

USER'S MANUAL

Home Gym

SP36555(SA-062)

THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.

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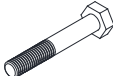






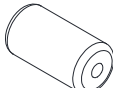
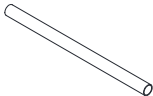




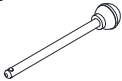

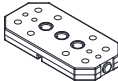
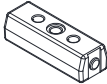






Before You Start

- ⚠ 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.

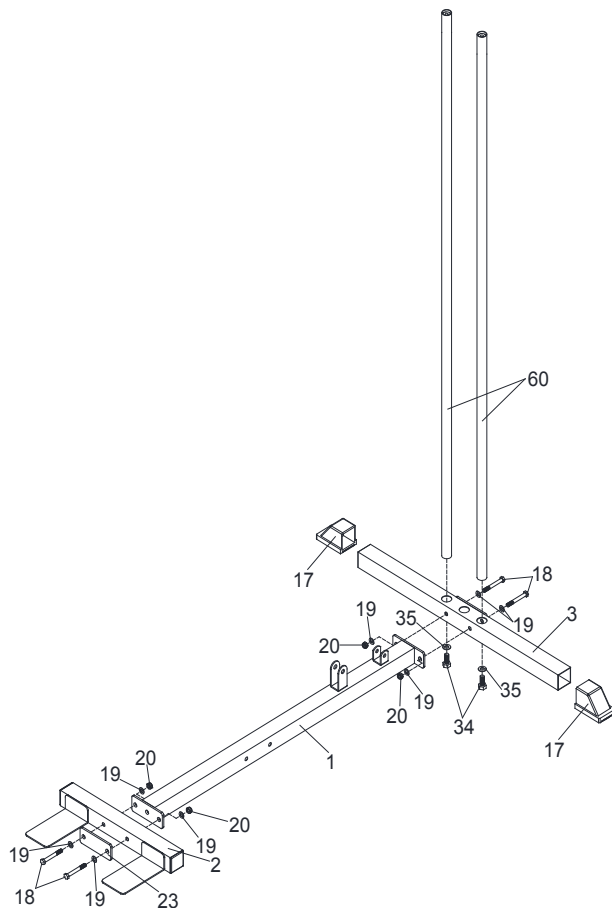
PARTS LIST DRAWING

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

PARTS LIST DRAWING

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

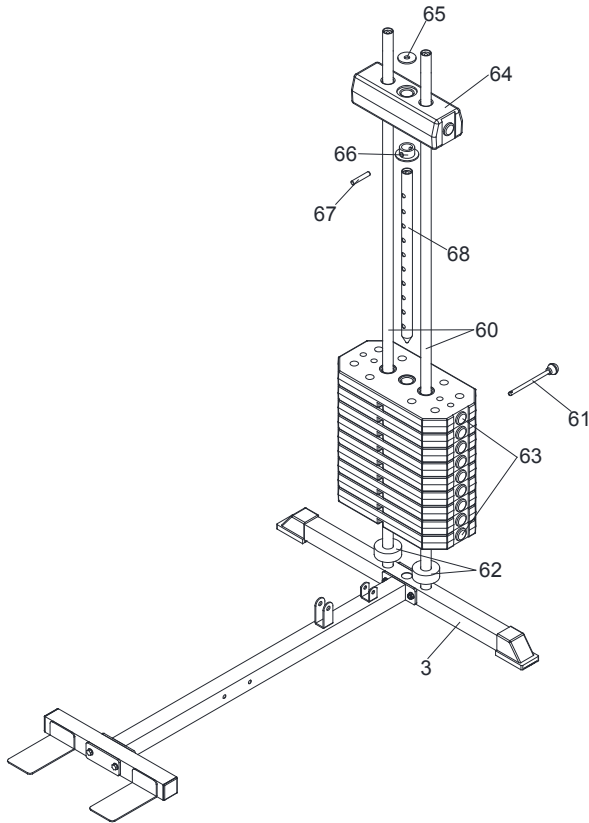
ASSEMBLY INSTRUCTIONS



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).

