

***BODYTONE***

**FORZA**DUAL  
**FD06**

SEATED LEG PRESS



**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

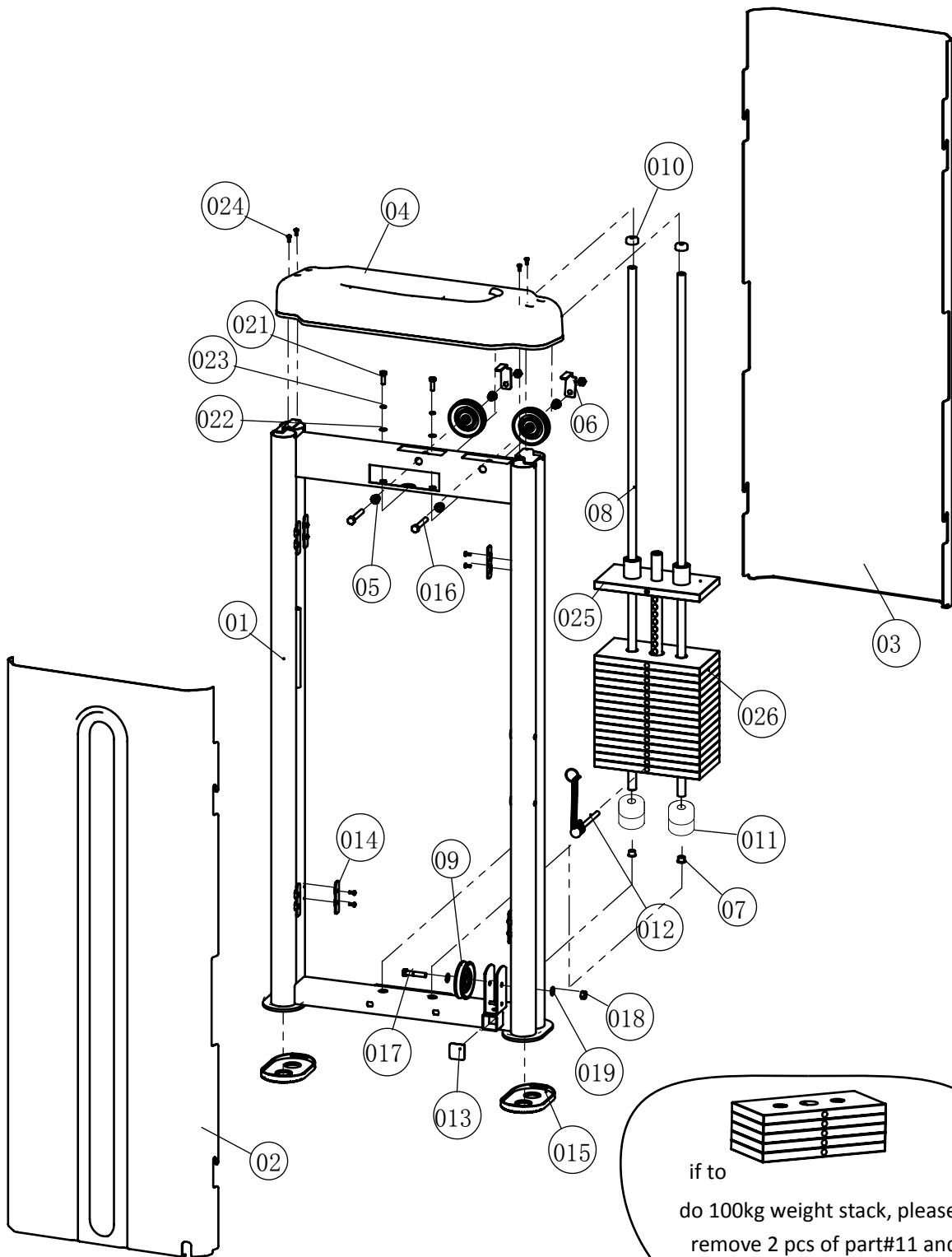
ITEM NO.	DESCRIPTION	QTY
01	Weight Stack Frame	1
02	Front Shroud	1
03	Rear Shroud	1
04	Upper Shroud	1
05	Sleeve $\phi 20 \times 14.2$	4
06	Baffle $62 \times 45 \times 25 \times 3$	2
07	Rubber Plug $\phi 18.5 \times \phi 15 \times 7$	2
08	Guide Rod	2
09	Small Pulley 3.5"	3
010	Mount Sleeve	2
011	Rubber Mat	4
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	17

