Selectorize

Owner's Manual

INTENZA EaseLine LEG PRESS / CALF

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It is the sole responsibility of the purchaser of Intenza 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 Intenza exercise equipment be informed of the following information prior to its use.

1.1 Important safety instructions

Follow these guidelines to maintain proper working condition of the equipment :
Important Do not modify the equipment or any of its parts, or permanently remove any part from the equipment. Do not use accessory attachments that are not recommended by Intenza, as such attachments might cause injuries.

1. Qualified technicians must perform all regular maintenance.
2. Do not remove warning labels for any reason. They contain important information. If unreadable or missing, contact your Intenza dealer for a replacement.
3. Check that all fasteners are securely tightened. Cables should be secured at both end connections and properly threaded. Weight stacks should be secure and functioning properly. Handle attachments should be properly connected.
4. Make sure that trainers, facility personnel, and maintenance technicians understand how to use the equipment, know important safety guidelines, and can recognize potential problems such as a worn cable, loose hardware, or cracked weld. If any staff member witnesses unsafe use of the equipment, he or she should address the user directly, demonstrate the proper technique, and review the Important Safety Information for Users.
5. Intenza recommends posting a copy of the Important Safety Information for Users near the equipment in a prominent location.
6. Place an “out-of-order” sign on the equipment during maintenance of the equipment or the surrounding area. Users should never be allowed to operate the equipment until it has been inspected and works properly. If a piece of equipment needs service, keep it out of use until it is repaired. Place an “out-of-order” sign on the equipment and make sure the facility’s personnel know not to allow anyone to use the equipment until it is working properly.
7. When working with the weight stacks, do not attempt to free any jammed assemblies without assistance as this may cause injury.
8. NEVER use this machine with the weight stack pinned in an elevated position.
9. Do not place the equipment outdoors or on wet surfaces.

1.2 Important Safety Information for Users

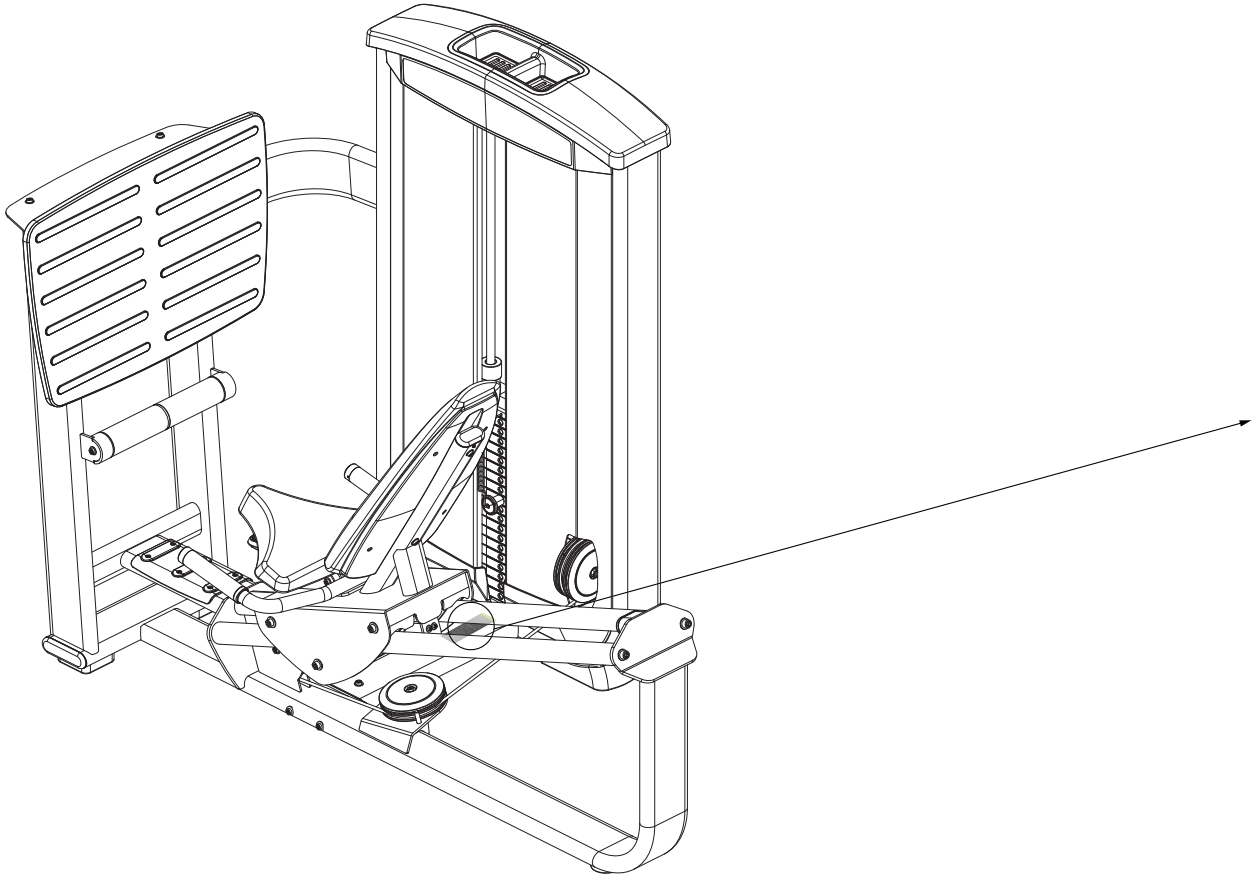
Read all instructions before using the equipment. These instructions were written to ensure your safety and to protect the equipment.Equipment is intended for commercial use.
Before beginning any fitness program, you should obtain a complete physical examination from your physician.
When using exercise equipment, you should always take basic precautions, including the following :

1. If you do not understand how to operate a piece of equipment, ask someone from the facility such as a trainer to demonstrate how to use it and explain any safety instructions.
2. Do not allow children on or near the equipment. Do not leave children unsupervised around the equipment.
3. Use the equipment only for its intended purpose. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
4. Wear proper exercise clothing and shoes during a workout:no garments that impede perspiration and no loose clothing. Tie long hair back. Keep garments or towels away from moving parts.
5. Do not overexert yourself or work to exhaustion. Use reasonable judgment when working with weights. Avoid using excessive weight, which may cause injury.
6. If you feel pain, faintness, dizziness, or abnormal symptoms, stop exercising immediately and consult your physician.
7. Keep head, limbs, fingers, and hair clear of all moving parts while the equipment is in use. Keep hands clear of racking pegs.
8. Never drop or insert objects into any opening in the equipment.
9. Check that all fasteners are securely tightened. Cables should be secured at both end connections and properly threaded. Weight stacks should be secure and functioning properly. Handle attachments should be properly connected.Pay particular attention to the condition of cables and cable ends. If you notice a loose cable end or any fraying of the cable or cable jacket, do not use the product and contact someone in the facility immediately.
10. Always check the equipment before using it. If you spot a potential problem, contact someone in the facility immediately. Do not use the equipment until the facility has verified that the equipment is working properly. Do not attempt to fix broken or jammed equipment.
11. Do not use the equipment outdoors or on wet surfaces.
12. Do not drop or slam the weight stack while exercising.
13. Be sure the selector pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, contact someone in the facility.
14. Never pin the weights in an elevated position. Do not use the equipment if the top plate or weight stack is pinned in a raised position. Notify the facility’s personnel to repair the equipment and ensure that it is working properly.

1.3 Warning label locations

WARNING

During all operations involving transport, maintenance and cleaning,pay attention to any part of the equipment where body parts may become trapped. Attention must be paid to the labels attached to the equipment, as they provide information about possible risks and hazards. We recommend immediately replacing the labels when they become damaged or difficult to read.



WARNING

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY !

1.Before using,read all the warnings and obtain instruction on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2.Obtain a medical exam before beginning any exercise program.

3.Children must not be allowed near this machine. Supervise teenagers.

4.Inspect the machines before use.**DO NOT** use if it appears damaged.**DO NOT** attempt to fix a broken or jammed machine. Notify staff immediately.

5.Inspect cables and their connections before using machine. **DO NOT** attempt to fix. Seek assistance.

6.Keep body,hair and clothing free of all moving objects.

7.Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer.if unsure.seek assistance.

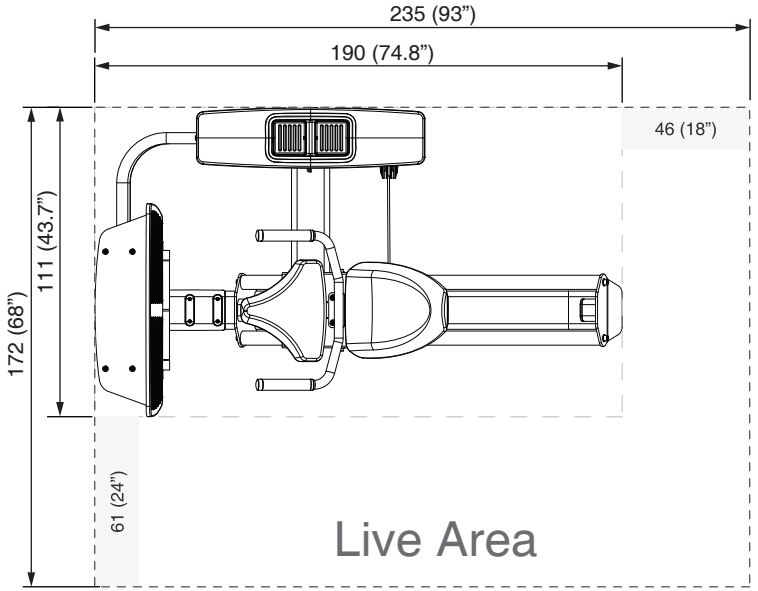
8.Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix,Seek assistance.

9.Use only the incremental weights supplied by the manufacturer. **DO NOT** use dumbbells or other means to add resistance to the machine.

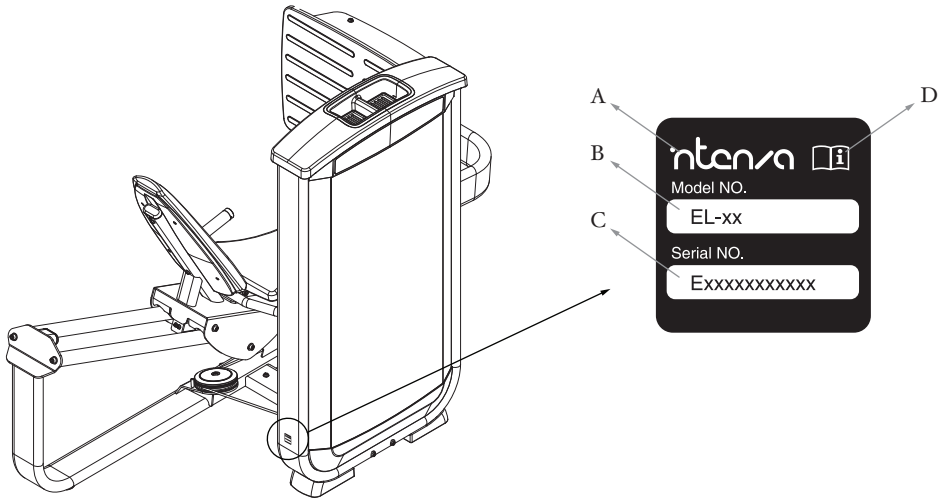
10.**DO NOT REMOVE THIS LABEL. REPLACE ,IF DAMAGED.**

2.1 Product Information

Length	190 cm	74.8 inches
Width	111 cm	43.7 inches
Height	150 cm	59 inches
Equipment weight	391.9kg	864 lbs
Weight stack	170.4 kg	375 lbs
Live area	235 x 172 cm	93 x 68 inches



Serial number label location	
A	Manufacturer's name
B	Model number
C	Serial number
D	Consultation of user manual required



2.2 Place of installation

To ensure safe,comfortable and effective use of the equipment, the place of installation must comply with certain specific requirements; in particular, before choosing where to install the equipment, we recommended that you check the following conditions are available:

1. a temperature between +10°C and +25°C;
2. sufficient ventilation to maintain a humidity level between 20% and 90%,when the equipment is in use;
3. sufficient lighting to make the area a safe and relaxing place to exercise;
4. sufficient clearance on all sides of the equipment, taking into account its maximum dimensions when in use, to ensure safety;
5. a flat, stable and vibration-free floor surface, with sufficient load bearing capacity for the equipment's weight.

If the equipment is to be installed in a public recreation area,the place of installation must comply with all the requirements of the regulations currently in force.

WARNING

the equipment must be installed and used in a place where access and supervision are specifically controlled by the owner. When installing the equipment, use suitable personal protective equipment.

2.3 Assembly guide

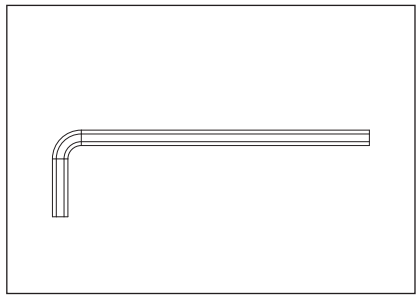
UNPACKING

Thank you for purchasing a Intenza product. Your Intenza product 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. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

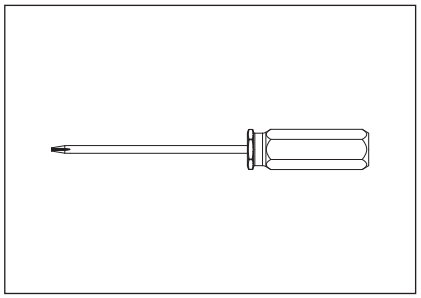
CAUTION

The weight of the product is heavy. 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. Please be sure to install the equipment on a stable base, properly level the machine and leave at least two feet of clearance to enter and exit the machine.

