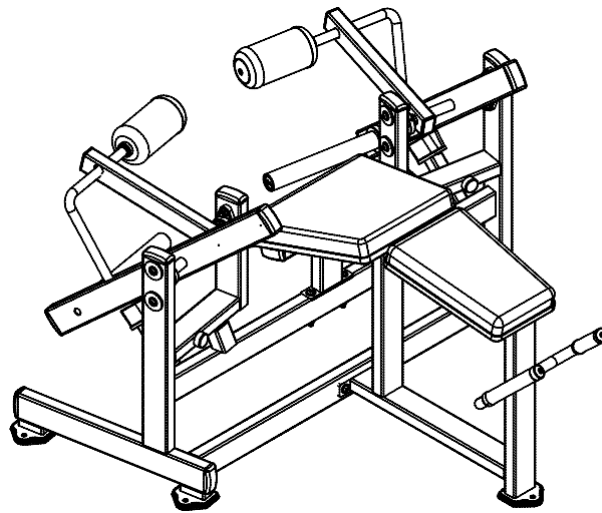
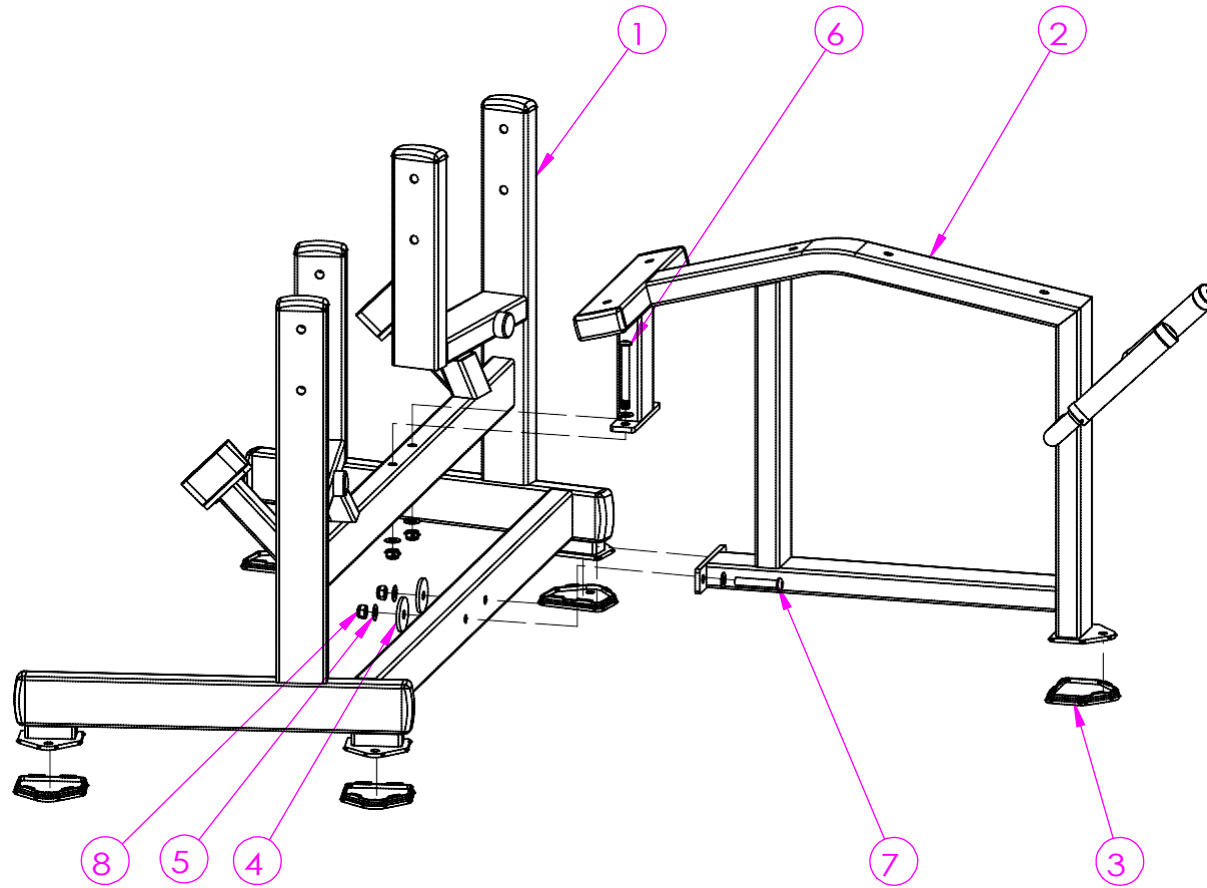


