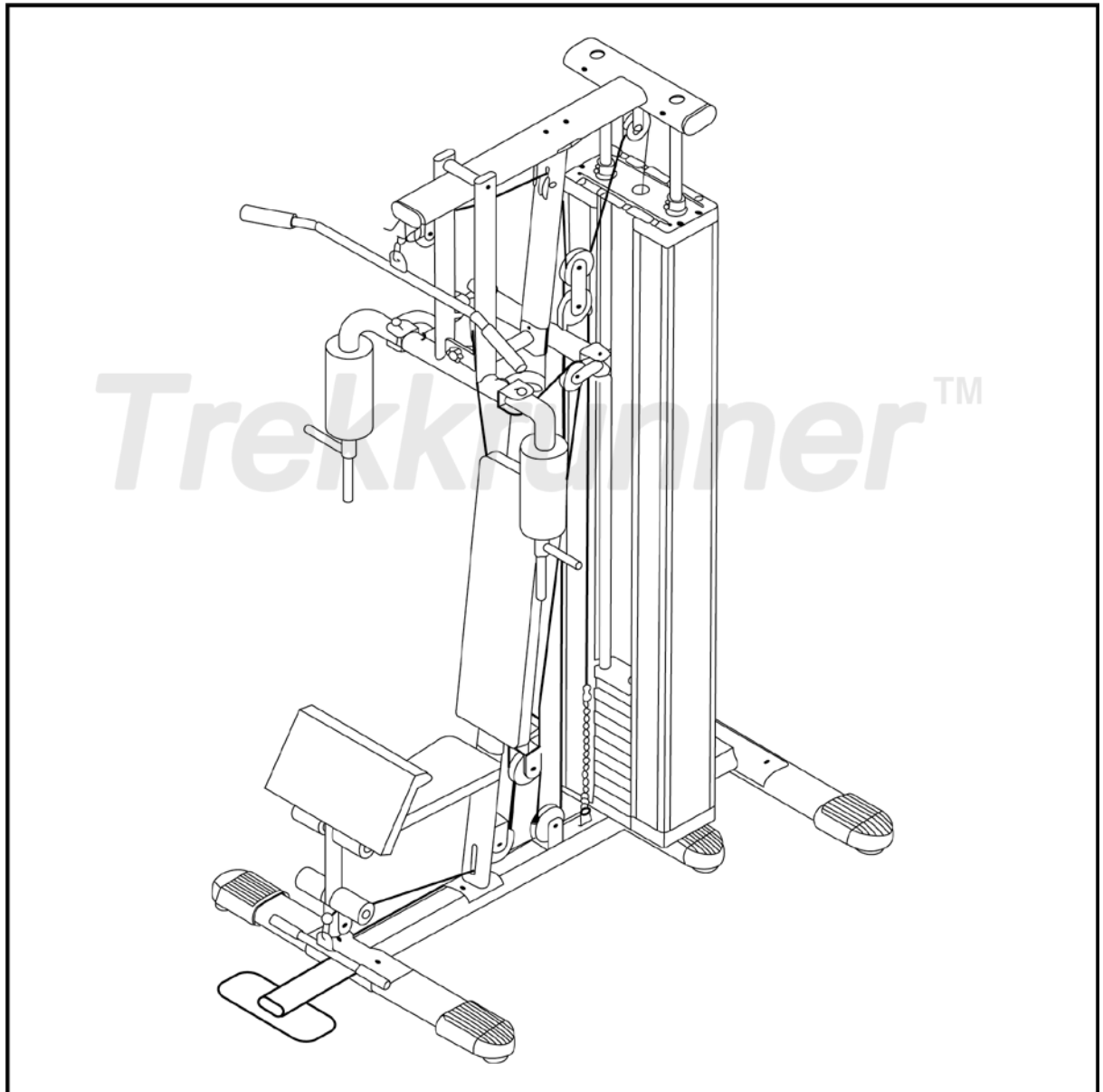


# SLIM-FIT HOME GYM



## **Important Safety Information**

**Please keep this manual in a safe place for reference.**

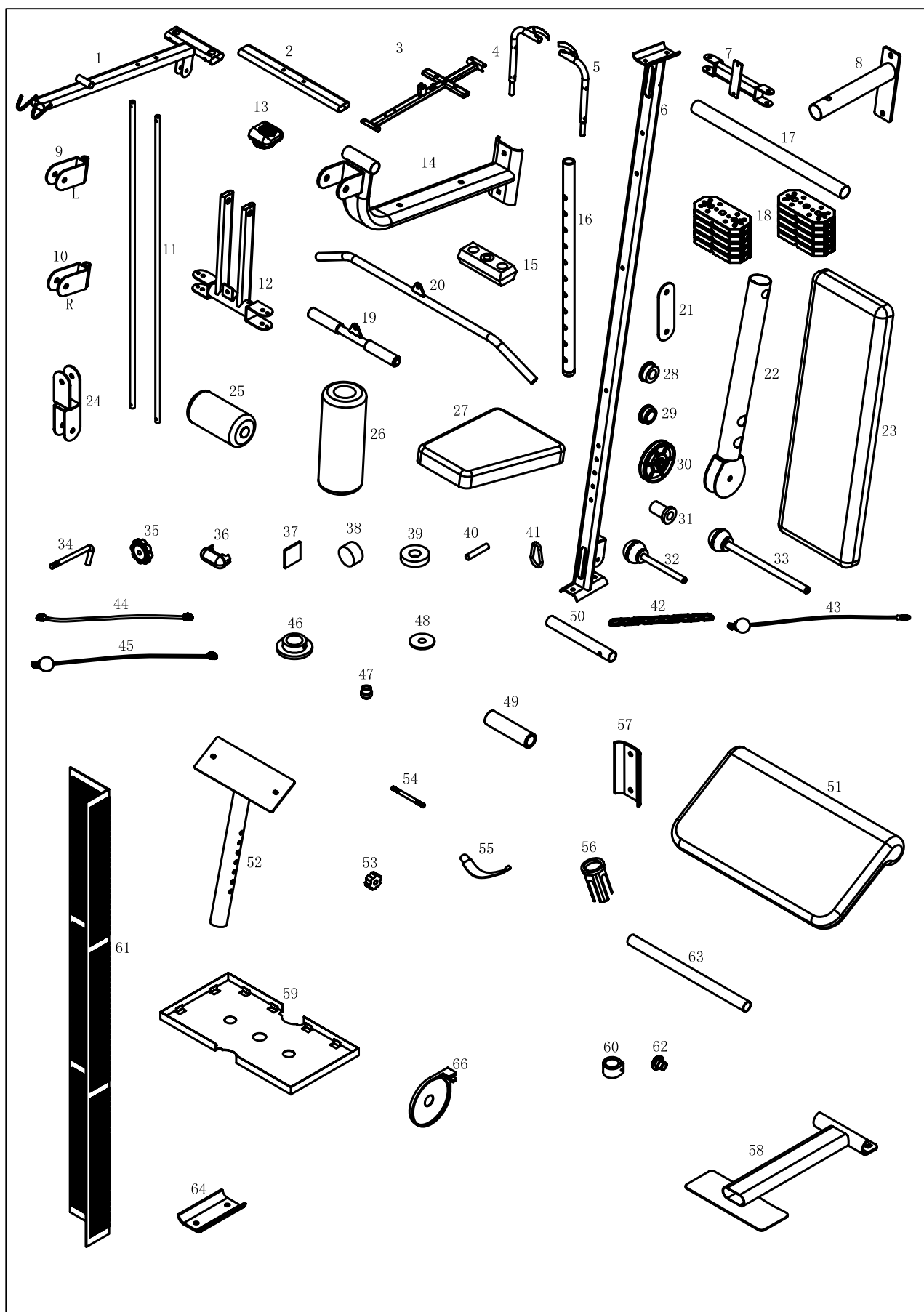
1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meter of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. The equipment is not suitable for therapeutic use.
11. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance

## FITNESS HOME GYM PARTS LIST

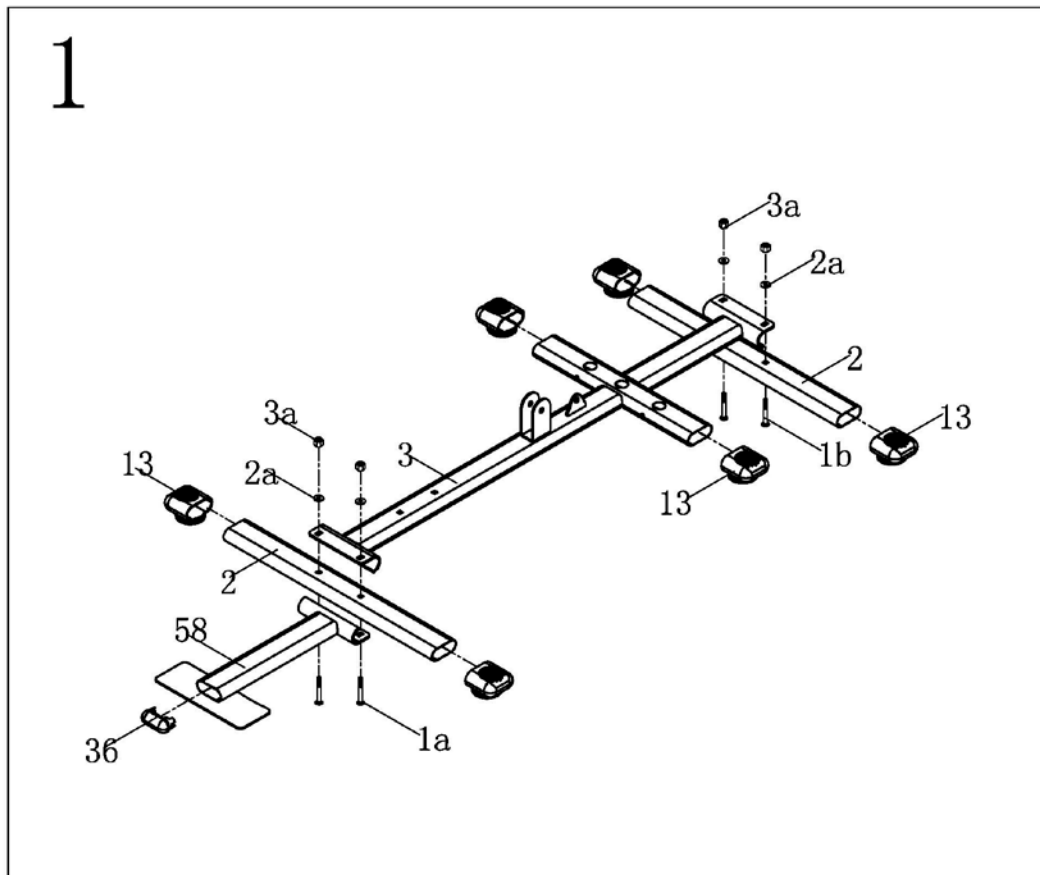
NO.	NAME	Q,TY	NO.	NAME	Q,TY
1	Upper support	1	34	L-shaped block lever	1
2	Stabilising base	2	35	Handle screw for block lever	1
3	Main base	1	36	Oval plastic stopper	4
4	Right arm	1	37	Protector	6
5	Left arm	1	38	Rubber protector	1
6	Vertical support	1	39	Cylindrical rubber stop	2
7	Pulley holder support	1	40	Pin for upper weight socket	1
8	Prop support	1	41	Harness clip	4
9	Left pulley support	1	42	Chain	1
10	Right pulley support	1	43	Selection bar cable	1
11	Chrome bars	2	44	Butterfly arms cable	1
12	Chest press	1	45	Lower pulley cable	1
13	Oval shaped rubber feet	6	46	Upper weight socket	1
14	Seat support	1	47	Plastic stopper diam. 25mm	1
15	Upper weight	1	48	Upper weight washer	1
16	Weight selector	1	49	Foam sleeve for grips	8
17	Cylinder holder shaft L=390mm	1	50	Metal grip	2
18	Weights	9	51	Cushion for biceps pad	1
19	Tension bar	1	52	Metal support for biceps pad	1
20	Bar for upper pulley	1	53	Handle screw to fix rest	2
21	Screw plates for pulleys	2	54	Threaded bar to fix rest	1
22	Extension lever	1	55	Padded ankle strap	1
23	Padded back	1	56	Round plastic guide	1
24	Double crutch for pulleys	1	57	Saddle support plate	1
25	Foam cylinders L=160mm	4	58	Front platform	1
26	Foam protector L=250mm	2	59	Weight Cover Support	2
27	Seat	1	60	Protector Holder	2
28	Bushing diam. 10x18x24mm	2	61	Weight Cover Plate	4
29	Bushing diam. 12.5x29x8.5mm	8	62	Bushing diam 8.5x13.5x14.5mm	2
30	Pulley diam. 9.6x90x30mm	9	63	Cylinder holder shaft L=430mm	1
31	Pulley diam. 9.6x90x22mm	3	64	Saddle support plate	1
32	Ball pin 10x75mm	2	66	Plastic Guide	14
33	Pin for weight selector	1			

## LIST OF BOLTS, NUTS, WASHERS

NO.	DESCRIPTION	Q,TY	NO.	DESCRIPTION	Q,TY
1a	Screw M8 x 50mm	4	3f	Nut M12	5
2a	Washer Ø8	8	1g	Screw M12 x 85mm	4
3a	Nut M8	10	1h	Screw M8 x 60mm	2
4a	Nut M10	22	2h	Curve Washer Ø8	4
1b	Screw M8 x 45mm	4	1l	Screw M10 x 85mm	5
2b	Washer Ø10	42	1j	Screw M10 x 25mm	2
1c	Screw M6 x 16mm	2	1k	Screw M10 x 50mm	3
2c	Washer Ø6	2	1L	Screw M10 x 55mm	5
1d	Screw M10 x 38mm	4	1m	Screw M10 x 60mm	7
2e	Curve washer Ø10	8			
1f	Screw M12 x 145mm	1			
2f	Washer Ø12	10			

