

*Il peso massimo dell'utente è di 100 Kg.

**IMPORTANTE - CONSERVARE QUESTE INFORMAZIONI
PER CONSULTARLE IN SEGUITO: LEGGERE ATTENTAMENTE**

ISTRUZIONI DI ASSEMBLAGGIO



MESSAGE IMPORTANT
AVERTISSEMENT - À LIRE ABSOLUMENT

ASSEMBLAGE PAR UN ADULTE REQUIS
Risque d'étouffement par les petites pièces.
INTERDIT aux enfants de moins de 3 ans.

AVERTISSEMENT:

Bien que tous les efforts soient consentis pour assurer le plus haut degré de protection dans tous les équipements, nous ne pouvons pas garantir l'absence de blessures. L'utilisateur assume tous les risques de blessure liés à l'utilisation. Toutes les marchandises sont vendues à cette condition, à laquelle aucun représentant de la société ne peut renoncer ou changer.

CONSIGNES DE SÉCURITÉ

IMPORTANT - Veuillez lire entièrement ce document avant l'assemblage ou l'utilisation.

Cet équipement d'exercice est construit pour une sécurité optimale. Toutefois, certaines précautions s'appliquent chaque fois que vous utilisez un appareil d'exercice. Veuillez à lire l'intégralité du manuel avant d'assembler, de faire fonctionner ou d'utiliser cet équipement, et notez les précautions de sécurité suivantes.

Avertissement concernant le montage

- Assurez-vous d'avoir toutes les pièces et tous les outils indiqués.
- Retirez tous les accessoires des sacs en plastique et séparez-les selon leurs groupes.
- Tenez les enfants et les animaux éloignés des zones de travail, les petites pièces peuvent présenter un risque d'étouffement en cas d'ingestion.
- Assurez-vous d'avoir suffisamment d'espace pour disposer les pièces avant de commencer.
- Le montage de cet équipement doit être effectué de préférence par 2 personnes.
- Assemblez l'article aussi près que possible de sa position finale (dans la même pièce).
- L'équipement autonome doit être installé sur une base stable et nivelée.
- Jetez tous les emballages avec soin et de manière responsable.

Avertissement relatif à l'utilisation

- Cet appareil d'exercice est conçu pour l'entraînement dans un environnement privé. N'utilisez l'équipement que pour l'usage auquel il est destiné.
 - **NE PAS** apporter de modifications à l'équipement qui pourraient affecter la sécurité du produit.
 - **Avertissement ! Les personnes enceintes ou physiquement blessées ne doivent jamais utiliser la station de musculation sans avoir consulté au préalable un médecin de confiance.**
 - Soyez attentif aux signaux de votre corps. Un exercice incorrect ou excessif peut nuire à votre santé.
- ARRÊTEZ de faire de l'exercice si vous ressentez une douleur, une oppression dans la poitrine, un rythme cardiaque irrégulier, un essoufflement extrême, des étourdissements, des vertiges ou des nausées. Si vous ressentez l'un de ces symptômes, **CONSULTEZ IMMÉDIATEMENT VOTRE MÉDECIN** avant de poursuivre votre programme d'exercices.
- Adaptez toujours votre style d'entraînement à votre condition physique et à votre état de santé.
 - Avant chaque séance d'entraînement, vérifiez le fonctionnement et la sécurité de l'équipement.

- Avant toute utilisation, assurez-vous que l'article est correctement installé et que tous les dispositifs de sécurité sont fonctionnels ! Les dommages ou les altérations du produit résultant d'une modification, annuleront votre garantie. Pour les problèmes résultant de la modification ou d'autres restrictions, le vendeur n'est pas responsable.
- Tout dommage doit être signalé au vendeur immédiatement après la livraison, et avant l'utilisation ou l'installation. Les réclamations ultérieures ne seront pas prises en compte.
- N'utilisez que des outils appropriés pour le montage.
- L'installation doit être effectuée **UNIQUEMENT** par des adultes. Les enfants ne doivent pas être présents dans l'environnement immédiat où le montage a lieu.
- Assurez-vous que toutes les connexions sont solidement montées avant de mettre le produit en service.
- Vérifiez à intervalles réguliers que toutes les connexions ne sont pas endommagées, qu'il n'y a pas d'éléments desserrés ou d'autres facteurs pouvant entraîner une perte de sécurité suffisante.
- Ne laissez pas les enfants sans surveillance sur le banc de musculation ! Il ne s'agit pas d'un jouet ! Veillez à ce qu'ils ne jouent pas avec l'appareil et ne grimpent pas dessus.
- En cas de panne lors de l'utilisation quotidienne, ou lors de l'entretien, verrouillez l'équipement éviter tout risque de blessure.
- Les enfants ou les personnes aux capacités physiques ou mentales limitées, ou celles qui ne sont pas familiarisées avec cet appareil, ne doivent pas être autorisés à utiliser ce banc de musculation !
- Veuillez garder à l'esprit que ce manuel et la sécurité ne peuvent qu'attirer votre attention sur un éventuel danger. Des décisions logiques et des précautions doivent toujours être prises lors de la manipulation de cet appareil.
- Avant d'utiliser l'équipement pour faire de l'exercice, toujours s'échauffer avec des exercices d'étirement.
- Avant d'utiliser l'appareil, vérifiez que les écrous et les boulons sont bien serrés.
- Utilisez l'appareil sur une surface solide et plane, avec une protection pour votre sol ou votre tapis.
- Le niveau de sécurité de l'appareil ne peut être maintenu que s'il est régulièrement examiné pour détecter les dommages et/ou l'usure. Si vous trouvez des composants défectueux lors du montage ou du contrôle de l'appareil, ou si vous entendez des sons inhabituels provenant de l'appareil pendant son utilisation, **ARRÊTEZ-VOUS !** N'utilisez pas l'appareil tant que le problème n'a pas été résolu.
- Portez des vêtements appropriés lorsque vous utilisez l'appareil. Évitez de porter des vêtements amples qui pourraient se coincer dans l'appareil ou qui pourraient limiter ou empêcher les mouvements.
- Avant de commencer un programme d'exercice ou de conditionnement, vous devez consulter votre médecin personnel pour savoir si vous avez besoin d'un examen physique complet. Ceci est particulièrement important si vous avez plus de 35 ans, si vous n'avez jamais fait d'exercice auparavant, si vous êtes enceinte ou si vous souffrez d'une maladie quelconque.

NETTOYAGE ET ENTRETIEN

1. Examinez régulièrement l'équipement pour détecter tout dommage ou usure qui aurait pu se produire.

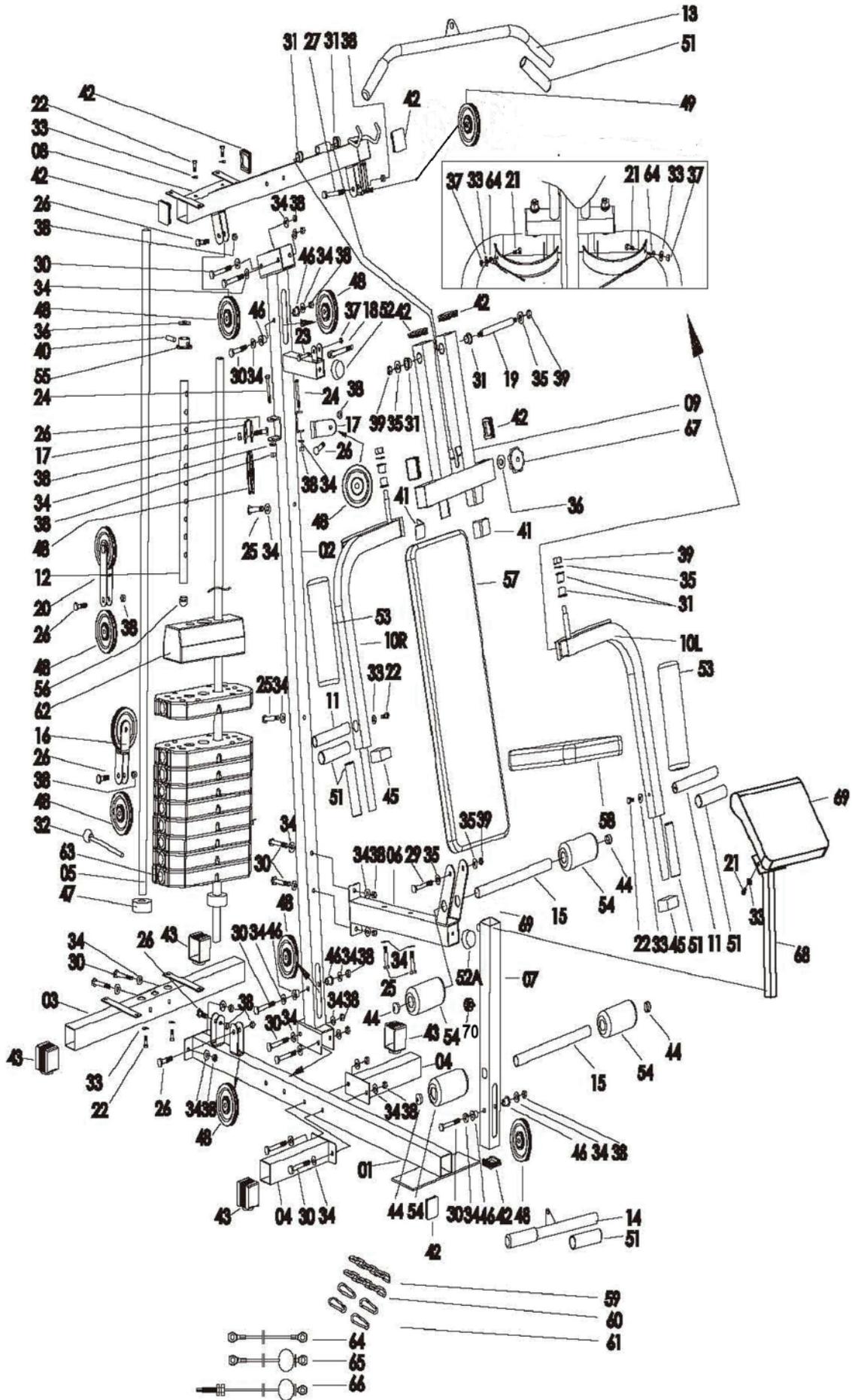
Le niveau de sécurité de l'équipement ne peut être maintenu que s'il est examiné régulièrement pour détecter les dommages et l'usure des cordes, des poulies et des points de connexion.

2. Lubrifier périodiquement les pièces mobiles avec de l'huile légère pour éviter une usure prématurée.

3. Inspectez et serrez toutes les pièces avant d'utiliser l'équipement. Remplacez immédiatement les composants défectueux et/ou mettez l'équipement hors service jusqu'à sa réparation. Accordez une attention particulière aux composants les plus sensibles à l'usure.

4. L'équipement peut être nettoyé à l'aide d'un chiffon doux et humide. N'utilisez pas de solvants ou de nettoyeurs abrasifs.

DIAGRAMMA ESPLOSO



DETTAGLI IMBALLAGGIO: TOTALE 3 SCATOLE

BOX-1/3

Parte No.	Descrizione	Qta'
1	Telaio Base	1
2	Tubo di Supporto Montante	1
3	Stabilizzatore posteriore	1
4	Stabilizzatore anteriore	2
5	Tubo Guida	2
6	Tubo di Supporto Sedile	1
7	Tubo Sollevamenti Gambe	1
8	Traversa	1
9	Set Trazioni	1
10L	Braccio Sinistro	1
10R	Braccio Destro	1
11	Manubrio	2
12	Barra di Selezione	1
13	Barra per Trazioni	1
14	Barra per Trazioni Inferiori	1
15	Manicotto in Spugna per Supporto Sollevamento Gambe	2
16	Supporto Puleggia C	1
17	Supporto Puleggia A	2
18	Bullone di Collegamento	1
19	Asse per Set Trazioni	1
20	Supporto Puleggia B	1
21	Bullone a Testa Esagonale M8 x 15mmL	4
22	Bullone a Testa Esagonale M8 x 20mmL	6
23	Bullone a Testa Esagonale M8 x 40mmL	1
24	Bullone a Testa Esagonale M10 x 60mmL	2
25	Bullone a Testa Esagonale M8 x 60mmL	4
26	Bullone a Testa Esagonale M10 x 40mmL	9
27	Bullone a Testa Esagonale M10 x 45mmL	1
28	Bullone a Testa Esagonale M10 x 75mmL	1
29	Bullone a Testa Esagonale M10 x 80mmL	1
30	Bullone a Testa Esagonale M10 x 70mmL	11
31	Anello in Metallo (pre-assemblato)	8
32	Perno di Selezione	1
33	Rondella Piatta OD16	12
34	Rondella Piatta OD20	30
35	Rondella Piatta OD24	6
36	Rondella OD40*ID12.5*3.0T	2
37	Dado in Nylon M8	3
38	Dado in Nylon M10	26

BOX-1/3

Parte No.	Descrizione	Qta'
39	Dado in Nylon M10	5
40	Perno Fisso per Placche Pesi	1
41	Cuscinetto (pre-assemblato)	2
42	Tappo Quadrato (pre-assemblato)	9
43	Tappo Estremita' (pre-assemblato)	4
44	Tappo Sferico Φ 25.4 (pre-assemblato)	4
45	Boccola (pre-assemblato)	2
46	Boccola per Puleggia (pre-assemblato)	6
47	Rubber Ring	2
48	Puleggia	11
49	Puleggia Piccola	1
51	Impugnatura (pre-assemblato)	8
52	Tappino in Gomma (pre-assemblato)	2
53	Spugna per il Braccio	2
54	Spugna per Supporto Sollevamento Gambe	4
55	Boccola per Placche Peso	1
56	Tappo Posteriore per Barra di Selezione	1
57	Cuscino	1
58	Sedile	1
59	Catena a 7 Anelli	1
60	Catena a 6 Anelli	1
61	Gancio	4
64	Cavo per Braccio 2545	1
65	Cavo per Barra Trazioni Inferiore 3385	1
66	Cavo per Barra Dorsale 2965	1
67	Manopola	1
68	Cuscinetto Tubo Bracciolo	1
69	Inner Cap	1
70	Manopola M12	1
71	Boccola	1

