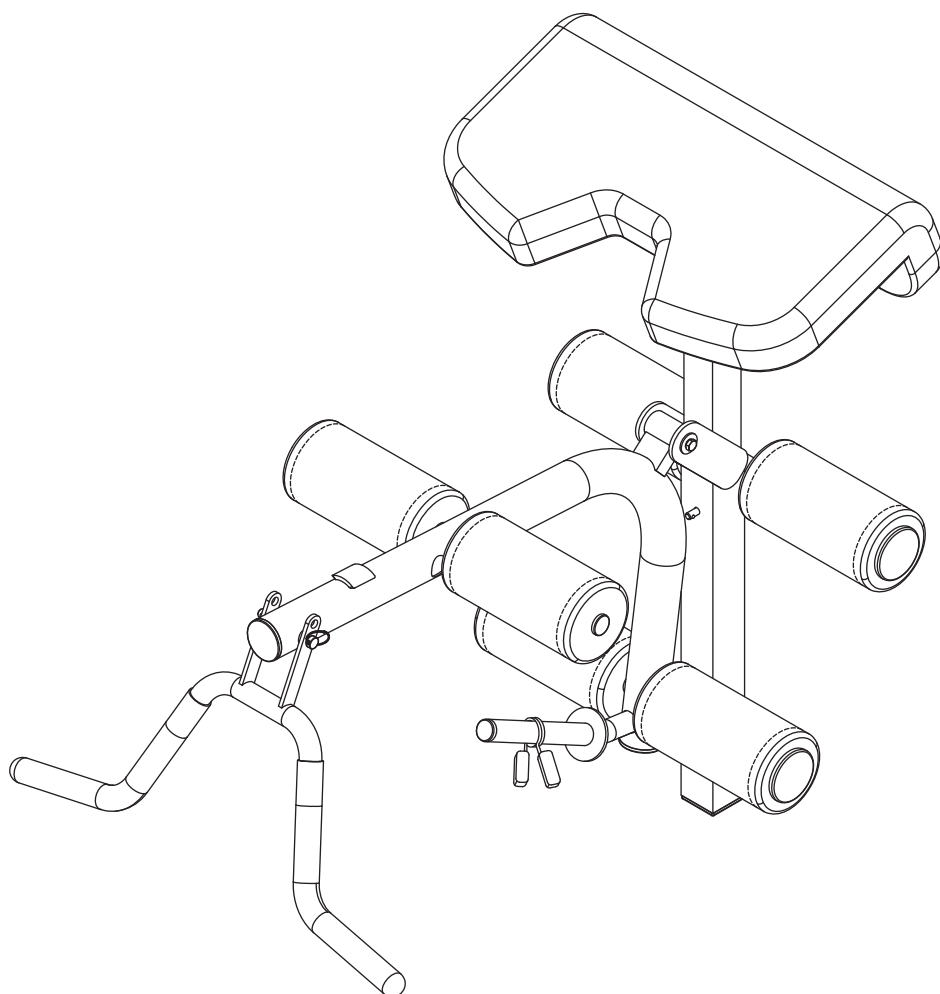


OWNER'S MANUAL



Leg Develop Attachment

6839.1-122215

The specifications of this product may vary from this photo and are subject to change without notice.
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This product is licensed by the World Triathlon Corporation.

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IMPORTANT: FOR NORTH AMERICA ONLY

For damage or defective product, questions, replacement parts or any other service support, please contact our customer service department (8:00 AM - 5:00 PM Pacific Standard Time, Open Daily) by below methods:

For Best Service Email:

Service@paradigmhw.com *

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7922**

Please have the following information ready when requesting for service:

- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

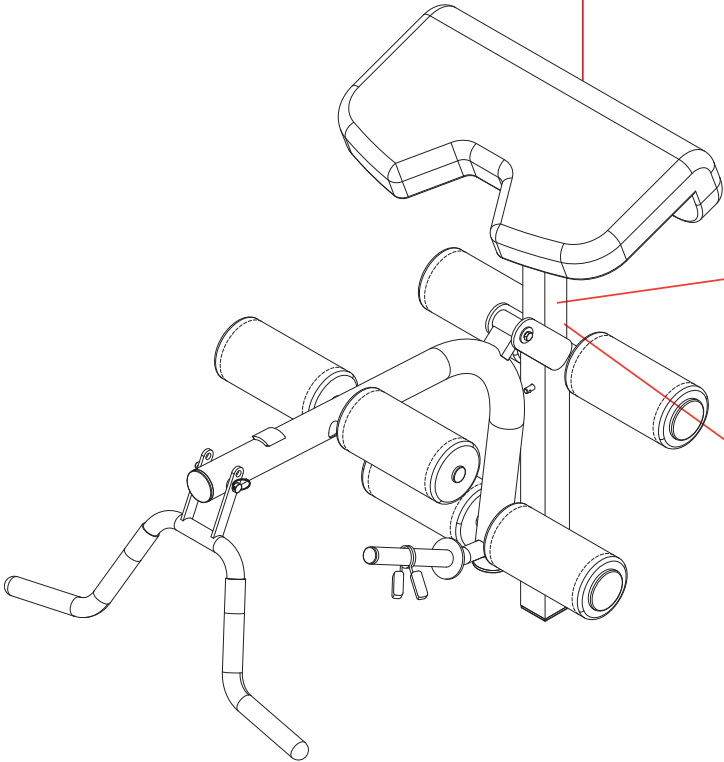
For damaged or defective product please contact our customer service before returning to the store.

* Emailing us with the information above will be the best method to receive a response during peak business hours.

**Response time may vary.

Paradigm Health & Wellness, Inc.
1189 Jellick Ave.
City of Industry, CA 91748, USA


UNDER PENALTY OF LAW THIS TAG NOT TO BE REMOVED EXCEPT BY THE CONSUMER ALL NEW MATERIAL CONSISTING OF POLYURETHANE FOAM PAD: 100%	NOTICE This article does not meet the flammability requirements of California Bureau of Home Furnish- ings technical bulletin 117. Care should be exercised near open flame or with burning cigarettes.
REGISTRY NO. VA25302 (CN) Certification is made by the manufacturer that the materials in this article are described in accordance with law. Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry CA 91746, USA	AVIS Ce produit ne satisfait pas aux critères d'inflammabil- ité spécifiés à l'article 117 du devis technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme nue (cigarettes, etc.)
NO D'ENREGISTREMENT VA25302 (CN) Cette étiquette est apposée conformément aux lois Cana- diennes. Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91746 USA	NOTIFICACIÓN Este artículo no se ajusta a la inflamabilidad requisitos de Oficina de Mobiliario boletín técnico 117. Cuidado de California deben ejercerse cerca de una llama abierta o con cigarrillos ardientes.
SE SANCIONARÁ LEGALMENTE A QUIENES QUITEN ESTA ETIQUETA. SOLO EL CONSUMIDOR PODRÁ QUITARLA. MATERIAL COMPLETAMENTE NUEVO CONPUERTO DE 100% RELLENO DE ESPUMA DE POLIURETANO. NO. DE REG VA25302 (CN) El fabricante certifica que los materiales de este artículo se describen según las leyes. Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry CA 91746, USA	





114067683900001

Serial number / Numéro de série / Número de serie:
MADE IN CHINA / FABRIQUÉ EN CHINE / HECHO EN CHINA



WARNING
AVERTISSEMENT
ADVERTENCIA

Always be sure that the pin is fully engaged into the hole you select. Failure to do so may result in serious injury.

