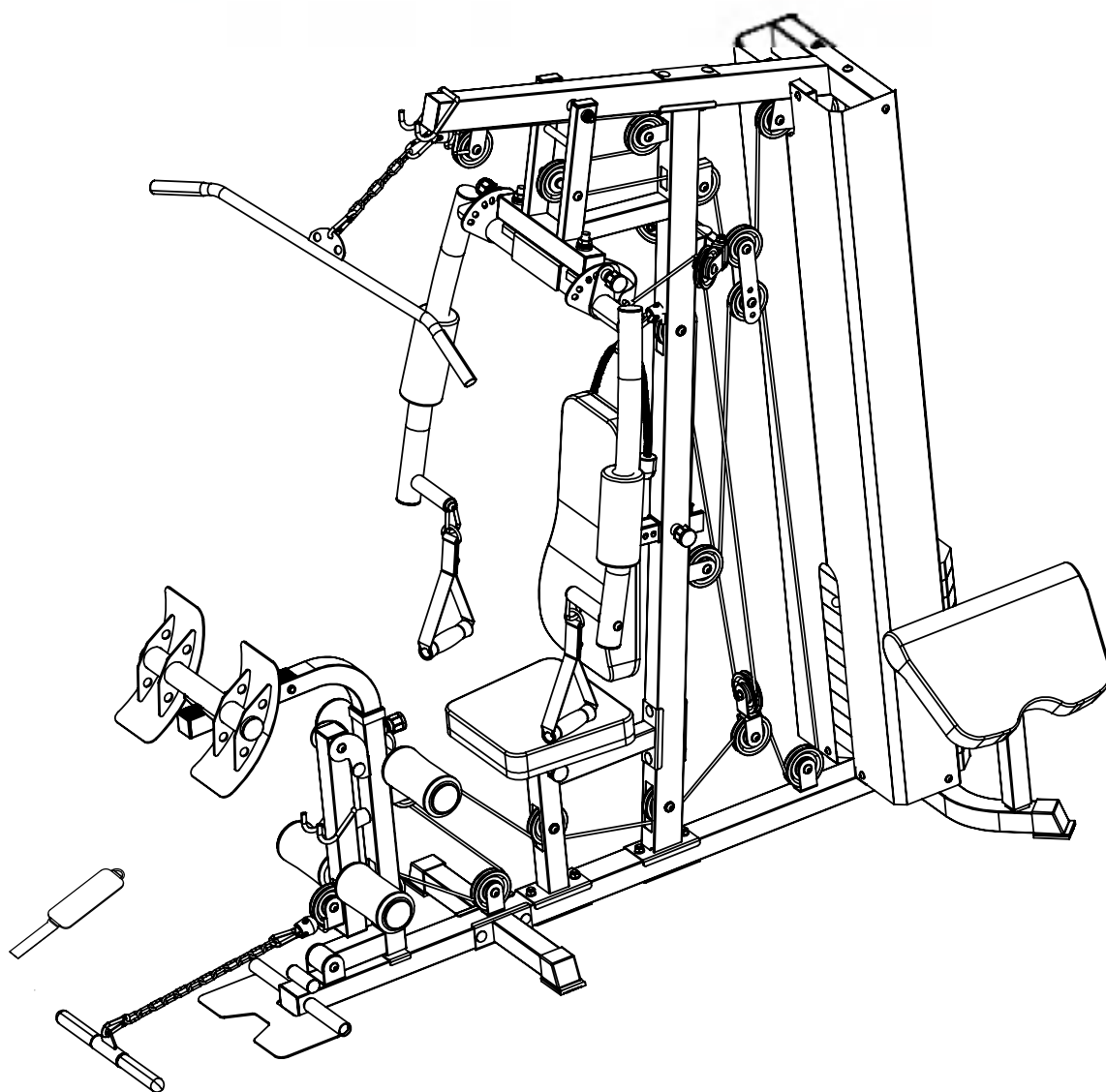




ASSEMBLY INSTRUCTIONS



HGS

Read all precautions and instructions in this manual before using this

Assembly Caution	-----	4
Part List	-----	5
Hardware List	-----	6
Step 1	-----	7
Step 2	-----	8
Step 3	-----	9
Step 4	-----	10
Step 5	-----	11
Step 6	-----	12
Step 7	-----	13
Step 8	-----	14
Step 9	-----	15
Step 10	-----	16

Step 11	-----	17
Step 12	-----	18
Step 13	-----	19
Step 14	-----	20
Step 15	-----	21
After-Sale Information	-----	22

ASSEMBLY CAUTION

Please carefully read the following information before installation

Assembling requires at least two people

Do not tighten all screws before assembly is complete

Ensure that all accessories are complete. If not, please contact us via email



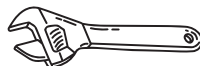
If you are missing any parts, or otherwise have any warranty issues, please contact us first.

Shortcut: A Lot of People Doing That Way

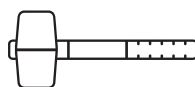
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

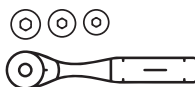
Adjustable wrenches



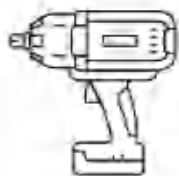
Rubber hammers



Socket set



Electric Wrench



WARNING



Choking hazard. Small parts-Please exercise caution if smallchildren or pets are present.

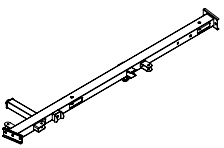
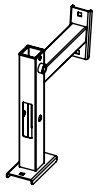
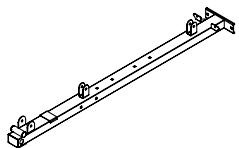
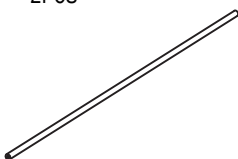
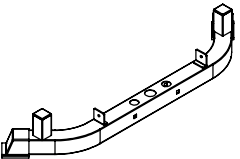
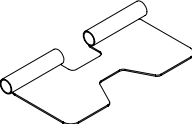
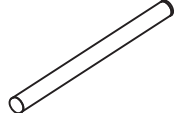
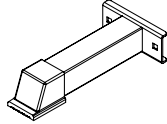
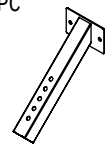
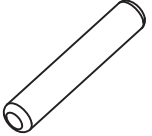
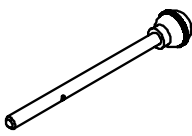
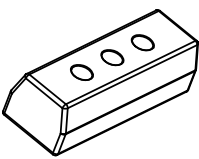
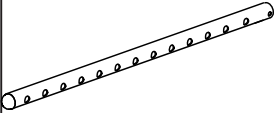
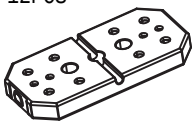
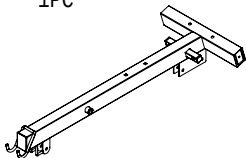
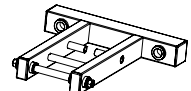
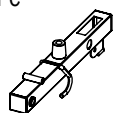
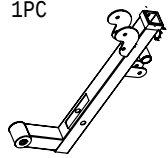
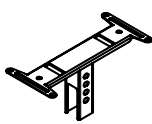
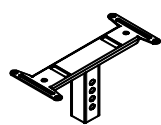
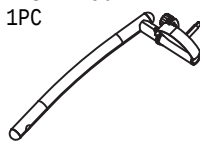
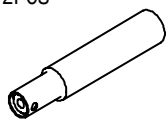
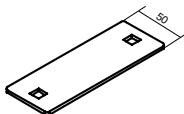
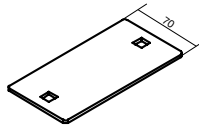
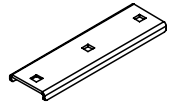
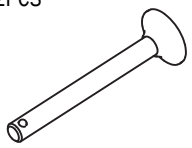
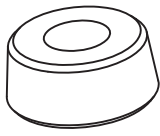
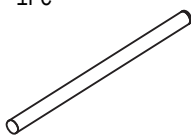
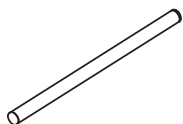
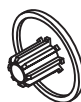
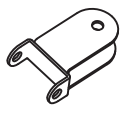
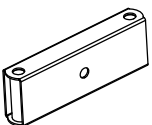
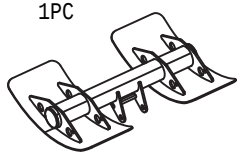
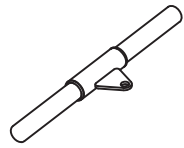


Sharp objects may be involved. Use precaution and protection.

