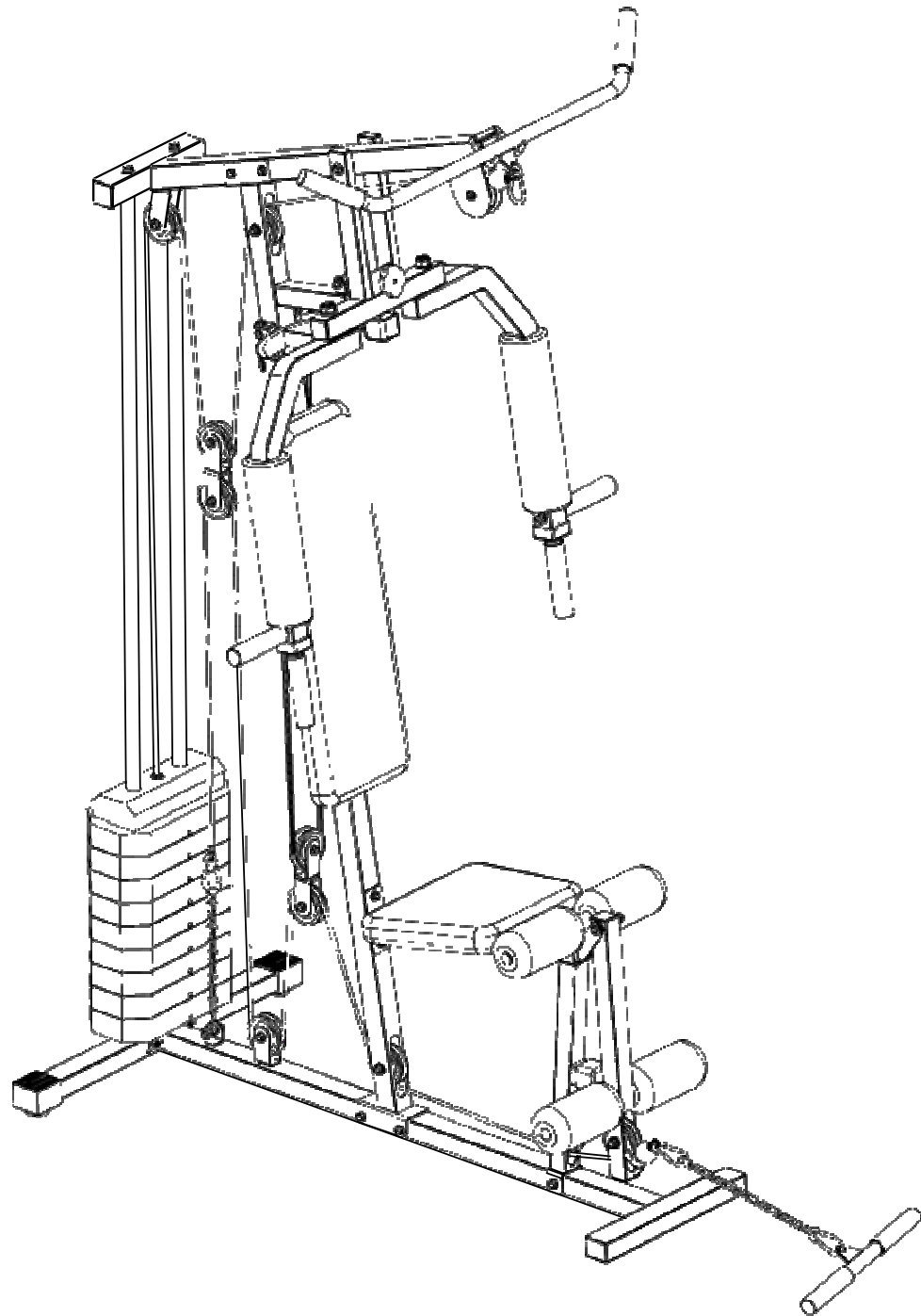


# *HOME GYM*

SA-006SM



**User Instructions**

# SAFETY INSTRUCTIONS

## WARNING :

To reduce the risk of serious injury, read the following safety instructions before using the product.

1. Read all the instructions in this manual before using the product. Only use this product in the manner described in this manual. Keep this manual for the entire life of the product.
2. This device must be assembled by one or two adults.
3. It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
4. This product is intended for domestic use only. Do not use this product in any commercial, rental, or institutional setting.
5. Use this product indoors, away from humidity and dust, on a flat, hard surface and in a sufficiently large space. Make sure that there is enough room to move around the equipment safely. To protect the floor, lay a rug underneath the product.
6. The user is responsible for ensuring proper care and maintenance of the equipment. After the product has been assembled, and prior to each use, check that the fasteners are properly tightened and that none are protruding. Check the condition of the parts that are the most subject to wear and tear.
7. Do not store this product in a damp place (e.g. edge of a pool, bathroom etc.)
8. Wear athletic shoes to protect your feet while exercising. Do not wear loose or baggy clothing, since it may get caught in the machine. Take off all jewelry.
9. Put your hair up so that it does not get in the way during exercise.
10. If you feel any pain or if you become dizzy while exercising, stop immediately, rest, and consult a physician.
11. Keep children and pets away from the product at all times.
12. Keep your hands and feet away from moving parts.
13. Before undertaking this exercise program, you must consult a doctor to be sure there are no counter-indications, particularly if you have not participated in sports for several years.
14. Do not exceed the limits of the adjusting mechanism.
15. Do not try to repair this product yourself.
16. While exercising, do not arch your back. Keep your back straight.
17. Any assembly/disassembly of the product must be done carefully.
18. Maximum user weight: 242 lbs. - 110 kg.



Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

### **CARE AND MAINTENANCE:**

In order to prevent perspiration from damaging the seat cover, use a towel or wipe off the seat cover after each use. Lightly grease the moving parts to improve their functioning and prevent unnecessary wear and tear.

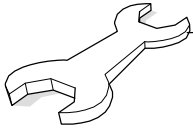
### **CAUTION**

Read all warning affixed to the product.

Read precautions and instructions in this manual before using this equipment.

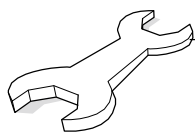
Keep this manual for future reference.

# Assembly



01 	02 	03 	04 	05 	06 
07 	08 	09 	10 	11 	12 
13 	14 	15 	16 	17 	18 
19 	20 	21 	22 	23 	24  ∅ 10× 56mm
25 	26 	27 	28 	29 	30 
31 	32 	33 	34 	36 	
37 	38 	39 	40 	41 	42 
43 	44 	45 	46 	47 	48 
49 	50 	51 	52 	53 	54  M10× 20mm
55  M8× 15mm	56  M10× 65mm	57  M10× 60mm	58  M10× 45mm	59  M12× 120mm	60  M8× 65mm
61  M8× 40mm	62  M12	63  M10	64  M8	65  M12	66  M10
67  M8					

# Assembly



## PARTS LIST

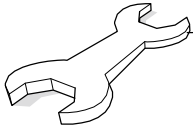
Item #	Description	Q'ty	Item #	Description	Q'ty
1	Front Base Frame	1pcs	34	Mid-empty Plug	2pcs
2	Back Base Frame	1pcs	36	45 Outside-End Plug	2pcs
3	Main Frame	1pcs	37	Pulley Fastness Bush(Big)	4pcs
4	Front Support Frame	1pcs	38	Pulley Fastness Bush(Small)	4pcs
5	Leg Extension Frame	1pcs	39	45 Square End Plug	5pcs
6	Weight Guide Tube	2pcs	40	40 Square End Plug	2pcs
7	Selector Shaft	1pcs	41	40*20 End Plug	2pcs
8	Seat Frame	1pcs	42	Ø25 End Plug	4pcs
9	Upper Cross Beam	1pcs	43	Pipe Plug	1pcs
10	Press Arm(R)	1pcs	44	Rubber Bumper	1pcs
11	Press Arm(L)	1pcs	45	38 Square Outside-End Plug	2pcs
12	Foam Pipe	2pcs	46	Round Plug	2pcs
13	Low Pull	1pcs	47	Pothook	4pcs
14	High Pull	1pcs	48	Oil Bush(big)	4pcs
15	Hand Bar	2pcs	49	Oil Bush(small)	2pcs
16	Press Bar	1pcs	50	Cable 3750mm	1pcs
17	Pulley U	1pcs	51	Cable 2720mm	1pcs
18	Reverse U	1pcs	52	Cable 2370mm	1pcs
19	Volitant U	2pcs	53	Chain	2pcs
20	Seat Cushion	1pcs	54	M10*20 Hex Bolt	6pcs
21	Back Cushion	1pcs	55	M8*15 Hex Bolt	4pcs
22	Weight Plate	9pcs	56	M10*65 Hex Bolt	13pcs
23	Top Weight Plate	1pcs	57	M10*60 Hex Bolt	4pcs
24	Selector Shaft Pin	1pcs	58	M10*45 Hex Bolt	9pcs
25	Selector Shaft Bush	1pcs	59	M12*120 Hex Bolt	1pcs
26	Weight Selector Pin	1pcs	60	M8*65 Hex Bolt	2pcs
27	Rubber Cushion	2pcs	61	M8*40 Hex Bolt	2pcs
28	Prsee Pin	1pcs	62	Washer M12	4pcs
29	Big Foam	2pcs	63	Washer M10	58pcs
30	Short Foam	4pcs	64	Washer M8	10pcs
31	Pulley	13pcs	65	Nylon Nut M12	3pcs
32	38 Square End Plug	4pcs	66	Nylon Nut M10	26pcs
33	Handle Bar Grip	8pcs	67	Nylon Nut M8	2pcs



### Note

*Some of the above accessories are pre-fitted to the master component. They may not be supplied separately.*

