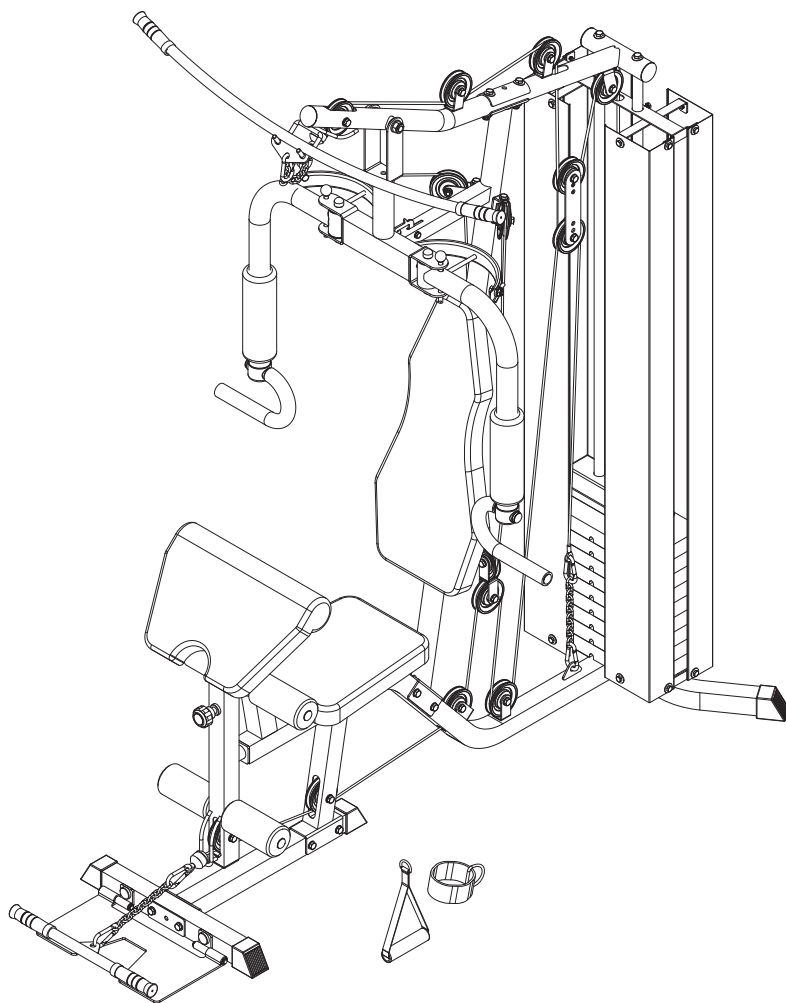


HOME GYM

ITEM NO.: 63142

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 and are subject to change without prior notice.

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ONE YEAR LIMITED WARRANTY

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

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

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

When ordering replacement parts please have the following information ready:

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

IMPORTANT SAFETY INSTRUCTIONS

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

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

WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

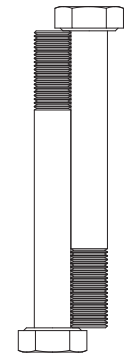
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Base Tube	1	033	Square Inner Cap (□50x50)	1
002	Base Tube	1	034	Rectangular Inner Cap (□30x60)	2
003	Main Support Tube	1	035	Square Outer Cap (□38x38)	1
004	Rear Base Tube	1	036	Sleeve Ø50	2
005	Front Base Tube	1	037	Plastic Bushing (□50x□38x120)	1
006	Support Frame for Right and Left Arm	1	038	Hexagon Nut Cap M10	6
007	Top Frame	1	039	End Cap 50x50	5
008	Leg Extension Tube	1	040	Seat Pad 390x350x50	1
009	Foot Plate	1	041	Backrest 750x340x40	1
010	Weight Stack Sliding Rod	2	042	Handle Strap	1
011	U Handle	2	043	Arm Curl Pad 450x310x50	1
012	Right Arm	1	044	Foam Grip Ø23xT5x340	2
013	Left Arm	1	045	Foam Roller Ø23xØ80x160	4
014	Pulley Bracket	2	046	Foam Roller Ø45xØ80x245	2
015	Crossed Double Floating Pulley Bracket	1	047	Foam Roll Tube Ø25x380	2
016	Double Floating Pulley Bracket	2	048	Buffer Bolt M10	1
017	Lat Bar	1	049	Plastic Bearing Ø50	4
018	Low Row Bar	1	050	Hook	1
019	Pulley	14	051	Round Pad Ø30x7	4
020	Seat Support Tube	1	052	Arc Plate	1
021	Oilite Bearing Ø16	2	053	Arm Curl Pad Stand	1
022	Top Weight Stack	1	054	Pulley Bushing Ø10x14	6
023	Weight Stack	9	055	Handgrip Ø25x125	4
024	Top Weight Stack Washer	1	056	Round Knob M16	2
025	Weight Bushing	1	057	Pin Ø10x90	2
026	Pin Ø10x55	1	058	Shaft	2
027	Guide Rod	1	059	Retaining Ring Ø9xØ18x1	2
028	L-Shaped Pin Ø10x120	1	060	Big Flat Washer Ø6	4
029	Rubber Bumper Ø65xØ26x14	2	061	Big Flat Washer Ø8	16
030	Round Inner Cap Ø25	8	062	Curve Washer Ø8	2
031	Round Inner Cap Ø50	3	063	Curve Washer Ø10	6
032	Square Inner Cap (□38x38)	1	064	Flat Washer Ø8	4

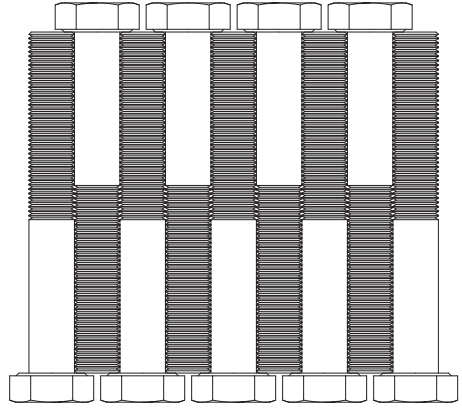
PARTS LIST

No.	Description	Qty	No.	Description	Qty
065	Flat Washer Ø10	60	080	Hexagon Socket Countersunk Head Bolt M10x20	2
066	Flat Washer Ø16	2	081	Hexagon Socket Round Head Bolt M10x45	2
067	Hexagon Head Bolt M6x16	4	082	Nylon Lock Nut M8	1
068	Hexagon Head Bolt M8x12	16	083	Nylon Lock Nut M10	31
069	Hexagon Head Bolt M8x20	2	084	Nylon Lock Nut M16	1
070	Hexagon Head Bolt M8x45	2	085	High Cable	1
071	Hexagon Head Bolt M8x50	1	086	Arm Cable	1
072	Hexagon Head Bolt M8x65	2	087	Low Cable	1
073	Hexagon Head Bolt M10x25	4	088	Snap Hook	6
074	Hexagon Head Bolt M10x45	11	089	Coil Chain (200 mm)	3
075	Hexagon Head Bolt M10x65	2	090	Ankle Strap	1
076	Hexagon Head Bolt M10x70	5	091	Weight Stack Cover	4
077	Hexagon Head Bolt M10x75	9	092	Upper Weight Stack Cover Bracket	1
078	Hexagon Head Bolt M10x100	2	093	Bottom Weight Stack Cover Bracket	1
079	Hexagon Head Bolt M16x100	1			

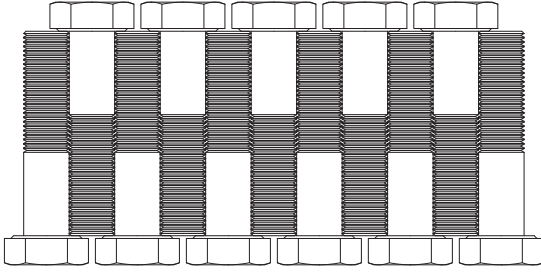
HARDWARE & PARTS 1



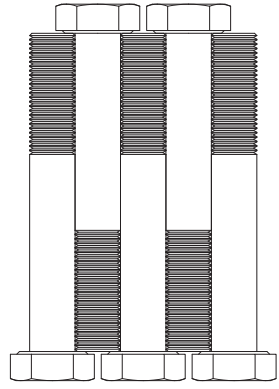
(72) Hexagon Head Bolt M8x65
2 PCS



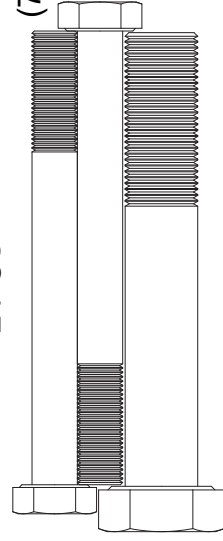
(77) Hexagon Head Bolt M10x75
9 PCS



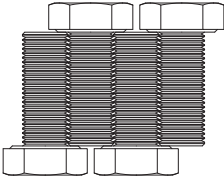
(74) Hexagon Head Bolt M10x45
11 PCS



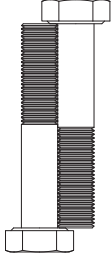
(76) Hexagon Head Bolt M10x70
5 PCS



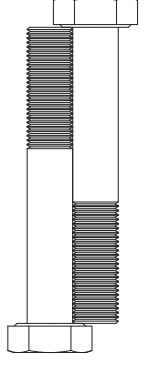
(79) Hexagon Head Bolt M16x100
1 PC



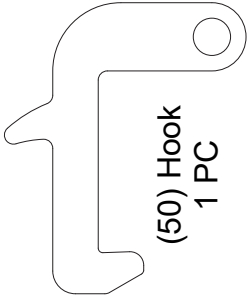
(73) Hexagon Head Bolt M10x25
4 PCS



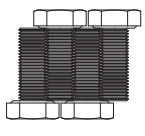
(70) Hexagon Head Bolt M8x45
2 PCS



(75) Hexagon Head Bolt M10x65
2 PCS



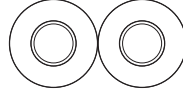
(50) Hook
1 PC



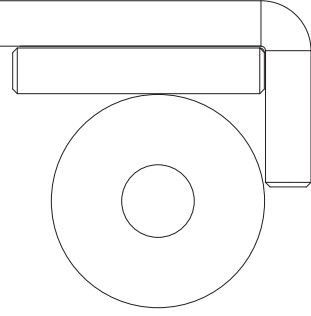
(81) Hexagon Socket Round Head Bolt M10x45
2 PCS



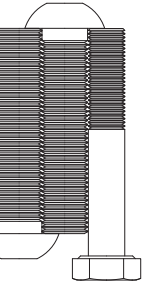
(24) Top Weight Stack Washer
1 PC



(80) Hexagon Socket Countersunk Head Bolt M10x20
2 PCS



(28) L-Shaped Pin
1 PC



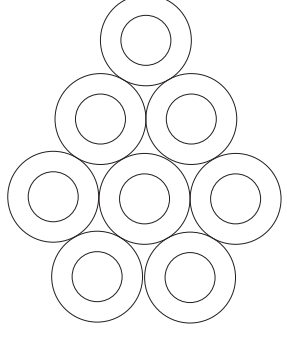
(67) Hexagon Head Bolt M6x16
4 PCS

(26) Pin
1 PC

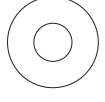
HARDWARE & PARTS 2



(60) Big Flat Washer Ø6
4 PCS



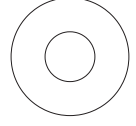
(65) Flat Washer Ø10
60 PCS



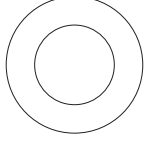
(62) Curve Washer Ø8
2 PCS



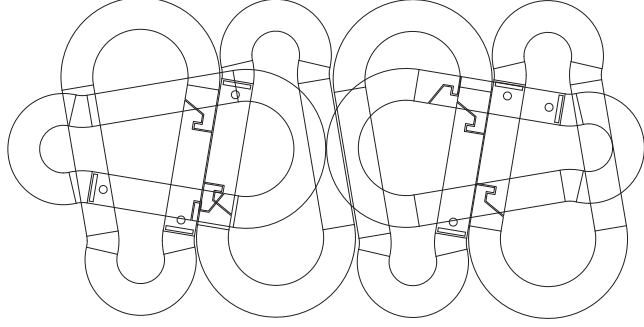
(64) Flat Washer Ø8
4 PCS



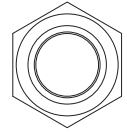
(63) Curve Washer Ø10
6 PCS



(66) Flat Washer Ø16
2 PCS



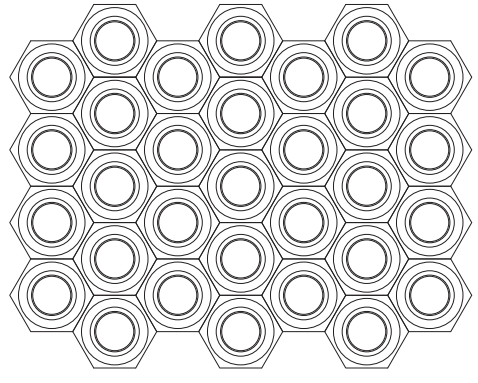
(88) Snap Hook
6 PCS



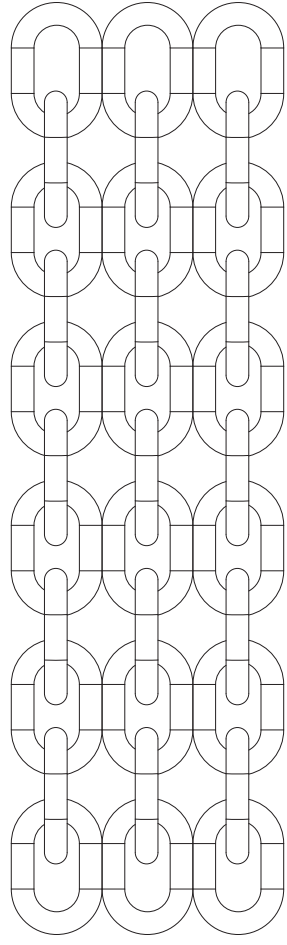
(84) Nylon Lock Nut M16
1 PC



(82) Nylon Lock Nut M8
1 PC

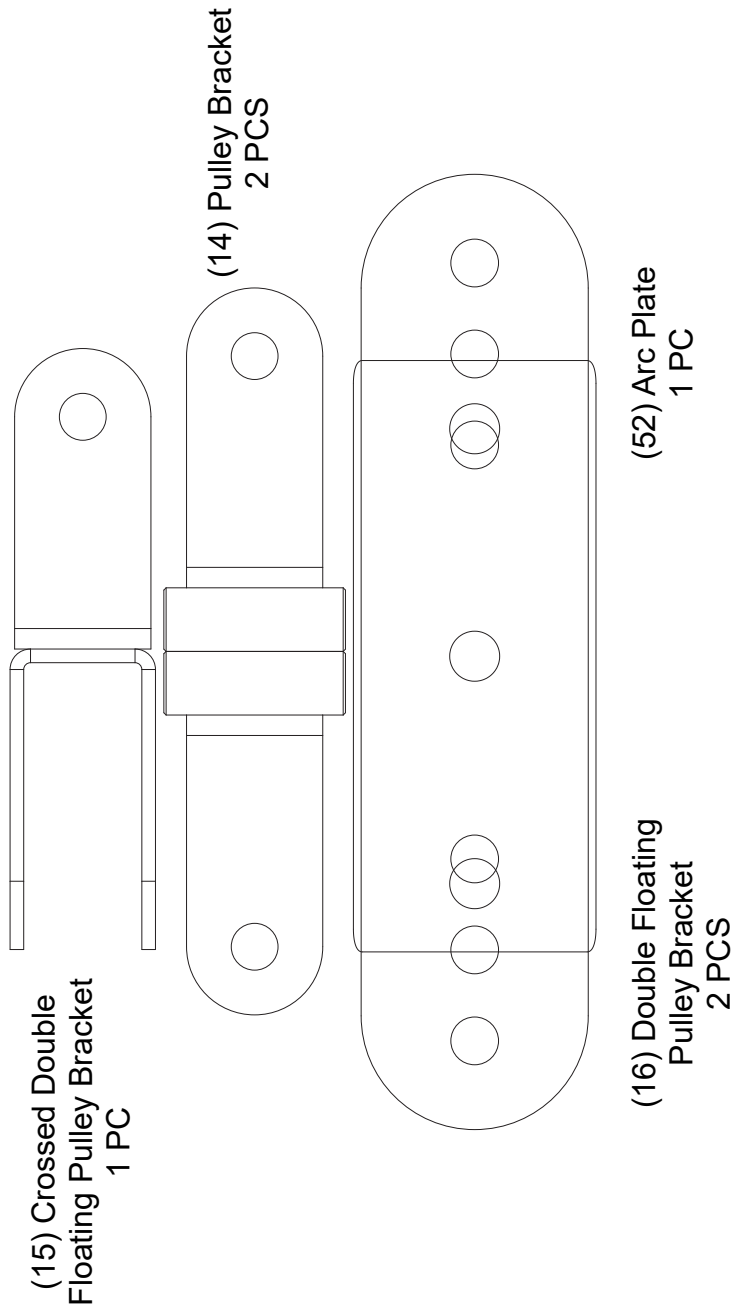


(83) Nylon Lock Nut M10
31 PCS



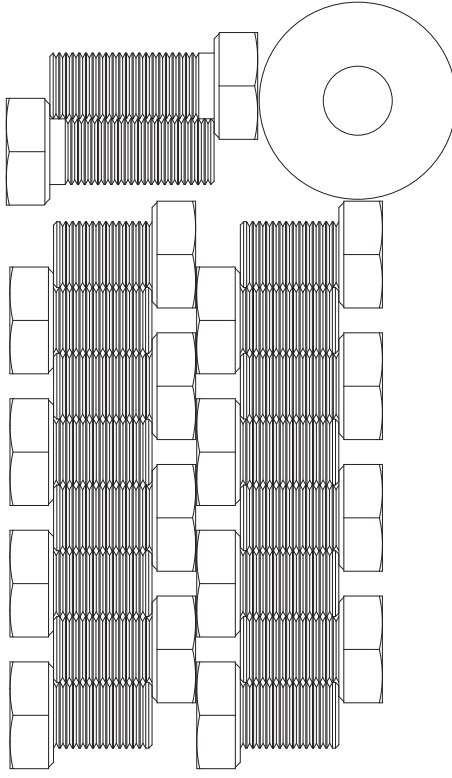
(89) Coil Chain
3 PCS

HARDWARE & PARTS 3



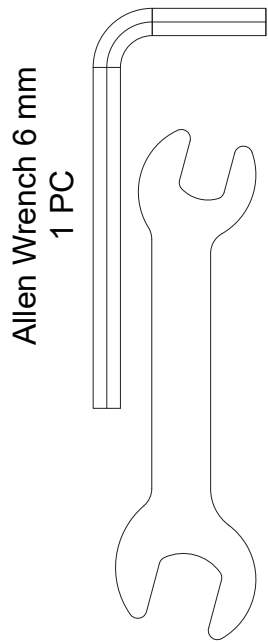
HARDWARE FOR WEIGHT STACK COVERS

(69) Hexagon Head Bolt
M8x20
2 PCS



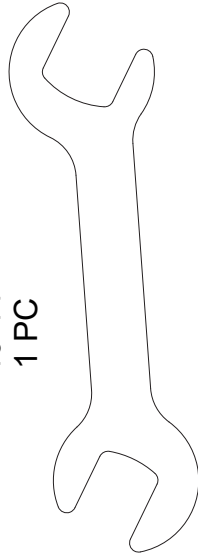
(68) Hexagon Head Bolt M8x12 16 PCS
(61) Big Flat Washer Ø8 16 PCS

