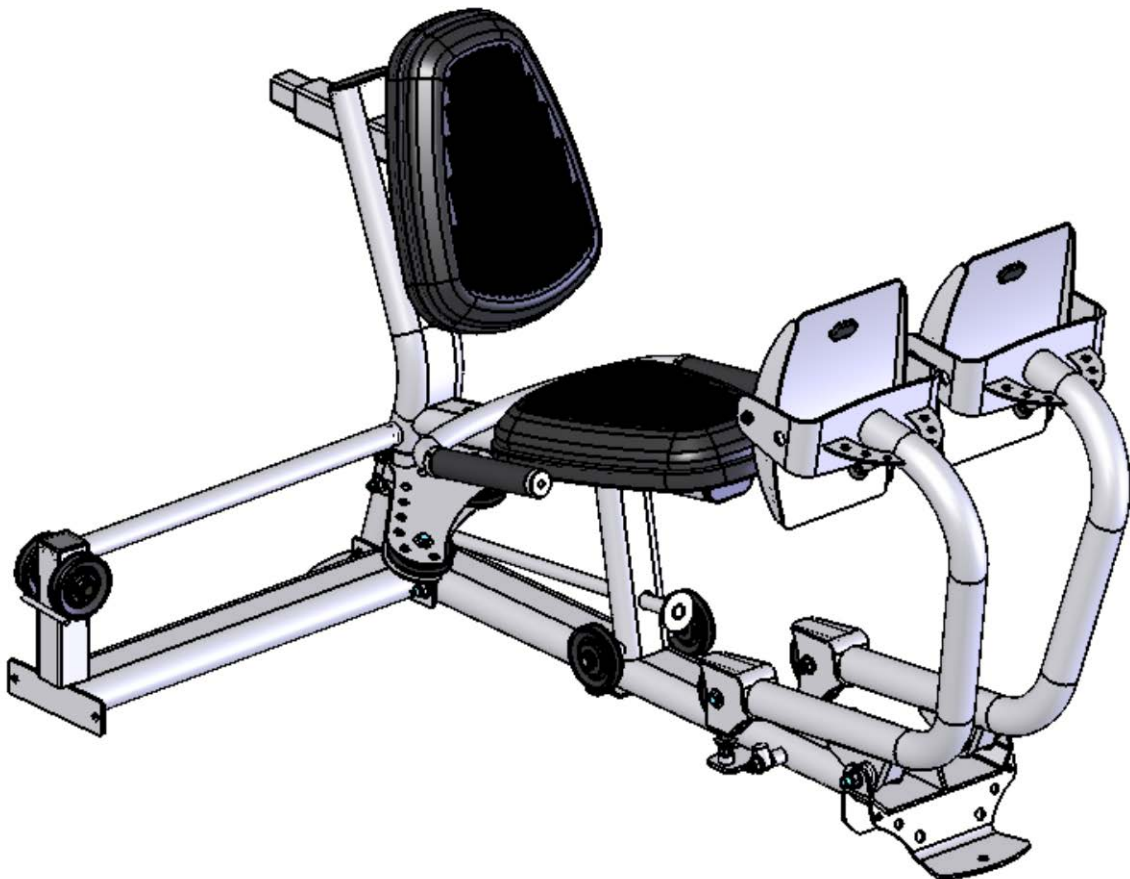


LP2-M5 Attachment Kit

Use this addendum to attach the LP2 to the M5 machine.

Verify all parts and hardware in this kit using this addendum.

Verify all parts and hardware for the LP2 base unit using the Owner's Manual in the LP2 box.



