

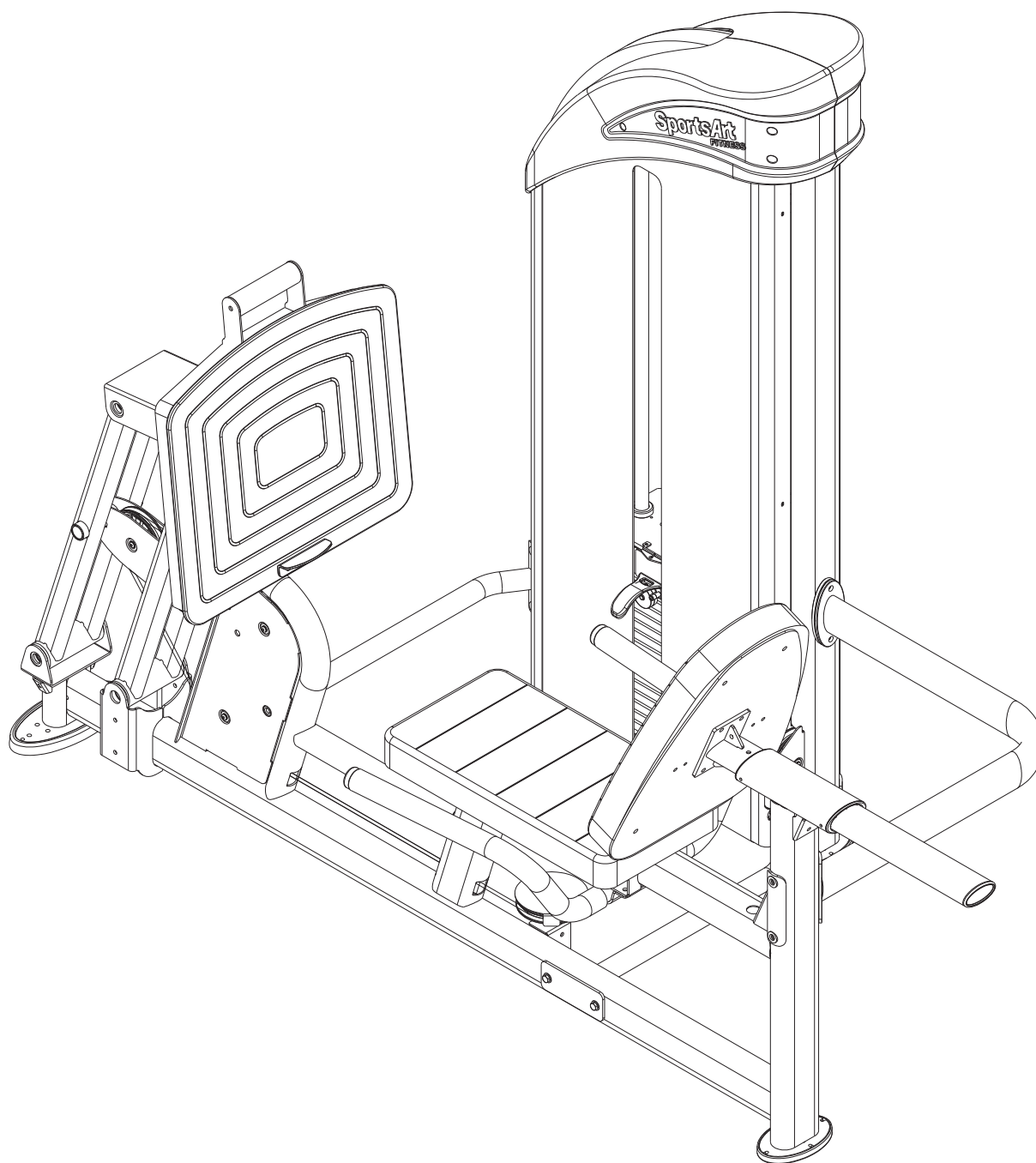
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1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the P756 Horizontal Leg Press machine. Constructed of high quality materials and designed for years of reliable performance, this product was made for full commercial use.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



2. IMPORTANT SAFETY PRECAUTIONS

This product was designed and built for optimum safety. However certain precautions apply during the use of this product. Please note the following safety precautions:

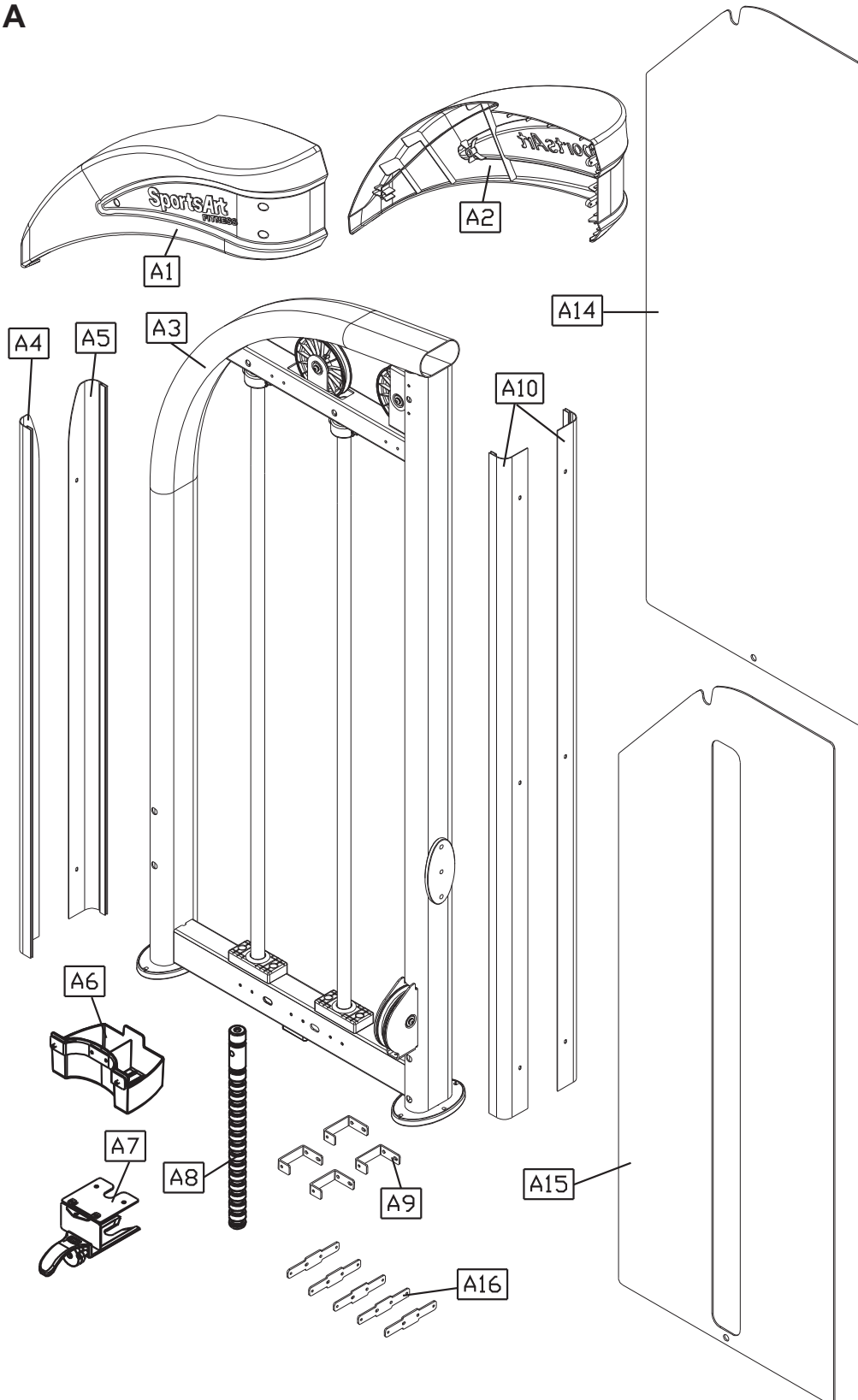
- Please read the entire manual before assembly and operation. Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- Check the product before every use. Make sure all parts are assembled, and all fasteners are tightened. Do not use the product if it is disassembled in any way.
- Wear proper workout clothing. Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back. Do not go barefoot on this product.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- Use this product only for its intended purpose as described in this manual.
- Be careful when mounting and dismounting the unit.
- Never operate this product if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact a service technician for repairs.
- Do not use accessories that are not specifically recommended by the manufacturer. Such parts might cause injuries or cause the unit to fail.
- This product is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or by people who are otherwise deficient in product knowledge or experience. If such people use this product, they should be given training and be supervised at all times by someone responsible for their safety.
- Children should be supervised to ensure that they do not play on or near the product.
- The user weight limit for this product is 227 kg, 500 lb.

CAUTION: If you feel any pain or any abnormal sensations, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion. Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

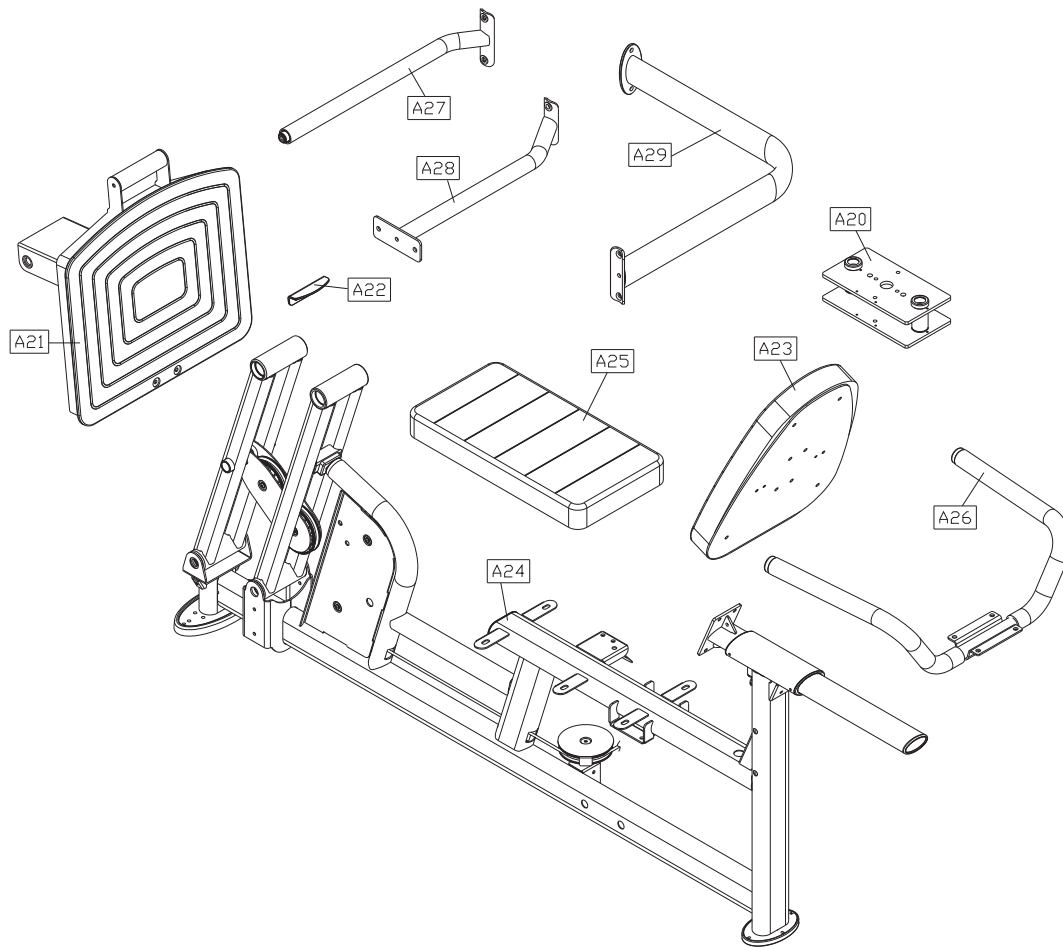
***NOTE:** Regarding the decaled resistance on the unit weight stack, the actual weight being lifted is configured at a ratio of 1:1. Example: If the stack fork is engaged at 60KG (132LB) at the weight stack, the actual pulling weight is 60KG (132LB).

3. LIST OF PARTS

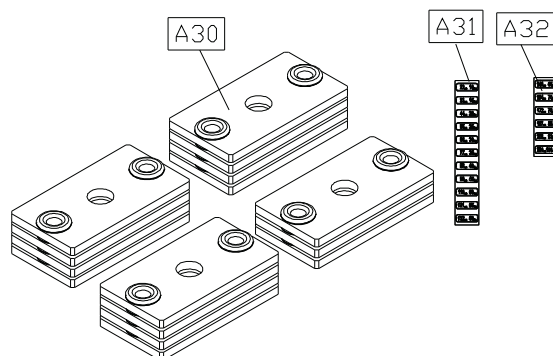
Box A



Box B



Box C



Box A - Main Frame Components					
No.	Name	Qty	No.	Description	Qty
A1	Weight stack top right cover	1	A8	Weight stack rod	1
A2	Weight stack top left cover	1	A9	Cover bracket	4
A3	Main frame	1	A10	Cover support plate A	2
A4	Cover support plate B-2	1	A14	Rear cover	1
A5	Cover support plate B-1	1	A15	Front cover	1
A6	Storage tray	1	A16	Bracket	5
A7	Stack fork	1			

Box B - User Frame Components					
No.	Name	Qty	No.	Description	Qty
A20	Upper stack carriage set	1	A25	Seat bottom	1
A21	Foot press plate	1	A26	Handle	1
A22	Stopper	1	A27	Connector A	1
A23	Seat back	1	A28	Connector B	1
A24	Seat frame	1	A29	Connector C	1

Box C - Weight Plates Components					
No.	Name	Qty	No.	Description	Qty
A30	5kg/11lb weight plate	15	A32	Weight plate sticker (65kg~100kg/143lb~220lb)	1
A31	Weight plate sticker (10kg~60kg/22lb ~132lb)	1			

Components in the Hardware Kit				
No.	Name	Qty	Specification	Notes
10	Mushroom top inner hex screw	8	M6*P1.0*L12	
11	Phillips screw	6	M6*P1.0*L12	
12	Round head inner hex screw	2	M6*P1.0*20	
	Bushing	2	D19*7.8	
13	Screw socket	10	SGN-07	
14	Mushroom top inner hex screw	12	M6*P1.0*L12	
15	Mushroom top Phillips screw	10	M5*L15	
16	Mushroom top Phillips screw	10	M5*0.8*L8	
	L-shaped Allen wrench	2	(M4)	
	L-shaped Allen wrench	1	(M5)	
	L-shaped Allen wrench	1	(M6)	
	L-shaped Allen wrench	1	(M8)	

Components in the Hardware Kit				
No.	Name	Qty	Specification	Notes
	Open end wrench	2	(13*17)	
	Open end wrench	1	(27*29)	
	Phillips-head screw driver	1		

