

**A981**  
OWNER'S MANUAL  
ASSEMBLY INSTRUCTIONS

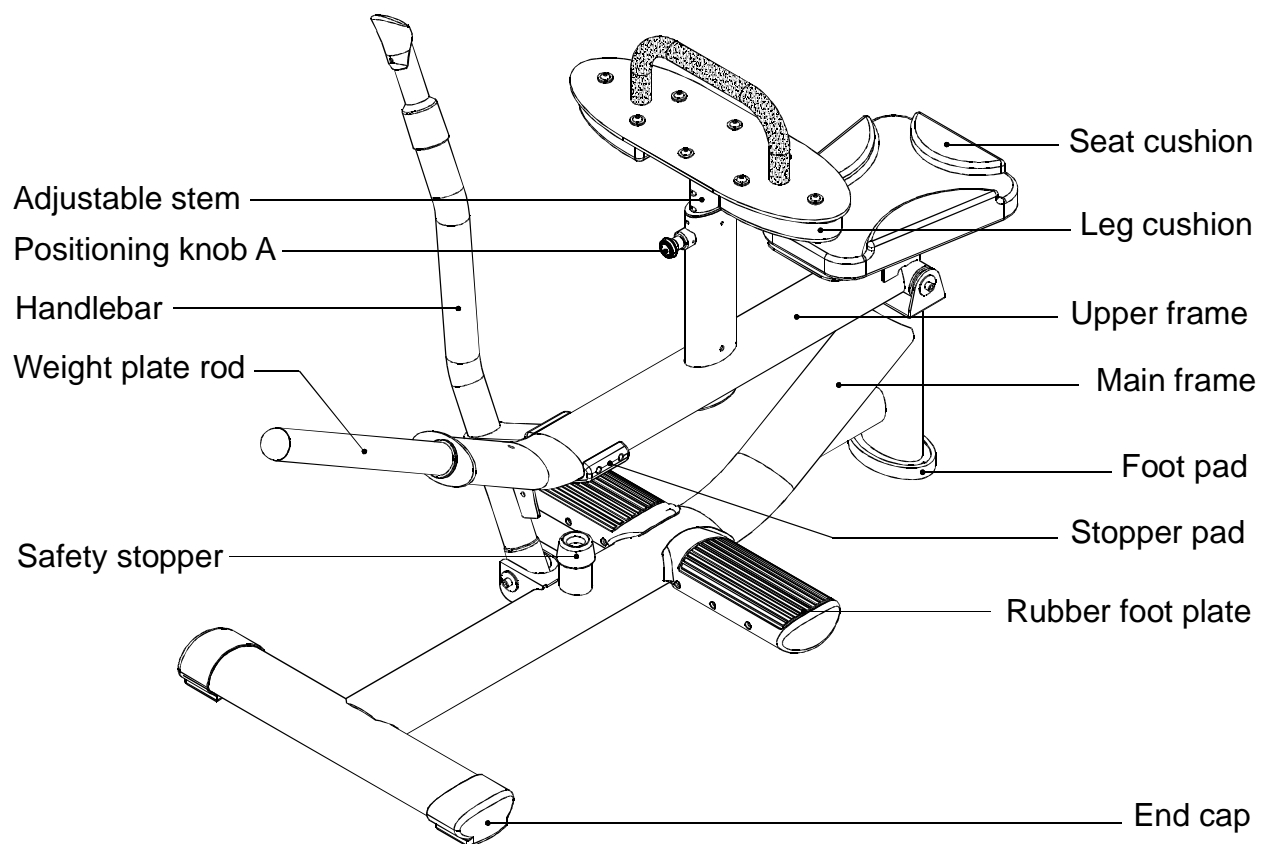


# *CALF SEATED*

## **A. SAFETY INSTRUCTIONS**

- Read all cautions/warnings and obtain proper instruction on use of the machines prior to using. Use appropriate positioning and controlled movements.
- Assemble and operate the machine on a solid, level surface. DO NOT use outdoors or near water.
- Never allow children on or near the machine.
- Make sure all fasteners are properly tightened for safety. DO NOT use the machine if the unit is disassembled in any way.
- Keep head, limbs, and fingers clear of all moving parts.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult you physician.
- DO NOT wear loose or dangling clothing while using the equipment. Keep away from all moving parts.
- Use care when mounting and dismounting the unit.
- DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fall.
- Close supervision is necessary when this machine is used by, on, or near adolescent, invalids, and disabled persons.
- Use this machine only for its intended use as described in this manual.
- Never operate this machine if it has been damaged in any way. If it is not working properly, been dropped or damaged, contact your dealer. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
- Never drop or insert any object into any opening.

## **B. INTRODUCTION**



## **C. LIST OF PARTS**

1. Two L-shaped, M5 hex wrenches
2. Two L-shaped, M4 hex wrenches
3. One double-ended open wrenches, 8mm and 17mm
4. One main frame
5. One upper frame
6. One seat cushion set
7. One leg cushion set
8. One handlebar set

## **D. ASSEMBLY INSTRUCTION**

Step 1: Secure the seat plate onto the upper frame as shown.

Step 2: Secure the seat cushion onto the seat plate as shown.

