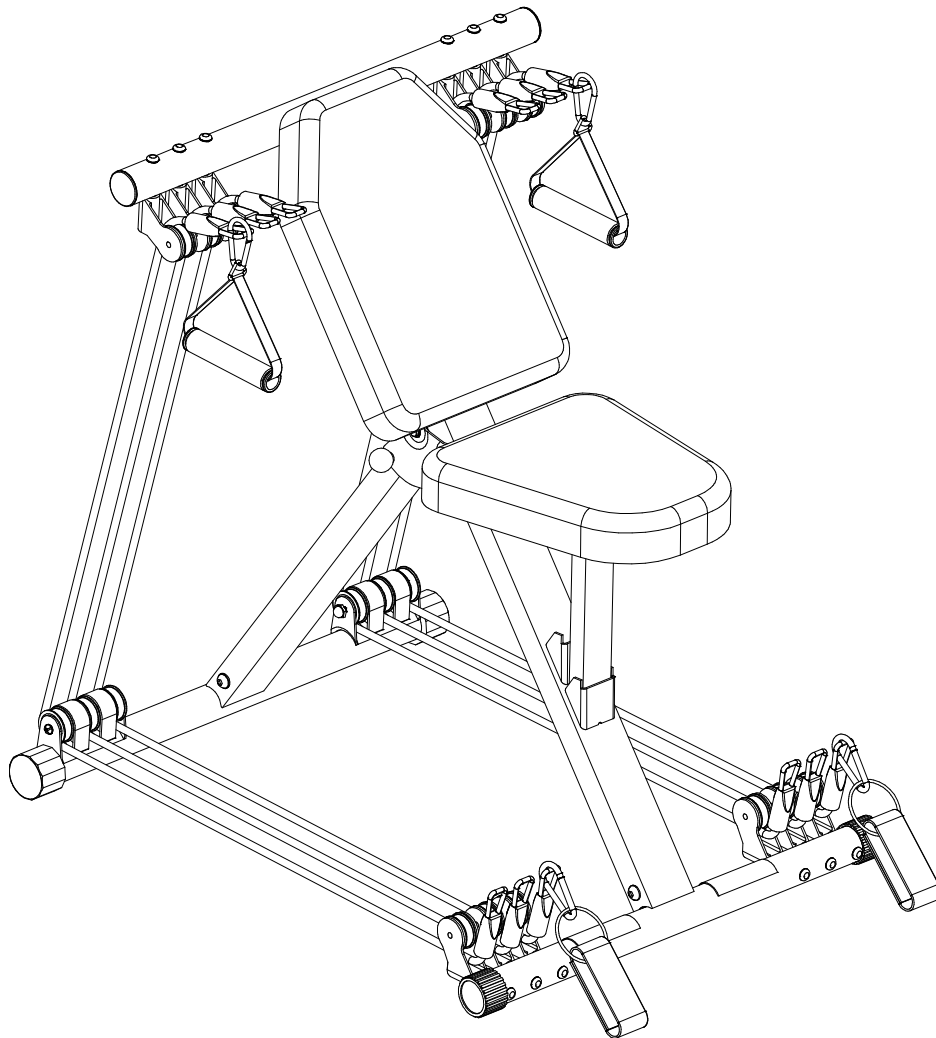


MULTI STRENGTH TRAINER

ITEM NO.: 76500V

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, Sept.

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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

Read all instructions before using this equipment. When using this equipment, basic precautions should always be followed, including the following important safety instructions.

1. Read all instructions and follow it carefully before using this equipment. Make sure the equipment is properly assembled and tightened before use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercises are recommended.
3. Do not allow children to use or play on the multi strength trainer. Keep children and pets away from the multi strength trainer while in use.
4. Elderly or minor users should only use this multi strength trainer in the presence of an adult who can provide assistance if required.
5. Please keep the multi strength trainer out of direct sunlight to prevent damage to the cushions and frames.
6. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
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. Please make sure all parts are not damaged and fixed well before use.
9. Before using the multi strength trainer, inspect the resistance bands for wear. Replace them if they are worn.
10. Keep the multi strength trainer on a solid, level surface with a minimum safety area clearance of two meters around it. Be sure the area around the multi strength trainer remains clear of any obstructions during use.
11. Keep dry - do not operate in a wet or moist condition. Do not jump on the multi strength trainer.
12. Wear comfortable and suitable clothing when using the multi strength trainer. Do not use the multi strength trainer barefoot or in socks. Always wear appropriate, enclosed athletic footwear. Never wear loose or baggy clothing.
13. Do not use the multi strength trainer outdoors. This multi strength trainer is for household use only.
14. Only **one** person should use the multi strength trainer at a time.
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. **Maximum Weight Capacity is 90 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.

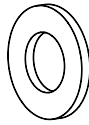
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Ankle Strap	2	020	Hexagon Socket Pan Head Cap Bolt M8x45	2
002	Front Foot Cap Ø38	2	021	Hexagon Socket Pan Head Cap Bolt M8x15	12
003	Fixed Pin Ø10x80	12	022	Pulley Set Tube	2
004	Pin Ø8x75	1	023	Round End Cap Ø38	2
005	C Clip Ø17xØ9x1.0T	16	024	Front Main Frame 30x60x875mm	1
006	Axle Ø10x75mm	2	025	Rear Tube Ø38x1.5Tx580mm	1
007	Anti Slip Pad 40x110mm	2	026	Pulley Ø38x15	6
008	EVA Pad 40x40x5.0T	1	027	Plastic Pulley Cover	4
009L	Left Support Plate	1	028	Cross Recessed Pan Head Bolt M6x100	2
009R	Right Support Plate	1	029	Nylon Nut M6	2
010L	Left Seat Cushion Support Plate	1	030	Hexagon Socket Pan Head Cap Bolt M6x15	2
010R	Right Seat Cushion Support Plate	1	031	Washer Ø6.5xØ16	2
011	Seat Frame	1	032	Axle Ø10x67mm	1
012	Seat Frame End Cap 20x40x52mm	1	033	Rear Main Frame 30x60x517mm	1
013	Cross Recessed Self Tapping Screw M4x10	1	034	Blue Resistance Cable Rope	2 Sets
014	Cross Recessed Countersunk Head Bolt M6x15	4	035	Grey Resistance Cable Rope	2 Sets
015	Hexagon Socket Pan Head Cap Bolt M8x80	1	036	Black Resistance Cable Rope	2 Sets
016	Washer Ø8.5xØ18x1.5T	15	037	Handle Ø25	2
017	Nylon Nut M8	1	038	Snap Hook	4
018	Seat Cushion	1	039	Rear Tube End Cap Leveler Ø38	2
019	Back Cushion	1			