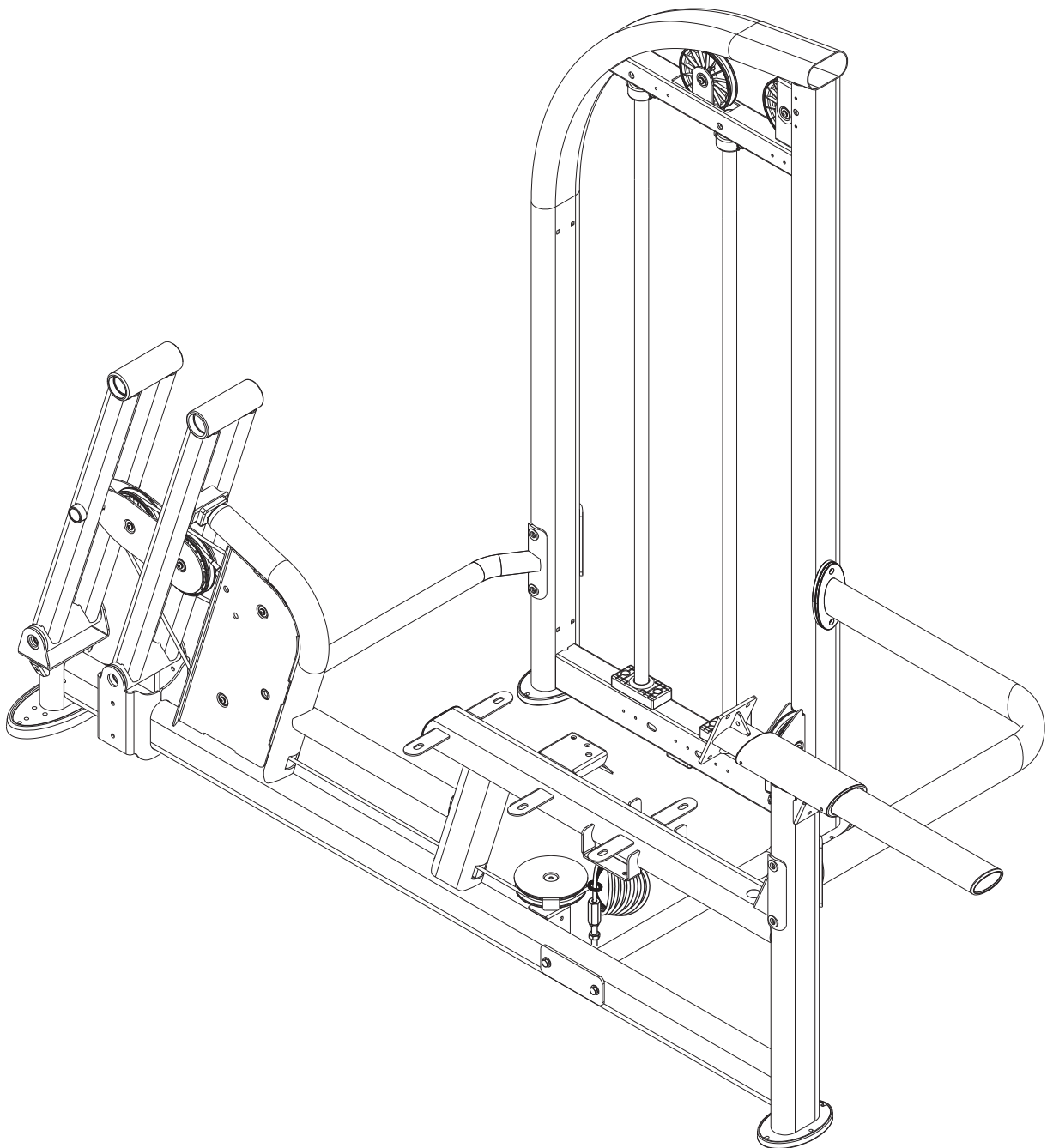
Components on the Product			
No.	Name	Specification	Notes
30	Hex head screw	M10*P1.5*L130	
	Spring washer	M10	
	Washer	D16*d10.2*t1.0	
	Nylon hex lock nut	M10	
31	Mushroom top inner hex screw	M10*P1.5*L25	
	Washer	D44*d10.5*t3.0	
32	Hex bolt	M10*P1.5*L75	
	Spring washer	M10	
	Washer	D16*d10.2*t1.0	
	Connector plate	W60*L156*t5	
	Bushing	D16*t2*L39	
	Hex lock nut	M10	
	Nylon hex lock nut	M10	
33	Hex head screw	M10*P1.5*L30	
	Spring washer	M10	
	Washer	D16*d10.2*t1.0	
35	Hex head screw	M8*P1.25*L65	
	Flat washer	D17*d8.3*t2	
	PU tube	D12*d8*L51	
	Nylon hex lock nut	M8	
36	Guide rod		
37	Cotter pin	1.6t	
	Rubber washer	D20*d11.1*t2	
	Stopper		
	Pin	§ 10.8*L50.5	
38	Round head inner hex screw	M6*L30002230631	
	Spring washer	M6*t1.5	
	Flat washer	D20*d6.3*t1.5	
39	Round head inner hex screw	M5*P0.8*L10	
40	Mushroom top inner hex screw	M6*P1.0*L12	
	Spring washer	M6	

Components on the Product			
No.	Name	Specification	Notes
40	Flat washer	D20*d6.3*t1.5	
	Axle	D15*L26	
41	Nylon hex lock nut	M6*P1.0*6	
	Flat washer	D20*d6.3*t1.5	
	Axle	D8*L54.5	
	Bushing	D12*d8*L7	
42	Soft cap	D14	
43	Round head inner hex screw	M8*P1.25*L25	
	Spring washer	M8*t2.0	
	Flat washer	D17*d8*t1.5	
	Nylon hex lock nut	M8*P1.25	
44	Round head inner hex screw	M8*P1.25*L20	
	Spring washer	M8	
	Flat washer	D26*d8.3*t3	
	Axle	D20*L153	
45	Mushroom top inner hex screw	M8*P1.25*L25	
	Spring washer	M8	
	Flat washer	D17*d8.3*t2	
	Nylon hex lock nut	M8	
46	Mushroom top inner hex screw	M8*P1.25*L25	
	Spring washer	M8	
	Flat washer	D22*d8.2*t2	
47	Mushroom top inner hex screw	M8*P1.25*L25	
	Spring washer	M8	
	Flat washer	D22*d8.2*t2	
48	Bevelled head inner hex screw	M8*P1.25*L20	
	Nylon hex lock nut	M8	
49	Mushroom top inner hex screw	M6*P1.0*L12	
	Flat washer	D20*d6.3*t1.5	
50	Bevelled head Phillips screw	M5*L8	

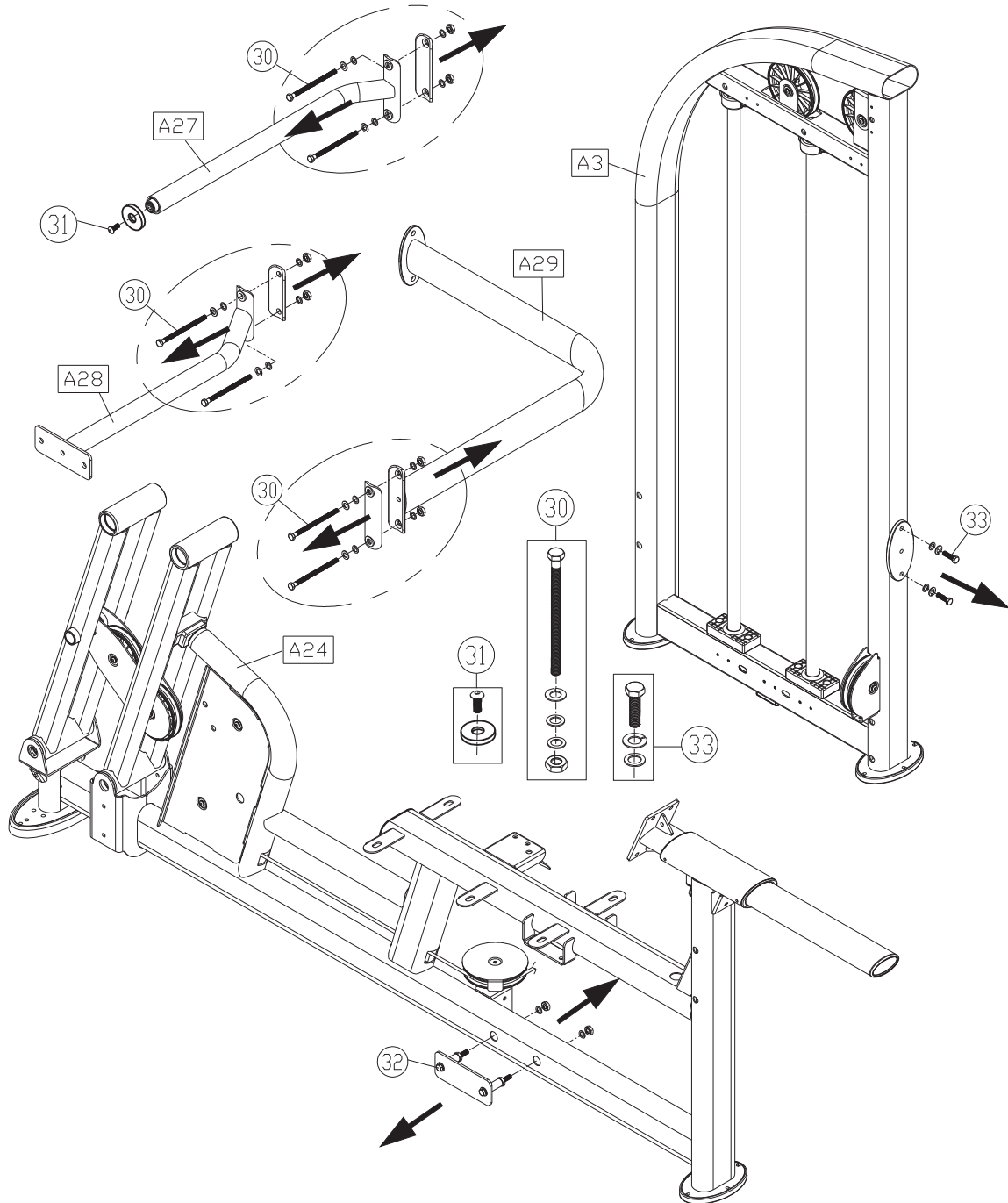
4. ASSEMBLE THE PRODUCT

Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the word “screws” or “nuts” is used where washers and other hardware may be involved.

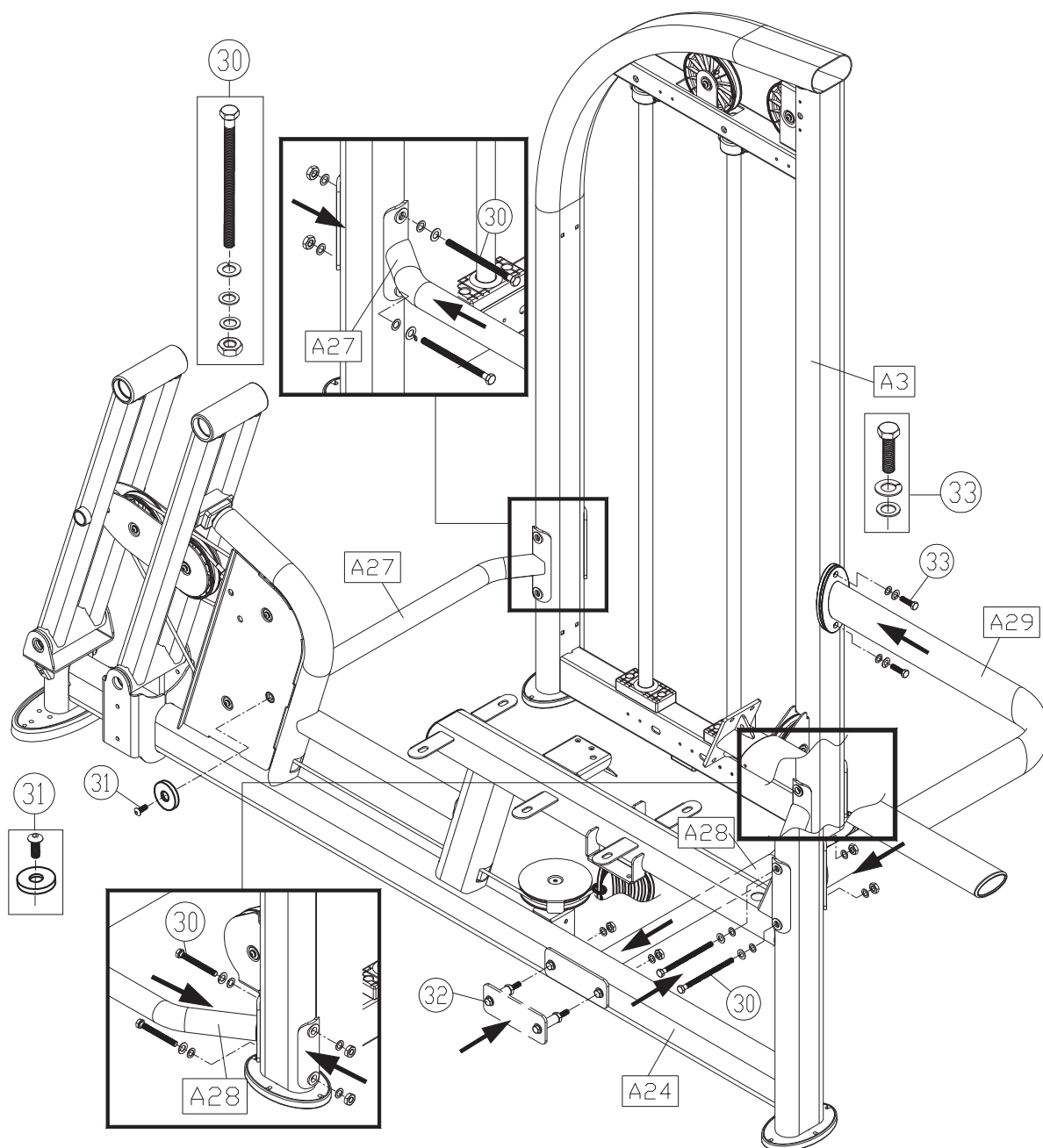
STEP 1 Seat Frame and the Connector Installation



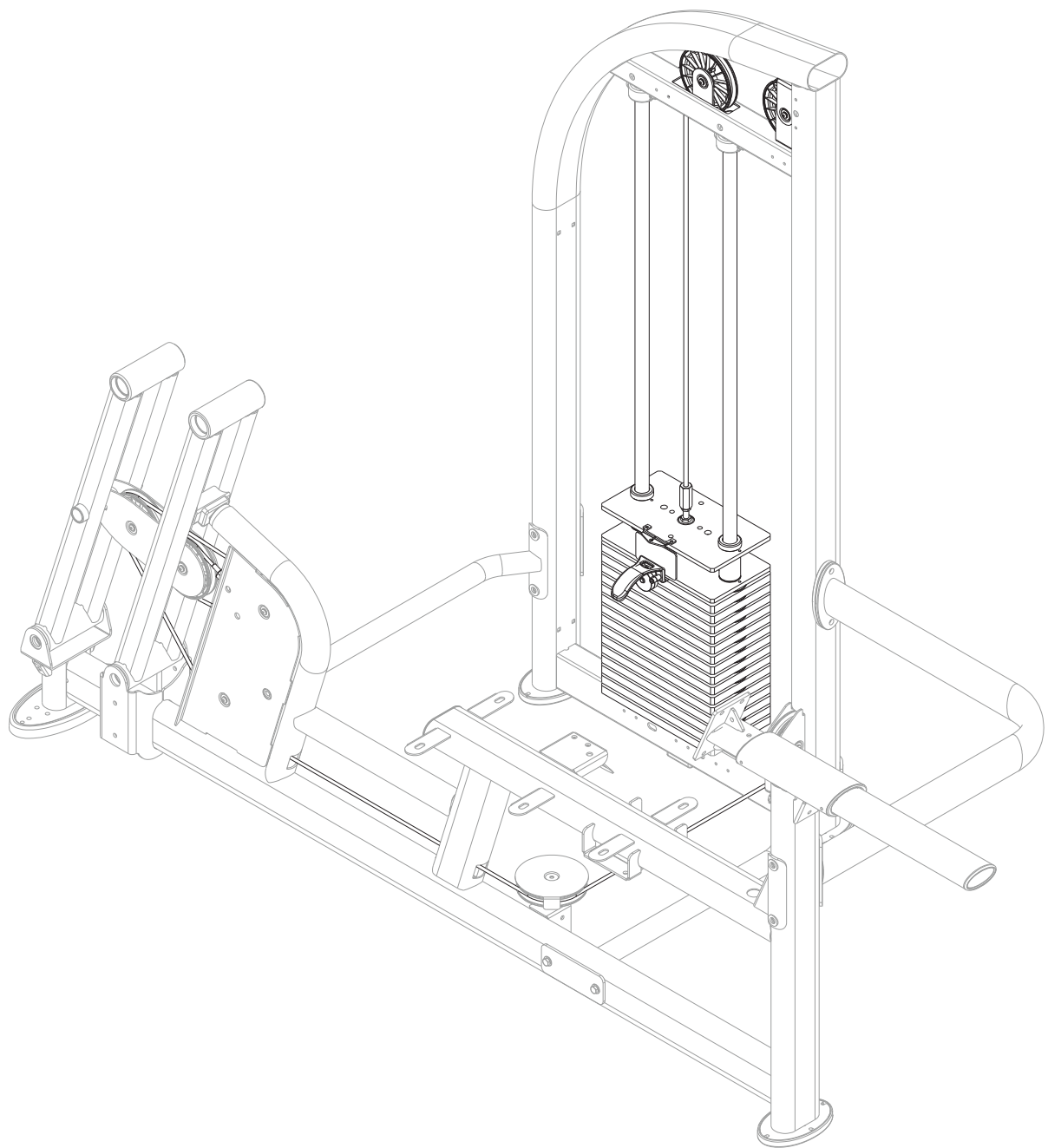
*Loosen and remove the screws (30) (31) (32) (33) and the connecting plates from the components (A3) (A24) (A27) (A28) (A29) as shown. Carefully set each piece aside.



