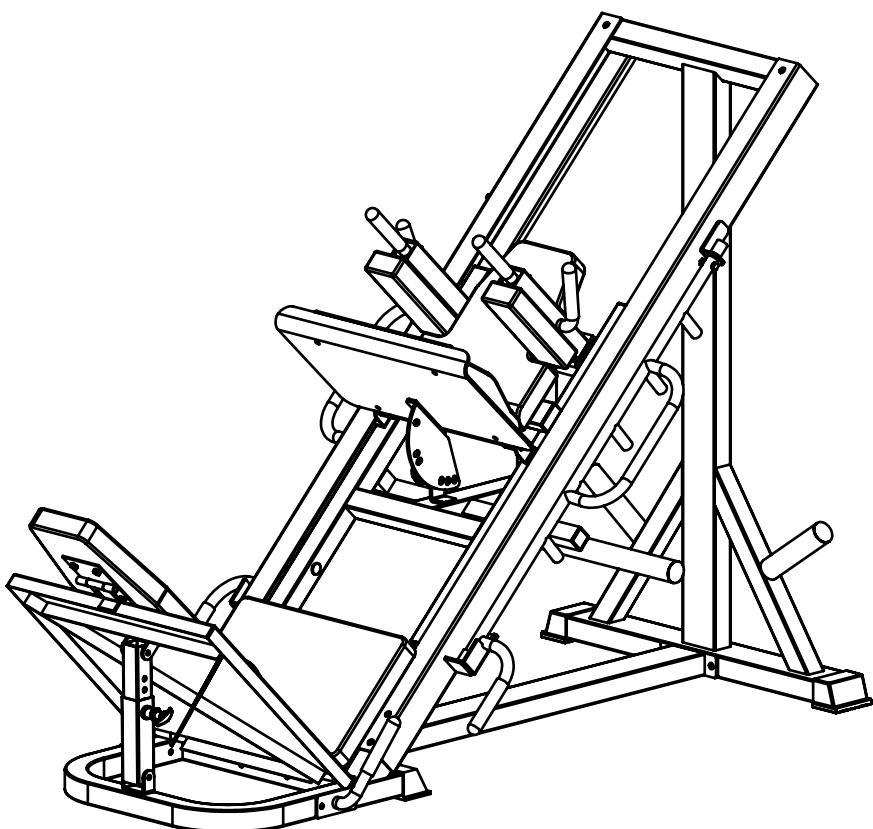


# OWNER'S MANUAL

## HD LEG PRESS

**Model #: TDS-35750**



**Caution:** Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

## ***Assembly Instructions***

### ***Before Your Begin***

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once.  
**CONSULT A PHYSICIAN IMMEDIATELY.**
4. Position the equipment on a clear, level surface. DO NOT use the bench near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual.  
DO NOT use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly.

### ***Tools Required***

Assembly Size : Approx. L1800 x W930 x H1420 MM

Tools Required : Allen Wrench Set / Socket Wrench Set

Adjustable Wrench / Crescent Wrench

Rubber Mallet / Tape Measure

### ***ASSEMBLY REQUIRES AT LEAST TWO PERSONS***

### ***Weight Capacity***

Maximum Weight of the Weight Stacks: 1000 LBS

### ***WARNING: This Product Is Rated for Home Use Only!***

Using this product in a commercial setting will void all warranties and can result in serious injury or death!

