

FREAK ATHLETE

Leg Developer Assembly Guide

Important Notice



The written instruction manual is meant to be a supplement to the Leg Developer Assembly video and Getting Started Video.

Go to FreakAthlete.co/HyperGuide for full video instructions.

It is critical to follow the full Assembly Video and the Getting Started video for your own safety.

FREAK ATHLETE

Leg Developer Assembly Guide



Leg Developer
Full Assembly



Leg Developer
Getting Started

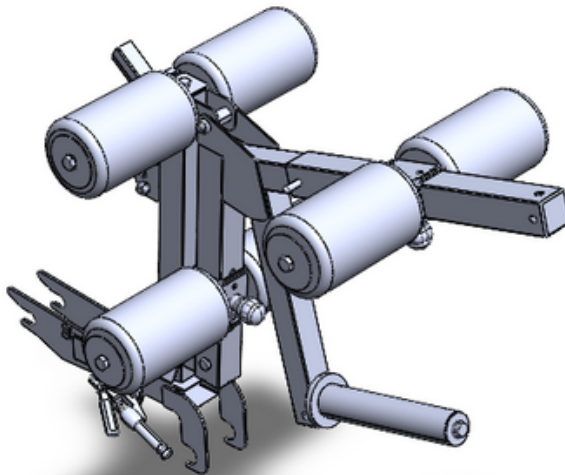
FREAK ATHLETE

Leg Developer Assembly Guide

What's Included		
Bolts	Washers, Nuts, & Other	Tools
<ul style="list-style-type: none">● 3x M12x25 Bolts● 1x M12X65 Bolts● 1x M10x55 Bolts● 1x M10X60 Bolts● 1x M10X20 Bolts● 4x ST4.2X13 Self Tapping Screw	<ul style="list-style-type: none">● 1x M12 Flat Washers● 2x M10Flat Washer● 2x M10 Nuts● 1x M12 Hex Nut● 1x M12 Spring Washer	<ul style="list-style-type: none">● 1x Hex Open Wrenches● 1x Hex Box Wrenches● 1x Phillips Screw Driver

⚠ IMPORTANT NOTE For **video assembly**, go to FreakAthlete.co/HyperGuide
Make sure all screws are **fully tightened** during assembly.

Leg Developer Assembly Parts		
<ul style="list-style-type: none">● Front Frame● Loading Bar● Adjustable Roller Sub Assembly● Stabilizer Bar● Rear Frame	<ul style="list-style-type: none">● Metal End Cap● Roller Cushion● Roller Cushion Tube● Red Knob● Hitch Pin	<ul style="list-style-type: none">● Hamstring Bar● Leg Extension End Cap



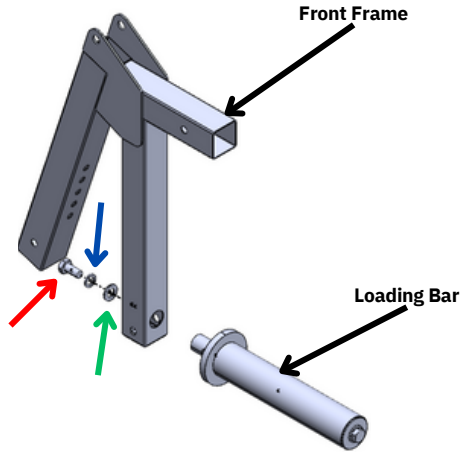
Steps 1: Installing Loading Bar to Front Frame

1. Attach the **Loading Bar** to the **Front Frame** in its designated hole.
2. Arrange your bolt and washers according to the image below then tighten.

