

# **Инструкция**

## **Силовой тренажер Life Gear 63146**

Полезные ссылки:

[Силовой тренажер Life Gear 63146 - смотреть на сайте](#)

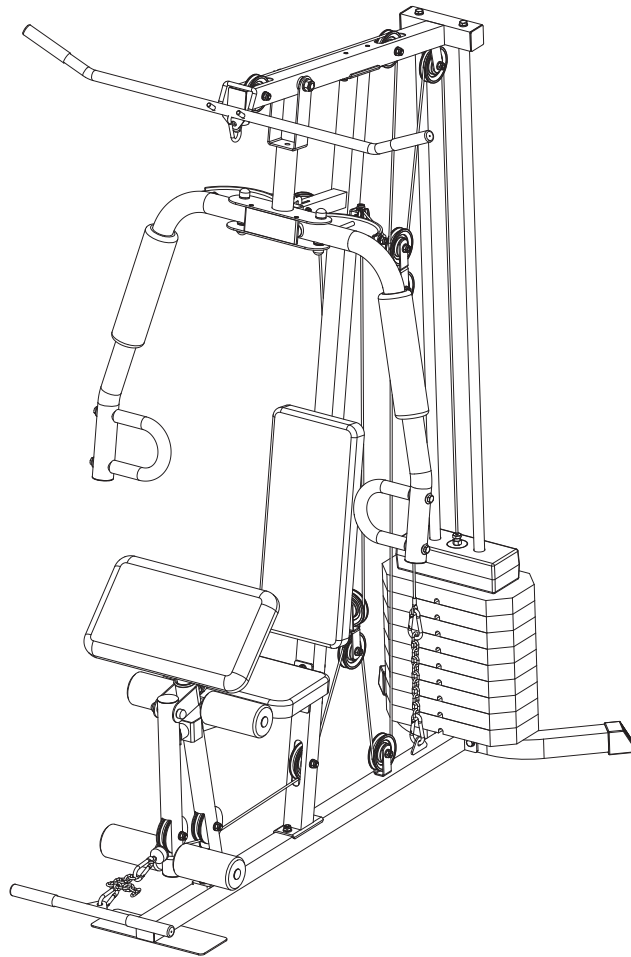
[Силовой тренажер Life Gear 63146 - читать отзывы](#)

# ***LifeGear G4 /HOME GYM***

## ***ITEM NO.: 63130***

***LifeGear***

Get active for life



## ***OWNER'S MANUAL***

***IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.***

2011, July

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## ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing, free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.

From the date of purchase, the frame is warranted to be free from defects for 1 (one) year.

This warranty is extended only to the original owner and is not transferable.

When ordering replacement parts please have the following information ready:

- 1. Owner's Manual**
- 2. Model Number**
- 3. Description of Parts**
- 4. Part Number**
- 5. Date of Purchase**

# SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this home gym: Read all instructions before using this home gym.

1. Read all the instructions in this manual and do warm up exercises before using this home gym.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This home gym should be placed on a flat surface when using.
4. Never drop or insert any object into any opening.
5. Please wear proper clothes and shoes when using this home gym. Do not wear clothes that might catch on any part of the home gym.
6. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
7. Close supervision is necessary when this home gym is used by, on, or near children, invalids, or disabled persons.
8. At no time should children under the age of 12 use the home gym.
9. Children over the age of 12 should not use the home gym without adult supervision.
10. Do not jump on the home gym.
11. Do not use this home gym outdoors.
12. Inspect and tighten all parts each time before using this home gym.
13. This home gym is for household use only.
14. Only one person should be on home gym while in use.
15. Keep children and pets away from home gym while in use. The minimum free space required for safe operation is not less than two meters.
16. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
17. The maximum weight capacity for this product is 250 lbs/110 kgs.

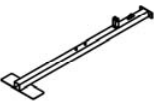













































































**WARNING:** Before beginning any exercise program consult your physician.

This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

**CAUTION:** Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

# PARTS NUMBERS AND ILLUSTRATIONS

1 	2 	3 	4 	5 	6 
7 	8 	9 	10 	11 	12 
13 	14 	15 	16 	17 	18 
19 	20 	21 	22 	23 	24 
25 	26 	27 	28 	29 	30 
31 	32 	33 	34 	35 	36 
37 	38 	39 	40 	41 	42 
43 	44 	45 	46 	47 	48 
49 	50 	51 	52 	53 	54 
55 	56 	57 	58 	59 	60 
61 	62 	63 	64 	65 	66 
67 	68 	69 	70 	71 	72 
73 	74 	75 	76 	77 	78 

## PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Base Tube	1	033	Rear Base Tube End Cap	2
002	Rear Base Tube	1	034	Coil Chain	2
003	Main Support Tube	1	035	Hook	5
004	Top Tube	1	036	L-Shaped Pin	1
005	Weight Sliding Rod	2	037	Rubber Bumper	2
006	Support Frame for Pec Arm	1	038	Top Weight Stack	1
007	Left Pec Arm	1	039	Top Weight Stack Washer	1
008	Right Pec Arm	1	040	Pin	1
009	U Handle	2	041	Plastic Bushing	1
010	Seat Frame	1	042	Weight Stack	9
011	Leg Extension Tube	1	043	Guide Rod	1
012	Lat Bar	1	044	Lat Bar Cable	1
013	Low Row Bar	1	045	Pec Cable	1
014	Foam Roller Tube	2	046	Leg Extension Cable	1
015	Back Pad	1	047	Bushing Ø12	4
016	Seat Pad	1	048	Bushing Ø16	2
017	Pec Pulley Rack	2	049	Curve Washer Ø10	4
018	Double Floating Pulley Bracket	1	050		
019	Crossed Double Floating Pulley Bracket	1	051	Flat Washer Ø8	6
020	Pec Hook	1	052	Flat Washer Ø10	52
021	U Handle Foam Grip Ø30x355	2	053	Flat Washer Ø12	4
022	Foam Roller	4	054	Flat Washer Ø16	2
023	Pec Foam Roller	2	055	Nylon Lock Nut M8	1
024	Handgrip	4	056	Nylon Lock Nut M10	28
025	Pulley	13	057	Nylon Lock Nut M12	2
026	Plug 38x38	1	058	Nylon Lock Nut M16	1
027	Plug 50x50	4	059	Tapping Screw Ø4x16	2
028	Plug Ø25	4	060	Hex Bolt M10x25	8
029	Plug Ø50	7	061	Hex Bolt M10x45	8
030	Arc Buffer	2	062	Hex Bolt M10x65	2
031	Buffer Bolt	1	063	Hex Bolt M10x70	8
032	Main Support Tube End Cap 38x38	1	064	Hex Bolt M8x65	4

## PARTS LIST

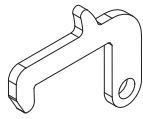
No.	Description	Qty	No.	Description	Qty
065	Hex Bolt M8x50	1	072	Arm Pad Support	1
066	Hex Bolt M16x100	1	073	Sleeve	1
067	Hex Bolt M12x85	2	074	Knob	1
068	Hex Bolt M10x75	2	075	Hex Bolt M6x20	4
069	Pulley Bushing	10	076	Flat Washer Ø6	4
070	Hex Socket Bolt M10x20	2	077	Nut Cap M10	2
071	Arm Pad	1	078	Nut Cap M12	4

## MAINTENANCE

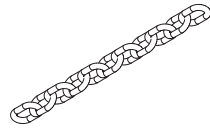
Please wipe your perspiration off the home gym with a clean, dry cloth after each use. Upholstery can be cleaned with a mild detergent or spray cleaner. Please inspect all assembly bolts and nuts on the home gym for proper tightness and every tube of the home gym for any sign of cracking or permanent bending. If you find this situation, do not use this home gym and contact an Authorized Service Representative immediately.