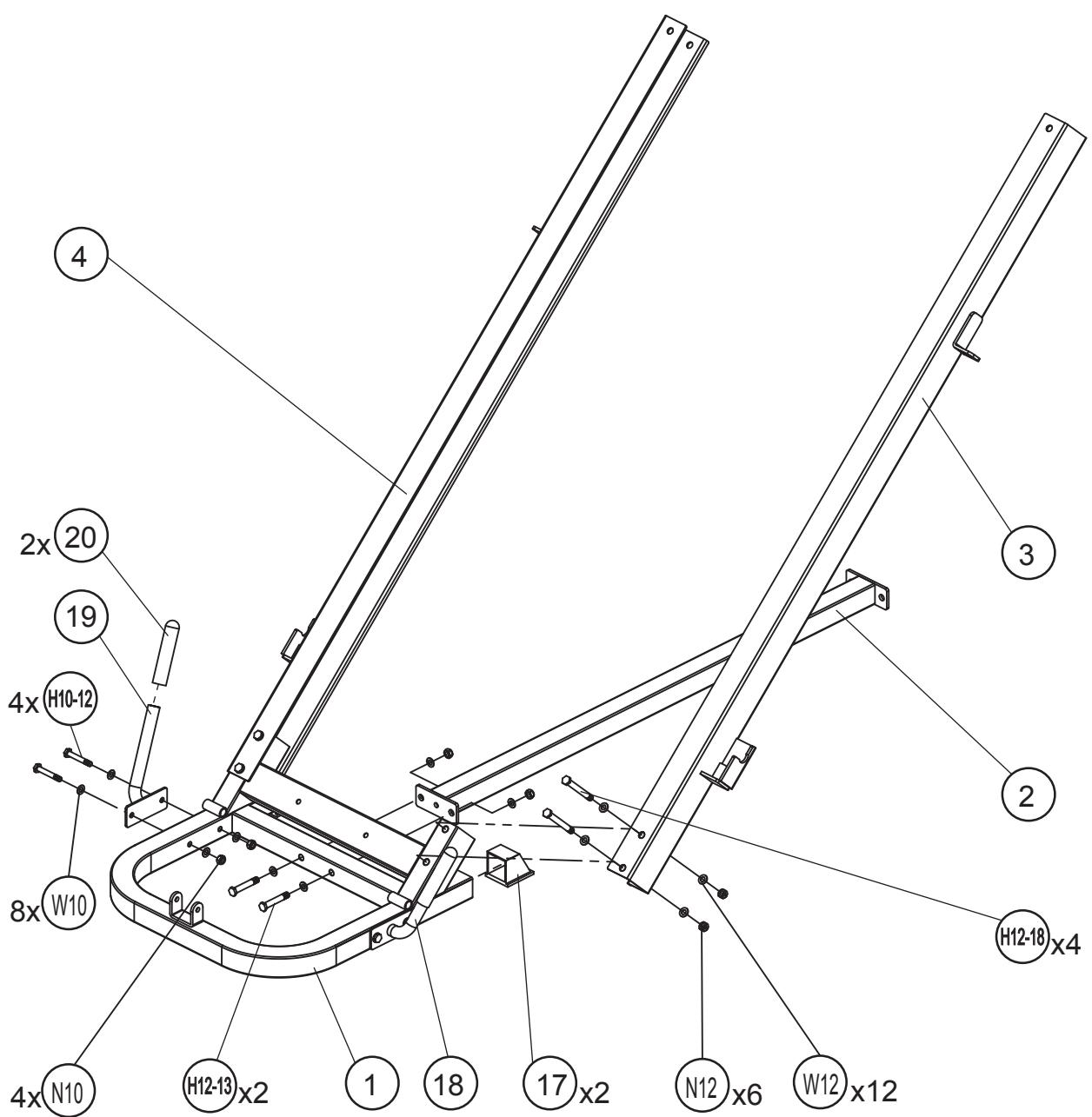
## ***Assembly Instructions***

### ***STEP 1 - Parts & Hardware List***

Part#	Description	Qty	Remark
1	Base Front	1	
2	Base Connector	1	
3	Right Rail	1	
4	Left Rail	1	
17	50x50mm End Cap	2	Pre-assembled
18	Right Handle	1	
19	Left Handle	1	
20	Handle Sleeve	2	Pre-assembled
H10-12	M10x70 mm Hex Head Bolt	4	
H12-13	M12x75 mm Hex Head Bolt	2	
H12-18	M12x100 mm Hex Head Bolt	4	
W10	M10 Washer	8	
W12	M12 Washer	12	
N10	M10 Nut	4	
N12	M12Nut	6	

