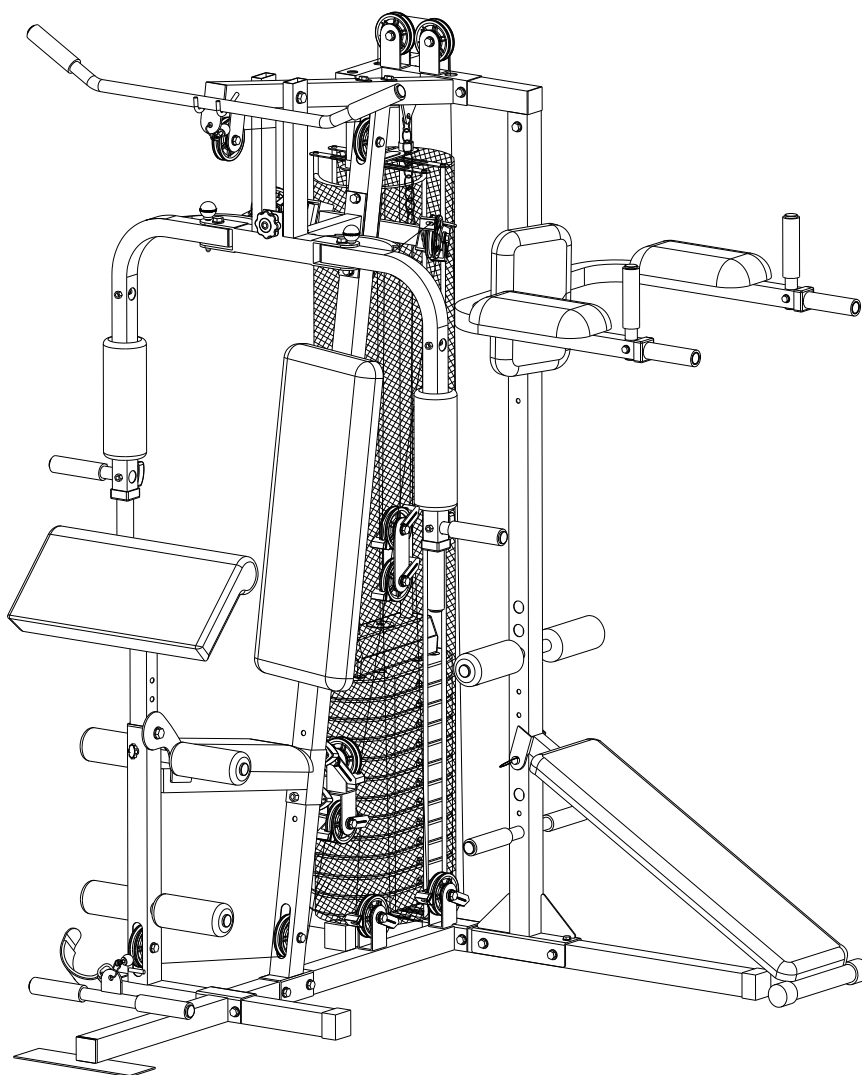




User Manual – ENG

IN 190 inSPORTline Plus Home Gym



Safety

Before you undertake any program of exercise that will increase cardiovascular activity, please be sure to consult with your doctor. Frequent strenuous exercise should be approved your doctor and proper use of your multi gym product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

- Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not use.
- For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners.
- Before use, always ensure that your multi gym product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.
- Do not exercise 30-60 minutes before or after meals.
- A thorough warm-up of the muscles is important in your training program.

