

**MULTI - LEG EXTENSION / LEG CURL**

**For Service Call 714-821-4177**



# **MEC ASSEMBLY INSTRUCTIONS**

## **IMPORTANT NOTICES**

**Read all warning labels, the instruction placard and this manual before attempting to use this machine. Always consult your physician and an exercise professional before beginning any exercise program/regimen.**

**Before any test or use check for proper assembly of the machine including (but not limited to): bolts and other hardware fastened properly, cables in pulley grooves and routed correctly. For safety use the top weight only for the first machine movement.**

**Maintain your machine in good working order by following the maintenance schedule provided on the equipment.**

It is strongly recommended that a qualified dealer assemble this Multi-Leg Extension/Leg Curl machine.

Should there be any question during assembly contact your authorized Inflight Fitness dealer or call direct to 714 821 4177.

Before beginning assembly read this instruction manual thoroughly. Unpack and verify all parts and hardware quantities against the parts and hardware lists.

Follow the assembly steps in sequence. Failure to follow the order of assembly will result in disassembly later and possible damage to the machine components.

The 3/8" nuts provided with this machine are "centerlocking". They provide a more secure assembly than nylon locking nuts. Please note they do require more force to tighten than nylon locking nuts.

# **MEC PARTS AND HARDWARE**

## **PARTS**

### **WHITE / PLATINUM FRAME PARTS**

Loop Upright	Seat Upright	Base Frame
Rotating Arm Assembly	Cross Tube	Seat Frame
Guide Rod Bracket	Bearing Flats (2)	Bent Handles (2)
Lying Leg Curl Handle	Cable Retainer	

### **BLACK FRAME PARTS**

Back Support w/Plate	Back Support	Seat Pad Plate
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### **CABLES AND PULLEYS**

MEC Cable (with pin and clip)	4 ½" Pulleys (4)
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### **MISCELLANEOUS**

Guide Rods (2)	Lube	Weight Stack Cushions (2)
Seat Pad	Back Pad	Roller Pads (4)
Weight Labels	Manual	Top Weight
5-5# Weight Plates	10-10# Weight Plates	5-15# Weight Plates
Weight Selector Stem	Roller Tubes (4)	Weight Pin with Lanyard
Instruction Placard	Retainer Plates (4)	Threaded Shaft

# MEC PARTS AND HARDWARE

## HARDWARE

DESCRIPTION	QUANTITY
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### Bolts

3/8" x 8"	2
3/8" x 4 3/4"	2
3/8" x 4 1/2"	2
3/8" x 4"	2
3/8" x 3 1/4"	2
3/8" x 3"	4
3/8" x 2 3/4"	1
3/8" x 2 1/4"	1
3/8" x 2"	2
3/8" x 1 3/4"	1
3/8" x 1 1/4"	2
1/2" x 7"	1
1/2" x 5 1/4"	1

### Screws

3/8" x 1 1/2" Cap Screw	1
3/8" x 1" Button Head Screws	2
3/8" x 1" Flat Head Screws	4

### Washers

3/8" Flat Washers	25
3/8" Curved Washers	10
1/2" Flat Washers	4
Cam Washer	1
Small 3/8" Washer	2
Plastic Washer	8

### Nuts

3/8" Nuts	14
1/2" Nuts	2

# MEC ASSEMBLY INSTRUCTIONS

## MAIN STRUCTURE ASSEMBLY

- A.** Assemble Loop Upright to Base Frame using 2 – 3/8" x 8" bolts, 2 – 3/8" curved washers, 2 – 3/8" flat washers, and 2 – 3/8" nuts.
- B.** Assemble Seat Upright to Base Frame using 2 – 3/8" x 4" bolts, 4 – 3/8" curved washers, and 2 – 3/8" nuts.
- C.** Attach Cross Brace to Loop Upright using 2 - 3/8" x 4 3/4" bolts, 4 – curved washers, and 2 – 3/8" nuts. Attach other end of Cross Brace to Seat Upright using 1 – 3/8" x 2 3/4" bolt and 1 – 3/8" flat washer.
- D.** Attach Bearing Flats to Seat Upright and Base Frame using 2 – 3/8" x 4 1/2" bolts, 4 – 3/8" flat washers, and 2 – 3/8" nuts. Make sure flange side of bearings is to the outside.
- E.** Insert 1/2" Threaded Shaft into tube at the top of the Rotating Arm Assembly. Attach assembly to Bearing Flats using 2 – 3/8" x 1" Button Head Screws and 2 – 3/8" large washers.
- F.** Attach the two Bent Handles to the Seat Upright using 2 – 3/8" x 3" bolts, 4 – 3/8" flat washers, and 2 – 3/8" nuts.
- G.** Insert Guide Rods into the base of the Loop Upright. Allow Guide Rods to lean back away from the machine.

