

USER'S MANUAL
Home Gym
SP36555(SA-062)

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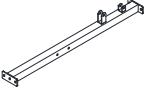
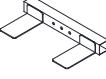
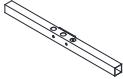
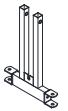
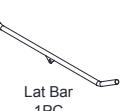
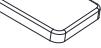
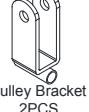
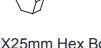
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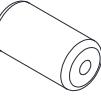
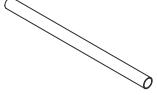
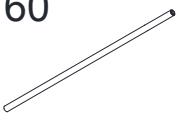
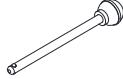
Before You Start

- ⚠ Please read all instructions carefully.
- ⚠ Retain instructions for future reference.
- ⚠ Separate and count all parts and hardware.
- ⚠ Read through each step carefully and follow the proper order.
- ⚠ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- ⚠ Always place the product on a flat, steady and stable surface.
- ⚠ Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.

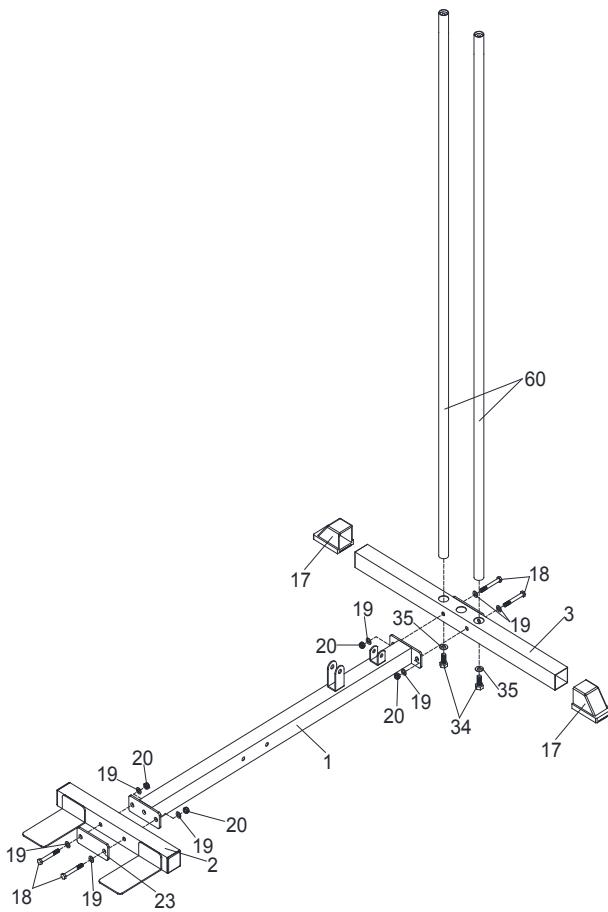
PARTS LIST DRAWING

 1 Main Base Tube 1PC	 2 Front Base Tube 1PC	 3 Rear Base Tube 1PC	 4 Main Support Tube 1PC	 5 Press Bar 1PC
 6 Left Butterfly Arm 1PC	 7 Right Butterfly Arm 1PC	 8 Upper Cross Beam 1PC	 9 Lat Bar 1PC	 10 M10 Nut 2PCS
 11 Leg Extension Tube 1PC	 12 Seat Support Tube 1PC	 13 Lower Bar 1PC	 14 Seat Cushion 1PC	 15 Backrest Cushion 1PC
 16 M8X60mm Hex Bolt 4PCS	 17 45mm Square End Cap 2pcs	 18 M8X65mm Hex Bolt 10PCS	 19 M8 Washer 32PCS	 20 M8 Nylon Nut 12PCS
 21 38mm Square End Cap 1PC	 22 38mm Square End Plug 4PCS	 23 Plate 3PCS	 24 M10X65mm Hex Bolt 6PCS	 25 M10X45mm Hex Bolt 8PCS
 26 Pulley Bracket 2PCS	 27 Pulley 12PCS	 28 45mm Square End Plug 6PCS	 29 M12X140mm Hex Bolt 1PC	 30 Pre-assembled Oil Bushing 6PCS
 31 M12 Nylon Nut 3PCS	 32 Pulley Bushing 8PCS	 33 50mm Square End Plug 2PCS	 34 M10X25mm Hex Bolt 4PCS	 35 M10 Washer 38PCS
 36 Reverse U 1PC	 37 Pulley U 1PC	 38 M10X70mm Hex Bolt 1PC	 39 Handle Grip 4PCS	 40 Pothook 4PCS

