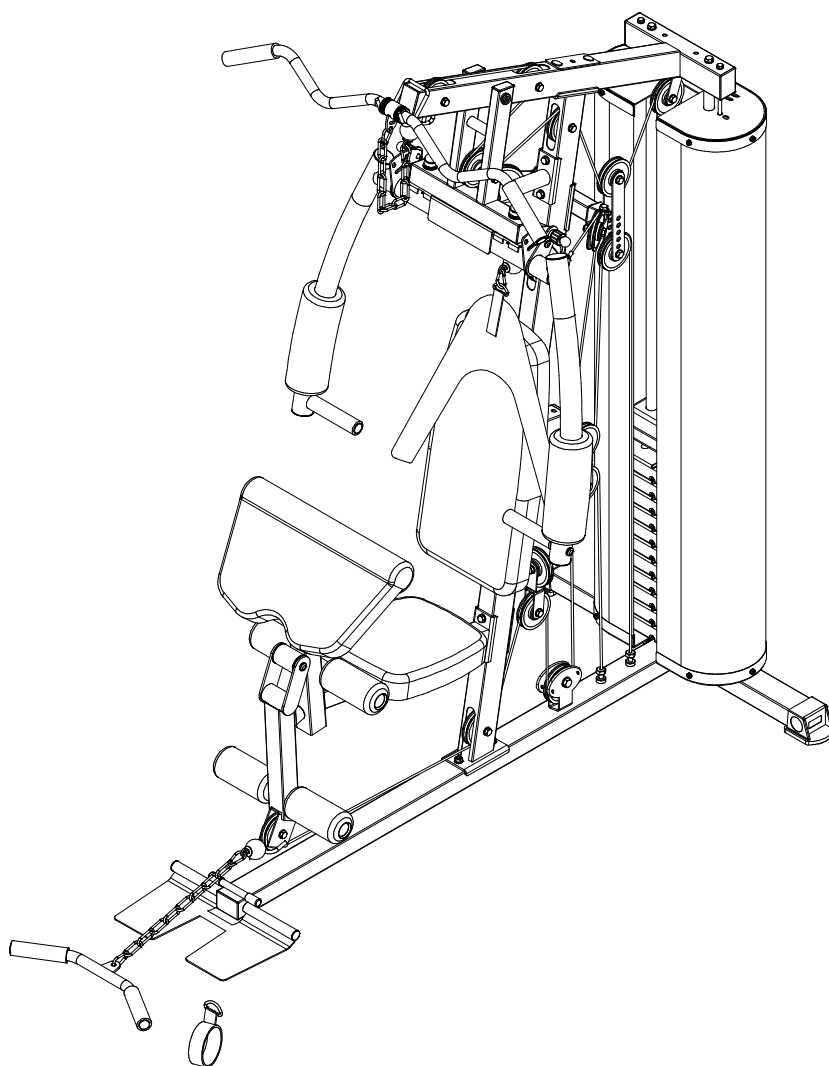


# ***HOME GYM***

## ***ITEM NO: 63144***

### ***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.

2025, June

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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 the home gym.

1. Read all instructions carefully and follow them before using this home gym. Ensure that the home gym is properly assembled and securely fastened before use.
2. Before exercising, it is recommended to perform warm-up exercises to avoid muscle injuries.
3. Before each use, check to make sure that all parts are undamaged and securely fastened. Place the home gym on a flat surface during use.
4. Never drop or insert any object into any opening.
5. Wear appropriate clothing and shoes when using the home gym. Avoid wearing loose clothing that could become caught in any part of the equipment.
6. Do not attempt any maintenance or adjustments other than those described in this manual. If any problems arise, discontinue use and consult your local dealer.
7. Close supervision is required when the home gym is used by, on, or near children, invalids, or disabled persons.
8. Children under the age of 12 should not use the home gym at any time.
9. Children aged 12 and older 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 before each use.
13. This home gym is intended for household use only. It is not designed for commercial use.
14. Only one person should use the home gym at a time.
15. If you experience chest pain, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before resuming.
16. Exercise caution when 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 equipment while it is in use. This home gym is designed for adult use only. A minimum clearance of two meters around the home gym is required for safe operation.
18. The maximum weight capacity for this product is 120 kg.

**WARNING:** Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

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



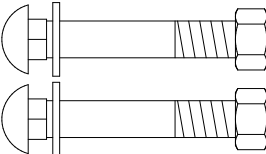
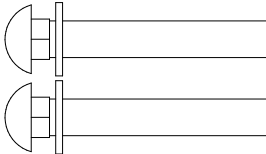
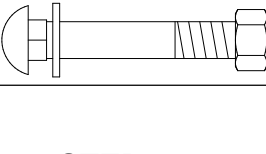
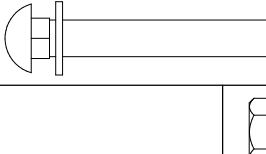
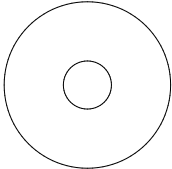

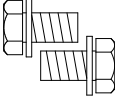
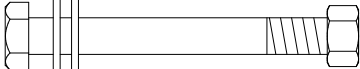
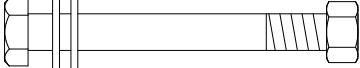
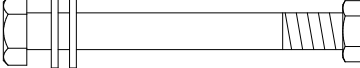
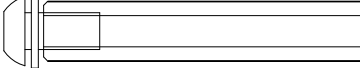
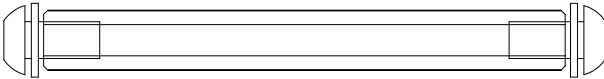
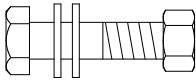
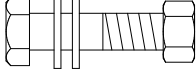
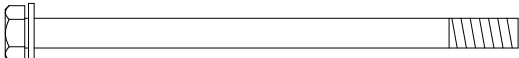
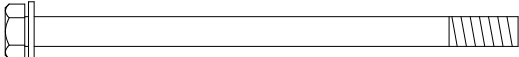

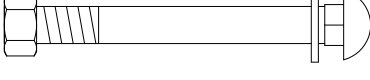
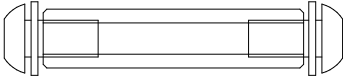
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Rear Base Tube	1	036	Arm Curl Pad	1
002	Base Tube	1	037	Weight Stack Cover	2
003	Round Rubber Pad	1	038	Handle Strap	1
004	Foot Plate	1	039	Ankle Strap	1
005	Weight Guide	2	040	Arm Foam Roller	2
006	Upright Tube	1	041	Foam Roller	4
007	Seat Tube	1	042	Handgrip	6
008	Foot Plate Tube	1	043	Round Knob	2
009	Lower Weight Stack Cover Support	1	044	Rubber Bumper Ø60xØ25x28	2
010	Weight Selector	1	045	Rubber Bumper Ø45xØ34x40	1
011	Upper Weight Stack Cover Support	1	046	Pulley	17
012	Top Frame	1	047	Foot Cap	2
013	Pivot Frame	1	048	Weight Selector Shaft Bushing	1
014	Upright Support Tube	1	049	Rectangular End Cap (□50x70)	4
015	Pulley Bracket	1	050	Rectangular End Cap (□25x50)	4
016	Leg Lever	1	051	Square End Cap (□50)	2
017	Arm Curl Post	1	052	Foam Roller Tube End Cap	4
018	Right Arm	1	053	Round End Cap Ø50	4
019	Handle	2	054	Weight Selector End Cap	1
020	Left Arm	1	055	Square Plastic Bushing	1
021	Double Floating Pulley Bracket	2	056	Round End Cap Ø25	8
022	Double Pulley Bracket	1	057	Round Plastic Bushing	2
023	Crossed Double Floating Pulley Bracket	1	058	Rubber Bumper Ø38xØ32x16	1
024	Foam Roller Tube	2	059	Lat Bar Shaft Sleeve	2
025	Weight Stack Cover Plate	4	060	Square End Cap (□38)	1
026	Lat Bar	1	061	Washer	3
027	Low Row Bar	1	062	Pin	1
028	U-shaped Pulley Bracket	2	063	Weight Selector Pin	1
029	High-tensile Strength Casing Weldment	1	064	Rivet	4
030	Top Weight Stack	1	065	Snap Hook	5
031	Weight Stack	11	066	Coil Chain	2
032	Cable (L=2785 mm)	3	067	Axle	1
033	Arm Cable (L=2760 mm)	1	068	Big Bushing	4
034	Seat Pad	1	069	Small Bushing	12
035	Backrest	1	070	Carriage Bolt M10x90	6

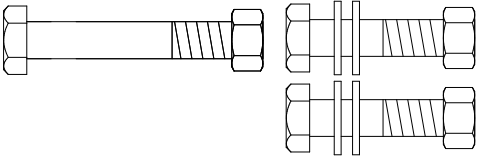
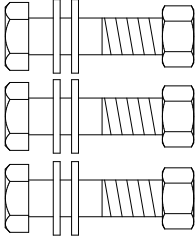
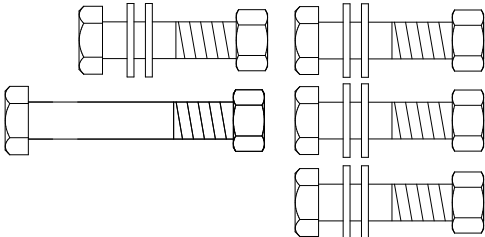
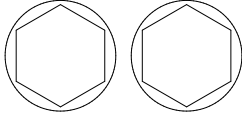
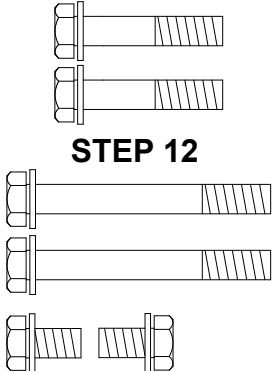
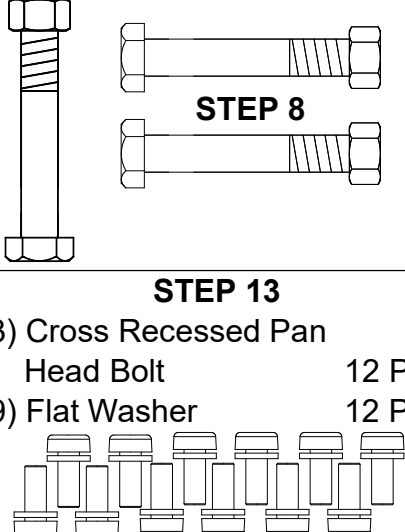
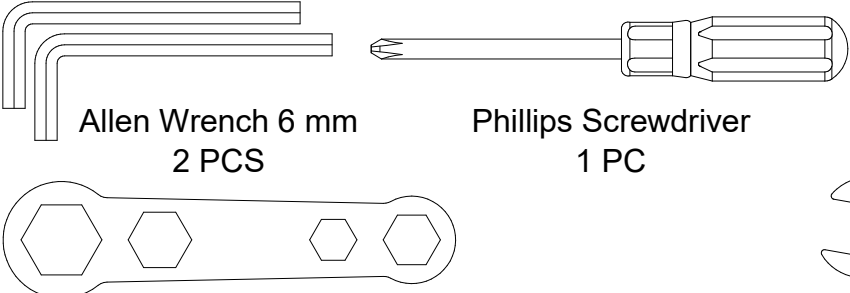
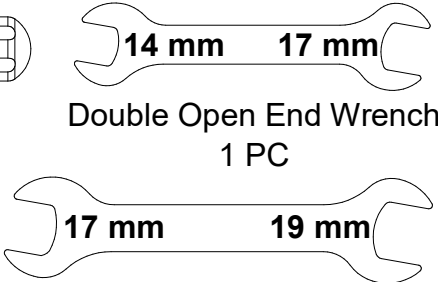
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
071	Carriage Bolt M10x65	2	087	Flat Washer Ø10	50
072	Hexagon Socket Pan Head Cap Bolt M10x20	6	088	Flat Washer Ø8	14
073	Hexagon Head Bolt M10x135	2	089	Flat Washer Ø6	12
074	Hexagon Head Bolt M10x90	2	090	Hexagon Head Bolt M10x95	1
075	Hexagon Head Bolt M10x65	7	091	Hexagon Nut Cap M16	2
076	Hexagon Head Bolt M10x45	11	092	PVC Sleeve	2
077	Hexagon Head Bolt M10x20	4	093	Backrest Adjusting Tube	1
078	Hexagon Head Bolt M8x150	2	094	Spacer	2
079	Hexagon Head Bolt M8x40	2	095	PVC Rubber Sleeve	2
080	Hexagon Head Bolt M8x65	2	096	Lock Nut M8	2
081	Hexagon Head Bolt M8x15	4	097	Hexagon Socket Pan Head Cap Bolt M8x20	2
082	Cross Recessed Pan Head Bolt M6x15	3	098	Small Round Knob	2
083	Cross Recessed Pan Head Bolt M6x10	12	099	Pivot Frame Bushing	4
084	Nylon Nut M16	2	100	Seat Tube Square Plastic Bushing	1
085	Nylon Nut M10	32	101	Pivot Frame Shaft	1
086	Big Washer Ø16	2	102	Flat Washer Ø28	2

# HARDWARE PACK

<b>STEP 1</b>  		(70) Carriage Bolt      2 PCS (85) Nylon Nut          2 PCS (87) Flat Washer        2 PCS
<b>STEP 2</b>    		(70) Carriage Bolt      2 PCS (71) Carriage Bolt      2 PCS (85) Nylon Nut          4 PCS (87) Flat Washer        4 PCS
<b>STEP 3</b>   	(61) Washer              1 PC (62) Pin                  1 PC (81) Hexagon Head Bolt   2 PCS (88) Flat Washer        2 PCS	    
<b>STEP 8</b>  		<b>STEP 5</b> (72) Hexagon Socket Pan Head Cap      2 PCS (74) Hexagon Head Bolt                      2 PCS (85) Nylon Nut                                  3 PCS (87) Flat Washer                              6 PCS (90) Hexagon Head Bolt                      1 PC (101) Pivot Frame Shaft                      1 PC (102) Flat Washer                              2 PCS
(75) Hexagon Head Bolt      3 PCS (76) Hexagon Head Bolt      2 PCS (85) Nylon Nut                  5 PCS (87) Flat Washer              4 PCS		   
<b>STEP 6</b> 		<b>STEP 4</b> (70) Carriage Bolt                      2 PCS (78) Hexagon Head Bolt                  2 PCS (85) Nylon Nut                              2 PCS (87) Flat Washer                              2 PCS (88) Flat Washer                              2 PCS
(67) Axle                                  1 PC (72) Hexagon Socket Pan Head Cap      2 PCS (87) Flat Washer                              2 PCS		

# HARDWARE PACK

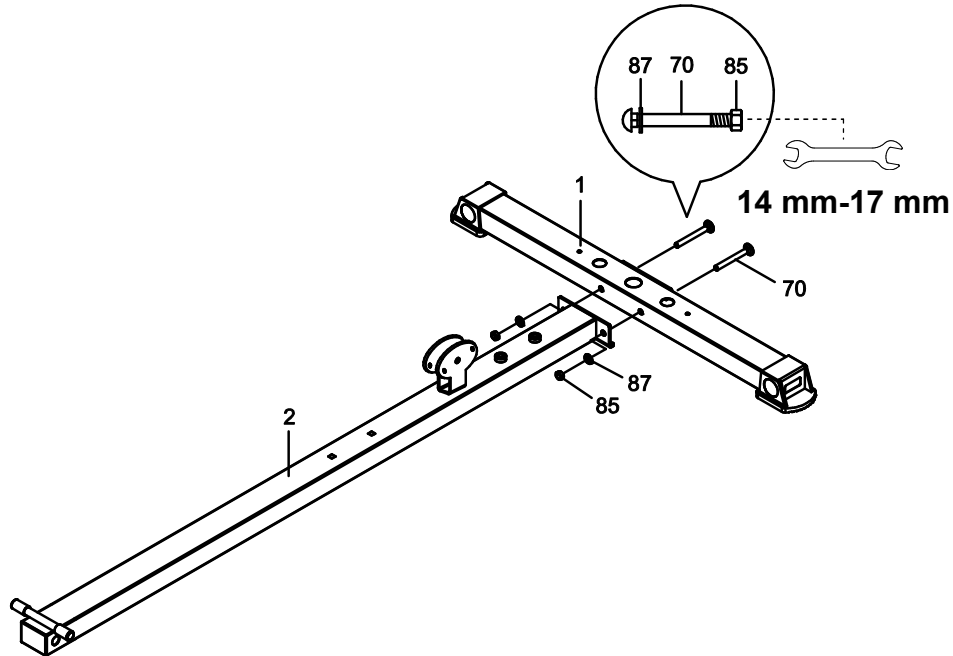
 <p><b>STEP 9</b></p> <p>(75) Hexagon Head Bolt 1 PC  (76) Hexagon Head Bolt 2 PCS  (85) Nylon Nut 3 PCS  (87) Flat Washer 4 PCS</p>	 <p><b>STEP 10</b></p> <p>(76) Hexagon Head Bolt 3 PCS  (85) Nylon Nut 3 PCS  (87) Flat Washer 6 PCS</p>
<p><b>STEP 11</b></p>  <p>(75) Hexagon Head Bolt 1 PC  (76) Hexagon Head Bolt 4 PCS  (85) Nylon Nut 5 PCS  (87) Flat Washer 6 PCS</p>	<p><b>STEP 14</b></p>  <p>(91) Hexagon Nut Cap 2 PCS</p>
 <p><b>STEP 12</b></p> <p>(79) Hexagon Head Bolt 2 PCS  (80) Hexagon Head Bolt 2 PCS  (81) Hexagon Head Bolt 2 PCS  (88) Flat Washer 6 PCS</p>	 <p><b>STEP 8</b></p> <p><b>STEP 13</b></p> <p>(83) Cross Recessed Pan Head Bolt 12 PCS  (89) Flat Washer 12 PCS</p>
 <p>Allen Wrench 6 mm 2 PCS  Phillips Screwdriver 1 PC  Multi Hex Tool 1 PC</p>  <p>Double Open End Wrench 14 mm 17 mm 1 PC  Double Open End Wrench 17 mm 19 mm 1 PC</p>	



This diagram is a detailed exploded view of a mechanical assembly, likely a piece of industrial machinery. It features numerous components, each labeled with a numerical part number. The assembly includes a main frame (1), a large cylindrical component (37), a series of rollers or guides (31), and various structural supports (25). Key sub-assemblies include a motor or actuator (11), a complex linkage mechanism (10, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 26, 27, 28, 29, 30, 32, 33, 34, 35, 36, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100), and a series of rollers or guides (31). The diagram uses perspective to show the spatial relationship between the parts, with lines indicating their assembly paths. The part numbers range from 1 to 100, with some parts having multiple instances.

# ASSEMBLY INSTRUCTIONS

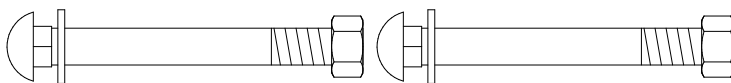
**NOTE:** It is recommended that this home gym be assembled by two or more people to avoid possible injury.



