

**Incline Leg Press/ Calf Raise**

# **CT-ILPC ASSEMBLY INSTRUCTIONS**

## **IMPORTANT NOTICES**

**Read all warning labels, instruction placards 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 only the top weight 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 CT-ILPC Incline Leg Press/ Calf Raise

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.

# CT-ILPC PARTS AND HARDWARE

## PARTS

### PLATINUM FRAME PARTS

Main Upright	Seat Frame	Base Tube
Plate	Guide Rod Bracket	Handle Ass'y

### PLATINUM FRAME PARTS

Footplate

### CUSHION FRAME PARTS

Back Pad	Bottom Pad
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### CABLES AND PULLEYS

ILPC Cable	4 ½" Pulleys (5)
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### MISCELLANEOUS

Guide Rods (2)	Lube	Weight Stack Cushions (2)
Instruction Placard	Weight Pin with Lanyard	Top Weight
Weight Labels	Manual	5 – 15# Weight Plates
10 – 10# Weight Plates	5 – 5# Weight Plates	

## CT-ILPC PARTS AND HARDWARE

### HARDWARE

DESCRIPTION	QUANTITY
<b>Bolts</b>	
3/8" x 4 3/4"	4
3/8" x 3"	2
3/8" x 2 3/4"	2
3/8" x 2 1/2" w/ blue patch	2
3/8" x 2"	4
3/8" x 1 3/4"	1
3/8" x 1 1/4" w/ blue patch	2
3/8" x 1"	2
<b>Washers</b>	
3/8" Flat Washers	32
3/8" Curved Washers	4
Cam Washer	1
<b>Nuts and Miscellaneous</b>	
3/8" Nuts	17
3/8" x 1 1/4" Flat Head Screws	4

# CT-ILPC ASSEMBLY INSTRUCTIONS

## MAIN STRUCTURE ASSEMBLY

- A1.** Assemble the Seat Frame to the Base Tube and Main Upright using 4 – 3/8" x 4 3/4" bolts, 4 – curved washers, 4 – flat washers and 4 – 3/8" nuts. Do not fully tighten the bolts at this time.
- A2.** Assemble the longer side of the Bent Support Tube to the Main Upright using 1 – Plate, 2 – 3/8" x 3" bolts, 4 – flat washers, and 2 – 3/8" nuts. Assemble the shorter side of the Bent Support Tube to the Seat Frame using 2 -3/8" x 2 3/4" bolts, 4 – flat washers and 2 – nuts. Fully tighten the bolts at this time.