PARTS LIST DRAWING

41	42	43	44	45
 M8X55mm Hex Bolt 4PCS	 Handle Foam 2PCS	 25mm Round End Plug 6PCS	 Arm Cushion 2PCS	 Lower Cable 1PC
46	47	48	49	50
 30mm Square End Plug 2PCS	 Bumper 2PCS	 M12X75mm Hex Bolt 2PCS	 Plum Blossom Nut 1PC	 M8X40mm Hex Bolt 2PCS
51	52	53	54	55
 Bolt Cap (M12) 4PCS	 Bolt Cap (M10) 2PCS	 Tobacco-pipe 1PC	 Upper Cable 1PC	 Leg Foam Roller 4PCS
56	57	58	59	60
 Foam Tube 2PCS	 Butterfly Cable 1PC	 M10 Nylon Nut 17PCS	 Chain 2PCS	 Weight Guide Tube 2PCS
61	62	63	64	65
 Weight Selector Pin 1PC	 Rubber Ring 2PCS	 Weight Plate 9PCS	 Top Weight Plate 1PC	 Plastic Washer 1PC
66	67	68	69	70
 Selector Shaft Bushing 1PC	 Selector Shaft Pin 1PC	 Selector Shaft 1PC	 M12 Washer 6PCS	 M10X35mm Hex Bolt 2PCS
71	72			
 Select Shaft End Cap 1PC	 Washer (Φ 30X Φ 10) 1PC			

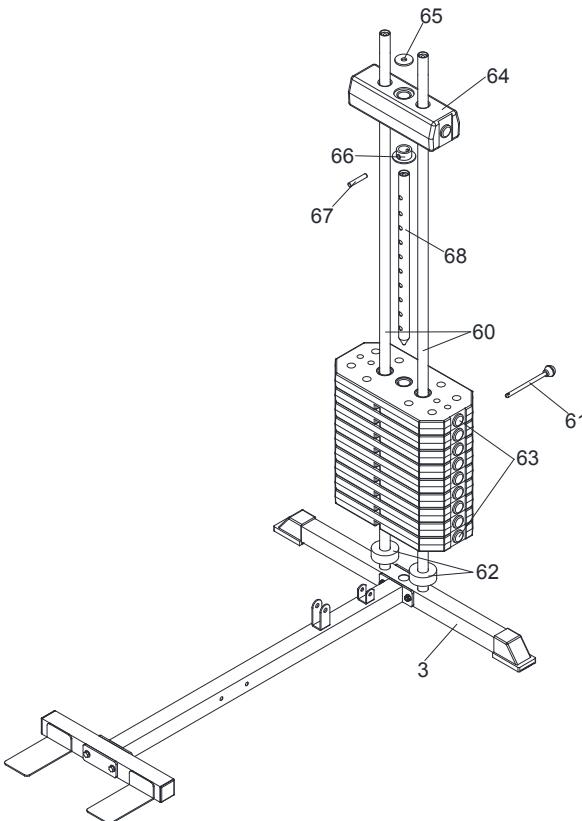
ASSEMBLY INSTRUCTIONS



STEP 1

1. Tap two 45mm Square End Caps (17) to the Rear Base Tube (3).
2. Remove two M10X25mm Hex Bolts (34) and two M10 Washers (35) from two Weight Guide Tubes (60).
3. Insert the Weight Guide Tube (60) into the Rear Base Tube (3), using two M10X25mm Hex Bolts (34) and two M10 Washers (35).
4. Attach the Main Base Tube (1) to the Rear Base Tube (3), using two M8X65mm Hex Bolts (18), four M8 Washers (19) and two M8 Nylon Nuts (20).
5. Attach the Front Base Tube (2) and the Plate (23) to the Main Base Tube (1), using two M8X65mm Hex Bolts (18), four M8 Washers (19) and two M8 Nylon Nuts (20).