Storage and Use

Your multi gym product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

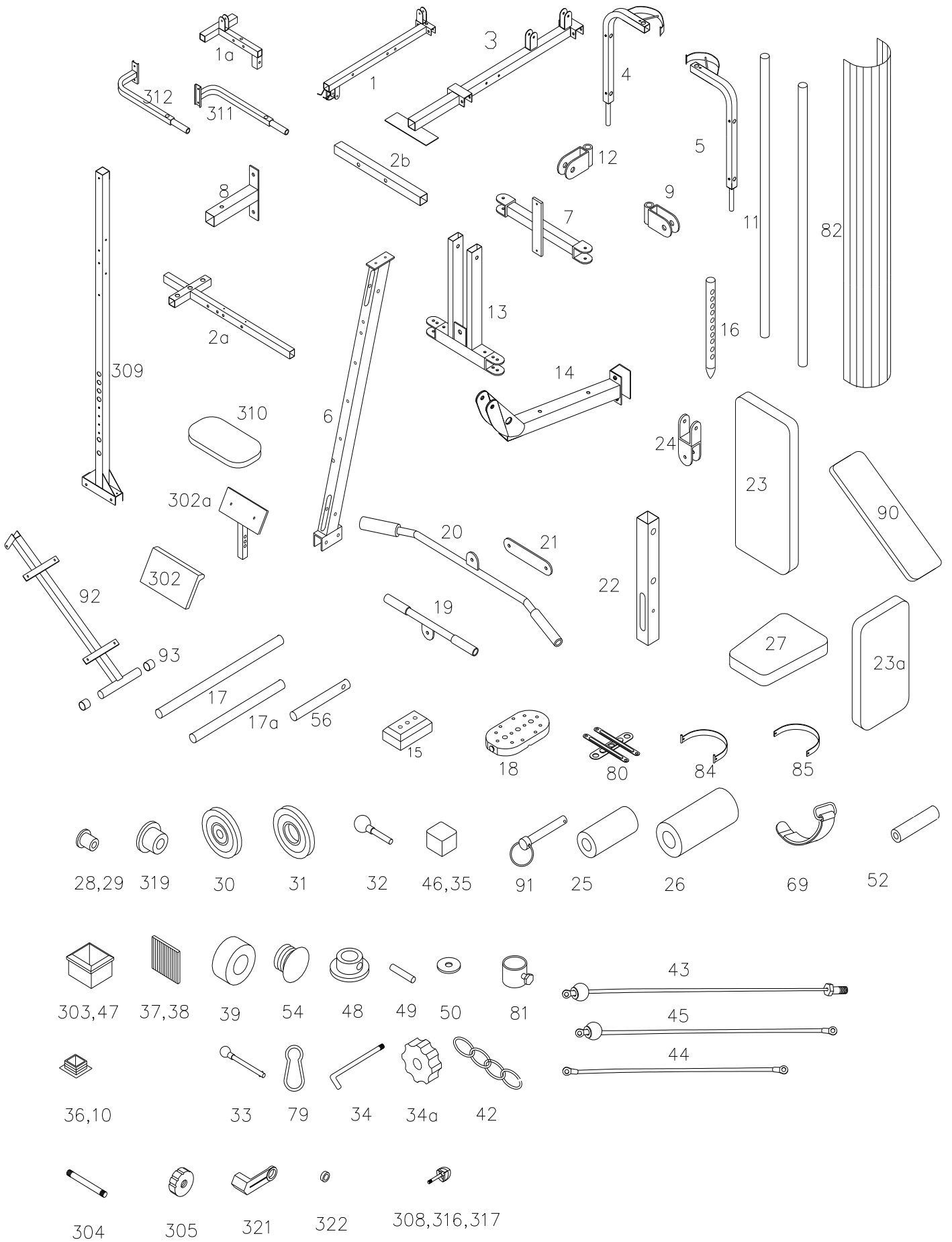
Part List

No.	Description	Q'ty
1	Upper column	1
1a	Back upper column	1
2a	Stabilizer base	1
2b	Stabilizer base	1
3	Main base	1
4	Right arm	1
5	Left arm	1
6	Front vertical column	1
7	Pulley column	1
8	Rest column	1
9	Left pulley column	1
10	Square plastic plug 38*38	2
11	Chrome guides	2
12	Right pulley column	1
13	Pectoral column	1
14	Saddle post	1
15	Upper weight	1
16	Weight selector	1
17	Roller axles	2
17a	Lateral foot rest axle	1
18	Weights	12
19	Traction bar	1
20	Dorsal bar	1
21	Plates for pulleys	2
22	Extension swing	1
23	Padded backrest	1
23a	Padded reclining backrest	1
24	Double fork for pulleys	1
25	Foam protector D23*D70*170L	4
26	Foam protector D47*D90*250L	2
27	Seat	1
28	Metal sleeve D18*D10*14.5	6
29	Metal sleeve D29*D12.1*9T	8
30	Pulley D90*D10*28.5	11
31	Pulley D90*D10*24	3
32	Ball pin D9.5*70L	2
33	Weight selector pin diam. 10*158mm	1
34	L-shaped blocking lever	1
34a	Wheel nut for blocking lever	1
35	Square rubber foot 50*50	6
36	Square plastic plug 50*50	7

