PRECOR®



Assembly Guide

Discovery Plate Loaded™ Line
Calf Raise

Table of Contents

Getting Started 2
Opening the Boxes 2
Installation Requirements 2
Hardware Kit (not to scale) 3

Assembling the Equipment 5
Stabilizing the Equipment 6
Assembling the Main Frame 7
Installing the Movement Arm 8
Installing the Knee Pad Frame 9
Attaching the Stop Arm 9
Attaching the Weight Horn 10
Installing the Knee and Seat Pads 11
Attaching the Instructional Placard and Safety Labels 13

Getting Started

Opening the Boxes

Open the boxes and remove the packing materials. Be careful to open the boxes and assemble the components in the sequence presented in this manual.

Box	***Contents***
1	• Frame members • Movement arms • Weight horns • Weight storage horns • Instructional placard • Warning labels • Hardware kit
2	• Seat pads

Installation Requirements

WARNING **You will need assistance to assemble this unit. *DO NOT attempt assembly by yourself*.**

Follow these installation requirements when assembling the unit:

- Assemble the unit near the place where you plan to use it.
- Locate the equipment at least 40 inches (1 meter) away from walls or furniture on either side of the equipment, and 40 inches (1 meter) away from objects behind the equipment.
- Set up the unit on a solid, flat surface, so that it remains level and stable. A level unit has fewer malfunctions.
- Open the box and assemble the components in the sequence presented in this guide.
- Insert, align, and thread all fasteners with your fingers. This helps prevent cross-threading. Do not wrench tighten fasteners until instructed to do so.

  Important: *Before you wrench tighten a fastener, check that its head is flush with the surface of the product. If not, cross-threading may have occurred. Do not attempt to rework the assembly as more damage to the equipment will occur. Instead, contact Customer Support as described in Obtaining Service.*

- If you plan to move the unit, get help and use a hand truck.

Assembly Addendum

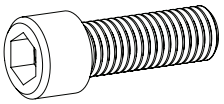
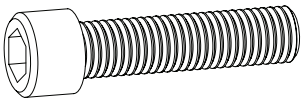
For the Discovery™ Series Plate Loaded Calf Raise

The method for attaching weight horns to the movement arm of the Discovery Series Calf Raise has been updated as follows:

- The length of the main socket head cap screw that secures the weight horn in place has been increased from 35 mm to 50 mm.
- The set screws have been eliminated from the weight horn mount on the movement arm.

As a result of this change, please note the following changes to the *Discovery Series Plate Loaded Line Calf Raise Assembly Guide* (part number CWP167777-101 rev A):

- On page 3, the number of socket head cap screws has been modified as follows:

Fasteners		**Quantity**
	Socket head cap screw (M12 × 35 mm)	6
	Socket head cap screw (M12 × 50 mm)	1

- Also on page 3, the two M8 × 6 mm set screws have been removed from the hardware kit.
- On page 10, step 2 is modified as follows:

  Insert a M12 × 50 mm socket head cap screw with 13 mm flat washer through the movement arm and into the weight horn. Tighten the screw completely.

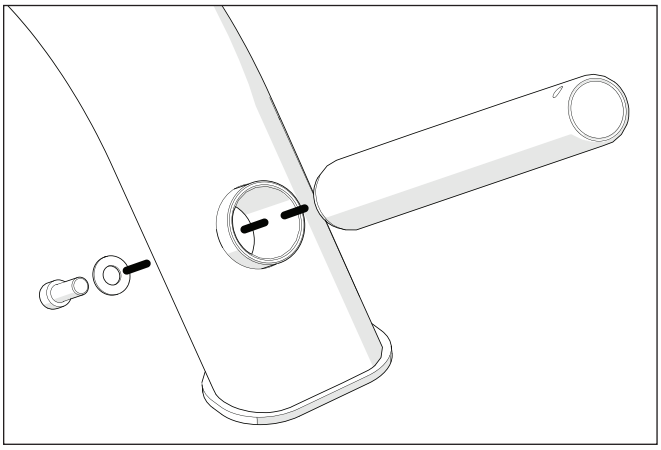


Figure 1: Weight horn attachment

- Also on page 10, omit step 3.

