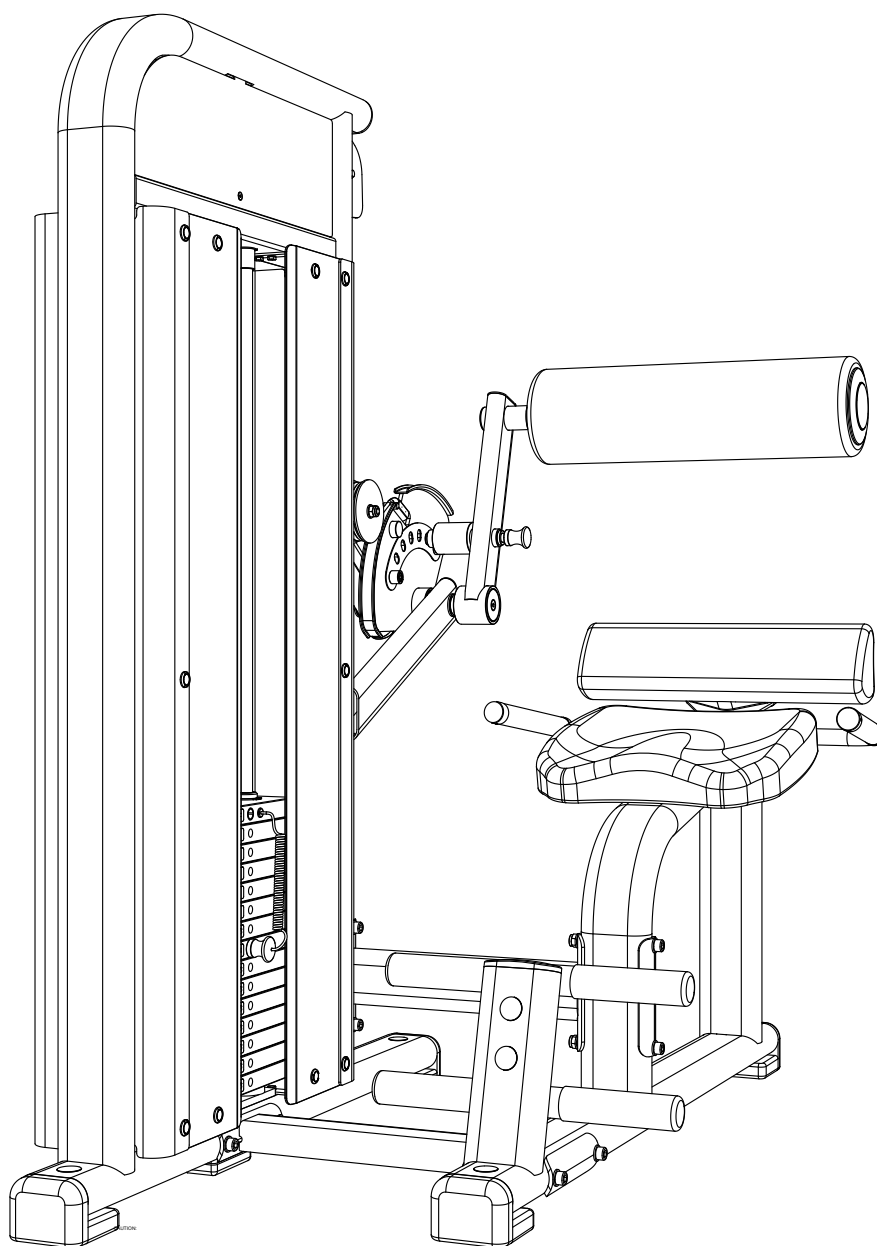




BACK & ABS COMBO

USER MANUAL



NOTE!

Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary and are subject to change without further notice.



GYMSTICK.COM

BEFORE YOU BEGIN

Thank you for choosing Gymstick training equipment. We take great pride in producing this high-quality product and hope it will make you feel better and enjoy life to the fullest. Please read this manual in its entirety before beginning to use this product.



IMPORTANT

Read all instructions carefully before using this product.
Retain this owner's manual for future reference.



WARNING

Read and follow all safety instructions carefully.
Failure to follow safety instructions could result in serious injury.

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SAFETY INSTRUCTIONS

Basic precautions should always be followed when using this machine. In order to ensure safe Read and follow all safety instructions included in this user manual. Failure to do so could result in serious injury.



