

Инструкция

Мультистанция Marcy GS99 двойная

Полезные ссылки:

[Мультистанция Marcy GS99 двойная - смотреть на сайте](#)

[Мультистанция Marcy GS99 двойная - читать отзывы](#)

NOTE:
Please read all instructions
carefully before using this
product

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Model
GS 99

Retain This
Manual for
Reference

Jan-14-05

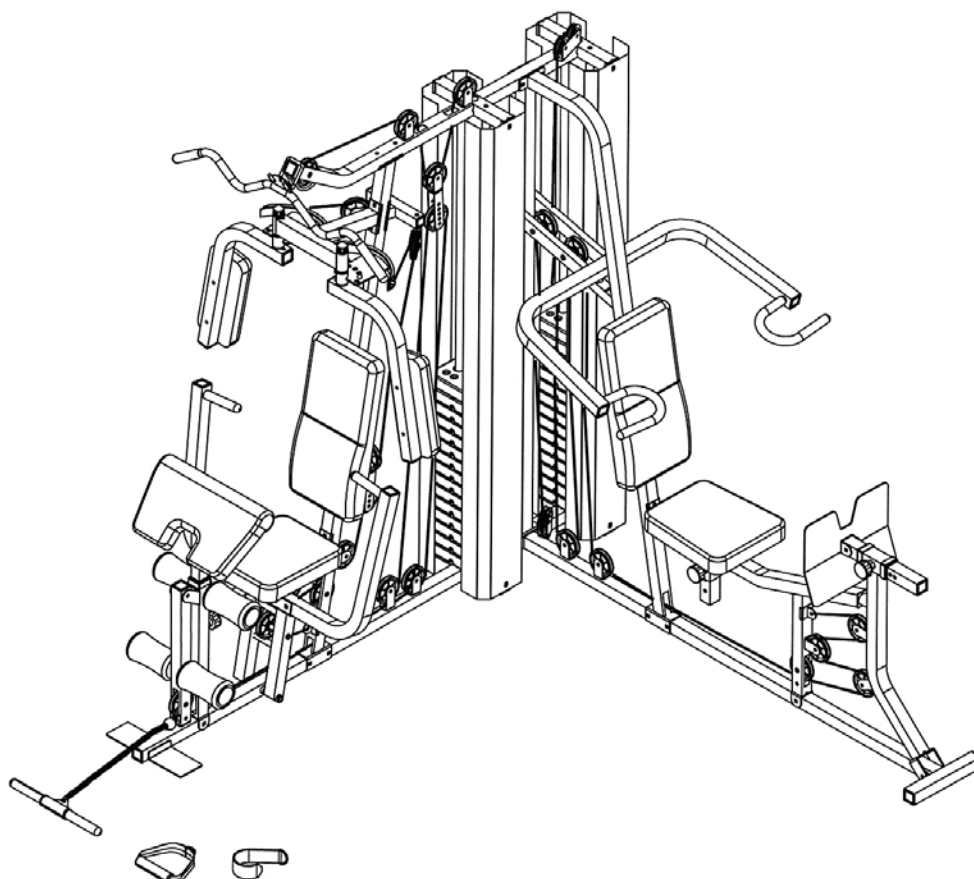
OWNER'S
MANUAL

IBL



MARCY

Marcy Platinum **Corner Gym** **GS 99**



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BEFORE YOU BEGIN

Thank you for selecting the MARCY PLATINUM CORNER GYM by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. As the distributor, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts or you require assistance assembling this product, we guarantee you complete satisfaction through direct assistance. To avoid unnecessary delays, please call our customer service department. Monday to Friday 9am to 5pm.

Tel: 0044 (0) 1792 222562

E mail: customerservices@escaladesports.co.uk

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IMPORTANT SAFETY PRECAUTIONS

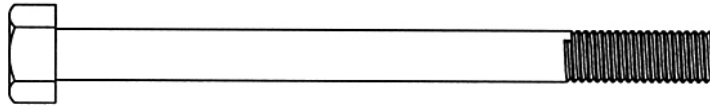
This gym built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or use your gym. In particular, note the following safety precautions:

1. Keep children and pets away from the gym at all times. Do not leave children unattended in the same room with the gym. The gym is not a toy and therefore parents and guardians should be aware of the natural tendency for children to play, leading to situations and behaviour for which the gym is not intended.
2. If children are allowed to use the gym their physical/mental development and above all, temperament should be taken into account. Constant supervision is therefore needed.
3. If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms, **STOP** the workout at once. Consult a physician immediately. Injuries may occur due to incorrect or excessive exercise.
4. Position the gym on a clear levelled surface which is clear of all obstacles as not to restrict movement whilst exercising. DO NOT use the gym near water or outdoors.
5. Keep hands away from all moving parts
6. Always wear appropriate clothing when exercising. DO NOT wear robes or other clothing that could become caught in the gym. Running or aerobic shoes are also required when using the gym.
7. Use the gym only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp objects around the gym.
9. Disabled persons should not use the machine without a qualified person or physician in attendance.
10. Before using the gym to exercise, always do stretching exercises to properly warm up.
11. Never use the gym if it is not functioning properly.
12. **This product is intended for H=Domestic use only.**

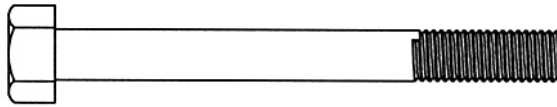
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. MARCY ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

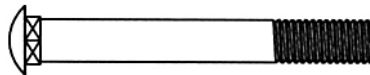
HARDWARE PACK



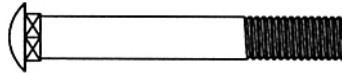
#88 M12 x 4 3/8" Hex Bolt (Qty 2)



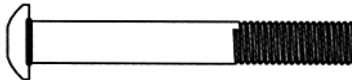
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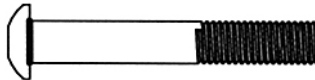
#84 M10 x 2 3/4" Carriage Bolt (Qty 4)



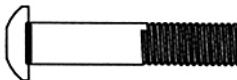
#85 M10 x 2 1/2" Carriage Bolt (Qty 18)



#79 M10 x 2 7/8" Allen bolt (Qty 1)



#83 M10 x 2 3/8" Allen Bolt (Qty 5)



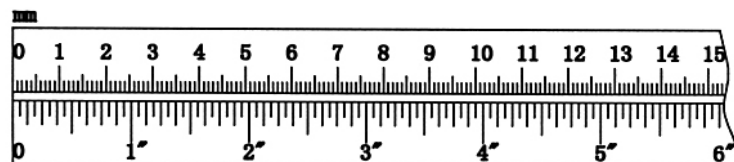
#82 M10 x 1 3/4" Allen Bolt (Qty 21)



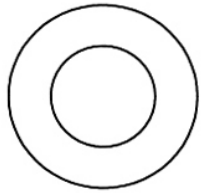
#81 M10 x 1" Allen Bolt (Qty 11)



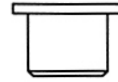
#80 M10 x 5/8" Allen Bolt (Qty 10)



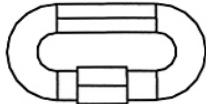
HARDWARE PACK



#101 Ø 1 1/2" Washer (Qty 2)



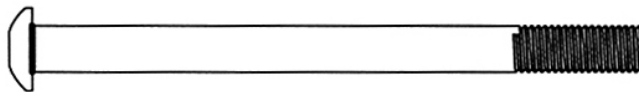
#55 Pulley Bushing (Qty 8)



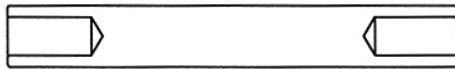
#78 C-clip (Qty 5)



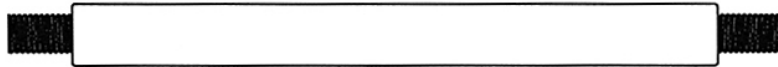
#53 Lock Ring (Qty 2)



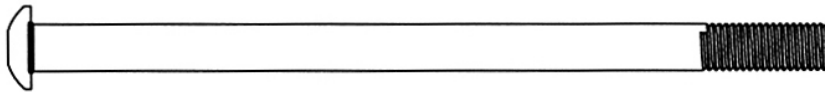
#86 M10 x 5 3/4" Allen Bolt (Qty 2)



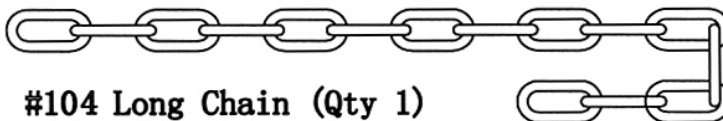
#48 M10 x 4 7/8" Vertical Press Axle (Qty 1)



#49 M10 x 9 1/4" Front Press Axle (Qty 1)



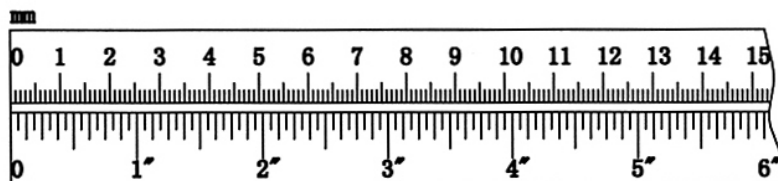
#87 M10 x 8 1/4" Allen Bolt (Qty 1)



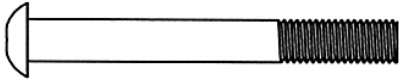
#104 Long Chain (Qty 1)



#77 Short Chain (Qty 2)



HARDWARE PACK



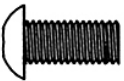
#91 M8 x 2 3/8" Allen Bolt (Qty 10)



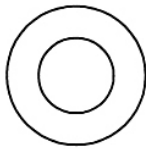
#92 M8 x 1 5/8" Allen Bolt (Qty 2)



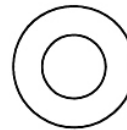
#93 M6 x 1 1/4" Allen Bolt (Qty 2)



#90 M8 x 5/8" Allen bolt (Qty 2)



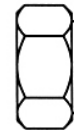
#100 Ø 1" Washer (Qty 6)



#99 Ø 3/4" Washer (Qty 99)



#96 M10 Aircraft Nut (Qty 56)



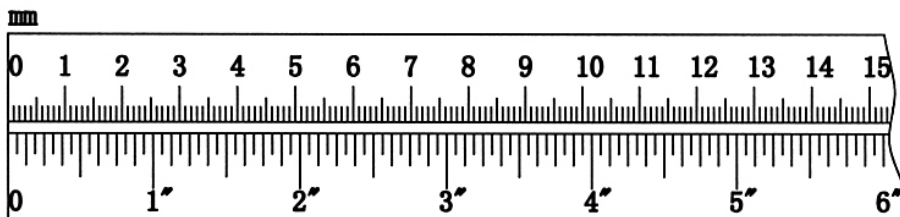
#97 M12 Aircraft Nut (Qty 3)



#95 M6 Aircraft Nut (Qty 2)



#98 Ø 5/8" Washer (Qty 14)