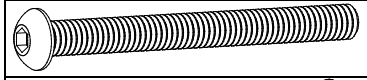
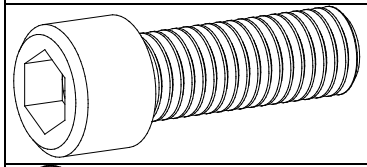
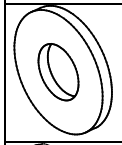
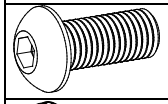
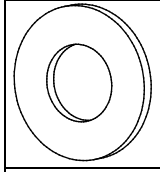
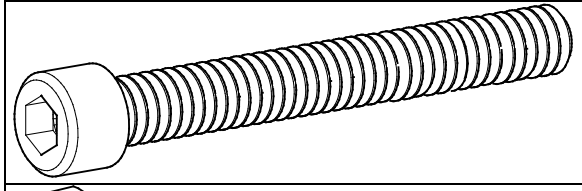
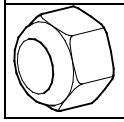
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Hardware Kit (not to scale)

The following pieces of hardware are provided on a shrink-wrapped card. Each part is labeled on the card for easy reference.

Table 1. Hardware kit contents

Fasteners		***Quantity***
	Buttonhead cap screw (5⁄16-inch x 3¼-inch)	8
	Socket head cap screw (M12 x 35 mm)	7
	Flat washer (9 mm internal diameter)	9
	Buttonhead cap screw (M8 x 15 mm)	1
	Set screw (M8 x 6 mm)	2
	Flat washer (13 mm internal diameter)	9
	Socket head cap screw (M12 x 135 mm)	1
	Nylon lock nut (M12)	1

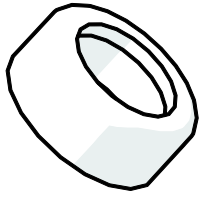
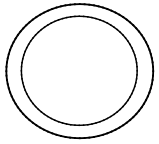
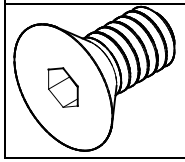
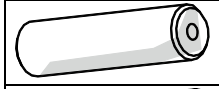
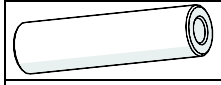
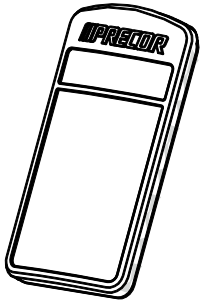
Fasteners		***Quantity***
	Rubber bumper	1
	Stop ring	2
	Flat head hex cap screw (M12 x 30 mm)	2

Table 2. Other Components

Part		***Quantity***
	Weight horn	1
	Movement arm pivot axle	1
	Stop arm pivot sleeve	1
	Instructional placard	1

Assembling the Equipment

CAUTION: At least two people are required to position the parts of this equipment successfully. Do not attempt to assemble the equipment by yourself.

Proper alignment and adjustment of the equipment is critical. When you install fasteners, leave room for adjustments. Do not tighten the fasteners completely until you are instructed to do so.

Make sure the equipment is stable and placed on a solid surface. The equipment is designed to be freestanding, but it can be bolted to the floor for extra stability. Precor highly recommends that the equipment be bolted to the floor to reduce the risk of toppling due to improper use. Because floor construction varies, consult a professional building engineer for proper fastening.

The following figure shows the names used in this manual for the major components of the equipment.

