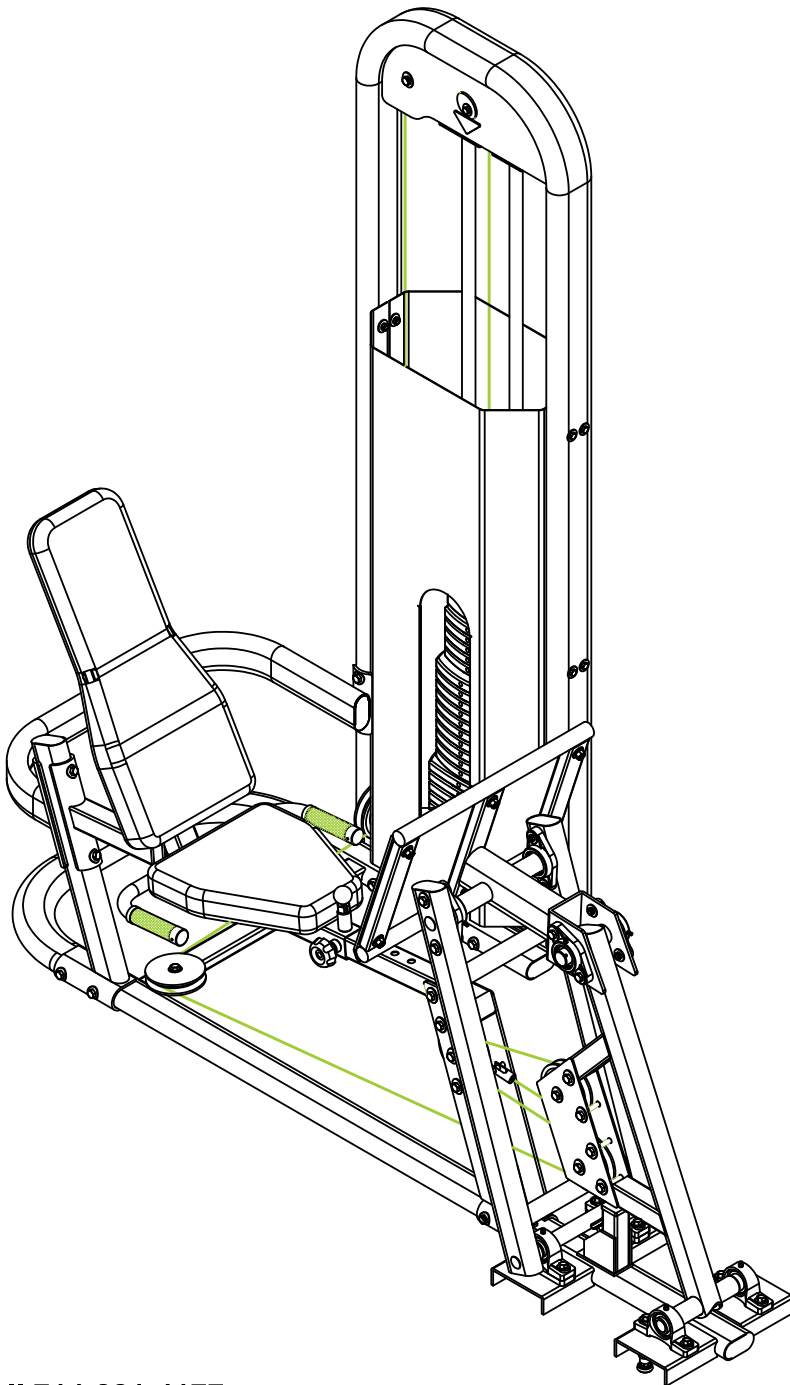




MULTI - LEG PRESS

For Service Call 714-821-4177

MLP 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 Press 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.

