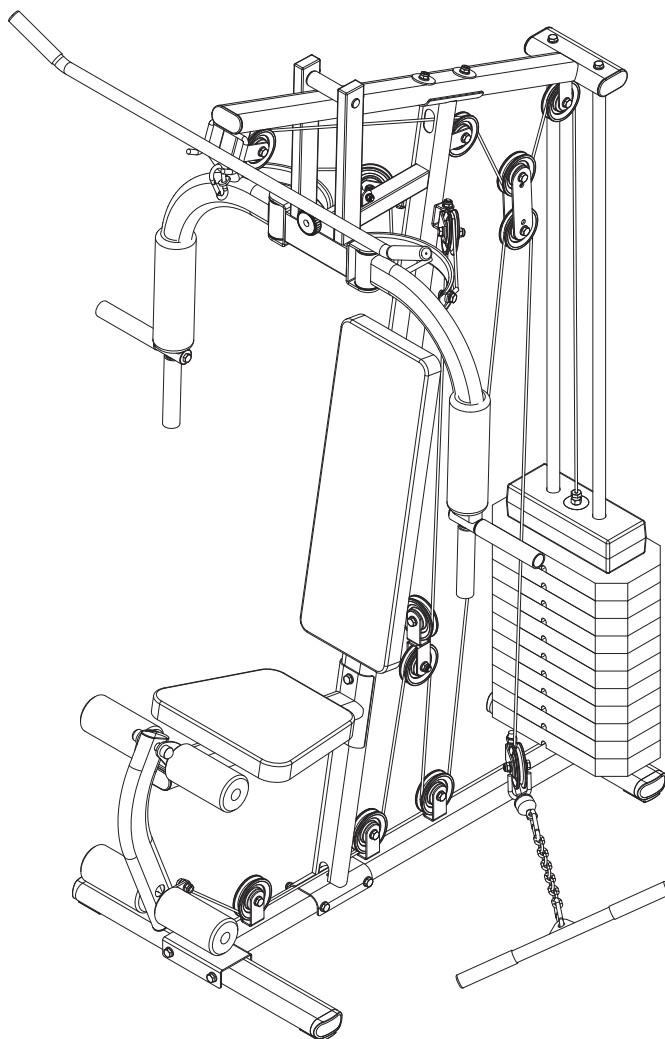


# ***LifeGear G3 / HOME GYM***

***ITEM NO.: 63120***

***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 extended only to the original owner and is not transferable.

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**

# SAFETY INSTRUCTIONS

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

1. Read all the instructions in this manual and do warm up exercises before using this home gym.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
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 might catch on 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 an *Authorized Service Representative*.
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 this 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.
14. Only one person should be on home gym while in use.
15. Keep children and pets away from home gym while in use. The minimum free space required for safe operation is not less than two meters.
16. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
17. The maximum weight capacity for this product is 250 lbs/110 kgs.



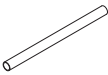










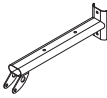
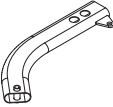

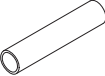

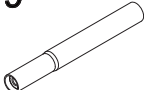


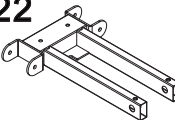

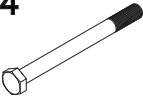





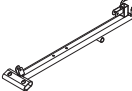



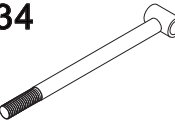



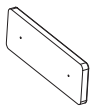
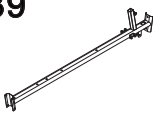

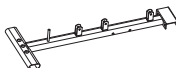

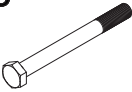
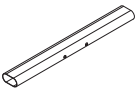



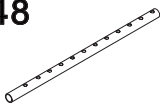

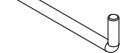

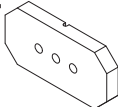
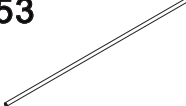


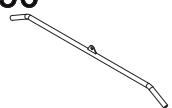
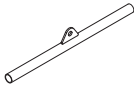




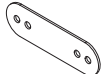


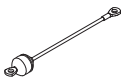





**WARNING:** Before beginning any exercise program consult your physician.

This is especially important for the persons 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					

## PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Foam Roll Ø23xØ80x160	4	033	Hexagon Head Bolt M8x45	1
002	Round Plug Ø25	4	034	Lock Bar	1
003	Foam Roll Tube	2	035	Knob	1
004	Hexagon Head Bolt M8x20	2	036	Nylon Lock Nut M8	1
005	Nylon Lock Nut M12	1	037	Pec Pulley Bracket	2
006	Hexagon Head Bolt M10x75	1	038	Backrest	1
007	Leg Extension Tube End Cap 70x30	2	039	Main Support Tube	1
008	Plug 80x40	4	040	Foot Plug 80x40	4
009	Hexagon Head Bolt M8x55	4	041	Base Frame	1
010	Washer Ø8	6	042	Hex Socket Bolt M10x20	2
011	Hexagon Head Bolt M10x60	4	043	Hexagon Head Bolt M10x100	4
012	Washer Ø10	60	044	Front Base Tube	1
013	Nylon Lock Nut M10	29	045	Top Weight Stack Washer	1
014	Seat Frame	1	046	Top Weight Stack	1
015	Leg Extension Tube	1	047	Plastic Bushing	1
016	Seat Pad	1	048	Guide Rod	1
017	Foam Grip Ø26xØ36x160	4	049	Pin	1
018	Round Plug Ø28	4	050	L-Shaped Pin	1
019	Handle	2	051	Rubber Bumper	2
020	Pec Foam Roll Ø60xØ90x245	2	052	Weight Stack	11
021	Right Pec Arm	1	053	Weight Stack Sliding Rod	2
022	Support Frame for Pec Arm	1	054	Buffer Ø30x7	2
023	Hexagon Head Bolt M10x25	7	055	Handgrip	4
024	Hexagon Head Bolt M10x110	2	056	Lat Bar	1
025	Plastic Bearing	4	057	Arm Curl Handle	1
026	Rectangular Plug 25x50	2	058	Hook	3
027	Big Washer Ø10	2	059	Top Shaft Ø19	1
028	Square Plug 38x38	2	060	Pulley	13
029	Square End Cap 38x38	1	061	Lat Bar Cable	1
030	Top Frame	1	062	Pulley Plate	2
031	Bushing Ø19	2	063	Crossed Double Floating Pulley Bracket	1
032	Hexagon Head Bolt M10x45	13	064	Pec Cable	1

## PARTS LIST

No.	Description	Qty	No.	Description	Qty
065	Leg Extension Cable	1	068	Hexagon Nut Cap M10	6
066	Coil Chain	1	069	Pulley Bracket	1
067	Left Pec Arm	1	070	Hexagon Head Bolt M10x65	2

## 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 contact an Authorized Service Representative immediately.

# HARDWARE PACKING LIST

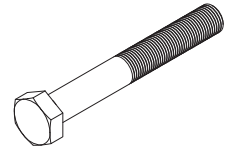
## Hardware



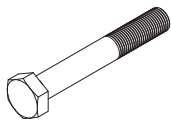
(4) Hexagon Head Bolt  
M8x20  
2 PCS



(5) Nylon Lock Nut M12  
1 PC



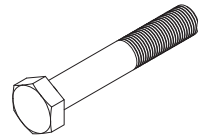
(6) Hexagon Head Bolt  
M10x75  
1 PC



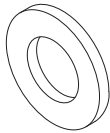
(9) Hexagon Head Bolt  
M8x55  
4 PCS



(10) Washer Ø8  
6 PCS



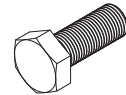
(11) Hexagon Head Bolt  
M10x60  
4 PCS



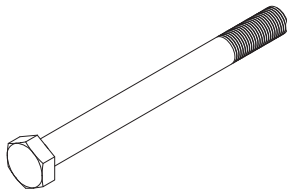
(12) Washer Ø10  
60 PCS



(13) Nylon Lock Nut M10  
29 PCS



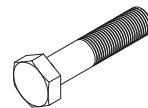
(23) Hexagon Head Bolt  
M10x25  
7 PCS



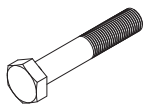
(24) Hexagon Head Bolt  
M10x110  
2 PCS



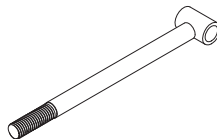
(27) Big Washer Ø10  
2 PCS



(32) Hexagon Head Bolt  
M10x45  
13 PCS



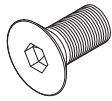
(33) Hexagon Head Bolt  
M8x45  
1 PC



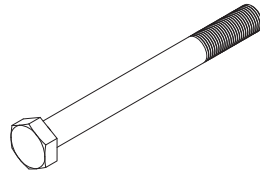
(34) Lock Bar  
1 PC



(36) Nylon Lock Nut M8  
1 PC



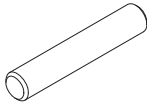
(42) Hex Socket Bolt  
M10x20  
2 PCS



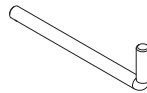
(43) Hexagon Head Bolt  
M10x100  
4 PCS