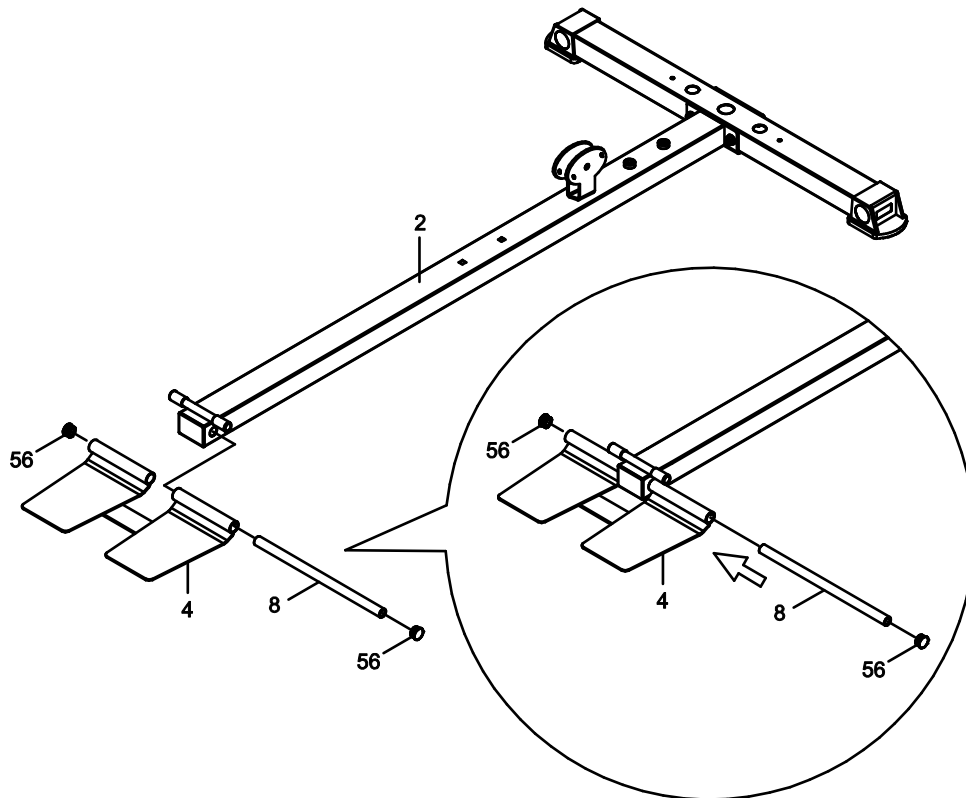
## STEP 1

Attach the Rear Base Tube (1) to the Base Tube (2) using two Carriage Bolts (70), two Nylon Nuts (85), and two Flat Washers (87). Tighten the nylon nuts using the provided 14 mm-17 mm Double Open End Wrench.

## Hardware:



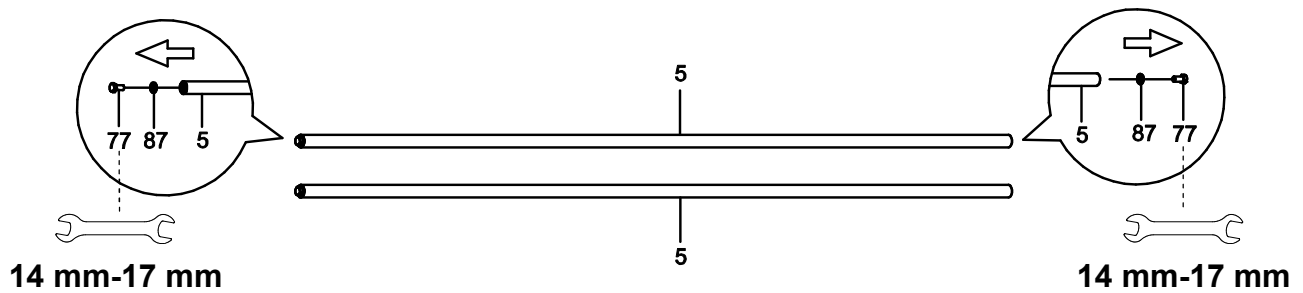
(70) Carriage Bolt	2 PCS
(85) Nylon Nut	2 PCS
(87) Flat Washer	2 PCS



### STEP 1-1

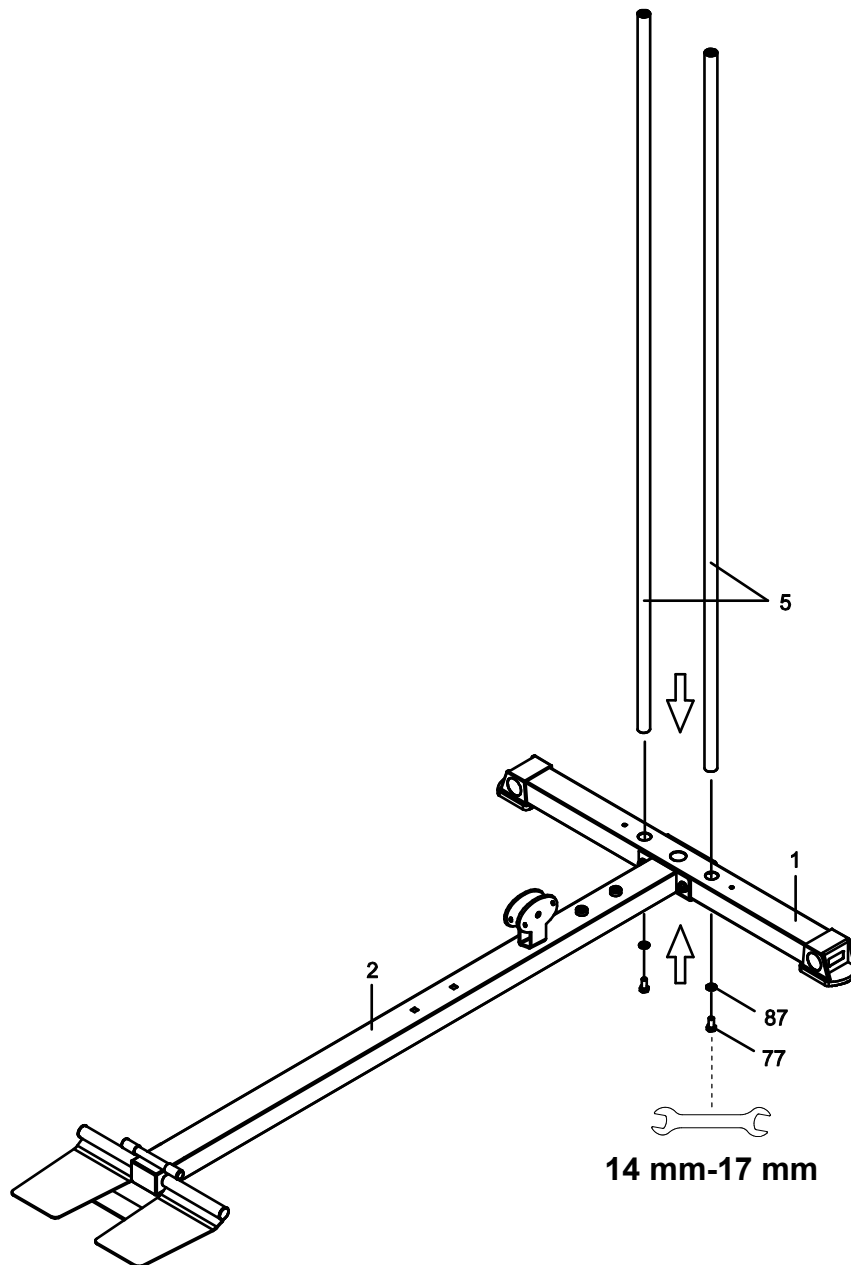
Fix the Foot Plate (4) to the Base Tube (2) by inserting the Foot Plate Tube (8) into the holes on the Foot Plate (4) and Base Tube (2).

Install two Round End Caps (56) onto each end of the Foot Plate Tube (8).



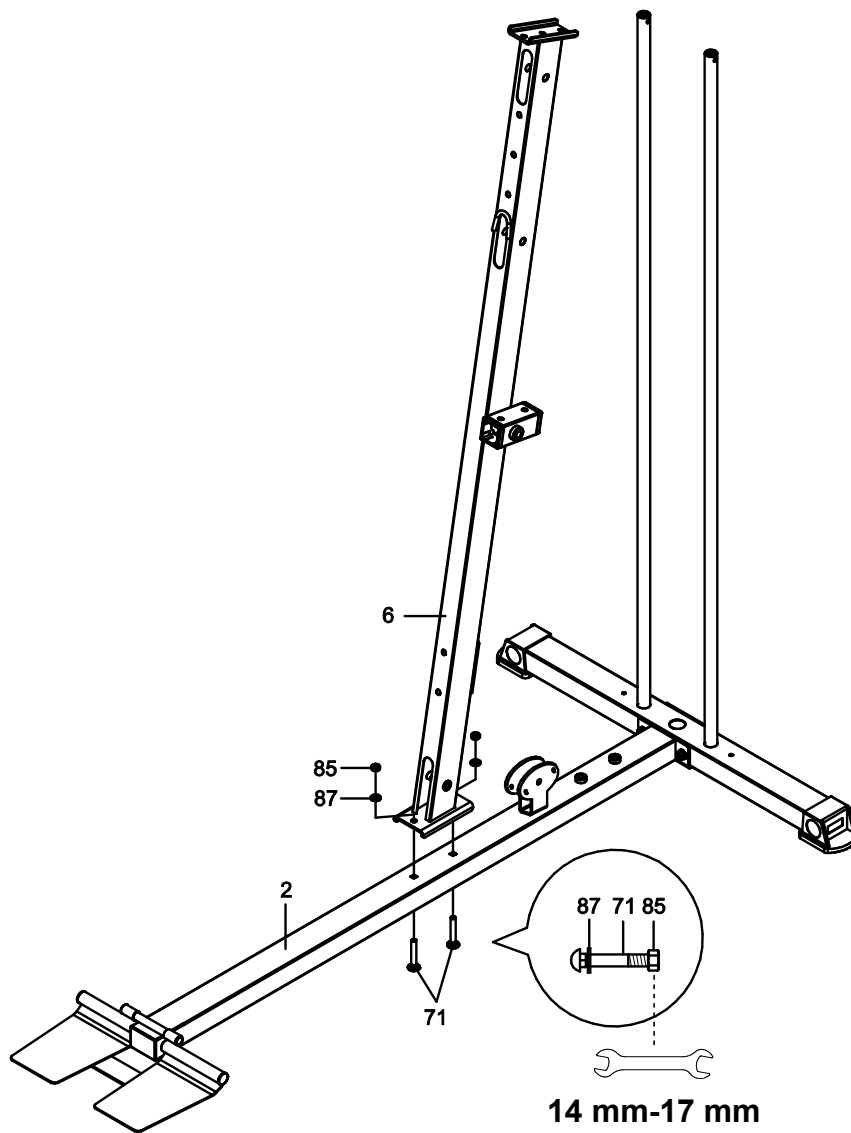
### STEP 1-2

Remove two Hexagon Head Bolts (77) and two Flat Washers (87) from both ends of each Weight Guide (5) using the provided 14 mm-17 mm Double Open End Wrench.



### STEP 1-3

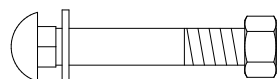


Insert both Weight Guides (5) into the holes on the Rear Base Tube (1), and secure them with two Hexagon Head Bolts (77) and two Flat Washers (87) from the bottom of the Rear Base Tube (1). Tighten the bolts using the provided 14 mm-17 mm Double Open End Wrench.

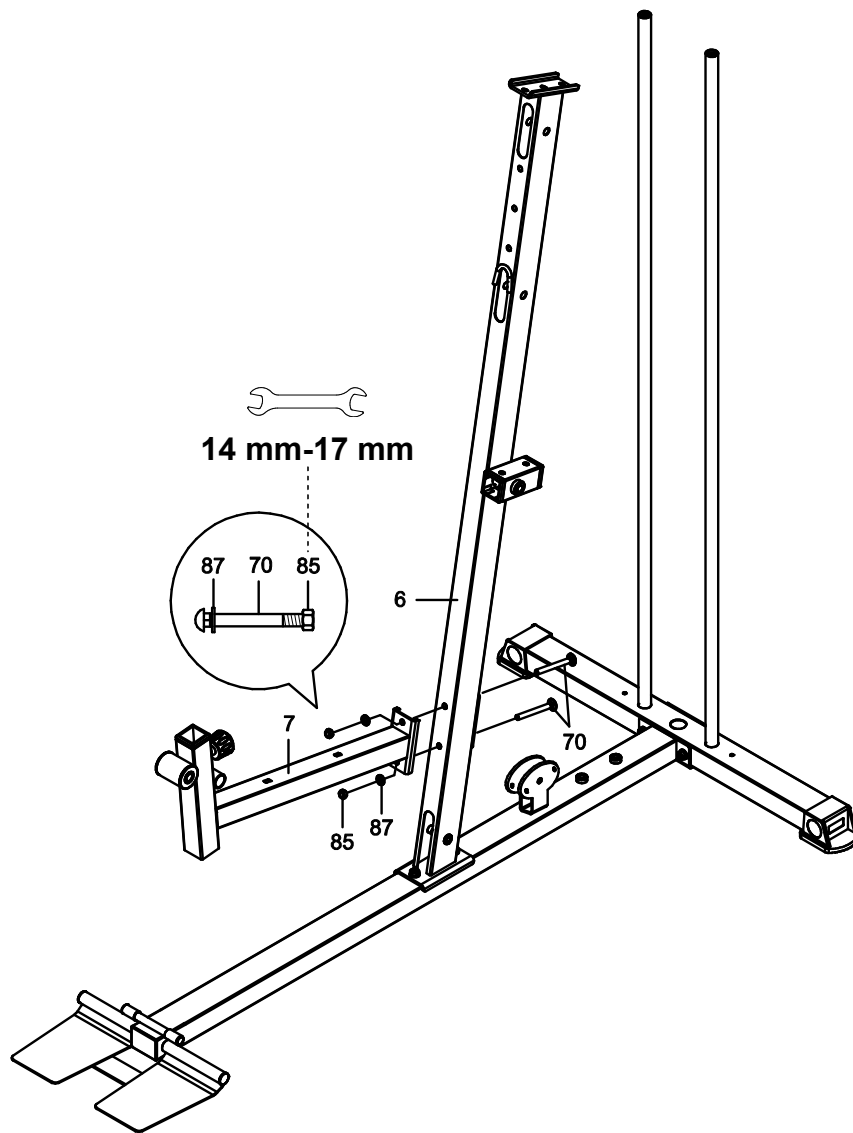


## STEP 2

Attach the Upright Tube (6) to the Base Tube (2) with two Carriage Bolts (71), two Nylon Nuts (85), and two Flat Washers (87). Tighten the nylon nuts using the provided 14 mm-17 mm Double Open End Wrench.

## Hardware:

	(71) Carriage Bolt	2 PCS
	(85) Nylon Nut	2 PCS
	(87) Flat Washer	2 PCS

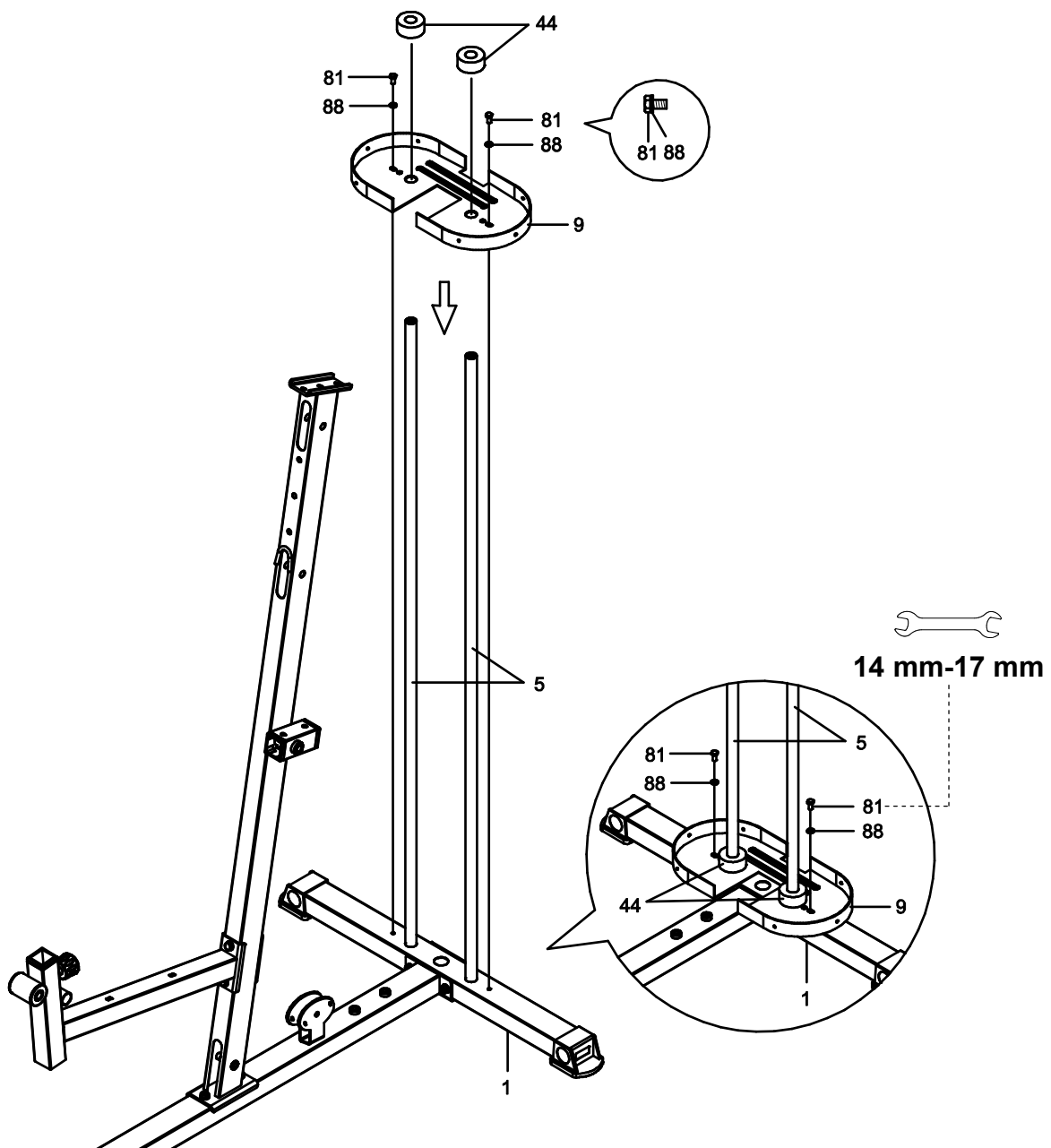


### STEP 2-1

Attach the Seat Tube (7) to the Upright Tube (6) with two Carriage Bolts (70), two Nylon Nuts (85), and two Flat Washers (87). Tighten the nylon nuts using the provided 14 mm-17 mm Double Open End Wrench.

