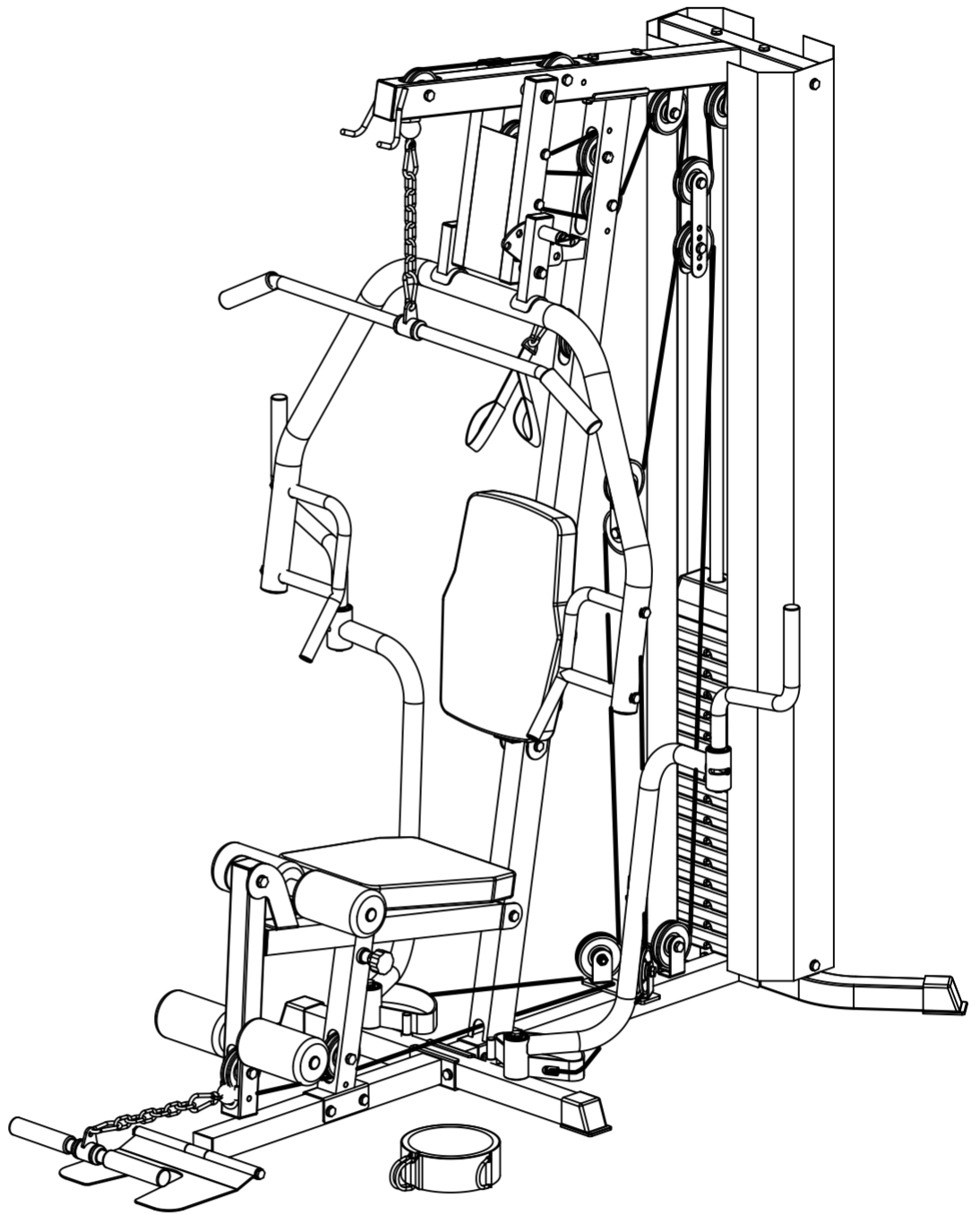


OWNER'S MANUAL

MULTI GYM Model #: C10



Caution: Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Assembly Instructions

Contents

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Assembly Instructions

Before Your Begin

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once.
CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the bench near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly.

Tools Required

Tools Required : Allen Wrench Set / Socket Wrench Set
Adjustable Wrench / Crescent Wrench
Rubber Mallet / Tape Measure

ASSEMBLY REQUIRES AT LEAST TWO PERSONS

WARNING: This Product Is Rated for Home Use Only!

Using this product in a commercial setting will void all warranties
and can result in serious injury or death!