(45) Top Weight Stack Washer  
1 PC



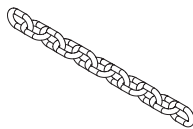
(49) Pin  
1 PC



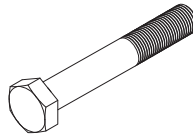
(50) L-Shaped Pin  
1 PC



(58) Hook  
3 PCS



(66) Coil Chain  
1 PC

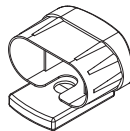


(70) Hexagon Head Bolt  
M10x65  
2 PCS

## Plastic Parts



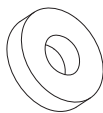
(35) Knob  
1 PC



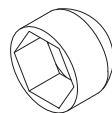
(40) Foot Plug 80x40  
4 PCS



(47) Plastic Bushing  
1 PC



(51) Rubber Bumper  
2 PCS



(68) Hexagon Nut Cap M10  
6 PCS

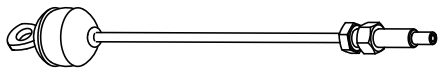


## Pulley Pack

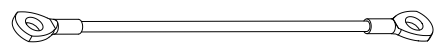


(60) Pulley  
13 PCS

## Cables



(61) Lat Bar Cable  
1 PC

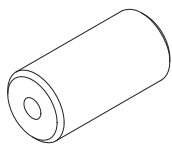


(64) Pec Cable  
1 PC

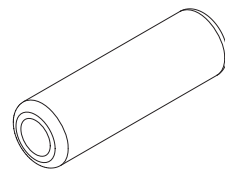


(65) Leg Extension Cable  
1 PC

## Foam Roller

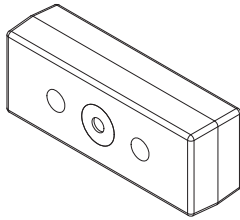


(1) Foam Roll  
Ø23xØ80x160  
4 PCS

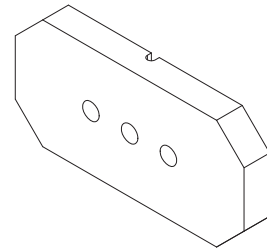


(20) Pec Foam Roll  
Ø60xØ90x245  
2 PCS

## Weight Stack Pack

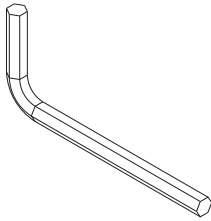


(46) Top Weight Stack  
(Approximately 3.6 kgs/8 lbs)  
1 PC

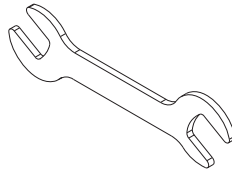


(52) Weight Stack  
(Approximately 4.5 kgs/10 lbs)  
11 PCS

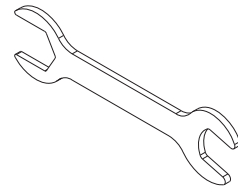
## Tools



Allen Wrench 6mm  
1 PC

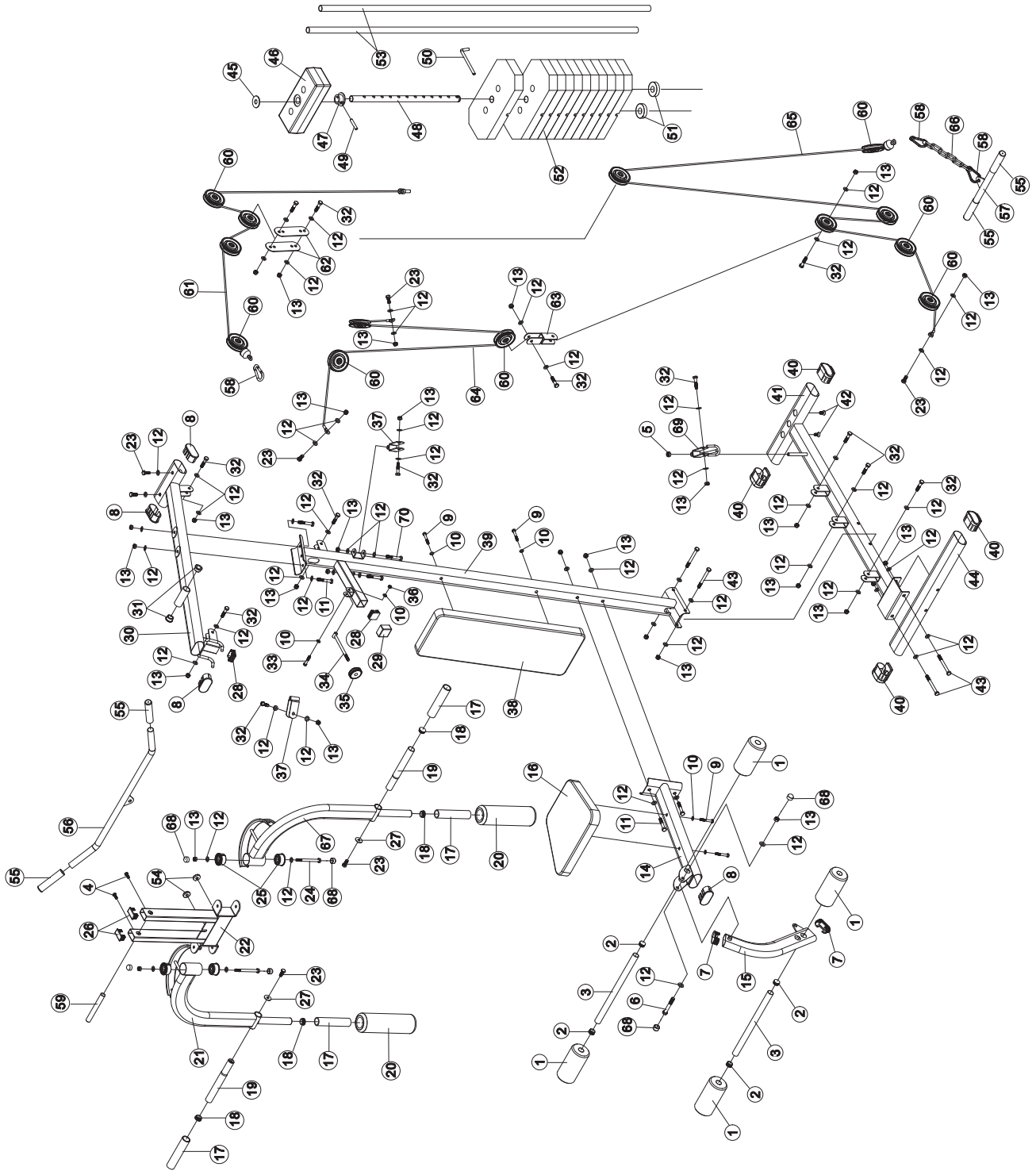


Wrench 14-17  
2 PCS



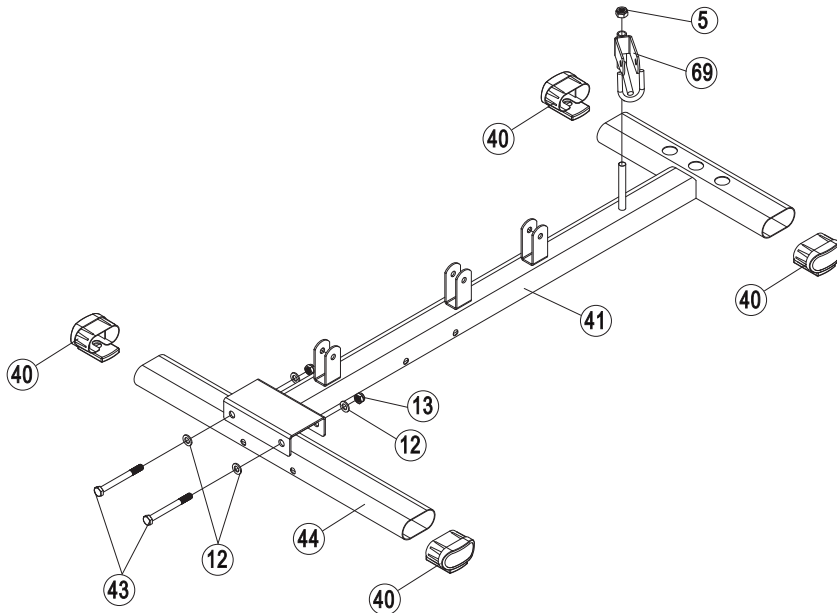
Wrench 19-17  
1 PC

# OVERVIEW DRAWING

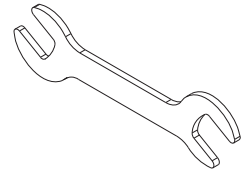


# ASSEMBLY INSTRUCTIONS

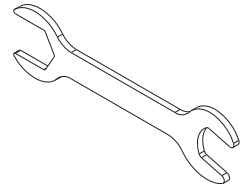
**NOTE:** It is recommended that you always use the aid of a second person when assembling the home gym.



## Tool:



1 Wrench (14-17)



1 Wrench (19-17)

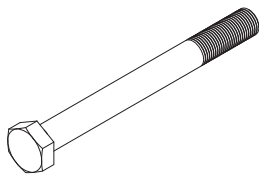
## Step 1

Attach the Front Base Tube (44) onto the Base Frame (41) with two M10x100 Hexagon Head Bolts (43), two M10 Nylon Lock Nuts (13), and four Ø10 Washers (12). Tighten bolts and nuts with two Wrenches provided.

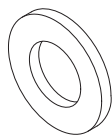
Attach the Pulley Bracket (69) onto the tube of the Base Frame (41) with one M12 Nylon Lock Nut (5). Tighten nut with the Wrench provided.

Slide four 80x40 Foot Plugs (40) onto each end of the Base Frame (41) and Front Base Tube (44).

## Hardware:



2 Hexagon Head Bolts  
(M10x100)



4 Washers  
(Ø10)

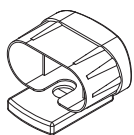


2 Nylon Lock Nuts  
(M10)

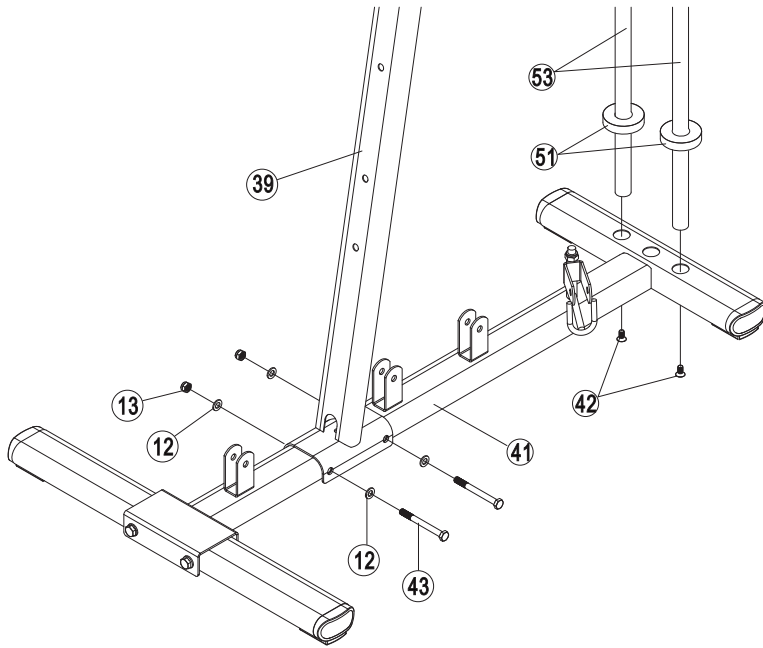


1 Nylon Lock Nut  
(M12)

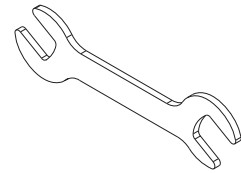
## Plastic Parts:



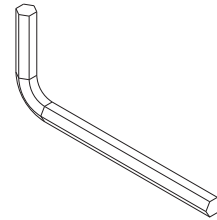
4 Foot Plugs (80x40)



**Tool:**



*2 Wrenches (14-17)*

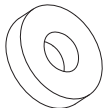


*1 Allen Wrench (6mm)*

**Step 2**

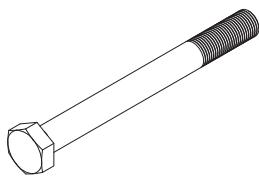
Slide two Rubber Bumpers (51) onto the Weight Stack Sliding Rods (51). Then insert two Weight Stack Sliding Rods (51) into the holes of the Base Frame (41) and secure with two M10x20 Hex Socket Bolts (42). Tighten bolts with the Allen Wrench provided. Attach the Main Support Tube (39) onto the Base Frame (41) with two M10x100 Hexagon Head Bolts (43), two M10 Nylon Lock Nuts (13), and four Ø10 Washers (12).