# **Assembly Instructions**

## **STEP 1**



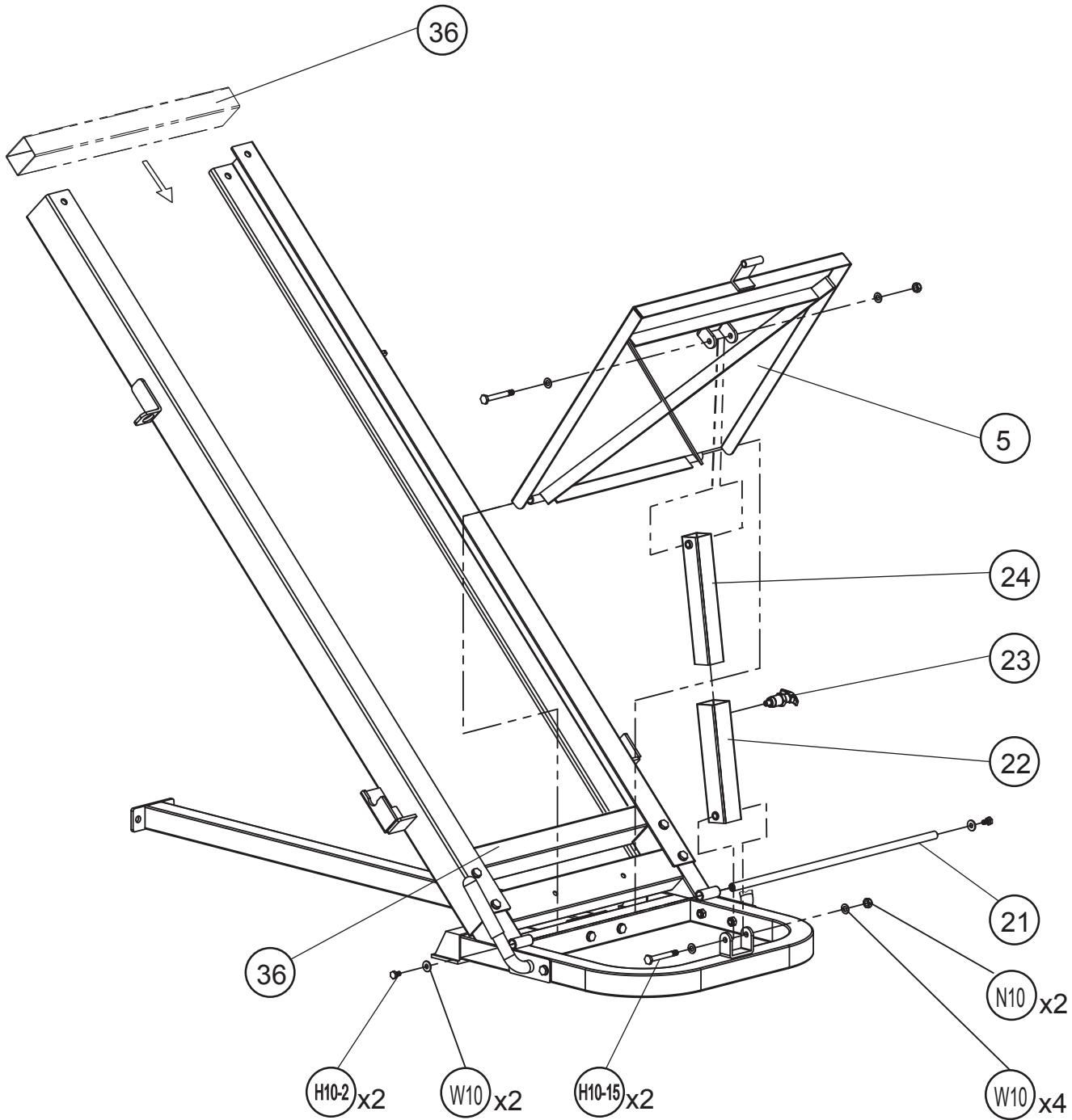
## ***Assembly Instructions***

### ***STEP 2 - Parts & Hardware List***

Part#	Description	Qty	Remark
5	Foot Platform	1	
21	Foot Platform Axle	1	
22	Outer Foot Platform Adjuster	1	
23	Pop Pin	1	
24	Inner Foot Platform Adjuster	1	
36	Carriage Stop Tube	1	
H10-2	M10x20 mm Hex Head Bolt	2	
H10-15	M10x85 mm Hex Head Bolt	2	
W10	M10 Washer	6	
N10	M10 Nut	2	