ASSEMBLY INSTRUCTION

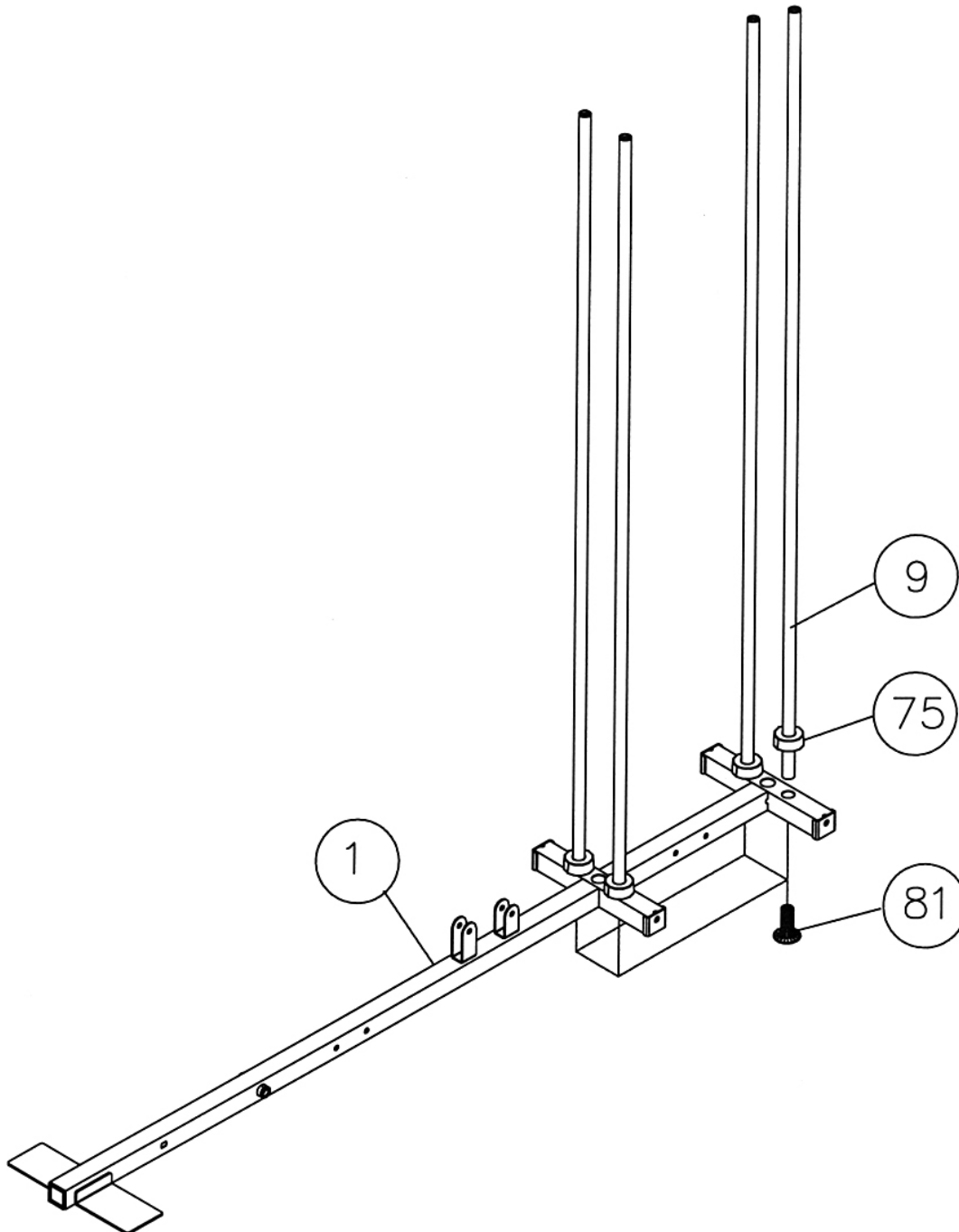
Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches

NOTE: It is strongly recommended two or people assembling this machine to avoid possible injury.

STEP 1 (See Diagram 1)

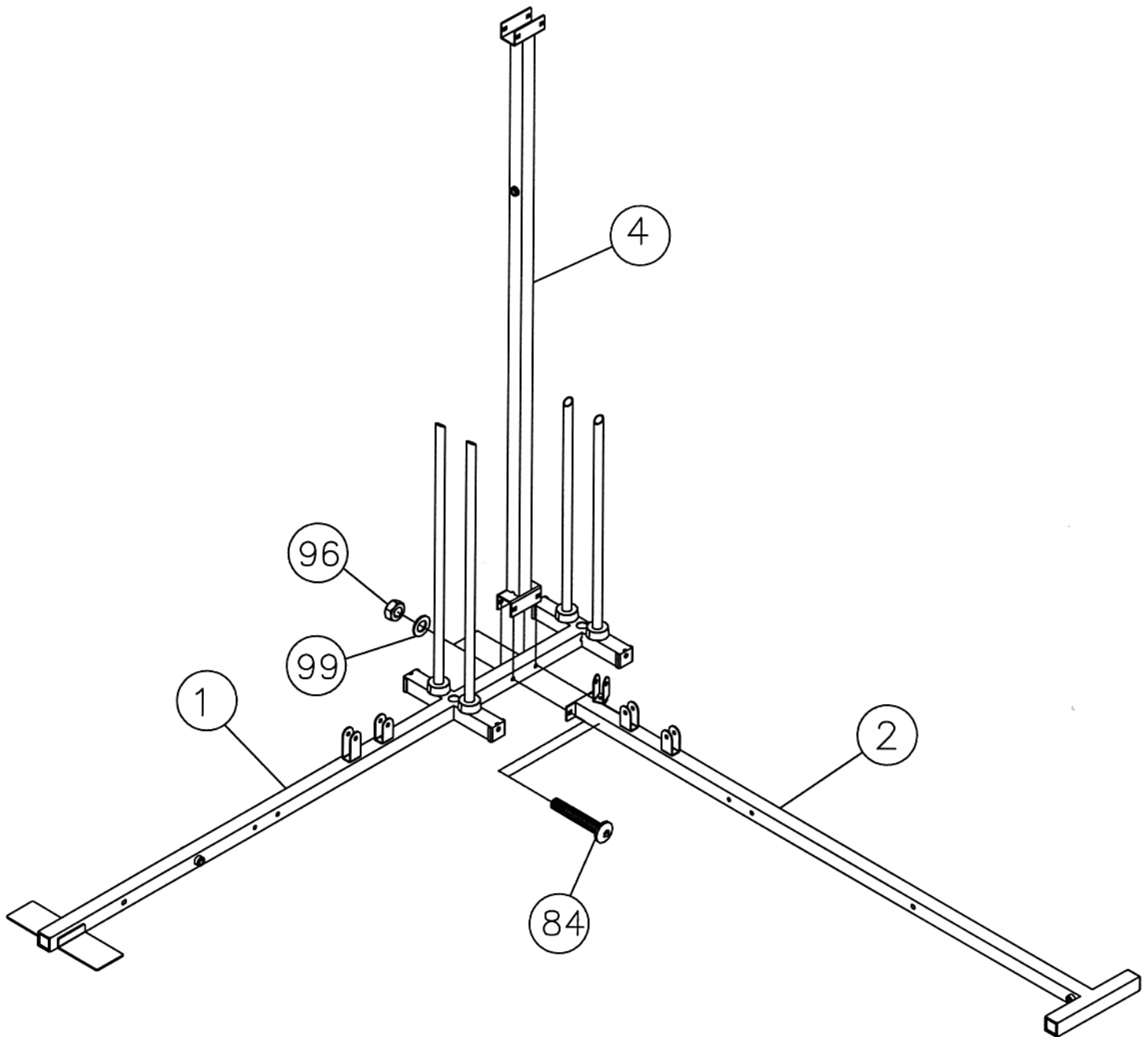
- A.) Place the Right Base Frame (#1) on a flat surface. Make sure there is enough space around to assemble the machine.
- B.) Insert four Guide Rods (#9) into the holes on the Right Base Frame (#1). Secure each Guide Rod to the Right Base Frame from the bottom with a M10 x 1" Allen Bolt (#81).
- C.) Slide four Ø 2 ½" x 1" Rubber Bumpers (#75) onto the Guide Rods.

Diagram 1



STEP 2 (See Diagram 2)

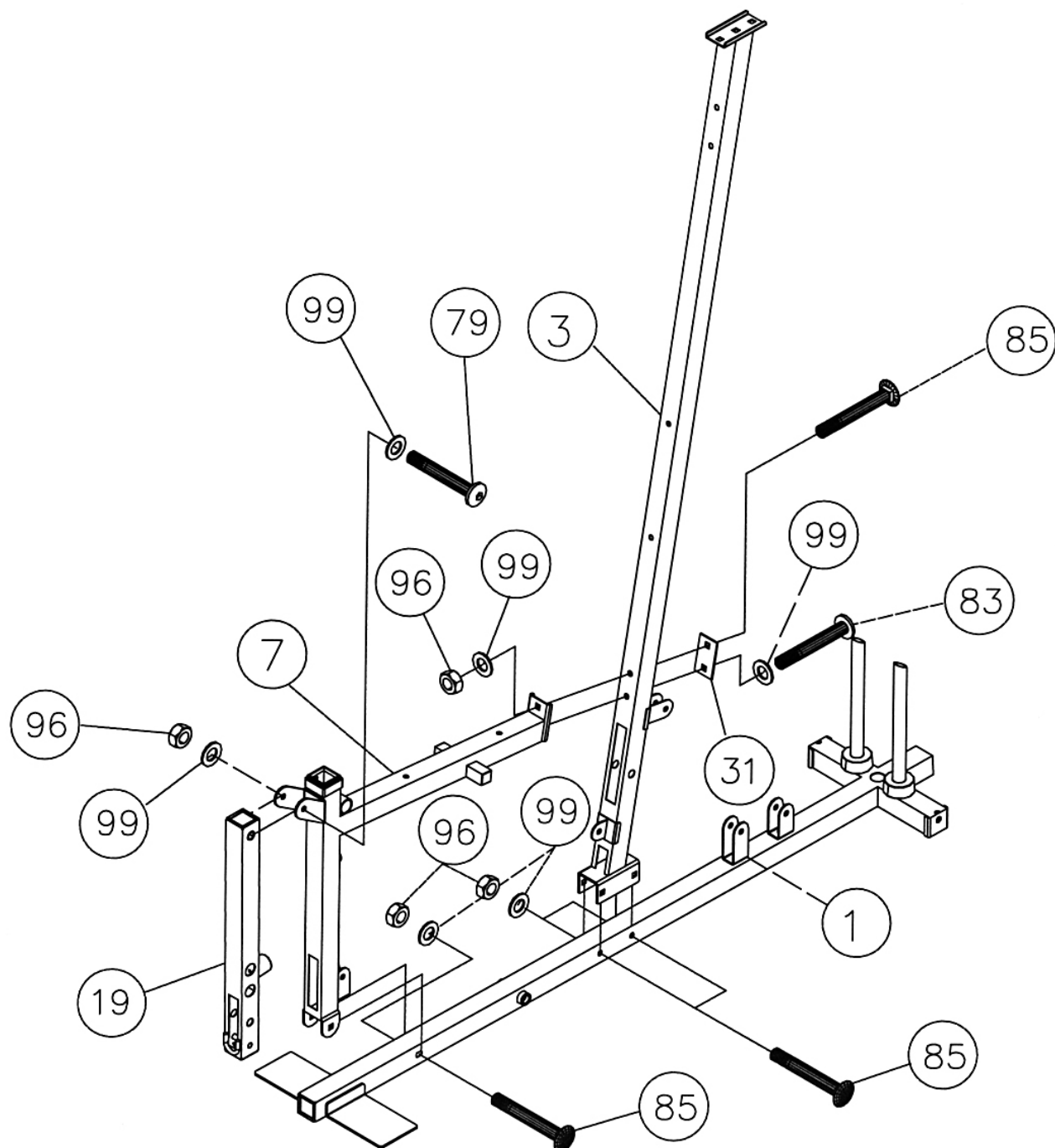
- A.) Attach the Rear Vertical Frame (#4) to the Right Base Frame (#1). Attach the Left Base Frame (#2) to the Rear Vertical Frame. Align the holes and secure them with two M10 x 2 3/4" Carriage Bolts (#84), Ø 3/4" Washers (#99), and M10 Aircraft Nuts (#96).
- B.) Do not tighten the Nuts and Bolts yet.

DIAGRAM 2

STEP 3 (See Diagram 3)

- A.) Attach the Right Vertical Beam (#3) to the Right Base Frame (#1). Secure it with two M10 x 2 1/2" Carriage Bolts (#85), Ø 3/4" Washers (#99), and M10 Aircraft Nuts (#96). DO not tighten the Nuts and Bolts yet.
- B.) Attach the Right Seat Support (#7) to the Right Vertical Beam (#3). Secure it with one M10 x 2 1/2" Carriage Bolt (#85), one M10 x 2 3/8" Allen Bolt (#83), one 3 1/8" x 1 3/4" Bracket (#31), two Ø 3/4" Washers (#99), and one M10 Aircraft Nut (#96).
- C.) Attach the Right Seat Support (#7) to the Right Base Frame (#1). Secure it with one M10 x 2 1/2" Carriage Bolt (#85), Ø 3/4" Washer (#99), and M10 Aircraft Nut (#96).
- D.) Attach the Leg Developer (#19) to the bracket on the Right Seat Support (#7). Secure it with one M10 x 2 7/8" Allen Bolt (#79), two Ø 3/4" Washers (#99), and one M10 Aircraft Nut (#96). Do not over tighten the Leg Developer, make sure it is able to swivel.