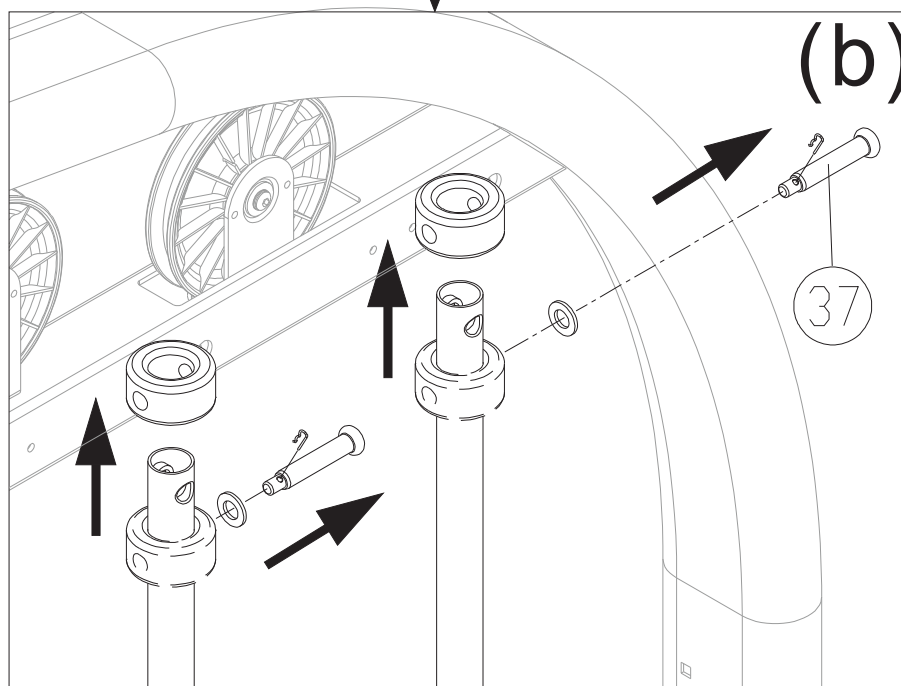
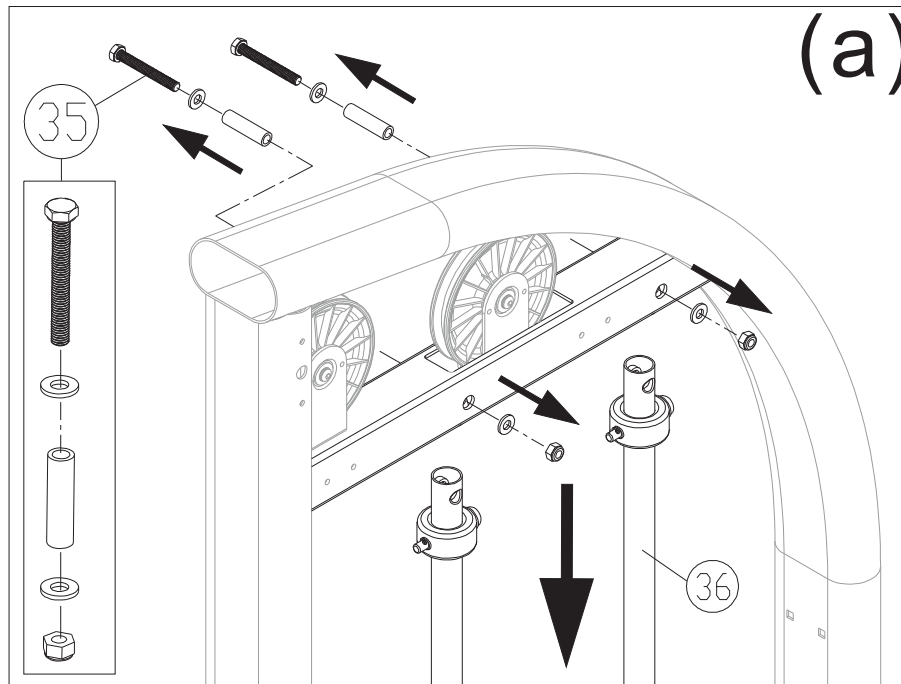
- (a). Use the screws (30) (31) (32) (33) to secure the connectors (A27) (A28) (A29) to the main frame (A3) and the seat frame (A24) as shown.



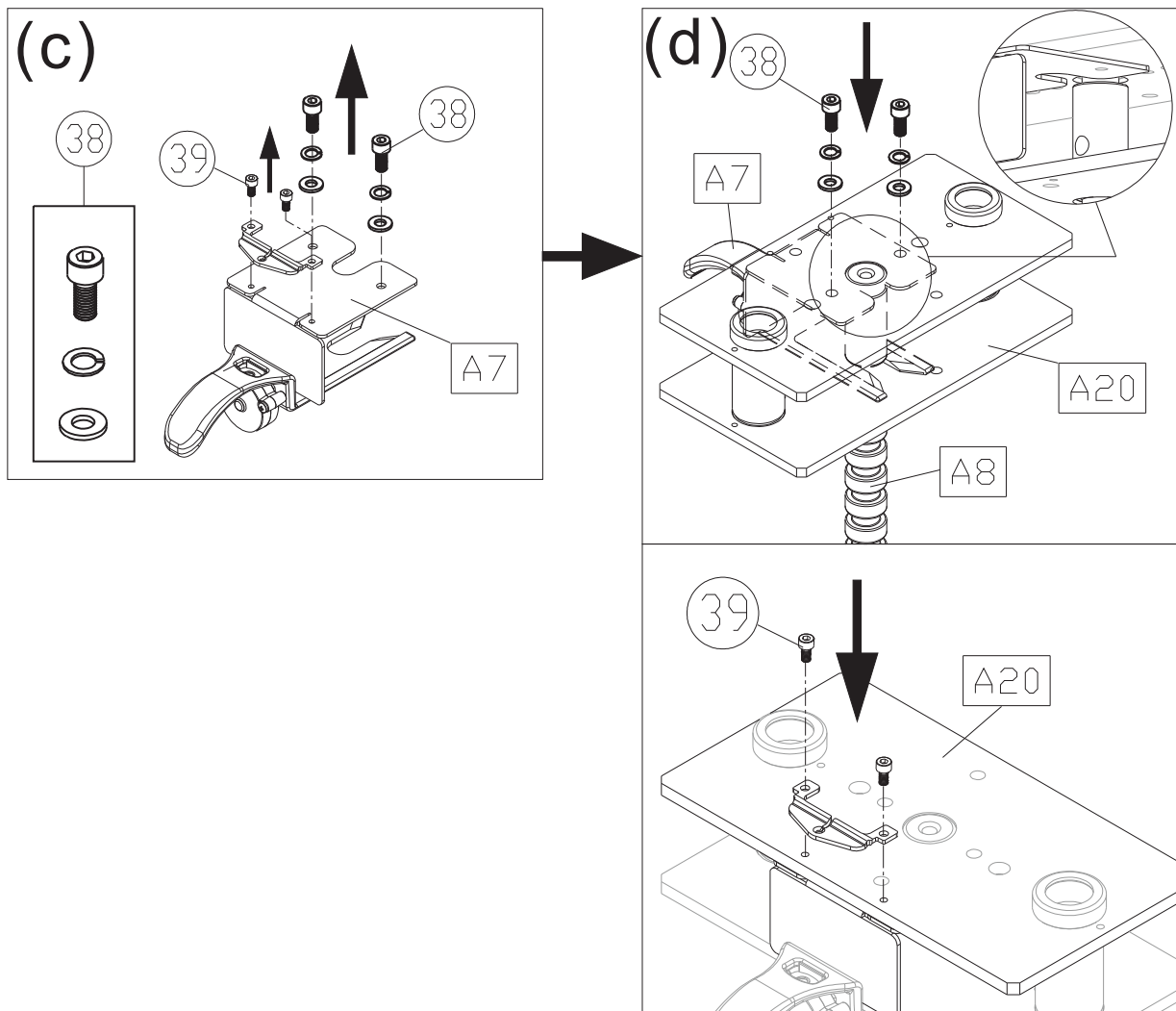
STEP 2 Weight Stack Installation



- (a). Remove the screws (35) from the guide rod (36). Set the guide rod (36) downward into place as shown.
- (b). Remove the pin (37) and the rubber washer from the guide rod (36).



- (c). Loosen and remove the screws (38) (39) from the stack fork (A7).
- (d). Insert the weight stack rod (A8) into the central mounting position of the upper stack carriage set (A20). Use the screws (38) (39) to secure the stack fork (A7) and the cable bracket into place of the upper stack carriage set (A20) as shown. (Note: Remove the stack fork first before assembling.)



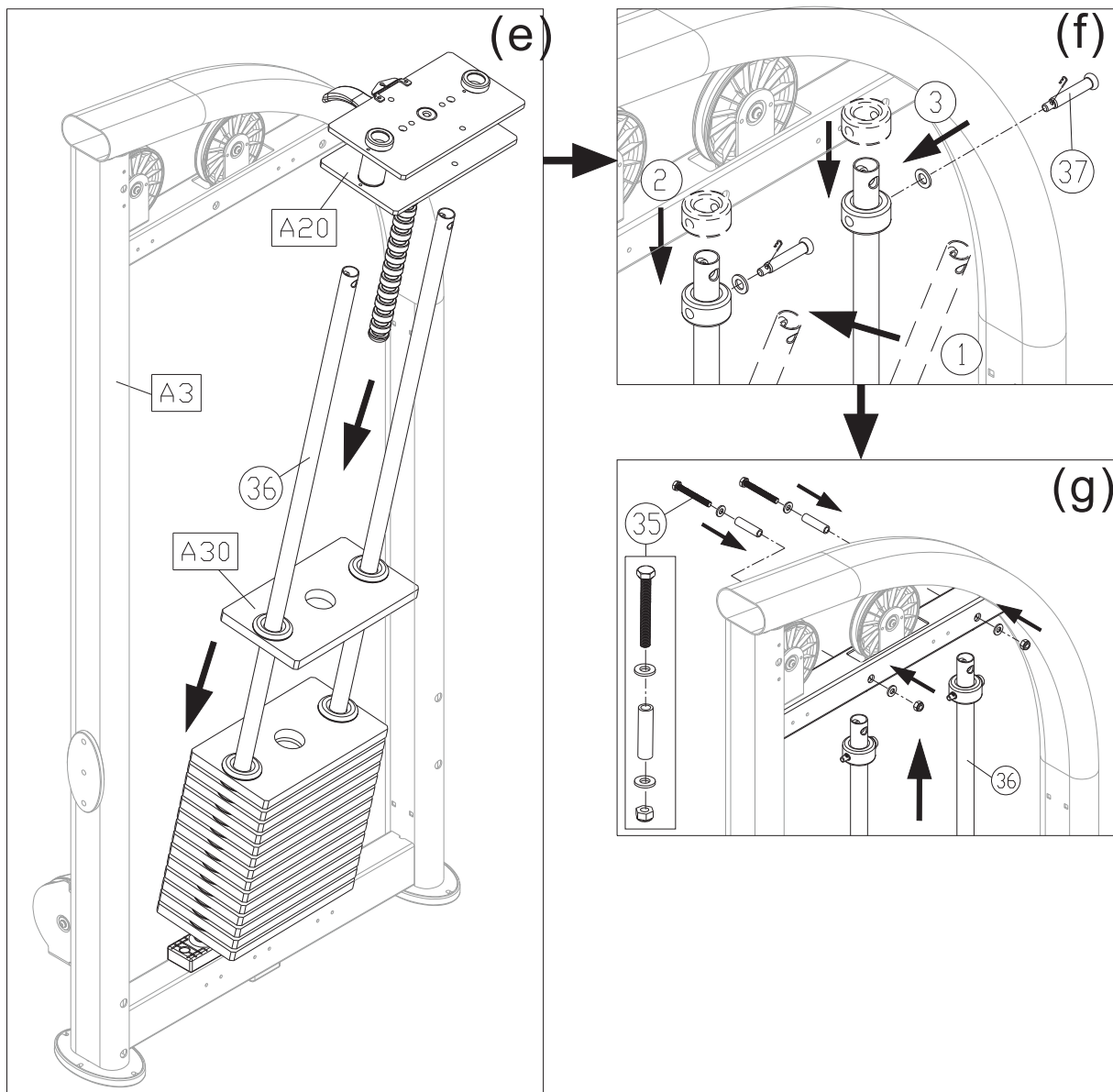
(e). Insert and lower the (5 kg/11lb) weight plates (A30) into place on the guide rods (36) one at a time. Once complete, slide down the upper stack carriage set (A20) on top of the weight stack.

(Note: The convex side of weight plate should face up and the stack fork (A7) points toward the front.)

* If there is an optional (7.5kg/16.5lb) weight plate installed, insert the optional weight plates first before the (5 kg/11lb) weight plates (A30).

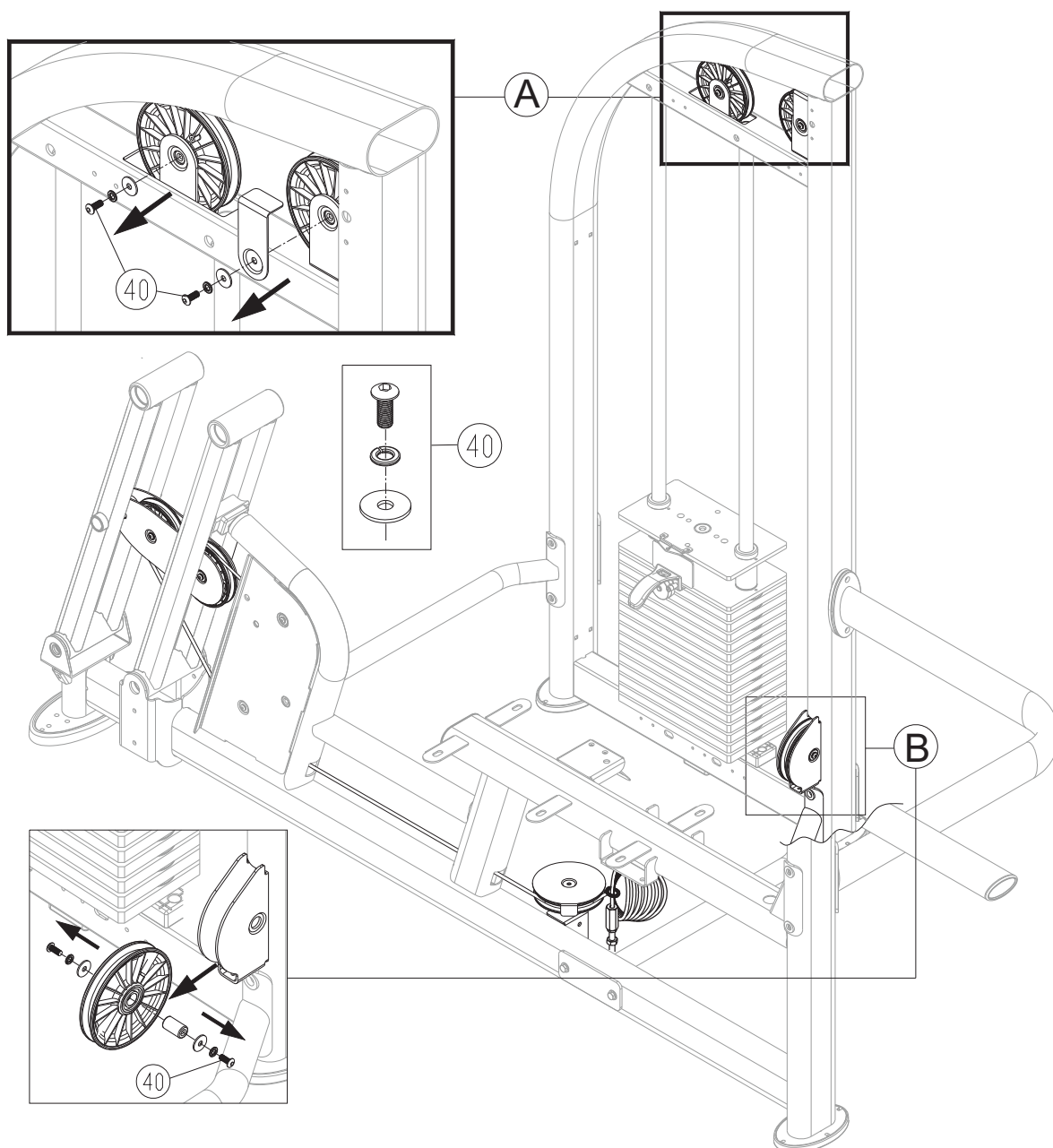
(f). Tilt the guide rods (36) back into place and re-install the rubber washer to the guide rods (36), and then align holes and secure the pin (37) back into the place as shown.

