

# Athletic Vision Dynamic Leg Curl & Leg Extension Combo



## User & Installation Manual

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### 1. Product Overview

The **Athletic Vision Dynamic Leg Curl & Leg Extension Combo** is a versatile, dual-function selectorized strength machine engineered to develop both the quadriceps and hamstrings for balanced lower body strength. By combining seated leg extension and prone or seated leg curl movements into a single space-efficient unit, this machine delivers maximum training value without sacrificing floor space.

Equipped with a **275 lb selectorized weight stack**, the machine provides smooth, consistent resistance suitable for users of all fitness levels. Adjustable seating, backrest, and leg rollers ensure proper alignment, comfort, and safe biomechanics during every workout. Built with commercial-grade materials, this unit is ideal for fitness clubs, training studios, rehabilitation facilities, and high-end home gyms.

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## 2. Item Specifications

- **Product Type:** Selectorized Leg Curl / Leg Extension Combo (Dual Function)
  - **Exercise Functions:** Seated Leg Extension, Leg Curl
  - **Resistance System:** Selectorized weight stack
  - **Weight Stack:** 275 lbs
  - **Frame Construction:** Heavy-duty commercial-grade steel
  - **Seat & Backrest:** Adjustable padded seat and backrest
  - **Leg Rollers:** Adjustable, high-density foam leg rollers
  - **Cable System:** Smooth-glide cable and pulley system
  - **Finish:** Commercial powder-coated finish
  - **Upholstery:** Tear-resistant commercial vinyl with high-density foam
  - **Intended Use:** Commercial & Residential
  - **Assembled Dimensions:** {{TBD}} L x {{TBD}} W x {{TBD}} H
  - **Machine Weight:** {{TBD}} lbs
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## 3. Shipping Dimensions & Weight

- **Crated Dimensions:** Approx. {{TBD}} L x {{TBD}} W x {{TBD}} H
- **Crated Weight:** Approx. {{TBD}} lbs (may vary by configuration)
- **Shipping Method:** Freight delivery on pallet

### FOB Origin:

Ownership and responsibility for the equipment transfer to the buyer once the product leaves the seller's facility.

This includes:

- Freight costs
- Risk of loss or damage during transit
- Seller responsibility ends when the equipment is released to the carrier

**Important:** Inspect the crate for damage before signing the delivery receipt.

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## 4. Parts List (Included)

- Main Frame Assembly
- Seat Assembly
- Adjustable Backrest Assembly
- Leg Curl / Leg Extension Cam & Arm Assembly
- Adjustable Leg Roller Pads
- 275 lb Selectorized Weight Stack

- Guide Rods (2)
  - Pulleys & Cable Assembly
  - Range-of-Motion Adjustment Components
  - Hardware Kit (bolts, washers, lock nuts)
  - Weight Stack Selector Pin
  - Installation overview instructions (visual/basic)
  - Safety labels (pre-installed)
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## **5. Tools Required (Not Included)**

- Socket wrench set (metric)
  - Allen wrenches (metric)
  - Screwdriver
  - Open-end / box wrenches (metric)
  - Rubber mallet
  - Level
  - Utility knife (for unpacking)
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## **6. Installation Instructions (Step-by-Step)**

### **Step 1: Unpacking**

- Carefully remove all outer packaging and protective wrapping.
- Verify all components against the parts list.
- Organize hardware by size.
- See Pictures: Fully crated equipment (before installation).

### **Step 2: Frame Positioning**

- Position the main frame in its final installation location.
- Allow a minimum of 3–4 feet of clearance around the unit for safe use.

### **Step 3: Install Seat, Backrest & Leg Arm Assembly**

- Attach the seat and backrest assemblies to the main frame.
- Install the leg curl / leg extension arm assembly.
- Insert bolts loosely during alignment.
- Once aligned, level the unit and tighten bolts using a cross-pattern.
- Fully tighten all hardware.
- See Pictures: Seat and leg arm assemblies installed.

### **Step 4: Install Weight Stack & Guide Rods**

- Install guide rods into the frame.
- Install rubber bumpers and spacers as required.
- Carefully stack weight plates one at a time.
- Install the top selector plate and guide rod caps.
- Confirm smooth weight stack travel.
- Apply silicone lubricant lightly if needed.
- Apply weight stack decals.
- See Pictures: Weight stack installed.

### **Step 5: Pulley & Cable Routing**

- Verify correct cable routing through all pulleys for both exercise functions.
- Ensure pulleys rotate freely and cables sit properly in grooves.
- Adjust cable tension if necessary.
- Apply silicone lightly as needed.
- See Pictures / Videos: Cable routing diagram.

### **Step 6: Pad & Range Adjustment**

- Install leg roller pads and adjust height and position for proper knee alignment.
- Set starting range-of-motion stops for leg curl and leg extension movements.
- Confirm all adjustment pins engage securely.

### **Step 7: Final Tightening & Leveling**

- Use a level to ensure the unit is stable and square.
- Recheck and tighten all bolts.
- See Pictures: Fully assembled unit.

### **Step 8: Function Test**

- Select a light weight.
- Perform leg extension movements slowly.
- Switch to leg curl function and repeat.
- Confirm smooth, quiet operation throughout the full range of motion.
- Apply silicone to moving components as needed.

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## **7. Installation Video (If Available)**

**Installation Video:** Found on Youtube:

[https://youtube.com/shorts/T3AHjyv9E\\_Q?si=OwfsY4iRDT\\_\\_HOJo](https://youtube.com/shorts/T3AHjyv9E_Q?si=OwfsY4iRDT__HOJo)

Watching the video before installation is highly recommended.

Additional videos may be found at [www.ColoradoCardio.com](http://www.ColoradoCardio.com) under the product listing.

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## 8. Frequently Asked Questions (FAQ)

**Q: Does the unit need to be bolted to the floor?**

A: Floor anchoring is recommended for commercial facilities but not required on a level surface.

**Q: How many people are needed for installation?**

A: Two people are recommended.

**Q: How long does installation take?**

A: Approximately 1.5–2 hours.

**Q: Is lubrication required during installation?**

A: Lubrication is not required during installation. Silicone may be applied after assembly to moving components.

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## 9. Maintenance Schedule

### Monthly

- Wipe down frame and upholstery
- Inspect cables for wear or fraying
- Check pulley rotation; apply silicone lightly
- Verify selector pin engagement

### Quarterly

- Inspect and tighten all hardware
- Clean guide rods and apply silicone-based lubricant
- Check pulley alignment
- Inspect weight stack travel

### Annual

- Full cable inspection (replace if worn)
  - Deep clean pulleys and guide rods
  - Inspect frame welds and structural components
  - Professional preventive maintenance recommended
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## 10. Safety Notes

- Installation should be performed by trained personnel only.
  - Do not operate the machine with damaged cables or pulleys.
  - Return the weight stack gently—do not drop.
  - Keep hands, feet, and clothing clear of moving parts.
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## 11. Support & Service

For installation assistance, replacement parts, or service:

### **Colorado Cardio Fitness & Gym Equipment**

HIGH QUALITY AFFORDABLE GYM EQUIPMENT INSTALLED. SATISFACTION  
GUARANTEED!

Phone: 970-939-9736

Email: [Nathan@ColoradoCardio.com](mailto:Nathan@ColoradoCardio.com)

Website: [www.ColoradoCardio.com](http://www.ColoradoCardio.com)

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