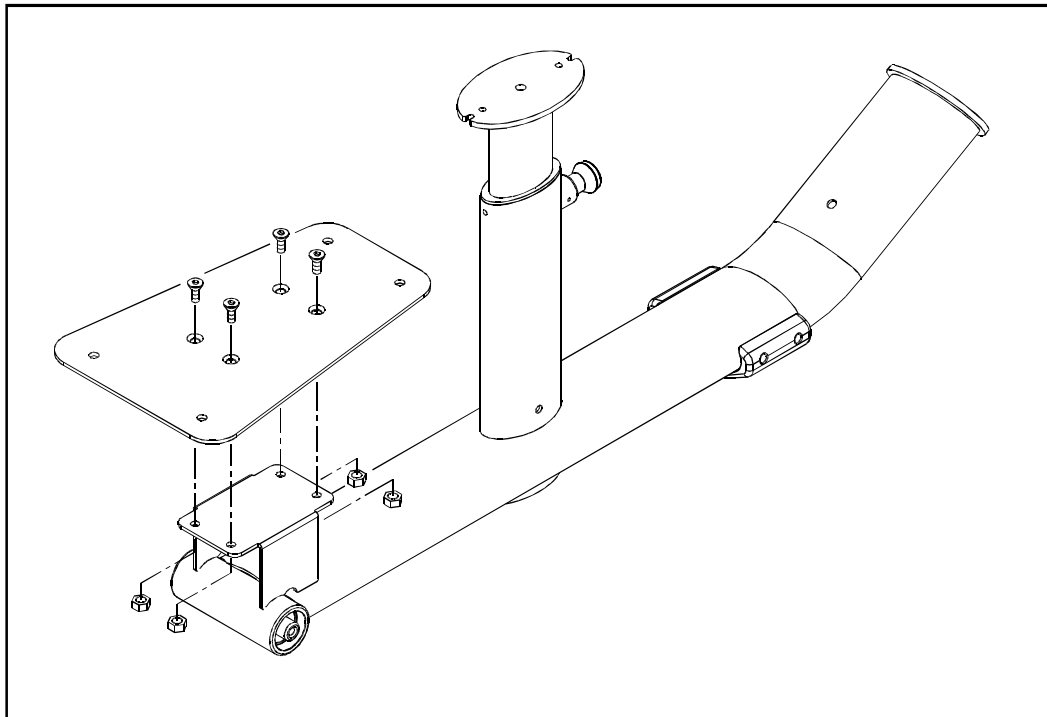


Fig.1

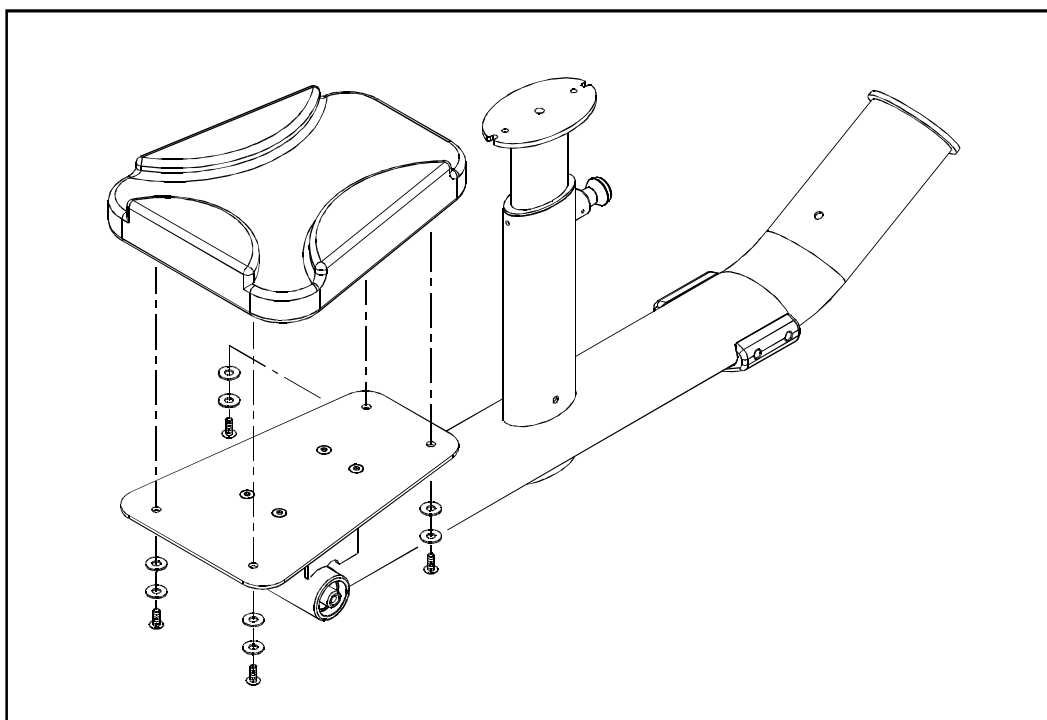


Fig.2

Step 3: Secure the upper frame onto the main frame with the hardware provided as shown.

