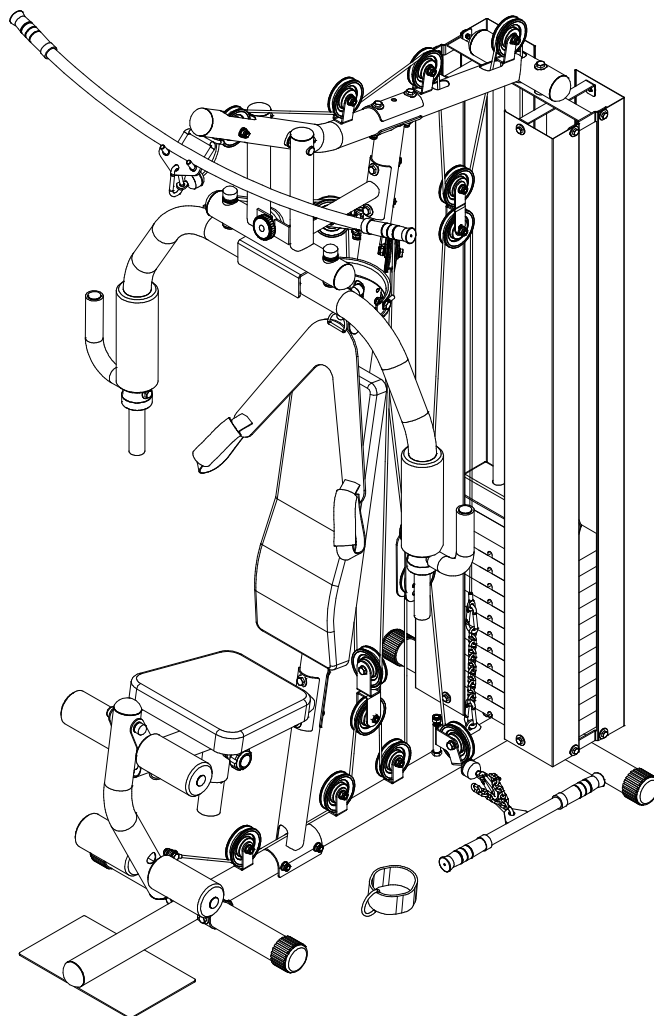


# ***LifeGear G1 /HOME GYM***

## ***ITEM NO.: 63100***

# ***LifeGear***

Get active for life



## ***OWNER'S MANUAL***

**IMPORTANT:** Read all instructions carefully before using this product. Retain this owner's manual for future reference.  
The specifications of this product may vary from this photo, subject to change without notice.

2022, Dec.

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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 safety instructions when using this home gym. Read all instructions before using this home gym.

1. Read all the instructions in this manual and do warm up exercises before using this home gym.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This home gym should be placed on a flat surface when using.
4. Never drop or insert any object into any opening.
5. Please wear proper clothes and shoes when using this home gym. Do not wear clothes that might catch on any part of the home gym.
6. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
7. Close supervision is necessary when this home gym is used by, on, or near children, invalids, or disabled persons.
8. At no time should children under the age of 12 use the home gym.
9. Children over the age of 12 should not use the home gym without adult supervision.
10. Do not jump on the home gym.
11. Do not use this home gym outdoors.
12. Inspect and tighten all parts each time before using this home gym.
13. This home gym is for household use only.
14. Only one person should be on home gym while in use.
15. Keep children and pets away from home gym while in use. The minimum free space required for safe operation is not less than two meters.
16. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
17. The maximum weight capacity for this product is 250 lbs/110 kgs.

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

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

**CAUTION:** Read all instructions carefully before operating this product.

































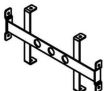
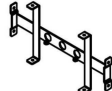
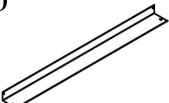




Retain this Owner's Manual for future reference.



# PARTS NUMBERS AND ILLUSTRATIONS

1 	2 	3 	4 	5 
6 	7 	8 	9 	10 
11 	12 	13 	14 	15 
16 	17 	18 	19 	20 
21 	22 	23 	24 	25 
26 	27 	28 	29 	30 
31 	32 	33 	34 	35 
36 	37 	38 	39 	40 
41 	42 	43 	44 	45 
46 	47 	48 	49 	50 
51 	52 	53 	54 	55 

# PARTS NUMBERS AND ILLUSTRATIONS

56 	57 	58 	59 	60 
61 	62 	63 	64 	65 
66 	67 	68 	69 	70 
71 	72 	73 	74 	75 
76 	77 	78 	79 	80 
81 	82 	83 	84 	85 
86 	87 	88 	89 	90 
91 	92 	93 	94 	

# PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Base Tube	1	033	Leg Extension Cable	1
002	Main Support Tube	1	034	Abdominal Strap	1
003	Top Frame	1	035	Ankle Strap	1
004	Side Pulley Bracket	1	036	Top Weight Stack	1
005	Support Tube	1	037	Weight Stack	11
006	Weight Sliding Rod	2	038	Plastic Bushing	1
007	Seat Support Frame	1	039	Pin	1
008	Leg Extension Tube	1	040	Big Washer	1
009	Seat Frame	1	041	Guide Rod	1
010	L Handle	2	042	L-Shaped Pin	1
011	Support Frame for Butterfly Arm	1	043	Rubber Bumper	2
012	Right Butterfly Arm	1	044	Ø36x125 Foam	2
013	Left Butterfly Arm	1	045	Ø36x240 Foam	2
014	Foot Frame	1	046	Hand Grip	4
015	Lat Bar	1	047	Ø80x160 Foam Roller	4
016	Low Row Bar	1	048	Ø90x245 Foam Roll	2
017	Lock Bar	1	049	Ø60 Plug	10
018	Crossed Double Floating Pulley Bracket	1	050	Ø50 Plug	2
019	Double Floating Pulley Bracket	1	051	Ø38 Plug	1
020	Pulley Bracket	2	052	Ø28 Plug	4
021	Shaft	1	053	Ø25 Plug	4
022	Foam Roller Tube	2	054	Ø38 End Cap	1
023	Front Stabilizer	1	055	Ø60 Stabilizer End Cap	4
024	Rear Stabilizer	1	056	Lock Bar Knob	1
025	Curve Plate I	2	057	Round Knob	1
026	Curve Plate II	1	058	Round Cap	2
027	Pulley Plate	2	059	Seat Support Frame Plastic Bushing	1
028	Backrest	1	060	Pulley	17
029	Seat Pad	1	061	Flange Cover	4
030	Lat Bar Cable	1	062	Ring Pin	1
031	Butterfly Arm Cable	1	063	Hook	6
032	Abdominal Cable	1	064	Coil Chain	2

## PARTS LIST

No.	Description	Qty	No.	Description	Qty
065	Ø19 Steel Bushing	2	080	M8x20 Hex Bolt	4
066	Ø16 Steel Bushing	4	081	M8x45 Hex Bolt	1
067	M8 Nylon Lock Nut	1	082	M8x80 Hex Bolt	2
068	M10 Nylon Lock Nut	34	083	M10x25 Hex Bolt	9
069	M12 Nylon Lock Nut	2	084	M10x45 Hex Bolt	15
070	M16 Nylon Lock Nut	2	085	M10x65 Hex Bolt	2
071	Ø6 Flat Washer	4	086	M10x80 Hex Bolt	14
072	Ø8 Flat Washer	2	087	M12x85 Hex Bolt	1
073	Ø10 Flat Washer	48	088	Bottom Cover Support	1
074	Ø12 Flat Washer	2	089	Top Cover Support	1
075	Ø16 Flat Washer	2	090	Weight Stack Cover	4
076	Ø8 Curve Washer	2	091	M8x12 Hex Bolt	16
077	Ø10 Curve Washer	26	092	M12 Hex Nut Cap	2
078	M10x20 Hex Socket Bolt	2	093	M16 Hex Nut Cap	2
079	M6x20 Hex Bolt	4	094	Ø8 Big Washer	16

## MAINTENANCE

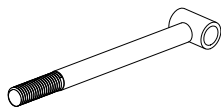
Please wipe your perspiration off the home gym with a clean, dry cloth after each use.

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

Please inspect all assembly bolts and nuts on the home gym for proper tightness and every tube of the home gym for any sign of cracking or permanent bending. If you find this situation, do not use this home gym and contact an Authorized Service Representative immediately.