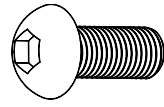
HARDWARE LIST



(4) Pin
1 PC



(16) Washer
12 PCS

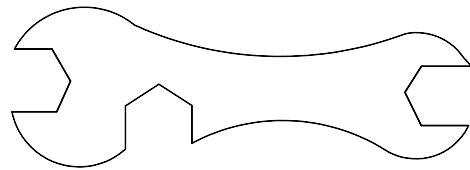


(21) Hexagon Socket
Pan Head Cap Bolt
12 PCS

TOOLS

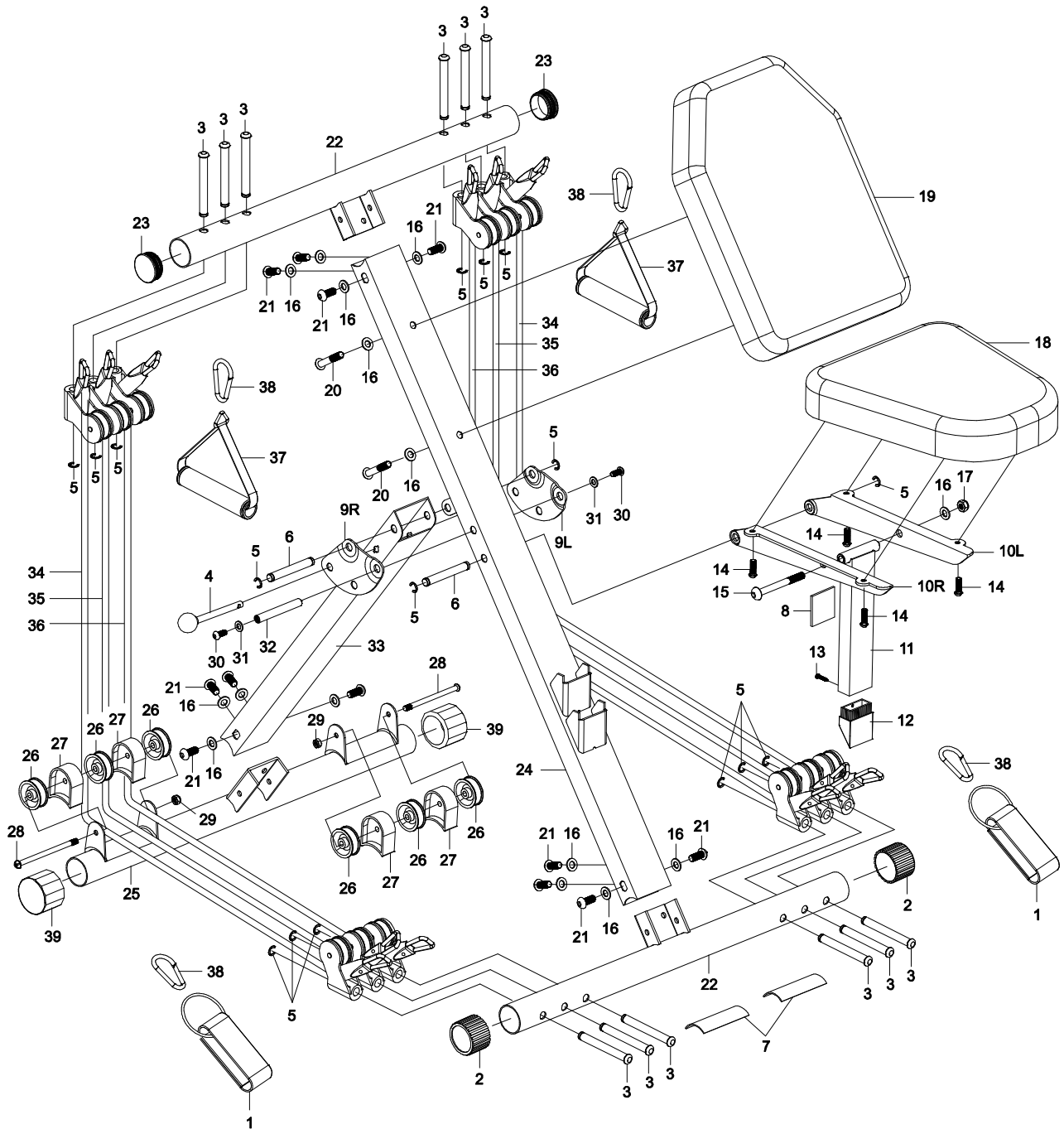


Allen Wrench with Phillips Screwdriver
1 PC

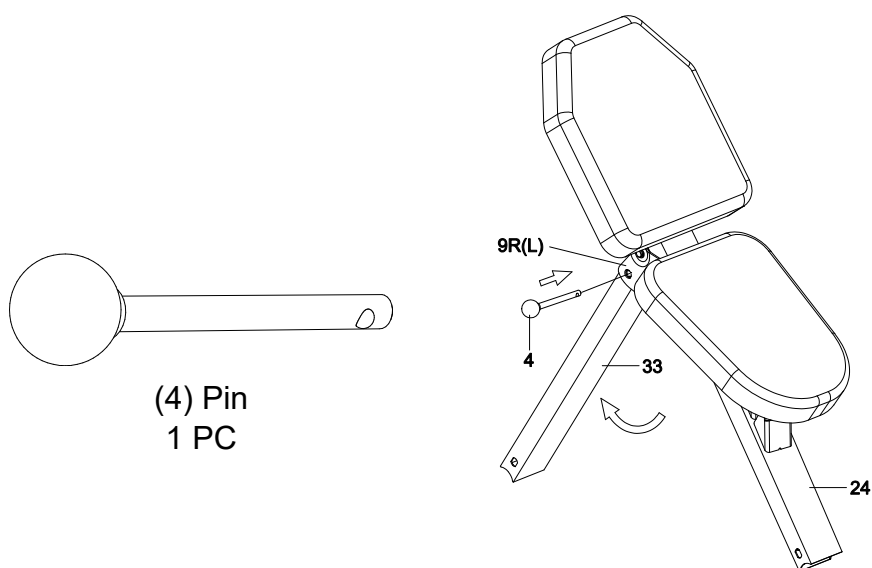


Multi Hex Tool
1 PC

EXPLODED VIEW

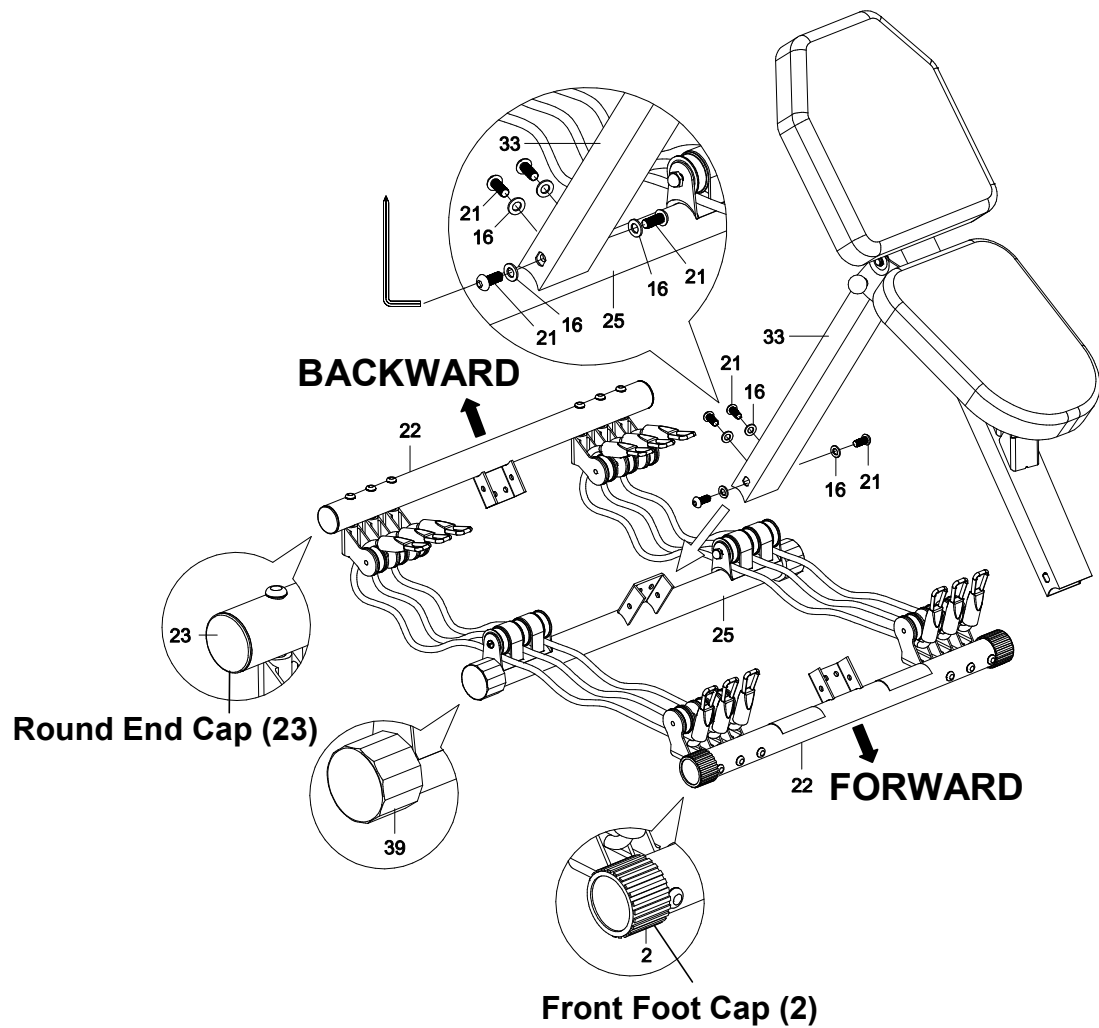


ASSEMBLY INSTRUCTIONS



Step 1

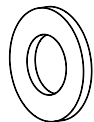
Pull the Front and Rear Main Frames (24, 33) as far apart from each other and align pin holes. Then insert the Pin (4) into the holes on the Right/Left Support Plates (9R, 9L) and the Rear Main Frame (33) to lock the Rear Main Frame (33) in place.



