

MULTIFUNCTION COMPREHENSIVE TRAINER

MANUAL

Assembly instructions

Important safety precautions

Please keep this manual for future reference.

1. Please read this manual carefully before assembly and use. Only when the machine is installed, maintained and used correctly can the user be safe and efficient. Make sure that all users are aware of the warnings and precautions for the machine.
2. Before exercising, please consult your doctor to make sure whether any physical problems may pose a threat to your health and safety, or that you cannot use the machine correctly. If your medication affects your heart rate, blood pressure, or cholesterol levels, your doctor's advice is critical.
3. Pay attention to your body signals. Improper or excessive exercise is harmful to your health. If you experience any of the following symptoms, please stop exercising: pain, chest tension, irregular heartbeat, extreme shortness of breath, front Loading, dizziness or nausea. If you encounter any of these conditions, consult your doctor before continuing to exercise.
4. Keep children and pets away from the machine. This machine is designed for adults.
5. Use the machine on firm and flat ground with a protective cover on the floor or carpet. For safety, do not place anything at least 0.5 meters around the machine.
6. Please check whether the nuts and bolts of the machine are locked before using the machine.
7. Check whether the machine is damaged or loose regularly to ensure the safety of the machine.
8. Use the machine only as described in the manual. If any defective parts are found during assembly inspection, or any abnormal noise is generated during use, please stop using until the problem has been corrected.
9. When exercising, you must wear proper exercise clothes. Do not wear loose clothing that may be involved in the machine or restrict movement.
10. This machine is not suitable for therapeutic purposes.
11. Be careful not to hurt your back when lifting or moving the machine. Use the right lifting techniques or AIDS.

Consult your doctor before training to see if you need a comprehensive physical examination. This is especially important for users over 35 years old, who have never had a physical examination before, are pregnant or have medical records.

CAUTION

Read all warnings attached to the product.

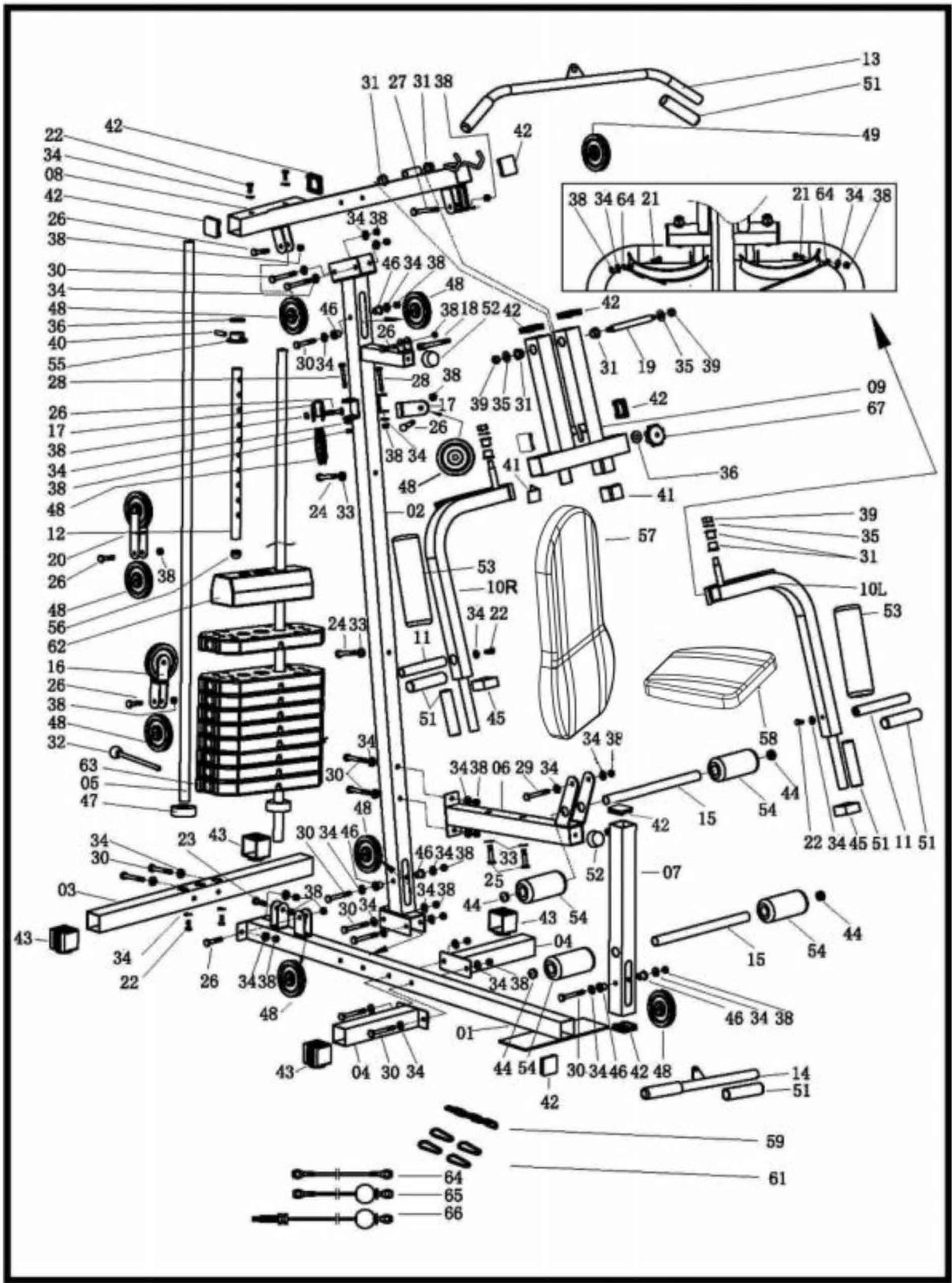
Read the precautions and instructions in this manual before using the machine.

