

***BODYTONE***

**FORZA**DUAL  
**FD05**

LEG CURL/EXTENSION



**OWNER'S MANUAL**

**!CAUTION;**

Read all precautions and instructions in this manual before using this equipment.

## Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.  
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.  
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.  
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.  
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.  
Do not attempt to lift more weight than you can control safely.  
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.  
Never drop or insert anything into any opening in the equipment.  
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.  
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.  
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

# Parts List

**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

CAGE Detail List

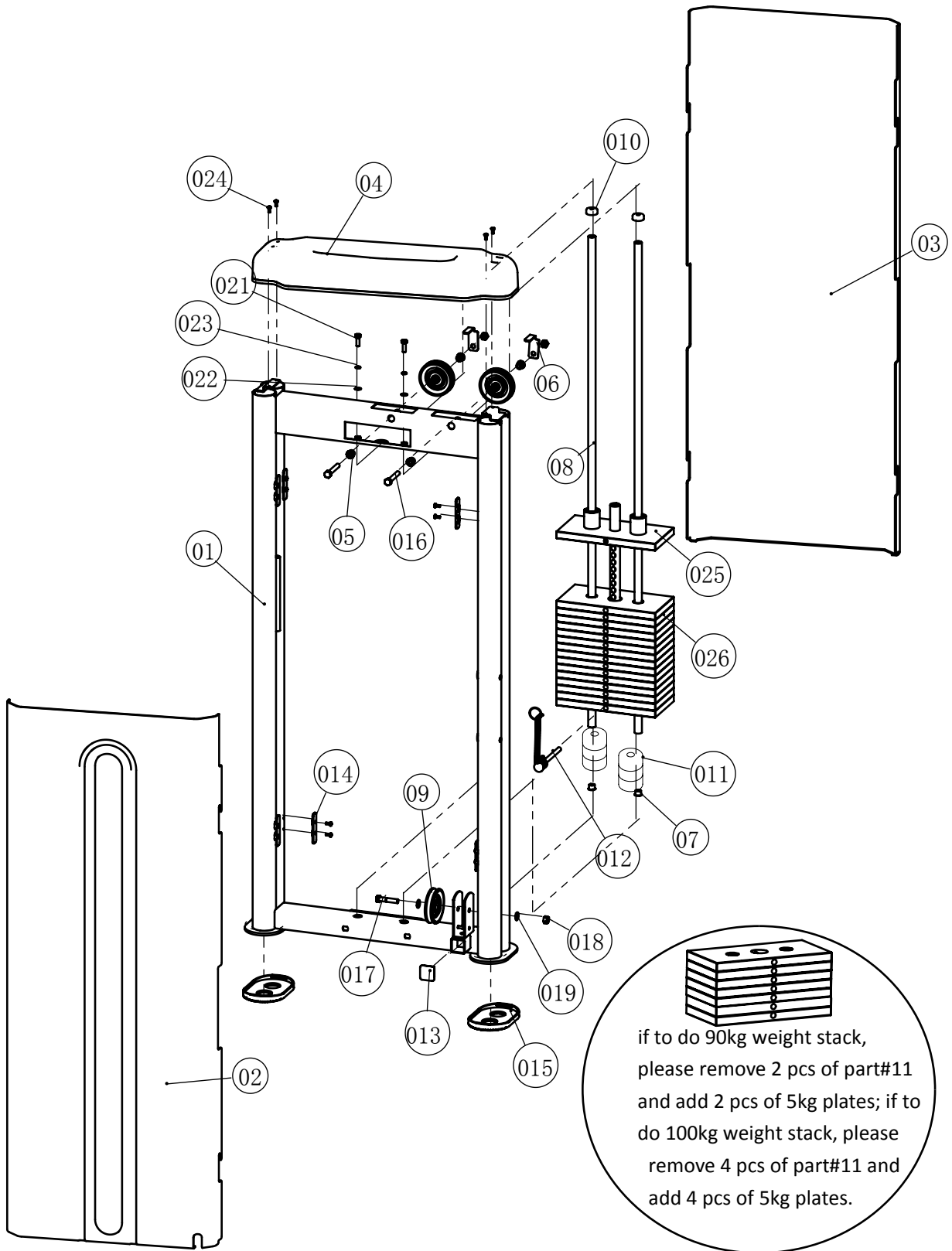
ITEM NO.	DESCRIPTION	QTY
01	Weight Stack Frame	1
02	Front Shroud	1
03	Rear Shroud	1
04	Upper Shroud	1
05	Sleeve $\phi 20 \times 14.2$	4
06	Baffle $62 \times 45 \times 25 \times 3$	2
07	Rubber Plug $\phi 18.5 \times \phi 15 \times 7$	2
08	Guide Rod	2
09	Small Pulley 3.5"	3
010	Mount Sleeve	2
011	Rubber Mat	6
012	Selector Pin W/Coil	1
013	Plug F38	1
014	Shield Fixed Seat	8
015	Rubber Foot	2
016	Hex Head Bolt M10*70	2
017	Hex Head Bolt M10*50	1
018	Nylon Lock Nut M10	3
019	Flat Washer $\phi 11 \times \phi 20 \times 2$	2
021	Hex Head Bolt M8*25	2
022	Flat Washer $\phi 16 \times \phi 9 \times 1$	2
023	Spring Washer $\phi 8$	2
024	Button Head Cap Screw M5*12	20
025	Top Plate	1
026	Weight Plate	15

