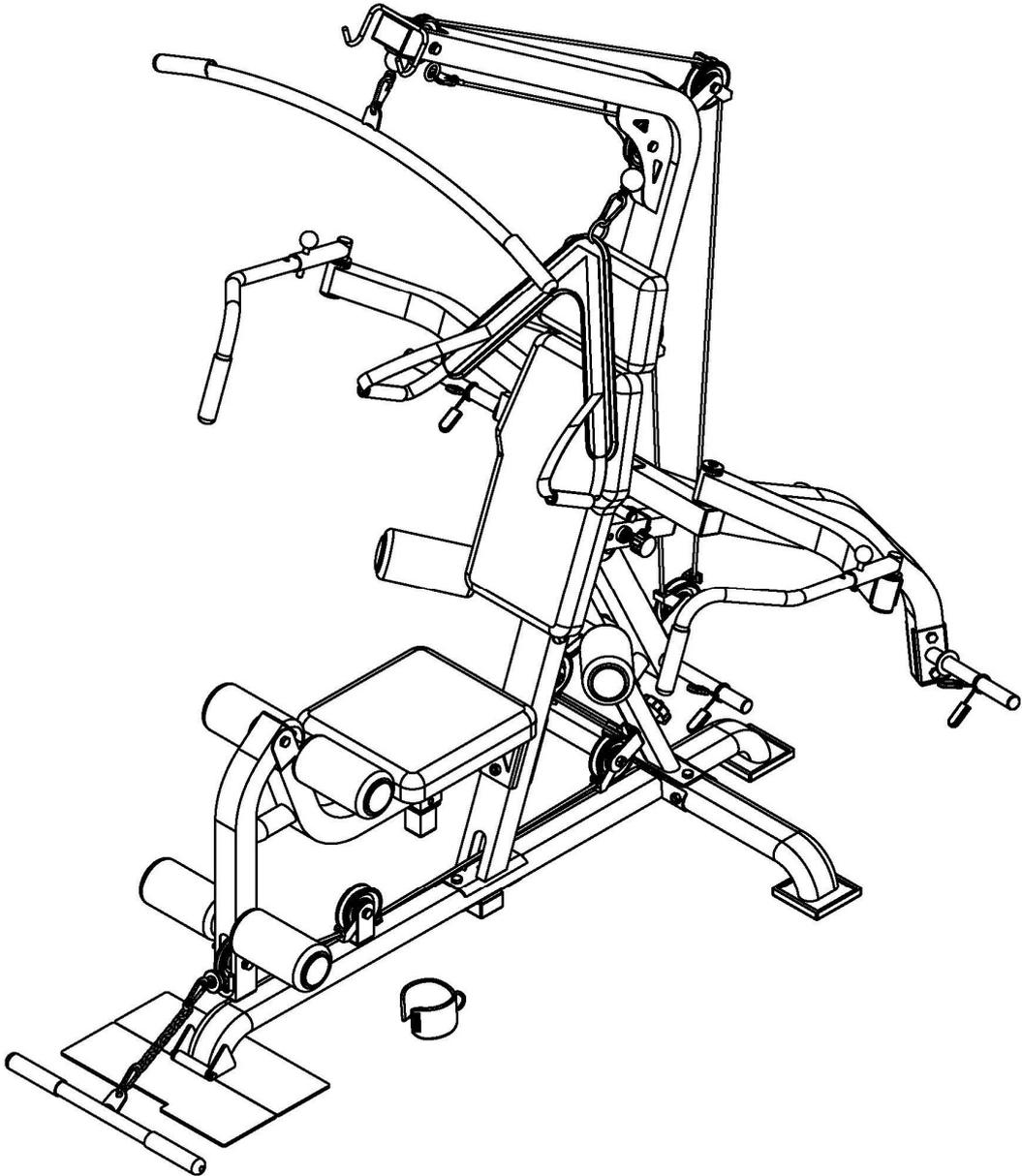


HG1092B

OWNER'S MANUAL



ASSEMBLY INSTRUCTIONS

1) SAFETY INSTRUCTIONS

IMPORTANT!

- This machine is made for home use only and tested up to a maximum body weight of 100 kg.
- This training device should be used only for its intended purpose. Any other use is prohibited and dangerous. The manufacturer cannot be held liable for damage or injury caused by improper use of the equipment.

CAUTION!

