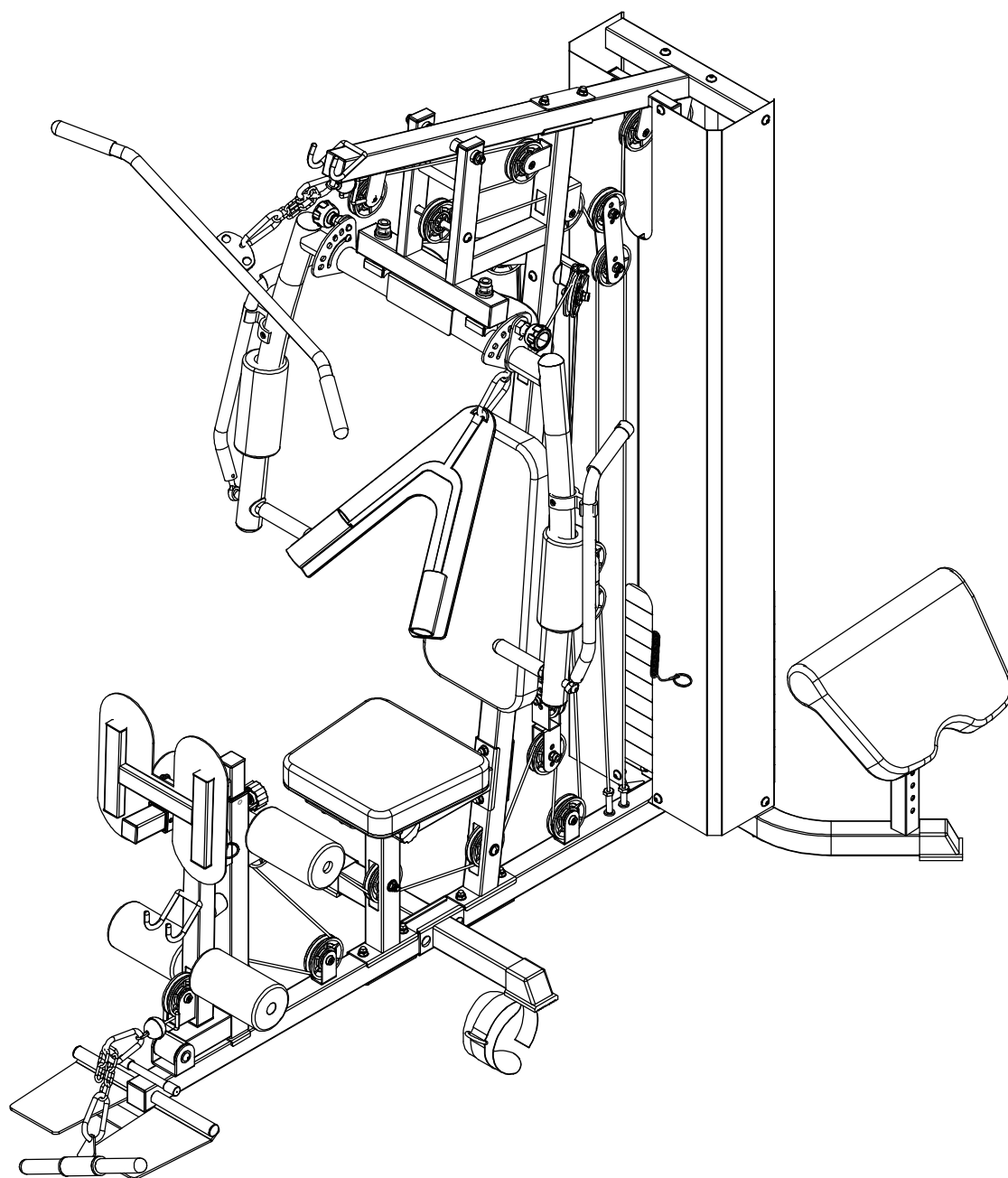


HOME GYM FOR USER MANUAL



If the instruction does not agree with the physical object, please take the physical object as prevail

Before using this equipment, please read all the precautions and instructions in this manual

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Safety precautions

To ensure your safety, read the following precautions before using this product

1. Please read, study and understand the instructions and all warning labels before use.

It is recommended to familiarize familiar with the normal operation and use of the device before using this product.

This information is available on this package insert and at local retailers

2. Please keep this manual and ensure that all warning labels are clear and complete.
3. This product is recommended to install more than two people.
4. Ask your doctor for your advice before starting your exercise.
5. Ensure the safety when the children are present.
6. Please be careful when you have a child on the field.
7. Please check any wear signs of the wire rope regularly, if there is wear may cause certain danger to you.
8. Please keep your hands, limbs and clothes stretch, so that you can use the device fully and safely.
9. Note any possible signs of the machinery, including wear of the parts, loose hardware, and welding cracks.

If any, stop using the device and contact our after-sales service department.

10. You can use the wrench and the inner hexagonal wrench to complete the assembly.

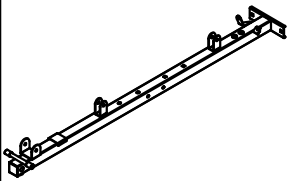
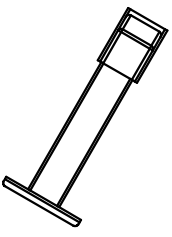
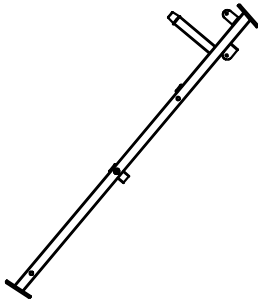
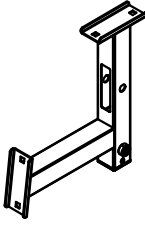
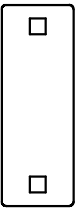
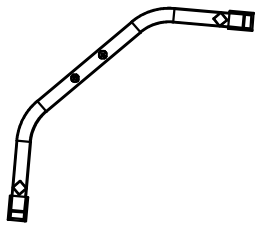
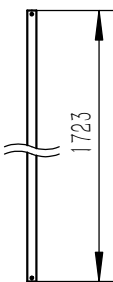
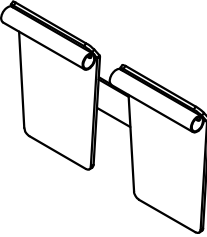
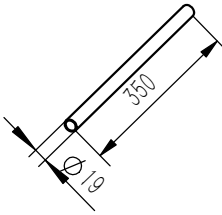
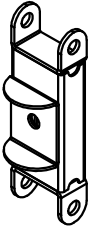
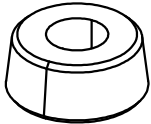
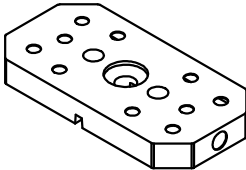
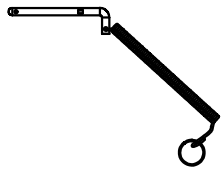
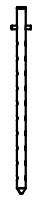
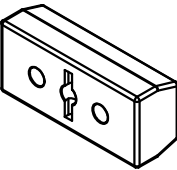
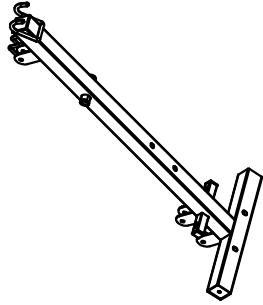
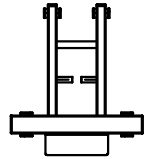
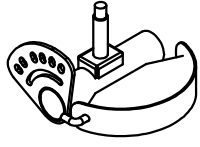
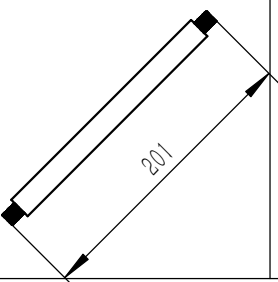
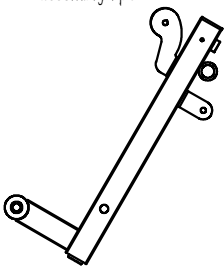
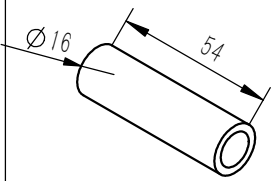
Installation steps

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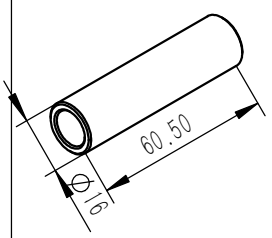
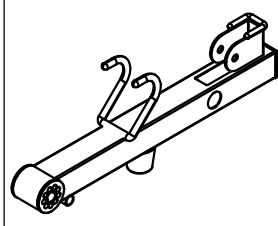
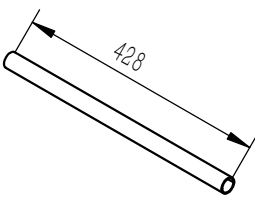
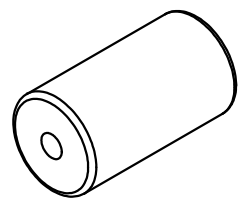
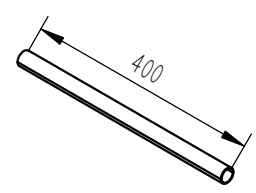
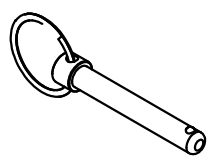
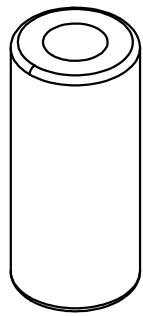
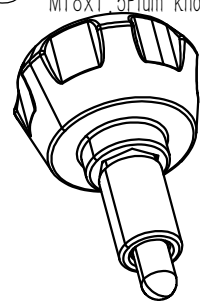
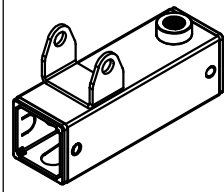
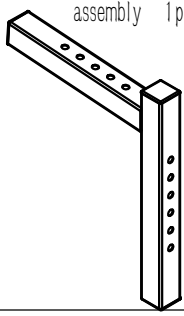
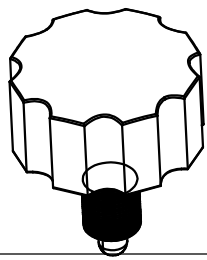
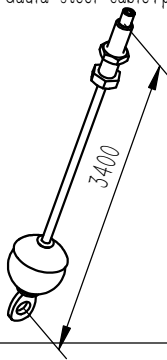
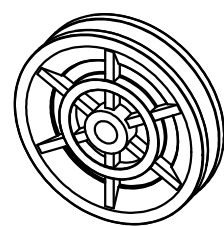
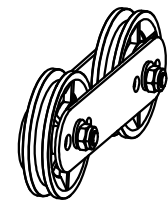
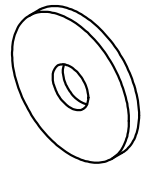
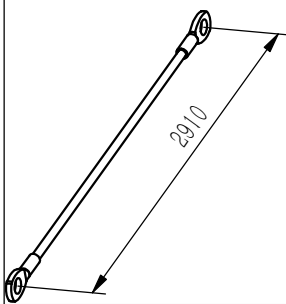
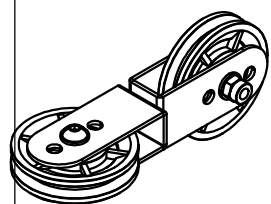
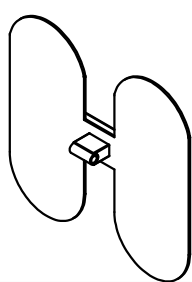
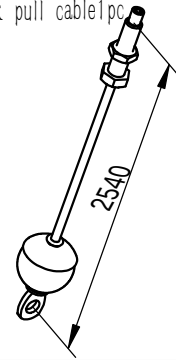
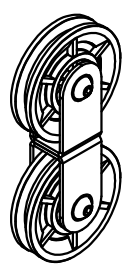
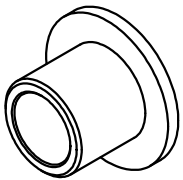
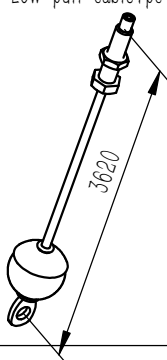
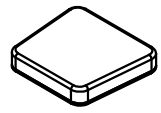
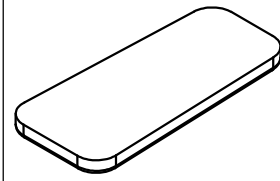
- 1, the gasket should be placed at both ends of the bolt (anti-bolt head and nut), if there are other circumstances, otherwise explained.
2. Preliminary assembly is to tighten all bolts and nuts by hand, and tighten with wrench for complete assembly.
3. Some spare parts have been pre-assembled in the factory.
4. This product is recommended to install more than two people

