

FREAK ATHLETE

Leg Developer & Belt Squat 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.

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Leg Developer & Belt Squat Assembly Guide



Leg Developer & Belt Squat Full Assembly



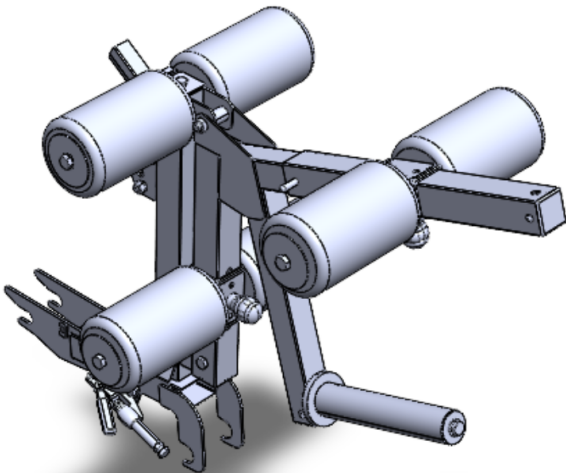
Leg Developer Getting Started

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Leg Developer Assembly Guide

What's Included		
Bolts	Washers, Nuts, & Other	Tools
● 3x M12x25 Bolts ● 1x M12X65 Bolts ● 1x M10x55 Bolts ● 1x M10X60 Bolts ● 1x M10X20 Bolts ● 4x ST4.2X13 Self Tapping Screw	● 1x M12 Flat Washers ● 2x M10Flat Washer ● 2x M10 Nuts ● 1x M12 Hex Nut ● 1x M12 Spring Washer	● 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		
● Front Frame ● Loading Bar ● Adjustable Roller Sub Assembly ● Stabilizer Bar ● Rear Frame	● Metal End Cap ● Roller Cushion ● Roller Cushion Tube ● Red Knob ● Hitch Pin	● Hamstring Bar ● Leg Extension End Cap ● Straight and Angle Adaptor ● Squat Stand ● Carabiner ● Belt Squat and Calf Raise Block

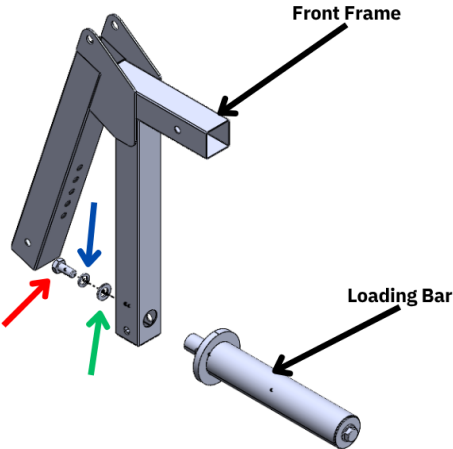


Steps 1: Installing Loading Bar to Front Frame

Hardware & Parts

- 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.

- 1x **M12x25 Bolt**
- 1x **M12 Flat Washer**
- 1x **M12 Spring Washer**
- Front Frame
- Loading Bar