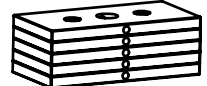
## Parts List

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

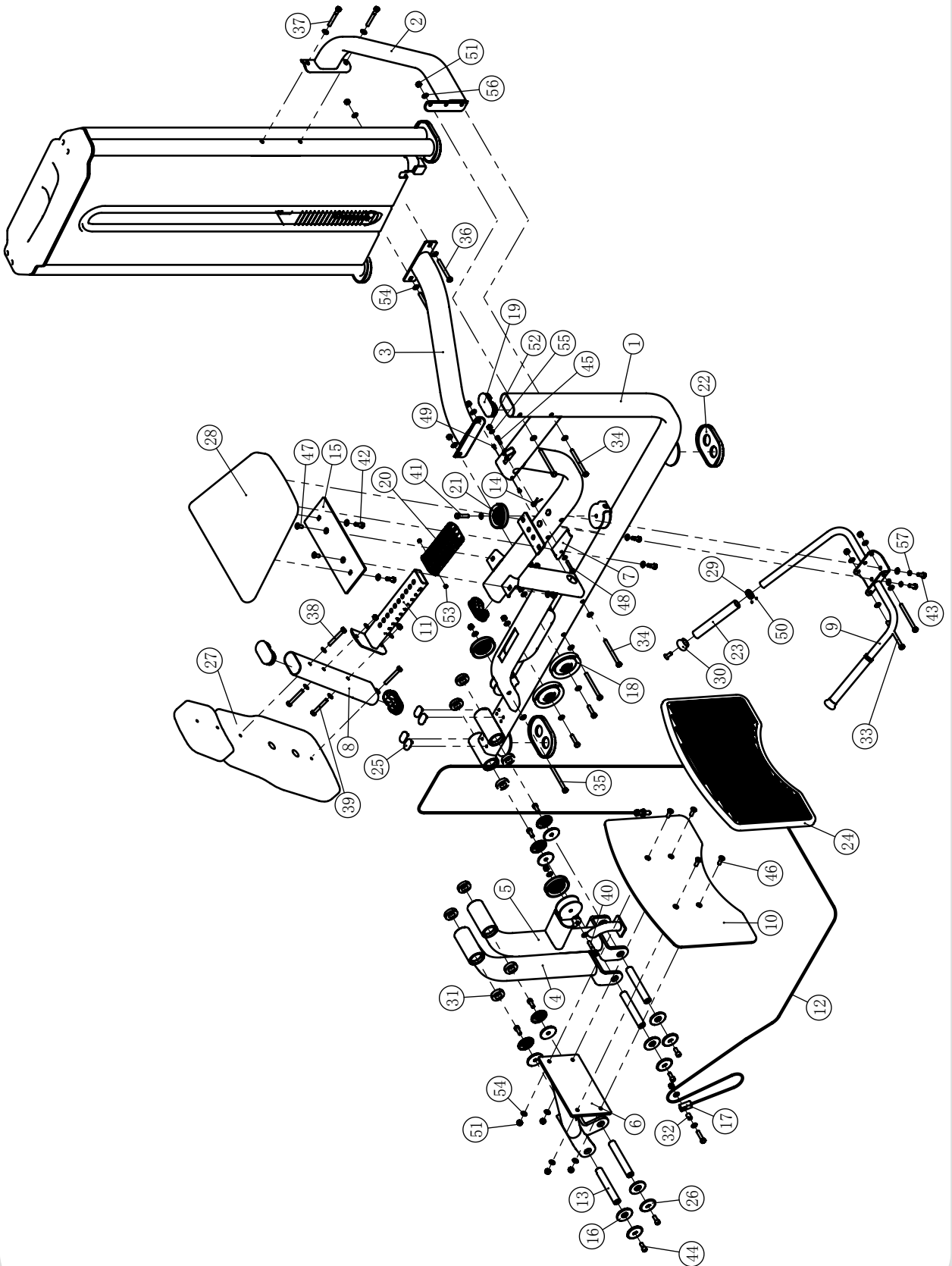
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Main Frame	1	30	Aluminum Cap $\phi$ 25	2
2	After Connection Frame	1	31	Bearing 6005	8
3	Ground Connection Frame	1	32	Bushing	1
4	Front Swing Frame	1	33	Hex Head Bolt M10*125	2
5	After Swing Frame	1	34	Hex Head Bolt M10*120	4
6	Pedal Support Frame	1	35	Hex Head Bolt M10*115	1
7	Bolt Frame	1	36	Hex Head Bolt M10*95	2
8	Back Pad Frame	1	37	Hex Head Bolt M10*80	2
9	Handle Frame	1	38	Hex Head Bolt M10*75	4
10	Footrest Frame	1	39	Hex Head Bolt M10*70	2
11	Telescopic Frame	1	40	Hex Head Bolt M10*50	1
12	Cable Assembly	1	41	Hex Head Bolt M10*45	4
13	Shaft $\phi$ 25*165	4	42	Hex Head Bolt M10*30	4
14	Torsion Spring	1	43	Hex Head Bolt M10*25	2
15	Cushion Plate	1	44	Socket Head Cap Screw M10*25	8
16	Cover Plate	8	45	Socket Head Cap Screw M8*25	1
17	Cable Connector	1	46	Flat Head Cap Screw M10*30	4
18	Pulley 4.5"	2	47	Flat Head Cap Screw M10*25	4
19	Elliptical Tube Plug	4	48	Button Head Cap Screw M8*45	1
20	Hollow Socket	2	49	Button Head Cap Screw M6*12	2
21	Pulley 3.5"	3	50	Socket Set Screw M5*3	4
22	Rubber Foot	2	51	Nylon Lock Nut M10	22
23	Long Gloves	2	52	Nylon Lock Nut M8	1
24	Footrest Plate Rubber	1	53	Hex Thin Nut M6	2
25	Cushion Pad Ellipse Double	4	54	Flat Washer $\phi$ 11* $\phi$ 20*2	35
26	Small Round Cover	8	55	Flat Washer $\phi$ 9* $\phi$ 16*1.6	2
27	Back Cushion	1	56	Arc Washer $\phi$ 10	13
28	Abdominal Pad	1	57	Spring Washer $\phi$ 10	2
29	Aluminum Ring $\phi$ 25	2			

