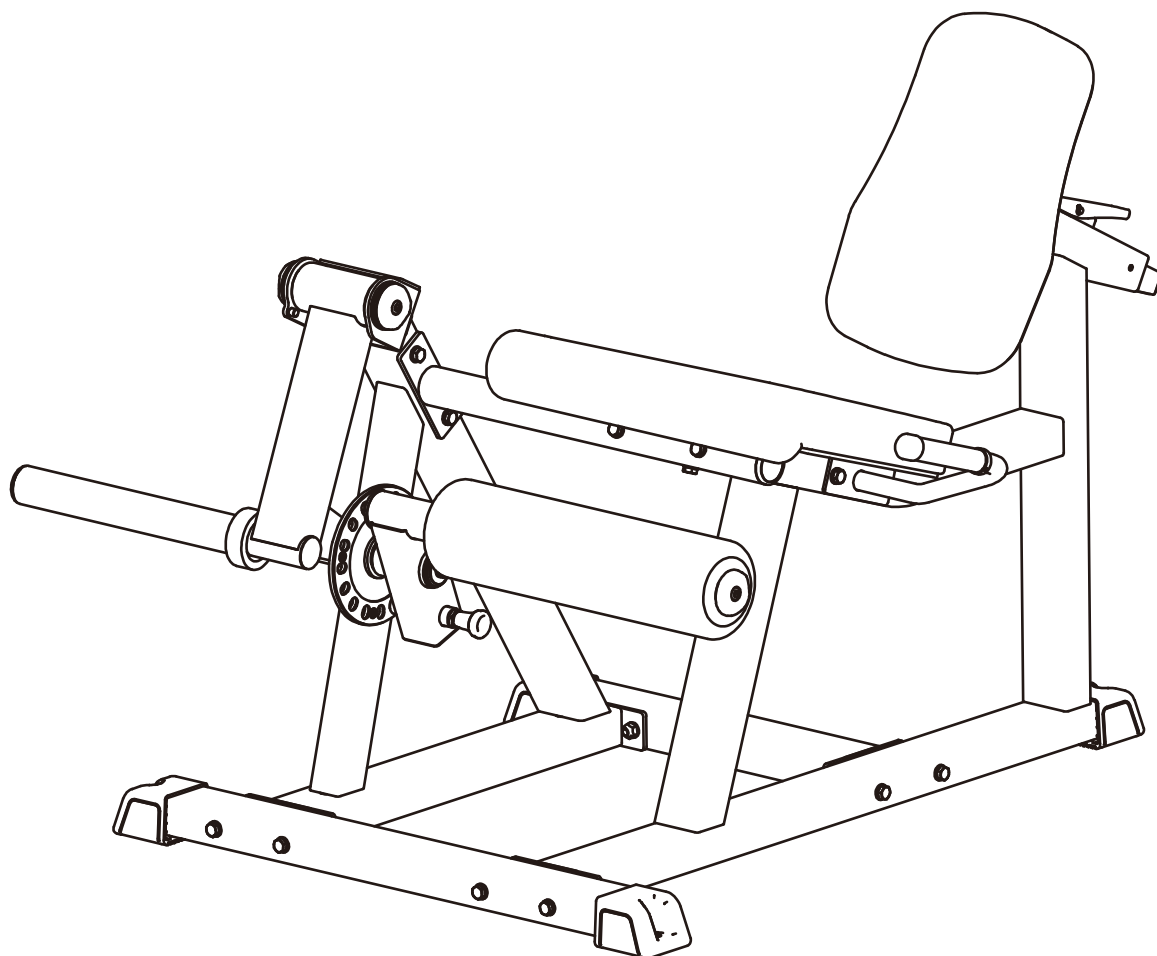


# **Инструкция**

## **Разгибание ног сидя Impulse IFP1605**

Полезные ссылки:

[Разгибание ног сидя Impulse IFP1605 - смотреть на сайте](#)



# IFP1605

## Seated Leg Extension

### OWNER'S MANUAL

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22N

**CAUTION!** Read all precautions and instructions in this manual before using this equipment.

# Table Of Contents

## CAUTION!

Read all precautions and instructions in this manual before using this equipment.

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# Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.  
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.  
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.6 meters space around the product.  
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.  
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.  
Do not attempt to lift more weight than you can control safely.  
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.  
Never drop or insert anything into any opening in the equipment.  
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.  
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.  
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

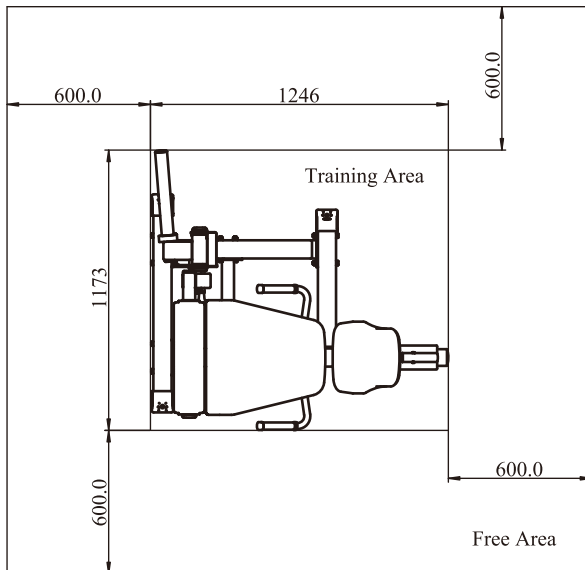
# Important Safety Instructions

## Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

## Training Area and Free Area



### Specifications

Class: S

Maximum Wt. Capacity: 150kg/ 330lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1246\*1173\*995mm

Product Total Surface: 1246\*1173mm

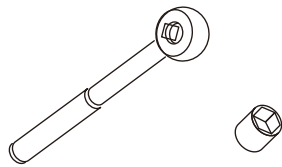
Product Total Mass:

# Instructions

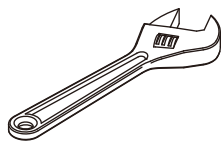
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

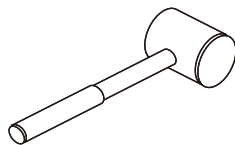
## Tools Required



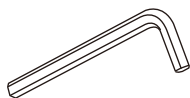
Ratchet Wrench and Socket



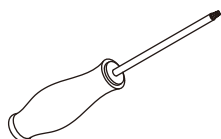
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