PARTS & HARDWARE LIST

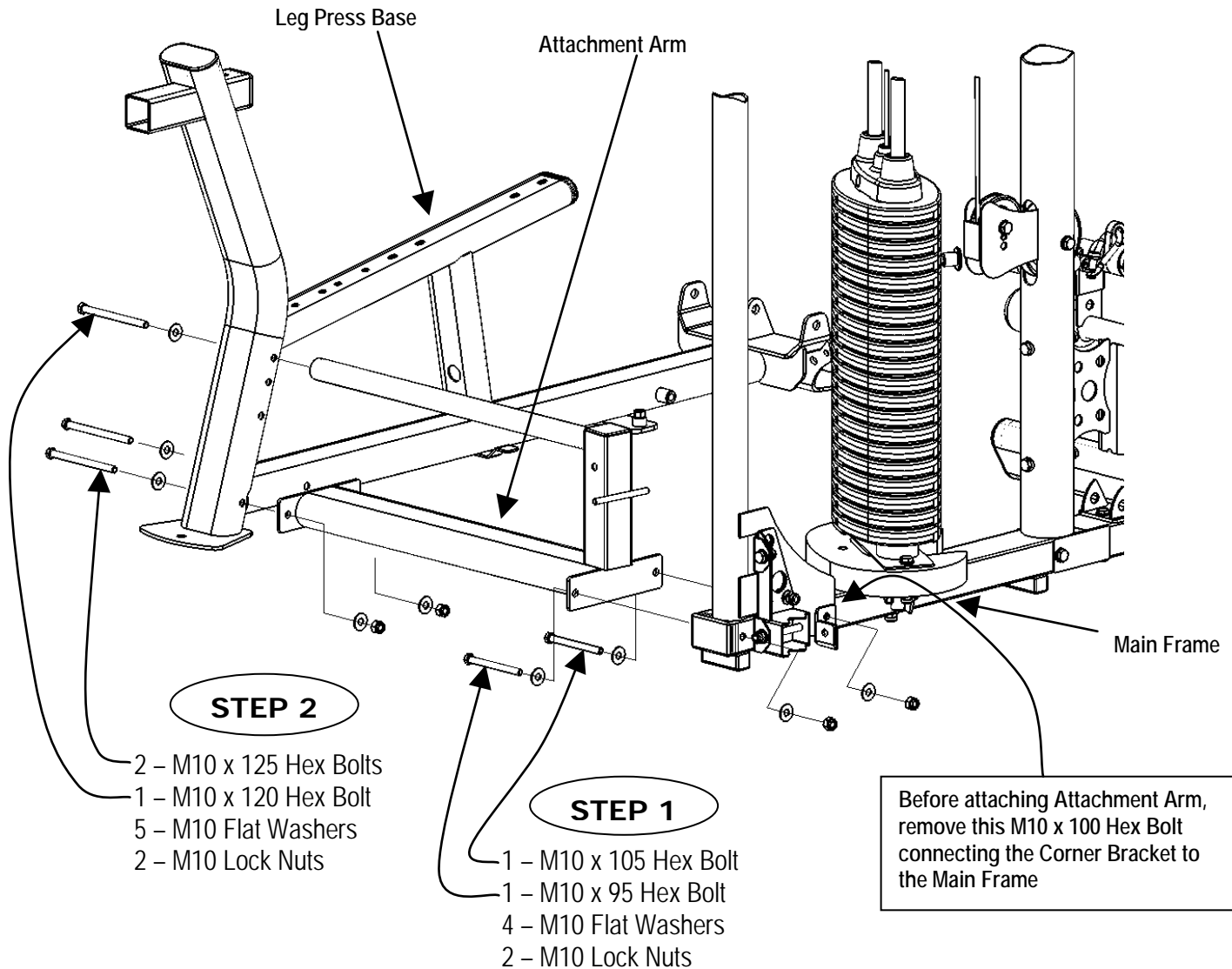
The following parts are in the LP2-M5 Attachment Kit box

Item	Parts Description	Qty	Qty Rec'd
1	Attachment Arm	1	
2	3 1/2" Pulley	3	
3	Floating Pulley Plates	2	
4	LP2-M5 Cable	1	

Item	Hardware Description	Qty	Qty Rec'd
1	Bolt, M10*45	2	
2	Bolt, M10*95	1	
3	Bolt, M10*105	1	
4	Bolt, M10*115	1	
5	Bolt, M10*120	1	
6	Bolt, M10*125	2	
7	Flat Washer, M10	12	
8	Lock Nut, M10	6	

The parts and hardware list for the LP2 base unit is in the LP2 Owner's Manual.

NOTE: Parts and hardware in this LP2-M5 Attachment Kit box are Metric sizes and cannot be mixed with the American size parts and hardware in the LP2 box.



Step 1: Remove the M10 x 100 Hex Bolt connecting the Corner Bracket to the Main Frame.

Attach Attachment Arm to Main Frame using:

(Finger Tighten Only)