Hardware & Parts

- 1x **M12x25 Bolt**
- 1x **M12 Flat Washer**
- 1x **M12 Spring Washer**

- Front Frame
- Loading Bar



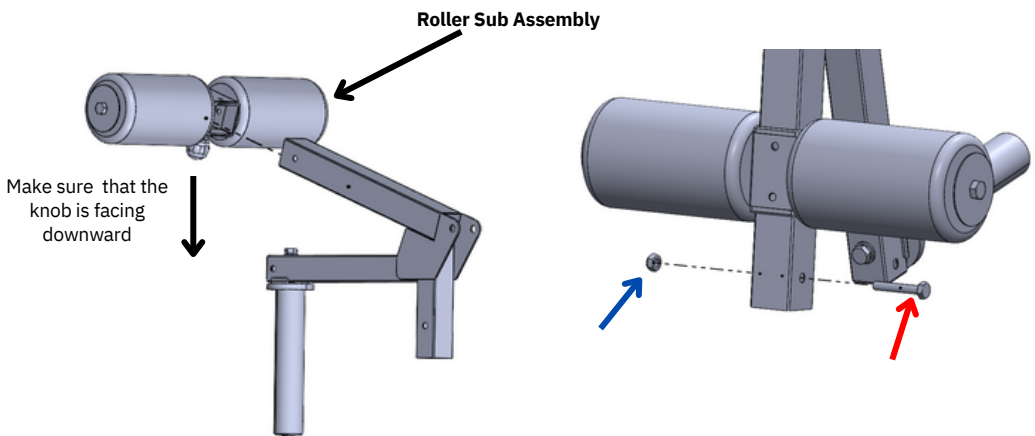
Steps 2: Installing Roller Sub Assembly

1. Place the front frame as shown then insert **Roller Sub Assembly** to the metal tube and lock the pin to any of the holes.
2. Put the bolt and nut. Hand tight is enough

Hardware & Parts

- 1x **M10x60 Bolt**
- 1x **M10 Washer**

- Roller Sub Assembly

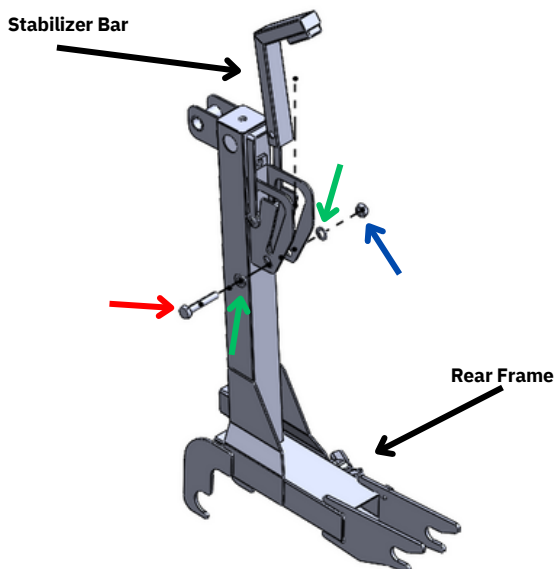


Steps 3: Installing Stabilizer Bar to Rear Frame

1. Line up the **Stabilizer** to the hole then fix with the bolt and nut.
2. Stabilizer bar should be freely moving and sticks to the top magnet.

Hardware & Parts

- 1x **M10x55 Bolt**
 - 1x **M10 Nut**
 - 2x **M10 Flat Washer**
-
- Stabilizer Bar
 - Rear Frame