TOOLS



Allen Wrench 6 mm
1 PC

Double Open End Wrench
10-14
1 PC



Double Open End Wrench
14-17
2 PCS

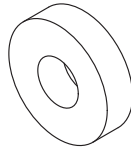


Wrench
19-24
2 PCS

PLASTIC PARTS BAG



(25) Weight Bushing
1 PC



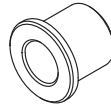
(29) Rubber Bumper
2 PCS



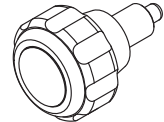
(36) Sleeve
2 PCS



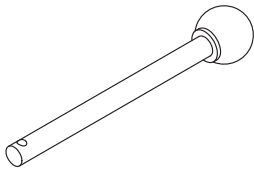
(38) Hexagon Nut Cap
6 PCS



(54) Pulley Bushing
6 PCS



(56) Round Knob
2 PCS



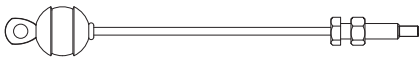
(57) Pin
2 PCS

PULLEY BAG

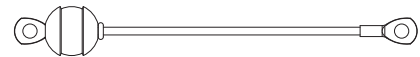


(19) Pulley
14 PCS

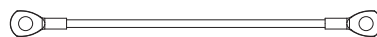
CABLE BAG



(85) High Cable
1 PC



(87) Low Cable
1 PC



(86) Arm Cable
1 PC

FOAM ROLLER LIST

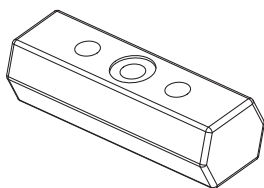


(45) Foam Roller
Ø23xØ80x160
4 PCS

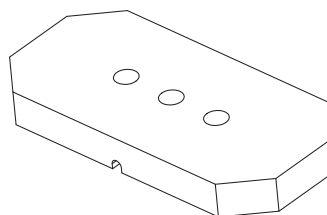


(46) Foam Roller
Ø45xØ80x245
2 PCS

WEIGHT STACK LIST

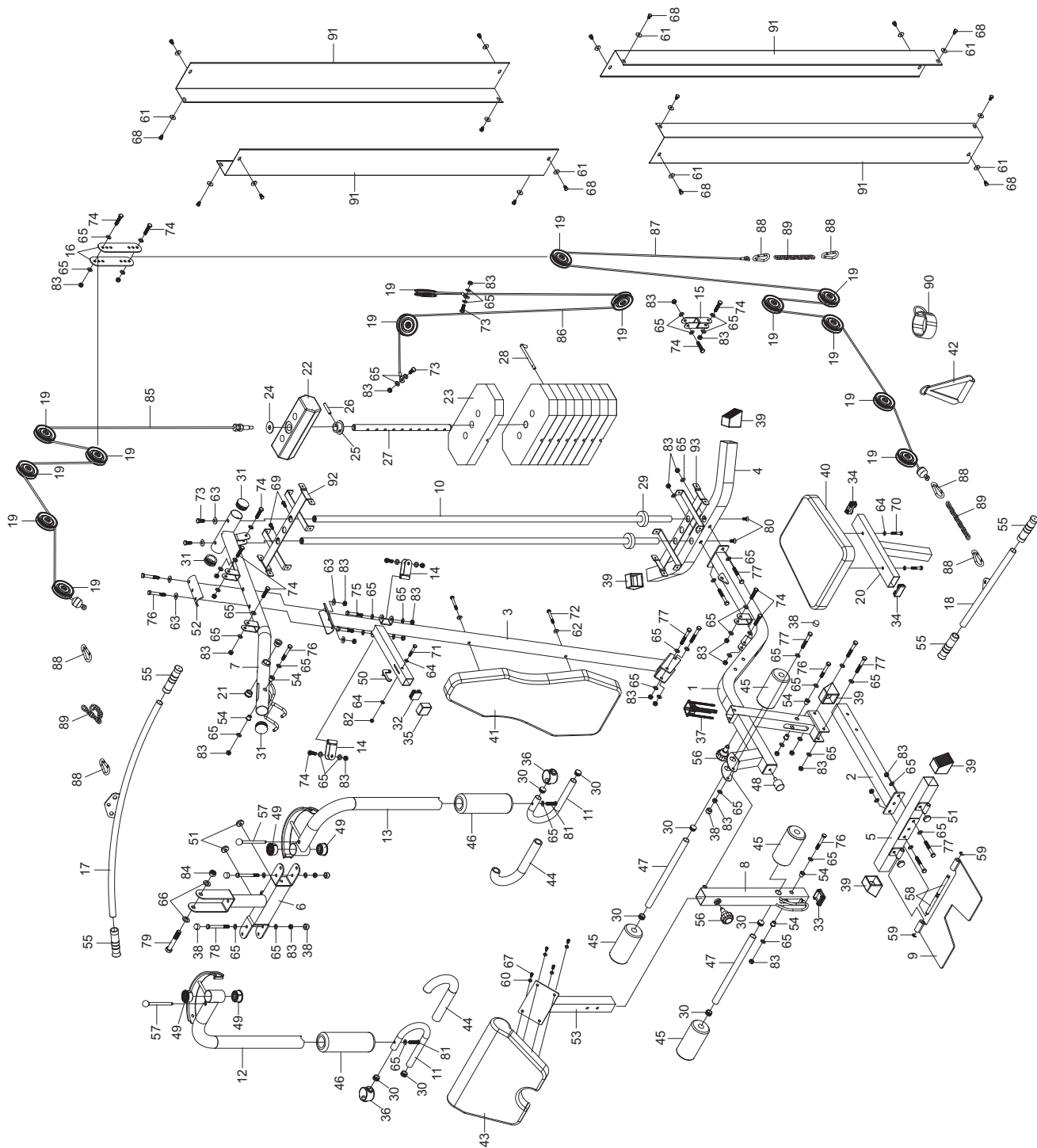


(22) Top Weight Stack
1 PC



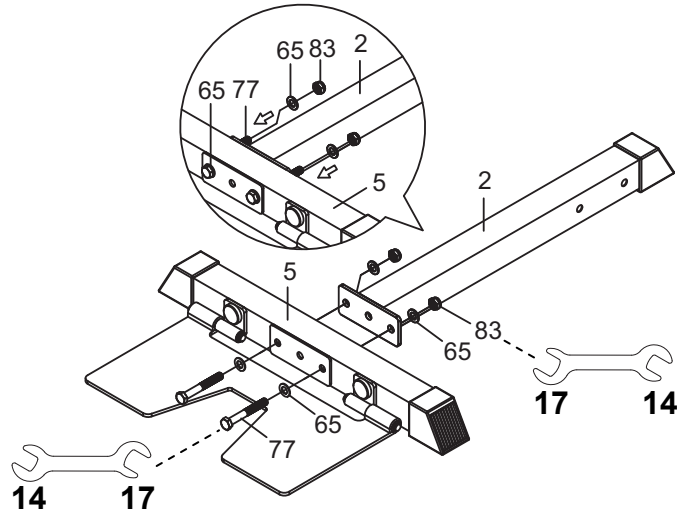
(23) Weight Stack
9 PCS

EXPLODED VIEW



ASSEMBLY INSTRUCTIONS

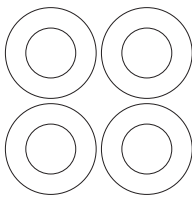
NOTE: It is recommended to have a second person to help you to assemble this home gym.



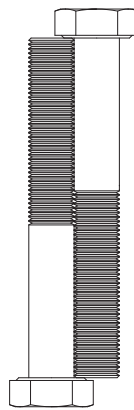
Step 1

Attach the Front Base Tube (5) to the Base Tube (2) with two M10x75 Hexagon Head Bolts (77), two M10 Nylon Lock Nuts (83), and four Ø10 Flat Washers (65). Tighten bolts and nylon lock nuts with two 14-17 Double Open End Wrenches provided.

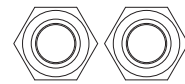
Hardware:



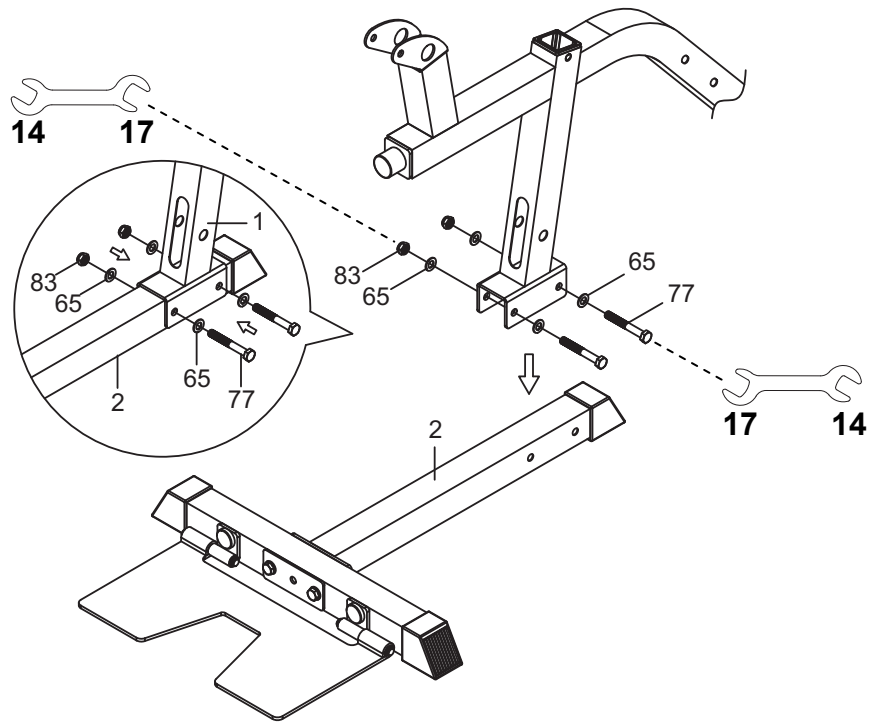
(65) Flat Washer Ø10
4 PCS



(77) Hexagon Head Bolt
M10x75
2 PCS



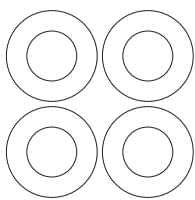
(83) Nylon Lock Nut M10
2 PCS



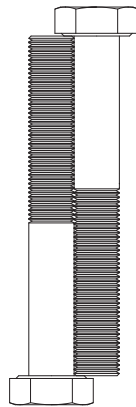
Step 2

Attach the Main Base Tube (1) to the Base Tube (2) with two M10x75 Hexagon Head Bolts (77), two M10 Nylon Lock Nuts (83), and four Ø10 Flat Washers (65). Tighten bolts and nylon lock nuts with two 14-17 Double Open End Wrenches provided.

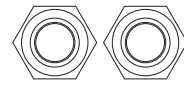
Hardware:



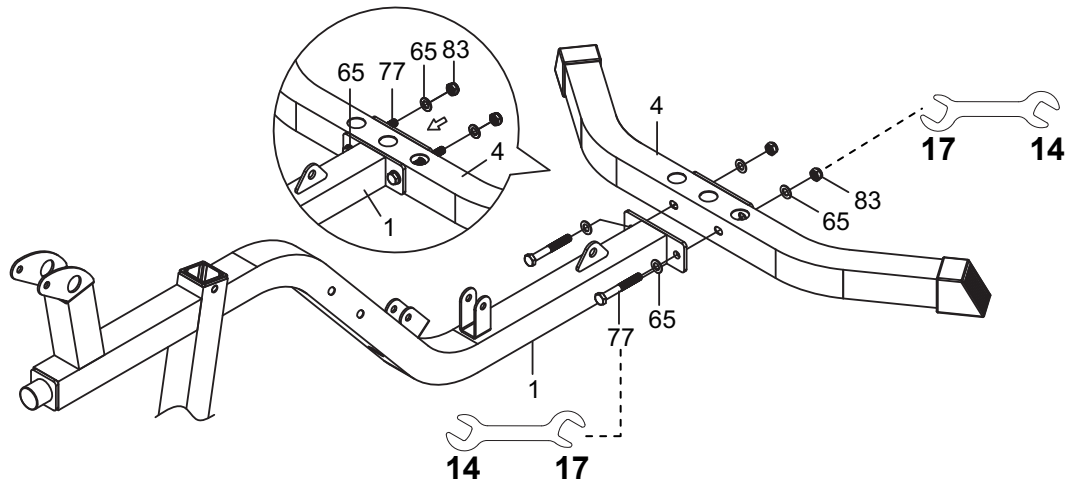
(65) Flat Washer Ø10
4 PCS



(77) Hexagon Head Bolt
M10x75
2 PCS



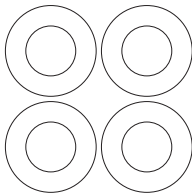
(83) Nylon Lock Nut M10
2 PCS



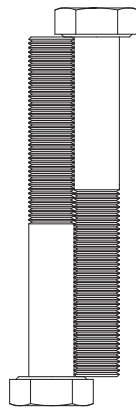
Step 3

Attach the Rear Base Tube (4) to the Main Base Tube (1) with two M10x75 Hexagon Head Bolts (77), two M10 Nylon Lock Nuts (83), and four Ø10 Flat Washers (65). Tighten bolts and nylon lock nuts with two 14-17 Double Open End Wrenches provided.

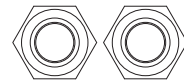
Hardware:



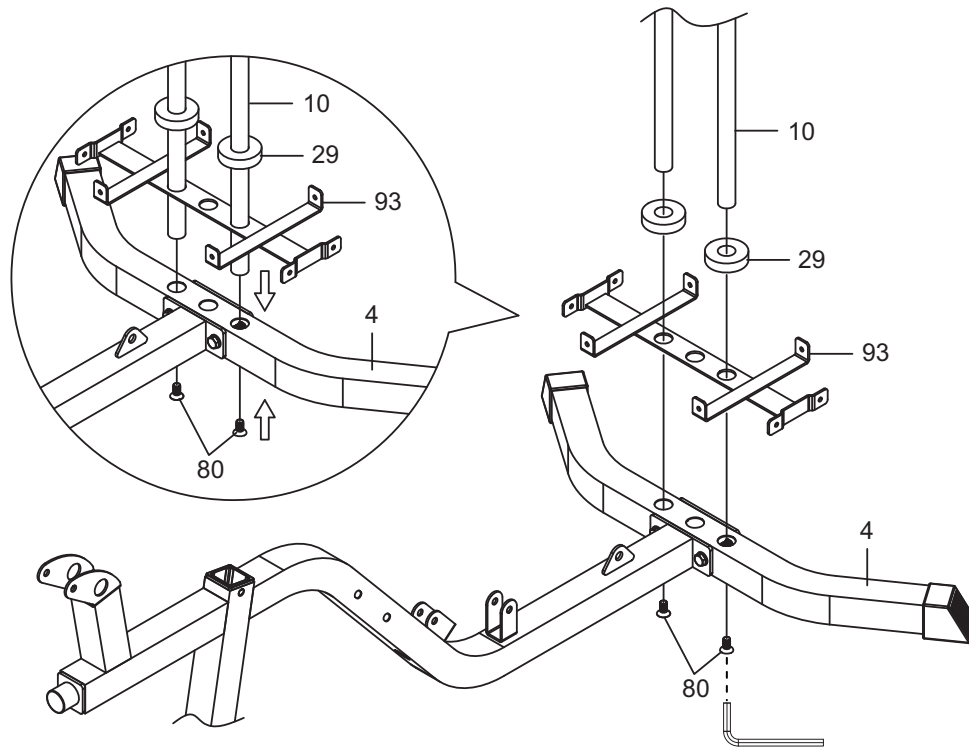
(65) Flat Washer Ø10
4 PCS



(77) Hexagon Head Bolt
M10x75
2 PCS



(83) Nylon Lock Nut M10
2 PCS



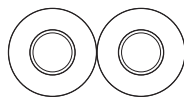
Step 4

Fitting the Weight Stack Sliding Rods (10) (Get someone else to support rods when fitting). Slide two Weight Stack Sliding Rods (10) into the Rear Base Tube (4) with a Bottom Weight Stack Cover Bracket (93).

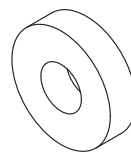
Secure the Weight Stack Sliding Rods (10) into the Rear Base Tube (4) with two Hexagon Socket Countersunk Head Bolts (80). Tighten bolts with the 6 mm Allen Wrench provided. Slide one Rubber Bumper (29) onto each of the Weight Stack Sliding Rods (10) from top and slide down to bottom.

Rubber Bumpers (29) are at bottom of the Weight Stack Sliding Rods (10).

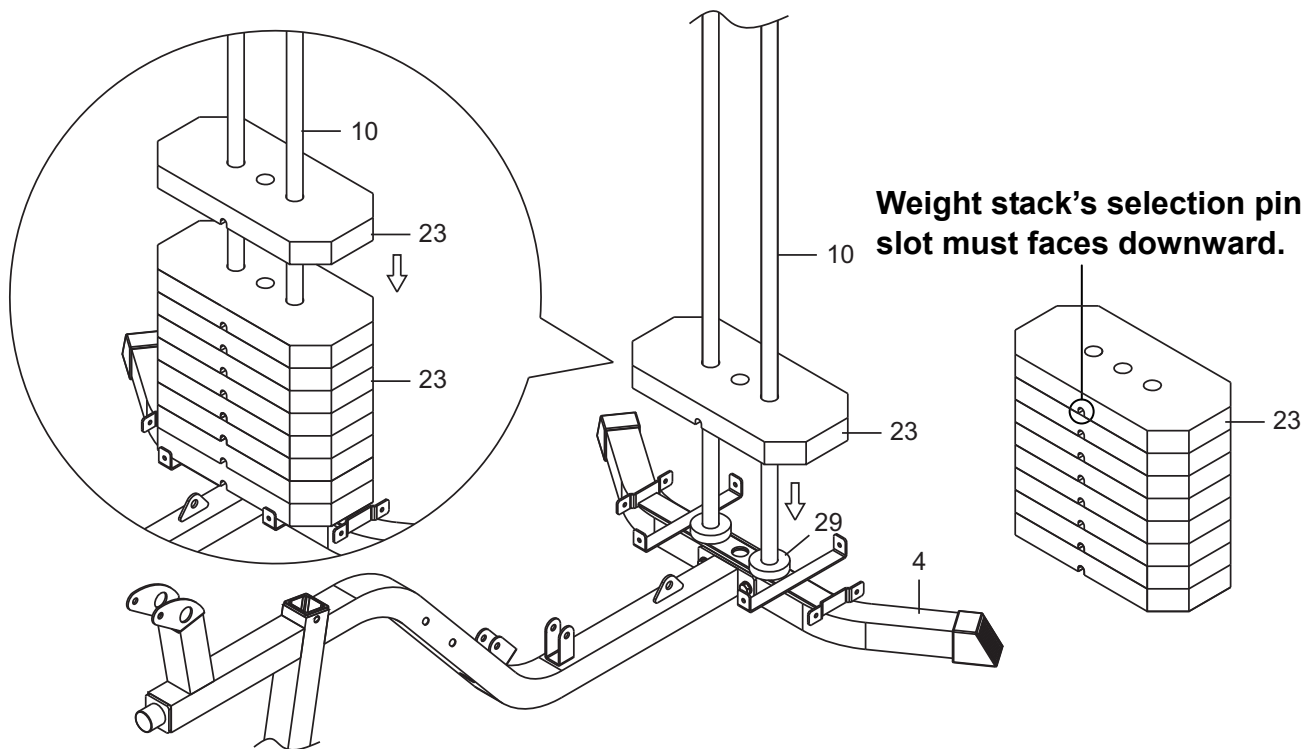
Hardware:



(80) Hexagon Socket
Countersunk Head Bolt
2 PCS



(29) Rubber Bumper
2 PCS

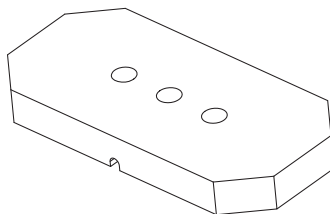


Step 5

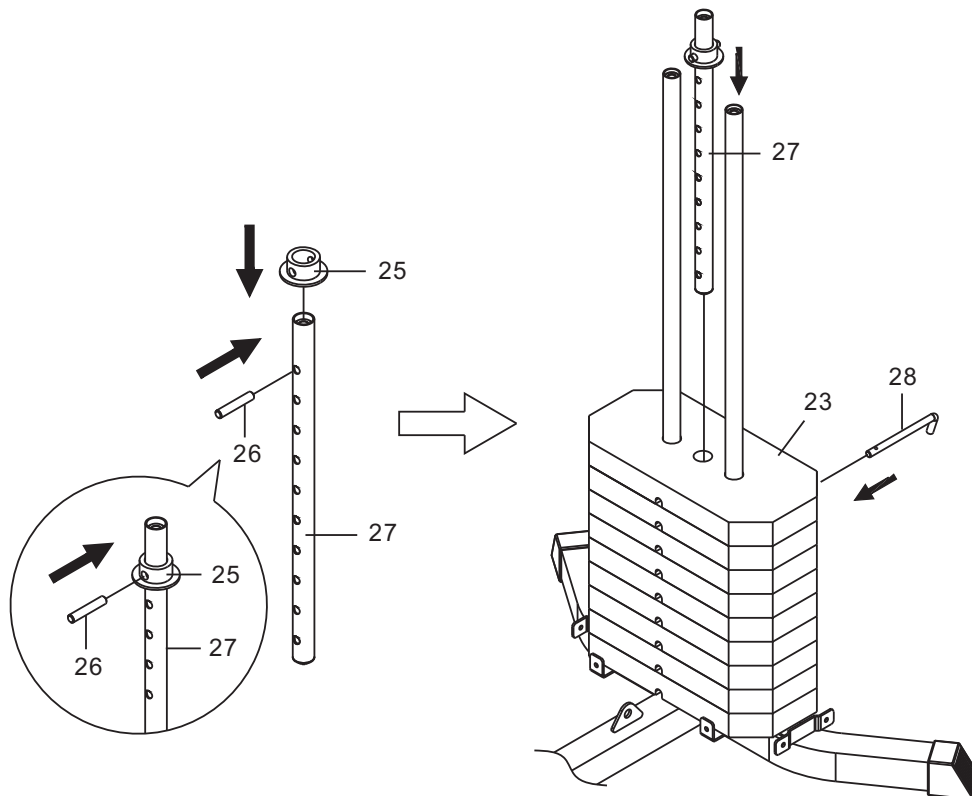
Very carefully slide Weight Stacks (23) one at a time from the top of the Weight Stack Sliding Rods (10) down to the bottom. Do not drop the Weight Stack (23).

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

Weight Stack:



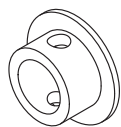
(23) Weight Stack
9 PCS



Step 6

Slide the Weight Bushing (25) onto the Guide Rod (27) and align pin hole. Secure the Weight Bushing (25) onto the Guide Rod (27) by inserting the Pin (26) through into the top holes of the Guide Rod (27) and Weight Bushing (25). Insert the Guide Rod (27) into the Weight Stacks (23). Insert the L-Shaped Pin (28) into the pin slot.

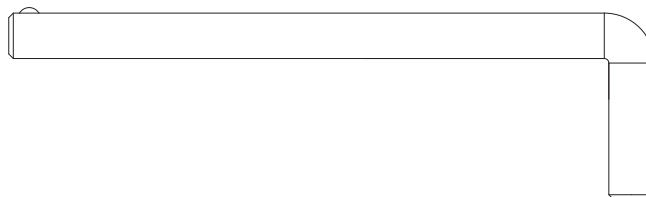
Parts:



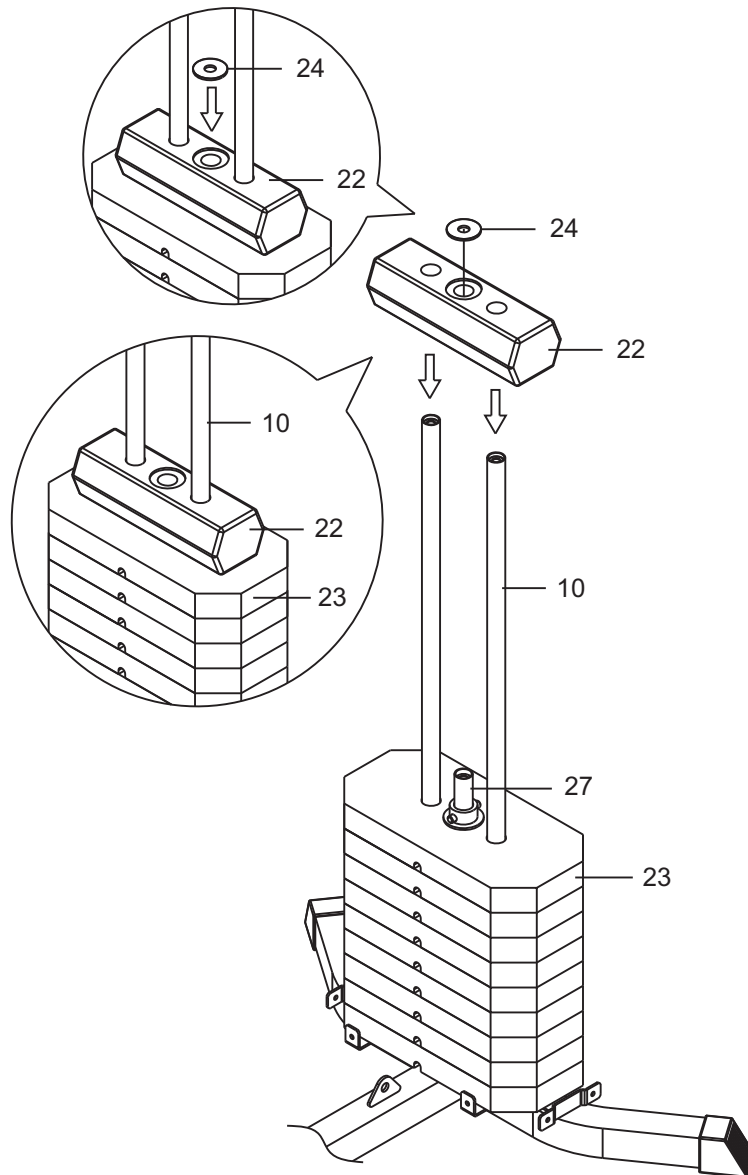
(25) Weight Bushing
1 PC



(26) Pin
1 PC



(28) L-Shaped Pin
1 PC

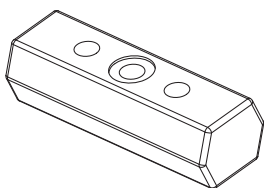


Step 7

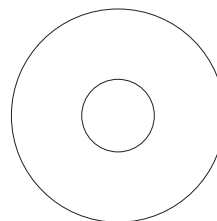
Slide the Top Weight Stack (22) from the top of the Weight Stack Sliding Rods (10) down to the Weight Stack (23).

