

# **A976 OWNER'S MANUAL CONTENTS**

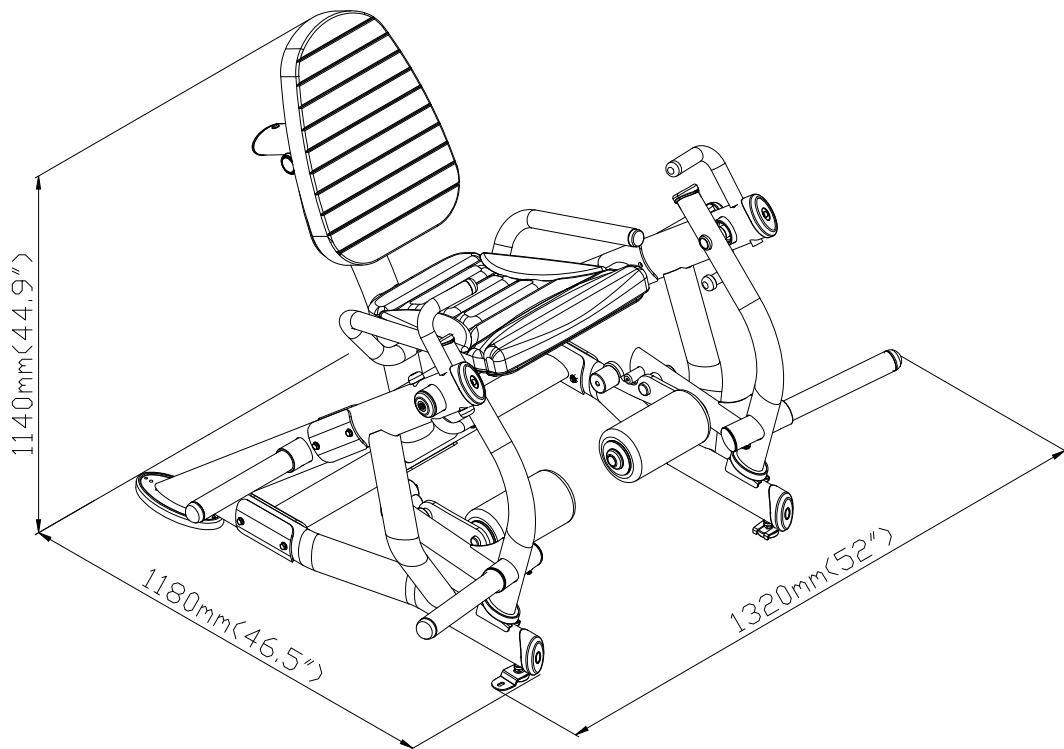
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\*We reserve the right to revise this manual at any time without notice.

# 1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the A976 Leg Extension machine. Constructed of high quality materials and designed for years of reliable performance, this product was made for full commercial use.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



## 2. SAFETY PRECAUTIONS

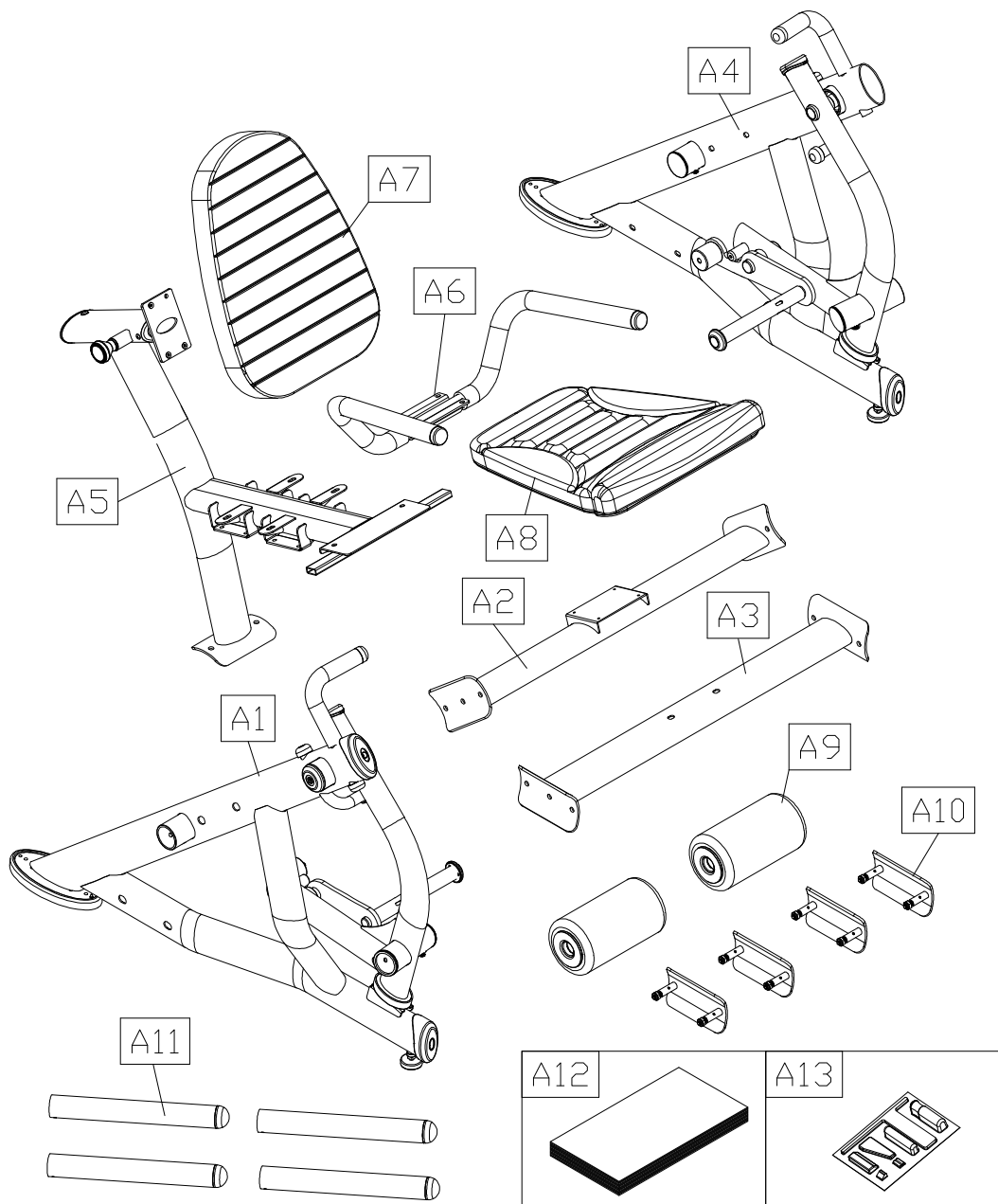
This product was designed and built for optimum safety. However certain precautions apply during the use of this product. Please note the following safety precautions:

- Please read the entire manual before assembly and operation. Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- Check the product before every use. Make sure all parts are assembled, and all fasteners are tightened. Do not use the product if it is disassembled in any way.
- Wear proper workout clothing. Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back. Do not go barefoot on this product.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- Use this product only for its intended purpose as described in this manual.
- Be careful when mounting and dismounting the unit.
- Never operate this product if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact a service technician for repairs.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt). Such parts might cause injuries or cause the unit to fail and void the warranty. We are not responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- This product is not intended for use by persons (including children 12 or younger) with reduced physical, sensory, or mental capabilities, or by people who are otherwise deficient in product knowledge or experience. If such people use this product, they should be given training and be supervised at all times by someone responsible for their safety.
- Contact your SportsArt representatives on all materials damaged in shipment. (Note: Shipping damages are the responsibility of the carrier.)
- Unpack and verify contents of boxes according to the list of parts to check if any parts are missing.
- Children 12 or younger should be supervised to ensure that they do not play on or near the product.
- The user weight limit for this product is 227 kg, 500 lb.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but may also present a danger to the exerciser.
- Over exercise may result in serious injury or death
- Warning that any of the adjustment devices that could interfere with the user's movement should not be left projecting.

