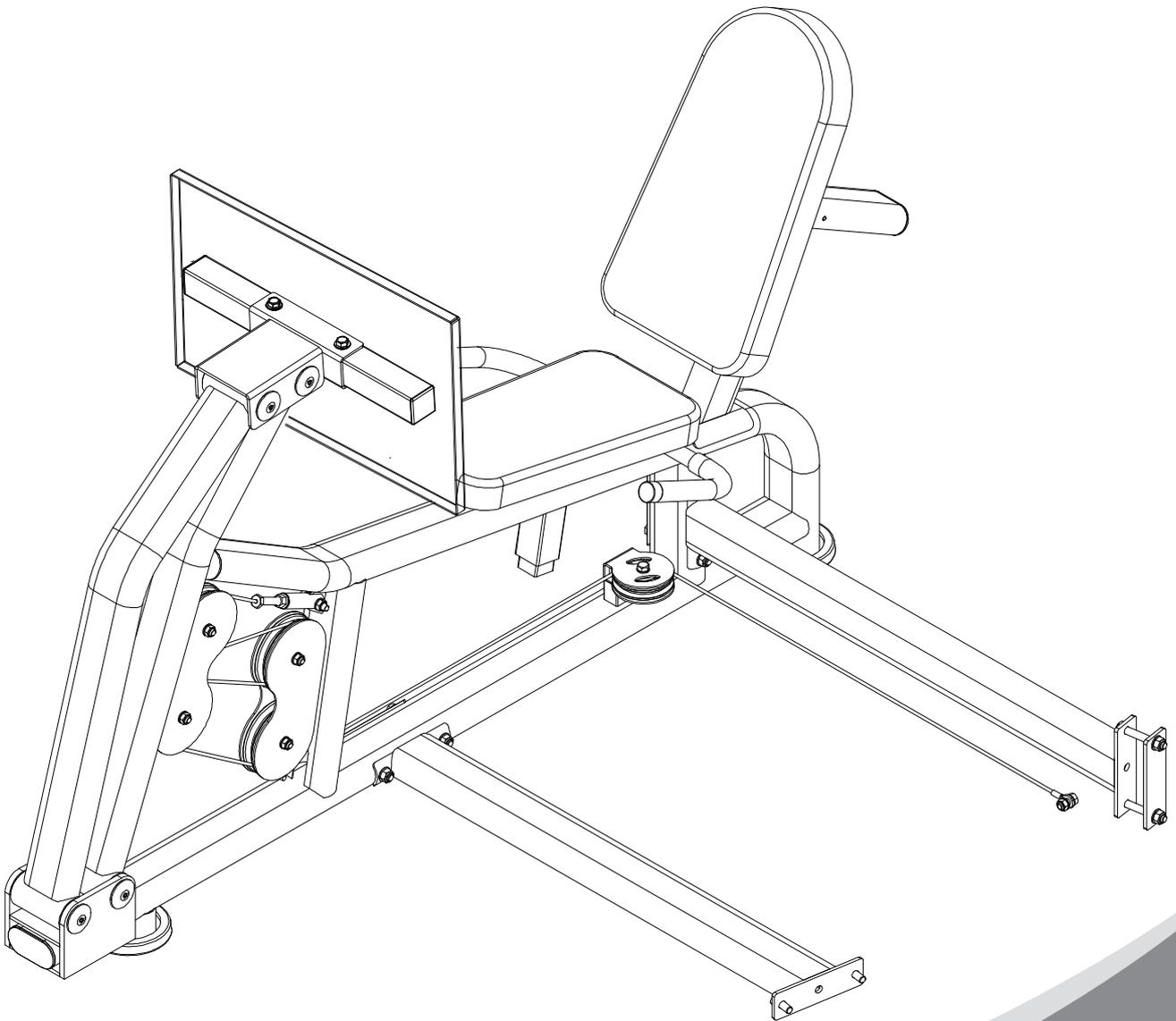




*BK-179B(BPGYPHG-LP)*

**Leg Press For Pro-Home Gym**

## *Installation Instructions*



**IMPORTANT: Please read the Safety Guidelines and Installation Instructions in this manual before assembly of this product.**

## Safety Guidelines When Using This Product

**Personal Safety during Assembly. Assistance may be required during assembly of this product.**

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the product on a solid, level surface.
- Locate the unit a few feet from the walls or furniture to provide easy access.
- The product is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your new product.
- After assembly, you should check all functions to ensure correct operation.
- If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call our product service team who will be able to assist.

**Successful resistance training programmes have one prominent feature in common...safety. Resistance training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct lifting techniques, proper breathing, and maintaining equipment in good working condition, and by wearing the appropriate clothing.**

- It is highly recommended that you consult your physician before beginning any exercise programme. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.
- Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.
- Use proper form. Focus on only working the muscle groups intended for the exercise you are doing. If there is strain elsewhere, you may need to re-evaluate the amount of weight that is involved with the lift. Keeping proper form also includes maintaining control through an entire range of motion.

- Breathe properly. Inhale during the eccentric phase of the exercise, and exhale during the lifting, or concentric phase. Never hold your breath during any part of an exercise.
- Always wear the appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and loose fitting, breathable clothing will reduce the risk of injury.
- Maintaining equipment in proper operating condition is of utmost importance for a safe resistance training program. Pulleys and cables should be checked for wear frequently and replaced as needed. Equipment should be lubricated as indicated by the manufacturer.
- Read and study all warning labels on this machine. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.
- Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.
- Do not attempt to lift more weight than you can control safely.
- Inspect the machine daily for loose or worn parts. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.

## Product Maintenance

### **CABLES:**

When the machine is not in use carefully run your fingers along the cable to feel for thinning or bulging areas. Replace cables immediately at the first sign of damage or wear. Do not use equipment until damaged cable has been replaced.

Visually inspect the cables for fraying, cracking, peeling or discoloration.

Check slack in cables and re-adjust cable tension if needed.

Check that the jam nut on the selector rod top bolt is tight.

### **UPHOLSTERY:**

Wipe down after every workout.

Periodically take the time to use a mild soap or a mild vinyl upholstery cleaner. Avoid using any abrasive cleaner not intended for use on vinyl.

Keep sharp or pointed objects out of your pockets and clear of all upholstery.

### **NUTS/BOLTS/FASTENERS:**

Periodically inspect all nuts and bolts. Tighten if needed. If bolts seem to loosen periodically, use Loctite 242 for a long-term cure.

Go through a re-tightening sequence periodically to ensure that all hardware is properly tensioned.

**GUIDE RODS:**

Wipe clean with a dust free rag. Lubricate with a Silicon or Teflon based lubricant.

**ADJUSTMENTS / LOCKING PINS / TIGHTENING KNOBS:**

Check all pieces for signs of visible wear or damage.

Check springs in Snap Links and Pop Pins for proper tension and alignment.

If the spring sticks or has lost its rigidity, replace it immediately.

**ANTI-SKID SURFACES:**

Replace if they appear worn or become slippery.

**WARNING INSTRUCTION LABELS:**

Inspect and familiarize yourself with all safety warnings and other user information on decals.

**Product Service Team;**

**Tel No.: 01604 673029**

**Email: [service@bodypower.co.uk](mailto:service@bodypower.co.uk)**

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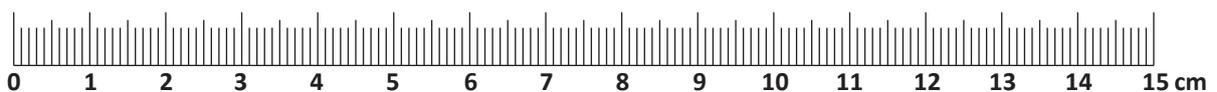
## Parts list

NO.	Serial NO.	Description	Note	Qty.
5	BK-179B-5	gasket	Φ10	14
11	BK-179B-11	lock nut	M8	2
15	BK-179B-15	gasket	Φ8	13
18	BK-179B-18	locking spring knob	Φ10	2
20	BK-179B-20	gasket	Φ12	15
21	BK-179B-21	lock nut	M12	6
23	BK-179B-23	lock nut	M10	9
30	BK-179B-30	hexagon bolt	M10*25	1
35	BK-179B-35	big gasket	Φ25*10*2.0	4
52	BK-179B-52	hexagon bolt	M10*45	1
55	BK-179B-55	pulley	Φ95*26	1
65	BK-179B-65	hexagon bolt	M10*75	2
72	BK-179B-72	spring gasket	Φ8	8
89	BK-179B-89	foot cover	Φ120	2
92	BK-179B-92	tube plug	50-100	2
97	BK-179B-97	reducing sleeve	□50-40L	1
99	BK-179B-99	allen bolt	M8*16	1
100	BK-179B-100	tube plug	□25*50	2
125	BK-179B-125	support frame		1
126	BK-179B-126	front connection tube		1
127	BK-179B-127	back connection tube		1
128	BK-179B-128	reinforcing plate		1
129	BK-179B-129	arc-shape reinforcing plate		2
130	BK-179B-130	spring gasket	Φ12	2
131	BK-179B-131	hexagon bolt	M12*30	2
132	BK-179B-132	hexagon bolt	M12*80	2
133	BK-179B-133	hexagon bolt	M12*125	4
134	BK-179B-134	support tube/1		1
135	BK-179B-135	support tube/2		1
136	BK-179B-136	shaft	Φ25*125	2
137	BK-179B-137	plug		8
138	BK-179B-138	allen bolt	M10*25	8
139	BK-179B-139	shaft	Φ25*125	2
140	BK-179B-140	support tube		1
141	BK-179B-141	footplate		1
142	BK-179B-142	hexagon bolt	M10*50	4
143	BK-179B-143	big pulley	Φ127*28	4
144	BK-179B-144	cable	L=3195mm	1
145	BK-179B-145	hexagon bolt	M8*20	8

