

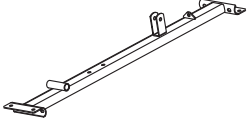
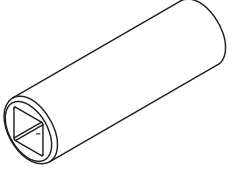

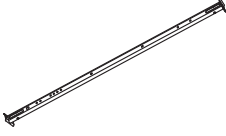


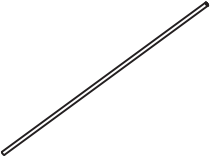
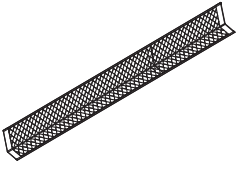
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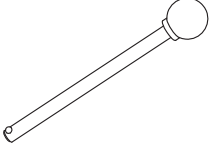
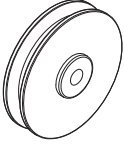


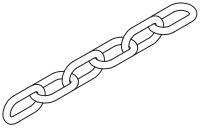

READ AND SAVE THIS INSTRUCTION FOR FUTURE USE


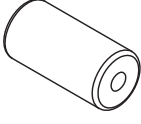
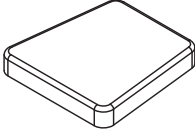

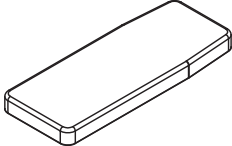


# ASSEMBLY INSTRUCTION

# PACKING DETAILS: TOTAL 4 BOXES

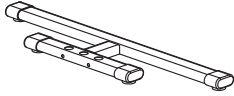
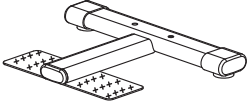
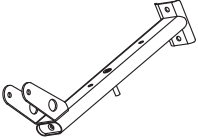
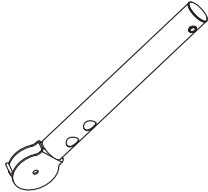
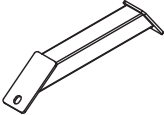

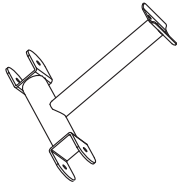
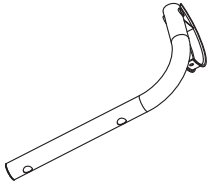
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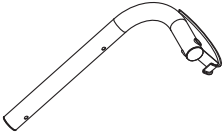
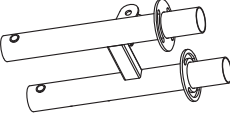
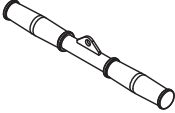
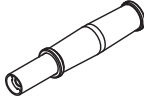
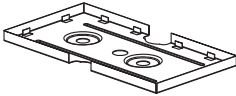
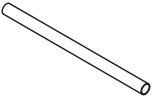
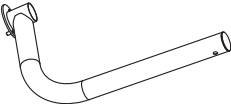
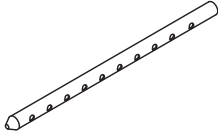
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④③		2
④		1
⑤		1
⑭④		1
⑳②		2
㉒②		2
㉓③		4

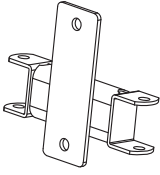
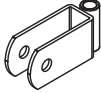

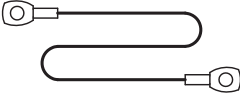
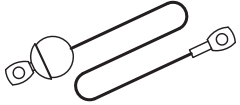
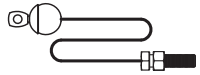
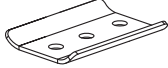
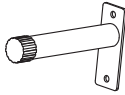
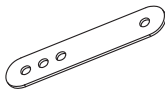
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㉔⑧		2
㉖①		1
㉖⑥		14
㉖⑦		6
㉖⑧		5
㉖⑩		2
㉖⑪		2

NO.	PARTS	QTY
㉖⑫		6
㉖⑬		4
㉖⑭		1
㉖⑮		3
㉖⑯		1
㉖⑰		2
㉖⑱		6
	<b>HARDWARE</b>	1

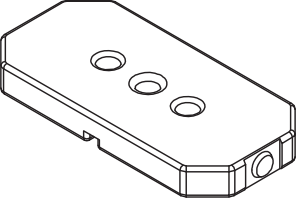
## BOX-2/4

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8		1
9		1
10		1
11		1

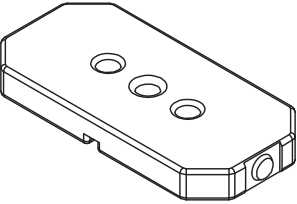
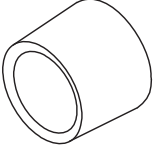
NO.	PARTS	QTY
12		1
13		1
15		1
16		4
17		2
18		2
19		2
21		1

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
29		4
49		1



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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**

