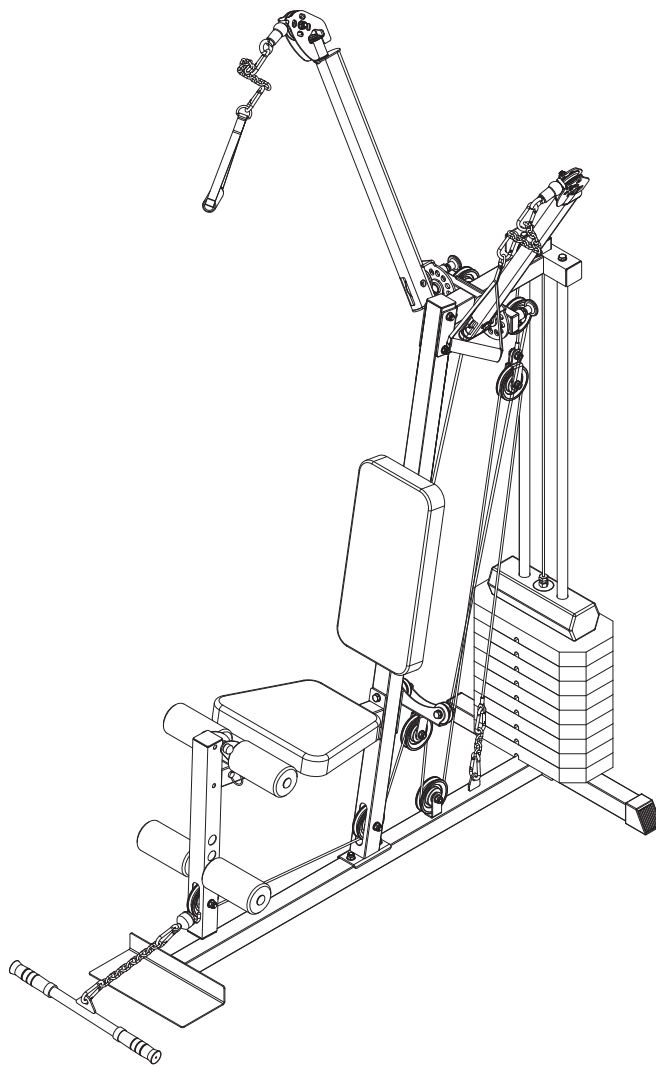


LifeGear G6 / HOME GYM

ITEM NO: 63150

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.

2019, Oct.

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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

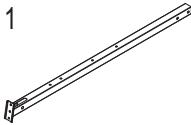
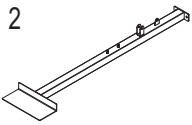
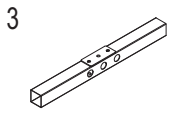
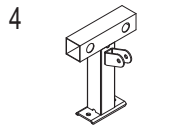
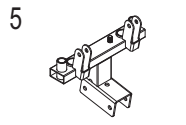
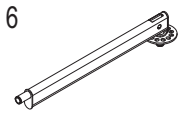
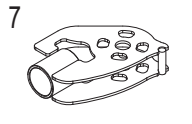
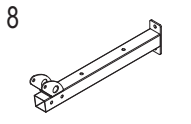
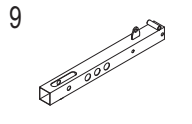
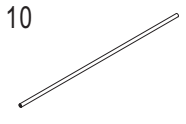
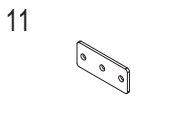
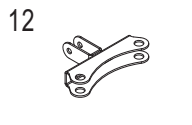
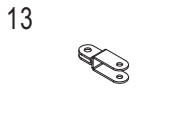
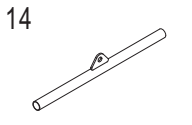


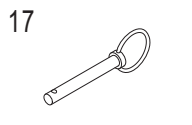

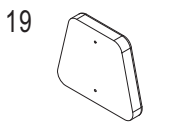
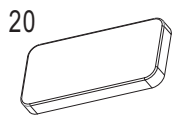

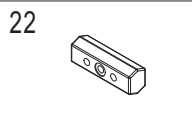
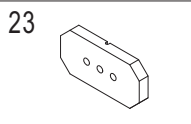
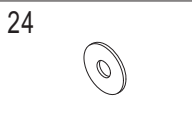

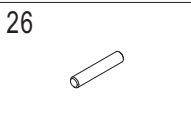
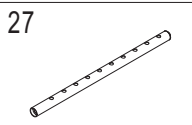
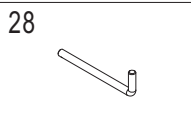
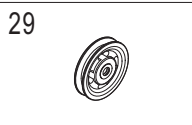
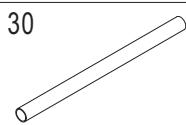
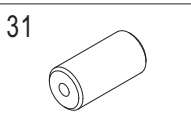
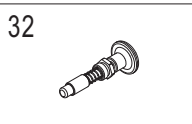
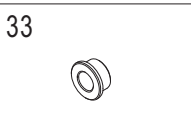
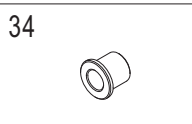
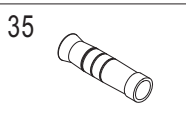
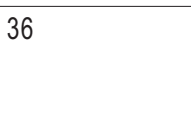
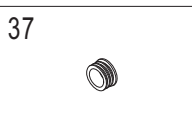
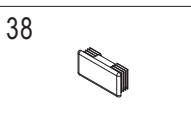
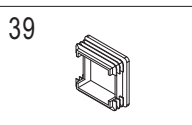
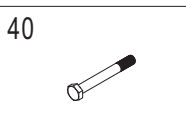
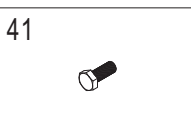
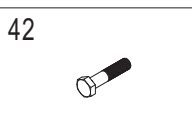
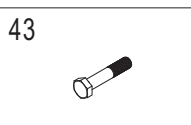
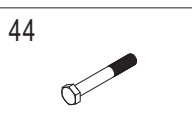
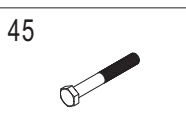
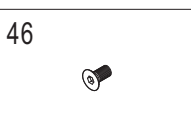
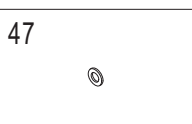

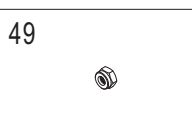
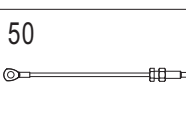
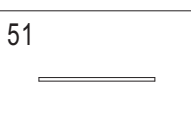
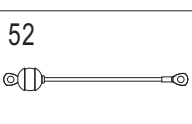
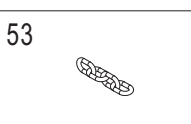
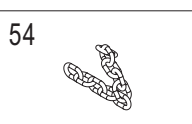
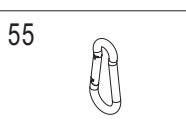
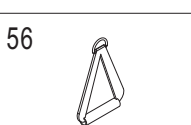
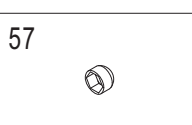
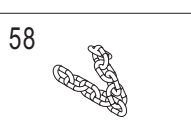
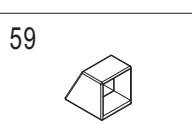

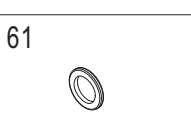
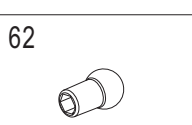
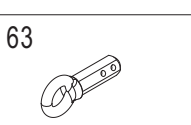
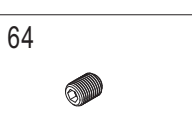
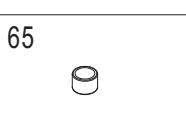
Basic precautions should always be followed, including the following important safety instructions when using this home gym. Read all instructions before using this home gym.

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.

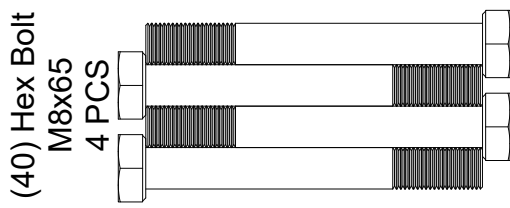
PARTS NUMBERS AND ILLUSTRATIONS

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6 	7 	8 	9 	10 
11 	12 	13 	14 	15 
16 	17 	18 	19 	20 
21 	22 	23 	24 	25 
26 	27 	28 	29 	30 
31 	32 	33 	34 	35 
36 	37 	38 	39 	40 
41 	42 	43 	44 	45 
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61 	62 	63 	64 	65 

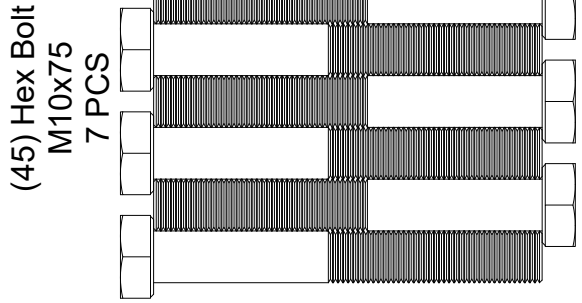
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Upright Tube	1	034	Pulley Spacer Ø10xØ12.5	4
002	Main Base Tube	1	035	Hand Grip Ø25x125	2
003	Rear Base Tube	1	036		
004	Top Frame	1	037	Plug Ø25	4
005	Cross Frame	1	038	Plug 25x50	2
006	Pec Arm	2	039	Plug 50x50	5
007	Top Pulley Bracket	2	040	Hex Bolt M8x65	4
008	Seat Frame	1	041	Hex Bolt M10x25	3
009	Leg Extension	1	042	Hex Bolt M10x45	6
010	Weight Plate Tube	2	043	Hex Bolt M10x50	6
011	Flat Plate 120x50xt5	1	044	Hex Bolt M10x70	2
012	Double Pulley Rack	1	045	Hex Bolt M10x75	7
013	Single Pulley Rack	1	046	Hexagon Socket Countersunk Head Bolt M10x20	2
014	Low Row Bar	1	047	Washer Ø8	4
015	Small Pulley Ø70	6	048	Washer Ø10	50
016	Retaining Ring Ø26	4	049	Nylon Lock Nut M10	26
017	Lock Pin Ø10x55	1	050	Cable 1	1
018			051	Cable 2	1
019	Seat Pad 380x300xt50	1	052	Cable 3	1
020	Backrest Pad 500x240xt50	1	053	Short Coil Chain	1
021	Rubber Bumper Ø62xØ26x16	2	054	Coil Chain (200mm)	1
022	Top Weight Plate	1	055	Snap Hook Ø7x70	8
023	Weight Plate	7	056	Hand Strap	2
024	Top Weight Washer	1	057	Nut Cap M10	2
025	Weight Bushing	1	058	Long Coil Chain (330mm)	2
026	Weight Pin Ø10x55	1	059	Foot End Cap	2
027	Weight Selection Tube	1	060	Iron Wire (1000mm)	1
028	L Shaped Pin Ø10x120	1	061	Nylon Washer Ø38xØ25.2x4	4
029	Pulley Ø90	8	062	Plastic Cap	2
030	Foam Roller Tube Ø25x380	2	063	Cable Lug	2
031	Foam Roller Ø23xØ80x160	4	064	Socket Bolt M6x8	4
032	Pop Pin M20	2	065	Bearing	4
033	Pulley Spacer Ø10xØ7.5	12			

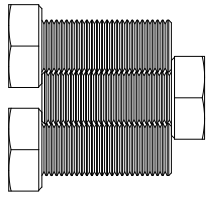
HARDWARE & PARTS 1



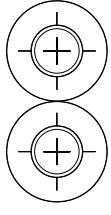
(40) Hex Bolt
M8x65
4 PCS



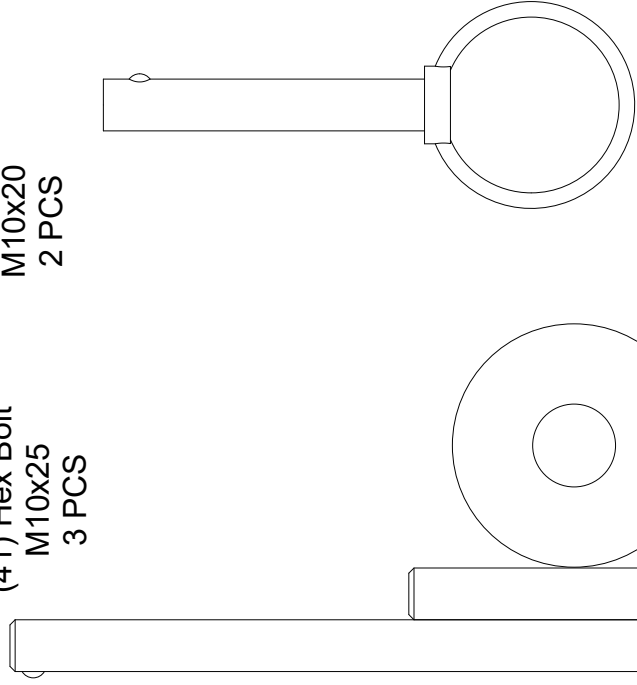
(45) Hex Bolt
M10x75
7 PCS



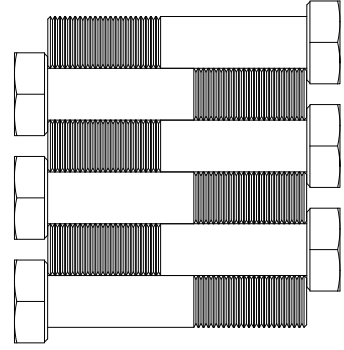
(41) Hex Bolt
M10x25
3 PCS



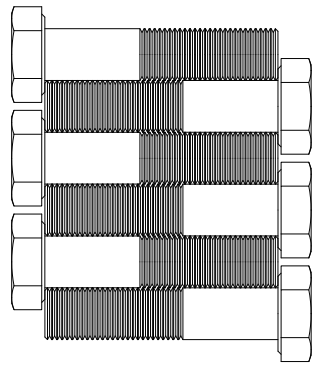
(46) Hexagon Socket
Countersunk Head Bolt
M10x20
2 PCS



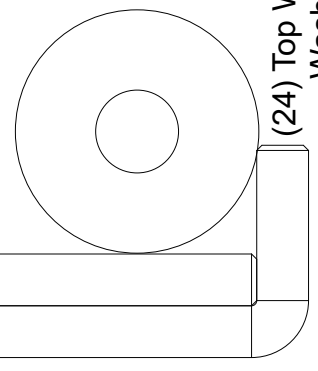
(17) Lock Pin
Ø10x55
1 PC



(43) Hex Bolt
M10x50
6 PCS



(42) Hex Bolt
M10x45
6 PCS

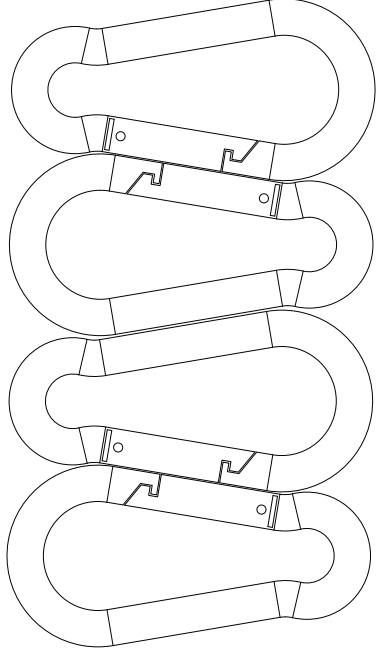


(24) Top Weight
Washer
1 PC

(26) Weight Pin
Ø10x55 1 PC
(28) L Shaped Pin
Ø10x120 1 PC

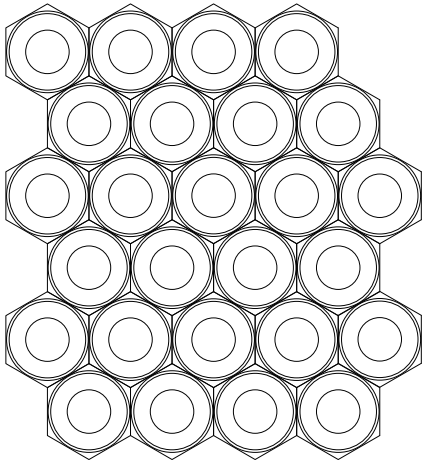
HARDWARE & PARTS 2

(55) Snap Hook
Ø7x70
8 PCS

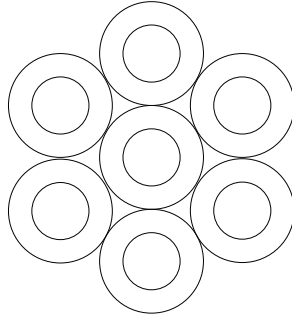
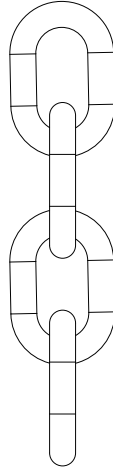


(47) Washer Ø8
4 PCS

(49) Nylon Lock Nut M10
26 PCS

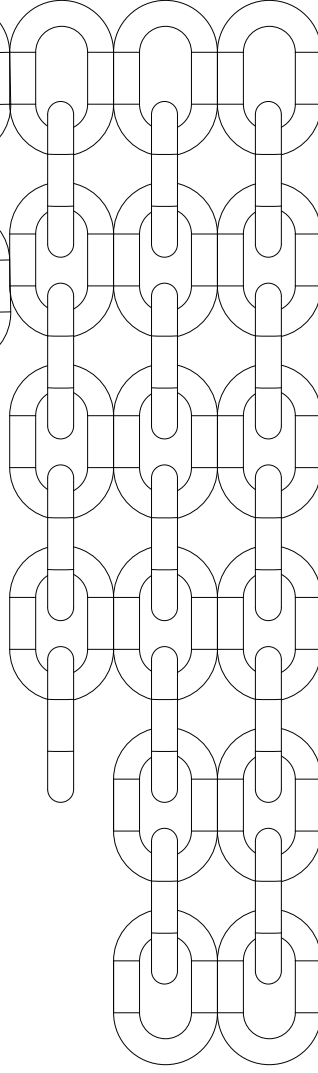


(53) Short Coil Chain
1 PC

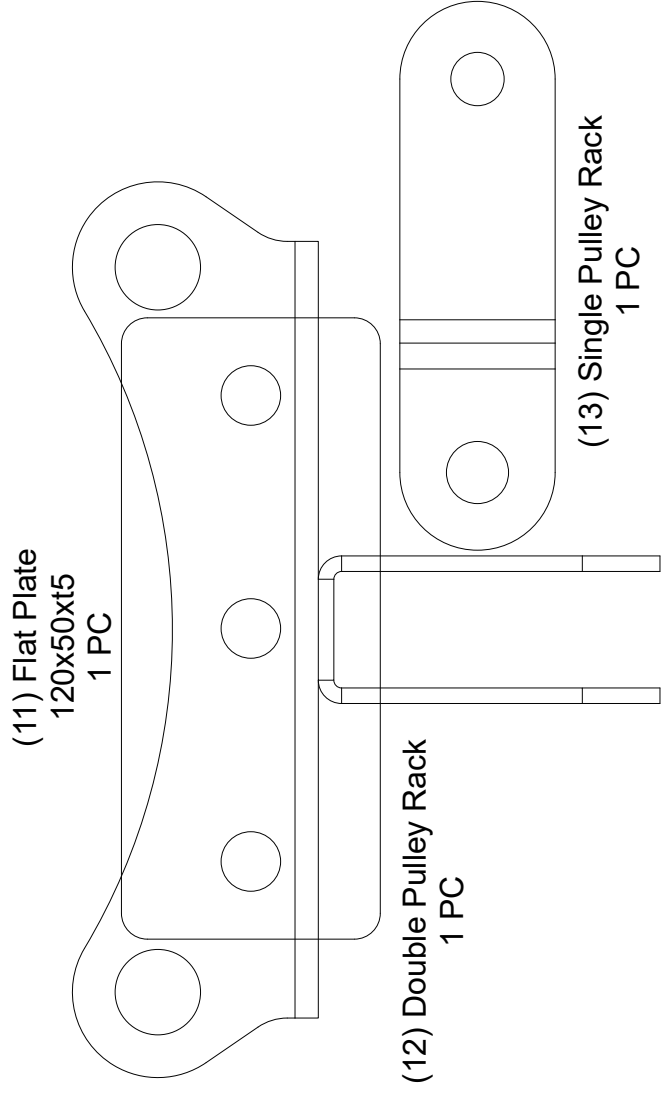


(48) Washer Ø10
50 PCS

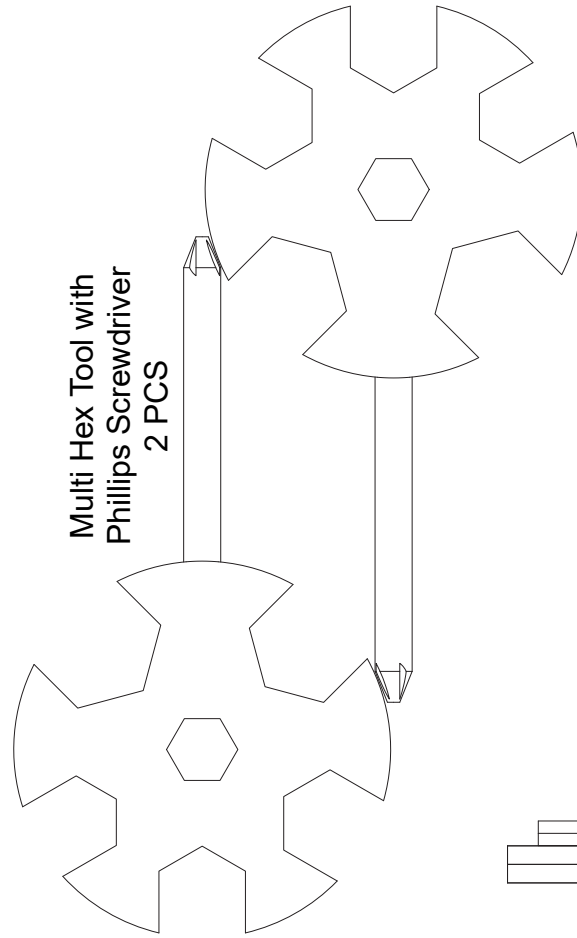
(54) Long Coil Chain (200mm) 1 PC
(58) Long Coil Chain (330mm) 2 PCS