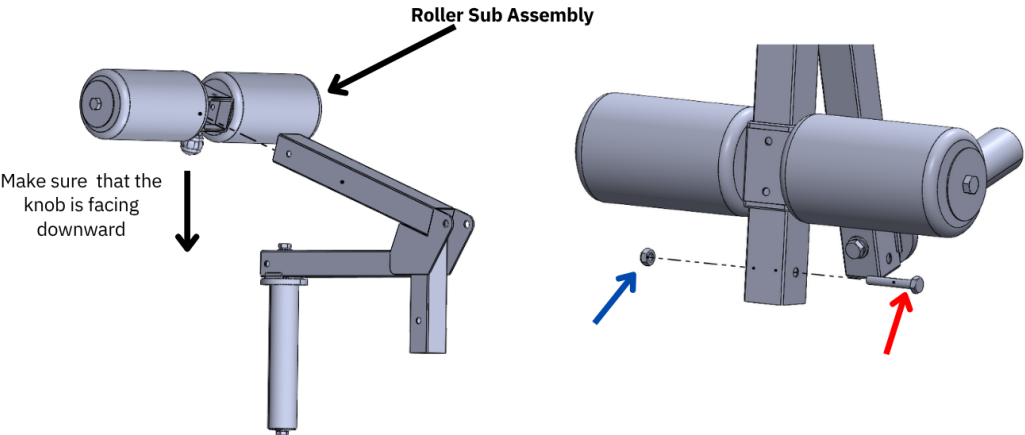


Steps 2: Installing Roller Sub Assembly

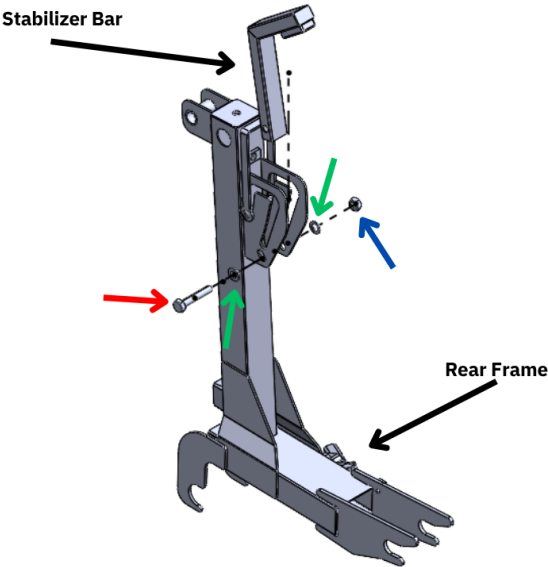
Hardware & Parts

- 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

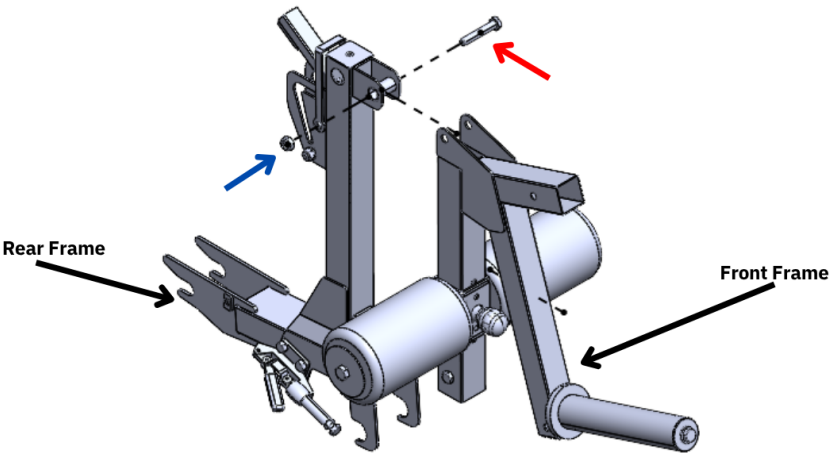
- 1x **M10x60 Bolt**
- 1x **M10 Washer**
- Roller Sub Assembly



Steps 3: Installing Stabilizer Bar to Rear Frame	Hardware & Parts
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.	● 1x M10x55 Bolt ● 1x M10 Nut ● 2x M10 Flat Washer
	● Stabilizer Bar ● Rear Frame



Steps 4: Attaching Front and Rear Frame	Hardware & Parts
1. Align designated holes in both Front and Rear Developer then bolt through.	● 1x M12x65 Bolt ● 1x M12 Nut
	● Front Frame ● Rear Frame



