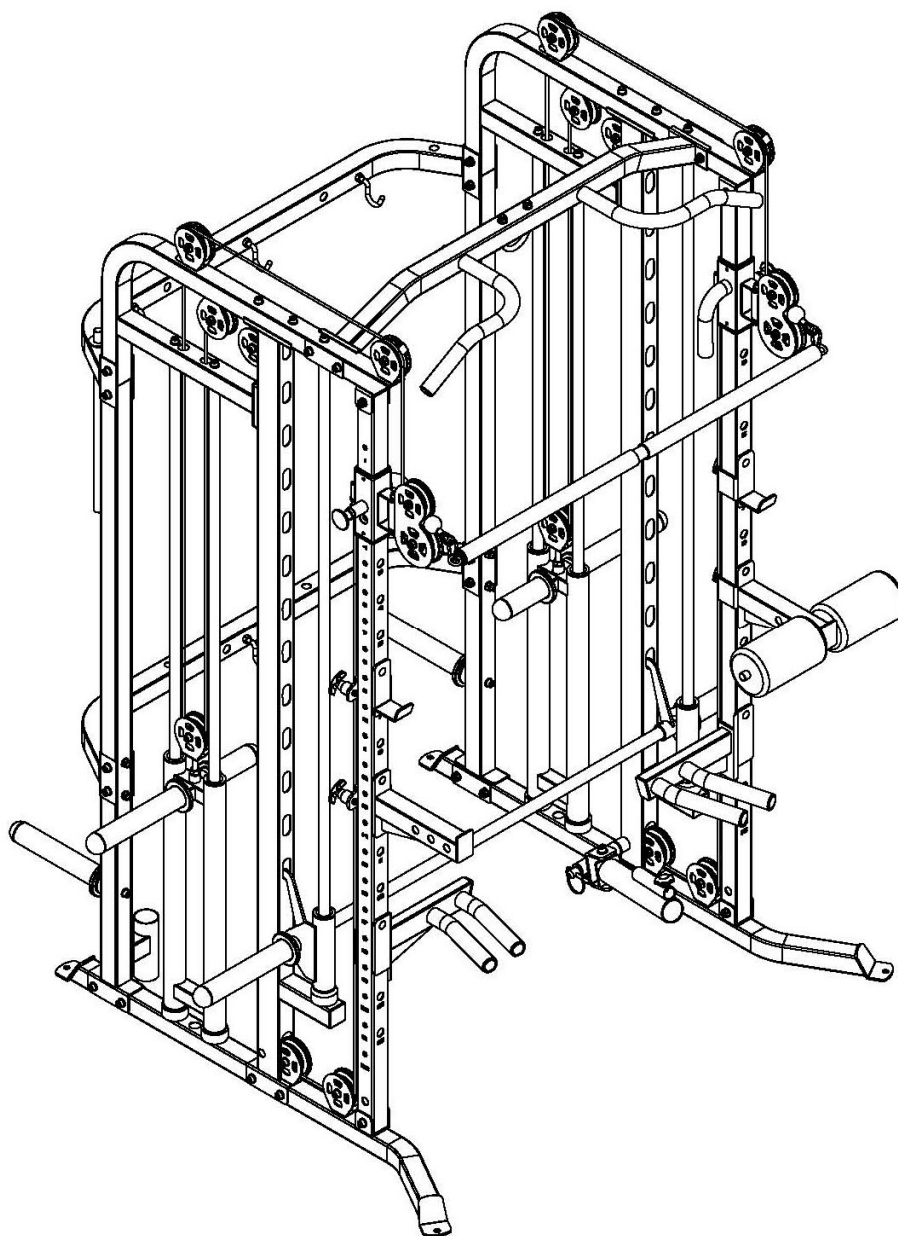


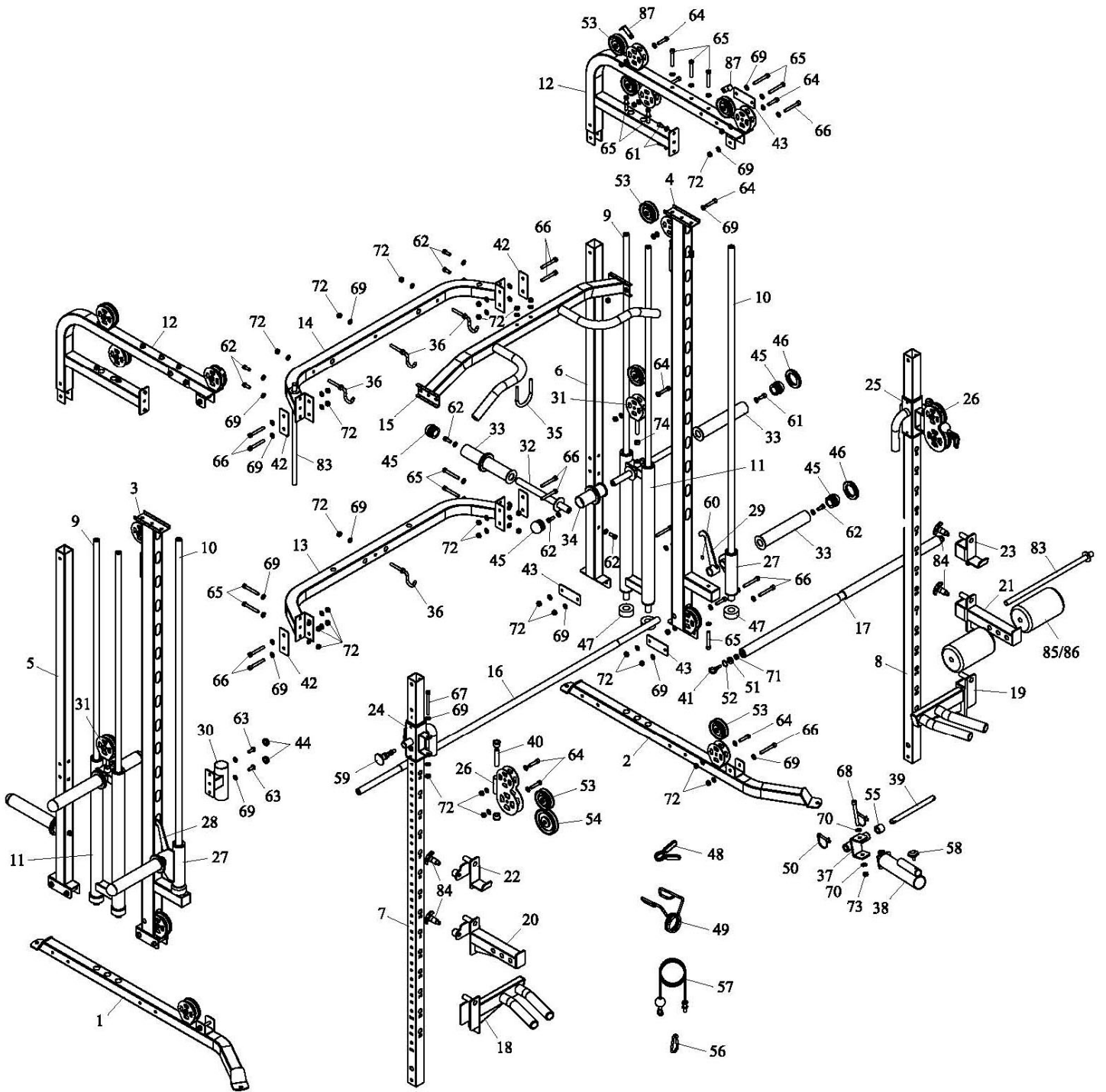
HOME FITNESS GYM

AX1001



ASSEMBLY INSTRUCTIONS

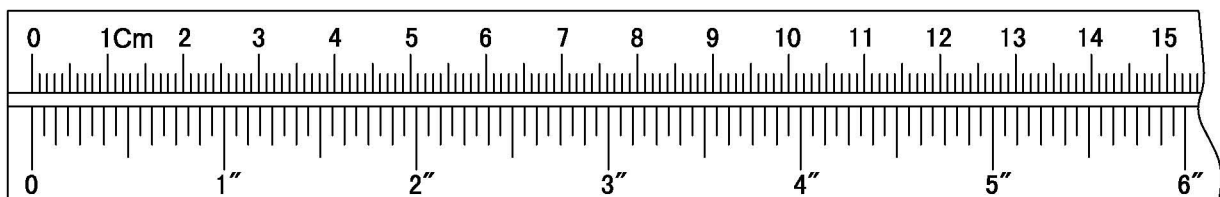
EXPLODED DIAGRAM



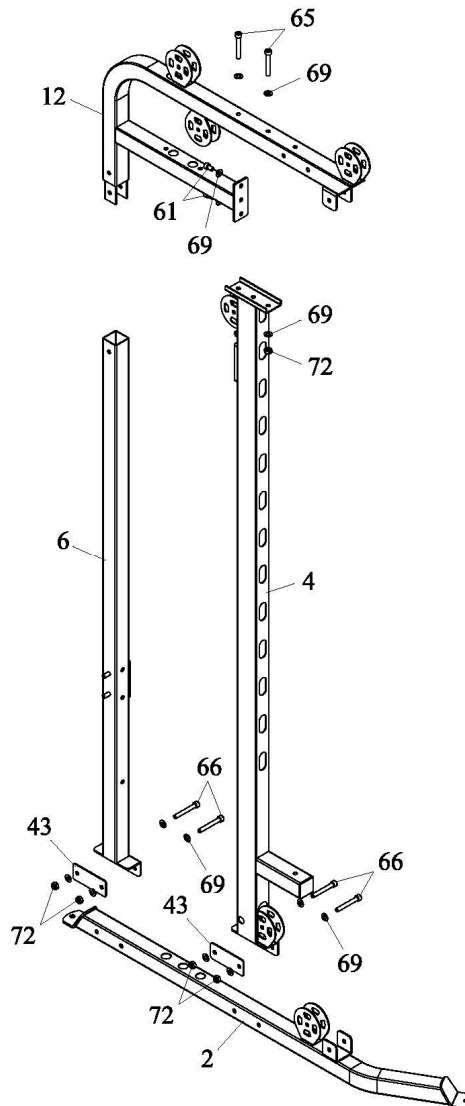
PART LIST

NUMBER	DESCRIPTION	QUANTITY
1	LEFT BASE	1
2	RIGHT BASE	1
3	LEFT MAIN UPRIGHT	1
4	RIGHT MAIN UPRIGHT	1
5	REAR LEFT UPRIGHT	1
6	REAR RIGHT UPRIGHT	1
7	LEFT SLIDE FRAME	1
8	RIGHT SLIDE FRAME	1
9	GUIDE ROD	4
10	SHORT GUIDE ROD	2
11	PLATE SUPPORT	2
12	TOP FRAME	2
13	BOTTOM CROSS FRAME	1
14	MIDDLE CROSS FRAME	1
15	TOP CROSS FRAME	1
16	WEIGHT BAR	1
17	PULL BAR	1
18	LEFT SUPPORT	1
19	RIGHT SUPPORT	1
20	LEFT HOLD SUPPORT	1
21	RIGHT HOLD SUPPORT	1
22	LEFT BARBELL SUPPORT	1
23	RIGHT BARBELL SUPPORT	1
24	LEFT SLIDER	1
25	RIGHT SLIDER	1
26	DOUBLE PULLEY BRACKET	2
27	SLIDE SUPPORT	2
28	LEFT HOOK	1
29	RIGHT HOOK	1
30	BAR HOLDER	1
31	SINGLE PULLEY BRACKET	2
32	PLATE BAR	2