WARNING

Before using this product, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

- ▲ This product is not a toy. Keep children and pets away from the machine at all times. Do not leave unattended children in the same room with the machine.
- ▲ Handicapped or disabled persons should not use the machine without the presence of a qualified health care professional or physician.
- ▲ If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
- ▲ Before beginning training, remove all objects within a radius of 2 meters from the machine. Do not place any sharp objects around the machine.
- ▲ Position the machine on a clear, level surface away from water and moisture. It is suggested to place a mat under the unit to help keep the machine stable and to protect the floor.
- ▲ Only use the machine for its intended purpose as described in this manual. Do not use any other accessories than the ones recommended by the manufacturer.
- ▲ Assemble the machine exactly as in the description in this instruction manual.
- ▲ Check all bolts and other connections before using the machine for the first time and ensure that the machine is in good and safe condition.
- ▲ Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible for wear and tear. Any defective components should be replaced immediately before using the machine.
- ▲ Never operate the machine if it is not functioning properly.
- ▲ This machine can be used for only one person's training at a time.
- ▲ Do not use abrasive cleaning articles to clean the machine. Wipe drops of sweat from the machine immediately after finishing training.
- ▲ Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
- ▲ Before exercising, always warm-up your body thoroughly by dynamic stretching our a warm-up routine.
- ▲ This machine is intended for commercial and professional use.
- ▲ This machine must be assembled by adults.
- ▲ It is the responsibility of the owner to ensure that all users are properly informed as how to use this product safely.
- ▲ Maximum user weight: 150 kg.

PARTS LIST

PART#	DESCRIPTION	QTY
1	Main Frame	1
2	Seat Tube Group	1
3	Linking Tube	2
4	Foam Roller Tube Group	1
5	Adjust Plate Group	1
6	Swing Tube Group	1
7	Handle group 1	1
8	Handle group 2	1
9	Pedal Support Group	1
10	Top Frame	1
11	Guide Rod	2
12	External Retaining Ring D25	2
13	10LBS Top Weight Plate	1
*		
15	15LBS Weight Plate	14
16	Weight Stack Pin	1
17	OD38X3.0 Cap	1
18	Guide Rod Bushing	2
19	Shield Support	2
20	Shield Support	2
21	LOGO Plate 1	1
22	LOGO Plate 2	1
23	Shaft	1
24	Limit Ring	1
25	Stainless Plate	1
26	Spacer Plate	1
27	U Plate	4
28	Pulley Plate	2
29	Spring	1
30	Knob	1
31	Backing Plate	3
32	Bearing Cap	1
33	Bearing 6205	2
34	Handle Cap	2
35	Handle Ring	2
36	Tapered Roller Bearing 32005	4
37	Pin	1
38	Cable	1
39	Big Pulley	2
40	Small Pulley	1
41	Seat Pad	1
42	Waist Pad	1
43	Front Shield 1	1
44	Front Shield 2	1
45	Rear Shield	1
46	Long Foam Roller	1
47	Foam Roller Cap 2	2
48	Foam Roller Cap 1	1
49	Grip 1	2
50	Sleeve OD32XID25X20	1
51	Pedal Cover	4
52	Sleeve OD32XID25X40	1

PART#	DESCRIPTION	QTY
53	Limit Sleeve	2
54	Buffer	2
55	Rubber Pad 50×100×15	1
56	L Rubber Foot	4
57	PT50X100 Cap	2
58	D25 Cap	6
59	Panel Clip	16
60	Sleeve OD50XID28X60	1
61	End Cap (FE 40X70X3.0)	1
62	Shield Support	1
63	Shield Support	1
64	Washer 10 Black	20
65	Brace	1
66	Nylon Pad	1
A10-4	Button Head Screw M10X20	2
A10-9	Button Head Screw M10X45	1
C5-4	Countersunk Head Screw M5X10	4
C8-4	Countersunk Head Screw M8X20	1
H6-4	Hex Head Bolt M6X10	20
N10	Lock Nut M10	14
S5-1	Socket Set Screw M5X3	8
S6-2	Socket Set Screw M6X6	2
S8-7	Socket Set Screw M8X35	2
SC8-3	Socket Cap Screw M8X15	8
SC8-4	Socket Cap Screw M8X20	2
SC8-5	Socket Cap Screw M8X25	1
SC8-6	Socket Cap Screw M8X30	2
SC10-4	Socket Cap Screw M10X20	5
SC10-5	Socket Cap Screw M10X25	4
SC10-10	Socket Cap Screw M10X50	1
SC10-25	Socket Cap Screw M10X125	8
SC10-26	Socket Cap Screw M10X130	2
SW8	Spring Washer 8	4
W6	Washer 6	20
W8	Washer 8	7
W8B	Big Washer 8	1
W10	Washer 10	28

ASSEMBLY INSTRUCTIONS

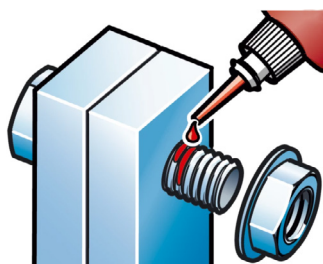


Attachment points marked with this symbol in the assembly steps must be bonded with thread locking adhesive to prevent loosening.



