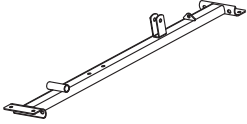

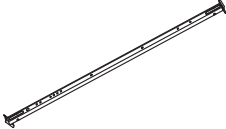
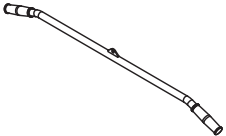

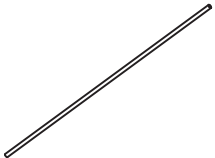
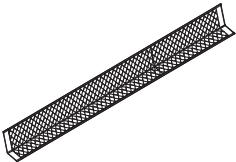




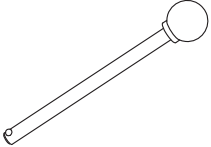



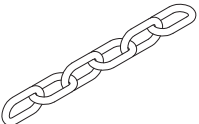

**IT: ISTRUZIONI DI ASSEMBLAGGIO**  
EN: ASSEMBLY INSTRUCTION


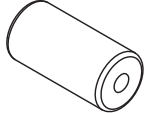
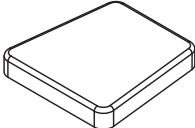

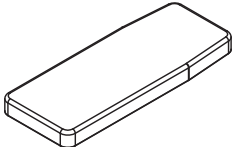

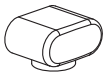
**IT: IMPORTANTE - CONSERVARE QUESTE INFORMAZIONI PER  
CONSULTARE IN SEGUITO: LEGGERE ATTENTAMENTE**  
**EN: IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY.**

# PACKING DETAILS: TOTAL 4 BOXES

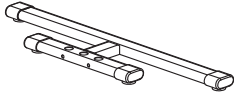
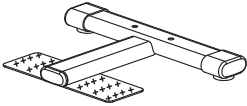
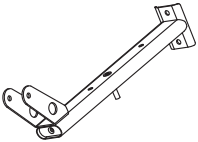
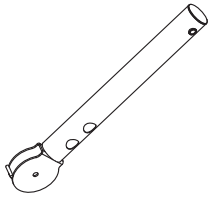
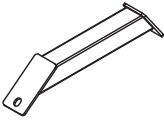
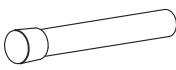
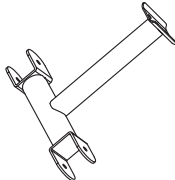
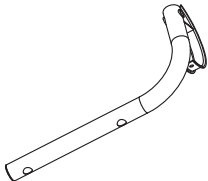
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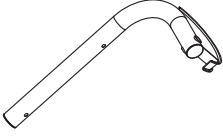
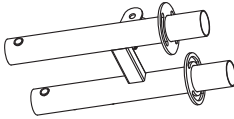
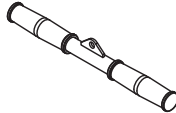
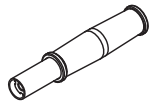
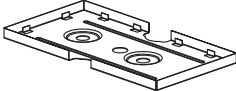
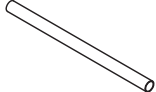
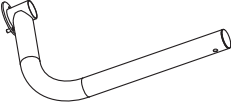
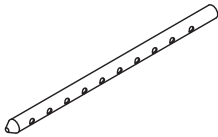
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④		1
⑤		1
⑭		1
⑳		2
㉒		2
㉓		4

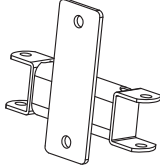

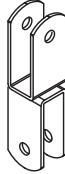
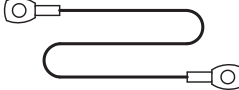
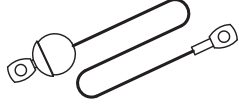

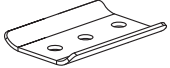
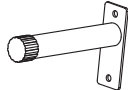
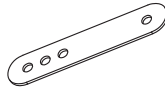
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㉘		2
㉛		1
㉞		14
㉟		6
㊳		5
㊵		2
㊶		2

NO.	PARTS	QTY
④		6
⑤		4
⑥		1
⑦		1
⑩		1
㉒		2
㉘		6
	<b>HARDWARE</b>	1

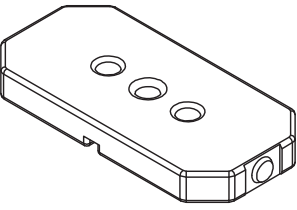
## BOX-2/4

NO.	PARTS	QTY
2		1
3		1
6		1
7		1
8		1
9		1
10		1
11		1

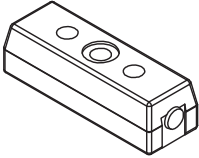

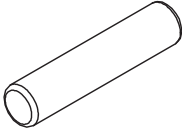
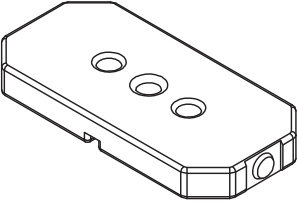
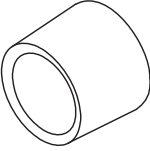
NO.	PARTS	QTY
12		1
13		1
15		1
16		4
17		2
18		2
19		2
21		1

NO.	PARTS	QTY
30		1
32		2
33		1
34		1
39		1
44		1
48		3
51		1
35		2

### BOX-3/4

NO.	PARTS	QTY
29		5

### BOX-4/4

NO.	PARTS	QTY
24		1
25		1
26		1
29		4
49		1

## CONTENUTI

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## INFORMAZIONI DI SICUREZZA

**IMPORTANTE: leggere completamente prima dell'installazione o dell'utilizzo.**

Il presente attrezzo per allenamento è costruito per una sicurezza premium. Tuttavia, alcune precauzioni si applicano ogni volta che si utilizza un attrezzo di allenamento. Si deve assicurare la lettura dell'intero manuale prima di installare, mettere in funzione o utilizzare il presente attrezzo, ed si deve osservare le seguenti precauzioni di sicurezza.

### Assemblaggio

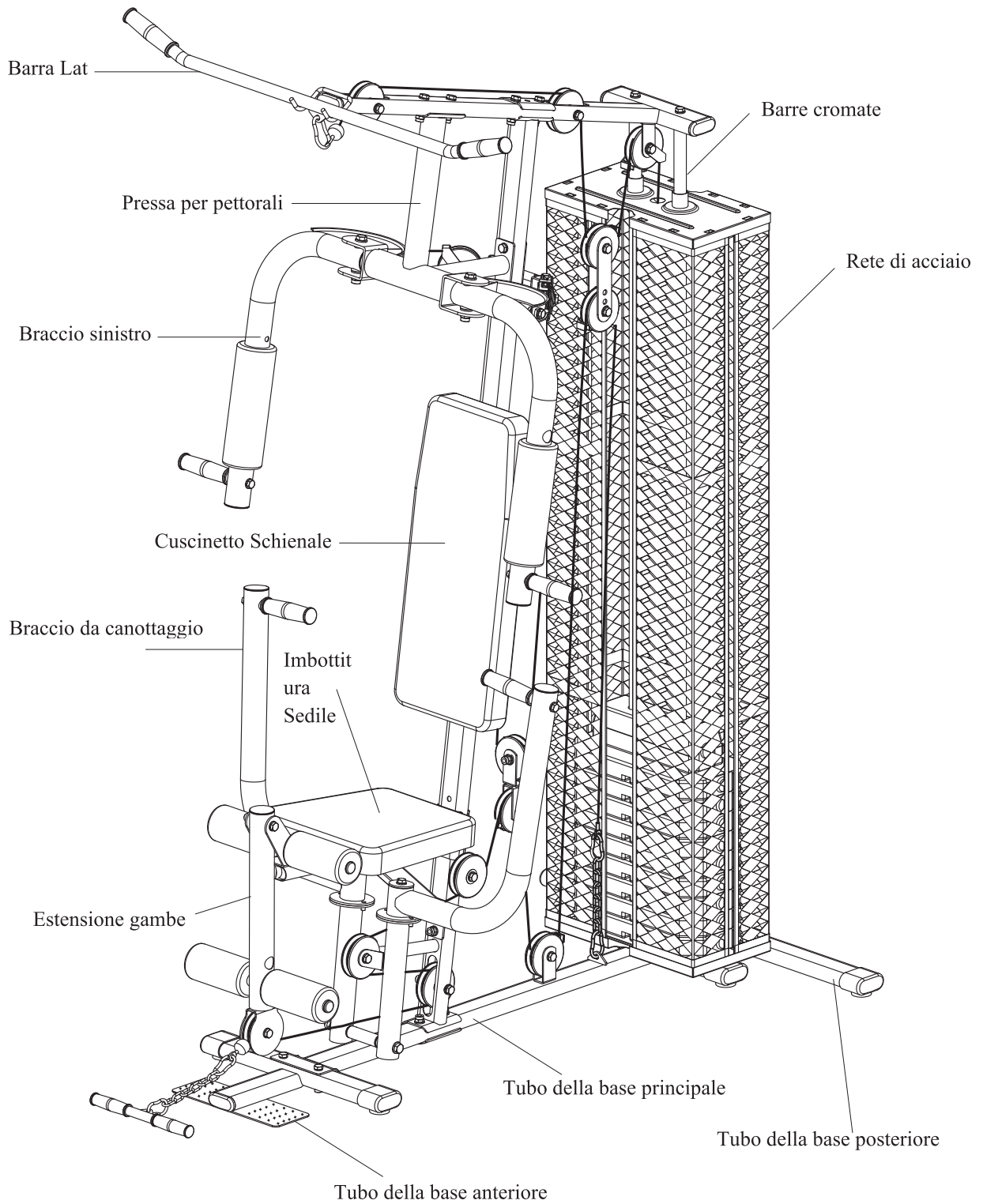
- Assicurarsi di avere disponibili tutte le parti e gli strumenti elencati nelle pagine 6-8.
- Rimuovere tutti gli accessori dai sacchetti di plastica e separarli nei rispettivi gruppi.
- Tenere i bambini e gli animali lontani dalle aree di lavoro, piccole parti potrebbero causare rischio di soffocamento se inghiottite.
- Assicurarsi di avere spazio sufficiente per disporre le parti prima di iniziare.
- L'assemblaggio di questo attrezzo viene eseguito al meglio da 2 persone.
- Assemblare l'oggetto in un luogo più vicino possibile alla sua posizione finale (nella stessa stanza).
- L'attrezzo indipendente deve essere installata su una base stabile e piana.
- Smaltire tutti gli imballaggi con attenzione e responsabilità.

### Utilizzo

- Il presente stazione di sollevamento pesi è realizzata per l'allenamento in ambiente privato. Utilizzare l'attrezzo solo per l'uso previsto.
- **NON fare mai** le modifiche all'attrezzo che possano influenzare la sicurezza del prodotto.
- **Avvertimento! Le persone incinte o ferite fisicamente non dovrebbero mai utilizzare la stazione pesi senza aver prima consultato un medico di fiducia.**
- Si deve essere consapevole dei segnali del proprio corpo. Un esercizio scorretto o eccessivo può danneggiare la salute. **FERMarsi** se si sente dolore, senso di oppressione al petto, battito cardiaco irregolare, estrema mancanza di respiro, sensazione di testa vuota, vertigini o nausea. Se si verifica una di queste condizioni, **CONSULTARE IMMEDIATAMENTE IL MEDICO** prima di continuare con il programma di allenamento.
- Adattare sempre il stile di allenamento al proprio livello di forma fisica e di salute personale.
- Prima di ogni sessione di allenamento, assicurarsi di controllare il funzionamento e la sicurezza dell'attrezzo.
- Prima dell'uso, assicurarsi che l'attrezzo sia installato correttamente e che tutti i dispositivi di sicurezza siano funzionanti! Danni o alterazioni al prodotto derivanti da modifiche invalideranno la garanzia. Per problemi derivanti dalle modifiche o da altre limitazioni, il venditore non assumerà responsabilità.
- Qualsiasi danno deve essere segnalato al venditore subito dopo la consegna e prima dell'uso o dell'installazione. Reclami successivi non verranno presi in considerazione.
- Utilizzare solamente gli strumenti adatti per l'installazione.
- L'installazione deve essere eseguita SOLO da adulti. I bambini non devono essere presenti nell'ambiente in cui si svolge l'installazione.
- Assicurarsi che tutti i collegamenti siano installati saldamente prima di permettere l'uso del prodotto.
- Controllare tutti i collegamenti regolarmente per trovare eventuali danni, componenti allentati e altri fattori che possono portare a una mancanza di sicurezza sufficiente.

- Non lasciare i bambini incustoditi sulla panca pesi! Non è un giocattolo! Chiedere loro di non giocare o salire sull'attrezzo.
- In caso di un guasto durante l'uso quotidiano o durante la manutenzione, bloccare l'attrezzo per evitare qualsiasi rischio di lesioni.
- I bambini o le persone con limitate capacità fisiche o mentali, o coloro che non hanno familiarità con questo attrezzo, non devono essere permessi di usare questa stazione pesi!
- Tenere presente in mente queste istruzioni nel manuale e la sicurezza, che può sempre attirare la vostra attenzione su eventuali pericoli. Quando si utilizza questo attrezzo è sempre necessario prestare attenzione e dare giudizi logici.
- Prima di utilizzare l'attrezzo per fare allenamento, riscaldarsi sempre con esercizi di allungamento.
- Prima di utilizzare attrezzo, controllare che i dadi e i bulloni siano ben serrati.
- Il livello di sicurezza dell'attrezzo può essere mantenuto solo se viene regolarmente verificato per danni e/o usura. Se si riscontrano componenti difettosi durante l'assemblaggio o il controllo dell'attrezzo, o se si sentono rumori insoliti dall'attrezzo durante l'uso, FERMARSI! Non utilizzare l'attrezzo fino a quando il problema non è stato risolto.
- Indossare indumenti adatti durante l'utilizzo dell'attrezzo. Evitare di indossare indumenti larghi che potrebbero rimanere impigliati nell'attrezzo o che potrebbero limitare o impedire il movimento.
- Prima di iniziare qualsiasi allenamento o programma fitness, si deve consultare il proprio medico personale per vedere se si ha bisogno di un esame fisico completo. Questo è particolarmente importante se si ha più di 35 anni e non si ha mai fatto allenamento prima, o se si è incinta o si soffre di qualsiasi malattia.
- Utilizzare l'attrezzo su una superficie solida e piana con una copertura protettiva per il pavimento o la moquette.