Keep this manual for future reference;

Spare parts list

No.	Name	Quantity	No.	Name	Quantity
1	Base	1	34	M10 Washer	62
2	Inclined column	1	35	M12 Washer	4
3	Rear base	1	36	Large Washer	2
4	Base support tube	2	37	M8 Nylon safety nut	1
5	Guide rod	2	38	M10 Nylon safety nut	28
6	Cushion tube	1	39	M12 Nylon safety nut	4
7	Kick tube	1	40	Pin	1
8	Upper link	1	41	Angle iron sleeve	2
9	Air fame	1	42	Square inner tube plug	11
10R	Right butterfly arm	1	43	Square foot cover	4
10L	Left butterfly arm	1	44	Round inner tube plug	4
11	Handle	2	45	Hollow plug	2
12	Selector rod	1	46	Spacer sleeve	6
13	Latbar	1	47	Rubber round pad	2
14	Curl bar	1	48	Pulley (22mm)	11
15	Foam tube	2	49	Pulley (27mm)	1
16	Opposite pulley frame	1	50	M10 ordinary nut	2
17	Turning pulley frame	2	51	PVC handle gloves	8
18	T-bolt	1	52	Conical cushion	2
19	Double end stud	1	53	Long foam	2
20	Same direction pulley frame	1	54	Short foam	4
21	M10x35 bolt	2	55	Bushing	1
22	M10x25 bolt	6	56	End cover of Selector lever	1
23	M8x45 bolt	1	57	Back cushion	1
24	M8x65 bolt	2	58	Cushion	1
25	M8x25 bolt	4	59	Chain	2
26	M10x45 bolt	9	60	Connecting piece	1
27	M10x50 bolt	1	61	Gourd hook	4
28	M10x65 bolt	2	62	Upper plate of selecting plat	1
29	M10x75 bolt	1	63	Lower plate of selecting plat	11
30	M10x70 bolt	13	64	Butterfly arm cable	1
31	Powder metallurgy	8	65	Low pull steel cable	1
32	Ball pin	1	66	High pull steel cable	1
33	M8 Washer	6	67	Plum blossom knob	1

