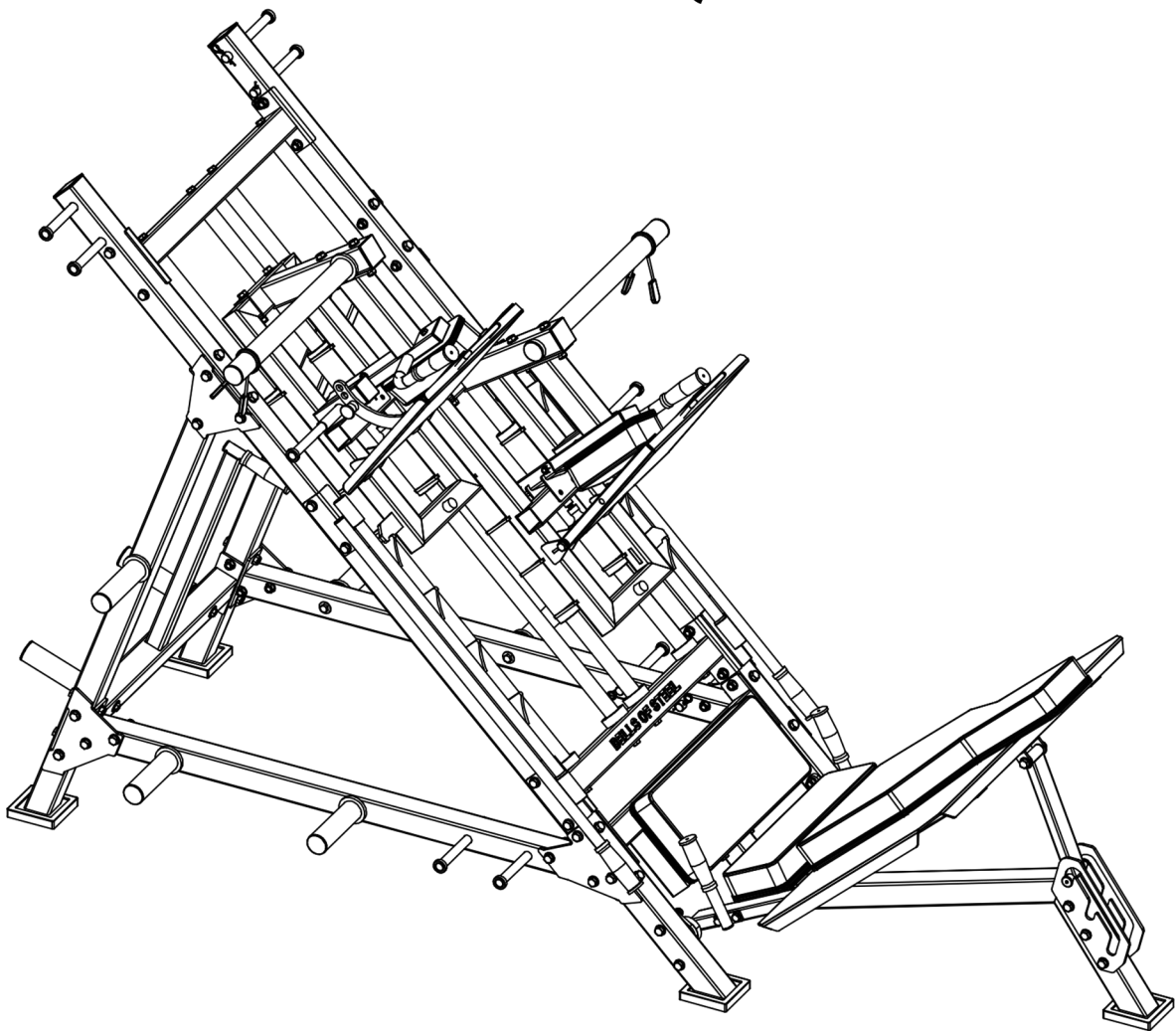




2-in-1 Iso Leg Press & Hack Squat Machine ISO-LPHSQ-MA



ASSEMBLY INSTRUCTIONS



BellsOfSteel

Scan QR code for assembly instructions:



www.bellsOfsteel.com | www.bellsOfsteel.us | Telephone: 1-888-718-7997



Kaevon Khoozani
President

Welcome to Bells of Steel, you've made an excellent choice.

First off I want to say thank you for supporting my small business.

I've spent a lot of time crafting this design to create a fantastic lifting experience to help you reach your full potential and I hope you love your new equipment.

I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our youtube page for assembly videos or feel free to email us for troubleshooting guidance.

A GUIDE TO SAFETY

We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. **TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.**

- 1 Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. **STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.**
- 2 It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.
- 3 Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.
- 4 Read all instructions in this manual before using the product and use the product only as described in this manual.
- 5 It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly.
- 6 Keep hands and feet from moving parts. Do not lean or rest on the product.
- 7 Wear athletic shoes for foot protection while exercising.
- 8 Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.
- 9 This product is designed for indoor use only.
- 10 Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.
- 11 Ensure that any handles that may be included with your product are attached securely before using the product.
- 12 Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.
- 13 Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.
- 14 Do not overexert yourself during any exercise program. Operate the product as intended.
- 15 The product should be anchored where required or whenever possible. The product should be secured when not in use.
- 16 The product is very heavy. Improper use or assembly can lead to serious injury or death.
- 17 **SAVE AND REVIEW THESE INSTRUCTIONS.**

Now...

LET THE GAINZ BEGIN





Be sure to leave a review on our website or Amazon, we read all feedback and use it to improve our products and service.

For full warranty info visit

<https://www.bellsofsteel.com/warranty/>

Not happy with your purchase or even just changed your mind?

