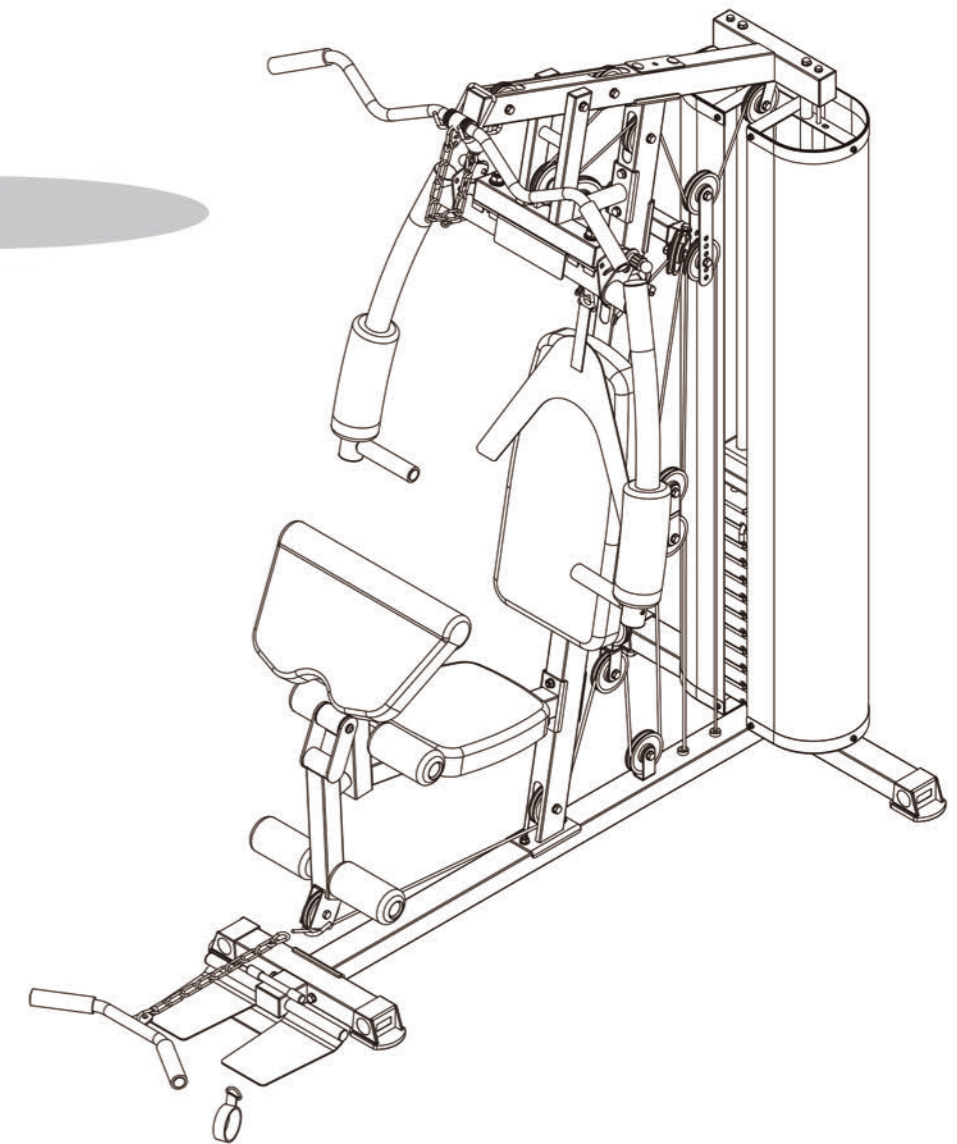


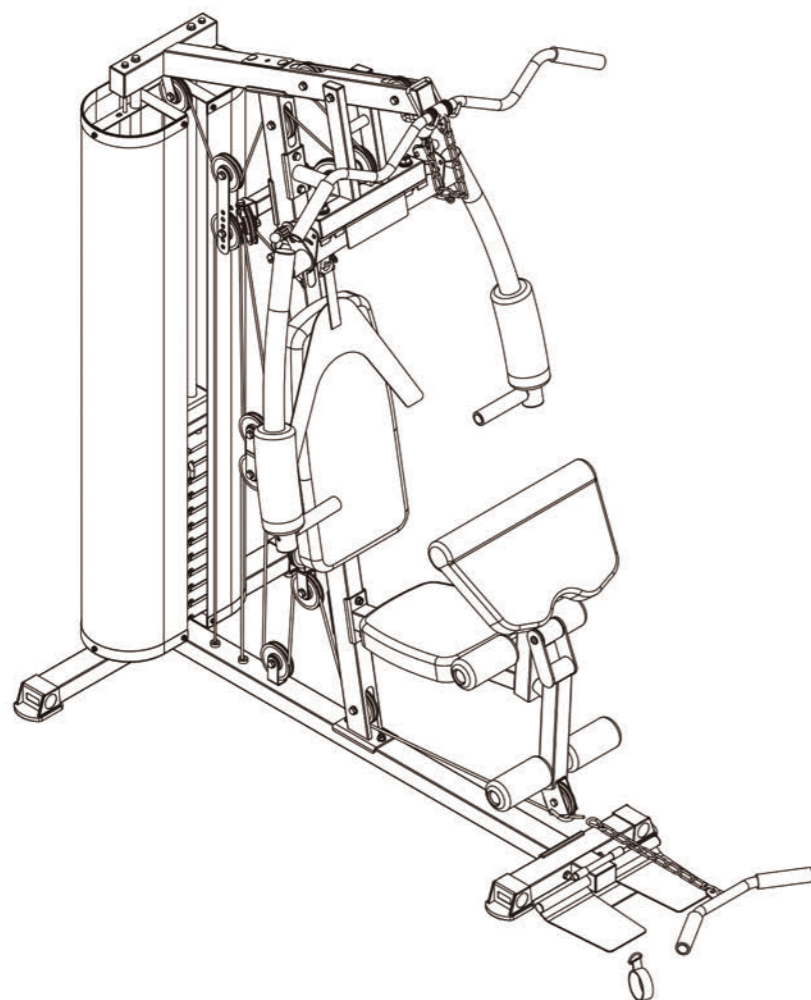
Installation and Operation Manual

Deluxe single-station gym



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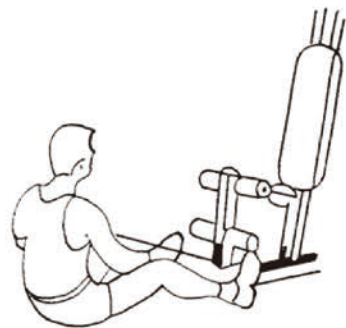
<p>Straight arm pull-down (pectoralis major, deltoid muscle) Connect the high-pull "T"-shaped handlebar assembly to the high pulley, sit on the seat cushion, hold the handlebar assembly with your hands, straighten your arms, and do circular arc movement up and down with your shoulders as the center. During exercise, you can increase the range of exercise by leaning against the cushion.</p>	<p>Pull-down training (triceps) Install the high pull handle assembly to the high pulley, adjust the round sponge bar to the highest position, hold the handle assembly firmly, and place the thigh under the round sponge bar as a support while sitting on the seat cushion. While bowing back, pull the handlebar assembly to the chest to complete the movement.</p>	<p>Chest enlargement training (pectoralis major) Adjust the pre-stretch and upperarm to be parallel to the ground, lean the forearm against the original sponge bar, and push forward with elbow instead of arm.</p>
<p>Forward push training 1) Adjust the height of the seat cushion so that the handle assembly on the left/right arm is in the middle of the chest. 2) You can practice the assembly with any set of handles. Push the left/right arm to the maximum stretching range, and change the angle of the handlebar assembly from horizontal to vertical, so that the muscles can get corresponding exercise from different angles. 3) Repeat the exercises described above.</p>	<p>Back kick (hip muscles) This training only allows one leg to do exercises at the same time. Adjust the round sponge stick to the highest position, connect the steel wire rope at the lower pulley to the place where the foot steps on, add a proper safety protective sleeve at the ankle, lean against the round sponge bar with the hand as the support, and do the kick and recovery exercise slowly.</p>	<p>Side kick (leg muscles) This exercise only allows one leg to do training at the same time. After doing the same preparatory work as the back kick, cross your legs first, and then kick in the opposite direction of the sponge bar as much as possible.</p>

WARNING

Before any exercise, it is necessary to do pre-training preparation activities and consult the recommended authoritative medical institutions. In addition, any user who can't afford long-term training due to physical condition and has obesity, high blood pressure and cardiovascular diseases must consult an authoritative medical institution before doing any exercises or continuous training.

Please read all the instructions carefully before assembly.

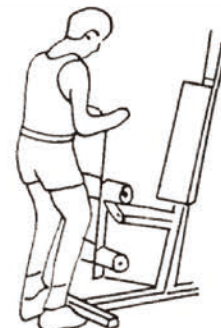
- Before training, ensure that all parts are locked. Incorrect or improper installation will cause harm to your body.
- We recommend two people to complete the installation of the equipment.



Sitting rowing (trapezius)
Install the low-pull "T"-shaped handle assembly to the low pulley, sit on the ground and support the cross column with both feet, bend the legs slightly, and straighten the legs while moving up. Bend and straighten the waist and stretch the elbow at the same time.



Knee flexion training (rectus abdominis)
Install the low-pull "T"-shaped handle assembly to the low pulley and lie flat on the ground, with legs almost straight and toes up. Place the "T" handle assembly between your feet, and lift your knees up so that the "T" handle assembly is as close to your chest as possible.



Biceps training (biceps-forearm muscles)
Install the low-pull "T" handle assembly to the low pulley, grasp the "T" handle assembly with both hands, stand upright with both arms straight, with the rear arm close to the body, and lift the handle assembly upward with the forearm as far as possible.



Biceps Training (Biceps Forearm Muscle Group)
Install the low-pull "T"-shaped handle assembly to the low pulley, adjust the circular sponge bar cushion to the highest, and sit on the seat cushion. Keep elbows against the round foam cushion, and hold the "T"-shaped handle assembly by hand to do arc motion with elbow as the center as much as possible.



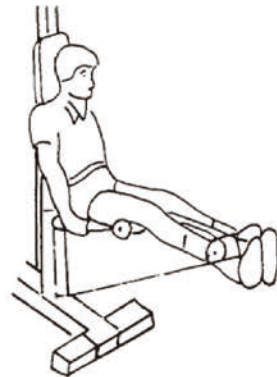
Biceps training-reverse grip (Strengthening of biceps-anterior gluteus muscle group)
Do the same preparatory work and exercise as the previous step. The difference is that both hands should hold the low handle assembly in reverse. During the exercise, you can feel that the real stress position is where your hands hold it, not your biceps.



Wrist joint training (forearm muscles)
Install the low-tension "T"-shaped handle assembly to the low pulley, and adjust the round sponge bar to the utmost position. Grasp the bottom handle with both hands, and rest the forearm on the circular sponge bar to bend the wrist with as wide a range of motion as possible. If you bend in the opposite direction, you can exercise the extensor muscles of your forearm.



