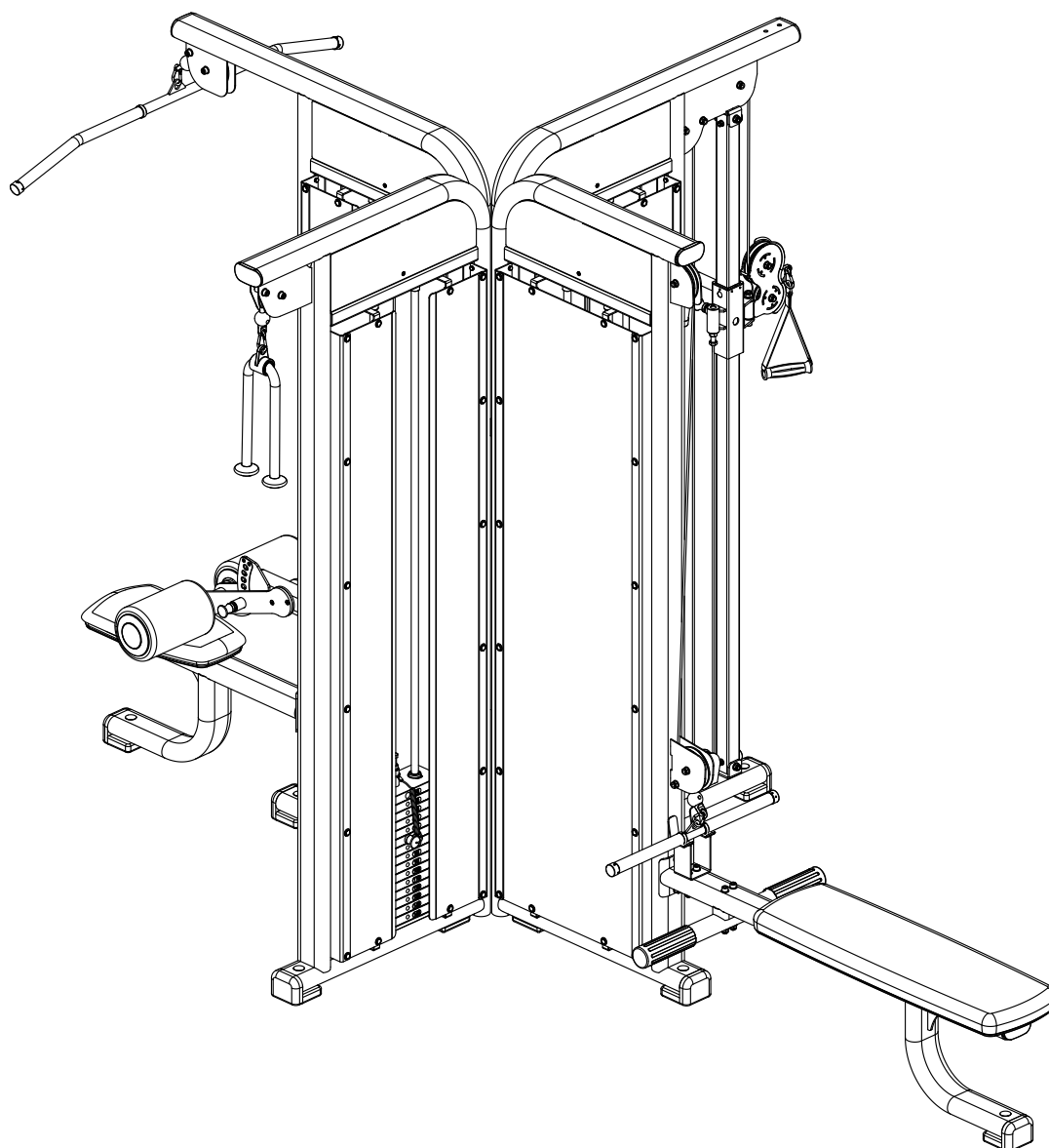




4-STATION MULTI GYM

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.

BEFORE YOU BEGIN	2
SAFETY INSTRUCTIONS	3
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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	1
2	Main Frame 2	1
3	Main Frame 3	1
4	Main Frame 4	1
5	Connection Tube	1
6	Upper Support Tube	3
7	Upper Support Tube	1
8	Seat Frame	1
9	Seat Frame	1
10	Adjusting Group	1
11	Carriage	1
12	Double Pulley Holder	1
13	Flanged shaft Group	1
14	Thigh Limit Frame	1
15	Pulley Holder	1
16	Short Bar Holder	1
17	Lat Bar	1
18	Row Bar	1
19	10 LBS Top Weight Plate	4
20	15 LBS Weight Plate	44
21	10 LBS Weight Plate	12
22	Guide Rod	8
24	Weight Pin	4
26	U Shaped Plate	16
27	Shield Support	4
28	Shield Support	4
29	Shield Support	2
30	Shield Support	2
31	Shield Support	2
32	Shield Support	2
33	Pedal Tube	1
34	Spacer Tube	3
35	Backing Plate	2
37	Limit Tube	1
39	Spacer Plate	4
40	LOGO Plate 1	4
41	LOGO Plate 2	4
42	Backing Plate	8
43	Limit Ring	2
44	Guide Rod Retainer	8
45	Washer OD45	2
46	Stainless Plate	1
47	D25 Bushing ID12 OD25	4
48	Limit Ring ID25.8 OD33	4

PART#	DESCRIPTION	QTY
49	Handle Cap	5
50	Carabiner	4
51	Strap Handle	1
52	Triceps Rope	1
53	Pull Pin	2
54	Cable 2180mm	1
55	Cable 8070mm	1
56	Cable 2395mm	1
57	Cable 3550mm	1
58	Seat Pad (Short)	1
59	Seat Pad (Long)	1
60	Front Shield 1	4
61	Front Shield 2	4
62	Rear Shield	4
63	Foam Roller	2
64	Big Pulley	10
65	Small Pulley	5
66	L Shaped Rubber Pad	6
67	Buffer	8
68	Rubber Pad	3
69	Rubber Pad	4
70	Hand Grip L245 mm	1
71	Hand Grip L450 mm	2
72	Hand Grip L250 mm	2
73	Foam Roller Bushing	4
74	Foam Roller Cap	2
75	Plastic Bushing	2
76	End Cap (FO 50×100×2.5 Plastic)	6
77	End Cap (FO 40×80×3.0 Plastic)	1
78	Closed-End Tube Sleeve	2
79	D25 Hole Cap	11
80	Panel Clip	128
81	External Retaining Ring D25	8
82	Weight Label 220 LBS	2
83	Weight Label 190 LBS	2
84	Washer 10 Black	128
W6	Washer 6	99
W8	Washer 8	25
W10	Washer 8	69
W12	Washer 12	2
SW6	Spring Washer 6	3
SW8	Spring Washer 8	18
SW10	Spring Washer 10	16
N8	Lock Nut M8	2

PARTS LIST

PART#	DESCRIPTION	QTY
N10	Lock Nut M10	24
N12	Lock Nut M12	1
FN12	Flange Nut M12	5
A8-3	Button Head Screw M8×12	1
A8-13	Button Head Screw M8×65	2
A10-4	Button Head Screw M10×20	8
A10-9	Button Head Screw M10×45	5
C5-3	Countersunk Head Screw M5×8	12
H6-4	Hex Head Bolt M6×10	96
S5-1	Socket Set Screw M5×4	22
S6-2	Socket Set Screw M6×6	4
S8-7	Socket Set Screw M8×35	8
SC6-6L	Socket Set Screw M6×18	3
SC8-3	Socket Set Screw M8×15	16
SC8-5	Socket Set Screw M8×25	2
SC8-6	Socket Set Screw M8×30	5
SC10-4	Socket Set Screw M10×20	6
SC10-9	Socket Set Screw M10×45	14
SC10-14	Socket Set Screw M10×70	20
SC10-15	Socket Set Screw M10×75	4
SC10-25	Socket Set Screw M10×125	2
SC12-17	Socket Set Screw M12×85	1

ASSEMBLY INSTRUCTIONS



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



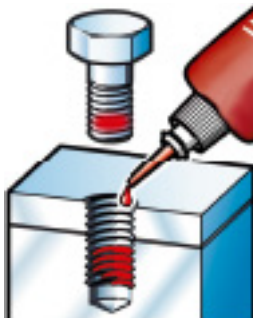
IMPORTANT

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.

