

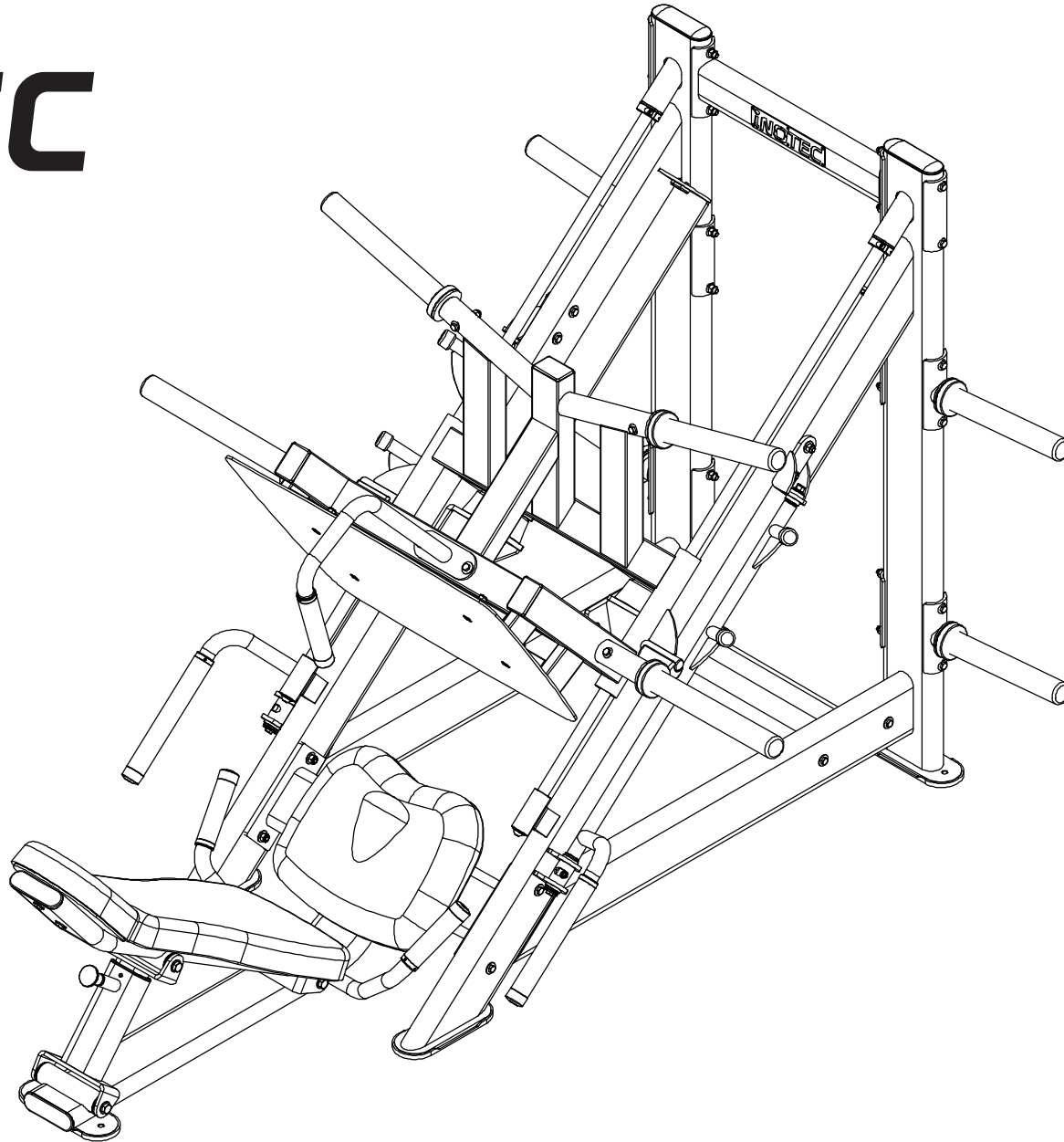
## **Инструкция**

### **Жим ногами под углом 45 на свободных весах Inotec A5**

Полезные ссылки:

[Жим ногами под углом 45 на свободных весах Inotec A5 - смотреть на сайте](#)

**iNOTECH**

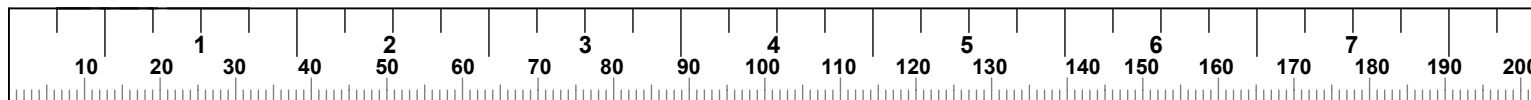


# ***ATHLETIC LINE-45 DEGREE INCLINE LEG PRESS***

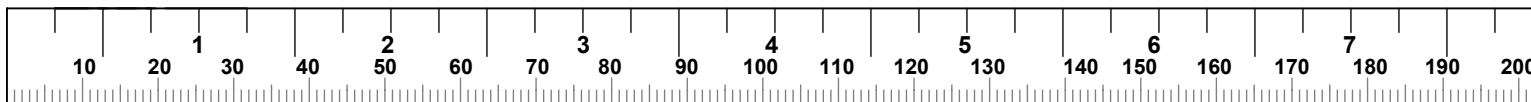
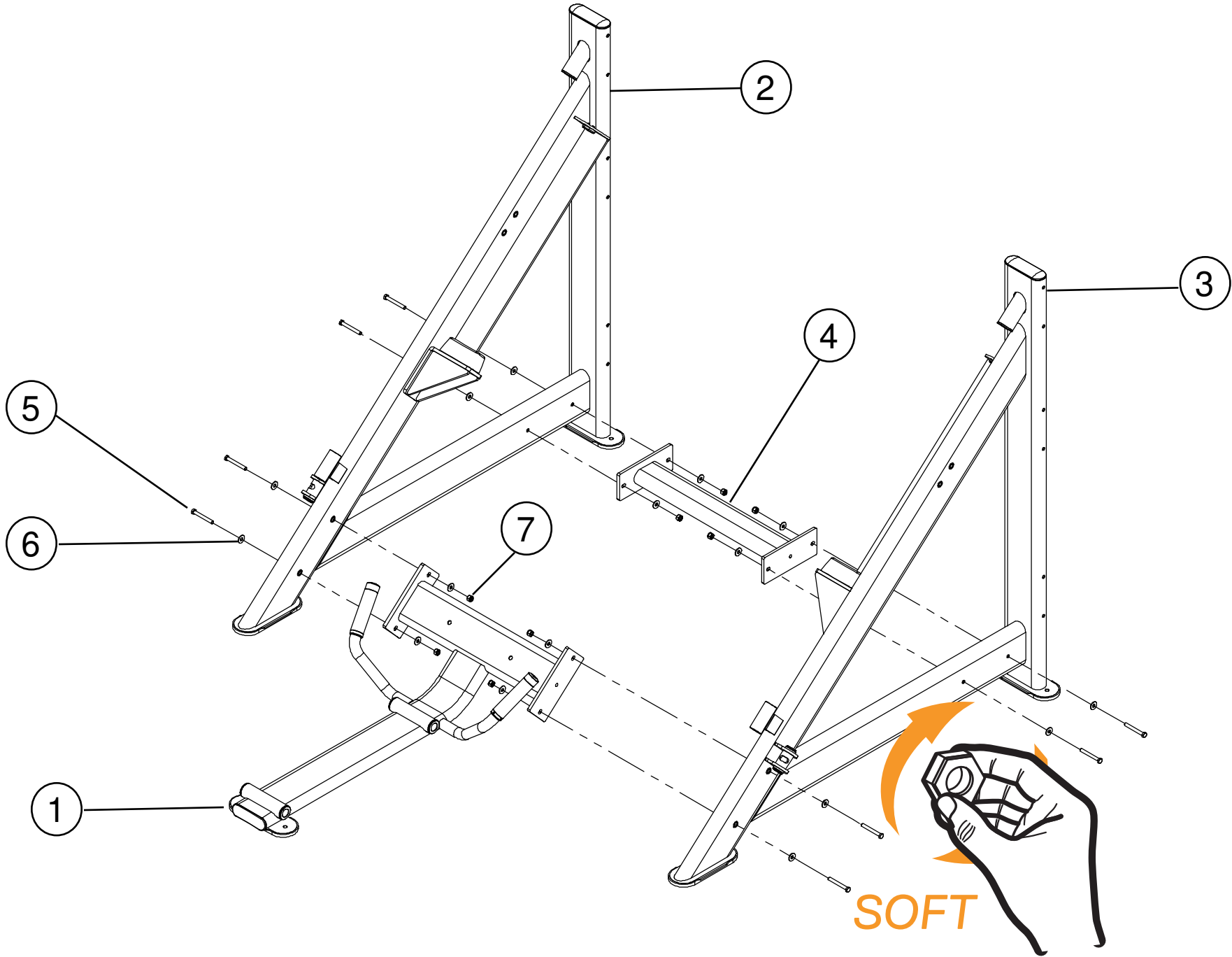
**A5**

