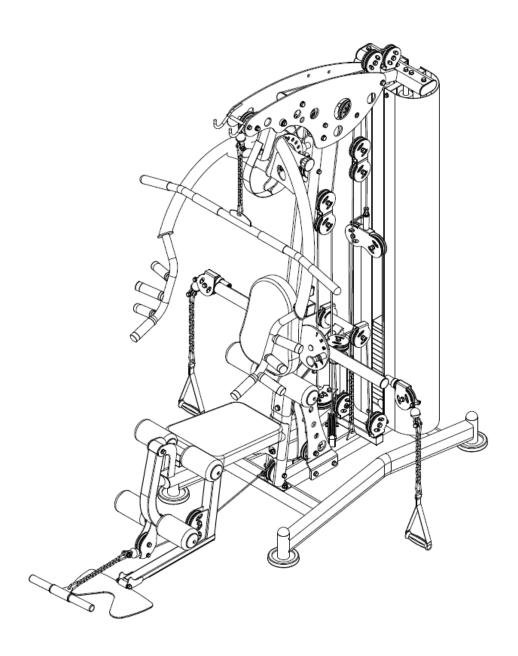


# USER MANUAL – EN IN 20770 Multi-Gym inSPORTline Profigym



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#### SAFETY INSTRUCTIONS

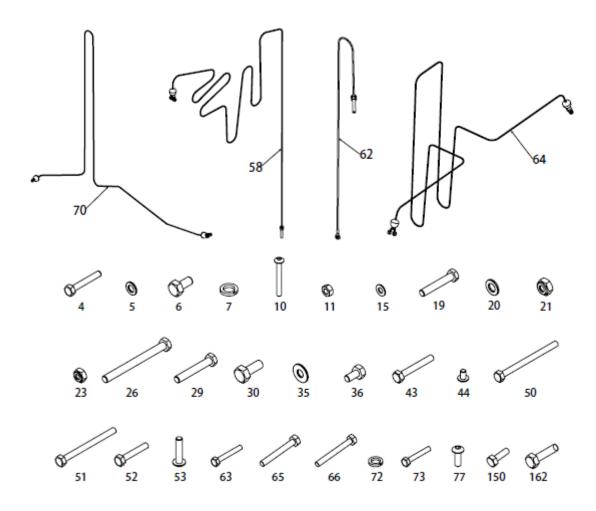
- Thank you for purchasing this product. Please read the manual carefully before starting the **assembly** and before using the product. Keep this manual for future reference. In case of doubt, contact a specialist **service**.
- Before **finishing** the **assembly**, check all parts for completeness and integrity. Use only original spare parts and accessories. Do not make unauthorized product modifications.
- Assembly can be only done by an adult. Check that the product is properly assembled and
  firm before use. The device must function properly to avoid injury to the user. If the device is
  not working properly, it shows signs of damage or wear, stop using it immediately. Damaged
  or worn parts must be replaced immediately.
- Ask your doctor for help before starting an exercise program.
- Keep the away from children and pets.
- Always do warm up exercise before starting your exercise program.
- Read and follow all instructions and warnings.
- Place the device on a flat, clean, dry surface. Keep a safe distance from another object's min 0.6 m.
- · Do not use outdoors.
- Do not modify the device.
- Check the if all bolts and nuts are tightened before each exercise. Do not use the product if it is damaged.
- Exercise reasonably and carefully, do not overextend your exercise. The movements must not be too steep to avoid injury to the user.
- Do not hold your breath during exercise.
- Exercise properly and adequately. High loads can lead to health complications.
- Keep clothing and body parts away from moving parts to prevent injury. Take appropriate sportswear including sports shoes.
- Take care of your health and initially choose a slower pace. The same is useful after a longer exercise break. Over time, you can work towards a more intense pace.
- Improper exercise or failure to observe safety precautions may result in serious injury or equipment damage. In case of doubt or uncertainty, contact a specialist service or dealer.
- Never exceed the stated weight limits.
- Pay attention to body signals. In case of negative physical reactions, immediately stop exercising and contact your doctor.
- Category: H for home use
- Max. user weight: 150 kg
- Max. stack weight: 90 kg

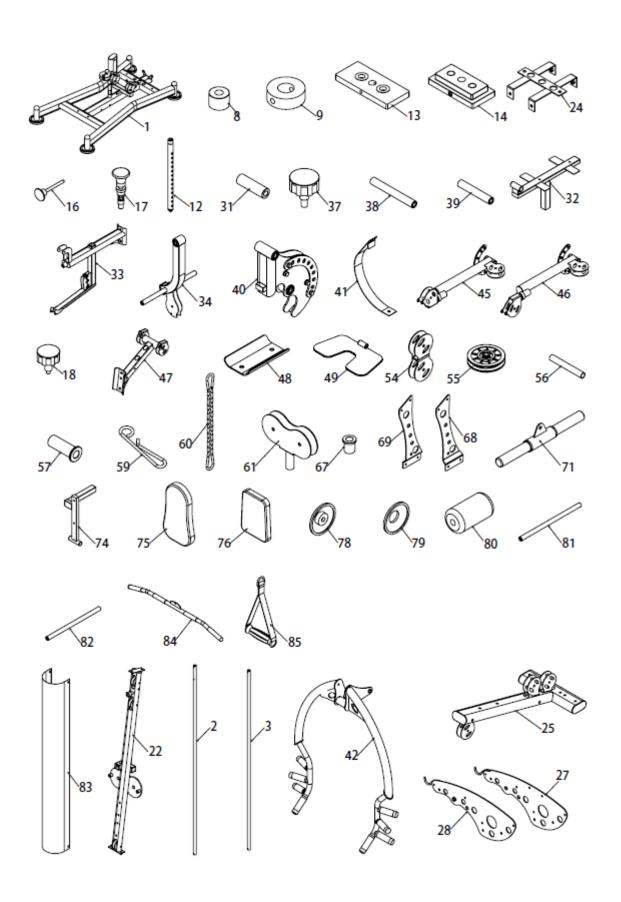
# **PARTS LIST**

No.	Name	Specification	Qty.
1	Base frame		1
2	Guide rod	ø25x1853	2
3	Back support rod	ø259x1757.5	2
4	Hexagon bolt	M0x65	6
5	Washer	ø10	78
6	Hexagon bolt	M10x20	8
7	Spring washer	ø10	14
8	Rubber washer	ø60xø26x42	2
9	Weight rubber washer	ø60xø26x20	2
10	Hexagon bolt	M8x70	2
11	Nut	M8	6
12	Weight select rod	92 kg	1
13	Weight	6 kg	14
14	Top weight	8 kg	1
15	Washer	ø8	26
16	Weight pin	ø10x100	1
17	Safety pin		2
18	Pin	ø10	2
19	Hexagon bolt	M12x70	4
20	Washer	ø12	23
21	Nut	M12	11
22	Front frame		1
23	Nut	M10	32
24	Weight cover		1
25	Top frame		1
26	Hexagon bolt	M12x130	3
27	Right frame		1
28	Left frame		1
29	Hexagon bolt	M12x75	4
30	Hexagon bolt	M10x25	2
31	Axis	ø17x57	1
32	Adjustable seat frame		1
33	Seat frame		1
34	Leg press		1
35	Big washer	ø25x10x2.0	6
	i .		

