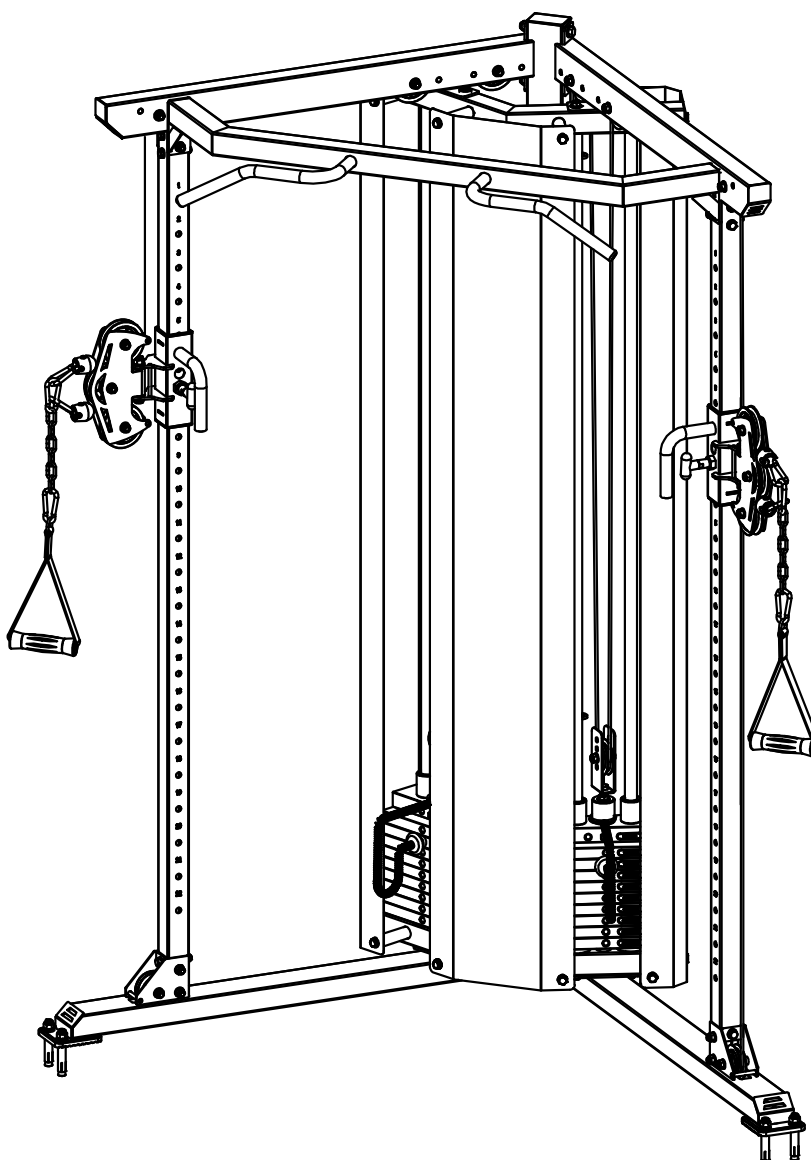




DUAL PULLEY

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.