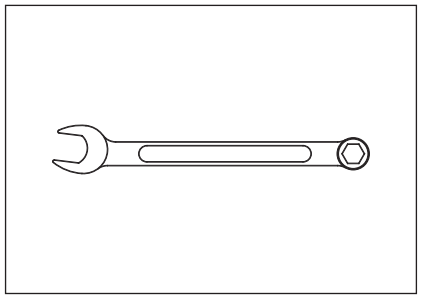
TOOLS REQUIRED FOR ASSEMBLY



1. Allen wrench
   4mm,5mm, 6mm

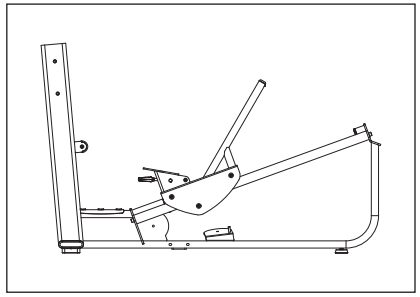


2. Screwdriver

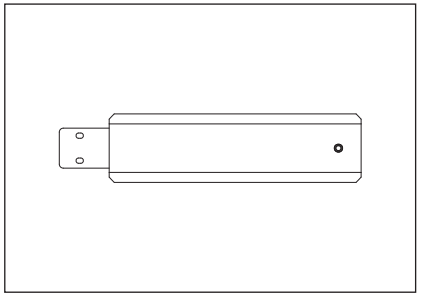


3. Open wrench / Adjustable wrench
   17 mm, 19mm

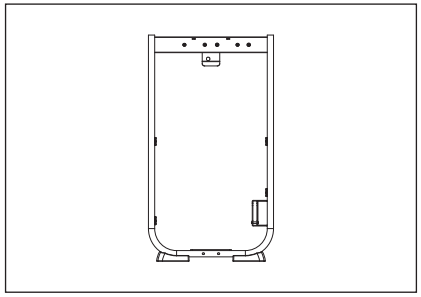
PART LIST



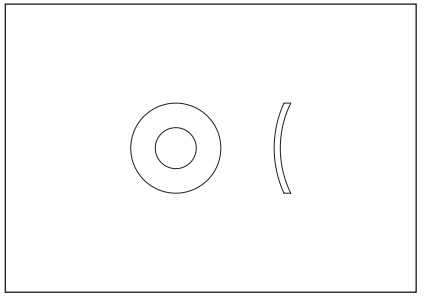
1. LP main frame
   QTY 1



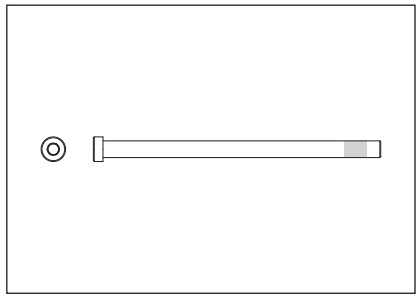
2. TP-LP base connector
   QTY 1



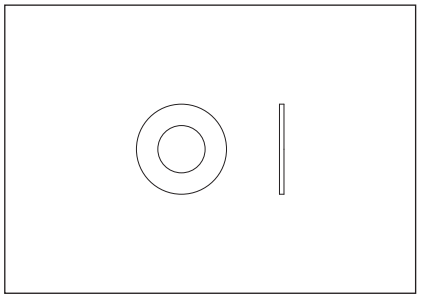
3. LP tower
   QTY 1



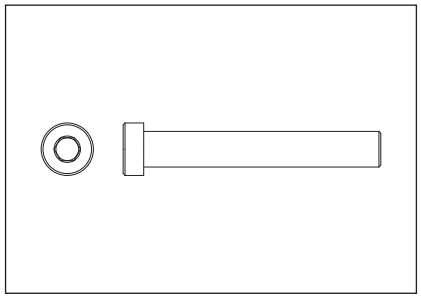
4. Washer, 3/8" SAE curved
   QTY 4



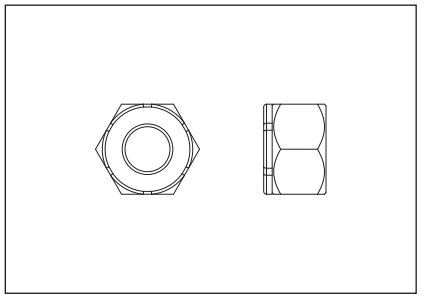
5. Bolt, 3/8-16 x 6-1/4"(159mm) socket head W/NP
   QTY 4



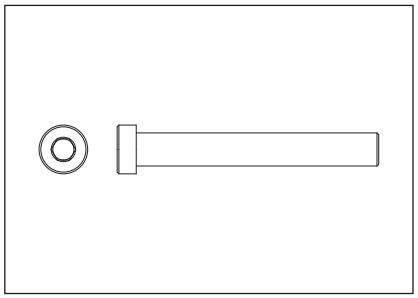
6. Washer, flat 3/8 SAE ST ZN
   QTY 31



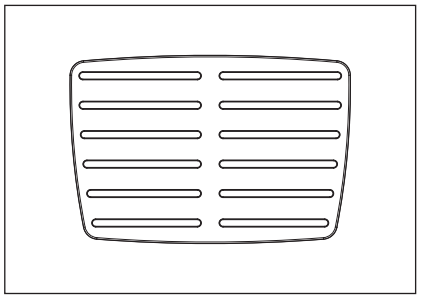
7. Bolt, 3/8-16 x 2-1/2"(64mm) socket head
   QTY 7



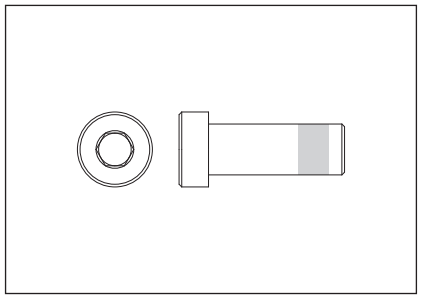
8. Nut, 3/8-16 x 11t LK ST ZN
   QTY 12



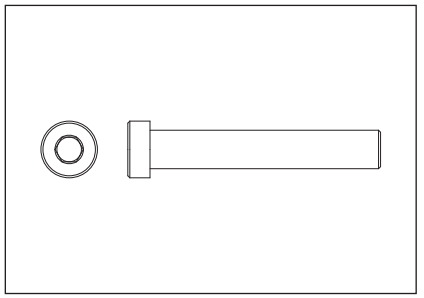
9. Bolt, 3/8-16 x 2-3/4"(70mm) socket head
QTY 3



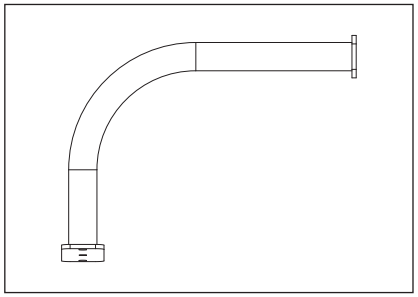
10. LP foot plate
QTY 1



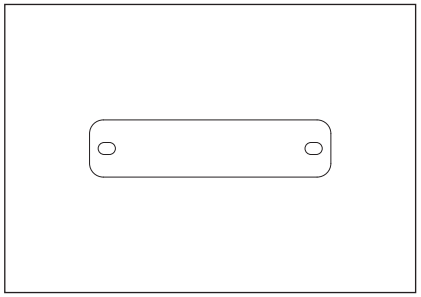
11. Bolt, 3/8-16 x 1"(25mm) socket head W/NP
QTY 6



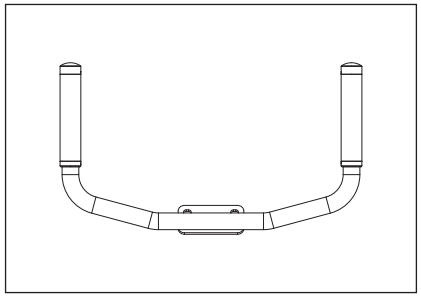
12. Bolt, 3/8-16 x 2-1/4"(57mm) socket head
QTY 1



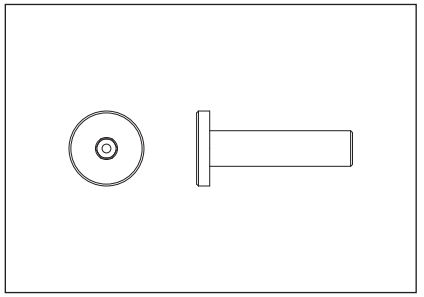
13. WLDMT, LP front cross brace
QTY 1



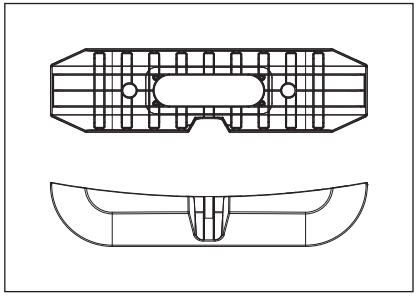
14. Plate, 180mm hole pattern backer
QTY 1



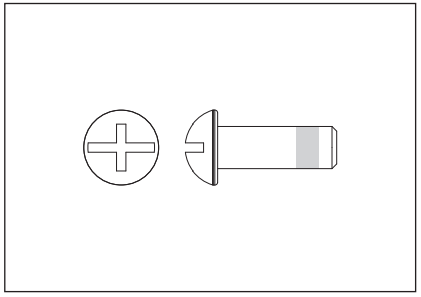
15. LP handle
QTY 1



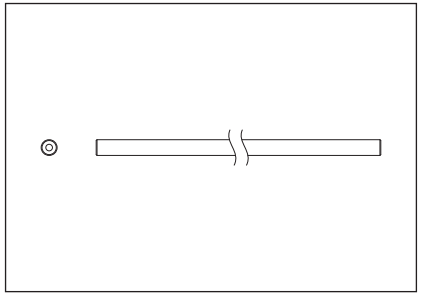
16. Bolt, 3/8-16 x 1-1/2" (38mm) socket head
QTY 4



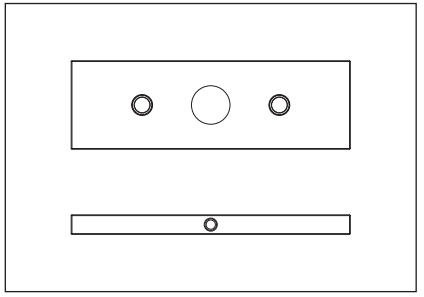
17. Cover, tower base
QTY 1



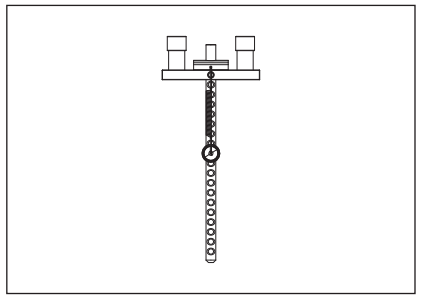
18. Screw, 10-32 x 1/2"(12mm) pan head W/NP
QTY 12



19. Guide rod, 19 DIA x 1315
QTY 2

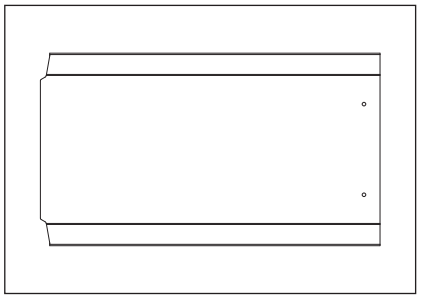


20. 20 lb weight plate
QTY 18



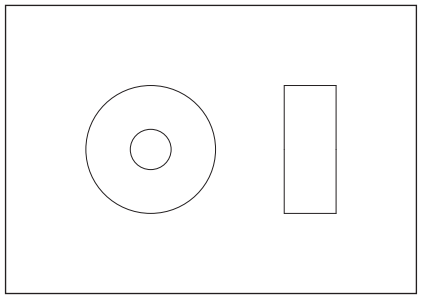
21. 18 plate head plate

QTY 1



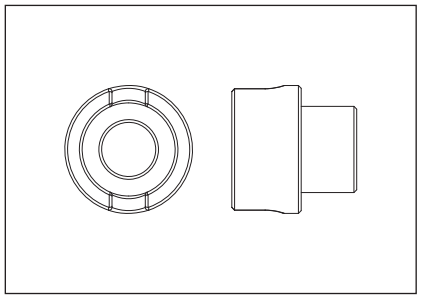
22. Rear shroud

QTY 1



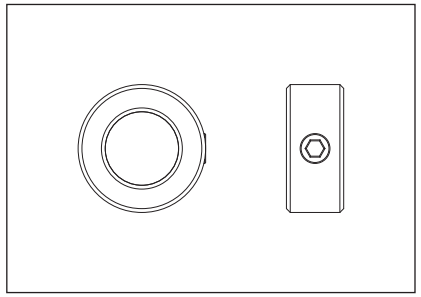
23. Cushion, weight stack

QTY 2



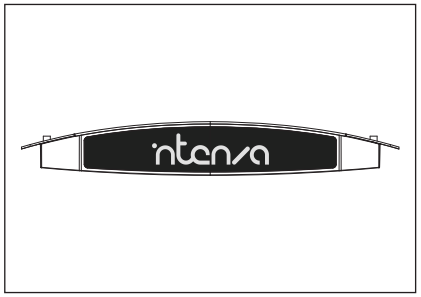
24. Bushing, guide rod retainer

QTY 2



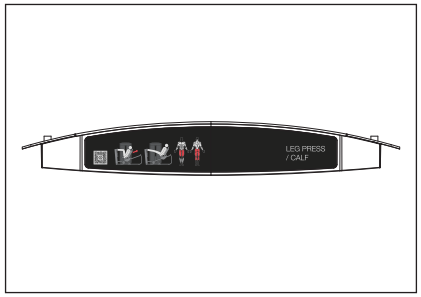
25. Shaft collar, guide rod

QTY 2



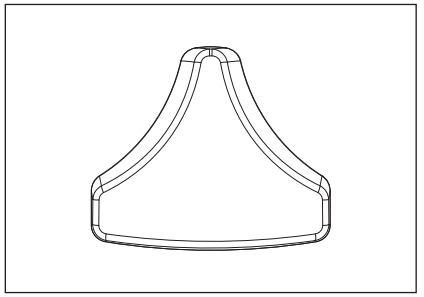
26. LP placard, back

QTY 1



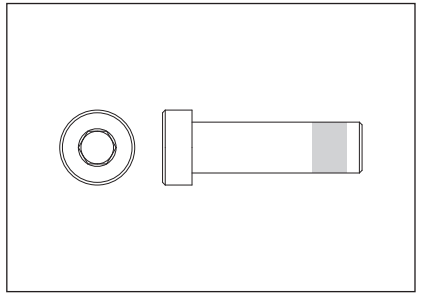
27. LP placard, front

QTY 1



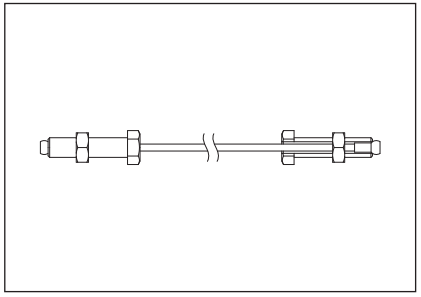
28. Pad, small seat

QTY 1



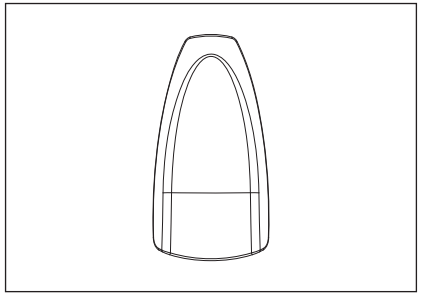
29. Bolt, 3/8 x 1-1/4" (32mm) socket head W/NP