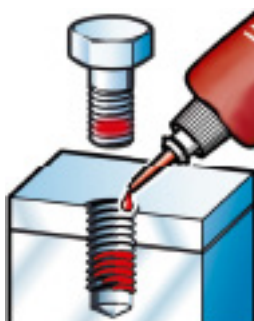
IMPORTANT

Degrease and clean surfaces prior to applying thread locking adhesive.



THROUGH HOLE

Insert a bolt into the through hole and apply thread locking adhesive to the exposed thread. Screw on the nut and tighten to the correct torque.

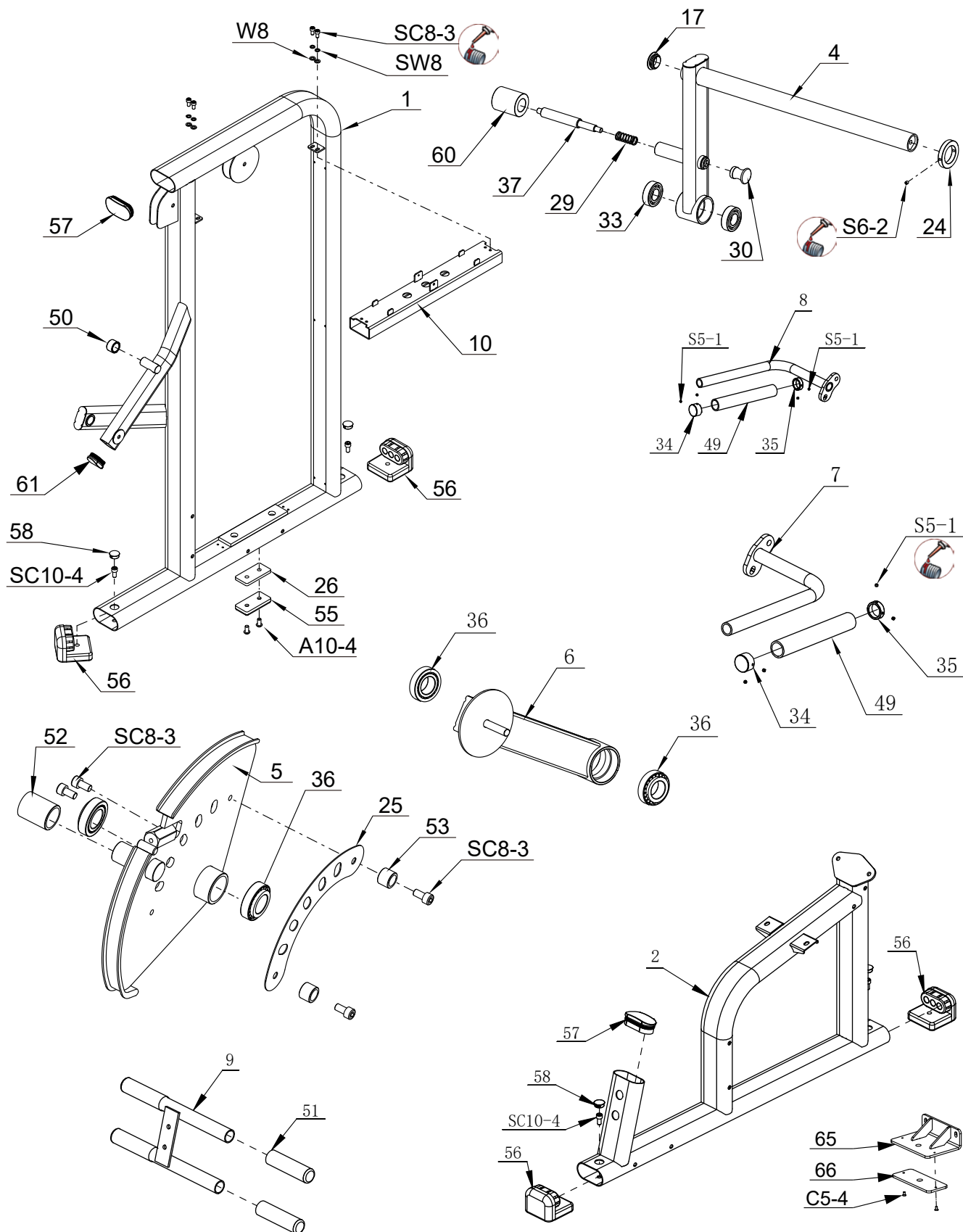


BLIND HOLE

Apply several drops of thread locking adhesive to the sides of the blind hole, filling the lower third. Apply adhesive to the bolt, assemble and tighten.