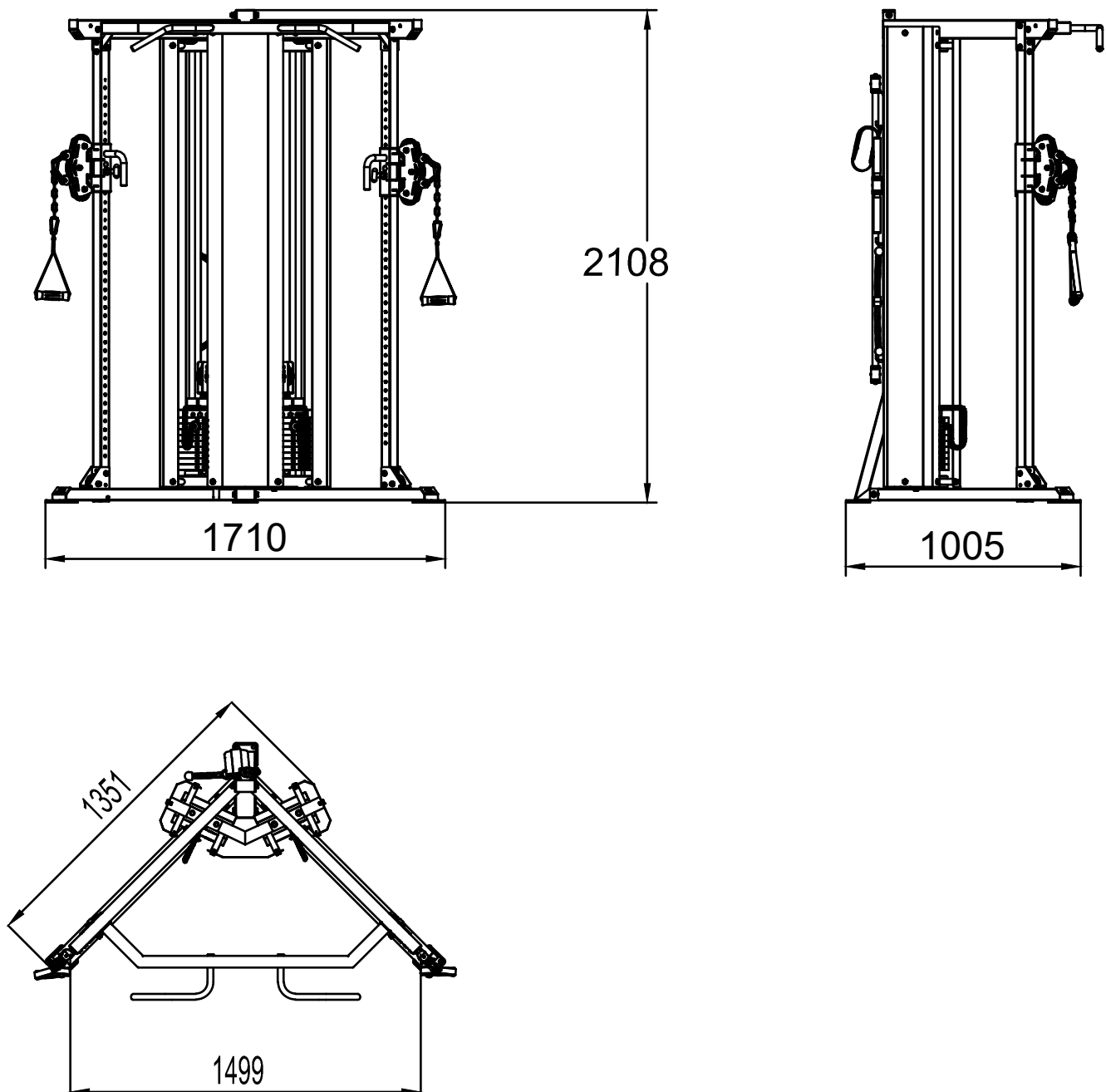


WARNING

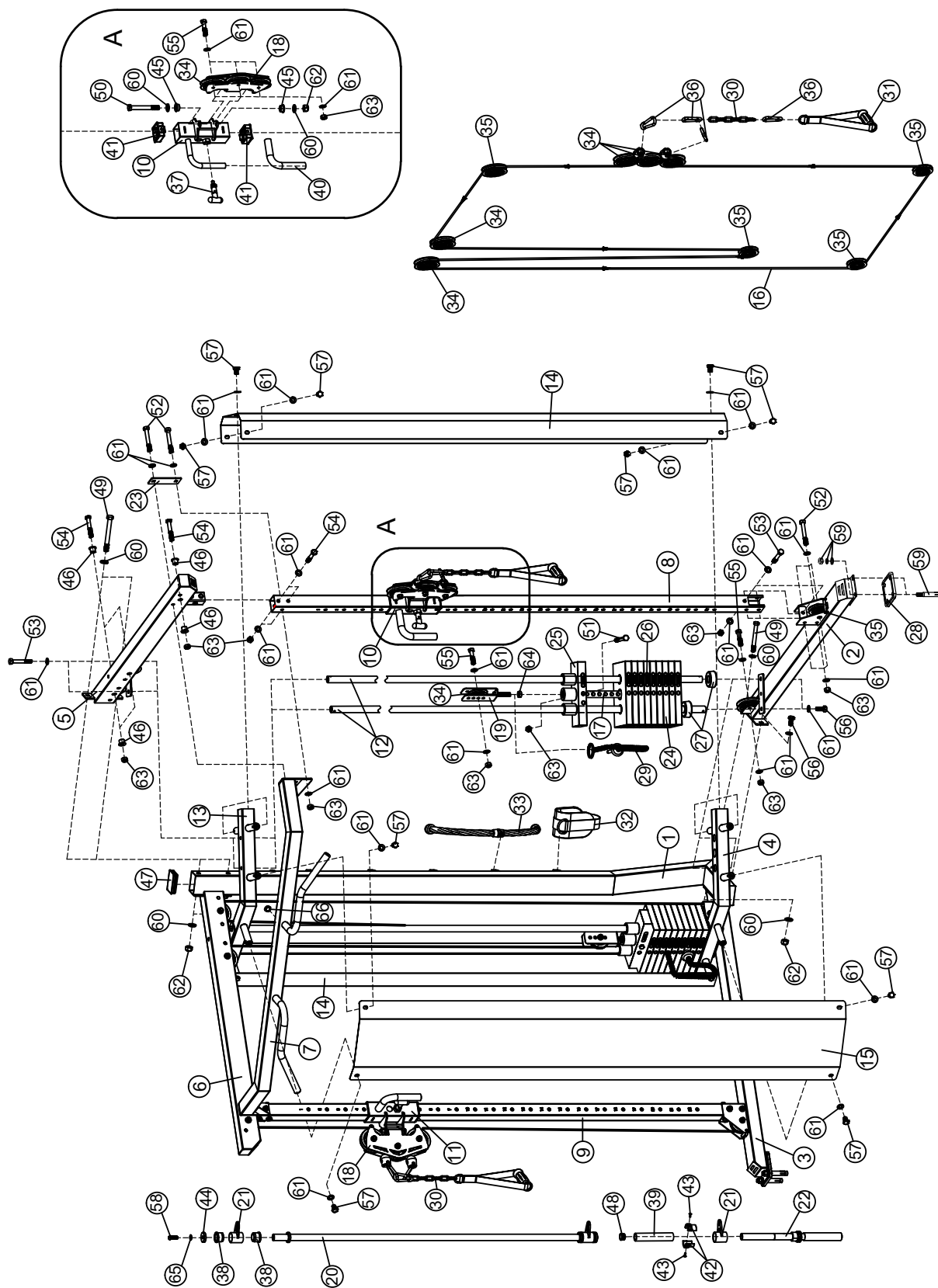
Before using this product, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

- ▲ 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: 160 kg.