# Assembly

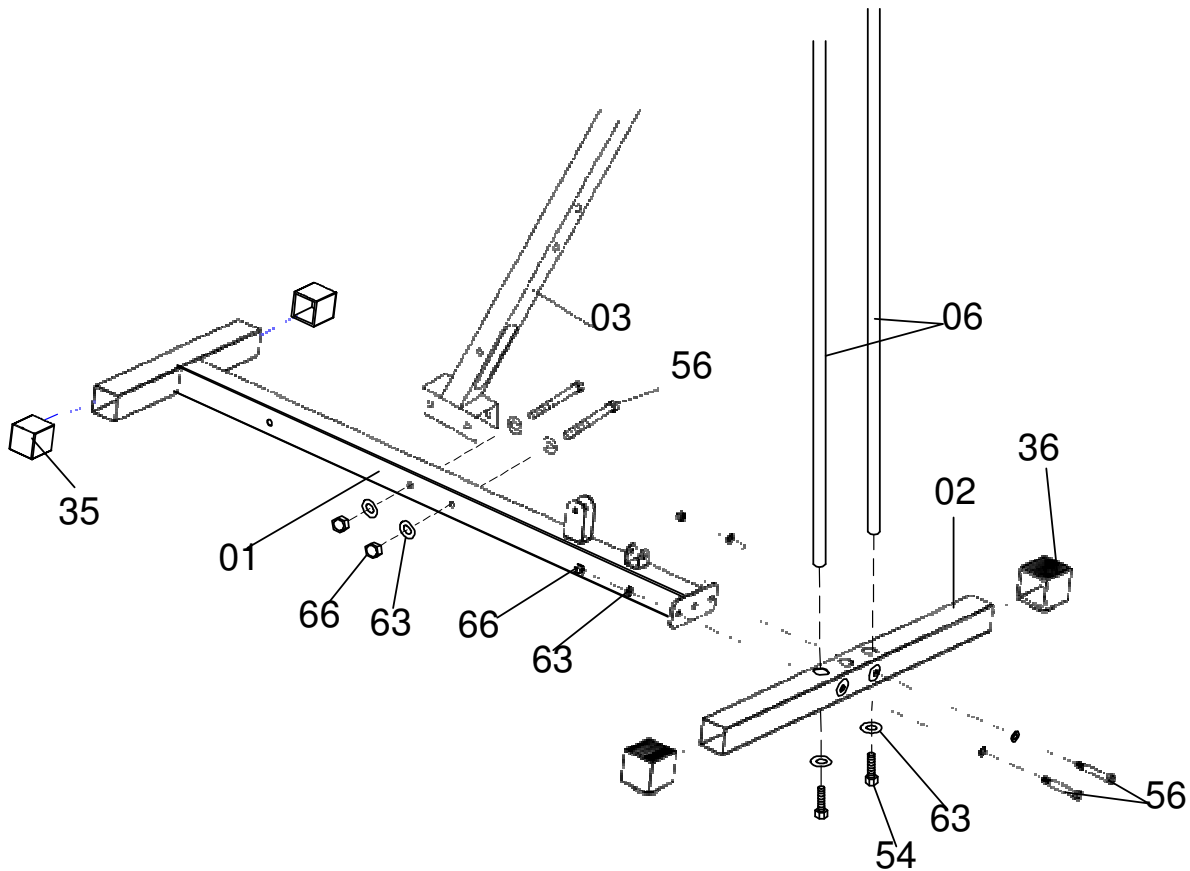


Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

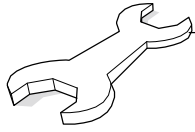
**Please note that as part of our production checking and for your convenience, all tube caps where necessary have been fitted in the pre-packing stage.**

## Stage A.

- 1). Lay the Back Base Frame (02) flat on the floor .Place the 2 Weight Guide Tubes (06) into the 2 outer holes in the Back Base Frame (02), Screw them with 2 x M10 x 20mm (54),2 x M10 Washers(63).
- 2). Connect the Front Base Frame (01) and the Back Base Frame (02) together using 2 x M10 x 65mm Hex Bolts (56), 4 x M10 Washers (63) and 2 x M10 Nylon Nuts (66).
- 3). Connect the Main Frame (03) and the Front Base Frame (01) together using 2 x M10 x 65mm Hex Bolts (56), 4 x M10 Washers (63) and 2 x M10 Nylon Nuts (66).