33	OLYMPIC PLATE BAR	6
34	SHORT OLYMPIC PLATE BAR	2
35	CLOSED HOOK	1
36	HOOK	4
37	ROTATION SUPPORT	1
38	BAR SUPPORT	1
39	AXIS	1
40	BUSHING	2
41	CIRCLE HOOK	2

42	REINFORCEMENT PLATE	4
43	REINFORCEMENT PLATE	6
44	M10 BOLT CAP	2
45	ROUND PLUG	8
46	RUBBER CIRCLE	8
47	RUBBER BUMPER	6
48	SPIRNG CLIP-REGULAR	8
49	SPIRNG CLIP-OLYMPIC	8
50	LOCK PIN	2
51	BEARING	2
52	CIRCLE FOR HOLE	2
53	PULLEY	16
54	LARGE PULLEY	2
55	NYLON BUSHING	1
56	CLIP	2
57	CABLE	2
58	PLUM SHAPED SCREW	1
59	SLIDER PIN	2
60	M8*8 SOCKET SCREW	2
61	M10*16 SOCKET CAP SCREW	4
62	M10*25 SOCKET CAP SCREW	14
63	M10*30 HEXAGONAL HEAD SCREW	2
64	M10*50 SOCKET CAP SCREW	18
65	M10*70 SOCKET CAP SCREW	20
66	M10*75 SOCKET CAP SCREW	20
67	M10*105 SOCKET CAP SCREW	2
68	M12*105 SOCKET CAP SCREW	1
69	10MM WASHER	138
70	12MM WASHER	2
71	M8 LOCK NUT	2
72	M10 LOCK NUT	58
73	M12 LOCK NUT	1
74	M12 NUT	2
83	HOLDER	2
84	PULL PIN	4
85	FOAM ROLLER	2
86	FOAM COVER	2
87	CABLE STOPPER	4