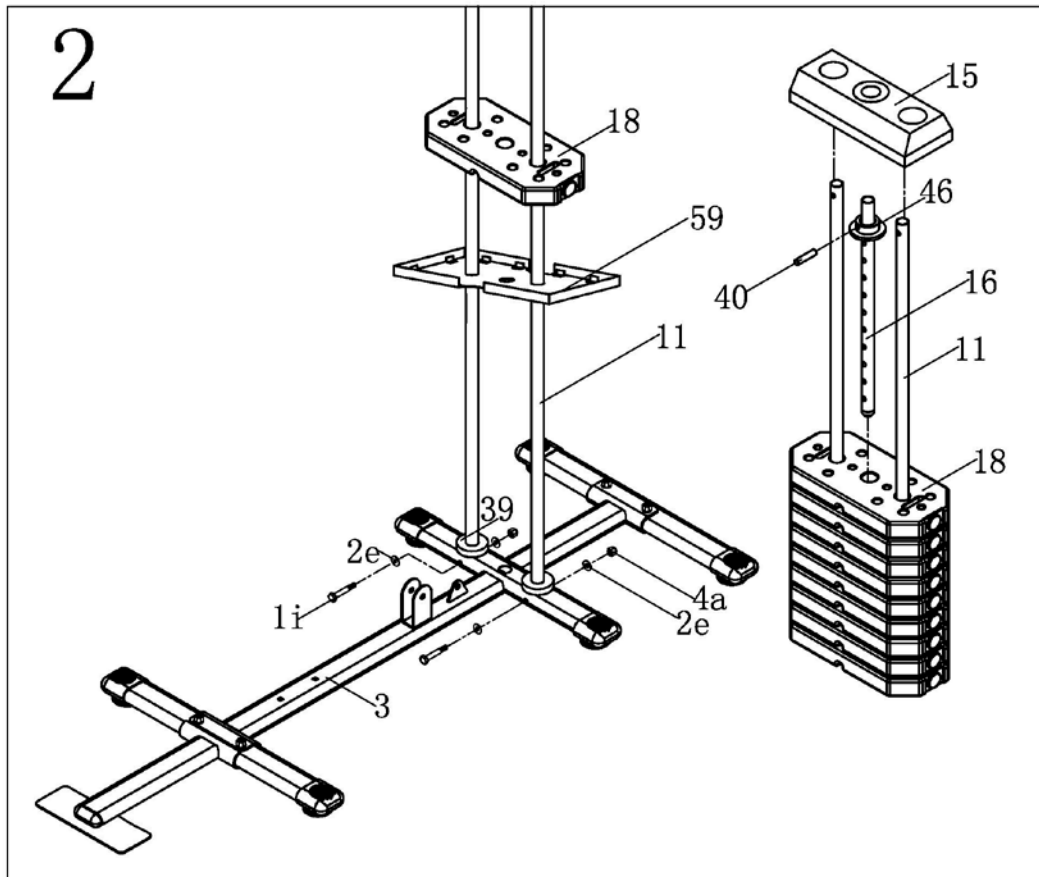


## Assembly Instruction



- 1) Place the rubber feet (13) on the ends of the central, back and front stabilizer bases (2).
- 2) Attach the front and back stabilizer bases (2) to the main base (3), Front plat form (58) using screws M8x50mm (1a) or M8x45mm(1b), washers  $\varnothing 8$  (2a) and nuts M8 (3a).

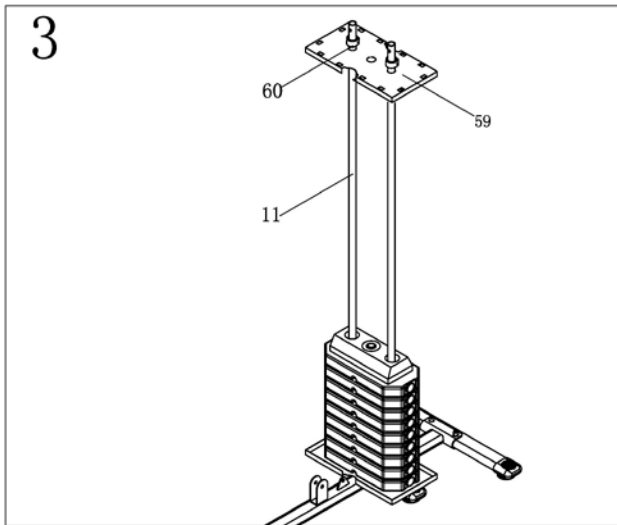
Note: and this time screws(1b) must be attached from up to down.



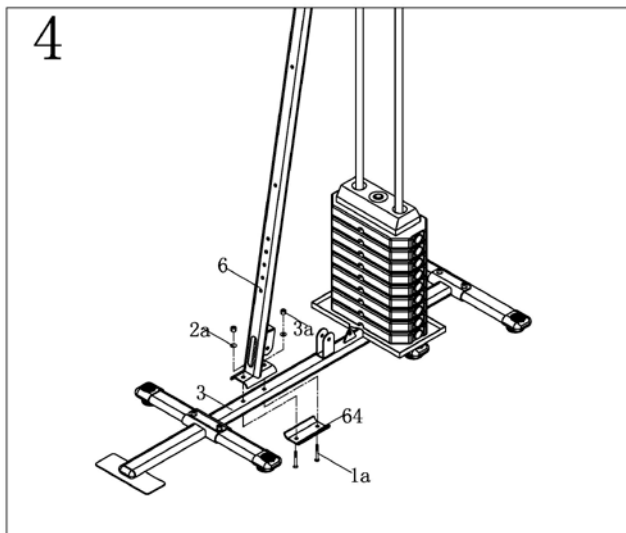
- 3) Insert the chrome bars (11) putting previously one of the weight cover support (59) together with the cylindrical rubber stops (39) on the main base (3) as shown in the drawing, and screw the bars to the base (3) using screws M10x85mm (1i), washers  $\varnothing 10$  (2e) and nuts M10 (4a). Slide each weight (18) along the bars(11) (sticking on the weight labels).

**IMPORTANT NOTE :** The groove for the weight selector pin (33) should be facing downwards. If not, the pin will not slide across.

- 4) Slide the weight selector (16) through the hole in the center of the weights (18).
- 5) Pass the socket (46) through the weight selector (16) and join both parts to the pin (40). Pass the upper weight (15) through the bars and position the socket (46) in such a way that it fits in the base of the upper weight (15). Place the upper weight washer (48) over the hole in the center of the upper weight (15).

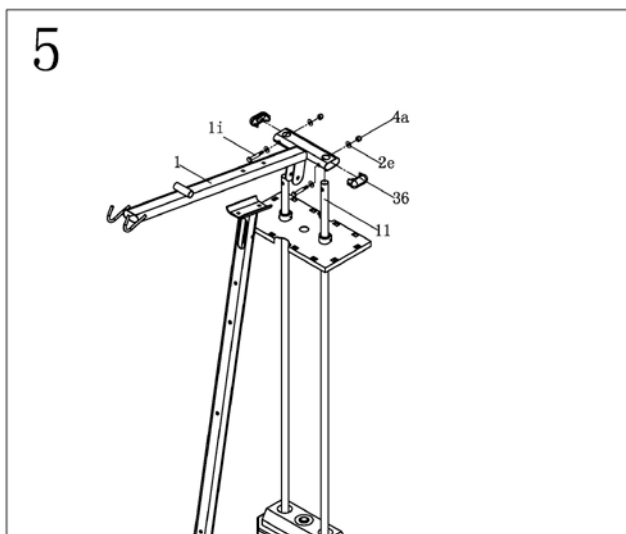


- 6) Put the weight cover support (59) which has previously been fitted to the bottom. Fit the other upper support (59) insert the chrome bar (11). Then insert the plastic holders (60), but not tight screws.



- 7) Attach the vertical support (6) and the plate (64) to the main base (3) using screws M8x50mm (1a), washers  $\varnothing 8$  (2a) and nuts M8 (3a).