## ***Assembly Instructions***

### **STEP 2**



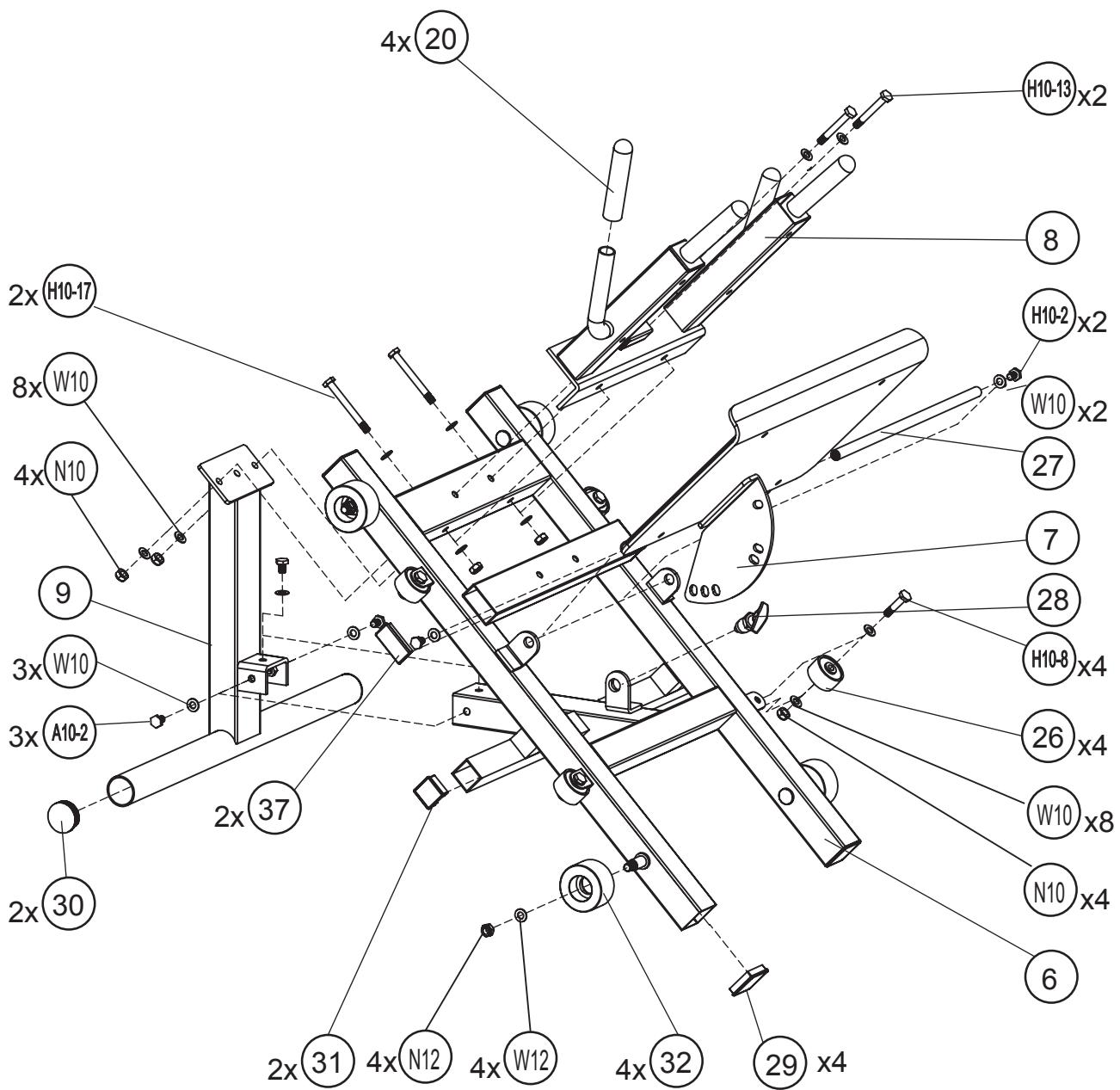
## ***Assembly Instructions***

### ***STEP 3 - Parts & Hardware List***

Part#	Description	Qty	Remark
6	Carriage	1	
7	Leg Press Footrest	1	
8	Shoulder Pad Mount	1	
9	Weight Carrier	1	
20	Handle Sleeve	4	Pre-assembled
26	Small Wheel	4	
27	Leg Press Footrest Axle	1	
28	Long Pop Pin	1	Pre-assembled
29	50x50 Inner Cap	4	Pre-assembled
30	Dia 48mm Inner Cap	2	Pre-assembled
31	38x38 Inner Cap	2	Pre-assembled
32	Big Wheel	4	
37	30x60 Inner Cap	2	
H10-2	M10x20 mm Hex Head Bolt	5	
H10-8	M10x50 mm Hex Head Bolt	4	
H10-13	M10x75mm Hex Head Bolt	2	
H10-17	M10x95 mm Hex Head Bolt	2	
W10	M10 Washer	21	
W12	M12 Washer	4	
N10	M10 Nut	8	
N12	M12 Nut	4	