BOX-2/3

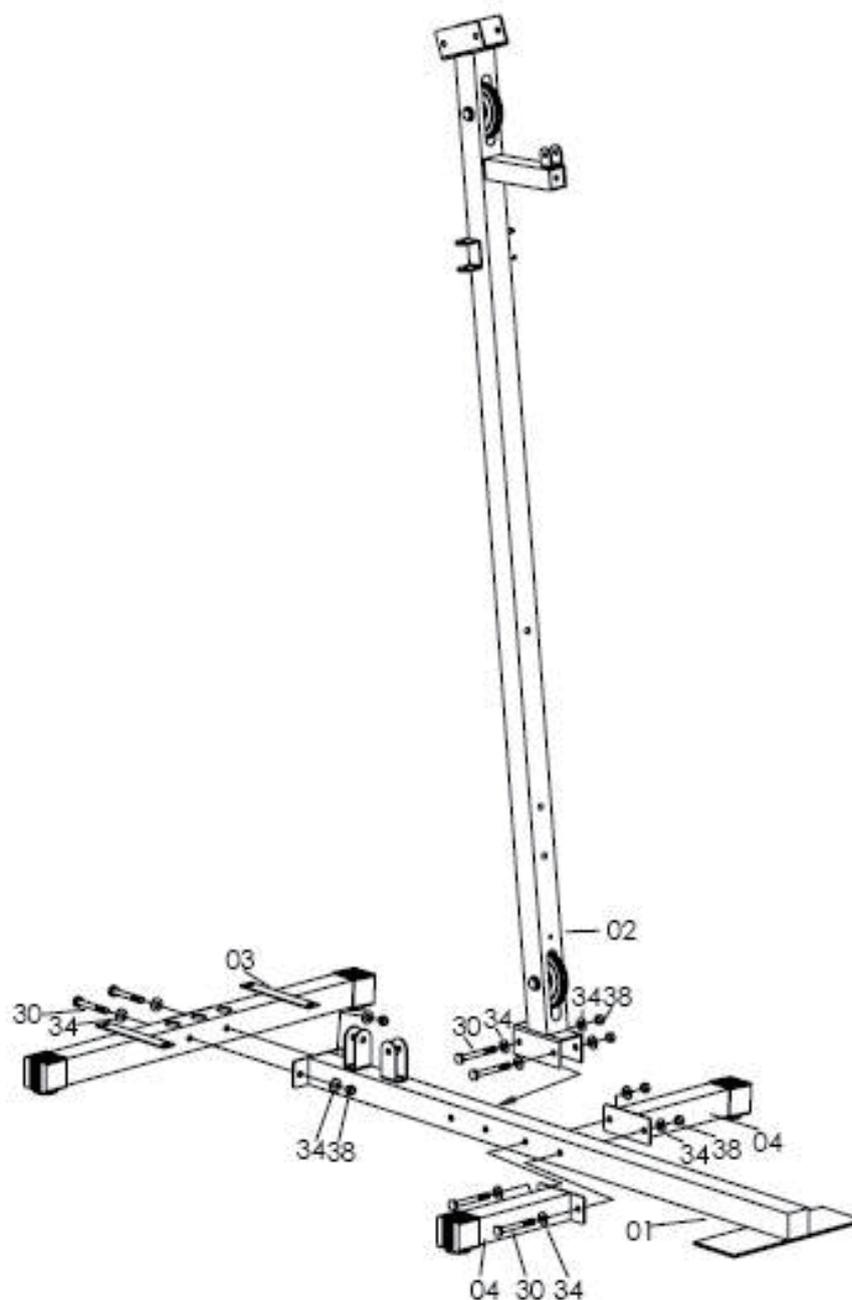
Parte No.	Descrizione	Qta'
63	Placche Peso Inferiore	5

BOX-3/3

Parte No.	Descrizione	Qta'
62	Placche Peso Superiore	1
63	Placche Peso Inferiore	5

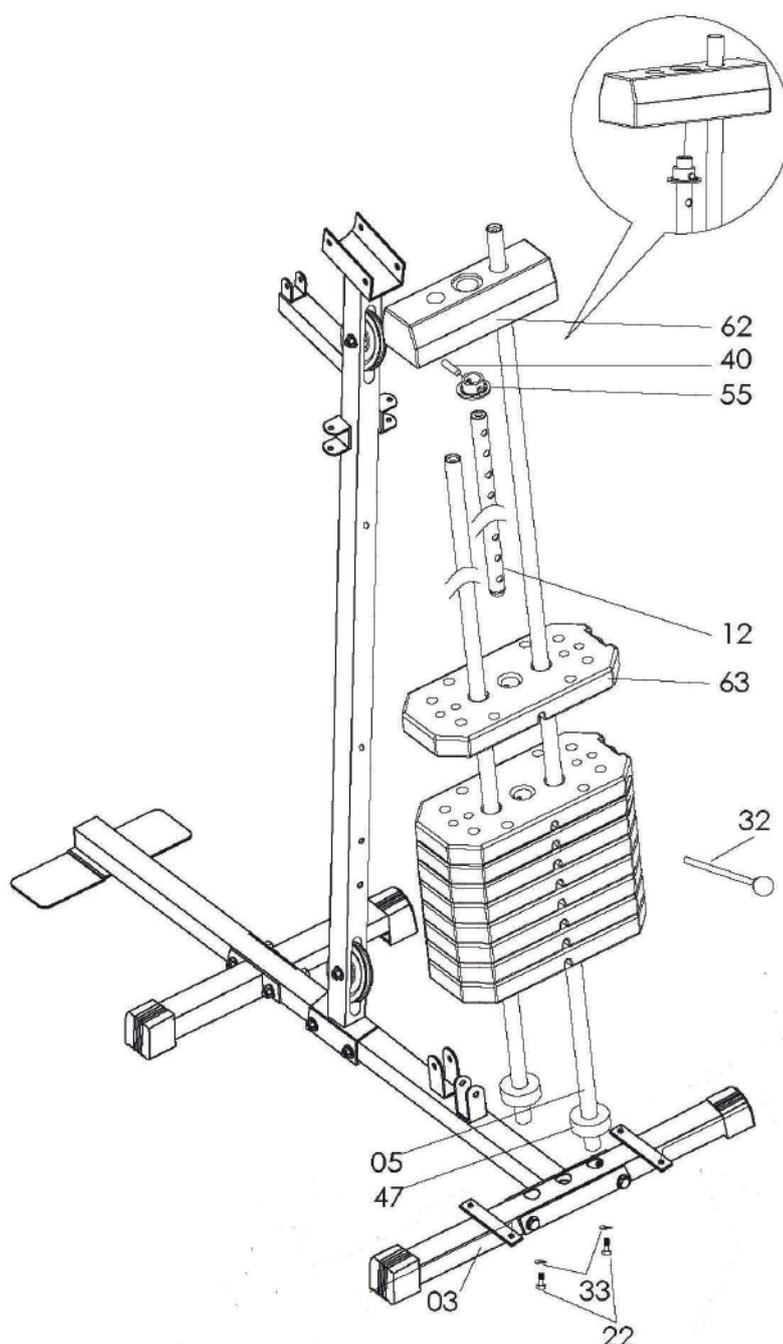
ISTRUZIONI DI ASSEMBLAGGIO

Passo 1



- 1) Fissare lo Stabilizzatore Posteriore (03) al Telaio Base (01) e stringere con X2 Bullone a Testa Esagonale (30), X4 Rondella (34) e X2 Dadi in Nylon (38).
- 2) Fissare lo Stabilizzatore Anteriore (04) al Telaio Base (01) e stringere con X2 Bullone a Testa Esagonale (30), X4 Rondella (34) e X2 Dadi in Nylon (38).
- 3) Fissare il Tubo di Supporto Montante (02) al Telaio Base (01) e stringere con X2 Bullone a Testa Esagonale (30), X4 Rondella Piatta (34) e X2 Dadi in Nylon (38).

Passo 2



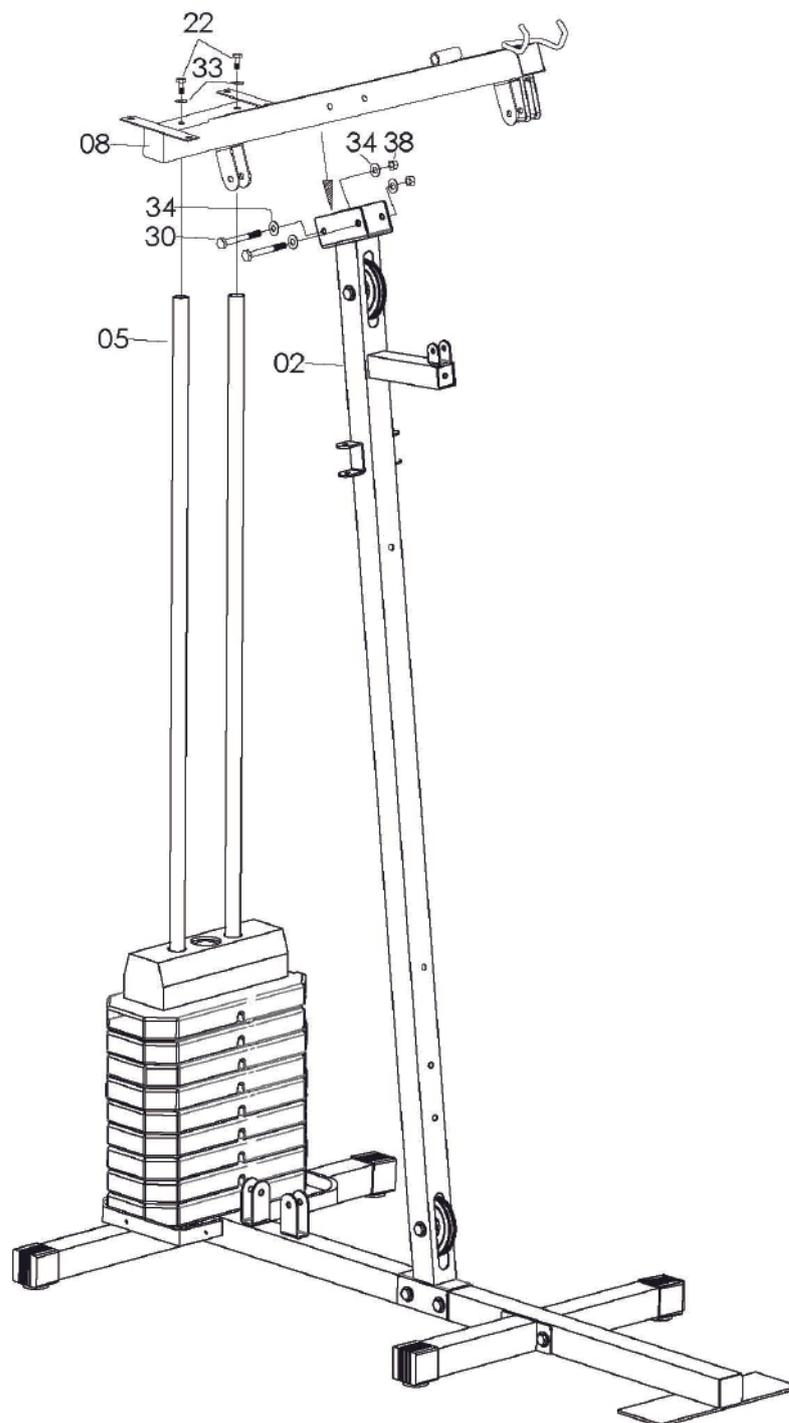
1) Far scorrere entrambi i tubi guida (05) attraverso l'anello di gomma (47) nei 2 fori sullo stabilizzatore posteriore (3), stringere sul lato inferiore con una rondella $\times 2$ (33) e un bullone a testa esagonale $\times 2$ (22).

2) Posizionare le Placche Peso (63) nel Tubo Guida (05). (fare attenzione alla propria sicurezza)

3) Posizionare la Boccola per Placche Peso (55) sulla Barra di Selezione (12) e fissata dal Perno (40). Quindi posizionare le Placche Pesi (62) sopra la Barra di Selezione (12) e fissare la Rondella Piatta (36) sopra la Pila Pesi (62).

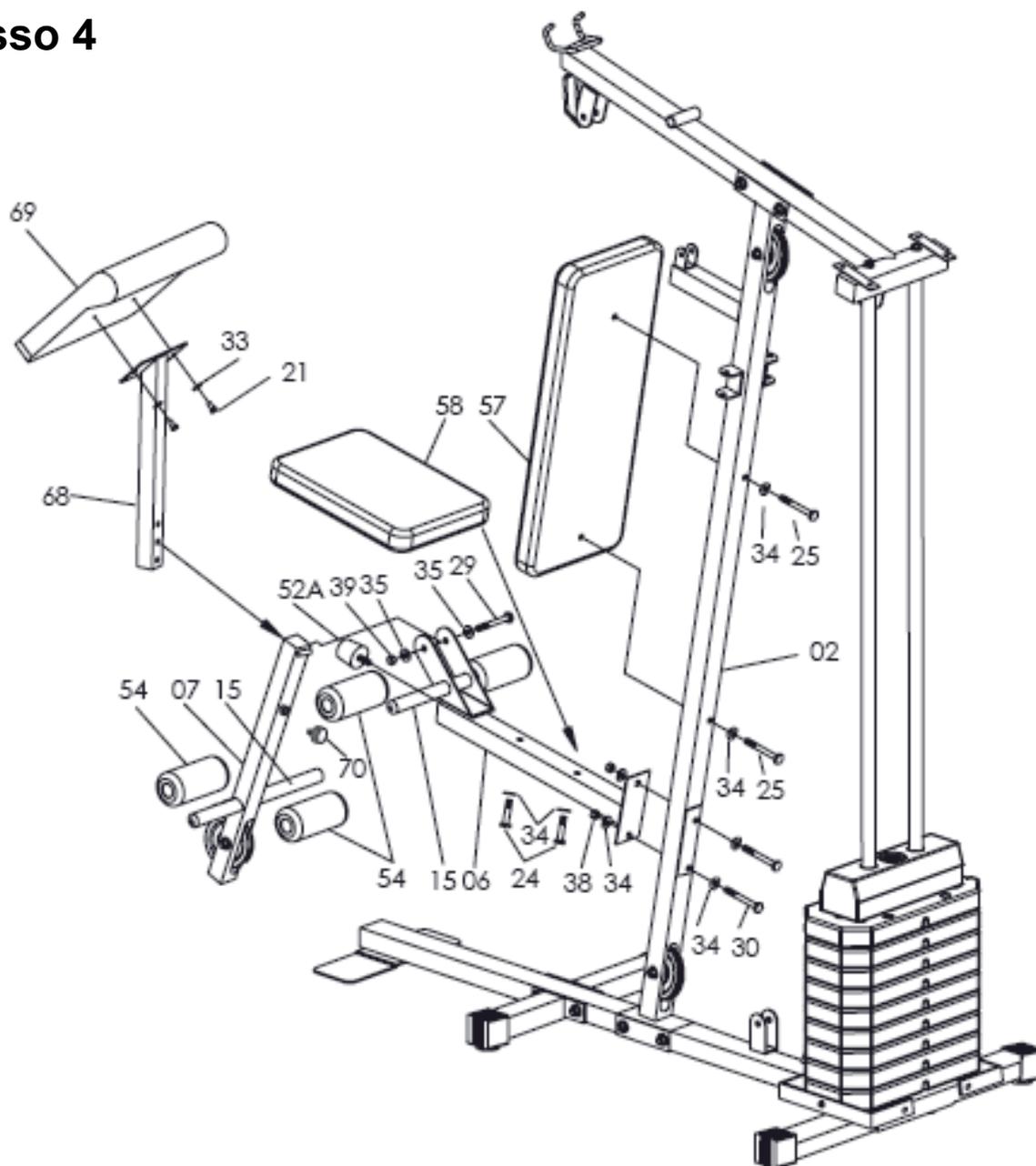
4) Inserire il Perno di Selezione (32) attraverso le Placche Pesi (63) nel foro della Barra di Selezione (12).