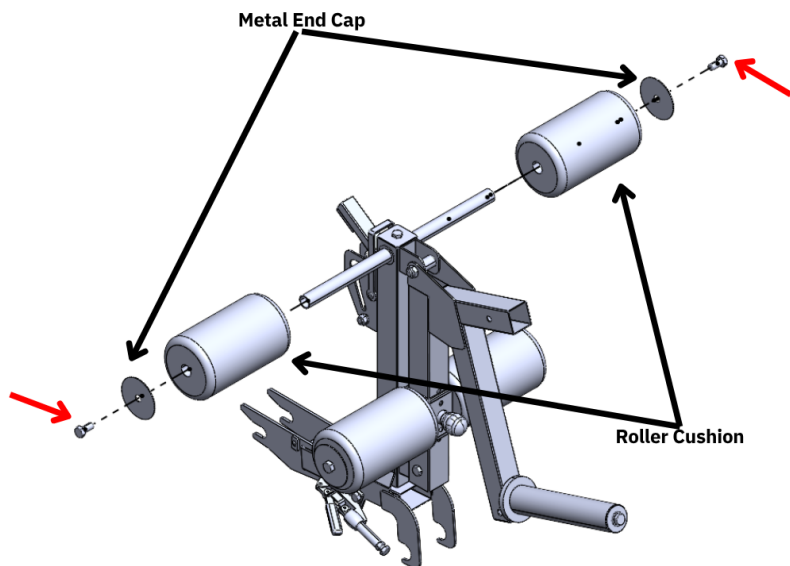
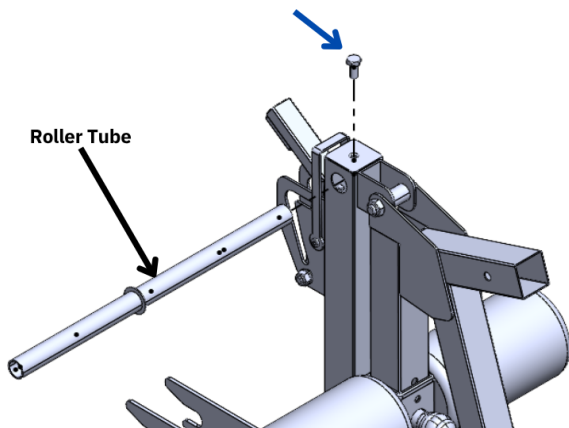
Steps 5: Installing Top Roller Sub Assembly

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

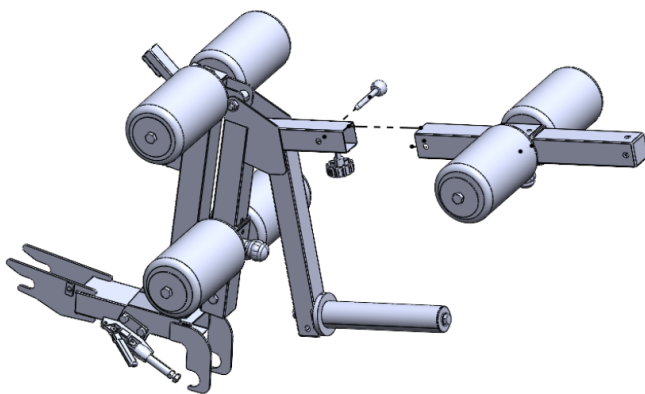
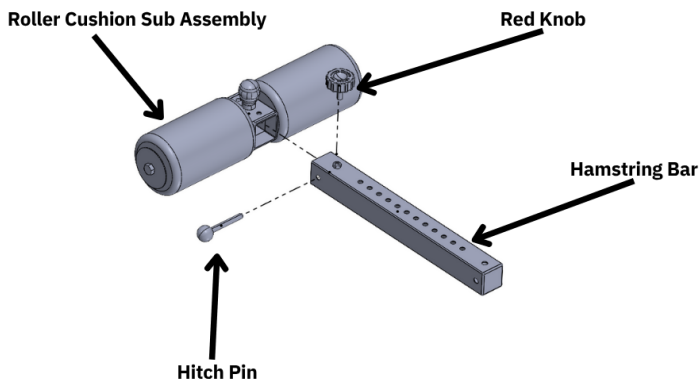


Steps 6: Installing Hamstrings Roller Sub Assembly

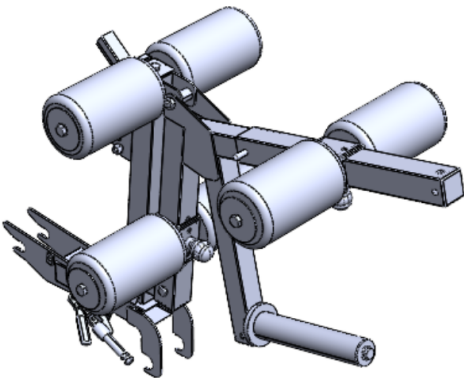
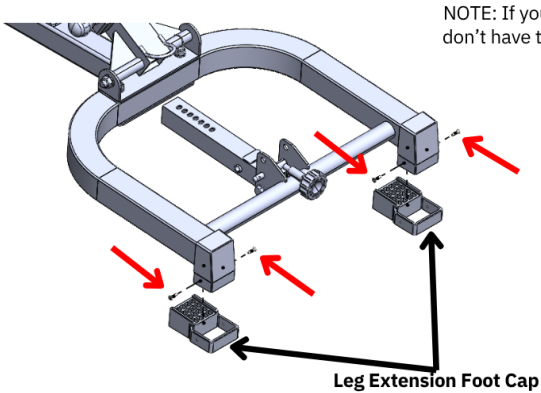
Hardware & Parts