***Assembly Guide***

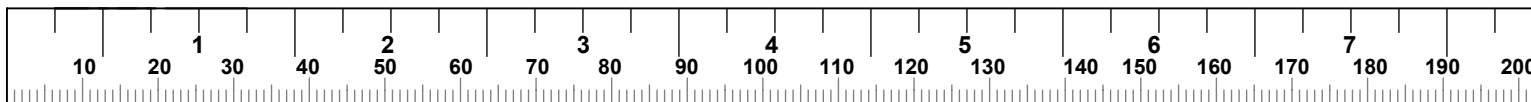
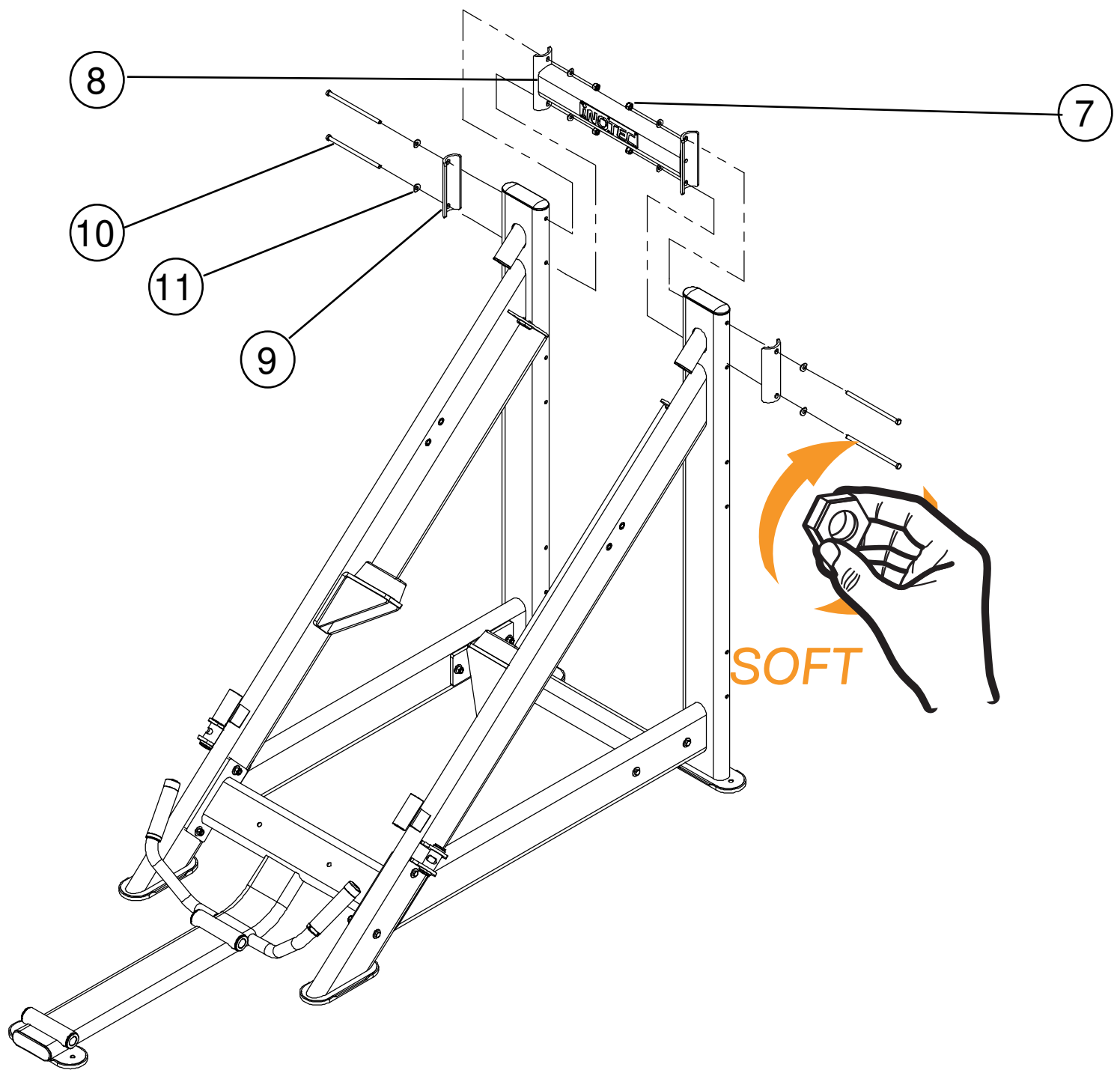
ITEM	QTY	PART NO	DESCRIPTION	ITEM	QTY	PART NO	DESCRIPTION
1	1	P20-4800	SEAT TUBE ASSEMBLY	21	6	DC1380130204	FLAT WASHER $\Phi$ 38x $\Phi$ 13
2	1	P20-4796	LEFT FRAME ASSEMBLY	22	6	DA1E01210013YU	HEX SCREW $\Phi$ 1/2" -13x1"L (25.4mm) W/NP
3	1	P20-4797	RIGHT FRAME ASSEMBLY	23	1	P20-4798	FEET PAD ASSEMBLY
4	1	P04-4207	BOTTOM CONNECTION TUBE	24	1	DABE03810016AYU	HEX SOCKET HEAD $\Phi$ 3/8" -16x1"L (25.4mm)
5	14	DA1E03830016NU	HEX SCREW $\Phi$ 3/8" -16x3"L (76mm)	25	1	P20-4804	SUPPORTING GRIP
6	34	DC125010020U	FLAT WASHER $\Phi$ 25x $\Phi$ 10	26	2	P03-3042	WEIGHT PLATE HORN $\Phi$ 48x577L
7	30	DB2E03811000U	NYLON NUT $\Phi$ 3/8"x11t	27	2	P03-3043	WEIGHT PLATE HORN $\Phi$ 48x455L
8	1	P20-4806	TOP CONNECTION TUBE	28	4	P06-0233	BUMPER
9	6	P02-6633	U BRACKET	29	4	P02-4532	WASHER PLATE
10	12	DA1E03871416NU	HEX SCREW $\Phi$ 3/8" -16 x7-1/4"L (184.2mm)	30	4	DA1E03823416NU	HEX SCREW $\Phi$ 3/8" -16x2-3/4"L (70mm)
11	32	DC322010020U	CURVED WASHER $\Phi$ 22x $\Phi$ 10	31	2	P03-3044	GUIDE ROD
12	4	P20-4805	WEIGHT PLATE HORN $\Phi$ 48x352L	32	2	P05-0248	FIXING BUSH
13	2	P20-4799	HANDLE CONTROL	33	2	DABE01403420YU	HEX SUCKET HEAD SCREW $\Phi$ 1/4" -20x3/4"L (19mm)
14	2	DC130010525U	FLAT WASHER $\Phi$ 30x $\Phi$ 10.5	34	2	P06-0349	END CAP
15	2	DA1E03803416YU	HEX SCREW $\Phi$ 3/8" -x3/4"L W/NP	35	2	DAEE01220013YU	TRUSS HEX SUCKET HEAD SCREW $\Phi$ 1/2" -13x2"L (50.8mm)
16	2	DABE51601218YU	HEX SOCKET HEAD SCREW $\Phi$ 5/16" -18x1/2"L (12.7mm)	36	6	DA1E03821216NBU	HEX SCREW $\Phi$ 3/8" -16x2-1/2"L( 63.5mm) W/NP
17	1	P20-4801	BACK SUPPORT ASSEMBLY	37	2	DC126013020U	FLAT WASHER $\Phi$ 26x $\Phi$ 13
18	1	P04-4210	SELECTION TUBE	38	1	P07-0633	HEAD PAD
19	1	P20-4803	ADJUSTMENT TUBE	39	1	P07-0635	SEAT PAD
20	3	P03-3039	CONNECTING SHAFT	40	1	P07-0634	BACK PAD