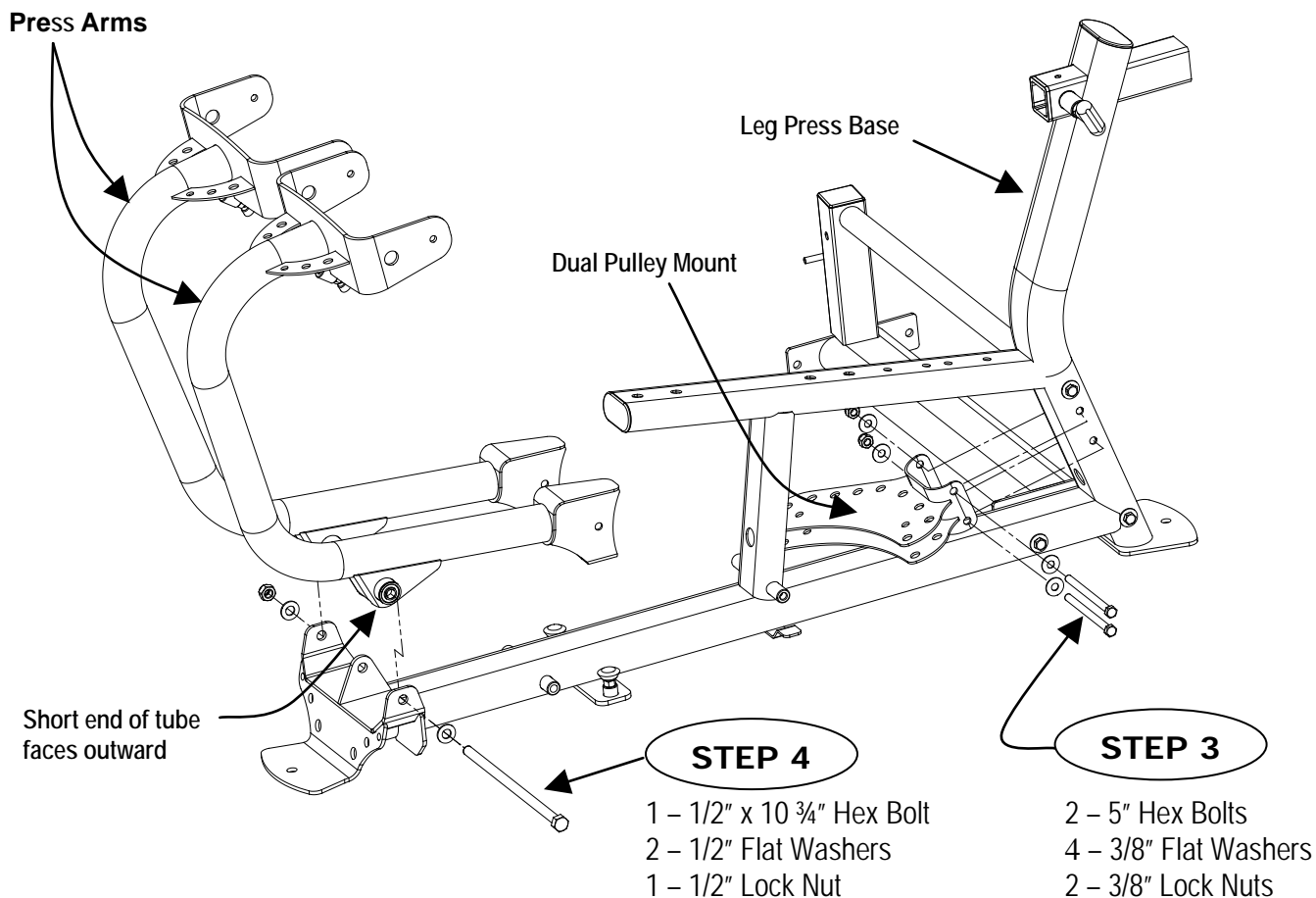
One (M10 x 105 Hex Bolt)
One (M10 x 95 Hex Bolt)
Four (M10 Flat Washers)
Two (M10 Lock Nuts)

Step 2: Attach Leg Press Base to Attachment Arm using:

(Wrench Tighten Bolts in Steps 1 & 2 Now)

Two (M10 x 125 Hex Bolts)
One (M10 x 120 Hex Bolt)
Five (M10 Flat Washers)
Two (M10 Lock Nuts)

Note: Hardware in Steps 1 & 2 are metric size and cannot be mixed with the other hardware in the LP2.



Caution: Press arms are unstable until the cables are attached. It is recommended to lay the press arms forward onto a protective surface until the cables are installed.

Step 3: Attach Dual Pulley Mount to Leg Press Base using:

Two (3/8" x 5" Hex Bolts)
Four (3/8" Flat Washers)
Two (3/8" Lock Nuts)

