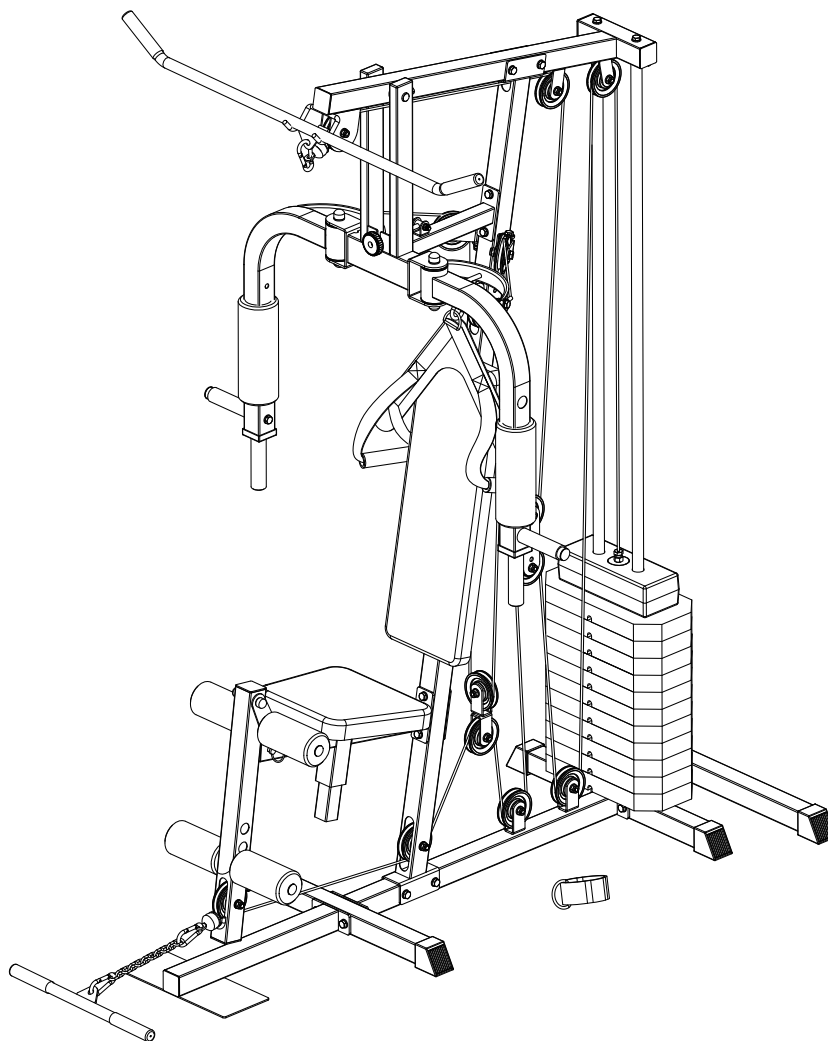


LifeGear G2 / HOME GYM

ITEM NO.: 63110

LifeGear

Get active for life



OWNER'S MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo, subject to change without notice.

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ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.

From the date of purchase, the frame is warranted to be free from defects for 1 (one) year.

This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following important safety instructions when using this home gym. Read all instructions before using this home gym.

1. Read all instructions and follow it carefully before using this home gym. Make sure this home gym is properly assembled and tightened before use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercises are recommended.
3. Please make sure all parts are not damaged and fixed well before use. This home gym should be placed on a flat surface when using.
4. Never drop or insert any object into any opening.
5. Please wear proper clothes and shoes when using this home gym; do not wear clothes that may catch any part of the home gym.
6. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
7. Close supervision is necessary when this home gym is used by, on, or near children, invalids, or disabled persons.
8. At no time should children under the age of 12 use the home gym.
9. Children over the age of 12 should not use the home gym without adult supervision.
10. Do not jump on the home gym.
11. Do not use the home gym outdoors.
12. Inspect and tighten all parts each time before using this home gym.
13. This home gym is for household use only. It is not a commercial model.
14. Only one person at a time should use this home gym.
15. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
16. Care should be taken in mounting or dismounting the home gym.
17. Do not allow children to use or play on the home gym. Keep children and pets away from the home gym while in use. This home gym is designed for adults use. The minimum free space required for safe operation is not less than two meters.
18. The maximum weight capacity for this product is 250 lbs/110 kgs..

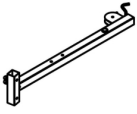
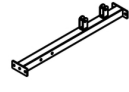

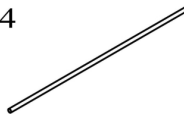
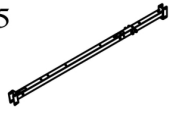
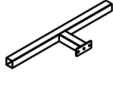
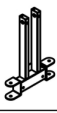

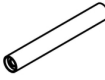


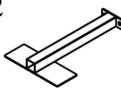
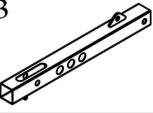
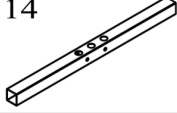
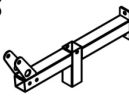
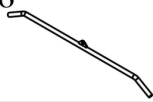





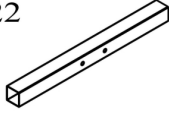


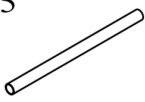

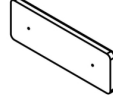





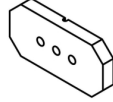



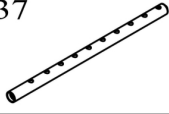














































WARNING: Before beginning any exercise program consult your physician.

This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

PARTS NUMBERS AND ILLUSTRATIONS

1 	2 	3 	4 	5 	6 
7 	8 	9 	10 	11 	12 
13 	14 	15 	16 	17 	18 
19 	20 	21 	22 	23 	24 
25 	26 	27 	28 	29 	30 
31 	32 	33 	34 	35 	36 
37 	38 	39 	40 	41 	42 
43 	44 	45 	46 	47 	48 
49 	50 	51 	52 	53 	54 
55 	56 	57 	58 	59 	60 
61 	62 	63 	64 	65 	66 
67 	68 	69 	70 	71 	72 
73 	74 	75 	76 	77 	78 
79 	80 	81 	82 	83 	

PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Top Frame	1	033	Weight Stack	11
002	Main Base Tube	1	034	Big Washer	1
003	Seat Frame	1	035	Plastic Bushing	1
004	Weight Stack Sliding Rod	2	036	Pin	1
005	Main Support Tube	1	037	Guide Rod	1
006	Rear Base Tube	1	038	L-Shaped Pin	1
007	Support Frame for Pec Arm	1	039	Rubber Bumper	2
008	Support Tube	1	040	Knob M10	1
009	Handle	2	041	Handgrip	4
010	Right Pec Arm	1	042	Square End Cap	2
011	Left Pec Arm	1	043	Pulley Bushing	6
012	Front Base Tube	1	044	Pulley	14
013	Leg Extension Tube	1	045	Ø26x125 Foam	4
014	Weight Sliding Rod Tube	1	046	Plug 50x25	2
015	Seat Support Tube	1	047	Plug 38x38	1
016	Lat Bar	1	048	Support Tube End Cap 38x38	1
017	Arm Curl Handle	1	049	Plug 50x50	6
018	Lock Bar	1	050	Round Plug Ø25	4
019	Crossed Double Floating Pulley Bracket	1	051	Base Tube End Cap 50x50	6
020	Pulley Plate	2	052	Foam Roll Ø23xØ80x160	4
021	Pec Pulley Bracket	2	053	Pec Foam Roll Ø90x245	2
022	Front Base Support Tube	1	054	Ring Pin	1
023	Plastic Bearing	4	055	Coil Chain	1
024	Support Plate	1	056	Bushing Ø19	2
025	Foam Roll Tube	2	057	Round Plug Ø28	4
026	Top Shaft	1	058	Hook	4
027	Backrest	1	059	Nylon Lock Nut M12	2
028	Seat Pad	1	060	Nylon Lock Nut M10	31
029	Leg Extension Cable	1	061	Nylon Lock Nut M8	1
030	Pec Cable	1	062	Washer Ø12	4
031	Lat Bar Cable	1	063	Bolt M10x20	2
032	Top Weight Stack	1	064	Washer Ø10	66

PARTS LIST

No.	Description	Qty	No.	Description	Qty
065	Washer Ø8	4	075	Washer Ø6	4
066	Hexagon Head Bolt M10x25	6	076	Hexagon Head Bolt M12x115	2
067	Hexagon Head Bolt M10x75	11	077	Seat Support Frame Plastic Bushing	1
068	Hexagon Head Bolt M10x70	5	078	Ankle Strap	1
069	Hexagon Head Bolt M10x65	2	079	Round Knob	1
070	Hexagon Head Bolt M10x45	11	080	Buffer Ø30	2
071	Hexagon Head Bolt M8x20	2	081	Abdominal Strap	1
072	Hexagon Head Bolt M8x45	1	082	Hexagon Nut Cap M12	4
073	Hexagon Head Bolt M8x65	2	083	Hexagon Nut Cap M10	2
074	Hexagon Head Bolt M6x16	4			

MAINTENANCE

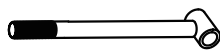
Please wipe your perspiration off the home gym with a clean, dry cloth after each use.

Upholstery can be cleaned with a mild detergent or spray cleaner.

Please inspect all assembly bolts and nuts on the home gym for proper tightness and every tube of the home gym for any sign of cracking or permanent bending. If you find this situation, do not use this home gym and consult your local dealer.