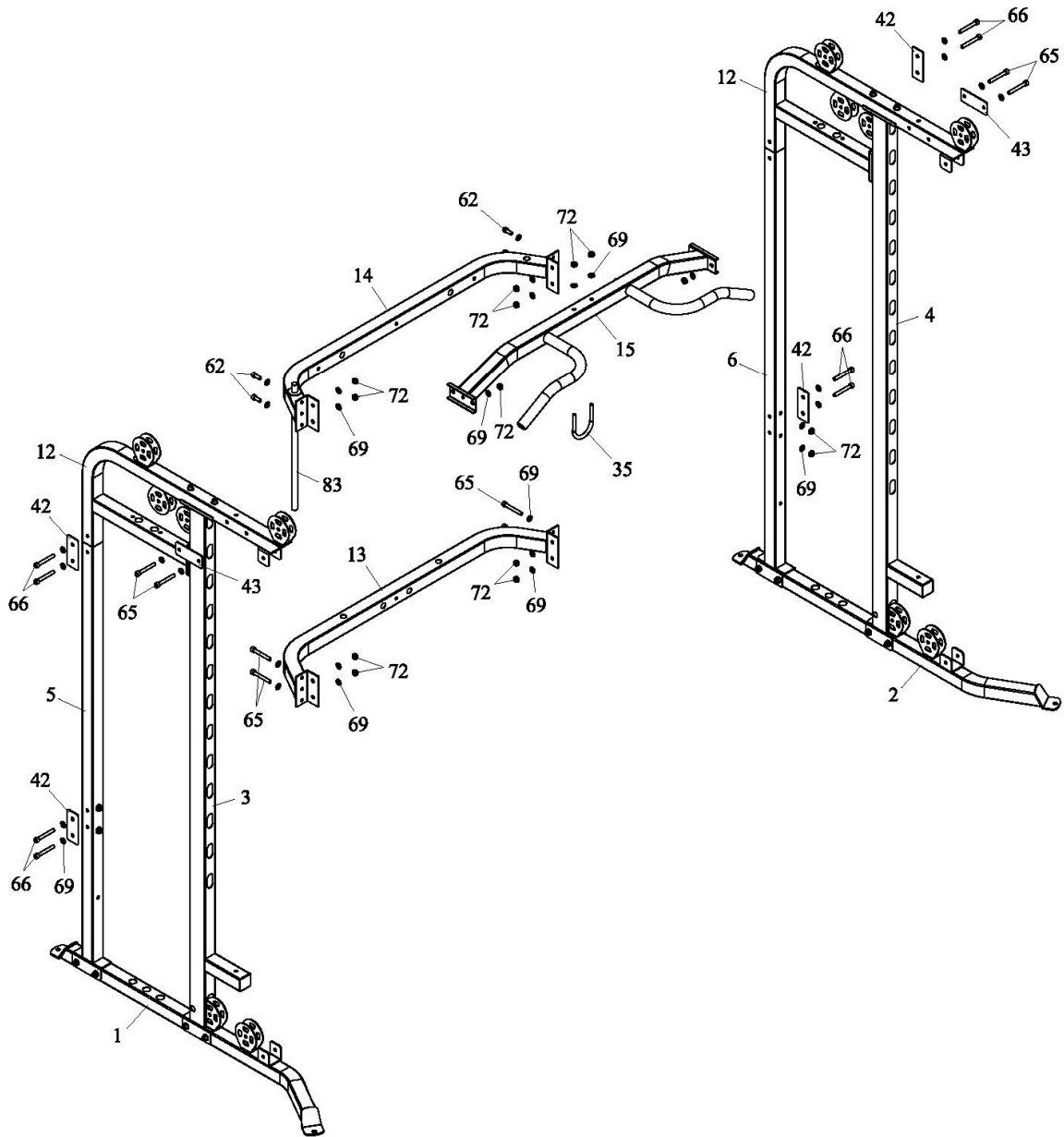


STEP 01



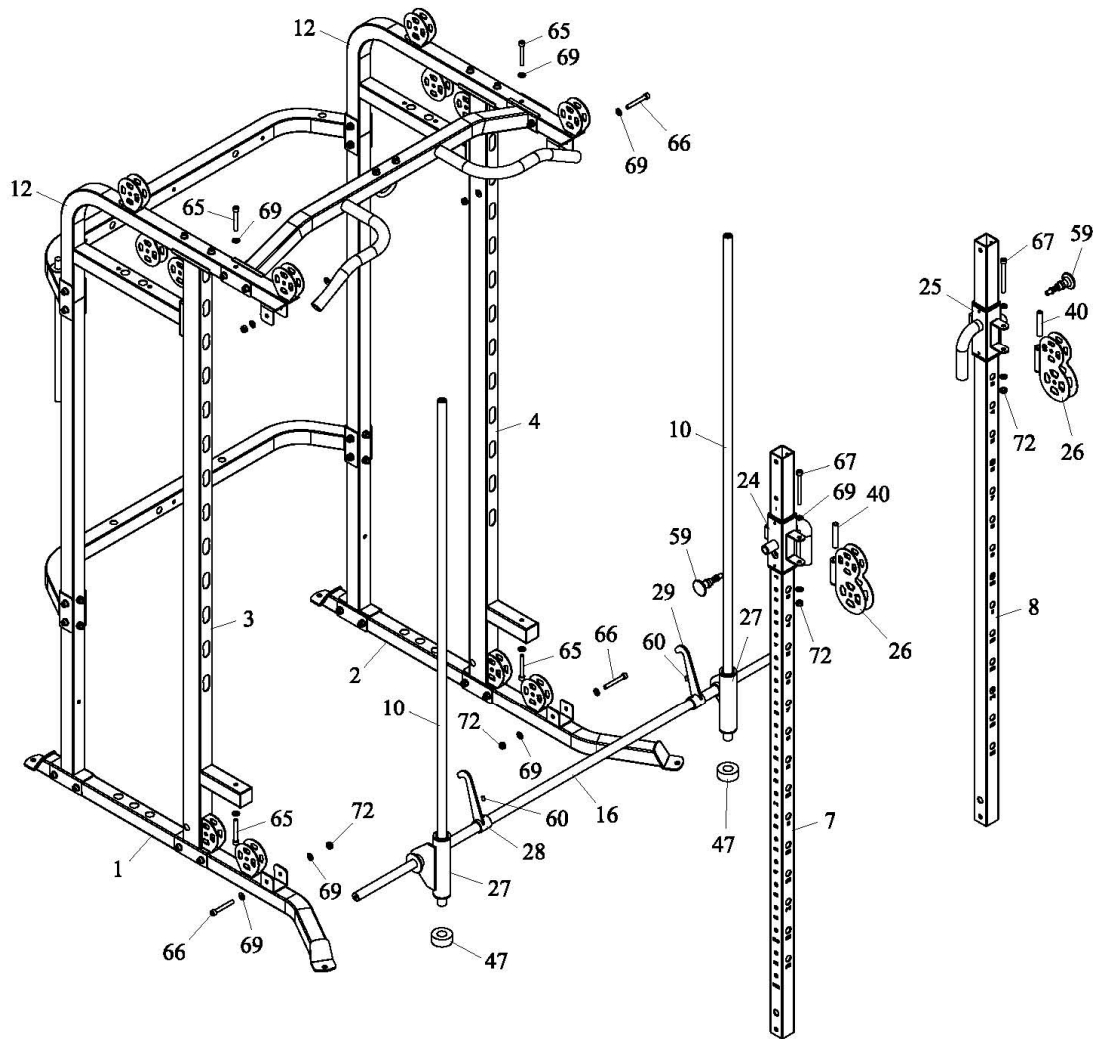
1. Attach the right main upright (4) and reinforcement plate (43) to the right base (2) using two M10*75 screws (66), four 10mm washers (69) and two M10 lock nuts (72).
2. Attach the rear right upright (6) and reinforcement plate (43) to the right base (2) using two M10*75 screws (66), four 10mm washers (69) and two M10 lock nuts (72).
3. Attach the top frame (12) to the right main upright (4) using two M10*70 screws (65), two M10*16 screws (61), six 10mm washers (69) and two M10 lock nuts (72).
4. The assembly step of left side is the same as the right one. (STEP 01)