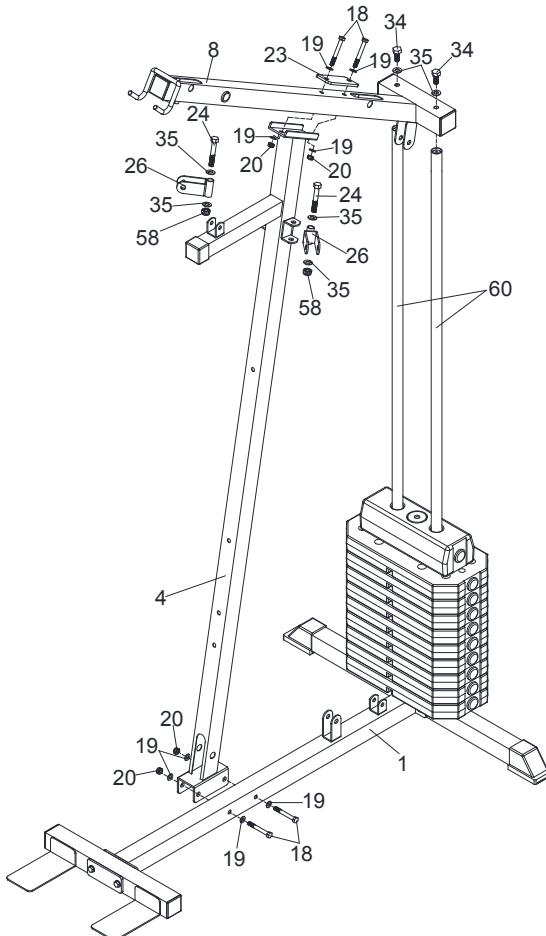
ASSEMBLY INSTRUCTIONS



STEP 2

1. Slide two Rubber Rings (62) onto the Weight Guide Tube (60).
2. Slide nine Weight Plates (63) down two Weight Guide Tubes (60).
3. Slide the Selector Shaft Bushing (66) down the Selector Shaft (68) at First hole fix with the Selector Shaft Pin (67).
4. Insert the Selector Shaft (68) into hole of the Weight Plate (63).
5. Slide the Top Weight Plate (64) down the Selector Shaft (68). Insert the Weight Selector Pin (61) into hole of desired Weight.
6. Put the Plastic Washer (65) on the Top Weight Plate (64).

