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MATRIX FITNESS SYSTEMS | 1600 LANDMARK DRIVE COTTAGE GROVE WI 53527 USA
Toll Free 866.693.4863 matrixfitness.com Fax 608.839.8687

PART # 00000088210

REV. 1.1

Strong. Smart. Beautiful.

MATRIX

G7 SINGLE-STATION STRENGTH | SEATED LEG CURL

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 recommended that all users of MATRIX Fitness Systems exercise equipment be informed of the following information prior to its use.

PROPER USAGE

Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that MATRIX
Fitness Systems equipment be used properly to avoid injury.

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

CHECK FOR DAMAGED 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 or tipping over. This must be performed by a licensed contractor.

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 Systems dealers will provide service and maintenance training at our corporate facility upon request.



GS72 SEATED LEG CURL

UNPACKING GS72 SEATED LEG CURL

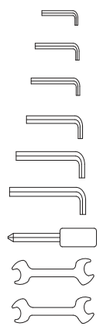
Thank you for purchasing a MATRIX Fitness product. Your MATRIX GS72 SEATED LEG CURL is inspected before it is packaged. It is shipped in multiple pieces to facilitate the compact packaging of the machine. Prior to assembly, confirm all the components by matching them with the exploded diagrams. The weight stack is shipped in separate packaging to reduce the weight of this box. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

CAUTION

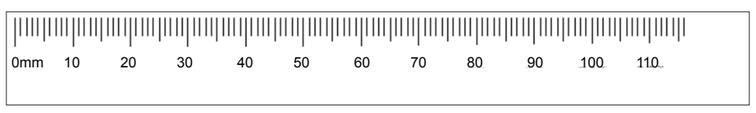
The weight of the GS72 SEATED LEG CURL is 664 lbs. (302 kg) not including the weight stack. The weight stack tower is packaged completely assembly for ease of installation; use extra caution when removing from its pallet during assembly. The weight stack for this machine is 247 lbs. (112 kg). To avoid injury to yourself and prevent damage to the frame components, be sure to have proper assistance removing the frame pieces from this box.

TOOLS REQUIRED FOR ASSEMBLY

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



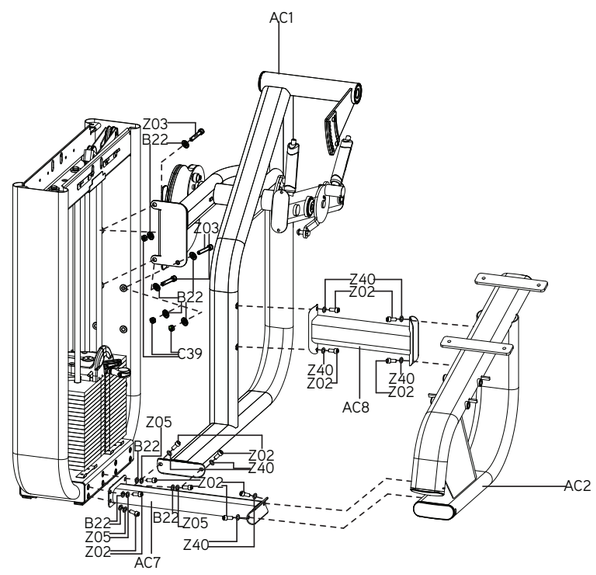
If any items are missing please contact your country's local MATRIX dealer for assistance.