# HARDWARE PACKING LIST

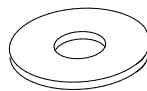
## Hardware Bag



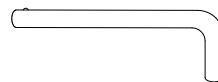
(17) Lock Bar  
1 PC



(39) Pin  
1 PC



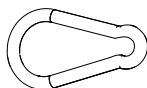
(40) Big Washer  
1 PC



(42) L-Shaped Pin  
1 PC



(62) Ring Pin  
1 PC



(63) Hook  
6 PCS



(64) Coil Chain (200)  
2 PCS



(67) Nylon Lock  
Nut M8  
1 PC



(68) Nylon Lock  
Nut M10  
34 PCS



(69) Nylon Lock  
Nut M12  
2 PCS



(70) Nylon Lock  
Nut M16  
2 PCS



(72) Flat Washer Ø8  
2 PCS



(73) Flat Washer  
Ø10  
48 PCS



(74) Flat Washer  
Ø12  
2 PCS



(75) Flat Washer  
Ø16  
2 PCS



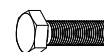
(76) Ø8 Curve Washer  
2 PCS



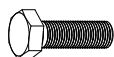
(77) Ø10 Curve  
Washer  
26 PCS



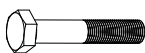
(78) M10x20 Hex  
Socket Bolt  
2 PCS



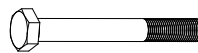
(79) M6x20 Hex  
Bolt  
4 PCS



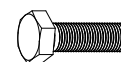
(80) M8x20 Hex  
Bolt  
4 PCS



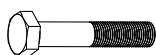
(81) M8x45 Hex  
Bolt  
1 PC



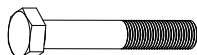
(82) M8x80 Hex  
Bolt  
2 PCS



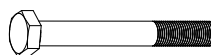
(83) M10x25 Hex  
Bolt  
9 PCS



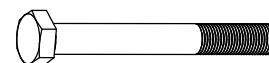
(84) M10x45 Hex  
Bolt  
15 PCS



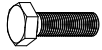
(85) M10x65 Hex  
Bolt  
2 PCS



(86) M10x80 Hex  
Bolt  
14 PCS



(87) M12x85 Hex Bolt  
1 PC

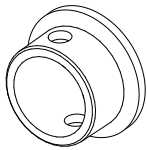


(91) M8x12 Hex Bolt  
16 PCS

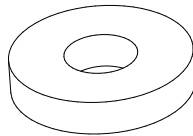


(94) Ø8 Big Washer  
16 PCS

## Plastic Parts



(38) Plastic Bushing  
1 PC



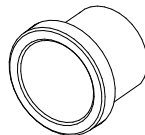
(43) Rubber Bumper  
2 PCS



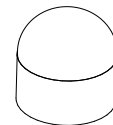
(56) Lock Bar Knob  
1 PC



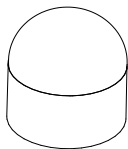
(57) Round Knob  
1 PC



(61) Flange Cover  
4 PCS



(92) Hex Nut Cap M12  
2 PCS



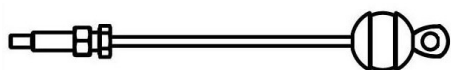
(93) Hex Nut Cap M16  
2 PCS

## Pulley Pack

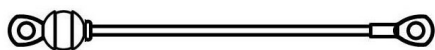


(60) Pulley  
17 PCS

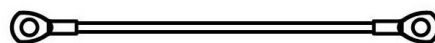
## Cables



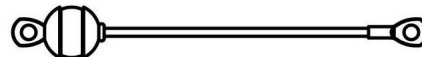
(30) Lat Bar Cable  
1 PC



(32) Abdominal Cable  
1 PC

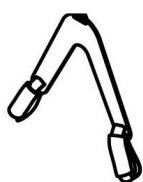


(31) Butterfly Arm Cable  
1 PC



(33) Leg Extension Cable  
1 PC

## Accessories

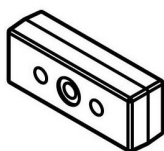


(34) Abdominal Strap  
1 PC

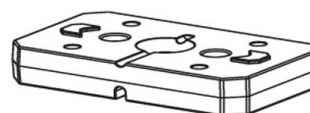


(35) Ankle Strap  
1 PC

## Weight Stack Pack

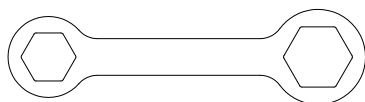


(36) Top Weight Stack  
(Approximately 4.5 kgs/10 lbs)  
1 PC

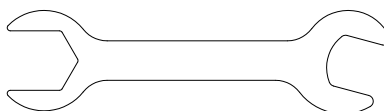


(37) Weight Stack  
(Approximately 5.7 kgs/12.5 lbs)  
11 PCS

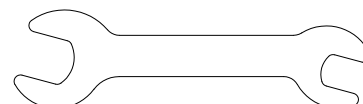
## Tools



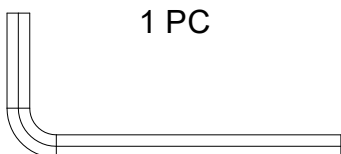
Wrench 19-24  
1 PC



Wrench 19-17  
2 PCS

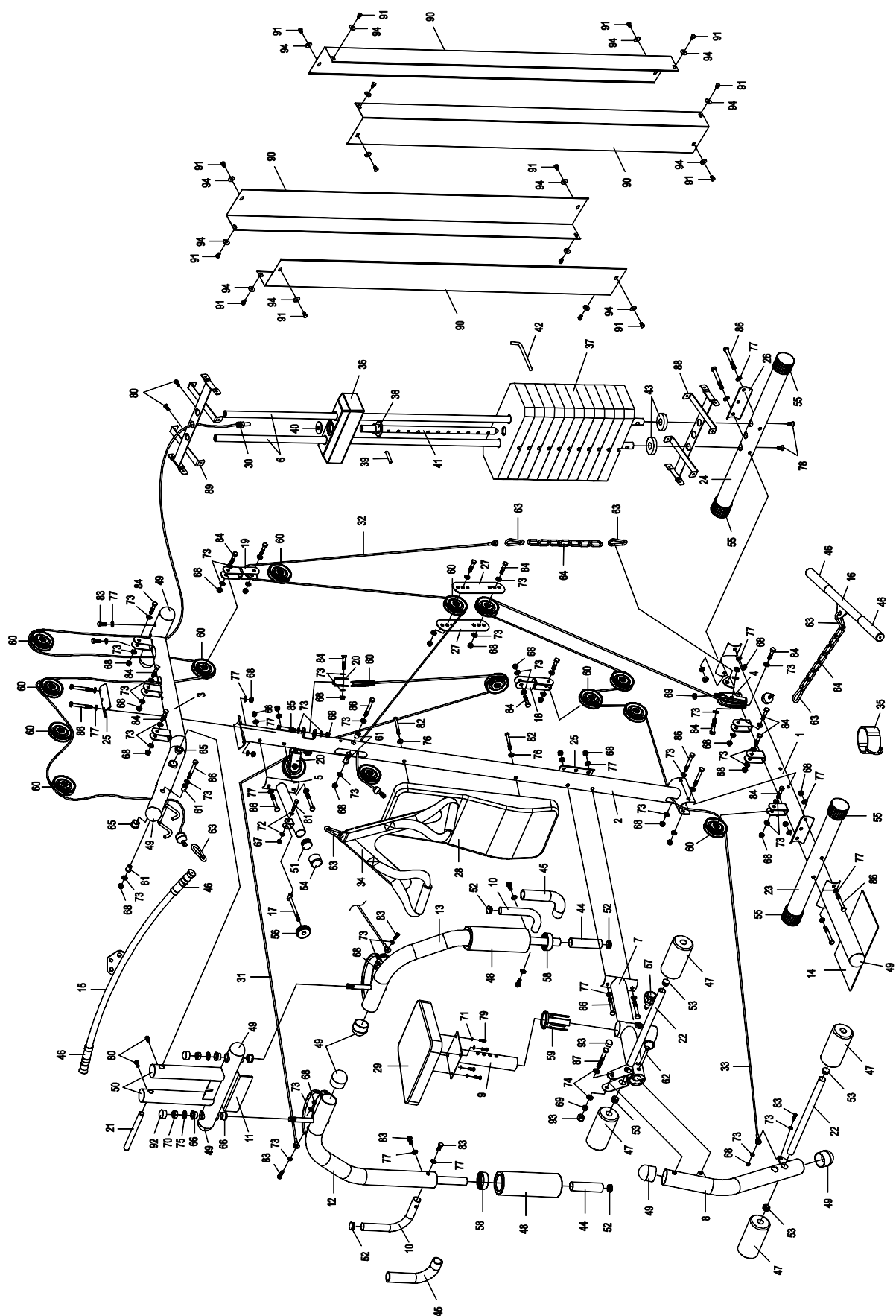


Wrench 14-10  
2 PCS



Allen Wrench 6mm  
1 PC

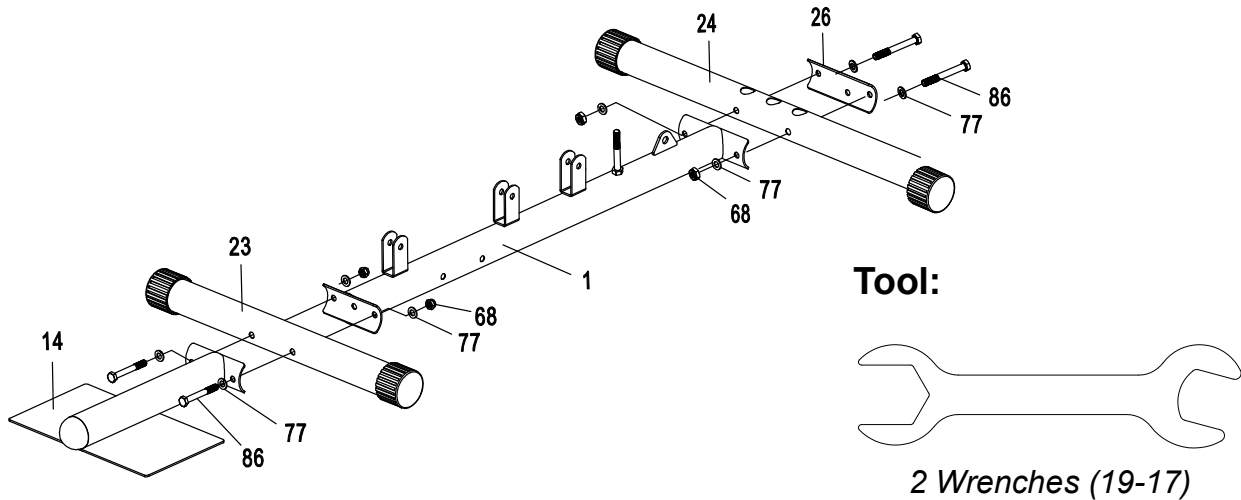
# OVERVIEW DRAWING





# ASSEMBLY INSTRUCTIONS

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



## Step 1

Attach the Front Stabilizer (23) onto the Main Base Tube (1) and Foot Frame (14) with two M10 Nylon Lock Nuts (68), two M10x80 Hex Bolts (86), and four Ø10 Curve Washers (77). Tighten bolts and nuts with two Wrenches provided.

Attach the Rear Stabilizer (24) onto the Main Base Tube (1) and Curve Plate II (26) with two M10 Nylon Lock Nuts (68), two M10x80 Hex Bolts (86), and four Ø10 Curve Washers (77). Tighten bolts and nuts with two Wrenches provided.

## Hardware:



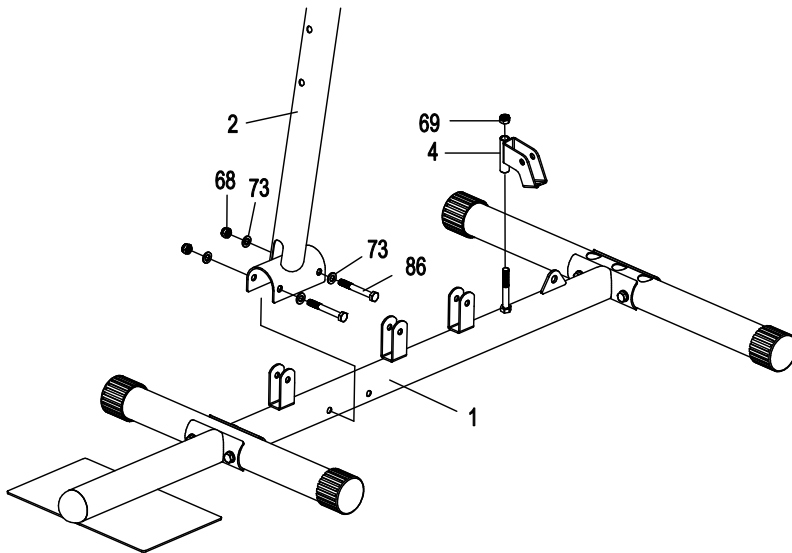
(68) Nylon Lock Nut M10  
4 PCS



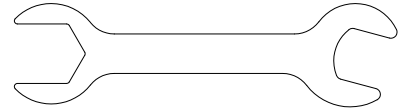
(77) Ø10 Curve Washer  
8 PCS



(86) M10x80 Hex Bolt  
4 PCS



### Tool:



2 Wrenches (19-17)

### Step 2

Attach the Main Support Tube (2) onto the Main Base Tube (1) with two M10 Nylon Lock Nuts (68), two M10x80 Hex Bolts (86), and four Ø10 Flat Washers (73). Tighten bolts and nuts with two Wrenches provided.

Attach the Side Pulley Bracket (4) onto the tube of the Main Base Tube (1) with one M12 Nylon Lock Nut (69). Tighten nut with one Wrench provided.

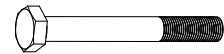
### Hardware:



(68) Nylon Lock Nut M10  
2 PCS



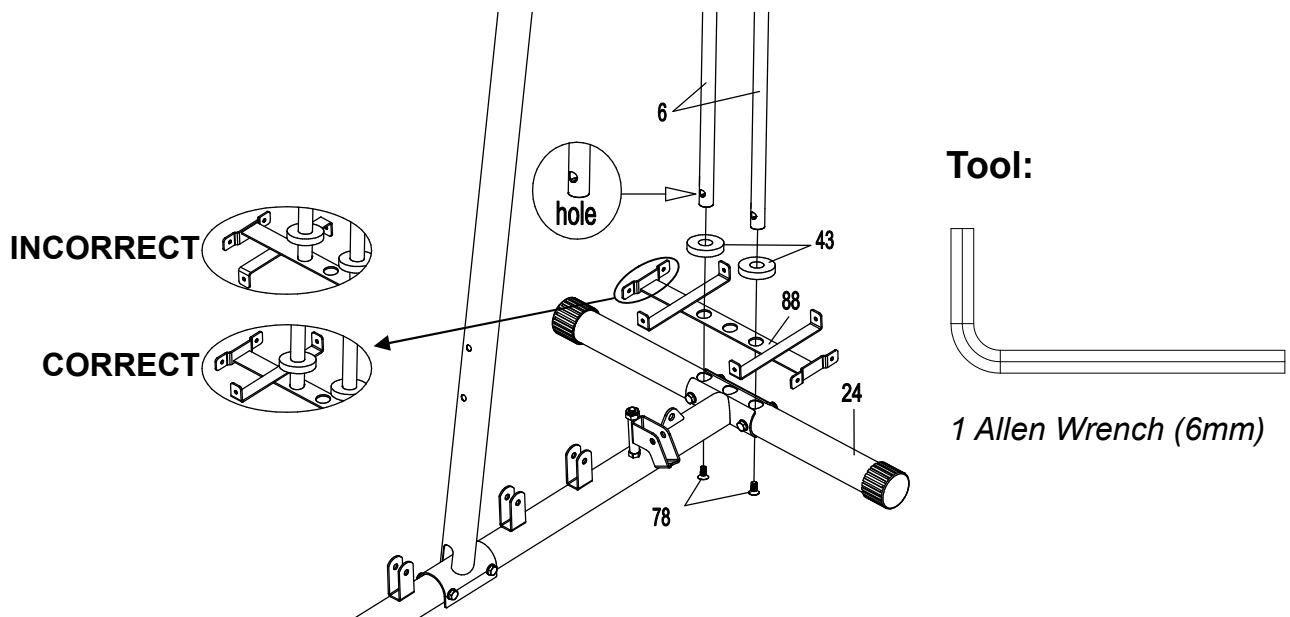
(73) Flat Washer Ø10  
4 PCS



(86) M10x80 Hex Bolt  
2 PCS



(69) Nylon Lock Nut M12  
1 PC



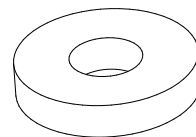
### Step 3

Slide two Rubber Bumpers (43) onto the Weight Stack Sliding Rods (6). Then insert two Stack Sliding Rods (60) into the holes of the Bottom Cover Support (88) and Rear Stabilizer (24). Secure the Stack Sliding Rods (60) with two M10x20 Hex Socket Bolts (78). Tighten bolts with the Allen Wrench provided.

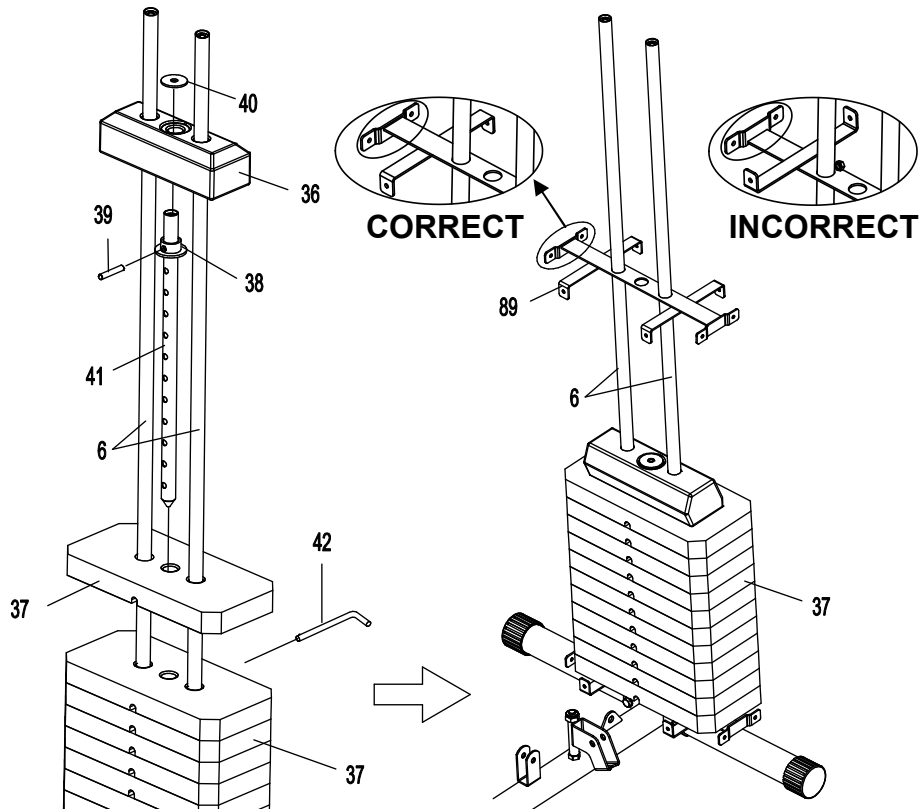
### Hardware:



(78) M10x20 Hex Socket Bolt  
2 PCS



(43) Rubber Bumper  
2 PCS



#### Step 4

Install each Weight Stack (37) onto the Weight Stack Sliding Rods (6).

