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Important safety instructions

You should always consult with a qualified and licensed medical professional or healthcare practitioner before starting any nutritional, diet, stretching or exercise program. You are advised to investigate and inform yourself about any health related actions and choices you make.

Please read all instructions before using the product. These instructions were written to ensure the safety of the user and to protect the product.

Do not allow children to have unsupervised access to the product.

Close supervision by qualified personnel is necessary when the product is being used by or near invalids or disabled persons.

Use the product exclusively for the purposes described in the user manual; only perform the exercises for which the equipment has been designed, following the instructions provided in the manual. Any other use should be considered incorrect and therefore dangerous.

Do not use any accessories other than those recommended by Technogym.

Never turn on the product if it is not working correctly, if it has been knocked over or damaged, or if it has fallen into water. In these circumstances, contact the Technogym Technical Support Service.

The product Leg Curl is a fixed weight training equipment unit that can be used for body-building or sculpting, physical activity aimed at keeping in shape, physical education and training for specific competitions and sports.

The product must be used by only one user at a time.

The product must be installed and used in a place where access and supervision are specifically controlled by the owner.

Keep your hands away from moving parts.

Never drop or insert any object into any opening.

SAVE THESE INSTRUCTIONS
Personal safety

Use of the product is subject to a medical examination to assess your suitability to the type of workout exercise you intend to perform, and in compliance with the conditions for use laid down by Technogym.

Persons suffering from certain physical conditions may only use the product under the strict supervision of a doctor with specific qualifications.

Before starting any workout, make sure your position on the product is correct, paying attention to any components that may obstruct use.

Plan the workout according to your physical characteristics and state of health, beginning with less demanding workloads.

Do not overexert yourself or work to exhaustion. Incorrect or excessive exercise may cause physical harm or sudden death. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

Wear proper workout clothing and shoes during training; do not wear garments that block perspiration; do not wear loose clothing. Tie long hair back. Keep garments or towels away from moving parts.

When using the product, other people must remain at a safe distance.

Do not use the product when children or pets are present.

The person in charge of the gym must explain proper and improper use of the equipment to users.

Fully assemble the product before using it. Check the product before each use. Do not continue to use the product if it is not working properly.

Assemble and use the product only on a solid and flat surface.

Keep the product in good working condition. If you see signs of wear, contact Technogym’s technical support service.

Do not attempt any maintenance work on the product other than the operations described in the user manual.

The installation, maintenance and setting operations must be carried out by qualified Technogym staff or persons authorised by Technogym.

The product does not have any sharp corners. All parts which come into contact with the user’s body are suitably protected with rubber coverings or padding.

The product is designed and constructed in compliance with the requirements for user safety and health; however, there are some areas that may give rise to risks that are not plainly evident. We therefore recommend taking particular care to avoid any risk of crushing upper and lower limbs.
Personal safety

The instruction label must be applied on the product. Technogym declines all responsibility in the event of the equipment being used before affixing the instruction label.

⚠️ This symbol accompanies safety warnings and is used to draw attention to potential risks of personal injury. Pay attention to all safety warnings accompanied by this symbol to avoid possible injury.

**WARNINGS**

⚠️ During all operations involving transport, maintenance and cleaning, pay attention to any part of the product where body parts may become trapped.

Attention must be paid to the labels attached to the product, as they provide information about possible risks and hazards.

We recommend immediately replacing the labels when they become damaged or difficult to read.

Technogym is not responsible for any harm due to any failures or damage caused by unauthorized maintenance, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the area where the unit is used, rust or corrosion as a result of the product’s location, alterations or modifications without Technogym’s written authorization or for failure on your part to use, operate and maintain the unit as set out in this User Manual.
Identification of the manufacturer and the product

The manufacturer and product identification label shows the following information.

A Name and address of the manufacturer  
B Serial number  
C Maximum user weight  
D Classification of the equipment  
E Tells you to consult the User manual  
F CE Mark

The values shown in the drawing are purely indicative; check the label on the product for the correct information.
Description of the product

A **Seat.** Where the user sits to perform the exercise. It has a backrest (G).

B **Exercise lever.** Operated by the user by means of the roller (D).

C **ROM device.** Allows the starting position to be adjusted, therefore the Range of Motion.