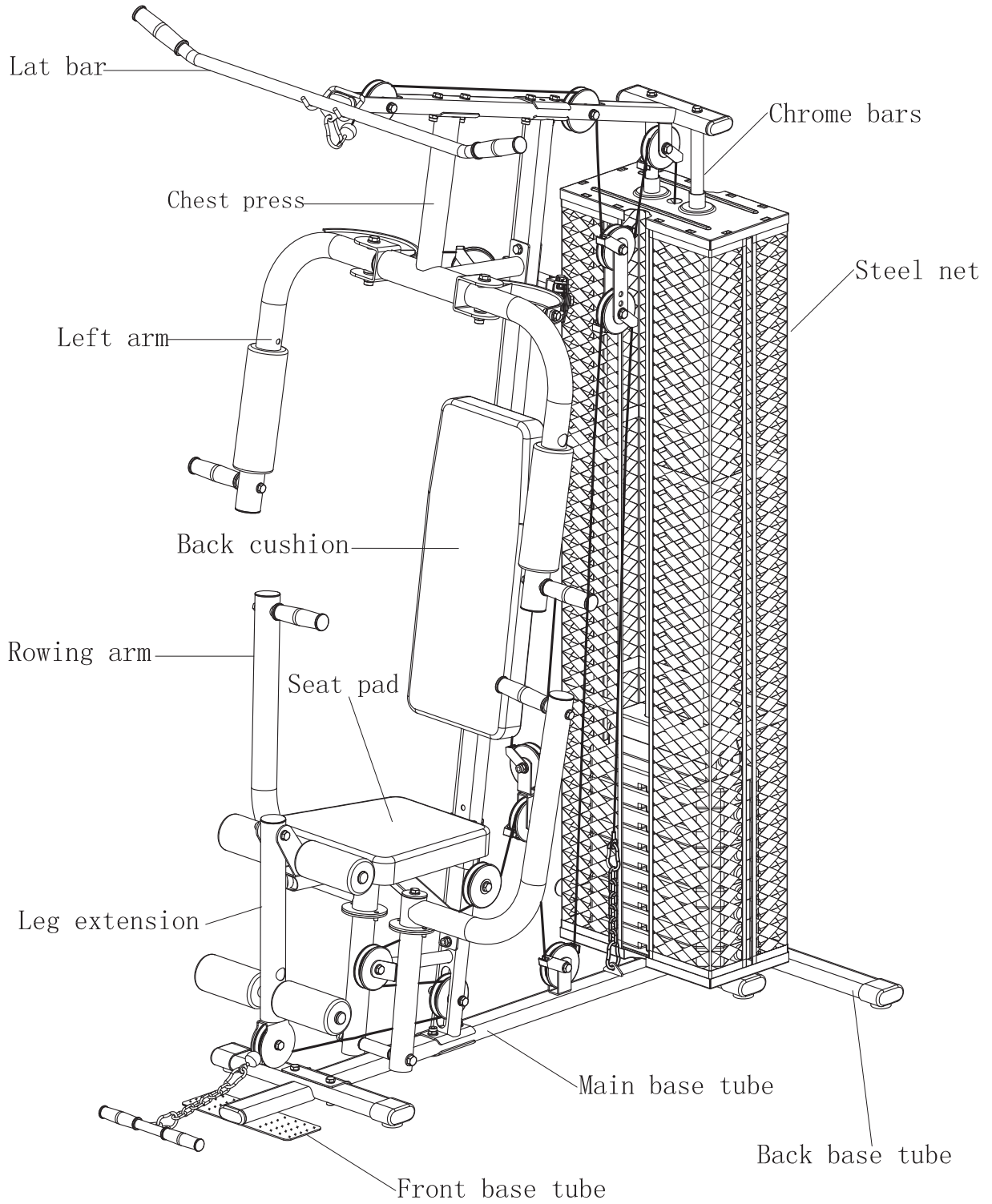
- Ensure you have all the parts and tools listed on pages 6-8.
- Remove all fittings from the plastic bags and separate them into their groups.
- Keep children and animals away from the work areas, small parts can cause a choking hazard if swallowed.
- Ensure you have enough space to layout the parts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

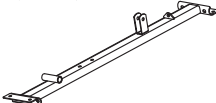
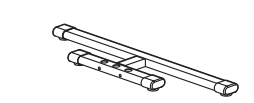
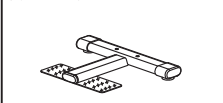

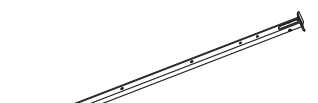
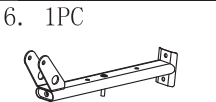
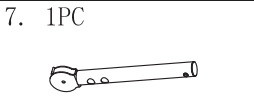

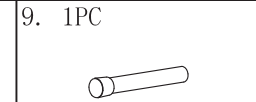
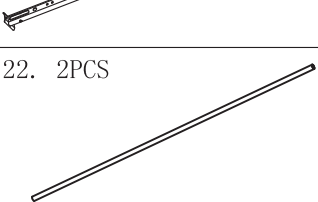
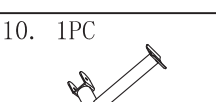