**CAUTION:** If you feel any pain or any abnormal sensations, STOP YOUR WORK-OUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion. Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

\*NOTE: Each machine provides a different resistance ratio of weight stack.

### 3. LIST OF PARTS



Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Right frame	1	A8	Seat bottom	1
A2	Seat support	1	A9	Cylindrical cushion	2
A3	Connector	1	A10	Curved connecting plate	4
A4	Left frame	1	A11	Weight plate peg	1
A5	Seat frame	1	A12	Owner's manual	1
A6	Handlebar	1	A13	Hardware kit	1
A7	Seat back	1			

<b>Components in the Hardware Kit</b>				
<b>No.</b>	<b>Name</b>	<b>Qty.</b>	<b>Specification</b>	<b>Notes</b>
10	Round sticker	2		
	Floor fixing bracket	2		
	Double open-end wrench	2	13mm*17mm	
	L-shaped Allen wrench	1	M6*L70mm	
	L-shaped Allen wrench	1	M4*L60mm	

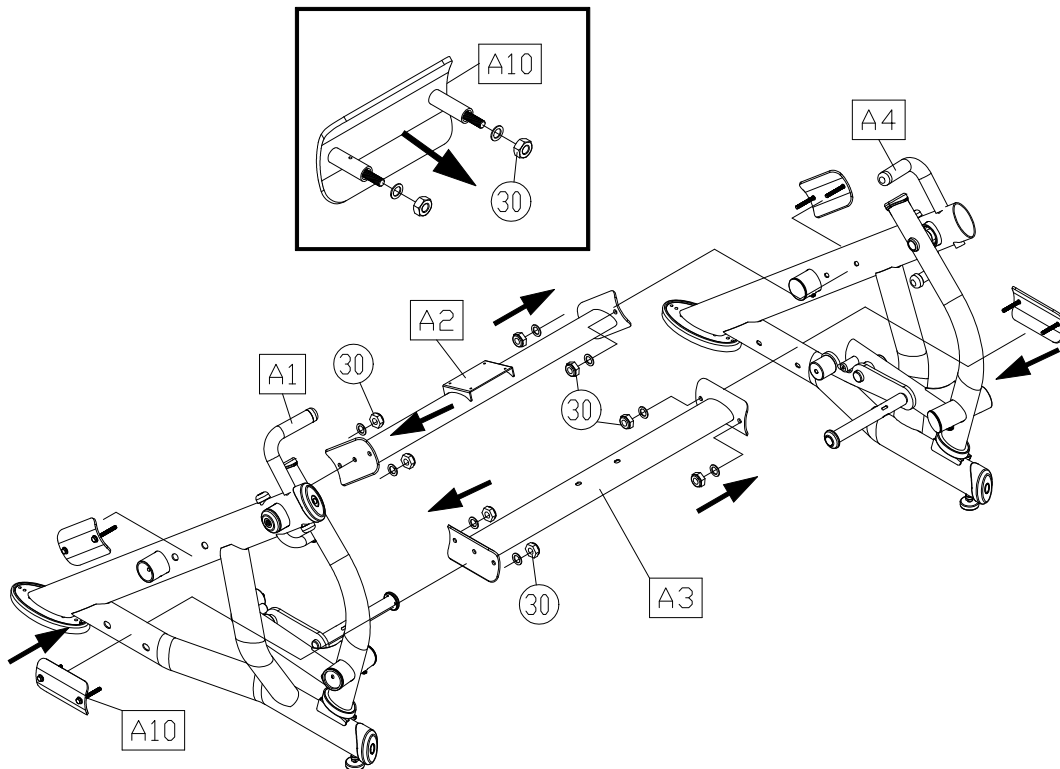
<b>Components on the Product</b>			
<b>No.</b>	<b>Name</b>	<b>Specification</b>	<b>Notes</b>
30	Washer	D16*d10.2*t1.0	
	Nylon hex lock nut	M10	
31	Nylon hex lock nut	M8	
	Flat washer	D17*d8.3*t2	
	Spring washer	M8	
	Inner hex screw	M8*P1.25*L30	
32	Inner hex screw	M6*P1.0*L25	
	Spring washer	M6*t1.5	
	Washer	D16*d10.2*t1.0	
33	Inner hex screw	M8*P1.25*L30	
34	Mushroom top inner hex screw	M8*P1.25*L25	
	Spring washer	M8	
35	Nylon hex lock nut	M8	
	Beveled head inner hex screw	M8*P1.25*L20	
36	Flat washer	D22*d8.2*t2	
	Spring washer	M8	
	Mushroom top inner hex screw	M8*P1.25*L25	
37	Mushroom top inner hex screw	M6*P1.0*L15	
	Waved washer	D20*d7*t2.0	
38	Inner hex screw	M6*P1.0*L10	
	Spring washer	M6	
	Waved washer	D20*d7*t2.0	

## 4. ASSEMBLE THE PRODUCT

Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the word “screws” is used where screws, washers, and other hardware may be involved.

