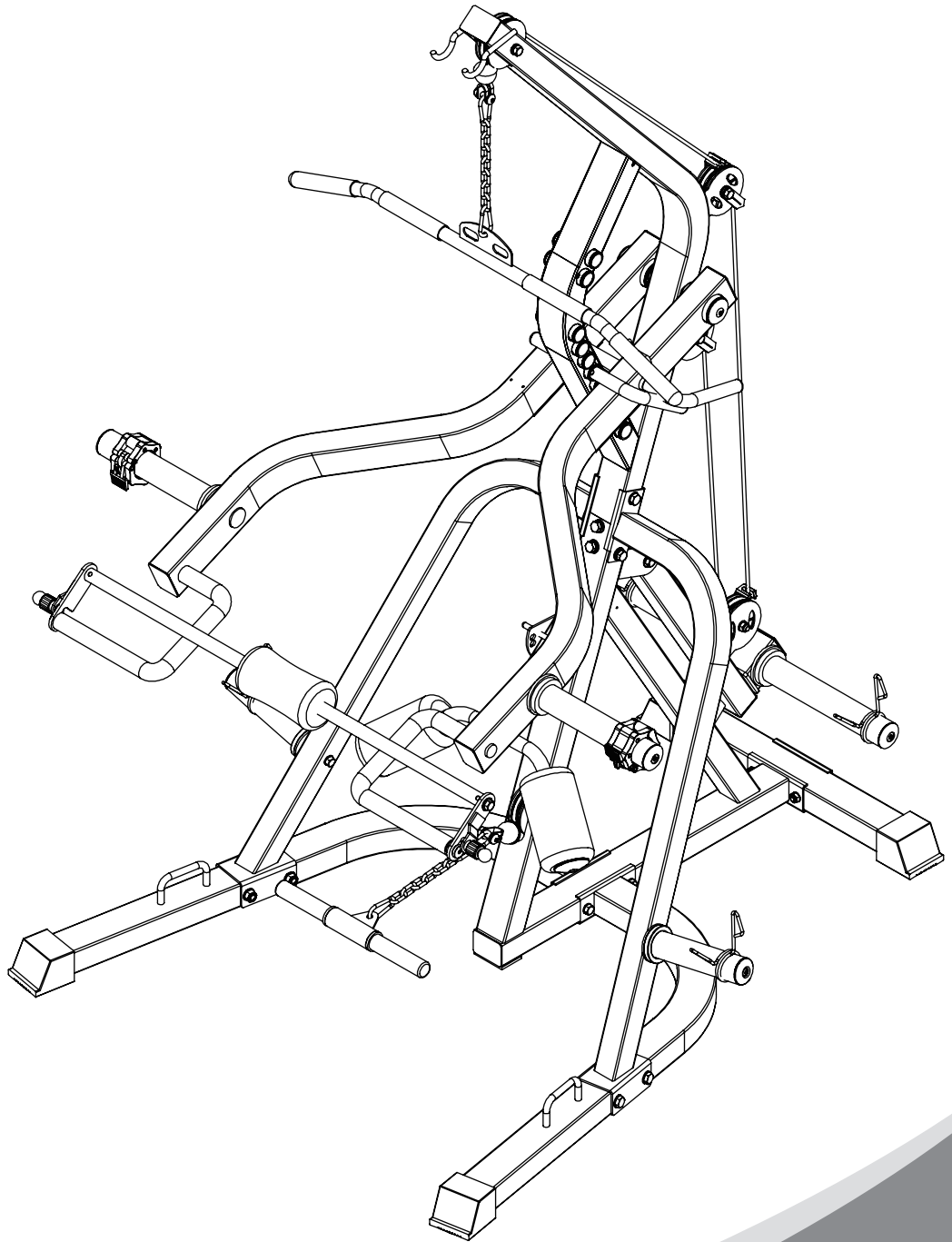




BK-181(BPLG)

Leverage 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

Contents

Parts list	6-8
Assembly step-1	9-12
Assembly step-2	13-15
Assembly step-3	16-19
Assembly step-4	20-23

Parts list

NO.	Serial NO.	Description	Note	Qty.
1	BK-181-1	large floor stand frame		1
2	BK-181-2	left side tube		1
3	BK-181-3	right side tube		1
4	BK-181-4	back support frame		1
5	BK-181-5	hexagon bolt	M10*90	4
6	BK-181-6	gasket	Φ10	22
7	BK-181-7	lock nut	M10	10
8	BK-181-8	2 # concave type plate	t3.0*72*140	1
9	BK-181-9	pulley	Φ95*26	5
10	BK-181-10	hexagon bolt	M10*85	2
11	BK-181-11	tube plug	□50*70*2.0	6
12	BK-181-12	screw	M6*15	1
13	BK-181-13	rubber cushion	Φ45*Φ34*40	1
14	BK-181-14	foot cover		2
15	BK-181-15	foot cover with hole	□50*70*2.0	2
16	BK-181-16	rubber covered bolt		2
17	BK-181-17	lateral supporting pipe - left		1
18	BK-181-18	lateral supporting pipe - right		1
19	BK-181-19	hexagon bolt	M12*95	5
20	BK-181-20	gasket	Φ12	14
21	BK-181-21	lock nut	M12	5
22	BK-181-22	upper main frame		1
23	BK-181-23	spring gasket	Φ12	4
24	BK-181-24	hexagon bolt	M12*30	4
26	BK-181-26	tube plug		22
27	BK-181-27	hexagon bolt	M10*60	1
28	BK-181-28	hexagon bolt	M10*55	2
29	BK-181-29	plastic sheet		4
30	BK-181-30	limit rod		1
31	BK-181-31	push part left		1
32	BK-181-32	push part right		1
33	BK-181-33	aluminum cover		2
35	BK-181-35	double push safety rod		1
36	BK-181-36	allen bolt	M10*20	2
37	BK-181-37	push shoulder part		1
38	BK-181-38	leg press regulating tube		1
39	BK-181-39	hexagon bolt	M10*75	1
40	BK-181-40	magnetic pin		1
41	BK-181-41	barbell clip		2
42	BK-181-42	handle cover	Φ25*530	2

Parts list

43	BK-181-43	tube	Φ50* ϕ 0.8*280	2
44	BK-181-44	end cap	Φ50*Φ11*11	4
45	BK-181-45	allen bolt	M10*25	4
46	BK-181-46	rubber sheet	190*45* ϕ 4.0	2
47	BK-181-47	screw	ST4.0*12	13
48	BK-181-48	bearing	6005	4
49	BK-181-49	rubber ring	Φ70*Φ50*10	4
50	BK-181-50	foam	Φ100*175	2
51	BK-181-51	tube plug	□25*50*1.5	1
52	BK-181-52	foam outer cover		2
53	BK-181-53	allen bolt	M8*25	2
54	BK-181-54	screw	M14*1.5	2
55	BK-181-55	tube		1
56	BK-181-56	foam		1
57	BK-181-57	connect sheet iron - right		1
58	BK-181-58	knob		2
59	BK-181-59	connect sheet iron - left		1
60	BK-181-60	hexagon bolt	M10*25	2
61	BK-181-61	big gasket	Φ25*Φ10*2.0	4
62	BK-181-62	barbell plate holder		1
63	BK-181-63	shaft	Φ20*70-M10	1
64	BK-181-64	cable		1
65	BK-181-65	short bar		1
66	BK-181-66	hexagon bolt	M10*20	4
67	BK-181-67	barbell plate holder		2
68	BK-181-68	long bar		1
69	BK-181-69	butterfly clip		4
70	BK-181-70	chain + 2 snap hook		2
71	BK-181-71	handle cover / one end open	Φ25*150	2
72	BK-181-72	handle cover / both end open	Φ25*150	2
73	BK-181-73	tube		1
74	BK-181-74	tube		1
75	BK-181-75	hand cover	Φ38*1.5	2
76	BK-181-76	handle cover / one end open	Φ25*125	2
77	BK-181-77	tube		1
78	BK-181-78	tube	Φ50*0.8*200	1
79	BK-181-79	tube	Φ48*1.5*198	1
80	BK-181-80	tube plug	Φ70*Φ44.8*Φ25.5*30	1
81	BK-181-81	tube plug	Φ50*Φ44.8*Φ25.5	1
82	BK-181-82	plastic nut	M8	1
83	BK-181-83	allen bolt	M8*20	1
84	BK-181-84	tube plug	□50-50	2