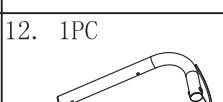

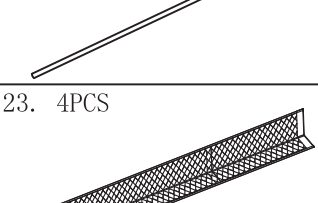
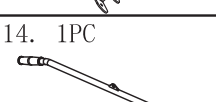
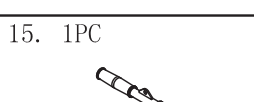




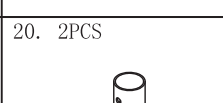
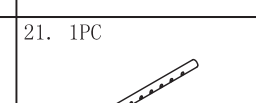
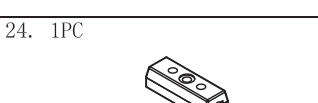
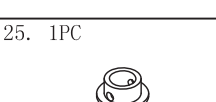
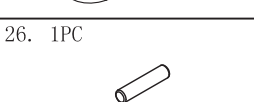


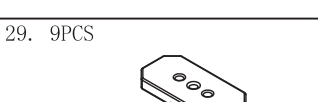
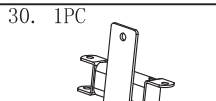
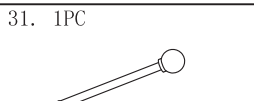
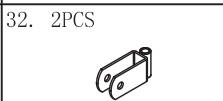
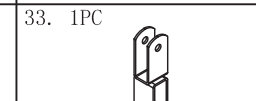

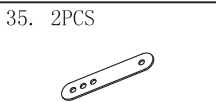

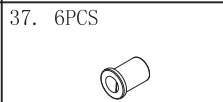
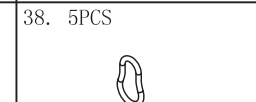




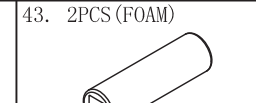



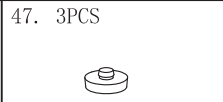


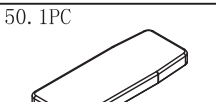
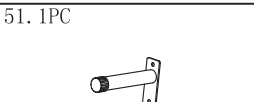
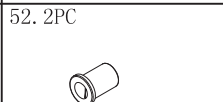
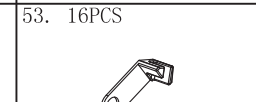



## PARTS LIST
















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	4 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)	1 pc
53	Cable slide	16 pcs
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. 3PCS 	48. 3PCS 	49. 1PC 
50. 1PC 	51. 1PC 	52. 2PC 	53. 16PCS 	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> 	