HARDWARE & PARTS 3



TOOLS



Multi Hex Tool with
Phillips Screwdriver
2 PCS



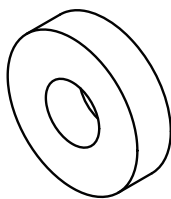
Allen Wrench 4mm
1 PC

Allen Wrench 6mm
1 PC

PLASTIC PARTS PACK



(15) Small Pulley Ø70
6 PCS



(21) Rubber Bumper
Ø62xØ26x16
2 PCS



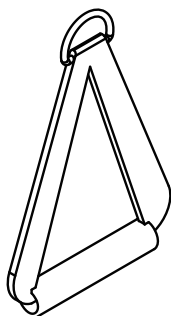
(25) Weight Bushing
1 PC



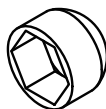
(33) Pulley Spacer
Ø10xØ7.5
12 PCS



(34) Pulley Spacer
Ø10xØ12.5
4 PCS



(56) Hand Strap
2 PCS



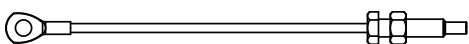
(57) Nut Cap M10
2 PCS

PULLEY PACK



(29) Pulley Ø90
8 PCS

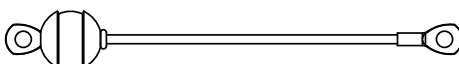
CABLE PACK



(50) Cable 1
1340mm
1 PC

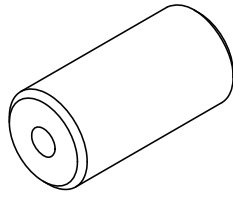


(51) Cable 2
4420mm
1 PC



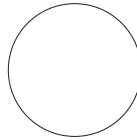
(52) Cable 3
3700mm
1 PC

FOAM ROLLER LIST



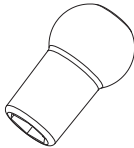
(31) Foam Roller
Ø23xØ80x160
4 PCS

IRON WIRE

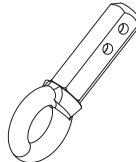


(60) Iron Wire
1 PC

CABLE 2 PACK



(62) Plastic Cap
2 PCS

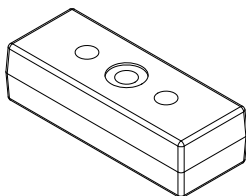


(63) Cable Lug
2 PCS

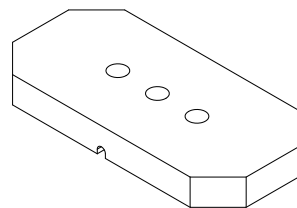


(64) Socket Bolt M6x8
4 PCS

WEIGHT PLATE LIST

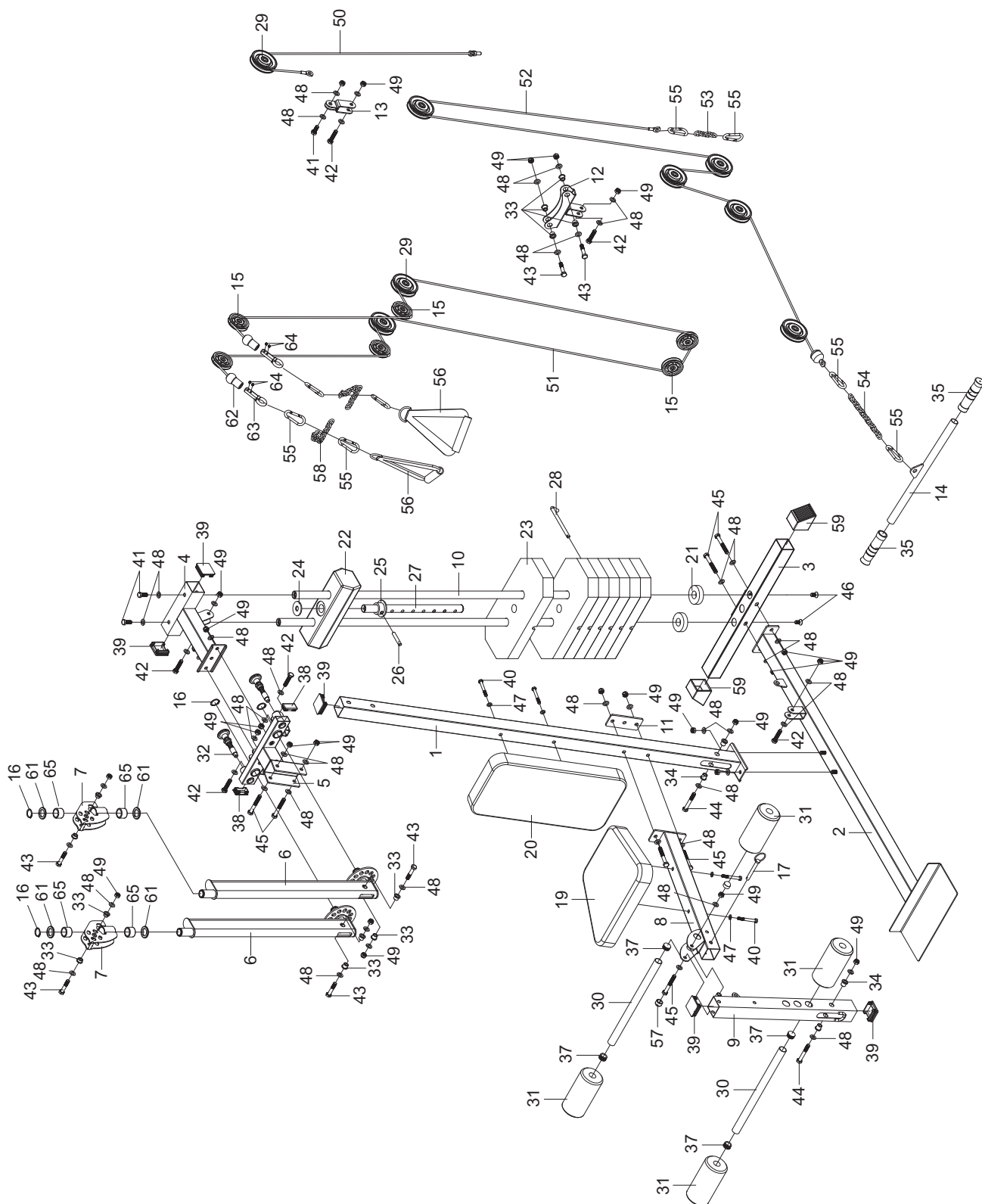


(22) Top Weight Plate
1 PC



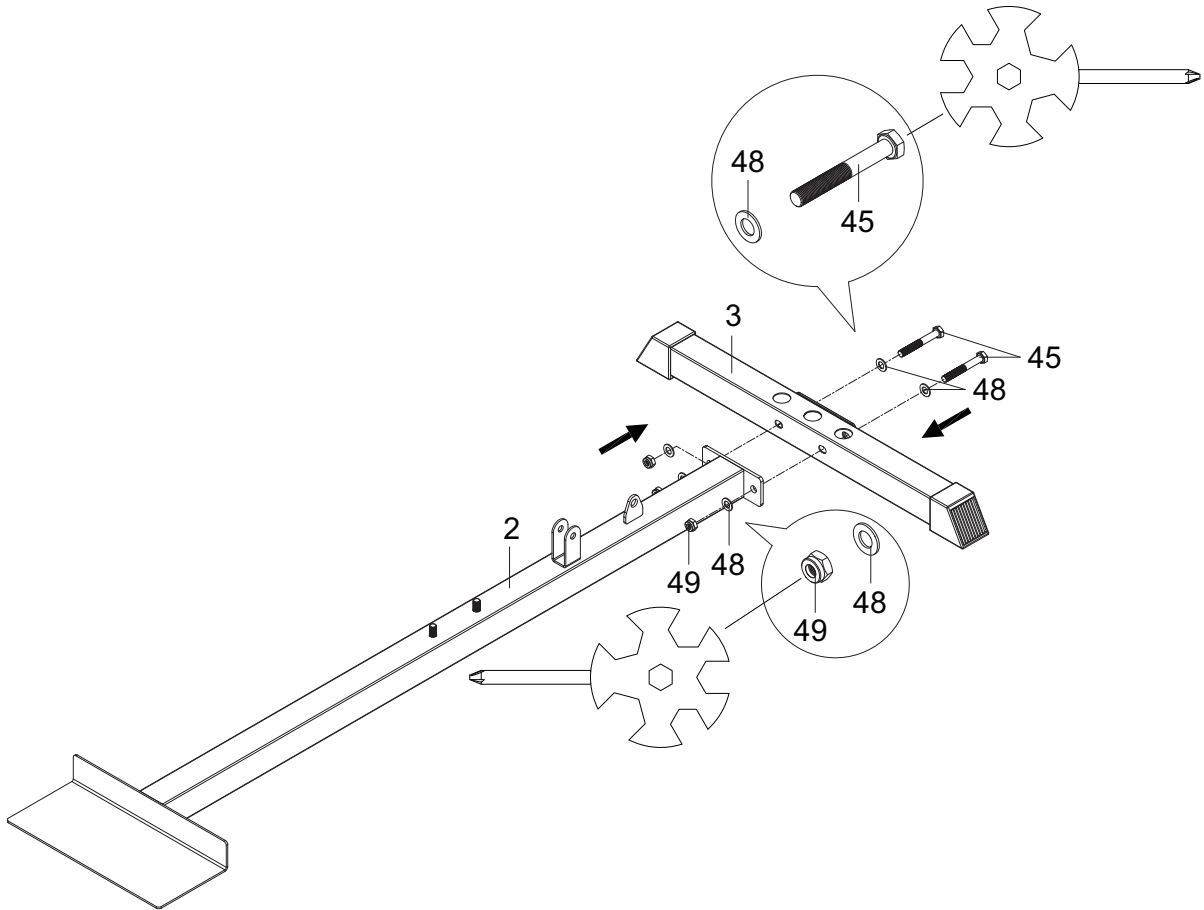
(23) Weight Plate
7 PCS

EXPLODED VIEW



ASSEMBLY INSTRUCTIONS

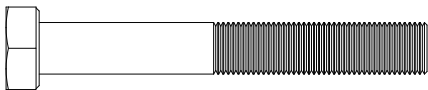
NOTE: It is recommended to have a second person to help you to assemble this home gym.



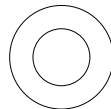
Step 1

Attach the Rear Base Tube (3) onto the Main Base Tube (2) with two M10x75 Hex Bolts (45), two M10 Nylon Lock Nuts (49), and four Ø10 Washers (48). Tighten bolts and nylon lock nuts with two Multi Hex Tools with Phillips Screwdriver provided.

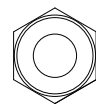
Hardware:



(45) Hex Bolt M10x75
2 PCS

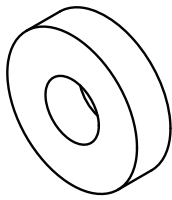


(48) Washer Ø10
4 PCS

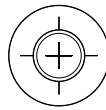


(49) Nylon Lock Nut M10
2 PCS

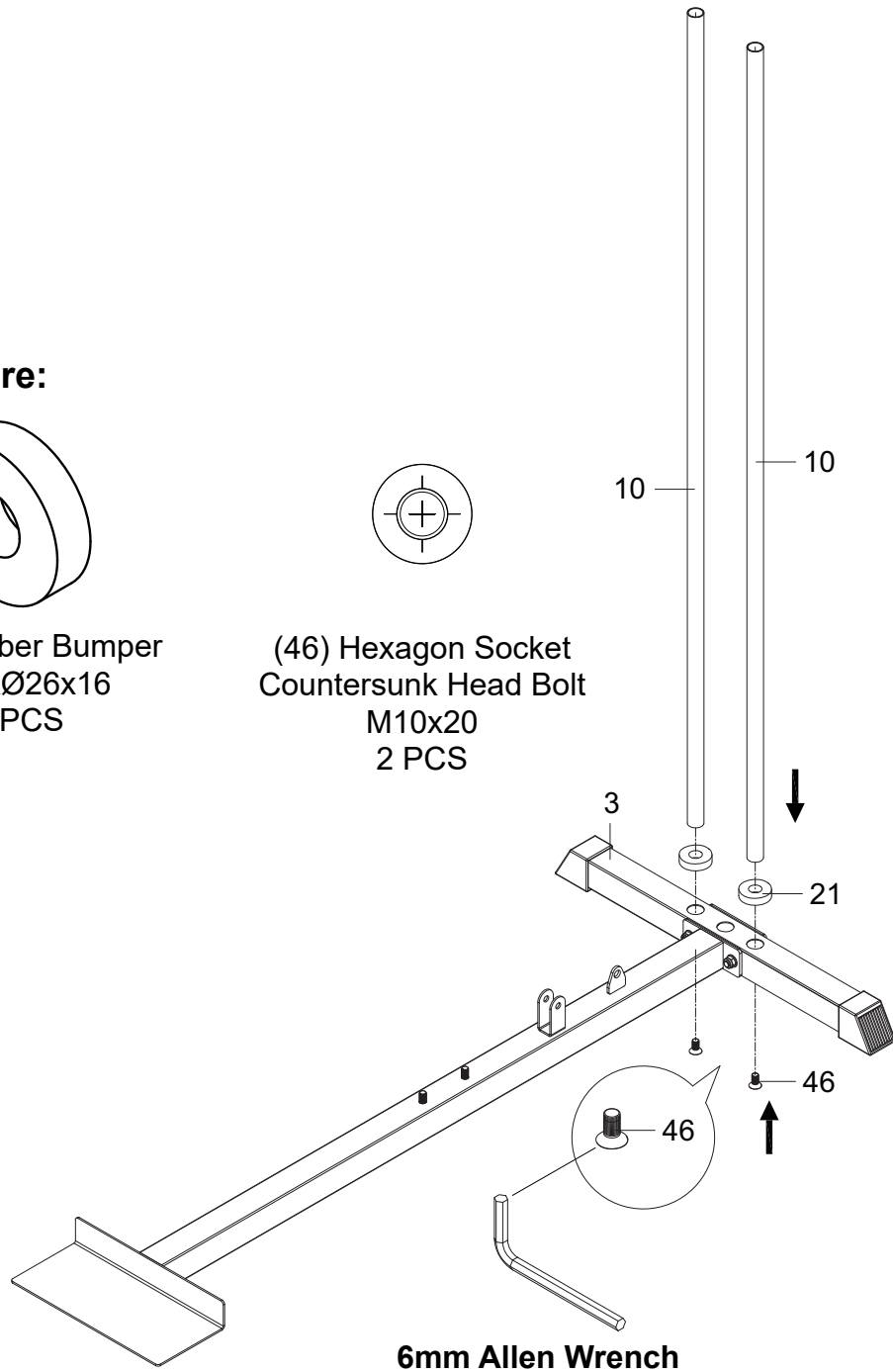
Hardware:



(21) Rubber Bumper
Ø62xØ26x16
2 PCS



(46) Hexagon Socket
Countersunk Head Bolt
M10x20
2 PCS



Step 2

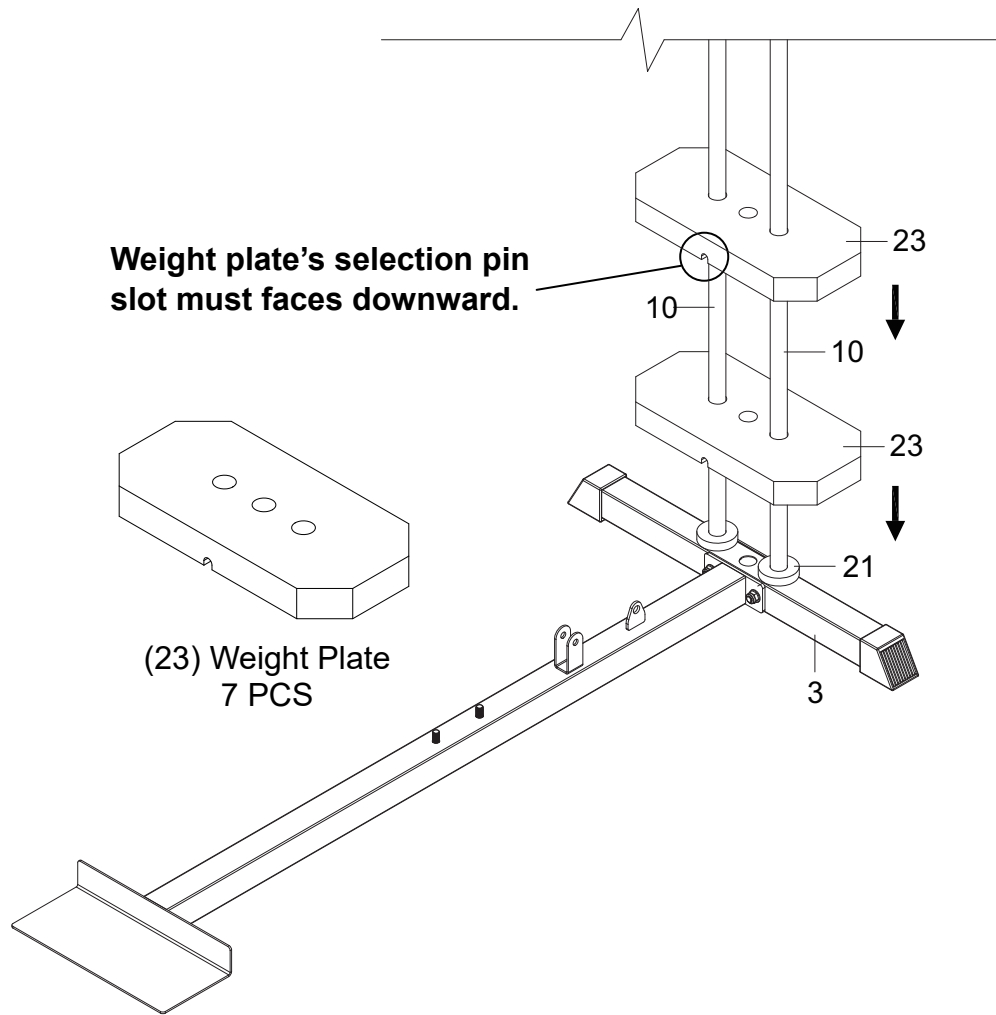
Fitting the Weight Plate Tubes (10) (Get someone else to support rods when fitting).

Slot two Weight Plate Tubes (10) into the Rear Base Tube (3).

Bolt bottom of the Weight Plate Tubes (10) into Rear Base Tube (3) with two M10x20 Hexagon Socket Countersunk Head Bolts (46). Tighten bolts with the 6mm Allen Wrench provided.

Slot one Ø62xØ26x16 Rubber Bumper (21) onto each of the Weight Plate Tubes (10) from top and slide down to bottom.

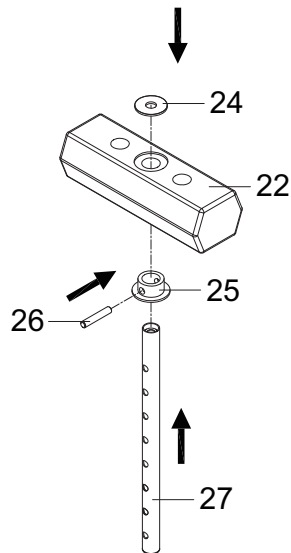
Ø62xØ26x16 Rubber Bumpers (21) are at bottom of Weight Plate Tubes (10).



Step 3

Very carefully slot Weight Plates (23) one at a time from the top of the Weight Plate Tubes (10) down to the bottom. Do not drop the Weight Plate (23).

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

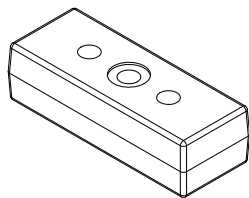


Step 4

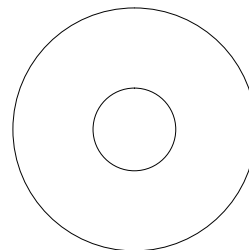
Slide the Weight Bushing (25) onto the Weight Selection Tube (27) and align pin hole. Secure the Weight Bushing (25) onto the Weight Selection Tube (27) by inserting the $\text{\O}10 \times 55$ Weight Pin (26) through into the holes of the Weight Selection Tube (27) and Weight Bushing (25).

Slide the Top Weight Plate (22) onto the Weight Selection Tube (27) and Weight Bushing (25). Place the Top Weight Washer (24) onto the hole of the Top Weight Plate (22).

Hardware & Plastic Part:



(22) Top Weight Plate
1 PC



(24) Top Weight Washer
1 PC

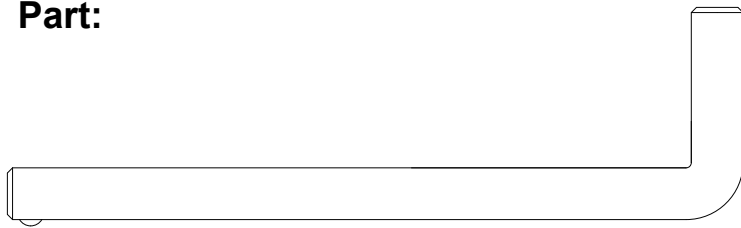


(25) Weight Bushing
1 PC

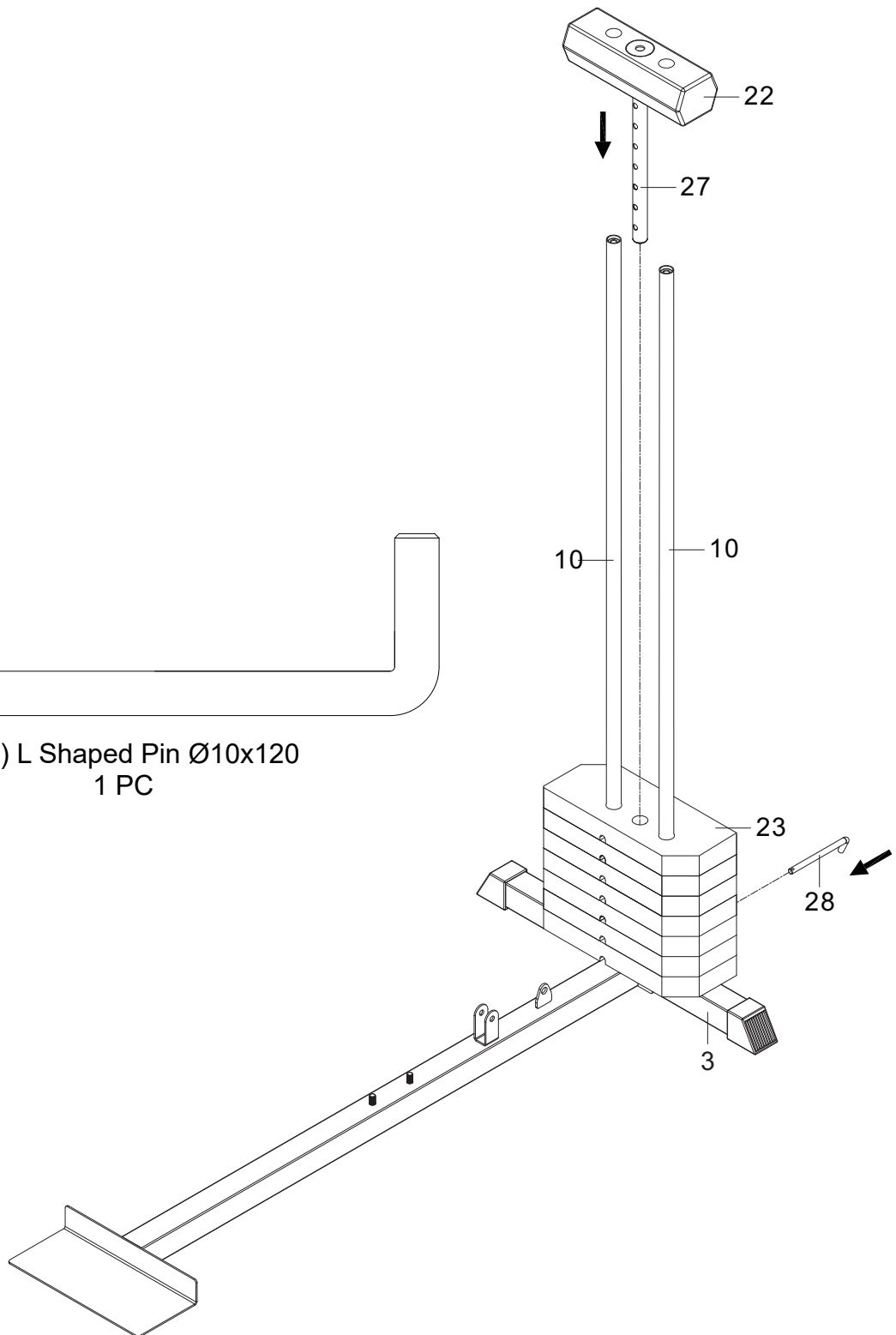


(26) Weight Pin $\text{\O}10 \times 55$
1 PC

Part:



(28) L Shaped Pin $\text{\O}10 \times 120$
1 PC

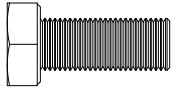


Step 5

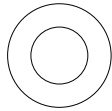
Slot the Top Weight Plate (22) and Weight Selection Tube (27) onto top of Weight Plate Tubes (10), slide to bottom.