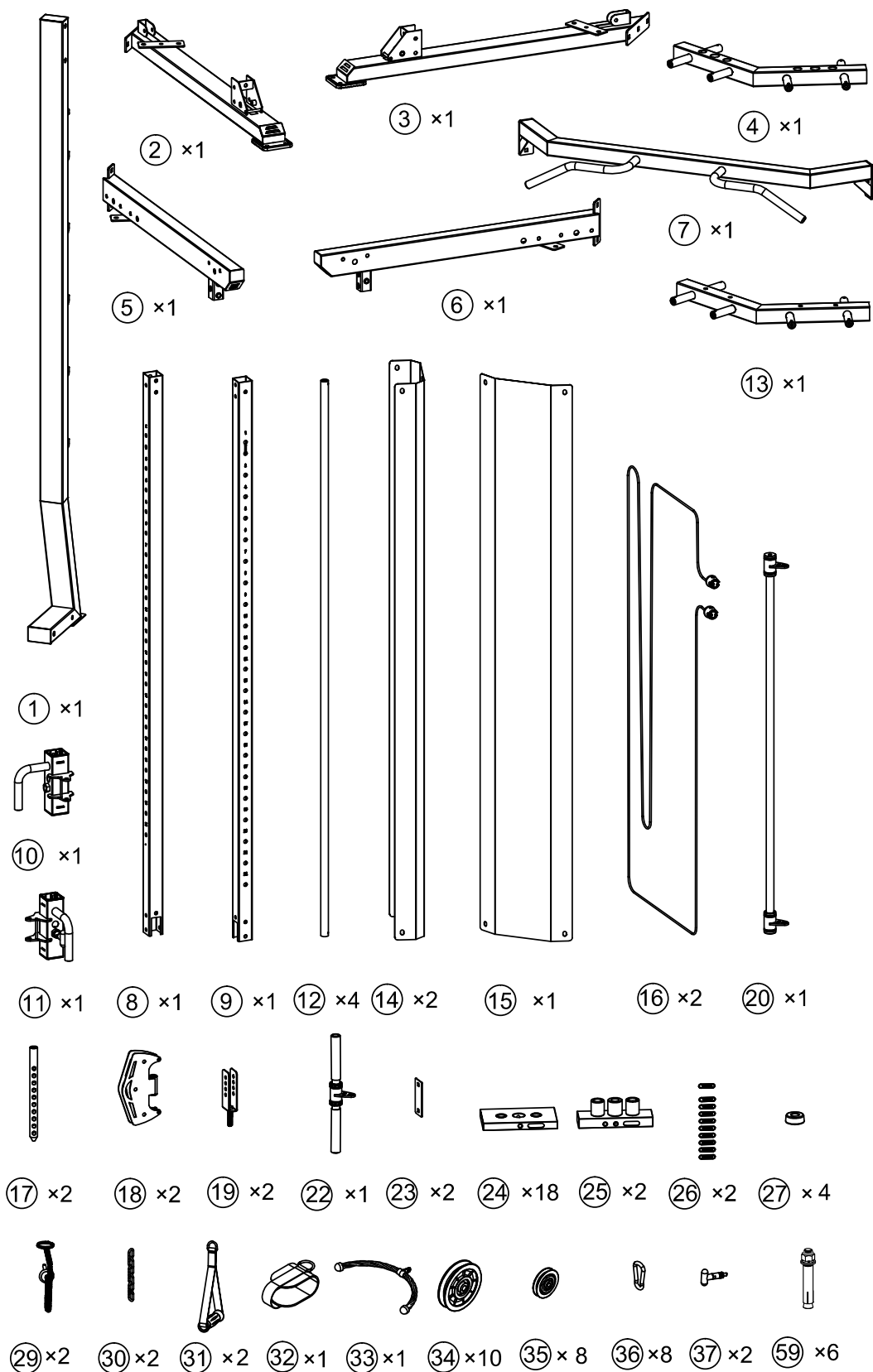
OVERVIEW



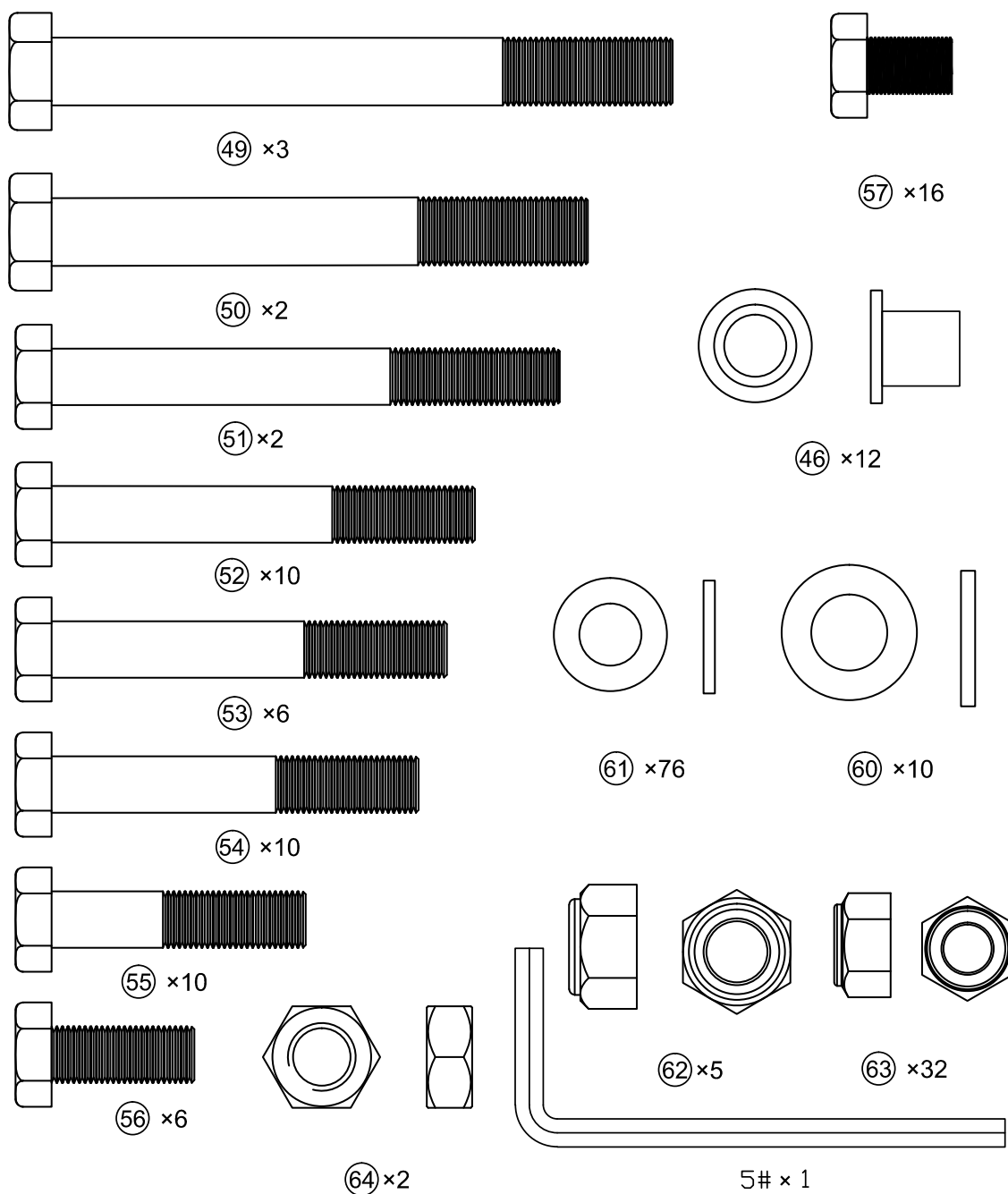
EXPLODED DRAWING



PARTS LIST



PARTS LIST



PARTS LIST

KEY NO.		SPEC	QTY
1	Stand Vertical Frame Rear		1
2	Base Frame L		1
3	Base Frame R		1
4	Connecting Frame		1
5	Top Frame L		1
6	Top Frame R		1
7	Horizontal bar		1
8	Guide Shaft L		1
9	Guide Shaft R		1
10	Mobile rack L		1
11	Mobile rack R		1
12	Guide Rod Rear		4
13	Top Connecting Frame		1
14	Weight Stack Cover		2
15	Weight Stack Cover Front		1
16	Rack Cable	L=8660	2
17	Selector Rod	φ25×325	2
18	Pulley Case		2
19	Pulley Case		2
20	Straight Bar (attachment)		1
21	Hub		3
22	Small Straight Bar		1
23	Bracket	120×50×3	2
24	Weight Plate		18
25	Top Weight Plate		2
26	Weight Plate Sticker	51×13	2
27	Rubber Stopper	φ62×φ24.5×25	4
28	Floor End Cap	□105×105×10	3
29	Weight Selector Pin		2
30	6-Joint Chain	φ5 (6)	2
31	Nylon Strap Iso-Handle	L=245mm	2
32	Ankle Strap		1
33	Rope		1
34	Pulley with Bearings	φ96	10
35	Small Pulley with Bearing	φ75	8
36	Hook	φ8	8
37	Moving Lock Pin		2

PARTS LIST

KEY NO.		SPEC	QTY
38	Bushing	φ38×φ34×φ27×26	4
39	Dips Handle	Φ23×150	2
40	Dips Handle	φ24×φ18×227	2
41	Slide Guide	□60×2×□50×23.5	4
42	Plastic Ring	R20×R12.76×φ33×20×35	4
43	Rivet	φ4×10	4
44	Bar End	φ38×φ9×8	2
45	Bushing	φ25×φ20×φ12.2×10	4
46	Bushing	φ22×φ10.2×15	12
47	End Cap	□80×50	2
48	End Cap	φ25	2
49	HEX Bolt	M12×110	3
50	HEX Bolt	M12×95	2
51	HEX Bolt	M10×90	2
52	HEX Bolt	M10×75	10
53	HEX Bolt	M10×70	6
54	HEX Bolt	M10×65	10
55	HEX Bolt	M10×45	10
56	HEX Bolt	M10×25	6
57	HEX Bolt	M10×16	16
58	Allen Bolt	M8×25	2
59	Anchors	M12×100	6
60	Washer	12	10
61	Washer	10	76
62	Nut	M12	5
63	Nut	M10	32
64	Hex nuts	M12	2
65	Washer	8	2
66	End Cap	φ30×2	2
	Allen wrench	5#	1

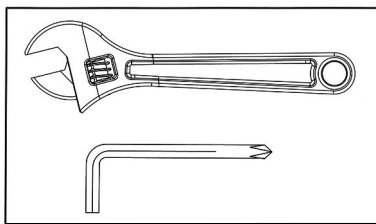
ASSEMBLY INSTRUCTIONS

Tools required for assembling the bench: Adjustable Wrench and Allen Wrenches.