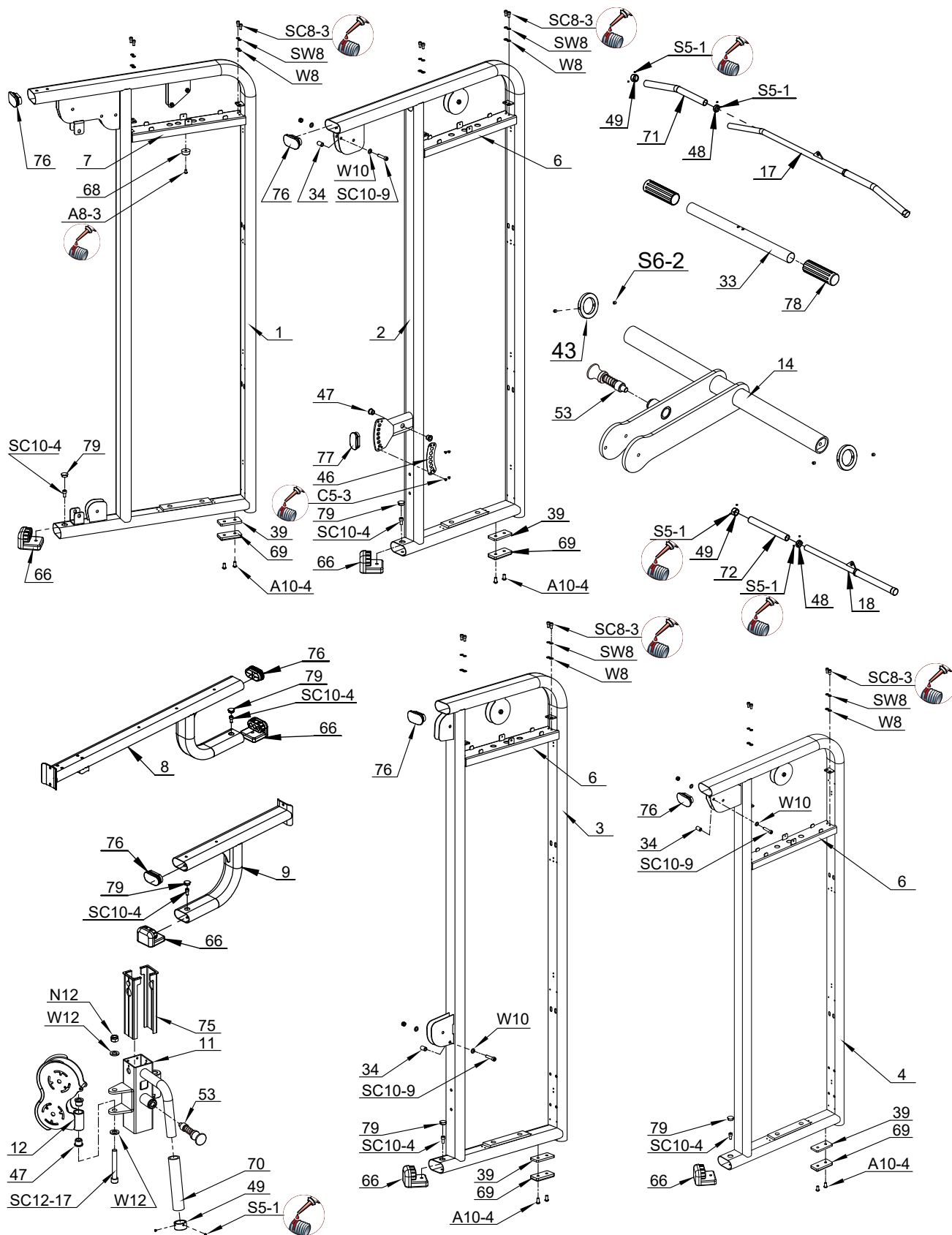


BLIND HOLE

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

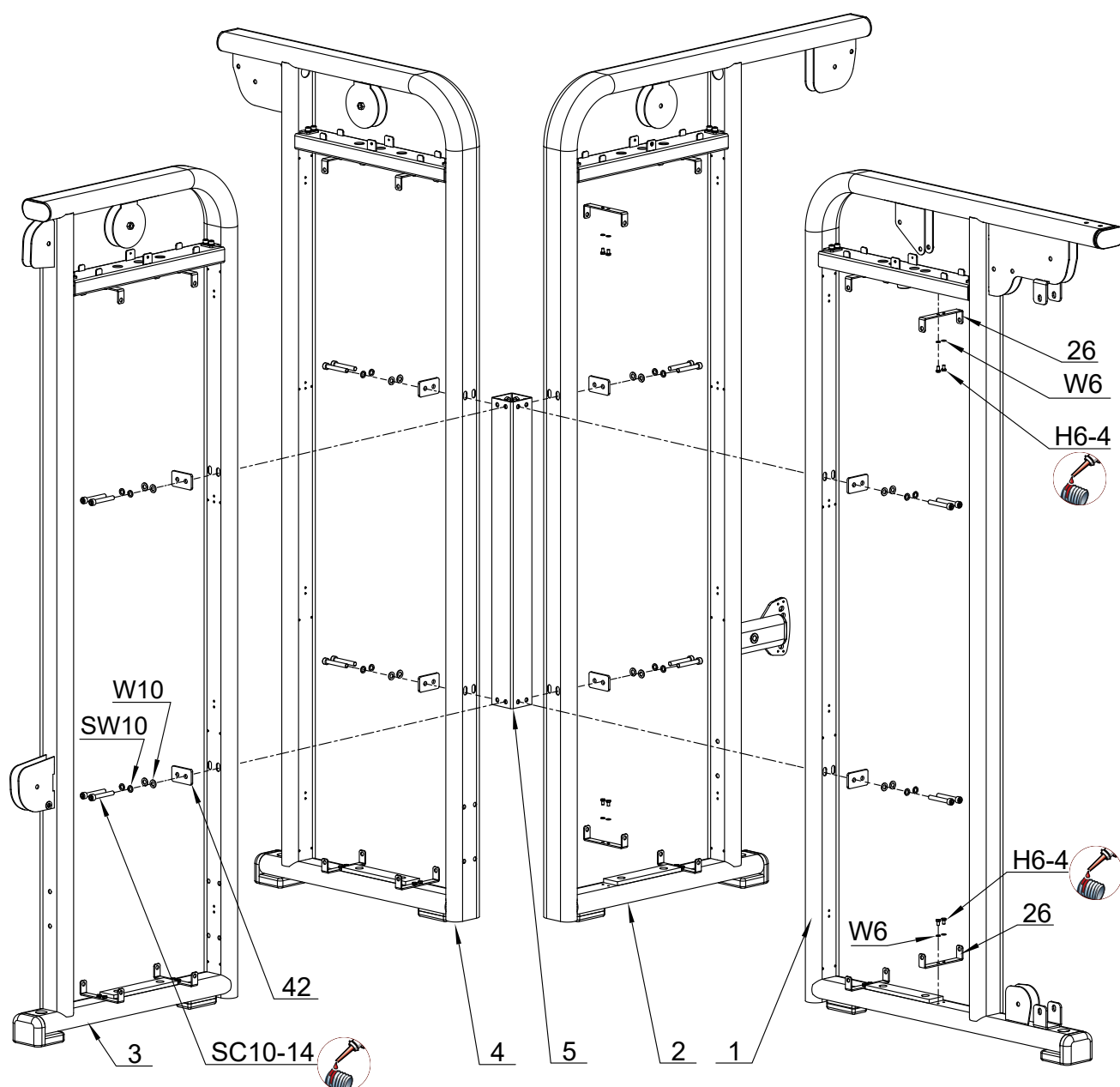
INFORMATION

- 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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STEP 1