## DETTAGLI DEI COMPONENTI DEL PRODOTTO



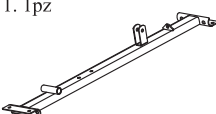
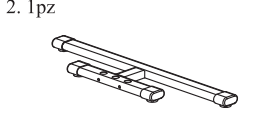
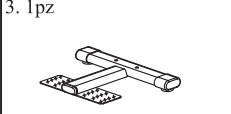

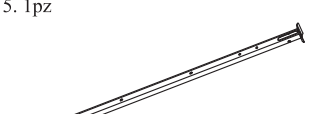
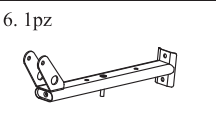
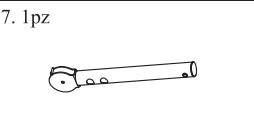
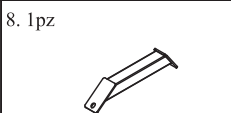
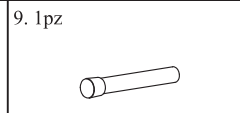

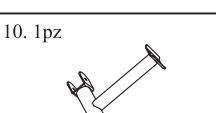
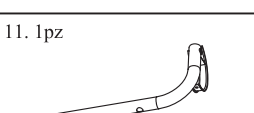
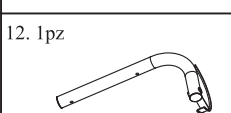
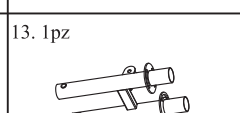

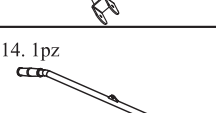
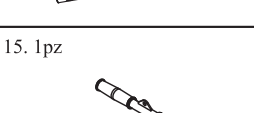
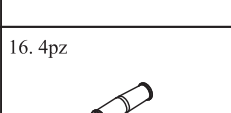
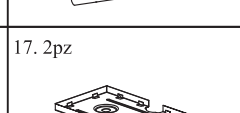
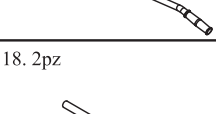

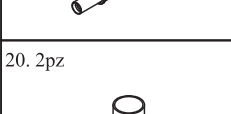
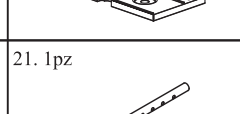
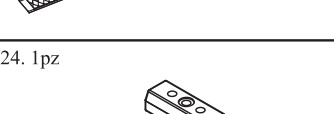
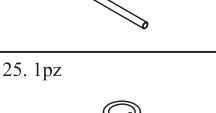
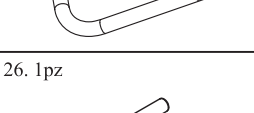

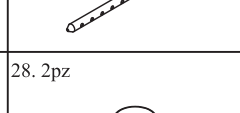
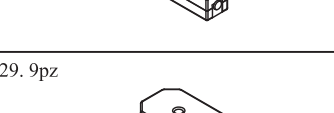
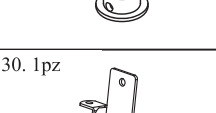
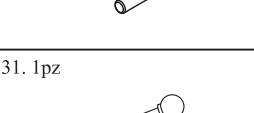
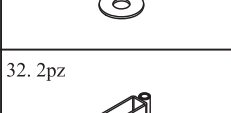
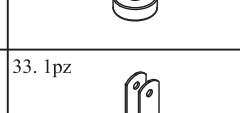
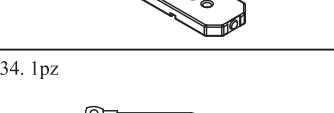


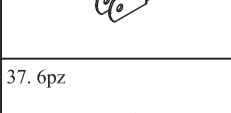
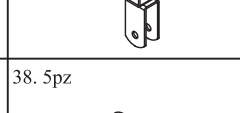
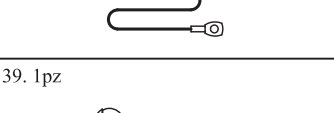
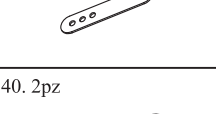
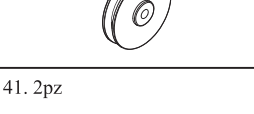
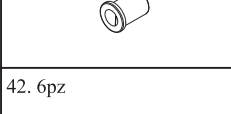
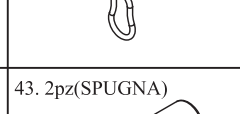
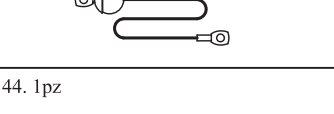

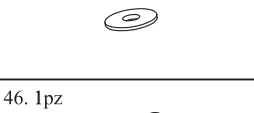
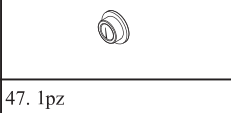
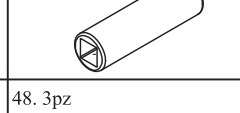
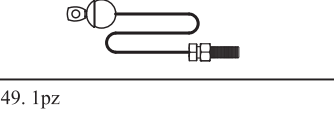
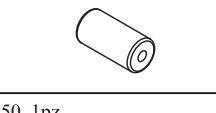
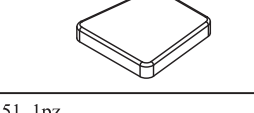
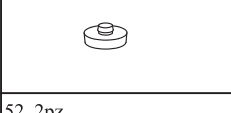
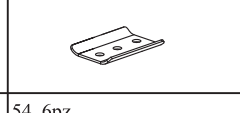


## LISTA DELLE PARTI










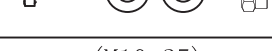
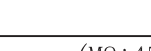

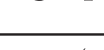
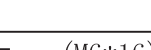

Parts	Description	Qty
1	Tubo della base principale	1 pz
2	Tubo della base posteriore	1 pz
3	Tubo della base anteriore	1 pz
4	Supporto superiore	1 pz
5	Supporto verticale	1 pz
6	Supporto sedile	1 pz
7	Estensione gambe	1 pz
8	Tubo rinforzato	1 pz
9	Supporto per il canottaggio	1 pz
10	Pressa per pettorali	1 pz
11	Braccio sinistro	1 pz
12	Braccio destro	1 pz
13	Supporto a forma "H"	1 pz
14	Barra Lat	1 pz
15	Barra Curl	1 pz
16	Barra di manubrio	4 pz
17	Piastra di acciaio	2 pz
18	Tubo di spugna (370mm)	2 pz
19	Braccio per il canottaggio	2 pz
20	Supporto rotondo	2 pz
21	Selettore di peso	1 pz
22	Barre cromate (1820mm)	2 pz
23	Rete di acciaio	4 pz
24	Pesi superiori	1 pz
25	Boccola per blocco pesi	1 pz
26	Perno $\Phi 10$	1 pz
27	Rondella grande ( $\Phi 45$ )	1 pz

Parts	Description	Qty
28	Cuscinetto in gomma	2 pz
29	Peso	9 pz
30	Albero puleggia	1 pz
31	Perno di bloccaggio 10*150	1 pz
32	Sede puleggia	2 pz
33	Staffa puleggia	1 pz
34	Cavo 1	1 pz
35	Piastra regolazione	2 pz
36	Puleggia ( $\Phi 90$ )	14 pz
37	Boccola puleggia	6 pz
38	Gancio di sicurezza	5 pz
39	Cavo 2	1 pz
40	Catena	2 pz
41	Rondella grande ( $\Phi 50$ )	2 pz
42	Boccola di acciaio	6 pz
43	Spugna (250mm)	2 pz
44	Cavo 3	1 pz
45	Spugna (160mm)	4 pz
46	imbottitura sedile	1 pz
47	Parauti in PVC $\Phi 30 \times 7$	1 pz
48	Staffa ricostruita (100mm)	3 pz
49	Parauti in gomma	1 pz
50	Cuscinetto schienale	1 pz
51	Supporto Prop	1 pz
52	Boccola puleggia ( $\Phi 16$ )	2 pz
54	Copertura piedi	6 pz

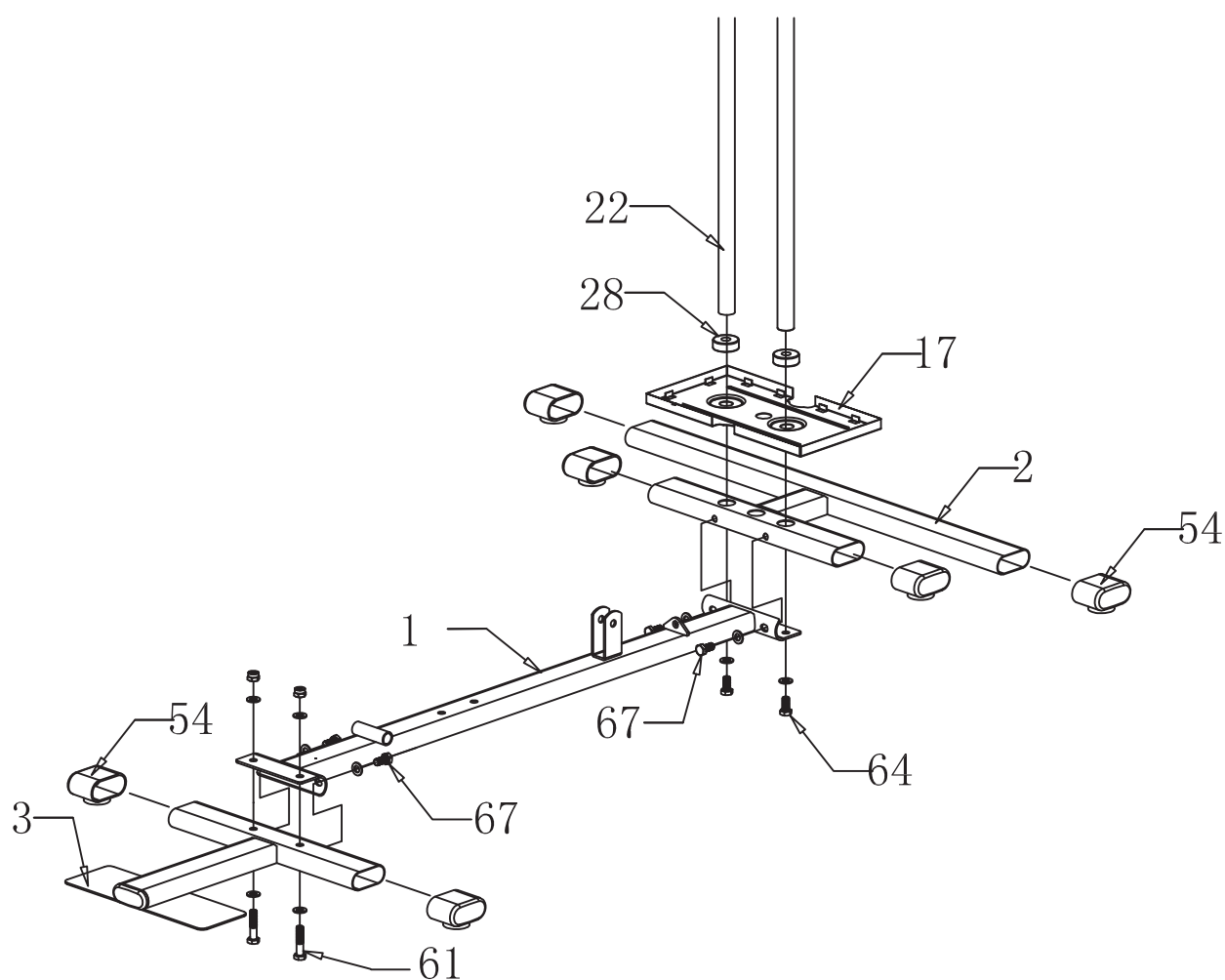
# LISTA DELLE PARTI 1

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6. 1pz 	7. 1pz 	8. 1pz 	9. 1pz 	22. 2pz 
10. 1pz 	11. 1pz 	12. 1pz 	13. 1pz 	23. 4pz 
14. 1pz 	15. 1pz 	16. 4pz 	17. 2pz 	
18. 2pz 	19. 2pz 	20. 2pz 	21. 1pz 	24. 1pz 
25. 1pz 	26. 1pz 	27. 1pz 	28. 2pz 	29. 9pz 
30. 1pz 	31. 1pz 	32. 2pz 	33. 1pz 	34. 1pz 
35. 2pz 	36. 14pz 	37. 6pz 	38. 5pz 	39. 1pz 
40. 2pz 	41. 2pz 	42. 6pz 	43. 2pz(SPUGNA) 	44. 1pz 
45. 4pz(SPUGNA) 	46. 1pz 	47. 1pz 	48. 3pz 	49. 1pz 
50. 1pz 	51. 1pz 	52. 2pz 	54. 6pz 	

## LISTA DELLE PARTI 2

55. 1pz (M12*190) 	69. 1pz (M10*110) 
56. 2pz (M12*85) 	
57. 3pz (M10*90) 	
58. 1pz (M10*75) 	
59. 2pz (M10*60) 	
60. 8pz (M10*50) 	
61. 13pz (M10*45) 	
62. 2pz (M10*40) 	
63. 2pz (M10*25) 	
64. 11pz (M10*25) 	
65. 4pz (M8*45) 	
66. 1pz (M10) 	
67. 4pz (M8*20) 	
68. 2pz (M6*16) 	