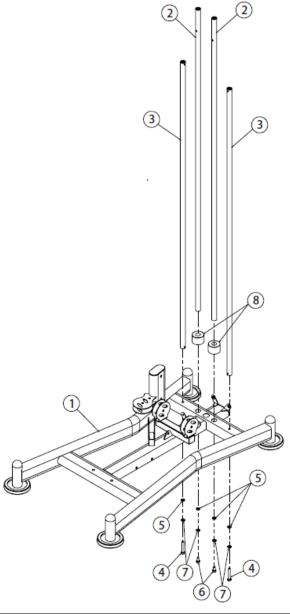
37         Pin         ø12         1           38         Shaft         ø17x134         1           40         Handle bracket         1           41         Safety cover         1           42         Handles         1           43         Hexagon bolt         M10x70         1           44         Hexagon bolt         M10x70         1           44         Hexagon bolt         M10x16         2           45         Right frame         1         1           46         Left frame         1         1           47         Support frame         1         1           48         Reinforcing plate         1         1           49         Footplate         1         1           50         Hexagon bolt         M10x130         6           51         Hexagon bolt         M10x130         6           51         Hexagon bolt         M10x45         19           52         Hexagon bolt         M10x45         19           53         Hexagon bolt         M10x45         1           54         Pulley frame         2         2           55	36	Hexagon bolt	M8x16	9
39         Shaft         e17x100         1           40         Handle bracket         1           41         Safety cover         1           42         Handles         1           43         Hexagon bolt         M10x70         1           44         Hexagon bolt         M10x16         2           45         Right frame         1         1           46         Left frame         1         1           47         Support frame         1         1           48         Reinforcing plate         1         1           49         Footplate         1         1           50         Hexagon bolt         M10x130         6         1           51         Hexagon bolt         M10x15         2         2           52         Hexagon bolt         M10x45         19         1           53         Hexagon bolt         M10x45         19         1           54         Pulley frame         2         2         2           55         Pulley         e95x26         27         2           56         Connection plate         e14x100         1         1	37	Pin	ø12	1
Handle bracket	38	Shaft	ø17x134	1
41       Safety cover       1         42       Handles       1         43       Hexagon bolt       M10x70       1         44       Hexagon bolt       M10x16       2         45       Right frame       1       1         46       Left frame       1       1         47       Support frame       1       1         48       Reinforcing plate       1       1         49       Footplate       1       1         50       Hexagon bolt       M10x130       6         51       Hexagon bolt       M10x115       2         52       Hexagon bolt       M10x45       19         53       Hexagon bolt       M10x45       1         54       Pulley frame       2       2         55       Pulley frame       2       2         55       Pulley       ø95x26       27         56       Connection plate       ø14x100       1         57       Pulley spacer       ø22x ø10.5x45.5       4         58       Cable       4540 mm       1         59       Cable hook       1       1         60       9	39	Shaft	ø17x100	1
42       Handles       1         43       Hexagon bolt       M10x70       1         44       Hexagon bolt       M10x16       2         45       Right frame       1         46       Left frame       1         47       Support frame       1         48       Reinforcing plate       1         49       Footplate       1         50       Hexagon bolt       M10x130       6         51       Hexagon bolt       M10x415       2         52       Hexagon bolt       M10x45       19         53       Hexagon bolt       M10x45       1         54       Pulley frame       2       2         55       Pulley frame       2       2         56       Connection plate       ø14x100       1         57       Pulley spacer       ø22x ø10.5x45.5       4         58       Cable       4540 mm       1         59       Cable hook       1       1         60       9 link chain + hook       5         61       Double pulley plate       1         62       Middle cable       1500 mm       1         63	40	Handle bracket		1
43         Hexagon bolt         M10x70         1           44         Hexagon bolt         M10x16         2           45         Right frame         1           46         Left frame         1           47         Support frame         1           48         Reinforcing plate         1           49         Footplate         1           50         Hexagon bolt         M10x130         6           51         Hexagon bolt         M10x115         2           52         Hexagon bolt         M10x45         19           53         Hexagon bolt         M10x45         1           54         Pulley frame         2         2           55         Pulley frame         2         2           55         Pulley frame         2         27           56         Connection plate         Ø14x100         1           57         Pulley spacer         Ø25x26         27           58         Cable         4540 mm         1           59         Cable hook         1         1           60         9 link chain + hook         5         5           61         Double pul	41	Safety cover		1
44         Hexagon bolt         M10x16         2           45         Right frame         1           46         Left frame         1           47         Support frame         1           48         Reinforcing plate         1           49         Footplate         1           50         Hexagon bolt         M10x130         6           51         Hexagon bolt         M10x45         19           52         Hexagon bolt         M10x45         19           53         Hexagon bolt         M10x45         1           54         Pulley frame         2         2           55         Pulley frame         2         2         27           56         Connection plate         ø14x100         1         1           57         Pulley spacer         ø22x ø10.5x45.5         4         4           58         Cable         4540 mm         1         1           59         Cable hook         1         1         1           60         9 link chain + hook         5         5           61         Double pulley plate         1         1           62         Middle cable	42	Handles		1
45         Right frame         1           46         Left frame         1           47         Support frame         1           48         Reinforcing plate         1           49         Footplate         1           50         Hexagon bolt         M10x130         6           51         Hexagon bolt         M10x45         19           53         Hexagon bolt         M10x45         1           54         Pulley frame         2         2           55         Pulley         ø95x26         27           56         Connection plate         ø14x100         1           57         Pulley spacer         ø22x ø10.5x45.5         4           58         Cable         4540 mm         1           59         Cable hook         1         1           60         9 link chain + hook         5         5           61         Double pulley plate         1         1           62         Middle cable         1500 mm         1           63         Hexagon bolt         M8x45         4           64         Cable         5375 mm         1           65         Hex	43	Hexagon bolt	M10x70	1
46         Left frame         1           47         Support frame         1           48         Reinforcing plate         1           49         Footplate         1           50         Hexagon bolt         M10x130         6           51         Hexagon bolt         M10x45         19           53         Hexagon bolt         M10x45         1           54         Pulley frame         2         2           55         Pulley         ø95x26         27           56         Connection plate         ø14x100         1           57         Pulley spacer         ø22x ø10.5x45.5         4           58         Cable         4540 mm         1           59         Cable hook         1         1           60         9 link chain + hook         5         5           61         Double pulley plate         1         1           62         Middle cable         1500 mm         1           63         Hexagon bolt         M8x45         4           64         Cable         5375 mm         1           65         Hexagon bolt         M10x75         2 <t< td=""><td>44</td><td>Hexagon bolt</td><td>M10x16</td><td>2</td></t<>	44	Hexagon bolt	M10x16	2
47       Support frame       1         48       Reinforcing plate       1         49       Footplate       1         50       Hexagon bolt       M10x130       6         51       Hexagon bolt       M10x15       2         52       Hexagon bolt       M10x45       19         53       Hexagon bolt       M10x45       1         54       Pulley frame       2         55       Pulley       Ø95x26       27         56       Connection plate       Ø14x100       1         57       Pulley spacer       Ø22x Ø10.5x45.5       4         58       Cable       4540 mm       1         59       Cable hook       1       1         60       9 link chain + hook       5       5         61       Double pulley plate       1       1         62       Middle cable       1500 mm       1         63       Hexagon bolt       M8x45       4         64       Cable       5375 mm       1         65       Hexagon bolt       M10x75       2         66       Hexagon bolt       M10x85       1         67       Sleev	45	Right frame		1
48         Reinforcing plate         1           49         Footplate         1           50         Hexagon bolt         M10x130         6           51         Hexagon bolt         M10x115         2           52         Hexagon bolt         M10x45         19           53         Hexagon bolt         M10x45         1           54         Pulley frame         2           55         Pulley         ø95x26         27           56         Connection plate         ø14x100         1           57         Pulley spacer         ø22x ø10.5x45.5         4           58         Cable         4540 mm         1           59         Cable hook         1         1           60         9 link chain + hook         5         5           61         Double pulley plate         1         1           62         Middle cable         1500 mm         1           63         Hexagon bolt         M8x45         4           64         Cable         5375 mm         1           65         Hexagon bolt         M10x75         2           66         Hexagon bolt         M10x85         1 <td>46</td> <td>Left frame</td> <td></td> <td>1</td>	46	Left frame		1
49   Footplate	47	Support frame		1
50         Hexagon bolt         M10x130         6           51         Hexagon bolt         M10x115         2           52         Hexagon bolt         M10x45         19           53         Hexagon bolt         M10x45         1           54         Pulley frame         2         2           55         Pulley         ø95x26         27           56         Connection plate         ø14x100         1           57         Pulley spacer         ø22x ø10.5x45.5         4           58         Cable         4540 mm         1           59         Cable hook         1         1           60         9 link chain + hook         5         5           61         Double pulley plate         1         1           62         Middle cable         1500 mm         1           63         Hexagon bolt         M8x45         4           64         Cable         5375 mm         1           65         Hexagon bolt         M10x75         2           66         Hexagon bolt         M10x85         1           67         Sleeve         ø10         2           68         Lef	48	Reinforcing plate		1
51         Hexagon bolt         M10x115         2           52         Hexagon bolt         M10x45         19           53         Hexagon bolt         M10x45         1           54         Pulley frame         2           55         Pulley         ø95x26         27           56         Connection plate         ø14x100         1           57         Pulley spacer         ø22x ø10.5x45.5         4           58         Cable         4540 mm         1           59         Cable hook         1         1           60         9 link chain + hook         5         5           61         Double pulley plate         1         1           62         Middle cable         1500 mm         1           63         Hexagon bolt         M8x45         4           64         Cable         5375 mm         1           65         Hexagon bolt         M10x75         2           66         Hexagon bolt         M10x85         1           67         Sleeve         ø10         2           68         Left support frame         1           70         Cable         3365 mm	49	Footplate		1