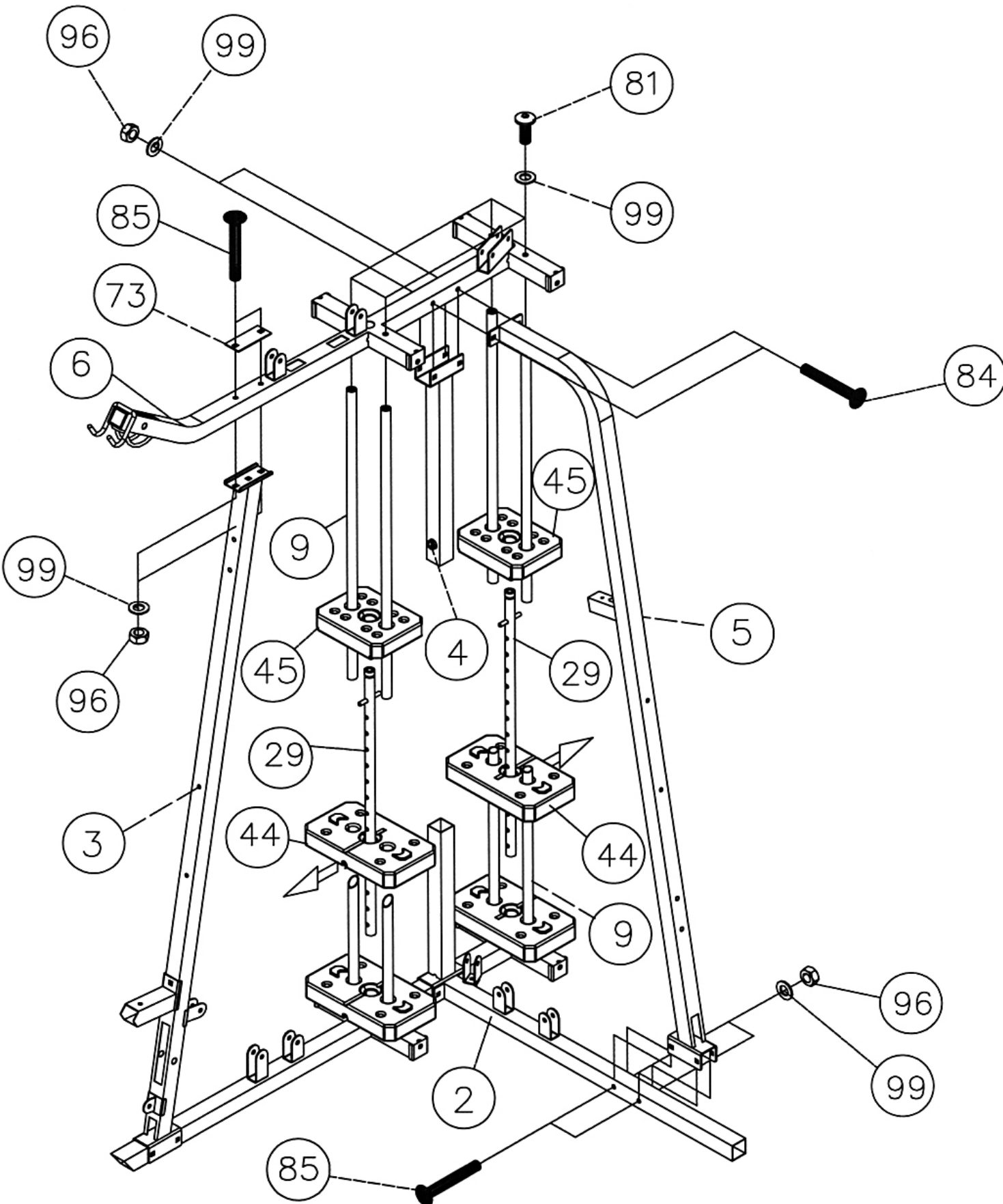
DIAGRAM 3



STEP 4 (See Diagram 4)

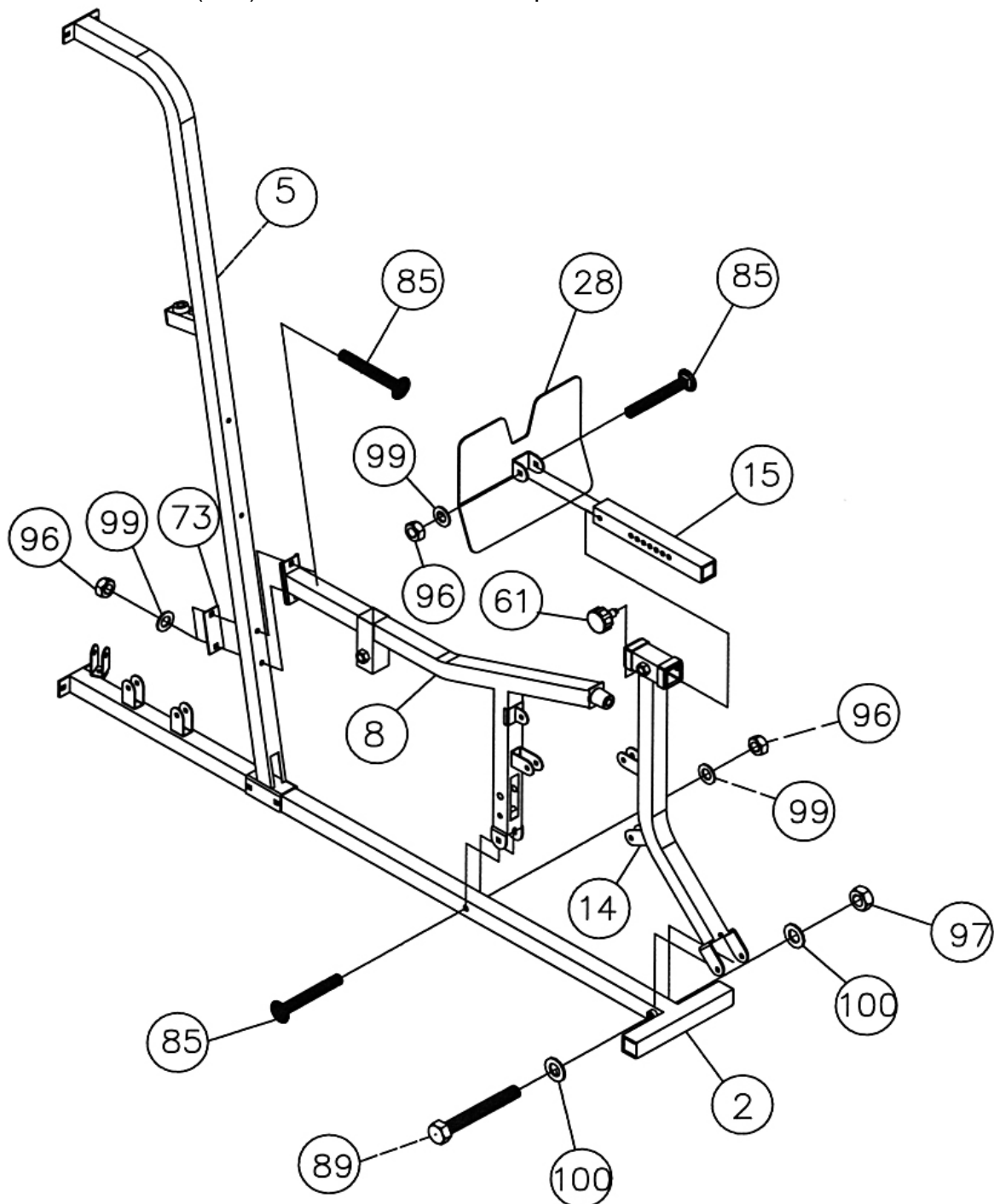
- A.) Slide fourteen Weight Plates (#44) onto the rear set of Guide Rods (#9). Make sure the grooves on the Plates all face toward the back of the machine. Insert a Selector Rod (#29) into the centre holes. Slide a Selector Stem (#45) onto the two Guide Rods.
- B.) Repeat Procedure A above to install the other fourteen Weight Plates onto the other two Guide Rods. Make sure the groove on the Plate all face toward the front of the machine.
- C.) Place the Upper Frame (#6) onto the Right Vertical Beam (#3), Guide Rods (#9), and the Rear Vertical Frame (#4).
- D.) Secure the Upper Frame (#6) to the Right Vertical Beam (#3) with two M10 x 2 ½" Carriage Bolts (#85), one 4 3/8" x 1 ¾" Bracket (#73), two Ø ¾" Washers (#99), and two M10 Aircraft Nuts (#96).
- E.) Secure the Upper Frame to each Guide Rod with one M10 x 1" Allen Bolt (#81) and Ø ¾" Washer (#99).
- F.) Attach the Left Vertical Beam (#5) to the Left Base Frame (#2). Secure it with two M10 x 2 ½" Carriage Bolts (#85), Ø ¾" Washers (#99), and M10 Aircraft Nuts (#96).
- G.) Secure the Left Vertical Beam (#5) to the Upper Frame (#6) and Rear Vertical Frame (#4) with two M10 x 2 ¾" Carriage Bolts (#84), Ø ¾" Washers (#99), and M10 Aircraft Nuts (#96).
- H.) DO NOT tighten all Nuts and Bolts yet.

DIAGRAM 4



STEP 5 (See Diagram 5)