Place the Top Weight Stack Washer (24) onto the hole of the Top Weight Stack (22).

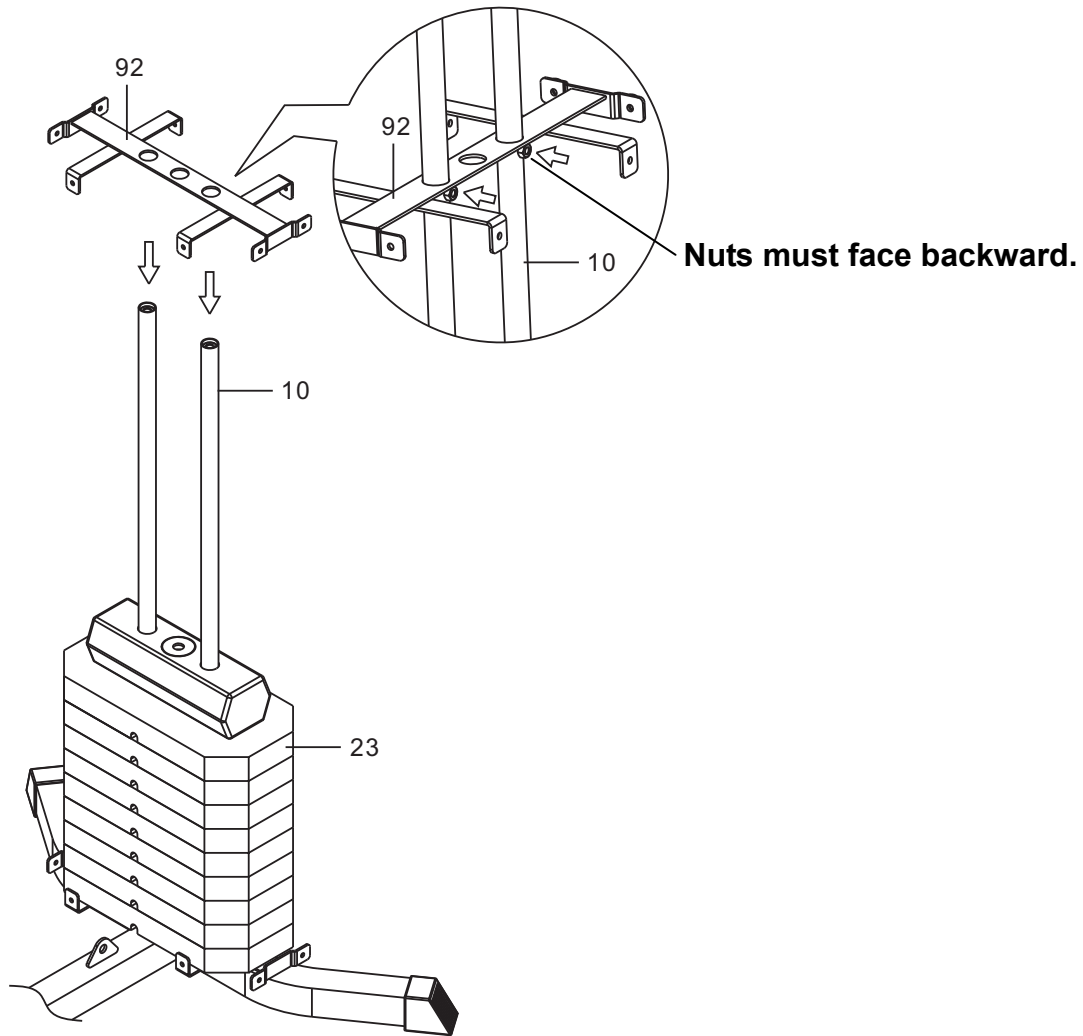
Hardware & Top Weight Stack:



(22) Top Weight Stack
1 PC



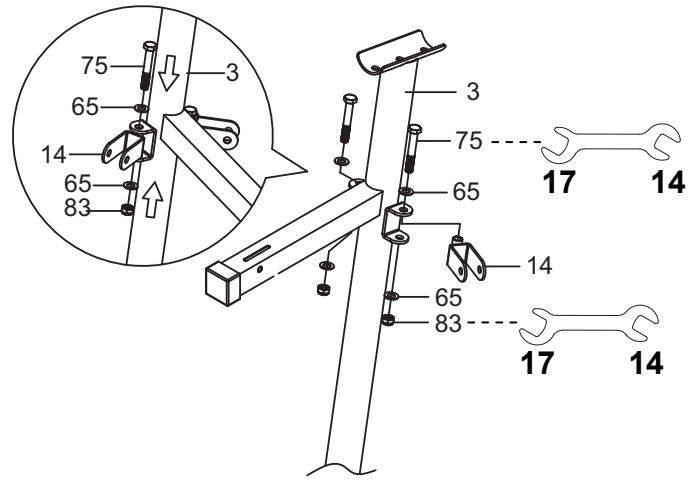
(24) Top Weight Stack Washer
1 PC



Step 8

Slide the Upper Weight Stack Cover Bracket (92) onto top of Weight Stack Sliding Rods (10), slide to the Top Weight Stack (22).

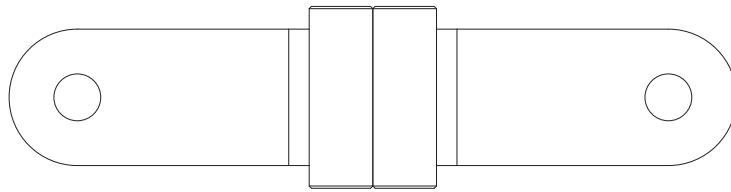
NOTE: Ensure that both two nuts must face backward.



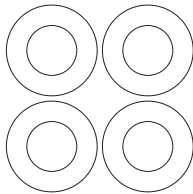
Step 9

Attach both Pulley Brackets (14) to the Main Support Tube (3) with two M10x65 Hexagon Head Bolts (75), two M10 Nylon Lock Nuts (83), and four Ø10 Flat Washers (65). Tighten bolts and nylon lock nuts with two 14-17 Double Open End Wrenches provided.

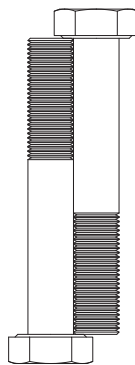
Hardware:



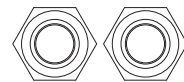
(14) Pulley Bracket
2 PCS



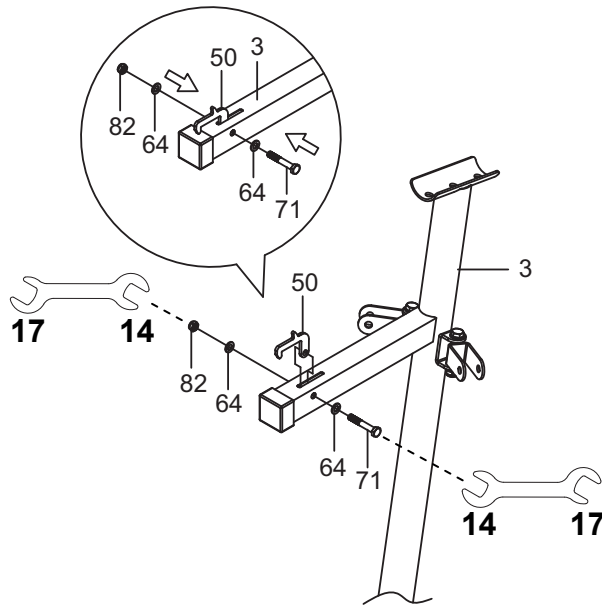
(65) Flat Washer Ø10
4 PCS



(75) Hexagon Head Bolt
M10x65
2 PCS



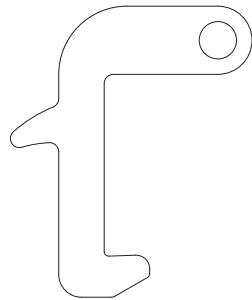
(83) Nylon Lock Nut M10
2 PCS



Step 10

Attach the Hook (50) to the Main Support Tube (3) with one M8x50 Hexagon Head Bolt (71), one M8 Nylon Lock Nut (82), and two Ø8 Flat Washers (64). Tighten bolts and nylon lock nuts with two 14-17 Double Open End Wrenches provided.

Hardware:



(50) Hook
1 PC



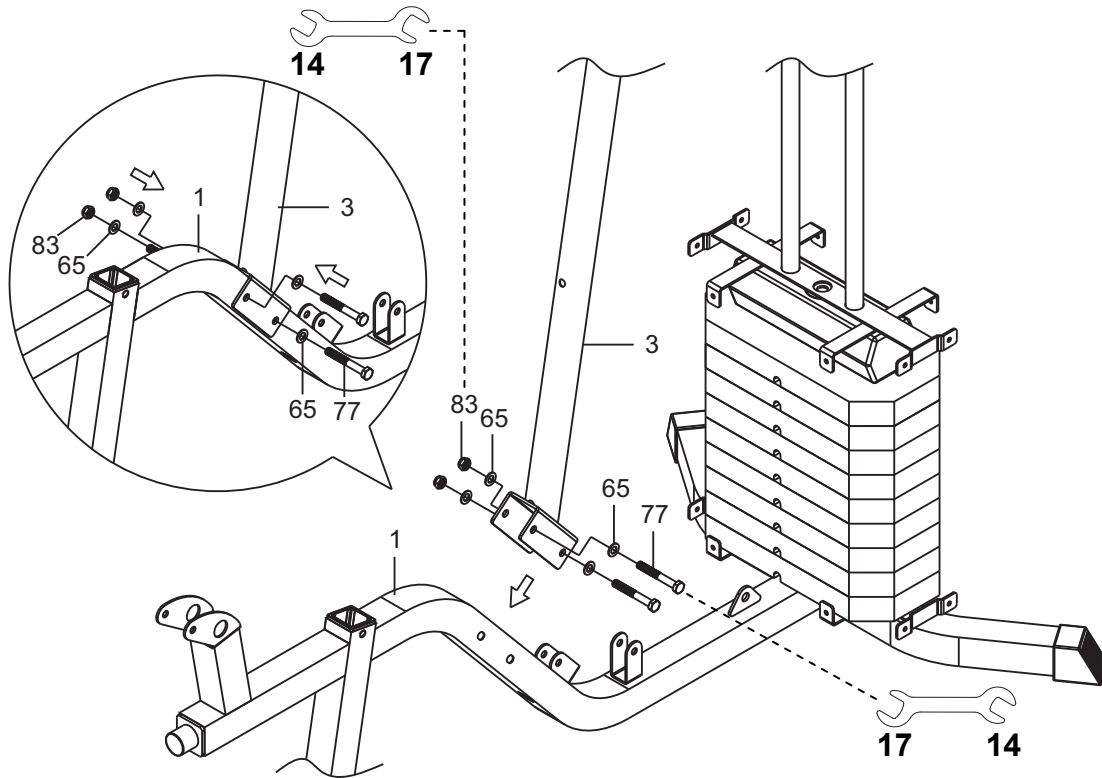
(71) Hexagon Head Bolt
M8x50
1 PC



(64) Flat Washer Ø8
2 PCS



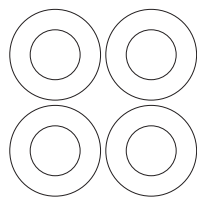
(82) Nylon Lock Nut M8
1 PC



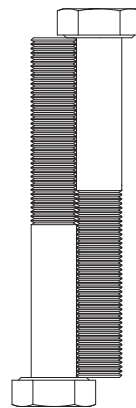
Step 11

Attach the Main Support Tube (3) to the Main Base Tube (1) with two M10x75 Hexagon Head Bolts (77), two M10 Nylon Lock Nuts (83), and four Ø10 Flat Washers (65). Tighten bolts and nylon lock nuts with two 14-17 Double Open End Wrenches provided.

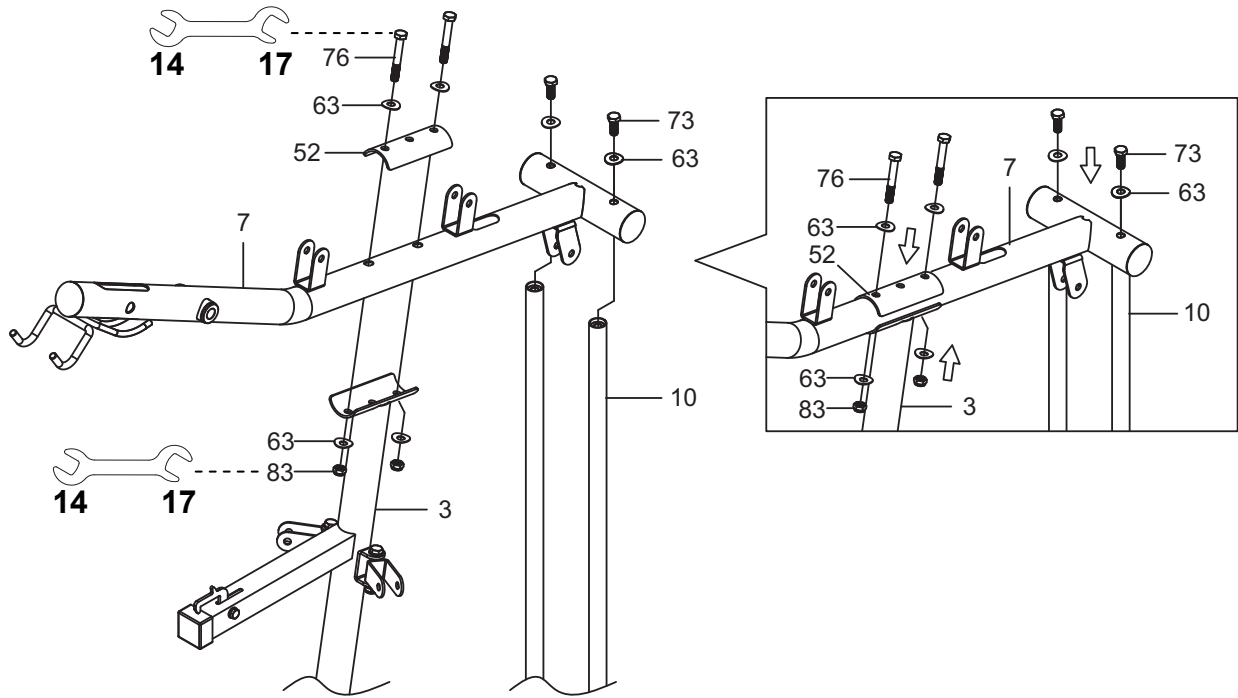
Hardware:



(65) Flat Washer Ø10
4 PCS



(77) Hexagon Head Bolt
M10x75
2 PCS

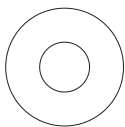


Step 12

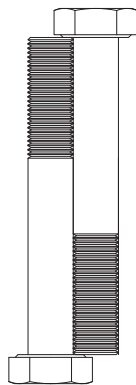
Attach the Arc Plate (52) to the Top Frame (7) with two M10x70 Hexagon Head Bolts (76), two M10 Nylon Lock Nuts (83), and four Ø10 Curve Washers (63). **Semi-tighten bolts and nylon lock nuts with two 14-17 Double Open End Wrenches provided.**

NOTE: DO NOT FULLY TIGHTEN THE BOLTS AND NYLON LOCK NUTS IN STEP 12 UNTIL STEP 19 IS COMPLETED.

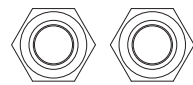
Hardware:



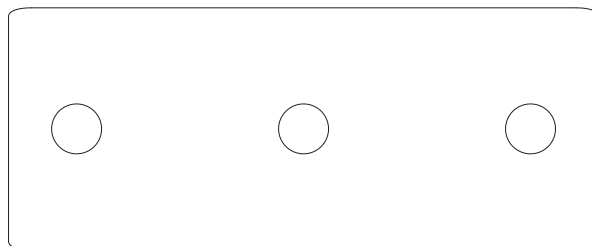
(63) Curve Washer Ø10
4 PCS



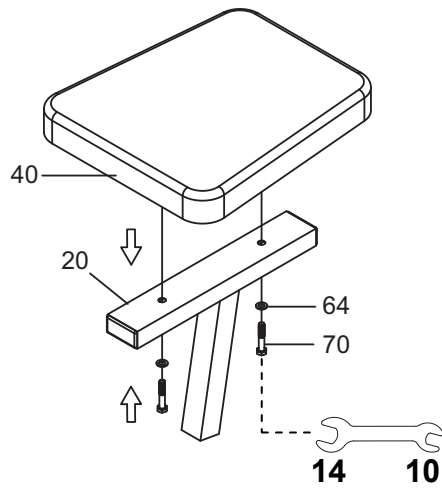
(76) Hexagon Head Bolt
M10x70
2 PCS



(83) Nylon Lock Nut M10
2 PCS



(52) Arc Plate
1 PC



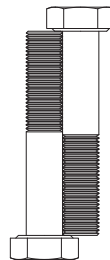
Step 13

Attach the Seat Pad (40) to the Seat Support Tube (20) with two M8x45 Hexagon Head Bolts (70) and two Ø8 Flat Washers (64). Tighten bolts with the 10-14 Double Open End Wrench provided.

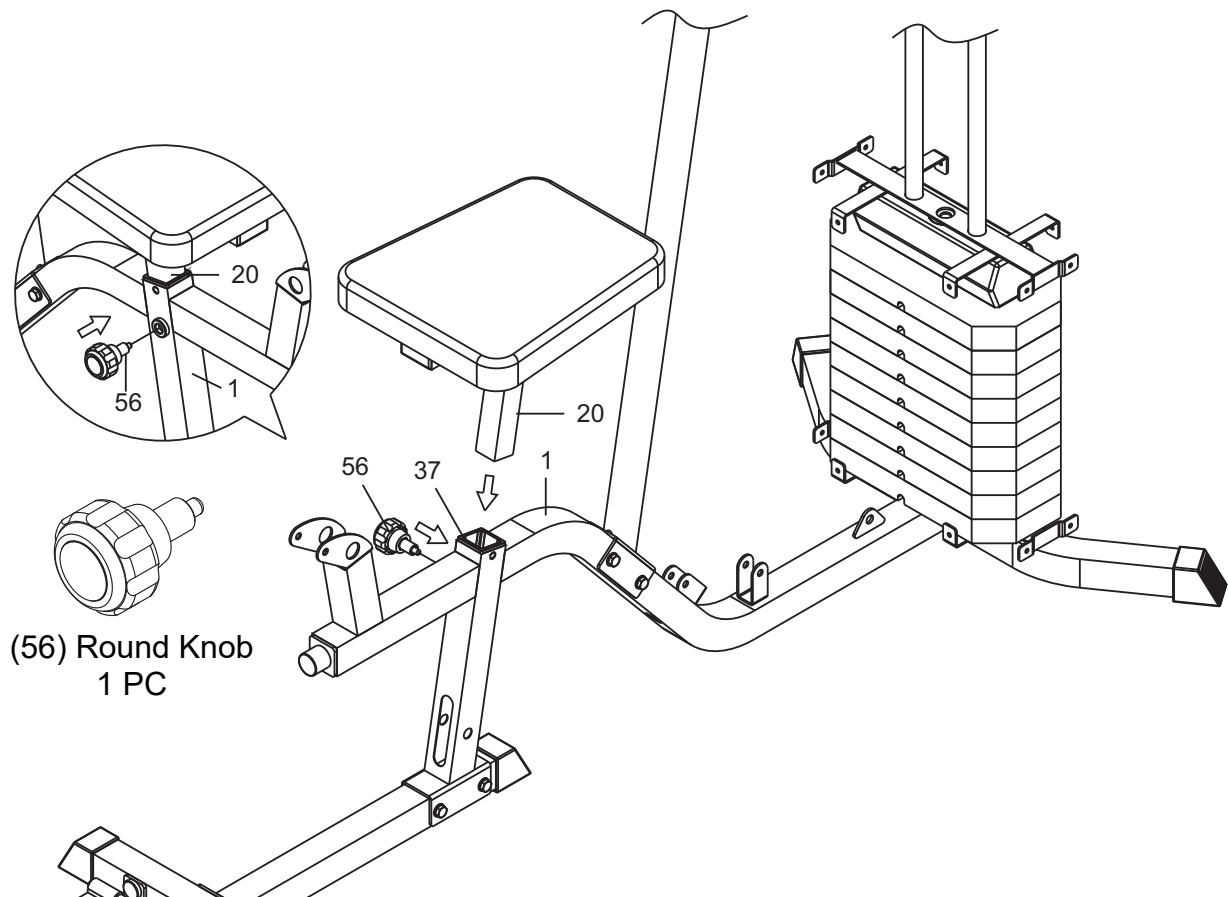
Hardware:



(64) Flat Washer Ø8
2 PCS

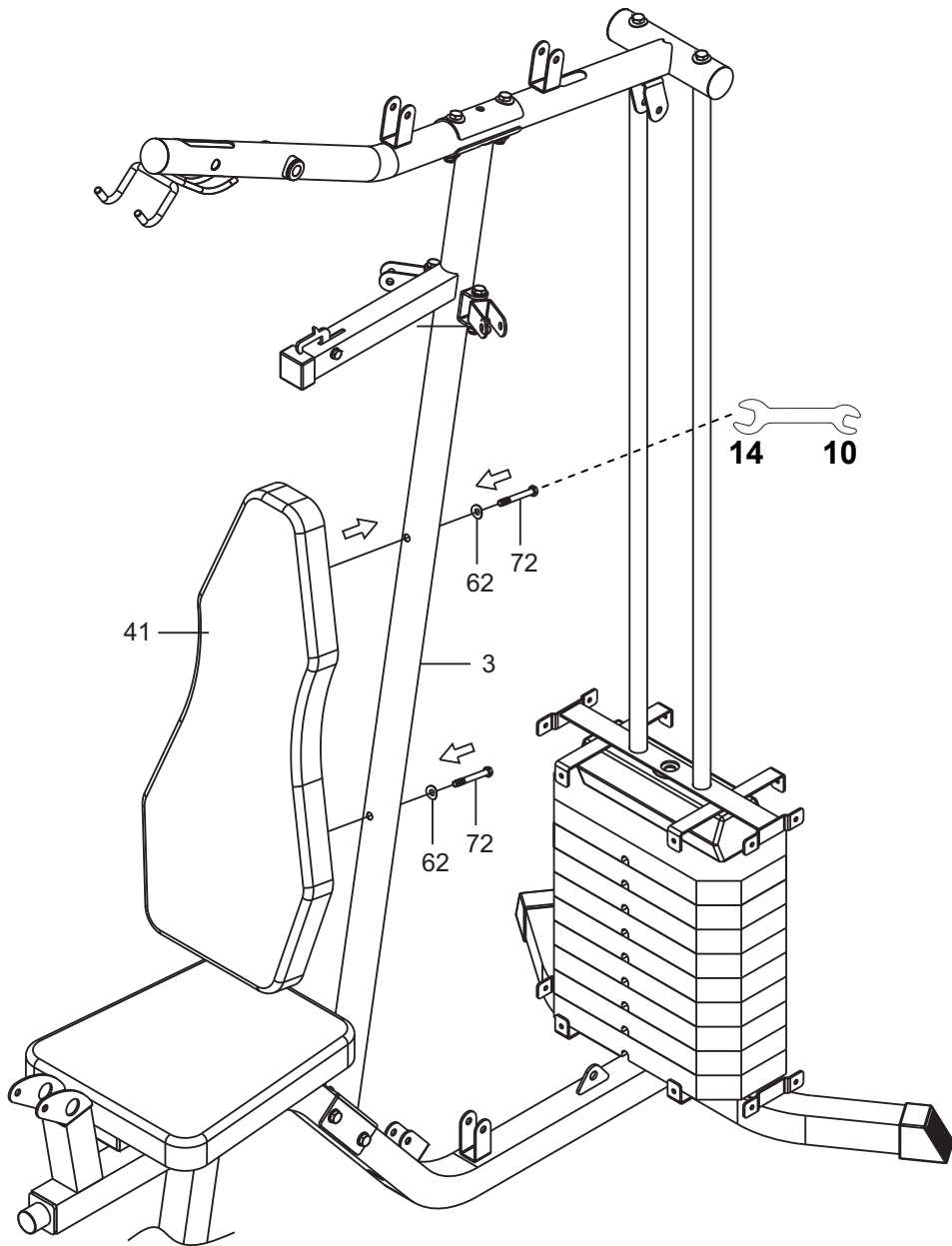


(70) Hexagon Head Bolt
M8x45
2 PCS



Step 14

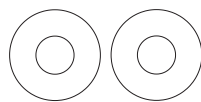
Insert the Seat Support Tube (20) into the Plastic Bushing (37) of the Main Base Tube (1). Attach the Round Knob (56) onto the tube of the Main Base Tube (1) by turning it in a clockwise direction to tighten the Seat Support Tube (20) in the suitable position.



