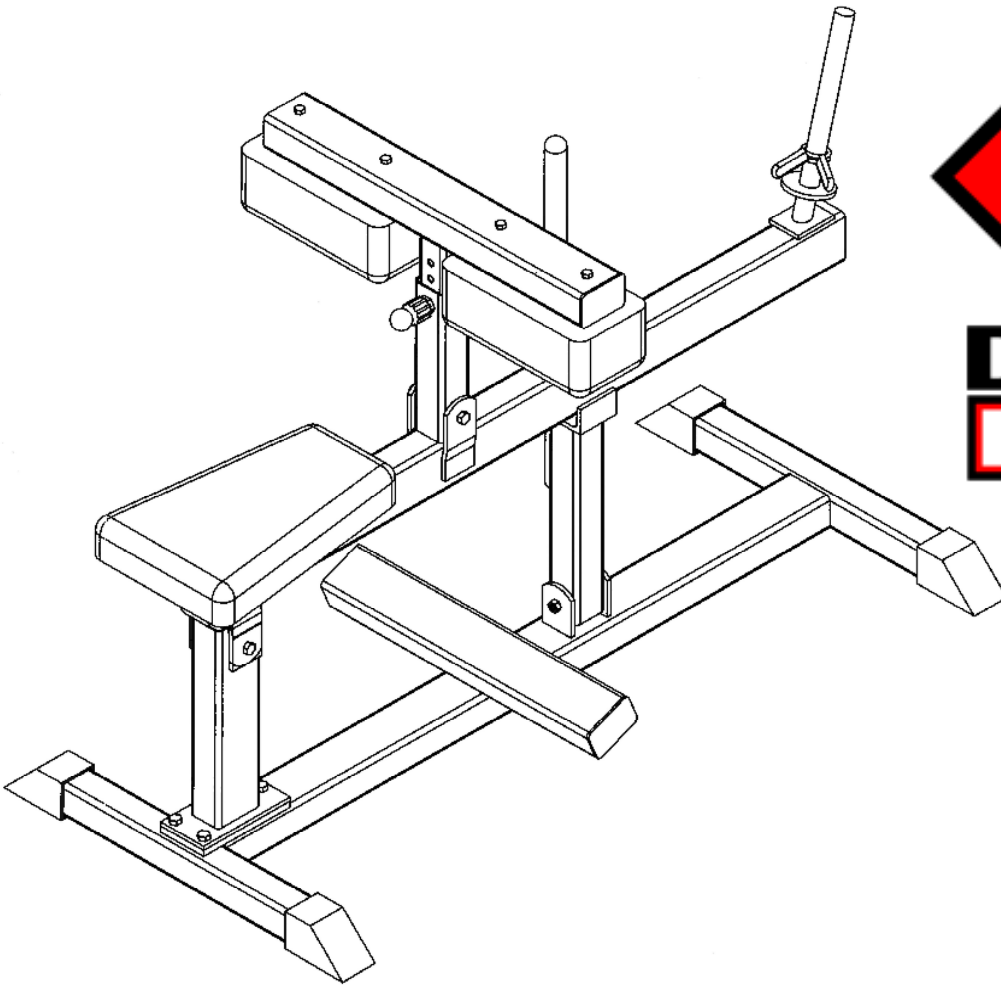


DF805

SEATED CALF MACHINE

Assembly Manual

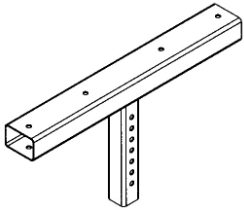


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FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

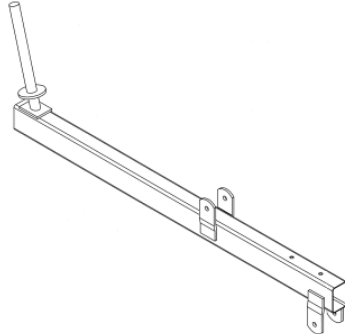
*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