### Hardware:

	(70) Carriage Bolt	2 PCS
	(85) Nylon Nut	2 PCS
	(87) Flat Washer	2 PCS

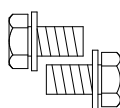


### STEP 3

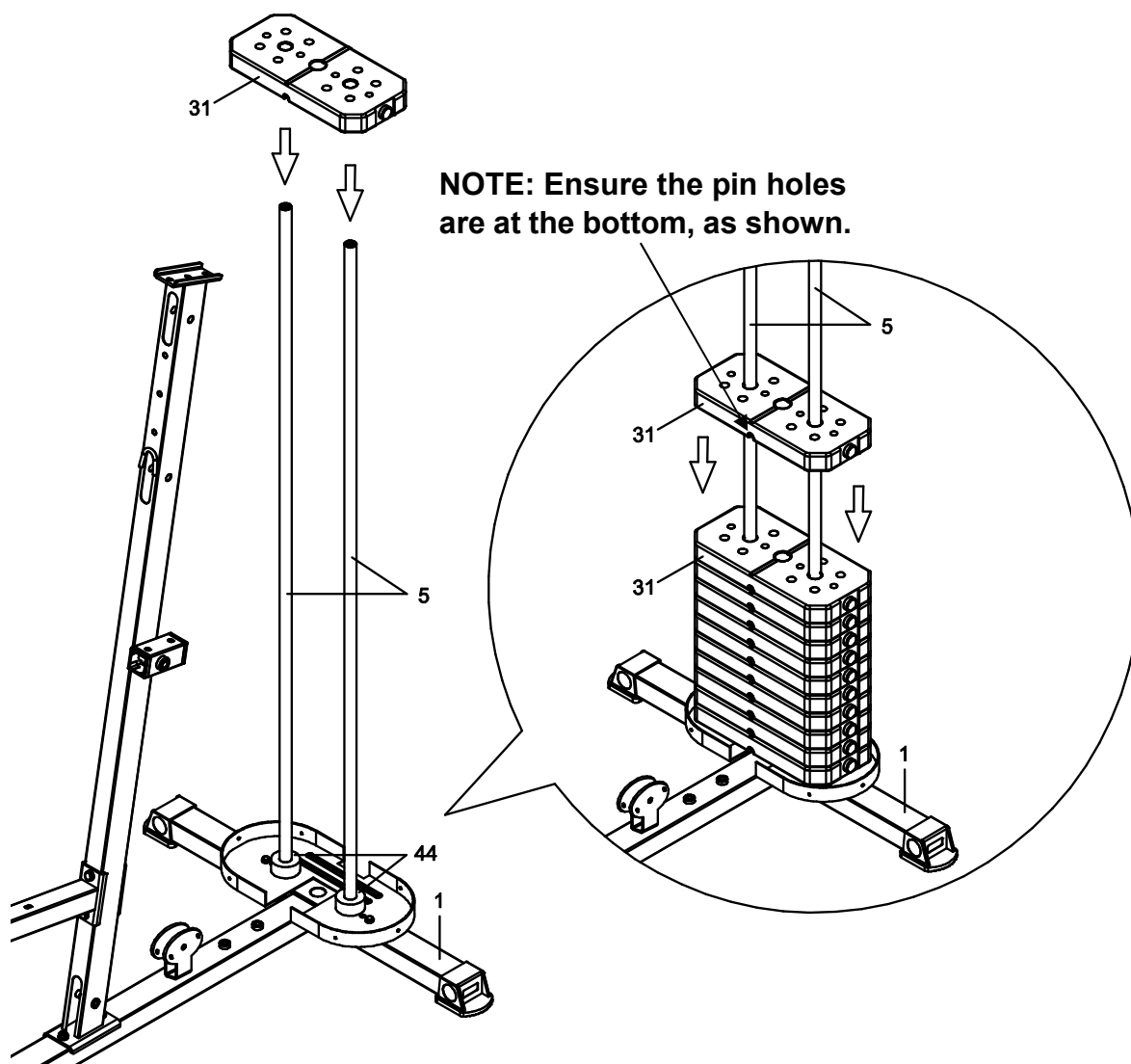
Slide the Lower Weight Stack Cover Support (9) and two Rubber Bumpers (44) onto both Weight Guides (5).

Attach the Lower Weight Stack Cover Support (9) to the Rear Base Tube (1) with two Hexagon Head Bolts (81) and two Flat Washers (88). Tighten the bolts using the provided 14 mm-17 mm Double Open End Wrench.

### Hardware:

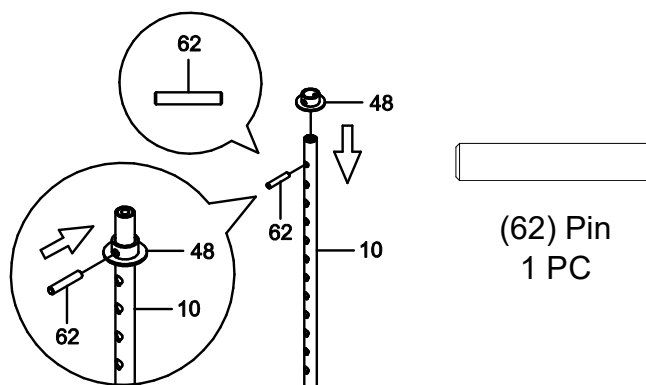


(81) Hexagon Head Bolt	2 PCS
(88) Flat Washer	2 PCS



### STEP 3-1

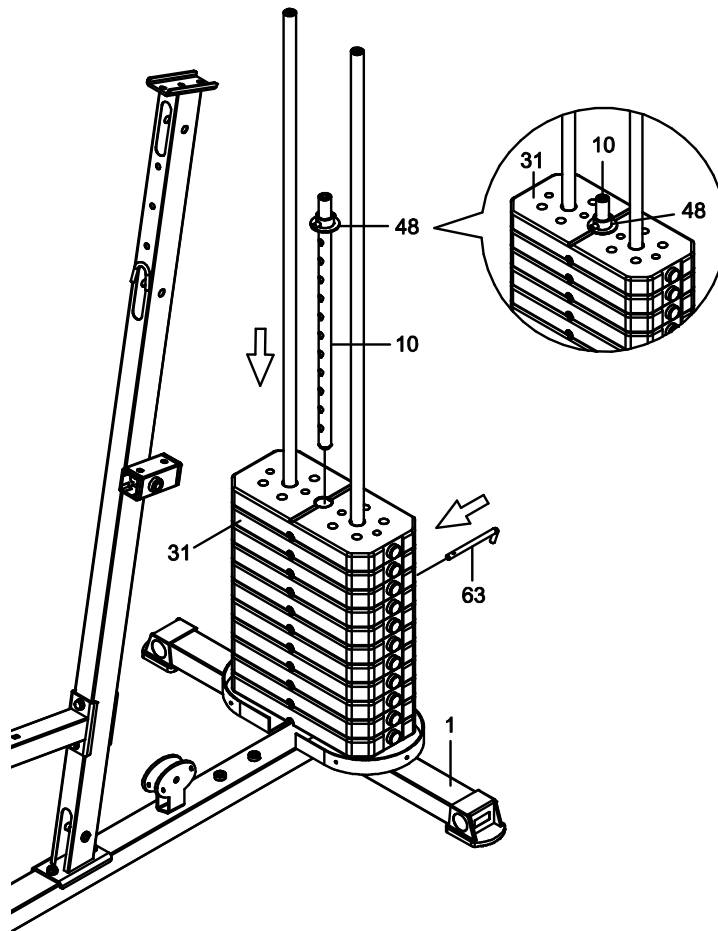
Slide the Weight Stacks (31) onto the Weight Guides (5).



### STEP 3-2

Slide the Weight Selector Shaft Bushing (48) onto the Weight Selector (10), aligning the pin holes. Insert the Pin (62) through the aligned holes to secure the Weight Selector Shaft Bushing (48) to the Weight Selector (10).

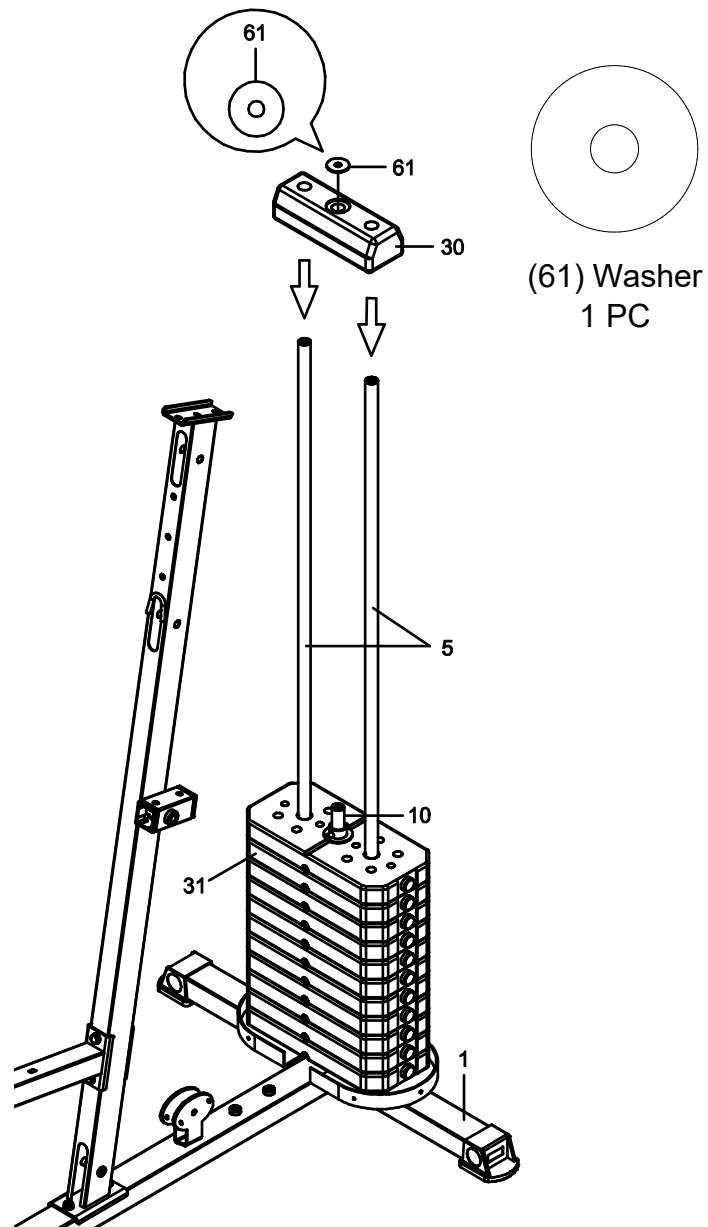




### STEP 3-3

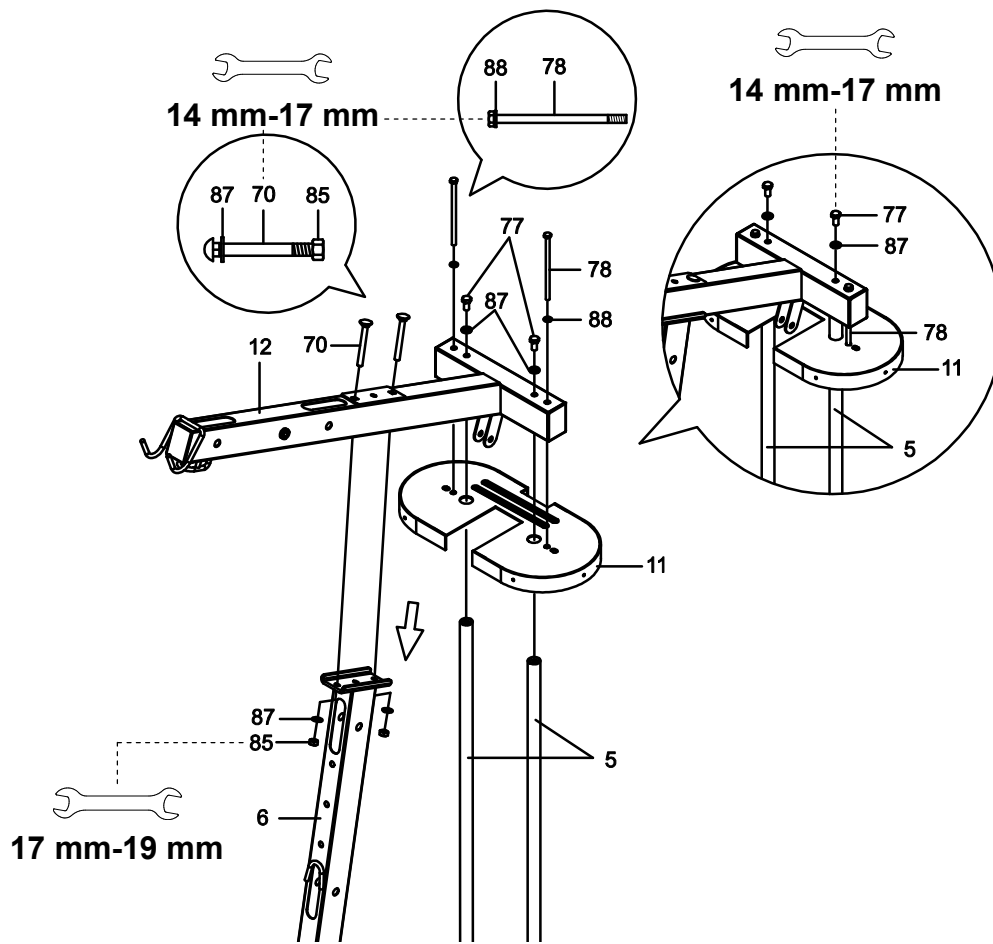
Insert the Weight Selector (10) into the Weight Stacks (31), ensuring the pin on the Weight Selector (10) is oriented as shown.

Insert the Weight Selector Pin (63) into the pin hole.



### STEP 3-4

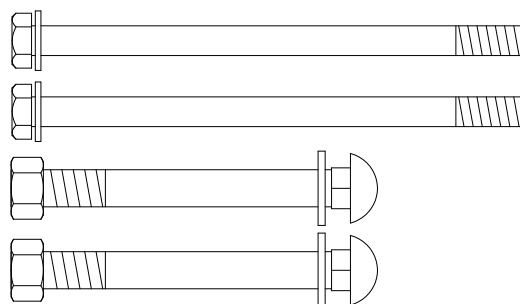
Slide the Top Weight Stack (30) onto the Weight Guides (5) and Weight Selector (10). Place the Washer (61) into the hole on top of the Top Weight Stack (30).



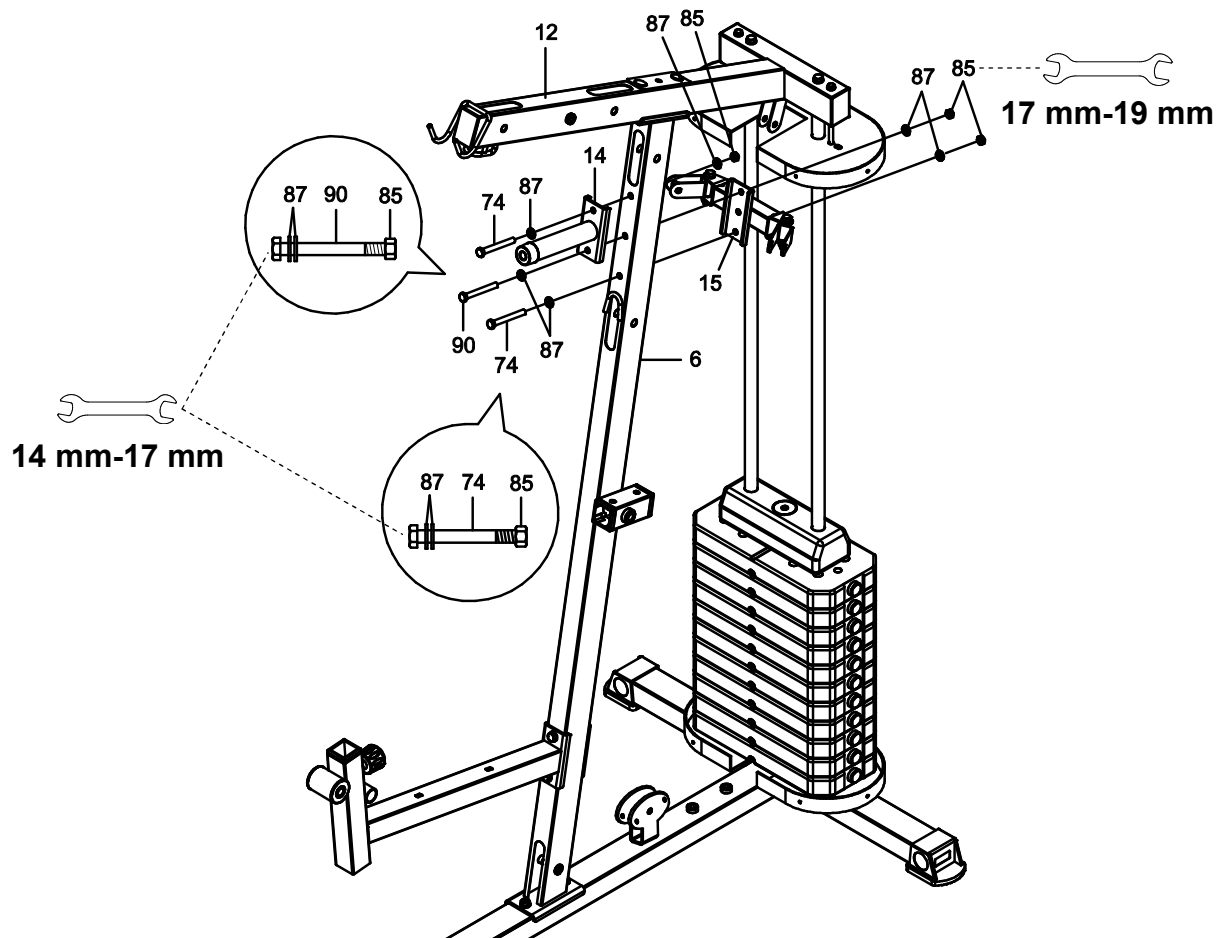
#### STEP 4

Slide the Upper Weight Stack Cover Support (11) onto both Weight Guides (5). Attach the Top Frame (12) to the Upright Tube (6), Weight Guides (5) and Upper Weight Stack Cover Support (11) with two Carriage Bolts (70), two Hexagon Head Bolts (77), two Hexagon Head Bolts (78), two Nylon Nuts (85), two Flat Washers (88), and four Flat Washers (87). Tighten the bolts and nylon nuts using the provided 14 mm-17 mm and 17 mm-19 mm Double Open End Wrenches.