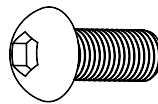
Step 2

Attach the Rear Main Frame (33) onto the Rear Tube (25) with four Washers (16) and four Hexagon Socket Pan Head Cap Bolts (21). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

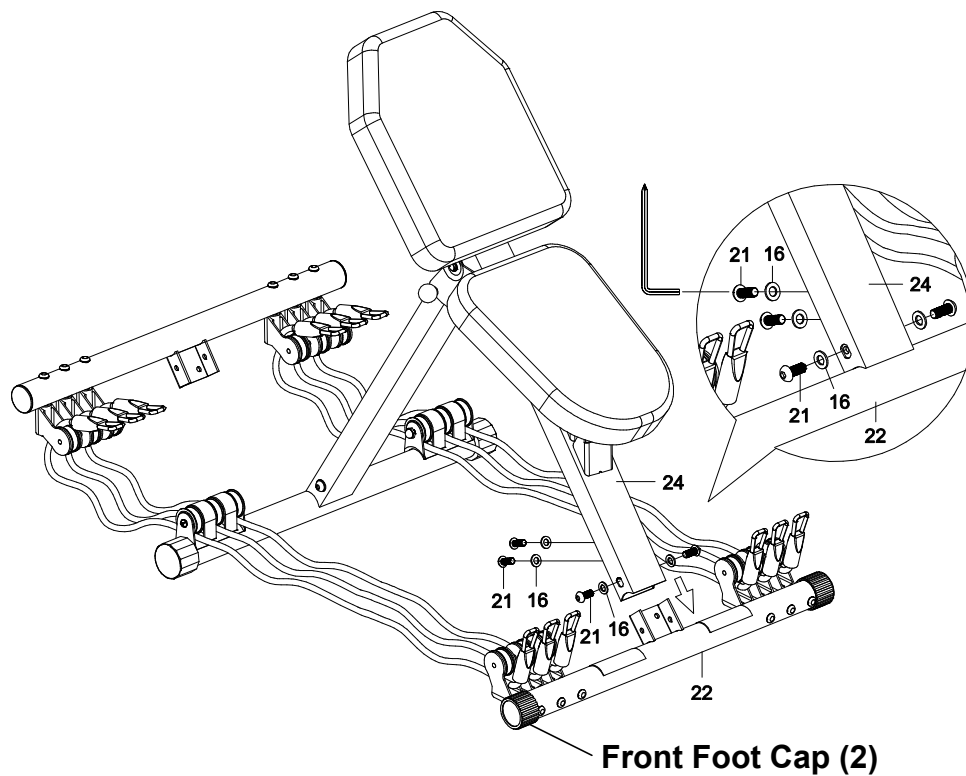
Hardware:



(16) Washer
4 PCS



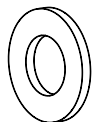
(21) Hexagon Socket
Pan Head Cap Bolt
4 PCS



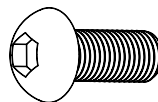
Step 3

Attach the Front Main Frame (24) onto the Pulley Set Tube (22) with four Washers (16) and four Hexagon Socket Pan Head Cap Bolts (21). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