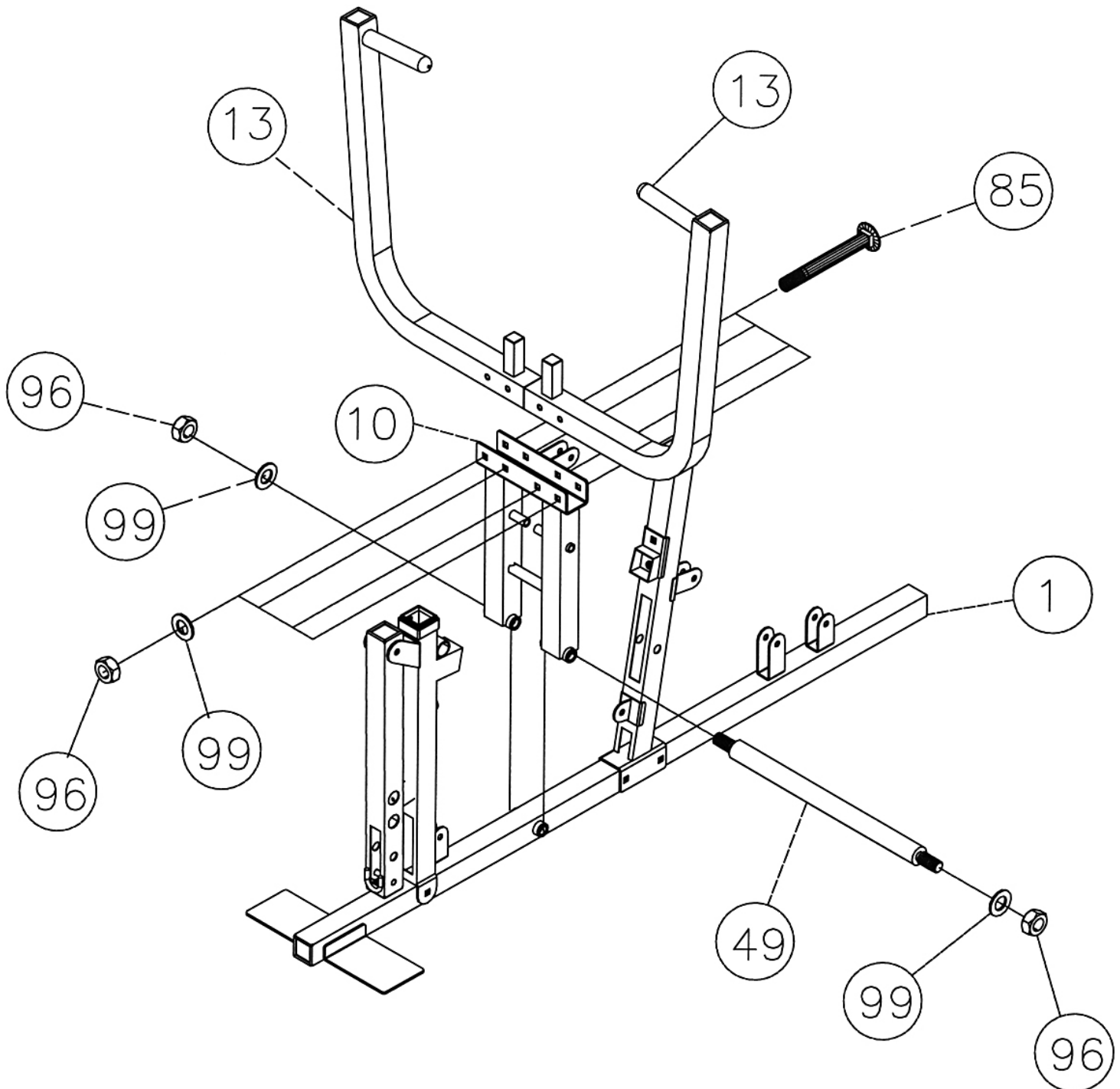
- A.) Attach the Left Seat Support (#8) to the Left Vertical Beam (#5). Secure it with two M10 x 2 1/2" Carriage Bolts (#85), one 4 3/8" x 1 3/4" Bracket (#73), two Ø 3/4" Washers (#99), and two M10 Aircraft Nuts (#96).
- B.) Attach the Left Seat Support (#8) to the Left Base Frame (#2). Secure it with a M10 x 2 1/2" Carriage Bolt (#85), Ø 3/4" Washer (#99), and M10 Aircraft Nut (#96).
- C.) Attach the Leg Press Frame (#14) to the Left Base Frame (#2). Secure it with one M12 x 3 3/4" Hex Bolt (#89), two Ø1" Washers (#100), and one M12 Aircraft Nut (#97).
- D.) Attach the Leg Press Adjustment Frame (#15) to the Leg Press Plate (#28). Secure it with one M10 x 2 1/2" Carriage Bolt (#85), Ø 3/4" Washer (#99), and M10 Aircraft Nut (#96).
- E.) Insert the Leg Press Adjustment Frame (#15) into the opening on the Leg Press Frame (#14). Use a M18 Lock Knob (#61) to secure it at desired position.



STEP 6 (See Diagram 6)

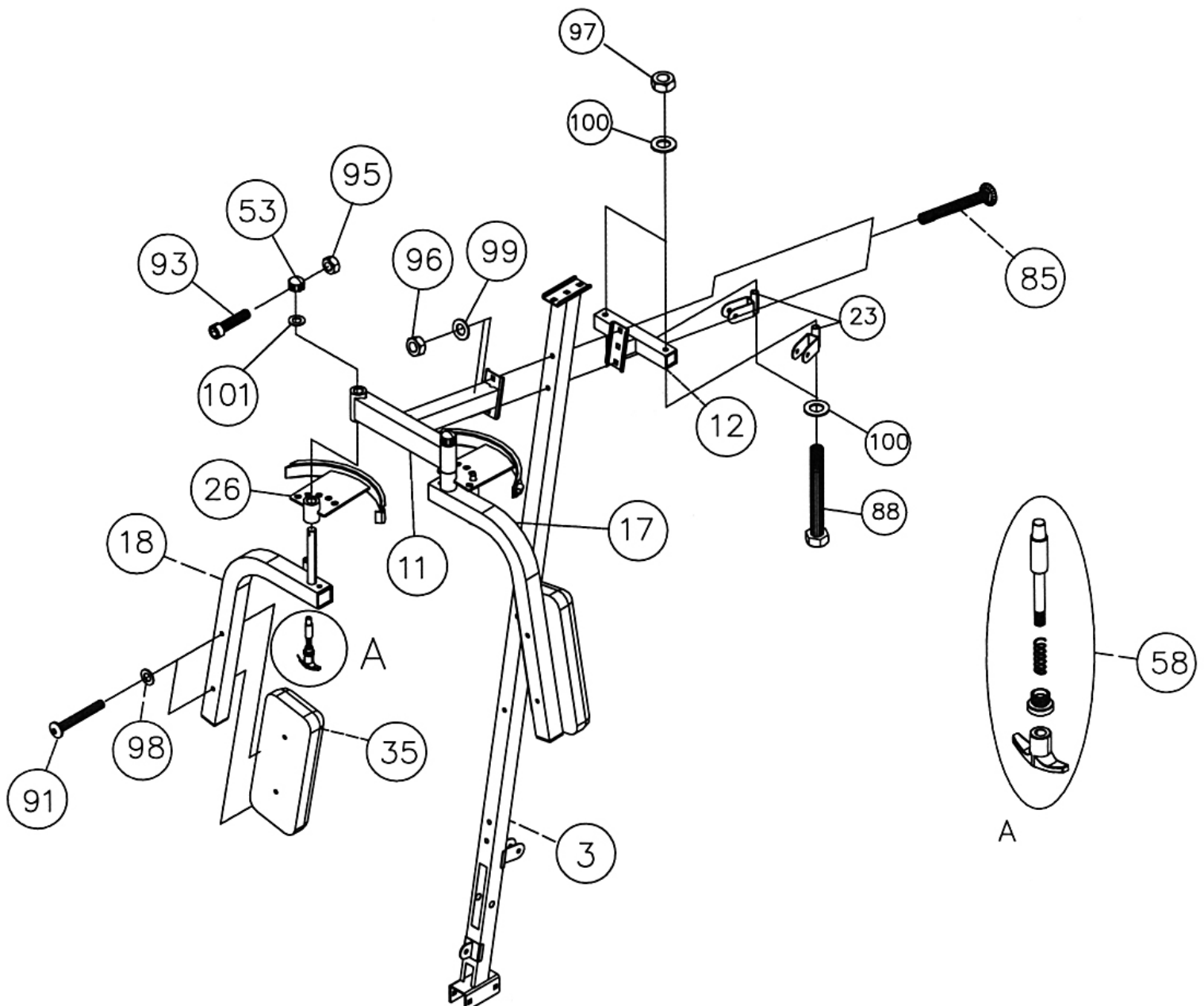
- A.) Attach the Front Press Base (#10) to the Right Base Frame (#1). Secure it with one M10 x 9 1/4" Front Press Axle (#49), two Ø 3/4" Washers (#99), and two M10 Aircraft Nuts (#96).
- B.) Attach two Front Press Frames (#13) onto the bracket on the Front Press Base. Secure them to the Front Press Base with four M10 x 2 1/2" Carriage Bolts (#85), Ø 3/4" Washers (#99), and M10 Aircraft Nuts (#96).
- C.) Securely tighten all Nuts and Bolts previously installed.

DIAGRAM 6



STEP 7 (See Diagram 7)

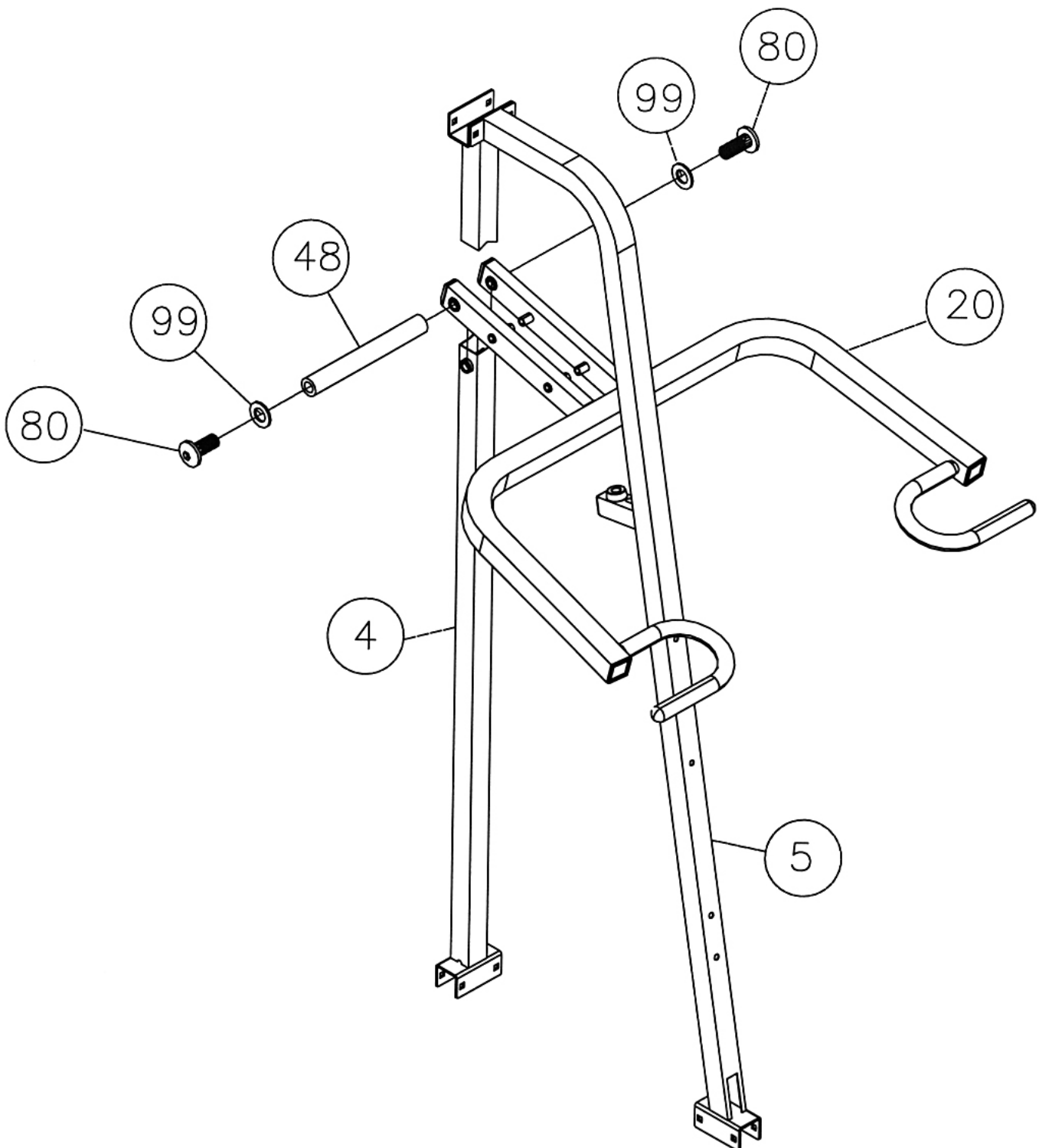
- A.) Attach the Butterfly Support Frame (#11) to the front of Right Vertical Frame (#3). Attach the Butterfly Pulley Support (#12) to the back of Right Vertical Frame. Align the holes and secure them with two M10 x 2 1/2" Carriage Bolts (#85), Ø 3/4" Washers (#99), and M10 Aircraft Nuts (#96).
- B.) Attach two Swivel Pulley Brackets (#23) to the Butterfly Pulley Support (#12). Secure each Bracket with one M12 x 4 3/8" Hex Bolt (#88), two Ø1" Washers (#100), and one M12 Aircraft Nut (#97). Do not over tighten the nut and bolt. The brackets need to swivel.
- C.) Insert the Axle on the Right Butterfly (#18) through a Butterfly Adjustment Frame (#26) into the hole on the Butterfly Support Frame (#11). Secure it with one Ø1 1/2" Washer (#101), Lock Ring (#53), M6 x 1 1/4" Allen Bolt (#93), and M6 Aircraft Nut (#95).
- D.) Thread a T-shaped Pull Pin (#58) through the hole on the Right Butterfly. Use the Pin to adjust the Butterfly position.
- E.) Attach a Butterfly Arm Pad (#35) to the Right Butterfly. Secure it with two M8 x 2 3/8" Allen Bolts (#91) and Ø 5/8" Washers (#98).
- F.) Repeat procedures C, D and E above to install the Left Butterfly.