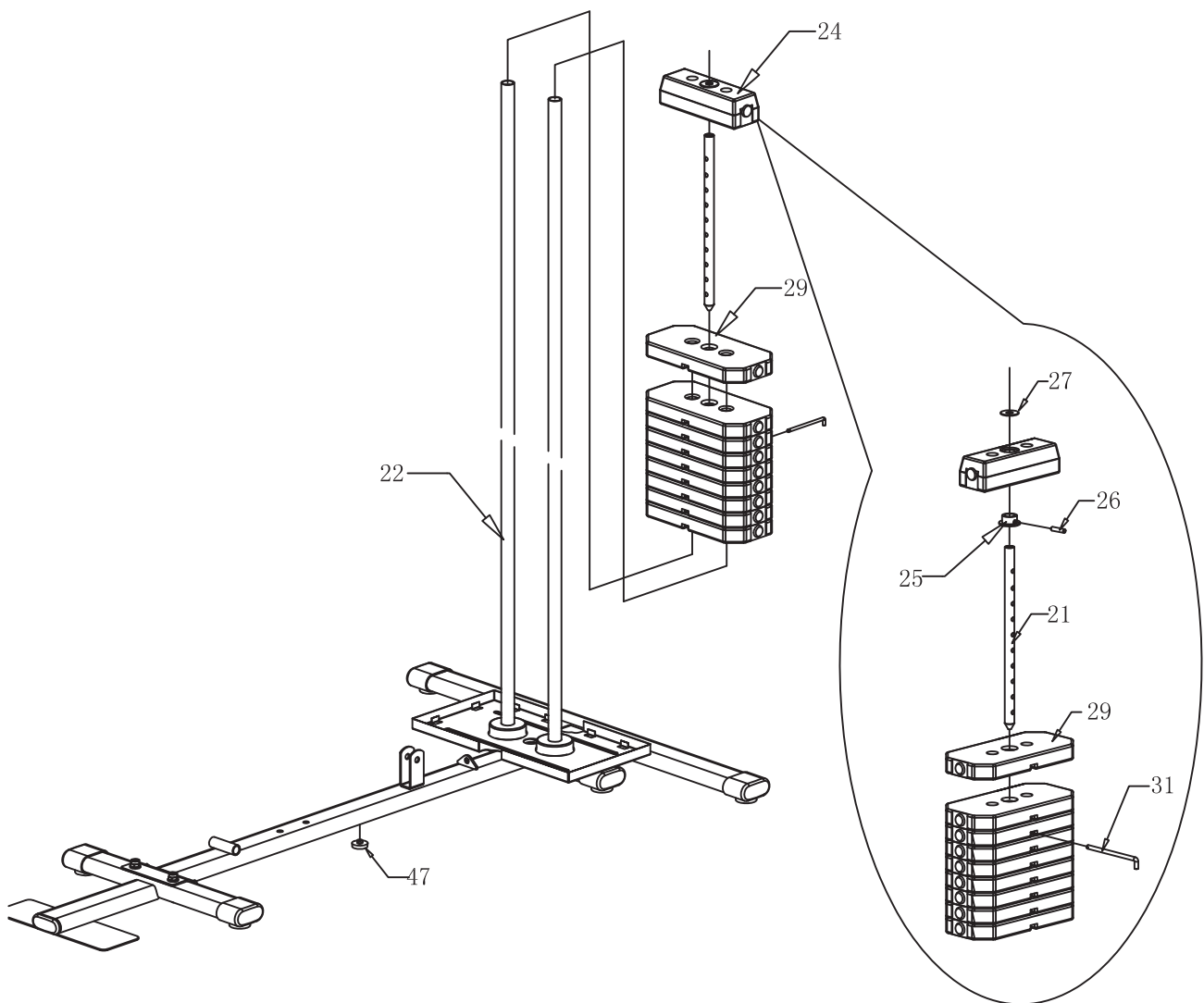
## INSTALLAZIONE



### Passo 1

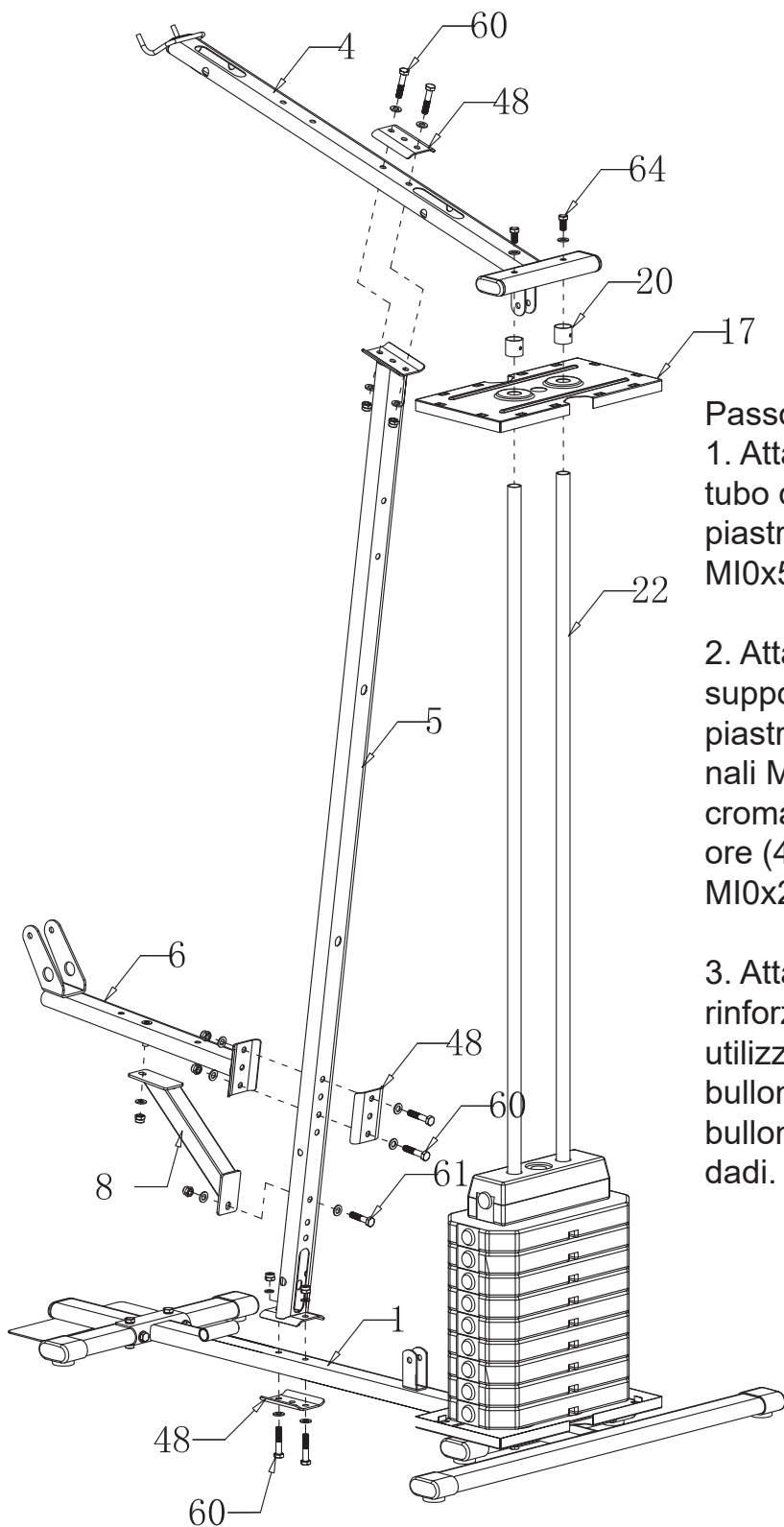
1. Attaccare il tubo della base principale (1) al tubo della base posteriore (2), e alla barra cromata (22) utilizzando bulloni esagonali M10x25 (64-2 set), rondelle e bulloni esagonali M8x20 (67-2 set), rondelle.

2. Attaccare il tubo della base principale (1) al tubo della base anteriore (3) utilizzando bulloni esagonali M10x45 (61-2 set), rondelle, dadi e bulloni esagonali M8x20 (67-2 set), rondelle.



## Passo 2

1. Attaccare piastre pesi (24, 29) alle barre cromate (22) come mostrato in figura.

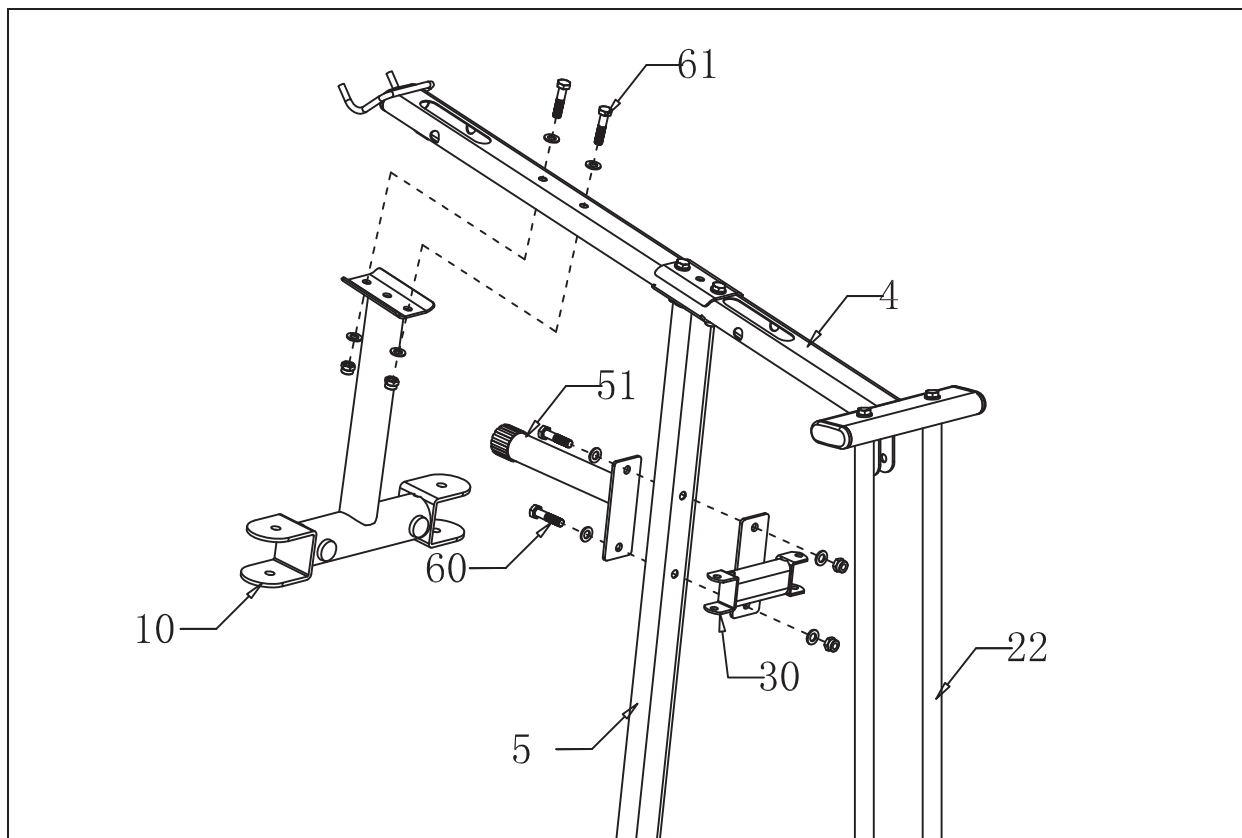


### Passo 3

1. Attaccare il supporto verticale (5) al tubo della base principale (1) utilizzando piastra rinforzata (48) e bulloni esagonali M10x50 (60-2sets) rondelle e dadi.

2. Attaccare il supporto superiore (4) al supporto verticale (5) utilizzando la piastra rinforzata (48) e i bulloni esagonali M10x50 (60 -2set) e inserire le barre cromate (22) nei fori del supporto superiore (4) utilizzando i bulloni esagonali M10x25 (64 -2sts).

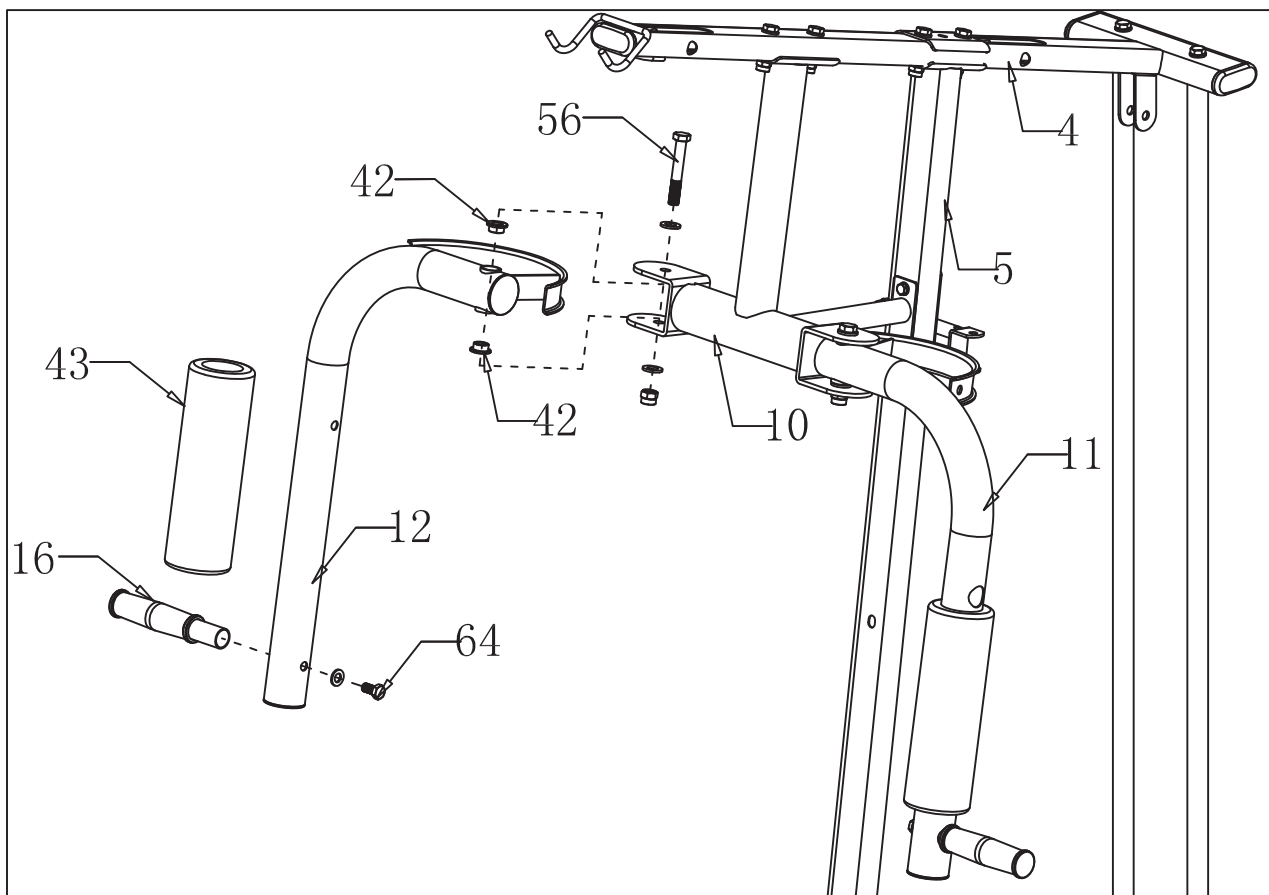
3. Attaccare il supporto sedile (6), tubo rinforzato (8) al supporto verticale (5) utilizzando piastra rinforzata (48) e bulloni esagonali M10x50 (60-2sets), bulloni M10x45 (61-1 set) rondelle e dadi.



#### Passo 4

1. Attaccare la pressa per pettorali (10) al supporto superiore (94) utilizzando viti esagonali M10x45 (61 - 2 set), rondelle e dadi.

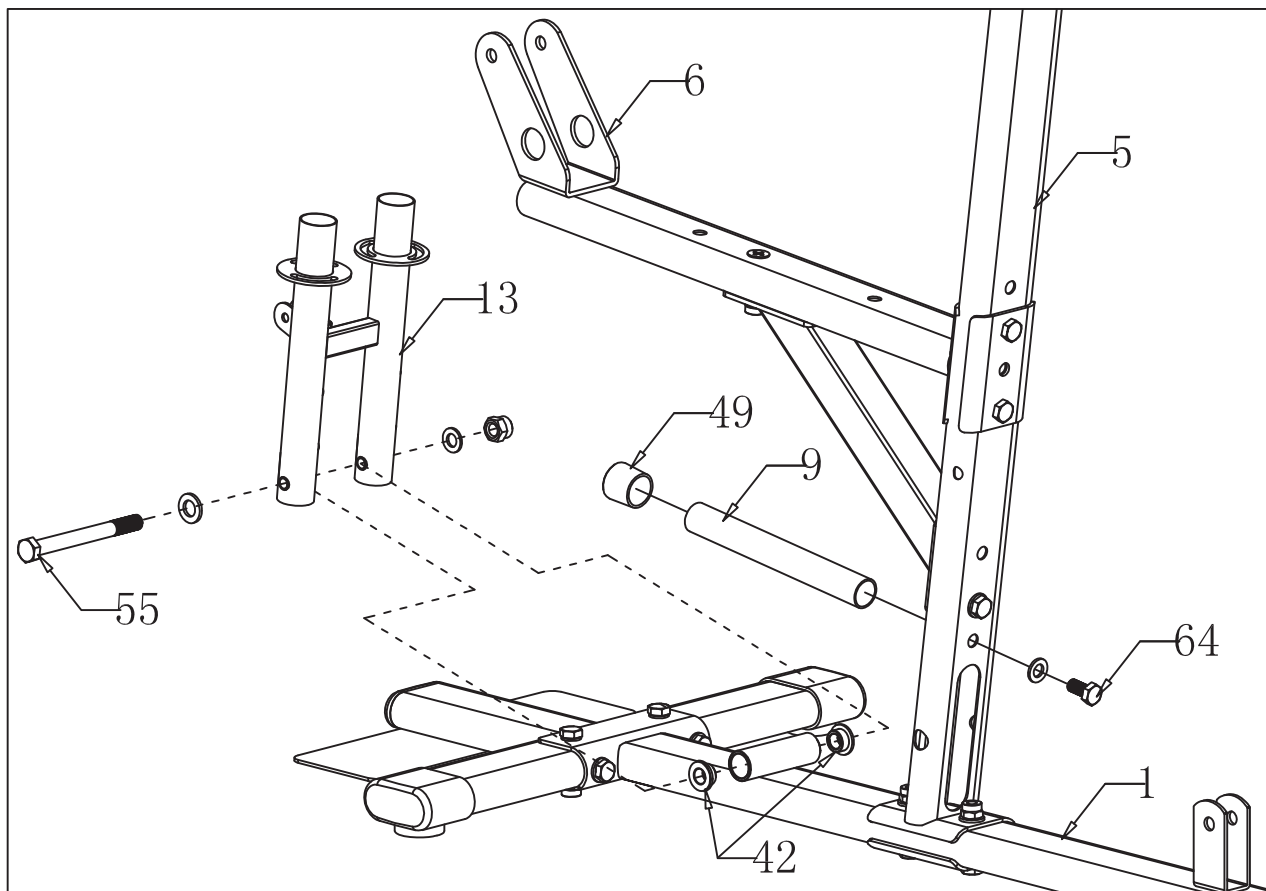
2. Attaccare l'albero puleggia (30), supporto prop (51) al supporto verticale (5) utilizzando bulloni esagonali M10x50 (51-2set), rondelle e dadi.