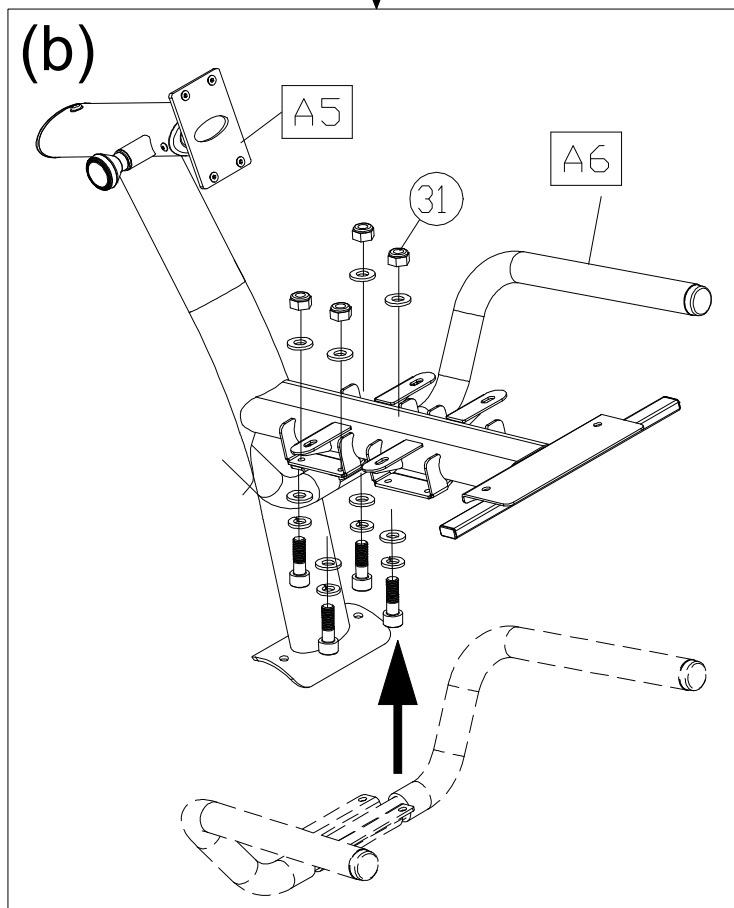
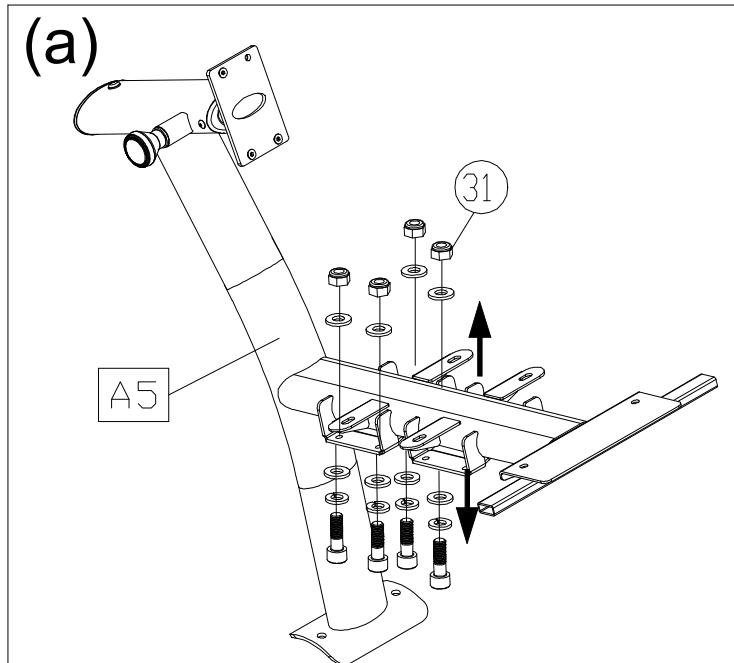
### STEP 1 Install the Seat Support and Connector

First, remove nuts (30) from the curved connecting plate (A10) and align the seat support (A2) and the connector (A3) to the holes in the right frame (A1) and left frame (A4), then loosely secure the assembly with the curved connecting plate (A10) and nuts (30) as shown. Do not tighten nuts yet.



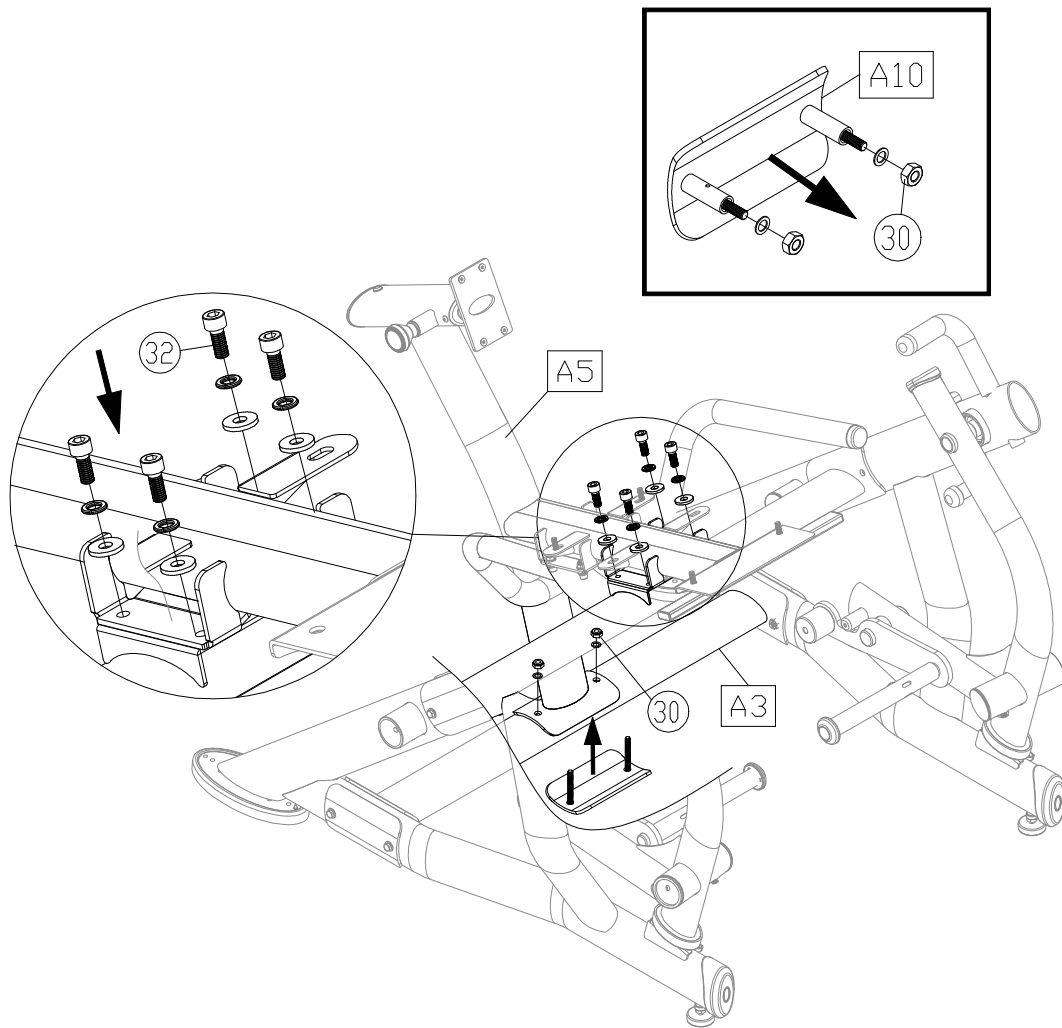
## **STEP 2** Install the Seat Frame and Handlebar

- (a) First, remove screws (31) from the seat frame (A5).
- (b) Attach the handlebar (A6) onto the seat frame (A5) where the screw holes align. Secure the assembly with screws (31) as shown.