# Parts List

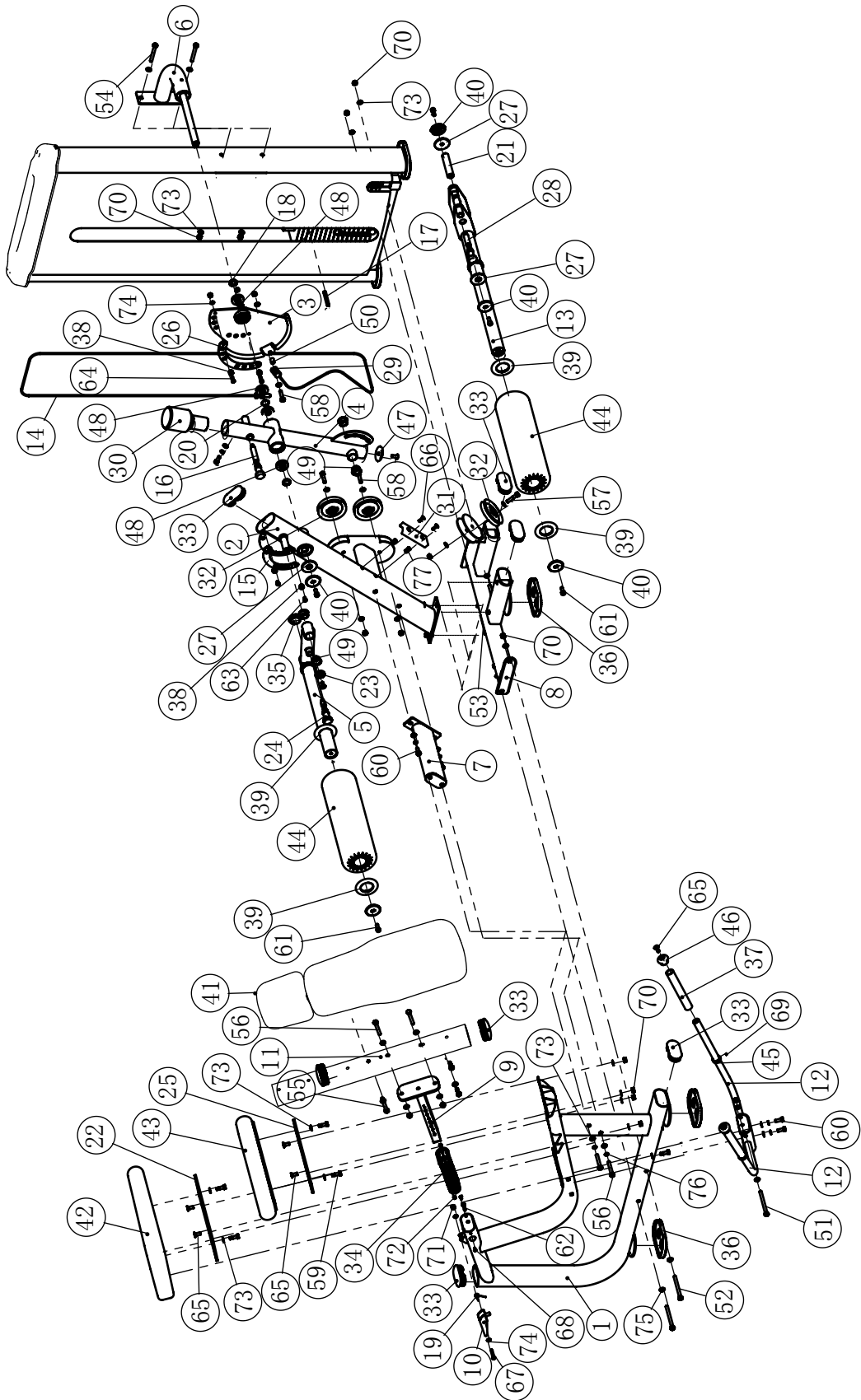
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Main Frame	1	40	Small Round Cover	5
2	Rotating Shaft Bracket	1	41	Back Cushion	1
3	Sheave Frame	1	42	Abdominal Pad	1
4	Swing Rack	1	43	Seat Pad	1
5	Pressure Leg Frame	1	44	Leatherwear Foam	2
6	Upper Connecting Frame	1	45	Aluminum Ring $\phi$ 25	2
7	Lower Connection Frame	1	46	Aluminum Cap $\phi$ 25	2
8	Ground Connection Frame	1	47	Aluminum End Cap $\phi$ 60*10.9	1
9	Telescopic Frame	1	48	Bearing 6005	4
10	Bolt Frame	1	49	Copper Bearing $\phi$ 38* $\phi$ 25.4*18	4
11	Back Pad Frame	1	50	Bushing $\phi$ 14*20	1
12	Handle Frame	1	51	Hex Head Bolt M10*125	2
13	FOAM Frame	1	52	Hex Head Bolt M10*120	2
14	Cable Assembly	1	53	Hex Head Bolt M10*95	2
15	Liner R97.5*184.6*2	1	54	Hex Head Bolt M10*85	2
16	Elastic Latch Assembly	1	55	Hex Head Bolt M10*75	1
17	Elastic Cylindrical Pin $\phi$ 11*75	1	56	Hex Head Bolt M10*70	4
18	Retaining Ring $\phi$ 31* $\phi$ 25.4*6	2	57	Hex Head Bolt M10*50	1
19	Torsion Spring	1	58	Hex Head Bolt M10*45	3