Insert the $\text{\O}10 \times 120$ L Shaped Pin (28) into the pin slot.

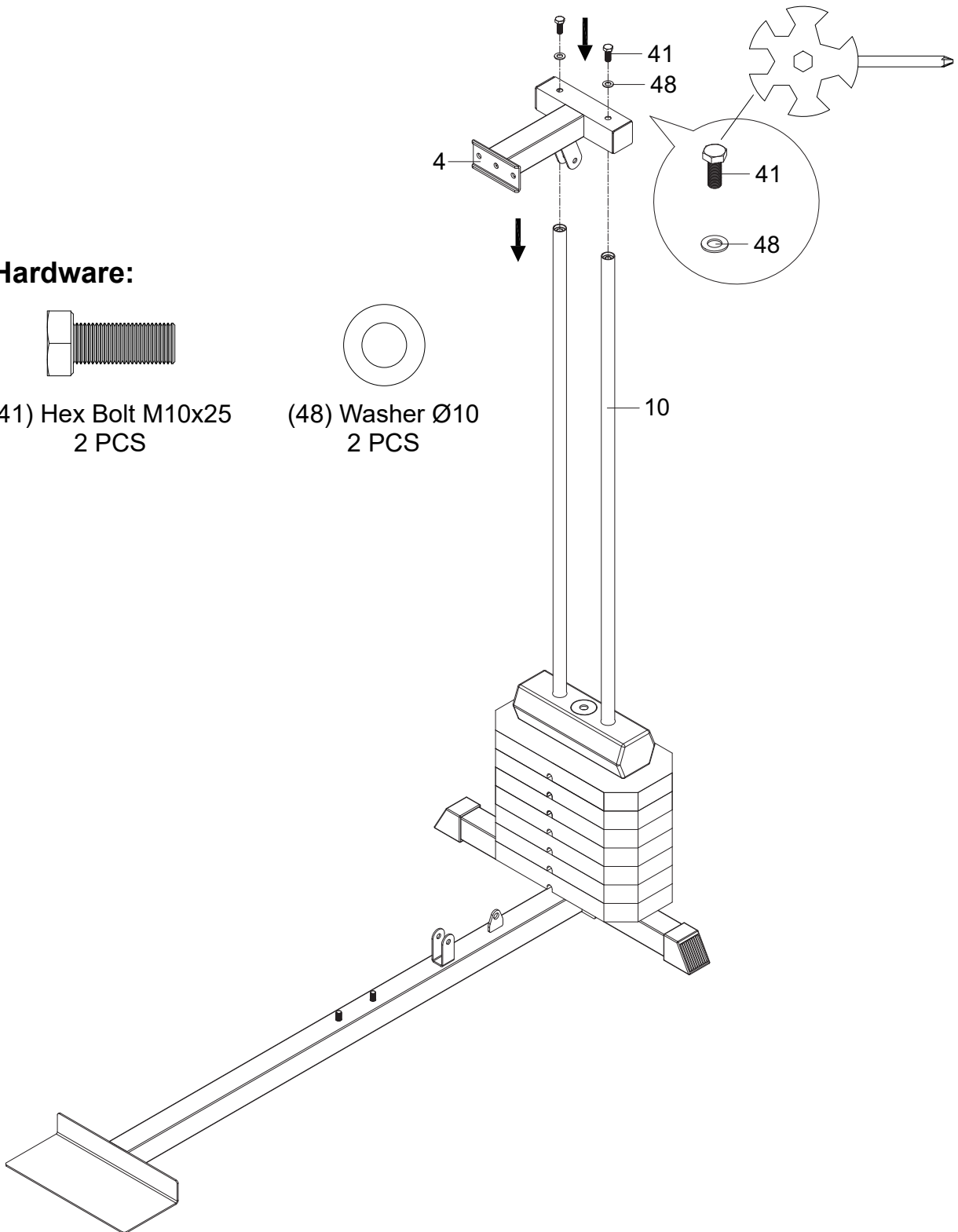
Hardware:



(41) Hex Bolt M10x25
2 PCS

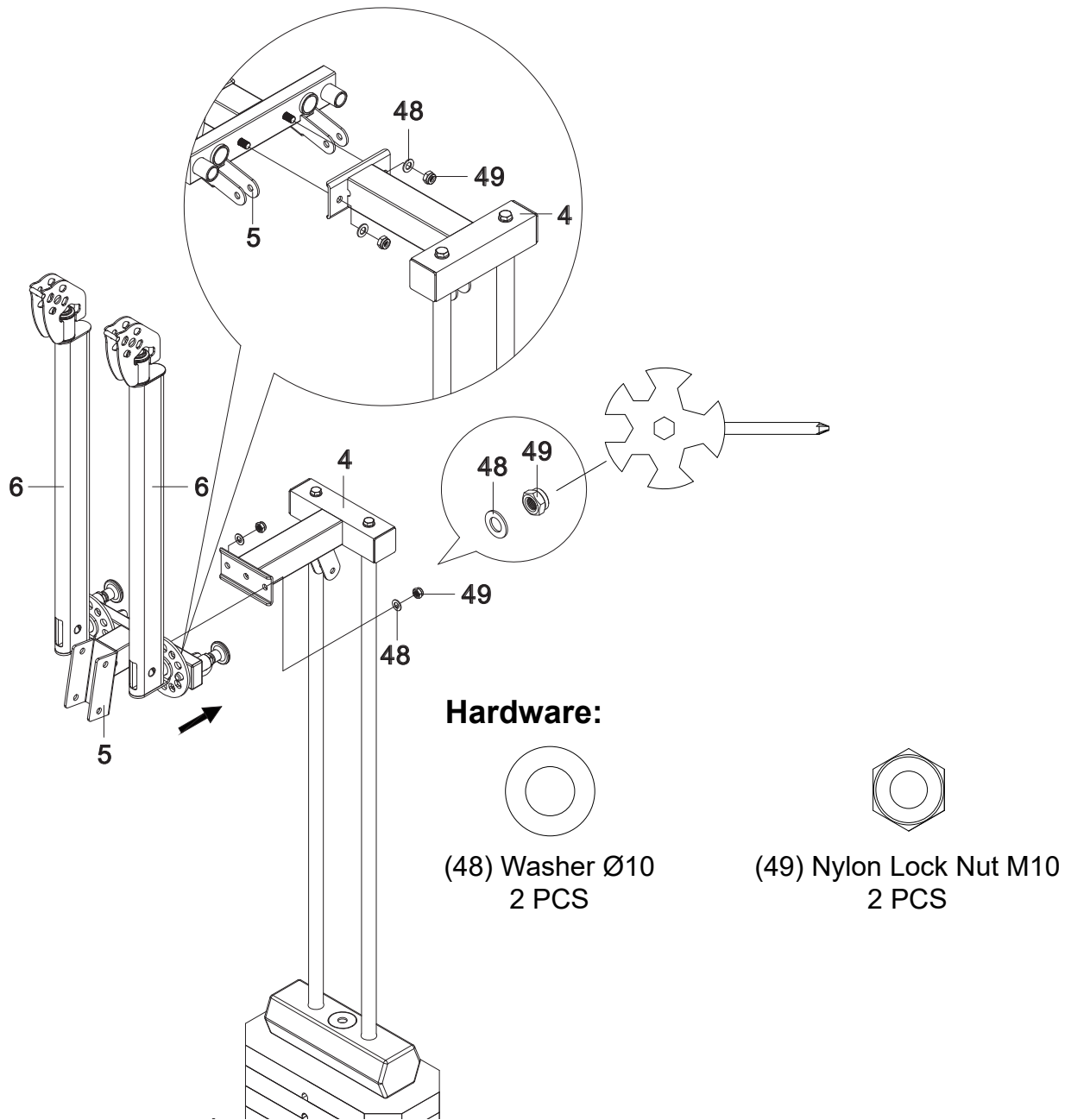


(48) Washer Ø10
2 PCS



Step 6

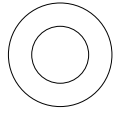
Insert each Weight Plate Tube (10) into the corresponding hole in the Top Frame (4). Secure Weight Plate Tubes (10) in the Top Frame (4) using two M10x25 Hex Bolts (41) and two Ø10 Washers (48). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



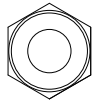
Step 7

Attach the Cross Frame (5) onto the Top Frame (4) with two Ø10 Washers (48) and two M10 Nylon Lock Nuts (49). Tighten nylon lock nuts with the Multi Hex Tool with Phillips Screwdriver provided.

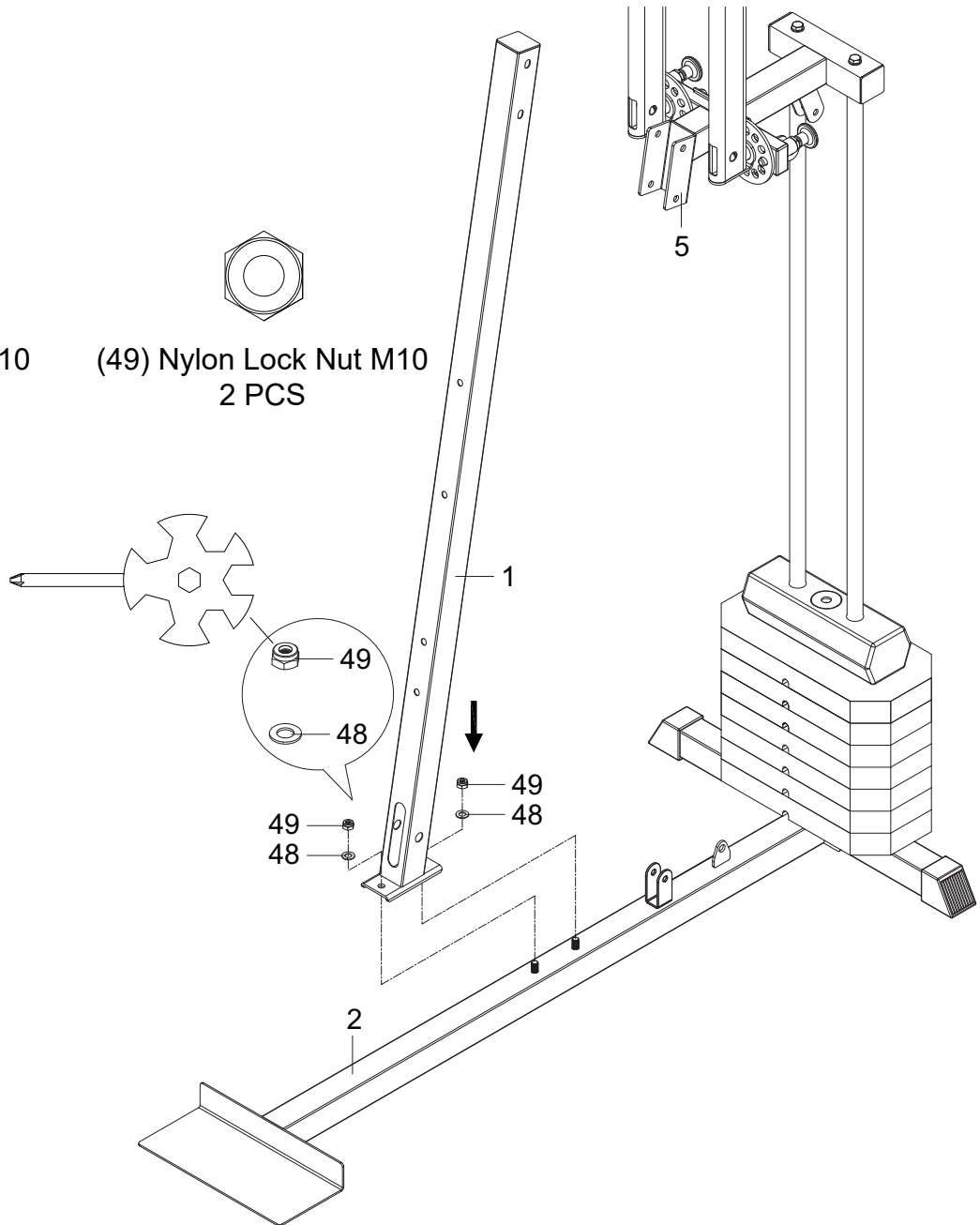
Hardware:



(48) Washer Ø10
2 PCS

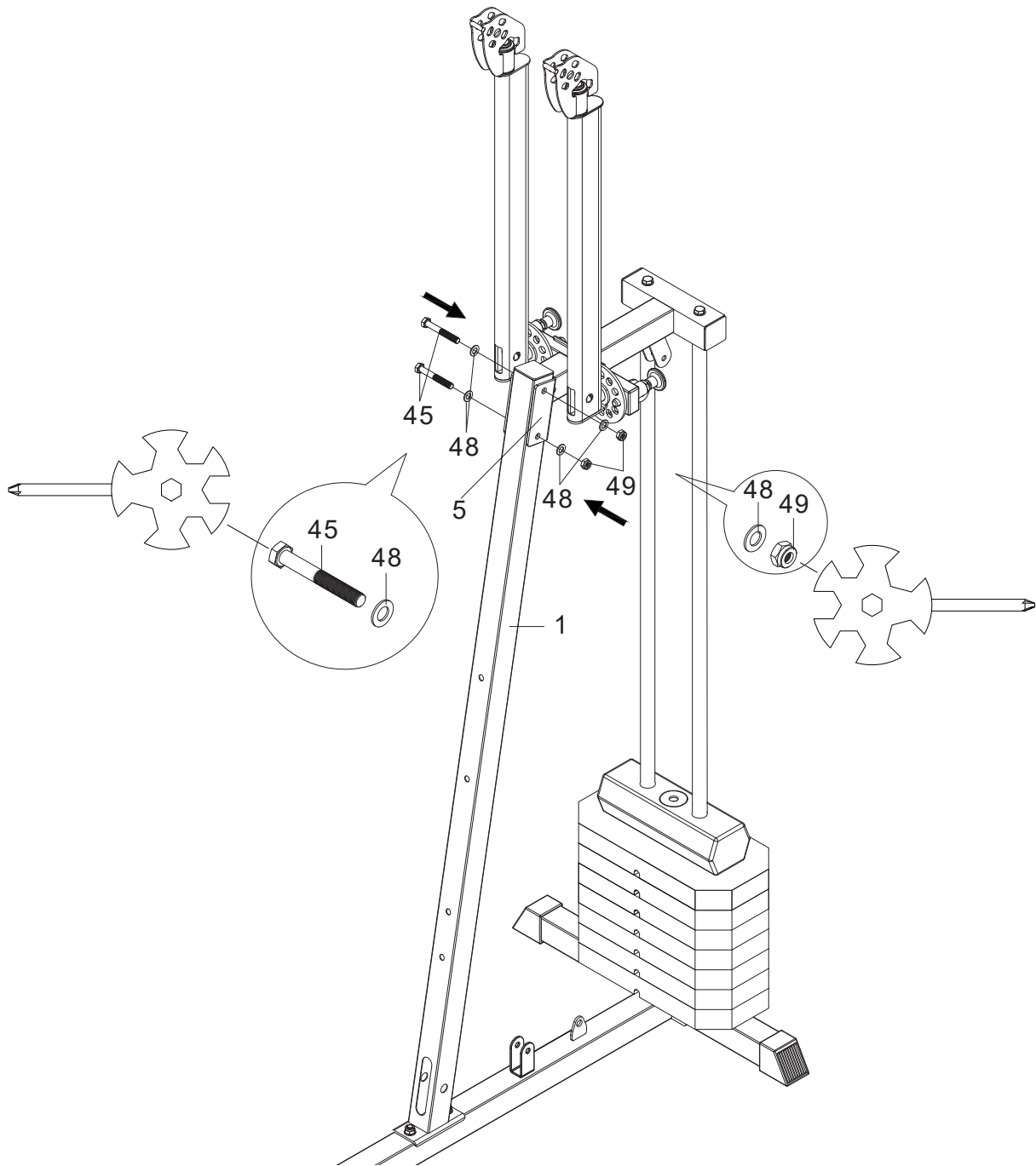


(49) Nylon Lock Nut M10
2 PCS



Step 8

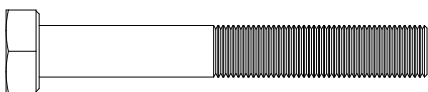
Attach the bottom end of the Main Upright Tube (1) onto the Main Base Tube (2) with two Ø10 Washers (48) and two M10 Nylon Lock Nuts (49). Tighten nylon lock nuts with the Multi Hex Tool with Phillips Screwdriver provided.



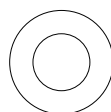
Step 9

Attach the top end of the Main Upright Tube (1) onto the Cross Frame (5) with two M10x75 Hex Bolts (45), two M10 Nylon Lock Nuts (49), and four Ø10 Washers (48). Tighten bolts and nylon lock nuts with two Multi Hex Tools with Phillips Screwdriver provided.

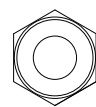
Hardware:



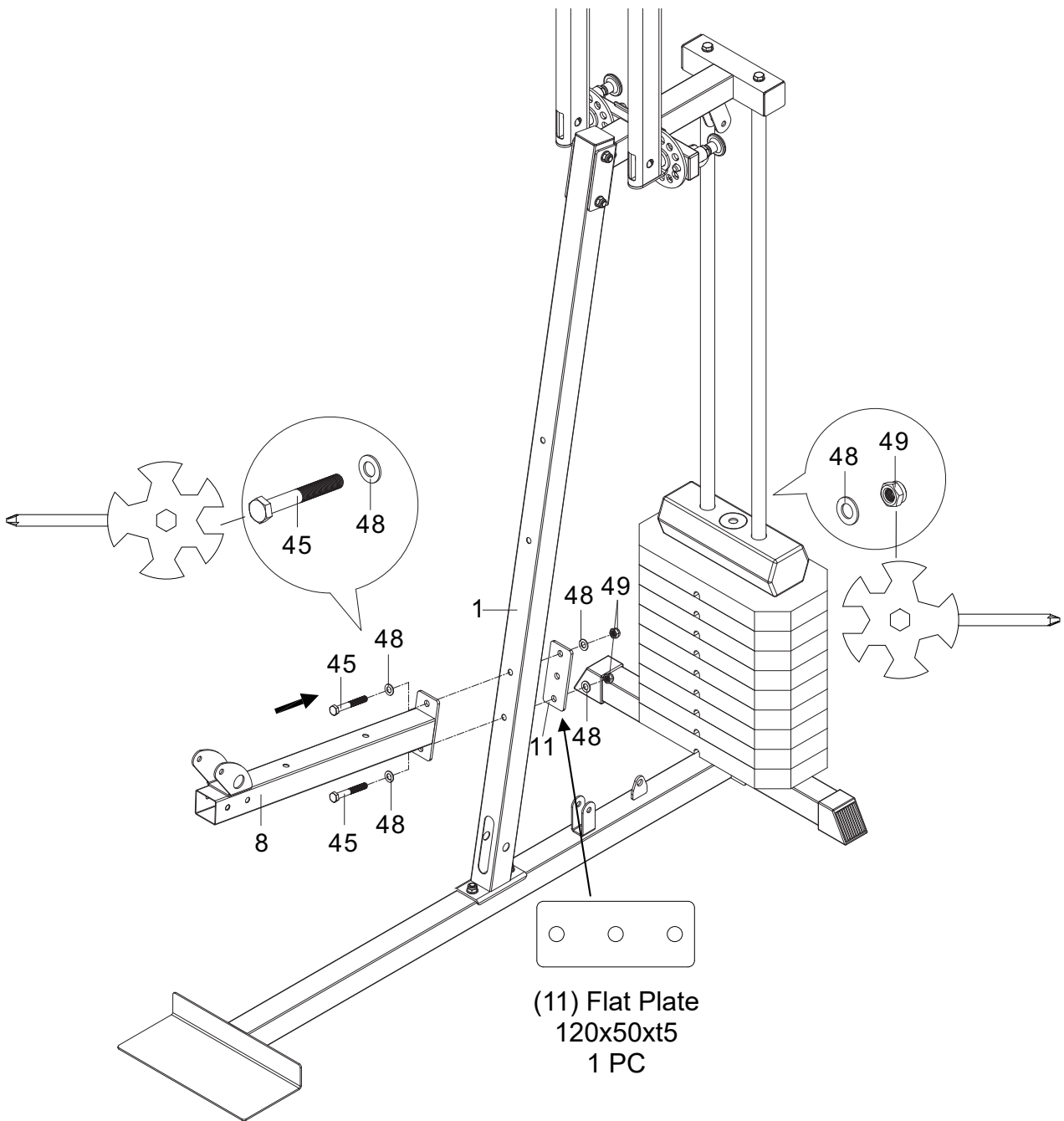
(45) Hex Bolt M10x75
2 PCS



(48) Washer Ø10
4 PCS



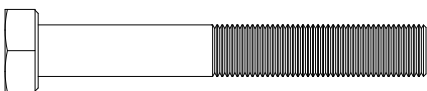
(49) Nylon Lock Nut M10
2 PCS



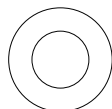
Step 10

Attach the Seat Frame (8) and Flat Plate (11) onto the Main Upright Tube (1) with two M10x75 Hex Bolts (45), two M10 Nylon Lock Nuts (49), and four Ø10 Washers (48). Tighten bolts and nylon lock nuts with two Multi Hex Tools with Phillips Screwdriver provided.