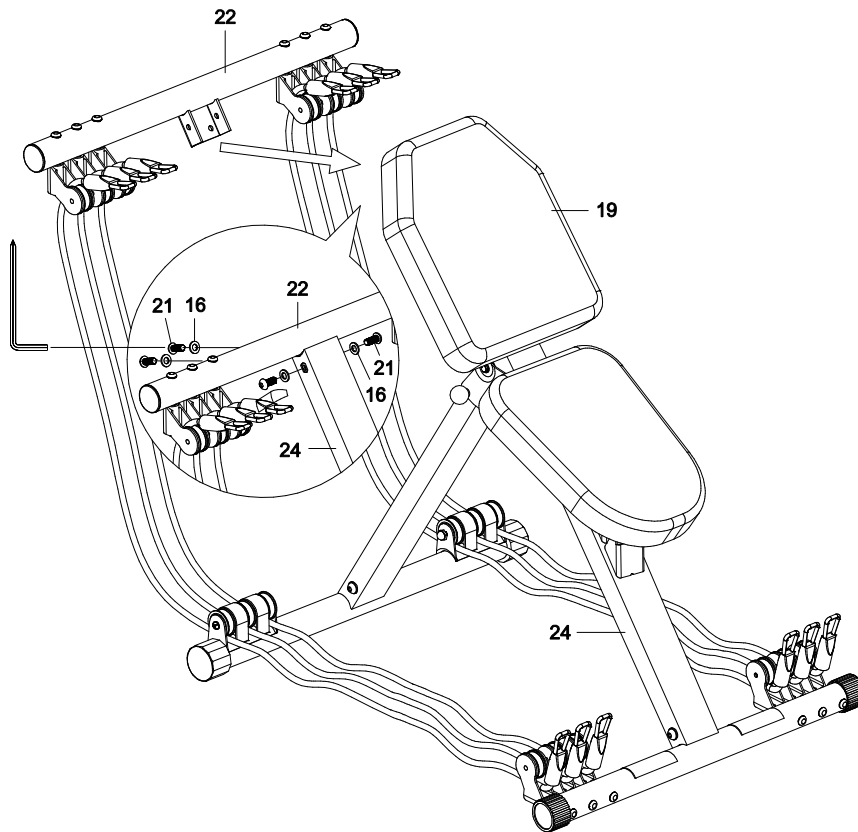
Hardware:



(16) Washer
4 PCS



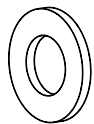
(21) Hexagon Socket
Pan Head Cap Bolt
4 PCS



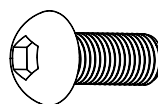
Step 4

Attach the Pulley Set Tube (22) into the Front Main Frame (24) with four Washers (16) and four Hexagon Socket Pan Head Cap Bolts (21). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

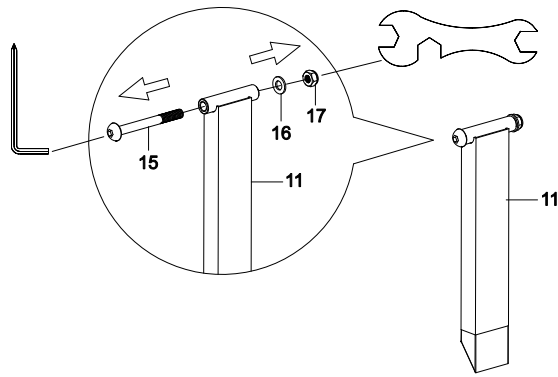
Hardware:



(16) Washer
4 PCS

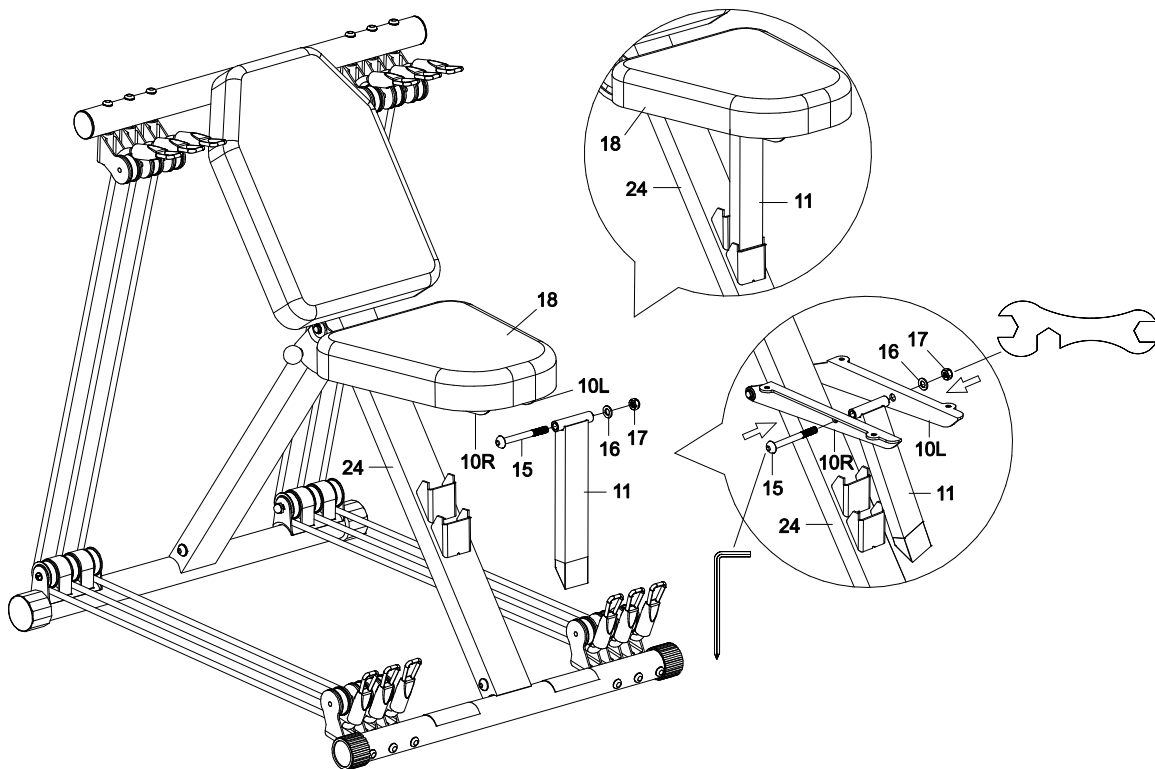


(21) Hexagon Socket
Pan Head Cap Bolt
4 PCS



Step 5

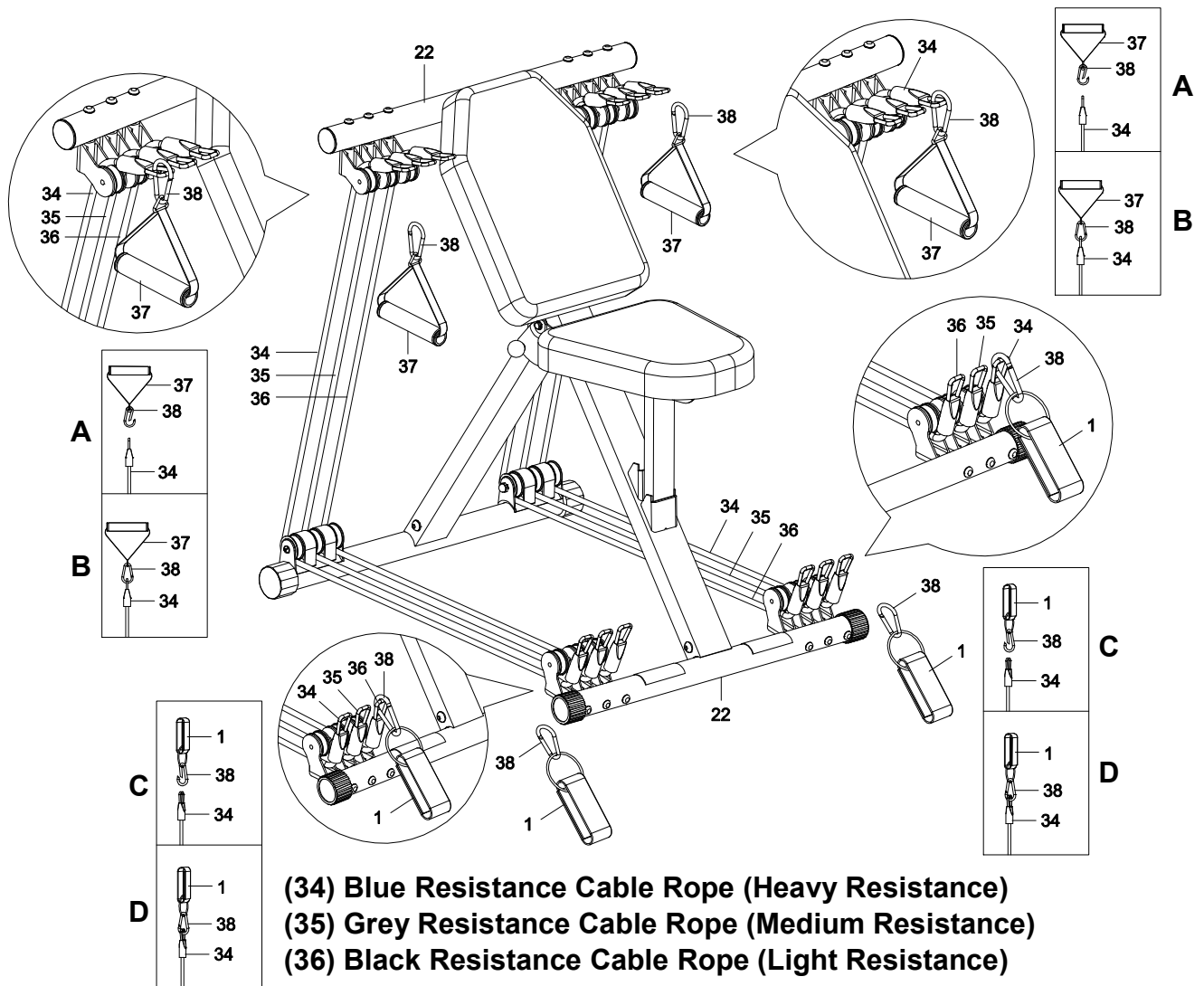
Remove one Hexagon Socket Pan Head Cap Bolt (15), one Washer (16), and one Nylon Nut (17) from the Seat Frame (11). Remove bolt and nylon nut with the Allen Wrench with Phillips Screwdriver and Multi Hex Tool provided.



Step 6

Attach the Seat Frame (11) to the Left/Right Seat Cushion Support Plates (10L, 10R) with one Hexagon Socket Pan Head Cap Bolt (15), one Washer (16), and one Nylon Nut (17) that were removed. Tighten bolt and nylon nut with the Allen Wrench with Phillips Screwdriver and Multi Hex Tool provided.

Place the Seat Frame (11) to the selected adjustment bracket on the Front Main Frame (24).

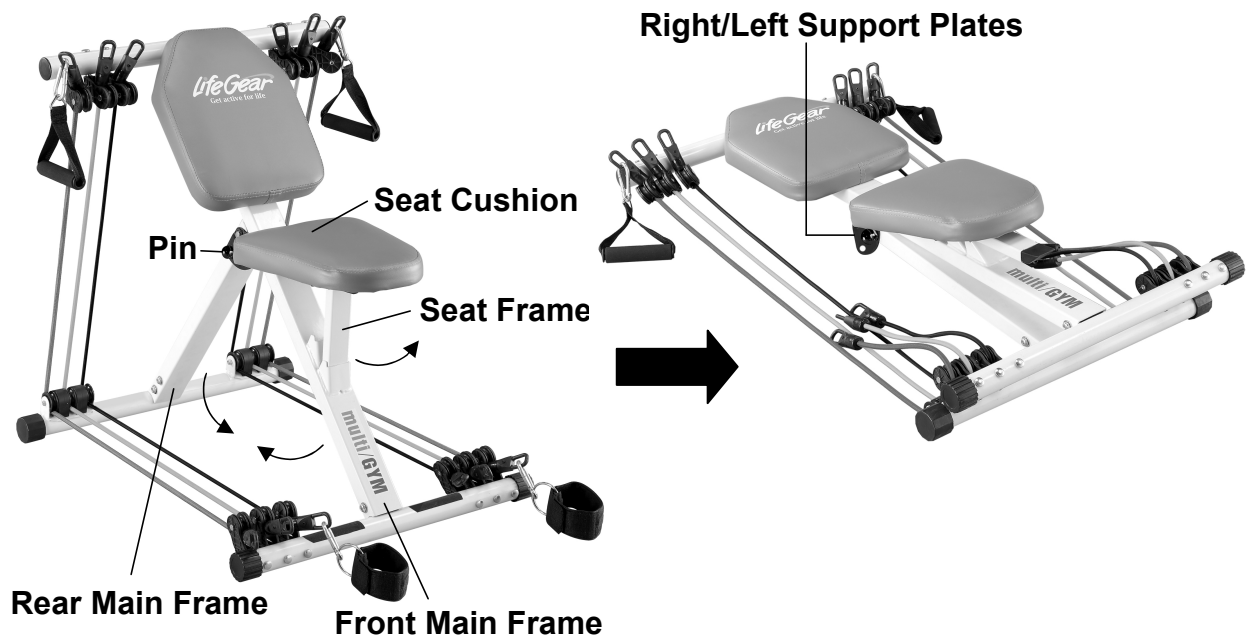


Step 7

Please follow the illustrations A and B to attach two Handles (37) to two Blue Resistance Cable Ropes (34) with two Snap Hooks (38).