QTY 2



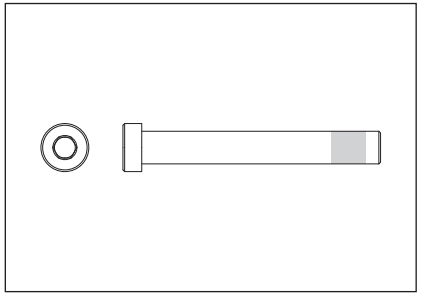
30. Cable assy, LP, 3540L

QTY 1



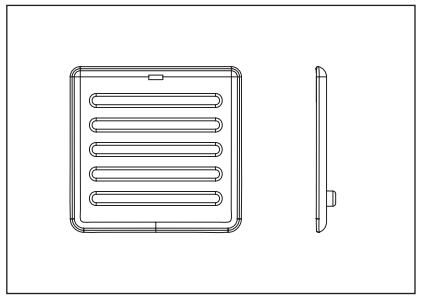
31. Back pad w/vinly & cover

QTY 1



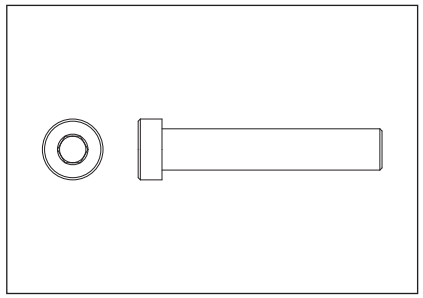
32. Bolt, 3/8-16 x 2-3/4"(70mm) socket head W/NP

QTY 2



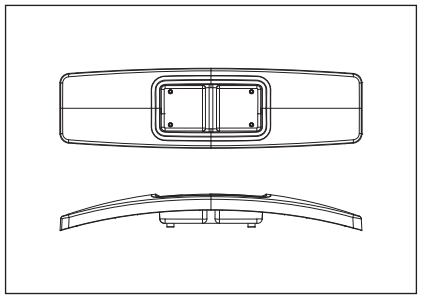
33. Tray, tower cap

QTY 2



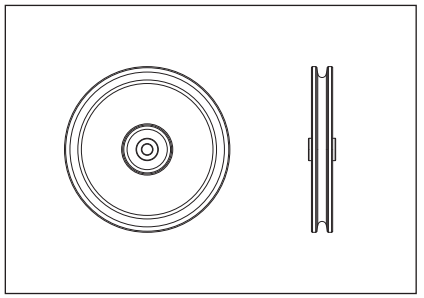
34. Bolt, 3/8-16 x 2" (51mm) socket head

QTY 1



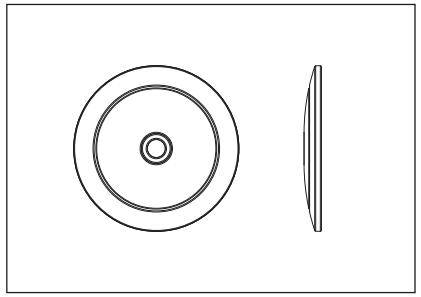
35. Assy, tower cap

QTY 1



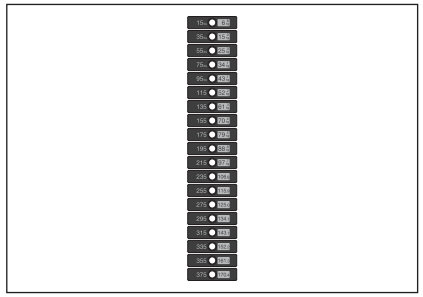
36. Pulley, 6" DIA

QTY 3



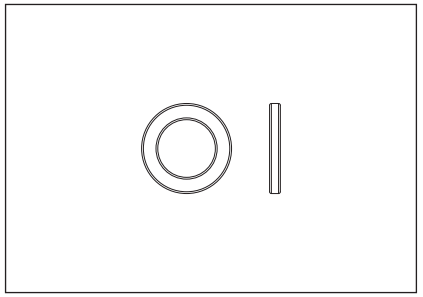
37. Cover, pulley 152mm DIA

QTY 3



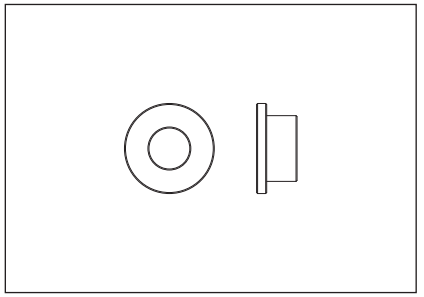
38. Label, weight stack 20lbs

QTY 1



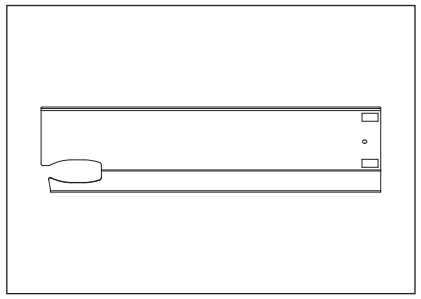
39. Washer, rubber 19 ID x 25 OD x 3

QTY 3



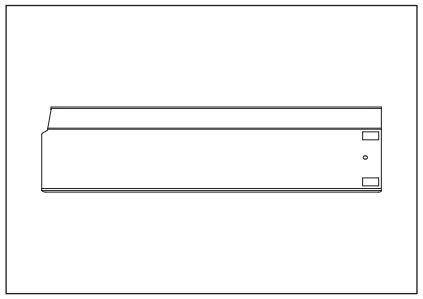
40. Spacer, FLNG 16.2 x 10.2 x 7.5

QTY 3



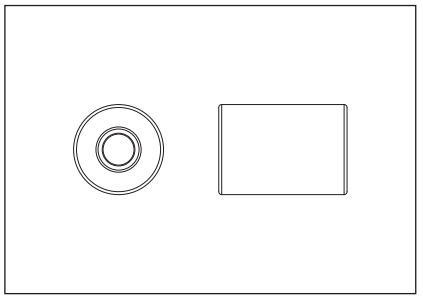
41. Shroud, tower front (R)

QTY 1



42. Shroud, tower front (L)

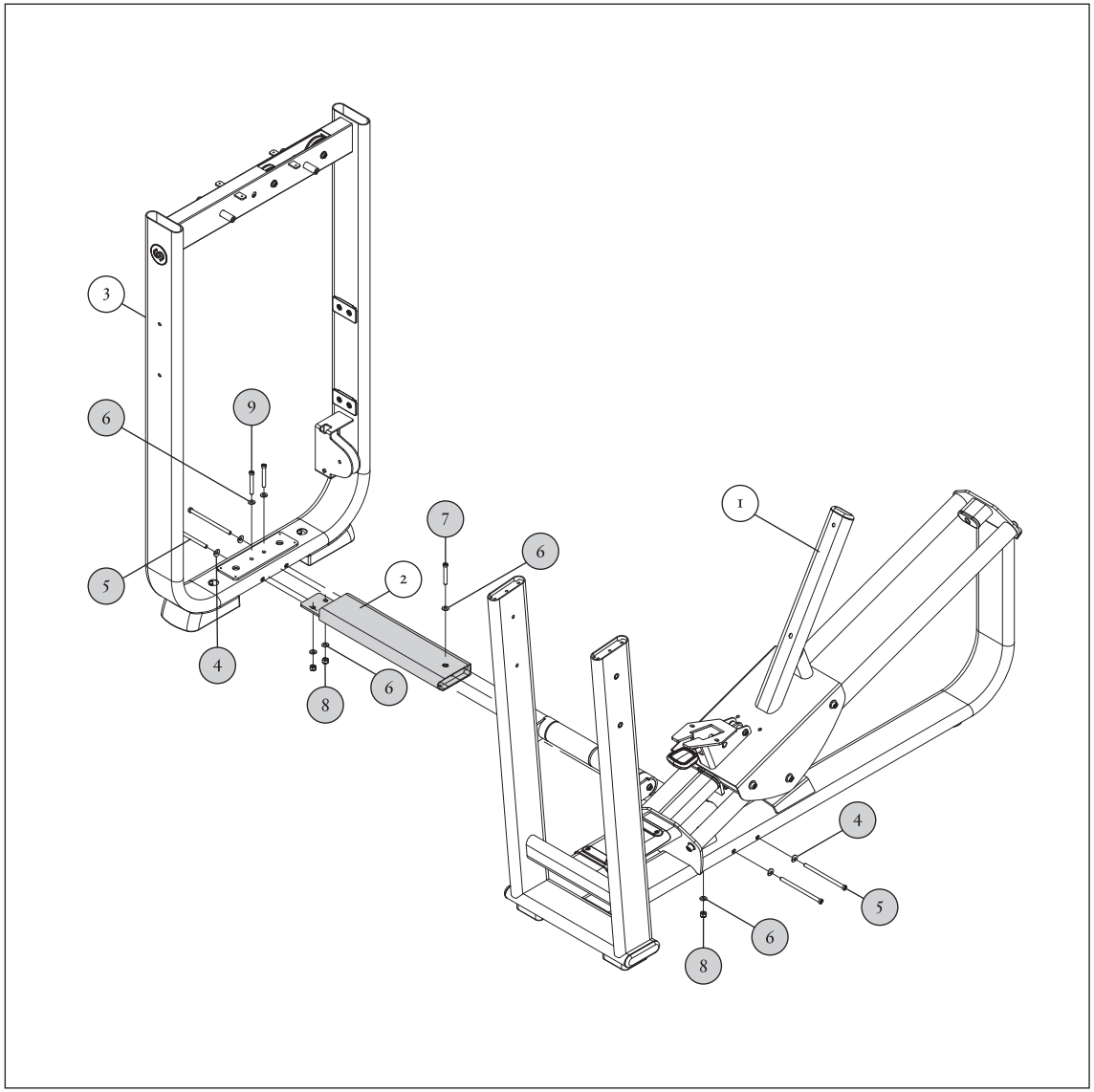
QTY 1



43. Mount, 19mm ID standoff

QTY 4

STEP 1



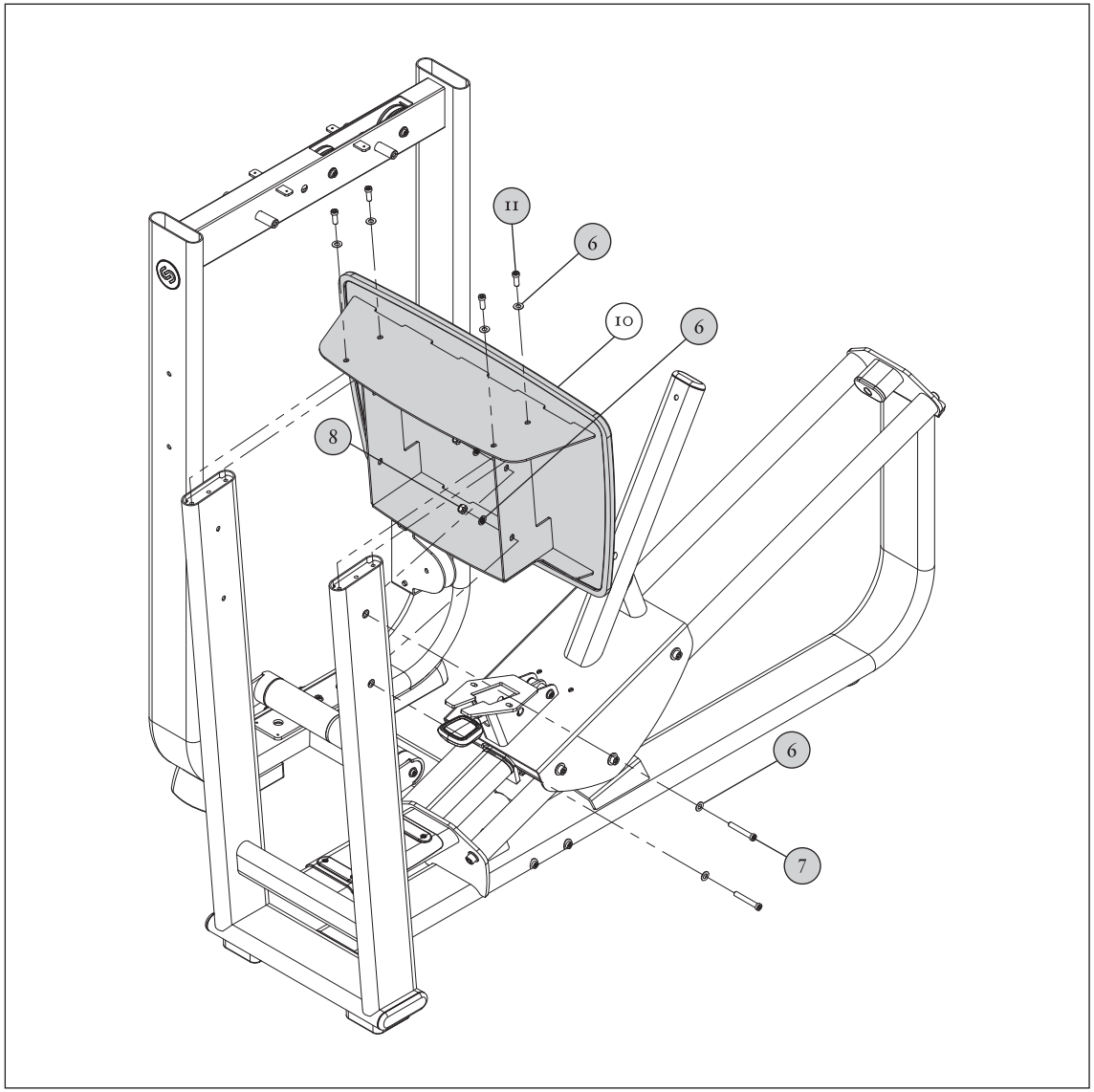
COMPONENTS

- 4 : Washer, 3/8" SAE curved
- 5 : Bolt, 3/8-16 x 6-1/4" (159mm) socket head W/NP
- 6 : Washer, flat 3/8 SAE ST ZN
- 7 : Bolt, 3/8-16 x 2-1/2" (64mm) socket head
- 8 : Nut, 3/8-16 x 11t LK ST ZN
- 9 : Bolt, 3/8-16 x 2-3/4" (70mm) socket head

PLEASE NOTE

- Securely tighten all bolt connections.

