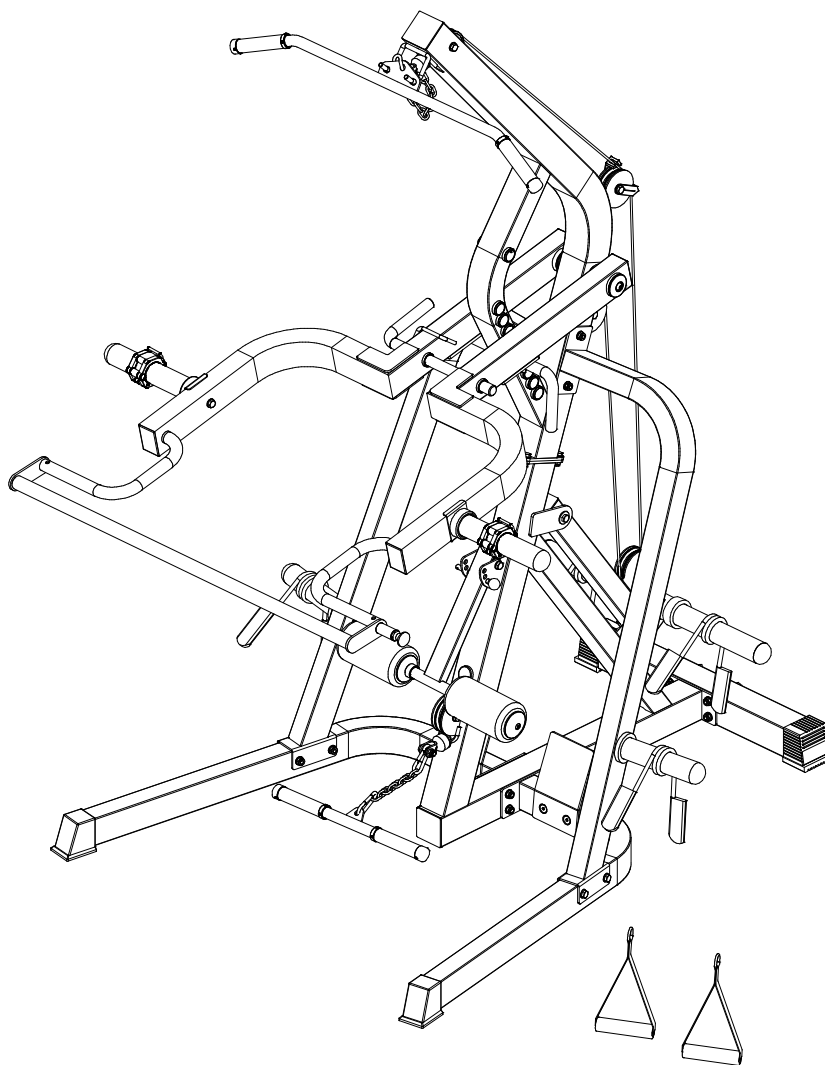


LEVERAGE GYM PRO II

ITEM NO.: 64002

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.

2023, June

TABLE OF CONTENTS

| | |
|-------------------------------------|----|
| WARRANTY ----- | 2 |
| IMPORTANT SAFETY INSTRUCTIONS ----- | 3 |
| PARTS LIST ----- | 4 |
| HARDWARE AND TOOLS KIT ----- | 6 |
| ASSEMBLY PARTS KIT A ----- | 7 |
| ASSEMBLY PARTS KIT B ----- | 8 |
| CABLE LIST ----- | 8 |
| FOAM ROLLER LIST ----- | 8 |
| WEIGHT PLATE CLAMP LOCK LIST ----- | 9 |
| HAND GRIP LIST ----- | 9 |
| EXPLODED VIEW ----- | 10 |
| ASSEMBLY INSTRUCTIONS ----- | 11 |
| ADJUSTMENTS ----- | 32 |
| WARM UP AND COOL DOWN ROUTINE ----- | 34 |

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 leverage gym. Read all instructions before using it.

1. Read all instructions and follow it carefully before using this leverage gym. Make sure the leverage gym is properly assembled and tightened before use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercises are recommended.
3. Please make sure all parts are not damaged and fixed well before use. This leverage gym should be placed on a flat surface when using.
4. Never drop or insert any object into any opening.
5. Keep hands away from all moving parts.
6. Please wear proper clothes and shoes when using this leverage gym; do not wear clothes that may catch any part of the leverage gym.
7. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
8. Do not use the leverage gym outdoors or near water.
9. Inspect and tighten all parts each time before using the leverage gym.
10. Frayed or worn cable can be dangerous and may cause injury. Periodically check the cable for any indication of wear.
11. Never operate the leverage gym if it is not functioning properly.
12. Be careful when getting on or off the leverage gym.
13. This leverage gym is for household use only. It is not a commercial model.
14. Only one person at a time should use this leverage gym.
15. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
16. Do not allow children to use or play on the leverage gym. Keep children and pets away from the leverage gym at all times. Do not leave children unattended in the same room with the leverage gym. This leverage gym is designed for adults use. The minimum free space required for safe operation is not less than two meters.
17. Maximum weight load: Press Arm: 550 lbs / 250 kg
Cable Pull: 440 lbs / 200 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 Frame | 1 | 031 | Cable | 1 |
| 002 | Left Base Frame | 1 | 032 | Weight Storage Horn | 2 |
| 003 | Lower Upright Frame | 1 | 033 | Coil Chain | 2 |
| 004 | Right Base Frame | 1 | 034 | Pulley | 5 |
| 005 | Foot Plate | 2 | 035 | Squat Bar | 1 |
| 006 | Hexagon Head Bolt M10x90 | 2 | 036 | Knee Lock Tube | 1 |
| 007 | Nylon Lock Nut M10 | 33 | 037 | Knee Lock Tube Lock Pin | 1 |
| 008 | Washer Ø20xØ10 | 56 | 038 | Copper Bushing | 2 |
| 009 | Upper Upright Frame | 1 | 039 | Bearing 6005RS | 4 |
| 010 | Weight Plate Tube | 1 | 040 | Shaft End Cover | 2 |
| 011 | Rear Base Frame End Cap (75x75) | 2 | 041 | Nylon Washer Ø24xØ10x2 | 2 |
| 012 | Hexagon Head Bolt M10x100 | 6 | 042 | Rectangular End Cap (50x25) | 1 |
| 013 | Hexagon Socket Button Head Bolt M10x16 | 4 | 043 | Foam Roller Cap I | 2 |
| 014 | Bushing Ø32xØ25x30 | 20 | 044 | Foam Roller Cap II | 2 |
| 015 | Hexagon Head Bolt M10x75 | 5 | 045 | Hexagon Socket Button Head Bolt M8x20 | 2 |
| 016 | Left Support Tube | 1 | 046 | Weight Rotating Tube Square End Cap (50x50) | 1 |
| 017 | Right Support Tube | 1 | 047 | Foot End Cap (70x50) | 2 |
| 018 | Weight Rotating Tube | 1 | 048 | Rubber Bumper Ø39 x41 | 1 |
| 019 | Shaft | 1 | 049 | Rubber Bumper Ø38 x7 | 1 |
| 020 | Hexagon Head Bolt M10x25 | 8 | 050 | Hexagon Socket Button Head Bolt M8x30 | 1 |
| 021 | Upper Upright Frame Square End Cap 75x75 | 2 | 051 | Hexagon Head Bolt M10x30 | 2 |
| 022 | Hexagon Socket Round Head Bolt M10x65 | 2 | 052 | Lock Knob | 1 |
| 023 | Spring Collar | 4 | 053 | Rectangular End Cap (70x50) | 4 |
| 024 | Left Press Arm | 1 | 054 | Rubber Ring Ø70xØ50x10 | 2 |
| 025 | Right Press Arm | 1 | 055 | Round End Cap Ø50 | 6 |
| 026 | Adjustment Pin Ø25 | 1 | 056 | Foam Roller | 2 |
| 027 | Press Arm Lock Pin Ø25 | 1 | 057 | Rectangular Rubber Bumper 117x48 | 2 |
| 028 | Big Washer Ø30xØ10x2.5 | 8 | 058 | Cross Recessed Countersunk Head Tapping Screw Ø4.2x19 | 4 |
| 029 | Weight Horn | 2 | 059 | Snap Link | 4 |
| 030 | Lat Bar | 1 | 060 | Rubber Ring Ø70xØ50x16 | 2 |

PARTS LIST

| No. | Description | Qty | No. | Description | Qty |
|-----|--------------------------|-----|-----|---|-----|
| 061 | Low Row Bar | 1 | 067 | Steel Bushing Ø16x25 | 2 |
| 062 | Hexagon Head Bolt M10x95 | 4 | 068 | Hexagon Socket Countersunk Head Bolt M10x65 | 4 |
| 063 | Hexagon Head Bolt M10x55 | 1 | 069 | Rubber Ring Ø75xØ50x26 | 2 |
| 064 | Plastic Cable Trap | 2 | 070 | Weight Plate Clamp Lock | 2 |
| 065 | Plastic Bushing Ø22x6 | 2 | 071 | Hand Grip | 2 |
| 066 | Hexagon Head Bolt M10x45 | 3 | | | |

HARDWARE AND TOOLS KIT



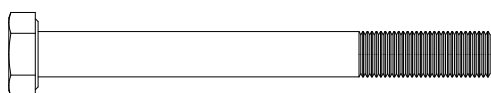
(6) Hexagon Head Bolt
M10x90
2 PCS



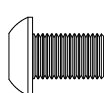
(7) Nylon Lock Nut M10
31 PCS



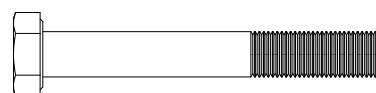
(8) Washer
Ø20xØ10
56 PCS



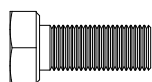
(12) Hexagon Head Bolt
M10x100
6 PCS



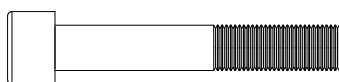
(13) Hexagon Socket Button
Head Bolt M10x16
4 PCS



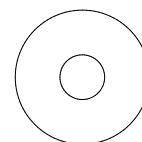
(15) Hexagon Head Bolt
M10x75
5 PCS



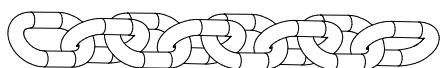
(20) Hexagon Head Bolt
M10x25
8 PCS



(22) Hexagon Socket Round
Head Bolt M10x65
2 PCS



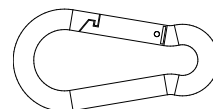
(28) Big Washer
Ø30xØ10x2.5
8 PCS



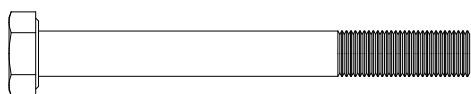
(33) Coil Chain
2 PCS



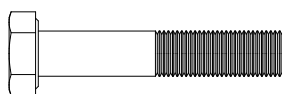
(45) Hexagon Socket Button
Head Bolt M8x20
2 PCS