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

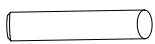
Slide the Plastic Bushing (38) onto the Guide Rod (41) and align pin hole. Secure the Plastic Bushing (38) onto the Guide Rod (41) by inserting the Pin (39) through into the holes of the Guide Rod (41) and Plastic Bushing (38).

Insert the Guide Rod (41) into the holes of the Weight Stacks (37).

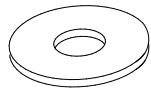
Install the Top Weight Stack (36) onto the Weight Stack Sliding Rods (6) and Plastic Bushing (38). Place the Big Washer (40) onto the hole of the Top Weight Stack (36). Insert the L-Shaped Pin (42) into the pin slot.

Install the Top Cover Support (89) onto the Weight Stack Sliding Rods (6).

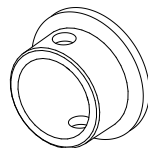
#### Hardware:



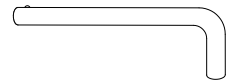
(39) Pin  
1 PC



(40) Big Washer  
1 PC

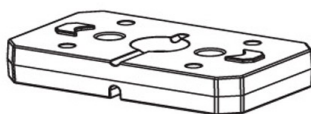


(38) Plastic Bushing  
1 PC

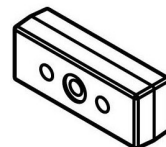


(42) L-Shaped Pin  
1 PC

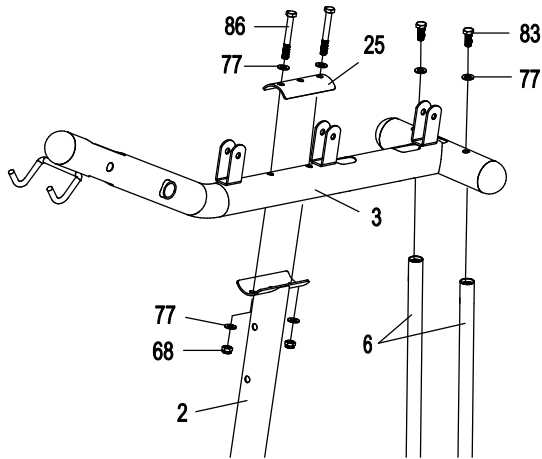
#### Weight Stack Pack:



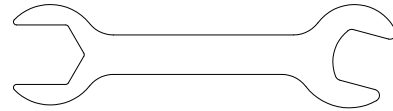
(37) Weight Stack  
(Approximately 5.7 kgs/12.5 lbs)  
11 PCS



(36) Top Weight Stack  
(Approximately 4.5 kgs/10 lbs)  
1 PC



### Tool:

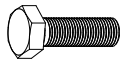


2 Wrenches (19-17)

### Step 5

Insert each Weight Stack Sliding Rod (6) into the corresponding hole in the Top Frame (3). Secure Weight Stack Sliding Rods (6) in the Top Frame (3) using two M10x25 Hex Bolts (83) and two Ø10 Curve Washers (77). Tighten bolts with the Wrench provided. Attach the Top Frame (3) onto the Main Support Tube (2) with one Curve Plate I (25), two M10x80 Hex Bolts (86), two M10 Nylon Lock Nuts (68), and four Ø10 Curve Washers (77). Tighten bolts and nuts with two Wrenches provided.

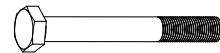
### Hardware:



(83) M10x25 Hex Bolt  
2 PCS



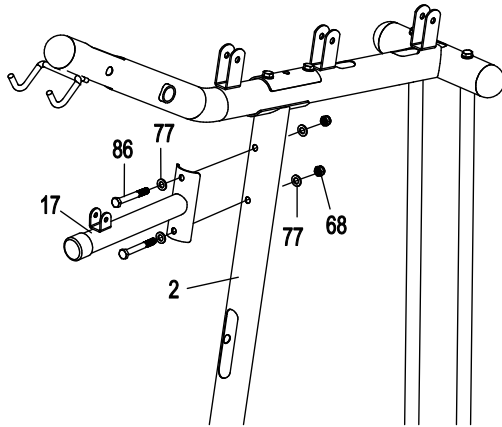
(77) Ø10 Curve Washer  
6 PCS



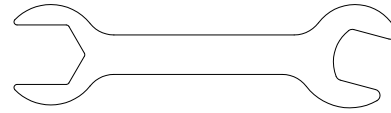
(86) M10x80 Hex Bolt  
2 PCS



(68) Nylon Lock Nut M10  
2 PCS



### Tool:

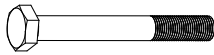


*2 Wrenches (19-17)*

### Step 6

Attach the Lock Bar (17) onto the Main Support Tube (4) with two M10x80 Hex Bolts (86), two M10 Nylon Lock Nuts (68), and four Ø10 Curve Washers (77). Tighten bolts and nuts with two Wrenches provided.

### Hardware:



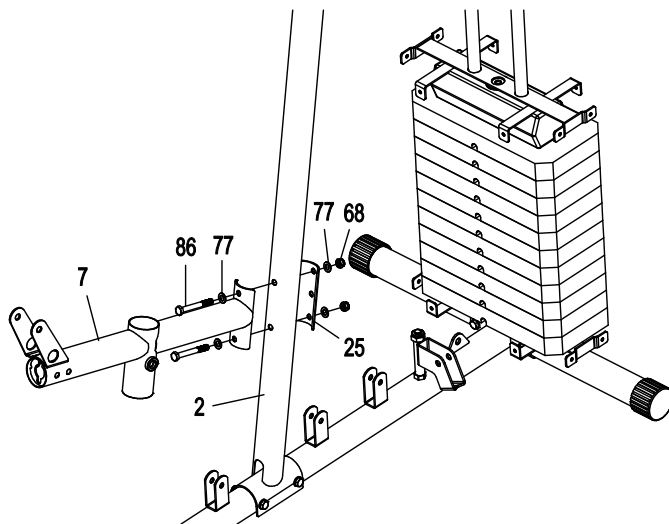
(86) M10x80 Hex Bolt  
2 PCS



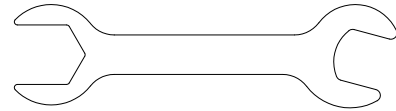
(77) Ø10 Curve Washer  
4 PCS



(68) Nylon Lock Nut M10  
2 PCS



### Tool:

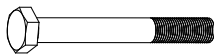


2 Wrenches (19-17)

### Step 7

Attach the Seat Support Frame (7) onto the Main Support Tube (2) with one Curve Plate I (25), two M10x80 Hex Bolts (86), two M10 Nylon Lock Nuts (68), and four Ø10 Curve Washers (77). Tighten bolts and nuts with two Wrenches provided.

### Hardware:



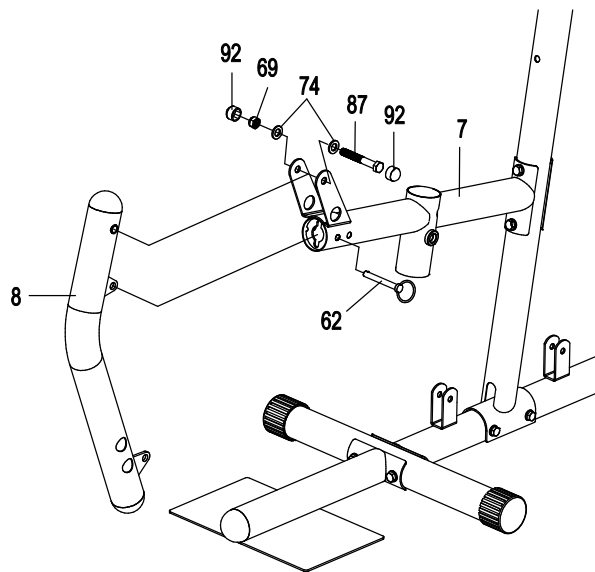
(86) M10x80 Hex Bolt  
2 PCS



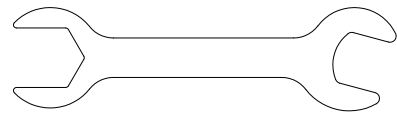
(77) Ø10 Curve Washer  
4 PCS



(68) Nylon Lock Nut M10  
2 PCS



### Tool:



2 Wrenches (19-17)

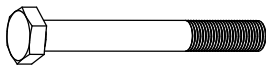
### Step 8

Attach the Leg Extension Tube (8) onto the clevis of the Seat Support Frame (7) with one M12x85 Hex Bolt (87), one M12 Nylon Lock Nut (69), and two Ø12 Flat Washers (74). Tighten bolt and nut with two Wrenches provided.

Install two M12 Hex Nut Caps (92) onto the M12x85 Hex Bolt (87) and M12 Nylon Lock Nut (69).

Insert the Ring Pin (62) into the holes on the Seat Support Frame (7) and the clevis of the Leg Extension Tube (8).

### Hardware:



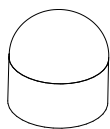
(87) M12x85 Hex Bolt  
1 PC



(74) Flat Washer Ø12  
2 PCS



(69) Nylon Lock Nut M12  
1 PC

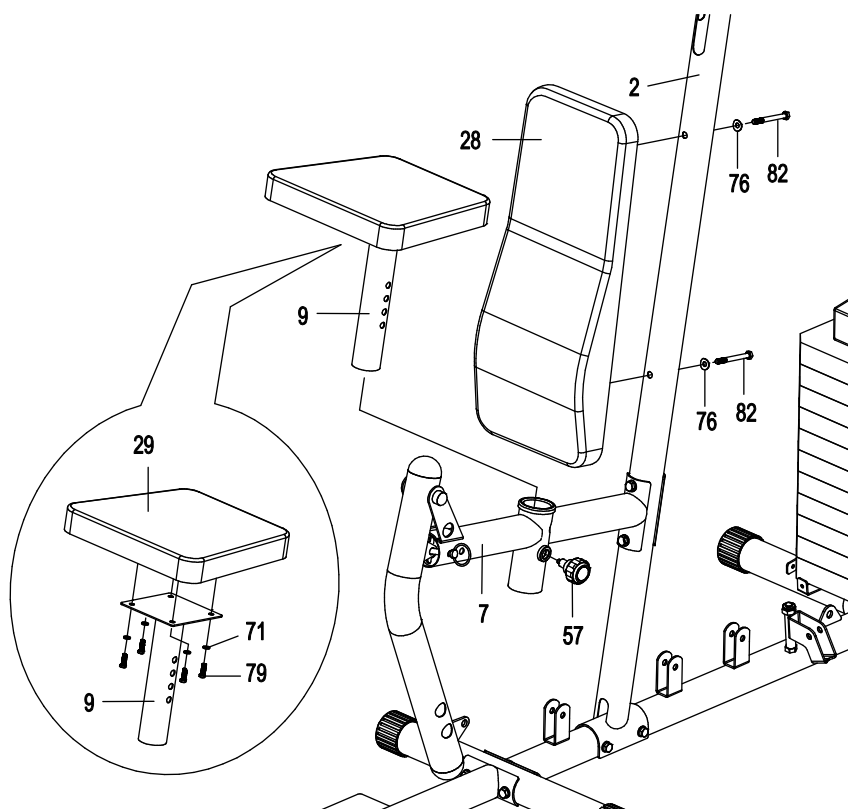


(92) Hex Nut Cap M12  
2 PCS

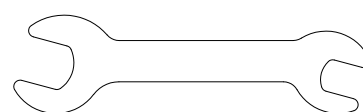


(62) Ring Pin  
1 PC





#### Tool:



1 Wrench (14-10)

### Step 9

Attach the Backrest (28) onto the Main Support Tube (2) with two Ø8 Curve Washers (76) and two M8x80 Hex Bolts (82). Tighten bolts with the Wrench provided.

Attach the Seat Pad (29) onto the Seat Frame (9) with four Ø6 Flat Washers (71) and four M6x20 Hex Bolts (79). Tighten bolts with the Wrench provided.

Insert the Seat Frame (9) with Seat Pad (29) into the seat support frame plastic bushing of the Seat Support Frame (7). Adjust the seat position and insert the Round Knob (57).

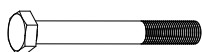
Turn the Round Knob (57) in the clockwise direction to tighten.

### Adjusting the Seat Height

Turn the round knob in a counterclockwise direction until it can be pulled out. Pull out the round knob and then slide the seat frame up or down direction to the suitable position.

Lock the seat frame in place by releasing the round knob and sliding the seat frame up or down slightly until the round knob "pops" down into the locked position. For added safety, tighten the round knob in a clockwise direction.