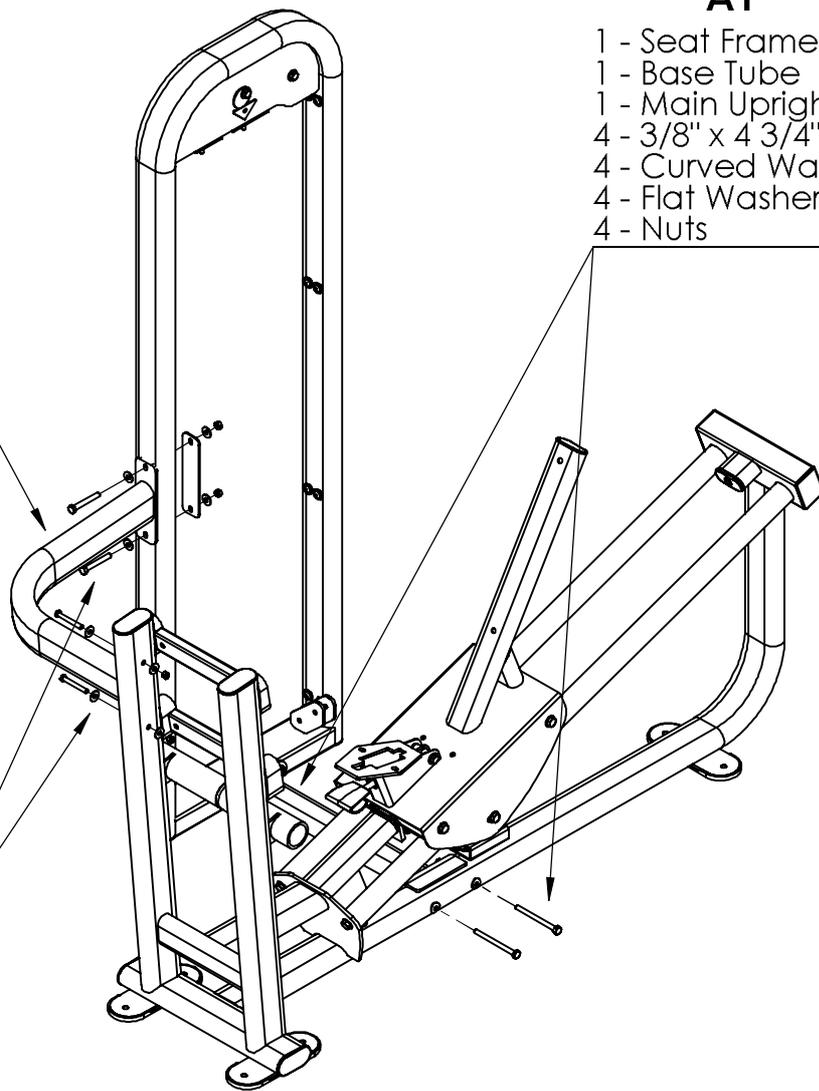
Longer Side of Bent Frame Support

**A2**

- 1 - Bent Support Tube
- 1 - Plate
- 2 - 3/8" x 2 3/4" Bolts
- 2 - 3/8" x 3" Bolts
- 8 - Flat Washers
- 4 - Nuts

**A1**

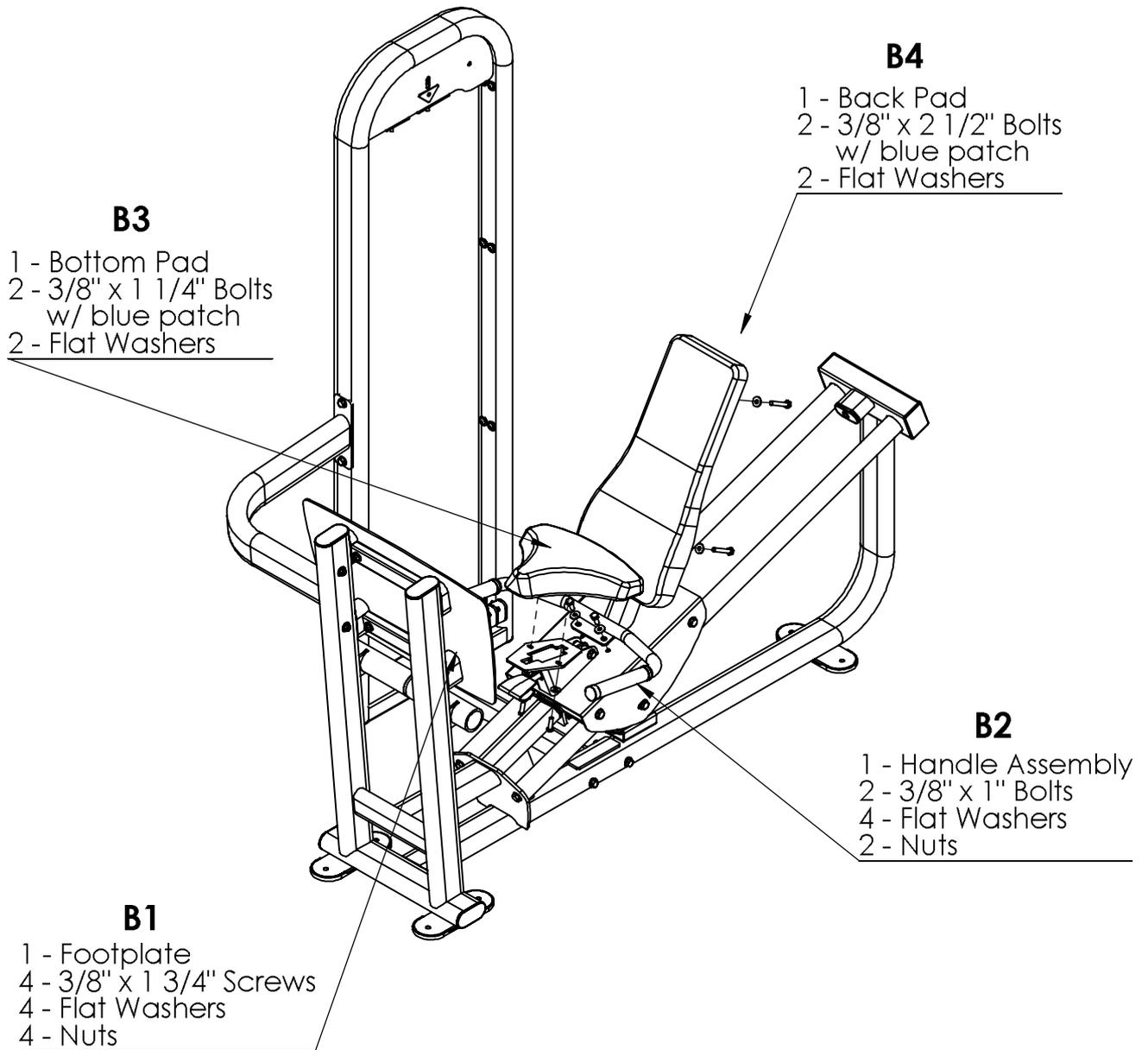
- 1 - Seat Frame
- 1 - Base Tube
- 1 - Main Upright
- 4 - 3/8" x 4 3/4" Bolts
- 4 - Curved Washers
- 4 - Flat Washers
- 4 - Nuts