### Passo 5

1. Attaccare il braccio destro (12) alla pressa per pettorali (10) utilizzando boccola in acciaio (42) e bulloni esagonali M12x85 (56), rondella e dado.
2. Inserire la barra di manubrio (16) nel braccio destro (12) utilizzando bulloni esagonali M10x25 (64), e rondella.

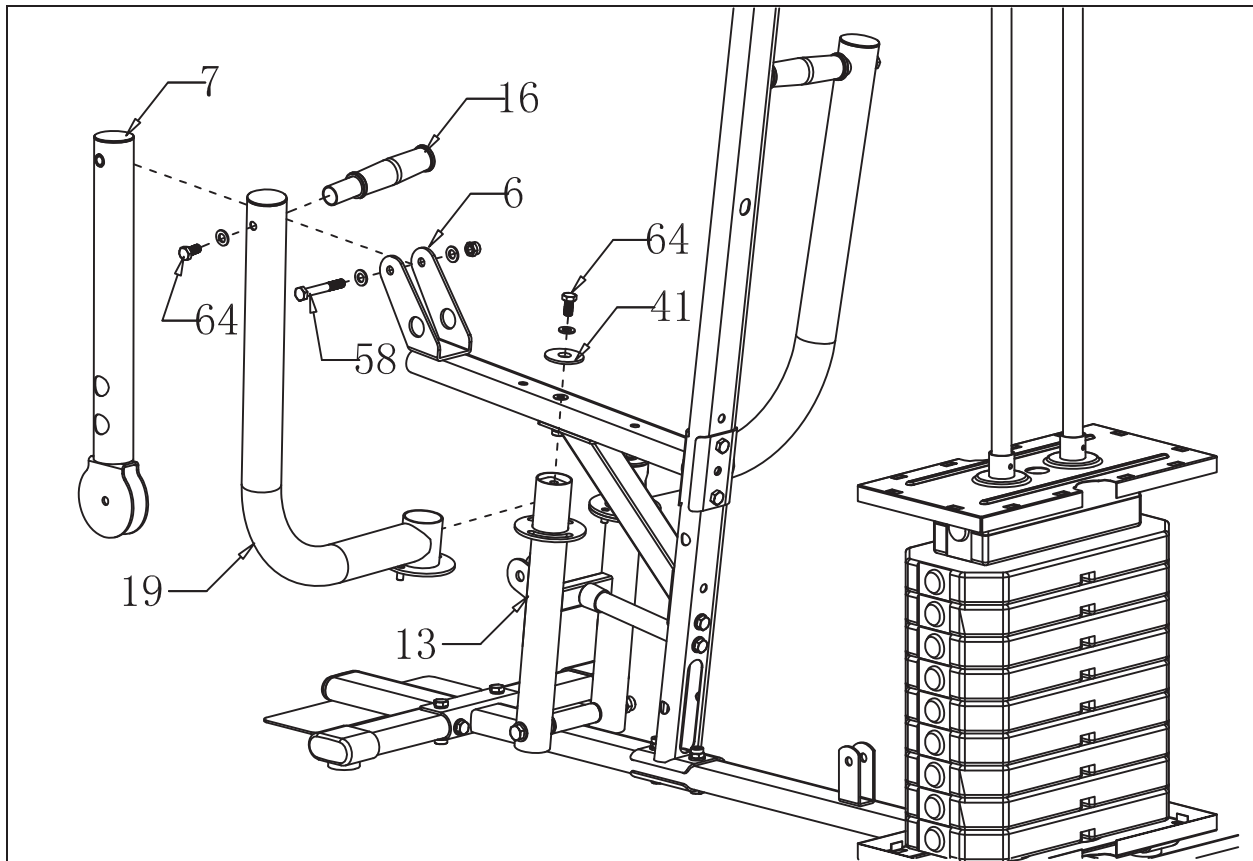




### Passo 6

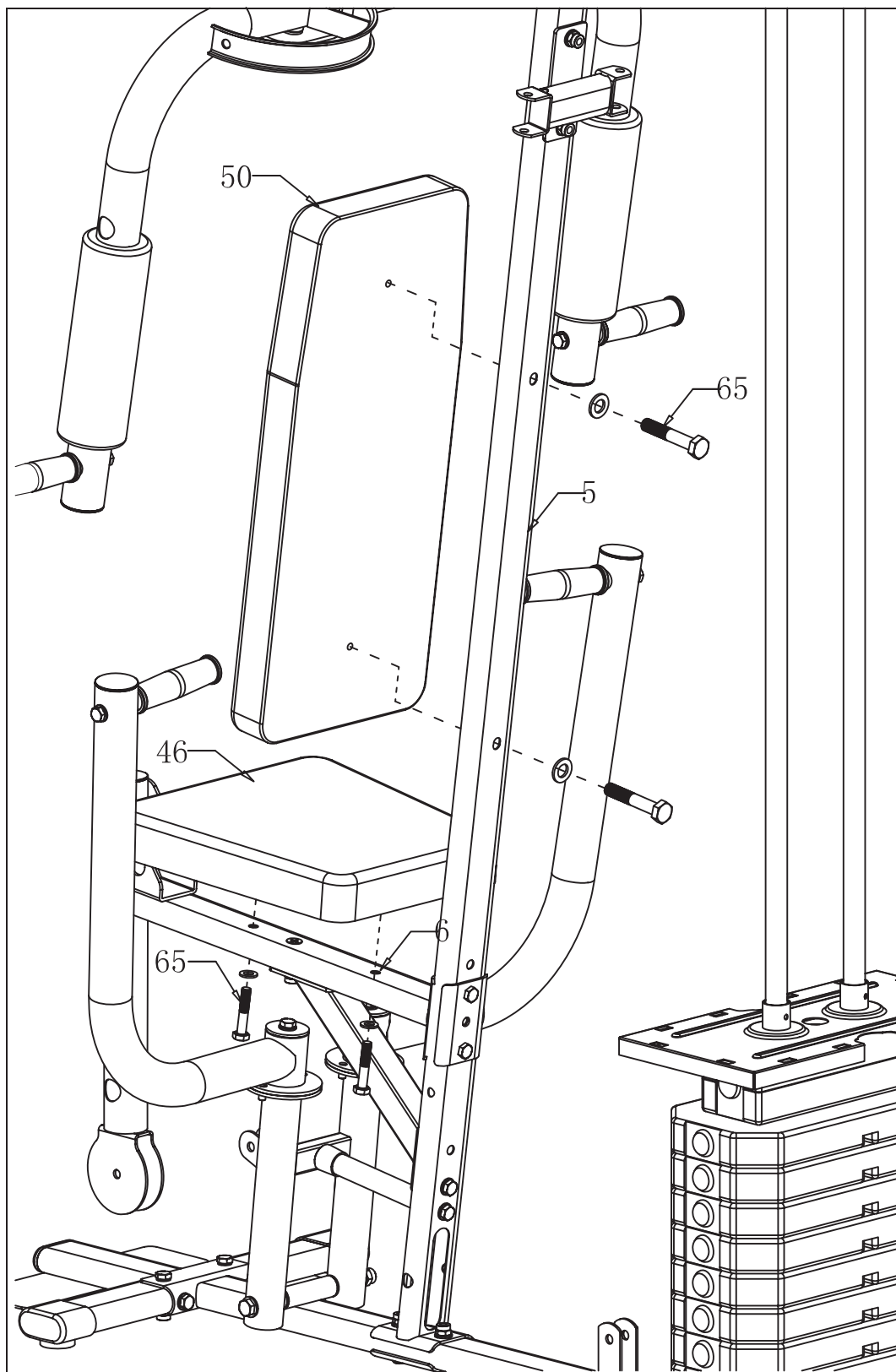
1. Attaccare il supporto a forma H (13) al tubo della base principale (1) utilizzando la boccia in acciaio (42) e i bulloni esagonali M12x190 (55), la rondella e il dado

2. Inserire il supporto per il canottaggio (9) nei fori del supporto verticale (5) utilizzando viti esagonali M10x25 (64), rondella



### Passo 7

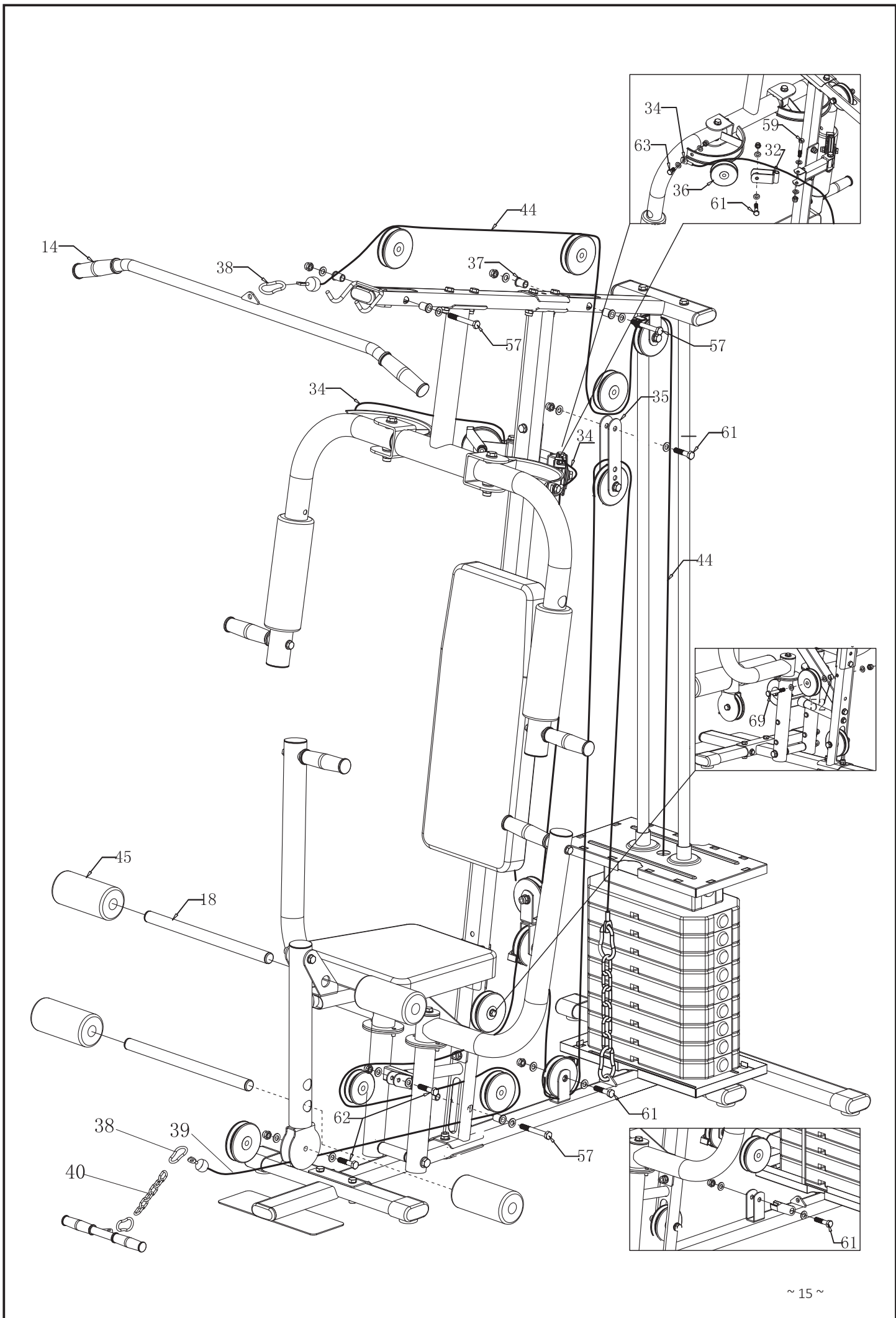
1. Attaccare l'estensione della gamba (7) al supporto del sedile (6) utilizzando i bulloni esagonali M10x75 (58-Issets) rondelle e dadi.
2. Inserire il braccio di canottaggio (19) nel supporto a forma H (7) usando la rondella grande (41) e le rondelle con bulloni esagonali M10x25 (64-2 set).