### Hardware:



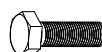
(82) M8x80 Hex Bolt

2 PCS



(76) Ø8 Curve Washer

2 PCS



(79) M6x20 Hex Bolt

4 PCS



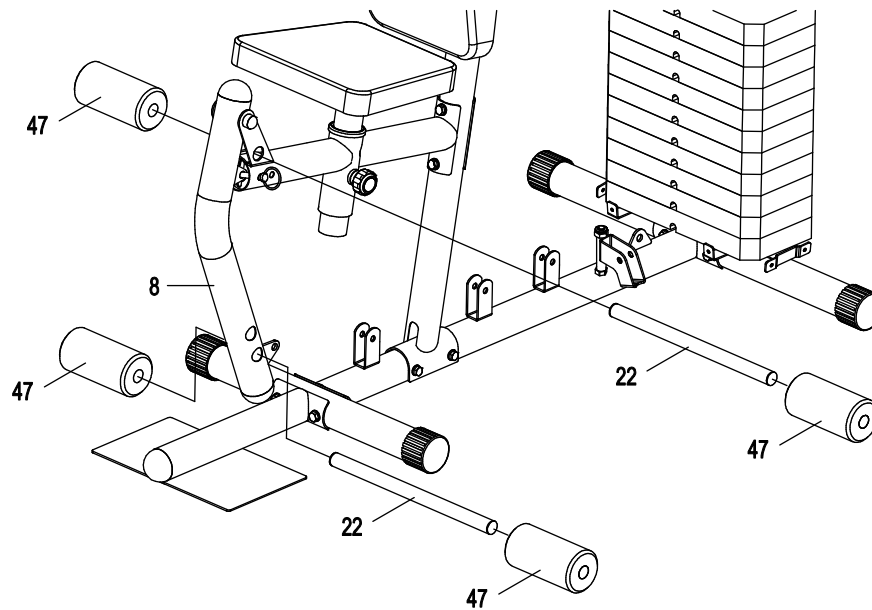
(71) Flat Washer Ø6

4 PCS



(57) Round Knob

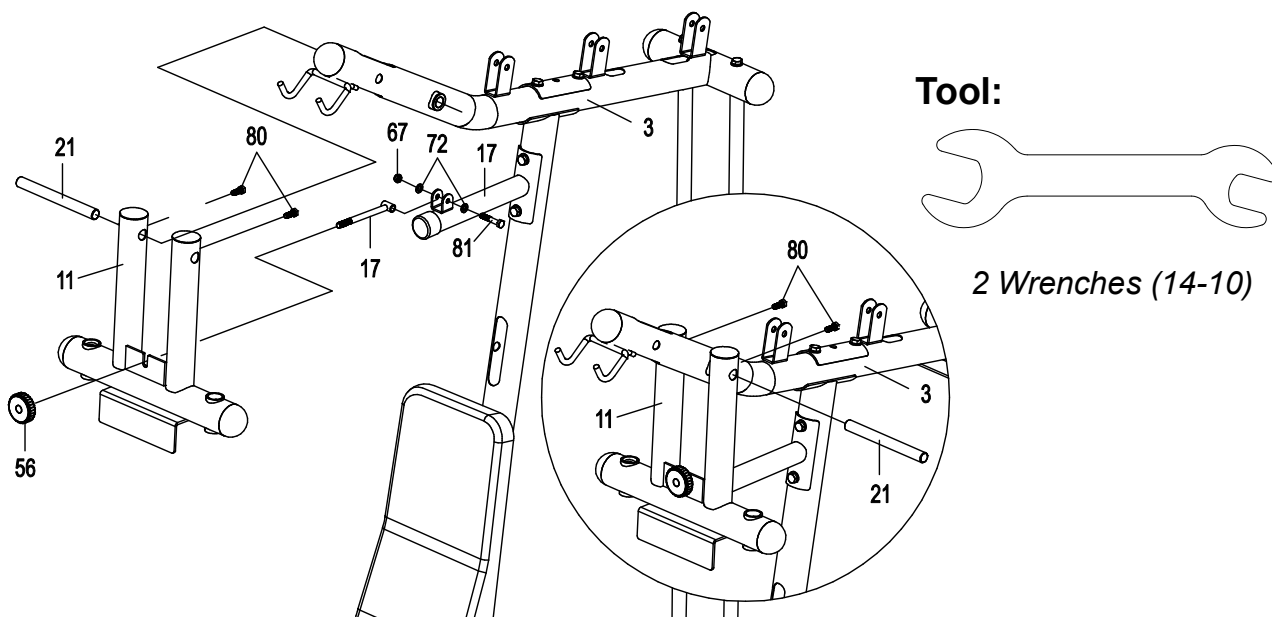
1 PC



### Step 10

Slide the Foam Roll Tube (22) through the round hole on the clevis of the Seat Support Frame (7). Slide two Ø80x160 Foam Rollers (47) onto both ends of the Foam Roll Tube (22).

Slide the Foam Roll Tube (22) through the round hole on the Leg Extension Tube (8). Slide two Ø80x160 Foam Rollers (47) onto both ends of the Foam Roll Tube (22).



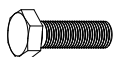
### Step 11

Attach the Support Frame for Butterfly Arm (11) onto the Top Frame (3) with one Shaft (21) and two M8x20 Hex Bolts (80). Tighten bolt with the Wrench provided.

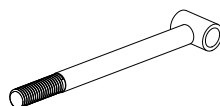
Attach the Lock Bar (17) onto the clevis of the Support Tube (5) with one M8x45 Hex Bolt (81), one M8 Nylon Lock Nut (67), and two Ø8 Flat Washers (72). Tighten bolt and nut with two Wrenches provided.

Install the Lock Bar Knob (56) onto the Lock Bar (17) by turning it in a clockwise direction.

### Hardware:



(80) M8x20 Hex Bolt  
2 PCS



(17) Lock Bar  
1 PC



(81) M8x45 Hex Bolt  
1 PC



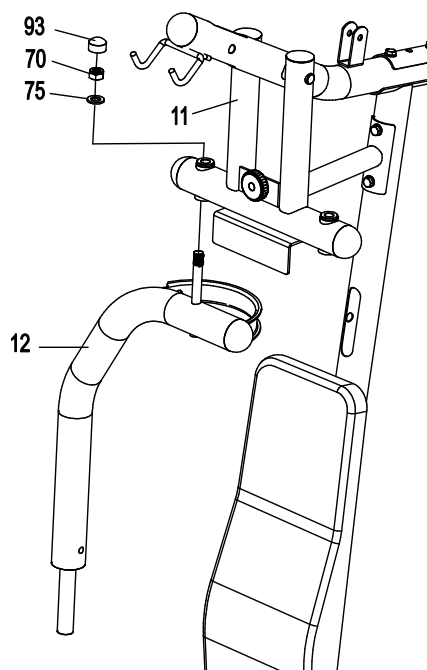
(67) Nylon Lock Nut M8  
1 PC



(72) Flat Washer Ø8  
2 PCS



(56) Lock Bar Knob  
1 PC



### Tool:



1 Wrench (19-24)

### Step 12

Attach the Right Butterfly Arm (12) onto the Support Frame for Butterfly Arm (11) with one Ø16 Flat Washer (75) and one M16 Nylon Lock Nut (70). Tighten nut with the Wrench provided. Install one M16 Hex Nut Caps (93) onto the M16 Nylon Lock Nut (70). Use the same procedure to install the Left Butterfly Arm (13) onto the Support Frame for Butterfly Arm (11).

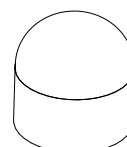
### Hardware:



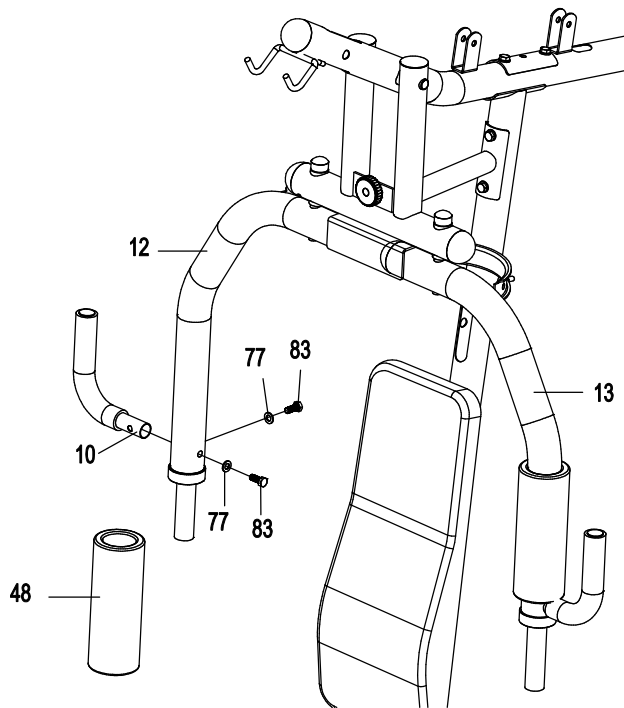
(75) Flat Washer Ø16  
2 PCS



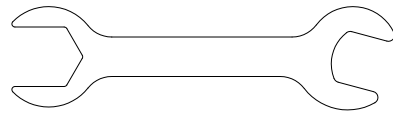
(70) Nylon Lock Nut M16  
2 PCS



(93) Hex Nut Cap M16  
2 PCS



### Tool:



1 Wrench (19-17)

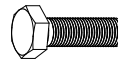
### Step 13

Slide the Ø90x245 Foam Roll (48) onto the Right Butterfly Arm (12). Attach the L Handle (10) onto the Right Butterfly Arm (12) with two Ø10 Curve Washers (77) and two M10x25 Hex Bolts (83). Tighten bolts with the Wrench provided. Use the same procedure to install the other Ø90x245 Foam Roll (48) and L Handle (10) onto the Left Butterfly Arm (13).

### Hardware:

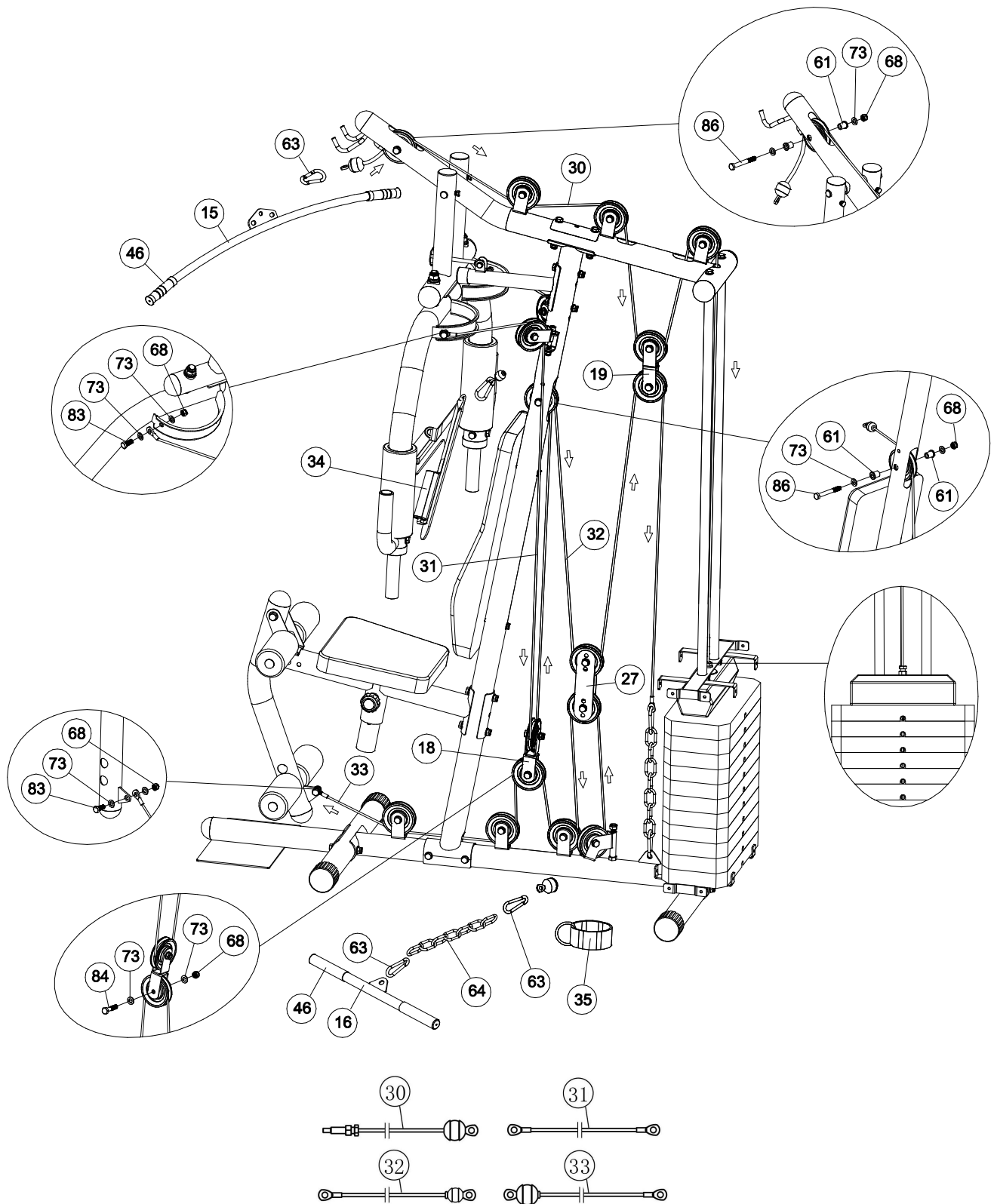


(77) Ø10 Curve Washer  
4 PCS

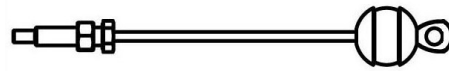
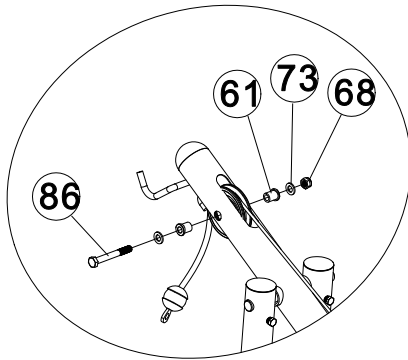


(83) M10x25 Hex Bolt  
4 PCS

# CABLE LOOP DIAGRAM

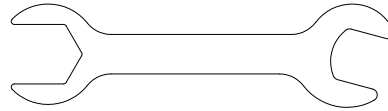


# PULLEYS AND LAT BAR CABLE INSTALLATION



*Lat Bar Cable*

## Tool:



*2 Wrenches (19-17)*

## Step 1

Insert the Lat Bar Cable (30) around the Pulley (60) with the ball end of the cable at the front of the Pulley (60). Then attach the Pulley (60) onto the Top Frame (3) with one M10x80 Hex Bolt (86), one M10 Nylon Lock Nut (68), two Ø10 Flat Washers (73), and two Flange Covers (61). Tighten bolt and nut with two Wrenches provided.