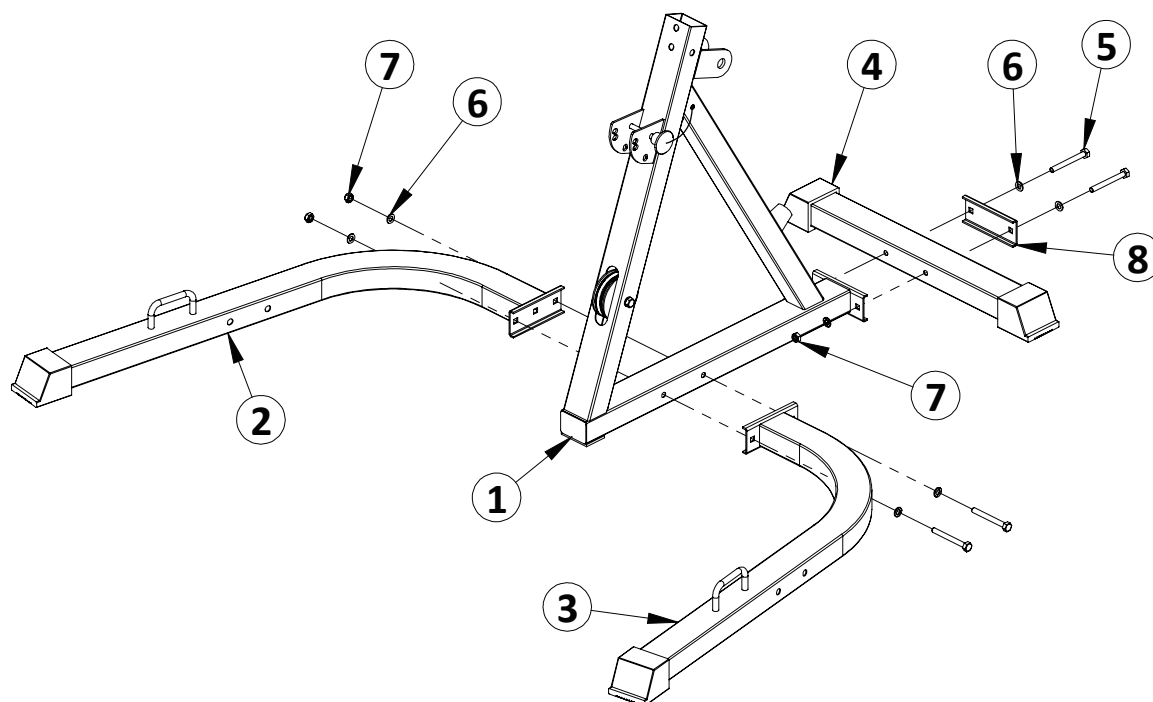
Parts list

85	BK-181-85	tube plug	□60-60	1
86	BK-181-86	powder metallurgy sleeve	Φ20	2
87	BK-181-87	tube	Φ50*t0.8*310	2
88	BK-181-88	tube plug	Φ48	2

Bolt length meter

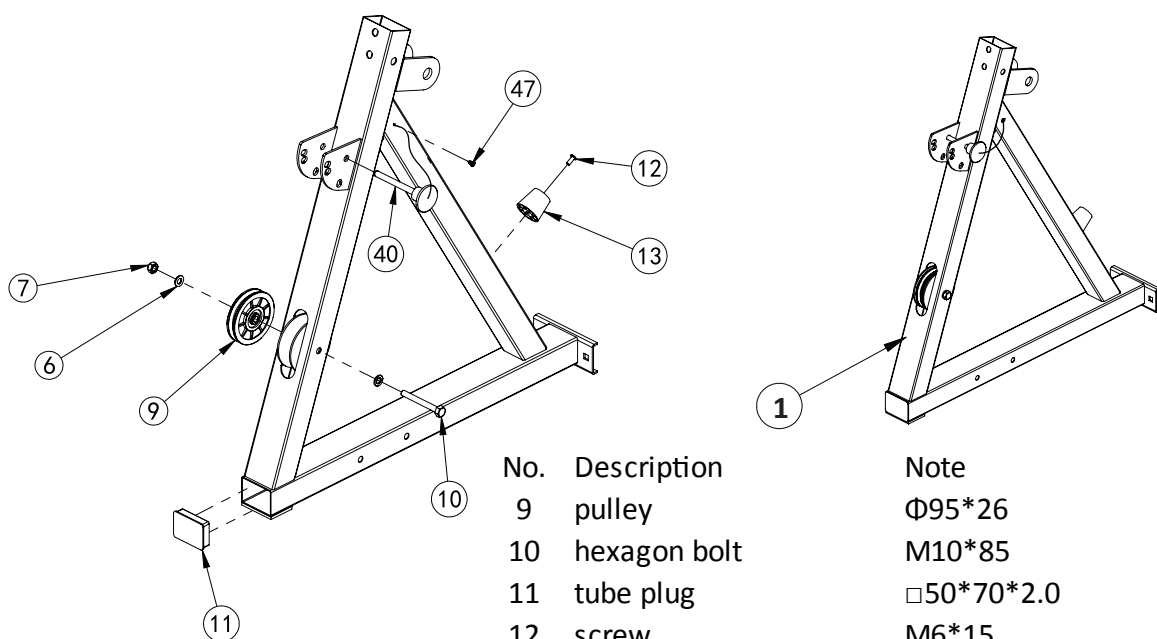


Assembly step-1 explosion drawing

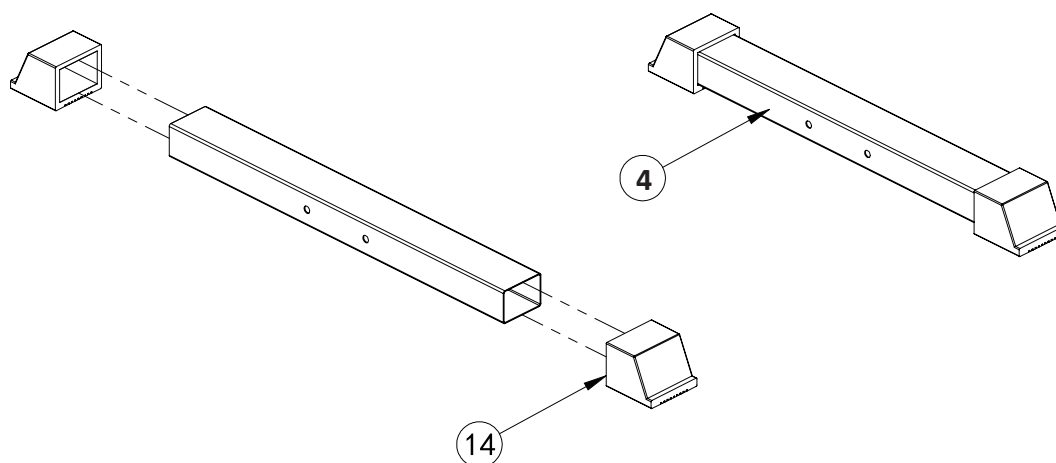


No.	Description	Note	Qty.
1	large floor stand frame		1
2	left side tube		1
3	right side tube		1
4	back support frame		1
5	hexagon bolt	M10*90	4
6	gasket	Φ10	8
7	lock nut	M10	4
8	2 # concave type plate	t3.0*72*140	1

Factory assembly explosion drawing

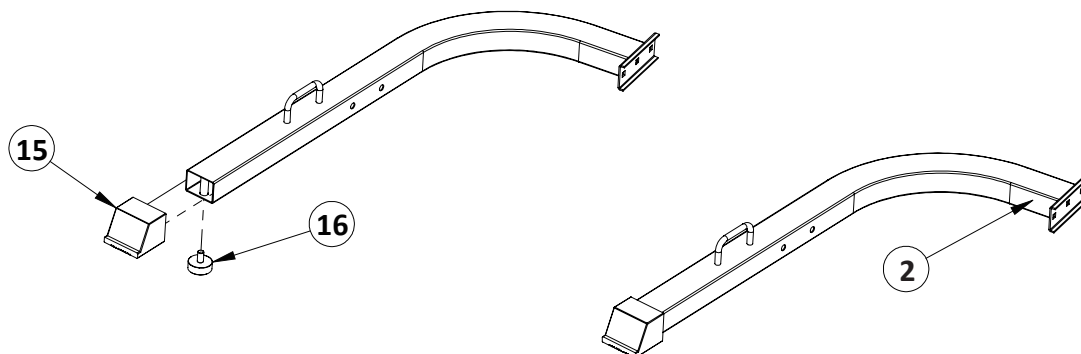


No.	Description	Note	Qty.
9	pulley	Φ95*26	1
10	hexagon bolt	M10*85	1
11	tube plug	□50*70*2.0	1
12	screw	M6*15	1
13	rubber cushion	Φ45*Φ34*40	1
40	magnetic pin		1
6	gasket	Φ10	2
7	lock nut	M10	1
47	screw	ST4.0*12	1

