Follow these guidelines to maintain proper working condition of the equipment:

**Important:** Do not modify the equipment or any of its parts, or permanently remove any part from the equipment. Do not use accessory attachments that are not recommended by Precor, as such attachments might cause injuries.

- Regular maintenance must be performed by qualified technicians.
- Make sure that trainers, facility personnel, and maintenance technicians understand how to use the equipment, know important safety guidelines, and can recognize potential problems such as a cracked weld.
- Strength training requires a significant focus by the facility and its staff to maintain the quality of the fitness environment. If possible, the facility should provide direct supervision of the fitness equipment at all times by people knowledgeable about the safe operation of the equipment and trained to recognize potential problems.
- If any facility personnel witness unsafe use of the equipment, the staff member should address the user directly, demonstrate the proper technique, and review the Important Safety Information for Users. Precor recommends posting a copy of the Important Safety Information for Users near the equipment in a prominent location.
- Make sure the equipment is stable and placed on a solid surface. The equipment is designed to be freestanding; however, it can be bolted to the floor for extra stability. Precor highly recommends that the equipment be bolted to the floor to reduce the risk of toppling the equipment due to improper use. Since floor construction varies, please consult a professional building engineer for proper fastening.

- Locate the equipment at least 40 inches (1 meter) away from walls or furniture on either side of the equipment, and 40 inches (1 meter) away from objects behind the equipment.
- Check the equipment thoroughly based on the recommended inspection schedules outlined in this manual, including daily, weekly, monthly and annual checks.
- Place an “out-of-order” sign on the equipment during maintenance of the equipment or the surrounding area. Users should never be allowed to operate the equipment until it has been inspected and works properly. If a piece of equipment needs service, keep it out of use until repaired.
- Do not attempt to free any jammed assemblies alone as this may cause injury. With the help of another person, carefully return the mechanism to its proper resting position.
- Do not place the equipment outdoors or on wet surfaces.

**Safety Approval**

Precor commercial strength equipment is designed and tested according to EN 957-1/2 standards.
Important Safety Information for Users

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

French equivalent of the preceding paragraph, for the Canadian market: Il est conseillé de subir un examen médical complet avant d’entreprendre tout programme d’exercice. Si vous avez des étourrissements ou des faiblesses, arrêtez les exercices immédiatement.

When using exercise equipment, you should always take basic precautions, including the following:

- If you do not understand how to operate a piece of equipment, ask someone from the facility such as a trainer to demonstrate how to use it and explain any safety instructions.
- Do not allow children on or near the equipment. Do not leave children unsupervised around the equipment.
- Use the equipment only for its intended purpose. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Wear proper exercise clothing and shoes for your workout—no loose clothing.
- **Do not overexert yourself or work to exhaustion.** Use reasonable judgment when working with weights. Avoid using excessive weight, which may cause injury.
- If you feel pain or abnormal symptoms, stop exercising immediately and consult your physician.
- Keep head, limbs, fingers, and hair clear of all moving parts while the equipment is in use. Keep hands clear of racking pegs.
- Never drop or insert objects into any opening in the equipment.
- Always check the equipment before using it. If you spot a potential problem, contact someone in the facility immediately. Do not use the equipment until the facility has verified that the equipment is working properly. Do not attempt to fix broken or jammed equipment.
- Do not use the equipment outdoors or on wet surfaces.
- Do not use the equipment if an “out of order” sign has been placed on it.
- Read all posted instructions, including all safety instructions and warnings.
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Precor recommends implementing a thorough maintenance program that incorporates regular safety inspections by qualified maintenance technicians as outlined in this manual.

This manual explains how to maintain the Precor Discovery Plate Loaded line of commercial strength equipment. It provides information about items that need to be inspected and maintained on a daily, weekly, monthly, and annual basis. You should perform those tasks that are appropriate for the equipment you are maintaining, and skip those tasks that do not apply.