We offer a 30 day money back guarantee

<https://www.bellsofsteel.com/money-back-guarantee/>

Want to learn the best way to use your new products and maximize your Gainz? Subscribe to our YouTube channel for new how to's and workout videos weekly

<https://www.youtube.com/user/bellsofsteel>

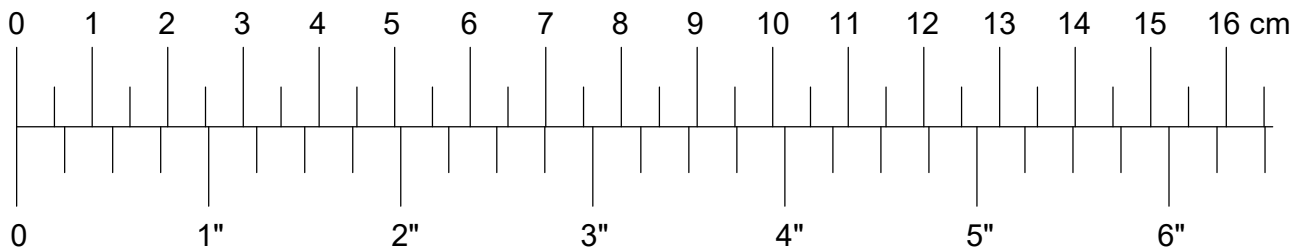


www.bellsofsteel.com | www.bellsofsteel.us

PARTS LIST

- Hardware Package**

No.	Description	Q'ty
1	M12 x 85 standard bolt	1
2	M12 x 90 bolt	4
3	M12 x 85 bolt	15
4	M12 x 80 bolt	40
5	M12 x 75 bolt	10
6	M10 x 80 bolt	4
7	M10 x 70 bolt	4
8	M10 x 20 bolt	16
9	M8 x 75 bolt	4
10	M8 x 45 bolt	6
11	∅ 12 x 12-M10 plug bolt	2
12	M12 nut	70
13	M10 nut	8
14	∅ 12 washer	140
15	∅ 10 x 28 bigger washer	8
16	∅ 10 washer	24
17	∅ 8 washer	10
18	∅ 2.5 x 60 safety lock	4

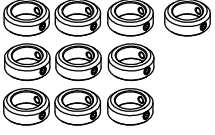
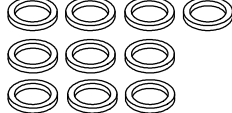
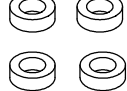


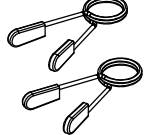

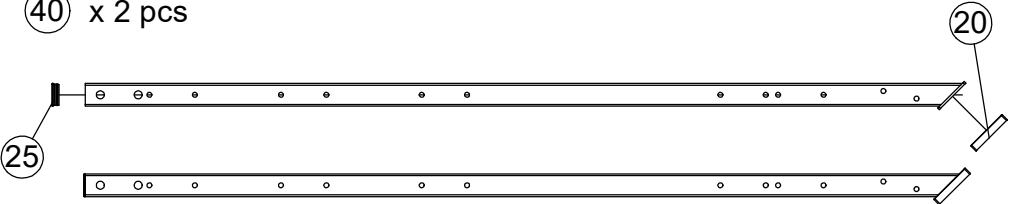
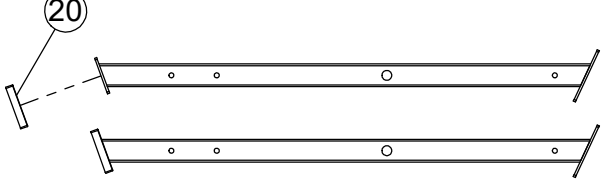
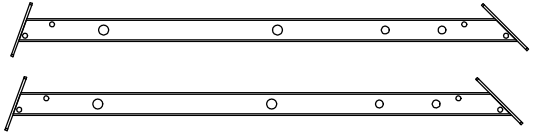
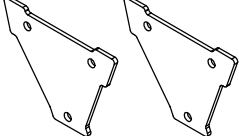
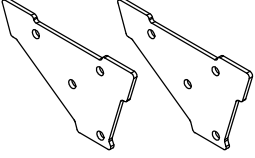
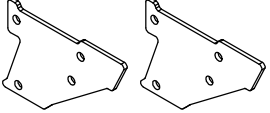
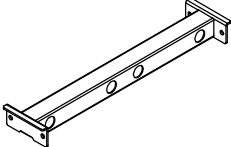
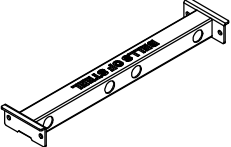
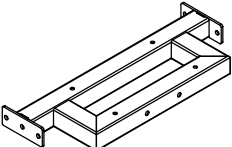
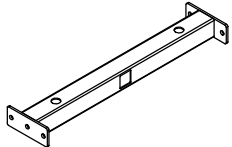
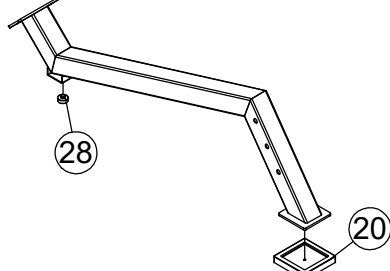
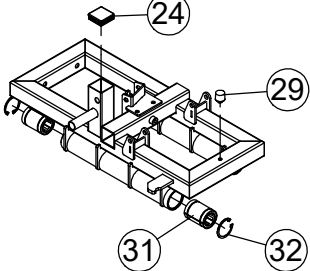
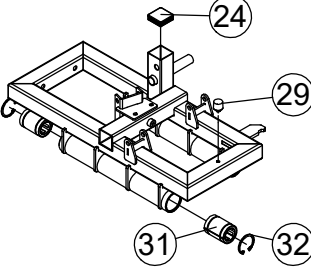