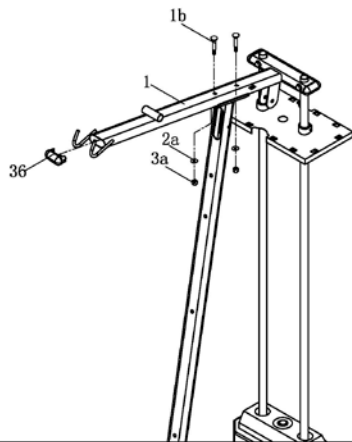
**NOTE: AT THIS TIME, DO NOT SCREW ON TOO TIGHT**



- 8) Place the upper support (1) over the vertical support (6) and Insert the chrome bars (11) in the holes in the upper support (1) and join using screws M10x85mm (1i), curve washers  $\varnothing 10$  (2e) and nuts M10 (4a).

**NOTE: AT THIS TIME, DO NOT SCREW ON TOO TIGHT.**

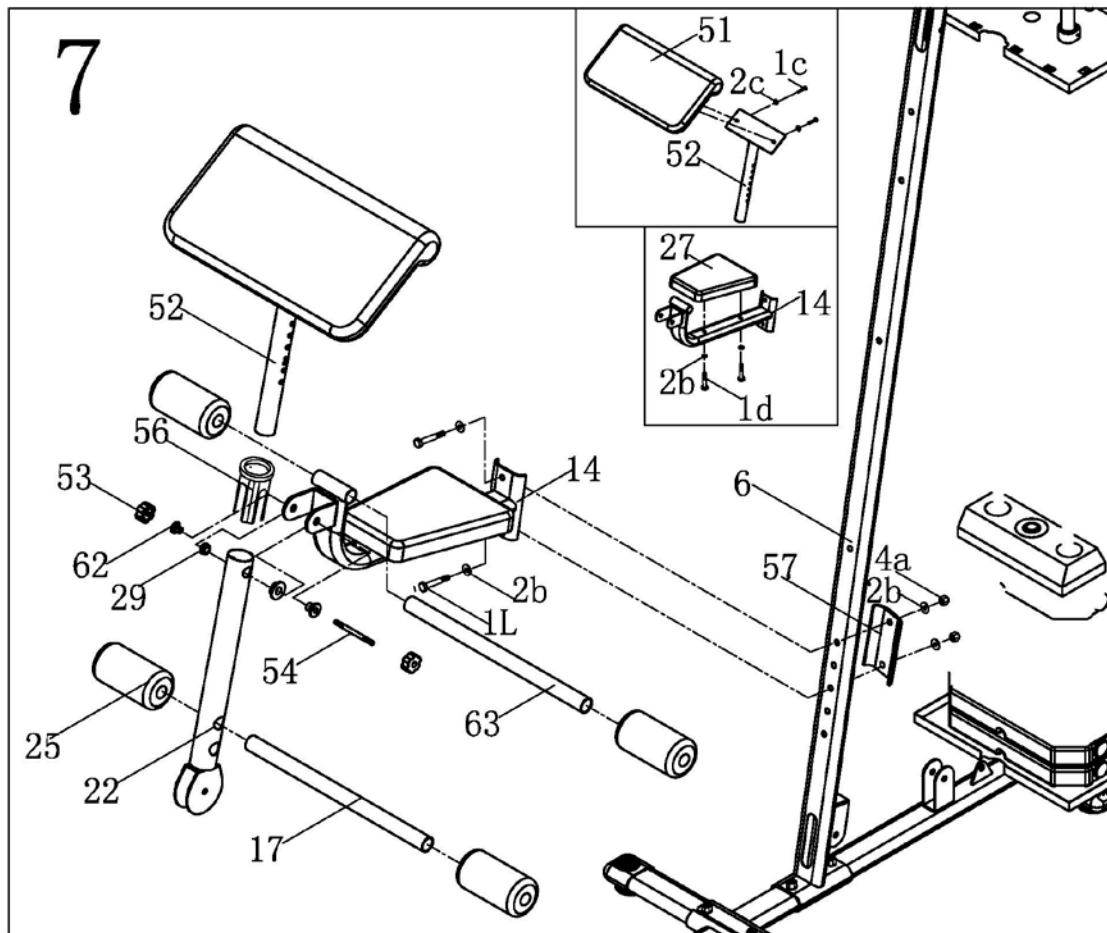
6



- 9) Place the upper support (1) over the vertical support (6), then to the vertical support (6) using screws M8x45mm (1b), washers  $\varnothing$  8 (2a) and nuts M8 (3a).