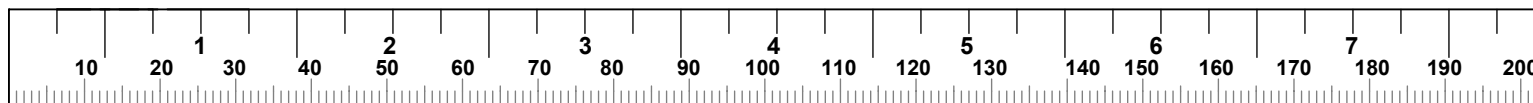
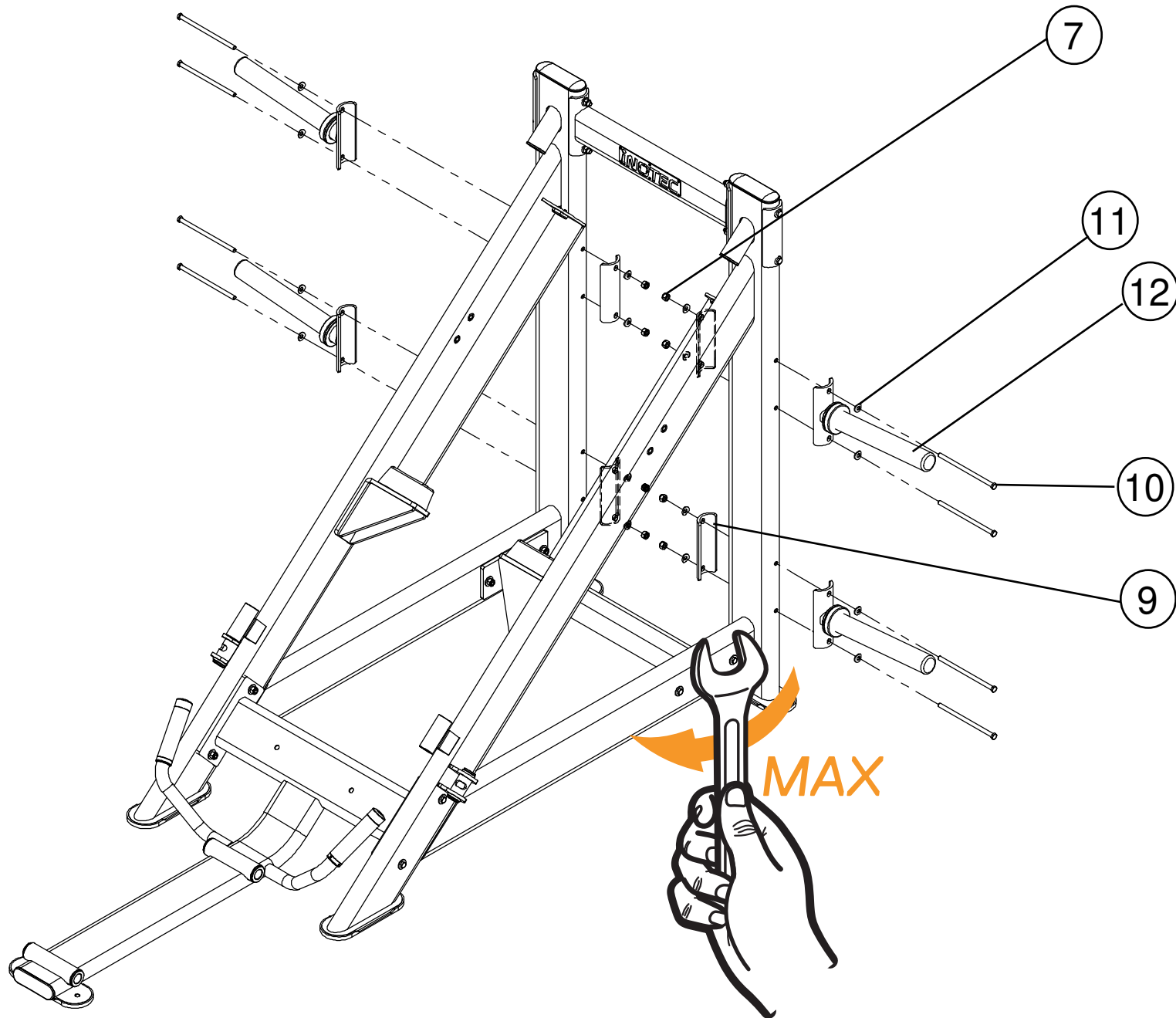
**STEP 1**