HARDWARE PACKING LIST

Hardware



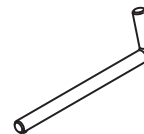
(18) Lock Bar
1 PC



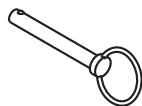
(34) Big Washer
1 PC



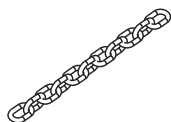
(36) Pin
1 PC



(38) L-Shaped Pin
1 PC



(54) Ring Pin
1 PC



(55) Coil Chain
1 PC



(58) Hook
4 PCS



(59) Nylon Lock
Nut M12
2 PCS



(60) Nylon Lock
Nut M10
31 PCS



(61) Nylon Lock
Nut M8
1 PC



(62) Washer Ø12
4 PCS



(63) Bolt
M10x20
2 PCS



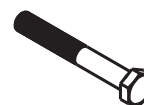
(64) Washer Ø10
66 PCS



(65) Washer Ø8
4 PCS



(66) Hexagon
Head Bolt M10x25
6 PCS



(67) Hexagon
Head Bolt M10x75
11 PCS



(68) Hexagon
Head Bolt M10x70
5 PCS



(69) Hexagon
Head Bolt M10x65
2 PCS



(70) Hexagon
Head Bolt M10x45
11 PCS



(71) Hexagon
Head Bolt M8x20
2 PCS



(72) Hexagon
Head Bolt M8x45
1 PC



(73) Hexagon
Head Bolt M8x65
2 PCS



(74) Hexagon
Head Bolt M6x16
4 PCS



(75) Washer Ø6
4 PCS



(76) Hexagon Head Bolt M12x115
2 PCS

Plastic Parts



(35) Plastic Bushing
1 PC



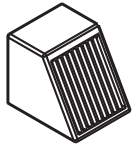
(39) Rubber Bumper
2 PCS



(40) Knob M10
1 PC



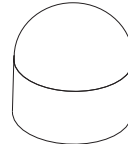
(43) Pulley Bushing
6 PCS



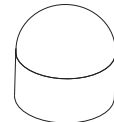
(51) Base Tube End Cap
50x50
6 PC



(79) Round Knob
1 PC



(82) Hexagon Nut
Cap M12
4 PCS



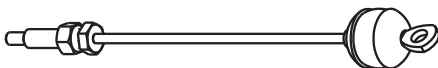
(83) Hexagon Nut
Cap M10
2 PCS

Pulley Pack

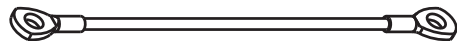


(44) Pulley
14 PCS

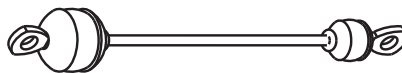
Cables



(29) Leg Extension Cable
1 PC



(30) Pec Cable
1 PC

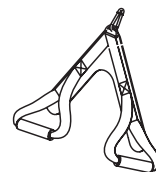


(31) Lat Bar Cable
1 PC

Accessories

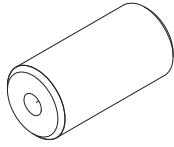


(78) Ankle Strap
1 PC

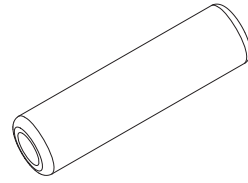


(81) Abdominal Strap
1 PC

Foam Roller

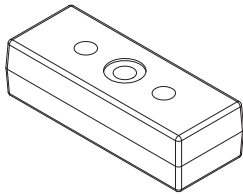


(52) Foam Roll
Ø23xØ80x160
4 PCS

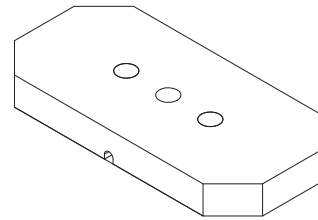


(53) Pec Foam Roll
Ø90x245
2 PCS

Weight Stack Pack

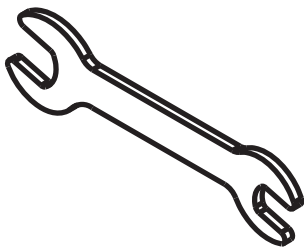


(32) Top Weight Stack
(Approximately 4.5 kgs/10.0 lbs)
1 PC

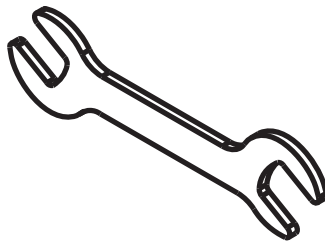


(33) Weight Stack
(Approximately 5.7 kgs/12.5 lbs)
11 PCS

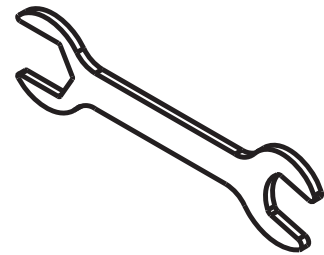
Tools



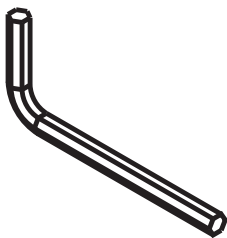
Wrench 14-10
1 PC



Wrench 14-17
1 PC

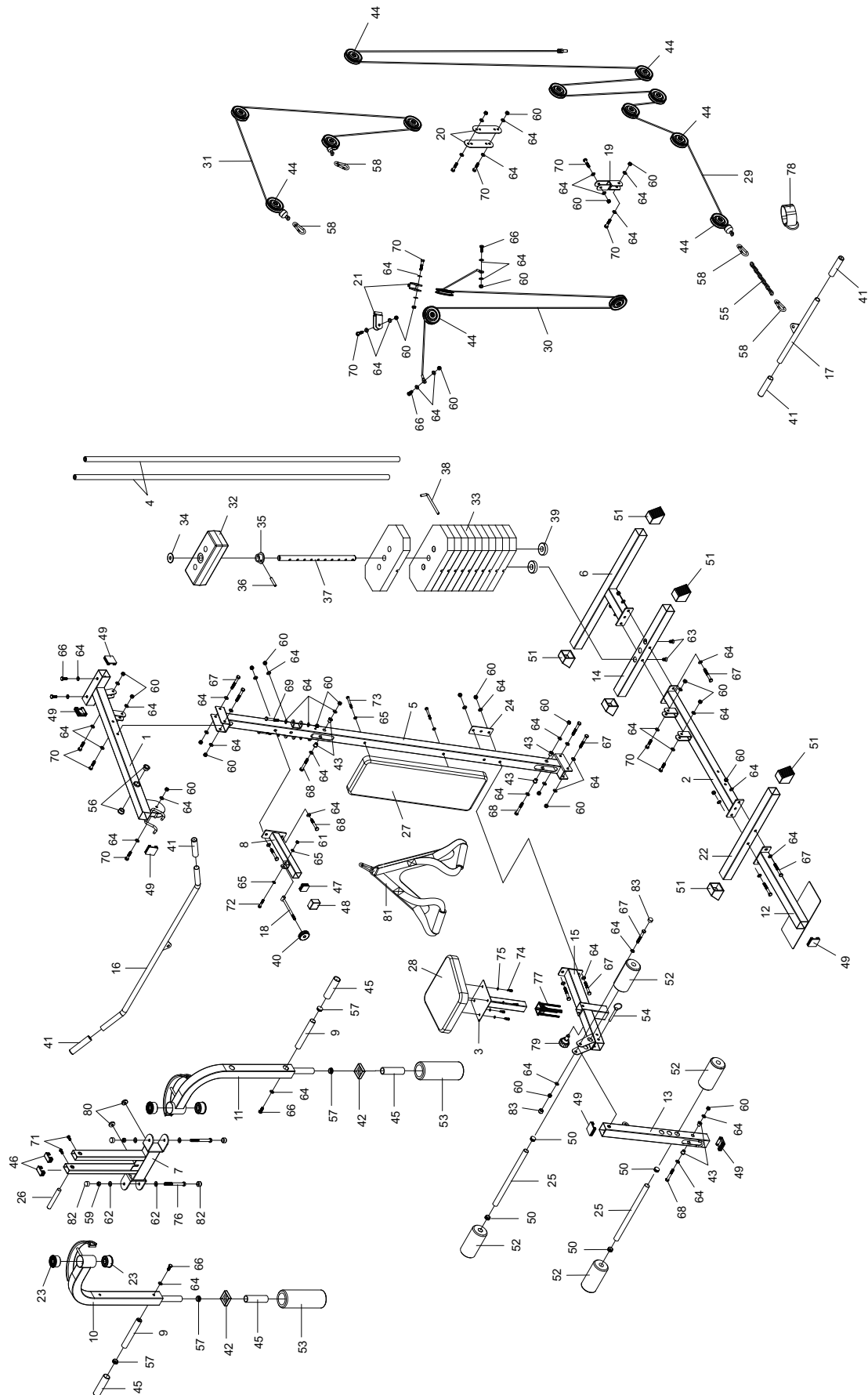


Wrench 19-17
2 PCS



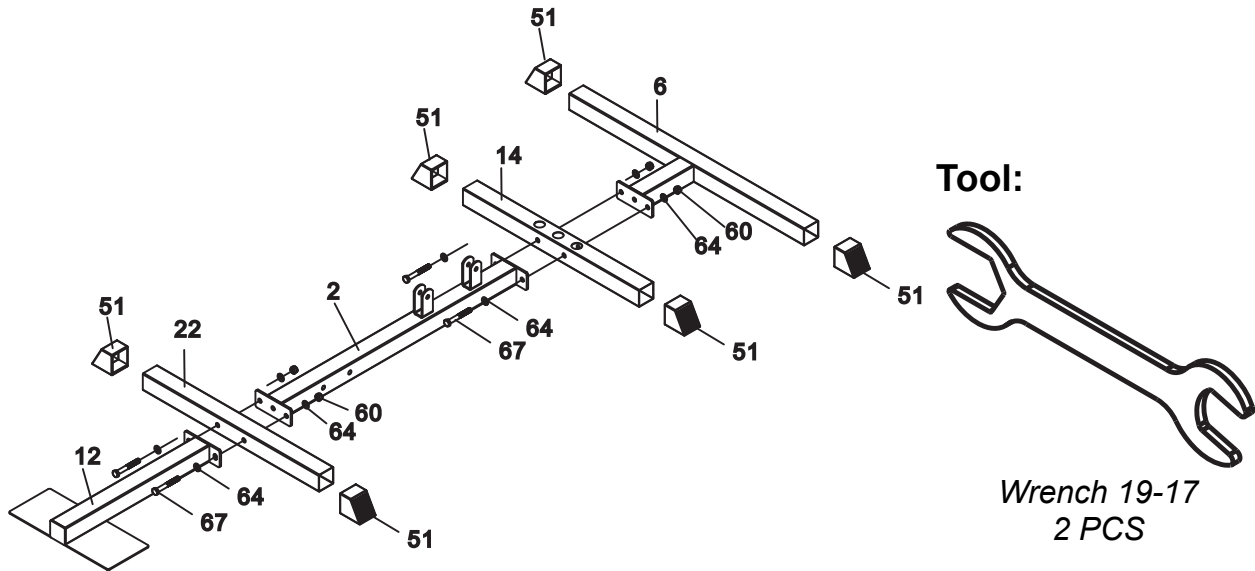
Allen Wrench 6mm
1 PC

OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS

NOTE: It is recommended to have a second person to help you to assemble this home gym.



Step 1

Attach the Weight Sliding Rod Tube (14) onto the rear end of the Main Base Tube (2) and Rear Base Tube (6) with two M10x75 Hexagon Head Bolts (67), two M10 Nylon Lock Nuts (60), and four Ø10 Washers (64). Tighten bolts and nuts with two Wrenches provided. Attach the Front Base Support Tube (22) onto the front end of the Main Base Tube (2) and Front Base Tube (12) with two M10x75 Hexagon Head Bolts (67), two M10 Nylon Lock Nuts (60), and four Ø10 Washers (64). Tighten bolts and nuts with two Wrenches provided. Slide six 50x50 Base Tube End Caps (51) onto each end of the Front Base Support Tube (22), Weight Sliding Rod Tube (14), and Rear Base Tube (6).

Hardware:



(67) Hexagon Head Bolt
M10x75
4 PCS

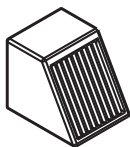


(60) Nylon Lock Nut
M10
4 PCS

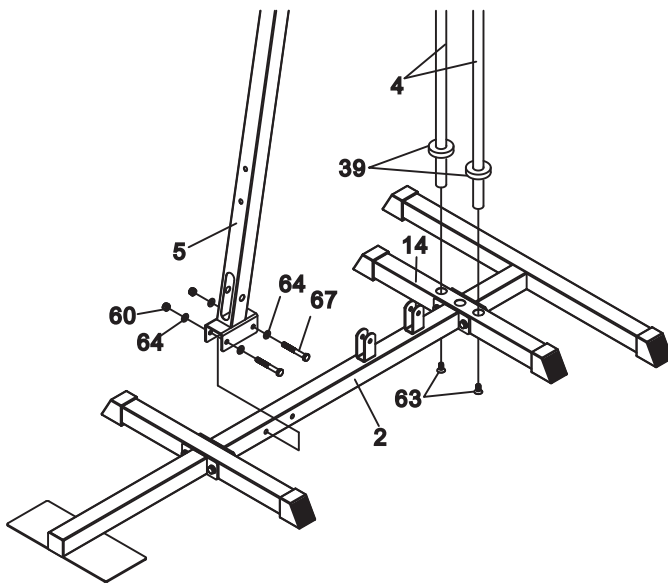


(64) Washer Ø10
8 PCS

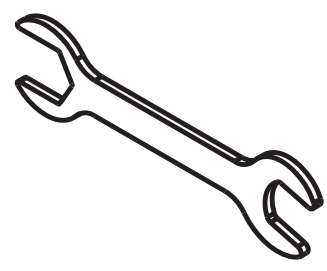
Plastic Parts:



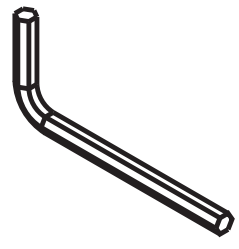
(51) Base Tube End Cap
50x50
6 PC



Tool:



Wrench 19-17
2 PCS

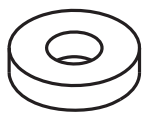


Allen Wrench 6mm
1 PC

Step 2

Slide two Rubber Bumpers (39) onto the Weight Stack Sliding Rods (4). Then insert two Weight Stack Sliding Rods (4) into the holes of the Weight Sliding Rod Tube (14) and secure with two M10x20 Bolts (63). Tighten bolts with the Allen Wrench provided. Attach the Main Support Tube (5) onto the Main Base Tube (2) with two M10x75 Hexagon Head Bolts (67), two M10 Nylon Lock Nuts (60), and four Ø10 Washers (64).