#### Hardware:



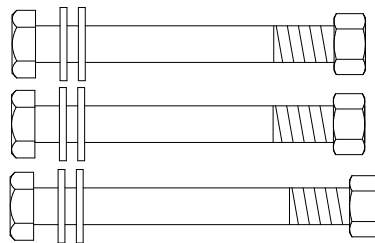
(70) Carriage Bolt	2 PCS
(78) Hexagon Head Bolt	2 PCS
(85) Nylon Nut	2 PCS
(87) Flat Washer	2 PCS
(88) Flat Washer	2 PCS



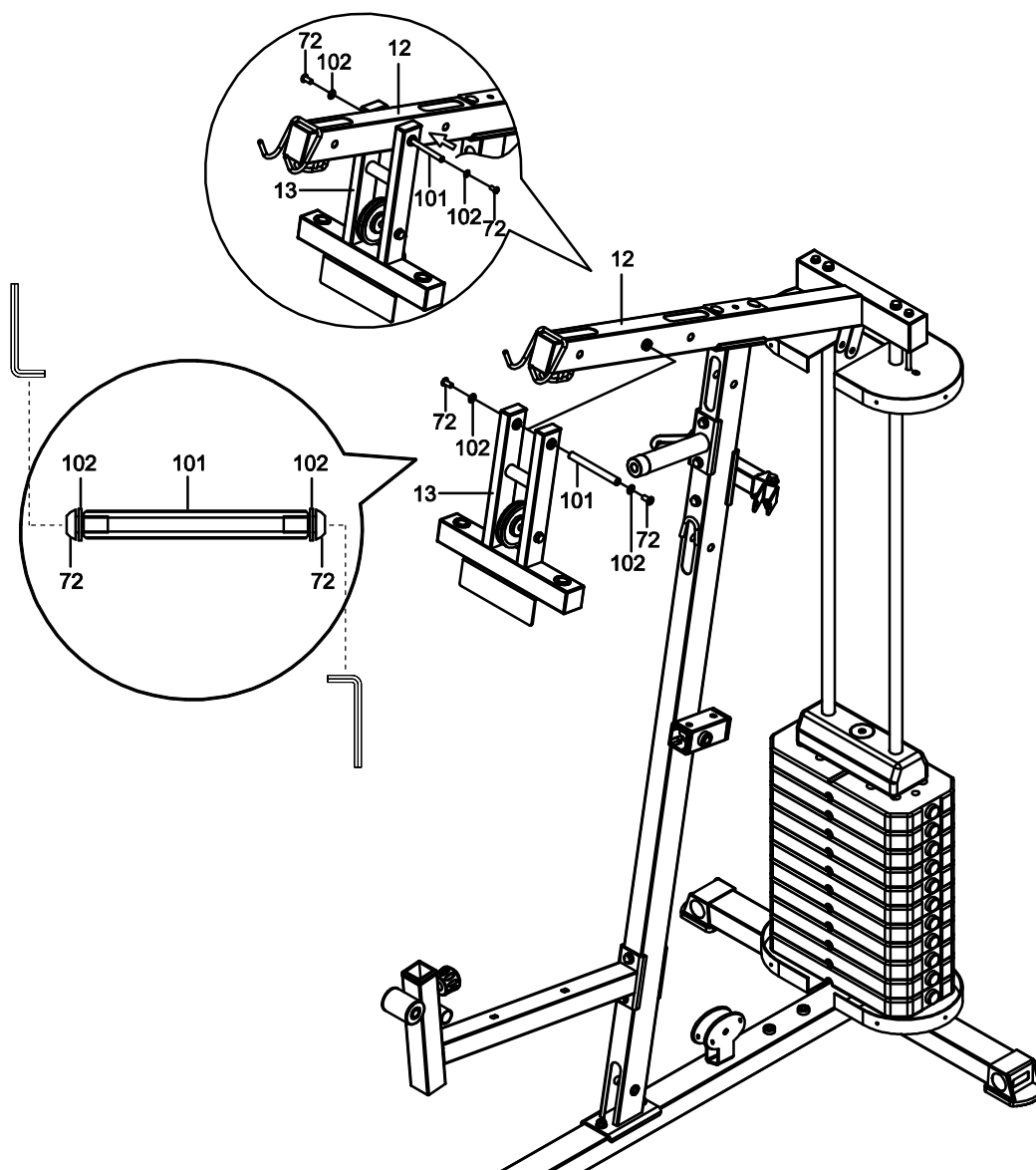
## STEP 5

Attach the Upright Support Tube (14) and Pulley Bracket (15) to the Upright Tube (6) with one Hexagon Head Bolt (90), two Hexagon Head Bolts (74), three Nylon Nuts (85), and six Flat Washers (87). Tighten the bolts and nylon nuts using the provided 14 mm-17 mm and 17 mm-19 mm Double Open End Wrenches.

## Hardware:



(74) Hexagon Head Bolt	2 PCS
(85) Nylon Nut	3 PCS
(87) Flat Washer	6 PCS
(90) Hexagon Head Bolt	1 PC

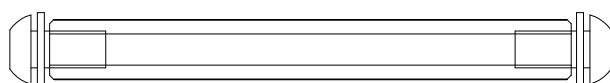


### STEP 5-1

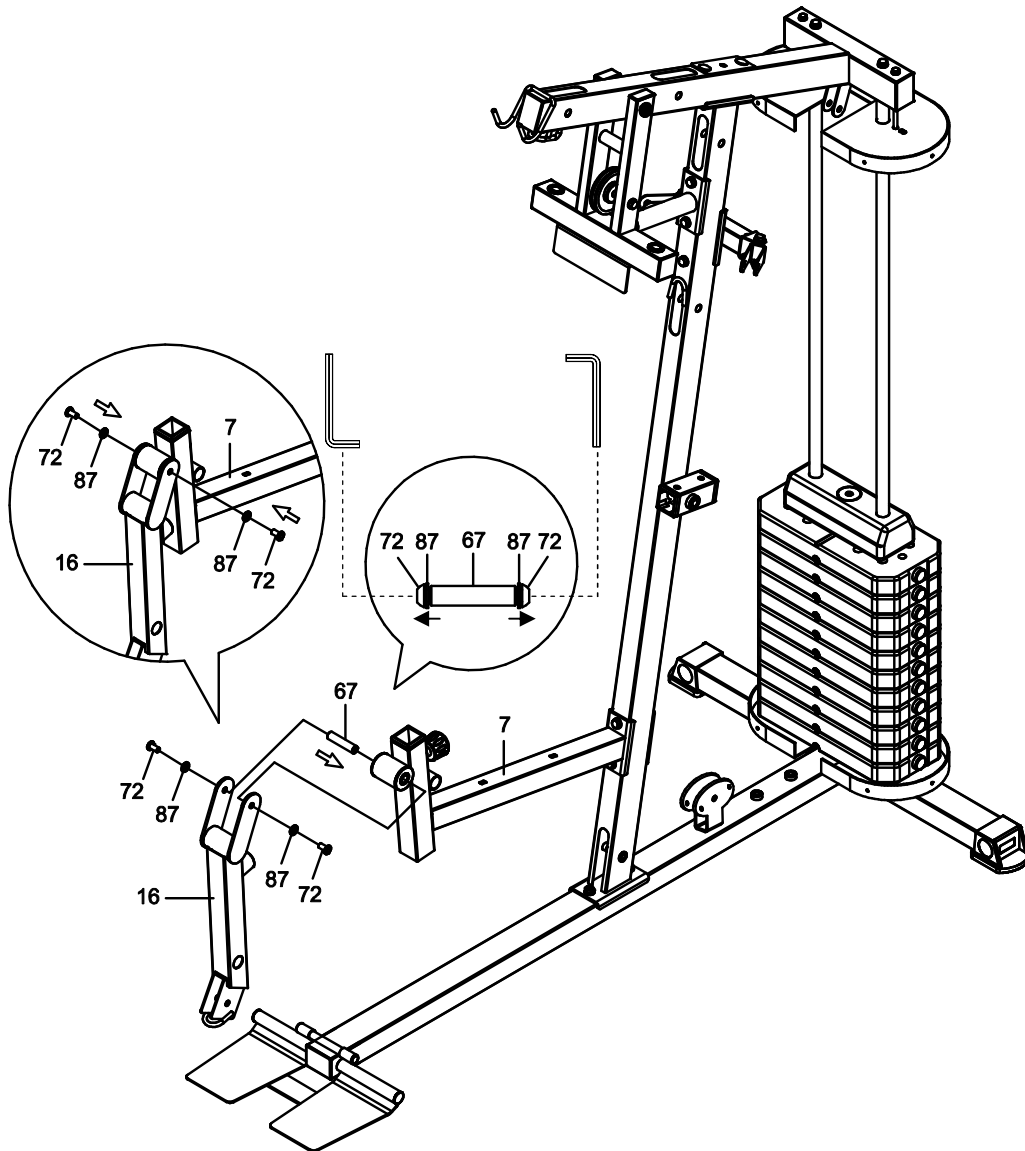
Remove two Hexagon Socket Pan Head Bolts (72) and two Flat Washers (102) from both ends of the Pivot Frame Shaft (101) using the provided Allen Wrenches.

Attach the Pivot Frame (13) to the Top Frame (12) with one Pivot Frame Shaft (101), two Hexagon Socket Pan Head Bolts (72) and two Flat Washers (102). Tighten the bolts using the provided Allen Wrenches.

### Hardware:



(72) Hexagon Socket Pan Head Cap	2 PCS
(101) Pivot Frame Shaft	1 PC
(102) Flat Washer	2 PCS



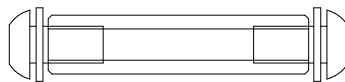
## STEP 6

Remove two Hexagon Socket Pan Head Bolts (72) and two Flat Washers (87) from both ends of the Axle (67) using the provided Allen Wrenches.

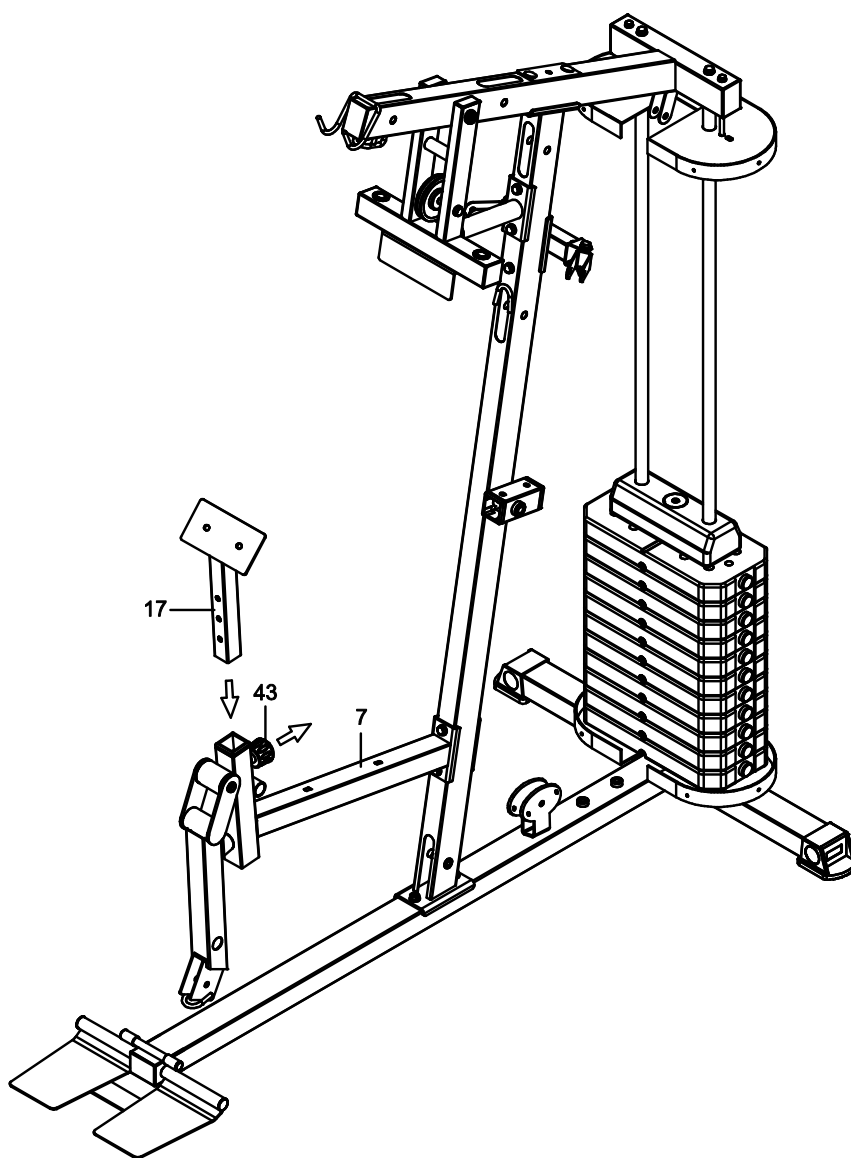
Insert the Axle (67) into the Seat Tube (7).

Attach the Leg Lever (16) to the Seat Tube (7) with two Hexagon Socket Pan Head Bolts (72) and two Flat Washers (87) that were removed. Tighten the bolts using the provided Allen Wrenches.

## Hardware:

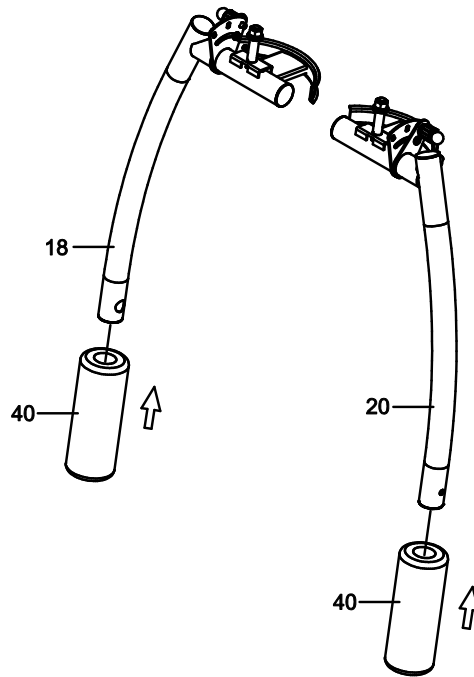


(67) Axle	1 PC
(72) Hexagon Socket Pan Head Cap	2 PCS
(87) Flat Washer	2 PCS



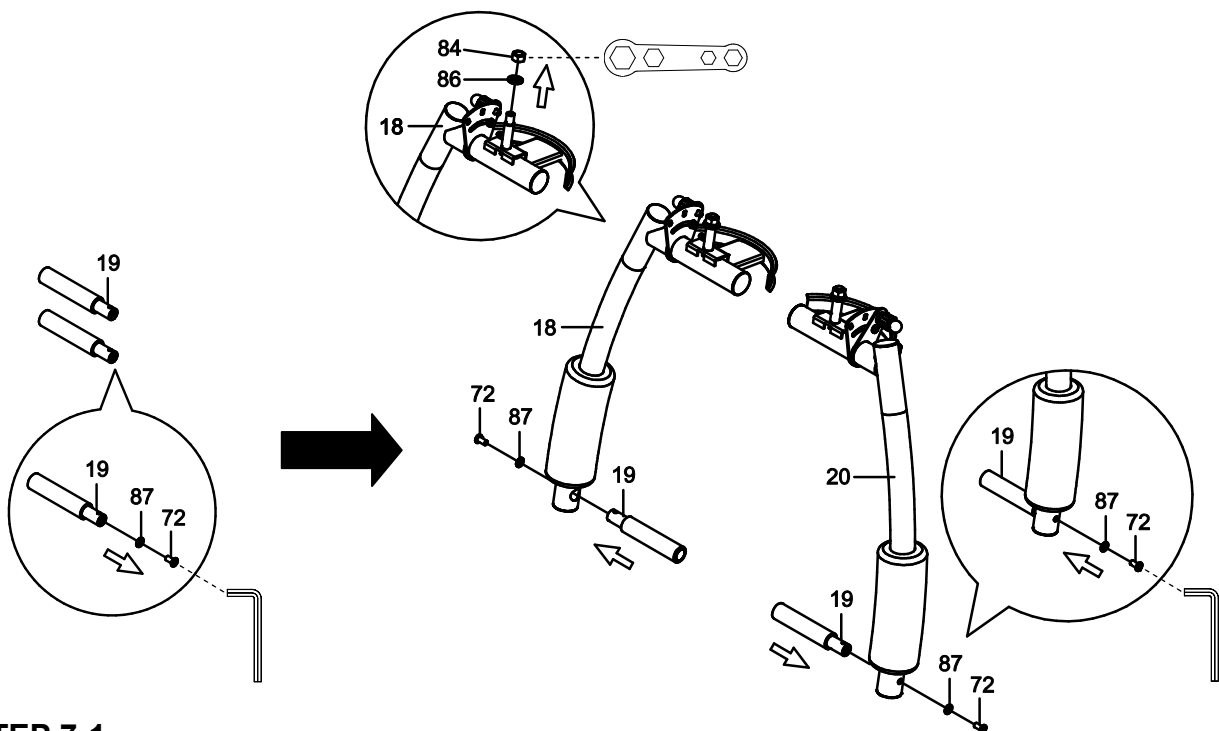
### STEP 6-1

Turn the Round Knob (43) counterclockwise until it can be pulled out. Pull out the Round Knob (43) and then slide the Arm Curl Post (17) into the square hole on the Seat Tube (7), adjusting to the desired height. Lock the Arm Curl Post (17) in place by releasing the Round Knob (43) and sliding the Arm Curl Post (17) up or down slightly until the Round Knob (43) "pops" down into the locked position. For extra safety, tighten the Round Knob (43) clockwise.



## STEP 7

Slide both Arm Foam Rollers (40) onto the Right and Left Arms (18, 20).