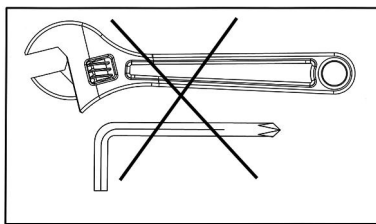
Ensure Carriage Bolts are inserted through the SQUARE holes on components that need to be assembled. Attach washer only to end of the Carriage Bolt.

Use Allen Bolts or Hex Bolts inserted through the ROUND hole on components that need to be assembled.

Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed.



- Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.
- Do not over tighten any component with pivoting function.
- Make sure all pivoting components are able to move freely.



- Do not tighten all Nuts and Bolts in this step.



IMPORTANT

It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.

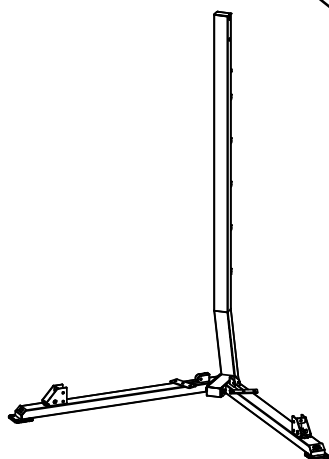
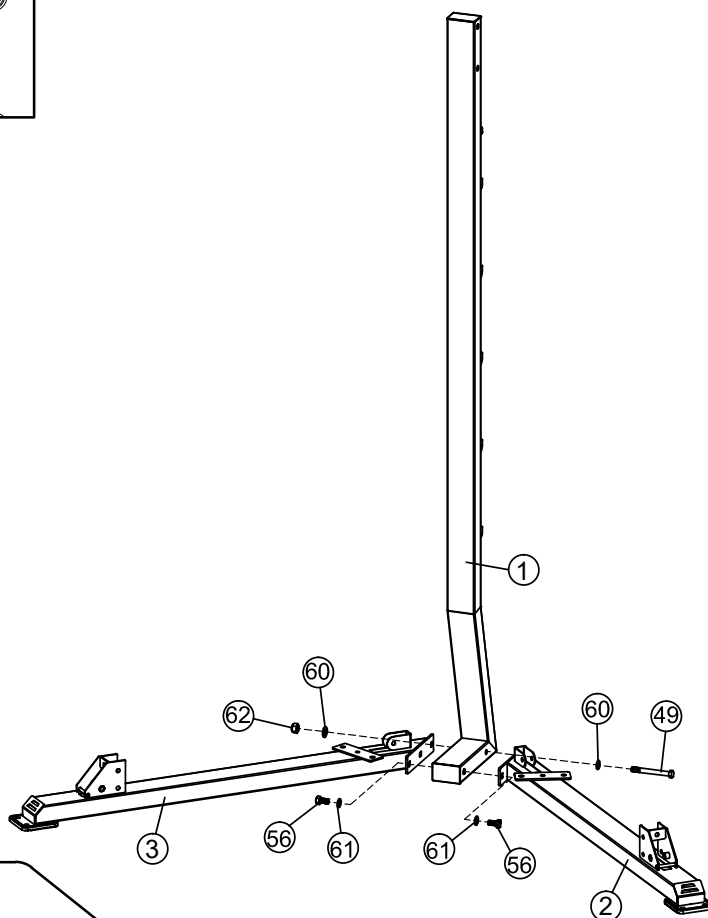
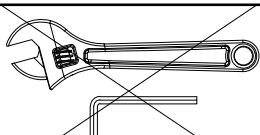


WARNING

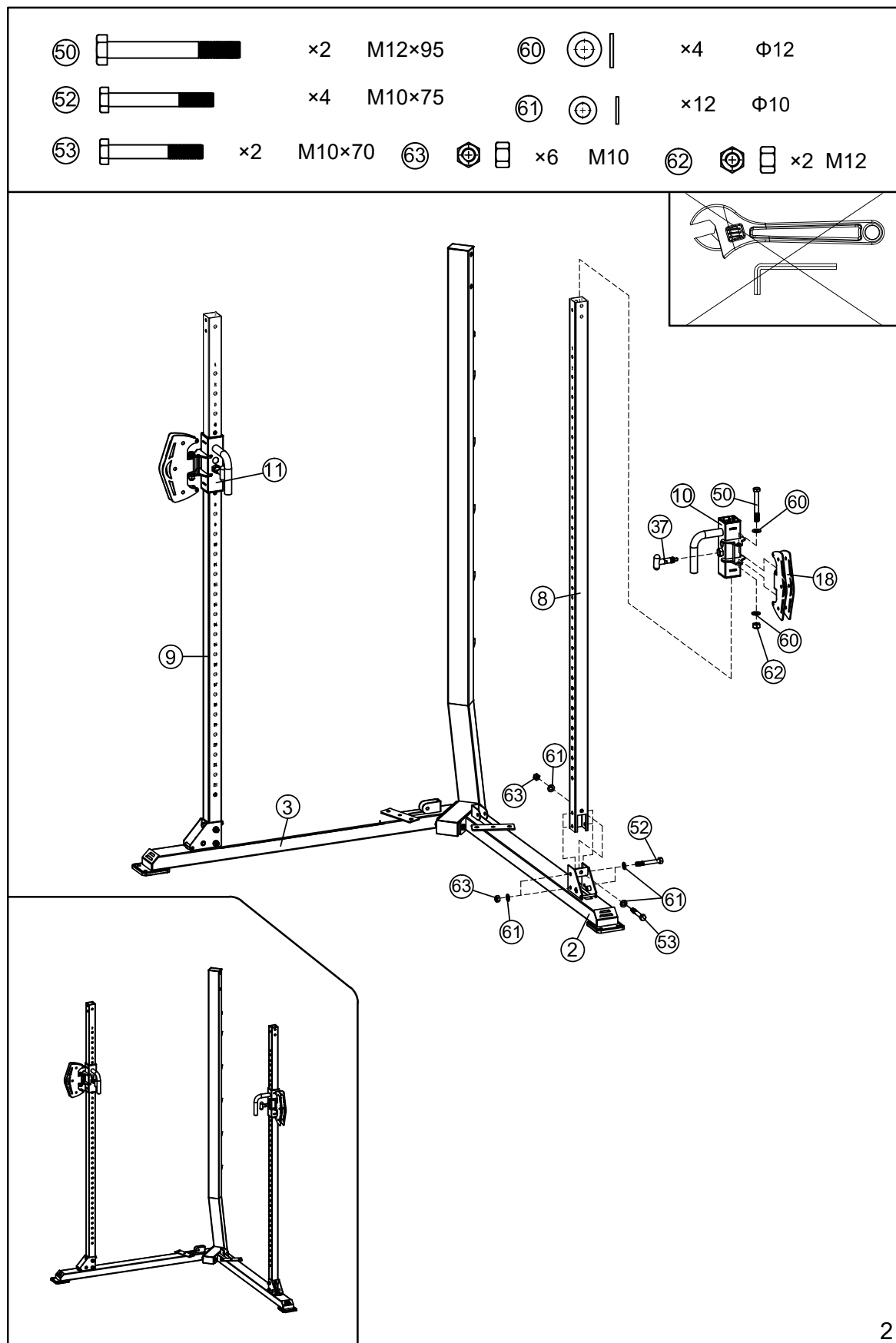
Do not exceed the weight limits mentioned in the safety instructions!