ASSEMBLY INSTRUCTIONS

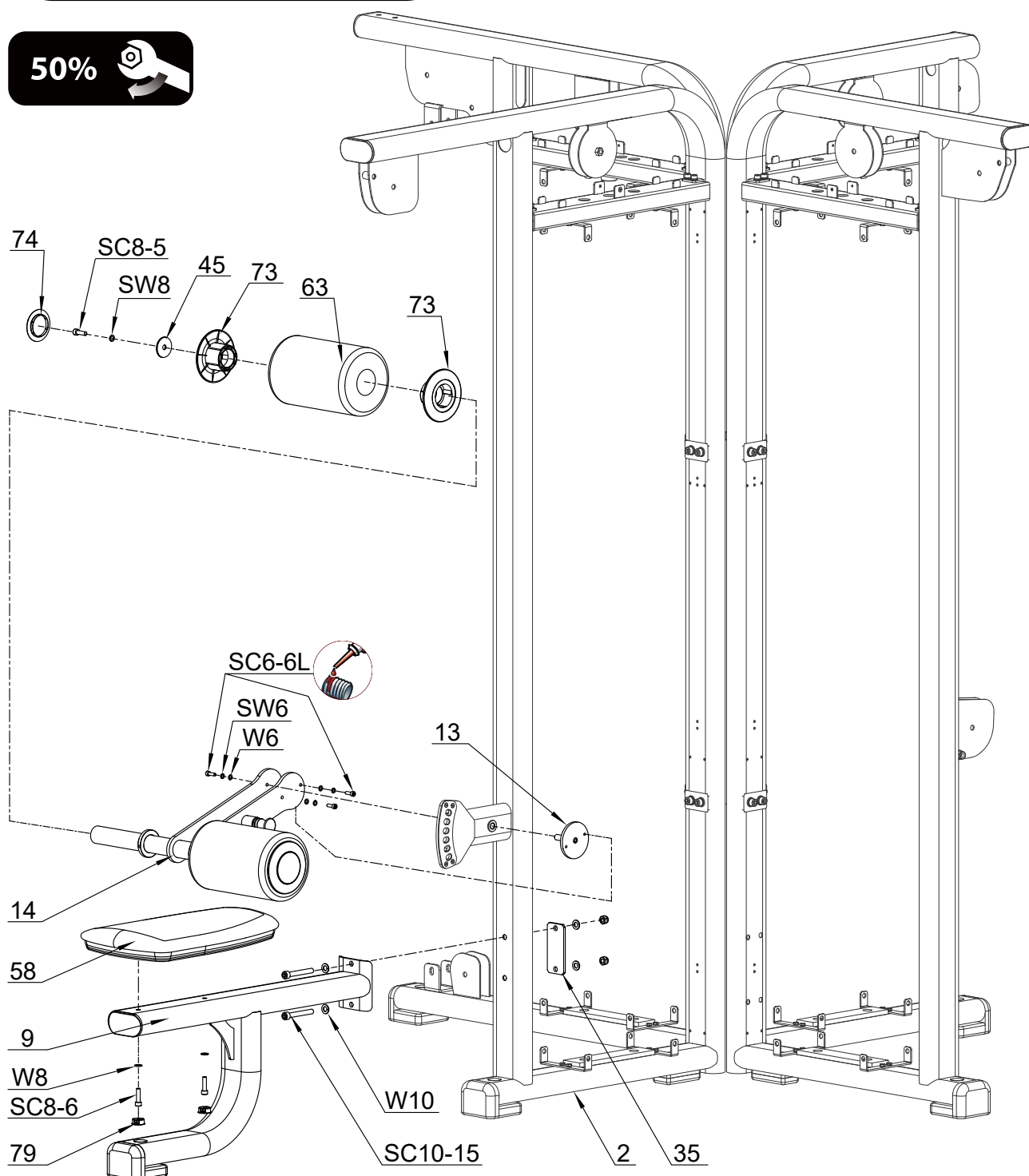
INFORMATION

- 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.

STEP 2

NOTE: In this step, all the washers and nuts which are not marked are W10 and N10.