ASSEMBLY INSTRUCTIONS

PREASSEMBLED STEP

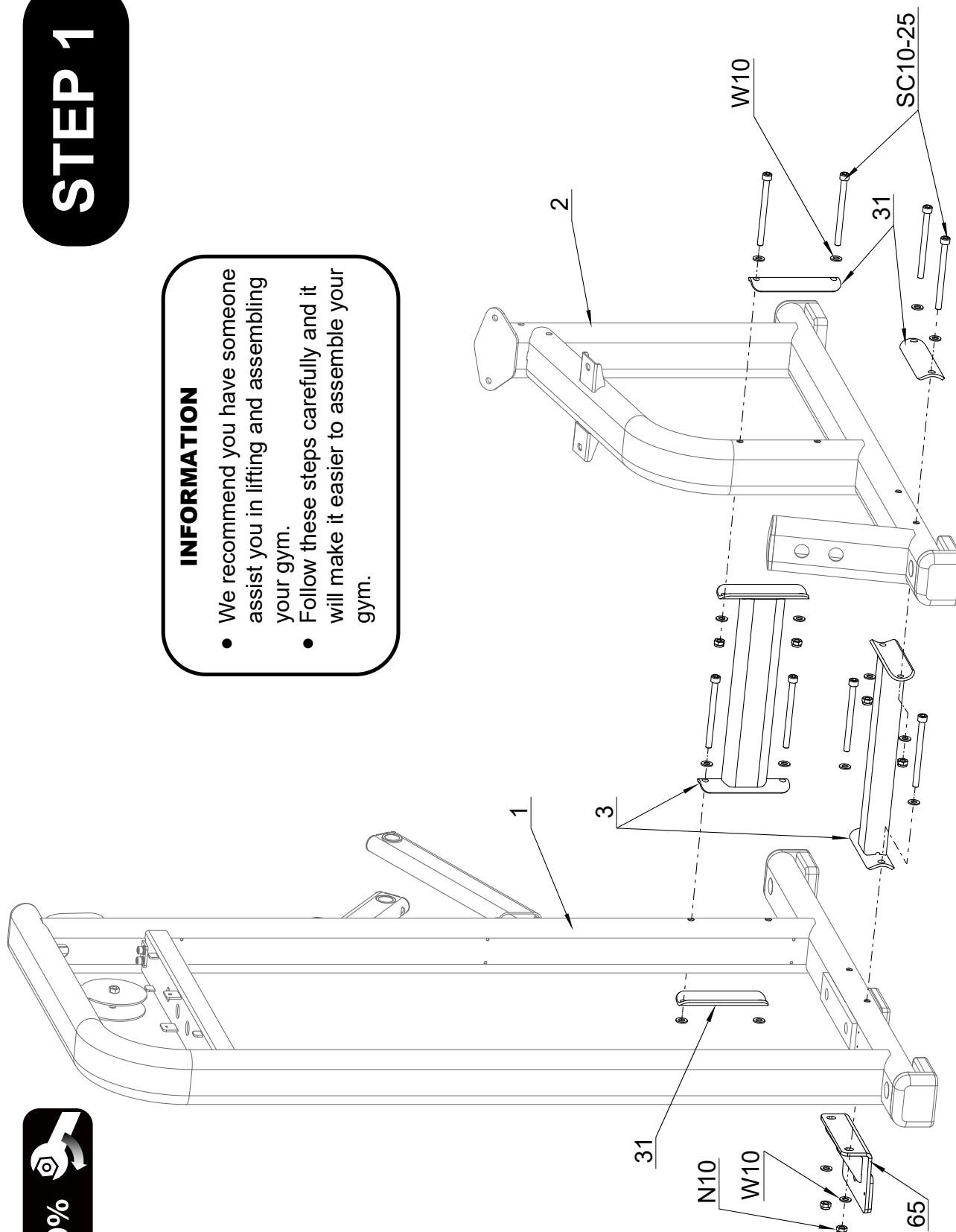


ASSEMBLY INSTRUCTIONS

STEP 1

INFORMATION

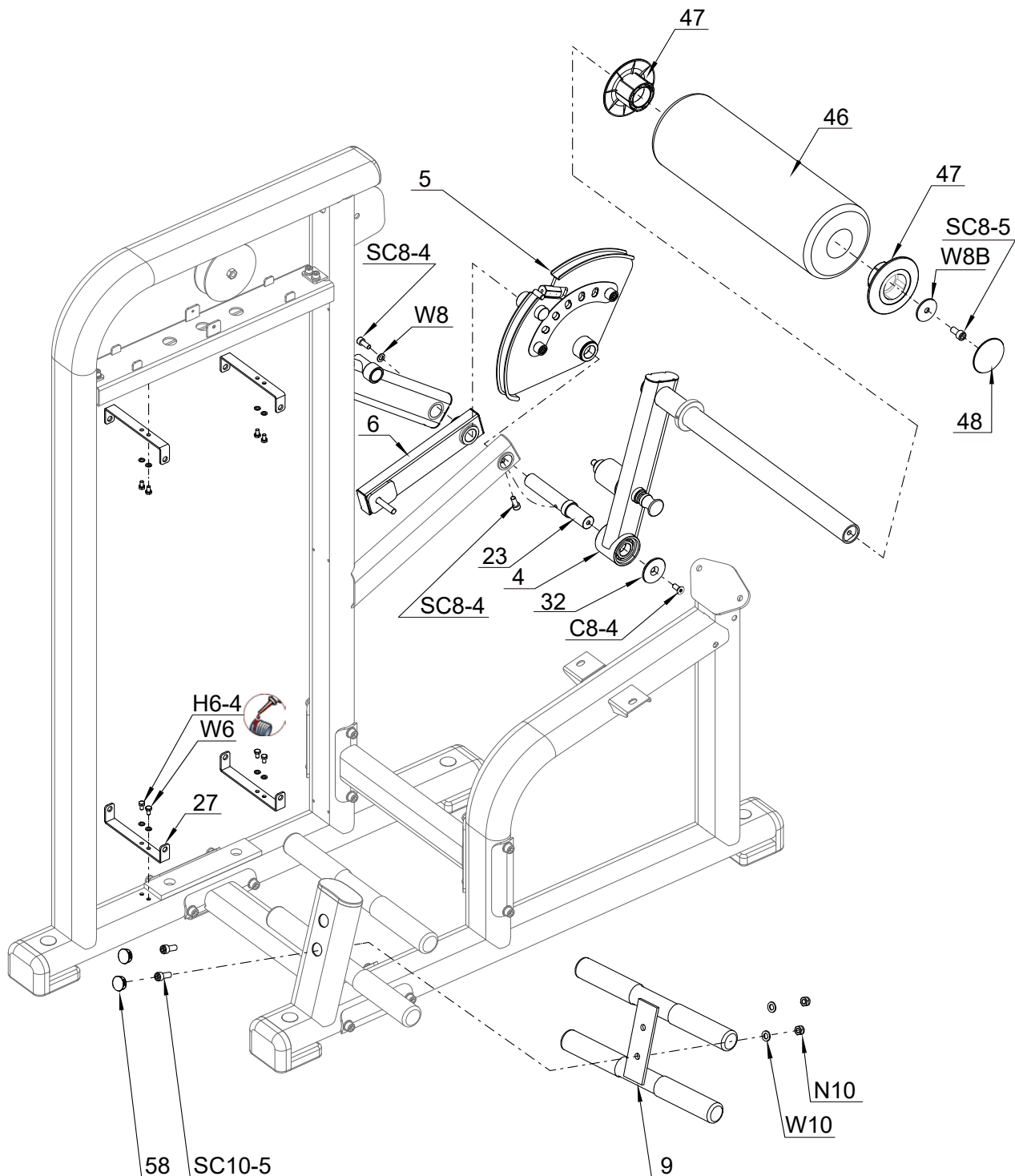
- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.



