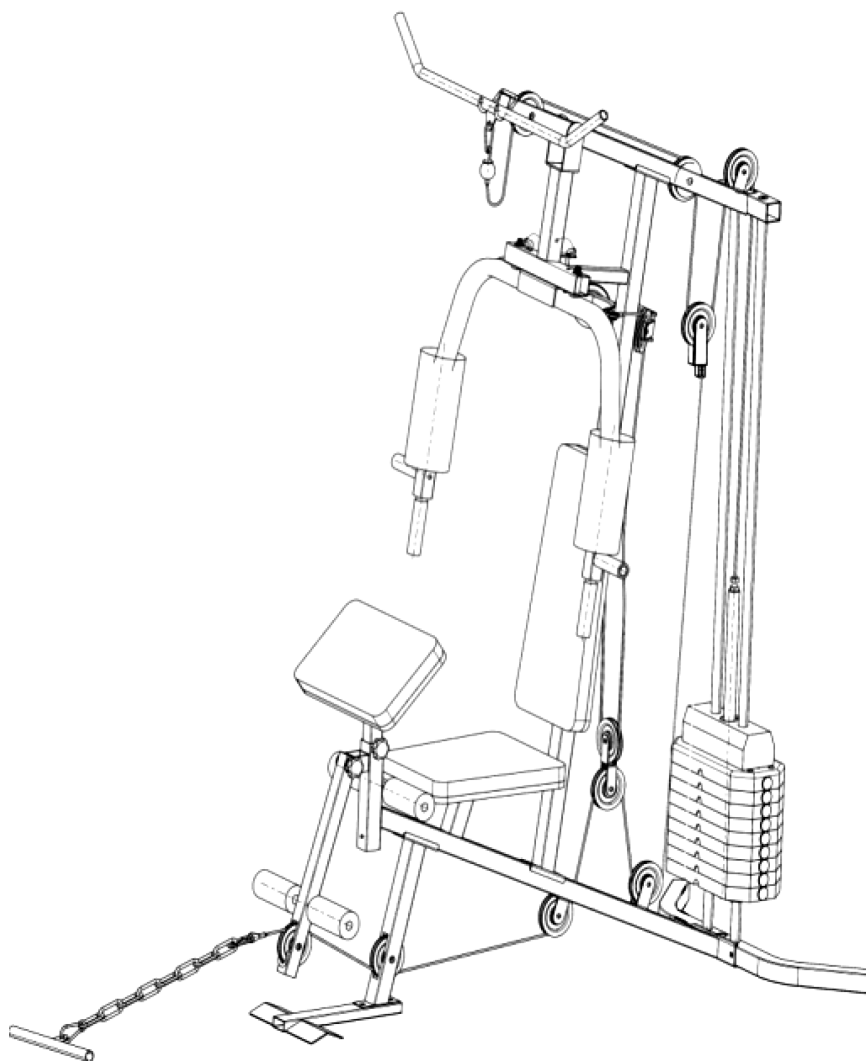


HOME GYM

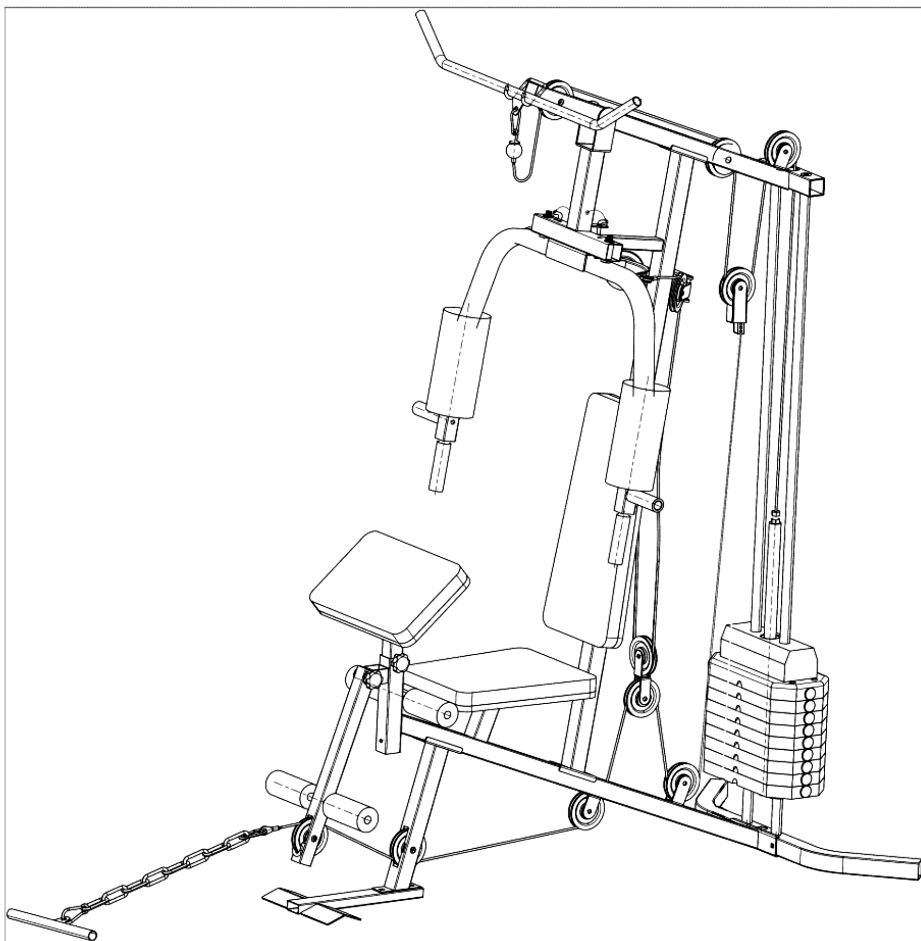


The first part of the paper discusses the importance of understanding the local context in which a project is implemented. This includes a thorough understanding of the community, its culture, and its needs. It is essential to engage with the community from the very beginning, to ensure that the project is relevant and sustainable. This involves a process of consultation and collaboration, where the community's input is valued and incorporated into the project's design and implementation.

The second part of the paper explores the challenges that often arise in the implementation of community-based projects. These challenges can be related to resource constraints, lack of community buy-in, or external factors such as political instability or natural disasters. It is important to anticipate these challenges and develop strategies to address them. This may involve seeking additional resources, building stronger relationships with the community, or being flexible in the face of changing circumstances.

The third part of the paper discusses the importance of monitoring and evaluation in ensuring the success of a community-based project. This involves setting clear objectives and indicators, and regularly collecting and analyzing data to assess the project's progress and impact. Monitoring and evaluation should be a continuous process, allowing for adjustments to be made as needed. This helps to ensure that the project remains on track and achieves its intended goals.

Finally, the paper concludes by emphasizing the importance of sustainability in community-based projects. A project should be designed and implemented in a way that ensures its long-term viability. This involves building the capacity of the community to manage the project themselves, and ensuring that the project's benefits are shared and maintained over time. Sustainability is not just a goal, but a process that requires ongoing commitment and effort.



Important Safety Warnings

Warning

This equipment is built according to general safety standards, but we strongly recommend that you read this user manual carefully before using it. Pay special attention to the following safety warnings:

1. Keep children and pets away from the equipment at all times. Never leave children unsupervised in the same room with the equipment.
2. Only one person should use the equipment at a time.
3. If you feel dizzy, nauseous, experience chest pain, or any other discomfort while exercising, stop immediately and consult a doctor.
4. Place the equipment on a clean, flat surface. Don't use it near water or outdoors.
5. Keep your hands and feet away from the moving parts.
6. Wear proper workout clothes. Avoid long or loose clothing that could get caught in the equipment. Go for running shoes or any other sports shoes.
7. Use the equipment only for the functions described in the manual. Don't add any extra attachments or use features that the manufacturer hasn't recommended to avoid injury.
8. Keep the area around the equipment free of obstacles or sharp objects
9. Disabled individuals should not use the equipment alone without supervision from a professional or health advisor.
10. Always do a proper warm-up and stretching before each workout.
11. Choose the right weights based on your fitness level. It's best to progress gradually.
12. Don't use the equipment if it's missing any necessary parts or isn't functioning properly.
13. It's recommended to have a supervisor or spotter during your workout
14. Maximum user weight: 100kgs.
15. Manufacturing standards: GB17498.1-2008, GB17498.2-2008, GB17498.4-2008, Grade: S.

Daily Maintenance

1. Regularly lubricate the moving parts.
2. Check and tighten all parts of the equipment before use.
3. Clean the equipment with a damp cloth and mild detergent. Do not use chemical solvents. Adjust the tension of the steel cables by moving the lower pulley to the desired position on the pulley bracket.