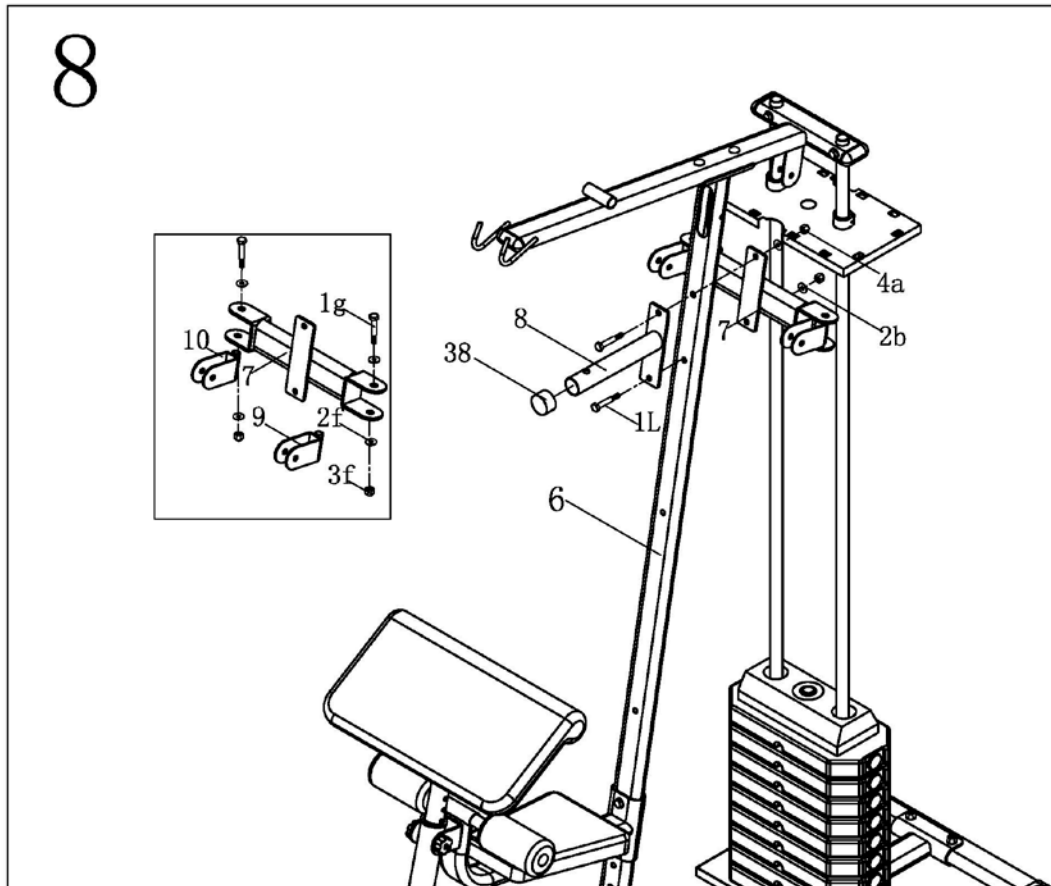
**NOTE: AT THIS TIME, DO NOT SCREW ON TOO TIGHT.**

7



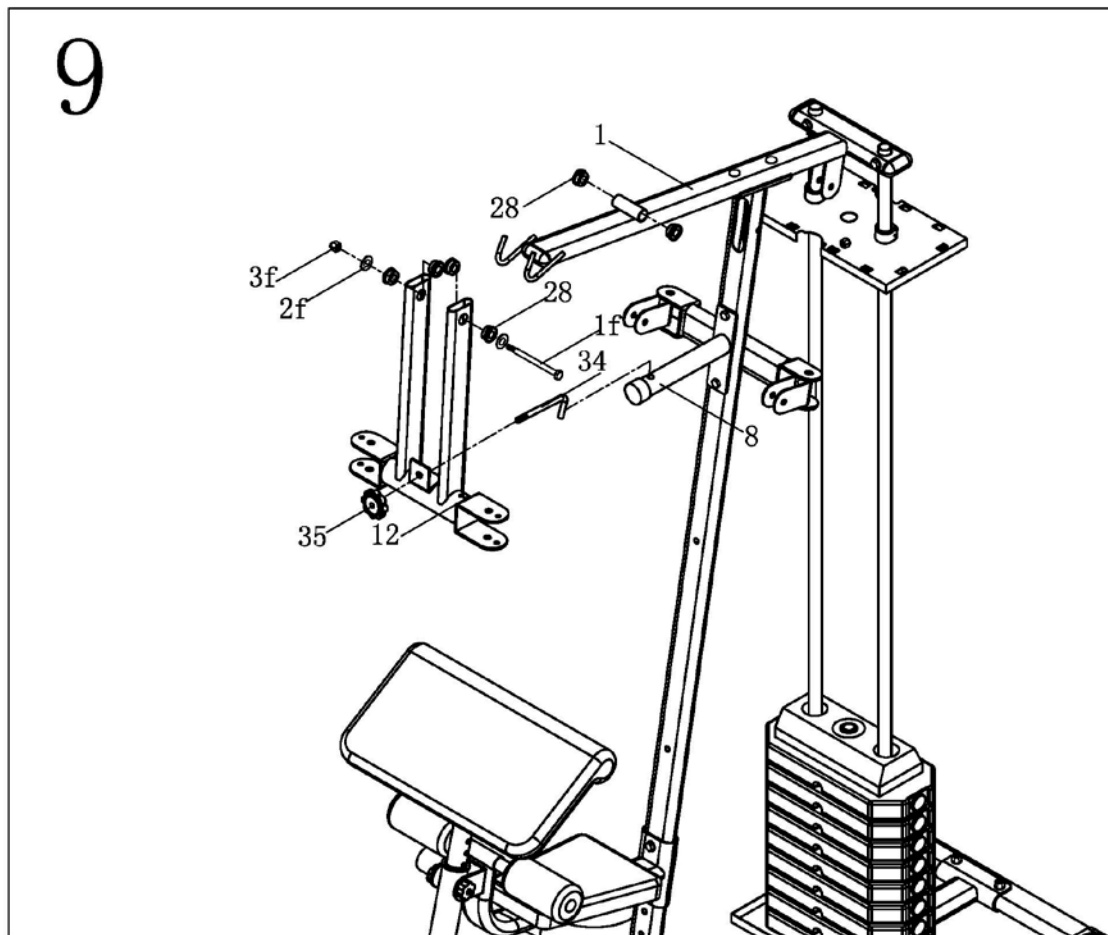
- 10) Attach the seat (27) to the seat support (14) using the screws M10x45mm (1d) and washers  $\varnothing$  10 (2b).
- 11) Place the seat support (14) in the vertical support (6) and attach using the plate (57), screws M10x55mm (1l), washer  $\varnothing$  10 (2b) and Nuts M10 (4a). Here please select the height of the seat.

- 12) Mount the extension lever (22) on the seat support (14) and attach using the threaded bar (54), two socket (29) (62) and the two handle screws (53).
- 13) Join the metal support for the biceps rest (52) to its cushion (51), using screws M6x16mm (1c) and washer  $\varnothing 6$  (2c). Insert the round plastic guide (56) in the extension lever (22). If you wish to exercise with the biceps pad: Insert the pad in the extension lever (22), after previously removing the threaded bar (54) which should be replaced once the biceps pad has been mounted.
- 14) Insert the cylinder holder shafts (17) (63) and the foam cylinder (25).



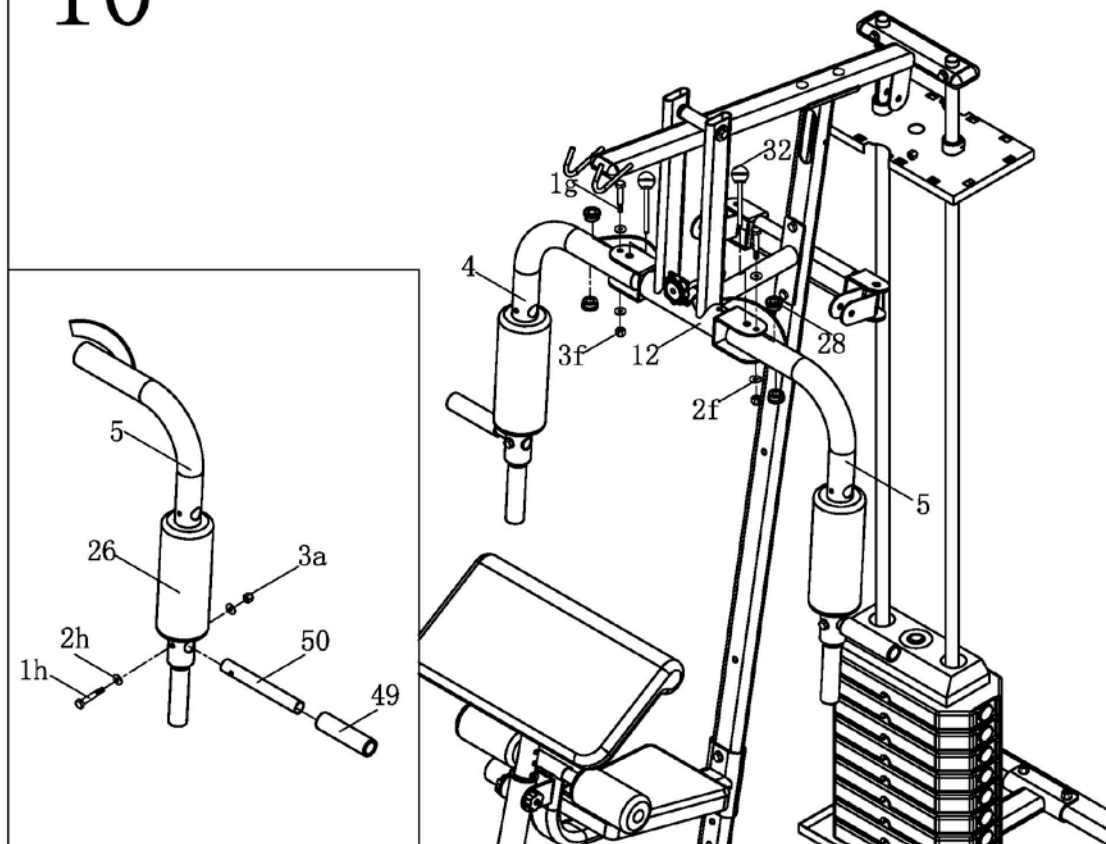
- 15) Attach the right hand pulley support (10) and the left hand pulley support (9) to the pulley holder support (7) using screws M12x85mm (1g), washers  $\varnothing 12$  (2f) and nuts M12 (3f).
- 16) Mount the prop support (8) on the front of the vertical support (6) and place the pulley holder support (7) on the back of the vertical support (6) using screws M10x55mm (1L), washers  $\varnothing 10$  (2b) and nuts M10 (4a).
- 17) Place the rubber protector (38) on the end of the prop support (8).