# HARDWARE PACKING LIST

## Hardware



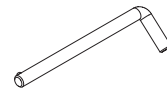
(20) Pec Hook  
1 PC



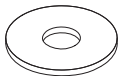
(34) Coil Chain  
2 PCS



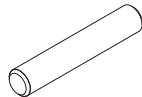
(35) Hook  
5 PCS



(36) L-Shaped Pin  
1 PC



(39) Top Weight  
Stack Washer  
1 PC



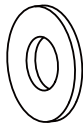
(40) Pin  
1 PC



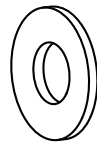
(49) Curve Washer  
Ø10  
4 PCS



(51) Flat Washer  
Ø8  
6 PCS



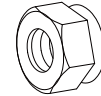
(52) Flat Washer  
Ø10  
52 PCS



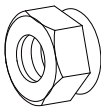
(53) Flat Washer  
Ø12  
4 PCS



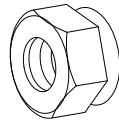
(54) Flat Washer  
Ø16  
2 PCS



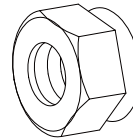
(55) Nylon Lock  
Nut M8  
1 PC



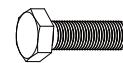
(56) Nylon Lock  
Nut M10  
28 PCS



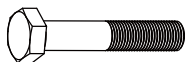
(57) Nylon Lock  
Nut M12  
2 PCS



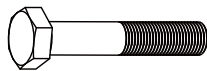
(58) Nylon Lock  
Nut M16  
1 PC



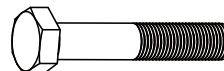
(60) Hex Bolt  
M10x25  
8 PCS



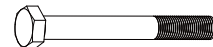
(61) Hex Bolt  
M10x45  
8 PCS



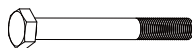
(62) Hex Bolt  
M10x65  
2 PCS



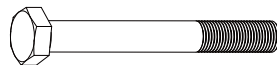
(63) Hex Bolt  
M10x70  
8 PCS



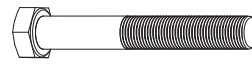
(64) Hex Bolt  
M8x65  
4 PCS



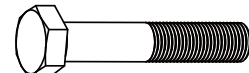
(65) Hex Bolt  
M8x50  
1 PC



(66) Hex Bolt  
M16x100  
1 PC



(67) Hex Bolt  
M12x85  
2 PCS



(68) Hex Bolt  
M10x75  
2 PCS





(70) Hex Socket Bolt  
M10x20  
2 PCS

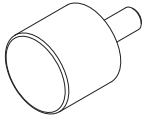


(75) Hex Bolt  
M6x20  
4 PCS

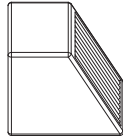


(76) Flat Washer Ø6  
4 PCS

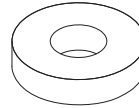
### Plastic Parts



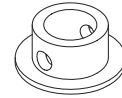
(31) Buffer Bolt  
1 PC



(33) Rear Base  
Tube End Cap  
2 PCS



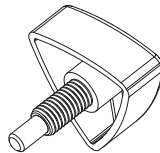
(37) Rubber Bumper  
2 PCS



(41) Plastic Bushing  
1 PC



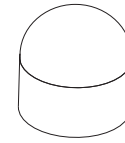
(69) Pulley Bushing  
10 PCS



(74) Knob  
1 PC

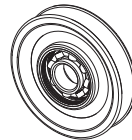


(77) Nut Cap M10  
2 PCS



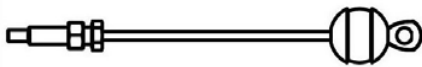
(78) Nut Cap M12  
4 PCS

### Pulley Pack

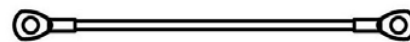


(25) Pulley  
13 PCS

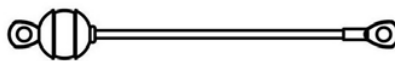
### Cables



(44) Lat Bar Cable  
1 PC

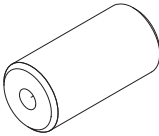


(45) Pec Cable  
1 PC

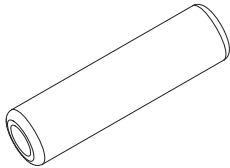


(46) Leg Extension Cable  
1 PC

**Foam Roller**

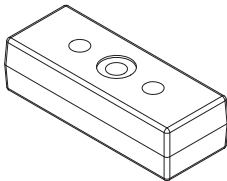


(22) Foam Roller  
4 PCS

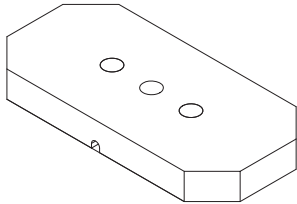


(23) Pec Foam Roller  
2 PCS

**Weight Stack Pack**

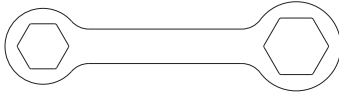


(38) Top Weight Stack  
(Approximately 4.5kgs/10lbs)  
1 PC

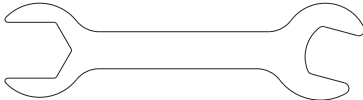


(42) Weight Stack  
(Approximately 4.5kgs/10lbs)  
9 PCS

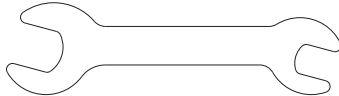
**Tools**



Wrench 19-24  
2 PCS



Wrench 19-17  
2 PCS

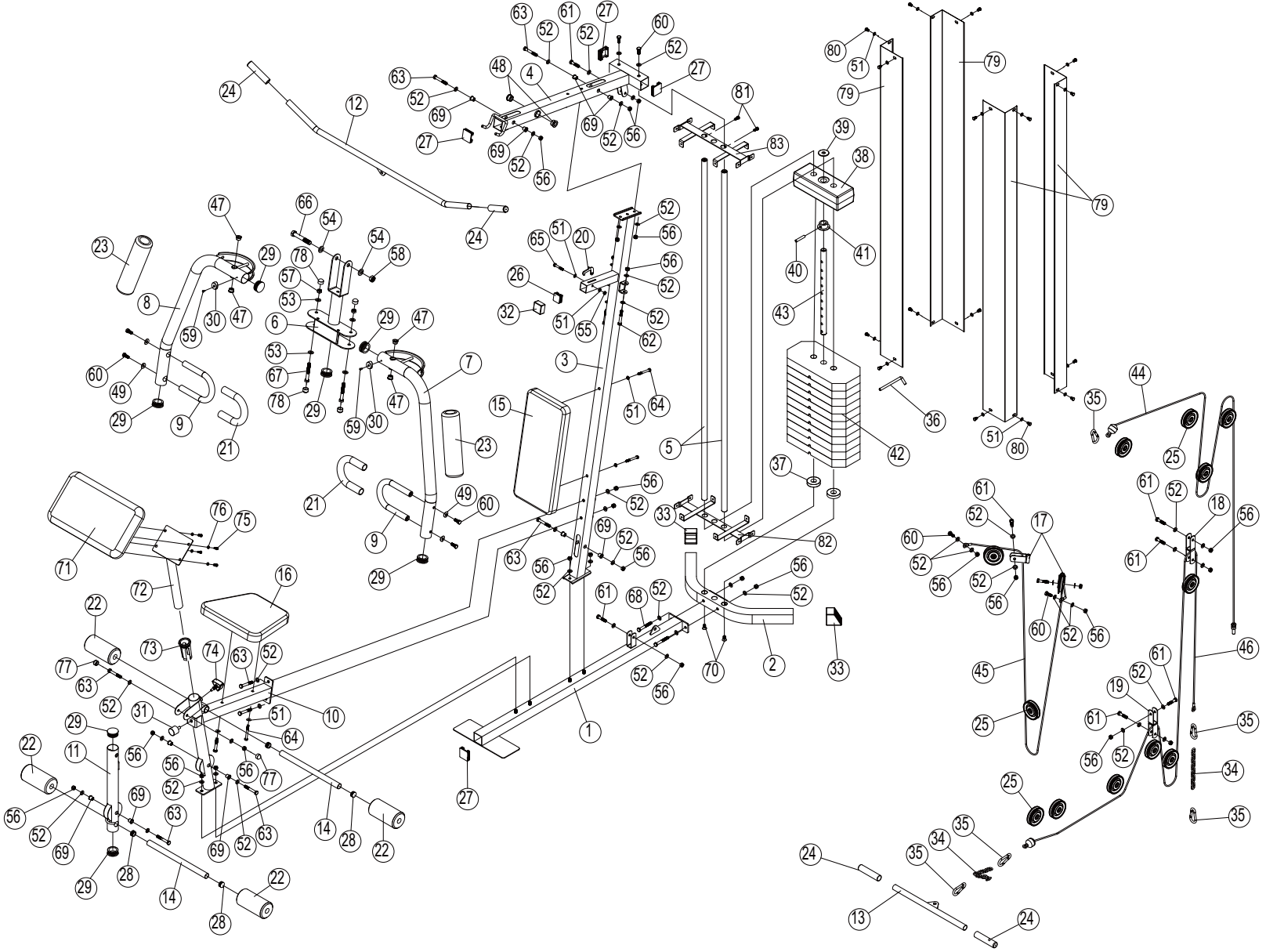


Wrench 14-10  
2 PCS



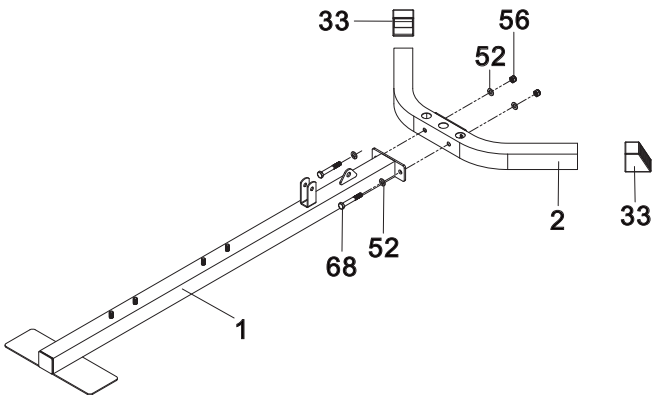
Allen Wrench 6mm  
1 PC

# OVERVIEW DRAWING

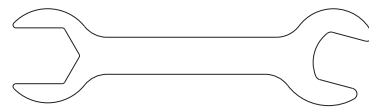


# ASSEMBLY INSTRUCTIONS

**NOTE:** It is recommended that you always use the aid of a second person when assembling the home gym.



## Tool:

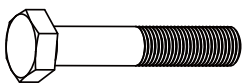


*2 Wrenches (19-17)*

## Step 1

Attach the Rear Base Tube (2) onto the Main Base Tube (1) with two M10x75 Hex Bolts (68), two M10 Nylon Lock Nuts (56), and four Ø10 Flat Washers (52). Tighten bolts and nuts with two Wrenches provided. Install two Rear Base Tube End Caps (33) onto the Rear Base Tube (2).

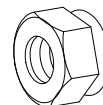
## Hardware:



*2 Hex Bolts (M10x75)*

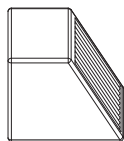


*4 Flat Washers (Ø10)*

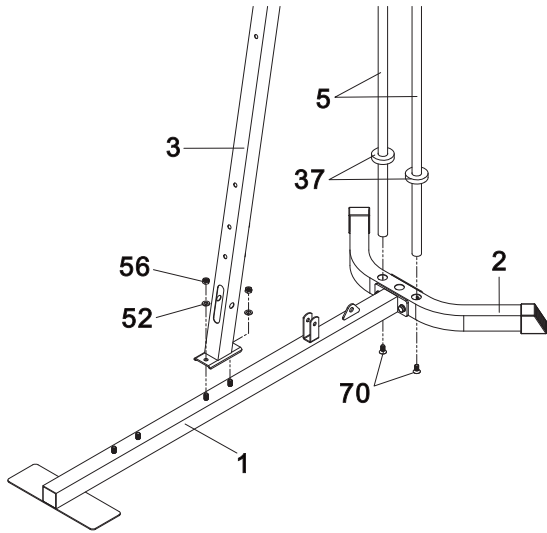


*2 Nylon Lock Nuts (M10)*

## Plastic Parts



*2 Rear Base Tube End Caps*



**Tool:**



1 Wrench (19-17)

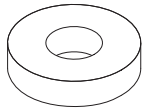


1 Allen Wrench (6mm)

**Step 2**

Slide two Rubber Bumpers (37) onto the Weight Stack Sliding Rods (5). Then insert two Stack Sliding Rods (5) into the holes of the Rear Base Tube (2) and secure with two M10x20 Hex Socket Bolts (70). Tighten bolts with the Allen Wrench provided. Attach the Main Support Tube (3) onto the Main Base Tube (1) with two M10 Nylon Lock Nuts (56) and two Ø10 Flat Washers (52). Tighten bolts with the Wrench provided.