STEP 2



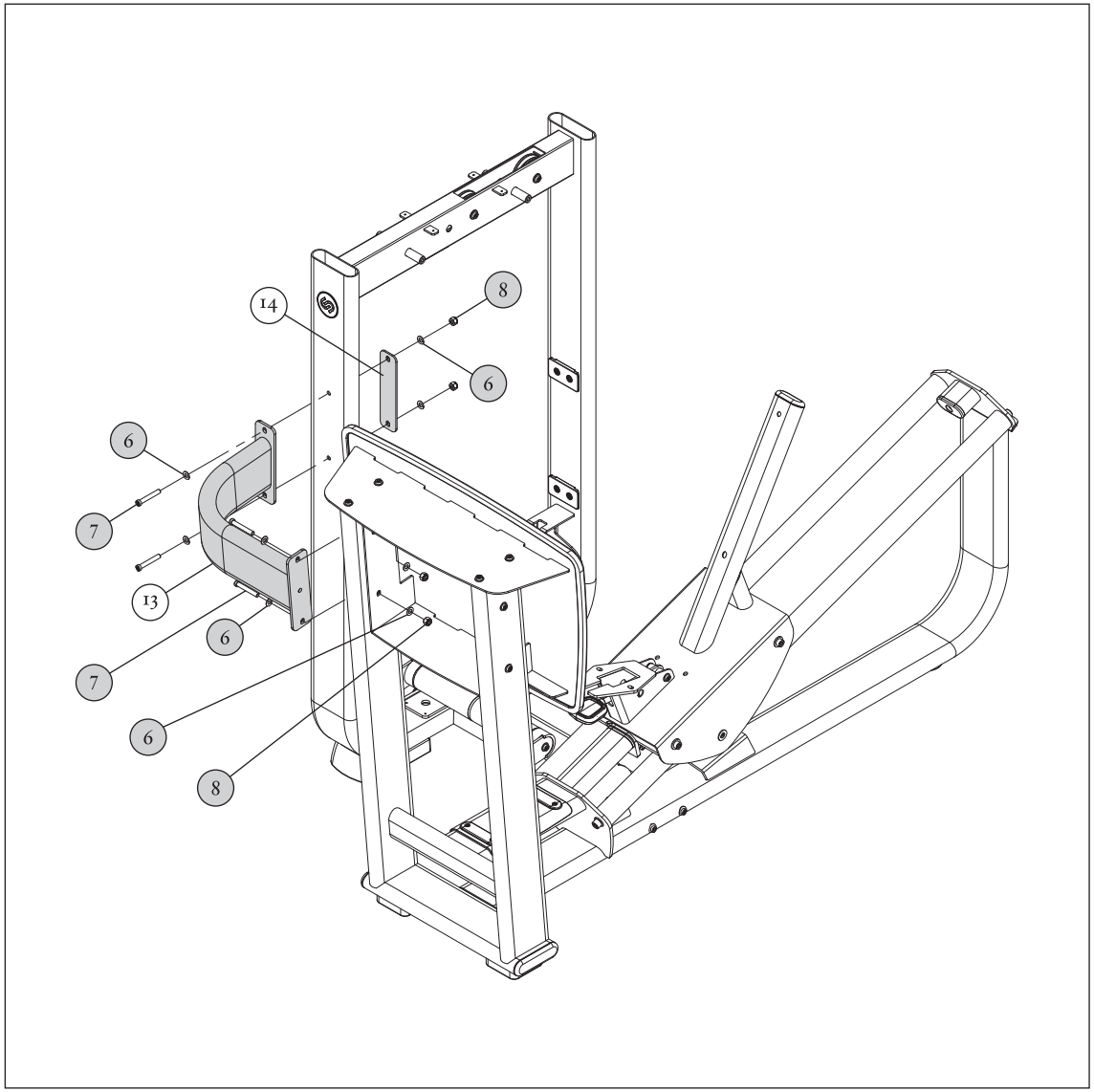
COMPONENTS

- 6 : Washer, flat 3/8 SAE ST ZN
- 7 : Bolt, 3/8-16 x 2-1/2" (64mm) socket head
- 8 : Nut, 3/8-16 x 11t LK ST ZN
- 11 : Bolt, 3/8-16 x 1"(25mm) socket head W/NP

PLEASE NOTE

- Securely tighten all bolt connections.

STEP 3



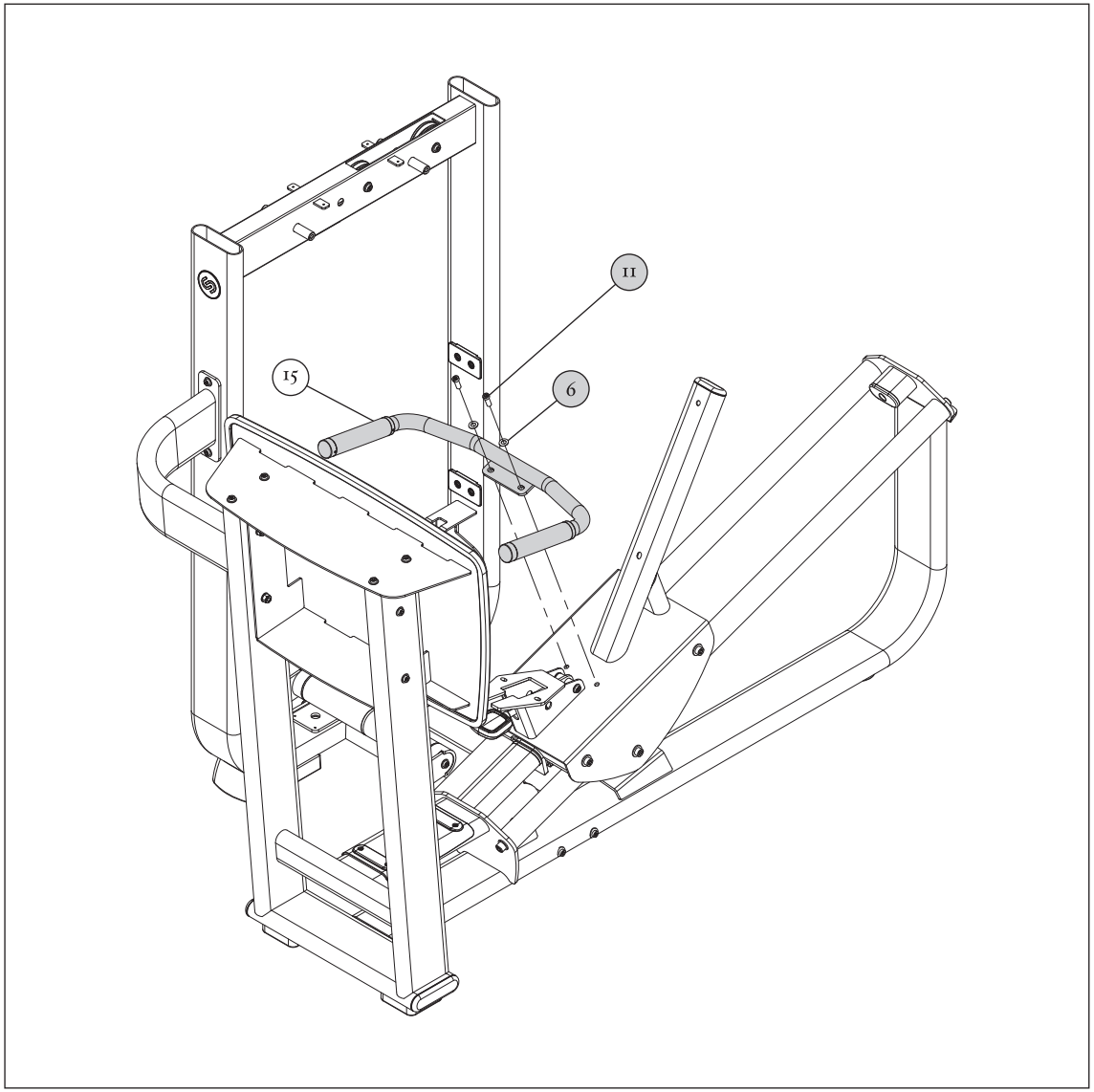
COMPONENTS

- 6 : Washer, flat 3/8 SAE ST ZN
- 7 : Bolt, 3/8-16 x 2-1/2" (64mm) socket head
- 8 : Nut, 3/8-16 x 11t LK ST ZN

PLEASE NOTE

- Securely tighten all bolt connections.

STEP 4



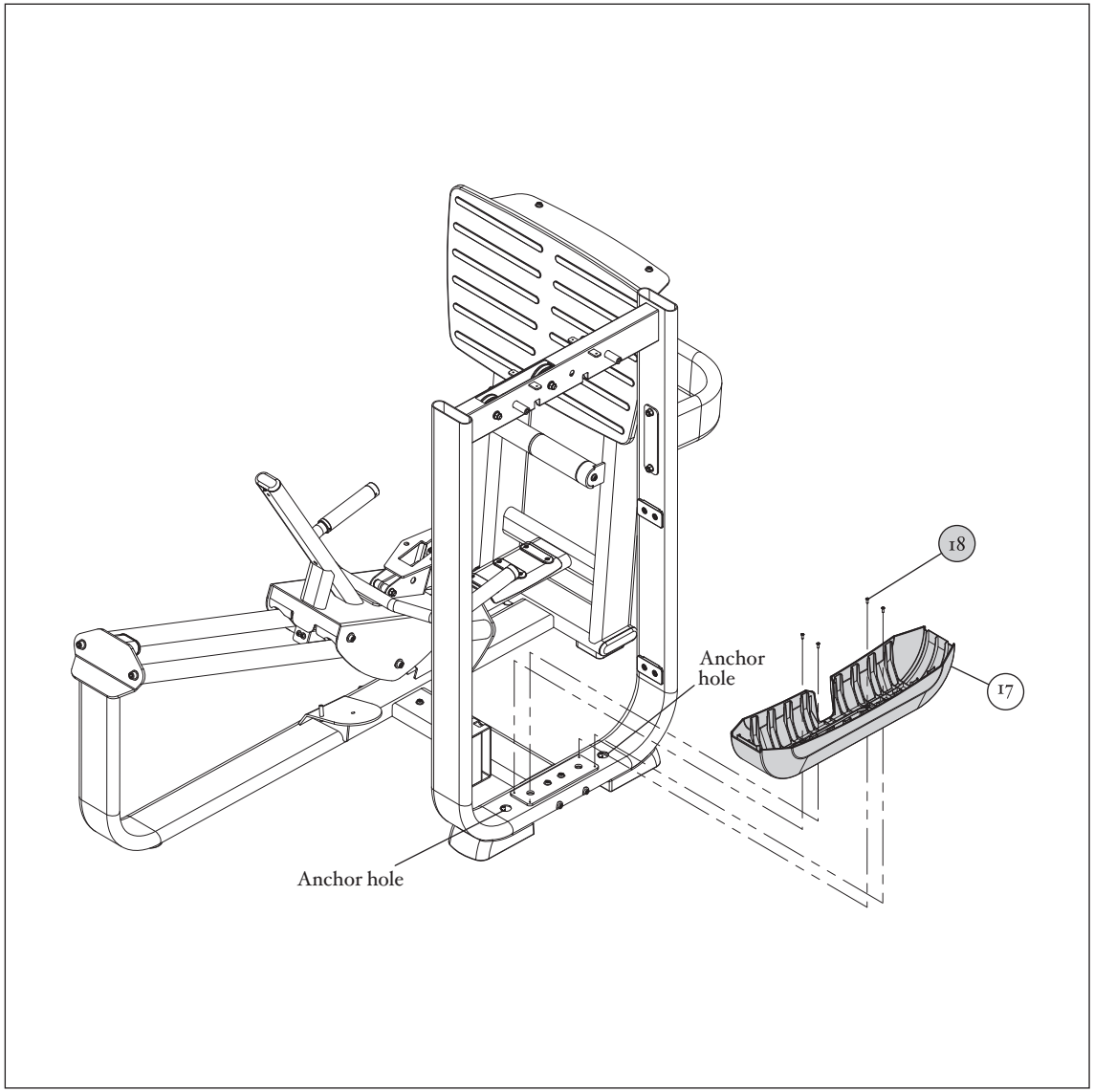
COMPONENTS

- 6 : Washer, flat 3/8 SAE ST ZN
- 11 : Bolt, 3/8-16 x 1"(25mm) socket head W/NP

PLEASE NOTE

- Securely tighten all bolt connections.

STEP 5



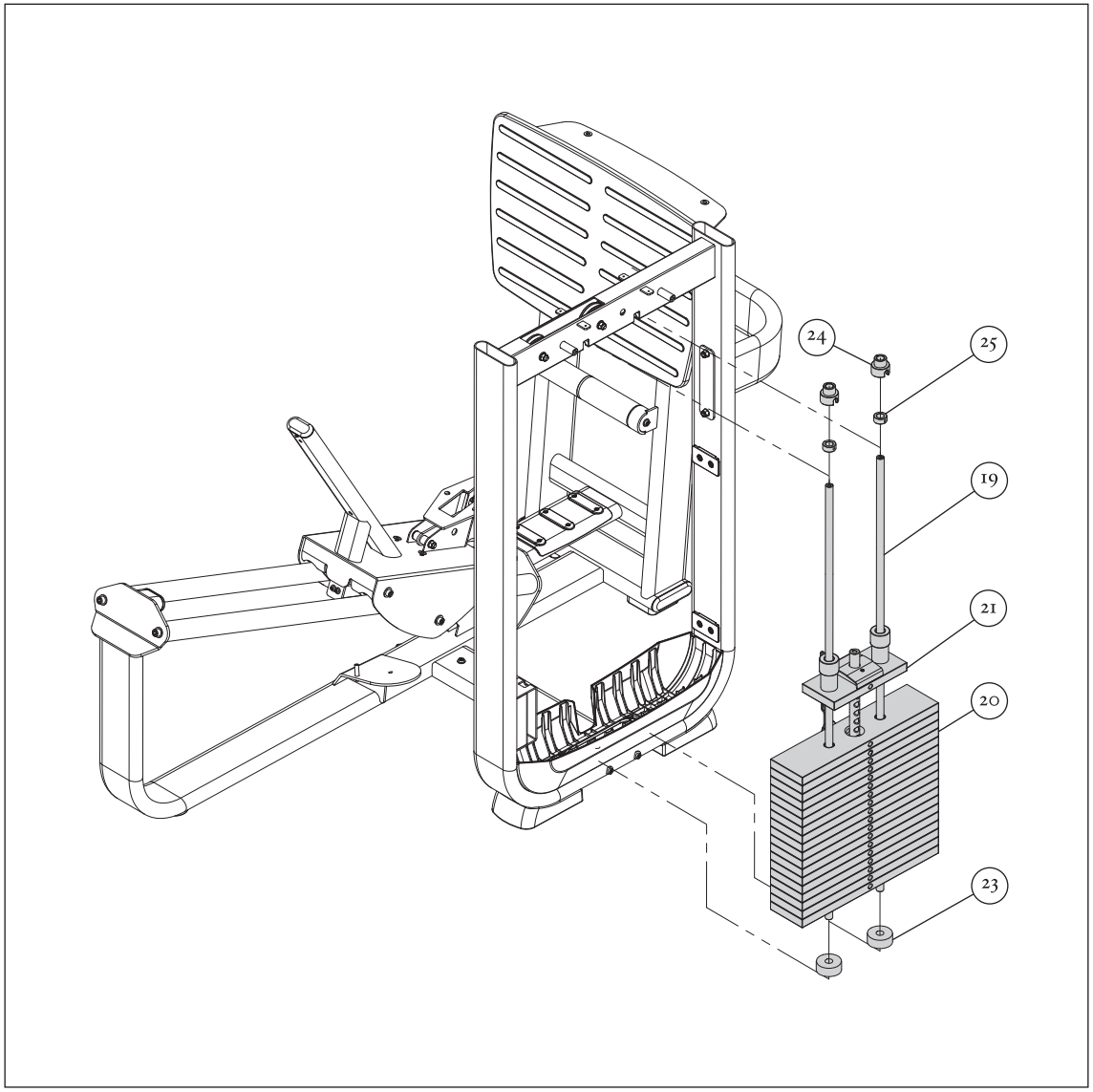
COMPONENTS

- 18 : Screw, 10-32 x 1/2"(12mm) pan head W/NP

PLEASE NOTE

- Securely tighten all bolt connections.
- If machine will be anchored to the floor, this must be done before the weight stack is assembled.
- Securely anchor the machine to the floor using the anchor holes provided.
- Consult a professional contractor for the actual anchoring of the machine.