Please follow the illustrations C and D to attach two Ankle Straps (1) to the Blue Resistance Cable Rope (34) with the Snap Hooks (38).

FOLDING STORAGE



For your storage convenience, the multi strength trainer can be folded down to place against a wall, under a bed, or in a storage area.

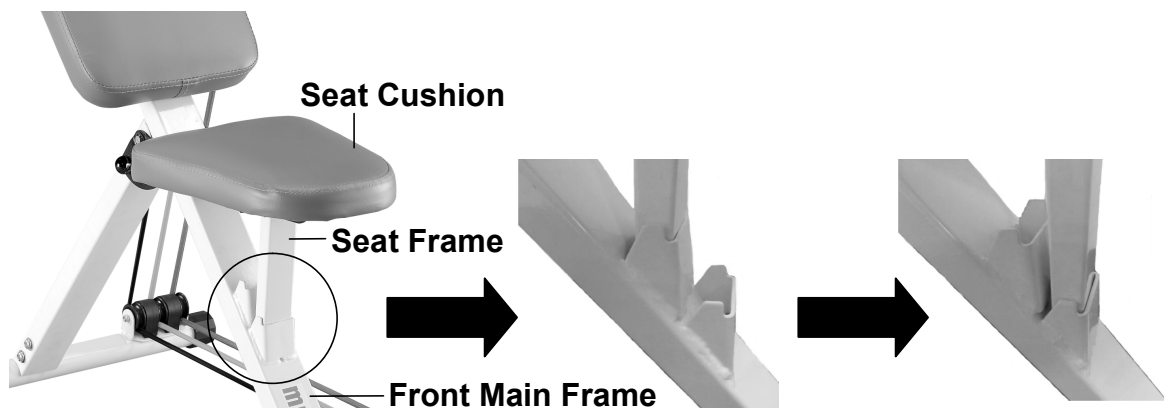
1. Remove the **Seat Frame** from the selected adjustment bracket on the **Front Main Frame**.
2. Pull out the **Pin** from the holes on the **Rear Main Frame** and the **Right/Left Support Plates**.
3. Push the **Rear Main Frame** and the **Front Main Frame** together all the way and align pin holes.
4. Insert the **Pin** back into the holes on the **Rear Main Frame** and the **Right/Left Support Plates** to lock the **Rear Main Frame** in place.
5. Reverse the steps to set up the multi strength trainer when you want to use it.

ADJUSTMENTS



Adjusting the Rear Tube End Cap Leveler

Turn the Rear Tube End Cap Leveler on the rear tube as needed to level the trainer.



Adjusting the Seat Cushion

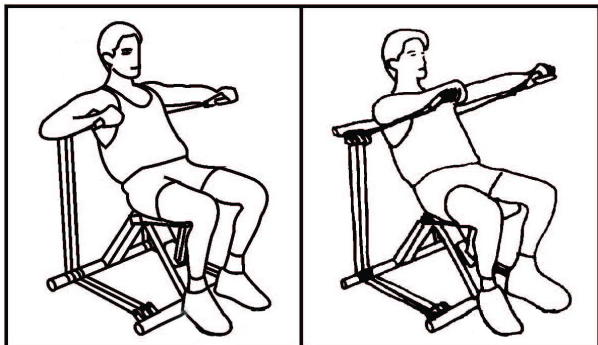
The Seat Cushion can be set to two different positions: a level position and an incline position.

To change the position of the Seat Cushion, move the **Seat Frame** to the selected adjustment bracket on the **Front Main Frame**. **Make sure that the Seat Frame is securely seated in the adjustment bracket on the Front Main Frame.**

USING THE MULTI STRENGTH TRAINER

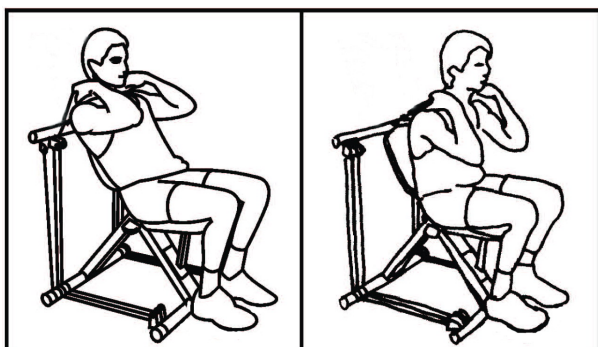
STRENGTH EXERCISES

BENCH PRESS

**MusclesTargeted: Chest**

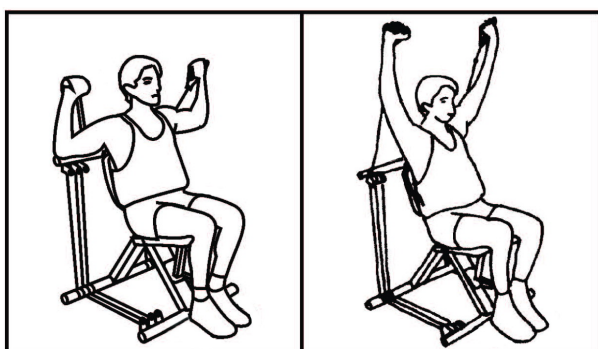
Sit on the seat cushion and hold the handles next to chest, palms facing downwards. Push straight out away from chest and return.

CRUNCH

**MusclesTargeted: Abdominals**

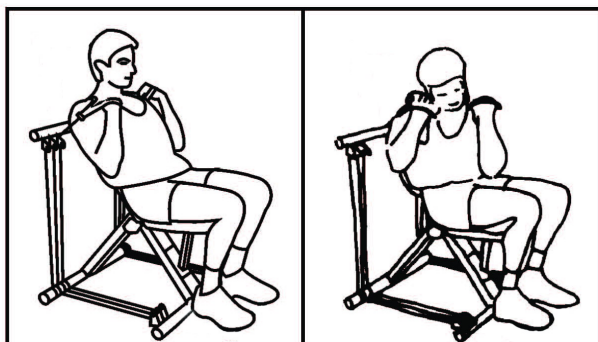
Sit on the seat cushion and hold the handles above shoulders next to chest, palms facing inwards. Crunch chest forward without moving lower back away from seat, keeping hands next to chest and head aligned with spine and return.