**Plastic Part:**



2 Rubber Bumpers

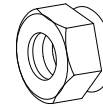
**Hardware:**



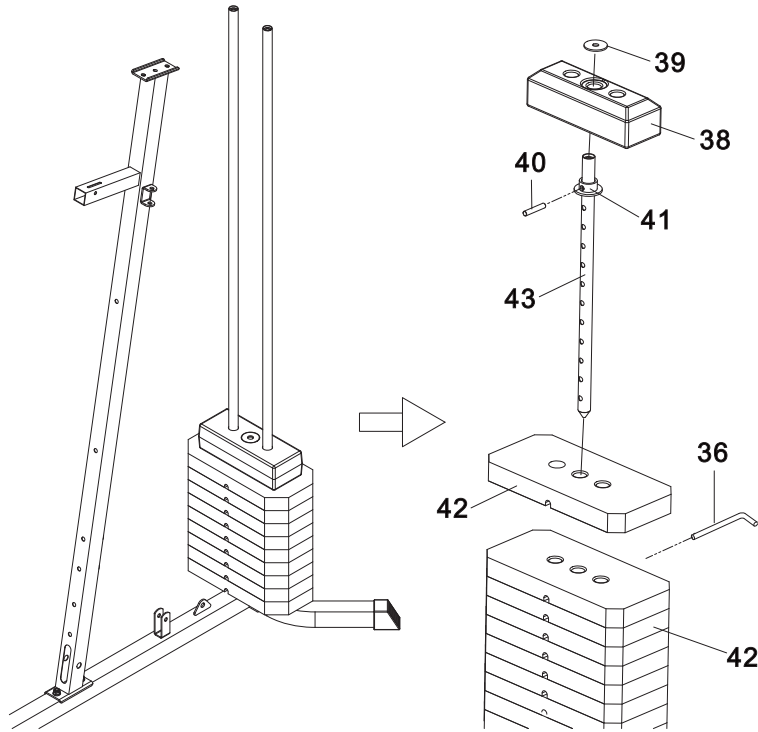
2 Hex Socket Bolts (M10x20)



2 Flat Washers (Ø10)



2 Nylon Lock Nuts (M10)



### Step 3

Install each Weight Stack (42) onto the Weight Stack Sliding Rods (5).

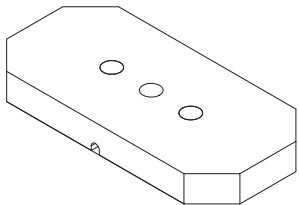
**NOTE: Ensure that each weight stack's selector pin slot faces downward.**

Slide the Plastic Bushing (41) onto the Guide Rod (43) and align pin hole. Secure the Plastic Bushing (41) onto the Guide Rod (43) by inserting the Pin (40) through into the holes of the Guide Rod (43) and Plastic Bushing (41).

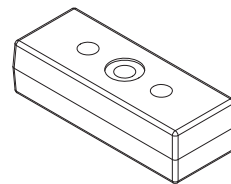
Slide the Top Weight Stack (38) onto the Guide Rod (43) and Plastic Bushing (41). Place the Top Weight Stack Washer (39) onto the hole of the Top Weight Stack (38).

Finally, install the Top Weight Stack (38) with Guide Rod (43) onto the Weight Stack Sliding Rods (5).

### Weight Stack Pack:

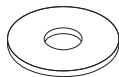


9 Weight Stacks  
(Approximately 40.5kgs/90lbs)

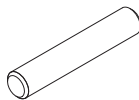


1 Top Weight Stack  
(Approximately 4.5kgs/10lbs)

### Hardware:

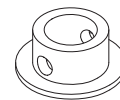


1 Top Weight Stack Washer

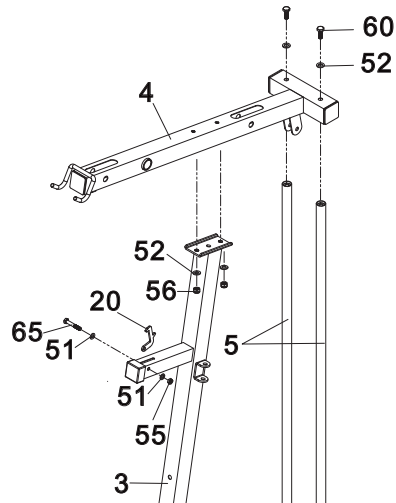


1 Pin

### Plastic Part:



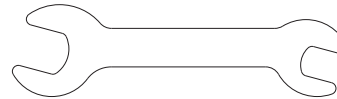
1 Plastic Bushing



**Tool:**



1 Wrench (19-17)



2 Wrenches (14-10)

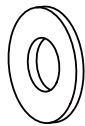
**Step 4**

Insert each Weight Stack Sliding Rod (5) into the corresponding hole in the Top Tube (4). Secure Weight Stack Sliding Rod (5) in the Top Tube (4) using two Ø10 Flat Washers (52) and M10x25 Hex Bolts (60). Tighten bolts with the Wrench provided.

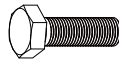
Attach the Top Tube (4) onto the Main Support Tube (3) with two M10 Nylon Lock Nuts (56), and two Ø10 Flat Washers (52). Tighten nuts with two Wrenches provided.

Attach the Pec Hook (20) onto the Main Support Tube (3) with one M8 Nylon Lock Nut (55), one M8x50 Hex Bolt (65), and two Ø8 Flat Washers (51). Tighten bolts and nuts with two Wrenches provided.

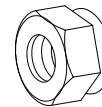
**Hardware:**



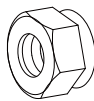
4 Flat Washers (Ø10)



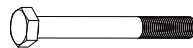
2 Hex Bolts (M10x25)



2 Nylon Lock Nuts (M10)



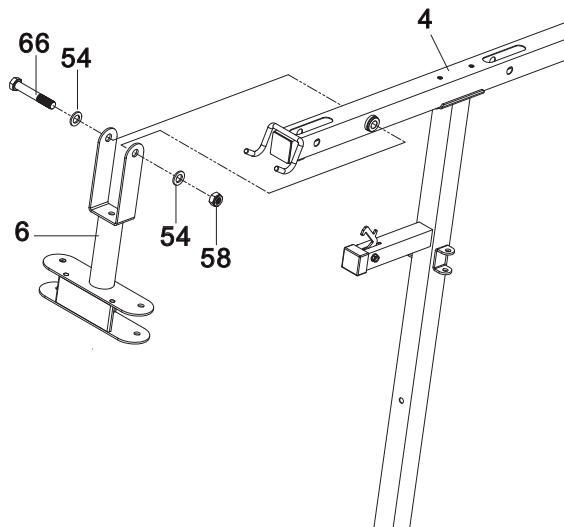
1 Nylon Lock Nut M8



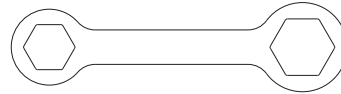
1 Hex Bolt (M8x50)



2 Flat Washers (Ø8)



**Tool:**

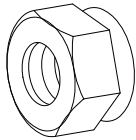


*2 Wrenches 19-24*

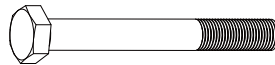
**Step 5**

Attach the Support Frame for Pec Arm (6) onto the Top Tube (4) with one M16 Nylon Lock Nut (58), one M16x100 Hex Bolt (66), and two Ø16 Flat Washers (54). Tighten bolt and nut with two Wrenches provided.

**Hardware:**



*1 Nylon Lock Nut (M16)*

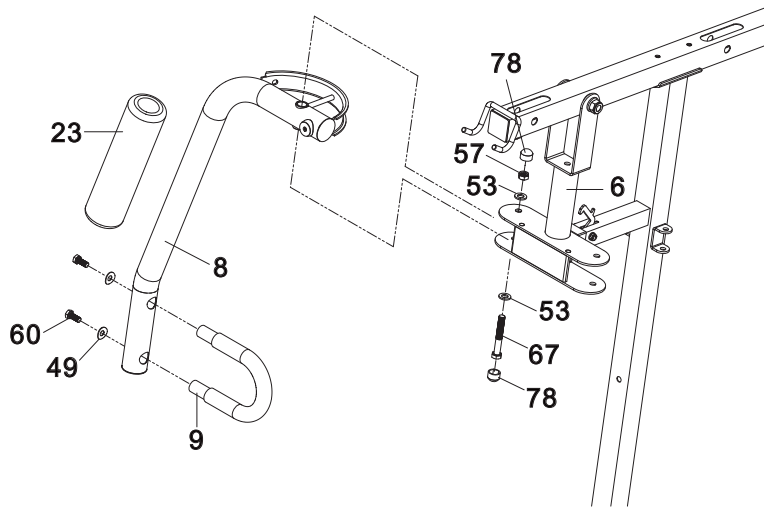


*1 Hex Bolt (M16x100)*

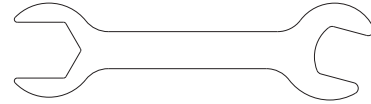


*2 Flat Washers (Ø16)*

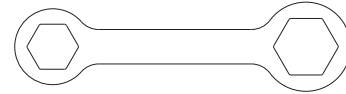




**Tool:**



1 Wrench (19-17)

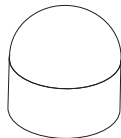


2 Wrenches 19-24

**Step 6**

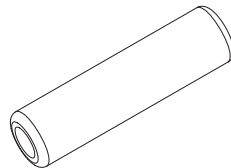
Slide one Pec Foam Roller (23) onto the Right Pec Arm (8). Attach the U Handle (9) onto the Right Pec Arm (8) with two Ø10 Curve Washers (49), and two M10x25 Hex Bolts (60). Tighten bolts with the Wrench provided. Attach the Right Pec Arm (8) onto the clevis of the Support Frame for Pec Arm (6) with one M12 Nylon Lock Nut (57), one M12x85 Hex Bolt (67), and two Ø12 Flat Washers (53). Tighten bolt and nut with two Wrenches provided. Install two M12 Nut Caps (78) onto the M12 Nylon Lock Nut (57) and M12x85 Hex Bolt (67). Use the same procedure to install the Left Pec Arm (7) onto the other clevis of the Support Frame for Pec Arm (6).