1. If the steel cable feels too loose, raise the lower pulley by one notch;
2. If the steel cable feels too tight, lower the lower pulley by one notch.

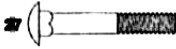
Pulley Adjustment Warning: Before you start using the equipment, make sure to check with your health advisor, especially if you have any health issues or if you're over 35. Always read the manual carefully before using the product. We're not responsible for any injuries or damage caused by incorrect use!

Keep this manual in a safe place.

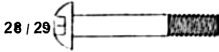
Hardware Details



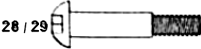
Rotation Shaft Ø16x110 1pc



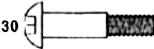
Carriage Bolt M10x65 8 pcs



Hexalobular Socket Pan Head
Screw M10x 60 2 pcs



Hexalobular Socket Pan Head
Screw M10x60 4 pcs



Hexalobular Socket Pan Head
Screw M10x55 1 pc



Hexalobular Socket Pan Head
Screw M10x40 2 pcs



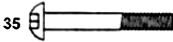
Hexalobular Socket Pan Head
Screw M10x40 6 pcs



Hexalobular Socket Pan Head
Screw M10x30 1 pc



Hexalobular Socket Pan Head
Screw M10x25 6 pcs



Hexalobular Socket Pan Head
Screw M8x60 2 pcs



Hexalobular Socket Pan Head
Screw M8x18 2 pcs



Cross Flat Head Screw M6x16 1 pc



Cross Slot Self-Tapping Screw
ST4.8 2 pcs



Large Washer Ø25X 11 4 pcs



Flat Washer Ø8mm 6 pcs



Flat Washer Ø10mm 40 pcs



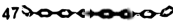
Lock Nut M10 28 pcs



Counterweight Pin 1 pc



Pulley Hook 4 pcs



8-Link Chain 2 pcs



Hexalobular Socket Pan Head
Screw M8x40 2 pcs



Hexalobular Socket Pan Head
Screw M10x16 2 pcs



Hex Wrenches #5, #6 2 pcs

Component List I



1. Main Frame 1pc



2. Upper Beam Frame 1 pc



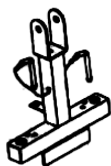
3. Central Pillar 1 pc



4. Rear Ground Pipe 1 pc



5. Front Frame Support Pipe 1 pc



6. Press Frame 1 pc



7. Left Butterfly Arm 1 pc



8. Right Butterfly Arm 1 pc



9. Arm Strength Frame 1 pc



10. Adjustable Pulley Frame 1 pc



11. Cross Pulley Frame 1 pc



12. Swing Pulley Frame 2 pcs



13. Selector Bar 1 pc



14. High Pull Bar 1 pc



15. Front Swing Frame 1 pc



16. Front Foot Pedal 1 pc

Component List I



17. Foam Pipe 2 pcs



24. Back Cushion 1 pc



25. Seat Cushion 1 pc



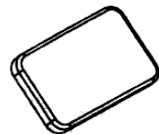
18. Guide Rod 2 pcs



20. Flat Connecting Plate
3 pcs



23. Low Pull Handle 1
pc



26. Elbow Cushion 1 pc



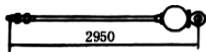
43. L-shaped Rope Pin 2
pcs



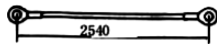
46. Pulley Guard



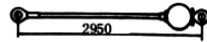
48. Powdered Bearings
2 pcs



49. High Pull Steel Cable 1 pc



50. Chest Expansion Steel Cable 1
pc



51. Low Pull Steel Cable 1 pc

Component List III



52.45 Square Tube Plug



53.38 Square Tube Plug 56.



54.25*50 Square Tube Plug



55.Ø25 Flat Tube Plug



45 Square Foot Cover



57. Shock Pad



58.Ø61 Cushion Pad



59. Cushion Sleeve 24.5*30



60.40*38Drill Holder



62. Nylon Bushing



63. Nylon Bushing



64.M10 Nut Cover



65. Hollow Sleeve 38*Ø26



66. Handle Sleeve



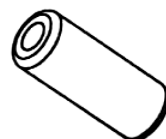
67. Handle Sleeve



68. Star Knob



69. Small Foam Pad



70. Large Foam Pad

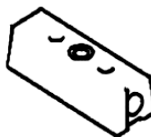
Component List IV



71. Pulley



72. Lower Counterweight Block



73. Upper Counterweight Block



74.Ø25 Ball-End Tube Plug



77. Small Handle



78. Handle Sleeve



79.Ø25 Flat Tube Plug



80. Cap Top



81. Small Iron Pin



82. Large Washer

Assembly Instructions

Tools Needed: Two adjustable wrenches

Note: It is strongly recommended that two or more people collaborate during installation to avoid injury during the process.



This symbol indicates that the wrench can be used to directly tighten and secure the part during installation.

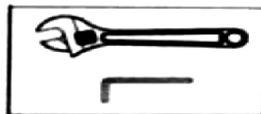
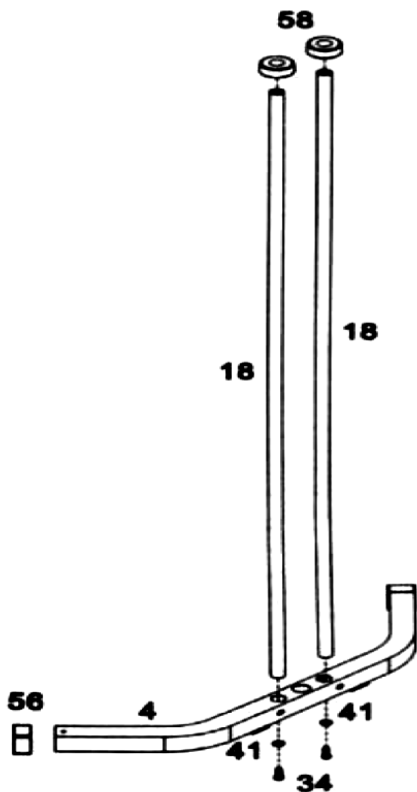


This symbol means to hand-tighten the screws during installation, but do not fully tighten them, as this may interfere with the next steps of assembly.

Step 1 (See Figure 1)

First, slide 2 cushion pads (#58) onto the guide rod (#18). Then, insert the guide rod (#18) into the two holes on the rear ground bent pipe (#4). From the bottom, use 2 M10x25mm pan head hex bolts (#34) and 2 Ø10 flat washers (#41) to secure the guide rod (#18) to the rear ground bent pipe (#4).

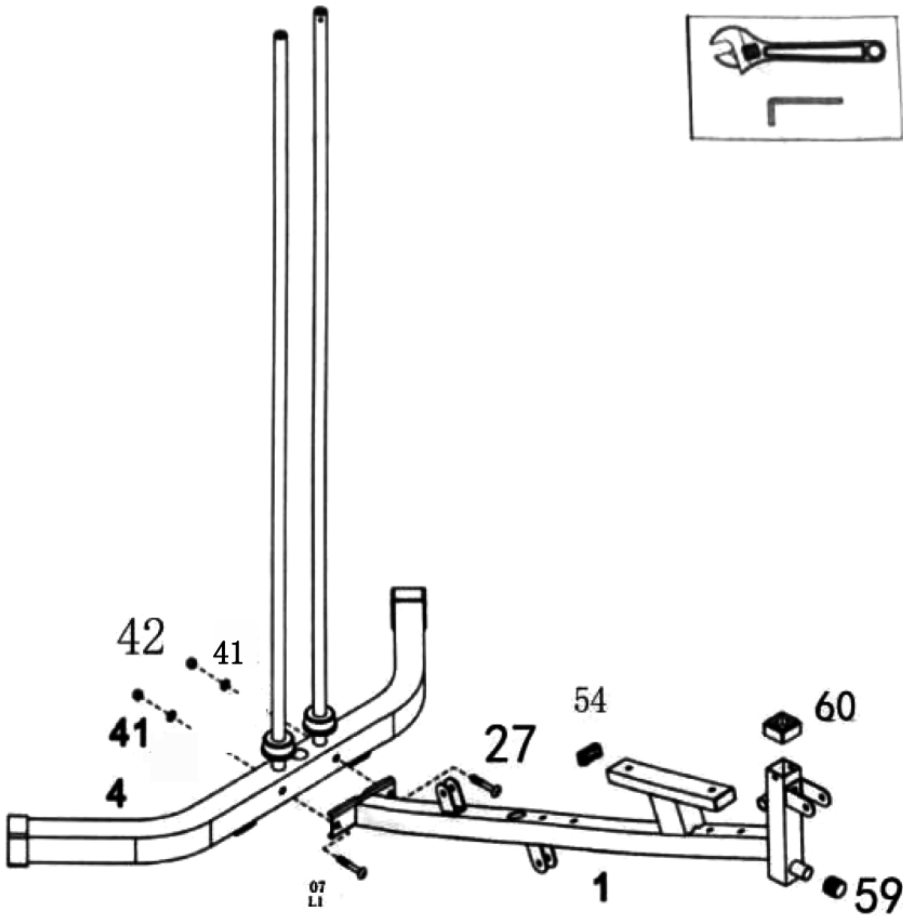
Note: □The 45 square foot cover (#56) is pre-installed on the rear ground bent pipe (#4) before leaving the factory.