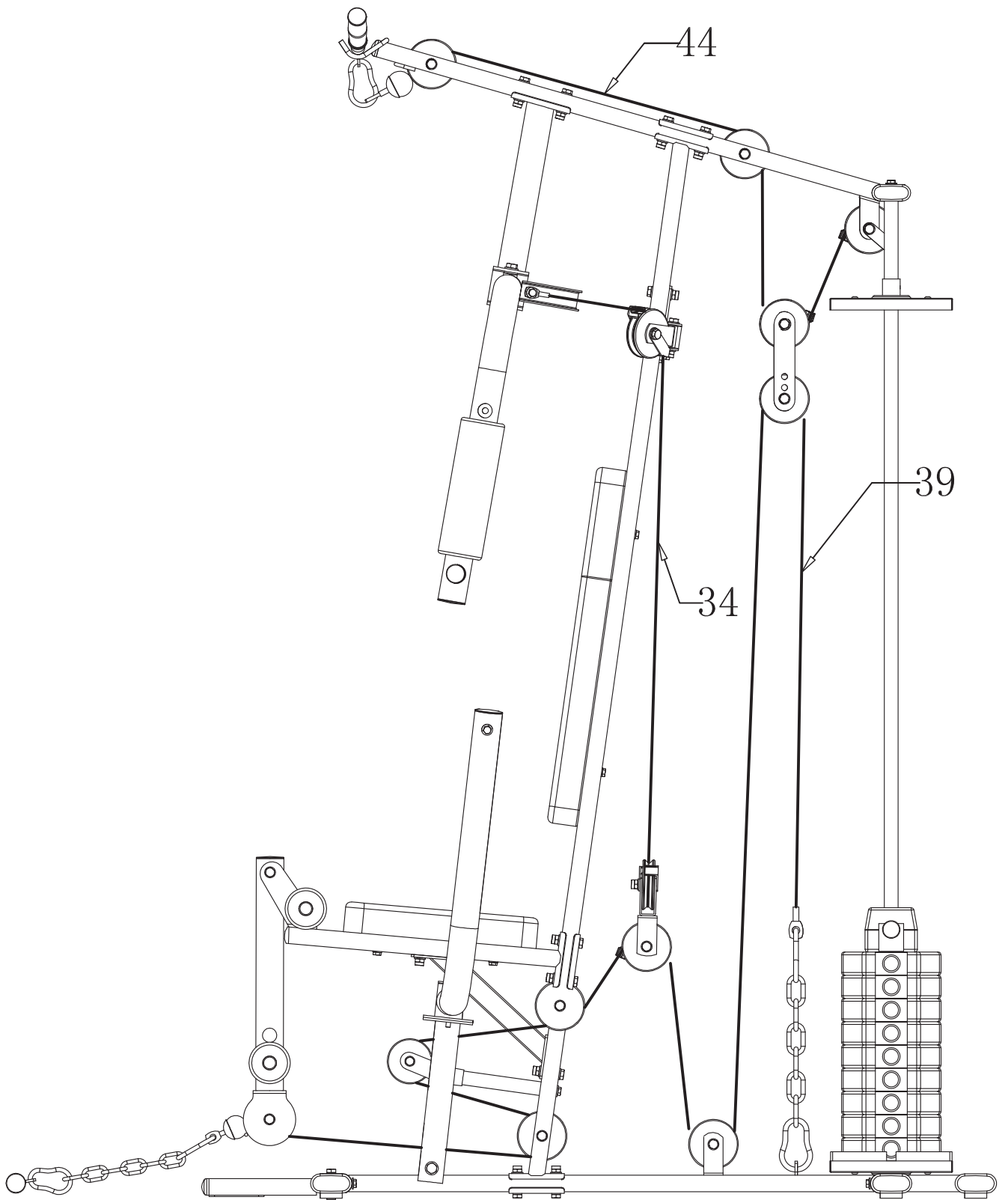


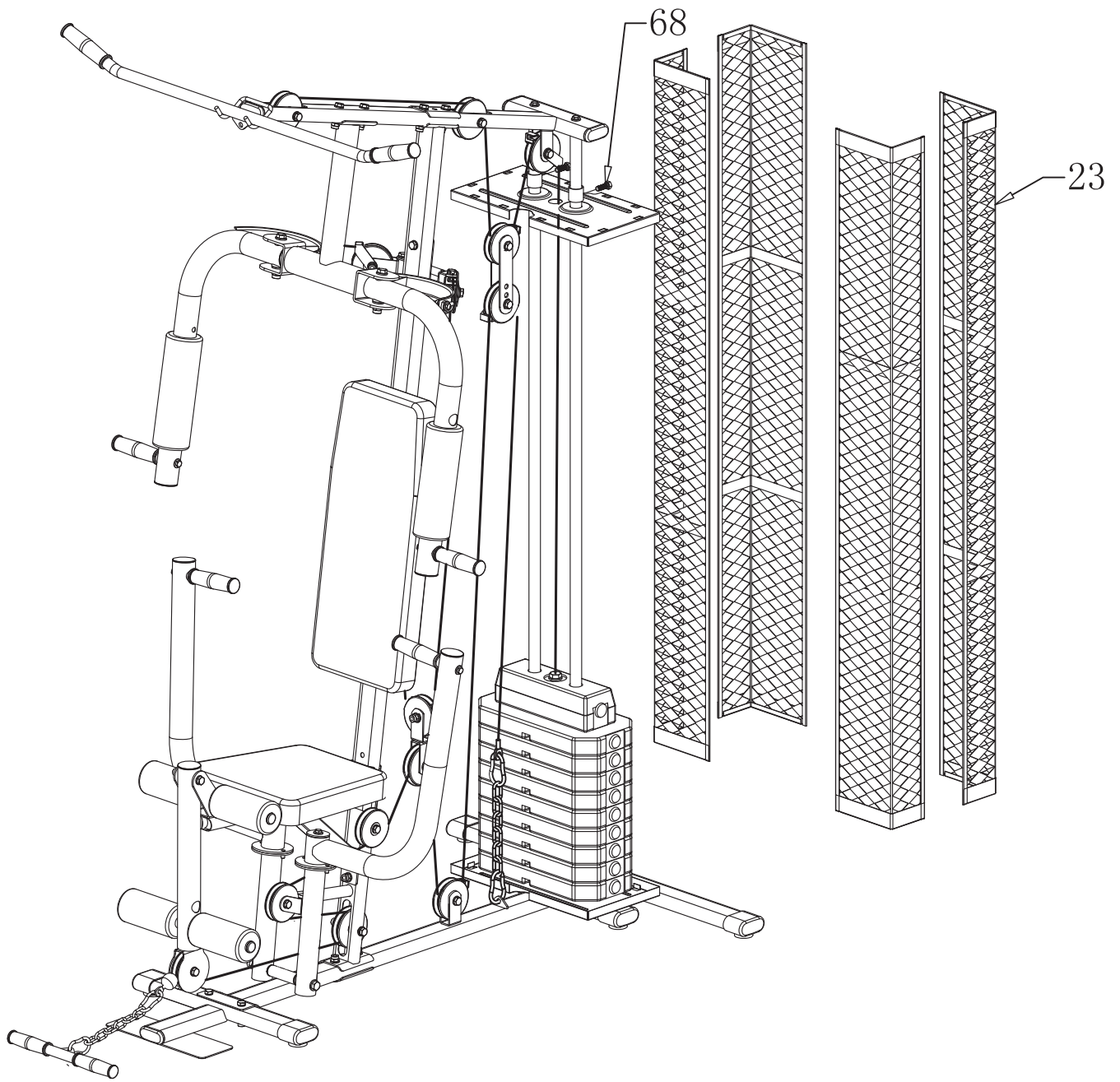
### Passo 8

1. Attaccare lo schienale (50) al supporto verticale (5) utilizzando viti esagonali M8x45 (65-2sets) e rondelle.

2. Attaccare l'imbottitura sedile (46) al supporto del sedile (6) utilizzando viti esagonali M8x45 (65-2 set) e rondelle.



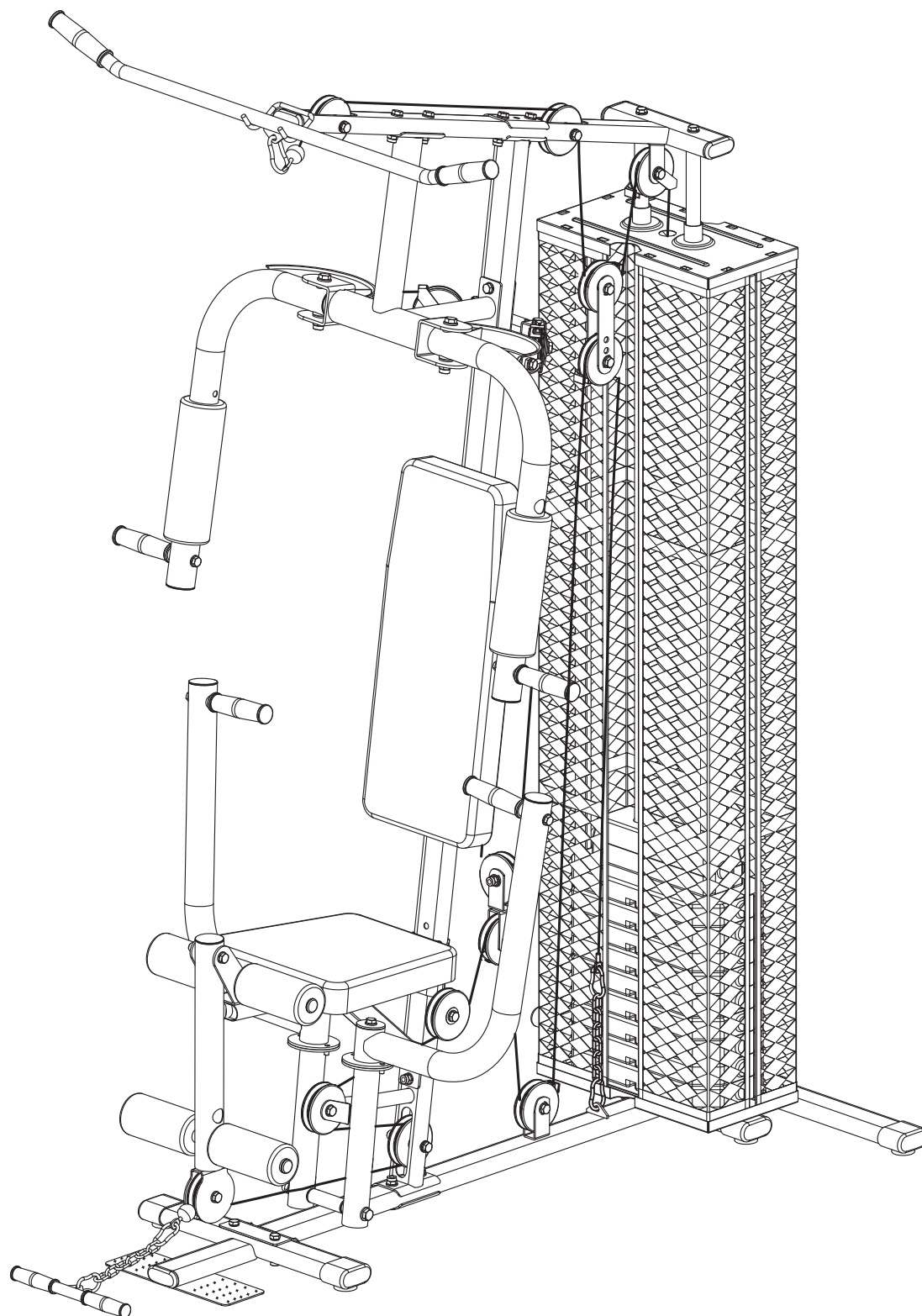




## PULIZIA E MANUTENZIONE

1. Esaminare regolarmente l'attrezzo per trovare eventuali danni da usura che potrebbero essersi già esistenti. Il livello di sicurezza dell'attrezzo può essere mantenuto solo se viene controllato regolarmente per danni e usura su cavi, pulegge e punti di connessione.
2. Lubrificare periodicamente le parti mobili con olio leggero per prevenire l'usura prematura.
3. Ispezionare e stringere tutte le parti prima di utilizzare l'attrezzo. Sostituire immediatamente i componenti difettosi e/o mantenere l'attrezzo fuori uso fino a quando non si è riparato. Prestare particolare attenzione ai componenti più soggetti a usura.
4. L'attrezzo può essere pulito utilizzando un panno morbido e umido. Non utilizzare solventi o detergenti abrasivi.

# HOME GYM ASSEMBLY INSTRUCTION





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## 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.

#### **Assembly**

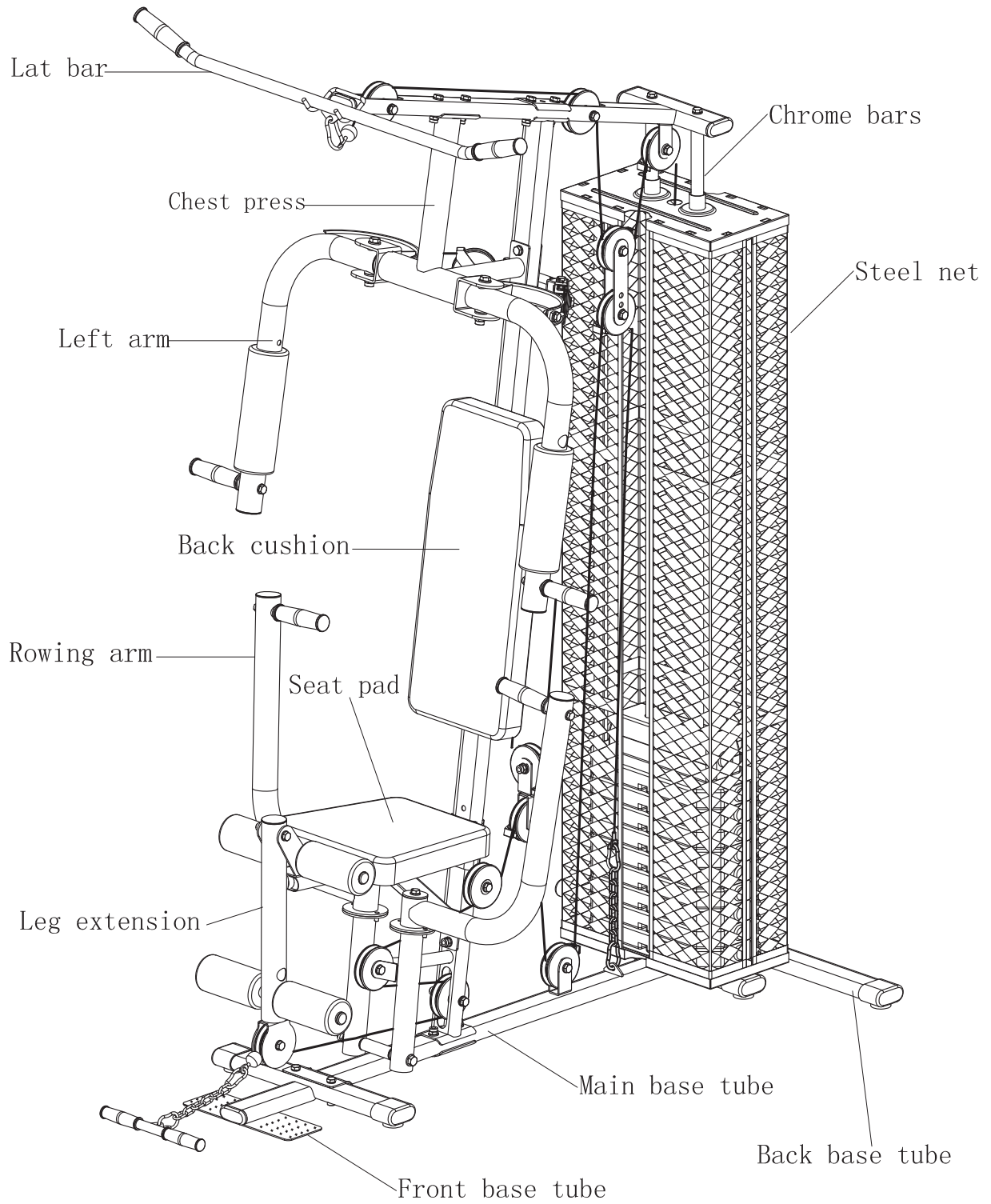
- Ensure you have all the parts and tools listed on pages 6-8.
- Remove all fittings from the plastic bags and separate them into their groups.
- Keep children and animals away from the work areas, small parts can cause a choking hazard if swallowed.
- Ensure you have enough space to layout the parts 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.

#### **Using**

- This weight station 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, light headedness, 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 bike 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.
- 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.
- Use the equipment on a solid, flat surface with a protective cover for your floor or carpet.