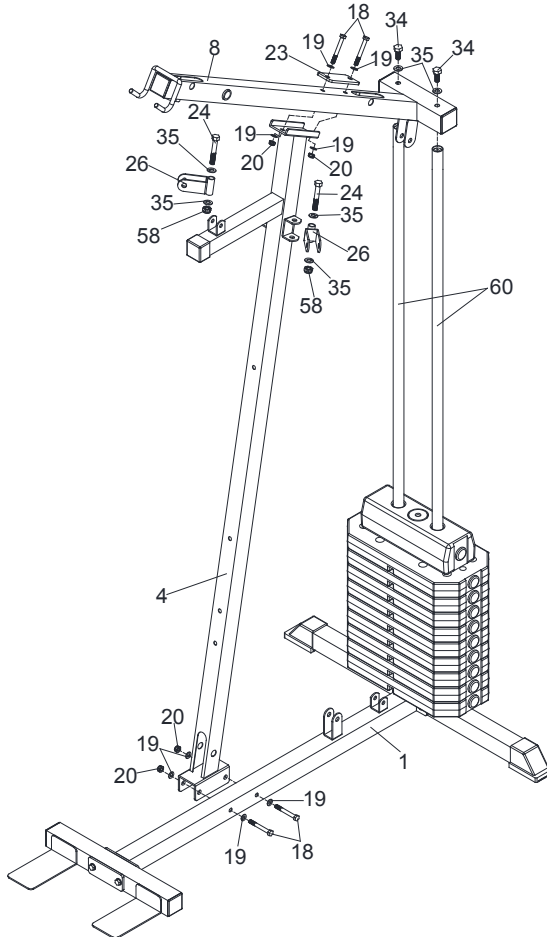
ASSEMBLY INSTRUCTIONS



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).

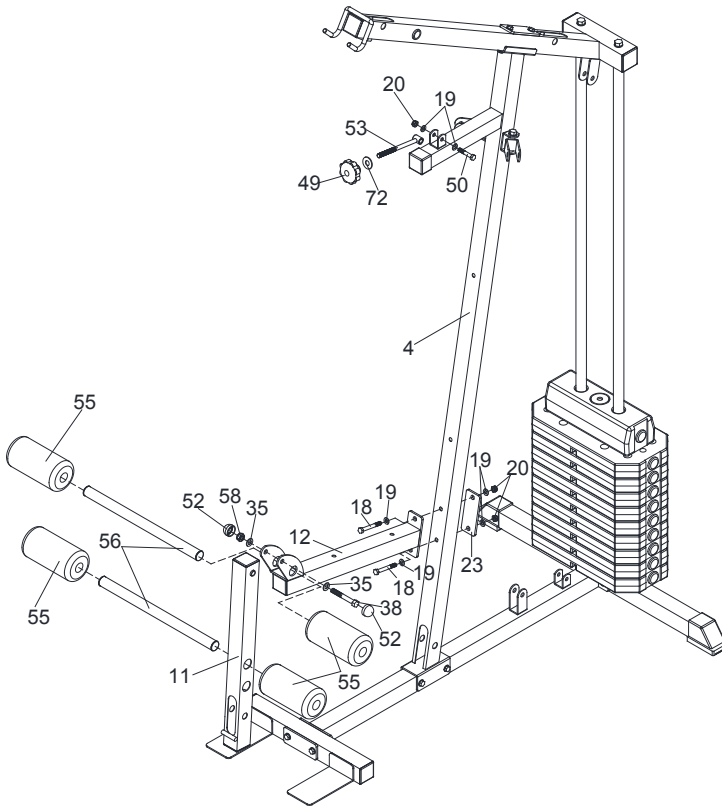
ASSEMBLY INSTRUCTIONS



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).