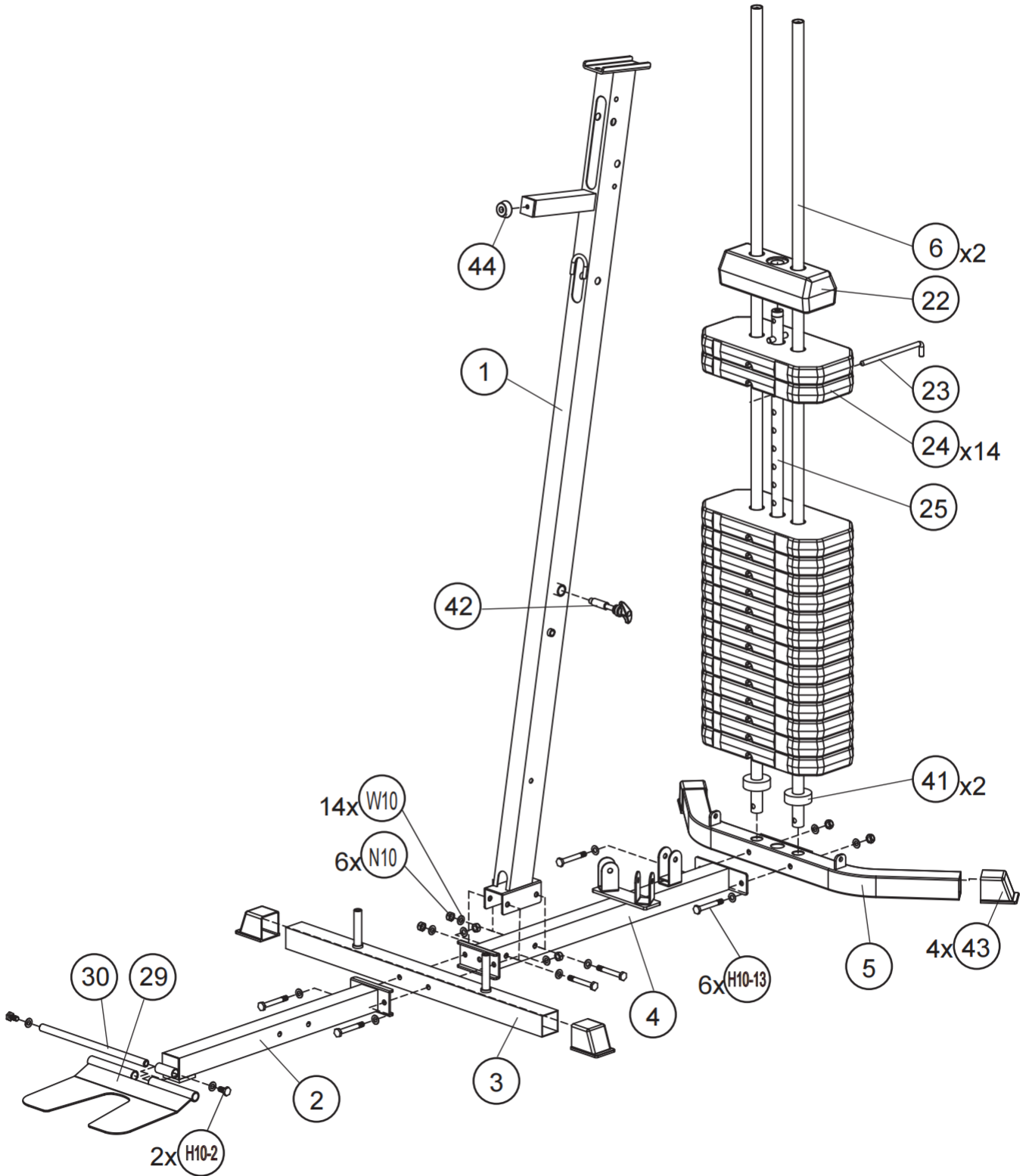
Assembly Instructions

Step 1-Parts & Hardware List

Part#	Discription	Qty	Remark
1	Upright Frame	1	
2	Front Base Frame	1	
3	Front Cross Frame	1	
4	Rear Base Frame	1	
5	Rear Base Tube	1	
6	Guide Rod	2	
22	Top Weight Plate	1	
23	Weight Plate Pin	1	
24	Weight Plate	14	
25	Weight Selector	1	
29	Foot Platform	1	
30	Foot Platform Axle(L=327mm)	1	
41	Weight Plate Bumper	2	
42	Backrest Pop Pin	1	
43	F50x50mm Outer Cap	4	
44	Bumper	1	Pre-assembled
H10-2	M10x20 mm Hex Head Bolt	2	
H10-13	M10x75 mm Hex Head Bolt	6	
W10	M10 Washer	14	
N10	M10 Nut	6	