This manual covers the general maintenance procedures that you can perform in the fitness facility. However, if the equipment requires service beyond the maintenance procedures covered in this manual, refer to Obtaining Service.

**Important:** Always purchase replacement parts and hardware from Precor. Many parts are tested and manufactured specifically for Precor commercial strength equipment. If you use parts not approved by Precor, you could void the Precor Limited Warranty. Use of parts not approved by Precor may cause injury.

Precor recommends that maintenance technicians thoroughly read and understand the safety guidelines and maintenance procedures covered in this manual.

**Note:** If the equipment requires assembly, a separate assembly guide is provided. For information on how to use a piece of equipment, refer to the instructional label found on the equipment and the Product Specifications and Use section in this manual.

---

**Recommended Tools**

We recommend that you keep the following tools available to inspect and maintain the equipment:

- Complete combination box wrench set (common metric sizes)
- Complete socket set (common metric and SAE sizes)
- Complete hex key set (common metric sizes)
- 12-inch adjustable wrench
- Rubber mallet
Obtaining Service

You should not attempt to service the strength equipment, except for the maintenance tasks described in this manual. If any items are missing, contact your dealer. If you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor website at www.precor.com.

If you have any questions regarding a piece of equipment, locate its serial number and contact Precor Customer Support. Precor uses the serial number to establish the model and year of the product. You can generally find the serial number underneath the seat support.

For future reference, write the serial numbers, model numbers, and dates of purchase for your Precor strength training equipment in the space provided. You may want to list all equipment information below for easy reference.

Model #: Serial #:
Date purchased:

Model #: Serial #:
Date purchased:

Model #: Serial #:
Date purchased:

Model #: Serial #:
Date purchased:
You will need to perform the following tasks each day to maintain the equipment and keep it operating smoothly:

- Clean any upholstery on the equipment.
- Inspect pads for wear.
- Clean and inspect equipment frames.
- Check warning and instructional labels.

**Clean Upholstery**

To remove surface dirt and perspiration, clean upholstery daily with a mild soap and water solution in a spray bottle. Spray upholstered surfaces lightly and wipe dry with a clean cloth.

*Important*: To clean the upholstery, do not use cleaning products that have any of these ingredients: solvents, alcohol, ammonia, or petroleum. Use a mild detergent-based cleaner instead.

**Inspect Pads for Wear**

Inspect pads for cracks in the upholstery, broken and loose stitching, loose staples, and loose mounting bolts. Replace pads as needed (refer to Obtaining Service to purchase new pads).

*Important*: Do not reupholster pads or use pads not approved by Precor.

**Clean and Inspect Frames**

To remove grease and dirt, clean frames daily with a mild soap and water solution in a spray bottle. Wipe the equipment down with a damp cloth and dry completely. Be sure to wipe down both painted parts and chrome or plated parts.

To restore and maintain the luster of chrome parts, use a commercial chrome cleaner.

As you clean, inspect the frames for cracks, rust, or other damage. Make sure welds are solid and fasteners are properly secured.
Check Warning and Instructional Labels

Inspect warning and instructional labels daily to make sure that all the information can be clearly read. If any portion is not visible or part of the label is not adhered properly, replace that label immediately (refer to Obtaining Service for purchase information).

Clean labels as needed with a mild soap and water solution in a spray bottle, and dry thoroughly with a soft cloth.

The following figure shows an example of an instructional placard assembly, which contains labels for the name of the equipment and the workout instructions.

![Figure 1: Example instructional placard](image)
Precor products come equipped with a number of standard warning labels. The following two figures show sample warning labels you may see on the equipment depending on the model and product line:

Figure 2: Warning label indicating pinching hazard

Figure 3: General warning label mounted on the equipment frame
Weekly Inspection

This section covers the tasks you should perform each week to maintain the equipment. Perform the following tasks as appropriate for the unit you are maintaining:

- Condition and deep clean upholstery.
- Inspect and lubricate bearings and bushings.
- Check and lubricate the seat adjustment mechanism.