DF805 BOX CONTENTS



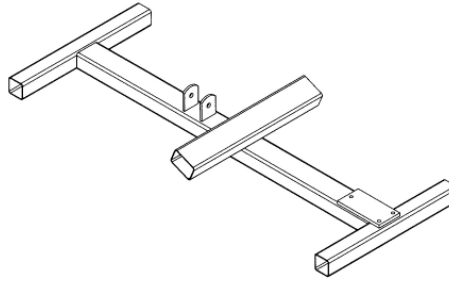
A

LEG PAD FRAME
QTY 1



B

WEIGHT FRAME
QTY 1



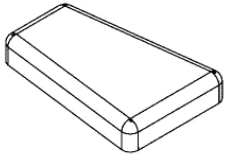
C

BASE FRAME
QTY 1



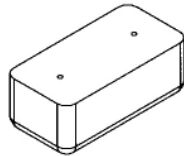
D

**UPPER FRAME
SUPPORT ARM**
QTY 1



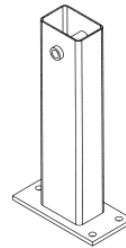
E

SEAT PAD
QTY 1



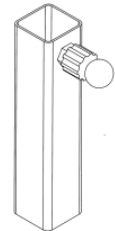
F

KNEE PAD
QTY 2



G

SEAT SUPPORT
QTY 1



H

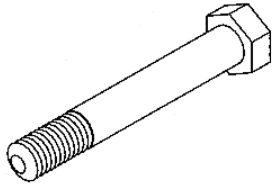
ADJUSTMENT TUBE
QTY 1