# **Assembly Instructions**

## **STEP 3**



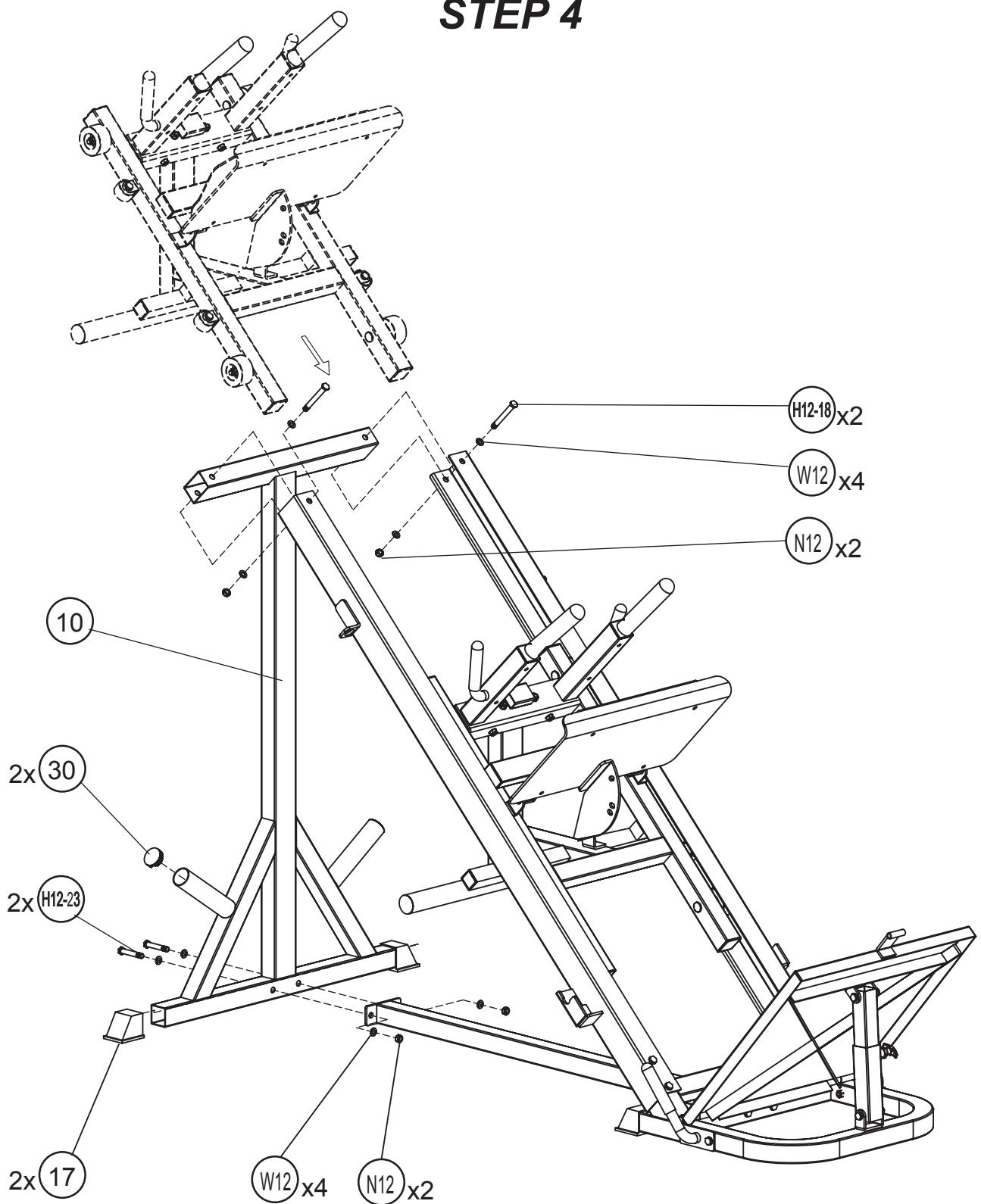
## ***Assembly Instructions***

### ***STEP 4 - Parts & Hardware List***

Part#	Description	Qty	Remark
10	Rear Upright	1	
17	50x100 mm End Cap	2	Pre-assembled
30	Dia 48mm Inner Cap	2	Pre-assembled
H12-23	M12x125 mm Hex Head Bolt	2	
H12-18	M12x100mm Hex Head Bolt	2	
W12	M12Washer	8	
N12	M12Nut	4	