Condition and Deep Clean Upholstery

Condition and deep clean the upholstery weekly with a lanolin-based hand cleaner or upholstery cleaner.

**Important:** To clean the upholstery, do not use cleaning products that have any of these ingredients: solvents, alcohol, ammonia, or petroleum. Use a mild detergent-based cleaner instead.
Inspect and Lubricate Bearings and Bushings

Precor uses high quality bearings designed for strength applications and long service life. Each week, do the following to maintain the bearings and bushings on the equipment:

- **Bronze bushings:** Precor recommends using a small amount of silicone spray lubricant to lubricate these bushings, which usually support rotary shafts. Spray directly onto the shaft, and then rotate the shaft through its complete range of motion several times. Inspect bushings for excessive wear and damage. *Be careful when using the spray lubricant; it can stain carpet and clothing.* Wipe off any excess lubricant with a cloth.

- **Sealed Bearing Pivot Points:** These locations are protected from the outside environment and require no lubrication. While cleaning the equipment, wipe down the shafts and external bearing surfaces with a cloth to prevent the buildup of dust and perspiration.

Check and Lubricate Seat Adjustment

The seat adjustment mechanism requires little maintenance. However, because seat safety is important to the safety of a workout, you should check the seat lever regularly to see if it sticks when used.

To test if the seat lever needs lubrication, elevate the seat slightly while pressing and releasing the lever. The lever should snap back out easily. If the lever sticks, lubricate its pivot pin with Teflon® spray lubricant. Wipe off any excess lubricant with a cloth.
Monthly Inspection

This section covers the tasks you should perform each month to maintain the equipment. Perform the following tasks as appropriate for the unit you are maintaining:

- Inspect frames and movement arms.
- Check and lubricate ratcheting seat lever.
- Inspect all fasteners.

Inspect Frames and Movement Arms

Inspect frames and movement arms monthly for proper function and integrity. Check for cracks, chipped paint, or rust. Touch up dings and chips in the paint as needed. Replace any component at first signs of wear.

**Note:** You can order touch-up paint from Precor by calling Customer Support. Refer to Obtaining Service.

Inspect frames for cracks, particularly at the joints. If any cracks are found, take the equipment out of service immediately and have a qualified maintenance technician repair it. Refer to and Obtaining Service.

To remove surface rust from the frame, rub lightly with a fine wet/dry sandpaper or fine steel wool. Finish with Precor touch-up paint if needed. Maintain paint luster with an application of a mild automotive wax product.

To maintain the powder coated, plated, and chrome parts, use a mild detergent-based cleaner for light dirt and grime removal. For removing heavier dirt and grease and for polishing, use a good automotive polish. For scuffs and marks that are not removed by the above methods, use a fine-grit cleanser. Do not use solvents, lacquer thinner, acetone, or fingernail polish remover.

Inspect All Fasteners

Fasteners can loosen with normal use. Inspect all nuts, bolts, screws, and other fasteners to make sure they are tight and installed correctly.

Be sure to check fasteners at bolted joints to make sure the connections are secure. If a fastener is loose but in good condition, retighten it. If you are concerned about the integrity of the fastener, remove it, clean the threads, and inspect it for any damage such as cracks, bad threads, corrosion, or rust. Reinstall the fastener if it appears to be in good condition. Otherwise, remove the equipment from service until a new fastener can be installed properly. You can order new fasteners from Customer Support. For additional information, refer to Obtaining Service.

**Important:** Fastener quality and specifications vary considerably. Replace only with the Precor approved fastener specifically engineered for the precise application. Failure to do so will void the Precor Limited Warranty.
Notes:
Assembly Guide

Discovery™ Series Plate Loaded Line
Leg Extension
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Opening the Boxes

Open the boxes and remove the packing materials. Be careful to open the boxes and assemble the components in the sequence presented in this manual.