(59) Snap Link
4 PCS



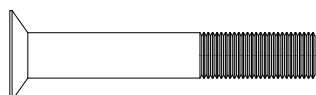
(62) Hexagon Head Bolt
M10x95
4 PCS



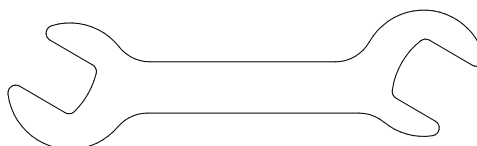
(63) Hexagon Head Bolt
M10x55
1 PC



(66) Hexagon Head Bolt
M10x45
3 PCS



(68) Hexagon Socket Countersunk
Head Bolt M10x65
4 PCS



Double Open End Wrench
2 PCS



Allen Wrench L5
1 PC

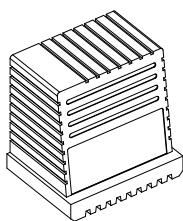


Allen Wrench with
Phillips Screwdriver L6
2 PCS



Allen Wrench with
Phillips Screwdriver L8
1 PC

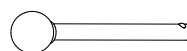
ASSEMBLY PARTS KIT A



(11) Rear Base Frame
End Cap
2 PCS



(34) Pulley
5 PCS



(37) Knee Lock
Tube Lock Pin
1 PC



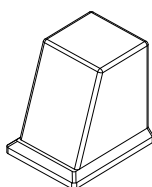
(41) Nylon Washer
Ø24xØ10x2
2 PCS



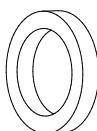
(43) Foam Roller Cap I
2 PCS



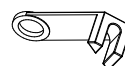
(44) Foam Roller Cap II
2 PCS



(47) Foot End Cap
(70x50)
2 PCS



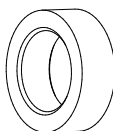
(54) Rubber Ring
Ø70xØ50x10
2 PCS



(64) Plastic Cable Trap
2 PCS



(65) Plastic Bushing
Ø22x6
2 PCS

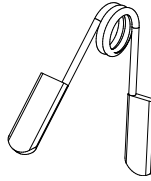


(69) Rubber Ring
Ø75xØ50x26
2 PCS

ASSEMBLY PARTS KIT B



(19) Shaft
1 PC



(23) Spring Collar
4 PCS

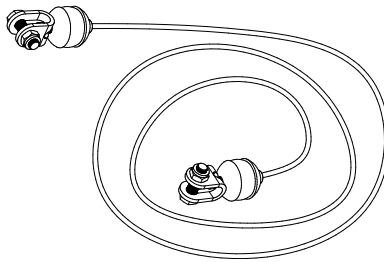


(40) Shaft End Cover
2 PCS



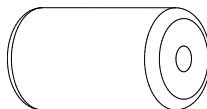
(67) Steel Bushing
Ø16x25
2 PCS

CABLE LIST



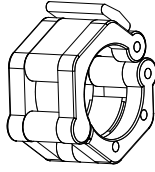
(31) Cable
1 PC

FOAM ROLLER LIST



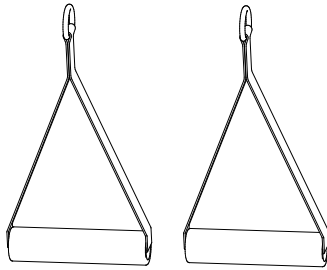
(56) Foam Roller
2 PCS

WEIGHT PLATE CLAMP LOCK LIST



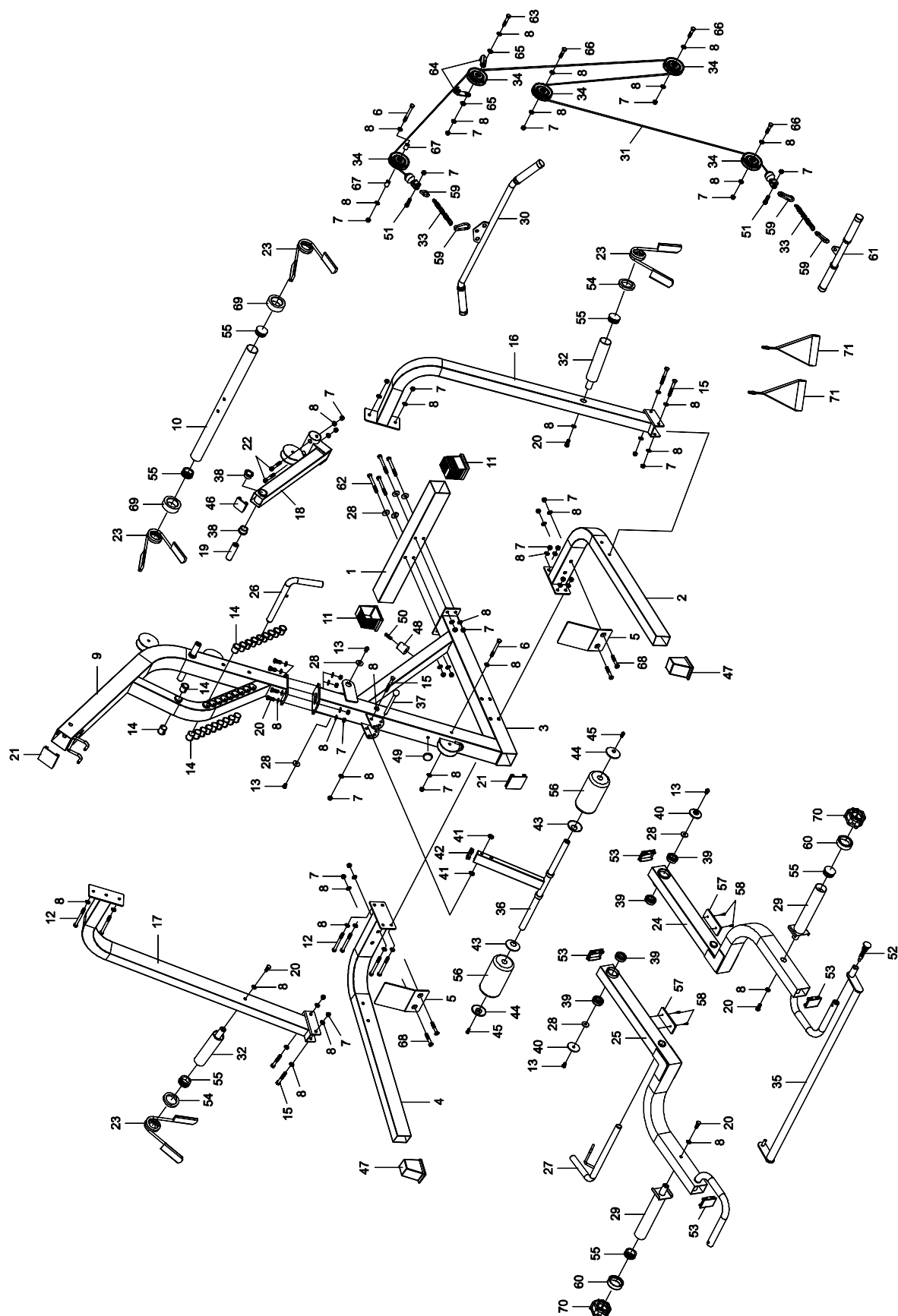
(70) Weight Plate Clamp Lock
2 PCS

HAND GRIP LIST



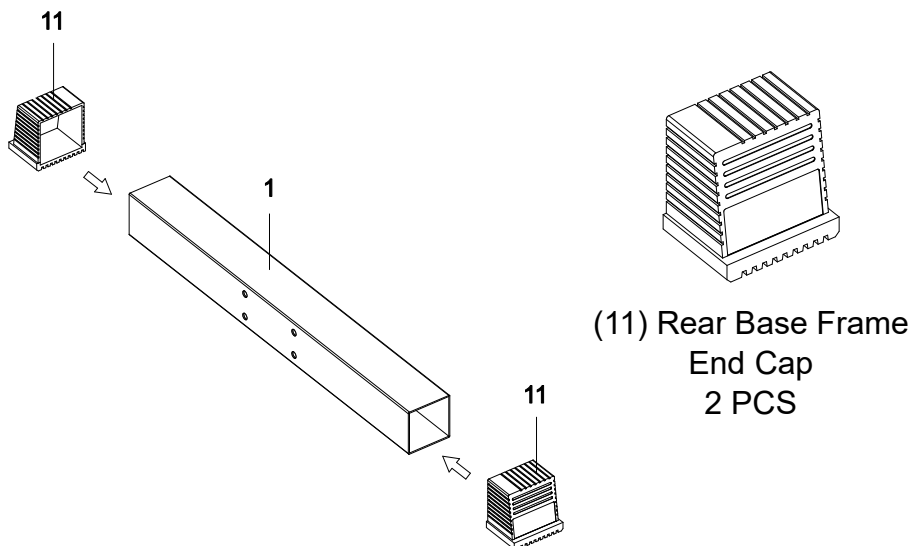
(71) Hand Grip
2 PCS

EXPLODED VIEW



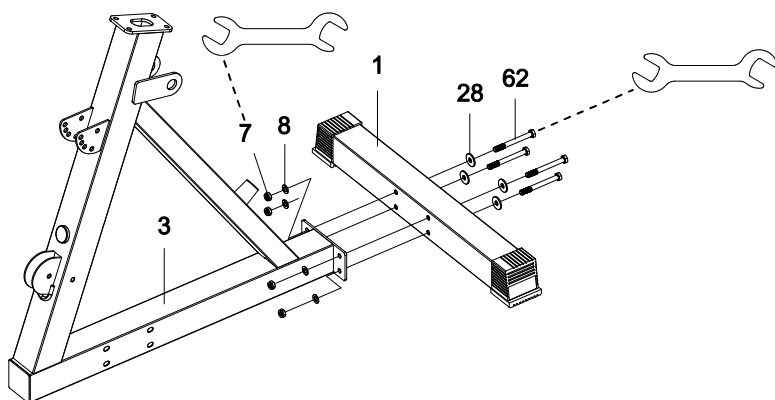
ASSEMBLY INSTRUCTIONS

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



STEP 1

Slide two Rear Base Frame End Caps (11) over the ends of the Rear Base Frame (1).



Hardware:



(62) Hexagon Head Bolt
M10x95
4 PCS

STEP 2

Attach the Rear Base Frame (1) onto the Lower Upright Frame (3) with four M10x95 Hexagon Head Bolts (62), four Ø30xØ10x2.5 Big Washers (28), four Ø20xØ10 Washers (8), and four M10 Nylon Lock Nuts (7). Tighten bolt and nylon lock nut with two Double Open End Wrenches provided.

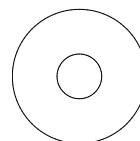
Hardware:



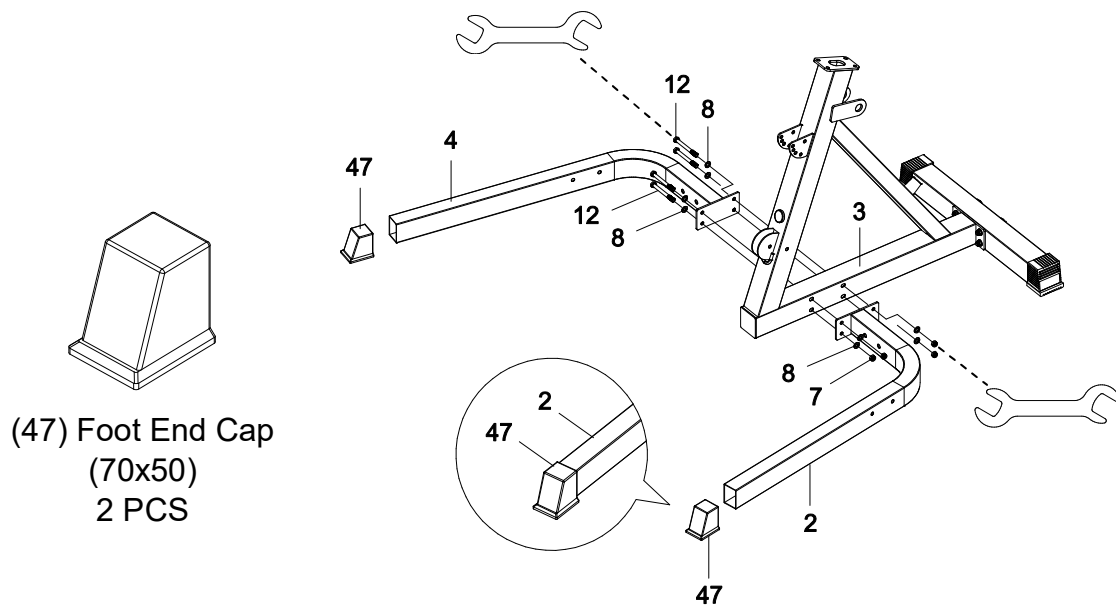
(7) Nylon Lock Nut M10
4 PCS



(8) Washer
Ø20xØ10
4 PCS



(28) Big Washer
Ø30xØ10x2.5
4 PCS



STEP 3

Slide two Foot End Caps (47) over the end of the both Left and Right Base Frames (2, 4). Attach the both Left and Right Base Frames (2, 4) onto the Lower Upright Frame (3) with four M10x100 Hexagon Head Bolts (12), four M10 Nylon Lock Nuts (7), and eight Ø20xØ10 Washers (8). Tighten bolt and nylon lock nut with two Double Open End Wrenches provided.