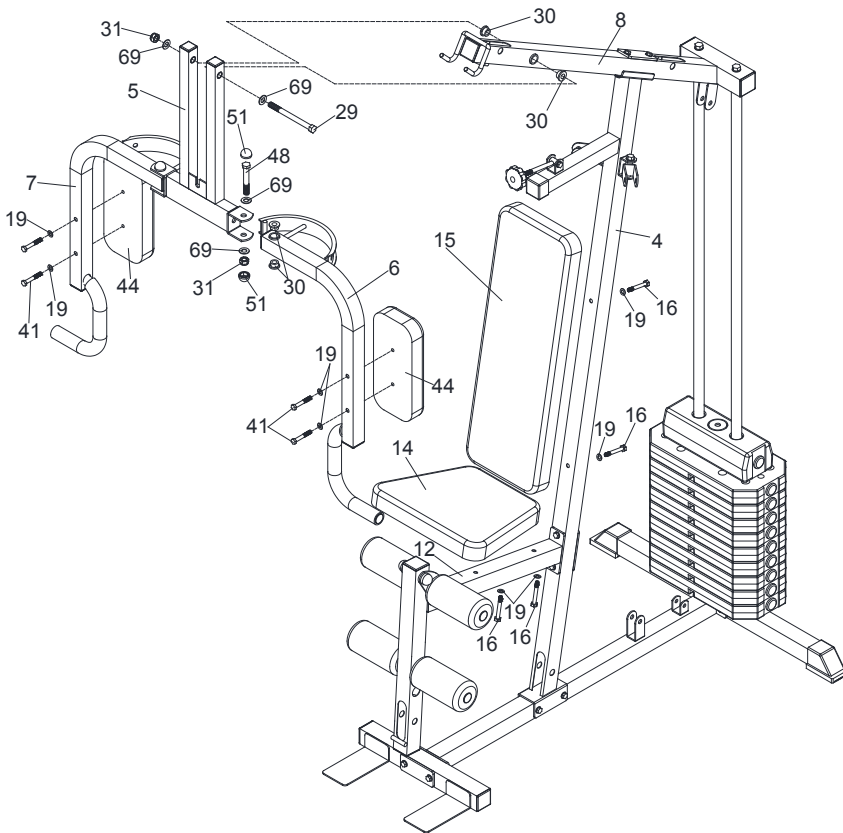
ASSEMBLY INSTRUCTIONS



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 (ϕ 30X ϕ 10) (72) and one Plum Blossom Nut (49) onto the Tobacco-pipe (53).