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ASSEMBLY INSTRUCTIONS

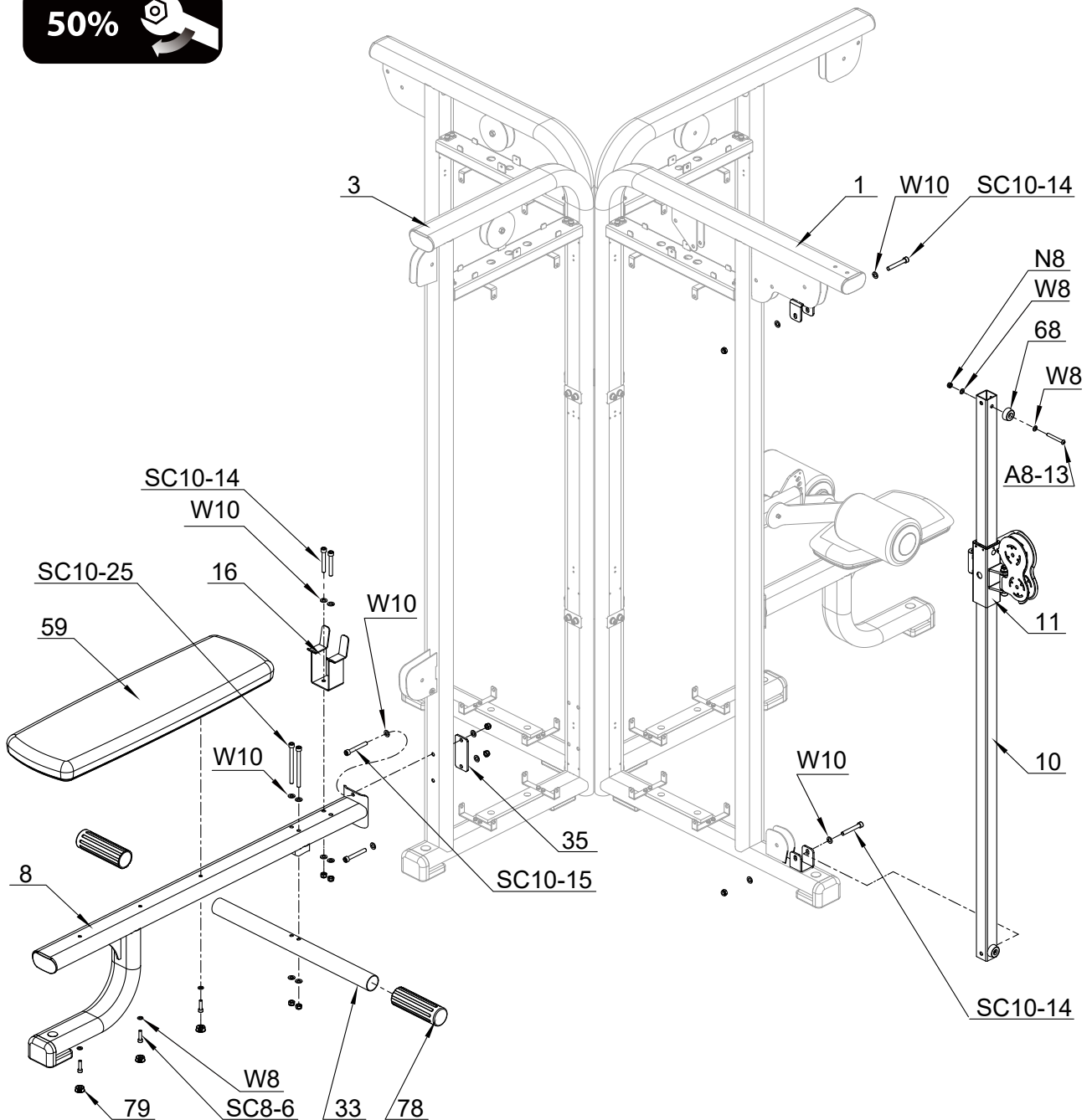
INFORMATION

- 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.

STEP 3

NOTE: In this step, all the washers and nuts which are not marked are W10 and N10.

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ASSEMBLY INSTRUCTIONS

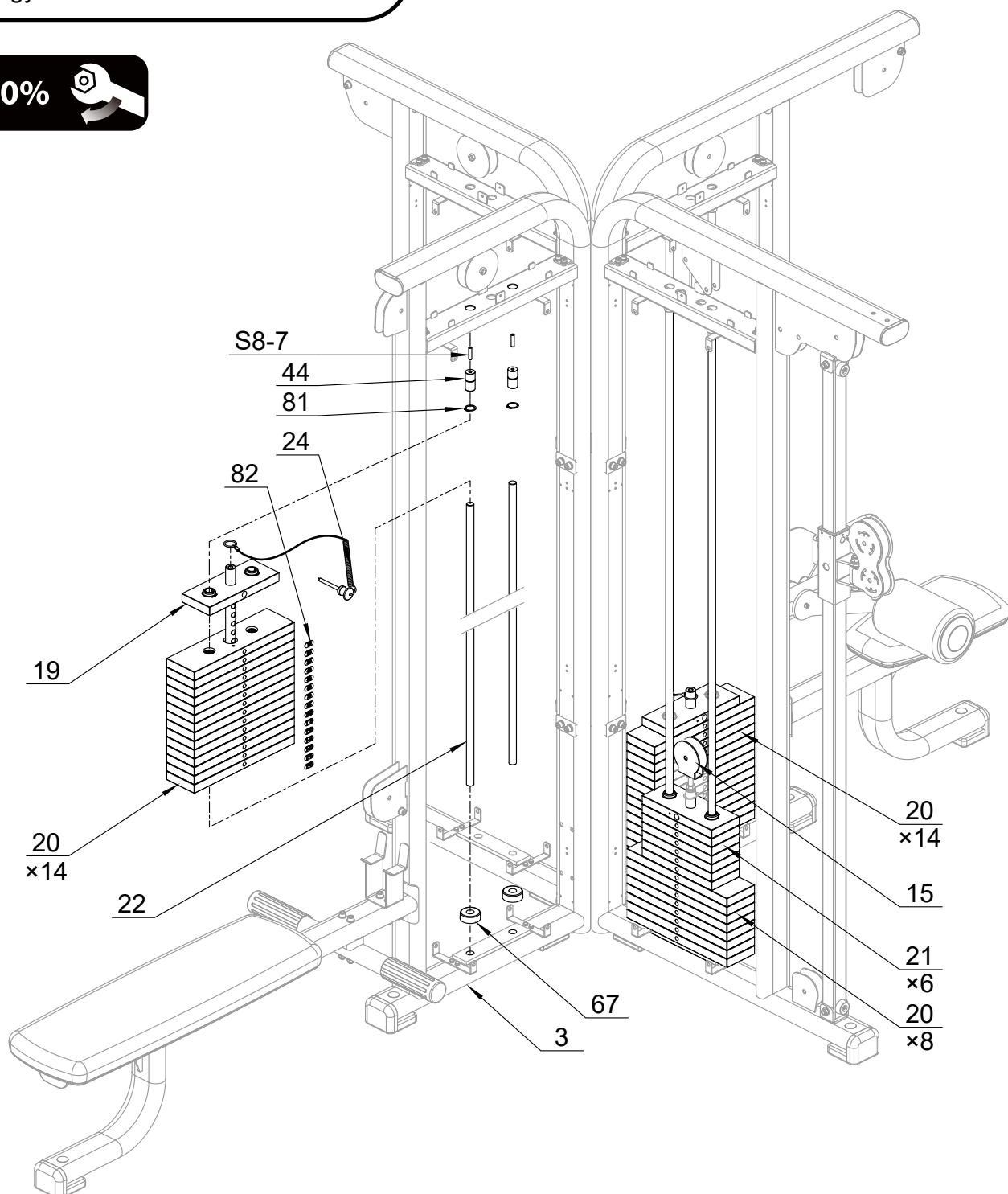
INFORMATION

- 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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STEP 4