No.	Description	Qty
37	Pvc shock protector	2
38	Rubber shock protector	2
39	Cylindrical rubber stop	2
42	Chain	1
43	Selector bar cable L=5350	1
44	Butterfly arm cable L=3100	1
45	Upper pulley cable L=3400	1
46	Square plug 38*38	1
47	Hollow plug for grip 38*38	4
48	Upper weight sleeve	1
49	Upper weight pin	1
50	Upper weight washer	1
52	Foam handle D23*D25*127L	14
54	Plastic plug D1''*17.5	24
56	Metal grip	4
69	Padded ankle grip	1
79	Spring hook	4
80	Weight protector support	2
81	Straps	2
82	Weight protector plates	2
84	Curved reinforcement plate w/pins	4
85	Curved reinforcement plate	6
90	Abdominal board	1
91	Fixing pin for abdominal board	1
92	Slant board	1
93	Rubber foot	2
302	Preacher pad	1
302a	Preacher pad column	1
303	Swing rail plastic cap 52*52	1
304	Swing handle bolt M8*95L	1
305	Swing wheel nut M8	2
306	Nut M8	20
308	Handle bolt M10*20L	1
309	Lateral back column	1
310	Padded arm rest	2
311	Left back lateral arm column	1
312	Right back lateral arm column	1
319	Sleeve D22*D8.5*14	2
322	Plastic ring	16

LIST OF BOLTS,NUTS&WASHERS DIAM

NO.	DESCRIPTION	Q'TY
062	BOLT M10*70MM	6
063	BOLT M12*80MM	2
064	BOLT M12*70MM	2
154	BOLT M10*75MM	10
169	BOLT M10*25MM	2
173	BOLT M10*65MM	14
174	BOLT M10*60MM	8
177	BOLT M6*16MM	26
237	BOLT M10*50MM	8
244	BOLT M12*125MM	1
314	BOLT M8*50MM	2
178	WASHER M6	46
219	WASHER M12	10
259	WASHER M10	74
260	WASHER D38*D10.5*3T	2
307	WASHER M8	6
306	NUT M6	20
215	NUT M12	5
228	NUT M10	36
315	NUT M8	2
316	HANDLE BOLT M10*65MM	2
317	HANDLE BOLT M8*45MM	2
318	BOLT M8*20MM	2



STEP 2

- 1) Fix the seat support (14) onto the vertical column(6) by means of the handle bolts(316). Fix the extension swing (22) onto the seat support(14) by fitting on the pectoral desk(302a&302) after both parts have been joined together with the bolts(177) & the washers(178). Fix it on by means of the handle bolts((304), the two outer sleeves(29), the two inner sleeves(319) & the handle nut(305). Screw the handle bolt(308) onto the nut which is welded onto the outer part of the extension swing(22).
Put the plastic guide(303) onto the inside of the upper end of the extension swing(22), tapping it on gently with a nylon or wooden hammer.
Fit on the roller axles(17) & put the foam rollers in place(25).
- 2) Put the PVC shock absorber(37) onto the extension swing(22) & fit the square plastic plug(36) onto the lower end of the extension swing(22).
- 3) Place the padded backrest(23) onto the vertical column(6) & the seat(27) onto the seat support(14) by means of the bolts(173) & washers(259).