Passo 3



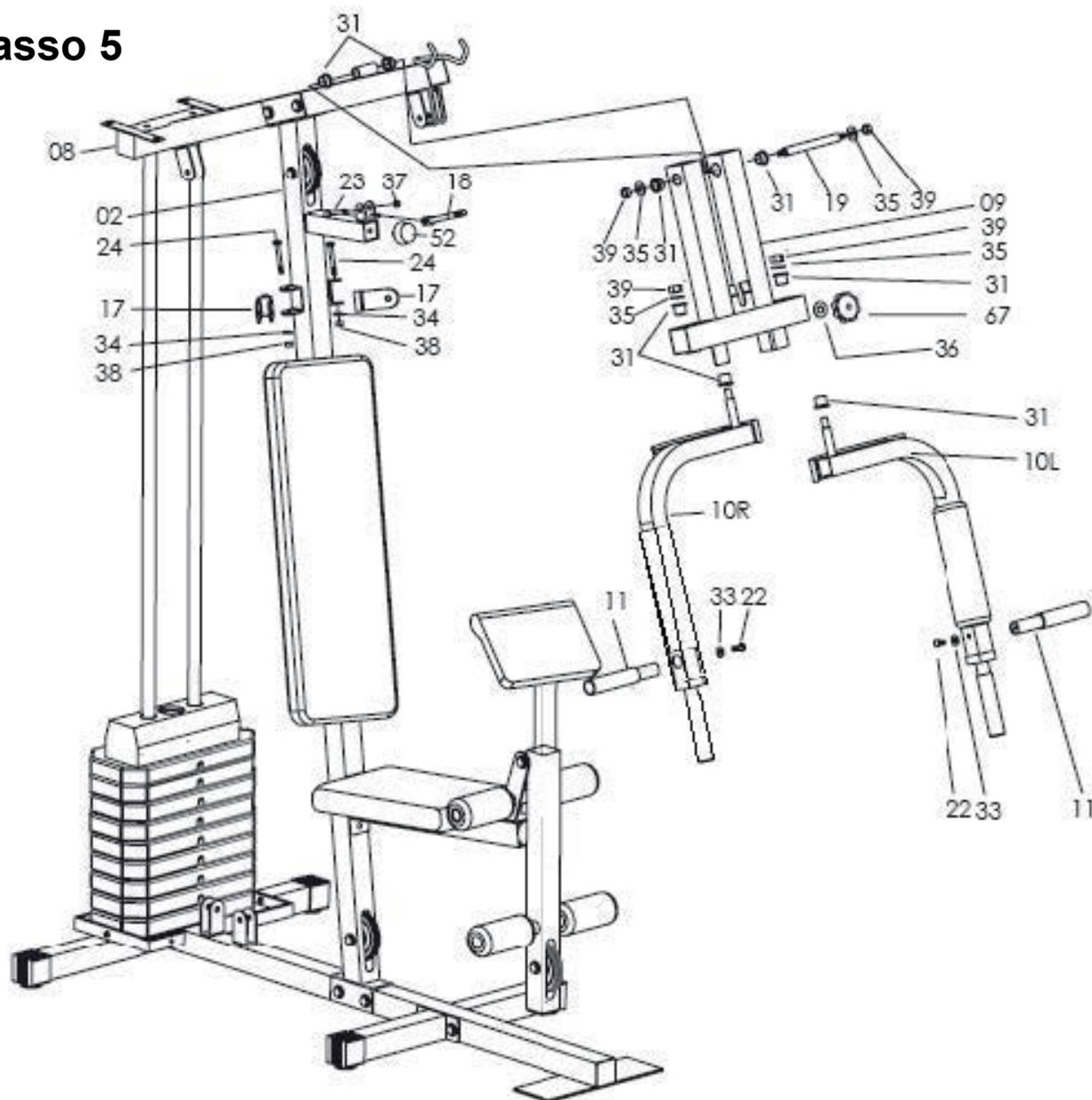
- 1) Posizionare il Tubo Guida (05) nel Tubo Ponte (08) e stringere con la Rondella Piatta X2 (33) e il Bullone a Testa Esagonale X2 (22).
- 2) Fissare la Traversa (08) al Tubo di Supporto Montante (02) e stringere con X2 Bullone a Testa Esagonale (30), X4 Rondella Piatta (34) e X2 Dadi in Nylon (38).

Passo 4



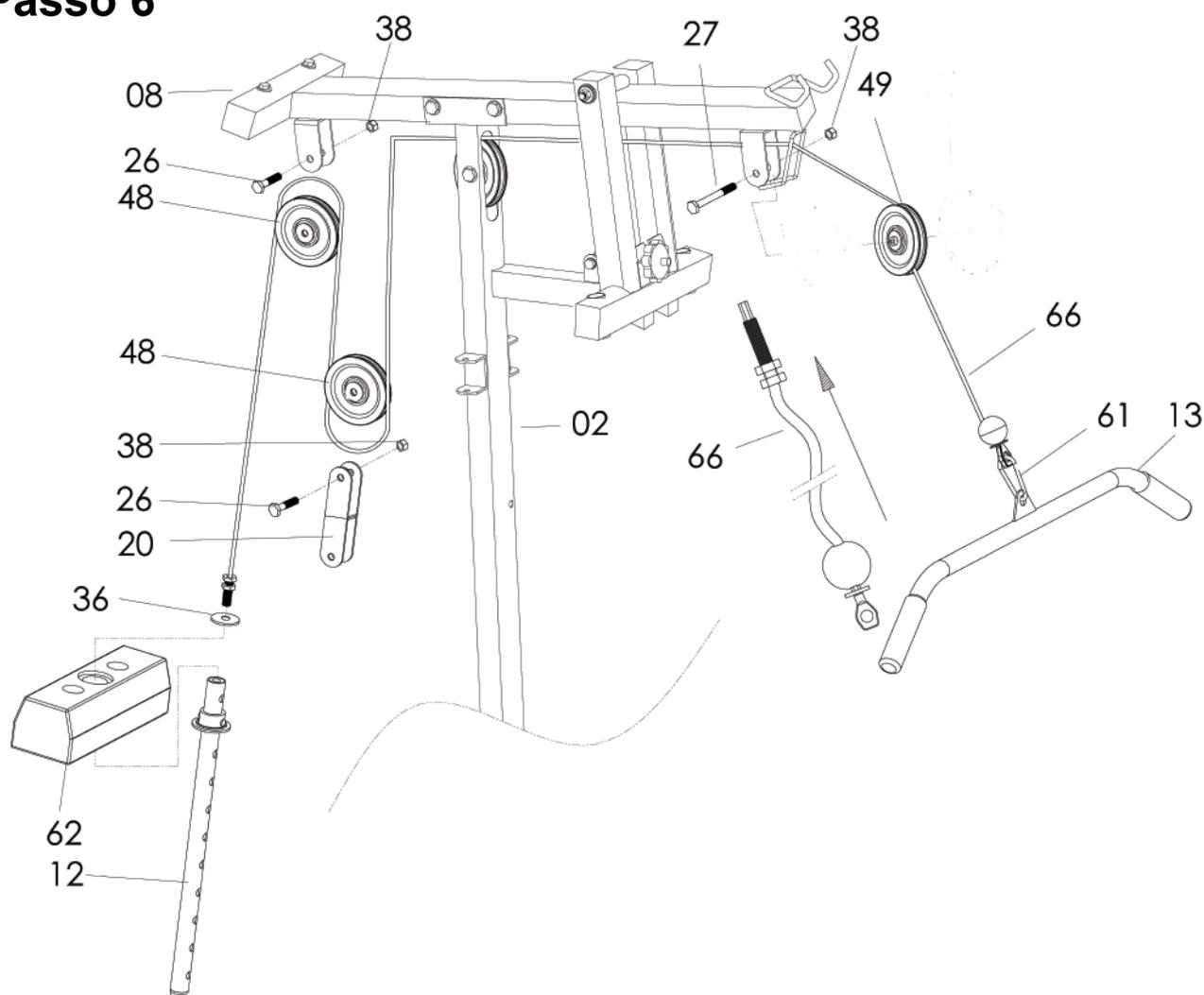
- 1) Fissare il Tubo di Supporto Sedile (06) al Tubo di Supporto Montante (02), stringere con il Bullone a Testa Esagonale X2 (30), la Rondella X4 (34) e i Dadi in Nylon X2 (38).
- 2) Fissare il Cuscino dello Schienale (57) al Tubo di Supporto Montante (02), stringere con il Bullone a Testa Esagonale X2 (25) e la Rondella Piatta X2 (34) e far passare dai fori filettati sul Cuscino dello Schienale (57).
- 3) Fissare il sedile (58) al tubo del Cuscinetto Tubo Bracciolo (68), stringere con la rondella piatta 4X (33) e il Bullone a testa esagonale 4X (22)
- 4) Fissare il Tubo Sollevamento Gambe (07) al lato anteriore del Tubo Supporto Sedile (06), stringere con X1 Bullone a Testa Esagonale (29), X2 Rondella Piatta (34) e X1 Dado in Nylon (38).
- 5) Fissare il Tubo di Spugna per Sollevamento Gambe (15) nei fori sul Tubo Sollevamento Gambe (07) e la staffa anteriore/superiore del Tubo di Supporto Sedile (06).
- 6) Fissare la Spugna per Supporto Sollevamento Gambe (54) sui 2 lati di ciascun Tubo di Spugna per Sollevamento Gambe (15).
- 7) Fissare il tappo interno (69) al Cuscinetto Tubo Bracciolo (68), stringere con 2 Bulloni a testa esagonale (21) e 2 Rondelle piatte (33), collegare il Cuscinetto Tubo Bracciolo (68) al Tubo Sollevamento Gambe (7) , stringere con la manopola M12 (70).

Passo 5



- 1) Fissare il Set Trazioni (09) alla Traversa (08), inserire l'Asse per Set Trazioni (19) attraverso l'Anello di metallo X4 (31), la Rondella piatta X2 (35) e stringere con i Dadi in nylon X2 (39).
- 2) Fissare il Braccio Destro R (10R) al lato destro del Set Trazioni (09) attraverso X2 Anello di Metallo (31) e X1 Rondella Piatta (35) e stringere con X1 Dado in Nylon (39).
- 3) Eseguire la stessa procedura per il Braccio Sinistro L (10L) del Set Trazioni (09) con le stesse parti.
- 4) Fissare il Bullone di Collegamento (18) al Tubo di Supporto Montante (02), stringere con il Bullone a Testa Esagonale X1(23), la Rondella Piatta X2 (37). Avvitare la Manopola (67) sul Bullone di Collegamento (18) attraverso la Rondella Piatta (36).
- 5) Collocare la Spugna per il Braccio (53) sul Braccio Destro/Sinistro (10R e 10L) e regolare in posizione corretta.
- 6) Fissare il Manubrio (11) sul Braccio Destro (10R), stringere con la Rondella X1 (33) e il Bullone a Testa Esagonale X1 (22). Eseguire la stessa procedura del Braccio Sinistro (10L) con l'altro Manubrio (11).
- 7) Fissare il Supporto Puleggia (17) sui 2 lati del Tubo di Supporto Montante (02), stringere con il Bullone a Testa Esagonale X2 (24), la Rondella Piatta X4 (35) e i dadi in Nylon X2 (37) sui 2 lati.

Passo 6



1) Fissare il Cavo per Barra Dorsale (66) nell'apertura della staffa nella parte anteriore della Traversa (8)

Nota: il morsetto a sfera del Cavo (66) dovrebbe trovarsi sotto la Traversa (8). Fissare il Cavo (66) sulla Puleggia Piccola (49). Nota: Il Cavo (66) deve fuoriuscire dal Tappo (50) dai lati aperti. Stringere alla staffa con il Bullone a Testa Esagonale X1 (27) e il Dado in Nylon X1 (38).

2) Tirare il Cavo (66) verso il lato posteriore del macchinario attraverso l'apertura superiore del Tubo di Supporto Montante (2) e attorno alla Puleggia (48), quindi fissare la Puleggia (48) sulla staffa A come mostrato nello schema, stringere di X1 Esagonale Bullone Testa (26) e Dado Nylon X1 (38).