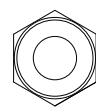
Hardware:



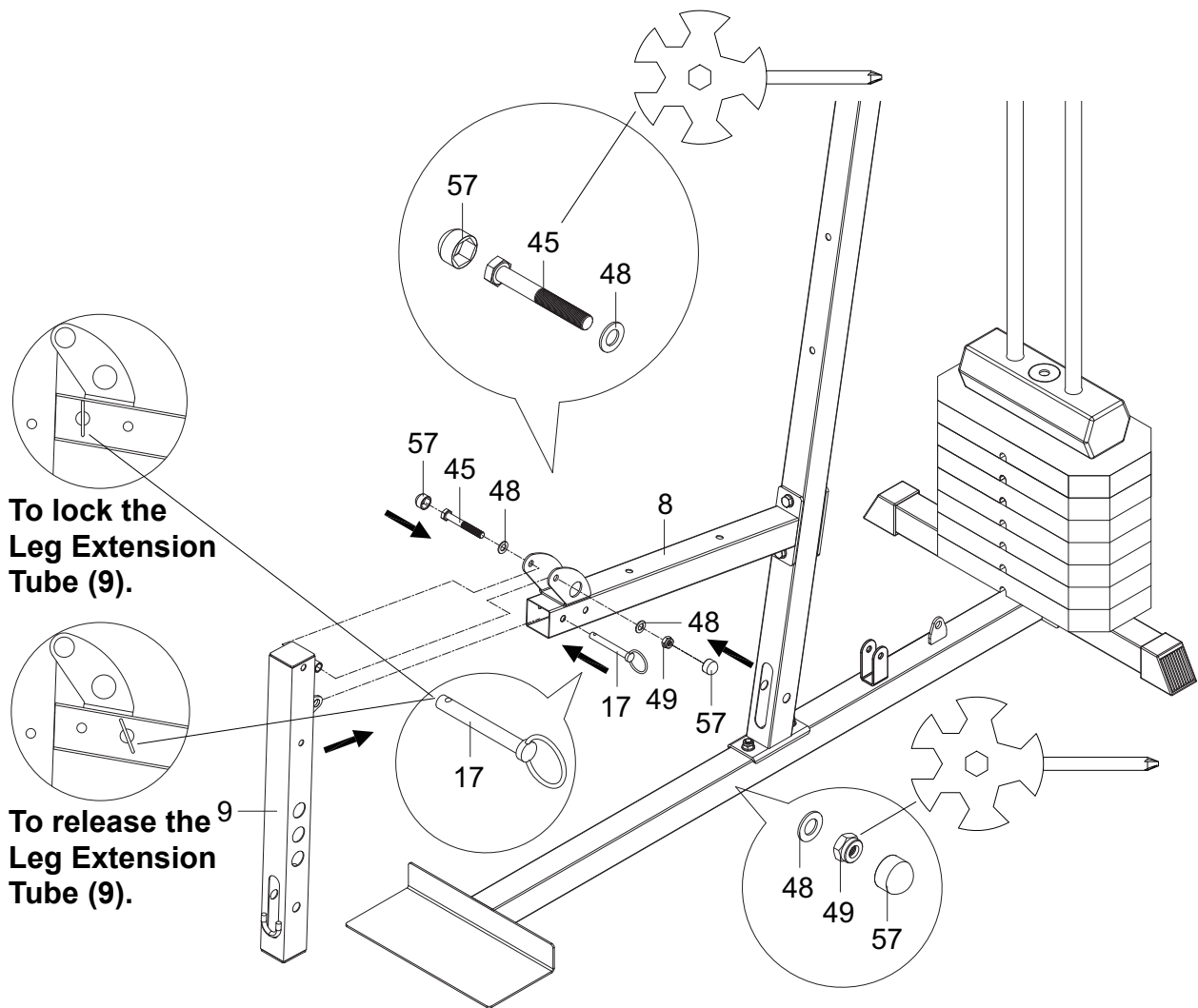
(45) Hex Bolt M10x75
2 PCS



(48) Washer Ø10
4 PCS



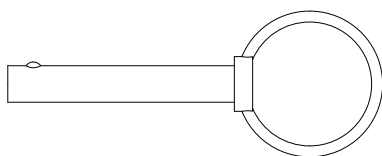
(49) Nylon Lock Nut M10
2 PCS



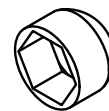
Step 11

Attach the top end of the Leg Extension Tube (9) into the Seat Frame (8) with one M10x75 Hex Bolts (45), one M10 Nylon Lock Nut (49), and two Ø10 Washers (48). Tighten bolt and nylon lock nut with two Multi Hex Tools with Phillips Screwdriver provided. Install two M10 Nut Caps (57) onto the M10x75 Hex Bolt (45) and M10 Nylon Lock Nut (49). Insert the Ø10x55 Lock Pin (17) into the hole on the Seat Frame (8) to lock the Leg Extension Tube (9) in place.

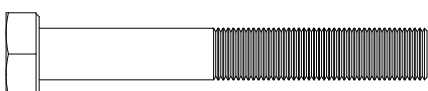
Hardware:



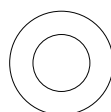
(17) Lock Pin Ø10x55
1 PC



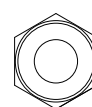
(57) Nut Cap M10
2 PCS



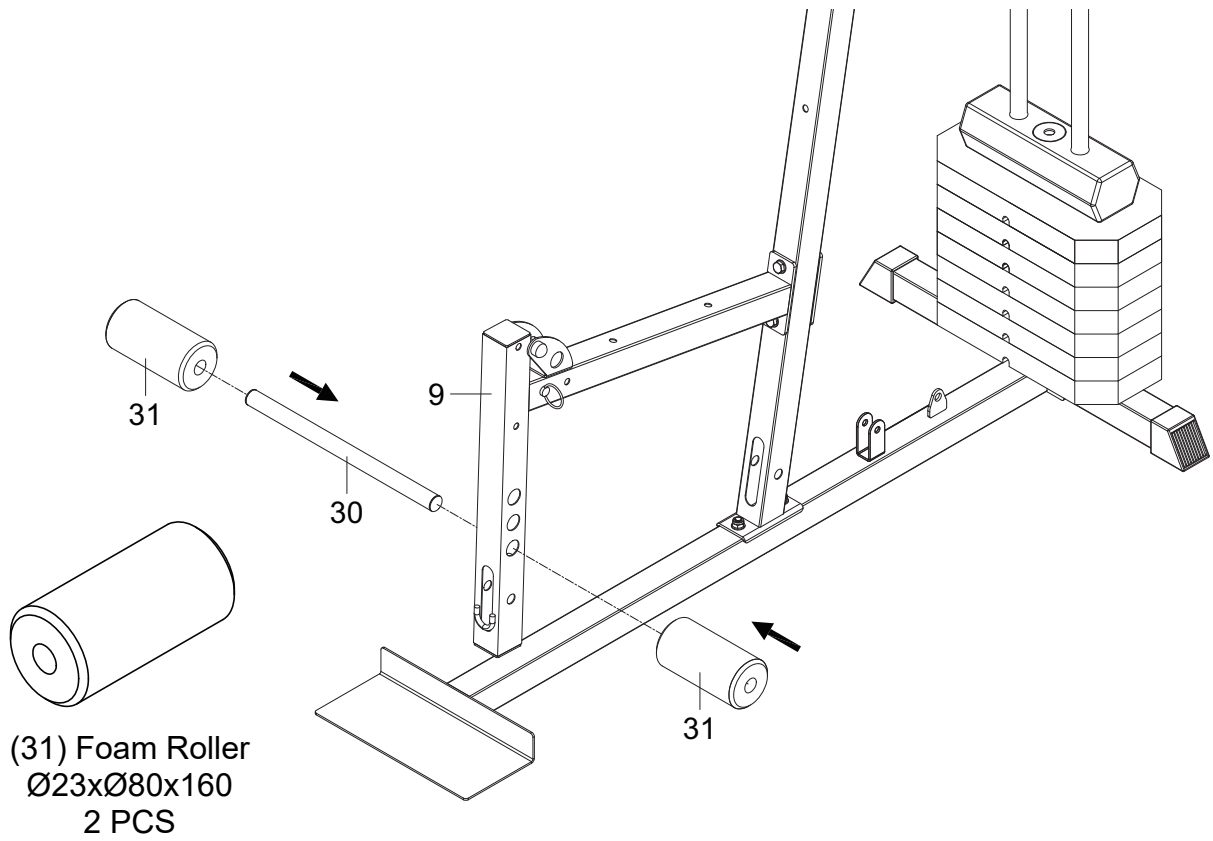
(45) Hex Bolt M10x75
1 PC



(48) Washer Ø10
2 PCS

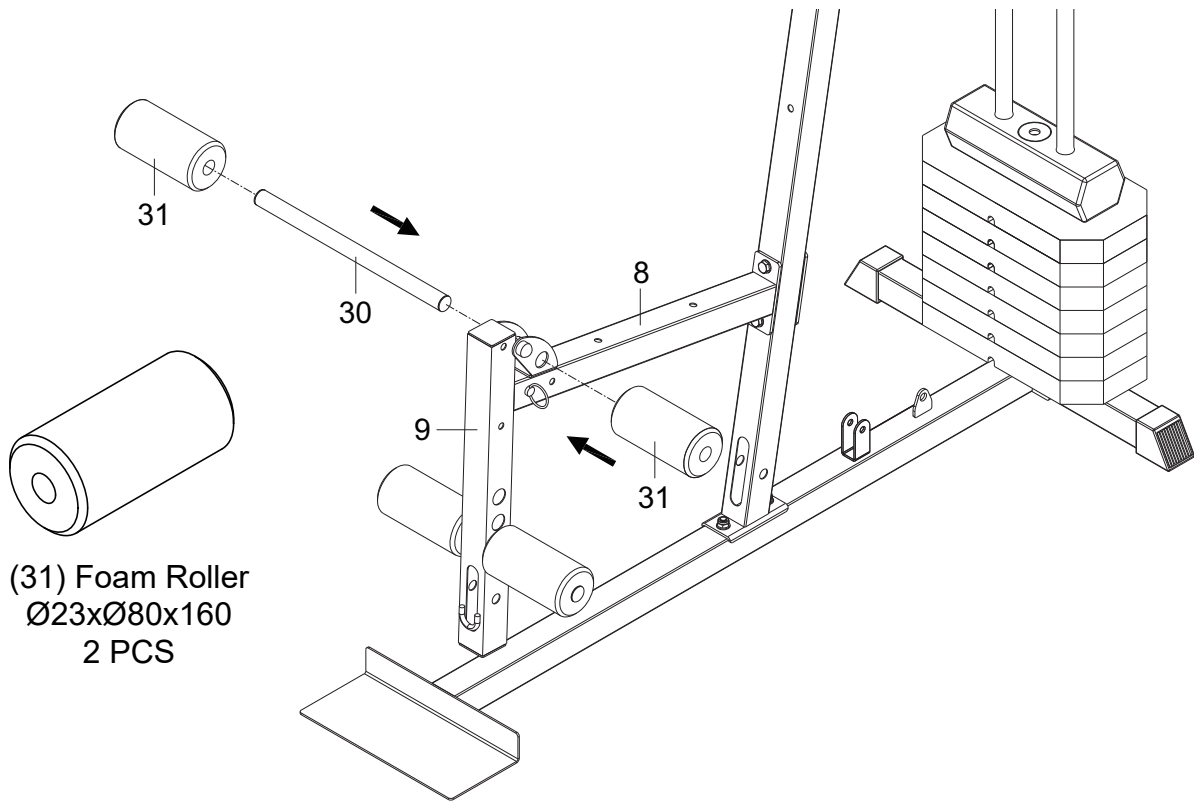


(49) Nylon Lock Nut M10
1 PC



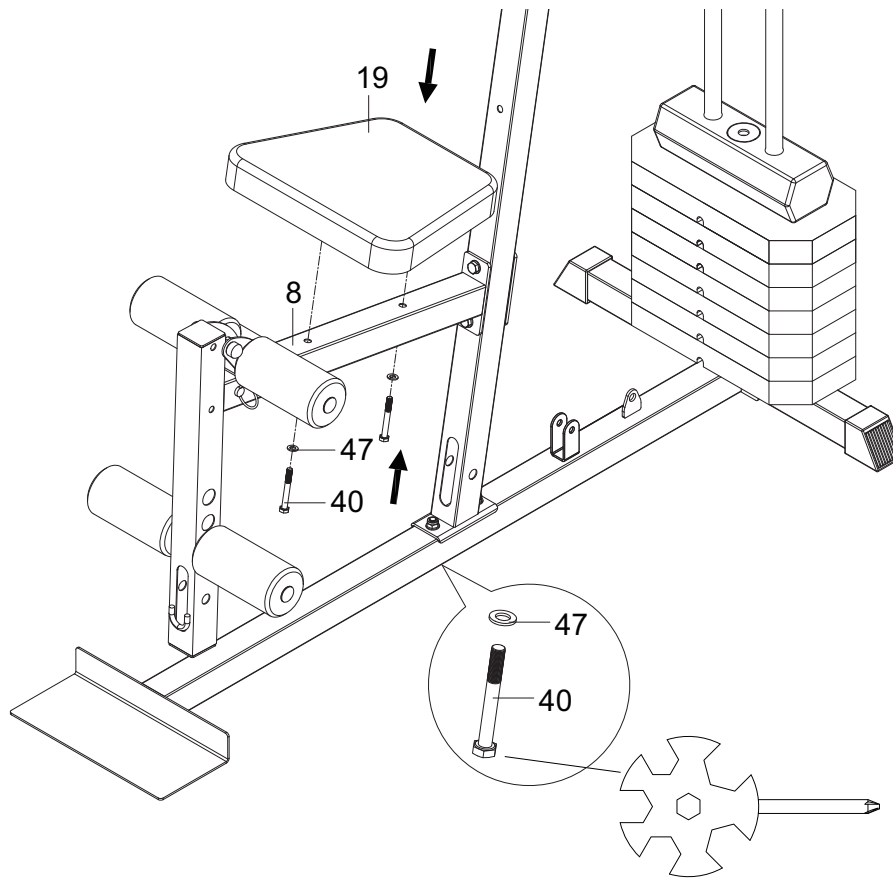
Step 12

Slide the Foam Roller Tube (30) through the round hole on the Leg Extension Tube (9).
Slide two Ø23xØ80x160 Foam Rollers (31) onto both ends of the Foam Roller Tube (30).



Step 13

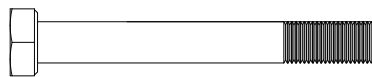
Slide the Foam Roller Tube (30) through the round hole on the Seat Frame (8). Slide two Ø23xØ80x160 Foam Rollers (31) onto both ends of the Foam Roller Tube (30).



Step 14

Attach the 380x300x50 Seat Pad (19) onto the Seat Frame (8) with two M8x65 Hex Bolts (40) and two Ø8 Washers (47). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

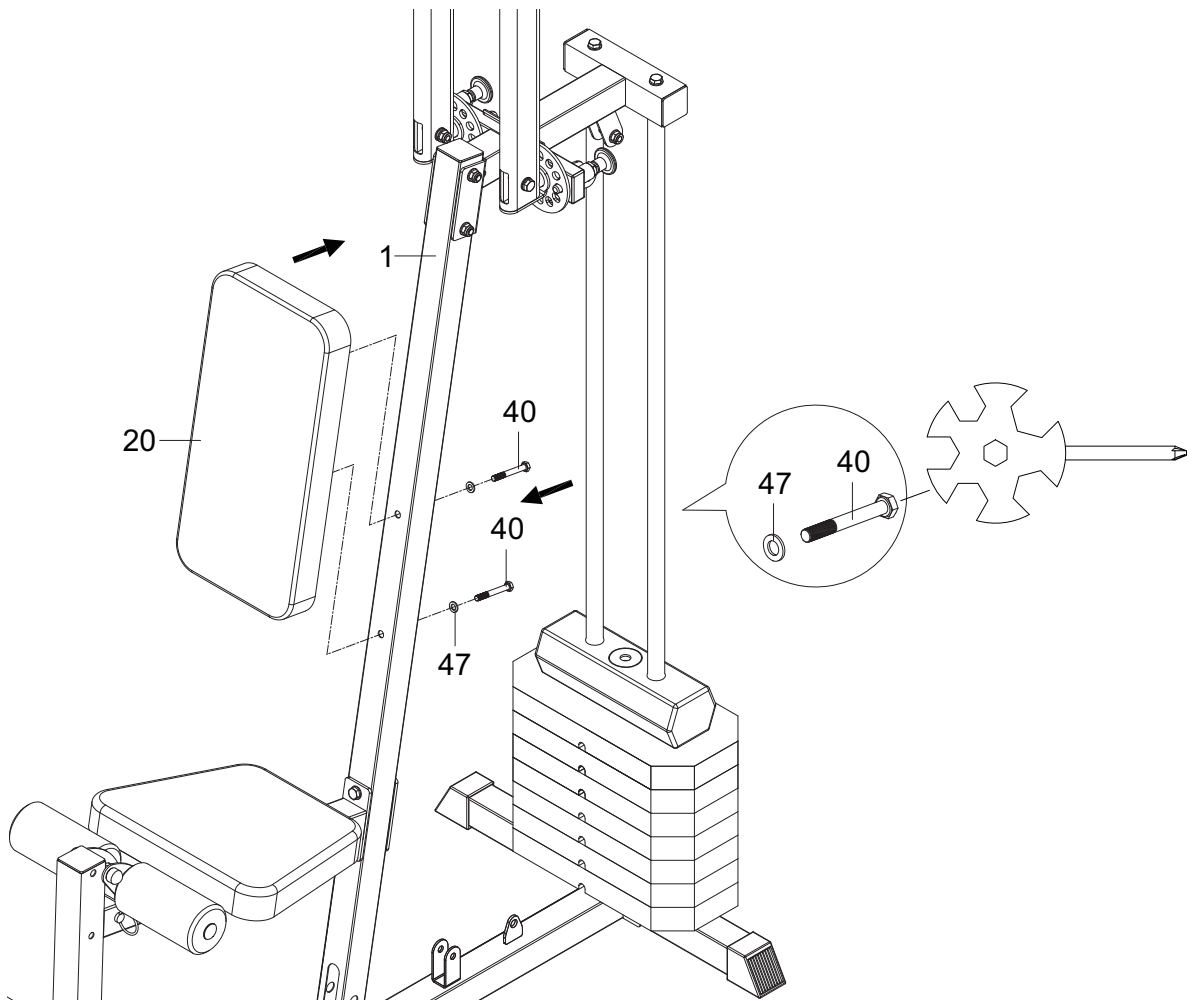
Hardware:



(40) Hex Bolt M8x65
2 PCS



(47) Washer Ø8
2 PCS



Step 15

Attach the 500x240x50 Backrest Pad (20) onto the Main Upright Tube (1) with two M8x65 Hex Bolts (40) and two Ø8 Washers (47). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:

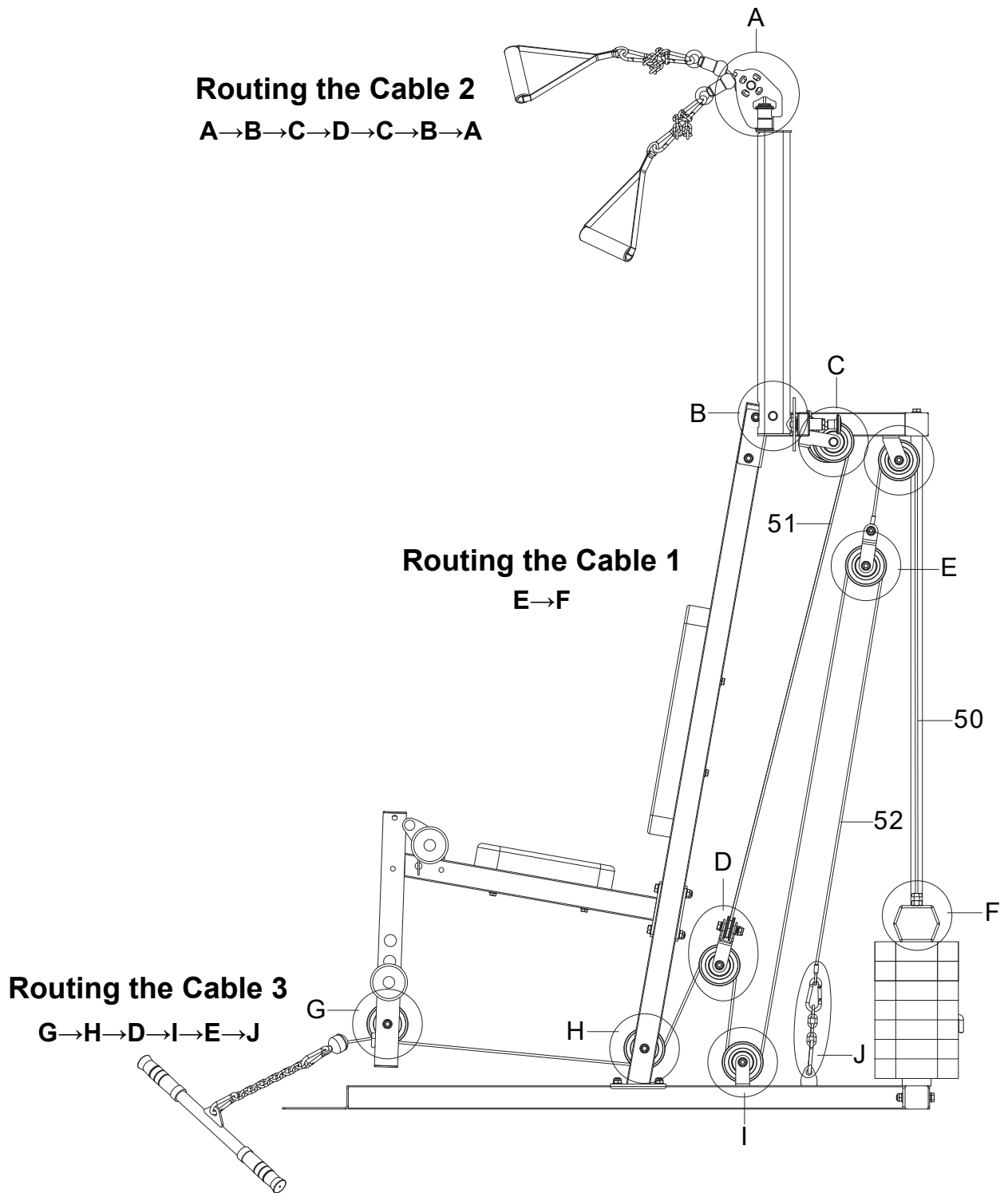


(40) Hex Bolt M8x65
2 PCS



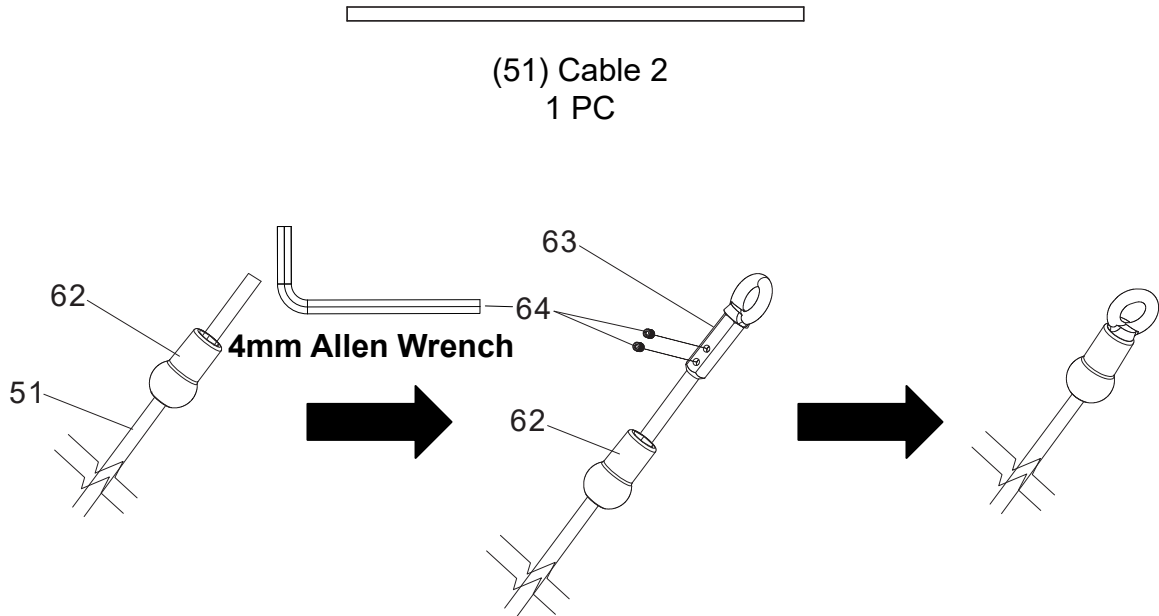
(47) Washer Ø8
2 PCS

CABLE LOOP DIAGRAM



PULLEYS AND CABLE 2 INSTALLATION

NOTE: It is recommended to have a second person to help you to assemble the pulleys and cable 2.



Step 1

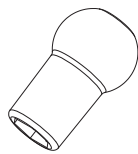
Thread one end of the Cable 2 (51) through the Plastic Cap (62).

Install the Cable Lug (63) onto the end of the Cable 2 (51) and secure with two M6x 8 Socket Bolts (64). Tighten bolts with the 4mm Allen Wrench provided.

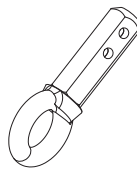
Pull the Plastic Cap (62) up to cover the Cable Lug (63)

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.