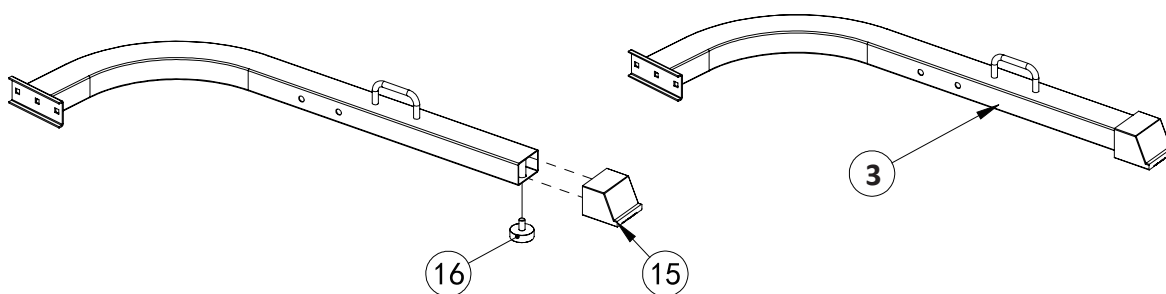


No.	Description	Note	Qty.
14	foot cover	50-70	2

Factory assembly explosion drawing

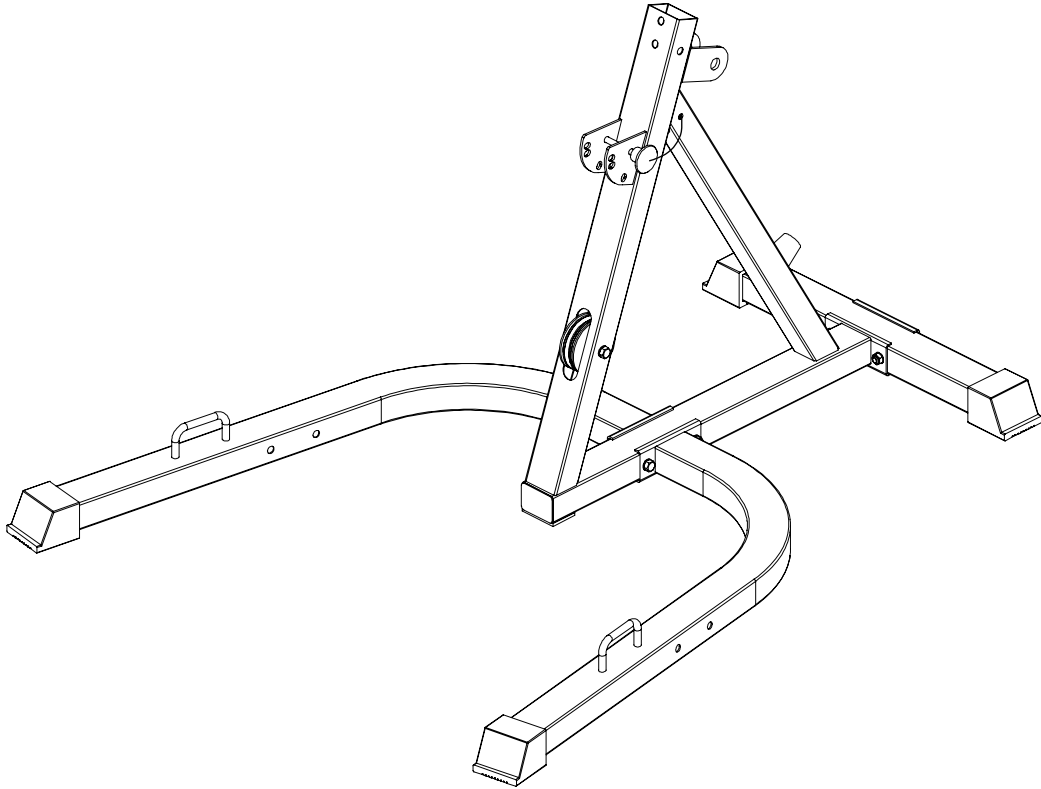


No.	Description	Note	Qty.
15	foot cover	□50*70*2.0	1
16	rubber covered bolt		1



No.	Description	Note	Qty.
15	foot cover	□50*70*2.0	1
16	rubber covered bolt		1

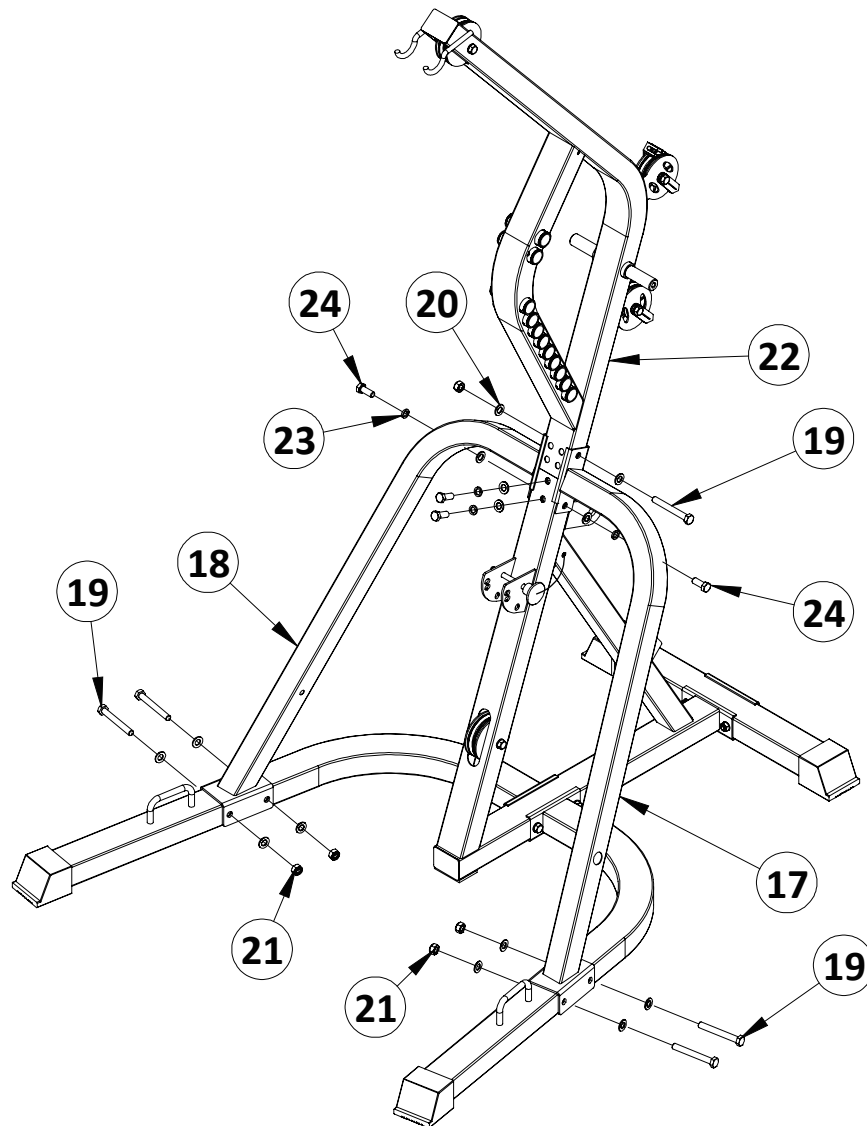
Assembly step-1 drawing



Assembly step-1 installation instruction

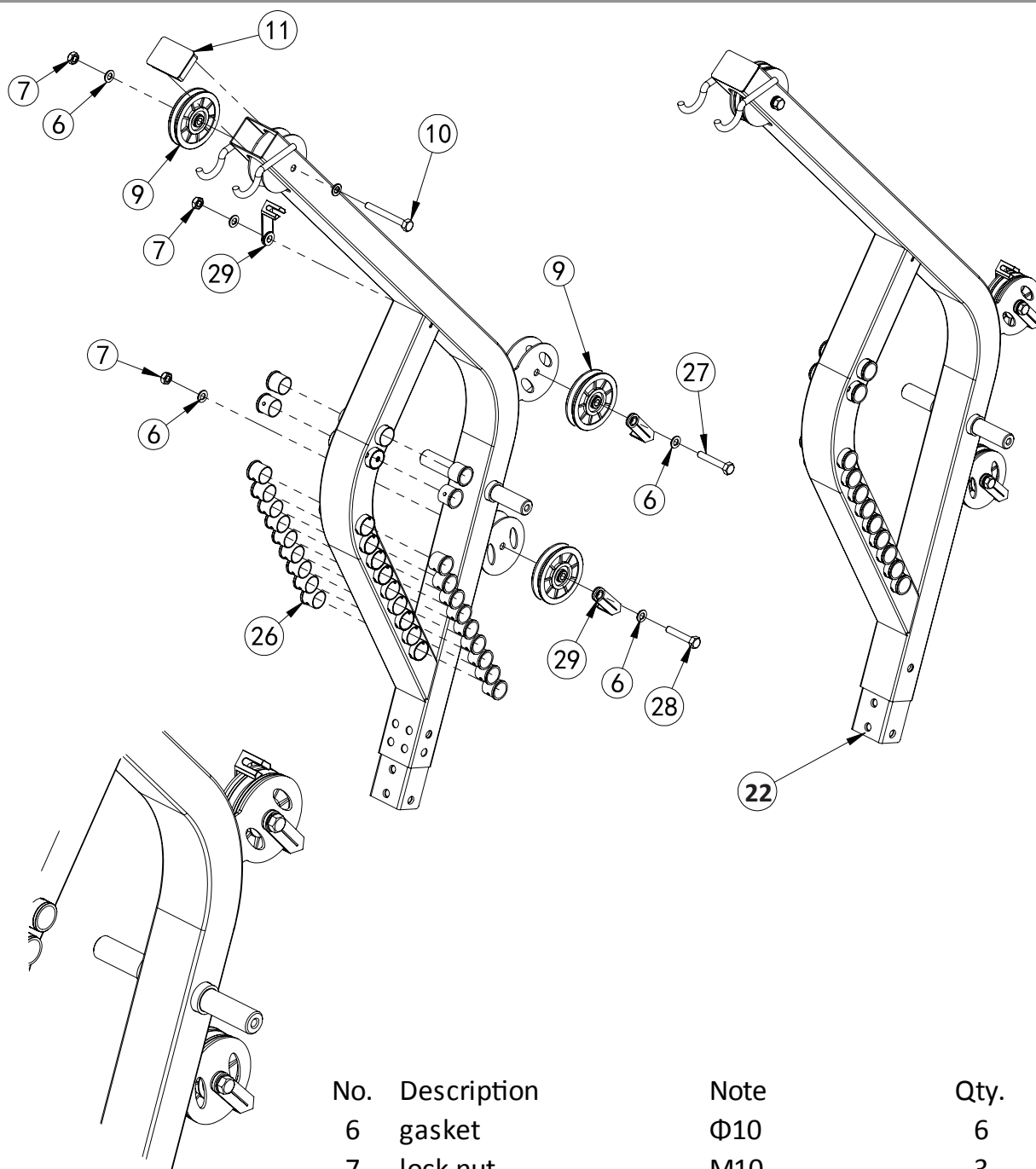
- 1 Combine back support frame-4 and large floor stand frame-1 together use M10*90 hexagon bolt-5, Φ 10 gasket-6, M10 lock nut-7, 2 # concave type plate-8.