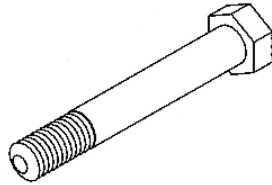
**DF805
INSTRUCTIONS**
QTY 1

*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

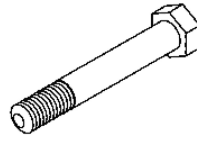
DF805 HARDWARE



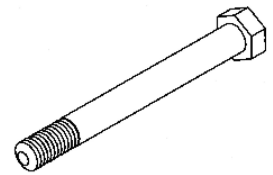
I
M12 x 90MM BOLT
QTY 2



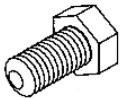
J
M12 x 80MM BOLT
QTY 1



K
M10 x 65MM BOLT
QTY 4



L
M10 x 90MM BOLT
QTY 2



M
M12 x 20MM BOLT
QTY 3



N
M12 WASHER
QTY 6



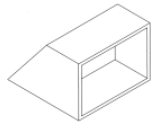
O
M10 WASHER
QTY 6



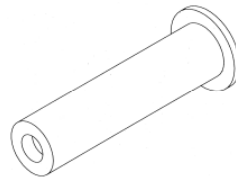
P
M12 LOCKNUT
QTY 3



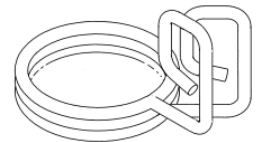
Q
SPRING COLLAR
QTY 1



R
RUBBER SHOE
QTY 4

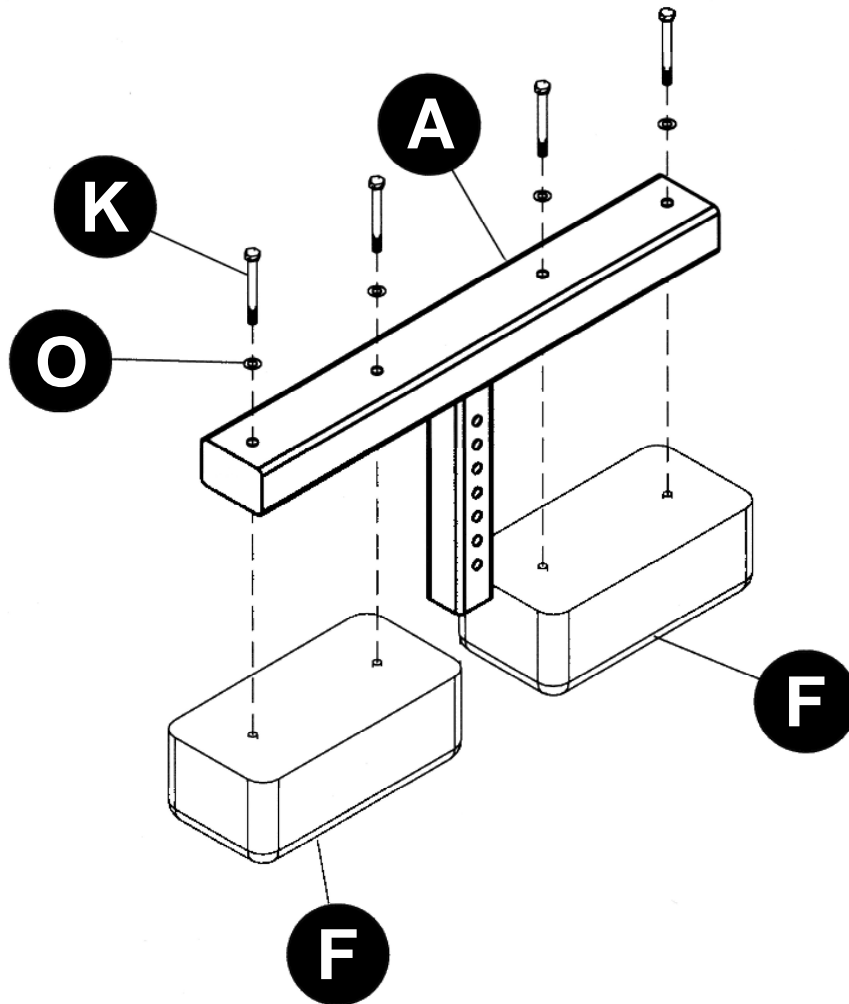


S
OLYMPIC ADAPTER
QTY 1



T
OLYMPIC COLLAR
QTY 1

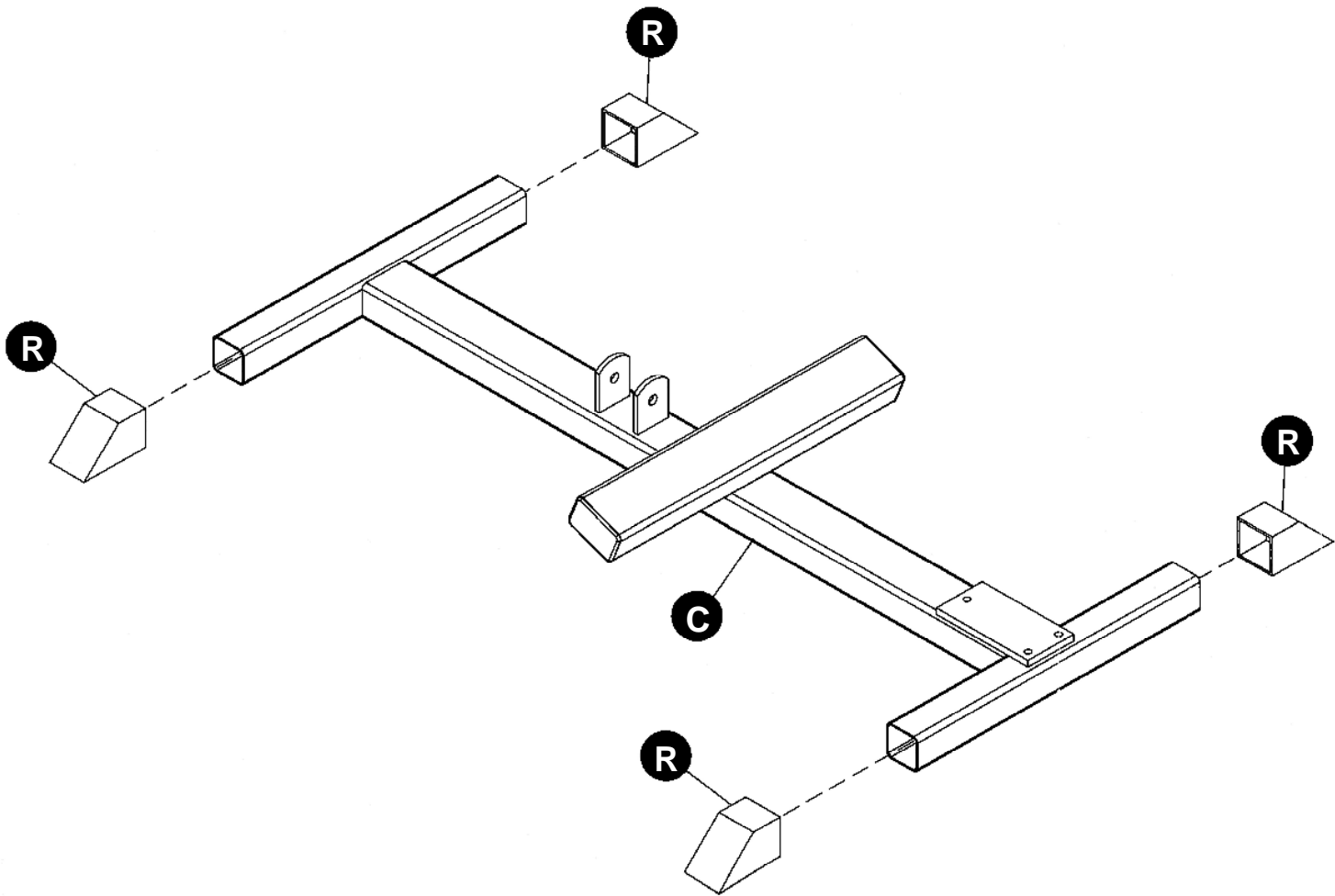
LEG PAD FRAME ASSEMBLY



TOOLS REQUIRED:
WRENCHES OR METRIC SOCKET SET

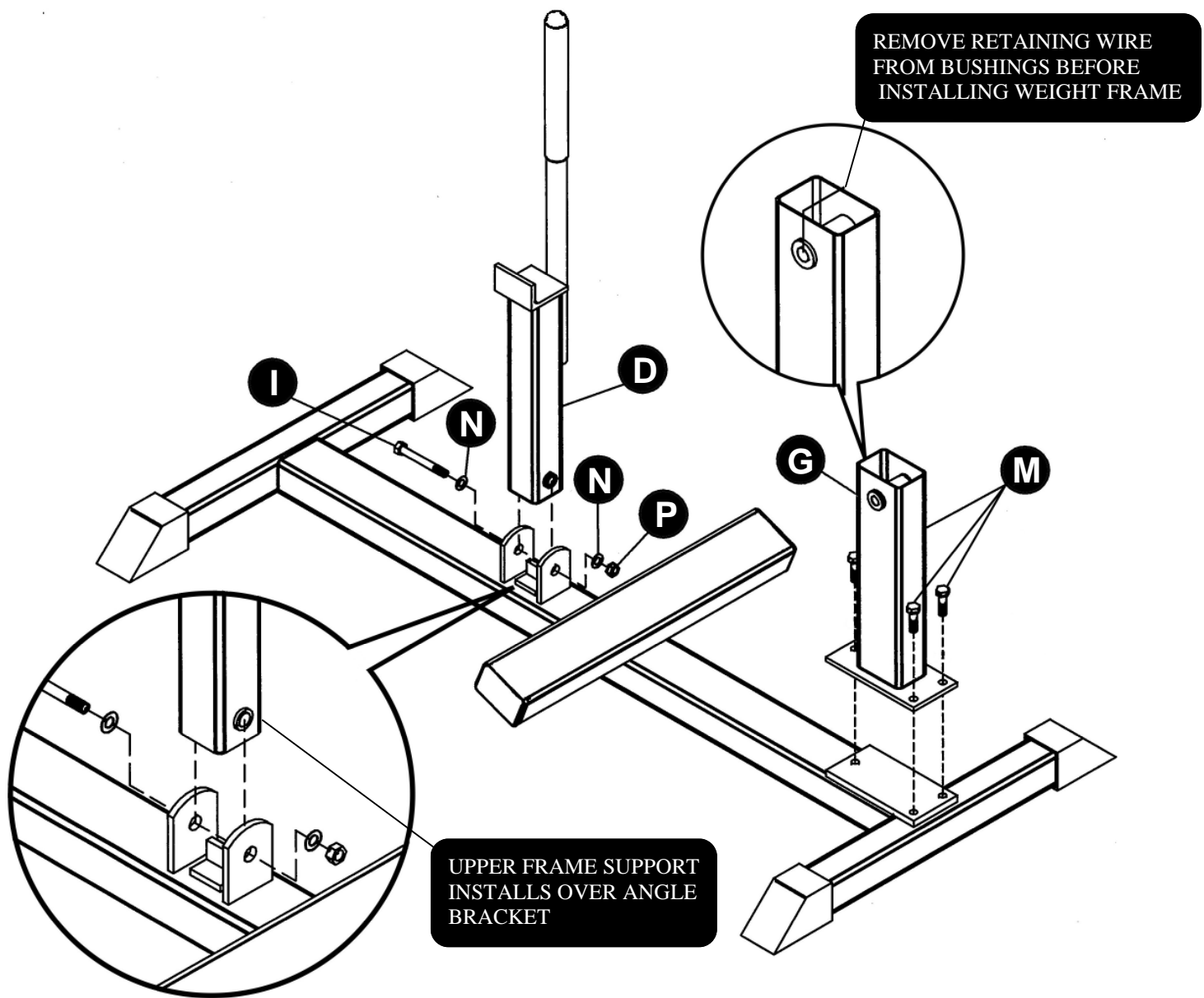
ASSEMBLE THE KNEE PADS (F) TO THE LEG PAD FRAME (A) USING THE M10 x 65MM BOLTS (K), AND M10 WASHERS (O).