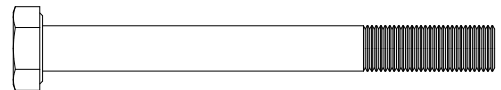
Hardware:



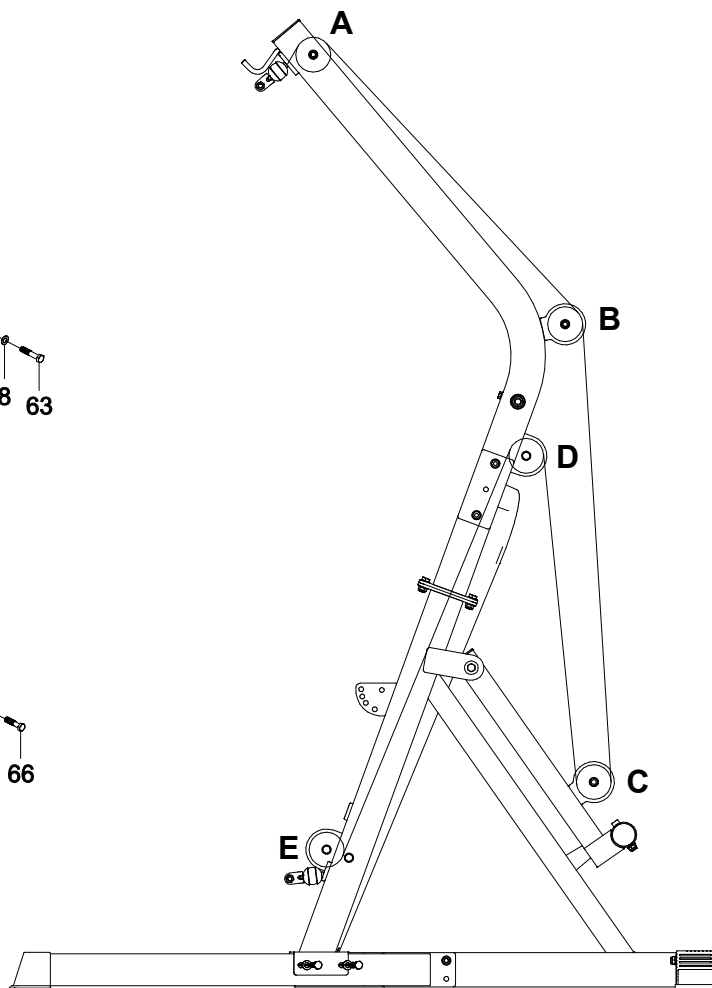
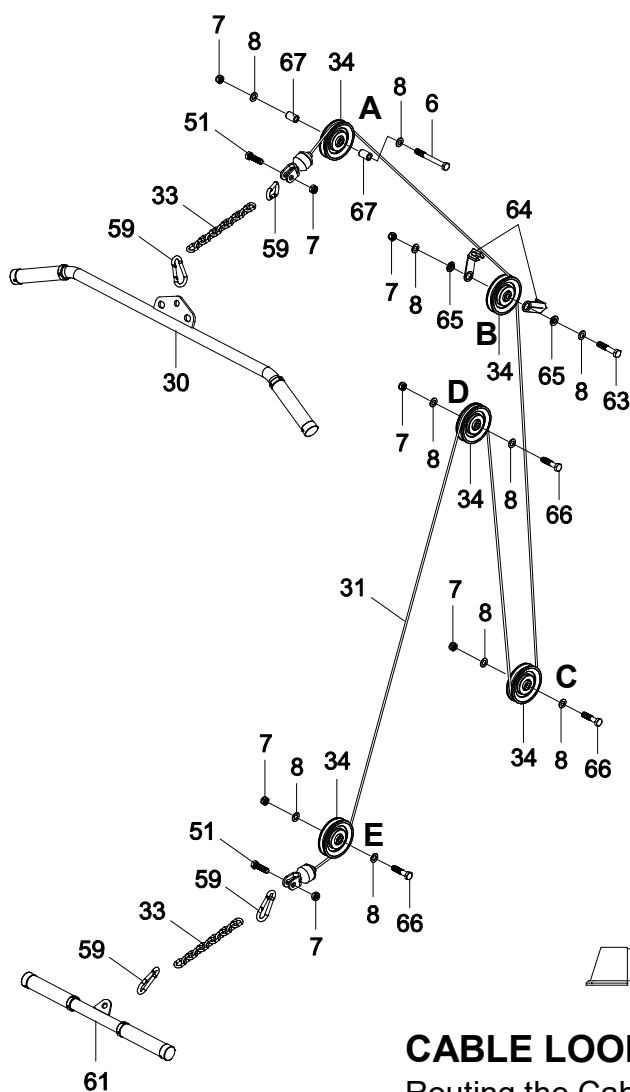
(7) Nylon Lock Nut M10
4 PCS



(8) Washer
Ø20xØ10
8 PCS

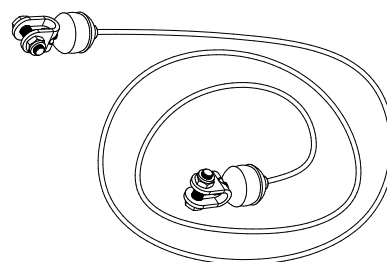
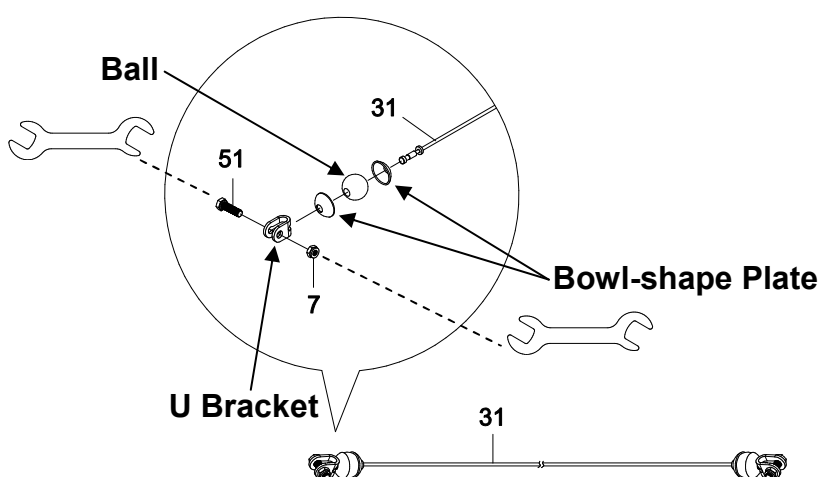


(12) Hexagon Head Bolt
M10x100
4 PCS



CABLE LOOP DIAGRAM

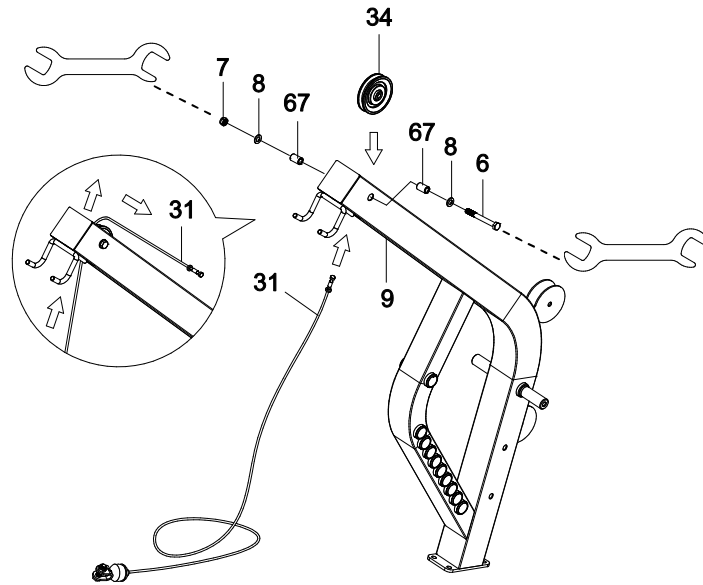
Routing the Cable (31) from A to E.



(31) Cable
1 PC

STEP 4-1

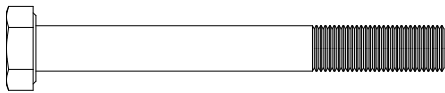
Remove one M10 Nylon Lock Nut (7), one M10x30 Hexagon Head Bolt (51), one Ball, one U Bracket, and two Bowl-shape Plates from one end of the Cable (31). Remove bolt and nylon lock nut with two Double Open End Wrenches provided.



STEP 4-2

Thread the Cable (31) through the Upper Upright Frame (9). Slot the Pulley (34) into the Upper Upright Frame (9) and pull the Cable (31) through over the Pulley (34). Then secure the Pulley (34) into the Upper Upright Frame (9) with one M10x90 Hexagon Head Bolt (6), one M10 Nylon Lock Nut (7), two Ø20xØ10 Washers (8), and two Ø16x25 Steel Bushings (67). Tighten bolt and nylon lock nut with two Double Open End Wrenches provided.

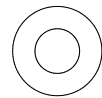
Hardware:



(6) Hexagon Head Bolt
M10x90
1 PC



(7) Nylon Lock Nut M10
1 PC



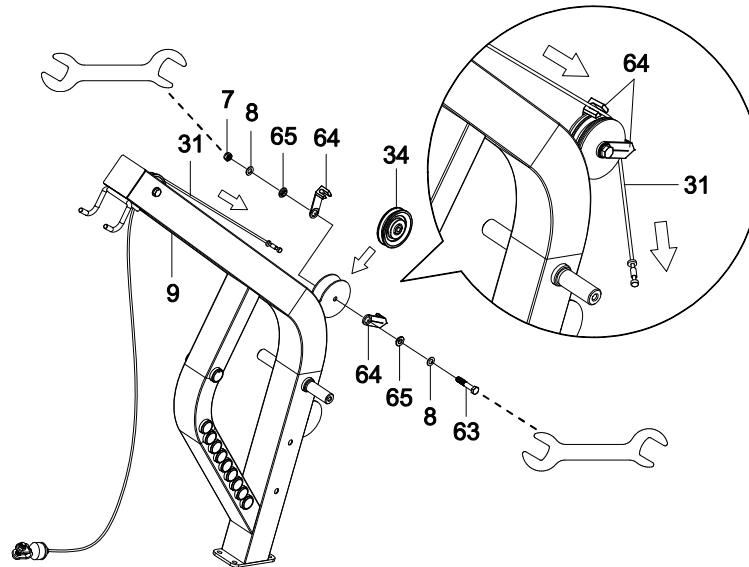
(8) Washer
Ø20xØ10
2 PCS



(34) Pulley
1 PC



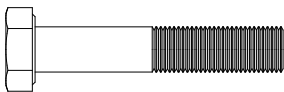
(67) Steel Bushing
Ø16x25
2 PCS



STEP 4-3

Pull the Cable (29) forwards through the Upper Upright Frame (9). Slot the Pulley (34) into the Upper Upright Frame (9) and pull the Cable (31) through over the Pulley (34). Then secure the Pulley (34) into the Upper Upright Frame (9) with one M10x55 Hexagon Head Bolt (63), one M10 Nylon Lock Nut (7), two Ø20xØ10 Washers (8), two Plastic Cable Traps (64), and two Ø22x6 Plastic Bushings (65). Tighten bolt and nylon lock nut with two Double Open End Wrenches provided.

Hardware:



(63) Hexagon Head Bolt
M10x55
1 PC



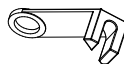
(7) Nylon Lock Nut M10
1 PC



(8) Washer
Ø20xØ10
2 PCS



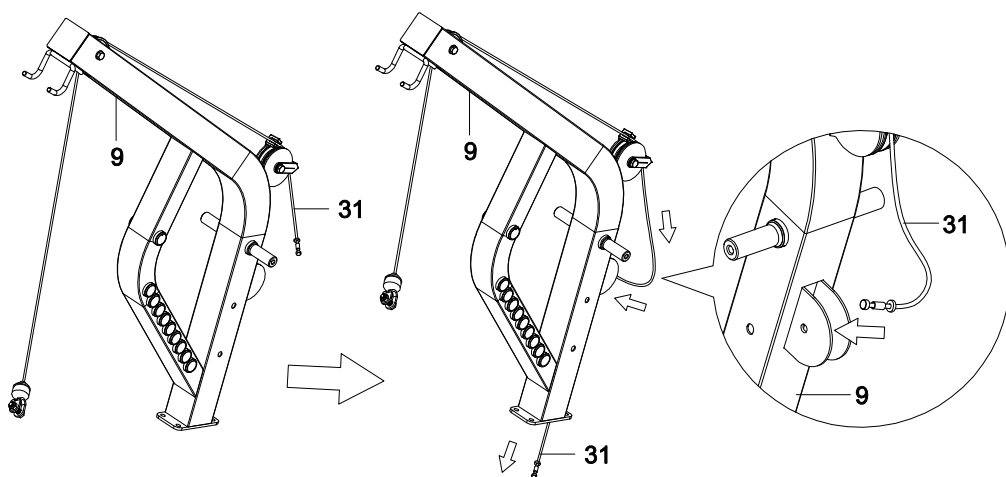
(34) Pulley
1 PC



(64) Plastic Cable Trap
2 PCS

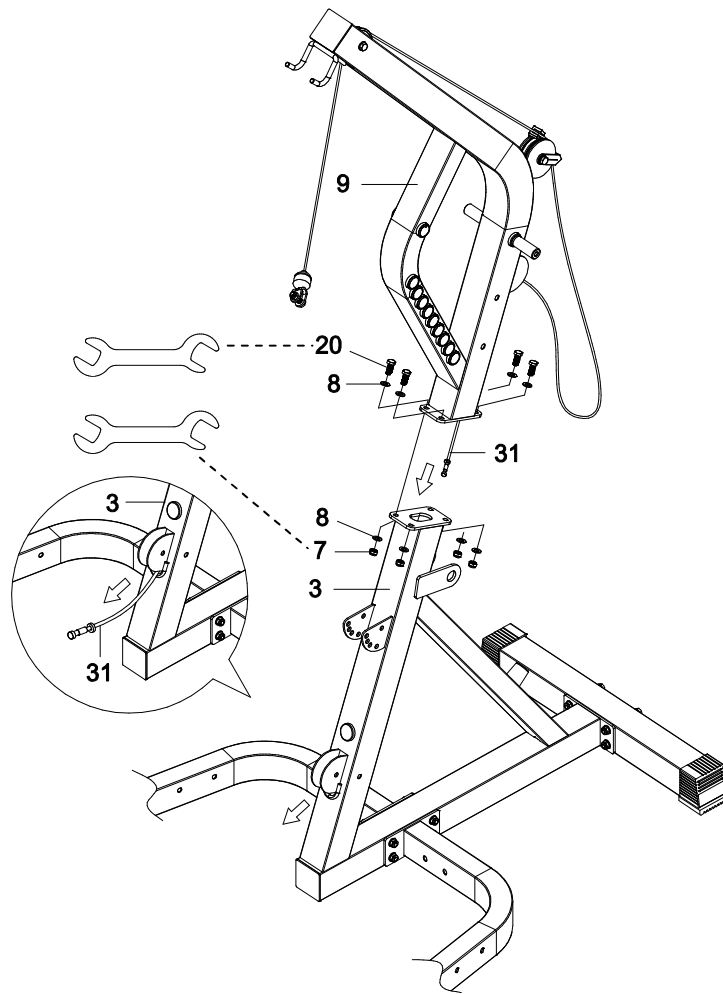


(65) Plastic Bushing
Ø22x6
2 PCS



STEP 4-4

Pull the Cable (29) downwards and thread it through the hole in the Upper Upright Frame (9).
Pull the Cable (29) out from the bottom end of the Upper Upright Frame (9).