<table>
<thead>
<tr>
<th>Box</th>
<th>Contents</th>
</tr>
</thead>
</table>
| 1   | • Frame members  
     • Movement arms  
     • Weight horns  
     • Weight storage horns  
     • Instructional placard  
     • Warning labels  
     • Hardware kit |
| 2   | • Seat, back, arm, and/or roller pads |

Installation Requirements

**WARNING** You will need assistance to assemble this unit. **DO NOT attempt assembly by yourself.**

Follow these installation requirements when assembling the unit:

- Assemble the unit near the place where you plan to use it.
- Locate the equipment at least 40 inches (1 meter) away from walls or furniture on either side of the equipment, and 40 inches (1 meter) away from objects behind the equipment.
- Set up the unit on a solid, flat surface, so that it remains level and stable. A level unit has fewer malfunctions.
- Open the box and assemble the components in the sequence presented in this guide.
- Insert, align, and thread all fasteners with your fingers. This helps prevent cross-threading. Do not wrench tighten fasteners until instructed to do so.
  
  **Important:** Before you wrench tighten a fastener, check that its head is flush with the surface of the product. If not, cross-threading may have occurred. Do not attempt to rework the assembly as more damage to the equipment will occur. Instead, contact Customer Support as described in Obtaining Service.

- If you plan to move the unit, get help and use a hand truck.
Hardware Kit (not to scale)

The following pieces of hardware are provided on a shrink-wrapped card. Each part is labeled on the card for easy reference.

Table 1. Hardware kit contents

<table>
<thead>
<tr>
<th>Fasteners</th>
<th>Description</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Buttonhead cap screw (M8 x 15 mm)</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Socket head cap screw (M12 x 130 mm)</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Socket head cap screw (M12 x 35 mm)</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>Socket head cap screw (M10 x 30 mm)</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Flat head cap screw (M12 x 30 mm)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Flat head cap screw (M8 x 25 mm)</td>
<td>4</td>
</tr>
</tbody>
</table>
### Fasteners

<table>
<thead>
<tr>
<th>Part</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="img1.png" alt="Image" /> Flat head cap screw (M6 x 30 mm)</td>
<td>2</td>
</tr>
<tr>
<td><img src="img2.png" alt="Image" /> Hex head screw (3/16-inch x 38 mm)</td>
<td>6</td>
</tr>
<tr>
<td><img src="img3.png" alt="Image" /> Flat washer (13 mm internal diameter)</td>
<td>16</td>
</tr>
<tr>
<td><img src="img4.png" alt="Image" /> Flat washer (11 mm internal diameter)</td>
<td>4</td>
</tr>
<tr>
<td><img src="img5.png" alt="Image" /> Flat washer (9 mm internal diameter)</td>
<td>7</td>
</tr>
<tr>
<td><img src="img6.png" alt="Image" /> Set screw (M8 x 6 mm)</td>
<td>4</td>
</tr>
<tr>
<td><img src="img7.png" alt="Image" /> Nylon lock nut (M12)</td>
<td>2</td>
</tr>
</tbody>
</table>

### Table 2. Other Components

<table>
<thead>
<tr>
<th>Part</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="img8.png" alt="Image" /> Weight horn</td>
<td>2</td>
</tr>
<tr>
<td><img src="img9.png" alt="Image" /> Weight arm pivot axle</td>
<td>2</td>
</tr>
<tr>
<td>Part</td>
<td>Quantity</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>----------</td>
</tr>
<tr>
<td>Movement arm axle end</td>
<td>4</td>
</tr>
<tr>
<td>Roller end plate</td>
<td>2</td>
</tr>
<tr>
<td>Frame plug</td>
<td>2</td>
</tr>
<tr>
<td>Instructional placard</td>
<td>1</td>
</tr>
<tr>
<td>Hex wrench (10 mm)</td>
<td>1</td>
</tr>
<tr>
<td>Hex wrench (8 mm)</td>
<td>2</td>
</tr>
</tbody>
</table>
Assembling the Equipment

CAUTION: At least two people are required to position the parts of this equipment successfully. Do not attempt to assemble the equipment by yourself.