Step 2 (See Figure 2)

Use 2 M10x65mm carriage bolts (#27), 2 Ø10 flat washers (#41), and 2 M10 lock nuts (#42) to connect the rear ground bent pipe (#4) and the main frame (#1).

Note: The rectangular tube plugs 25x50 (#54), cushion sleeve (#59), and drill holder □45x38 (#60) are pre-installed on the main frame (#1) before leaving the factory.

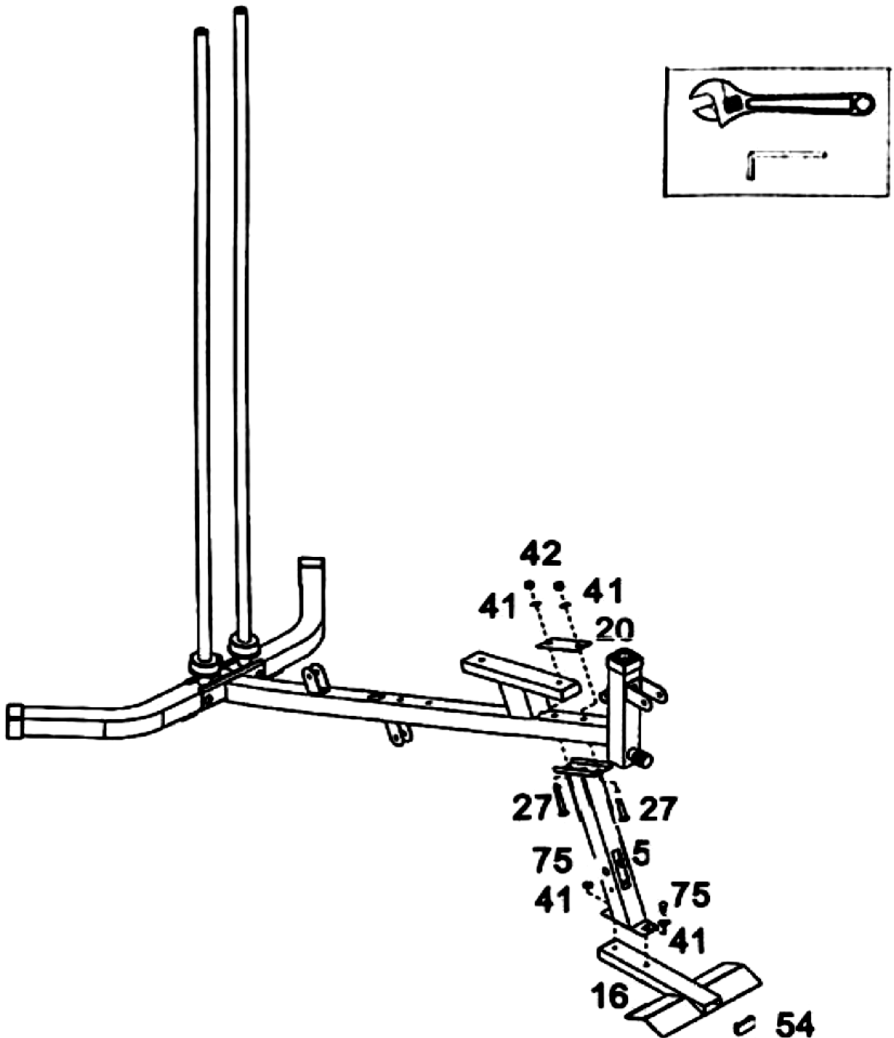


Step 3 (See Figure 3)

1) Use 2 M10x65mm carriage bolts (#27), 2 Ø10 flat washers (#41), and 2 M10 lock nuts (#42) to connect the front support frame (#5), flat connecting plate (#20), and the main frame (#1).

2) Use 2 pan head bolts M10x16mm (#75) and 2 Ø10 flat washers (#41) to attach the front support frame (#5) to the foot pedal (#16)

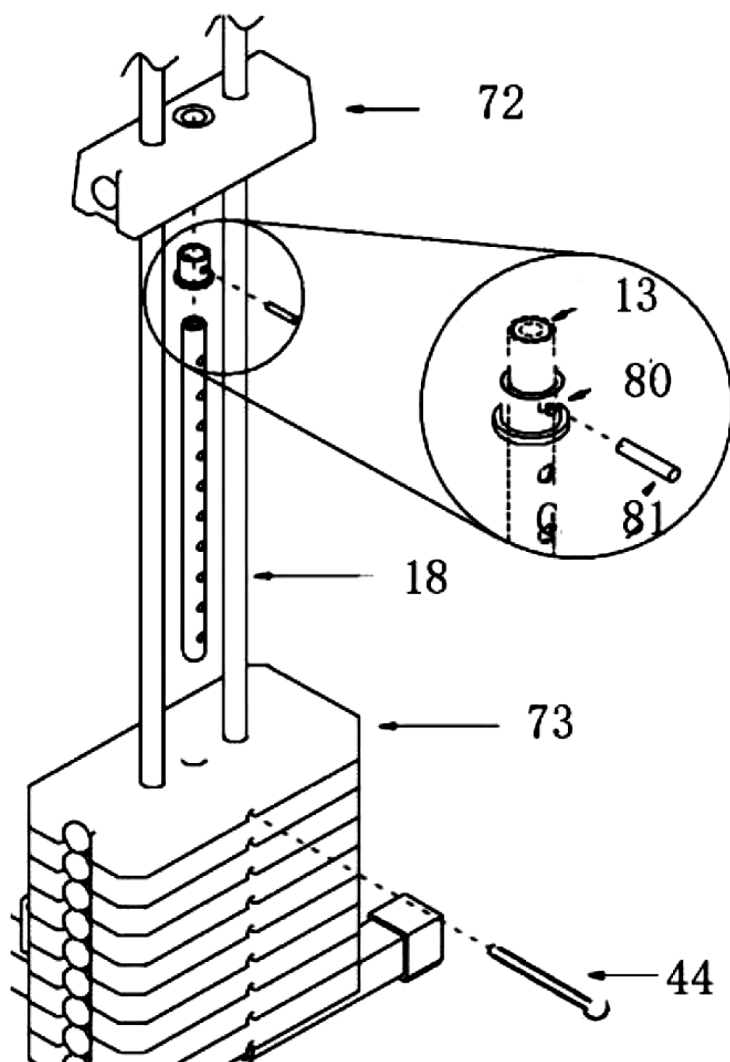
Note: The rectangular tube plug 25x50 (#54) is pre-installed on the foot pedal (#16) before leaving the factory.



Step 4 (See Figure 4)

Place the 12 pieces of 10LBS counterweight blocks (#73) into the guide rod (#18) in order. Insert the selector shaft (#13) in the middle, then place the 8LBS counterweight head (#72) on top. (Make sure the pin holes are aligned, with the holes facing the back when placing.)

