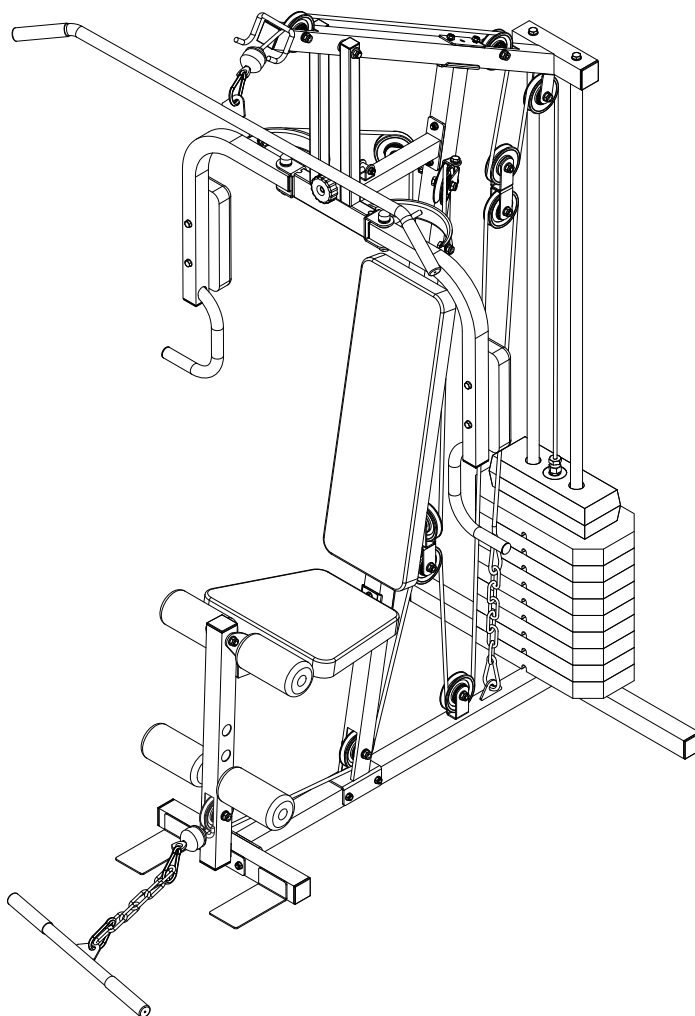


LifeGear G5 / HOME GYM

ITEM NO.: 63140

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.

2014, Sept.

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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 LIST

No.	Description	Qty	No.	Description	Qty
001	Main Base Tube	1	033	Plug 50x50x1.5	2
002	Front Base Tube	1	034	Hexagon Head Bolt M10x25	4
003	Rear Base Tube	1	035	Washer Ø10	36
004	Main Support Tube	1	036	Crossed Double Floating Pulley Bracket	1
005	Support Frame for Butterfly Arm	1	037	Double Floating Pulley Bracket	1
006	Left Butterfly Arm	1	038	Hexagon Head Bolt M10x75	1
007	Right Butterfly Arm	1	039	Handgrip	4
008	Top Frame	1	040	Hook	5
009	Lat Bar	1	041	Hexagon Head Bolt M8x55	4
010	Support Tube	1	042	Foam Grip Ø23xØ33x300	2
011	Leg Extension Tube	1	043	Round Plug Ø25	6
012	Seat Support Tube	1	044	Butterfly Arm Pad	2
013	Arm Curl Handle	1	045	Leg Extension Cable	1
014	Seat Pad	1	046	Plug 30x30x1.5	2
015	Backrest	1	047	Plastic Bumper Ø30xØ7	3
016	Hexagon Head Bolt M8x60	6	048	Hexagon Head Bolt M12x80	2
017	Flat Head Screw M10x20	2	049	Knob M10	1
018	Hexagon Head Bolt M8x65	10	050	Hexagon Head Bolt M8x45	1
019	Washer Ø8	34	051	Hexagon Nut Cap M12	4
020	Nylon Lock Nut M8	13	052	Hexagon Nut Cap M10	2
021	Support Tube End Cap 38x38	1	053	Lock Bar	1
022	Plug 38x38	5	054	Lat Bar Cable	1
023	Support Plate	3	055	Foam Roll Ø23xØ80x160	4
024	Hexagon Head Bolt M10x65	6	056	Foam Roll Tube	2
025	Hexagon Head Bolt M10x45	8	057	Butterfly Arm Cable	1
026	Pulley Bracket	2	058	Nylon Lock Nut M10	17
027	Pulley	12	059	Coil Chain (200)	2
028	Plug 45x45x1.5	7	060	Weight Sliding Rod	2
029	Hexagon Head Bolt M12x140	1	061	L-Shaped Pin	1
030	Steel Bushing Ø12	6	062	Rubber Bumper	2
031	Nylon Lock Nut M12	3	063	Weight Stack	9
032	Flange Cover	8	064	Top Weight Stack	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
065	Big Washer	1	068	Guide Rod	1
066	Plastic Bushing	1	069	Washer Ø12	6
067	Pin	1	070	Butterfly Arm Pad Board	2

MAINTENANCE

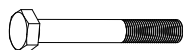
Please wipe your perspiration off the home gym with a clean, dry cloth after each use.