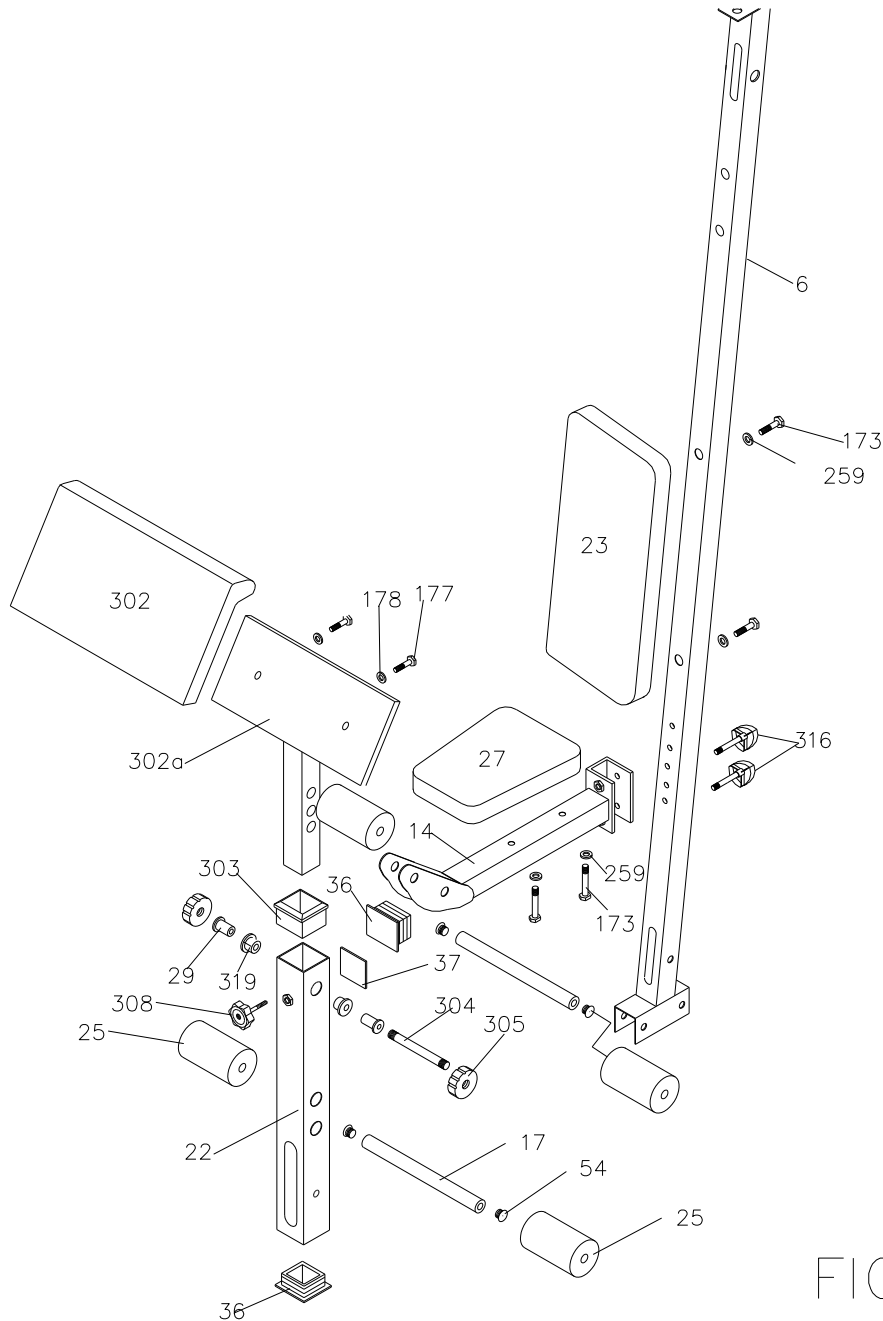


FIG. 2

STEP 3

- 1) Place the back vertical column (309) on the stabilizer base (2a) by means of the bolts (062), washers (259), bolts (318) & nuts (228). Fit the other support (80) securing the unit with the straps (81). Put the upper column (1, 1a) over the front vertical column (6), the back vertical column (309) & the guides (11) and fasten it in place by means of the bolts (154), washers (259) & nuts (228). Join the upper column (1) to the back vertical column (1a) by means of the bolts (062), washers (259) & nuts (228).
- 2) Put the square plastic plugs (36) into each end of the upper column (1, 1a).
- 3) With the metal sleeves (29), bolt (244), washers (219) & nuts (215) fix the pectoral column (13) onto the upper column (1).
- 4) Put the square plugs (10) in each end of the left & right arms (5 & 4). Use the pins (32) to fasten both arms (5 & 4) onto the pectoral column (13).
- 5) Put both right & left arms (4 & 5) in place on the pectoral column (13) by using the metal sleeves (29), bolts (064), nuts (215) & washers (219). (N.B.: use 2 sleeves, 2 washers, 1 bolt & 1 nut per arm. Put the foam handles (26) onto the arms (4 & 5).)
- 6) Put the plugs for the grips (54) into the lower handles of the arms (4 & 5).
- 7) Put the rubber shock absorbers (38) onto the pectoral column (13) to prevent it from being damaged by the arms (4 & 5).