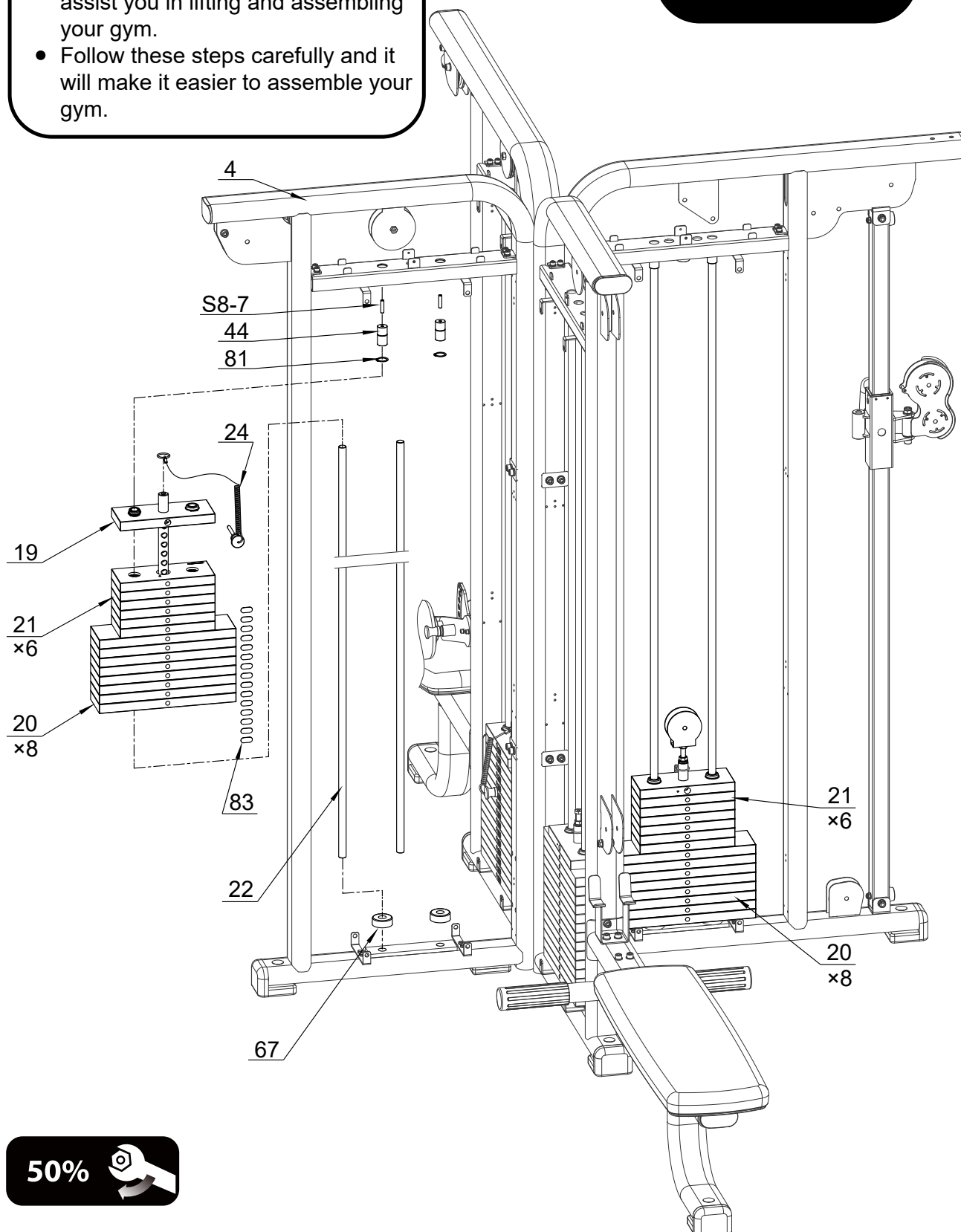


ASSEMBLY INSTRUCTIONS

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.

STEP 5

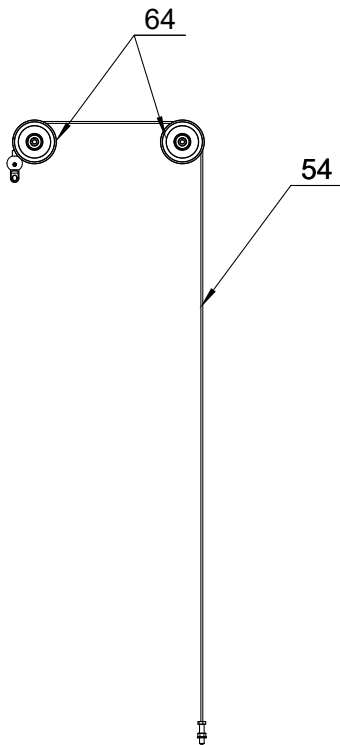
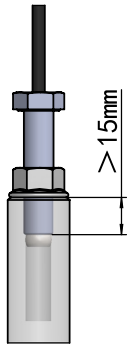


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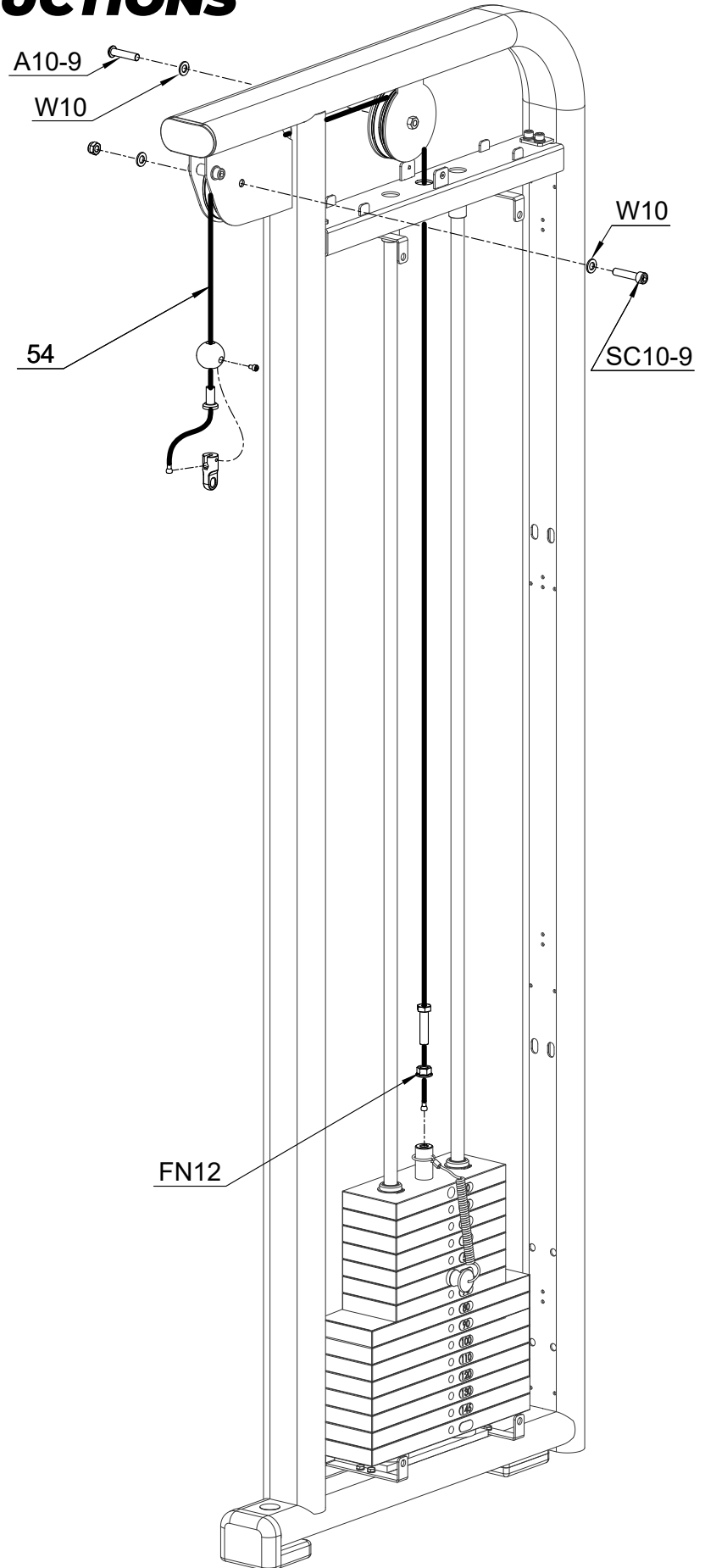


ASSEMBLY INSTRUCTIONS

STEP 6

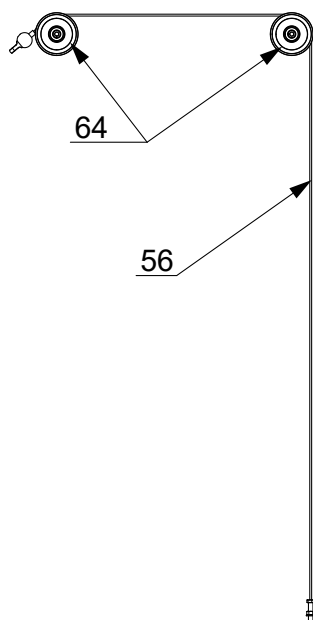
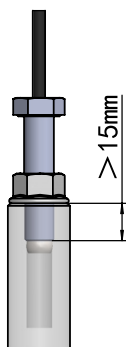