52         Hexagon bolt         M10x45         19           53         Hexagon bolt         M10x45         1           54         Pulley frame         2           55         Pulley         Ø95x26         27           56         Connection plate         Ø14x100         1           57         Pulley spacer         Ø22x Ø10.5x45.5         4           58         Cable         4540 mm         1           59         Cable hook         1         1           60         9 link chain + hook         5         5           61         Double pulley plate         1         1           62         Middle cable         1500 mm         1           63         Hexagon bolt         M8x45         4           64         Cable         5375 mm         1           65         Hexagon bolt         M10x75         2           66         Hexagon bolt         M10x85         1           67         Sleeve         Ø10         2           68         Left support frame         1           69         Right support frame         1           70         Cable         3365 mm         1	50	Hexagon bolt	M10x130	6
53         Hexagon bolt         M10x45         1           54         Pulley frame         2           55         Pulley         Ø95x26         27           56         Connection plate         Ø14x100         1           57         Pulley spacer         Ø22x Ø10.5x45.5         4           58         Cable         4540 mm         1           59         Cable hook         1         1           60         9 link chain + hook         5         5           61         Double pulley plate         1         1           62         Middle cable         1500 mm         1           63         Hexagon bolt         M8x45         4           64         Cable         5375 mm         1           65         Hexagon bolt         M10x75         2           66         Hexagon bolt         M10x85         1           67         Sleeve         Ø10         2           68         Left support frame         1           70         Cable         3365 mm         1           71         Short bar         1           72         Spring washer         Ø8         12 <td>51</td> <td>Hexagon bolt</td> <td>M10x115</td> <td>2</td>	51	Hexagon bolt	M10x115	2
54         Pulley         ø95x26         27           55         Pulley         ø95x26         27           56         Connection plate         ø14x100         1           57         Pulley spacer         ø22x ø10.5x45.5         4           58         Cable         4540 mm         1           59         Cable hook         1         1           60         9 link chain + hook         5         5           61         Double pulley plate         1         1           62         Middle cable         1500 mm         1           63         Hexagon bolt         M8x45         4           64         Cable         5375 mm         1           65         Hexagon bolt         M10x75         2           66         Hexagon bolt         M10x85         1           67         Sleeve         ø10         2           68         Left support frame         1           69         Right support frame         1           70         Cable         3365 mm         1           71         Short bar         1           72         Spring washer         ø8         12 <td>52</td> <td>Hexagon bolt</td> <td>M10x45</td> <td>19</td>	52	Hexagon bolt	M10x45	19
55         Pulley         ø95x26         27           56         Connection plate         ø14x100         1           57         Pulley spacer         ø22x ø10.5x45.5         4           58         Cable         4540 mm         1           59         Cable hook         1         1           60         9 link chain + hook         5         5           61         Double pulley plate         1         1           62         Middle cable         1500 mm         1           63         Hexagon bolt         M8x45         4           64         Cable         5375 mm         1           65         Hexagon bolt         M10x75         2           66         Hexagon bolt         M10x85         1           67         Sleeve         ø10         2           68         Left support frame         1         1           69         Right support frame         1         1           70         Cable         3365 mm         1           71         Short bar         1         2           72         Spring washer         ø8         12	53	Hexagon bolt	M10x45	1
56         Connection plate         Ø14x100         1           57         Pulley spacer         Ø22x Ø10.5x45.5         4           58         Cable         4540 mm         1           59         Cable hook         1         1           60         9 link chain + hook         5         5           61         Double pulley plate         1         1           62         Middle cable         1500 mm         1           63         Hexagon bolt         M8x45         4           64         Cable         5375 mm         1           65         Hexagon bolt         M10x75         2           66         Hexagon bolt         M10x85         1           67         Sleeve         Ø10         2           68         Left support frame         1         1           70         Cable         3365 mm         1           71         Short bar         1         1           72         Spring washer         Ø8         12	54	Pulley frame		2
57         Pulley spacer         Ø22x Ø10.5x45.5         4           58         Cable         4540 mm         1           59         Cable hook         1           60         9 link chain + hook         5           61         Double pulley plate         1           62         Middle cable         1500 mm         1           63         Hexagon bolt         M8x45         4           64         Cable         5375 mm         1           65         Hexagon bolt         M10x75         2           66         Hexagon bolt         M10x85         1           67         Sleeve         Ø10         2           68         Left support frame         1           70         Cable         3365 mm         1           71         Short bar         1           72         Spring washer         Ø8         12	55	Pulley	ø95x26	27
58         Cable         4540 mm         1           59         Cable hook         1           60         9 link chain + hook         5           61         Double pulley plate         1           62         Middle cable         1500 mm         1           63         Hexagon bolt         M8x45         4           64         Cable         5375 mm         1           65         Hexagon bolt         M10x75         2           66         Hexagon bolt         M10x85         1           67         Sleeve         Ø10         2           68         Left support frame         1           69         Right support frame         1           70         Cable         3365 mm         1           71         Short bar         1           72         Spring washer         Ø8         12	56	Connection plate	ø14x100	1
59       Cable hook       1         60       9 link chain + hook       5         61       Double pulley plate       1         62       Middle cable       1500 mm       1         63       Hexagon bolt       M8x45       4         64       Cable       5375 mm       1         65       Hexagon bolt       M10x75       2         66       Hexagon bolt       M10x85       1         67       Sleeve       Ø10       2         68       Left support frame       1         69       Right support frame       1         70       Cable       3365 mm       1         71       Short bar       1         72       Spring washer       Ø8       12	57	Pulley spacer	ø22x ø10.5x45.5	4
60       9 link chain + hook       5         61       Double pulley plate       1         62       Middle cable       1500 mm       1         63       Hexagon bolt       M8x45       4         64       Cable       5375 mm       1         65       Hexagon bolt       M10x75       2         66       Hexagon bolt       M10x85       1         67       Sleeve       Ø10       2         68       Left support frame       1         69       Right support frame       1         70       Cable       3365 mm       1         71       Short bar       1         72       Spring washer       Ø8       12	58	Cable	4540 mm	1
61       Double pulley plate       1         62       Middle cable       1500 mm       1         63       Hexagon bolt       M8x45       4         64       Cable       5375 mm       1         65       Hexagon bolt       M10x75       2         66       Hexagon bolt       M10x85       1         67       Sleeve       Ø10       2         68       Left support frame       1         69       Right support frame       1         70       Cable       3365 mm       1         71       Short bar       1         72       Spring washer       Ø8       12	59	Cable hook		1
62       Middle cable       1500 mm       1         63       Hexagon bolt       M8x45       4         64       Cable       5375 mm       1         65       Hexagon bolt       M10x75       2         66       Hexagon bolt       M10x85       1         67       Sleeve       Ø10       2         68       Left support frame       1         69       Right support frame       1         70       Cable       3365 mm       1         71       Short bar       1         72       Spring washer       Ø8       12	60	9 link chain + hook		5
63       Hexagon bolt       M8x45       4         64       Cable       5375 mm       1         65       Hexagon bolt       M10x75       2         66       Hexagon bolt       M10x85       1         67       Sleeve       Ø10       2         68       Left support frame       1         69       Right support frame       1         70       Cable       3365 mm       1         71       Short bar       1         72       Spring washer       Ø8       12	61	Double pulley plate		1
64       Cable       5375 mm       1         65       Hexagon bolt       M10x75       2         66       Hexagon bolt       M10x85       1         67       Sleeve       Ø10       2         68       Left support frame       1         69       Right support frame       1         70       Cable       3365 mm       1         71       Short bar       1         72       Spring washer       Ø8       12	62	Middle cable	1500 mm	1
65       Hexagon bolt       M10x75       2         66       Hexagon bolt       M10x85       1         67       Sleeve       Ø10       2         68       Left support frame       1         69       Right support frame       1         70       Cable       3365 mm       1         71       Short bar       1         72       Spring washer       Ø8       12	63	Hexagon bolt	M8x45	4
66       Hexagon bolt       M10x85       1         67       Sleeve       Ø10       2         68       Left support frame       1         69       Right support frame       1         70       Cable       3365 mm       1         71       Short bar       1         72       Spring washer       Ø8       12	64	Cable	5375 mm	1
67       Sleeve       Ø10       2         68       Left support frame       1         69       Right support frame       1         70       Cable       3365 mm       1         71       Short bar       1         72       Spring washer       Ø8       12	65	Hexagon bolt	M10x75	2
68         Left support frame         1           69         Right support frame         1           70         Cable         3365 mm         1           71         Short bar         1           72         Spring washer         Ø8         12	66	Hexagon bolt	M10x85	1
69       Right support frame       1         70       Cable       3365 mm       1         71       Short bar       1         72       Spring washer       Ø8       12	67	Sleeve	ø10	2
70       Cable       3365 mm       1         71       Short bar       1         72       Spring washer       Ø8       12	68	Left support frame		1
71         Short bar         1           72         Spring washer         Ø8         12	69	Right support frame		1
72 Spring washer ø8 12	70	Cable	3365 mm	1
	71	Short bar		1
73 Hexagon bolt M8x40 4	72	Spring washer	ø8	12
	73	Hexagon bolt	M8x40	4