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

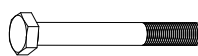
Hardware Bag



(16) Hexagon Head Bolt
M8x60
6 PCS



(17) Flat Head Screw
M10x20
2 PCS



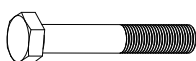
(18) Hexagon Head Bolt
M8x65
10 PCS



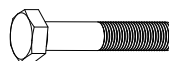
(19) Washer Ø8
34 PCS



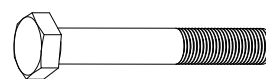
(20) Nylon Lock Nut M8
13 PCS



(24) Hexagon Head
Bolt M10x65
6 PCS



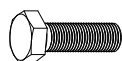
(25) Hexagon
Head Bolt M10x45
8 PCS



(29) Hexagon Head
Bolt M12x140
1 PC



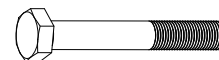
(31) Nylon Lock Nut M12
3 PCS



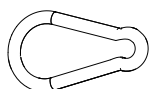
(34) Hexagon Head
Bolt M10x25
4 PCS



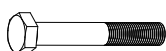
(35) Washer Ø10
36 PCS



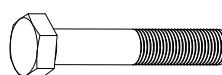
(38) Hexagon Head
Bolt M10x75
1 PC



(40) Hook
5 PCS



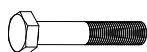
(41) Hexagon Head Bolt
M8x55
4 PCS



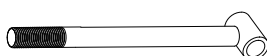
(48) Hexagon Head Bolt
M12x80
2 PCS



(49) Knob M10
1 PC



(50) Hexagon Head Bolt
M8x45
1 PC



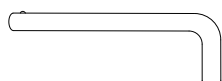
(53) Lock Bar
1 PC



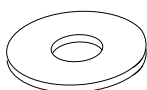
(58) Nylon Lock Nut
M10
17 PCS



(59) Coil Chain (200)
2 PCS



(61) L-Shaped Pin
1 PC



(65) Big Washer
1 PC

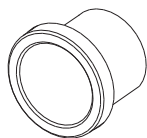


(67) Pin
1 PC

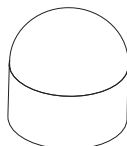


(69) Washer Ø12
6 PCS

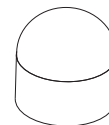
Plastic Parts



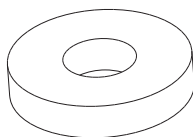
(32) Flange Cover
8 PCS



(51) Hexagon Nut Cap M12
4 PCS



(52) Hexagon Nut Cap M10
2 PCS



(62) Rubber Bumper
2 PCS



(66) Plastic Bushing
1 PC

Pulley Pack



(27) Pulley
12 PCS

Cables



(45) Leg Extension Cable
3470mm
1 PC

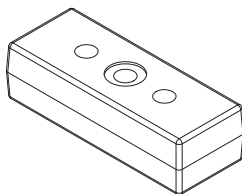


(54) Lat Bar Cable
2860mm
1 PC

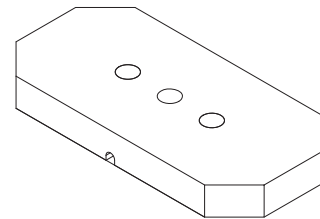


(57) Butterfly Arm Cable
2550mm
1 PC

Weight Stack Pack

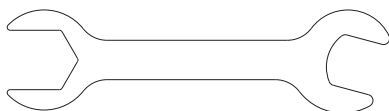


(64) Top Weight Stack
(Approximately 3.6 kgs/8.0 lbs)
1 PC



(63) Weight Stack
(Approximately 4.5 kgs/10.0 lbs)
9 PCS

Tools



Wrench 19-17
2 PCS

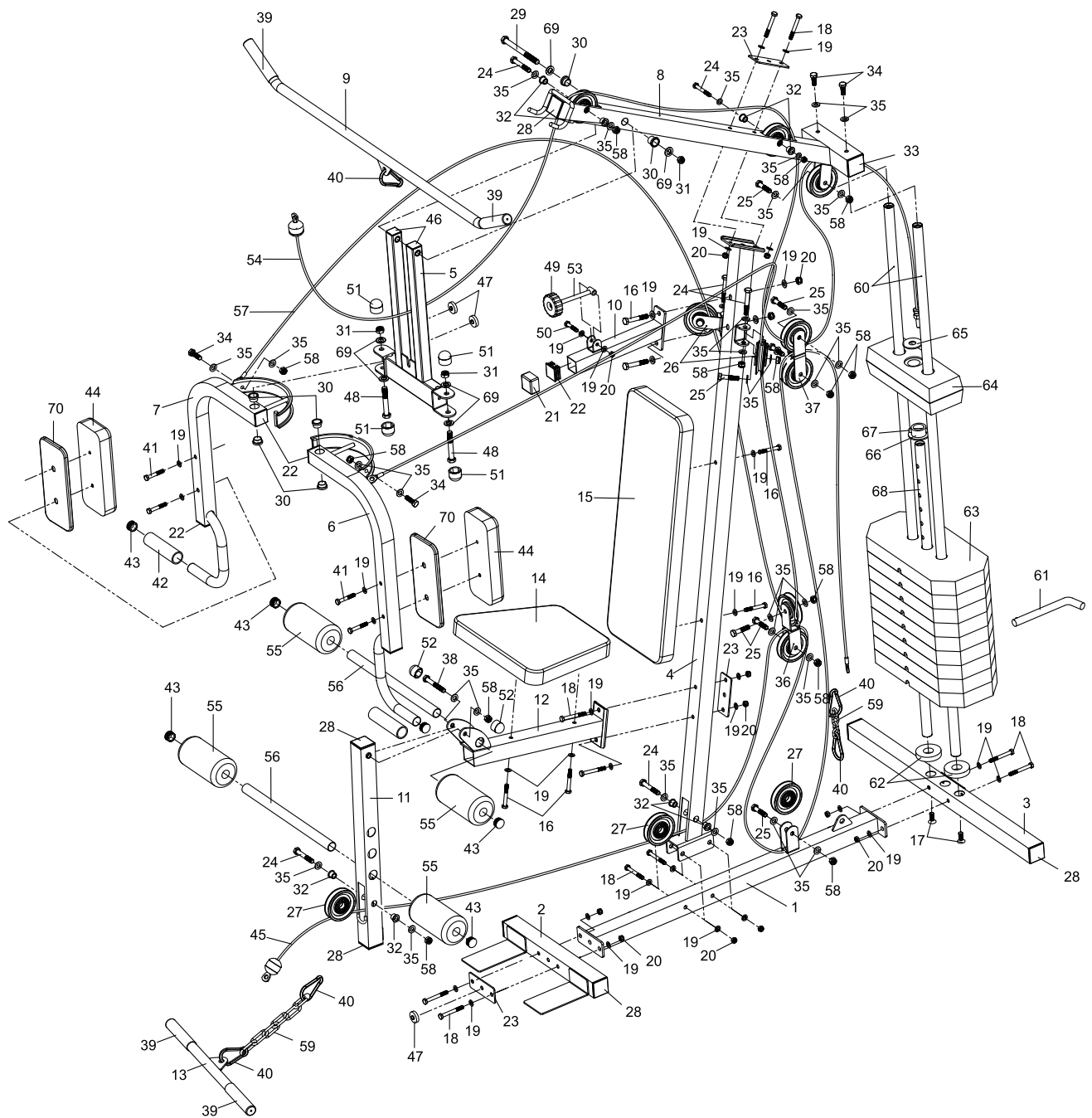


Wrench 14-10
2 PCS



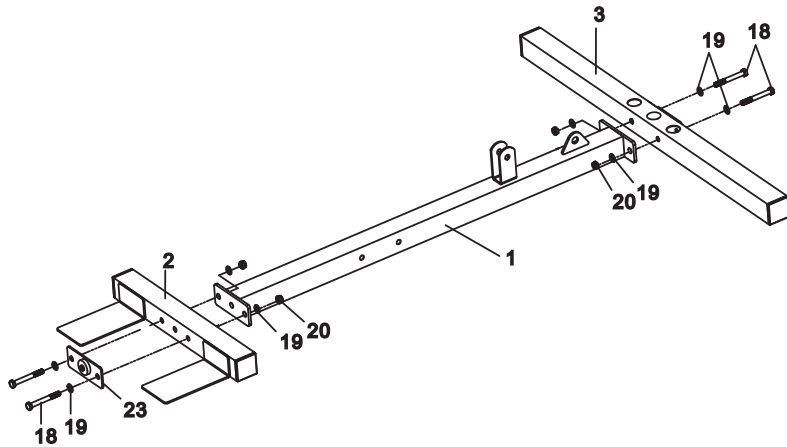
Allen Wrench 6mm
1 PC

OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS

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



Tool:



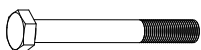
2 Wrenches (14-10)

Step 1

Attach the Front Base Tube (2) onto the Main Base Tube (1) with one Support Plate (23), two M8x65 Hexagon Head Bolts (18), two M8 Nylon Lock Nuts (20), and four Ø8 Washers (19). Tighten bolts and nuts with two Wrenches provided.

Attach the Rear Base Tube (3) onto the Main Base Tube (1) with two M8x65 Hexagon Head Bolts (18), two M8 Nylon Lock Nuts (20), and four Ø8 Washers (19). Tighten bolts and nuts with two Wrenches provided.

Hardware:



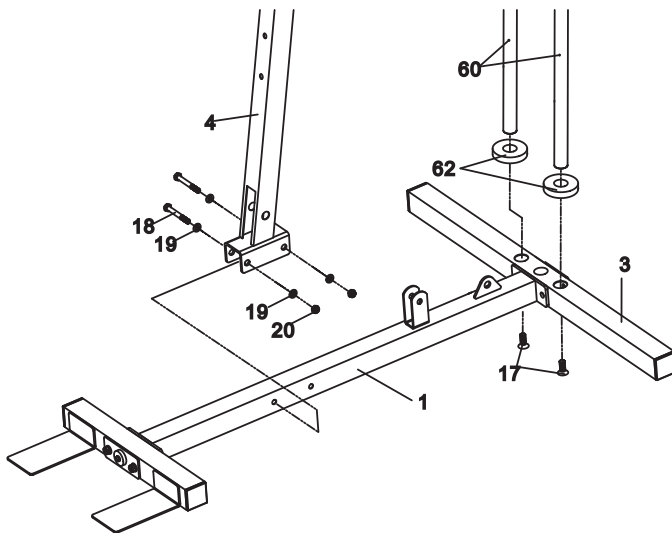
4 Hexagon Head Bolts (M8x65)



8 Washers (Ø8)



4 Nylon Lock Nuts (M8)



Tool:



1 Allen Wrench (6mm)



2 Wrenches (14-10)

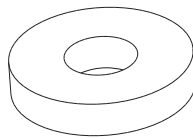
Step 2

Slide two Rubber Bumpers (62) onto the Weight Stack Sliding Rods (60). Then insert two Stack Sliding Rods (60) into the holes of the Rear Base Tube (3) and secure with two M10x20 Flat Head Screws (17). Tighten screws with the Allen Wrench provided. Attach the Main Support Tube (4) onto the Main Base Tube (1) with two M8x65 Hexagon Head Bolts (18), two M8 Nylon Lock Nuts (20), and four Ø8 Washers (19). Tighten bolts and nuts with two Wrenches provided.