- 2 Combine the left side tube-2, right side tube-3 with large floor stand frame-1 together use M10*90 hexagon bolt-5, Φ 10 gasket-6, M10 lock nut-7.

Assembly step-2 explosion drawing



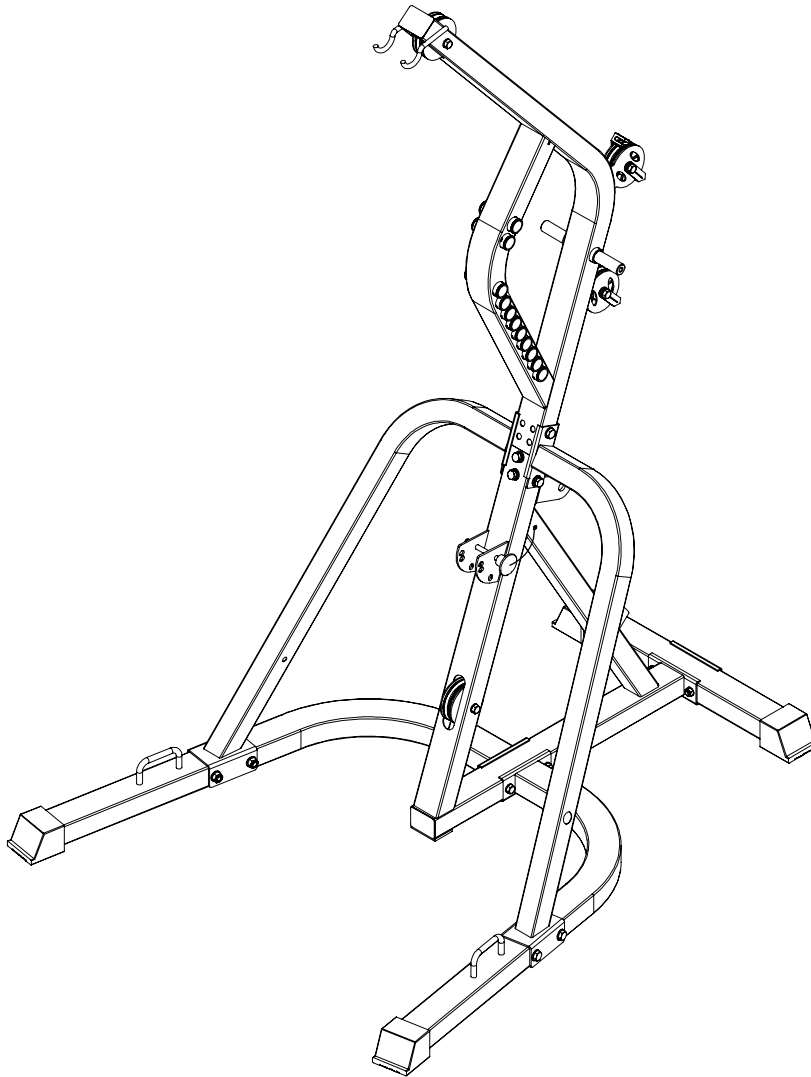
No.	Description	Note	Qty.
17	lateral supporting pipe - left		1
18	lateral supporting pipe - right		1
19	hexagon bolt	M12*95	5
20	gasket	Φ12	14
21	lock nut	M12	5
22	upper main frame		1
23	spring gasket	Φ12	4
24	hexagon bolt	M12*30	4

Factory assembly explosion drawing



No.	Description	Note	Qty.
6	gasket	Φ10	6
7	lock nut	M10	3
10	hexagon bolt	M10*85	1
11	tube plug	□50*70*2.0	1
9	pulley	Φ95*26	3
26	tube plug		22
27	hexagon bolt	M10*60	1
28	hexagon bolt	M10*55	1
29	plastic sheet		3