Plastic Parts:

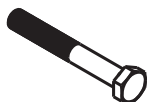


(39) Rubber Bumper
2 PCS

Hardware:



(63) Bolt M10x20
2 PCS



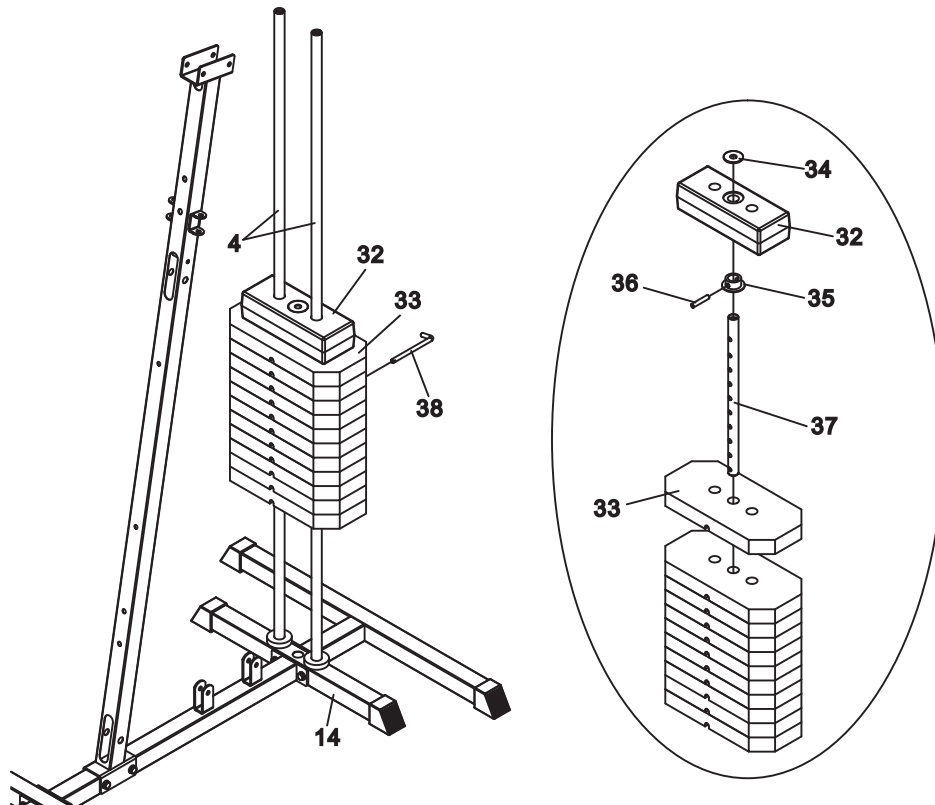
(67) Hexagon Head Bolt
M10x75
2 PCS



(60) Nylon Lock Nut
M10
2 PCS



(64) Washer Ø10
4 PCS



Step 3

Install each Weight Stack (33) onto the Weight Stack Sliding Rods (4).

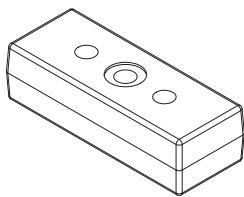
NOTE: Ensure that each weight stack's selector pin slot faces downward.

Slide the Plastic Bushing (35) onto the Guide Rod (37) and align pin hole. Secure the Plastic Bushing (35) onto the Guide Rod (37) by inserting the Pin (36) through into the holes of the Guide Rod (37) and Plastic Bushing (35).

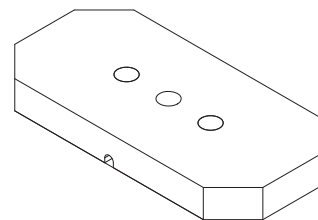
Slide the Top Weight Stack (32) onto the Guide Rod (37) and Plastic Bushing (35). Place the Big Washer (34) onto the hole of the Top Weight Stack (32).

Finally, install the Top Weight Stack (32) with Guide Rod (37) onto the Weight Stack Sliding Rods (4). Insert the L-Shaped Pin (38) into the pin slot.

Weight Stack Pack:



(32) Top Weight Stack
(Approximately 4.5 kgs/10.0 lbs)
1 PC

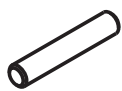


(33) Weight Stack
(Approximately 5.7 kgs/12.5 lbs)
11 PCS

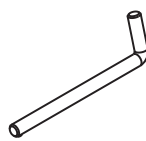
Hardware:



(34) Big Washer
1 PC



(36) Pin
1 PC

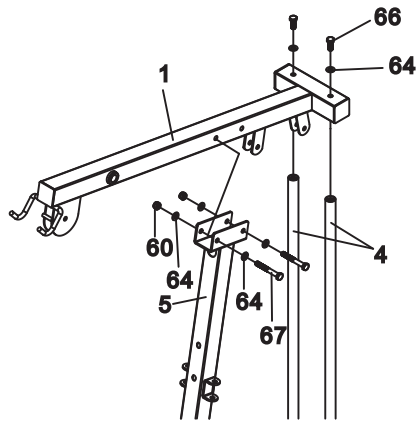


(38) L-Shaped Pin
1 PC

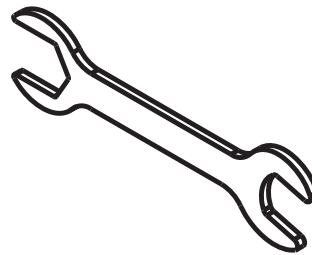
Plastic Part:



(35) Plastic Bushing
1 PC



Tool:



Wrench 19-17
2 PCS

Step 4

Insert each Weight Stack Sliding Rod (4) into the corresponding hole in the Top Frame (1). Secure Weight Stack Sliding Rods (4) in the Top Frame (1) using two Ø10 Washers (64) and two M10x25 Hexagon Head Bolts (66). Tighten bolts with the Wrench provided. Attach the Top Frame (1) onto the Main Support Tube (5) with two M10x75 Hexagon Head Bolts (67), two M10 Nylon Lock Nuts (60), and four Ø10 Washers (64). Tighten nuts with two Wrenches provided.

Hardware:



(67) Hexagon Head Bolt
M10x75
2 PCS



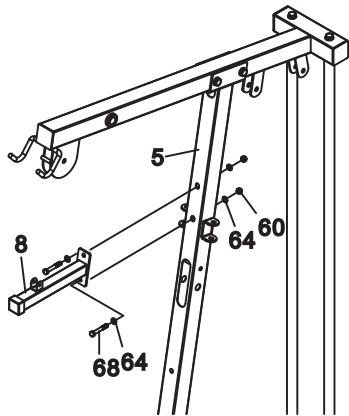
(64) Washer Ø10
6 PCS



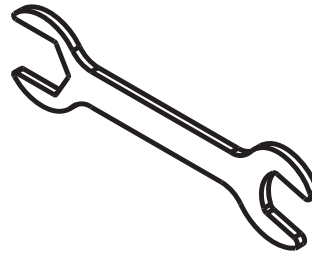
(60) Nylon Lock Nut
M10
2 PCS



(66) Hexagon Head Bolt
M10x25
2 PCS



Tool:



2 Wrenches (19-17)

Step 5

Attach the Support Tube (8) onto the Main Support Tube (5) with two M10x70 Hexagon Head Bolts (68), two M10 Nylon Lock Nuts (60), and four Ø10 Washers (64). Tighten bolt and nut with two Wrenches provided.

Hardware:



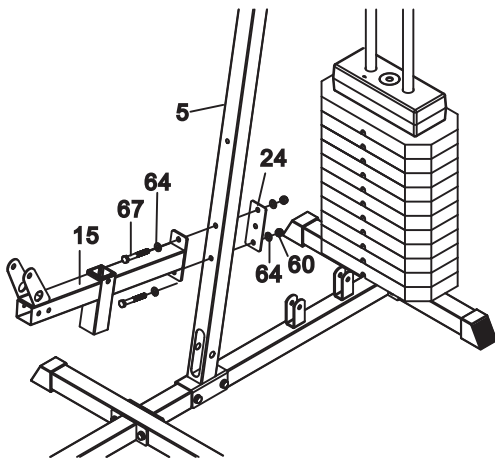
(68) Hexagon Head Bolt
M10x70
2 PCS



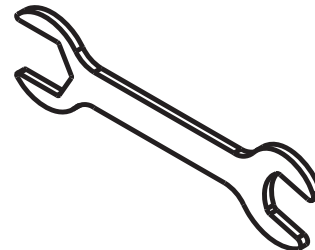
(64) Washer Ø10
4 PCS



(60) Nylon Lock Nut
M10
2 PCS



Tool:

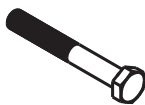


2 Wrenches (19-17)

Step 6

Attach the Seat Support Tube (15) onto the Main Support Tube (5) with one Support Plate (24), two M10x75 Hexagon Head Bolts (67), two M10 Nylon Lock Nuts (60), and four Ø10 Washers (64). Tighten bolt and nut with two Wrenches provided.

Hardware:



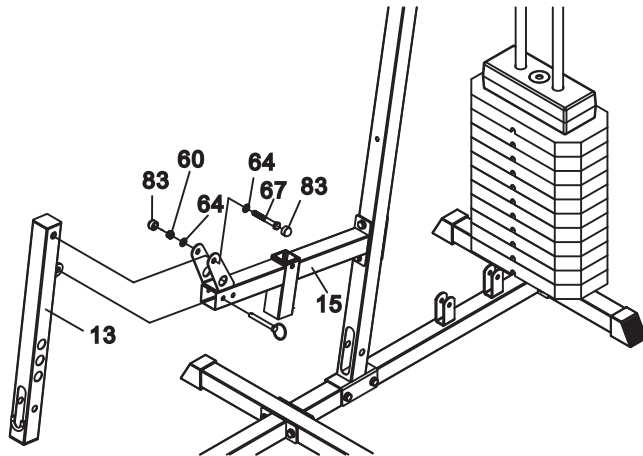
(67) Hexagon Head Bolt
M10x75
2 PCS



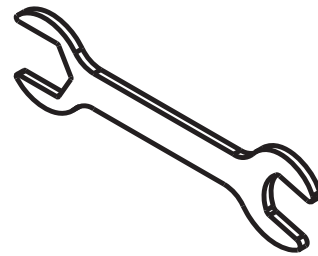
(64) Washer Ø10
4 PCS



(60) Nylon Lock Nut
M10
2 PCS



Tool:



Wrench 19-17
2 PCS

Step 7

Attach the Leg Extension Tube (13) onto the clevis of the Seat Support Tube (15) with one M10x75 Hexagon Head Bolt (67), one M10 Nylon Lock Nut (60), and two Ø10 Washers (64). Tighten bolt and nut with two Wrenches provided. Install two M10 Hexagon Nut Caps (83) onto the M10x75 Hexagon Head Bolt (67) and M10 Nylon Lock Nut (60). Insert the Ring Pin (54) into the holes on the Seat Support Tube (15) and the clevis of the Leg Extension Tube (13).

Hardware:



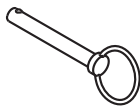
(67) Hexagon Head Bolt
M10x75
1 PC



(64) Washer Ø10
2 PCS

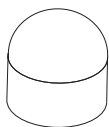


(60) Nylon Lock Nut
M10
1 PC

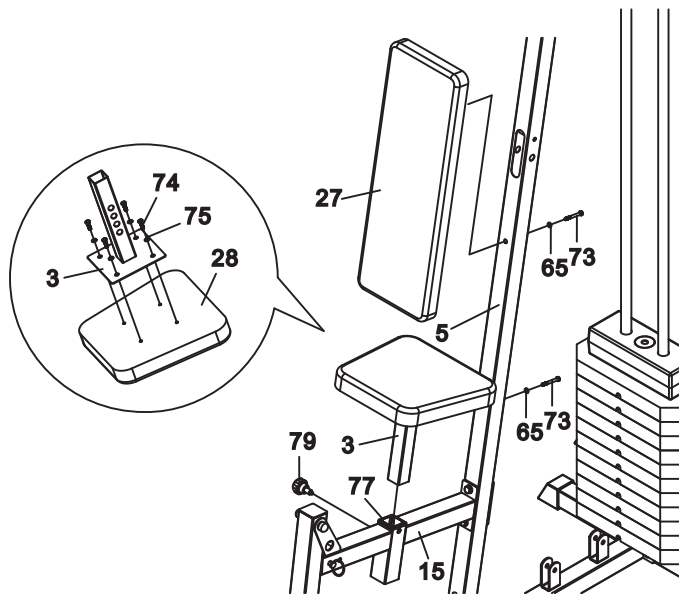


(54) Ring Pin
1 PC

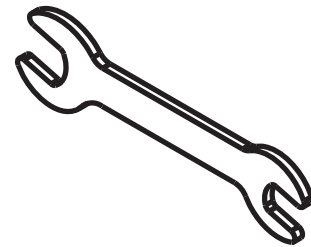
Plastic Parts:



(83) Hexagon Nut
Cap M10
2 PCS



Tool:



Wrench 14-10
1 PC

Step 8

Attach the Backrest (27) onto the Main Support Tube (5) with two Ø8 Washer (65) and two M8x65 Hexagon Head Bolts (73). Tighten bolts with the Wrench provided.

Attach the Seat Pad (28) onto the Seat Frame (3) with four M6x16 Hexagon Head Bolts (74) and four Ø6 Washers (75). Tighten bolts with the Wrench provided.

Insert the Seat Frame (3) with Seat Pad (28) into the Seat Support Frame Plastic Bushing (77) of the Seat Support Tube (15). Adjust the seat position and insert the Round Knob (79). Turn the Round Knob (79) in the clockwise direction to tighten.