**Plastic Part:**



4 Nut Caps (M12)

**Foam Roller:**

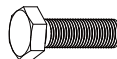


2 Pec Foam Rollers

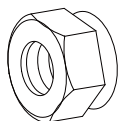
**Hardware:**



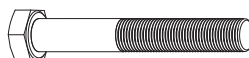
4 Curve Washers (Ø10)



4 Hex Bolts (M10x25)



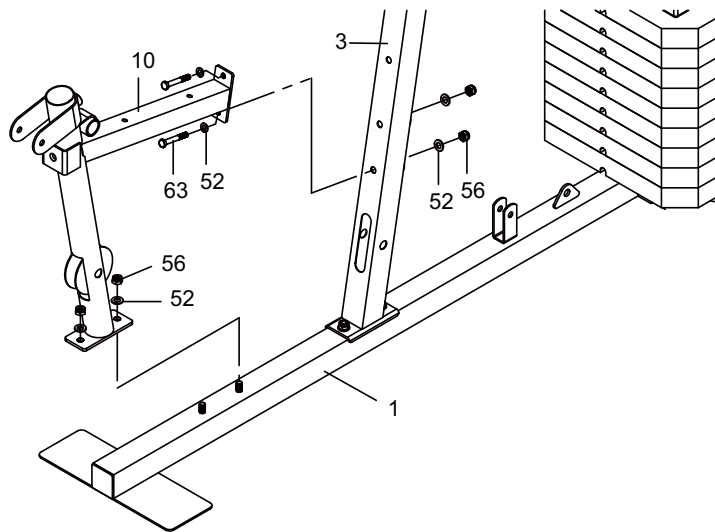
2 Nylon Lock Nuts M12



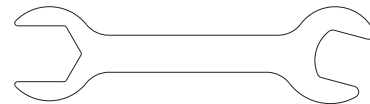
2 Hex Bolts (M12x85)



4 Flat Washers (Ø12)



**Tool:**

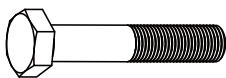


*2 Wrenches (19-17)*

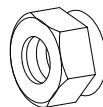
**Step 7**

Attach the Seat Frame (10) onto the Main Support Tube (3) and Main Base Tube (1) with two M10x70 Hex Bolts (63), four M10 Nylon Lock Nuts (56), and six Ø10 Flat Washers (52). Tighten bolt and nut with two Wrenches provided.

**Hardware:**



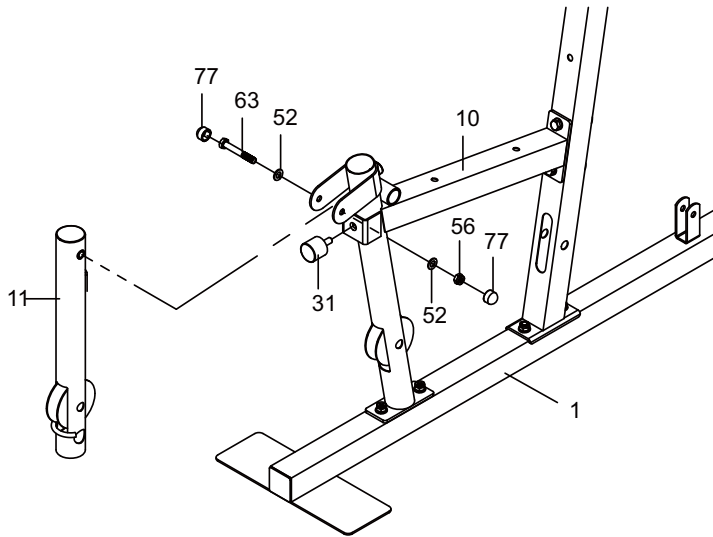
*2 Hex Bolts (M10x70)*



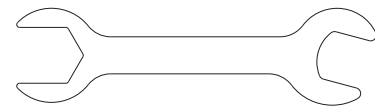
*4 Nylon Lock Nuts (M10)*



*6 Flat Washers (Ø10)*



**Tool:**

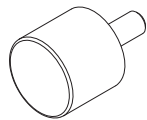


*2 Wrenches (19-17)*

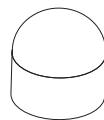
**Step 8**

Install the Buffer Bolt (31) onto the Seat Frame (10). Attach the Leg Extension Tube (11) onto the clevis of the Seat Frame (10) with one M10 Nylon Lock Nuts (56), one M10x70 Hex Bolts (63), and two Ø10 Flat Washers (52). Tighten bolt and nut with two Wrenches provided. Install two M10 Nut Caps (77) onto the M10 Nylon Lock Nuts (56) and M10x70 Hex Bolts (63).

**Plastic Part:**

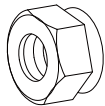


*1 Buffer Bolt*

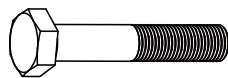


*2 Nut Caps (M10)*

**Hardware:**



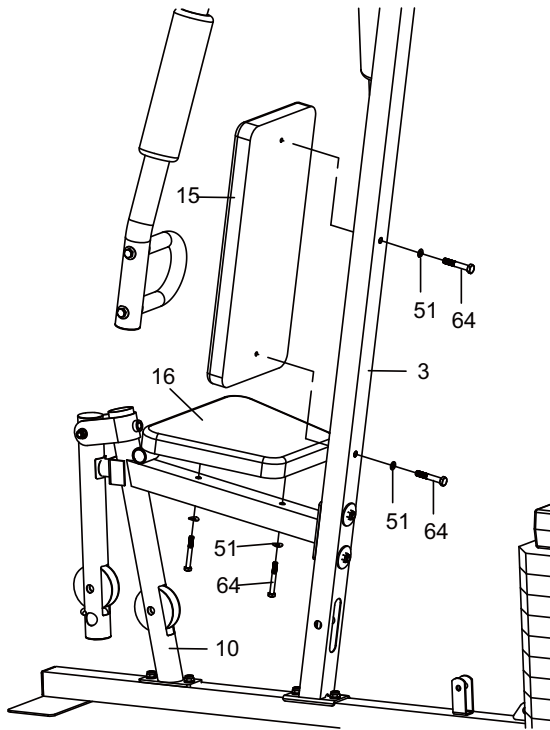
*1 Nylon Lock Nut (M10)*



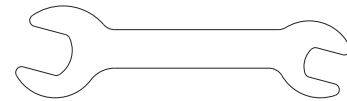
*1 Hex Bolt (M10x70)*



*2 Flat Washers (Ø10)*



**Tool:**



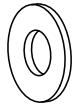
1 Wrench (14-10)

**Step 9**

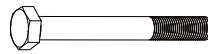
Attach the Seat Pad (16) onto the Seat Frame (10) with two Ø8 Flat Washers (51) and two M8x65 Hex Bolts (64). Tighten bolts with the Wrench provided.

Attach the Back Pad (15) onto the Main Support Tube (3) with two Ø8 Flat Washers (51) and two M8x65 Hex Bolts (64). Tighten bolts with the Wrench provided.

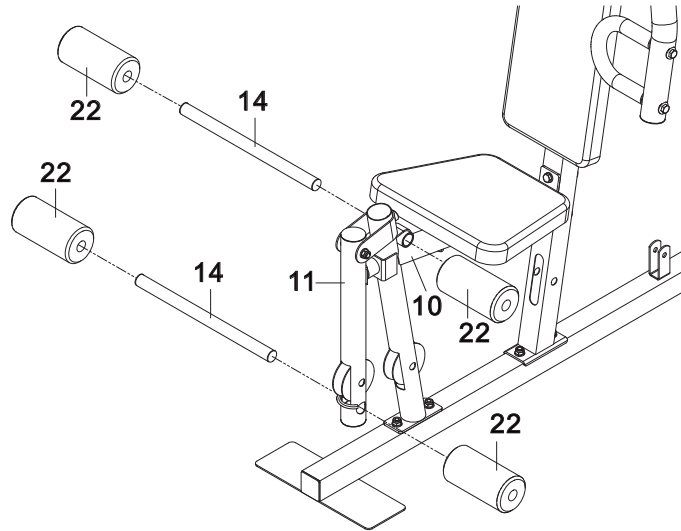
**Hardware:**



4 Flat Washers (Ø8)



4 Hex Bolts (M8x65)

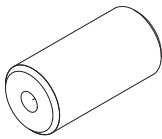


### Step 10

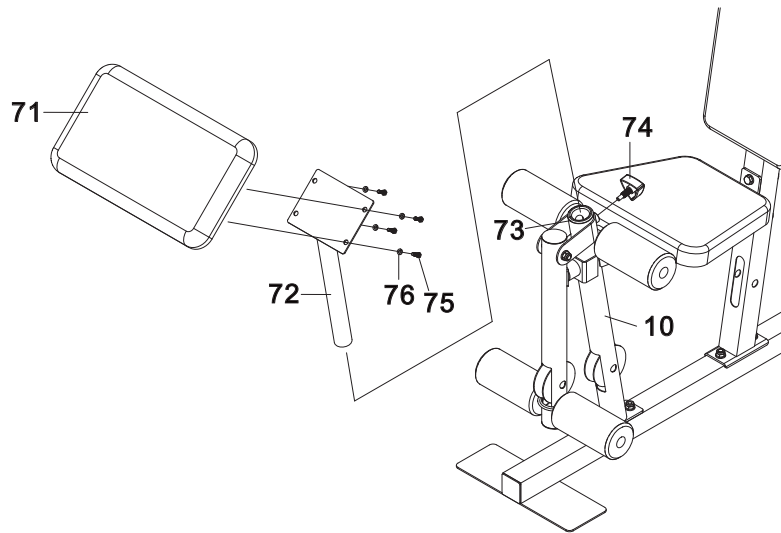
Slide the Foam Roll Tube (14) through the round hole of the Seat Frame (10). Slide two Foam Rolls (22) onto both ends of the Foam Roll Tube (14).

Slide the Foam Roll Tube (14) through the round hole of the Leg Extension Tube (11). Slide two Foam Rolls (22) onto both ends of the Foam Roll Tube (14).