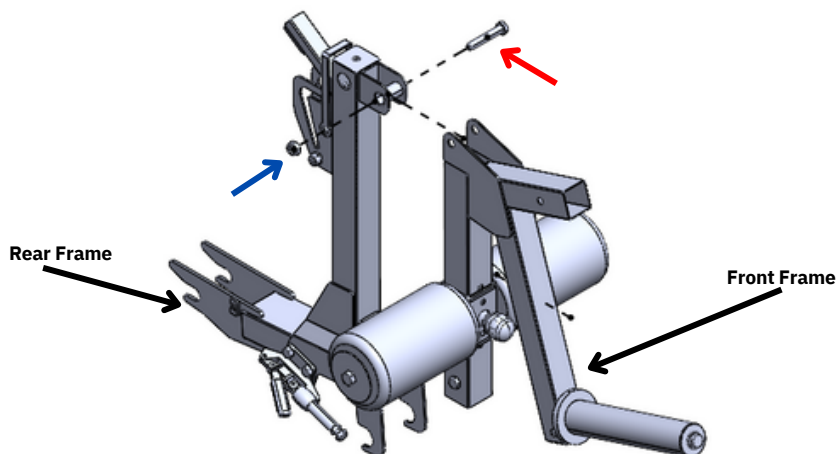


Steps 4: Attaching Front and Rear Frame

1. Align designated holes in both **Front** and **Rear Developer** then bolt through.

Hardware & Parts

- 1x **M12x65 Bolt**
 - 1x **M12 Nut**
-
- Front Frame
 - Rear Frame

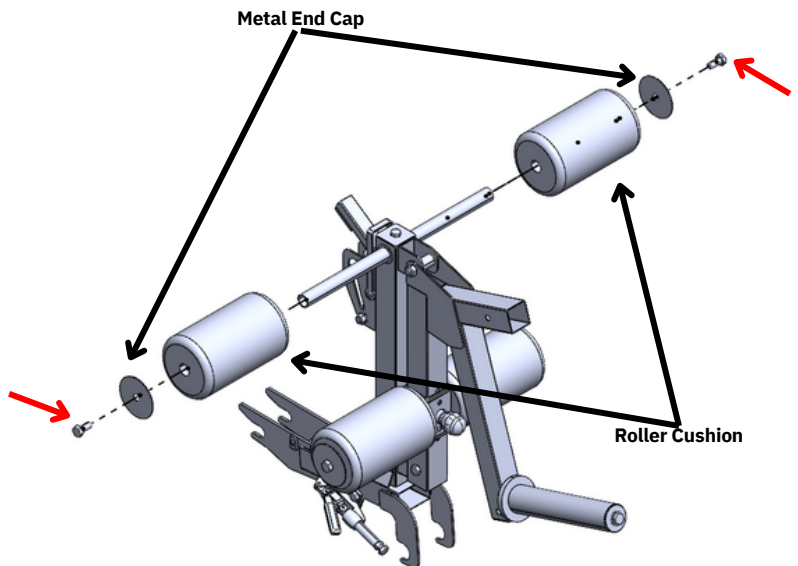
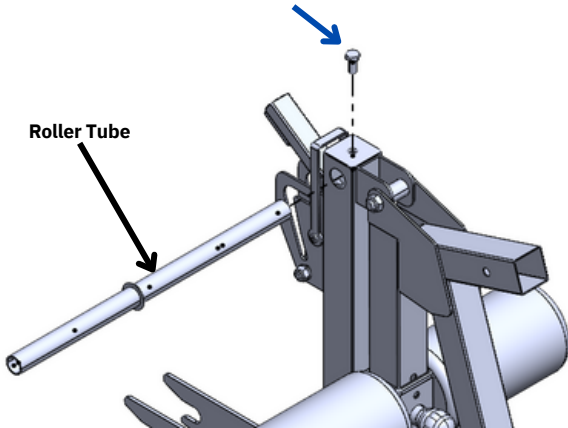


Steps 5: Installing Top Roller Sub Assembly

Hardware & Parts

1. Insert the **Roller Tube** to the hole. Make sure to insert on the longer side.
2. Insert the bolt on top and tighten to remove wobble.
3. Slide your **Roller Cushion** on both sides. Bolt with **Metal End Caps**.

- 2x **M12x25 Bolt**
- 1x **M10x20 Bolt**
- Metal End Cap
- Roller Tube
- Roller Cushion