MLP PARTS AND HARDWARE

PARTS

WHITE / PLATINUM FRAME PARTS

Loop Upright	Upright Support	Base Frame
Rotating Arm Assembly	Cross Tube	Seat Frame
Guide Rod Bracket	Aft Pivot Arm	Forward Pivot Arm
Foot Plate Assembly	Cable Retainer	Forward Supp't Plates (2)

CABLES AND PULLEYS

MLP Cable	4 ½" Pulleys (7)
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MISCELLANEOUS

Guide Rods (2)	Lube	Weight Stack Cushions (2)
Seat Pad	Back Pad	Hole Covers (4)
Weight Labels	Manual	Instruction Placard
5-5# Weight Plates	10-10# Weight Plates	5-15# Weight Plates
Weight Selector Stem	Top Weight	Weight Pin with Lanyard
1" x 9" shaft	1" x 12" Shaft (2)	1" x 6 ½" Shaft
Seat Selector Tube	Pillow Block Bearings (4)	Flange Bearings (4)

MLP 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 1/4"	5
3/8" x 4"	2
3/8" x 3"	2
3/8" x 2 3/4"	6
3/8" x 2 1/2"	6
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 2 3/4"	4
1/2" x 2"	4
1/2" x 1 1/2"	8

Screws

3/8" x 1 1/2" Cap Screw	1
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Washers

3/8" Flat Washers	38
3/8" Curved Washers	18
1/2" Flat Washers	32
Cam Washer	1
3/8" Spacers	6
1/2" Spacers	2