## Parts list

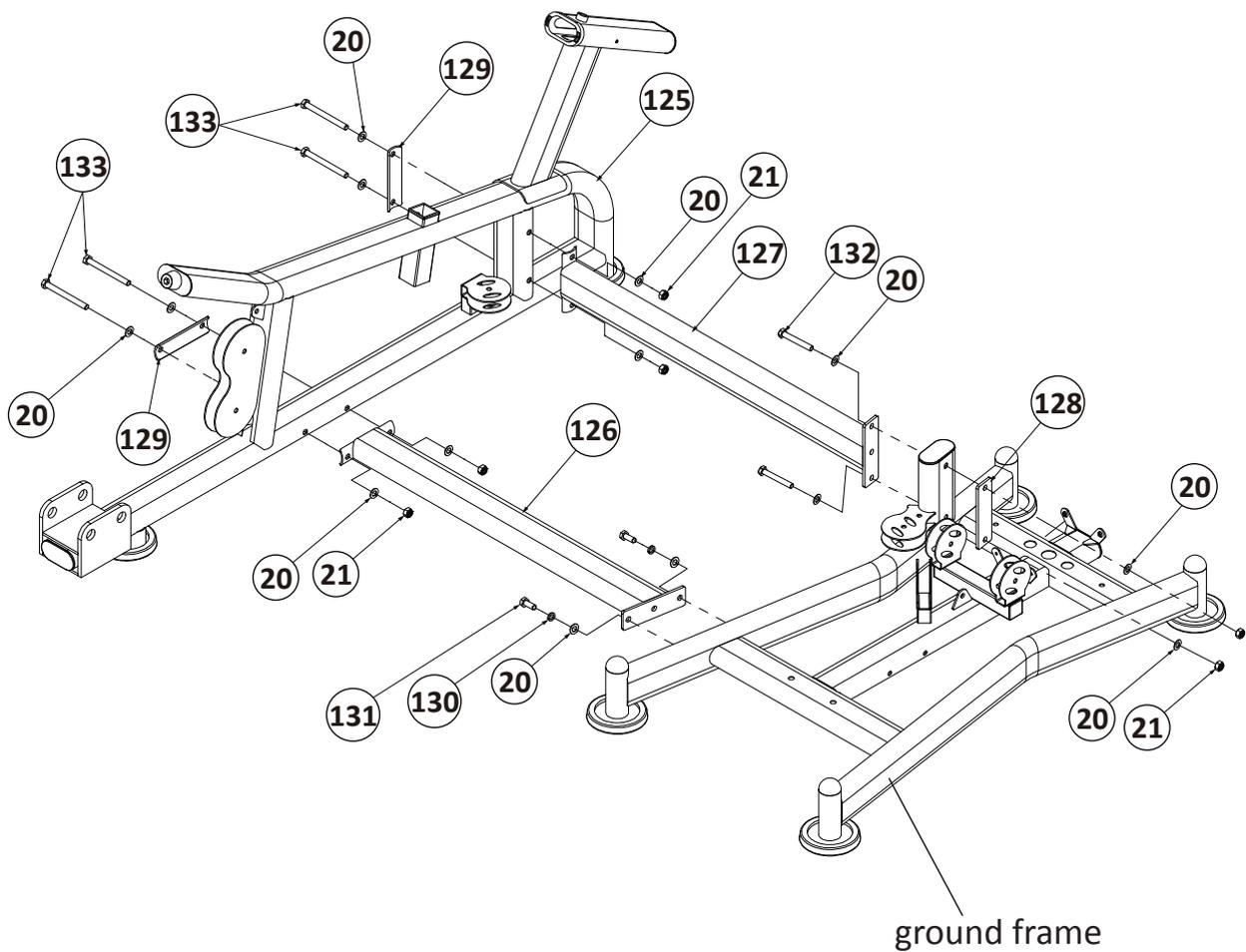
146	BK-179B-146	hexagon bolt	M8*70	2
147	BK-179B-147	seat pad adjuster tube		1
148	BK-179B-148	seat pad		1
149	BK-179B-149	handle		1
150	BK-179B-150	hexagon bolt	M8*25	1
151	BK-179B-151	back pad adjuster frame		1
152	BK-179B-152	back pad		1
153	BK-179B-153	reducing sleeve	50-100	1
154	BK-179B-154	rubber cushion	Φ42*Φ32*26	1
105	BK-179B-105	tube plug	□50-50*2.0	2
158	BK-179B-158	bearing	6005	8
159	BK-179B-159	handle	Φ25*130	2
160	BK-179B-160	handle outer stop collar	Φ33*Φ25*29	2
161	BK-179B-161	screw	M4*5	2
162	BK-179B-162	hexagon bolt	M10*40	1
163	BK-179B-163	cable adjuster sleeve		1

## Bolt length meter



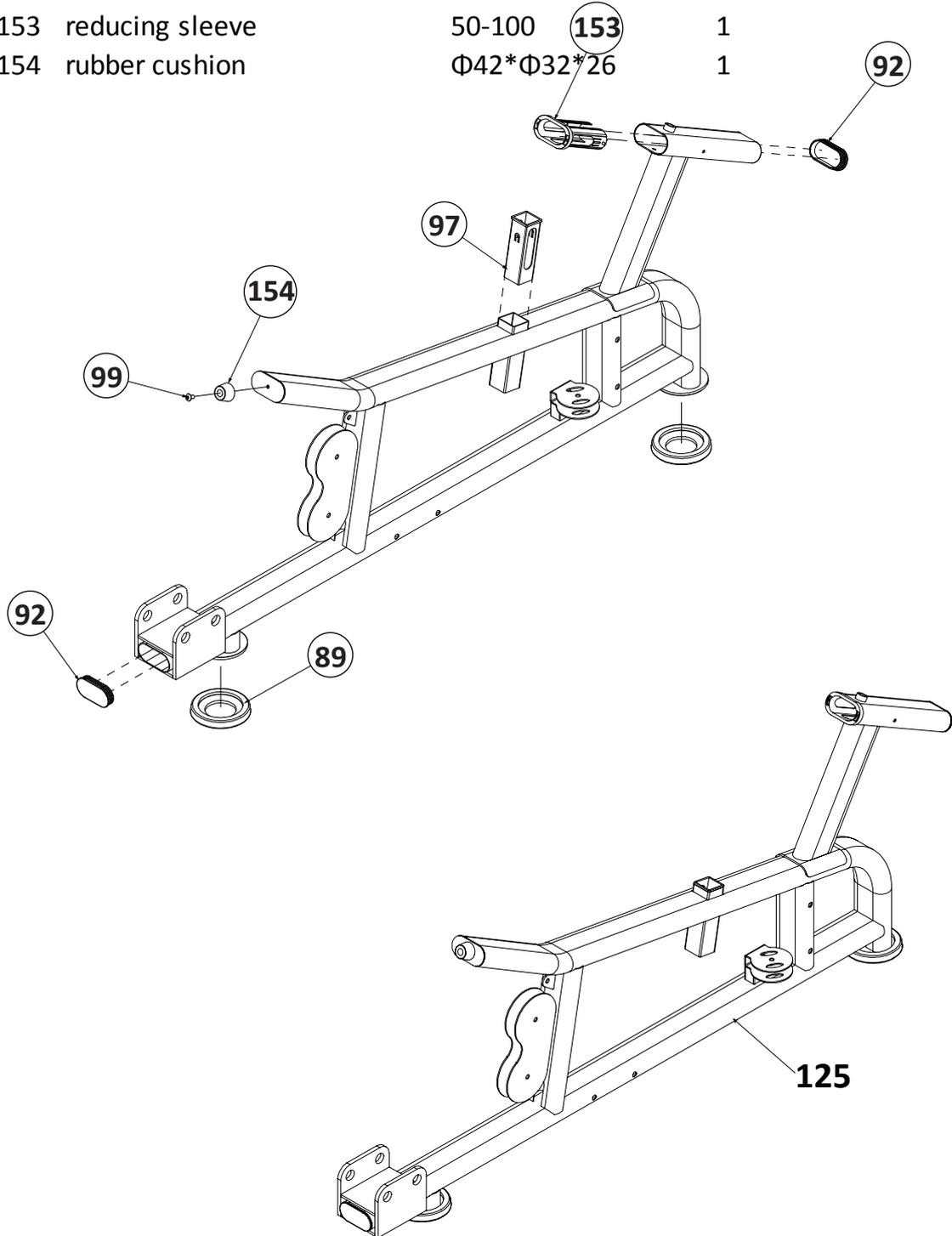
## Assembly step-1 explosion drawing

No.	Description	Note	Qty.
20	gasket	Φ12	14
21	lock nut	M12	6
125	support frame		1
126	front connection tube		1
127	back connection tube		1
128	reinforcing plate		1
129	arc-shape reinforcing plate		2
130	spring gasket	Φ12	2
131	hexagon bolt	M12*30	2
132	hexagon bolt	M12*80	2
133	hexagon bolt	M12*125	4

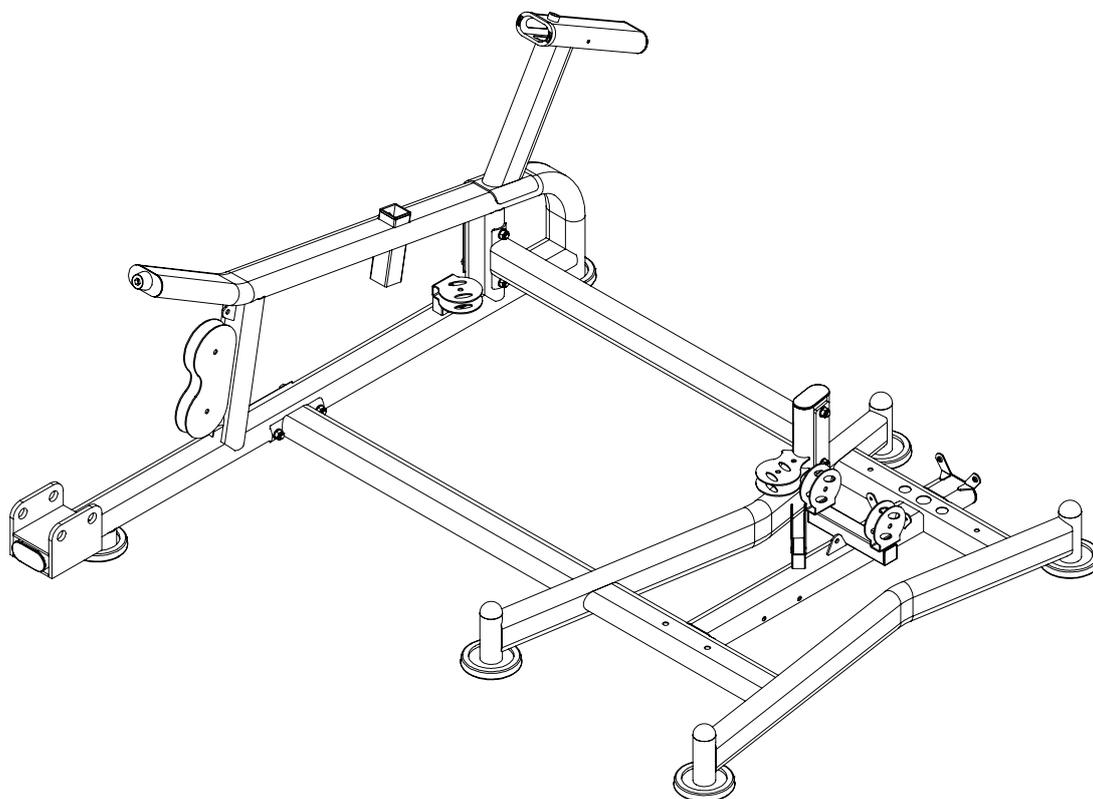


## Factory assembly explosion drawing

No.	Description	Note	Qty.
89	foot cover	Φ120	2
92	tube plug	50-100	2
97	reducing sleeve	□50-40L	1
99	allen bolt	M8*16	1
153	reducing sleeve	50-100	1
154	rubber cushion	Φ42*Φ32*26	1