Proper alignment and adjustment of the equipment is critical. When you install fasteners, leave room for adjustments. Do not tighten the fasteners completely until you are instructed to do so.

Make sure the equipment is stable and placed on a solid surface. The equipment is designed to be freestanding, but it can be bolted to the floor for extra stability. Precor highly recommends that the equipment be bolted to the floor to reduce the risk of toppling due to improper use. Because floor construction varies, consult a professional building engineer for proper fastening.

The following figure shows the names used in this manual for the major components of the equipment.

![Figure 1: Major Leg Extension components](image-url)
Stabilizing the Equipment

Once you have positioned the base frame where you want the equipment to be used, test it for stability by pushing down on its corners. If the base frame rocks or wobbles at all, the height of the adjustable foot will need to be set.

To stabilize the equipment:

1. Locate the round, adjustable foot at one of the corners of the base frame.

2. Remove the two small buttonhead screws retaining the end cap at that corner of the frame, as shown in the following figure. Pull out the end cap, then set the cap and the screws aside.

3. Using an open-end wrench, turn the jam nut to the left to loosen it.

4. Using the same open-end wrench, turn the positioning bolt to the left or the right to move the adjustable foot to the appropriate level, as shown in the following figure.

   If you want to move the adjustable foot ... Then turn the bolt ...

   Upward To the right
   Downward To the left

5. Once the foot appears to be positioned correctly, test it by pressing down on the corners of the base frame. If it continues to shift or rock, readjust the foot as needed.

6. Re-tighten the jam nut.

7. Reinsert the end cap and its retaining screws. Tighten the screws completely.
Attaching the Upright Supports to the Base Frame

Perform the following procedure to begin assembling the frame.

**To attach the upright supports:**

1. Position one upright support over the base frame as shown in the following figure.
   
   **Important:** The movement arm stops must face the wide end of the base frame, and the Precor logo must face outward.

   ![Upright support positioning](image1)

   **Figure 4: Upright support positioning**

2. Secure the upright support using two M12 x 35 mm socket head cap screws and two 13 mm flat washers. Partially tighten the fasteners.

3. Repeat steps 1 and 2 to attach the other upright support.

Attaching the Crossbar to the Upright Supports

The crossbar supports the seat frame and the instructional placard.

**To attach the crossbar:**

1. Place the crossbar against the two upright supports so that it faces upward, as shown in the following figure.

   ![Crossbar installation](image2)

   **Figure 5: Crossbar installation**

2. Secure the crossbar in place using four M12 x 35 mm socket head cap screws and two 13 mm flat washers. Partially tighten the fasteners.
Attaching the Seat Frame

The seat frame extends backward from the crossbar and the base frame.

To attach the seat frame:

1. Place the seat frame so that it rests against the crossbar on the top and against the base frame on the bottom.

2. Secure the seat frame to the crossbar using two M12 x 35 mm socket head cap screws and two 13 mm flat washers, as shown in the following figure. Partially tighten the fasteners.

3. Secure the seat frame to the base frame using two M12 x 35 mm socket head cap screws and two 13 mm flat washers. Partially tighten the fasteners.

4. Remove the two small buttonhead screws retaining the end cap at the bottom of the seat frame, as shown in the following figure. Pull out the end cap, then set the cap and the screws aside.

5. Using an open-end wrench, turn the jam nut to the left to loosen it.

6. Using the same open-end wrench, turn the positioning bolt to the left or the right to move the adjustable foot to the appropriate level, as shown in the following figure.