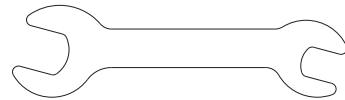
### Foam Roller:



*4 Foam Rollers*



**Tool:**

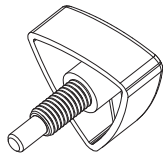


*1 Wrench (14-10)*

**Step 11**

Attach the Arm Pad (71) onto the Arm Pad Support (72) with four M6x20 Hex Bolts (75) and four Ø6 Flat Washers (76). Tighten bolts with the Wrench provided. Insert the Arm Pad Support (72) with Arm Pad (71) into the Sleeve (73). Adjust the height of the Arm Pad (71) position and insert the Knob (74). Turn the Knob (74) in the clockwise direction to tighten.

**Plastic Part:**



*1 Knob*

**Hardware:**

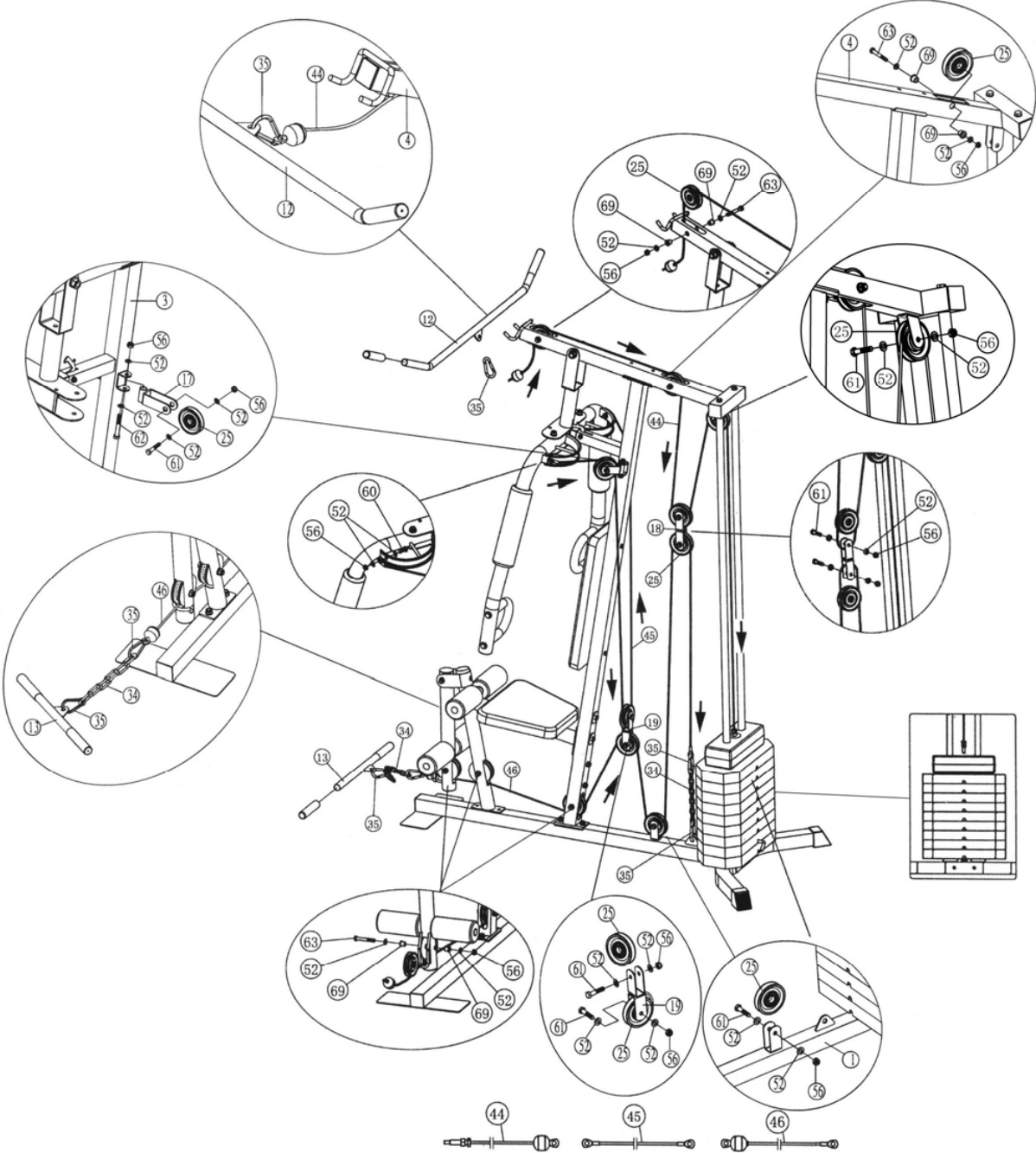


*4 Hex Bolts (M6x20)*

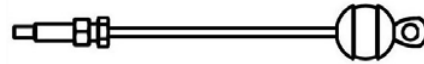
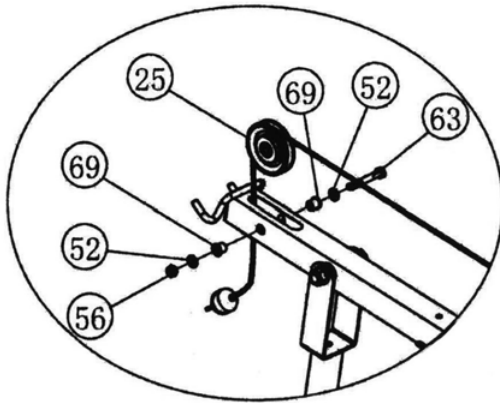


*4 Flat Washers (Ø6)*

# CABLE LOOP DIAGRAM

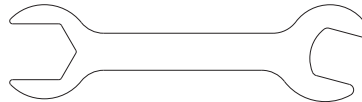


# PULLEYS AND LAT BAR CABLE INSTALLATION



Lat Bar Cable

## Tool:



2 Wrenches (19-17)

## Step 1

Insert the Lat Bar Cable (44) around the Pulley (25) at the front of the Pulley (25). Then attach the Pulley (25) onto the Top Tube (4) with one M10 Nylon Lock Nuts (56), one M10x70 Hex Bolts (63), two Ø10 Flat Washers (52), and two Pulley Bushings (69). Tighten bolt and nut with two Wrenches provided.

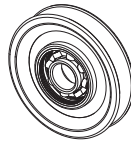
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.**

## Plastic Part:



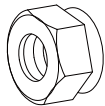
2 Pulley Bushings

## Pulley:

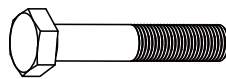


1 Pulley

## Hardware:



1 Nylon Lock Nut (M10)

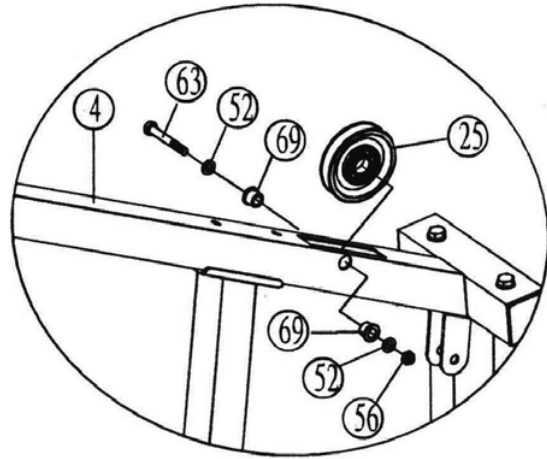
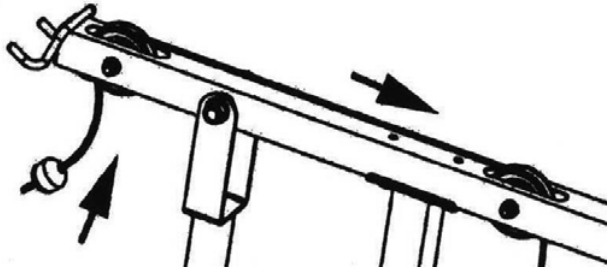


1 Hex Bolt (M10x70)

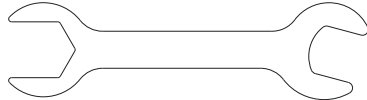


2 Flat Washers (Ø10)





**Tool:**



*2 Wrenches (19-17)*

**Step 2**

Pull the Lat Bar Cable (44) towards to the second Pulley (25) and draw it around the Pulley (25). Then attach the Pulley (25) onto the Top Tube (4) with one M10 Nylon Lock Nuts (56), One M10x70 Hex Bolts (63), two Ø10 Flat Washers (52), and two Pulley Bushings (69). Tighten bolt and nut with two Wrenches provided.

**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.**

**Plastic Part:**



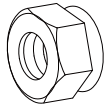
*2 Pulley Bushings*

**Pulley:**

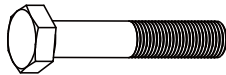


*1 Pulley*

**Hardware:**



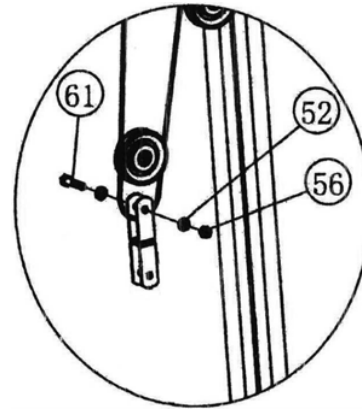
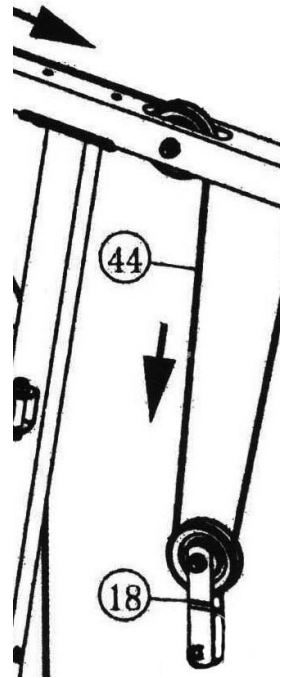
*1 Nylon Lock Nut (M10)*



*1 Hex Bolt (M10x70)*



*2 Flat Washers (Ø10)*



**Tool:**



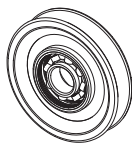
*2 Wrenches (19-17)*

### Step 3

Pull the Lat Bar Cable (44) downwards to the Double Floating Pulley Bracket (18). Draw the Lat Bar Cable (44) around the Pulley (25) on the Double Floating Pulley Bracket (18). Then attach the Pulley (25) onto the Double Floating Pulley Bracket (18) with one M10 Nylon Lock Nuts (56), one M10x45 Hex Bolts (61), and two Ø10 Flat Washers (52). Tighten bolt and nut with two Wrenches provided.