Place one weight stack cushion on each Guide Rod and slide down to the base.

Apply lubricant to the Guide Rods from the weight stack cushions to the tops of the Guide Rods.

Making sure that the recess for the weight labels is facing towards the machine and that the three pads are facing down slide onto the Guide Rods: 5 – 15lb. Weights, 10 – 10lb. Weights and 5 – 5lb. Weights.

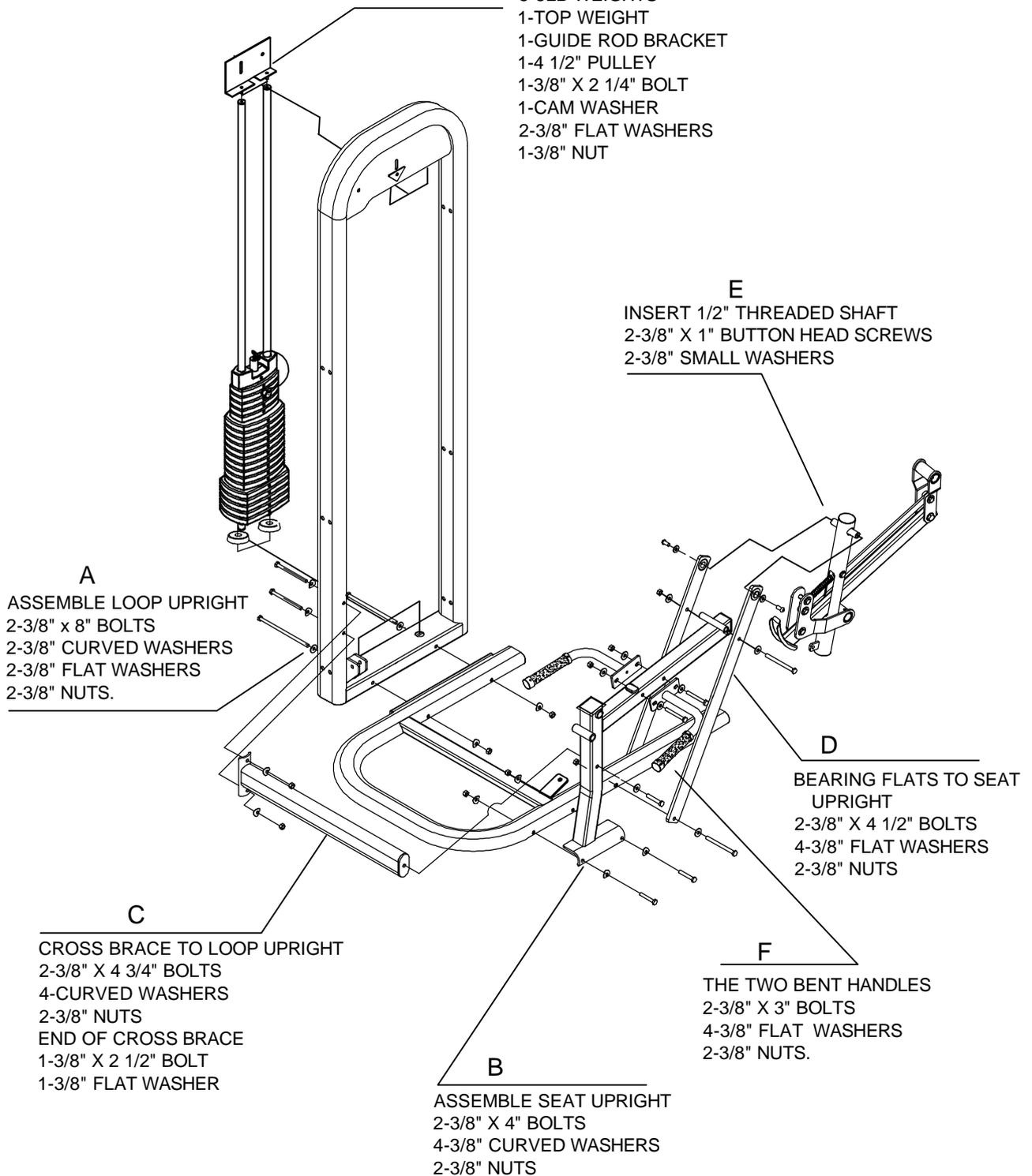
Place Top Weight on the Guide Rods with the drilled hole facing the machine and slide down to the stack.