## Assembly step-1 drawing

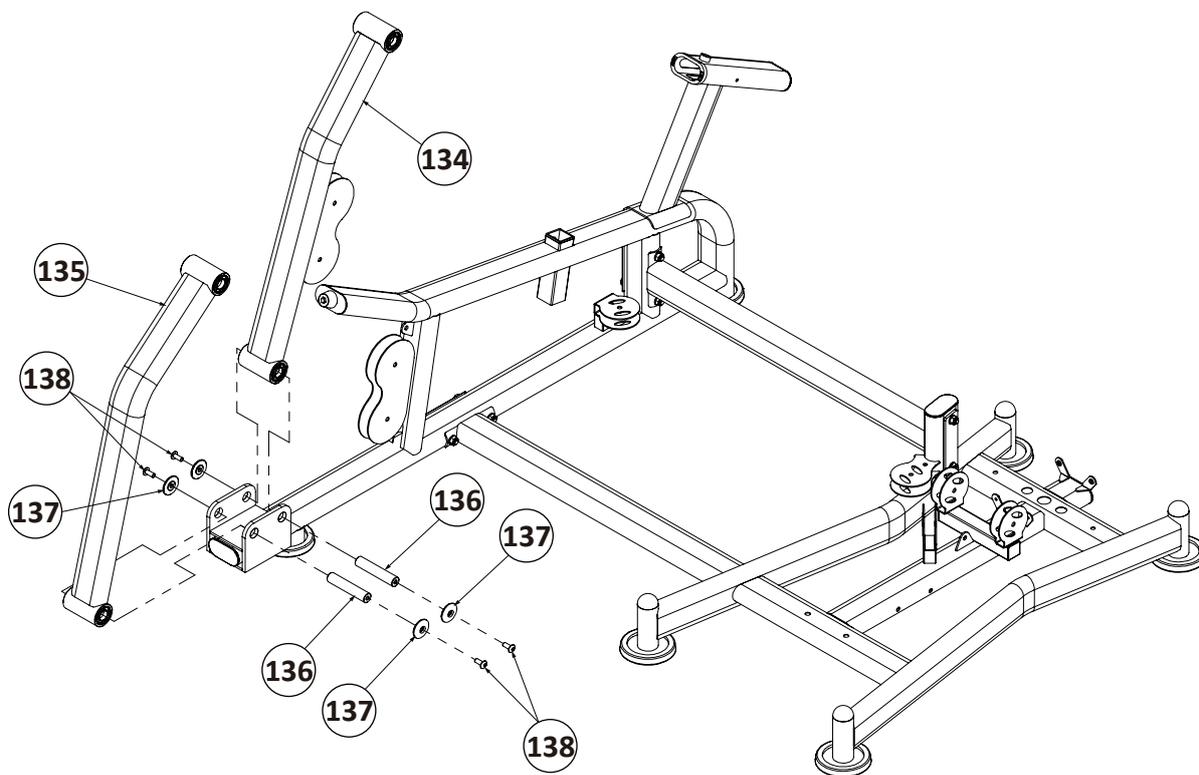


## Assembly step-1 installation instruction

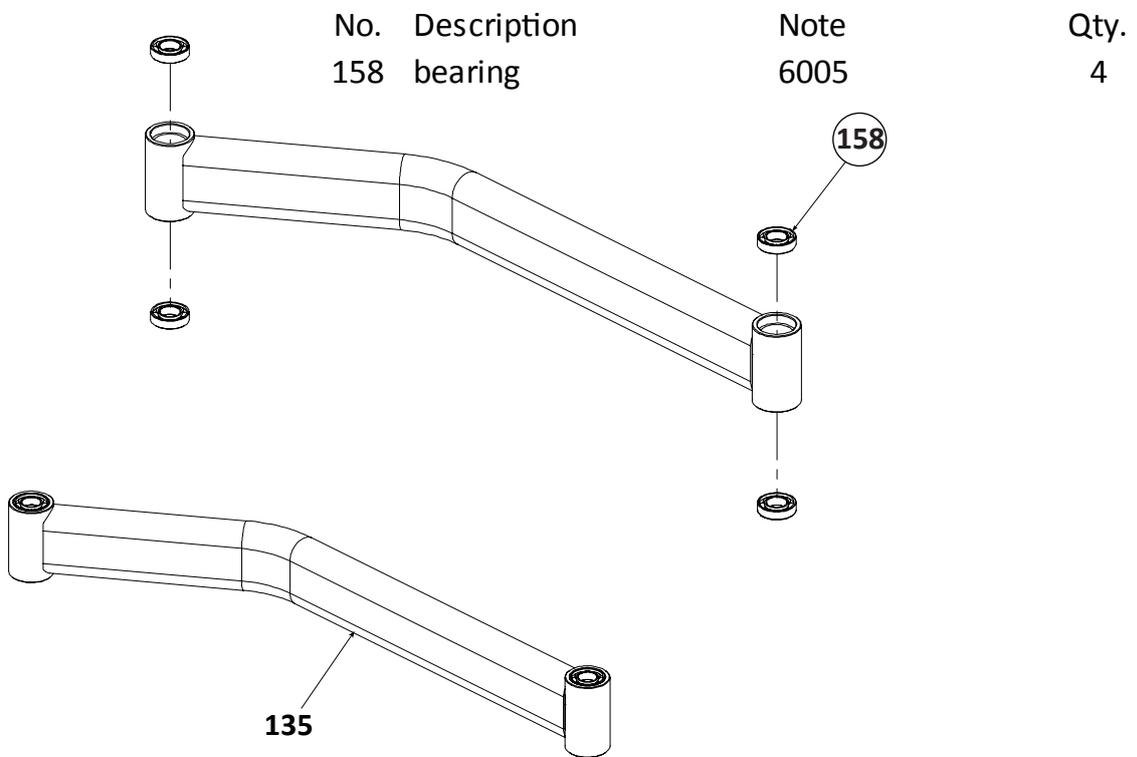
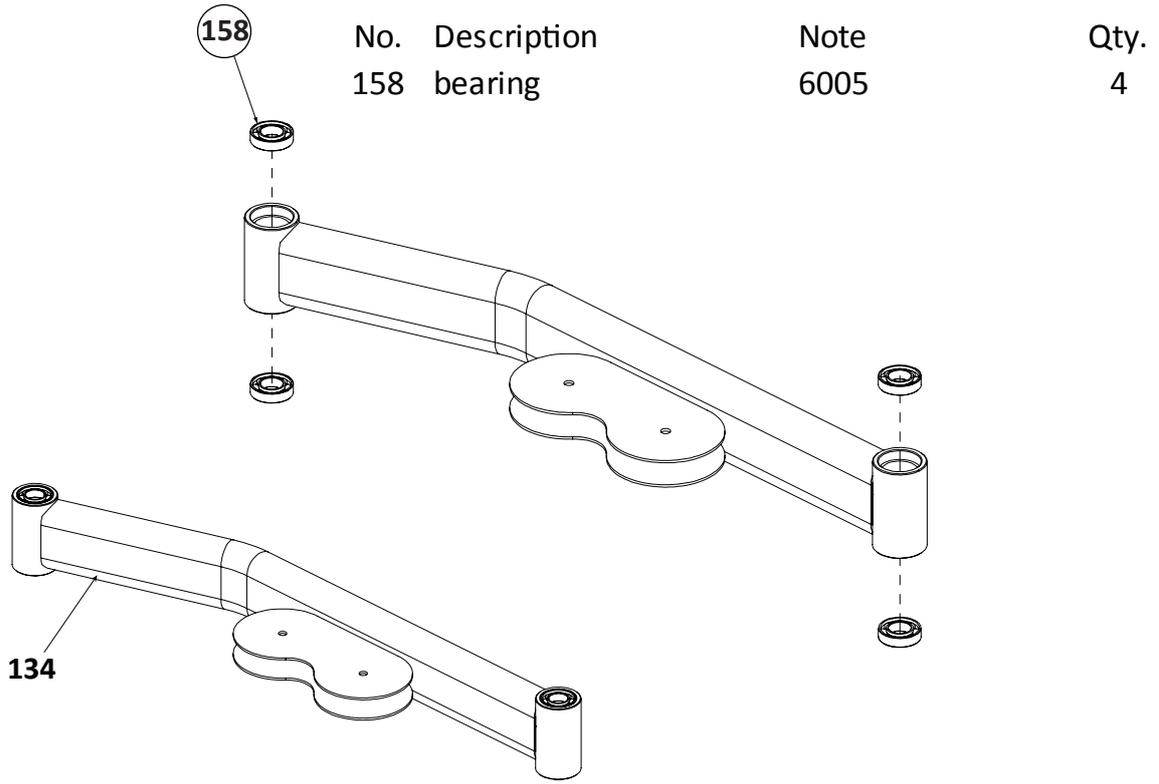
- 1 Fix front connection tube-126 fastening on ground frame using:  
M12\*30 hexagon bolt-131,  $\Phi 12$  spring gasket-130,  $\Phi 12$  gasket-20
- 2 Fix back connection tube-127 fastening on ground frame using:  
M12\*80 hexagon bolt-132,  $\Phi 12$  gasket-20, M12 lock nut-21, reinforcing plate-128
- 3 Fix support tube-125 fastening on front connection tube-126 using:  
M12\*125 hexagon bolt-133,  $\Phi 12$  gasket-20, M12 lock nut-21,  
arc-shaped reinforcing plate-129
- 4 Fix support tube-125 fastening on back connection tube-127 using:  
M12\*125 hexagon bolt-133,  $\Phi 12$  gasket-20, M12 lock nut-21,  
arc-shaped connection plate-129