# Exploded View

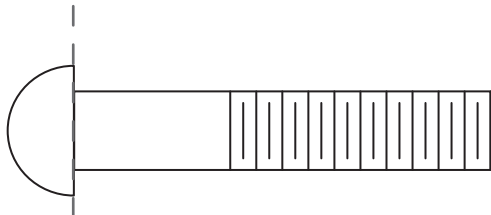


  
if to  
do 100kg weight stack, please  
remove 2 pcs of part#11 and  
add 2 pcs of 5kg plates.

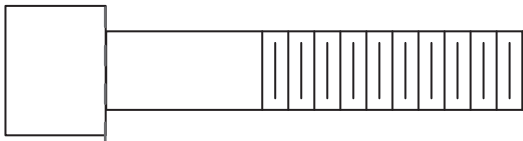
# Exploded View



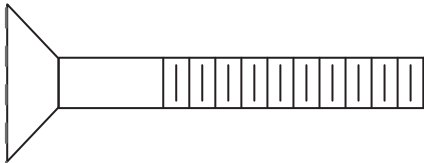
# Measurement Guide



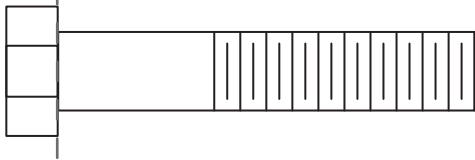
BHCS = Button Head Cap Screw



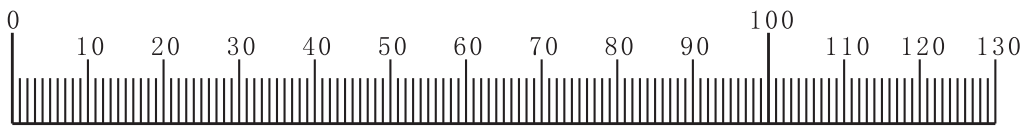
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters

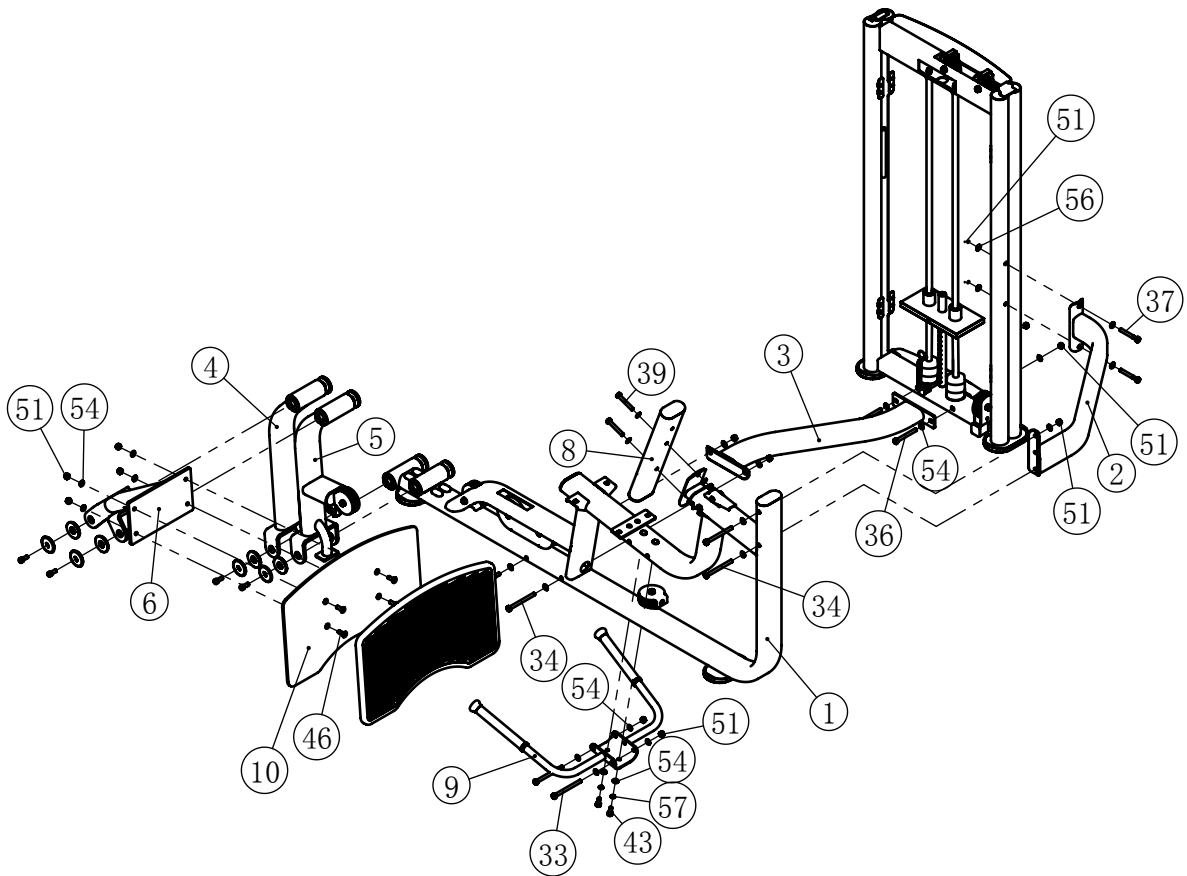


Inches

# Assembly

## STEP 1

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Main Frame	1	34	Hex Head Bolt M10*120	4
2	After Connection Frame	1	36	Hex Head Bolt M10*95	2
3	Ground Connection Frame	1	37	Hex Head Bolt M10*80	2
4	Front Swing Frame	1	39	Hex Head Bolt M10*70	2
5	After Swing Frame	1	43	Hex Head Bolt M10*25	2
6	Pedal Support Frame	1	46	Flat Head Cap Screw M10*30	4
8	Back Pad Frame	1	51	Nylon Lock Nut M10	15
9	Handle Frame	1	54	Flat Washer $\varphi 11*\varphi 20*2$	18
10	Footrest Frame	1	56	Arc Washer $\varphi 10$	11
33	Hex Head Bolt M10*125	2	57	Spring Washer $\varphi 10$	2