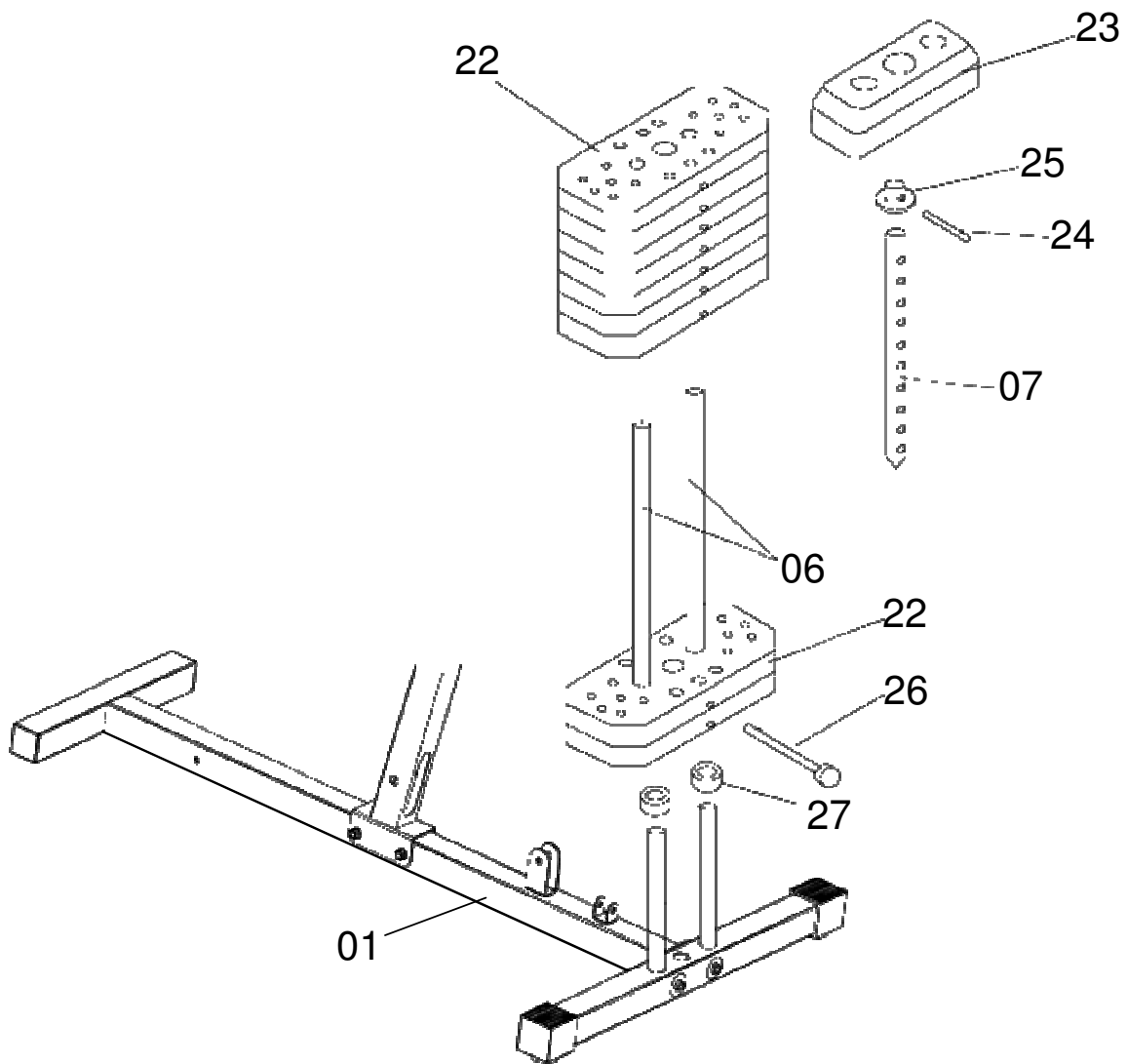
# Assembly



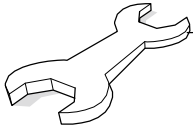
## Stage B.

4). Slide the 2 Rubber Cushion (27) onto the Weight Guide Tubes (06) followed by the 9 Weight Stacks (22).

5). Take the Selector Shaft (07) and fit the Selector Shaft Bush (25) and Selector Shaft Pin (24) as shown. Slide the Top Weight Plate (23) onto the Weight Guide Tubes (06) and locate the Selector Shaft (07) in position, setting the Top Weight Plate (23) onto the top of the Weight Plate (22). Use the Weight Selector Pin (26) to select the desire weight.