# 9



- 18) Using the bushings 6pcs (28), one screw M12x155mm (1f), washers  $\varnothing 12$  (2f) and one nut M12 (3f), attach the chest press (12) to the upper support (1).
- 19) Insert the block lever (34) through the hole in the chest press (12), and attach on the other side using the handle screw (35), inserting the curved end of the lever in the hole in the prop support (8). Depending on the exercise you wish to do, you will need to insert the lever in the hole or not.

# 10

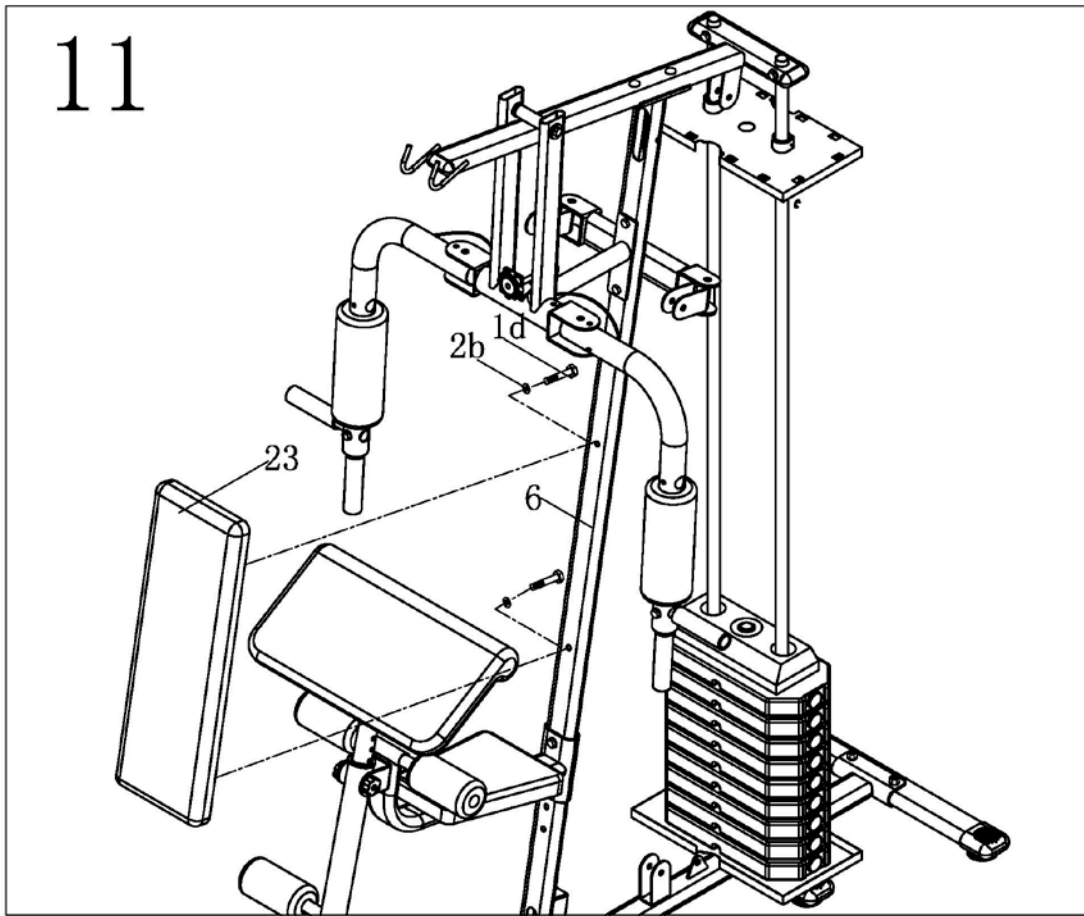


20) Attach the foam cylinders (26) to both arms (4 & 5), and fit the foam sleeves (49) on the grips (50) and the grips soldered to the arms (4 & 5). Moisten the inside of the foam with a little soap water to make this step easier.

21) Attach the metal grips (50) to both arms (4 & 5), facing outwards or inwards (as you prefer), using one screw M8x65mm (1h), curve washers  $\varnothing 8$  (2h) and nuts M8 (3a). Join both the left (5) and right arms (4) to the chest press (12) using ball pins (32) and attach using bushings (28), screws M12x85mm (1g), washers  $\varnothing 12$  (2f) and nuts M12 (3f).

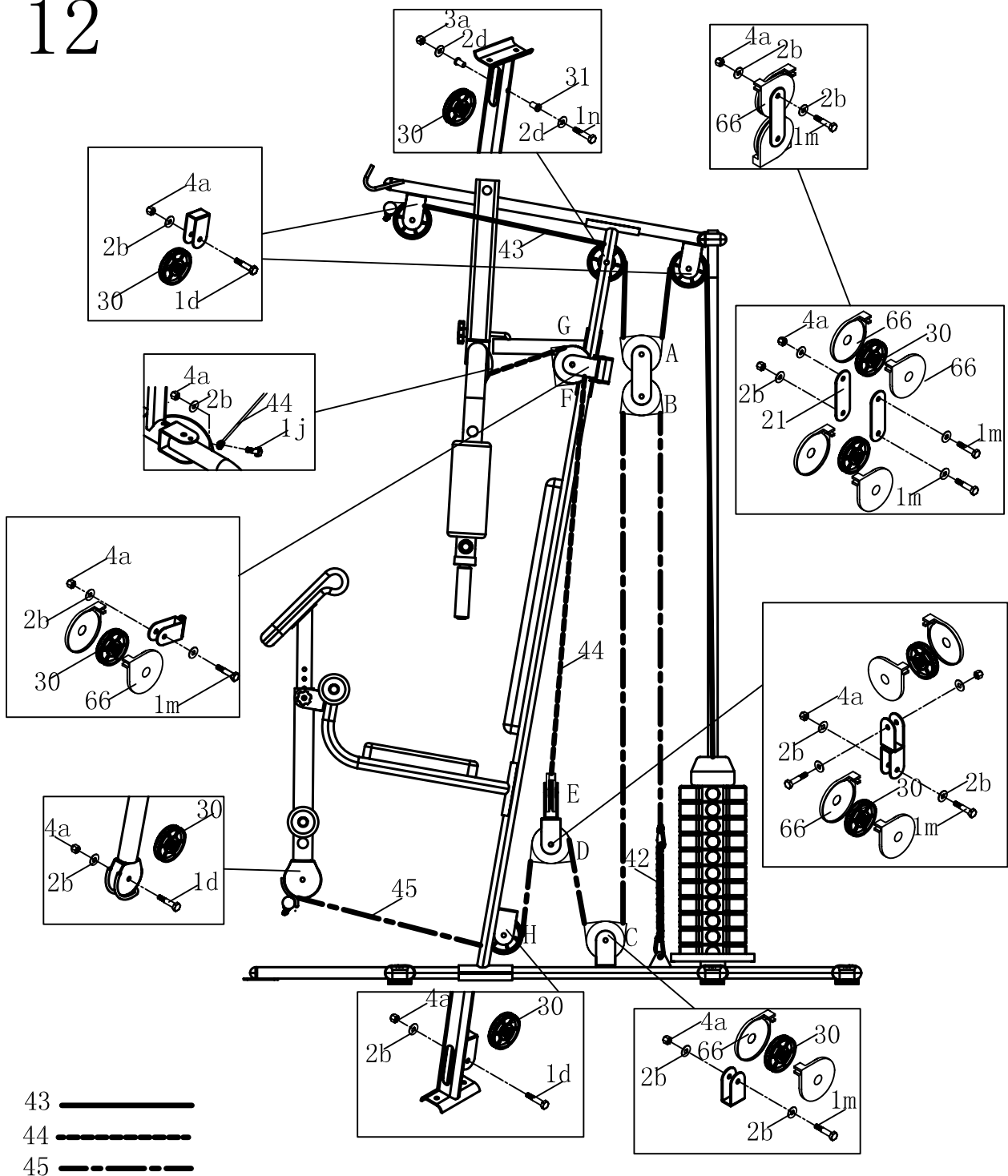
**NOTE: 2 WASHERS, 2 BUSHINGS, 1SCREW AND 1 NUT FOR EACH ARM.**

22) Attach the PVC protectors (37) to both sides of the chest press (12), in such a way that the chest press (12) is protected from damage by the arms (4 & 5).