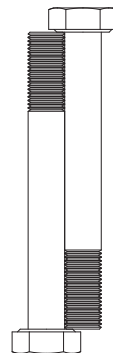
Step 15

Attach the Backrest (41) to the Main Support Tube (3) with two M8x65 Hexagon Head Bolts (72) and two Ø8 Curve Washers (62). Tighten bolts with the 10-14 Double Open End Wrench provided.

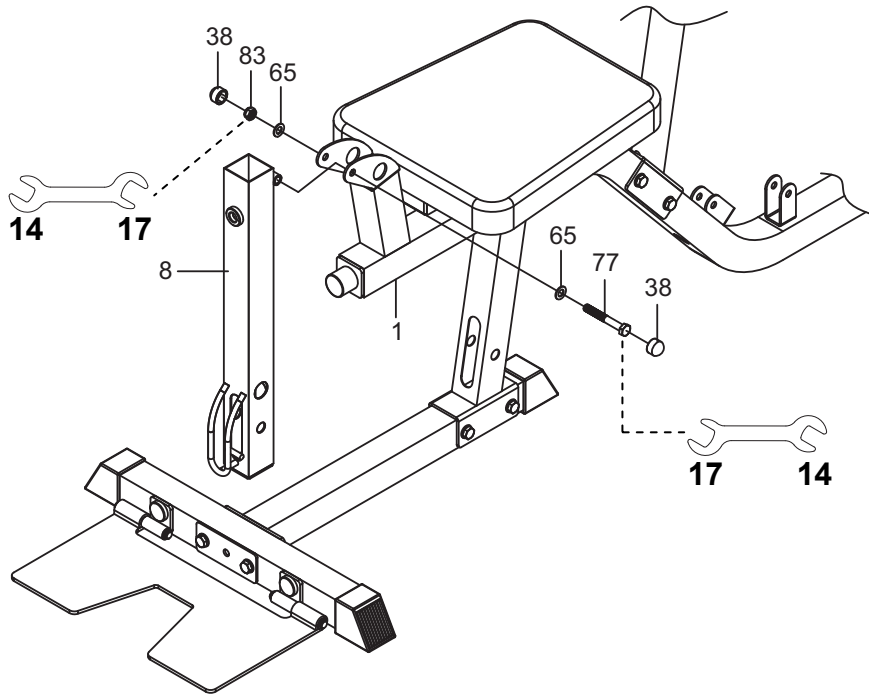
Hardware:



(62) Curve Washer Ø8
2 PCS



(72) Hexagon Head Bolt
M8x65
2 PCS



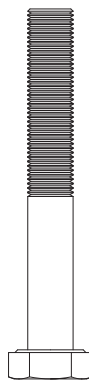
Step 16

Attach the Leg Extension Tube (8) to the Main Base Tube (1) with one M10x75 Hexagon Head Bolt (77), one M10 Nylon Lock Nut (83), and two Ø10 Flat Washers (65). Tighten bolts and nylon lock nuts with two 14-17 Double Open End Wrenches provided. Install two Hexagon Nut Caps (38) onto the M10x75 Hexagon Head Bolt (77) and M10 Nylon Lock Nut (83).

Hardware:



(65) Flat Washer Ø10
2 PCS



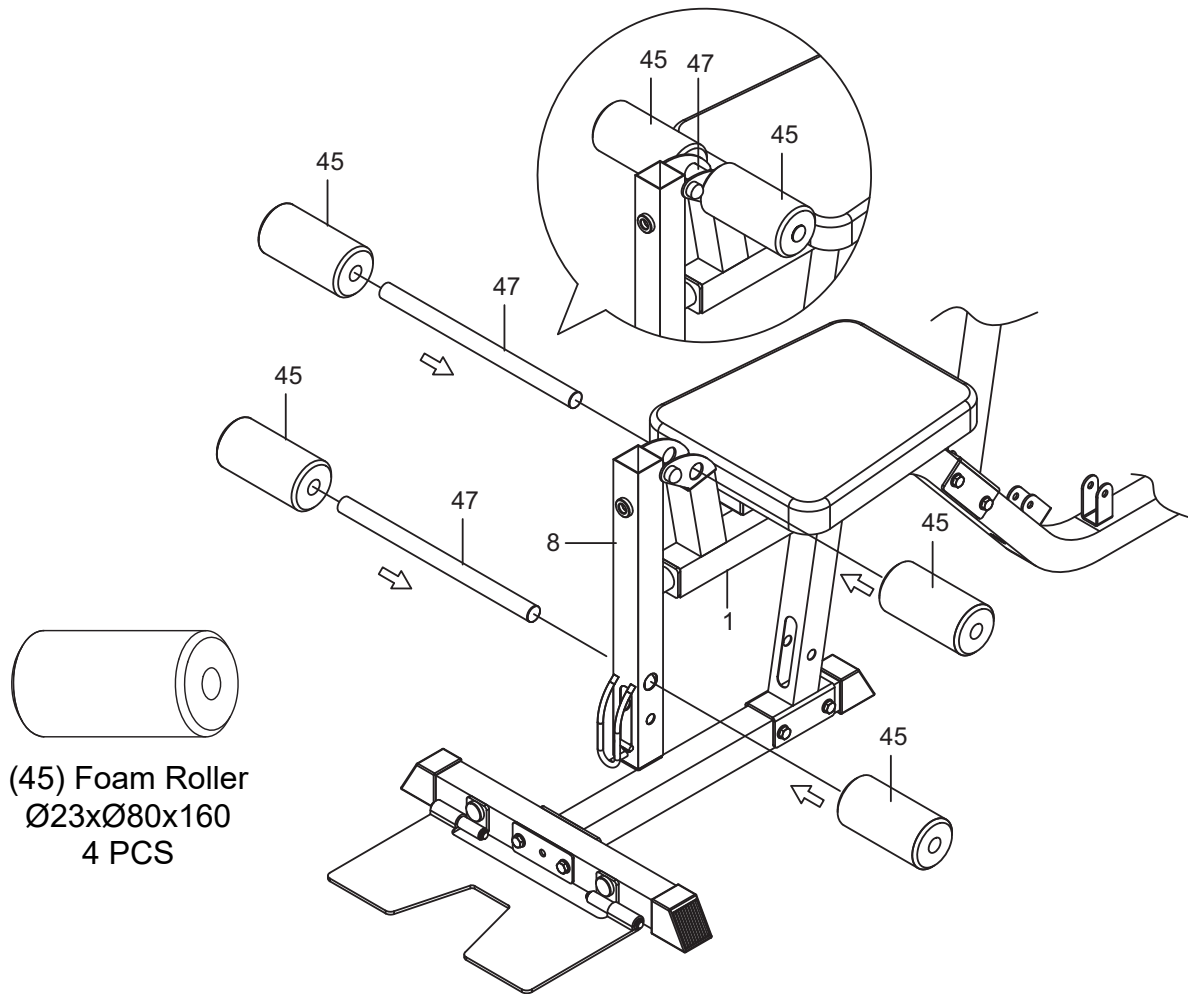
(77) Hexagon Head Bolt
M10x75
1 PC



(83) Nylon Lock Nut M10
1 PC

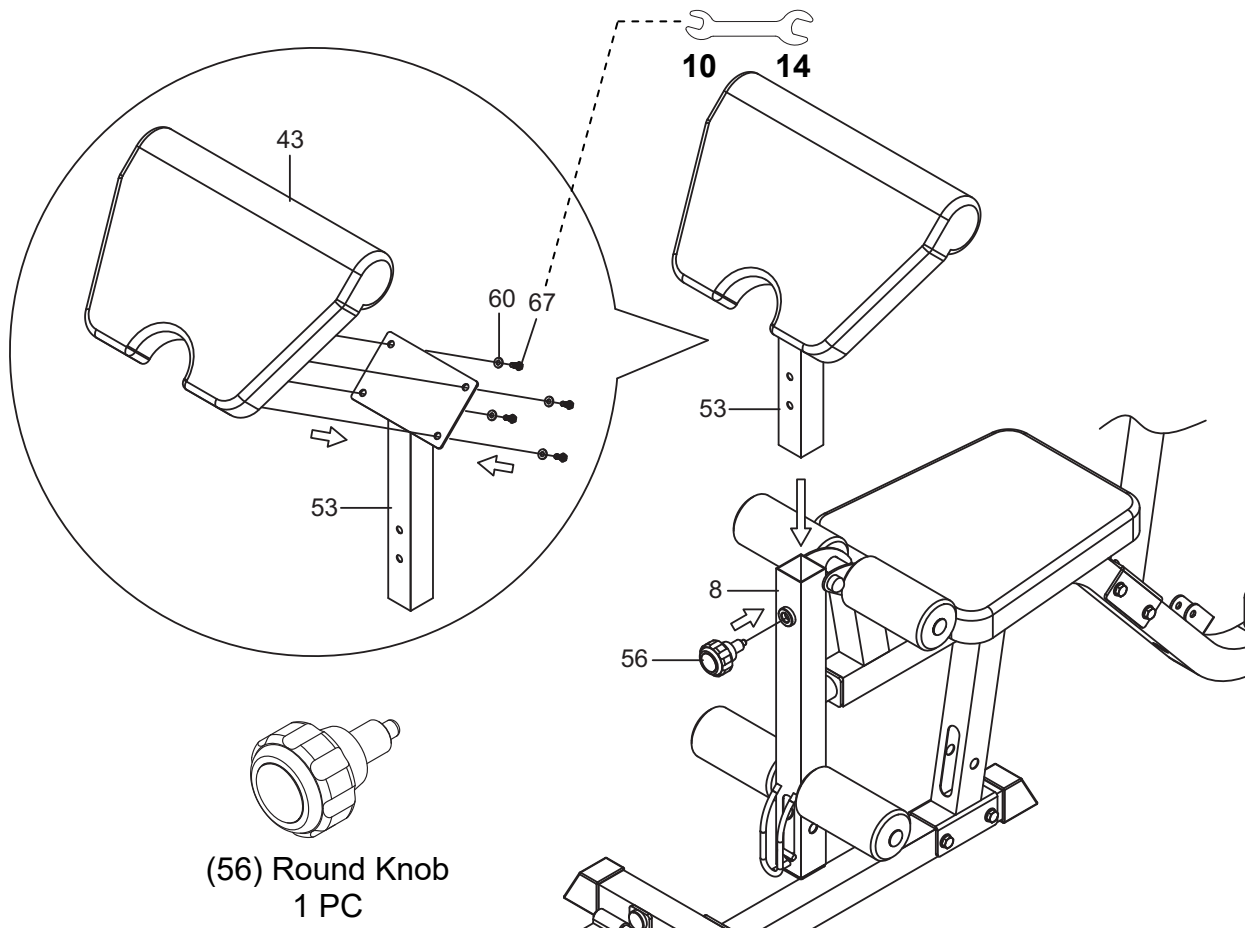


(38) Hexagon Nut Cap
2 PCS



Step 17

Slide both Foam Roller Tubes (47) through the round hole on the Main Base Tube (1) and Leg Extension Tube (9). Slide four Ø23xØ80x160 Foam Rollers (45) onto both ends of the Foam Roller Tubes (47).



Step 18

Attach the Arm Curl Pad (43) to the Arm Curl Pad Stand (53) with four Ø6 Big Flat Washers (60) and four M6x16 Hexagon Head Bolt (67). Tighten bolts with the 10-14 Double Open End Wrenches provided.

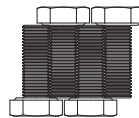
Install two Hexagon Nut Caps (38) onto the M10x75 Hexagon Head Bolt (77) and M10 Nylon Lock Nut (83).

Insert the Arm Curl Pad Stand (53) into the Leg Extension Tube (8). Attach the Round Knob (56) onto the Leg Extension Tube (8) by turning it in a clockwise direction to tighten the Arm Curl Pad Stand (53) in the suitable position.

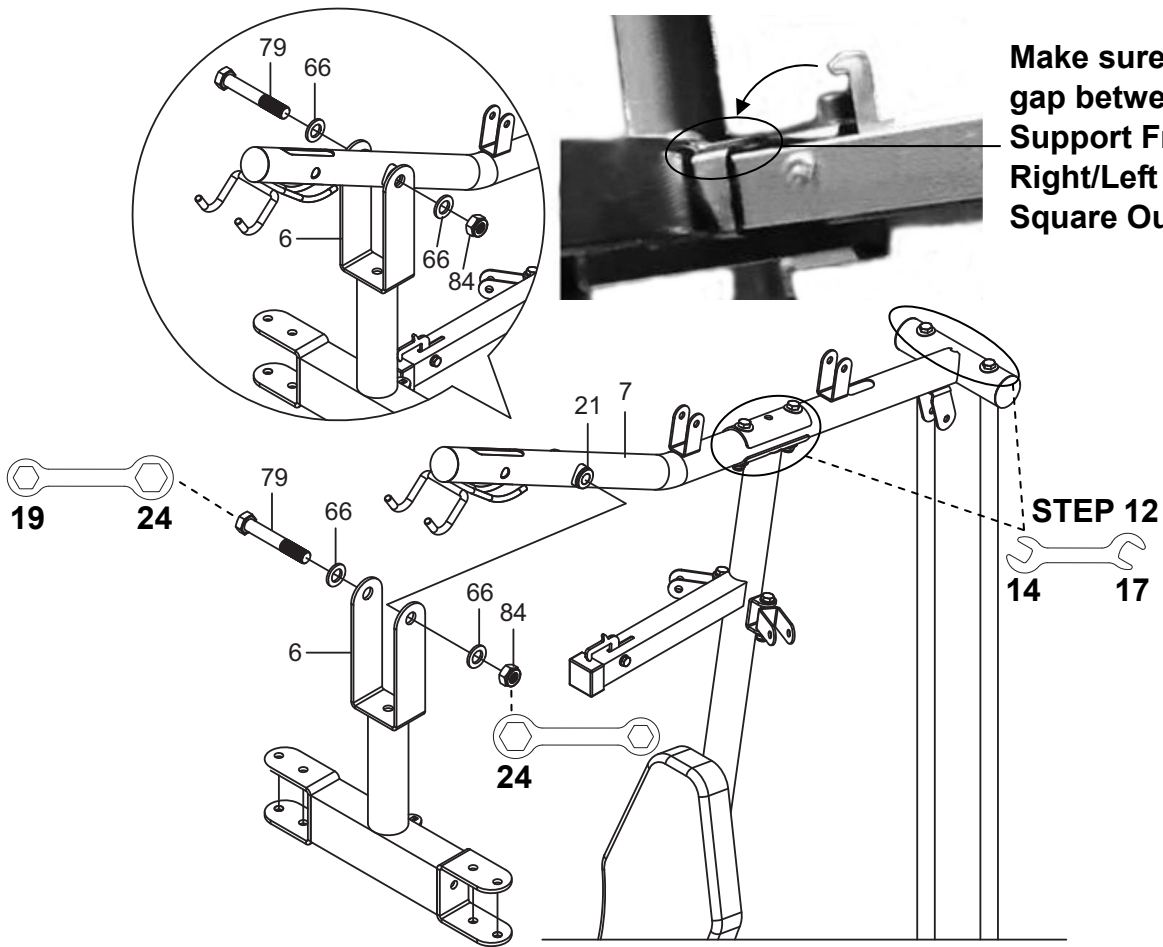
Hardware:



(60) Big Flat Washer Ø6
4 PCS



(67) Hexagon Head Bolt
M6x16
4 PCS



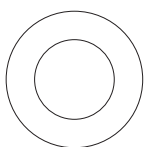
Make sure there is gap between the Support Frame for Right/Left Arm and Square Outer Cap.

Step 19

Attach the Support Frame for Right and Left Arm (6) to the Top Frame (7) with one M16x100 Hexagon Head Bolt (79), one M16 Nylon Lock Nut (84), and two Ø16 Flat Washers (66). Tighten bolt and nylon lock nuts with two 19-24 Wrenches provided.

NOW PLEASE FULLY TIGHTEN THE BOLTS AND NYLON LOCK NUTS INSTALLED IN STEP 12 WITH TWO 14-17 DOUBLE OPEN END WRENCHES PROVIDED.

Hardware:



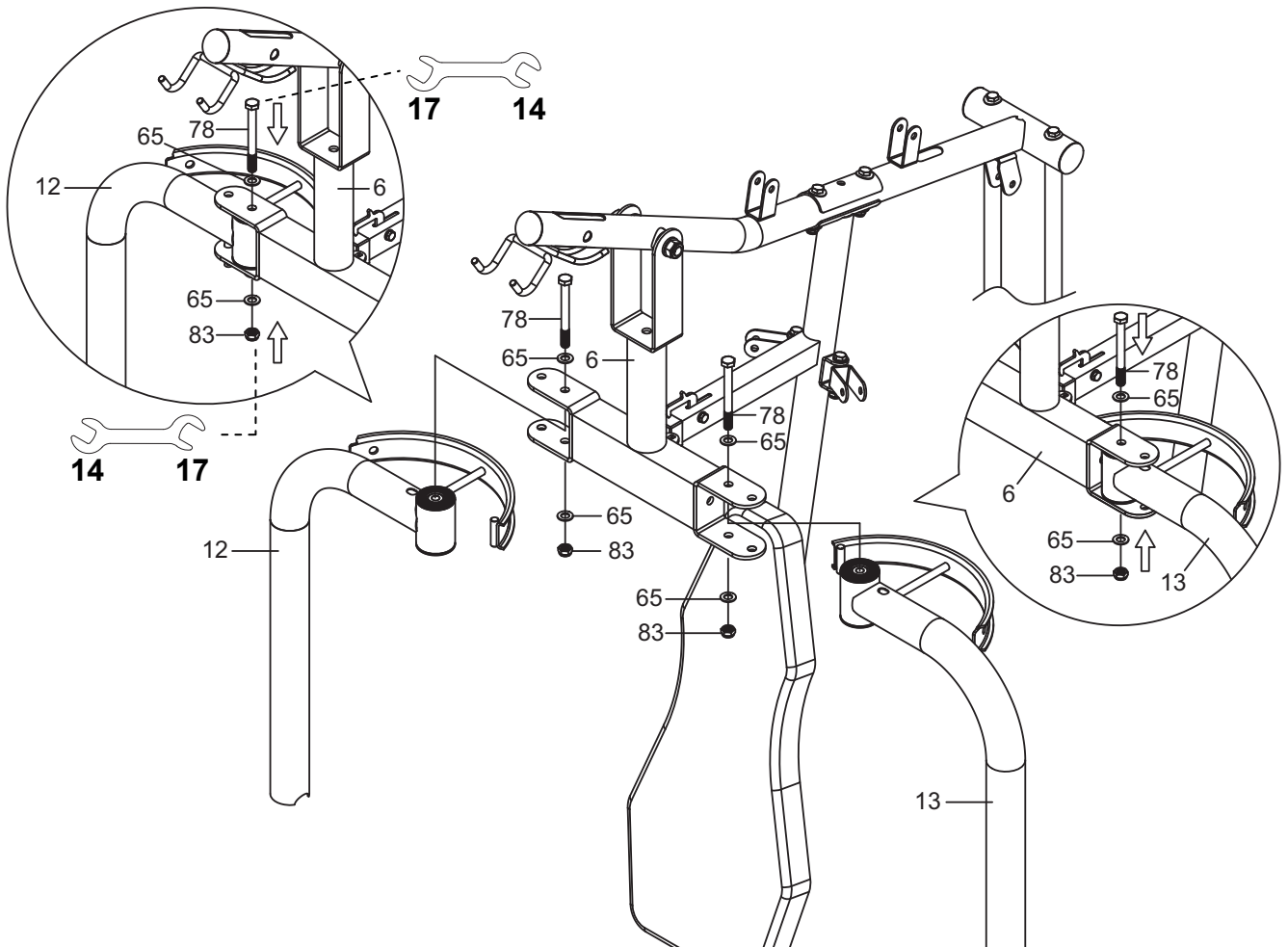
(66) Flat Washer Ø16
2 PCS



(79) Hexagon Head Bolt
M16x100
1 PC



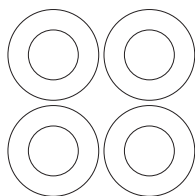
(84) Nylon Lock Nut M16
1 PC



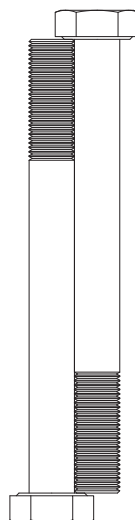
Step 20

Attach both Right and Left Arms (12, 13) to the Support Frame for Right and Left Arm (6) with two M10x100 Hexagon Head Bolts (78), two M10 Nylon Lock Nuts (83), and four Ø10 Flat Washers (65). Tighten bolts and nylon lock nuts with two 14-17 Double Open End Wrenches provided.