Assembly Instructions

STEP 1



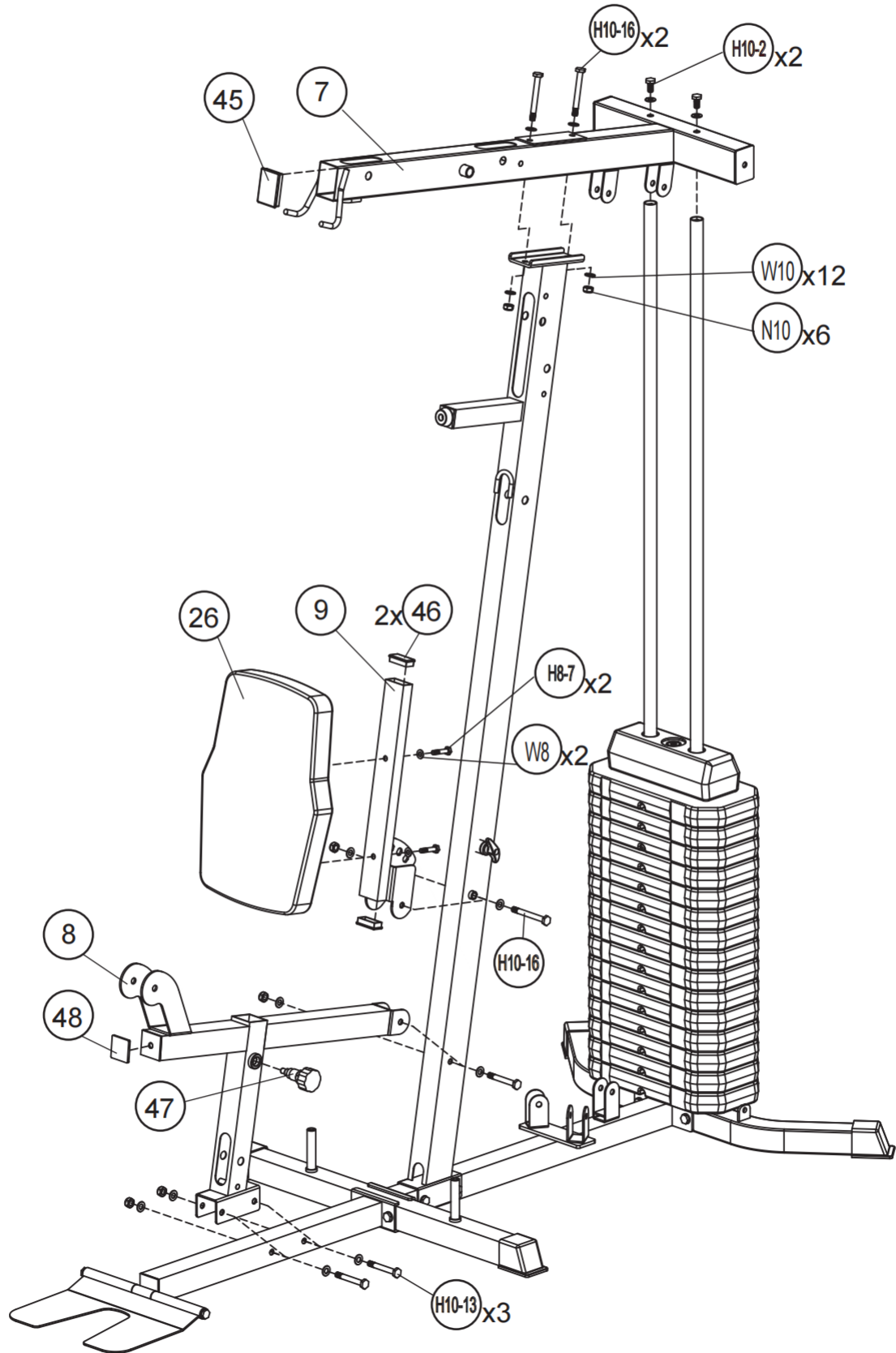
Assembly Instructions

Step 2-Parts & Hardware List

Part#	Discription	Qty	Remark
7	Top Frame	1	
8	Seat Pad Support	1	
9	Backrest Pad Support	1	
26	Backrest Pad	1	
45	F50x70mm Inner Cap	1	Pre-assembled
46	F50x25mm Inner Cap	2	Pre-assembled
47	Seat Adjust Pop Pin	1	
48	Rubber Bumper Pad	1	Pre-assembled
H8-7	M8x45 mm Hex Head Bolt	2	
H10-2	M10x20 mm Hex Head Bolt	2	
H10-13	M10x75 mm Hex Head Bolt	3	
H10-16	M10x90 mm Hex Head Bolt	3	
W8	M8 Washer	2	
W10	M10 Washer	14	
N10	M10 Nut	6	