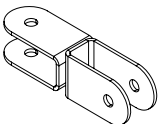
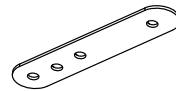
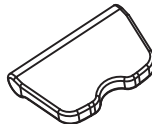
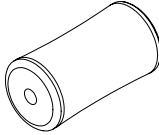
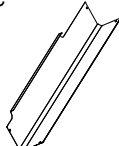
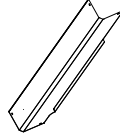
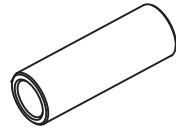
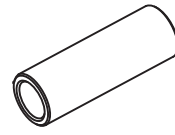
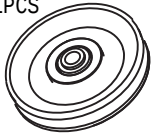
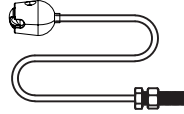
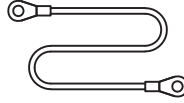
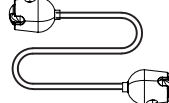
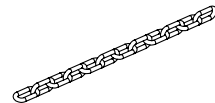
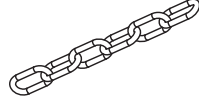
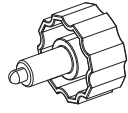
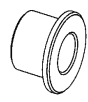
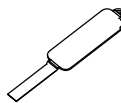
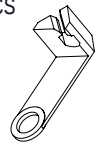


Heavy object. Use lifting aids and proper lifting techniques when moving

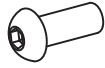
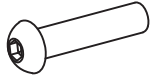
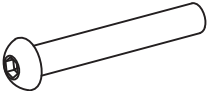
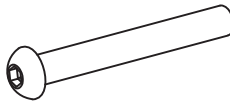
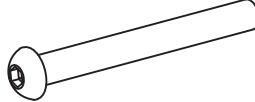
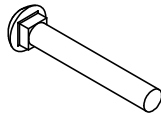
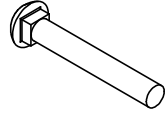
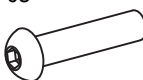
PARTS LIST

A1 Front Upright 1PC 	A2 Seated Pad Connecting 1PC 	A3 Front Base 1PC 	A4 Guide Rod 2PCS 	A5 Back Base 1PC 
A6 Foot Pedal 1PC 	A7 Footboard Connecting Rod 1PC 	A8 Stable Base 2PCS 	A9 Preacher Pad Connecting 1PC 	A10 Weight Stack Pin 1PC 
B1 Weight Stack Pin 1PC 	B2 Weight Washer 1PC 	B3 Top Weight Stack 1PC 	B4 Insert Lifting Rod 1PC 	B5 Weight Stack Washer 1PC 
B6 Weight Stack 12PCS 	B7 Top Frame 1PC 	B8 Jammer Arm Connecting With G5, G6, 20 1PC 	B9 Leg Extension Arm 1PC 	B10 Front Insert Tube With Bushing x2 1PC 
C1 Back Pad Connecting 1PC 	C2 Seat Pad Connecting 1PC 	C3 Right Jammer Arm With Knob 1PC 	C4 Left Jammer Arm With Knob 1PC 	C5 Jammer Arm Handle 2PCS 
C6 Foam Sleeve 2PCS 	C7 Connecting Plate 2PCS 	C8 Connecting Plate 2 2PCS 	C9 U Connecting Plate 1PC 	C10 Locking Pin 2PCS 
D1 Rubber Cushion Pad 2PCS 	D2 Foam Sleeve Roller(433mm) 1PC 	D3 Foam Sleeve Roller(400mm) 1PC 	D4 Foam Plug 4PCS 	D5 Pulley Stand-B 2PCS 
D6 Pulley Stand-A 1PC 	D7 Leg Press Pedal 1PC 	D8 Leg Press Pedal Connecting 1PC 	D9 Lat Pull Down Bar 1PC 	D10 Short Straight Bar 1PC 

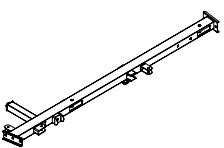
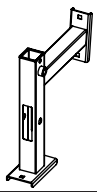
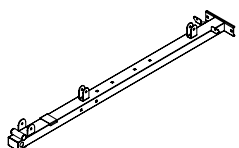
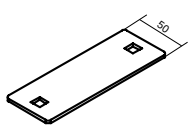
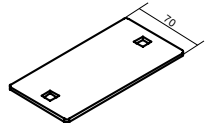
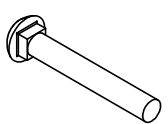
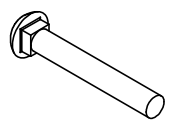
PARTS LIST

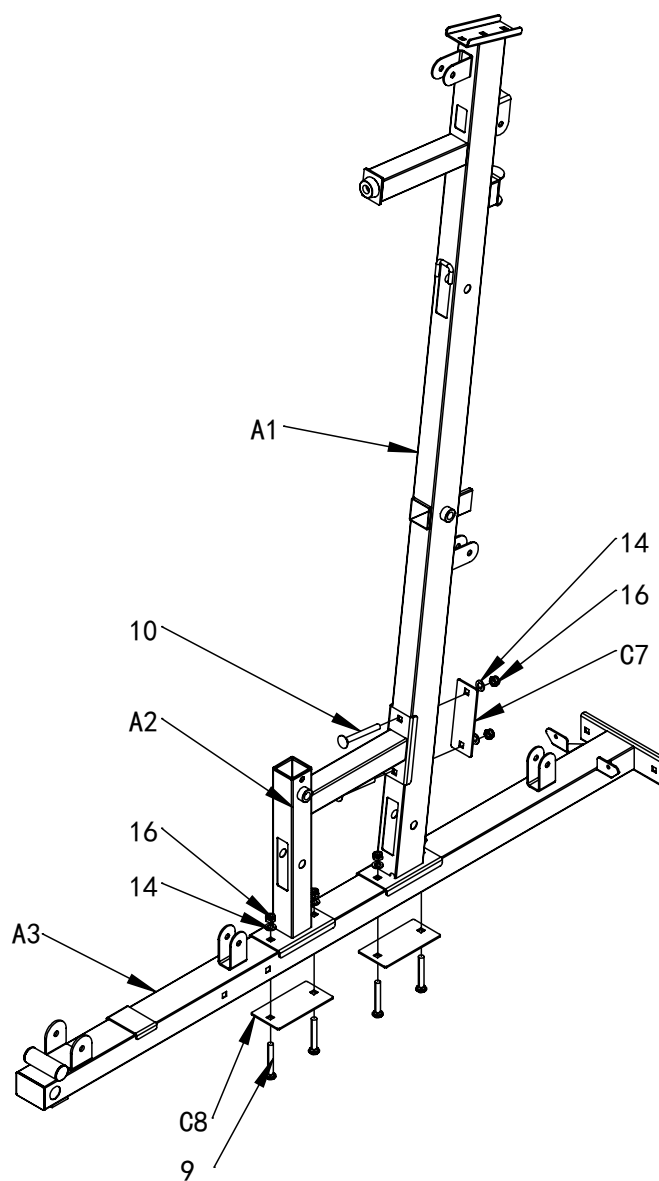
E1 Pulley Stand-C 1PC 	E2 Pulley Stand-D 2PCS 	E3 Preacher Pad 1PC 	E4 Back Pad 1PC 	E5 Seated Pad 1PC 	
E6 Foam Sleeve 4PCS 	E7 Right Shell 1PC 	E8 Left Shell 1PC 	E9 Roller A(60mm) 1PC 	E10 Roller B (63mm) 1PC 	
F1 Pulley 21PCS 	F2 Cable A (2980mm) 1PC 	F3 Cable B (2970mm) 1PC 	F4 Cable C (5065mm) 1PC 	F5 Chain (12) 1PC 	
F6 Chain (6) 1PC 	F7 CLip 7PCS 	F8 Knob 3PCS 	F9 Tricep Rope 1PC 	F10 Cable Handle 2PCS 	
G1 Pulley Spacer Sleeve 8PCS 	G2 Ankle Ring 1PC 	G3 Pulley Rope 8PCS 	G4 Pulley Sleeve 8PCS 	G5 Bushing (Ø16mm) 6PCS 	G6 Bushing (Ø29mm) 4PCS 

HARDWARE LIST

1 Bolt(M6 x 12) 3PCS 	2 Bolt(M8 x16) 14PCS 	3 Bolt(M10 x 20) 7PCS 	4 Bolt(M10 x 25) 2PCS 	5 Bolt(M10 x45) 12PCS 
6 Bolt(M10 x 70) 6PCS 	7 Bolt(M10 x 85) 2PCS 	8 Bolt(M10 x 175) 1PC 	9 Bolt(M10 x 70) 6PCS 	10 Bolt(M10 x 90) 6PCS 
12 Washer(M16) 2PCS 	13 Washer(M6) 3PCS 	14 Washer(M10) 71PCS 	15 Washer(M8) 14PCS 	16 Locknut(M10) 37PCS 
17 Locknut(M16) 2PCS 	18 Locknut(M6) 3PCS 	19 Bolt(M10 x 55) 4PCS 	20 Double-Ended Bolt 1PC 	

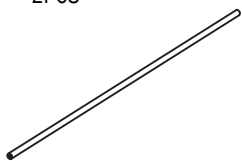
STEP1:

A1 Front Upright 1PC 	A2 Seated Pad Connecting 1PC 	A3 Front Base 1PC 	C7 Connecting Plate 1PC 	C8 Connecting Plate B 2PCS 
9 Bolt(M10 x 70) 4PCS 	10 Bolt(M10 x 90) 2PCS 	14 Washer(M10) 6PCS 	16 Locknut(M10) 6PCS 	

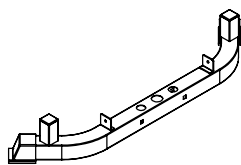


STEP2:

A4 Guide Rod
2PCS



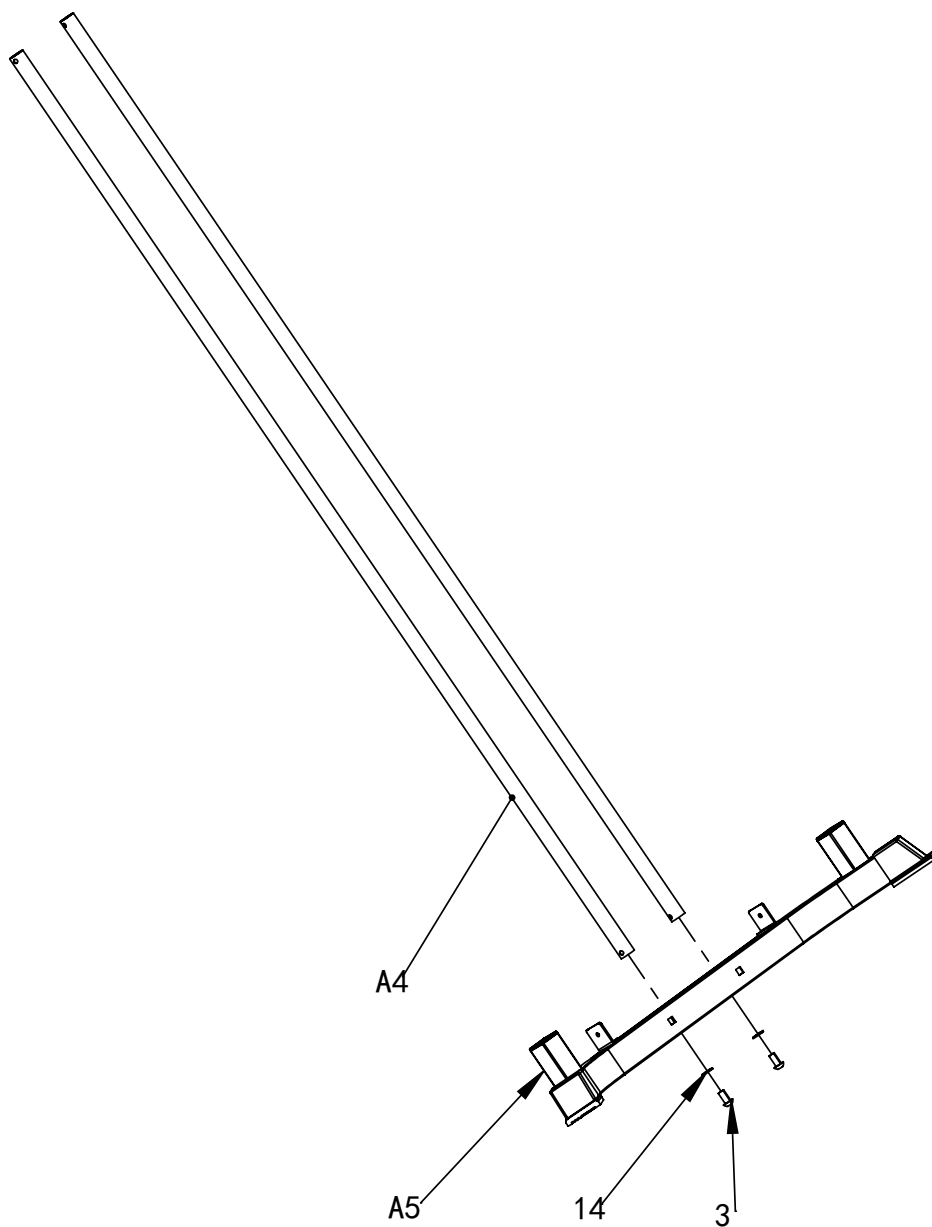
A5 Back Base
1PC



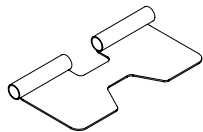
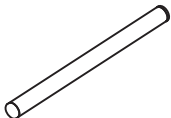
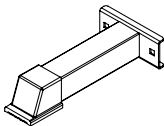
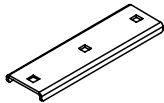
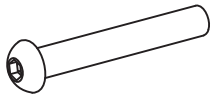
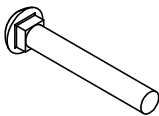
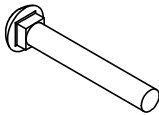
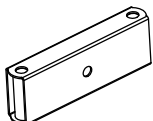
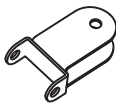
3 Bolt (M10 x 20)
2PCS

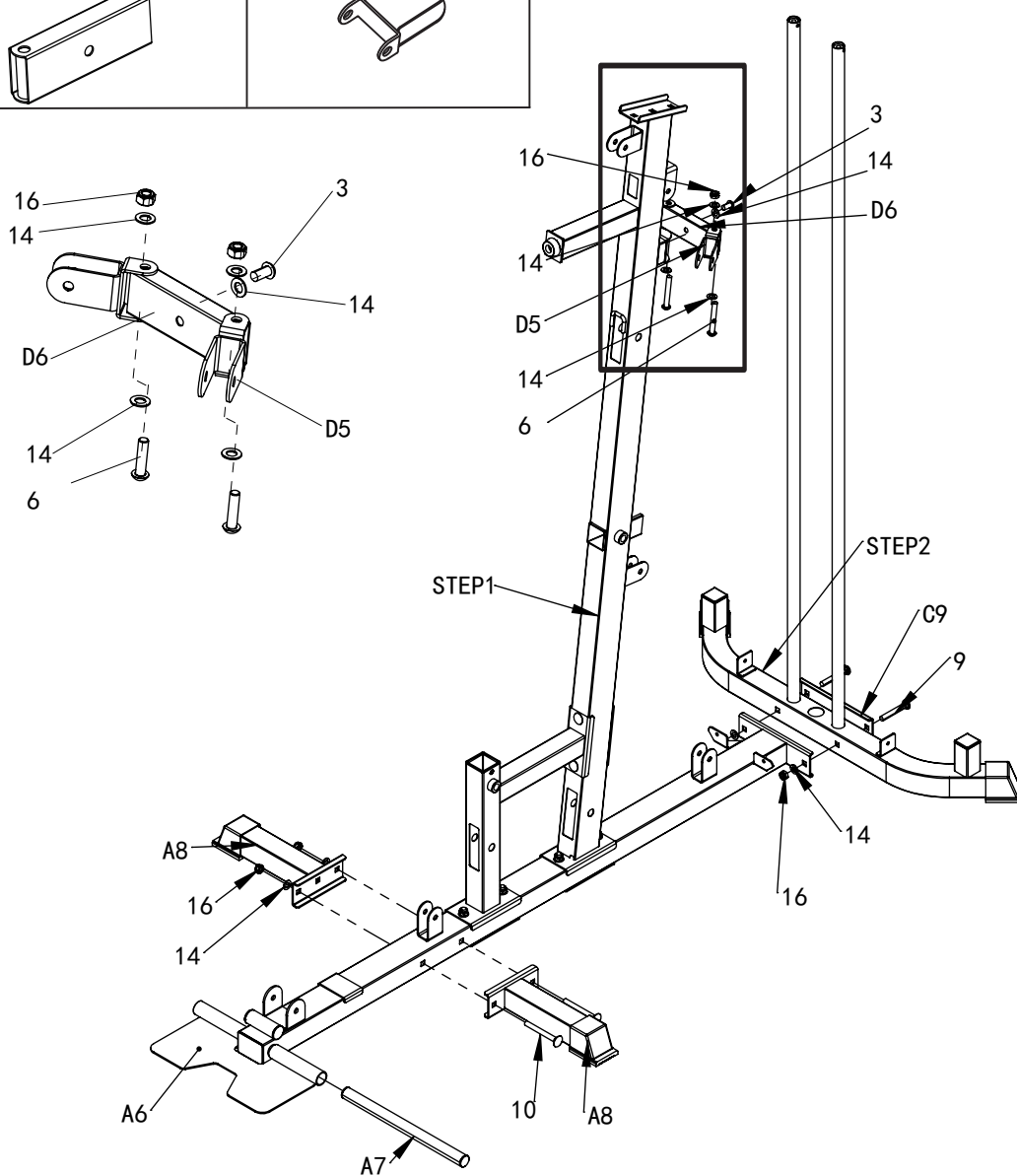


14 Washer (M10)
2PCS



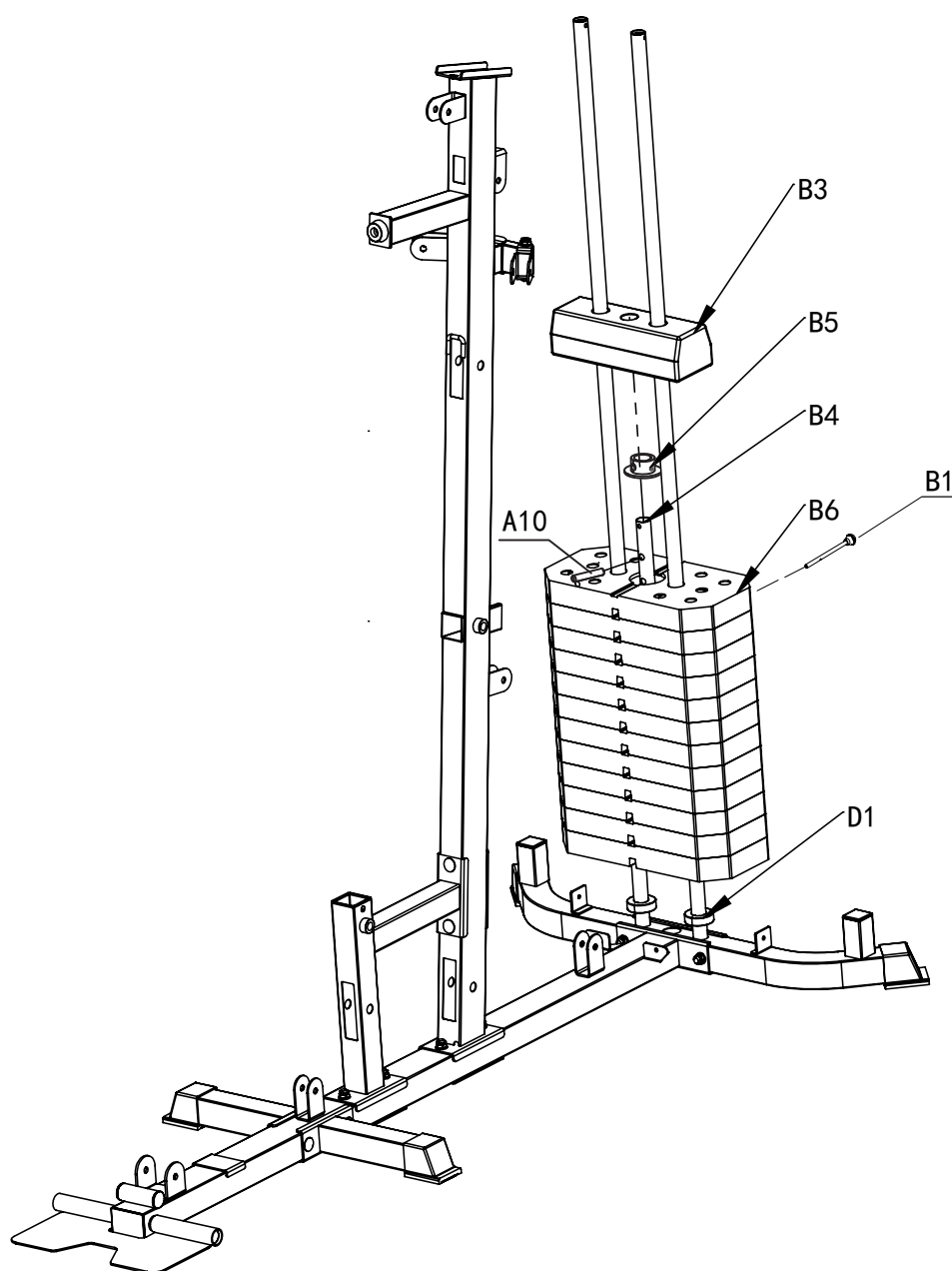
STEP3:

A6 Foot Pedal 1PC	A7 Footboard Connecting Rod 1PC	A8 Stable Base 2PCS	C9 U Connecting Plate 1PC	3 Bolt(M10 x 20) 1PC
				
6 Bolt(M10 x 70) 2PCS	9 Bolt(M10 x 70) 2PCS	10 Bolt(M10 x 90) 2PCS	14 Washer(M10) 9PCS	16 Locknut(M10) 6PCS
				
D6 Pulley Stand-A 1PC	D5 Pulley Stand-B 2PCS			
				



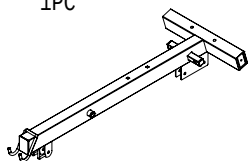
STEP4:

A10 Weight Stack Pin 1PC	B1 Weight Stack Pin 1PC	B3 Top Weight Stack 1PC	B4 Insert Lifting Rod 1PC	B5 Weight Stack Washer 1PC
B6 Weight Stack 12PCS	D1 Rubber Cushion Pad 2PCS			

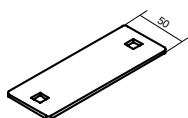


STEP5:

B7 Top Frame
1PC



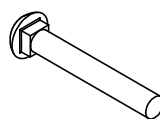
C7 Connecting Plate
1PC



3 Bolt(M10 x 20)
2PCS



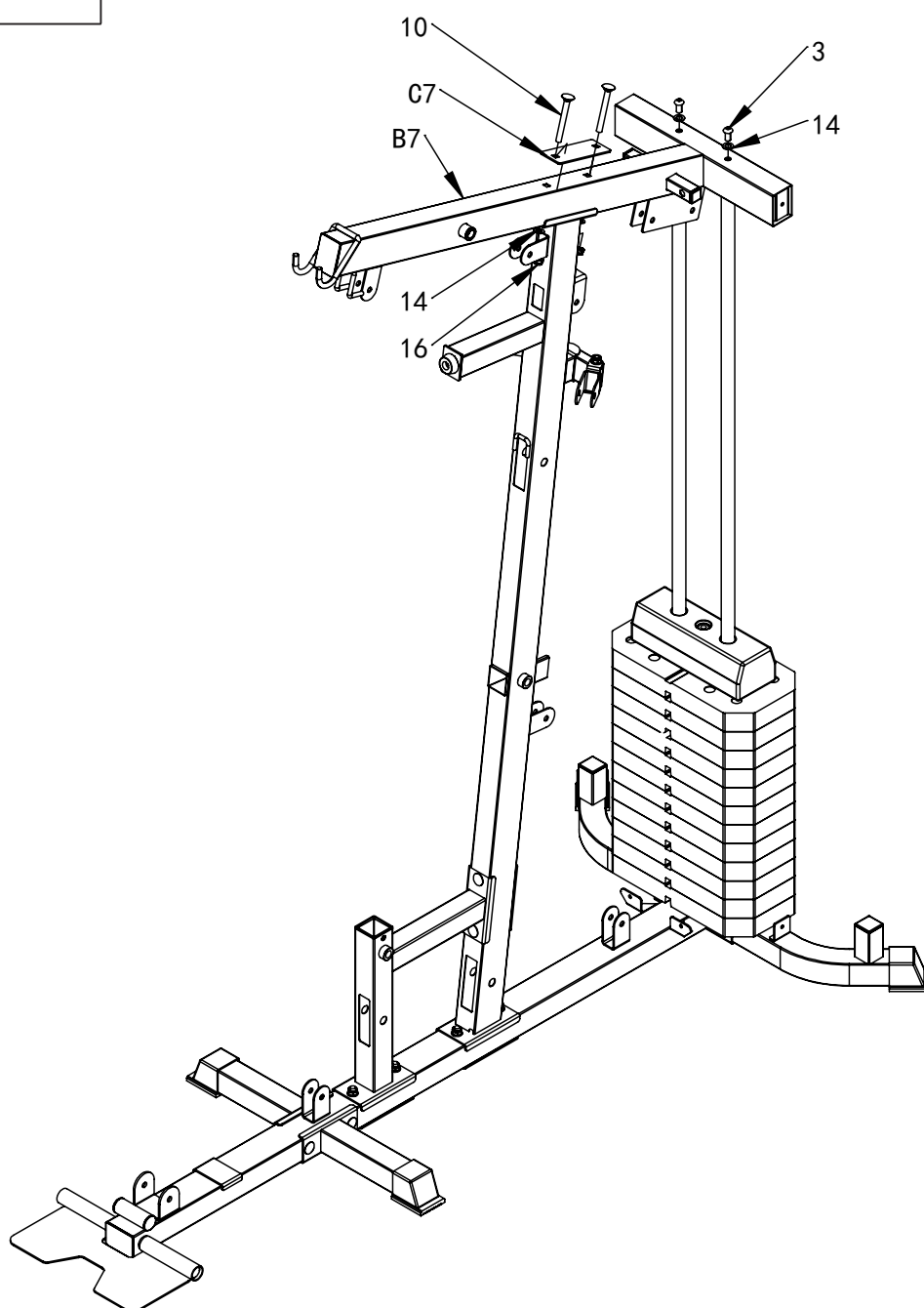
10 Bolt(M10 x 90)
2PCS



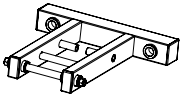
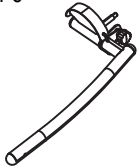
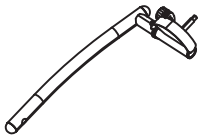
14 Washer(M10)
4PCS

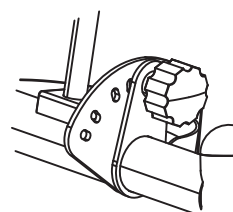
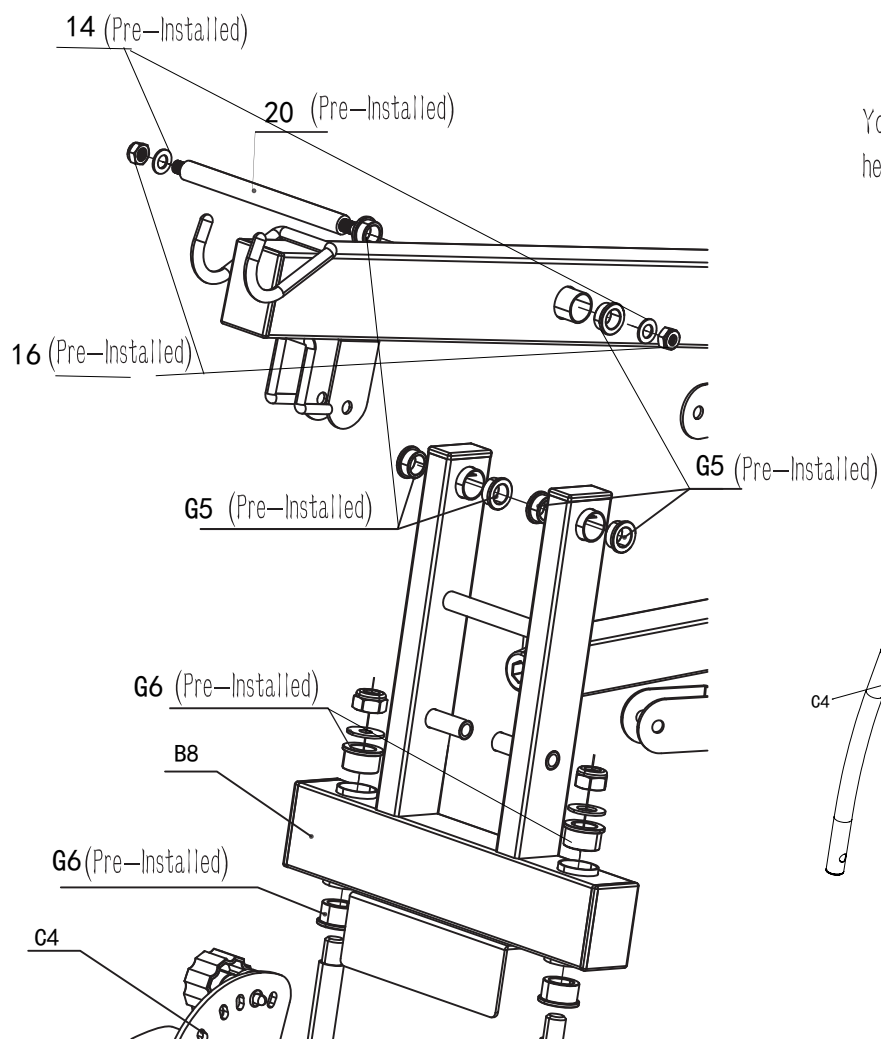


16 Locknut(M10)
2PCS

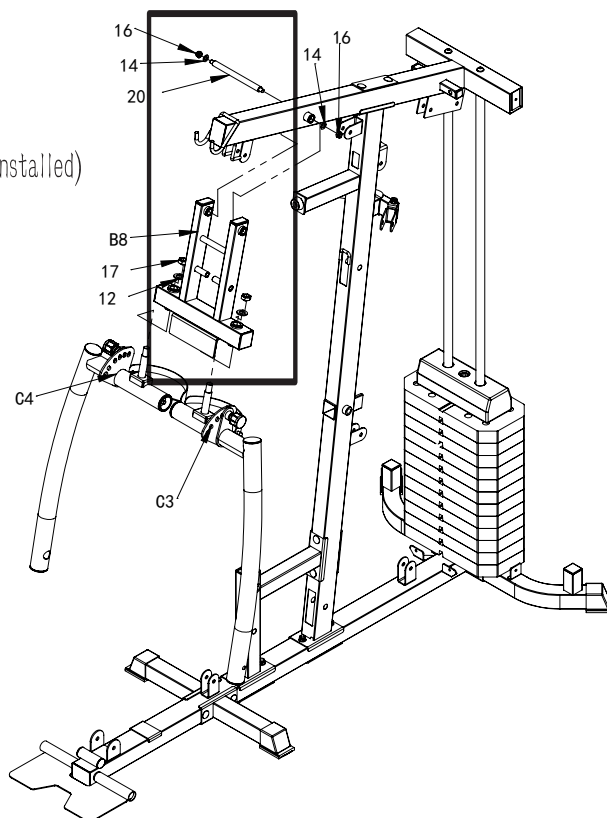


STEP 6.