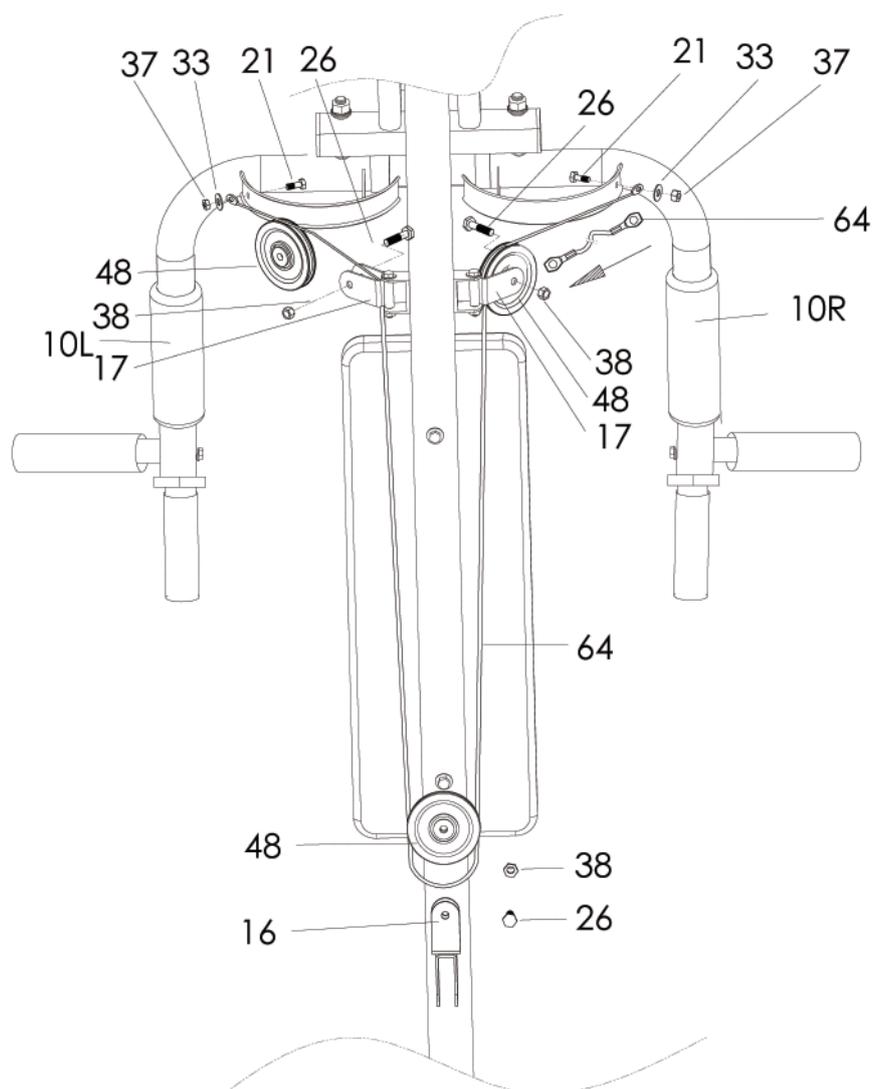
3) Tirare il Cavo (66) verso il basso e attorno alla Puleggia (48). Fissare la Puleggia (48) con il Supporto Puleggia (20) su due lati quindi stringere con X1 Bullone a Testa Esagonale (26) e X1 Dado in Nylon (38).

4) Tirare il Cavo (66) verso il basso tra i due Tubi Guida (5) e avvitare completamente il bullone all'estremità del Cavo (66) nell'apertura superiore sulla Barra di Selezione (12).

5) Fissare la Barra Dorsale (13) all'estremità anteriore del Cavo (66), collegare tramite il Gancio X1 (61).

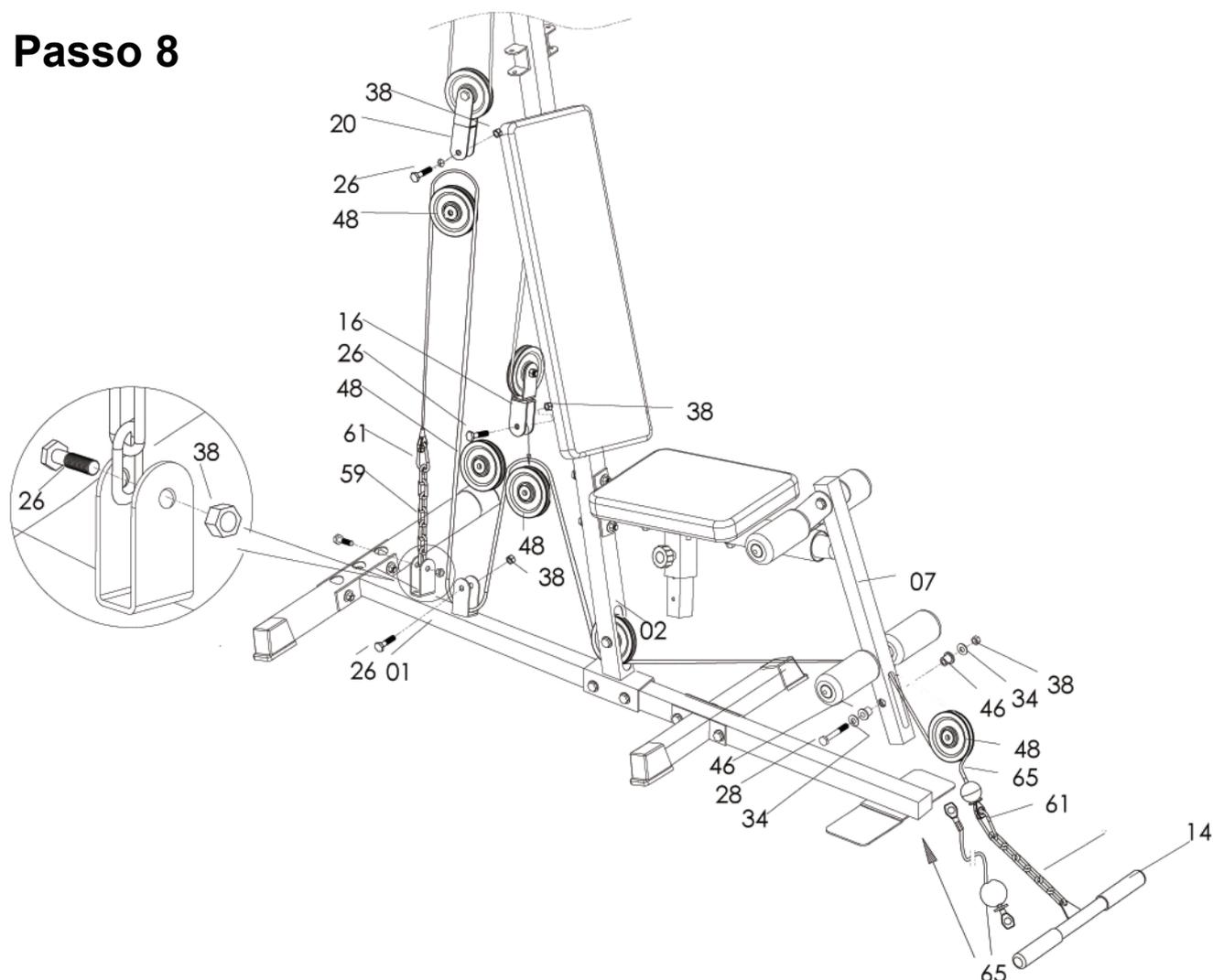
6) Tirare il Cavo (66) verso l'alto e attorno alla Puleggia (48). Fissare la Puleggia (48) alla Tubo B (20) e stringere con X1 Bullone a Testa Esagonale (26) e X1 Dado in Nylon (38).

Passo 7



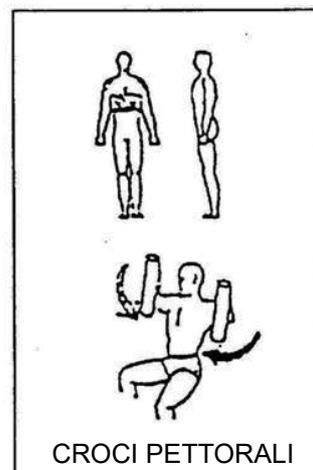
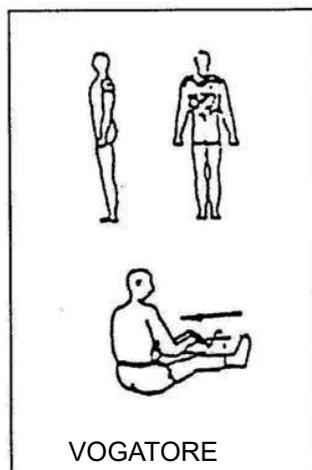
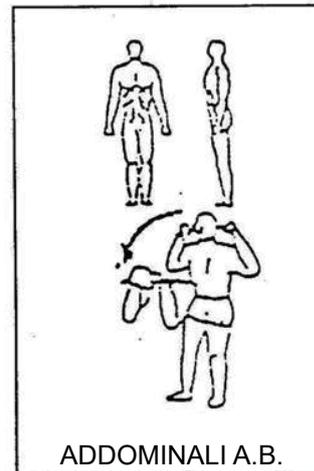
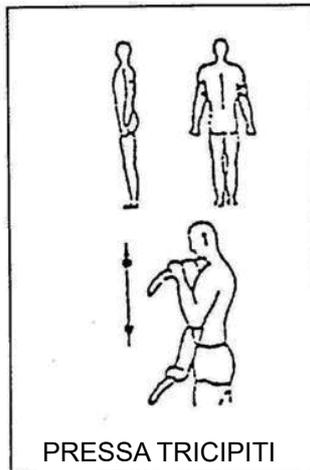
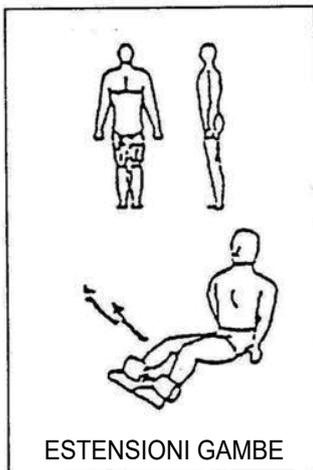
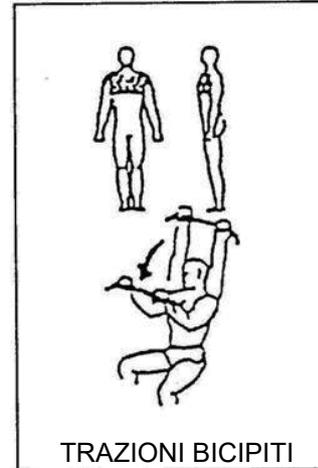
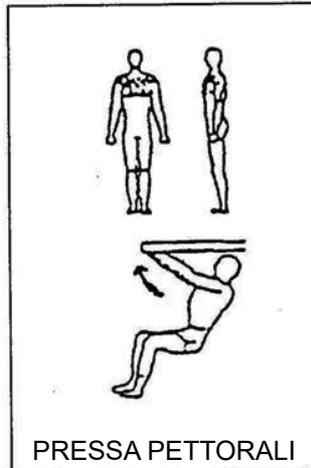
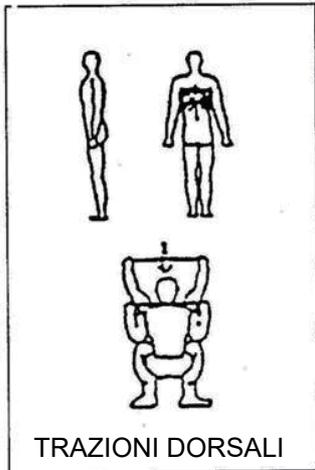
- 1) Fissare un'estremità del Cavo per Braccio (64) al gancio sul Braccio Destro (10R), stringere con il Bullone a Testa Esagonale X1 (22), la Rondella Piatta X1 (33) e il Dado in Nylon X1 (37).
- 2) Tirare il Cavo (64) attorno alla Puleggia (48), quindi fissare la Puleggia (48) al Supporto Puleggia (17) sul lato destro del Tubo di Supporto Montante (2), stringere con il Bullone a Testa Esagonale X1 (26) e Dado in nylon X1 (38).
- 3) Tirare il Cavo (64) verso il basso e attorno alla Puleggia (48), fissare la Puleggia (48) alla parte superiore del Supporto Puleggia (16) e stringere con X1 Bullone a Testa Esagonale (26) e X1 Dado in Nylon (38).
- 4) Tirare il Cavo (64) verso l'alto e attorno alla Puleggia (48). Fissare la Puleggia (48) al Supporto Puleggia (17) sul lato sinistro del Tubo di Supporto Montante (2), stringere con X1 Bullone a Testa Esagonale (26) e X1 Dado in Nylon (38).
- 5) Fissare l'altra estremità del Cavo (64) al gancio sul Braccio Sinistro (10L), stringere con X1 Bullone a Testa Esagonale (22), X1 Rondella Piatta (33) e X1 Dado in Nylon (37).