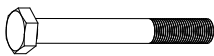
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

## Pulley:



(60) Pulley  
1 PC

## Hardware:



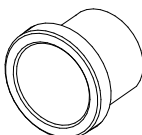
(86) M10x80 Hex Bolt  
1 PC



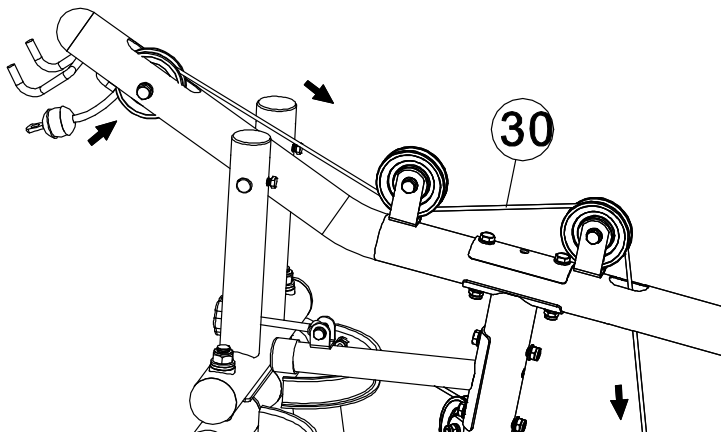
(73) Flat Washer Ø10  
2 PCS



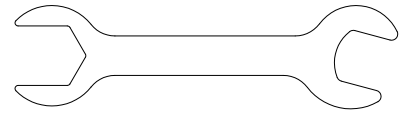
(68) Nylon Lock Nut M10  
1 PC



(61) Flange Cover  
2 PCS



### Tool:



2 Wrenches (19-17)

### Step 2

Pull the Lat Bar Cable (30) towards to the second Pulley (60) and draw it under the Pulley (60). Then attach the Pulley (60) onto the Top Frame (3) with one M10x45 Hex Bolt (84), one M10 Nylon Lock Nut (68), and two Ø10 Flat Washers (73). Tighten bolt and nut with two Wrenches provided.

Pull the Lat Bar Cable (30) towards to the third Pulley (60) and draw it around the Pulley (60). Then attach the Pulley (60) onto the Top Frame (3) with one M10x45 Hex Bolt (84), one M10 Nylon Lock Nut (68), and two Ø10 Flat Washers (73). Tighten bolt and nut with two Wrenches provided.

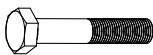
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

### Pulley:



(60) Pulley  
2 PCS

### Hardware:



(84) M10x45 Hex Bolt  
2 PCS

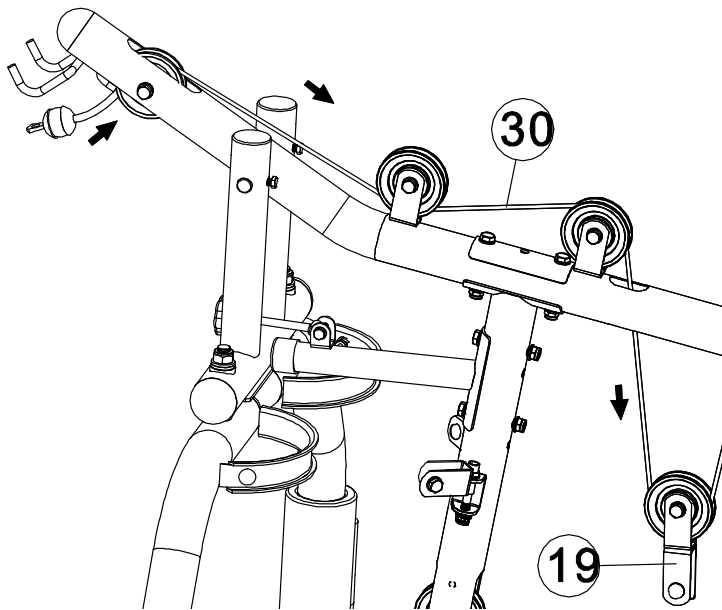


(73) Flat Washer Ø10  
4 PCS

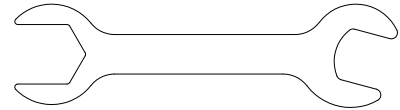


(68) Nylon Lock Nut M10  
2 PCS





**Tool:**



*2 Wrenches (19-17)*

### Step 3

Pull the Lat Bar Cable (30) downwards. Draw the Lat Bar Cable (30) around the Pulley (60). Then attach the Pulley (60) onto the Double Floating Pulley Bracket (19) with one M10x45 Hex Bolt (84), one M10 Nylon Lock Nut (68), and two Ø10 Flat Washers (73). Tighten bolt and nut with two Wrenches provided.

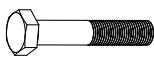
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

**Pulley:**



(60) Pulley  
1 PC

**Hardware:**



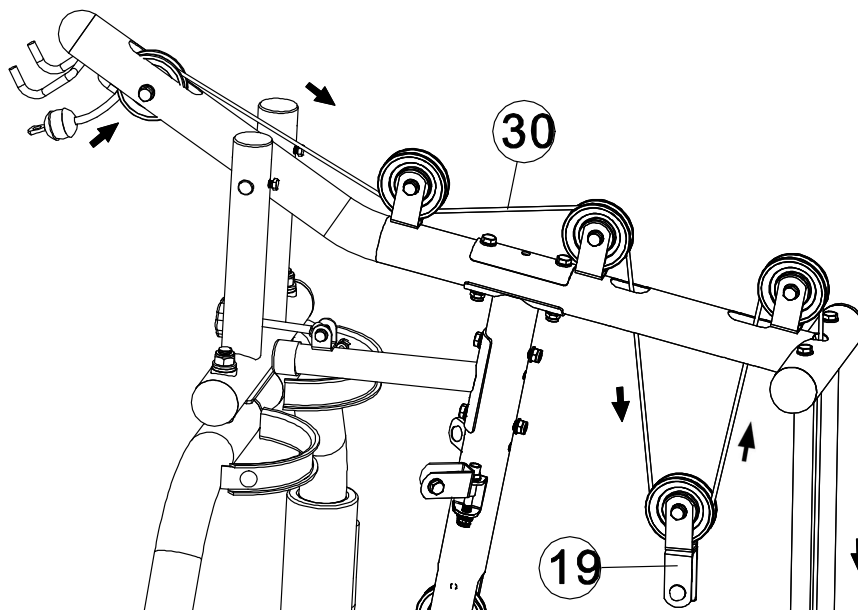
(84) M10x45 Hex Bolt  
1 PC



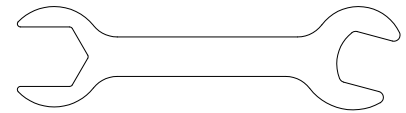
(73) Flat Washer Ø10  
2 PCS



(68) Nylon Lock Nut M10  
1 PC



**Tool:**



*2 Wrenches (19-17)*

#### **Step 4**

Pull the Lat Bar Cable (30) upwards to the Pulley (60) and draw it around the Pulley (60). Then attach the Pulley (60) onto the Top Frame (3) with one M10x45 Hex Bolt (84), one M10 Nylon Lock Nut (68), and two Ø10 Flat Washers (73). Tighten bolt and nut with two Wrenches provided.

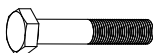
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

#### **Pulley:**



(60) Pulley  
1 PC

#### **Hardware:**



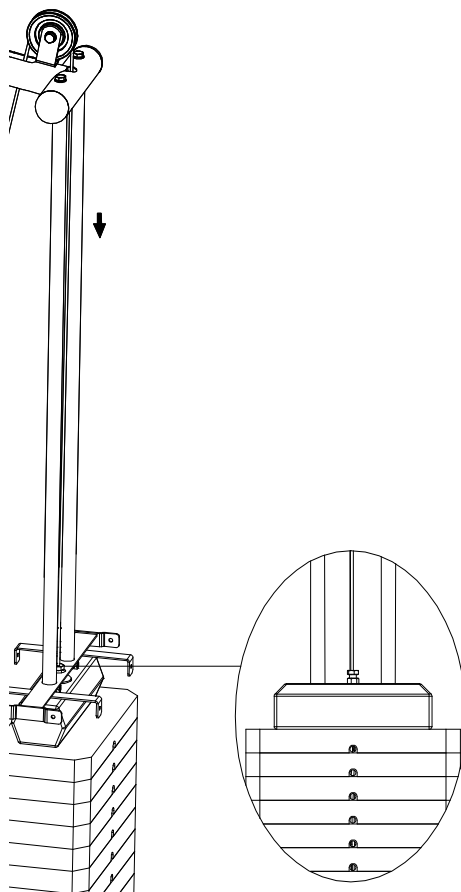
(84) M10x45 Hex Bolt  
1 PC



(73) Flat Washer Ø10  
2 PCS

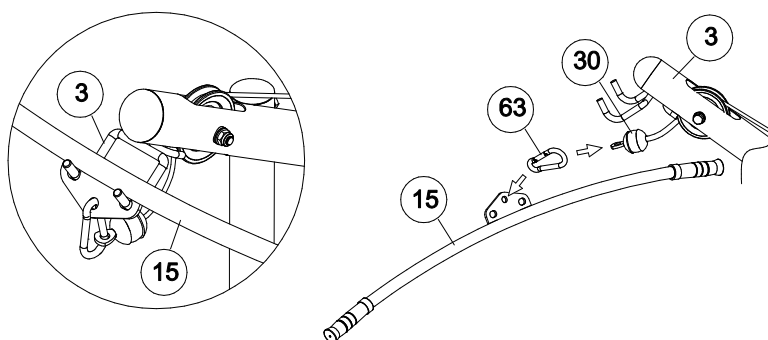


(68) Nylon Lock Nut M10  
1 PC



### Step 5

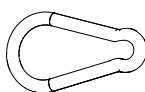
Pull the Lat Bar Cable (30) downwards to the Guide Rod (41). Thread the bolt at the end of the Lat Bar Cable (30) into the opening on top of the Guide Rod (41) to secure the cable.  
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**



### Step 6

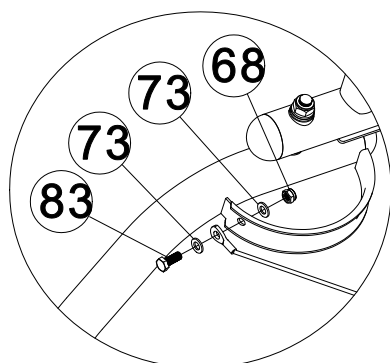
Connect the Hook (63) to the ball stopper end of the Lat Bar Cable (30) and Lat Bar (15).  
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

### Hardware:



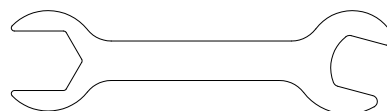
(63) Hook  
1 PC

# PULLEYS AND BUTTERFLY ARM CABLE INSTALLATION



*Butterfly Arm Cable*

## Tool:



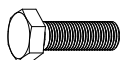
*2 Wrenches (19-17)*

## Step 1

Attach one end of the Butterfly Arm Cable (31) onto the Left Butterfly Arm (13) with one M10x25 Hex Bolt (83), one M10 Nylon Lock Nut (68), and two Ø10 Flat Washers (73). Tighten bolt and nut with two Wrenches provided.

**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

## Hardware:



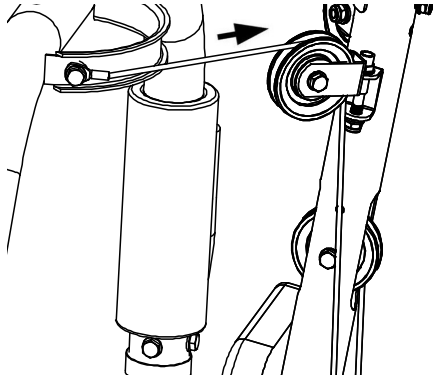
(83) M10x25 Hex Bolt  
1 PC



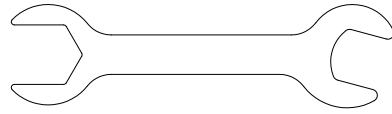
(73) Flat Washer Ø10  
2 PCS



(68) Nylon Lock Nut M10  
1 PC



### Tool:



2 Wrenches (19-17)

### Step 2

Attach the Pulley Bracket (20) onto the left clevis of the Main Support Tube (2) with one M10x65 Hex Bolt (85), one M10 Nylon Lock Nut (68), and two Ø10 Flat Washers (73). Tighten bolt and nut with two Wrenches provided.