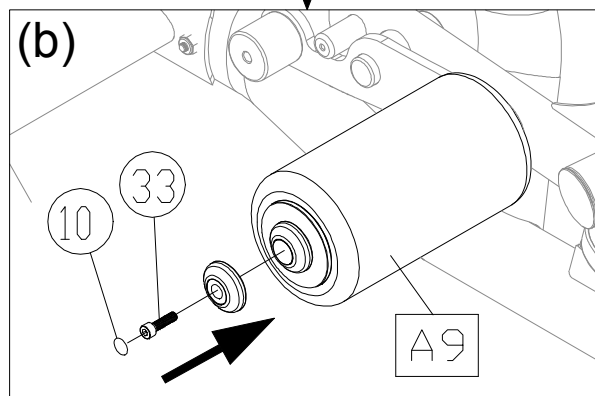
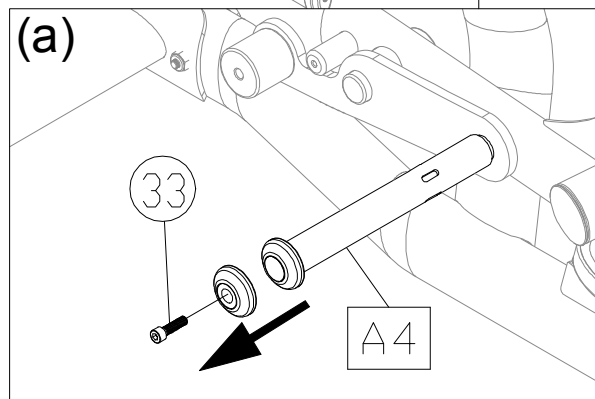
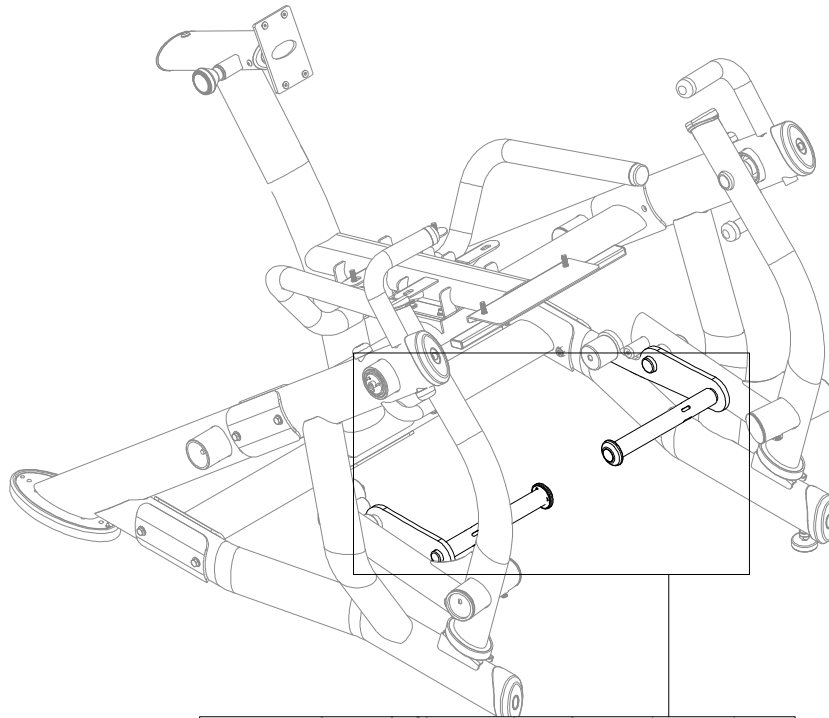
### STEP 3 Install the Seat Frame

First, remove nuts (30) from the curved connecting plate (A10) and then align the seat frame (A5) to the holes in the right frame (A1) and left frame (A4), then secure the assembly with screws (32). Finally, secure the curved connecting plate (A10) with screws (30) as shown.



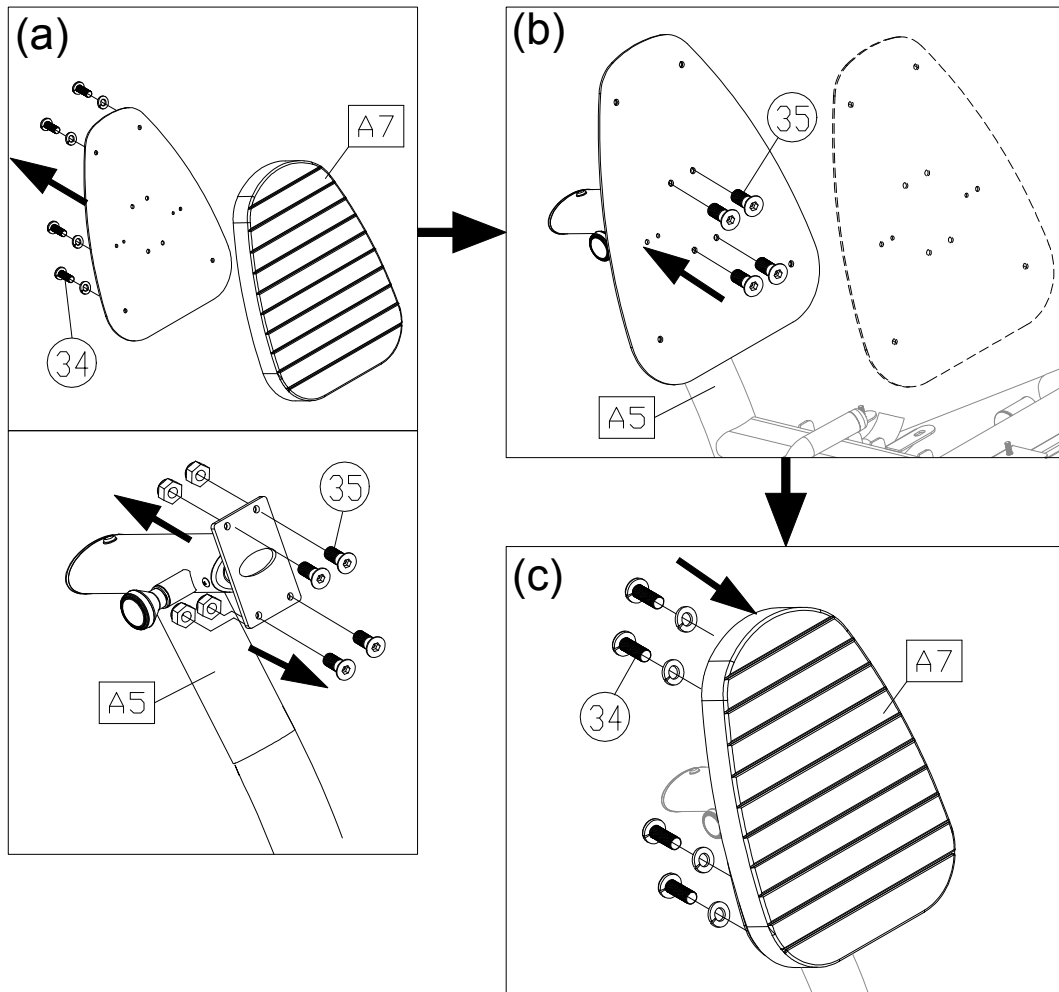
## **STEP 4** Install the Cylindrical Cushion

- (a) First, remove screws (33) from the left frame (A4).
- (b) Insert the cylindrical cushion (A9) onto the left frame (A4). Secure it in place with screws (33) and then apply the round sticker (10) as shown.
- (Note: Follow the same procedure to install the cylindrical cushion onto the right frame.)*