Cable 2 Pack:



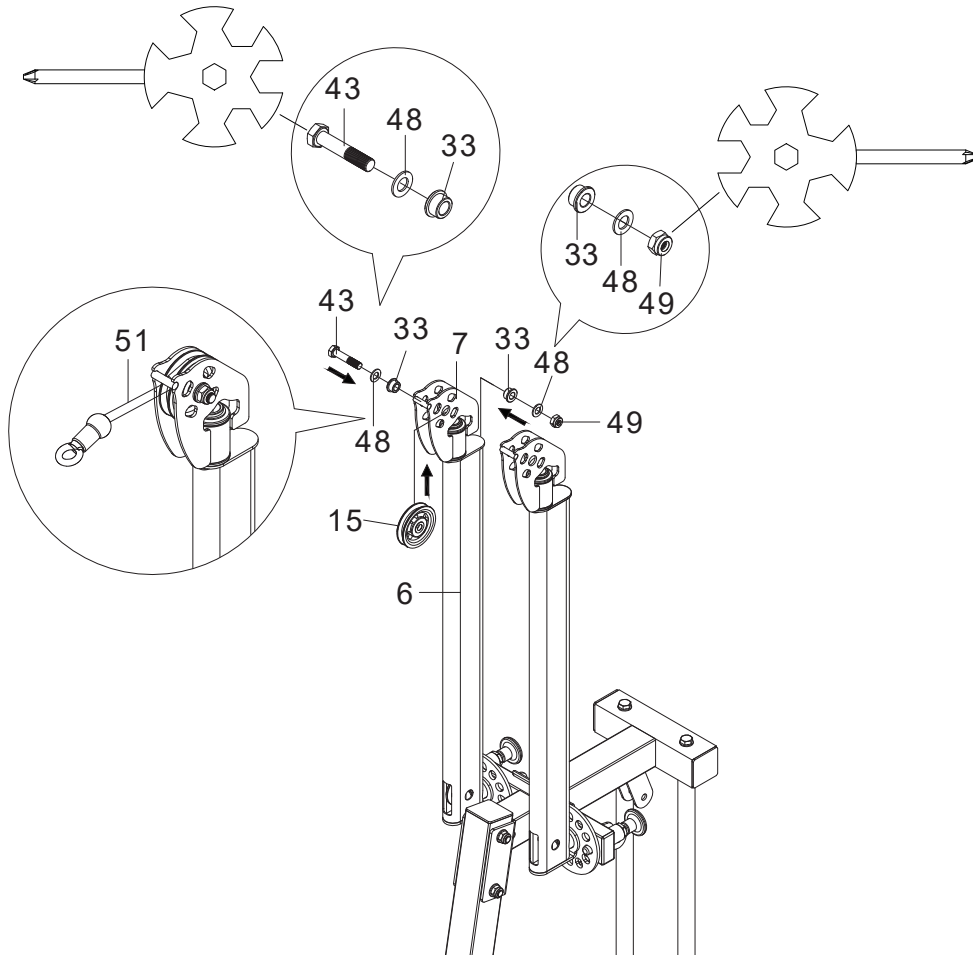
(62) Plastic Cap
1 PC



(63) Cable Lug
1 PC



(64) Socket Bolt M6x8
2 PCS



Step 2

Thread one end of the Cable 2 (51) through front of the Pec Arm (6) from underside. Slot the Small Pulley (15) into front of the Pec Arm (6) and pull the Cable 2 (51) through over top of the Small Pulley (15). Then secure the Small Pulley (15) into front of the Pec Arm (6) with one M10x50 Hex Bolt (43), one M10 Nylon Lock Nut (49), two Ø10xØ7.5 Pulley Spacers (33), and two Ø10 Washers (48). Tighten bolt and nylon lock nut with two Multi Hex Tools with Phillips Screwdriver provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.

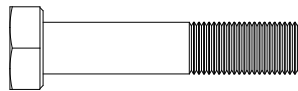
Hardware:



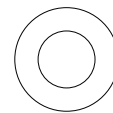
(15) Small Pulley
Ø70
1 PC



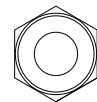
(33) Pulley Spacer
Ø10xØ7.5
2 PCS



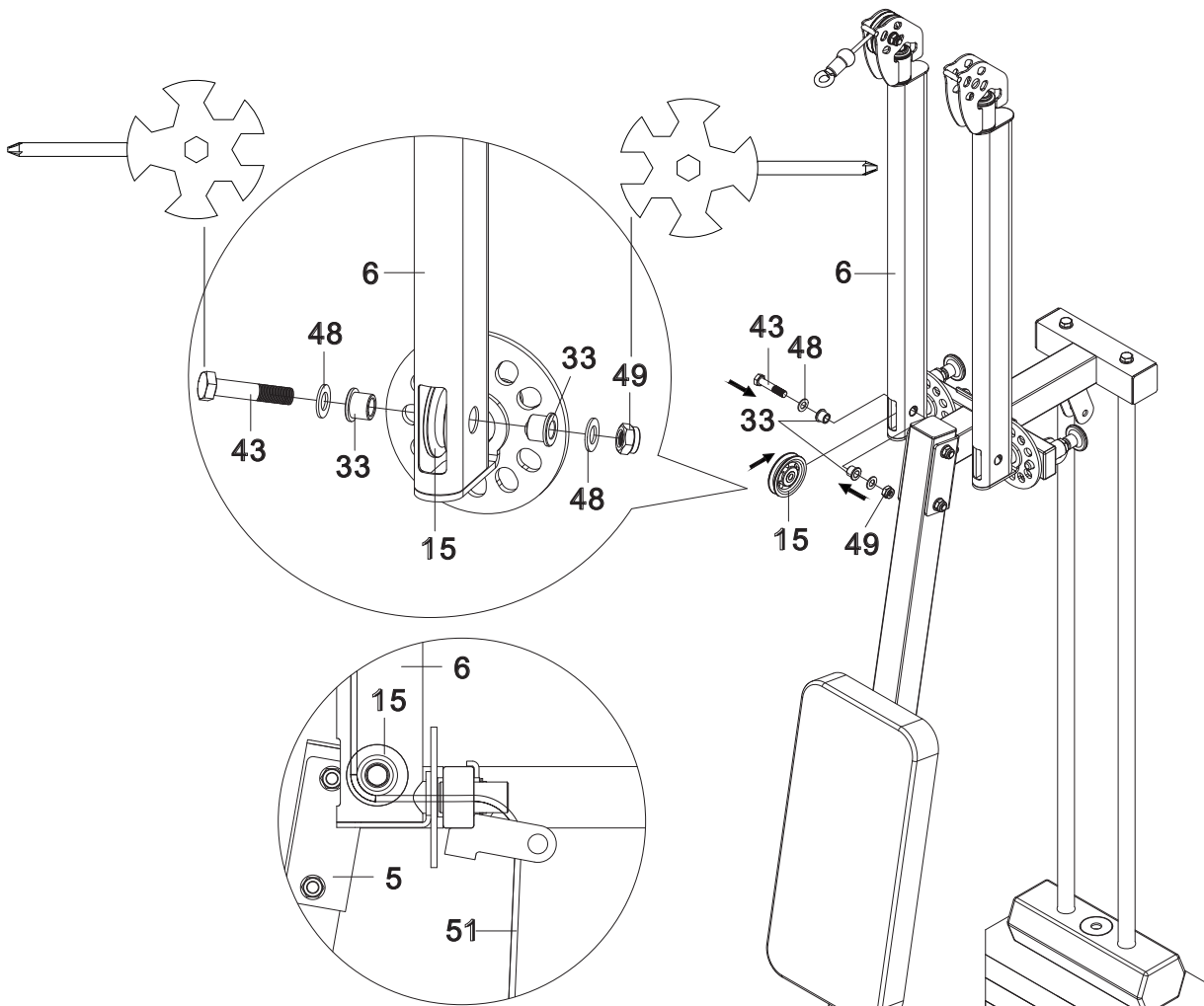
(43) Hex Bolt
M10x50
1 PC



(48) Washer
Ø10
2 PCS



(49) Nylon Lock Nut M10
1 PC



Step 3

Pull the Cable 2 (51) downwards through the Pec Arm (6) then pull the cable out from the Cross Frame (5).

Slot the Small Pulley (15) into the bottom of the Pec Arm (6) and pull the Cable 2 (51) through underneath the Small Pulley (15). Then secure the Small Pulley (15) into the bottom of the Pec Arm (6) with one M10x50 Hex Bolt (43), one M10 Nylon Lock Nut (49), two Ø10xØ7.5 Pulley Spaces (33), and two Ø10 Washers (48). Tighten bolt and nylon lock nut with two Multi Hex Tools with Phillips Screwdriver provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.

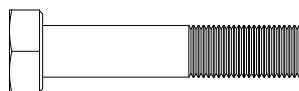
Hardware:



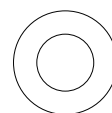
(15) Small Pulley
Ø70
1 PC



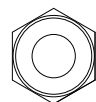
(33) Pulley Spacer
Ø10xØ7.5
2 PCS



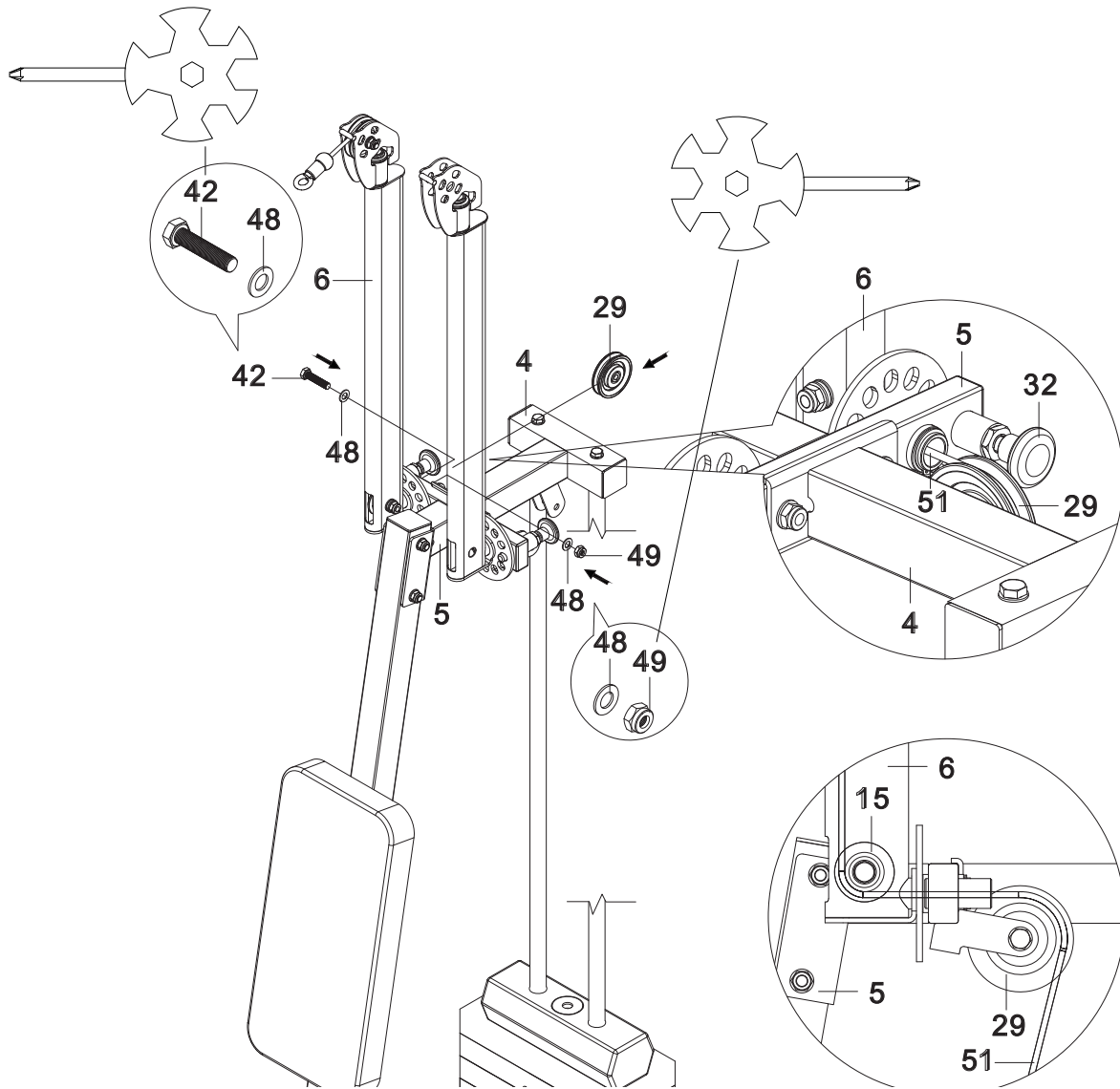
(43) Hex Bolt
M10x50
1 PC



(48) Washer
Ø10
2 PCS



(49) Nylon Lock
Nut M10
1 PC



Step 4

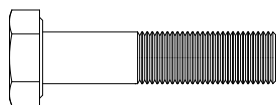
Slot the Pulley (29) into the bracket of the Cross Frame (5) and pull the Cable 2 (51) through over top of the Pulley (29). Then secure the Pulley (29) into the bracket of the Cross Frame (5) with one M10x45 Hex Bolt (42), one M10 Nylon Lock Nut (49), and two Ø10 Washers (48). Tighten bolt and nylon lock nut with two Multi Hex Tools with Phillips Screwdriver provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.

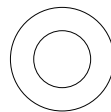
Hardware:



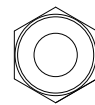
(29) Pulley Ø90
1 PC



(42) Hex Bolt M10x45
1 PC

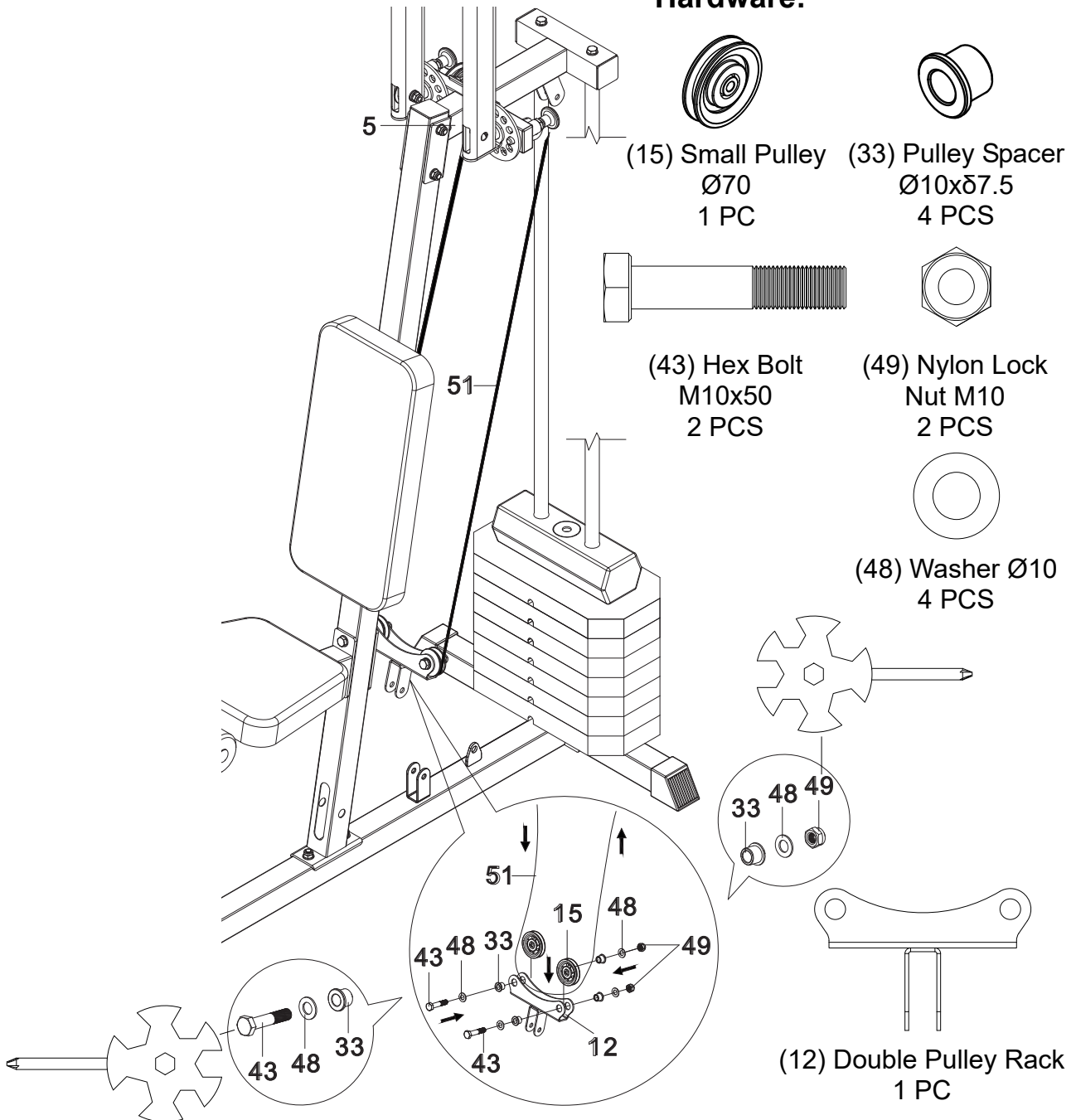


(48) Washer Ø10
2 PCS



(49) Nylon Lock Nut M10
1 PC

Hardware:

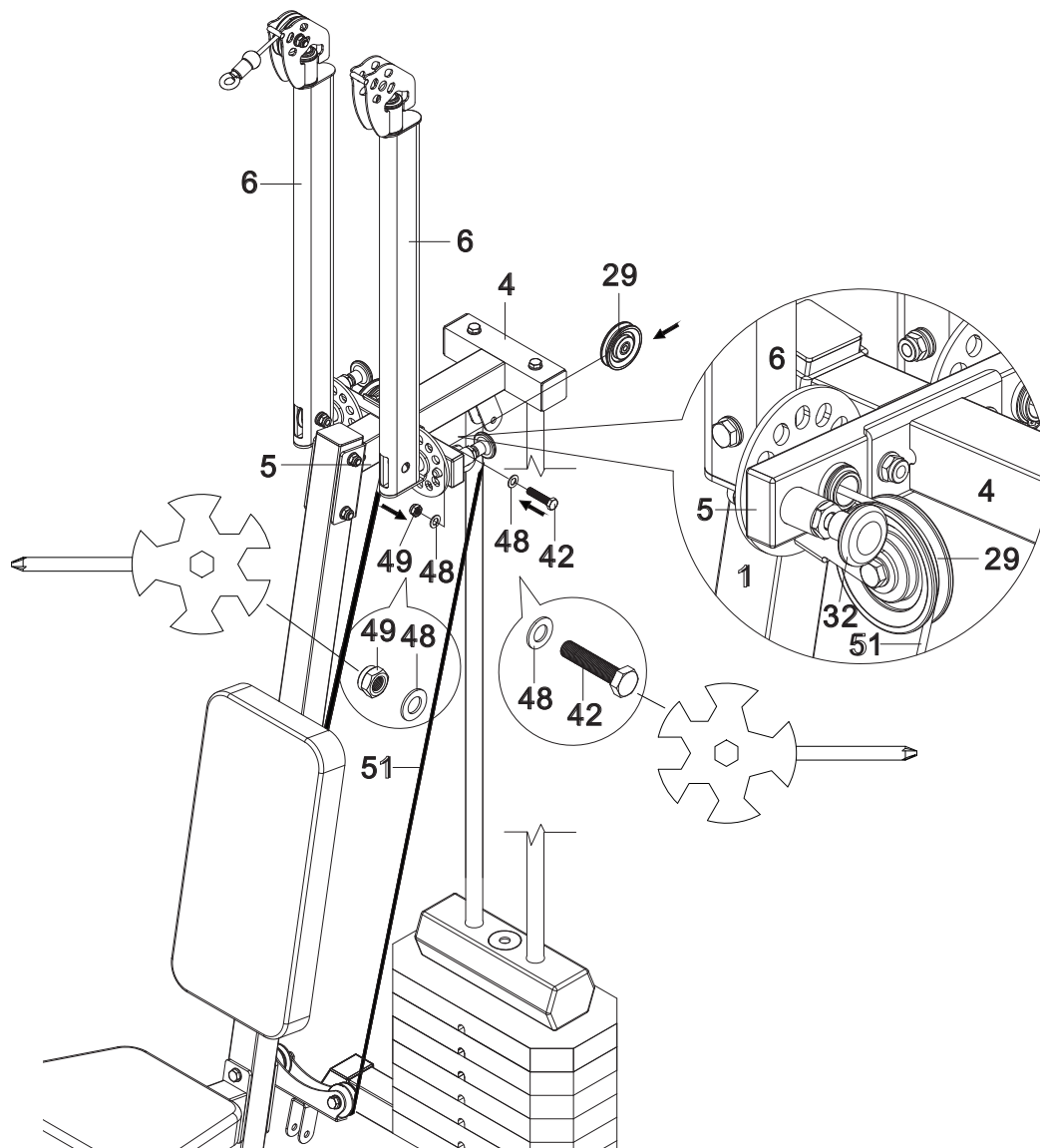


Step 5

Pull the Cable 2 (51) downwards to the Double Pulley Rack (12).

Slot two Small Pulleys (15) into the Double Pulley Rack (12) and pull the Cable 2 (51) through underneath the Small Pulleys (15). Then secure the Small Pulleys (15) into the Double Pulley Rack (12) with two M10x50 Hex Bolts (43), two M10 Nylon Lock Nuts (49), four Ø10xδ7.5 Pulley Spaces (33), and four Ø10 Washers (48). Tighten bolts and nylon lock nuts with two Multi Hex Tools with Phillips Screwdriver provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.



Step 6

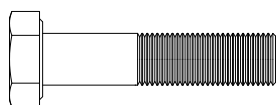
Pull the Cable 2 (51) upwards to the bracket of the Cross Frame (5). Slot the Pulley (29) into the bracket of the Cross Frame (5) and pull the Cable 2 (51) through over top of the Pulley (29). Then secure the Pulley (29) into the bracket of the Cross Frame (5) with one M10x45 Hex Bolt (42), one M10 Nylon Lock Nut (49), and two Ø10 Washers (48). Tighten bolt and nylon lock nut with two Multi Hex Tools with Phillips Screwdriver provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.