STEP 5

Insert the Cable (31) through the top hole in the Lower Upright Frame (3). Position the Upper Upright Frame (9) on the top of the Lower Upright Frame (3) and align bolt holes. Attach the Upper Upright Frame (9) onto the Lower Upright Frame (3) with four M10x25 Hexagon Head Bolts (20), four M10 Nylon Lock Nuts (7), and eight Ø20xØ10 Washers (8). Tighten bolt and nylon lock nut with two Double Open End Wrenches provided. Pull the Cable (29) out from the bottom hole of the Lower Upright Frame (3).

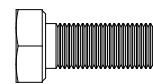
Hardware:



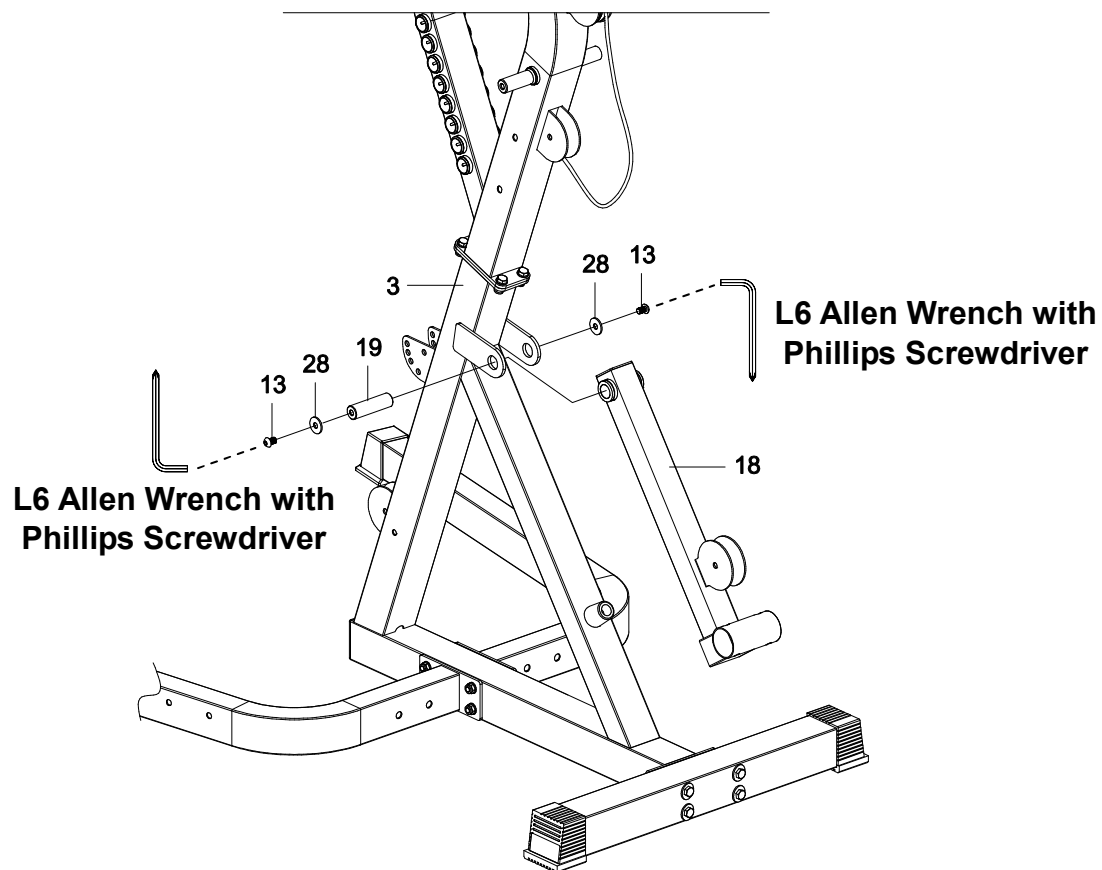
(7) Nylon Lock Nut M10
4 PCS



(8) Washer
Ø20xØ10
8 PCS



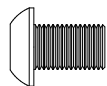
(20) Hexagon Head Bolt
M10x25
4 PCS



STEP 6

Attach the Weight Rotating Tube (18) to the Lower Upright Frame (3) with one Shaft (19), two M10x16 Hexagon Socket Button Head Bolts (13), and two Ø30xØ10x2.5 Big Washers (28). Tighten bolts with two L6 Allen Wrench with Phillips Screwdrivers provided.

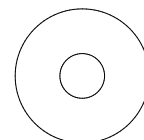
Hardware:



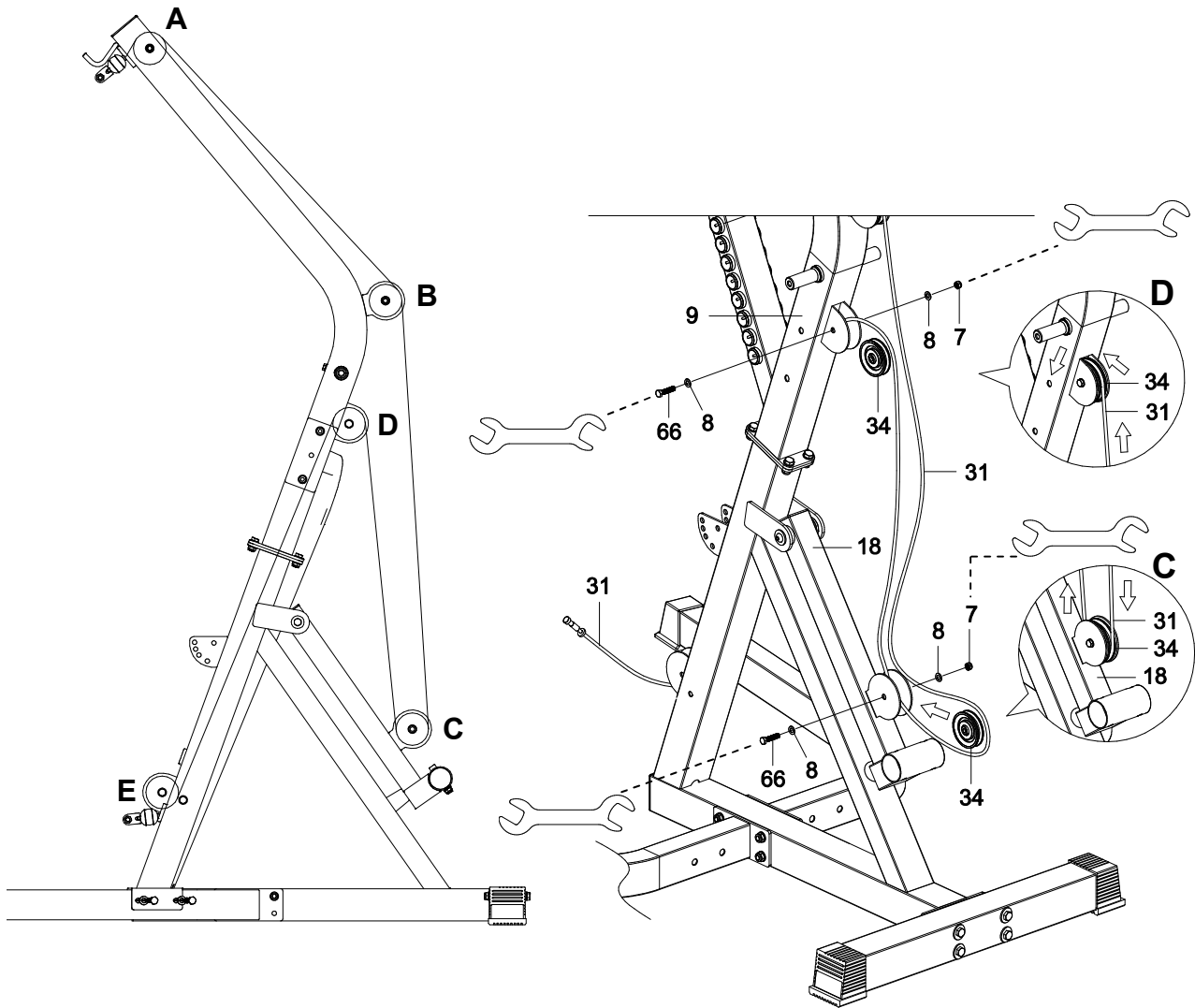
(13) Hexagon Socket Button
Head Bolt M10x16
2 PCS



(19) Shaft
1 PC



(28) Big Washer
Ø30xØ10x2.5
2 PCS



STEP 7-1

Pull the Cable (31) downwards to the Weight Rotating Tube (18). Slot the Pulley (34) in the Weight Rotating Tube (18) and pull the Cable (31) through underneath the Pulley (34). Then secure the Pulley (34) in the Weight Rotating Tube (18) with one M10x45 Hexagon Head Bolt (66), one M10 Nylon Lock Nut (7), and two Ø20xØ10 Washers (8). Tighten bolt and nylon lock nut with two Double Open End Wrenches provided as shown in figure **C**. Pull the Cable (31) upwards to the Upper Upright Frame (9). Slot the Pulley (34) in the Upper Upright Frame (9) and pull the Cable (31) through over the Pulley (34). Then secure the Pulley (34) in the Upper Upright Frame (9) with one M10x45 Hexagon Head Bolt (66), one M10 Nylon Lock Nut (7), and two Ø20xØ10 Washers (8). Tighten bolt and nylon lock nut with two Double Open End Wrenches provided as shown in figure **D**.

Hardware:



(7) Nylon Lock Nut M10
2 PCS



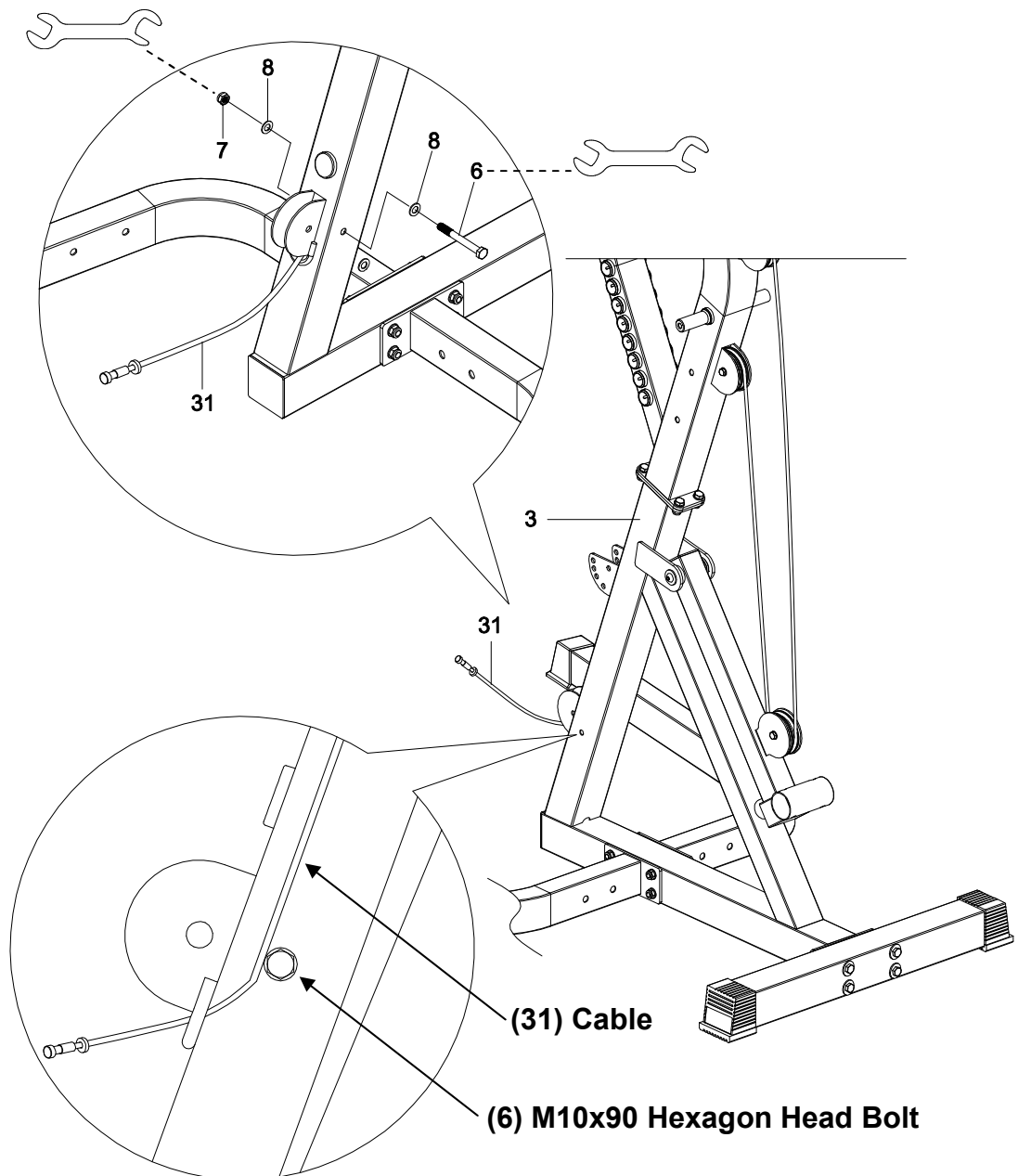
(8) Washer
Ø20xØ10
4 PCS



(34) Pulley
2 PCS



(66) Hexagon Head Bolt
M10x45
2 PCS

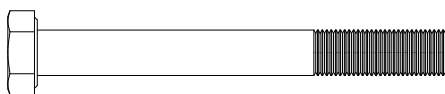


STEP 7-2

Pull the Cable (31) out of the Lower Upright Frame (3). Then tighten one M10x90 Hexagon Head Bolt (6), one M10 Nylon Lock Nut (7), and two Ø20xØ10 Washers (8) onto the Lower Upright Frame (3) with two Double Open End Wrenches provided.

NOTE: Please make sure that the Cable (31) is positioned above the M10x90 Hexagon Head Bolt (6).

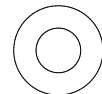
Hardware:



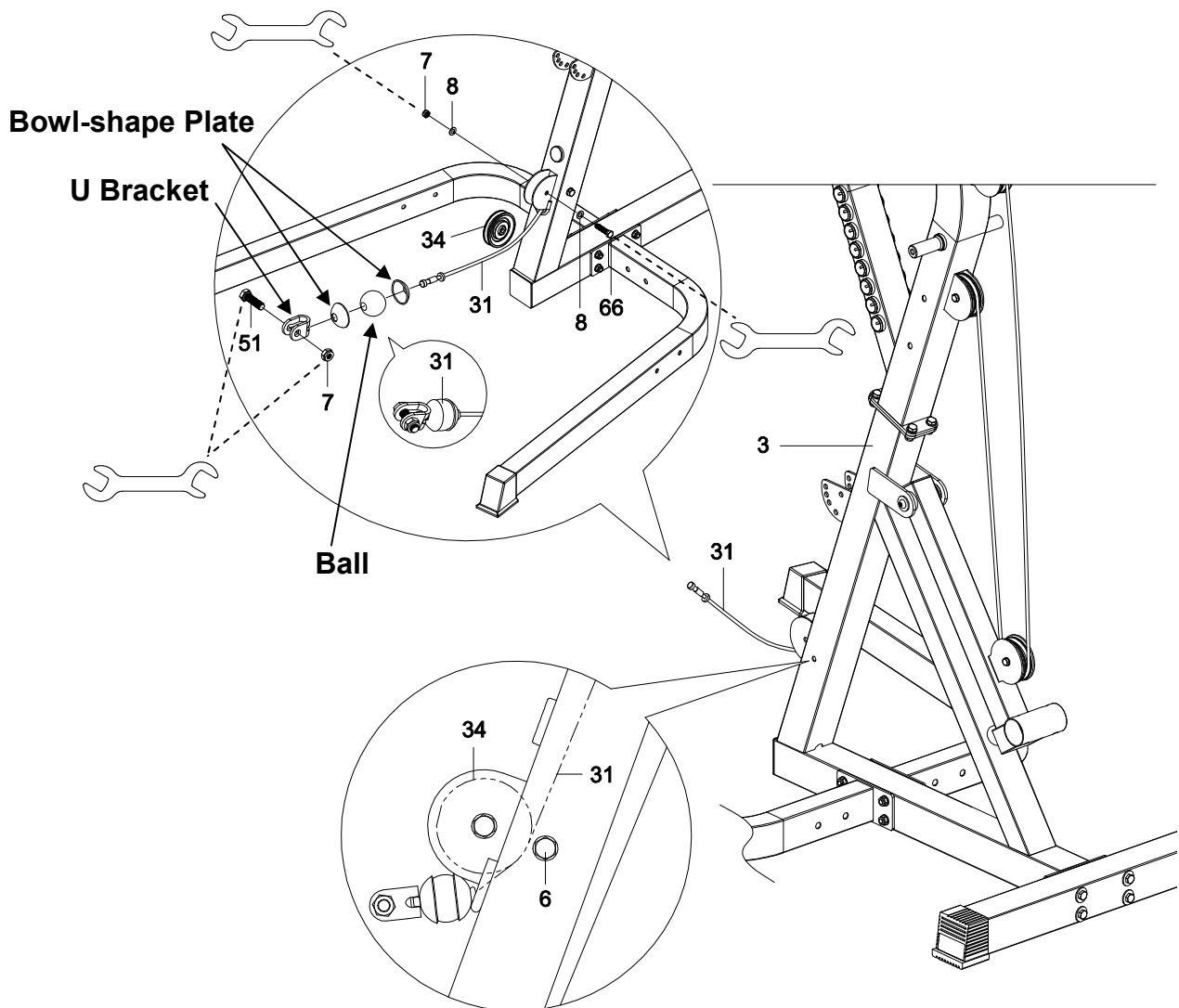
(6) Hexagon Head Bolt
M10x90
1 PC



(7) Nylon Lock Nut M10
1 PC



(8) Washer
Ø20xØ10
2 PCS



STEP 7-3

Slot the Pulley (34) in the Lower Upright Frame (3) and pull the Cable (31) through underneath the Pulley (34). Then secure the Pulley (34) in the Lower Upright Frame (3) with one M10x45 Hexagon Head Bolt (66), one M10 Nylon Lock Nut (7), and two Ø20xØ10 Washers (8). Tighten bolt and nylon lock nut with two Double Open End Wrenches provided. Attach one M10 Nylon Lock Nut (7), one M10x30 Hexagon Head Bolt (51), one Ball, one U Bracket, and two Bowl-shape Plates that were previously removed back to the end of the Cable (31). Tighten bolt and nylon lock nut with two Double Open End Wrenches provided.

Hardware:



(7) Nylon Lock Nut M10
1 PC



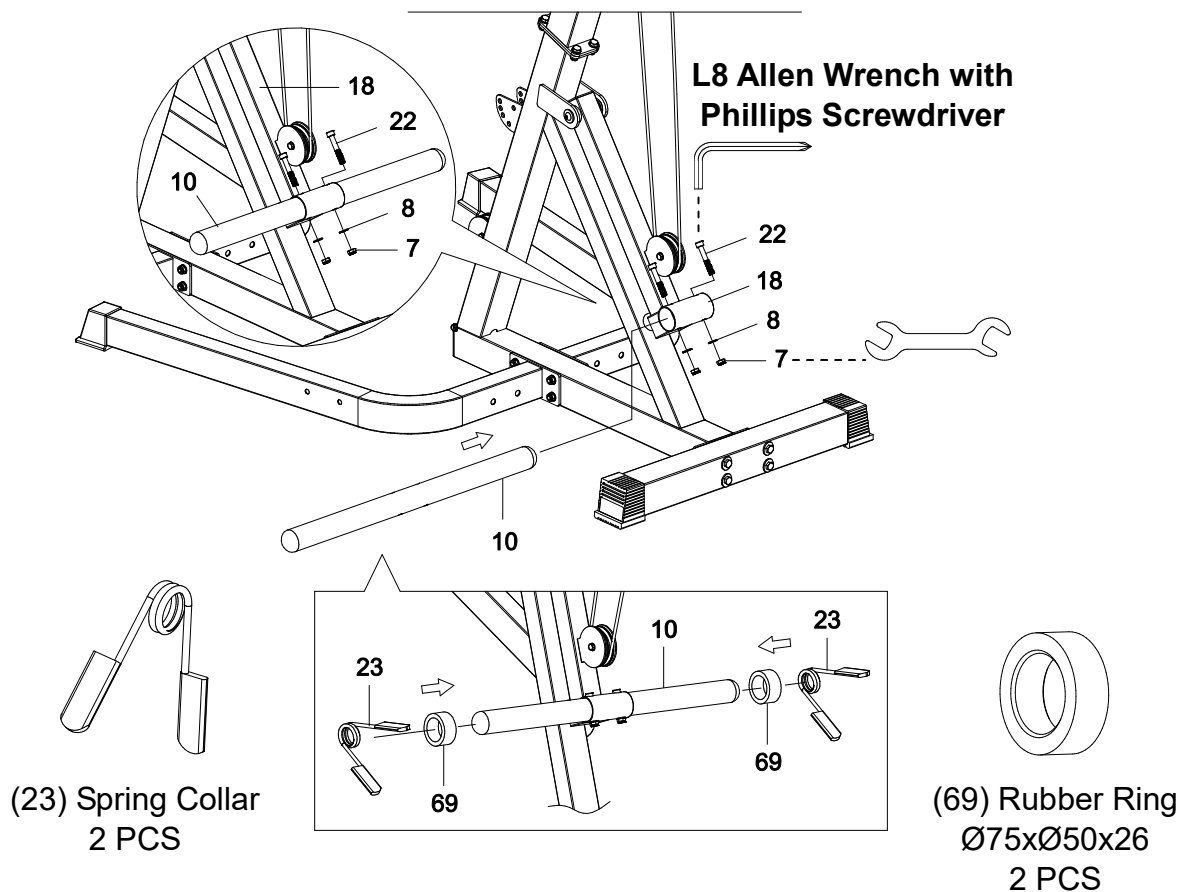
(8) Washer
Ø20xØ10
2 PCS



(34) Pulley
1 PC



(66) Hexagon Head Bolt
M10x45
1 PC



STEP 8

Insert the Weight Plate Tube (10) into the Weight Rotating Tube (18). Then secure the Weight Plate Tube (10) in the Weight Rotating Tube (18) with two M10x65 Hexagon Socket Round Head Bolt (22), two M10 Nylon Lock Nuts (7), and two Ø20xØ10 Washers (8). Tighten bolt and nylon lock nut with one L8 Allen Wrench with Phillips Screwdrivers and one Double Open End Wrench provided. Insert two Ø75xØ50x26 Rubber Rings (69) and two Spring Collars (23) onto the Weight Plate Tube (10).