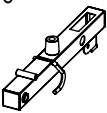
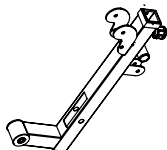
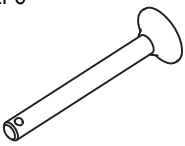
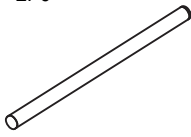
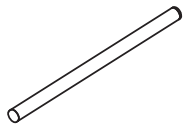
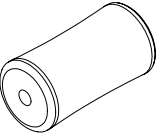
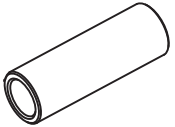
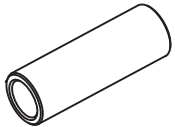
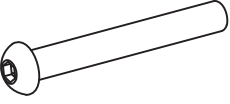
B8 Jammer Arm Connecting With G5, G6, 20 1PC 	C3 Right Jammer Arm 1PC 	C4 Left Jammer Arm 1PC 	20 Double-Ended Bolt 1PC (Pre-Installed) 	17 Locknut (M16) 2PCS 
12 Washer (M16) 2PCS 	G5 Bushing (Ø16mm) (Pre-Installed) 6PCS 	G6 Bushing (Ø29mm) (Pre-Installed) 4PCS 	14 Washer (M10) 9PCS 	16 Locknut (M10) 6PCS 

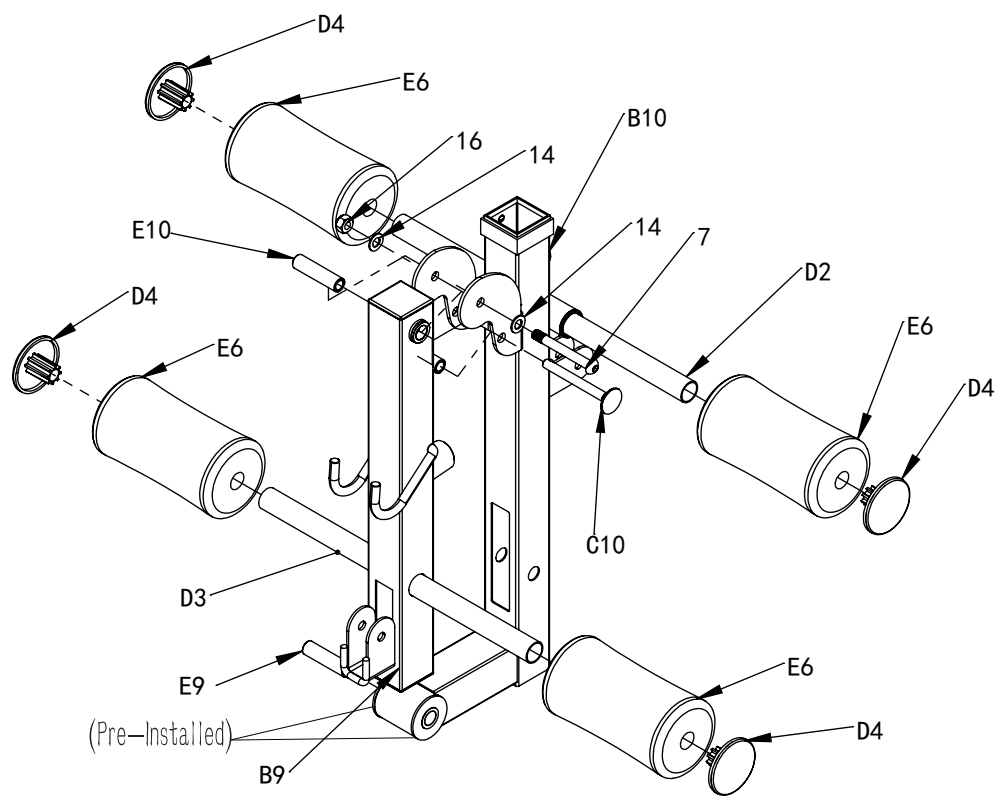


You can adjust the angle of the push arm here to use different movements.

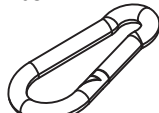
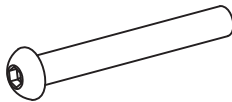


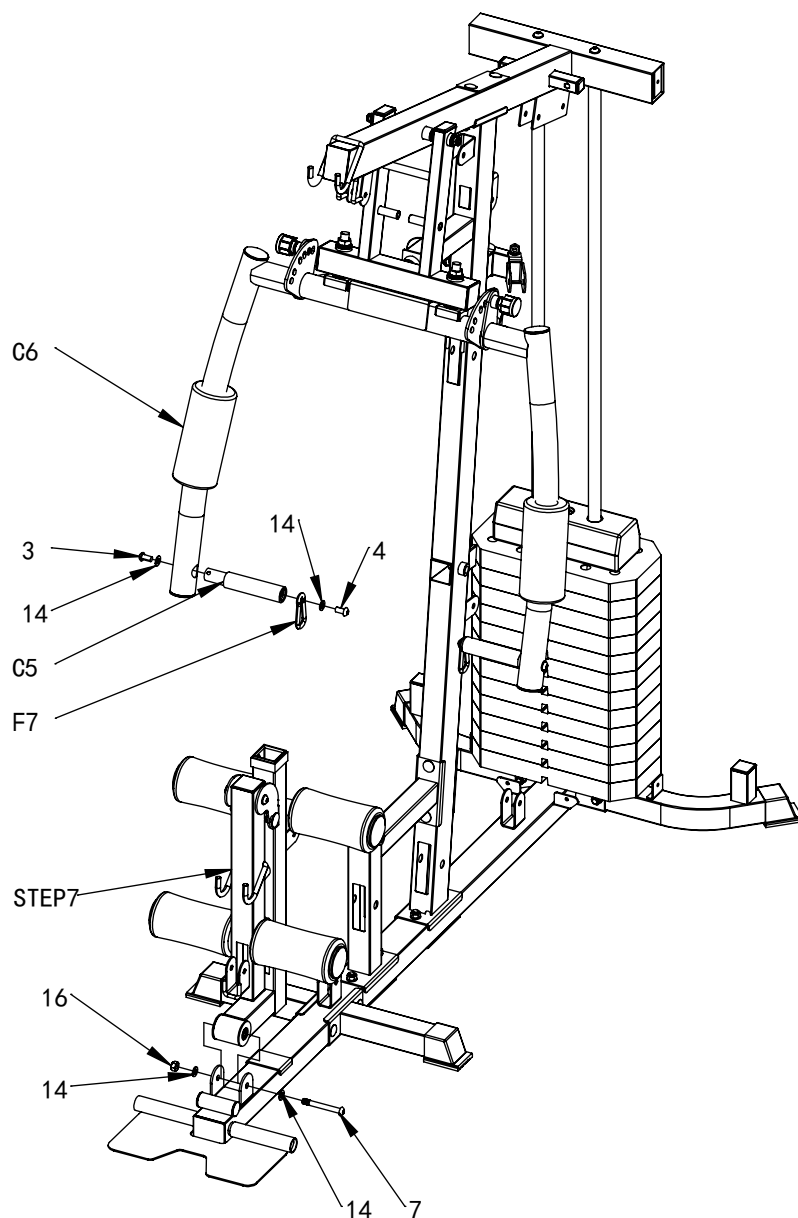
STEP7:

B9 Leg Extension Arm 1PC	B10 Front Insert Tube 1PC	C10 Locking Pin 1PC	D2 Foam Sleeve Roller(433mm) 1PC	D3 Foam Sleeve Roller(400mm) 1PC
				
D4 Foam Plug 4PCS	E6 Foam Sleeve 4PCS	E9 Roller A(60mm) 1PC	E10 Roller B (63mm) 1PC	7 Bolt(M10 x 85) 1PC
				
14 Washer(M10) 2PCS	16 Locknut(M10) 1PC			
				

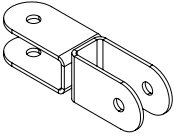
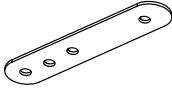
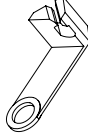
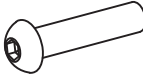