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ASSEMBLY INSTRUCTIONS

STEP 2

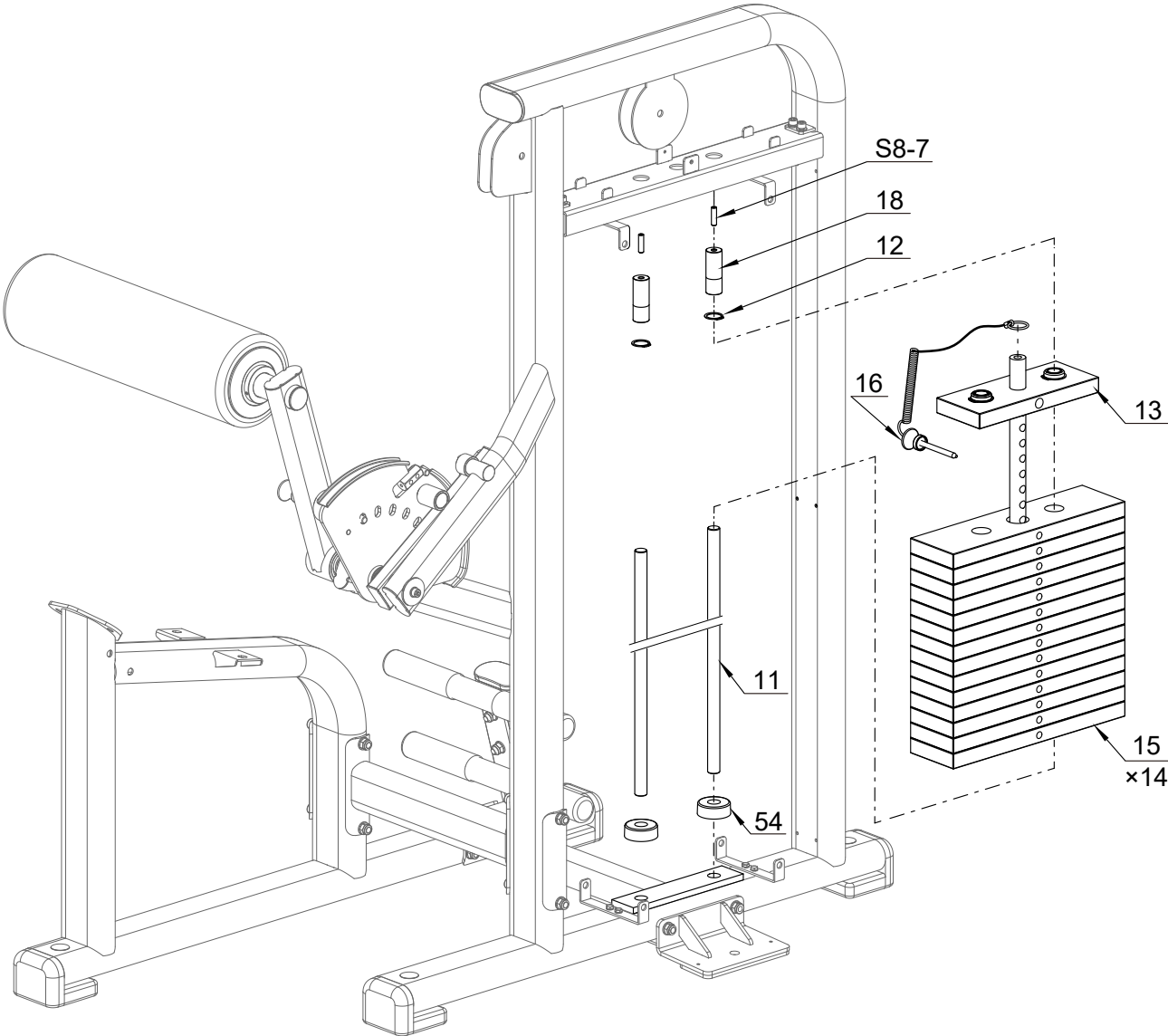