# MEC ASSEMBLY INSTRUCTIONS

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10-15-04

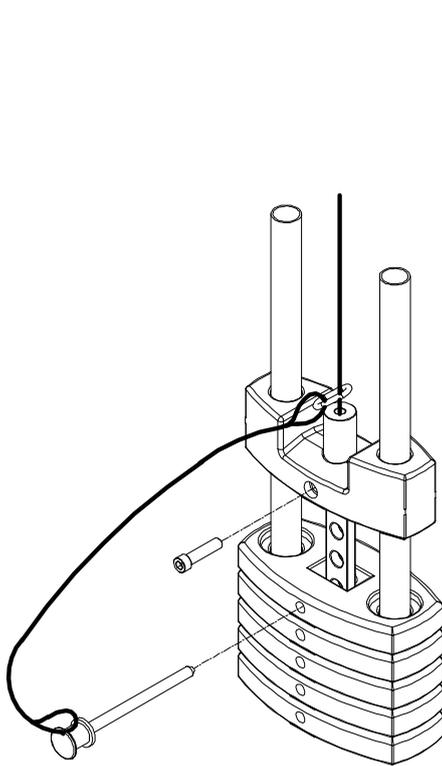
- G,H**  
2-GUIDE RODS  
2-CUSHION STACK  
5-15LB WEIGHTS  
10-10LB WEIGHTS  
5-5LB WEIGHTS  
1-TOP WEIGHT  
1-GUIDE ROD BRACKET  
1-4 1/2" PULLEY  
1-3/8" X 2 1/4" BOLT  
1-CAM WASHER  
2-3/8" FLAT WASHERS  
1-3/8" NUT