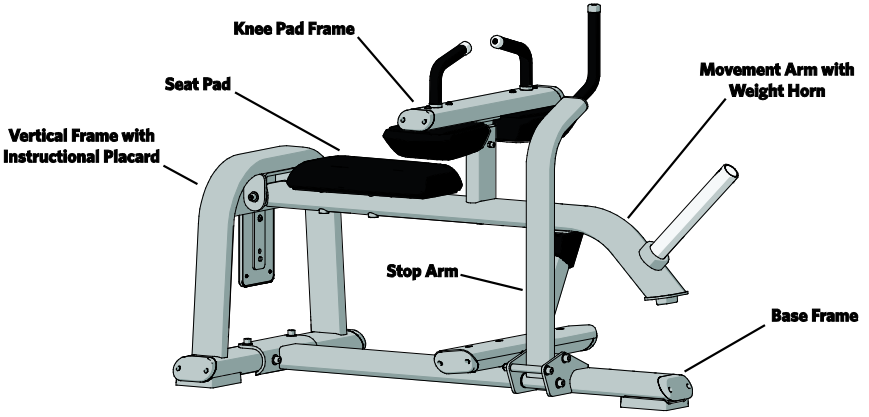


Figure 1: Major Calf Raise components

Stabilizing the Equipment

Once you have positioned the base frame where you want the equipment to be used, test it for stability by pushing down on its corners. If the base frame rocks or wobbles at all, the height of the adjustable foot will need to be set.

To stabilize the equipment:

1. Locate the round, adjustable foot at one of the corners of the base frame.
2. Remove the two small buttonhead screws retaining the end cap at that corner of the frame, as shown in the following figure. Pull out the end cap, then set the cap and the screws aside.

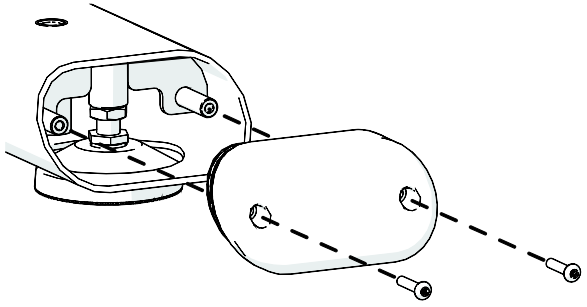


Figure 2: End cap removal

3. Using an open-end wrench, turn the jam nut to the left to loosen it.
4. Using the same open-end wrench, turn the positioning bolt to the left or the right to move the adjustable foot to the appropriate level, as shown in the following figure.

If you want to move the adjustable foot ...	*Then turn the bolt ...*
Upward	To the right
Downward	To the left

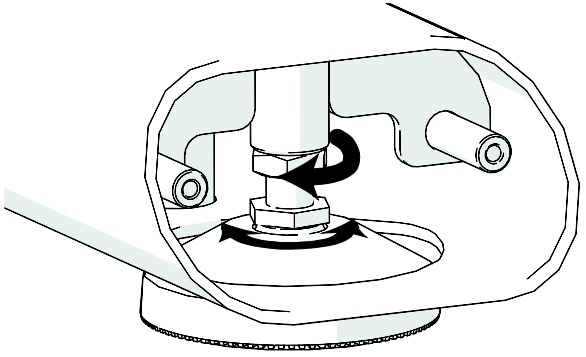


Figure 3: Adjustable foot positioning

5. Once the foot appears to be positioned correctly, test it by pressing down on the corners of the base frame. If it continues to shift or rock, readjust the foot as needed.
6. Re-tighten the jam nut.
7. Reinsert the end cap and its retaining screws. Tighten the screws completely.

Assembling the Main Frame

To connect the base frame to the vertical frame:

1. Position the vertical frame on the base frame as shown in the following figure.

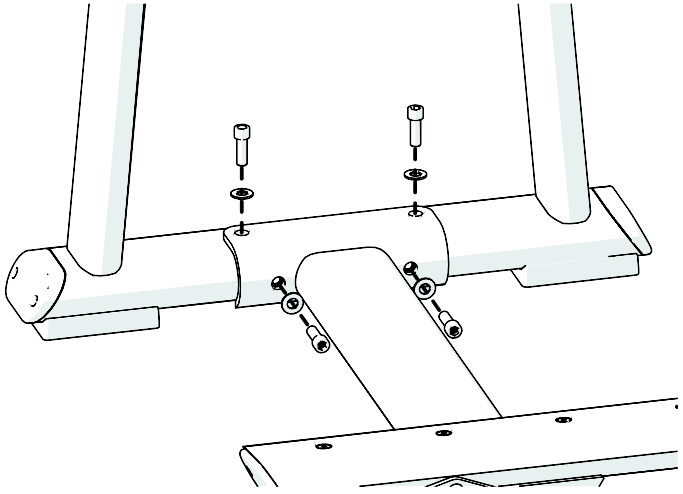


Figure 4: Main frame assembly

2. Secure the frames using four M12 x 35 mm socket head cap screws and four 13 mm flat washers. Tighten the fasteners completely.

Installing the Movement Arm

Before you attach the movement arm to the vertical frame, you must insert an axle.

To insert the axle into the movement arm:

1. Slide the axle into the movement arm sleeve.

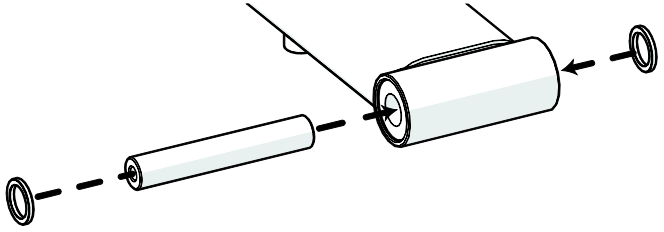


Figure 5: Axle and stop ring installation

2. Center the axle within the movement arm sleeve, then place a stop ring over each end of the axle. Slide the stop rings as far in as they will go.

To attach the movement arm to the vertical frame:

1. Gently fit the movement arm into the bracket underneath the vertical frame.
2. Attach the movement arm using two M12 x 35 mm socket head cap screws and two 13 mm flat washers.

   Important: *The screws should be tight enough to prevent the movement arm from rocking from side to side when in use.*

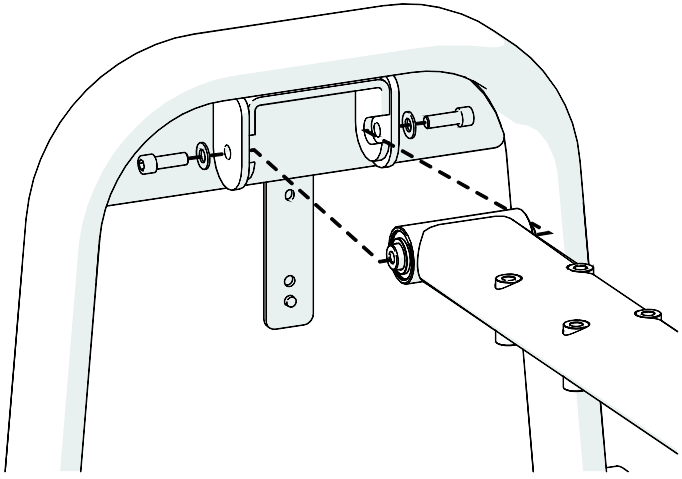


Figure 6: Movement arm attachment

Installing the Knee Pad Frame

A small retaining screw holds the knee pad frame in place and a pop pin sets its position. Because both of these parts are installed at the factory, you must move them out of the way to insert the knee pad frame.

To install the knee pad frame:

1. Remove the retaining screw from the movement arm.
2. Pull the pop pin out as far as it will go and insert the knee pad frame into the slot.
3. Release the pop pin, then reinsert and tighten the retaining screw.