Insert the other end of the Butterfly Arm Cable (31) around the Pulley (60). Then attach the Pulley (60) onto the Pulley Bracket (20) with one M10x45 Hex Bolt (84), one M10 Nylon Lock Nut (68), and two Ø10 Flat Washers (73). Tighten bolt and nut with two Wrenches provided.

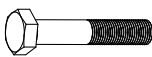
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

### Pulley:



(60) Pulley  
1 PC

### Hardware:



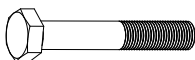
(84) M10x45 Hex Bolt  
1 PC



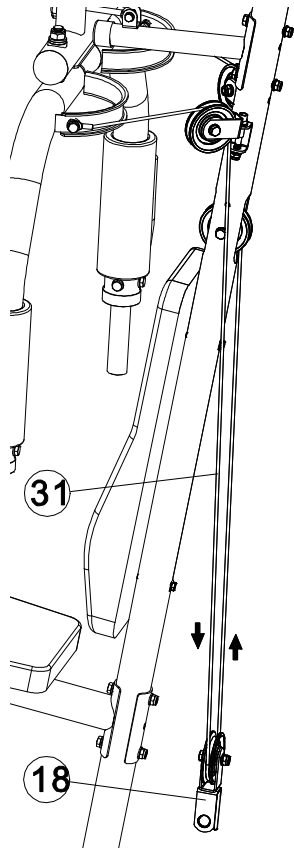
(73) Flat Washer Ø10  
4 PCS



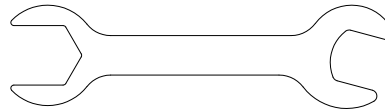
(68) Nylon Lock Nut M10  
2 PCS



(85) M10x65 Hex Bolt  
1 PC



### Tool:



2 Wrenches (19-17)

### Step 3

Pull the Butterfly Arm Cable (31) downwards to the Crossed Double Floating Pulley Bracket (18). Draw the Butterfly Arm Cable (31) around the Pulley (60) on the Crossed Double Floating Pulley Bracket (18). Then attach the Pulley (60) onto the Crossed Double Floating Pulley Bracket (18) with one M10x45 Hex Bolt (84), one M10 Nylon Lock Nut (68), and two Ø10 Flat Washers (73). Tighten bolt and nut with two Wrenches provided.

Pull the Butterfly Arm Cable (31) upwards, then use the same procedure as step 2 and step 1 to install the other end of the Butterfly Arm Cable (31).

**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

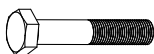
### Pulley:



(60) Pulley

2 PCS

### Hardware:



(84) M10x45 Hex Bolt

2 PCS



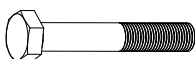
(73) Flat Washer Ø10

8 PCS



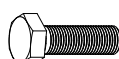
(68) Nylon Lock Nut M10

4 PCS



(85) M10x65 Hex Bolt

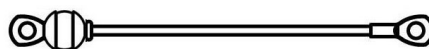
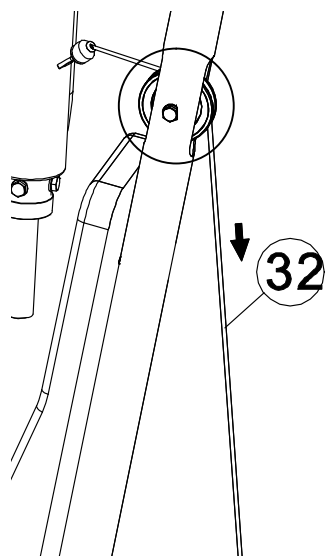
1 PC



(83) M10x25 Hex Bolt

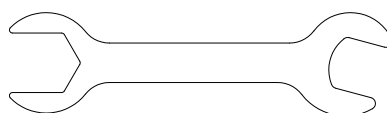
1 PC

# PULLEYS AND ABDOMINAL CABLE INSTALLATION



*Abdominal Cable*

**Tool:**



*2 Wrenches (19-17)*

## Step 1

Insert the Abdominal Cable (32) around the Pulley (60) with the ball end of the cable at the front of the Pulley (60). Then attach the Pulley (60) onto the Main Support Tube (2) with one M10x80 Hex Bolt (86), one M10 Nylon Lock Nut (68), two Ø10 Flat Washers (73), and two Flange Covers (61). Tighten bolt and nut with two Wrenches provided.

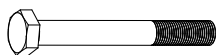
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

**Pulley:**



(60) Pulley  
1 PC

**Hardware:**



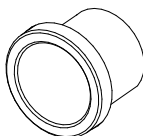
(86) M10x80 Hex Bolt  
1 PC



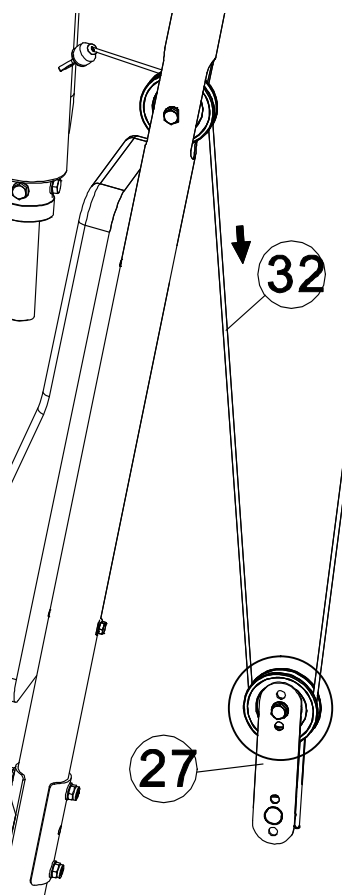
(73) Flat Washer Ø10  
2 PCS



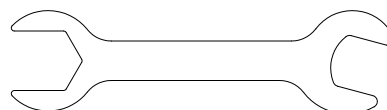
(68) Nylon Lock Nut M10  
1 PC



(61) Flange Cover  
2 PCS



**Tool:**



*2 Wrenches (19-17)*

## Step 2

Pull the Abdominal Cable (32) downwards. Draw the Abdominal Cable (32) around the Pulley (60). Then attach the Pulley (60) onto two Pulley Plates (27) with one M10x45 Hex Bolt (84), one M10 Nylon Lock Nut (68), and two Ø10 Flat Washers (73). Tighten bolt and nuts with two Wrenches provided.

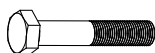
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

**Pulley:**



(60) Pulley  
1 PC

**Hardware:**



(84) M10x45 Hex Bolt  
1 PC

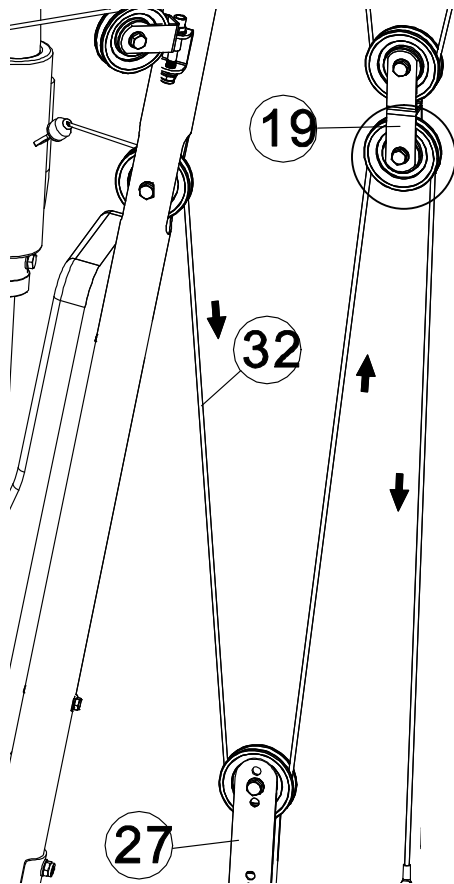


(73) Flat Washer Ø10  
2 PCS

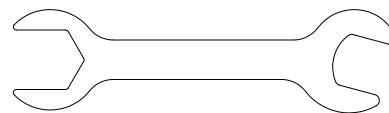


(68) Nylon Lock Nut M10  
1 PC





**Tool:**



*2 Wrenches (19-17)*

### Step 3

Pull the Abdominal Cable (32) upwards. Draw the Abdominal Cable (32) around the Pulley (60). Then attach the Pulley (60) onto the Double Floating Pulley Bracket (19) with one M10x45 Hex Bolt (84), one M10 Nylon Lock Nut (68), and two Ø10 Flat Washers (73). Tighten bolt and nut with two Wrenches provided.

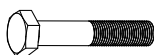
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

**Pulley:**



(60) Pulley  
1 PC

**Hardware:**



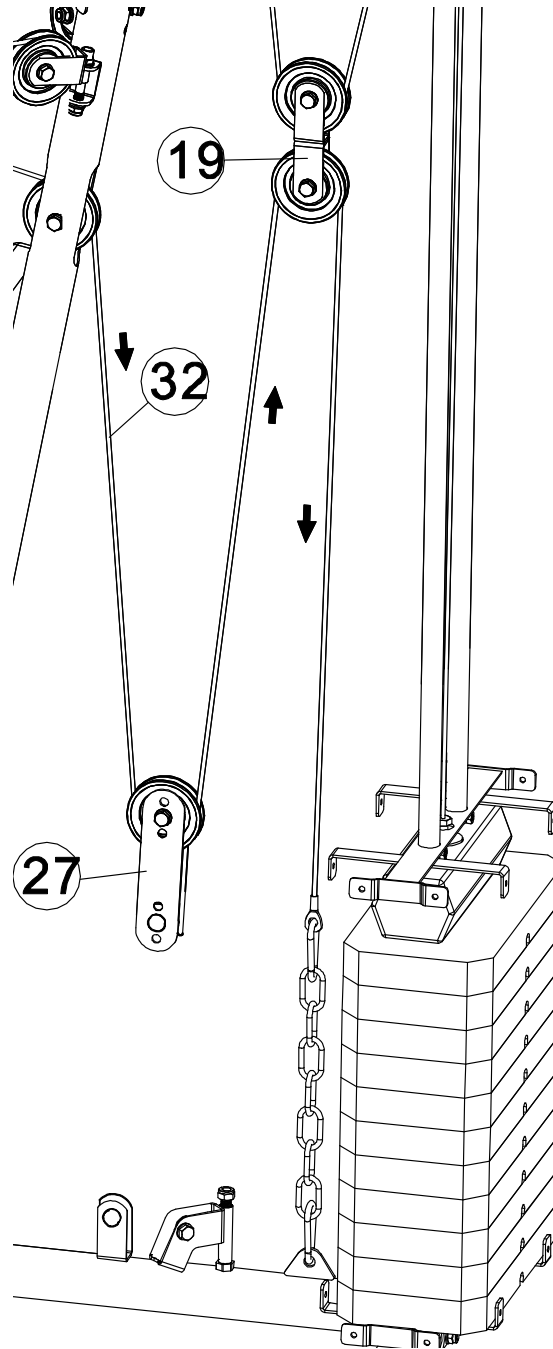
(84) M10x45 Hex Bolt  
1 PC



(73) Flat Washer Ø10  
2 PCS



(68) Nylon Lock Nut M10  
1 PC

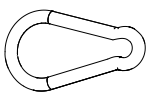


#### Step 4

Pull the Abdominal Cable (32) downwards to connect the Hook (63) to the end of the Abdominal Cable (32) and Coil Chain (64). Connect the other Hook (63) to the Coil Chain (64) and Main Base Tube (1).

**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

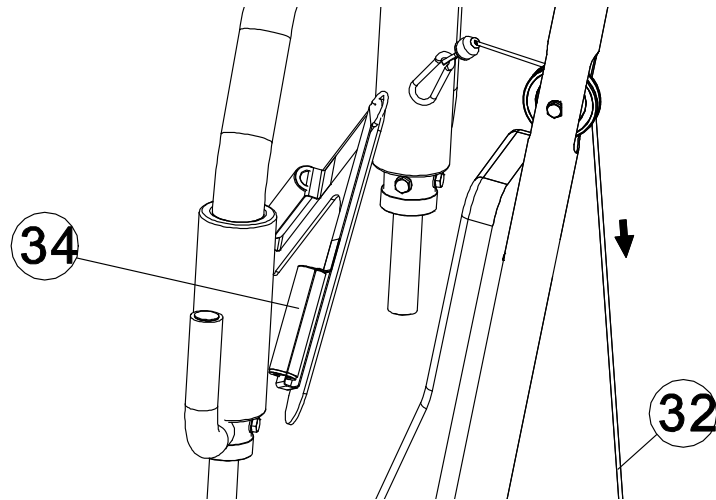
#### Hardware:



(63) Hook  
2 PCS



(64) Coil Chain (200)  
1 PC

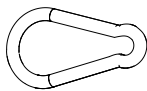


### Step 5

Connect the Hook (63) to the ball stopper end of the Abdominal Cable (32) and Abdominal Strap (34).