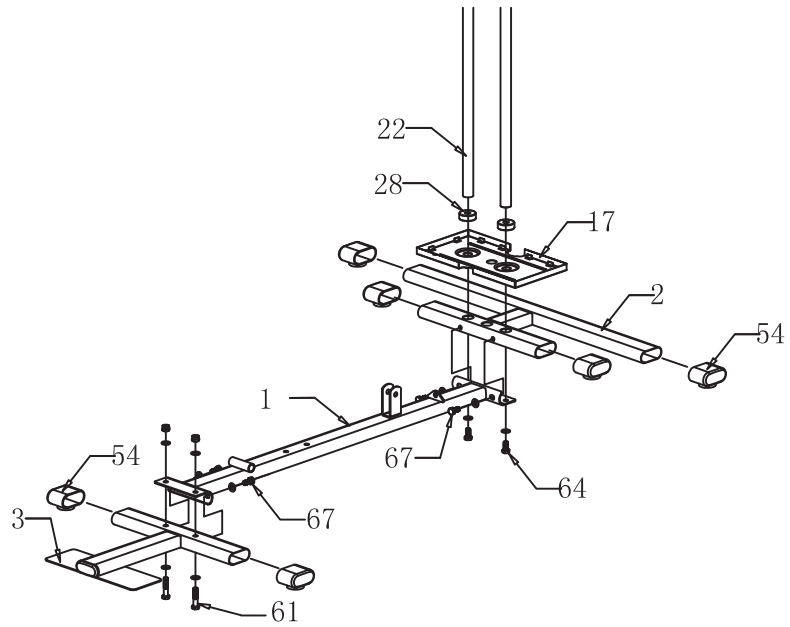
## INSTALLATION

### Step 1

1. Attach main base tube(1) to back

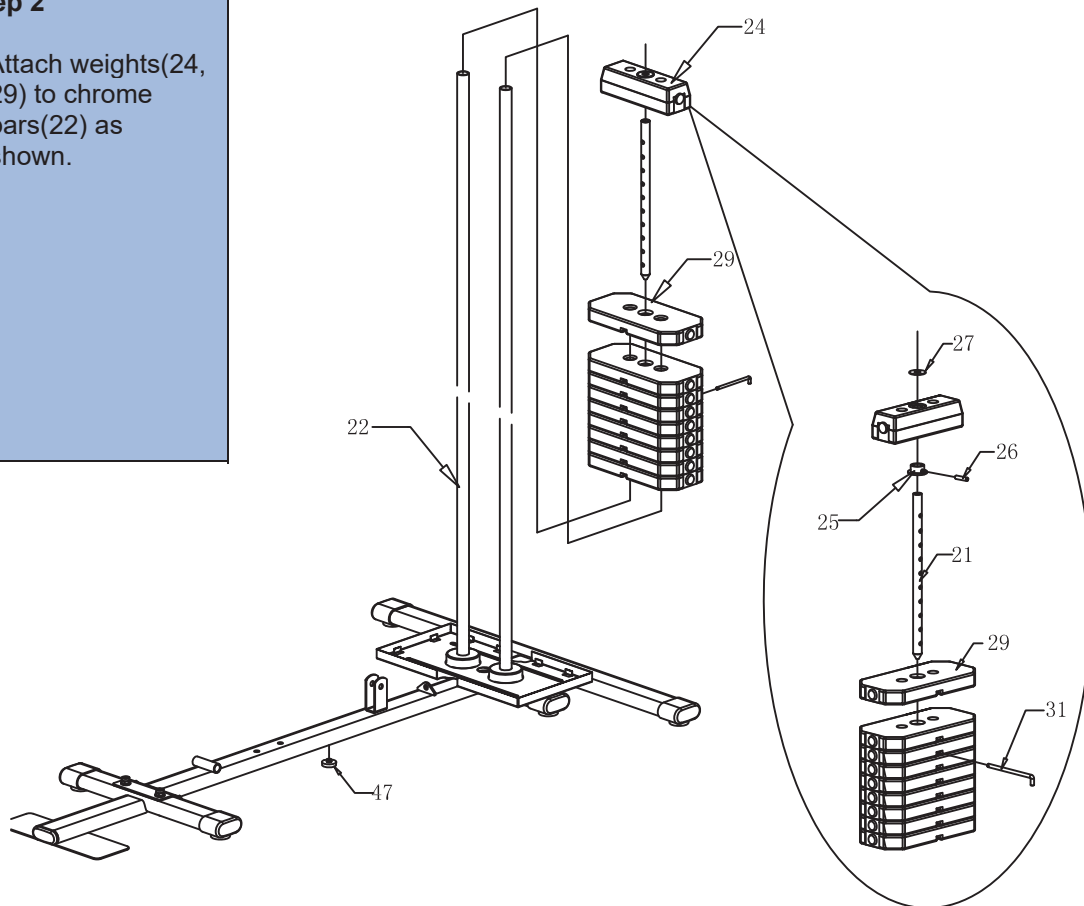
2sets),washers.

2. Attach main base tube(1) to front



### Step 2

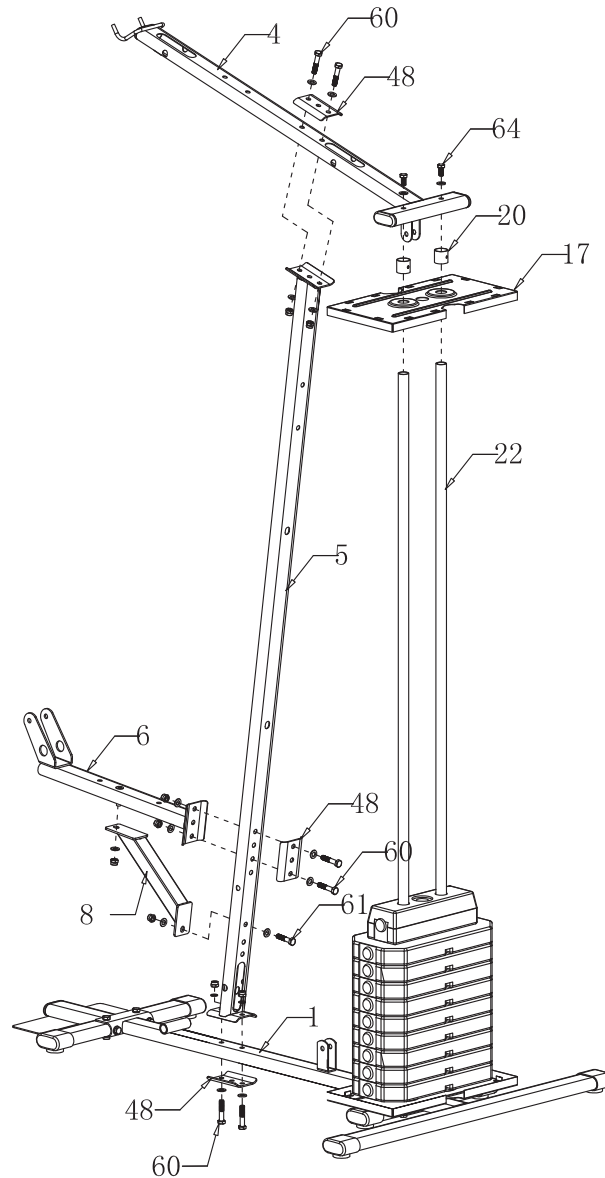
1. Attach weights(24, 29) to chrome bars(22) as shown.