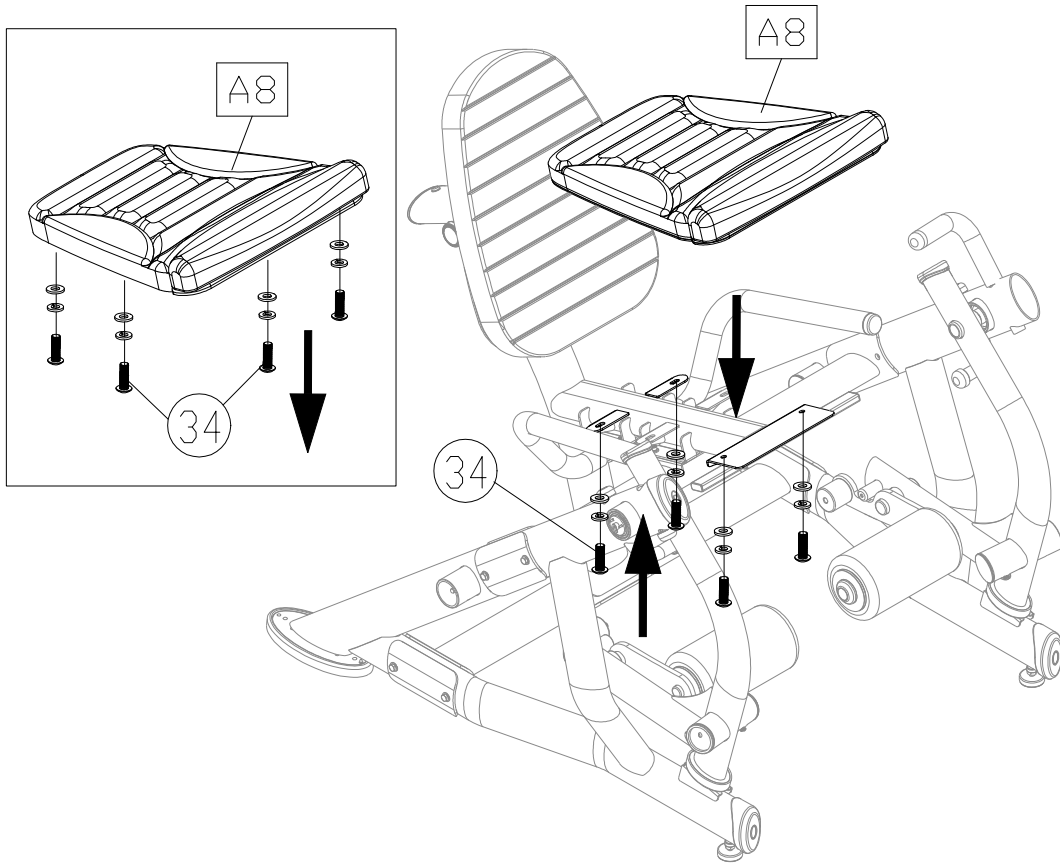
## STEP 5 Install the Seat Back

- (a) First, remove screws (34) and the seat back plate from the seat back (A7) and then remove screws (35) from the seat frame (A5).
- (b) Secure the seat back plate to the seat frame (A5) with screws (35).
- (c) Finally, secure the seat back (A7) to the seat back plate with screws (34).



## STEP 6 Install the Seat Bottom

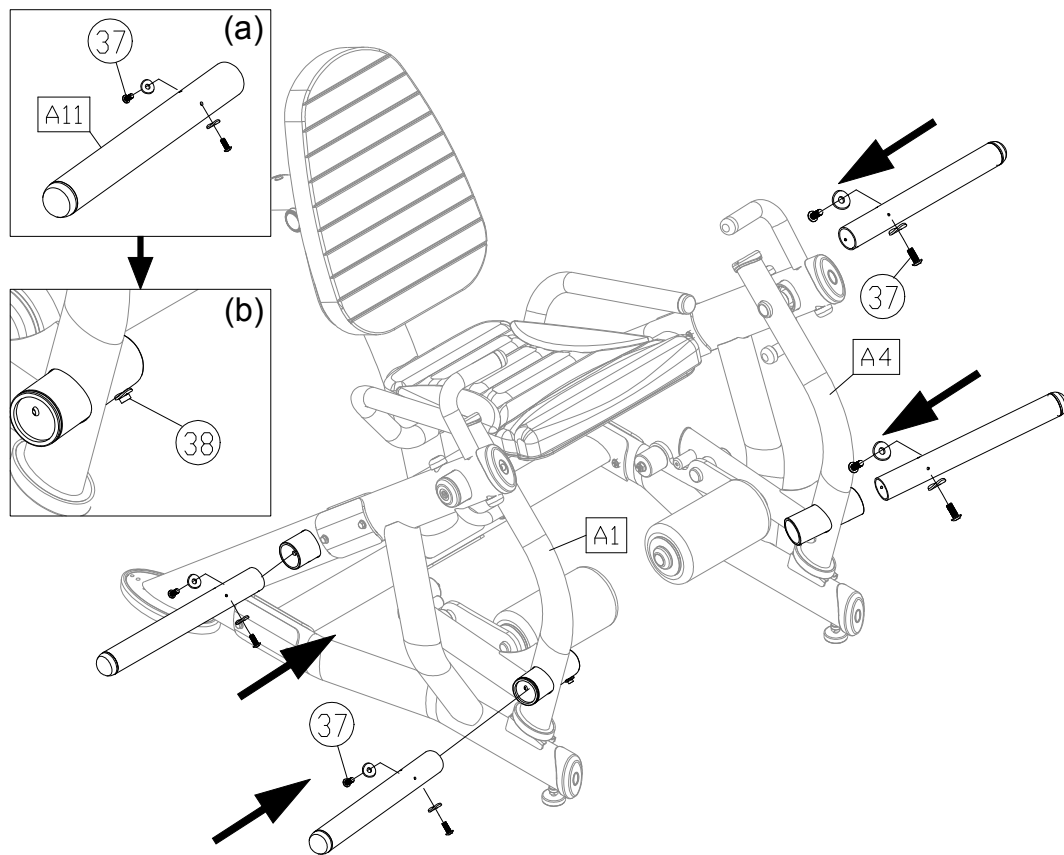
First, remove screws (34) from the seat bottom (A8) and then use screws (34) to secure the seat bottom (A8) to the main frame as shown.



## **STEP 7** Install the Weight Plate Pegs

- (a) First remove screws (37) from the weight plate pegs (A11).
- (b) Loosen screws (38) from the left frame (A4). Install weight plate pegs (A11) onto the left frame (A4). Finally, fully tighten the whole assembly with screws (37) (38).