74	Backrest adjustable frame		1
75	Backrest		1
76	Seat		1
77	Hexagon bolt	M8x25	6
78	Cover		6
79	Cover		6
80	Foam roller	ø10x75	6
81	Foam roller bar	ø25x480	1
82	Foam roller bar	ø25x450	1
83	Cover		2
84	Long bar		1
85	Handle		2
150	Hexagon bolt	M8x25	1
162	Hexagon bolt	M10x40	2





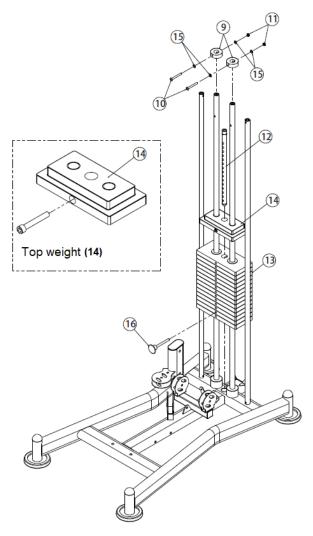
# **ASSEMBLY**



No.	Name	Specification	Qty.
1	Base frame		1
2	Guide rod	ø25x1853	2
3	Back support rod	ø259x1757.5	2
4	Hexagon bolt	M0x65	2
5	Washer	ø10	4
6	Hexagon bolt	M10x20	2
7	Spring washer	ø10	4
8	Rubber washer	ø60xø26x42	2

Attach the back support rod (3) to the base (1) using the bolt (4), washers (7 and 5). Attach the guide rod (2) to the base (1) with the screw (6) and washers (7 and 5). Place the rubber washer (8) on the guide rod (2).

#### STEP 2

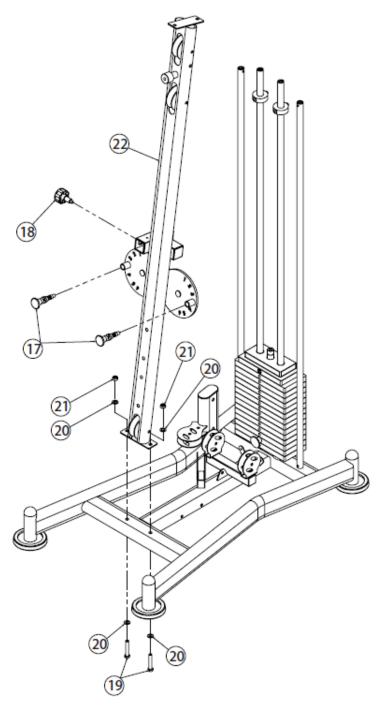


No.	Name	Specification	Qty.
9	Weight rubber washer	ø60xø26x20	2
10	Hexagon bolt	M8x70	2
11	Nut	M8	2
12	Weight select rod	92 kg	1
13	Weight	6 kg	14
14	Top weight	8 kg	1
15	Washer	ø8	4
16	Weight pin	ø10x100	1

Slide the weights (13) on the guide rods and then the top weight (14).

Remove the bolt from the top weight (14) and insert the Weight select rod (12) into the center of the weight. Then re-attach the bolt to the weight select rod.

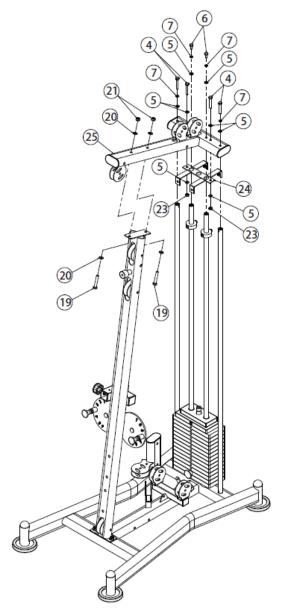
Attach the rubber washer (9) to the top of the guide rod using the bolt (10), washers (15) and nut (11). Use the weight selection pin (16) to set the desired load.



No.	Name	Specification	Qty.
17	Safety pin		2
18	Pin	ø10	1
19	Hexagon bolt	M12x70	2
20	Washer	ø12	4

21	Nut	M12	2
22	Front frame		1

Attach the front frame (22) to the base (1) with the bolt (19), washer (20) and nut (21). Insert the pin (17) into the front frame (22). Insert the pin (18) into the front frame (22).



No.	Name	Specification	Qty.
4	Hexagon bolt	M0x65	4
5	Washer	ø10	8
6	Hexagon bolt	M10x20	2
7	Spring washer	ø10	4

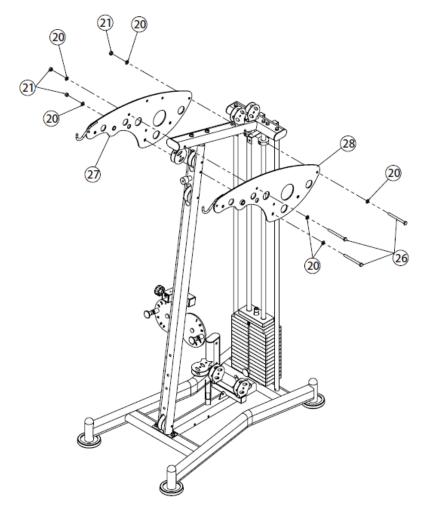
19	Hexagon bolt	M12x70	2
20	Washer	ø12	4
21	Nut	M12	2
23	Nut	M10	2
24	Weight cover		1
25	Top frame		1

Slide the weight cover (24) onto the guide rod.