SHOULDER PRESS

**MusclesTargeted: Shoulders**

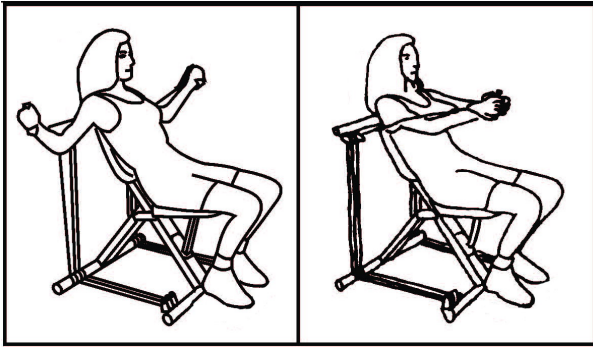
Sit on the seat cushion and hold the handles above shoulders keeping feet flat on floor. Push up to arms length over head keeping chest high and back straight and return.

OBLIQUE TWIST

**MusclesTargeted: Obliques**

Sit on the seat cushion and hold the handles above shoulders, palms facing inwards. Crunch one shoulder forward without moving other shoulder and lower back from seat. Keep hands above shoulders and head aligned with spine and return alternate on each side.

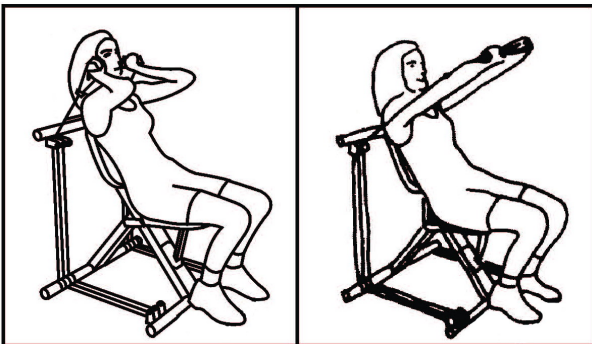
CHEST FLY



Muscles Targeted: Chest

Sit on the seat cushion and hold the handles, palms facing forward with resistance bands outside arms. Pull towards front of the chest with arms slightly bent until hands come together and return.

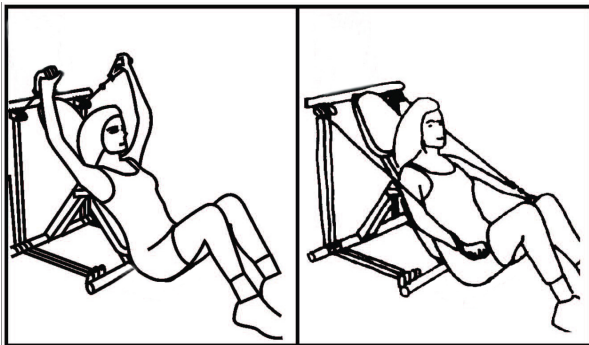
TRICEP PRESS



Muscles Targeted: Triceps

Sit on the seat cushion and hold the handles above shoulders with hands next to head, palms facing forward. Extend arms, keeping upper arms and elbows still and return.

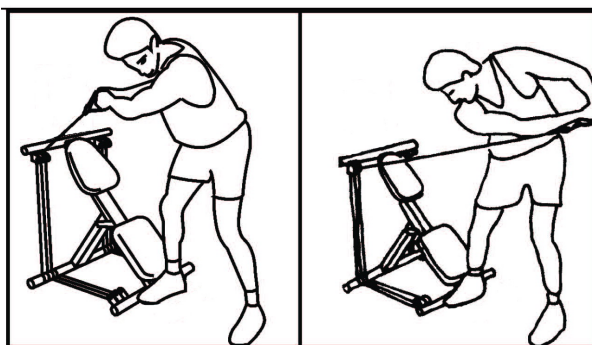
PULL OVER



Muscles Targeted: Chest

Sit on the floor with back against seat cushion; hold the handles above head with arms slightly bent, palms facing forward. Pull the handles overhead past front of chest towards ab region and return.

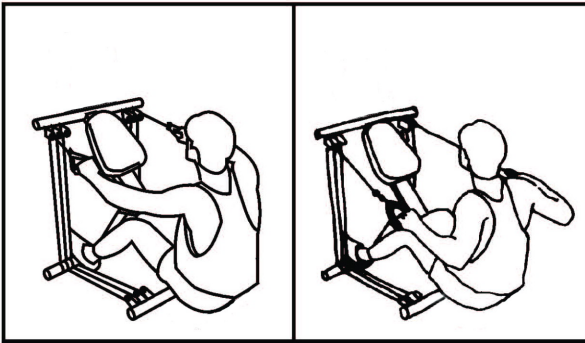
GOLF STROKE



Muscles Targeted: Back, Rear Shoulders and Obliques

Stand erect with one foot against the pulley set tube, knees slightly bent, grasp hold of one handle with both hands at chest level. Pull both arms with elbows slightly bent across body and return. Complete one set, then repeat for other side.

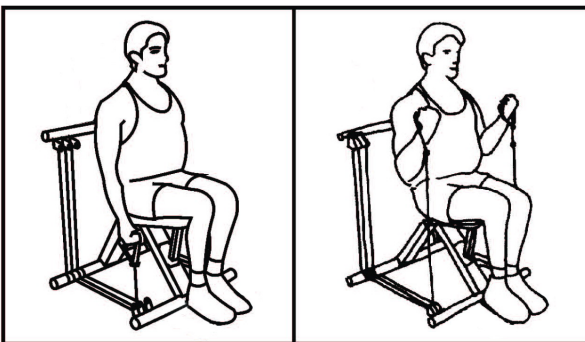
LAT PULL DOWN



Muscles Targeted: Lats

Sit on the floor and grasp the handles with palms facing down. Pull bent arms down to side of body and return.

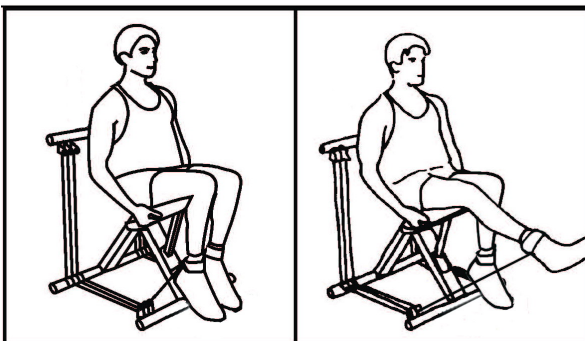
BICEP CURL



Muscles Targeted: Biceps

Sit on the seat cushion and hold the handles with palms facing up and arms fully extended down at sides. Pull the handles up to the chest level while bending at elbows, keep elbows in and return.