   If you want to move the adjustable foot... Then turn the bolt...
   Upward To the right
   Downward To the left
7. Once the foot appears to be positioned correctly, test it by pressing down on the end of the seat frame. If the frame is not stable, readjust the foot as needed.

8. Re-tighten the jam nut.

9. Reinsert the end cap and its retaining screws. Tighten the screws completely.

---

**Attaching the Handlebars**

*Important:* In this procedure, make sure that the ends of the handlebars face the back of the equipment.

**To attach the handlebars:**

1. Position the handlebar bracket around the top of the seat frame so that the screw holes in the bracket line up with the holes on the frame.

2. Place 13 mm flat washers over two M12 x 130 mm socket head bolts. Insert the bolts through the holes in the bracket and frame, as shown in the following figure.

3. Attach one 13 mm flat washer and one M12 nylon lock nut to the end of each bolt. Tighten the bolts completely.
Installing the Movement Arms

You will need an assistant to hold the movement arms in place while you complete this procedure.

To install the movement arms:

1. Remove the plastic ties that hold the spacer rings in place in the pivot brackets.

2. Position the axle end of one movement arm within its pivot bracket so that the openings in the bracket and the movement arm are aligned.

3. Press an axle through the openings in the bracket and the movement arm. 

   **Note:** The axle should slide easily through the openings. You should not need to do anything more than tapping it lightly with a rubber mallet to move it into place. If the axle becomes jammed during this step, check to make sure the movement arm and the bracket are still aligned. If the axle remains jammed, remove it and contact Customer Support.

4. Place an axle mount end on each end of the axle and attach a M12 x 30 mm flat head screw to each end, as shown in the following figure.

5. Check that the axle is properly positioned and centered, then tighten the screws completely.

   **Important:** The screws should be tight enough to prevent the movement arm from rocking from side to side when in use.

6. Repeat steps 2 through 5 to install the other movement arm.

   **Important:** Test the operation of the movement arms after you have installed them. Make sure they move smoothly through their entire range, without binding or shifting.

7. Check to make sure that the frame is properly aligned and that the movement arms operate correctly, then completely tighten all loose fasteners.

---

**Figure 10: Movement arm axle installation**
Installing the Counterweights

The counterweights are packed separately to make movement arm installation easier. After the movement arms are installed, add a counterweight to each arm.

To install the counterweights:

1. Insert the narrow end of a counterweight into one of the movement arms, making sure that the screw holes on the counterweight and the movement arm are properly aligned.

2. Insert two M8 x 25 mm flat head machine screws into the screw holes and tighten them completely.

3. Repeat steps 1 and 2 to install the other counterweight.

Attaching Weight Horns to the Movement Arms

The weight horns that attach to the movement arms are slightly larger than the weight storage horns. Before you begin this procedure, compare the available parts to make sure you are installing the correct weight horns on the movement arms.

To attach the weight horns:

1. Insert a weight horn into the outward side of the weight horn fitting on the movement arm. Slide the weight horn into the fitting until it stops.

2. Place a weight horn cap over the inward side of the fitting.

3. Insert a M12 x 30 mm flat head cap screw through the cap, the movement arm, and the weight horn. Tighten the screw completely.

4. Insert two M8 x 6 mm set screws into the screw holes on the weight horn fitting. Tighten the set screws completely.

5. Slide a bumper down over the weight horn until it rests against the movement arm.

6. Repeat steps 1 through 5 to attach a weight horn to the other movement arm.
Installing the Back Support

The back support is attached to the seat adjuster mechanism on the seat frame.

To install the back support:

1. Position the back support on the seat adjuster mechanism as shown in the following figure. Make sure that the top of the support is angled backward and that the screw holes on the support line up with the holes on the seat adjuster mechanism.

2. Secure the back support in place using four M10 x 30 mm socket head cap screws and four 11 mm flat washers. Tighten the screws completely.

![Figure 13: Back support installation](image)

Installing the Seat Pad

*Important*: In this procedure, make sure that the wide end of the pad faces forward.