(g). Lift the guide rods up to their mounting position, and then secure them with the screws (35).

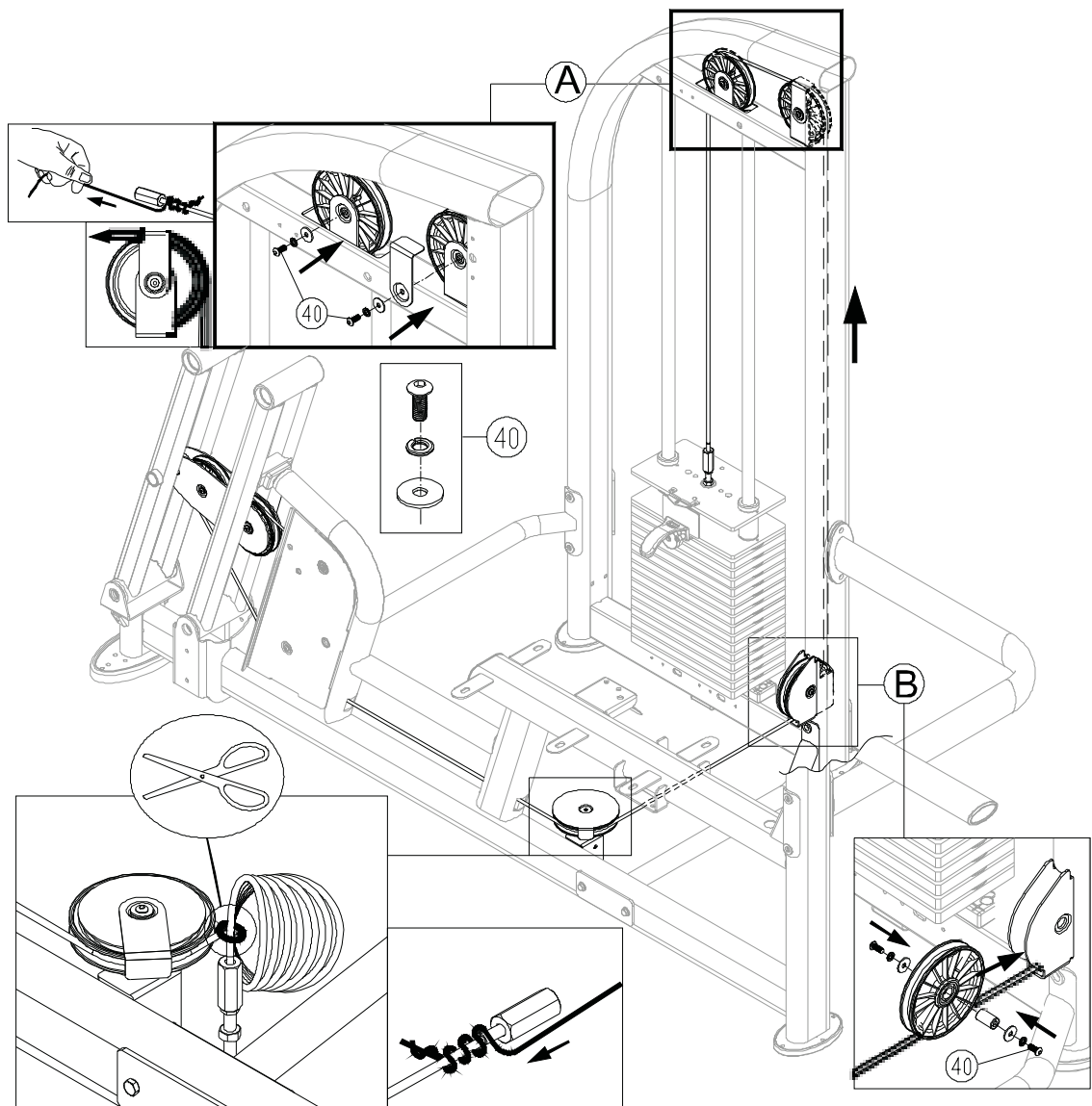


STEP 3 Cable Installation

(a) Loosen and remove the screws (40) from area A and B as shown.



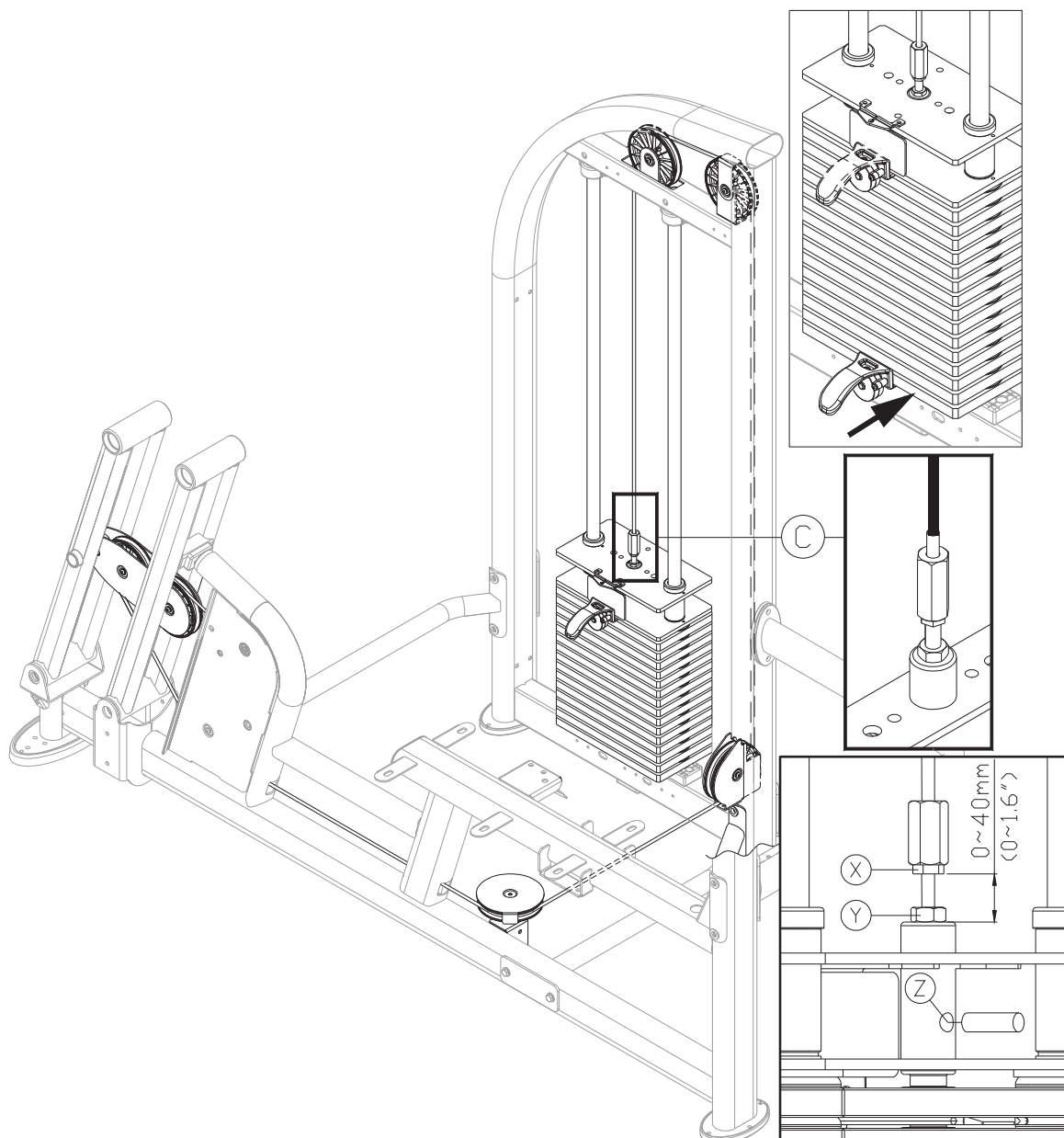
- (b). First, cut the zip tie on the cable. Disconnect the feeder cord from area B and wrap this feeder cord around the cable nut. Tread the cable onto the pulley at area B as indicated, and then secure the pulley with the screws (40). Pull the feeder cord at area A to thread the cable through the pulley at area A as indicated, and then secure the cover plate back into place with the screws (40). Finally, disconnect the feeder cord and secure the cable to the guide rods as shown. (Note: In securing the cover plate, place the cover plate horizontal to, but not touching the cable.)



STEP 4 Cable Adjustment

Please follow the following instructions to adjust the cable.

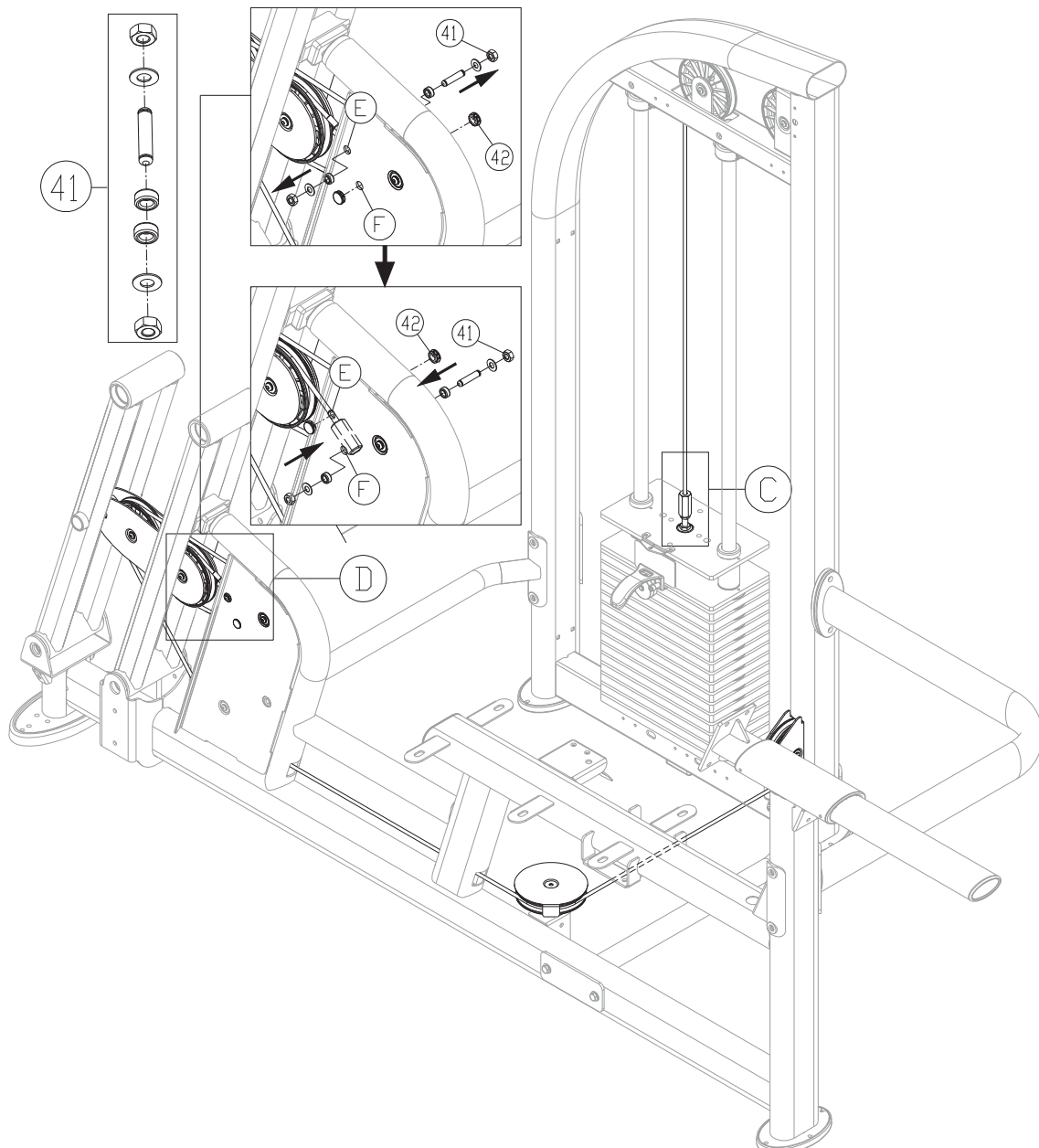
- * Insert the stack fork into the gap under the lowest weight plate, and then adjust the large nut at area C. Adjust until the upper stack carriage set moves slightly.
- * To adjust the cable, first insert the (Z) rod and loosen the (Y) nut, and then adjust the (X) nut. If the cable is too long, adjust the (X) nut downward. If too short, adjust the (X) nut upward. After adjusting the (X) nut, tighten the (Y) nut against the weight stack to secure this position.



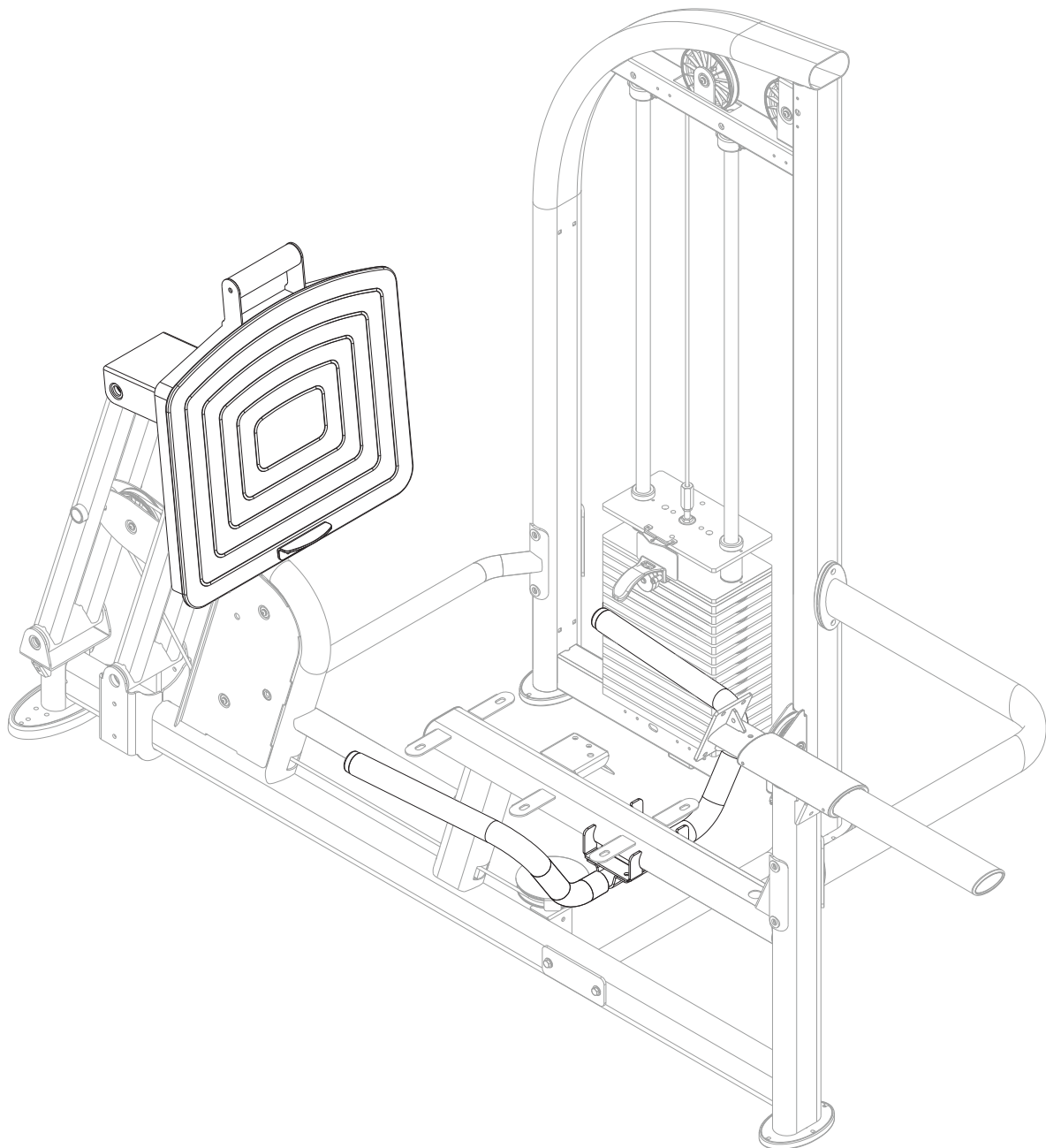
STEP 5 Cable Slack Adjustment

- * If area C can no longer be adjusted, set distance at area C to 30mm. Remove the *
- * screws (41) from hole E of area D and the soft cap (42) from area F, and then insert the cable nut into hole F and secure with the screws (41). Finally, insert the soft cap (42) into area E as shown.