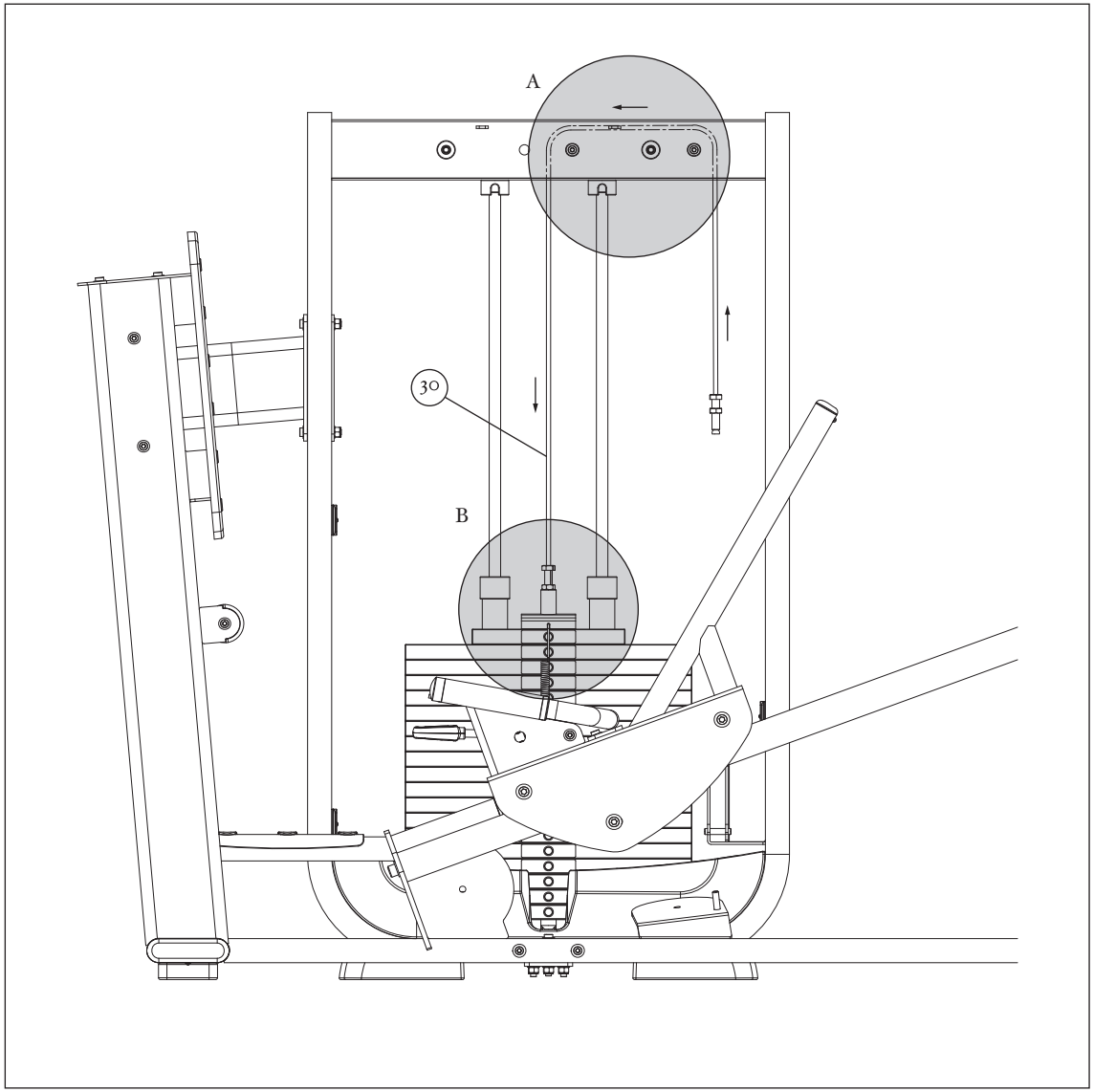
STEP 6

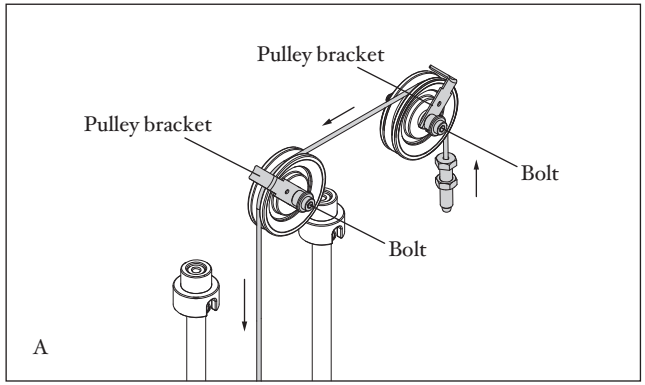


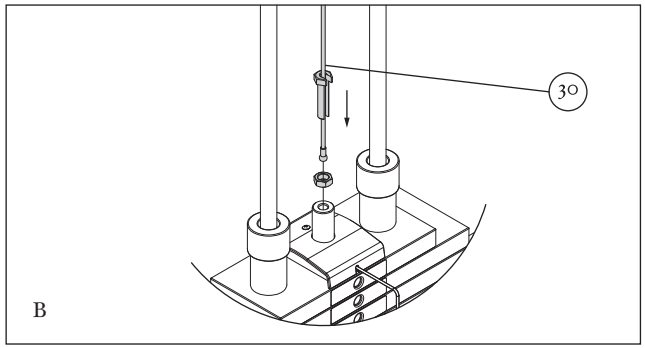
PLEASE NOTE

- Securely tighten all bolt connections.

CABLE ROUTING DIAGRAM



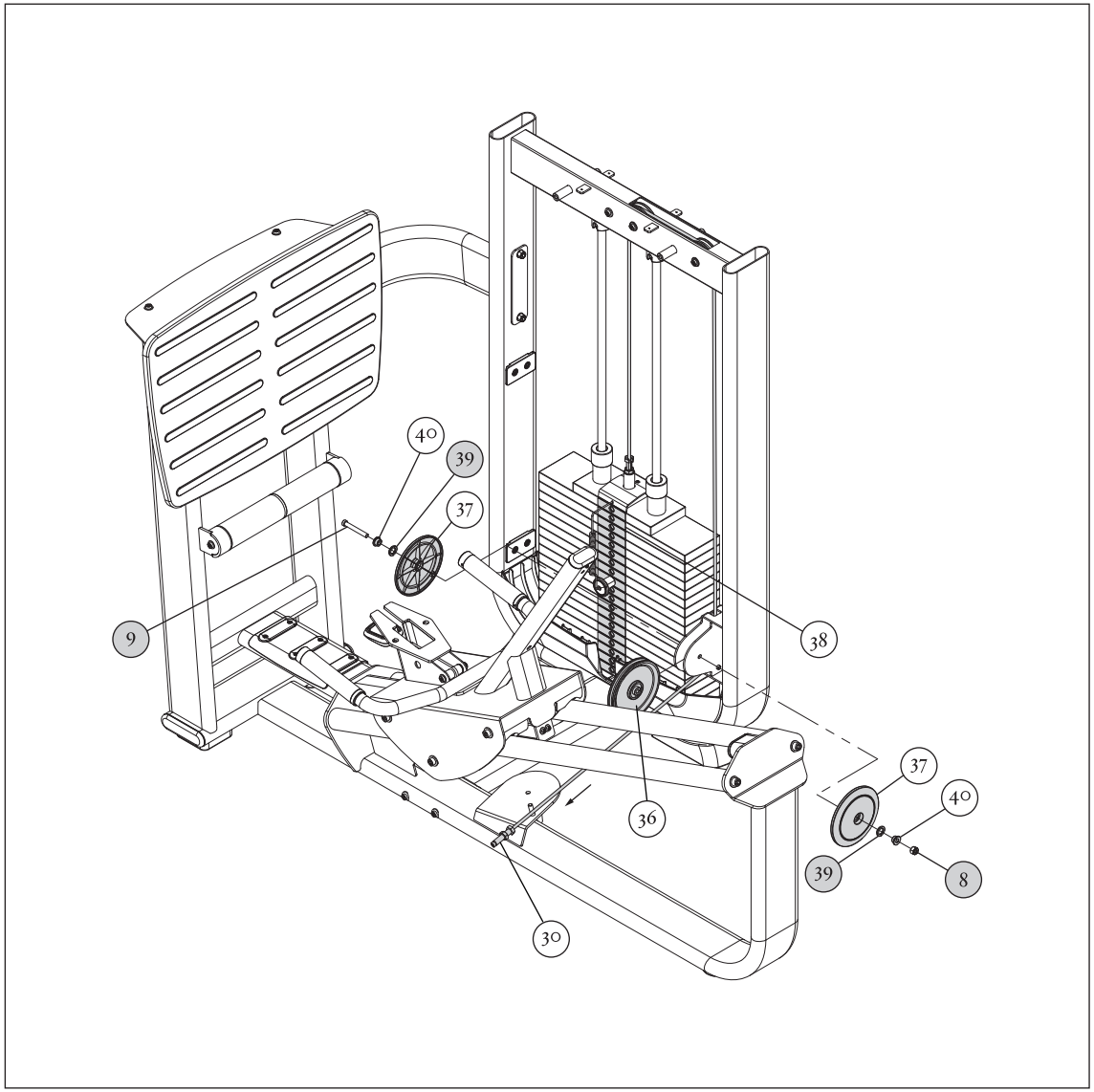




PLEASE NOTE

- Some parts have been hidden for asssembly clarity.
- Loosen the bolts of the two pulley brackets before sliding the cable, and remember to tighten them after the cable routing is done.
- Make sure the cable is routed in groove of pulley.
- Securely tighten all bolt connections.

STEP 7



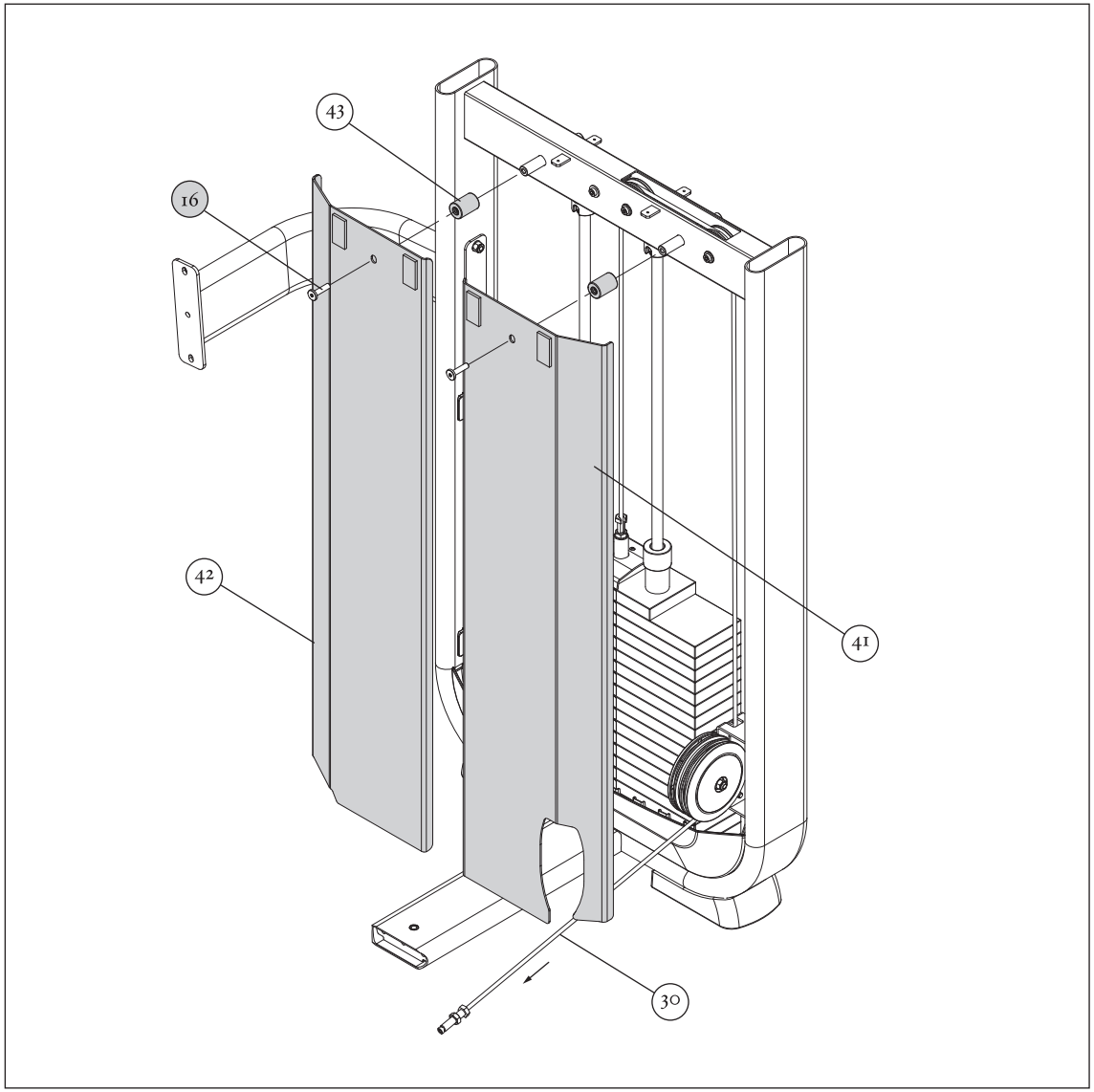
COMPONENTS

- 8 : Nut, 3/8-16 x 11t LK ST ZN
- 9 : Bolt, 3/8-16 x 2-3/4" (70mm) socket head
- 39 : Washer, rubber 19 ID x 25 OD x 3

PLEASE NOTE

- Some parts have been hidden for asssembly clarity.
- Not to align the pin with the positioning hole of the pulley cover.
- Make sure the cable is routed in groove of pulley.