**Plastic Parts:**



*2 Rubber Bumpers*

**Hardware:**



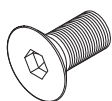
*2 Hexagon Head Bolts  
(M10x100)*



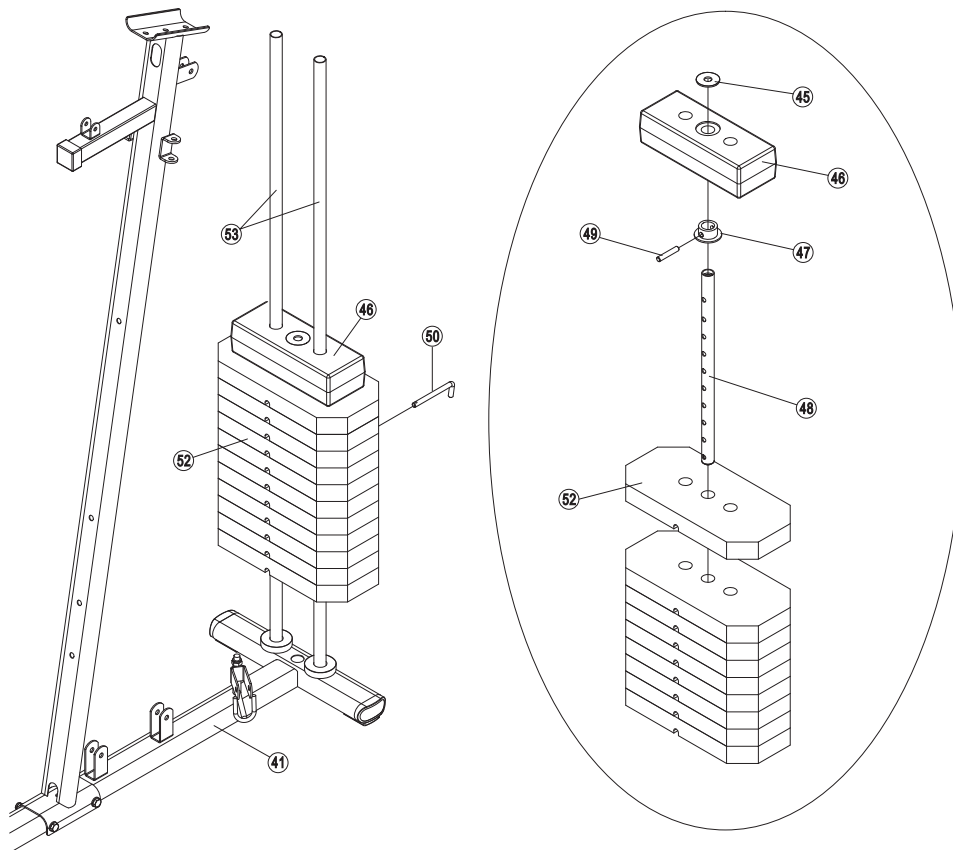
*4 Washers (Ø10)*



*2 Nylon Lock Nuts (M10)*



*2 Hex Socket Bolts (M10x20)*



### Step 3

Install each Weight Stack (52) onto the Weight Stack Sliding Rods (53).

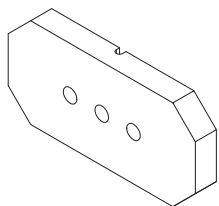
**NOTE: Ensure that each weight stack's selector pin slot faces downward.**

Slide the Plastic Bushing (47) onto the Guide Rod (48) and align pin hole. Secure the Plastic Bushing (47) onto the Guide Rod (48) by inserting the Pin (49) through into the holes of the Guide Rod (48) and Plastic Bushing (47).

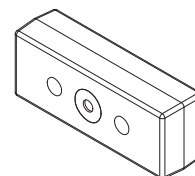
Slide the Top Weight Stack (46) onto the Guide Rod (48) and Plastic Bushing (47). Place the Top Weight Stack Washer (45) onto the hole of the Top Weight Stack (46).

Finally, install the Top Weight Stack (46) with Guide Rod (48) onto the Weight Stack Sliding Rods (53). Insert the L-Shaped Pin (50) into the pin slot.

### Weight Stack Pack:



11 Weight Stacks  
(Approximately 49.5 kgs/110 lbs)

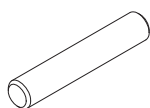


1 Top Weight Stack  
(Approximately 3.6 kgs/8 lbs)

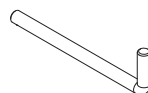
### Hardware:



1 Top Weight Stack Washer



1 Pin

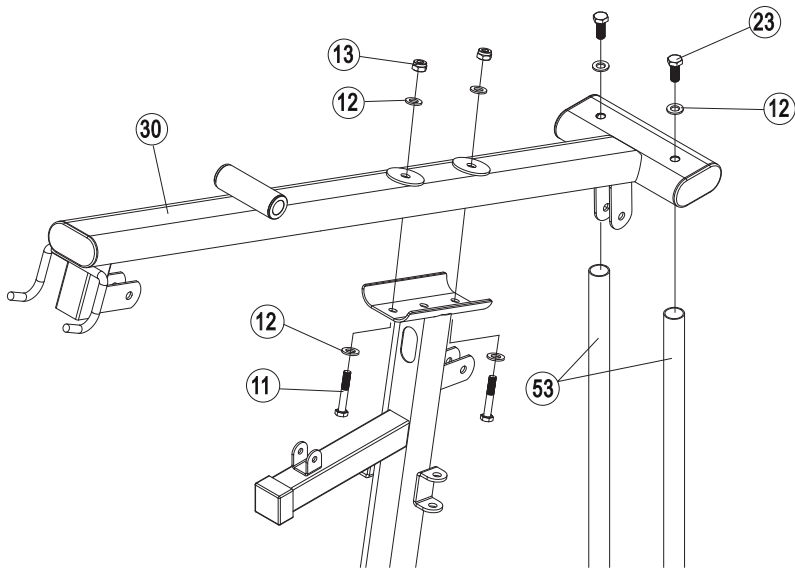


1 L-Shaped Pin

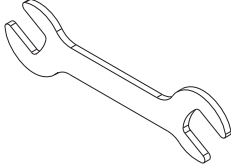


1 Plastic Bushing

### Plastic Part:



**Tool:**

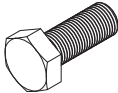


*2 Wrenches (14-17)*

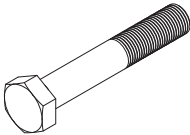
**Step 4**

Insert each Weight Stack Sliding Rod (53) into the corresponding hole in the Top Frame (30). Secure Weight Stack Sliding Rods (53) in the Top Frame (30) using two Ø10 Washers (12) and two M10x25 Hexagon Head Bolts (23). Tighten bolts with the Wrench provided. Attach the Top Frame (30) onto the Main Support Tube (39) with two M10x60 Hexagon Head Bolts (11), two M10 Nylon Lock Nuts (13), and four Ø10 Washers (12). Tighten nuts with two Wrenches provided.

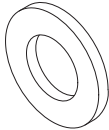
**Hardware:**



*2 Hexagon Head Bolts (M10x25)*



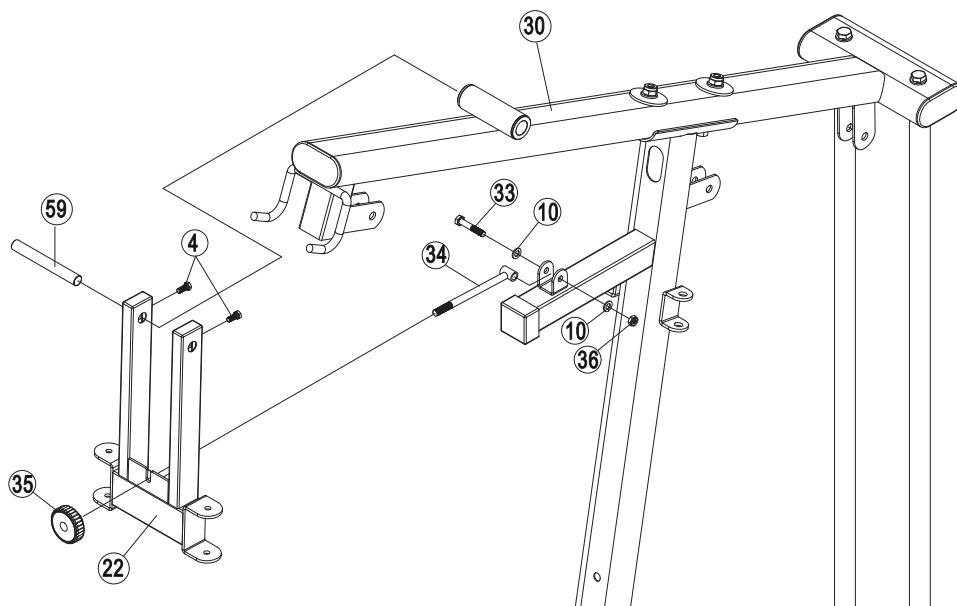
*2 Hexagon Head Bolts (M10x60)*



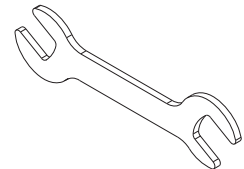
*6 Washers (Ø10)*



*2 Nylon Lock Nuts (M10)*



**Tool:**

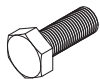


*2 Wrenches (14-17)*

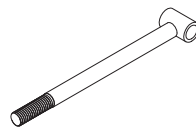
**Step 5**

Attach the Support Frame for Pec Arm (22) onto the Top Frame (30) with one Ø19 Top Shaft (59) and two M8x20 Hexagon Head Bolts (4). Tighten bolt with the Wrench provided. Attach the Lock Bar (34) onto the clevis of the Main Support Tube (39) with one M8x45 Hexagon Head Bolt (33), one M8 Nylon Lock Nut (36), and two Ø8 Washers (10). Tighten bolt and nut with two Wrenches provided. Install the Knob (35) onto the Lock Bar (34) by turning it in a clockwise direction.