Attach the top frame (25) to the guide rod with the bolt (19), washer (7 and 5).

Attach the top frame (25) to the front frame using the bolt (19), washer (7 and 5).

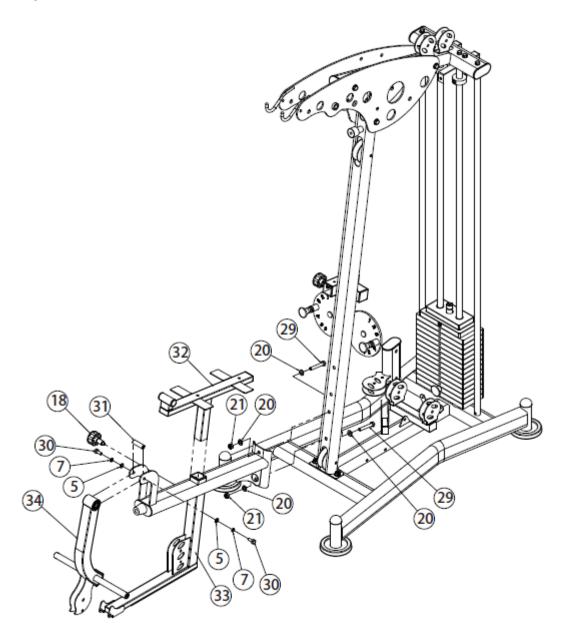
Attach the weight cover (24) to the upper frame (14) with the bolt (4), washer (5) and nut (23).



No.	Name	Specification	Qty.
20	Washer	ø12	6
21	Nut	M12	3
26	Hexagon bolt	M12x130	3
27	Right frame		1

28	Left frame	1
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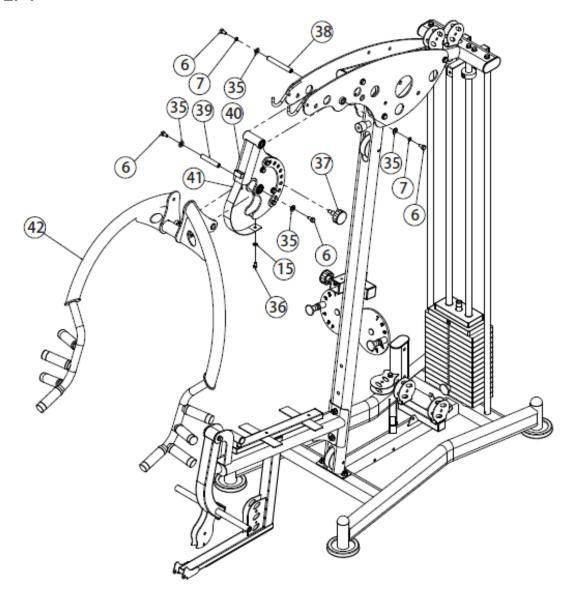
Attach the right and left frame (27/28) to the frame with the bolt (26), washer (20) and nut (21).



No.	Name	Specification	Qty.
5	Washer	ø10	2
7	Spring washer	ø10	2
18	Pin	ø10	1
20	Washer	ø12	4
21	Nut	M12	2
30	Hexagon bolt	M10x25	2
31	Axis	ø17x57	1

32	Adjustable seat frame	1
33	Seat frame	1
34	Leg press	1

Attach the seat frame (33) to the front frame using the bolt (29), washer (20) and nut (21). Attach the leg press frame (34) to the seat frame (33) using the bolt (30) axis (31), washer (7 and 5). Attach the adjustable seat frame (32) to the seat frame (33) using the pin (18).



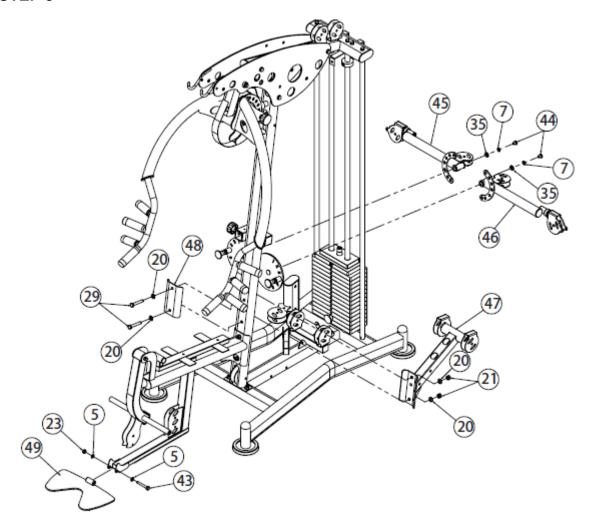
No.	Name	Specification	Qty.
6	Hexagon bolt	M10x20	4
7	Spring washer	ø10	2
15	Washer	ø8	1
35	Big washer	ø25x10x2.0	4

36	Hexagon bolt	M8x16	1
37	Pin	ø12	1
38	Shaft	ø17x134	1
39	Shaft	ø17x100	1
40	Handle bracket		1
41	Safety cover		1
42	Handles		1

Attach the handle bracket (40) to the left and right frame using the shaft (38), bolt (6), washer (7 and 35).

Attach the handles (42) to the handle bracket (40) with the shaft (39), bolt (6), washer (35) and pin (37).

Attach the cover (41) to the handle bracket (40) with the screw (36) and washer (15).



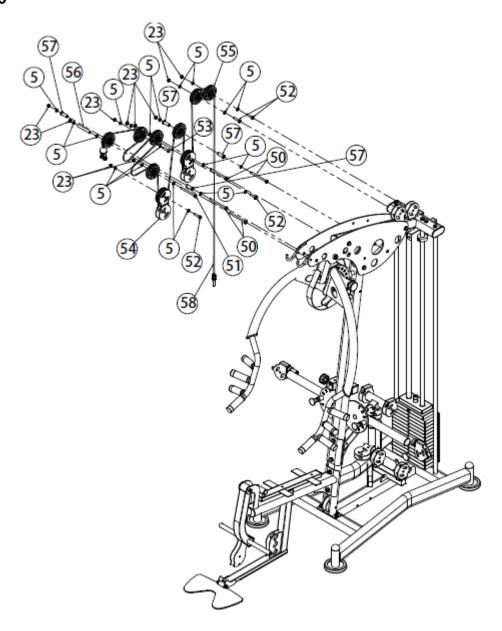
No.	Name	Specification	Qty.
5	Washer	ø10	2
7	Spring washer	ø10	2

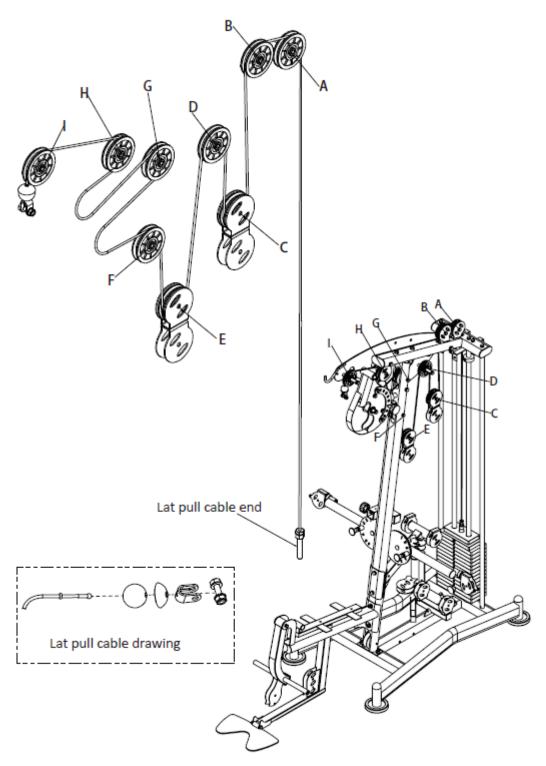
20	Washer	ø12	2
21	Nut	M12	4
23	Nut	M10	1
29	Hexagon bolt	M12x75	2
35	Big washer	ø25x10x2.0	2
43	Hexagon bolt	M10x70	1
44	Hexagon bolt	M10x16	2
45	Right frame		1
46	Left frame		1
47	Support frame		1
48	Reinforcing plate		1
49	Footplate		1

Attach the left and right frame (46 and 45) to the front frame using the bolt (44), washer (7 and 35).