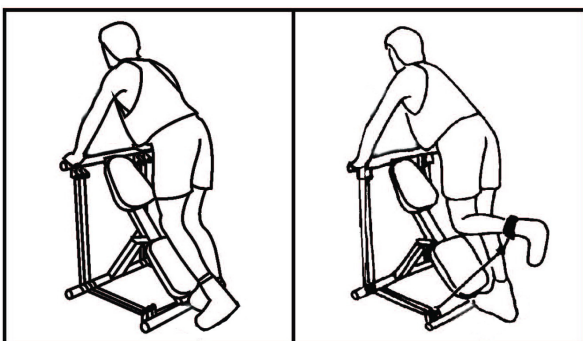
LEG EXTENSION



Muscles Targeted: Front of Thighs

Sit on the seat cushion with ankle strap around the ankle, knees flexed holding onto seat cushion. Extend leg without locking knee and return.

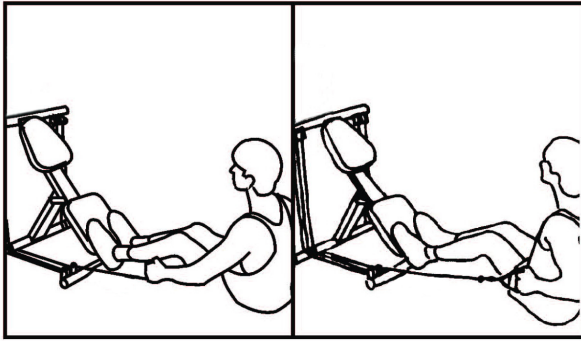
LEG CURL



Muscles Targeted: Hamstrings

Stand with one foot on the floor and ankle strap around the ankle, hold onto pulley set tube. Curl heel to buttocks keeping upper leg and knee still and return. Complete one set, then repeat with other leg.

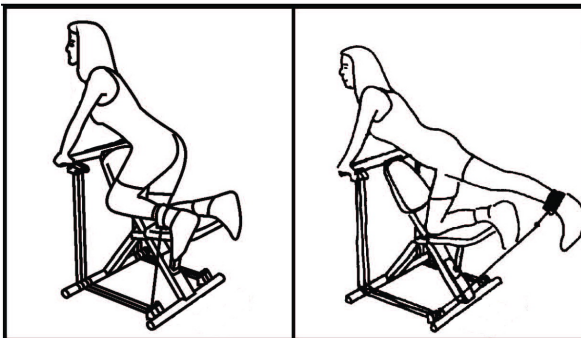
SEATED ROW



Muscles Targeted: Mid, Upper Back and Lats

Sit on the floor in front of the trainer with feet against seat cushion, hold the handles with palms facing inward. Pull the hands towards lower chest, keeping elbows in and return.

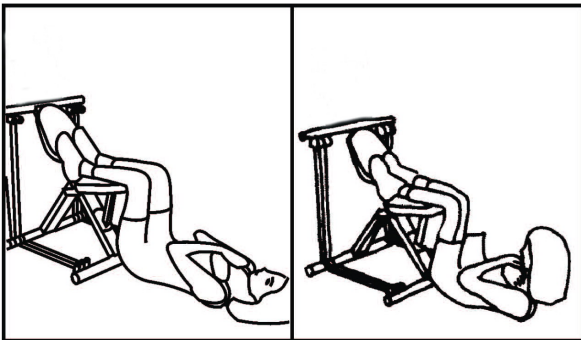
DONKEY KICK



Muscles Targeted: Buttocks

One knee on the seat cushion with ankle strap around other ankle, hands on the pulley set tube and bring both knees together. Push back entire leg while keeping upper body still and return. Complete set, then repeat with other leg.

SIT-UP



Muscles Targeted: Abdominals

Lie on the floor with feet up on the seat cushion, cross arms over chest. Roll upwards by contracting at your navel until you have lifted your shoulder blades and head off the floor and return. Never arch your back.

MAINTENANCE

CLEANING

After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit.

The multi strength trainer can be cleaned with a soft cloth, mild soap and water. Wipe the equipment down with a damp cloth and dry completely. Do not use abrasives or solvents.

INSPECTION

Inspect the back and seat cushions for cracks and loose stitching in the upholstery.

Replace cushions as needed.

Inspect the frames for rust or other damage. Make sure all bolts and nylon nuts are properly tight and installed correctly.

STORAGE

Store the multi strength trainer in a clean and dry indoor environment. Never leave or use the multi strength trainer outdoors.

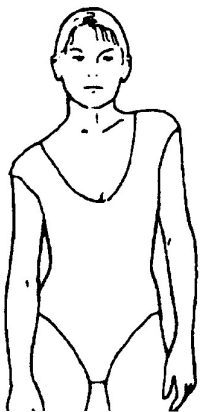
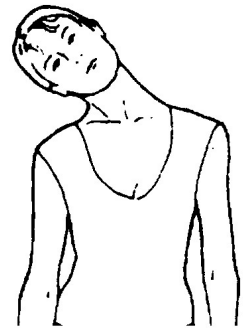
WARM UP AND COOL DOWN ROUTINE

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.

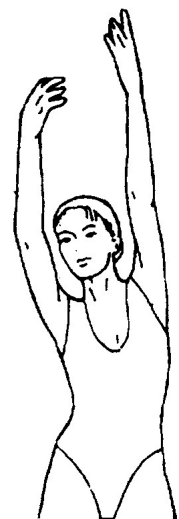
HEAD ROLLS

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.

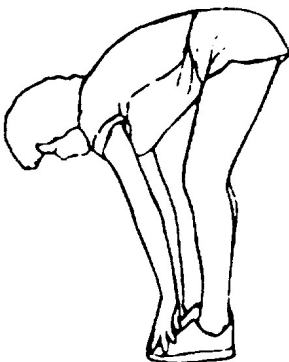


QUADRICEPS STRETCH

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.

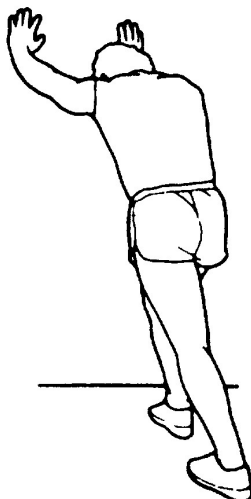
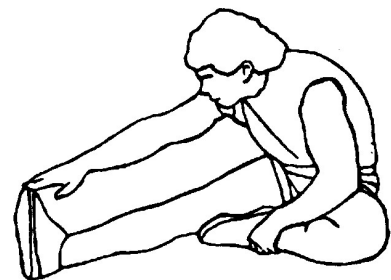


TOE TOUCHES

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.