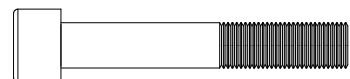
Hardware:



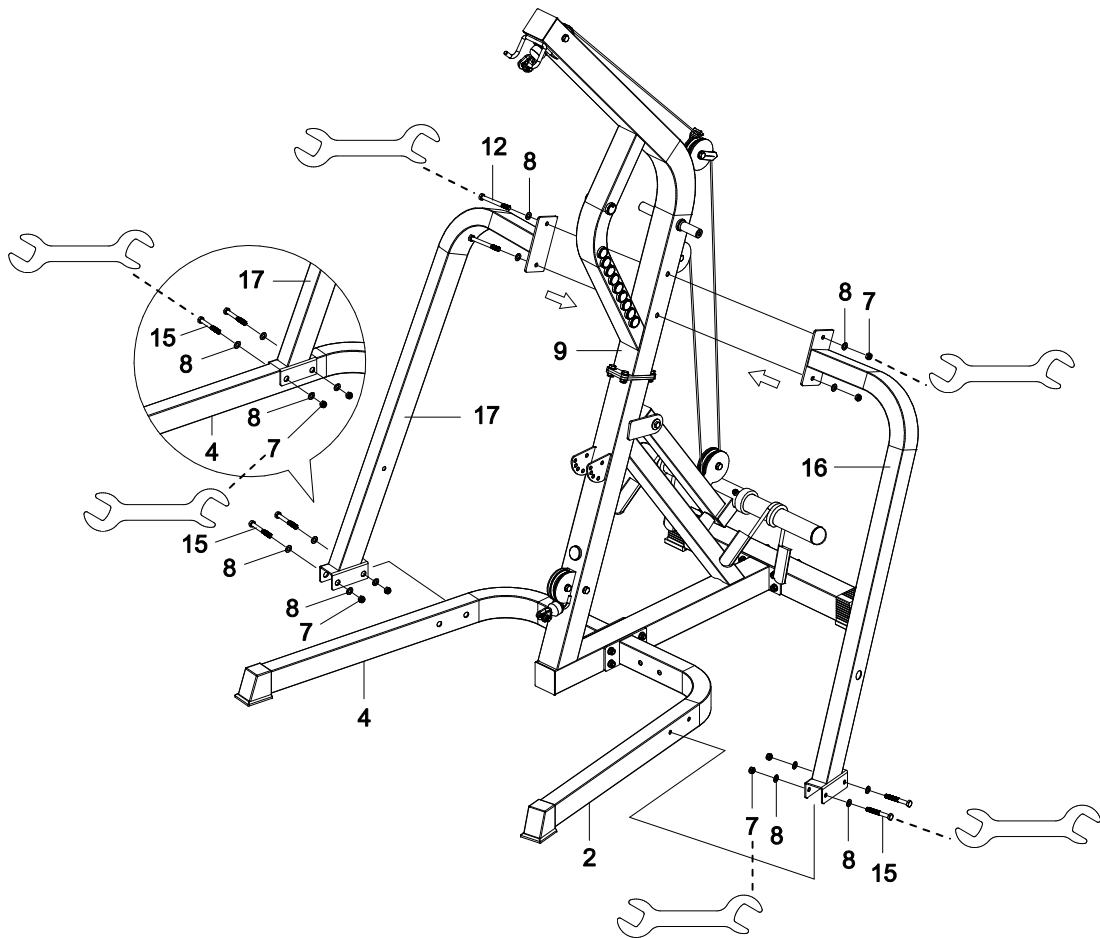
(7) Nylon Lock Nut M10
2 PCS



(8) Washer
Ø20xØ10
2 PCS



(22) Hexagon Socket Round
Head Bolt M10x65
2 PCS



STEP 9

Attach both Left/Right Support Tubes (16, 17) onto the Upper Upright Frame (9) and Left/Right Base Frames (2, 4) with two M10x100 Hexagon Head Bolts (12), four M10x75 Hexagon Head Bolts (15), six M10 Nylon Lock Nuts (7), and twelve Ø20xØ10 Washers (8). Tighten bolt and nylon lock nut with two Double Open End Wrenches provided.

Hardware:



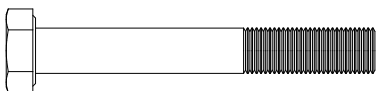
(7) Nylon Lock Nut M10
6 PCS



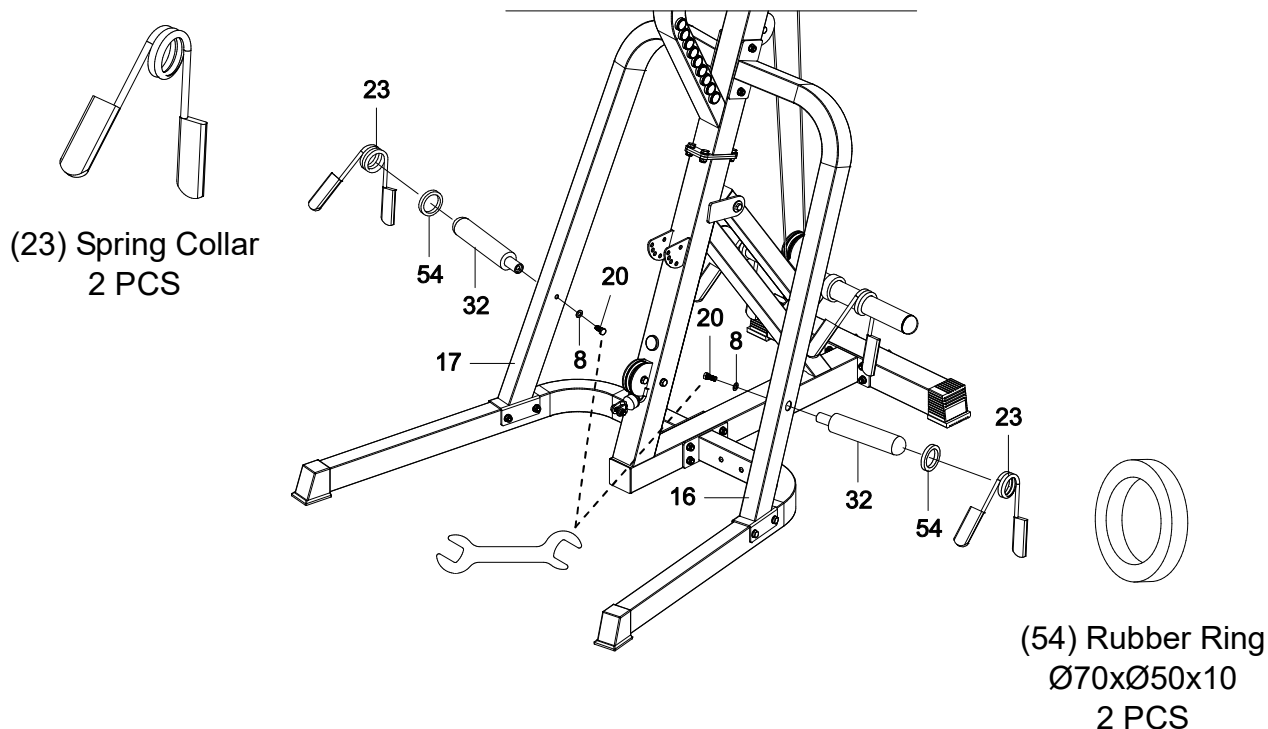
(8) Washer
Ø20xØ10
12 PCS



(12) Hexagon Head Bolt
M10x100
2 PCS



(15) Hexagon Head Bolt
M10x75
4 PCS

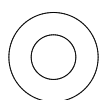


STEP 10

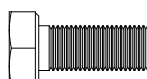
Attach two Weight Storage Horns (32) to the Left/Right Support Tubes (16, 17) with two M10x25 Hexagon Head Bolts (20) and two Ø20xØ10 Washers (8). Tighten bolt with the Double Open End Wrench provided.

Insert two Ø70xØ50x10 Rubber Rings (54) and two Spring Collars (23) onto the both Weight Storage Horns (32).

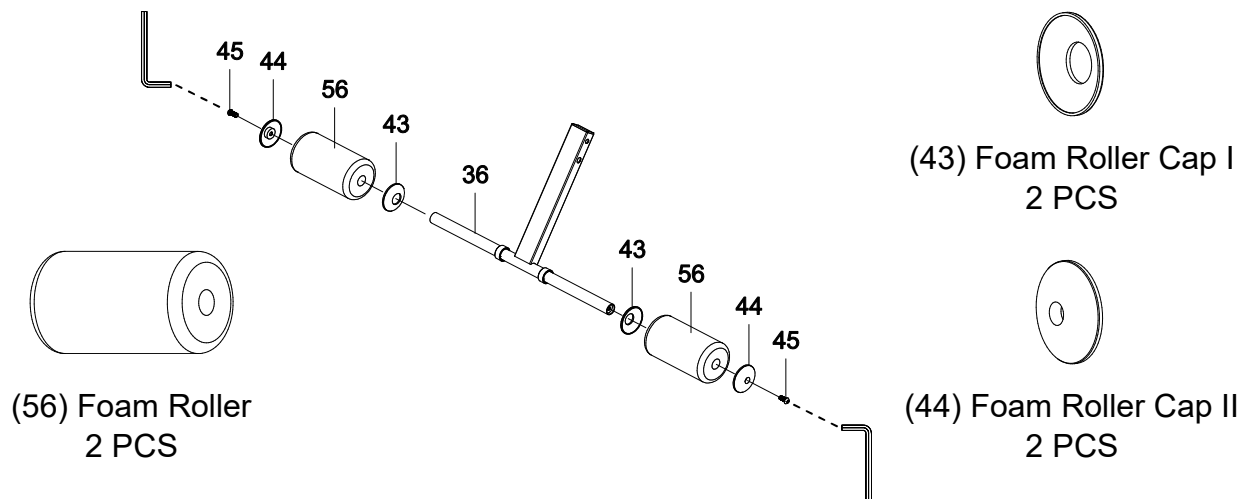
Hardware:



(8) Washer
Ø20xØ10
2 PCS



(20) Hexagon Head Bolt
M10x25
2 PCS



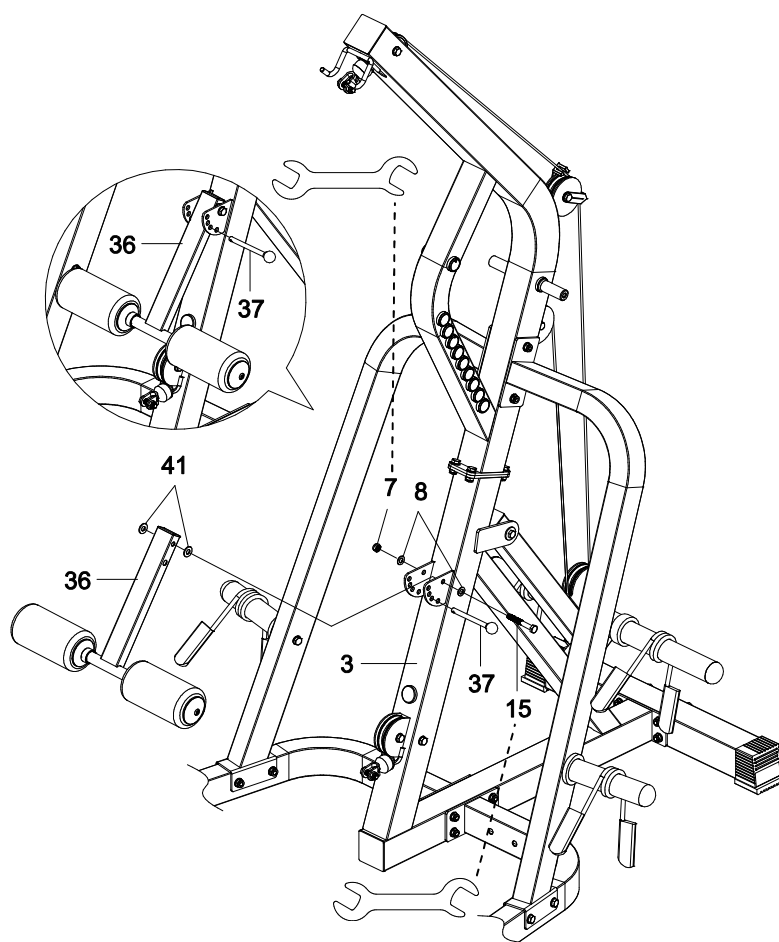
STEP 11

Slide two Foam Roller Caps I (43) and two Foam Rollers (56) onto the Knee Lock Tube (36). Attach two Foam Roller Caps II (44) onto each end of the Knee Lock Tube (36) with two M8x20 Hexagon Socket Button Head Bolts (45). Tighten bolt with the Allen Wrench provided.

Hardware:



(45) Hexagon Socket Button
Head Bolt M8x20
2 PCS



STEP 12

Attach the Knee Lock Tube (36) to the Lower Upright Frame (3) with one M10x75 Hexagon Head Bolt (15), one M10 Nylon Lock Nut (7), two Ø20xØ10 Washers (8), and two Ø24xØ10x2 Nylon Washers (41). Tighten bolt and nylon lock nut with two Double Open End Wrenches provided.

Insert the Knee Lock Tube Lock Pin (37) into the adjustment hole to lock the Knee Lock Tube (36) in place.