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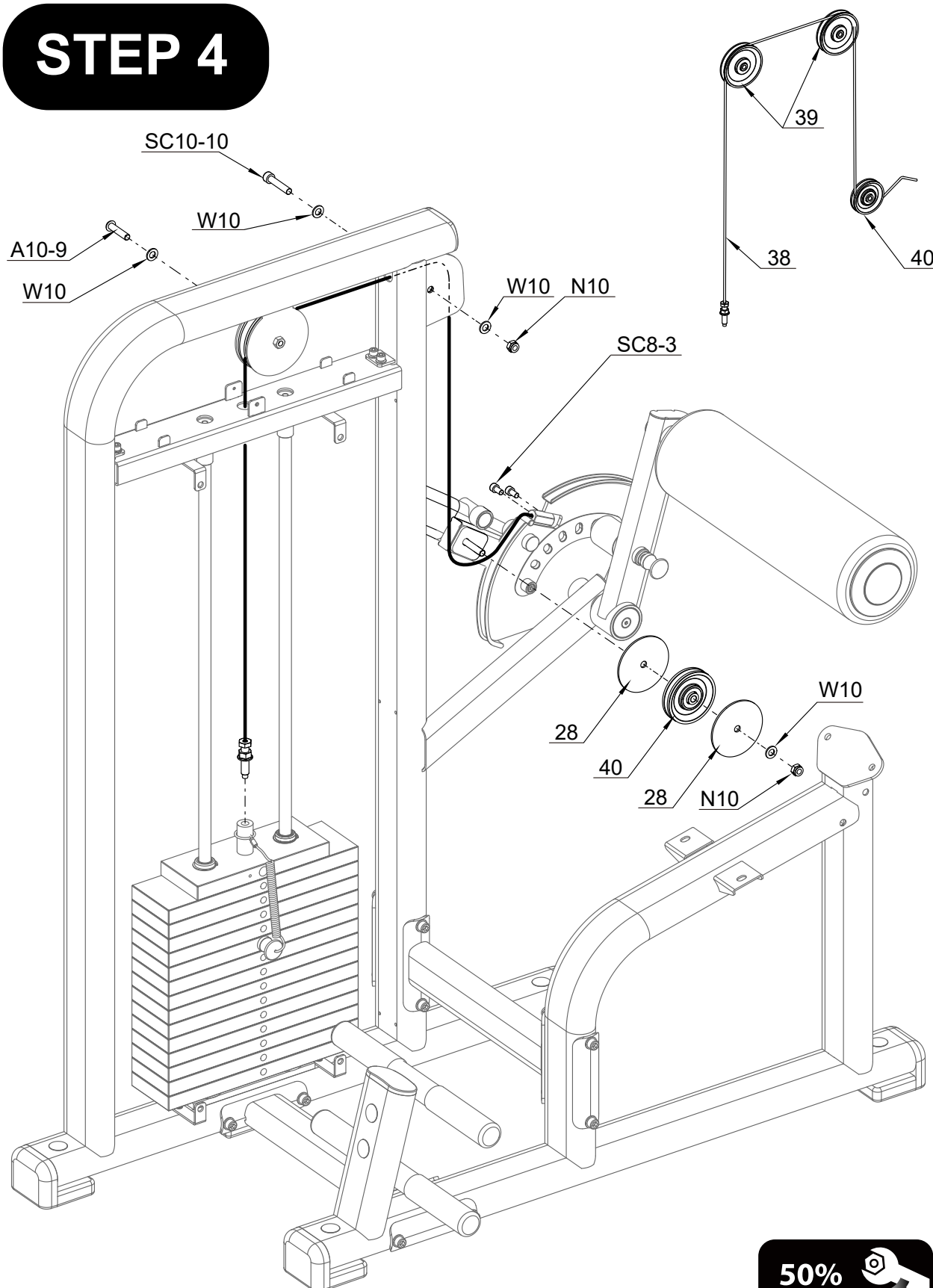
ASSEMBLY INSTRUCTIONS

