

# Athletic Vision Dynamic

## Prone Leg Curl / Leg Extension Combo Machine



### User & Installation Manual

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## 1. Product Overview

The **Athletic Vision Dynamic Prone Leg Curl / Leg Extension Combo Machine** is a heavy-duty, full commercial-grade selectorized strength machine engineered to develop both the quadriceps and hamstrings for complete lower-body strength.

By combining **seated leg extension** and **prone leg curl** movements into a single, space-efficient unit, this machine maximizes training versatility while minimizing floor space requirements.

Equipped with a **275 lb selectorized weight stack**, a 9-position adjustable movement arm, and a 5-position adjustable foot roller, the machine delivers smooth, consistent resistance suitable for users of all fitness levels. Adjustable seat and back pad configurations ensure proper alignment and safe biomechanics during every workout.

Constructed with commercial-grade steel, powder-coated finishing, aircraft-quality cables, and fiberglass-reinforced pulleys, this unit is ideal for fitness clubs, high school and collegiate weight rooms, training studios, first responder facilities, rehabilitation environments, and premium home gyms.

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## 2. Item Specifications

**Product Type:** Selectorized Prone Leg Curl / Leg Extension Combo (Dual Function)

**Exercise Functions:** Seated Leg Extension, Prone Leg Curl

**Resistance System:** Selectorized weight stack

**Weight Stack:** 275 lbs

**Machine Weight:** 350 lbs

**Frame Construction:** Heavy-duty commercial-grade steel

**Finish:** Durable commercial powder-coated finish

**Color Options:** Solid Black or Red/Black combination

**Seat & Back Pads:** Dual adjustable positions

**Movement Arm:** 9 adjustable starting positions

**Foot Roller:** 5 adjustable positions

**Back Pad:** Full-length spine support

**Cable System:** Nylon-coated, self-lubricating, aircraft-quality steel cables

**Pulleys:** Fiberglass-reinforced nylon with v-grooved channels

**Upholstery:** Tear-resistant commercial vinyl with high-density foam

**Floor Protection:** Rubber feet

**Intended Use:** Commercial & Residential

**Assembled Dimensions:** 65" L x 39" W x 61" H

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## 3. Shipping Dimensions & Weight

**Shipping Method:** Standard freight delivery (lift gate service available)

**Packaging:** Ships disassembled in a wooden crate

**Assembly Time:** Approx. 2 hours (2 people recommended)

**FOB Origin:**

Ownership and responsibility transfer to the buyer once the equipment leaves the seller's facility. This includes:

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

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

**Local Pickup:**

A pickup truck or trailer is required for transport.

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## 4. Parts List (Included)

- Main Frame Assembly
  - Seat Pad Assembly
  - Adjustable Back Pad Assembly
  - Prone Curl / Leg Extension Movement Arm Assembly
  - Adjustable Foot Roller Pads
  - Roller Knee 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
  - Pre-installed safety labels
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## 5. Tools Required (Not Included)

- Metric socket wrench set
  - Metric Allen wrenches
  - Screwdriver
  - Metric open-end / box wrenches
  - Rubber mallet
  - Level
  - Utility knife (for unpacking)
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## 6. Installation Instructions (Step-by-Step)

## **Step 1: Unpacking**

- Carefully remove all packaging and protective wrapping.
  - Verify components against the parts list.
  - Organize hardware by size.
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## **Step 2: Frame Positioning**

- Position the main frame in its final location.
  - Allow 3–4 feet of clearance around the unit for safe operation.
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## **Step 3: Install Seat, Back Pad & Movement Arm**

- Attach the seat pad and back pad assemblies.
  - Install the movement arm assembly.
  - Insert bolts loosely during alignment.
  - Once aligned, level the unit and tighten hardware in a cross-pattern.
  - Fully tighten all bolts.
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## **Step 4: Install Weight Stack & Guide Rods**

- Install guide rods into the frame.
  - Install rubber bumpers and spacers.
  - Stack weight plates carefully one at a time.
  - Install top selector plate and caps.
  - Confirm smooth weight stack travel.
  - Apply light silicone lubricant to guide rods if necessary.
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## **Step 5: Pulley & Cable Routing**

- Verify proper cable routing for both exercise functions.
  - Ensure pulleys rotate freely and cables sit properly in grooves.
  - Adjust cable tension if required.
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## **Step 6: Pad & Range Adjustments**

- Install and adjust foot roller pads to align with user leg length.
  - Adjust the 9-position movement arm for proper starting range.
  - Confirm all adjustment pins engage securely.
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## Step 7: Final Tightening & Leveling

- Use a level to confirm the unit is stable and square.
  - Recheck and tighten all hardware.
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## Step 8: Function Test

- Select a light weight.
  - Perform leg extension movement slowly.
  - Adjust pads to convert to prone leg curl and repeat.
  - Confirm smooth, quiet operation throughout full range of motion.
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## 7. Installation Video

Installation Video:

[https://youtube.com/shorts/T3AHjyv9E\\_Q?si=OwfsY4iRDT\\_HOJo](https://youtube.com/shorts/T3AHjyv9E_Q?si=OwfsY4iRDT_HOJo)

Watching the installation video before beginning assembly is highly recommended.

Additional resources may be found at:

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

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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 guide rods and 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.
  - Do not operate with damaged cables or pulleys.
  - Return the weight stack gently — do not drop.
  - Keep hands, feet, and clothing clear of moving parts.
  - Ensure all adjustment pins are fully engaged before use.
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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)

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