- 8) Put the pectoral grips(56)onto the arms(4&5)by means of the handle bots(317). (N.B.:The grips(56)can be fixed on either inwards or outwards, depending both on the workout and the size of the person working out.)
- 9) Put the foam handles(52)onto the pectoral grips(56), moistening the inside of them with water so that they will slip on easily.
- 10) Put the plugs(54)on each end of the arms(4&5) & of the pectoral grips(56).
- 11) Fix the two rear right and left arm(312&311)onto the back column(309)by means of the bolts(062),washers(259)&nuts(228).
- 12) Fix the padded rest(310)&the padded backrest(23a)in place by means of the bolts(173)&washers(259).
- 13) Fix the grips(56)onto the rear arms by means of the bolts(314),washers(307)&nuts(315), and then fit it on the foam handles(52).
- 14) Fix the foot rest bar in place(17a) on the column(309)and then fix on the foam handles(52).

STEP 4

- 1) Fix the support column (8)onto the front of the vertical column(6)&fit the pulley column(7)onto the back of the vertical column(6)by means of the bolts(154),washers(259)&nuts(228).
- 2) Fix the right and left pulley support(12&9)onto the pulley column(7)with the bolts(063),washers(219)&nuts(215).
- 3) Put the square rubber plug(46)onto the end of the support column(8). (N.B.: At the same time, you can fix on the locking lever(34)together with the corresponding wheel nut(34a), which will mean that you can halt or restart the pectoral column(13), so that you can do different kinds of exercises.)