ASSEMBLY INSTRUCTIONS

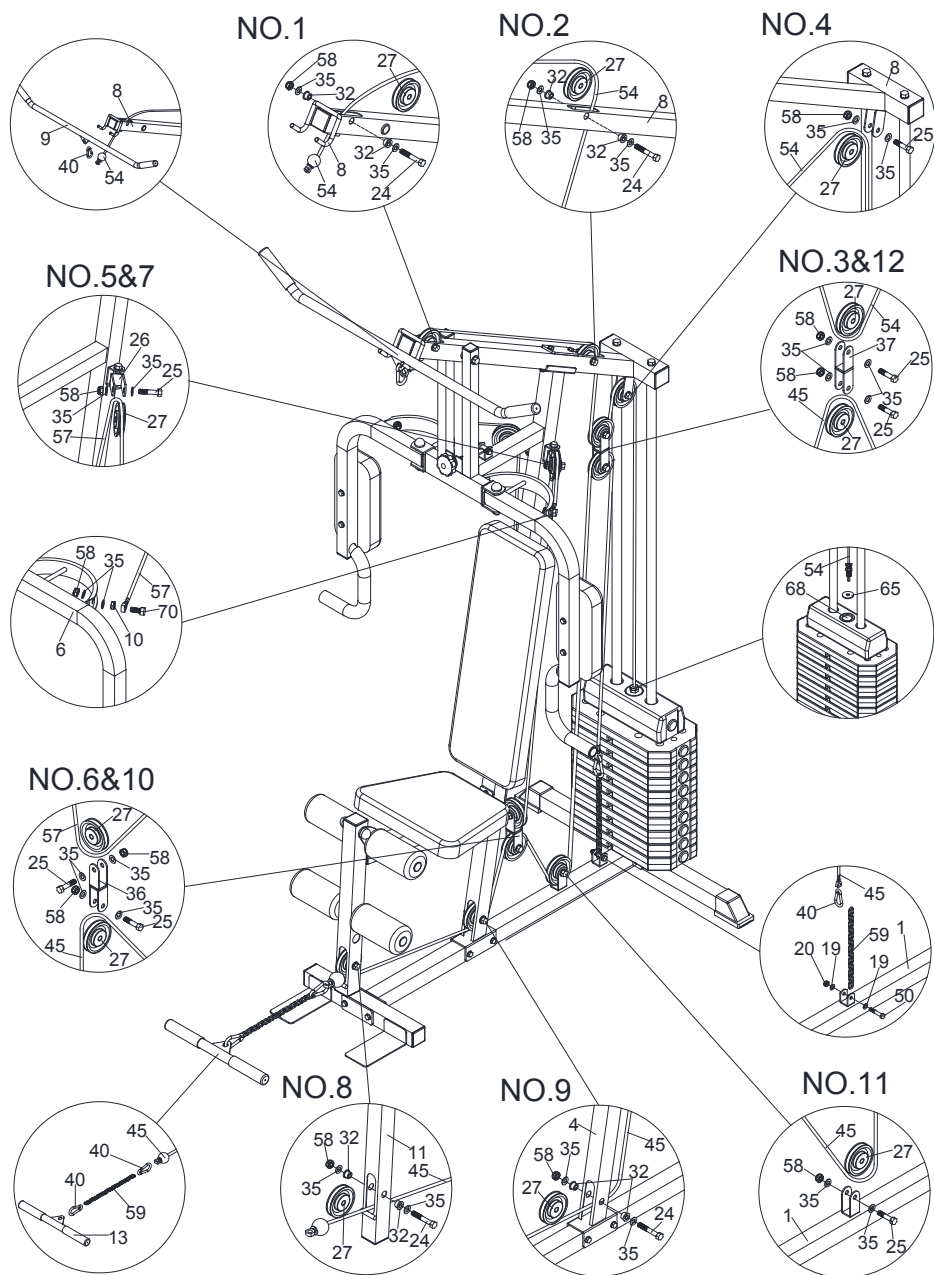


STEP 5

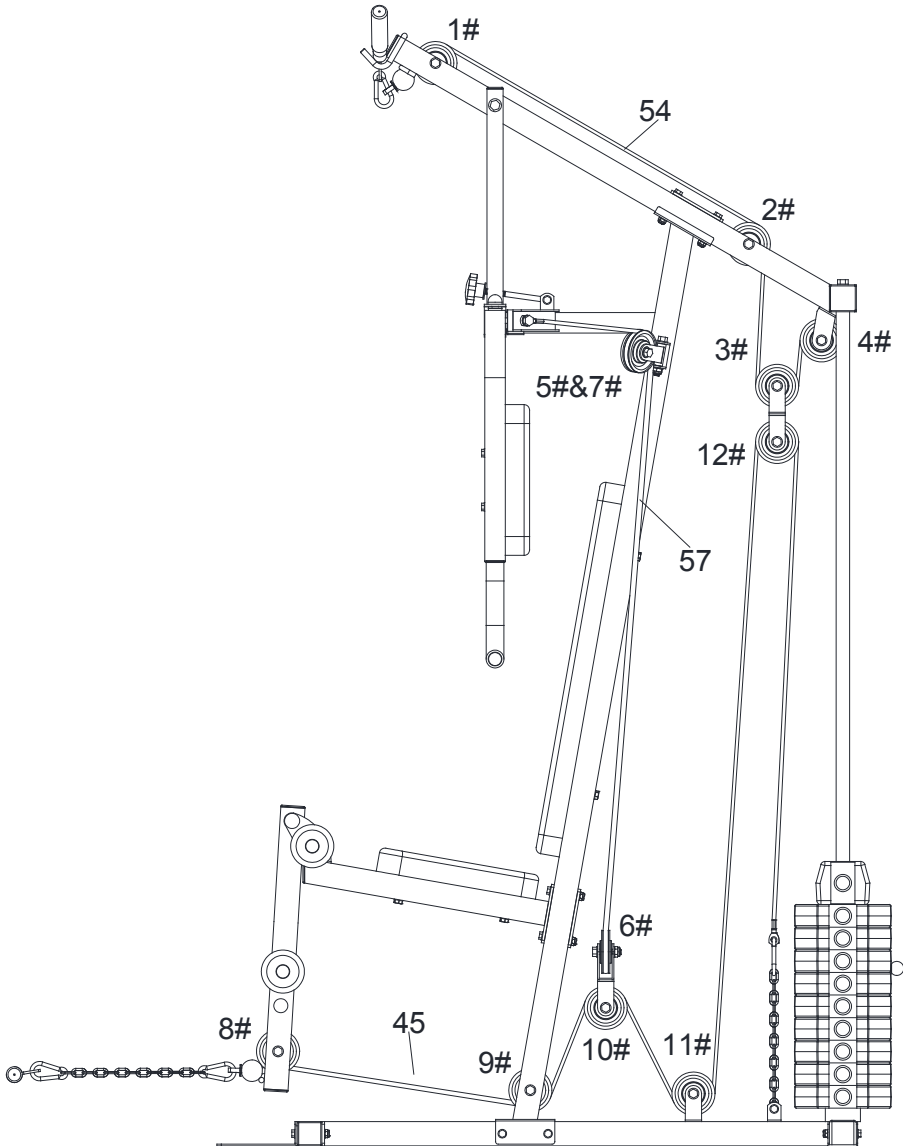
Note: Oil Bushings (30) have been Pre-assembled into the Upper Cross Beam (8) and the Butterfly Arm (6&7) .