Leg flexion training (tendon)
Only one leg is allowed to practice at the same time. Adjust the round sponge bar to the highest position. Hang the wire rope on the leg with a hook, press the knee against the round sponge bar, and then bend the leg as much as possible.



Kicking training (quadriceps femoris)
Adjust the round sponge bar to the minimum. Hook the round sponge bar with your legs, grasp the bottom of the seat cushion with both hands, and straighten your legs slowly.



Back flexion training (rectus abdominis, latissimus dorsi)
Install the high-tension T-shaped handle assembly to the high pulley. Adjust the round sponge rod to the lowest position, hook the round sponge rod with both feet, hold the high pull handle assembly with both hands, and bend the waist toward the lower front as much as possible.

Please keep the instruction manual properly for future reference.

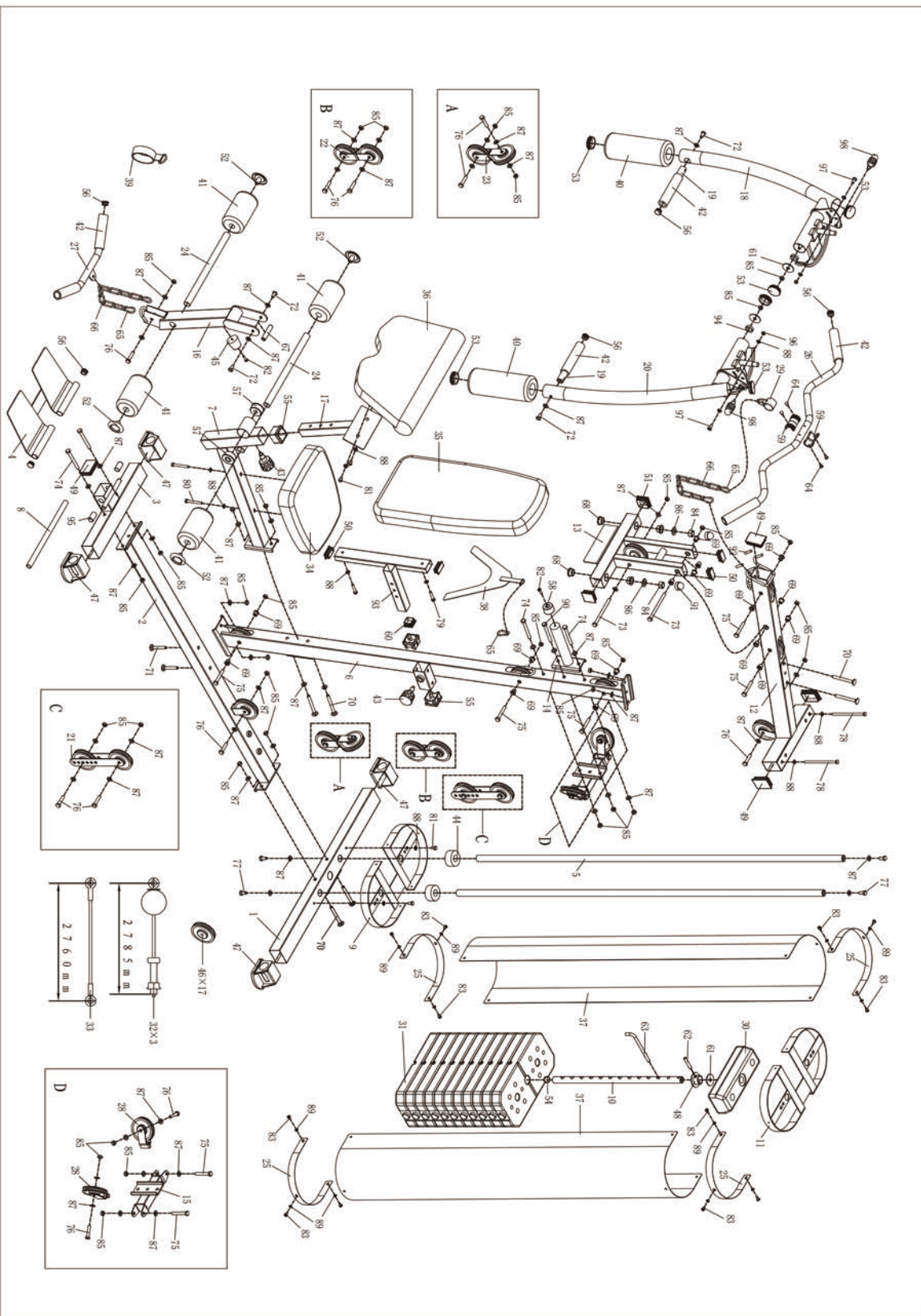
Precautions

Although the safety precautions have been taken into account as much as possible during the design and manufacture of the training equipment, there are still some safety precautions to be paid attention to during the operation. Please read the instructions carefully before assembling and using the training equipment, especially the following safety precautions:

1. Avoid children, pets, etc. from approaching the training equipment, and do not let unattended children stay alone in the room where the training equipment is placed.
2. The training equipment can only be used by one person at the same time.
3. If the user feels dizziness, nausea, chest tightness or other discomfort, stop using it immediately and seek medical advice immediately.
4. The training equipment should be placed on a clean and flat plane, and it should not be used near the water source or outdoors.
5. When using, hands should not be close to any transmission parts.
6. When using the training equipment for training, dress properly, and don't wear wide or other clothes that may get stuck during training. It is also recommended to wear sports shoes or health care shoes as much as possible during training.
7. In the process of using the training equipment, the training can only be carried out according to the methods in the operation instructions, and it is forbidden to use the training methods not mentioned in the operation instructions.
8. Avoid placing any articles with sharp parts around the training equipment.
9. It is strictly forbidden for disabled persons to use the training equipment without the protection of sparring staff or caregivers.
10. Before training, always warm up by doing various stretching exercises.
11. If the function of the training equipment is abnormal, it is prohibited to use it.
12. In the process of training, make training records at any time.
13. The maximum user weight of this product is 120kg.
14. The maximum load weight of this product is 72kg (counterweight).
15. The general requirements for product safety are: GB17498.1-2008, GB17498.2-2008.
16. If you encounter any problems during installation and use or need our assistance, please call our customer service hotline: 400-9986-783

Warning:

Consult a doctor before training, which is especially important for users who are over 35 years old or have a medical history. Before using any fitness equipment, be sure to read all the instructions carefully. Our company will not bear any responsibility for the injury caused by the user's own reasons.



Keep the heart rate within the corresponding target range for at least 12 minutes. Most people continue to train for 15- 20 minutes at the beginning of training.

Recovery stage after training

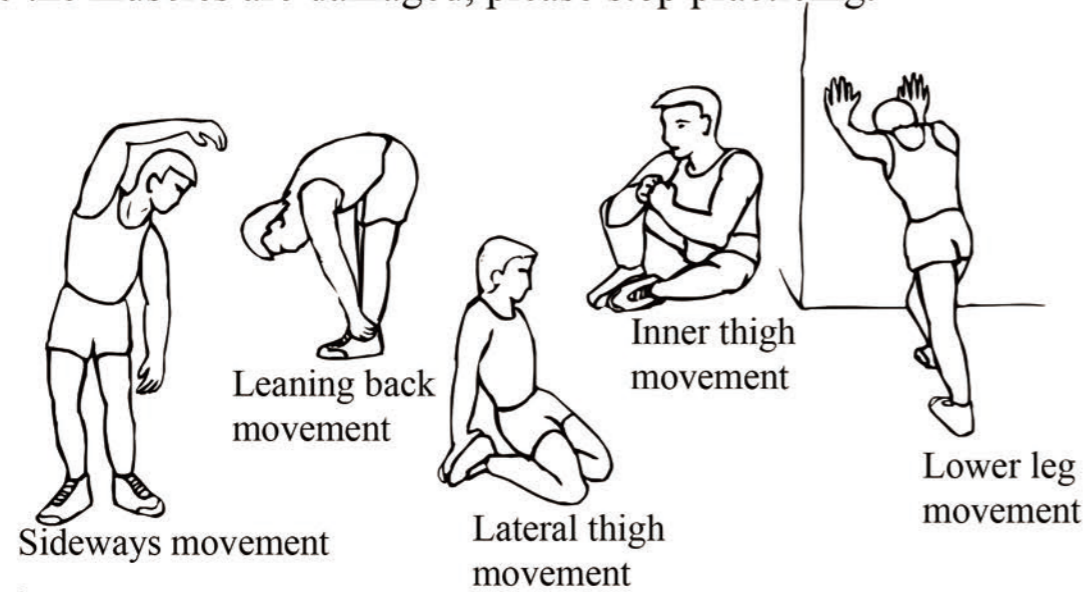
In this recovery phase, repeat the activities done in the preparation phase. In the process, the range and speed of exercise can be appropriately reduced, which lasts about 5 minutes. Exercise can adjust the body heat and relax the muscles. It should be noted that you can't stretch violently during exercise, so as not to damage muscles.

After getting used to training, you can gradually increase the training time and intensity. It is recommended to train at least 3 times a week, and record the average level of weekly practice if possible.

Using this product can not only strengthen physique and exercise muscles, but also play a role in losing weight through reasonable diet.

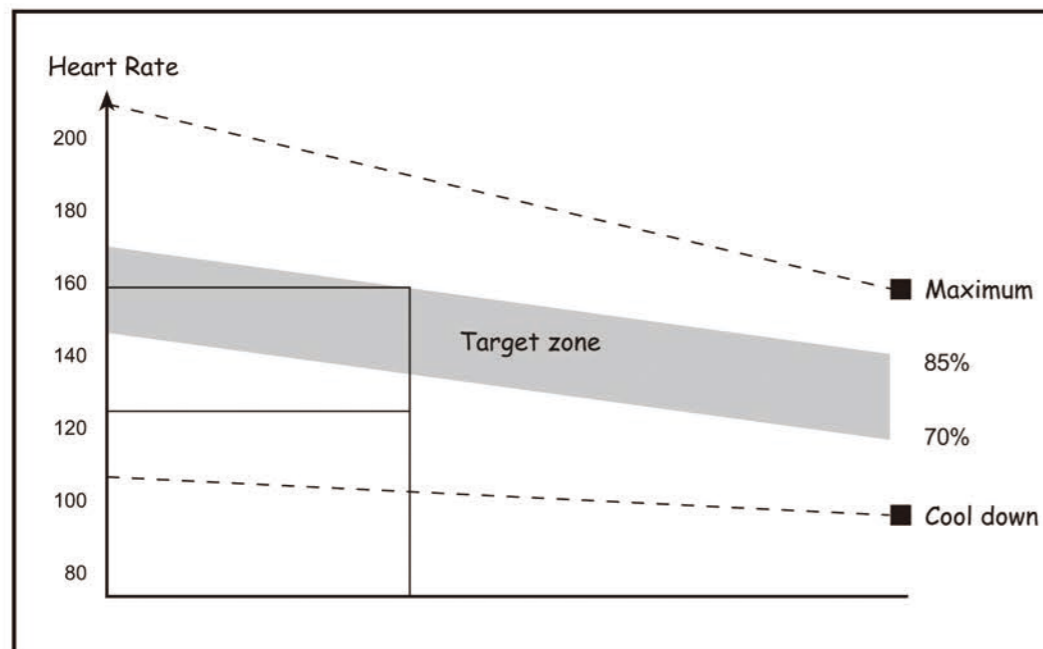
Warm up before training

The warm-up exercise at this stage can enhance the blood circulation of the trainer, make the muscles reach a good training state, and reduce the risk of cramping or muscle strain during training. Before each training, please do warm-up exercises according to the following recommended training methods, and each stretching exercise must last for about 30 seconds. When doing exercises, pay attention not to do strenuous stretching exercise to prevent muscle damage. Once the muscles are damaged, please stop practicing.