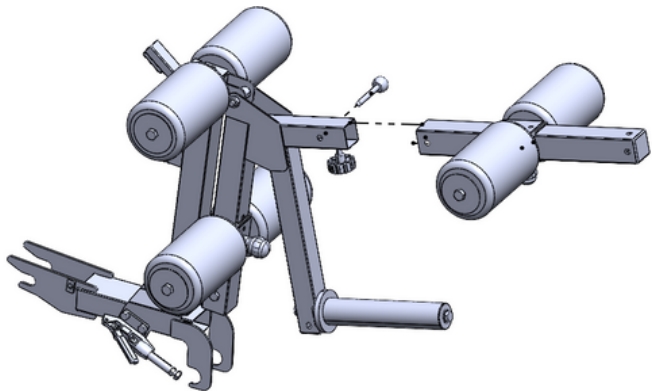
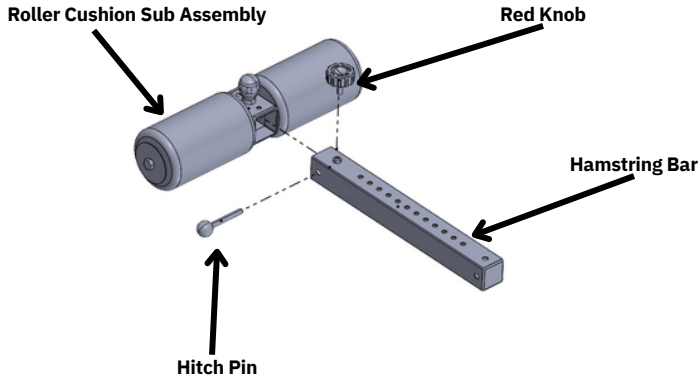


Steps 6: Installing Hamstrings Roller Sub Assembly

Hardware & Parts

1. Insert the **Roller Cushion Sub Assembly** to the **Hamstring Bar**. Make sure the pin is facing the side of the holes. Engage the pin to any hole.
2. Tighten the **Red Knob** to the weld nut until you just see it inside. Also insert the **Hitch Pin** just along side the knob. (Storage location)
3. Remove the Hitch Pin and insert the tube to the front frame, align the holes and put back the hitc pin. Tighten the knob to remove wobble,

- Red Knob
- Hitch Pin
- Hamstring Bar
- Roller Cushion Sub Assembly



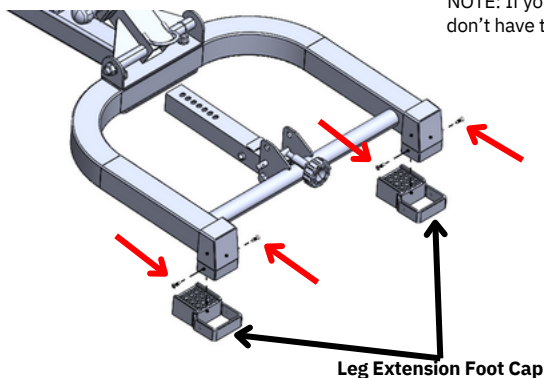
Steps 7: Installing Hamstrings Roller Sub Assembly

Hardware & Parts

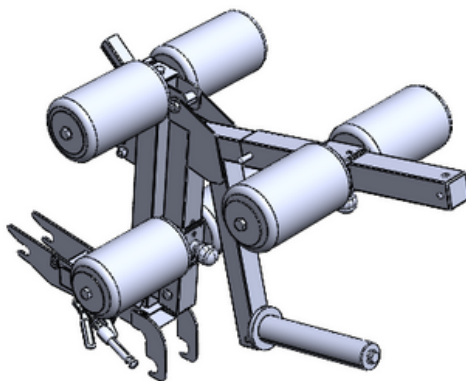
1. Insert the **Roller Cushion Sub Assembly** to the **Hamstring Bar**. Make sure the pin is facing the side of the holes. Engage the pin to any hole.
2. Tighten the **Red Knob** to the weld nut until you just see it inside. Also insert the **Hitch Pin** just along side the knob. (Storage location)
3. Remove the Hitch Pin and insert the tube to the front frame, align the holes and put back the hitc pin. Tighten the knob to remove wobble,

● 4x **ST4.2x13 Self Tapping Screw**

● Leg Extension Foot Cap



NOTE: If you have product with all RED or BLACK knobs, you don't have to do this step. If you have COLORFUL knobs, you have to do this.



To learn **how to use** your Leg Developer, go to
FreakAthlete.co/HyperGuide