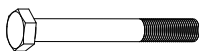
Hardware:



2 Flat Head Screws (M10x20)



2 Rubber Bumpers



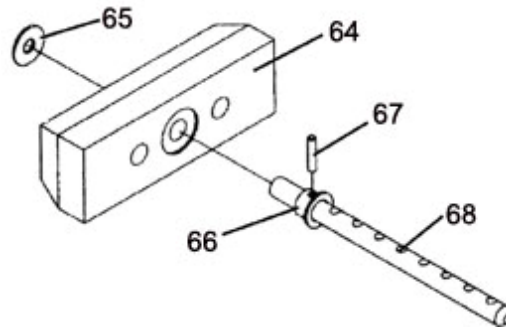
2 Hexagon Head Bolts (M8x65)



4 Washers (Ø8)



2 Nylon Lock Nuts (M8)

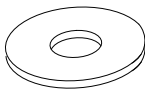


Step 3

Slide the Plastic Bushing (66) onto the Guide Rod (68) and align pin hole. Secure the Plastic Bushing (66) onto the Guide Rod (68) by inserting the Pin (67) through into the holes of the Guide Rod (68) and Plastic Bushing (66).

Slide the Top Weight Stack (64) onto the Guide Rod (68) and Plastic Bushing (66). Place the Big Washer (65) onto the hole of the Top Weight Stack (65).

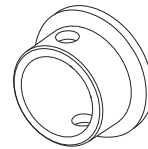
Hardware:



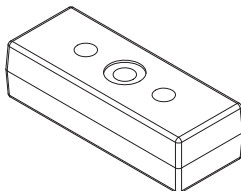
1 Big Washer



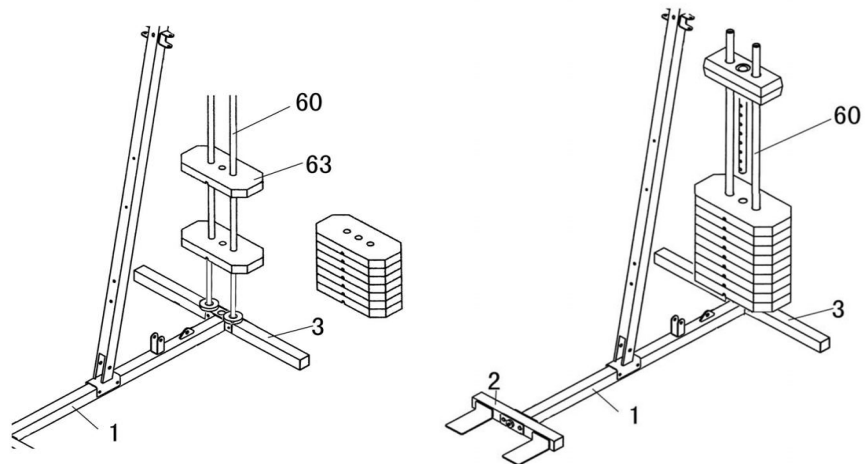
1 Pin



1 Plastic Bushing



1 Top Weight Stack
(Approximately 3.6 kgs/8.0 lbs)

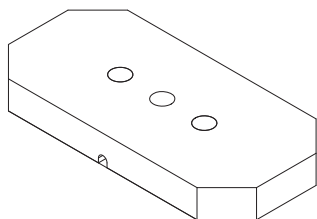


Step 4

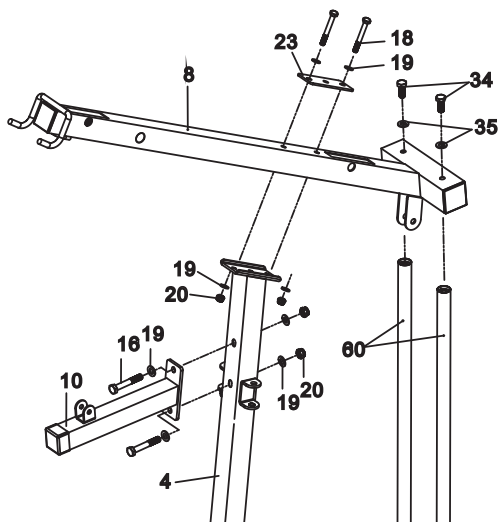
Install each Weight Stack (63) onto the Weight Stack Sliding Rods (60). Finally, install the Top Weight Stack (64) with Guide Rod (68) onto the Weight Stack Sliding Rods (60).

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

Weight Stack Pack:



9 Weight Stacks
(Approximately 40.5 kgs/90 lbs)



Tool:



1 Wrench (19-17)

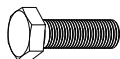


2 Wrenches (14-10)

Step 5

Insert each Weight Stack Sliding Rod (60) into the corresponding hole in the Top Frame (8). Secure Weight Stack Sliding Rod (60) in the Top Frame (8) using two M10x25 Hexagon Head Bolts (34) and two Ø10 Washers (35). Tighten bolts with the Wrench provided. Attach the Top Frame (8) onto the Main Support Tube (4) with one Support Plate (23), two M8x65 Hexagon Head Bolts (18), two M8 Nylon Lock Nuts (20), and four Ø8 Washers (19). Tighten bolts and nuts with two Wrenches provided. Attach the Support Tube (10) onto the Main Support Tube (4) with two M8x60 Hexagon Head Bolts (16), two M8 Nylon Lock Nuts (20), and four Ø8 Washers (19). Tighten bolts and nuts with two Wrenches provided.

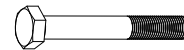
Hardware:



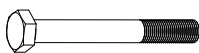
2 Hexagon Head Bolts (M10x25)



2 Washers (Ø10)



2 Hexagon Head Bolts (M8x60)



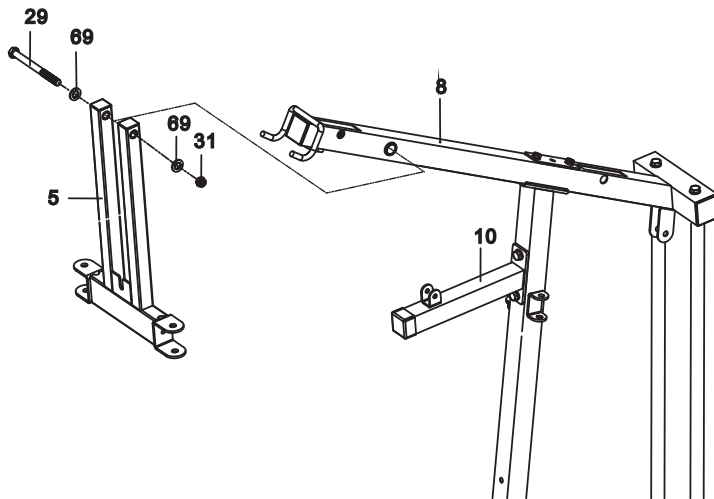
2 Hexagon Head Bolts (M8x65)



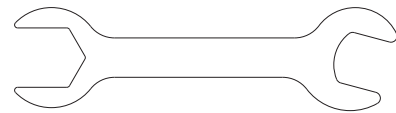
8 Washers (Ø8)



4 Nylon Lock Nuts (M8)



Tool:

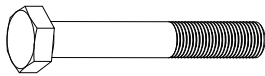


2 Wrenches (19-17)

Step 6

Attach the Support Frame for Butterfly Arm (5) onto the Top Frame (8) with one M12x140 Hexagon Head Bolt (29), one M12 Nylon Lock Nut (31), and two Ø12 Washers (69). Tighten bolt and nut with two Wrenches provided.