Stage of training

This stage is a formal training stage, which can improve the flexibility of leg muscles after long-term regular exercises. The key in the training process is to practice with stable training intensity according to one's own training situation. When practicing, one should choose reasonable training intensity and control the heart rate within the target value range listed in the following table.

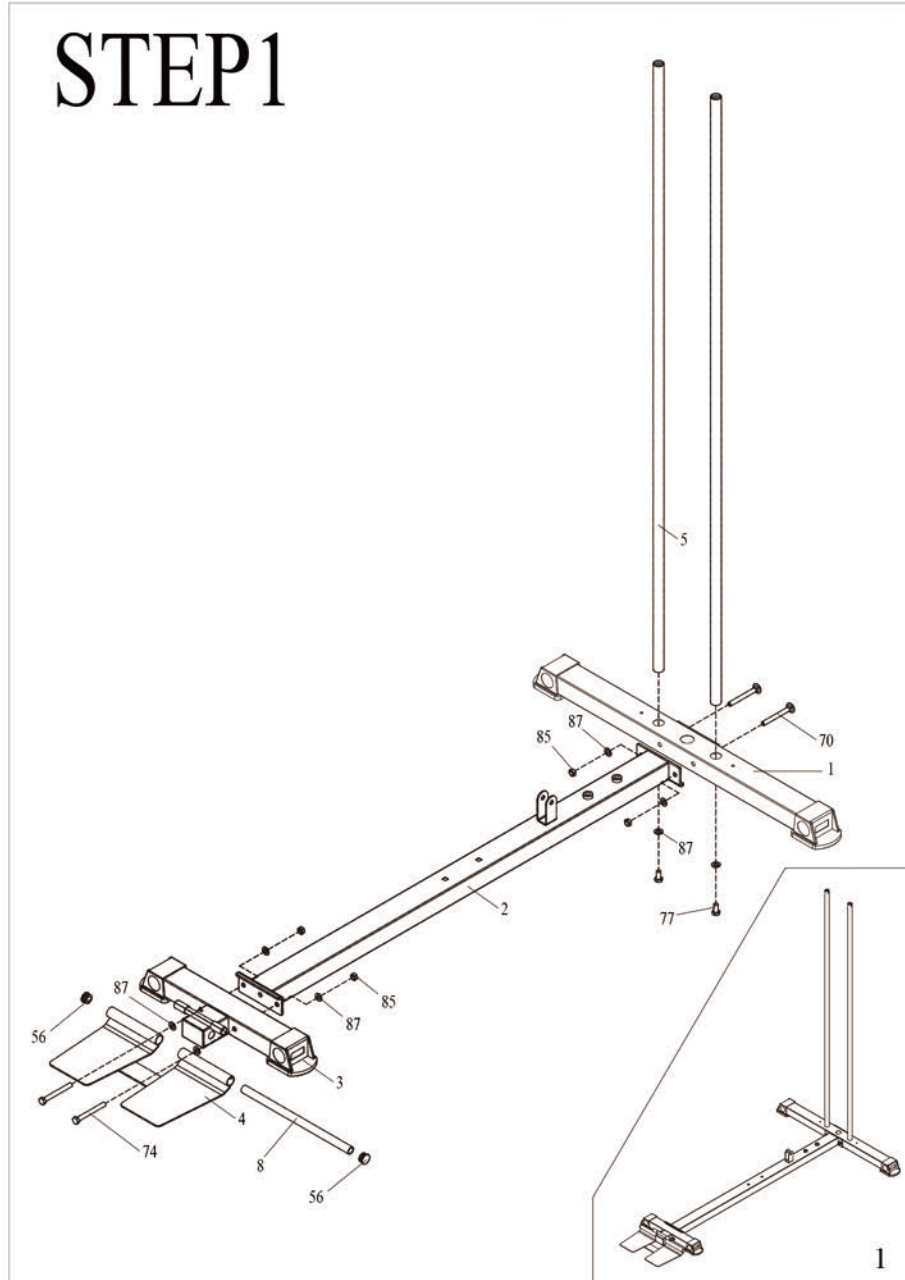


Parts list					
No.	Name and specification	Quantity	No.	Name and specification	Quantity
1	Rear bottom pipe assembly	1	50	25*50 rectangular pipe inner plug	2
2	Ground pipe assembly	1	51	50 square pipe inner plug	2
3	Front ground pipe assembly	1	52	25 round pipe plug	4
4	Pedal	1	53	50 round pipe inner plug	6
5	Counterweight guide rod weldment	2	54	Ball-shaped circular pipe inner plug	1
6	Front inclined pipe assembly	1	55	Bushing between pipes	1
7	Front underframe support pipe assembly	1	56	25 round pipe inner plug	8
8	Limit rod	1	57	Plastic shaft sleeve	2
9	Lower tray frame	1	58	Crash pad 2	1
10	Weight adjusting rod assembly	1	59	Circular pipe shaft sleeve	4
11	Upper tray frame	1	60	38 square pipe inner plug	1
12	Top beam assembly	1	61	Adjusting rod flat pad	3
13	Cantilever assembly	1	62	Cylindrical pin	1
14	Limit pipe assembly	1	63	L type bolt	1
15	U-shaped seat connecting pipe assembly	1	64	Self-plugging rivet	4
16	Kick assembly	1	65	Lock	5
17	Hand pad assembly	1	66	Eight-ring chain	2
18	Right swing arm assembly	1	67	Shaft	1
19	Front push handle assembly	2	68	Pulley press sleeve (large)	4
20	Left swing arm assembly	1	69	Pulley press sleeve (small)	18
21	Pulley connecting plate	2	70	Pan head square neck bolt M10*90	6
22	Double U-shaped seat weldment	1	71	Pan head square neck bolt M10*65	2
23	Rotating U seat	1	72	Hexagon socket pan head bolt M10*20	4
24	Sponge rod pipe	2	73	Hexagon bolt M10*135	2
25	Sidebar	4	74	Hexagon bolt M10*90	4
26	Regula	1	75	Hexagon bolt M10*65	7
27	Low handle assembly	1	76	Hexagon bolt M10*45	11
28	Swing arm U-shaped seat assembly	2	77	Hexagon bolt M10*20	4
29	High tensile casing weldment	1	78	Hexagon bolt M8*150	2
30	Weight head	1	79	Hexagon bolt M8*40	2
31	Counterweight	11	80	Hexagon bolt M8*65	2
32	High tension wire rope assembly (2785mm)	3	81	Hexagon bolt M8*15	4
33	Butterfly arm wire rope assembly (2760mm)	1	82	Cross recessed pan head screw M6*20	2
34	Seat cushion assembly	1	83	Cross recessed pan head screw M6*10	12
35	Back cushion assembly	1	84	Lock nut M16	2
36	Hand pad assembly	1	85	Lock nut M10	35
37	Fabric protective cover assembly	2	86	Large flat pad φ 16	2
38	Training rope assembly	1	87	Flat pad φ 10	54
39	Round adhesive tape components	1	88	Flat pad φ8	12
40	Big sponge bar	2	89	Flat pad φ6	12
41	Sponge bar	4	90	Hexagonal bolt M10*95	1
42	Sponge grip	6	91	Nut cover (M16)	2
43	Elastic pin knob	1	92	High pull PVC sleeve	2
44	Shock pad	2	93	Cushion adjusting tube	1
45	Crash pad	1	94	Spacer sleeve	2
46	Pulley	17	95	PVC rubber sleeve	2
47	Outer foot cover	4	96	Locknut (M8)	2
48	Counterweight bushing	1	97	Pan head hexagon socket screw (M8*20)	2
49	50*70 rectangular pipe inner plug	4	98	Small elastic pin knob	2
TOOL					
	With cross wrench φ 5, 13#, 17#	2		Hexagon wrench 6#	2
	Special spanner	1			

Main frame assembly instruction

Important: After opening the carton, please check whether all accessories are complete.
Note: In the assembly process, it is best for two or more people to assemble together, so as to avoid injury during the assembly process.