STEP 8



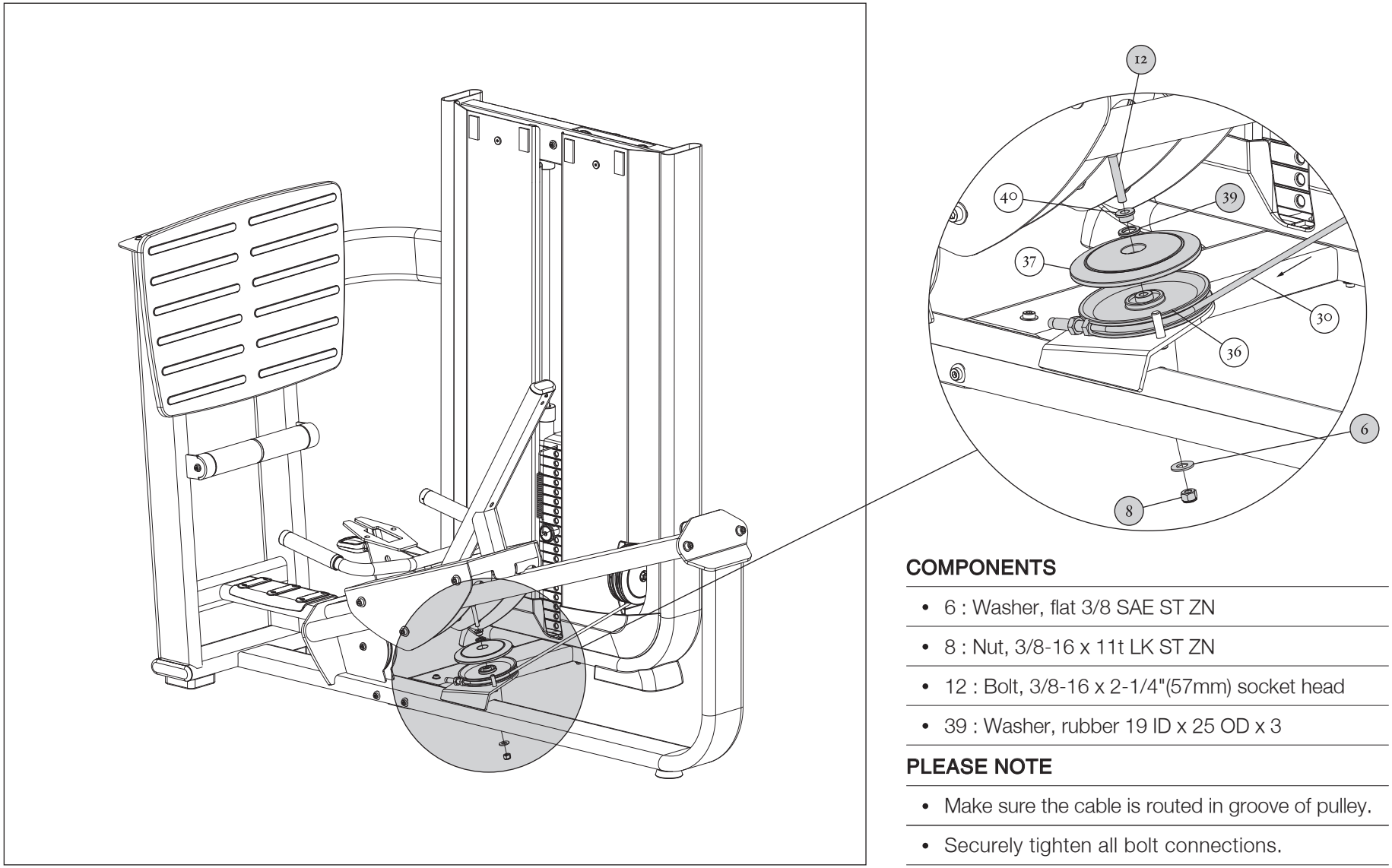
COMPONENTS

- 16 : Bolt, 3/8-16 x 1-1/2" (38mm) socket head

PLEASE NOTE

- Some parts have been hidden for asssembly clarity.
- Route the cable through the opening of the right shroud before assembling the shrouds to the tower.
- Finger tighten bolts(44) all the way in, then tighten with wrench 1/2 turn.

STEP 9



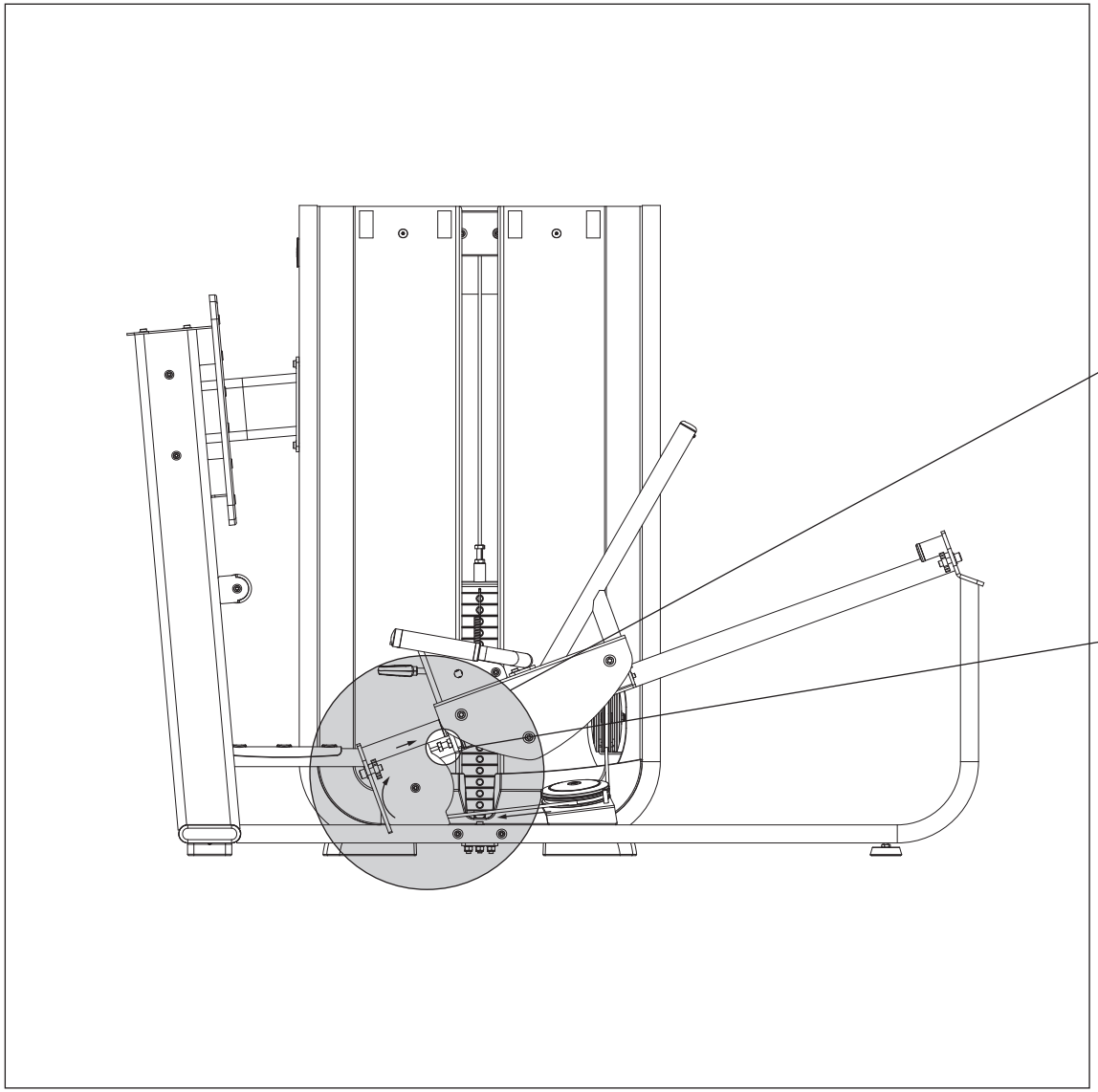
COMPONENTS

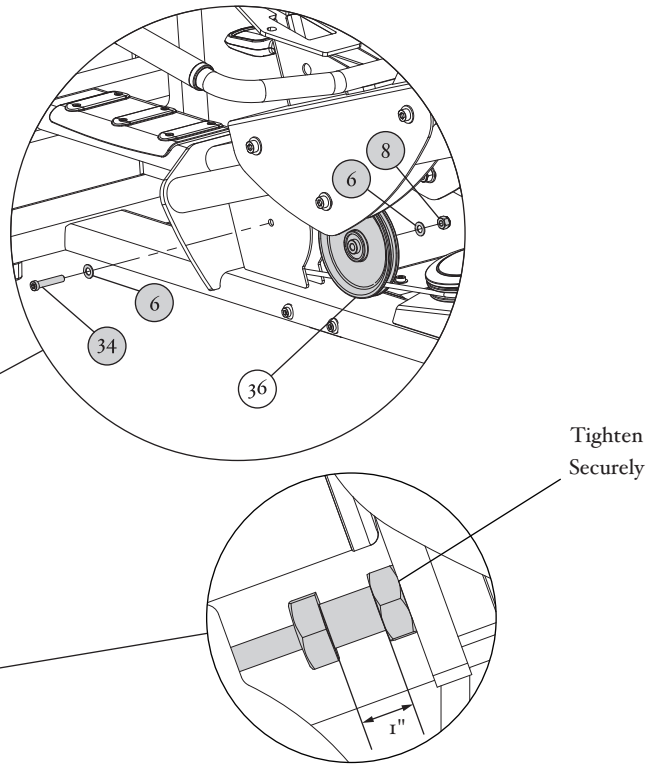
- 6 : Washer, flat 3/8 SAE ST ZN
- 8 : Nut, 3/8-16 x 11t LK ST ZN
- 12 : Bolt, 3/8-16 x 2-1/4"(57mm) socket head
- 39 : Washer, rubber 19 ID x 25 OD x 3

PLEASE NOTE

- Make sure the cable is routed in groove of pulley.
- Securely tighten all bolt connections.

STEP 10





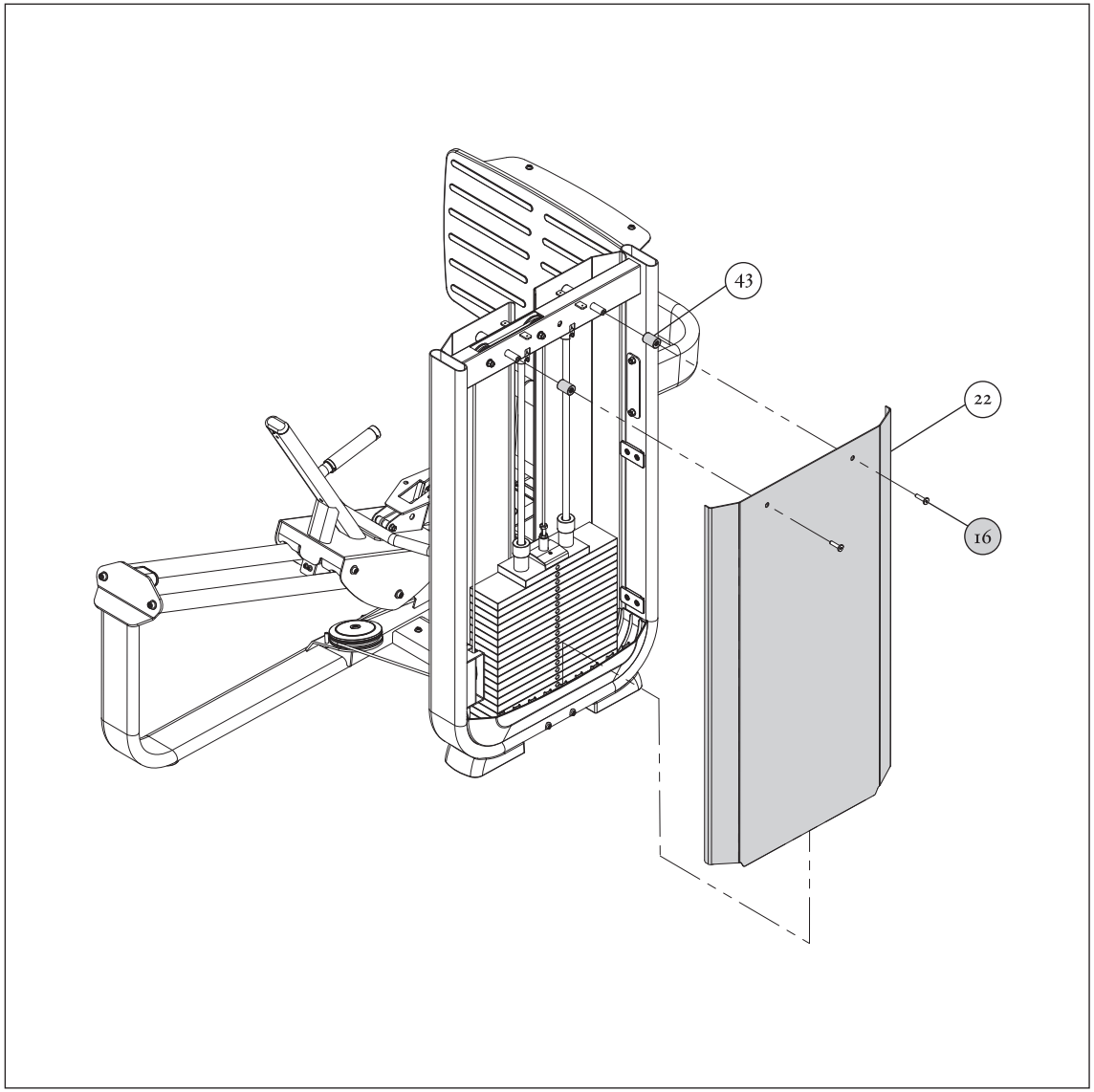
COMPONENTS

- 6 : Washer, flat 3/8 SAE ST ZN
- 8 : Nut, 3/8-16 x 11t LK ST ZN
- 34 : Bolt, 3/8-16 x 2" (51mm) socket head

PLEASE NOTE

- Make sure the cable is routed in groove of pulley.
- Securely tighten all bolt connections.