1. You are using a machine that has been designed and built to the latest safety standards. Any possible sources of danger that could lead to injury have been extensively eliminated. The machine is intended for use by adults only.
2. Wrong or excessive training can damage your health. Before commencing a course of fitness training, arrange for a medical check-up to see if you are in a state of health suited to training on the machine. The result of the check-up should be used as a basis for your training program.
3. The machine is never to be looked upon as a toy. Please remember that the nature of children who are using the machine can lead to unforeseen situations and hazards for which the manufacturer cannot be held liable.
4. If children are allowed to use the machine, they should be instructed on its correct use and dangerous situations explained to them.
5. The machine must be carefully assembled by an adult. Place it on a flat and strong ground. It must be ensured that the machine is not used until it has been fully assembled.
6. When used for regular training/exercising, we recommend checking all parts of the machine (especially screws, nuts, bolts and ropes) every 1 to 2 months.
7. To maintain the intended level of safety the machine is to be taken out of use if any parts are worn. The worn parts are to be exchanged immediately.
8. Make sure that no adjustment device is left projecting.
9. Please always wear proper training clothes and shoes.

2) PACKAGING

Environment-friendly and recyclable materials:

Outer packing cardboard

Formparts are made of Polystyrol (PS) No FCKW

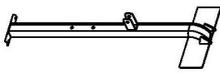
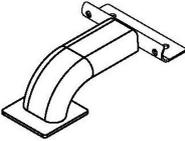
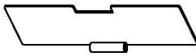
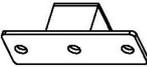
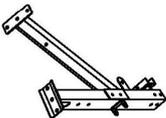
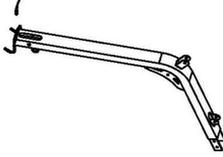
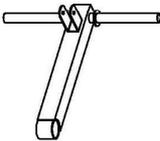
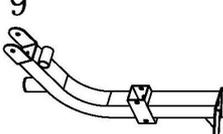
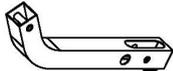
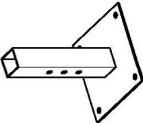
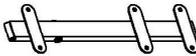
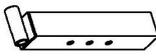
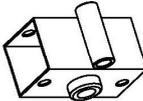
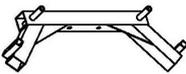
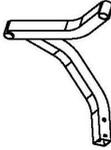
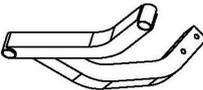
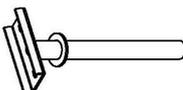
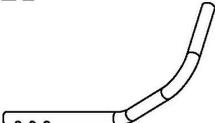
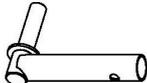
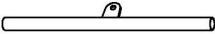
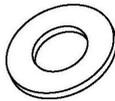
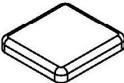
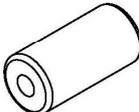
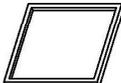
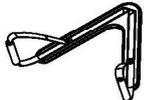
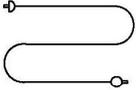
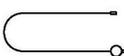
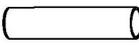
Foils and bags are made of PE

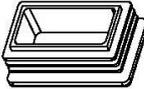
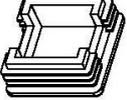
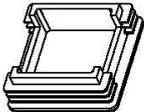
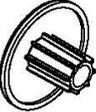
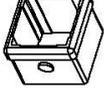
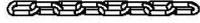
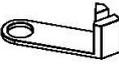
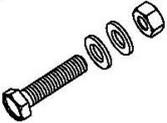
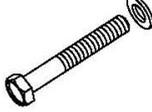
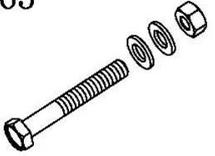
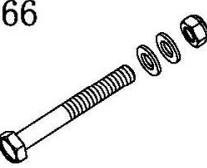
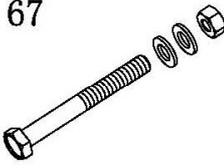
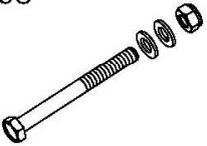
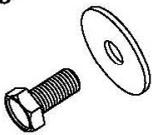
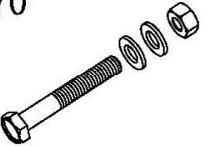
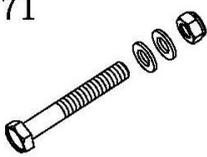
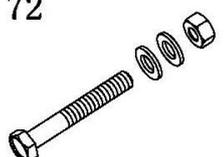
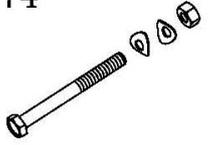
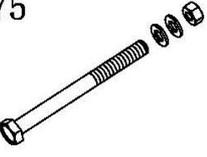
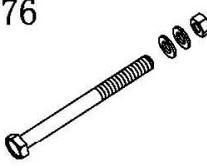
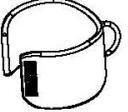
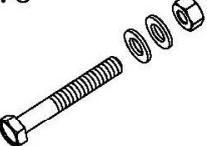
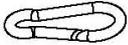
Girths are made of PP