Hardware:



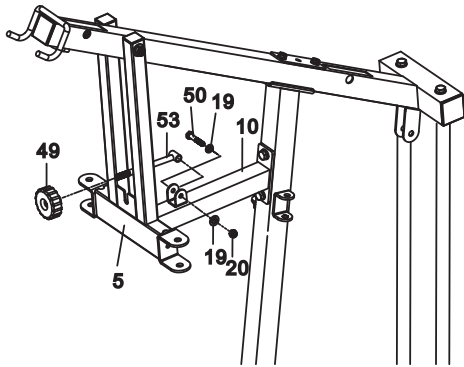
1 Hexagon Head Bolt (M12x140)



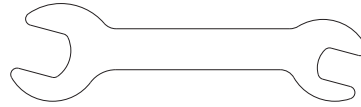
1 Nylon Lock Nut (M12)



2 Washers (Ø12)



Tool:



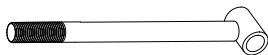
2 Wrenches (14-10)

Step 7

Attach the Lock Bar (53) onto the clevis of the Support Tube (10) with one M8x45 Hexagon Head Bolt (50), one M8 Nylon Lock Nut (20), and two Ø8 Washers (19). Tighten bolt and nut with two Wrenches provided.

Install the M10 Knob (49) onto the Lock Bar (53) by turning it in a clockwise direction.

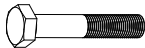
Hardware:



1 Lock Bar



1 Knob (M10)



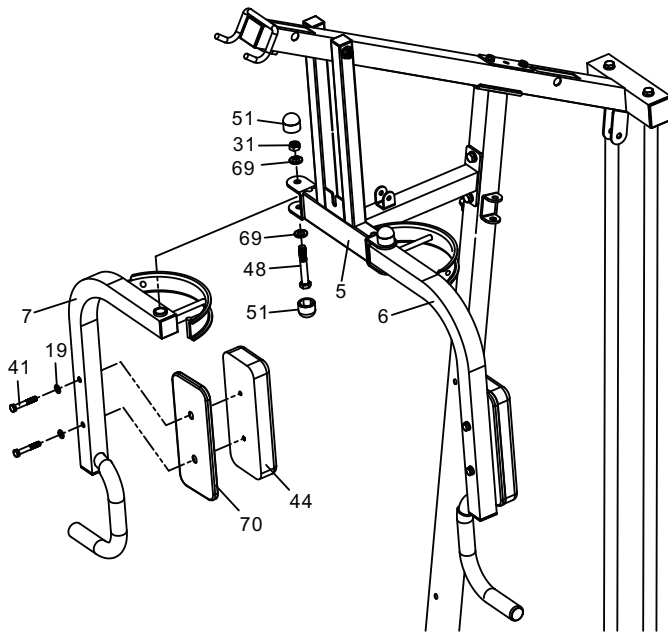
1 Hexagon Head Bolt (M8x45)



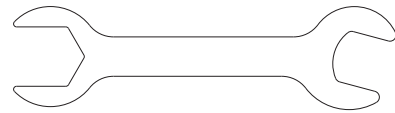
1 Nylon Lock Nut (M8)



2 Washers (Ø8)



Tool:



2 Wrenches (19-17)



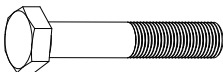
1 Wrench (14-10)

Step 8

Attach the Right Butterfly Arm (7) onto the clevis of the Support Frame for Butterfly Arm (5) with one M12x80 Hexagon Head Bolt (48), one M12 Nylon Lock Nut (31), and two Ø12 Washers (69). Tighten bolt and nut with two Wrenches provided. Install two M12 Hexagon Nut Caps (51) onto the M12 Nylon Lock Nut (31) and M12x80 Hexagon Head Bolt (48).

Attach the Butterfly Arm Pad (44) with Butterfly Arm Pad Board (70) onto the Right Butterfly Arm (7) with two M8x55 Hexagon Head Bolts (41) and two Ø8 Washers (19). Tighten bolts with the Wrench provided. Use the same procedure to install the Left Butterfly Arm (6) onto the other clevis of the Support Frame for Butterfly Arm (5).

Hardware:



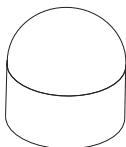
2 Hexagon Head Bolts (M12x80)



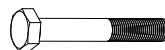
2 Nylon Lock Nuts (M12)



4 Washers (Ø12)



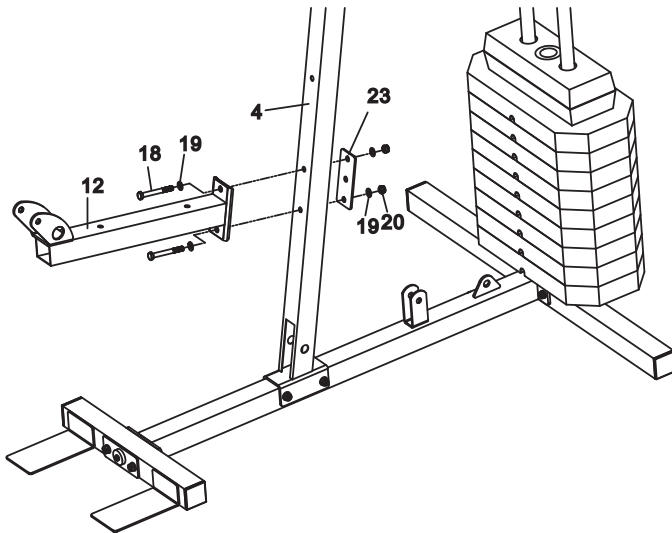
4 Hexagon Nut Caps (M12)



4 Hexagon Head Bolts (M8x55)



4 Washers (Ø8)



Tool:

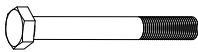


2 Wrenches (14-10)

Step 9

Attach the Seat Support Tube (12) onto the Main Support Tube (4) with one Support Plate (23), two M8x65 Hexagon Head Bolts (18), two M8 Nylon Lock Nuts (20), and four Ø8 Washers (19). Tighten bolt and nut with two Wrenches provided.

Hardware:



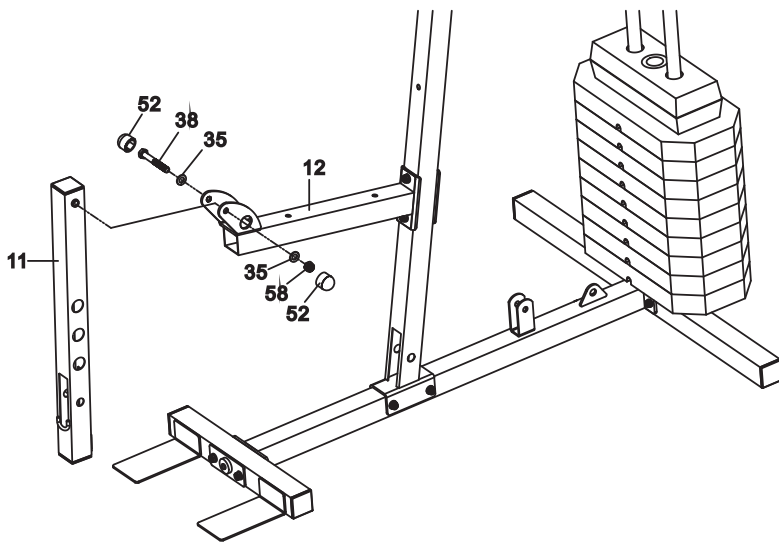
2 Hexagon Head Bolts (M8x65)



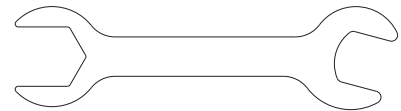
2 Nylon Lock Nuts (M8)



4 Washers (Ø8)



Tool:



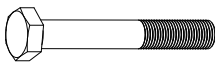
2 Wrenches (19-17)

Step 10

Attach the Leg Extension Tube (11) onto the clevis of the Seat Support Tube (12) with one M10x75 Hexagon Head Bolt (38), one M10 Nylon Lock Nut (58), and two Ø10 Washers (35). Tighten bolt and nut with two Wrenches provided.

Install two M10 Hexagon Nut Caps (52) onto the M10x75 Hexagon Head Bolt (38) and M10 Nylon Lock Nut (58).