## Assembly step-2 explosion drawing

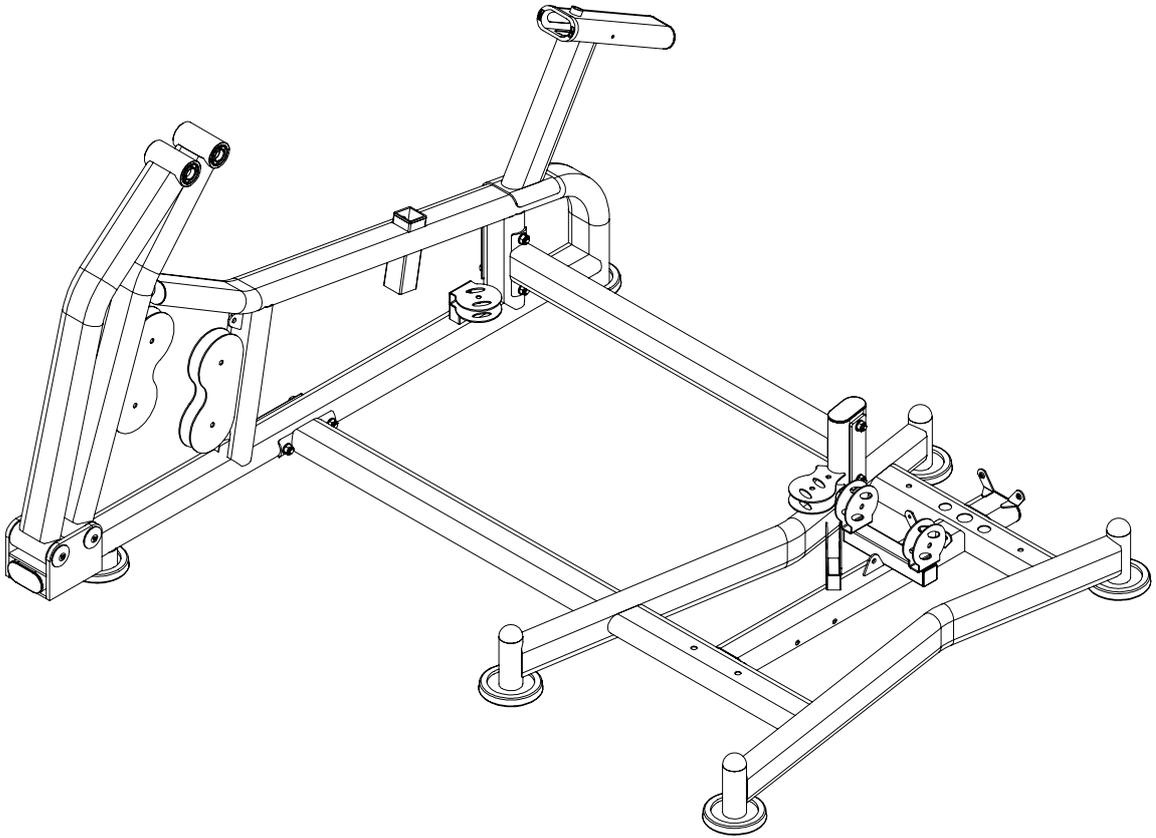
No.	Description	Note	Qty.
134	support tube/1		1
135	support tube/2		1
136	shaft	Φ25*125	2
137	plug		4
138	allen bolt	M10*25	4



# Factory assembly explosion drawing



## Assembly step-2 drawing

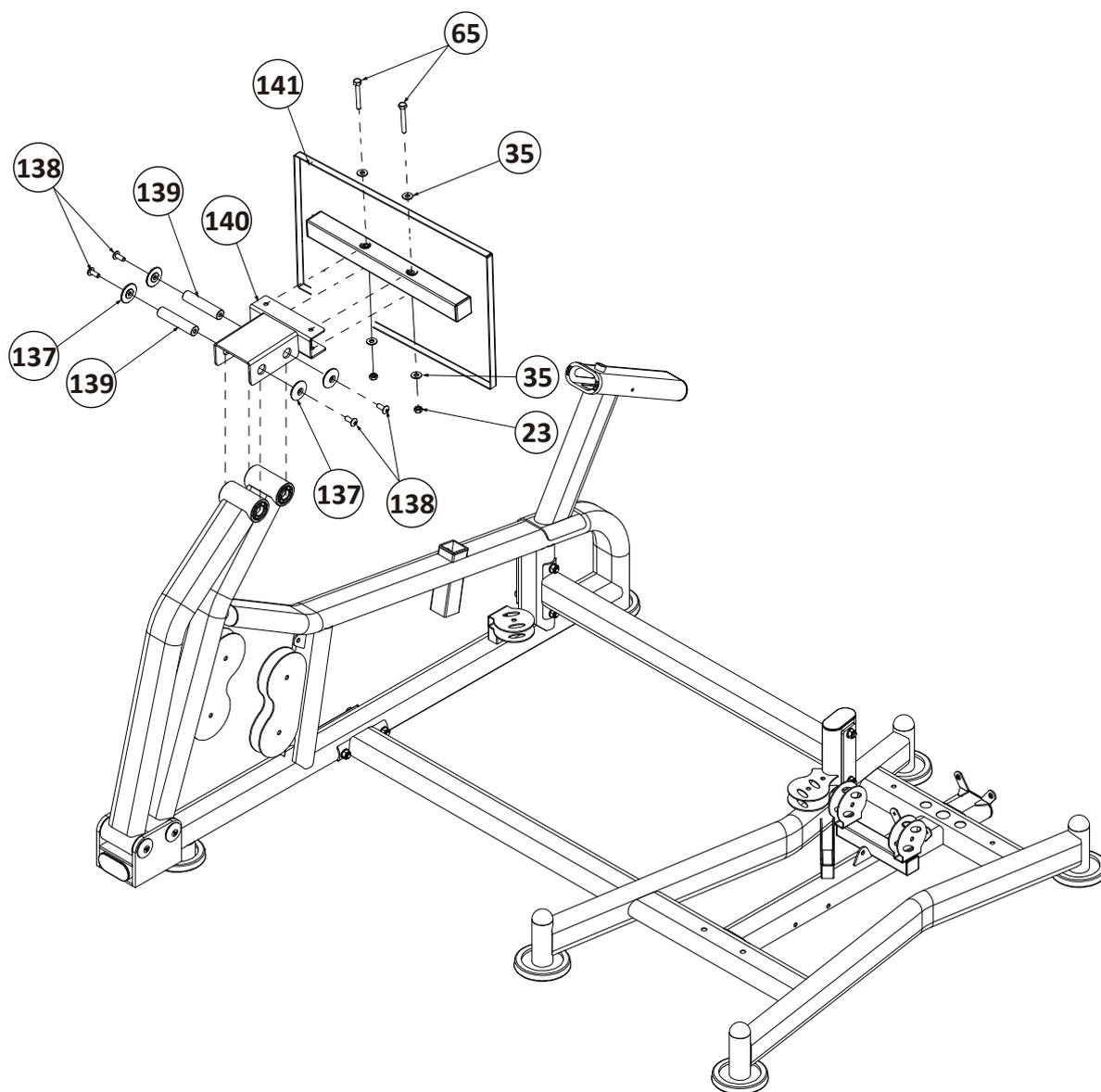


## Assembly step-2 installation instruction

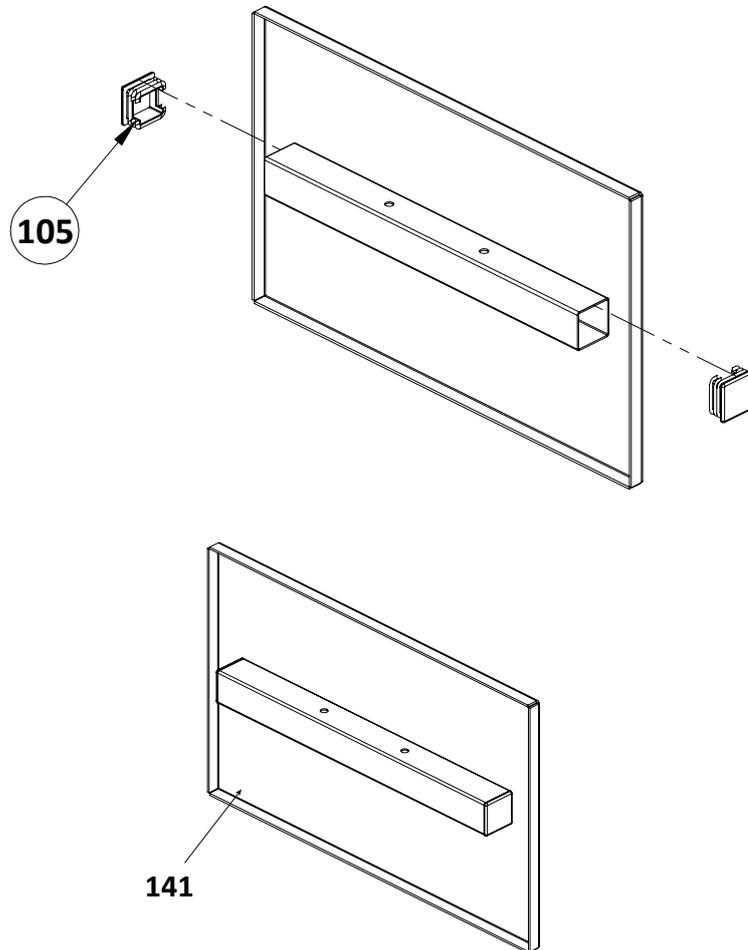
- 1 Fix support tube/1-134 on main frame using:  
Φ25\*125 shaft-136, plug-137, M10\*25 allen bolt-138
- 2 Fix support tube/2-135 on main frame using:  
Φ25\*125 shaft-136, plug-137, M10\*25 allen bolt-138

## Assembly step-3 explosion drawing

No.	Description	Note	Qty.
23	lock nut	M10	2
35	big gasket	$\Phi 25 \times 10 \times 2.0$	4
65	hexagon bolt	M10*75	2
137	plug		4
138	allen bolt	M10*25	4
139	shaft	$\Phi 25 \times 125$	2
140	support tube		1
141	footplate		1