3) DISPOSAL

Please dispose packaging properly. Don't put it in the garbage.

4) PARTS LIST

1 	2 	3 	4 	5 
6 	7 	8 	9 	10 
11 	12 	13 	14 	15 
16 	17 	18 	19 	20 
21 	22 	23 	24 	25 
26 	27 	28 	29 	30 
31 	32 	33 	34 	35 
36 	37 	38 	39 	40 
41 	42 	43 	44 	45 

46 	47 	48 	49 	50 
51 	52 	53 	54 	55 
56 	57 	58 	59 	60 
61 	62 	63 	64 	65 
66 	67 	68 	69 	70 
71 	72 	73 	74 	75 
76 	77 	78 	79 	80 
81 				

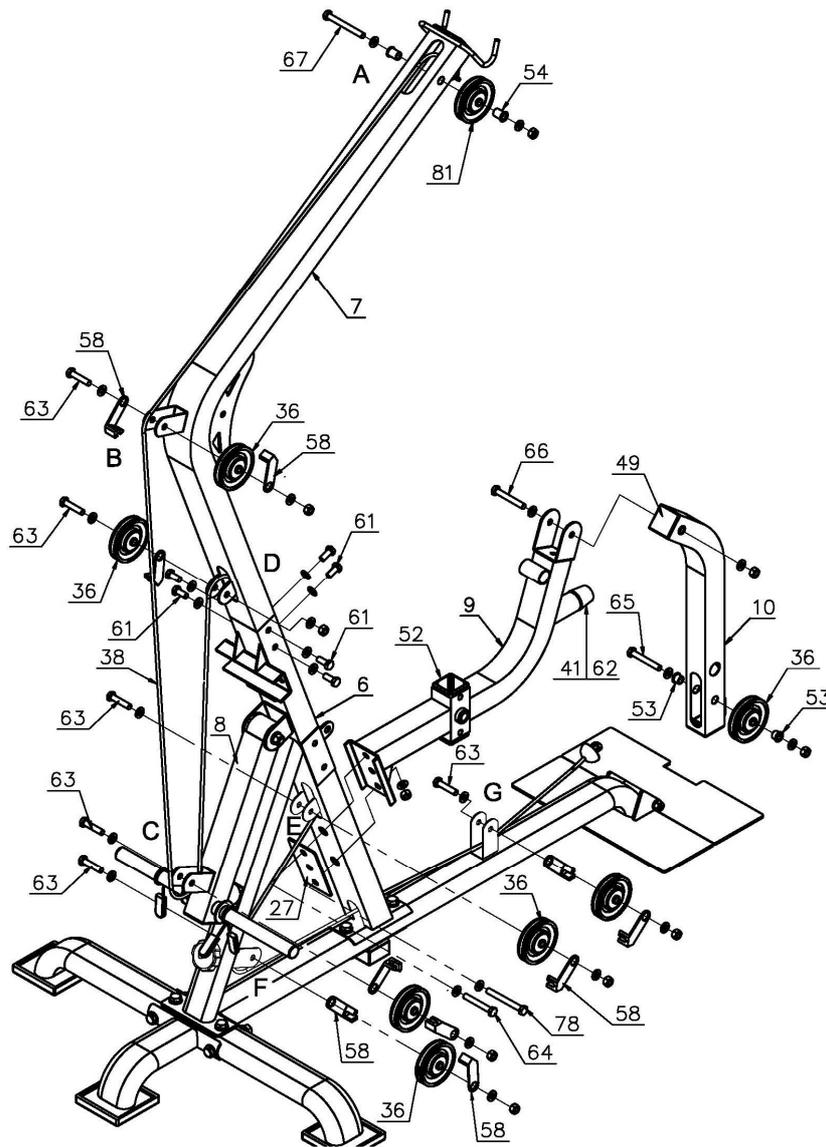
PARTS LIST

PART NO.	DESCPTION	Q'TY
1	BASE FRAME	1
2	REAR STABILIZER	1
3	REAR SUPPORT	1
4	FOOT PLATE	1
5	SUPPORT BRACKET	1
6	LOWER UPRIGHT	1
7	UPRIGHT	1
8	LEVER ARM	1
9	SEAT FRAME	1
10	LEG LIFT	1
11	SEAT POST	1
12	BACK SUPPORT	1
13	ADJUSTMENT BAR	1
14	SLIDER SUPPORT	1
15	FOAM SUPPORT	2
16	ARM BRACE	1
17	LEFT LEVERAGE ARM	1
18	RIGHT LEVERAGE ARM	1
19	WEIGHT BAR	2
20	LEFT HANDLEBAR	1
21	RIGHT HANDLEBAR	1
22	HANDLEBAR SUPPORT	2
23	LAT BAR	1
24	STRAIGHT BAR HANDLE	1
25	SUPPORT TUBE	2
26	JOINT PLATE	1
27	JOINT PLATE	1
28	JOINT PLATE	2
29	LARGE WASHER	2
30	HEAD REST	1
31	BACK CUSHION	1
32	SEAT CUSHION	1
33	FOAM ROLLER	6
34	RUBBER STAND	3
35	AB CURL STRAP	1
36	90MM PULLEY	8
37	SQUARE PLUG 25*25	4
38	CABLE	1
39	SHORT CABLE	1
40	FAST PIN	2

PARTS LIST

PART NO.	DESCIPTION	Q'TY
41	BUMPER	2
42	QUINCUNX NUT	1
43	HANDLEBAR CAP	6
44	SPRING CLIP	4
45	SQUARE CAP	1