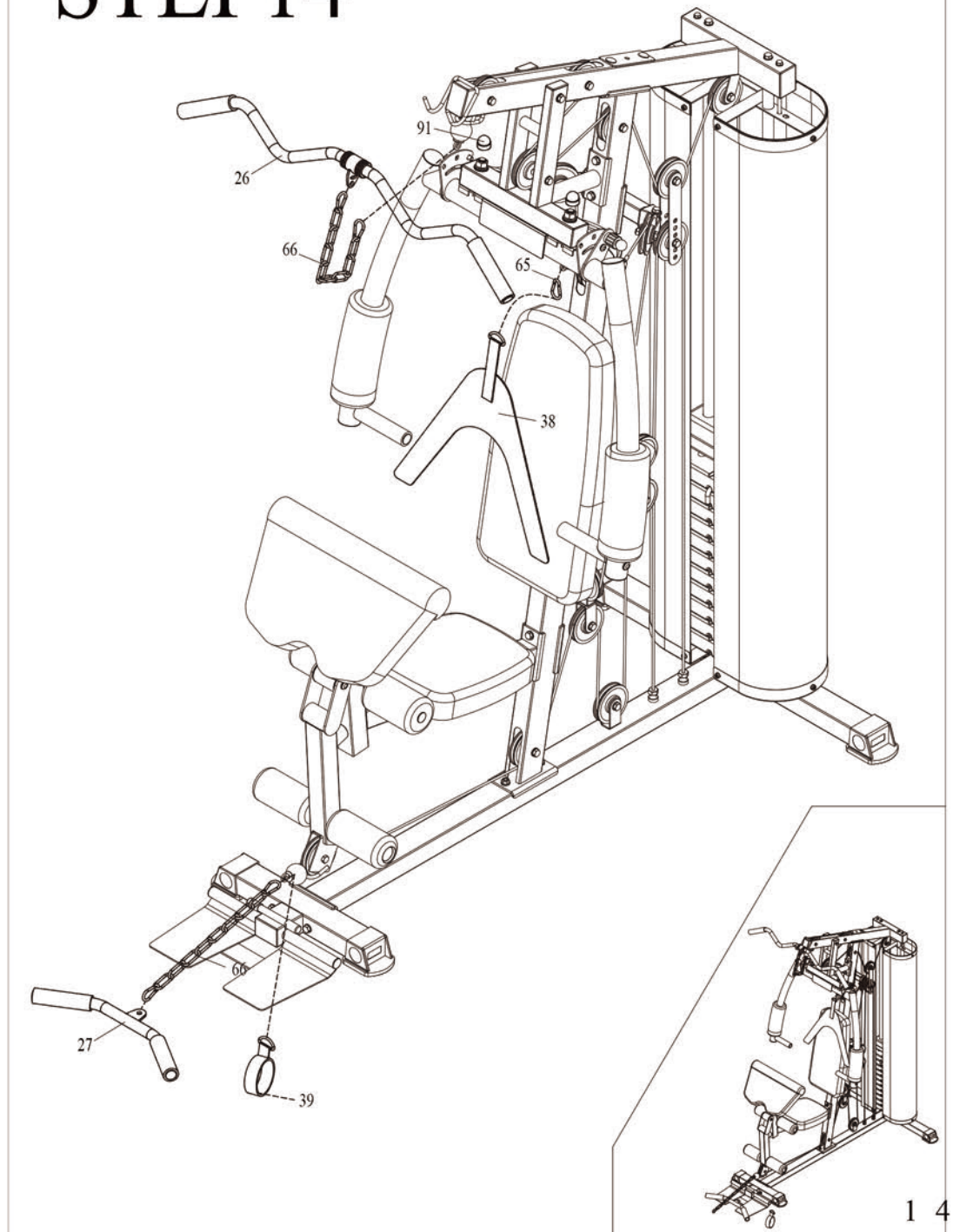
STEP 1



STEP 1

1. Place the rear bottom pipe assembly (1) and the ground pipe assembly (2) according to the figure, and use M10*90 pan-head square neck bolts (70), $\Phi 10$ fat pad (87) and M10 locknuts (85) to lock it tightly.
2. Insert the counterweight guide rod weldment (5) into the corresponding hole of the rear bottom pipe assembly (1), and then lock it from the bottom with M10*20 hexagon bolts (77) and $\Phi 10$ fat pad (87).
3. Place the ground pipe assembly (2) and the front ground pipe assembly (3) according to the picture, and use M10*90 hexagon bolts (74), $\Phi 10$ fat pad (87) and M10 locknuts (85) to lock it tightly.
4. Use the limit pipe (8) to pass through the pedal (4) and fix it on the front floor pipe assembly (3) as shown in the figure, and then cover the two ends of the limit pipe (8) with 25 round pipe inner plugs (56).

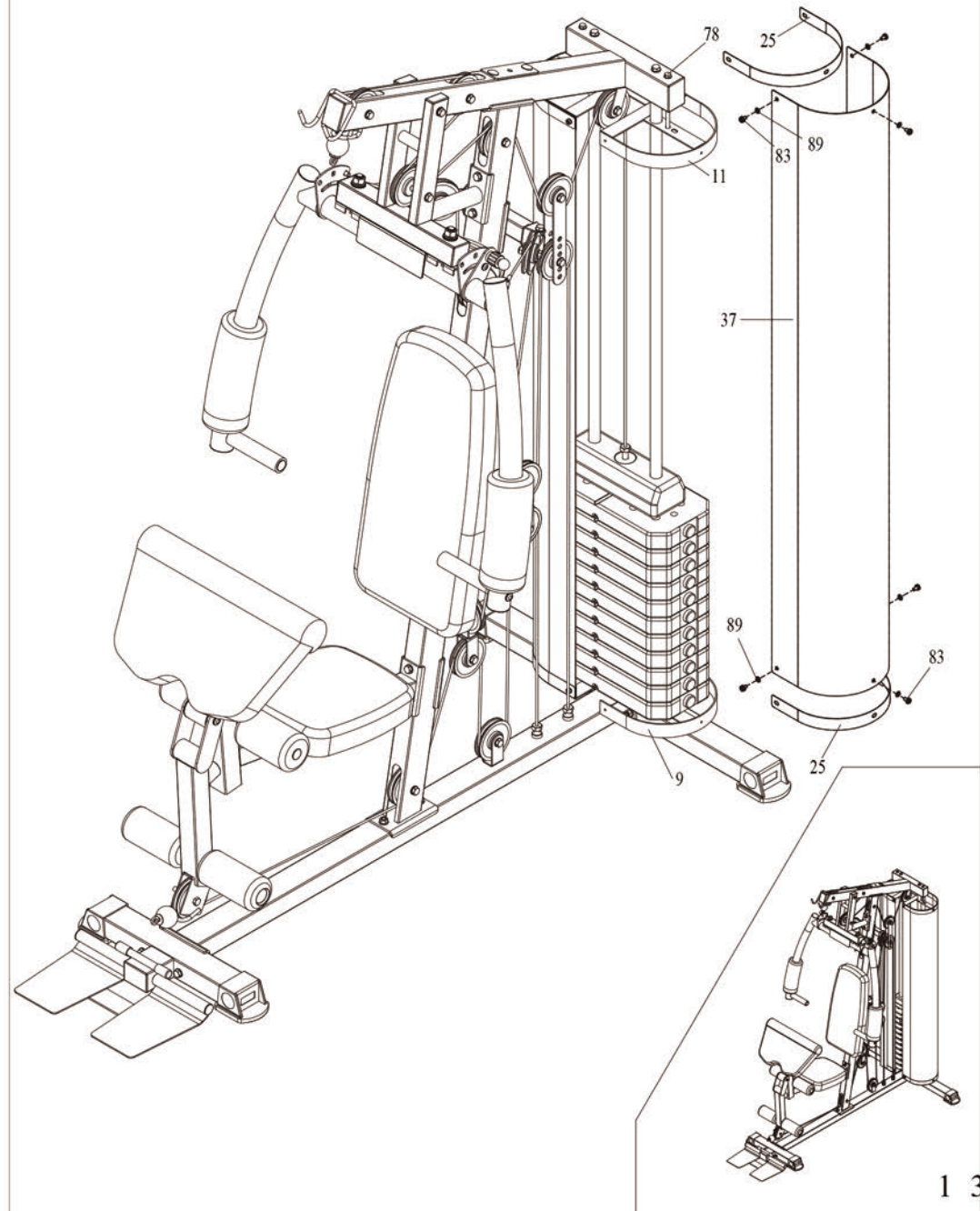
STEP 14



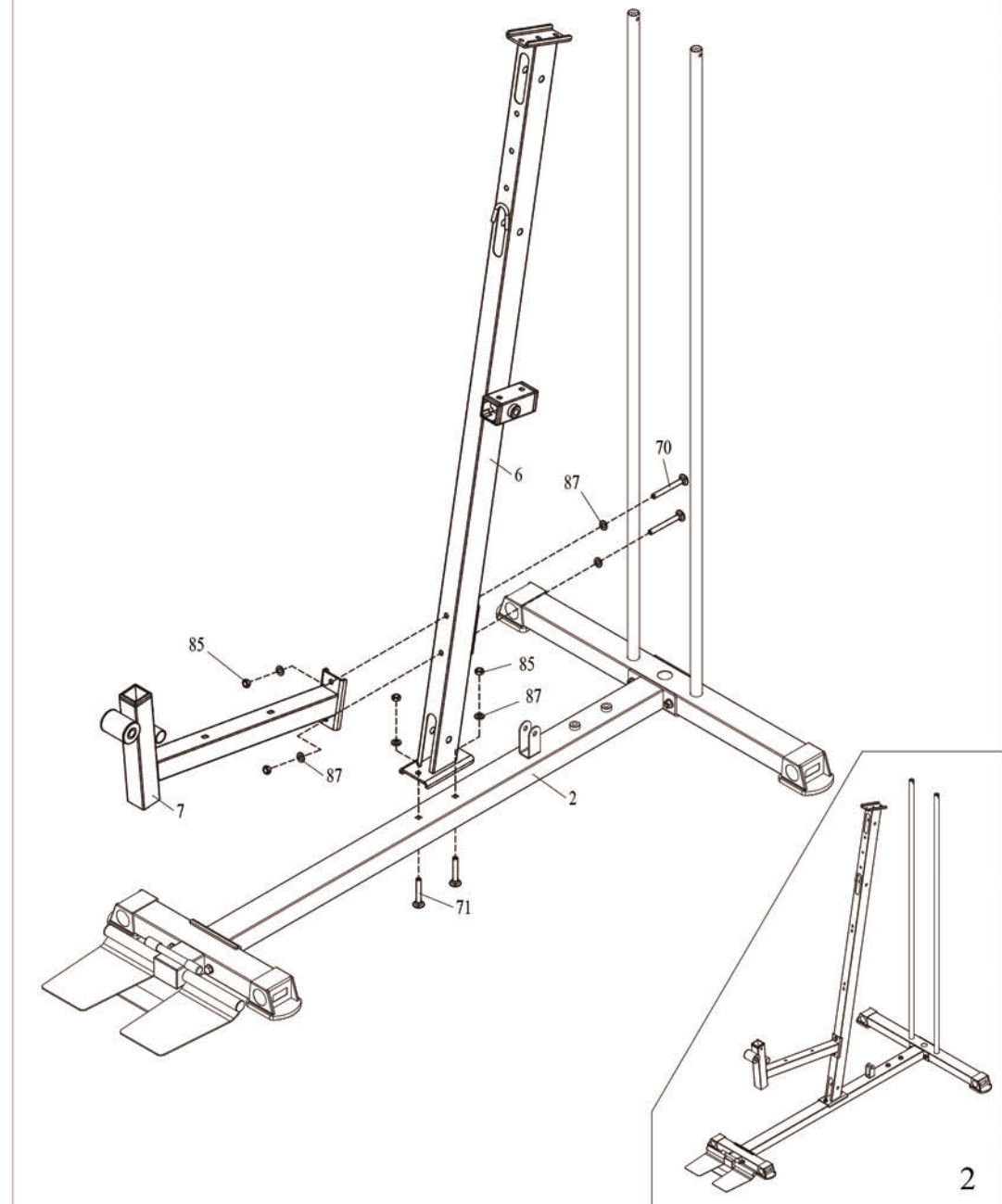
STEP 14

1. Assemble the high handle assembly (26), the eight-ring chain (66), the lock catch (65), the low handle assembly (27), the training rope assembly (38) and the nut cover (91) as shown. Place the round adhesive tape assembly (39).
2. After the assembly is completed, check whether the screws are locked and fixed.