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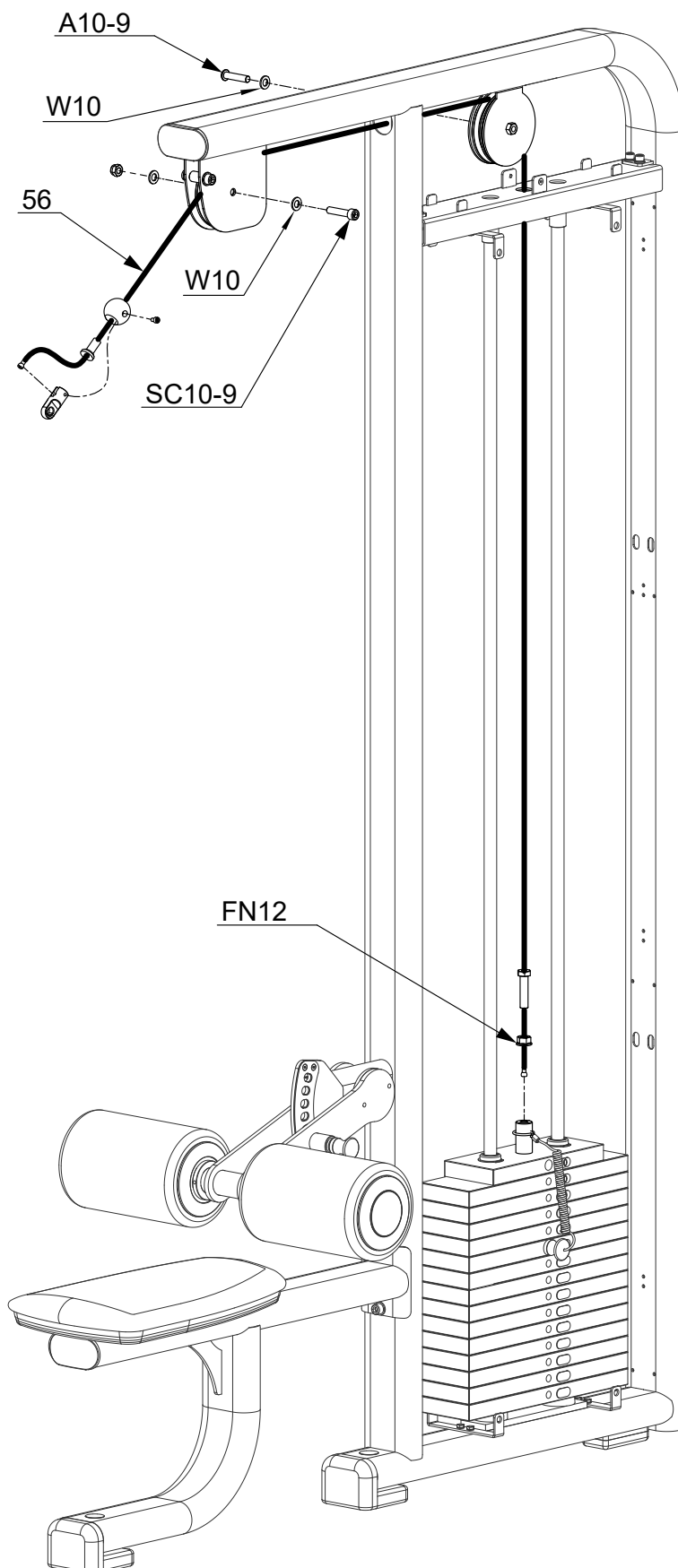