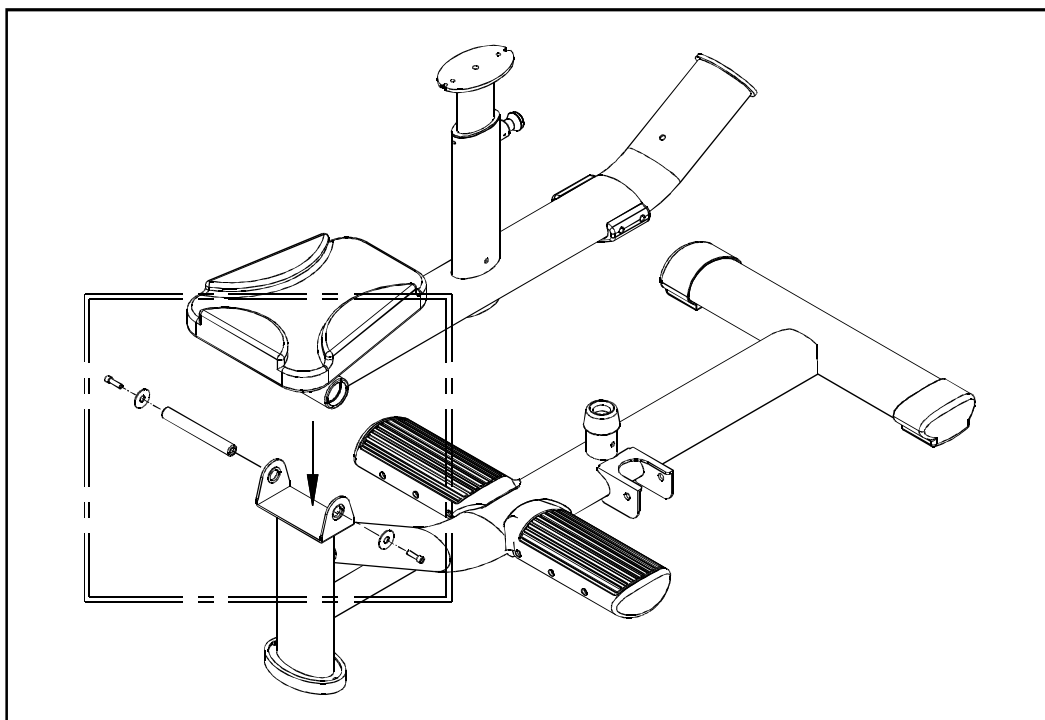


Fig.3

Step 4: Secure the handlebar onto the main frame as shown.

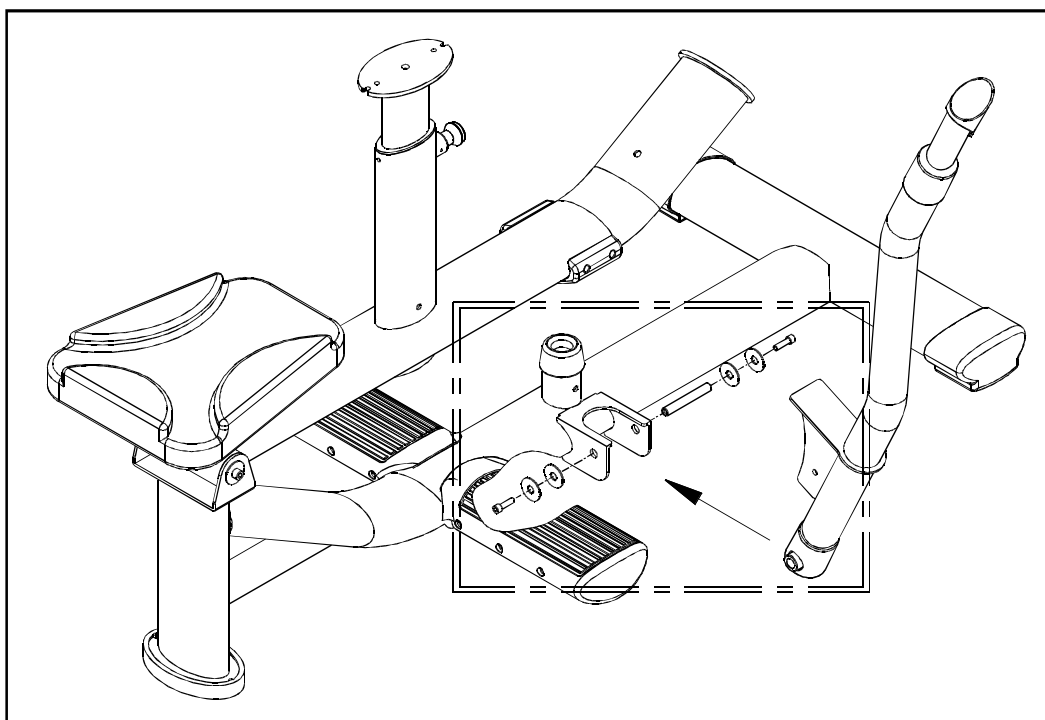


Fig.4

Step 5: Secure the leg cushion onto the adjustable stem with screws provided as shown.