20	Circle $\phi$ 31* $\phi$ 25.5*1.5	1	59	Hex Head Bolt M10*30	8
21	Shaft $\phi$ 25.4*117*M10	1	60	Hex Head Bolt M10*25	6
22	Cushion Plate	1	61	Socket Head Cap Screw M10*25	6
23	End Cap	1	62	Socket Head Cap Screw M8*25	1
24	Elastic Latch Assembly	1	63	Socket Head Cap Screw M8*12	2
25	Cushion Plate	1	64	Socket Head Cap Screw M8*20	2
26	Liner R130*2	1	65	Flat Head Cap Screw M10*25	8
27	Cover Plate	3	66	Button Head Cap Screw M8*25	2
28	Elastic Latch Assembly	1	67	Button Head Cap Screw M8*45	1
29	Cable Connector	1	68	Button Head Cap Screw M6*12	2
30	Counter Weight Rod	1	69	Socket Set Screw M5*3	4
31	Elastic Latch Assembly	1	70	Nylon Lock Nut M10	18
32	Pulley 4.5"	3	71	Nylon Lock Nut M8	3
33	Elliptical Tube Plug	7	72	Hex Thin Nut M6	2
34	Hollow Socket	2	73	Flat Washer $\phi$ 11* $\phi$ 20*2	46
35	Elliptical Tube Plug	1	74	Flat Washer $\phi$ 9* $\phi$ 16*1.6	4
36	Rubber Foot	3	75	Arc Washer $\phi$ 10	4
37	Long Gloves	2	76	Spring Washer $\phi$ 10	9
38	Limit Sleeve	4	77	Rivet nut M8	2
39	Large Retaining Ring	4			