STEP 11



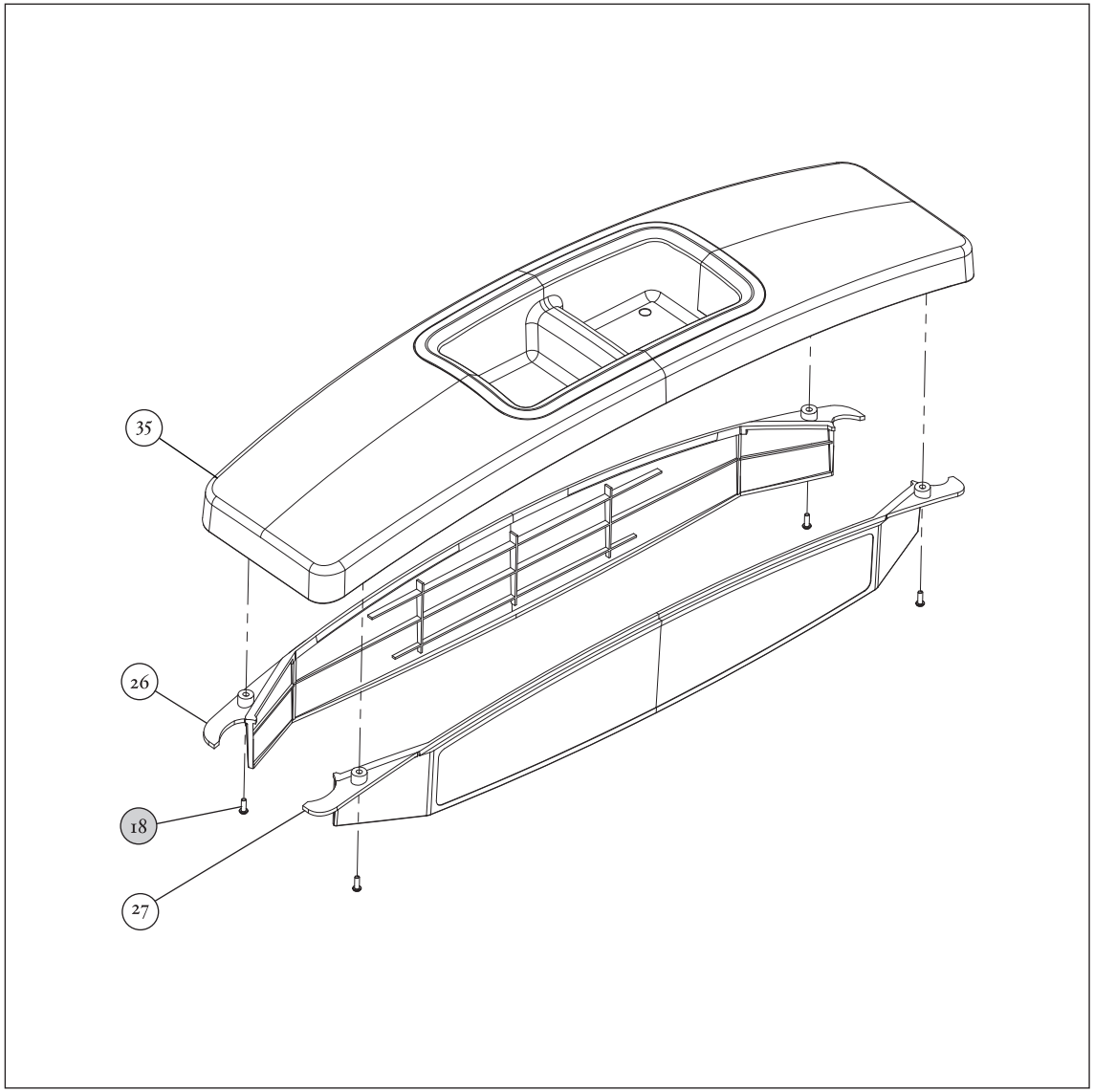
COMPONENTS

- 16 : Bolt, 3/8-16 x 1-1/2" (38mm) socket head

PLEASE NOTE

- Finger tighten bolts(44) all the way in, then tighten with wrench 1/2 turn.

STEP 12



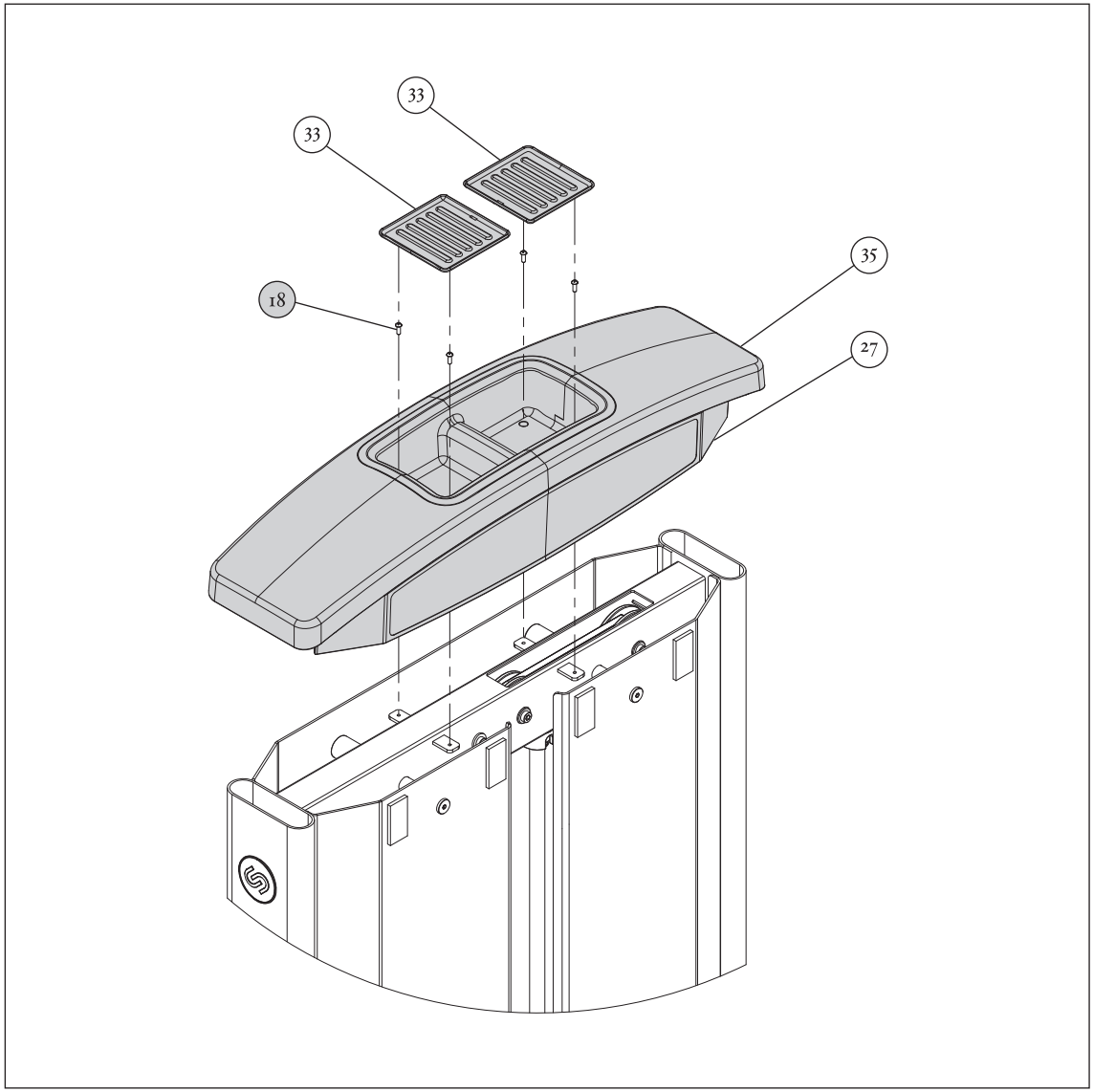
COMPONENTS

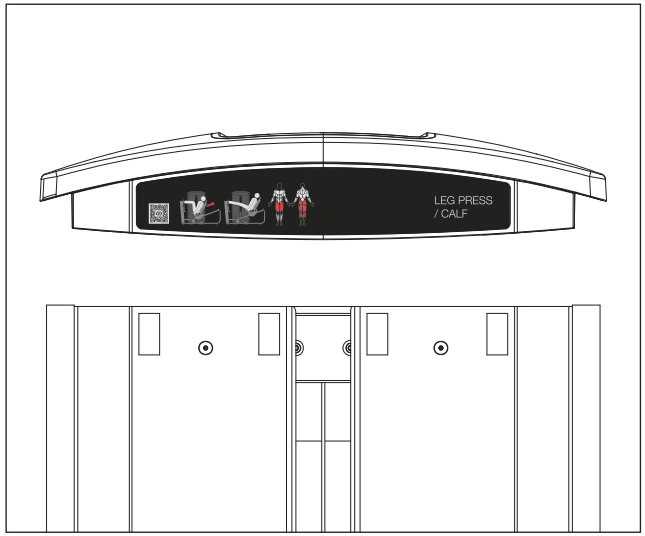
- 18 : Screw, 10-32 x 1/2"(12mm) pan head W/NP

PLEASE NOTE

- Securely tighten all bolt connections.

STEP 13





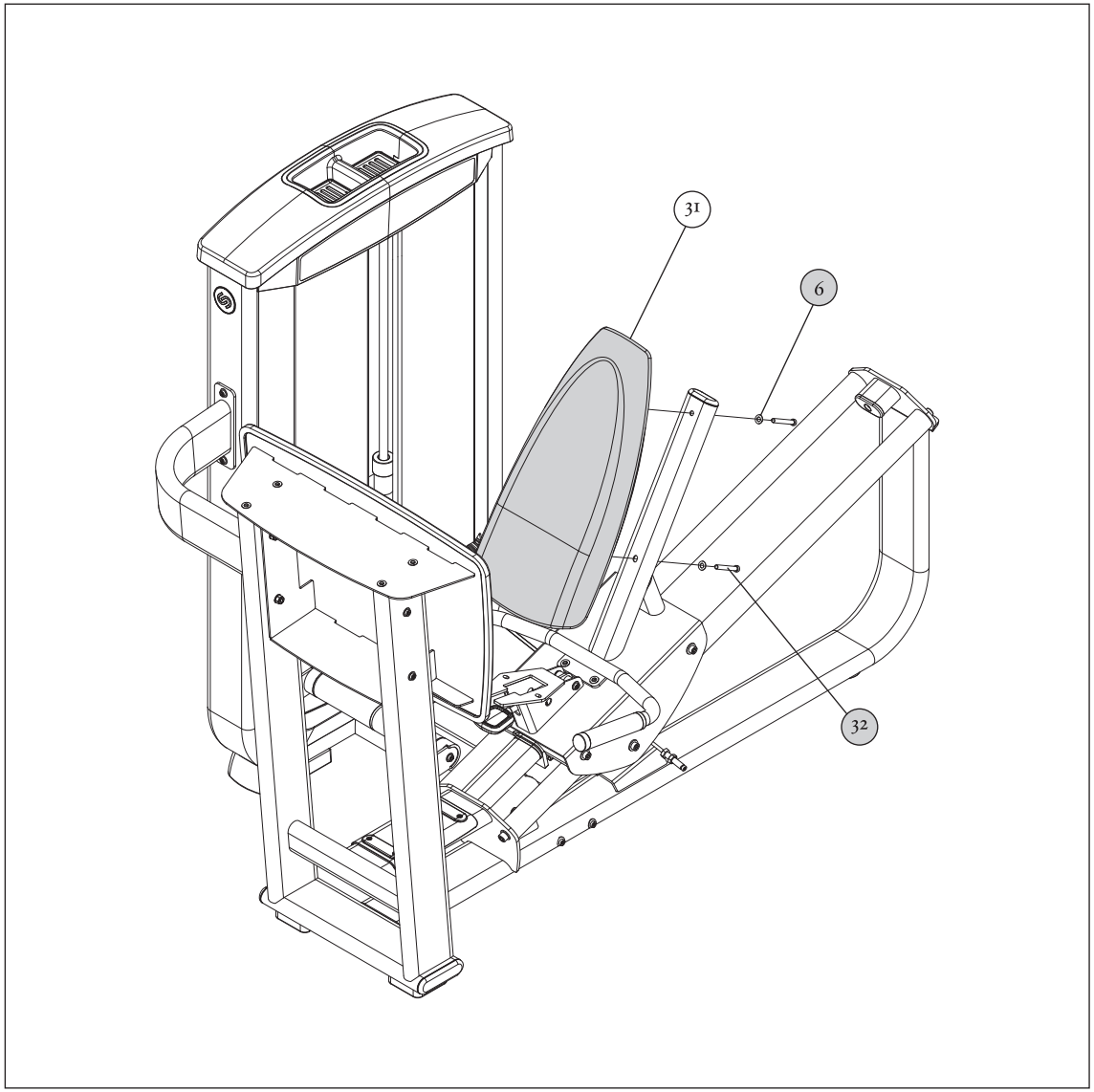
COMPONENTS

- 18 : Screw, 10-32 x 1/2"(12mm) pan head W/NP

PLEASE NOTE

- Securely tighten all bolt connections.

STEP 14



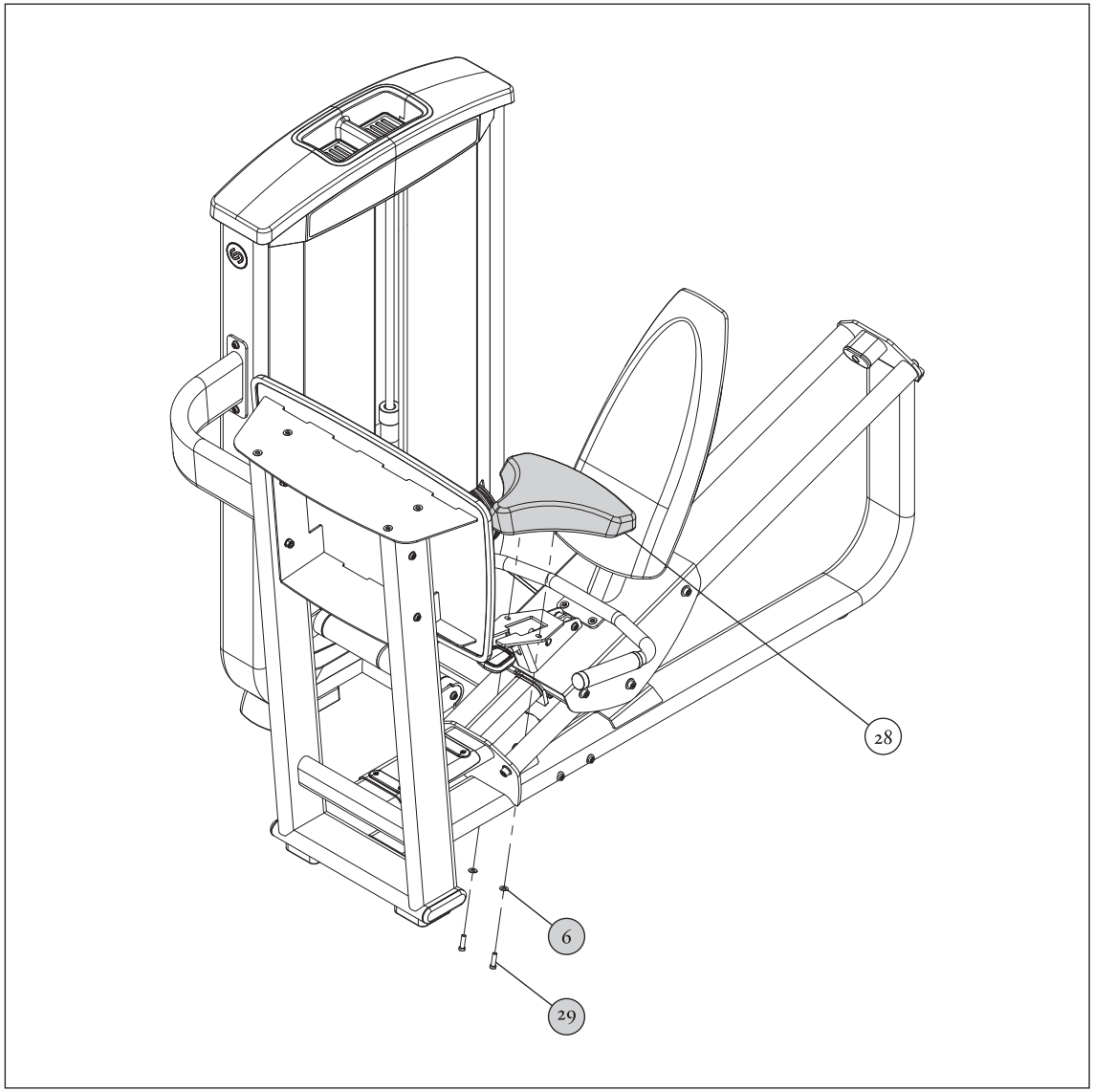
COMPONENTS

- 6 : Washer, flat 3/8 SAE ST ZN
- 32 : Bolt, 3/8-16 x 2-3/4"(70mm) socket head W/NP

PLEASE NOTE

- Securely tighten all bolt connections.