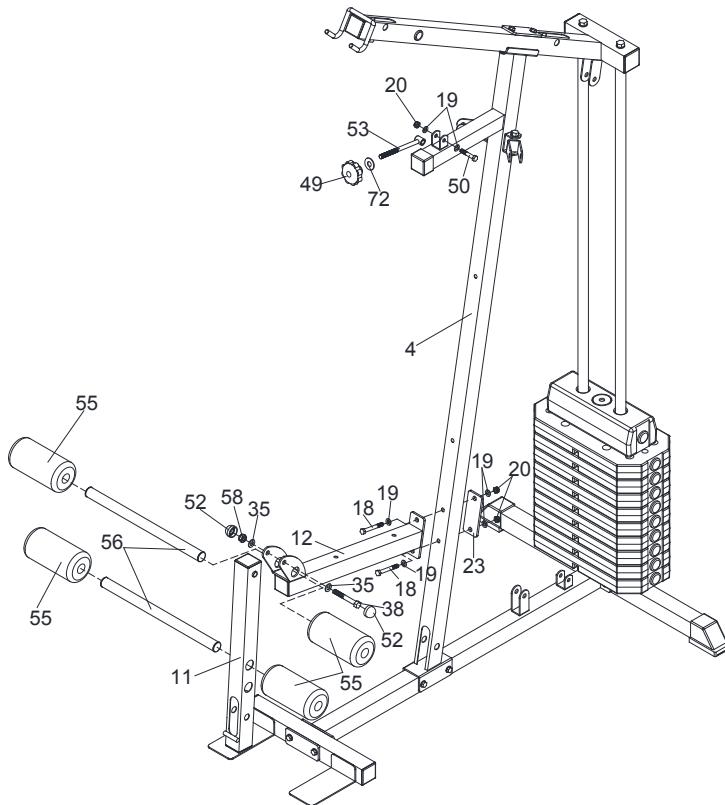
ASSEMBLY INSTRUCTIONS



STEP 3

1. Attach the Main Support Tube (4) to the Main Base Tube (1), using two M8X65mm Hex Bolts (18), four M8 Washers (19) and two M8 Nylon Nuts (20).
2. Remove two M10X25mm Hex Bolts (34) and two M10 Washers (35) from two Weight Guide Tube (60).
3. Attach the Upper Cross Beam (8) to the Weight Guide Tube (60), using two M10X25mm Hex Bolts (34) and two M10 Washers (35).
4. Attach the Upper Cross Beam (8) and the Plate (23) to the Main Support Tube (4), using two M8X65mm Hex Bolts (18), four M8 Washers (19) and two M8 Nylon Nuts (20).
5. Attach two Pulley Brackets (26) to the Main Support Tube (4), using two M10X65mm Hex Bolts (24), four M10 Washers (35) and two M10 Nylon Nuts (58).