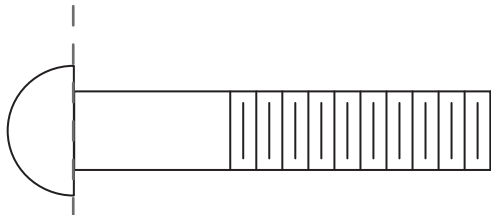
# Exploded View



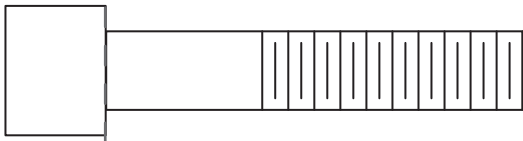
# Exploded View



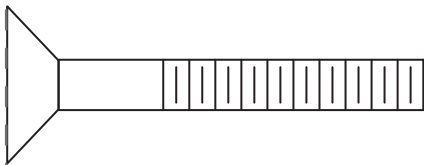
# Measurement Guide



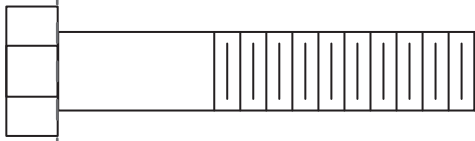
BHCS = Button Head Cap Screw



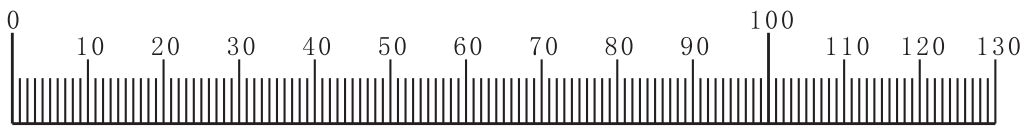
SHCS = Socket Head Cap Screw



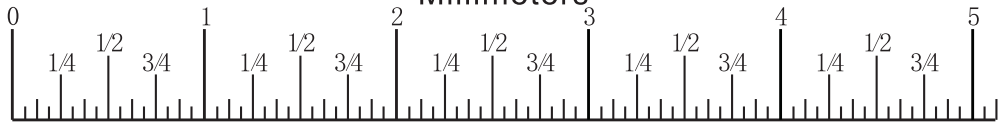
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters

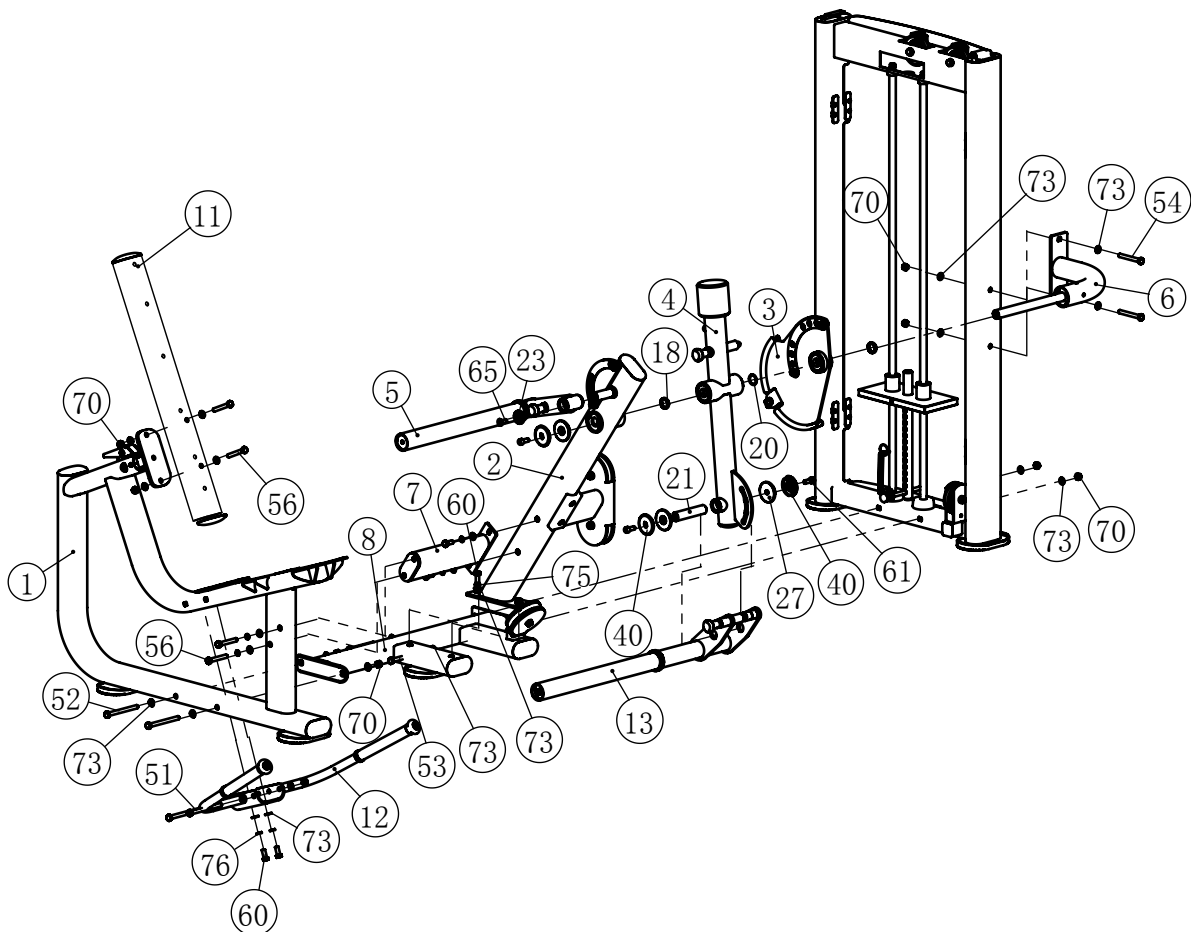


Inches

# Assembly

## STEP 1

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Main Frame	1	27	Cover Plate	3
2	Rotating Shaft Bracket	1	40	Small Round Cover	3
3	Sheave Frame	1	51	Hex Head Bolt M10*125	2
4	Swing Rack	1	52	Hex Head Bolt M10*120	2
5	Pressure Leg Frame	1	53	Hex Head Bolt M10*95	2
6	Upper Connecting Frame	1	54	Hex Head Bolt M10*85	2
7	Lower Connection Frame	1	56	Hex Head Bolt M10*70	4
8	Ground Connection Frame	1	60	Hex Head Bolt M10*25	6
11	Back Pad Frame	1	61	Socket Head Cap Screw M10*25	3
12	Handle Frame	1	65	Flat Head Cap Screw M10*25	1
13	FOAM Frame	1	70	Nylon Lock Nut M10	10
18	Retaining Ring $\varphi 31*\varphi 25.4*6$	2	73	Flat Washer $\varphi 11*\varphi 20*2$	24
20	Circle $\varphi 31*\varphi 25.5*1.5$	1	75	Arc Washer $\varphi 10$	4
21	Shaft $\varphi 25.4*117*M10$	1	76	Spring Washer $\varphi 10$	8
23	End Cap	1			