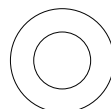
Hardware:



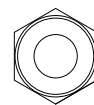
(29) Pulley Ø90
1 PC



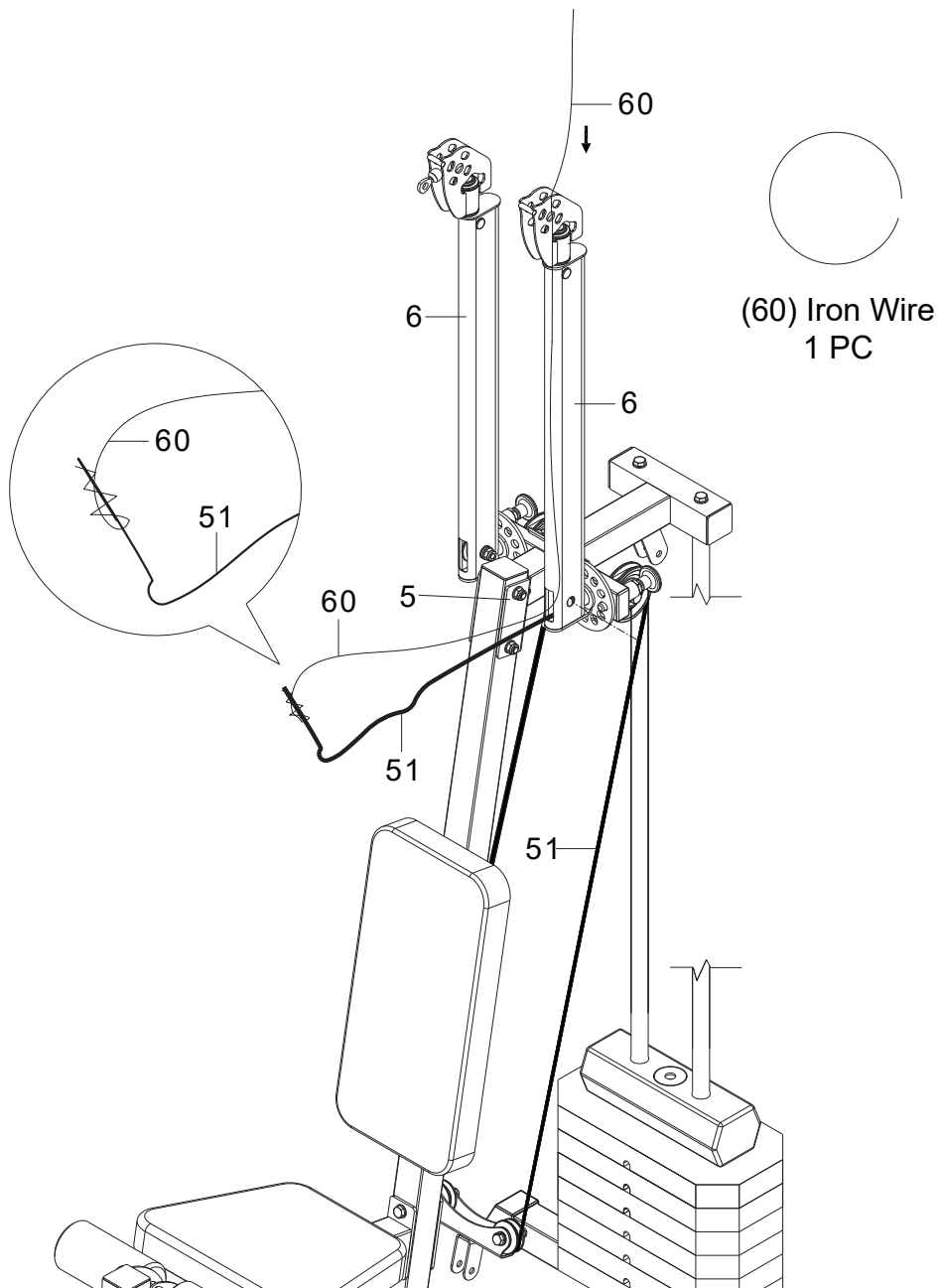
(42) Hex Bolt M10x45
1 PC



(48) Washer Ø10
2 PCS



(49) Nylon Lock Nut M10
1 PC



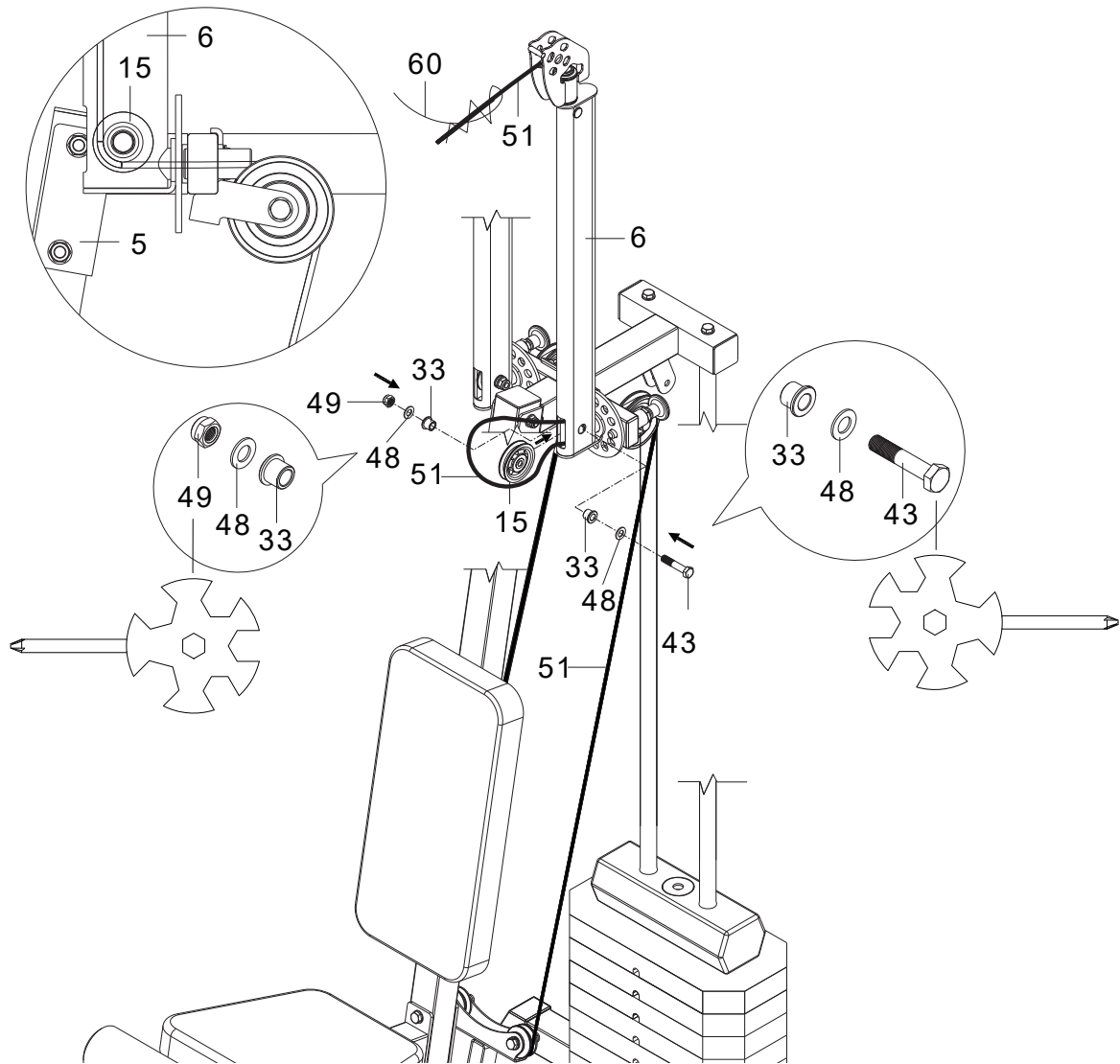
Step 7

Pull the Cable 2 (51) out from the bottom hole of the Pec Arm (6).

Insert the Iron Wire (60) into the hole on the top end of the Pec Arm (6) and pull it out from the bottom end hole of the Pec Arm (6).

Use the Iron Wire (60) ties to connect the end of the Cable 2 (51).

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.



Step 8

Pull the Iron Wire (60) up with the Cable 2 (51) out from the top end of the Pec Arm (6). Slot the Small Pulley (15) into the bottom of the Pec Arm (6) and pull the Cable 2 (51) around the Small Pulley (15). Then secure the Small Pulley (15) into the bottom of the Pec Arm (6) with one M10x50 Hex Bolt (43), one M10 Nylon Lock Nut (49), two Ø10xØ7.5 Pulley Spaces (33), and two Ø10 Washers (48). Tighten bolt and nylon lock nut with two Multi Hex Tools with Phillips Screwdriver provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.

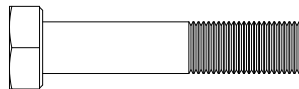
Hardware:



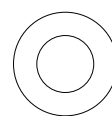
(15) Small Pulley
Ø70
1 PC



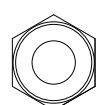
(33) Pulley Spacer
Ø10xØ7.5
2 PCS



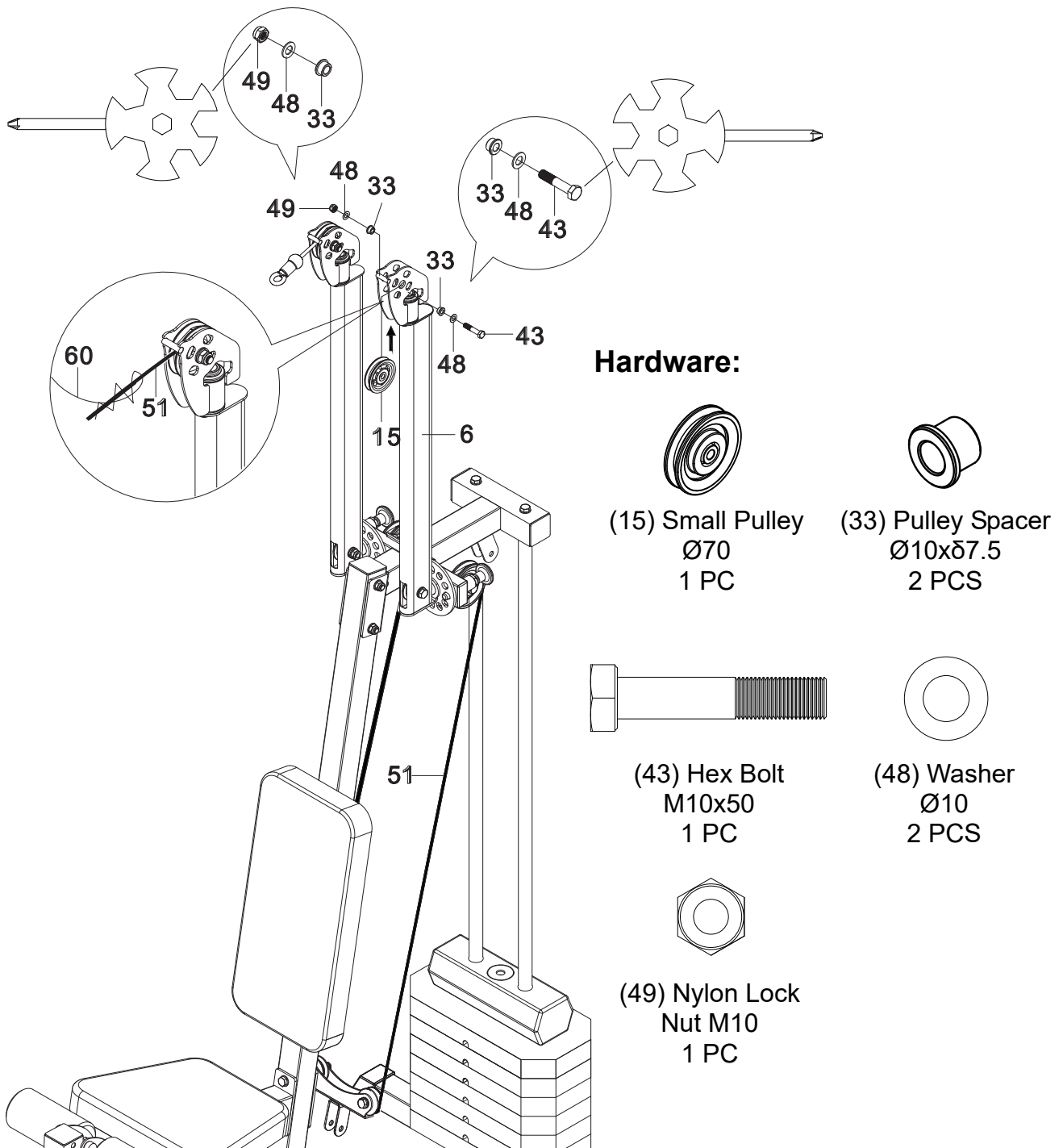
(43) Hex Bolt
M10x50
1 PC



(48) Washer
Ø10
2 PCS



(49) Nylon Lock
Nut M10
1 PC

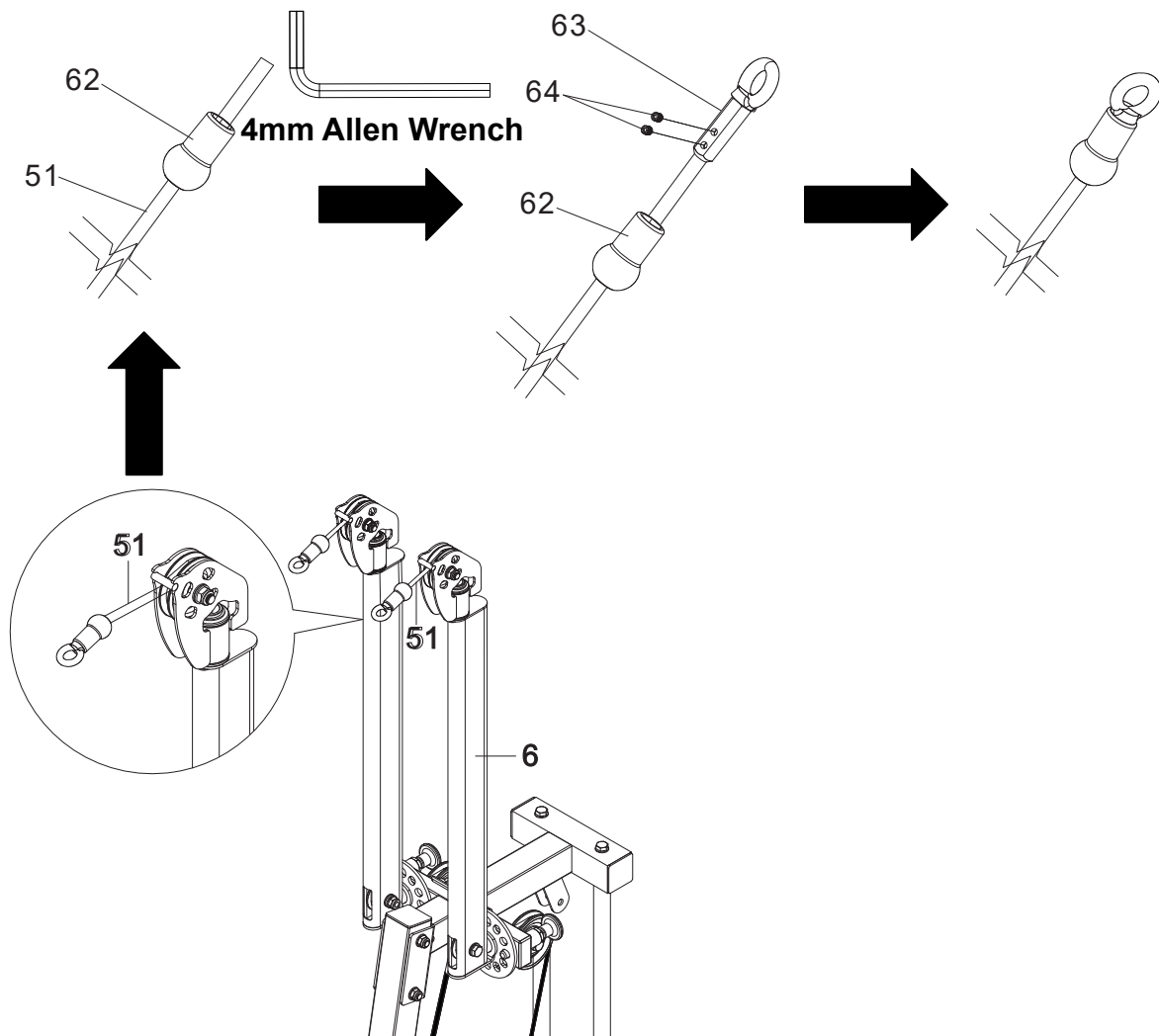


Step 9

Push the Cable 2 (51) upwards through the Pec Arm (6) and then pull the Cable 2 (51) out from the top of the Pec Arm (6).

Slot the Small Pulley (15) into front of the Pec Arm (6) and pull the Cable 2 (51) through over top of the Small Pulley (15). Then secure the Small Pulley (15) into front of the Pec Arm (6) with one M10x50 Hex Bolt (43), one M10 Nylon Lock Nut (49), two Ø10xØ7.5 Pulley Spacers (33), and two Ø10 Washers (48). Tighten bolt and nylon lock nut with two Multi Hex Tools with Phillips Screwdriver provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.



Step 10

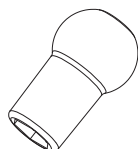
Thread the other end of the Cable 2 (51) through the Plastic Cap (62).

Install the Cable Lug (63) onto the end of the Cable 2 (51) and secure with two M6x 8 Socket Bolts (64). Tighten bolts with the 4mm Allen Wrench provided.

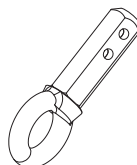
Pull the Plastic Cap (62) up to cover the Cable Lug (63)

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.

Cable 2 Pack:



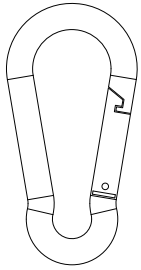
(62) Plastic Cap
1 PC



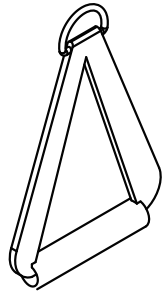
(63) Cable Lug
1 PC



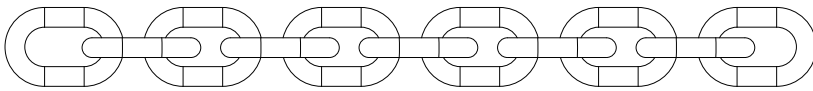
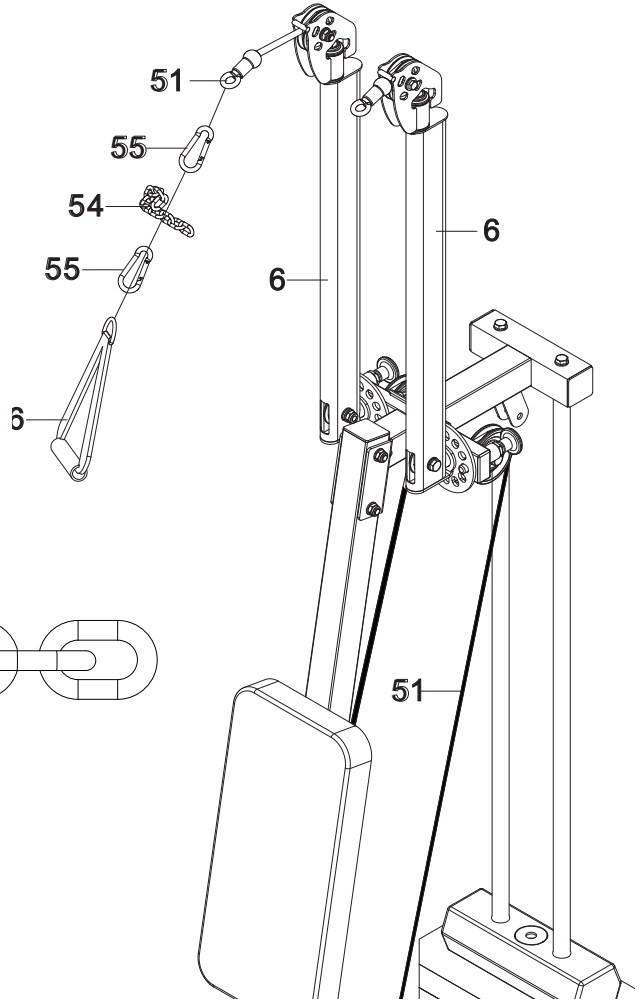
(64) Socket Bolt M6x8
2 PCS



(55) Snap Hook
 Ø7x70
 2 PCS



(56) Hand Strap
 1 PC



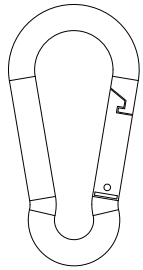
(58) Long Coil Chain
 1 PC

Step 11

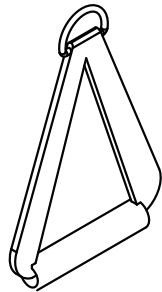
Clip one Ø7x70 Snap Hook (55) onto one end of the Long Coil Chain (58), then onto loop at end of the Cable 2 (51).

Clip the other Ø7x70 Snap Hook (55) onto the other end of the Long Coil Chain (58), then onto loop at end of the Hand Strap (56).

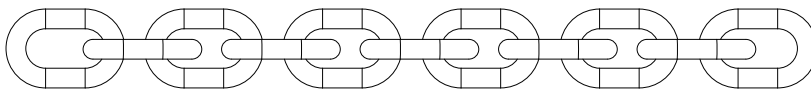
PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.



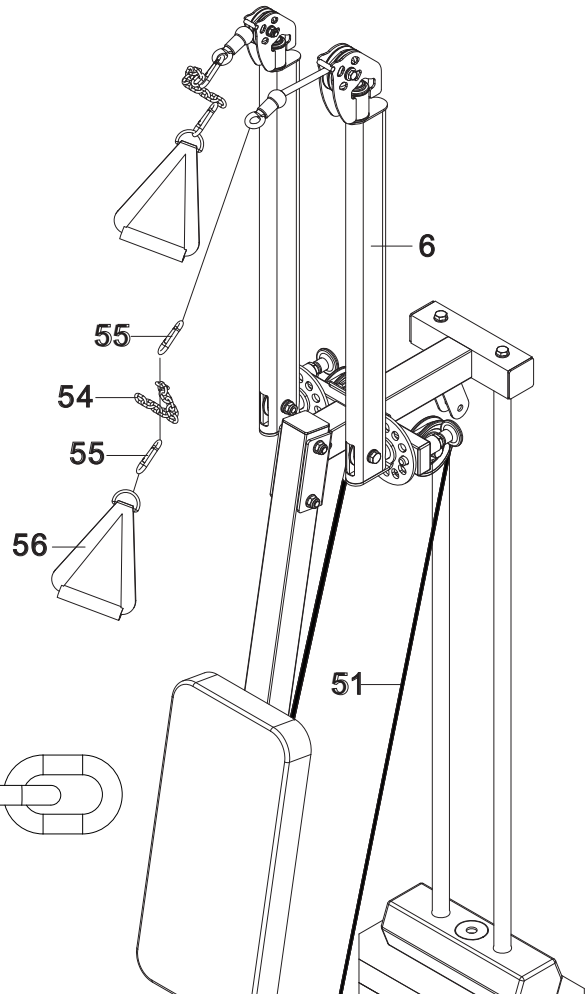
(55) Snap Hook
Ø7x70
2 PCS



(56) Hand Strap
1 PC



(58) Long Coil Chain
1 PC



Step 12

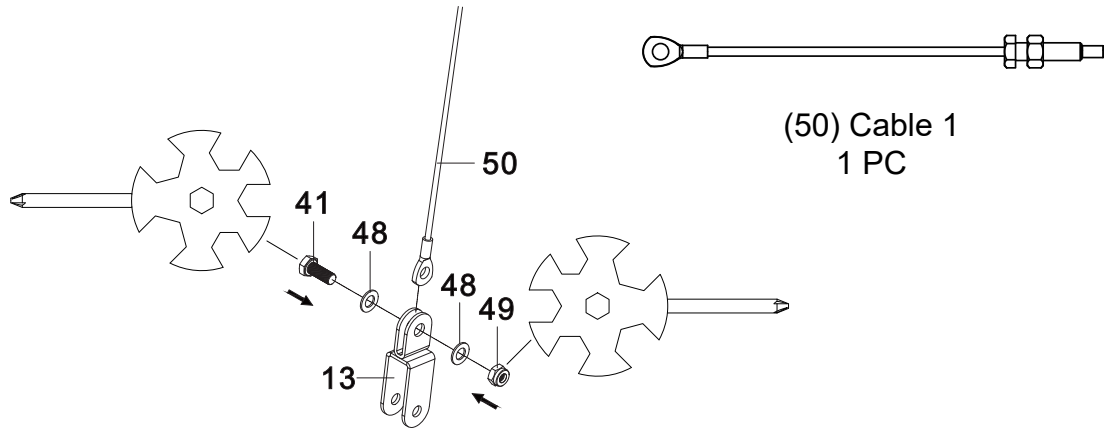
Clip one Ø7x70 Snap Hook (55) onto one end of the Long Coil Chain (58), then onto loop at the other end of the Cable 2 (51).