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

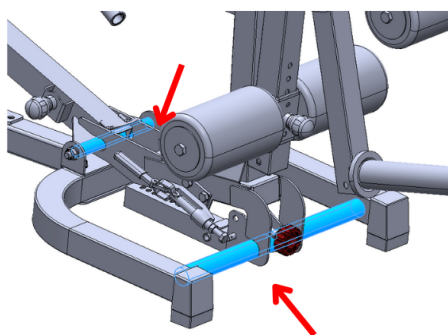
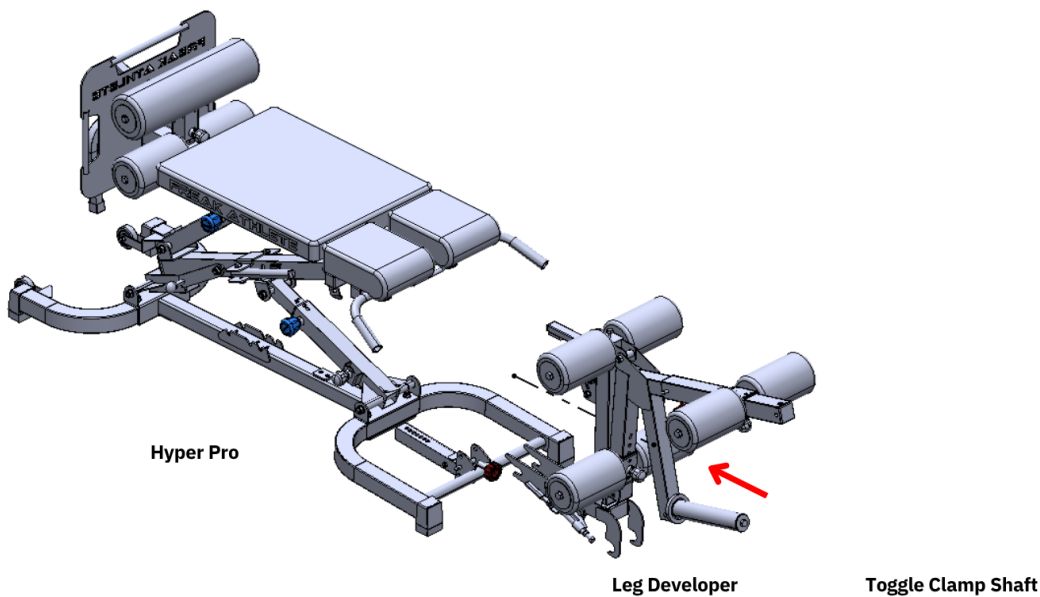


Steps 8: Installing Leg Developer to Hyper Pro

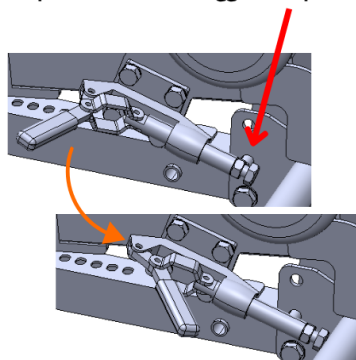
Hardware & Parts

1. Install the Leg Developer to the Hyper Pro's Front U-Base and Back Extension Frame's round tube as shown below.
2. Pull the lever of the Toggle Clamp to lock the Leg Developer for more stability.