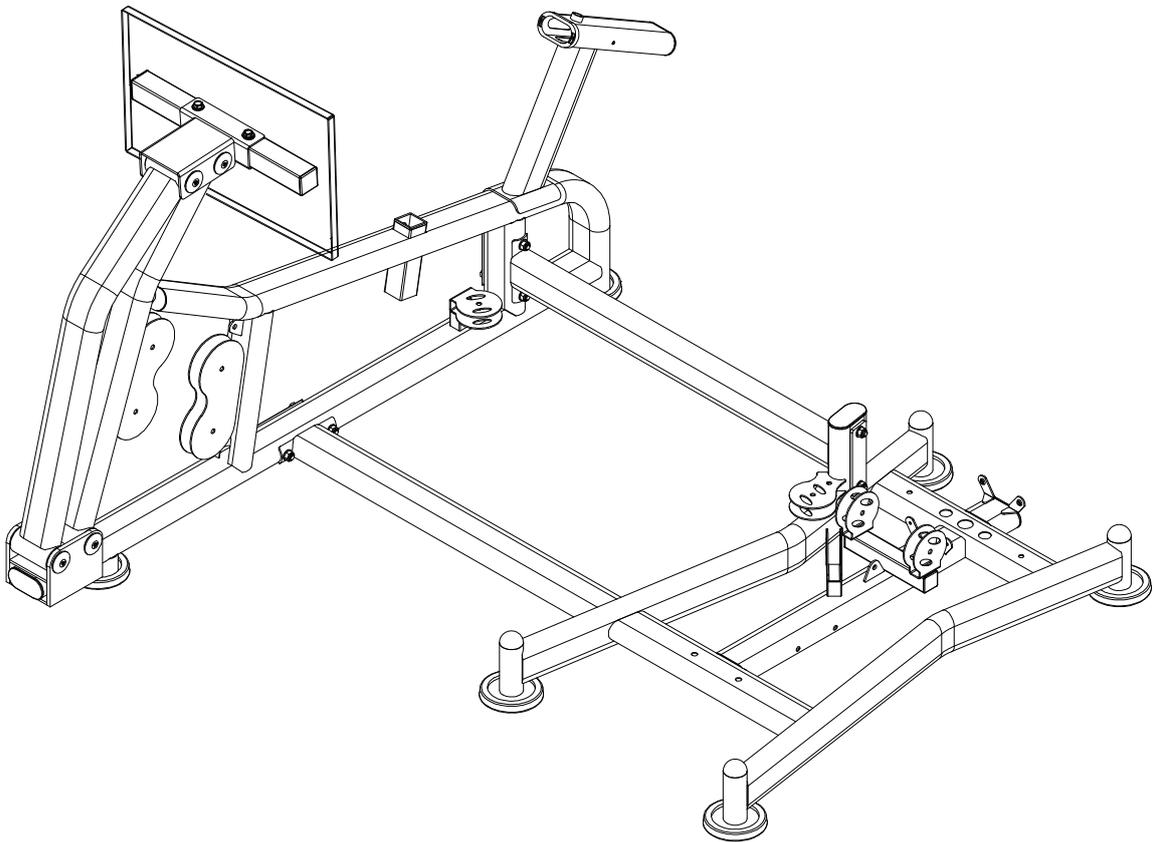


# Factory assembly explosion drawing



No.	Description	Note	Qty.
105	tube plug	□50-50*2.0	2

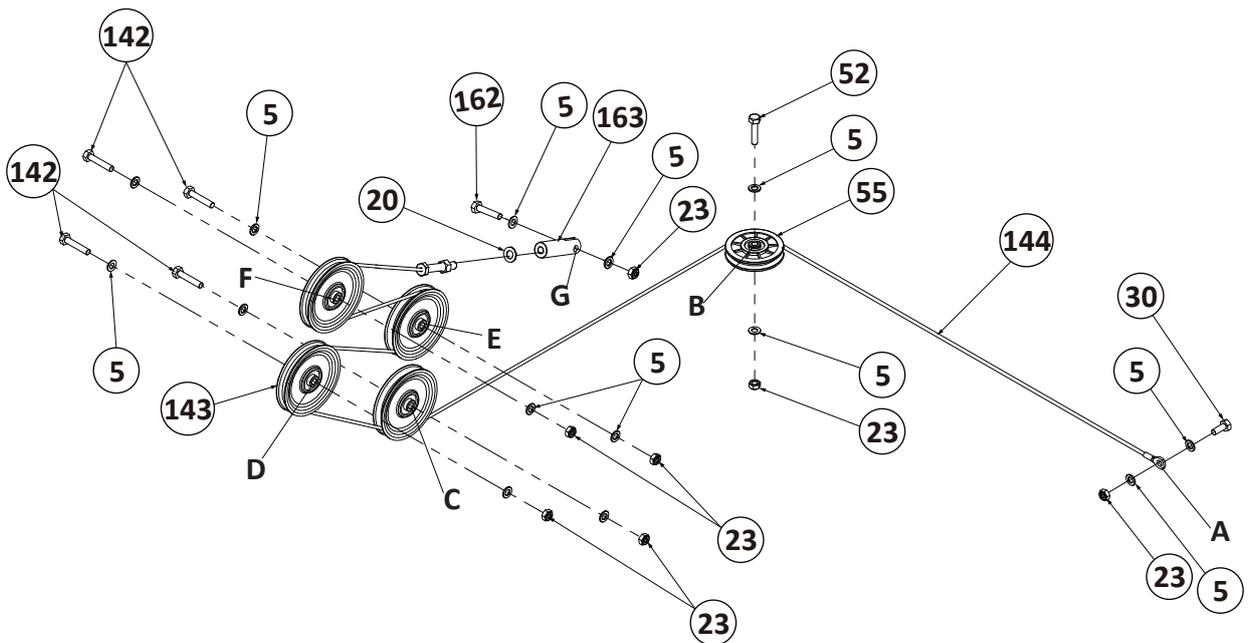
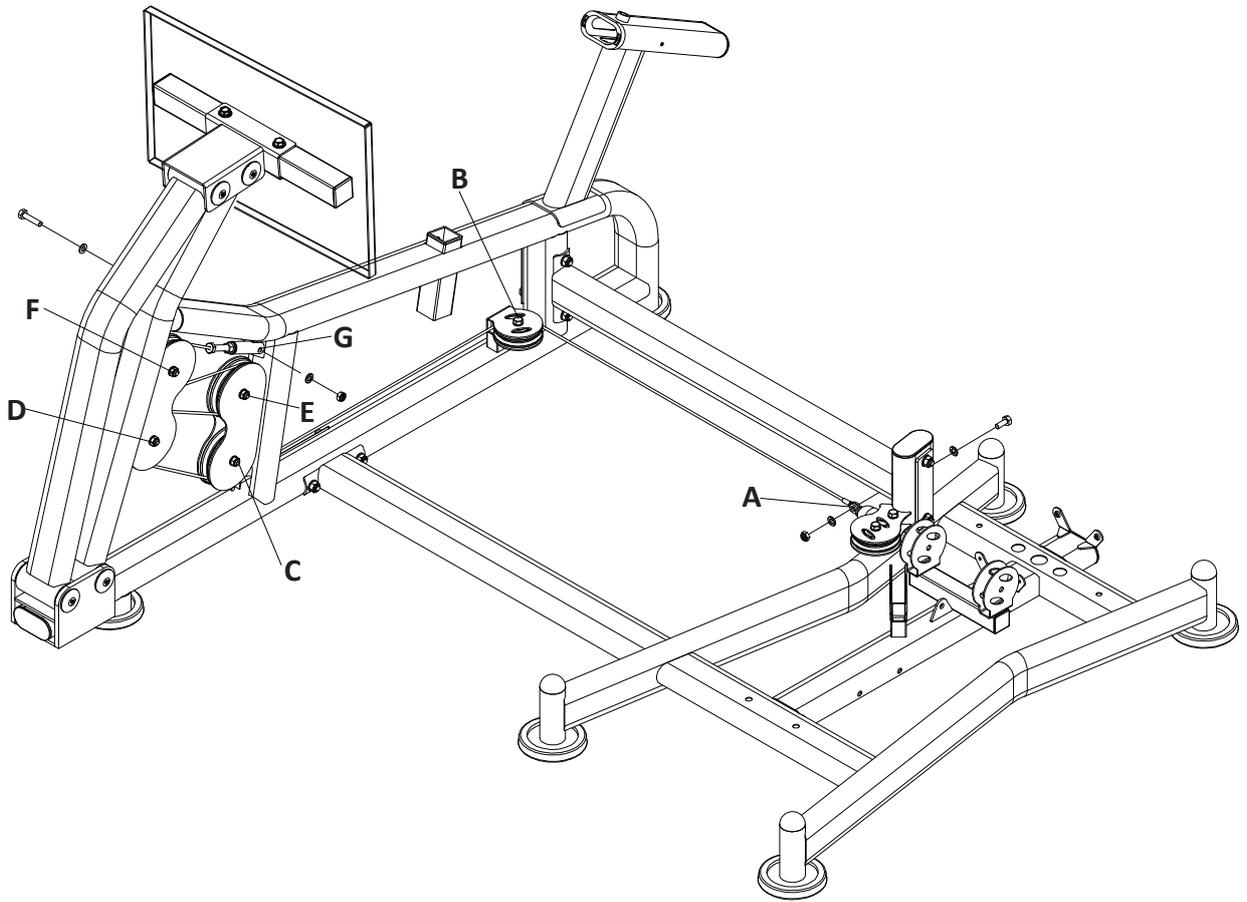
## Assembly step-3 drawing