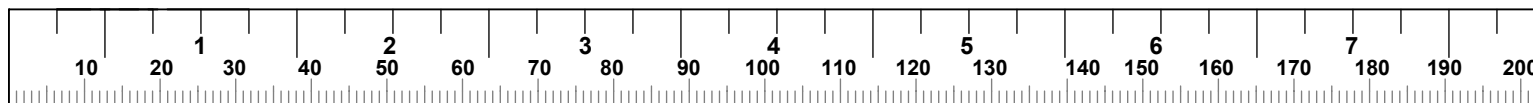
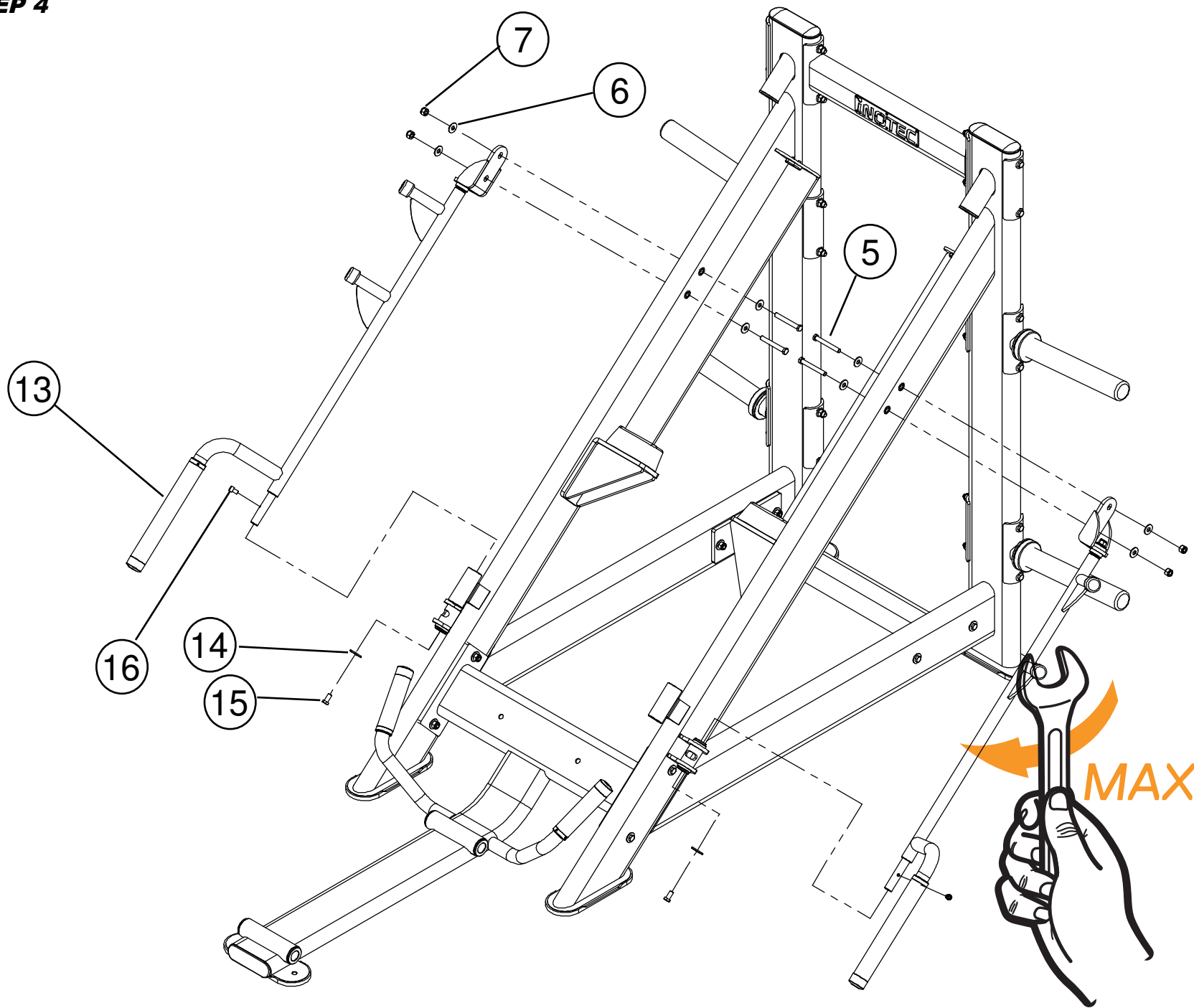
**STEP 2**



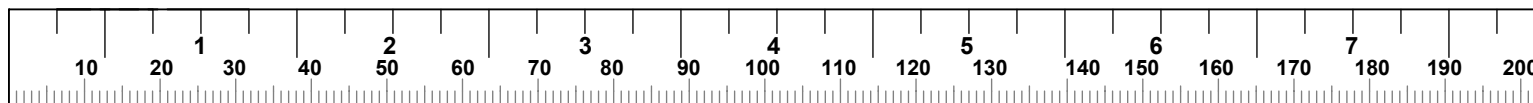
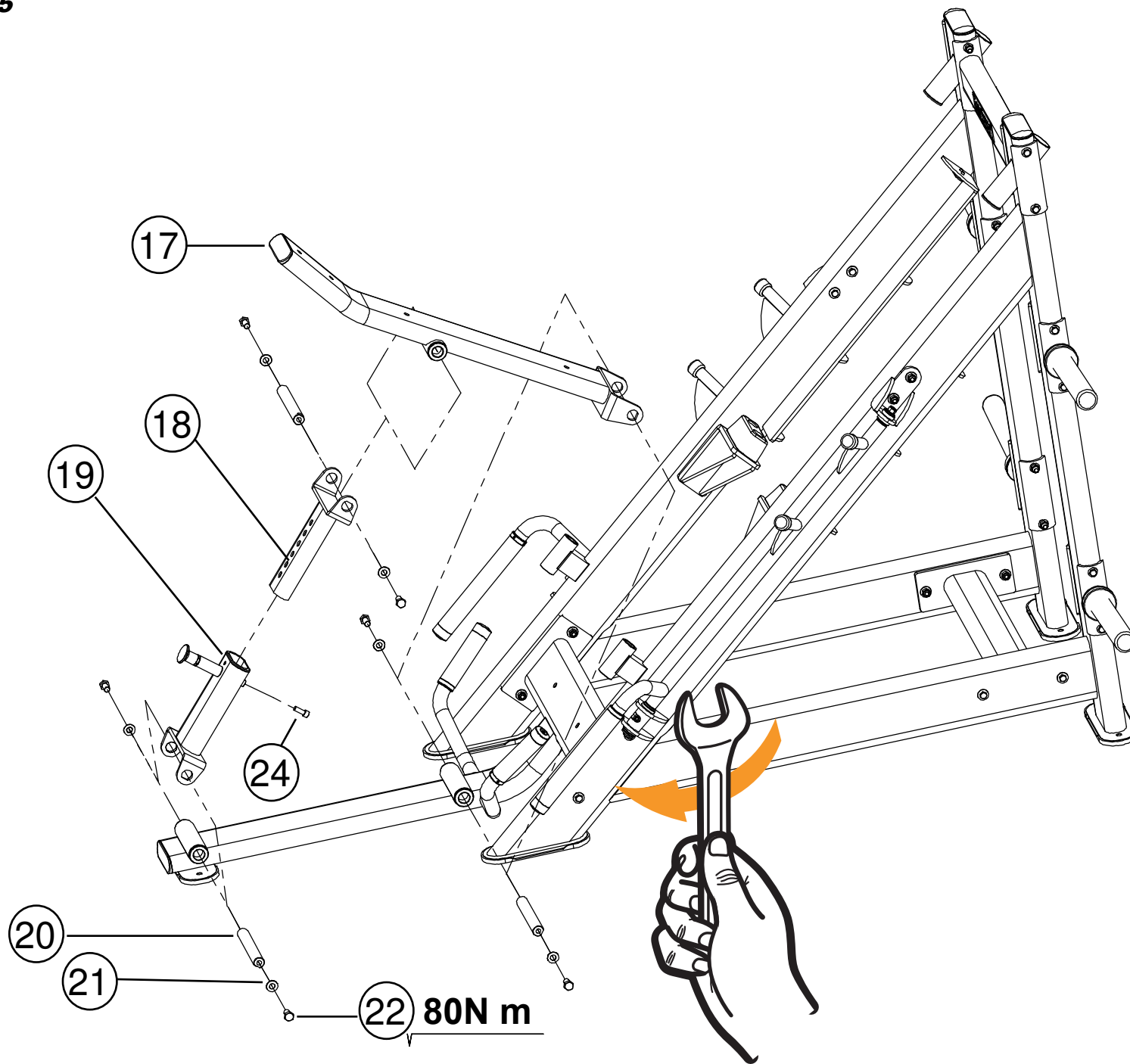
**STEP 3**