# CT-ILPC ASSEMBLY INSTRUCTIONS

## PAD AND FRAME PARTS

- B1.** Assemble the Footplate to the Seat Frame using 4 – 3/8" x 1 3/4" flat head screws, 4 – flat washers and 4 – 3/8" nuts.
- B2.** Assemble the Handle Assembly to the sliding Seat Sled Assembly using 2 – 3/8" x 1" bolts, 4 – flat washers and 2 – 3/8" nuts.
- B3.** Assemble the Bottom Pad to the Seat Sled Assembly using 2 – 3/8" x 1 1/4" bolts with blue patch and 2 – 3/8" flat washers.
- B4.** Attach the Back Pad to the Seat Sled Assembly using 2- 3/8" x 2 1/2" bolts with blue patch and 2 – 3/8" flat washers.



# CT-ILPC ASSEMBLY INSTRUCTIONS

## WEIGHT STACK AND CABLE ASSEMBLY

**C1.** 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. weight plates, 10 – 10lb. weight plates and 5 – 5lb weight plates. Place the Top Weight with Cable on the Guide Rods with the drilled hole facing the machine and slide down to the stack.

**C2.** Before proceeding with the cable installation slide the loop of the weight pin lanyard over the end of the ILPC Cable down to the top weight.

**C3.** Install Guide Rod Bracket onto top of guide rods. Place the ILPC Cable over one 4 ½” pulley and slide up between the plates of the Main Upright at the slot. Stand the weight stack assembly upright and bolt the Guide Rod Bracket, Pulley and Loop Upright together using 1 – 3/8” x 2” bolt, 1 - Cam Washer, 2 – 3/8” flat washers, and 1 – 3/8” nut. Do not tighten at this time.

**C4.** Place the ILPC Cable over one 4 ½” pulley and slide up between the plates of the Main Upright at the hole near the corner. Bolt the pulley in place using 1 – 3/8” x 1 ¾” bolt, 2 – 3/8” flat washers, and 1 – 3/8” nut.

