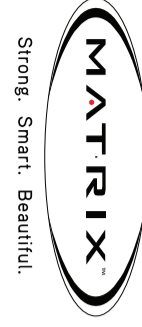
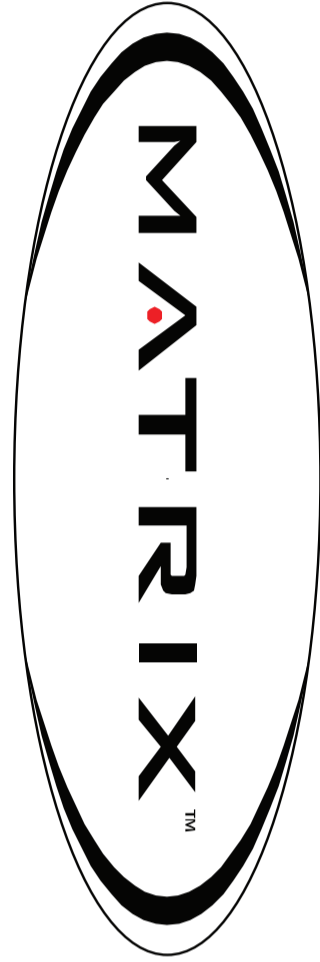


Matrix Fitness Systems Corp. 1610 Landmark Drive Cottage Grove WI 53527  
 Toll Free 888.693.4863 www.matrixfitness.com Fax 608.839.8987



# Assembly Guidelines G3S73 PRONE LEG CURL

Strong. Smart. Beautiful.



### IMPORTANT SAFETY INFORMATION

It is the sole responsibility of the purchaser of MATRIX Fitness Systems products to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

It is the sole recommendation that all users of MATRIX Fitness Systems exercise equipment be informed of the following information prior to its use.

### PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative the sole recommended that all users of MATRIX Fitness Systems exercise equipment be informed MATRIX Fitness Systems equipment is user property to avoid injury.

2. Keep hands and feet clear at all times from moving parts to avoid injury.

### CHECK FOR DAMAGE PARTS

1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by your country's local MATRIX Fitness Systems dealer.

2. MAINTAIN LABELS AND NAMEPLATES: DO NOT remove labels for any reason. They contain important information. If unreadable or missing, contact your MATRIX Fitness Systems dealer for a replacement.

3. SECURING EQUIPMENT: All equipment MUST be secured to the floor to stabilize and eliminate rocking of tipping over. A licensed contractor must be performed this, where application.

4. MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.

5. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. MATRIX Fitness System dealers will provide service and maintenance training at our corporate facility upon request.

PART # MH0204521B



Strong. Smart. Beautiful.

## Assembly Guidelines G3S73 PRONE LEG CURL

### G3S73 - PRONE LEG CURL UNPACKING G3S73 PRONE LEG CURL

Thank you for purchasing a MATRIX Fitness product. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

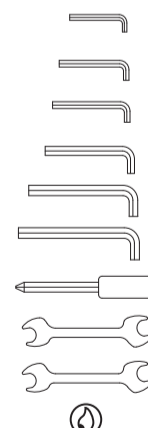
### CAUTION

The weight of the G3S73 Prone Leg Curl is 600 lbs. (272 kg) not including the weight stack. To avoid injury to yourself and prevent damage to the frame components, be sure to have proper assistance removing the frame pieces from this box.

### TOOLS NEEDED

- DESCRIPTION**
- 3MM L-Shaped Allen Wrench
  - 4MM L-Shaped Allen Wrench
  - 5MM L-Shaped Allen Wrench
  - 6MM L-Shaped Allen Wrench
  - 8MM L-Shaped Allen Wrench
  - 10MM L-Shaped Allen Wrench
  - Phillips Screwdriver
  - 8MM Open-End Wrench
  - 17MM Open-End Wrench
  - Guide Rod Lubrication
  - Hardware Bag

### SKETCH



### QUANTITY

- 1
- 1
- 1
- 1
- 1
- 1
- 1
- 1
- 1
- 1
- 1

If any items are missing please contact your country's local Matrix dealer for assistance.

### Step 1

**Frame Detail**

Item	Description	Sketch	Qty
J18	Flat Washer (M10)		12
C24	Lock Washer (M10)		12
C26	Arc-flat Washer		6
C25	Allen Head Cap Screw (M10x25L)		18

Allen Head Cap Screw (C25)    Arc Flat Washer (C26)  
 Lock Washer (C24)    Flat Washer (C32)

### Step 2

**Input Detail**

Item	Description	Sketch	Qty
B52	Bushing Set		2
B54	Wavy Washer		2
C22	Screw, Oval-Hex Socket (M10)		2
D17	Shaft		1
D28	Screw Cover		1
D45	Allen Head Cap Screw (M12)		3
D46	Lock Washer (M12)		3
D47	Flat Washer (M12)		3
Q07	Pivot Point Index		1
D21	Shaft		1

### Step 3

**Upholstery Detail**

Item	Description	Sketch	Qty
C22	Screw, Oval-Hex Socket (M10x25L)		16

### Step 4

**Weight Stack Detail**

Item	Description	Sketch	Qty
B49	Allen Head Cap Screw (M8 X 30L)		2
F14	Flat Washer		4
K05	Knurled Belt Securing Insert		1
K07	Rubber Stack Cushions		2
K13	E-Clipper (E-16)		4
K18	Flat Washer (M8)		2
K17	Screw, Oval-Hex Socket (M8 X 20L)		2
C54	Lock Washer (M8)		2
F15	Lock Washer (M5)		4
L14	Screw, Oval-Hex Socket (M5 X 16L)		4

Knurled Belt Securing Insert (K05)    Guide Sleeve  
 Guide Rod    Allen Head Cap Screw (M8x30L)  
 Top Weight    Selector Pin

### Step 5

**Belt Routing Detail**

Item	Description	Sketch	Qty
F13	Allen Head Cap Screw		4
F15	Lock Washer (M5)		4
F14	Flat Washer (M5)		4
F08	Attachment Plate		2
F07	Belt		1
F60	Nylon Nut (M5)		4

Nylon Nut    Bolt  
 Bolt Flair    Bolt Flair  
 Flat Washer    Flat Washer  
 Lock Washer    Lock Washer

### Step 6

**Accessory Detail**

Item	Description	Sketch	Qty
Z10	Small Cap Screw (M8x18L)		2
B49	Allen Head Cap Screw (M8x30L)		2
B45	Screw (M8x2L)		6
B51	Internal Tooth Lock Washer (M4)		6
Q06	Rubber Shield Spacer		6
Q08	Rubber Tip Weight Shield Bolt		4
Q37	Rubber Shield Spacer		4
Q38	Rubber Tip Weight Shield Bolt		4

Towel/Water Bottle Holder    B49  
 Weight Shield    Q37  
 Upper Cover x2    B51 x6  
 Weight Shield    Q06 x6  
 Weight Shield    Q05 x6