BOTTOM FRAME ASSEMBLY



INSTALL THE RUBBER SHOES (R) INTO THE BASE FRAME (C).

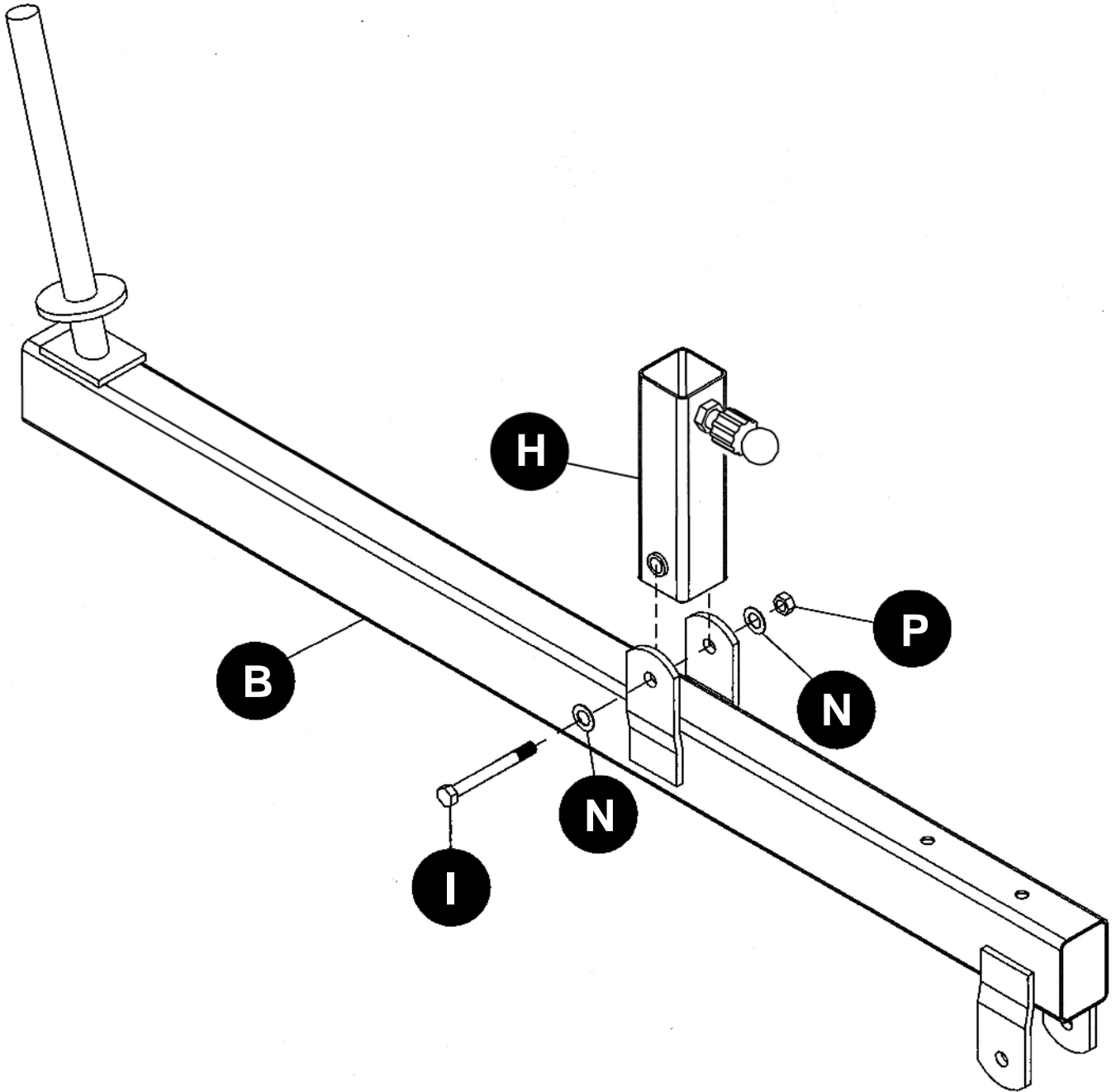
BOTTOM FRAME ASSEMBLY



ASSEMBLE THE UPPER FRAME SUPPORT ARM (D) TO THE BASE FRAME USING THE M12 x 90MM BOLT (I), M12 WASHERS (N), AND M12 NUT (P).

