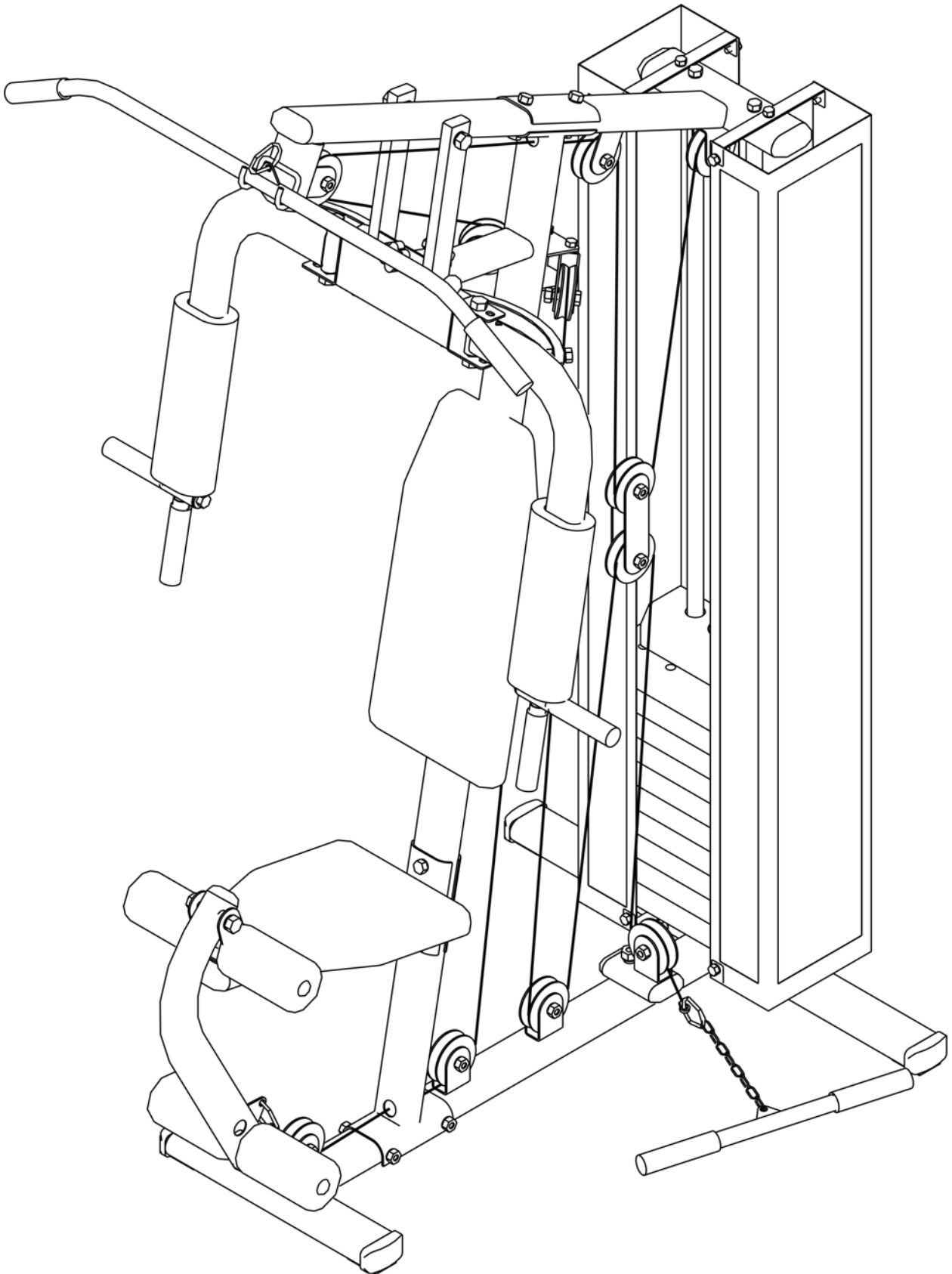


HOMEGYM MANUAL

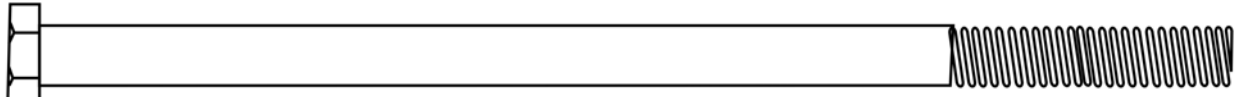


1. PARTS LIST:

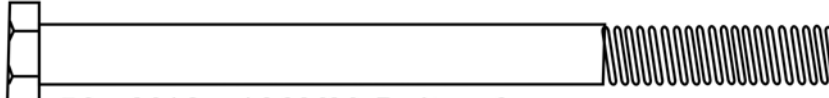
1	SUPPORT TUBE	1
2	T-TUBE	1
3	HORIZONTAL BEAM	1
4	GUIDING TUBE	2
5	RIDGE-TUBE	1
6	SEAT BEAM	1
7	LEG CURLER BOW	1
8	LAT BAR	1
9	BACK CUSHION	1
10	SEAT CUSHION	1
11	REVOLVING PART	1
12	LEFT BUTTREFLY ARM	1
13	RIGHT BUTTERFLY ARM	1
14	HANDLE BAR	2
15	LONG PULLEY BRACKET	2
16	SHORT PULLEY BRACKET	1
17	FLAT PULLEY BRACKET	2
18	PULLEY	13
20	FOAM	2
21	25MM ROUMD INNER CAPS	4
22	40*80MM ELLIPSE INNER CAPS	5
23	30*70MM ELLIPSE INNER CAPS	4
24	30*70MM ELLIPSE INNER CAPS	1
25	END CAPS	4
26	POP PIN	1
27	SCREW SUPPORT	2
28	NYLON ANKLE CUFF	1
29	POP PIN	2
30	REVOLVING PART	1
31	TOP PLATE	1
32	WEIGHT STACK	14
33	SELECTOR PIN	1
34	M8*40 BOLTS	1
35	ROLLER TUBE	2
36	SHORT BAR	1
37	BOTTOM CABLE	1
38	TOP CABLE	1
39	PEC DEC CABLE	1
40	CHAIN	1
41	CURLER CUSHION	4
42	M10 INCREASE WASHERS	2

43	SPRING CLIP	4
44	RUBBER RING	2
45	KNOB	1
46	GRIP	8
47	M10 NUTS	2
48	M12*75 BOLTS	1
49	M12*150 BOLTS	1
50	M12*100 BOLTS	3
51	M10*100 BOLTS	4
52	M10*60 BOLTS	4
53	M8*75 BOLTS	2
54	M8*55 BOLTS	4
55	SQUARE END CAPS 20*40	2
56	M10*45 BOLTS	13
57	M10*90 BOLTS	1
58	M10*35 BOLTS	2
59	M10*25 BOLTS	6
60	M12 LOCKNUTS	5
61	M10 LOCKNUTS	23
62	M8 LOCKNUTS	3
63	M12 WASHERS	10
64	M10 WASHERS	50
65	M8 WASHERS	22
66	NUTS	1
67	POP PIN	1
68	PLASTIC CAP	1
69	M12 WASHERS	8
70	WEIGHT STACK GUARD	2
71	WEIGHT STACK GUARD SUPPORTER	4
72	M8*15 BOLTS	12

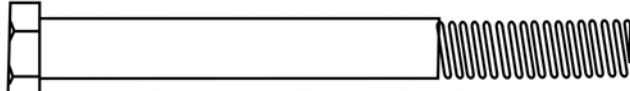
HARDWARE LIST



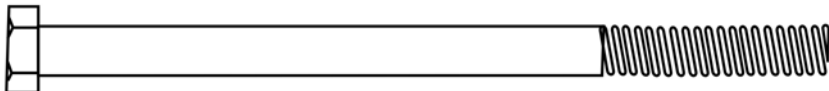
49 M12×150MM Bolt 1pc



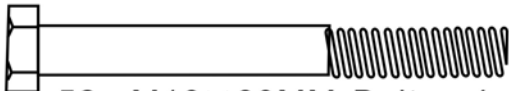
50 M12×100MM Bolts 3pcs



48 M12×75MM Bolt 1pc



51 M10×100MM Bolts 4pcs



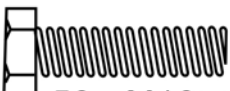
52 M10×60MM Bolts 4pcs



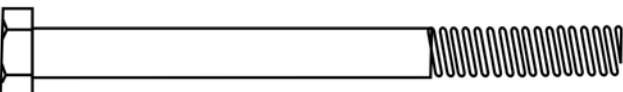
56 M10×45MM Bolts 13pcs



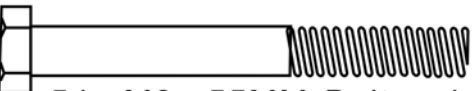
58 M10×35MM Bolts 2pcs



59 M10×25MM Bolts 6pcs



53 M8×75MM Bolts 2pcs



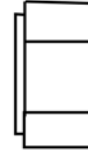
54 M8×55MM Bolts 4pcs



34 M8×40MM Bolt 1pc



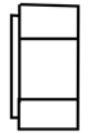
72 M8×15MM Bolt 12pc



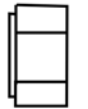
60 M12 Locknuts 5pcs



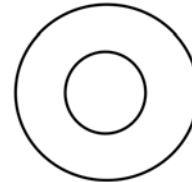
47 M10 Nuts 2pcs



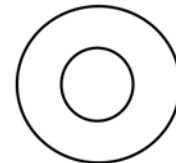
61 M10 Locknuts 23pcs



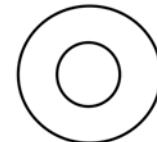
62 M8 Locknuts 3pcs



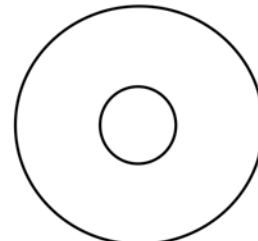
63 M12 Washers 10pcs



64 M10 Washers 50pcs



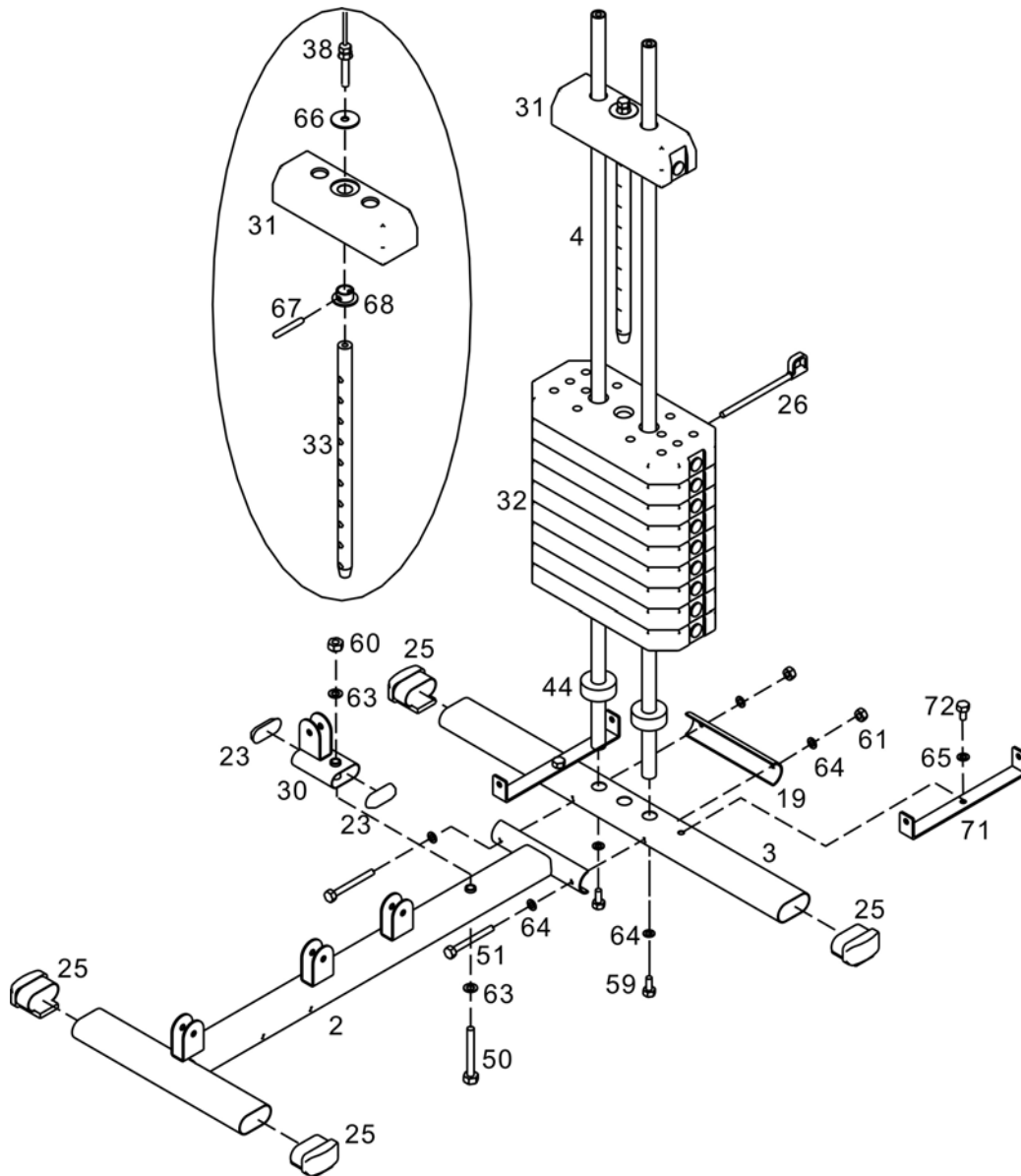
65 M8 Washers 22pcs



42 M10 Increase Washers 2pcs

2. ASSEMBLY INSTRUCTION:

Illustration 1



Assembly of the base unit frame :

Step 1 : Use soft hammer to assist attaching the end caps (25).

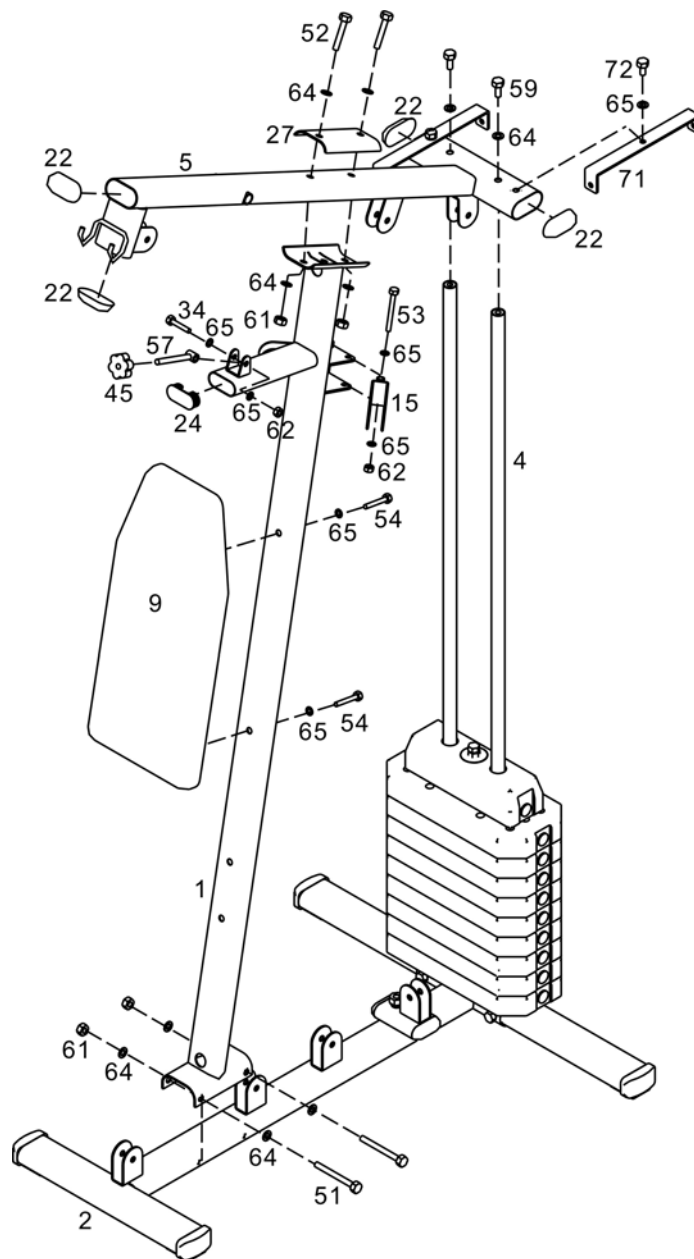
Step 2 : Slide both guiding tubes (4) into the bigger rubber ring (44) and through the horizontal beam (3).

Step 3 : Screw together T-tube (2) and the horizontal beam (3).

Step 4 : Place the weight stack (32) into the guiding tubes (4), connect together the selector bar (33) with the top plate (31).

step 5 : Slide the selector bar set from the top of guiding tubes (4), connect the revolving part (30) with T-tube (2).

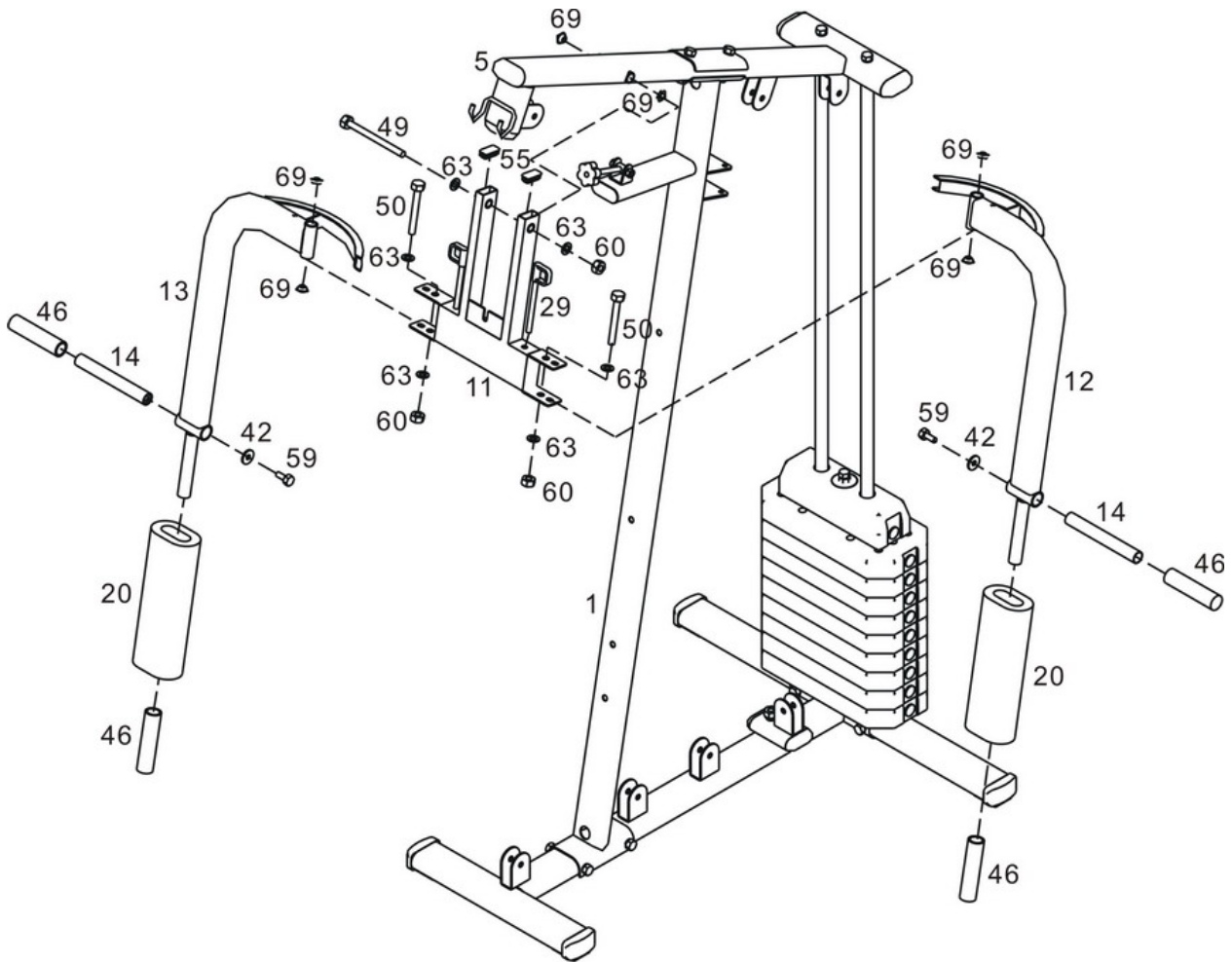
Illustration 2



Mounting the base unit frame :

- Step 1 : Screw together support tube (1) with T-tube (2), then attach the support tube (1) with back cushion (9).
- Step 2 : Attach the ridge – tube (5) and guiding tube (4).
- Step 3 : Firmly connect the support tube (1) with the ridge – tube (5).
- Step 4 : Attach long pulley bracket (15) on support tube (1).
- Step 5 : Tighten all screws.
- Step 6 : Use soft hammer to assist attaching the 40*80mm ellipse inner caps (22) and 30*70mm ellipse inner caps(24).

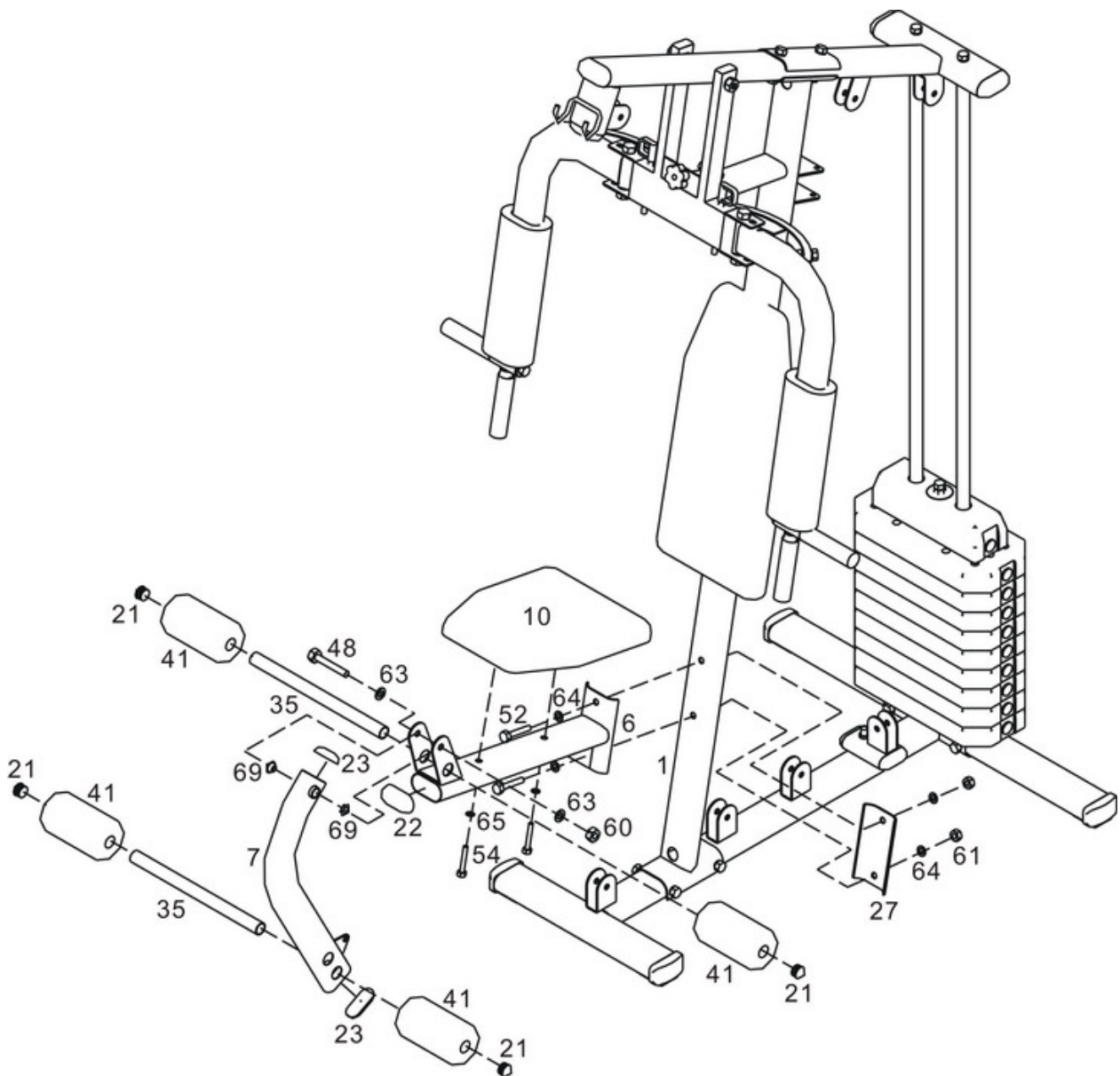
Illustration 3



Mounting the butterfly and the chest press:

- Step 1 : Put the pop pin (29) on the revolving part (11). Use soft hammer to assist attaching the square end caps 20*40 (55).
- Step 2 : Attach the revolving part (11) with ridge – tube (5), then attach butterfly device (12, 13).
- Step 3 : Attach curler cushions (20) on both sides of the butterfly arm (12, 13), then connect handle bar (14) on the butterfly device (12, 13).

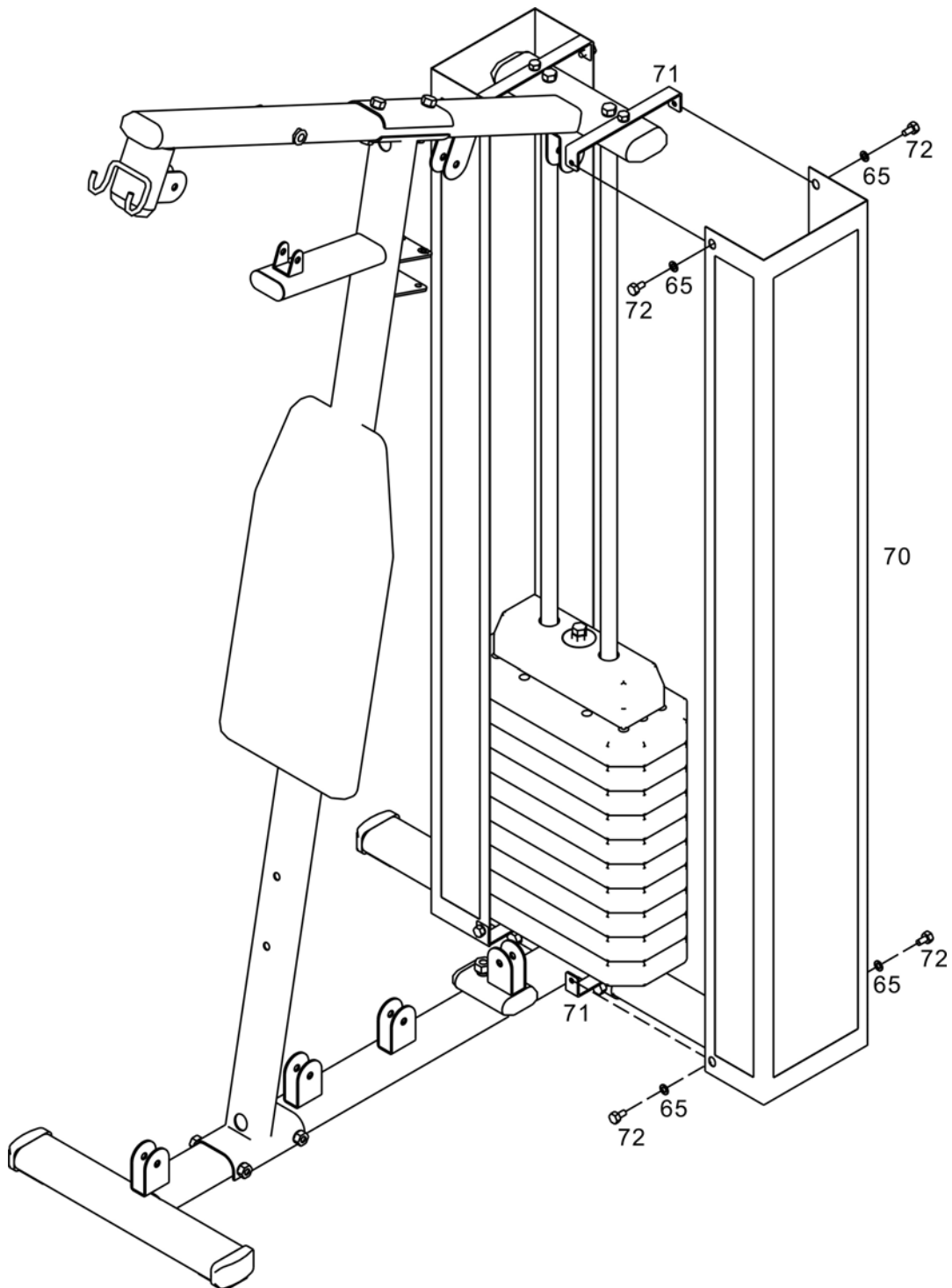
Illustration 4



Mounting the leg curler and the arm push bow:

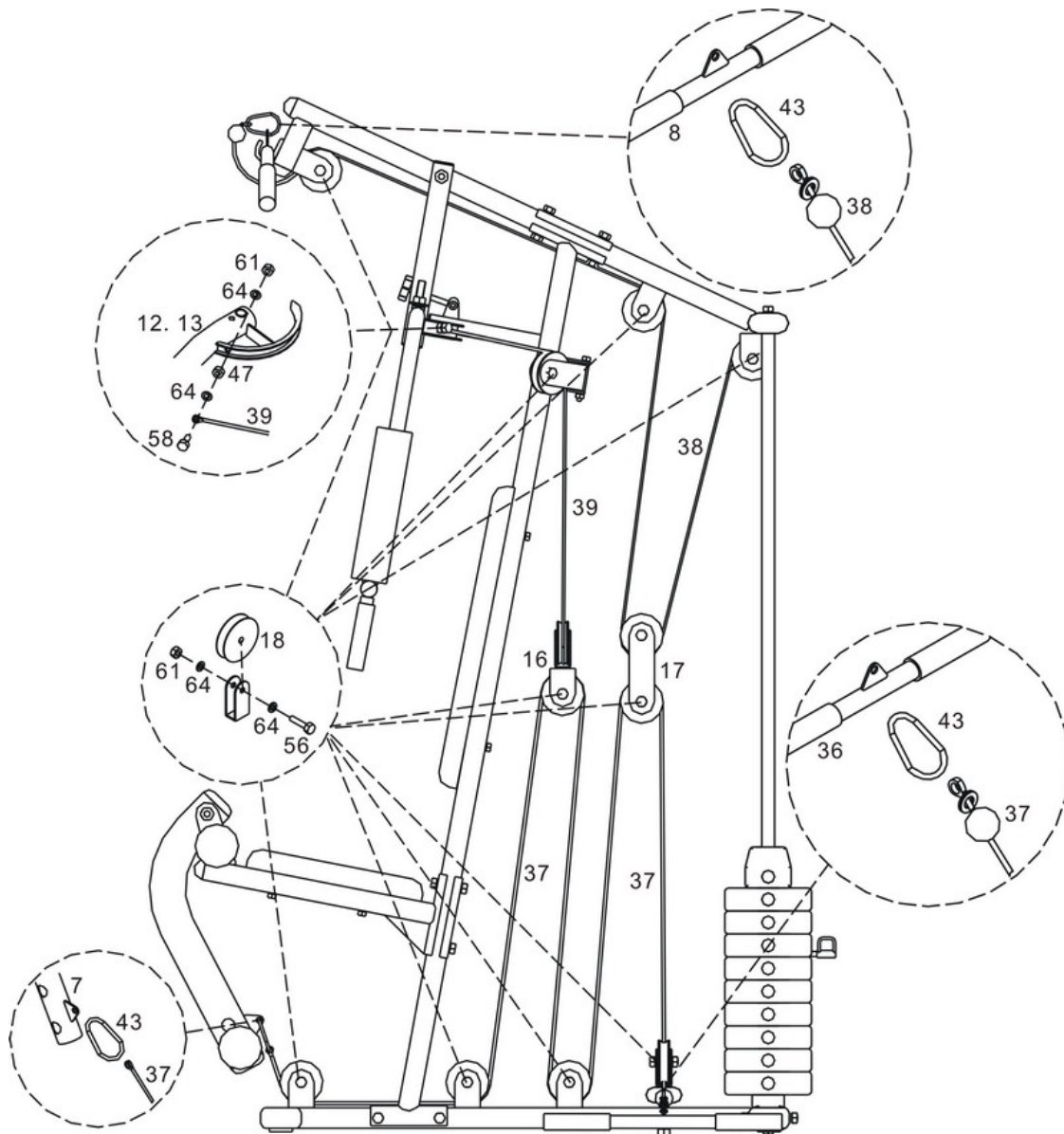
- Step 1 : Fix the seat beam (6) to the support tube (1), and screw support (27).
- Step 2 : Attach the leg curler bow (7) to the seat beam (6) and attach the seat cushion (10).
- Step 3 : Put the roller tube (35) into the hole of leg curler bow (7) and seat beam (6) as illustrated here.
- Step 4 : Pour a little bit of water onto the roller tube (35), and then attach curler cushion (41) on both sides of the roller tube (35).
- Step 5 : Finally, attach both tube end 25mm round inner caps (21), 40*80mm ellipse inner caps (22), 30*70 ellipse inner caps (23) using a soft hammer to fix the caps tightly.

Illustration 5



Step 1 : Level weight stack guard (70) at weight stack guard supporter (71), then screw M8*15 bolts (72) & washer (65) tightly together with weight stack guard supporter (71).

Illustration 6



Mounting the roller bearings :

Step 1 : Now fix all screwing parts mentioned in the previous pictures tightly.

Step 2 : Attach roller bearing (18: 75mm) as shown in the illustration. Be sure the screw of the pulley can only turn out from the nylon nut 1 or 2 turns.

Attaching the wire cable :

Step 1 : Attach the top cables (38), fec dec cable (39) first, then bottom cable (37) around the rolls and tie them with a knob (see picture) to the corresponding loops.

Step 2 : Attach a spring hook at the ending of the cable. Be sure to check cables for damage regularly, and make sure that the cable is tight.

P.S. : Please re-tie the top cables (38) if the cables become not tight enough after work-out.