## **Assembly Instructions**

### **STEP 4**



## ***Assembly Instructions***

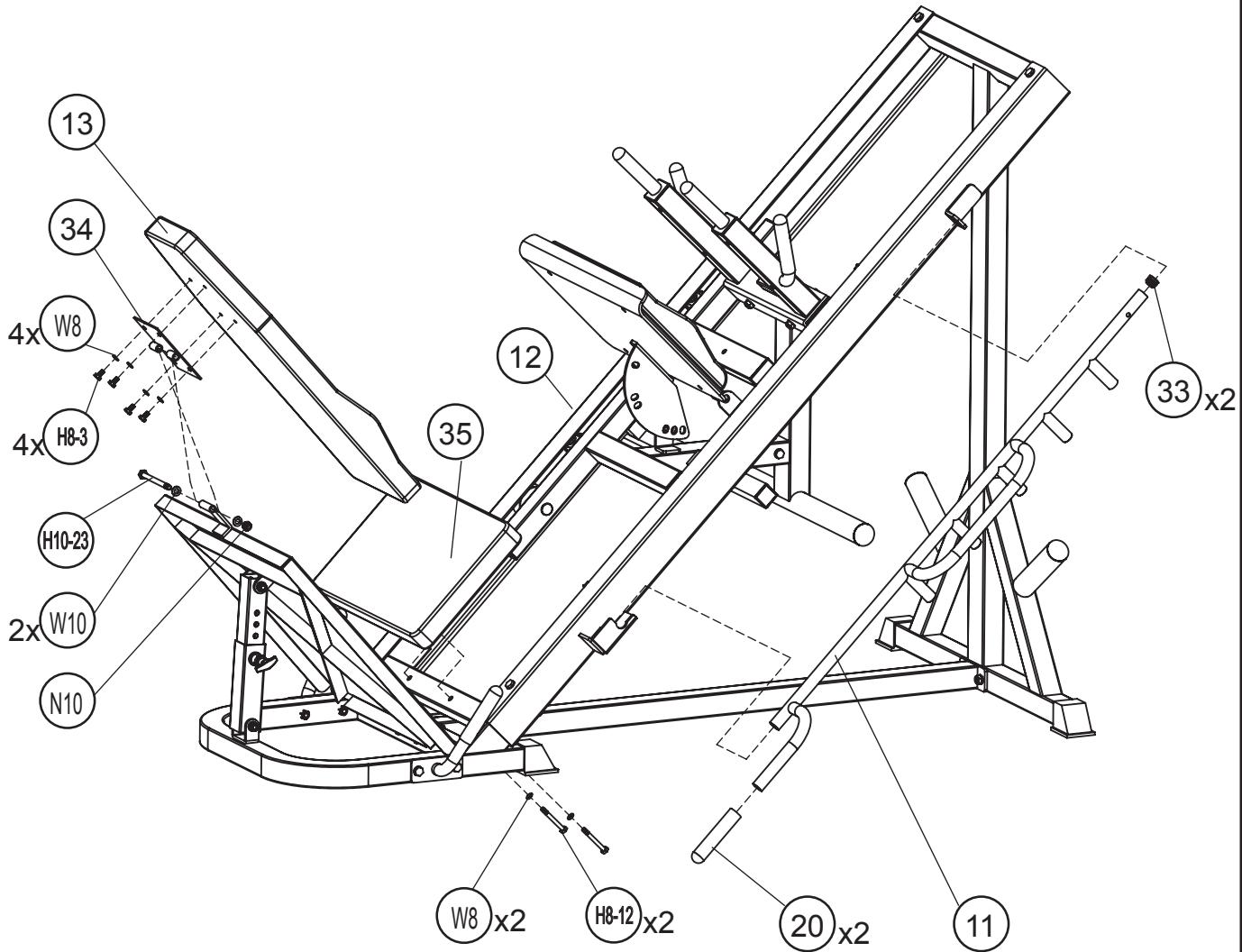
### ***STEP 5 - Parts & Hardware List***

Part#	Description	Qty	Remark
11	Right Safety Stopper	1	
12	Left Safety Stopper	1	
13	Lower Back Pad	1	
20	Handle Sleeve	2	Pre-assembled
33	Dia 25mm Inner Cap	2	Pre-assembled
34	Lower Back Pad Hinge	1	
35	Seat Pad	1	
H8-3	M8x25 mm Hex Head Bolt	4	
H8-5	M8x35 mm Hex Head Bolt	2	
H8-12	M8x70 mm Hex Head Bolt	2	
H10-23	M10x125 mm Hex Head Bolt	1	
W8	M8 Washer	10	
W10	M10 Washer	2	
N8	M8 Nut	2	
N10	M10Nut	1	