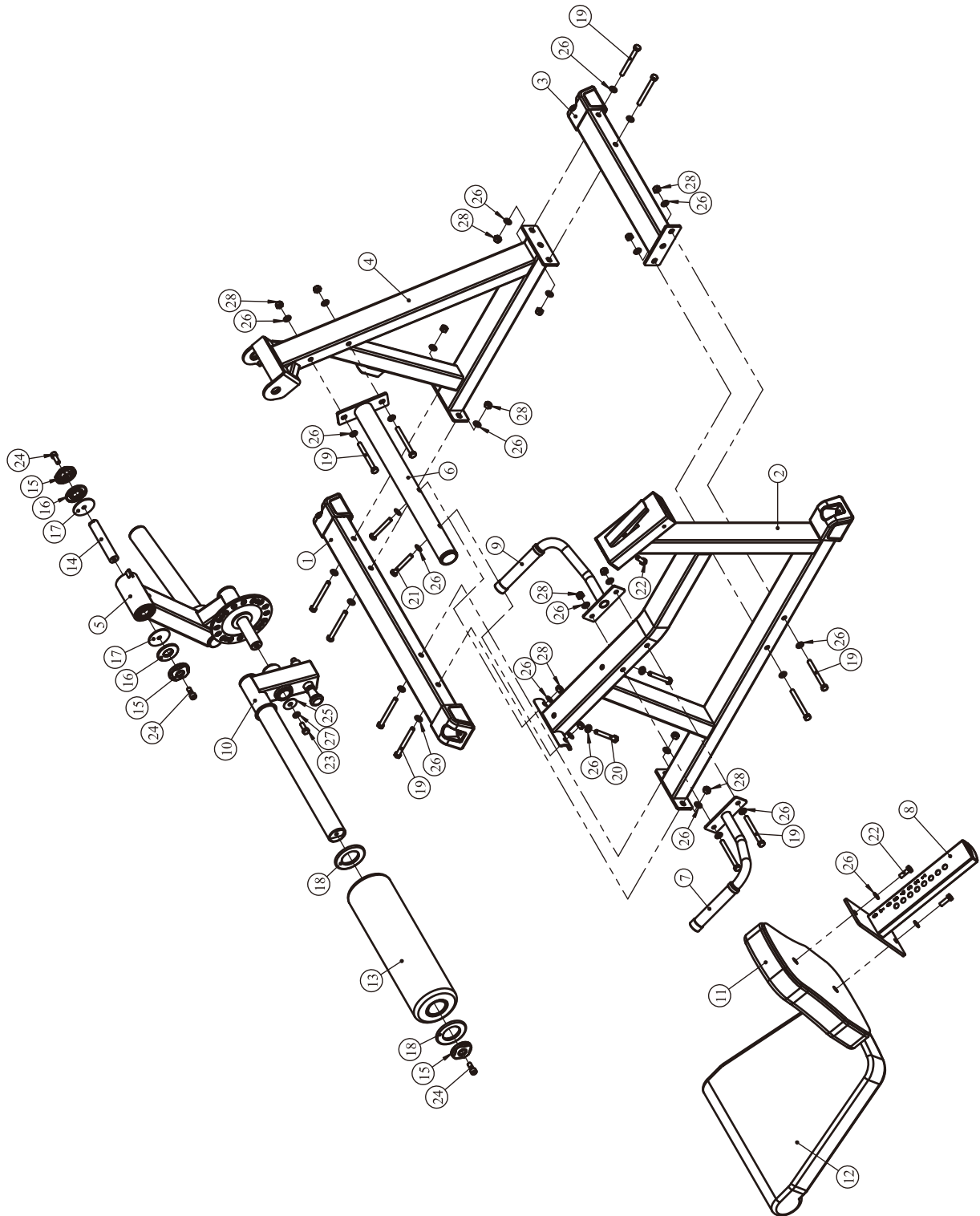
# Exploded View and Parts List

## Overall

Item No.	Part No.	Description	QTY
1	IFP160501ASSY	Front Ground Sticking Pipe ASSY	1
2	IFP160502ASSY	Main Frame ASSY	1
3	IFP160503ASSY	Rear Ground Sticking Frame ASSY	1
4	IFP160504ASSY	Support Frame ASSY	1
5	IFP160505ASSY	Swing Frame ASSY	1
6	IFP160506ASSY	Cross Connection Frame ASSY	1
7	IFP160507ASSY	Left Handle Frame ASSY	1
8	IF930508ASSY	Back Pad Frame ASSY	1
9	IFP160509ASSY	Right Handle Frame ASSY	1
10	IFP160510ASSY	FOAM Frame ASSY	1
11	IF93055100V2	Back Pad	1
12	IF93055200V2	Seat Pad	1
13	IF81241100V6	FOAM Assembly	1
14	IT95121100	shaft	1
15	FE97211900	Cap $\Phi 60$	3
16	FE97212000	Circle Ring $\Phi 62.5 \times 5$	2
17	IF93062200	Big Washer $\Phi 62 \times \Phi 10.5 \times 3$	2
18	IT80053700	Big Collar	2
19	GB5780M10*100DHS20	Hex Head Bolt M10*100	12
20	GB5780M10*80DHS20	Hex Head Bolt M10*80	2
21	GB5780M10*70DHS20	Hex Head Bolt M10*70	2
22	GB5780M10*30DHS2	Hex Head Bolt M10*30	3
23	GB5781M10*25DHS20	Hex Head Bolt M10*25	1
24	GB70M10*25DHS20NL	Socket Head Cap Screw M10*25	3
25	DQ10DHS2D	Flat Washer $\Phi 11 \times \Phi 38 \times 2$	1
26	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	32
27	GB9310DHS12	Spring Washer $\Phi 10$	1
28	NM10DHS2	Nylon Lock Nut M10	14
29	NBS8DHS	Hex Key S=8	1