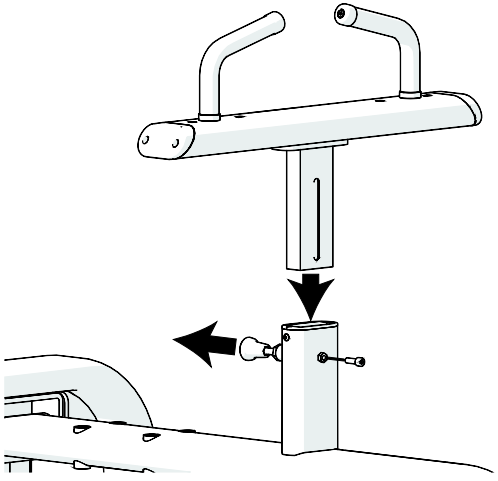


Figure 7. Knee pad frame installation

Attaching the Stop Arm

The stop arm allows a person to sit down in the appropriate position for the exercise and holds the movement arm in a resting position between workouts.

To attach the stop arm to the base frame:

1. Slide the pivot sleeve into the stop arm.
2. Position the stop arm in the bracket of the base frame and secure it using one M12 x 35 mm socket head screw, two 13 mm flat washers, and one M12 nylon lock nut.

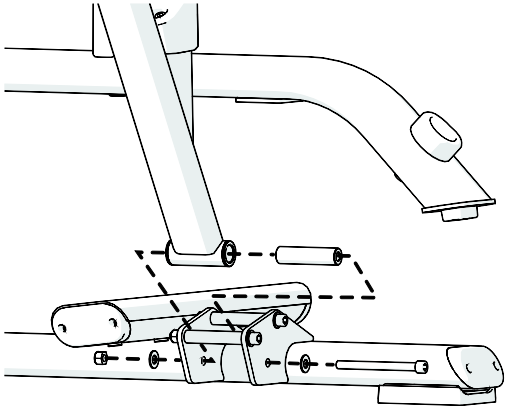


Figure 8: Stop arm sleeve and axle positioning

Attaching the Weight Horn

Once the stop arm is in place and the movement arm is stable, you can attach the weight horn to the end of the movement arm.

To attach the weight horn:

1. Insert the horn into the outward side of the weight horn fitting on the movement arm. Slide the weight horn into the fitting until it stops.
2. Insert a M12 x 35 mm socket head machine screw with 13 mm flat washer through the movement arm and into the weight horn. Tighten the screw completely.