Nuts

3/8" Nuts	27
1/2" Nuts	16

MLP ASSEMBLY INSTRUCTIONS

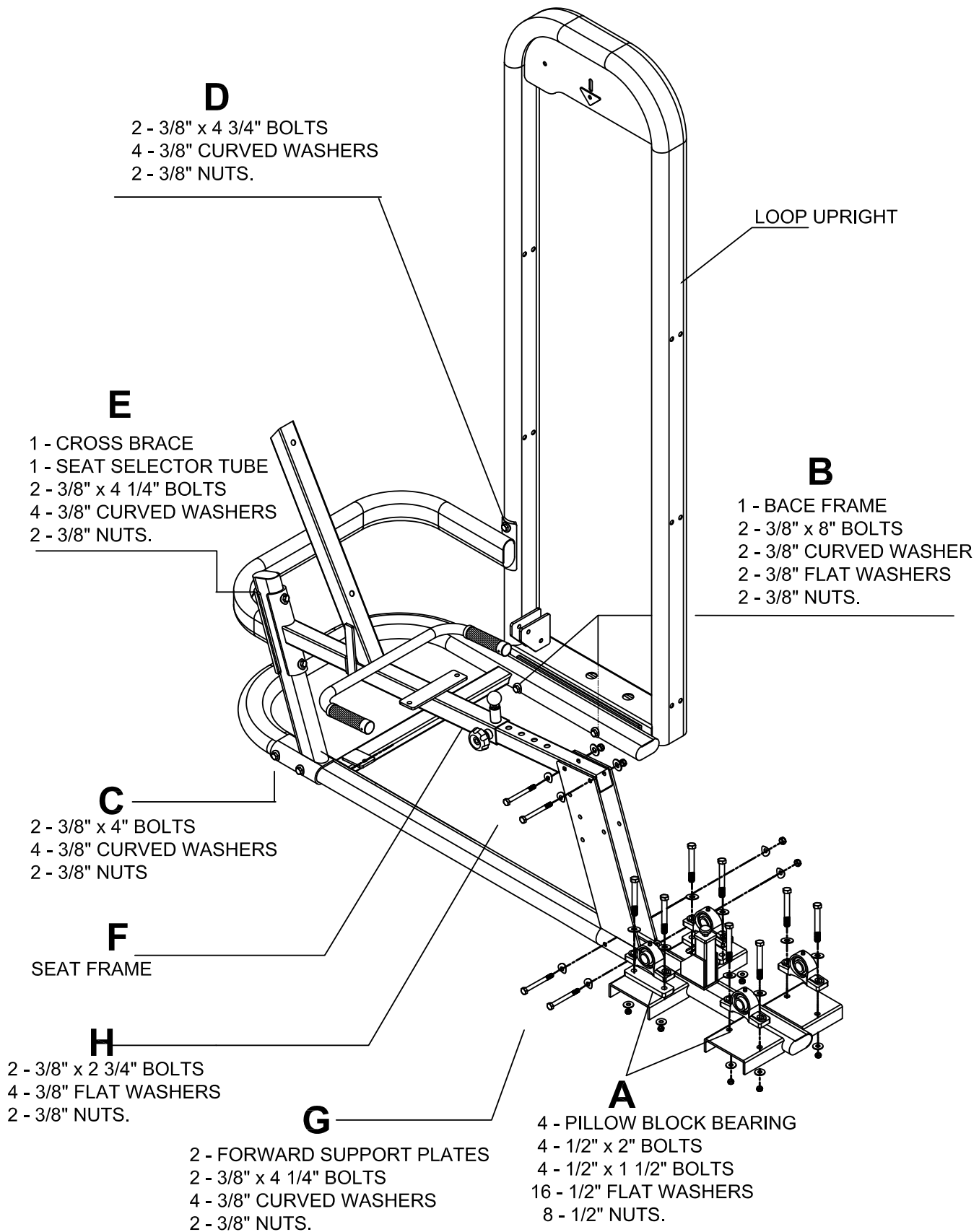
MAIN STRUCTURE ASSEMBLY

- A.** Fasten the four Pillow Block Bearing to the Base Frame (with setscrew side facing inward) using 4 – $\frac{1}{2}$ " x 2" bolts, 4 – $\frac{1}{2}$ " x 1 $\frac{1}{2}$ " bolts, 16 – $\frac{1}{2}$ " flat washers, and 8 – $\frac{1}{2}$ " nuts. Do not tighten at this time.
- B.** Place Base Frame on floor. Attach Loop Upright to Main Base using 2 – $\frac{3}{8}$ " x 8 bolts, 2 – $\frac{3}{8}$ " curved washers, 2 – $\frac{3}{8}$ " flat washers, and 2 – $\frac{3}{8}$ " nuts.
- C.** Attach Upright Support to the Base Frame using 2 – $\frac{3}{8}$ " x 4" bolts, 4 – $\frac{3}{8}$ " curved washers, and 2 – $\frac{3}{8}$ " nuts.
- D.** Attach the Cross Brace to the Loop Upright using 2 – $\frac{3}{8}$ " x 4 $\frac{3}{4}$ " bolts, 4 – $\frac{3}{8}$ " curved washers, and 2 – $\frac{3}{8}$ " nuts.
- E.** Attach the Cross Brace and Seat Selector Tube to the Upright Support using 2 – $\frac{3}{8}$ " x 4 $\frac{1}{4}$ " bolts, 4 – $\frac{3}{8}$ " curved washers, and 2 – $\frac{3}{8}$ " nuts.
- F.** Loosen the tightening nut and pull the pop pin back on the Seat Frame and slide the Seat Frame onto the Seat Selector Tube.
- G.** Attach the Forward Support Plates to the Base Frame using 2 – $\frac{3}{8}$ " x 4 $\frac{1}{4}$ " bolts, 4 – $\frac{3}{8}$ " curved washers, and 2 – $\frac{3}{8}$ " nuts.
- H.** Attach the Forward Support Plates to the Seat Selector Tube using 2 – $\frac{3}{8}$ " x 2 $\frac{3}{4}$ " bolts, 4 – $\frac{3}{8}$ " flat washers, and 2 – $\frac{3}{8}$ " nuts.