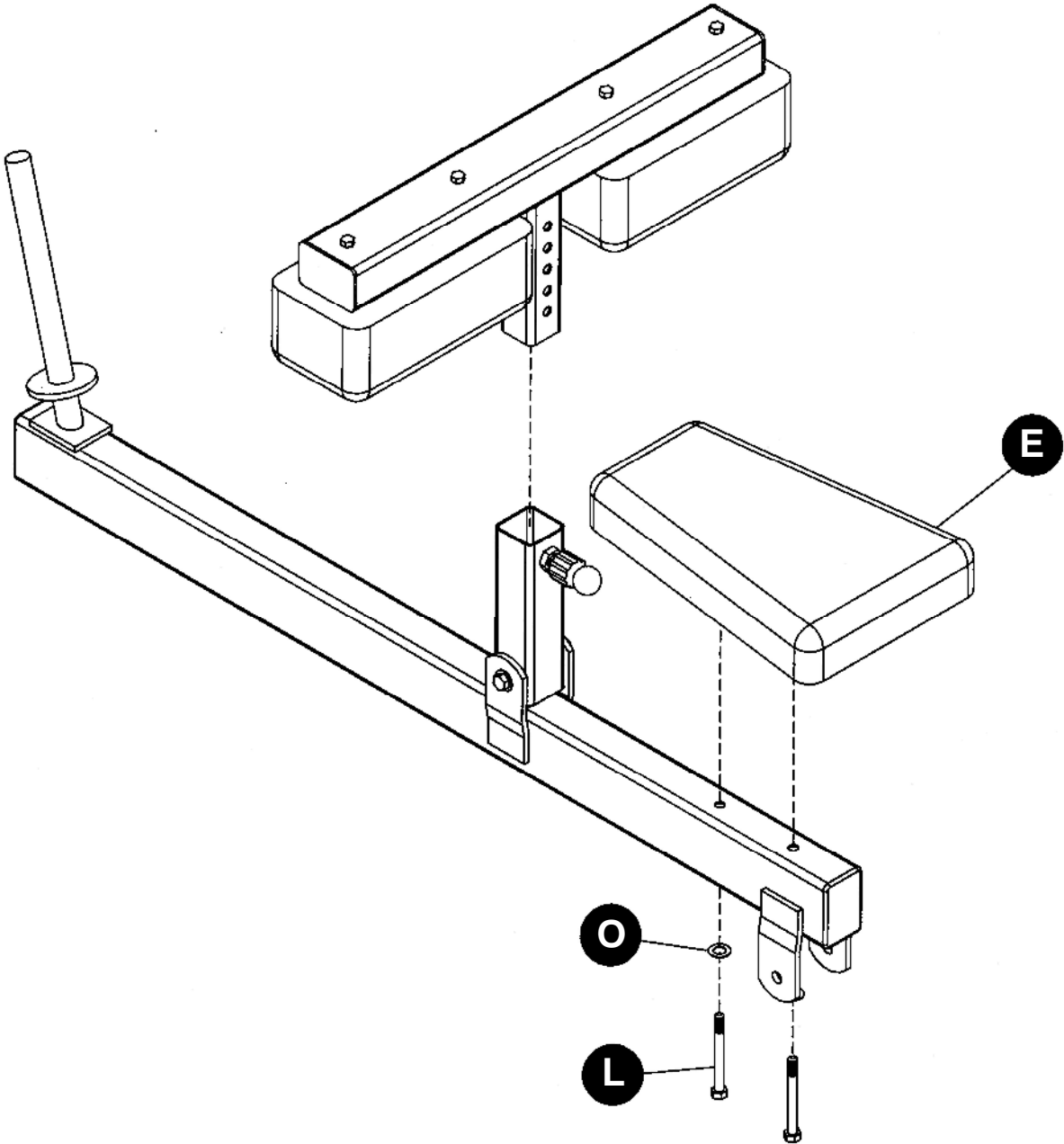
NEXT ASSEMBLE THE SEAT SUPPORT (G) TO THE BASE FRAME USING THE M12 x 20MM BOLTS(M).