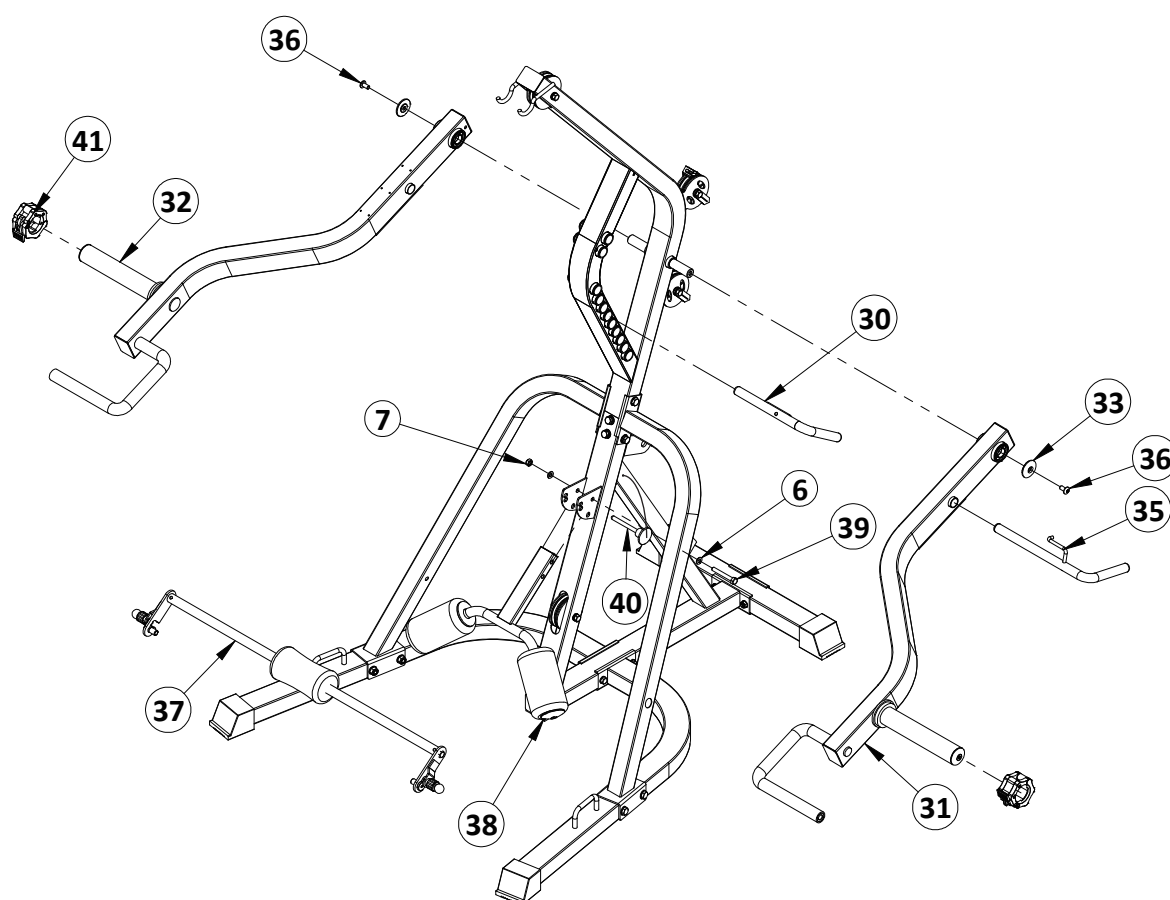
Assembly step-2 drawing



Assembly step-2 installation instruction

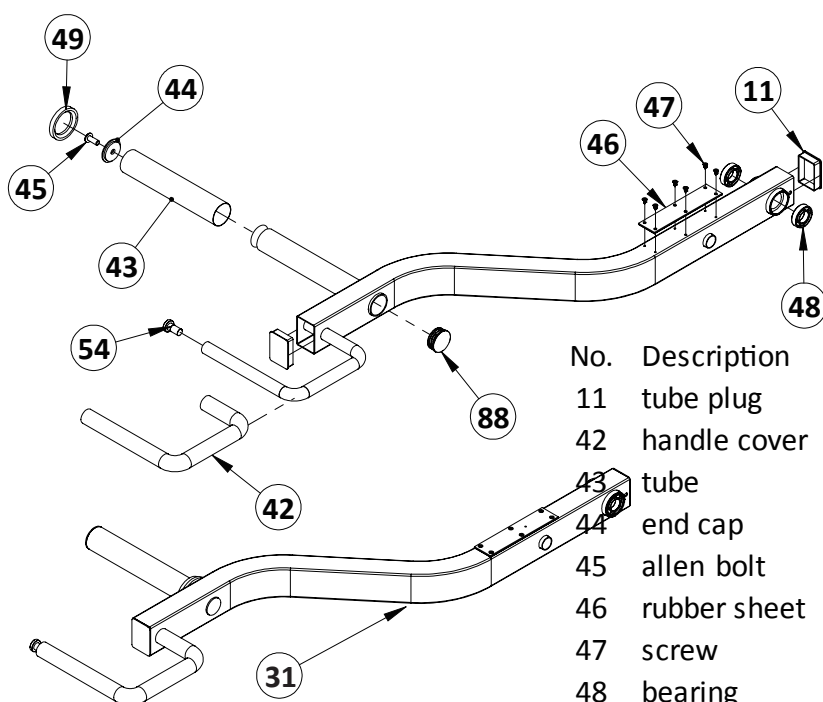
- 1 Fixed the lateral supporting pipe - left-17 to the left side tube-2 use M12*95 hexagon bolt-19, Φ 12 gasket-20, M12 lock nut-21.
- 2 Fixed the lateral supporting pipe - right-18 to the right side tube-3 use M12*95 hexagon bolt-19, Φ 12 gasket-20, M12 lock nut-21.
- 3 Insert upper main frame-22 into the large floor stand frame-1 fastening with M12*95 hexagon bolt-19, Φ 12 gasket-20, M12 lock nut-21, M12*30 hexagon bolt-24, Φ 12 spring gasket-23.

Assembly step-3 explosion drawing

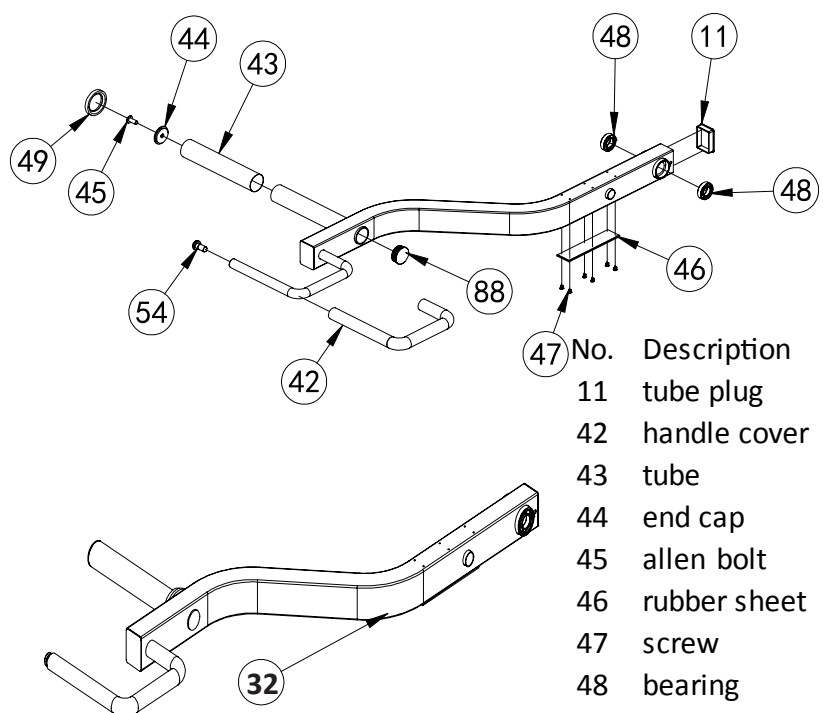


No.	Description	Note	Qty.
6	gasket	Φ10	2
7	lock nut	M10	1
30	limit rod		1
31	push part left		1
32	push part right		1
33	aluminum cover		2
35	double push safety rod		1
36	allen bolt	M10*20	2
37	push shoulder part		1
38	leg press regulating		1
39	hexagon bolt	M10*75	1
40	magnetic pin		1
41	barbell clip		2