46	RECTANGULAR PLUG 50*25	1
47	RECTANGULAR PLUG 70*50	1
48	SQUARE PLUG 38*38	2
49	SQUARE PLUG 50*50	9
50	ROUND PLUG	4
51	SECURING CAP	6
52	SQUARE SLEEVE	4
53	BUSHING	2
54	LONG BUSHING	2
55	BUSHING 38-19	8
56	QUICK LINK	4
57	CHAIN	1
58	CABLE SLIDE	10
59	PIN	2
60	HEXAGON SOCKET BOLT M8*16	10
61	BOLT M10*16 + WASHER	10
62	BOLT M10*45	2
63	BOLT M10*50 + WASHERS + NUT	7
64	BOLT M12*70 + WASHER	1
65	BOLT M10*70 + WASHERS + NUT	1
66	BOLT M10*80 + WASHERS + LOCK NUT	2
67	BOLT M10*90 + WASHERS + NUT	1
68	BOLT M10*100 + WASHERS + LOCK NUT	1
69	BOLT M12*20 + LARGE WASHER	4
70	BOLT M12*65 + WASHERS + NUT	4
71	BOLT M12*75 + WASHERS + LOCK NUT	1
72	BOLT M12*75 + WASHERS + NUT	6
73	BUSHING 50-10	2
74	BOLT M12*105 + ARC WASHERS + NUT	2
75	BOLT M12*130 + WASHERS + LOCK NUT	1
76	BOLT M12*140 + WASHERS + LOCK NUT	1
77	ANKLE CUFF	1
78	BOLT M12*70 + WASHERS + NUT	1
79	PULLEY BRACKET	1
80	SMALL QUICK LINK	1
81	120MM PULLEY	1

STEP 02



6. Run the half ball end of the cable (38) through the slot at the top end of the upright (7). Attach the cable to the upright (7) at "A" with the 120mm pulley (81), long bushing (54), bolt M10*90 + washers + nut (67).

Run the cable (38) through the pulley bracket on the upright (7) at "B". Attach the cable (38) to the pulley bracket with a pulley (36), two cable slides (58), bolt M10*50 + washers + nut (63).