Assembly Instructions

STEP 2



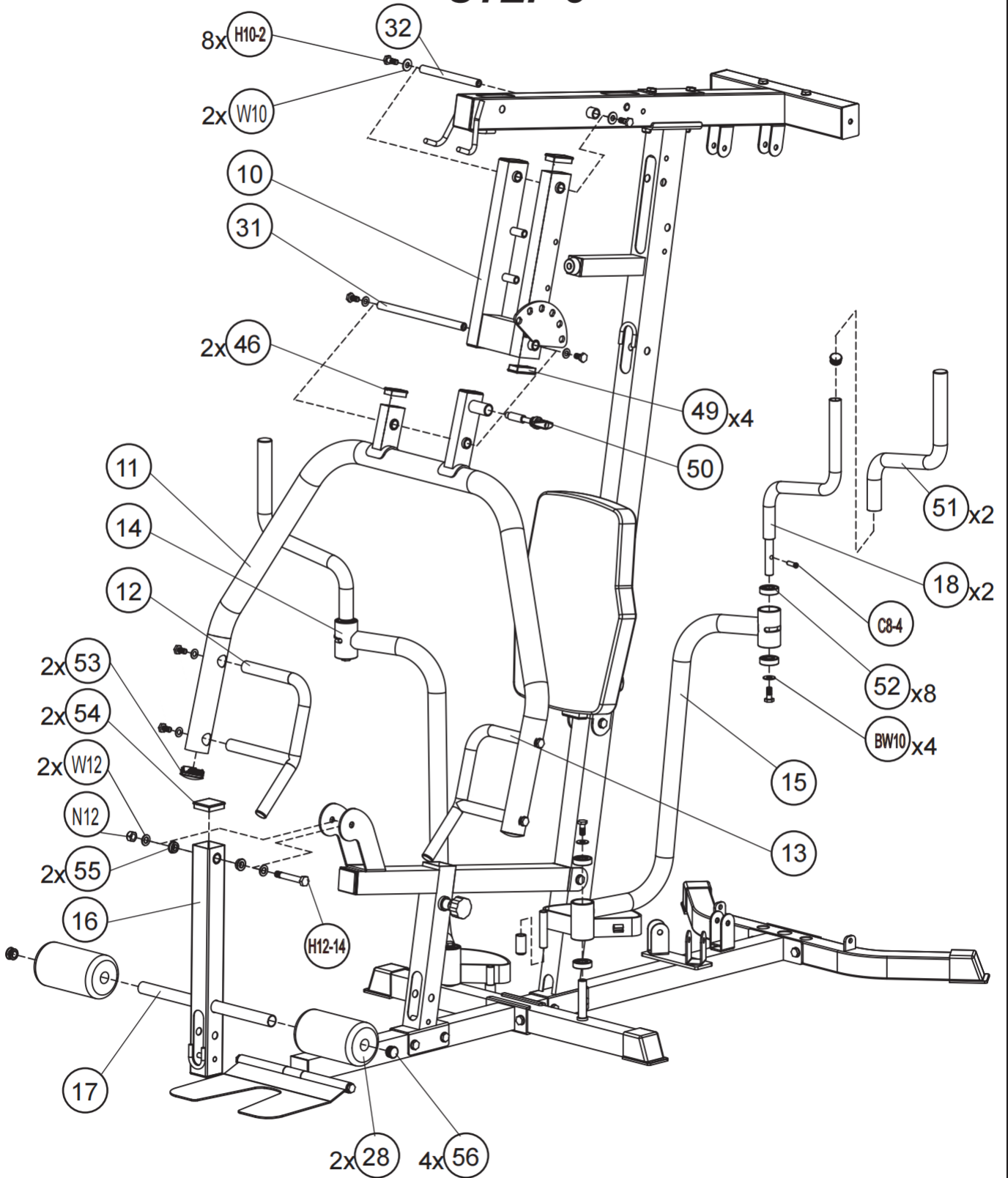
Assembly Instructions

Step 3-Parts & Hardware List

Part#	Discription	Qty	Remark
10	Press Arm Hanger	1	
11	Press Arm	1	
12	Right Handle	1	
13	Left Handle	1	
14	Right Butterfly Arm	1	
15	Left Butterfly Arm	1	
16	Leg Developer	1	
17	Foam Roller Tube	1	
18	Butterfly Handle	2	
28	Foam Roller	2	
31	Press Arm Axle(L=254mm)	1	
32	Press Arm Hanger Axle(L=172mm)	1	
46	F50x25mm Inner Cap	2	Pre-assembled
49	F60x30mm Inner Cap	4	Pre-assembled
50	Press Arm Pop Pin	1	Pre-assembled
51	Butterfly Handle Sleeve	2	Pre-assembled
52	Bearing	8	Pre-assembled
53	Dia50mm Inner Cap	2	Pre-assembled
54	F50x50mm Inner Cap	2	Pre-assembled
55	Leg Developer Bushing	2	Pre-assembled
56	Dia 25mm Inner Cap	4	Pre-assembled
C8-4	M8x30 mm Cheese Head Bole	2	
H10-2	M10x20 mm Hex Head Bolt	12	
H12-14	M12x80 mm Hex Head Bolt	1	
W10	M10 Washer	8	
BW10	M10 Big Washer(Dia25mm)	4	
W12	M12 Washer	2	
N12	M12 Nut	1	