MLP ASSEMBLY INSTRUCTIONS

By INFLIGHT FITNESS

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MLP ASSEMBLY INSTRUCTIONS

PRESS ARM ASSEMBLY

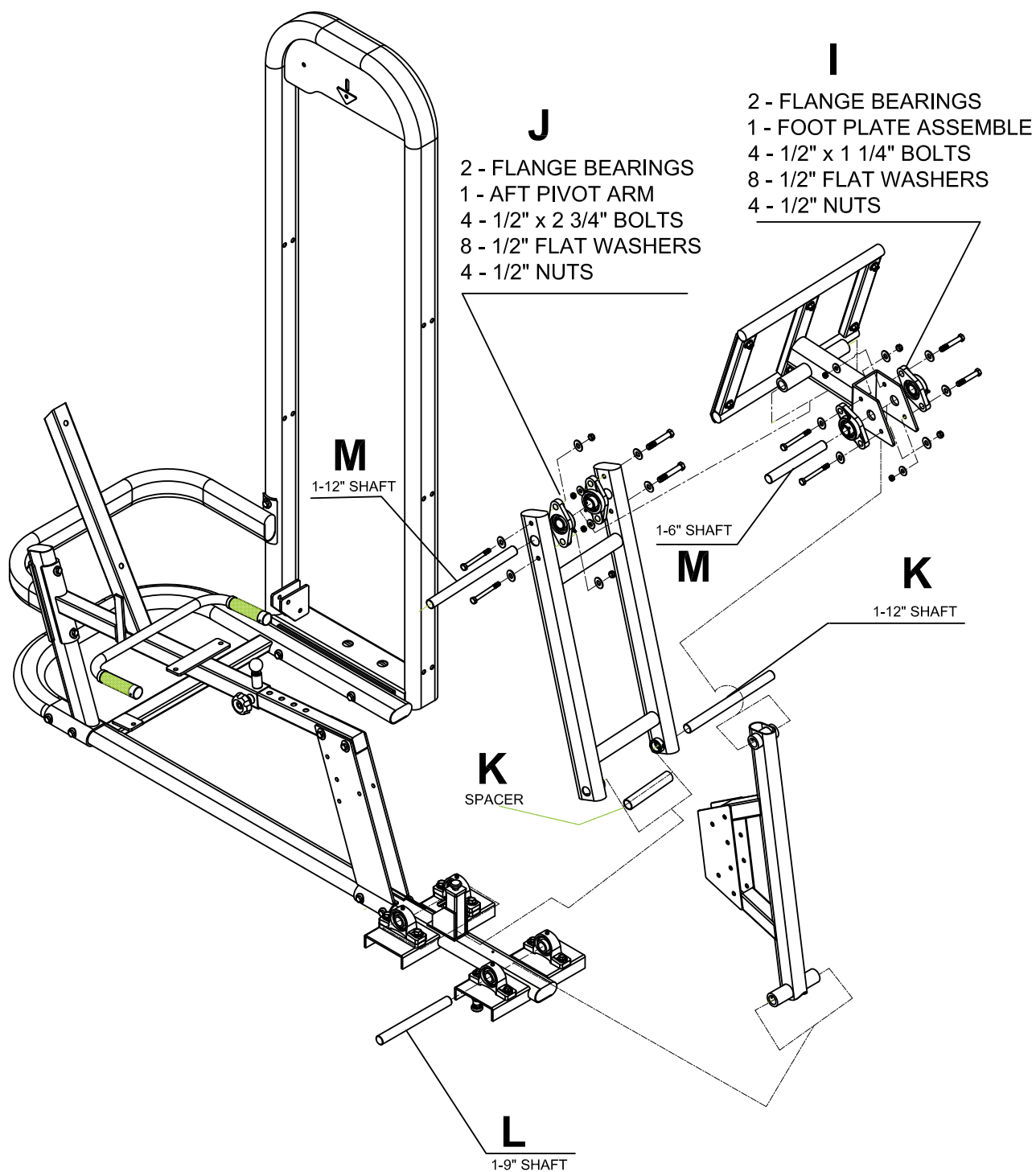
Note: Make sure all the setscrews in the bearings, shaft collars and tubes are “backed off” and cannot impede installing the shafts. If you encounter resistance installing any shafts, stop and check the setscrews and the alignment of the holes and bearings. No more than gentle tapping should be needed to install any shafts.

- I.** Fasten two Flange Bearings to the Foot Plate Assembly using 4 – $\frac{1}{2}$ " x 1 $\frac{1}{2}$ " bolts 8 – $\frac{1}{2}$ " flat washers, and 4 – $\frac{1}{2}$ " nuts. Do not fully tighten.
- J.** Fasten two Flange Bearings to the Aft Pivot Arm using 4 – $\frac{1}{2}$ " x 2 $\frac{3}{4}$ " bolts, 8 – $\frac{1}{2}$ " flat washers, and 4 – $\frac{1}{2}$ " nuts. Do not fully tighten.
- K.** Attach the Aft Pivot Arm to the Pillow Block Bearings with a 1" x 12" shaft and the Shaft Cover.
- L.** Attach the Forward Pivot Arm to the Pillow Block Bearings with the 1" x 9" shaft.
- M.** Attach the Foot Plate Assembly to the Aft Pivot Arm using a 1" x 12" shaft. Attach to the Forward Pivot Assembly using the 1" x 6 $\frac{1}{2}$ " shaft.

Check the alignment of the Foot Plate Assembly to the Seat Selector Tube. The Pivot Arms and Foot Plate Assembly should move in line with the Seat Selector Tube. Now tighten the bolts in the Flange Bearings, then the Pillow Block Bearings and then all the setscrews.

Press in four rubber hole covers into Aft Pivot Arm.

Adjust stabilizing feet under the aft U-channels on the Base Frame by unthreading the feet until they rest on the flooring. Tighten jam nuts against the U-channel.



