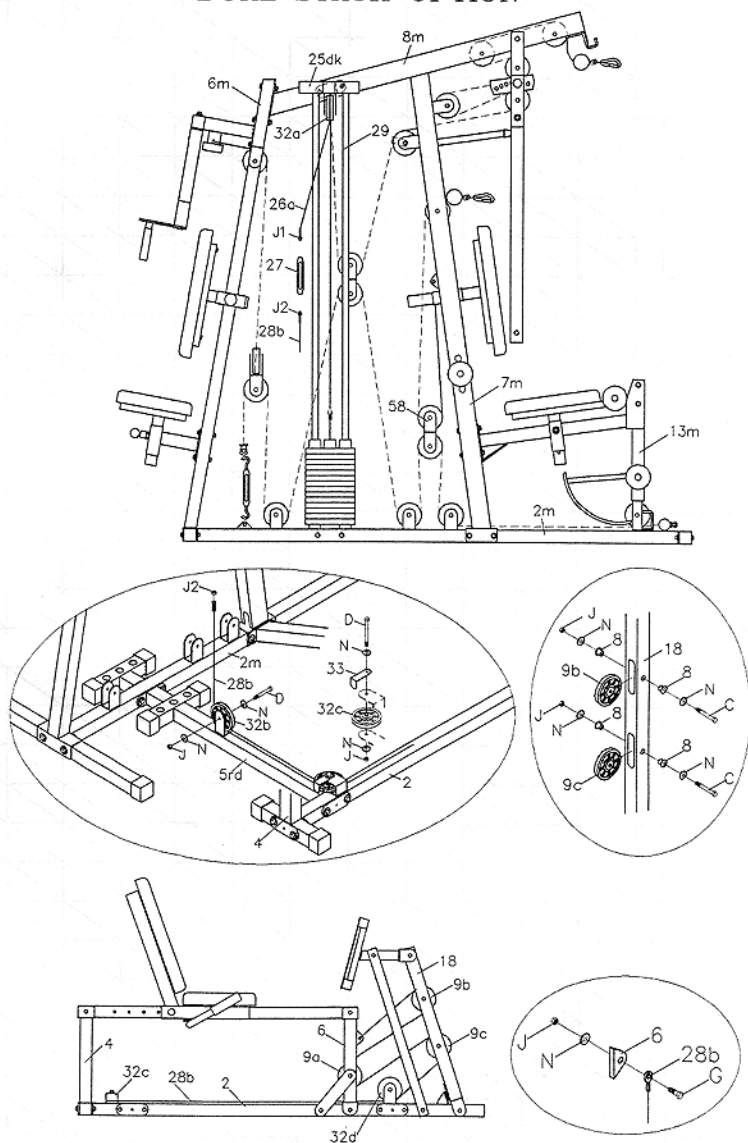


FIGURE 5A