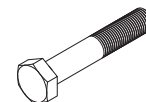
**Hardware:**



*2 Hexagon Head Bolts  
(M8x20)*



*1 Lock Bar*



*1 Hexagon Head Bolt  
(M8x45)*

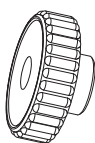


*1 Nylon Lock Nut (M8)*



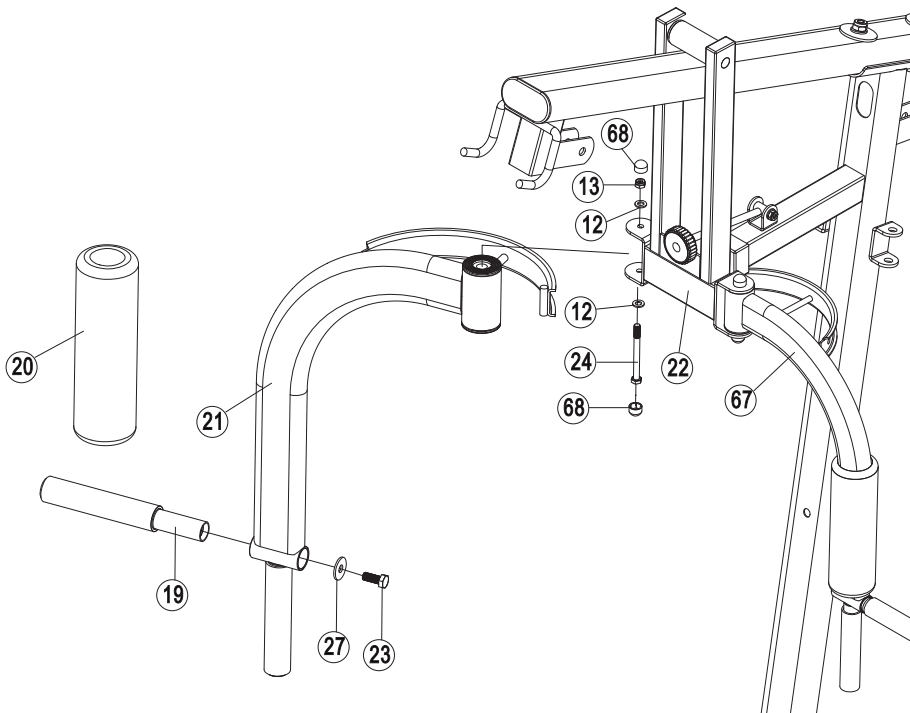
*2 Washers (Ø8)*

**Plastic Part:**

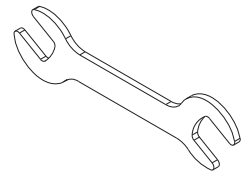


*1 Knob*





**Tool:**

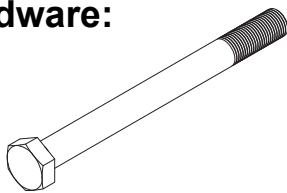


2 Wrenches (14-17)

**Step 6**

Attach the Right Pec Arm (21) onto the Support Frame for Pec Arm (22) with one M10x110 Hexagon Head Bolt (24), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12). Tighten bolt and nut with two Wrenches provided. Install two M10 Hexagon Nut Caps (68) onto the M10x110 Hexagon Head Bolt (24) and M10 Nylon Lock Nut (13). Slide the Ø60xØ90x245 Pec Foam Roll (20) onto the Right Pec Arm (21). Attach the Handle (19) onto the Right Pec Arm (21) with one M10x25 Hexagon Head Bolt (23) and Ø10 Big Washer (27). Use the same procedure to install the Left Pec Arm (67) onto the Support Frame for Pec Arm (22).

**Hardware:**



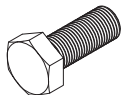
2 Hexagon Head Bolts (M10x110)



4 Washers (Ø10)



2 Nylon Lock Nuts (M10)

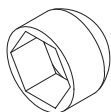


2 Hexagon Head Bolts (M10x25)

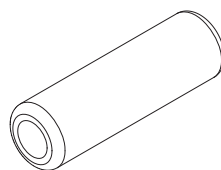


2 Big Washers (Ø10)

**Plastic Parts:**

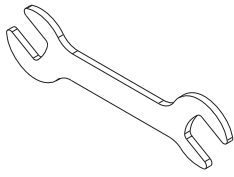


4 Hexagon Nut Caps (M10)

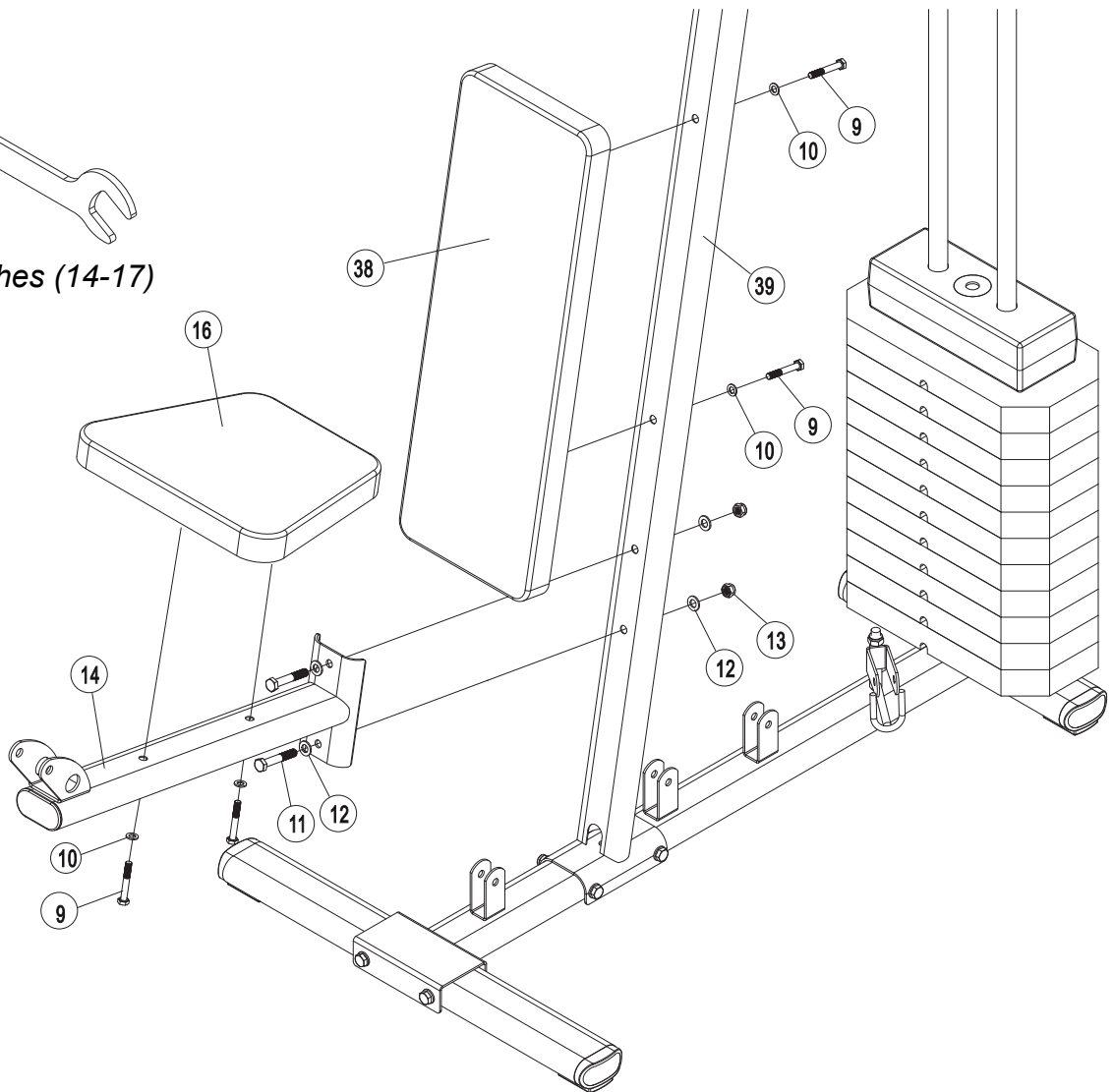


2 Pec Foam Rolls (Ø60xØ90x245)

**Tool:**



2 Wrenches (14-17)



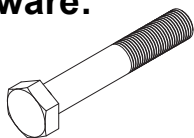
**Step 7**

Attach the Seat Frame (14) onto the Main Support Tube (39) with two M10x60 Hexagon Head Bolts (11), two M10 Nylon Lock Nuts (13), and four Ø10 Washers (12). Tighten bolt and nut with two Wrenches provided.

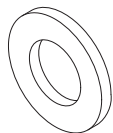
Attach the Backrest (38) onto the Main Support Tube (39) with two M8x55 Hexagon Head Bolts (9) and two Ø8 Washers (10). Tighten bolts with the Wrench provided.

Attach the Seat Pad (16) onto the Seat Frame (14) with two M8x55 Hexagon Head Bolts (9) and two Ø8 Washers (10). Tighten bolts with the Wrench provided.

**Hardware:**



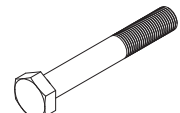
2 Hexagon Head Bolts  
(M10x60)



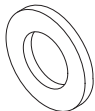
4 Washers (Ø10)



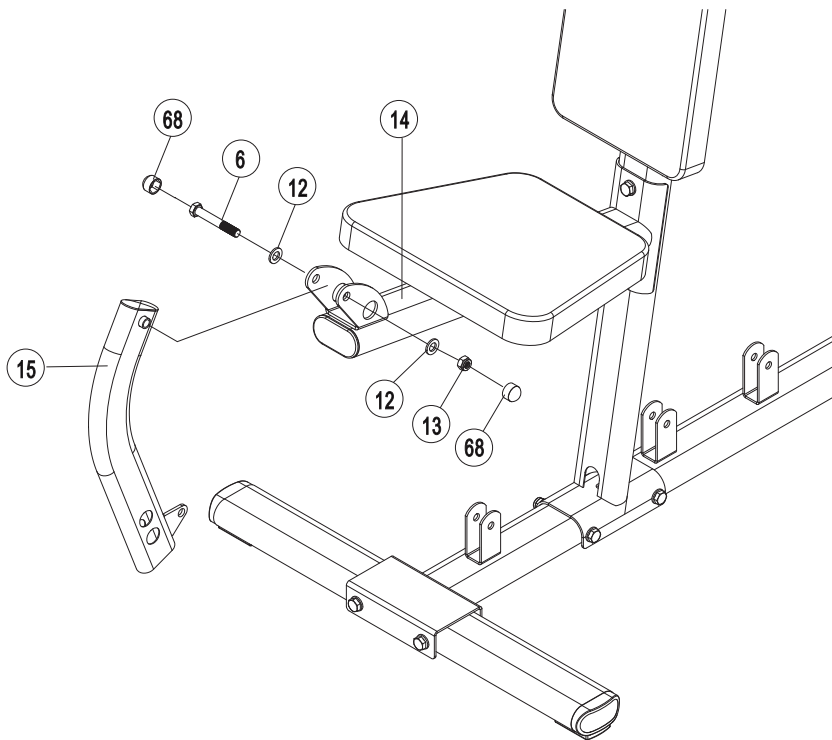
2 Nylon Lock Nuts (M10)



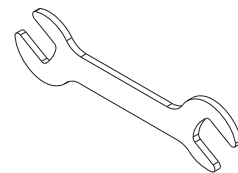
4 Hexagon Head Bolts (M8x55)



4 Washers (Ø8)



**Tool:**

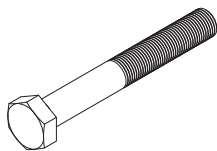


*2 Wrenches (14-17)*

**Step 8**

Attach the Leg Extension Tube (15) onto the clevis of the Seat Frame (14) with one M10x75 Hexagon Head Bolt (6), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12). Tighten bolt and nut with two Wrenches provided. Install two M10 Hexagon Nut Caps (68) onto the M10x75 Hexagon Head Bolt (6) and M10 Nylon Lock Nut (13).