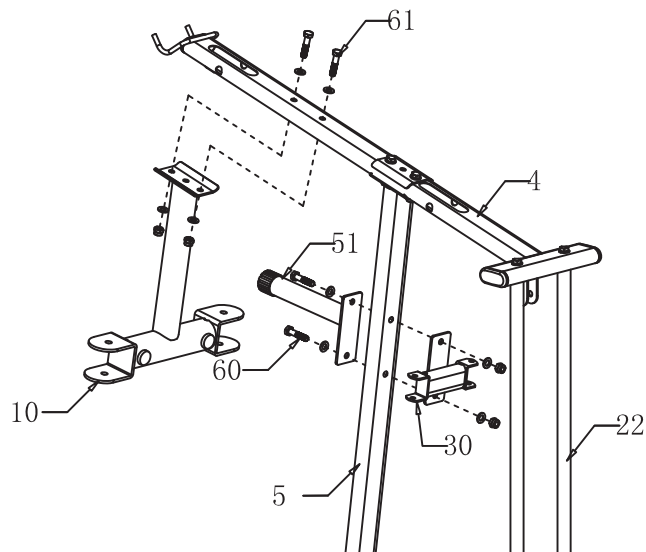
### Step 3

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.



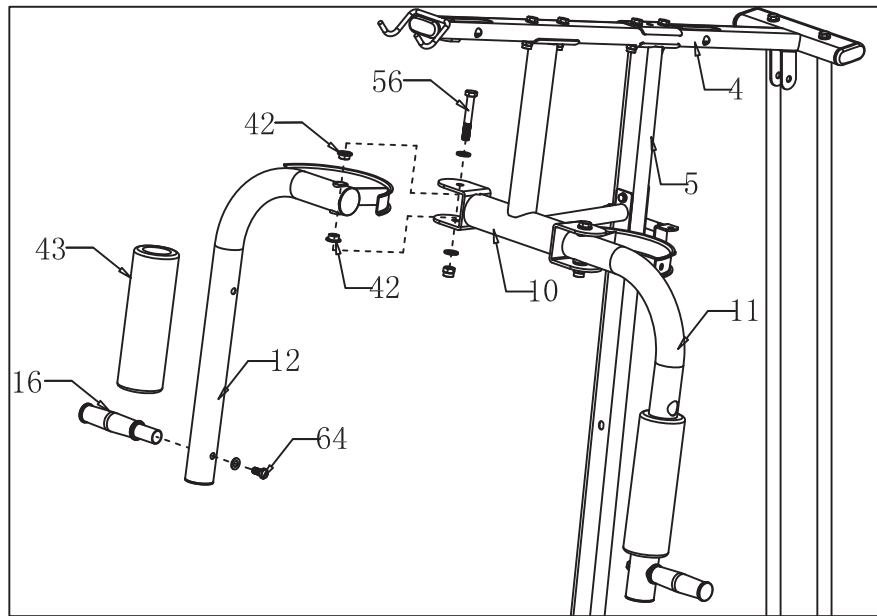
### Step 4

1. Attach the chest press (10) to upper support (4) 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



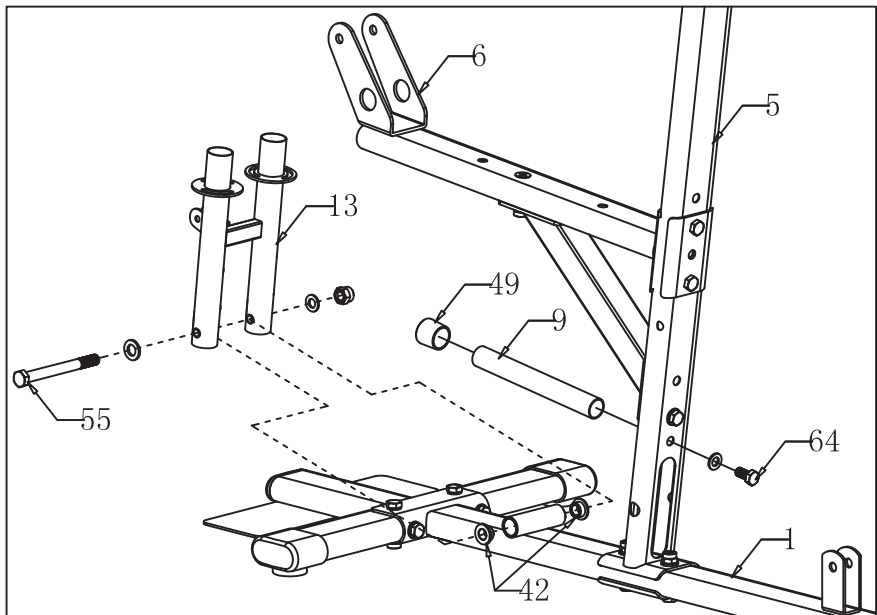
### Step 5

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.