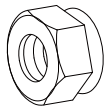
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.**

### Pulley:

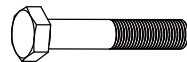


*1 Pulley*

### Hardware:



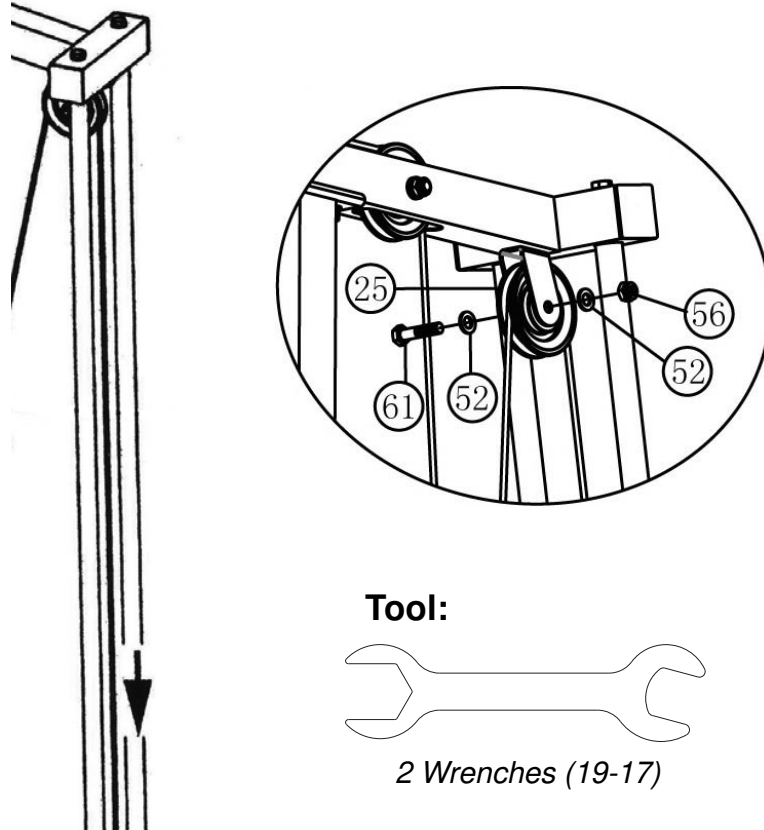
*1 Nylon Lock Nut (M10)*



*1 Hex Bolt (M10x45)*



*2 Flat Washers (Ø10)*

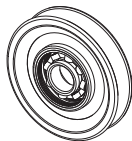


#### Step 4

Pull the Lat Bar Cable (44) upwards to the Pulley (25). Draw the Lat Bar Cable (44) around the Pulley (25). Then attach the Pulley (25) onto the Top Tube (4) with one M10 Nylon Lock Nuts (56), one M10x45 Hex Bolts (61), and two Ø10 Flat Washers (52). Tighten bolt and nut with two Wrenches provided.

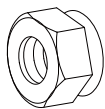
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.**

#### Pulley:

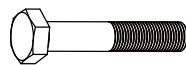


*1 Pulley*

#### Hardware:



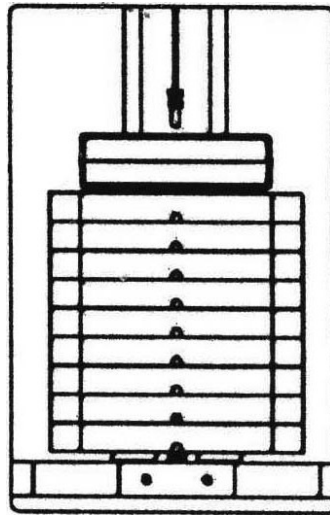
*1 Nylon Lock Nut (M10)*



*1 Hex Bolt (M10x45)*



*2 Flat Washers (Ø10)*



**Tool:**

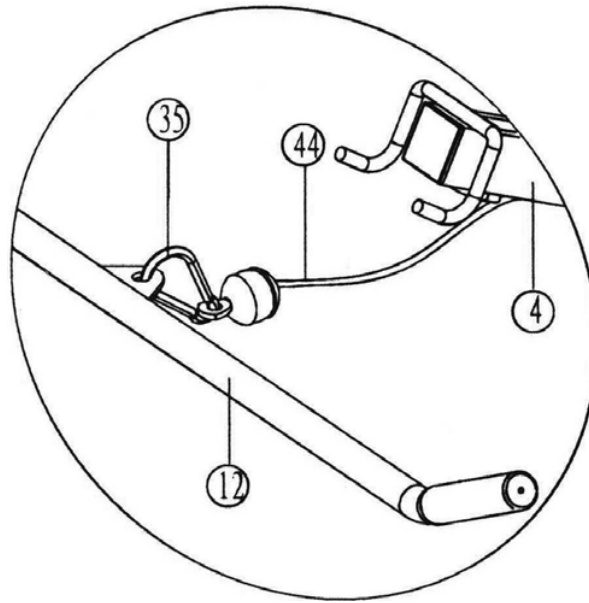


*1 Wrench (19-17)*

**Step 5**

Pull the Lat Bar Cable (44) downwards to the Guide Rod (43). Thread the bolt at the end of the Lat Bar Cable (44) into the opening on top of the Guide Rod (43) to secure the cable.

**PLEASE REFER TO THE "CABLE LOOP DIAGRAM" SECTION ON PAGE 21.**



**Step 6**

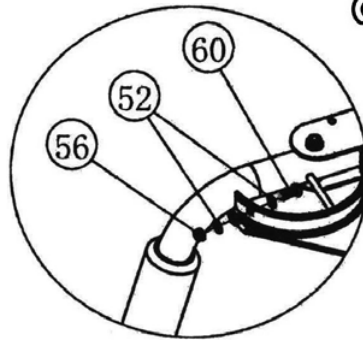
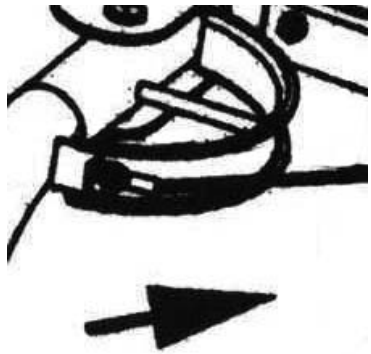
Connect the Hook (35) to the ball stopper end of the Lat Bar Cable (44) and Lat Bar (12).  
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.**

**Hardware:**



*1 Hook*

## PULLEYS AND PEC CABLE INSTALLATION



*Pec Cable*

**Tool:**



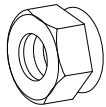
*2 Wrenches (19-17)*

### Step 1

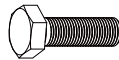
Attach one end of the Pec Cable (45) onto the Left Pec Arm (7) with one M10 Nylon Lock Nuts (56), one M10x25 Hex Bolts (60), and two Ø10 Flat Washers (52). Tighten bolt and nut with two Wrenches provided.

**PLEASE REFER TO THE "CABLE LOOP DIAGRAM" SECTION ON PAGE 21.**

### Hardware:



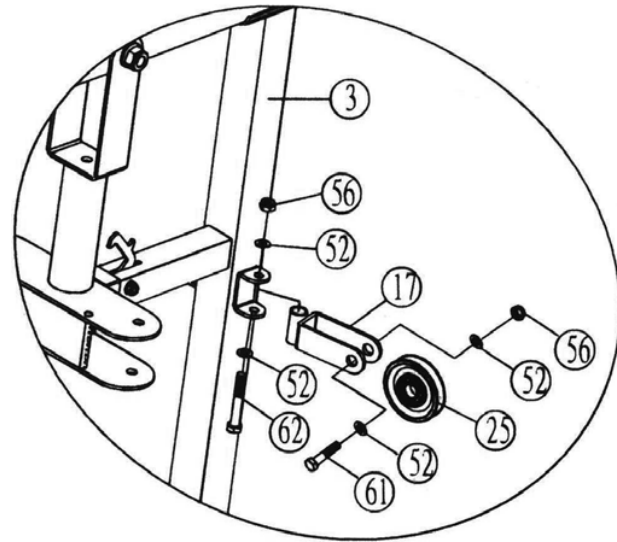
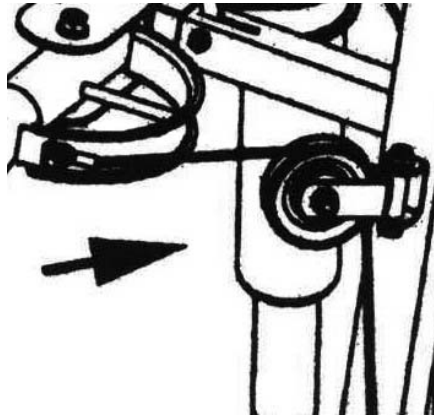
*1 Nylon Lock Nut (M10)*



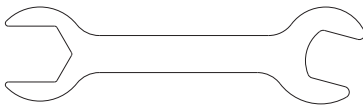
*1 Hex Bolt (M10x25)*



*2 Flat Washers (Ø10)*



**Tool:**



*2 Wrenches (19-17)*

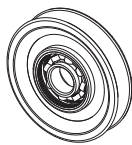
**Step 2**

Attach the Pec Pulley Rack (17) onto the left clevis of the Main Support Tube (3) with one M10 Nylon Lock Nuts (56), one M10x65 Hex Bolts (62), and two Ø10 Flat Washers (52). Tighten bolt and nut with two Wrenches provided.

Insert the other end of the Pec Cable (45) around the Pulley (25). Then attach the Pulley (25) onto the Pec Pulley Rack (17) with one M10 Nylon Lock Nuts (56), one M10x45 Hex Bolts (61), and two Ø10 Flat Washers (52). Tighten bolt and nut with two Wrenches provided.