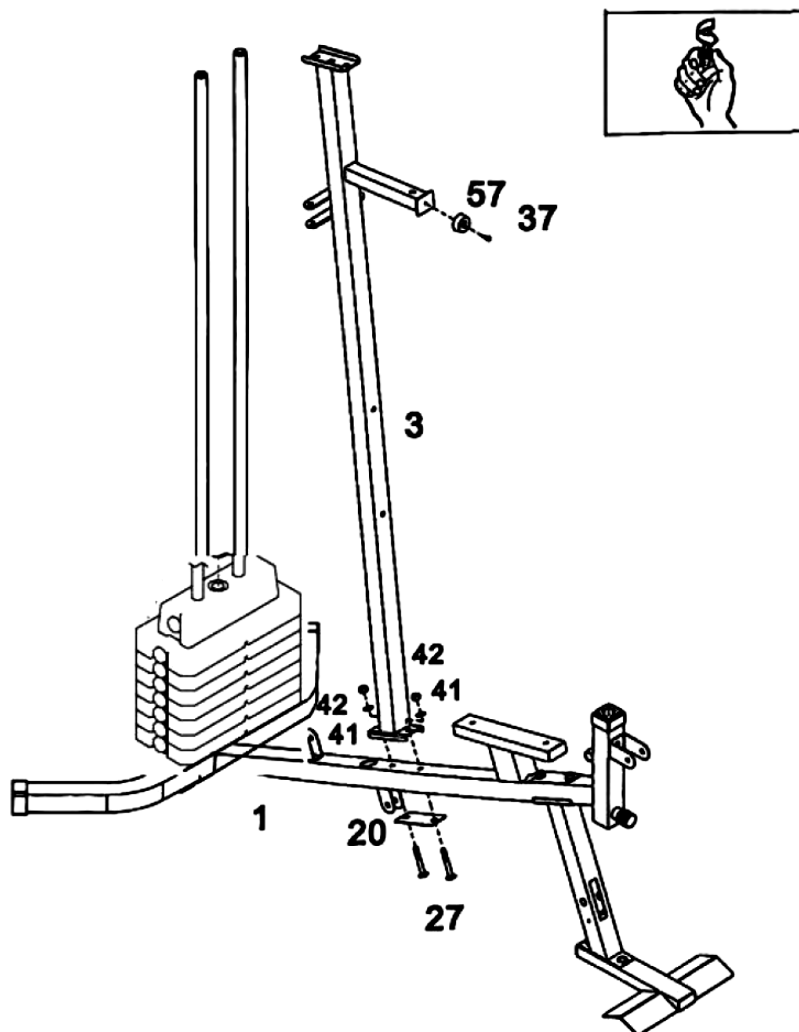
Note: The ball-type tube plug $\varnothing 25 \times 1.5$ (#74) is pre-installed on the selector shaft (#13) before leaving the factory.



Step 5 (See Figure 5)

Use 2 M10x65mm carriage bolts (#27), 2 Ø10 flat washers (#41), and 2 M10 lock nuts (#42) to connect the front upright beam (#3), main frame (#1), and flat connecting plate (#20).

Note: The small rubber shock pad (#57) has been pre-installed on the front upright beam (#3) using cross flat head screw M6x16 (#37) before leaving the factory.

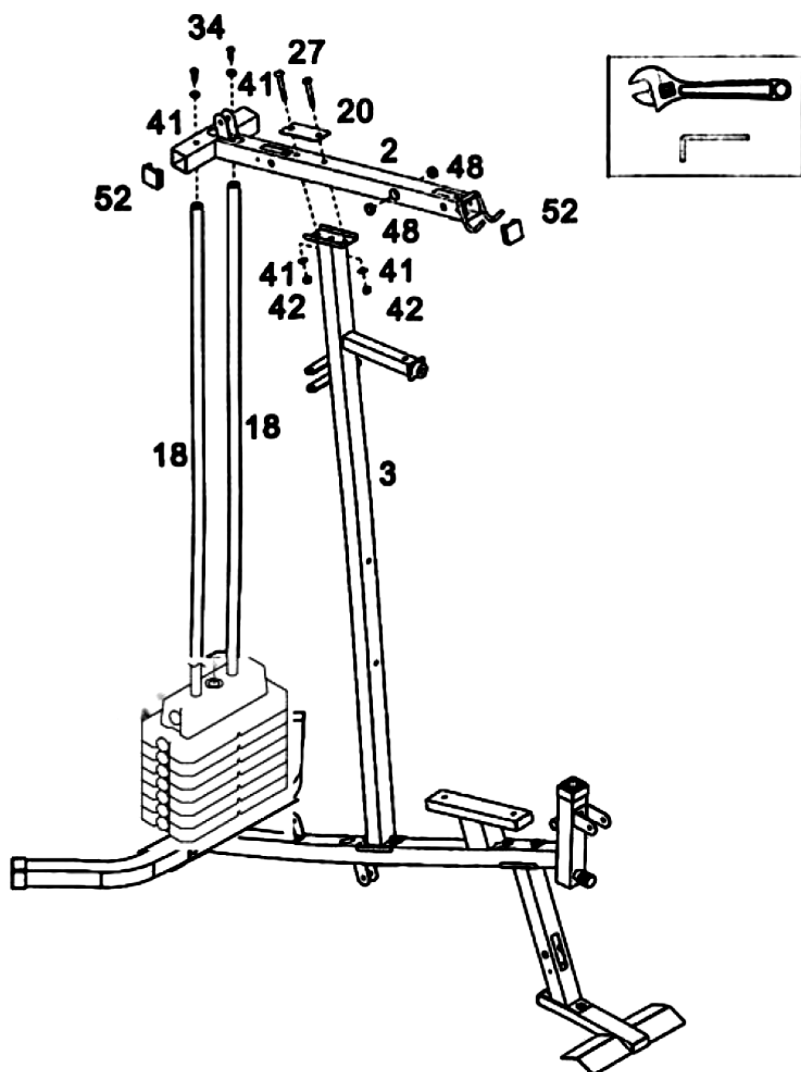


Step 6 (See Figure 6)

1) Use 2 M10x65mm carriage bolts (#27), 2 Ø10 flat washers (#41), and 2 M10 lock nuts (#42) to connect the upper beam frame (#2), front upright beam (#3), and flat connecting plate (#20).

2) Use 2 hexalobular socket pan head screws M10x25mm (#34) and 2 Ø10 flat washers (#41) to attach the upper beam frame (#2) to the guide rod (#18).

Note: The □ 45 square tube plug (#52) and powdered metal bushing (#48) have been pre-installed on the upper beam frame (#2) before leaving the factory.

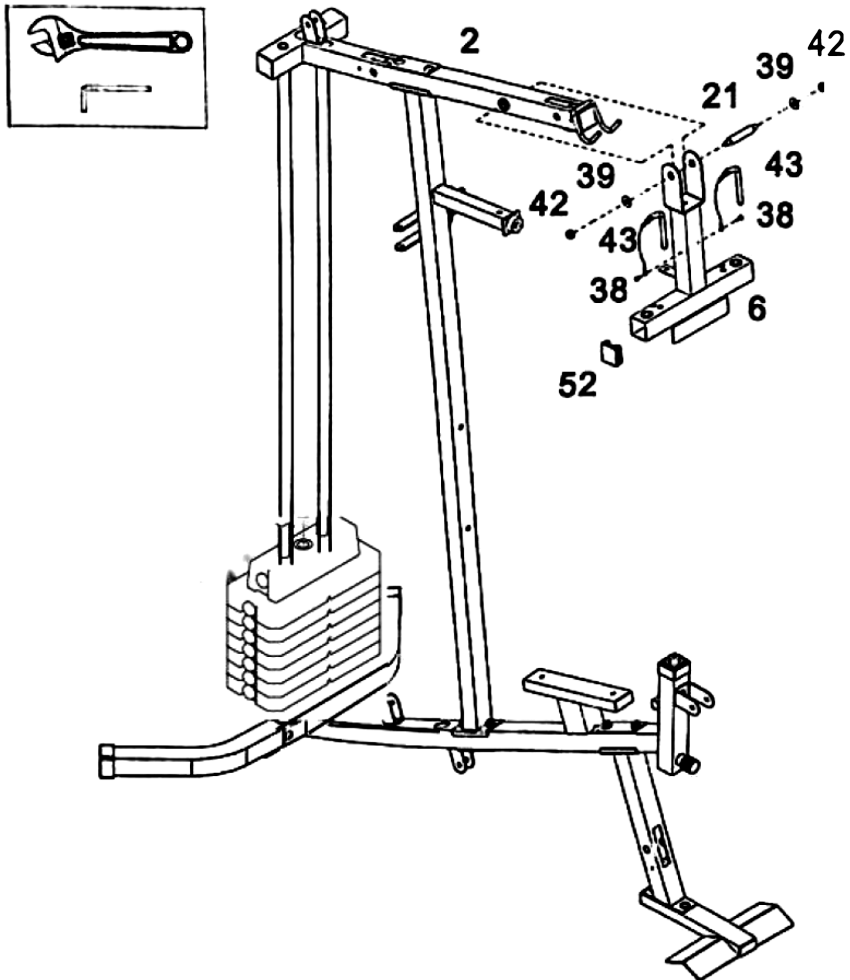


Step 7 (See Figure 7)

Use the rotation shaft Ø16x95 (#21), 2 large washers Ø25xØ11 (#39), and 2 M10 lock nuts (#42) to secure the press frame (#6) to the upper beam frame (#2).

Note:

1. Before leaving the factory, the 2 L-shaped rope pins (#43) have been pre-installed on the press frame (#6) using 2 cross-slot self-tapping screws ST4.8 (#38).
2. The □45 square tube plug (#52) has been pre-installed on the press frame (#6) before leaving the factory.