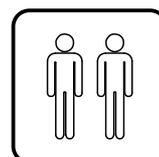
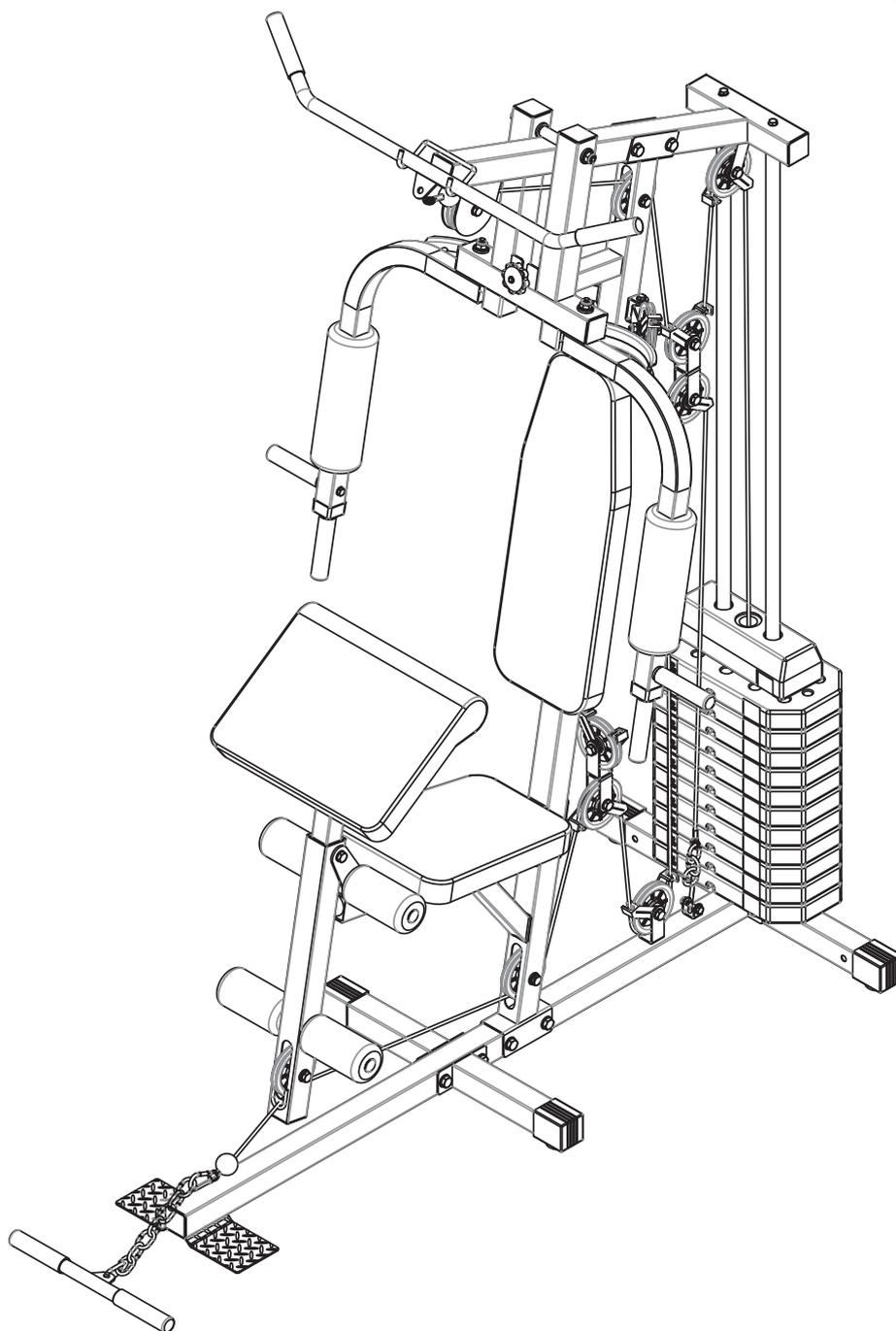
Passo 8



- 1) Fissare l'estremità con il morsetto a sfera del Cavo per Barra di Trazione Inferiore (65) al Tubo per Sollevamento Gambe (7), attorno al lato inferiore della Puleggia (48), stringere la Puleggia (48) con la staffa con X1 Bullone a Testa Esagonale (28) attraverso la boccia in plastica X2 (46) (ogni lato), rondella X2 (24) (una per lato) e il Dado in Nylon X1 (38).
- 2) Tirare il Cavo (65) attraverso lo spazio sulla parte inferiore del Tubo di Supporto Montante (2), attorno alla Puleggia (48) dal lato inferiore, quindi collegare la Puleggia (48) al Tubo del Telaio Base (1), stringere con il Bullone a Testa Esagonale X1 (26) e il Dado in Nylon X1 (38).
- 3) Tirare il Cavo (65) verso l'alto e attorno al lato superiore della Puleggia (48). Fissare la Puleggia (48) al lato inferiore del Supporto Puleggia (16), stringere con X1 Bullone a Testa Esagonale (26) e X1 Dado in Nylon (38).
- 4) Tirare il Cavo (65) verso il basso e attorno al lato inferiore della Puleggia (48). Fissare la Puleggia (48) alla staffa sul Telaio Base (1) e stringere con X1 Bullone a Testa Esagonale (26) e X1 Dado in Nylon (38).
- 5) Tirare il Cavo (65) verso l'alto e attorno al lato superiore della Puleggia (48). Fissare la Puleggia (48) al lato inferiore del Supporto Puleggia (20) e stringere con X1 Bullone a Testa Esagonale (26) e X1 Dado in Nylon (38).
- 6) Tirare il Cavo (65) verso il basso e collegarlo con la staffa sul Telaio Base (1) tramite la Catena a 7 Anelli (59) e il Gancio X1 (61). Nota: regolare il Cavo (65) in modo che sia sufficientemente stretto e bloccarlo in posizione corretta la Catena (59) con il Gancio (61).
- 7) Fissare la Barra di Trazione Inferiore (14) all'estremità anteriore del Cavo (65), collegandola con la Catena a 6 Anelli (59).

Avvertenza: assicurarsi che tutti i bulloni e i dadi in nylon siano sufficientemente stretti prima di utilizzare il macchinario.





*The maximum user weight is 100 Kg.

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY INSTRUCTION



IMPORTANT MESSAGE
WARNING - PLEASE READ

ADULT ASSEMBLY REQUIRED
CHOKING HAZARD Small Parts.
NOT for children under 3 years of age.

WARNING:

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risks of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

SAFETY INFORMATION

IMPORTANT – Please read fully before assembly or use.

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble, operate, or use this equipment, note the following safety precautions.

Warning for assembly

- Ensure you have all the parts and tools listed.
- Remove all fittings from the plastic bags and separate them into their groups.
- Keep children and animals away from the work areas, small parts can cause a choking hazard if swallowed.
- Ensure you have enough space to layout the parts before starting.

The assembly of this equipment is best carried out by 2 persons.

- Assemble the item as close to its final position (in the same room) as possible.
- The free-standing equipment shall be installed on a stable and level base.
- Dispose of all packaging carefully and responsibly.

Warning for using

- This exercise equipment is made for training in private environment. Only use the equipment for its intended use.
- **DO NOT** make any changes to the equipment which can affect the security of the product.
- **Warning! Pregnant or physically injured persons should never use the weight station without prior consultation with a doctor you trust.**
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health.
- **STOP** exercising if you experience any pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness, or nausea. If you do experience any of these conditions you should **CONSULT YOUR DOCTOR IMMEDIATELY** before continuing with your exercise program.
- Always adapt your training style to your personal fitness level and health.
- Before every training session, ensure you check the equipment for operation and safety.
- Before using, ensure the item is installed correctly and that all safety devices are functional! Damages or alterations to the product resulting from modification, will invalidate your warranty. For problems resulting from the modification or other restrictions, the seller is not responsible.

- Any damage must be reported to the seller immediately after delivery, and before use or installation. Later complaints will not be considered.
- Use only suitable tools for assembly.
- The installation must ONLY be carried out by adults. Children should not be present in the immediate environment where the assembly is taking place.
- Make sure all connections are securely mounted before releasing the product for use.
- Check all connections at regular intervals for damage, loose elements and other factors that can lead to a loss of sufficient security.
- Do not leave children unattended on the weight bench! It is not a toy! Instruct them not to play with or climb on the appliance.
- In case of a fault during day-to-day use, or during maintenance, lock the equipment to prevent any risk of injury.
- Children or persons with limited physical or mental abilities, or those not familiar with this device, should not be allowed to use this weight bench!
- Please keep in mind that this manual and the safety can only draw your attention to eventual hazard. Logical conclusions and care should always be practiced when handling this device.
- Before using the equipment to exercise, always warm up with stretching exercises.
- Before using the equipment, check the nuts and bolts are securely tightened.
- Use the equipment on a solid, flat surface with a protective cover for your floor or carpet.
- The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual sounds, from the equipment during use, STOP! Do not use the equipment until the problem has been rectified.
- Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
- Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

CLEANING AND MAINTENANCE

1. Regularly examine the equipment to detect any damage to wear which may have occurred.

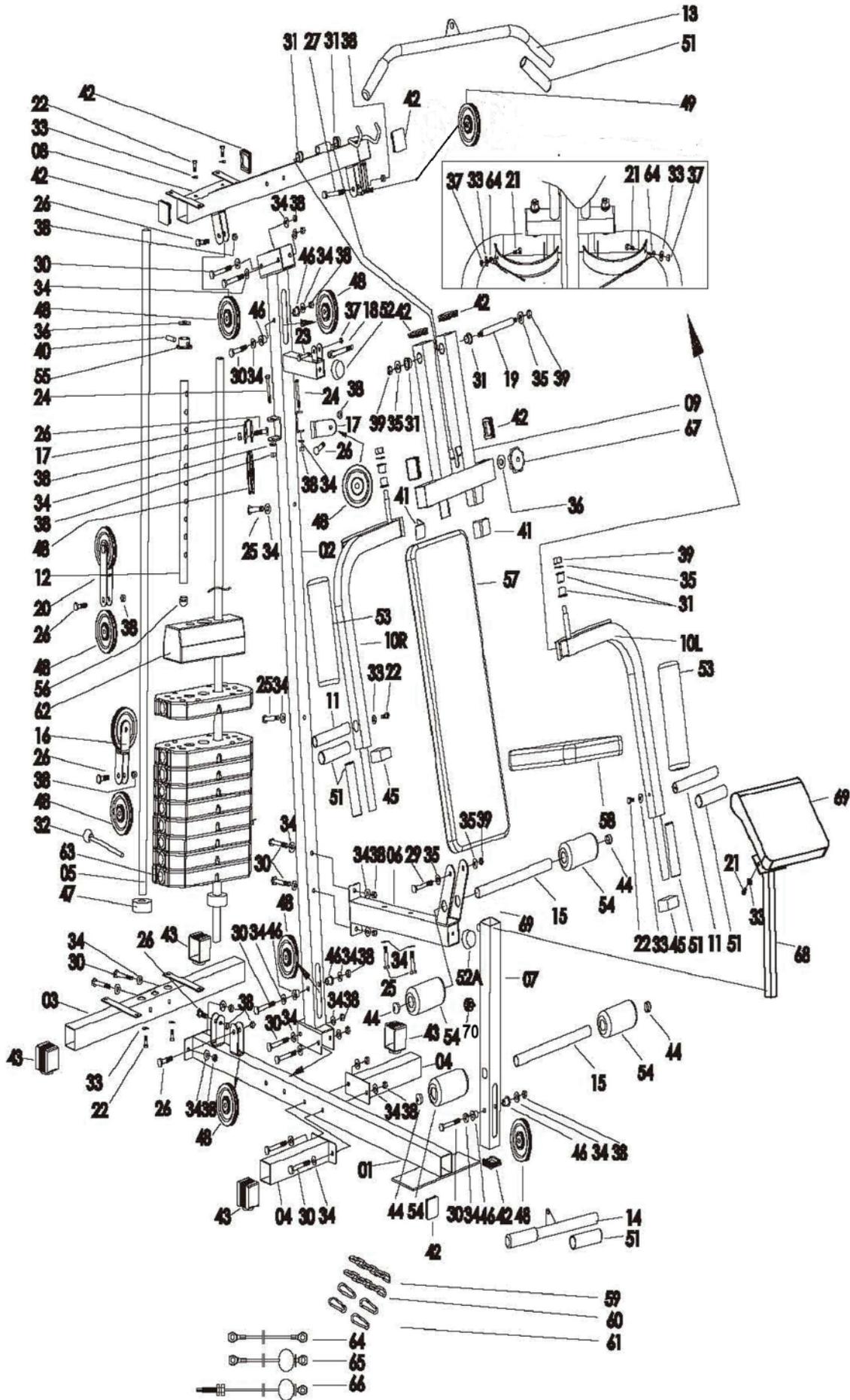
The safety level of the equipment can be maintained only if it is examined regularly for damage and wear and tear on ropes, pulleys, and connection points.

2. Lubricate moving parts with light oil periodically to prevent premature wear.

3. Inspect and tighten all parts before using the equipment. Replace defective components immediately and/or keep the equipment out of use until repair. Pay particular attention to components most susceptible to wear.

4. The equipment can be cleaned using a soft, damp cloth. Do not use solvents or abrasive cleaners.

EXPLODED DIAGRAM



PACKING DETAILS:TOTAL 3 BOXES

BOX-1/3

Part No.	Description	Q'ty
1	Base Frame	1
2	Upright Support Tube	1
3	Rear Stabilizer	1
4	Front Stabilizer	2
5	Guiding Tube	2
6	Seat Support Tube	1
7	Leg Curl Tube	1
8	Bridge Tube	1
9	Pull Unit	1
10L	Butterfly Arm - Left	1
10R	Butterfly Arm - Right	1
11	Handlebar	2
12	Select Bar	1
13	Lat Bar	1
14	Lower Pull Bar	1
15	Foam Tube for Leg curl	2
16	Pulley Bracket C	1
17	Pulley Bracket A	2
18	Connecting Bolt	1
19	Axle for Pull Unit	1
20	Pulley Bracket B	1
21	Hex Head Bolt M8 x 15mmL	4
22	Hex Head Bolt M8 x 20mmL	6
23	Hex Head Bolt M8 x 40mmL	1
24	Hex Head Bolt M10 x 60mmL	2
25	Hex Head Bolt M8 x 60mmL	4
26	Hex Head Bolt M10 x 40mmL	9
27	Hex Head Bolt M10 x 45mmL	1
28	Hex Head Bolt M10 x 75mmL	1
29	Hex Head Bolt M10 x 80mmL	1
30	Hex Head Bolt M10 x 70mmL	11
31	Powder Metal Ring (pre-assembled)	8
32	Select Pin	1
33	Flat Washer OD16	12
34	Flat Washer OD20	30
35	Flat Washer OD24	6
36	Washer OD40*ID12.5*3.0T	2
37	M8NylonNut	3
38	M10 Nylon Nut	26

BOX-1/3

Part No.	Description	Q'ty
39	M10 Nylon Nut	5
40	Fixed Pin for Weight Stack	1
41	Rubber Pad (pre-assembled)	2
42	Quadrate Cap (pre-assembled)	9
43	End Cap (pre-assembled)	4
44	Φ25.4 Round Cap (pre-assembled)	4
45	Bushing (pre-assembled)	2
46	Bushing for Pulley (pre-assembled)	6
47	Rubber Ring	2
48	Pulley	11
49	Small Pulley	1
51	Hand Grip (pre-assembled)	8
52	Rubber Stopper (pre-assembled)	2
53	Foam for Butterfly Arm	2
54	Foam for Leg Curl	4
55	Bushing for Weight Stack	1
56	Cap for Select Bar Back	1
57	Rest Cushion	1
58	Seat	1
59	Chain 7 Links	1
60	Chain 6 Links	1
61	Hook	4
64	Cable for Butterfly Arm 2545	1
65	Cable for Lower Pull Bar 3385	1
66	Cable for Lat Bar 2965	1
67	Knob	1
68	Elbow cushion tube	1
69	Inner Cap	1
70	Knob M12	1
71	Bushing	1