To attach the seat pad:

1. Position the pad over the seat bracket so that the screw holes in the seat and the bracket line up.

2. Insert four \( \frac{5}{16} \)-inch x 1 1/2-inch hex head screws with 9mm flat washers into the screw holes in the pad, as shown in the following figure.

3. Position the pad if necessary, then tighten the fasteners completely.

![Figure 14: Seat pad attachment](image)
Attaching the Back Pad

**Note:** The back pads are common to several models of exercise equipment, so they have more screw holes than you can use in this procedure.

**To attach the back pads:**

1. Place the back pad against the back support frame so that the screw holes on the frame line up with the lower screw hole of each pair on the pad, as shown in the following figure.

![Figure 15: Back pad attachment](image)

**Important:** In the following step, be careful not to drop screws or washers into the center upright. Inserting each screw into a socket wrench, then using the wrench to position and tighten the screw, is recommended.

2. Place a \( \frac{5}{16} \)-inch flat washer over a \( \frac{5}{16} \)-inch x 1\( \frac{1}{2} \)-inch hex head screw, then insert the screw through a screw hole in the back support frame and into the corresponding hole in the pad. Partially tighten the screw. Repeat this step to insert the other screw and washer.

3. Position the back pad if necessary, then tighten both screws completely.

4. Press frame plugs into the screw hole openings on the back support frame, as shown in the following figure.

![Figure 16: Frame plug installation](image)
Attaching the Roller Pads

The roller pads on this equipment fit onto bars attached to the movement arms.

**To install the roller pads:**

1. Slide a knee roller pad onto the roller bar on one movement arm.
2. Secure the roller pad using one end cap and one M6 x 30 mm flat head cap screw. Tighten the screw completely.

**Note:** There is a small pin on the end of the roller bar and a small hole next to the center hole on each end cap. The pin must extend into the hole for the end cap to be properly positioned.

3. Repeat the previous two steps to attach the remaining roller pad to the remaining movement arm.
Adjusting the Seat Rollers

After you have installed the gas spring, test the seat. It should not rock from side to side or from front to back, and it should move smoothly back and forth when you adjust it. If the seat is not stable or cannot be positioned smoothly, you will need to adjust the seat rollers.

**Note:** You will need assistance to complete this procedure.

**To adjust the rollers:**

1. Loosen the screws securing the lower back roller. The following figure shows the location of one of these screws.

![Figure 18: Lower back roller location](image_url)

2. Have your assistant press the back pad until the upper roller contacts the black plastic plate on the top of the frame.

3. Move the lower back roller until it contacts the black plastic plate on the bottom of the frame, then tighten the screws again.

4. Have your assistant release the back pad, then adjust the seat position back and forth a few times. Make sure that the seat moves back and forth freely but does not rock or shift in any direction. If the seat cannot be adjusted easily, or if it continues to rock or shift, repeat this procedure to readjust the lower back roller.
Attaching the Instructional Placard and Safety Labels

The equipment includes a metal bracket for the instructional placard. The placard slides over a metal button near the bottom of the bracket. A small screw then holds it in place.

**To attach the instructional placard:**

1. Remove the protective backings from the machine name label. Attach the label carefully to the recess at the upper front of the placard, as shown in the following figure.

![Figure 19: Placard label positioning](image)

2. Place the large hole near the bottom of the placard over the button, then slide the placard downward to lock it into place as shown in the following figure.

![Figure 20: Placard mounting](image)
3. Insert an M8 x 15 mm buttonhead screw with 9mm flat washer into the screw hole near the top of the bracket, as shown in the following figure. Tighten the screw completely.

![Securing the placard in place](image)

**Figure 21: Securing the placard in place**

**Note:** If you are installing labels in a language other than English, remove the general warning label attached to the equipment. Apply the general warning label in the appropriate language where the English label was originally applied.
Notes: