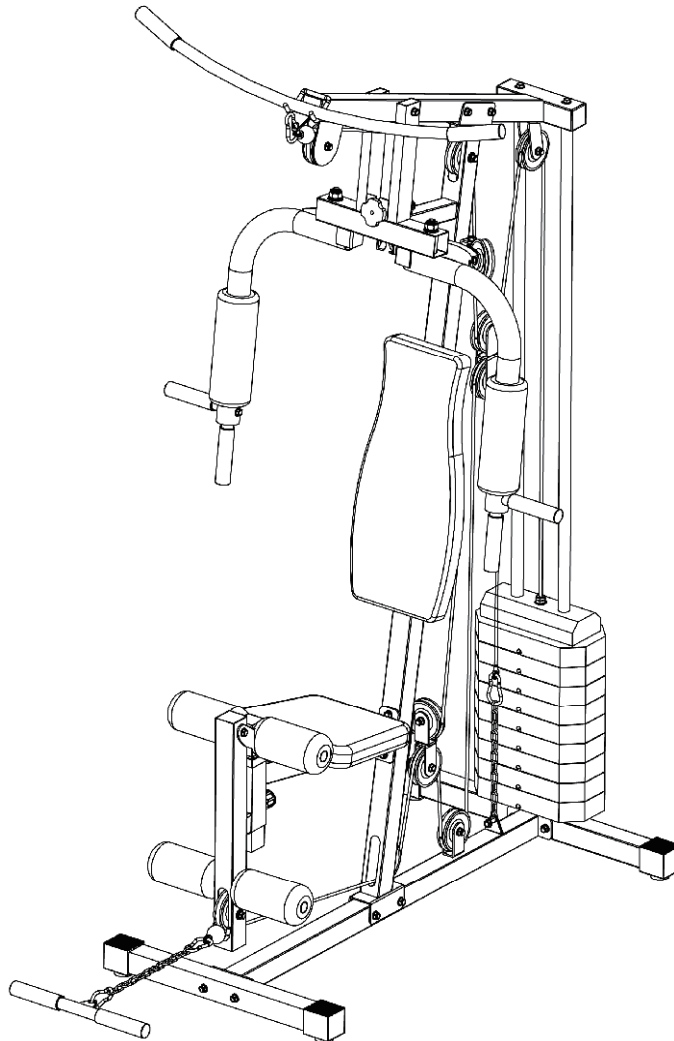




# ***HOME GYM***



## **ASSEMBLY INSTRUCTIONS**



Assembly video please scan the QR code .

# Important Safety Information

**Please keep this manual in a safe place for reference.**

- 1.** It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- 2.** Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- 3.** Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
- 4.** Keep children and pets away from the equipment. The equipment is designed for adult use only.
- 5.** Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.75 meter of free space all around it.
- 6.** Before using the equipment, check the nuts and bolts are securely tightened.
- 7.** The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
- 8.** Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
- 9.** 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.
- 10.** The equipment is not suitable for therapeutic use.
- 11.** Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

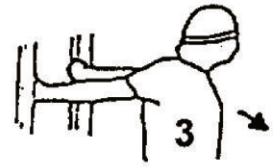
# Important Safety Information



15 seconds for each



20 seconds



20 seconds



25 seconds



20 seconds



20 seconds



30 seconds



25 seconds for each leg



30 seconds



20 seconds



5 seconds x 3 times



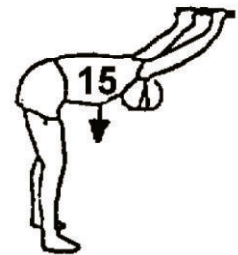
20 seconds



20 seconds for each leg



5 times



15 seconds

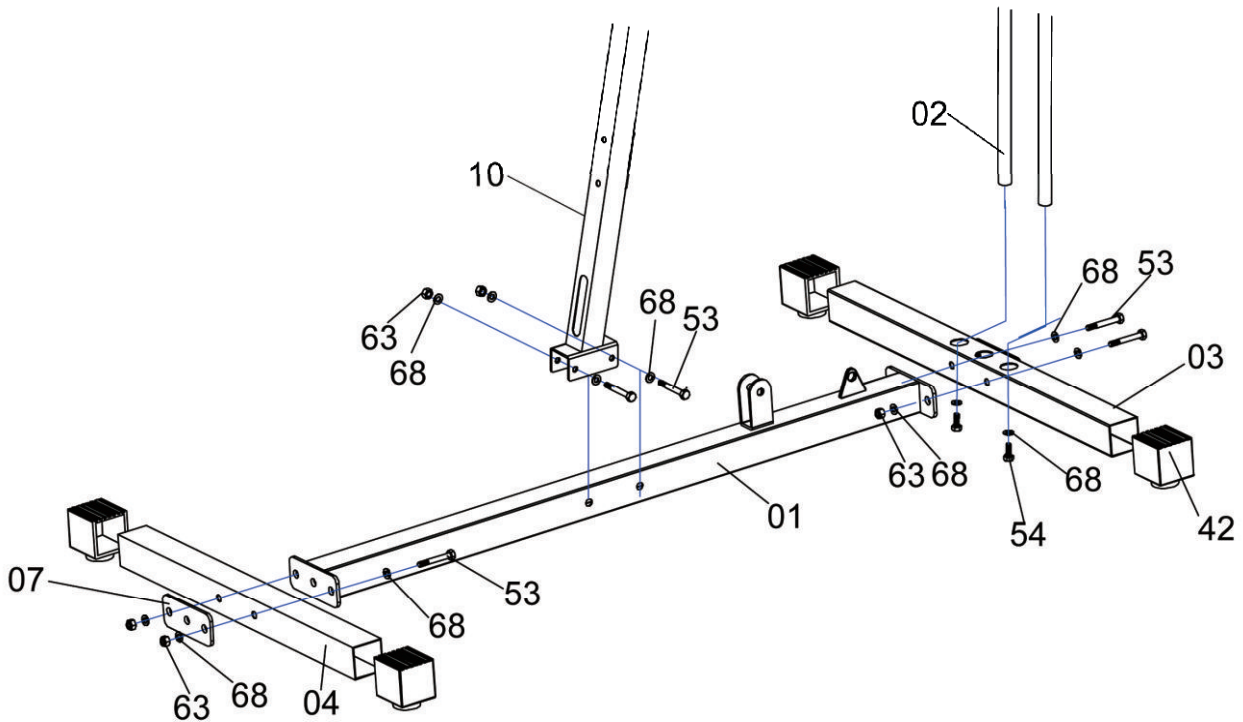
## PART LIST

PART NO.	DESCRIPTION	Q' TY
01	MAIN BASE	1
02	GUIDE ROD	2
03	BACK BASE	1
04	FRONT BASE	1
05	SELECTOR SHAFT	1
06	TOP PLATE	1
07	SUPPORT PLATE	1
08	WEIGHT STACK	9
09	RUBBER BLOCK	2
10	MAIN FRAME	1
11	LEG ADJUSTABLE FRAME	1
12	TOP CROSS BEAM	1
13	SEAT ASSEMBLY UNIT	1
14	LEG EXTENSION	1
15	PRESS BAR	1
16	LEFT BUTTERFLY ARM	1
17	RIGHT BUTTERFLY ARM	1
18	PRESS PIN	1
19	SEAT	1
20	BACKREST	1
21	PULLEY BLOCK	2
22	FLOATING PULLEY BLOCK A	1
23	FLOATING PULLEY BLOCK B	1
24	CABLE	1
25	CABLE	1
26	CABLE	1
27	CHAIN	2
28	ARM FOAM	2
29	LEG FOAM	4
30	LAT BAR	1
31	CURL BAR	1
32	FOAM HOLDER	2
33	PULLEY	12
35	CHAIN HOOK	5
36	HAND GRIP	8
37	RUBBER BUMPER	1
38	ROUND BUSHING	1
39	PLASTIC BUSHING	4
40	25MM ROUND END CAP	4
41	50MM SQUARE END CAP	9
42	RUBBER END CAP	4
43	HANDLE PIPE	2

## PART LIST

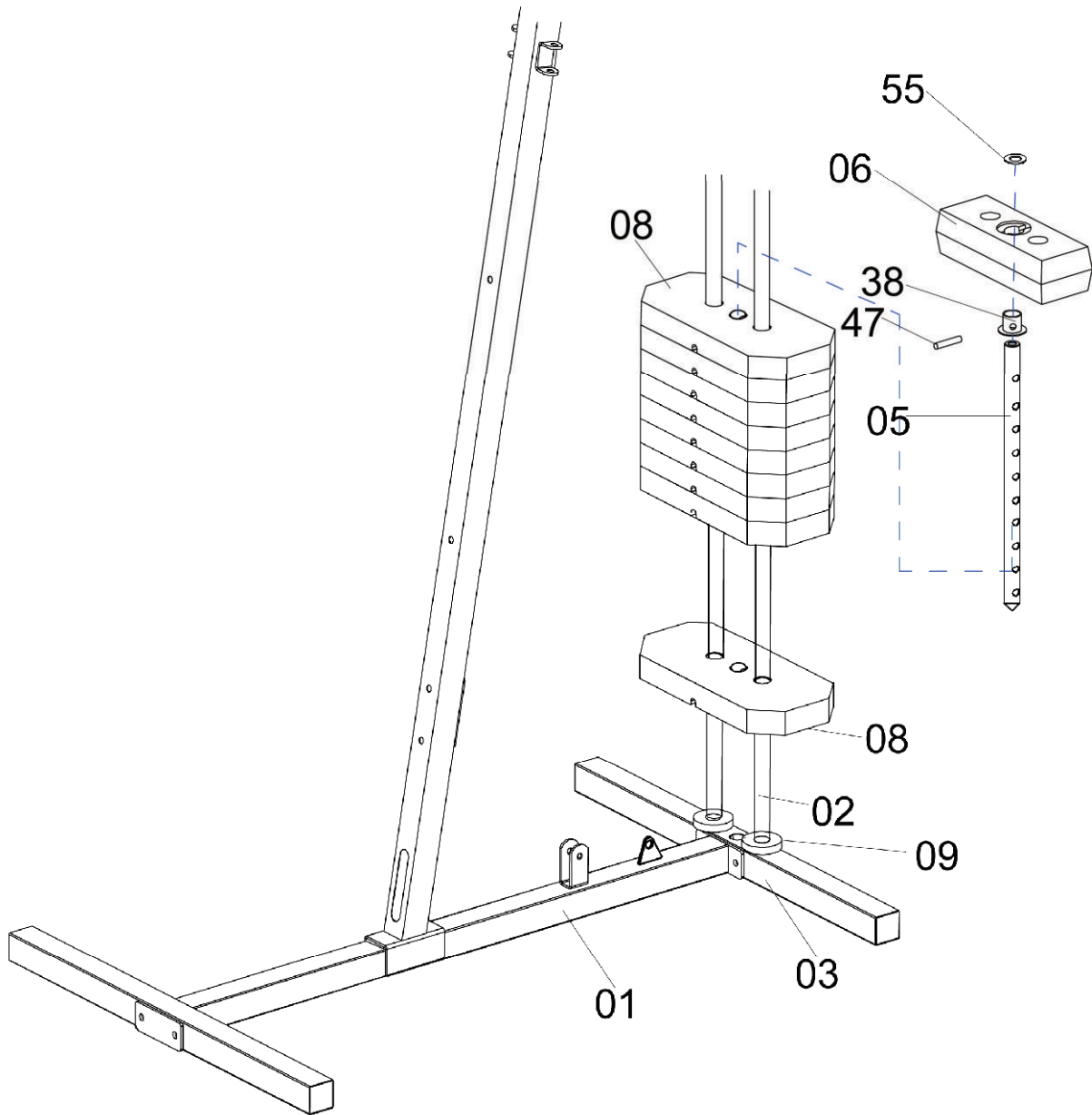
PART NO.	DESCTIPTION	Q' TY
44	PIN FOR WEIGHT SATCK	1
46	HEX BOLT M12*125	1
48	M10*40mm HEX BOLT	10
49	M10*75mm HEX BOLT	1
51	M10 NUT	2
52	M8*40mm HEX BOLT	1
53	M10*70mm HEX BOLT	12
54	M10*20mm HEX BOLT	6
55	OD48mm*ID13mm WASHER	1
57	M8*70mm HEX BOLT	2
59	M8*20mm HEX BOLT	4
61	M12 NYLON NUT	3
62	M10*35mm HEX BOLT	2
63	M10 NYLON NUT	27
64	M8 NYLON NUT	1
65	M12 WASHER	4
68	M10 WASHER	60
69	M8 WASHER	8
71	OIL BUSHING	4
74	Plug $\varnothing$ 26x50mm	2
75	RUBBER COVER	2
76	PIN	1
77	M10*65mm HEX BOLT	2

## STEP 1- Assembly Instructions



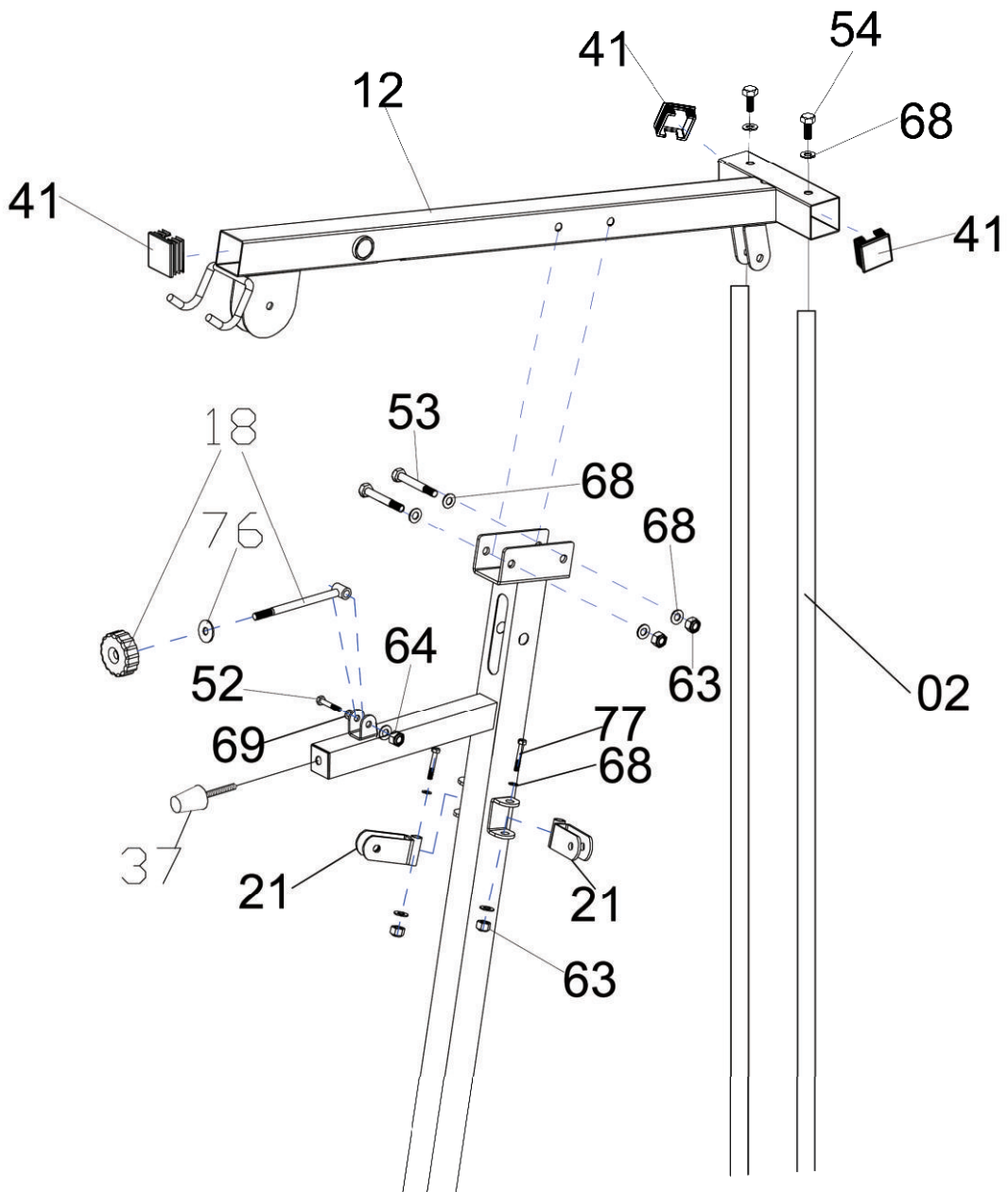
1. Connect the Guide Rod(02) to the Back Base(03) using 2xM10x20 Hex Bolts(54) and 2xM10 Washer(68).
2. Connect the Back Base(03) to the Main Base(01) using 2xM10x70 Hex Bolts(53), 4xM10 Washer(68) and 2xM10 Nylon Nuts(63).
3. Connect the Main Frame(10) to the Main Base(01) Using 2xM10x70 Hex Bolts (53),4xM10 Washer(68) and 2xM10 Nylon Nuts(63).
4. Attach the Front Base(04) and Support Plate(07) with the Main Base(01) Using 2xM10x70 Hex Bolts (53),4xM10 Washer(68) and 2xM10 Nylon Nuts(63).

## STEP 2- Assembly Instructions



1. Slide the 2 Rubber Block (09) onto the Guide Rods(02) followed by the 9 Weight Stacks (08) .
2. Take the Selector Shaft (05) and fit the 25 Round Bushing (38) and Quick Pin (47) as shown. Slide the Top Plate (06) onto the Guide Rod (02) and locate the Selector Shaft (05) in position ,setting the Top Plate(06) onto the top of the Weight Stack(08).

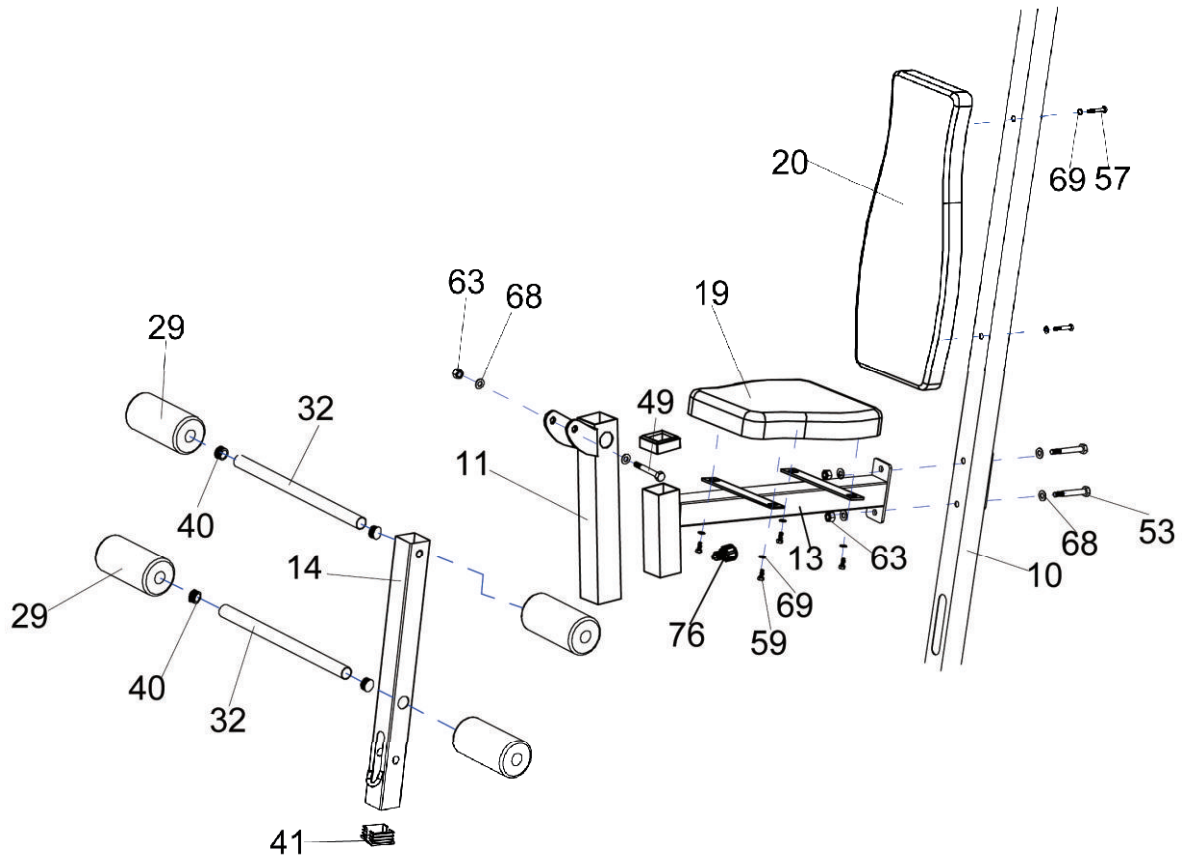
### STEP 3- Assembly Instructions



1. Attach Top Cross Beam(12) onto the Main Frame(10) from top side and connect the Guide Rods (02) to the Top Cross Beam(12) using 2xM10\*20mm Hex Bolts(54), 2xM10x70 Hex Bolts(53),6xM10 Washer(68) and 2xM10 Nylon Nuts(63).
2. Attach Rubber Bumper(37) to the Main Frame(10).
3. Attach Pulley Block(21)to the Main Frame (10), use 2xM10x65mm Hex Bolts(77), 4xM10 Washers(68)and 2xM10 Nylon Nuts(63).
4. Install Press Pin(18) to the Main Frame(10) with M8\*40mm Hex Bolts(52), 2xM8 Washer(69) and M8 Nylon Nut(64).

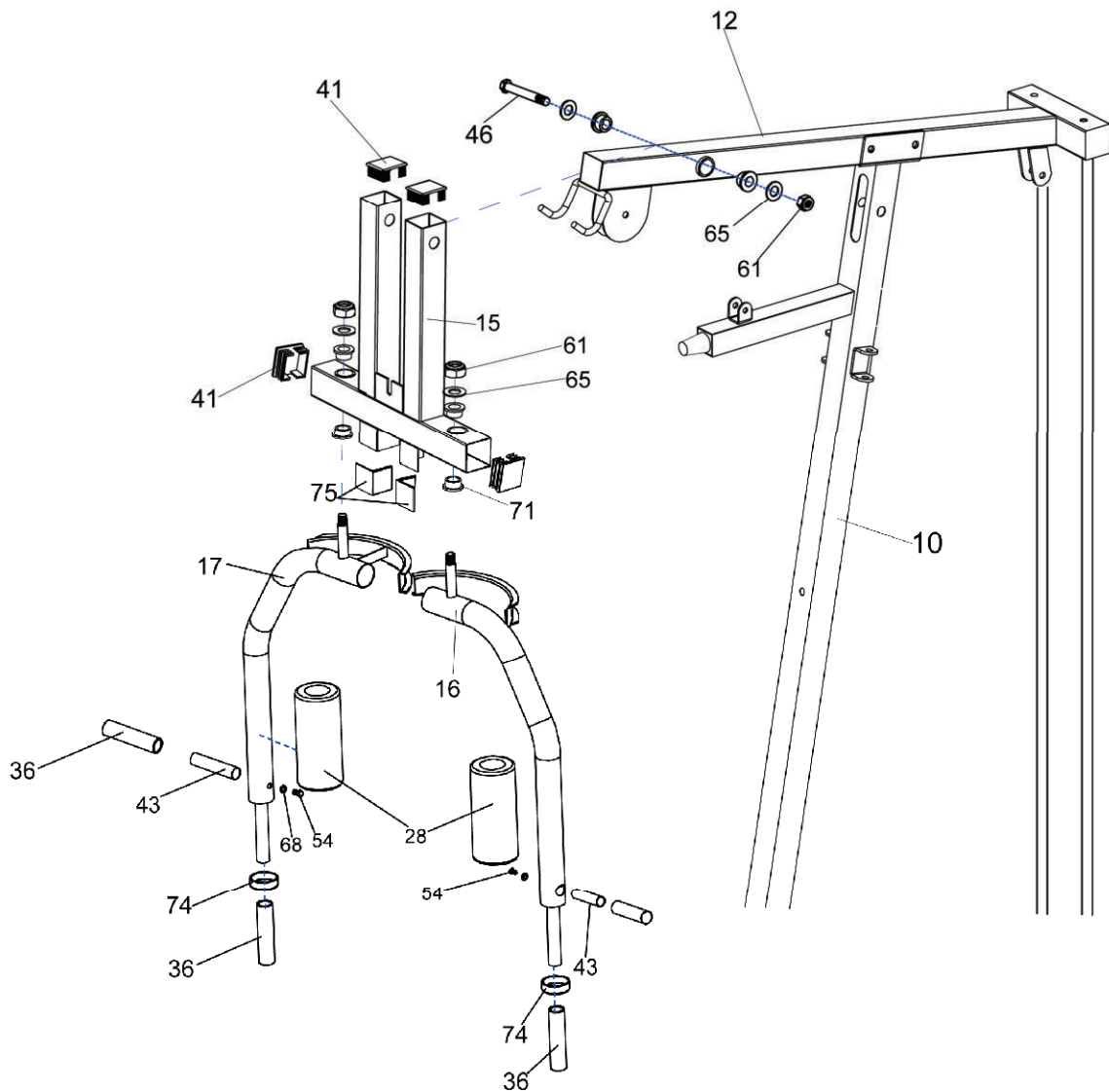


## STEP 4- Assembly Instructions



1. Attach Seat Frame (13) to Main Frame (10), using with 2xM10x70 Hex Bolts(53),4xM10 Washer(68) and 2xM10 Nylon Nuts (63).
2. Insert the Leg Adjustable Frame (11) into the Seat Frame (13), locked with Pin (76).
3. Attach the Leg Extension(14) with Leg Adjustable Frame(11), using with M10x75 Hex Bolts(49),2xM10 Washer(68) and M10 Nylon Nuts (63).
4. Attach Backrest(20) to Main Frame(10),using with 2xM8x70 Hex Bolts(57),2xM8 Washer(69) as shown.
5. Attach Seat(19) to Seat Frame(13) ,using with 4xM8x20 Hex Bolts(59),4xM8 Washer(69) as shown.
6. Slide Foam Tube(32) into the Hole Provided.
7. Slide Leg Foam(29) onto Foam Tube(32).

## STEP 5- Assembly Instructions



1. Attach Press Bar(15) to Top Cross Beam(12) with Hex Bolt M12\*110(46), Oil Bushing (71),2xM12 Washers (65)and M12 Nylon Nut (61) as shown.
2. Attach Arm Pads (28) and Hand Grip (36) slide onto Butterfly Arm (16 & 17).
3. Attach Handle Pipe (43) and Hand Grip (36) to Butterfly Arm (16 &17) withM10x20 Bolts (54),M10 Washers (68) as shown.
4. Install Butterfly Arm (16 &17) to Press Bar(15) with Oil Bushing (71),Washers (65)and Nylon Nut (61) as shown.

## CABLE ASSEMBLY

### 1. START WITH THE TOP LONG CABLE (24)

START BY THREADING THE END OF THE CABLE WITHOUT THE BALL OVER PULLEY NO.1, OVER PULLEY NO.2, DOWN AND AROUND PULLEY NO.3 IN FLOATING PULLEY LOCK, UP AND OVER PULLEY NO.4 AND DOWN AND ATTACH TO WEIGHT STACK WITH M12 BOLT & WASHER (55) AS SHOWN

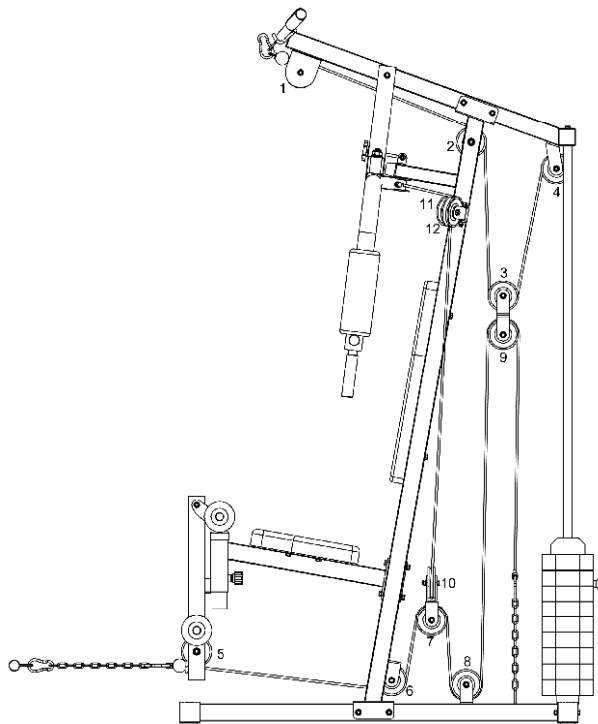
### 2. START THE BOTTOM MEDIUM SIZE CABLE (25)

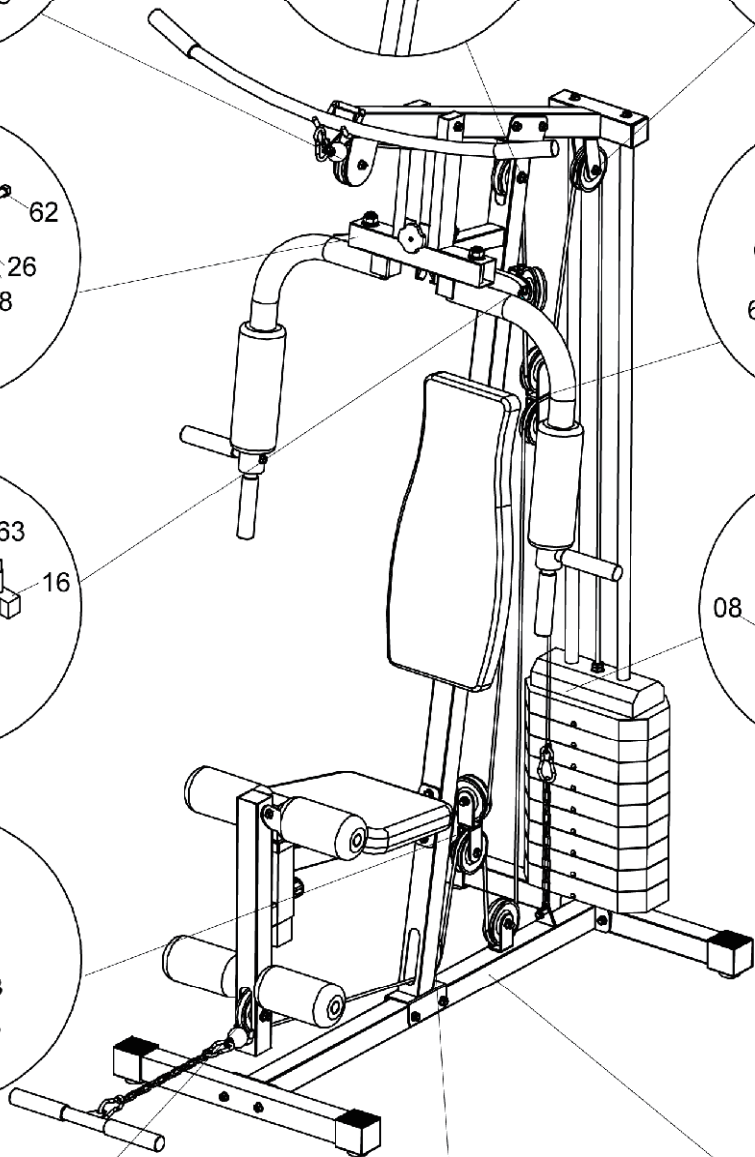
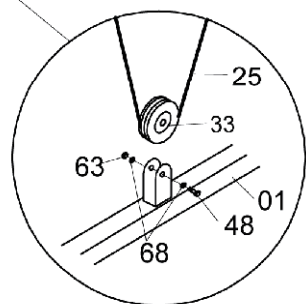
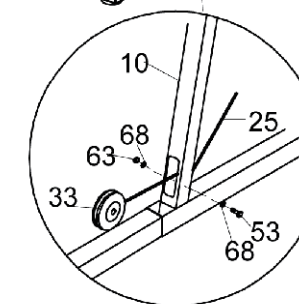
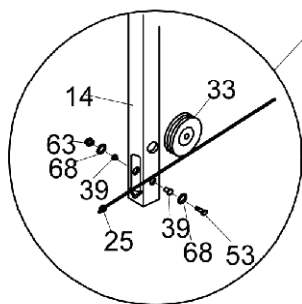
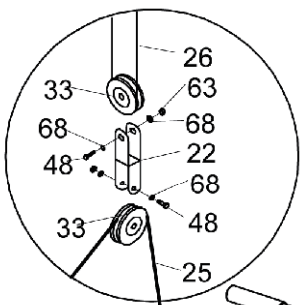
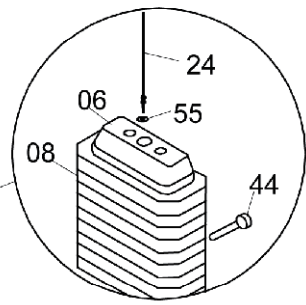
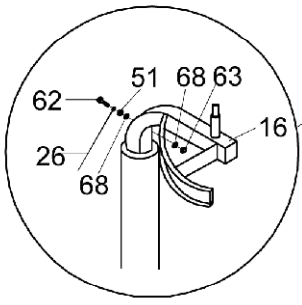
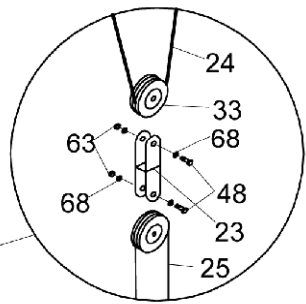
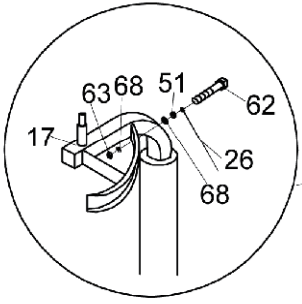
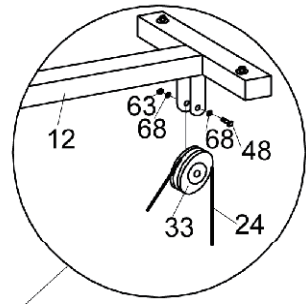
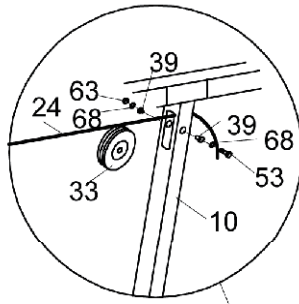
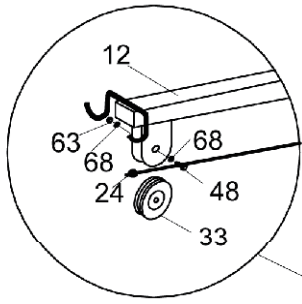
START BY THREADING THE END OF THE CABLE WITHOUT THE BALL UNDER PULLEY NO.5, UNDER PULLEY NO.6, UP AND AROUND PULLEY NO.7, IN FLOATING PULLEY BLOCK, DOWN AND UNDER PULLEY NO.8, UP AND AROUND PULLEY NO.9 IN FLOATING PULLEY LOCK, DOWN AND WITH HOOK, CHAIN TO END OF CABLE