Assurez-vous toujours que la goupille est pleinement engagée dans le trou que vous sélectionnez. Ne pas le faire peut entraîner des blessures graves.

Asegúrese siempre de que el pasador esté completamente enganchado en el agujero que usted seleccione. El no hacerlo puede resultar en lesiones graves.

PRODUCT SAFETY

WARNING: Before using this equipment you should consult with your personal physician to see if Ironman Leg Development Attachment is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
- Use of anti-coagulants including Aspirin in high doses

The Maximum Weight Capacity for this product is 180lbs/82kgs.

Read all instructions carefully before assembling or operating this product. Retain this owner's manual, do not remove any safety labels from the machine and keep the original purchase receipt for future reference.

This Leg Development Attachment was designed and built for optimum safety. However, certain precautions apply whenever you use the exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, please note the following safety instructions:

1. Consult your physician or other health care professionals before using the piece of equipment.
2. Always wear proper exercise apparel when using the equipment. Use care when getting on or off the unit.
3. If any time you feel faint, light-headed or dizziness while operating the equipment, stop exercising immediately and contact your physician. You should also discontinue use if you are experiencing pain or any discomfort.
4. Keep children and pets away from the equipment at all times.
5. Only one person should use the equipment at a time.
6. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use. Check screws, nuts, and bolts are tight on a weekly basis.
7. Do not operate this or any exercise equipment if it is damaged.
8. Wait 2 hours after eating before using the exercise equipment. If you get nauseous, stop exercising as soon as you feel queasy.
9. This product should be placed on a flat surface when using. A mat or other covering material on the ground is recommended. For indoor use only, do not use outdoors.
10. Keep hands and feet away from any moving parts. Do not insert any object into any openings on the equipment.
11. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
12. Children under the age of 12 should not use this fitness equipment.

Warning: It is highly recommend that you have assistance during the assembly of this IRONMAN strength equipment.

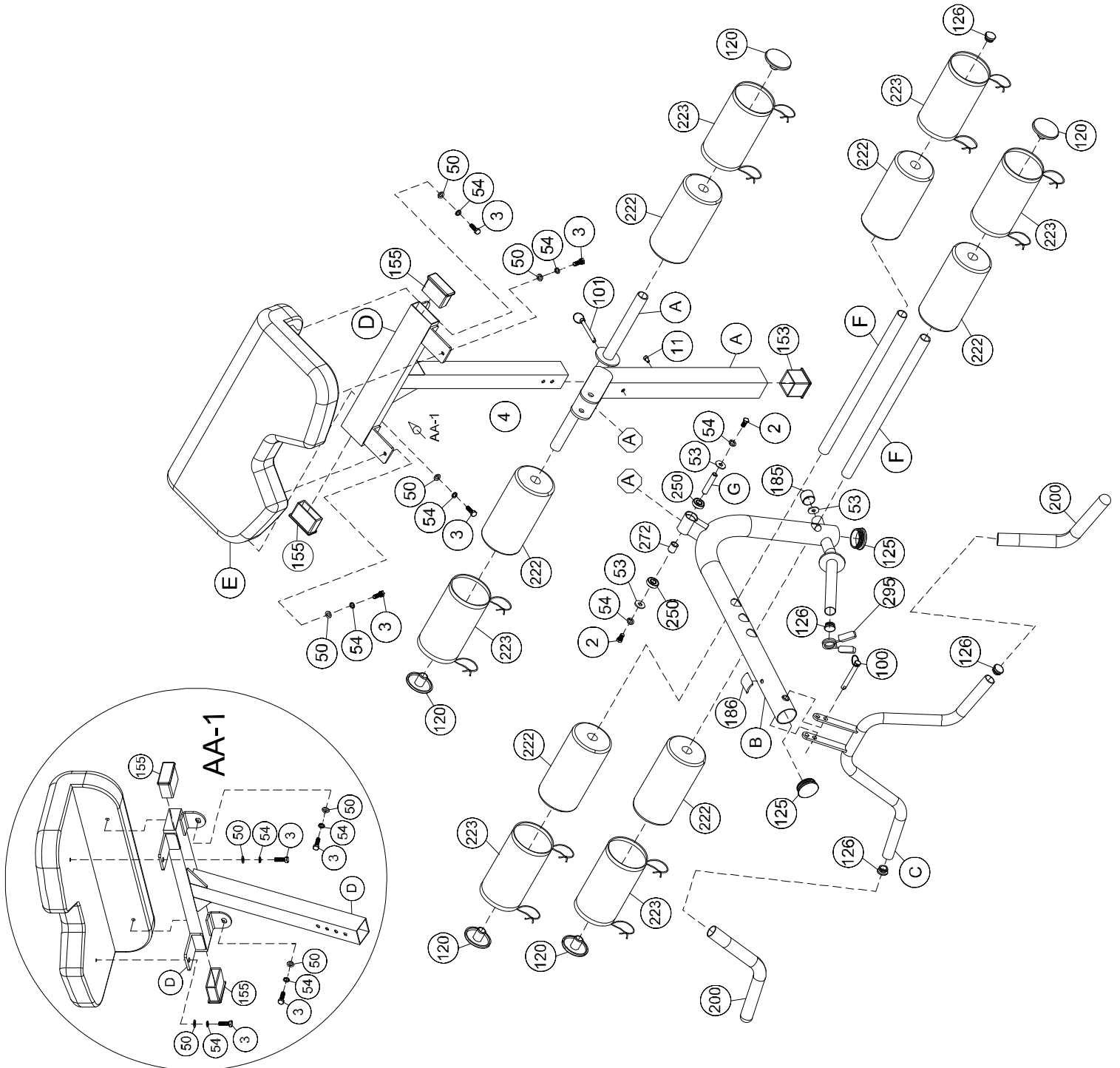
1. Tools for assembly:

General tools you may need for the assembling this IRONMAN strength equipment:

- Metric Allen Key Set
- Metric Wrench Set and Adjustable Wrench
- Flat Screwdrivers
- Phillips Screwdrivers
- Rubber Mallet
- Silicone Spray Oil

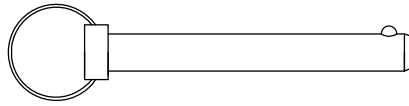
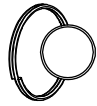
2. Insert the bolts into the frame as illustrated in the drawing of each of the steps.
3. Hand-tighten the bolts, nuts, and screw during assembly. Hand-tightening will allow for easily aligning the parts during assembly. Tighten all the hardware once the entire unit has been completely assembled.
4. It is highly recommended that a professional installer assembles the IRONMAN strength equipment. But, with the proper assistance, the right tools, and strictly following the assembly steps, and given enough time; the assembly of the unit can be achieved without professional help.
5. Thoroughly read each step before proceeding to assemble the items of that step.
6. To aid in assembly of the equipment, the hardware (bolts, nuts, washer...etc.) has been presorted according to their corresponding steps. **Each bag of hardware is labeled with its corresponding step number.**
7. When the equipment is fully assembled check all the functions for correct operation. Consult the manual if you experience any issues, or for further help please contact our service department. See page 2.