BOX-2/3

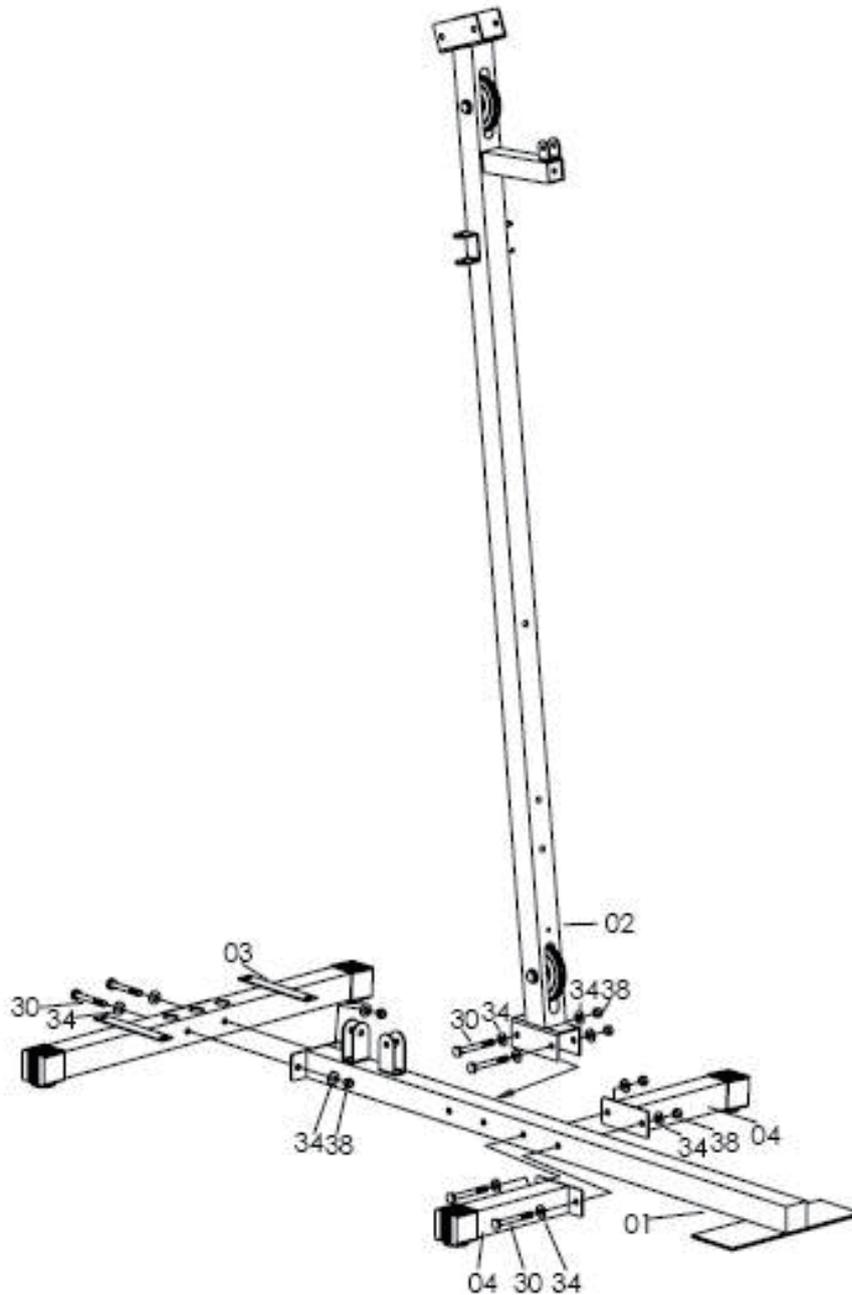
Part No.	Description	Q'ty
63	Down Weight Stack	5

BOX-3/3

Part No.	Description	Q'ty
62	Upper Weight Stack	1
63	Down Weight Stack	5

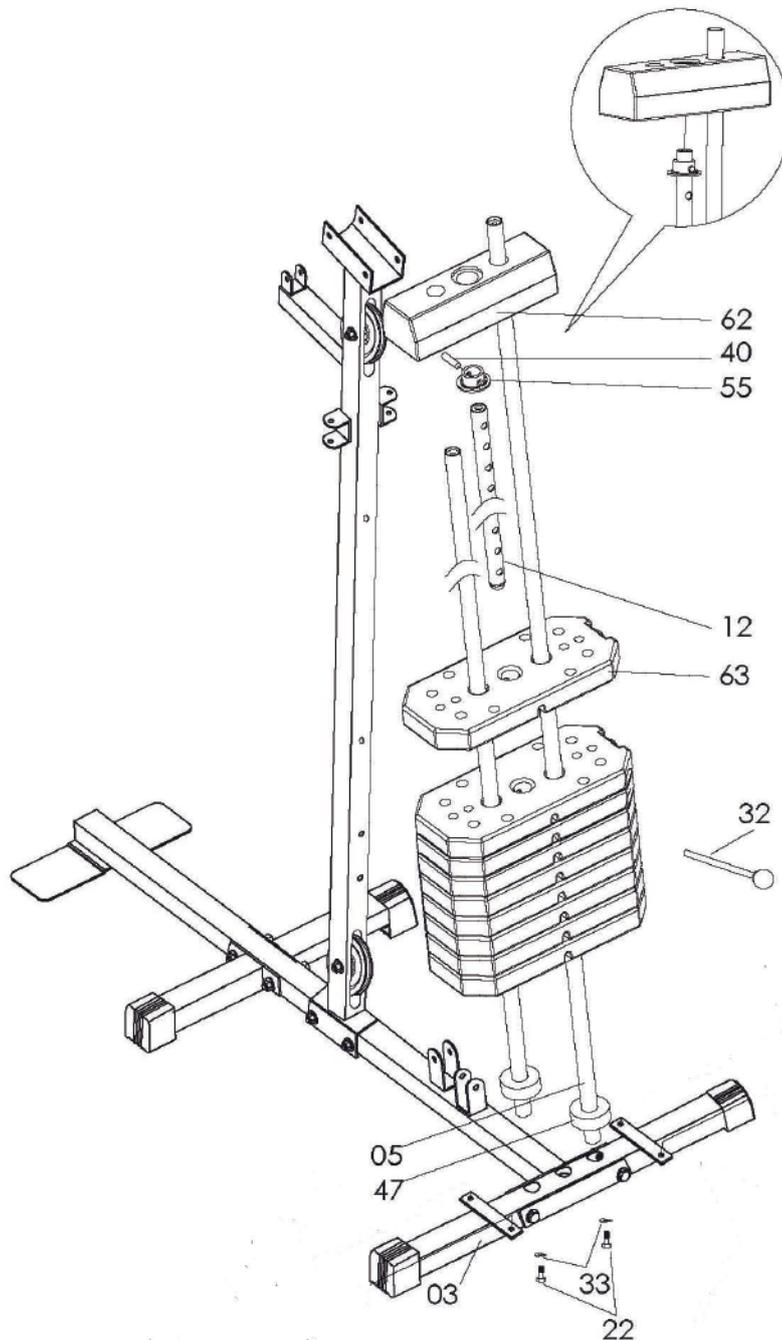
ASSEMBLY INSTRUCTIONS

STEP 1



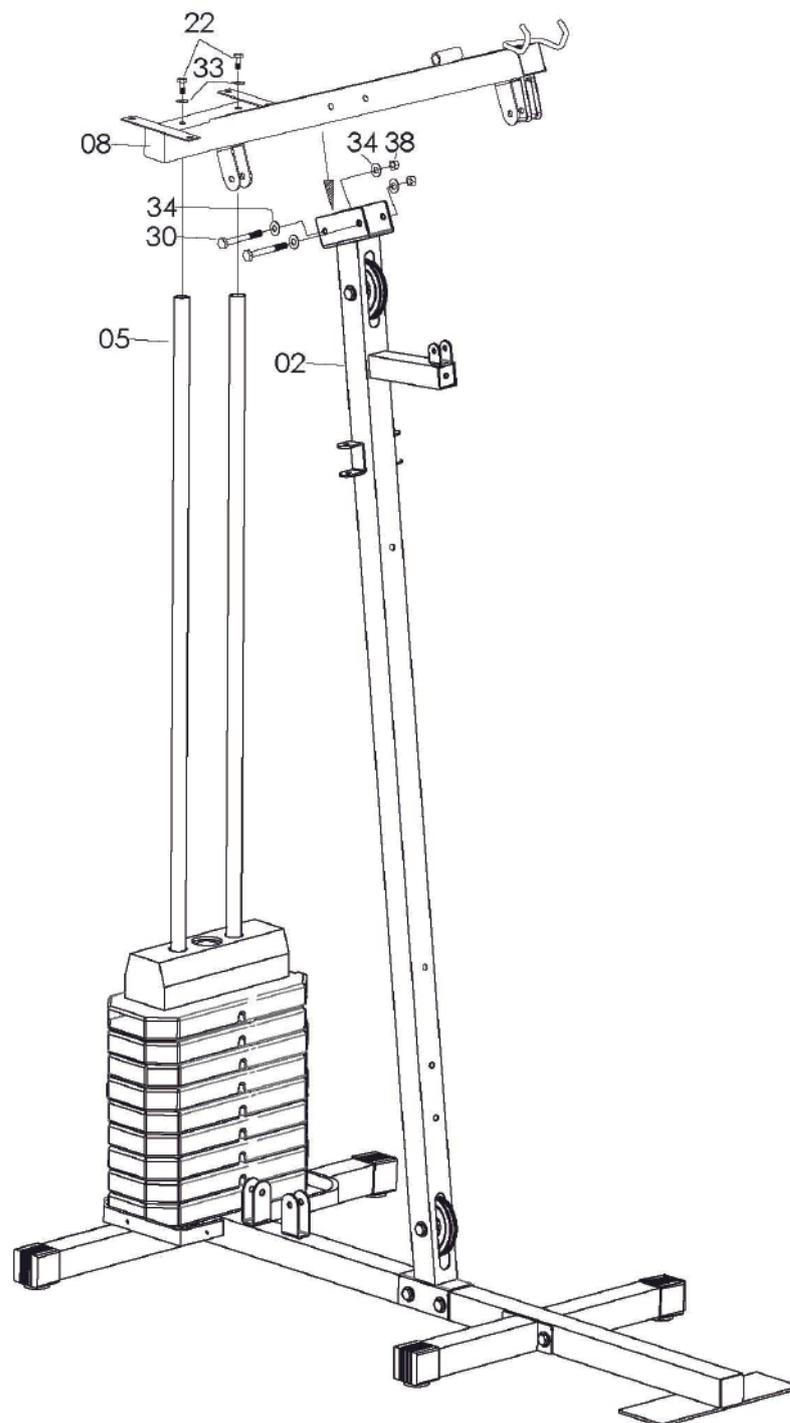
- 1) Attach the Rear Stabilizer (03) to the Base Frame (01) and tighten by X2 Hex Head Bolt (30), X4 Washer (34) and X2 Nylon Nuts (38).
- 2) Attach the Front Stabilizer (04) to the Base Frame (01) and tighten by X2 Hex Head Bolt (30), X4 Washer (34) and X2 Nylon Nuts (38).
- 3) Attach the Upright Support Tube (02) to the Base Frame (01) and tighten by X2 hex Head Bolt (30), X4 Flat Wahser (34) and X2 Nylon Nuts (38).

STEP 2



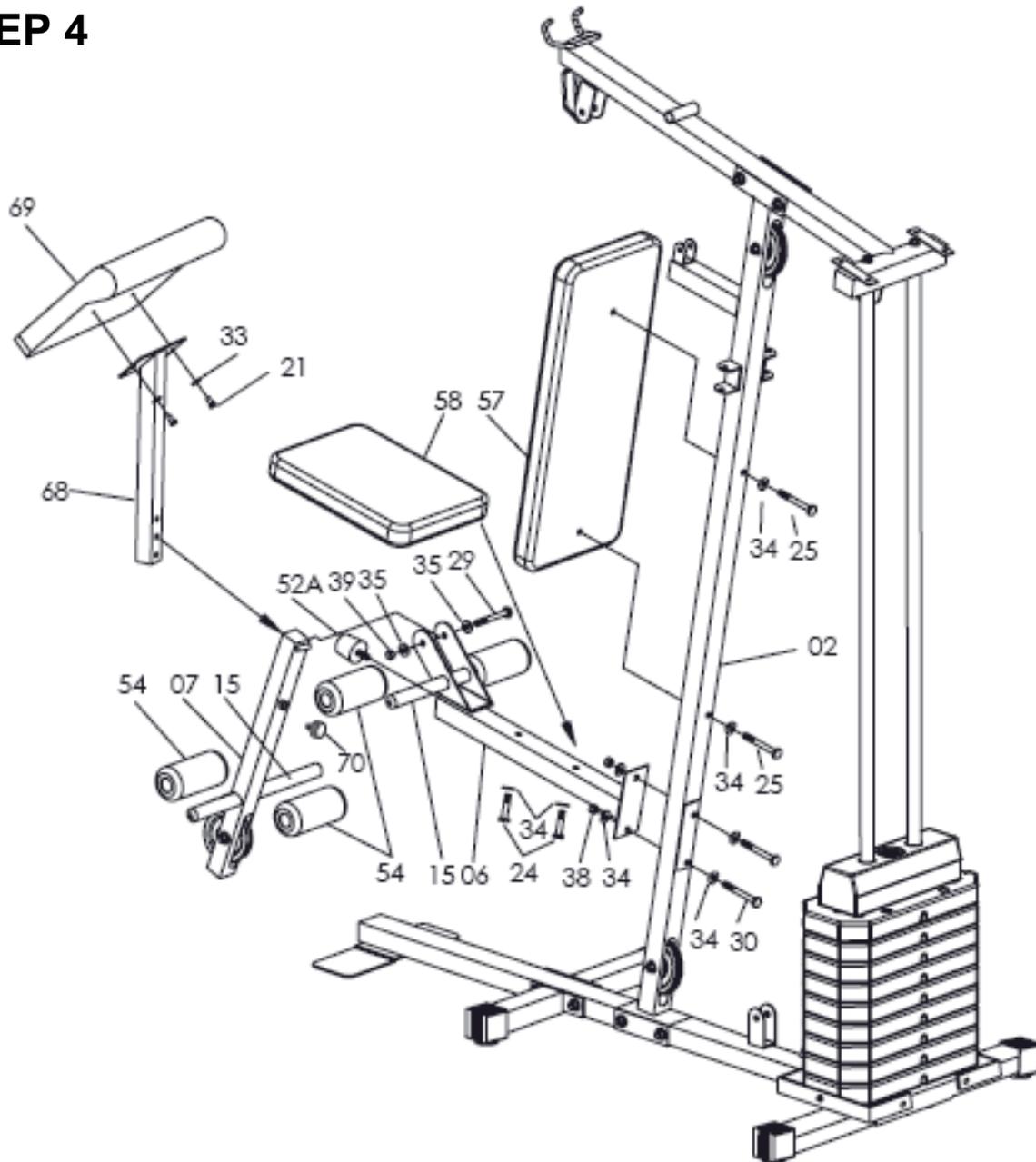
- 1) Slide both Guiding Tube (05) through Rubber Ring (47) into the 2 holes on the Rear Stabilizer (3), tighten from the bottom side by X2 Washer (33) and X2 Hex Head Bolt (22).
- 2) Place the Weight Stack (63) into the Guiding tube (05). (Watch out personal safety)
- 3) Place the Bushing for Weight Stack (55) onto the Select Bar (12) and fixed by the Fixed Pin (40). Then place the Weight Stack (62) upper the Select Bar (12) and place the Flat Washer (36) upper the Weight Stack (62).
- 4) Insert the Select Pin (32) through the Weight Stack (63) into the hole of Select Bar (12).