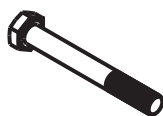
Adjusting the Seat Height

Turn the round knob in a counterclockwise direction until it can be pulled out. Pull out the round knob and then slide the seat frame up or down direction to the suitable position. Lock the seat frame in place by releasing the round knob and sliding the seat frame up or down slightly until the round knob "pops" down into the locked position. For added safety, tighten the round knob in a clockwise direction.

Hardware:



(65) Washer Ø8
2 PCS



(73) Hexagon Head Bolt
M8x65
2 PCS



(74) Hexagon Head Bolt
M6x16
4 PCS

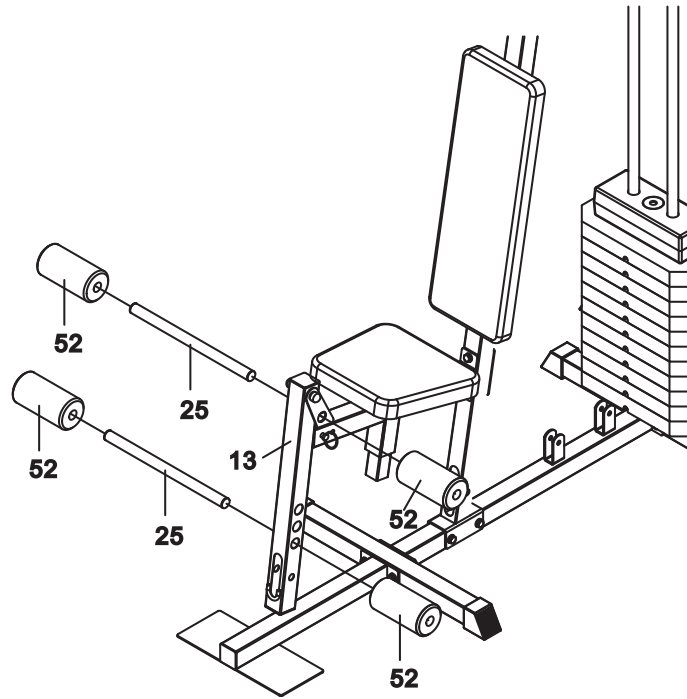


(75) Washer Ø6
4 PCS

Plastic Part:



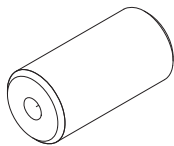
(79) Round Knob
1 PC



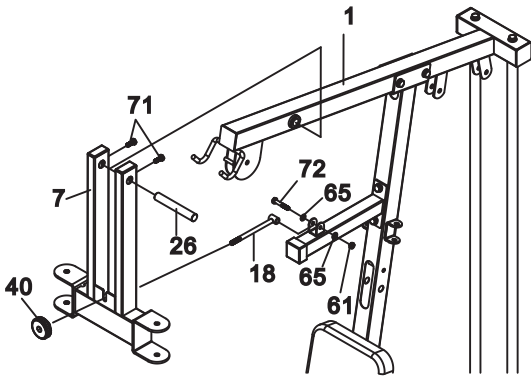
Step 9

Slide the Foam Roll Tube (25) through the round hole on the clevis of the Seat Support Tube (15). Slide two $\text{Ø}23 \times \text{Ø}80 \times 160$ Foam Rolls (52) onto both ends of the Foam Roll Tube (25). Slide the Foam Roll Tube (25) through the round hole on the Leg Extension Tube (13). Slide two $\text{Ø}23 \times \text{Ø}80 \times 160$ Foam Rolls (52) onto both ends of the Foam Roll Tube (25).

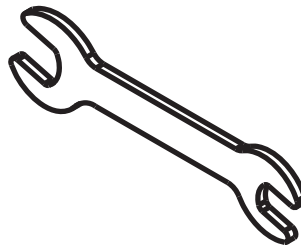
Foam Roller:



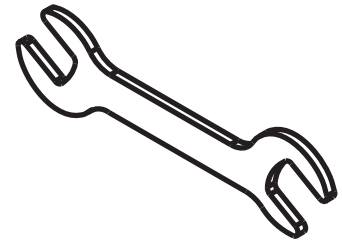
(52) Foam Roll
 $\text{Ø}23 \times \text{Ø}80 \times 160$
4 PCS



Tool:



Wrench 14-10
1 PC



Wrench 14-17
1 PC

Step 10

Attach the Support Frame for Pec Arm (7) onto the Top Frame (1) with one Top Shaft (26) and two M8x20 Hexagon Head Bolts (71). Tighten bolt with the Wrench provided.

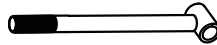
Attach the Lock Bar (18) onto the clevis of the Support Tube (8) with one M8x45 Hexagon Head Bolt (72), one M8 Nylon Lock Nut (61), and two Ø8 Washers (65). Tighten bolt and nut with two Wrenches provided.

Install the M10 Knob (40) onto the Lock Bar (18) by turning it in a clockwise direction.

Hardware:



(71) Hexagon Head Bolt
M8x20
2 PCS



(18) Lock Bar
1 PC



(72) Hexagon Head Bolt
M8x45
1 PC



(61) Nylon Lock Nut
M8
1 PC

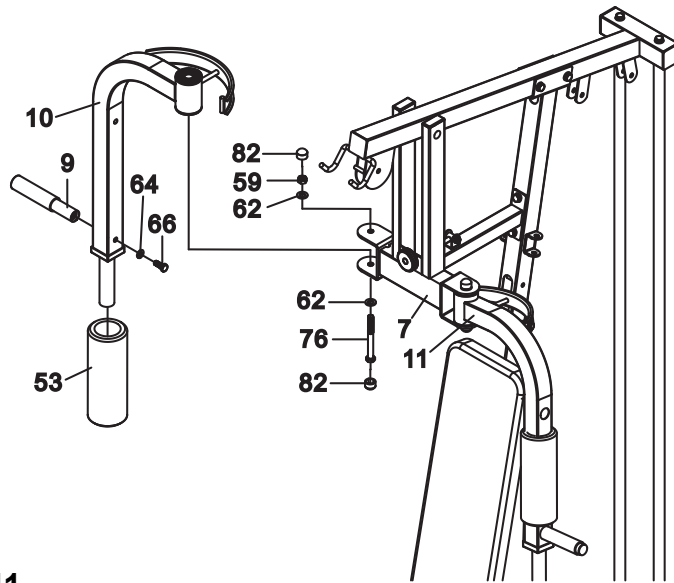


(65) Washer Ø8
2 PCS

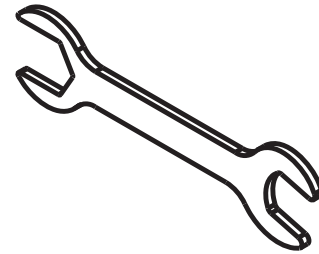
Plastic Part:



(40) Knob M10
1 PC



Tool:

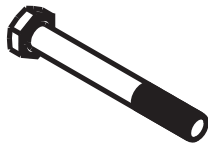


Wrench 19-17
2 PCS

Step 11

Attach the Right Pec Arm (10) onto the Support Frame for Pec Arm (7) with one M12x115 Hexagon Head Bolt (76), one M12 Nylon Lock Nut (59), and two Ø12 Washers (62). Tighten bolt and nut with two Wrenches provided. Install two M12 Hexagon Nut Caps (82) onto the M12x115 Hexagon Head Bolt (76) and M12 Nylon Lock Nut (59). Slide the Ø90x245 Pec Foam Roll (53) onto the Right Pec Arm (10). Attach the Handle (9) onto the Right Pec Arm (10) with one Ø10 Washers (64) and one M10x25 Hexagon Head Bolt (66). Use the same procedure to install the Left Pec Arm (11) onto the Support Frame for Pec Arm (7).

Hardware:



(76) Hexagon Head Bolt
M12x115
2 PCS



(59) Nylon Lock Nut
M12
2 PCS



(62) Washer Ø12
4 PCS

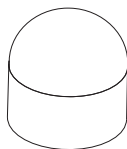


(64) Washer Ø10
2 PCS



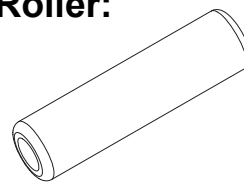
(66) Hexagon Head Bolt
M10x25
2 PCS

Plastic Parts:



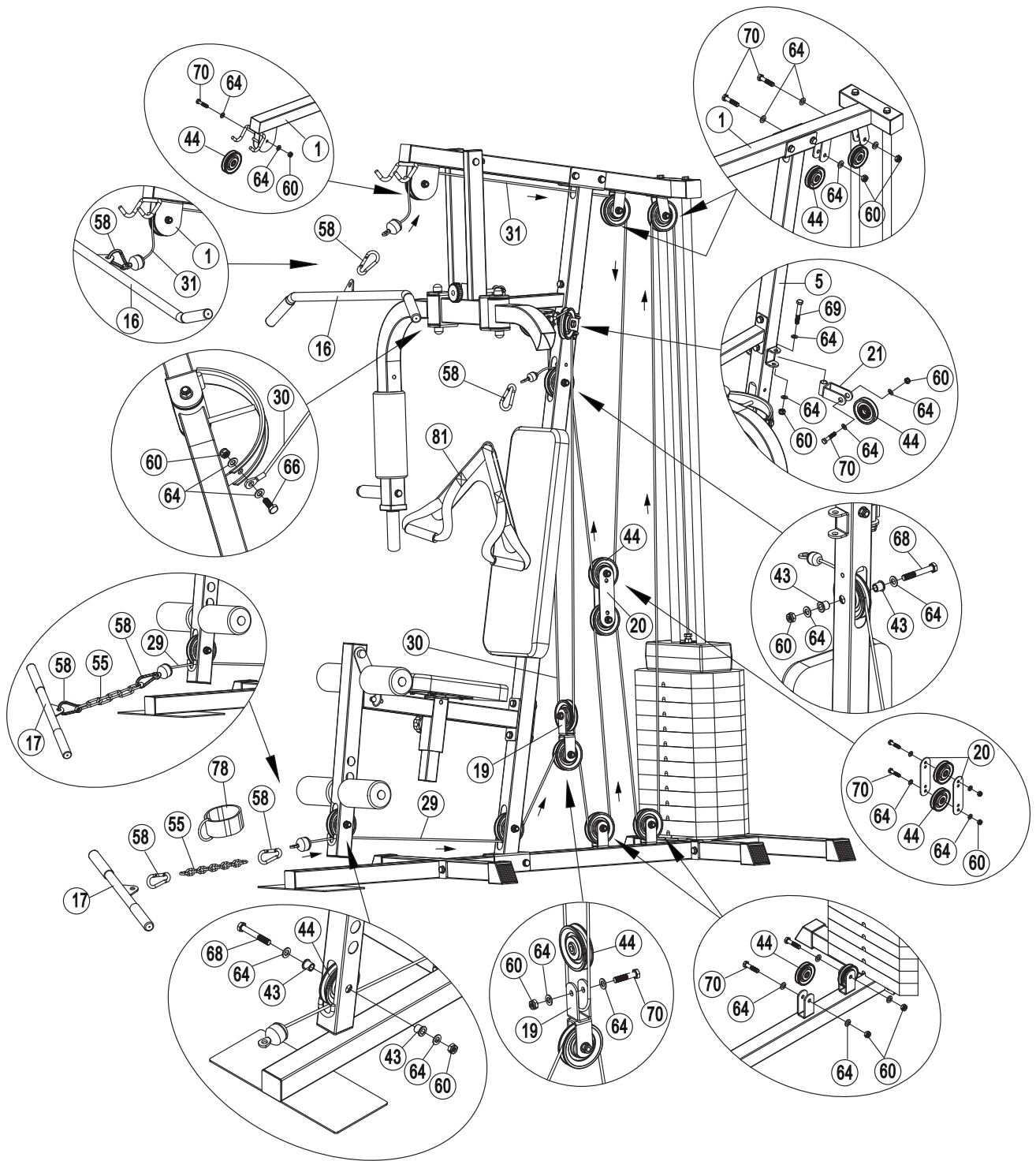
(82) Hexagon Nut Cap
M12
4 PCS

Foam Roller:

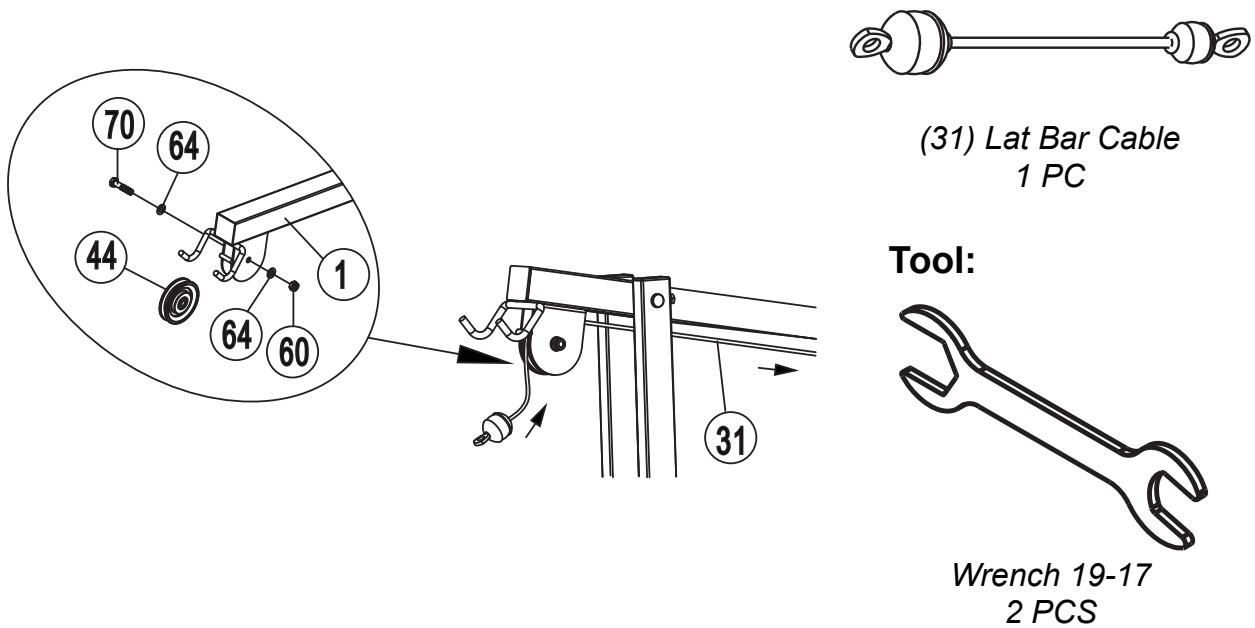


(53) Pec Foam Roll
Ø90x245
2 PCS

CABLE LOOP DIAGRAM



PULLEYS AND LAT BAR CABLE INSTALLATION



Step 1

Insert the Lat Bar Cable (31) around the Pulley (44) with the big ball end of the cable at the front of the Pulley (44). Then attach the Pulley (44) onto the Top Frame (1) with one M10 Nylon Lock Nut (60), one M10x45 Hexagon Head Bolt (70), and two Ø10 Washers (64). Tighten bolt and nut with two Wrenches provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.

Pulley:



(44) Pulley
1 PC

Hardware:



(60) Nylon Lock Nut
M10
1 PC

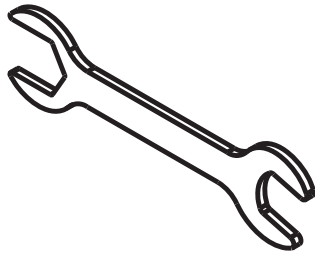


(70) Hexagon Head Bolt
M10x45
1 PC

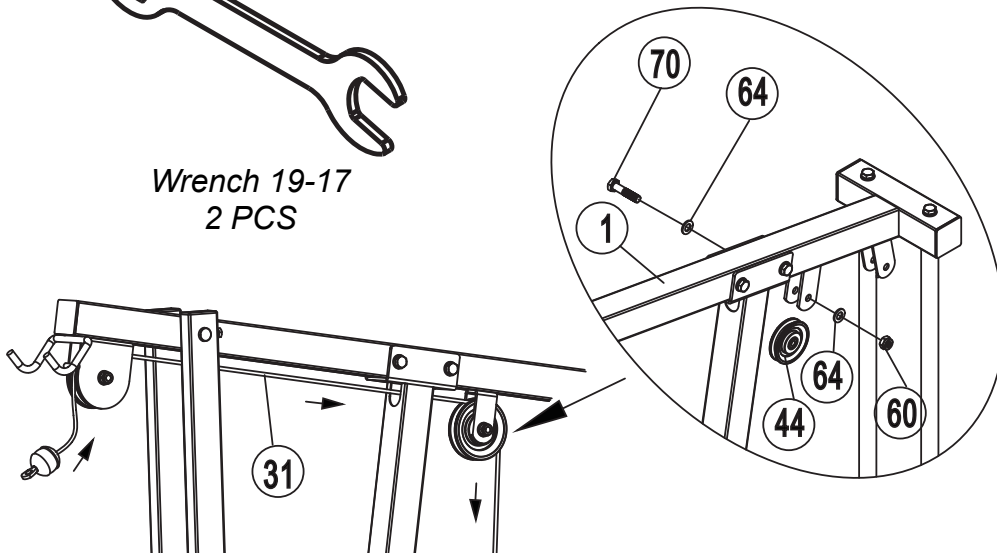


(64) Washer Ø10
2 PCS

Tool:



Wrench 19-17
2 PCS



Step 2

Pull the Lat Bar Cable (31) towards to the second Pulley (44) and draw it around the Pulley (44). Then attach the Pulley (44) onto the Top Frame (1) with one M10 Nylon Lock Nut (60), one M10x45 Hexagon Head Bolt (70), and two Ø10 Washers (64). Tighten bolt and nut with two Wrenches provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.

Pulley:



(44) Pulley
1 PC

Hardware:



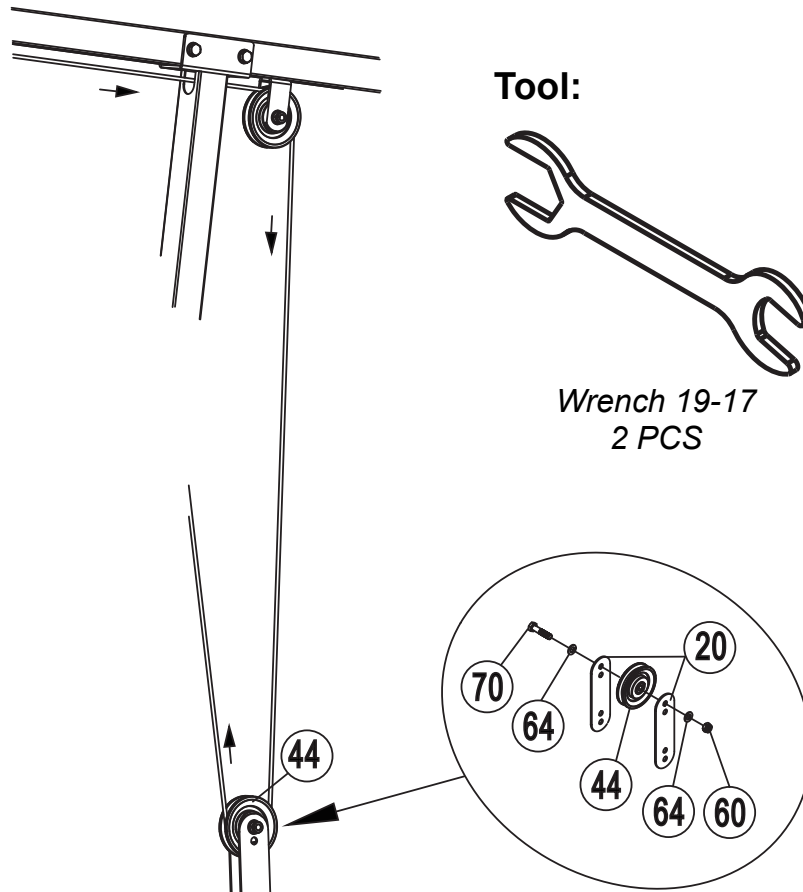
(60) Nylon Lock Nut
M10
1 PC



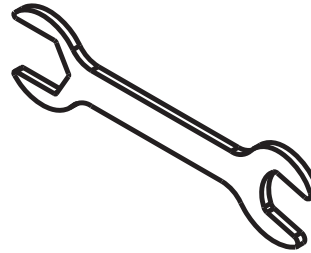
(70) Hexagon Head Bolt
M10x45
1 PC



(64) Washer Ø10
2 PCS



Tool:



Wrench 19-17
2 PCS

Step 3

Pull the Lat Bar Cable (31) downwards. Draw the Lat Bar Cable (31) around the Pulley (44). Then attach the Pulley (44) onto the Pulley Plates (20) with one M10 Nylon Lock Nut (60), one M10x45 Hexagon Head Bolt (70), and two Ø10 Washers (64). Tighten bolt and nut with two Wrenches provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.

Pulley:



(44) Pulley
1 PC

Hardware:



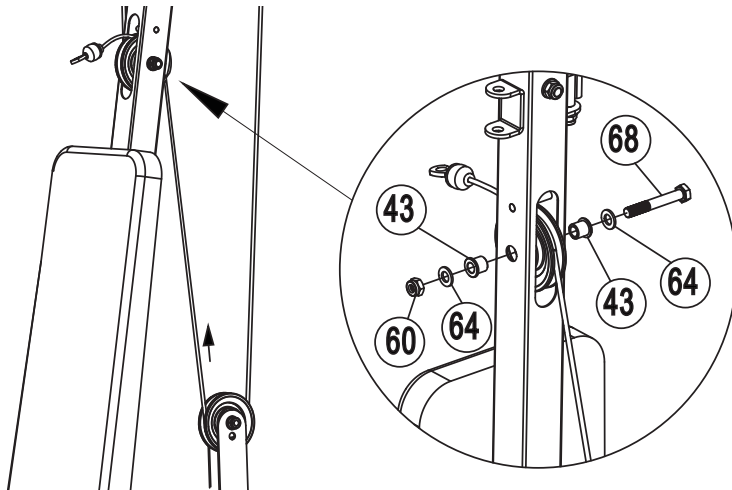
(60) Nylon Lock Nut
M10
1 PC



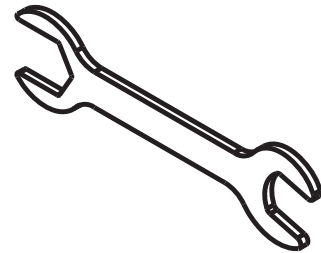
(70) Hexagon Head Bolt
M10x45
1 PC



(64) Washer Ø10
2 PCS



Tool:



Wrench 19-17
2 PCS

Step 4

Pull the Lat Bar Cable (31) upwards. Draw the Lat Bar Cable (31) around the Pulley (44). Then attach the Pulley (44) onto the Main Support Tube (5) with one M10 Nylon Lock Nut (60), one M10x70 Hexagon Head Bolt (68), two Ø10 Washers (64), and two Pulley Bushings (43). Tighten bolt and nut with two Wrenches provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.

Plastic Part:



(43) Pulley Bushing
2 PCS

Pulley:



(44) Pulley
1 PC

Hardware:



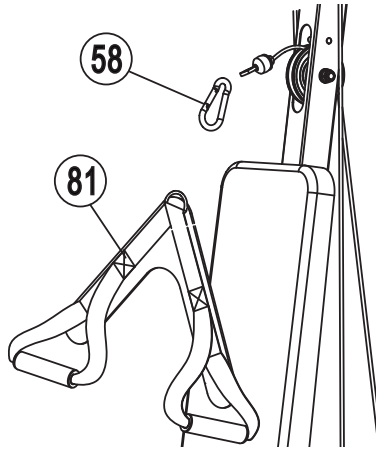
(60) Nylon Lock Nut
M10
1 PC



(68) Hexagon Head Bolt
M10x70
1 PC



(64) Washer Ø10
2 PCS



Step 5

Connect the Hook (58) to the ball stopper end of the Lat Bar Cable (31) and Abdominal Strap (81).

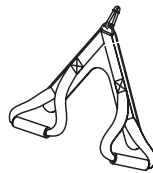
PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.

Hardware:

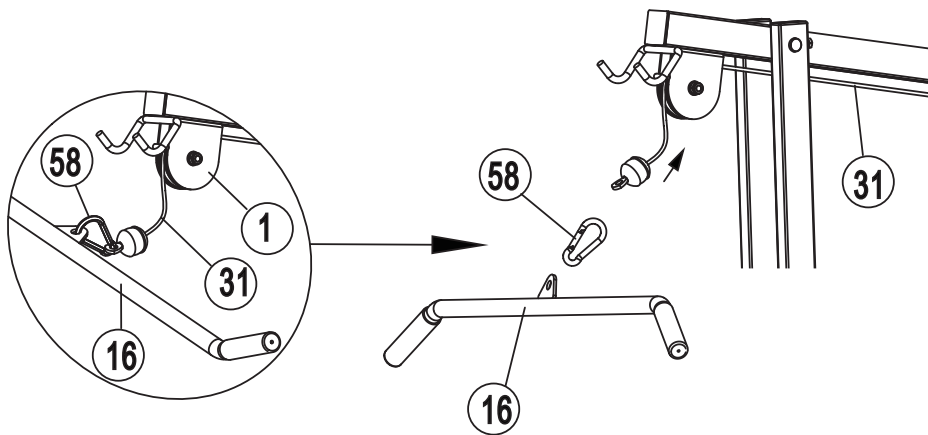


(58) Hook
1 PC

Accessory:



(81) Abdominal Strap
1 PC



Step 6

Connect the Hook (58) to the ball stopper end of the Lat Bar Cable (31) and Lat Bar (16).