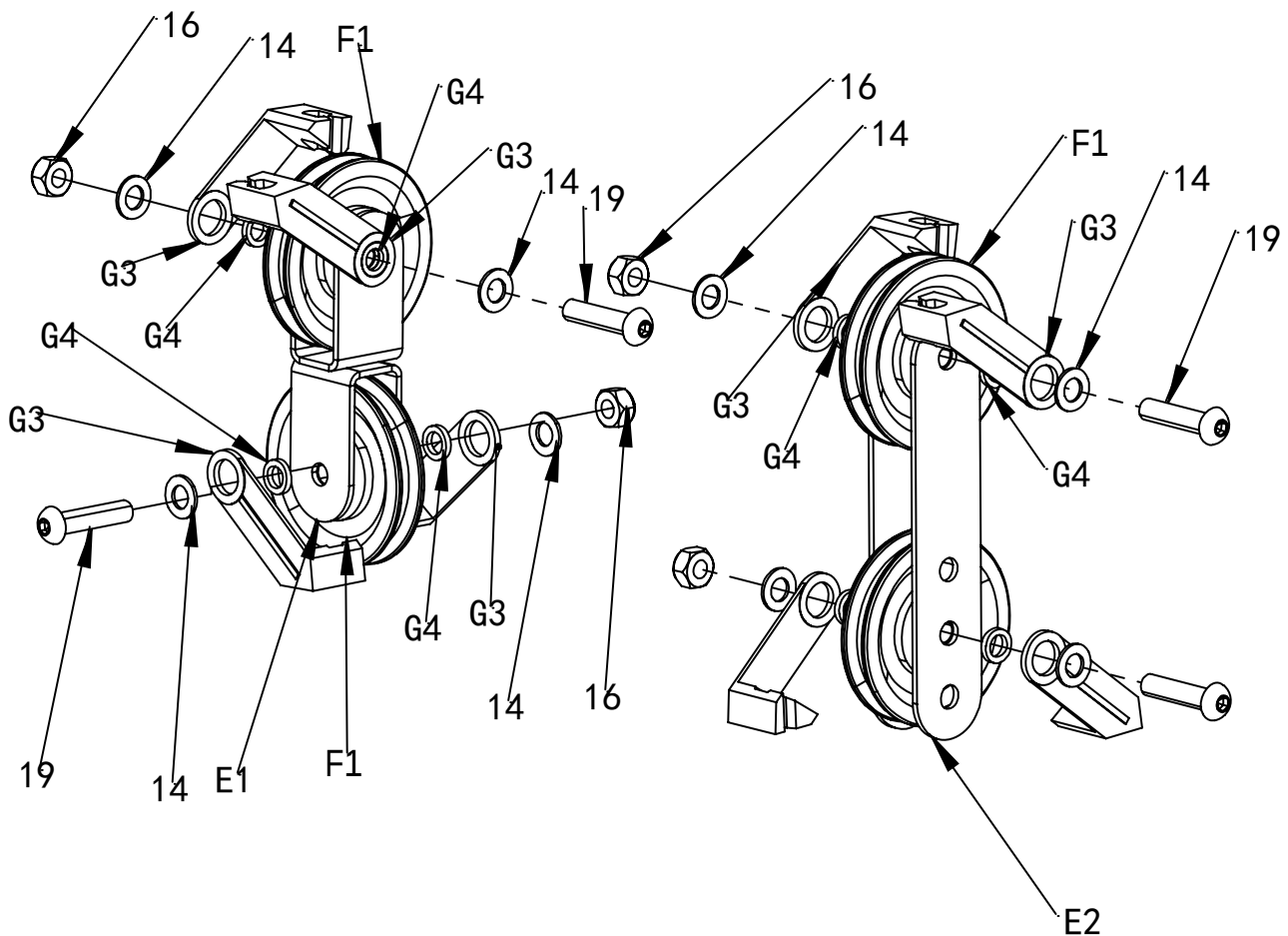
STEP8:

C5 Jammer Arm Handle 2PCS 	C6 Foam Sleeve 2PCS 	F7 CLip 2PCS 	3 Bolt(M10 x 20) 2PCS 	7 Bolt(M10 x 85) 1PC 
14 Washer(M10) 6PCS 	16 Locknut(M10) 1PC 	4 Bolt(M10 x 25) 2PCS 		

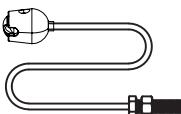
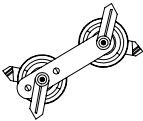
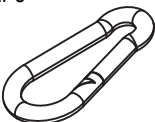
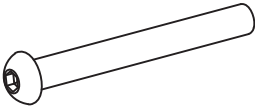
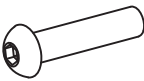


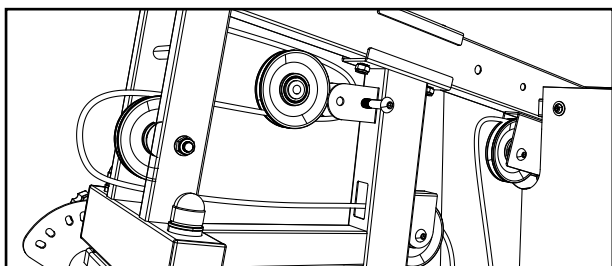
STEP9:

E1 Pulley Stand-C 1PC 	E2 Pulley Stand-D 2PCS 	F1 Pulley 4PCS 	G3 Pulley Rope 8PCS 	G4 Pulley Sleeve 8PCS 
19 Bolt (M10 x 55) 4PCS 	14 Washer (M10) 8PCS 	16 Locknut (M10) 4PCS 		

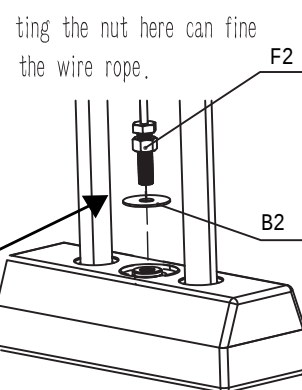
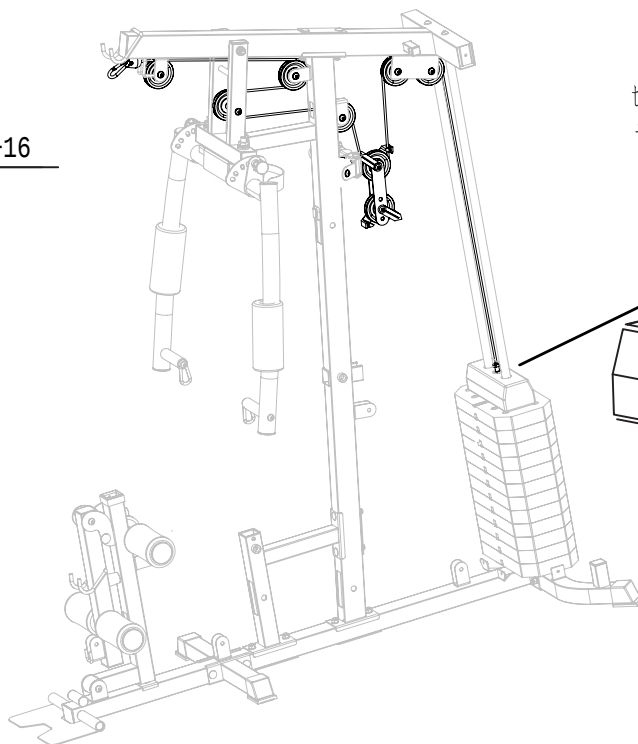
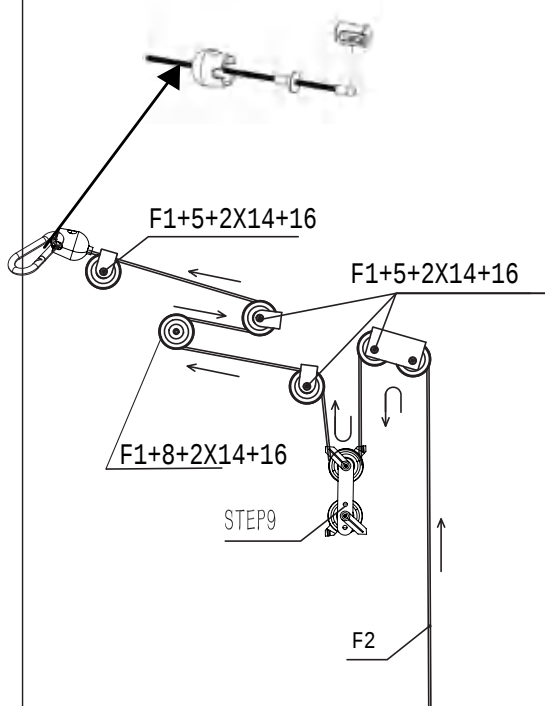
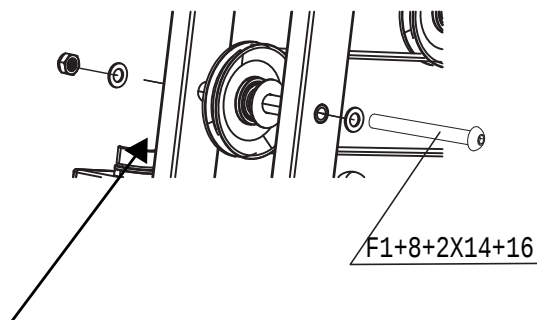


STEP10:

F2 Cable A (2980mm) 1PC	F1 Pulley 6PCS	STEP9	B2 Weight Washer 1PC	F7 CLip 1PC
				
8 Bolt(M10 x 175) 1PC	14 Washer(M10) 12PCS	16 Locknut(M10) 6PCS	5 Bolt(M10 x45) 5PCS	
				

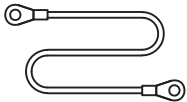
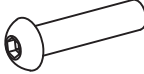


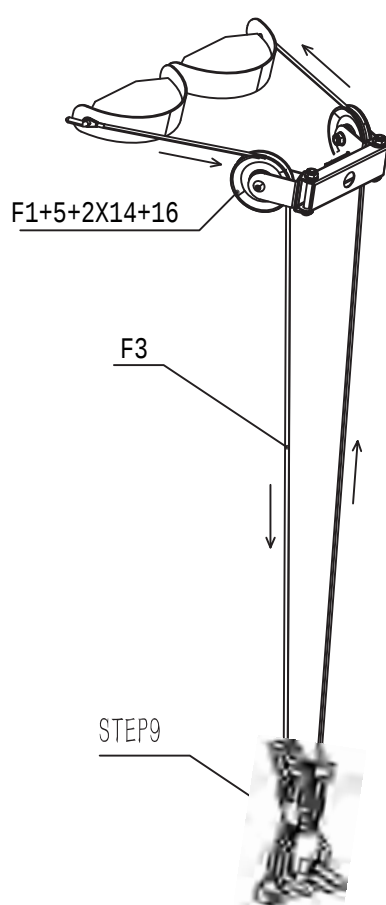
Please install the rope and pulley at the same time