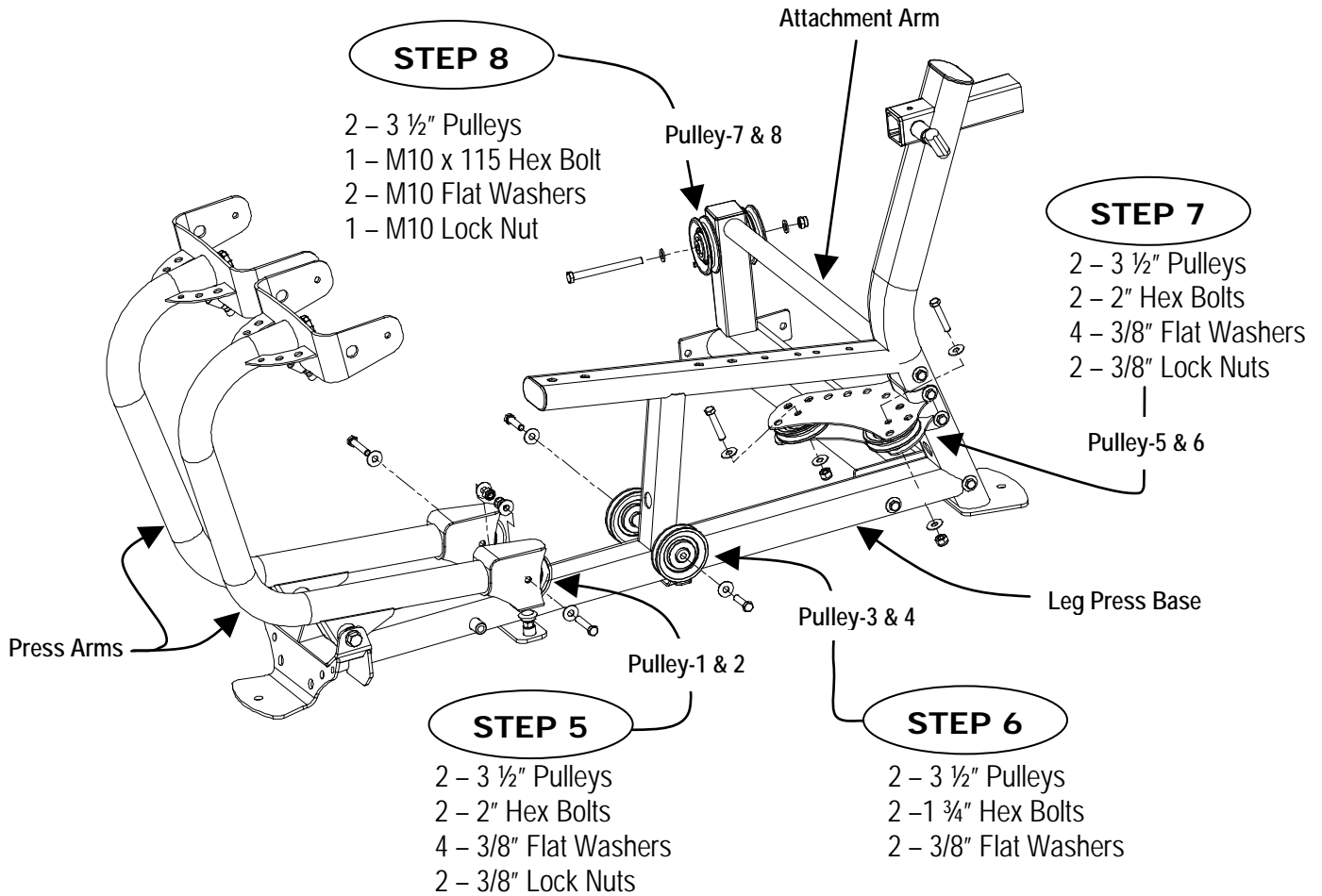
(Wrench Tighten Bolts)

Step 4: Attach Press Arms to Leg Press Base using:

One (1/2" x 10 3/4" Hex Bolt)
Two (1/2" Flat Washers)
One (1/2" Lock Nut)

(Wrench Tighten Bolts, Assembly Should Move Freely.)

Note: Leg Press Arms angle outward from Leg Press Frame, short end of tube faces outward.



Step 5: Attach Pulleys 1 & 2 to Press Arms using:

(Wrench Tighten Bolts)

Two (3 ½" Pulleys)
Two (3/8" x 2" Hex Bolts)
Four (3/8" Flat Washers)
Two (3/8" Lock Nuts)

Step 6: Attach Pulleys 3 & 4 to Leg Press Base using:

(Wrench Tighten Bolts)

Two (3 ½" Pulleys)
Two (3/8" x 1 ¾" Hex Bolts)
Two (3/8" Flat Washers)

Step 7: Attach Pulleys 5 & 6 to Dual Pulley Mount using:

(Wrench Tighten Bolts)