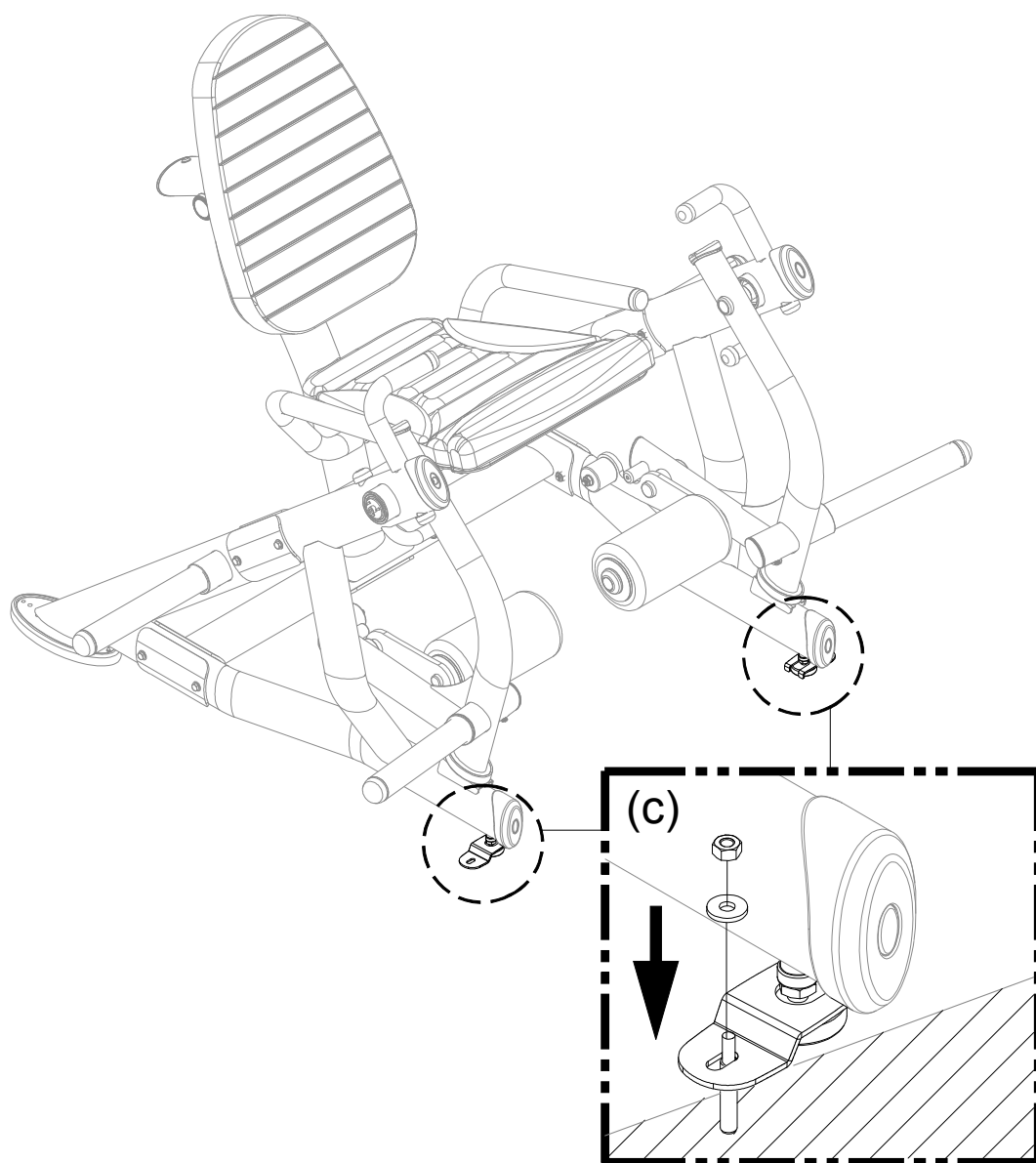
*(Note: Follow the same procedure to install the weight plate pegs (A11) onto the right frame (A4).)*



## **STEP 8** Secure the Unit

Secure the floor fixing bracket to the floor with the floor fixing bolt, nut and washer as shown.

*(Note: The screw hole of floor fixing bracket is  $\text{\O}9\text{mm}$ , please make sure using the suitable floor fixing bolt and drilling the proper hole on the floor.)*



## **STEP 9** Unit Inspection

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After completing the assembly or regular maintenance, please follow instructions (a) through (c) below to inspect the unit. If the unit is disassembled or has been damaged in any way, it might cause injuries or cause the unit to fail.

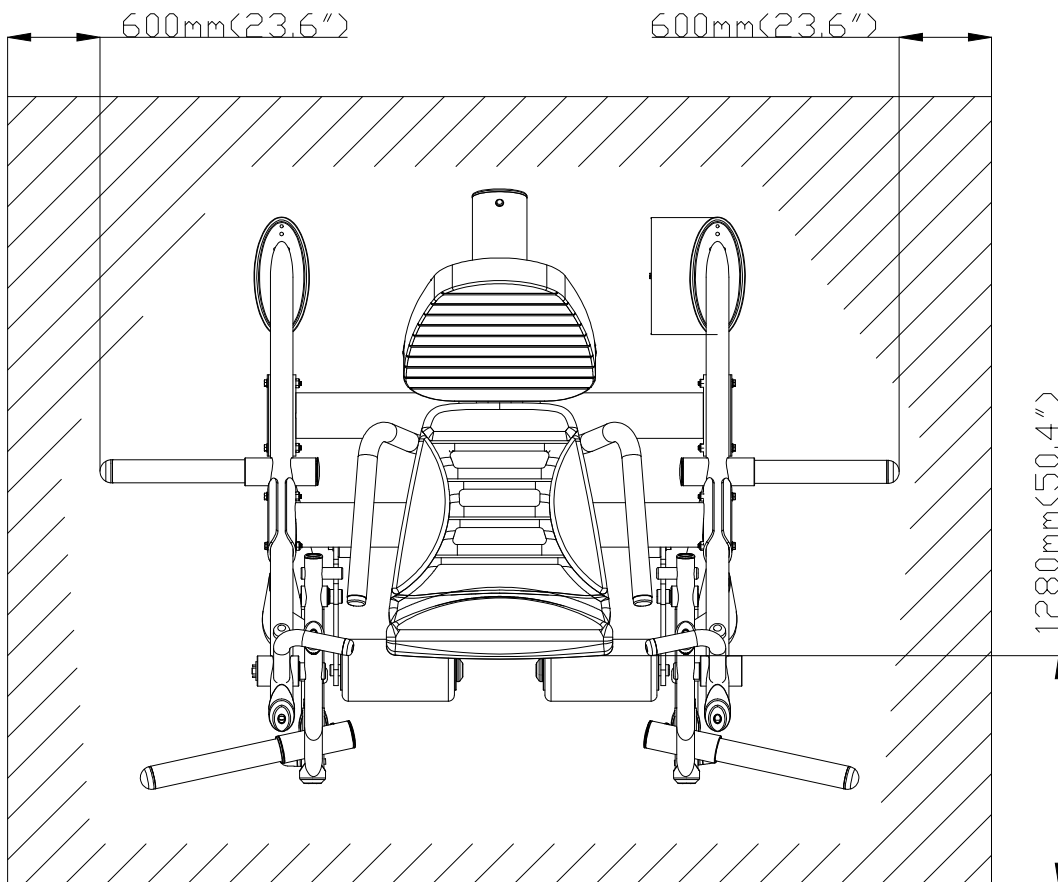
- (a) Make sure the unit is steady and on a level surface. If the unit is not steady, make adjustments according to the instructions “Level the Unit” of this manual.
- (b) Make sure all parts are assembled and all fasteners are tightened.
- (c) Please follow operating instructions to test operation and confirm that the equipment is working properly. (Please refer to “Operate the Product” of this manual.)

## 5. OPERATE THE PRODUCT

This section includes operational instructions.