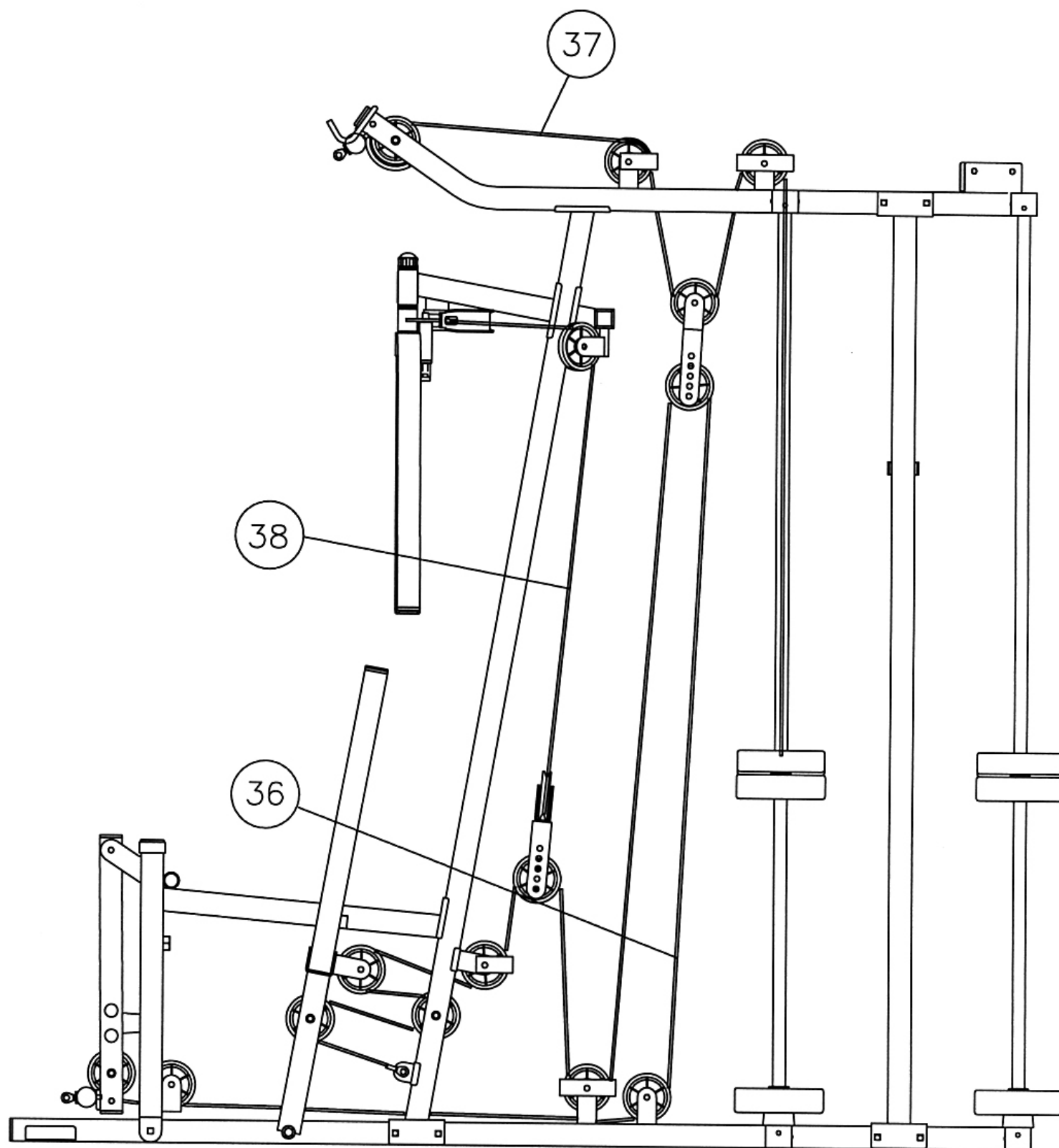
STEP 8 (See Diagram 8)

- A.) Attach the Vertical Press Frame (#20) to the Rear Vertical Frame (#4). Secure it with one M10 x 4 7/8" Vertical Press Axle (#48), two Ø 3/4" Washers (#99), and two M10 x 5/8" Allen Bolts (#80).
- B.) Place the Vertical Press Frame rest against the rubber bumper on the Left Vertical Beam (#5).

DIAGRAM 8

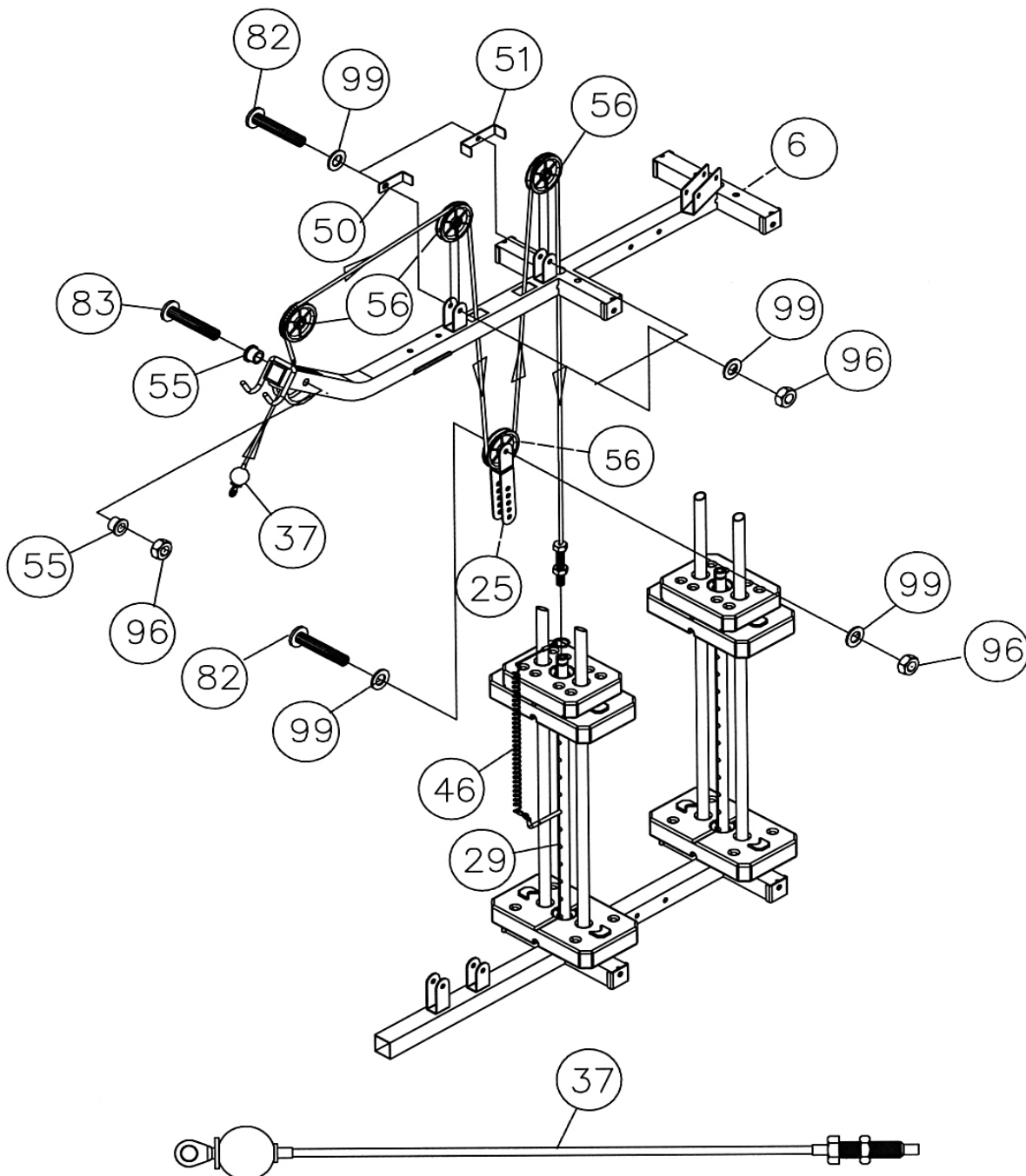


CABLE LOOP DIAGRAM



STEP 9 (See Cable Loop Diagram & Diagram 9)

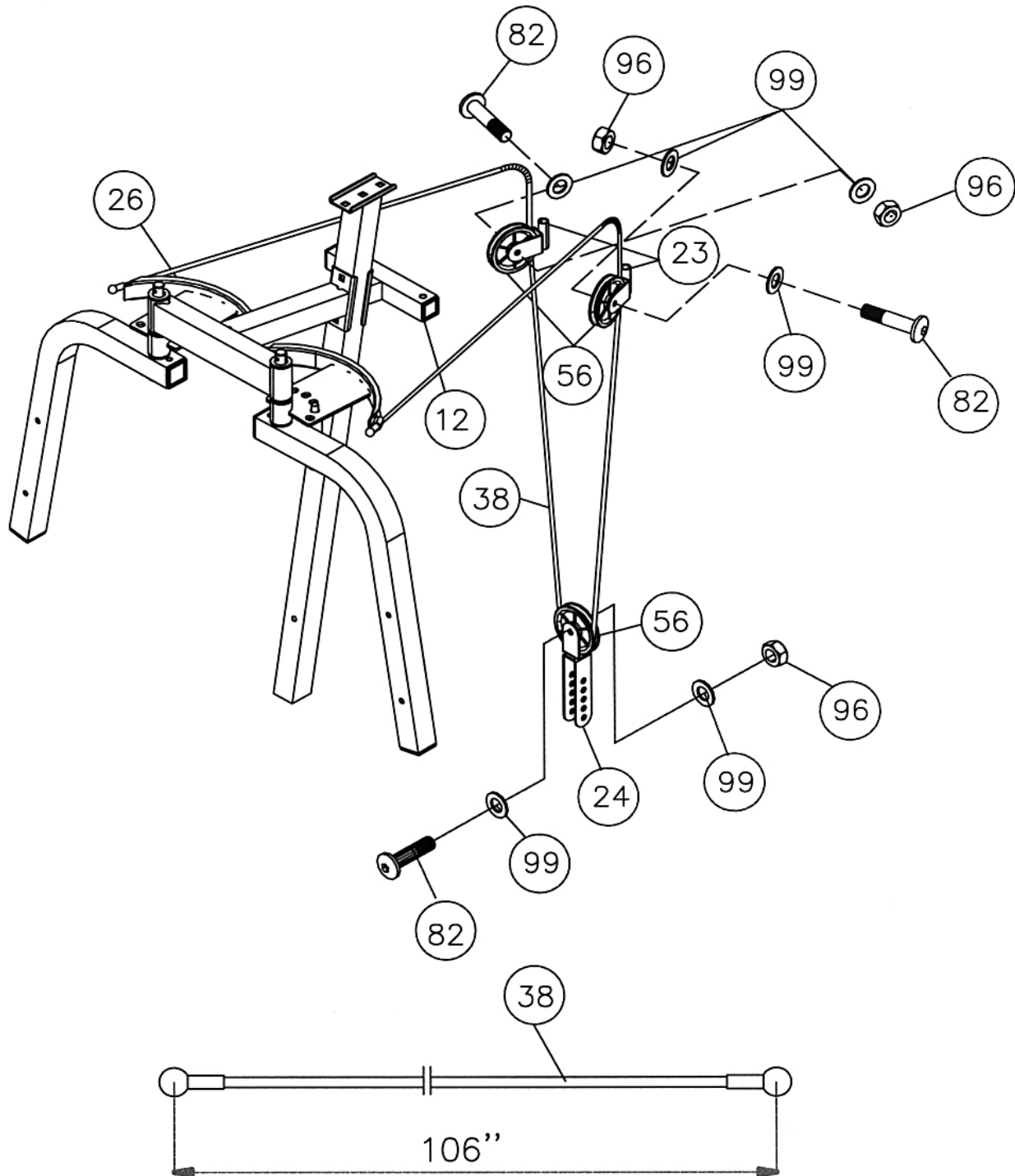
- A.) Attach the 108" Upper Cable (#37) to the front opening on the Upper Frame (#6). Attach a Pulley (#56) to the opening. Secure it with one M10 x 2 3/8" Allen Bolt (#83), two Pulley Bushings (#55), and one M10 Aircraft Nut (#96). Draw the Cable towards the back of the machine. Note: Make sure the Ball Stopper is underneath the frame.
- B.) Attach a Pulley to the bracket on the Upper Frame. Secure it with one M10x1 3/4" Allen Bolt (#82), two Ø3/4" Washers (#99), one 2 7/8" L-shaped Pulley Bracket (#50), and one M10 Aircraft Nut (#96). Pull the Cable over the Pulley then downward. Install a Pulley to a Flat Double Floating Pulley Bracket (#25). Let the bracket hanging for now.
- C.) Draw the Cable around the Pulley then upward to the second open bracket on the Upper Frame. Install another Pulley with a U-shaped Pulley Bracket (#51).
- D.) Draw the Cable around the Pulley then downward to the Selector Rod (#29). Securely thread the end of the Cable through the Weight Selector Pin (#46) into the Selector Rod. Use the Nut at the end of the Cable to tighten down the Bolt.