- Attached for Frames**

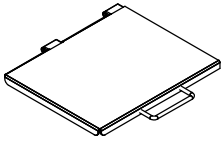
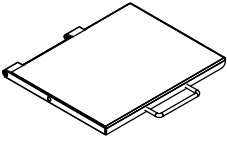
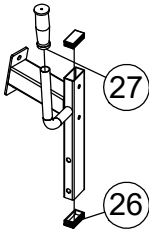
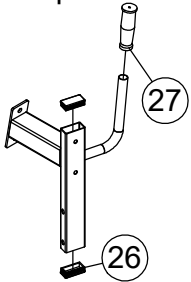
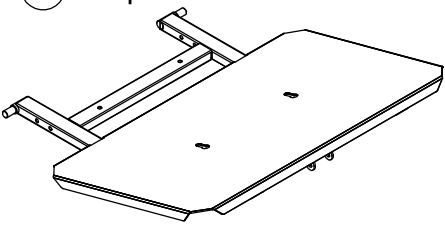
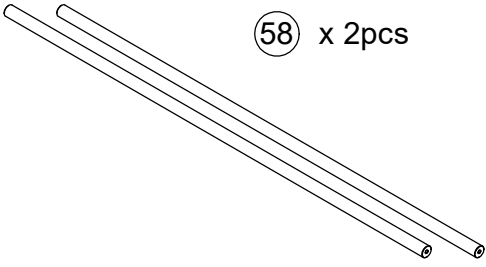
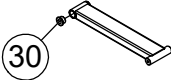
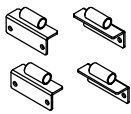

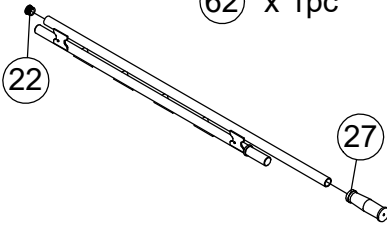
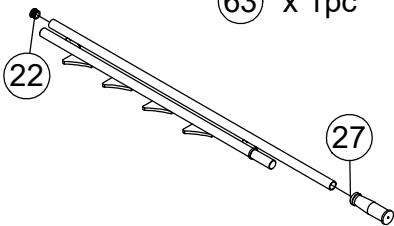
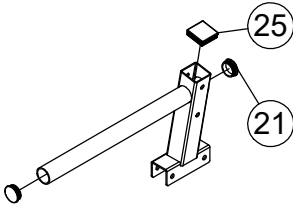
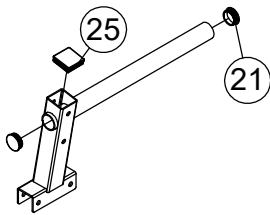

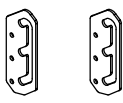
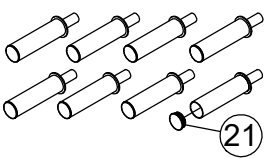
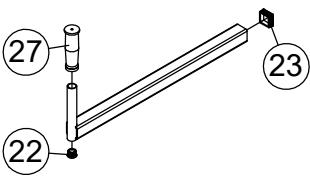
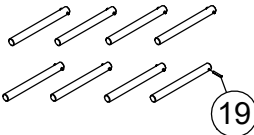
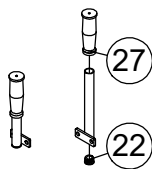
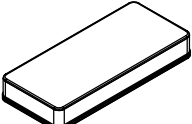
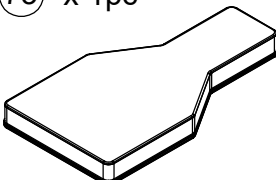
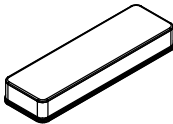
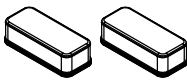
19	∅ 5 x 30 elastic cylinder pin	8
20	100 foot pad	5
21	∅ 48 tube plug	12
22	∅ 25 tube plug	5
23	38 tube plug	1
24	50 tube plug	2
25	60 tube plug	4
26	3060 tube plug	4
27	∅ 25 handle	5
28	∅ 25 rubber pad	1
29	30-M10 rubber pad	2
30	12-19-24 podwer bearing	2
31	LM35-AJ linear bearing	4
32	∅ 52 bearing retainer	4

PARTS LIST

- Packed in the box**

<p>③③ x 10 pcs</p> 	<p>③④ x 10 pcs</p> 	<p>③⑤ x 4 pcs</p> 	<p>③⑥ x 2 pcs</p> 	<p>③⑦ x 2 pcs</p> 	<p>③⑧ x 2 pcs</p> 
<p>③⑨ x 2 pcs</p> 	<p>④① x 2 pcs</p> 				
<p>④① x 2 pcs</p> 			<p>④② x 2 pcs</p> 		
<p>④③ x 2 pcs</p> 	<p>④④ x 2 pcs</p> 	<p>④⑤ x 2 pcs</p> 			
<p>④⑥ x 1 pc</p> 	<p>④⑦ x 1 pc</p> 	<p>④⑧ x 1 pc</p> 	<p>④⑨ x 1 pc</p> 		
<p>⑤① x 1 pc</p> 	<p>⑤② x 1 pc</p> 		<p>⑤③ x 1 pc</p> 		