STEP 15



COMPONENTS

- 6 : Washer, flat 3/8 SAE ST ZN
- 29 : Bolt, 3/8 x 1-1/4" (32mm) socket head W/NP

PLEASE NOTE

- Securely tighten all bolt connections.

3.1 Important Safety Guidelines

CAUTION

Before using the equipment, read these instructions and all labels. Failure to do so may result in serious injury.

1. Do not allow children, or those unfamiliar with the operation of this unit,on or near it.
2. Before beginning any fitness program, see your physician for a thorough physical examination. Ask your physician for the appropriate target heart rate for your age and fitness level.
3. If you feel pain, faintness, or dizziness, stop exercising immediately.

3.2 User's Guide

LEG PRESS

The Leg Press offers an alternative or complement to the squat exercise. It trains the glutes, hamstring and quadriceps to increase lower body strength and force production, and offers conditioning benefits for beginners and performance athletes alike.

CALF

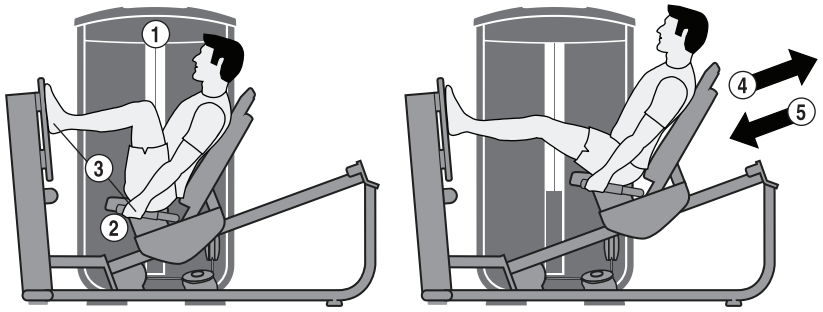
The Calf Extension targets the muscles involved in lifting your heel up for everyday motion and sport. Propelling motion for jumping, running and climbing stairs are just a few of the essential functions of these muscles.

ACTION

1. Select an appropriate weight.
2. Adjust seat pad to desired range of motion.
3. Place feet on foot plate and grasp handles.
4. Slowly push against foot platform stopping before knees lock out.
5. Return weight with controlled movement to starting position.

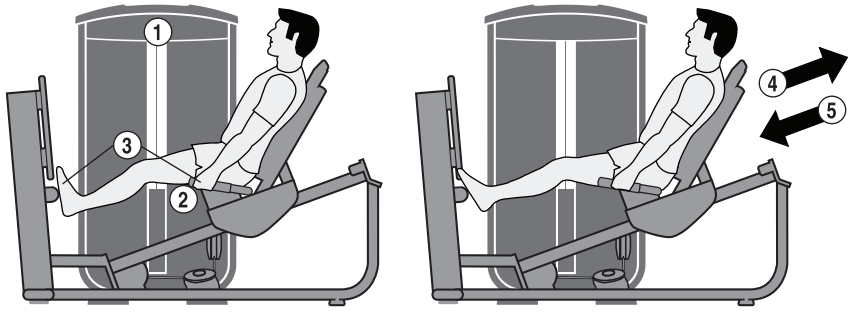
Quick start guide video

Use the built-in camera on your Phone to scan QR code for an educational exercise video tutorial.



TRAINING TIPS / LEG PRESS

Avoid locking your knees.
Keep your back in contact with the pad at all times.
Varying your foot position will change the training effect.



TRAINING TIPS / CALF

For single side training, keep both feet on the footplate, but extend only one foot for push off.

4.1 Commercial Maintenance Schedule

	DAILY	WEEKLY	MONTHLY	6 MONTHS	ANNUALLY
INSPECT					
Cables for wear, tension, and proper connection.	●				
All adjustment pins, weight stack pins, set screws, gas shocks, snap links, and pulleys.	●				
All safety and instructional decals.	●				
All weight stack shrouds.	●				
All nuts and bolts and tighten if needed.		●			
All anti-slip surfaces and replace as needed.		●			
All accessory bars and handles.		●			
CLEAN					
Upholstery	●				
Guide rods and lubricate with a teflon lubricant.			●		
LUBRICATE					
Pivot bearings and linear bearings.				●	
REPLACE					
Cables					●

BEFORE YOU BEGIN

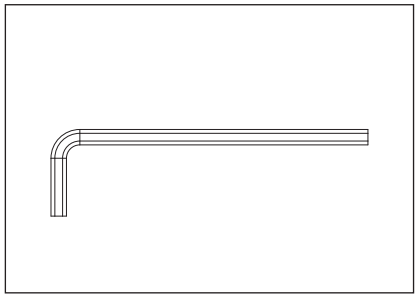
Preventative maintenance is crucial to maintaining the function and safety of this equipment. Your facility must establish written guidelines for preventative maintenance and keep written or online records of the maintenance performed on these products. As a minimum, the items presented in the Safety Instructions section of this document and the items that follow here, should be included in your maintenance program.

Important: Always purchase replacement parts and hardware from Intenza. Many parts are tested and manufactured specifically for Intenza commercial strength equipment. If you use parts not approved by Intenza, you could void the Intenza Limited Warranty. Use of parts not approved by Intenza may cause injury.

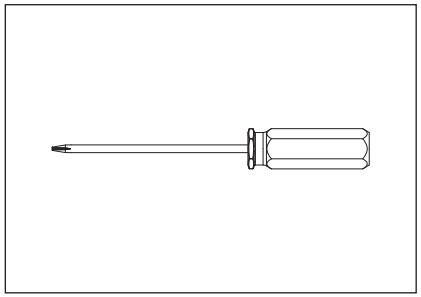
Intenza recommends that maintenance technicians thoroughly read and understand the safety guidelines and maintenance procedures covered in this manual.

NOTE : If the equipment requires assembly, please refer to 2.3 Assembly guide section in this manual.

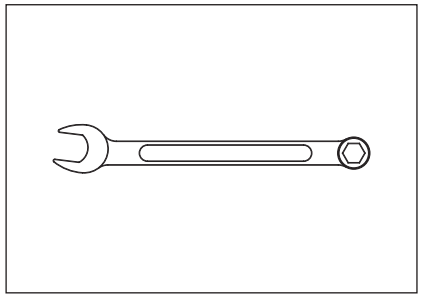
RECOMMENDED TOOLS



1. Allen wrench
   4 mm, 5mm, 6mm



2. Screwdriver



3. Open wrench
   17 mm, 19mm

4.2 Daily Inspection & Maintenance :

The following items are critical to the safety of users and maintenance staff as well as ensuring the optimum performance of the machines. These inspections should be performed each day before the equipment is subject to use. Intenza is not responsible for performing or scheduling regular maintenance or inspections.

- Inspect cables for wear, tension, and proper connection(See 4.6 Cable Inspection & Maintenance Section) if equipped.
- Inspect all adjustment pins, weight stack pins, set screws, gas shocks, snap links, and pulleys if equipped.
- Inspect all safety and instructional decals.
- Inspect all weight stack shrouds if equipped.
- Verify that rubber hand grips are intact and secure.
- Verify that anti-skid foot grips are intact and secure
- Verify that the weight stack selector pin is attached with the coiled lanyard to the top plate if equipped.

4.3 Weekly Inspection & Maintenance :

The following items are critical to the safety of users and maintenance staff as well as ensuring the optimum performance of the machines. These inspections should be performed each week. Intenza is not responsible for performing or scheduling regular maintenance or inspections.

- Check entire length of cable & end fittings for any signs of wear if equipped. Replace immediately as required. (See 4.6 Cable Inspection & Maintenance Section).
- Verify that a minimum of 1/2 inch (12.7mm) of the threaded portion of the cable bolt is threaded into the top plate and that the nut is tight if equipped with a cable. (See 4.6 Cable Inspection & Maintenance Section).
- Perform a function test by placing the selector pin in the top plate and cycling the machine through the intended motion if equipped with a cable. Verify that the machine operates smoothly without binding. Select a moderate weight and repeat.
- Verify that each pulley rotates freely when performing the exercise if equipped with pulleys. A pulley that does not rotate will cause extreme cable wear and could lead to cable failure. Determine cause and remedy immediately.
- Verify that the adjustment pop pins retract easily and fully engage (when released) into each adjustment disc hole/slot. The pop pins are spring loaded so they should return to the engaged position when you release the knob.
- Verify that the adjustment pin disengages and engages freely when actuating the adjustment mechanism. Be sure that the adjustment pin inserts fully into the adjustment disc.
- Verify that all hardware is tightened and that associated frame members are secure. Apply a few small drops of a thread locking compound such as Loctite on any loose bolts.
- Inspect frame for integrity and function. Replace any components at the first sign of wear with only Intenza supplied parts.

4.4 Other Scheduled Preventive Maintenance :

Intenza recommends that scheduled maintenance be performed by a qualified service technician. Please contact your dealer or visit www.intenzafitness.com to contact a local Intenza authorized service technician.

MONTHLY :

Clean guide rods and lubricate with a Teflon grease if equipped with guide rods.

EVERY 6 MONTHS :

Lubricate pivot bearing and linear bearings with lithium grease.

4.5 Clean The Equipment :

Wipe all machines with a water dampened cloth and dry completely. This includes painted parts, chrome plated parts (except guide rods), plastic parts, and upholstered pads. It is important not to leave parts damp. This will increase the potential for corrosion to occur.

CAUTION:

Certain anti-bacterial cleaners and other harsh cleaning agents can induce corrosion on the machine components. These solutions can also dry out and cause cracking and splitting on the upholstery.

Heavy Duty Cleaning:

1. Guide Rods (If Equipped): Clean and lubricate with a Teflon Spray. Be sure to coat the entire guide rod. Spraying lubricant into the cap plate bushings is also recommended.
2. Chromed Adjustment Tubes: Wipe away dust and dirt before applying a Teflon spray lubricant. Intenza recommends using TriFlow or a similar brand.
3. Linear Bearings: Clean the linear shaft and lubricate (as required) with Teflon based grease. Keeping linear bearings clean and lubricated is critical to long life and good performance.
4. Painted Frames: If you have scuff marks, grease or a heavy dirt buildup on frame components, start with a mild soap solution or a diluted solution of a product such as Simple Green with a dilusion of 32:1. If you cannot remove the marks using those methods, use a car polish/cleaner. DO NOT use solvents such as lacquer thinner, mineral spirits or acetone.For deeper scuff marks, use an automobile finish rubbing compound.
5. Upholstery: For heavy duty cleaning, use a mild soap solution. This method should be sufficient in the majority of instances. In severe stain cases, you can use a solution of 5-10% household bleach diluted with water. Be sure to test an inconspicuous area first. DO NOT use chemical cleaners on the vinyl upholstery. You can also use a lanolin based hand cleaner to clean your upholstery. Wipe off after cleaning with a damp cloth and thoroughly dry.
6. Plastic Parts: use a mild soap solution to clean dirt and grease marks.
7. Labels: use a mild soap solution to clean dirt and grease marks.
8. Shrouds: use a mild soap solution to clean dirt and grease marks.

CAUTION

Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and may void the Intenza Warranty. Never pour or spray liquids on any part of the equipment. Allow the equipment to dry completely before using.

CAUTION

If you determine that the equipment needs service, make sure that the equipment cannot be used inadvertently and ensure other users know that the machine needs service.

* To order parts or to contact a Intenza Authorized Service representative, please visit www.intenzafitness.com

4.6 Cable Inspection & Maintenance :

One of the most critical areas that require frequent inspection on any weight machine is the cable system that lifts the weight stack if the machine is equipped with those items. Sudden failure of a worn cable can, in some instances, result in injury to the user. It is the responsibility of the facility to inspect the cables frequently.
Cables are components that wear over time. This means that the more often a piece of equipment is used, the greater the likelihood that cable wear will occur.

Listed below are the areas of the cable that require inspection.

* Intenza recommends that all cables be replaced on an annual basis to maintain the safety of all users.

Cable Wear:
Inspect all cables for any signs of wear. Pay close attention to the cable in the area of the end fittings and attachment points. Inspect the areas around the pulleys and/or cams. Shown below are examples of cables that exhibit signs of potential failure. If any of these conditions are apparent, the machine should immediately be taken out of service and repaired. Be sure to use only cables supplied by Intenza. DO NOT use cables that have fittings attached with handcrimp tools.

- Twisted cable (Zig-Zag pattern)

- Break/Bend in Cable

- Stretched Cable Covering

- Break in the Cable Cover

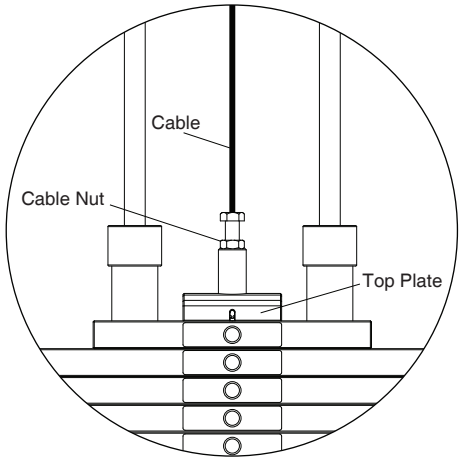
- Tear in the Cable Cover

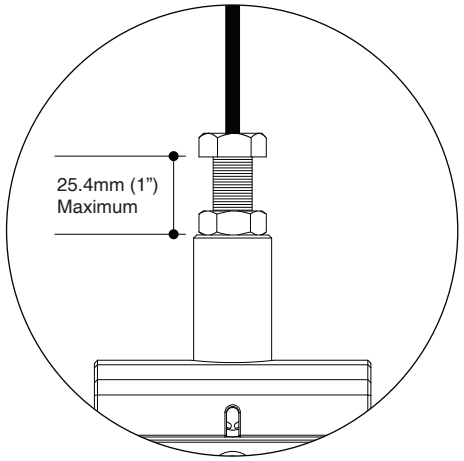
- Crimp Connector Dislodged

Bad Good

Cable Tension:

Ensure that the cables are adjusted to remove any slack using the threaded end fittings. These are normally located at the weight stack connection. Depending upon the machine, there may be multiple threaded fitting on multiple cables. You can determine if there is too much slack by performing the exercise. As you start to move a load arm or handle, the weight stack should lift immediately. If not, the cable tension needs to be adjusted. To adjust the cable tension, loosen the cable nut that is located on the cable bolt connected to the top plate. Tighten the cable bolt until the top plate is barely lifted off of the first weight plate and then re-tighten the cable nut.





CAUTION

A minimum of 1 inch (2.54mm) of the threaded portion of the cable bolt must be threaded into the top plate.

* No more than 1 inch (25.4 mm) of the threaded portion of the cable bolt should be visible.

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No. 28, Jiaotuizai Boulevard, Liuying District, Tainan City 736, Taiwan

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