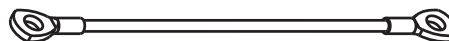
PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.

Hardware:

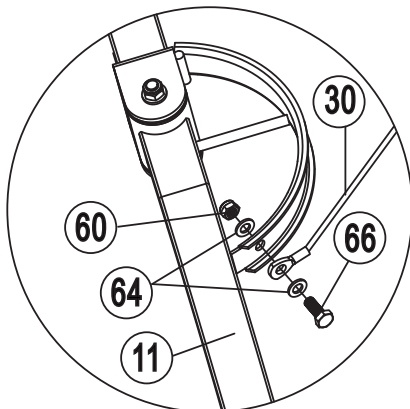


(58) Hook
1 PC

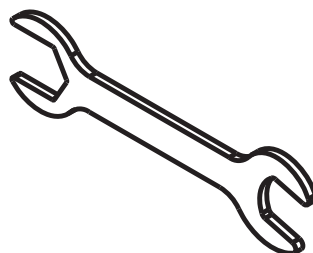
PULLEYS AND PEC CABLE INSTALLATION



(30) Pec Cable
1 PC



Tool:



Wrench 19-17
2 PCS

Step 1

Attach one end of the Pec Cable (30) onto the Left Pec Arm (11) with one M10 Nylon Lock Nut (60), one M10x25 Hexagon Head Bolt (66), and two Ø10 Washers (64). Tighten bolt and nut with two Wrenches provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.

Hardware:



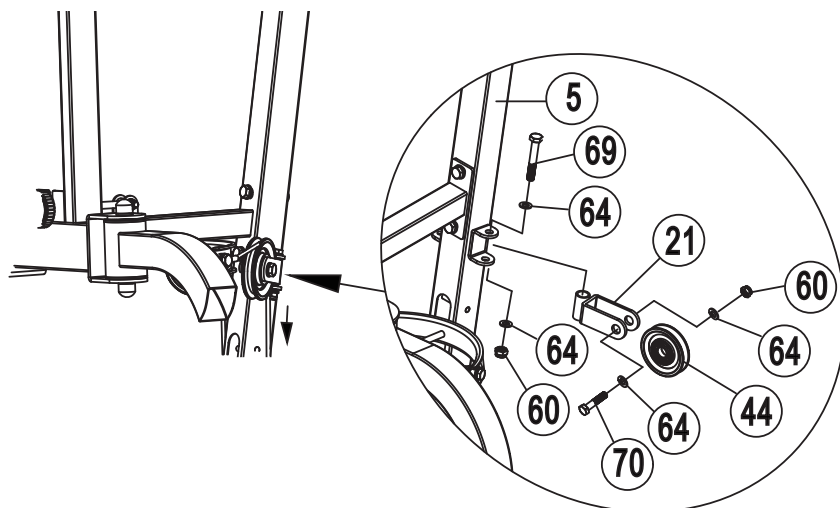
(60) Nylon Lock Nut
M10
1 PC



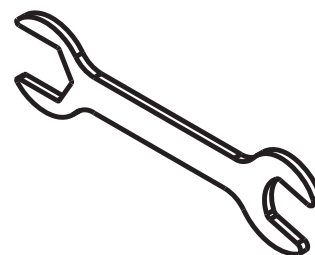
(66) Hexagon Head Bolt
M10x25
1 PC



(64) Washer Ø10
2 PCS



Tool:



*Wrench 19-17
2 PCS*

Step 2

Attach the Pec Pulley Bracket (21) onto the left clevis of the Main Support Tube (5) with one M10 Nylon Lock Nut (60), one M10x65 Hexagon Head Bolt (69), and two Ø10 Washers (64). Tighten bolt and nut with two Wrenches provided.

Insert the other end of the Pec Cable (30) around the Pulley (44). Then attach the Pulley (44) onto the Pec Pulley Bracket (21) with one M10 Nylon Lock Nut (60), one M10x45 Hexagon Head Bolt (70), and two Ø10 Washers (64). Tighten bolt and nut with two Wrenches provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.

Pulley:



(44) Pulley
1 PC

Hardware:



(60) Nylon Lock Nut M10
2 PCS



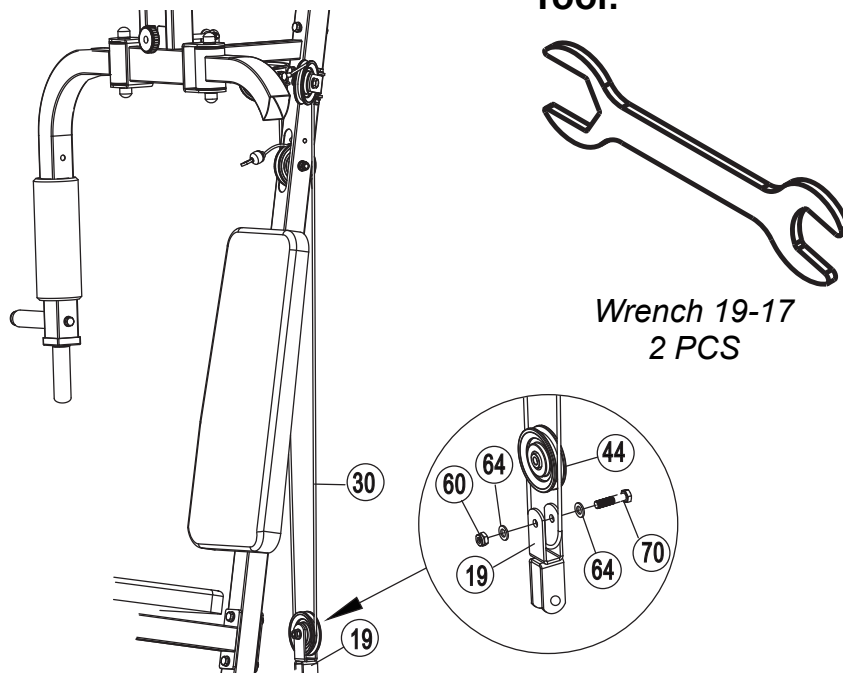
(69) Hexagon Head Bolt
M10x65
1 PC



(64) Washer Ø10
4 PCS



(70) Hexagon Head Bolt
M10x45
1 PC



Step 3

Pull the Pec Cable (30) downwards to the Crossed Double Floating Pulley Bracket (19). Draw the Pec Cable (30) around the Pulley (44) on the Crossed Double Floating Pulley Bracket (19). Then attach the Pulley (44) onto the Crossed Double Floating Pulley Bracket (19) with one M10 Nylon Lock Nut (60), one M10x45 Hexagon Head Bolt (70), and two Ø10 Washers (64). Tighten bolt and nut with two Wrenches provided.

Attach the Pec Pulley Bracket (21) onto the right clevis of the Main Support Tube (5) with one M10 Nylon Lock Nut (60), one M10x65 Hexagon Head Bolt (69), and two Ø10 Washers (64). Tighten bolt and nut with two Wrenches provided.

Pull the Pec Cable (30) upwards to the Pec Pulley Bracket (21).

Insert the Pec Cable (30) around the Pulley (44). Then attach the Pulley (44) onto the Pec Pulley Bracket (21) with one M10 Nylon Lock Nut (60), one M10x45 Hexagon Head Bolt (70), and two Ø10 Washers (64). Tighten bolt and nut with two Wrenches provided.

Attach the other end of the Pec Cable (30) onto the Right Pec Arm (10) with one M10 Nylon Lock Nut (60), one M10x25 Hexagon Head Bolt (66), and two Ø10 Washers (64). Tighten bolt and nut with two Wrenches provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.

Pulley:



(44) Pulley
2 PCS

Hardware:



(60) Nylon Lock Nut
M10
4 PCS



(70) Hexagon Head Bolt
M10x45
2 PCS



(64) Washer Ø10
8 PCS

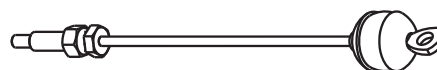
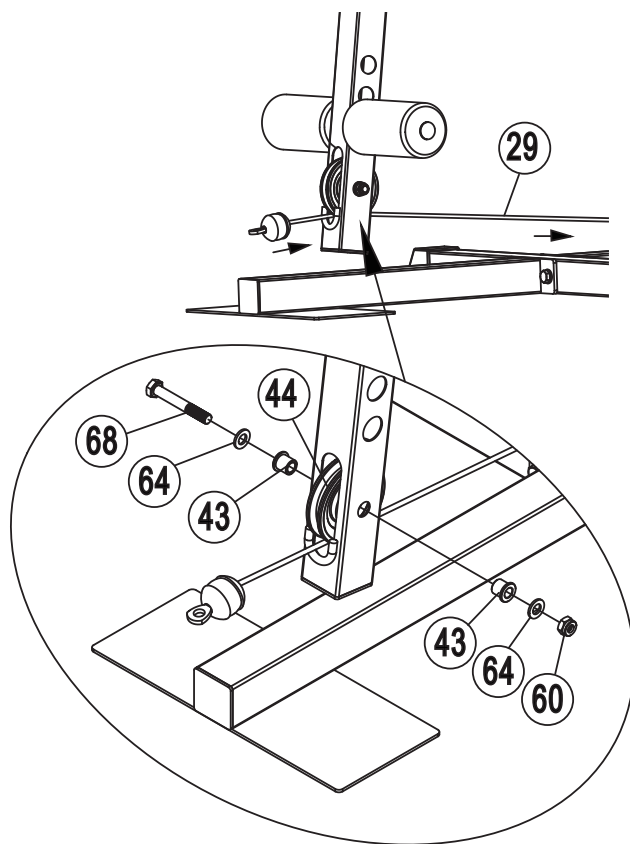


(69) Hexagon Head Bolt
M10x65
1 PC



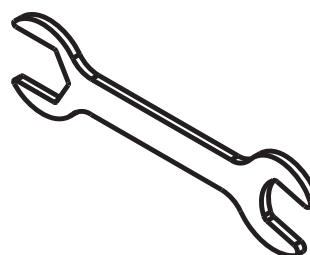
(66) Hexagon Head Bolt
M10x25
1 PC

PULLEYS AND LEG EXTENSION CABLE INSTALLATION



(29) Leg Extension Cable
1 PC

Tool:



Wrench 19-17
2 PCS

Step 1

Insert the Leg Extension Cable (29) to the Pulley (44). Then attach the Pulley (44) onto the Leg Extension Tube (13) with one M10 Nylon Lock Nut (60), one M10x70 Hexagon Head Bolt (68), two Ø10 Washers (64), and two Pulley Bushings (43). Tighten bolt and nut with two Wrenches provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.

Plastic Part:



(43) Pulley Bushing
2 PCS

Pulley:



(44) Pulley
1 PC

Hardware:



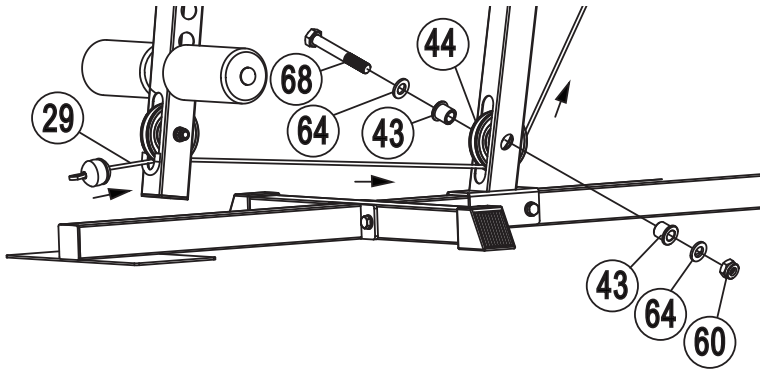
(60) Nylon Lock Nut
M10
1 PC



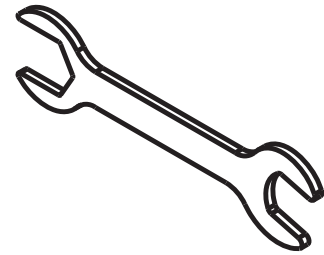
(68) Hexagon Head Bolt
M10x70
1 PC



(64) Washer Ø10
2 PCS



Tool:



Wrench 19-17
2 PCS

Step 2

Pull the Leg Extension Cable (29) towards and insert it to the second Pulley (44). Then attach the Pulley (44) onto the Main Support Tube (5) with one M10 Nylon Lock Nut (60), one M10x70 Hexagon Head Bolt (68), two Ø10 Washers (64), and two Pulley Bushings (43). Tighten bolt and nut with two Wrenches provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.