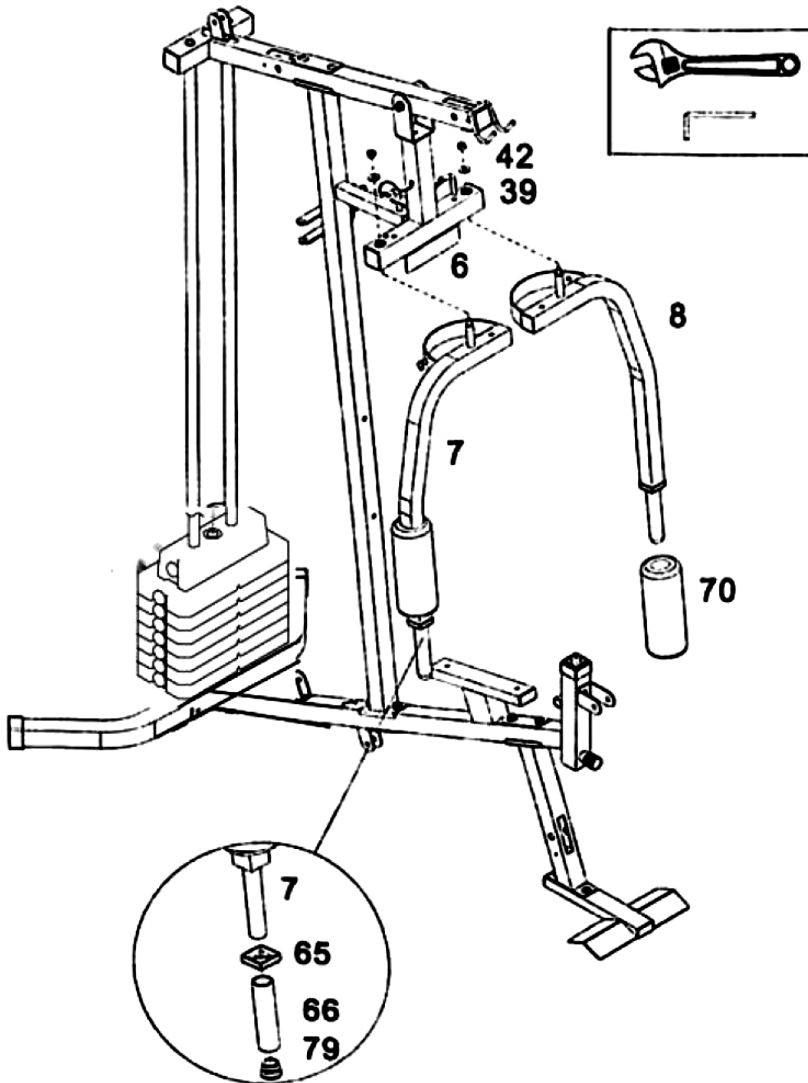


Step 8 (See Figure 8)

1) Insert the left and right butterfly arms (#8, #7) into the holes on the press frame (#6). Secure them with 2 M10 lock nuts (#42) and 2 large washers $\varnothing 25 \times \varnothing 11$ (#39).

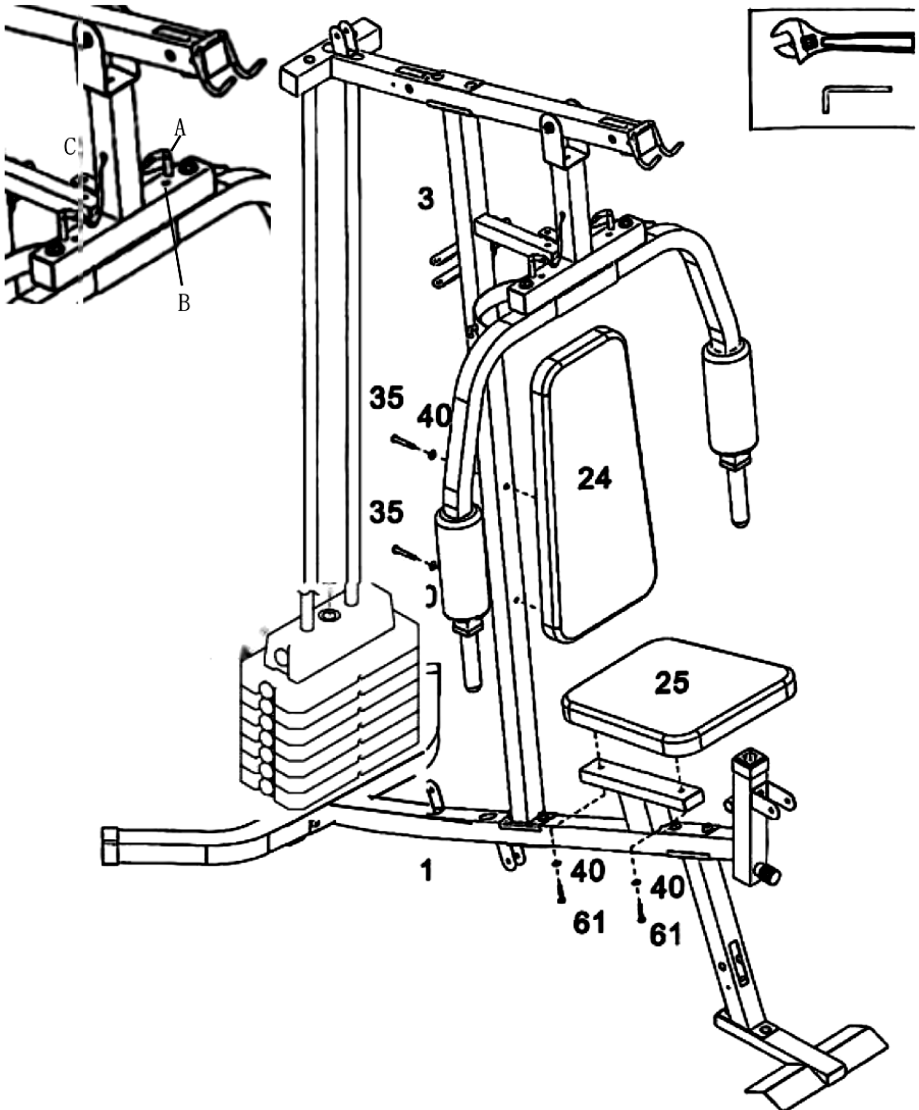
2) Finally, slide the chest expansion foam (#70) onto the left and right butterfly arms (#8, #7).

Note: The hollow sleeve $\square 38 \times 226$ (#65), handle sleeves $\varnothing 24 \times \varnothing 34 \times 130$ (#66), and flat tube plug $\varnothing 25$ (#79) have been pre-installed on the left and right butterfly machines (#7, #8) before leaving the factory.



Step 9 (See Figure 9)

- 1) Use 2 hexalobular socket pan head screws M8x40mm (#61) and 2 Ø8 flat washers (#40) to secure the seat cushion (#25) to the main frame (#1);
- 2) Use 2 hexalobular socket pan head screws M8x60mm (#35) and 2 Ø8 flat washers (#40) to attach the back cushion (#24) to the front upright beam (#3).
- 3) There are three holes A, B and C in the diagram. Select different functions to selectively place the pin into different holes.

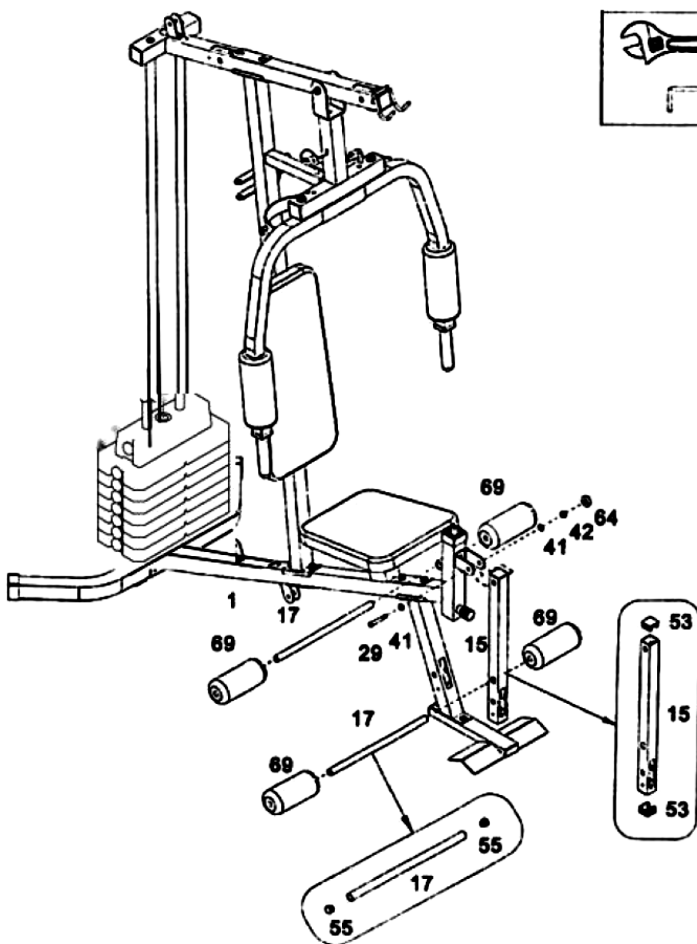


Step 10 (See Figure 10)