## Assembly step-3 installation instruction

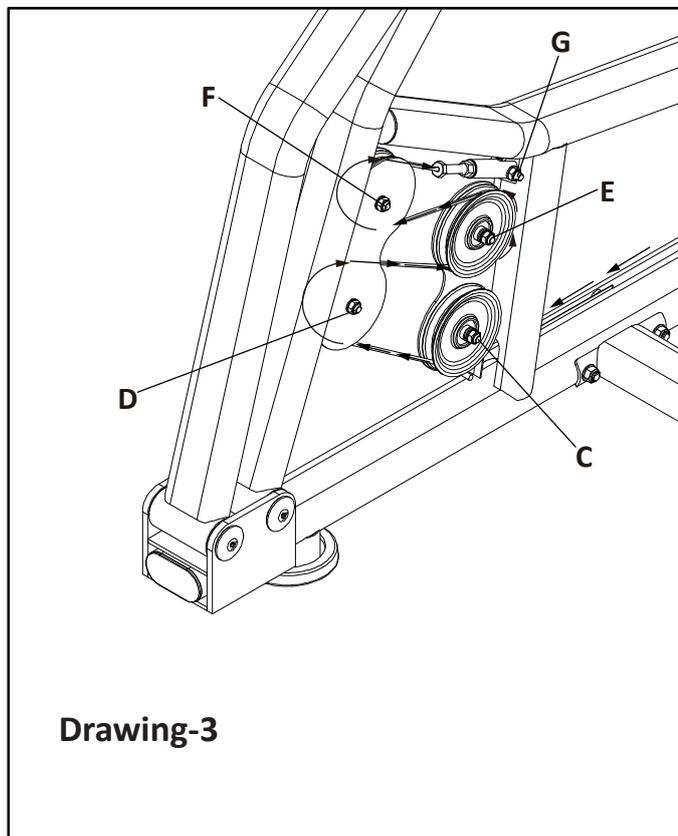
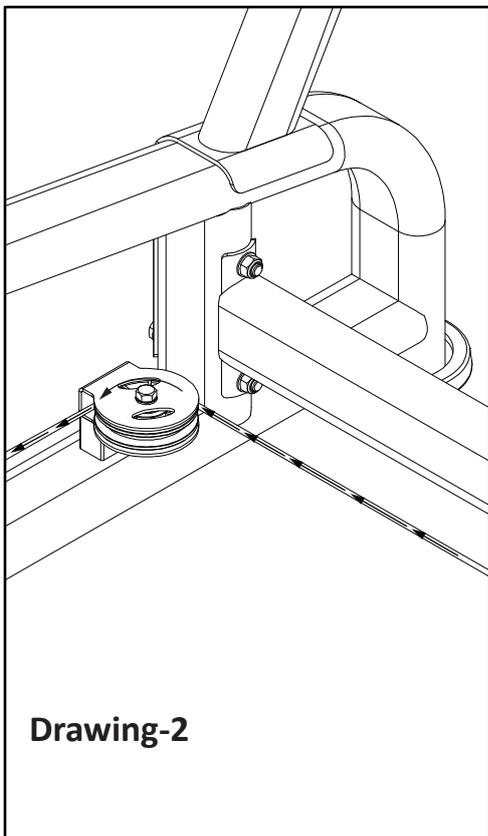
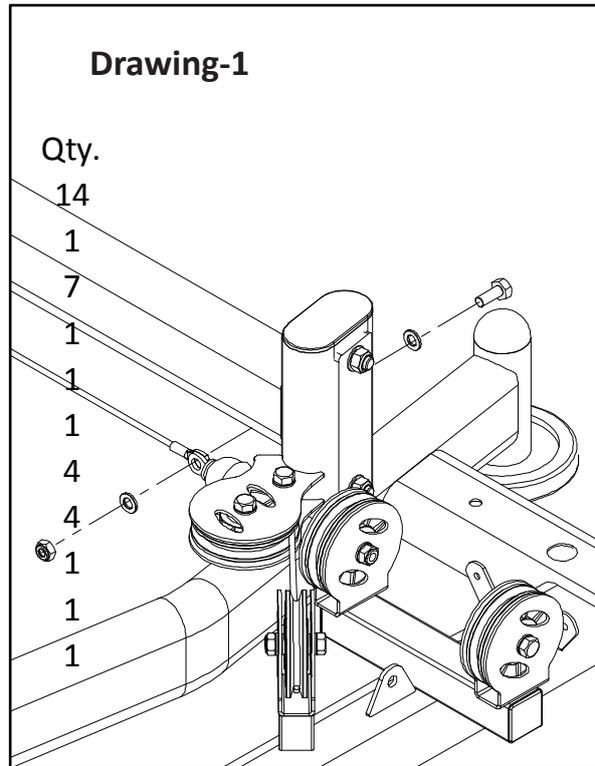
- 1 Fix support tube/1 on support tube-140 using:  
Φ25\*115 shaft-139, plug-137, M10\*25 allen bolt-138
- 2 Fix support tube/2 on support tube-140 using:  
Φ25\*115 shaft-139, plug-137, M10\*25 allen bolt-138
- 3 Fix footplate-141 fastening on support tube-140 using:  
M10\*75 hexagon bolt-65, Φ10 big gasket-35, M10 lock nut-23

# Assembly step-4 explosion drawing

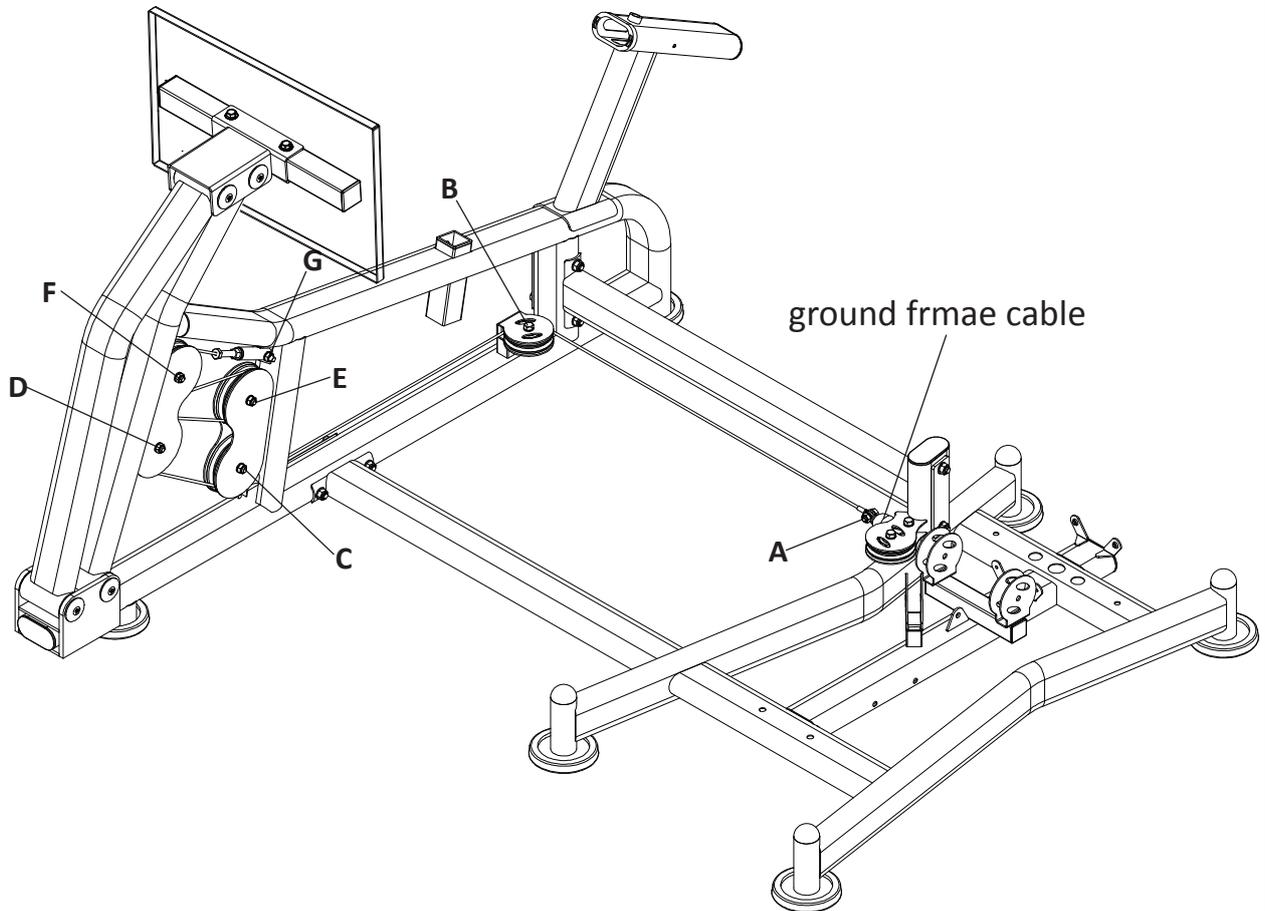


## Assembly step-4 cable drawing

No.	Description	Note
5	gasket	Φ10
20	gasket	Φ12
23	lock nut	M10
30	hexagon bolt	M10*25
52	hexagon bolt	M10*45
55	pulley	Φ95*26
142	hexagon bolt	M10*50
143	big pulley	Φ127*28
144	cable	L=3195mm
162	hexagon bolt	M10*40
163	cable adjuster sleeve	



## Assembly step-4 drawing



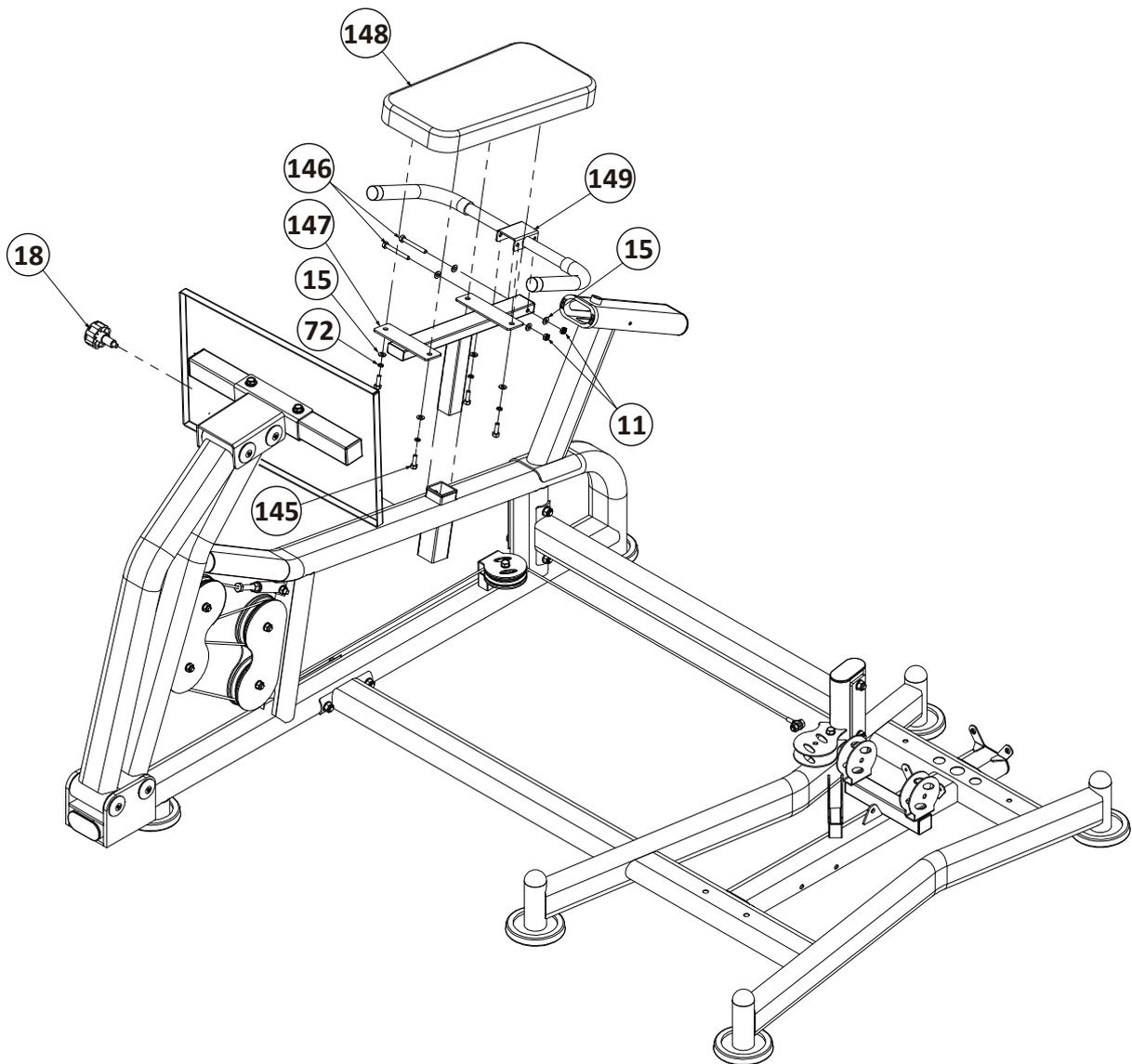
## Assembly step-4 installation instruction