ASSEMBLY INSTRUCTIONS

④9		x1	M12x110		
⑤6		x2	M10x25	⑥1	x2 $\Phi 10$
⑥0		x2	$\Phi 12$	⑥2	x1 M12



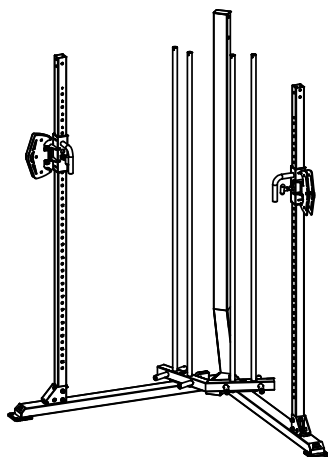
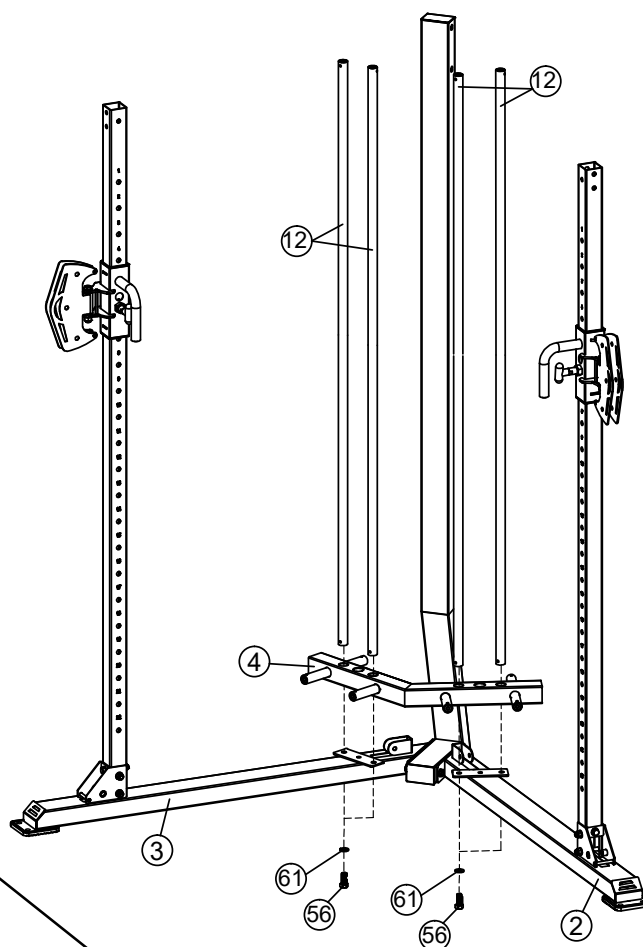
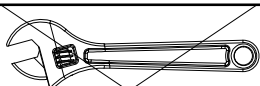
ASSEMBLY INSTRUCTIONS



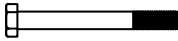
ASSEMBLY INSTRUCTIONS

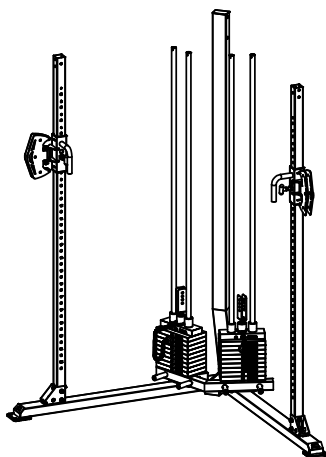
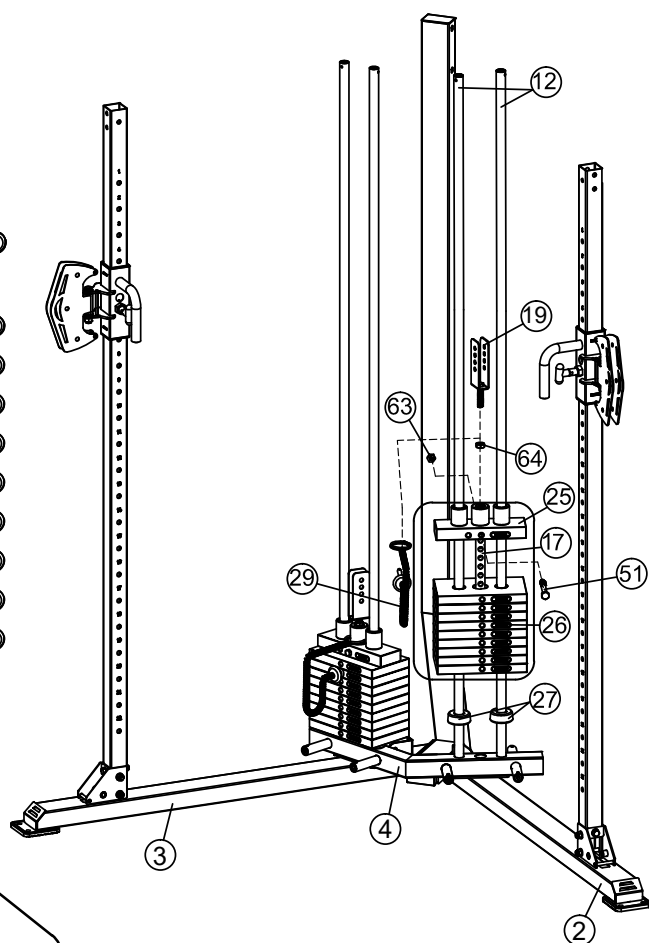
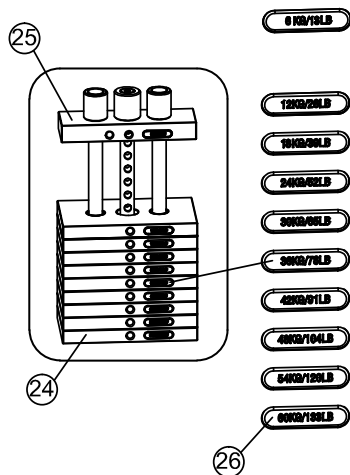
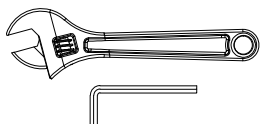
⑤⑥  ×4 M10×25

⑥①  | ×4 Φ10

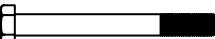
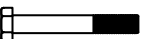