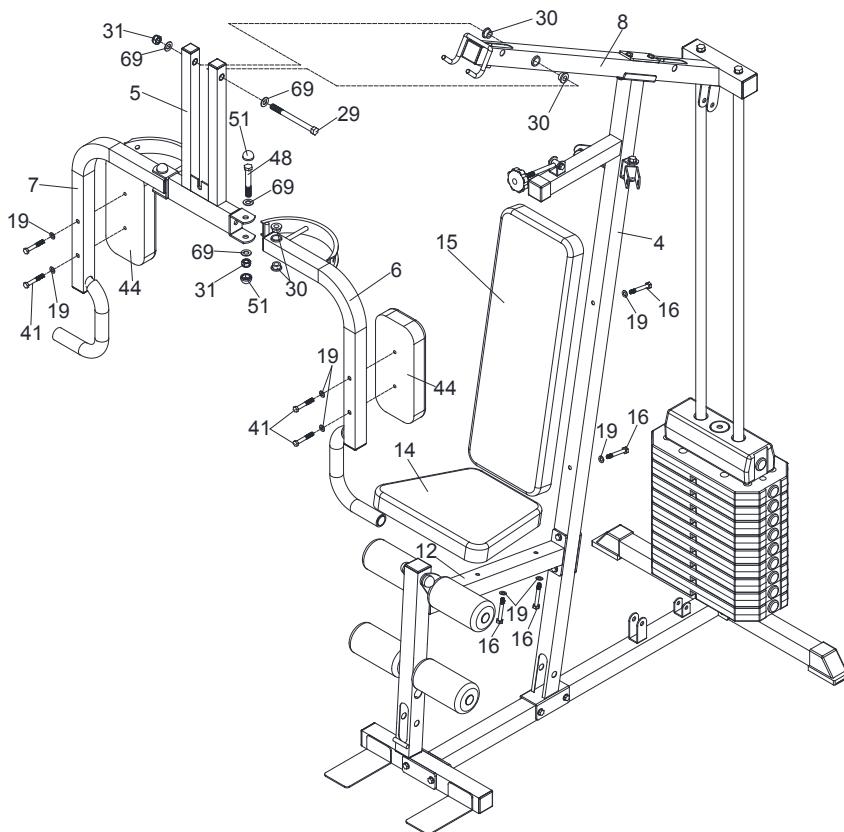
ASSEMBLY INSTRUCTIONS



STEP 4

1. Attach the Seat Support Tube (12) and the Plate (23) to the Main Support Tube (4), using two M8X65mm Hex Bolts (18), four M8 Washers (19) and two M8 Nylon Nuts (20).
2. Attach the Leg Extension Tube (11) to the Seat Support Tube (12), using one M10X70mm Hex Bolt (38), two M10 Washers (35), one M10 Nylon Nut (58) and two Bolt Caps (M10) (52).
3. Insert two Foam Tubes (56) into the Leg Extension Tube (11) and the Seat Support Tube (12), then slide four Leg Foam Rollers (55) onto two Foam Tubes (56).
4. Attach the Tobacco-pipe (53) to the Main Support Tube (4), using one M8X40mm Hex Bolt (50), two M8 Washers (19) and one M8 Nylon Nut (20).
5. Slide one Washer (ø 30X ø 10) (72) and one Plum Blossom Nut (49) onto the Tobacco-pipe (53).