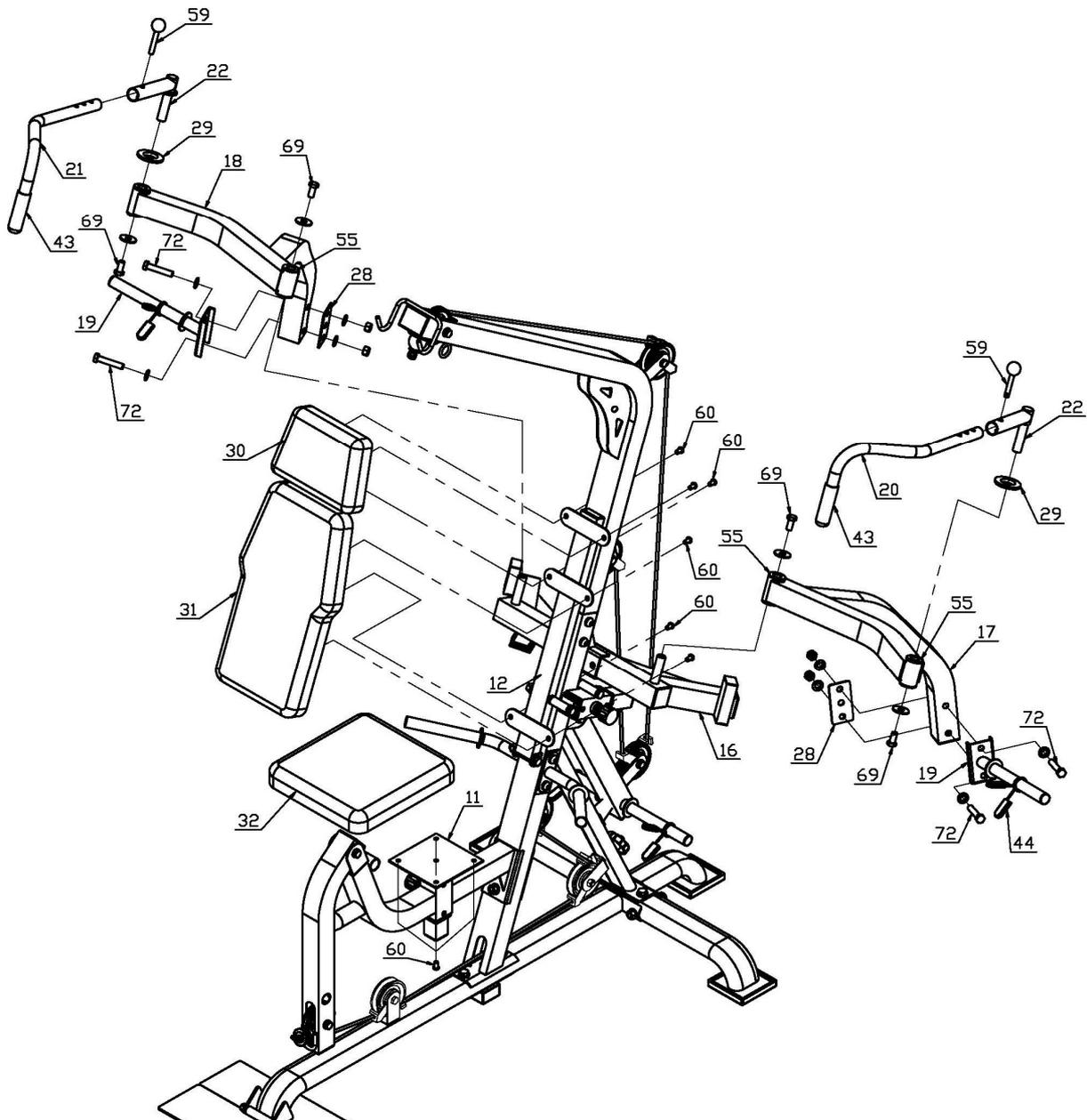
7. Insert the upright (7) into the lower upright (6). Do not attach the bolts yet. Attach the cable (38) to the pulley bracket on the lever arm (8) at "C" with a pulley (36), two cable slides (58), bolt M10*50 + washers + nut (63). Run the cable (38) through the upright (7) and lower upright (6). Attach the cable (38) to the pulley bracket at "D" with a pulley (36), a cable slide (58), bolt M10*50 + washers + nut (63). Repeat at position "E". Attach the cable (38) to the pulley bracket at "F" with a pulley (36), two cable slides (58), bolt M10*50 + washers + nut (63). Attach the cable (38) to the bracket at "G" with a pulley (36), two cable slides (58), bolt M10*50 + washers + nut (63).