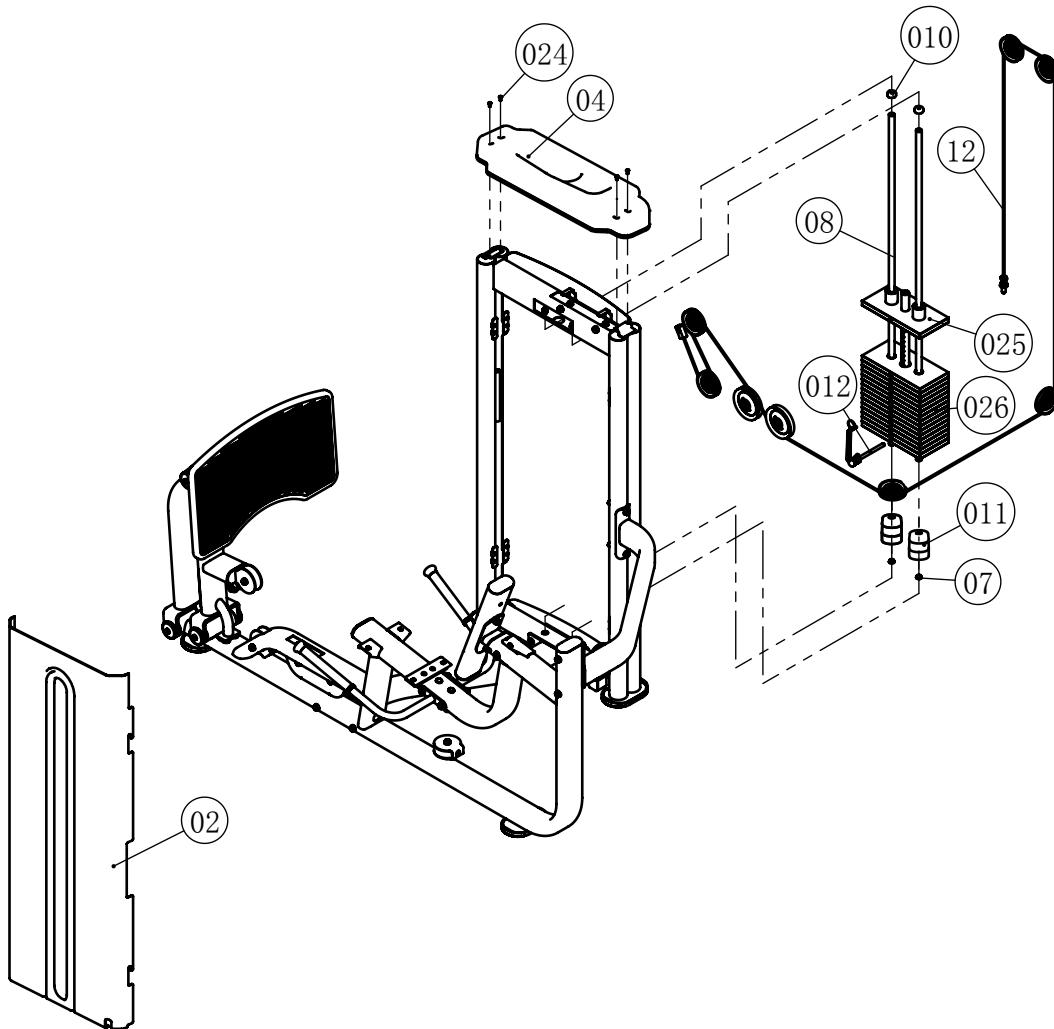




# Assembly

## STEP 2

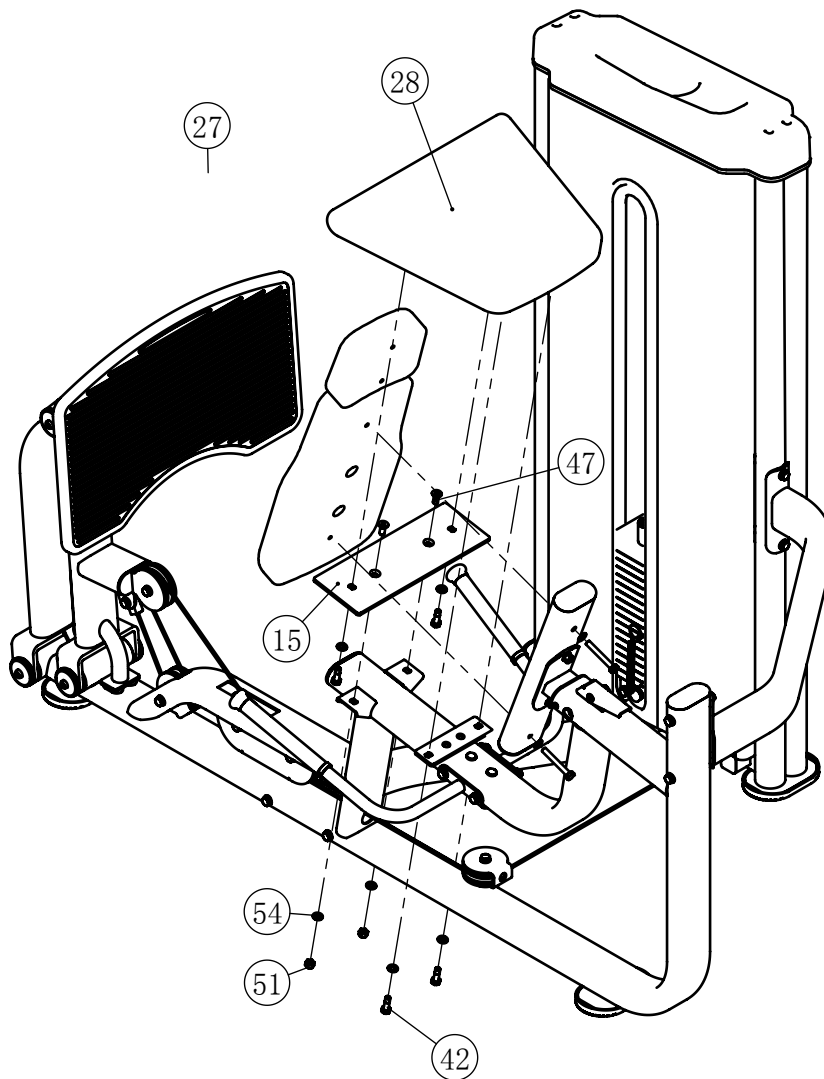
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
02	Front Shroud	1	012	Selector Pin W/Coil	1
04	Upper Shroud	1	024	Button Head Cap Screw M5*12	4
07	Rubber Plug $\varphi 18.5 * \varphi 15 * 7$	2	025	Top Plate	1
08	Guide Rod	2	026	Weight Plate	15
010	Mount Sleeve	2	12	Cable	1
011	Rubber Mat	2			



# Assembly

## STEP 3

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
15	Cushion Plate	1	47	Flat Head Cap Screw M10*25	2
27	Back Cushion	1	51	Nylon Lock Nut M10	2
28	Abdominal Pad	1	54	Flat Washer $\varphi 11*\varphi 20*2$	9
42	Hex Head Bolt M10*30	4	38	Hex Head Bolt M10*75	4





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