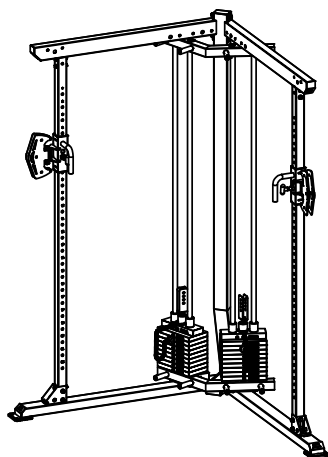
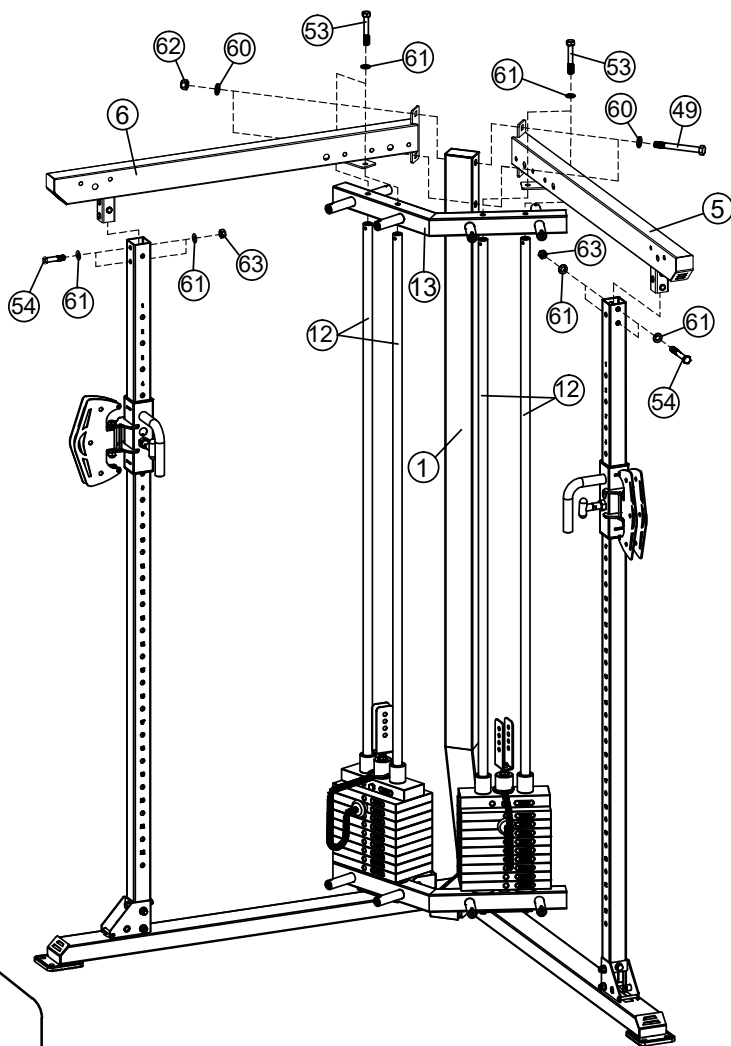
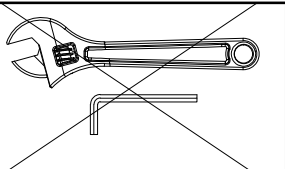
ASSEMBLY INSTRUCTIONS

- 51  ×2 M10×90 63  ×2 M10
 64  ×2 M12

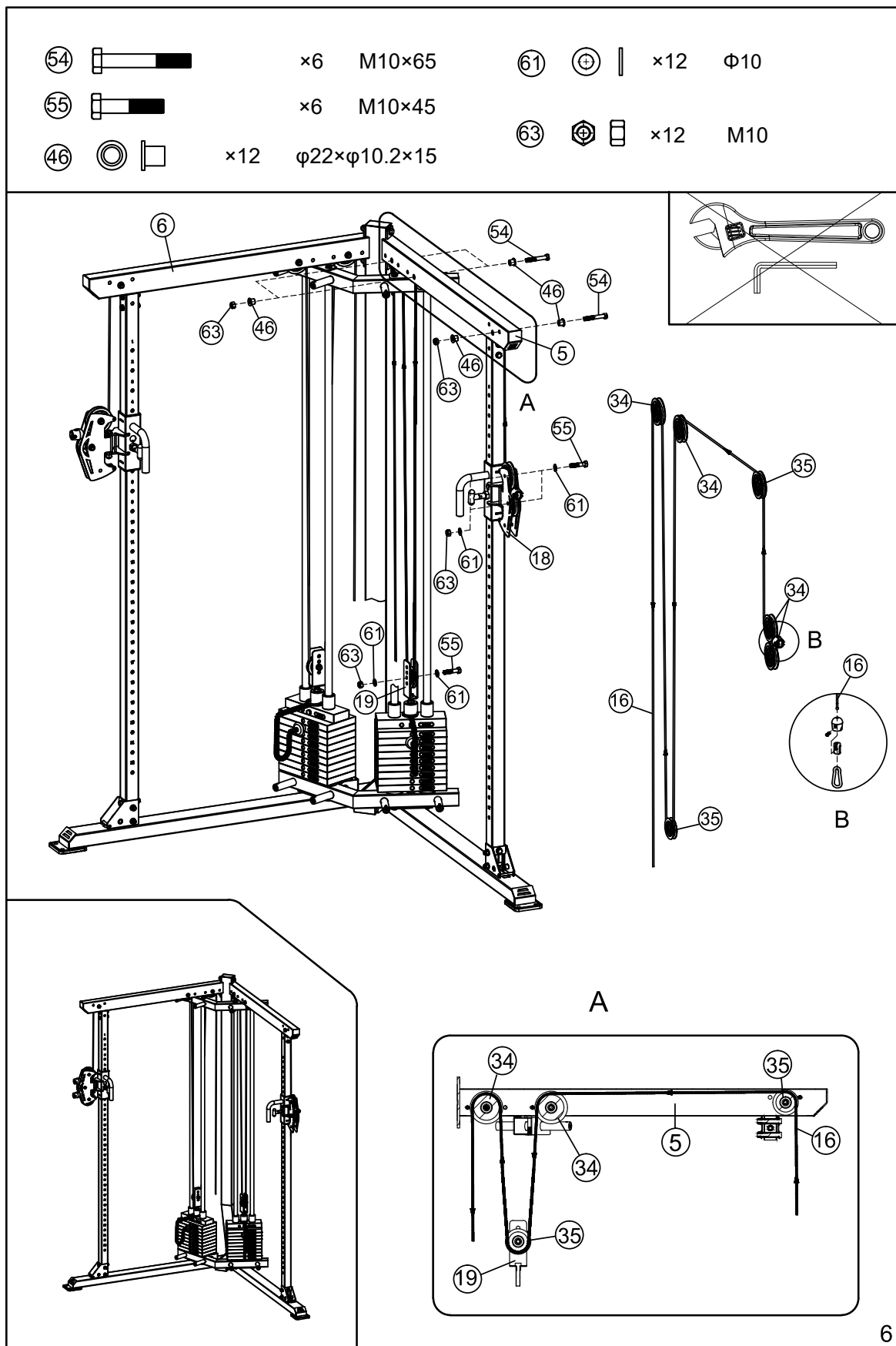


ASSEMBLY INSTRUCTIONS

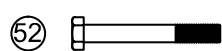
- (49)  ×2 M12×110 (60)  ×4 Φ12
 (53)  ×4 M10×70 (61)  ×12 Φ10
 (54)  ×4 M10×65 (62)  ×2 M12 (63)  ×4 M10