STEP 10 (See Cable Loop Diagram & Diagram 10)

- A.) Clip one end of the 106" Butterfly Cable (#38) to the slot on the Left Butterfly Adjustment Frame. Draw the Cable through the slot then to the open left Swivel Pulley Bracket (#23).
- B.) Attach a Pulley (#56) to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#82), two Ø 3/4" Washers (#99), and one M10 Aircraft Nut (#96).
- C.) Draw the Cable around the Pulley then downward. Install a Pulley to the Angled Double Floating Pulley Bracket (#24). Install another Pulley then let the Bracket hanging for now.
- D.) Draw the Cable upward to the right Swivel Pulley Bracket. Install another Pulley.
- E.) Draw the Cable to the Right Butterfly Adjustment Frame and secure the end of the cable to the slot.

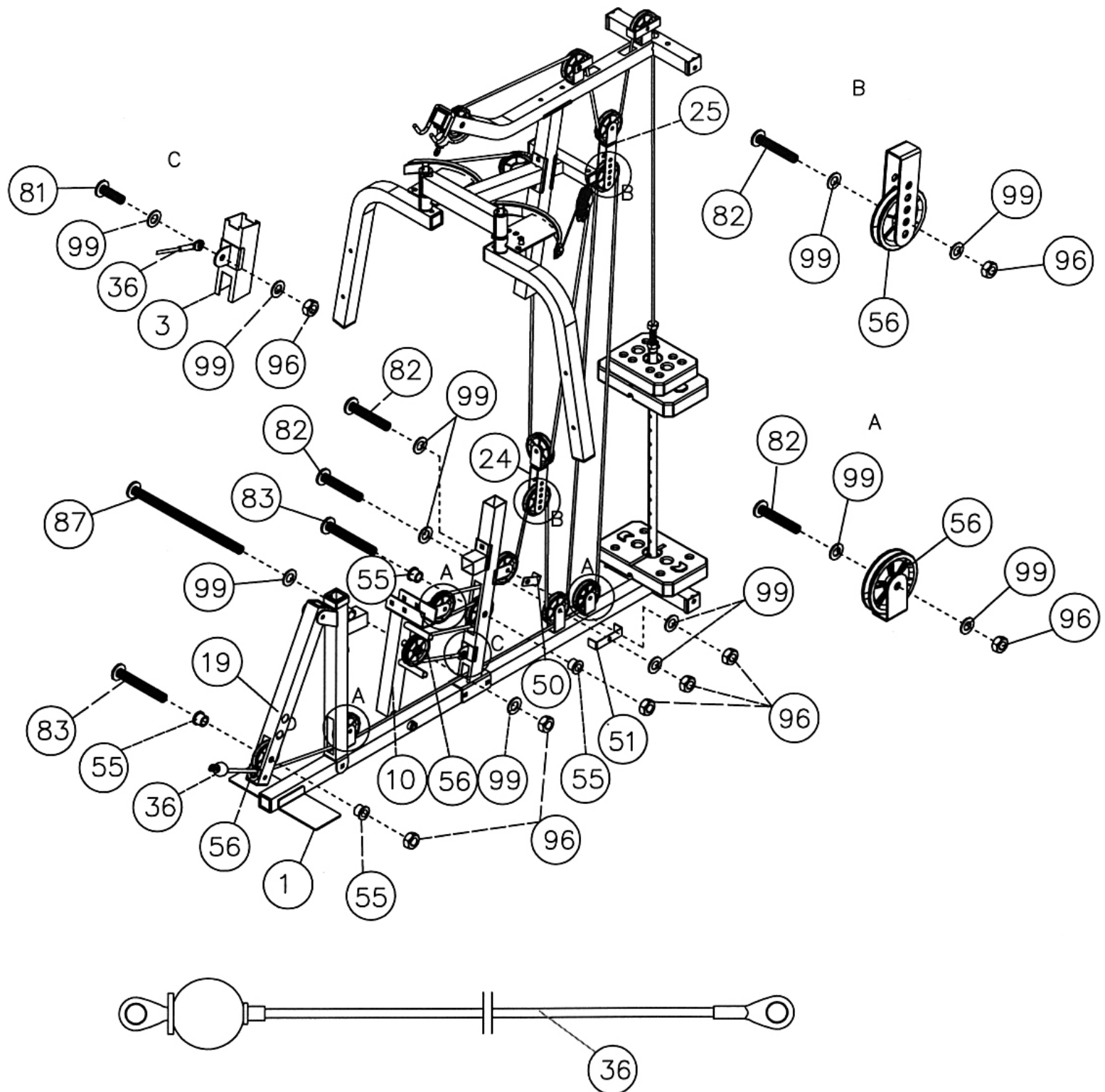
DIAGRAM 10



STEP 11 (See Cable Loop Diagram & Diagram 11)

- A.) Attach the 239" Front Press Cable (#36) to the lower opening on the Leg Developer (#19). Attach a Pulley (#56) to the opening. Secure it with one M10 x 2 3/8" Allen Bolt (#83), two Pulley Bushings (#55), and one M10 Aircraft Nut (#96).
- B.) Draw the Cable underneath the Pulley to the opening on the bottom of Right Seat Support (#7). Attach a Pulley to the opening and secure it with one M10 x 1 3/4" Allen Bolt (#82), two Ø 3/4" Washers (#99), and one M10 Aircraft Nut (#96).
- C.) Draw the Cable underneath the Pulley then through the bottom opening on the Right Vertical Beam (#3) to the second open bracket on the Right Base Frame (#1).
- D.) Attach a Pulley to the second open bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#82), two Ø 3/4" Washers (#99), and one M10 Aircraft Nut (#96).
- E.) Draw the Cable around the Pulley then upward to the Flat Double Floating Pulley Bracket (#25) previously installed in Step-9. Install a Pulley to the Bracket on the selected hole.
Note: After completing the entire cable installations, come back to this step and check the tightness of the cable loop system. If the cables are too loose, move up the pulley on the bracket. If the cables are too tight, move down the pulley on the bracket.
- F.) Draw the Cable around the Pulley then down to the first open bracket on the Right Base Frame (#1). Install a Pulley with a U-shaped Pulley Bracket (#51).
- G.) Draw the Cable around the Pulley then upward to the Angled Double Floating Pulley Bracket (#24) previously installed in Step-10. Install a Pulley to the selected hole on the Bracket. Adjust the tension of the cables by changing the Pulley position on the Bracket.
- H.) Draw the Cable around the Pulley then down to the open bracket on the back of Right Vertical Beam (#3). Install a Pulley with a 2 7/8" L-shaped Pulley Bracket (#50).
- I.) Draw the Cable through the opening on the Right Vertical Beam to the open bracket on the back of the Front Press Base (#10). Install a Pulley.
- J.) Draw the Cable around the Pulley then back to the lower opening on the Right Vertical Beam. Install a Pulley to the opening with one M10 x 2 3/8" Allen Bolt (#83), two Pulley Bushings (#55), and one M10 Aircraft Nut (#96).
- K.) Draw the Cable back to the opening on the Front Press Base. Install a Pulley to the opening with one M10 x 8 1/4" Allen Bolt (#87), two Ø 3/4" Washers (#99), and one M10 Aircraft Nut (#96).
- L.) Draw the Cable back to the open bracket welded on the lower Right Vertical Beam. Secure the end of the Cable to the bracket with one M10 x 1" Allen Bolt (#81), two Ø 3/4" Washers (#99), and one M10 Aircraft Nut (#96).

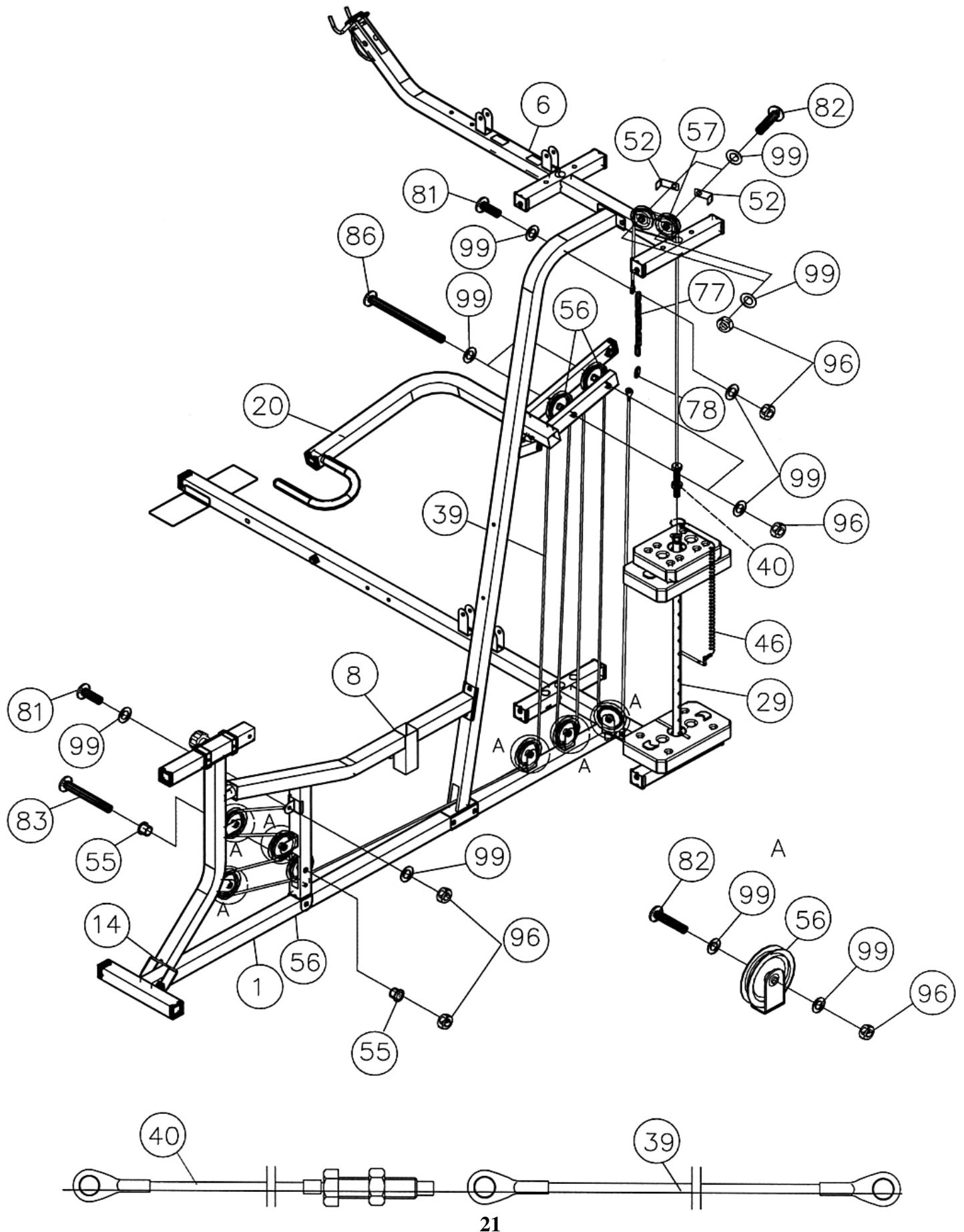
DIAGRAM 11



STEP 12 (See Diagram 12)