Hardware:



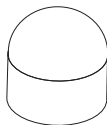
1 Hexagon Head Bolt (M10x75)



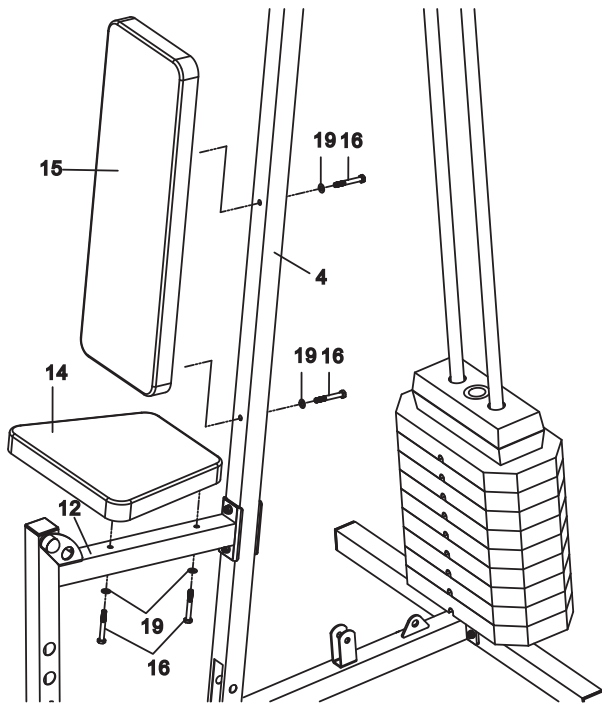
1 Nylon Lock Nut (M10)



2 Washers (Ø10)



2 Hexagon Nut Caps (M10)



Tool:

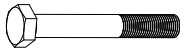


1 Wrench (14-10)

Step 11

Attach the Seat Pad (14) onto the Seat Support Tube (12) with two M8x60 Hexagon Head Bolts (16) and two Ø8 Washers (19). Tighten bolts with the Wrench provided. Attach the Backrest (15) onto the Main Support Tube (4) with two M8x60 Hexagon Head Bolts (16) and two Ø8 Washers (19). Tighten bolts with the Wrench provided.

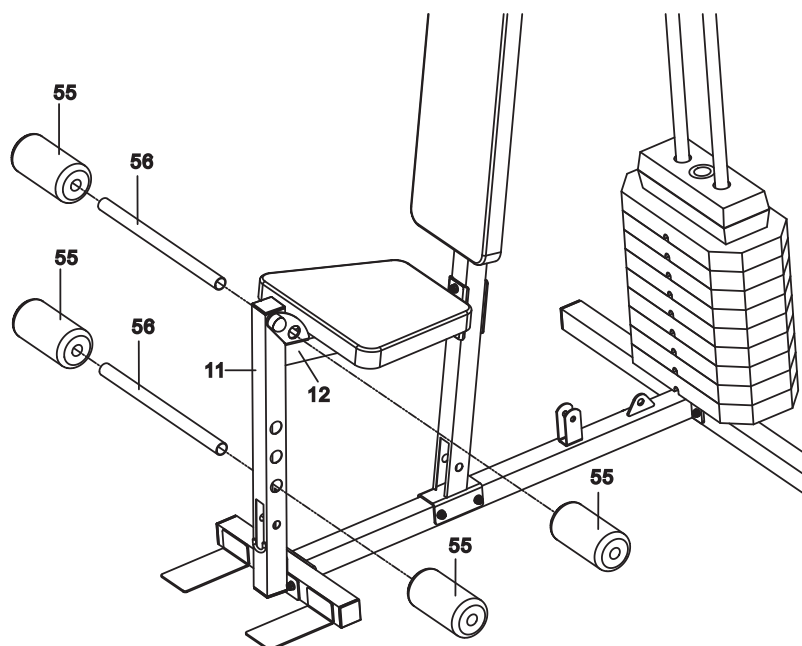
Hardware:



4 Hexagon Head Bolts (M8x60)



4 Washers (Ø8)



Step 12

Slide the Foam Roll Tube (56) through the round hole on the clevis of the Seat Support Tube (12). Slide two Ø23xØ80x160 Foam Rolls (55) onto both ends of the Foam Roll Tube (56). Slide the Foam Roll Tube (56) through the round hole on the Leg Extension Tube (11). Slide two Ø23xØ80x160 Foam Rolls (55) onto both ends of the Foam Roll Tube (56).