Note: The following is the components on the main chassis (# 1) and front base (# 2)

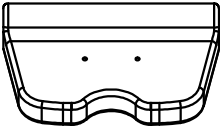
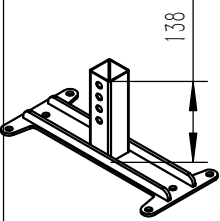
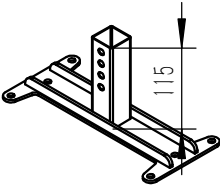
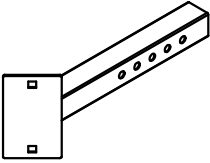
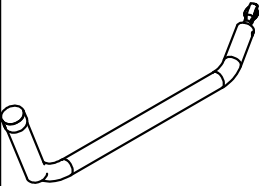
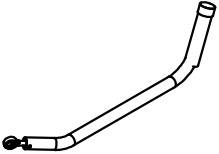
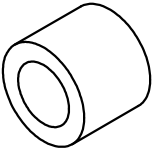
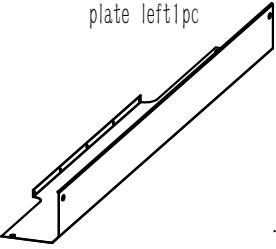
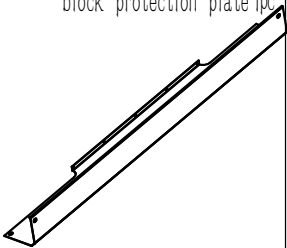
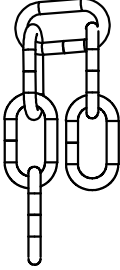
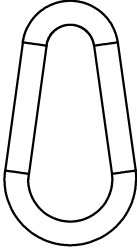
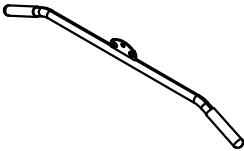
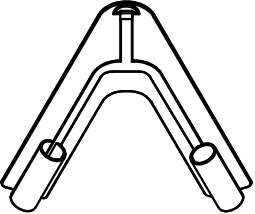
List of parts1

(A1) Lower longitudinal beam assembly 1pc 	(A2) Front paste ground assembly 2pcs 	(A3) Column assembly 1pc 	(A4) seat cushion frame assembly 1pc 	(A5) Connecting piece 4pcs 
(B1) Post-paste ground assembly 1pc 	(B2) Guide rod welding 2pcs 	(C1) Pedal welding 1PC 	(C2) Pedal pin tube 1PC 	(C3) Round tube plug 2pcs 
(C4) Pulley bracket 1pc 	(C5) Long connection piece 1pc 	(D1) Shock absorber pad 2pcs 	(D2) Counterweight 10PCS 	(D3) Rope plug 1pc 
(D4) Lift rod assembly 1pc 	(D5) Weighted head 1pc 	(E1) Top longitudinal beam 1pc 	(F1) Elect the connecting frame 1pc 	(F2) Push up the adjustment rack to the left 1pc 
(F3) Adjustable rack to the right 1pc 	(F4) Push-pull shaft 1pc 	(F5) Swinging pulley frame 2pcs 	(G1) Pedal leg upright assembly 1pc 	(G2) Front swinging sleeve 1pc 

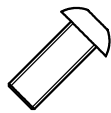
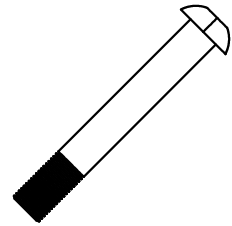
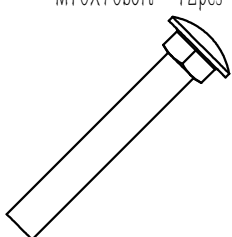
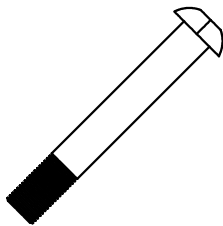
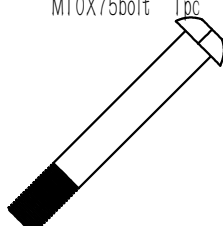
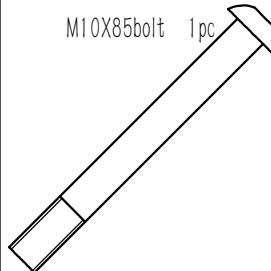
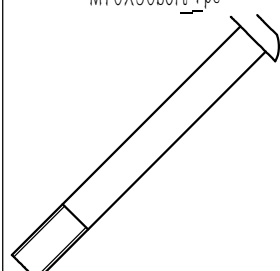
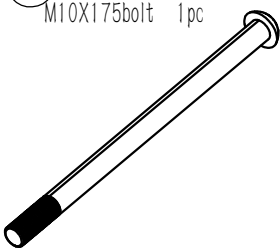
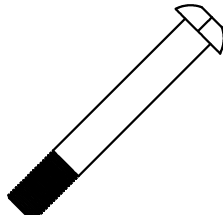
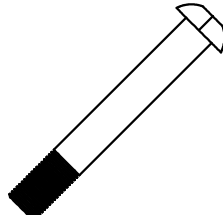
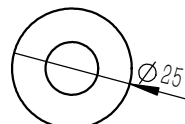
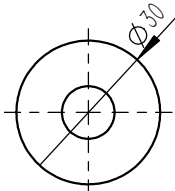
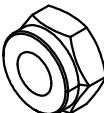
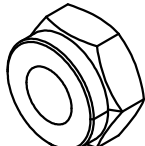
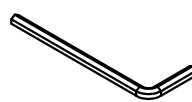
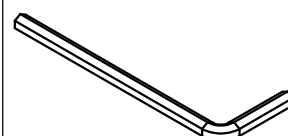
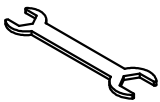
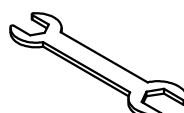
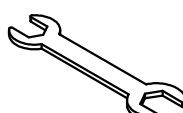
List of parts2

G3 Gear leg sleeve1pc 	G4 Gouge tube assembly1pc 	G5 Bubble cotton tube1pc 	G6 90X22X170foam4pcs 	G7 Bubble cotton tube1pc 
G8 Beaded pin1pc 	H1 Breast expansion assembly2pcs 	H2 90x45x200foam 2pcs 	H3 M18x1.5Plum knob2pcs 	H4 Sliding sleeve assembly1pc 
H5 Pedleg connecting tube assembly 1pc 	H6 M16Plum knob4pcs 	J1 Gaula steel cable1pc 	J2 90pulley14pcs 	J3 The pulley regulates assembly1pc 
J4 Matching heavy adjustmentThe whole pad 1pc 	K1 Breast expansion cable1pc 	K2 Changing the adjusting pulley seat 1pc 	K3 Leg pedal assembly1pc 	L1 Back pull cable1pc 
L2 Welding pulley block1pc 	L3 The pulley is separated from the sleeve8pcs 	M1 Low pull cable1pc 	N1 seating washer1pc 	N2 Back cushion1pc 

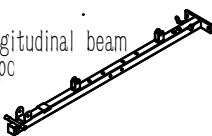
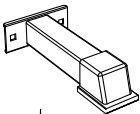
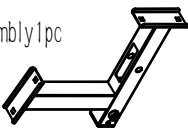
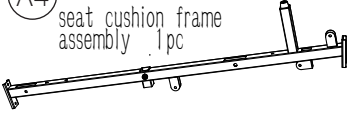
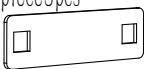
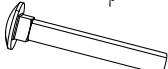
Part List 3

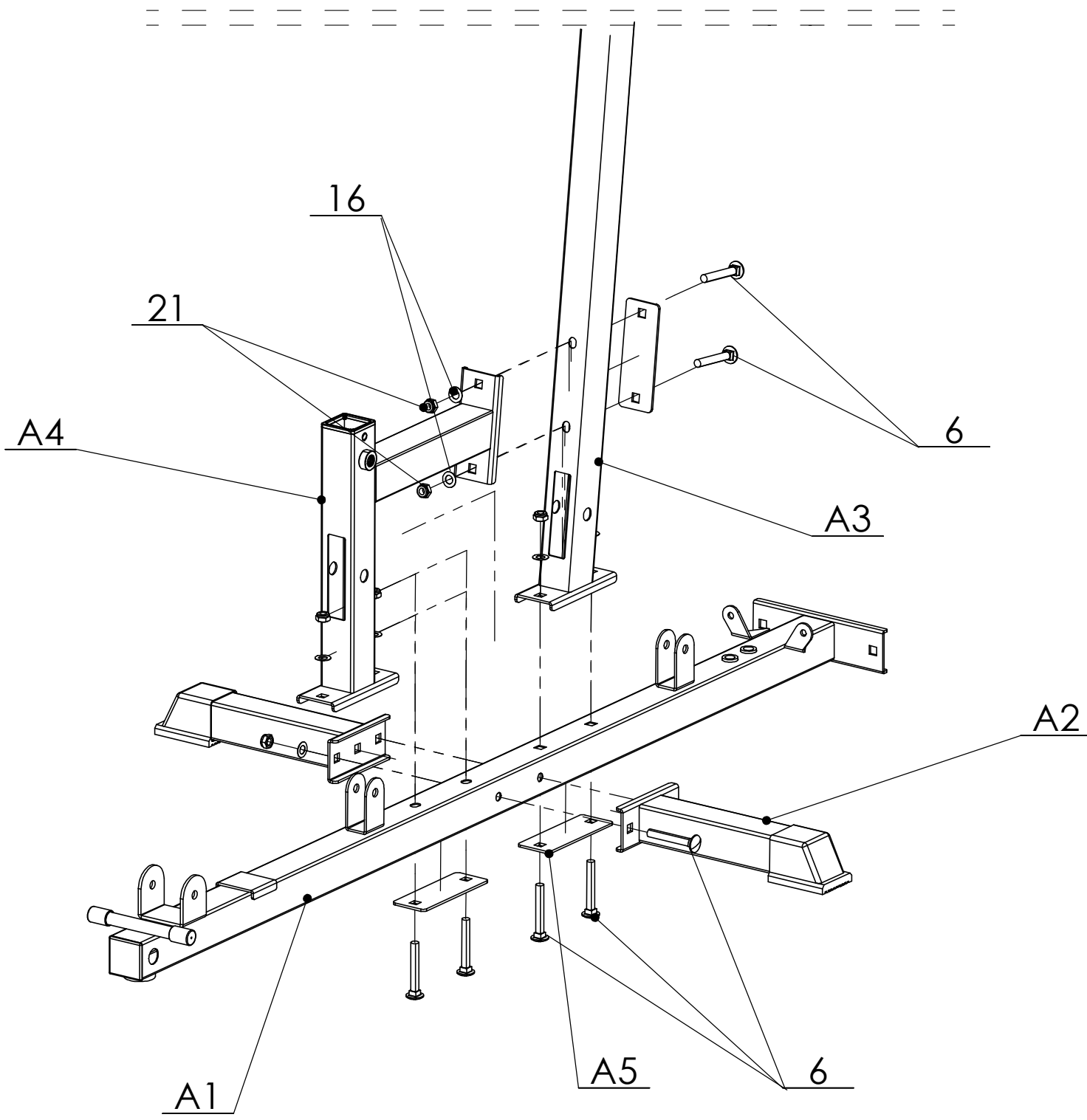
N3 The biceps pad1pc 	N4 Seat pad frame welding1pc 	N5 The backrest cushion frame is welded 1pc 	N6 The biceps cushion frame1pc 	O1 Pull the assembly left1pc 
O2 Pull the assembly right1pc 	O3 Fish eye separator2pcs 	O4 Handle assembly2pcs 	O5 pipe strap2pcs 	P1 Matching block guard plate left1pc 
P2 Right of counterweight block protection plate1pc 	Q1 Low pull assembly1pc 	Q2 Six links2pcs 	Q3 The gourd hook5pcs 	Q4 Gaula assembly1pc 
Q5 Abdominal back pull belt1pc 	Q6 Tie the foot belt1pc 			

HARDWARE LIST

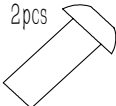
① M6X16bolt 5pcs 	② M8x20bolt 6pcs 	③ M10X20bolt 14pcs 	④ M10X45bolt 9pcs 	⑤ bolt 3pcs 
⑥ M10X70bolt 12pcs 	⑦ M10X70bolt 4pcs 	⑧ M10X75bolt 1pc 	⑨ M10X85bolt 1pc 	⑩ M10X90bolt 1pc 
⑪ M10X175bolt 1pc 	⑫ M10X50 bolt 2pcs 	⑬ M6X55bolt 2pcs 	⑭ Φ6flat gasket 10pcs 	⑮ Φ8flat gasket 6pcs 
⑯ Φ10 flat gasket 64pcs 	⑰ Φ10xΦ25x2flat gasket 2pcs 	⑱ Φ10xΦ30x2flat gasket 2pcs 	⑲ Φ16flat gasket 2pcs 	⑳ M6 nut 7pcs 
㉑ M10 nut 34pcs 	㉒ M16 nut 2pcs 	㉓ 4# Allen wrench 1pc 	㉔ 5# Allen wrench 1pc 	㉕ 6# Allen wrench 1pc 
㉖ 14-17# wrench 1pc 	㉗ 17-19 #wrench 1pc 	㉘ 22-24 #wrench 1pc 	㉙ 10# wrench 1pc 	

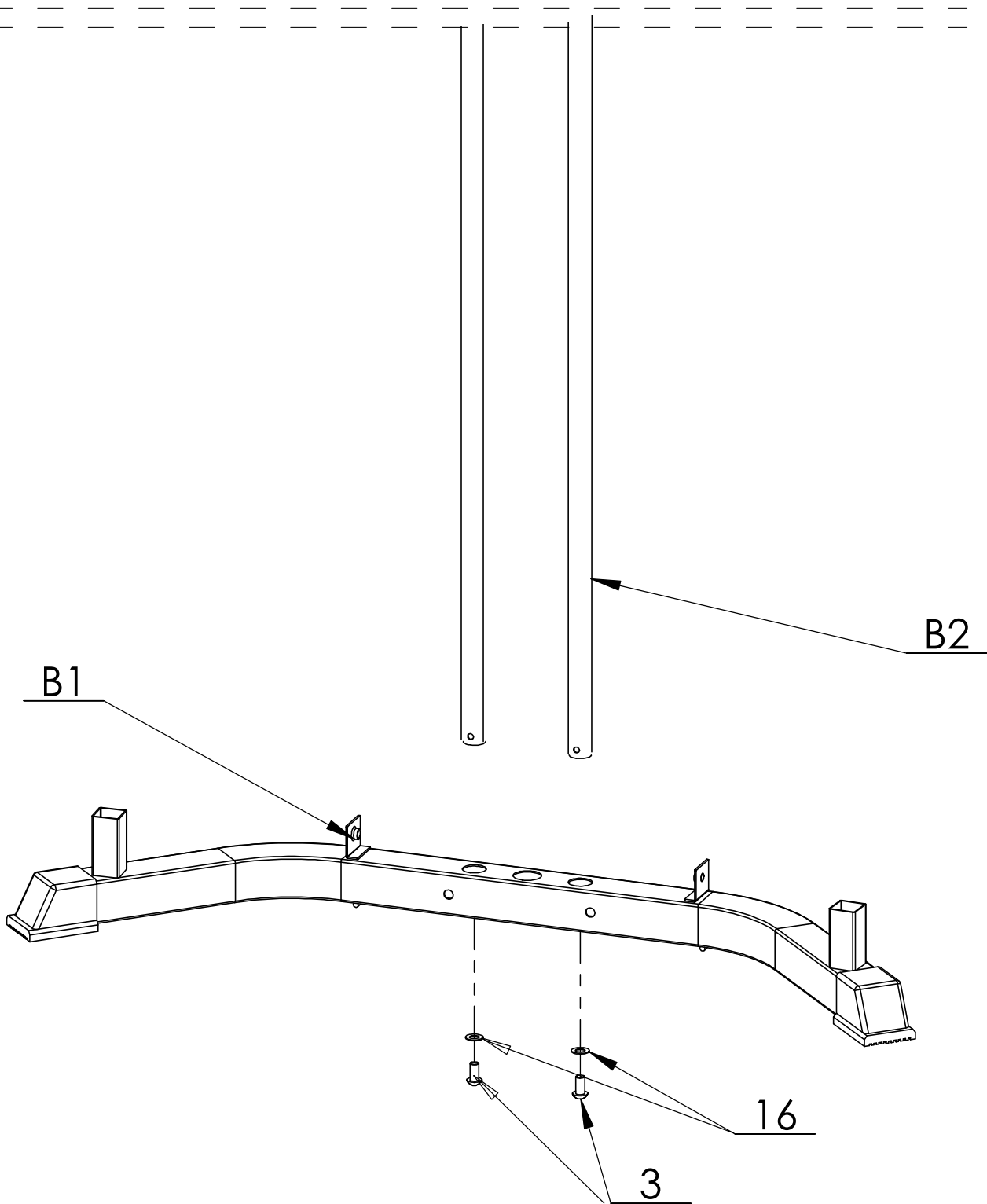
Step 1

A1 Lower longitudinal beam assembly 1pc 	A2 Front paste ground assembly 2pcs 	A3 Column assembly 1pc 	A4 seat cushion frame assembly 1pc 
A5 Connecting piece 3pcs 	6 M10X70bolt 8pcs 	21 M10 nut 8pcs 	16 Φ10 flat gasket 8 pcs 

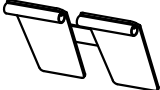
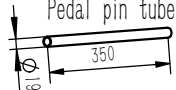
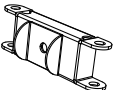


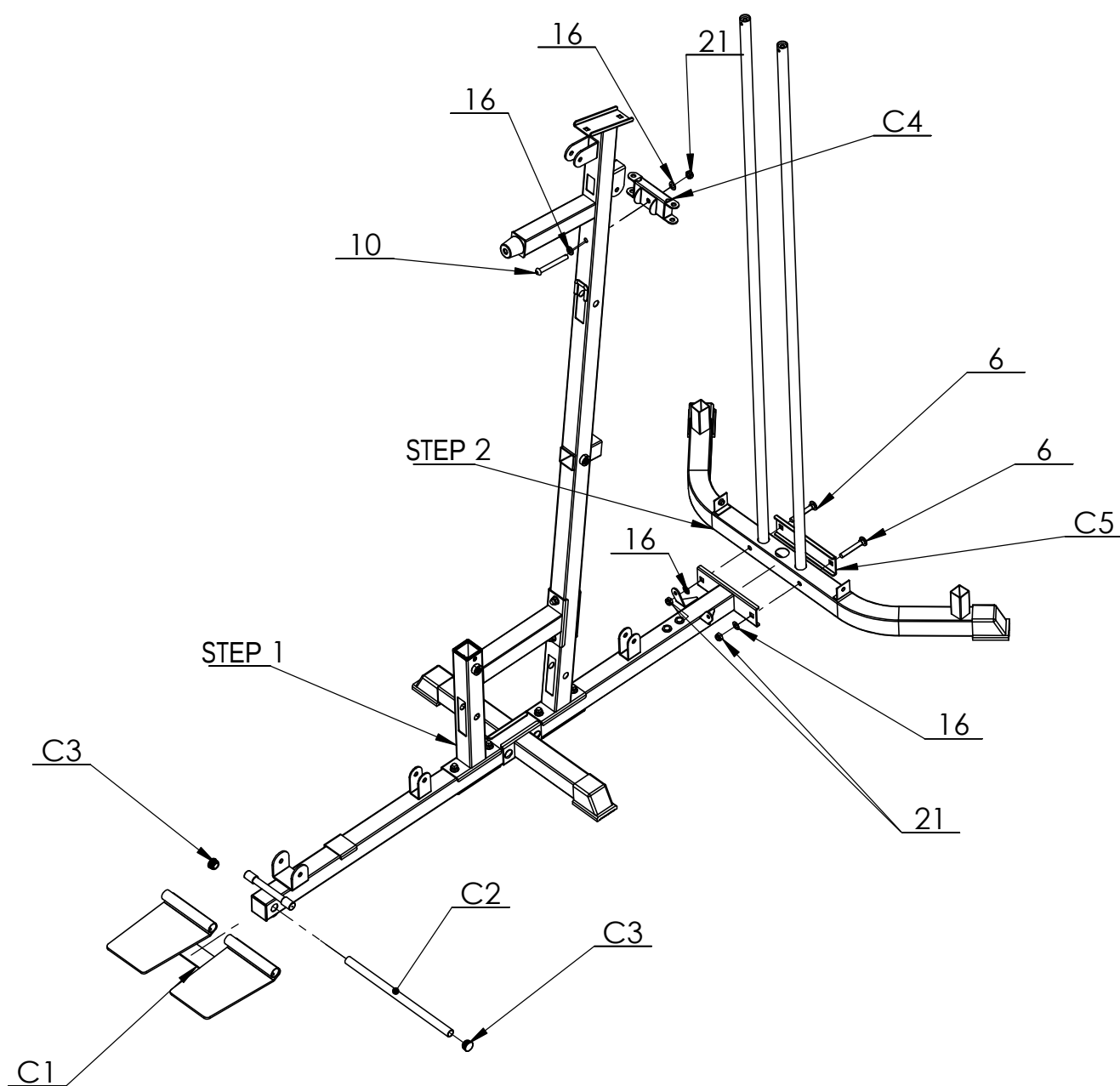
Step 2

(B1) Post-paste ground assembly 1pc 	(B2) Guide rod welding 2pcs 	(4) M10X20bolt 2pcs 	(15) Φ10 flat gasket 2 pcs 
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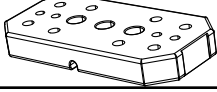
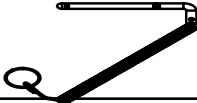
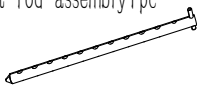
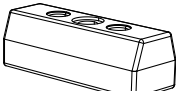


Step 3

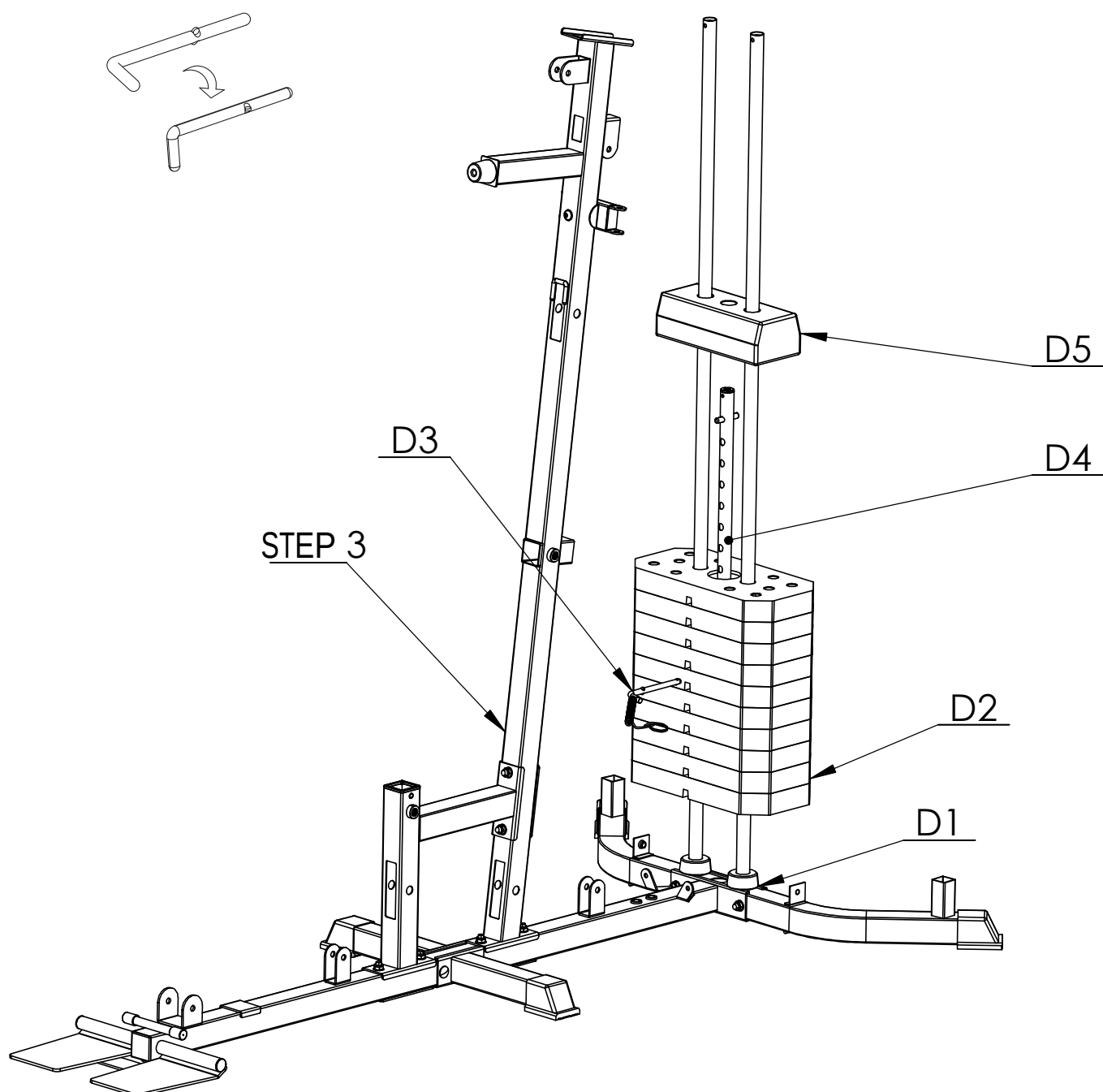
(C1) Pedal welding 1PC 	(C2) Pedal pin tube 1PC 	(C3) Round tube plug 2pcs 	(C4) Pulley bracket 1pc 
(C5) Long connection piece 1pc 	(10) M10X90bolt 1pc 	(6) M10X70bolt 2pc 	(16) M10 nut 4 pcs 
(21) M10 nut 3pcs 			



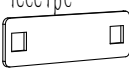
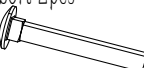
Step 4

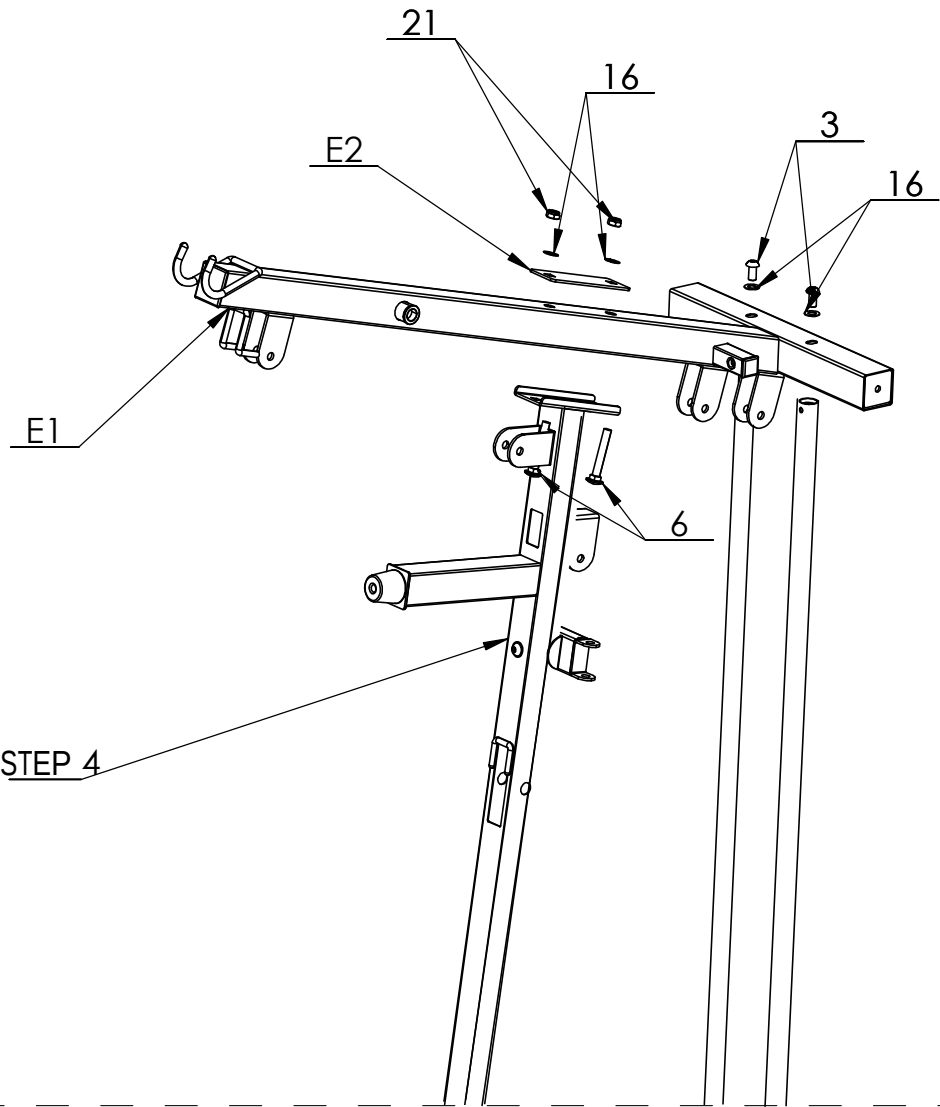
(D1) Shock absorber pad2pcs 	(D2) Counterweight10PCS 	(D3) Rope plug1pc 	(D4) Lift rod assembly1pc 
(D5) Weighted head1pc 			

Insert the pin in parallel and rotate down 90 degrees, not fixed in place.

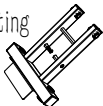
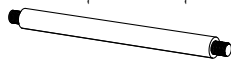
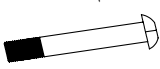
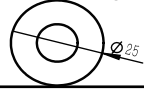


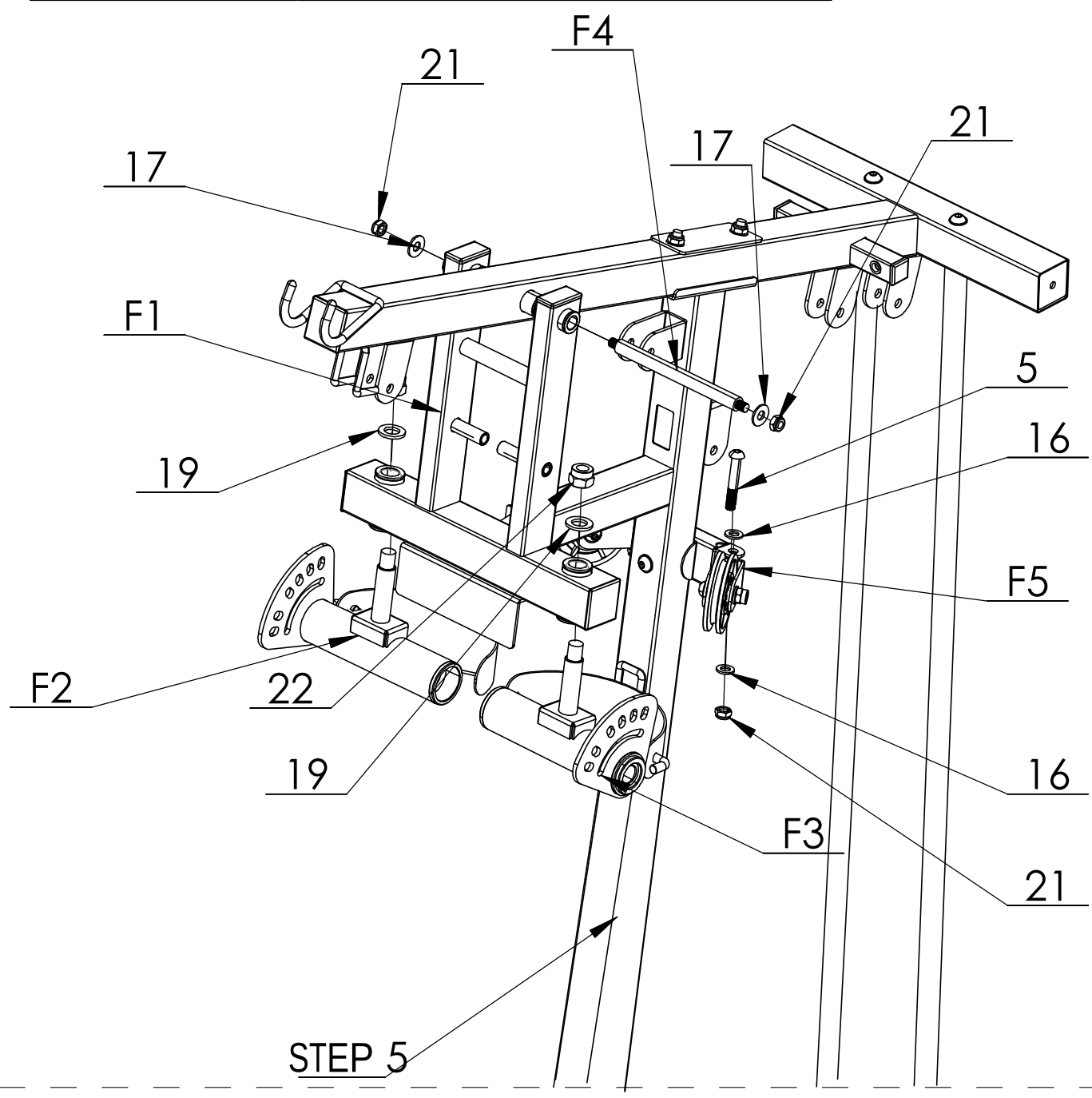
Step 5

E1 Top longitudinal beam1pc 	A5 Connecting piece1pc 	6 M10X70bolt 2pcs 	3 M10X20bolt 2pc 
16 Φ10 flat gasket 4 pcs 	21 M10 nut 2pcs 		

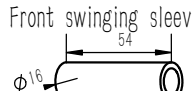
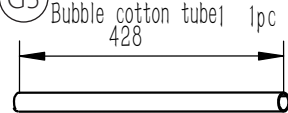
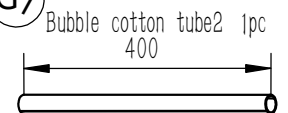
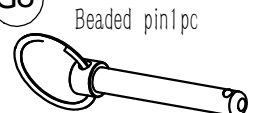
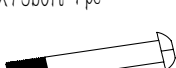
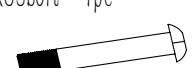


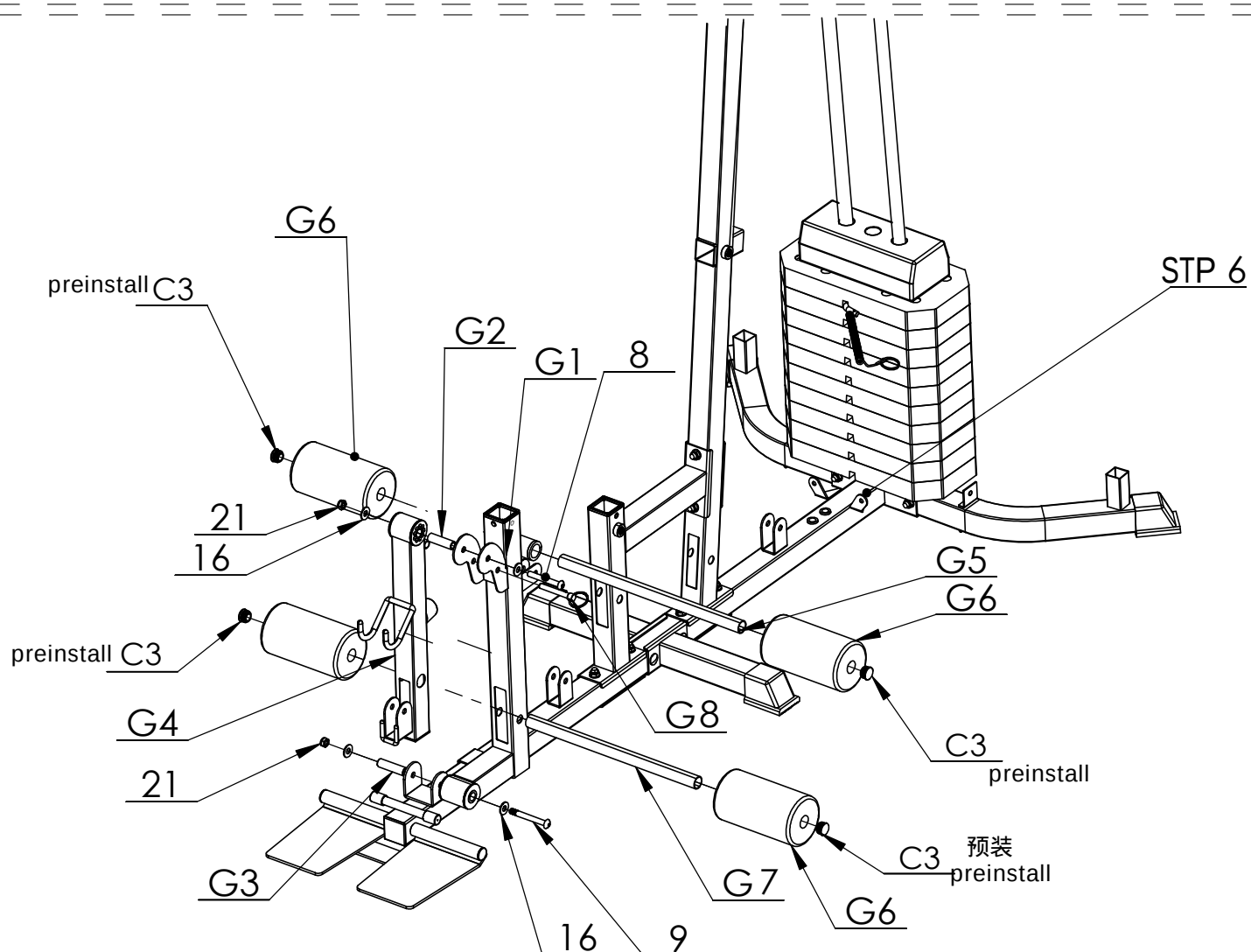
Step 6

F1 Elect the connecting frame1pc 	F2 Push up the adjustment rack to the left1pc 	F3 Adjustable rack to the right1pc 	F5 Swinging pulley frame2pcs 
F6 Push-pull shaft1pc 	22 M16 nut 2pcs 	5 M10×65 bolt 2pcs 	16 Φ10 flat gasket 4pcs 
21 M10 nut 4 pcs 	19 Φ16flat gasket 2pcs 	17 Φ10xΦ25x2flat gasket 2pcs 	

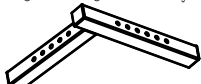
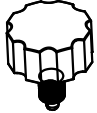


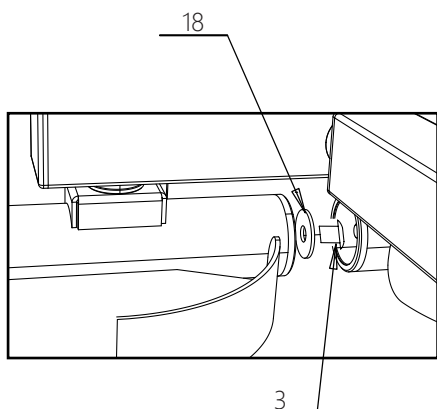
Step 7

G1 Pedal leg upright assembly 1pc 	G2 Front swinging sleeve 1pc 	G3 Gear leg sleeve 1pc 	G4 Gouge tube assembly 1pc 
G5 Bubble cotton tube1 1pc 428 	G6 30X22X170foam 4pcs 	G7 Bubble cotton tube2 1pc 400 	G8 Beaded pin 1pc 
8 M10X75bolt 1pc 	9 M10X85bolt 1pc 	16 Φ10 flat gasket 4pcs 	21 M10 nut 2 pcs 

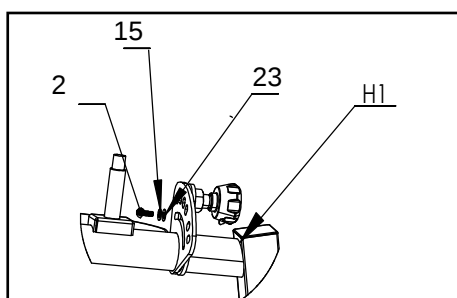


Step 8

(H1) Breast expansion assembly 2pcs 	(H2) 90x45x200 foam 2pcs 	(H3) M18x1.5 Plum knob 2pcs 	(H4) Sliding sleeve assembly 1pc 
(H5) Pedleg connecting tube assembly 1pc 	(H6) M16 Plum knob 2pcs 	(3) M10x20 bolt 2 pcs 	(18) $\Phi 10 \times \Phi 30 \times 2$ flat gasket 2pcs 



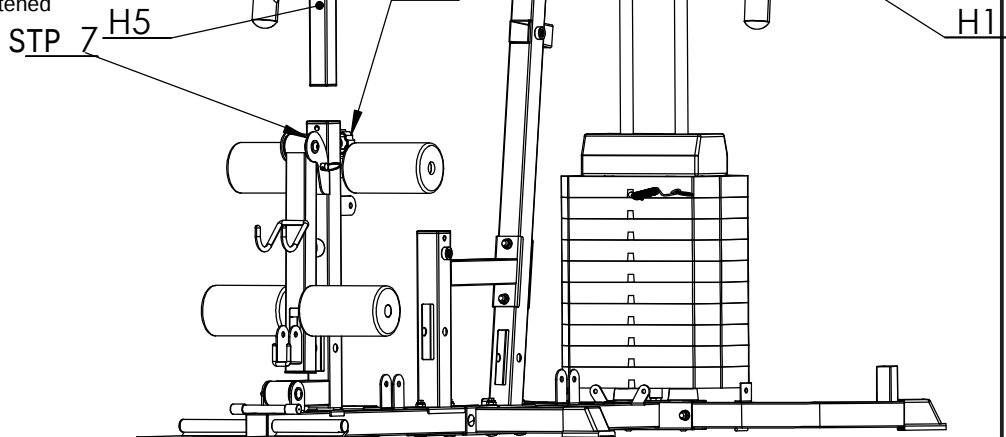
preinstall 2+15+23



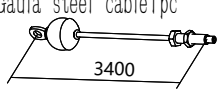
The angle of the push arm can be adjusted to use different movements

2, 15 and 23 shall be removed and then tightened

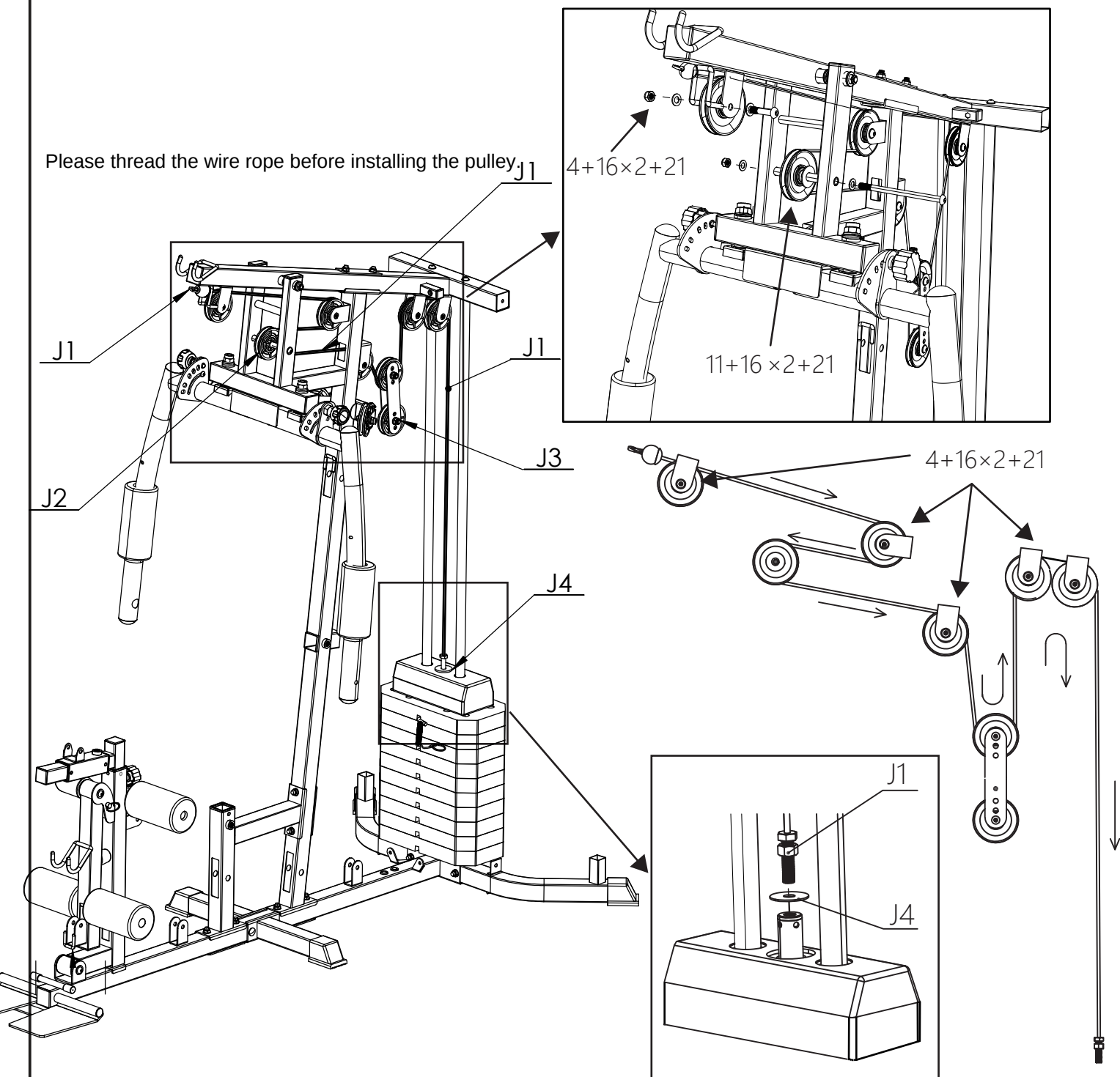
STP 7



Step 9

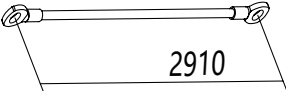
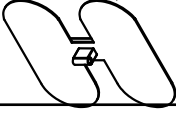
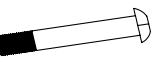
J1 Gaula steel cable 1pc 	J2 90 pulley 6 pcs 	J3 The pulley regulates assembly 1pc 	J4 Matching heavy adjustment whole pad 1pc 
4 M10X45 bolt 5 pcs 	11 M10X175 bolt 1pc 	16 Φ10 flat gasket 12 pcs 	21 M10 nut 6 pcs 

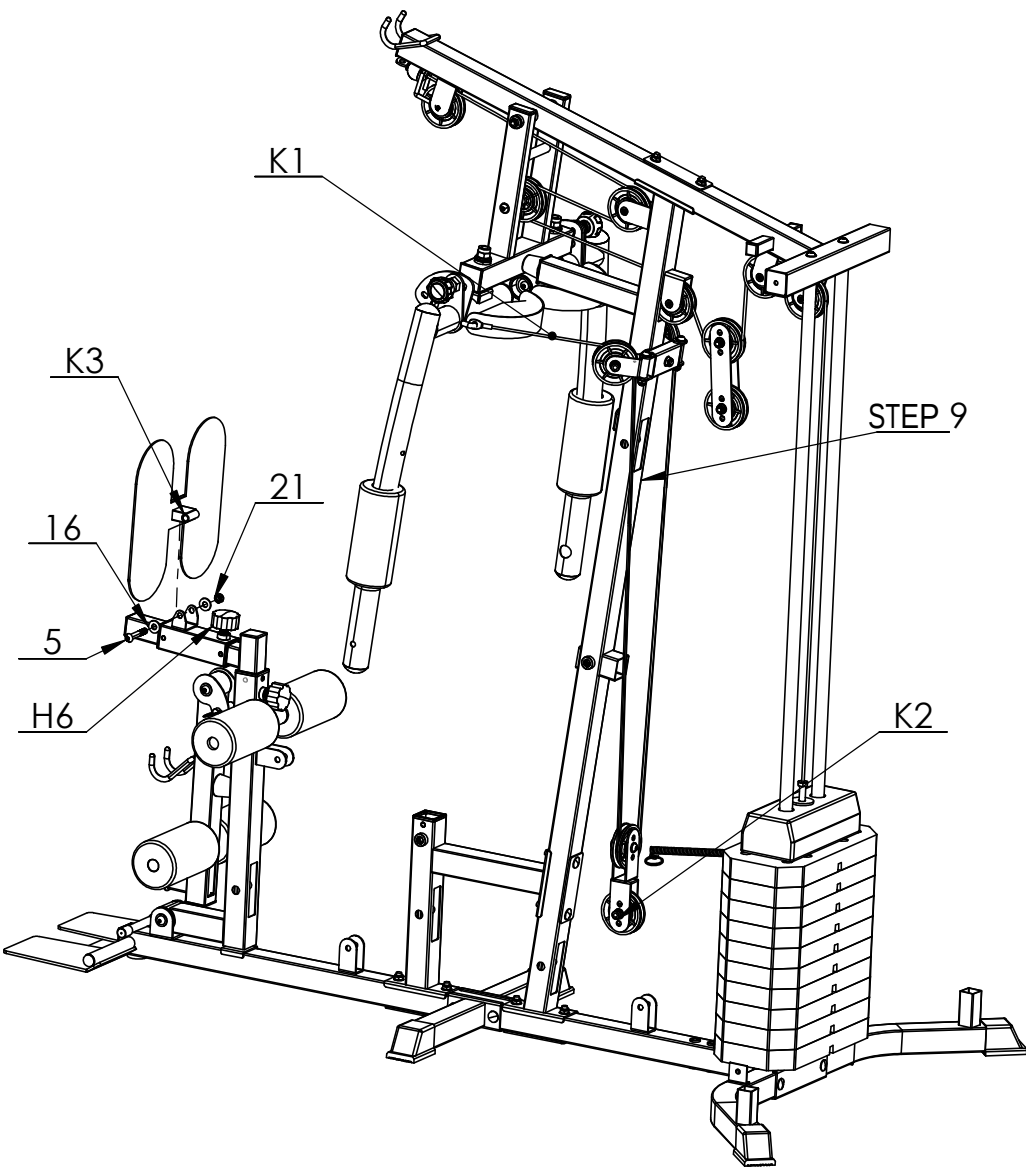
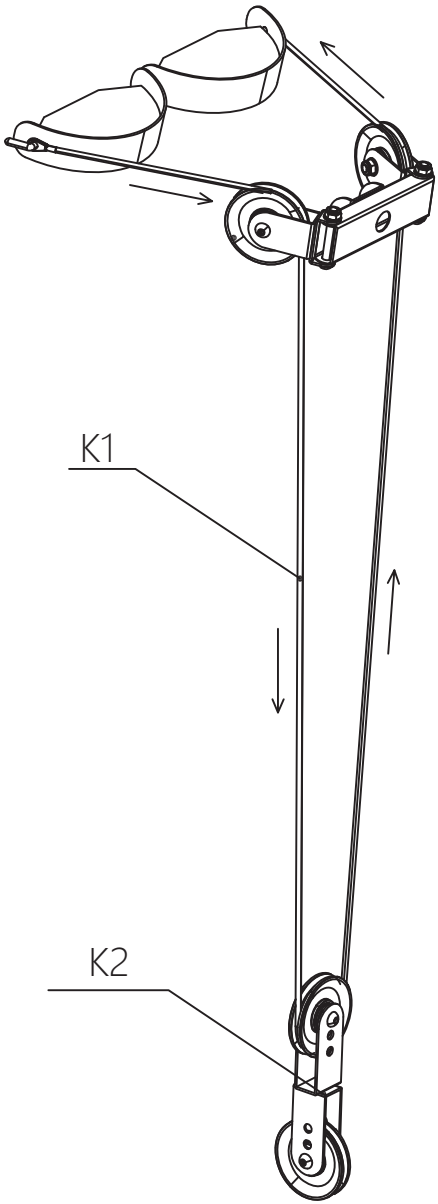
Please thread the wire rope before installing the pulley J1



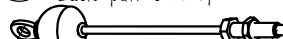
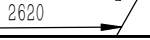
The nut can be adjusted here to tighten the wire rope.

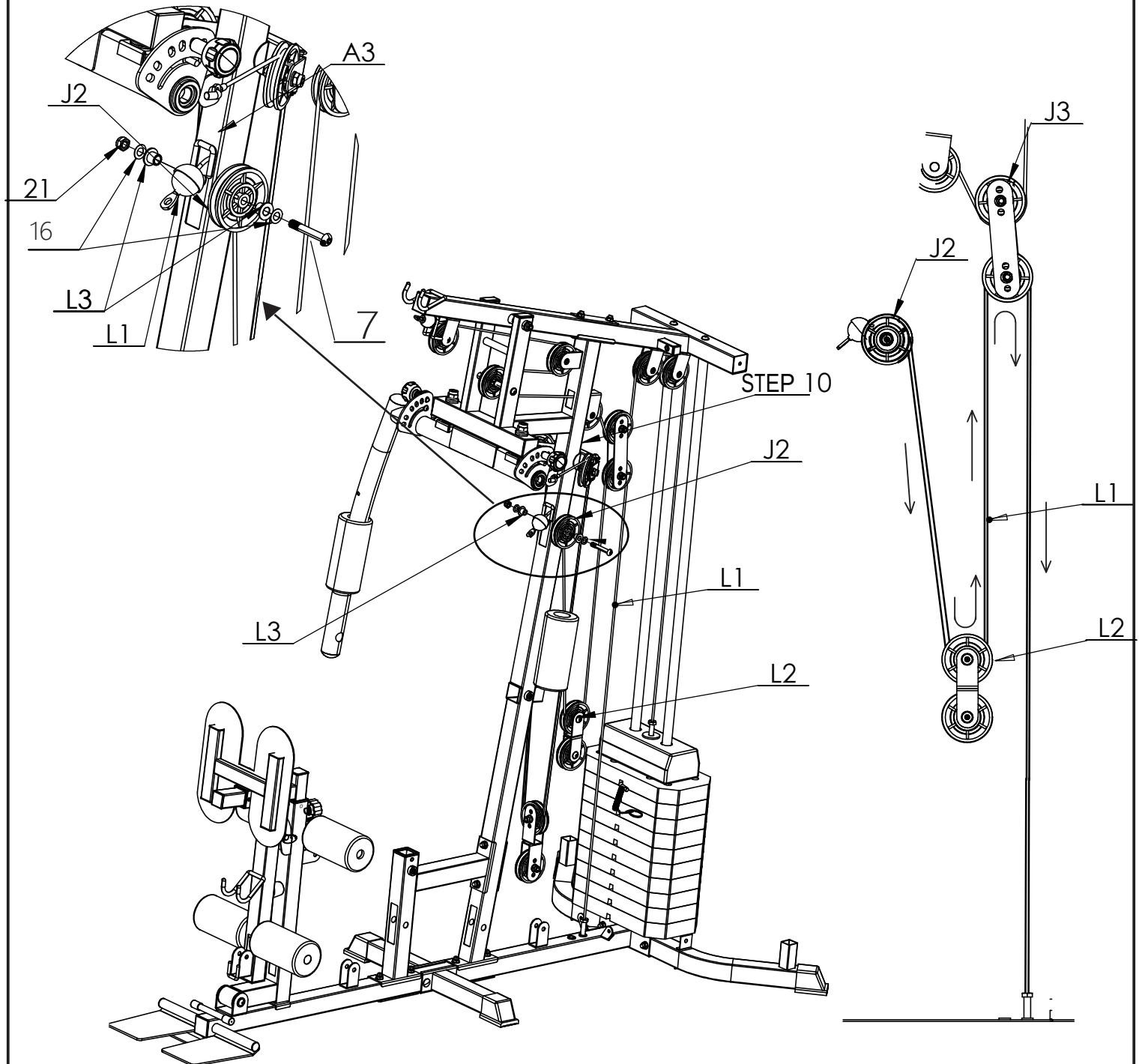
Step 10

K1  2910	K2 	K3 Leg pedal assembly 1pc 	5 M10×65 bolt 1pcs 
16 Φ10 flat gasket 2pcs 	21 M10 nut 1pcs 		



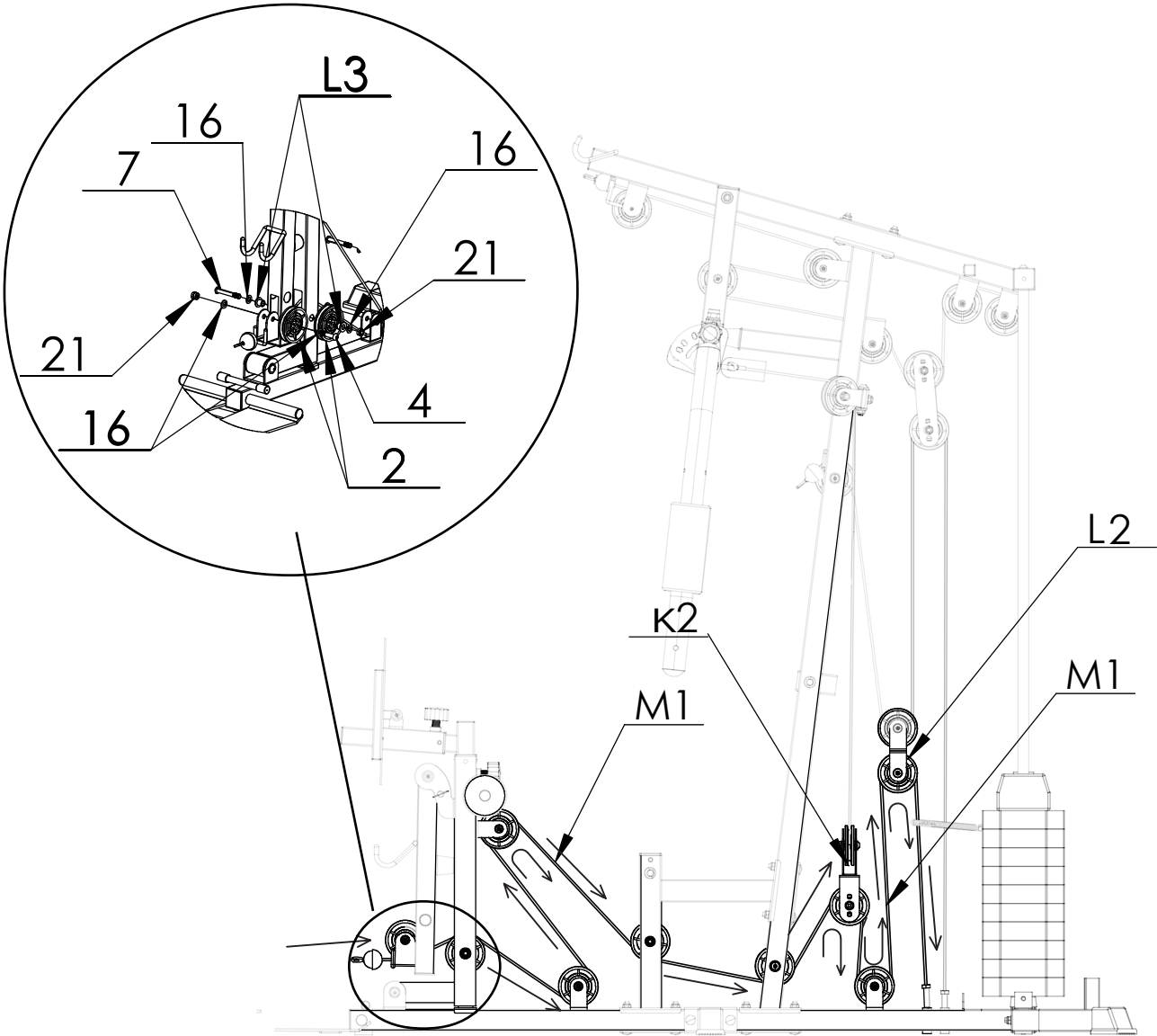
Step 11

(L1) Back pull cable 1pc 	(L2) Welding pulley block 1pc 	(L3) The pulley is separated from the sleeve 1pc 	(J2) 90° pulley 1 pc 
(7) M10×70 bolt 1pc 	(16) Φ10 flat gas et 2pcs 	(21) M10 nut 1pc 	

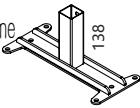
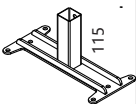


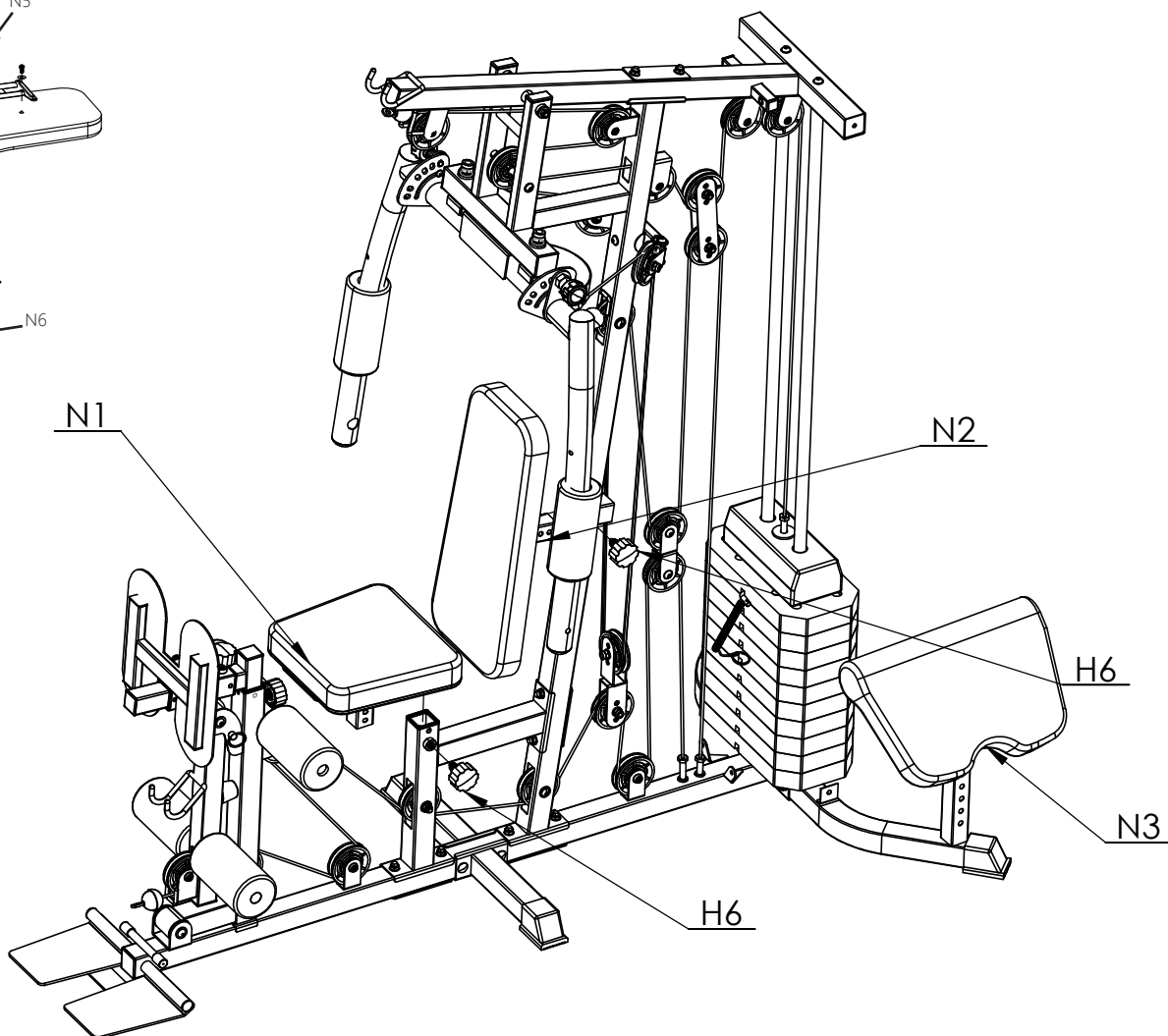
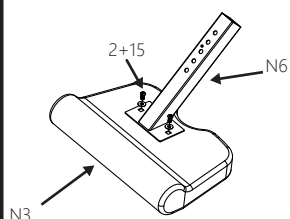
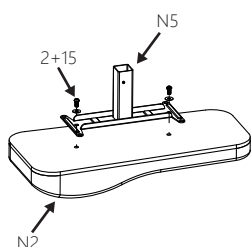
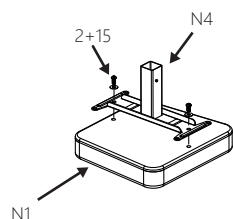
Step 12

M1 Back pull cable1pc	L3 The pulley is separated from the sleeve6pcs	J2 90pulley 7 pcs	6 M10X45bolt4 pcs
8 M10X70bolt 3pcs	15 Φ10 flat gasket 14 pcs	19 M10 nut 7pcs	

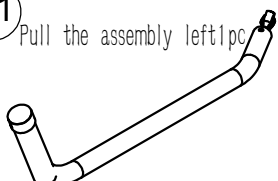
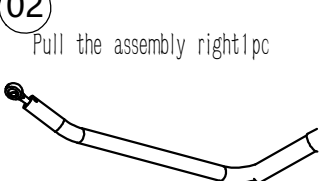
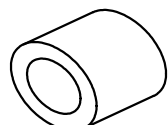
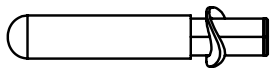
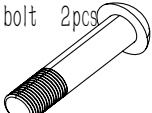
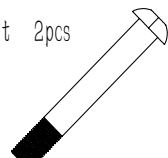


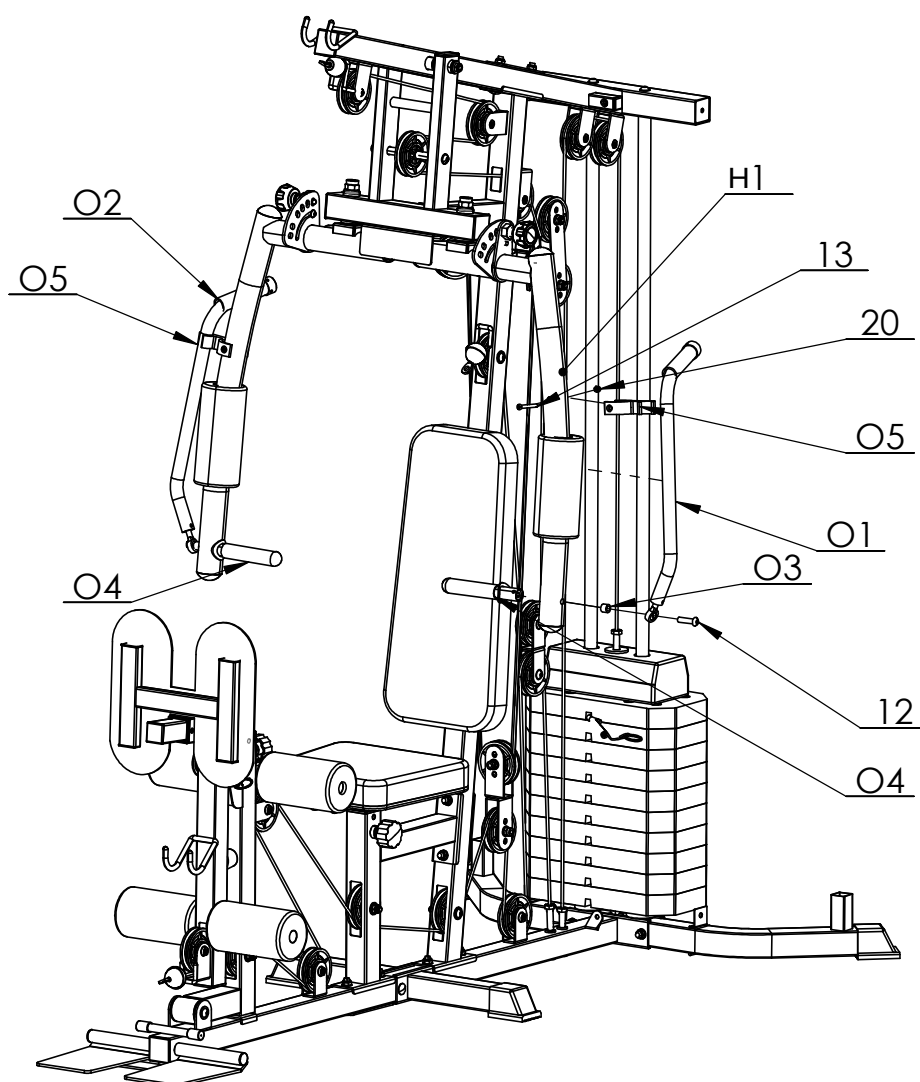
Step 13

(N1) seating washer 1pc 	(N2) Back cushion 1pc 	(N3) The biceps pad 1pc 	(N4) Seat pad frame welding 1pc 
(N5) The backrest cushion frame is welded 1 c 	(N6) The biceps cushion frame 1pc 	(H6) M16 Plum knob 2pcs 	(2) M8x20 bolt 6pcs 
(15) $\Phi 8$ flat gasket 6pcs 			

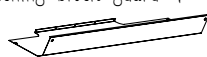
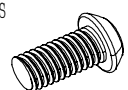


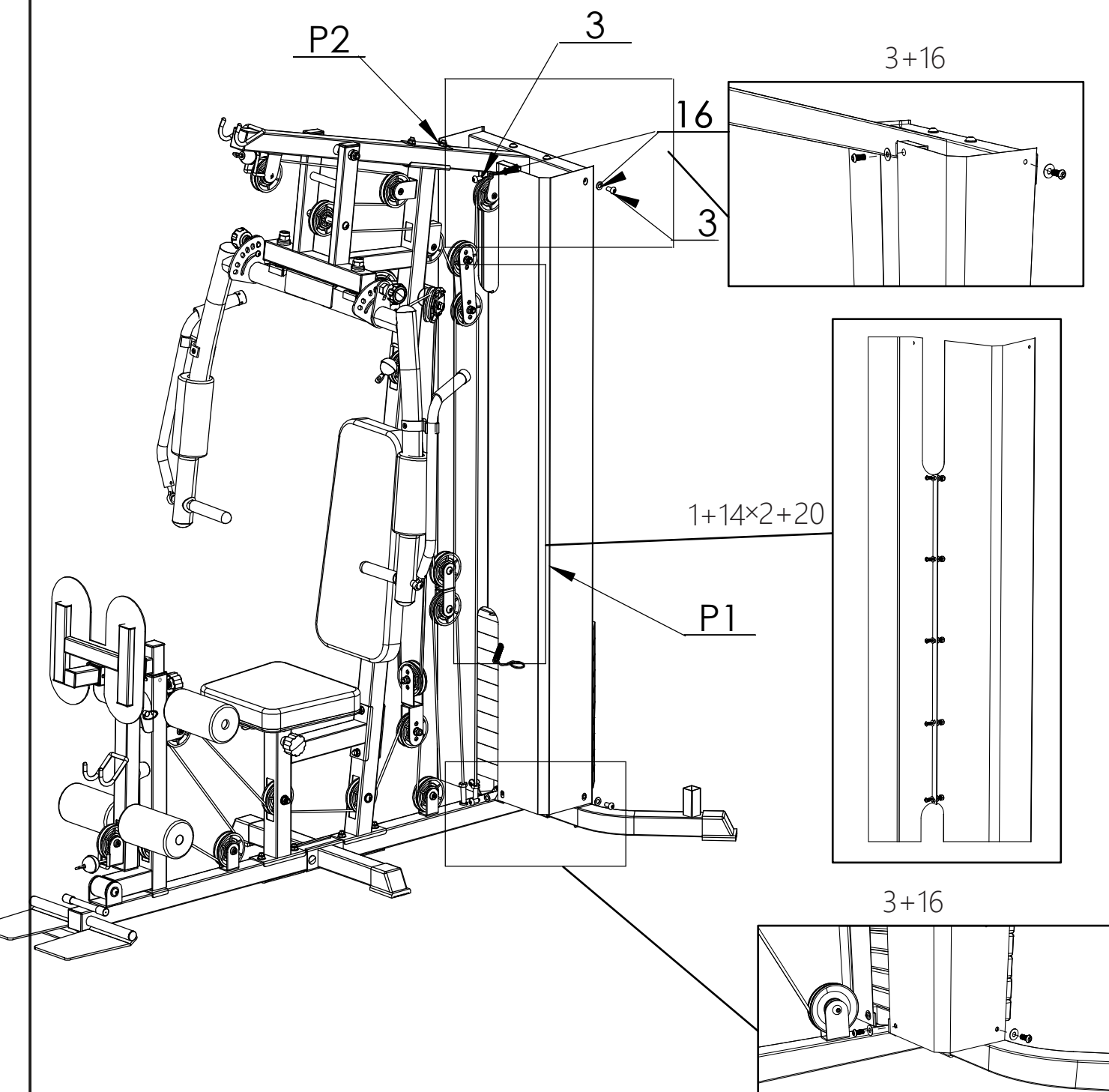
Step 14

01 Pull the assembly left1pc 	02 Pull the assembly right1pc 	03 Fish eye separator2pcs 	04 Handle assembly2pcs 
05 pipe strap2pcs 	12 M10X50 bolt 2pcs 	13 M6X55bolt 2pcs 	20 M6 nut 2pcs 

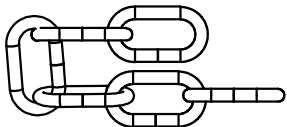
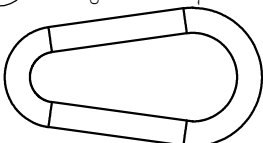
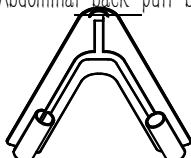


Step 15

P1 Matching block guard plate left 1pc 	P2 Right of counterweight block protection plate 1pc 	1 M6X16bolt 5pcs 	3 M10X20bolt 8pcs 
14 Φ6flat gasket 10pcs 	16 Φ10 flat gasket 8 pcs 	20 M6 nut 5pcs 	



Step 16

Q1 Low pull assembly1pc 	Q2 Six links2pcs 	Q3 The gourd hook5pcs 	Q4 Gaula assembly1pc 
Q5 Abdominal back pull belt1pc 	Q6 Tie the foot belt1pc 		