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).

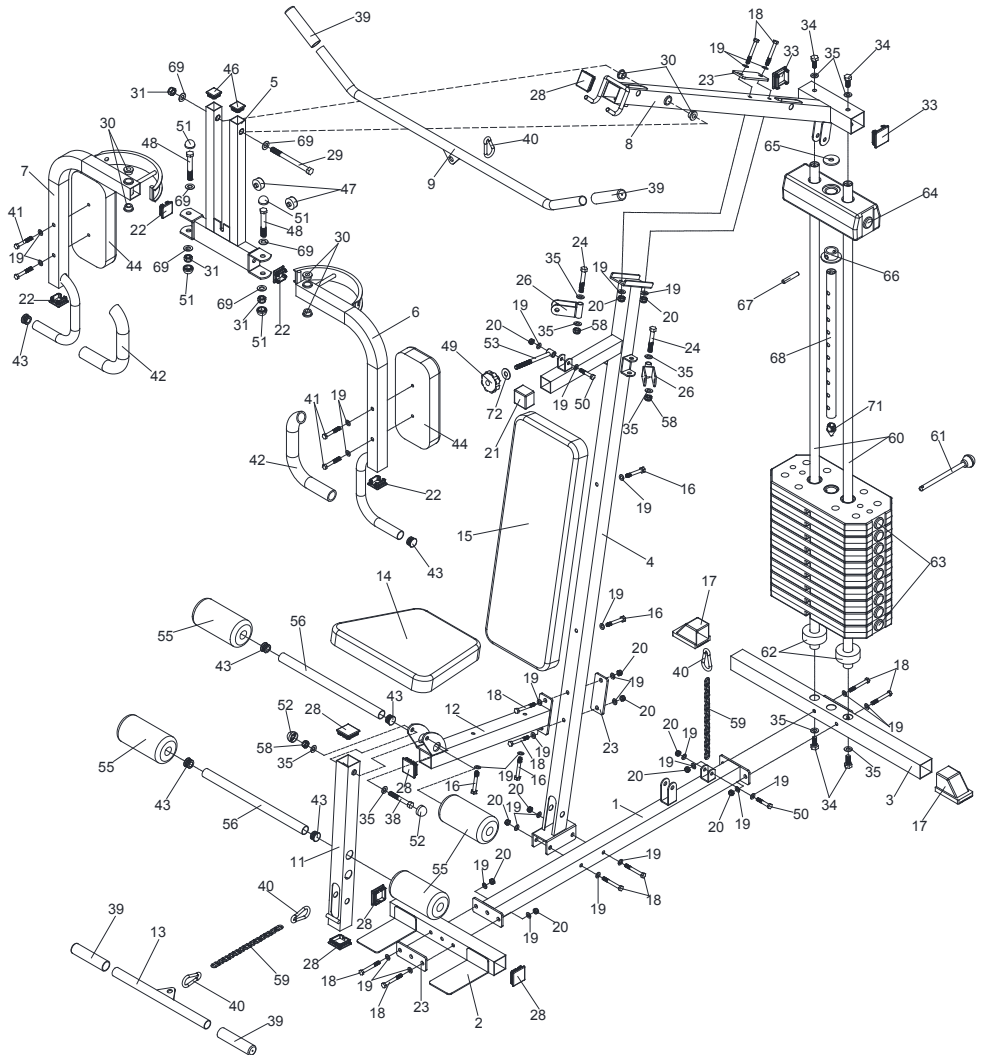
2. Assembly the Butterfly Cable (57)

- 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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We would like to extend our heartfelt thanks to
all of our customers for taking time to assemble
this product and giving us valuable feedbacks.

THANK
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