**Hardware:**



*1 Hexagon Head Bolt  
(M10x75)*

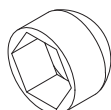


*2 Washers (Ø10)*

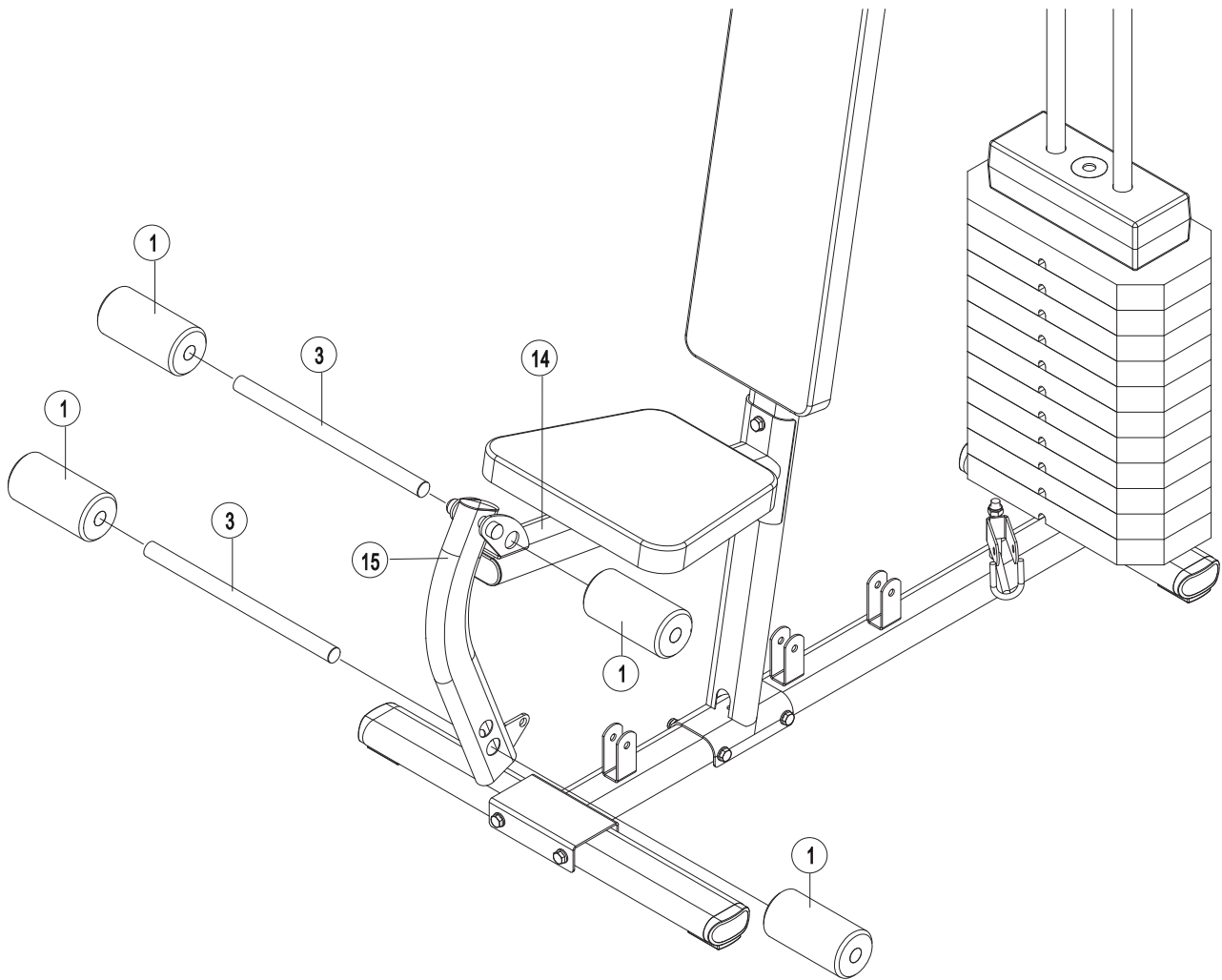


*1 Nylon Lock Nut (M10)*

**Plastic Parts:**



*2 Hexagon Nut Caps (M10)*



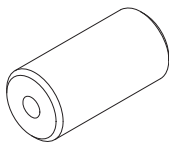
### Step 9

Slide the Foam Roll Tube (3) through the round hole on the clevis of the Seat Frame (14).

Slide two Ø23xØ80x160 Foam Rolls (1) onto both ends of the Foam Roll Tube (3).

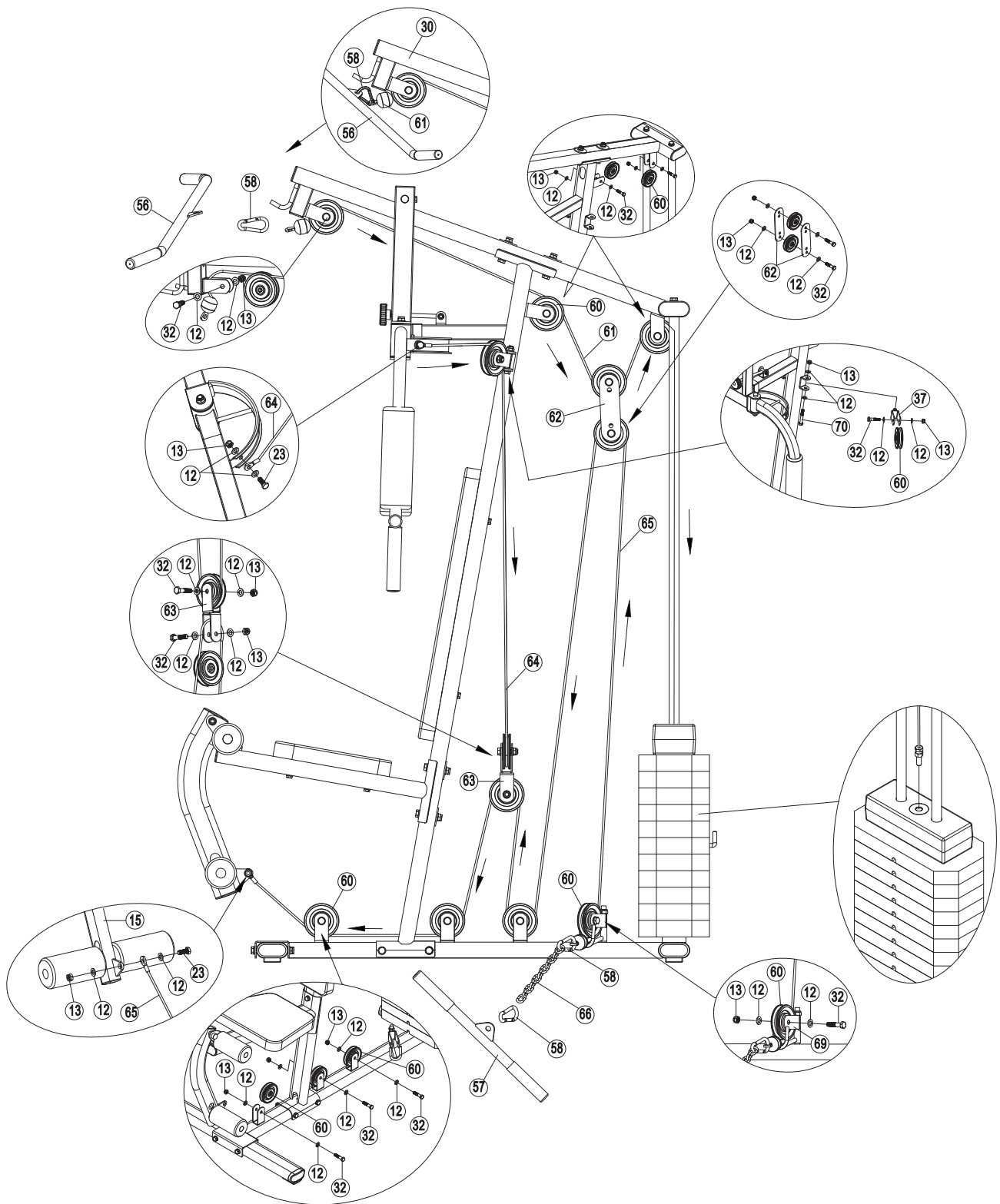
Slide the Foam Roll Tube (3) through the round hole on the Leg Extension Tube (15). Slide two Ø23xØ80x160 Foam Rolls (1) onto both ends of the Foam Roll Tube (3).

### Foam Roller:

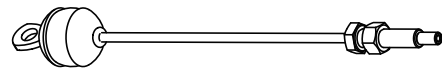
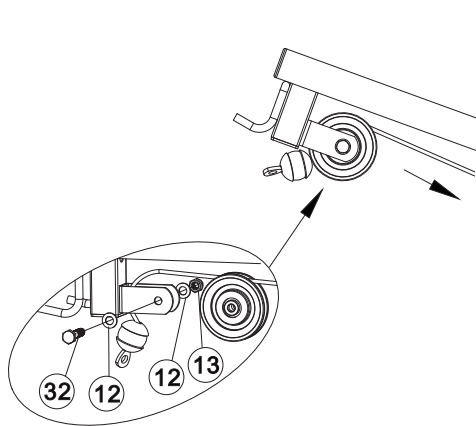


4 Foam Rolls (Ø23xØ80x160)

# CABLE LOOP DIAGRAM

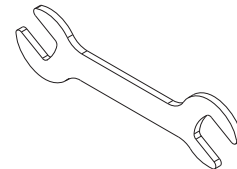


# PULLEYS AND LAT BAR CABLE INSTALLATION



*Lat Bar Cable*

## Tool:



*2 Wrenches (14-17)*

## Step 1

Insert the Lat Bar Cable (61) around the Pulley (60) with the ball end of the cable at the front of the Pulley (60). Then attach the Pulley (60) onto the Top Frame (30) with one M10x45 Hexagon Head Bolt (32), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12).

Tighten bolt and nut with two Wrenches provided.