23) Attach the padded back (23) to the vertical support (6) using screws M10x45mm (1d), washer  $\varnothing 10$  (2b).

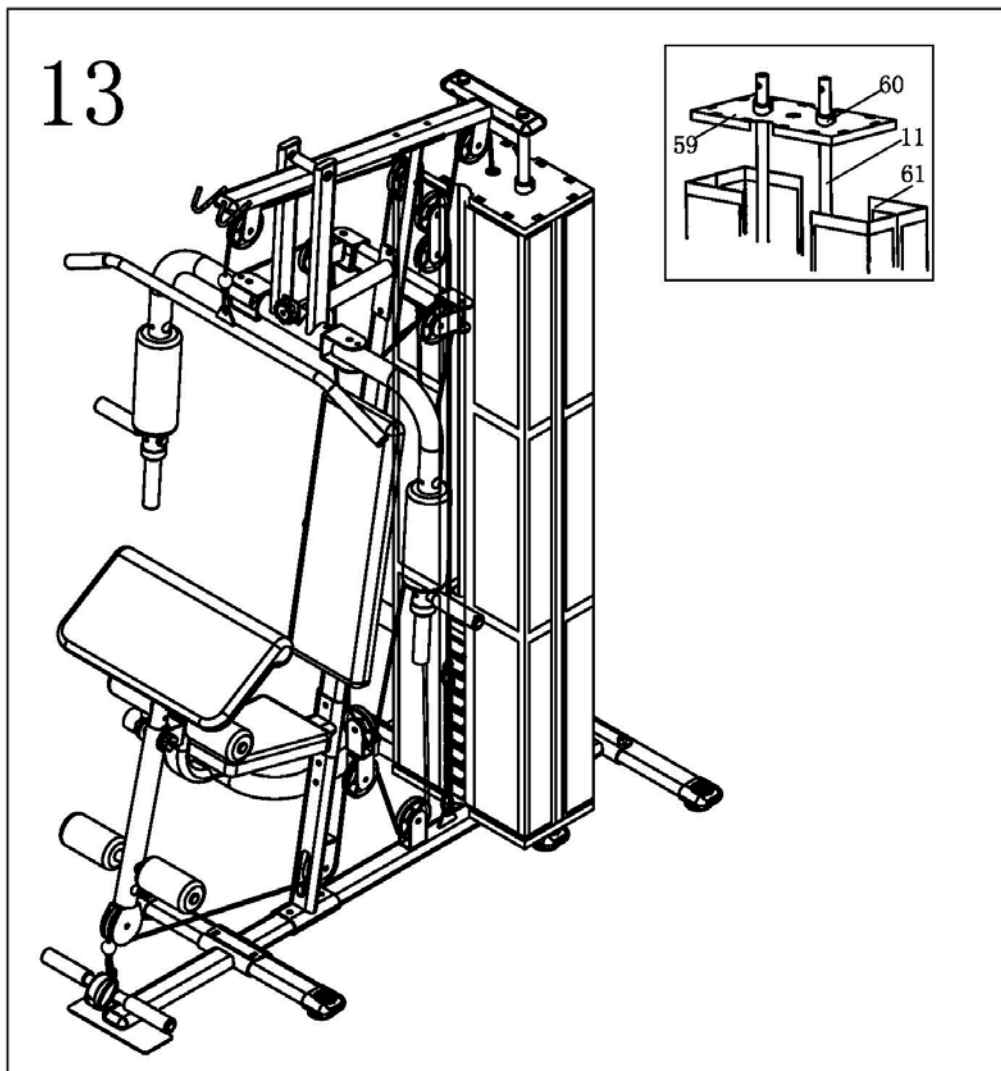
# 12



- 24) The three cables of the body building apparatus should be installed at the same time the pulley protectors as the pulleys, as shown in the detailed drawings.
- 25) The position of each cable is as follows:  
The lower pulley cable (45) goes from the extension lever to the main base where it joins the chain (42) which maintains cable tension. The butterfly arms cable (44) goes from the left arm (5) to the right arm (4), and is attached to both arms of the chest press. The selection bar cable (43) goes from the upper pulley, where the bar for exercise of back muscles is attached (20) to the upper weight (15).
- 26) To adjust cable tension, use the chain (42) and the harness clips (41).
- 27) Do not forget to tighten well all nuts and screws.
- 28) Connect the tension bar (19) to the end of the cable (45) located on the lower pulley which is at the extension lever (22), using the harness clip attached to the bar.
- 29) Connect the upper pulley bar (20) to the end of the cable (43) located on the upper pulley on the upper support (1).
- 30) Once the cables are installed, you are able to select the weight with which you wish to exercise using the weight selector pin (33).

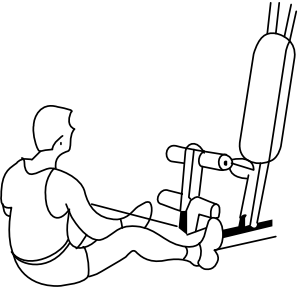
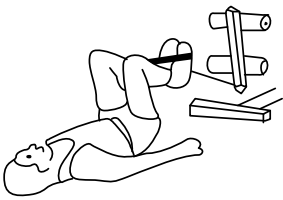
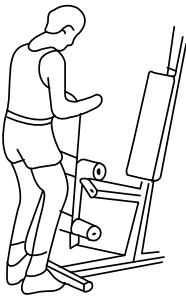



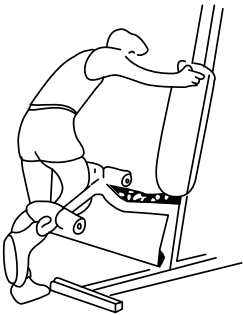
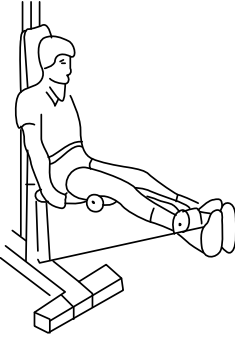
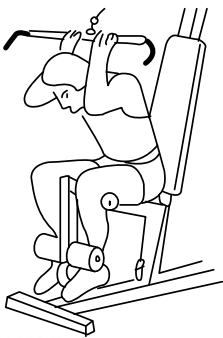
The purpose of the pulley guide protectors is to prevent these from catching your fingers.  
Fit the protectors to the pulleys: A, B, C, D, E, F, G and H.