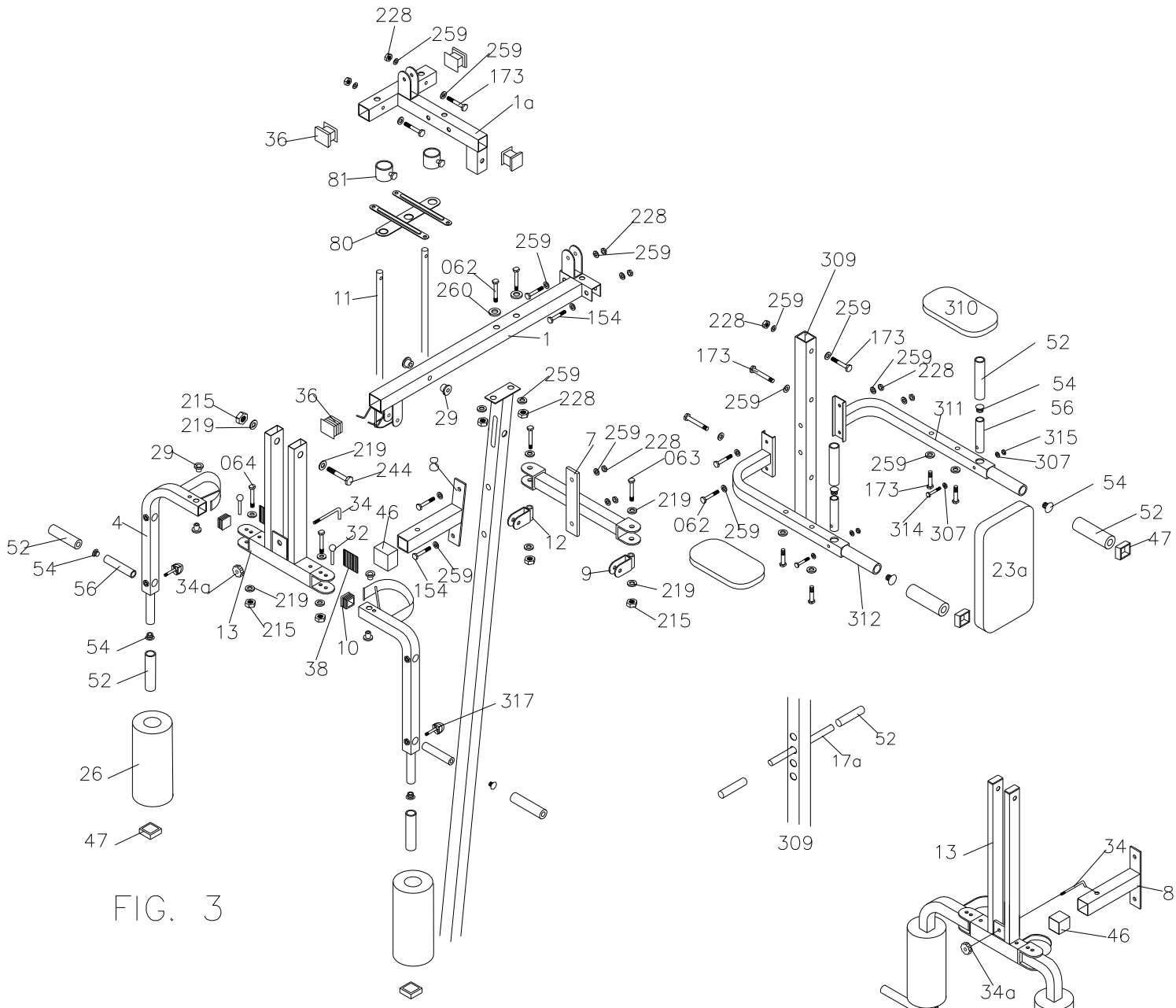
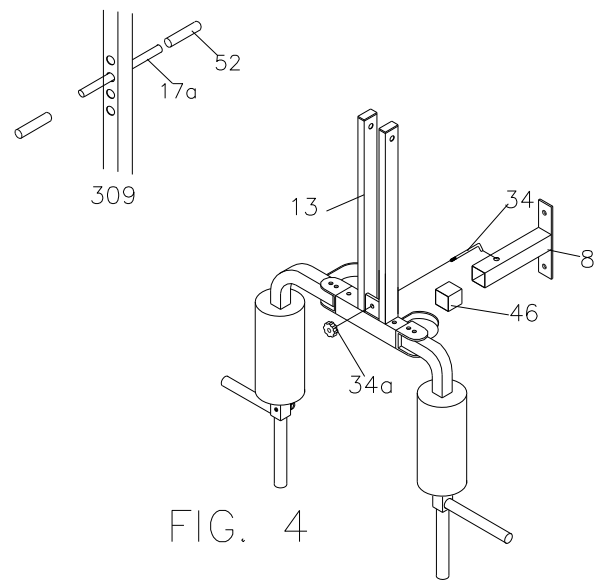


FIG. 3



STEP 5

- 1) Stretch out the equipment's three cables, fit the pulleys in place and fix them on as shown in each diagram. (N.B.: the cables must be fixed in place at the same time as the pulleys.)
- 2) The respective position of the cables is as follows: cable (43) goes from the extension swing to the weight selector bar(16); cable(44) goes from the left arm(5)of pectoral gate to the right arm(4)of the pectoral gate through the upper pulley of the fork(24); cable(45) goes from the upper pulley where the dorsal bar is connected(20)to the chain(42), which is joined by means of the spring hook(79).
- 3) To adjust the tension of the cables, use the chain (42)&the two spring hooks (79).
- 4) Tighten all of the bolts and nuts.
- 5) Fasten the traction bar (19)onto the spring hook situated at the end lower of the cable(43).
- 6) Fasten the dorsal bar (20) onto the end of the cable(45)situated on the upper part, by means of the spring hook(79).
- 7) Fix on the pin (33) for selecting the weight you wish to use for your workout.
- 8) The purpose of the pulley guide protectors is to prevent these from catching your fingers. Fit the protector to the pulleys. (N.B.: 99% of cases of breakage of the cables are due to them coming out of the grooves in the pulleys; the cables can come loose due to a slackening in tension; check that they are not slack, should they be, tighten them by using the chain &the spring hooks.)