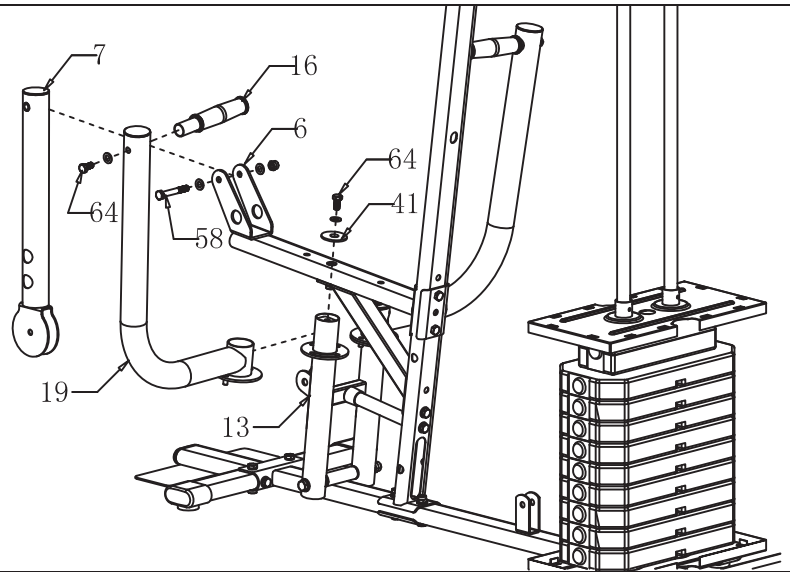
### Step 6

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



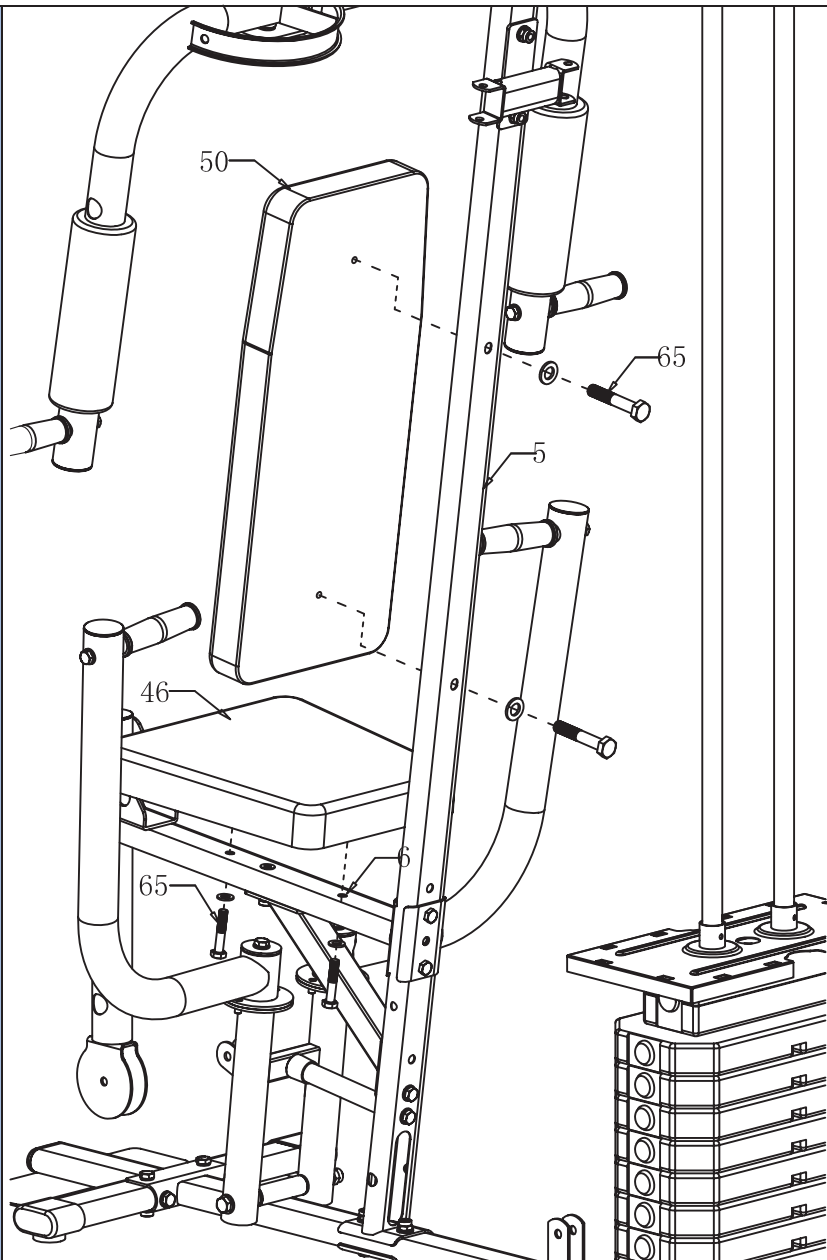
**Step 7:**

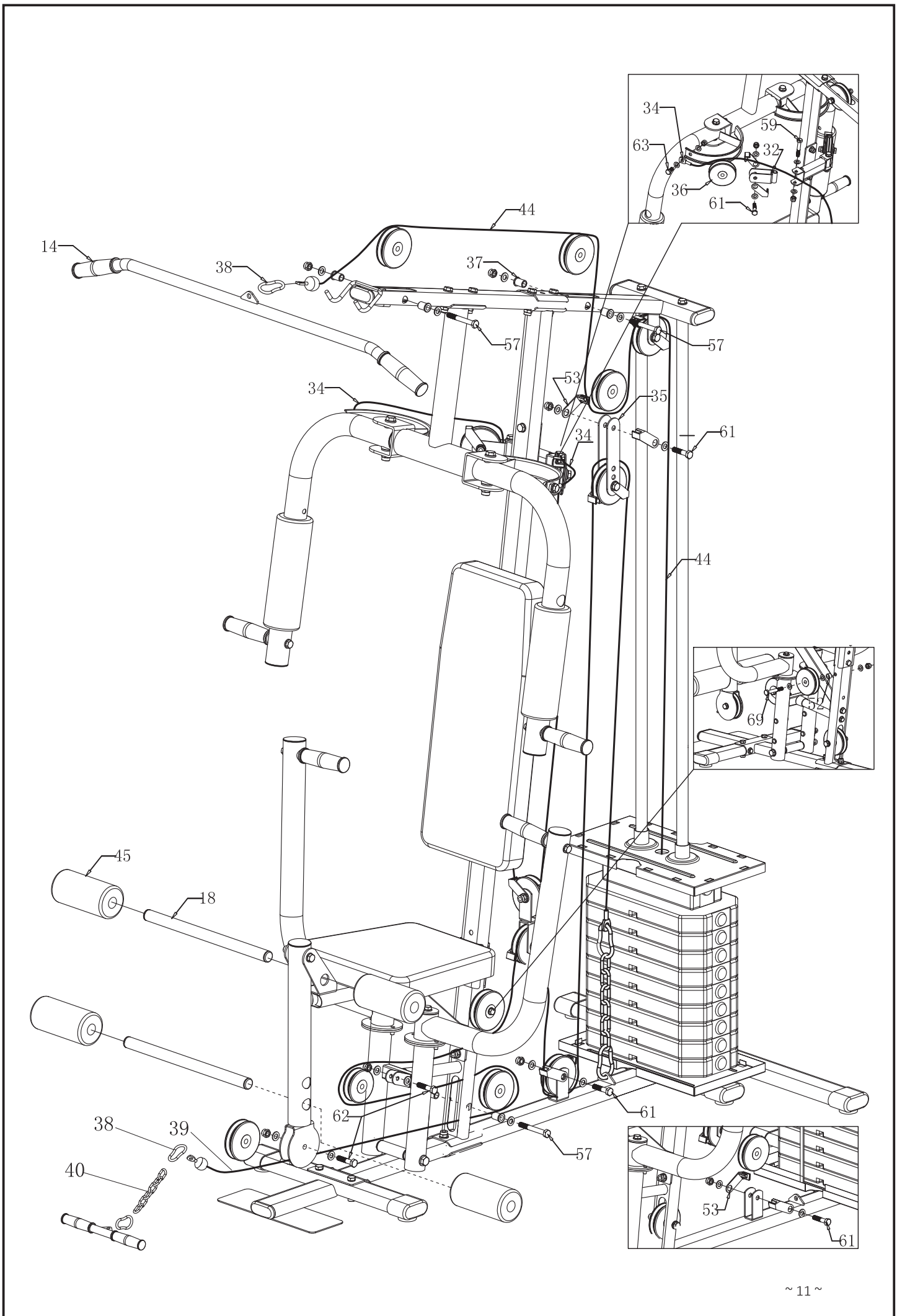
1. Attach leg extension(7) to seat support(6) using Hex bolts M10 x75 (58-1sets) washers and nuts.
2. Insert the rowing arm (19) into the H-shaped support (7) using the big washer (41) and Hex bolts M10 x25 (64-2 sets) washers.