STEP13



STEP2



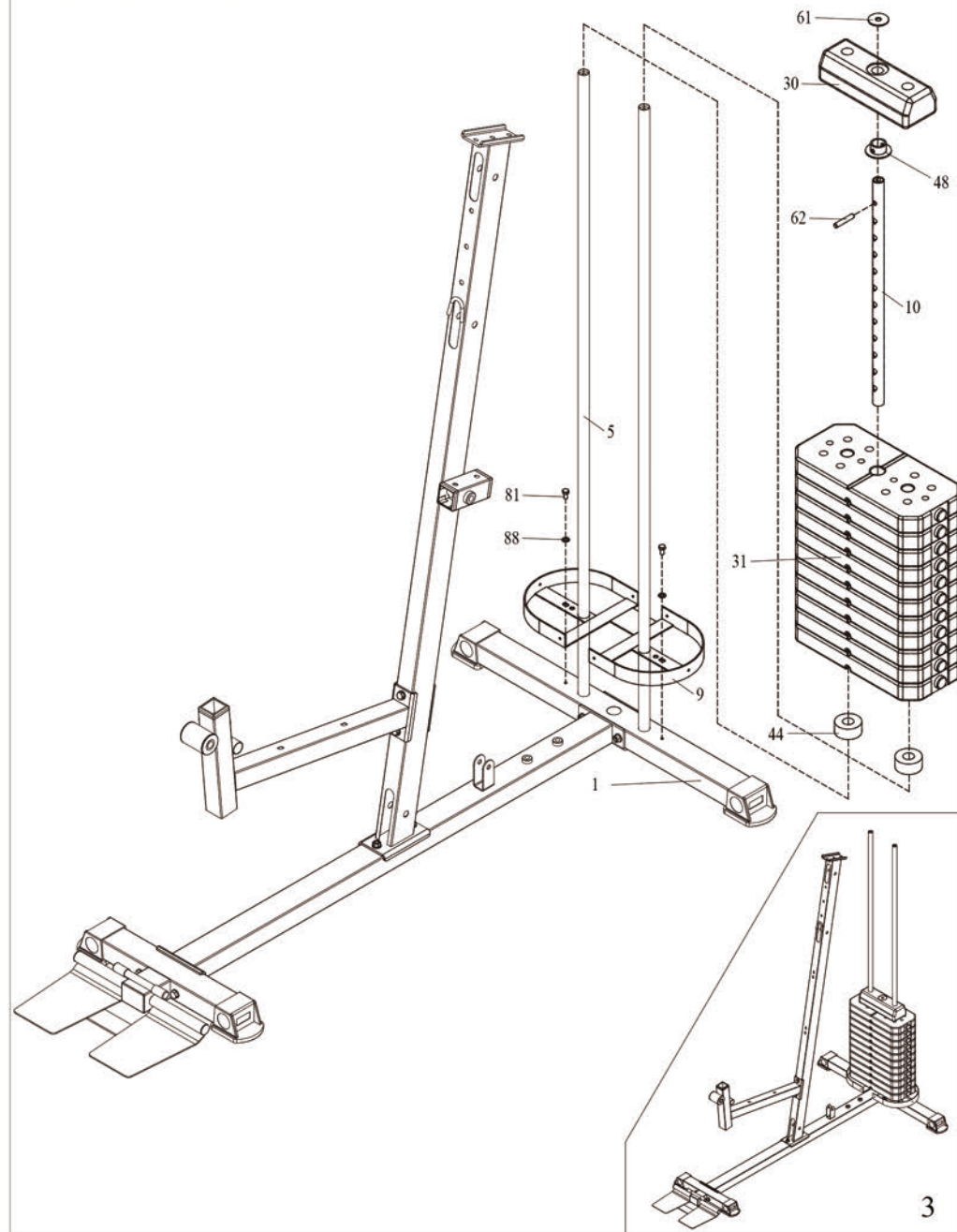
STEP 13

1. First use the side strip (25) to pass through the cloth mesh protective cover assembly (37) and align the holes;
2. Use M6*10 cross recessed pan head screws (83) and $\Phi 6$ flat pad (89) to fix the cloth mesh protective cover assembly (37), the lower tray frame (9) and the upper tray frame (11) together.
3. Adjust the height of the cloth net protection cover assembly (37) through M8*150 hexagon bolts (78).

STEP 2

1. Place the front inclined pipe assembly (6) on the assembled floor pipe assembly (2) according to the figure, and lock it with M10*65 pan head square neck bolt (71), $\phi \Phi 10$ flat pad(87) and M10 locknut (85).
2. Place the front underframe support pipe assembly (7), the front inclined pipe assembly (6) and the fixing plate A(8) according to the figure, and lock and fix them with M10*90 pan head square neck bolt (70), $\phi 10$ flat pad (87) and M10 locknut (85).

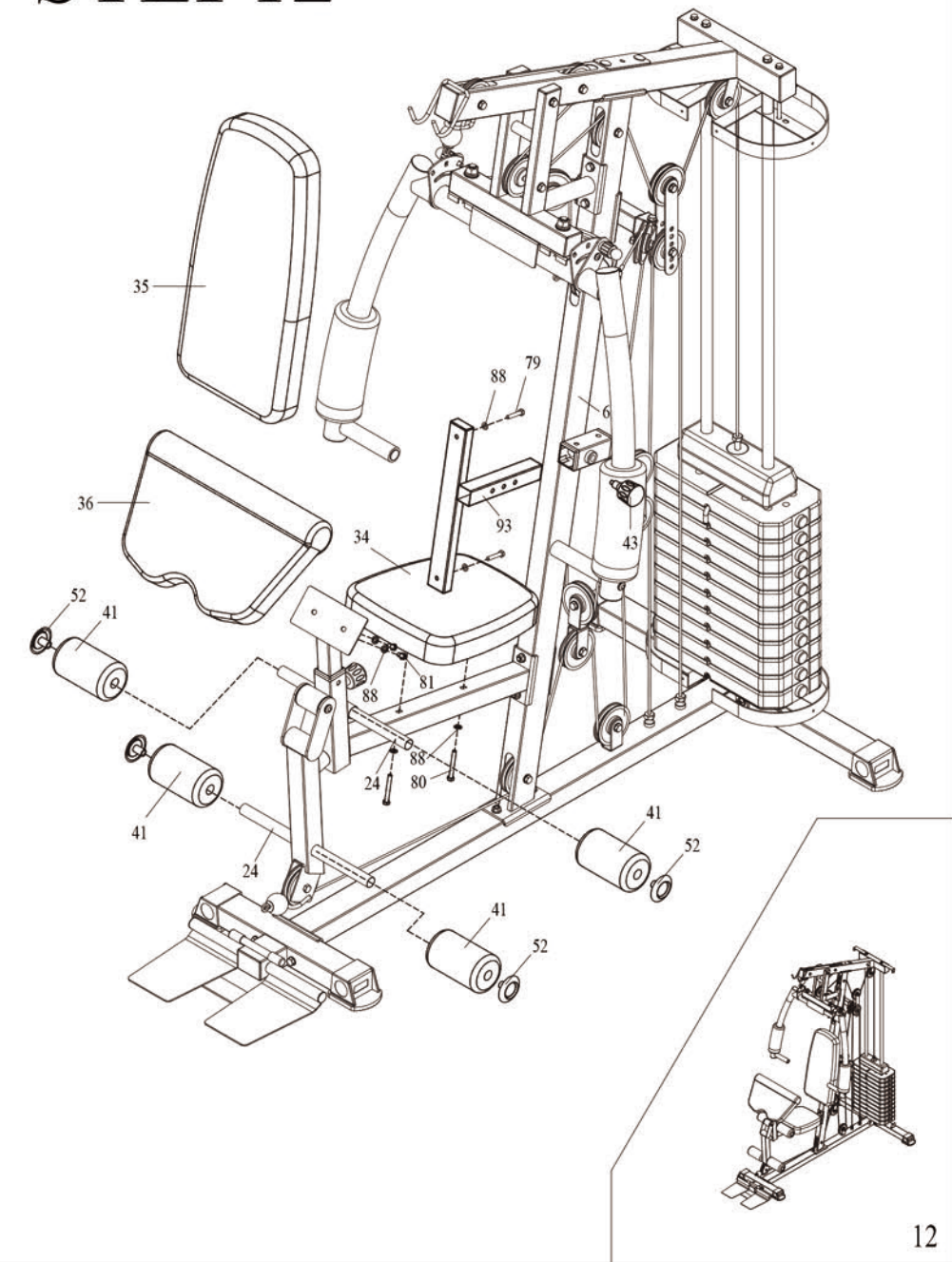
STEP3



STEP 3

1. Install the lower tray frame (9) into the counterweight guide rod weldment (5) according to the figure, and fix the lower tray frame (9) on the rear bottom pipe assembly (1) with M8*15 hexagon bolt (81) and ϕ 8 flat pad (88).
2. Firstly, install the damping pad (44) and the counterweight block (31) into the counterweight guide rod weldment (5) according to the drawing; Then insert it according to the direction in the figure, and use the cylindrical pin (62) to pass through the first hole (counted from top to bottom) of the counterweight bush (48) and the counterweight rod assembly (10), and then install the counterweight assembly (30); Finally, place the flat pad (61) of the adjusting rod at the position shown in the figure.