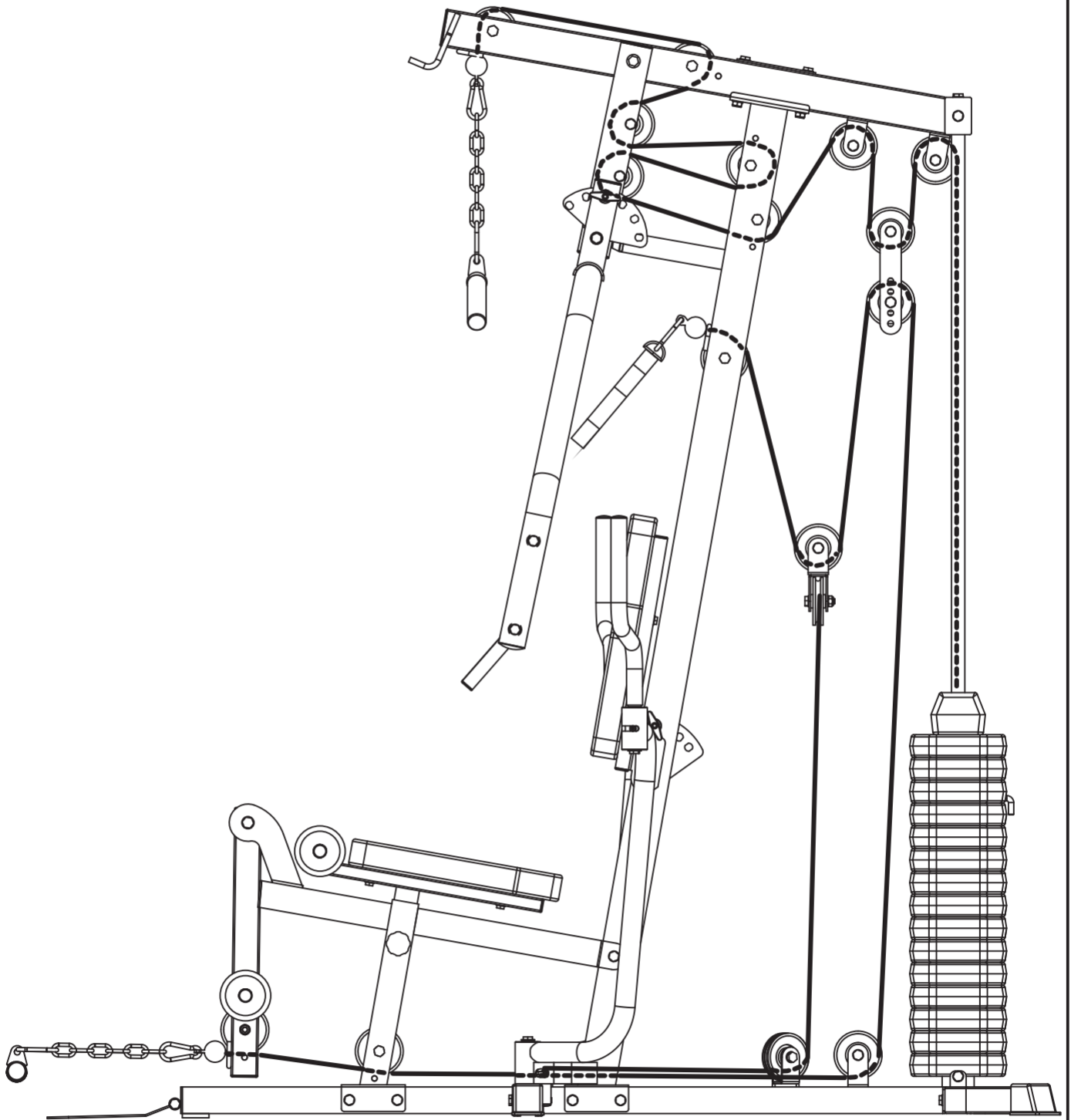
Assembly Instructions

STEP 3



Assembly Instructions

Cable Loop Diagram



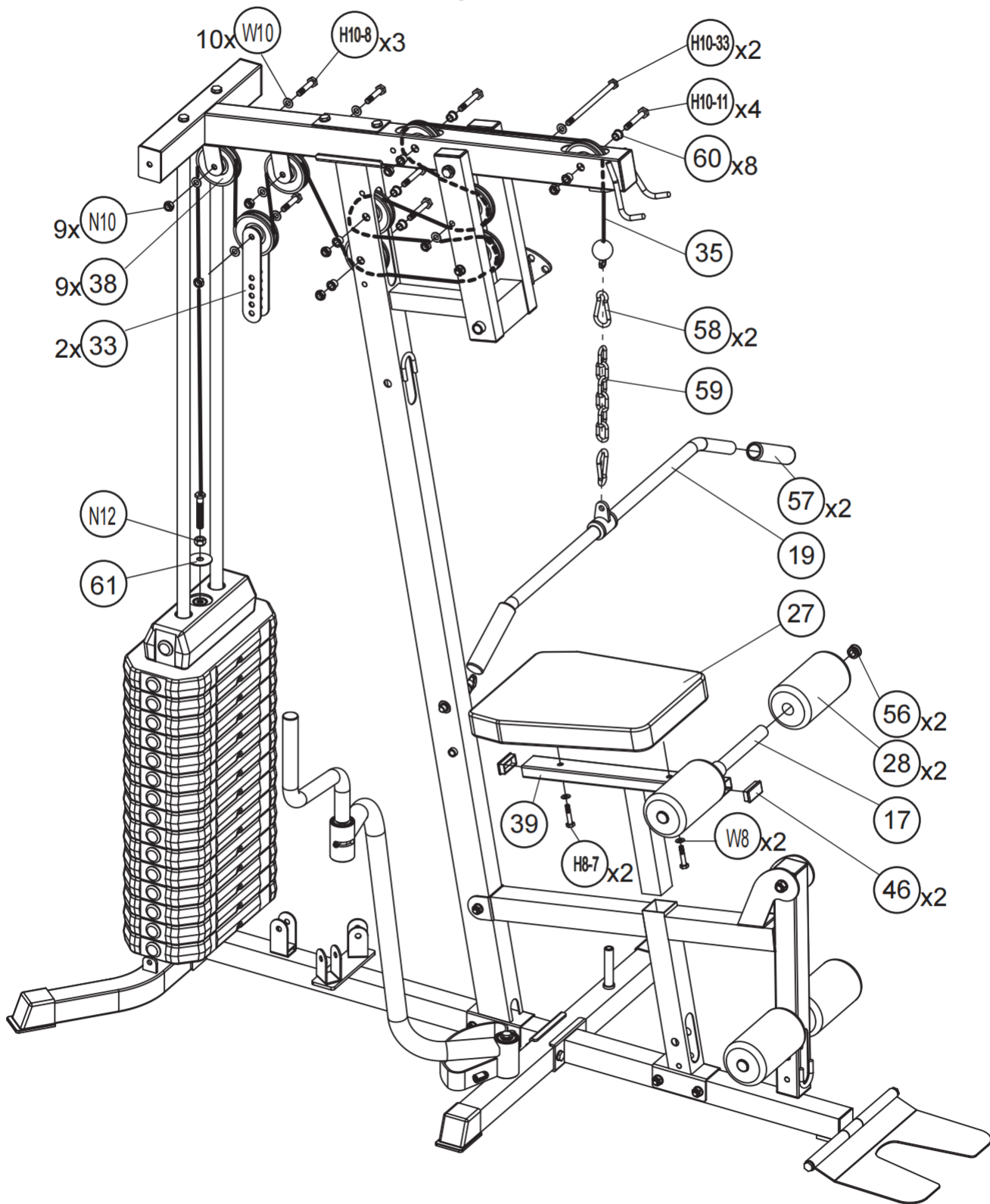
Assembly Instructions

Step 4-Parts & Hardware List

Part#	Discription	Qty	Remark
17	Foam Roller Tube	1	
19	Lat Bar	1	
27	Seat Pad	1	
28	Foam Roller	2	
33	Pulley Plate	2	
35	Lat Cable	1	
38	Pulley	9	
39	Seat Pad Adjust Support	1	
46	F50x25mm Inner Cap	2	Pre-assembled
56	Dia 25mm Inner Cap	2	Pre-assembled
57	Handle Sleeve	2	Pre-assembled
58	Clip	2	
59	Chain	1	
60	Pulley Bushing	8	
61	Weight Plate Washer	1	Pre-assembled
H8-7	M8x45 mm Hex Head Bolt	2	
H10-8	M10x50 mm Hex Head Bolt	3	
H10-11	M10x65 mm Hex Head Bolt	4	
H10-33	M10x175 mm Hex Head Bolt	2	
W8	M8 Washer	2	
W10	M10 Washe	10	
N10	M10 Nut	9	
N12	M12 Nut	1	Pre-assembled