**C4**

- 1 - 4 1/2" Pulley
- 1 - 3/8" X 1 3/4" Bolt
- 2 - Flat Washers
- 1 - Nut

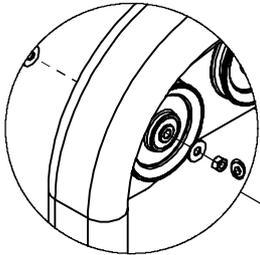


Plate hidden for clarity

**C3**

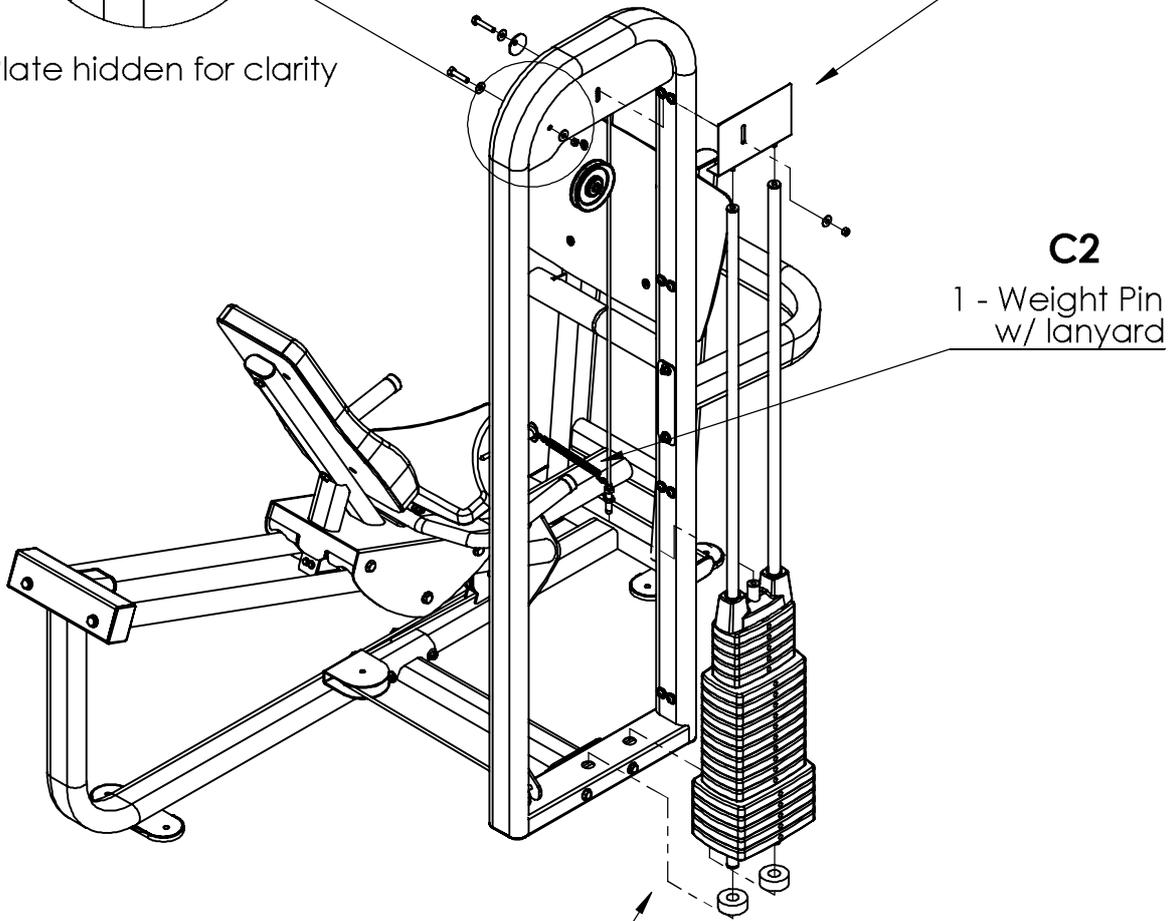
- 1 - Guide Rod Bracket
- 1 - 4 1/2" Pulley
- 1 - 3/8" x 2" Bolt
- 1 - Cam Washer
- 2 - Flat Washers
- 1 - Nut

**C2**

- 1 - Weight Pin w/ lanyard

**C1**

- 2 - Weight Cushions
- 2 - Guide Rods
- 5 - 15lb Weight Plates
- 10 - 10lb Weight Plates
- 5 - 15lb Weight Plates
- 1 - Top Weight w/ Cable