# Assembly



## Stage C.

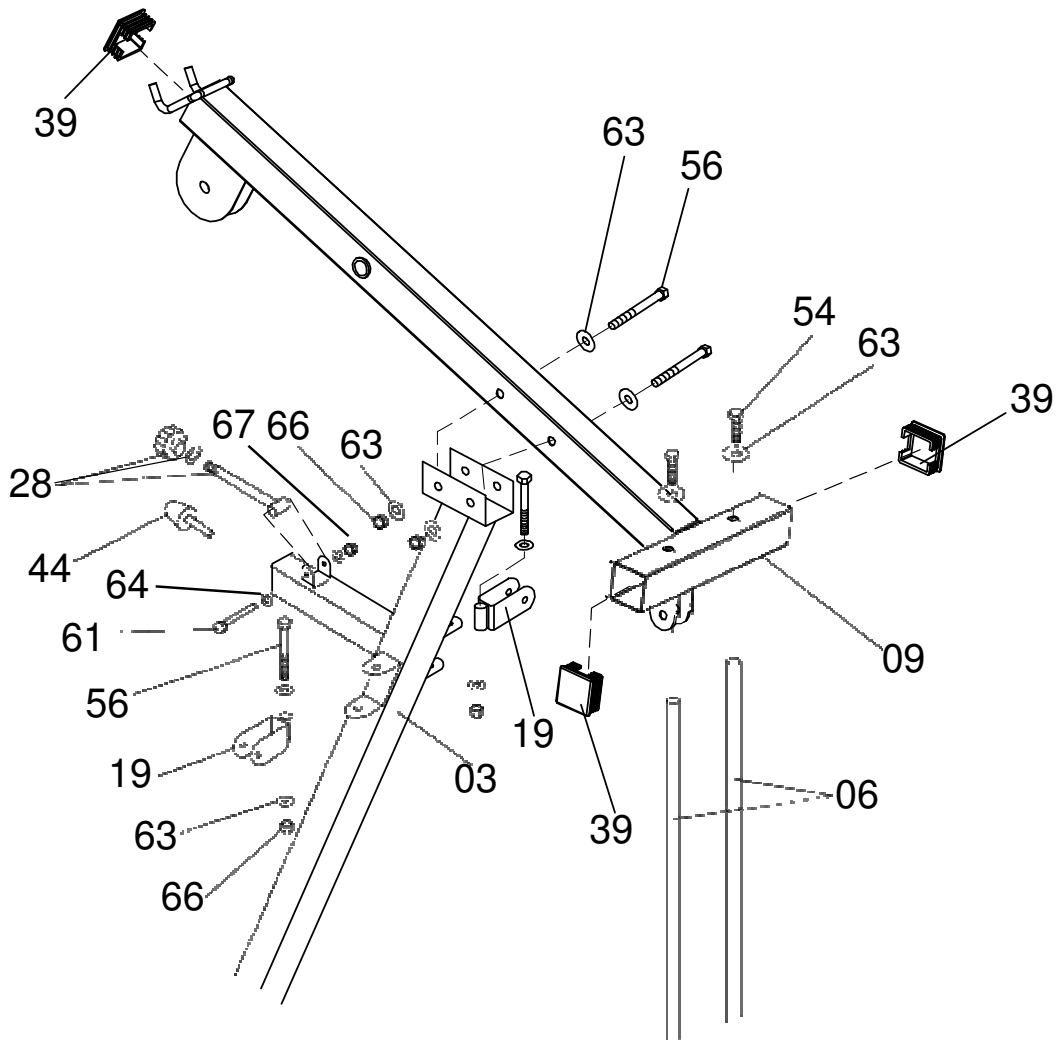
6). Lay the Upper Cross Beam (09) onto the Main Frame (03) and connect them using 2 x M10 x 65mm Hex Bolts (56), 4 x M10 Washers (63) and 2 x M10 Nylon Nuts (66).

7). Connect the Weight Guide Tube(06) to the Upper Cross Beam (09) using 2 x M10 x 20mm Hex Bolt (54), 2 x M10 Washers (63).

8). Screw the Rubber Bumper (44) to the Main Frame (03) as shown.

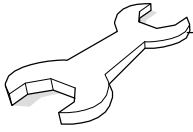
9).Connect the Press Pin (28) to the Main Frame (03) using M8 x 40mm Hex Bolts (61), 2 x M8 Washers (64) and M8 Nylon Nuts (67).

10). Connect the Volitant U (19) to the Main Base (03) using 2 x M10 x 65mm Hex Bolt (56), 4 x M10 Washers (63) and 2 x M10 Nylon Nuts (66).



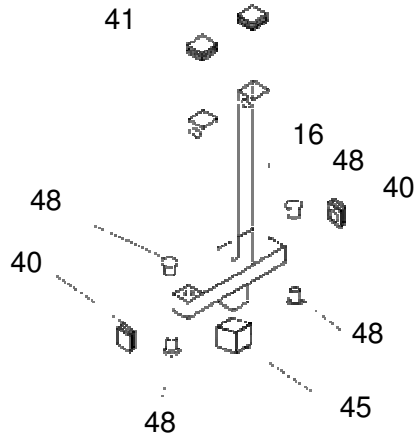


# Assembly



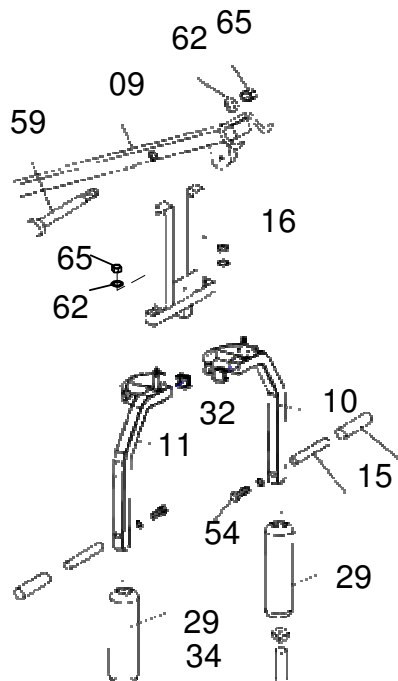
## Stage D.

- 11). Put all tube caps (41) x 2,(45) x 1 and (40) x 2 into the each tube as shown.
- 12). Put 4 x the Oil Bush(big)(48) into the Press Bar (16) as shown..

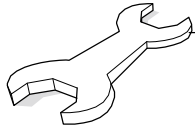


## Stage E.

- 13). Connect the Press Bar (16) to the Upper Cross Beam (09) using M12 x 120mm Hex Bolt (59), 2 x M12 Washers (62) and M12 Nylon Nuts (65).
- 14). Put the Big Foam (29) x 2 onto the Press Arm(R)(10) and Press Arm(L)(11),then through Mid-empty Plug (34) x 2 , assemble the Handle Bar Grip (33) x 2 as shown.
- 15). Connect the Press Arm(L)(11) and Press Arm(R)(10) to the Press Bar (16) using 2 x M12 Washers (62) and 2 x M12 Nylon Nuts (65).
- 16). Connect the 2 x Hand Bar (15) to the Press Arm(L)(11) and Press Arm(R)(10) using 2 x M10 x 20 Hex Bolts (54) and 2 x M10 M10 Washers (63).