- 1) Use 1 hexalobular socket pan head screw M10x60mm (#29), 2 Ø10 flat washers (#41), and 1 M10 lock nut (#42) to secure the front swing frame (#15) to the main frame (#1), then cover the M10 lock nut with the bolt cap (#64)
- 2) Insert the two foam pipes (#17) into the holes on the main frame (#1) and front swing frame (#15), then slide the 4 foam leg covers (#69) onto both ends

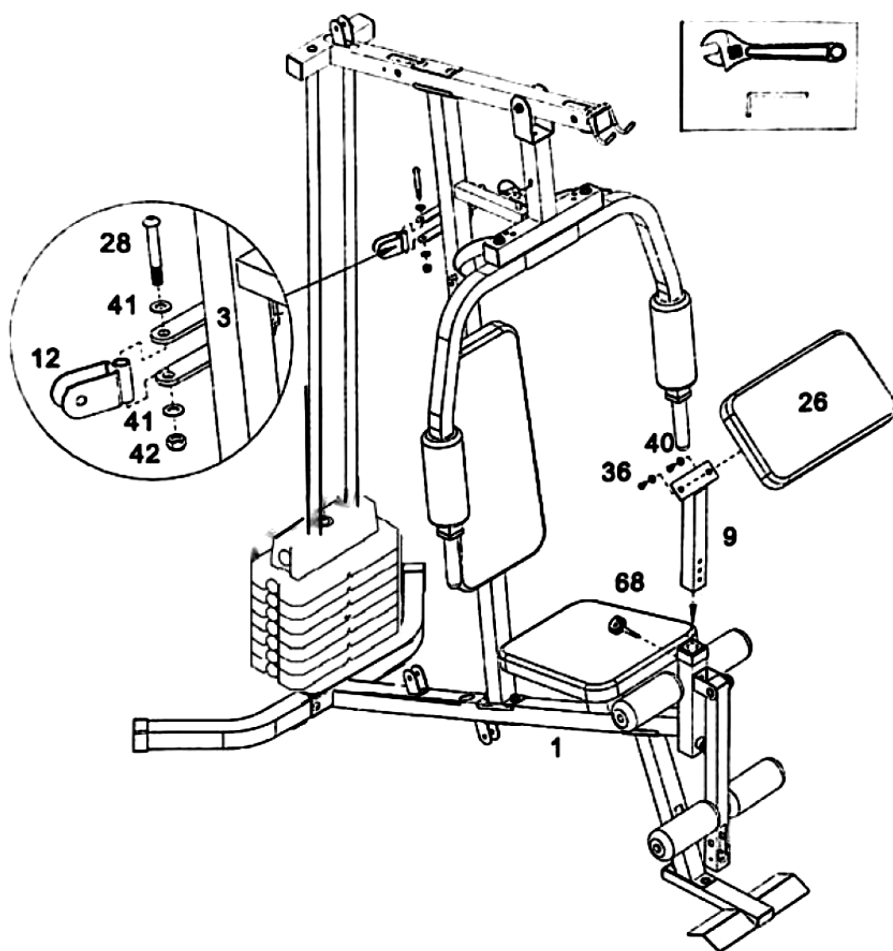
Note:

1. The 4 Ø19 round tube plugs (#55) have been pre-installed on the 2 foam pipes (#17) before leaving the factory.
2. The □ 38 square tube plug (#53) has been pre-installed on the front swing frame (#15) before leaving the factory.



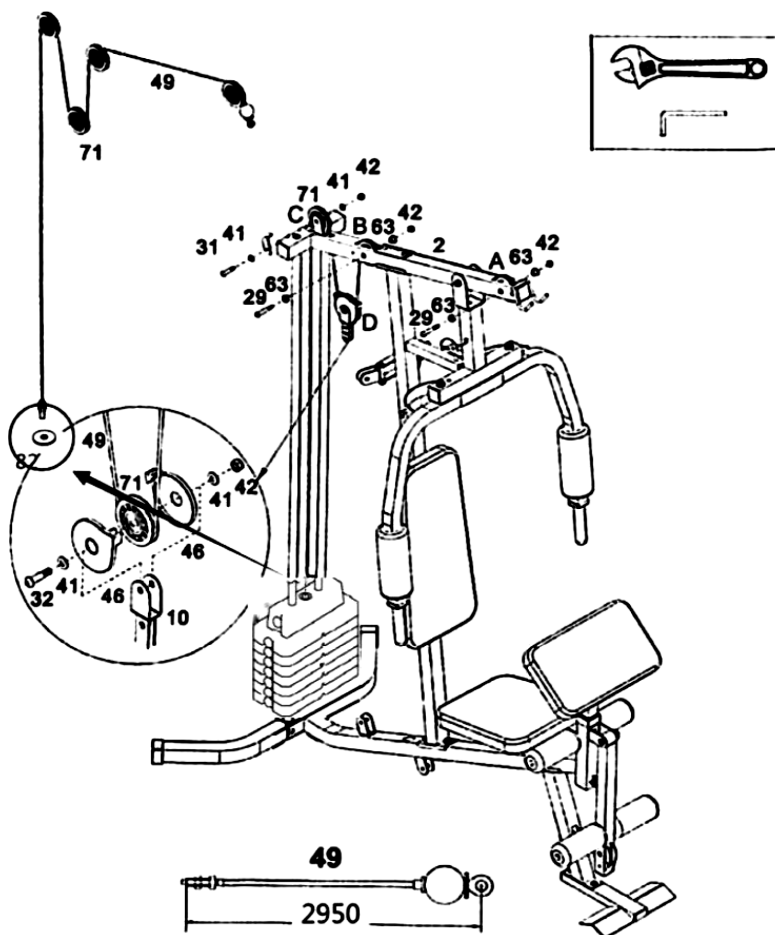
Step 11 (See Figure 11)

- 1) Use 2 hexalobular socket pan head screws M10x65mm (#28), 4 Ø10 flat washers (#41), and 2 M10 lock nuts (#42) to attach the two swing pulley frames (#12) to both sides of the front upright beam (#3).
- 2) Then, insert the arm strength frame (#9) into the main frame (#1) and secure it tightly with the star knob M8x50 (#68).
- 3) Finally, use 2 hexalobular socket pan head screws M8x18mm (#36) and 2 Ø8 flat washers (#40) to secure the elbow cushion (#26) to the arm strength frame (#9).



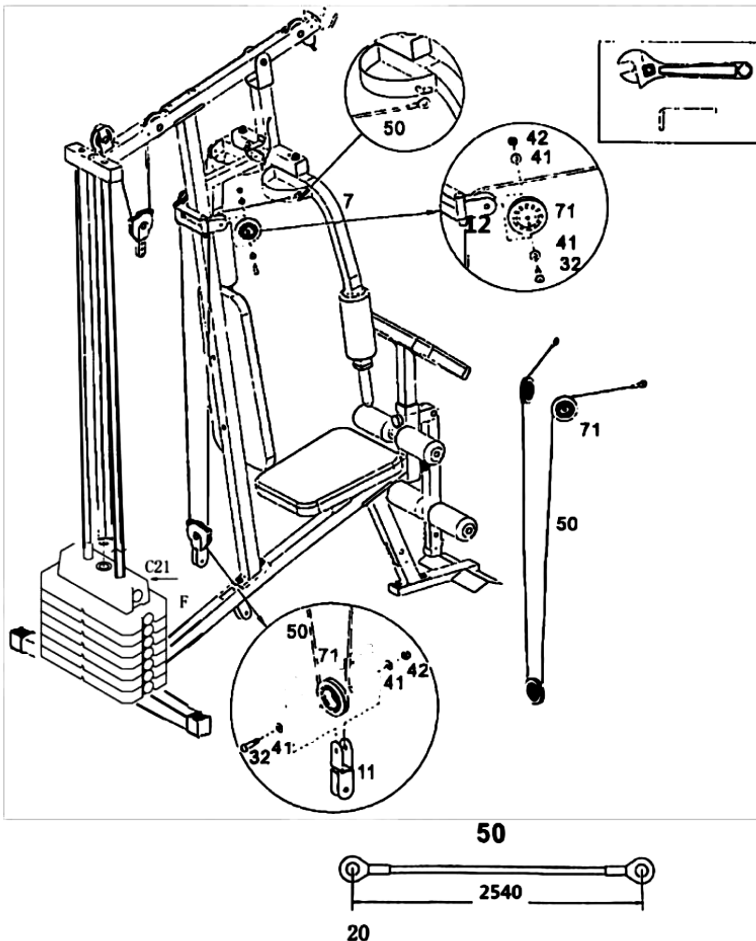
Step 12 (See Figure 12) - Follow the direction of the pulley