- A.) Attach end of the 357" Leg Press Cable (#39) to the bracket on the Left Seat Support (#8). Secure the Cable to the bracket with one M10 x 1" Allen Bolt (#81), two Ø 3/4" Washers (#99), and one M10 Aircraft Nut (#96).
- B.) Draw the Cable to the upper open bracket on the Leg Press Frame. Attach a Pulley to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#82), two Ø 3/4" Washers (#99), and one M10 Aircraft Nut (#96).
- C.) Draw the Cable around the Pulley then to the open bracket on the Left Seat Support (#8). Attach a Pulley to the opening. Secure it with one M10 x 1 3/4" Allen Bolt (#82), two Ø 3/4" Washers (#99), and one M10 Aircraft Nut (#96).
- D.) Draw the Cable around the Pulley then back to the lower open bracket on the Leg Press Frame. Repeat Procedure B above to install a Pulley.
- E.) Draw the Cable around the Pulley then to the lower opening on the Left Seat Support. Install another Pulley and secure it with one M10 x 2 3/8" Allen Bolt (#83), two Pulley Bushings (#55), and one M10 Aircraft Nut (#96).
- F.) Draw the Cable underneath the Pulley then through the bottom of Left Vertical Beam to the first open bracket on the Left Base Frame.
- G.) Install a Pulley with one M10 x 1 3/4" Allen Bolt (#82), two Ø 3/4" Washers (#99), and one M10 Aircraft Nut (#96).
- H.) Pull the Cable upward to the front opening on the Vertical Press Frame (#20). Install a Pulley with one M10 x 5 3/4" Allen Bolt (#86), two Ø 3/4" Washers (#99), and one M10 Aircraft Nut (#96).
- I.) Draw the Cable around the Pulley then downward to the second open bracket on the Left Base Frame. Repeat Procedure G above to install a Pulley.
- J.) Pull the Cable upward to the back opening on the Vertical Press Frame. Repeat Procedure H above to install a Pulley.
- K.) Draw the Cable around the Pulley then downward to the third open bracket (angled) on the Left Base Frame. Repeat Procedure G above to install a Pulley.
- L.) Pull the Cable upward and connect to the Short Chain (#77) with a C-clip (#78). Note: After completing the entire Cable installations, check the tightness of the Cables, if the Cables are too loose, shorten the Chain. If the Cables are too tight, lengthen the Chain.
- M.) Connect the Chain to the 61" Vertical Press Cable (#40) with a M10 x 1" Allen Bolt (#81), two Ø 3/4" Washers (#99), and one M10 Aircraft Nut (#96).
- N.) Draw the Cable to the bracket on the top of Upper Frame (#6). Install two Small Pulleys (#57) to the bracket with two 2 3/8" L-shaped Pulley Brackets (#52).
- O.) Draw the Cable over the Small Pulleys then downward. Securely threaded it through the Weight Selector Pin (#46) into the Selector Rod (#29).
- P.) Use the Nut on the Bolt at the end of the Cable to securely tighten the Bolt to the Selector Rod.

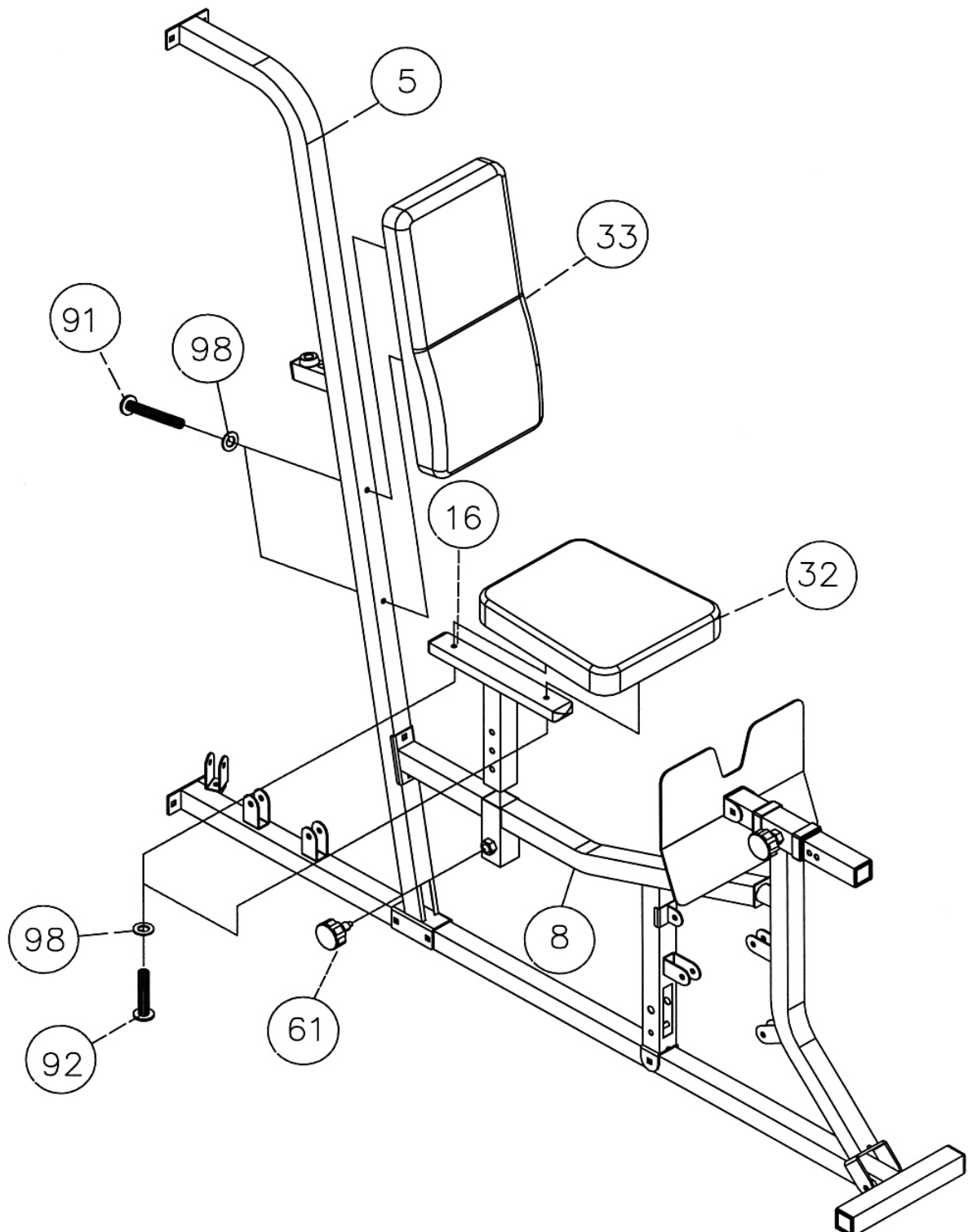
DIAGRAM 12



STEP 13 (See Diagram 13)

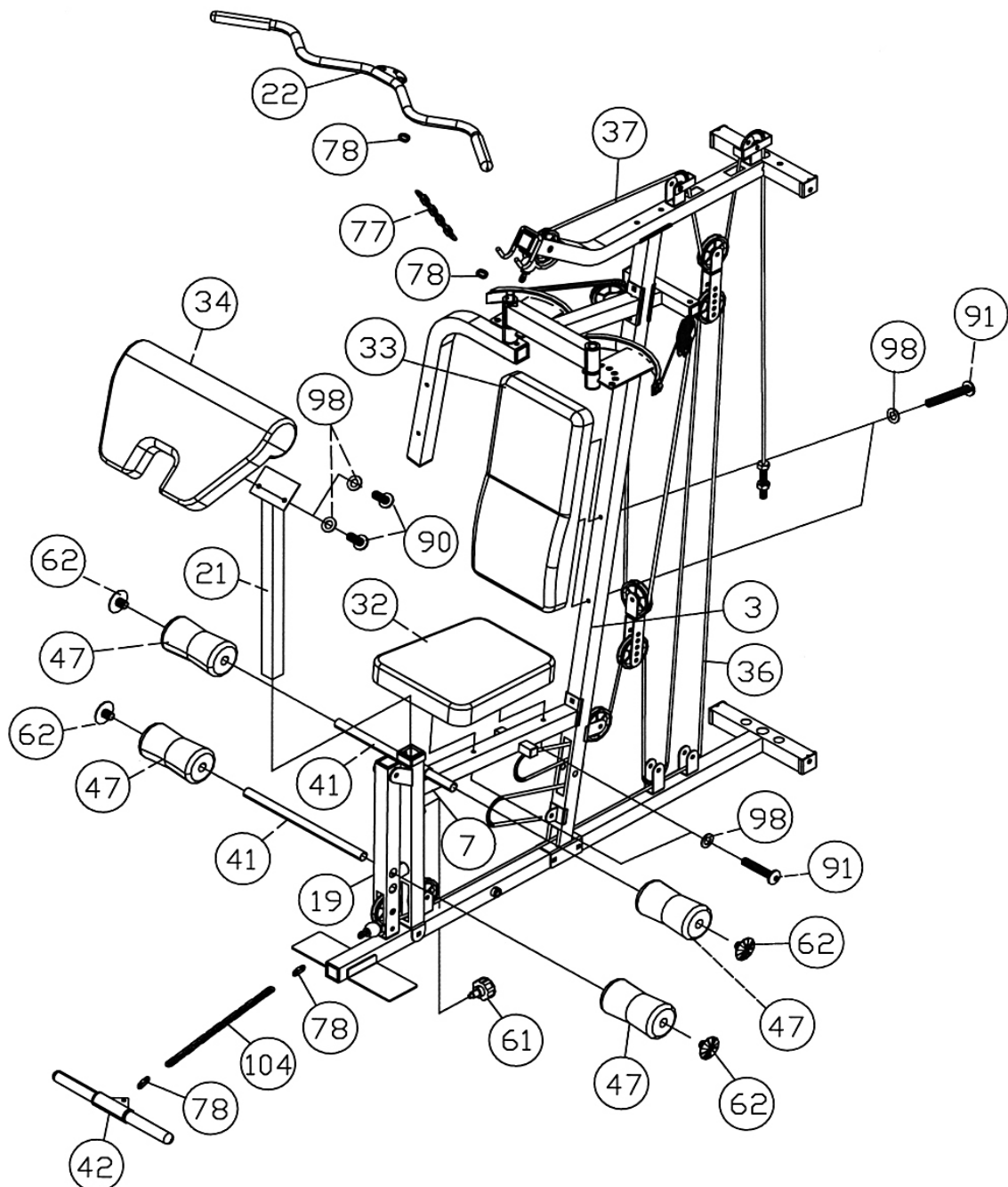
- A.) Place a Seat Pad (#32) onto the Seat Incline Adjustment (#16). Secure it with two M8 x 1 5/8" Allen Bolts (#92) and Ø 5/8" Washers (#98).
- B.) Insert the Seat Incline Adjustment into the opening on the Left Seat Support. Secure it with a M18 Lock Knob (#61) at desired position.
- C.) Attach a Backrest Board (#33) to the Left Vertical Beam (#5). Secure it with two M8 x 2 3/8" Allen Bolts (#91) and Ø 5/8" Washers (#98).