Factory assembly explosion drawing

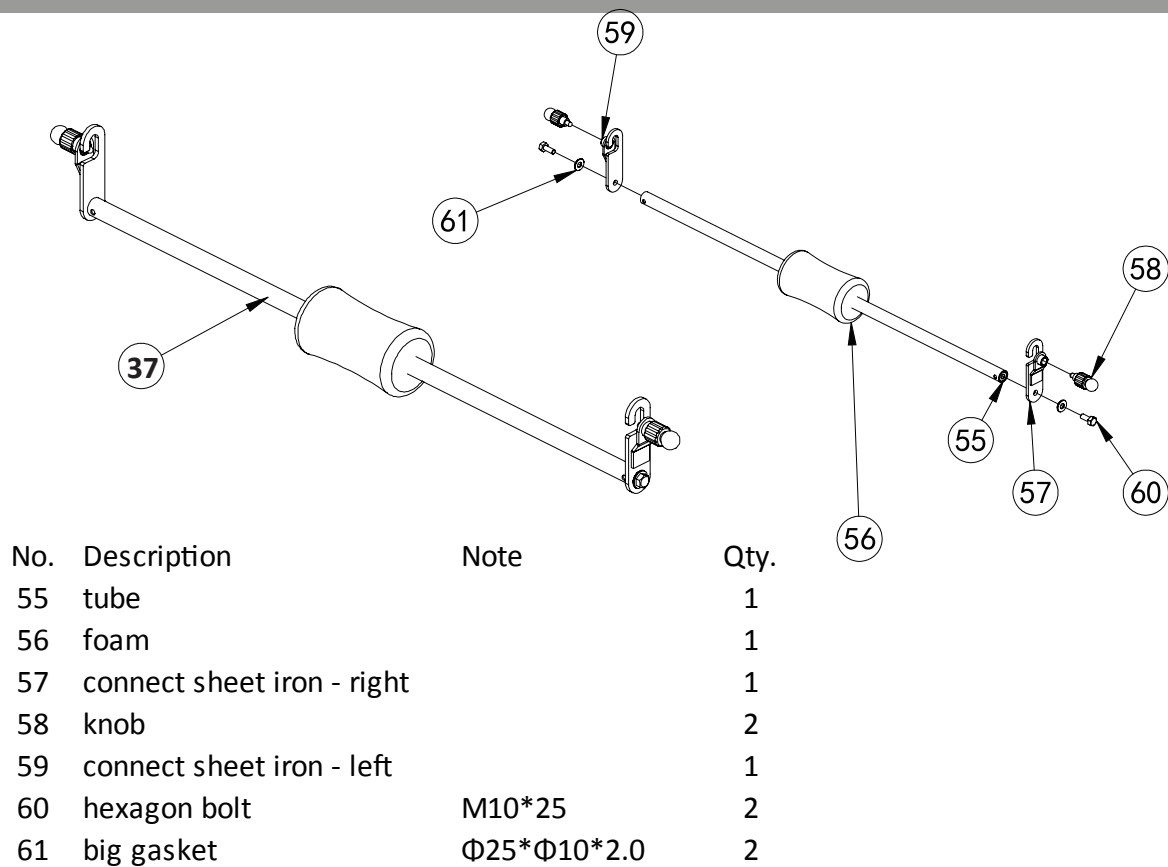
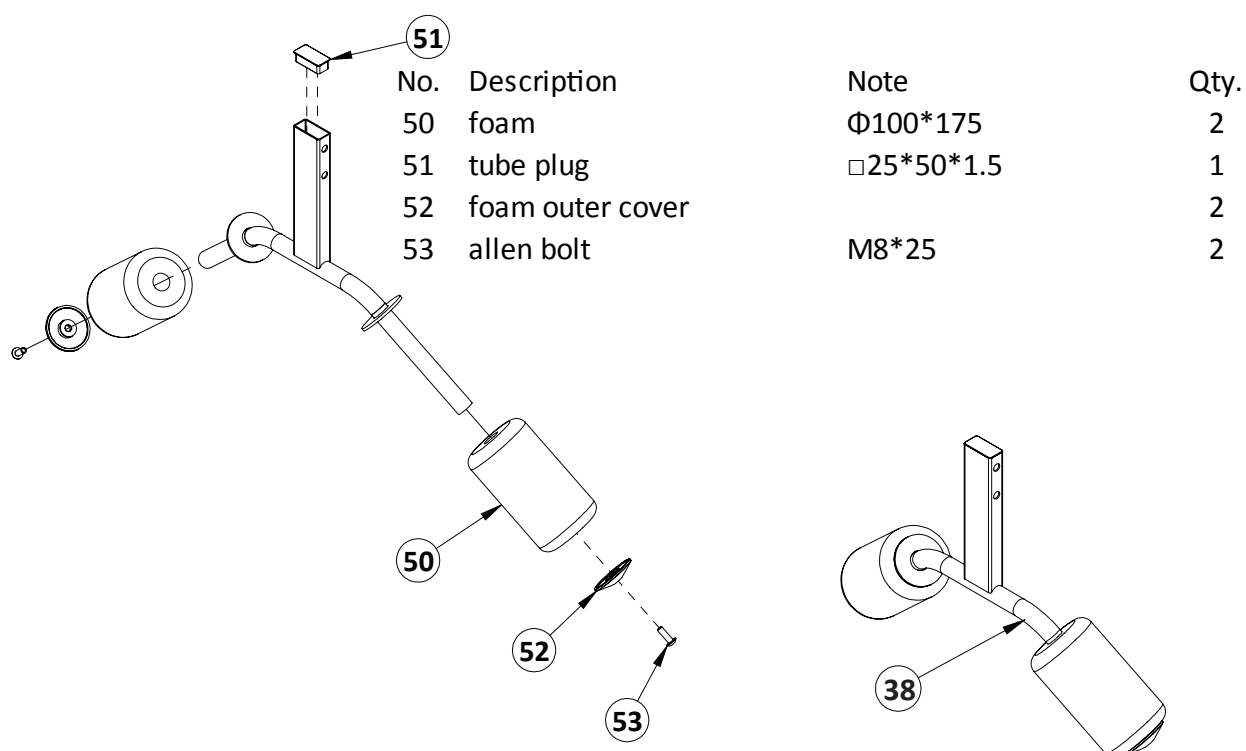


No.	Description	Note	Qty.
11	tube plug	□50*70*2.0	2
42	handle cover	Φ25*530	1
43	tube	Φ50*t0.8*280	1
44	end cap	Φ50*Φ11*11	1
45	allen bolt	M10*25	1
46	rubber sheet	190*45*t4.0	1
47	screw	ST4.0*12	6
48	bearing	6005	2
49	rubber ring	Φ70*Φ50*10	1
54	screw	M14*1.5	1
88	tube plug	Φ48	1

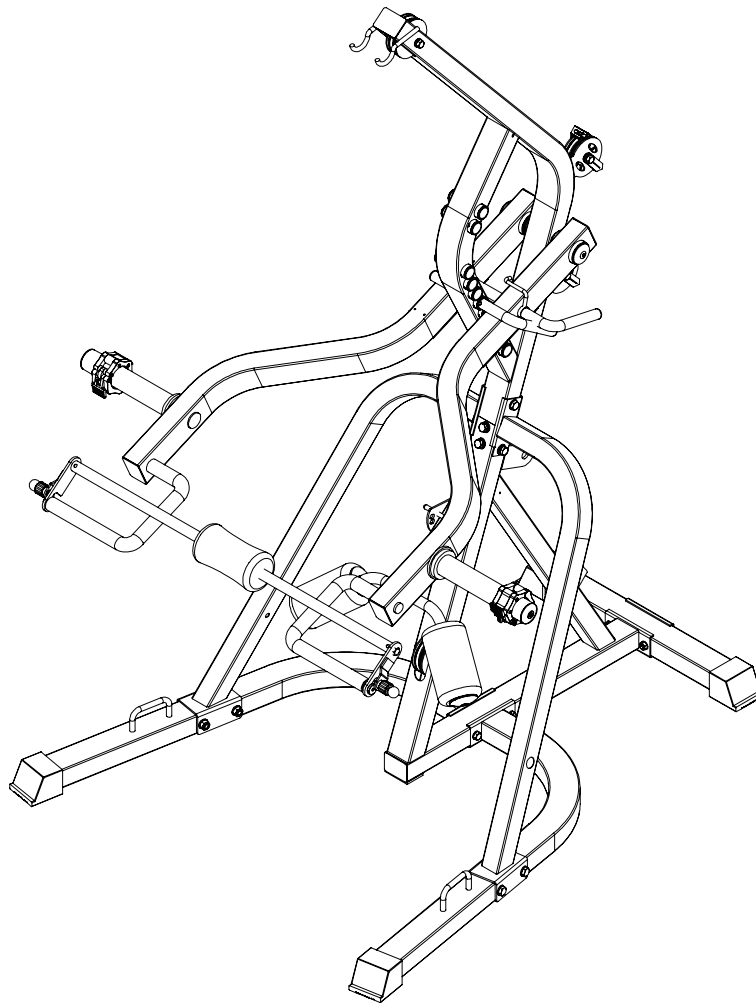


No.	Description	Note	Qty.
11	tube plug	□50*70*2.0	2
42	handle cover	Φ25*530	1
43	tube	Φ50*t0.8*280	1
44	end cap	Φ50*Φ11*11	1
45	allen bolt	M10*25	1
46	rubber sheet	190*45*t4.0	1
47	screw	ST4.0*12	6
48	bearing	6005	2
49	rubber ring	Φ70*Φ50*10	1
54	screw	M14*1.5	1
88	tube plug	Φ48	1

