

Athletic Vision Dynamic Angled Leg Press & Hack Squat Combo



Athletic Vision Dynamic

Angled Leg Press / Hack Squat Combo Machine**

User & Installation Manual

1. Product Overview

The Athletic Vision Dynamic Angled Leg Press & Hack Squat Combo Machine is a heavy-duty, full commercial-grade plate-loaded strength machine engineered to deliver powerful lower body training.

By combining angled leg press and hack squat movements into a single, space-efficient unit, this machine maximizes training versatility while minimizing floor space requirements.

Designed for serious performance, this unit effectively targets the quadriceps, hamstrings, and glutes through controlled, biomechanically sound movement patterns.

Featuring a high-capacity load rating, adjustable footplate and backrest positions, and a smooth glide track system, this machine provides consistent resistance and safe operation for users of all fitness levels.

Constructed with commercial-grade steel and high-density padding, this unit is ideal for fitness clubs, athletic training facilities, first responder gyms, school weight rooms, and premium home gyms.

2. Item Specifications

Product Type: Plate-Loaded Angled Leg Press / Hack Squat Combo (Dual Function)

Exercise Functions: Angled Leg Press, Hack Squat

Max Load Capacity: 880 lbs

Actual Floor Dimensions: 92" L x 68" W x 62" H

Frame Construction: Heavy-duty commercial-grade steel

Finish: Durable commercial powder-coated finish

Color Options: Black

Backrest: Adjustable for user positioning and comfort

Glide System: Linear bearing track system for smooth motion (ensure rails are properly lubricated before use)

Padding: High-density ergonomic cushions

Upholstery: Tear-resistant commercial-grade vinyl

Safety Features: Integrated safety stops and handles

Intended Use: Commercial & Residential

3. Shipping Dimensions & Weight

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

Packaging: Ships disassembled in a crate

Assembly Time: Approx. 2–3 hours (2 people recommended)

Shipping Specs: 96" x 48" x 36" | 856 lbs

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 all packaging for damage before signing the delivery receipt.

Local Pickup:

Truck or trailer required.

4. Parts List (Included)

- Main Frame Assembly
 - Leg Press / Hack Squat Carriage
 - Adjustable Back Pad Assembly
 - Adjustable Footplate
 - Shoulder Pad Assembly (Hack Squat)
 - Safety Stop Mechanisms
 - Guide Rails / Track System
 - Weight Horns (Plate Storage)
 - Handle Grips
 - Hardware Kit (bolts, washers, lock nuts)
 - Installation instructions
 - Pre-installed safety labels
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5. Tools Required (Not Included)

- Metric socket wrench set
- Metric Allen wrenches
- Open-end / box wrenches
- Screwdriver
- Rubber mallet
- Level
- Utility knife

6. Installation Instructions (Step-by-Step)

Step A: Unpacking

- Carefully remove all packaging materials
- Verify all components against the parts list
- Organize hardware by size

Step B: Frame Positioning

- Place all frame components in the final installation area
- Ensure proper orientation of each piece before assembly
- Allow 3–4 feet of clearance around the unit

Step C: Frame Assembly

- Assemble left and right side frames
- Install cross members
- Loosely fasten all bolts during initial assembly
- Once aligned, begin tightening evenly

Step D: Install Carriage System

- Carefully mount the carriage onto the guide rails
- Apply silicone lubricant to rails to ensure smooth movement
- With assistance (recommended 3–4 people), lift and position the guide rail and carriage assembly onto the frame
- Secure rails to the frame
- Verify alignment before fully tightening
- Test carriage movement to ensure smooth operation

Step E: Install Pads, Footplate & Safety Components

- Attach backrest and shoulder pads
- Install side locking components to secure carriage positioning
- Install adjustable footplate using one-way axle bolts (ensure flat edges are properly aligned)
- Confirm all adjustment points operate correctly

Step F: Install Safety Stops, Handles & Weight Horns

- Attach safety stop mechanisms

- Install handles and main weight horns
- Verify proper engagement and locking positions

Step G: Final Tightening, Leveling & Lubrication

- Level the machine on the floor
- Tighten all hardware securely
- Lubricate all moving joints and guide rails

Note:

Minor surface rust from shipping or humidity can occur. This is normal and can be removed using light sandpaper and a WD-40 wipe.

Step H: Function Test

- Load light weight plates
 - Test leg press function
 - Test hack squat function
 - Ensure smooth, controlled movement throughout full range of motion
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7. Frequently Asked Questions (FAQ)

Q: Does this machine need to be bolted down?

A: Not required, but recommended for commercial settings.

Q: How many people are needed for assembly?

A: Two people minimum; 3–4 recommended for carriage installation.

Q: How long does assembly take?

A: Approximately 3–4 hours.

Q: What plates are compatible?

A: Standard Olympic weight plates.

8. Maintenance Schedule

Monthly

- Wipe down frame and pads
- Inspect moving components

- Check safety stops

Quarterly

- Tighten all hardware
- Inspect glide rails and bearings
- Lubricate guide system as needed

Annual

- Full structural inspection
 - Inspect weld points
 - Professional maintenance recommended
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9. Safety Notes

- Use proper lifting technique at all times
 - Do not exceed maximum load capacity (880 lbs)
 - Ensure safety stops are engaged before use
 - Keep hands and feet clear of moving parts
 - Do not use if the machine is damaged
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10. 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

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