Attach the pulley support frame (47) to the front frame with the bolt (29), washer (20), nut (21) and plate (48).

Attach the footrest (49) to the seat frame with the bolt (43), washer (5) and nut (23).





No.	Name	Specification	Qty.
5	Washer	ø10	20
23	Nut	M10	23
50	Hexagon bolt	M10x130	4
51	Hexagon bolt	M10x115	1
52	Hexagon bolt	M10x45	4
53	Hexagon bolt	M10x45	1

54	Pulley frame		2
55	Pulley	ø95x26	9
56	Connection plate	ø14x100	1
57	Pulley spacer	ø22x ø10.5x45.5	4
58	Cable	4540 mm	1

Attach the 4 pulleys (55) to points A, B, C, E with screws (52), washers (5) and nuts (23).

Attach 2 pulleys (55) to points I, D with screws (50), spacers (57), washers (5) and nuts (23).

Attach the pulleys (55) to the G point using the bolt (50), washer (5) and nut (23).

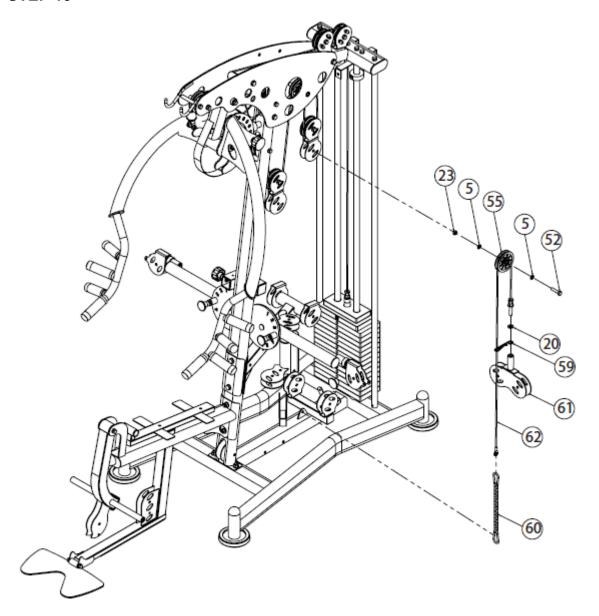
Attach the pulleys (55) to the H point using the bolt (63), washer (5) and nut (23).

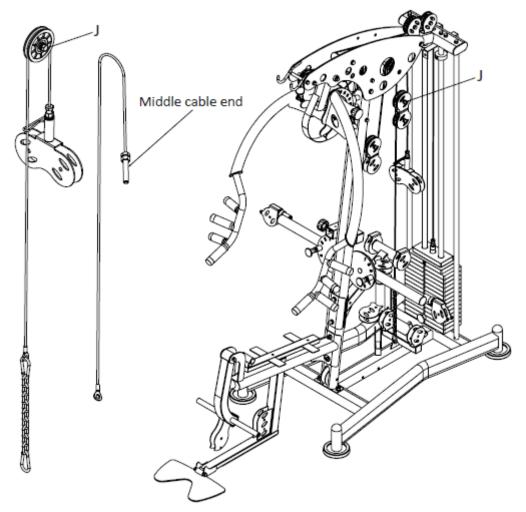
Attach the pulleys (55) to point F with the bolt (51), washer (5) and nut (23).

Attach the pulleys (50) the junction plate (56), washer (5), nut (23) to the left and right frame near point I.

Remove the cable end (58).

Attach the cable (58) to the weight selection rod, then pass through points A, B, C, D, E, F, G, H, I, and reinstall the cable end.





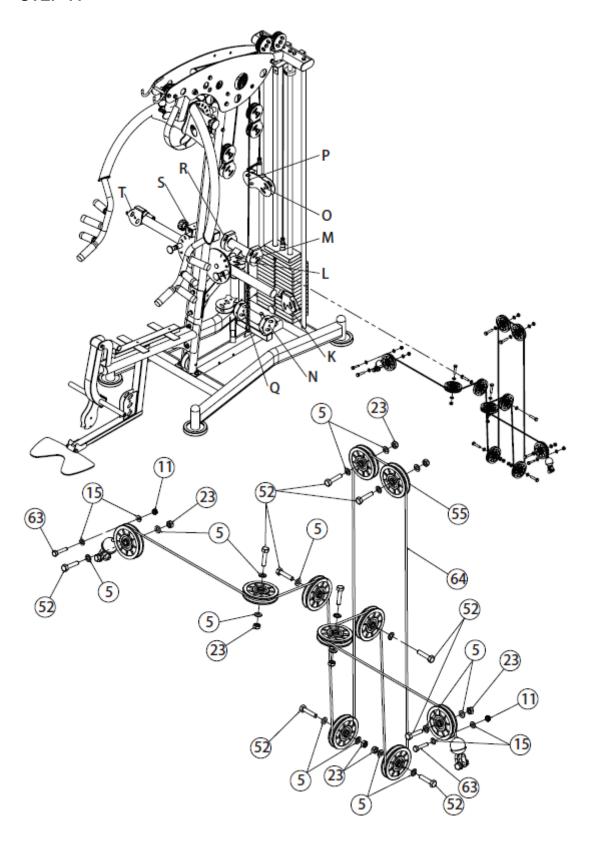
No.	Name	Specification	Qty.
5	Washer	ø10	2
20	Washer	ø12	1
23	Nut	M10	1
52	Hexagon bolt	M10x45	1
55	Pulley	ø95x26	1
59	Cable hook		1
60	9 link chain + hook		1
61	Double pulley plate		1
62	Middle cable	1500 mm	1

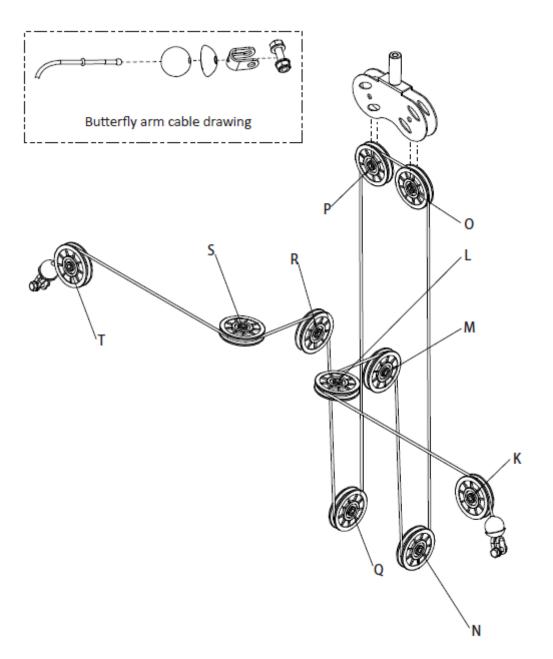
Connect the chain (60) with the middle cable (62) and then to the base.