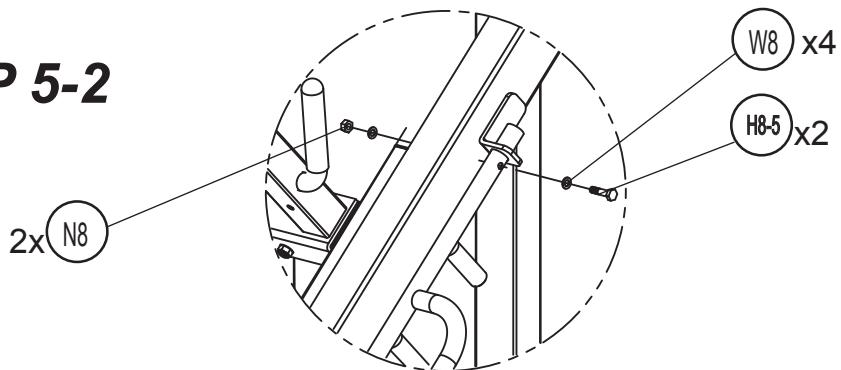
# **Assembly Instructions**

## **STEP 5**

### **STEP 5-1**



### **STEP 5-2**



## ***Assembly Instructions***

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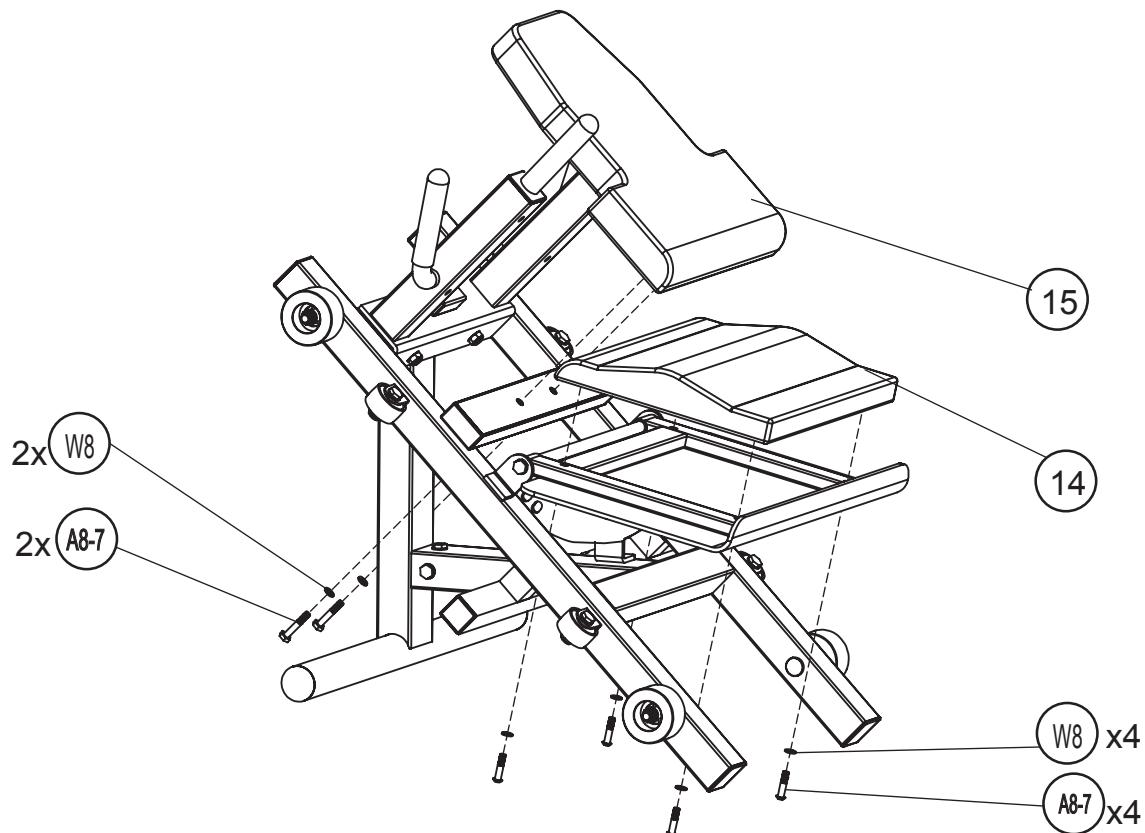
### ***STEP 6 - Parts & Hardware List***