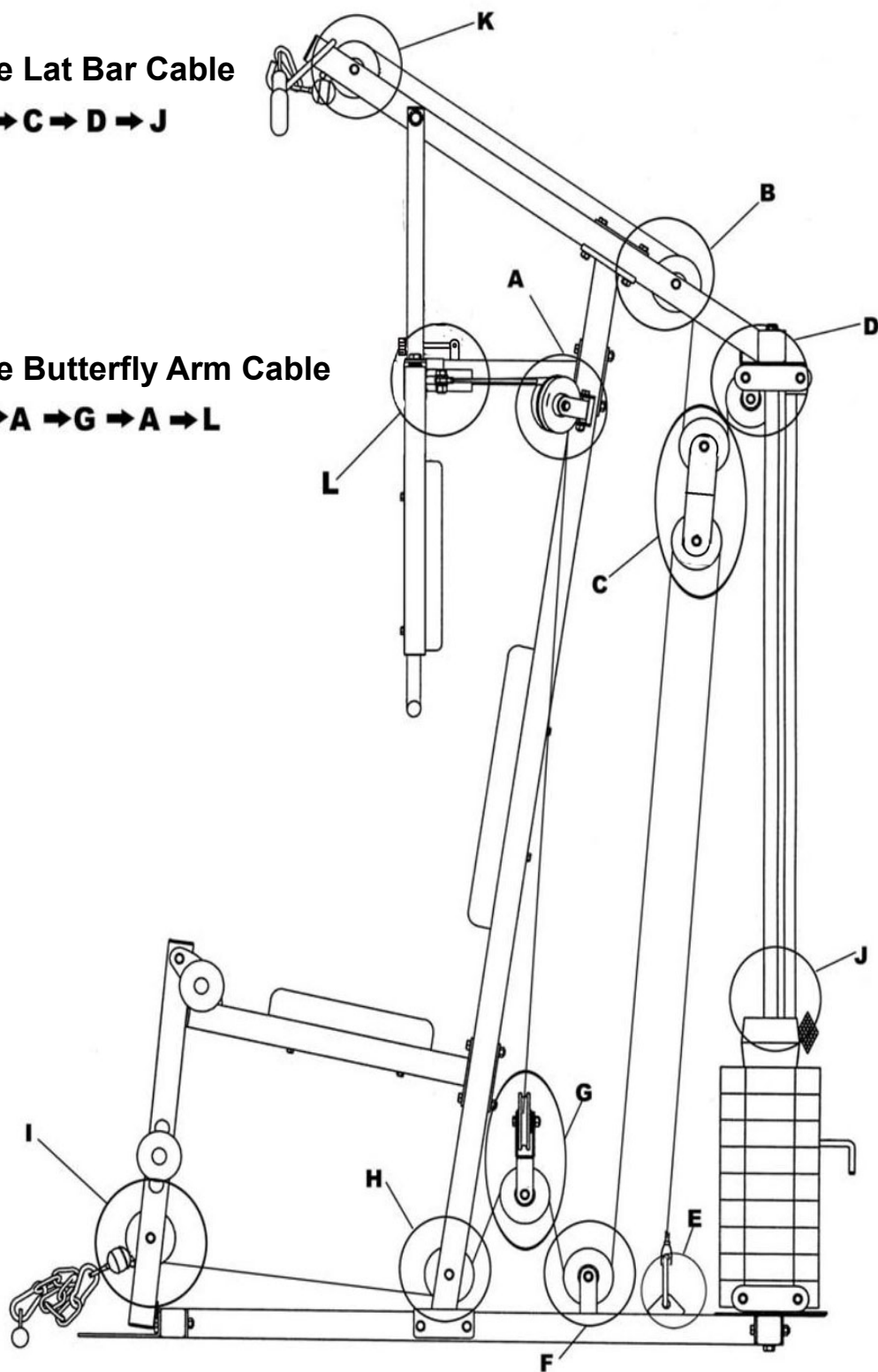
CABLE LOOP DIAGRAM

Routing the Lat Bar Cable

K → B → C → D → J

Routing the Butterfly Arm Cable

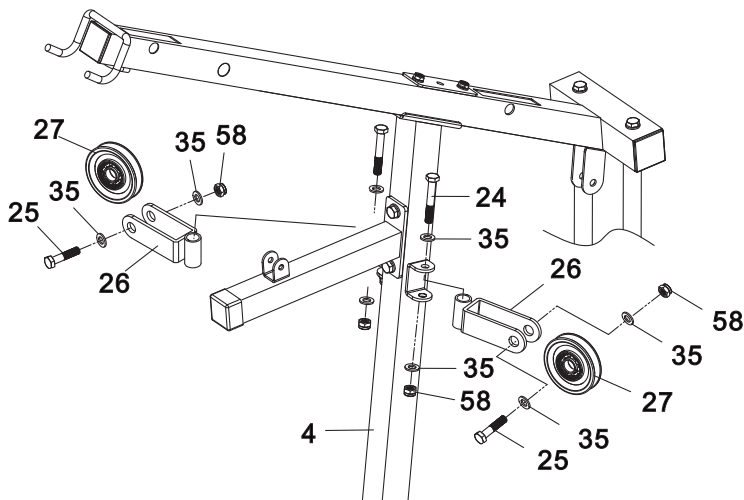
L → A → G → A → L



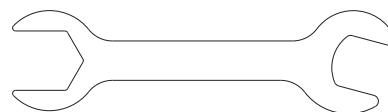
Routing the Leg Extension Cable

I → H → G → F → C → E

PULLEY AND CABLE INSTALLATION



Tool:



2 Wrenches (19-17)

Step 1

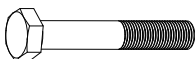
Attach the Pulley (27) onto the Pulley Bracket (26) with one M10x45 Hexagon Head Bolt (25), one M10 Nylon Lock Nut (58), and two Ø10 Washers (35). Tighten bolt and nut with two Wrenches provided. Use the same procedure to attach the other Pulley (27) onto the Pulley Bracket (26).

Attach the two Pulley Brackets (26) with Pulleys (27) onto the clevis of the Main Support Tube (4) with two M10x65 Hexagon Head Bolts (24), two M10 Nylon Lock Nuts (58), and four Ø10 Washers (35). Tighten bolts and nuts with two Wrenches provided.

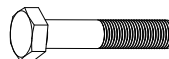
Hardware:



2 Pulleys



2 Hexagon Head Bolts (M10x65)



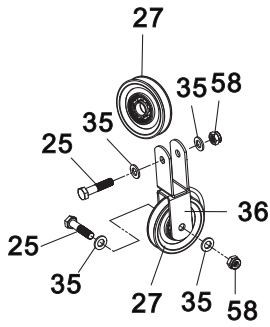
2 Hexagon Head Bolts (M10x45)



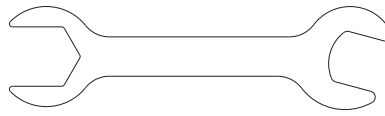
8 Washers (Ø10)



4 Nylon Lock Nuts (M10)



Tool:



2 Wrenches (19-17)

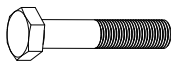
Step 2

Attach two Pulleys (27) onto the Crossed Double Floating Pulley Bracket (36) with two M10x45 Hexagon Head Bolts (25), two M10 Nylon Lock Nuts (58), and four Ø10 Washers (35). Tighten bolts and nuts with two Wrenches provided.

Hardware:



2 Pulleys



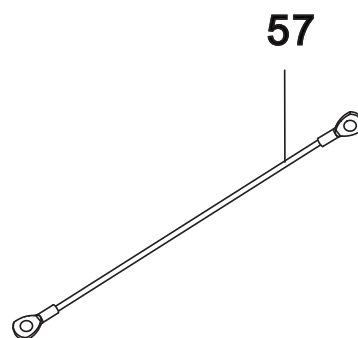
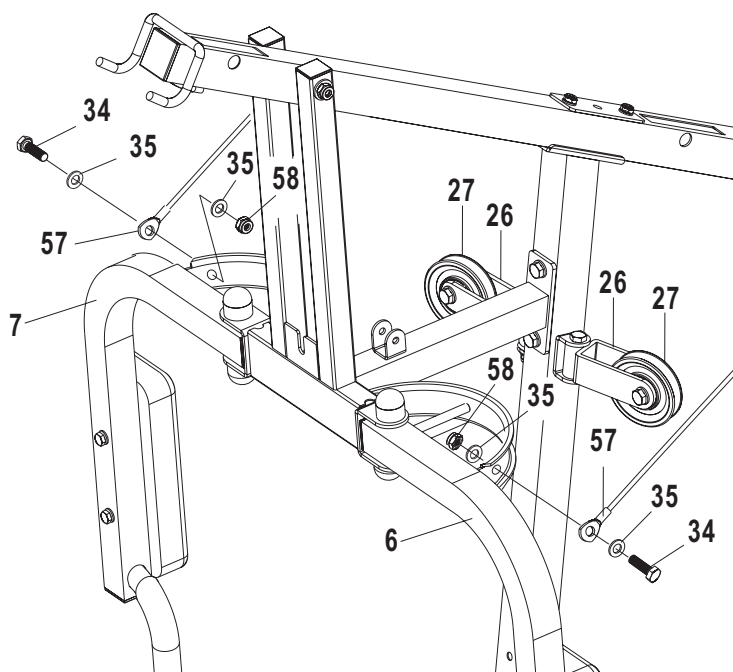
2 Hexagon Head Bolts (M10x45)



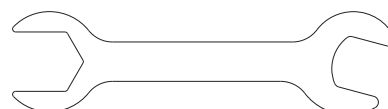
4 Washers (Ø10)



2 Nylon Lock Nuts (M10)



Tool:

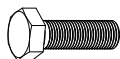


2 Wrenches (19-17)

Step 3

Attach one end of the Butterfly Arm Cable (57) onto the Left Butterfly Arm (6) with one M10x25 Hexagon Head Bolt (34), one M10 Nylon Lock Nut (58), and two Ø10 Washers (35). Tighten bolt and nut with two Wrenches provided.

Hardware:



2 Hexagon Head Bolts (M10x25)



4 Washers (Ø10)



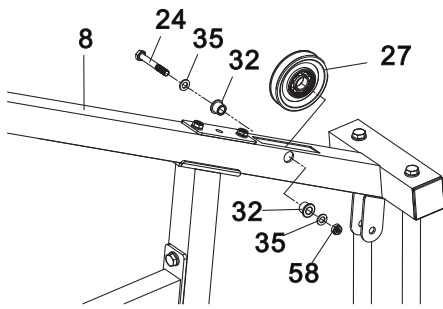
2 Nylon Lock Nuts (M10)

Routing the Butterfly Arm Cable

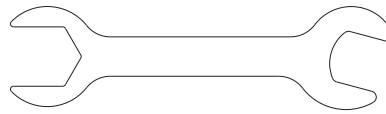
Insert the other end of the cable around the Pulley (27) on the left Pulley Bracket (14) then pull it downwards to the Crossed Double Floating Pulley Bracket (36). Draw the Butterfly Arm Cable (57) around the Pulley (27) on the Crossed Double Floating Pulley Bracket (36) then pull it upwards to the right Pulley Bracket (14). Draw the Butterfly Arm Cable (57) around the Pulley (27) on the right Pulley Bracket (14) then pull it forwards to the Right Butterfly Arm (7).

Attach the other end of the Butterfly Arm Cable (57) onto the Right Butterfly Arm (7) with one M10x25 Hexagon Head Bolt (34), one M10 Nylon Lock Nut (58), and two Ø10 Washers (35). Tighten bolt and nut with two Wrenches provided.

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



Tool:



2 Wrenches (19-17)

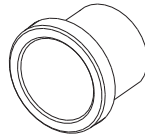
Step 4

Attach the Pulley (27) onto the Top Frame (8) with one M10x65 Hexagon Head Bolt (24), one M10 Nylon Lock Nut (58), two Flange Covers (32), and two Ø10 Washers (35). Tighten bolt and nut with two Wrenches provided.