Clip the other Ø7x70 Snap Hook (55) onto the other end of the Long Coil Chain (58), then onto loop at end of the Hand Strap (56).

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.

PULLEYS AND CABLE 1 INSTALLATION

NOTE: It is recommended to have a second person to help you to assemble the pulleys and cable 1.

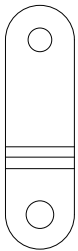


Step 1

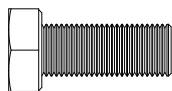
Attach the loop end of the Cable 1 (50) into the Single Pulley Rack (13) with one M10x25 Hex Bolt (41), one M10 Nylon Lock Nut (49), and two Ø10 Washers (48). Tighten bolt and nylon lock nut with two Multi Hex Tools with Phillips Screwdriver provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.

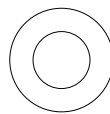
Hardware:



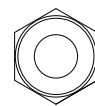
(13) Single Pulley Rack
1 PC



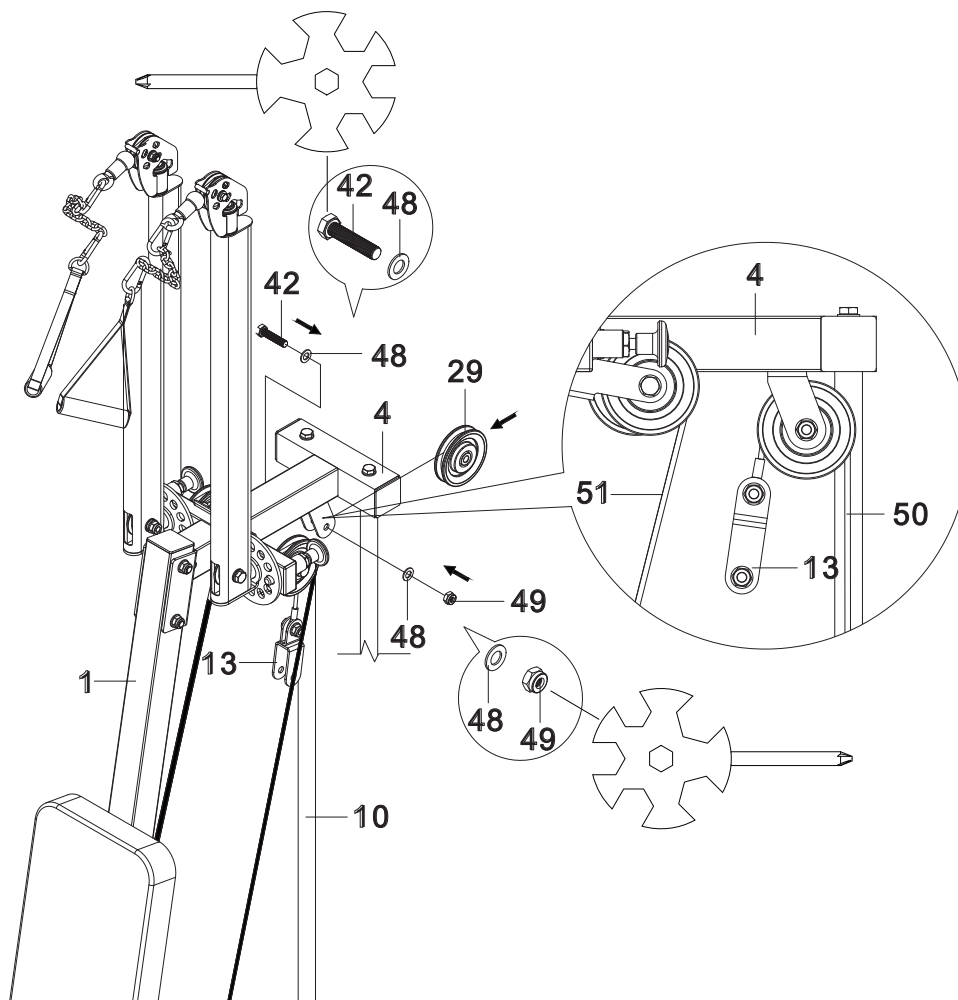
(41) Hex Bolt M10x25
1 PC



(48) Washer
Ø10
2 PCS



(49) Nylon Lock
Nut M10
1 PC



Step 2

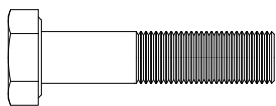
Slot the Pulley (29) into the bracket of the Top Frame (4) and pull the Cable 1 (50) through over top of the Pulley (29). Then secure the Pulley (29) into the bracket of the Top Frame (4) with one M10x45 Hex Bolt (42), one M10 Nylon Lock Nut (49), and two Ø10 Washers (48). Tighten bolt and nylon lock nut with two Multi Hex Tools with Phillips Screwdriver provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.

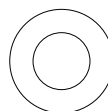
Hardware:



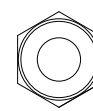
(29) Pulley Ø90
1 PC



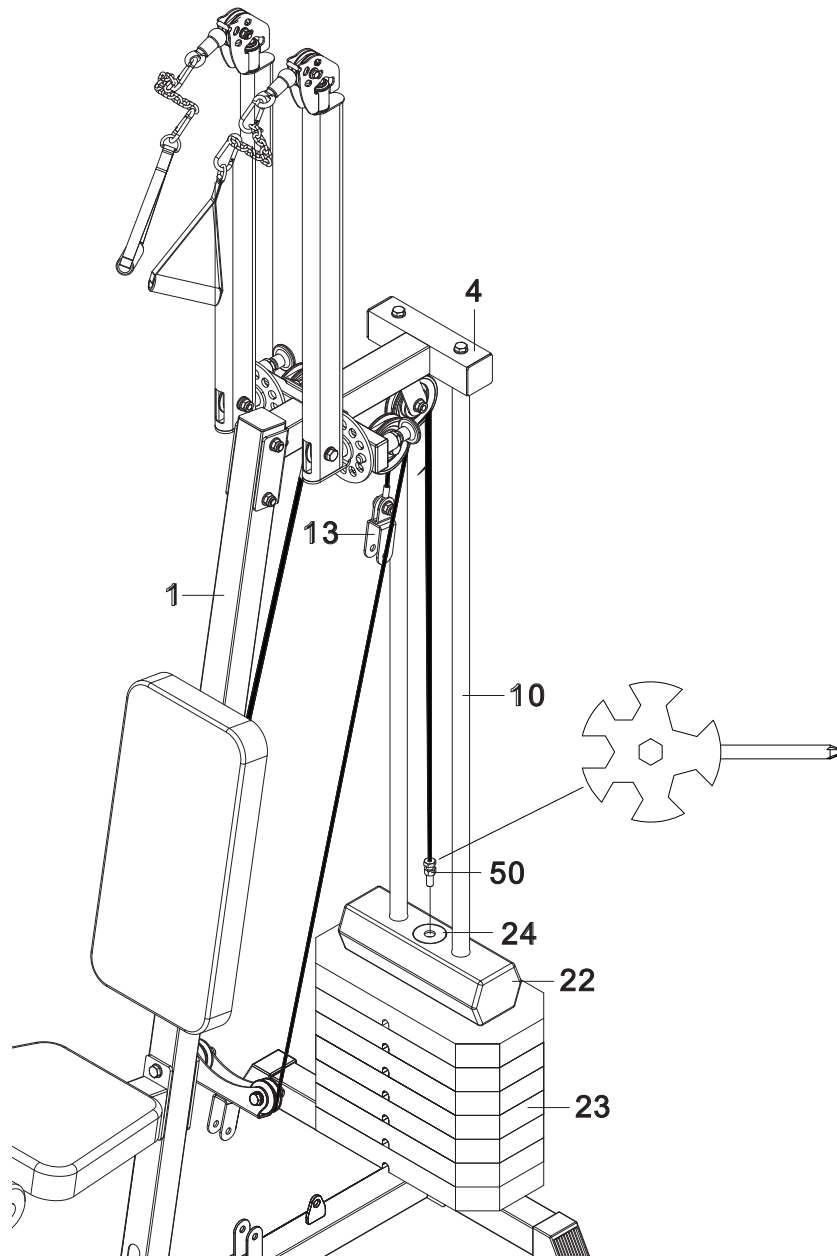
(42) Hex Bolt
M10x45
1 PC



(48) Washer
Ø10
2 PCS



(49) Nylon Lock
Nut M10
1 PC



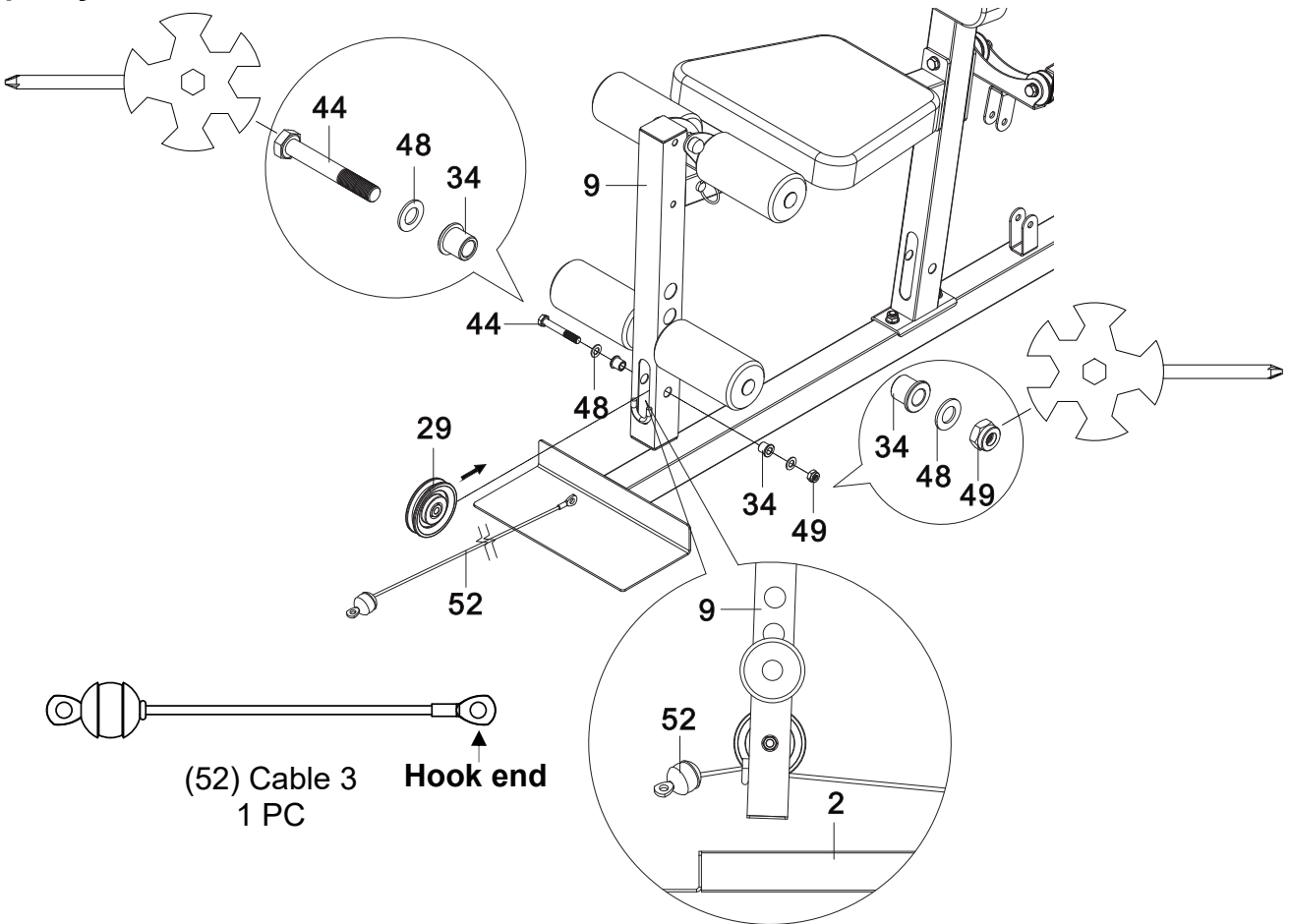
Step 3

Pull the Cable 1 (50) downwards to the Weight Selection Tube (27). Thread the bolt at the end of the Cable 1 (50) into the opening on top of the Weight Selection Tube (27) to secure the cable. Twist the bolt to adjust tension, then tighten the lock nut with the multi Hex Tool with Phillips Screwdriver provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.

PULLEYS AND CABLE 3 INSTALLATION

NOTE: It is recommended to have a second person to help you to assemble the pulleys and cable 3.



Step 1

Thread the hook end of the Cable 3 (52) through bottom of the Leg Extension Tube (9) from underside. Slot the Pulley (29) into bottom of the Leg Extension Tube (9) and pull the Cable 3 (52) through underneath the Pulley (29). Then secure the Pulley (29) into bottom of the Leg Extension Tube (9) with one M10x70 Hex Bolt (44), one M10 Nylon Lock Nut (49), two Ø10xδ12.5 Pulley Spacers (34), and two Ø10 Washers (48). Tighten bolt and nylon lock nut with two Multi Hex Tools with Phillips Screwdriver provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.

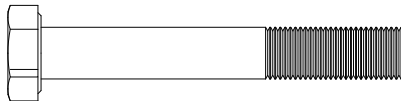
Hardware:



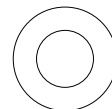
(29) Pulley Ø90
1 PC



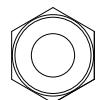
(34) Pulley Spacer
Ø10xδ12.5
2 PCS



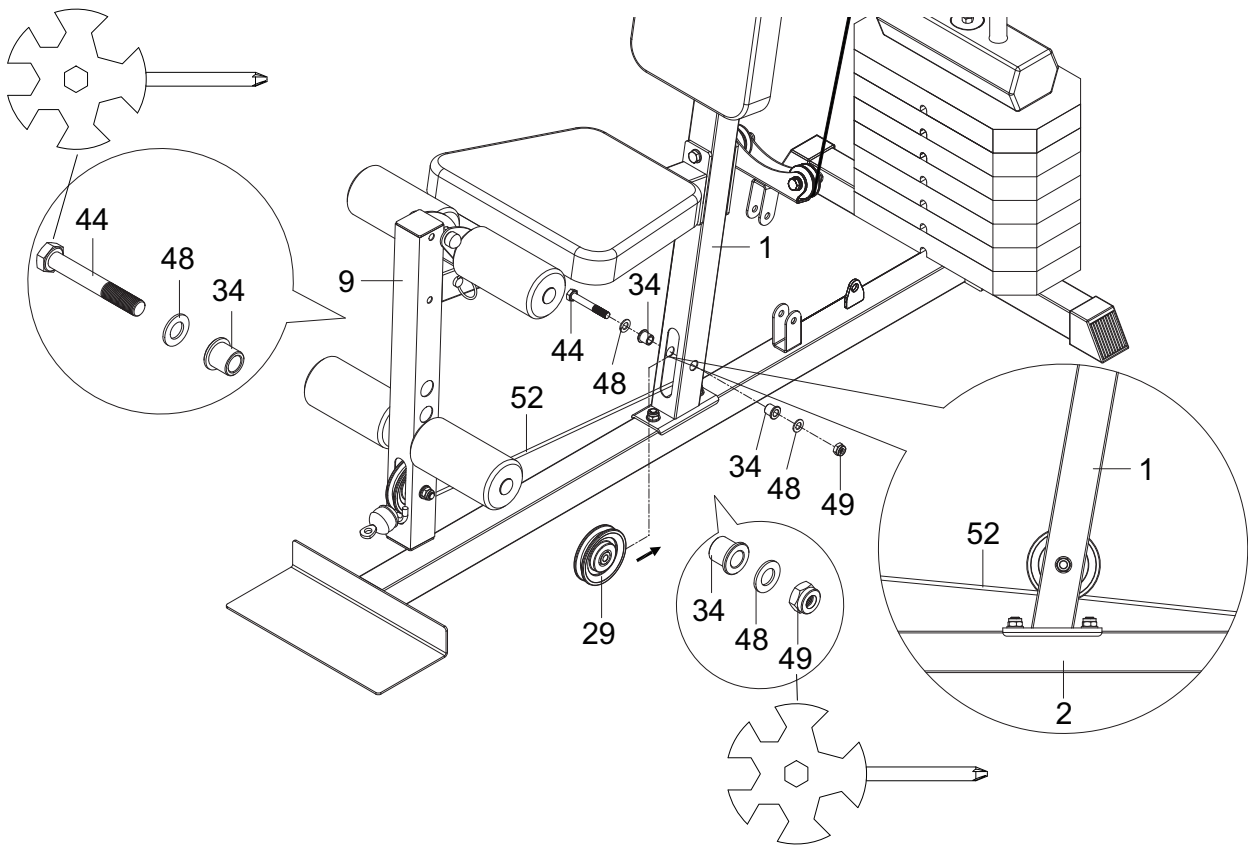
(44) Hex Bolt
M10x70
1 PC



(48) Washer
Ø10
2 PCS



(49) Nylon Lock
Nut M10
1 PC



Step 2

Pull the Cable 3 (52) forwards through the Main Upright Tube (1).

Slot the Pulley (29) into bottom of the Main Upright Tube (1) and pull the Cable 3 (52) through underneath the Pulley (29). Then secure the Pulley (29) into bottom of the Main Upright Tube (1) with one M10x70 Hex Bolt (44), one M10 Nylon Lock Nut (49), two Ø10xδ12.5 Pulley Spacers (34), and two Ø10 Washers (48). Tighten bolt and nylon lock nut with two Multi Hex Tools with Phillips Screwdriver provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.

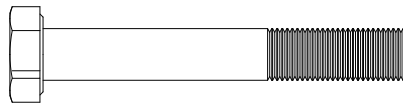
Hardware:



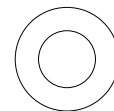
(29) Pulley Ø90
1 PC



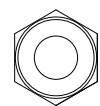
(34) Pulley Spacer
Ø10xδ12.5
2 PCS



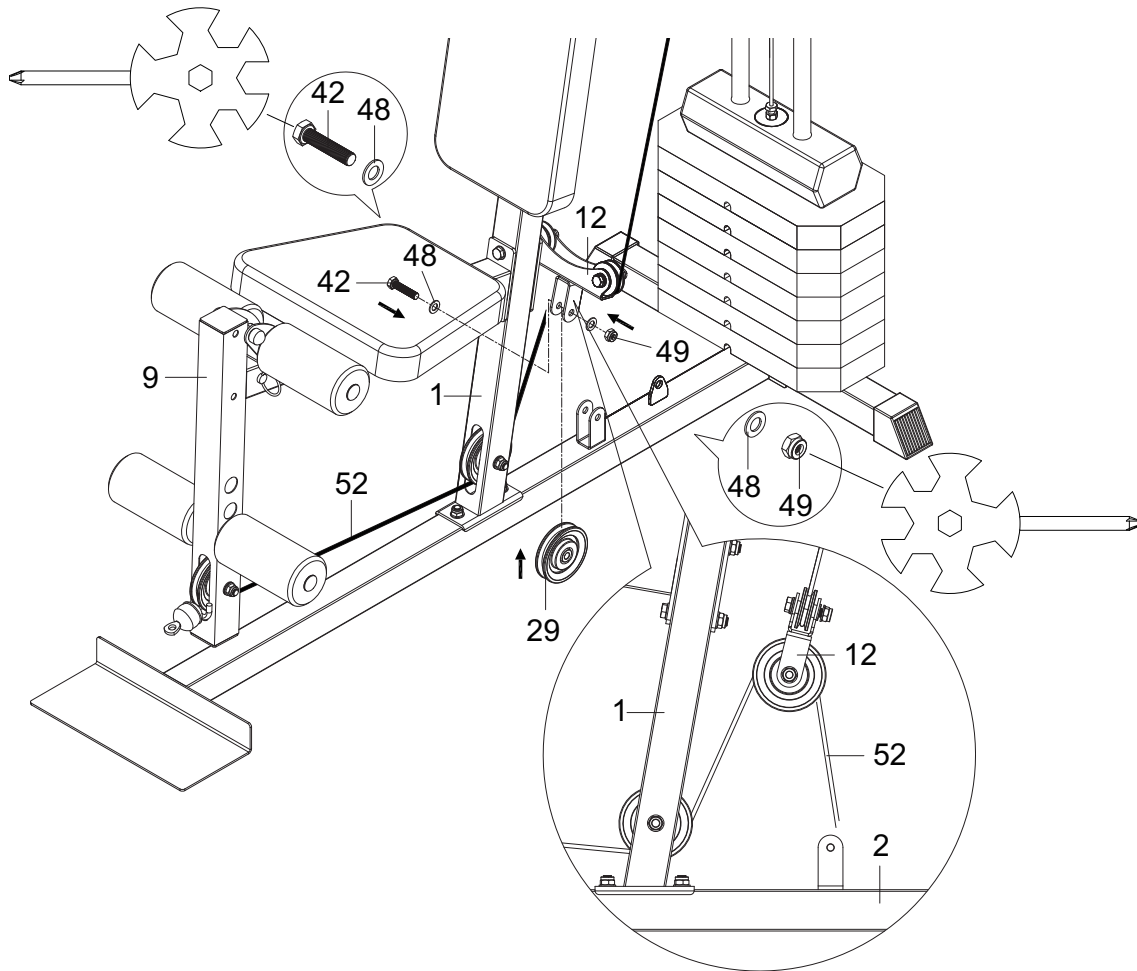
(44) Hex Bolt
M10x70
1 PC



(48) Washer
Ø10
2 PCS



(49) Nylon Lock
Nut M10
1 PC



Step 3

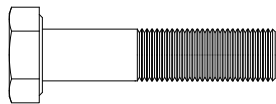
Pull the Cable 3 (52) upwards to the Double Pulley Rack (12). Slot the Pulley (29) into the Double Pulley Rack (12) and pull the Cable 3 (52) through over top of the Pulley (29). Then secure the Pulley (29) into the Double Pulley Rack (12) with one M10x45 Hex Bolt (42), one M10 Nylon Lock Nut (49), and two Ø10 Washers (48). Tighten bolt and nylon lock nut with two Multi Hex Tools with Phillips Screwdriver provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.