D **Weight stack.** Lever (B), operated by the user, moves the weights along two guide rails by means of a cable. A pin (I) is used to select the workload, to adjust the exercise effort level. The cursor (L) is used to vary the selected workload by 2.5 kg.

E **Side handgrips.** The user can enhance the comfort by holding them during the exercise.
### Technical characteristics

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Weight of the product</strong></td>
<td>207 kg (457 lb)</td>
</tr>
<tr>
<td><strong>Weight stack</strong></td>
<td>80 kg (160 lb)</td>
</tr>
<tr>
<td><strong>Maximum user weight</strong></td>
<td>180 kg (397 lb)</td>
</tr>
</tbody>
</table>
Place of installation

To ensure safe, comfortable and effective use of the product, the place of installation must comply with certain specific requirements; in particular, before choosing where to install the product, check that at least the following requirements are met.

- Temperature between +10°C and +25°C.
- Sufficient ventilation to maintain a humidity level between 20% and 90%, when the equipment is in use.
- Adequate lighting, so that the physical exercise takes place in pleasant and relaxing conditions.
- Sufficient clearance on all sides of the product, taking into account its maximum dimensions when in use, to ensure safety; and a space at least 60 cm wide on the side where the product is accessed.
- A flat, stable and vibration-free floor surface, with adequate carrying capacity for the equipment’s weight.

The place of installation must comply with all binding regulations.
The product must be installed and used in a place where access and supervision are specifically controlled by the owner.
Do not expose the product to direct sunlight.
Do not use outdoors. Do not leave the product outdoors, exposed to the elements (rain, sun, wind, etc.). Do not expose the product to water jets.
Do not position the product in humid areas, such as near pools, hydromassage tubs, saunas.
Lifting and moving the product

Normal lifting and transport equipment must be used to move the product.
It is recommended to place some padded material between the frame and the lifting machine.
Before lifting the equipment, insert between the two panels of the weight stack the spacer provided at the time of delivery
Lift the equipment from the weight stack side, as shown in the figure.

**WARNINGS**

- Given the weight of the product, we recommend that it should always be moved by more than one person.
- Move the product very carefully, because it may become unstable and tip over.
- When lifting the product, do not exert pressure against the weight stack guards.
- Do not use the range of movement (ROM) lever to try to move the equipment: danger of HARM and instability.
Levelling the product

The product must be level for proper operation. The foot (A) is adjustable for this purpose.

- Loosen the locknut (B).
- Unscrew or screw the foot (A) until the frame is stable.
- After adjusting, tighten the locknut (B).
**Routine maintenance**

**WARNINGS**

The safety of the product is assured only on condition that it is carefully inspected every two weeks for any signs of damage and/or wear.

Replace defective and worn components immediately, or alternatively remove the product from service.

The product should always be kept clean and free of dust, in compliance with common health and hygiene standards.

Wipe the outside of the product every week with a damp sponge.

Do not use chemicals or solvents.

Be careful not to rub too hard on the drawings and instructions shown on the labels.

For maintenance actions not described in this manual, call in the Technogym Technical Service.

To lubricate the weight stack guides:

- remove the back panel of the weight stack;
- use a soft cloth to remove any dust and oil residues from the guides;
- slightly moisten the cloth with the oil supplied;
- using this cloth, apply a very thin layer of lubricant over the guides, being careful not to apply too much;
- replace the back panel of the weight stack.

For maintenance actions not described in this manual, call in the Technogym Technical Service.
Replacing spare parts

Request spare parts from the Technogym Technical Support Service.
Use only original Technogym spare parts.

To replace the seat padding, unscrew the screws located on the opposite side of the padding.

Proceed as follows to replace the rollers:

- remove the cap (A);
- unscrew the screw (B), inside the knob (C), in the lower roller;
- unscrew the caps (D);
- remove the rollers.
Replacing the weight stack cable

Cables must always be replaced at the first sign of wear, even if only the outer rubber protection is worn.

**WARNINGS**

Carefully check the state of the cables once a month.

ALWAYS use cables supplied directly by Technogym.