STEP 3



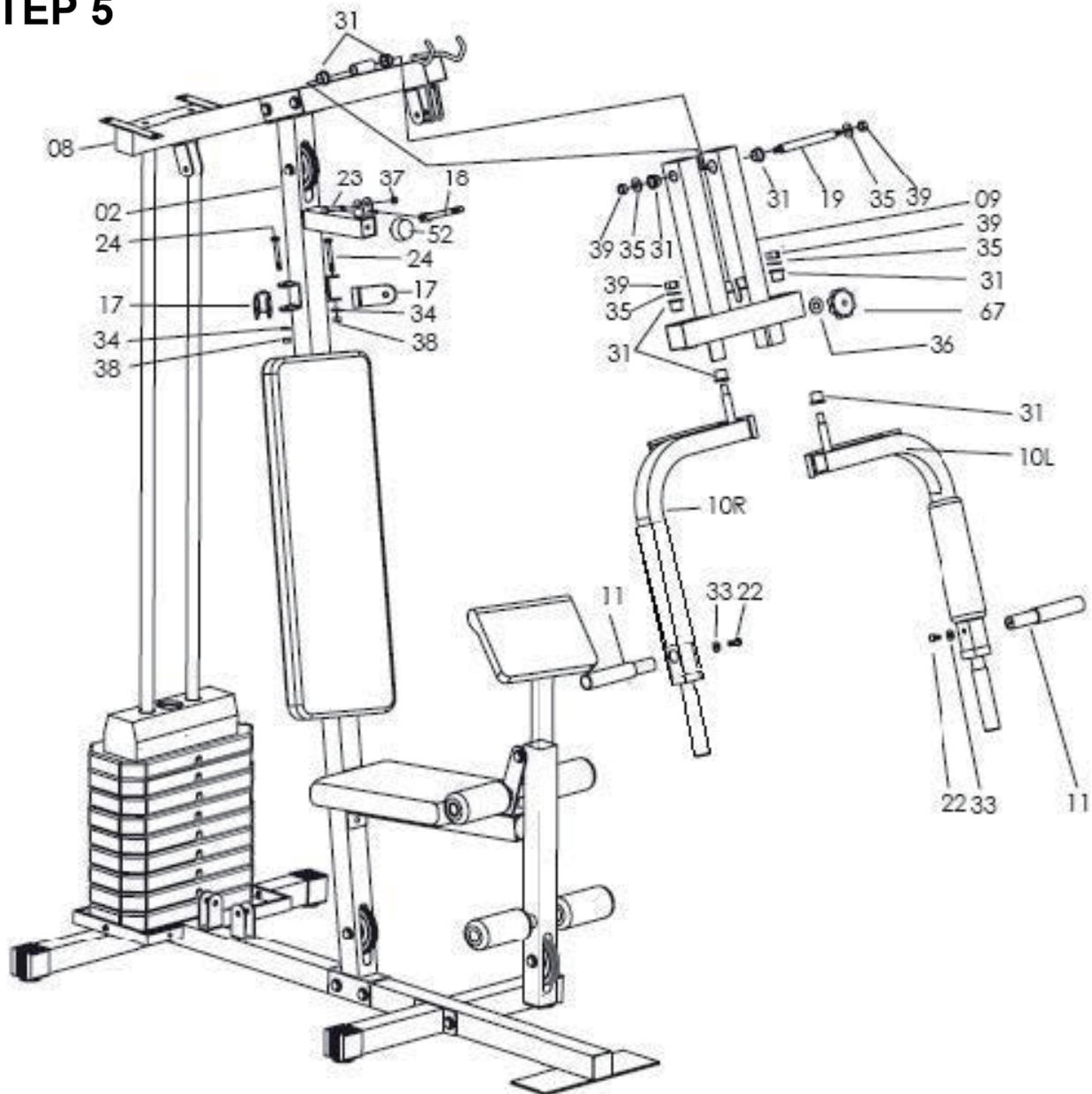
- 1) Place the Guiding Tube (05) into the Bridge Tube (08) and tighten by X2 Flat Washer (33) and X2 Hex Head Bolt (22).
- 2) Attach the Bridge Tube (08) to the Upright Support Tube (02) and tighten by X2 Hex Head Bolt (30), X4 Flat Washer (34) and X2 Nylon Nuts (38).

STEP 4



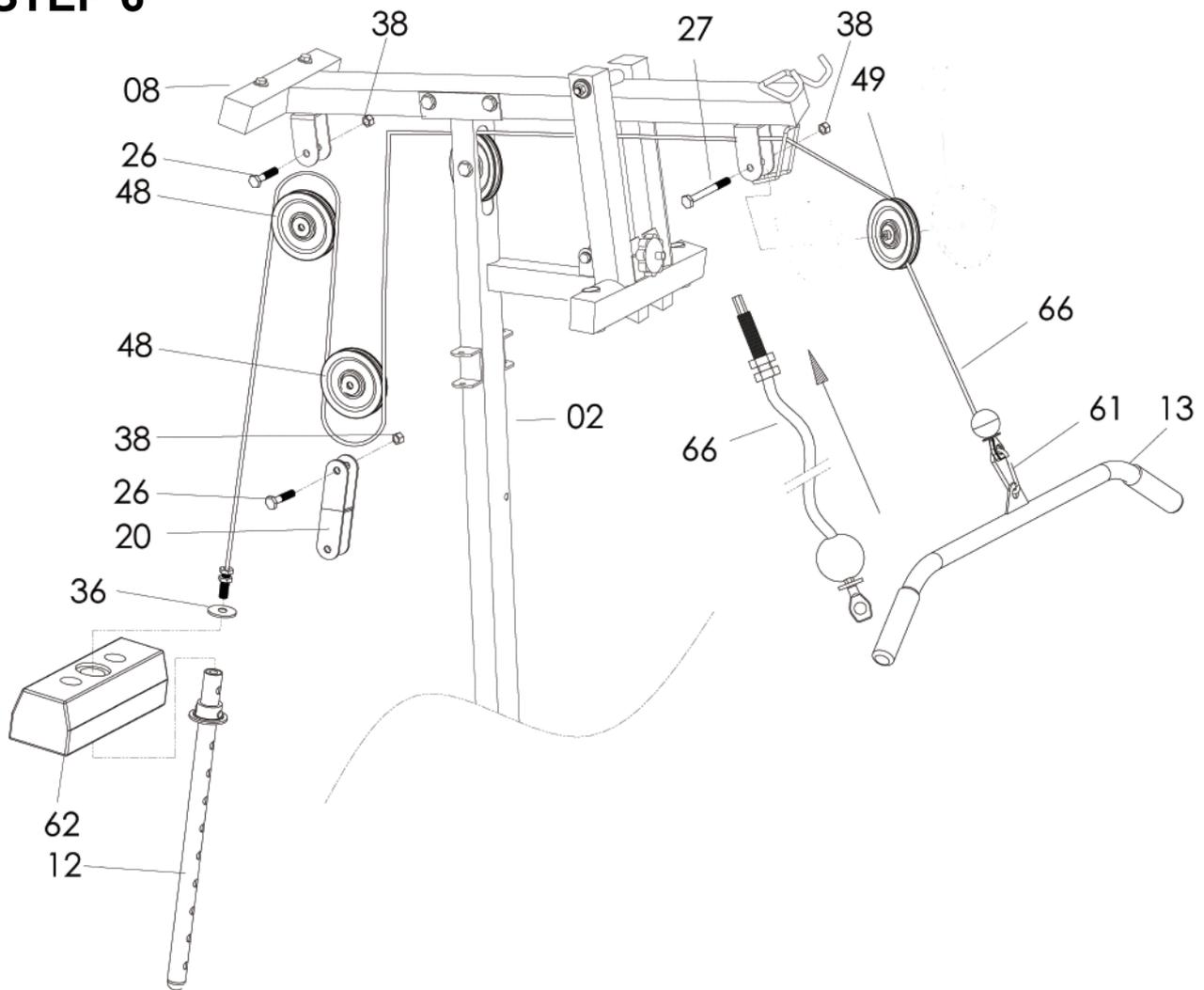
- 1) Attach the Seat Support Tube (06) to the Upright Support Tube (02), tighten by X2 hex Head Bolt (30), X4 Washer (34) and X2 Nylon Nuts (38).
- 2) Attach Backrest Cushion (57) into Upright Support Tube(02), tighten by X2 Hex Head Bolt (25) and X2 Flat Washer (34) through the thread holes on the Backrest Cushion (57).
- 3) Attached the seat (58) to the Elbow cushion tube (68), tighten by 4XFlat Washer(33) and 4XHex Head Bolt (22)
- 4) Attach the Leg Curve Tube (07) to the front side of Seat Support Tube (06), tighten by X1Hex Head Bolt (29), X2 Flat Washer (34) and X1 Nylon Nut (38).
- 5) Attach the Foam Tube for Leg Curl (15) into the holes on Leg Curl Tube (07) an front/up-per bracket of Seat Support Tube (06).
- 6) Attach the Foam for Leg Curl Tube (54) onto the 2 sides of each Foam Tube for LegCurl (15).
- 7) Attach the inner cap (69) to the Elbow cushion tube(68), tighten by 2 hex head bolts (21) and 2 flat washer (33), attach elbow cushion tube (68) to the leg curl tube (7), tighten by knob M12 (70).

STEP 5



- 1) Attach the Pull Unit (09) to the Bridge Tube (08), insert the Axle for Pull Unit (19) through X4 Powder Metal Ring (31), X2 Flat Washer (35) and tighten by X2 Nylon Nuts (39).
- 2) Attach the Butterfly Arm R (10R) to the right side of Pull Unit (09) through X2 Powder Metal Ring (31) and X1 Flat Washer (35) and tighten by X1 Nylon Nut (39).
- 3) Do the same procedure for the Butterfly Arm L (10L) to the Pull Unit (09) by same parts.
- 4) Attach the Connecting Bolt (18) onto the Upright Support Tube (02), tighten by X1 Hex Head Bolt (23), X2 Flat Washer (37). Put the Knob (67) onto the Connecting Bolt (18) by through Flat Washer (36).
- 5) Put the Foam for Butterfly Arm (53) onto the R/L Butterfly Arm (10R & 10L) and adjust to certain position.
- 6) Attach the Handlebar (11) onto the Butterfly Arm R (10R), tighten by X1 Washer (33) and X1 Hex Head Bolt (22). Do the same procedure of Butterfly Arm L (10L) with the other Handlebar (11).
- 7) Attach the Pulley Bracket (17) onto the 2 sides of Upright Support Tube (02), tighten by X2 Hex Head Bolt (24), X4 Flat Washer (35) and X2 Nylon nuts (37) for 2 sides.

STEP 6



1) Attach the Cable for Lat Bar (66) to the opening bracket at the front of the Bridge Tube (8).

Note: The ball stopper of the Cable (66) should be underneath the Bridge Tube (8). Attach the Cable (66) onto the Small Pulley (49) and . Note: The Cable (66) has to come out of the Cap (50) from the opening sides. Tighten to the bracket by X1 Hex Head Bolt (27) and X1 Nylon Nut (38).

2) Draw the Cable (66) towards the back side of the machine through the upper opening of Upright Support Tube (2) and around Pulley (48), then attach the Pulley (48) onto bracket A as drawing, tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).