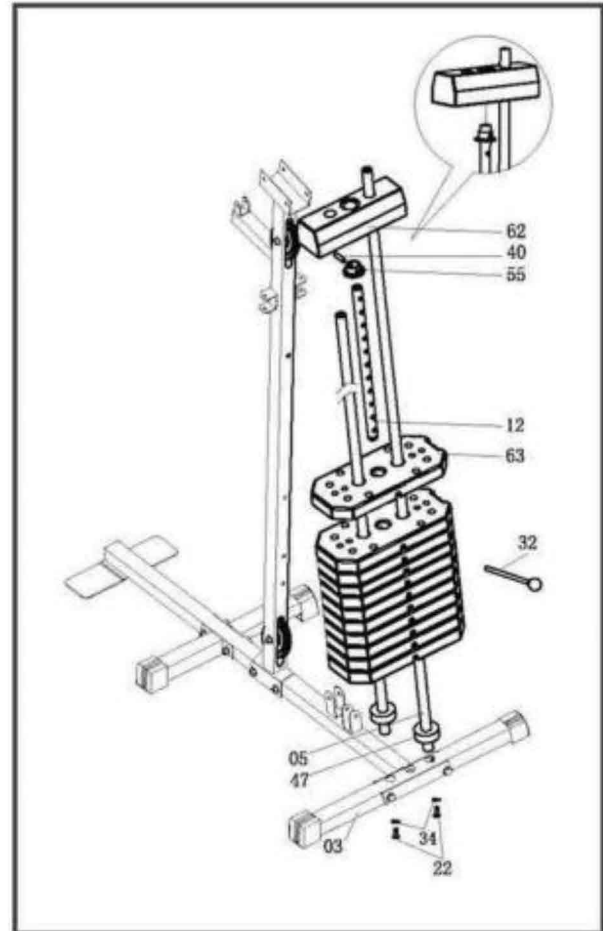
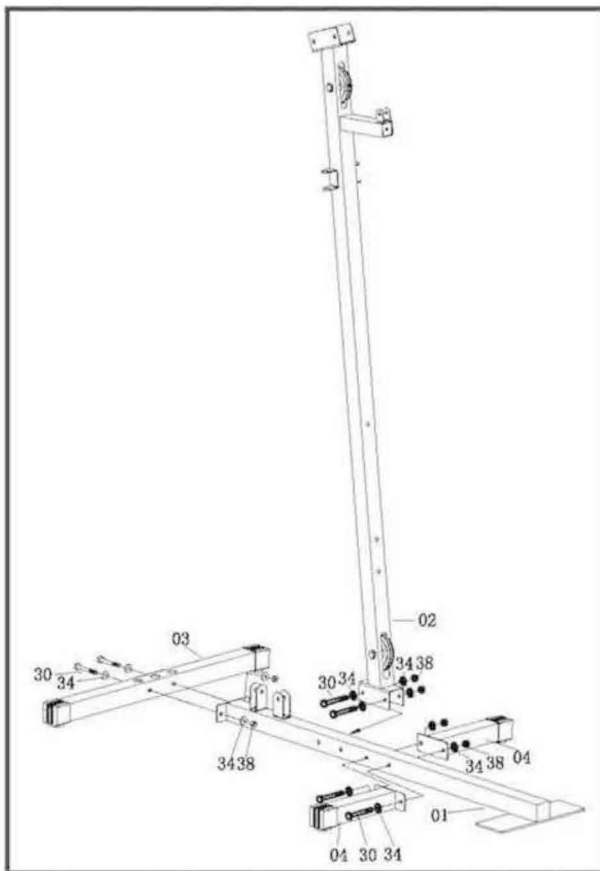
Exploded view



Step 1: Connect part 01 to Part 03;

Step 2: Then connect the two parts 04 and 01;

Step 3: Then connect part 02 with part 01;



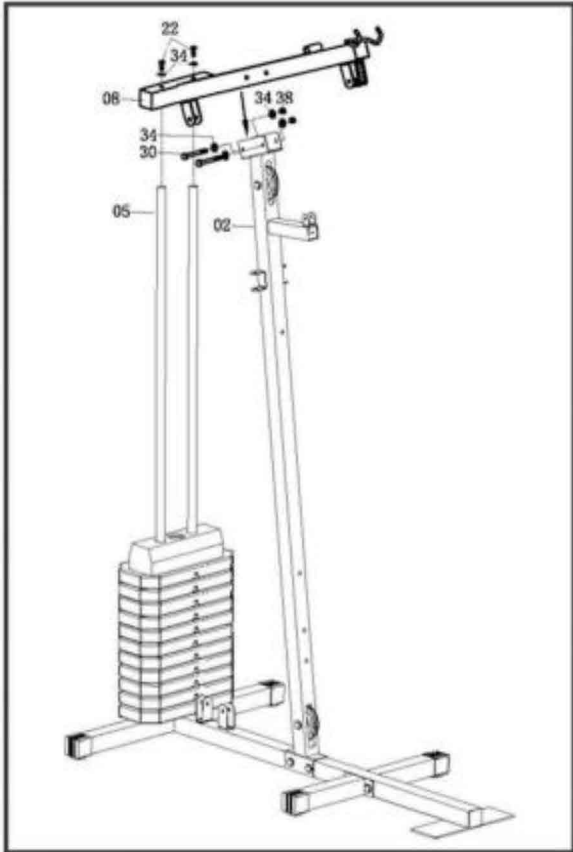
Step 4: Connect two 05 guide rods with Part 03;