STEP 3



ASSEMBLY INSTRUCTIONS

STEP 4

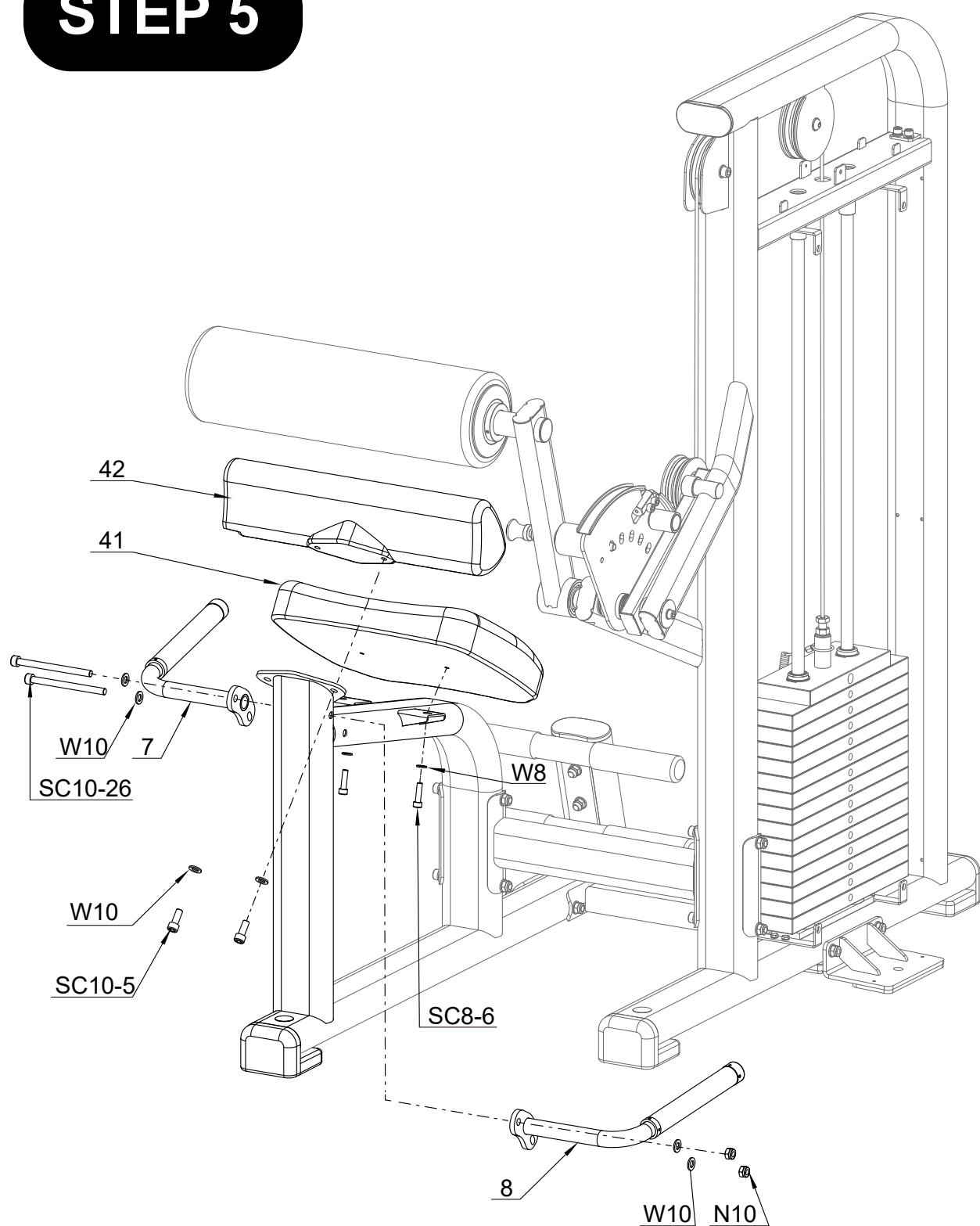


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ASSEMBLY INSTRUCTIONS

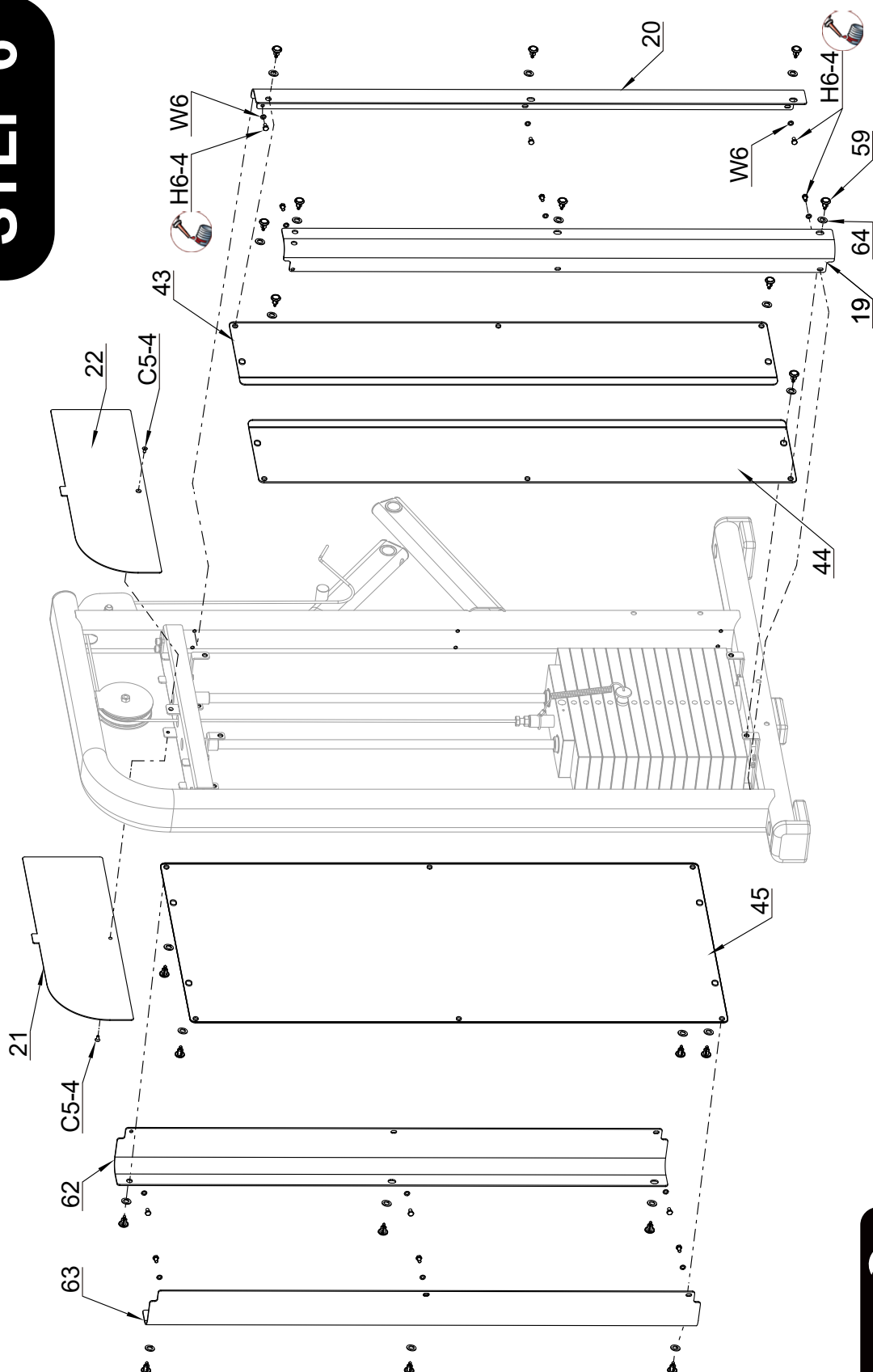
STEP 5



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ASSEMBLY INSTRUCTIONS

STEP 6



IMPLIED WARRANTY

The importer of this product assures that this device is manufactured with high quality materials. The implied warranty is valid for 1 (one) year, beginning from the date of purchase. The guarantee is valid for professional use.

The warranty applies to the following parts:

- Frame
- All parts included in the original delivery

The warranty does not apply to the following parts:

- Wearing parts (e.g. cushions, bearings, cables, pulleys, etc.)

The warranty does not cover:

- Incorrect installation
- Damage caused externally
- Use of unauthorised service partners
- Failure to carry out regular maintenance and servicing
- Improper use and handling of the equipment
- Improper storage of the equipment
- Non-compliance of the operating instructions

MANUFACTURED FOR

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Ratavartijankatu 11
15170 Lahti, FINLAND

DISCLAIMER

The manufacturer and its associates and partners have no liability, obligation or responsibility to any person or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.



Products marked with these symbols must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide more information on the matter.