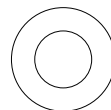
Hardware:



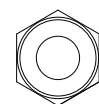
(29) Pulley Ø90
1 PC



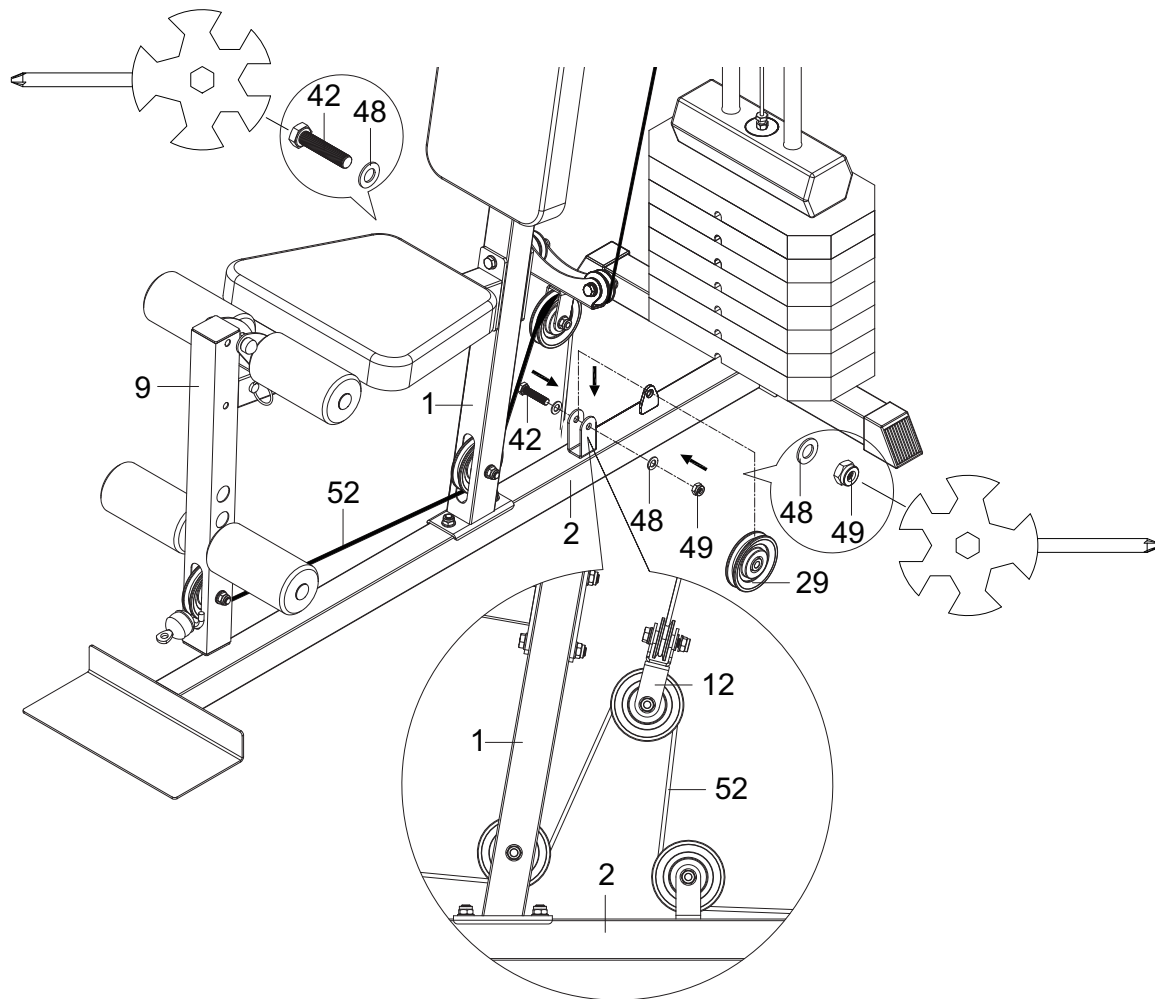
(42) Hex Bolt
M10x45
1 PC



(48) Washer
Ø10
2 PCS



(49) Nylon Lock
Nut M10
1 PC



Step 4

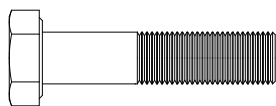
Pull the Cable 3 (52) downwards to the pulley bracket on the Main Base Tube (2). Slot the Pulley (29) into the pulley bracket at the Main Base Tube (2) and pull the Cable 3 (52) through underneath the Pulley (29). Then secure the Pulley (29) into the pulley bracket at the Main Base Tube (2) with one M10x45 Hex Bolt (42), one M10 Nylon Lock Nut (49), and two Ø10 Washers (48). Tighten bolt and nylon lock nut with two Multi Hex Tools with Phillips Screwdriver provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.

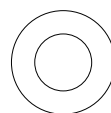
Hardware:



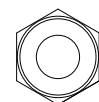
(29) Pulley Ø90
1 PC



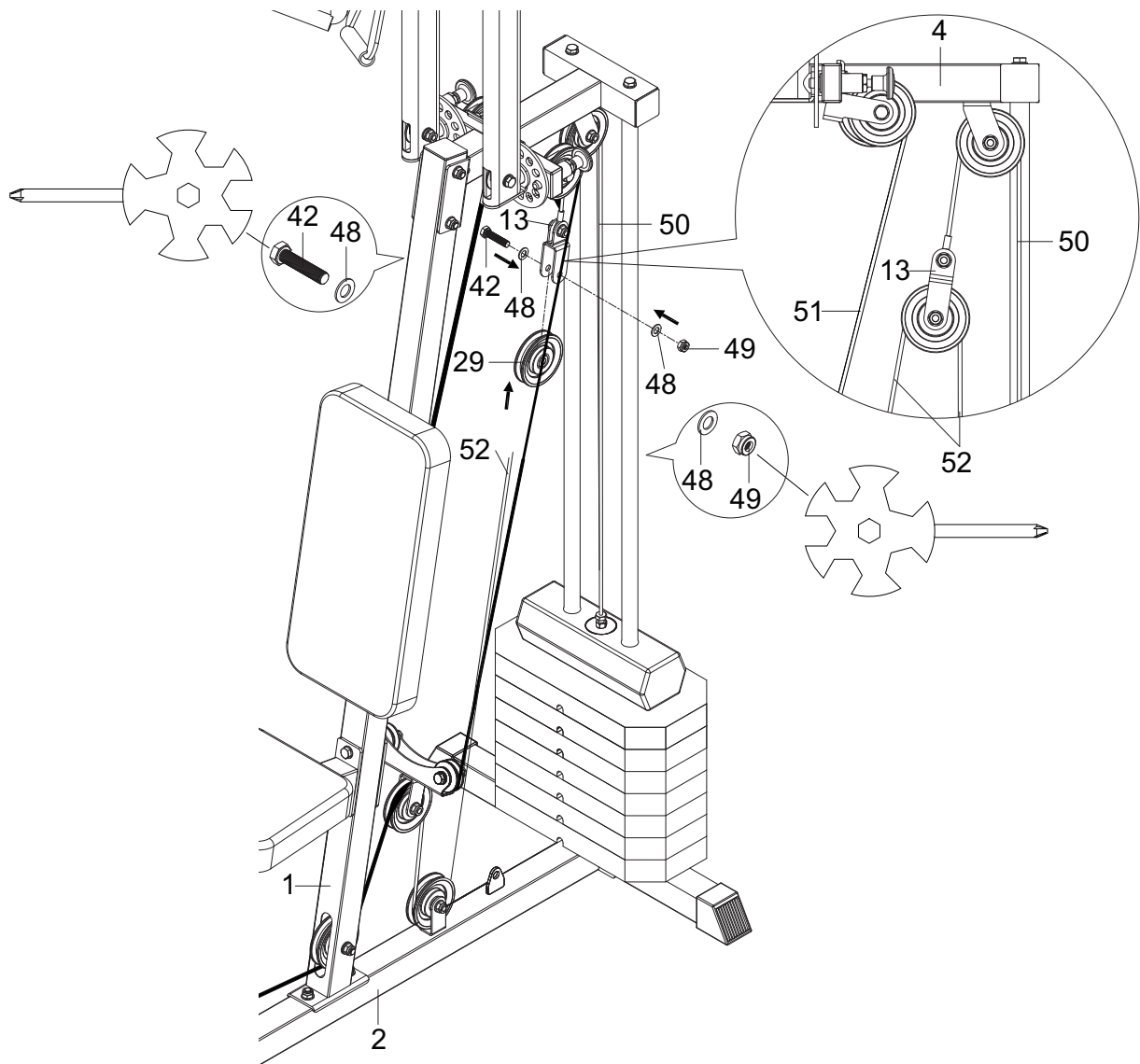
(42) Hex Bolt
M10x45
1 PC



(48) Washer
Ø10
2 PCS



(49) Nylon Lock
Nut M10
1 PC



Step 5

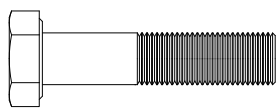
Pull the Cable 3 (52) upwards to the Single Pulley Rack (13). Slot the Pulley (29) into the Single Pulley Rack (13) and pull the Cable 3 (52) through over the top of the Pulley (29). Then secure the Pulley (29) into the Single Pulley Rack (13) with one M10x45 Hex Bolt (42), one M10 Nylon Lock Nut (49), and two Ø10 Washers (48). Tighten bolt and nylon lock nut with two Multi Hex Tools with Phillips Screwdriver provided.

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.

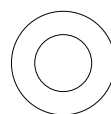
Hardware:



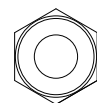
(29) Pulley Ø90
1 PC



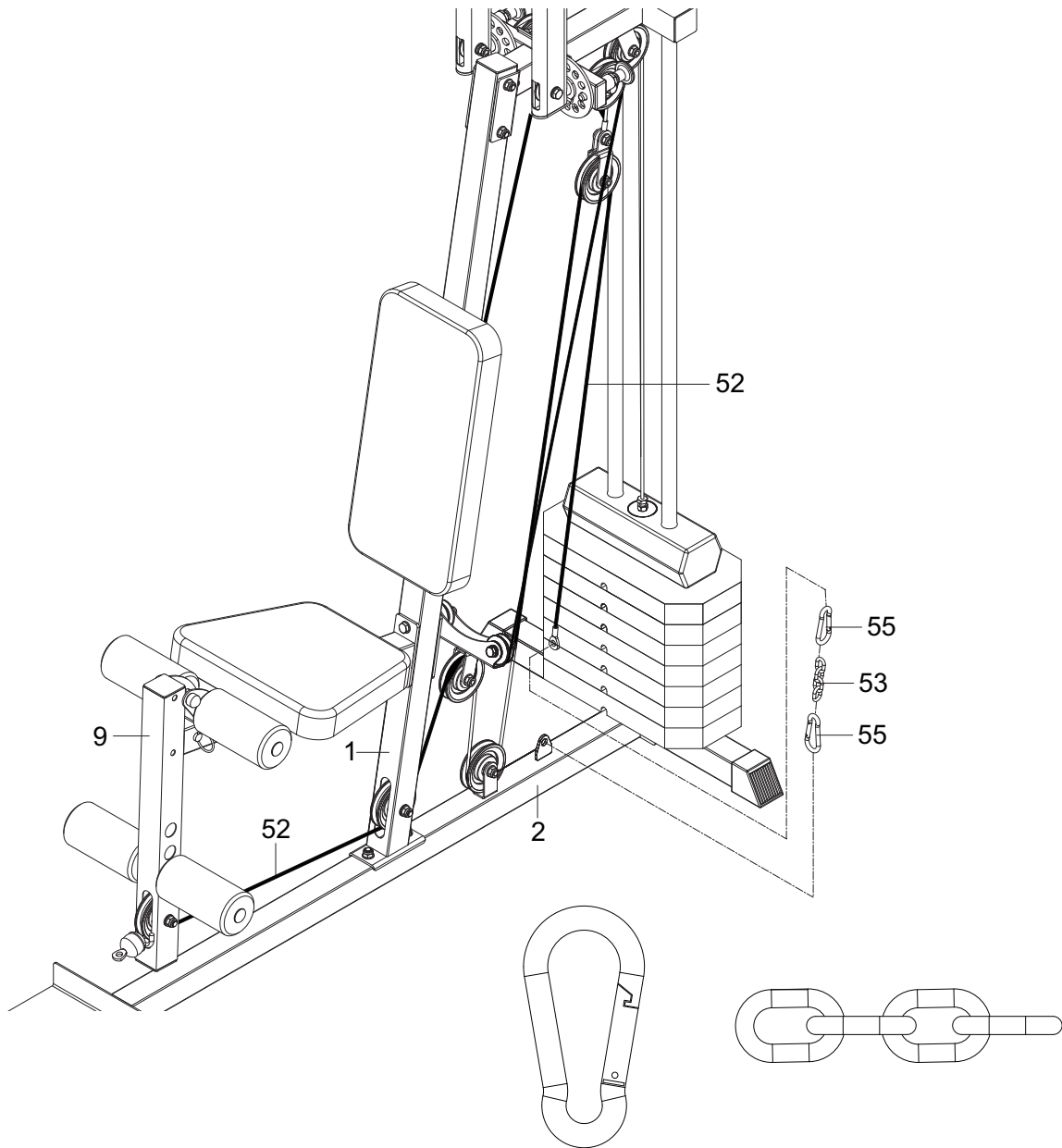
(42) Hex Bolt
M10x45
1 PC



(48) Washer
Ø10
2 PCS



(49) Nylon Lock
Nut M10
1 PC



(55) Snap Hook
 Ø7x70
 2 PCS

(53) Short Coil Chain
 1 PC

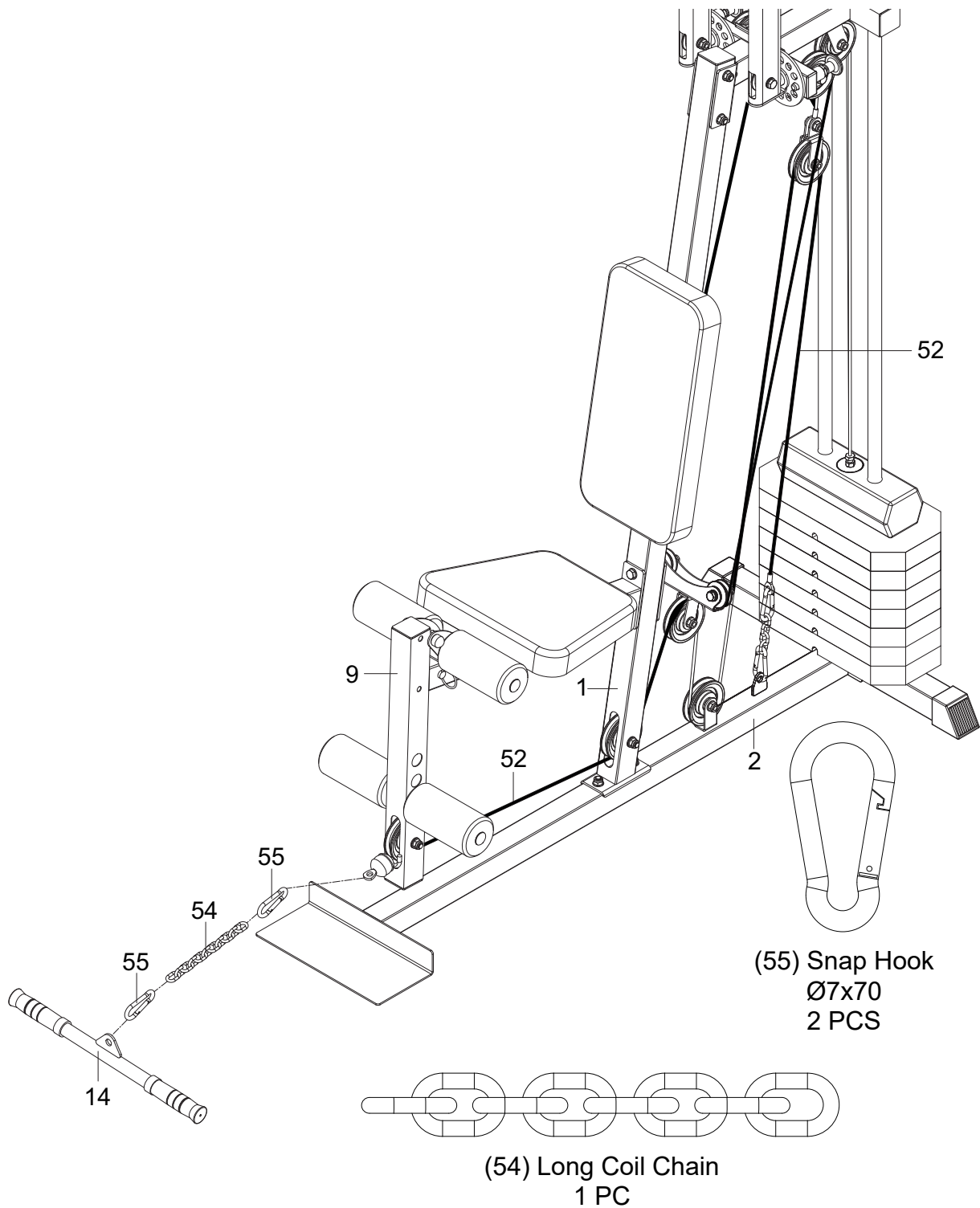
Step 6

Pull the Cable 3 (52) downwards to the loop at the Main Base Tube (2).

Clip one Ø7x70 Snap Hook (55) onto one end of the Short Coil Chain (53), then onto loop at the other end of the Cable 3 (52).

Clip the other Ø7x70 Snap Hook (55) onto the other end of the Short Coil Chain (53), then onto loop at the Main Base Tube (2).

PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.



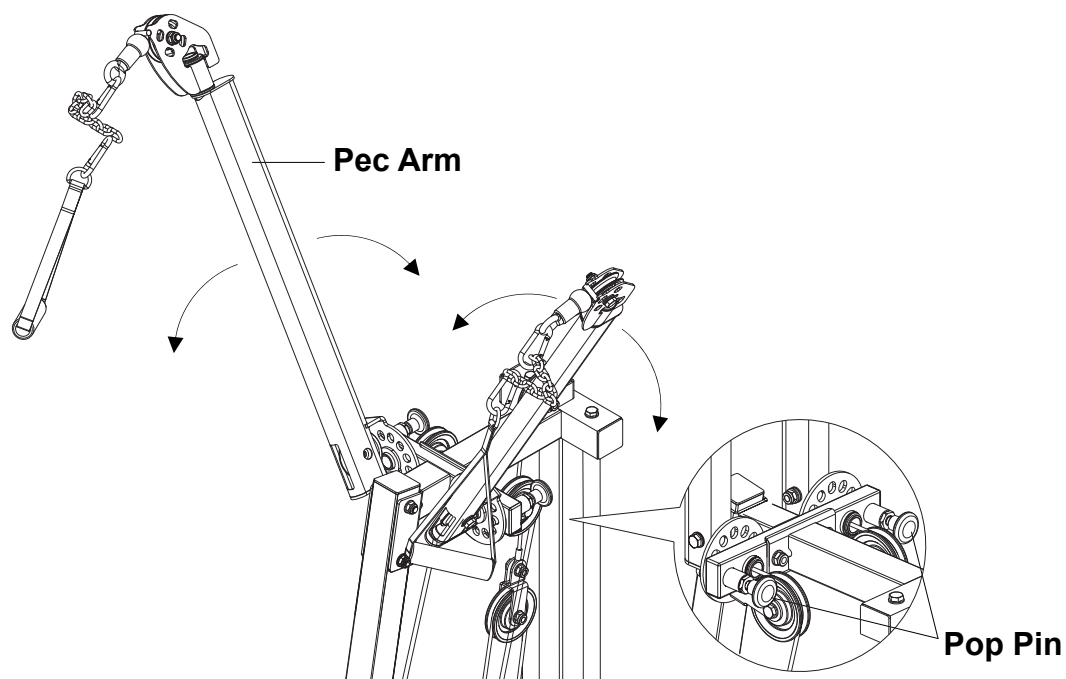
Step 7

Clip one Ø7x70 Snap Hook (55) onto one end of the Long Coil Chain (54), then onto loop at the other end of the Cable 3 (52).

Clip the other Ø7x70 Snap Hook (55) onto the other end of the Long Coil Chain (54), then onto loop at the Low Row Bar (14).

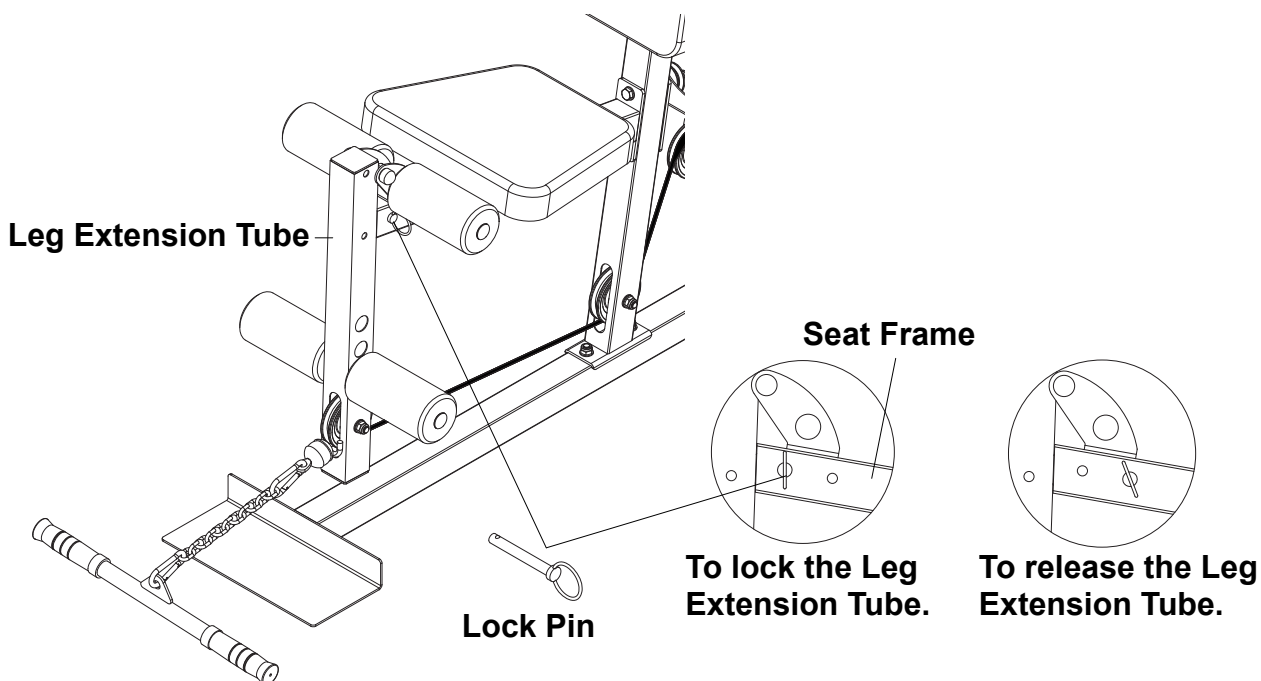
PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 28.

ADJUSTMENTS



Adjusting the Angle of the Pec Arm

Pull out the Pop Pin and then adjust the Pec Arm up or down direction to the suitable position. Lock the Pec Arm in place by releasing the Pop Pin and adjust the Pec Arm up or down slightly until the Pop Pin "pops" down into the locked position.



Lock and unlock the Leg Extension Tube

The Leg Extension Tube can be locked by a Lock Pin as shown in diagram.

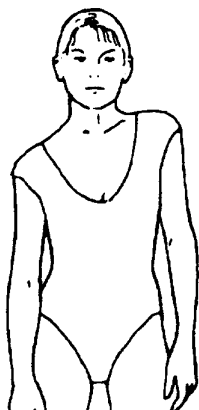
WARM UP AND COOL DOWN ROUTINE

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.

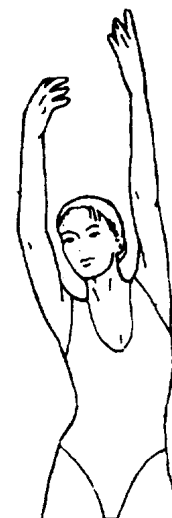
HEAD ROLLS

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.

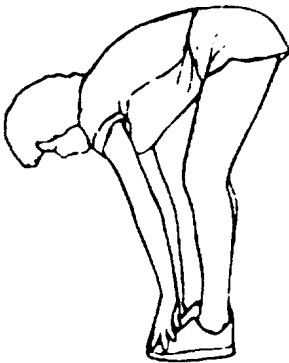


QUADRICEPS STRETCH

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.

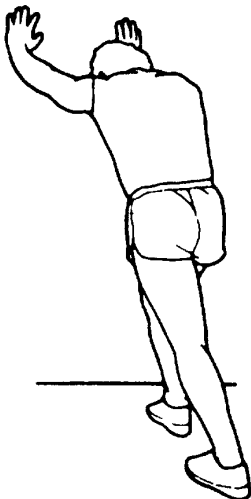
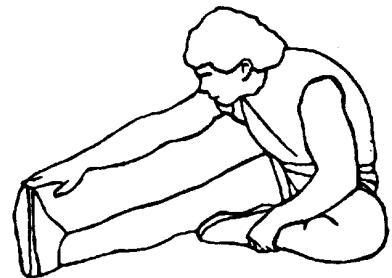


TOE TOUCHES

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.