OVERVIEW DRAWING

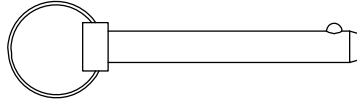
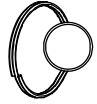


HARDWARE PACK

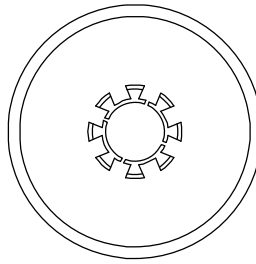
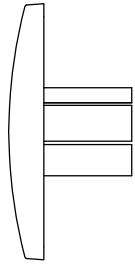
Part 100 PIN D9.4x70 QTY.1



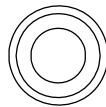
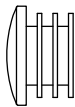
Part 101 PIN D8x55 QTY.1



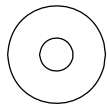
Part 120 ROUND CAP D25.4xD65x31.5 QTY.5



Part 126 ROUND CAP D1"x17 QTY.1



Part 53 WASHER D25xD8.5X2 QTY.2



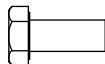
Part 50 WASHER D18xD8.5X1.2 QTY.4



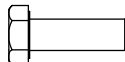
Part 54 LOCK WASHER D15.4xD8.2x2 QTY.6



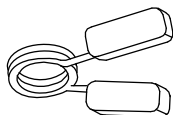
Part 2 HEX HEAD BOLT M8x1.25x20mm QTY.2



Part 3 HEX HEAD BOLT M8x1.25x25mm QTY.4



Part 295 Standard Clip QTY.1



PART LIST

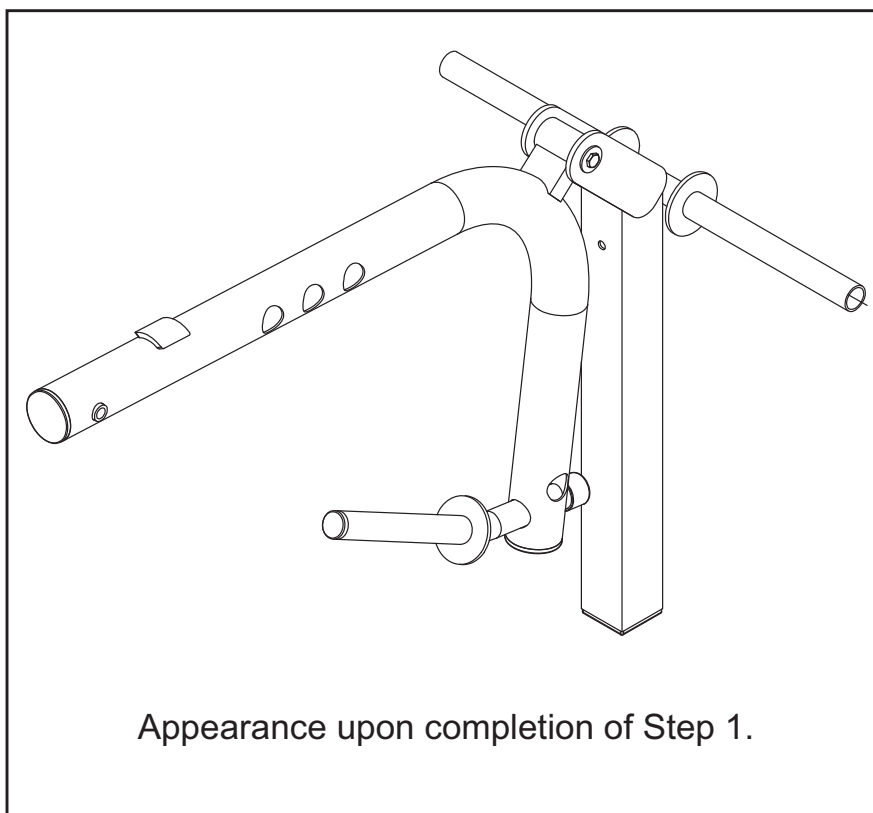
Part#	Description	Q'ty.
A	Main Frame Post	1
B	Leg Development Tube	1
C	Handlebar	1
D	Preacher Curl Post	1
E	Preacher Curl Pad	1
F	Foam Roller Tube D25.4x2.0Tx450L	2
G	Rotating Axle D12x58.5L	1
2	Hex Bolt M8x1.25x20L	2
3	Hex Bolt M8x1.25x25L	4
11	Allen Screw M6x1x10L	1
50	Flat Washer D18xD8.5x1.2T	4
53	Flat Washer D25xD8.5x2T	3
54	Spring Washer D15.4xD8.2x2T	6
100	Push Pin D9.4x70	1

Part#	Description	Q'ty.
101	Push Pin D8x55L	1
120	Round Cap D25.4xD65x31.5	5
125	Round Cap D50.8x15	2
126	Round Cap D1"x17	4
153	Square Cap 50x50x20L	1
155	Square Cap 30x70x17L	2
185	Buffer D35xD25.5x24	1
186	Buffer R23x35x35	1
200	Hand Grip D24x3Tx300L	2
222	Foam Roller D23xD100x200L	6
223	Foam Roller Sleeve	6
250	Bearing	2
272	Bushing D20x26.4L	1
295	Standard Clip	1

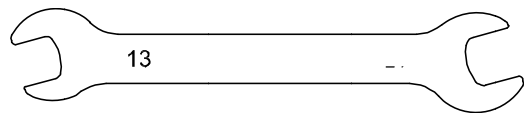
STEP 1

- 1A. Attach Leg Development Tube (B) onto the Main Frame Post (A) by using:
- 2 - (2) Hex Bolt M8x1.25x20L**
 - 2 - (54) Spring Washer D15.4xD8.2x2T**
 - 2 - (53) Flat Washer D25xD8.5x2T**
 - 1 - (G) Rotating Axle D12x58.5L**