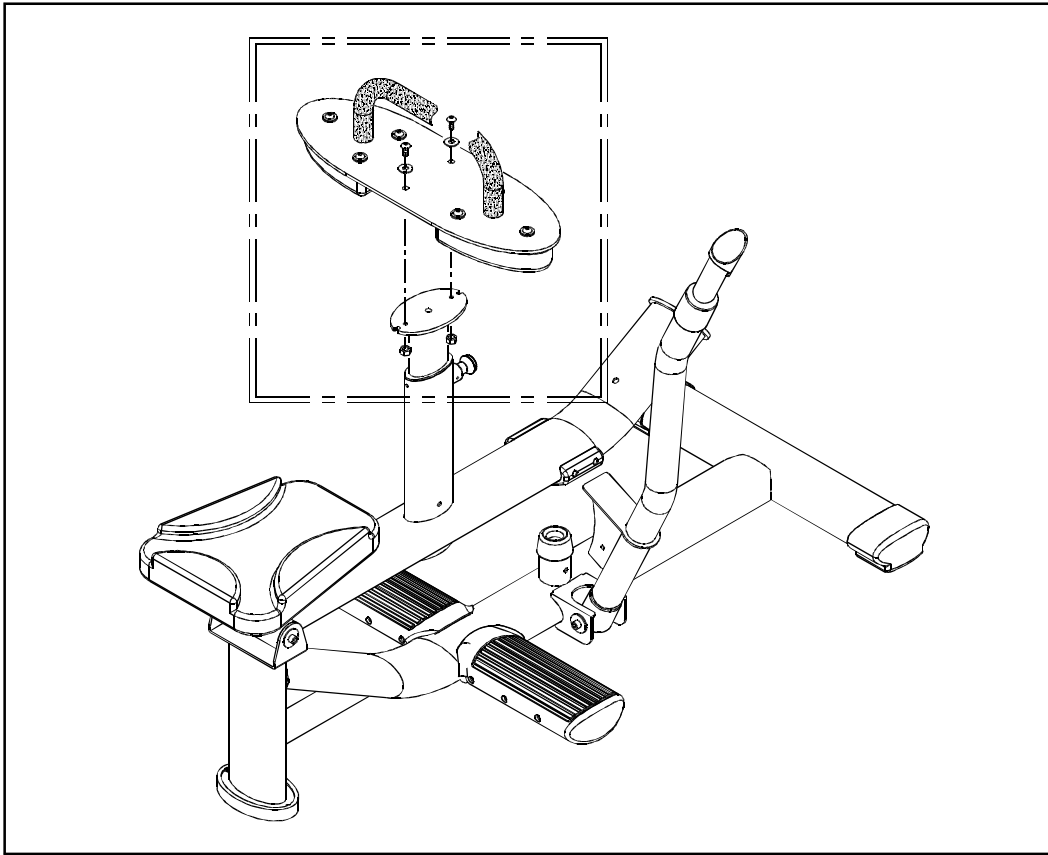


Fig.5

Step 6: 1.Insert the weight plate rod into frame tube A.

2.Secure the hardware provided as shown.