# Exploded View and Parts List

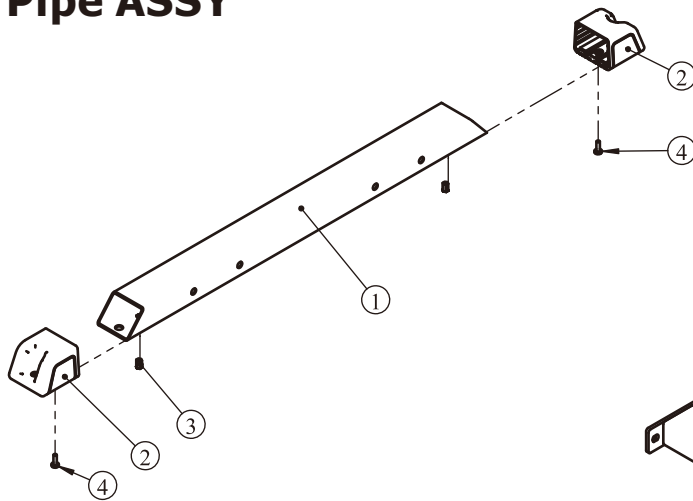
## Overall



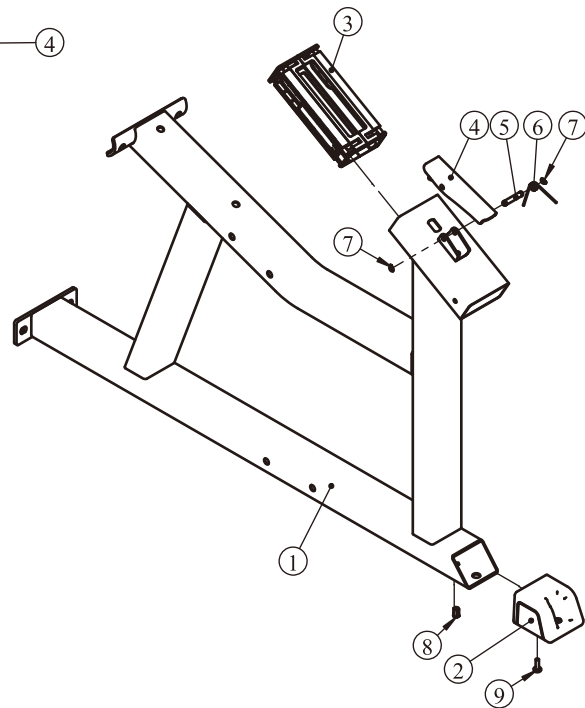


# Exploded View and Parts List

## Front Ground Sticking Pipe ASSY



## Main Frame ASSY

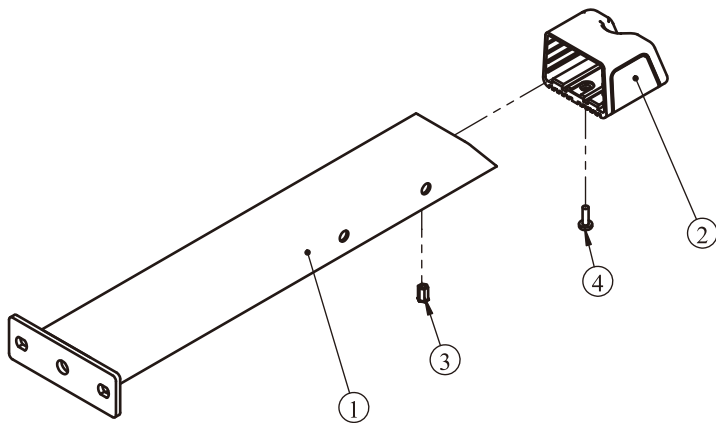


Grade No.	Part No.	Description	QTY
1.1	IFP16050100	Front Ground Sticking Pipe	1
1.2	IFP12013300	Ground Plug	2
1.3	GB17880.3M6*15DS17	Rivet Nut M6*15	2
1.4	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

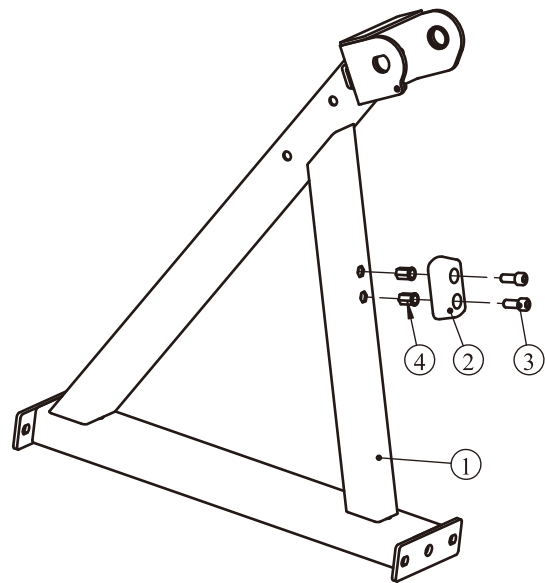
Grade No.	Part No.	Description	QTY
2.1	IFP16050200	Main Frame	1
2.2	IFP12013300	Ground Plug	1
2.3	IF93035000	Inner Wear Sleeve	2
2.4	IT95014500	Adjustable Support	1
2.5	CWRVL0012200	Roll Pin	1
2.6	AXT3S5500	Torsional Spring	1
2.7	GB894.18FH12	Circlips For Shaft $\Phi 8$	2
2.8	GB17880.3M6*15DS17	Rivet Nut M6*15	1
2.9	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	1