WEIGHT FRAME ASSEMBLY



INSTALL THE ADJUSTMENT TUBE (**H**) TO THE WEIGHT FRAME (**B**) USING THE M12 x 90MM BOLT (**I**), M12 WASHERS (**N**), AND M12 LOCKNUT (**P**).

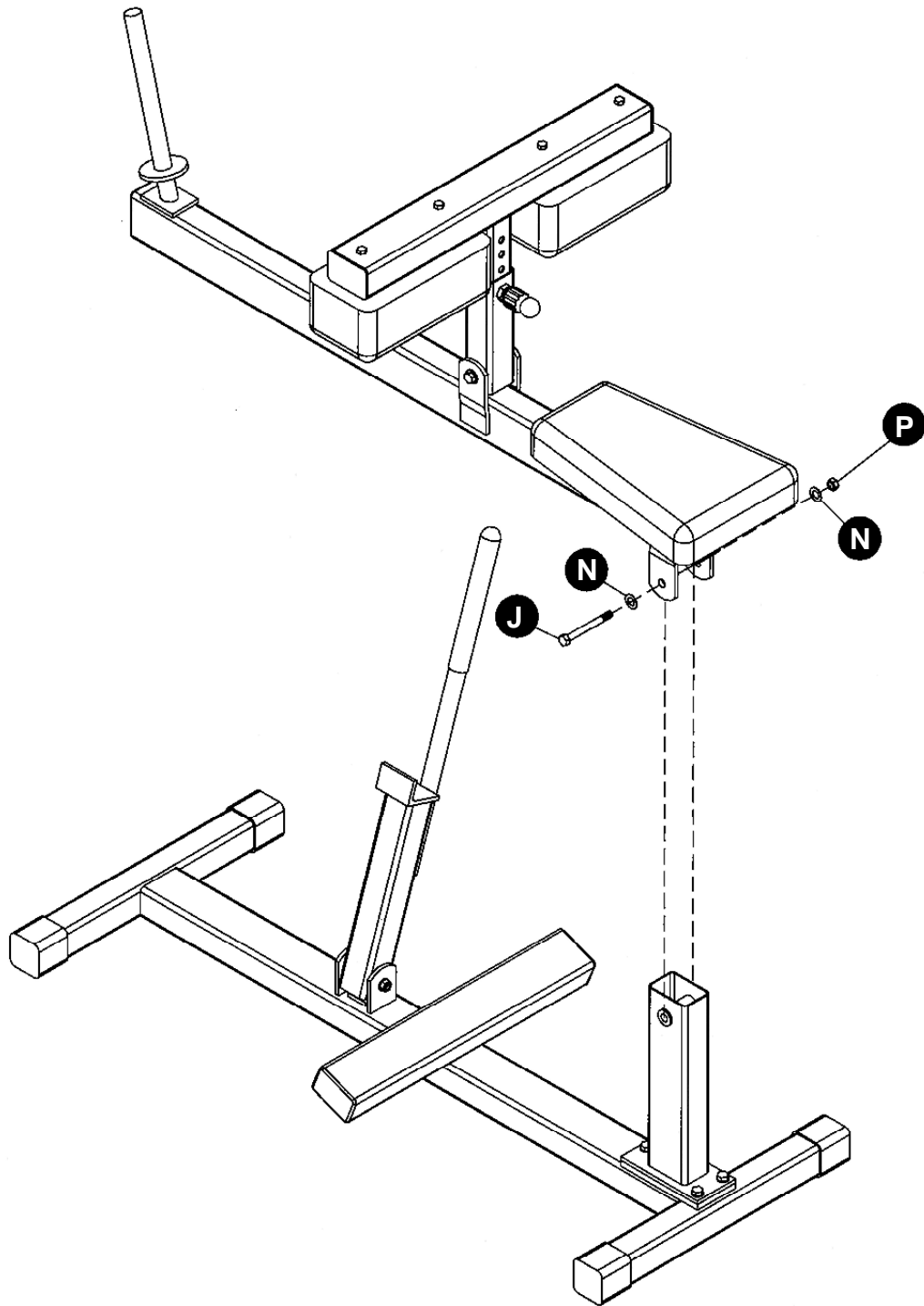
WEIGHT FRAME ASSEMBLY



INSTALL THE LEG PAD FRAME ASSEMBLY INTO THE ADJUSTMENT TUBE.