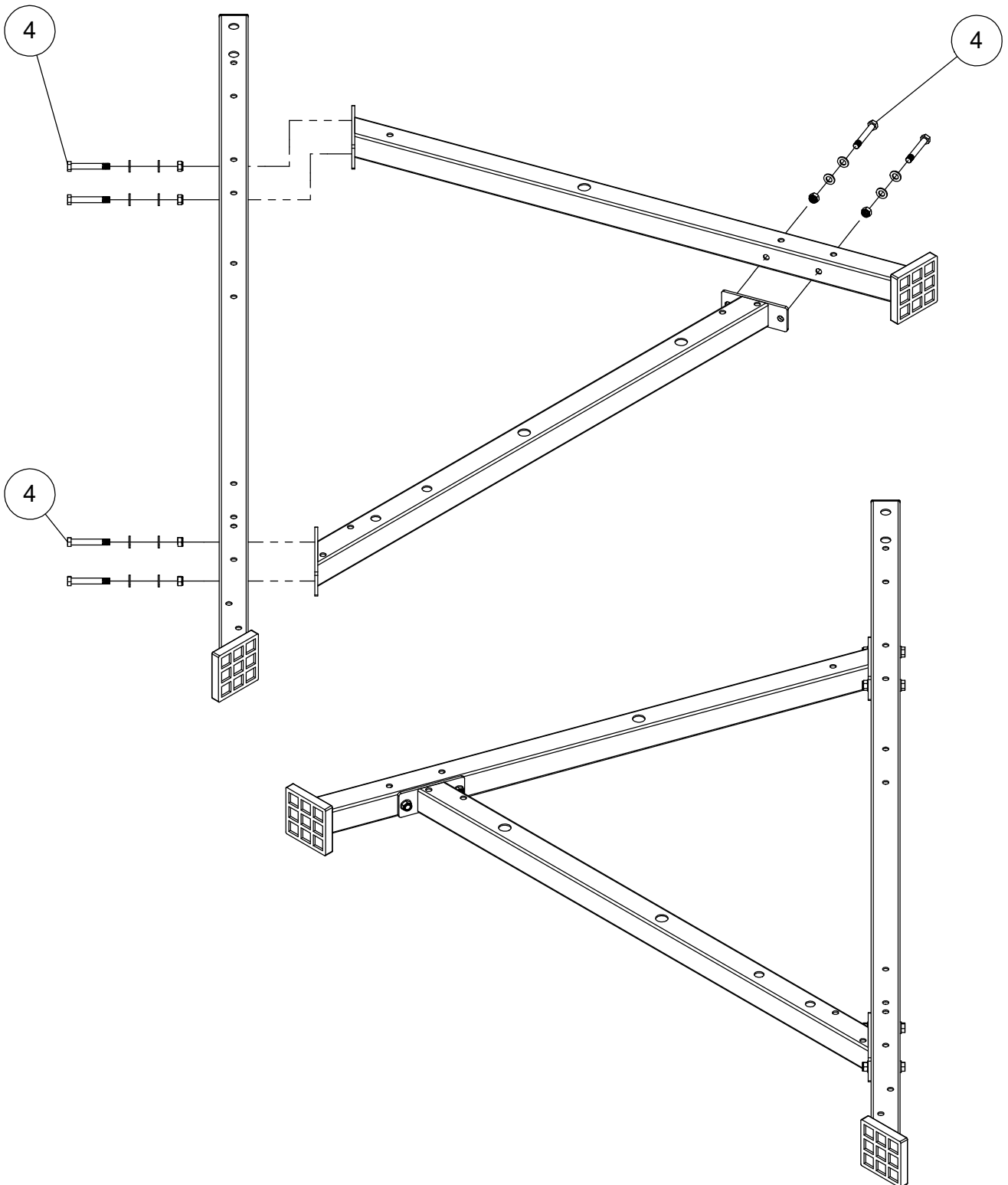
PARTS LIST

<p>⑤③ x 1pc</p> 	<p>⑤④ x 1pc</p> 	<p>⑤⑤ x 1pc</p> 	<p>⑤⑥ x 1pc</p> 
<p>⑤⑦ x 1pc</p> 		<p>⑤⑧ x 2pcs</p> 	<p>⑤⑨ x 1pc</p> 
<p>⑥① x 4pcs</p> 	<p>⑥① x 2pcs</p> 	<p>⑥② x 1pc</p> 	<p>⑥③ x 1pc</p> 
<p>⑥④ x 1pc</p> 	<p>⑥⑤ x 1pc</p> 	<p>⑥⑥ x 2pcs</p> 	<p>⑥⑦ x 2pcs</p> 
<p>⑥⑧ x 8pcs</p> 	<p>⑥⑨ x 1pc</p> 	<p>⑦① x 4pcs</p> 	<p>⑦① x 2pcs</p> 
<p>⑦② x 1pc</p> 	<p>⑦③ x 1pc</p> 	<p>⑦④ x 1pc</p> 	<p>⑦⑤ x 2pcs</p> 

ASSEMBLY

Step 1.

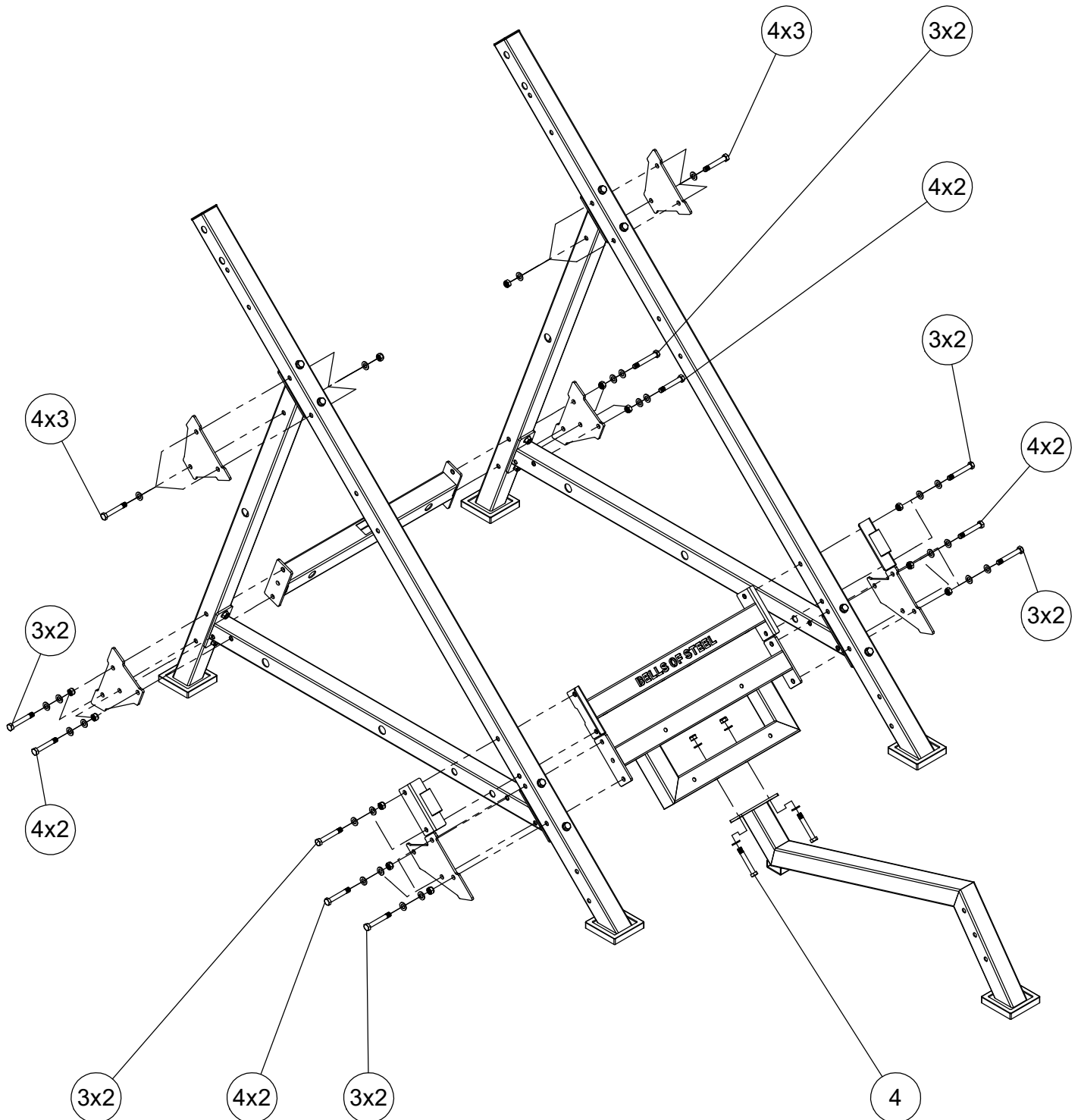
Parts No.	Description	Q'ty
4	M12 x 80 bolt	12
12	M12 nut	12
14	∅ 12 washer	24