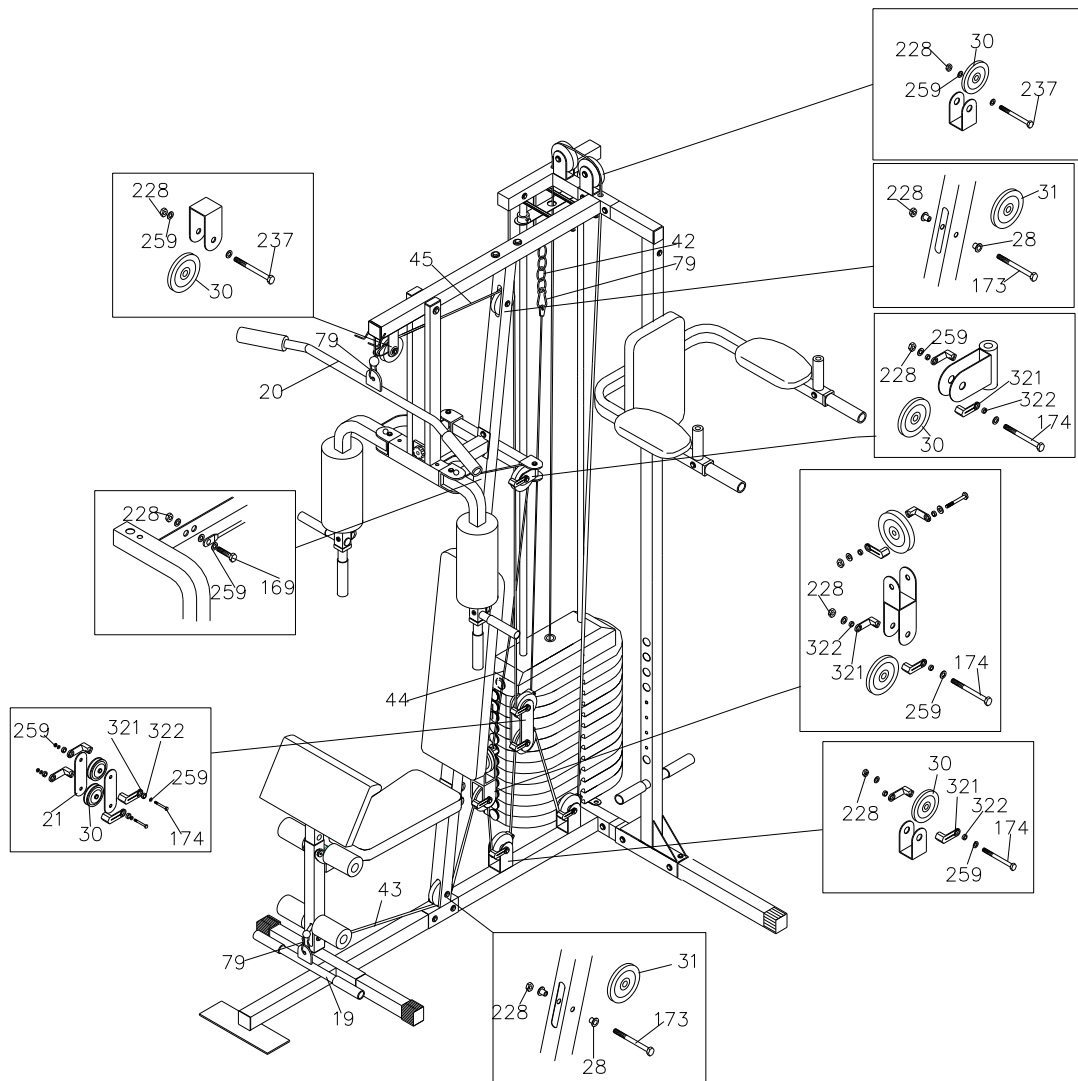


FIG. 5

STEP 6

- 1) When you wish to carry out abdominal exercises, you only have to adapt the abdominal board(90)to the rear support at the rear(309). Place the abdominal board at the desired height and fix it using the pin(91). In the same way fix the foot support bar(17a)at the desired height and then introduce the foam rubber rollers(25)to both sides of the bar(17a). When you do not wish to carry out this exercise, you can place the abdominal board on the rear vertical support (309)in a vertical position so as not to hinder, fixing it using the pin(91). See attached figures “assemble the two weight protector plates(82)by means of the curved reinforcement plates(84&85), using bolts(177), washers(178) and nuts(306). Then fit the other support (80) onto the weight protector plates (82).”