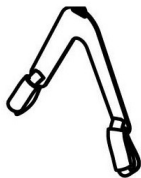
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

### Hardware:



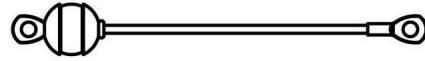
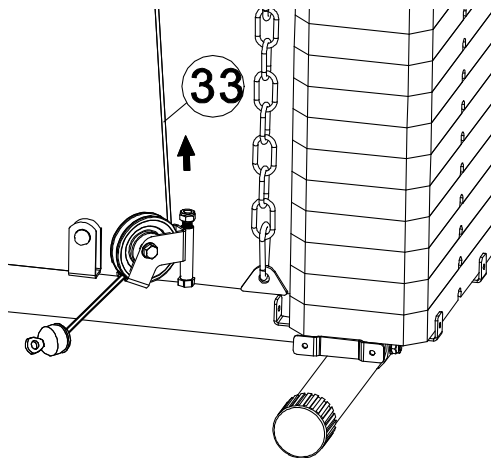
(63) Hook  
1 PC

### Accessory:



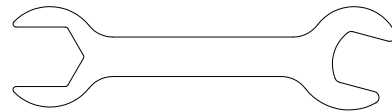
(34) Abdominal Strap  
1 PC

# PULLEYS AND LEG EXTENSION CABLE INSTALLATION



*Leg Extension Cable*

## Tool:



*2 Wrenches (19-17)*

## Step 1

Insert the Leg Extension Cable (33) around the Pulley (60) with the ball end of the cable at the front of the Pulley (60). Then attach the Pulley (60) onto the Side Pulley Bracket (4) with one M10x45 Hex Bolt (84), one M10 Nylon Lock Nut (68), and two Ø10 Flat Washers (73). Tighten bolt and nut with two Wrenches provided.

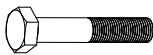
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

## Pulley:



(60) Pulley  
1 PC

## Hardware:



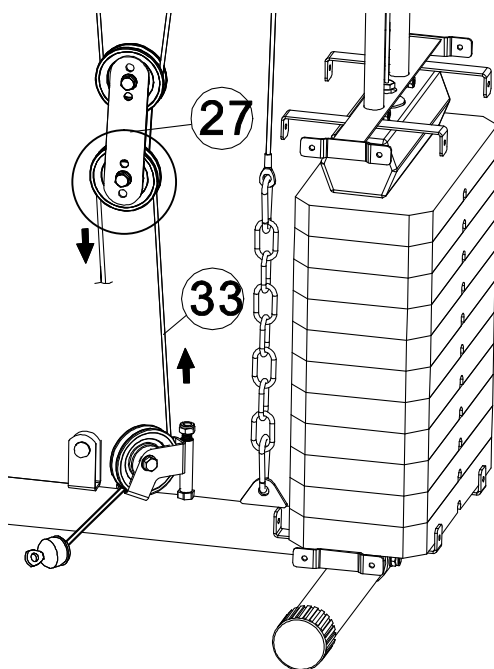
(84) M10x45 Hex Bolt  
1 PC



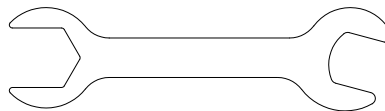
(73) Flat Washer Ø10  
2 PCS



(68) Nylon Lock Nut M10  
1 PC



**Tool:**



*2 Wrenches (19-17)*

## Step 2

Pull the Leg Extension Cable (33) upwards. Draw the Leg Extension Cable (33) around the Pulley (60). Then attach the Pulley (60) onto two Pulley Plates (27) with one M10x45 Hex Bolt (84), one M10 Nylon Lock Nut (68), and two Ø10 Flat Washers (73). Tighten bolt and nut with two Wrenches provided.

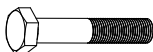
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

**Pulley:**



(60) Pulley  
1 PC

**Hardware:**



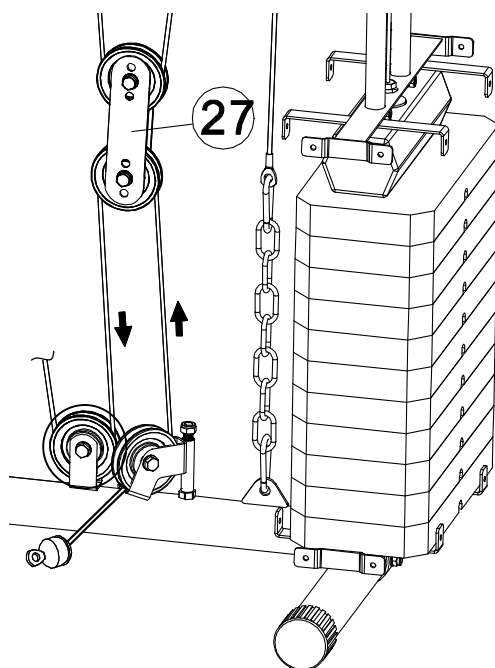
(84) M10x45 Hex Bolt  
1 PC



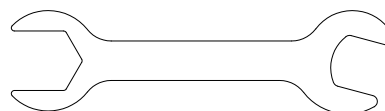
(73) Flat Washer Ø10  
2 PCS



(68) Nylon Lock Nut M10  
1 PC



### Tool:



2 Wrenches (19-17)

### Step 3

Pull the Leg Extension Cable (33) downwards. Draw the Leg Extension Cable (33) around the Pulley (60). Then attach the Pulley (60) onto the Main Base Tube (1) with one M10x45 Hex Bolt (84), one M10 Nylon Lock Nut (68), and two Ø10 Flat Washers (73). Tighten bolt and nut with two Wrenches provided.

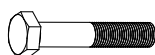
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

### Pulley:



(60) Pulley  
1 PC

### Hardware:



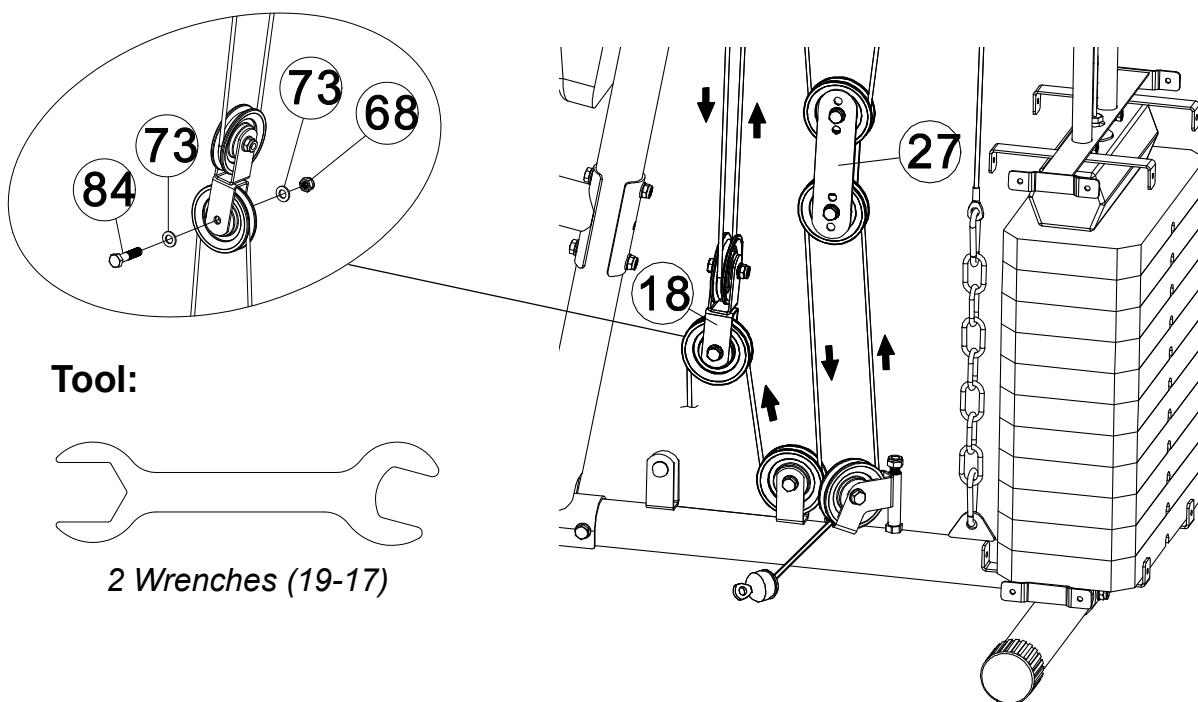
(84) M10x45 Hex Bolt  
1 PC



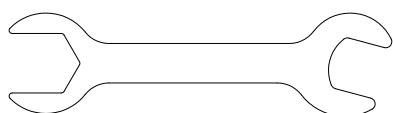
(73) Flat Washer Ø10  
2 PCS



(68) Nylon Lock Nut M10  
1 PC



**Tool:**



2 Wrenches (19-17)

#### Step 4

Pull the Leg Extension Cable (33) upwards to the Crossed Double Floating Pulley Bracket (18). Draw the Leg Extension Cable (33) around the Pulley (60) on the Crossed Double Floating Pulley Bracket (18). Then attach the Pulley (60) onto the Crossed Double Floating Pulley Bracket (18) with one M10x45 Hex Bolt (84), one M10 Nylon Lock Nut (68), and two Ø10 Flat Washers (73). Tighten bolt and nut with two Wrenches provided.

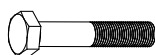
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

**Pulley:**



(60) Pulley  
1 PC

**Hardware:**



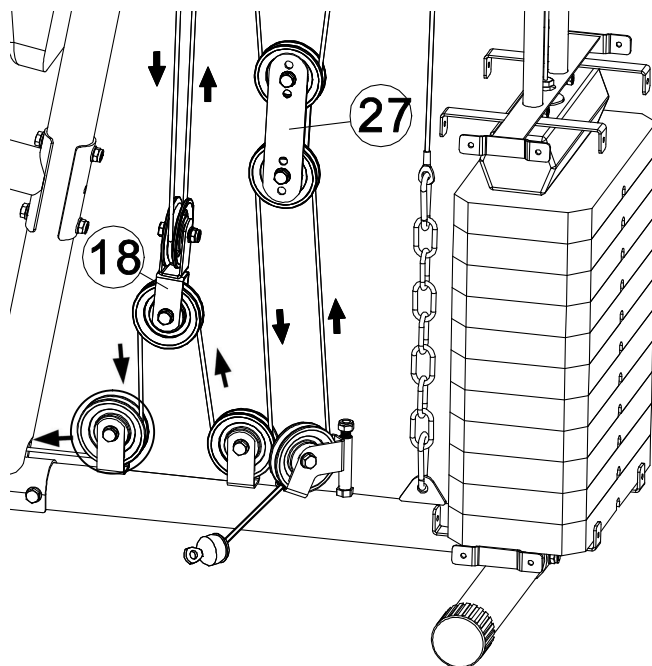
(84) M10x45 Hex Bolt  
1 PC



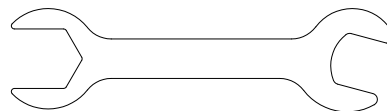
(73) Flat Washer Ø10  
2 PCS



(68) Nylon Lock Nut M10  
1 PC



**Tool:**



*2 Wrenches (19-17)*

### Step 5

Pull the Leg Extension Cable (33) downwards. Draw the Leg Extension Cable (33) around the Pulley (60). Then attach the Pulley (60) onto the Main Base Tube (1) with one M10x45 Hex Bolt (84), one M10 Nylon Lock Nut (68), and two Ø10 Flat Washers (73). Tighten bolt and nut with two Wrenches provided.

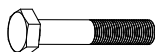
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

**Pulley:**



(60) Pulley  
1 PC

**Hardware:**



(84) M10x45 Hex Bolt  
1 PC

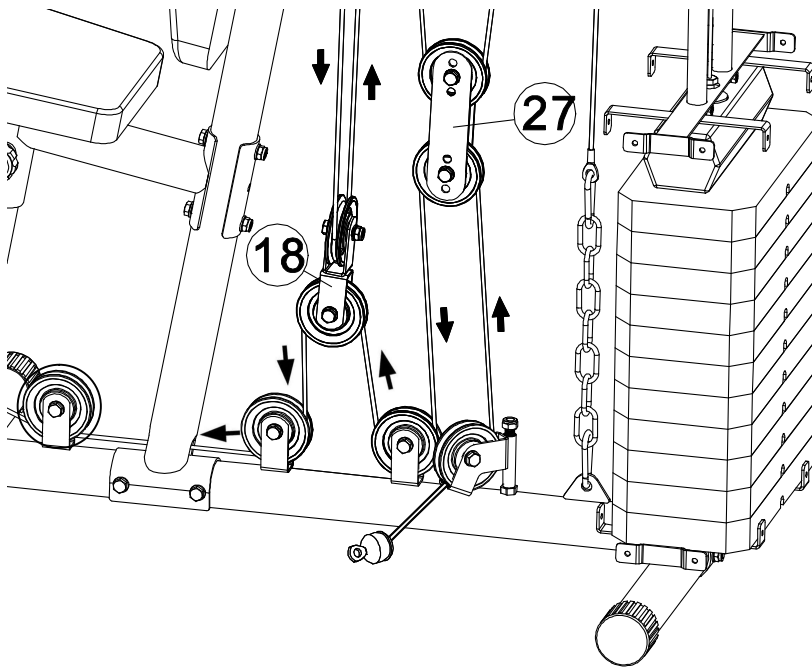


(73) Flat Washer Ø10  
2 PCS

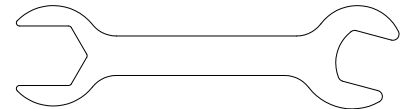


(68) Nylon Lock Nut M10  
1 PC





**Tool:**



*2 Wrenches (19-17)*

### Step 6

Pull the Leg Extension Cable (33) towards. Draw the Leg Extension Cable (33) around the Pulley (60). Then attach the Pulley (60) onto the Main Base Tube (1) with one M10x45 Hex Bolt (84), one M10 Nylon Lock Nut (68), and two Ø10 Flat Washers (73). Tighten bolt and nut with two Wrenches provided.