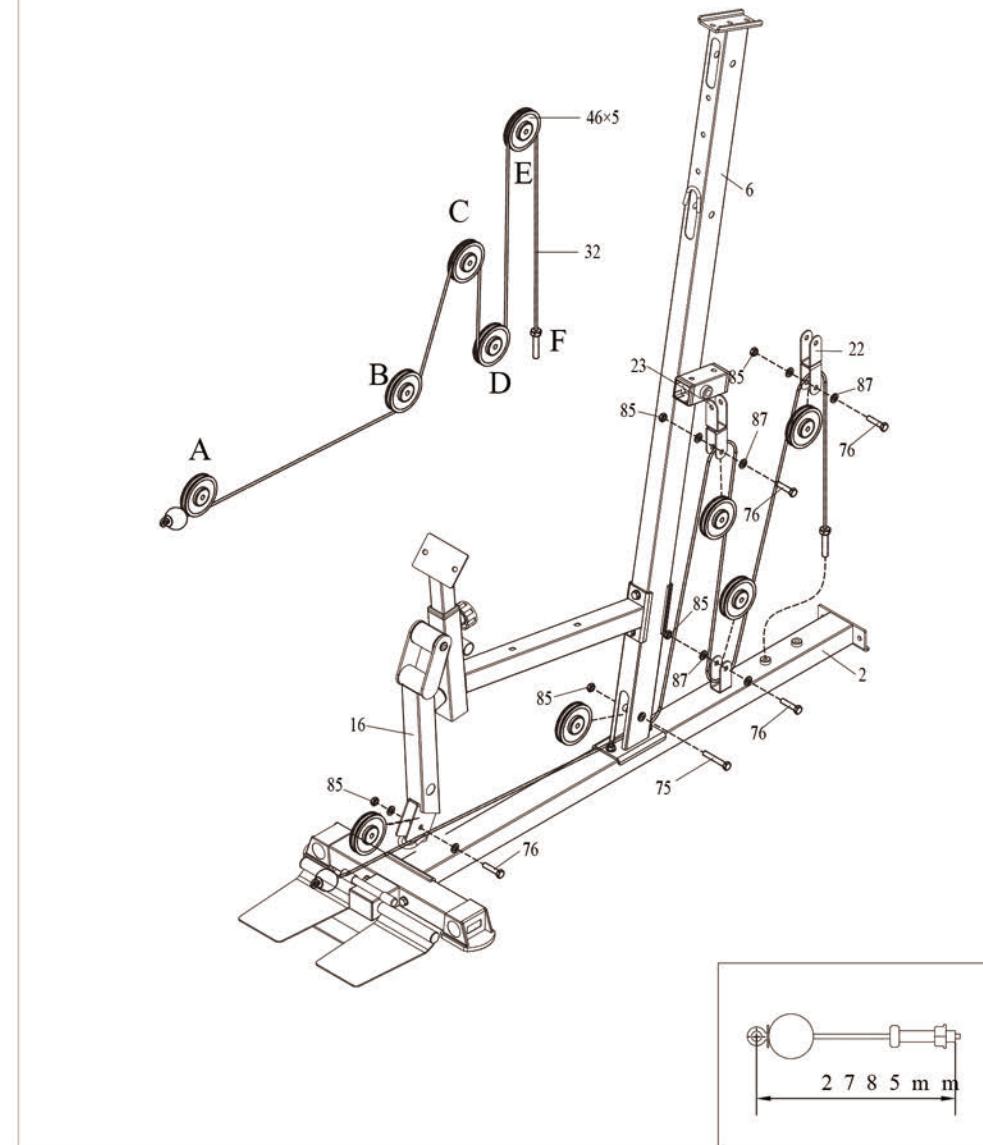
STEP12



STEP 12

1. Take the back cushion (35), fix and lock it on the back cushion adjusting tube (93) with M8*40 hexagon bolt (79) and ϕ 8 flat pad (88) according to the position in the figure, insert the back cushion adjusting tube (93) into the front inclined tube assembly (6), and finally lock and fix it with the elastic pin knob (43);
2. Take the seat cushion (34) and fix it with M8*65 hexagon bolt (80) and ϕ 8 flat pad (88) according to the position in the figure;
3. Take the hand pad (36) and fix it with M8*15 hexagon bolt (81) and ϕ 8 flat pad (88) according to the position in the figure;
4. After installing the 2 PCS sponge rod pipe (24) as shown in the figure, finally install the 25 round pipe plug (52) and sponge rod (41) on the sponge rod pipe (24).

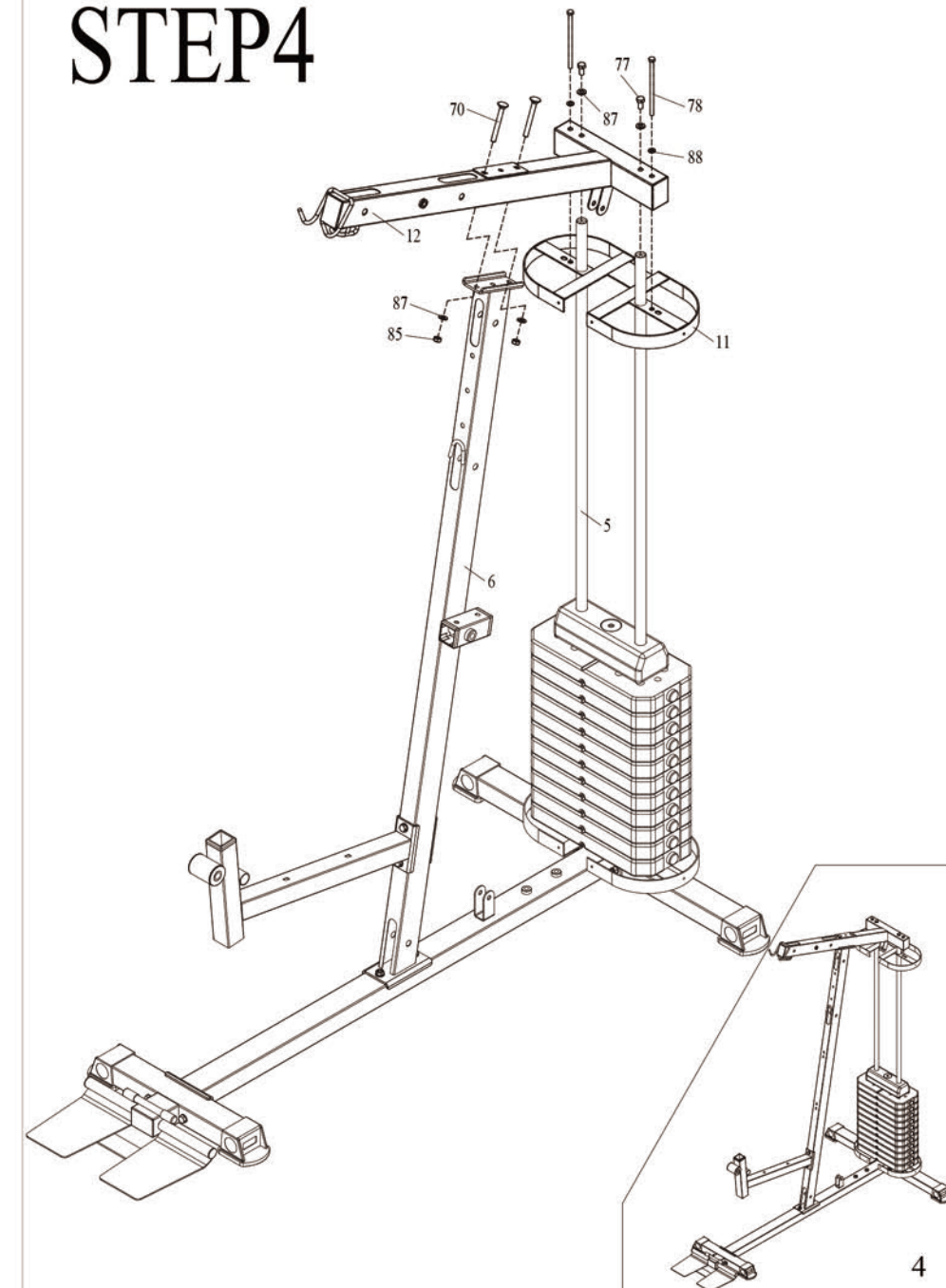
STEP11



STEP 11

1. Take the wire rope (32), place it as shown in the figure, and assemble it in the order shown in the figure;
2. As shown in Figure A, fix M10*45 hexagon bolt (76), ϕ 10 flat pad (87), pulley assembly (46), ϕ 10 flat pad (87) and M10 locknut (85) in the kick assembly (16) in sequence;
3. As shown in Figure B, fix M10*65 hexagon bolt (75), pulley assembly (46) and M10 locknut (85) in the front inclined tube assembly (6) in sequence;
4. As shown in Figure C, M10*45 hexagon bolt (76), ϕ 10 flat pad (87), pulley assembly (46), ϕ 10 flat pad (87) and M10 locknut (85) are fixed on the rotating U seat (23).
5. As shown in Figure D, fix M10*45 hexagon bolt (76), ϕ 10 flat pad (87), pulley assembly (46), ϕ 10 flat pad (87) and M10 locknut (85) in the ground pipe assembly (2) in sequence;
6. As shown in Figure E, put M10*45 hexagon bolt (76), ϕ 10 flat pad (87), pulley assembly (46), ϕ 10 flat pad (87), M10 locknut (85) is fixed on the double u-shaped seat weldment (22);
7. As shown in Figure F, finally, lock the other end of the wire rope (32) on the ground pipe assembly (2).