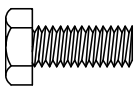
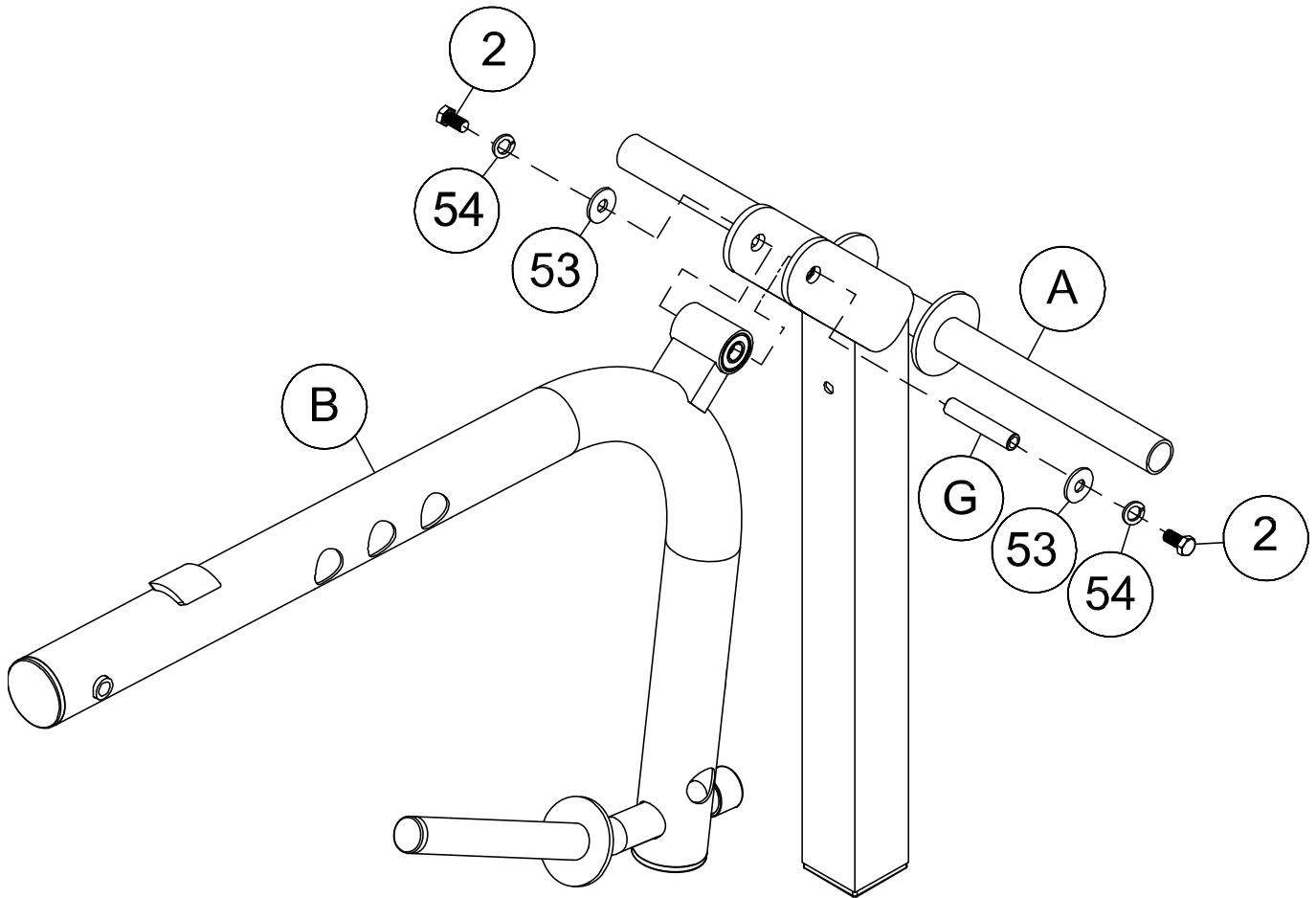
Thoroughly tighten the hardware once complete



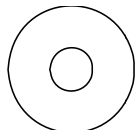
STEP 1



Two 13 mm Wrench



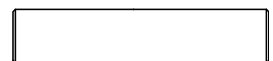
NO.2 Hex Bolt
M8x1.25x20L
2PCS



NO.53 Flat Washer
D25xD8.5x2T
2PCS



NO.54 Spring Washer
D15.4xD8.2x2T
2PCS



NO.G Rotating Axle
D12x58.5L
1PC

STEP 2

2A. Attach 2 Foam Rollers and Foam Roller Sleeve (222, 223) onto the circular tubes on Main Frame Post (A) and secure them into place with 2 Round Cap (120) using:

- 2 - (222) Foam Roller D23xD100x200L**
- 2 - (223) Foam Roller Sleeve**
- 2 - (120) Round Cap D25.4xD65x31.5**

2B. Insert a Foam Roller Tube (F) into the hole at the bottom of Leg Development Tube (B). Attach a Foam Roller and Foam Roller Sleeve (222, 223) to each side of the Foam Roller Tube (F). Secure each Foam Roller and Foam Roller Sleeve (222, 223) into place with a Round Cap (120) at each end of Foam Roller Tube (F). Using:

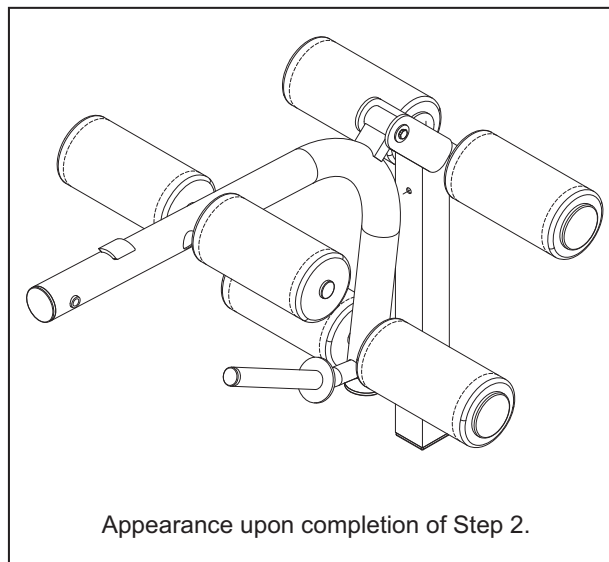
- 2 - (222) Foam Roller D23xD100x200L**
- 2 - (223) Foam Roller Sleeve**
- 2 - (120) Round Cap D25.4xD65x31.5**

2C. Insert a Foam Roller Tube (F) mid-way along its length into one of the holes at the upper portion of Leg Development Tube (B). Attach a Foam Roller and Foam Roller Sleeve (222, 223) to each side of the Foam Roller Tube (F). At one end of Foam Roller Tube (F) use a Round Cap (120), and at the other end use a Round Cap (126). Using:

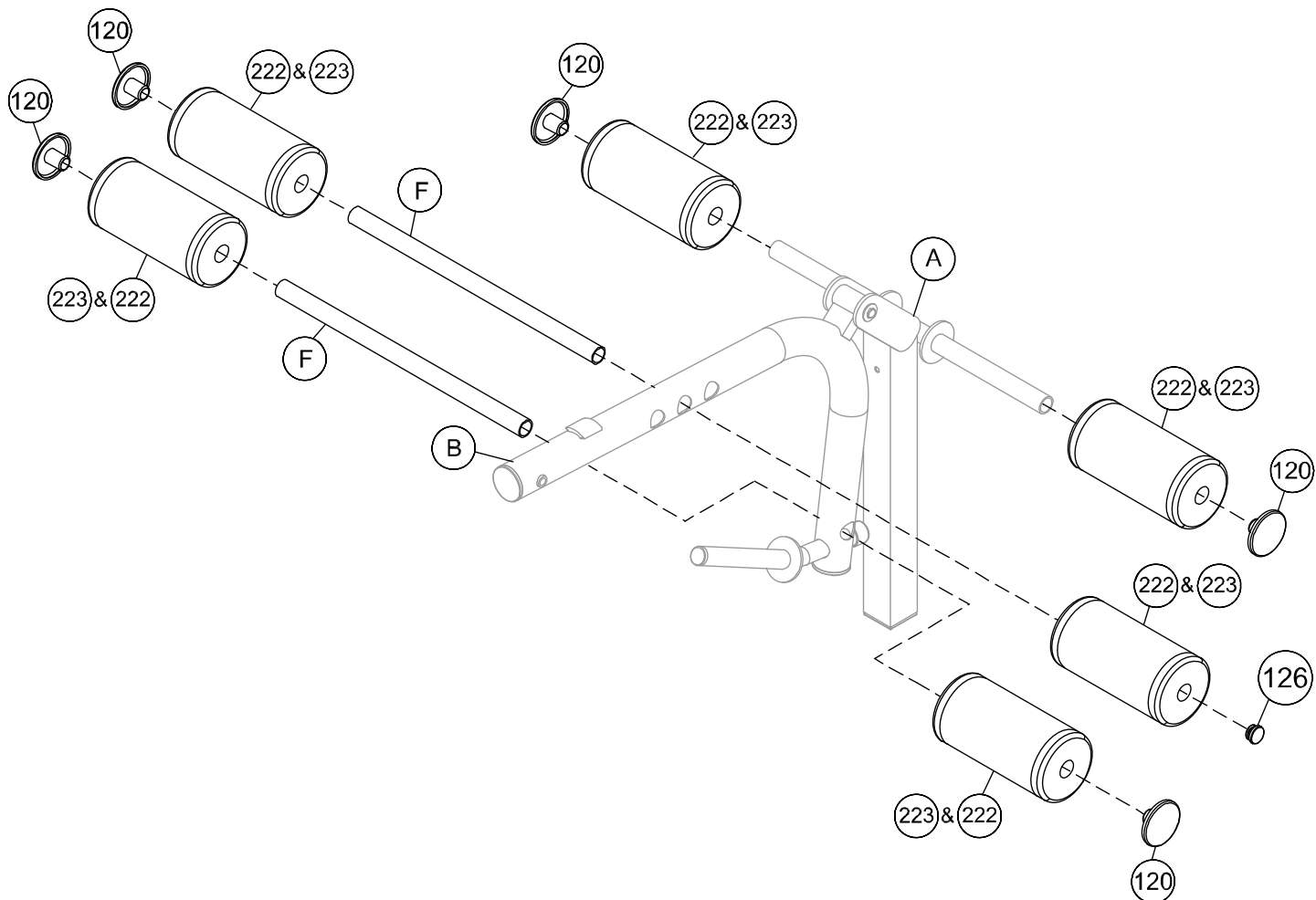
- 2 - (222) Foam Roller D23xD100x200L**
- 1 - (120) Round Cap D25.4xD65x31.5**
- 1 - (126) Round Cap Round Cap D1"x17**

Note: The Foam Roller Tube (F) of step 2C is meant to have two different types of end caps. This will allow for the easy removal of this set of foam rollers when performing preacher curls.

Warning: The foam rollers in step 2C must be removed in order to perform preacher curl exercises or leg extensions.