Hardware:



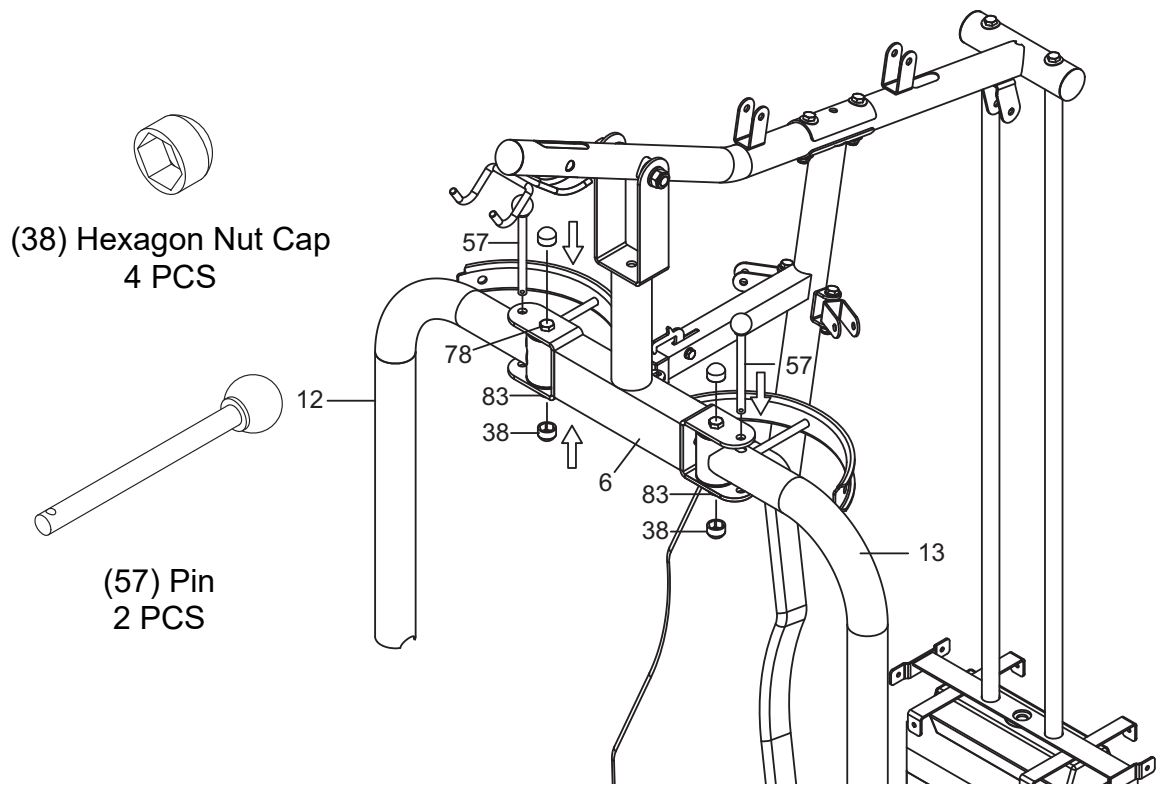
(65) Flat Washer Ø10
4 PCS



(78) Hexagon Head Bolt
M10x100
2 PCS

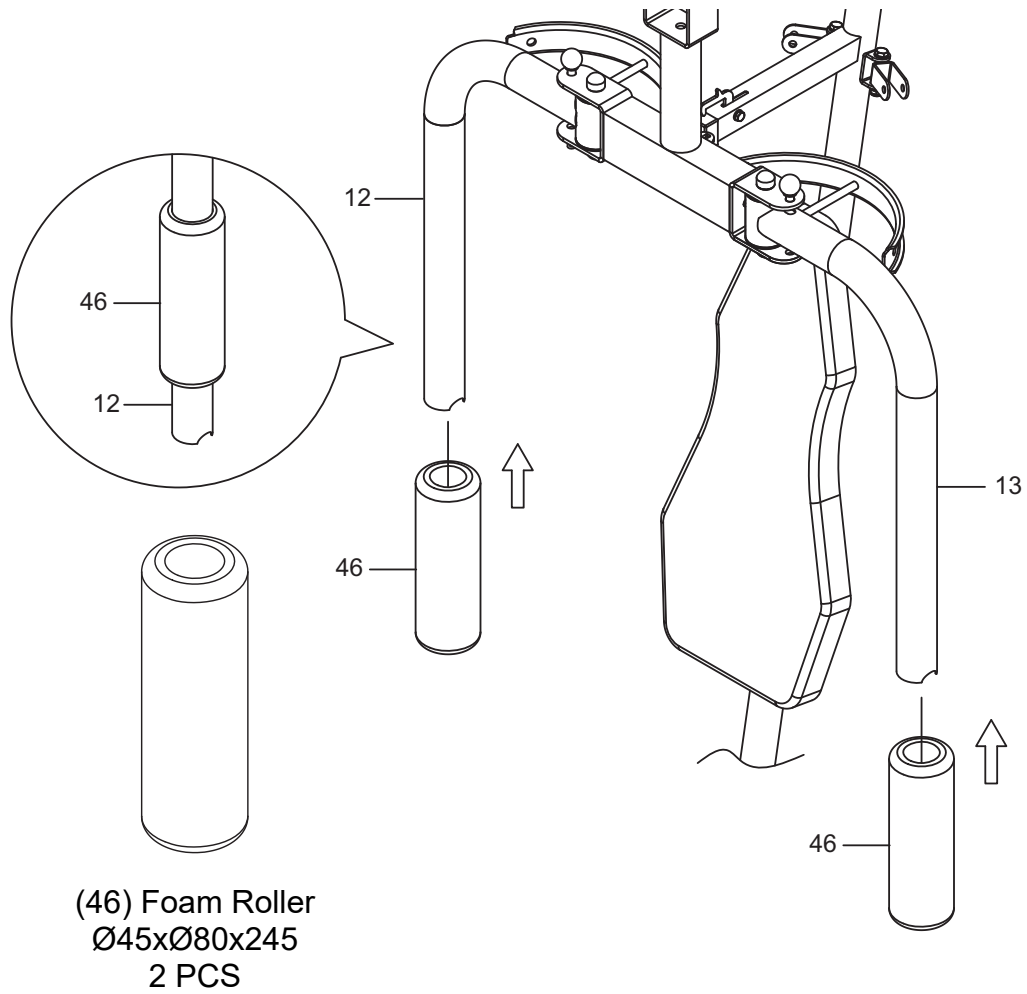


(83) Nylon Lock Nut M10
2 PCS



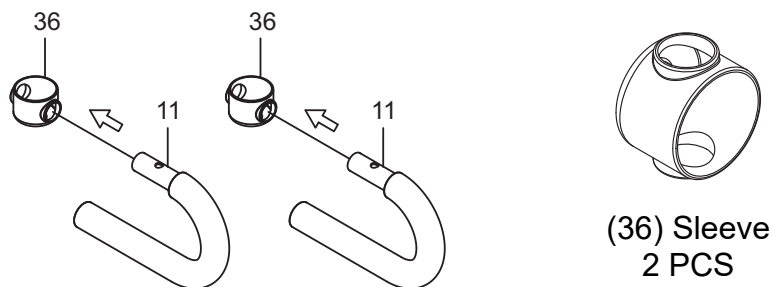
Step 21

Insert both Pins (57) into the holes on the Support Frame for Right and Left Arm (6) and the Right and Left Arms (12, 13) to lock both Right and Left Arms (12, 13) in place. Install four Hexagon Nut Caps (38) onto the M10x100 Hexagon Head Bolts (78) and M10 Nylon Lock Nuts (83).



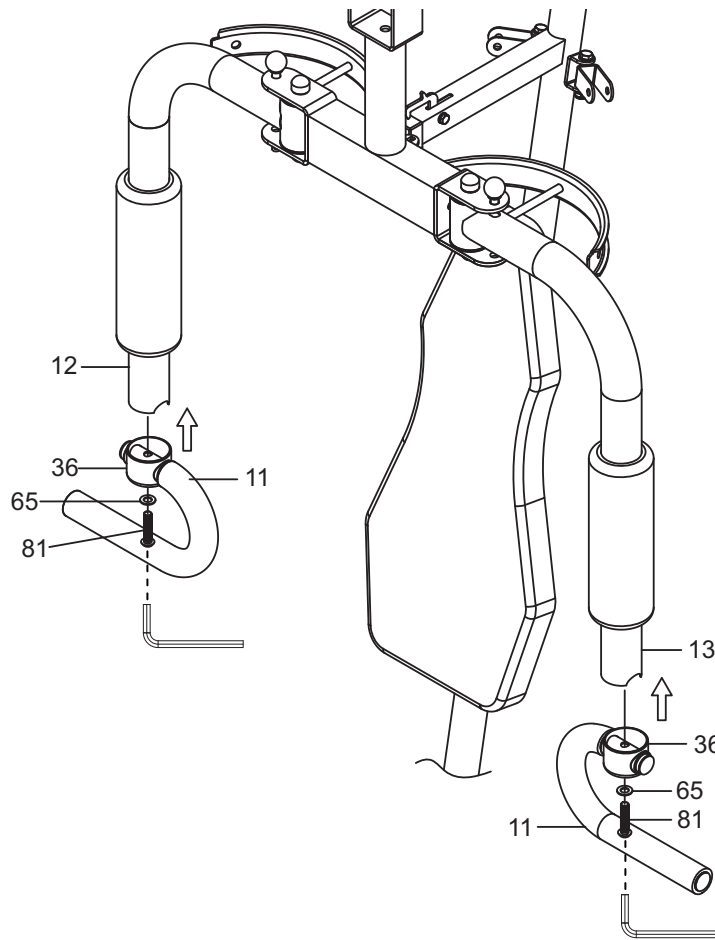
Step 22

Slide two $\text{Ø}45 \times \text{Ø}80 \times 245$ Foam Rollers (45) onto both Right and Left Arms (12, 13).



Step 23

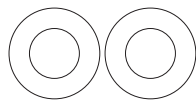
Install both Sleeves (36) to U Handles (11).



Step 24

Attach both U Handles (11) with Sleeves (36) to the Right and Left Arms (12, 13) with two M10x45 Hexagon Socket Round Head Bolts (81) and two Ø10 Flat Washers (65). Tighten bolts with the 6 mm Allen Wrench provided.

Hardware:

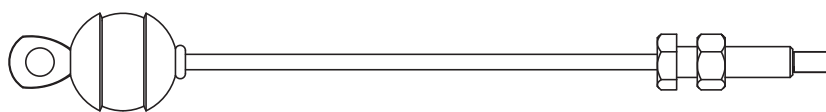


(65) Flat Washer Ø10
2 PCS

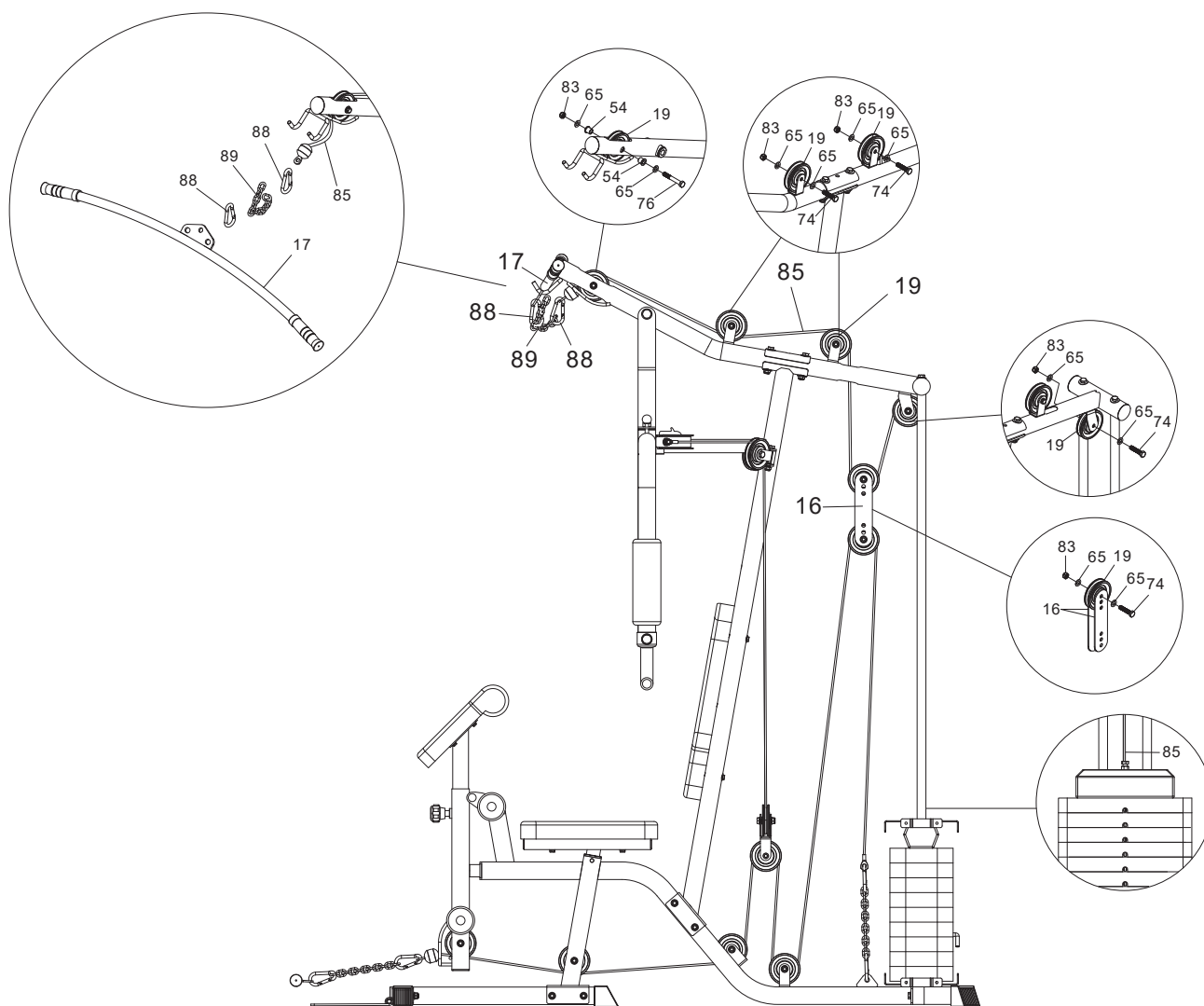


(81) Hexagon Socket
Round Head Bolt M10x45
2 PCS

HIGH CABLE LOOP DIAGRAM

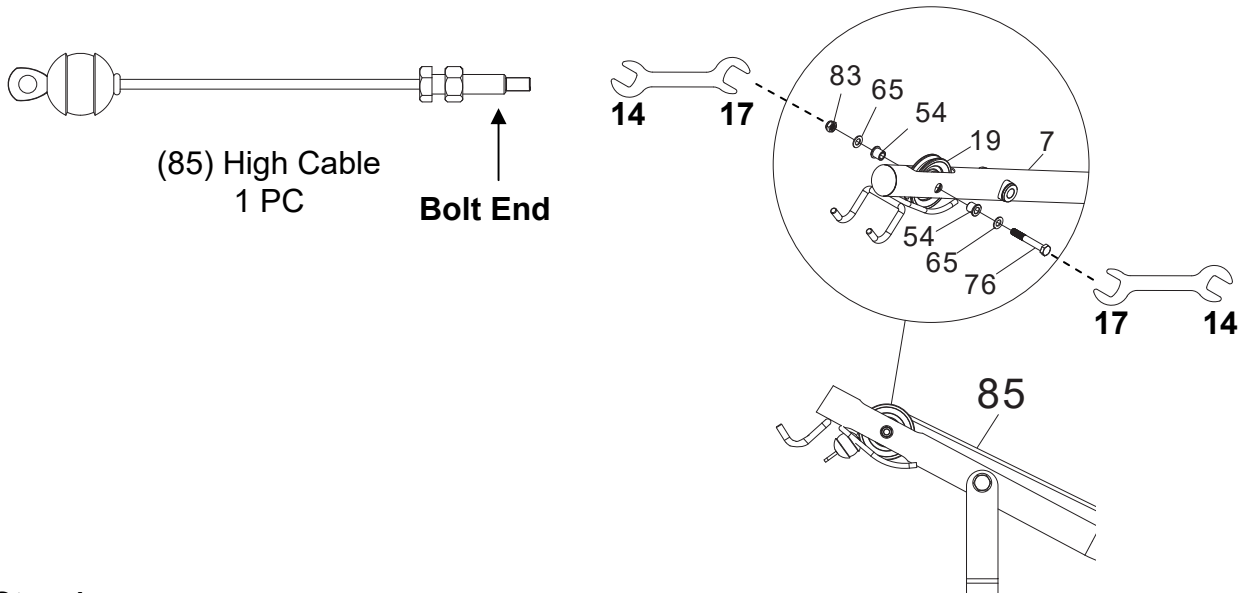


(85) High Cable
1 PC



PULLEYS AND HIGH CABLE INSTALLATION

NOTE: It is recommended to have a second person to help you to assemble the pulleys and high cable.



Step 1

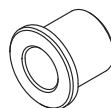
Route the High Cable (85) upward through the Top Frame (7) and over a Pulley (19). Attach the Pulley (19) inside the Top Frame (7) with one M10x70 Hexagon Head Bolt (76), one M10 Nylon Lock Nut (83), two Pulley Bushings (54), and two Ø10 Flat Washers (65). Tighten bolt and nylon lock nut with two 14-17 Double Open End Wrenches provided.

PLEASE REFER TO THE “HIGH CABLE LOOP DIAGRAM” SECTION ON PAGE 36.

Hardware:



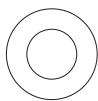
(19) Pulley
1 PC



(54) Pulley Bushing
2 PCS



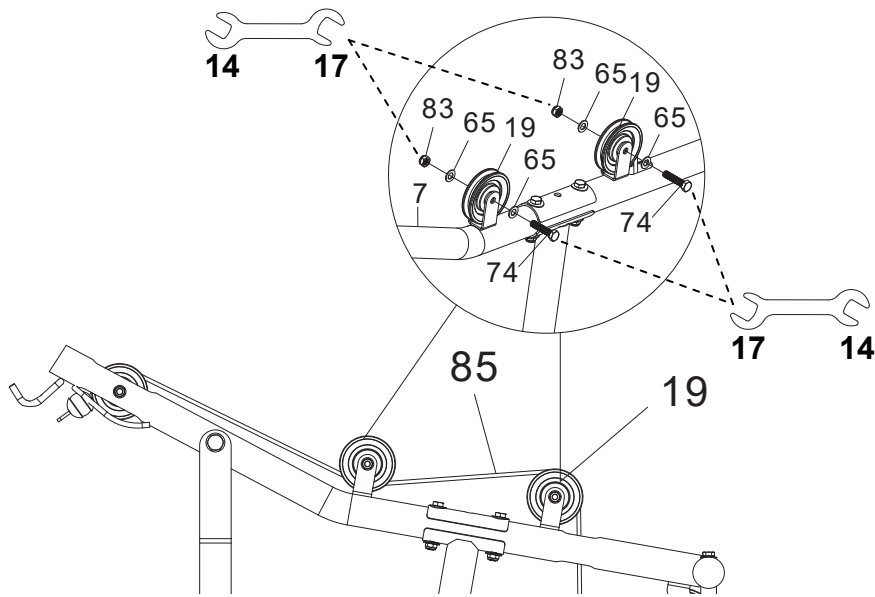
(76) Hexagon Head Bolt
M10x70
1 PC



(65) Flat Washer Ø10
2 PCS



(83) Nylon Lock Nut M10
1 PC



Step 2

Route the High Cable (85) underneath the Pulley (19) and forward through the Top Frame (7). Attach the Pulley (29) to the Top Frame (7) with one M10x45 Hexagon Head Bolt (74), one M10 Nylon Lock Nut (83), and two Ø10 Flat Washers (65). Tighten bolt and nylon lock nut with two 14-17 Double Open End Wrenches provided.

Route the High Cable (85) over the Pulley (19) and downward through the Top Frame (7). Attach the Pulley (29) to the Top Frame (7) with one M10x45 Hexagon Head Bolt (74), one M10 Nylon Lock Nut (83), and two Ø10 Flat Washers (65). Tighten bolt and nylon lock nut with two 14-17 Double Open End Wrenches provided.

PLEASE REFER TO THE “HIGH CABLE LOOP DIAGRAM” SECTION ON PAGE 36.

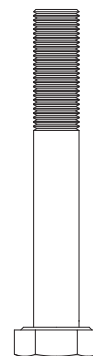
Hardware:



(19) Pulley
2 PCS



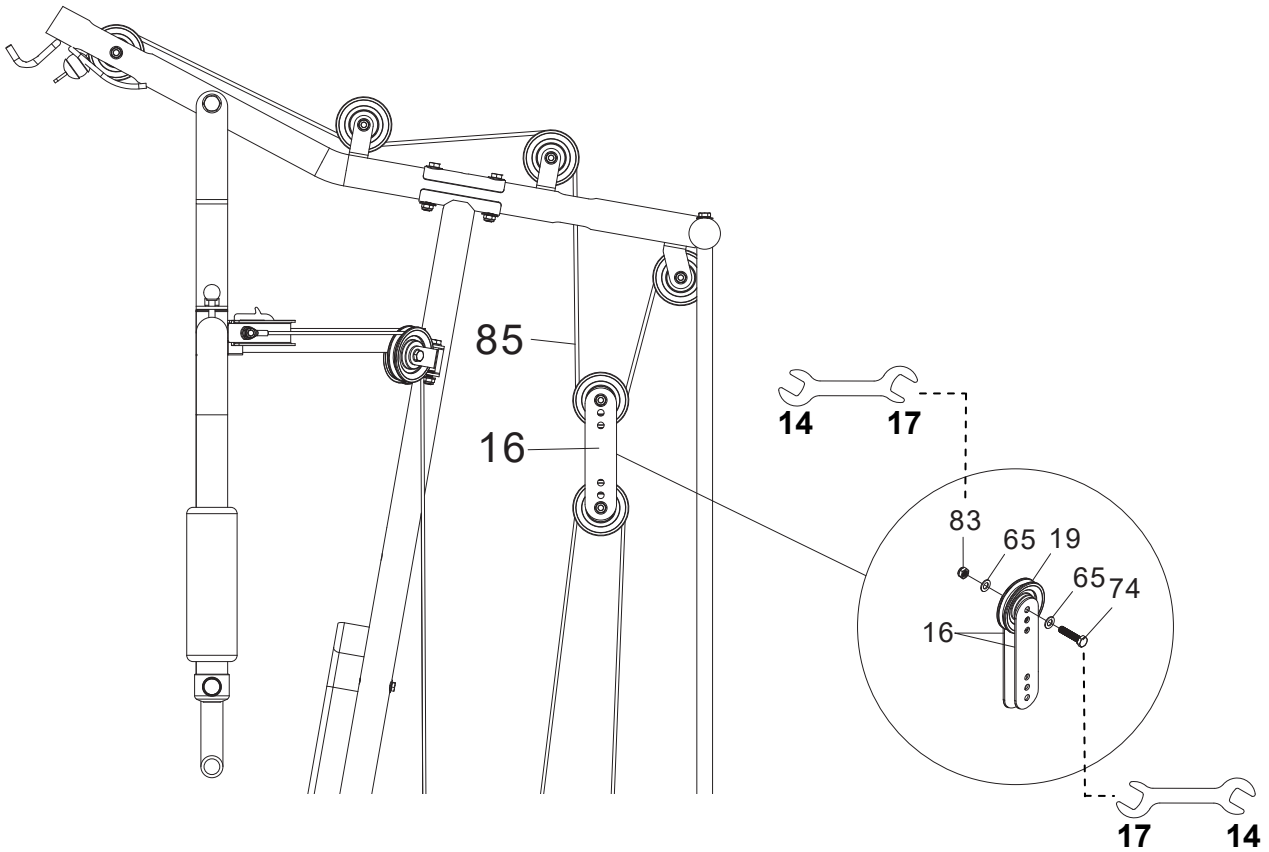
(65) Flat Washer Ø10
4 PCS



(74) Hexagon Head Bolt
M10x45
2 PCS



(83) Nylon Lock Nut M10
2 PCS



Step 3

Wrap the High Cable (85) under a Pulley (19).