# MEC ASSEMBLY INSTRUCTIONS

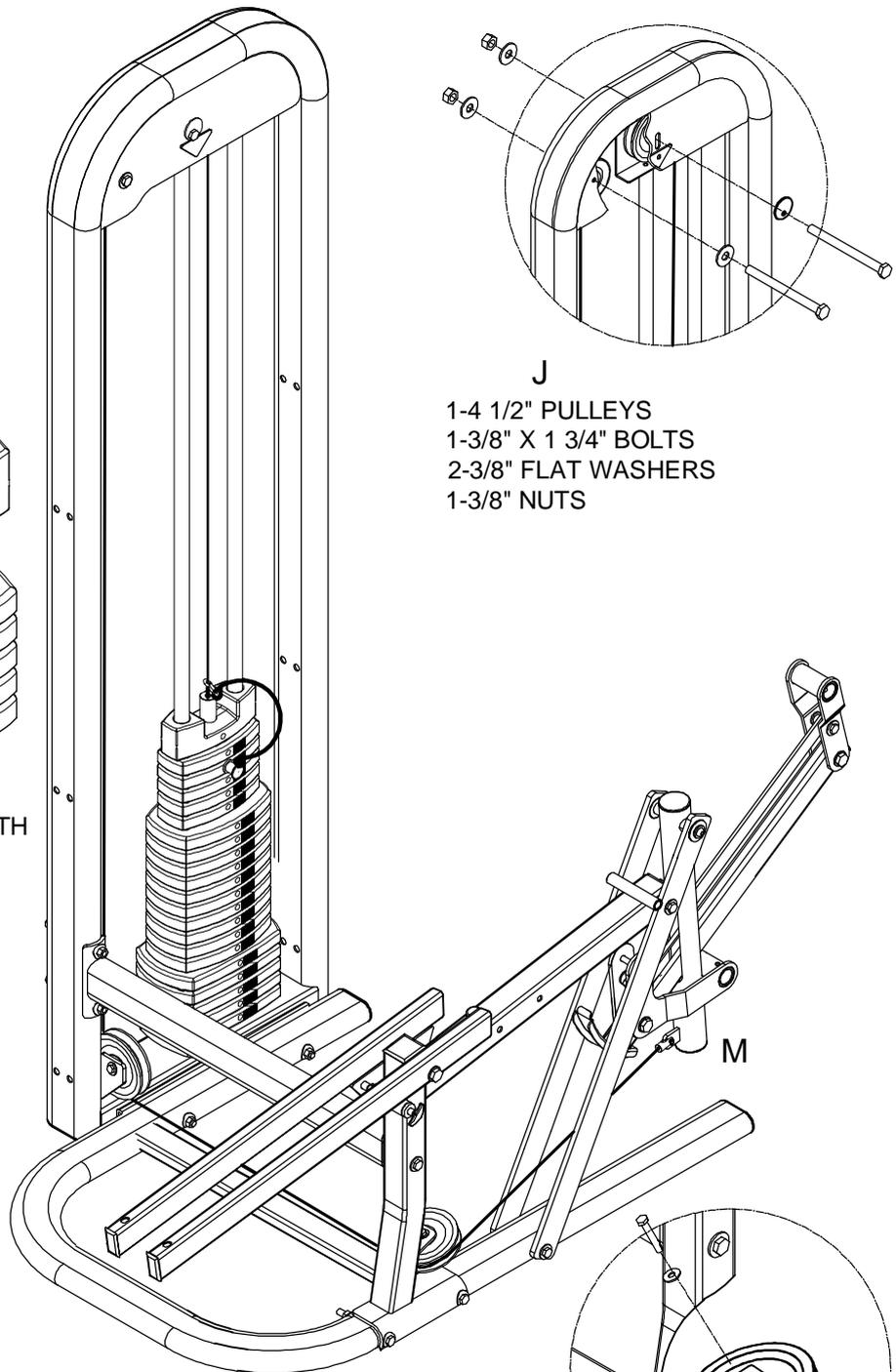
## CABLE AND PULLEY INSTALLATION

- H. Install Guide Rod Bracket onto top of guide rods. Loop MEC cable over one 4 ½" pulley and slide up between the plates of the Loop Upright at the slot. The large cylindrical clevis end of the MEC cable will align with the center of the weight stack. Stand the weight stack assembly upright and bolt the Guide Rod Bracket, Pulley and Loop Upright together using 1 – 3/8" x 2 ¼" bolt, 1 Cam Washer, 2 – 3/8" flat washers, and 1 – 3/8" nut. Do not tighten completely at this time. (See page 5 for illustration)
- I. Insert the Selector Stem into the weight stack while holding the Selector Stem several holes above the Top Weight. Insert the Weight Pin, suspending the Selector Stem. Place the cylindrical clevis end of the cable over the Selector Stem and raise the Top Weight so that the holes in the Top Weight, Selector Stem and clevis align. Attach using 1 – 3/8" x 1 ½" cap bolt.
- J. Install a 4 ½" pulley under the cable and insert the pulley between the plates of the Loop Upright. Attach using 1 – 3/8" x 1 ¾" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut.
- K. Route the cable down between the plates welded to the base of the Loop Upright. Install a 4 ½" pulley over the cable and attach to the plates using 1 – 3/8" x 2" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut.
- L. Route the cable over to the plate welded on the Base Frame near the Seat Upright. Attach a 4 ½" pulley and the Cable Retainer using 1 – 3/8" x 2" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut.
- M. Attach the small clevis end of the cable end of the cable to the Rotating Arm using the grooved pin and clip fastened to the clevis.



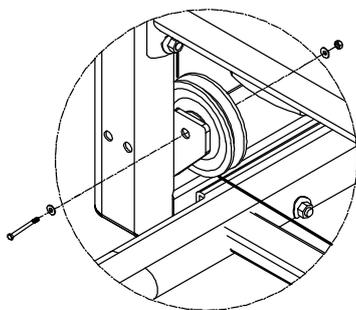
**I**

1-WEIGHT PIN AND LANYARD WITH  
SPLIT RING  
1-3/8" X 1 1/2" CAP BOLT  
FASTEN SPLIT RING TO CABLE.