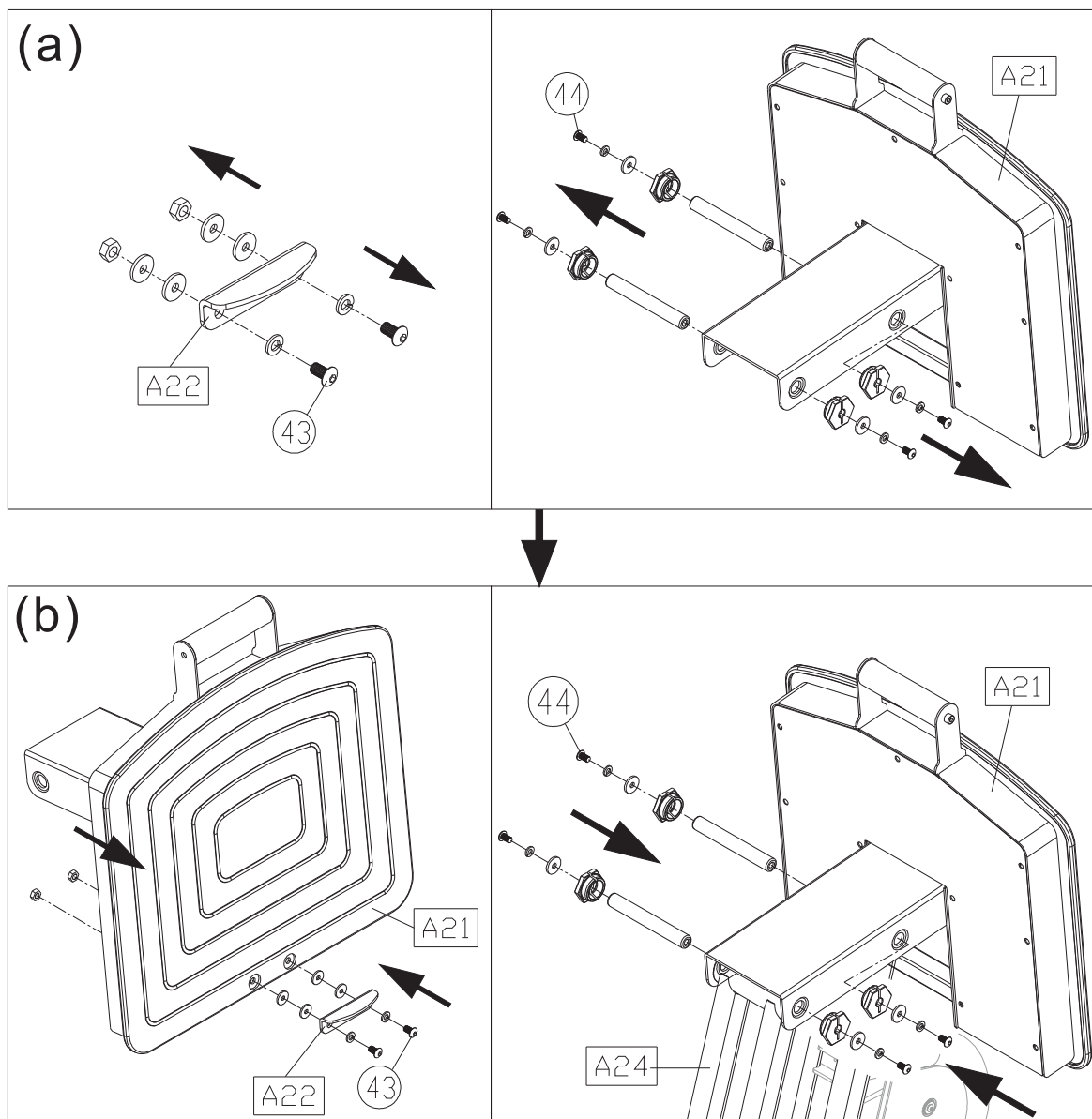
Follow “Cable Adjustment” to secure the cable, and then adjust the cable tightness.



STEP 6 Foot Press Plate Installation

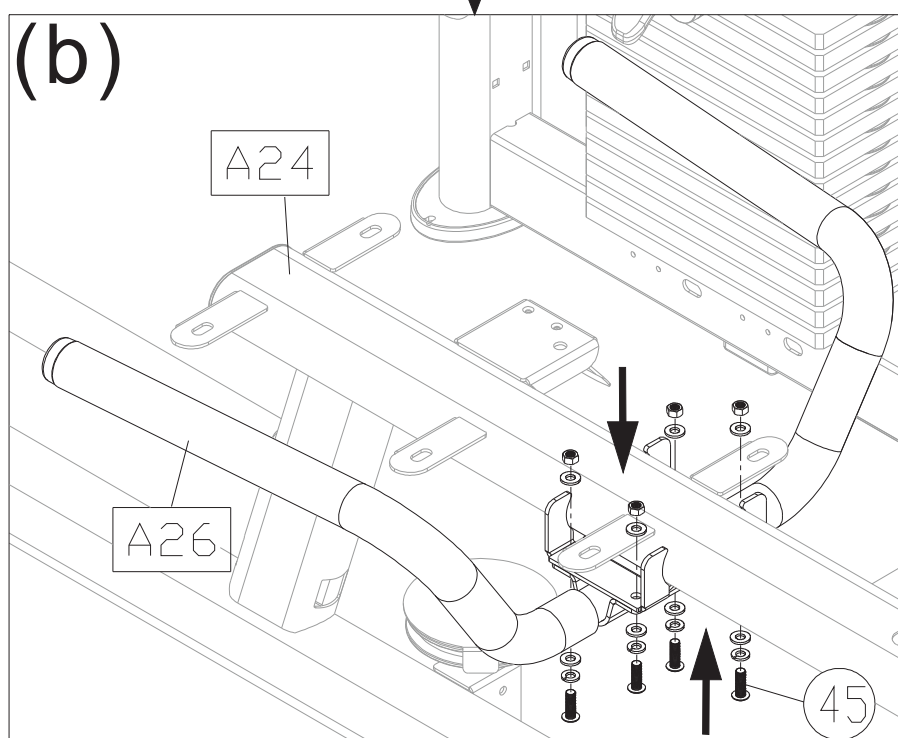
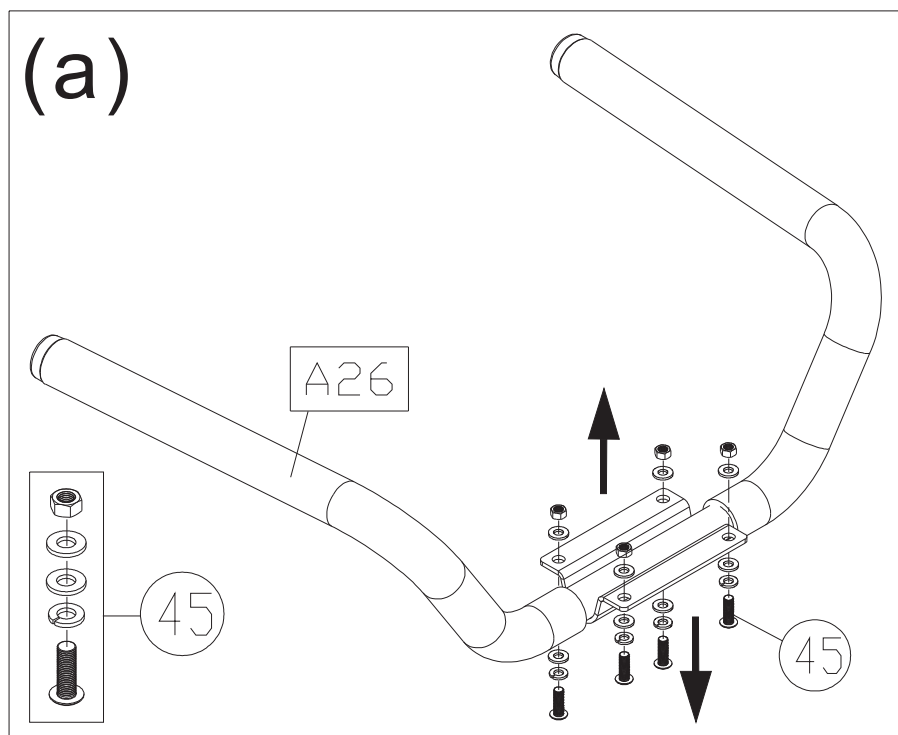


- (a). Loosen and remove the screws (43)(44) from the foot press plate (A21) and the stopper (A22).
- (b). Use the screws (33) to secure the stopper (A22) to the front of the foot press plate (A21), and then set foot press plate (A21) in place of the seat frame (A24) on its mounts, then insert the axles and secure them with the screws (44).

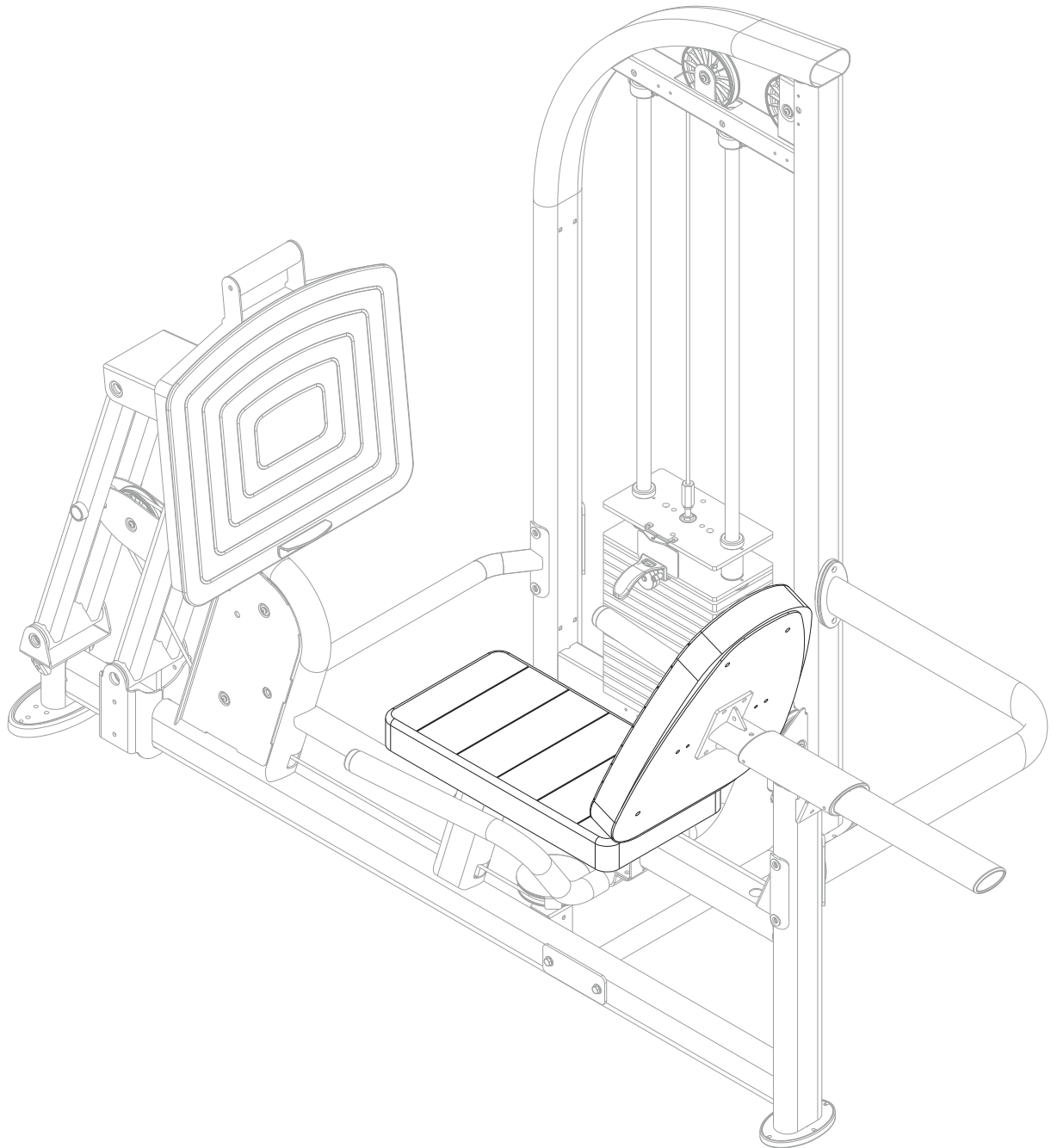


STEP 7 Handle Installation

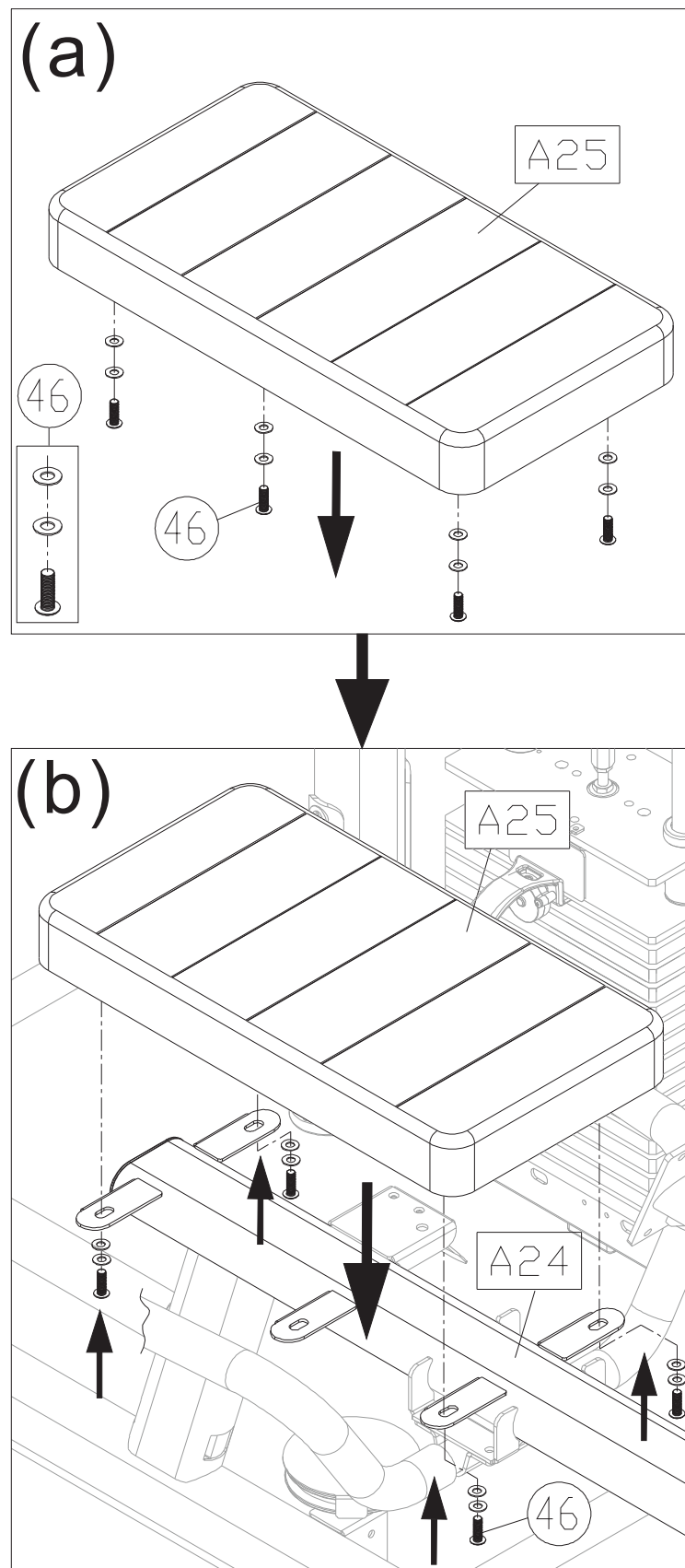
- (a). Loosen and remove the screws (45) from the handle (A26).
- (b). Rest the handle (A26) beneath the seat frame (A24) as shown, and then secure the screws (45) as shown.