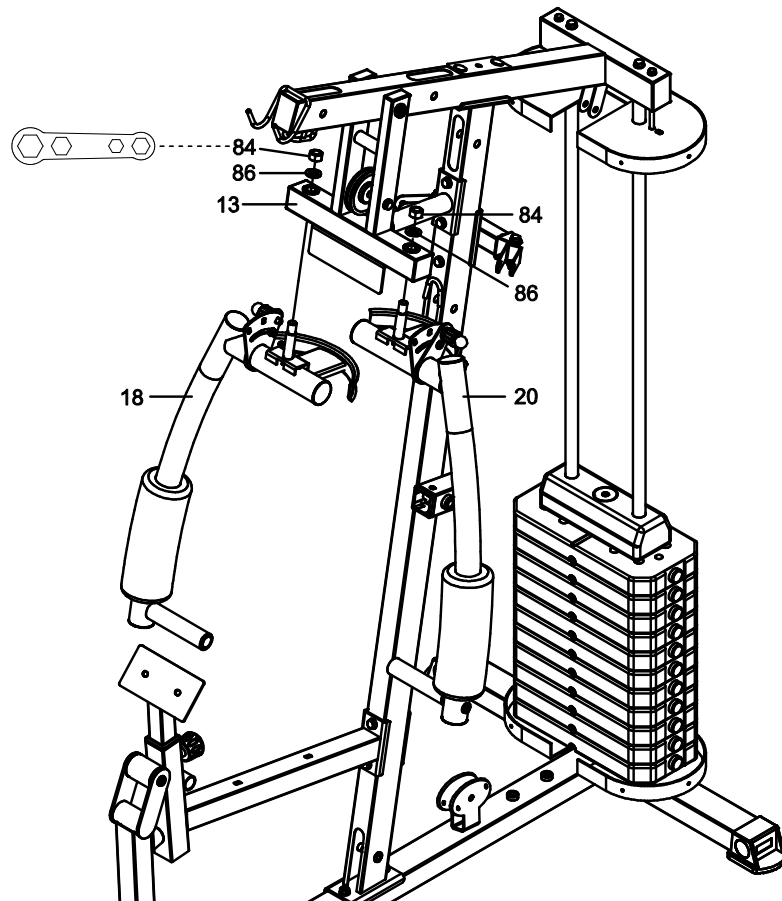
## STEP 7-1

Remove two Hexagon Socket Pan Head Bolts (72) and two Flat Washers (87) from both Handles (19) using the provided Allen wrench.

Attach the Handles (19) to the Right and Left Arms (18, 20) with two Hexagon Socket Pan Head Bolts (72) and two Flat Washers (87) that were removed. Tighten the bolts using the provided Allen Wrench.

Remove two Nylon Nuts (84) and two Big Washers (86) from the Right and Left Arms (18, 20) using the provided Multi Hex Tool.

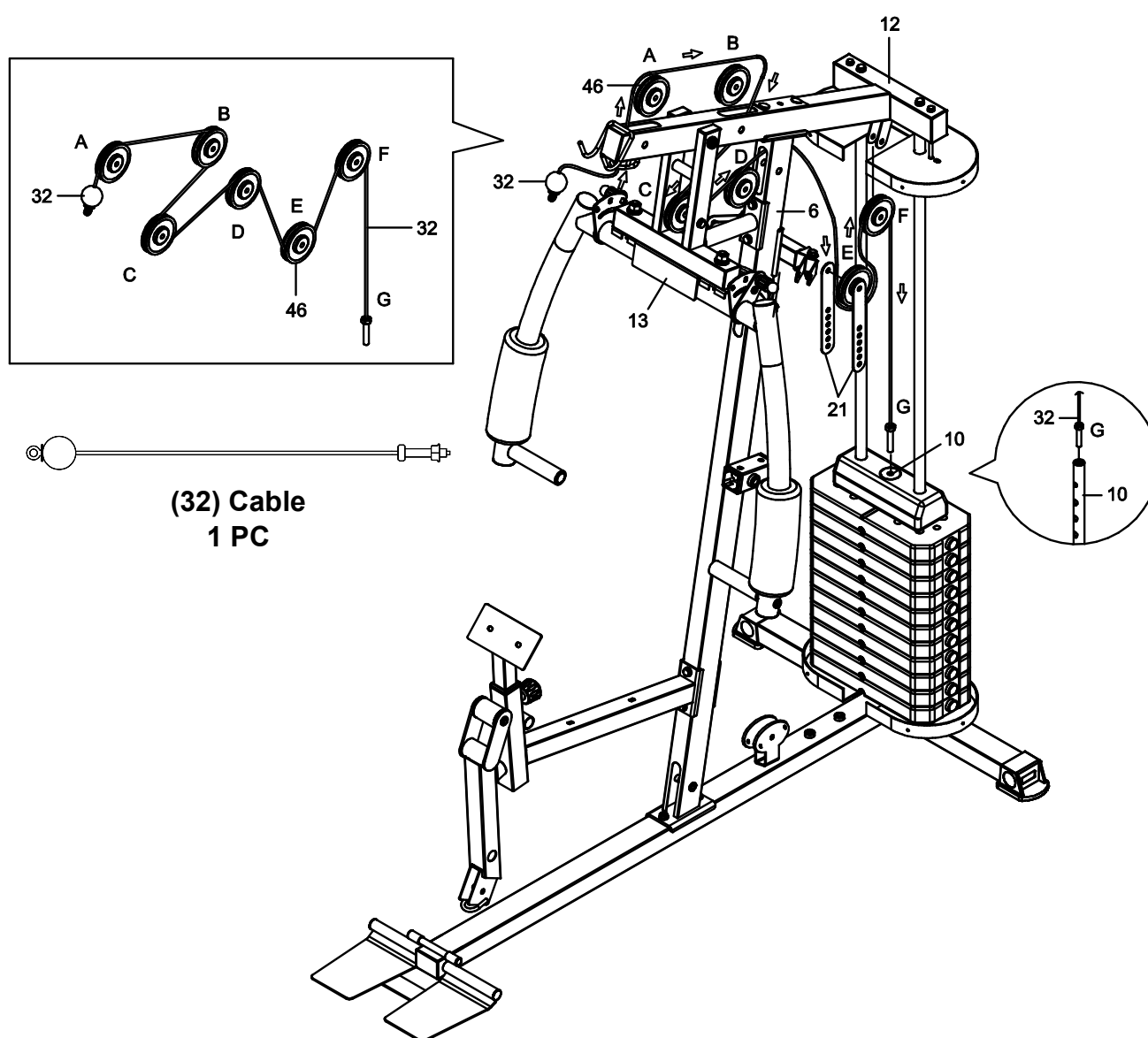




### STEP 7-2

Attach the Right and Left Arms (18, 20) to the Pivot Frame (13) with two Nylon Nuts (84) and two Big Washers (86) that were removed. Tighten the nylon nuts using the provided Multi Hex Tool.

## CABLE ASSEMBLY

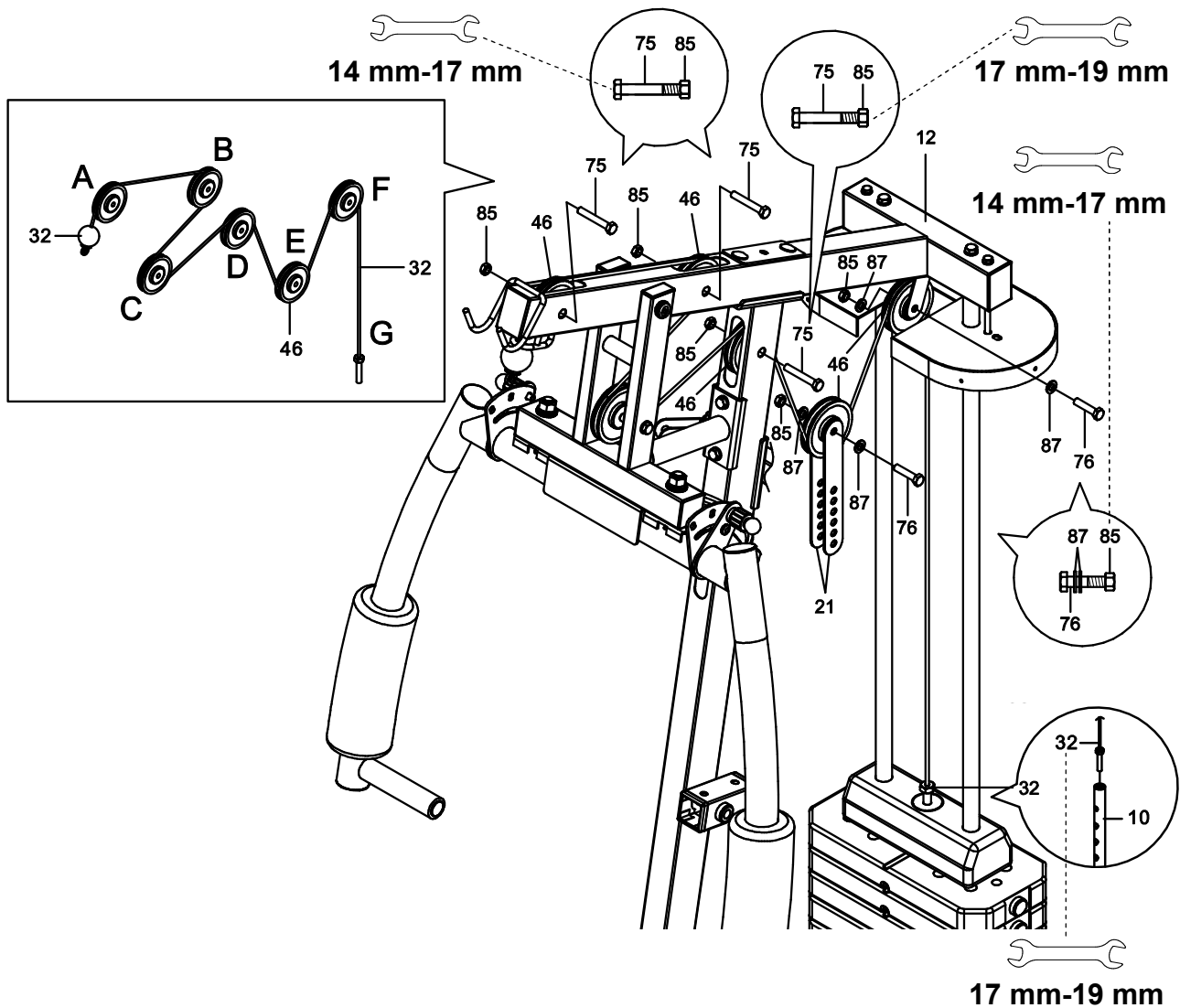


### STEP 8

Routing the Cable (32) from A to G.

Follow the sequence (A through G) to thread the Cable (32) through each pulley location as specified, securing each Pulley (46) with the correct bolts and nylon nuts.

Use the provided Double Open End Wrenches to tighten all bolts and nylon nuts.



### STEP 8-1

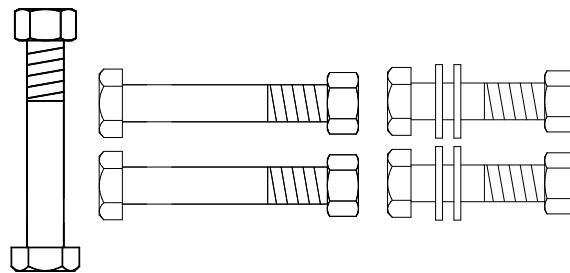
- Thread the Cable (32) through the Top Frame (12). Insert the Pulley (46) into the Top Frame (12) and route the cable over it. Secure the Pulley (46) with one Hexagon Head Bolt (75) and one Nylon Nut (85). Tighten the bolt and nylon nut using the provided 14 mm-17 mm and 17 mm-19 mm Double Open End Wrenches.
- Pull the Cable (32) forwards through the Top Frame (12). Insert the Pulley (46) into the Top Frame (12) and route the cable over it. Secure the Pulley (46) with one Hexagon Head Bolt (75) and one Nylon Nut (85). Tighten the bolt and nylon nut using the provided 14 mm-17 mm and 17 mm-19 mm Double Open End Wrenches.
- Pull the Cable (32) downwards through over the Pulley (46) in the Pivot Frame (13).
- Pull the Cable (32) upwards through the Upright Tube (6). Insert the Pulley (46) into the Upright Tube (6) and route the cable over it. Secure the Pulley (46) with one Hexagon Head Bolt (75) and one Nylon Nut (85). Tighten the bolt and nylon nut using the provided 14 mm-17 mm and 17 mm-19 mm Double Open End Wrenches.
- Pull the Cable (32) downwards to the Double Floating Pulley Brackets (21). Insert the Pulley (46) in the Double Floating Pulley Brackets (21) and route the cable underneath the Pulley (46). Secure the Pulley (46) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten the bolt and nylon nut using the provided

14 mm-17 mm and 17 mm-19 mm Double Open End Wrenches.

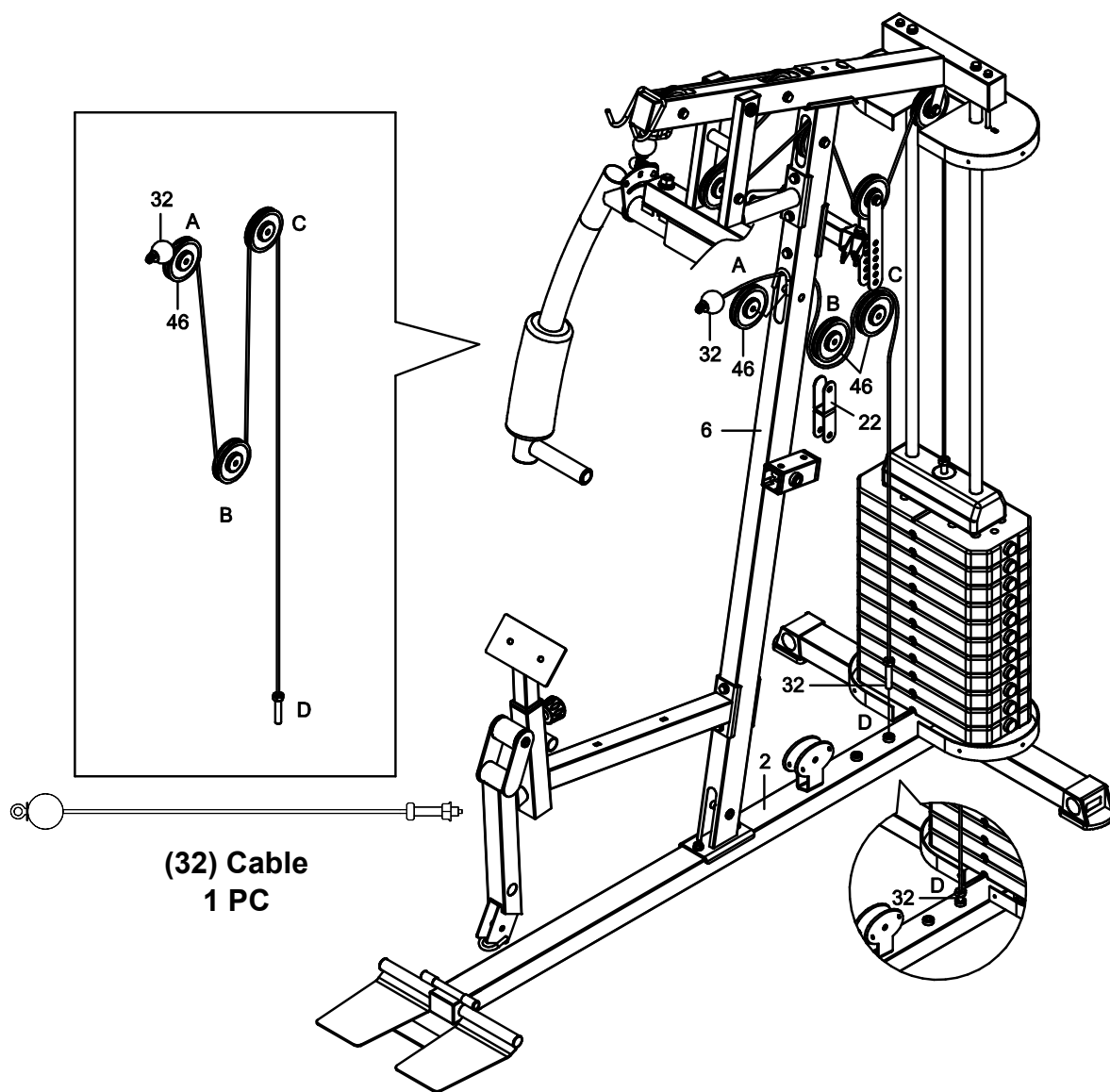
- F. Pull the Cable (32) upwards through the Top Frame (12). Insert the Pulley (46) into the Top Frame (12) and route the cable over it. Secure the Pulley (46) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten the bolt and nylon nut using the provided 14 mm-17 mm and 17 mm-19 mm Double Open End Wrenches.
- G. Pull the Cable (32) downwards and connect the Cable (32) with the Weight Selector (10). Tighten the nut using the provided 17 mm-19 mm Double Open End Wrench.

**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” ON PAGE 41.**

### Hardware:



(75) Hexagon Head Bolt	3 PCS
(76) Hexagon Head Bolt	2 PCS
(85) Nylon Nut	5 PCS
(87) Flat Washer	4 PCS

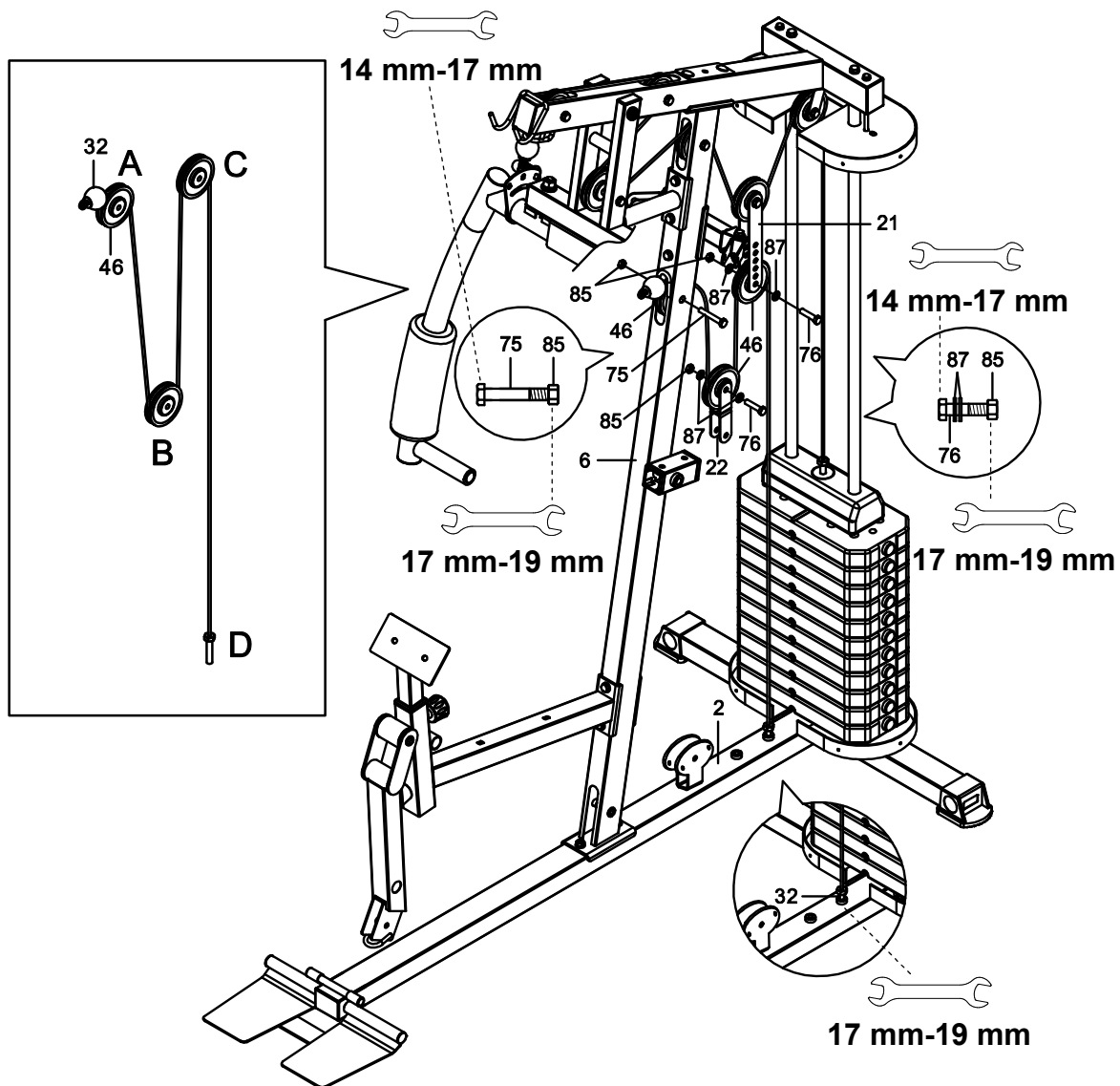


## STEP 9

Routing the Cable (32) from A to D.