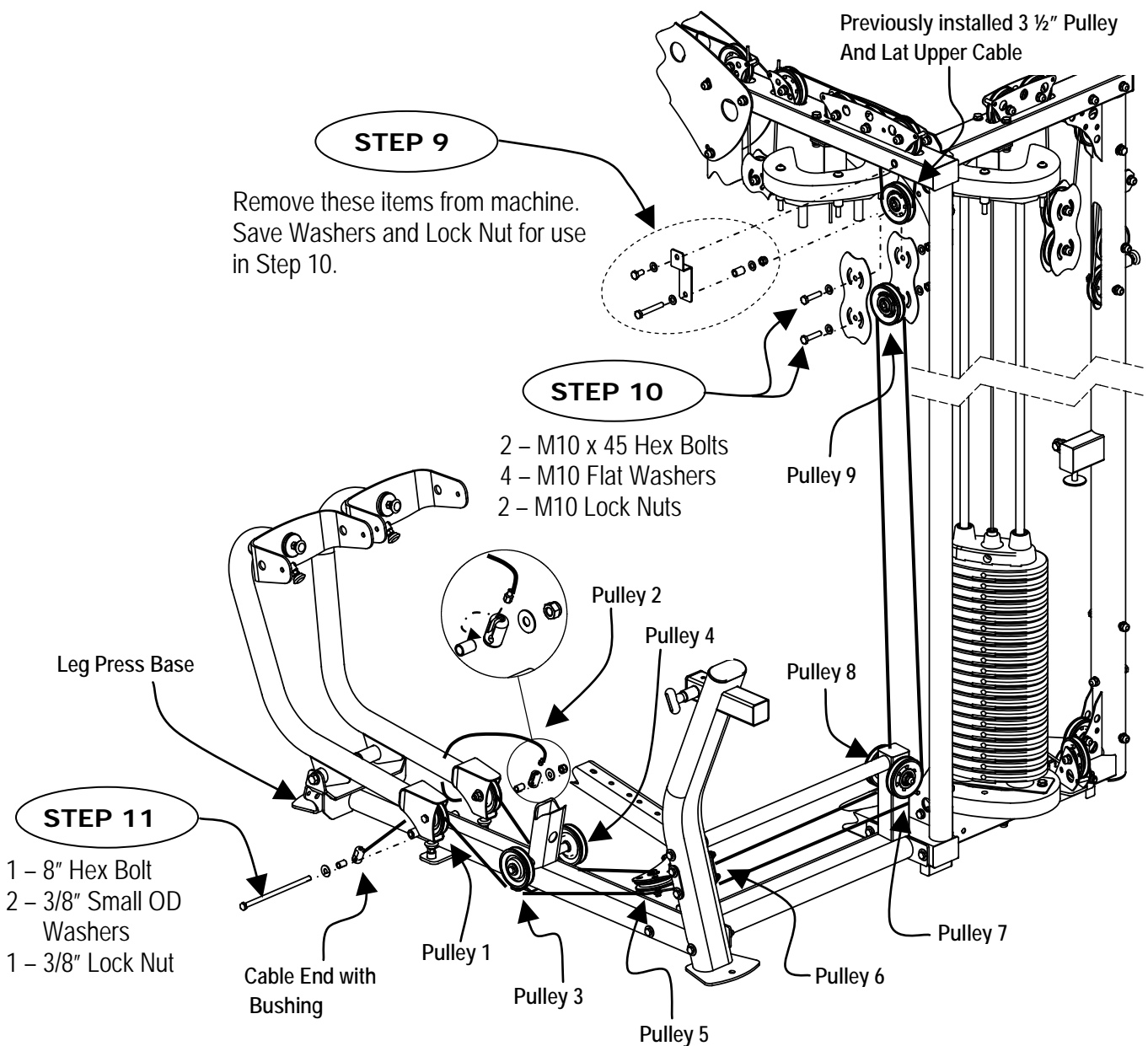
Two (3 ½" Pulleys)
Two (3/8" x 2" Hex Bolts)
Four (3/8" Flat Washers)
Two (3/8" Lock Nuts)

Step 8: Attach Pulleys 7 & 8 to Attachment Arm using:

(Wrench Tighten Bolts)

Two (3 ½" Pulley)
One (M10 x 115 Hex Bolt)
Two (M10 Flat Washers)
One (M10 Lock Nut)

NOTE: Hardware and Pulleys in Step 8 are metric size and cannot be mixed with the other Hardware or Pulleys.