Step 5: Place the two No. 47 washers along the No. 05 guide rod;

Step 6: Place 11 pieces of No. 63 large counterweight along the No. 05 guide rod;

Step 7: Put the No. 62 smallest counterweight down along the No. 05 guide rod;

Step 8: Align the hole of No. 55 plastic ring with the first hole of No. 12 steel tube, use No. 40 bolt to pass through the hole aligned with No. 55 and No. 12, lift up No. 62 counterweight, put the whole composed of No. 40, No. 55 and No. 12 into the circular hole in the middle of 9 pieces of No. 9 counterweights, and assemble the No. 55 plastic ring and No. 40 pin at the upper end with the hole at the bottom of No. 62 counterweight;



Step 9: Connect No. 08 part with No. 05 guide rod with screws;

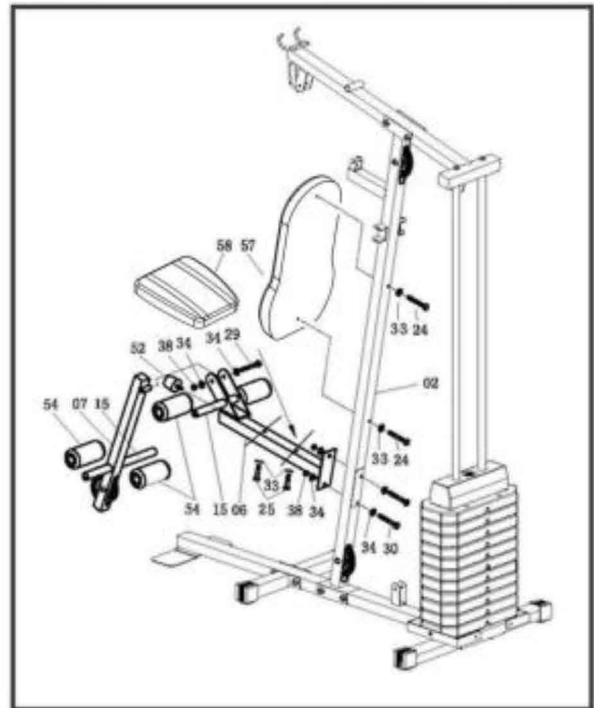
Step 10: Connect part 08 and Part 02 with screws;

Step 11: Connect part 06 and Part 02 with screws;

Step 12: Fix No. 57 back cushion on No. 02 part with screws;

Step 13: Fix No. 58 cushion on No. 06 part with screws;

Step 14: Install two foam foams in No. 54 and one tube in No. 15 onto No. 06 part;

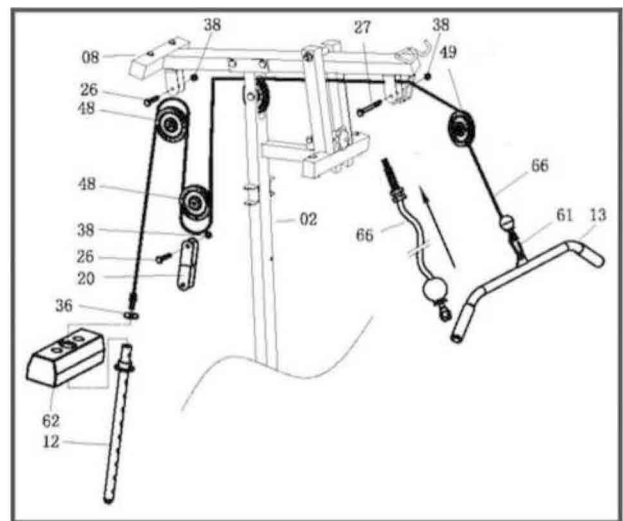
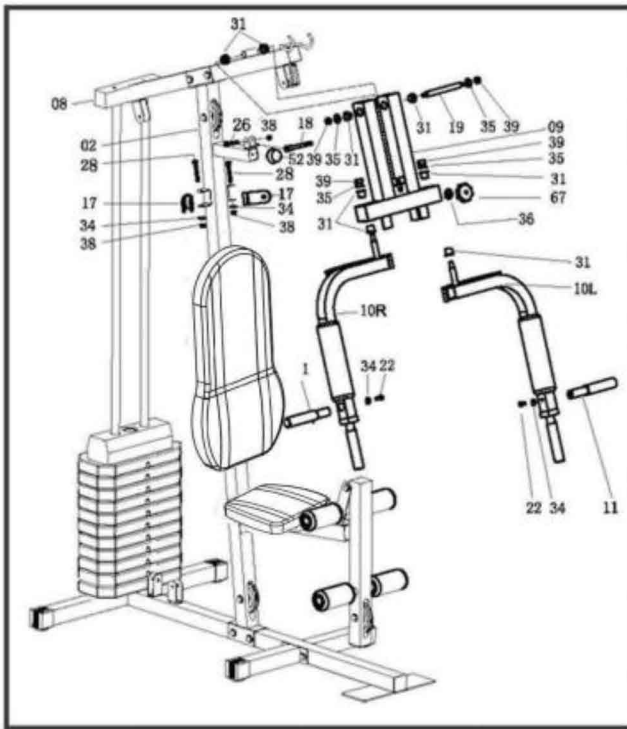