PRODUCT COMPONENT DETAILS

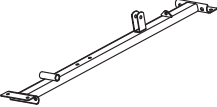
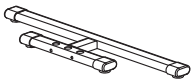
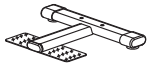

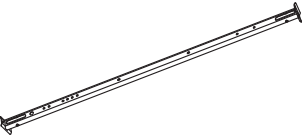
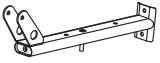




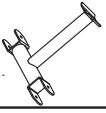
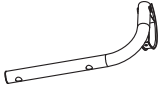


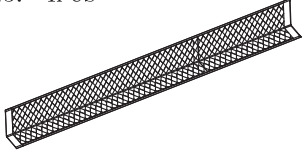
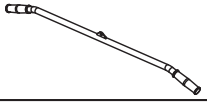






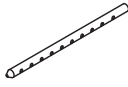






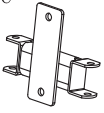



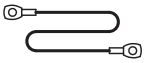




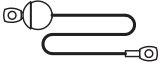



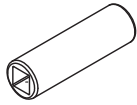
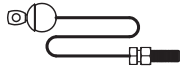

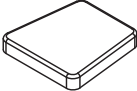



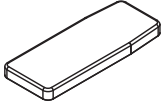





## PARTS LIST
















Parts	Description	Qty
1	Main base tube	1 pc
2	Back base tube	1 pc
3	Front base tube	1 pc
4	Upper Support	1 pc
5	Vertical Support	1 pc
6	Seat Support	1 pc
7	Leg Extension	1 pc
8	Reinforced tube	1 pc
9	Rowing support	1 pc
10	Chest press	1 pc
11	Left arm	1 pc
12	Right arm	1 pc
13	"H"-shaped support	1 pc
14	Lat bar	1 pc
15	Curling bar	1 pcs
16	Handle bar	4 pcs
17	Steel plate	2 pcs
18	Foam Tube (370mm)	2 pcs
19	Rowing arm	2 pcs
20	Round holder	2 pc
21	Weight selector	1 pcs
22	Chrome bars (1820mm)	2 pcs
23	Steel net	4 pc
24	Upper Weights	1 pc
25	Weight Block Bushing	1 pc
26	Pin $\Phi$ 10	1 pc
27	Big Washer ( $\Phi$ 45)	1 pc

Parts	Description	Qty
28	Rubber Cushion	2 pcs
29	Weight	9 pcs
30	Pulley shaft	1 pc
31	Locking pin 10*150	1 pc
32	Pulley Seat	2 pcs
33	Pulley bracket	1 pc
34	Cable 1	1 pc
35	Adjusting plate	2 pcs
36	Pulley ( $\Phi$ 90)	14 pcs
37	Pulley bushing	6 pcs
38	Safe hook	5 pcs
39	Cable 2	1 pc
40	Chain	2 pcs
41	Big washer ( $\Phi$ 50)	2 pcs
42	Steel bushing	6 pcs
43	Foam (250mm)	2 pcs
44	Cable 3	1 pc
45	Foam (160mm)	4 pcs
46	Seat pad	1 pc
47	PVC bumper $\Phi$ 30*7	1 pcs
48	Reinforced place (100mm)	3 pcs
49	Rubber bumper	1 pc
50	Back cushion	1 pc
51	Prop support	1 pc
52	Pulley busing ( $\Phi$ 16)	2 pc
54	Foot cover	6 pcs

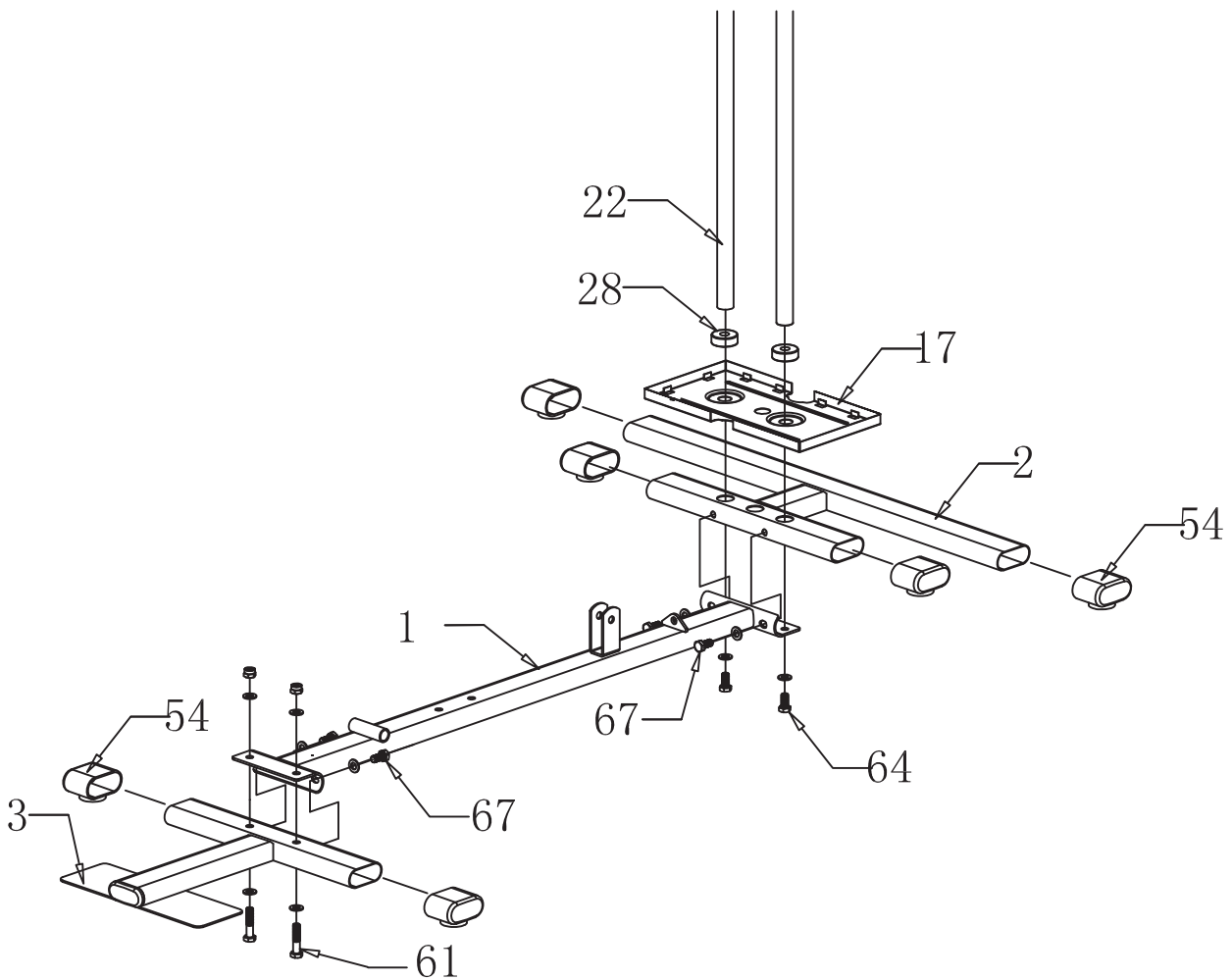
# PARTS LIST 1

1. 1PC 	2. 1PC 	3. 1PC 	4. 1PC 	5. 1PC 
6. 1PC 	7. 1PC 	8. 1PC 	9. 1PC 	22. 2PCS 
10. 1PC 	11. 1PC 	12. 1PC 	13. 1PC 	23. 4PCS 
14. 1PC 	15. 1PC 	16. 4PCS 	17. 2PCS 	
18. 2PCS 	19. 2PCS 	20. 2PCS 	21. 1PC 	24. 1PC 
25. 1PC 	26. 1PC 	27. 1PC 	28. 2PCS 	29. 9PCS 
30. 1PC 	31. 1PC 	32. 2PCS 	33. 1PC 	34. 1PC 
35. 2PCS 	36. 14PCS 	37. 6PCS 	38. 5PCS 	39. 1PC 
40. 2PCS 	41. 2PCS 	42. 6PCS 	43. 2PCS (FOAM) 	44. 1PC 
45. 4PCS (FOAM) 	46. 1PC 	47. 1PC 	48. 3PCS 	49. 1PC 
50. 1PC 	51. 1PC 	52. 2PC 	54. 6PCS 	

## PARTS LIST 2

<p>55. 1PC (M12*190)</p> 	<p>69. 1PC (M10*110)</p> 
<p>56. 2PCS (M12*85)</p> 	
<p>57. 3PCS (M10*90)</p> 	
<p>58. 1PC (M10*75)</p> 	
<p>59. 2PCS (M10*60)</p> 	
<p>60. 8PCS (M10*50)</p> 	
<p>61. 13PCS (M10*45)</p> 	
<p>62. 2PCS (M10*40)</p> 	
<p>63. 2PCS (M10*25)</p> 	
<p>64. 11PCS (M10*25)</p> 	
<p>65. 4PCS (M8*45)</p> 	
<p>66. 1PC (M10)</p> 	
<p>67. 4PCS (M8*20)</p> 	
<p>68. 2PCS (M6*16)</p> 	

## INSTALLATION

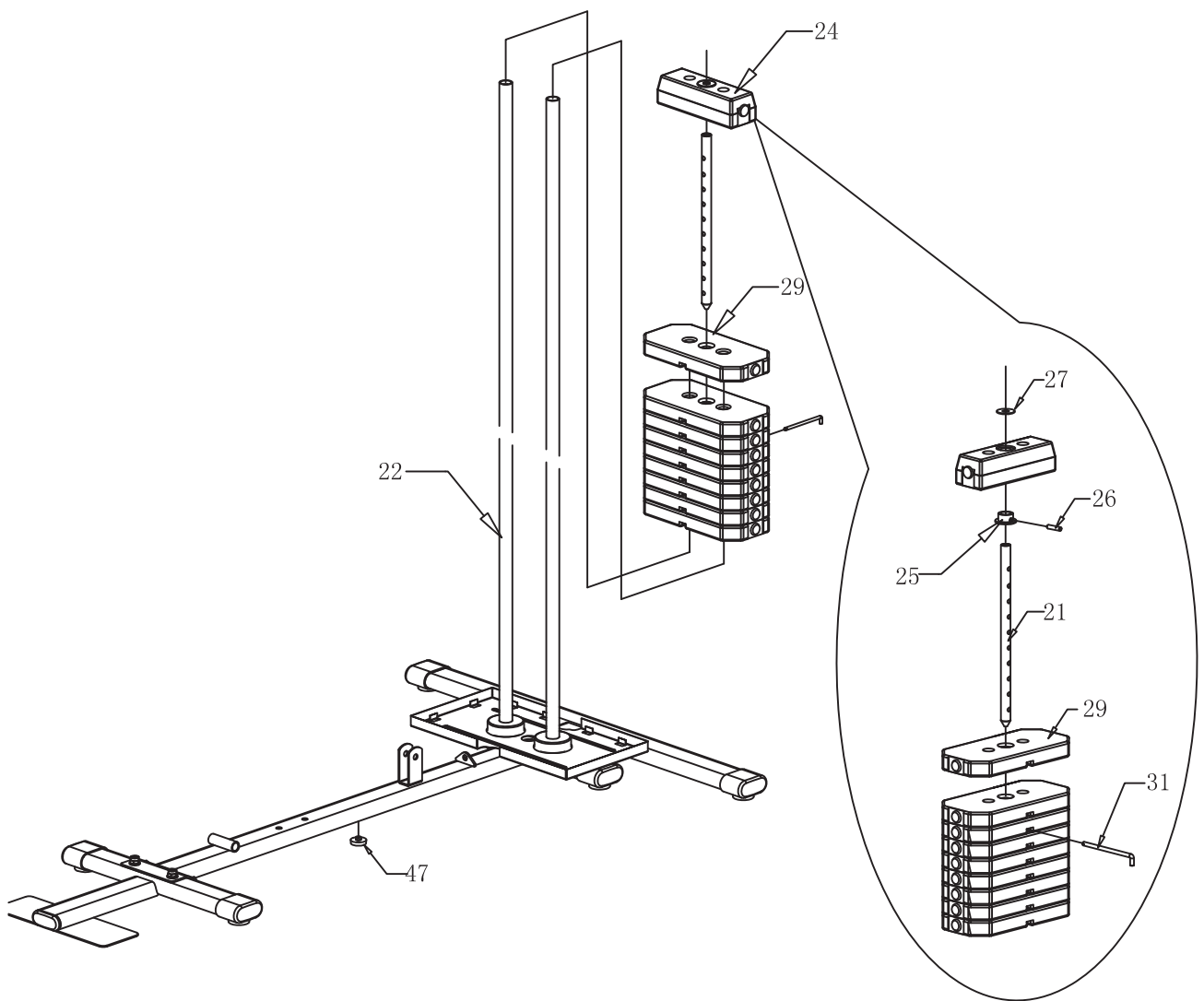


### Step 1

1. Attach main base tube(1) to back base tube(2),chrome bar(22)using Hex bolts M10x25(64- 2sets), washers and Hex bolts M8x20 (67- 2sets),washers.

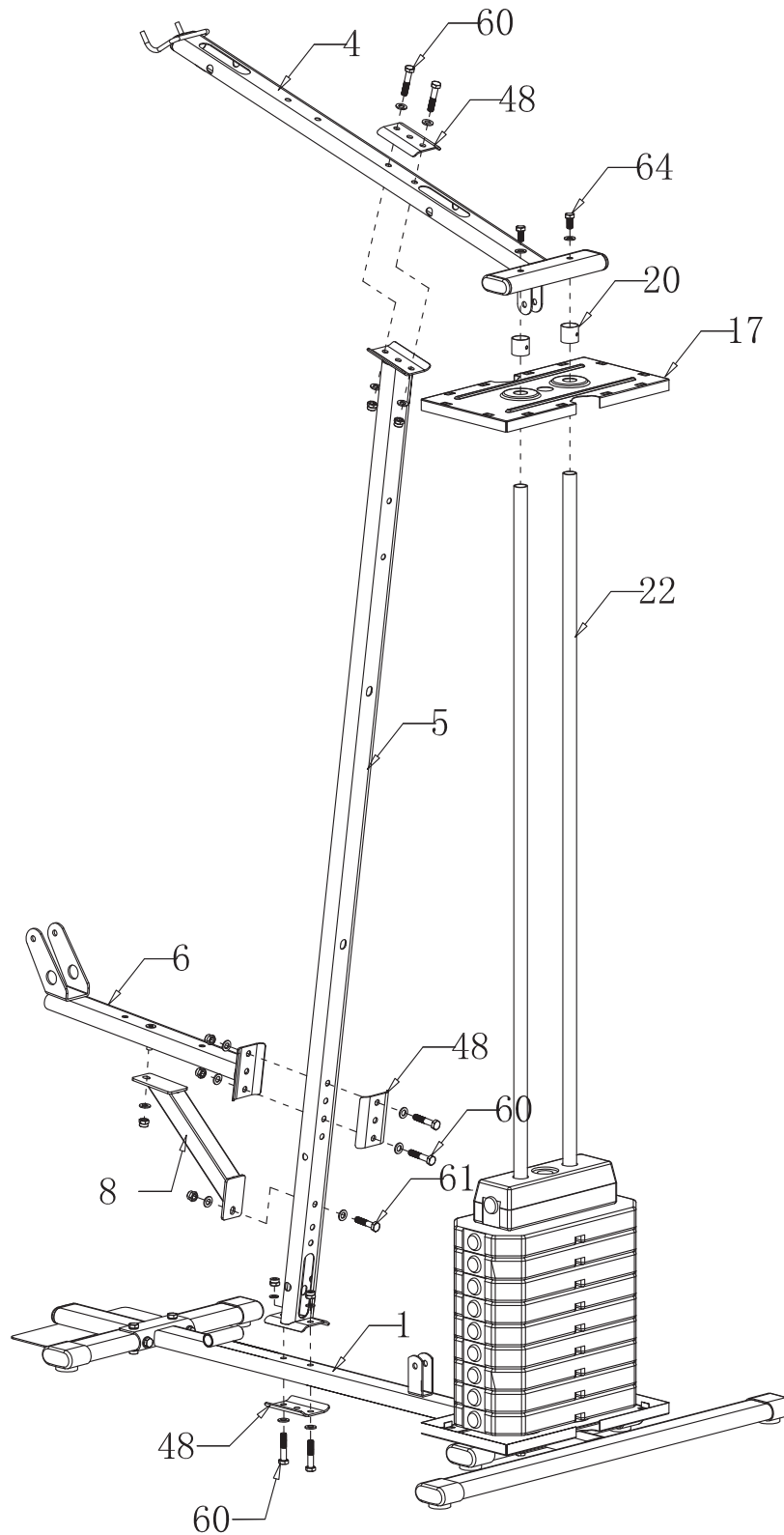
2. Attach main base tube(1) to front base tube(3)using Hex bolts M10x45(61-2sets), washers, nuts, and Hex bolts M8x20(67-2sets), washers.