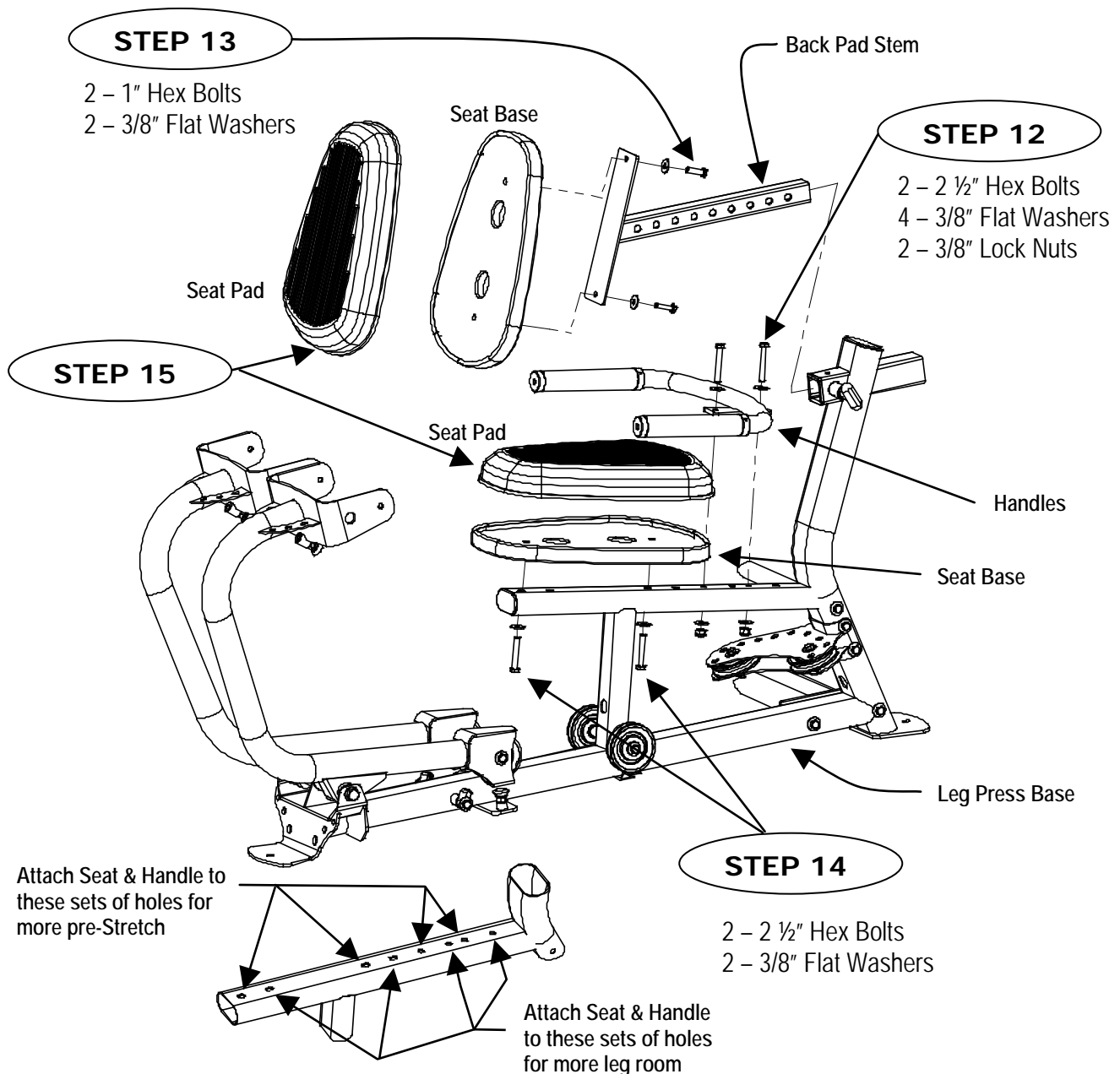
Step 9: Remove the two Bolts, three Washers, one Lock Nut, Mounting Bracket, and Barrel Spacer from the Upper Pulley on the M5. Save the Washers and Lock Nut for use in Step 10. Leave the Lat Upper Cable wrapped around this pulley.

Step 10: Attach the previously installed 3 1/2" Pulley and Pulley 9 to two Floating Pulley Plates using:

**Two (M10 x 45 Hex Bolts)
Four (M10 Flat Washers)
Two (M10 Lock Nuts)**

Step 11: Attach one Cable End with Bushing to one end of the cable as shown. Attach the Cable End, Bushing, and 3/8" Washer to the Leg Press Base with the 8" Hex Bolt. Run the other end of the cable around Pulleys 1, 3, 5, 7, 9, 8, 6, 4, and 2. Attach the other Cable End with Bushing to this end of the cable and attach to the 8" bolt with one 3/8" Washer and 3/8" Lock Nut.

Note: Hardware in Steps 9 & 10 are metric sizes. Do not mix hardware from Steps 9 & 10 with Hardware in Step 11.