Follow the sequence (A through D) to thread the Cable (32) through each pulley location as specified, securing each Pulley (46) with the correct bolts and nylon nuts.

Use the provided Double Open End Wrenches to tighten all bolts and nylon nuts.

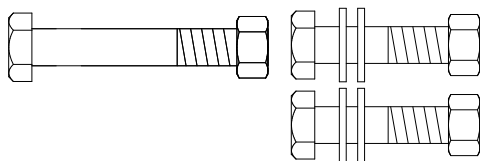


### STEP 9-1

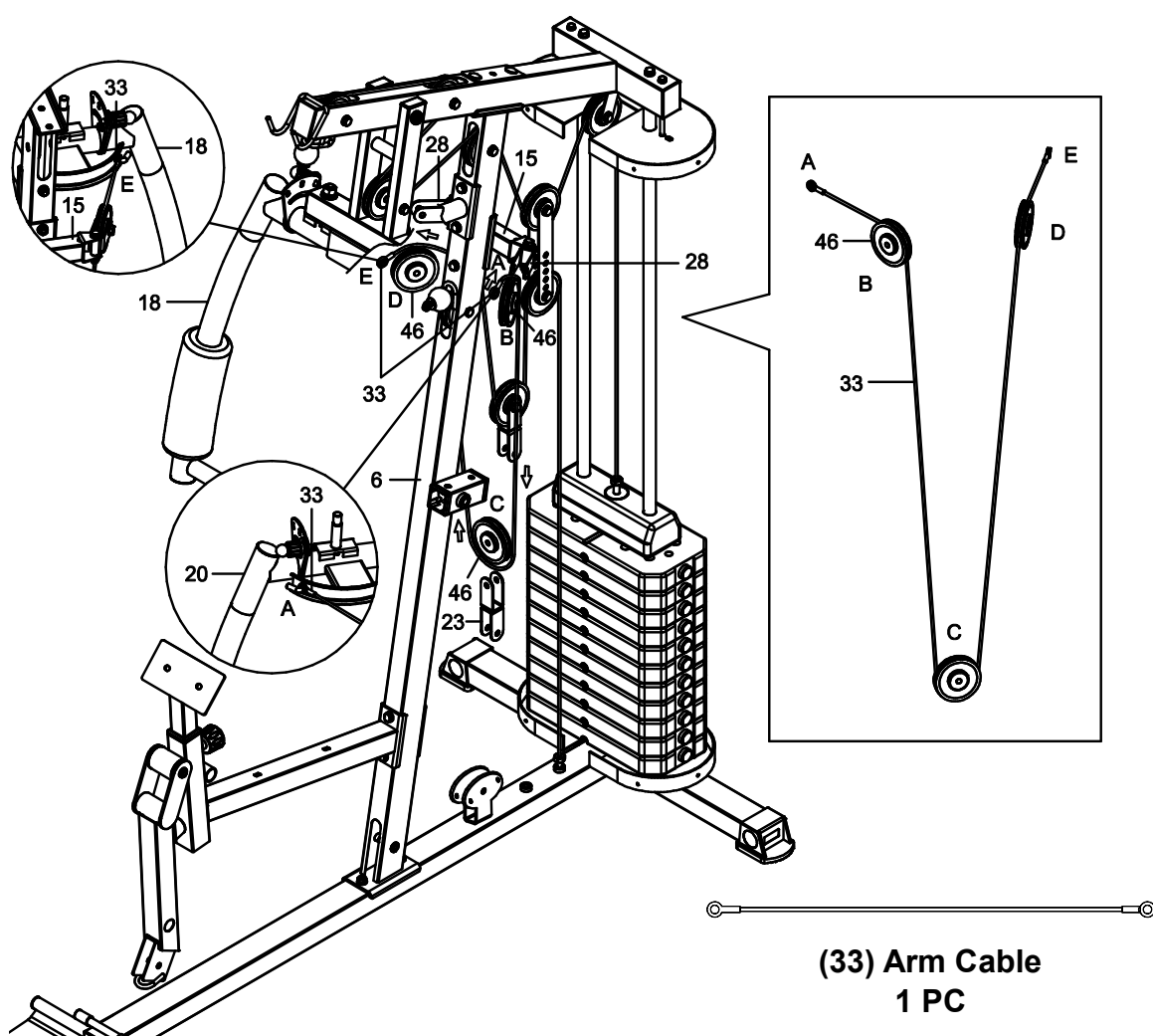
- A. Thread the Cable (32) through the Upright Tube (6). Insert the Pulley (46) into the Upright Tube (6) and route the cable over it. Secure the Pulley (46) with one Hexagon Head Bolt (75) and one Nylon Nut (85). Tighten the bolt and nylon nut using the provided 14 mm-17 mm and 17 mm-19 mm Double Open End Wrenches.
- B. Pull the Cable (32) downwards to the Double Pulley Bracket (22). Insert the Pulley (46) in the Double Pulley Bracket (22) and route the Cable (32) underneath the Pulley (46). Secure the Pulley (46) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten the bolt and nylon nut using the provided 14 mm-17 mm and 17 mm-19 mm Double Open End Wrenches.
- C. Pull the Cable (32) upwards to the Double Floating Pulley Brackets (21). Insert the Pulley (46) in the Double Floating Pulley Brackets (21) and route the cable over it. Secure the Pulley (46) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten the bolt and nylon nut using the provided 14 mm-17 mm and 17 mm-19 mm Double Open End Wrenches.
- D. Pull the Cable (32) downwards and connect the Cable (32) with the Base Tube (2). Tighten nut using the provided 17 mm-19 mm Double Open End Wrench.

**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” ON PAGE 41.**

## Hardware:



(75) Hexagon Head Bolt	1 PC
(76) Hexagon Head Bolt	2 PCS
(85) Nylon Nut	3 PCS
(87) Flat Washer	4 PCS

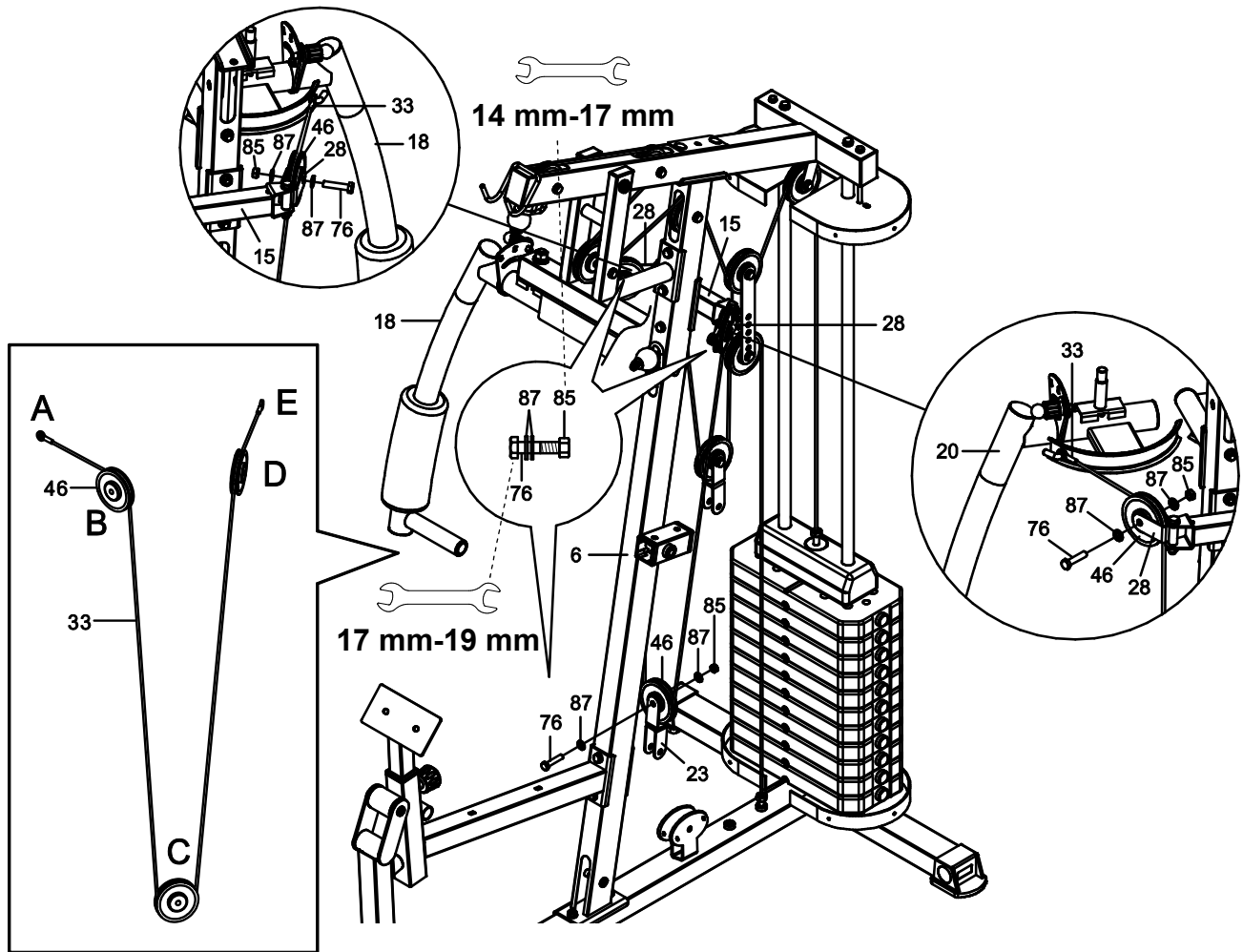


### STEP 10

Routing the Arm Cable (33) from A to E.

Follow the sequence (A through E) to thread the Arm Cable (33) through each pulley location as specified, securing each Pulley (46) with the correct bolts and nylon nuts.

Use the provided Double Open End Wrenches to tighten all bolts and nylon nuts.



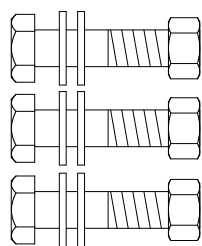
### STEP 10-1

- A. Fix one end of the Arm Cable (33) to the Left Arm (20).
- B. Pull the Arm Cable (33) forwards to the U-shaped Pulley Bracket (28). Insert the Pulley (46) in the U-shaped Pulley Bracket (28) and route the cable over it. Secure the Pulley (46) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten the bolt and nylon nut using the provided 14 mm-17 mm and 17 mm-19 mm Double Open End Wrenches.
- C. Pull the Arm Cable (33) downwards to the Crossed Double Floating Pulley Bracket (23). Insert the Pulley (46) in the Crossed Double Floating Pulley Bracket (23) and route the cable underneath the Pulley (46). Secure the Pulley (46) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten the bolt and nylon nut using the provided 14 mm-17 mm and 17 mm-19 mm Double Open End Wrenches.
- D. Pull the Arm Cable (33) upwards to the U-shaped Pulley Bracket (28). Insert the Pulley (46) in the U-shaped Pulley Bracket (28) and route the cable over it. Secure the Pulley (46) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten the bolt and nylon nut using the provided 14 mm-17 mm and 17 mm-19 mm Double Open End Wrenches.
- E. Pull the Arm Cable (33) backwards to fix the other end of the Arm Cable (33) to the Right Arm (18).

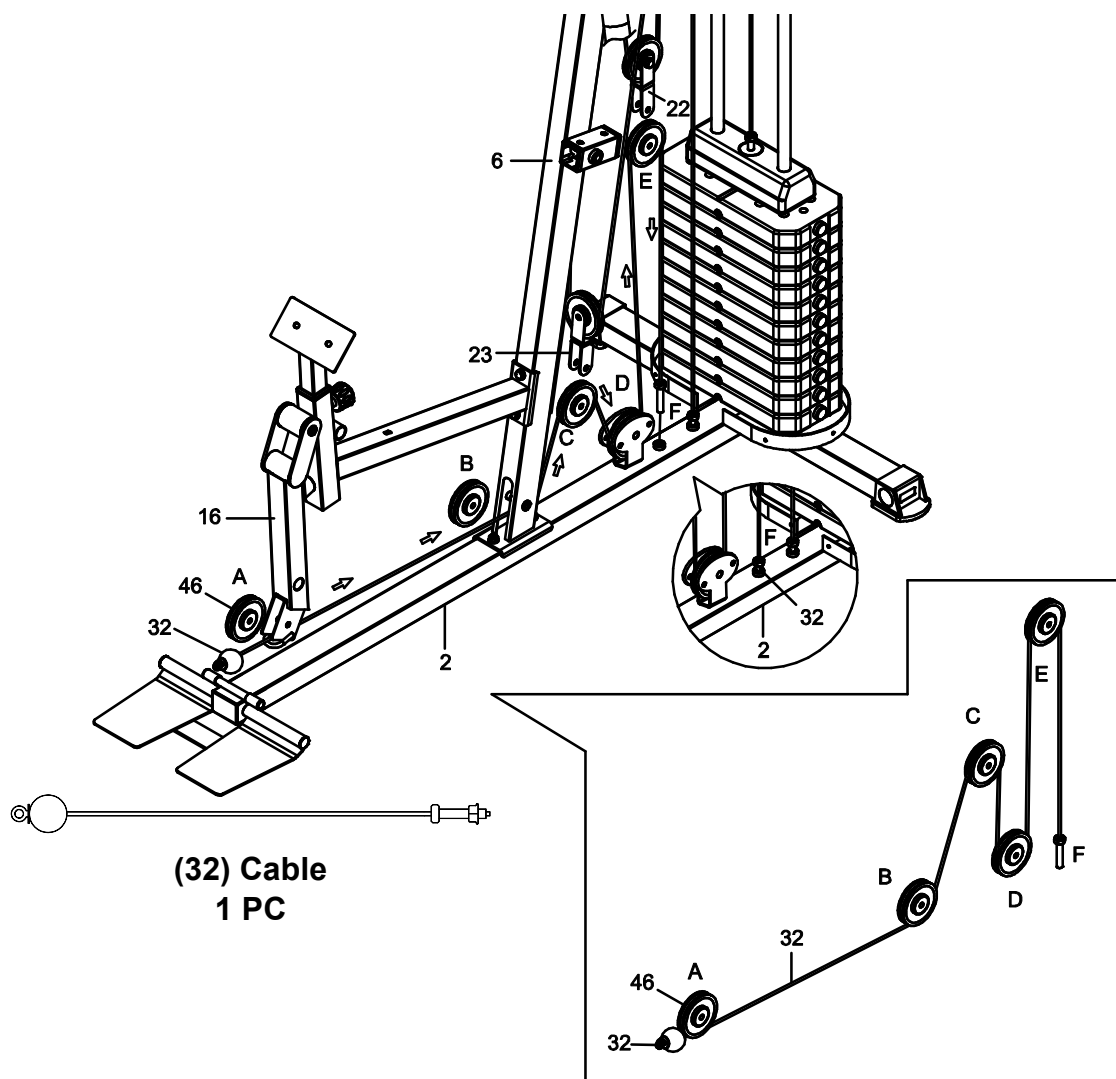
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” ON PAGE 41.**



## Hardware:



(76) Hexagon Head Bolt	3 PCS
(85) Nylon Nut	3 PCS
(87) Flat Washer	6 PCS

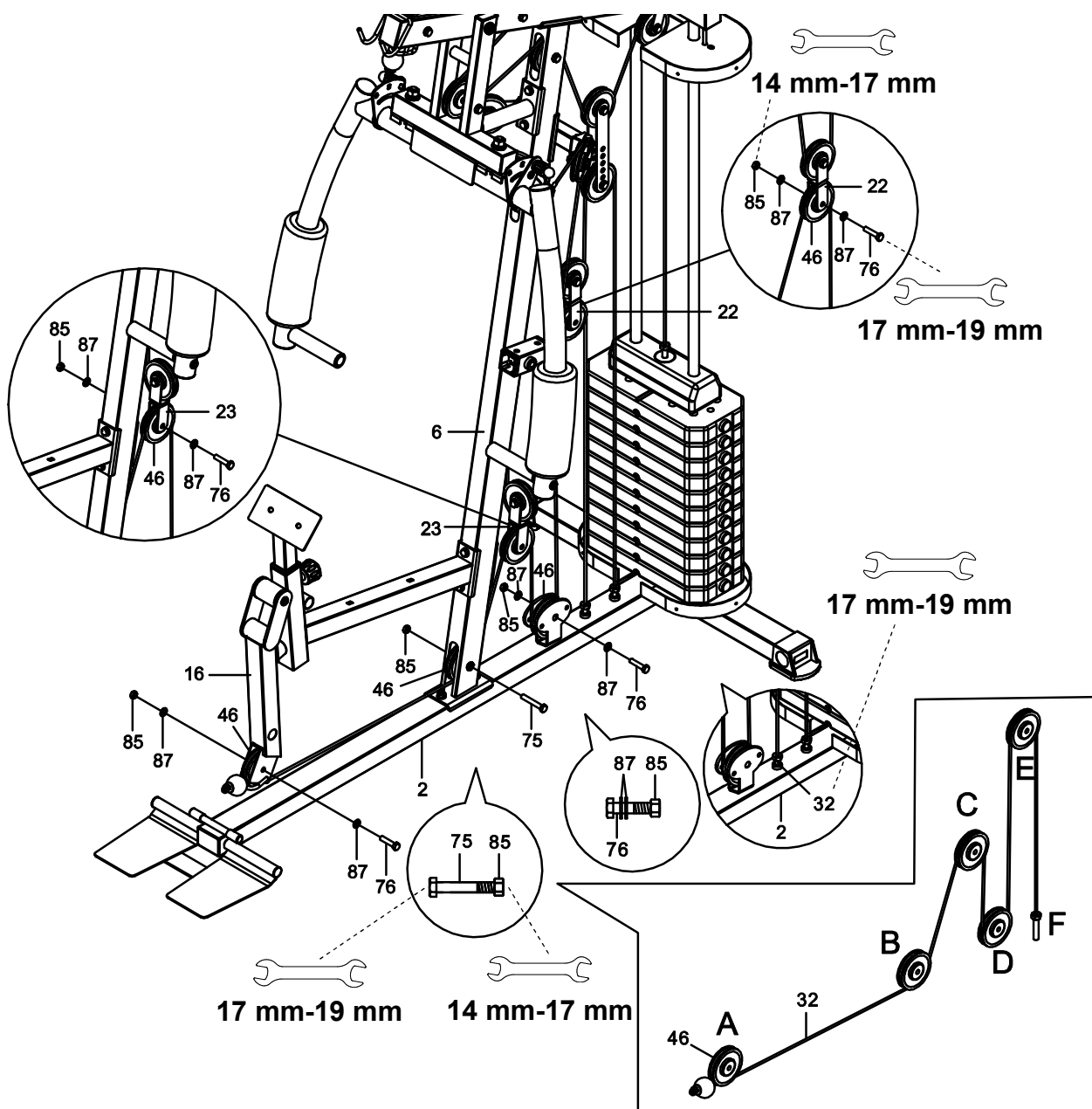


### STEP 11

Routing the Cable (32) from A to F.