# Exploded View and Parts List

## Rear Ground Sticking Frame ASSY



## Support Frame ASSY



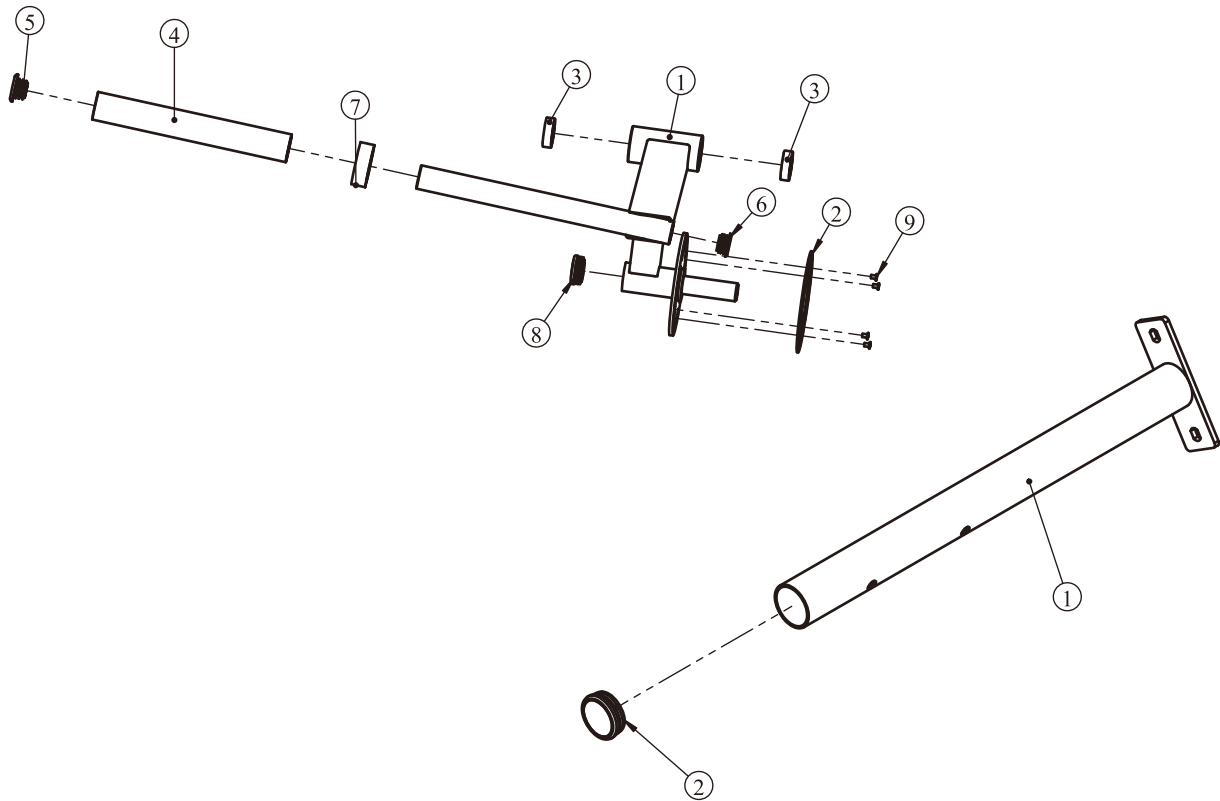
Grade No.	Part No.	Description	QTY
3.1	IFP16050300	Rear Ground Sticking Frame	1
3.2	IFP12013300	Ground Plug	1
3.3	GB17880.3M6*15DS17	Rivet Nut M6*15	1
3.4	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	1

Grade No.	Part No.	Description	QTY
4.1	IFP16050400	Support Frame	1
4.2	RS17000400	Bumper	1
4.3	GB70M10*25DHS20	Rivet Nut M6*15	2
4.4	GB17880.5M10*19.5DS17	Cross Recessed Pan Head Screw M6*20	2

# Exploded View and Parts List

## Swing Frame ASSY

## Cross Connection Frame ASSY

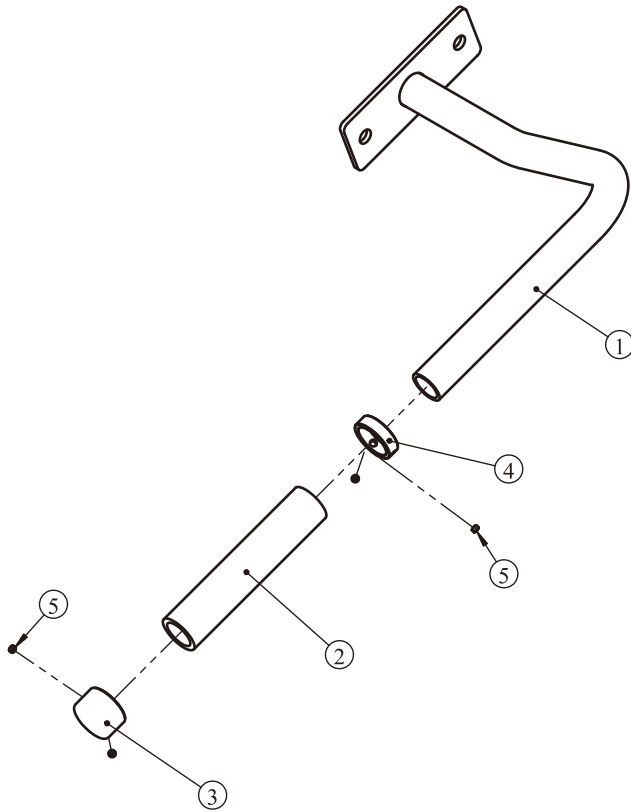


Grade No.	Part No.	Description	QTY
5.1	IFP16050500	Swing Frame	1
5.2	IF93051500	Lining Board	1
5.3	GB2766205-2ZC3	Deep Groove Ball Bearing $\Phi 25 \times \Phi 52 \times 15$	2
5.4	IFP16053000	Weight Horn Sleeve	1
5.5	IFP16053100	Plug $\Phi 49$	1
5.6	IFP16053200	Plug $\Phi 42$	1
5.7	HF985A1500	Bumper	1
5.8	B10009900	Plug $\Phi 50.8$	1
5.9	GB819M6*10N19	Phillips Countersunk Screw M6*10	4

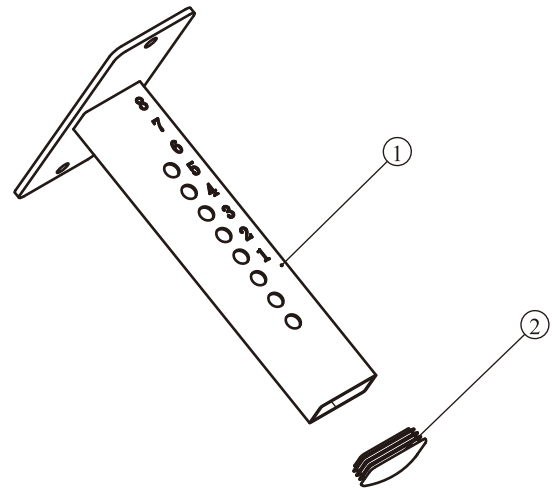
Grade No.	Part No.	Description	QTY
6.1	IFP16050600	Cross Connection Frame	1
6.2	B10009900	Plug $\Phi 50.8$	1