ASSEMBLY INSTRUCTIONS

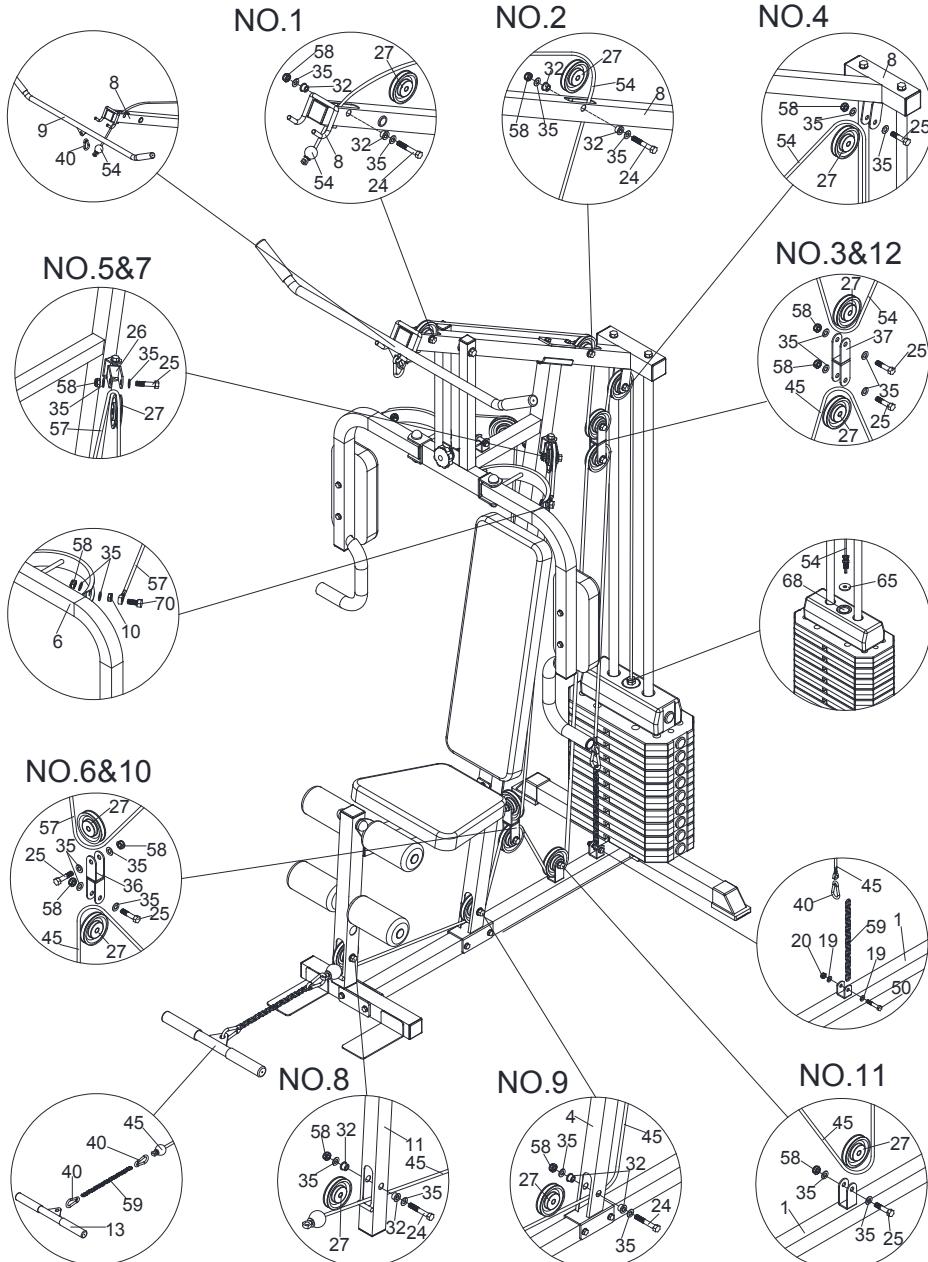


STEP 5

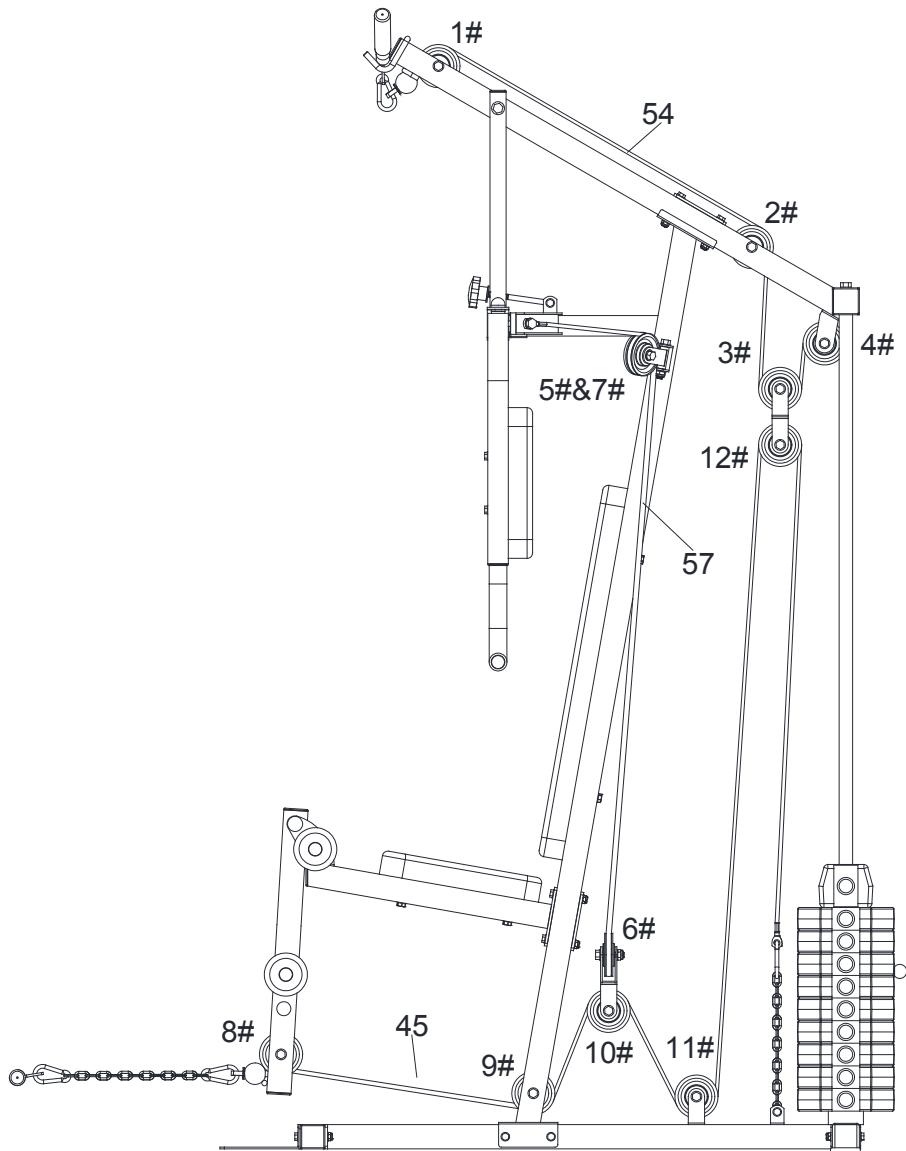
Note: Oil Bushings (30) have been Pre-assembled into the Upper Cross Beam (8) and the Butterfly Arm (6&7) .