To replace the cable, proceed as follows:
- remove the rear protective weight stack panel;
- unscrew screws (A);
- loosen lock nut (B) and loosen adjuster (C);
- remove the weight stack cable from adjuster side;
Replacing the weight stack cable

- insert the new cable from the adjuster side (ensuring that it follows the same route as the original cable, as shown in the illustration);
- tighten screws (A);
- screw in adjuster (C) and screw on lock nut (B);
- refit the protective panel on the weight stack.
Adjusting the weight stack cable tension

Use the adjuster (C) to adjust the tension of the weight stack cable.
- Remove the rear protective weight stack panel.
- Loosen the locknut (B).
- Tighten or loosen the adjuster (C) to correctly adjust the cable tension.
- Tighten the locknut (B).
- Refit the protective panel on the weight stack.

**Warning**

To pull the cable taut after replacement, it may be helpful, when tightening the screws (A), to insert a thickness of approx. 10 mm (1/2”) under the first weight in the weight stack.
Removing the rear protective weight stack panel

Remove the rear protective weight stack panel to access the cable. Do not use the product even if only one of the protective weight pack panels is missing.

The weight stack panel is attached to the frame with 6 screws.
To disassemble the panel [A]:
- unscrew the 6 screws [B] while holding the panel with one hand;
- remove the panel.

To reassemble the panel, carry out the above steps in reverse order.
The Technogym Technical Support Service provides:
- telephone assistance;
- definition of service calls covered and not covered by warranty;
- on-site assistance;
- sending of original spare parts.

When contacting the Technogym Technical Support Service, please specify the following details:
- equipment model,
- date of purchase,
- serial number,
- precise description of the problem.

Any operations carried out by persons not authorized by Technogym on the product will invalidate the warranty.
Storing the product

If a long period of non-use is expected, you are advised to store the equipment in the following way:

- in a clean dry place, with a dust cover;
- at a room temperature between -10°C and 70°C and relative humidity between 20% and 90%.

For better storage, use the original packing materials.

Disposing of the product

It is always good practice to ensure that the product can never constitute a hazard; therefore do not leave the product where children might use it as a toy. Do not dispose of the equipment in the environment, or in public or private areas accessible to the public.

The product is made from recyclable materials such as steel, aluminium and plastic, which must be disposed of in the manner prescribed by the urban refuse collection regulations in force, by specialist environmental firms.

Average life of the product: 10 years.
Using the product

The product Leg Curl is intended for commercial use. For further information on use of the product, connect to the Technogym cloud. Use the QR code or the NFC sensor to connect to the cloud.

NFC sensor

Activate the Internet connection on your device (for example, on your smartphone). Identify the position of the NFC sensor on your device. Place your personal device on the equipment, with its sensor over the NFC logo. In this way, the personal device will connect to the Technogym cloud. To connect using NFC you must have installed the Technogym application on your personal device.

QR code

Activate the Internet connection on your device (for example, on your smartphone). Open the QR code reader on your device and point the camera of the device at the code on the product. In this way, the personal device will connect to the Technogym cloud. To connect using the QR code, you must have installed the Technogym application on your personal device.
Using the product

Select the workload with the pin (F).

To access the seat comfortably push the button on the lever (A), and move the lever forward to lower the roller pads.

Lift the lever (B) under the handgrip on your left to adjust the seat. Your knees rest against the upper roller (C) while the lower roller (D) is behind your legs.

Adjust the lower roller (D) behind your ankles by pulling the end knob (E).

To adjust the starting position release the lever (A) with the button located on its end, lift legs, then release the button to lock it into position.

Make sure that the load selection pin is fully inserted. Use only the pin provided by the manufacturer. Contact the staff for any questions. Only remove the pin when the weight stack is in the rest position. The weight stack is in the rest position when both the weights and the crosspiece are not in the air. If the weight stack is not in the rest position, contact floor staff and do NOT use the equipment.
Using the product

Flex and extend the legs at the same time with a slow and controlled motion.
For greater stability during the exercise, grasp the side handgrips.
Maintain control of the workload during the movement; during the return phase the weight stack must not return completely to the rest position.
Constantly control the speed of the movement; we recommend a slower speed during the return phase than during the approach phase.
At the end of the exercise, to get up more easily release and lower the lever (A).
When the equipment is in use, DO NOT use the adjustment lever (A), DO NOT make the adjustment.