ASSEMBLY INSTRUCTIONS

STEP 7

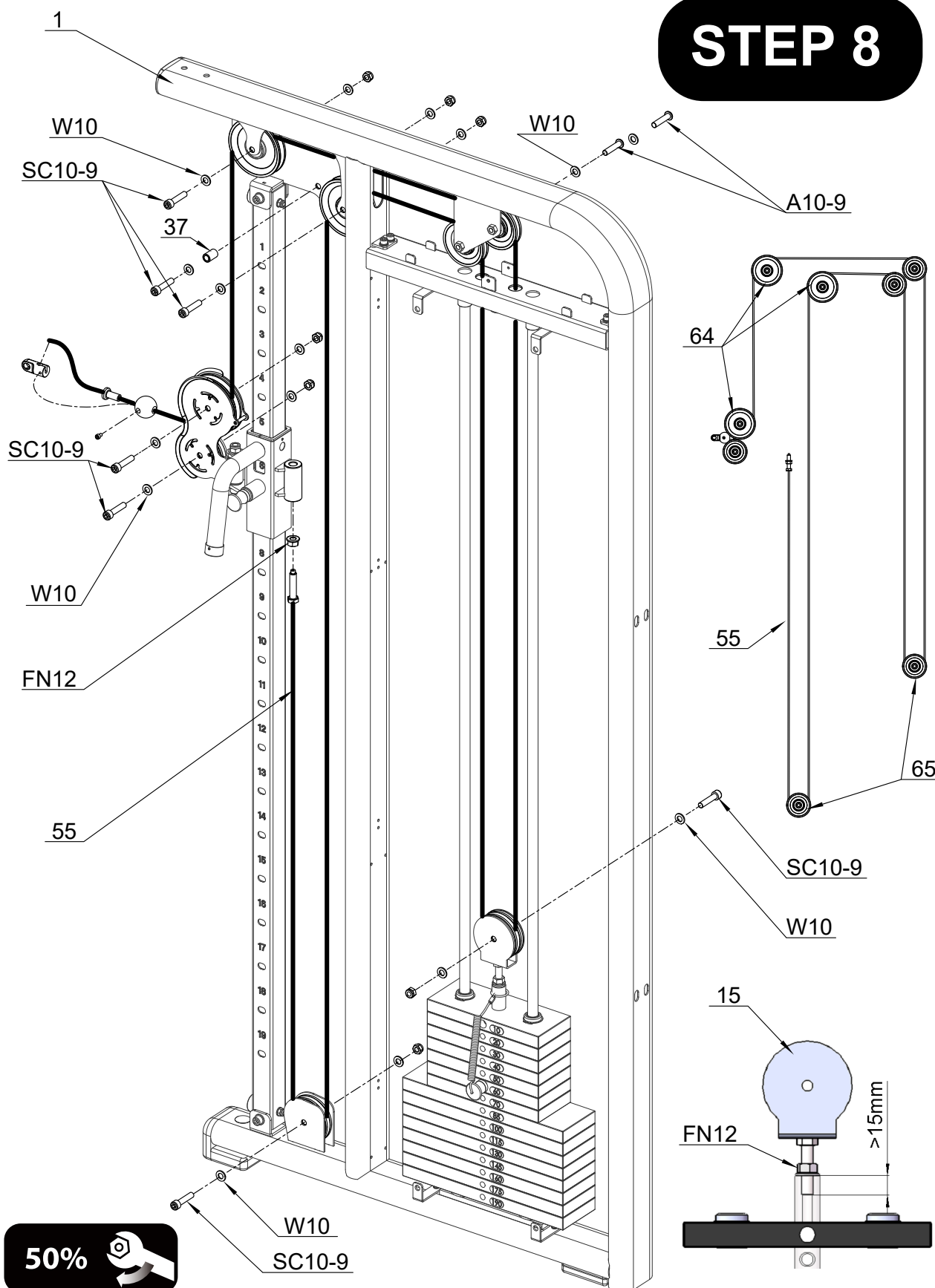


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ASSEMBLY INSTRUCTIONS

STEP 8

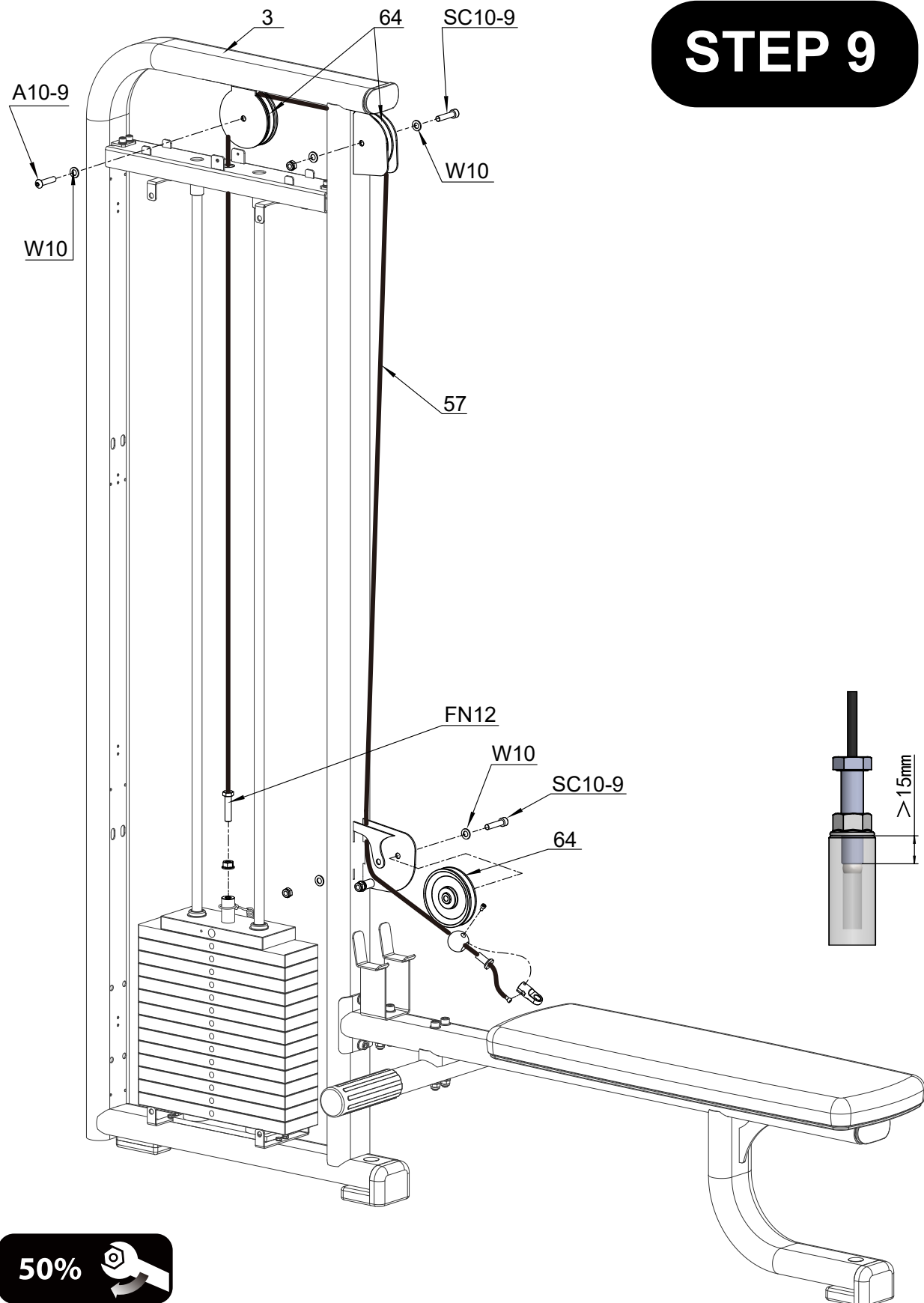


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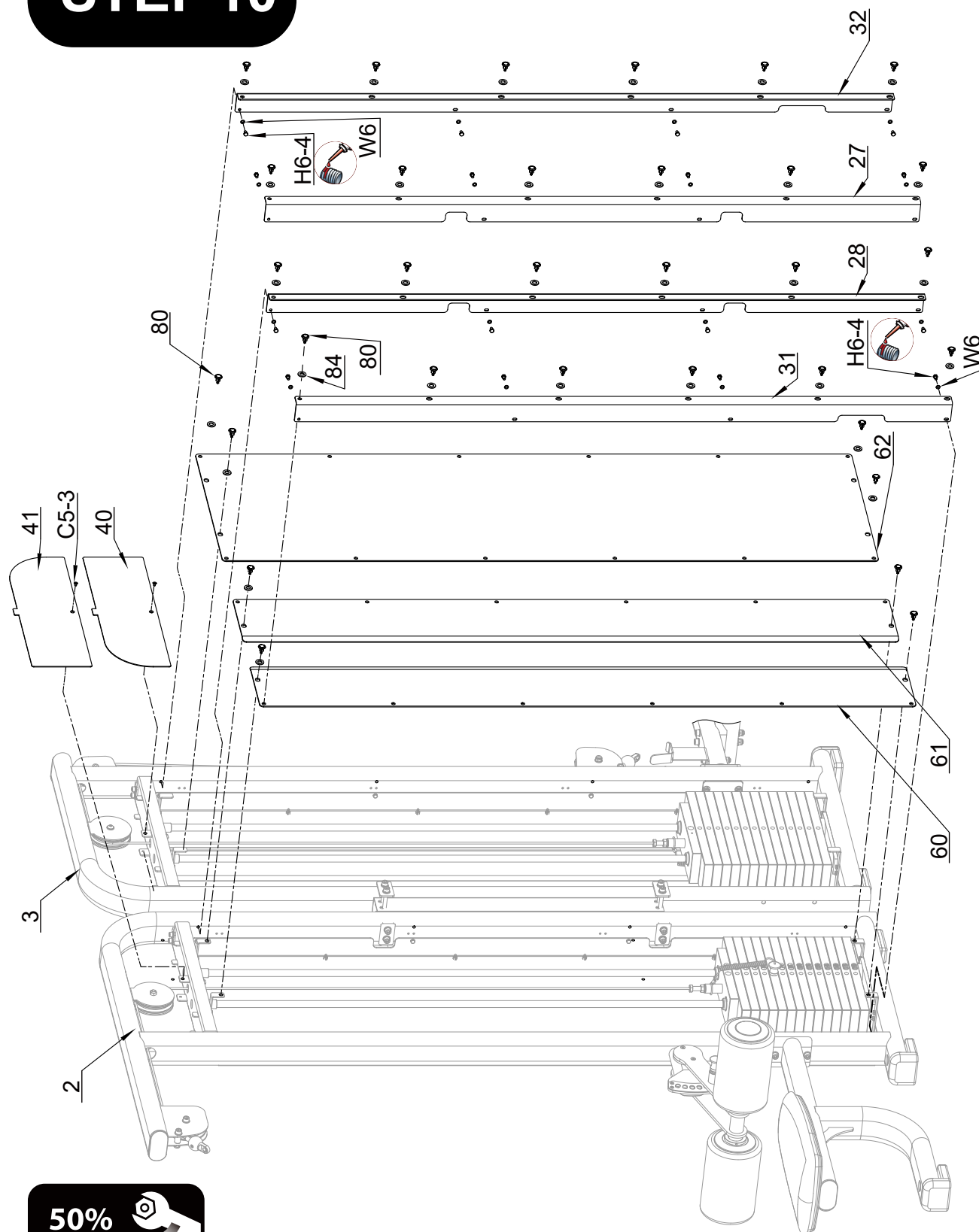
ASSEMBLY INSTRUCTIONS