1. Attach the Press Bar (5) to the Upper Cross Beam (8), using one M12X140mm Hex Bolt (29), two M12 Washers (69) and one M12 Nylon Nut (31).
2. Attach the Left Butterfly Arm (6) and the Right Butterfly Arm (7) to the Press Bar (5), using two M12X75mm Hex Bolts (48), four M12 Washers (69), two M12 Nylon Nuts (31) and four Bolt Caps (M12) (51).
3. Attach two Arm Cushions (44) to the Left Butterfly Arm (6) and the Right Butterfly Arm (7), using four M8X55mm Hex Bolts (41) and four M8 Washers (19).
4. Attach the Seat Cushion (14) to the Seat Support Tube (12), using two M8X60mm Hex Bolts (16) and two M8 Washers (19).
5. Attach the Backrest Cushion (15) to the Main Support Tube (4), using two M8X60mm Hex Bolts (16) and two M8 Washers (19).

ASSEMBLY INSTRUCTIONS



ASSEMBLY INSTRUCTIONS



ASSEMBLY INSTRUCTIONS

STEP 6

1. Assembly the Upper Cable (54)

- a). With the Upper Cable (54) in groove of Pulley (27), thread the Upper Cable (54) through the Upper Cross Beam (8).
- b). Install Pulley NO.1 (27) and two Pulley Bushings (32) to the Upper Cross Beam (8), using one M10X65mm Hex Bolt (24), two M10 Washers (35) and one M10 Nylon Nut (58).
- c). Install Pulley NO.2 (27) and two Pulley Bushings (32) to the Upper Cross Beam (8), using one M10X65mm Hex Bolt (24), two M10 Washers (35) and one M10 Nylon Nut (58).
- d). Install Pulley NO.4 (27) to the Upper Cross Beam (8), using one M10X45mm Hex Bolt (25), two M10 Washers (35) and one M10 Nylon Nut (58).
- e). Attach the bolt end of Upper Cable (54) to the Selector Shaft (68) with a Plastic Washer (65).
- f). Install Pulley NO.3 (27) to the Pulley U (37), using one M10X45mm Hex Bolt (25), two M10 Washers (35) and one M10 Nylon Nut (58).
- g). Attach the Lat Bar (9) to the other end of Upper Cable (54) using one Pothook (40).