STEP 02



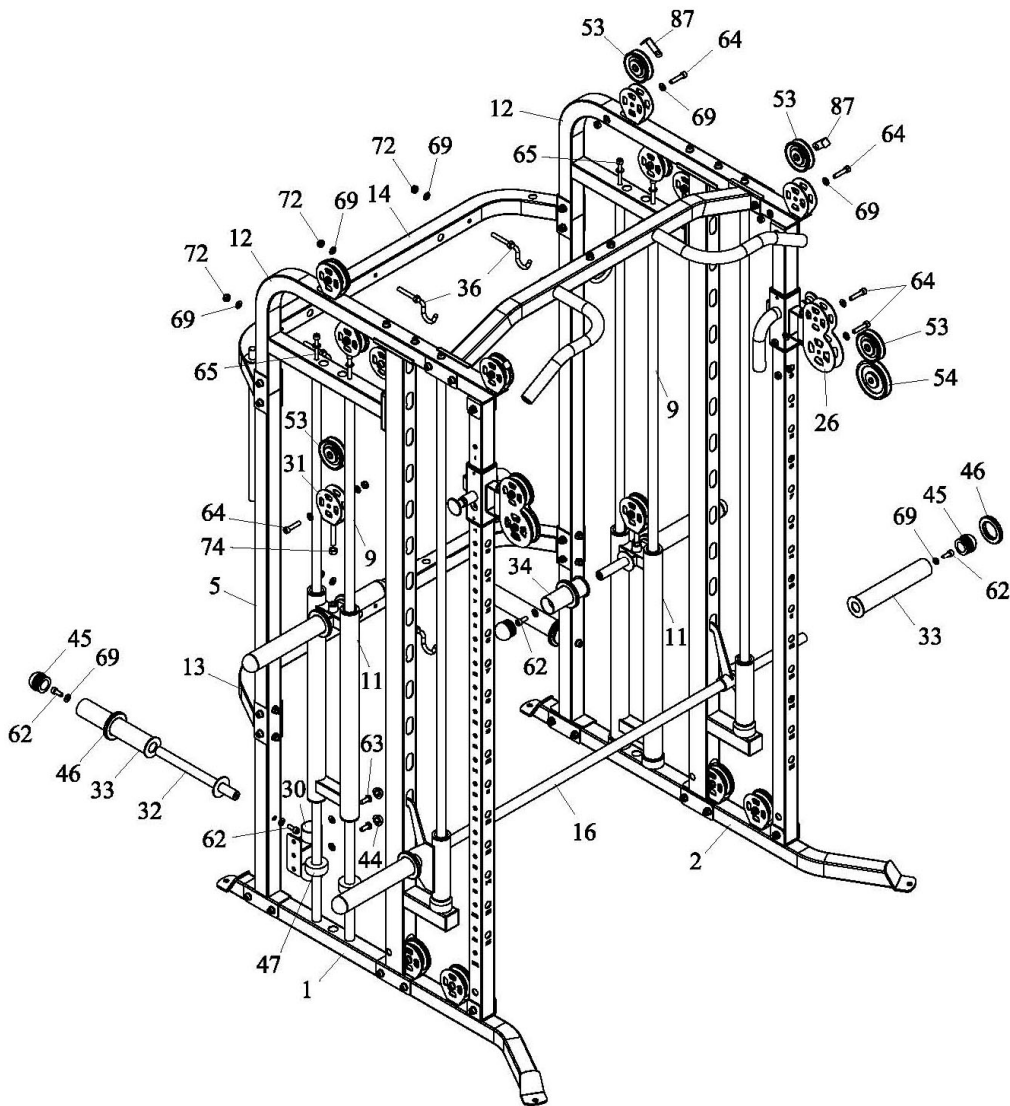
1. Attach the bottom cross frame (13) and reinforcement plate (42) to rear left and right upright (5、6) using four M10*70 screws (65), four M10*75 screws (66), sixteen 10mm washers (69) and eight M10 lock nuts (72).
2. Attach the middle cross frame (14) and reinforcement plate (42) to rear left and right upright (5、6) and top frame (12) using four M10*75 screws (66), four M10*25 screws (62), twelve 10mm washers (69) and four M10 lock nuts (72).
3. Attach the top cross frame (15) and reinforcement plate (43) to top frame (12) using four M10*70 screws (65), eight 10mm washers (69) and four M10 lock nuts (72).
4. Attach the closed hook (35) to the top cross frame (15) using 10mm washers (69) and M10 lock nut (72).
5. Insert one holder (83) into hole on the middle cross frame (14).

STEP 03



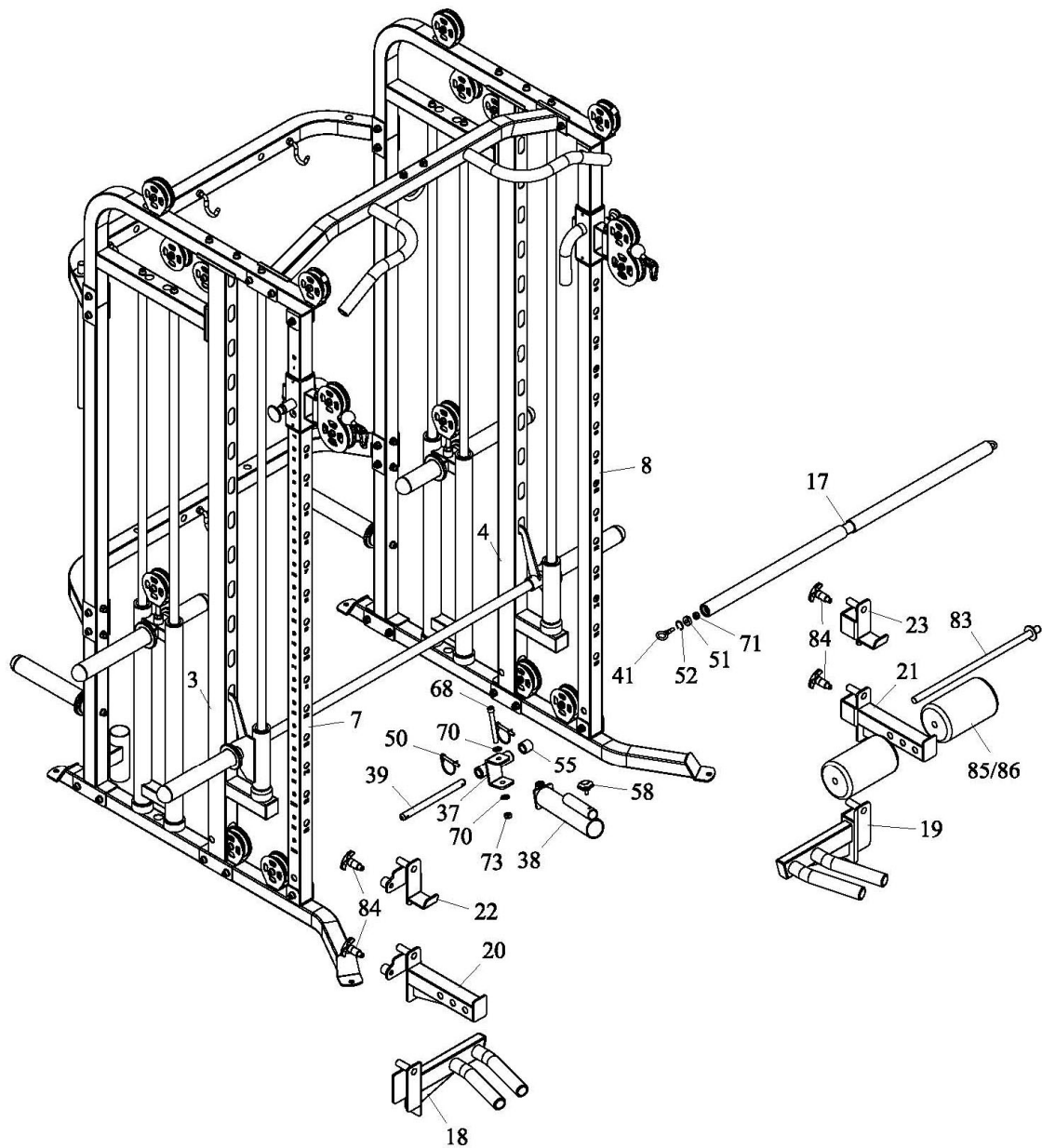
1. Slide the left and right hook (28、29) onto the weight bar (16).
2. Slide the slide support (27) onto the weight bar (16).
3. Insert the short guide rod (10) into hole of the slide support (27) and rubber bumper (47), attach the short guide rod (10) to the left and right main upright (3、4) and the top frame (12) using four M10*70 screws (65) and four 10mm washers (69).
4. Hook the left and right hook (28、29) to left and right main upright (3、4) and secure with M8*8 screw (60).
5. Slide the left and right slider (24、25) onto the left and right slide frame (7、8), secure with slider pin (59).
6. Attach the double pulley bracket (26) to the left and right slider (24、25) using bushing (40), two M10*105 screws (67), four 10mm washers (69) and two M10 lock nuts (72).
7. Attach the left slide frame (7) to the left base (1) and top frame (12) using two M10*75 screws (66), four 10mm washers (69) and two M10 lock nuts (72).
8. Attach the right slide frame (8) to the right base (2) and top frame (12) using two M10*75 screws (66), four 10mm washers (69) and two M10 lock nuts (72).

STEP 04



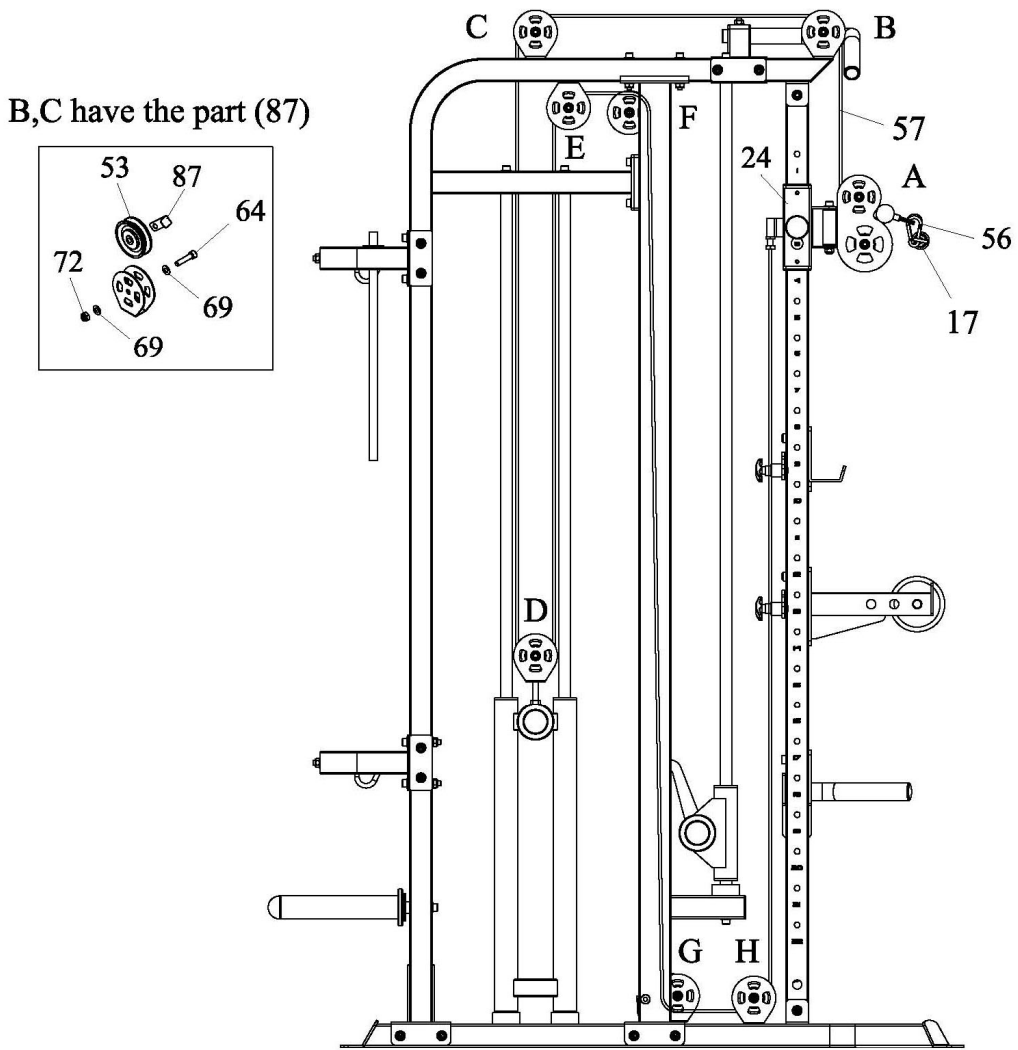
1. Attach the bar holder (30) to rear left upright (5) using two M10*30 screws (63) and two 10mm washers (69). Push the M10 bolt cap (44) onto screws (63).
2. Slide rubber bumper (47) and the plate support (11) onto the guide rod (9). Insert the guide rod (9) into hole of the left and right base (1、2) and secure the rod to the top frame (12) using four M10*70 screws (65) and four 10mm washers (69).
3. Attach the plate bar (32) to the rear upright (5、6) using two M10*25 screws (62) and two 10mm washers (69).
4. Slide the Olympic plate bar (33) onto the weight bar (16), the plate support (11) and the plate bar (32), secure with six M10*25 screws (62) and six 10mm washers (69). Slide the short Olympic plate bar (34) onto the plate support (11), secure with two M10*25 screws (62) and two 10mm washers (69). Push round plug (45) into Olympic plate bars (33、34).
5. Attach the hooks (36) to the bottom and middle cross frame (13、14) using four M10 lock nuts (72) and four 10mm washers (69).
6. Thread a nut M12 (74) onto the single pulley bracket (31). Insert the single pulley bracket (31) into the plate support (11). Do not tighten! This will be adjusted later.
7. Attach sixteen pulley (53) and two large pulley (54) into the pulley brackets using eighteen screws M10*50 (64), thirty-six 10mm washers (69) and sixteen M10 lock nuts (72). The top four pulleys have cable stopper (87).

STEP 05



1. Attach the rotation support (37) and nylon bushing (55) to main upright (3、 4) or slide frame (7、 8) use axis (39). Then lock with lock pin (50).
2. Attach the bar support (38) to the rotation support (37) using M12*105 screw (68), two 12mm washers (70) and M12 lock nut (73).
3. Attach the plum shaped screw (58) to the bar support (38).
4. Attach the left and right barbell support (22、 23), the left and right hold support (20、 21) and the left and right support (18、 19) to slide frame (7、 8).
5. Lock the left and right barbell support (22、 23), the left and right hold support (20、 21) with pull pin (84).

STEP 06



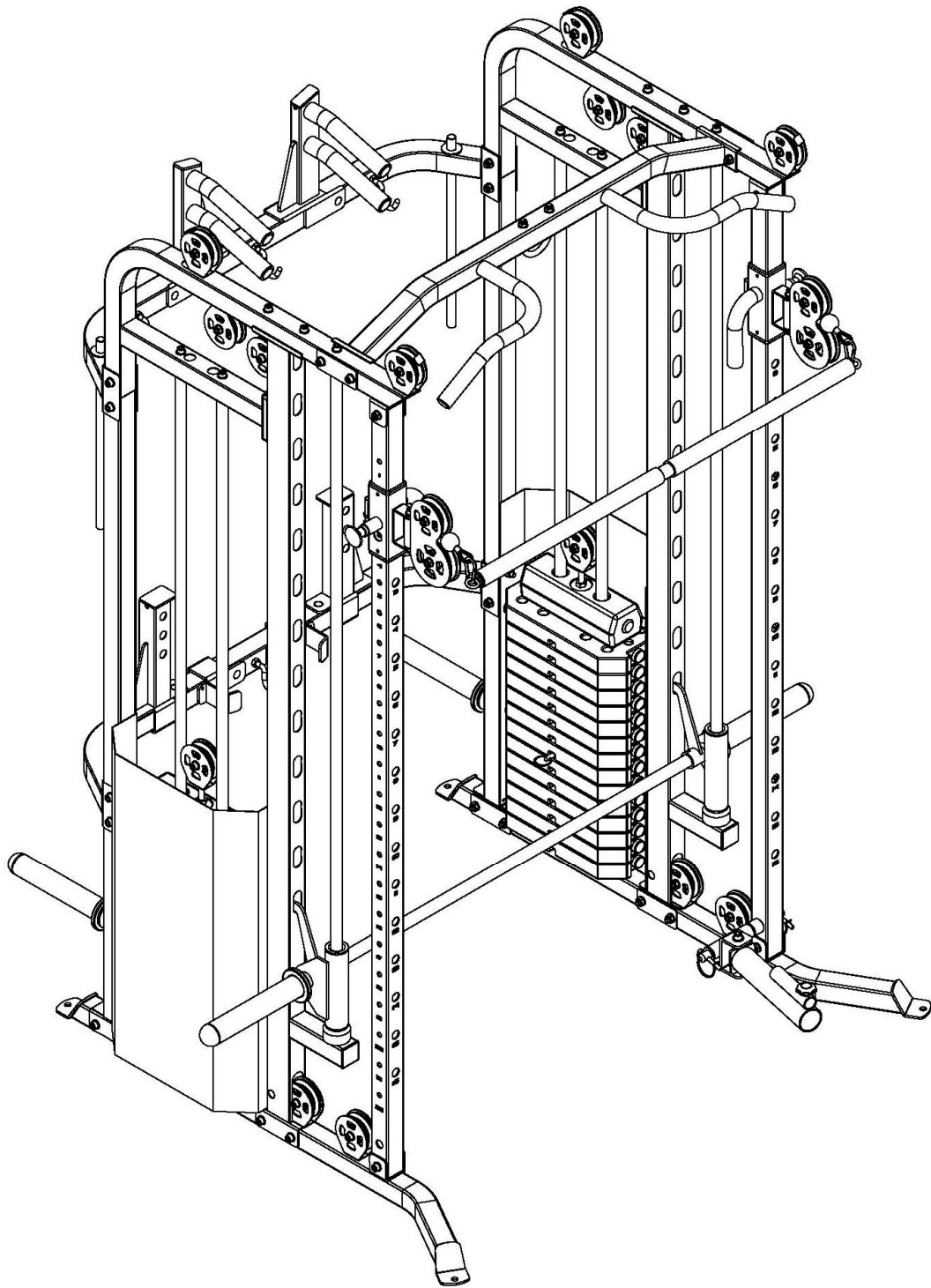
Bring the threaded end of the cable (57) from A→B→C→D→E→F→G→H→24.