- 1 Fix cable-144 flat one end fastening on the cable of ground frame using:  
M10\*25 hexagon bolt-30,  $\Phi$ 10 gasket-5, M10 lock nut-23 as show in drawing-1
- 2 Cable-144 thread end start through from point A in order B,C,D,E,F
- 3 Fix pulley-55 fastening on point B using:  
M10\*45 hexagon bolt-52,  $\Phi$ 10 gasket-5, M10 lock nut-23 as show in drawing-2
- 4 Fix big pulley-143 fastening on point C,D,E,F using:  
M10\*50 hexagon bolt-142,  $\Phi$ 10 gasket-5, M10 lock nut-23 as show in drawing-3
- 5 Connect cable-144 flat end through  $\Phi$ 12 gasket-20 with cable adjust sleeve-163
- 6 Fix cable adjust sleeve-163 fastening on main frame using:  
M10\*40 hexagon bolt-162,  $\Phi$ 10 gasket-5, M10 lock nut-23

**CAUTION:** All bolts should be tightening.

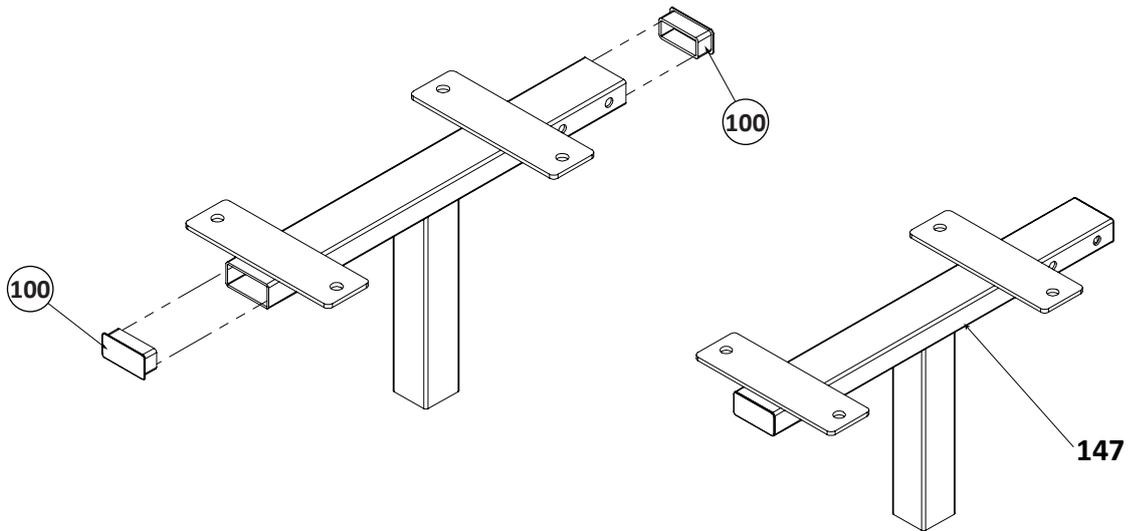
## Assembly step-5 explosion drawing

No.	Description	Note	Qty.
11	lock nut	M8	2
15	gasket	Φ8	8
18	locking spring knob	Φ10	1
72	spring gasket	Φ8	4
145	hexagon bolt	M8*20	4
146	hexagon bolt	M8*70	2
147	seat pad adjuster		1
148	seat pad		1
149	handle		1

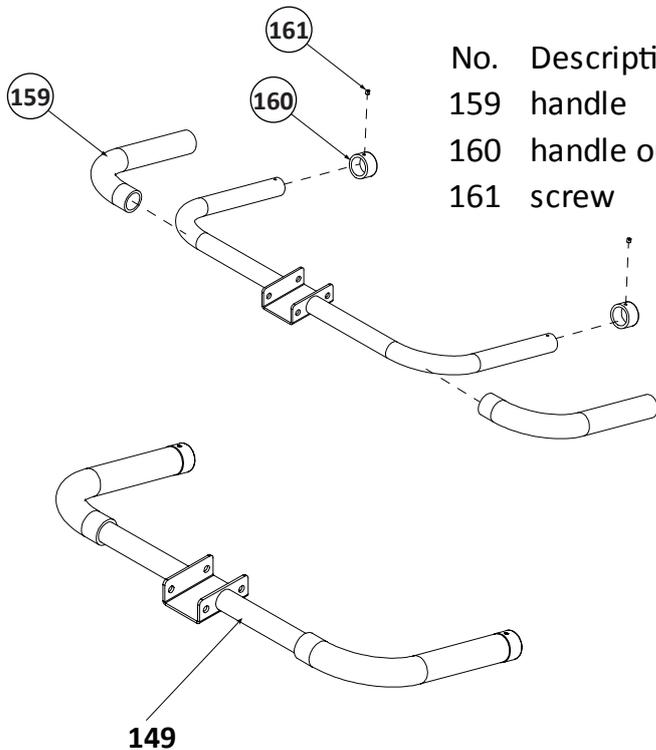


## Factory assembly explosion drawing

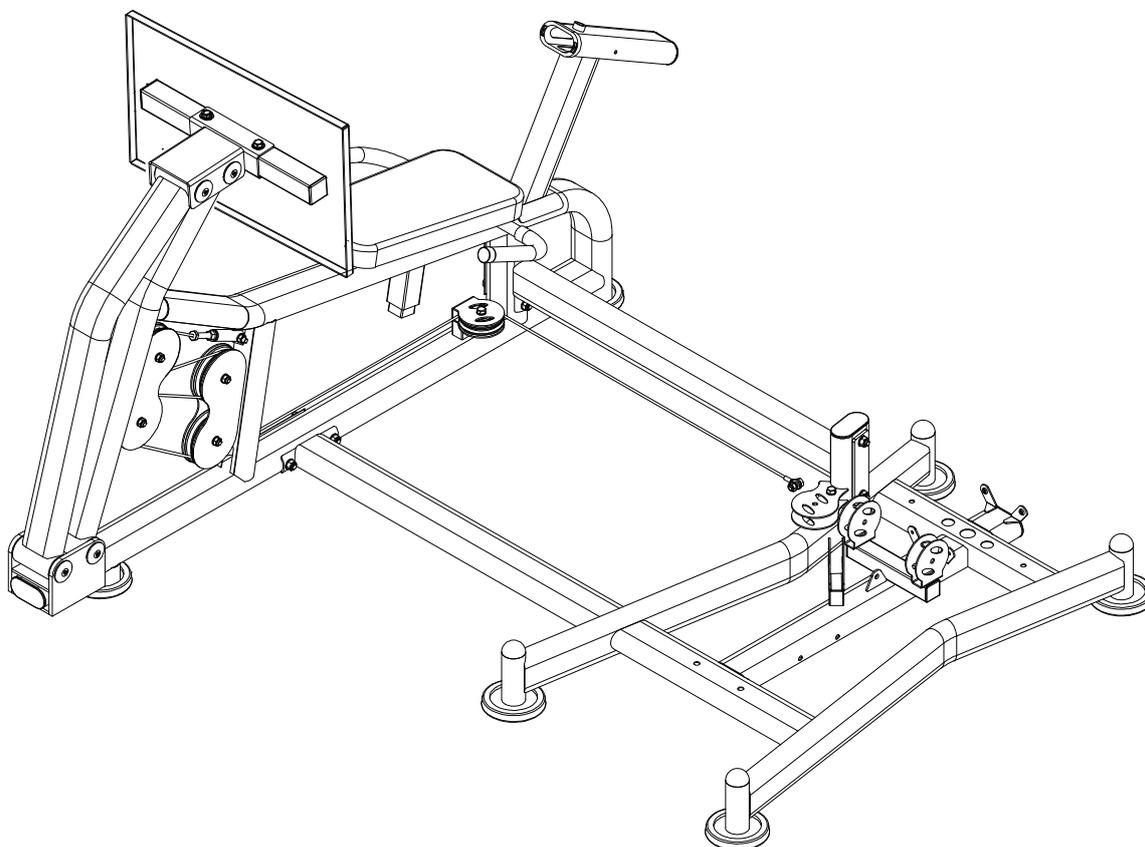
No.	Description	Note	Qty.
100	tube plug	□25*50	2



No.	Description	Note	Qty.
159	handle	Φ25	2
160	handle outer stop	Φ33*Φ25*29	2
161	screw	M4*5	2



## Assembly step-5 drawing



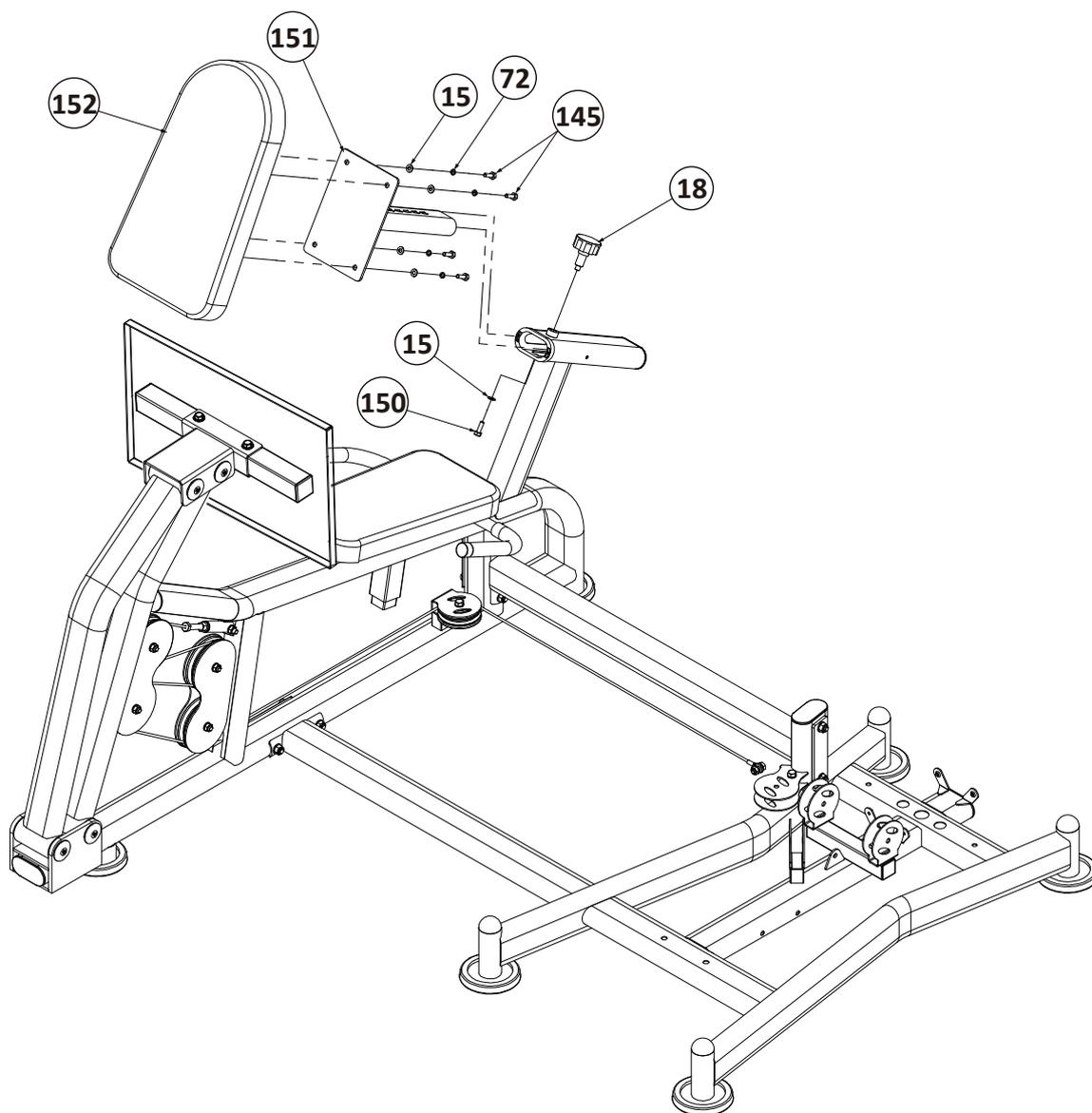
## Assembly step-5 installation instruction