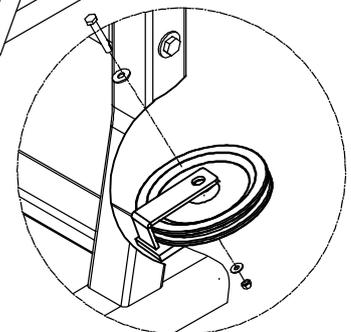
**J**

1-4 1/2" PULLEYS  
1-3/8" X 1 3/4" BOLTS  
2-3/8" FLAT WASHERS  
1-3/8" NUTS



**K**

1-4 1/2" PULLEY  
1-3/8" X 2" BOLTS  
2-3/8" FLAT WASHERS  
1-3/8" NUTS



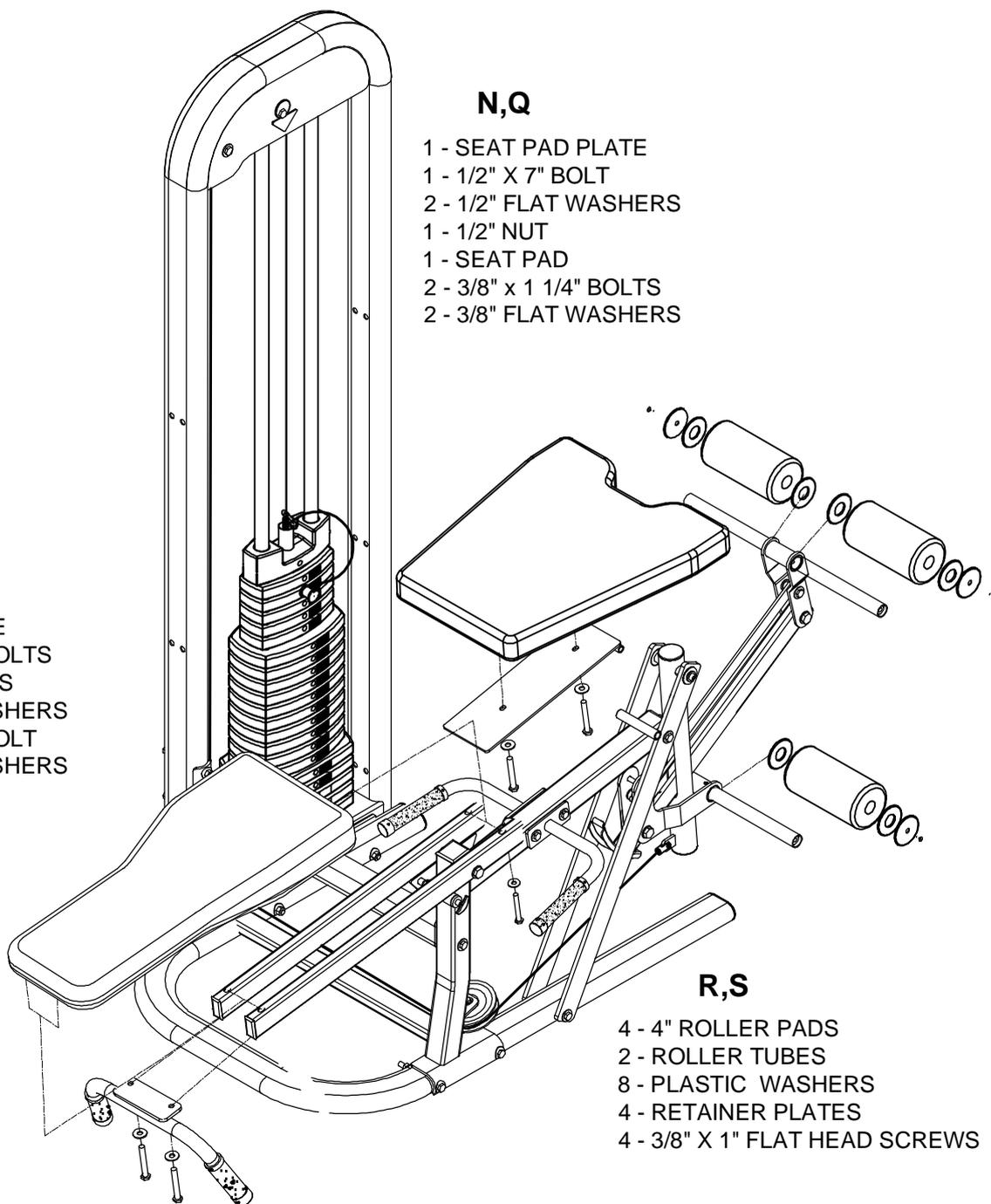
**L**

1-4 1/2" PULLEY  
1-CABLE RETAINER  
1-3/8" X 2" BOLTS  
2-3/8" FLAT WASHERS  
1-3/8" NUTS

# MEC ASSEMBLY INSTRUCTIONS

## STRUCTURE DETAILS AND PADS

- N.** Attach the Seat Pad Plate to the Seat Upright using 1 ½" x 7" bolt, 2 – ½" flat washers, and 1 - ½" nut.
- O.** Assemble the two Back Support Tubes, the Lying Leg Curl Handle and the Back Pad using 2 – 3/8" x 3 ¼" bolts, 2 – 3/8" x 3" bolt, and 4 – 3/8" flat washers.
- P.** Attach the Back Pad Assembly to the Seat Upright using 1 ½" x 5 ¼" bolt, 2 – ½" flat washers, and 1 – ½" nut.
- Q.** Attach the Seat Pad to the Seat Pad Plate using 2 - 3/8" x 1 ¼" bolts and 2 – 3/8" flat washers.
- R.** Slide Roller Tubes into the Rotating Arm and tighten setscrews.
- S.** Slide one black Plastic Washer onto each side of the Roller Tubes. Slide on a Roller Pad and then another Black Plastic Washer. Fasten the black Retainer Plates to the Roller Tubes using 4 – 3/8" x 1" Flat Head Screws.



### O,P

- 1 - CURL HANDLE
- 2 - 3/8" X 3 1/4" BOLTS
- 2 - 3/8" X 3" BOLTS
- 4 - 3/8" FLAT WASHERS
- 1 - 1/2" X 5 1/4" BOLT
- 2 - 1/2" FLAT WASHERS
- 1 - 1/2" NUT

### N,Q

- 1 - SEAT PAD PLATE
- 1 - 1/2" X 7" BOLT
- 2 - 1/2" FLAT WASHERS
- 1 - 1/2" NUT
- 1 - SEAT PAD
- 2 - 3/8" x 1 1/4" BOLTS
- 2 - 3/8" FLAT WASHERS

### R,S

- 4 - 4" ROLLER PADS