ASSEMBLY INSTRUCTIONS

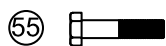


ASSEMBLY INSTRUCTIONS



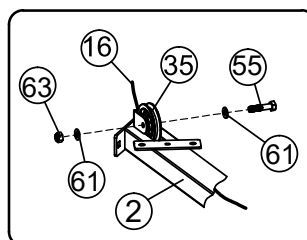
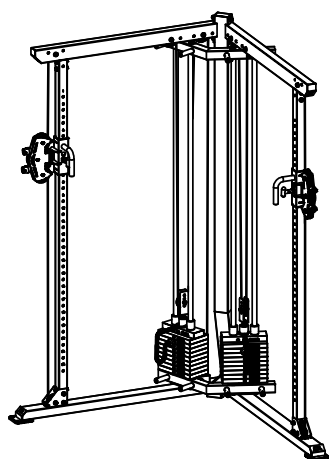
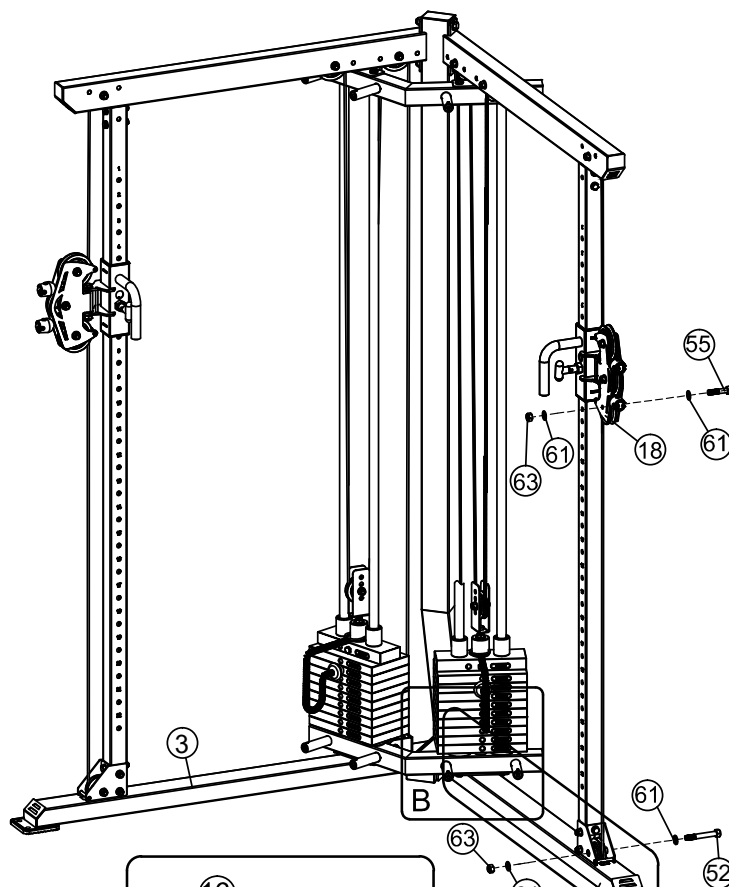
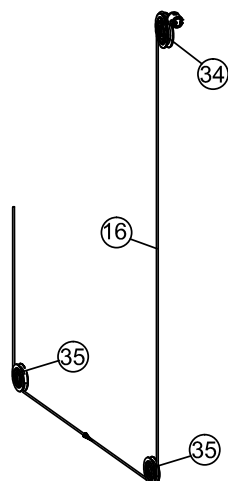
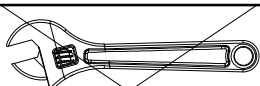
×2 M10×75

61 ×12 Φ10



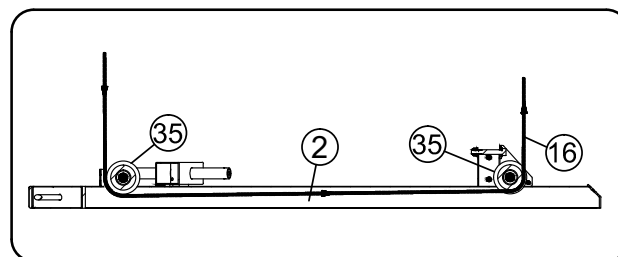
×4 M10×45

63 ×6 M10

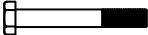


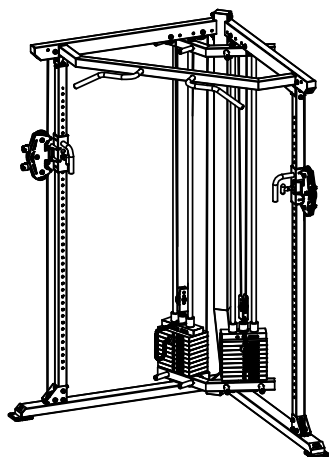
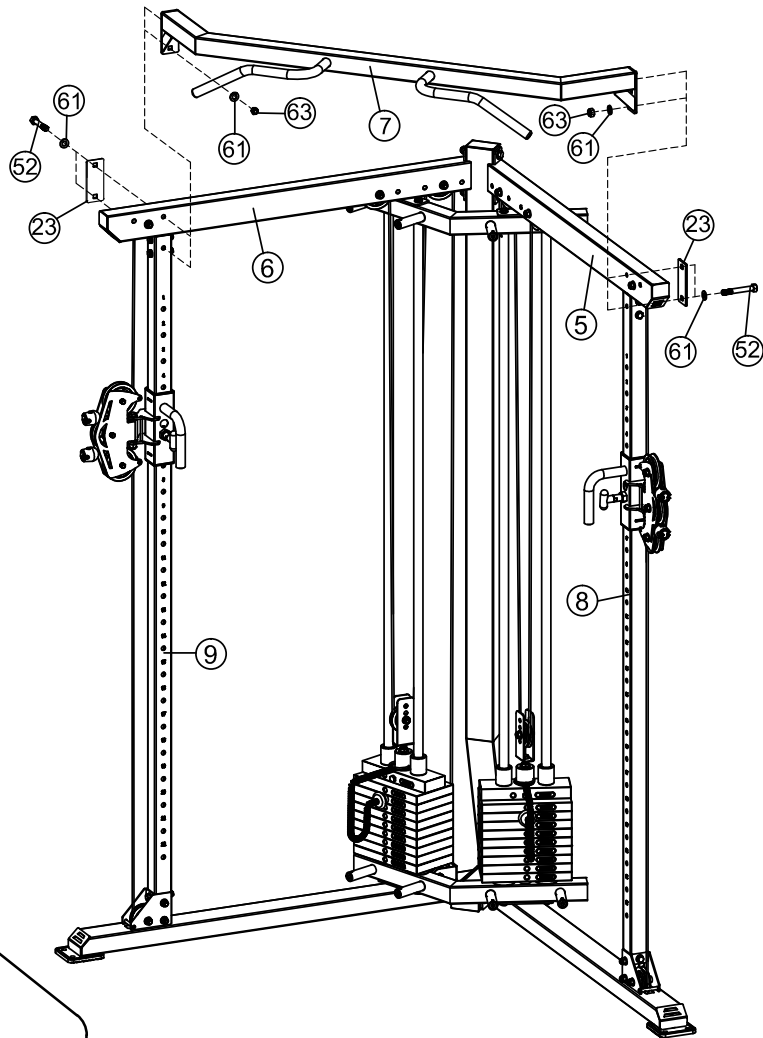
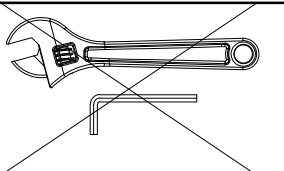
B