STEP 2



NO.120 Round Cap
D25.4xD65x31.5
5 PCS

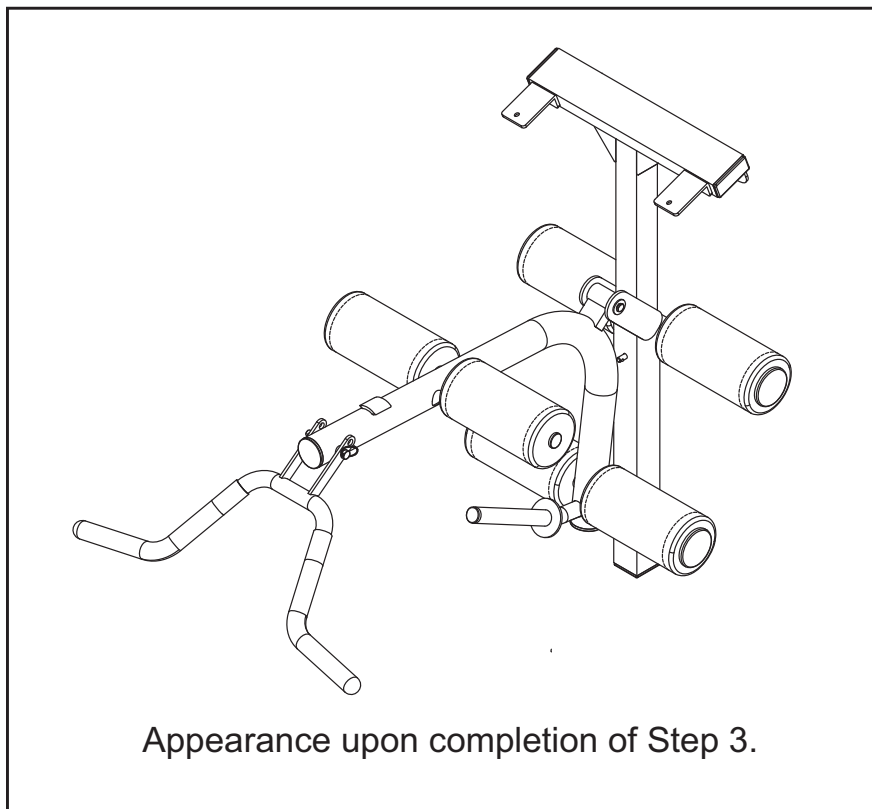


NO.126 Round Cap
D1"X17 1 PC

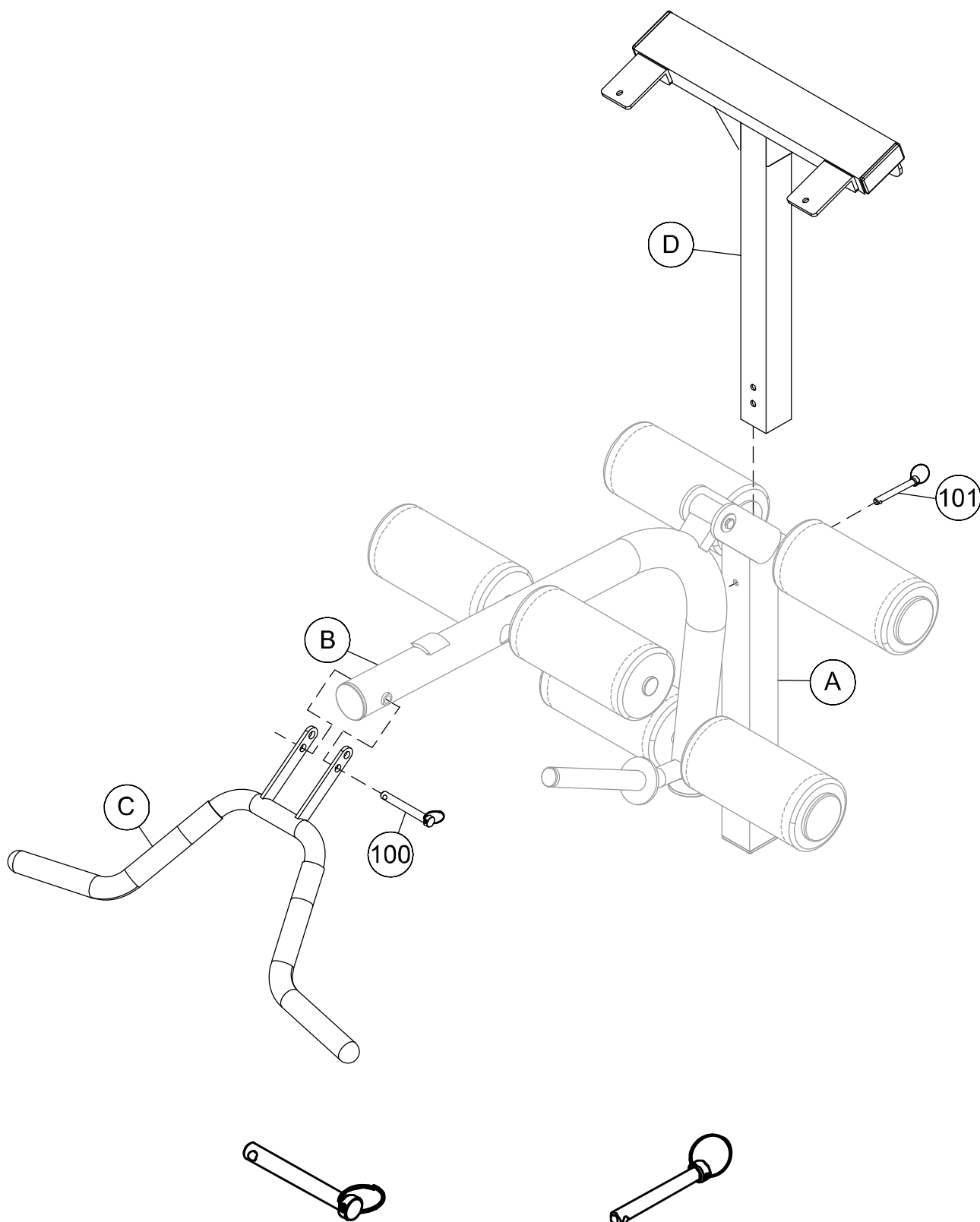
STEP 3

3A. Slide Preacher Curl Post (D) into the Square tube of the Main Frame Post (A).
Secure Preacher Curl Post (D) to Main Frame Post (A) with Push Pin (101). Using:
1 - (101) Push Pin D8x55L

3B. Attach Handlebar (C) to Leg Development Tube (B) with Push Pin (100). Using:
1 - (100) Push Pin D9.4x70



STEP 3



NO.100 Push Pin
D9.4x70 1PC

D.101 Push Pin
D8x55 1PC

STEP 4

4A. Attach the Preacher Curl Pad (E) to the Preacher Curl Post (D) as shown in diagrams AA-1 and AA-2 using:

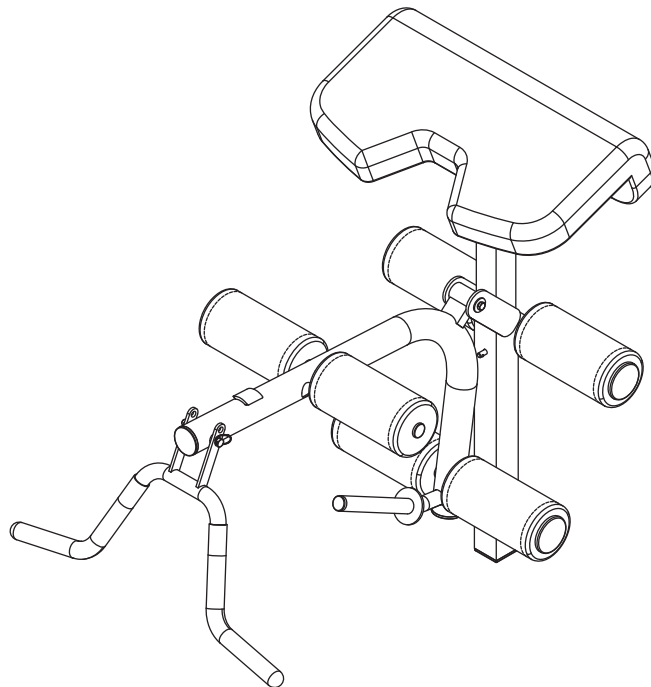
4 - (3) Hex Bolt M8x1.25x25L

4 - (50) Flat Washer D18xD8.5x1.2T

4 - (54) Spring Washer D15.4xD8.2x2T

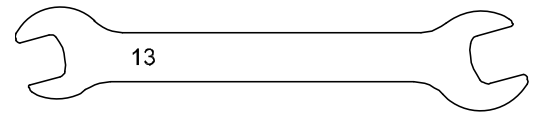
Note: Loosely insert all the hardware by hand first. This will allow for all the holes to be aligned prior to fastening.

4B. When all the Hex Bolt (2) have been inserted, proceed to tightening the bolts to completely secure the Preacher Curl Pad (E) to the Preacher Curl Post (D).