- Hyper Pro
- Leg Developer



Leg Developer and Hyper Installation points



Turn the Lever of the Toggle Clamp

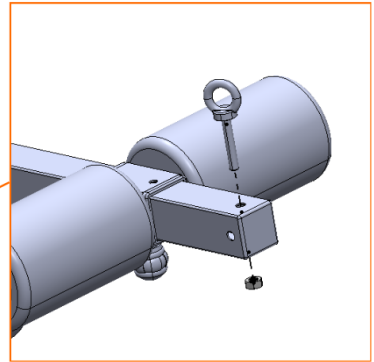
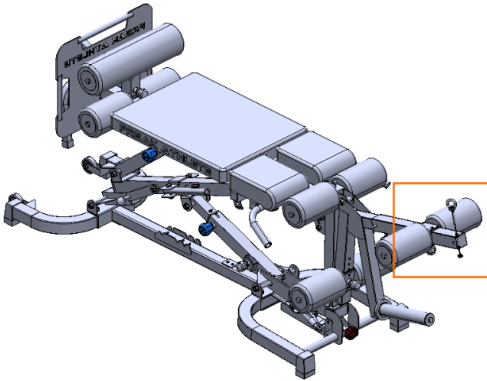
Note: You can adjust the height of the toggle clamp shaft for maximum fixation by turning the shaft (clockwise to shorten; Counter-clockwise to make it longer).

Steps 8.1: Upper Body kit Installation

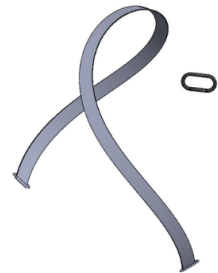
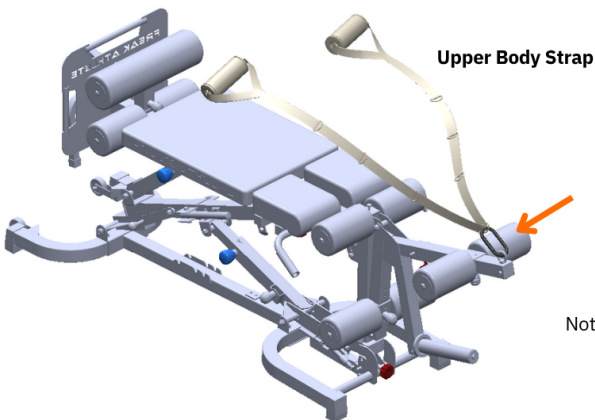
Hardware & Parts

1. Install the provided Eyebolt with nut to the Leg Developer.
2. Put the Upper Body Strap to the Eyebolt through the Carabiner.

- Upper Body kit
- Leg Developer



Install the Eyebolt to the Leg Developer



Extra Strap and Carabiner

Note: You can use this Extra Strap and carabiner incase the workout requires more length for the Upper Body .

To learn **how to use** your Upper Body Kit, go to
FreakAthlete.co/HyperGuide

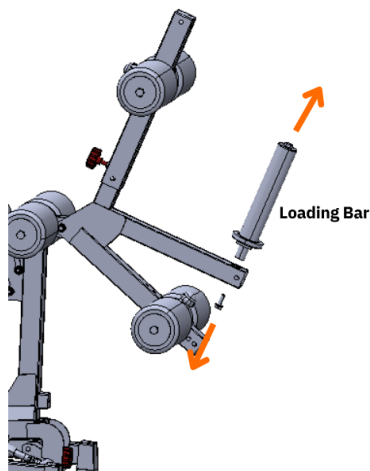
Steps 9: Belt Squat Attachment Installation

Steps 9.1: Remove Plate Loading Bar

1. Loosen Hex bolt using the Wrench.
2. Pull-out the loading Bar.
3. Remove the Hamstring Curl Frame.

Hardware & Parts

- 17mm Hex Wrench

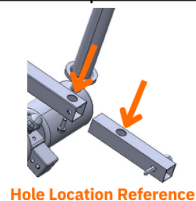
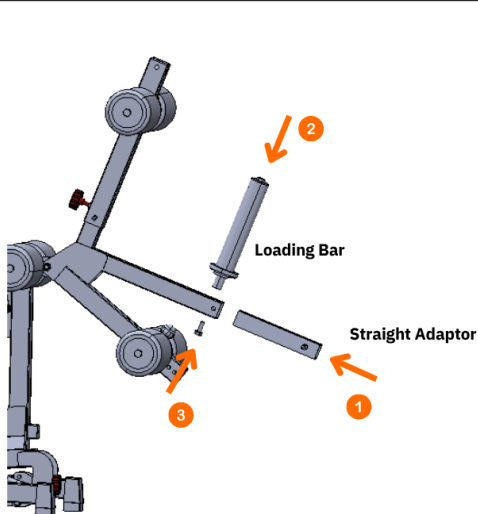