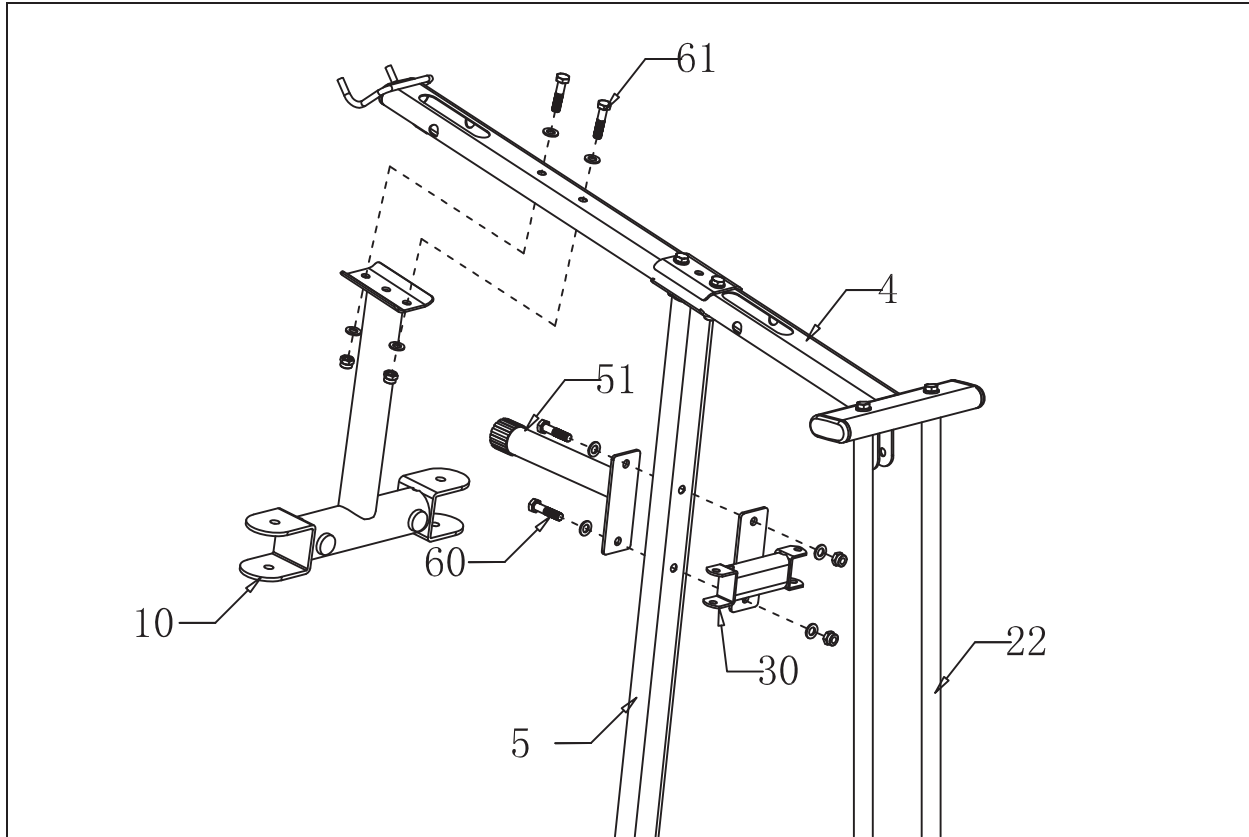
**Step 2**

1. Attach weights(24, 29) to chrome bars(22) as shown.



### Step 3

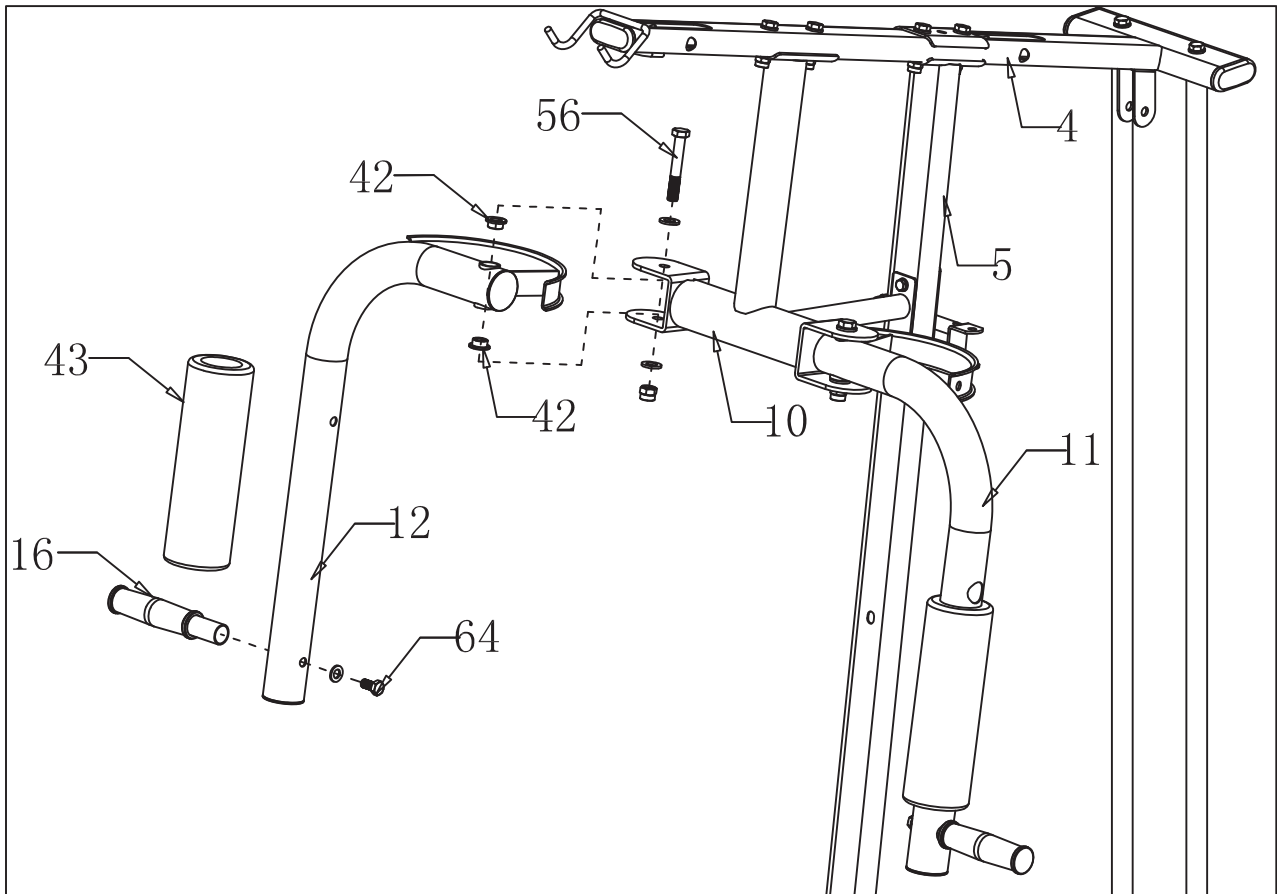
1. Attach Vertical support(5)to Main base tube(1) using reinforced plate (48) and Hex bolts M10 x50 (60-2sets) washers and nuts.
2. Attach Upper support(4)to Vertical support(5) using reinforced plate (48) and Hex bolts M10 x50(60-2sets) and insert chrome bars(22) into holes of upper support(4) using Hex bolts M10 x25(64-2sts).
3. Attach seat support(6), reinforced tube(8) to Vertical support(5) using reinforced plate(48) and Hex bolts M10x50 (60-2sets),bolts M10x45 (61-1 set) washers and nuts.



#### Step 4

1. Attach the chest press (10) to upper support (94) using Hex bolts M10 x 45 (61 – 2 sets), washers and nuts

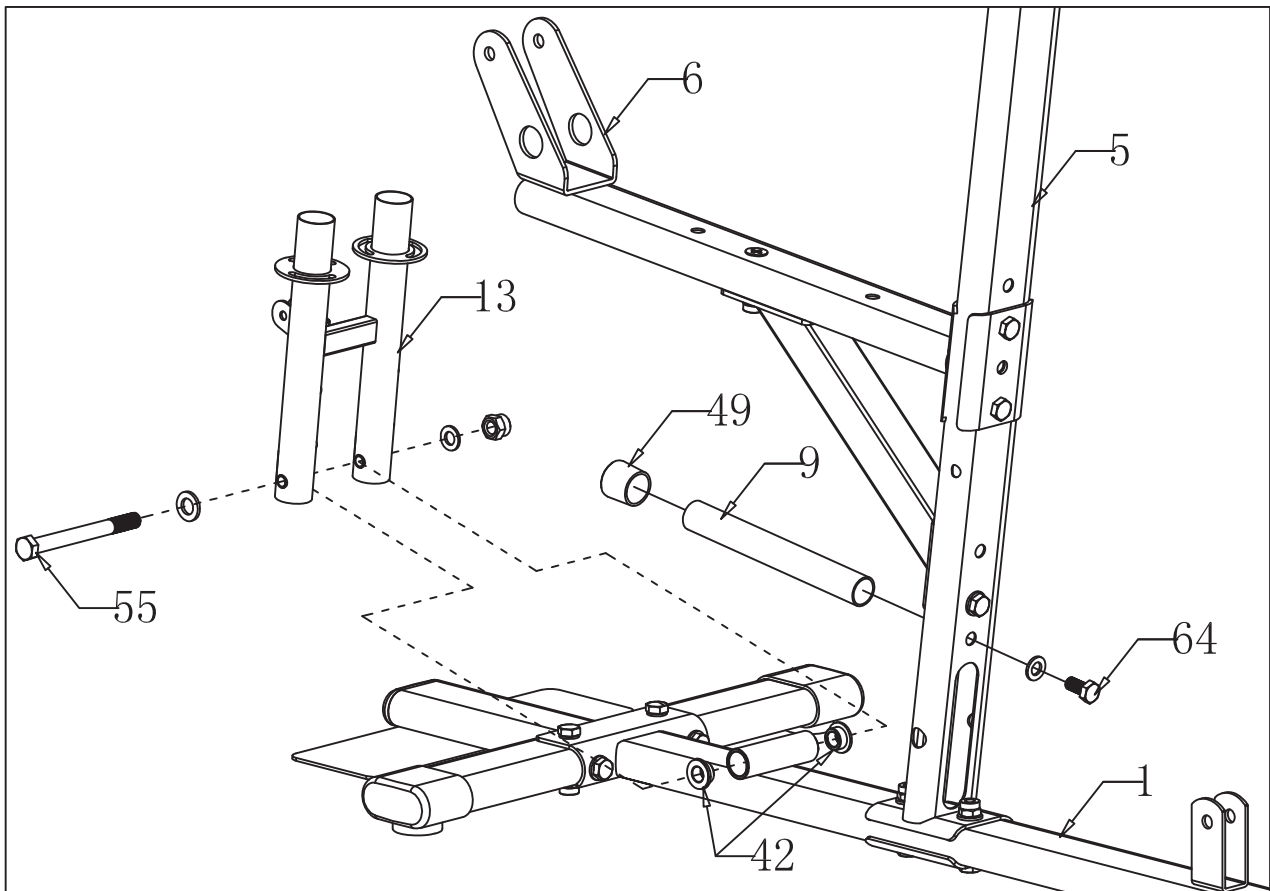
2. Attach the pulley shaft (30), pro support (51) to vertical support (5) using Hex bolts M10 x 50 (51-2sets), washers and nuts



### Step 5

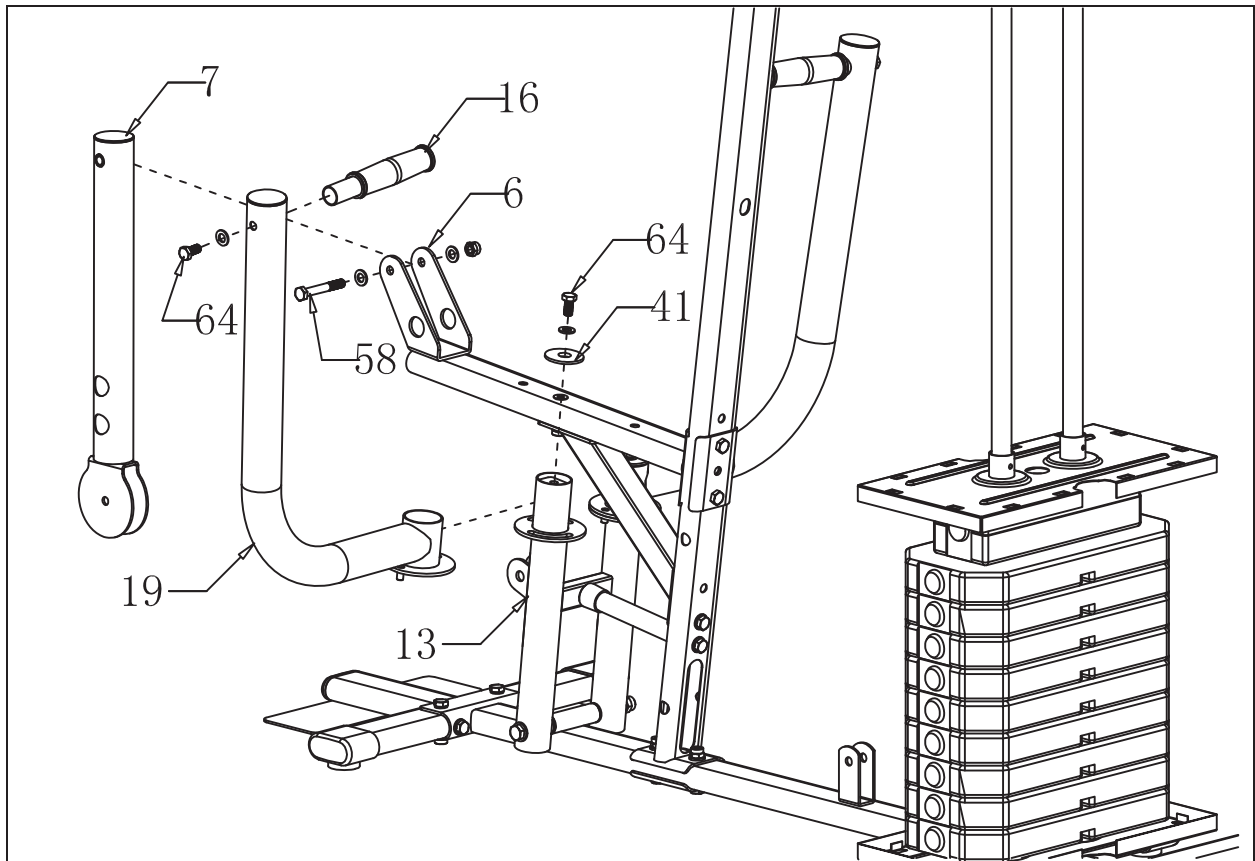
1. Attach the right arm(12) to chest press(10) using steel bushing (42) and Hex bolts M12x85 (56), washer and nut.