### **OPERATION** Safety Operating Area

- (a) Safety clearance required as shown below. Do not allow people to be near this area when operating.
- (b) Noise emission under load is higher than without load.
- (c) Over exercising or improper workout position may result in serious injury.
- (d) This product is intended for exercise legs.

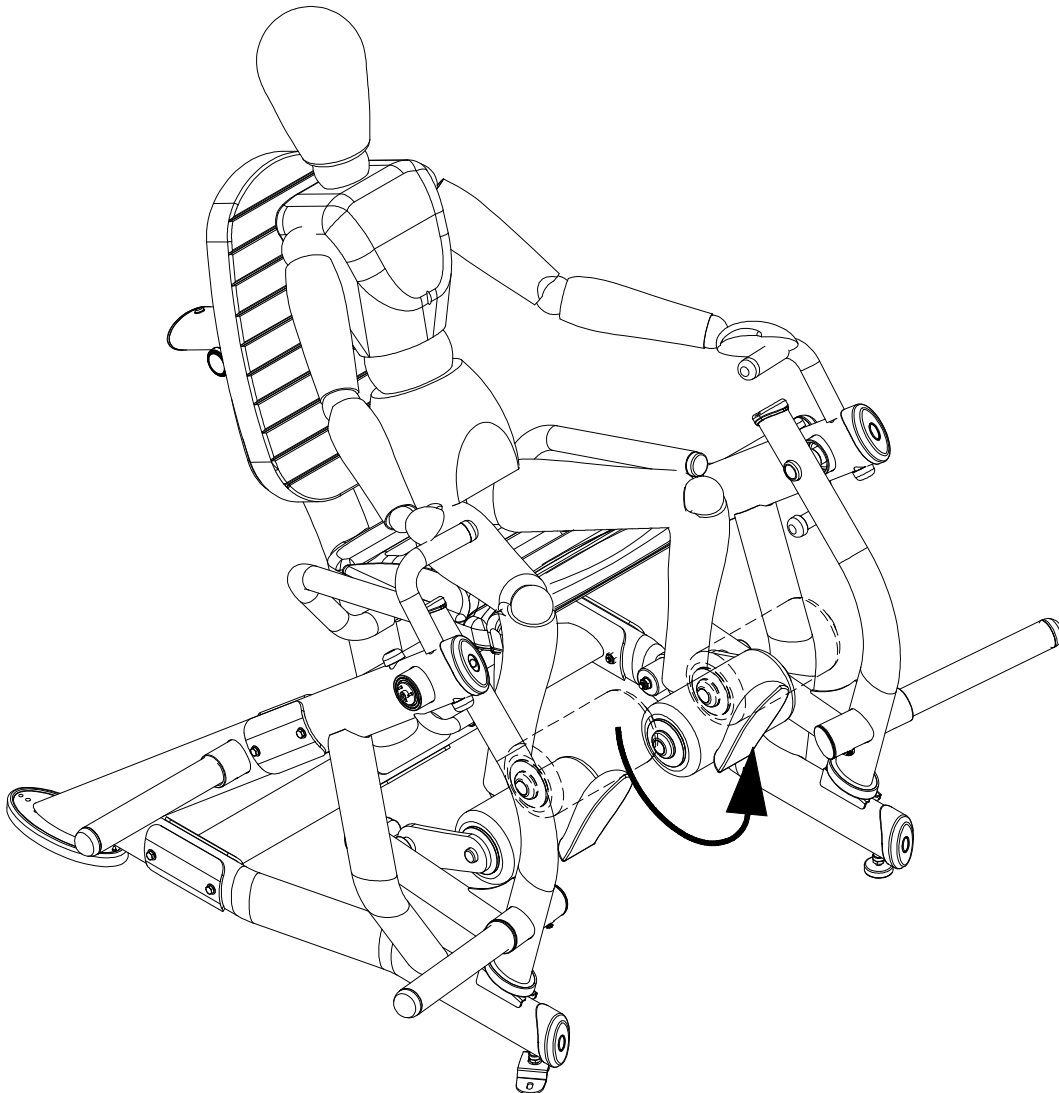


## **OPERATION** Operate the Product

- (a) Select the appropriate weight plates placed on both sides of the weight plate pegs, and then secure the weight plates with safety clamps.
- (b) Adjust the seat support and cylindrical cushions to the most comfortable position and make sure the knob is engaged to secure the position.
- (c) Inhale while the extending legs straight, exhale slowly back to the original position.

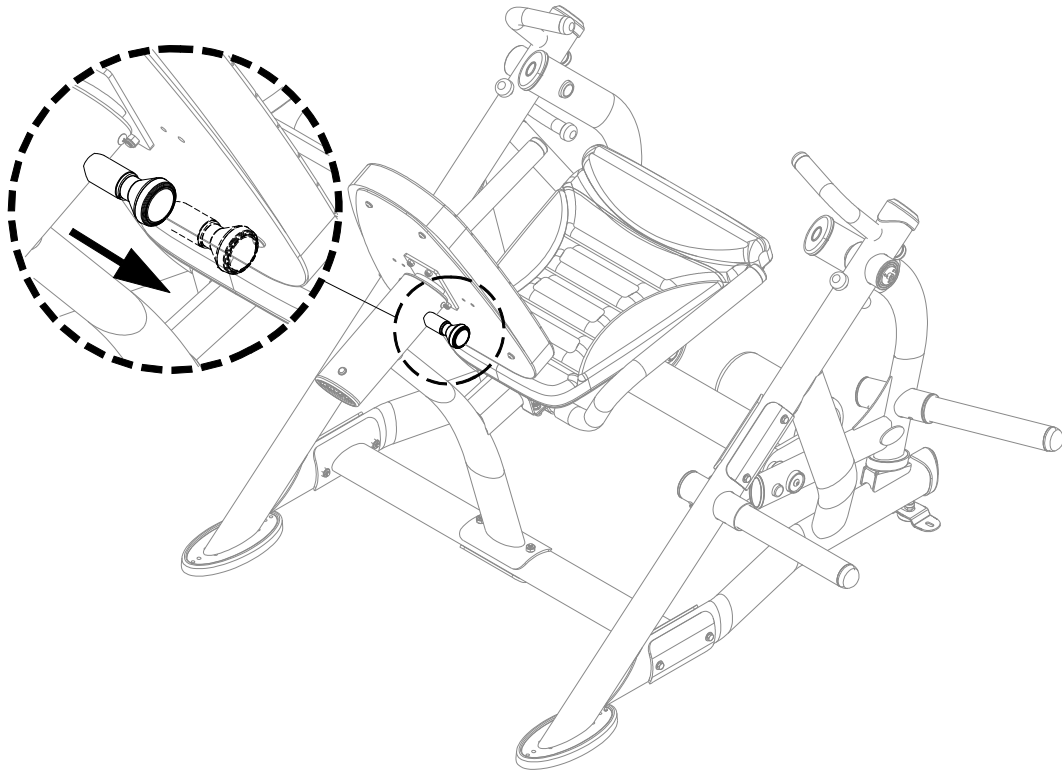
*\*Note: While operating the machine, if the weight plate is moving around. Please stop immediately, re-position the weight plate before continuing.*

- \* Weight limit: weight plate limit of 250Kg
- \* Please exercise within the range of your skill and training.
- \* Operate this machine must be supervised under coaches instructions in order for safety.