STEP 8 Seat Bottom Installation

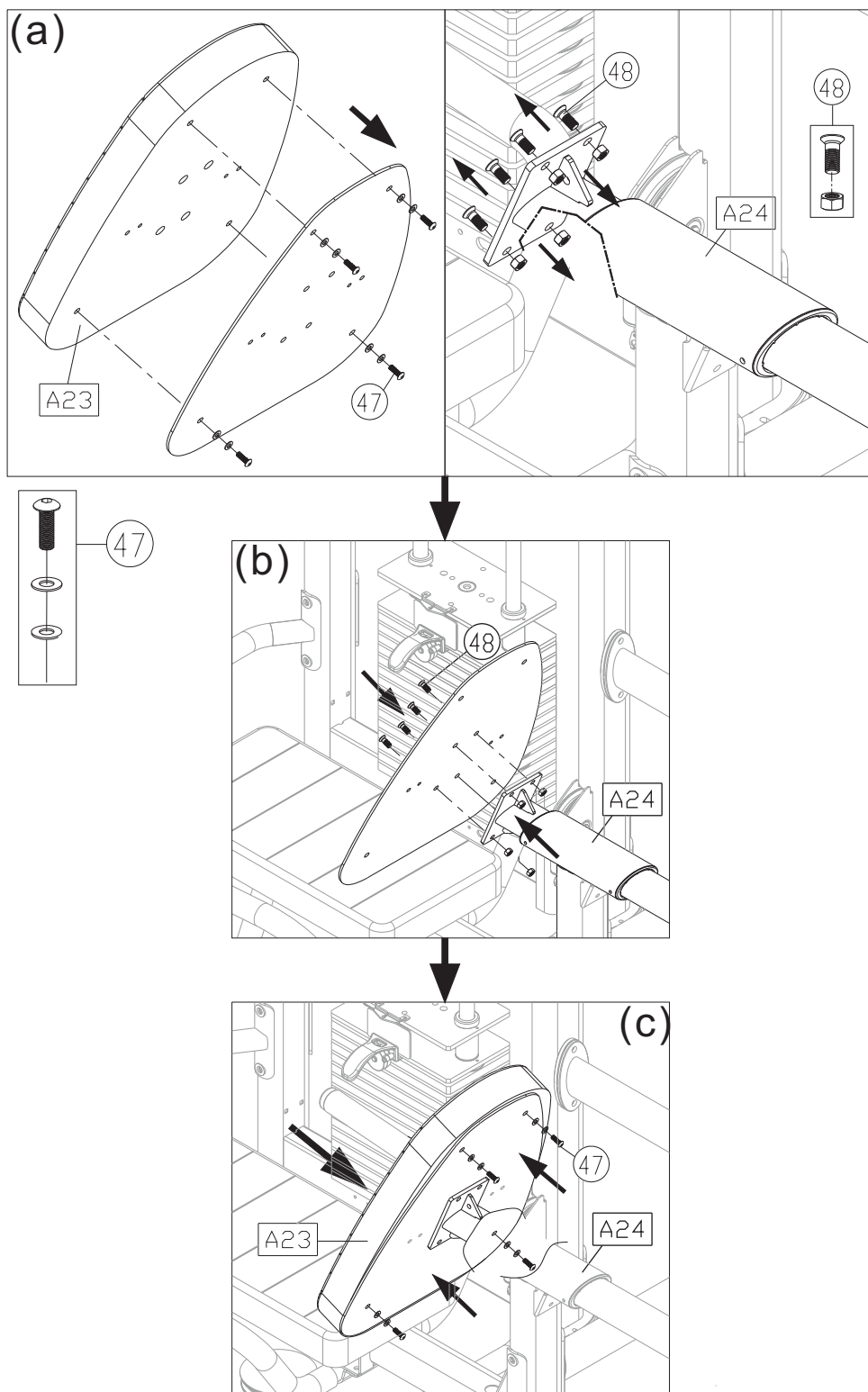


- (a). First, remove the screws (46) from the seat bottom (A25).
- (b). Use the screws (46) to secure the seat bottom (A25) to the seat frame (A24).



STEP 9 Seat Back Installation

- (a). First, remove the screws (47) (48) from the seat back (A23) and the seat frame (A24).
- (b). Use the screws (48) to secure the seat back plate to the seat frame (A24).
- (c). Secure the seat back (A23) to the seat back plate with the screws (47).

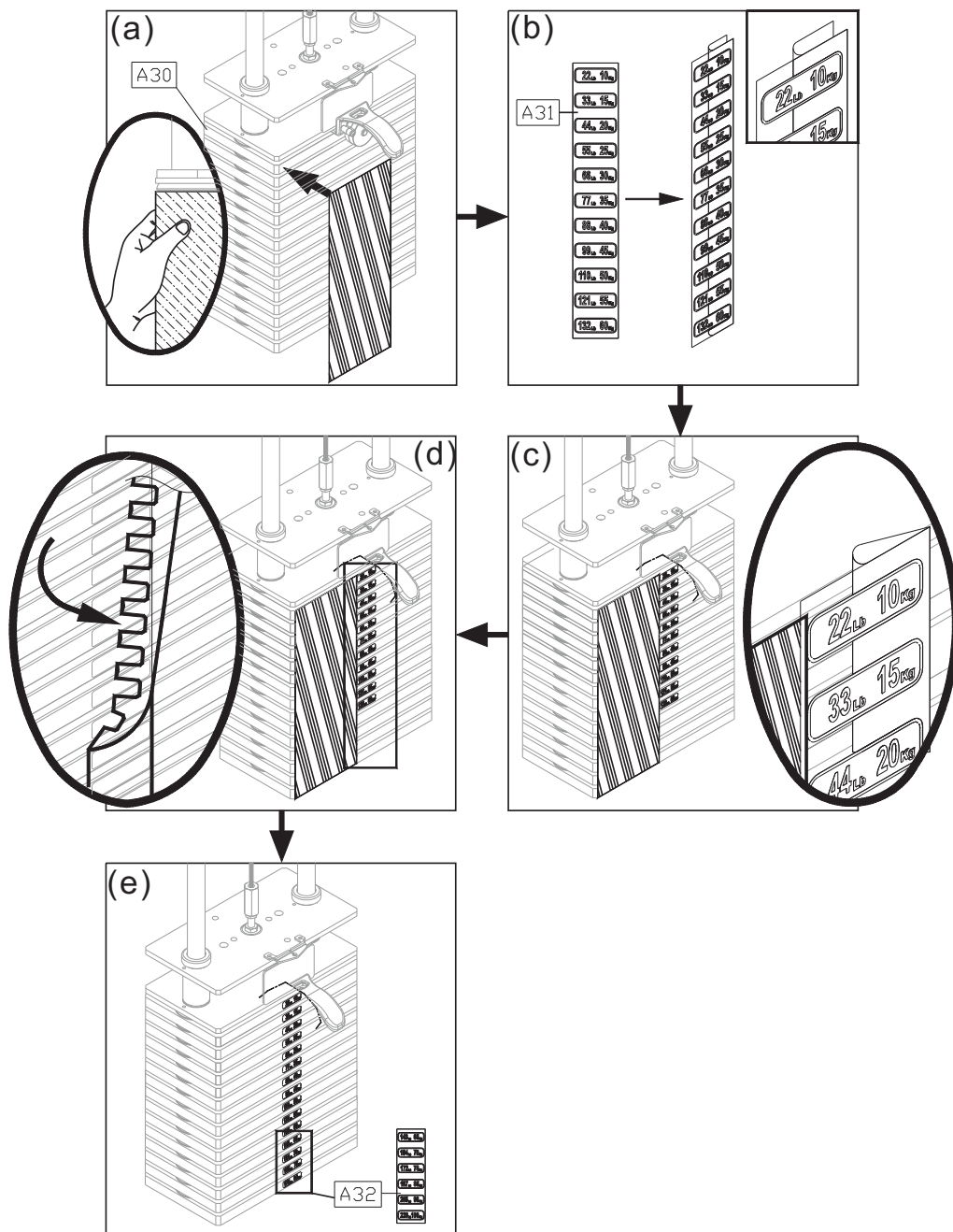


STEP 10 Apply the Weight Stack Sticker

Note: Before applying weight plate stickers, please wipe the area clean, and clean your hands before proceeding to the next step.

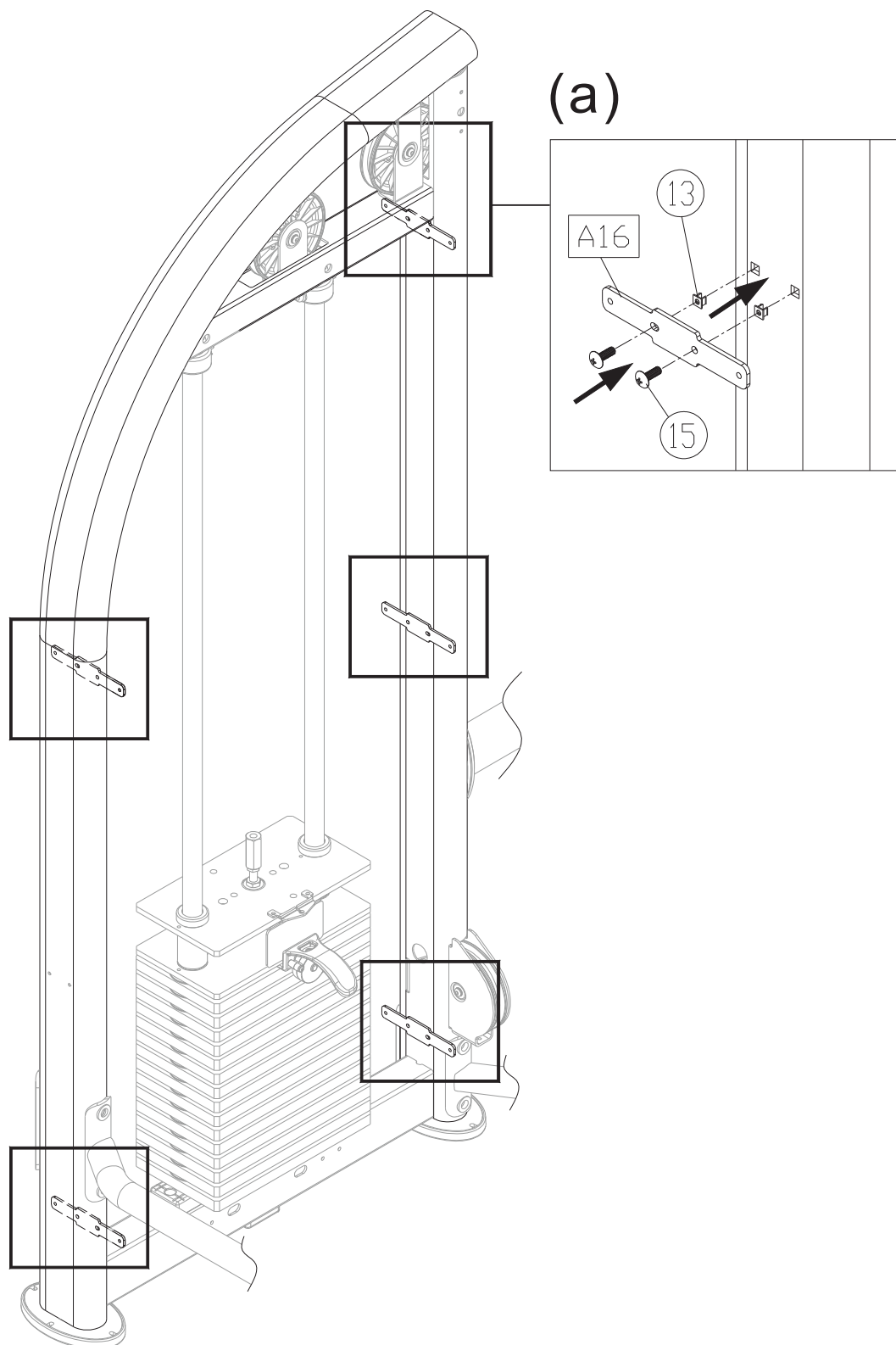
- (a). Align and tape the cardboard to the upper left corner of the weight plate (A30).
- (b). Peel off the top half of the weight sticker (A31) backing. Leave the clear outside margin in place on the sticker. Don't peel off the margin.
- (c). Press the numbered part of the sticker in place
- (d). Peel off the clear margin of the sticker.
- (e). Follow steps (b) ~ (d) to apply the weight plate sticker (A32) to the lower part of the weight stack. When the stickers are in place, peel off the cardboard. Press the sticker in place to ensure good contact on the weight plate.

*If there are additional optional weight plates, use the optional weight plate stickers.

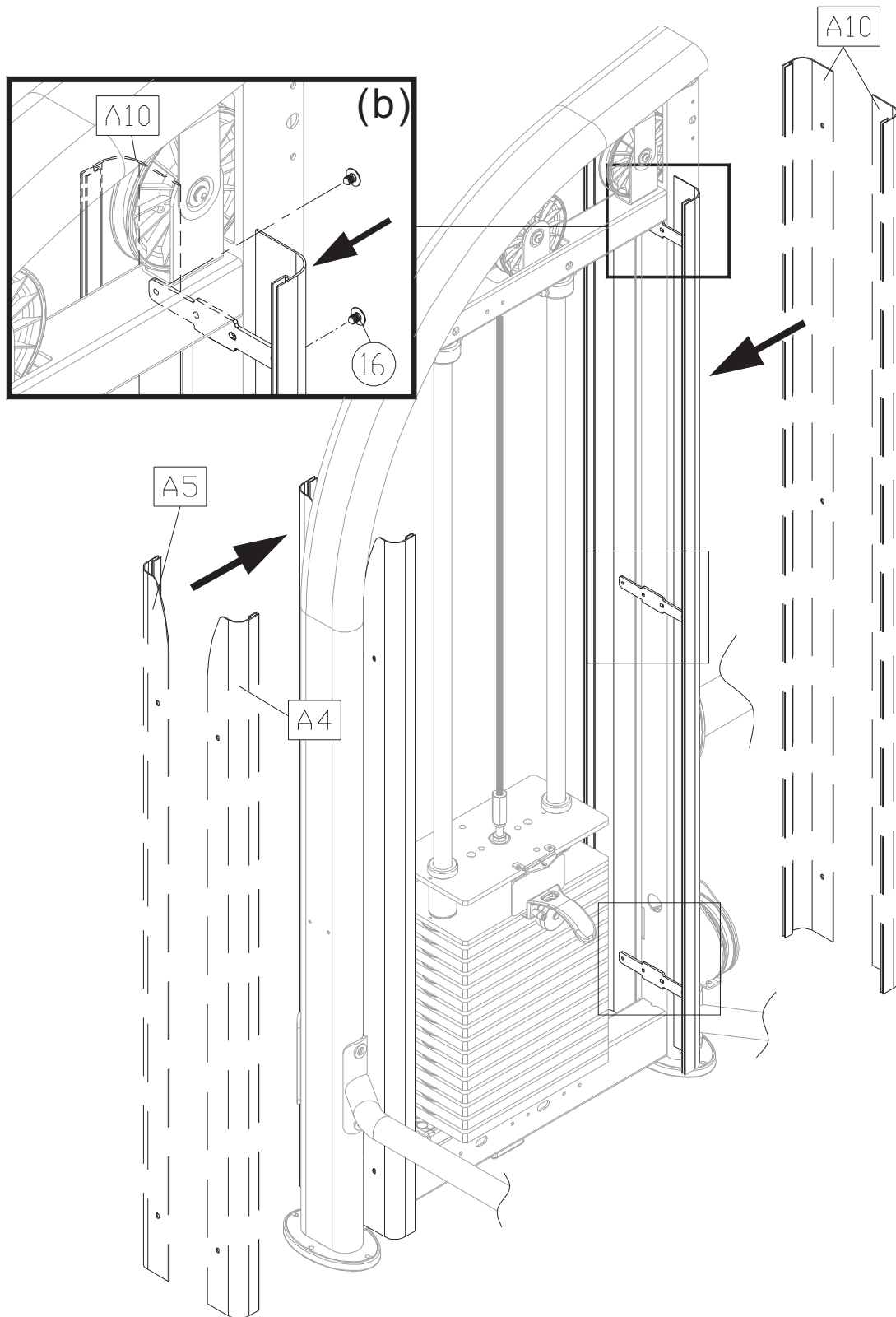


STEP 11 Cover Support Plate Installation

- (a). Insert the screw sockets (13) into place in the main frame (A3) as shown, and then use the screws (15) to secure the bracket (A16) in place. (Note: The bracket (A16) must be secured to the top of main frame as shown.)