**STEP 4**

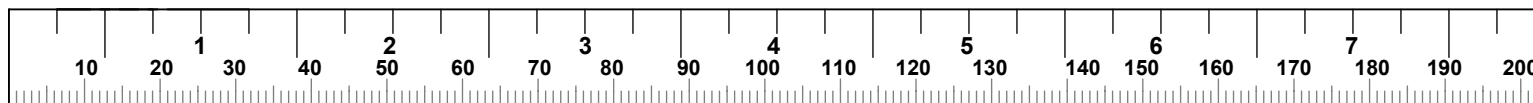
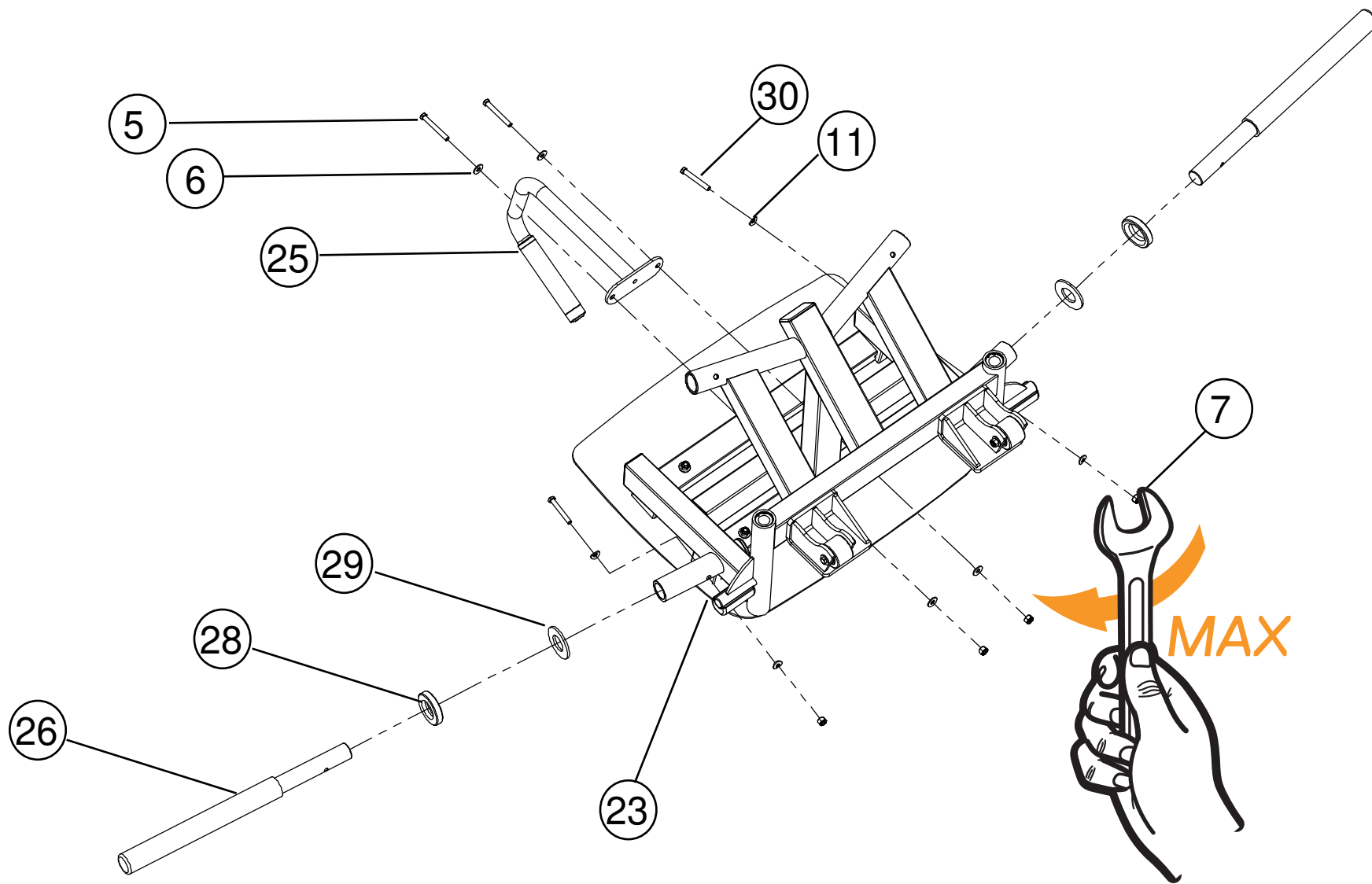