Attach the Pulley (19) at the upper hole in the Double Floating Pulley Brackets (16) with one M10x45 Hexagon Head Bolt (74), one M10 Nylon Lock Nut (83), and two Ø10 Flat Washers (65). Tighten bolt and nylon lock nut with two 14-17 Double Open End Wrenches provided.

PLEASE REFER TO THE “HIGH CABLE LOOP DIAGRAM” SECTION ON PAGE 36.

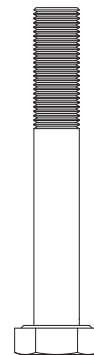
Hardware:



(19) Pulley
1 PC



(65) Flat Washer Ø10
2 PCS



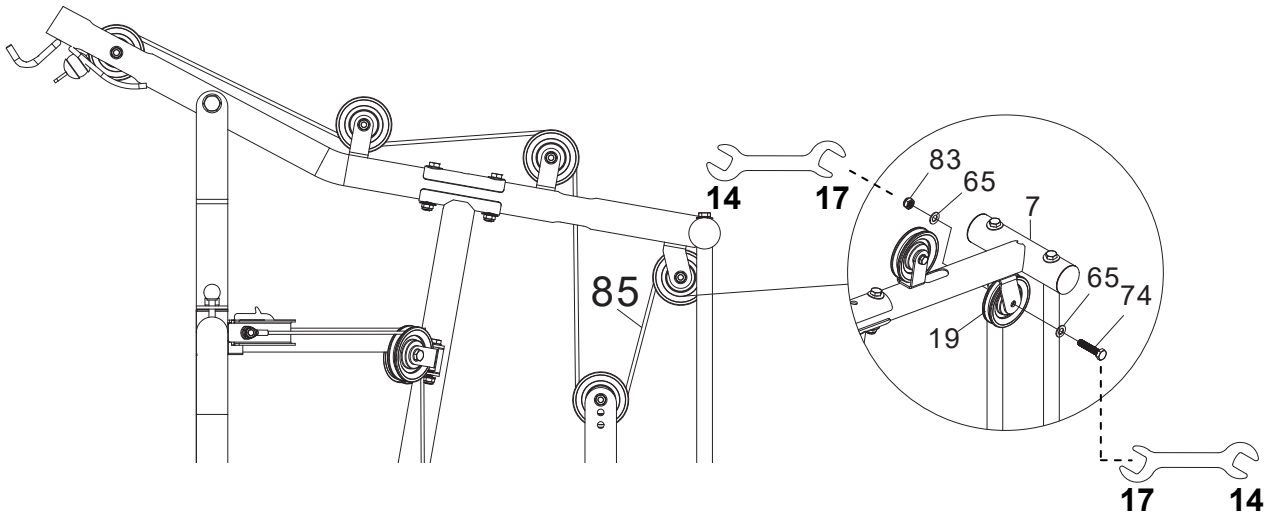
(74) Hexagon Head Bolt
M10x45
1 PC



(83) Nylon Lock Nut M10
1 PC



(16) Double Floating Pulley Bracket
2 PCS



Step 4

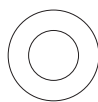
Route the High Cable (85) over a Pulley (19) and downward through the Top Frame (7). Attach the Pulley (19) to the Top Frame (7) with one M10x45 Hexagon Head Bolt (74), one M10 Nylon Lock Nut (83), and two Ø10 Flat Washers (65). Tighten bolt and nylon lock nut with two 14-17 Double Open End Wrenches provided.

PLEASE REFER TO THE “HIGH CABLE LOOP DIAGRAM” SECTION ON PAGE 36.

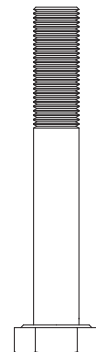
Hardware:



(19) Pulley
1 PC



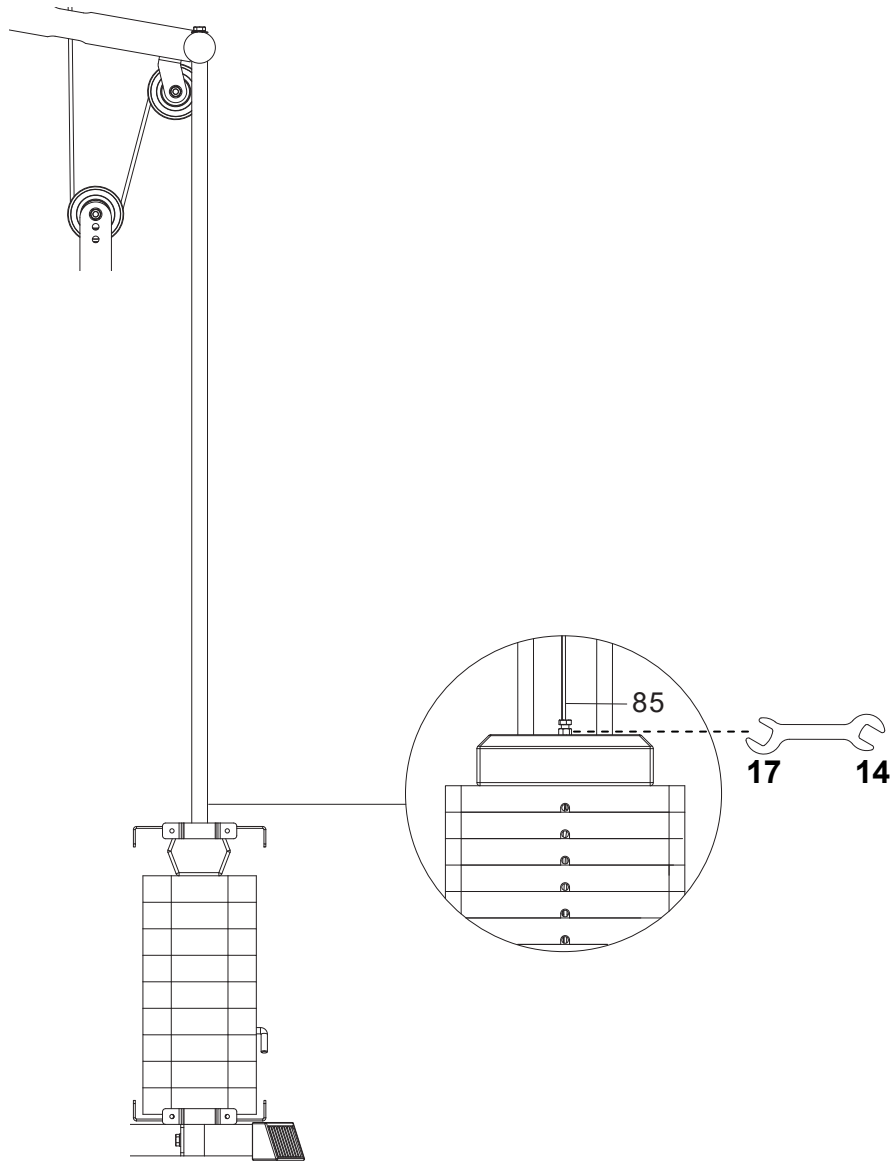
(65) Flat Washer Ø10
2 PCS



(74) Hexagon Head Bolt
M10x45
1 PC



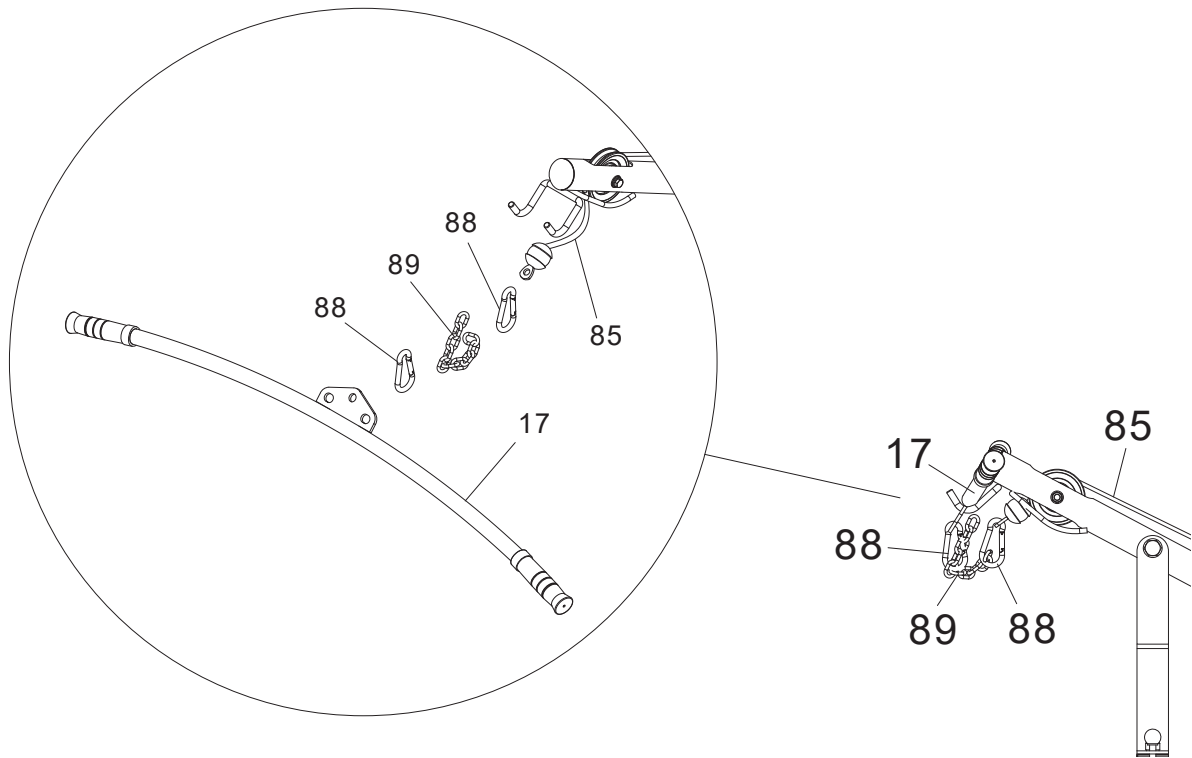
(83) Nylon Lock Nut M10
1 PC



Step 5

Pull the High Cable (85) downwards to the Guide Rod (27). Tighten the High Cable (55) into the Guide Rod (27) until all the slack is removed from the cable. Twist the bolt to adjust tension, then tighten the nut with the 14-17 Double Open End Wrench provided.

PLEASE REFER TO THE “HIGH CABLE LOOP DIAGRAM” SECTION ON PAGE 36.

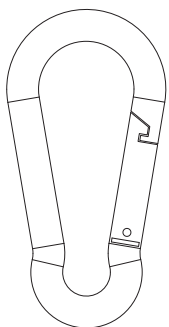


Step 6

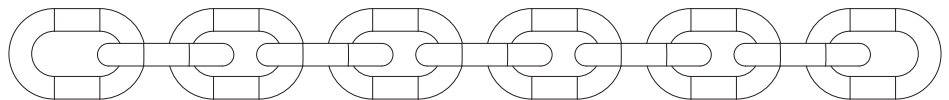
Attach the Lat Bar (17) to the High Cable (85) at the high pulley station with a Snap Hook (88). For some exercises, attach the Coil Chain (89) between the Lat Bar (17) and the High Cable (85) with two Snap Hooks (88). Adjust the length of the Coil Chain (89) between the Lat Bar (17) and the High Cable (85) so that the Lat Bar (17) is in the correct starting position for the exercise to be performed.

PLEASE REFER TO THE “HIGH CABLE LOOP DIAGRAM” SECTION ON PAGE 36.

Hardware:

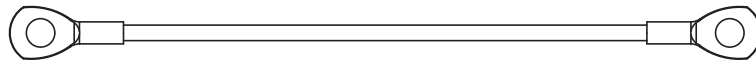


(88) Snap Hook
2 PCS

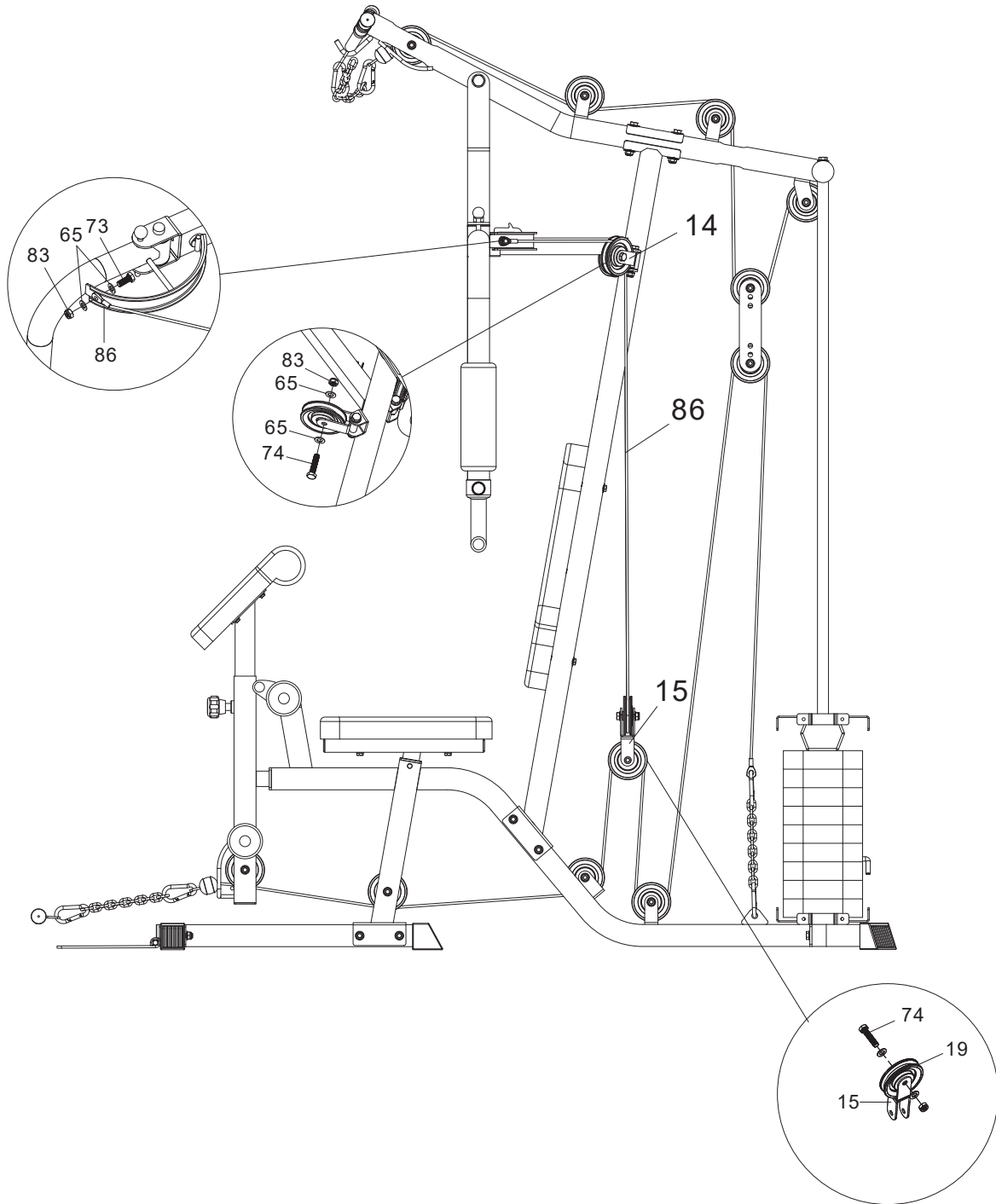


(89) Coil Chain
1 PC

ARM CABLE LOOP DIAGRAM

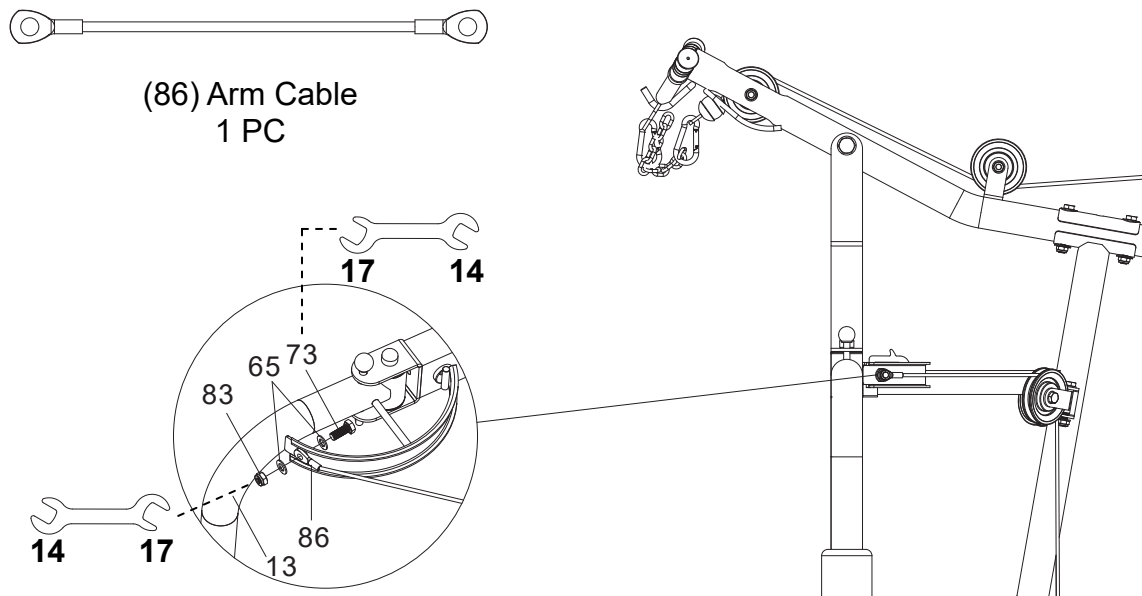


(86) Arm Cable
1 PC



PULLEYS AND ARM CABLE INSTALLATION

NOTE: It is recommended to have a second person to help you to assemble the pulleys and arm cable.

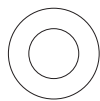


Step 1

Attach the Arm Cable (86) to the Left Arm (13) with one M10x25 Hexagon Head Bolt (73), one M10 Nylon Lock Nut (83), and two Ø10 Flat Washers (65). Tighten bolt and nylon lock nut with two 14-17 Double Open End Wrenches provided.

PLEASE REFER TO THE “ARM CABLE LOOP DIAGRAM” SECTION ON PAGE 43.

Hardware:



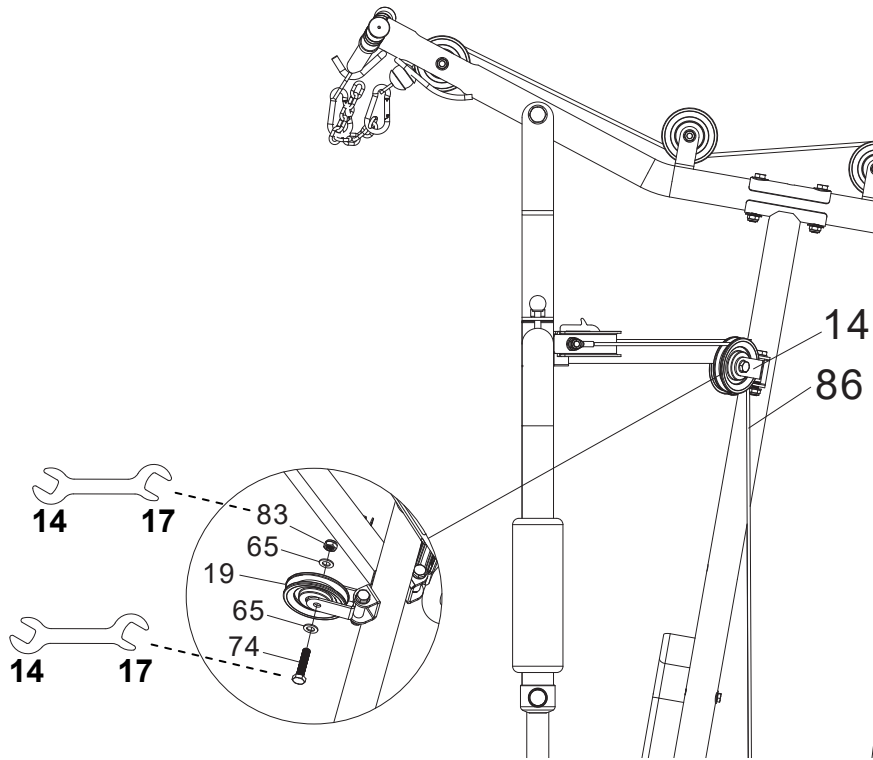
(65) Flat Washer Ø10
2 PCS



(73) Hexagon Head Bolt
M10x25
1 PC



(83) Nylon Lock Nut M10
1 PC



Step 2

Route the Arm Cable (86) over a Pulley (19).

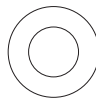
Attach the Pulley (19) to the Pulley Bracket (14) with one M10x45 Hexagon Head Bolt (74), one M10 Nylon Lock Nut (83), and two Ø10 Flat Washers (65). Tighten bolt and nylon lock nut with two 14-17 Double Open End Wrenches provided.

PLEASE REFER TO THE “ARM CABLE LOOP DIAGRAM” SECTION ON PAGE 43.

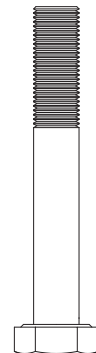
Hardware:



(19) Pulley
1 PC



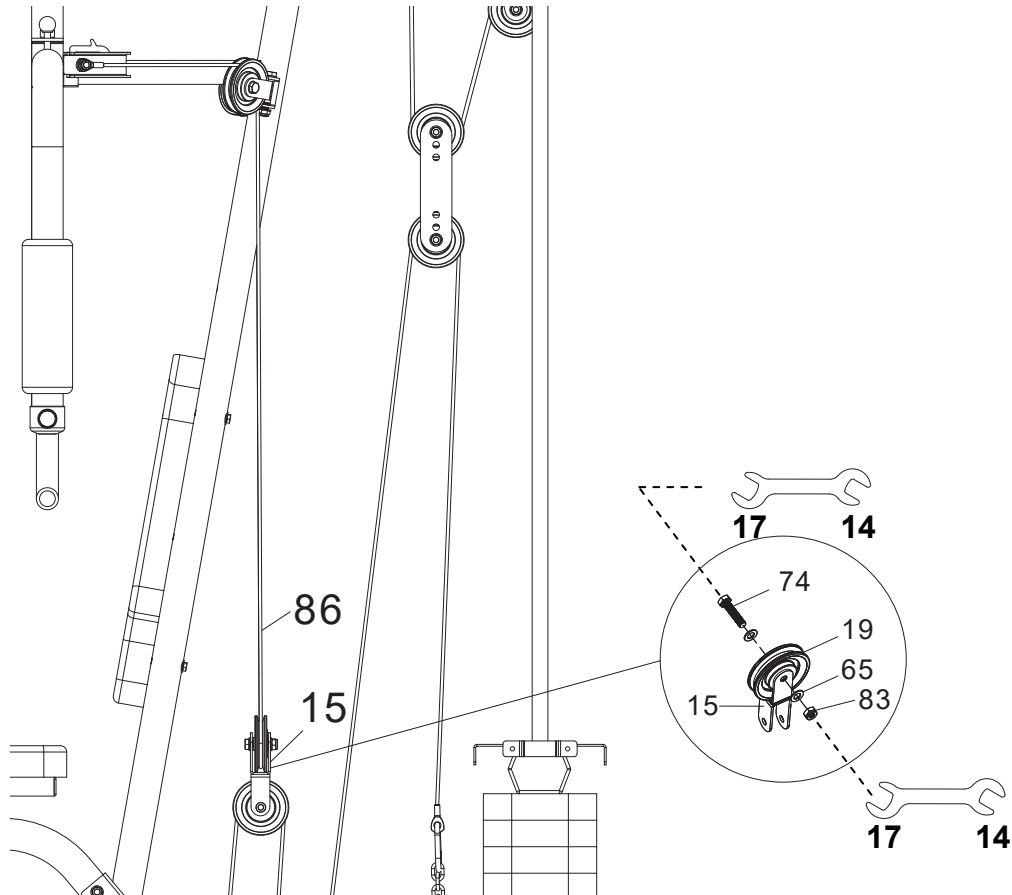
(65) Flat Washer Ø10
2 PCS



(74) Hexagon Head Bolt
M10x45
1 PC



(83) Nylon Lock Nut M10
1 PC



Step 3

Route the Arm Cable (86) under a Pulley (19).