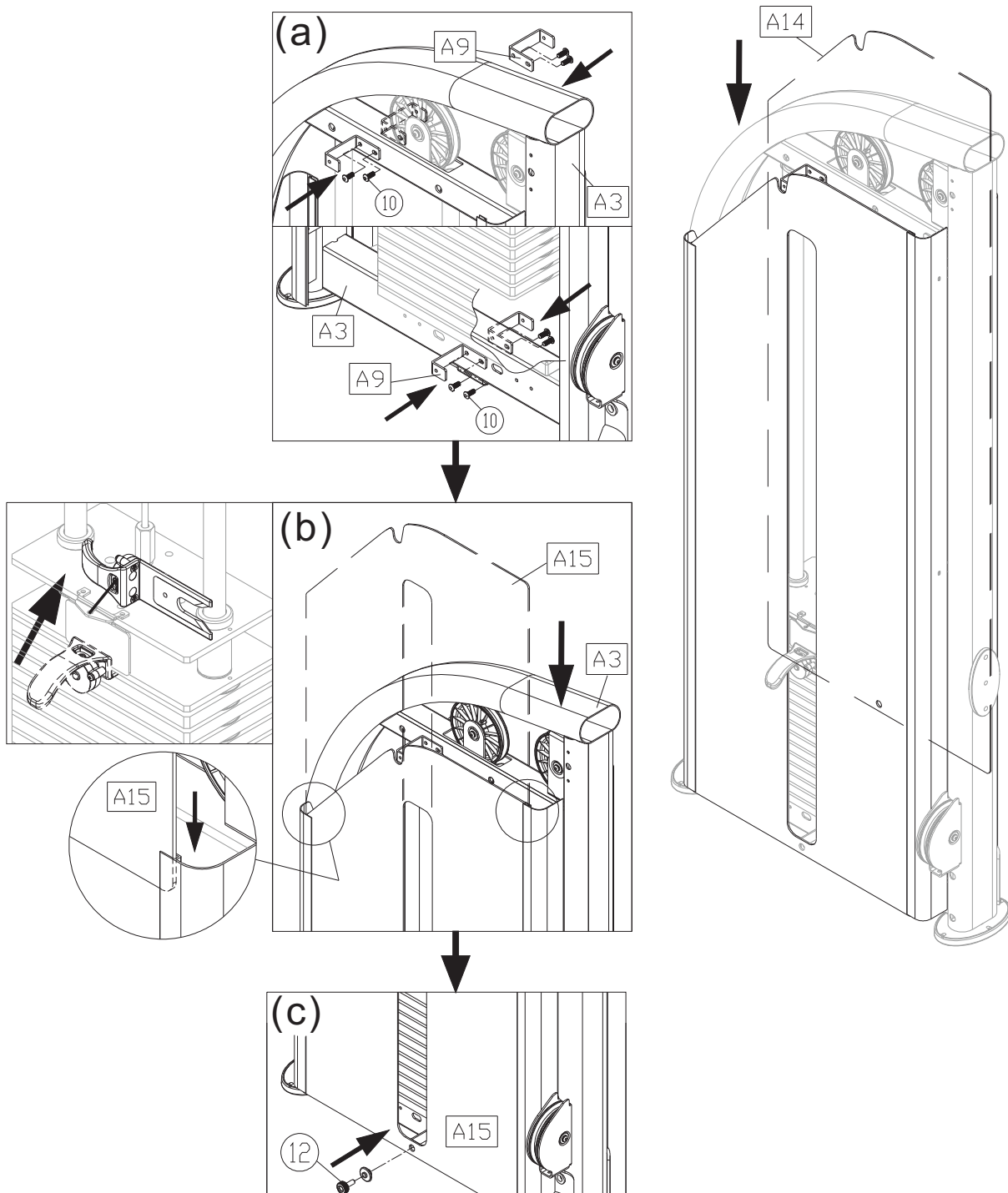


- (b). Use the screws (16) to secure the cover support plates (A10) to the straight frame of the main frame (A3) and then secure the cover support plates (A4) (A5) to the both side of the curved frame as shown. (Note: The cover support plates must be secured outside of the bracket (A16).)



STEP 12 Front Cover and Rear Cover Installation

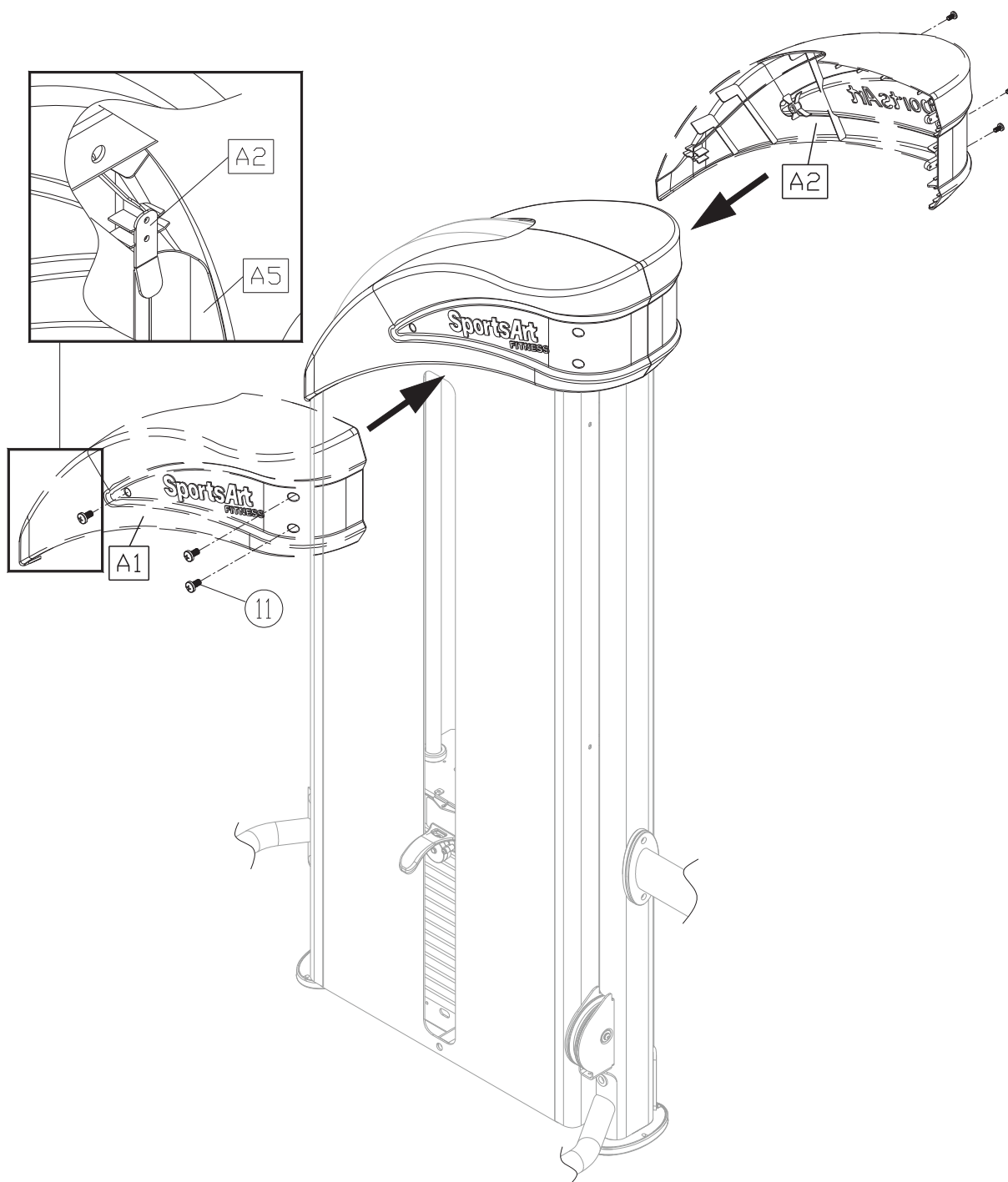
- (a). Use the screws (10) to secure the cover bracket (A9) in place on the main frame (A3) as shown.
- (b). Slide the front cover (A14) (A15) from the top down into the cover support plates' grooves.
(Note: Take out the stack fork (A7) and place it on the upper stack carriage set (A20) as shown to avoid damaging to the cover.)
- (c). Secure the assembly with the screws (12)



STEP 13 Top Covers Installation

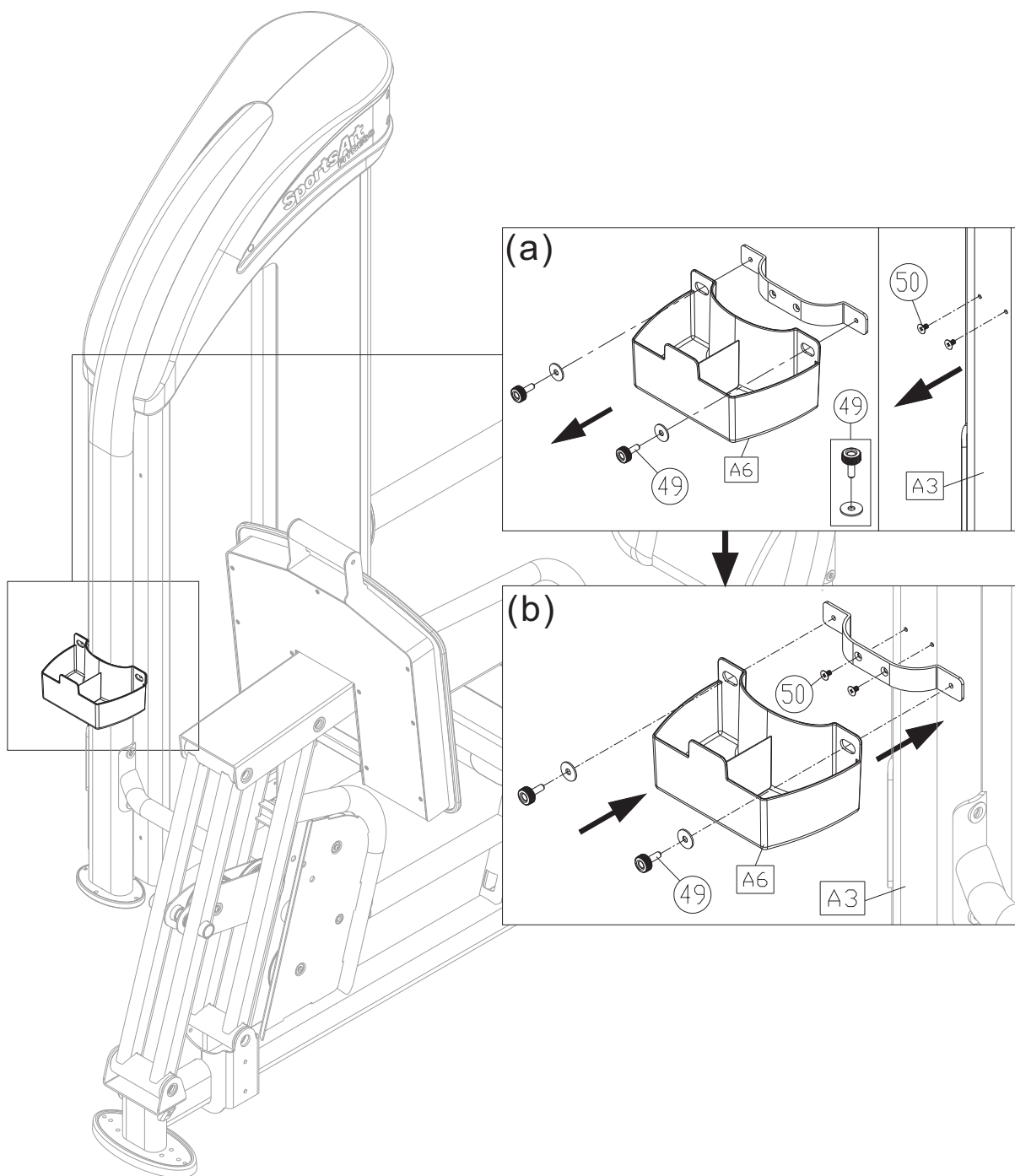
*Secure the weight stack top right cover (A1) and the top left cover (A2) with the screws (11).

(Note: During assembling, place the bracket of the top covers inside of the cover support plates as shown.)



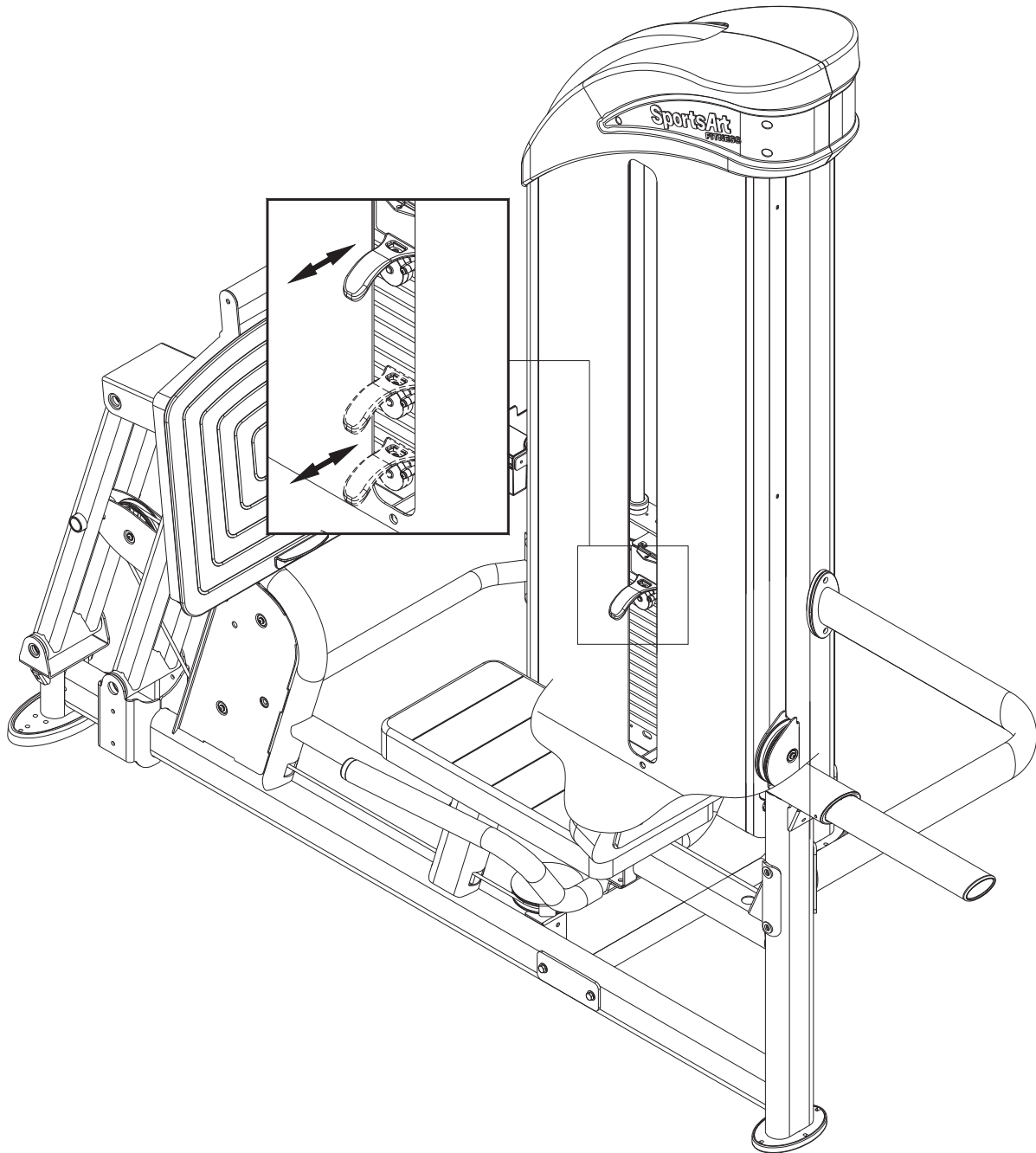
STEP 14 Storage Tray Installation

- (a). Loosen and remove the screws (49) (50) from the storage tray (A6) and the main frame (A3).
- (b). Hold the storage tray (A6) in place and secure it with the bracket and the screws (50) (49) as shown.