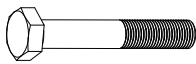
Hardware:



1 Pulley



2 Flange Covers



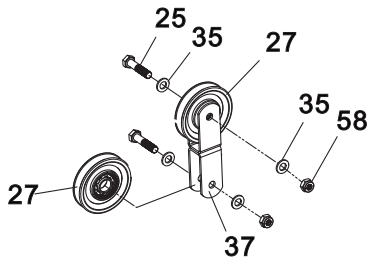
1 Hexagon Head Bolt M10x65



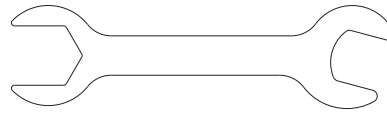
2 Washers (Ø10)



1 Nylon Lock Nut (M10)



Tool:



2 Wrenches (19-17)

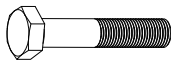
Step 5

Attach two Pulleys (27) onto the Double Floating Pulley Bracket (37) with two M10x45 Hexagon Head Bolts (25), two M10 Nylon Lock Nuts (58), and four Ø10 Washers (35). Tighten bolts and nuts with two Wrenches provided.

Hardware:



2 Pulleys



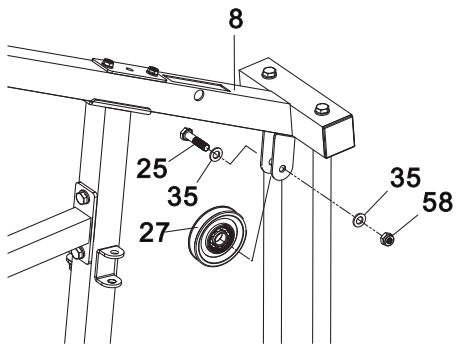
2 Hexagon Head Bolts (M10x45)



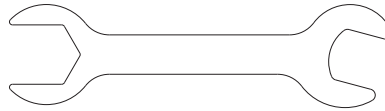
4 Washers (Ø10)



2 Nylon Lock Nuts (M10)



Tool:



2 Wrenches (19-17)

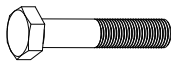
Step 6

Attach the Pulley (27) onto the Top Frame (37) with one M10x45 Hexagon Head Bolts (25), one M10 Nylon Lock Nut (58), and two Ø10 Washers (35). Tighten bolt and nut with two Wrenches provided.

Hardware:



1 Pulley



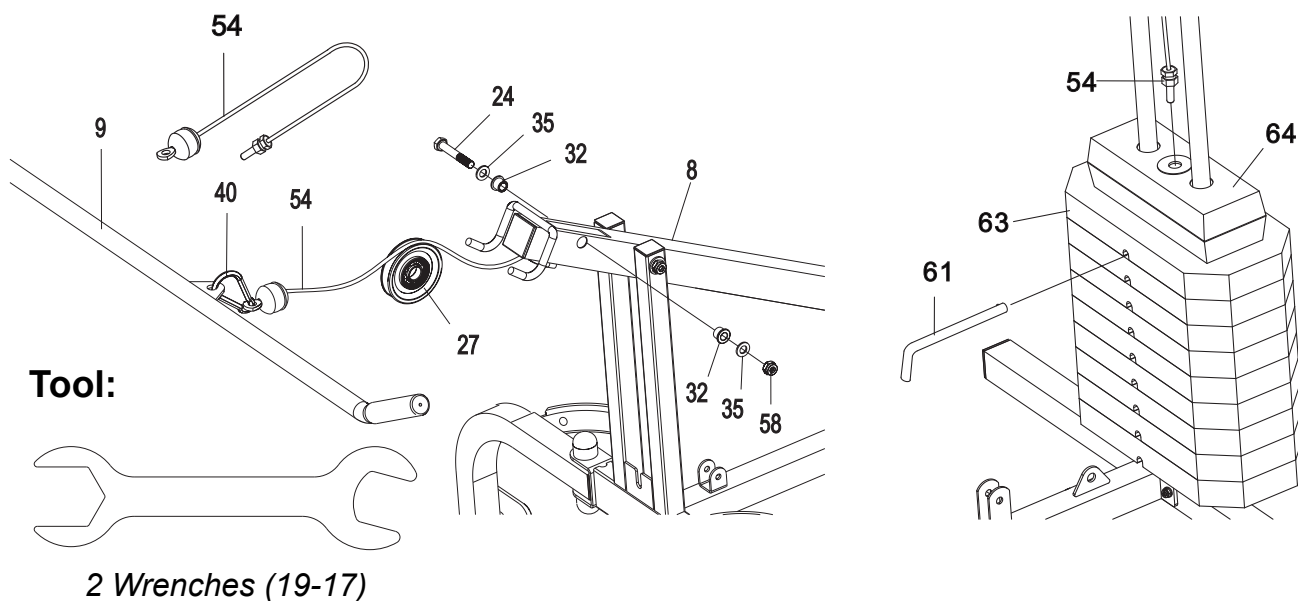
1 Hexagon Head Bolt (M10x45)



2 Washers (Ø10)



1 Nylon Lock Nut (M10)



Step 7

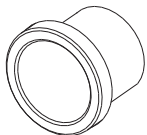
Attach the Pulley (27) onto the Top Frame (8) with one M10x65 Hexagon Head Bolt (24), one M10 Nylon Lock Nut (58), two Flange Covers (32), and two Ø10 Washers (35). Tighten bolt and nut with two Wrenches provided.

Connect the Hook (40) to the ball stopper end of the Lat Bar Cable (54) and Lat Bar (9).

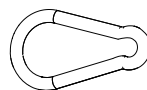
Hardware:



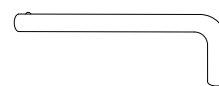
1 Pulley



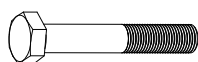
2 Flange Covers



1 Hook



1 L-Shaped Pin



1 Hexagon Head Bolt M10x65



2 Washers (Ø10)



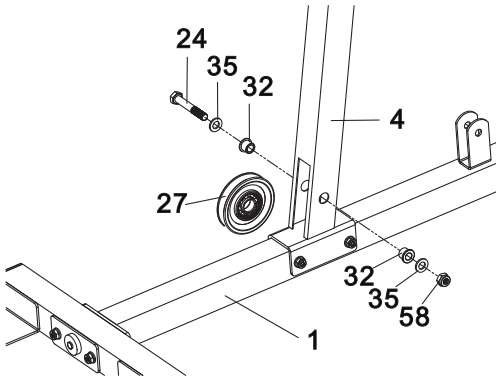
1 Nylon Lock Nut (M10)

Routing the Lat Bar Cable

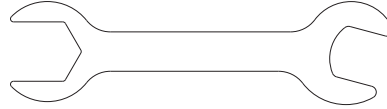
Insert the cable around the Pulley (27) at the front of the Pulley (27) on the Top Frame (8) then pull it towards to the second Pulley (27) on the Top Frame (8).

Draw the Lat Bar Cable (54) around the Pulley (27) then pull it downwards to the Double Floating Pulley Bracket (37). Draw the Lat Bar Cable (54) around the Pulley (27) on the Double Floating Pulley Bracket (37) then pull it upwards to the third Pulley (27) on the Top Frame (8). Draw the Lat Bar Cable (54) around the Pulley (27) then pull it downwards to the Guide Rod (68). Thread the bolt at the end of the Lat Bar Cable (54) into the opening on top of the Guide Rod (68) to secure the cable. Insert the L-Shaped Pin (61) into the pin slot.

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



Tool:



2 Wrenches (19-17)

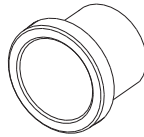
Step 8

Attach the Pulley (27) onto the Main Support Tube (4) with one M10x65 Hexagon Head Bolt (24), one M10 Nylon Lock Nut (58), two Flange Covers (32), and two Ø10 Washers (35). Tighten bolt and nut with two Wrenches provided.