Step 12: Attach Handles to Leg Press Base using:

(Wrench Tighten Bolts)

**Two (3/8" x 2 1/2" Hex Bolts)
Four (3/8" Flat Washers)
Two (3/8" Lock Nuts)**

Step 13: Attach Seat Base to Back Pad Stem using:

(Wrench Tighten Bolts)

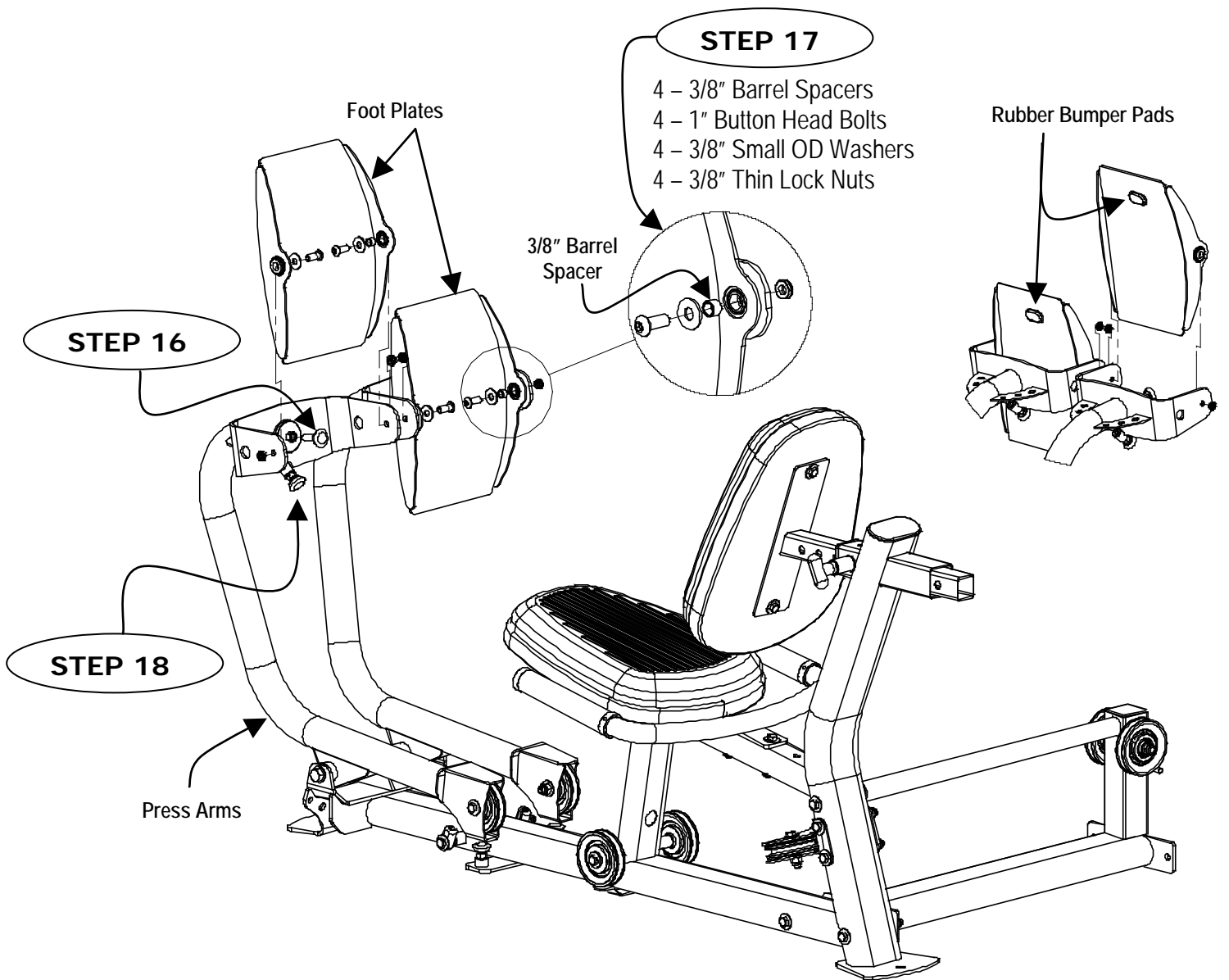
**Two (3/8" x 1" Hex Bolts)
Two (3/8" Flat Washers)**

Step 14: Attach Seat Base to Leg Press Base using:

(Wrench Tighten Bolts)

**Two (3/8" x 2 1/2" Hex Bolts)
Two (3/8" Flat Washers)**

Step 15: Install the Seat Pads into the Seat Bases by working the edges of the pads into the groove around the Seat Bases. **Do not use sharp objects during installation of the pads.**



Step 16: Install Two Adjustable Bumpers.