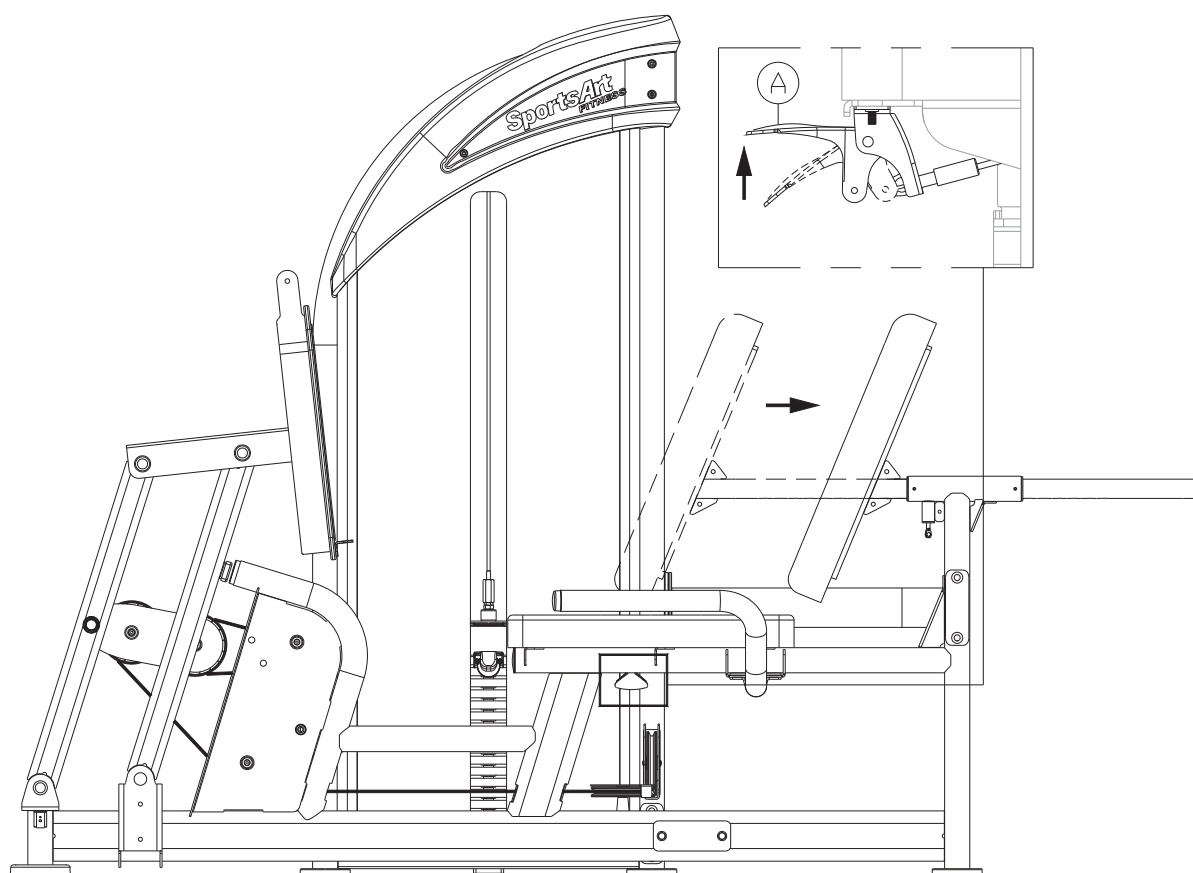
STEP 15 Stack Fork Inspections

*Insert the stack fork to make sure that every weight plate can be engaged easily.



5. OPERATION INSTRUCTION

To move the seat back position toward yourself, simply pull it. To move the seat back away from yourself, pull the knob of area A and press the seat back.



6. MAINTENANCE

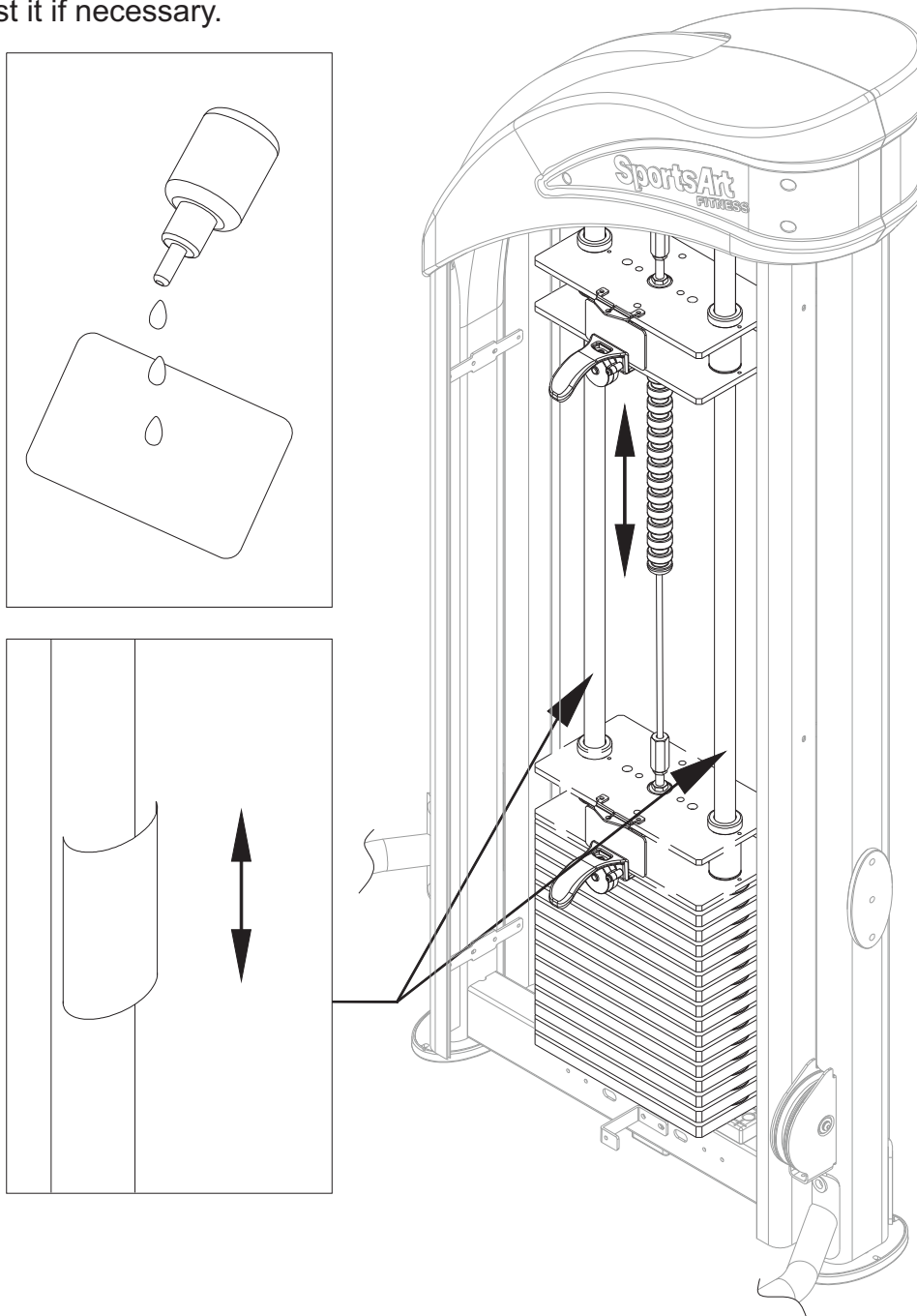
This section covers maintenance topics and includes a maintenance schedule, task list, and log.

1. Apply lubricant to the guide rods every week.

Procedure:

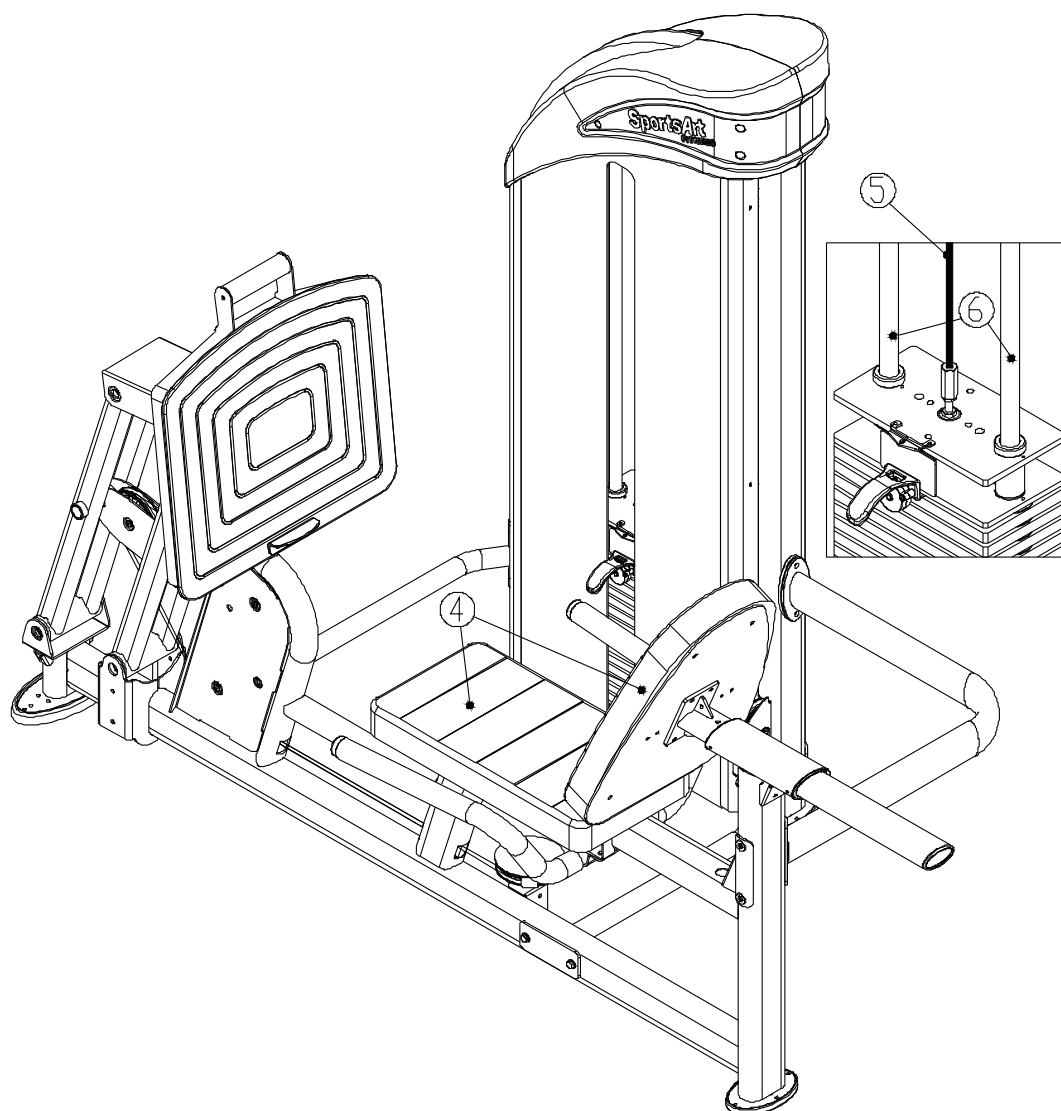
- (a). Put some lubricant on a clean, lint-free cloth. Rub the lubricated cloth on the guide rods.
- (b). Load the upper stack carriage set. Exercise to test operation.
- (c). Repeat steps (a) and (b) 2-3 times. (Note: the cloth should be lint-free.)

2. After lubricating the guide rods, inspect cable tightness. Refer to the manual, and adjust it if necessary.



Maintenance Schedule

(P756) Maintenance Schedule							
	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	•					Clean
2	Screws	•					Inspect for looseness and secure if necessary.
3	Test	•					Check for proper equipment operation.
4	Seat/Back Cushion	•					Use dampened cloth to clean.
5	Cable		•				Check for damage or wear. Replace it if necessary.
6	Guide Rod		•				Clean and lubricate.



Maintenance Task List

Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

Daily tasks

1. Use a clean, lint-free towel, to wipe down the product exterior.
2. Inspect all screws. Secure if necessary.
3. Make sure the machine is working properly.
4. Wipe cushions clean with a damp cloth.

Weekly tasks

1. Check the cable for damage or tear.
2. Clean and lubricate the guide rods.

Caution

- Please follow standard safety precautions when working on this product.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.

Maintenance One-Year Maintenance Log

Facility : _____ Supervisor: _____

Product Model Number : _____ Serial Number: _____

Start Date: _____ End Date: _____

Daily Tasks	Weeks 1-7							Weeks 8-14							Weeks 15-21							Weeks 22-28						
Completed																												

Daily Tasks	Weeks 29-35							Weeks 36-42							Weeks 43-49							Weeks 50-52						
Completed																												

Weekly Tasks	Weeks 1-7							Weeks 8-14							Weeks 15-21							Weeks 22-28						
Completed																												

Weekly Tasks	Weeks 29-35							Weeks 36-42							Weeks 43-49							Weeks 50-52						
Completed																												

Monthly Tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed												

Quarterly Tasks	Quarter 1				Quarter 2				Quarter 3				Quarter 4			
Completed																

Yearly Tasks	Year 1											
Completed												

Notes: _____

7. CONSIGNES DE SÉCURITÉ IMPORTANTES

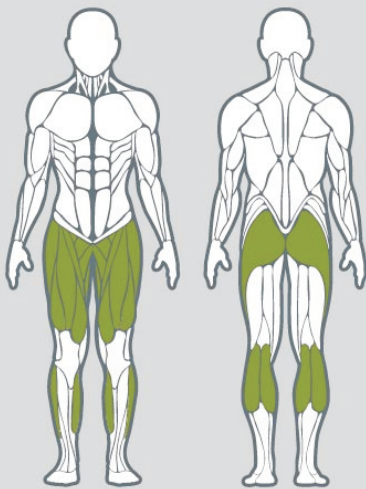
Le produit SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre produit.

- Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:
- Veuillez lire attentivement les instructions et installer le produit selon les instructions.
- Assemblez et faites fonctionner le produit sur une surface solide et plane; NE PAS l'utiliser à l'extérieur ou près de l'eau.
- En aucun cas, ne laissez des enfants à proximité ou sur le produit.
- Vérifiez le tapis de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées et que tous les éléments de fixation sont serrés. NE PAS utiliser le produit si l'appareil est démonté de quelque façon.
- Gardez vos mains loin des pièces mobiles.
- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs.
- Soyez prudent lors du montage et démontage de l'appareil.
- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.
- Une surveillance étroite est nécessaire quand de produit est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez ce produit uniquement pour l'usage prévu dans ce manuel.
- La limite de poids de l'utilisateur pour le produit est de 227 kg, 500 lb.
- Ce produit n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de produit par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.

ATTENTION

Si vous ressentez une douleur ou si vous avez une sensation anormale, **ARRÊTEZ VOTRE ENTRAÎNEMENT** et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. **NE PAS** s'entraîner jusqu'à l'épuisement. Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet. Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot «vis» est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

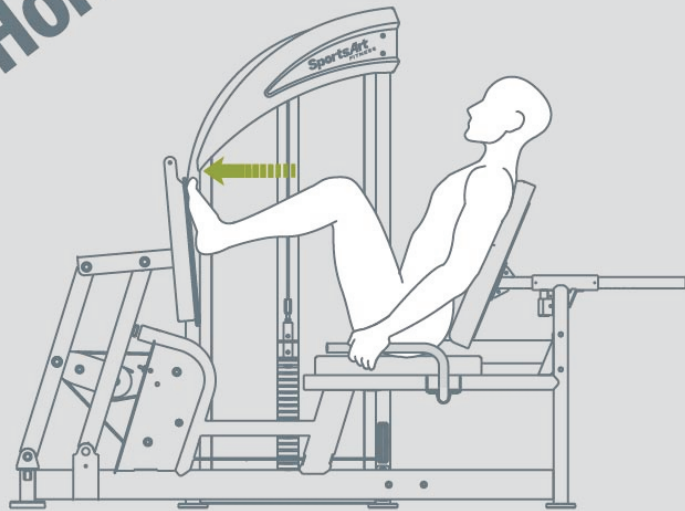
P756 Horizontal Leg Press



www.sportsartfitness.com

CAUTION

Do not use this machine if you are unfamiliar or do not know how to operate it. Do not allow people near this machine when in use. Keep clear of parts not intended for contact during exercise. For your safety, exhale while you exert force.



- 1 Use the lever at the right side of the seat to adjust the seat back position.
- 2 Sit on the seat with the knee bending at a 90° angle in the starting position.
- 3 Select weight that allows you to perform the exercise correctly.
- 4 Place your back firmly against the seat back cushion. Grasp the side handles.
- 5 Place your feet in the center of the footplate. Position your feet shoulder-width apart and parallel.
- 6 Press against the footplate until the legs are just short of full extension.
- 7 Exhale while exerting force.