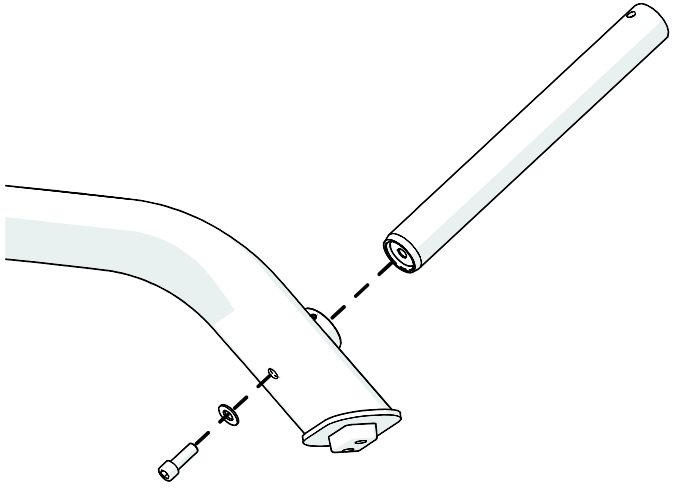


Figure 9: Weight horn attachment

3. Insert two M8 x 6 mm set screws into the screw holes on the weight horn fitting. Tighten the set screws completely.

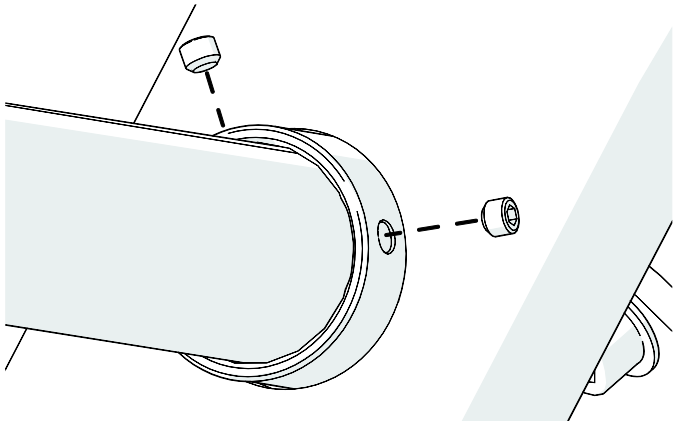


Figure 10: Set screw positioning

4. Slide the bumper down over the weight horn until it rests against the movement arm.

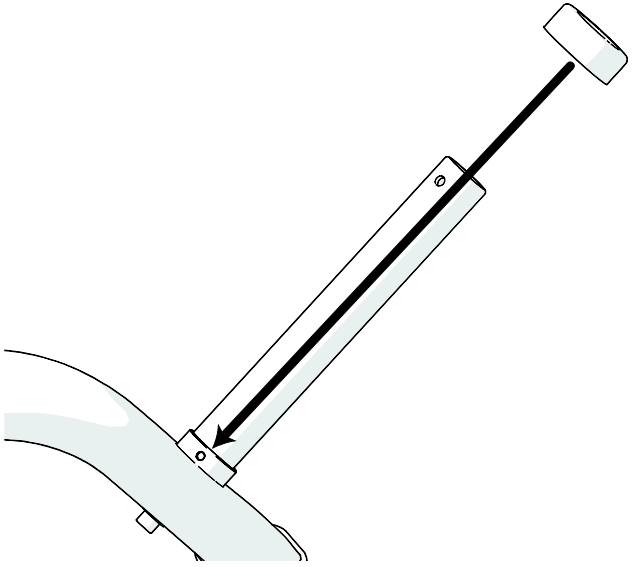


Figure 11: Weight horn bumper positioning

Installing the Knee and Seat Pads

The knee and seat pads on this equipment are attached directly to the movement arm.

To install the pads:

1. Place the seat pad over the four screw holes on the movement arm.
2. Insert four 5⁄16-inch x 3¼-inch screws with 9 mm flat washers through the screw holes on the movement arm and into the holes on the seat pad, as shown in the following figure. Tighten the screws completely.

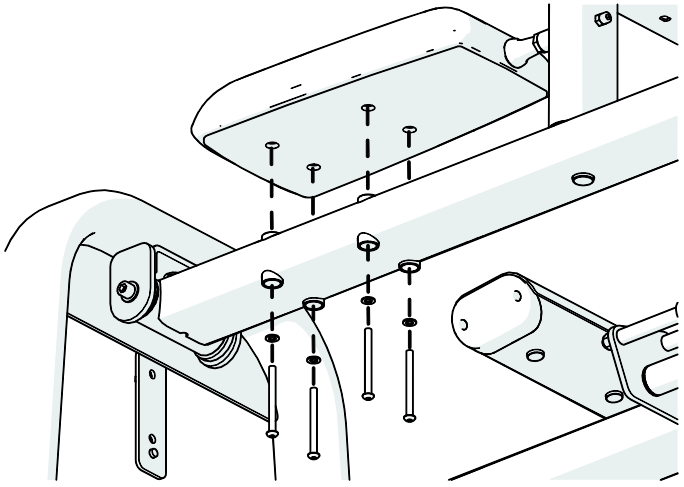


Figure 12: Seat pad attachment

3. Hold a knee pad up to the knee pad frame so that its narrow end faces the center post. Insert two 5⁄16-inch x 3¼-inch screws with 9 mm flat washers through the screw holes on the knee pad frame and into the holes on the knee pad, as shown in the following figure. Tighten the screws completely.