8. Secure the upright (7) to the lower upright (6) with bolts M10*16 + washers (61).

9. Attach the seat frame (9) and the joint plate (27) to the lower upright (6) with bolt M12*70 + washer (64) and bolt M12*70 + washers + nut (78).

10. Attach the leg lift (10) to the seat frame (9) with bolt M10*80 + washers + lock nut (66). Run the cable (38) through the slot in the leg lift (10). Attach the cable (38) to the leg lift (10) with a pulley (36), bushing (53), bolt M10*70 + washers + nut (65).

STEP 04



17. Slide the right leverage arm (18) onto the shaft at right side of the arm brace (16) and secure with bolt M12*20 + large washer (69).

18. Attach the weight bar (19) and the joint plate (28) to the right leverage arm (18) with bolts M12*75 + washers + nut (72). Slide spring clip (44) onto the weight bar (19). NOTE: When installing the right weight bar (19), be sure they angle up and toward rear of the machine.

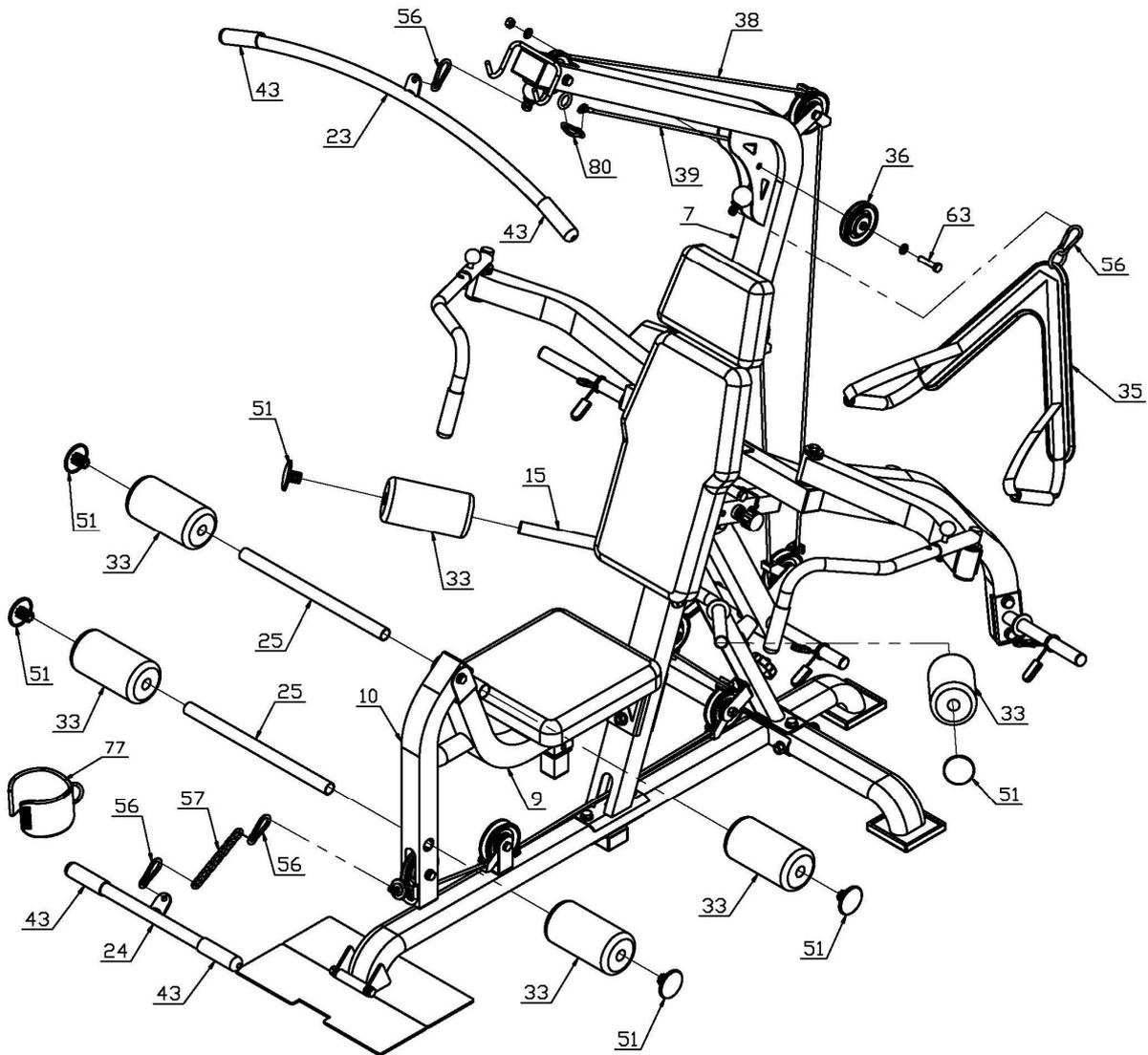
19. Attach the right handlebar (21) to the handlebar support (22) with pin (59). Then slide the handlebar support (22) into the large washer (29) and the right leverage arm (18) and secure with bolt M12*20 + large washer (69).