ASSEMBLY

Step 2.

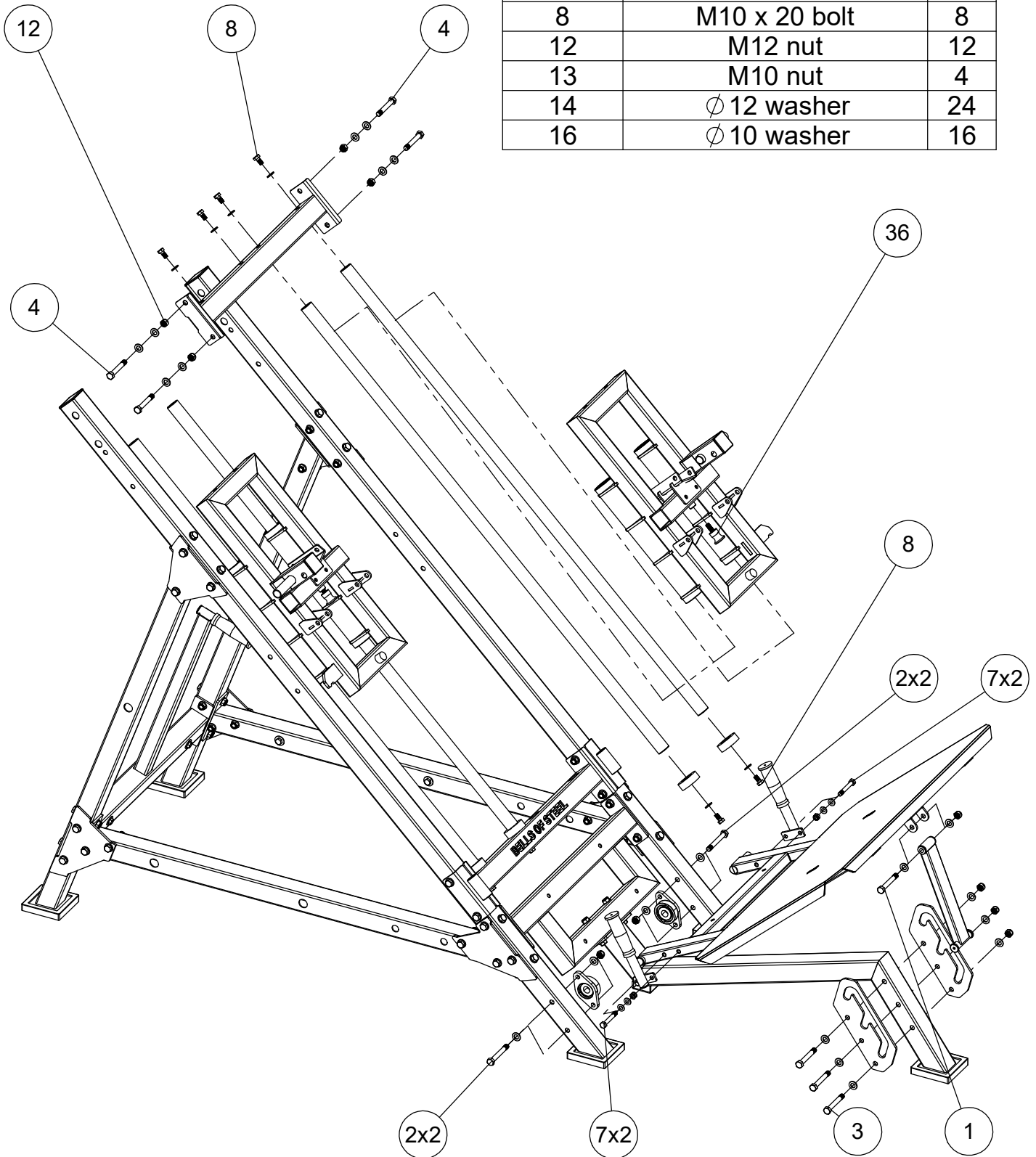
Parts No.	Description	Q'ty
3	M12 x 85 bolt	12
4	M12 x 80 bolt	16
12	M12 nut	28
14	∅ 12 washer	56



ASSEMBLY

Step 3.