# Exploded View and Parts List

## Left Handle Frame ASSY



## Back Pad Frame ASS

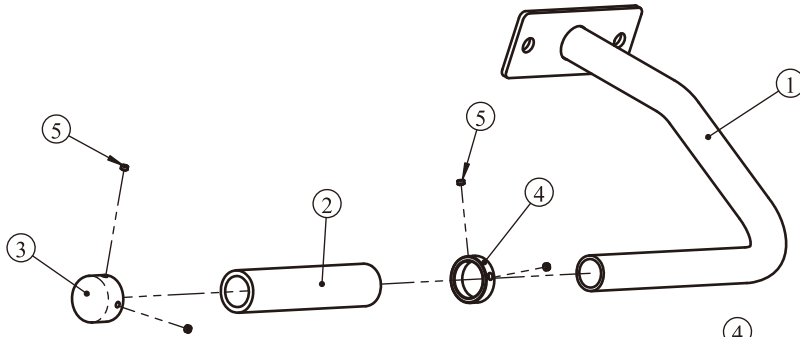


Grade No.	Part No.	Description	QTY
7.1	IFP16050700	Left Handle Frame	1
7.2	FE97031800	Grip ST $\Phi$ 31* $\Phi$ 24*140	1
7.3	V39600	Aluminum Grip Cap $\Phi$ 32	1
7.4	V39500	Aluminum Grip Ring $\Phi$ 32	1
7.5	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

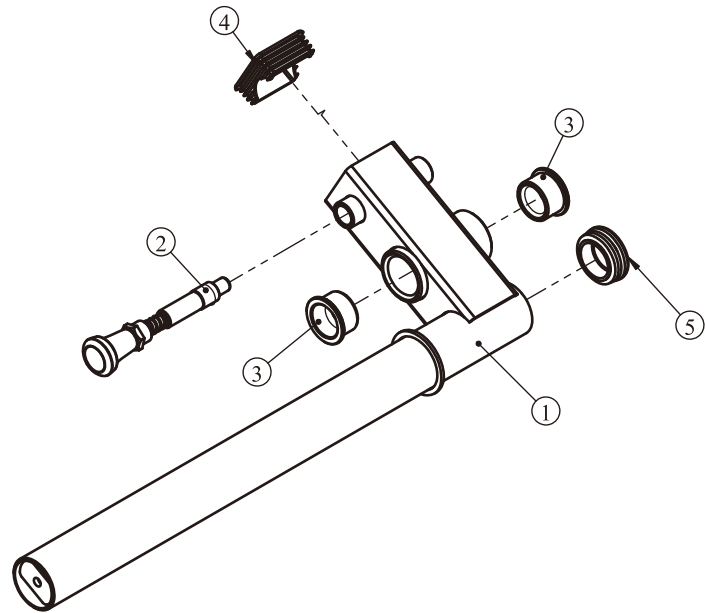
Grade No.	Part No.	Description	QTY
8.1	IF93050800	Back Pad Support	1
8.2	IF93053100	Plug $\square$ 30*70	1

# Exploded View and Parts List

## Right Handle Frame ASSY



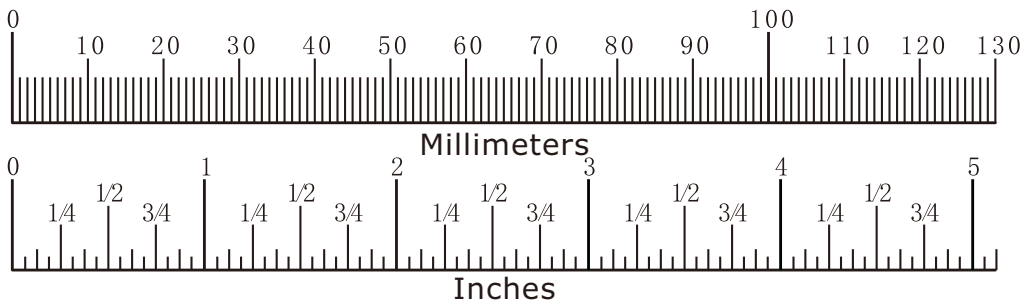
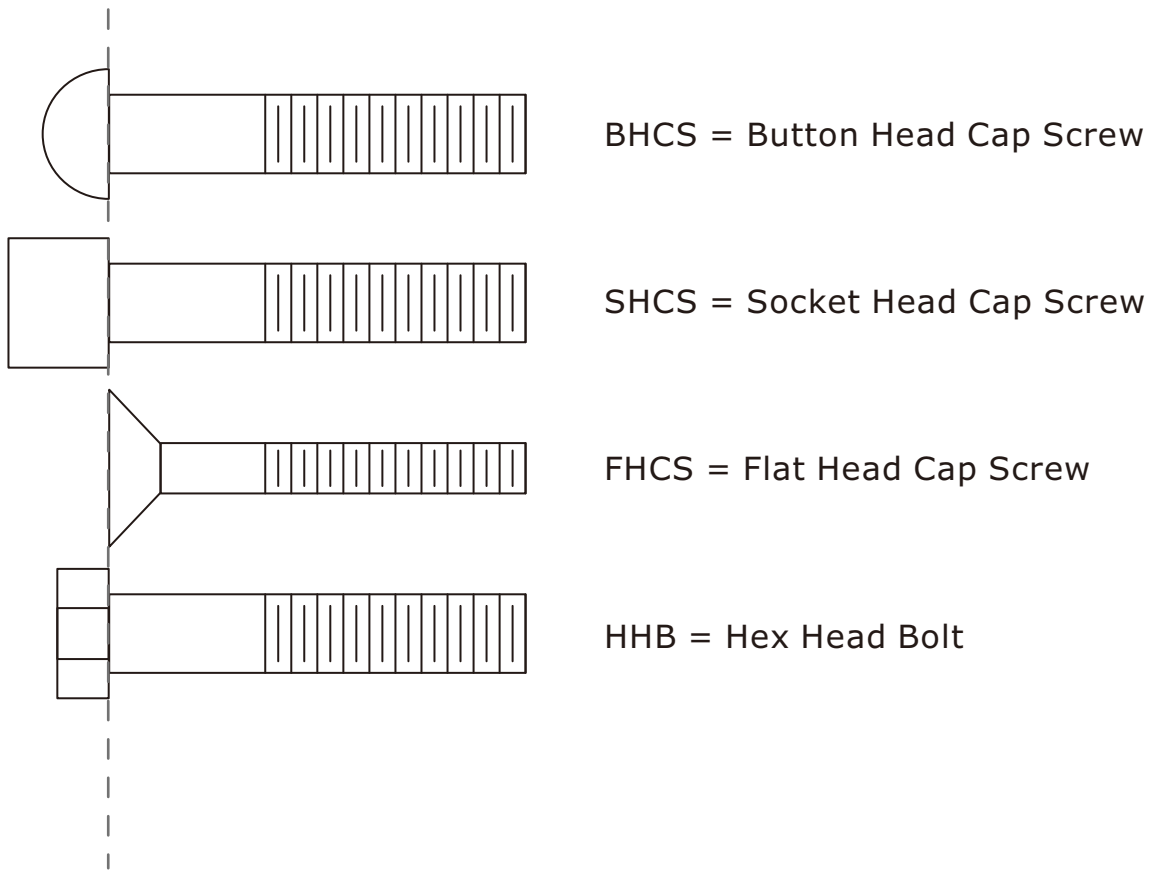
## FOAM Frame ASSY