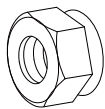
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.**

**Pulley:**

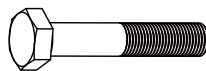


*1 Pulley*

**Hardware:**



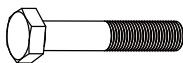
*2 Nylon Lock Nuts (M10)*



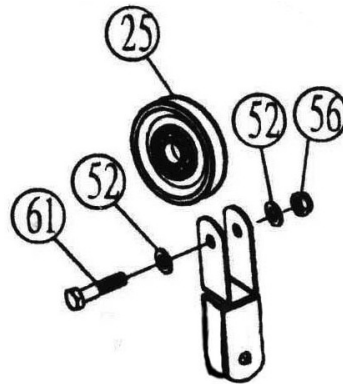
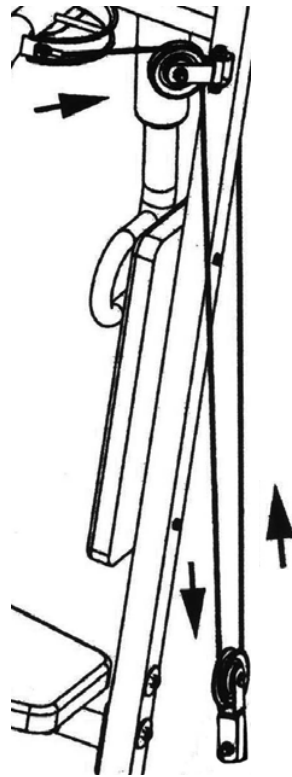
*1 Hex Bolt (M10x65)*



*4 Flat Washers (Ø10)*



*1 Hex Bolt (M10x45)*



**Tool:**



*2 Wrenches (19-17)*

**Step 3**

Pull the Pec Cable (45) downwards to the Crossed Double Floating Pulley Bracket (19). Draw the Pec Cable (45) around the Pulley (25) on the Crossed Double Floating Pulley Bracket (19). Then attach the Pulley (25) onto the Crossed Double Floating Pulley Bracket (19) with one M10 Nylon Lock Nuts (56), one M10x45 Hex Bolts (61), and two Ø10 Flat Washers (52). Tighten bolt and nut with two Wrenches provided.

Attach the Pec Pulley Rack (17) onto the right clevis of the Main Support Tube (3) with one M10 Nylon Lock Nuts (56), one M10x65 Hex Bolts (62), and two Ø10 Flat Washers (52). Tighten bolt and nut with two Wrenches provided.

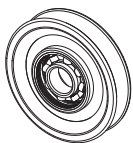
Pull the Pec Cable (45) forwards to the Pec Pulley Rack (17). Insert the Pec Cable (45) around the Pulley (25). Then attach the Pulley (25) onto the Pec Pulley Rack (17) with one M10 Nylon Lock Nuts (56), one M10x45 Hex Bolts (61), and two Ø10 Flat Washers (52). Tighten bolt and nut with two Wrenches provided.

Attach the other end of the Pec Cable (45) onto the Right Pec Arm (8) with one M10 Nylon Lock Nuts (56), one M10x25 Hex Bolts (60), and two Ø10 Flat Washers (52). Tighten bolt and nut with two Wrenches provided.

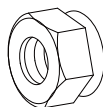
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.**

**Pulley:**

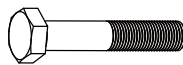
**Hardware:**



3 Pulleys



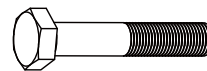
4 Nylon Lock Nuts (M10)



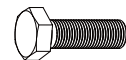
2 Hex Bolts (M10x45)



8 Flat Washers (Ø10)



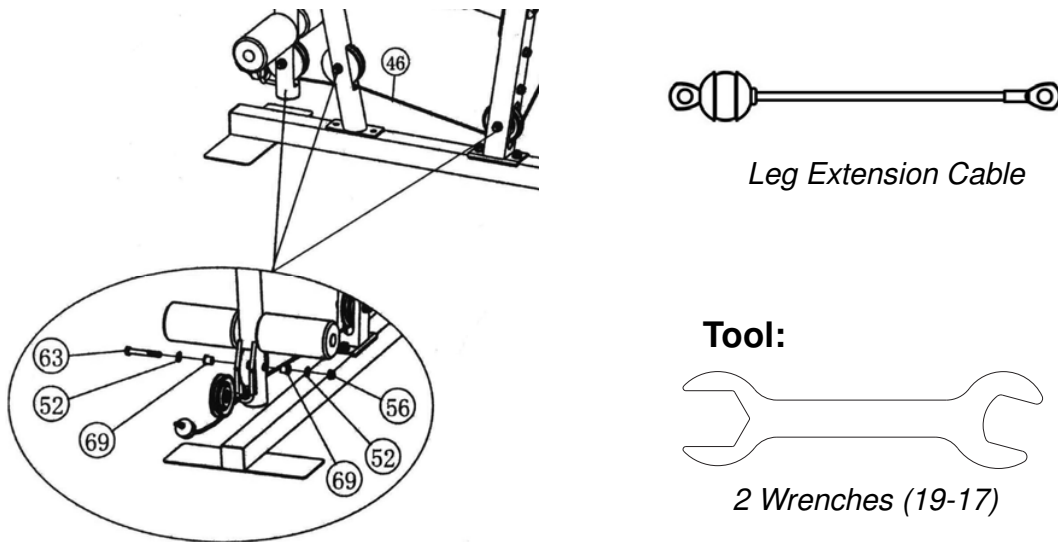
1 Hex Bolt (M10x65)



1 Hex Bolt (M10x25)



# PULLEYS AND LEG EXTENSION CABLE INSTALLATION



## Step 1

Insert the Leg Extension Cable (46) to the Pulley (25). Then attach the Pulley (25) onto the Leg Extension Tube (11) with one M10 Nylon Lock Nuts (56), one M10x70 Hex Bolts (63), two Ø10 Flat Washers (52), and two Pulley Bushings (69). Tighten bolt and nut with two Wrenches provided.

Pull the Leg Extension Cable (46) towards and insert it to the second Pulley (25). Then attach the Pulley (25) onto the Seat Frame (10) with one M10 Nylon Lock Nuts (56), One M10x70 Hex Bolts (63), two Ø10 Flat Washers (52), and two Pulley Bushings (69). Tighten bolt and nut with two Wrenches provided.

Pull the Leg Extension Cable (46) towards and insert it to the third Pulley (25). Then attach the Pulley (25) onto the Main Support Tube (3) with one M10 Nylon Lock Nuts (56), One M10x70 Hex Bolts (63), two Ø10 Flat Washers (52), and two Pulley Bushings (69). Tighten bolt and nut with two Wrenches provided.

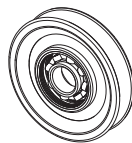
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.**

## Plastic Part:



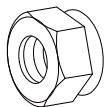
6 Pulley Bushings

## Pulley:

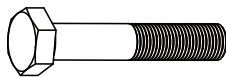


3 Pulleys

## Hardware:



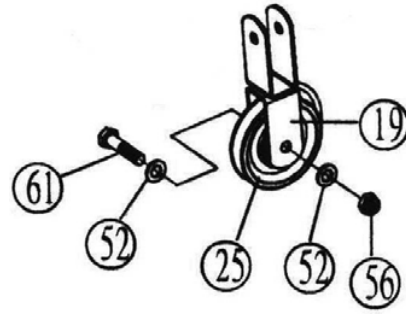
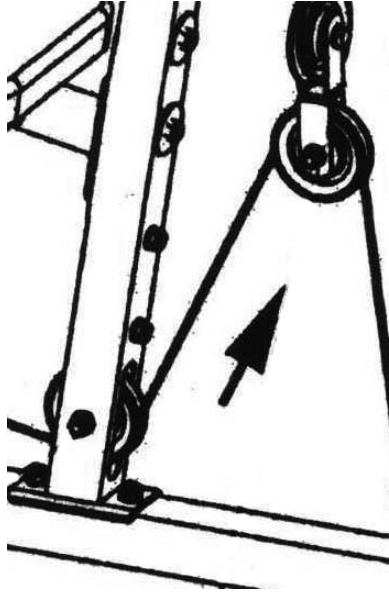
3 Nylon Lock Nuts (M10)



3 Hex Bolts (M10x70)



6 Flat Washers (Ø10)



**Tool:**



*2 Wrenches (19-17)*

**Step 2**

Pull the Leg Extension Cable (46) upwards to the Crossed Double Floating Pulley Bracket (19). Draw the Leg Extension Cable (46) around the Pulley (25) on the Crossed Double Floating Pulley Bracket (19). Then attach the Pulley (25) onto the Crossed Double Floating Pulley Bracket (19) with one M10 Nylon Lock Nuts (56), one M10x45 Hex Bolts (61), and two Ø10 Flat Washers (52). Tighten bolt and nut with two Wrenches provided.

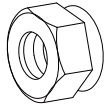
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.**

**Pulley:**

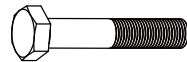


*1 Pulley*

**Hardware:**



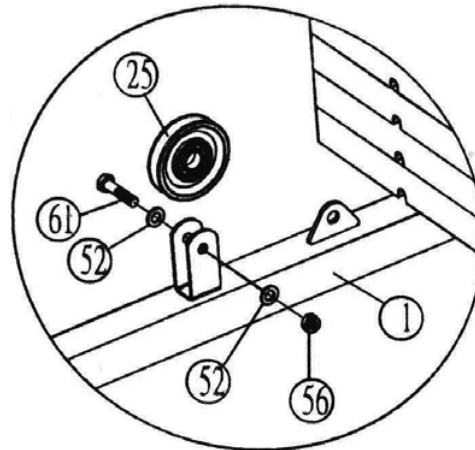
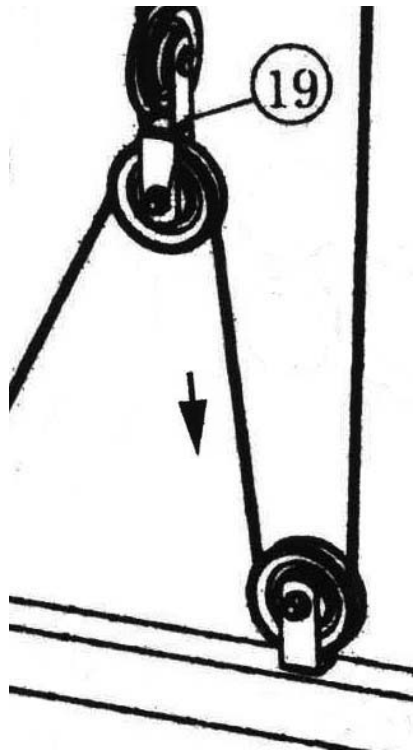
*1 Nylon Lock Nut (M10)*



*1 Hex Bolt (M10x45)*



*2 Flat Washers (Ø10)*



**Tool:**



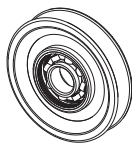
*2 Wrenches (19-17)*

**Step 3**

Pull the Leg Extension Cable (46) downwards to the Pulley (25). Draw the Leg Extension Cable (46) around the Pulley (25). Then attach the Pulley (25) onto the Main Base Tube (1) with one M10 Nylon Lock Nuts (56), one M10x45 Hex Bolts (61), and two Ø10 Flat Washers (52). Tighten bolt and nut with two Wrenches provided.