## **OPERATION** Operating the Product (Continued)

\* To move the seat back position toward yourself, simply pull it. To move the seat back away from yourself, pull the knob and press the seat back.



## **6. MAINTENANCE**

This section covers maintenance topics and includes a maintenance schedule, task list, and log.

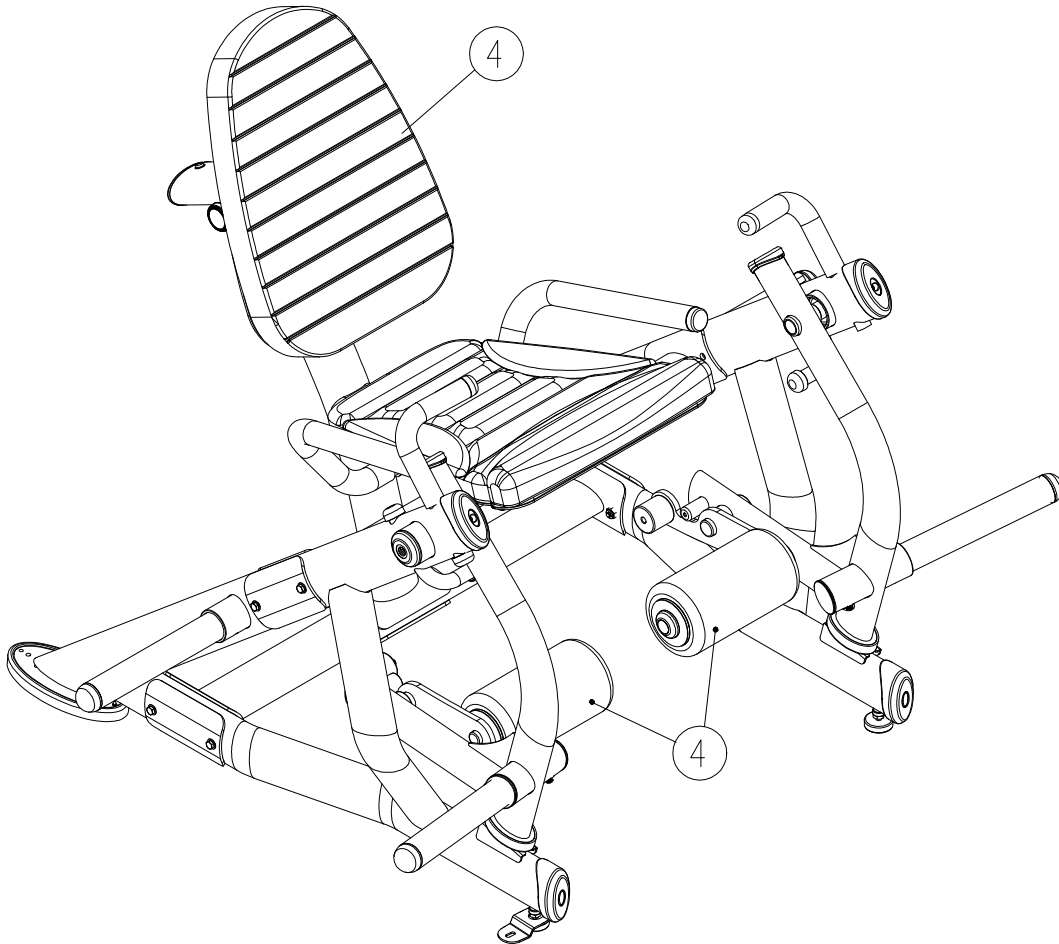
### **MAINTENANCE Safety Precautions**

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- Please follow standard safety precautions when servicing this product.
- Do NOT use a water damp towel to clean the product and do perform the following maintenances.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage components and void the warranty.
- Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner, to thoroughly clean the handlebar and the console.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt) . Such parts might cause injuries or cause the unit to fail and void the warranty. We are not responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but may also present a danger to the exerciser.
- Keep this product out of use until maintenance is completed.

## MAINTENANCE Schedule

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	•					Clean.
2	Screws	•					Inspect for looseness and secure if necessary.
3	Test	•					Check for proper equipment operation.
4	Cushions	•					Wipe with a damp cloth.



## **MAINTENANCE** Task List

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Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

### **Daily tasks**

1. Use a clean, lint-free towel to wipe down the product exterior.
2. Inspect all screws. Secure if necessary.
3. Make sure the machine is working properly.
4. Wipe cushions clean with a damp cloth.

### **Caution**

- Please follow standard safety precautions when servicing this product..
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage components and void the warranty.

# **MAINTENANCE** One-Year Maintenance Log

Facility: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Product model number: \_\_\_\_\_ Serial number: \_\_\_\_\_

Start date: \_\_\_\_\_ End date: \_\_\_\_\_

Daily Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Week 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Tasks	Week 29-35	Week 36-42	Week 43-49	Week 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Weeks 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 29-35	Weeks 35-42	Weeks 43-49	Weeks 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yearly Tasks	Year 1
Completed	<input type="checkbox"/>

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **7. CONSIGNES DE SÉCURITÉ IMPORTANTES**

Le produit SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre produit.

- Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:
- Veuillez lire attentivement les instructions et installer le produit selon les instructions.
- Assemblez et faites fonctionner le produit sur une surface solide et plane; NE PAS l'utiliser à l'extérieur ou près de l'eau.
- En aucun cas, ne laissez des enfants à proximité ou sur le produit.
- Vérifiez le tapis de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées et que tous les éléments de fixation sont serrés. NE PAS utiliser le produit si l'appareil est démonté de quelque façon.
- Gardez vos mains loin des pièces mobiles.
- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs.
- Soyez prudent lors du montage et démontage de l'appareil.
- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.
- Une surveillance étroite est nécessaire quand de produit est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez ce produit uniquement pour l'usage prévu dans ce manuel.
- La limite de poids de l'utilisateur pour le produit est de 227 kg, 500 lb.
- Ce produit n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de produit par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.
- Ce produit n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de ce produit par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.

### **ATTENTION**

Si vous ressentez une douleur ou si vous avez une sensation anormale, ARRÊTEZ VOTRE ENTRAÎNEMENT et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. NE PAS s'entraîner jusqu'à l'épuisement.


- Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet.

Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot «vis» est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

# 8. APPENDICES

## APPENDICES Exploded Diagram

*Note: We reserve the right to revise the following diagrams at any time without notice or obligation to notify any person of such revisions or changes. Please visit our official website [www.gosportsart.com](http://www.gosportsart.com) for the latest version.*

CHANGE DATE CHANGE NO.	CHANGE DESCRIPTION	CHANGE NO.	NAME
			
RESTRICTED USAGE, PLEASE TURN FORWARD TO AVOID ANY INJURY (AVVERTI VERTE)			
DRAWN BY VERIFIED BY	UNITS QTY VERSION PART NO	MM 1 A0 1-15	SALES BLOW UP DIAGRAM NO. MODEL
			GGP-F101--A A976

**Your Authorized Distributor**