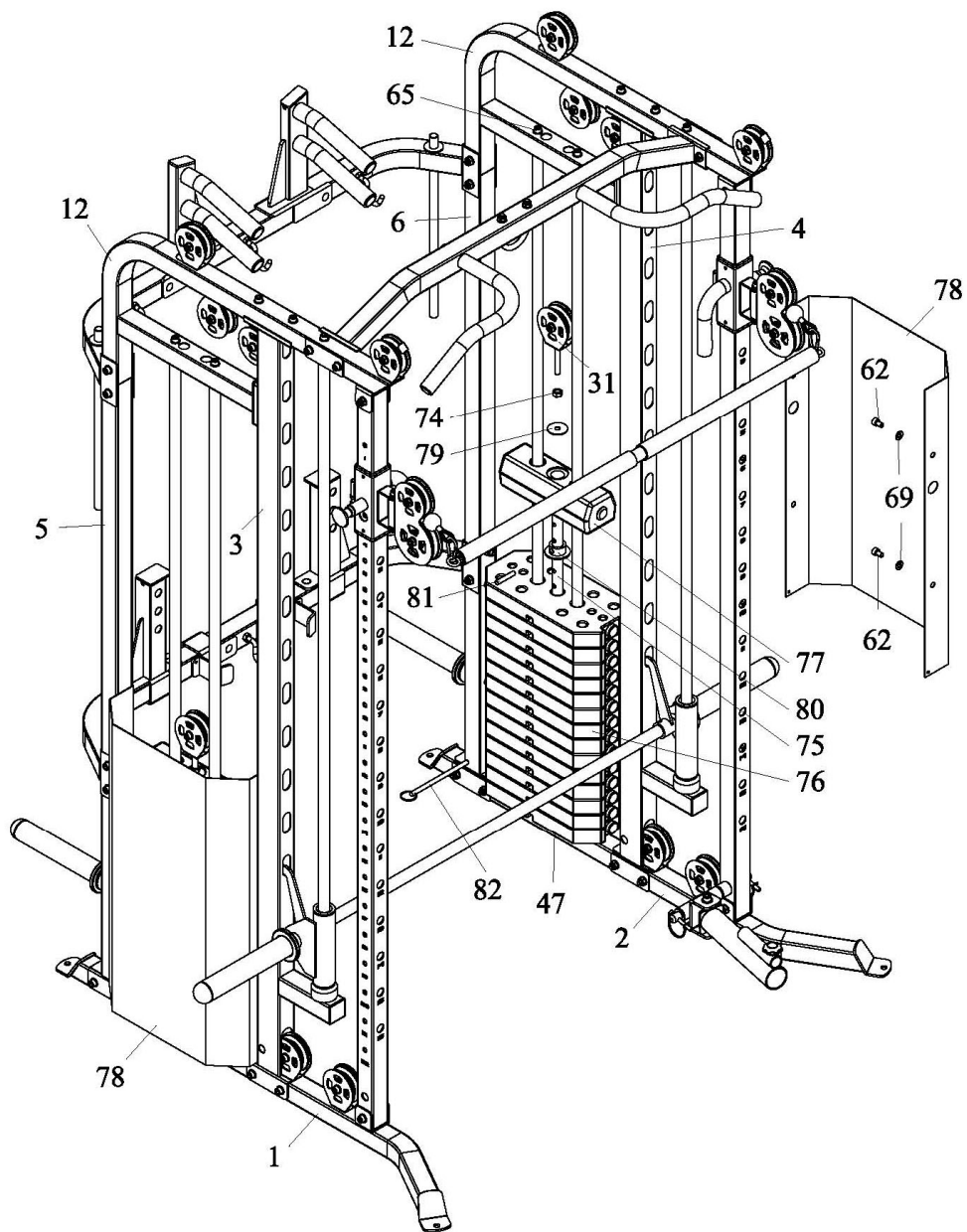
NOTE: From F→G, the cable is IN the tube.

Repeat the steps to route the cable through the right tower.

Attach the pull bar (17) to cables (57) with clip (56).