Grade No.	Part No.	Description	QTY
9.1	IFP16050900	Right Handle Frame	1
9.2	FE97031800	Grip ST $\Phi 31 * \Phi 24 * 140$	1
9.3	V39600	Aluminum Grip Cap $\Phi 32$	1
9.4	V39500	Aluminum Grip Ring $\Phi 32$	1
9.5	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

Grade No.	Part No.	Description	QTY
10.1	IFP16051000	FOAM Frame	1
10.2	SL70461800	Pin ASSY	1
10.3	CWS134005-101	Bushing $\Phi 45 * \Phi 38 * \Phi 32 * 25$	2
10.4	IPB-XL0011900	Plug $\square 60$	1
10.5	B10009900	Plug $\Phi 50.8$	1

# Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

# Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

## **NOTE**

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.



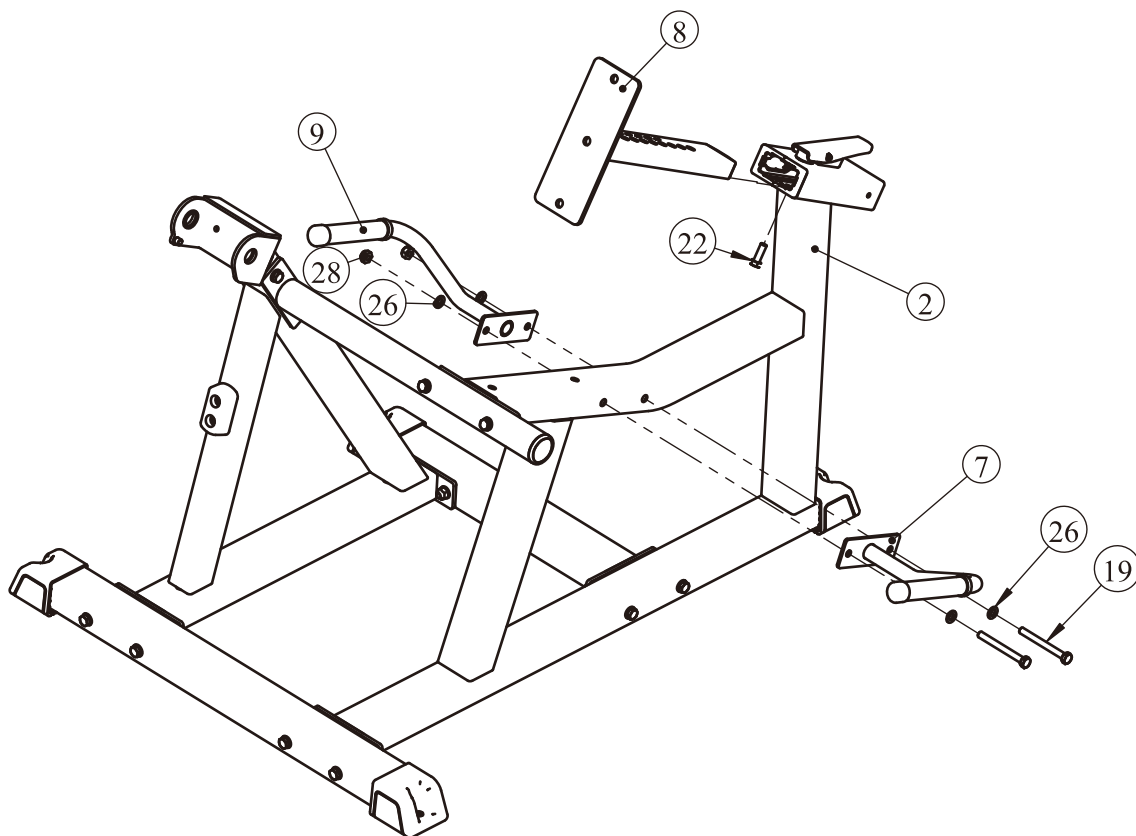


# Assembly

## STEP 2

1. Attach the Back Pad Frame ASSY (#8) to the Main Frame ASSY (#2) using:  
one M10\*30 HHB (#22)
2. Attach the Left Handle Frame ASSY (#7) and the Right Handle Frame ASSY (#9) to the Main Frame ASSY (#2) using:  
two M10\*100 HHB (#19)  
four  $\Phi 11*\Phi 20*2$  Flat Washer (#26)  
two M10 Nylon Lock Nut (#28)