Steps 9.2: Install Straight adaptor together with Loading Bar

1. Insert the Straight Adaptor.
2. Insert the Loading Bar to the aligned holes.
3. Fix with the Bolt at the Back.

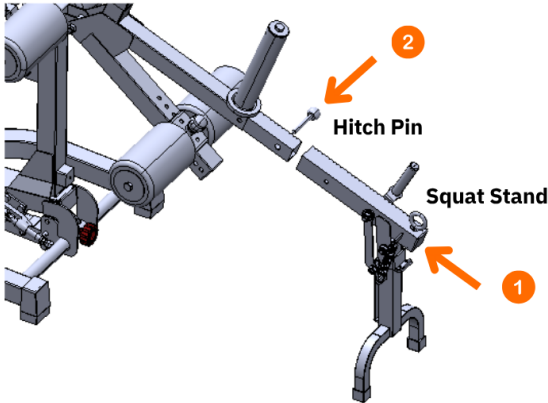
Hardware & Parts

- 17mm Hex Wrench
- Straight Adaptor

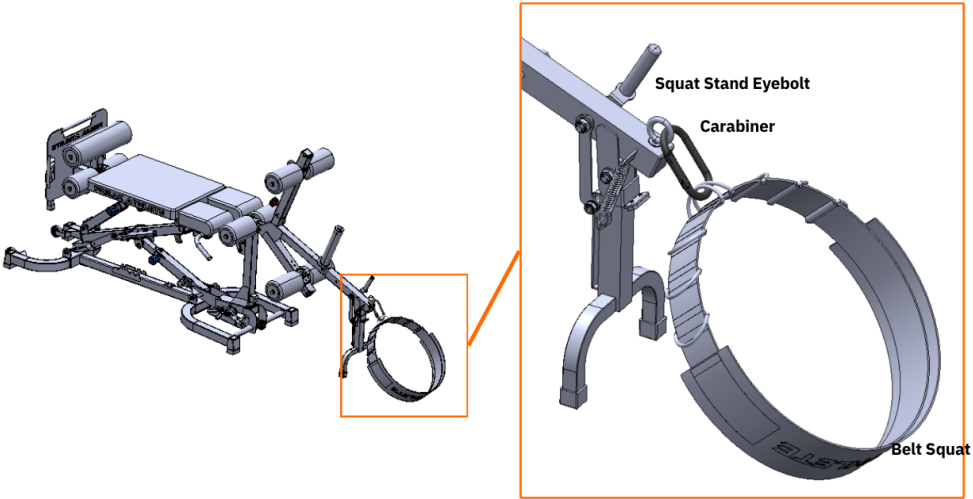


Note: The length of the adaptor should be like this, if it is shorter then you installed the adaptor upsidedwon

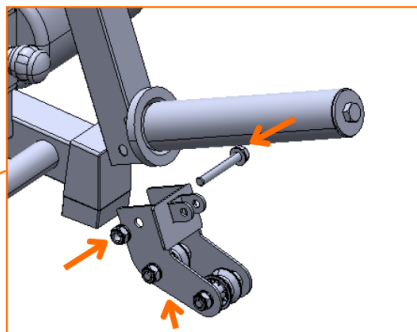
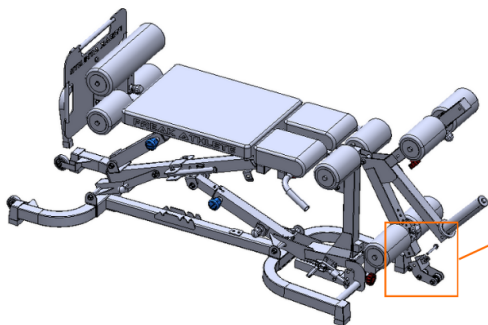
Steps 9.3: Install Squat Stand	Hardware & Parts
1. Install the squat Stand and unfold. 2. Insert the Hitch Pin to lock it in place.	
	● Squat Stand