Pass the cable through the washer (20), the cable hook (59) and connect it to the double pulley plate (61).

Attach the roller (55) to point J using the bolt (52), washer (5) and nut (23). Route the cable (62) through the roller (55).

Hook the cable hook (59) into the cable (62).





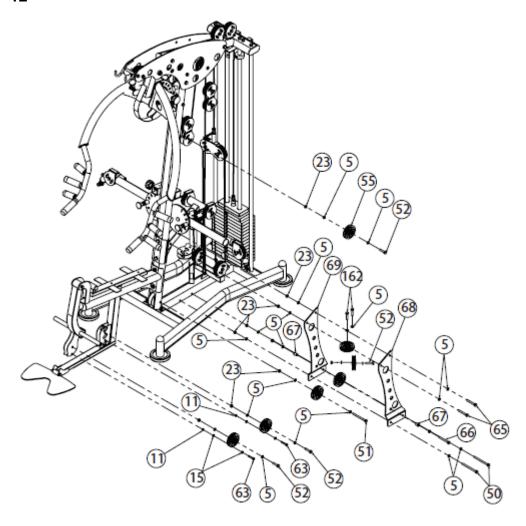
No.	Name	Specification	Qty.
5	Washer	ø10	18
11	Nut	M8	2
15	Washer	ø8	4
23	Nut	M10	8
52	Hexagon bolt	M10x45	10
55	Pulley	ø95x26	10
63	Hexagon bolt	M8x45	3
64	Cable	5375 mm	1

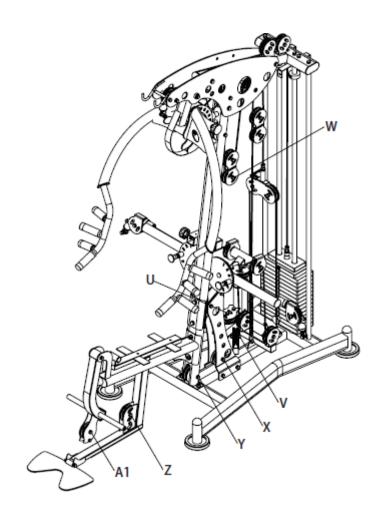
Attach the 8 pulleys (55) to the points K, L, N, O, P, Q, R, S, T using the bolts (52), washers (5) and nuts (23).

Attach the 2 pulleys (55) to the M, R points using the screws (52) and washers (5).

Remove the cable end (64) and pass from P through L, M, N, O, P, Q, R, S, T, and then retighten the terminal.

Attach the bolt (63), washer (15) and nut (11) near K, T.





No.	Name	Specification	Qty.
5	Washer	ø10	22
11	Nut	M8	2
15	Washer	ø8	4
23	Nut	M10	10
50	Hexagon bolt	M10x130	2
51	Hexagon bolt	M10x115	1
52	Hexagon bolt	M10x45	4
55	Pulley	ø95x26	7
63	Hexagon bolt	M8x45	2
65	Hexagon bolt	M10x75	2
66	Hexagon bolt	M10x85	1
67	Sleeve	ø10	2
68	Left support frame		1
69	Right support frame		1
162	Hexagon bolt	M10x40	2

Attach the left and right support frames (68 and 69) to the base with bolts (50 and 65), washers (5) and nuts (23).

Attach the 4 pulleys to V, W, Z, A1 using the bolt (52), washer (5) and nut (23).

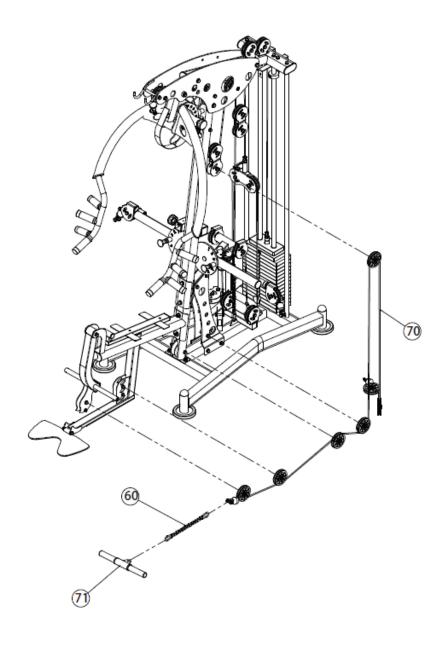
Attach the pulley (55) to the Y point using the bolt (51), washer (5) and nut (23).

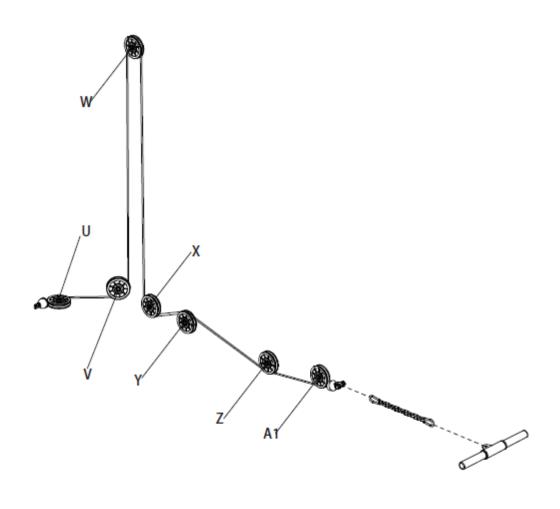
Attach the pulley (55) to the X point using the bolt (66), washer (5), distributor (67) and nut (23).

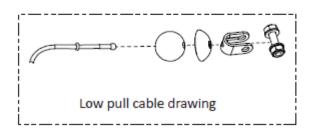
Attach the pulley (55) to the U point using the bolt (162) and the washer (5).

Attach the bolt (162) and washer (15) near the U point.

Fasten the bolt (63), washer (15), and nut (11) near points A1, Z.







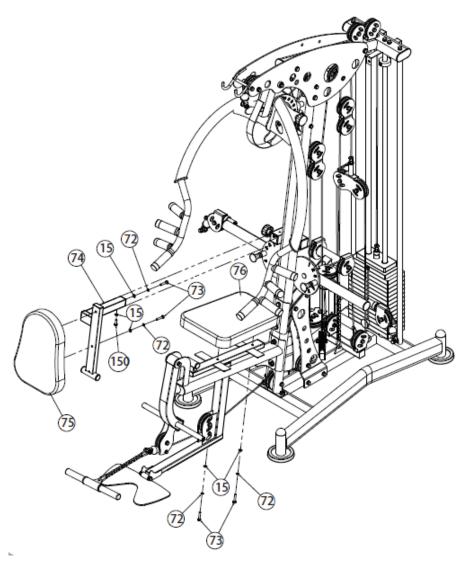
No.	Name	Specification	Qty.
60	9 link chain + hook		1
70	Cable	3365 mm	1
71	Short bar		1

Remove the cable end (70).

Route the cable (70) from the U point through the V, W, X, Y, Z, A1 points and then reattach the cable terminal.

Connect the chain (60) with the cable (70) and the rod (71).

## **STEP 14**



No.	Name	Specification	Qty.
15	Washer	ø8	5
72	Spring washer	ø8	4
73	Hexagon bolt	M8x40	4
74	Backrest adjustable frame		1
75	Backrest		1
76	Seat		1
150	Hexagon bolt	M8x25	1

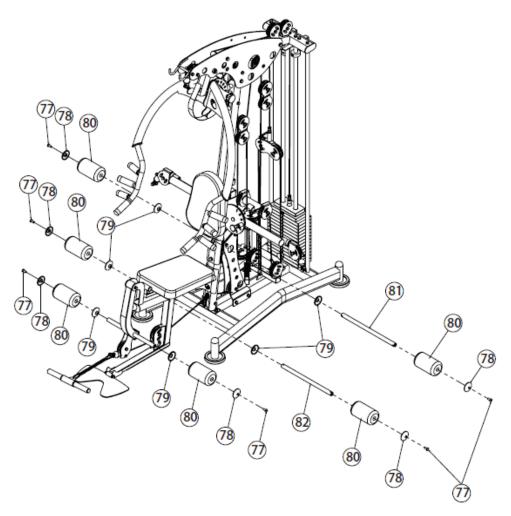
Attach the seat (76) to the frame with the bolt (73), washer (72 and 15).