### 3. CONNECT THE PEC DECK CABLE (26)

TAKE PEC DECK CABLE AND BOLT ONE END TO PEC DEC ARM AS PICTURED IN PEC DECK ASSEMBLY, USING M10\*35mm HEX BOLT (62), M10 NUT (51), M10 WASHER (68) & M10 NYLON NUT (63) TO SECURE CABLE TO ASSEMBLY, THEN THREAD THE OTHER END OF CABLE OVER PULLEY NO.10 DOWN AND AROUND PULLEY NO.11 IN PEC DECK PULLEY BLOCK (22) UP & OVER PULLEY NO.12 & BOLT, CABLE TO PEC DECK ARM AS PICTURED IN PEC DECK ASSEMBLY, USE SNAP HOOK TO SECURE CABLE

**⚠NOTE:IF YOU FIND THAT THE CABLES ARE NOT LONG ENOUGH,USE THE SHORT EXERCISE CHAIN AS AN EXTENSION WITH PEAR SHAPED HOOK AS CONNECTORS.**



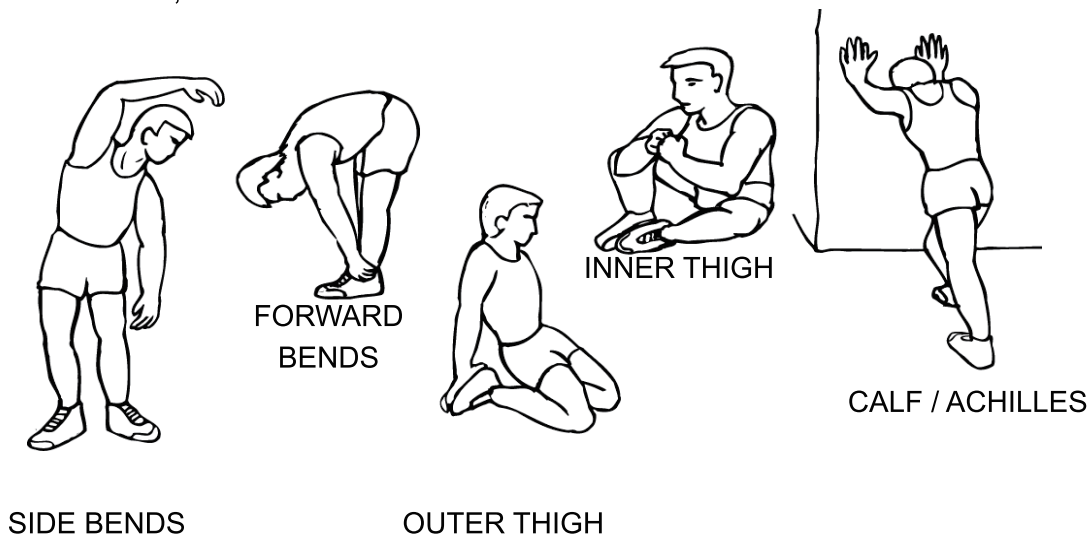


# EXERCISE INSTRUCTIONS

Using your machine will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

## 1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



## 2. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.