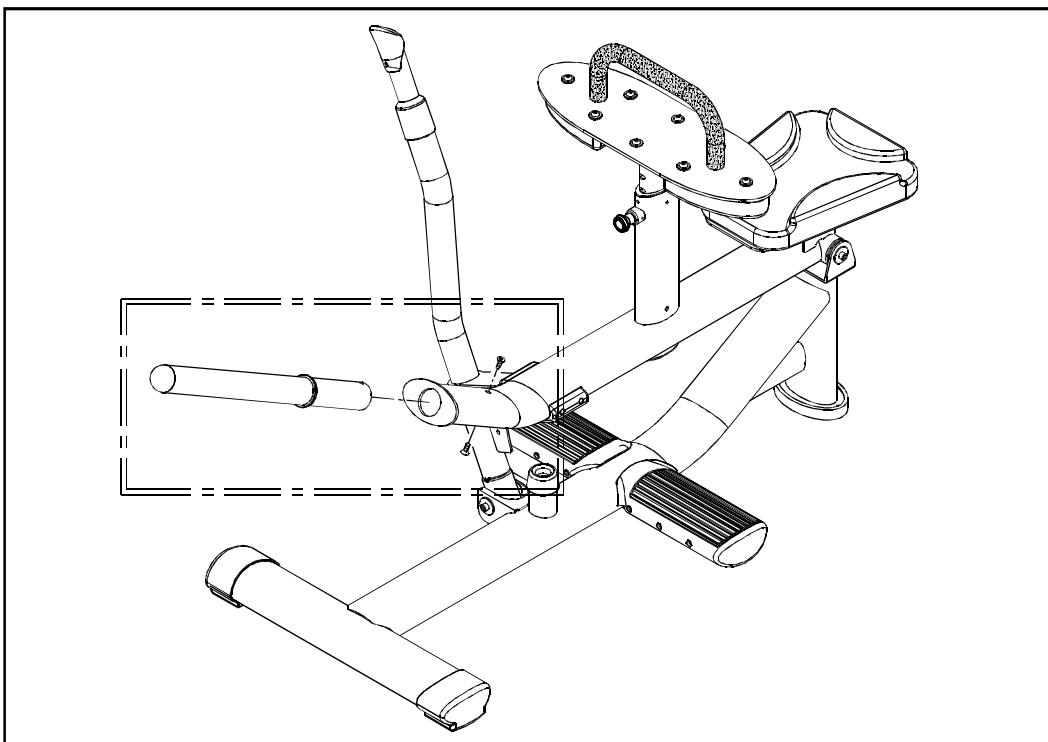


Fig.6

## **E. OPERATING INSTRUCTION**

1. Before exercising, inspect the machine. The handlebar should hold the upper frame as shown in Fig. 1.
2. Place weight plates onto the weight plate rod as the user desires.
3. Pull positioning knob "A" out.
4. Adjust the leg cushion up or down to a comfortable position.
5. Release knob "A".
6. Is the weight too heavy or too light? Adjust weight plates as necessary.
7. To exercise, pull the handlebar to the right and then lift the upper frame slightly with the thighs.
8. After exercising, slightly lift the upper frame to return the rod back to its original position as shown in Figure 1.