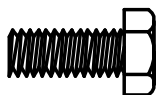
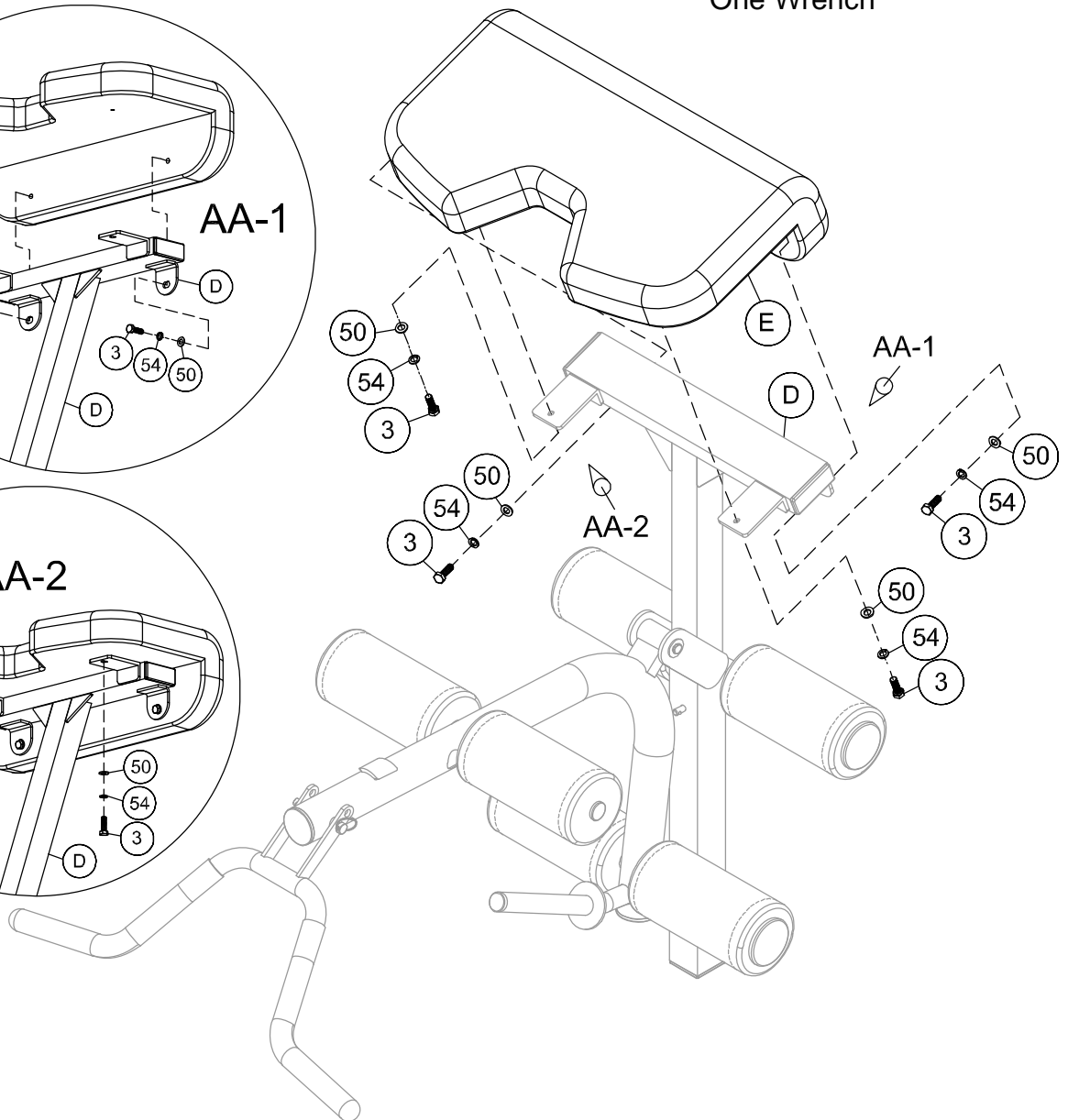
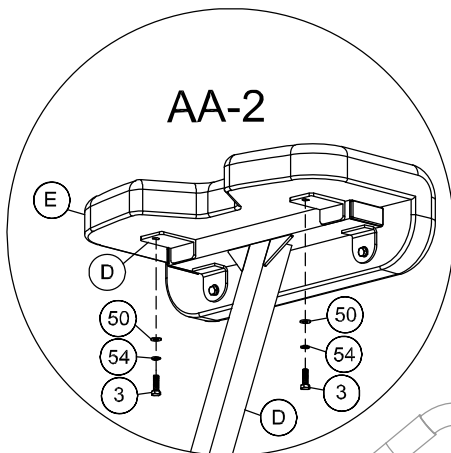
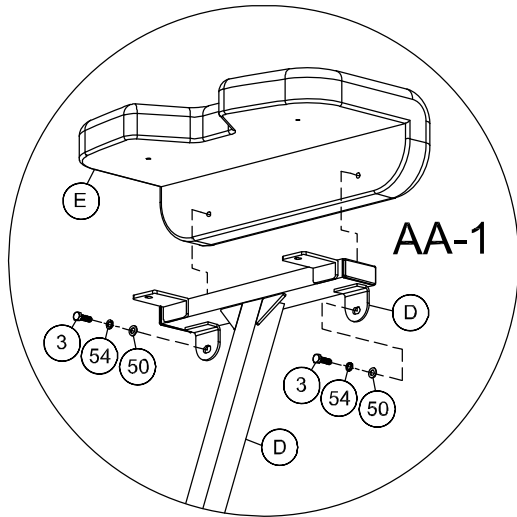


Appearance upon completion of Step 4.