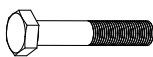
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

**Pulley:**



(60) Pulley  
1 PC

**Hardware:**



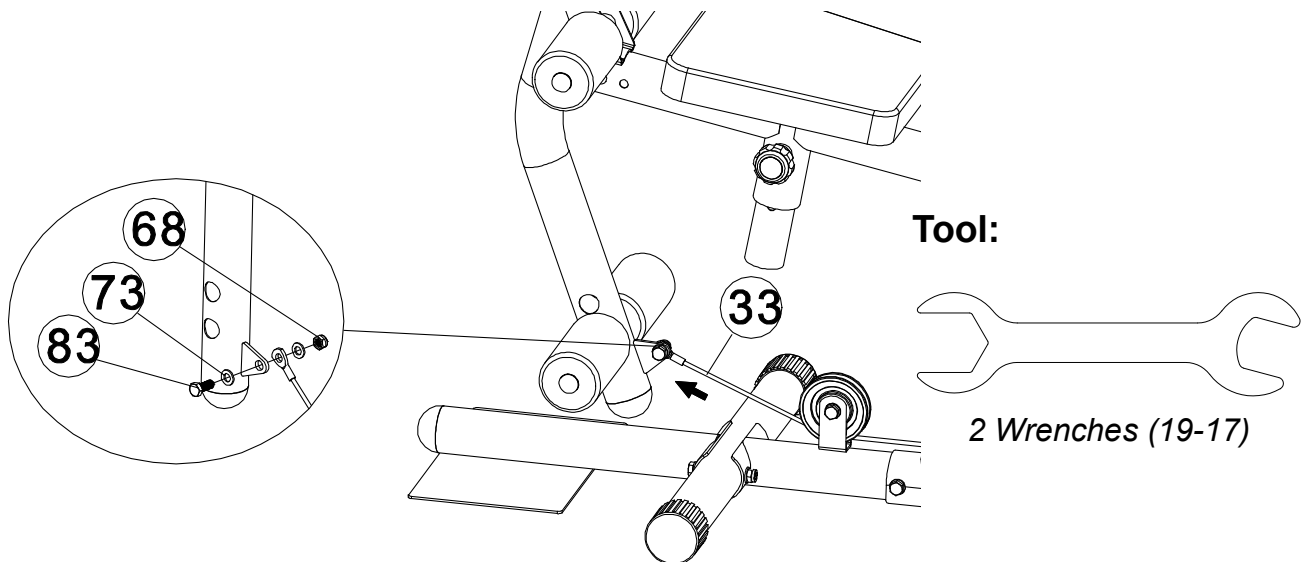
(84) M10x45 Hex Bolt  
1 PC



(73) Flat Washer Ø10  
2 PCS



(68) Nylon Lock Nut M10  
1 PC

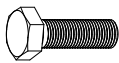


### Step 7

Pull the Leg Extension Cable (33) upwards to the Leg Extension Tube (8). Then attach the end of the Leg Extension Cable (33) onto the Leg Extension Tube (8) with one M10x25 Hex Bolt (83), one M10 Nylon Lock Nut (68), and two Ø10 Flat Washers (73). Tighten bolt and nut with two Wrenches provided.

**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

### Hardware:



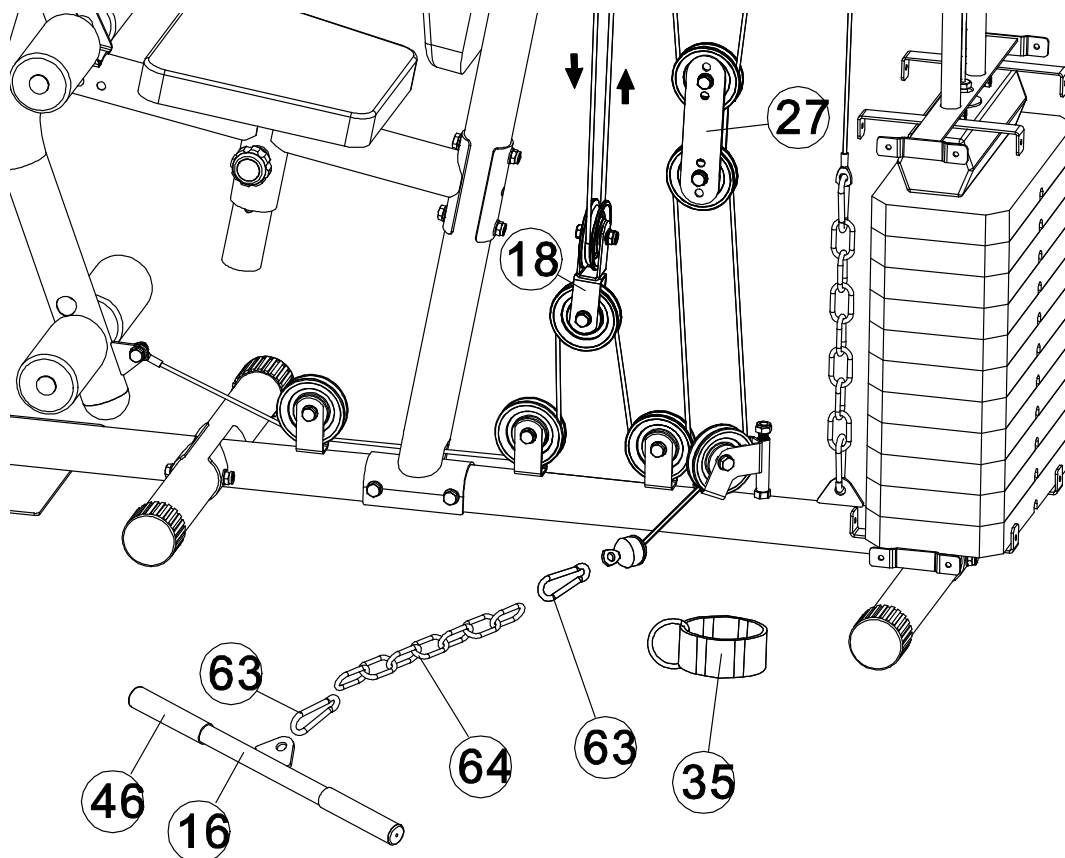
(83) M10x25 Hex Bolt  
1 PC



(73) Flat Washer Ø10  
2 PCS



(68) Nylon Lock Nut M10  
1 PC

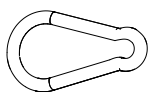


### Step 8

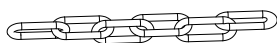
Connect the Hook (63) to the ball stopper end of the Leg Extension Cable (33) and Coil Chain (64). Connect the other Hook (63) to the Coil Chain (64) and Low Row Bar (16) or Ankle Strap (35).

**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 25.**

### Hardware:



(63) Hook  
2 PCS

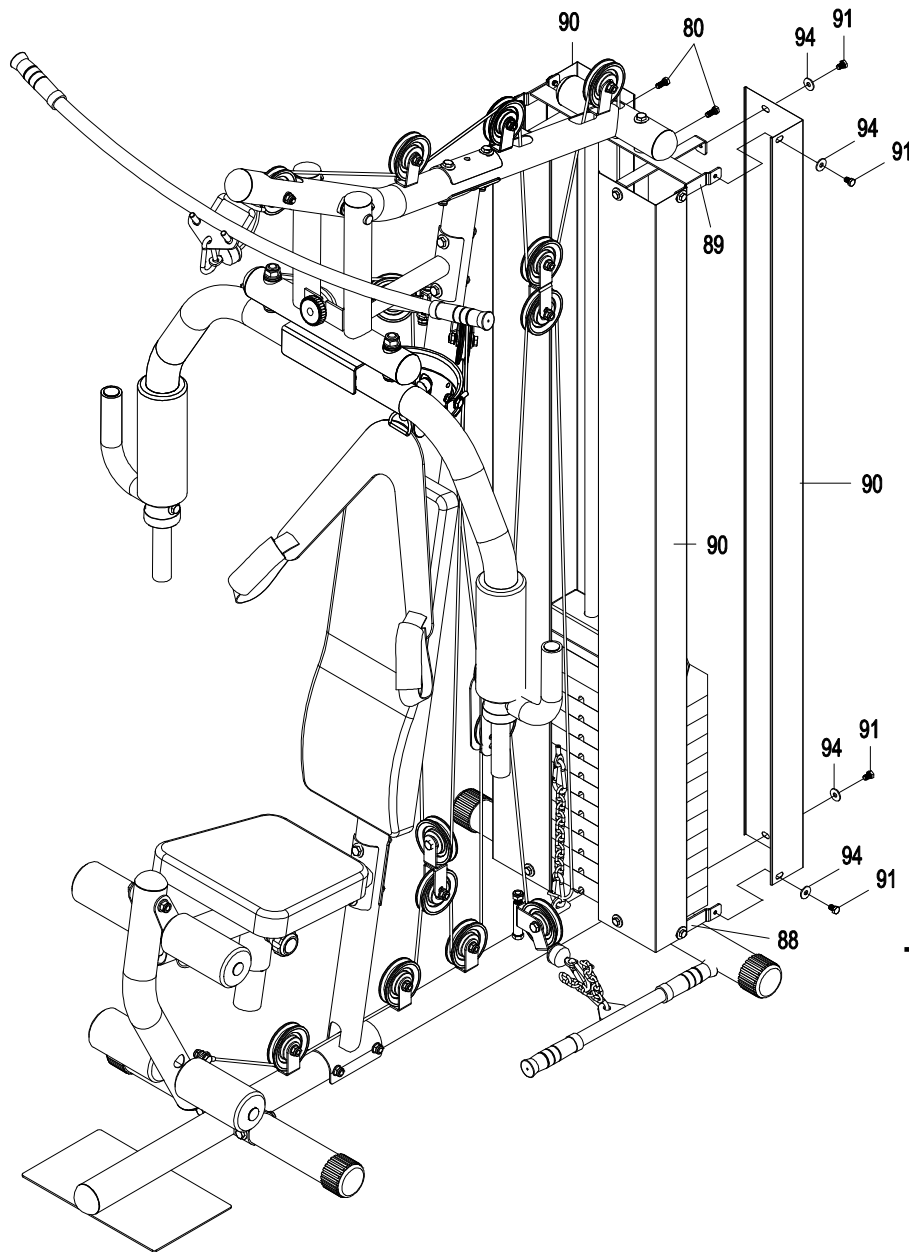


(64) Coil Chain (200)  
1 PC

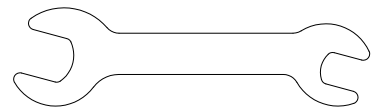


(35) Ankle Strap  
1 PC

# WEIGHT STACK COVER INSTALLATION



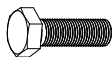
## Tool:



1 Wrench (14-10)

Attach four Weight Stack Covers (90) onto the Bottom Cover Support (88) and Top Cover Support (89) with two M8x20 Hex Bolts (80), sixteen M8x12 Hex Bolts (91), and sixteen Ø8 Big Washers (72). Tighten bolts with the Wrench provided.

## Hardware:



(80) M8x20 Hex Bolt  
2 PCS



(91) M8x12 Hex Bolt  
16 PCS



(94) Ø8 Big Washer  
16 PCS

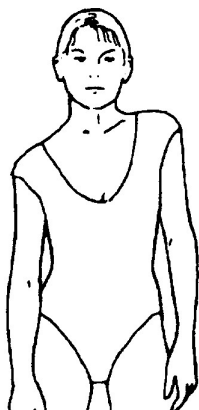
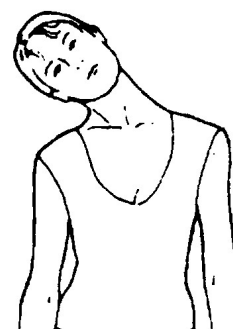
# WARM UP AND COOL DOWN ROUTINE

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.

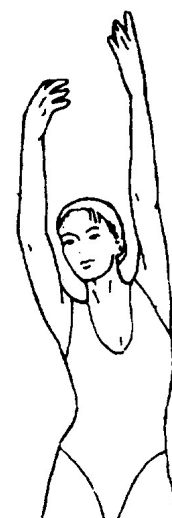
## HEAD ROLLS

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.



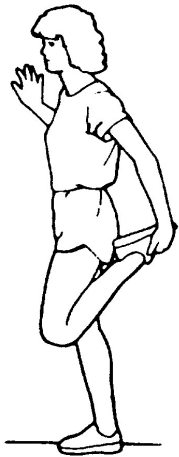
## SHOULDER LIFTS

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.

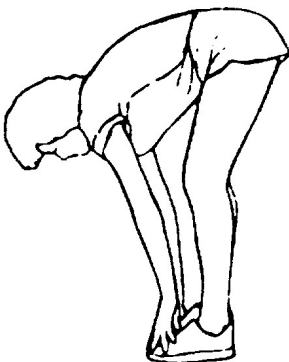


### **QUADRICEPS STRETCH**

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.

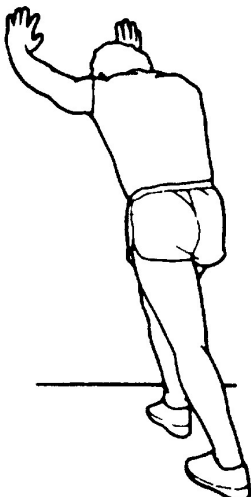
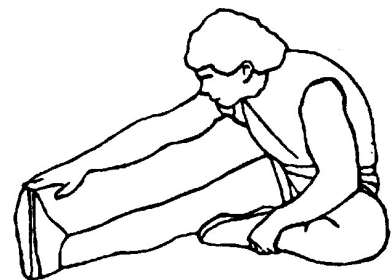


### **TOE TOUCHES**

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