**STEP 5**

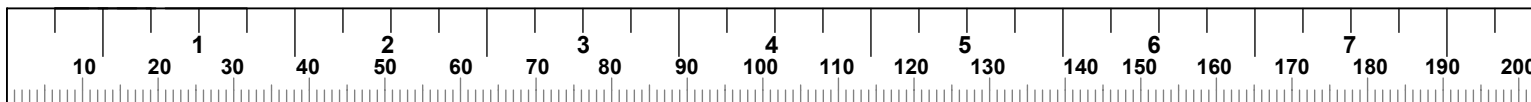
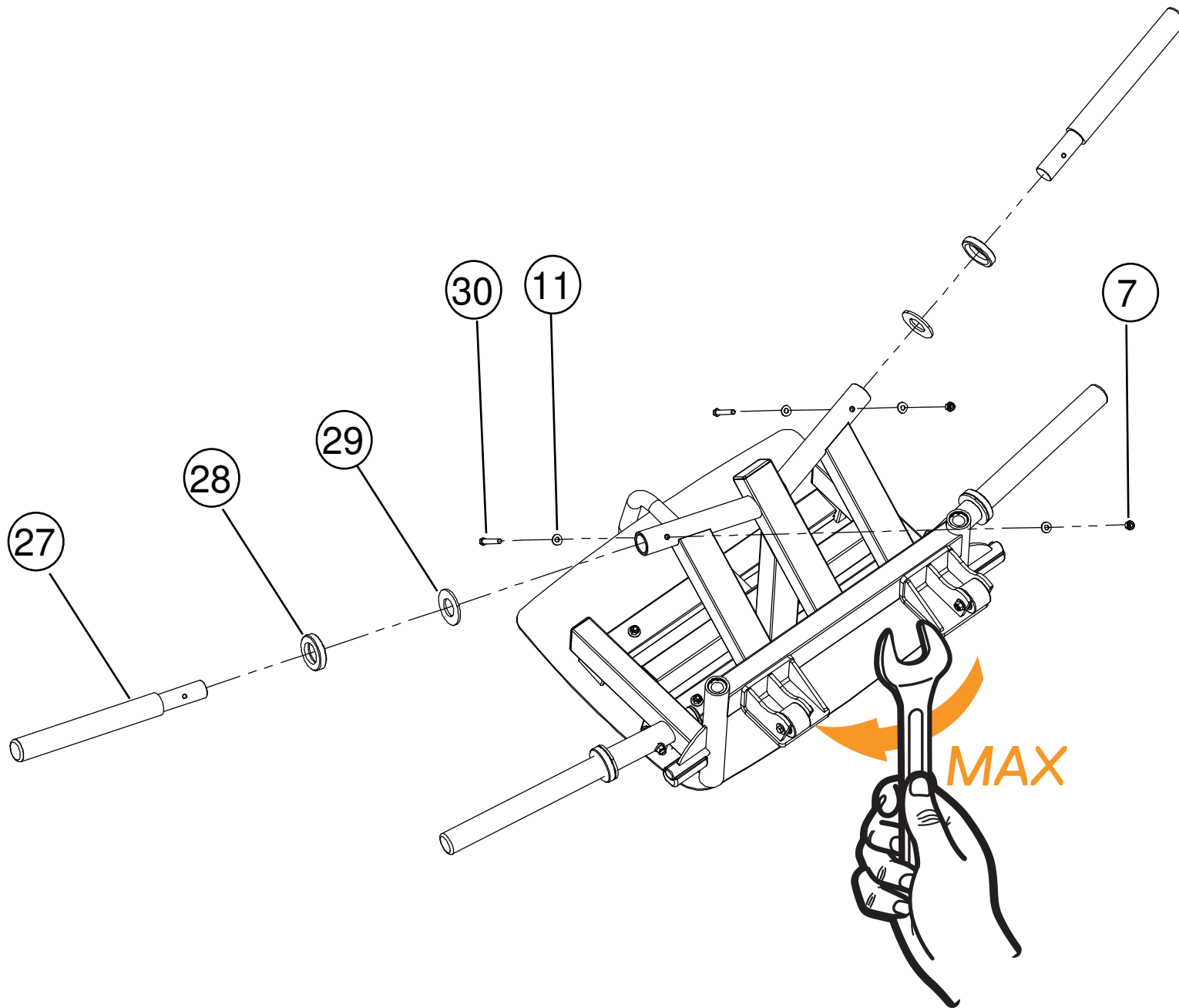




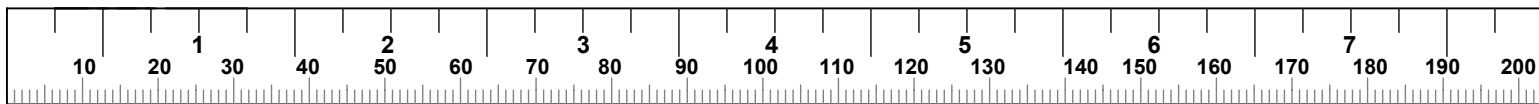
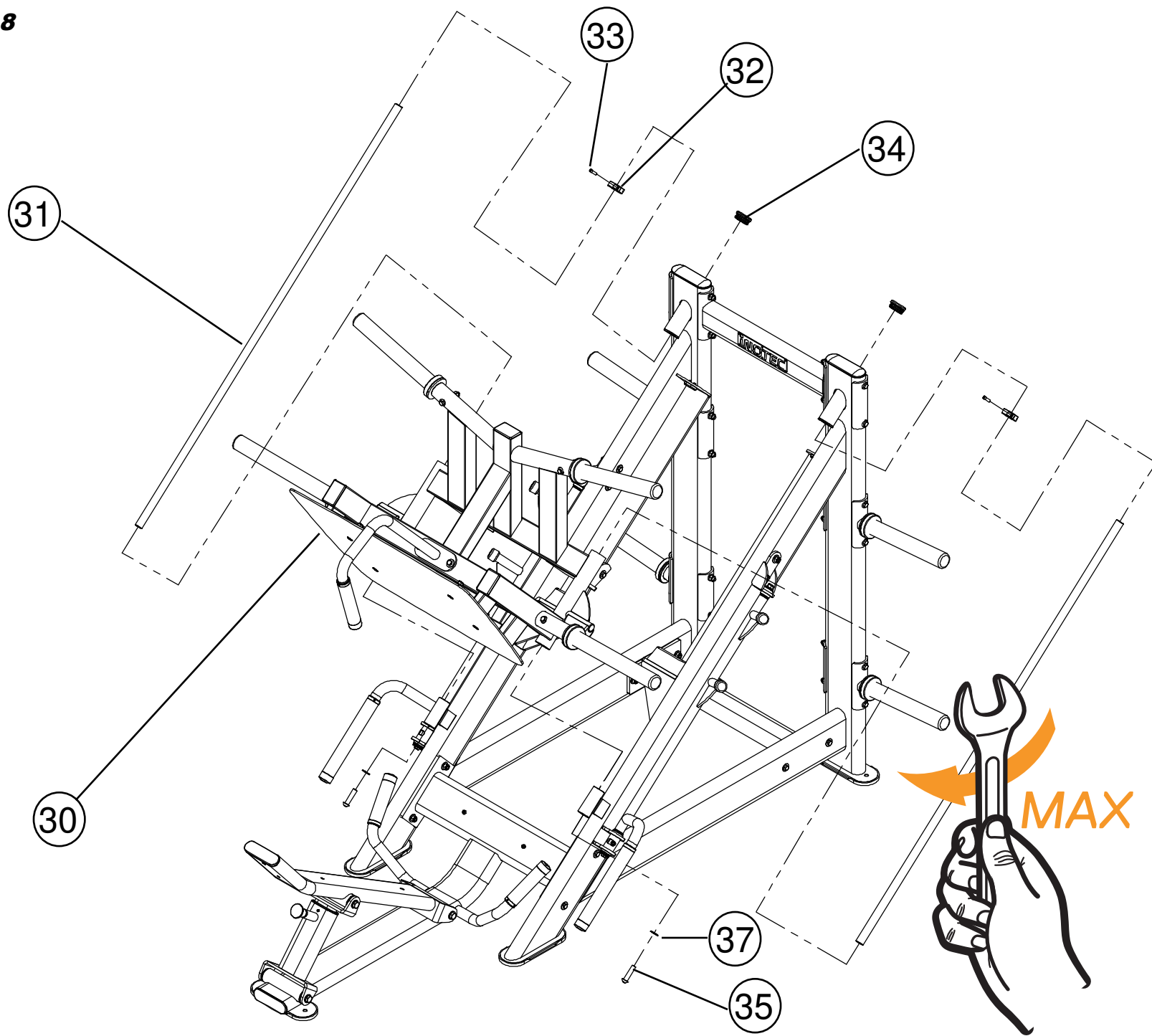
**STEP 6**



