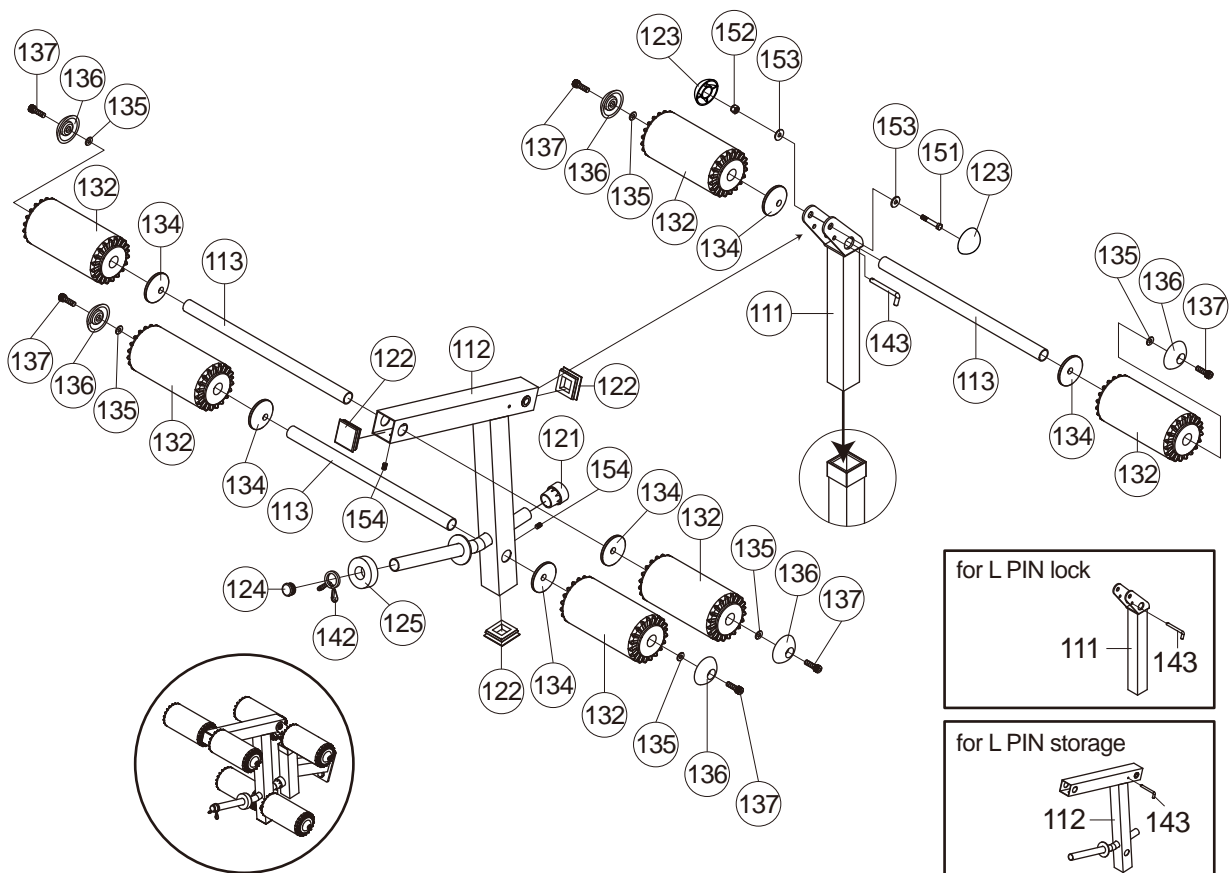


# ATTAIN

## H811 LEG EXTENSION / CURL ASSEMBLY OWNER'S MANUAL

### ASSEMBLE

1. Attach LEG WEIGHT HOLDER(112) onto ADJUST TUBE(111), using HEX HEAD BOLT(151), two 1/2" WASHERS(153), NYLON NUT(152) and CAP FOR NUT(123).
2. Insert FOAM ROLLER HOLDER(113) into the ADJUST TUBE(111) and LEG WEIGHT HOLDER(112).
3. Slide FOAM PAD(131) & FOAM PAD COVER(132) onto each side of FOAM ROLLER HOLDER(113).
4. Attach two 5/16" X 1-1/4" SUNKEN HEAD SCREWS(137), two 5/16" WASHERS(135), two PLASTIC COVERS(136), and two PLASTIC WASHERS(134) into round tube.
5. Attach 50 SQ. END PLUG(122) to ends of LEG WEIGHT HOLDER(112).
6. Slide RUBBER BUMPER(125) onto WEIGHT HOLDER(112). The SPRING CLIP(142) is used to hold weight plates on LEG WEIGHT HOLDER(112).
7. L PIN(143) is used to lock ADJUST TUBE(111) and LEG WEIGHT HOLDER(112).



**Thank you for purchasing the ATTAIN FITNESS H811 LEG  
EXTENSION / CURL! If you have any questions, please contact  
our customer service department at +1 877-551-7484 and  
info@attainfitnessusa.com. [www.attainfitnessusa.com](http://www.attainfitnessusa.com)**

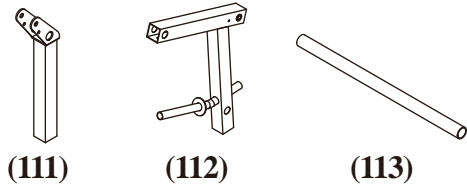


**H811 LEG EXTENSION / CURL  
ASSEMBLY OWNER'S MANUAL**

**PARTS CHART**

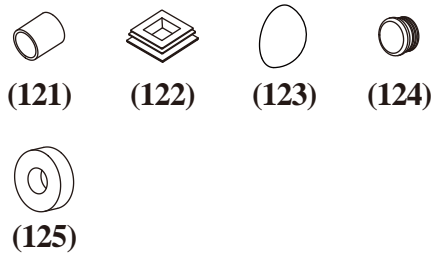
**NO. DESCRIPTION QTY.**

111	ADJUST TUBE	1
112	LEG WEIGHT HOLDER	1
113	FOAM ROLLER HOLDER	3



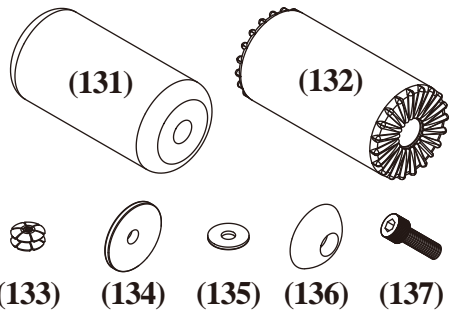
**NO. DESCRIPTION QTY.**

121	1" ROUND CAP	1
122	50 SQ. END PLUG	3
123	CAP FOR NUT	2
124	1" ROUND END PLUG (SMALLER)	1
125	RUBBER BUMPER	1



**NO. DESCRIPTION QTY.**

131	FOAM PAD	6
132	FOAM PAD COVER	6
133	5/16" NUT	6
134	PLASTIC WASHER	6
135	5/16" WASHER	6
136	PLASTIC COVER	6
137	5/16" X 1-1/4" SUNKEN HEAD SCREW	6



**NO. DESCRIPTION QTY.**

141	BUSHING	2
142	SPRING CLIP	1
143	L PIN	1



**NO. DESCRIPTION QTY.**

151	1/2" X 3-1/8" HEX HEAD BOLT	1
152	1/2" X 12mm NYLON NUT	1
153	1/2" WASHER	2
154	5/16" X 1/2" INNER HEX SCREW	2