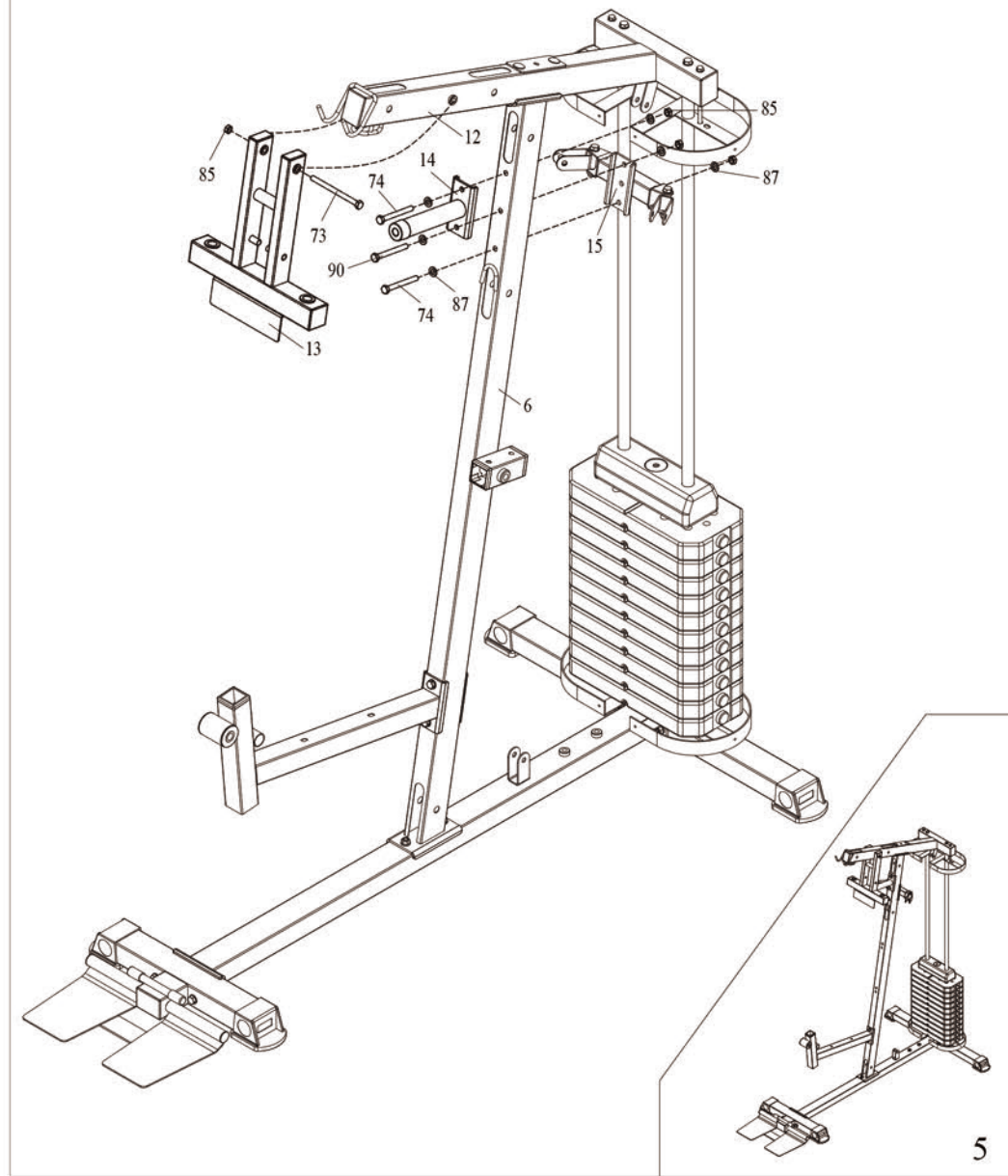
STEP4



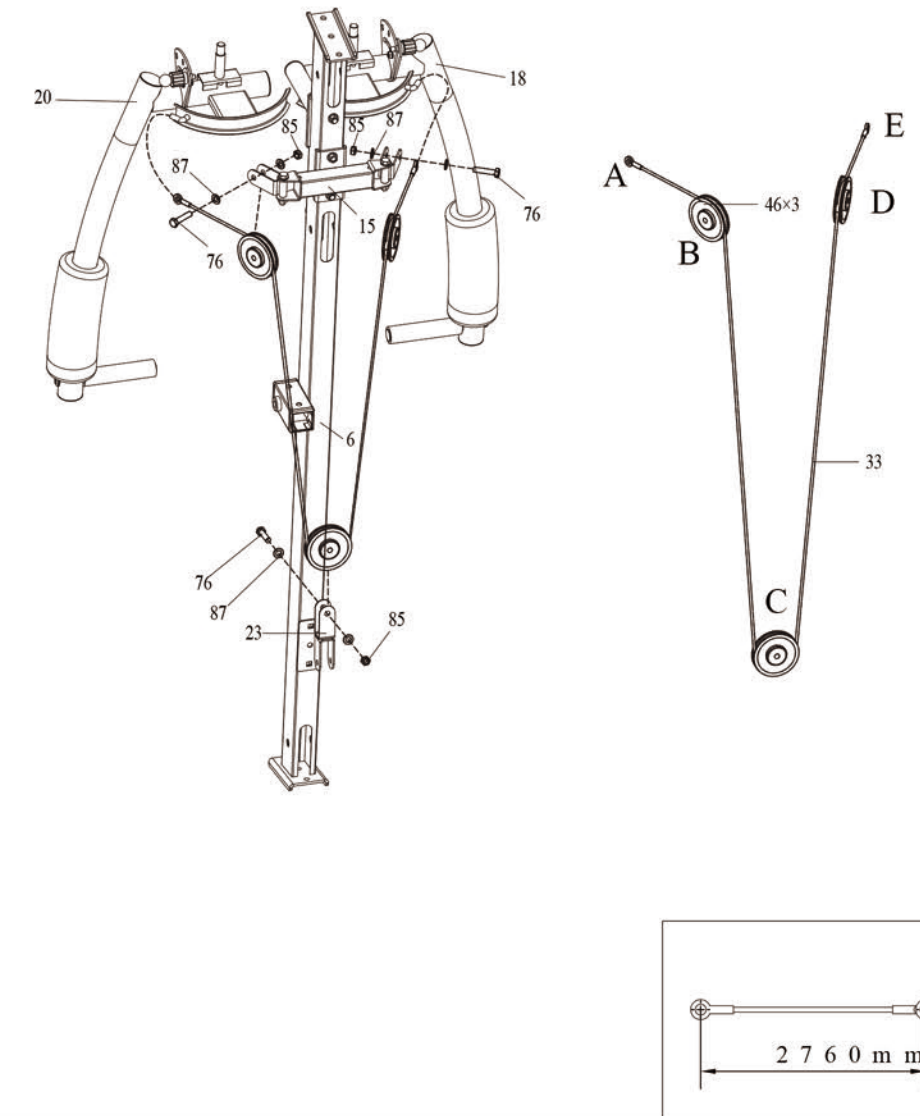
STEP 4

1. align the hole position on the horizontal pipe on the top beam assembly (12) with the counterweight guide bar weldment (5) for assembly; Then use M10*20 hexagon bolt (77) and ϕ 10 flat pad (87) to lock it in from the top, but do not lock it temporarily; Then align the holes of the top beam assembly (12) and the front inclined pipe assembly (6) according to the figure, and lock and fix them with M10*90 pan head square neck bolt (70), ϕ 10 flat pad (87) and M10 locknut (85). Finally, according to the figure, the upper tray frame (11) is locked from the top with M8*150 hexagon bolt (78) and ϕ 8 flat pad (88), but it is not locked for the time being.

STEP 5



STEP 10



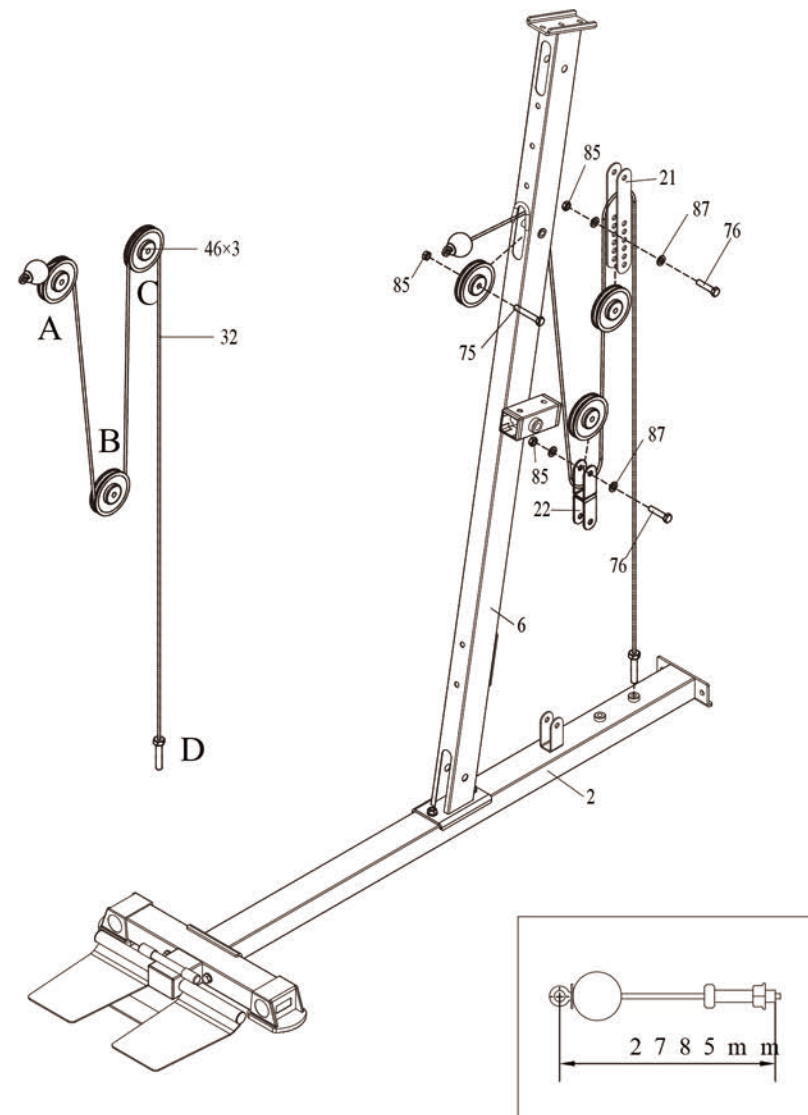
STEP 5

1. Place the limit pipe assembly (14), front inclined pipe assembly (6) and U-shaped seat connecting pipe assembly (15) according to the figure, and lock and fix them with M10*95 hexagon bolt (90), M10*90 hexagon bolt (74), ϕ 10 flat pad (87) and M10 locknut (85).
2. Assemble the cantilever assembly (13) into the hole position corresponding to the top beam assembly (12) according to the figure, and lock and fix it with M10*135 hexagon bolt (73) and M10 locknut (85).

STEP 10

1. Take the butterfly arm wire rope (33), place it as shown in the figure, and assemble it in the order shown in the figure;
2. As shown in Figures A and E, hang both ends of the wire rope (33) in the right swing arm assembly (18) and the left swing arm assembly (20);
3. As shown in Figures B and D, fix M10*45 hexagon bolt (76), ϕ 10 flat pad (87), pulley assembly (46), ϕ 10 flat pad (87) and M10 locknut (85) on the U-shaped seat connecting pipe assembly (15) in sequence;
4. As shown in Figures C, fix M10*45 hexagon bolt (76), ϕ 10 flat pad (87), pulley assembly (46), ϕ 10 flat pad (87) and M10 locknut (85) on the rotating U-seat (23) in sequence.