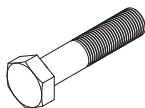
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 20.**

## Pulley:



*1 Pulley*

## Hardware:



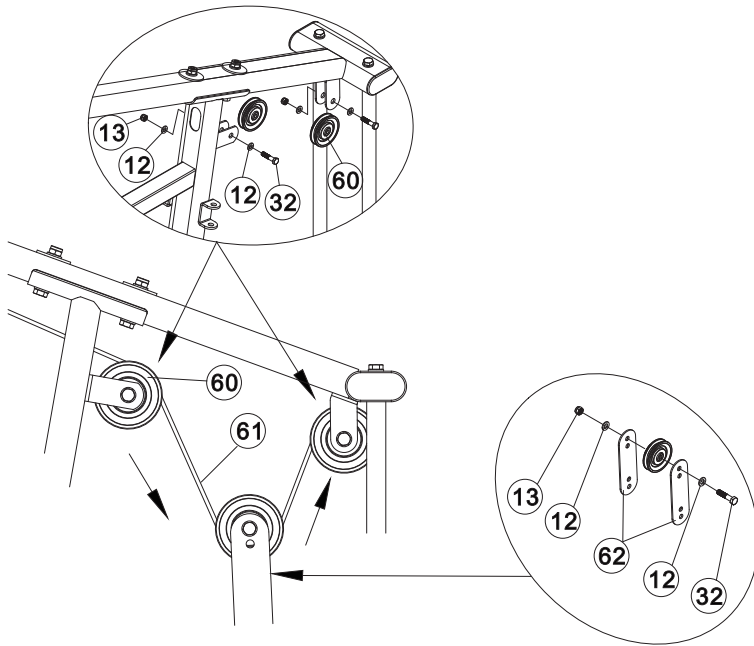
*1 Hexagon Head Bolt  
(M10x45)*



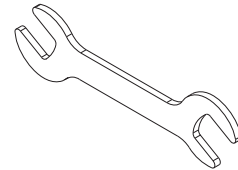
*2 Washers (Ø10)*



*1 Nylon Lock Nut (M10)*



**Tool:**



*2 Wrenches (14-17)*

**Step 2**

Pull the Lat Bar Cable (61) towards to the second Pulley (60) and draw it around the Pulley (60). Then attach the Pulley (60) onto the Main Support Tube (39) with one M10x45 Hexagon Head Bolt (32), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12). Tighten bolt and nut with two Wrenches provided.

Pull the Lat Bar Cable (61) downwards. Draw the Lat Bar Cable (61) around the Pulley (60). Then attach the Pulley (60) onto the Pulley Plates (62) with one M10x45 Hexagon Head Bolt (32), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12). Tighten bolt and nut with two Wrenches provided.

Pull the Lat Bar Cable (61) upwards. Draw the Lat Bar Cable (61) around the Pulley (60). Then attach the Pulley (60) onto the Top Frame (30) with one M10x45 Hexagon Head Bolt (32), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12). Tighten bolt and nut with two Wrenches provided.

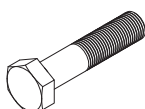
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 20.**

**Pulley:**



*3 Pulleys*

**Hardware:**



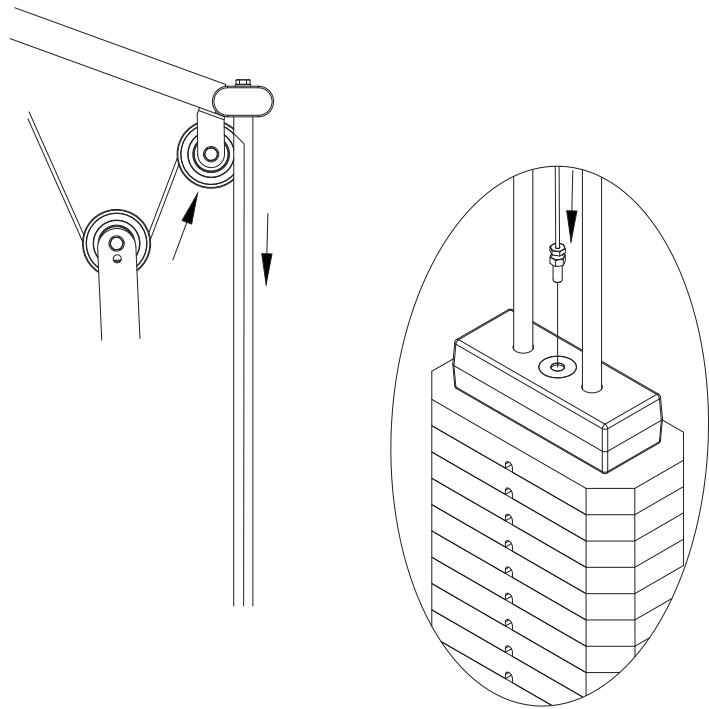
*3 Hexagon Head Bolts (M10x45)*



*6 Washers (Ø10)*

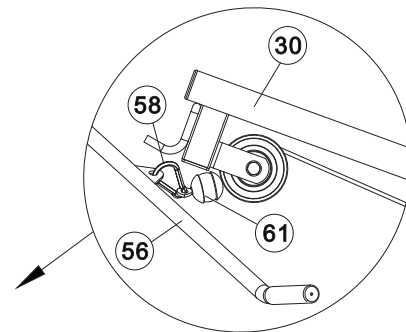


*3 Nylon Lock Nuts (M10)*



**Step 3**

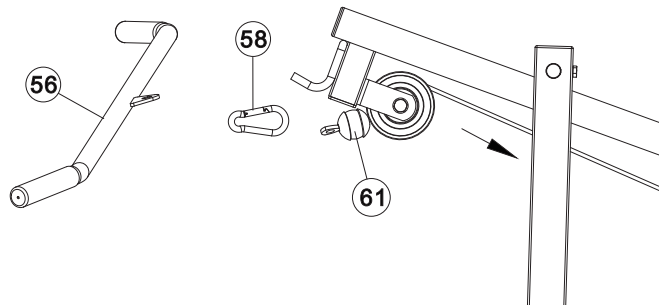
Pull the Lat Bar Cable (61) downwards to the Guide Rod (48). Thread the bolt at the end of the Lat Bar Cable (61) into the opening on top of the Guide Rod (48) to secure the cable. **PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 20.**



**Hardware:**



1 Hook

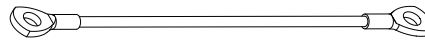
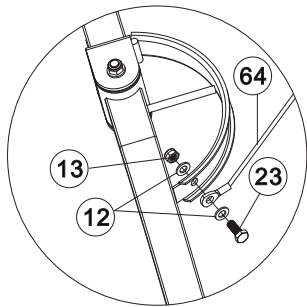


**Step 4**

Connect the Hook (58) to the ball stopper end of the Lat Bar Cable (61) and Lat Bar (56). **PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 20.**

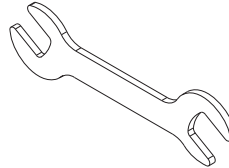


# PULLEYS AND PEC CABLE INSTALLATION



*Pec Cable*

**Tool:**



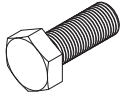
*2 Wrenches (14-17)*

**Step 1**

Attach one end of the Pec Cable (64) onto the Left Pec Arm (67) with one M10x25 Hexagon Head Bolt (23), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12). Tighten bolt and nut with two Wrenches provided.

**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 20.**

**Hardware:**



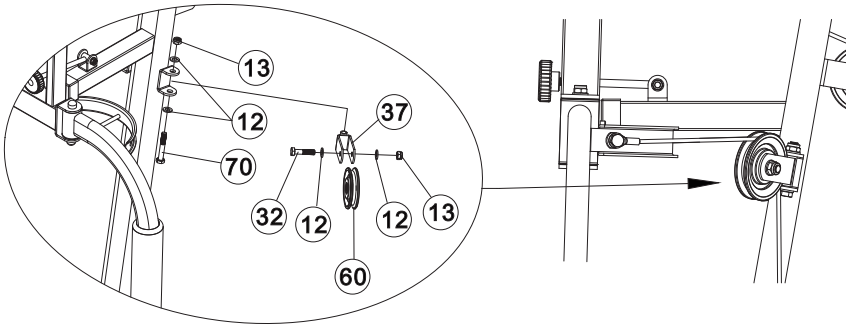
*1 Hexagon Head Bolt  
(M10x25)*



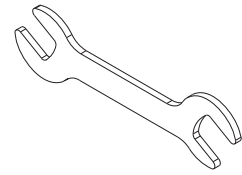
*2 Washers (Ø10)*



*1 Nylon Lock Nut (M10)*



**Tool:**



*2 Wrenches (14-17)*

**Step 2**

Attach the Pec Pulley Bracket (37) onto the left clevis of the Main Support Tube (39) with one M10x65 Hexagon Head Bolt (70), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12). Tighten bolt and nut with two Wrenches provided.

Insert the other end of the Pec Cable (64) around the Pulley (60). Then attach the Pulley (60) onto the Pec Pulley Bracket (37) with one M10x45 Hexagon Head Bolt (32), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12). Tighten bolt and nut with two Wrenches provided.

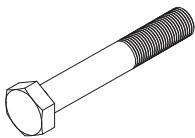
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 20.**

**Pulley:**



*1 Pulley*

**Hardware:**



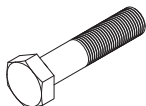
*1 Hexagon Head Bolt  
(M10x65)*



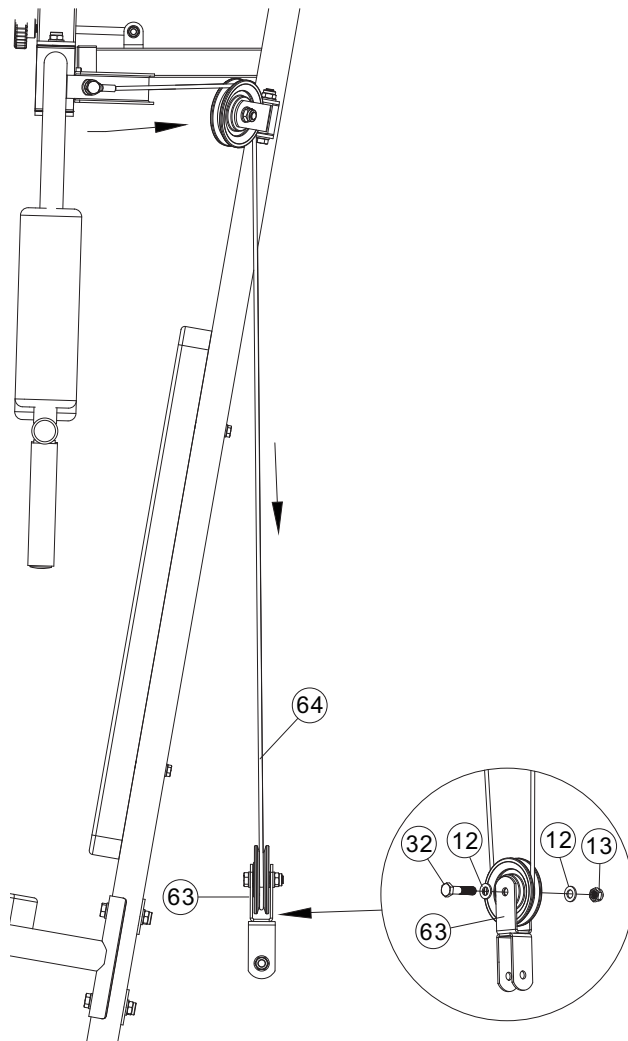
*4 Washers (Ø10)*



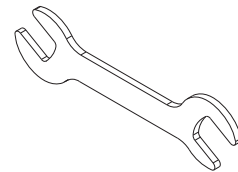
*2 Nylon Lock Nuts (M10)*



*1 Hexagon Head Bolt  
(M10x45)*



**Tool:**



*2 Wrenches (14-17)*

**Step 3**

Pull the Pec Cable (64) downwards to the Crossed Double Floating Pulley Bracket (63). Draw the Pec Cable (64) around the Pulley (60) on the Crossed Double Floating Pulley Bracket (63). Then attach the Pulley (60) onto the Crossed Double Floating Pulley Bracket (63) with one M10x45 Hexagon Head Bolt (32), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12). Tighten bolt and nut with two Wrenches provided.