2. Insert the handle bar(16) into right arm(12) using Hex bolts M10x25(64),washer.



### Step 6

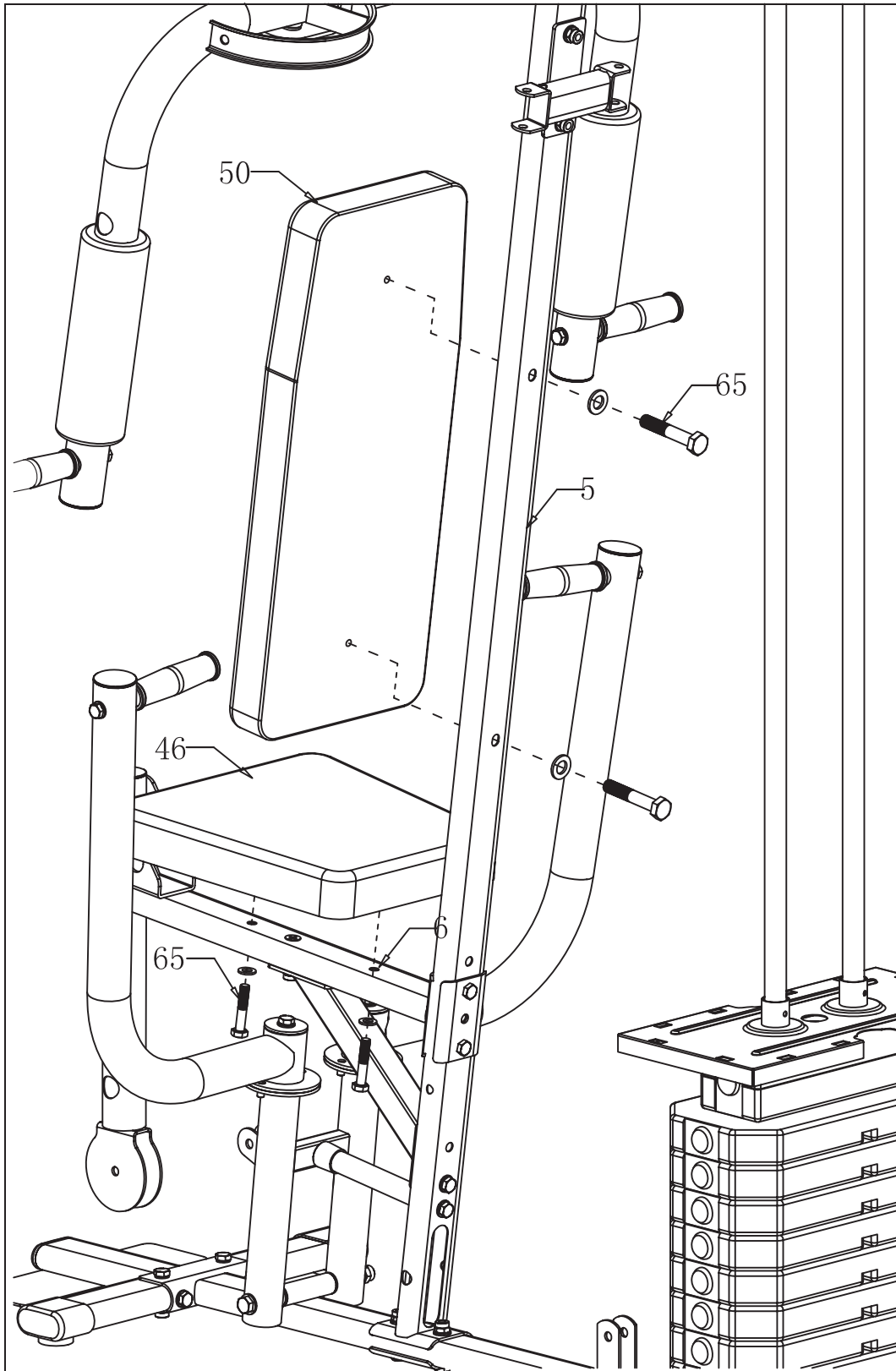
1. Attach the H- shaped support (13) to the main base tube (1) using the steel busing (42) and Hex bolts M12 x 190 (55), washer and nut
2. Insert the rowing support (9) into the holes of the vertical support (5) using Hex bolts M10 x 25 (64), washer



**Step 7:**

1. Attach leg extension(7) to seat support(6) using Hex bolts M10 x75 (58-1sets) washers and nuts.

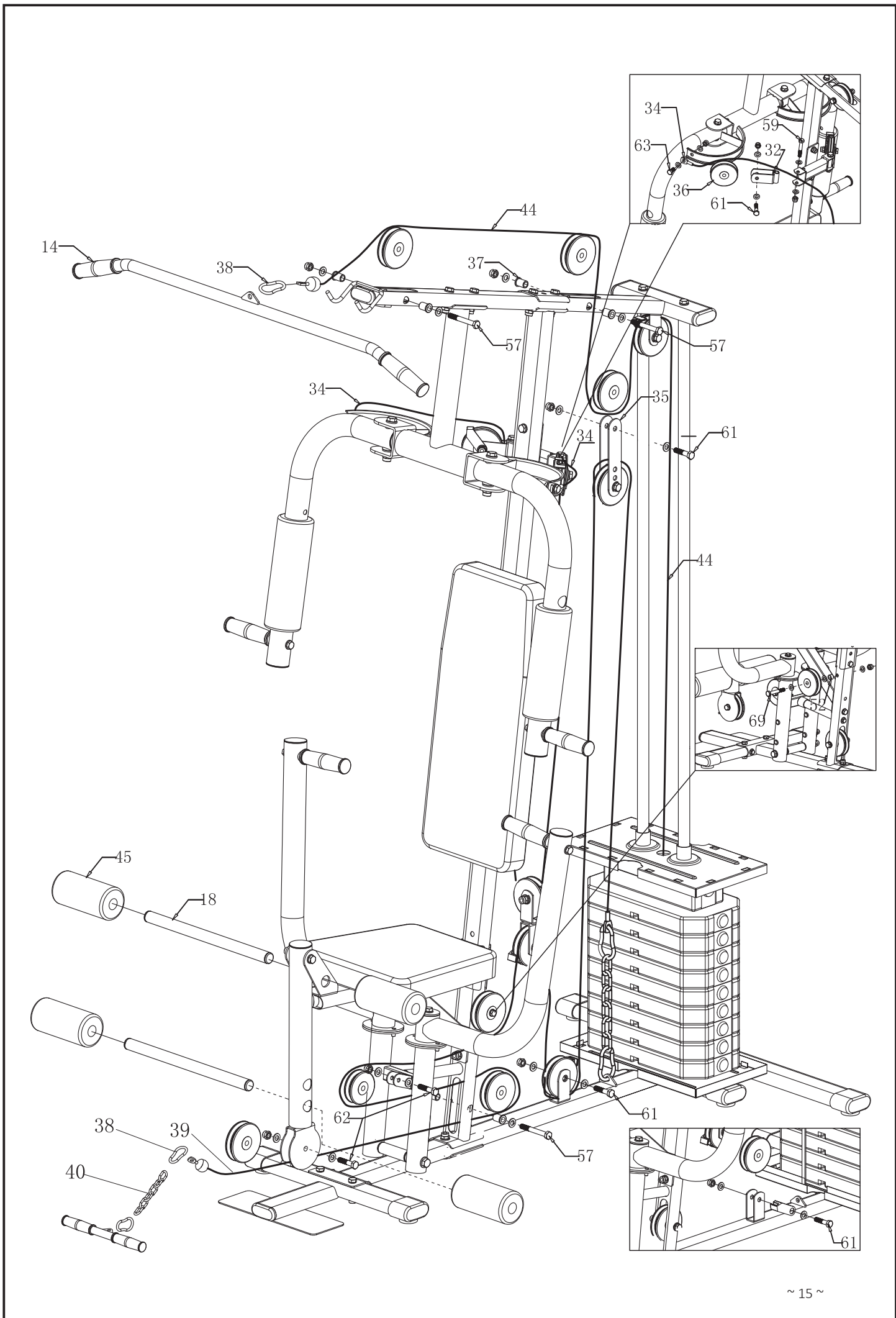
2. Insert the rowing arm (19) into the H-shaped support (7) using the big washer (41) and Hex bolts M10 x25 (64-2 sets) washers.



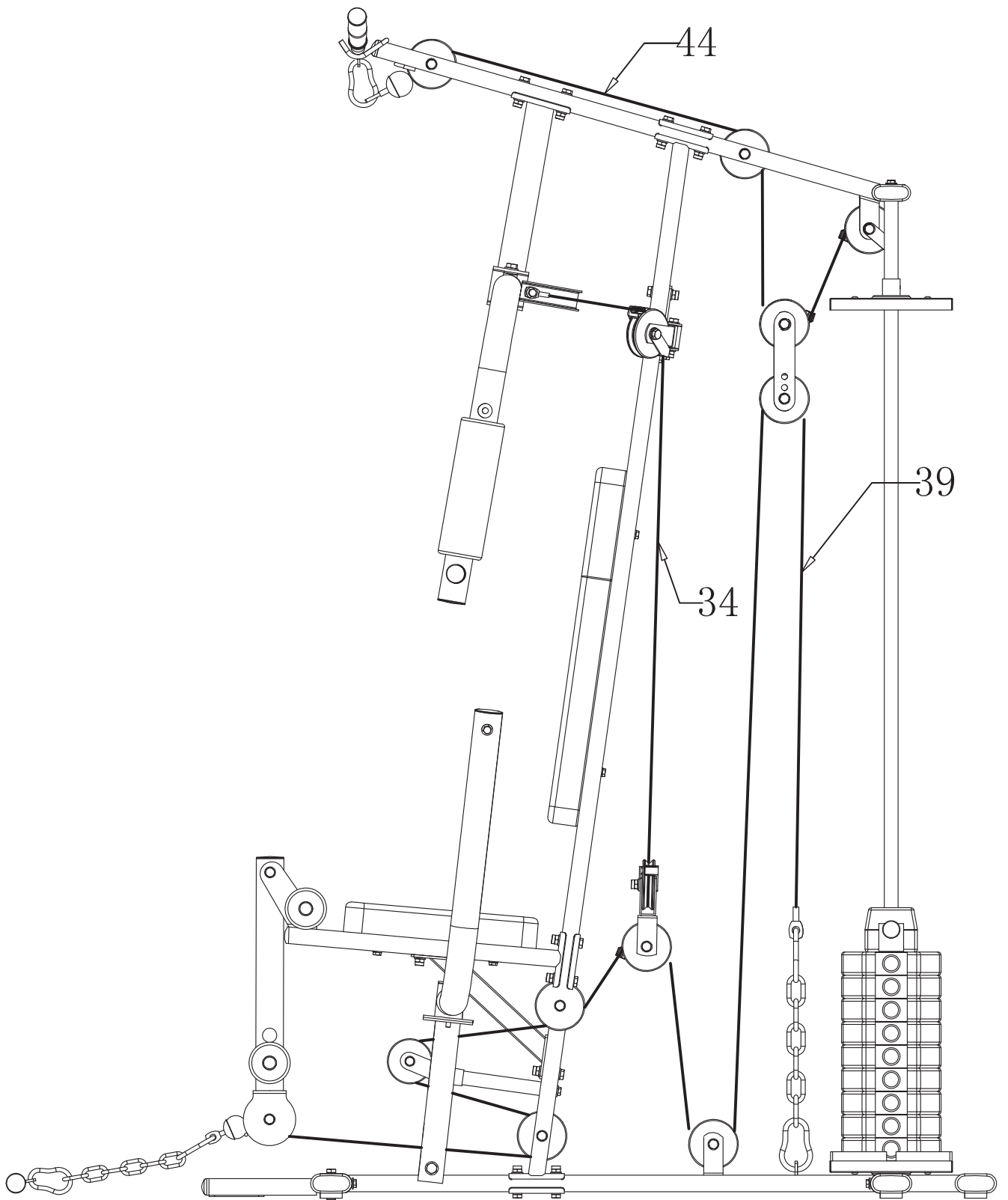
**Step 8:**

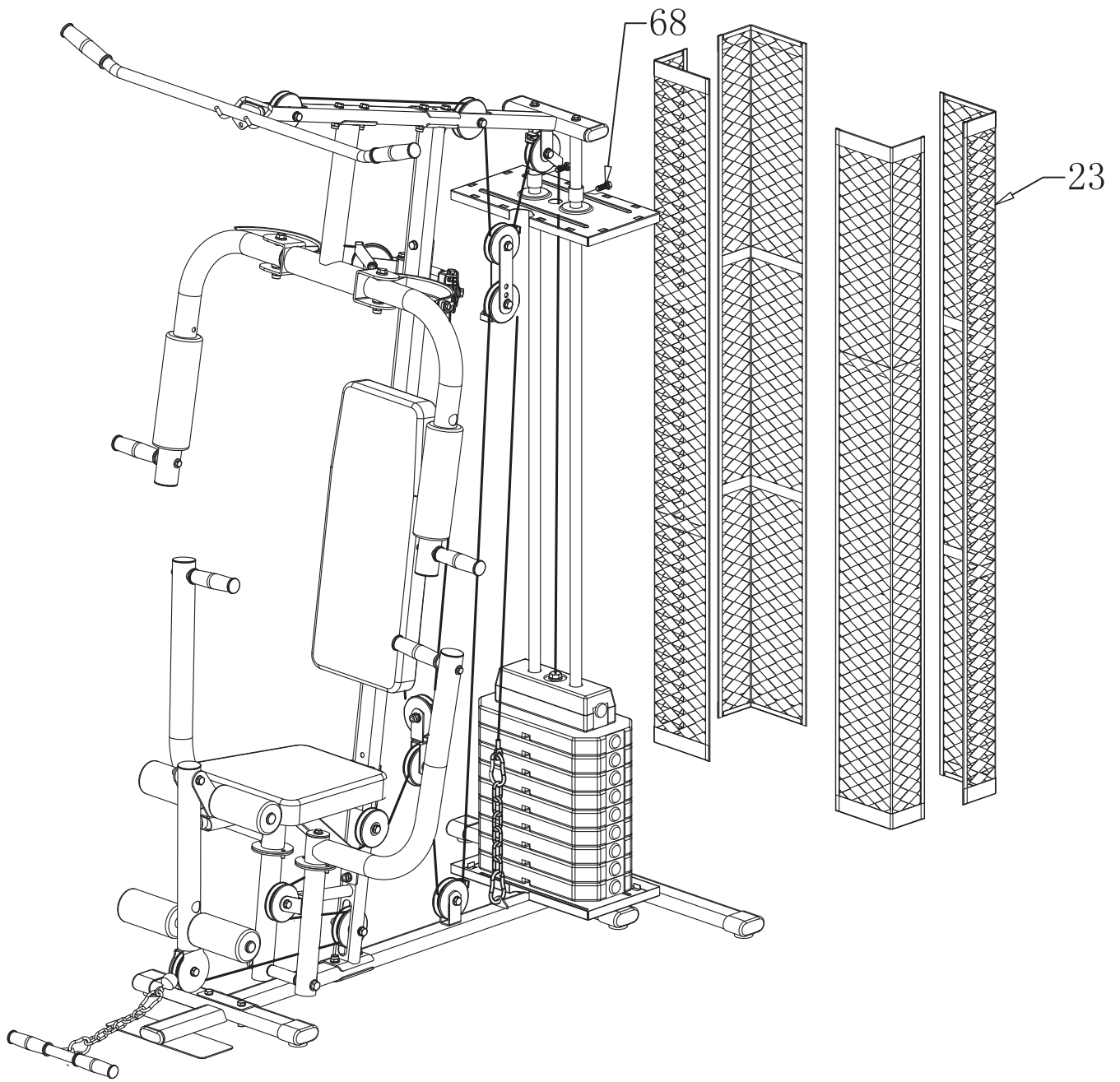
1. Attach back cushion(50) to vertical support(5) using Hex bolts M8x45(65-2sets) washers .

2. Attach seat pad (46) to seat support (6) using Hex bolts M8x45 (65-2sets) washers









## 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.

**UK**

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

Our contact details are below:



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enquiries@mhstar.co.uk

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TEL: 931294512 (SEG-SEX DAS 7:30H ÀS 16:30H)

INFO@AOSOM.PT

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**DE**

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

Unsere Kontaktdaten stehen unten:



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D-20537 Hamburg

Germany

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0039-0249471447



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