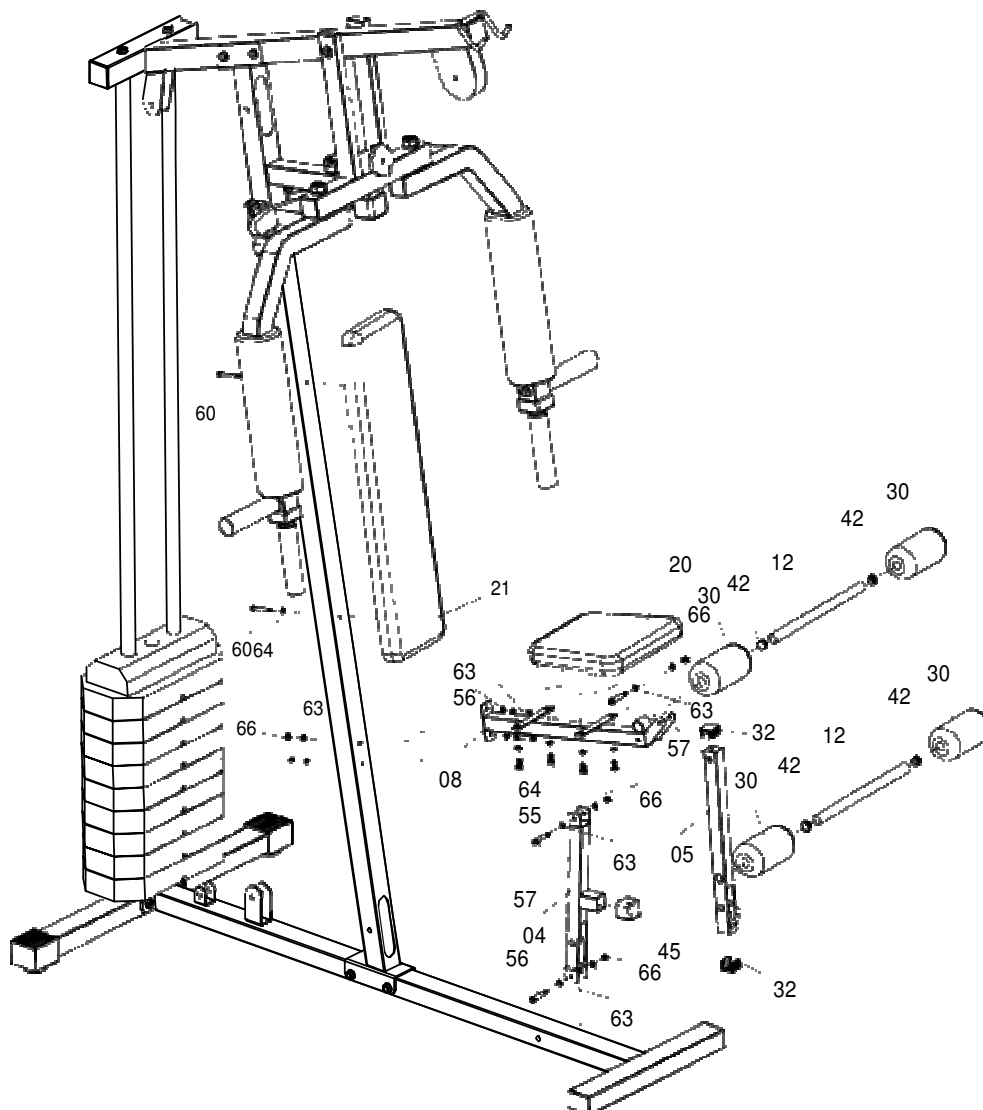


# Assembly

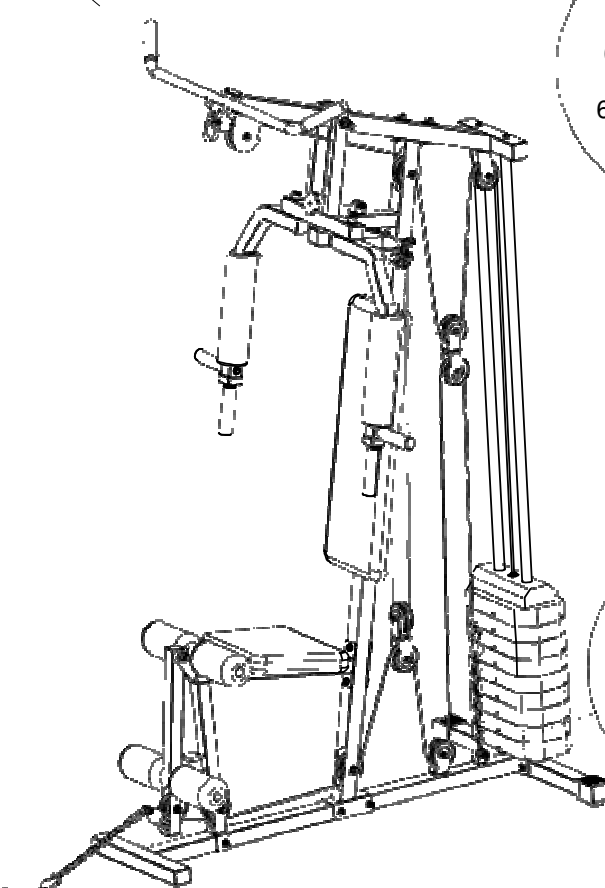
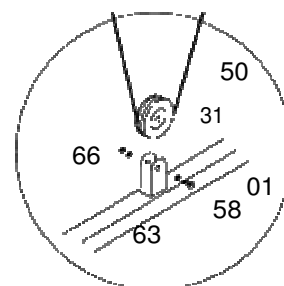
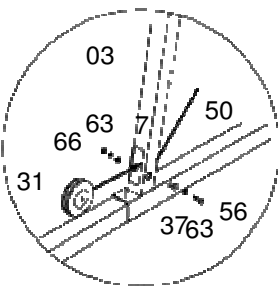
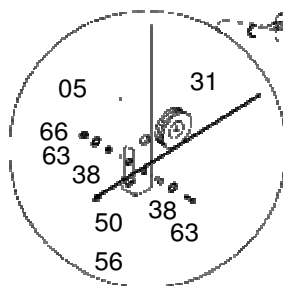
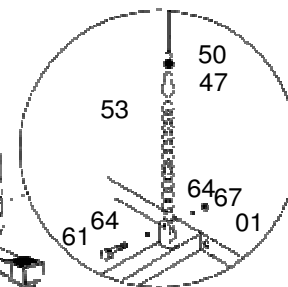
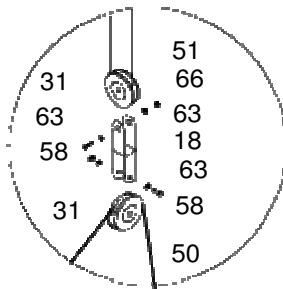
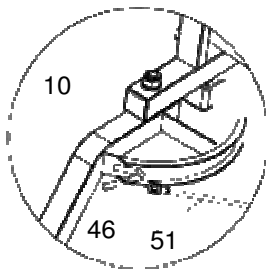
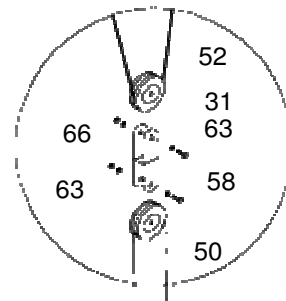
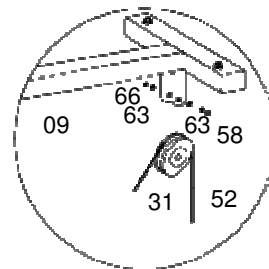
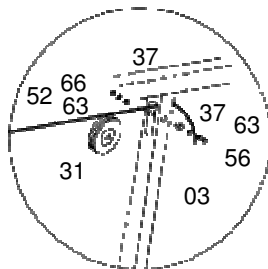
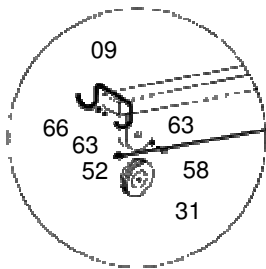
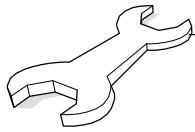


## Stage F.

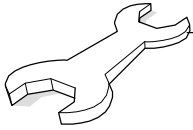
17. Fit the Back Cushion (21) to the Main Frame (03) using 2 x M8 x 65mm Hex Bolts (60) and 2 x M8 Washers (64).
18. Connect the Front Support Frame (04) to the Front Base Frame(01) using M10 x 65 Hex Bolt (56), 2 x M10 Washers (63) and M10 Nylon Nut (66).
19. Connect the Seat Frame (08) to the Main Frame (03) and the Front Support Frame (04) using 2 x M10 x 65 Hex Bolts (56), M10 x 60 Hex Bolt (57), 6 x M10 Washers (63) and 3 x M10 Nylon Nuts (66).
20. Connect the Leg Extension Frame (05) to the Seat Frame (08) using M10 x 60 Hex Bolt (57) , 2 x M10 Washers (63) and M10 Nylon Nut (66).
21. Fit the Seat Cushion (20) to the Seat Frame (08) using 4 x M8 x 15mm Hex Bolts (55) and 4 x M8 Washers (64).



# Assembly



# Assembly



## CABLE ASSEMBLY

22).START WITH THE TOP LONG CABLE 2370mm (52)

START BY THREADING THE END OF THE CABLE WITHOUT THE BALL OVER PULLEY NO.1,OVER PULLEY NO.2, DOWN AND AROUND PULLEY NO.3 IN PULLEY NO.1,OVER PULLEY NO.2,DOWN AND AROUND PULLEY NO.3 IN FLOATING PULLEY LOCK,UP AND OVER PULLEY NO.4 AND DOWN AND ATTACH TO WEIGHT STACK WITH M12 BOLT & WASHER AS SHOWN.