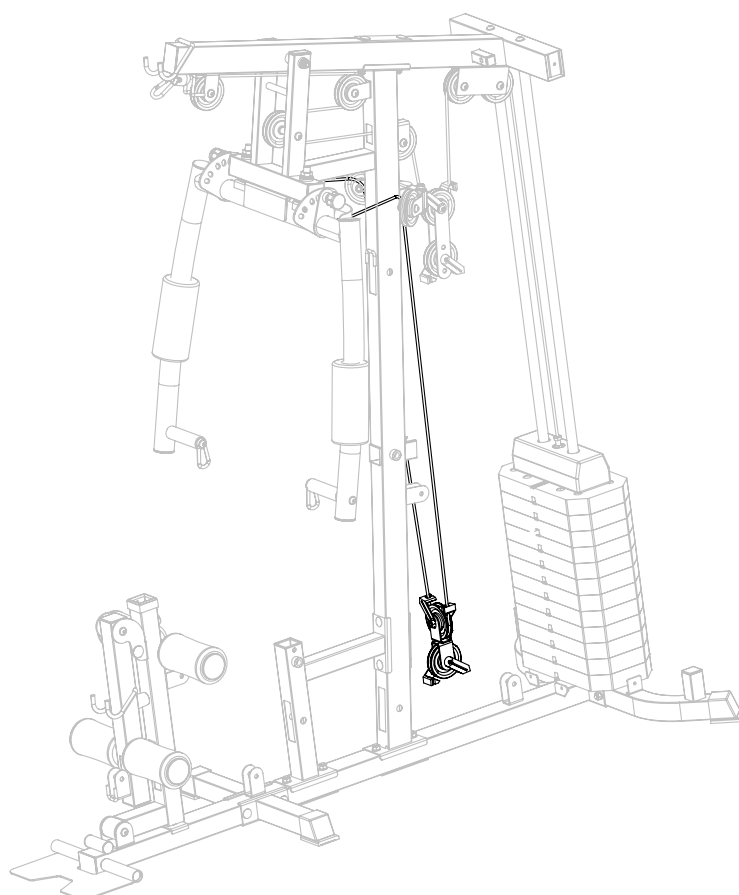
ting the nut here can fine the wire rope.

STEP11:

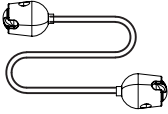
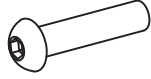
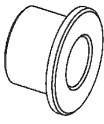
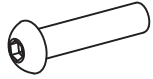
F3 Cable B (2970mm) 1PC 	F1 Pulley 2PCS 	STEP9 	5 Bolt(M10 x45) 2PCS 	14 Washer (M10) 4PCS 
16 Locknut (M10) 2PCS 				

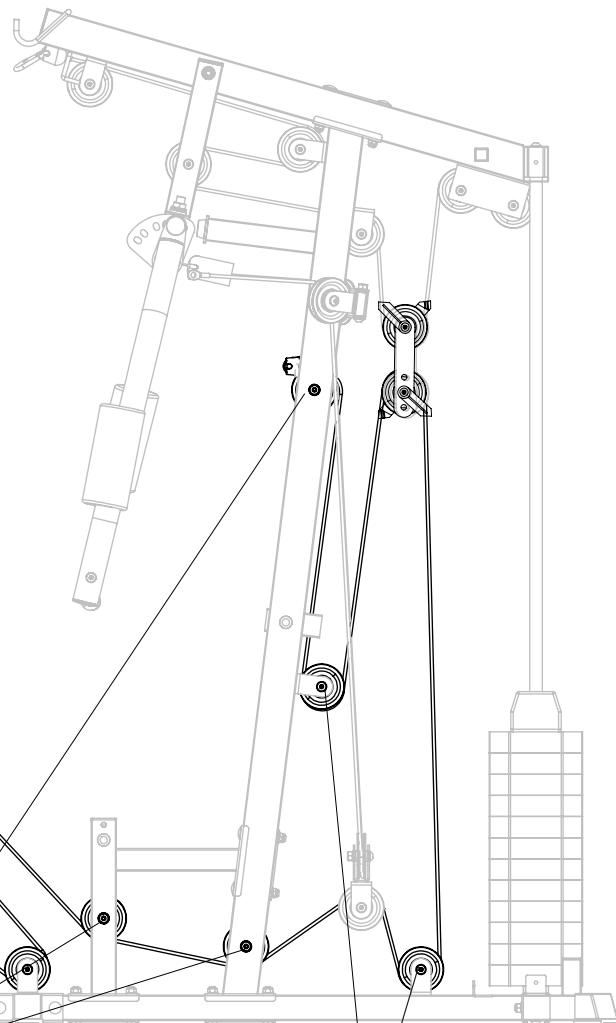
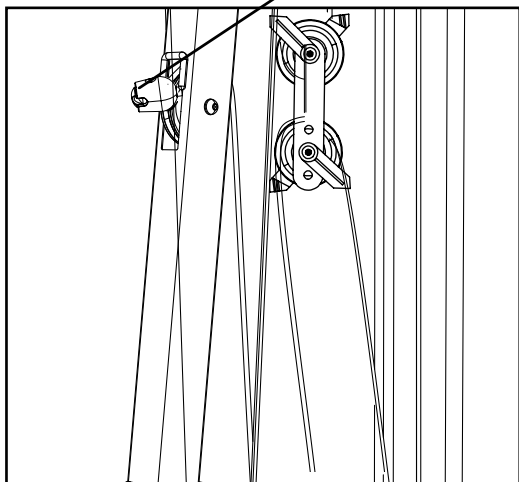
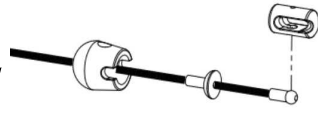


Please install the rope and pulley at the same time

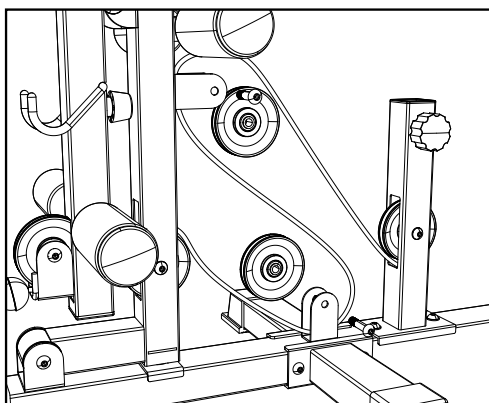


STEP12:

F4 Cable C (5065mm) 1PC 	F1 Pulley 9PCS 	5 Bolt(M10 x45) 5PCS 	14 Washer (M10) 18PCS 	16 Locknut (M10) 9PCS 
G1 Pulley Spacer Sleeve 8PCS 	6 Bolt(M10 x70) 4PCS 			



Please install the rope and pulley at the same time



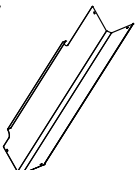
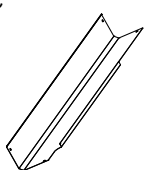
F1+5+2X14+16

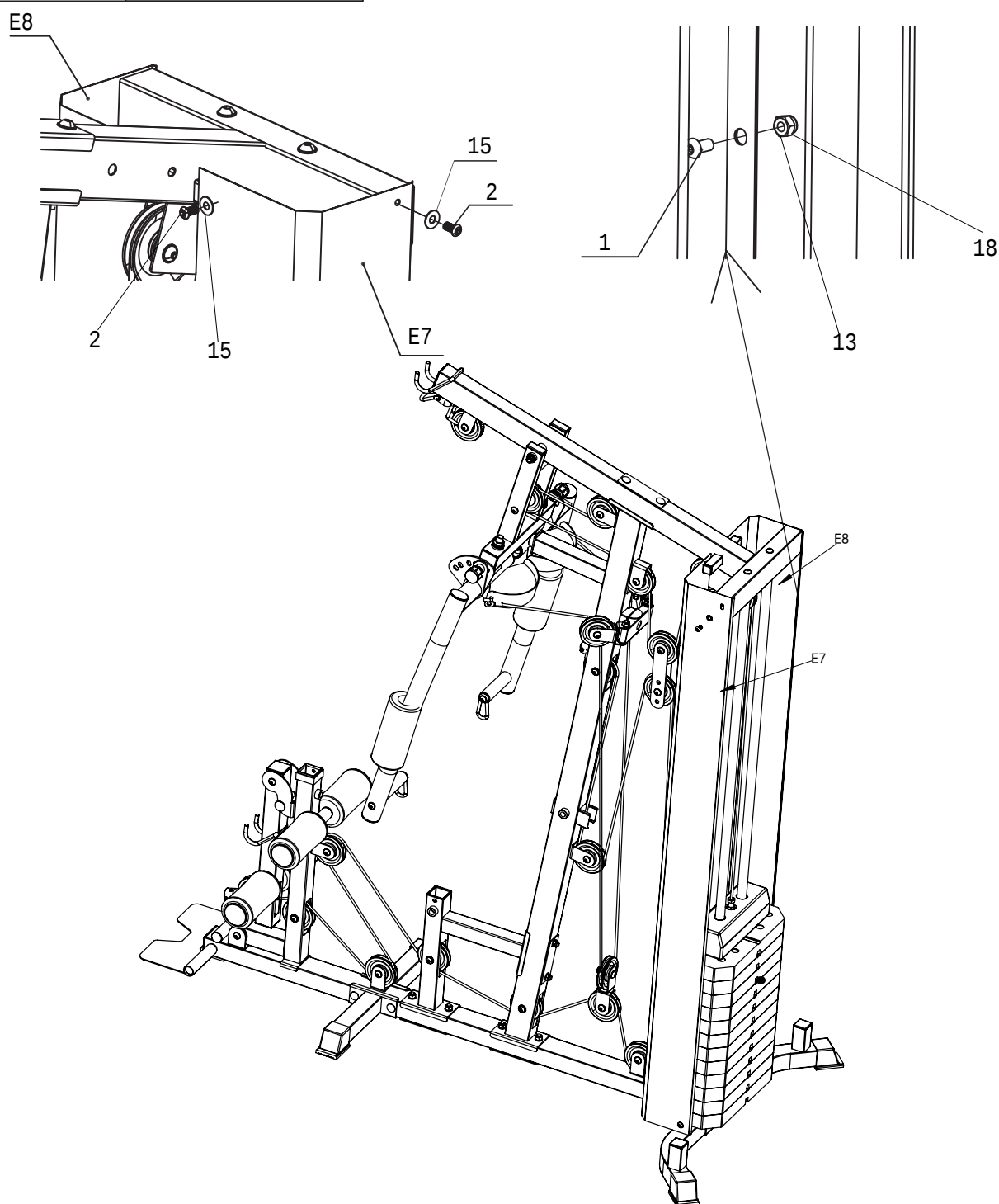
F1+2XG1+6+2X14+16

F1+5+2X14+16

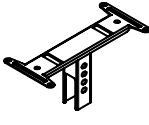
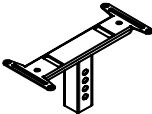
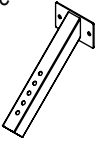
Adjust these pulley brackets and two wheels
 Sub-spacing allows for simultaneous adjustment of steel wires
 Roughly adjust the length of the rope and increase the spacing
 Reducing the spacing means tightening the steel wire rope