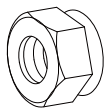
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.**

**Pulley:**

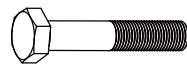


*1 Pulley*

**Hardware:**



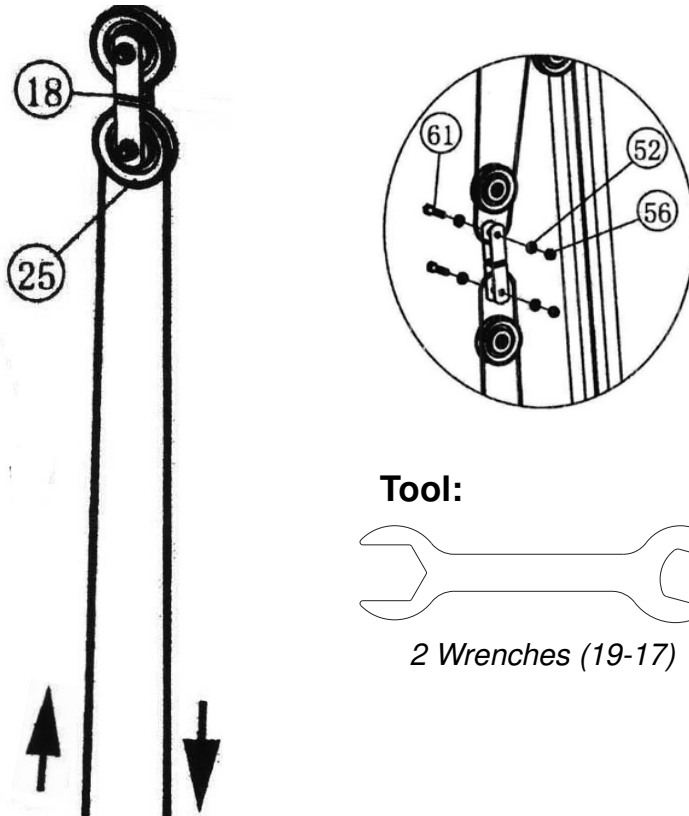
*1 Nylon Lock Nut (M10)*



*1 Hex Bolt (M10x45)*



*2 Flat Washers (Ø10)*

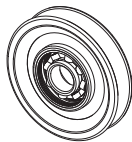


**Step 4**

Pull the Leg Extension Cable (46) upwards to the Double Floating Pulley Bracket (18). Draw the Leg Extension Cable (46) around the Pulley (25) on the Double Floating Pulley Bracket (18). Then attach the Pulley (25) onto the Double Floating Pulley Bracket (18) with one M10 Nylon Lock Nuts (56), one M10x45 Hex Bolts (61), and two Ø10 Flat Washers (52). Tighten bolt and nut with two Wrenches provided.

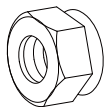
**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.**

**Pulley:**

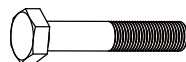


1 Pulley

**Hardware:**



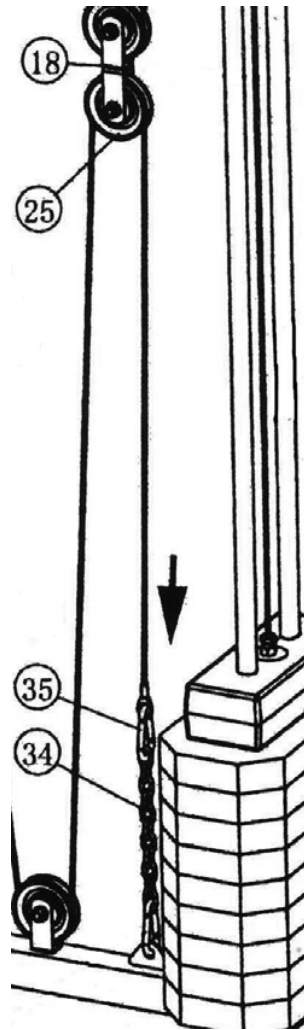
1 Nylon Lock Nut (M10)



1 Hex Bolt (M10x45)



2 Flat Washers (Ø10)



### Step 5

Pull the Leg Extension Cable (46) downwards to the triangle plate on the Main Base Tube (1).

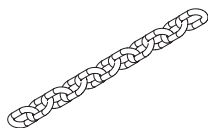
Connect the Leg Extension Cable (45) to the Hook (35) then connect the Hook (35) with Leg Extension Cable (46) to the Coil Chain (34). Connect the other end of the Coil Chain (34) to the Hook (35) then connect the Hook (35) with the Coil Chain (34) to the hole on the triangle plate of the Main Base Tube (1).

**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.**

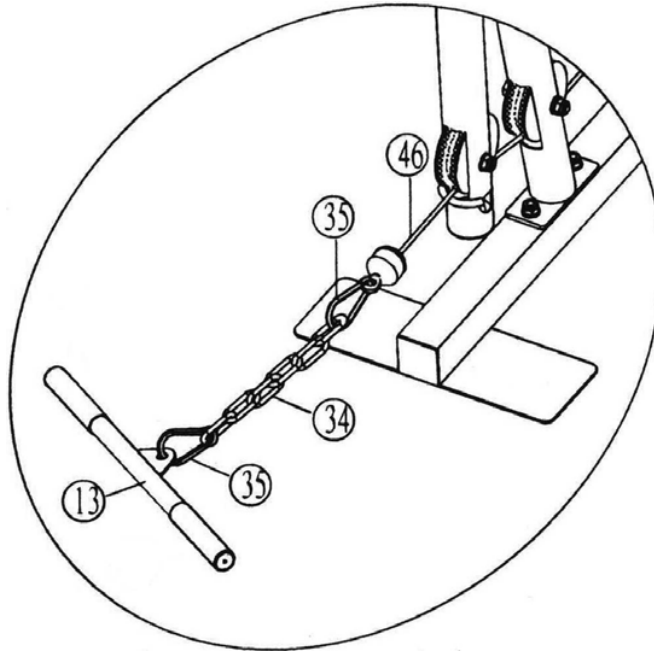
### Hardware:



*2 Hooks*



*1 Coil Chain*



### Step 6

Connect the Hook (35) to the ball stopper end of the Leg Extension Cable (46) and Coil Chain (34).

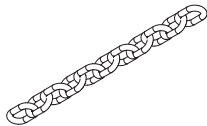
Connect the other Hook (35) to the Coil Chain (34) and Low Row Bar (13).

**PLEASE REFER TO THE “CABLE LOOP DIAGRAM” SECTION ON PAGE 21.**

### Hardware:



2 Hooks



1 Coil Chain

## WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

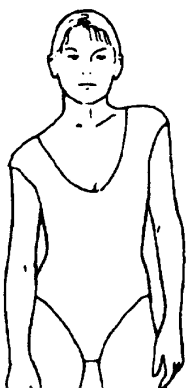
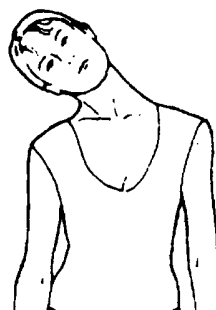
**AEROBIC EXERCISE** is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

**COOL DOWN** at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

### HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

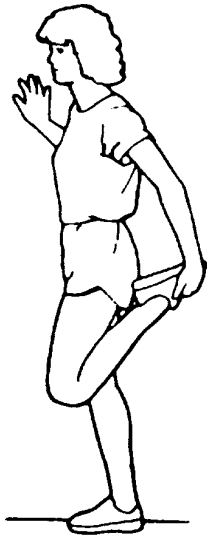
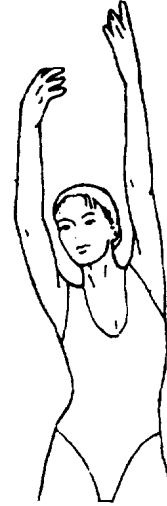


### SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

### **SIDE STRETCHES**

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



### **QUADRICEPS STRETCH**

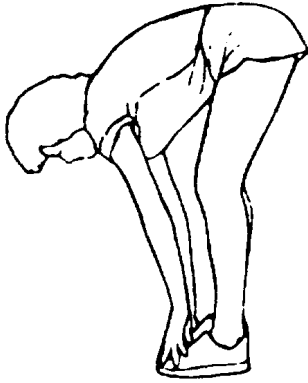
With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

### **INNER THIGH STRETCH**

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.





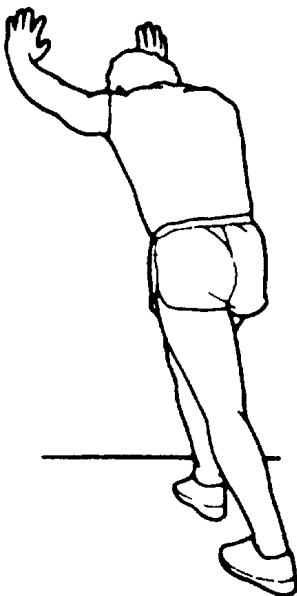
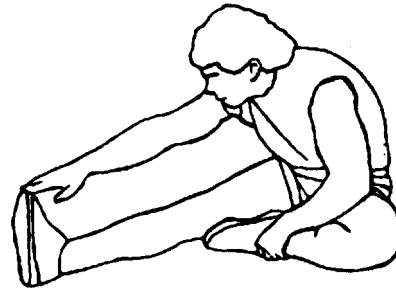


### **TOE TOUCHES**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

### **HAMSTRING STRETCHES**

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



### **CALF/ACHILLES STRETCH**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.