MLP ASSEMBLY INSTRUCTIONS

WEIGHT STACK, CABLE AND PULLEY INSTALLATION

- N.** Insert Guide Rods into the base of the Loop Upright. Allow Guide Rods to lean back away from the machine.

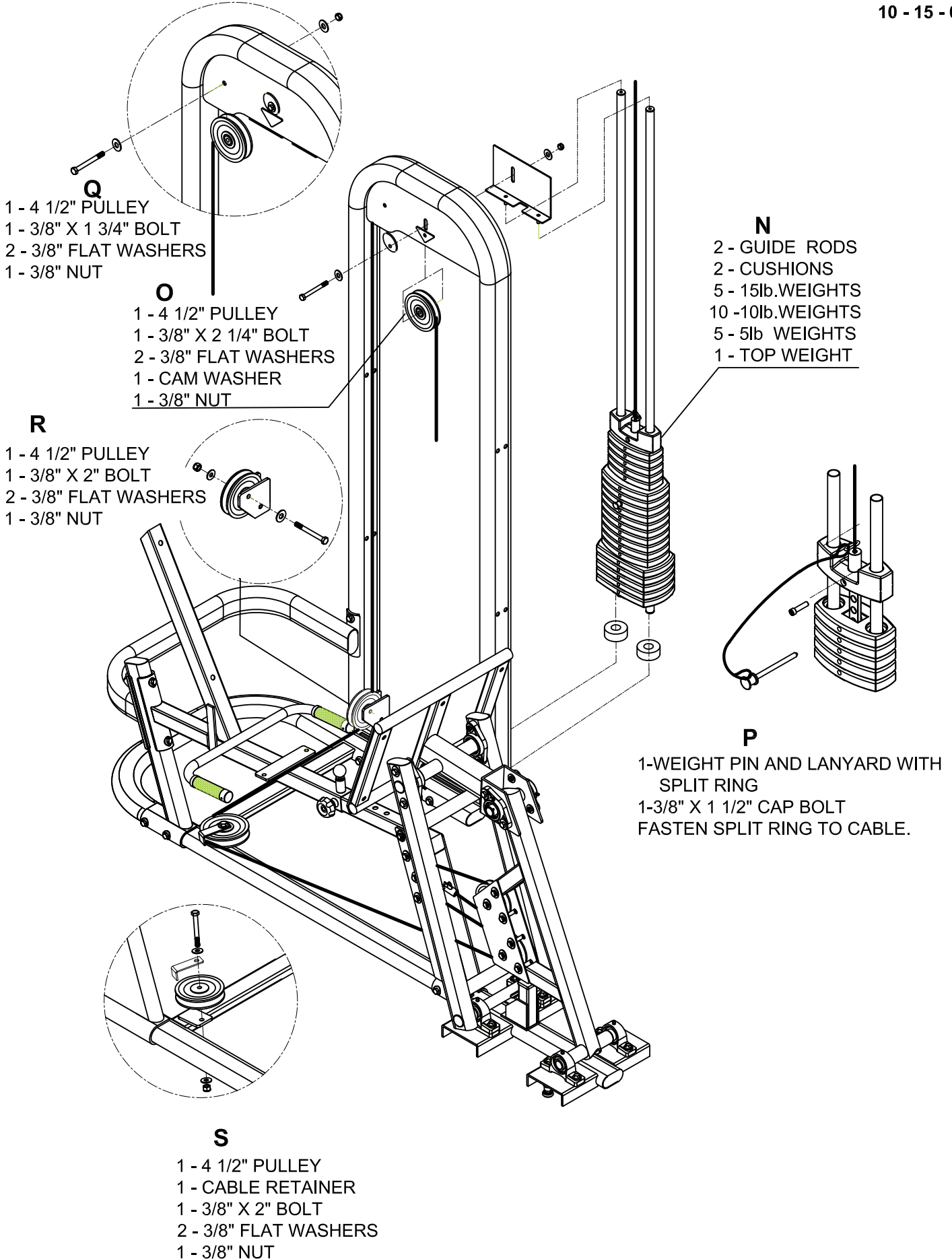
Place one weight stack cushion on each Guide Rod and slide down to the base.

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.

- O.** Install Guide Rod Bracket onto top of guide rods. Loop MLP 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 MLP 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.
- P.** 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 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. Bolt the first top weight to the top hole in the Selector Stem using 1 – 3/8" x 4 ¼" bolt and 1 – 3/8" nut.
- Q.** 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.
- R.** 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.
- S.** Rout the cable over to the plate welded on the Base Frame near the Upright Support. 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.