- 2 - ROLLER TUBES
- 8 - PLASTIC WASHERS
- 4 - RETAINER PLATES
- 4 - 3/8" X 1" FLAT HEAD SCREWS

# **MEC ASSEMBLY INSTRUCTIONS**

## **CABLE ADJUSTMENT**

- T.** Once the Multi-Leg Extension/Leg Curl is completely assembled, loosen bolt that attaches pulley and Guide Rod Bracket to the Loop Upright (installed at step **H.**). Raise or lower the bolt and pulley to remove slack from the cables. Make sure that the Weight Pin still engages all weight plates with the Selector Stem. Once the cable tension is correct, rotate the Cam Washer so it rests against the triangle support and re-tighten bolt.

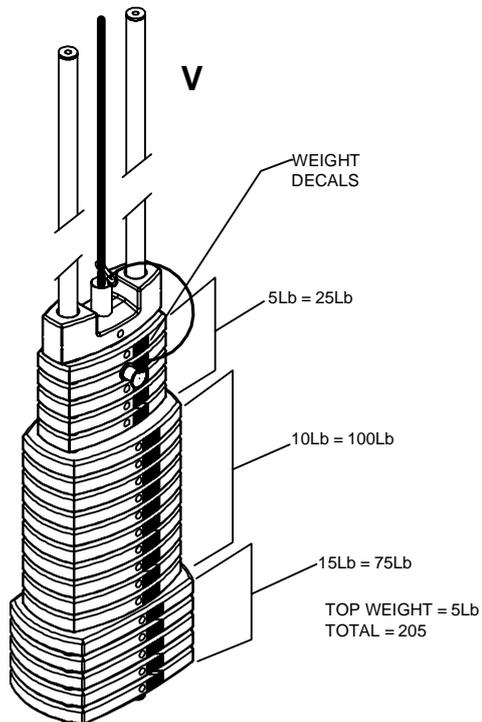
## **PLACARDS AND LABELS**

- U.** Remove backing from foam tape on Instruction Placard. Attach Instruction Placards to Loop Upright aligning outside edge of placard to top and outside edge of Loop Upright.
- V.** Attach Weight Labels in recess provided on front of Weight Plates. All the recesses should be aligned and to the right as you face the weight stack.

## **SHROUD HOLES AND SHROUD OPTION**

- W.** If no Optional Shroud Kit was purchased install plastic caps in all 24 shroud holes. If installing Shrouds, fasten to Loop Upright using 11 – 3/8 x 2 1/2” bolts, 19 – 3/8” flat washers and 8 – 3/8” nuts (hardware found in Shroud box). The middle and lower bolts on the right side and the middle bolt on the left side of the Front Shroud fasten into threaded fasteners pre-installed into the Front Shroud.

## WEIGHT LABELS



## INSTALLING PLACARD

PEEL BACKING FROM TAPE  
ATTACH TO LOOP UPRIGHT  
AS SHOWN