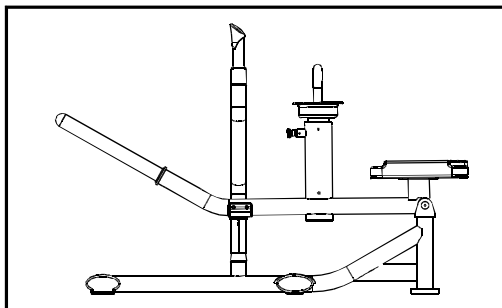


Fig.1

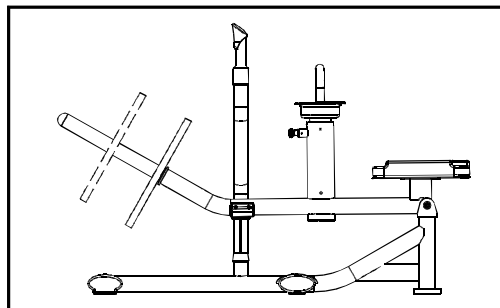


Fig.2

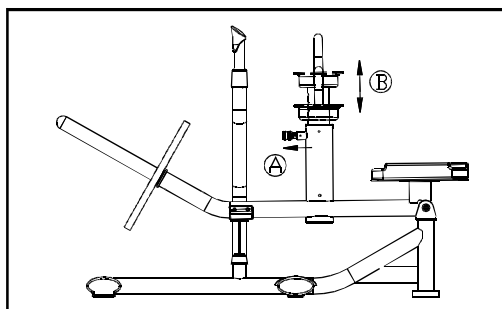


Fig.3

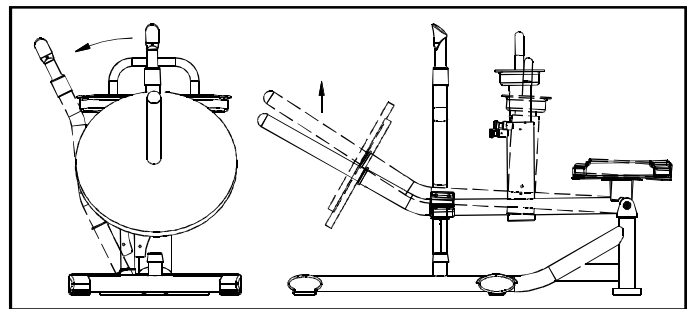


Fig.4



## **F. HORIZONTAL LEVEL ADJUSTMENT**