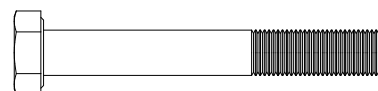
Hardware:



(7) Nylon Lock Nut M10
1 PC



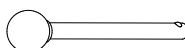
(8) Washer
Ø20xØ10
2 PCS



(15) Hexagon Head Bolt
M10x75
1 PC

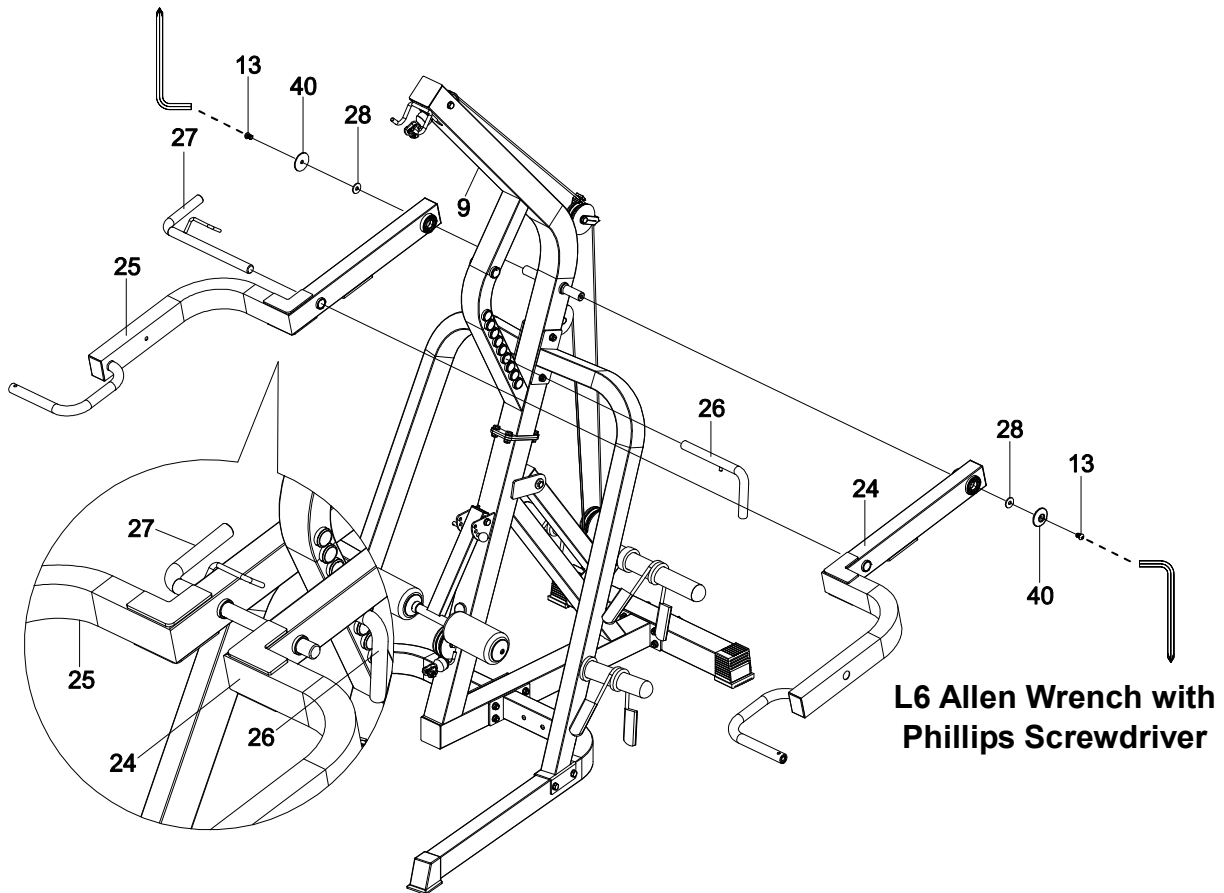


(41) Nylon Washer
Ø24xØ10x2
2 PCS



(37) Knee Lock
Tube Lock Pin
1 PC

L6 Allen Wrench with Phillips Screwdriver



STEP 13

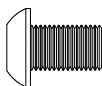
Attach the Left Press Arm (24) to the Upper Upright Frame (9) with one M10x16 Hexagon Socket Button Head Bolts (13), one Ø30xØ10x2.5 Big Washer (28), and one Shaft End Cap (40). Tighten bolt with two L6 Allen Wrench with Phillips Screwdrivers provided.

Attach the Right Press Arm (25) to the Upper Upright Frame (9) with one M10x16 Hexagon Socket Button Head Bolts (13), one Ø30xØ10x2.5 Big Washer (28), and one Shaft End Cap (40). Tighten bolt with two L6 Allen Wrench with Phillips Screwdrivers provided.

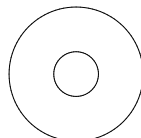
Insert the Ø25 Adjustment Pin (26) into the adjustment hole in the Upper Upright Frame (9) to adjust the height of both Left and Right Press Arms (24, 25).

Insert the Ø25 Press Arm Lock Pin (27) into the holes in the both Left and Right Press Arms (24, 25) to lock them in place.

Hardware:



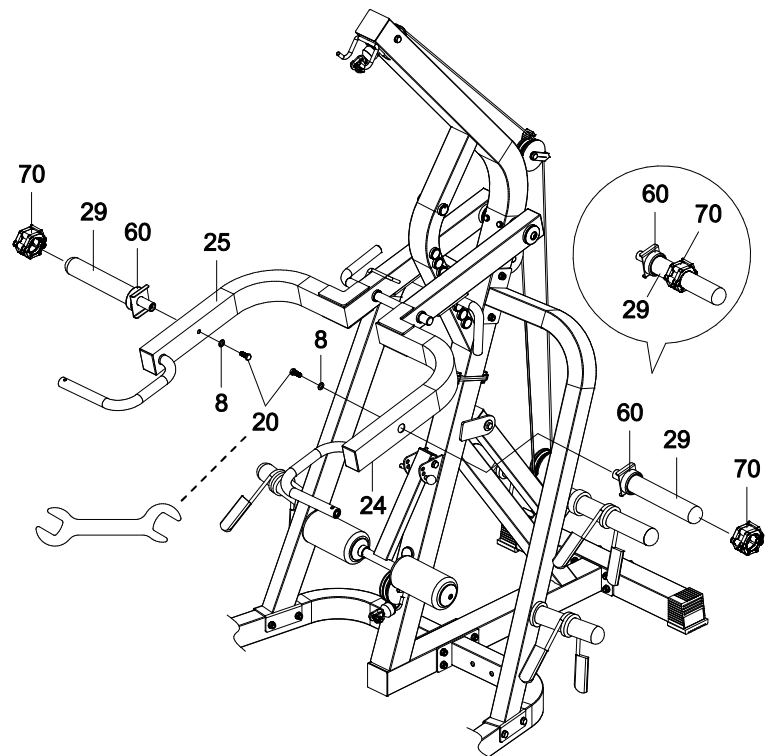
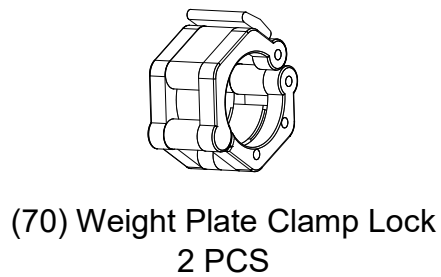
(13) Hexagon Socket Button
Head Bolt M10x16
2 PCS



(28) Big Washer
Ø30xØ10x2.5
2 PCS



(40) Shaft End Cover
2 PCS



STEP 14

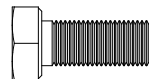
Attach two Weight Horns (29) to the both Left/Right Press Arms (24, 25) with two M10x25 Hexagon Head Bolts (20) and two Ø20xØ10 Washers (8). Tighten bolt with the Double Open End Wrench provided.

Flip the quick release lever on both Weight Plate Clamp Locks (70) and insert them onto the Weight Horns (29).

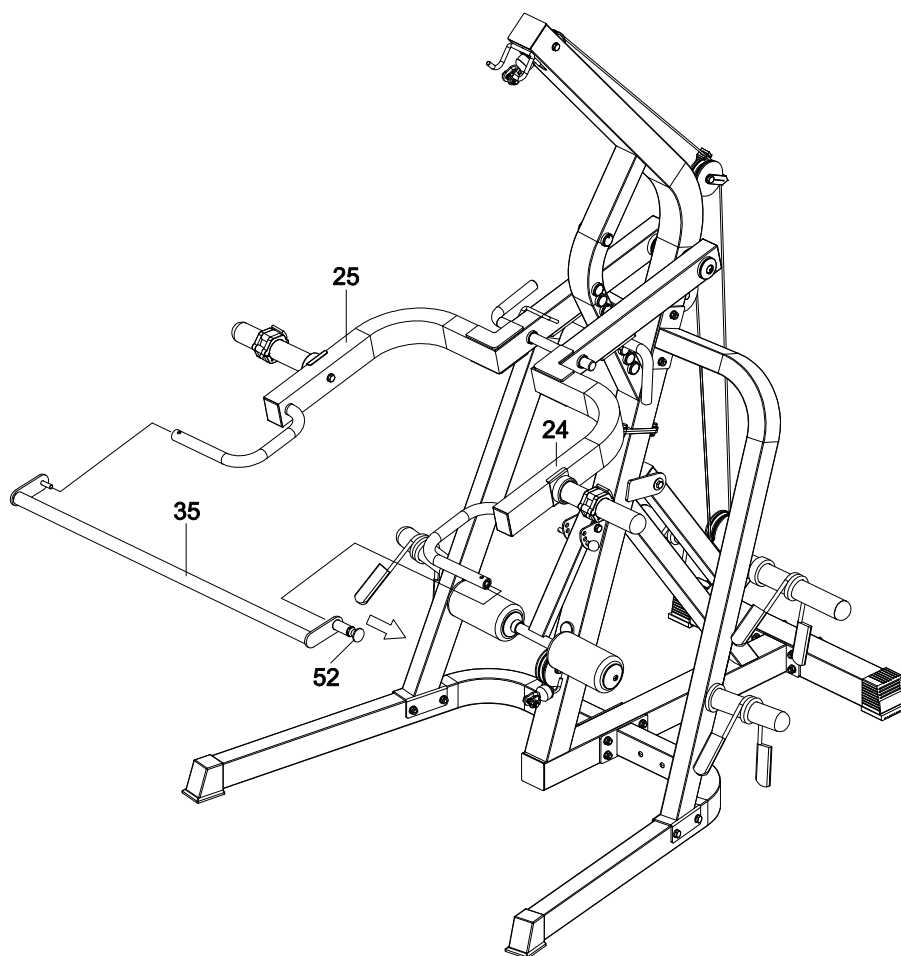
Hardware:



(8) Washer
Ø20xØ10
2 PCS

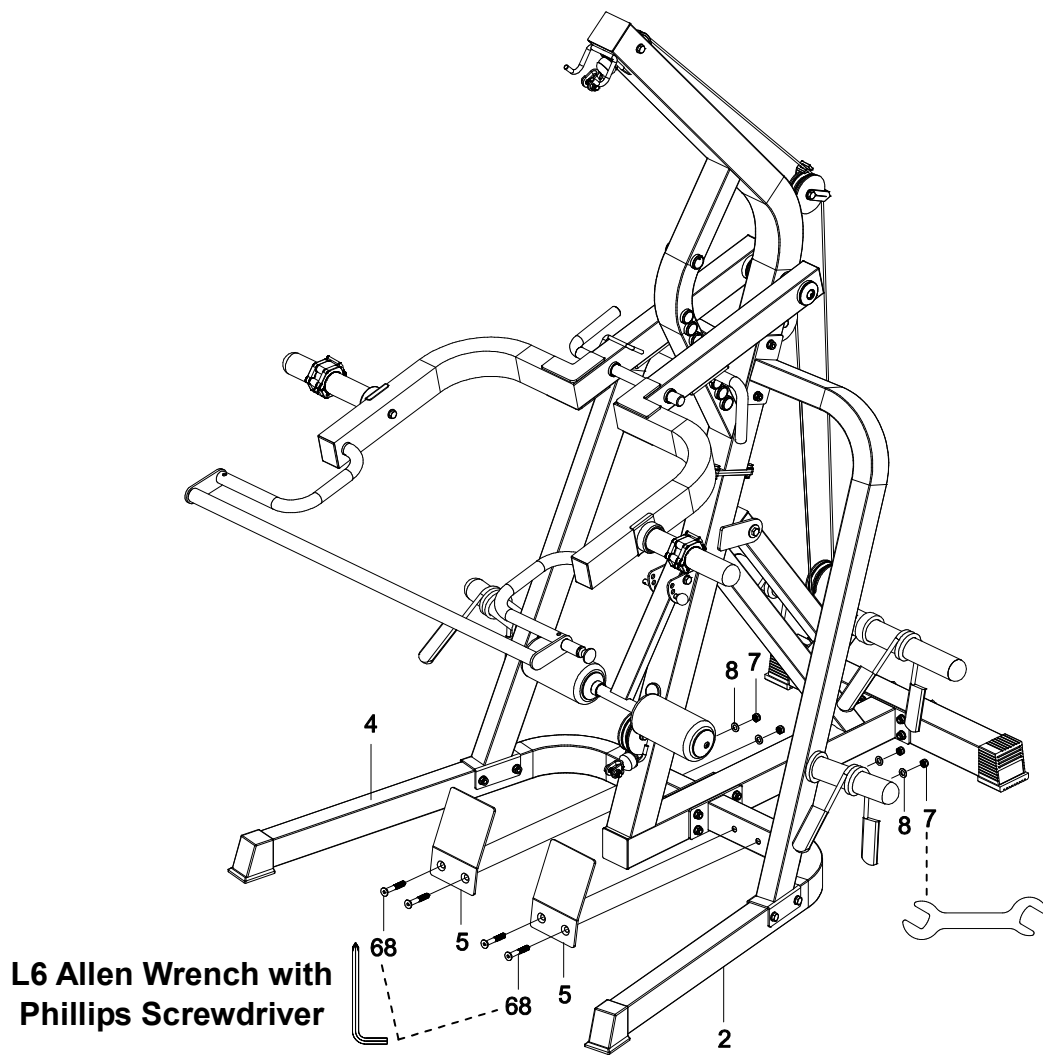


(20) Hexagon Head Bolt
M10x25
2 PCS



STEP 15

Attach one end of the Squat Bar (35) to the Right Press Arm (25). Then attach the other end of the Squat Bar (35) to the Left Press Arm (24) by pulling out the Lock Knob (52) in the Squat Bar (35). Lock the Squat Bar (35) in place by releasing the Lock Knob (52) until it "pops" down into the locked position in the Left Press Arm (24).