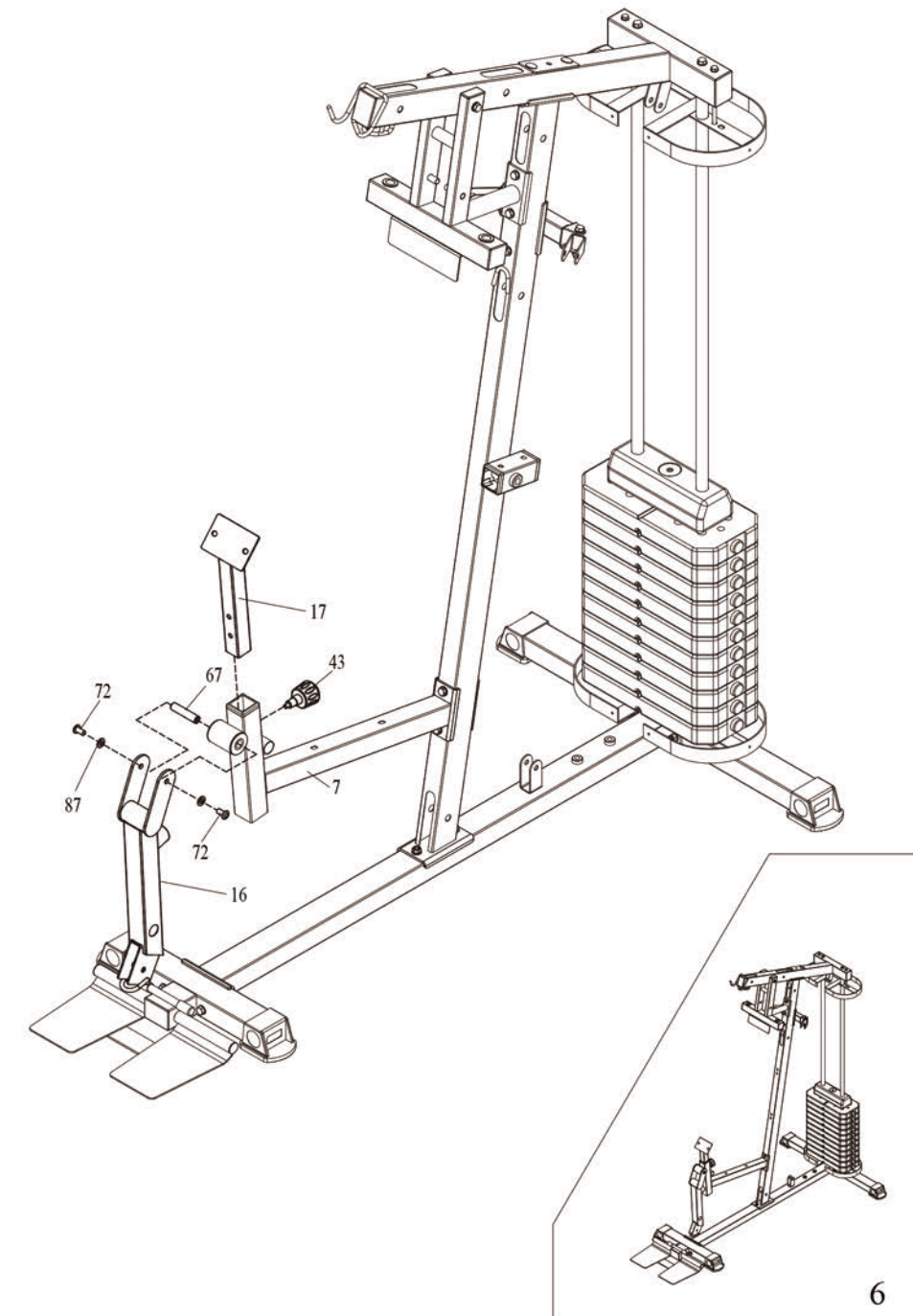
STEP9



STEP 9

1. Take the wire rope (32), place it as shown in the figure, and assemble it in the order shown in the figure;
2. as shown in figure a, fix M10*65 hexagon bolt (75), pulley assembly (46) and M10 locknut (85) in the front inclined pipe assembly (6) in sequence;
3. As shown in Figure B, fix M10*45 hexagon bolt (76), ϕ 10 flat pad (87), pulley assembly (46), ϕ 10 flat pad (87) and M10 locknut (85) on the double U-shaped seat weldment (22) in sequence;
4. As shown in Figure C, put M10*45 hexagon bolt (76), ϕ 10 flat pad (87), pulley connecting plate (21), pulley assembly (46), pulley connecting plate (21), ϕ 10 flat pad (87) and M10 locknut (85) in sequence;
5. Finally, lock the other end of the wire rope (32) on the ground pipe assembly (2).

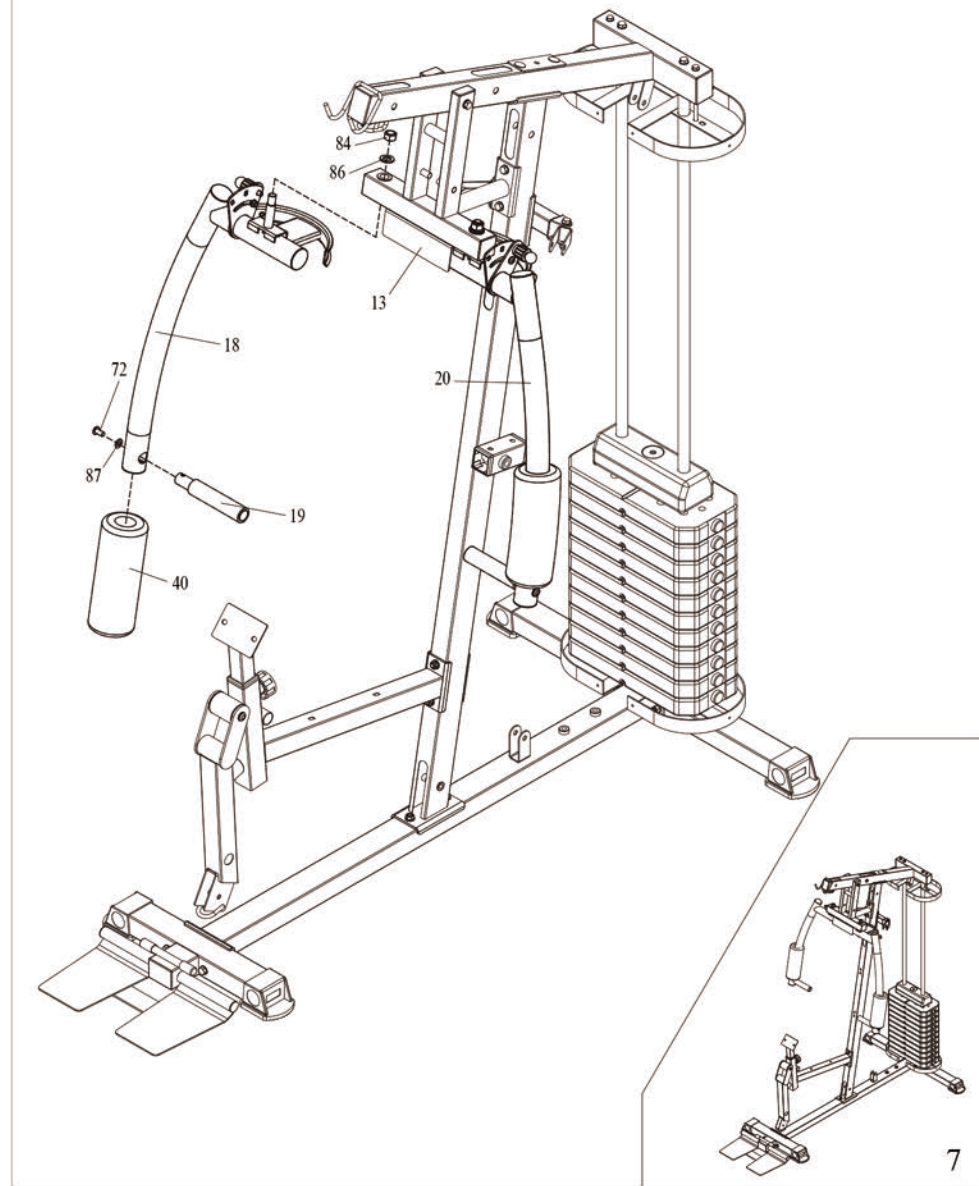
STEP6



STEP 6

1. Insert the shaft (67) into the front underframe support pipe assembly (7) according to the figure, and then align the kicking assembly (16) with the front underframe support pipe assembly (7) according to the figure, and use M10 *20 Hexagon socket pan head bolts (72) and Φ 10 flat pad (87) to fix and lock.
2. Insert the hand pad assembly (17) into the front chassis support pipe assembly (7) according to the figure, and lock it with the elastic pin knob (43).

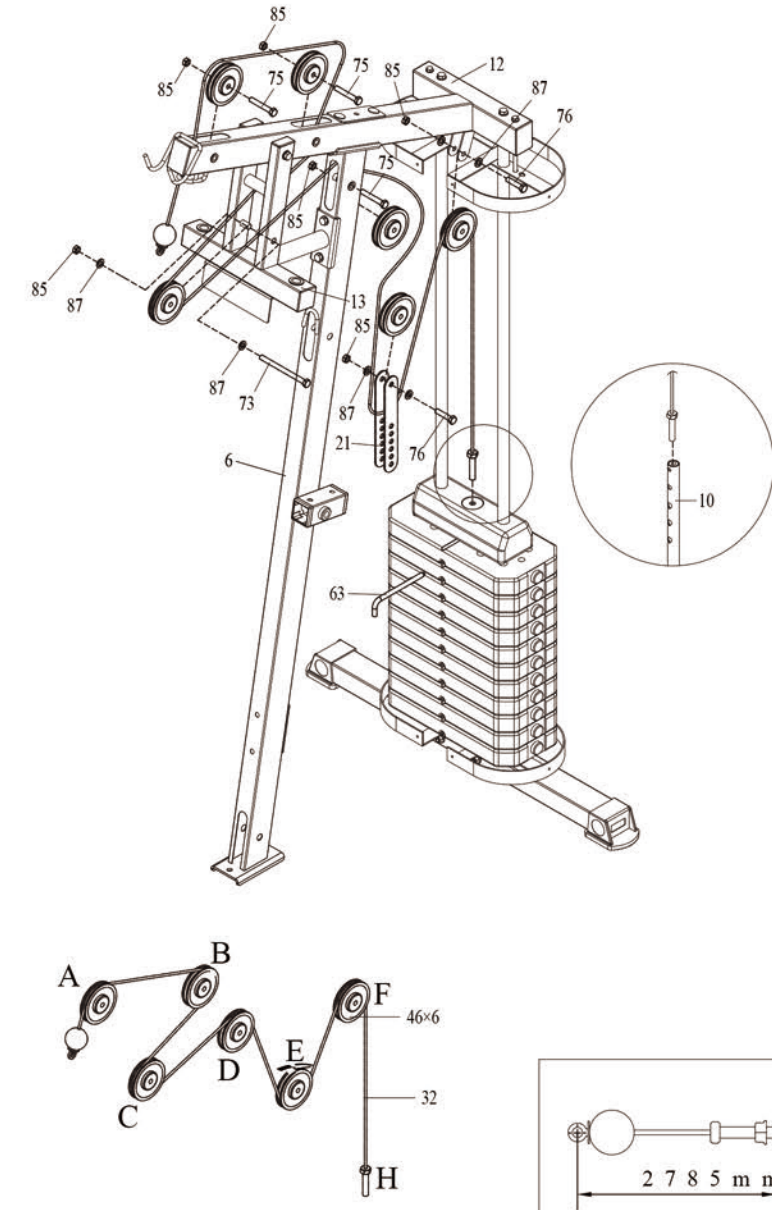
STEP 7



STEP 7

1. Assemble the right swing arm assembly (18) and the left swing arm assembly (20) on the corresponding holes of the cantilever assembly (13) according to the figure, using M16 locknut (84), Φ16 fat pad (86) to lock and fix.
2. Assemble the big sponge bar (40) on the right swing arm assembly (18) and left swing arm assembly (20) as shown in the figure.
3. Pass the front push handle assembly (19) through the corresponding holes of the right swing arm assembly (18) and left swing arm assembly (20) according to the figure, and use M10*20 hexagon socket pan head bolts (72), Φ10 large fat pad (87) to lock and fix.

STEP 8



STEP 8

1. Take the wire rope (32), place it as shown in the figure, and assemble it in the order shown in the figure;
2. The assembly methods of pulleys A, B and D are the same, as shown in the figure, the sequence is M10*65 hexagon bolt (75), pulley assembly (46), M10 locknut (85);
3. As shown in Figure C, the sequence is M10*135 hexagon bolts (73), Φ10 flat washer (87), pulley assembly (83), Φ10 flat washer (87), M10 locknut (85) fixed on the cantilever assembly (13) On;
4. As shown in Figure E, the sequence is M10*45 hexagon bolt (76), Φ10 flat pad (87), pulley connecting plate (21), pulley assembly (46), pulley connecting plate (21), Φ10 flat pad (87), M10 lock nut (85);
5. As shown in Figure F, the sequence is M10*45 hexagon bolt (76), Φ10 flat washer (87), pulley assembly (46), Φ10 flat pad (87), M10 locknut (85) fixed on the top beam assembly (12);
6. As shown in Figure H, finally lock the other end of the wire rope (32) on the weight adjustment rod assembly (10), and insert the L-shaped plug (63) into the counterweight.