INSTALL THE SEAT (E) ONTO THE WEIGHT FRAME WITH THE M10 x 90MM BOLTS (L), AND M10 WASHERS (O).

FINAL ASSEMBLY



ASSEMBLE THE WEIGHT FRAME ASSEMBLY TO THE LOWER FRAME ASSEMBLY USING THE M12 x 80MM BOLT (J), M12 WASHERS (N), AND M12 WASHERS (P).

MAKE SURE ALL THE BOLTS ARE TIGHT BEFORE USE. REMEMBER TO CHECK THEM PERIODICALLY TO MAKE SURE THEY ALWAYS STAY TIGHT.

INSTRUCTIONS FOR USE

LOAD THE DESIRED AMOUNT OF WEIGHT PLATES ONTO WEIGHT COLUMN. SECURE WEIGHTS WITH SPRING COLLAR.

LOOSEN PULL-PIN AND ADJUST KNEE PADS TO HIGHEST SETTING.

SIT DOWN ON TO SEAT PAD AND PLACE BOTH FEET ON FOOT REST, MAKING CONTACT ON THE BALLS OF YOUR FEET.

ADJUST KNEE PADS DOWN TO WHERE THEY ARE MAKING SOLID CONTACT WITH YOUR LEGS. TIGHTEN PULL PIN.

PUSHING FROM THE BALLS OF YOUR FEET, RAISE THE WEIGHT FRAME UNTIL YOU CAN MOVE THE WEIGHT SUPPORT ARM OUT OF THE WAY TO THE RIGHT.

LOWER AND RAISE THE WEIGHT FRAME THE DESIRED NUMBER OF REPITITIONS. WHEN COMPLETE, RAISE TO THE HIGHEST POSITION AND ROTATE WEIGHT SUPPORT ARM TO THE LEFT UNTIL IT IS COMPLETELY UNDER WEIGHT FRAME. LOWER WEIGHT FRAME.

SAFETY NOTICE

WARNING: THE USER OF THIS WEIGHT EQUIPMENT ASSUMES THE POSSIBILITY OF INJURY BY EXERCISING ON THIS EQUIPMENT. THE RISK OF INJURY CAN BE REDUCED BY ALWAYS FOLLOWING THESE SIMPLE RULES:

- 1) BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR FOR A COMPLETE PHYSICAL EXAMINATION AND SUGGESTED EXERCISE PROGRAM SPECIFIC FOR YOU.
- 2) STRETCH BEFORE AND AFTER THE EXERCISE PROGRAM. PROPER STRETCHING WILL PREPARE YOUR JOINTS AND MUSCLES FOR EXERCISE AND HELP AVOID INJURIES.
- 3) IF AT ANY TIME YOU SHOULD FEEL FAINT OR DIZZY, NAUSEOUS OR EXPERIENCE ANY OTHER ABNORMAL SYMPTOMS OR DISCOMFORT, DISCONTINUE USE AND CONSULT YOUR DOCTOR.
- 4) DO NOT USE THIS EQUIPMENT WITHOUT QUALIFIED SUPERVISION AND PROPER TRAINING. NEVER WORK OUT ALONE- ALWAYS HAVE A PARTNER.
- 5) SECURELY TIGHTEN ALL BOLTS AND REGULARLY CHECK TO ENSURE ALL BOLTS HAVE NOT LOOSEENED.
- 6) WEAR GOOD RUBBER SOLE SHOES ONLY. DO NOT USE BARE FOOTED OR WITH SOCKS ONLY.
- 7) DO NOT WEAR LOOSE CLOTHES SUCH AS ROBES, GOWNS, PANTS, LONG SHIRTS OR JEWELRY WHICH COULD BECOME ENTANGLED IN MOVING PARTS.
- 8) DO NOT STAND OR KNEEL ON SEAT. ALWAYS SIT OR LAY SQUARELY CENTERED.
- 9) KEEP HEAD, LIMBS AND BODY PARTS CLEAR OF MOVING PARTS AND WEIGHT PLATES.
- 10) CHILDREN SHOULD NOT USE EXERCISE EQUIPMENT WITHOUT SUPERVISION BECAUSE OF POSSIBILITY OF INJURY FROM IMPROPER USAGE. THIS EQUIPMENT IS INTENDED FOR HOME USE ONLY.
- 11) REPLACEMENT OR WORN OR DEFECTIVE PARTS MUST BE WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS OR ACCESSORIES ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.