STEP 16

Attach both Foot Plates (5) onto the Left/Right Base Frame (2, 4) with four M10x16 Hexagon Socket Countersunk Head Bolts (68), four Ø20xØ10 Washer (8), and four M10 Nylon Lock Nuts (7). Tighten bolt and nylon lock nut with the L6 Allen Wrench with Phillips Screwdriver and the Double Open End Wrench provided.

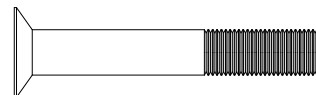
Hardware:



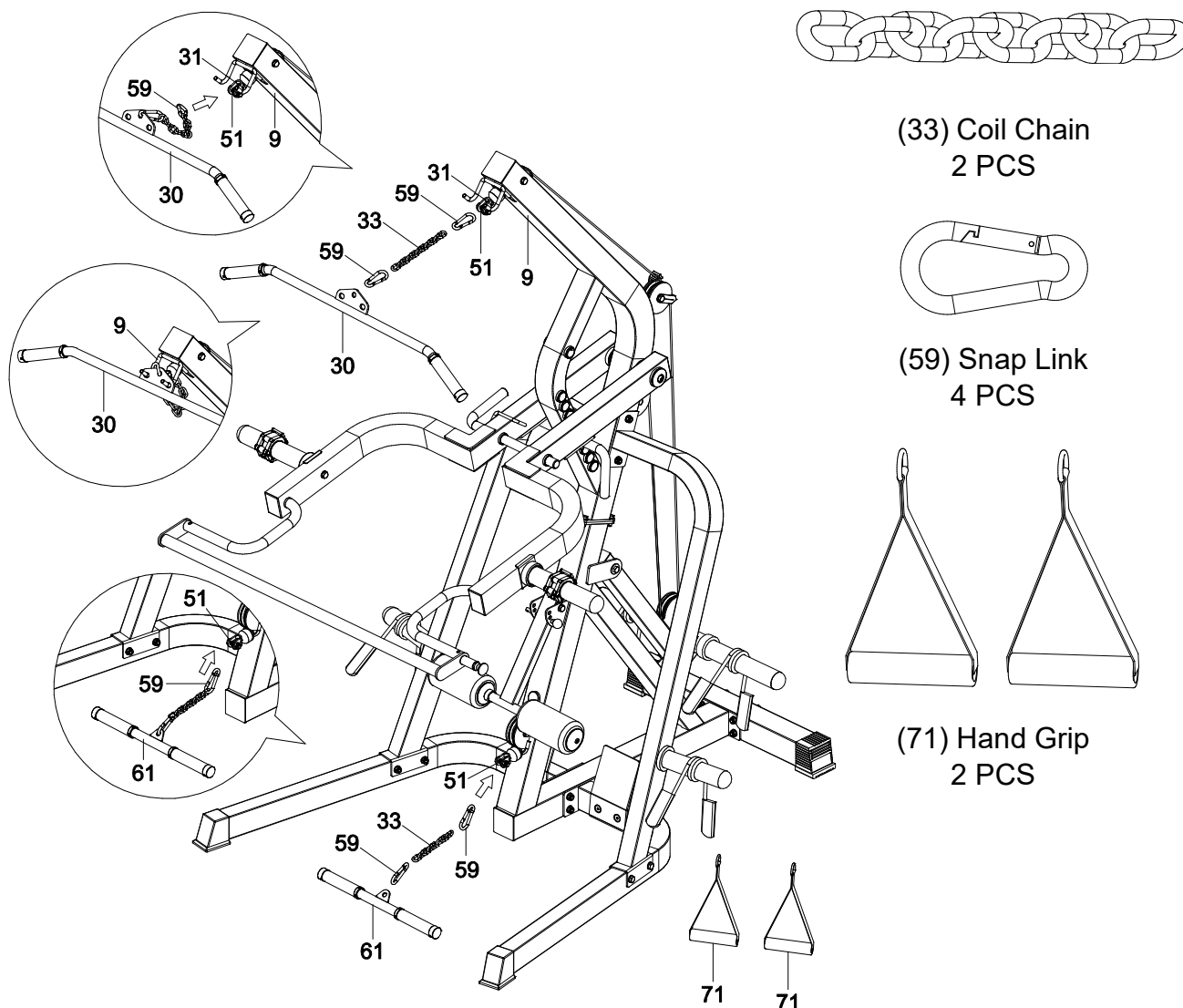
(7) Nylon Lock Nut M10
4 PCS



(8) Washer
Ø20xØ10
4 PCS



(68) Hexagon Socket Countersunk
Head Bolt M10x65
4 PCS



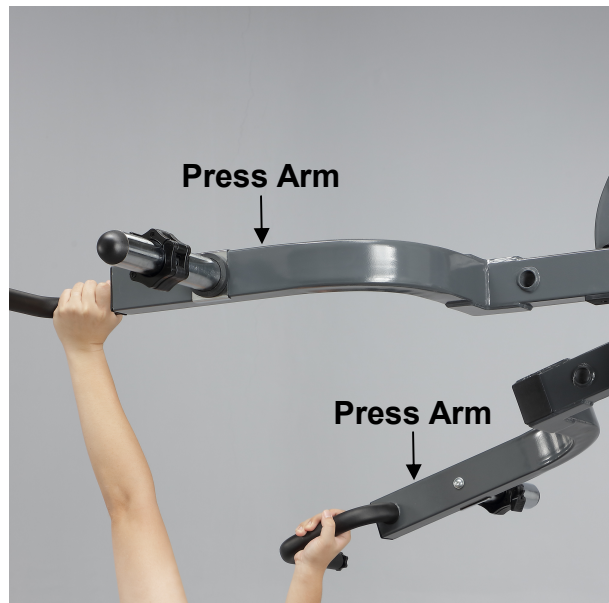
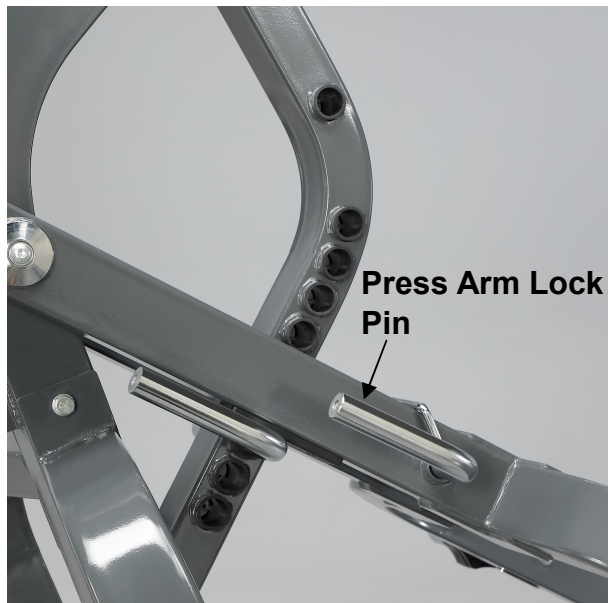
STEP 17

Attach the Lat Bar (30) to the Cable (31) at the high pulley station with a Snap Link (59). For some exercises, attach the Coil Chain (33) between the Lat Bar (30) and the Cable (31) with two Snap Links (59). Adjust the length of the Coil Chain (33) between the Lat Bar (30) and the Cable (31) so that the Lat Bar (30) is in the correct starting position for the exercise to be performed.

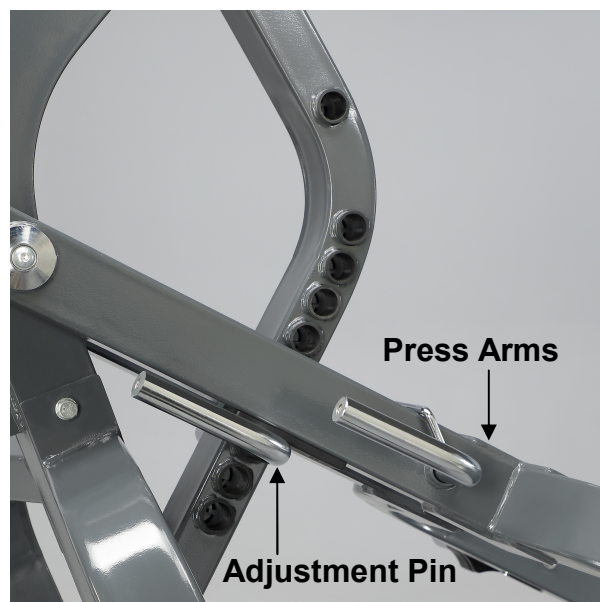
The Lat Bar (30) or Hand Grip (71) can be attached at either pulley station in the same way. Attach the Low Row Bar (61) to the Cable (31) with a Snap Link (59). For some exercises, attach the Coil Chain (33) between the Low Row Bar (61) and the Cable (31) with two Snap Links (59). Adjust the length of the Coil Chain (33) between the Low Row Bar (61) and the Cable (31) so that the Low Row Bar (61) is in the correct starting position for the exercise to be performed.

The Low Row Bar (61) or Hand Grip (71) can be attached at either pulley station in the same way.

ADJUSTMENTS



The **Press Arm** can be used with **SINGLE** arm exercises by removing the **Press Arm Lock Pin**.



The height of the **Press Arms** can be adjusted by removing the **Adjustment Pin** (**Arm Height Adjustment**).



The height of the **Knee Lock Tube** can be adjusted by removing the **Knee Lock Tube Lock Pin (Knee Height Adjustment)**.

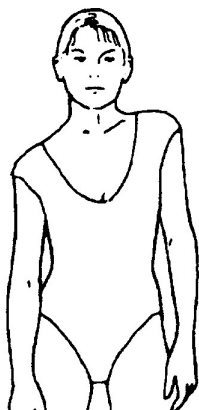
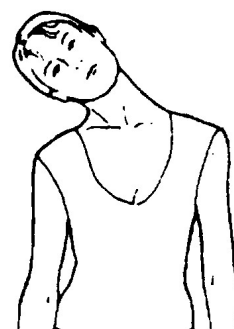
WARM UP AND COOL DOWN ROUTINE

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

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

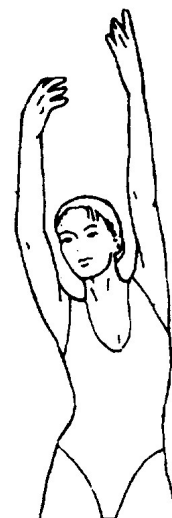
HEAD ROLLS

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



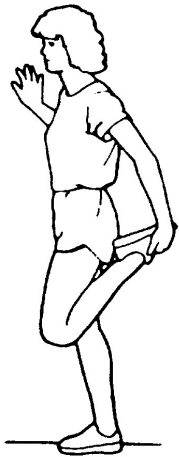
SHOULDER LIFTS

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



SIDE STRETCHES

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

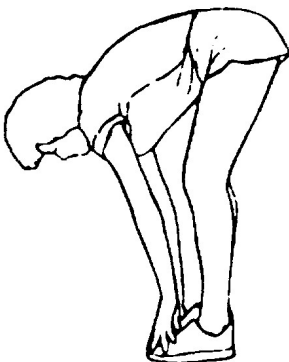


QUADRICEPS STRETCH

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

INNER THIGH STRETCH

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

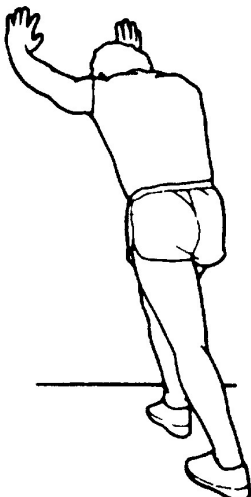
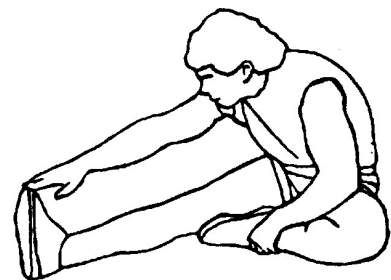


TOE TOUCHES

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

HAMSTRING STRETCHES

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



CALF/ACHILLES STRETCH

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