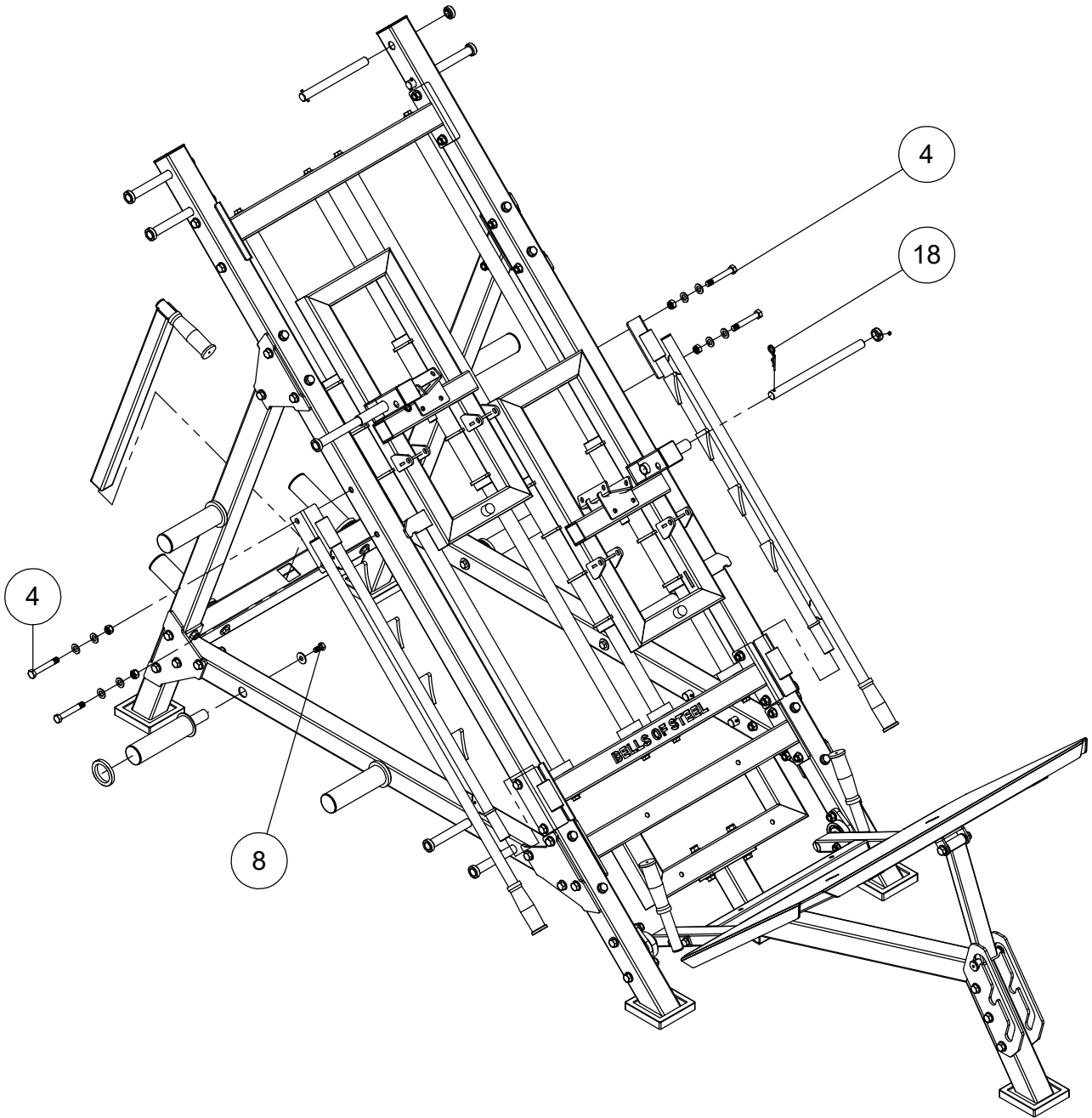
Parts No.	Description	Q'ty
1	M12 x 85 standard bolt	1
2	M12 x 90 bolt	4
3	M12 x 85 bolt	3
4	M12 x 80 bolt	4
7	M10 x 70 bolt	4
8	M10 x 20 bolt	8
12	M12 nut	12
13	M10 nut	4
14	∅ 12 washer	24
16	∅ 10 washer	16



ASSEMBLY

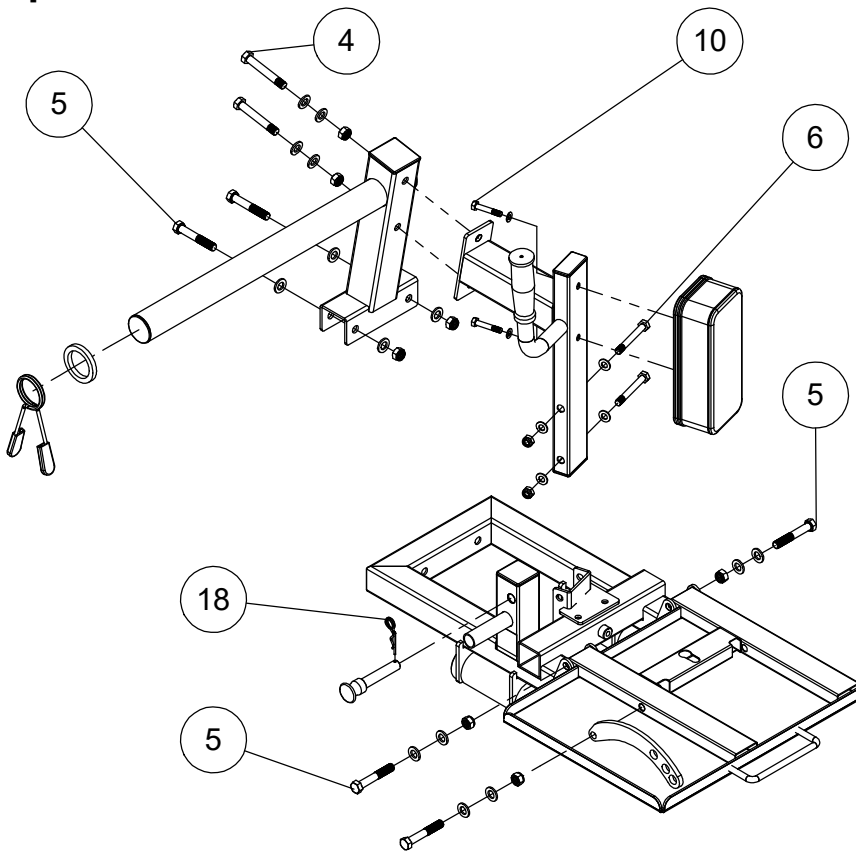
Step 4.