Plastic Part:



(43) Pulley Bushing
2 PCS

Pulley:



(44) Pulley
1 PC

Hardware:



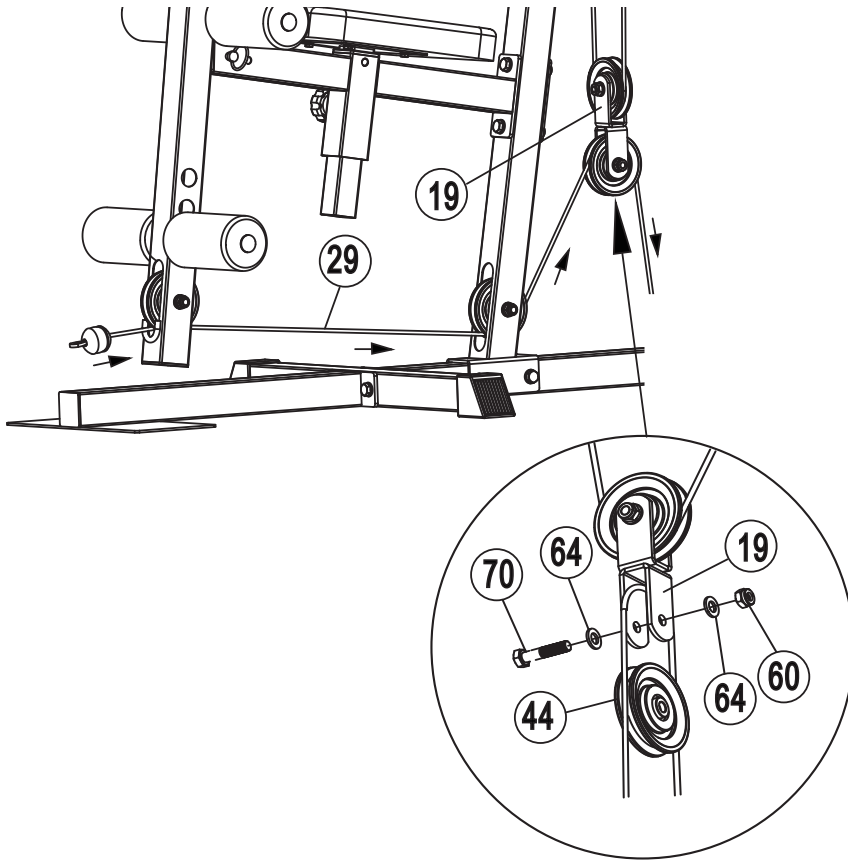
(60) Nylon Lock Nut
M10
1 PC



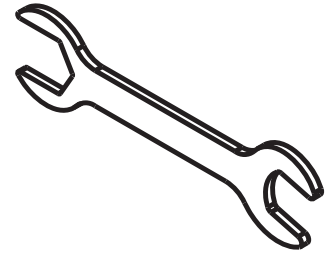
(68) Hexagon Head Bolt
M10x70
1 PC



(64) Washer Ø10
2 PCS



Tool:



*Wrench 19-17
2 PCS*

Step 3

Pull the Leg Extension Cable (29) upwards to the Crossed Double Floating Pulley Bracket (19). Draw the Leg Extension Cable (29) around the Pulley (44) on the Crossed Double Floating Pulley Bracket (19). Then attach the Pulley (44) onto the Crossed Double Floating Pulley Bracket (19) with one M10 Nylon Lock Nut (60), one M10x45 Hexagon Head Bolt (70), and two Ø10 Washers (64). Tighten bolt and nut with two Wrenches provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.

Pulley:



(44) Pulley
1 PC

Hardware:



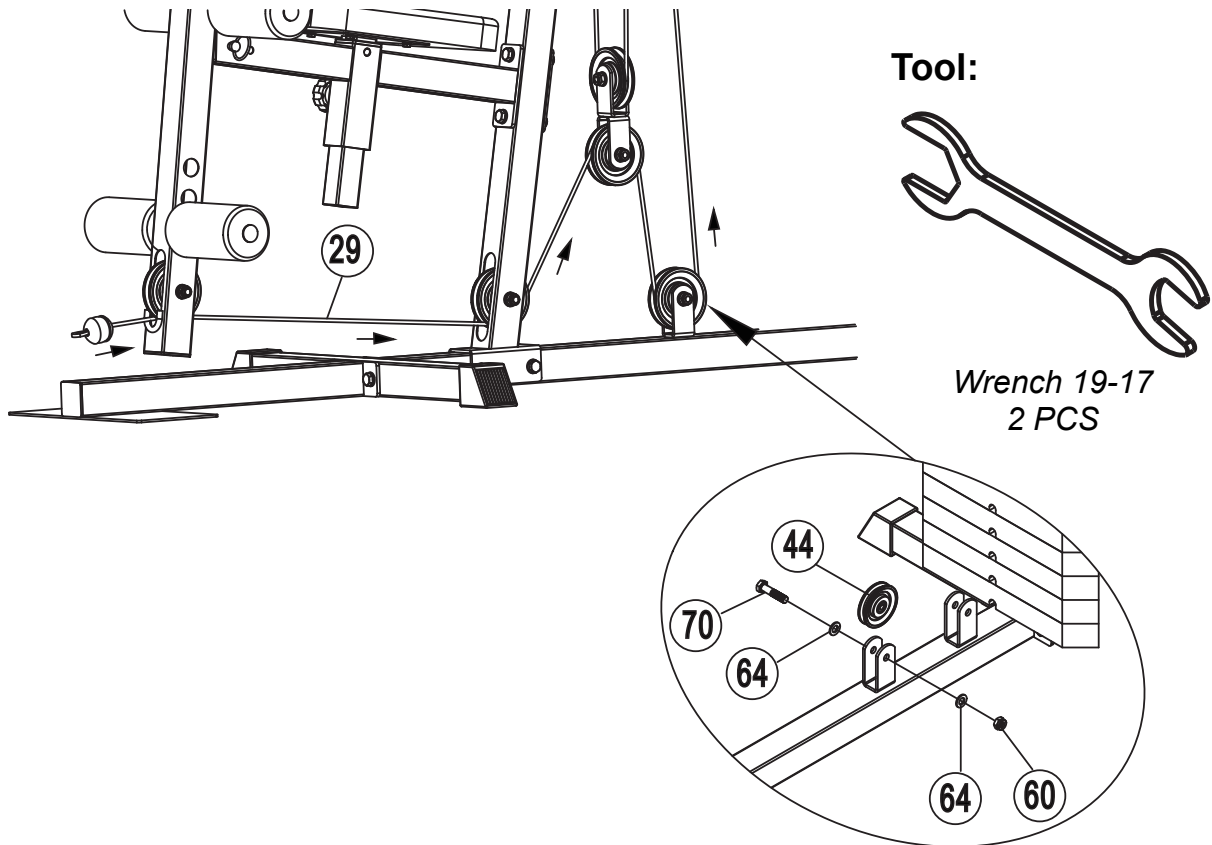
(60) Nylon Lock Nut
M10
1 PC



(70) Hexagon Head Bolt
M10x45
1 PC



(64) Washer Ø10
2 PCS



Step 4

Pull the Leg Extension Cable (29) downwards to the Pulley (44). Draw the Leg Extension Cable (29) around the Pulley (44). Then attach the Pulley (44) onto the Main Base Tube (2) with one M10 Nylon Lock Nut (60), one M10x45 Hexagon Head Bolt (70), and two Ø10 Washers (64). Tighten bolt and nut with two Wrenches provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.

Pulley:



(44) Pulley
1 PC

Hardware:



(60) Nylon Lock Nut
M10
1 PC

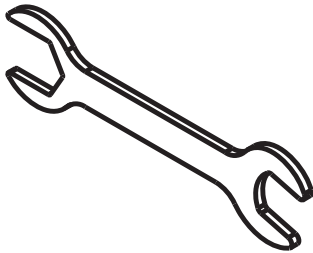


(70) Hexagon Head Bolt
M10x45
1 PC

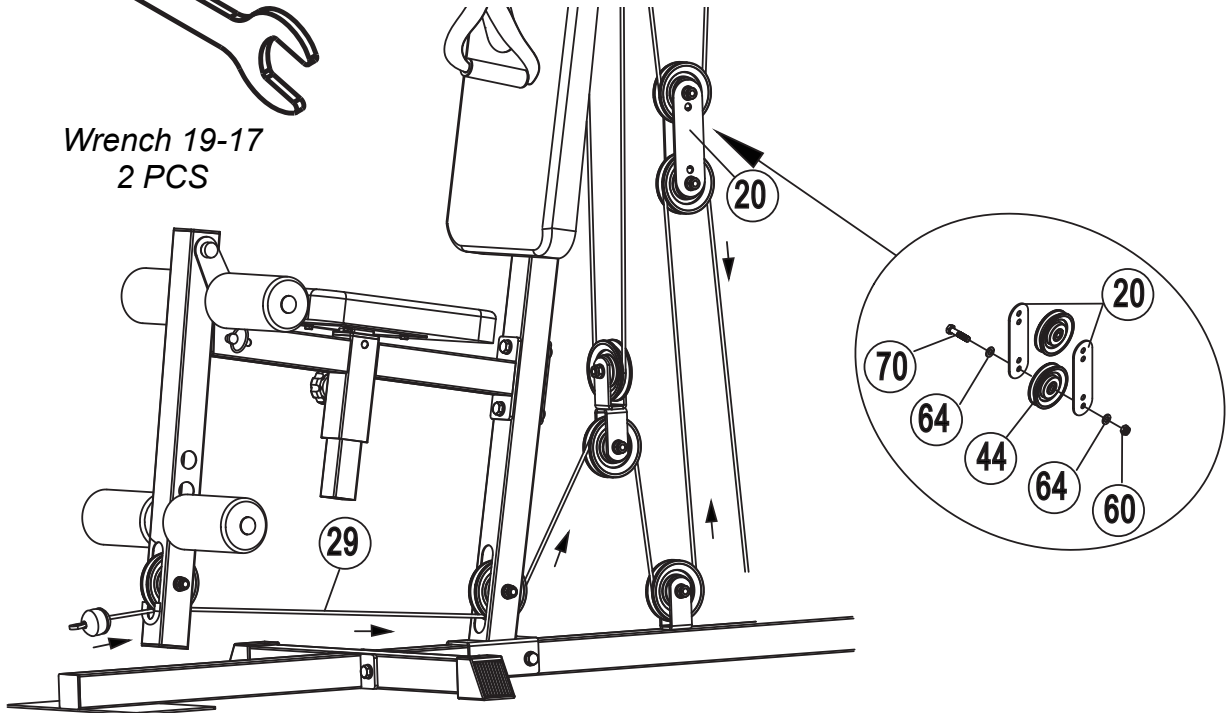


(64) Washer Ø10
2 PCS

Tool:



Wrench 19-17
2 PCS



Step 5

Pull the Leg Extension Cable (29) upwards to the Pulley Plates (20). Draw the Leg Extension Cable (29) around the Pulley (44) on the Pulley Plates (20). Then attach the Pulley (44) onto the Pulley Plates (20) with one M10 Nylon Lock Nut (60), one M10x45 Hexagon Head Bolt (70), and two Ø10 Washers (64). Tighten bolt and nut with two Wrenches provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.