Attach the Pulley (19) to the Crossed Double Floating Pulley Bracket (15) with one M10x45 Hexagon Head Bolt (74), one M10 Nylon Lock Nut (83), and two Ø10 Flat Washers (65).

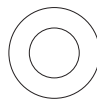
Tighten bolt and nylon lock nut with two 14-17 Double Open End Wrenches provided.

PLEASE REFER TO THE “ARM CABLE LOOP DIAGRAM” SECTION ON PAGE 43.

Hardware:



(19) Pulley
1 PC



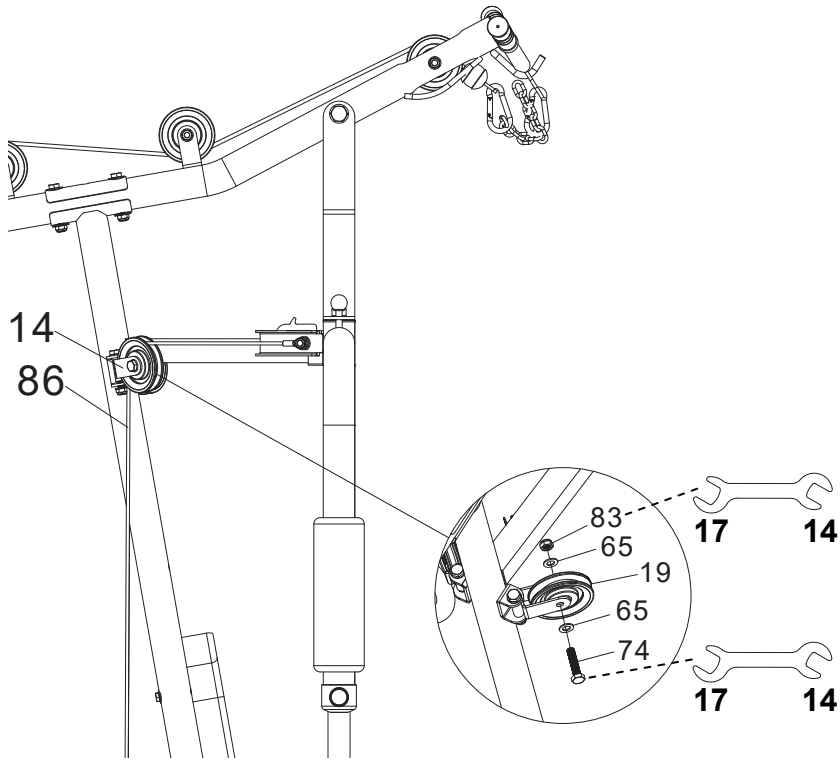
(65) Flat Washer Ø10
2 PCS



(74) Hexagon Head Bolt
M10x45
1 PC



(83) Nylon Lock Nut M10
1 PC



Step 4

Route the Arm Cable (86) over a Pulley (19).

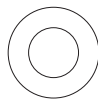
Attach the Pulley (19) to the Pulley Bracket (14) with one M10x45 Hexagon Head Bolt (74), one M10 Nylon Lock Nut (83), and two Ø10 Flat Washers (65). Tighten bolt and nylon lock nut with two 14-17 Double Open End Wrenches provided.

PLEASE REFER TO THE “ARM CABLE LOOP DIAGRAM” SECTION ON PAGE 43.

Hardware:



(19) Pulley
1 PC



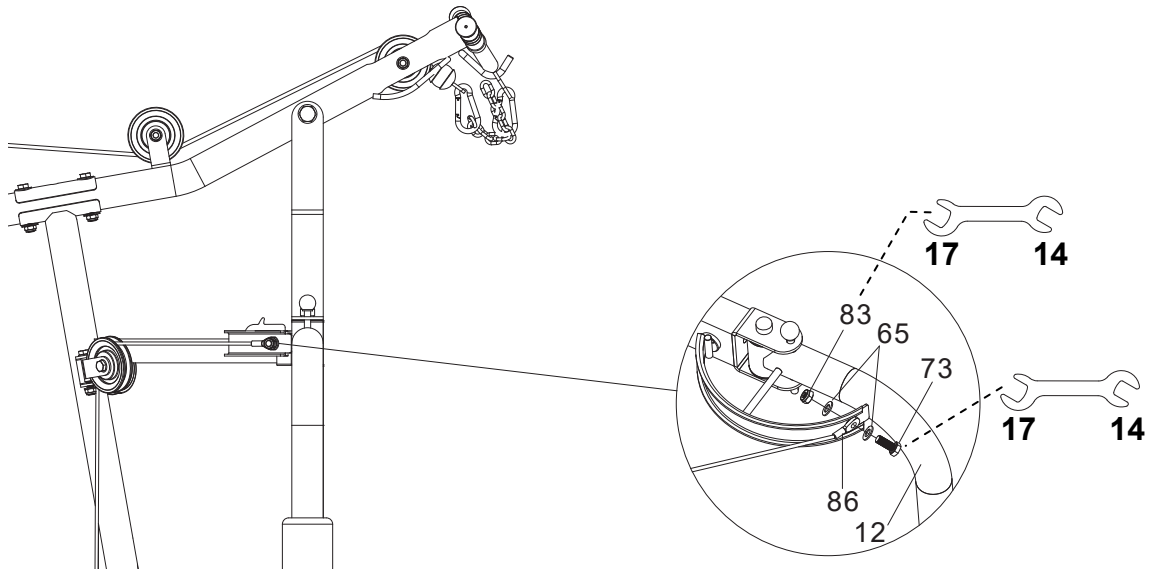
(65) Flat Washer Ø10
2 PCS



(74) Hexagon Head Bolt
M10x45
1 PC



(83) Nylon Lock Nut M10
1 PC

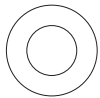


Step 5

Attach the Arm Cable (86) to the Right Arm (12) with one M10x25 Hexagon Head Bolt (73), one M10 Nylon Lock Nut (83), and two Ø10 Flat Washers (65). Tighten bolt and nylon lock nut with two 14-17 Double Open End Wrenches provided.

PLEASE REFER TO THE “ARM CABLE LOOP DIAGRAM” SECTION ON PAGE 43.

Hardware:



(65) Flat Washer Ø10
2 PCS



(73) Hexagon Head Bolt
M10x25
1 PC

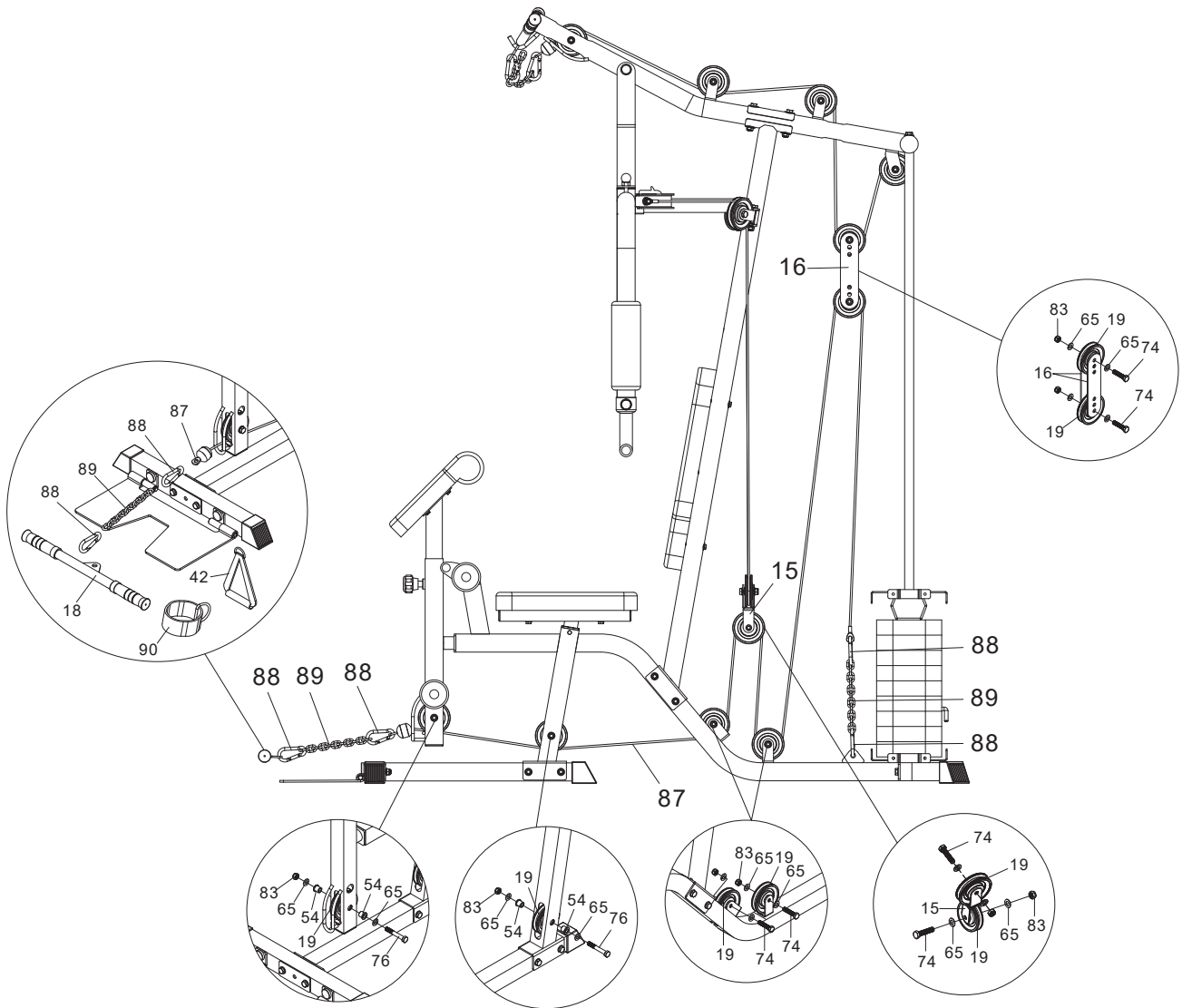


(83) Nylon Lock Nut M10
1 PC

LOW CABLE LOOP DIAGRAM

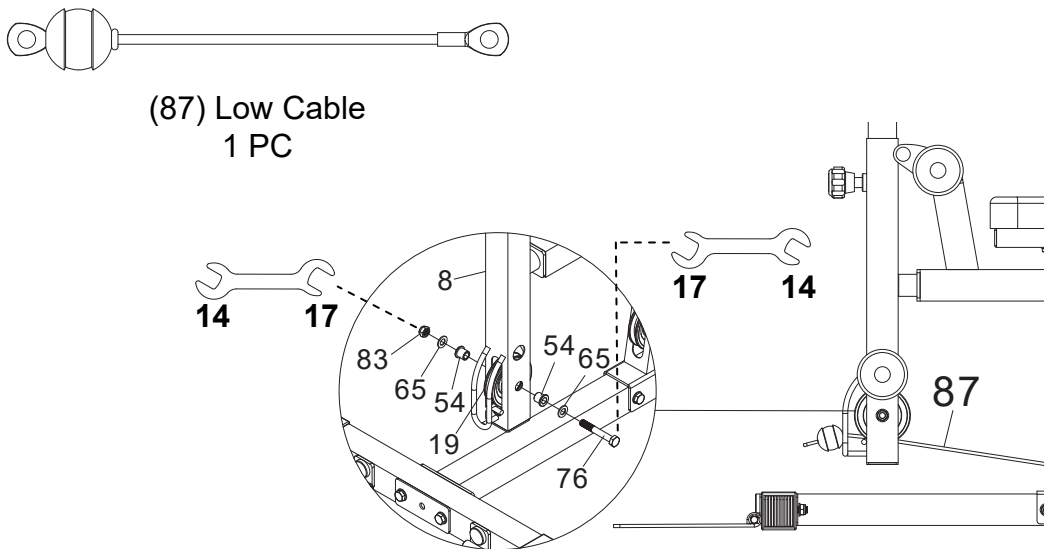


(87) Low Cable
1 PC



PULLEYS AND LOW CABLE INSTALLATION

NOTE: It is recommended to have a second person to help you to assemble the pulleys and low cable.



Step 1

Route the Low Cable (87) upward through the Leg Extension Tube (8).

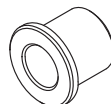
Attach the Pulley (19) inside the Leg Extension Tube (8), above the Low Cable (87), with one M10x70 Hexagon Head Bolt (76), one M10 Nylon Lock Nut (83), two Pulley Bushings (54), and two Ø10 Flat Washers (65). Tighten bolt and nylon lock nut with two 14-17 Double Open End Wrenches provided.

PLEASE REFER TO THE “LOW CABLE LOOP DIAGRAM” SECTION ON PAGE 49.

Hardware:



(19) Pulley
1 PC



(54) Pulley Bushing
2 PCS



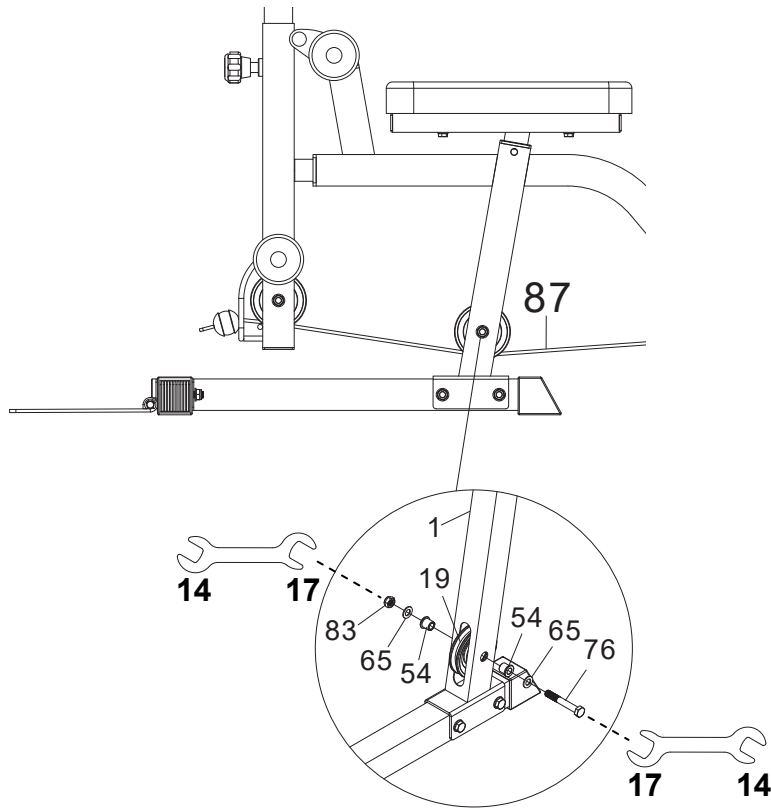
(76) Hexagon Head Bolt
M10x70
1 PC



(65) Flat Washer Ø10
2 PCS



(83) Nylon Lock Nut M10
1 PC



Step 2

Route the Low Cable (87) upward through the Main Base Tube (1).

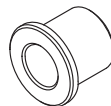
Attach the Pulley (19) inside the Main Base Tube (1), above the Low Cable (87), with one M10x70 Hexagon Head Bolt (76), one M10 Nylon Lock Nut (83), two Pulley Bushings (54), and two Ø10 Flat Washers (65). Tighten bolt and nylon lock nut with two 14-17 Double Open End Wrenches provided.

PLEASE REFER TO THE “LOW CABLE LOOP DIAGRAM” SECTION ON PAGE 49.

Hardware:



(19) Pulley
1 PC



(54) Pulley Bushing
2 PCS



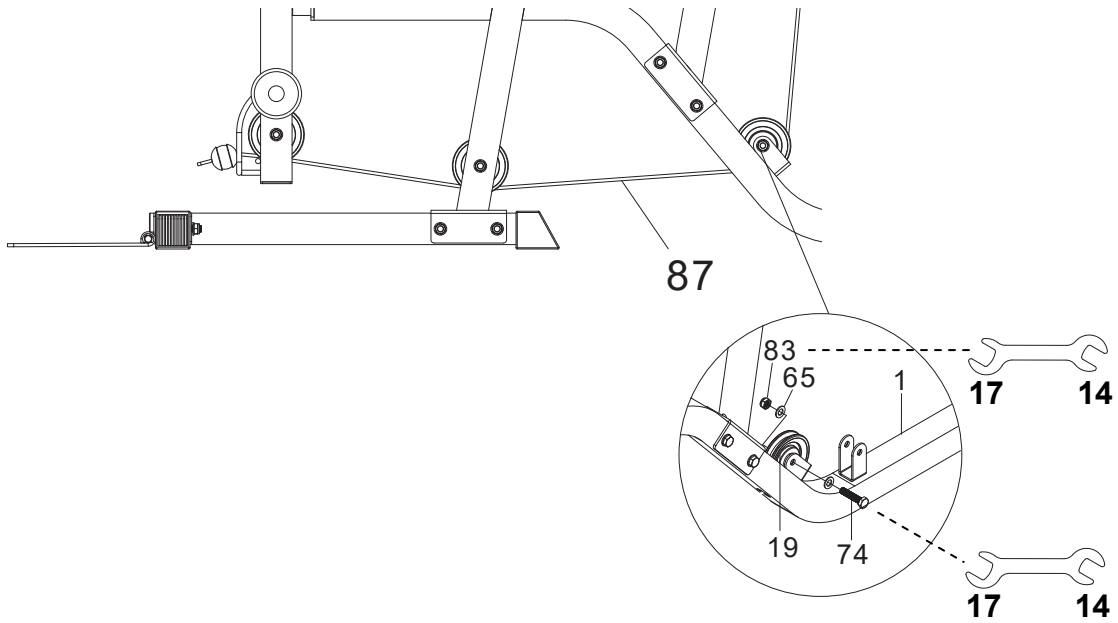
(76) Hexagon Head Bolt
M10x70
1 PC



(65) Flat Washer Ø10
2 PCS



(83) Nylon Lock Nut M10
1 PC



Step 3

Route the Low Cable (87) under a Pulley (19).

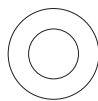
Attach the Pulley (19) to the Main Base Tube (1) with one M10x45 Hexagon Head Bolt (74), one M10 Nylon Lock Nut (83), and two Ø10 Flat Washers (65). Tighten bolt and nylon lock nut with two 14-17 Double Open End Wrenches provided.

PLEASE REFER TO THE “LOW CABLE LOOP DIAGRAM” SECTION ON PAGE 49.

Hardware:



(19) Pulley
1 PC



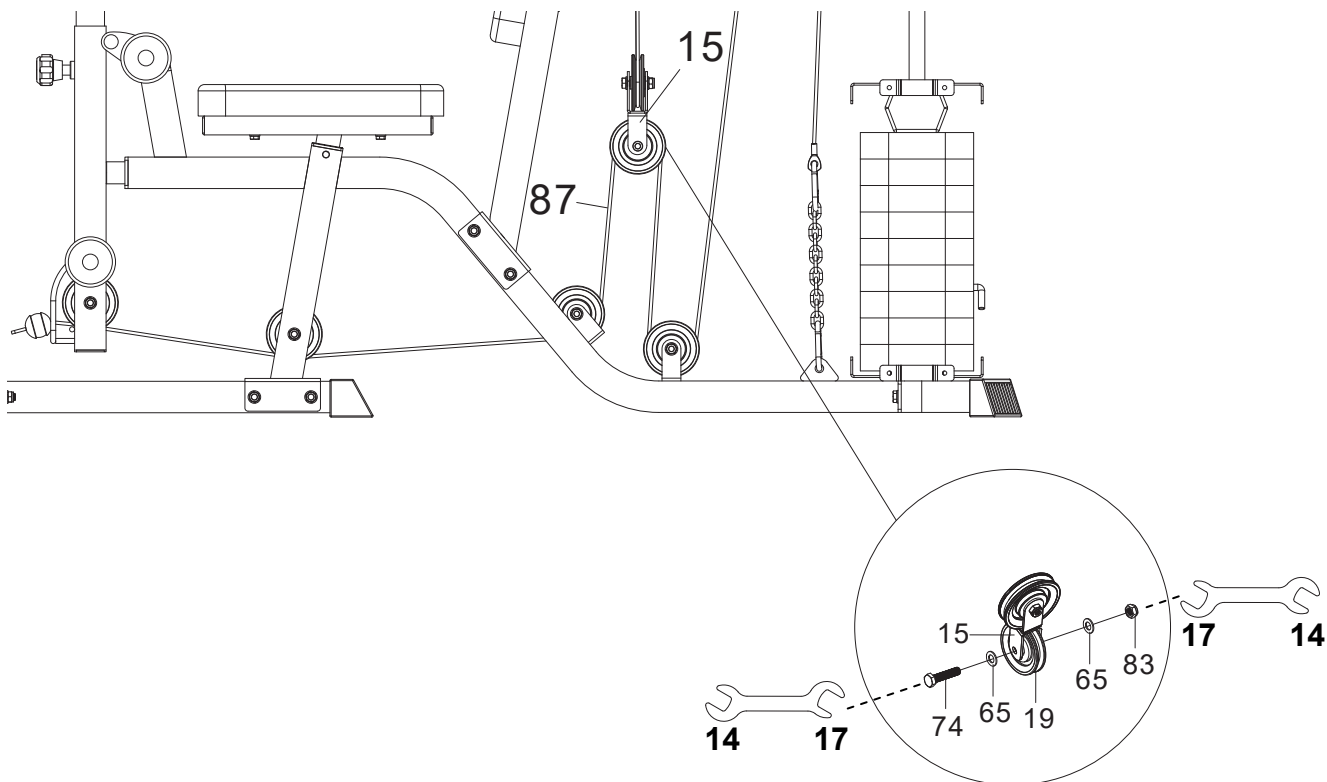
(65) Flat Washer Ø10
2 PCS



(74) Hexagon Head Bolt
M10x45
1 PC



(83) Nylon Lock Nut M10
1 PC



Step 4

Route the Low Cable (87) over a Pulley (19).

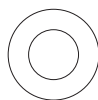
Attach the Pulley (19) to the Crossed Double Floating Pulley Bracket (15) with one M10x45 Hexagon Head Bolt (74), one M10 Nylon Lock Nut (83), and two Ø10 Flat Washers (65). Tighten bolt and nylon lock nut with two 14-17 Double Open End Wrenches provided.