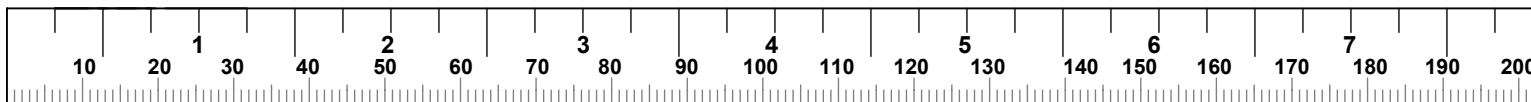
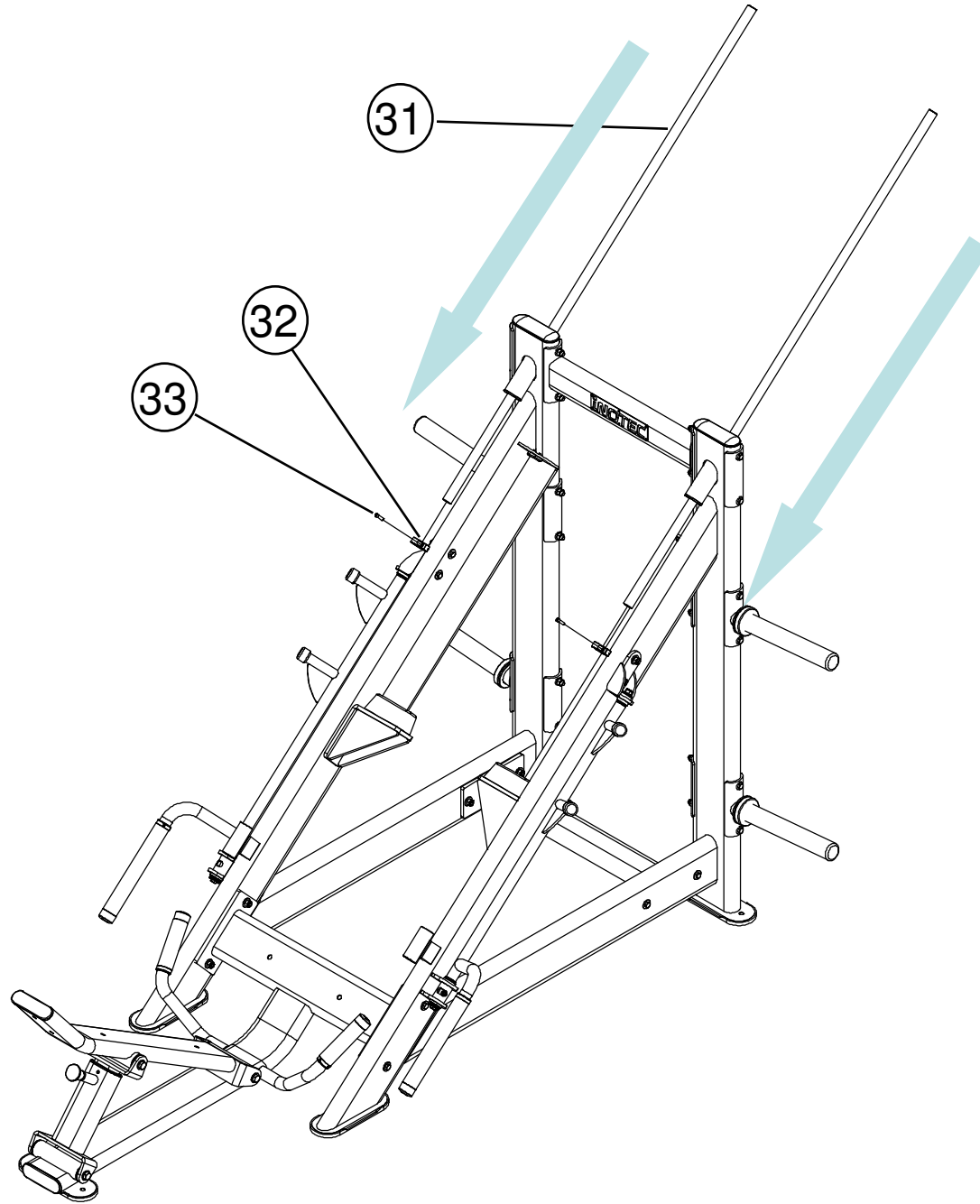
**STEP 7**