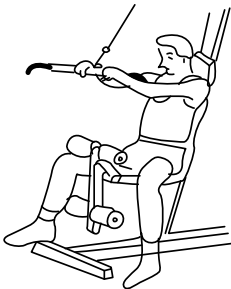

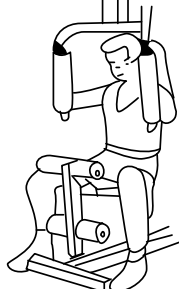
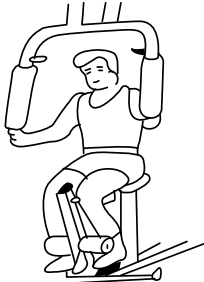
99% of cases of breakage of the cables are due to them coming out of the grooves in the pulleys. The cables can come loose due to a slackening in tension. Check that they are not slack; should they be, tighten them by using the chain & the spring hooks (i.e. shorten the chain by link).



31) Fit the four weight cover plates (61) onto the weight cover support (59) which has previously been fitted to the bottom. Fit the other support (59) on the top of the plates (61), securing the unit with the holders (60). And tighten well all nuts and screws.

## EXERCISE INSTRUCTION

<p>1</p>  <p><b>LOW PULLEY ROW</b> (TRAPEZIUS-LATISSIMUS DORSI-RECTOR SPINAE) FIT THE BAR TO LOW PULLEY SIT WITH FEET AGAINST CROSS-BRACE. LEGS SLIGHTLY BENT STRIKE A FORWARD SITTING POSITION. ARCH YOUR BACK AND PULL TO YOUR WAIST.</p>	<p>2</p>  <p><b>KNEE RAISE</b> (HIT FLEXORS-RECTUS ABDOMINIS) FIT THE BAR TO LOW PULLEY LIE ON YOUR BACK WITH LEGS ALMOST STRAIGHT CURL TOES UPWARDS AND PLACE THE BAR BETWEEN YOUR FEET. "RAISE" KNEES AS FAR AS POSSIBLE TOWARDS CHEST.</p>	<p>3</p>  <p><b>BICEP CURLS</b> (BICEPS-FOREARM FLEXORS) FIT THE BAR TO LOW PULLEY GRIP THE BAR AND STAND WITH YOUR ARMS STRAIGHT AND YOUR ELBOWS LOCKED INTO YOUR BODY. CURL THE BAR UPWARDS AS FAR AS POSSIBLE.</p>
<p>4</p>  <p><b>PREACHER CURLS</b> (BICEPS-FOREARM FLEXORS) FIT THE BAR TO LOW PULLEY AND ROLL PADS TO TOP HOLE. SIT ON SEAT AND LEAN FORWARD GRIP THE BAR AND PLACE ELBOWS AGAINST ROLL PADS. CURL BAR IN AN ARC UPWARDS AS FAR AS POSSIBLE.</p>	<p>5</p>  <p><b>PREACHER CURLS-REVERSE GRIP</b> (BICEPS-WITH VERY STRONG EMPHASIS ON FOREARM MUSCLES) SAME AS FOR PREACHER CURLS BUT WITH A REVERSE GRIP YOU MAY FIND THAT YOUR FOREARM GRIP IS THE LIMITATION WITH THIS EXERCISE AND NOT YOUR BICEP STRENGTH.</p>	<p>6</p>  <p><b>WRIST CURL</b> (FOREARM FLEXORS) FIT THE BAR TO LOW PULLEY AND ROLL PAD TO TOP HOLE. REST FOREARMS ON ROLL PADS WHILE GRIPPING BAR. "CURL" YOUR WRISTS WITH AS MUCH RANGE AS POSSIBLE. REVERSE GRIP WORKS THE.</p>
<p>7</p>  <p><b>LEG CURL</b> (HAMSTRING GROUP) THIS EXERCISE IS PERFORMED WITH ONE LEG AT A TIME. FIT THE ROLL PADS TO THE TOP HOLE. HOOK YOUR LEG AROUND WITH YOUR KNEE AGAINST THE TOP PAD CURL AS FAR AS POSSIBLE.</p>	<p>8</p>  <p><b>LEG EXTENSIONS</b> (QUADRICEPS) FIT THE ROLL PADS TO THE BOTTOM HOLE. HOOK YOUR LEGS AROUND THE ROLL PADS AND GRIP THE BOTTOM OF THE SEAT. SLOWLY STRAIGHTEN YOUR</p>	<p>9</p>  <p><b>CRUNCHES</b> (RECTUS ABDOMINUS-SERRATUS-LOWER LATISSIMUS DORSI) FIT THE BAR TO HIGH PULLEY AND ROLL PADS TO BOTTOM HOLE. HOOK YOUR LEGS AROUND THE ROLL PADS AND GRIP THE BAR BEND AT THE WAIST AND CURL FORWARD AND DOWN AS FAR AS POSSIBLE.</p>

<p>10</p>  <p><b>STRAIGHT ARM PULLOVER</b> (LATISSIMUS DORSI-SERRATUS-PECTORALS) FIT THE BAR TO HIGH PULLEY. SIT BACK AND GRIP HANDLES WITH ARMS STRAIGHT. PULL THE BAR DOWNWARDS IN AN ARC AS FAR AS POSSIBLE. LEAN FORWARD TO INCREASE RANGE OF ARC.</p>	<p>11</p>  <p><b>LAT PULL FRONT</b> (LATISSIMUS DORSI-POSTERIOR DEL. TO DICEPS BRACHIALIS) FIT LAT BAR TO HIGH PULLEY AND ROLL PADS TO TOP POSITION. GRIP HANDLES AND SIT WITH THIGHS UNDER ROLL PADS. ARCH YOUR BACK AND PULL THE BAR TO YOUR CHEST.</p>	<p>12</p>  <p><b>BUTTERFLY (PEC-DEC FLYES)</b> (PECTORALS, ALMOST COMPLETELY ISOLATED) SET PRE-STRETCH. UPPER ARM PARALLEL WITH FLOOR AND YOUR FOREARMS AGAINST THE ROLL PADS. PUSH WITH YOUR ELBOWS, NOT YOUR HANDS.</p>
<p>13</p>  <p><b>VERTICAL BENCH PRESS</b> 1) ADJUST THE SEAT HEIGHT SO THAT THE HANDLES OF THE PRESSING ARMS ARE AT MID-CHEST LEVEL. 2) USING EITHER SET OF GRIPS, PUSH AGAINST THE PRESSING ARM TO FULL EXTENSION. VARY YOUR GRIP FROM HORIZONTAL TO VERTICAL TO VARY THE MUSCLES FROM DIFFERENT ANGLES OF ISOLATION. 3) REPEAT FOR THE DESIRED NUMBER OF REPETITIONS.</p>		

## WARNINGS

PRIOR TO UNDERTAKING ANY PROGRAM OF EXERCISE THAT REQUIRES A MAJOR INCREASE IN PHYSICAL ACTIVITY, CONSULTATION WITH A COMPETENT MEDICAL AUTHORITY IS STRONGLY RECOMMENDED. IN ADDITION, ANYONE WHO HAS A PHYSICAL HANDICAP, SUFFERS FROM A PROLONGED ILLNESS, OR WHO HAS INCREASED RISK FACTORS SUCH AS OBESITY, HYPERTENSION, CARDIO-CIRCULATORY PROBLEMS, ETC., SHOULD CONSULT A COMPETENT MEDICAL AUTHORITY BEFORE UNDERTAKING ANY EXERCISE OR ENGAGING IN A CONTINUING PROGRAM OF EXERCISING. PLEASE READ THROUGH INSTRUCTIONS CAREFULLY BEFORE STARTING TO ASSEMBLE.