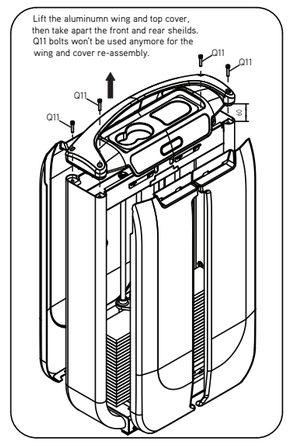


Step 1

Frame Detail

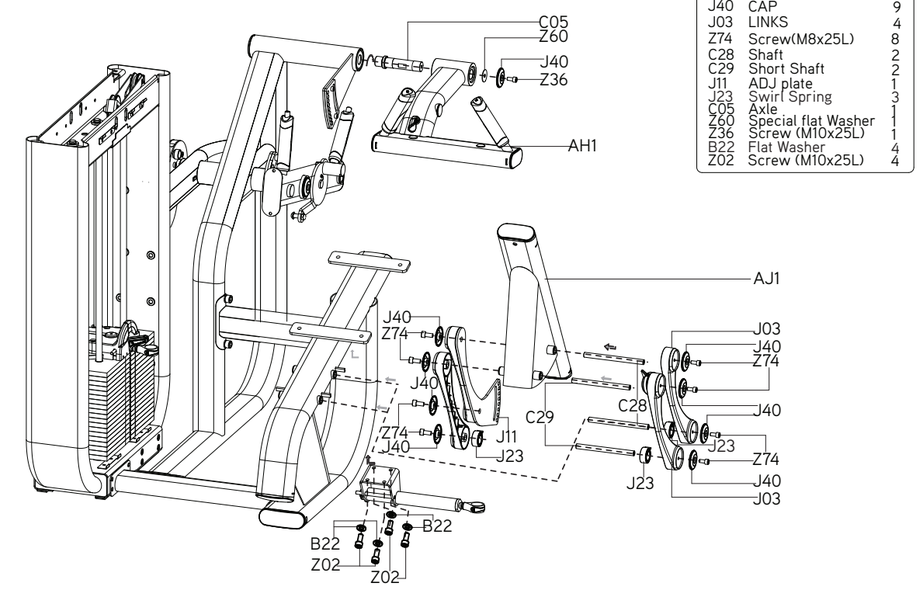
Item	Description	Qty
B22	Flat Washer	10
Z05	Lock Washer	4
Z02	Screw (M10x25L)	12
Z40	Arc-flat Washer	8
Z03	Screw (M10x75L)	3
C39	Nut Nylon(M10)	3
Q11	Screw (M8X60L)	4





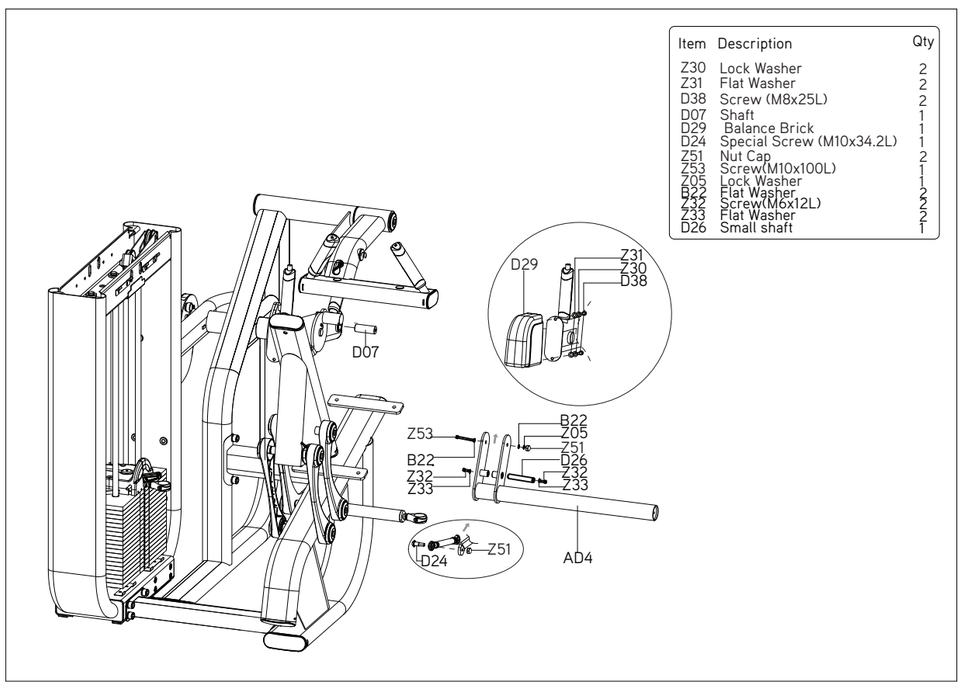
Step 2

Item	Description	Qty
J40	CAP	9
J03	LINKS	4
Z74	Screw(M8x25L)	8
C28	Shaft	2
C29	Short Shaft	2
J11	ADJ plate	1
J23	Swirl Spring	3
C05	Axle	1
Z60	Special flat Washer	1
Z36	Screw (M10x25L)	1
B22	Flat Washer	4
Z02	Screw (M10x25L)	4