Follow the sequence (A through F) to thread the Cable (32) through each pulley location as specified, securing each Pulley (46) with the correct bolts and nylon nuts.

Use the provided Double Open End Wrenches to tighten all bolts and nylon nuts.



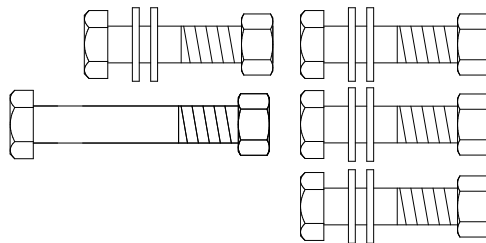
### STEP 11-1

- A. Thread the Cable (32) through the Leg Lever (16). Insert the Pulley (46) into the Leg Lever (16) and route the cable over it. Secure the Pulley (46) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten the bolt and nylon nut using the provided 14 mm-17 mm and 17 mm-19 mm Double Open End Wrenches.
- B. Pull the Cable (32) forwards to the Upright Tube (6). Insert the Pulley (46) into the Upright Tube (6) and route the cable underneath the Pulley (46). Secure the Pulley (46) with one Hexagon Head Bolt (75) and one Nylon Nut (85). Tighten the bolt and nylon nut using the provided 14 mm-17 mm and 17 mm-19 mm Double Open End Wrenches.
- C. Pull the Cable (32) upwards to the Crossed Double Floating Pulley Bracket (23). Insert the Pulley (46) in the Crossed Double Floating Pulley Bracket (23) and route the cable over it. Secure the Pulley (46) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten the bolt and nylon nut using the provided 14 mm-17 mm and 17 mm-19 mm Double Open End Wrenches.

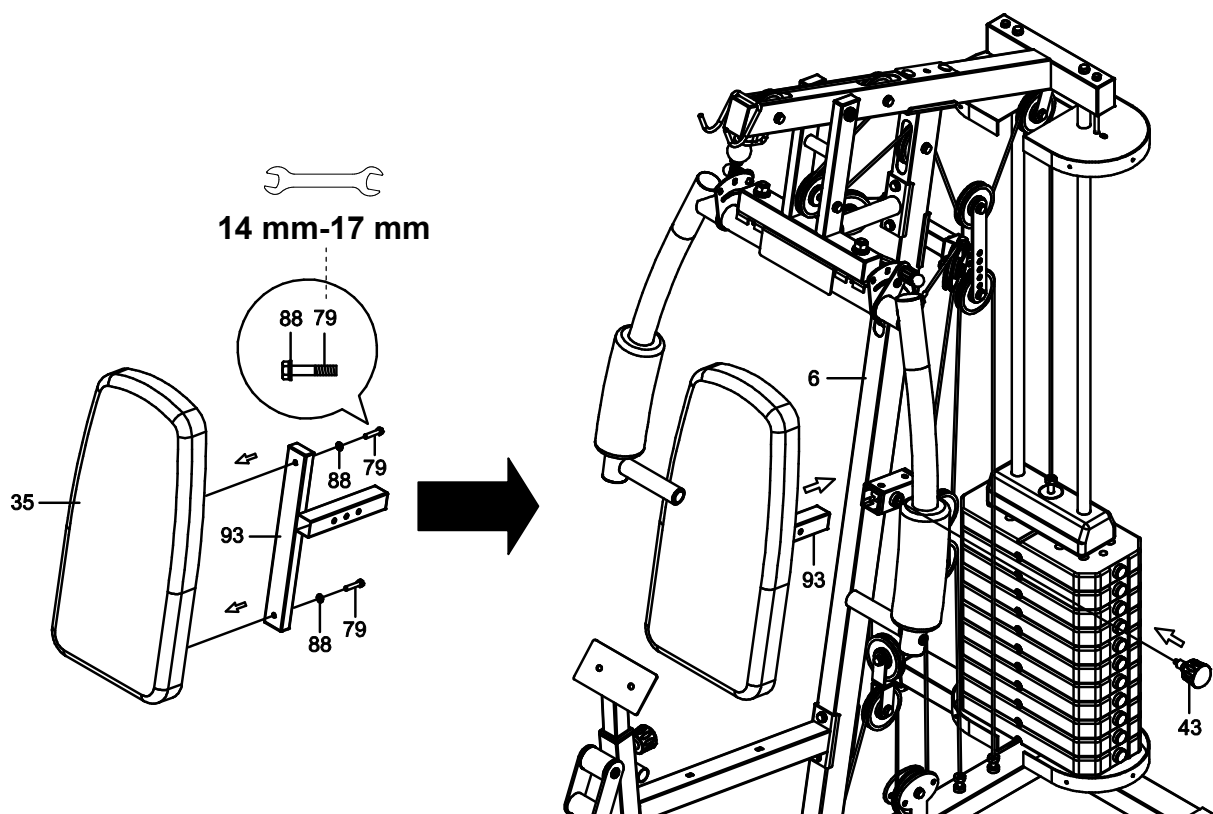
- D. Pull the Cable (32) downwards to the Base Tube (2). Insert the Pulley (46) into the Base Tube (2) and route the cable underneath the Pulley (46). Secure the Pulley (46) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten the bolt and nylon nut using the provided 14 mm-17 mm and 17 mm-19 mm Double Open End Wrenches.
- E. Pull the Cable (32) upwards to the Double Pulley Bracket (22). Insert the Pulley (46) in the Double Pulley Bracket (22) and route the cable over it. Secure the Pulley (46) with one Hexagon Head Bolt (76), one Nylon Nut (85), and two Flat Washers (87). Tighten the bolt and nylon nut using the provided 14 mm-17 mm and 17 mm-19 mm Double Open End Wrenches.
- F. Pull the Cable (32) downwards and connect the Cable (32) with the Base Tube (2). Tighten the nut using the provided 17 mm-19 mm Double Open End Wrench.

**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” ON PAGE 41.**

### Hardware:



(75) Hexagon Head Bolt	1 PC
(76) Hexagon Head Bolt	4 PCS
(85) Nylon Nut	5 PCS
(87) Flat Washer	6 PCS

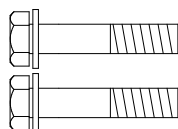


## STEP 12

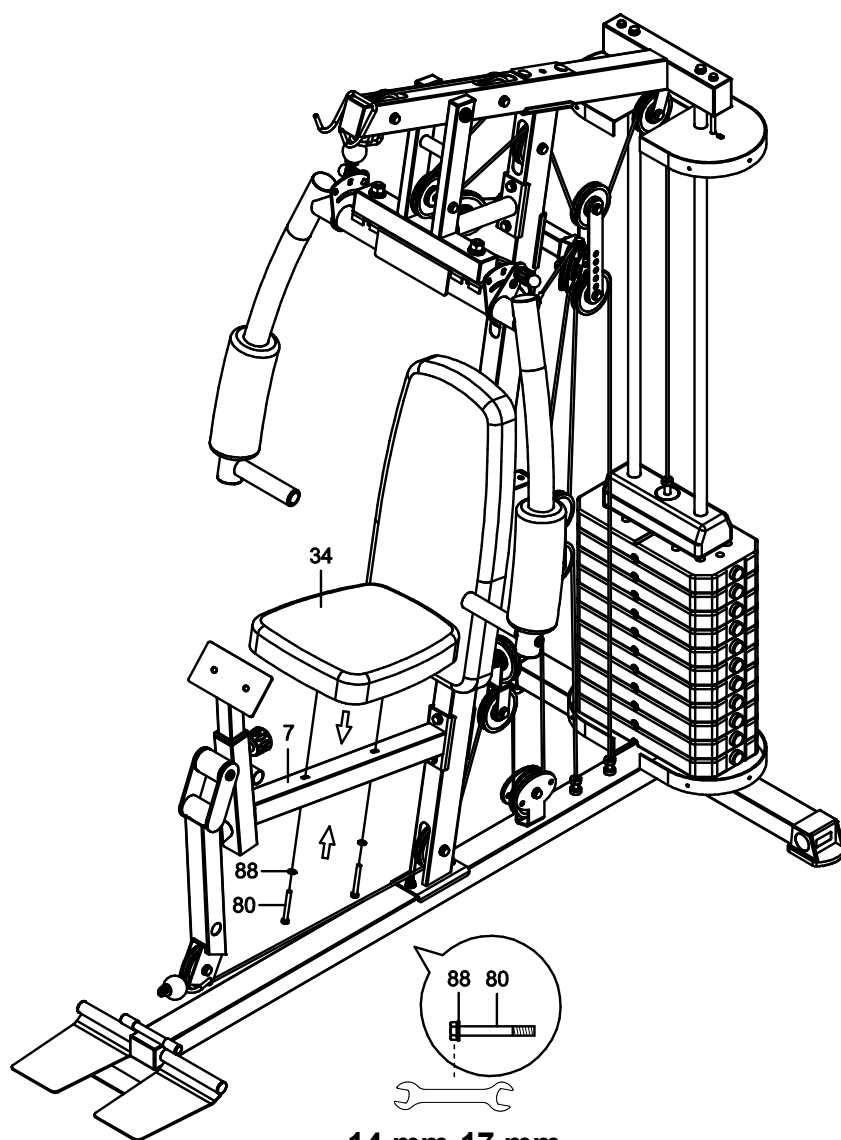
Attach the Backrest (35) to the Backrest Adjusting Tube (93) with two Hexagon Head Bolts (79) and two Flat Washers (88). Tighten the bolts using the provided 14 mm-17 mm Double Open End Wrench.

Insert the Backrest Adjusting Tube (93) into the Upright Tube (6), and secure with the Round Knob (43) into the corresponding hole.

## Hardware:



(79) Hexagon Head Bolt	2 PCS
(88) Flat Washer	2 PCS

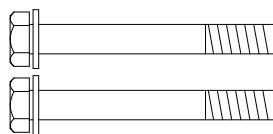


14 mm-17 mm

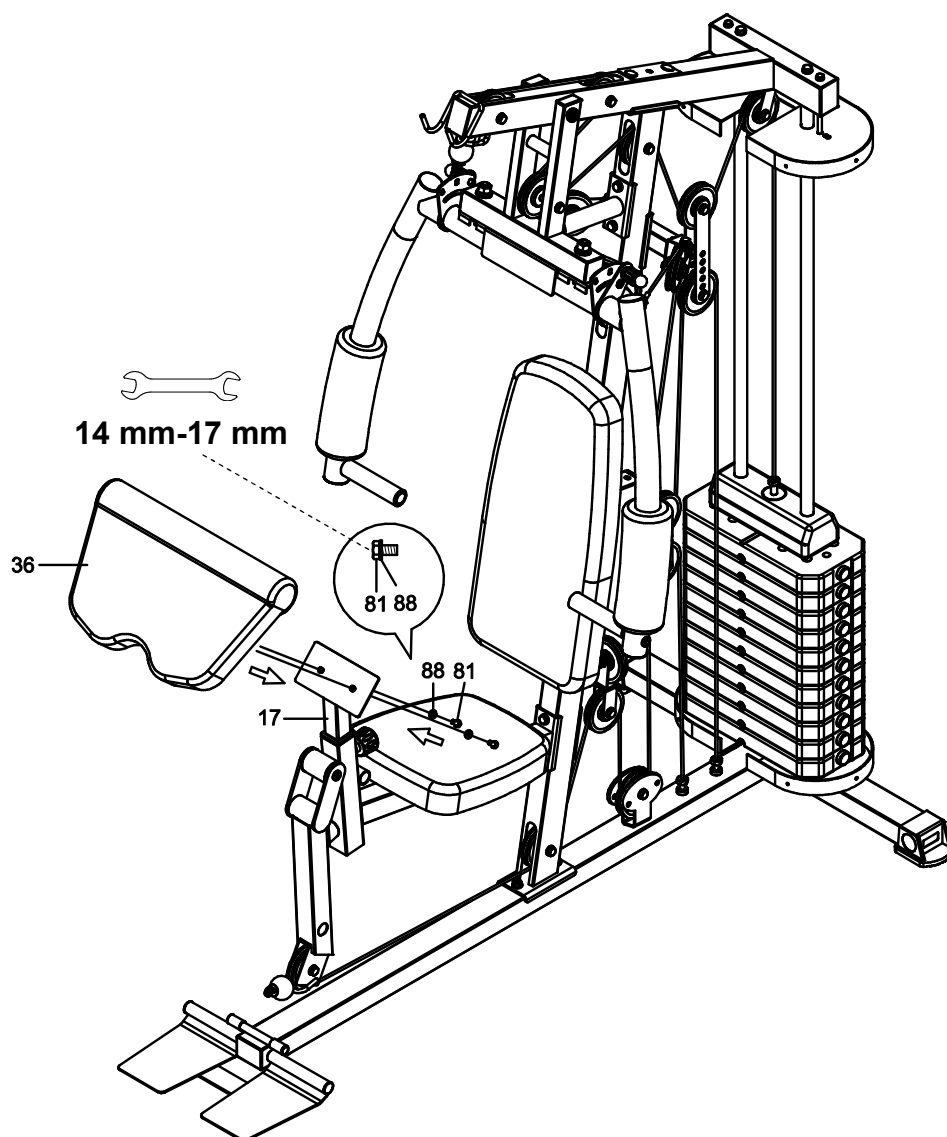
### STEP 12-1

Attach the Seat Pad (34) to the Seat Tube (7) with two Hexagon Head Bolts (80) and two Flat Washers (88). Tighten bolts using the provided 14 mm-17 mm Double Open End Wrench.

### Hardware:



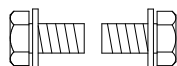
(80) Hexagon Head Bolt	2 PCS
(88) Flat Washer	2 PCS



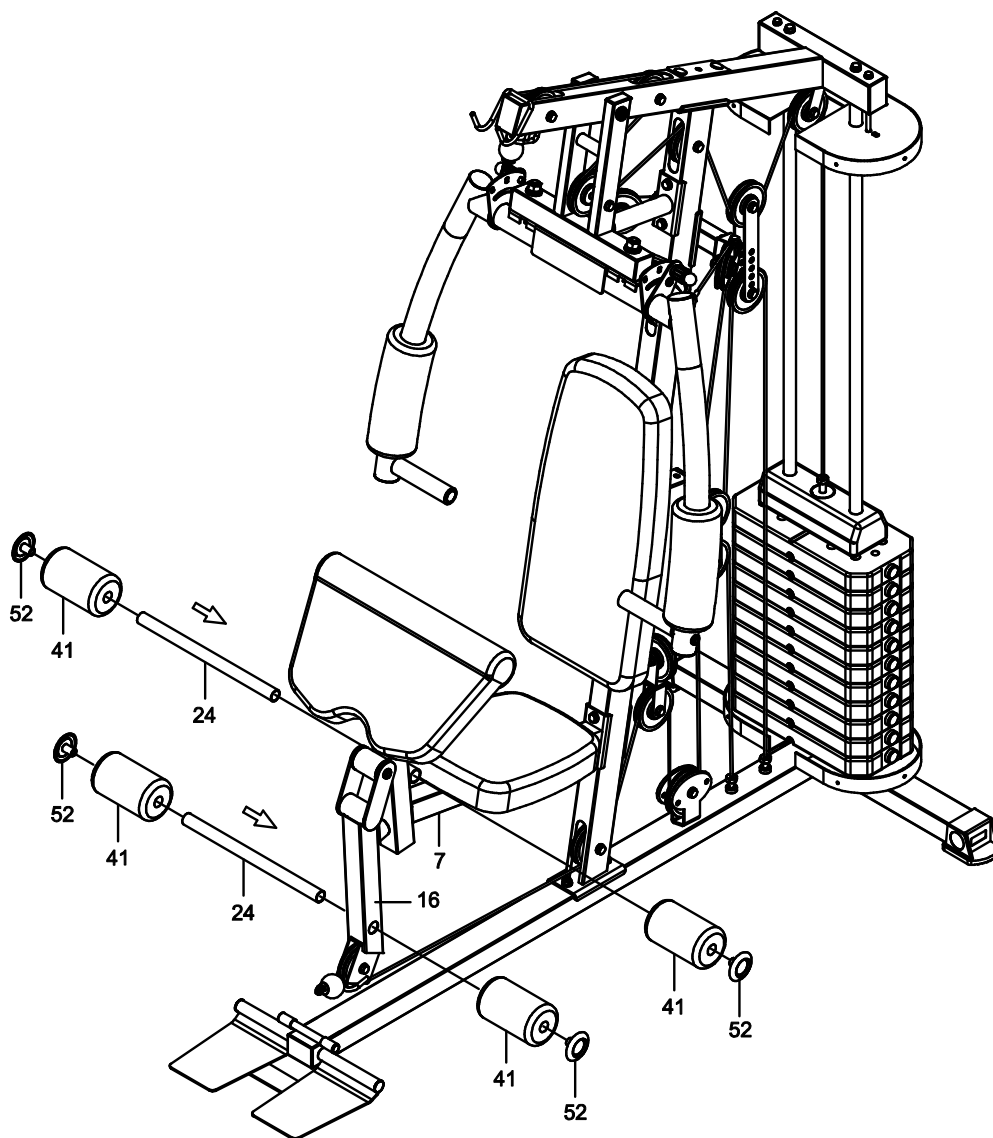
### STEP 12-2

Attach the Arm Curl Pad (36) to the Arm Curl Post (17) with two Hexagon Head Bolts (81) and two Flat Washers (88). Tighten bolts using the provided 14 mm-17 mm Double Open End Wrench.