1. Adjust leveler "A" to level the machine.
2. Adjust leveler "B" so it presses against the ground.

(Notes: If leveler "B" does not touch the ground, the machine will be unsteady during operation.)

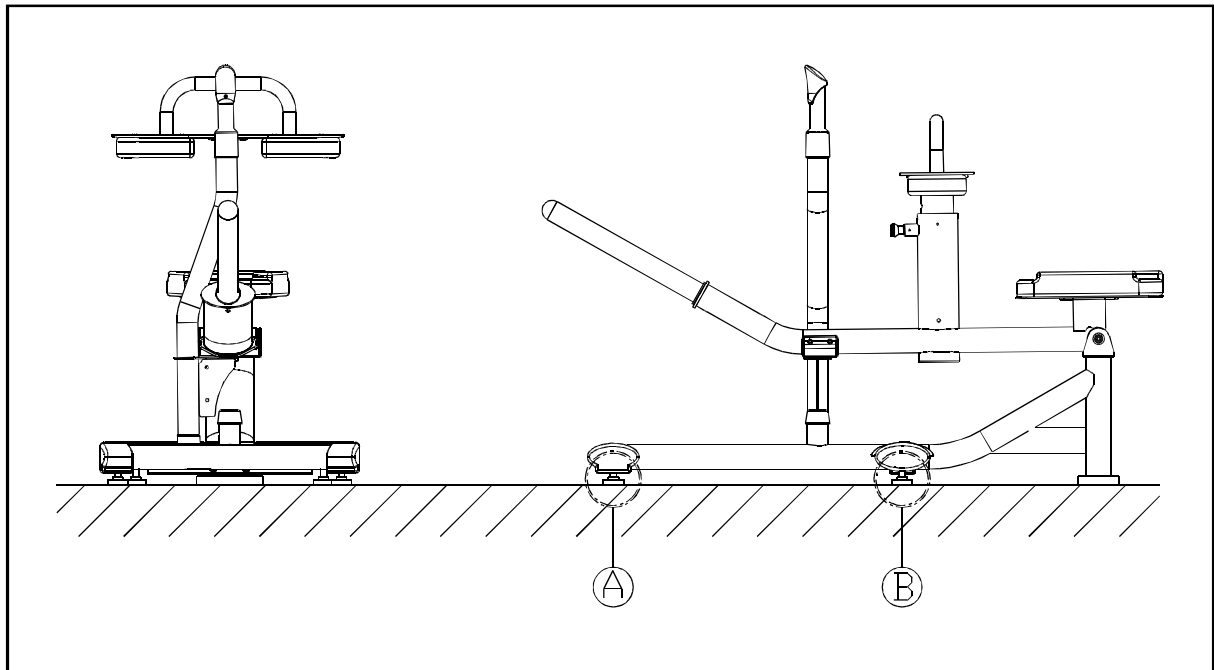


Fig.1