**Note: Wrench Tighten Bolts and Nylon Lock Nuts.**

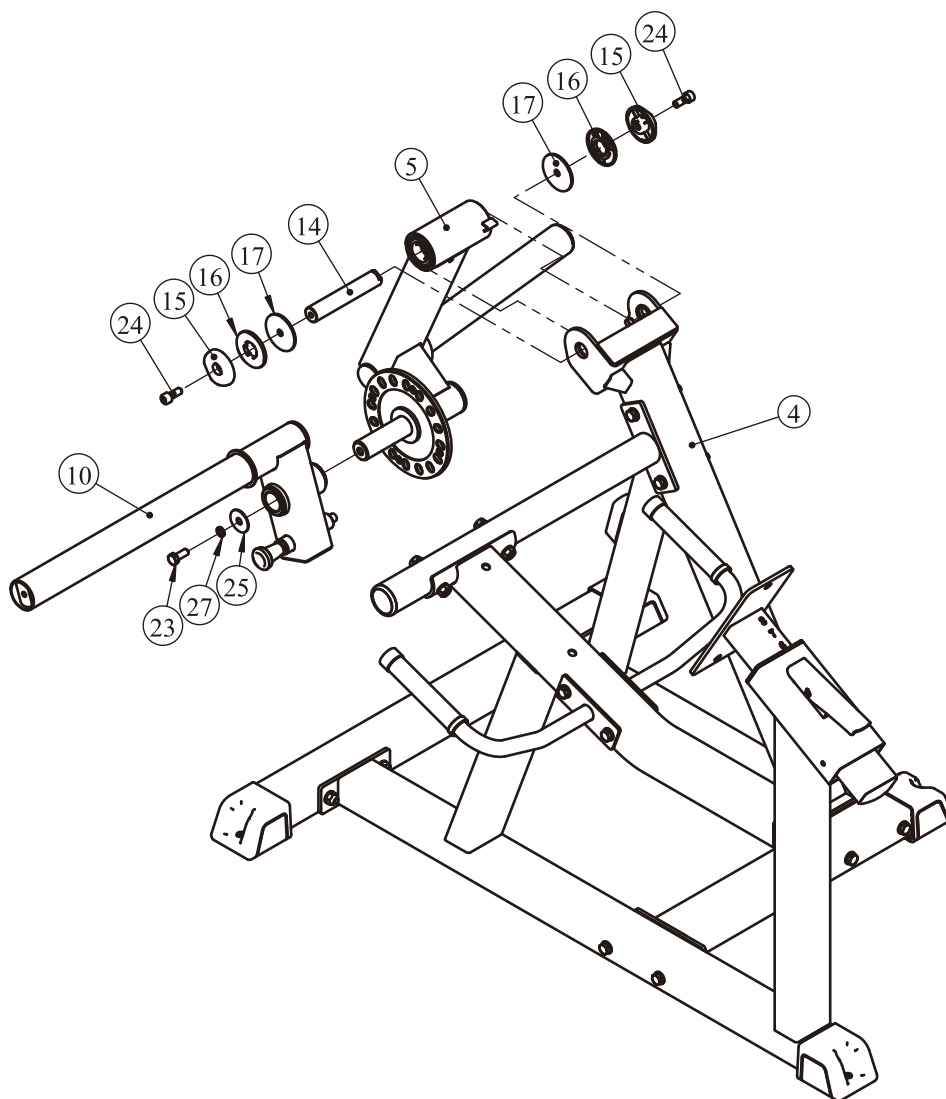


# Assembly

## STEP 3

1. Attach the Swing Frame ASSY (#5) to the Support Frame ASSY (#4) using:
  - two M10\*25 SHCS (#24)
  - two Cap  $\Phi 60$  (#15)
  - two Circle Ring  $\Phi 62.5 \times 5$  (#16)
  - two Big Washer  $\Phi 62 \times \Phi 10.5 \times 3$  (#17)
  - one shaft (#14)
2. Attach the FOAM Frame ASSY (#10) to the Swing Frame ASSY (#5) using:
  - one M10\*25 HHB (#23)
  - one Spring Washer  $\Phi 10$  (#27)
  - one Flat Washer  $\Phi 11 \times \Phi 38 \times 2$  (#25)

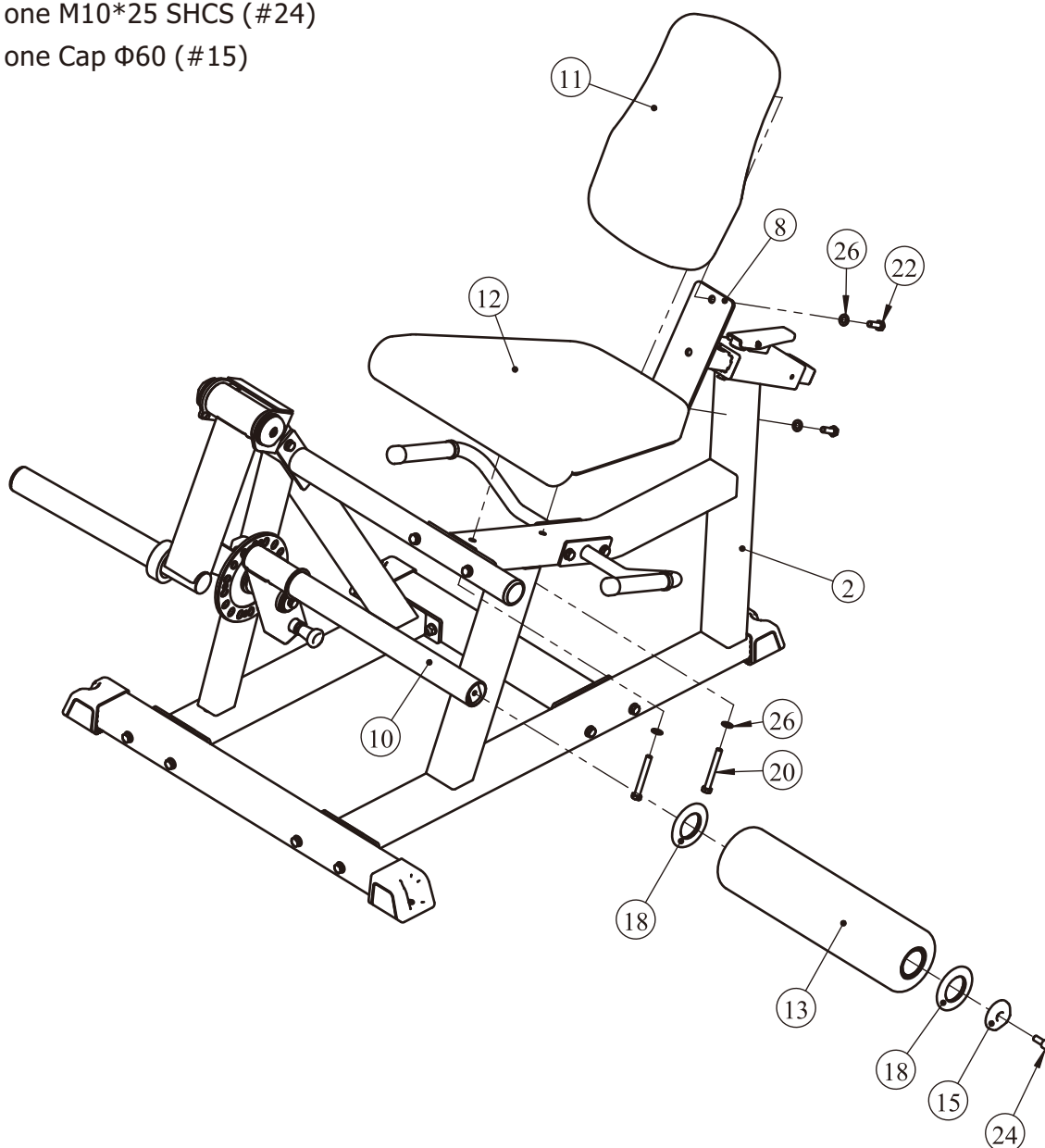
**Note: Wrench Tighten Bolts and Nylon Lock Nuts.**