- 1) Use 1 M10x60mm hexalobular socket pan head screw (#29), 2 Ø22x15 pulley bushings (#63), and 1 M10 lock nut (#42) to fix the high pull steel cable (#49) and pulley (#71) at point A;
- 2) Use 1 M10x60mm hexalobular socket pan head screw (#29), 2 Ø22x15 pulley bushings (#63), and 1 M10 lock nut (#42) to fix the high pull steel cable (#49) and pulley (#71) at point B;
- 3) Use 1 M10x42mm hexalobular socket pan head screw (#31), 2 Ø10 flat washers (#41), and 1 M10 lock nut (#42) to fix the high pull steel cable (#49) and pulley (#71) at point C.
- 4) Use 1 M10x40mm hexalobular socket pan head screw (#32), 2 Ø10 flat washers (#41), 1 M10 lock nut (#42), and 2 pulley guards (#46) to fix the high pull side cable (#49), pulley (#71), and adjustable pulley frame (#10) at point D (see the enlarged step diagram for details).
- 5) Tighten the threaded end of the high pull steel cable (#59) onto the selection shaft (#13)



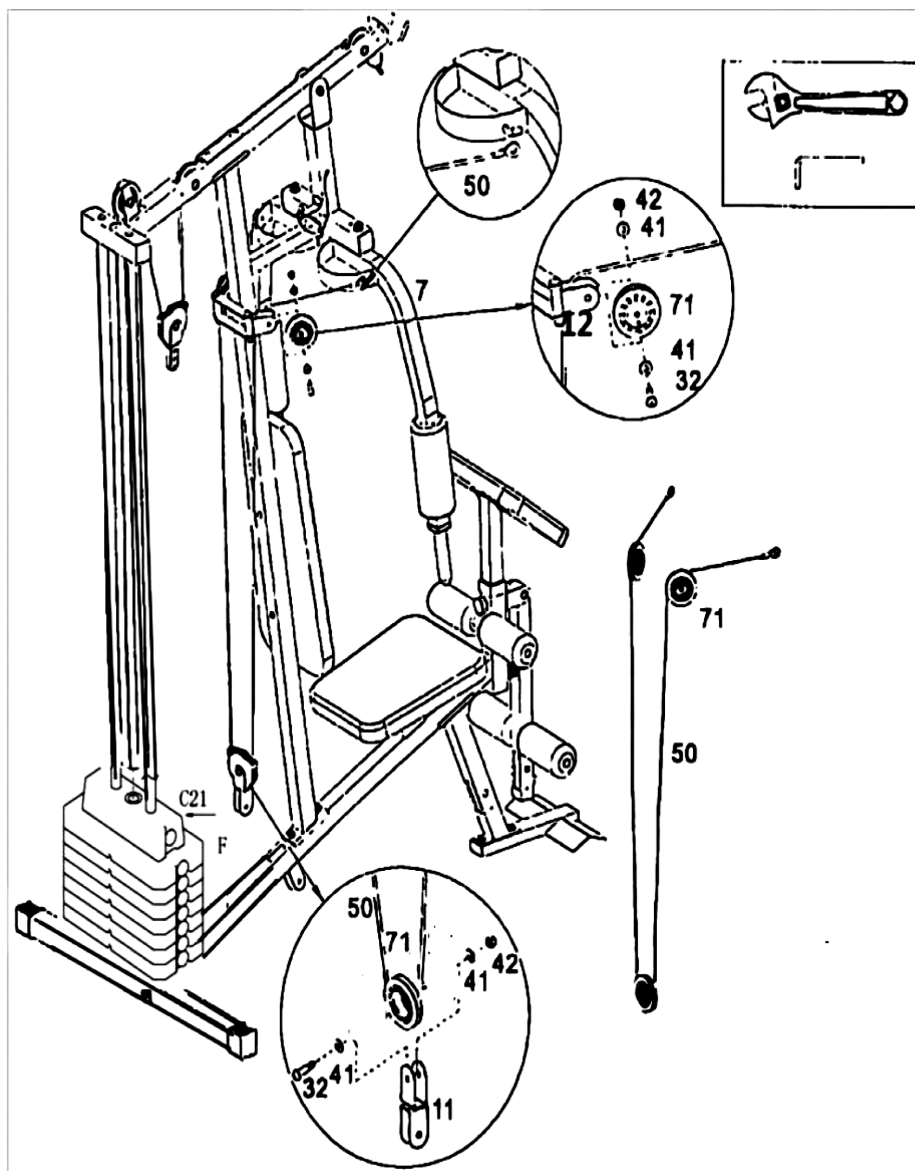
Step 13 (See Figure 13)

- 1) Follow the steel cable route shown in the diagram. First, take 1 cross pulley frame (#11), 3 pulleys (#71), 3 M10x40mm hexalobular socket pan head screws (#32), 6 Ø10 flat washers (#41), and 3 M10 lock nuts (#42) to connect the chest expansion steel cable (#50). Then, hook the ends of the cable onto the left and right butterfly arms (#7, #8) using their hooks (see the enlarged step diagram for details).
- 2) Next, follow the diagram and use 2 M10x40mm hexalobular socket pan head screws (#32), 4 Ø10 flat washers (#41), and 2 M10 lock nuts (#42) to attach the two pulleys (#71) to the left and right swing pulley frames (#10) (see the enlarged step diagram for details).
- 3) Following the order shown in the diagram, use 1 M10x40mm hexalobular socket pan head screw (#32), 2 Ø10 flat washers (#41), 1 M10 lock nut (#42), and a Pulley (#71) to the top of the cross pulley frame (#11) (see the enlarged step diagram for details)



Step 14 (see Figure 14)

- 1) Following the cable routing diagram, in sequence, use 1 Cross Pulley Frame (#11), 1 pulley adjustment frame (#10), 5 pulleys (#71), 2 M10x40mm hexalobular socket pan head screws (#32), 1 M10x55mm hexalobular socket pan head screw (#30), 1 M10x60mm pan head hex screw (#29), 1 M10x30mm hexalobular socket pan head screw (#33), 8 Ø10 flat washers (#41), and 5 M10 lock nuts (#42) to connect the low pull steel cable (#51).
- 2) As shown in the diagram, place a pulley (#71) into the slot of the front swing frame (#15). Use 1 M10x55mm hexalobular socket pan head screw (#30), 2 pulley bushings Ø22x11 (#62), and 1 M10 lock nut (#42) to fix it in place. Make sure the cable is placed in the groove of the pulley.
- 3) As shown in the diagram, place a pulley (#71) into the slot underneath the front support frame (#5). Use 1 M10x60mm hexalobular socket pan head screw (#29), 2 pulley bushings Ø22x15 (#63), and 1 M10 lock nut (#42) to secure it in place. Ensure the steel cable is placed in the pulley groove;
- 4) Following the diagram, use 1 M10x42mm hexalobular socket pan head screw (#31), 2 Ø10 flat washers (#41), 1 M10 lock nut (#42), and 1 L-shaped limit plate (#22) to fix a pulley (#71) onto the U-shaped pulley frame of the main frame (#1);
- 5) Following the diagram, use 1 M10x40mm hexalobular socket pan head screw (#32), 2 Ø10 flat washers (#41), 1 M10 lock nut (#42), and a pulley (#71) at the lower end of the cross pulley frame (#11) (see the enlarged step diagram for details).
- 6) Following the diagram, use 1 M10x40mm hexalobular socket pan head screw (#32), 2 Ø10 flat washers (#41), and 1 M10 lock nut (#42) to fix a pulley (#71) onto the U-shaped pulley frame of the Main Frame (#1).
- 7) Following the diagram, use 1 M10x30mm hexalobular socket pan head screw (#33), 2 Ø10 flat washers (#41), and 1 M10 lock nut (#42) to connect one end of the Low Pull Steel Cable (#51) with hook to the lower end of the Adjustable Pulley Frame (#10). (See the enlarged step diagram for details)