Parts No.	Description	Q'ty
4	M12 x 80 bolt	4
8	M10 x 20 bolt	8
12	M12 nut	4
14	∅ 12 washer	8
15	∅ 10 bigger washer	8
18	∅ 2.5 x 60 safety lock	2



ASSEMBLY

Step 5.

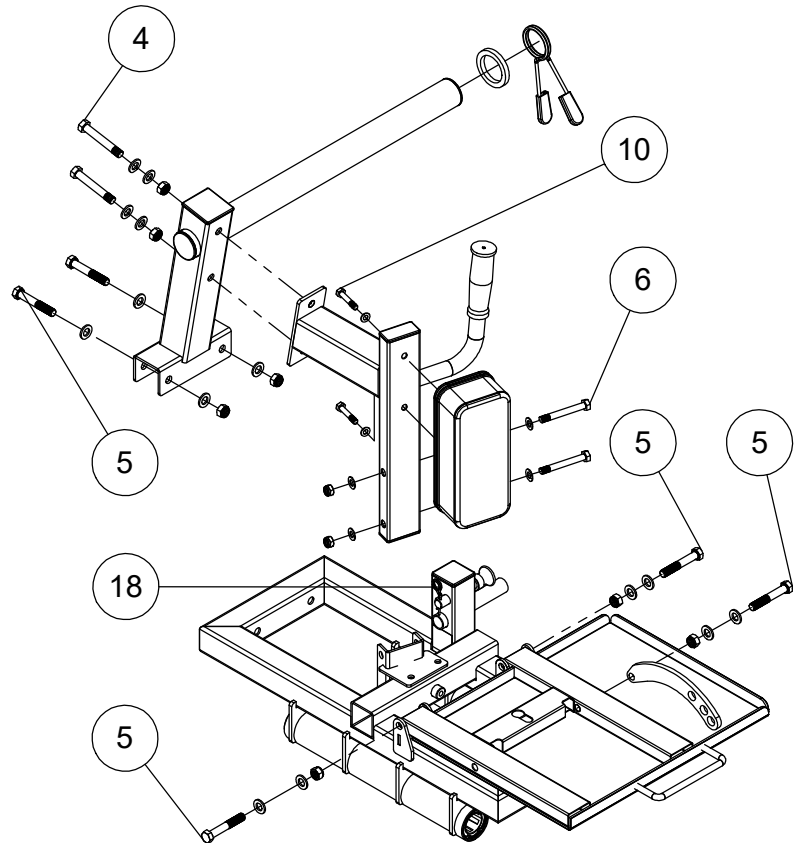


Left carriage

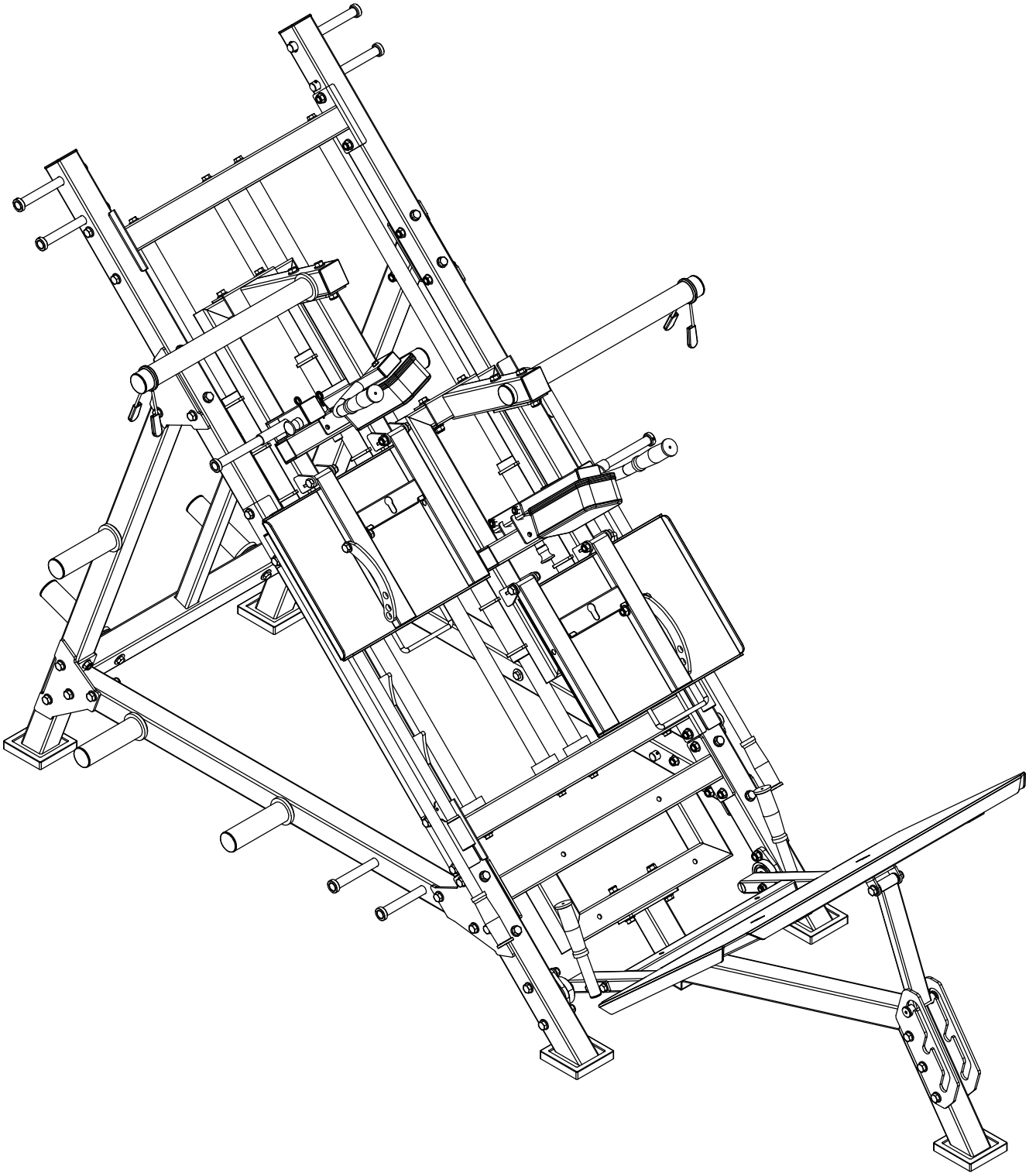
Parts No.	Description	Q'ty
4	M12 x 80 bolt	2
5	M12 x 75 bolt	5
6	M10 x 80 bolt	2
10	M8 x 45 bolt	2
12	M12 nut	7
13	M10 nut	2
14	∅ 12 washer	14
16	∅ 10 washer	4
17	∅ 8 washer	2
18	∅ 2.5 x 60 safety lock	1