1. Fix handle-149 fastening on seat pad adjuster tube-147 using:  
M8\*70 hexagon bolt-146,  $\Phi 8$  gasket-15, M8 lock nut-11
2. Fix seat pad-148 on seat pad adjuster tube-147 using:  
M8\*20 hexagon bolt-145,  $\Phi 8$  spring gasket-72,  $\Phi 8$  gasket-15
3. Slide seat pad adjuster tube-147 to main frame tight use locking spring knob-18

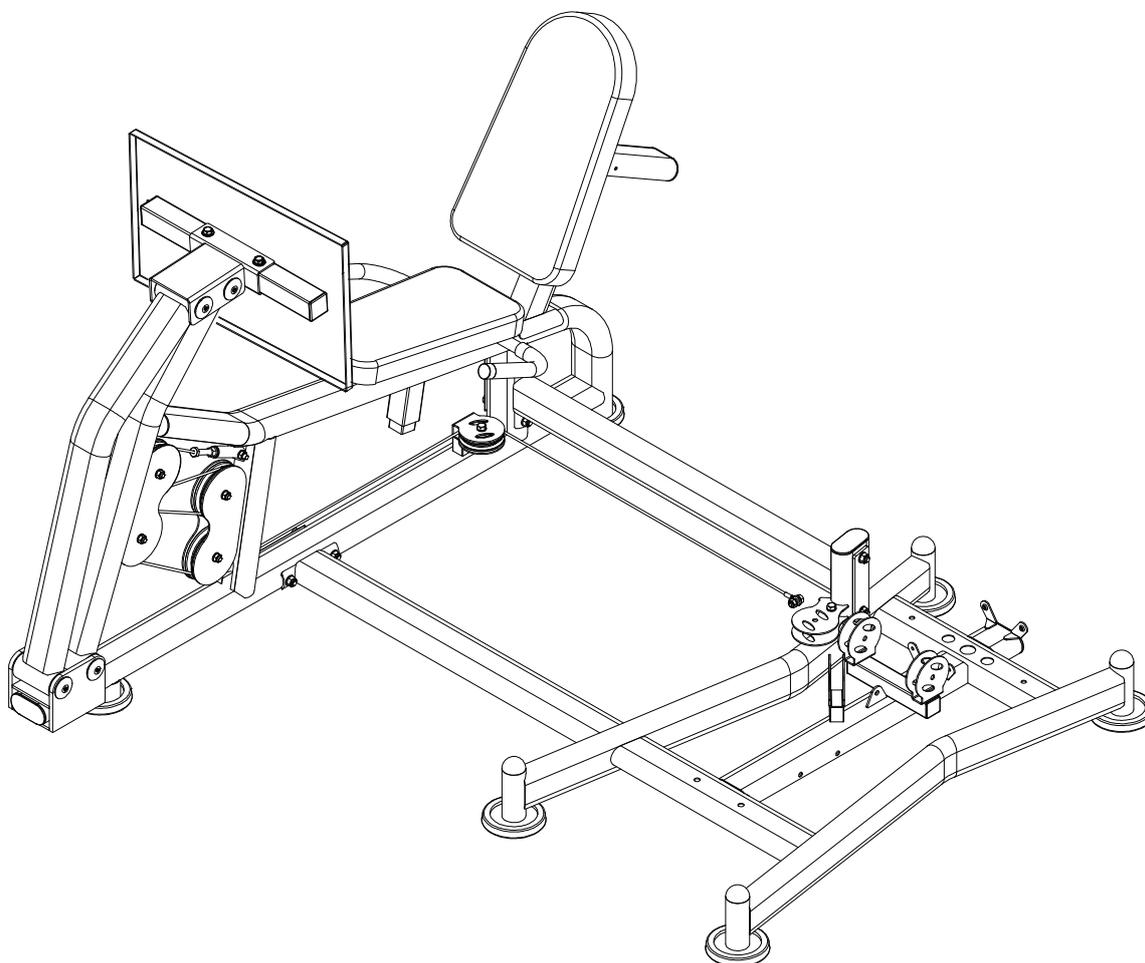
**CAUTION:** All bolts and knob should be tightening.

## Assembly step-6 explosion drawing

No.	Description	Note	Qty.
15	gasket	Φ8	5
18	locking spring knob	Φ10	1
72	spring gasket	Φ8	4
145	hexagon bolt	M8*20	4
150	hexagon bolt	M8*25	1
151	back pad adjuster		1
152	back pad		1



## Assembly step-6 drawing

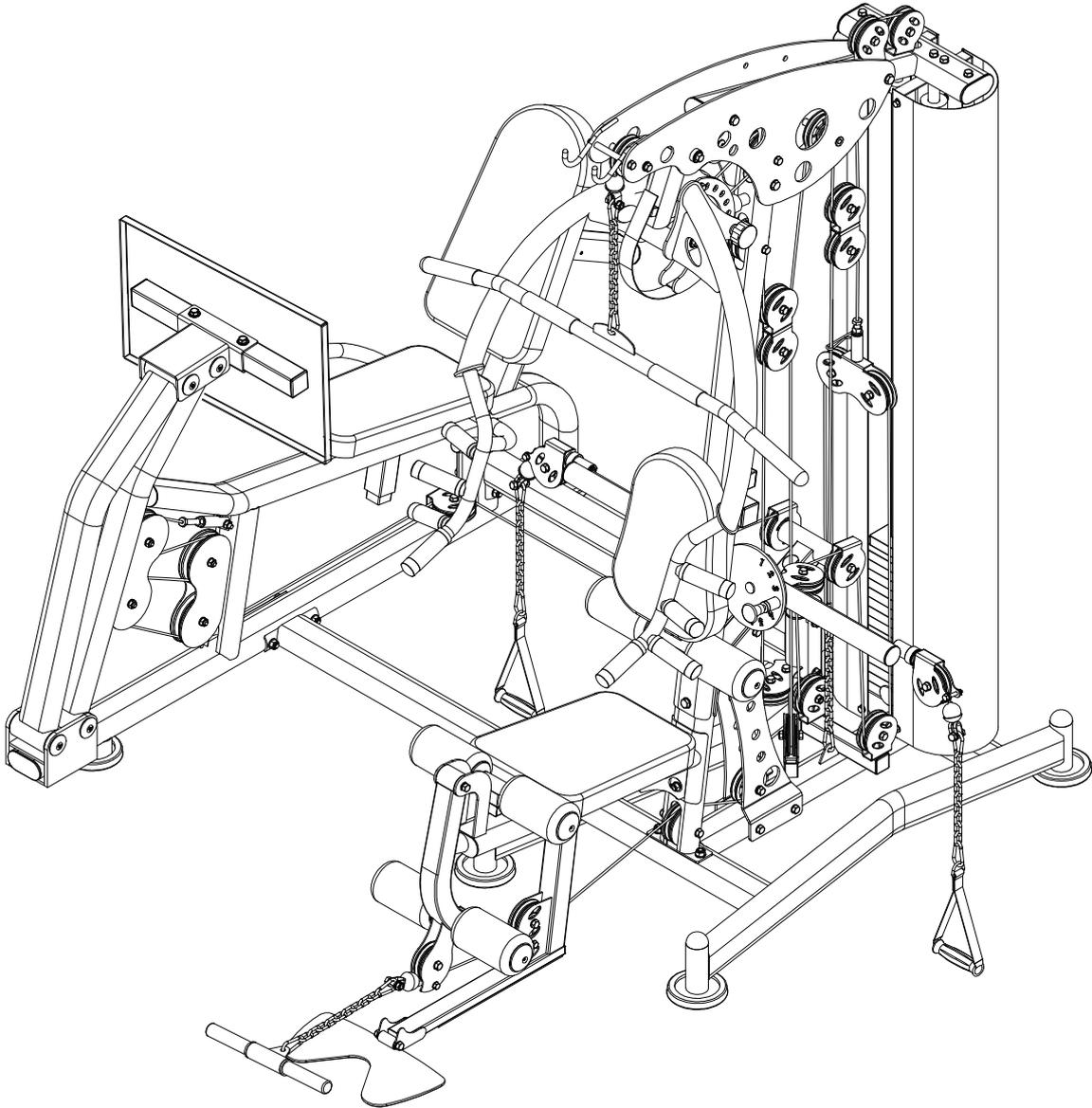


## Assembly step-6 installation instruction

- 1 Fix back pad-152 on back pad adjuster frame-151 using:  
M8\*20 hexagon bolt-145,  $\Phi 8$  spring gasket-72,  $\Phi 8$  gasket-15
- 2 Slide back pad adjuster frame-151 to main frame tight use locking spring knob-18
- 3 Fix M8\*25 hexagon bolt-150,  $\Phi 8$  gasket-15 on main frame, prevent back pad adjuster frame-151 from falling off as it moves

**CAUTION:** All bolts and knob should be tightening.

## Overall Drawing



**CAUTION:** Please check machine all bolt, lock nut, pull pin whether tighten, tighten can use.