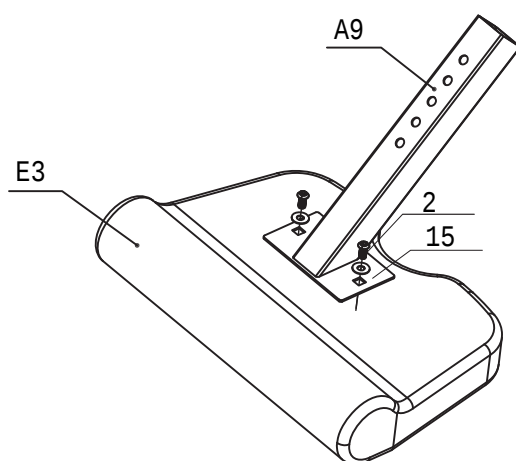
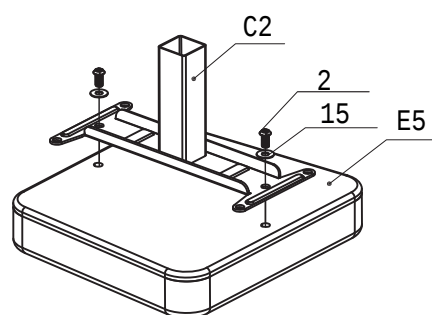
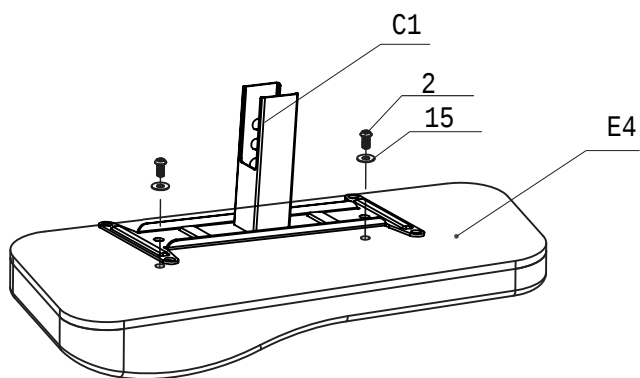
STEP13:

E7 Right Shell 1PC 	E8 Left Shell 1PC 	2 Bolt(M8 x16) 8PCS 	15 Washer(M8) 8PCS 	13 Washer(M6) 3PCS 
1 Bolt(M6 x 12) 3PCS 	18 Locknut(M6) 3PCS 			



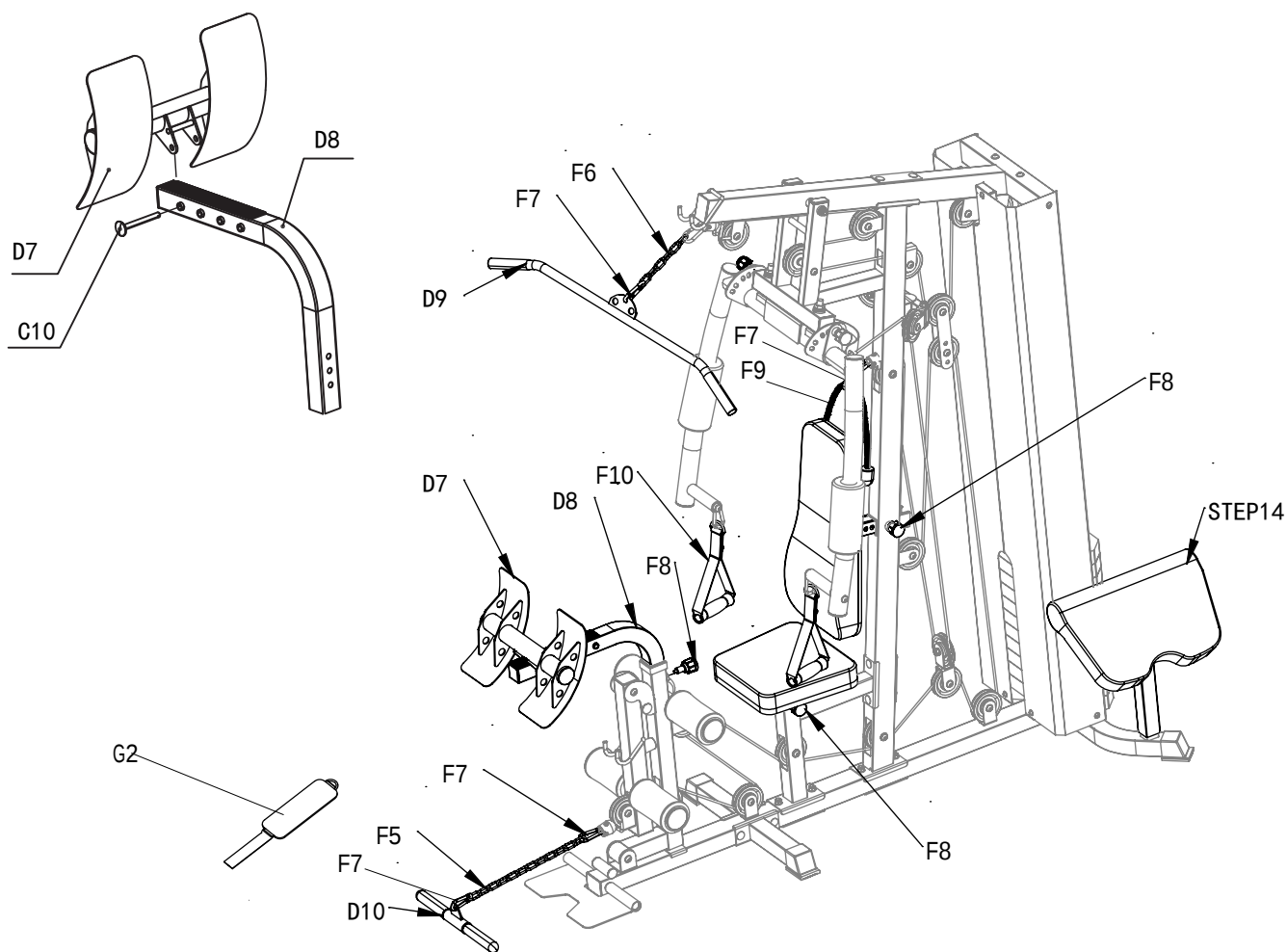
STEP14:

E3 Preacher Pad 1PC 	E4 Back Pad 1PC 	E5 Seated Pad 1PC 	C1 Back Pad Connecting 1PC 	C2 Seat Pad Connecting 1PC 
2 Bolt(M8 x16) 6PCS 	15 Washer(M8) 6PCS 	A9 Preacher Pad Connecting 1PC 		



STEP15:

C10 Locking Pin 1PC	D7 Leg Press Pedal 1PC	D8 Leg Press Pedal Connecting 1PC	D9 Lat Pull Down Bar 1PC	D10 Short Straight Bar 1PC
F5 Chain (12) 1PC	F6 Chain (6) 1PC	F7 Clip 4PCS	F8 Knob 3PCS	F9 Tricep Rope 1PC
F10 Cable Handle 2PCS	G2 Ankle Ring 1PC			



FORMAT OF AFTER-SALE EMAIL

The screenshot shows an email draft window with the following elements:

- Header:** "Draft saved" with window control icons.
- Recipients:** A field containing "Amazon-1234567890-Package Lost" (highlighted with a red box) and "SUBJECT EXAMPLE".
- Subject:** "Platform-Order Number-Issue".
- Body:** A large text area with the placeholder "Describe your issue here" (highlighted with a red box).
- Text:** "Welcome to attach the pictures to help us get more understands with your issue" (highlighted with a red box).
- Toolbar:** Includes undo, redo, font face (Sans Serif), font size (12), bold, italic, underline, text color, background color, bulleted list, numbered list, link, unlink, and a trash icon.
- Buttons:** A blue "Send" button and a red box around the "Attach" icon (a paperclip) in the toolbar, with a red arrow pointing to the text above it.

Welcome to send us some pictures to describe your problem, which will help us better and faster understand your current situation, and thus provide you with the best solution.

The machine you ordered has been carefully inspected and is fully guaranteed to be in perfect working order.

This lifetime warranty covers missing parts, damaged parts, package lost, all manufacturing and mechanical defects, excluding malfunctions or deterioration resulting from accidents or negligence. with this card, you are entitled to obtain service at any platform, such as Amazon, Walmart, and our own website.

Please provide your Platform and Order Number to us in the email subject.

NEED HELP?
CONTACT US FIRST.

HOMEGYM-USER-SERVICE@outlook.com