# Assembly

## STEP 4

1. Attach the Back Pad (#11) to the Back Pad Frame ASSY (#8) using:  
two M10\*30 HHB (#22)  
two  $\Phi 11*\Phi 20*2$  Flat Washer (#26)
2. Attach the Seat Pad (#12) to the Main Frame ASSY (#2) using:  
two M10\*80 HHB (#20)  
two  $\Phi 11*\Phi 20*2$  Flat Washer (#26)
3. Attach the FOAM Assembly (#13) and two Big Collar (#18) to the FOAM Frame ASSY (#10) using:  
one M10\*25 SHCS (#24)  
one Cap  $\Phi 60$  (#15)



# Adjust and Exercise Instruction

## The Back Pad adjustment

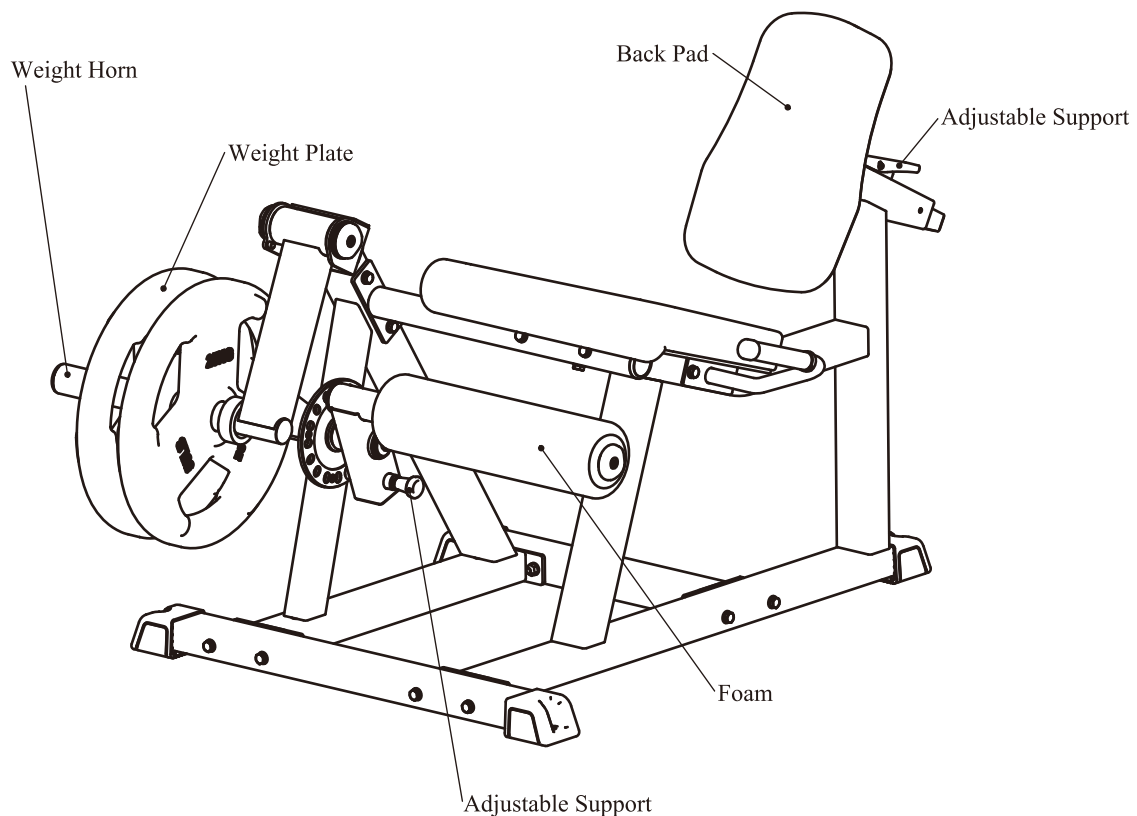
1. Pull the Adjustable Support and adjust the Back Pad to the desired position.
2. Make sure the pin gets into the hole completely.

## The Use Position adjustment

1. Pull the Adjustable Support and adjust the FOAM to the desired position.
2. Make sure the pin gets into the hole completely.

## Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than  $\Phi 50\text{mm}$  and external diameter is less than  $\Phi 450\text{mm}$ .
2. The total weight can not be greater than 150kg.
3. This equipment does not contains Weight Plates.



# Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY					
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY						
Clean; Upholstery	DAILY	WEEKLY						
Inspect; Cables or Belts and their tension	DAILY	WEEKLY						
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS						
Inspect; All Decals	WEEKLY	3 MONTHS						
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS						
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS						
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS						
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS						
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY						
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY						
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS						

*Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.*

# General Maintenance Information

## **Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:**

- \* Check all pieces for signs of visible wear or damage.
- \* Check springs in snap hooks and pull-pins for proper tension and alignment.
- \* If the spring sticks or has lost its rigidity, replace it immediately.

## **Upholstery:**

- \* To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \* Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \* Replace ripped or worn upholstery immediately.
- \* Keep sharp or pointed objects clear of all upholstery.

## **Decals:**

- \* Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

## **Nuts and Bolts:**

- \* Inspect all nuts and bolts for any loosening and tighten if needed.
- \* Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

## **Anti-Skid Surfaces:**

- \* These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

## **Belts and Cables:**

- \* We use only high quality belt, and mil-spec cables.
- \* Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- \* While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- \* Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

## **Belt and Cable Tension:**

- \* Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- \* Check slack in cables and re-adjust cable tension if needed.

## **Seat Sleeves, Guide Rods:**

- \* Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \* Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

## **Linear Bearings:**

- \* Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**

# Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