Factory assembly explosion drawing



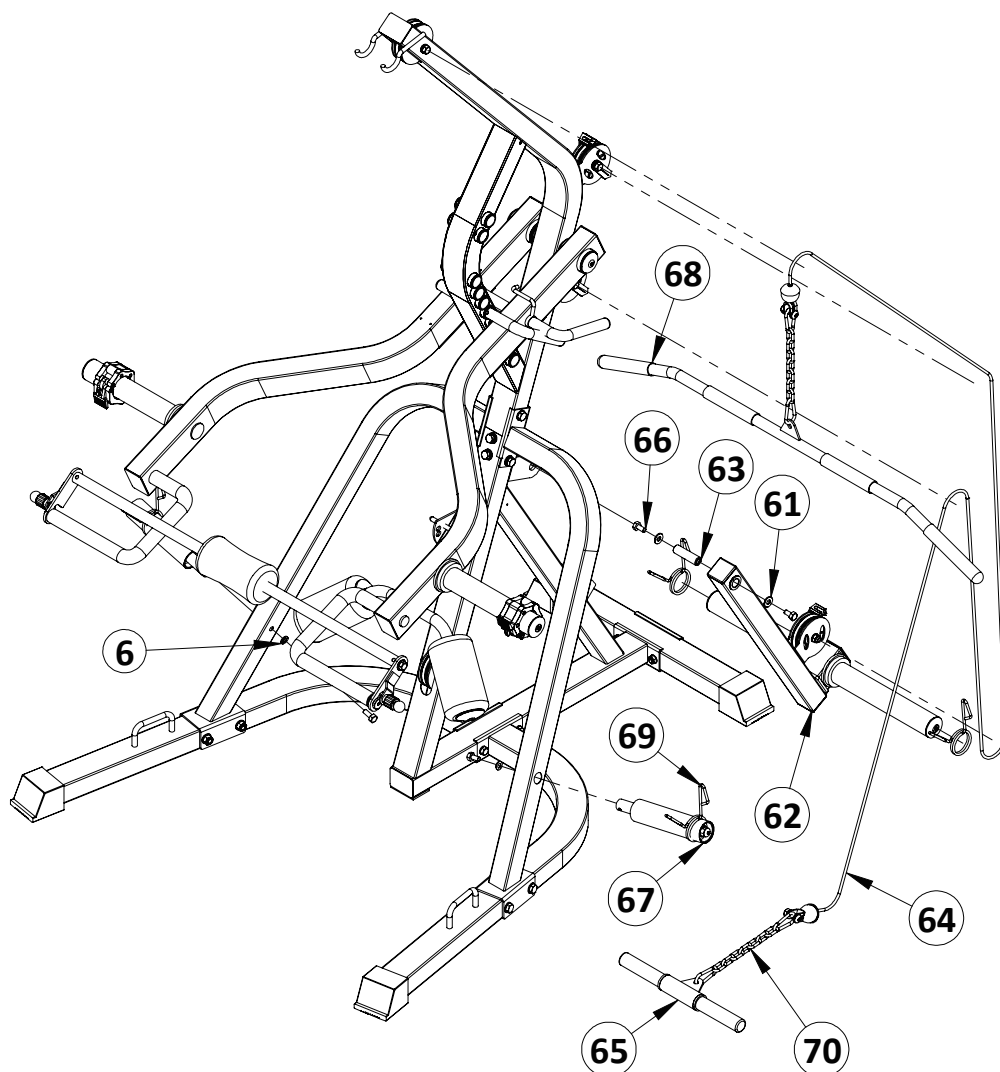
Assembly step-3 drawing



Assembly step-3 installation instruction

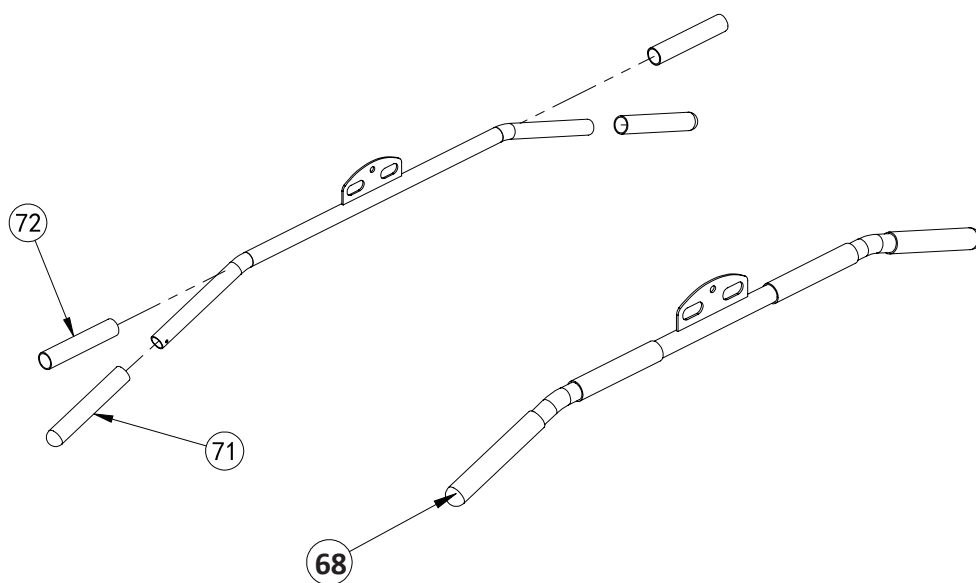
- 1 Install the push part left-31 and the push part right-32 on the upper main frame-22 use M10*20 allen bolt-36 and aluminum cover-33.
Insert limit rod-30 and double push safety rod-35.
- 2 Installed the leg press regulating tube-38 on large floor stand frame-1 use M10*75 hexagon bolt-39, $\Phi 10$ gasket-6, M10 lock nut-7 with magnetic pin-40.
- 3 Hang the 181 push shoulder-37 on the push rod.

Assembly step-4 explosion drawing

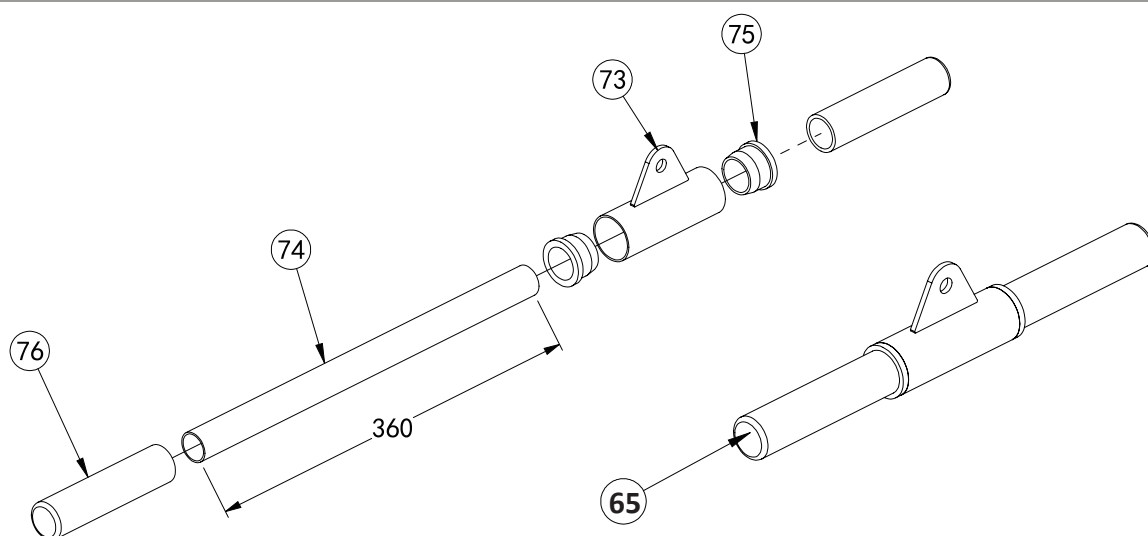


No.	Description	Note	Qty.
6	gasket	$\Phi 10$	2
61	big gasket	$\Phi 25 * \Phi 10 * 2.0$	2
62	barbell plate holder		1
63	shaft	$\Phi 20 * 70 - M10$	1
64	cable		1
65	short bar		1
66	hexagon bolt	M10*20	4
67	barbell plate holder		2
68	long bar		1
69	butterfly clip		4
70	chain + 2 snap hook		2