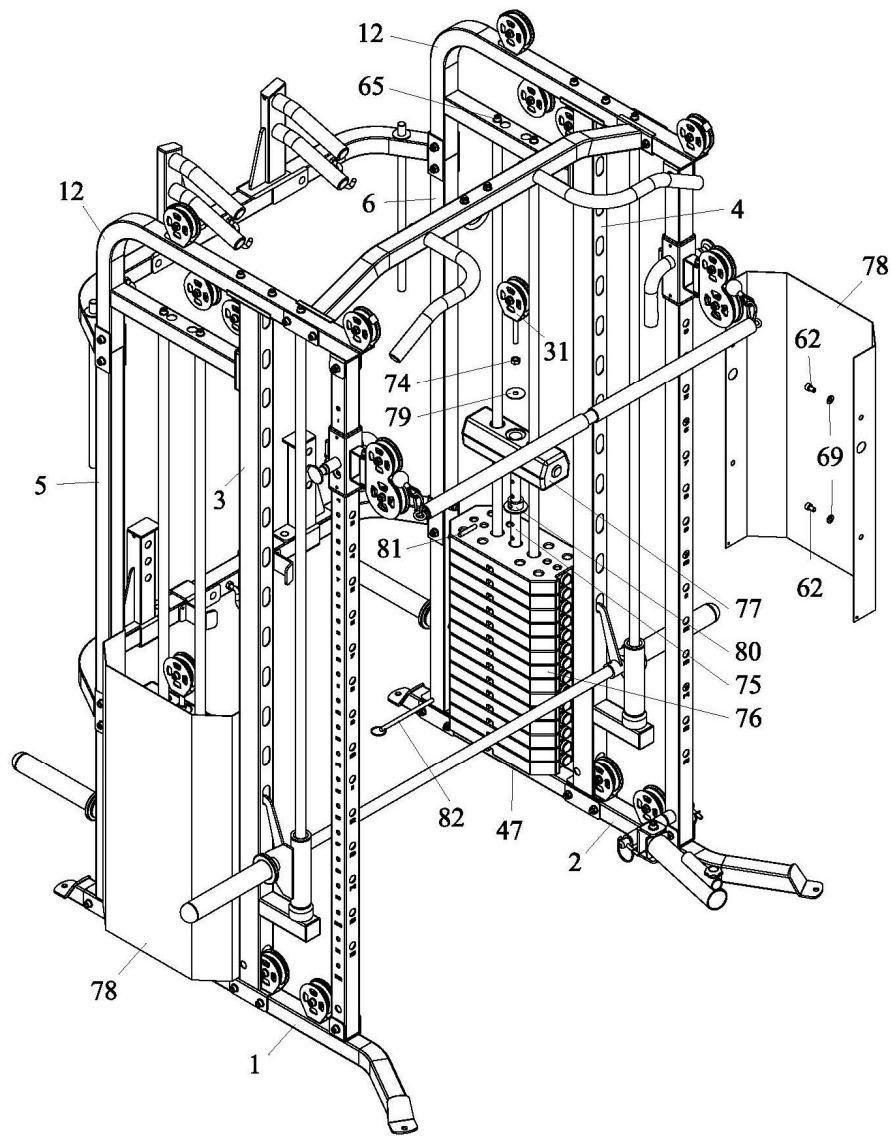
HOME FITNESS GYM WITH PLASTIC WEIGHTS





PART LIST

NUMBER	DESCRIPTION	QUANTITY
62	M10*25 SOCKET CAP SCREW	4
69	10MM WASHER	4
75	SELECTOR SHARFT	2
76	PLASTIC WEIGHT PLATE	28
77	TOP PLATE	2
78	SIDE SHELL	2
79	LARGE WASHER	2
80	PLASTIC CIRCLE	2
81	PIN	2
82	SELECTOR PIN	2



1. If you want to use the plastic weight system, the assembly steps is the same as the bell piece system (STEP 01-06). But it is different on STEP 04.
2. Attach the side shell (78) to left and right main upright (3、4) using four M10*25 screws (62) and four 10mm washers (69).
3. Attach the side shell (78) to rear left and right upright (5、6) using screws on bottom cross beam (13).
4. Insert the guide rod (9) into holes on the left and right base (1、2).
5. Slide rubber bumper (47) and the plastic weight plate (76) onto the guide rod (9). Insert the selector sharft (75) into mid hole of the plastic weight plate (76). Attach the plastic circle (80) and the pin (81) to the first hole of selector sharft (75). Slide the top plate (77) onto the guide rod (9).
6. Attach the guide rod (9) to the top frame (12) using four M10*70 screws (65) and four 10mm washers (69).
7. Thread a nut M12 (74) onto the singe pulley bracket (31). Insert the singe pulley bracket (31) into the selector sharft (75). Do not tighten! This will be adjusted later.

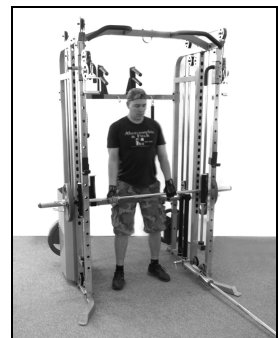
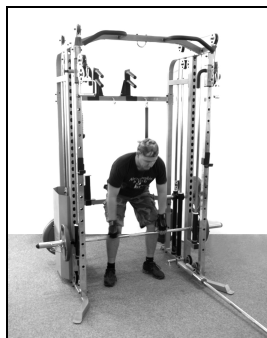
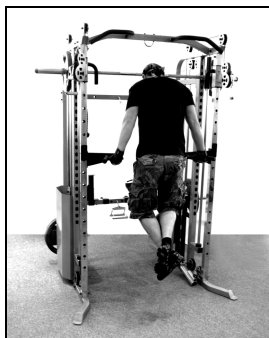
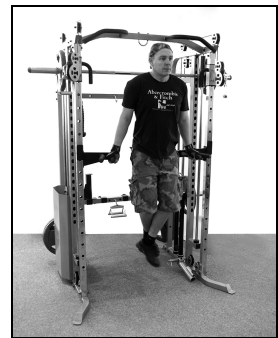
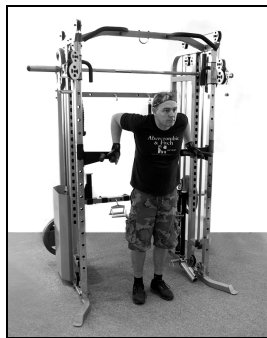
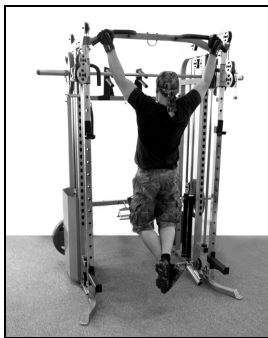
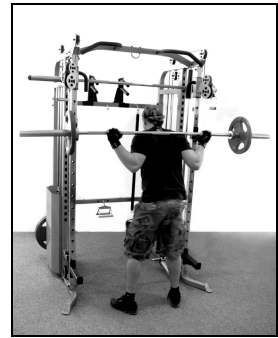
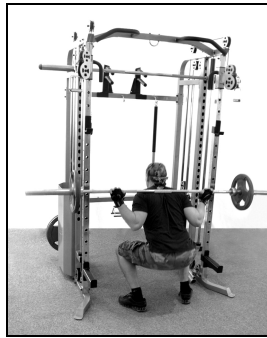
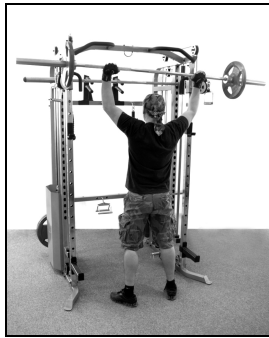
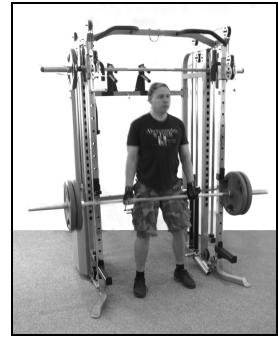
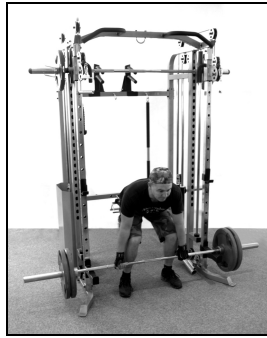
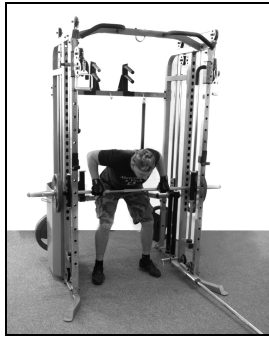
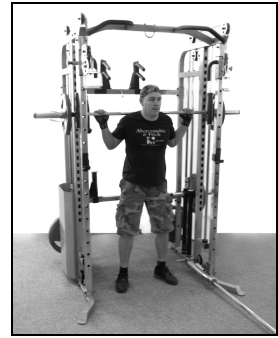
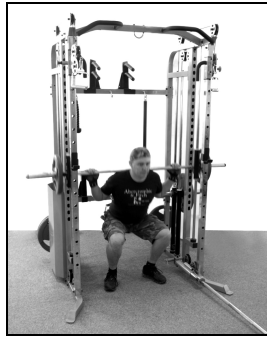
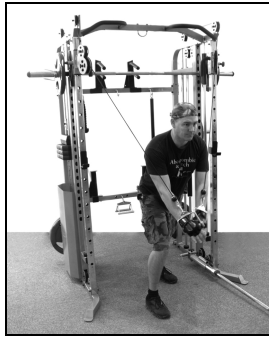
EXERCISES

START

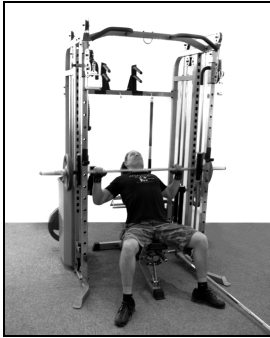
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START