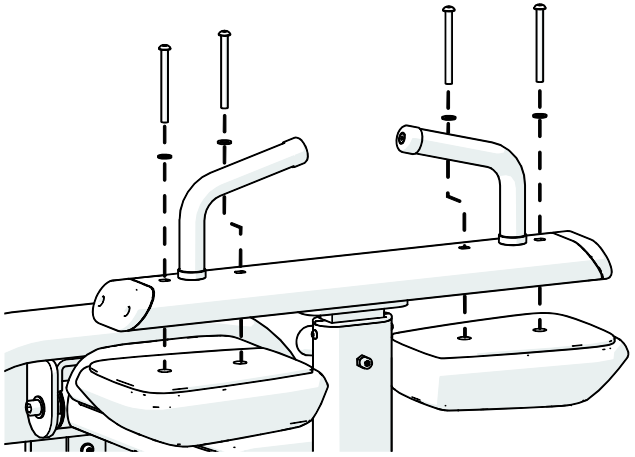


Figure 13: Knee pad attachment

4. Repeat the previous step to attach the remaining knee pad.

Attaching the Instructional Placard and Safety Labels

The equipment includes a metal bracket for the instructional placard. The placard slides over a metal button near the bottom of the bracket. A small screw then holds it in place.

To attach the instructional placard:

1. Remove the protective backings from the machine name label. Attach the label carefully to the recess at the upper front of the placard, as shown in the following figure.

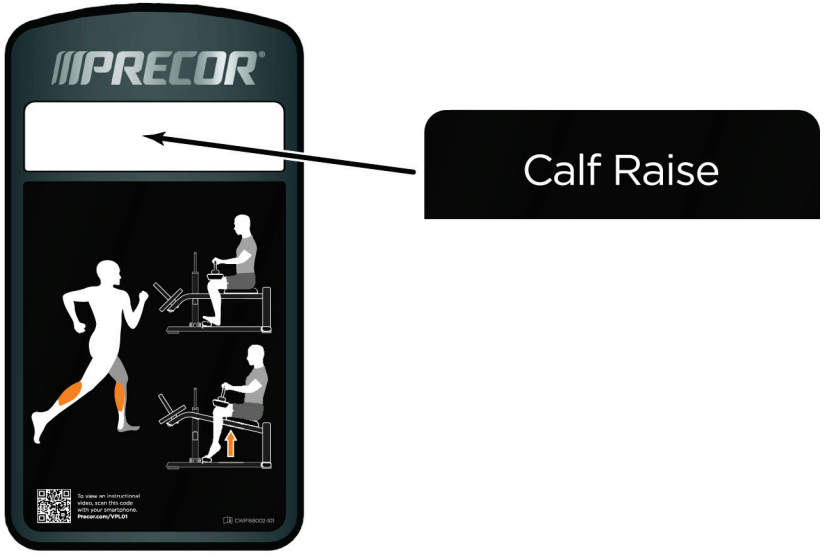


Figure 14: Placard label positioning

2. Place the large hole near the bottom of the placard over the button, then slide the placard downward to lock it into place as shown in the following figure.

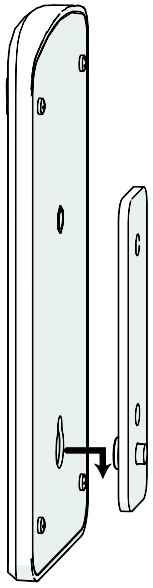


Figure 15: Placard mounting

3. Insert an M8 x 15 mm buttonhead screw with 9mm flat washer into the screw hole near the top of the bracket, as shown in the following figure. Tighten the screw completely.

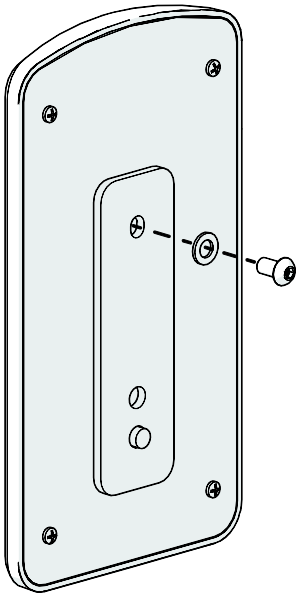


Figure 16: Securing the placard in place

Note: If you are installing labels in a language other than English, remove the general warning label attached to the equipment. Apply the general warning label in the appropriate language where the English label was originally applied.

Notes:

Notes:

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