Step 17: Attach Foot Plates to Press Arms with Rubber Bumper Pads towards top as shown using:

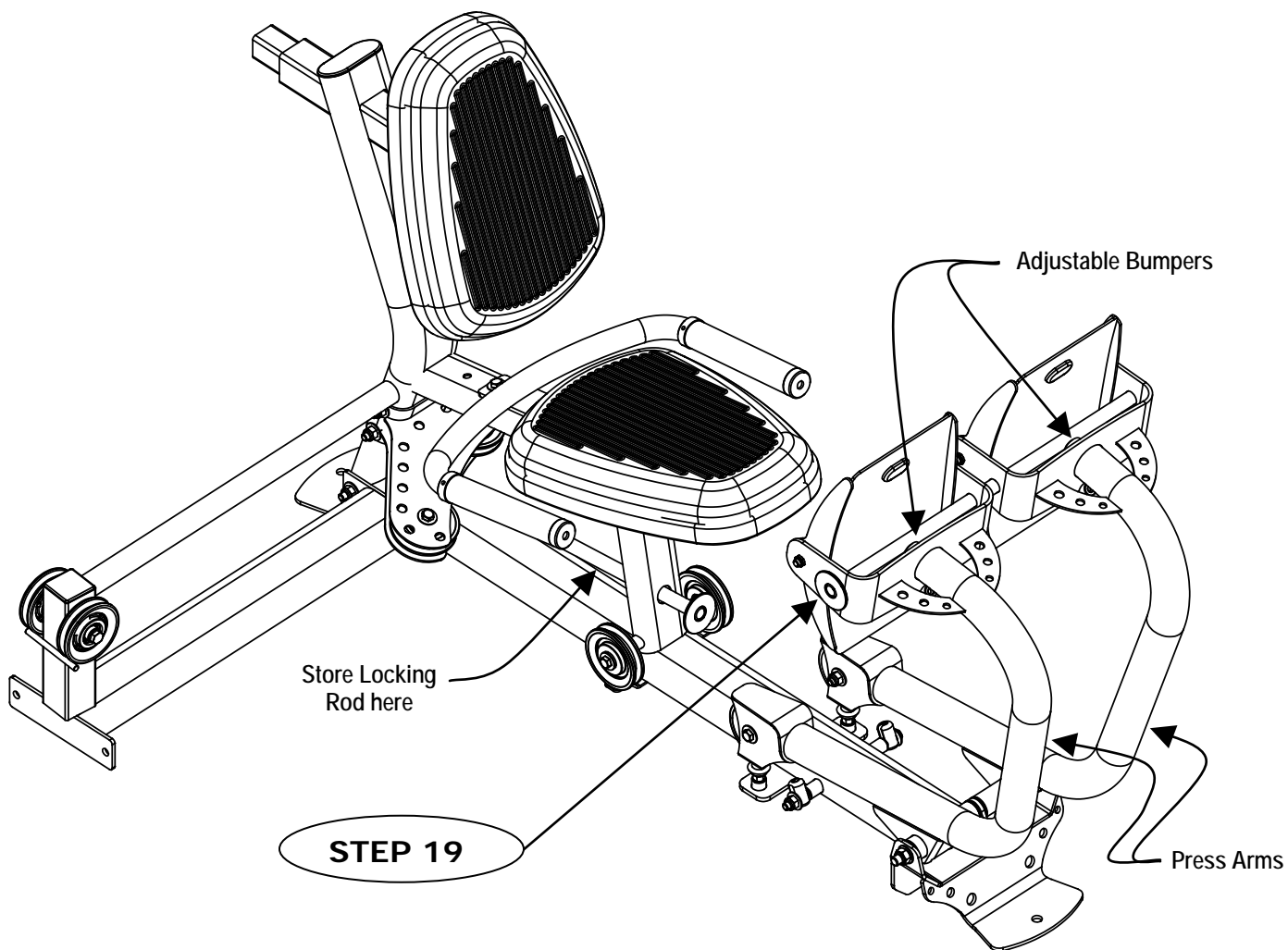
Install Bolts, Washers, and 3/8" Bushings first, and tighten the Bolts. Next, attach the Thin Lock Nuts and tighten.

- Four (3/8" Barrel Spacers)**
- Four (3/8" x 1" Button Head Bolts)**
- Four (3/8" Small OD Washers)**
- Four (3/8" Thin Lock Nuts)**

(Tighten Bolts with 6mm Allen Wrench)

Step 18: Foot Plate Stop Adjustment:

To adjust Foot Plate Stop angle, loosen jam nut, screw in or out the Adjustable Bumper, and retighten the Jam Nut.



Step 19: To connect both Press Arms together, slide Locking Rod thru both Press Arm Brackets and tighten Adjustable Bumpers against Locking Rod to secure Locking Rod in place.

Store Locking Rod in Leg Press Base as shown when not in use.