23).START THE BOTTOM MEDIUM SIZE CABLE 3750mm (50)

START BY THREADING THE END OF THE CABLE WITHOUT THE BALL UNDER PULLEY NO.5,UNDER PULLEY NO.6, UP AND AROUND PULLEY NO.7, IN FLOATING PULLEY BLOCK,DOWN AND UNDER PULLEY NO.8, UP AND AROUND PULLEY NO.9 IN FLOATING PULLEY LOCK,DOWN AND WITH HOOK, CHAIN TO END OF CABLE

24).CONNECT THE PRESS ARM CABLE 2720mm (51)

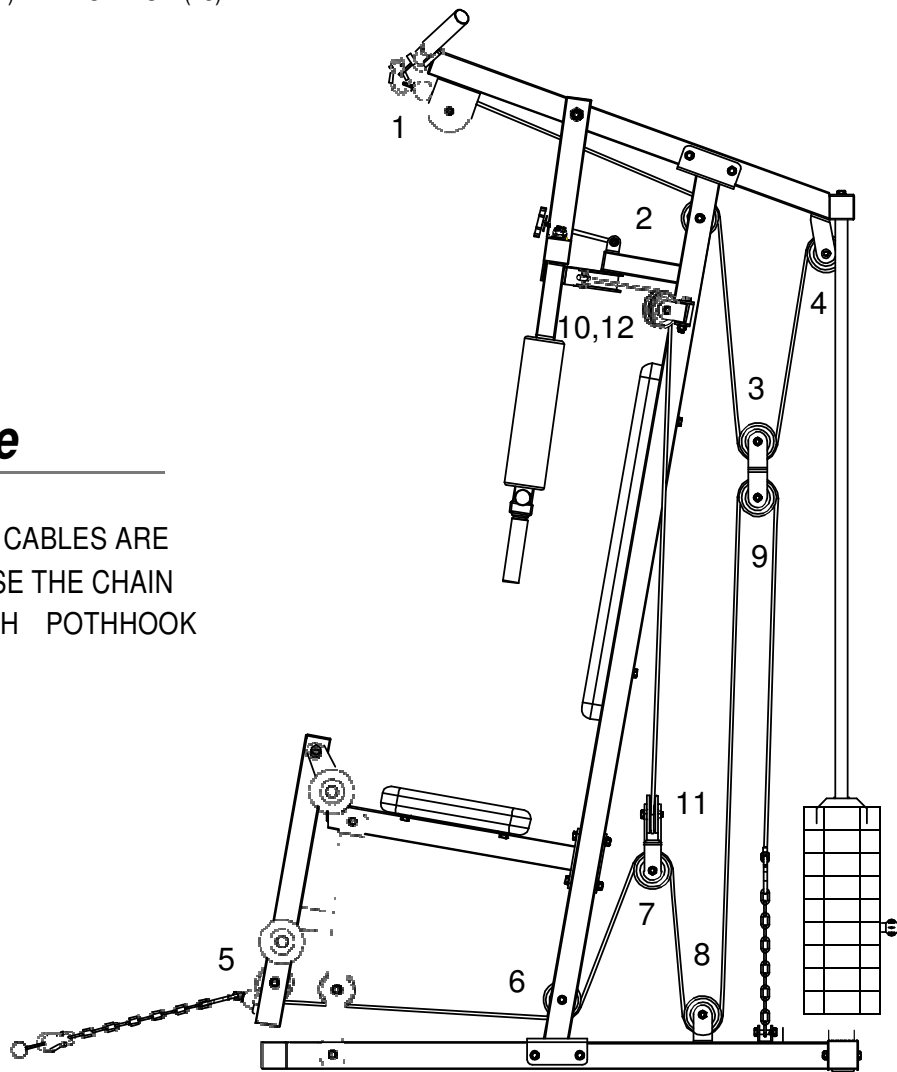
TAKE PRESS ARM CABLE AND FIT ONE END TO PEC DEC ARM AS PICTURE,THEN THREAD THE OTHER END OF CABLE OVER PULLEY NO.10 DOWN AND AROUND PULLEY NO.11 , UP & OVER PULLEY NO.12 ,CABLE TO PRESS ARM AS PICTURE.

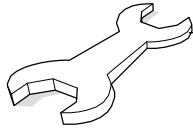
25).FIT THE HIGH PULL (14) AND LOW PULL(13)



### Note

IF YOU FIND THAT THE CABLES ARE NOT LONG ENOUGH,USE THE CHAIN AS AN EXTENSION WITH POTHHOOK AS CONNECTORS.





# Assembly

## Correct Shackle Indication



Point A: This position can not assemble with Shackle.

Point B: This is correct shackle assembled position.  
The shackle connected with cable and hook where fixed on bottom tube. Please refer drawing in page 10.

Point C: Incorrect shackle position.  
If you assembled in wrong position, you will see the first upper weight stacks can not touch second one.

Point D: Correct Shackle Position  
Assembled shackle which connect with cable and fixes holes where in bottom tube by hook.