STEP 4



One Wrench



NO.3 Hex Bolt
M8x1.25x25L
4PCS

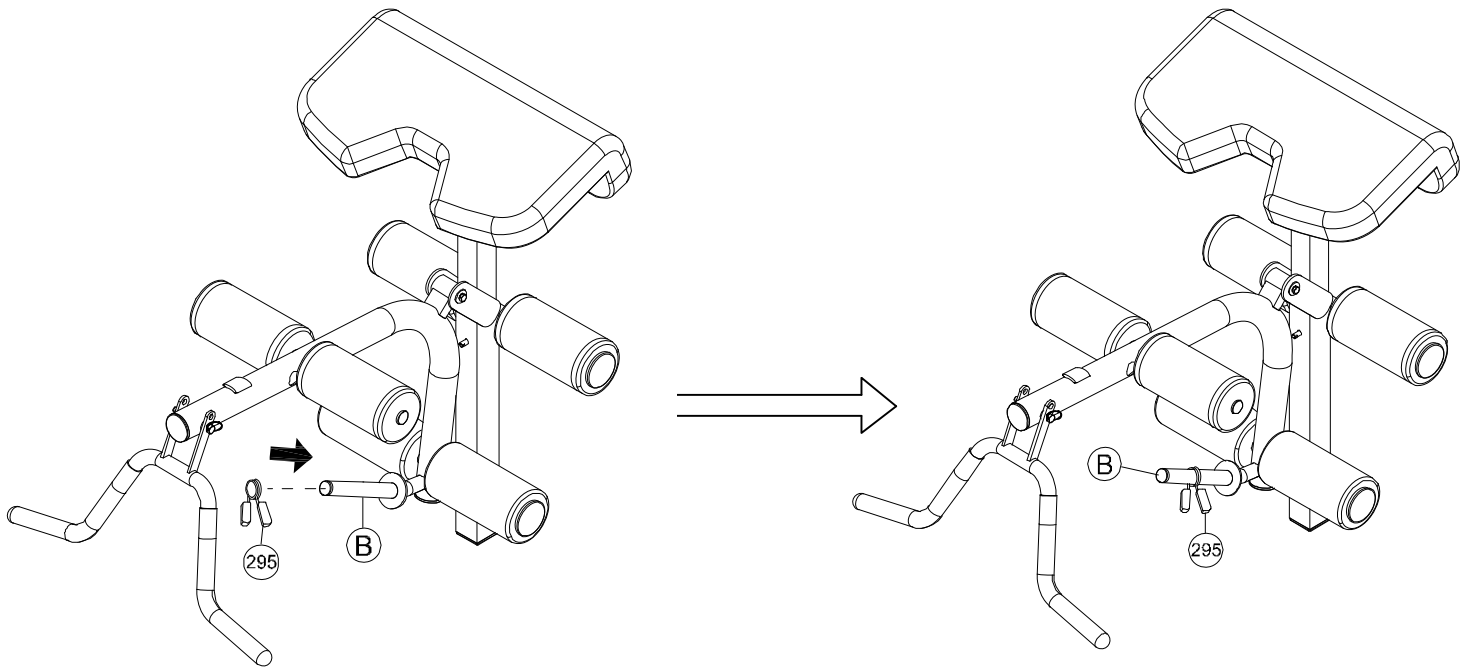


NO.54 Spring Washer
D15.4xD8.2x2T
4PCS



NO.50 Flat Washer
D18xD8.5x1.2T
4PCS

Clip Installation

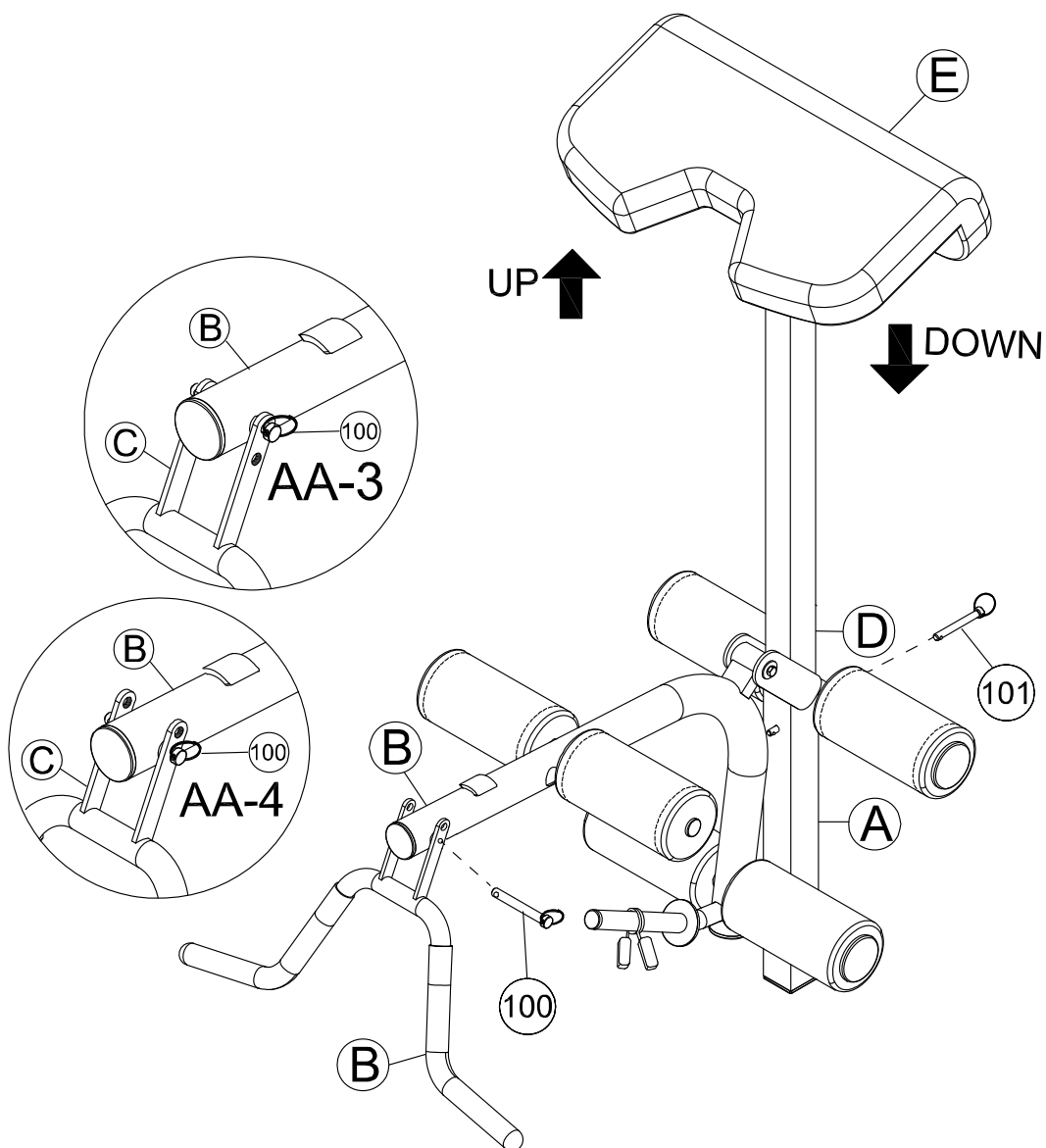


Install the Standard Clip (295), please follow the steps below:

- A. To secure your weight plates, pinch the rubber grips of Standard Clip (295).
- B. Slide the Standard Clip (295) on to the post of the Leg Development Tube (B).
- C. Standard Clip (295) should be pushed all the way down until it makes contact with the weight plates, securing the weight plates to the backside of the weight post of the Leg Development Tube (B).

Warning: DO NOT use weight plates on the post of Leg Development Tube (B) without first securing them in place with the Standard Clip (295).

ADJUSTMENTS



1. Height Adjustment:

The height of the Preacher Pad (E) can be adjusted up and down by removing the Push Pin (101) from Main Frame Post (A), and aligning the adjustment holes of Main Frame Post (A) and Preacher Curl Post (D). When the desired height is selected completely reinsert the Push Pin (101) into Main Frame Post (A) and Preacher Curl Post (D).

2. Arm Length Adjustment:

Handlebar (C) has two positions setting for arm length. Remove Push Pin (100) from Handlebar (C) and Leg Development Tube (B). Reinsert Push Pin (100) as shown in Fig AA-3 or AA-4. For a long reach select the setting as seen in Fig. AA-3. For a shorter reach select the setting as seen in Fig. AA-4.

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness guarantees to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

<u>COMPONENT</u>	<u>LENGTH OF WARRANTY</u>
All Components	Limited Lifetime Guarantee for home use only

Exclusions from Warranty Coverage:

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed.
3. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness.
4. Damage caused by vandalism, accidents, inadequate maintenance, or by animals.
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.).
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, rust, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the product.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

Service@paradigmhw.com

Open Daily 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

PART REQUEST FORM

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO

Service@paradigmhw.com *

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

TELEPHONE: (Day) _____

(Night) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PLACE OF PURCHASE: _____

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

*** This form can also be faxed in Fax #: 626-810-2166**