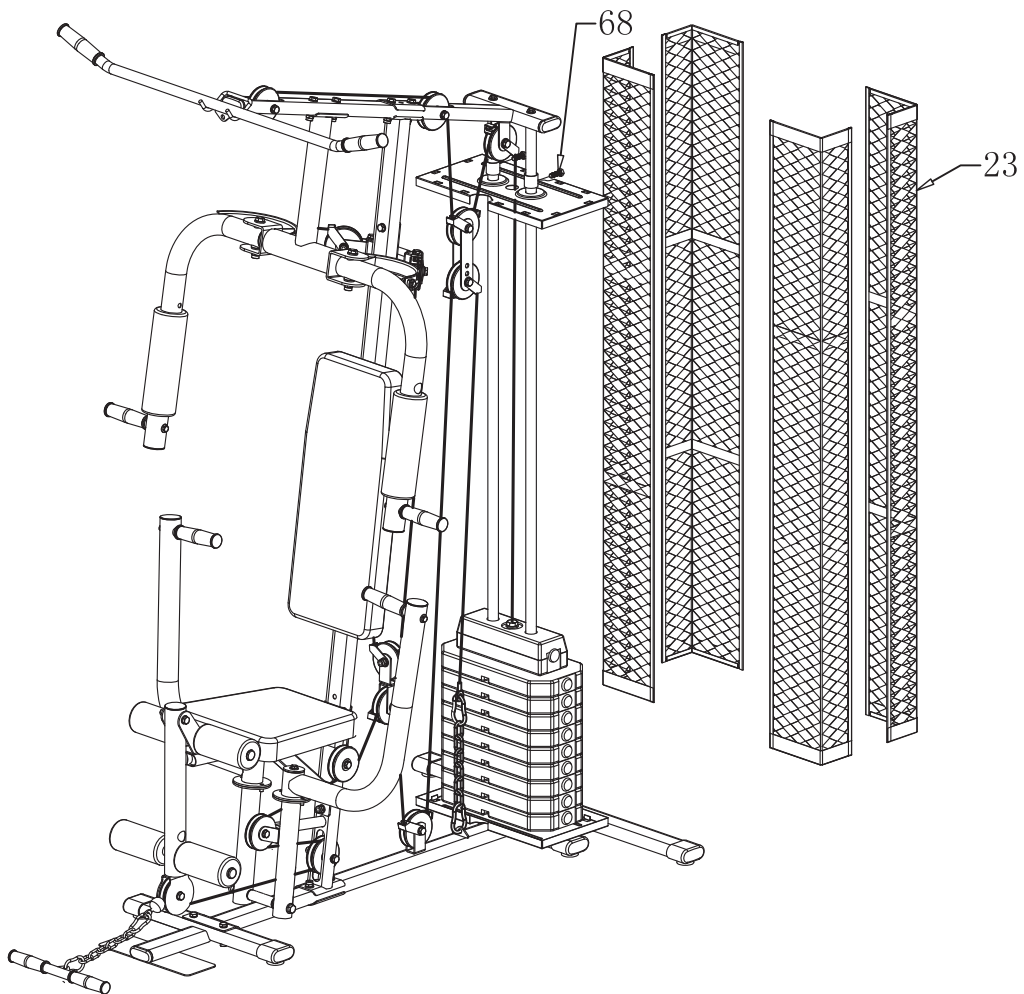
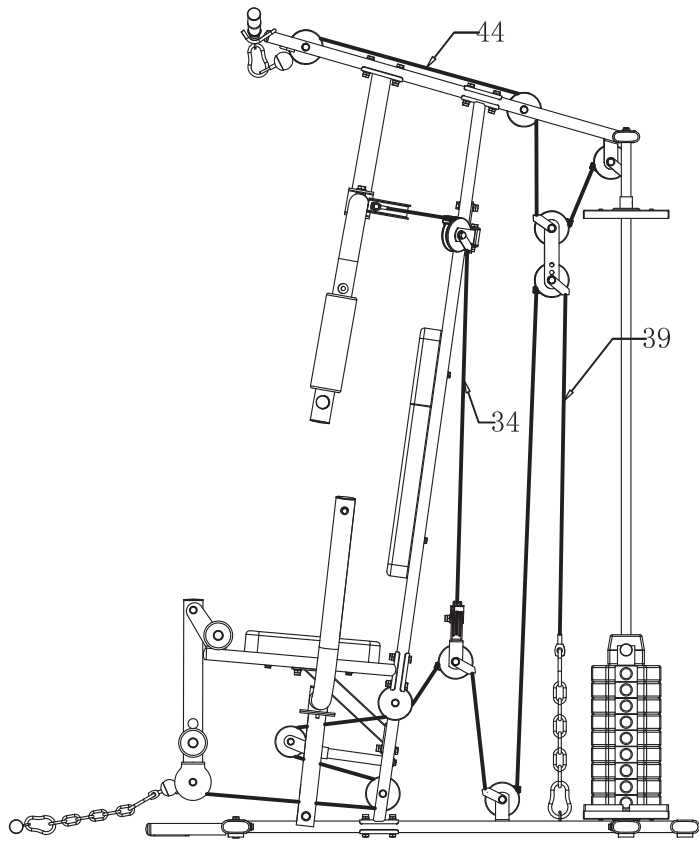


**Step 8:**

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.

## DISPOSAL



According to the European waste regulation 2012/19/EU this symbol on the product or on its packaging indicates that this product may not be treated as household waste. Instead, it should be taken to the appropriate collection point for the recycling of electrical and electronic equipment. By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product. For more detailed information about recycling of this product, please contact your local council or your household waste disposal service.

US



001-877-644-9366  
customerservice@aosom.com

CA



001-855-537-6088  
customerservice@aosom.ca

UK



0044-800-240-4004  
enquiries@mhstar.co.uk

DE



0049-(0)40-88307530  
service@aosom.de

FR



0033-1-84166106  
contact@aosom.fr

ES



0034-931294512  
atencioncliente@aosom.es

IT



0039-0249471447  
clienti@aosom.it