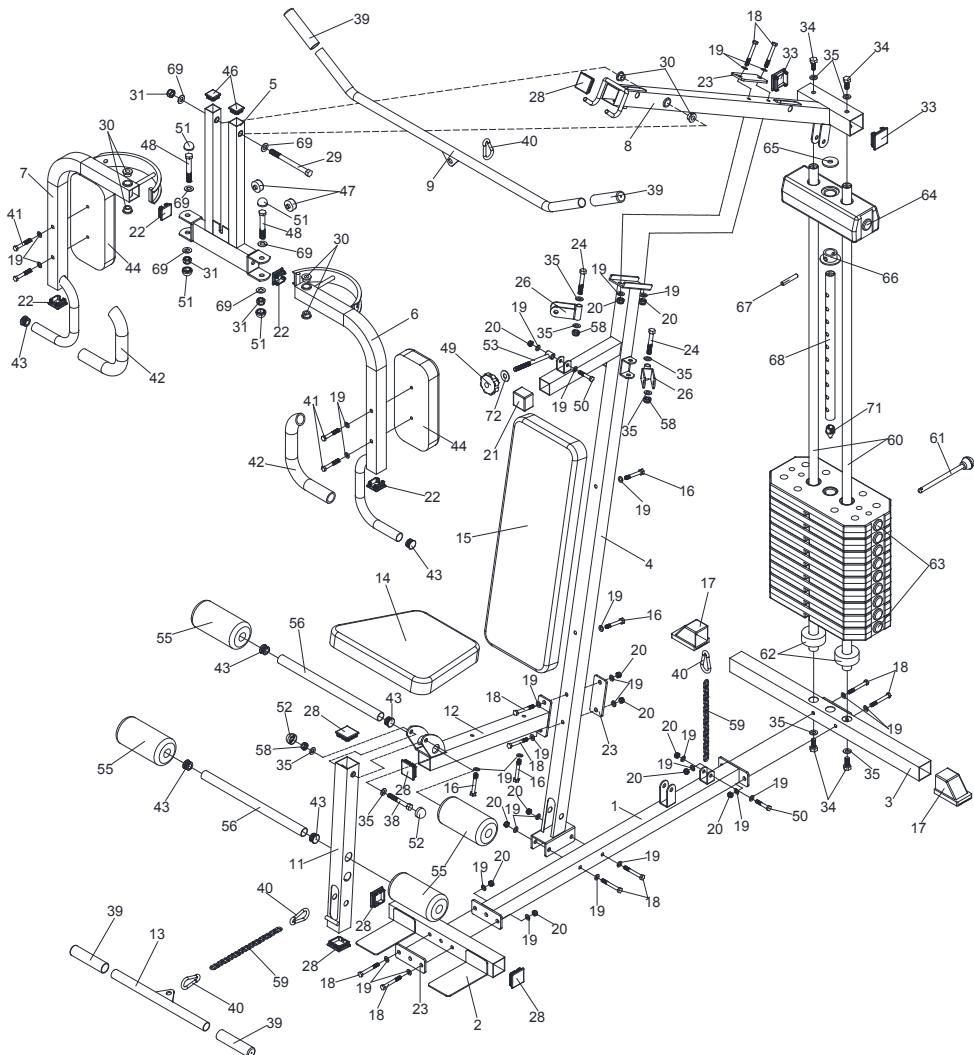
2. Assembly the Butterfly Cable (57)

- a). Attach both ends of Butterfly Cable (57) to the Left and Right Butterfly Arm (6&7), using two M10X35mm Hex Bolts (70), two M10 Nuts (10), four M10 Washers (35) and two M10 Nylon Nuts (58).
- b). Install Pulley NO.5&7 (27) to the Pulley Bracket (26), using two M10X45 mm Hex Bolts (25), four M10 Washers (35) and two M10 Nylon Nuts (58).
- c). Install Pulley NO.6 (27) to the Reverse U (36), using one M10X45mm Hex Bolt (25), two M10 Washers (35) and one M10 Nylon Nut (58).

3. Assembly the Lower Cable (45)

- a). With the Lower Cable (45) in groove of Pulley (27) through the Leg Extension Tube (11).
- b). Install Pulley NO.8 (27) and two Pulley Bushings (32) to the Leg Extension Tube (11), using one M10X65mm Hex Bolt (24), two M10 Washers (35) and one M10 Nylon Nut (58).
- c). Install Pulley NO.9 (27) and two Pulley Bushings (32) to the Main Support Tube (4), using one M10X65mm Hex Bolt (24), two M10 Washers (35) and one M10 Nylon Nut (58).
- d). Install Pulley NO.10 (27) to the Reverse U (36), using one M10X45mm Hex Bolt (25), two M10 Washers (35) and one M10 Nylon Nut (58).
- e). Install Pulley NO.11 (27) to the Main Base Tube (1), using one M10X45mm Hex Bolt (25), two M10 Washers (35) and one M10 Nylon Nut (58).
- f). Install Pulley NO.12 (27) to the Pulley U (37), using one M10X45mm Hex Bolt (25), two M10 Washers (35) and one M10 Nylon Nut (58).
- g). Attach the end of Lower Cable (45) to the Main Base Tube (1), using one M8X40mm Hex Bolt (50), two M8 Washers (19), one M8 Nylon Nut (20), one Pothook (40) and one Chain (59).
- h). Attach the Lower Bar (13) to the other end of Lower Cable (45), using two Pothooks (40) and one Chain (59).

EXPLODED DRAWING



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