Pulley:



(44) Pulley
1 PC

Hardware:



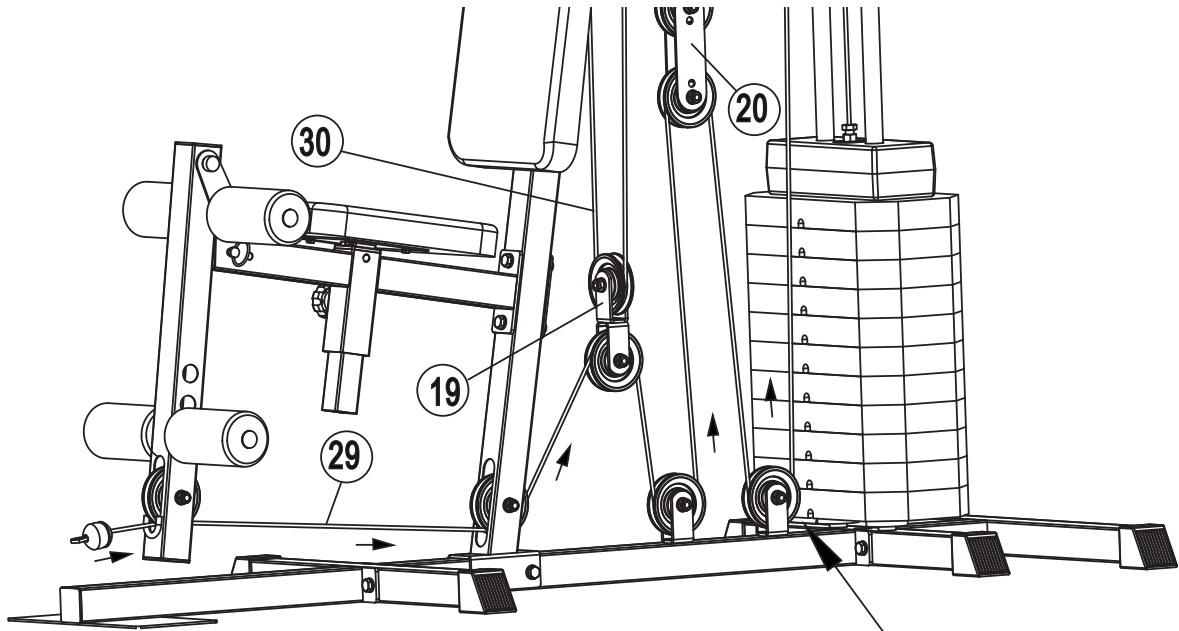
(60) Nylon Lock Nut
M10
1 PC



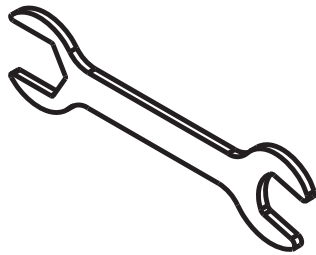
(70) Hexagon Head Bolt
M10x45
1 PC



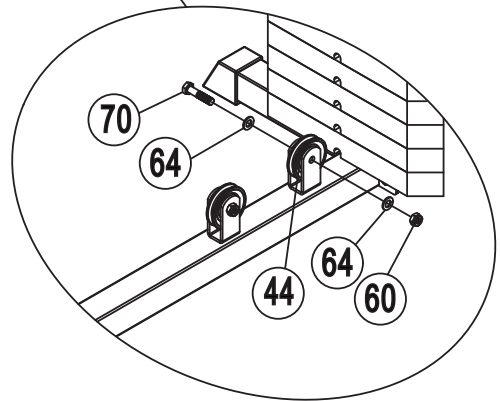
(64) Washer Ø10
2 PCS



Tool:



Wrench 19-17
2 PCS



Step 6

Pull the Leg Extension Cable (29) downwards to the Pulley (44). Draw the Leg Extension Cable (29) around the Pulley (44). Then attach the Pulley (44) onto the Main Base Tube (2) with one M10 Nylon Lock Nut (60), one M10x45 Hexagon Head Bolt (70), and two Ø10 Washers (64). Tighten bolt and nut with two Wrenches provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.

Pulley:



(44) Pulley
1 PC

Hardware:



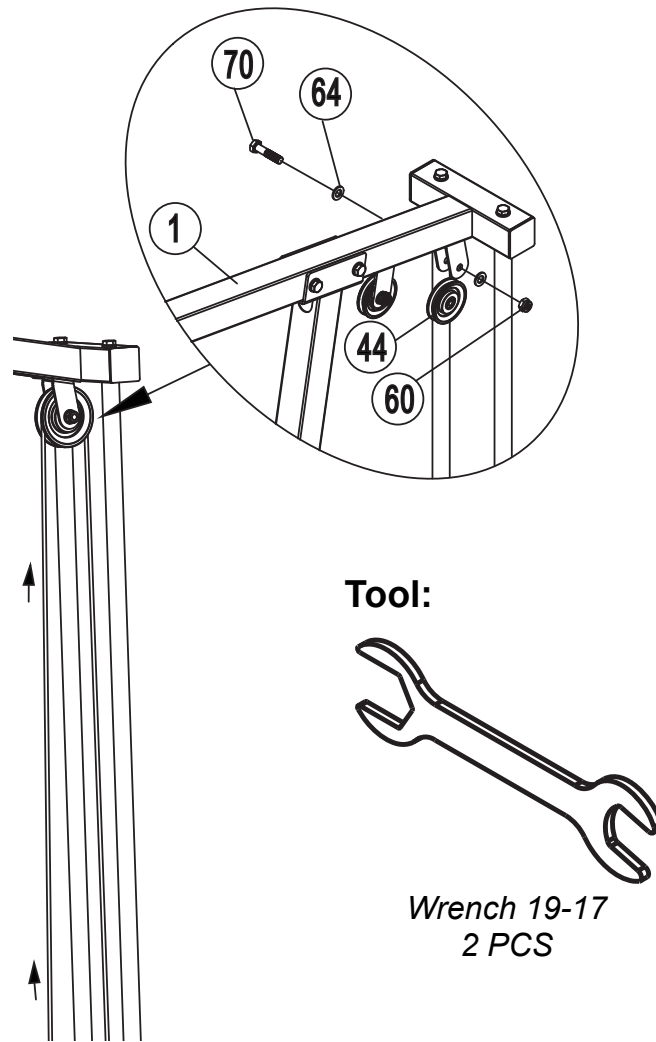
(60) Nylon Lock Nut
M10
1 PC



(70) Hexagon Head Bolt
M10x45
1 PC



(64) Washer Ø10
2 PCS



Step 7

Pull the Leg Extension Cable (29) upwards to the Pulley (44). Draw the Leg Extension Cable (29) around the Pulley (44). Then attach the Pulley (44) onto the Top Frame (2) with one M10 Nylon Lock Nut (60), one M10x45 Hexagon Head Bolt (70), and two Ø10 Washers (64). Tighten bolt and nut with two Wrenches provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.

Pulley:



(44) Pulley
1 PC

Hardware:



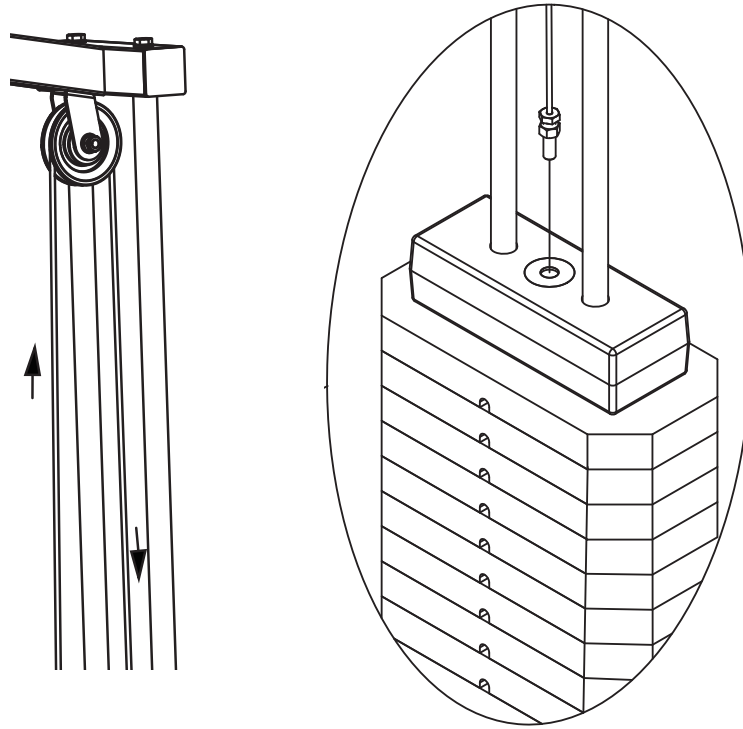
(60) Nylon Lock Nut
M10
1 PC



(70) Hexagon Head Bolt
M10x45
1 PC



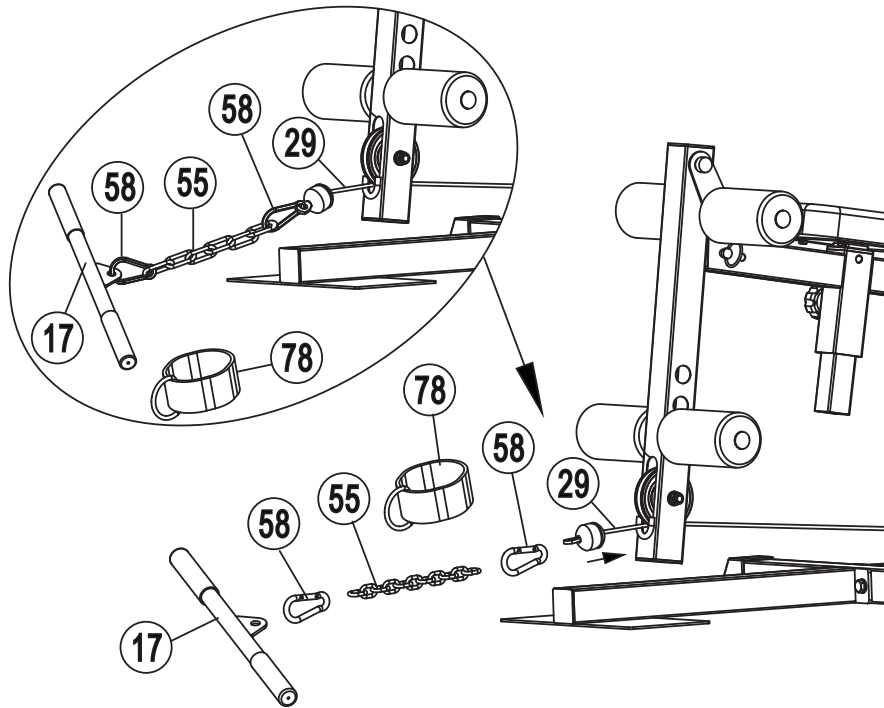
(64) Washer Ø10
2 PCS



Step 8

Pull the Leg Extension Cable (29) downwards to the Guide Rod (37). Thread the bolt at the end of the Leg Extension Cable (29) into the opening on top of the Guide Rod (37) to secure the cable.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.

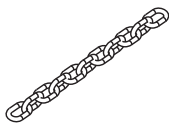


Step 9

Connect the Hook (58) to the ball stopper end of the Leg Extension Cable (29) and Coil Chain (55).

Connect the Hook (58) to the Coil Chain (55) and Arm Curl Handle (17) or Ankle Strap (78).

Hardware:

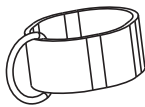


(55) Coil Chain
1 PC



(58) Hook
2 PCS

Accessory:



(78) Ankle Strap
1 PC

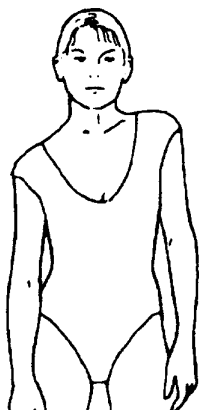
WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

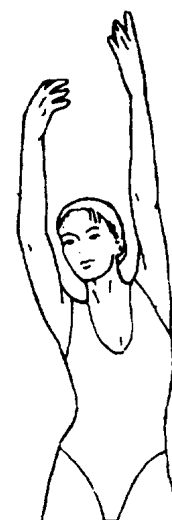
HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

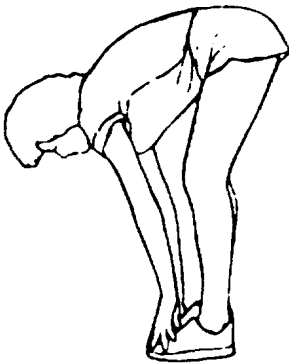


QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

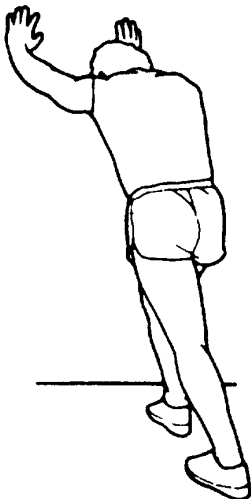
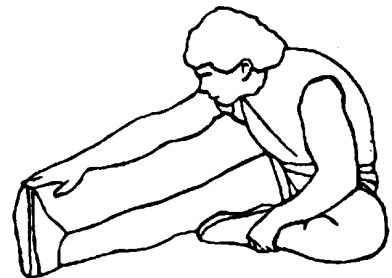


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.