PLEASE REFER TO THE “LOW CABLE LOOP DIAGRAM” SECTION ON PAGE 49.

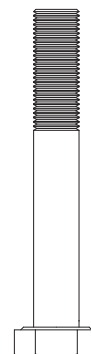
Hardware:



(19) Pulley
1 PC



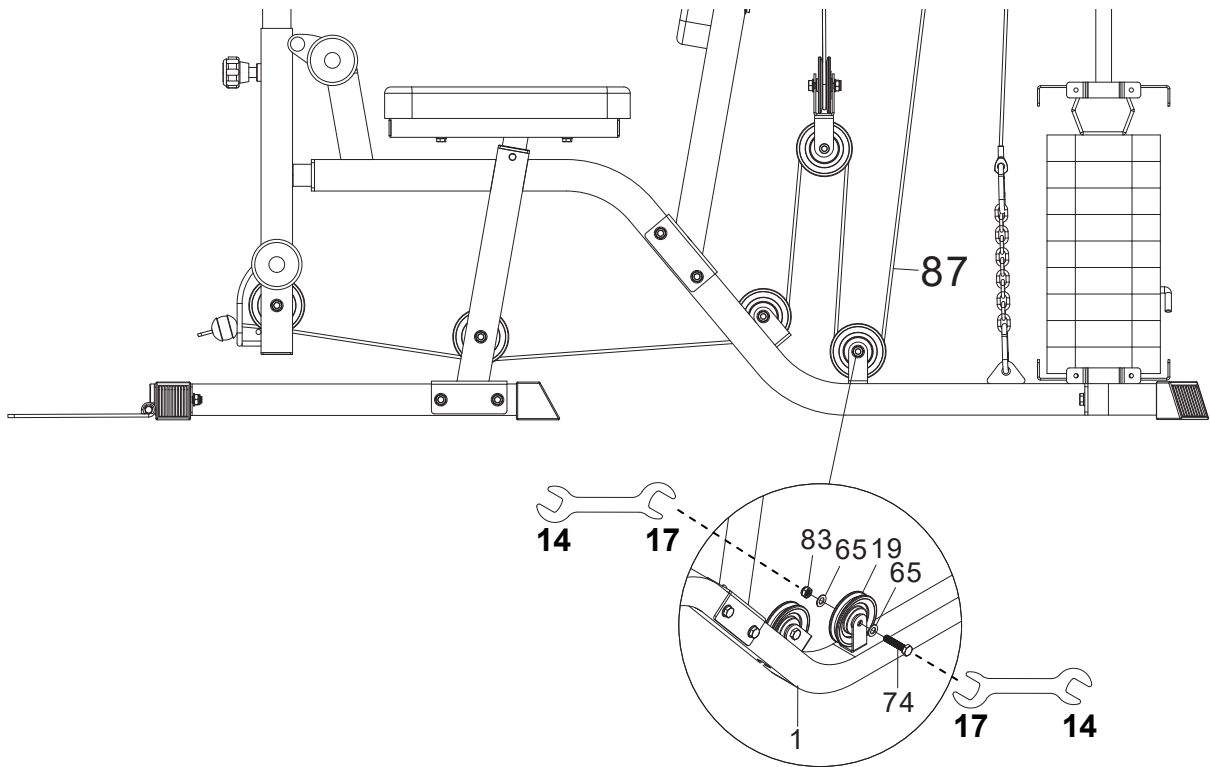
(65) Flat Washer Ø10
2 PCS



(74) Hexagon Head Bolt
M10x45
1 PC



(83) Nylon Lock Nut M10
1 PC



Step 5

Route the Low Cable (87) under a Pulley (19).

Attach the Pulley (19) to the Main Base Tube (1) with one M10x45 Hexagon Head Bolt (74), one M10 Nylon Lock Nut (83), and two Ø10 Flat Washers (65). Tighten bolt and nylon lock nut with two 14-17 Double Open End Wrenches provided.

PLEASE REFER TO THE “LOW CABLE LOOP DIAGRAM” SECTION ON PAGE 49.

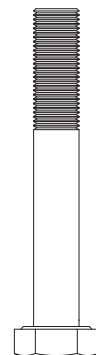
Hardware:



(19) Pulley
1 PC



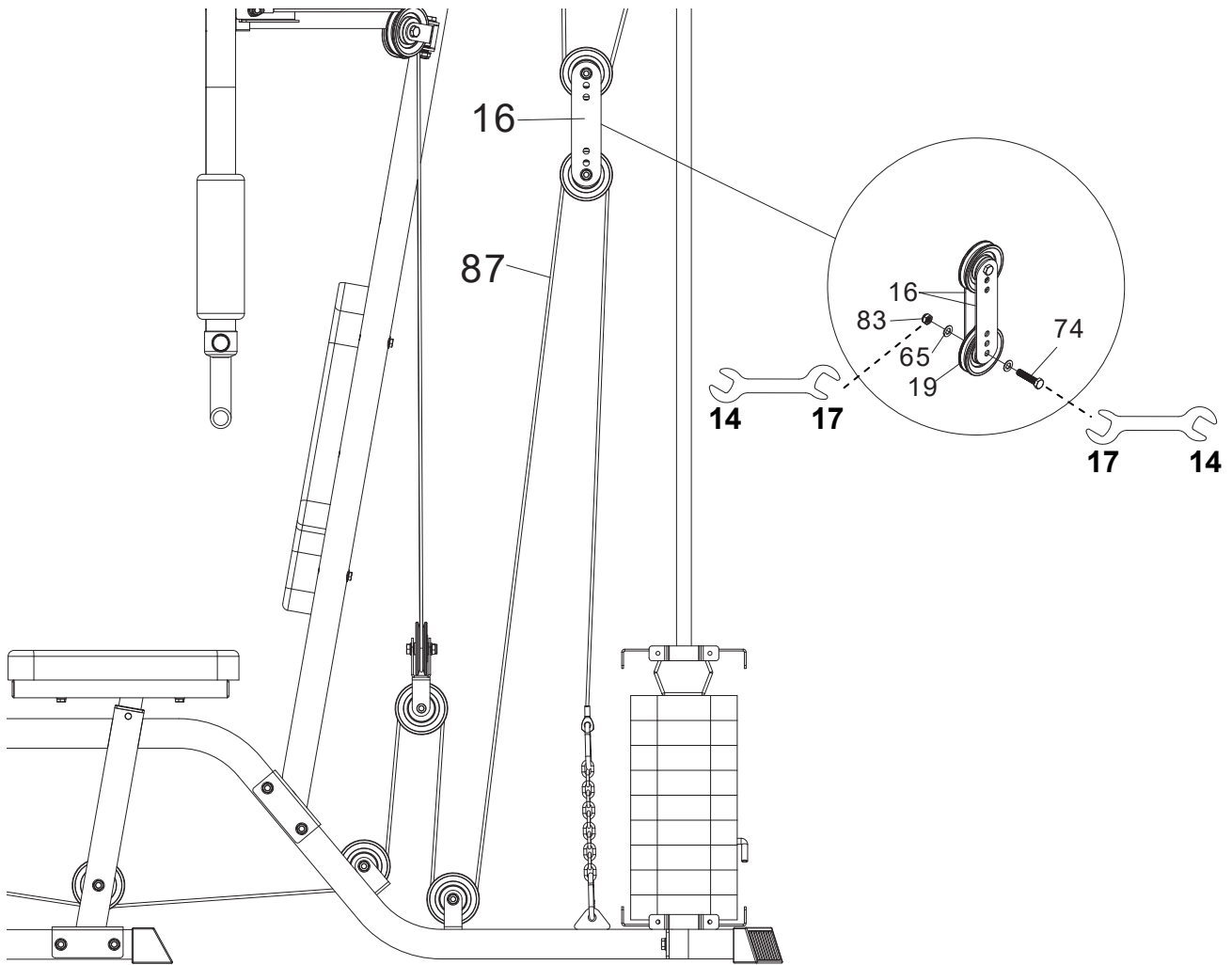
(65) Flat Washer Ø10
2 PCS



(74) Hexagon Head Bolt
M10x45
1 PC



(83) Nylon Lock Nut M10
1 PC



Step 6

Route the Low Cable (87) over a Pulley (19).

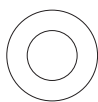
Attach the Pulley (19) at the lower hole in the Double Floating Pulley Brackets (16) with one M10x45 Hexagon Head Bolt (74), one M10 Nylon Lock Nut (83), and two Ø10 Flat Washers (65). Tighten bolt and nylon lock nut with two 14-17 Double Open End Wrenches provided.

PLEASE REFER TO THE “LOW CABLE LOOP DIAGRAM” SECTION ON PAGE 49.

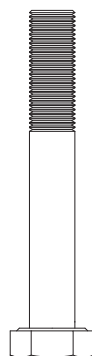
Hardware:



(19) Pulley
1 PC



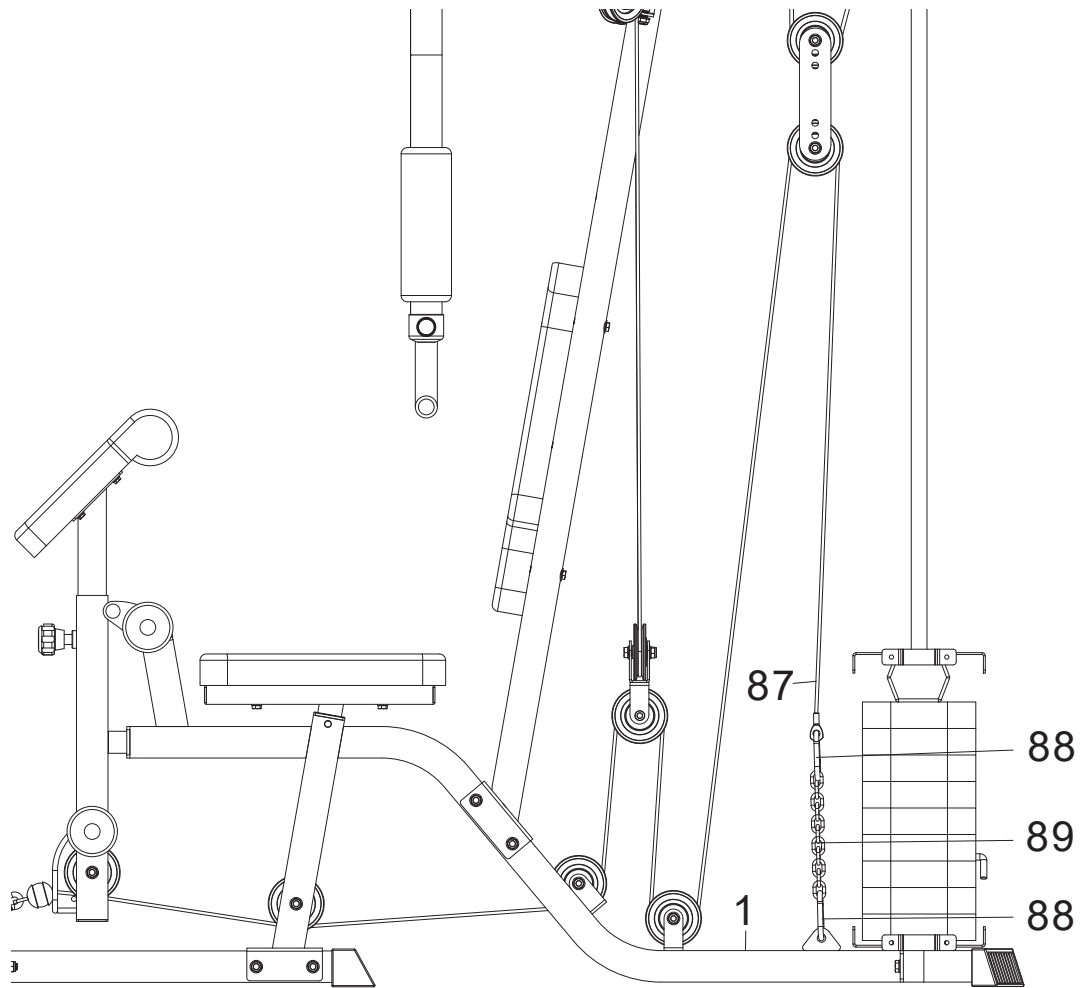
(65) Flat Washer Ø10
2 PCS



(74) Hexagon Head Bolt
M10x45
1 PC



(83) Nylon Lock Nut M10
1 PC

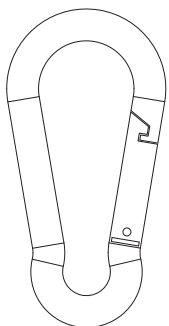


Step 7

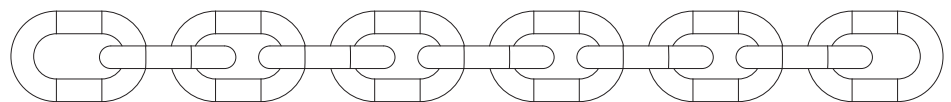
Attach the Coil Chain (89) between the Low Cable (87) and the Main Base Tube (1) with two Snap Hooks (88).

PLEASE REFER TO THE “LOW CABLE LOOP DIAGRAM” SECTION ON PAGE 49.

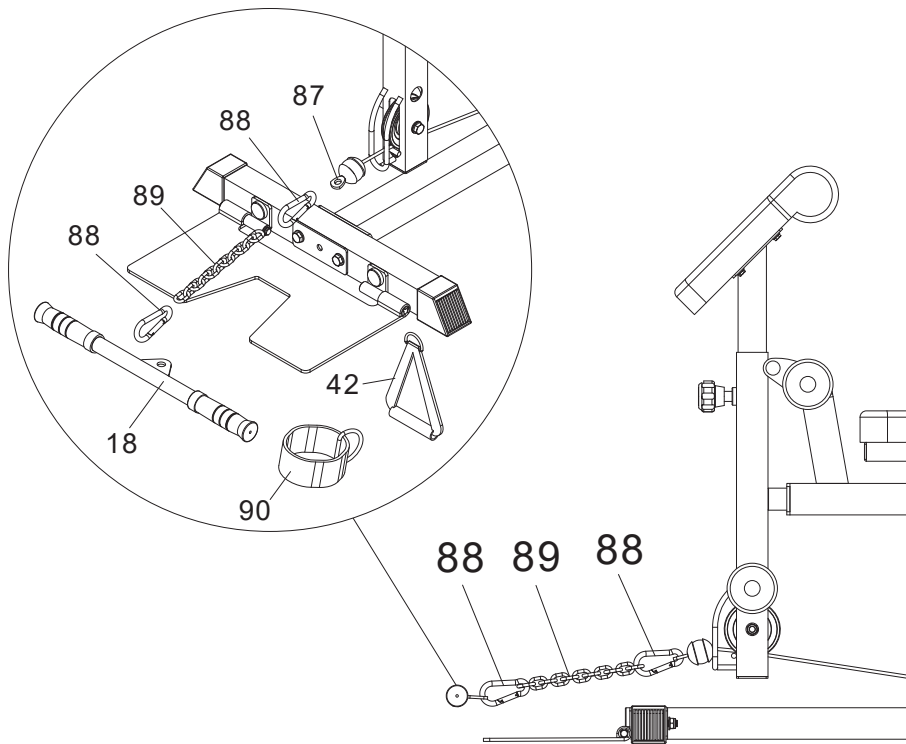
Hardware:



(88) Snap Hook
2 PCS



(89) Coil Chain
1 PC



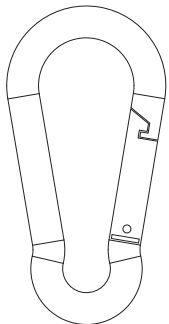
Step 8

Attach the Low Row Bar (18) to the Low Cable (87) with a Snap Hook (88). For some exercises, attach the Coil Chain (89) between the Low Row Bar (18) and the Low Cable (87) with two Snap Hooks (88). Adjust the length of the Coil Chain (89) between the Low Row Bar (18) and the Low Cable (87) so that the Low Row Bar (18) is in the correct starting position for the exercise to be performed.

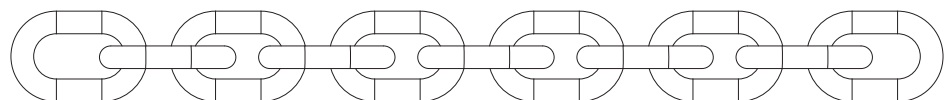
The Low Row Bar (18), Ankle Strap (90), or Handle Strap (42) can be attached at either pulley station in the same way.

PLEASE REFER TO THE “LOW CABLE LOOP DIAGRAM” SECTION ON PAGE 49.

Hardware:

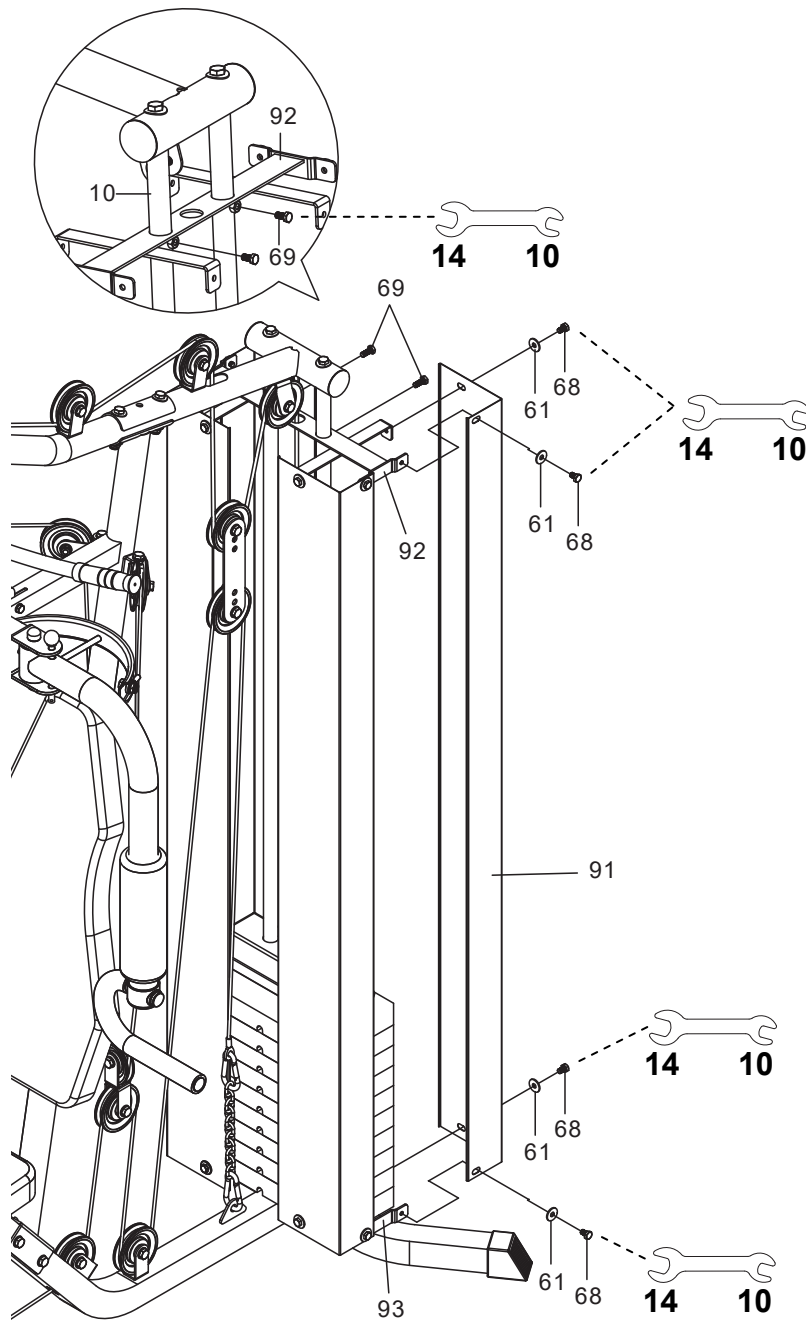


(88) Snap Hook
2 PCS

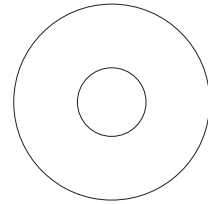


(89) Coil Chain
1 PC

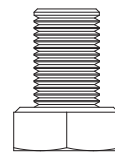
WEIGHT STACK COVERS INSTALLATION



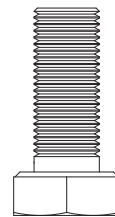
Hardware:



(61) Big Flat Washer Ø8
16 PCS



(68) Hexagon Head Bolt
M8x12
16 PCS



(69) Hexagon Head Bolt
M8x20
2 PCS

Attach the Upper Weight Stack Cover Bracket (92) onto the Weight Stack Sliding Rods (10) with two M8x20 Hexagon Head Bolts (69). Tighten bolts with the 10-14 Double Open End Wrench provided.

Attach the Weight Stack Covers (91) onto the Upper/Bottom Weight Stack Cover Brackets (92, 93) with eight Ø8 Big Flat Washers (61) and eight M8x12 Hexagon Head Bolts (68). Tighten bolts with the 10-14 Double Open End Wrench provided.

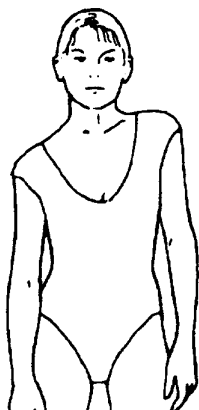
WARM UP AND COOL DOWN ROUTINE

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

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

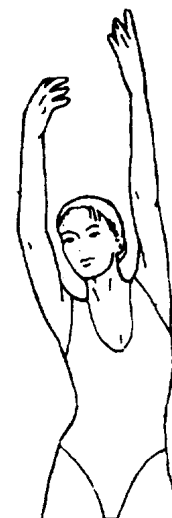
HEAD ROLLS

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



SHOULDER LIFTS

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



SIDE STRETCHES

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

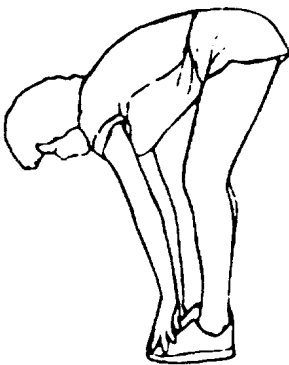


QUADRICEPS STRETCH

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

INNER THIGH STRETCH

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

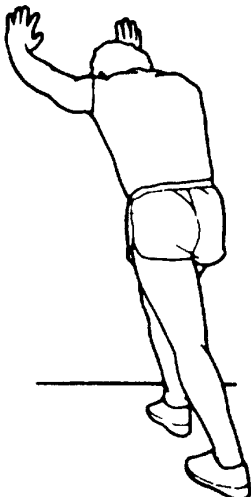
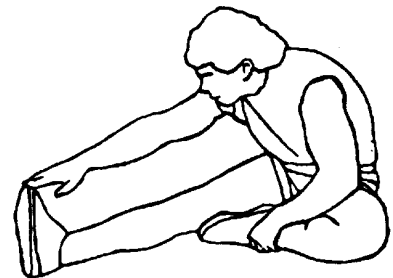


TOE TOUCHES

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

HAMSTRING STRETCHES

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



CALF/ACHILLES STRETCH

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