Right carriage

Parts No.	Description	Q'ty
4	M12 x 80 bolt	2
5	M12 x 75 bolt	5
6	M10 x 80 bolt	2
10	M8 x 45 bolt	2
12	M12 nut	7
13	M10 nut	2
14	∅ 12 washer	14
16	∅ 10 washer	4
17	∅ 8 washer	2
18	∅ 2.5 x 60 safety lock	1



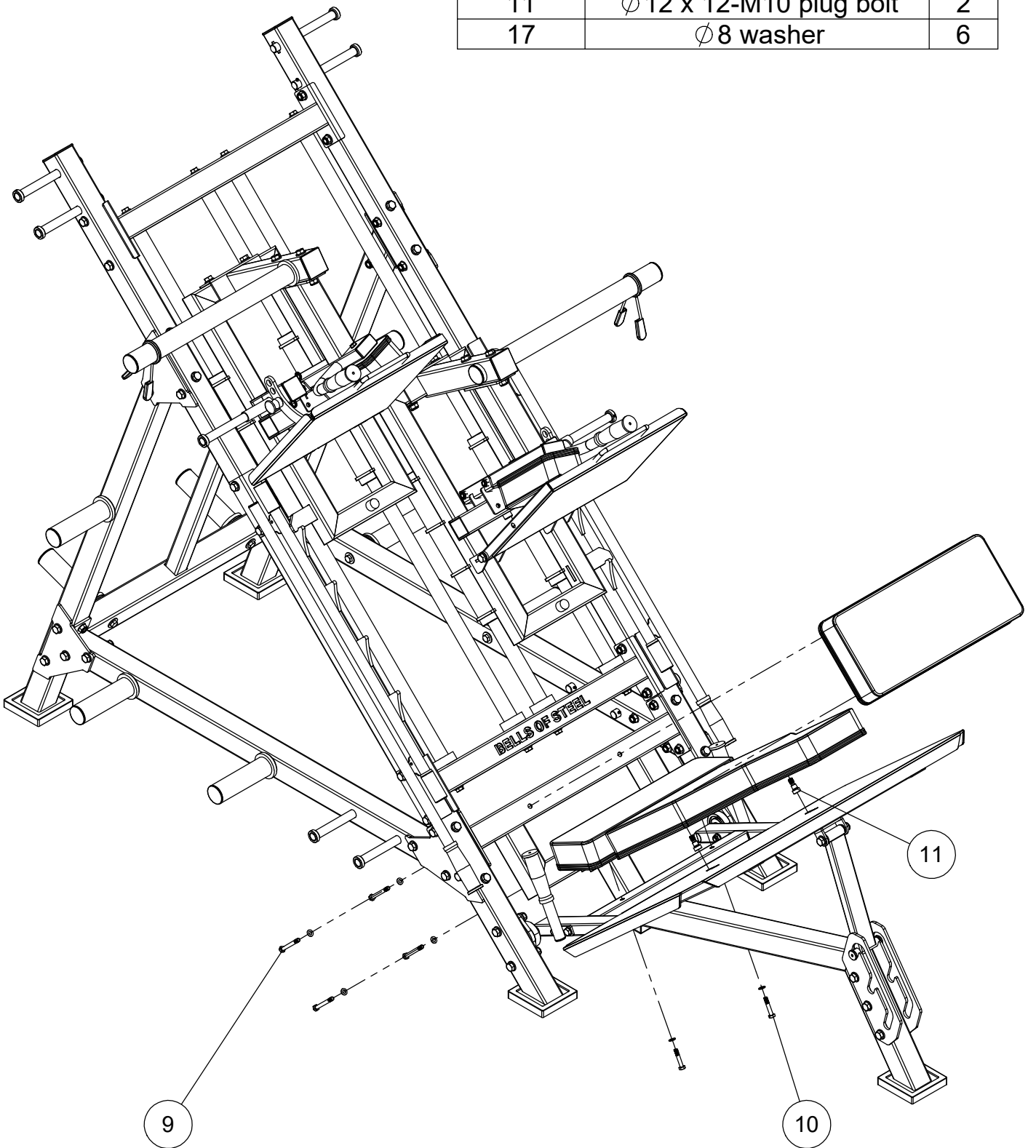
ASSEMBLY



ASSEMBLY

Step 5.

Parts No.	Description	Q'ty
9	M8 x 75 bolt	4
10	M8 x 45 bolt	2
11	∅ 12 x 12-M10 plug bolt	2
17	∅ 8 washer	6



ASSEMBLY

Hack Squat