Step 3

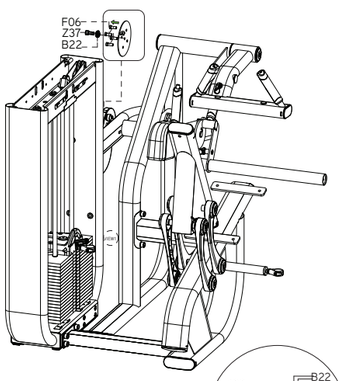
Item	Description	Qty
Z30	Lock Washer	2
Z31	Flat Washer	2
D38	Screw (M8x25L)	2
D07	Shaft	1
D29	Balance Brick	1
D24	Special Screw (M10x34.2L)	1
Z51	Nut Cap	2
Z53	Screw(M10x100L)	1
Z05	Lock Washer	1
B22	Flat Washer	2
Z32	Screw(M6x12L)	2
Z33	Flat Washer	2
D26	Small shaft	1



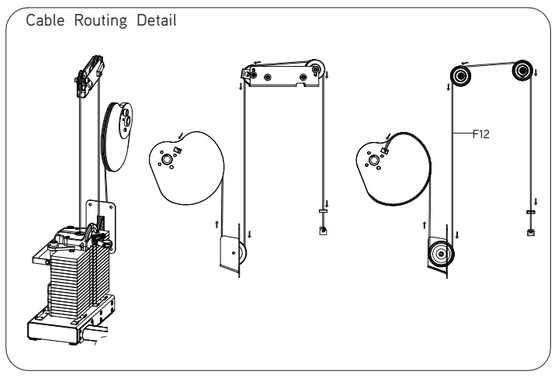
Step 4

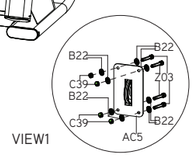
Cable Rounting Detail

Item	Description	Qty
F06	Socket Screw	4
Z37	Screw(M10X20L)	1
B22	Flat Washer	9
C39	Nut Nylon(M10)	4
Z03	Screw (M10X75L)	4
F12	CABLE	1



Cable Routing Detail



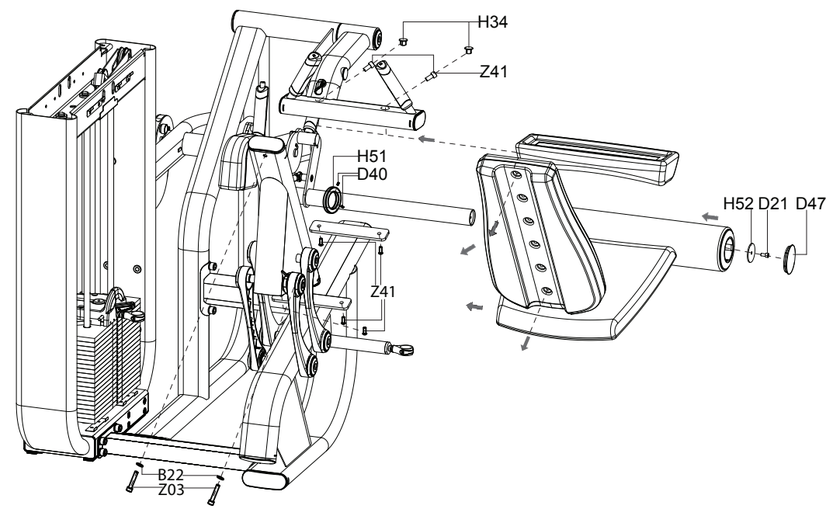


VIEW1

Step 5

Upholstery Detail

Item	Description	Qty
Z41	Screw(M10X20L)	6
H34	Cap end	2
H52	Cap Plate	1
D21	Screw(M8X20L)	1
D47	Cap	1
B22	Flat Washer	2
Z03	Screw(M10X75L)	2
H51	Stopper Ring	1
D40	Settle Screw	2



Step 6

Shield Detail

Item	Description	Qty
Q11	Screw (M8X60L)	4