Assembly Instructions

STEP 4



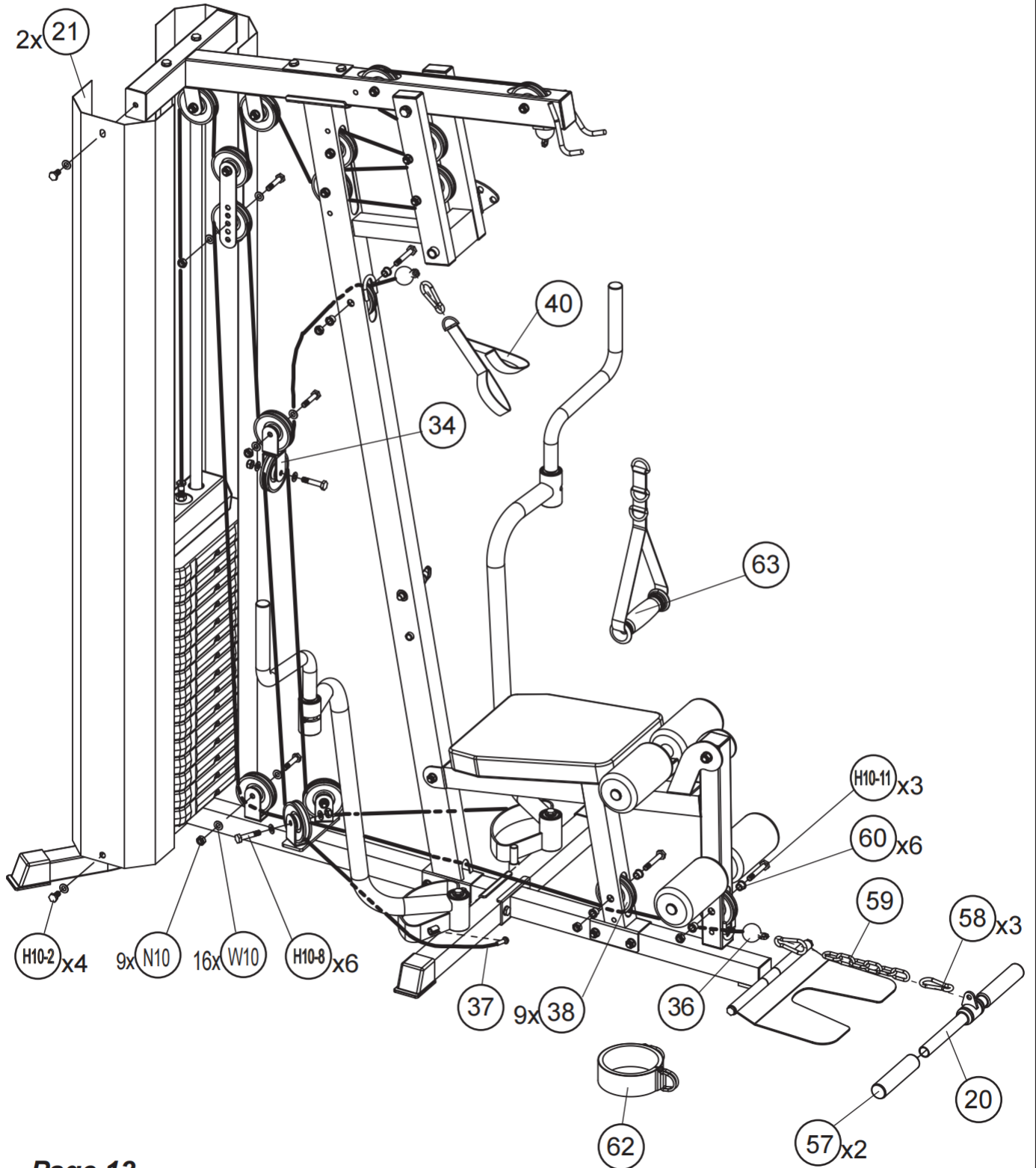
Assembly Instructions

Step 5-Parts & Hardware List

Part#	Discription	Qty	Remark
20	Low Row Bar	1	
21	Shield	2	
34	Pulley Bracket	1	
36	Low Row Cable	1	
37	Butterfly Cable	1	
38	Pulley	9	
40	Adominal Strap	1	
57	Handle Sleeve	2	Pre-assembled
58	Clip	3	
59	Chain	1	
60	Pulley Bushing	6	
62	Ankle Strap	1	
63	Strap Handle	1	
H10-2	M10x20 mm Hex Head Bolt	4	
H10-8	M10x50 mm Hex Head Bolt	6	
H10-11	M10x65 mm Hex Head Bolt	3	
W10	M10 Washe	16	
N10	M10 Nut	9	