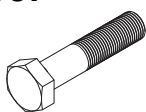
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 20.**

**Pulley:**



*1 Pulley*

**Hardware:**



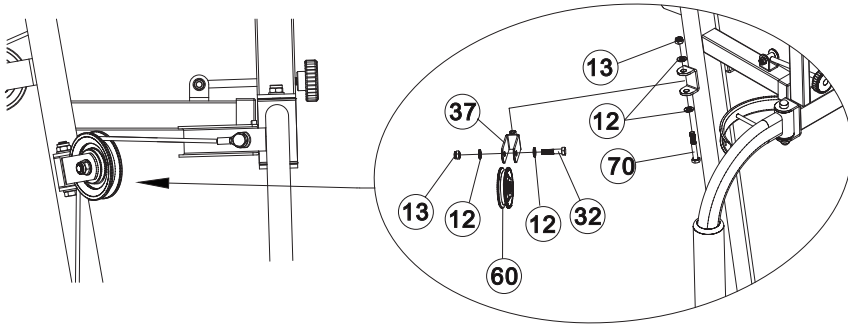
*1 Hexagon Head Bolt (M10x45)*



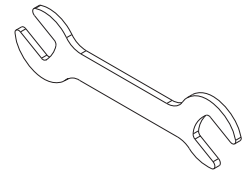
*2 Washers (Ø10)*



*1 Nylon Lock Nut (M10)*



**Tool:**



*2 Wrenches (14-17)*

**Step 4**

Attach the Pec Pulley Bracket (37) onto the right clevis of the Main Support Tube (39) with one M10x65 Hexagon Head Bolt (70), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12). Tighten bolt and nut with two Wrenches provided.

Pull the Pec Cable (64) upwards to the Pec Pulley Bracket (37).

Insert the Pec Cable (64) around the Pulley (60). Then attach the Pulley (60) onto the Pec Pulley Bracket (37) with one M10x45 Hexagon Head Bolt (32), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12). Tighten bolt and nut with two Wrenches provided.

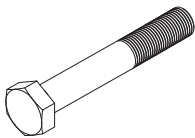
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 20.**

**Pulley:**



*1 Pulley*

**Hardware:**



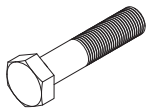
*1 Hexagon Head Bolt  
(M10x65)*



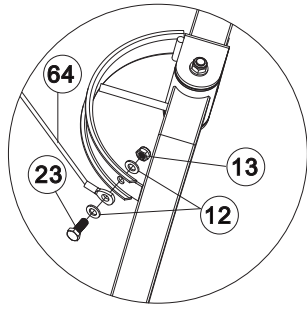
*4 Washers (Ø10)*



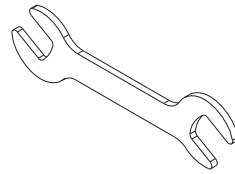
*2 Nylon Lock Nuts (M10)*



*1 Hexagon Head Bolt  
(M10x45)*



**Tool:**



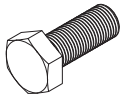
*2 Wrenches (14-17)*

**Step 5**

Attach the other end of the Pec Cable (64) onto the Right Pec Arm (21) with one M10x25 Hexagon Head Bolt (23), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12). Tighten bolt and nut with two Wrenches provided.

**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 20.**

**Hardware:**



*1 Hexagon Head Bolt  
(M10x25)*

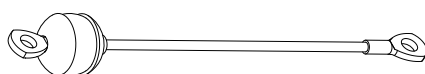
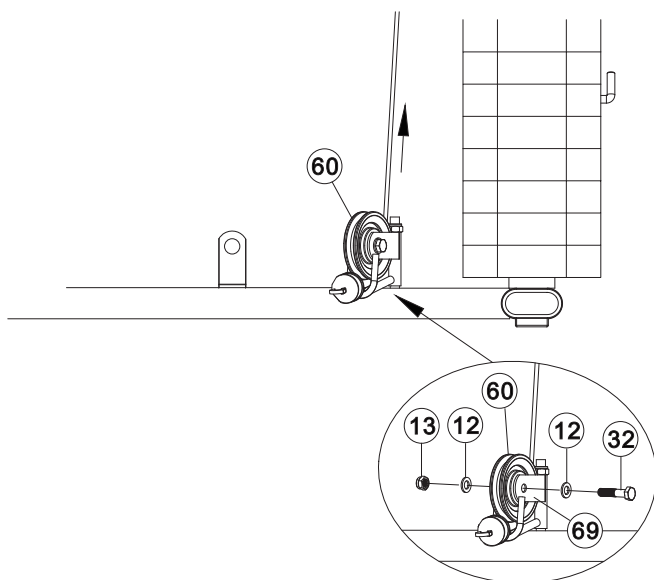


*2 Washers (Ø10)*



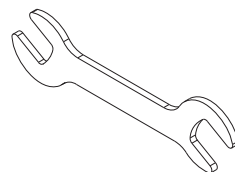
*1 Nylon Lock Nut (M10)*

# PULLEYS AND LEG EXTENSION CABLE INSTALLATION



*Leg Extension Cable*

## Tool:



*2 Wrenches (14-17)*

## Step 1

Insert the Leg Extension Cable (65) around the Pulley (60) with the ball end of the cable at the front of the Pulley (60). Then attach the Pulley (60) onto the Pulley Bracket (69) with one M10x45 Hexagon Head Bolt (32), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12). Tighten bolt and nut with two Wrenches provided.

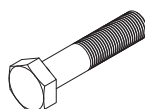
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 20.**

## Pulley:

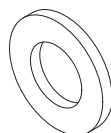


*1 Pulley*

## Hardware:



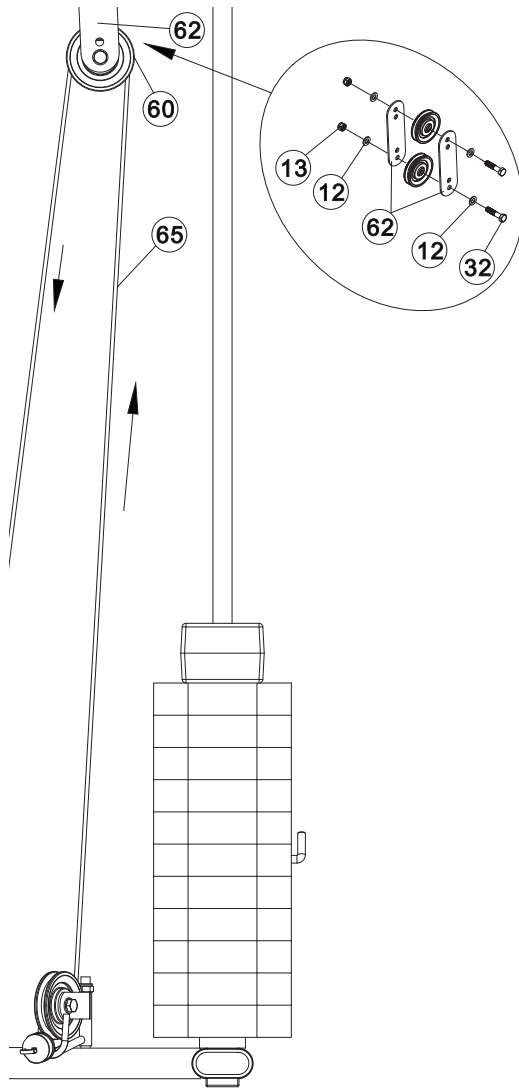
*1 Hexagon Head Bolt  
(M10x45)*



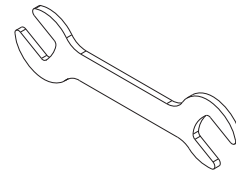
*2 Washers (Ø10)*



*1 Nylon Lock Nut (M10)*



**Tool:**



2 Wrenches (14-17)

**Step 2**

Pull the Leg Extension Cable (65) upwards to the Pulley Plates (62). Draw the Leg Extension Cable (65) around the Pulley (60) on the Pulley Plates (62). Then attach the Pulley (60) onto the Pulley Plates (62) with one M10x45 Hexagon Head Bolt (32), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12). Tighten bolt and nut with two Wrenches provided.

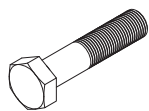
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 20.**