MLP ASSEMBLY INSTRUCTIONS

CABLE AND PULLEY INSTALLATION (cont.)

- T.** Install 4 – 3/8" x 2 1/2" bolts, 8 – 3/8" flat washers, and 4 – 3/8" nuts in the Forward Pivot Arm in the four holes furthest forward.

Install 2 – 3/8" x 2 3/4" bolts, 4 – 3/8" flat washers, and 2 – 3/8" nuts in the Forward Support Plates in the two holes furthest aft.

Route cable through the Forward Support Plates and the Aft Pivot Arm to the Forward Pivot Arm. Wrap cable from underneath around a 4 1/2" pulley and install between the plates of the Forward Pivot Arm in the lower aft hole using 1 – 3/8" x 2 1/2" bolt, 2 – 3/8" flat washers, 2 – 3/8" spacers, and 1 – 3/8" nut.

Route the cable back to the Forward Support Plates. Wrap the cable around a 4 1/2" pulley from underneath and install between the plates in the middle hole using 1 – 3/8" x 2 3/4" bolt, 2 – flat 3/8" washers, 2 – 3/8" spacers and 1-3/8" nut.

Route the cable forward to the Forward Pivot Arm. Wrap the cable over a 4 1/2" pulley and install between the plates in the last hole using 1 – 3/8" x 2 1/2" bolt, 2 – 3/8" flat washers, 2 – 3/8" spacers, and 1 – 3/8" nut.

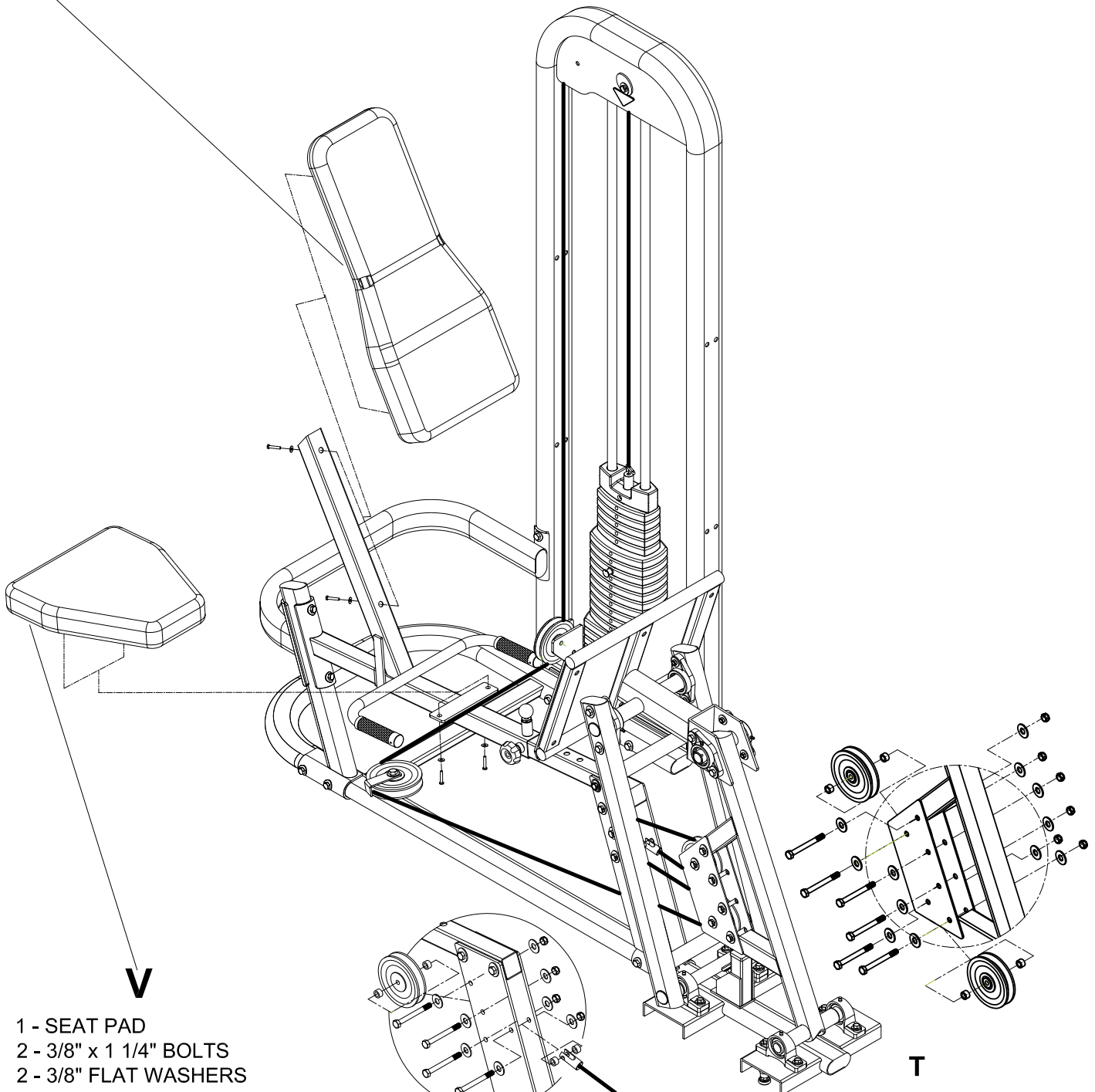
Route the end of the cable back to the Forward Support Plates and terminate between the plates in the forward hole using 1 – 3/8" x 2 3/4" bolt, 2 – 3/8" flat washers, 2 – 1/2" spacers, and 1 – 3/8" nut.