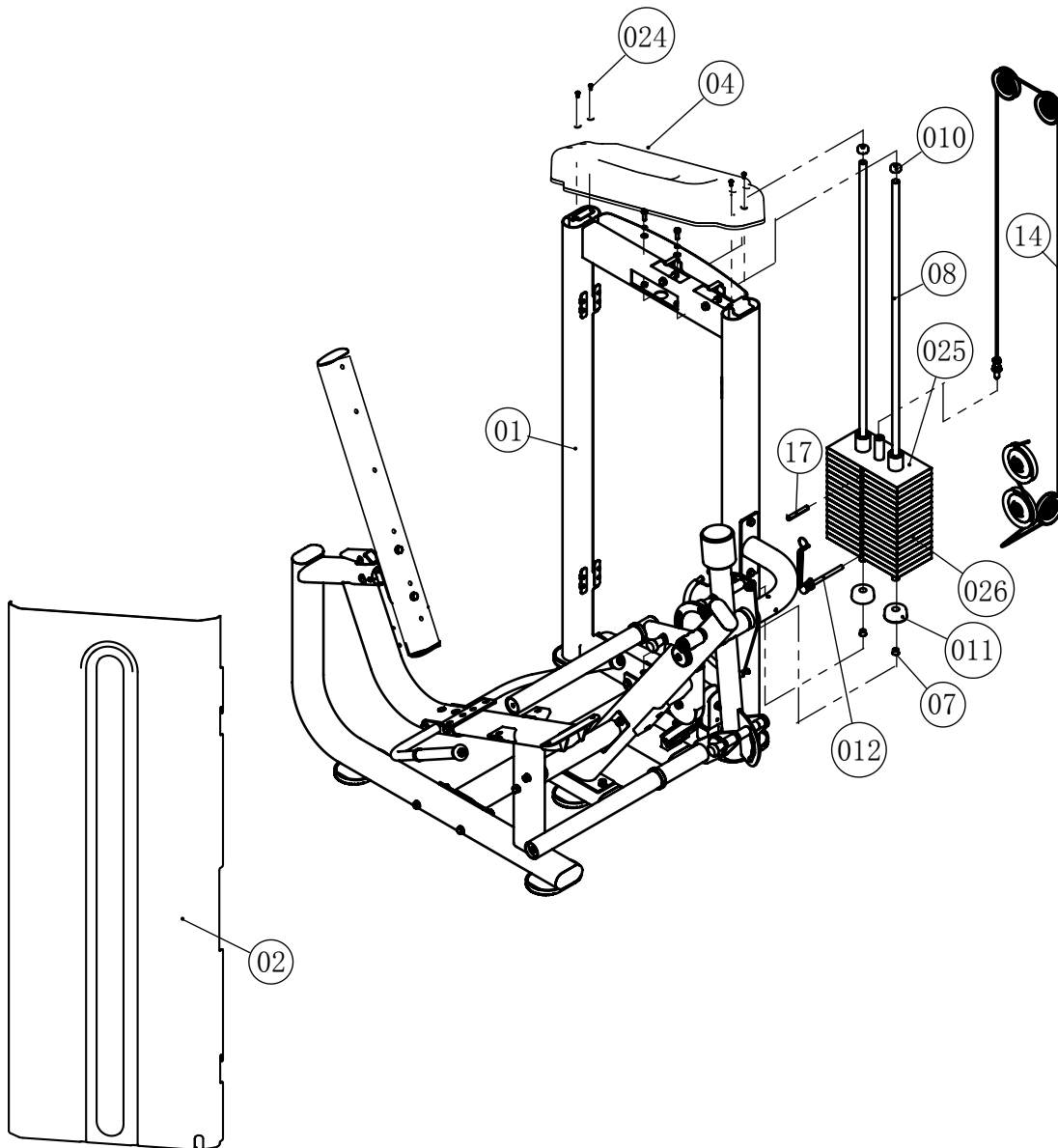




# Assembly

## STEP 2

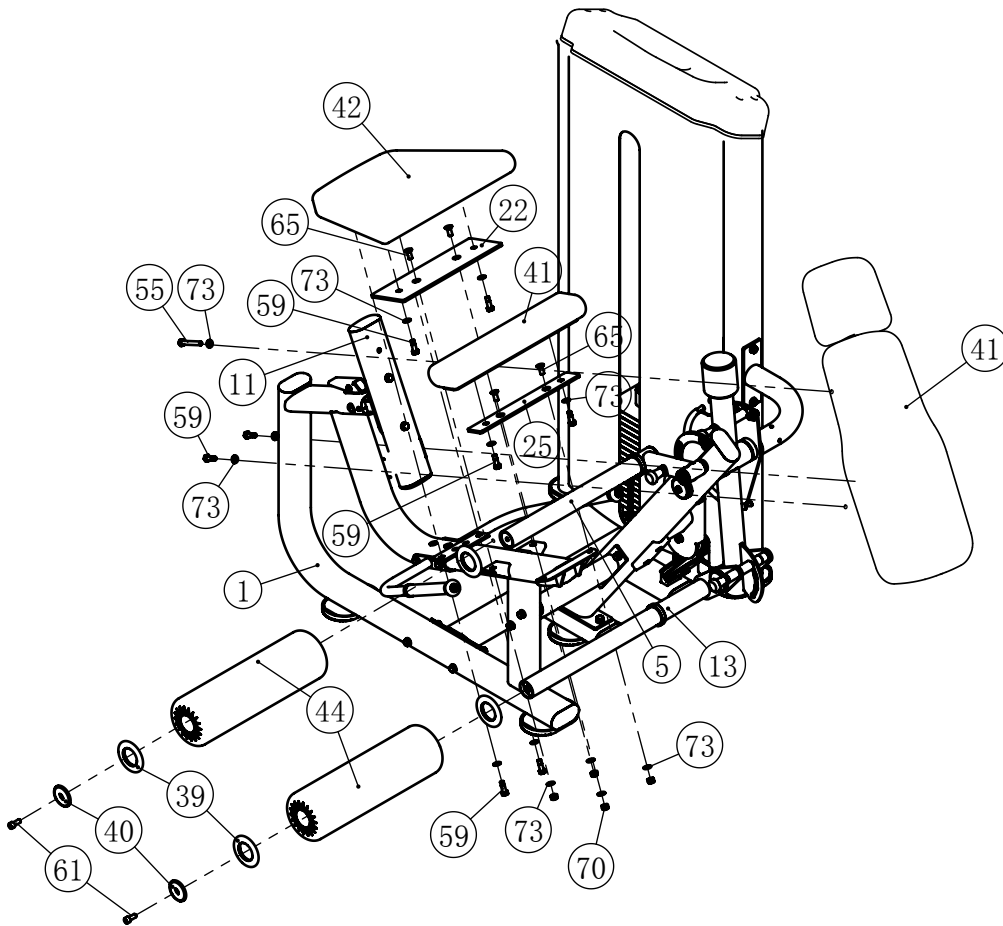
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
01	Weight Stack Frame	1	012	Selector Pin W/Coil	1
02	Front Shroud	1	024	Button Head Cap Screw M5*12	4
04	Upper Shroud	1	025	TOP Plate	1
07	Rubber Plug $\varphi 18.5^* \varphi 15^*7$	2	026	Weight Plate	15
08	Guide Rod	2	14	Cable	1
010	Mount Sleeve	2	17	Elastic Cylindrical Pin $\varphi 11^*75$	1
011	Rubber Mat	6			



# Assembly

## STEP 3

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Main Frame	1	42	Abdominal Pad	1
5	Pressure Leg Frame	1	44	Leatherwear Foam	2
11	Back Pad Frame	1	55	Hex Head Bolt M10*75	1
13	FOAM Frame	1	59	Hex Head Bolt M10*30	8
22	Cushion Plate	1	61	Socket Head Cap Screw M10*25	2
25	Cushion Plate	1	65	Flat Head Cap Screw M10*25	4
39	Large Retaining Ring	4	70	Nylon Lock Nut M10	4
40	Small Round Cover	2	73	Flat Washer $\phi 11*\phi 20*2$	13
41	Back Cushion	1			





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