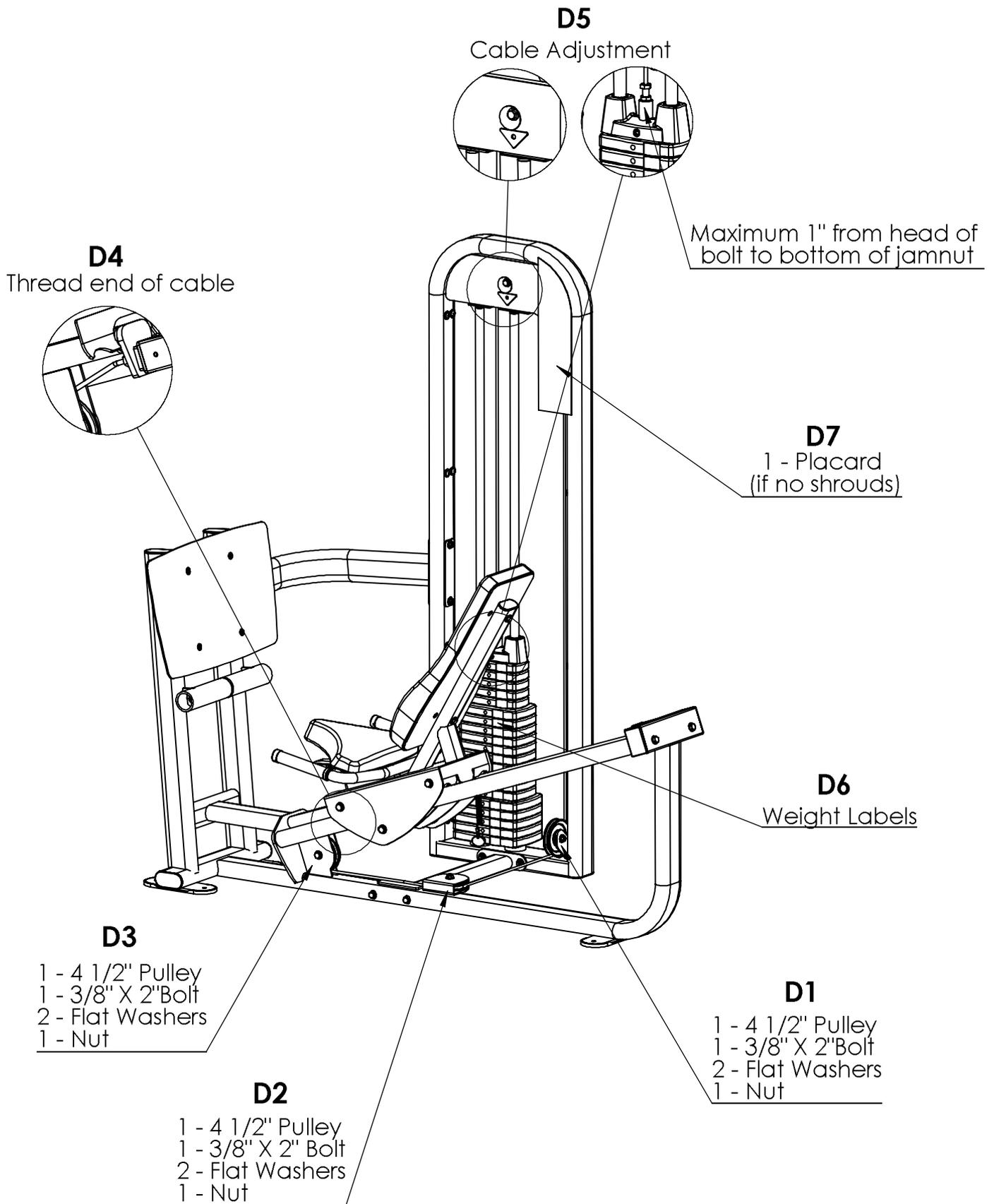
# CT-ILPC ASSEMBLY INSTRUCTIONS

## CABLE ASSEMBLY (continued)

- D1.** 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.
- D2.** Route the cable around a 4 ½" pulley and place the pulley into the pulley bracket welded on the base of the Seat Frame near the Base Tube. Fasten the pulley using 1 – 3/8" x 2" bolt, 2 – 3/8" flat washers, and 1 -3/8" nut.
- D3.** Route the cable under a 4 ½" pulley and place in the pulley bracket welded at the front of the Seat Frame. Attach the pulley using 1 – 3/8" x 2" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut.
- D4.** Route the cable back to the chrome Selector Tube and thread the cable into the threaded hole.
- D5.** Adjust the cable tension first by rotating the cam washer higher in its slot. If the tension is still not enough then loosen the jam nut on the threaded end of the cable at the top weight and thread in the cable to increase tension. Re-tighten the jam nut.
- D6.** Attach the Weight Labels to the recess in the weight plates.

If you are installing shrouds skip D7 and proceed to Step E1.

- D7.** Remove the backing from the adhesive tape on the placard and attach on the upper right hand corner of the Main Upright. Remove the protective cover from the placard.



# CT-ILPC ASSEMBLY INSTRUCTIONS

## SHROUD INSTALLATION

- E1.** Attach the two offset double shroud brackets to the Main Upright using the preinstalled button head screws and washers.
- E1.** Attach five double shroud brackets to the Main Upright using the preinstalled button head screws and washers.
- E2.** Attach the one single side shroud bracket to the Main Upright behind the lower pulley using the pre-installed button head screw and washer.
- E3.** Attach the front shroud to the brackets using 7 – 1/4" x 3/4" button head screws and 1/4" washers.
- E4.** Attach the rear shroud to the brackets using 8 – 1/4" x 3/4" button head screws and 1/4" washers.

Note: Remove the protective covering from the placard on the front shroud.