### Hardware:



(81) Hexagon Head Bolt	2 PCS
(88) Flat Washer	2 PCS

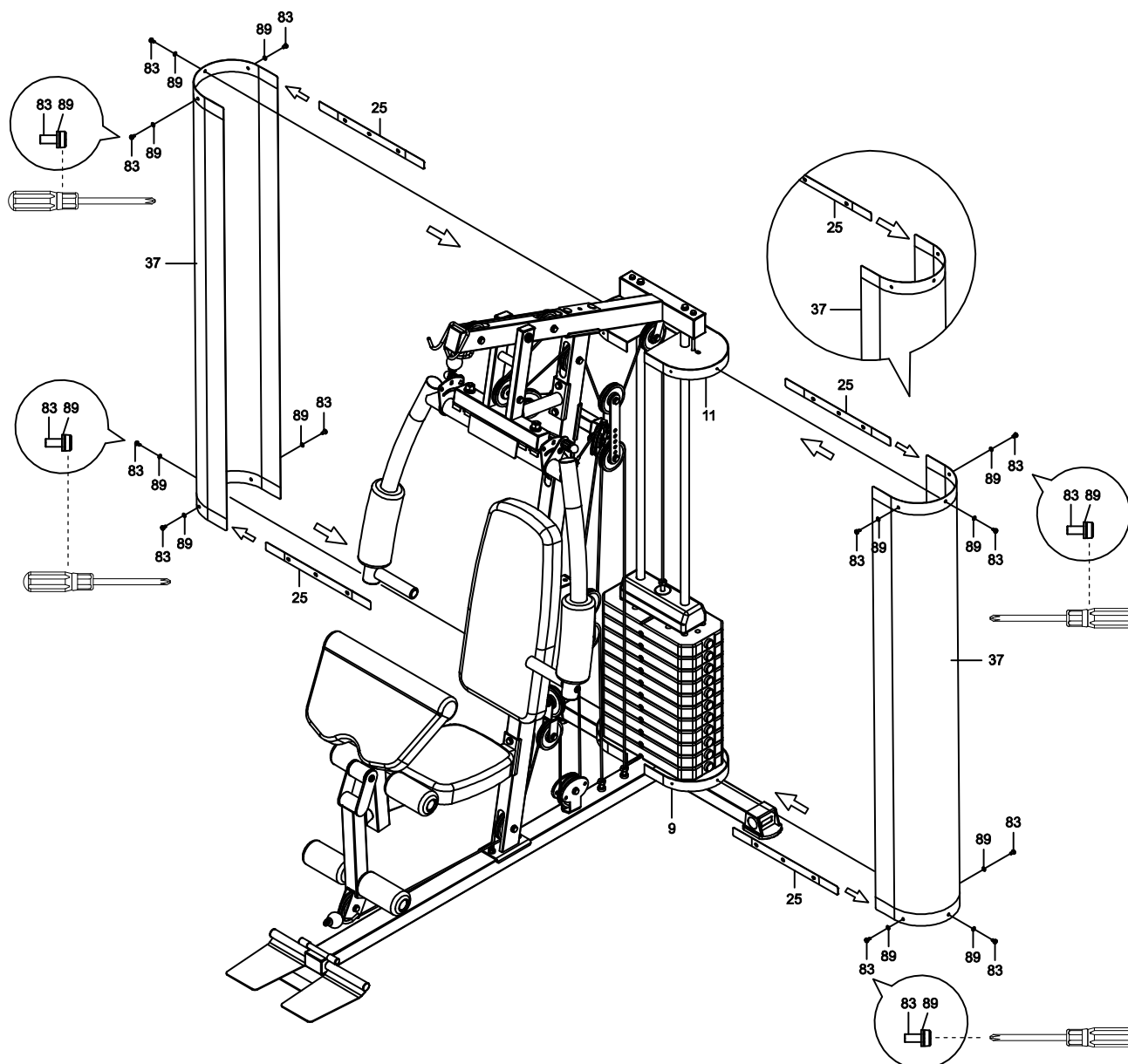


### STEP 12-3

Insert the Foam Roller Tubes (24) into the Seat Tube (7) and Leg Lever (16).

Slide one Foam Roller (41) onto each end and press a Foam Roller Tube End Cap (52) into each end.

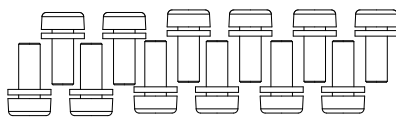
## WEIGHT STACK COVER ASSEMBLY



### STEP 13

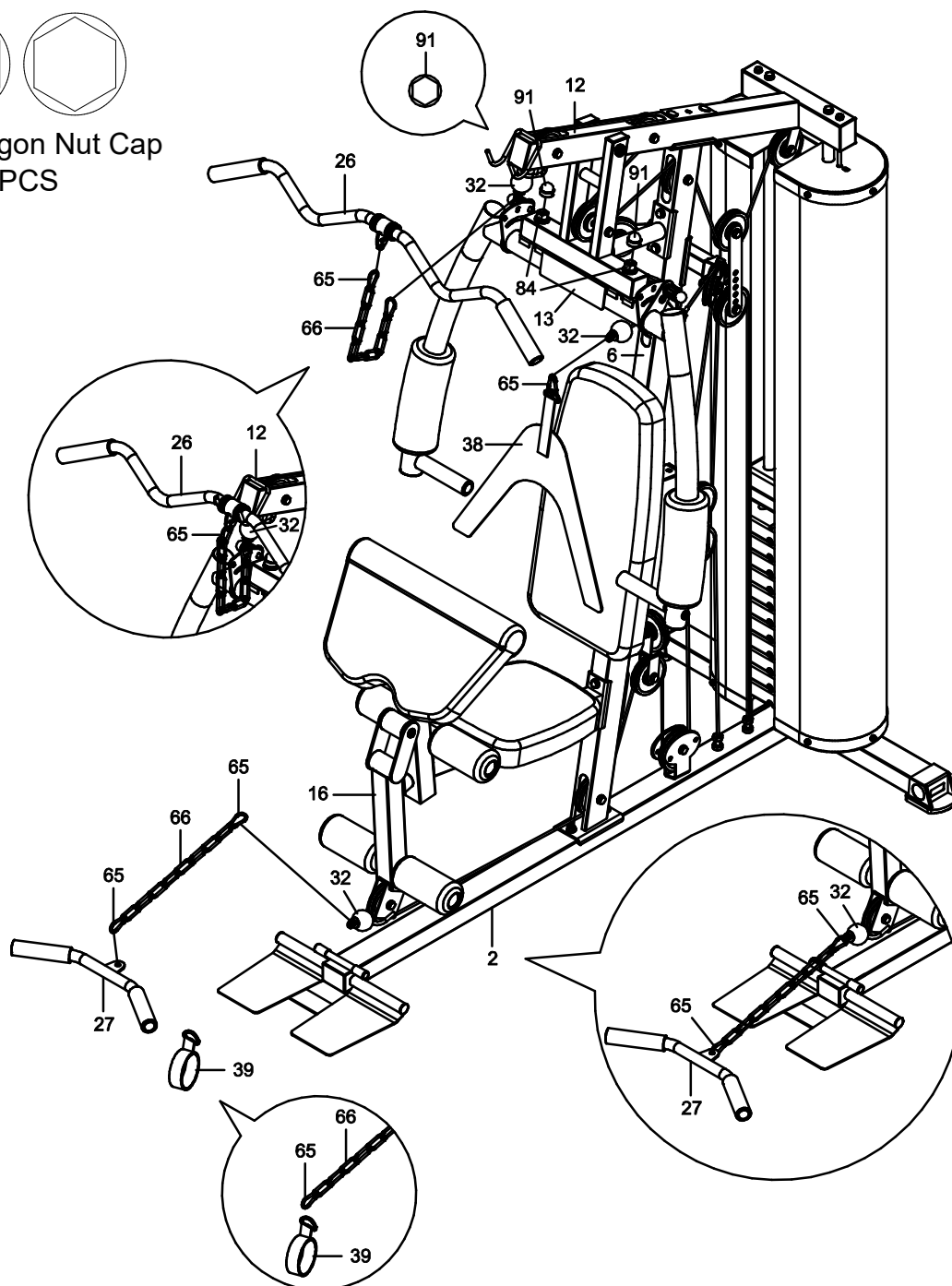
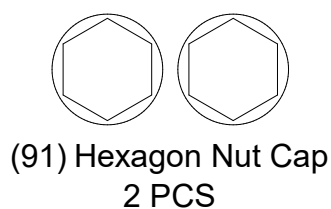
Attach both Weight Stack Covers (37) and Weight Stack Cover Plates (25) to the Lower/Upper Weight Stack Cover Supports (9, 11) with twelve Cross Recessed Pan Head Bolts (83) and twelve Flat Washers (89). Tighten bolts using the provided Phillips Screwdriver.

### Hardware:



(83) Cross Recessed Pan Head Bolt	12 PCS
(89) Flat Washer	12 PCS





#### STEP 14

Install two Hexagon Nut Caps (91) onto two Nylon Nuts (84) on the Pivot Frame (13).

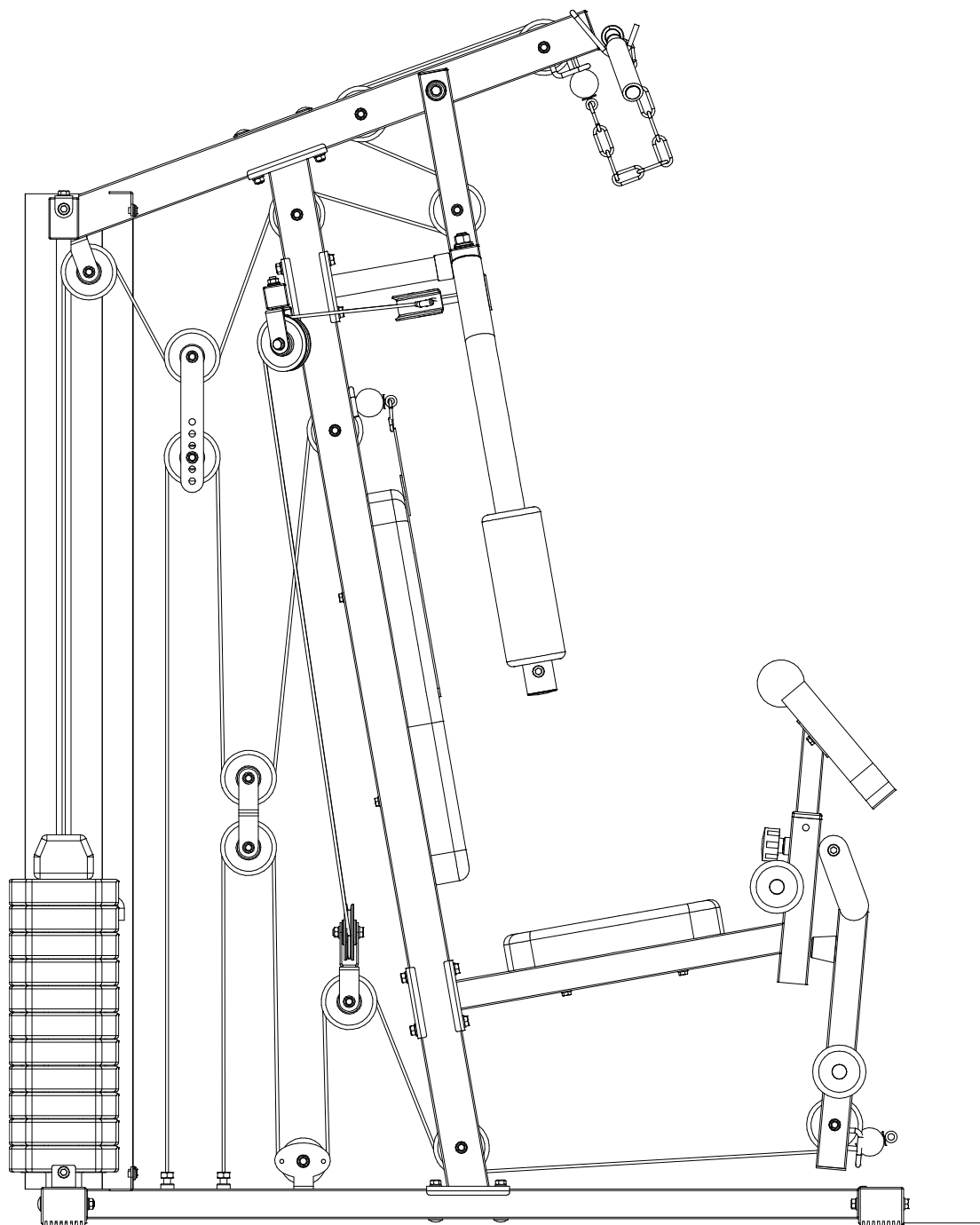
Attach the Lat Bar (26) to the Cable (32) at the high pulley station using a Snap Hook (65). For certain exercises, use the Coil Chain (66) between the Lat Bar (26) and the Cable (32), adjusting chain length for the desired starting position.

Attach the Handle Strap (38) to the Cable (32) at the middle pulley station with a Snap Hook (65).

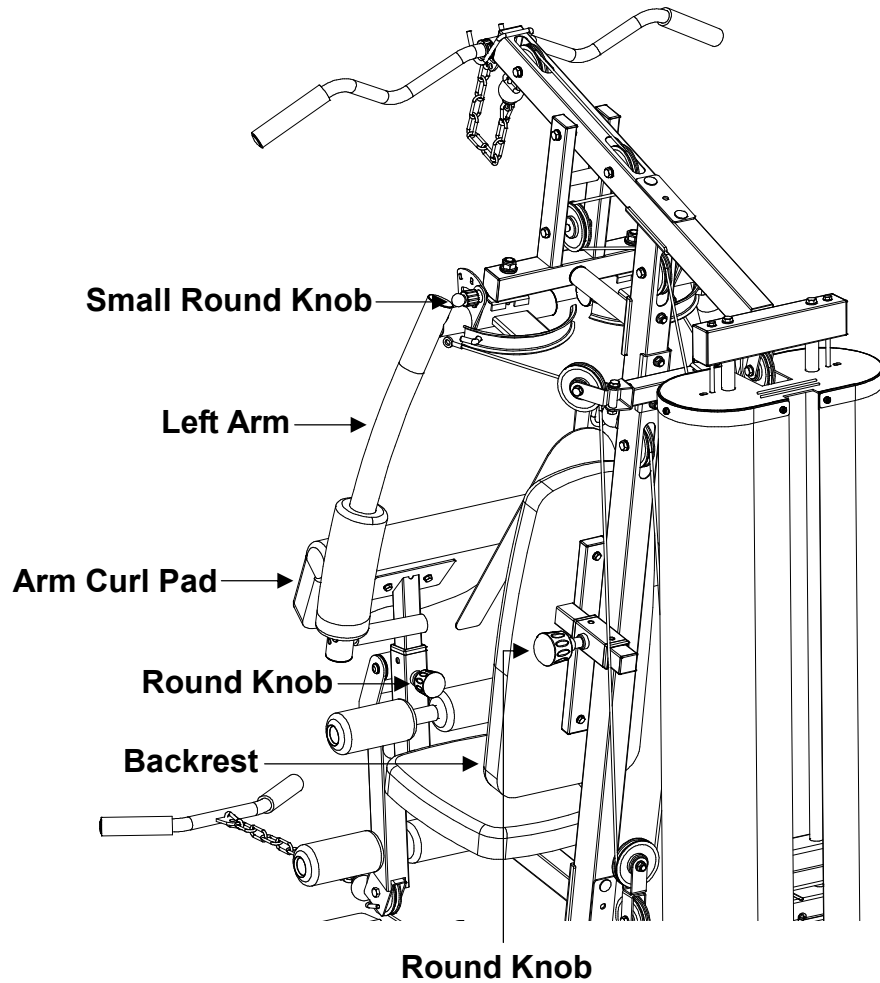
Attach the Low Row Bar (27) to the Cable (32) with a Snap Hook (65). You may also use the Coil Chain (66) here, as needed.

The Low Row Bar (27) or Ankle Strap (39) can be attached at either pulley station in the same way.

# CABLE LOOP DIAGRAM



# ADJUSTMENT



The Left and Right Arms, Backrest, and Arm Curl Pad are adjustable. Adjust them to suit your individual training needs.

# MAINTENANCE

Before each use, ensure all bolts and parts are securely tightened. Replace any worn or damaged parts immediately. After use, wipe down the home gym with a clean, dry cloth. Upholstery may be cleaned using a mild detergent or spray cleaner.

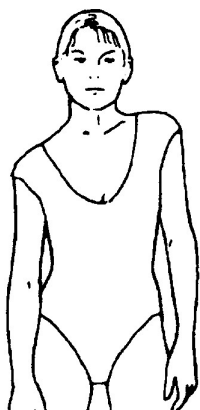
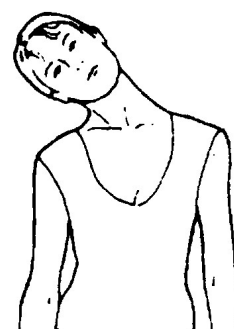
# WARM UP AND COOL DOWN ROUTINE

**WARMING UP** is an important part of any workout. Its purpose is to prepare your body for exercise and minimize injuries. Warm up for two to five minutes before aerobic exercise. Warming up should prepare your body for more strenuous exercise by heating up muscles, stretching them, and increasing circulation and pulse rate, delivering more oxygen to your muscles.

**COOLING 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 from the muscles.

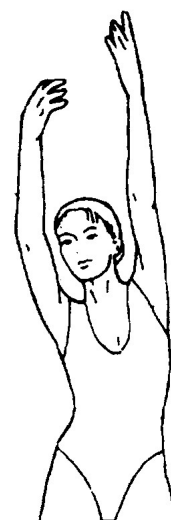
## HEAD ROLLS

Rotate your head to the right, feeling a stretching sensation up the left side of your neck. Rotate your head back, stretching your chin to the ceiling and opening your mouth. Rotate your head to the left. Drop your head to your chest.



## SHOULDER LIFTS

Lift your right shoulder toward your ear. Lift your left shoulder up 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. Repeat the action with your left arm.

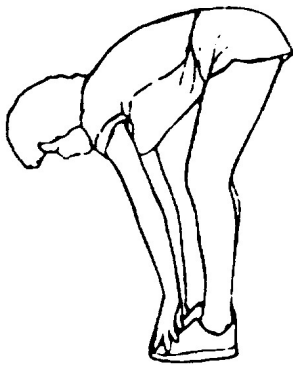


### **QUADRICEPS STRETCH**

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. Repeat with the 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.

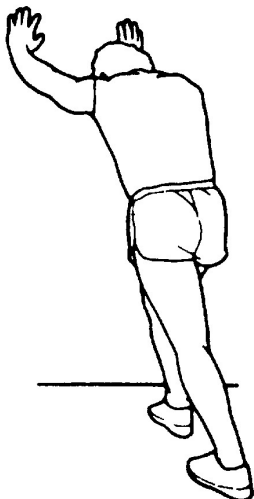
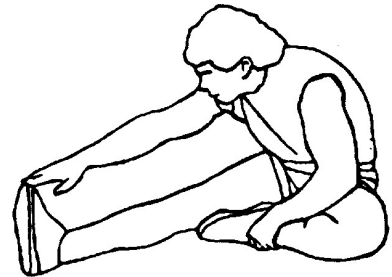


### **TOE TOUCHES**

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.