Attach the backrest (75) to the frame (74) with the screws (73), washers (72 and 15).

Attach the backrest adjustable frame (74) to the front frame using a pin.

Attach the backrest adjustable frame (74) with the bolt (150) and washer (15).

**STEP 15** 



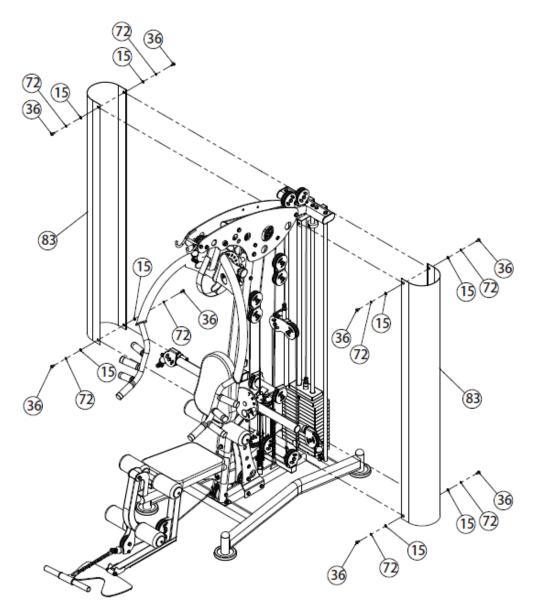
No.	Name	Specification	Qty.
77	Hexagon bolt	M8x25	6
78	Cover		6
79	Cover		6
80	Foam roller	ø10x75	6
81	Foam roller bar	ø25x480	1
82	Foam roller bar	ø25x450	1

Attach the foam roller bar (81) to the rear frame and then attach the cap (79) to the rod, a foam cylinder (80), an end piece (78) and a bolt (77).

Attach the foam roller bar (85) to the seat frame and then attach the cap (79) to the rod, a foam cylinder (80), an end piece (78) and a bolt (77).

Attach the cover (79) to the leg press, a foam cylinder (80), an end piece (78) and a bolt (77).

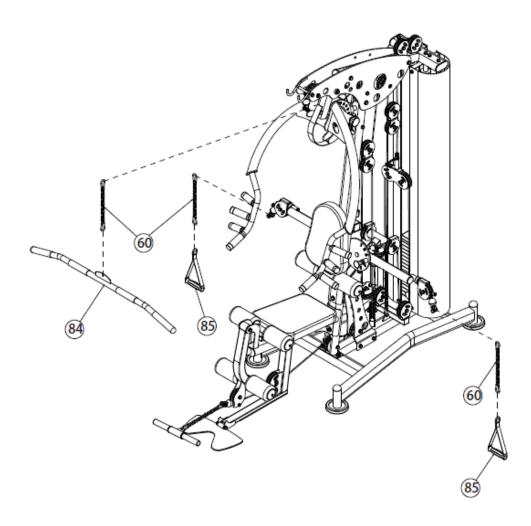
STEP 16



No.	Name	Specification	Qty.
15	Washer	ø8	8
36	Hexagon bolt	M8x16	8
72	Spring washer	ø8	8
83	Cover		2

Attach the cover (83) with the bolt (36), washer (72 and 15).

#### **STEP 17**



No.	Name	Specification	Qty.
60	9 link chain + hook		3
84	Long bar		1
85	Handle		2

Attach the chain (60) to the handles (85) and then to the shoulders.

Attach the chain (60) to the handles (85) and then to the cable.

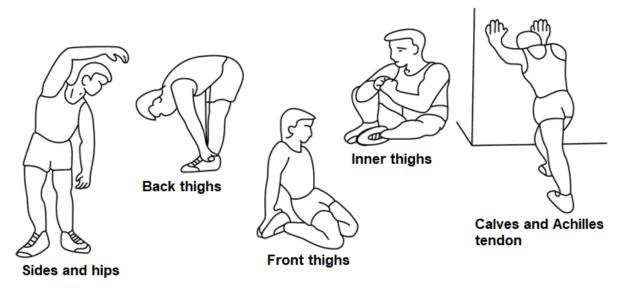
BEFORE USE MAKE SURE THAT ALL BOLTS ARE TIGHTENED.

#### **EXERCISE INSTRUCTIONS**

Exercise is beneficial to your health, improves physical condition, shapes muscles and, in combination with a calorie-balanced diet, leads to weight loss.

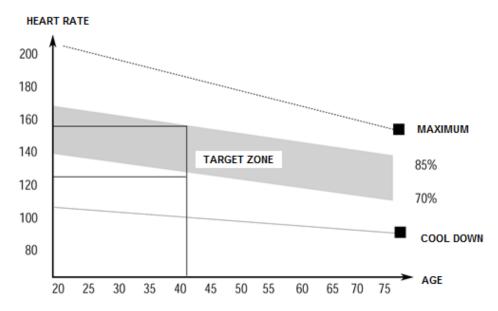
#### 1. WARM UP

This phase serves to improve the blood circulation of the whole body and to warm up the muscles, to reduce the risk of convulsions and muscle injury. We recommend performing the stretching exercises below. When dragging, stay in the end position for approximately 30 seconds, do not make sudden movements and do not vibrate.



#### 2. EXERCISING

This phase is the most physically demanding part. Regular exercise strengthens the muscles. You can determine the tempo yourself, but it is very important that it is the same throughout the exercise. Heart rate should be within the target zone (see figure below).



This phase should last at least 12 minutes. Most people exercise for 15-20 minutes.

#### 3. COOLDOWN

This phase serves to soothe the cardiovascular system and relax the muscles. It should take approximately 5 minutes. You can repeat warming up exercises or continue exercising at slower pace. Stretching your muscles after exercise is extremely important - you need to avoid sudden movements and vibrations.

With improved fitness, you can lengthen and increase exercise intensity. Train regularly, at least three times a week.

#### **SHAPING MUSCLES**

For muscle shaping, it is important to set a high load. The muscles will be more stressed, which may cause that you will not be able to exercise as long as usual. If you are trying to improve your condition at the same time, you need to adjust your training. Exercise in the usual way during the warm-up and final stages of training but increase the resistance of the device at the end of the exercise. You may need to slow down the speed to keep the heart rate in the target area.

#### **WEIGHT LOSS**

The number of calories burned depends on the length and intensity of the exercise. The essence is the same as in fitness exercise, but the goal is different.

#### **MAINTENANCE**

- 1. After exercising, wipe off any sweat to avoid corrosion. Clean the device with a soft cloth and mild detergents. Do not use abrasive cleaners or solvents on plastic parts.
- 2. In case of increased machine noise, all bolts and joints must be checked and tightened properly.
- 3. The product must be placed in clean, ventilated and dry areas.
- 4. Do not expose the device to direct sunlight.

#### **ENVIRONMENT PROTECTION**

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyard.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

Don't put the batteries among house waste but hand them in to the recycling place.

### TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

#### **General Conditions of Warranty and Definition of Terms**

All Warranty Conditions stated here under determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Strakonická street 1151/2c, Prague 150 00, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

"The Buyer who is the End Customer" or simply the "End Customer" is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

"The Buyer who is not the End Customer" is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

#### **Warranty Conditions**

Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

#### The Warranty does not cover defects resulting from (if applicable):

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints, wear of brake pads/blocks, chain, tires, cassette/multi wheel etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

#### **Warranty Claim Procedure**

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

#### CZ SEVEN SPORT s.r.o.

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