PAD INSTALLATION

- U.** Attach Back Pad to the Seat Frame using 2 – 3/8" x 3" bolts and 2 – 3/8" flat washers.
- V.** Attach Bottom Pad to the Seat Frame using 2 – 3/8" x 1 1/4" bolts and 2 – 3/8" flat washers.

U

- 1 - BACK PAD
- 2 - 3/8" x 3" BOLTS
- 2 - 3/8" FLAT WASHERS



V

- 1 - SEAT PAD
- 2 - 3/8" x 1 1/4" BOLTS
- 2 - 3/8" FLAT WASHERS

T

- 1 - 4 1/2" PULLEY
- 2 - 1/2" SPACERS
- 2 - 3/8" SPACERS
- 4 - 3/8" X 2 3/4" BOLT
- 8 - 3/8" FLAT WASHERS
- 4 - 3/8" NUT

11

T

- 2 - 4 1/2" PULLEY
- 4 - 3/8" SPACERS
- 6 - 3/8" X 2 1/2" BOLTS
- 12 - 3/8" FLAT WASHERS
- 6 - 3/8" NUT

MLP ASSEMBLY INSTRUCTIONS

CABLE ADJUSTMENT

W. Once the Multi-Leg Press is completely assembled, adjust the threaded stops located on the base frame. These set the travel of the Pivot Arms. Set the Threaded Stop below the Forward Pivot Arm so that the bottom tube welded to the pulley plates is level. Set the other Threaded Stop to prevent the Top Weight from striking the Loop Upright when the Aft Pivot Arm contacts the Threaded Stop. To adjust cable tension, loosen the bolt that attaches the pulley and Guide Rod Bracket to the Loop Upright (installed at step **O.**). 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.

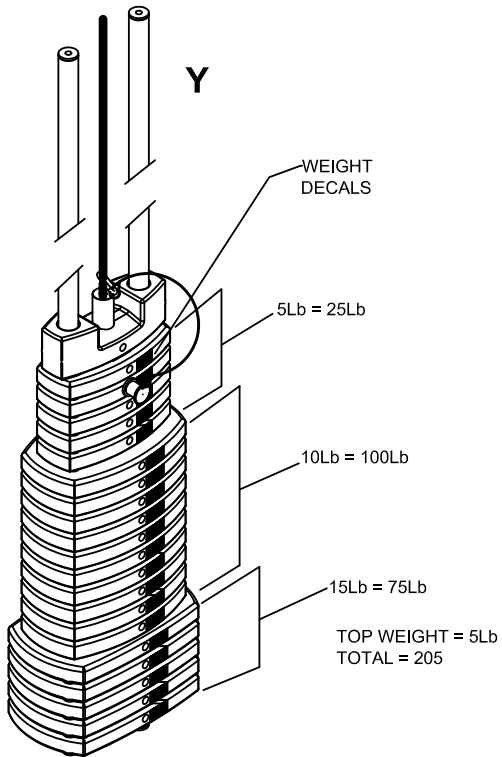
PLACARDS AND LABELS

- X.** 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.
- Y.** 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

- Z.** 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