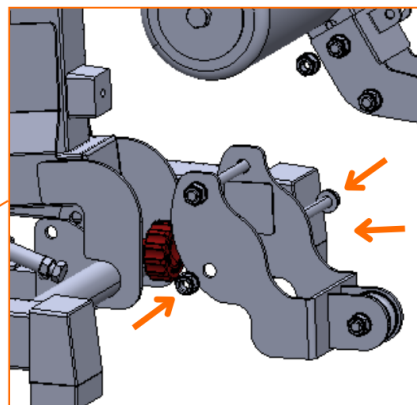
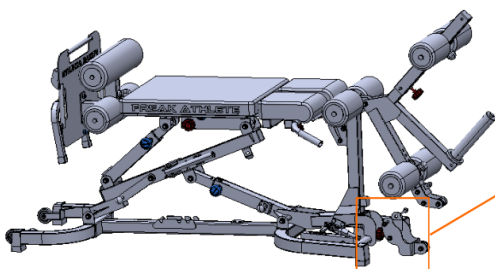
Steps 10: Install Belt Squat through the Carabiner	Hardware & Parts
1. Using the Carabiners, Put the Belt Squat by the ring (Depends on your size) to the Squat Stand eyebolt.	
	● Eyebolt ● Belt Squat ● Carabiner



- Cable System



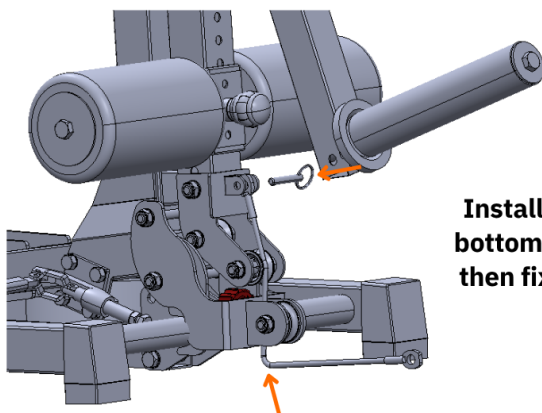
Install Cable System's Top portion to the LDA front then faster using M10 bolt & Nut



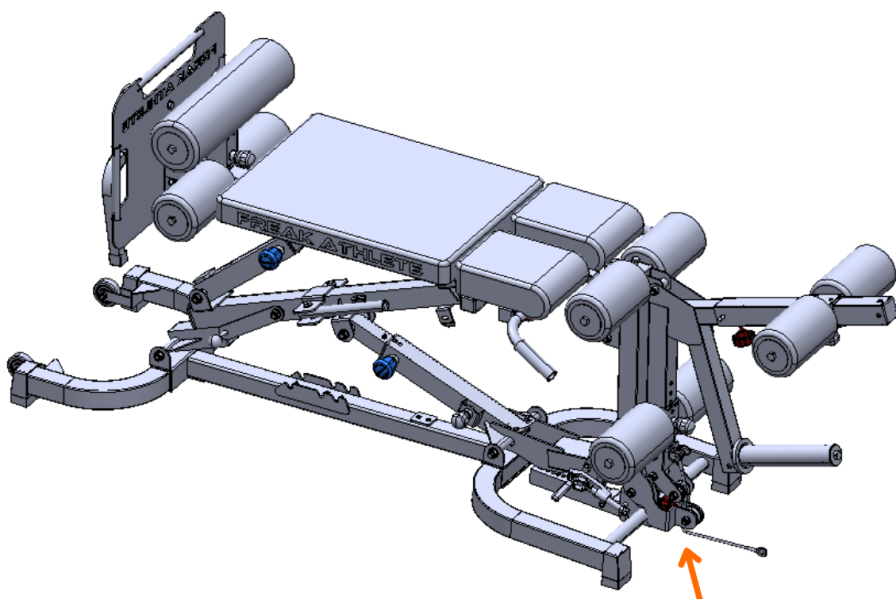
Install System's Bottom portion to the LDA Main frame then faster using M10 bolt & Nut

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

- Cable System's cable with eyelet



Install Cable Extension from the bottom pulley up to the top pulley then fix using quick release hitch pin.



Cable System Attachment

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