DIAGRAM 13



STEP 14 (See Diagram 14)

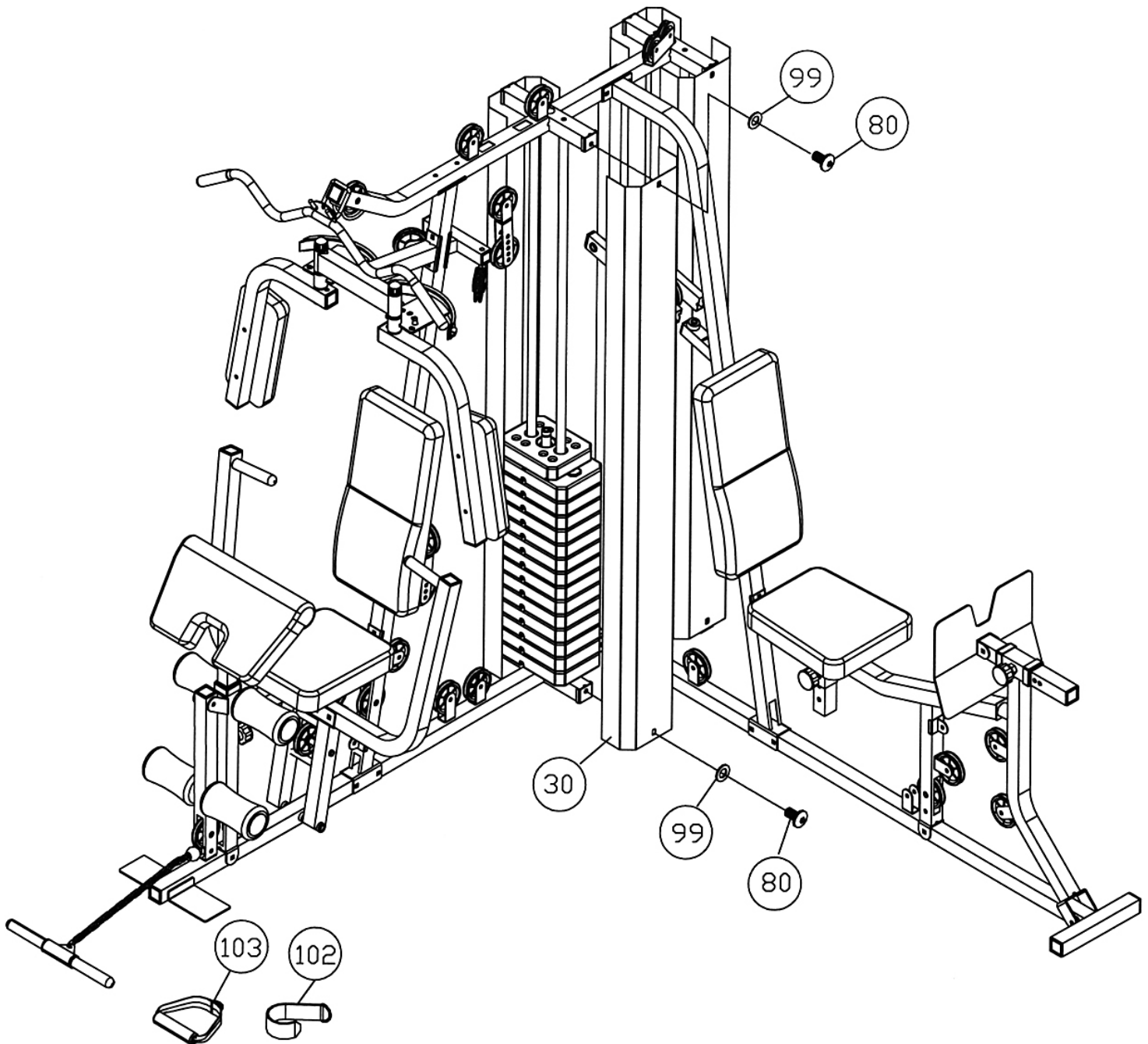
- A.) Place a Seat Pad (#32) onto the Right Seat Support (#7). Secure it with two M8 x 2 3/8" Allen Bolts (#91) and Ø 5/8" Washers (#98).
- B.) Attach a Backrest Board (#33) to the Right Vertical Beam (#3). Secure it with two M8 x 2 3/8" Allen Bolts (#91) and Ø 5/8" Washers (#98).
- C.) Insert two Foam Roll Tubes (#41) halfway through the holes on the Right Seat Support (#7) and Leg Developer (#19). Push four Foam Rolls (#47) onto the Tubes from both sides. Plug four Foam Roll End Caps (#62) into the ends.
- D.) Attach the Arm Curl Pad (#34) to the Arm Curl Stand (#21). Secure it with two M8 x 5/8" Allen Bolts (#90) and Ø 5/8" Washers (#98). Insert the Arm Curl Stand into the opening in front of the seat. Use the M18 Lock Knob (#61) to secure the desired position.
- E.) Connect the Lat Bar (#22) to the Upper Cable with two C-clips (#78) and a Short Chain (#77).
- F.) Connect the Arm Curl Handle (#42) to the Front Press Cable (#36) with two C-clips (#78) and a Long Chain (#104).



STEP 15 (See Diagram 15)

- A.) Securely tighten all the nuts and bolts previously installed.
- B.) To maximize the performance of the gym, it is recommended to use light lubricant such as WD-40 on the two chromed rods which the weight plates slide up and down to minimum frictions.
- C.) Attach four Weight Stack Covers (#30) to the machine and secure each Weight Stack Cover with two M10 x 5/8" Allen Bolts (#80) and \varnothing 3/4" Washers (#99).

DIAGRAM 15



PARTS LIST

KEY NO. DESCRIPTION

Q'ty

1	Right Base Frame	1			
2	Left Base Frame	1	54	1 5/8" Rubber Bumper	1
3	Right Vertical Beam	1	55	Pulley Bushing	8
4	Rear Vertical Frame	1	56	Pulley	26
5	Left Vertical Beam	1	57	Small Pulley	2
6	Upper Frame	1	58	T-shaped Pull Pin Set	2
7	Right Seat Support	1	59	2" Sleeve	2
8	Left Seat Support	1	60	1 3/4" Sleeve	1
9	Guide Rod	4	61	M18 Lock Knob	3
10	Front Press Base	1	62	Foam Roll End Cap	4
11	Butterfly Support Frame	1	63	2" x 1" End Cap	4
12	Butterfly Pulley Support	1	64	1" Square End Cap	4
13	Front Press Frame	2	65	1 1/2" Square End Cap	3
14	Leg Press Frame	1	66	1 7/8" Square End Cap	16
15	Leg Press Adjustment Frame	1	67	Handle Grip	6
16	Seat Incline Adjustment	1	68	Lat Bar Grip	2
17	Left Butterfly	1	69	Ø 1 1/2" x 1" Bushing	2
18	Right Butterfly	1	70	Ø 1" x Ø 1/2" Bushing	2
19	Leg Developer	1	71	Ø 1" x Ø 7/8" Bushing	12
20	Vertical Press Frame	1	72	Ø 3/4" x Ø 3/8" Bushing	2
21	Arm Curl Stand	1	73	4 3/8" x 1 3/4" Bracket	2
22	Lat Bar	1	74	Ø 1 7/8" x 1 5/8" Rubber Bumper	2
23	Swivel Pulley Bracket	2	75	Ø 2 1/2" x 1" Rubber Bumper	4
24	Angled Double Floating Pulley Bracket	1	76	Ø 1 1/2" x 5/8" Rubber Bumper	1
25	Flat Double Floating Pulley Bracket	1	77	Short Chain	2
26	Butterfly Adjustment Frame	2	78	C-clip	5
27	Ø 1 1/2" x 7/8" Bushing	8	79	M10 x 2 7/8" Allen Bolt	1
28	Leg Press Plate	1	80	M10 x 5/8" Allen Bolt	10
29	Selector Rod	2	81	M10 x 1" Allen Bolt	11
30	Weight Stack Cover	4	82	M10 x 1 3/4" Allen Bolt	21
31	3 1/8" x 1 3/4" Bracket	1	83	M10 x 2 3/8" Allen Bolt	5
32	Seat Pad	2	84	M10 x 2 3/4" Carriage Bolt	4
33	Backrest Board	2	85	M10 x 2 1/2" Carriage Bolt	18
34	Arm Curl Pad	1	86	M10 x 5 3/4" Allen Bolt	2
35	Butterfly Arm Pad	2	87	M10 x 8 1/4" Allen Bolt	1
36	239" Front Press Cable	1	88	M12 x 4 3/8" Hex Bolt	2
37	108" Upper Cable	1	89	M12 x 3 3/4" Hex Bolt	1
38	106" Butterfly Cable	1	90	M8 x 5/8" Allen Bolt	2
39	357" Leg Press Cable	1	91	M8 x 2 3/8" Allen Bolt	10
40	61" Vertical Press Cable	1	92	M8 x 1 5/8" Allen Bolt	2
41	Foam Tube	2	93	M6 x 1 1/4" Allen Bolt	2
42	Arm Curl Handle	1	94	M6 x 5/8" Philips Screw	3
43	Arm Curl Handle Tube	1	95	M6 Aircraft Nut	2
44	Weight Plate	28	96	M10 Aircraft Nut	56
45	Selector Stem	2	97	M12 Aircraft Nut	3
46	Weight Selector Pin	2	98	Ø 5/8" Washer	14
47	Foam Roll	4	99	Ø 3/4" Washer	99
48	M10 x 4 7/8" Vertical Press Axle	1	100	Ø 1" Washer	6
49	M10 x 9 1/4" Front Press Axle	1	101	Ø 1 1/2" Washer	2
50	2 7/8" L-shaped Pulley Bracket	2	102	Ankle Strap	1
51	U-shaped Pulley Bracket	2	103	Single Handle	1
52	2 3/8" L-shaped Pulley Bracket	2	104	Long Chain	1
53	Lock Ring	2	105	Ø 1" Cone-shaped End Cap	2
				#6 Allen Wrench (Tool)	1
				#5 Allen Wrench (Tool)	1

GS 99 WEIGHT RESISTANCE CHART

	WEIGHT PLATE						
Station	1	2	3	4	5	6	7
Low Pulley	35	45	55	65	75	85	95
Lat Pull	15	25	35	45	55	65	75
Butterfly	10	17	24	31	38	45	52
Leg Press	60	80	100	120	140	160	180
Front Press	35	50	65	80	95	110	125
Vertical Press	20	30	35	40	45	50	60

	WEIGHT PLATE						
Station	8	9	10	11	12	13	14
Low Pulley	105	115	125	135	145	155	165
Lat Pull	85	95	105	115	125	135	145
Butterfly	73	80	87	94	101	108	115
Leg Press	200	220	240	260	280	300	320
Front Press	140	155	170	185	200	215	230
Vertical Press	70	80	90	100	110	120	130

*Numbers are approximate. Actual weight may vary.

*Value for butterfly is for each arm.

LIMITED WARRANTY

Escalade warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the frame and one year on all other parts and components from the date of purchase. This warranty extends only to the original purchaser. Escalade's obligation under this Warranty is limited to replacing damaged or faulty parts at Escalade's option.

All returns must be pre-authorized by Escalade. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, purchasers own repairs or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by Escalade.

Escalade is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein.

Your statutory rights are not affected.

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department Monday to Friday 9am to 5pm.

Tel / Fax: 0044 (0) 1792 222 562

E mail: customerservices@escaladesports.co.uk

When ordering replacement parts, please give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase

CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the gym.
2. The gym can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
3. Examine the gym regularly for signs of damage or wear. Pay particular attention to the bushings on movable parts.
4. Examine the cables regularly for signs of wear and damage. Adjust cable tension as required. This can be achieved by moving the pulley up one hole on the Floating Pulley Bracket or moving the C Clip up one link on Chain #77.
5. **Failure to examine the gym regularly may affect the safety level of the equipment.**
6. Periodically, spray the Guide Rods # 9 with silicon spray or light oil to ensure a smooth operation.
7. Replace any defective components immediately and/or keep the gym out of use until repair.
8. Ensure all Pull Pins are properly located before using the gym.
9. Ensure Lat Bar #22 is properly stored when not in use.

Dimensions: H: 208cm x W: 182cm x L: 213cm