Assembly Instructions

STEP 5



Assembly Instructions

Parts & Hardware List

Part#	Discription	Qty	Remark
1	Upright Frame	1	
2	Front Base Frame	1	
3	Front Cross Frame	1	
4	Rear Base Frame	1	
5	Rear Base Tube	1	
6	Guide Rod	2	
7	Top Frame	1	
8	Seat Pad Support	1	
9	Backrest Pad Support	1	
10	Press Arm Hanger	1	
11	Press Arm	1	
12	Right Handle	1	
13	Left Handle	1	
14	Right Butterfly Arm	1	
15	Left Butterfly Arm	1	
16	Leg Developer	1	
17	Foam Roller Tube	2	
18	Butterfly Handle	2	
19	Lat Bar	1	
20	Low Row Bar	1	
21	Shield	2	
22	Top Weight Plate	1	
23	Weight Plate Pin	1	
24	Weight Plate	14	
25	Weight Selector	1	
26	Backrest Pad	1	
27	Seat Pad	1	
28	Foam Roller	4	
29	Foot Platform	1	
30	Foot Platform Axle(L=327mm)	1	
31	Press Arm Axle(L=254mm)	1	
32	Press Arm Hanger Axle(L=172mm)	1	
33	Pulley Plate	2	
34	Pulley Bracket	1	
35	Lat Cable	1	
36	Low Row Cable	1	

Assembly Instructions

Parts & Hardware List

Part#	Discription	Qty	Remark
37	Butterfly Cable	1	
38	Pulley	18	
39	Seat Pad Adjust Support	1	
40	Adominal Strap	1	
41	Weight Plate Bumper	2	
42	Backrest Pop Pin	1	
43	F50x50mm Outer Cap	4	
44	Bumper	1	Pre-assembled
45	F50x70mm Inner Cap	1	Pre-assembled
46	F50x25mm Inner Cap	6	Pre-assembled
47	Seat Adjust Pop Pin	1	
48	Rubber Bumper Pad	1	Pre-assembled
49	F60x30mm Inner Cap	4	Pre-assembled
50	Press Arm Pop Pin	1	Pre-assembled
51	Butterfly Handle Sleeve	2	Pre-assembled
52	Bearing	8	Pre-assembled
53	Dia50mm Inner Cap	2	Pre-assembled
54	F50x50mm Inner Cap	2	Pre-assembled
55	Leg Developer Bushing	2	Pre-assembled
56	Dia 25mm Inner Cap	6	Pre-assembled
57	Handle Sleeve	4	Pre-assembled
58	Clip	5	
59	Chain	2	
60	Pulley Bushing	14	
61	Weight Plate Washer	1	Pre-assembled
62	Ankle Strap	1	
63	Strap Handle	1	

Assembly Instructions

Parts & Hardware List

Part#	Discription	Qty	Remark
C8-4	M8x30 mm Cheese Head Bole	2	
H8-7	M8x45 mm Hex Head Bolt	4	
H10-2	M10x20 mm Hex Head Bolt	20	
H10-8	M10x50 mm Hex Head Bolt	9	
H10-11	M10x65 mm Hex Head Bolt	7	
H10-13	M10x75 mm Hex Head Bolt	9	
H10-16	M10x90 mm Hex Head Bolt	3	
H10-33	M10x175 mm Hex Head Bolt	2	
H12-14	M12x80 mm Hex Head Bolt	1	
W8	M8 Washer	4	
W10	M10 Washer	62	
BW10	M10 Big Washer(Dia25mm)	4	
W12	M12 Washer	2	
N10	M10 Nut	30	
N12	M12 Nut	2	

Limited Warranty

We warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of **1 year FROM THE DATE OF ORIGINAL PURCHASE**. This Limited Warranty is not transferable and is available only for the original purchaser of the product. The company's obligation under this warranty is limited to replacing or repairing the product, at the discretion of the company.

This Limited Warranty is void if the product is:

Damaged through improper use, negligence, abuse, misuse, transportation damage, act of nature, or accident, include failure to follow the assembly and or operation instructions supplied with the product.

Used in commercial or rental applications.

Modified or repaired by anyone not authorized by the company.

This Limited Warranty does not cover expendable items including but not limited to: Batteries, light bulbs, fuses, accessories, and other items that experience wear as a result of normal use.