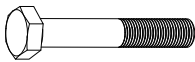
Hardware:



1 Pulley



2 Flange Covers



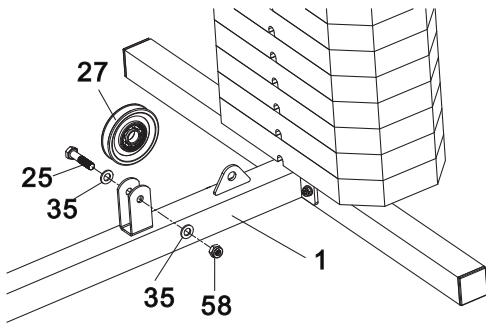
1 Hexagon Head Bolt M10x65



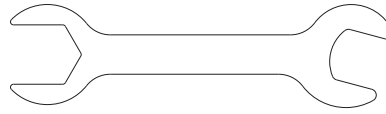
2 Washers (Ø10)



1 Nylon Lock Nut (M10)



Tool:



2 Wrenches (19-17)

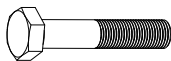
Step 9

Attach the Pulley (27) onto the Main Base Tube (1) with one M10x45 Hexagon Head Bolts (25), one M10 Nylon Lock Nut (58), and two Ø10 Washers (35). Tighten bolt and nut with two Wrenches provided.

Hardware:



1 Pulley



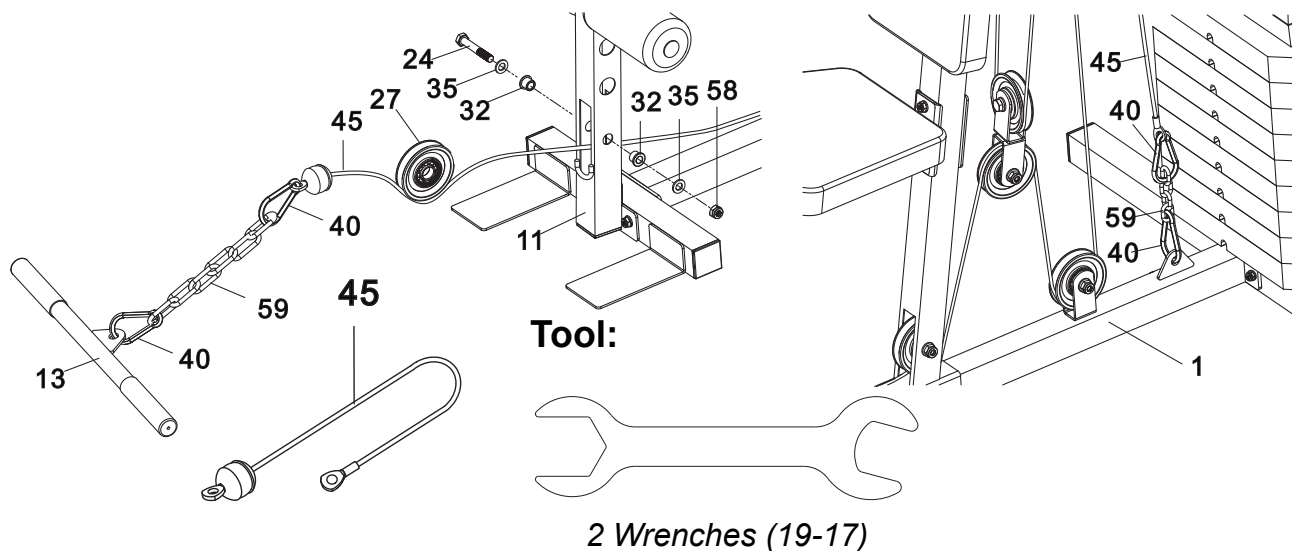
1 Hexagon Head Bolt (M10x45)



2 Washers (Ø10)



1 Nylon Lock Nut (M10)



Step 10

Attach the Pulley (27) onto the Leg Extension Tube (11) with one M10x65 Hexagon Head Bolt (24), one M10 Nylon Lock Nut (58), two Flange Covers (32), and two Ø10 Washers (35). Tighten bolt and nut with two Wrenches provided.

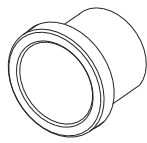
Connect the Hook (40) to the ball stopper end of the Leg Extension Cable (45) and Coil Chain (59).

Connect the Hook (40) to the Coil Chain (59) and Arm Curl Handle (13).

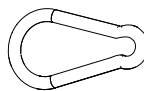
Hardware:



1 Pulley



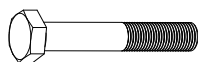
2 Flange Covers



4 Hooks



2 Coil Chains



1 Hexagon Head Bolt M10x65



2 Washers (Ø10)



1 Nylon Lock Nut (M10)

Routing the Leg Extension Cable

Insert the cable to the Pulley (27) on the Leg Extension Tube (11) then pull it towards to the second Pulley (27) on the Main Support Tube (4). Pull it upwards to the Pulley (27) on the Crossed Double Floating Pulley Bracket (36). Draw the Leg Extension Cable (45) around the Pulley (27) then pull it downwards to the Pulley (27) on the Main Base Tube (1). Pull it upwards to the Pulley (27) on the Double Floating Pulley Bracket (37). Draw the Leg Extension Cable (45) around the Pulley (27) on the Double Floating Pulley Bracket (37) then pull it downwards to the triangle plate on the Main Base Tube (1).

Connect the Leg Extension Cable (45) to the Hook (40) then connect the Hook (40) with Leg Extension Cable (45) to the Coil Chain (59). Connect the other end of the Coil Chain (59) to the Hook (40) then connect the Hook (40) with the Coil Chain (59) to the hole on the triangle plate of the Main Base Tube (1).

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

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.

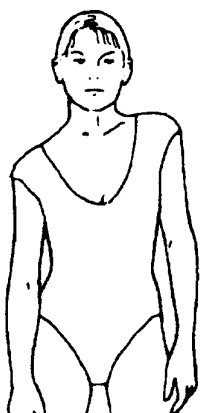
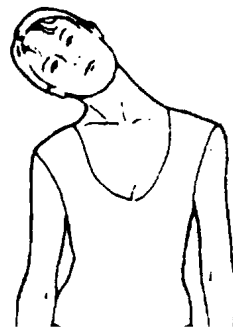
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you 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.

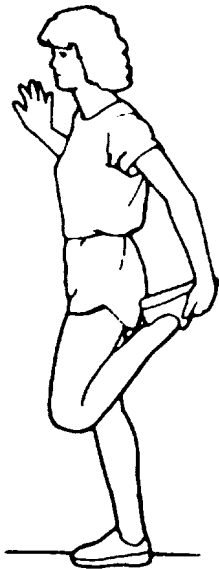
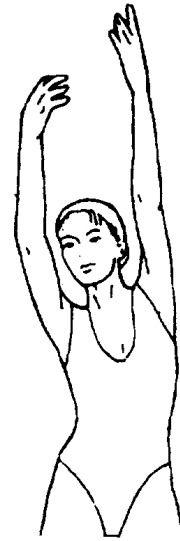


SHOULDER LIFTS

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.



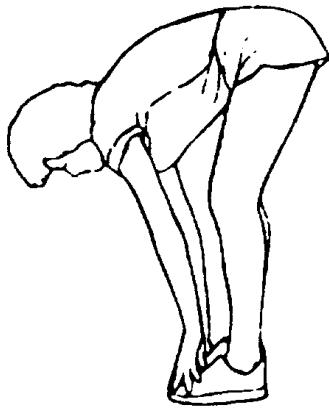
QUADRICEPS STRETCH

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.



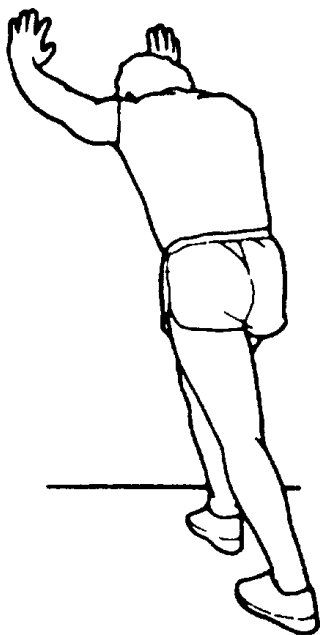
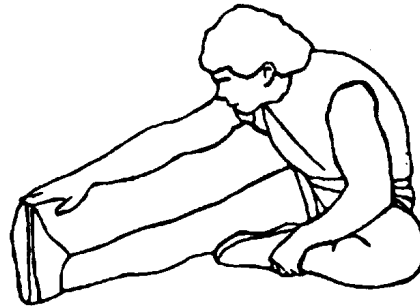


TOE TOUCHES

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.