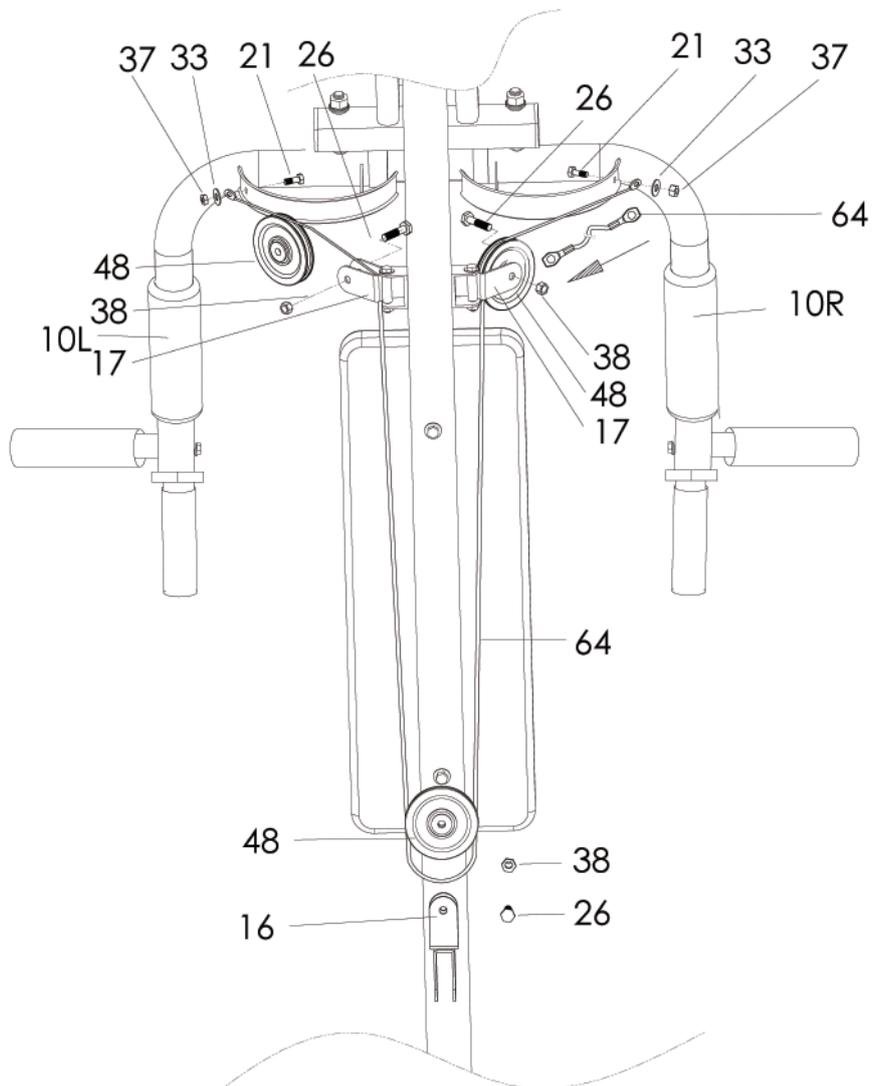
3) Draw the Cable (66) downwards and around Pulley (48). Attach the Pulley (48) with the Bracket for Pulley (20) on two sides then tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).

4) Draw the Cable (66) downwards between the two Guiding Tube (5) and fully thread the bolt on the end of the Cable (66) into the top opening on the Select Bar (12).

5) Attach the Lat Bar (13) to the front end of the Cable (66), connect by X1 Hook (61).

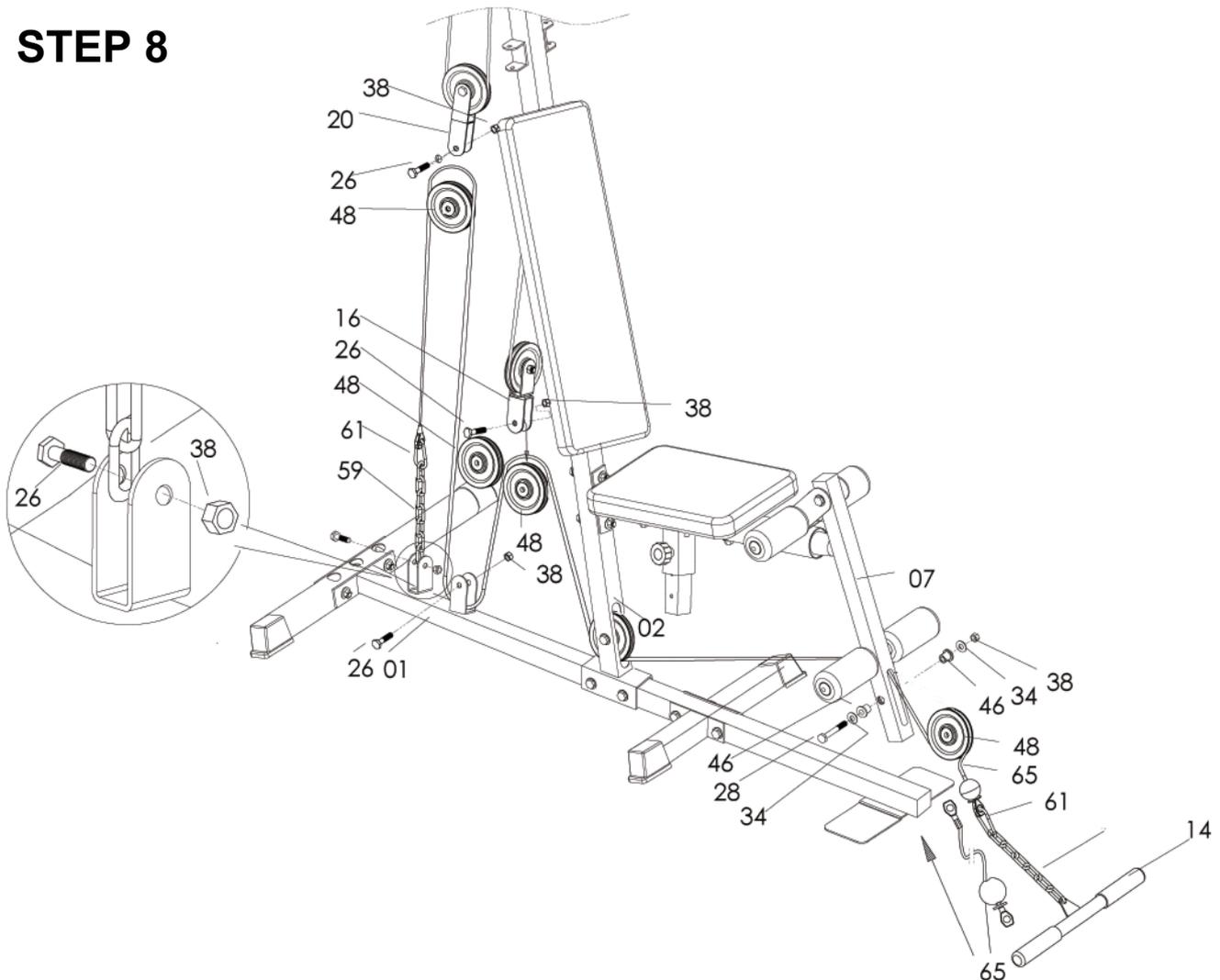
6) Draw the Cable (66) upwards and around Pulley (48). Attach the Pulley (48) to bracket B(20) and tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).

STEP 7



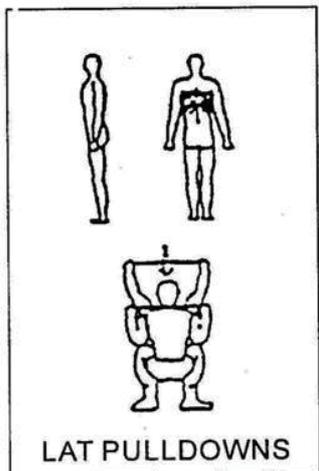
- 1) Attach one end of the Cable for Butterfly Arm (64) to the hook on the Right Butterfly Arm (10R), tighten by X1 Hex Head Bolt (22), X1 Flat Washer (33) and X1 Nylon Nut (37).
- 2) Draw the Cable (64) around the Pulley (48) then attach the Pulley (48) to the Pulley Bracket (17) on right side of the Upright Support Tube (2), tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).
- 3) Draw the Cable (64) downward and around the Pulley (48), attach the Pulley (48) to the upper part of Two Way Bracket for Pulley (16) and tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).
- 4) Draw the Cable (64) upward and around Pulley (48). Attach Pulley (48) to the Pulley Bracket (17) on the left side of the upright Support Tube (2), tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).
- 5) Attach the other end of Cable (64) to the hook on the Left Butterfly Arm (10L), tighten by X1 Hex Head Bolt (22), X1 Flat Washer (33) and X1 Nylon Nut (37).

STEP 8

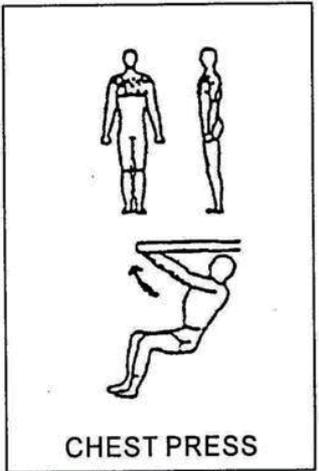


- 1) Attach the end with stopper ball of Cable for Lower Pull Bar (65) to the open bracket of Leg Curl (7), around the under side of Pulley (48), tighten the Pulley(48) with the bracket by X1 Hex Head Bolt (28) through X2 Plastic Bushing (46) (each side), X2 Flat washer(24) (each side) and X1 Nylon Nut (38).
- 2) Draw the Cable (65) through the opening space on the lower part of Upright Support Tube (2), around the Pulley (48) from under side then attach the Pulley (48) to Bracket on the Base Frame (1), tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).
- 3) Draw the Cable (65) upward and around the upper side of Pulley (48). Attach the Pulley (48) to the under side of the Bracket for Pulley (16), tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).
- 4) Draw the Cable (65) downward and around the under side of Pulley (48). Attach the Pulley (48) to bracket on the Base Frame (1) and tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).
- 5) Draw the Cable (65) upward and around the upper side of Pulley (48). Attach the Pulley (48) to the under side of Bracket for Pulley (20) set and tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).
- 6) Draw the Cable (65) downward and connect with bracket on Base Frame (1) by Chain 7 Links (59) and X1 Hook (61). Note: Adjust the Cable (65) to be tighten enough and lock on certain position of Chain (59) by Hook (61).
- 7) Attach the Lower Pull Bar (14) to the front end of Cable (65), connecting by Chain 6 Links (59).

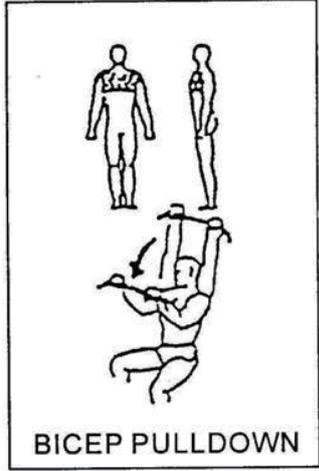
Warning: Make sure all bolt and nylon nut are tighten enough before using the machine.



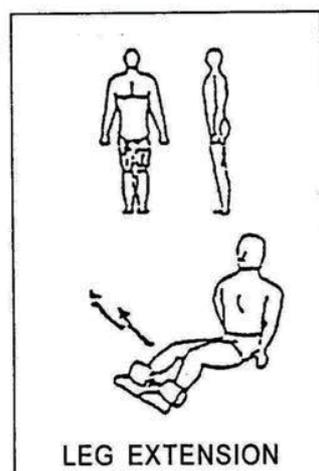
LAT PULLDOWNS



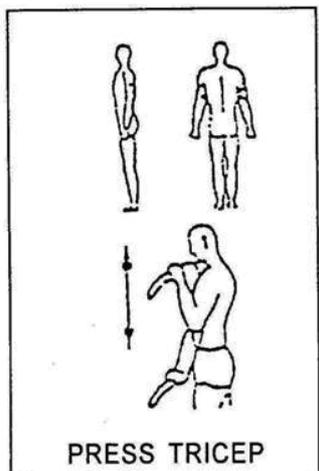
CHEST PRESS



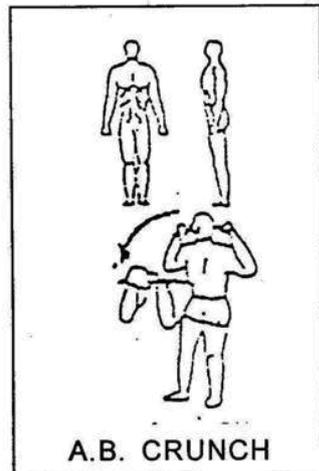
BICEP PULLDOWN



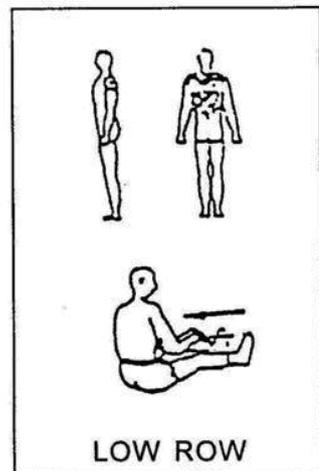
LEG EXTENSION



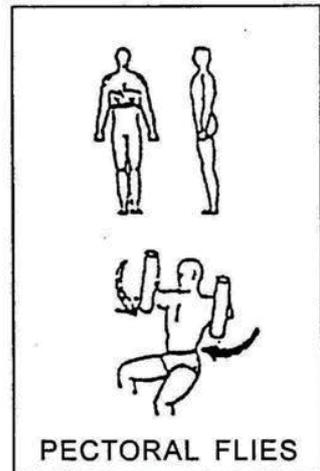
PRESS TRICEP



A.B. CRUNCH



LOW ROW



PECTORAL FLIES

UK

If you have any questions, please contact our customer care center.

Our contact details are below:



0044-800-240-4004



enquiries@mhstar.co.uk

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Unit 27, Perivale Park,
Horsenden lane South
Perivale, UB6 7RH
MADE IN CHINA

ES

Si tiene alguna pregunta, comuníquese con nuestro Centro de Atención al Cliente. Nuestros datos de contacto son los siguientes:



0034-931294512



atencioncliente@aosom.es

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Nos coordonnées sont les suivantes:



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aosom@mhfrance.fr

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Fabriqué en Chine

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Se tiver alguma dúvida, por favor contacte o nosso Centro de Atendimento ao Cliente. Os nossos dados de contacto são os seguintes:



0034-931294512



info@aosom.pt.

IMPORTADOR:

SPANISH AOSOM, S.L
C.ROC GROS N.15, 08550. ELS HOSTALETS DE BALENYÀ
TEL: 931294512 (SEG-SEX DAS 7:30H ÀS 16:30H)
INFO@AOSOM.PT
WWW.AOSOM.PT

DE

Wenn Sie Fragen haben, wenden Sie sich bitte an unser Kundendienstzentrum.

Unsere Kontaktdaten stehen unten:



0049-0(40)-88307530



service@aosom.de

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IN CHINA HERGESTELLT

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In caso di dubbio, si prega di contattare il nostro centro assistenza clienti. I nostri dettagli di contatto sono di seguito:



0039-0249471447



clienti@aosom.it

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