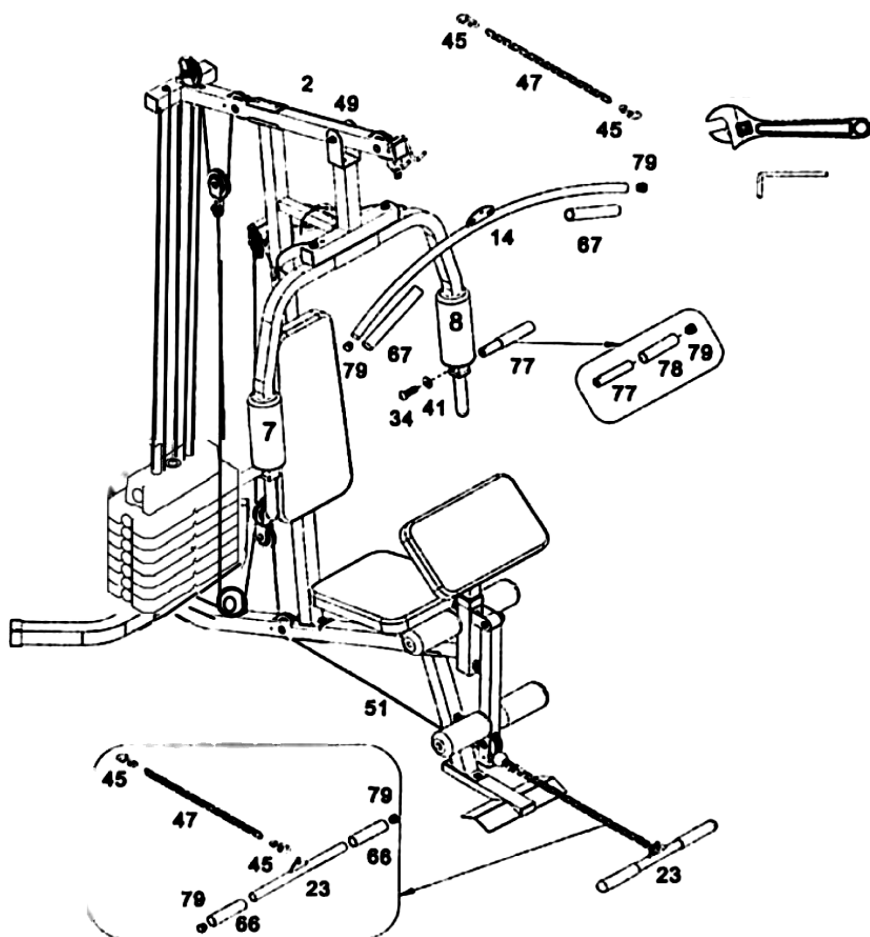
Step 15 (See Figure 15)

1) Take an 8-Link Chain (#47) and 2 pulley hooks (#45) to connect the high pull handle (#14) to the high pull steel cable (#49). When you're not using it, hang the high pull handle (#14) on the hook of the upper beam frame (#2) to avoid any accidents.

2) Use an 8-link chain (#47) and 2 pulley hooks (#45) to attach the low pull handle (#23) to the low pull steel cable (#51). This is for low pull and bicep exercises. For leg swing exercises, remove the low pull handle (#23) to keep it out of the way.

3) Use 2 hexalobular socket pan head screws M10x25mm (#34) and 2 Ø10 flat washers (#41) to secure the push-up small handle (#77) onto both butterfly arms (#7, #8)

Note: 1. The tear-resistant sleeves (#66, #67, #78) and 225 tube plugs (#79) are pre-installed on the handles before leaving the factory



Component List

No.	Part Name	QTY.	No.	Part Name	QTY.
1	Main Frame	1	41	M10 Flat Washer	10
2	Upper Beam Frame	1	42	Lock Nut M10	28
3	Front Upright Beam	1	43	L-shaped Rope Pin M10*85	2
4	Rear Ground Bent Pipe	1	44	Counterweight Pin	1
5	Front Support Frame	1	45	Pulley Hook	4
6	Press Frame	1	46	Pulley Guard	2
7	Right Butterfly Arm	1	47	8-Link Chain	2
8	Left Butterfly Arm	1	48	Powdered Metal Bushing	2
9	Arm Strength Frame	1	49	High Pull Steel Cable /2950	1
10	Adjustable Pulley Frame	1	50	Chest Expansion Steel Cable /2540	1
11	Cross Pulley Frame	1	51	Low Pull Steel Cable /2950	1
12	Swing Pulley Frame	2	52	Flat Tube Plug □ 45	5
13	Selector Shaft	1	53	Flat Tube Plug □ 38	4
14	High Pull Handle	1	54	Flat Tube Plug 25*50	4
15	Front Swing Frame	1	55	Flat Tube Plug Ø25	4
16	Pedal	1	56	Square Foot Cover □ 45	2
17	Foam Pipe	2	57	Small Shock Pad	1
18	Guide Rod	2	58	Ø61 Cushion Pad	2
19	U-shaped Clamp	1	59	Cushion Sleeve Ø24.5*30	1
20	Flat Connecting Plate	3	60	Drill Holder □ 45*□ 38	1
21	Rotation Shaft Ø16 *110	1	61	Hexalobular Socket Pan Head Screw M8*40MM	2
			62	Pulley Bushing Ø22*11	2
23	Low Pull Handle	1	63	Pulley Bushing Ø22*15	6
24	Back Cushion	1	64	M10 Nut Cover	1
25	Seat Cushion	1	65	Hollow Sleeve □ 38*Ø26	2
26	Elbow Cushion	1	66	Handle Sleeve Ø24*Ø34*130	4
27	Carriage Bolt M10*65MM	8	67	Handle Sleeve Ø24*Ø31*125	2
28/29	Hexalobular Socket Pan Head Screw M10*60MM	2	68	Star Knob M10*50	1
28/29	Hexalobular Socket Pan Head Screw M10*60MM	4	69	Foam Ø22*Ø65*170	4
30	Hexalobular Socket Pan Head Screw M10*55MM	1	70	Foam Ø45*Ø85*220	2
31/32	Hexalobular Socket Pan Head Screw M10*40MM	2	71	Ø 90 Pulley	12
31/32	Hexalobular Socket Pan Head Screw M10*40MM	6	72	8LBS Counterweight Head	1
33	Hexalobular Socket Pan Head Screw M10*30MM	1	73	10LBS Counterweight Block	12
34	Hexalobular Socket Pan Head Screw M10*25MM	6	74	Ball-End Tube Plug Ø25	1
35	Hexalobular Socket Pan Head Screw M8*60MM	2	75	Hexalobular Socket Pan Head Screw M10*16mm	2
36	Hexalobular Socket Pan Head Screw M8*18MM	2			
3.7	Cross Flat Head Screw M6*16MM	1	77	Press Small Handle	2
38	Cross Slot Self-Tapping Screw ST4.8	2	78	Handle Sleeve Ø25*125	2
39	Large Washer Ø25*Ø11	4	79	Flat-Ended Pipe Plug Ø25*1.5	8
40	M8 Flat Washer	6			

The first part of the paper discusses the importance of understanding the local context in which a project is implemented. This includes a thorough analysis of the social, economic, and cultural factors that may influence the success or failure of the intervention. It is essential to engage with local stakeholders from the outset to ensure that the project is relevant and sustainable.

The second part of the paper explores the challenges of implementing a project in a resource-poor environment. Limited access to funding, skilled personnel, and infrastructure can significantly hinder progress. However, these challenges can be mitigated through creative problem-solving and the utilization of local resources and expertise.

The third part of the paper focuses on the importance of monitoring and evaluation (M&E) in assessing the impact of the project. A robust M&E system should be established from the beginning to track progress, identify bottlenecks, and make necessary adjustments. This involves setting clear, measurable objectives and using a variety of data collection methods to gather reliable information.

The fourth part of the paper discusses the role of community participation in the project. Active involvement of the target population is crucial for ensuring that the project meets their needs and is accepted by the community. This can be achieved through the formation of local committees, regular meetings, and transparent communication channels.

The fifth part of the paper addresses the issue of sustainability. A project should be designed with the goal of being self-sustaining after the initial implementation phase. This requires building local capacity, transferring knowledge, and establishing mechanisms for ongoing support and funding.

In conclusion, the paper emphasizes that successful project implementation is a complex process that requires careful planning, adaptability, and a commitment to the well-being of the community. By following the principles outlined in this paper, project managers can increase the likelihood of achieving their goals and creating a lasting positive impact.