Factory assembly explosion drawing

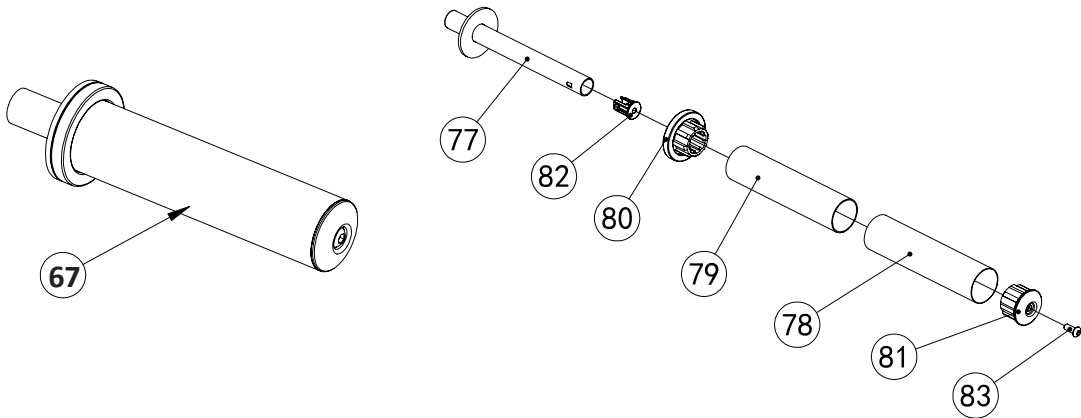


No.	Description	Note	Qty.
71	handle cover / one end	Φ25*150	2
72	handle cover / both end	Φ25*150	2

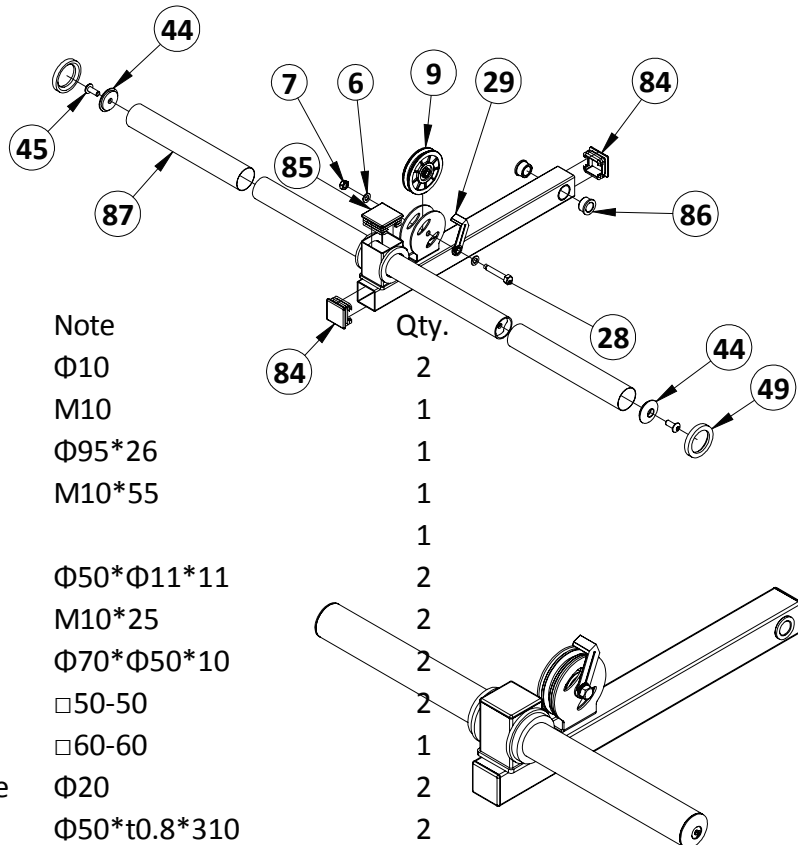


No.	Description	Note	Qty.
73	tube		1
74	tube		1
75	hand cover	Φ38*1.5	2
76	handle cover / one end	Φ25*125	2

Factory assembly explosion drawing

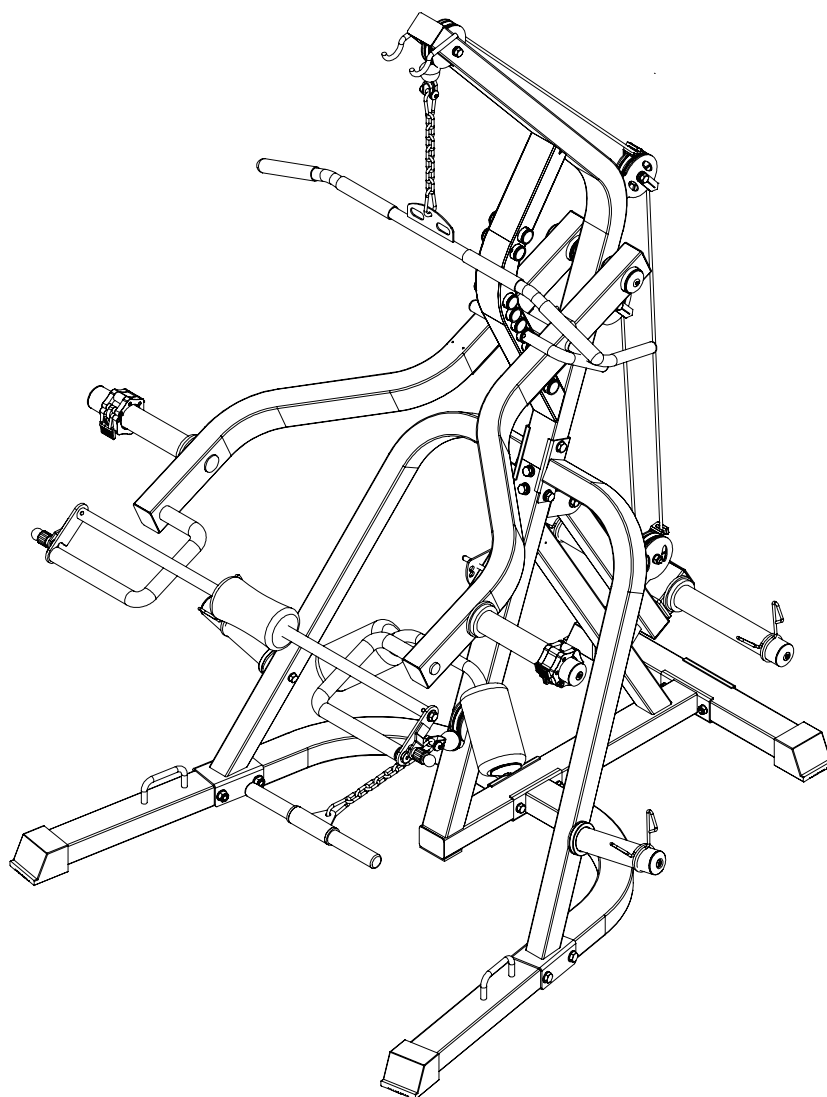


No.	Description	Note	Qty.
77	tube		1
78	tube	Φ50*0.8*200	1
79	tube	Φ48*1.5*198	1
80	tube plug	Φ70*Φ44.8*Φ25.5*30	1
81	tube plug	Φ50*Φ44.8*Φ25.5	1
82	plastic nut	M8	1
83	allen bolt	M8*20	1



No.	Description	Note	Qty.
6	gasket	Φ10	2
7	lock nut	M10	1
9	pulley	Φ95*26	1
28	hexagon bolt	M10*55	1
29	plastic sheet		1
44	end cap	Φ50*Φ11*11	2
45	allen bolt	M10*25	2
49	rubber ring	Φ70*Φ50*10	2
84	tube plug	□50-50	2
85	tube plug	□60-60	1
86	powder metallurgy sleeve	Φ20	2
87	tube	Φ50*0.8*310	2

Assembly step-4 drawing



Assembly step-4 installation instruction

- 1 Installed barbell plate holder-62 on large floor stand frame-1 use M10*20 hexagon bolt-66, $\Phi 10$ big gasket-61, shaft-63.
- 2 Install barbell plate holder-67 in the side support tube use M10*20 hexagon bolt-66, $\Phi 10$ gasket-6.
- 3 Install cable-64 as shown in figure.
- 4 Put the short bar-65 with chain + 2 snap hook-70, and long bar-68 on the main machine.
- 5 Put the butterfly clip-69 on the stainless steel sleeve.