Step 15: Install No. 52 rubber pad on No. 06 part and tighten it;

Step 16: Install No. 07 part to No. 06 part through No. 29 screw;

Step 17: Put two of the foam in No.54 and one of the tubes in No.15

Sub installed on part 07;



Step 18: Install No. 52 rubber pad on No. 02 part and tighten it;

Step 19: Install the two No. 17 pulley frames to No. 02 part;

Step 20: Install part No. 02 with screws;

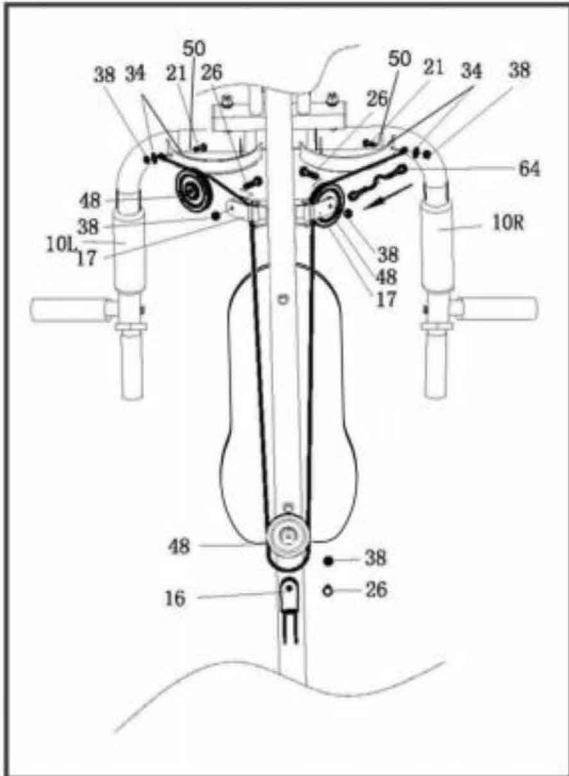
Step 21: Install No. 09 forward pushing training part to No. 08 part;

Step 22: Install the butterfly arms on the left and right sides of No. 10 onto the No. 09 Part. Pay attention not to reverse the front and rear direction, and the direction with arc-shaped guide rail faces backward;

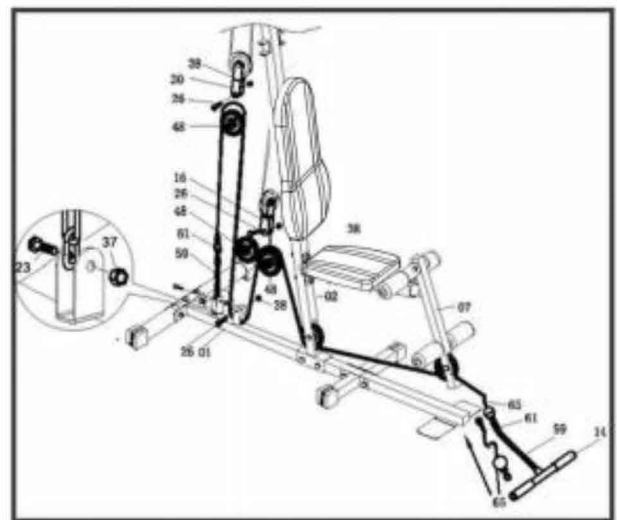
Step 23: Put the two foam on the left and right butterfly arms respectively. If it is tight, a small amount of lubricant can be applied on the inner wall, and then the two handles No. 11 are respectively installed on the two butterfly arms;