Part#	Description	Qty	Remark
14	Upper Back Pad	1	
15	Head Support Pad	1	
16	Shoulder Pad	2	
A8-7	M8x45 mm Hex Head Bolt	6	
H8-12	M8x70 mm Hex Head Bolt	4	
W8	M8 Washer	10	

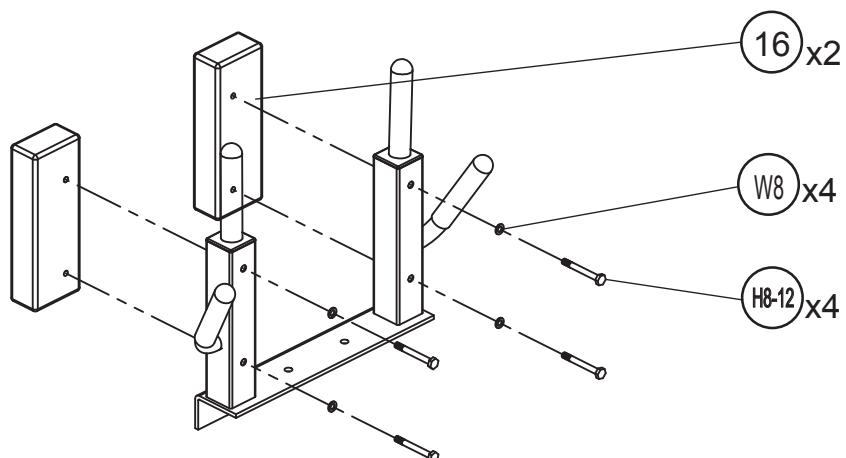
## **Assembly Instructions**

### **STEP 6**

#### **STEP 6-1**



#### **STEP 6-2**



# **Assembly Instructions**

## **Parts & Hardware List**

Part#	Description	Qty	Remark
1	Base Front	1	
2	Base Connector	1	
3	Right Rail	1	
4	Left Rail	1	
5	Foot Platform	1	
6	Carriage	1	
7	Leg Press Footrest	1	
8	Shoulder Pad Mount	1	
9	Weight Carrier	1	
10	Rear Upright	1	
11	Right Safety Stopper	1	
12	Left Safety Stopper	1	
13	Lower Back Pad	1	
14	Upper Back Pad	1	
15	Head Support Pad	1	
16	Shoulder Pad	2	
17	50x50mm End Cap	4	Pre-assembled
18	Right Handle	1	
19	Left Handle	1	
20	Handle Sleeve	6	Pre-assembled
21	Foot Platform Axle	1	
22	Outer Foot Platform Adjuster	1	
23	Pop Pin	1	
24	Inner Foot Platform Adjuster	1	
26	Small Wheel	4	
27	Leg Press Footrest Axle	1	
28	Long Pop Pin	1	Pre-assembled
29	50x50 Inner Cap	6	
30	Dia 48mm Inner Cap	4	Pre-assembled
31	38x38 Inner Cap	2	Pre-assembled
32	Big Wheel	4	
33	Dia 25mm Inner Cap	2	Pre-assembled
34	Lower Back Pad Hinge	1	
35	Seat Pad	1	
36	Carriage Stop Tube	1	
37	30x60 Inner Cap	2	Pre-assembled

## ***Assembly Instructions***

### ***Parts & Hardware List***

Part#	Discription	Qty	Remark
H8-3	M8x25 mm Hex Head Bolt	4	
H8-5	M8x35 mm Hex Head Bolt	2	
A8-7	M8x45 mm Allen Bolt	6	
H8-12	M8x70 mm Hex Head Bolt	6	
H10-2	M10x20 mm Hex Head Bolt	7	
H10-8	M10x50mm Hex Head Bolt	4	
H10-12	M10x70 mm Hex Head Bolt	4	
H10-13	M10x75mm Hex Head Bolt	2	
H10-15	M10x85 mm Hex Head Bolt	2	
H10-17	M10x95mm Hex Head Bolt	2	
H10-23	M10x125 mm Hex Head Bolt	1	
H12-13	M12x75 mm Hex Head Bolt	2	
H12-18	M12x100 mm Hex Head Bolt	6	
H12-23	M12x125 mm Hex Head Bolt	2	
W8	M8 Washer	20	
W10	M10 Washer	37	
W12	M12 Washer	24	
N8	M8 Nut	2	
N10	M10 Nut	15	
N12	M12Nut	14	