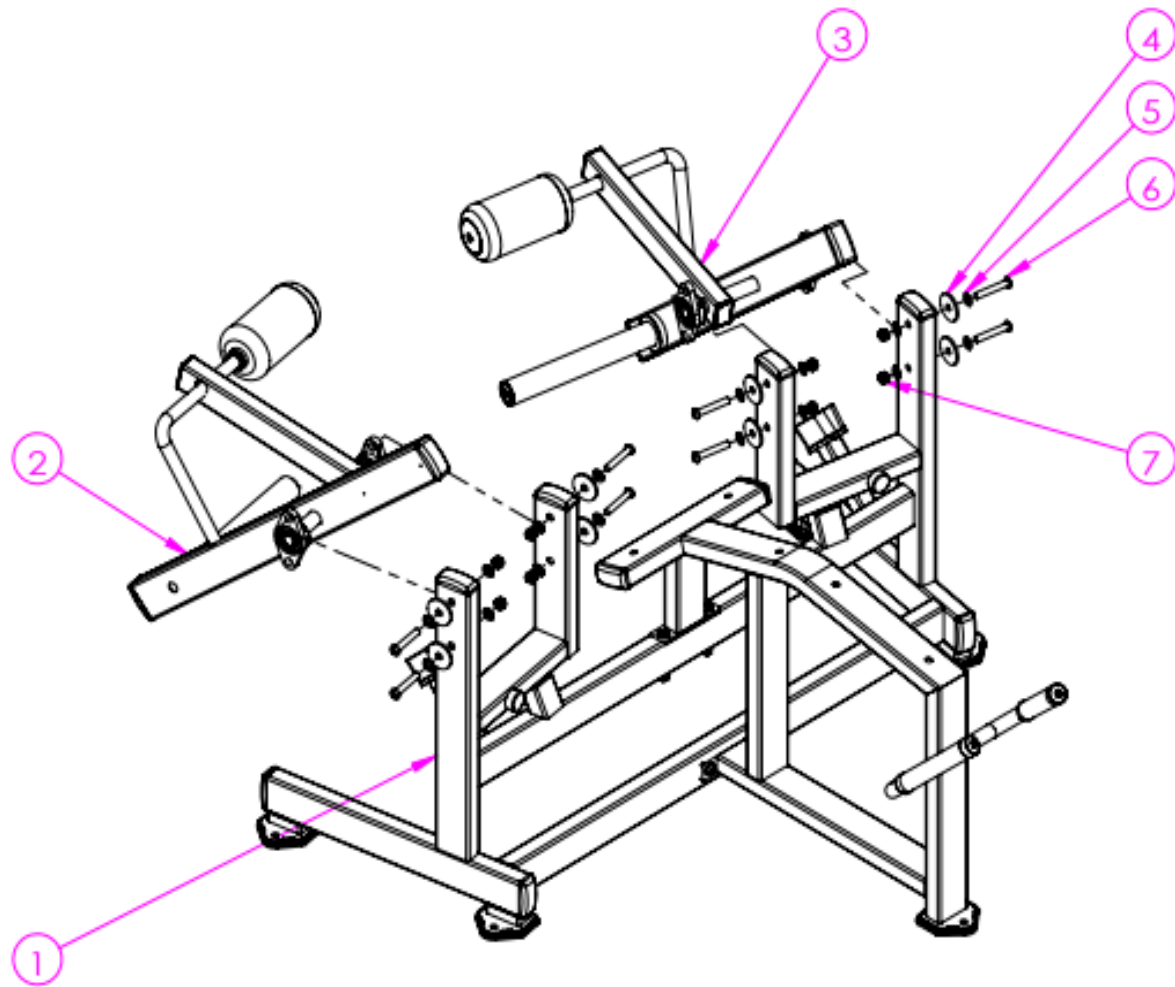
HS-1021 PRONE LEG CURL

Installation Instruction



NO	CODE	NAME	QUANTITY
1	R20-1410	Arm of Force Rack	1
2	R20-1411	Sub-Rack	1
3	R06-1034	40X80 Sqare Pad	5
4	55 Washer	55 Washer	2
5	M12 Flat Washer	M12 Flat Washer	8
6	M12X105	Cup Head M12X105	2
7	M12X70	Cup Head M12X70	2
8	anti-loose nut	anti-loose nut	4





NO	CODE	NAME	QUANTITY
1	Step 1		
2	R20-1412	Right Arm Of Force	1
3	R20-1413	Left Arm Of Force	1
4	55 Washer	55 Washer	8
5	M12 Flat Washer	M12 Flat Washer	16
6	M12X75	Cup Head M12X75	8
7	M12 anti-loose nut	M12 anti-loose nut	8



NO.	CODE	NAME	QUA
1	Step 2		1
2	R20-1035	Cushion(short)	1
3	R20-1072	Cushion(long)	1
4	M8 Flat Washer	M8 Flat Washer	5
5	M8X70	Cup Head M8X70	5