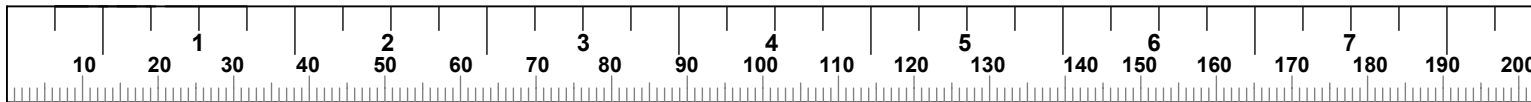
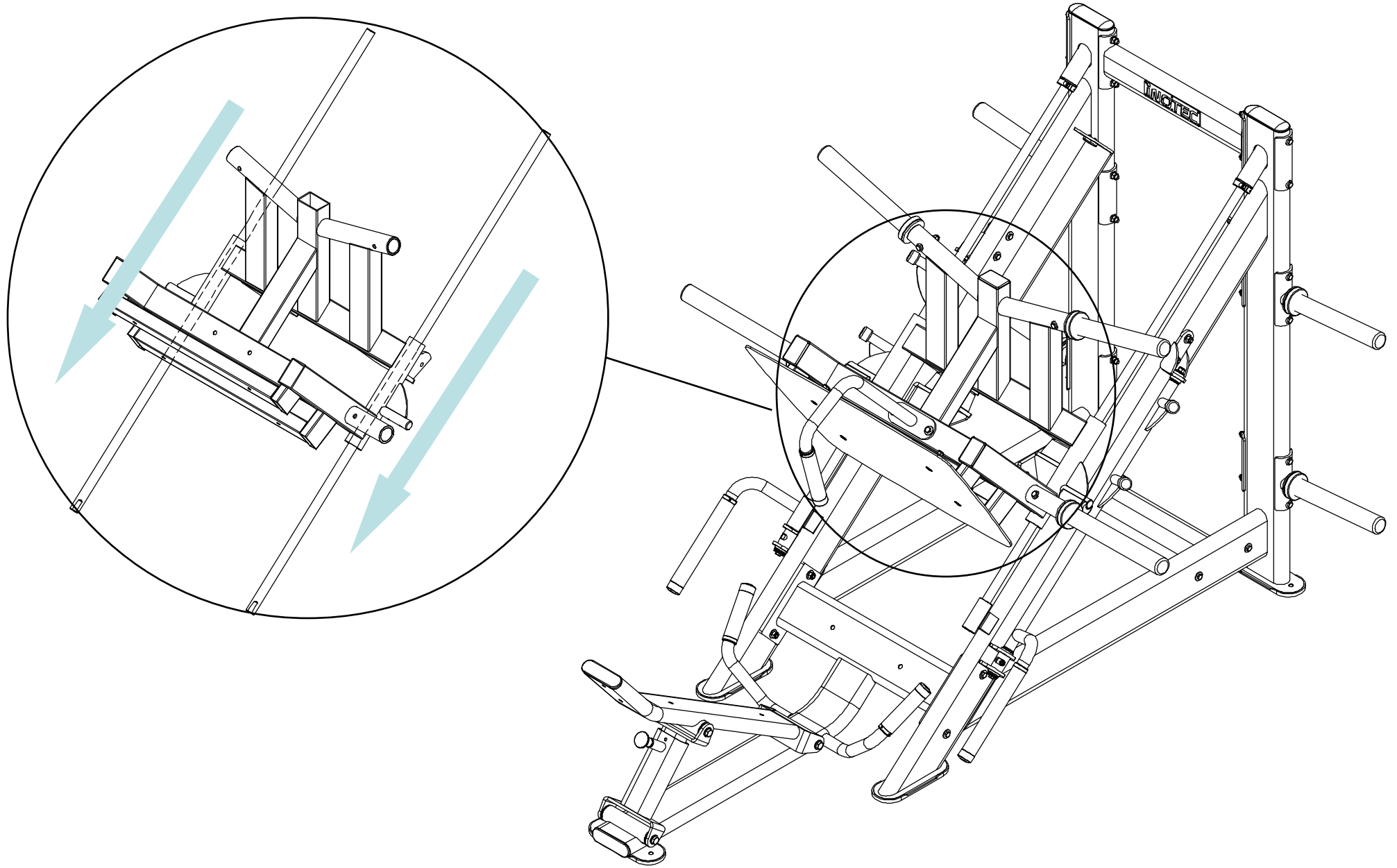
**STEP 8**



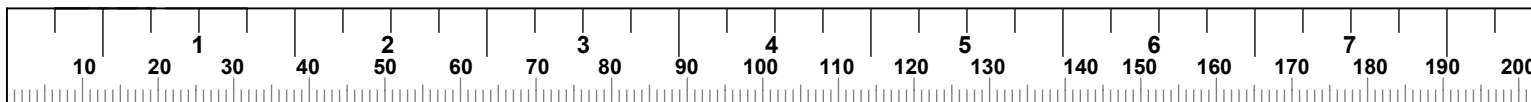
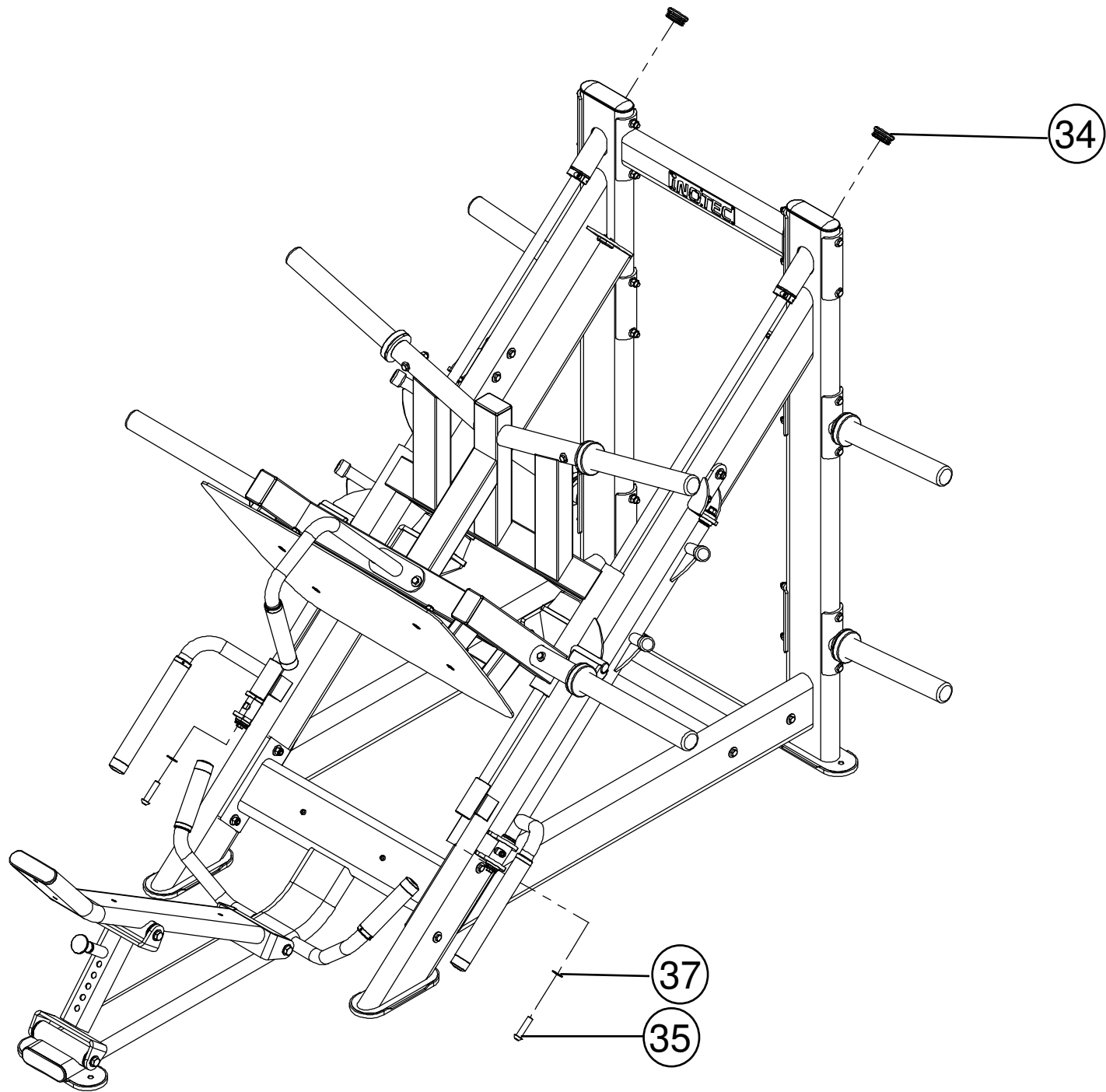
**STEP 8-1**



**STEP 8-2**



**STEP 8-3**



**STEP 9**