STEP 9



ASSEMBLY INSTRUCTIONS

STEP 10

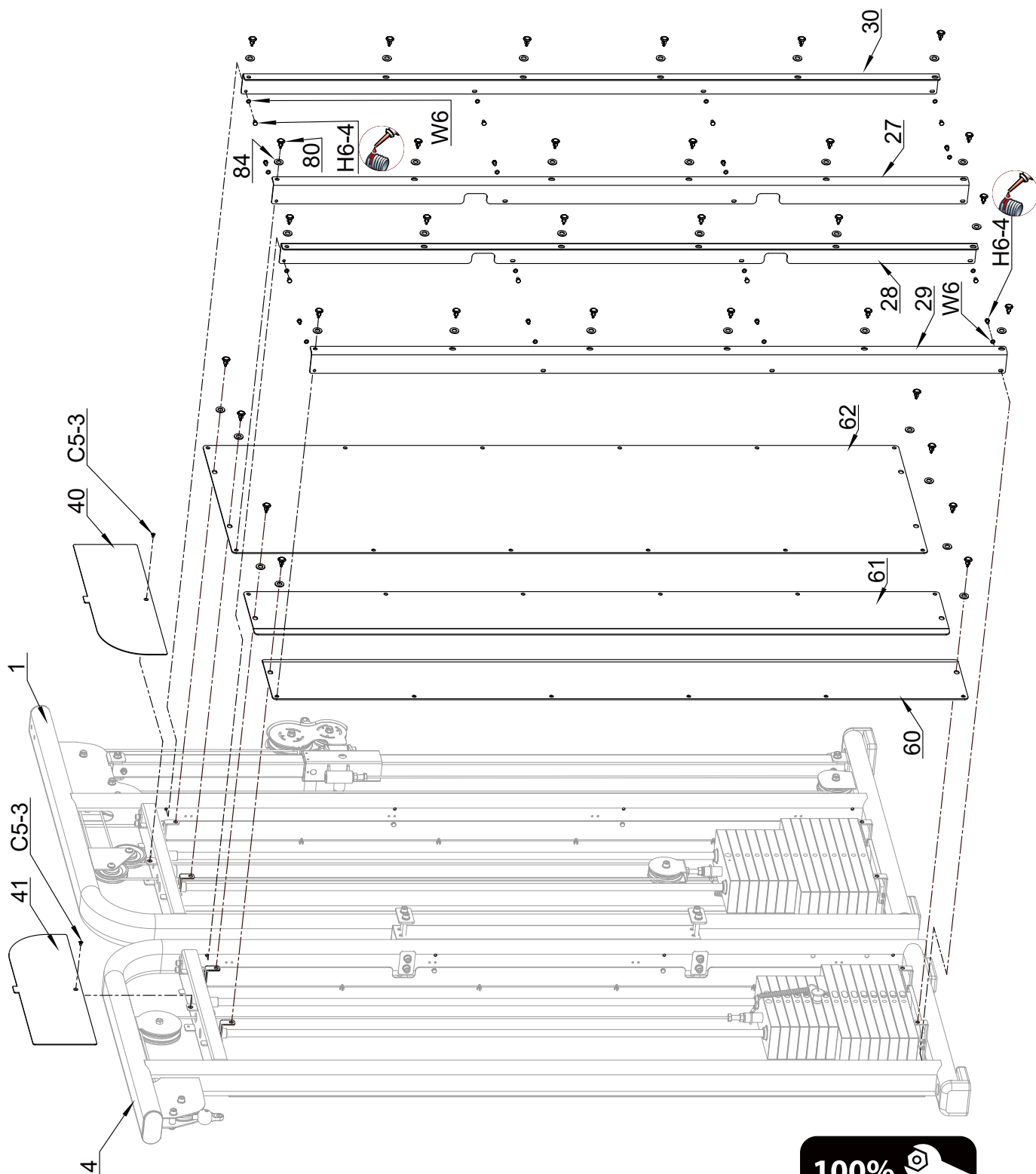


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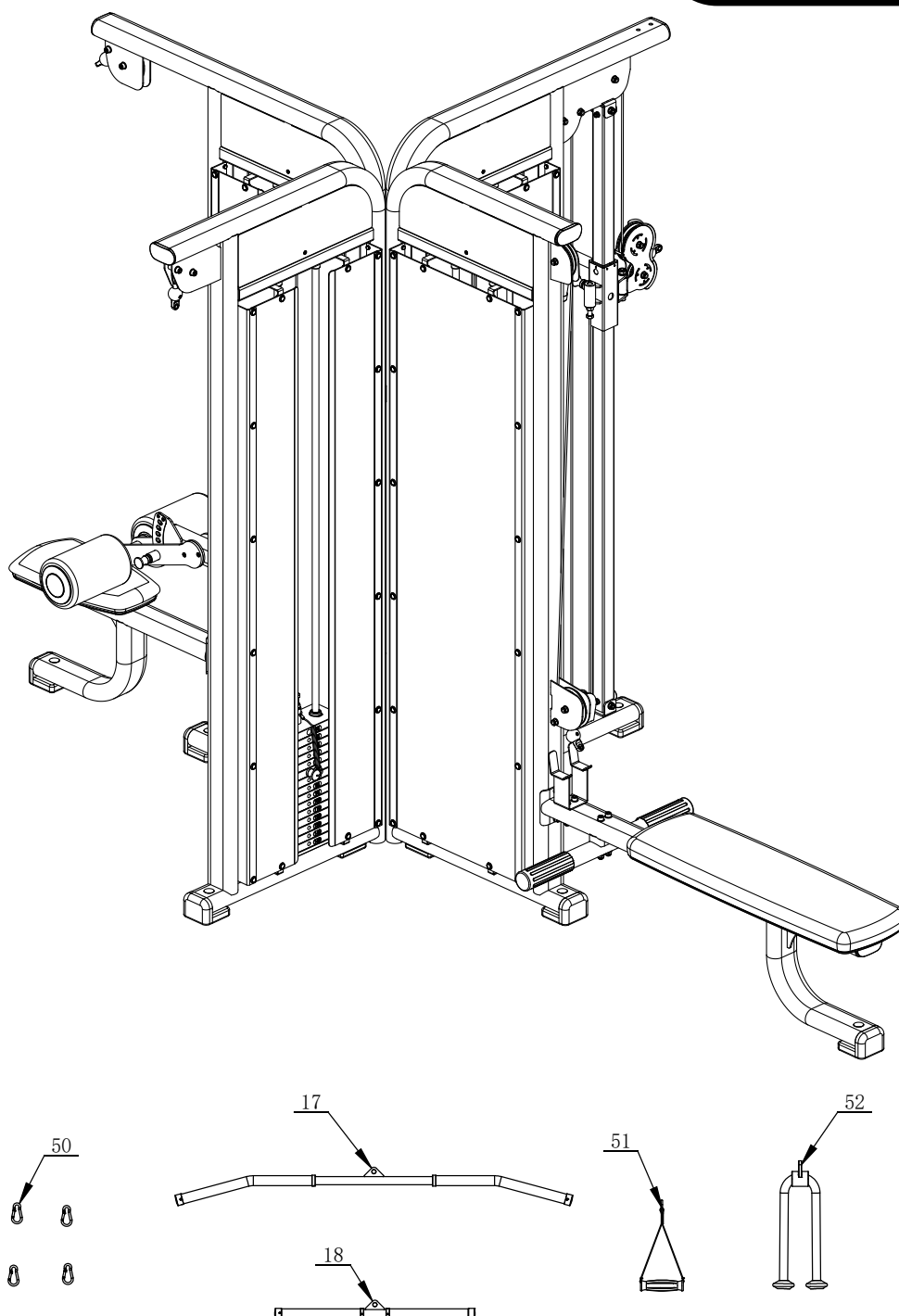
ASSEMBLY INSTRUCTIONS

STEP 11



ASSEMBLY INSTRUCTIONS

STEP 12



100%



Note : If the movement of the weight stack is not smooth during exercising, please lubricate the guide rods.

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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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.