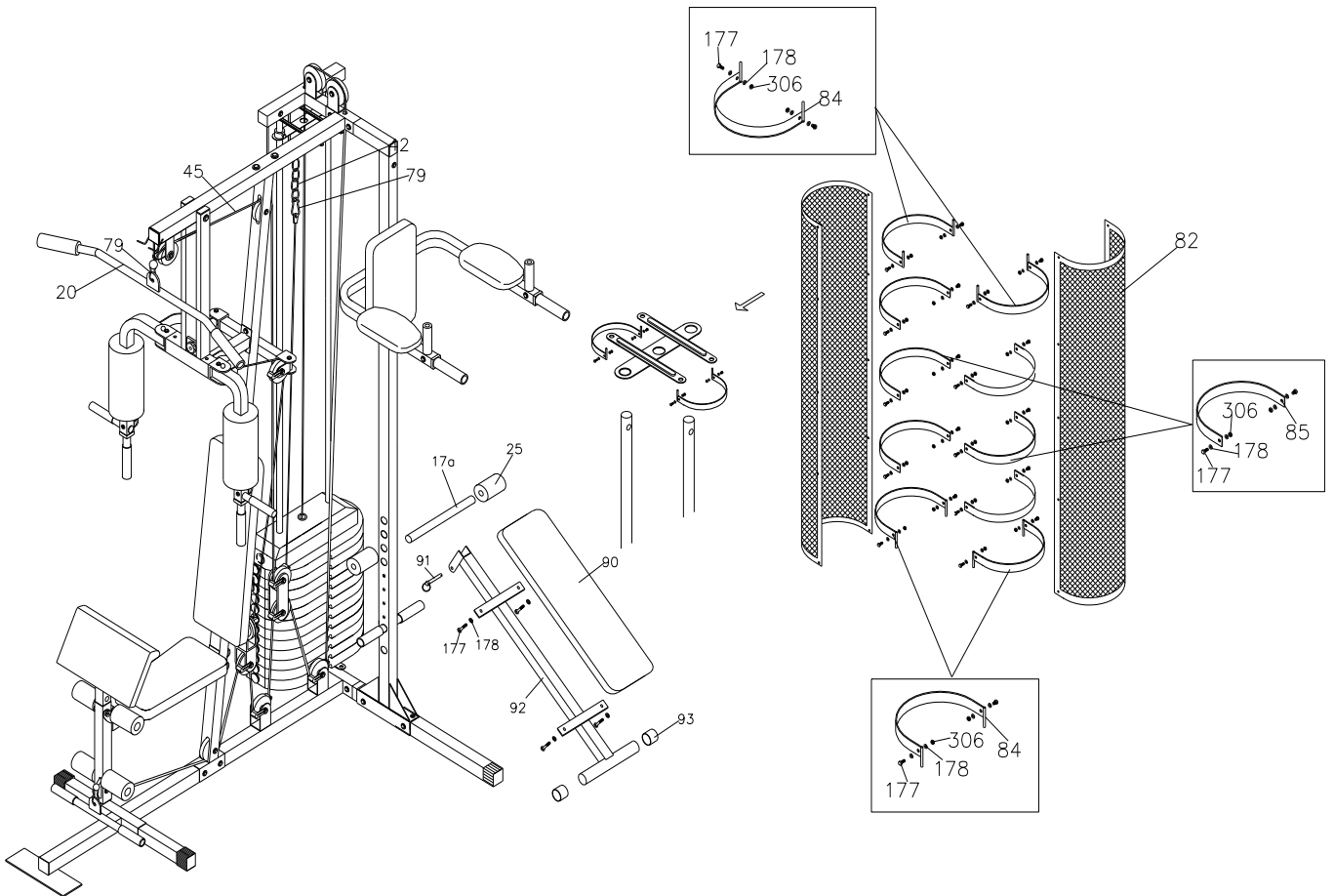


FIG. 6