FINISH



START



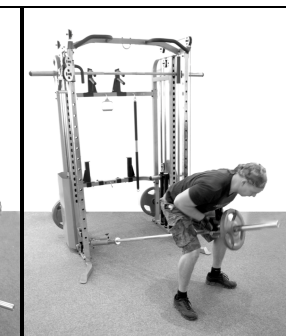
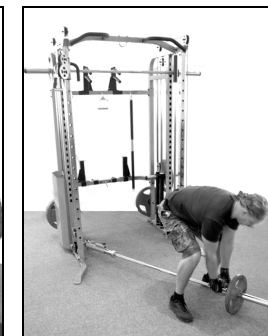
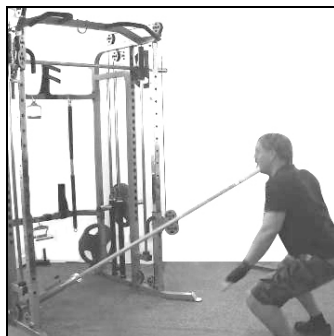
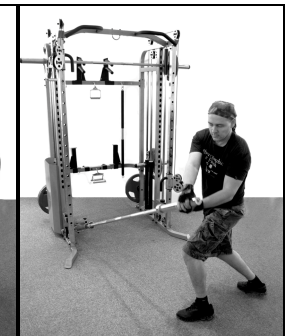
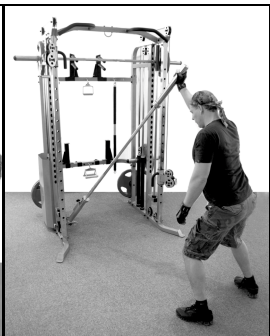
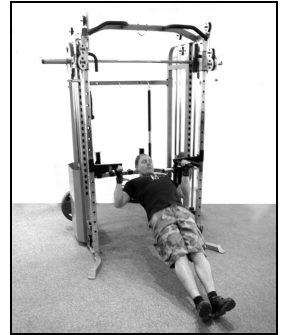
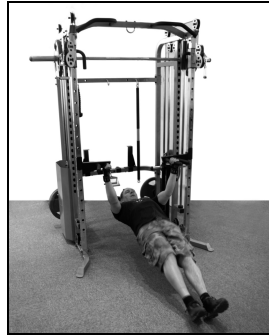
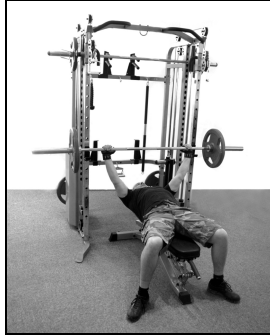
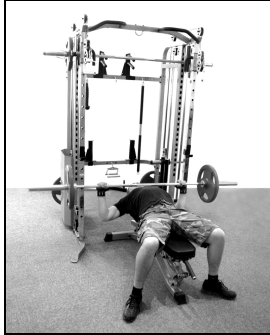
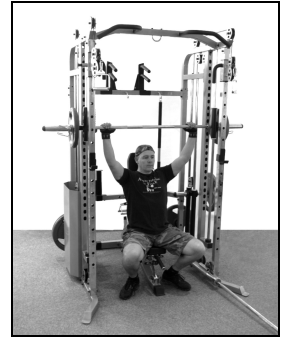
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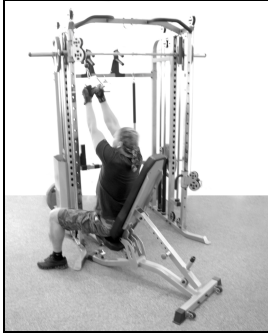
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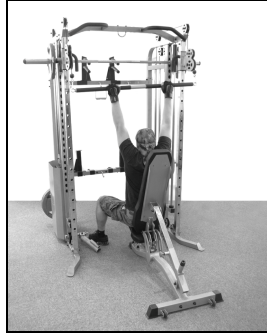
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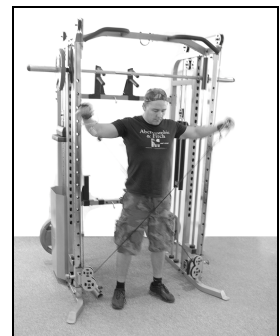
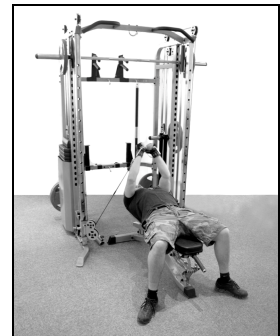
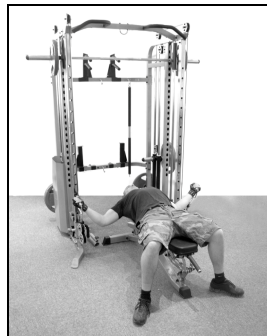
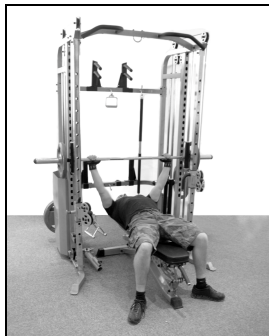
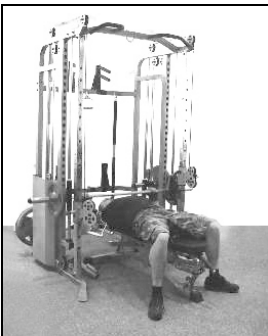
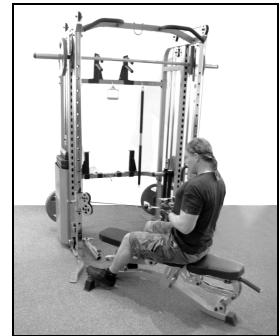
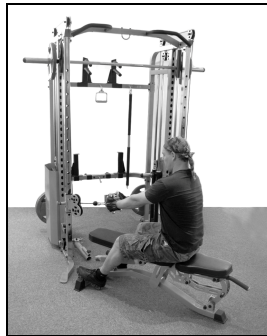
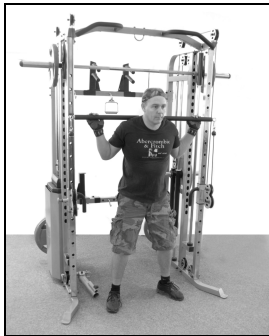
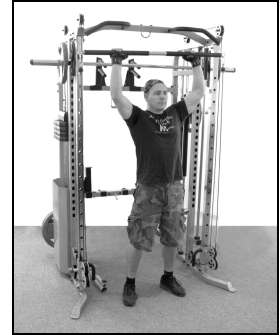
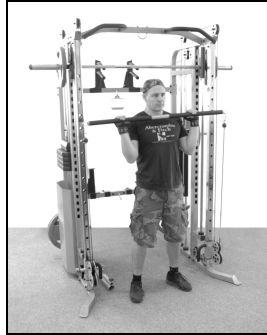
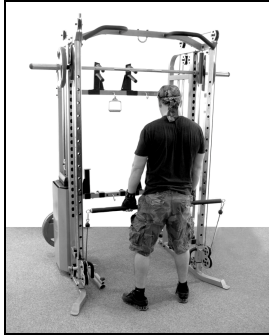
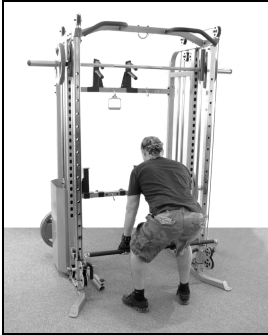
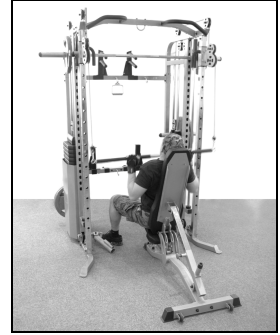
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START



FINISH



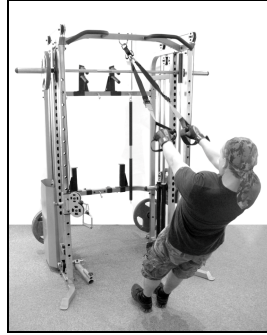
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FINISH



START



FINISH