A



ASSEMBLY INSTRUCTIONS

- | | | | |
|----|---|----|--------|
| 52 |  | ×4 | M10×75 |
| 61 |  | ×6 | Φ10 |
| 63 |  | ×2 | M10 |



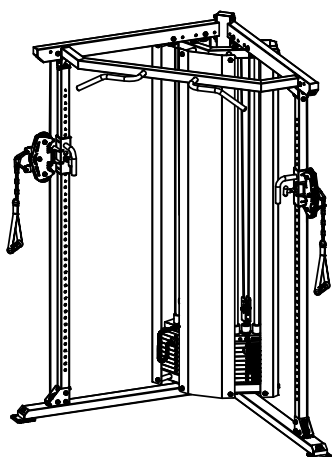
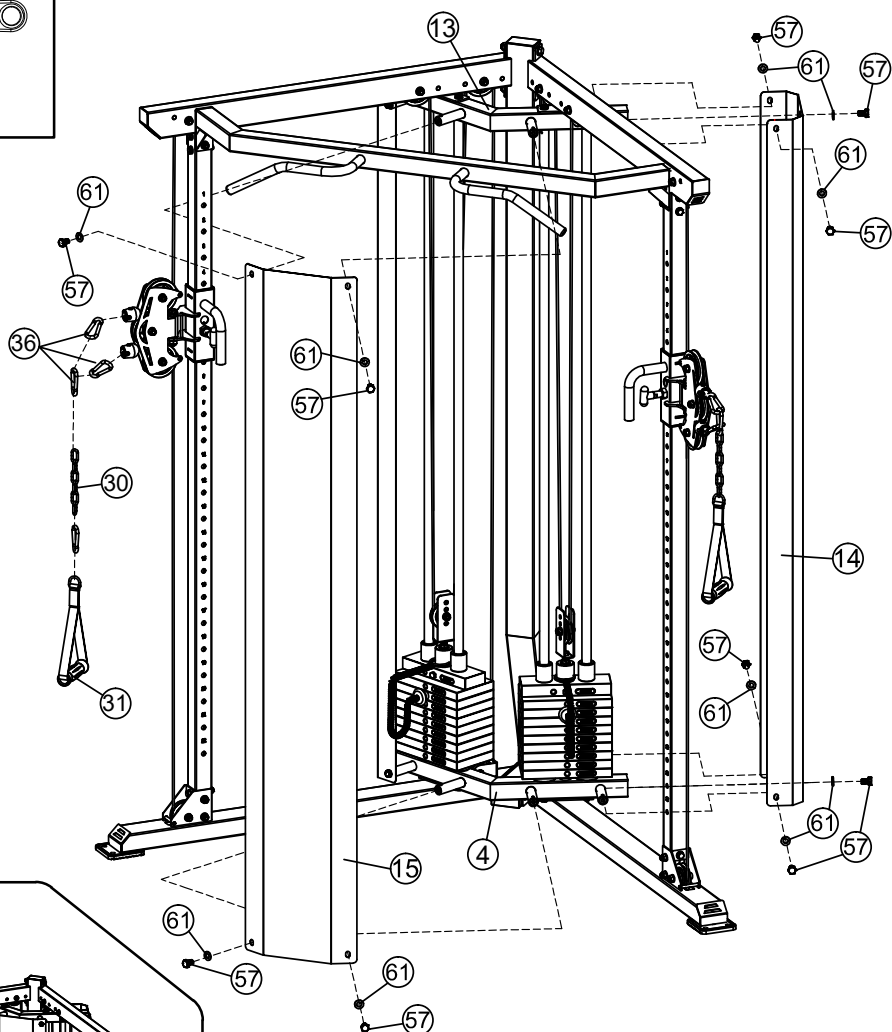
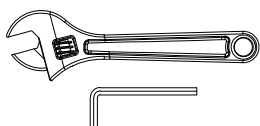
ASSEMBLY INSTRUCTIONS



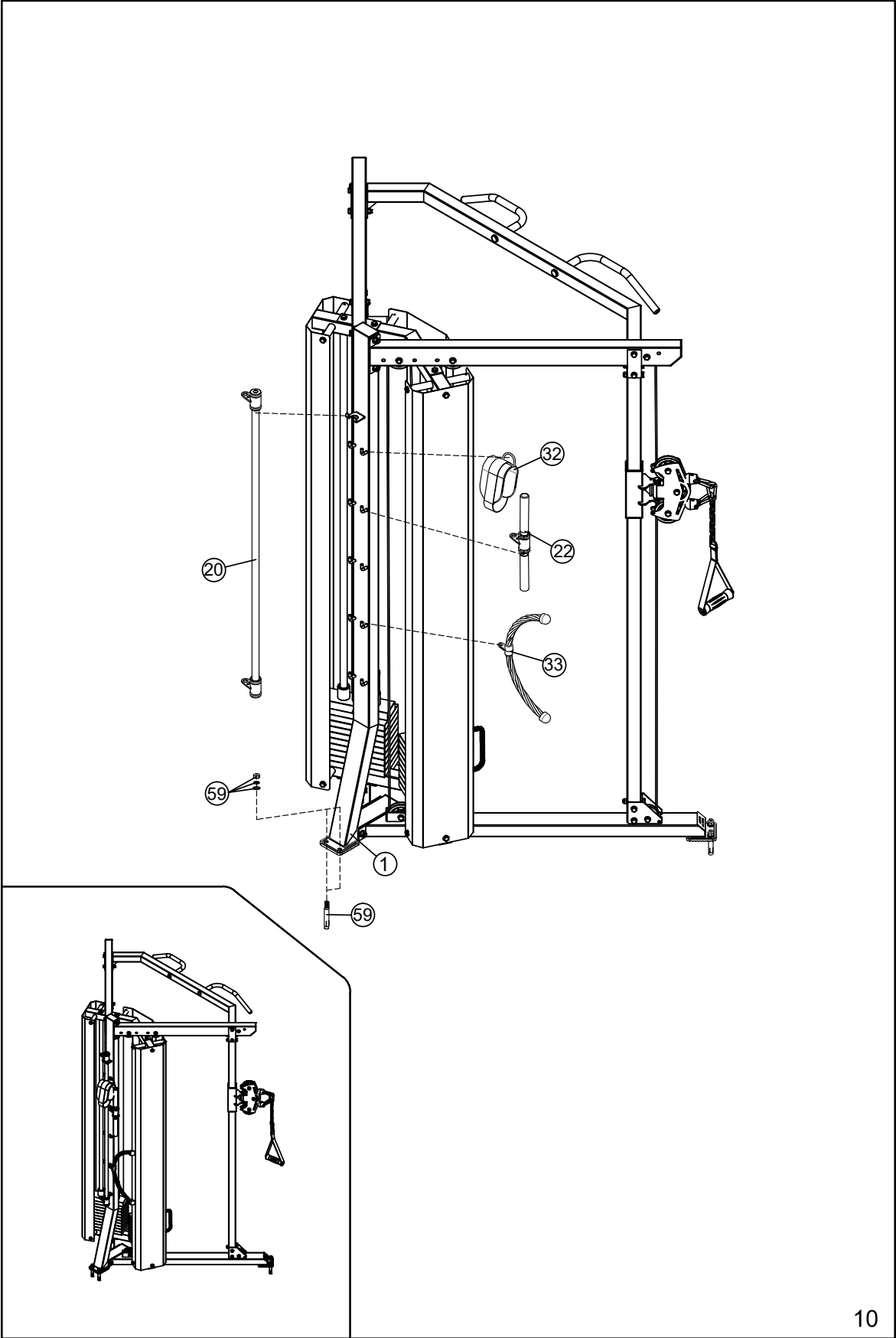
×16 M10×16



×16 Φ10



ASSEMBLY INSTRUCTIONS



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

Gymstick International Oy
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.