**Pulley:**

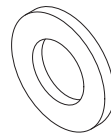


1 Pulley

**Hardware:**



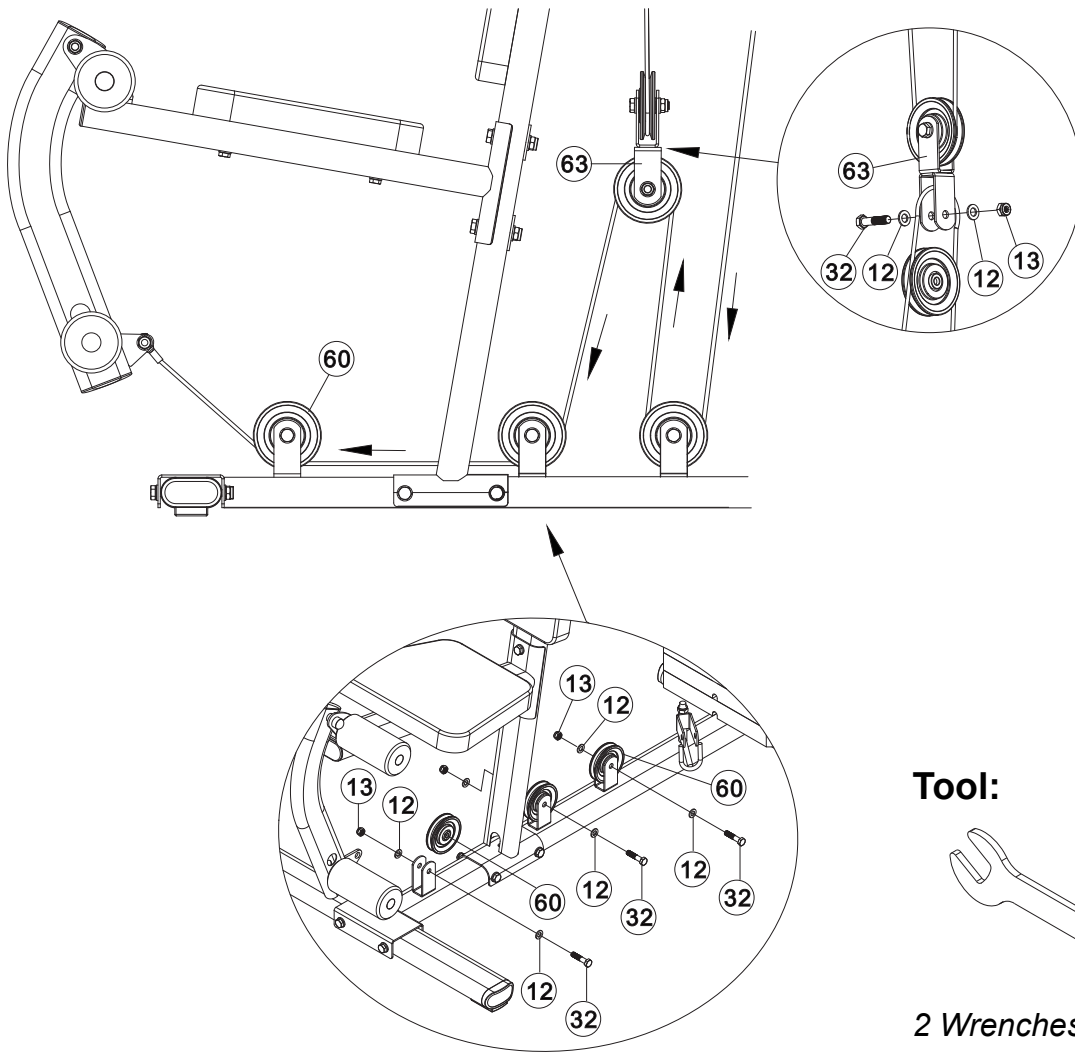
1 Hexagon Head Bolt  
(M10x45)



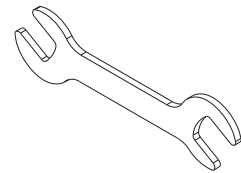
2 Washers (Ø10)



1 Nylon Lock Nut (M10)



**Tool:**



*2 Wrenches (14-17)*

**Step 3**

Pull the Leg Extension Cable (65) downwards to the Pulley (60). Draw the Leg Extension Cable (65) around the Pulley (60). Then attach the Pulley (60) onto the Base Frame (41) with one M10x45 Hexagon Head Bolt (32), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12). Tighten bolt and nut with two Wrenches provided.

Pull the Leg Extension Cable (65) upwards to the Crossed Double Floating Pulley Bracket (63). Draw the Leg Extension Cable (65) around the Pulley (60) on the Crossed Double Floating Pulley Bracket (63). Then attach the Pulley (60) onto the Crossed Double Floating Pulley Bracket (63) with one M10x45 Hexagon Head Bolt (32), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12). Tighten bolt and nut with two Wrenches provided.

Pull the Leg Extension Cable (65) downwards to the Pulley (60). Draw the Leg Extension Cable (65) around the Pulley (60). Then attach the Pulley (60) onto the Base Frame (41) with one M10x45 Hexagon Head Bolt (32), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12). Tighten bolt and nut with two Wrenches provided.

Pull the Leg Extension Cable (65) towards to the Pulley (60). Draw the Leg Extension Cable (65) around the Pulley (60). Then attach the Pulley (60) onto the Base Frame (41) with one M10x45 Hexagon Head Bolt (32), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12). Tighten bolt and nut with two Wrenches provided.

**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 20.**

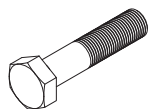


**Pulley:**

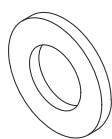


4 Pulleys

**Hardware:**



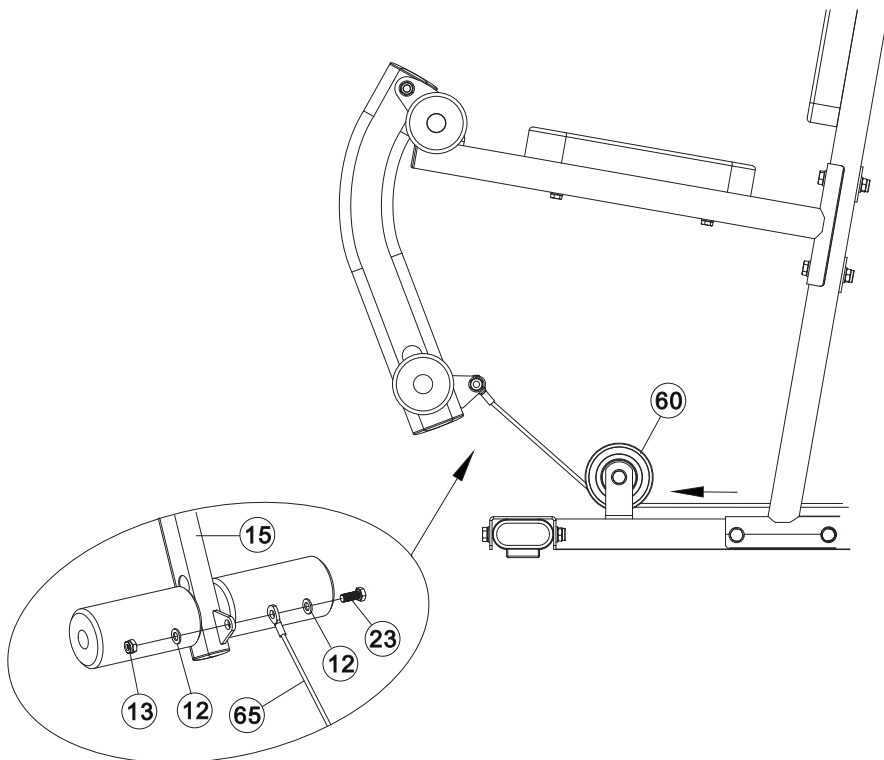
4 Hexagon Head Bolts  
(M10x45)



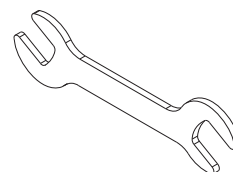
8 Washers (Ø10)



4 Nylon Lock Nuts (M10)



**Tool:**



2 Wrenches (14-17)

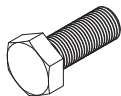
**Step 4**

Pull the Leg Extension Cable (65) upwards to the Leg Extension Tube (15). Then attach The end of the Leg Extension Cable (65) onto the Leg Extension Tube (15) with one M10x25 Hexagon Head Bolt (23), one M10 Nylon Lock Nut (13), and two Ø10 Washers (12).

Tighten bolt and nut with two Wrenches provided.

**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 20.**

**Hardware:**



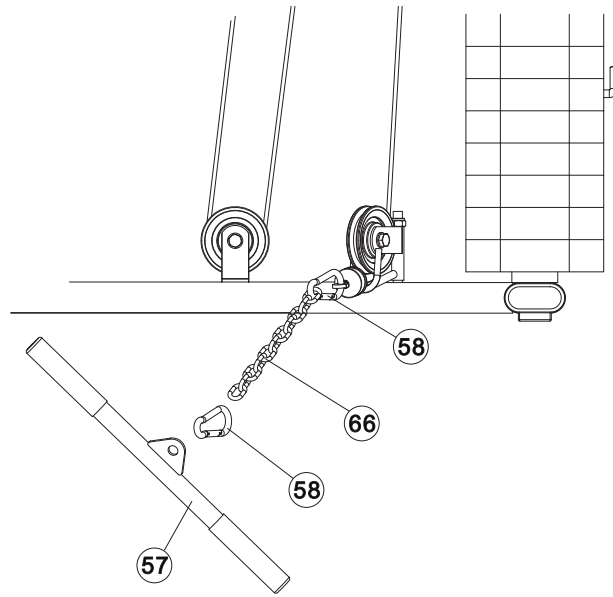
1 Hexagon Head Bolt  
(M10x25)



2 Washers (Ø10)



1 Nylon Lock Nut (M10)



**Step 5**

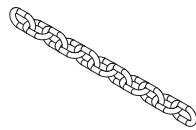
Connect the Hook (58) to the ball stopper end of the Leg Extension Cable (65) and Coil Chain (66).

Connect the Hook (58) to the Coil Chain (66) and Arm Curl Handle (57).

**Hardware:**



*2 Hooks*



*1 Coil Chain*

## WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

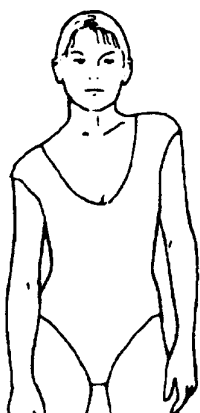
**AEROBIC EXERCISE** is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. 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.

### HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch 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.

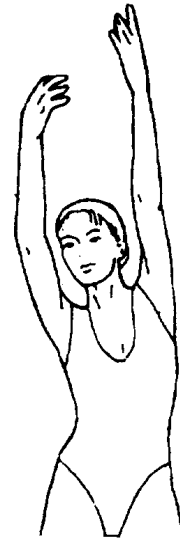


### SHOULDER LIFTS

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.



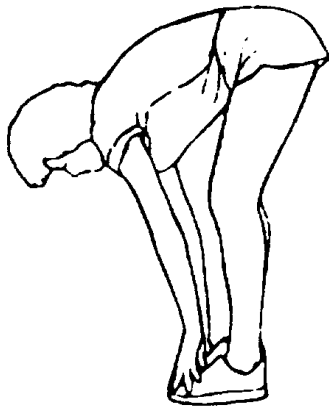
### **QUADRICEPS STRETCH**

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.



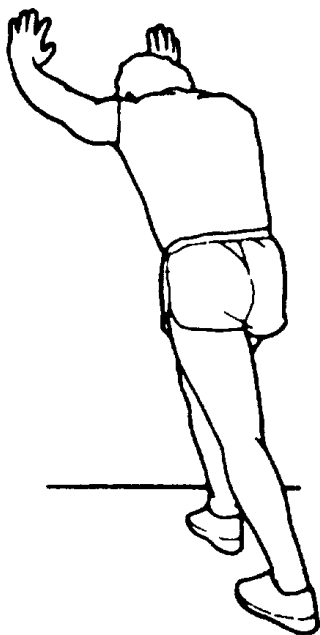
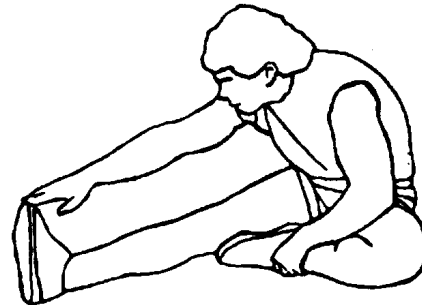


### **TOE TOUCHES**

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.