20. Repeat the above assemblies for left side.

21. Attach the head rest (30) and back cushion (31) to the back support (12) with bolts M8*16 (60).

22. Attach the seat cushion (32) to the seat post (11) with bolt M8*16 (60).

STEP 05



23. Slide a foam roller (33) onto a support tube (25) and screw a securing cap (51) onto the end of the support tube (25). Insert the other end of the support tube (25) through the hole in the leg lift (10). Slide another foam roller (33) over the protruding end of the support tube (25) and screw a securing cap (51) onto the end of the support tube (25). Repeat to assemble the foam rollers (33) into the hole in the seat frame (9).

24. Slide a foam roller (33) onto each foam support (15) on both sides. Screw a securing cap (51) onto the end of the foam support (15).

25. Attach the short cable (39) to the pulley bracket on the upright (7) with a pulley (36), bolt M10*50 + washers + nut (63). Hook the eyelet end of the short cable (39) to the ring on the upright (7) with a small quick link (80).

26. Attach the lat bar (23) to the cable (38) with a quick link (56).

27. The straight bar handle (24) and ankle cuff (77) can be attached to the half ball end of the cable (38) at the bottom of the leg lift (10) with two quick link (56) and the chain (57).

28. Attach the AB curl strap (35) to the ball end of the short cable (39) with a quick link (56). To use the AB curl strap (35), connect the eyelet end of the short cable (39) to the cable (38) with the quick link (56).

6) TRAINING INSTRUCTIONS

IMPORTANT:

Before beginning your training program, consult your doctor to ensure that you are fit enough to use this training device.

Base your program on the result of this medical examination. All following training instructions are suitable for healthy people only.

This training device is a versatile multi-functional home training unit for optimum fitness training with special emphasis on muscle- power. To ensure that your exercising is in keeping with your general health, please read the following instructions and observe them at all times:

1. Newcomers should avoid using excessively heavy weights.
2. During start-up sessions, use weights that can be used for 15 repetitions without gasping for breath.
3. Always breathe regularly: breathe out when pushing against the load (concentric phase) and breathe in when releasing it (eccentric phase). Avoid forced breathing.
4. Carry out all movements evenly and smoothly without jerking.
5. All movements should be carried out to their full extent to prevent contraction of the muscles. However, in the bending and stretching positions ensure that the muscles are tense enough to minimize strain on the joints.
6. Pay particular attention to keeping your back in a stable position. To ensure this, keep the tension of the belly muscles constant during exercising.
7. Always remember that your tendons and joints do not develop as quickly as your strength and muscle power. For this reason increase the amount of exercise in the following order:
 - a. First increase your exercising frequency (number of exercising sessions per week)
 - b. Increase the length of your exercising sessions (number of sets per exercise)
 - c. Then increase the exercising strain (i.e. increase the weights used)

Recommendation for exercising

For general fitness and health the most suitable types of training are strength and endurance training as well as training aimed at building up the muscles (hypertrophy training).

For strength and endurance exercising it is best to use lighter weights (approx. 40-50% of maximum force*) and brisk but controlled speed of movement. The number of repeats should be between 16 and 20. For exercises designed to build up muscles, it is advisable to use heavier weights (approx. 60-80% of maximum force*) with a moderately slow speed of movement.

After about four weeks of strength and endurance exercising, a moderate program of muscular exercising can be begun. For older people it is especially important to maintain and build up muscle mass in order to relieve unnecessary strain on the joints.

Always start your session with a set of exercises to warm up. Make use of intervals to do loosening-up exercises. Exercise 2-3 times per week and take every opportunity to exercise in different ways e.g. by walking, jogging, cycling and swimming.

You will soon notice that regular exercise increases your general fitness and sense of wellbeing.

WARMING UP

Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

COOLING DOWN

Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

7) EXERCISES