Step 24: Pass the pull rope through the upper beam and several pulleys as shown in the figure, and then connect it with No. 12 steel tube through No. 36 gasket

Step 25: Connect the No. 13 pull rod with the pull rope;



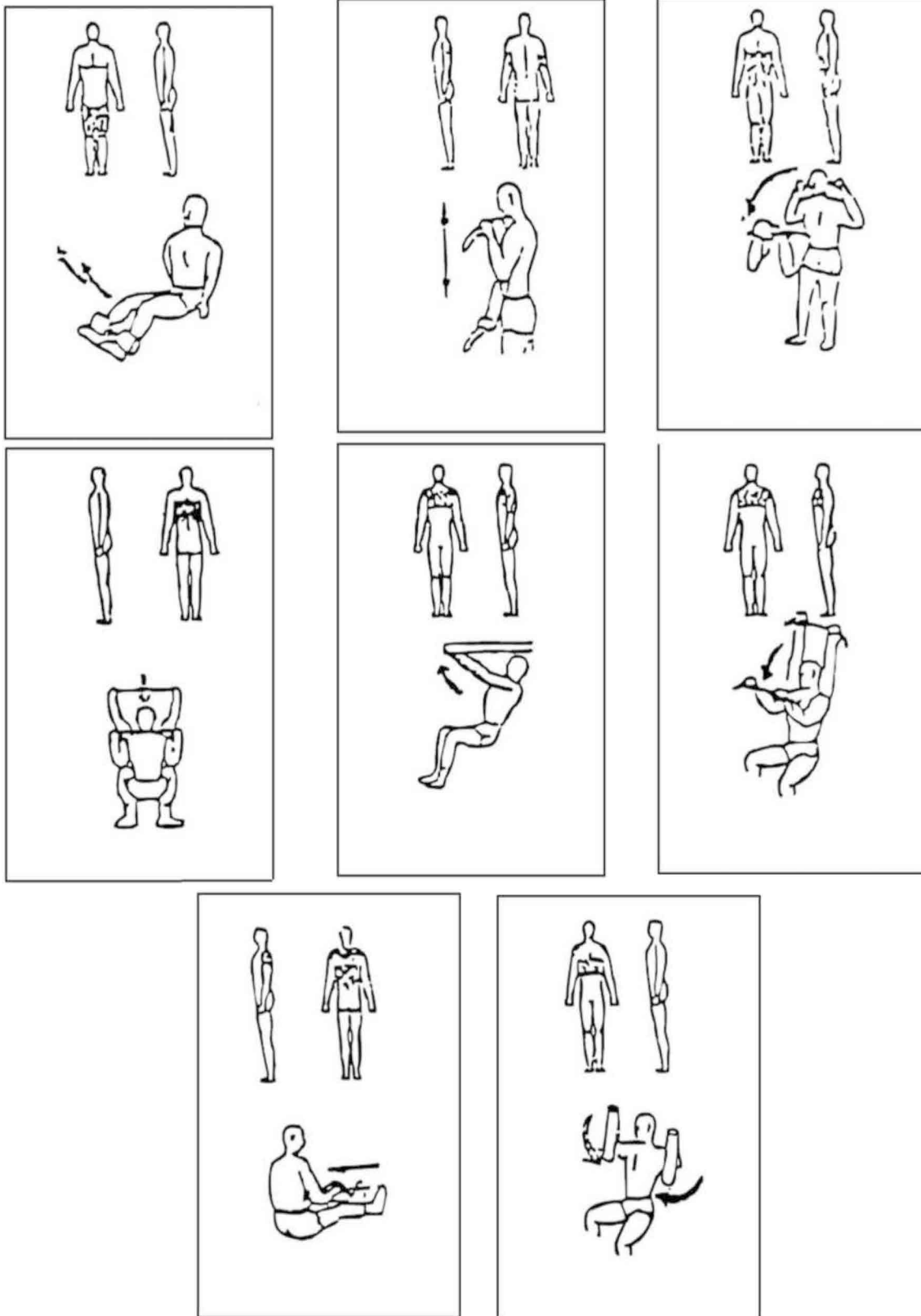
Step 26: Connect the pull rope with the butterfly arm and pass through the pulleys as shown in the figure;



Step 27: Pass the drawstring through the bottom beam section and through the pulleys shown in the figure, and fix it on the No. 01 Bottom beam.

Step 28: Connect the No. 14 pull rod with the pull rope.

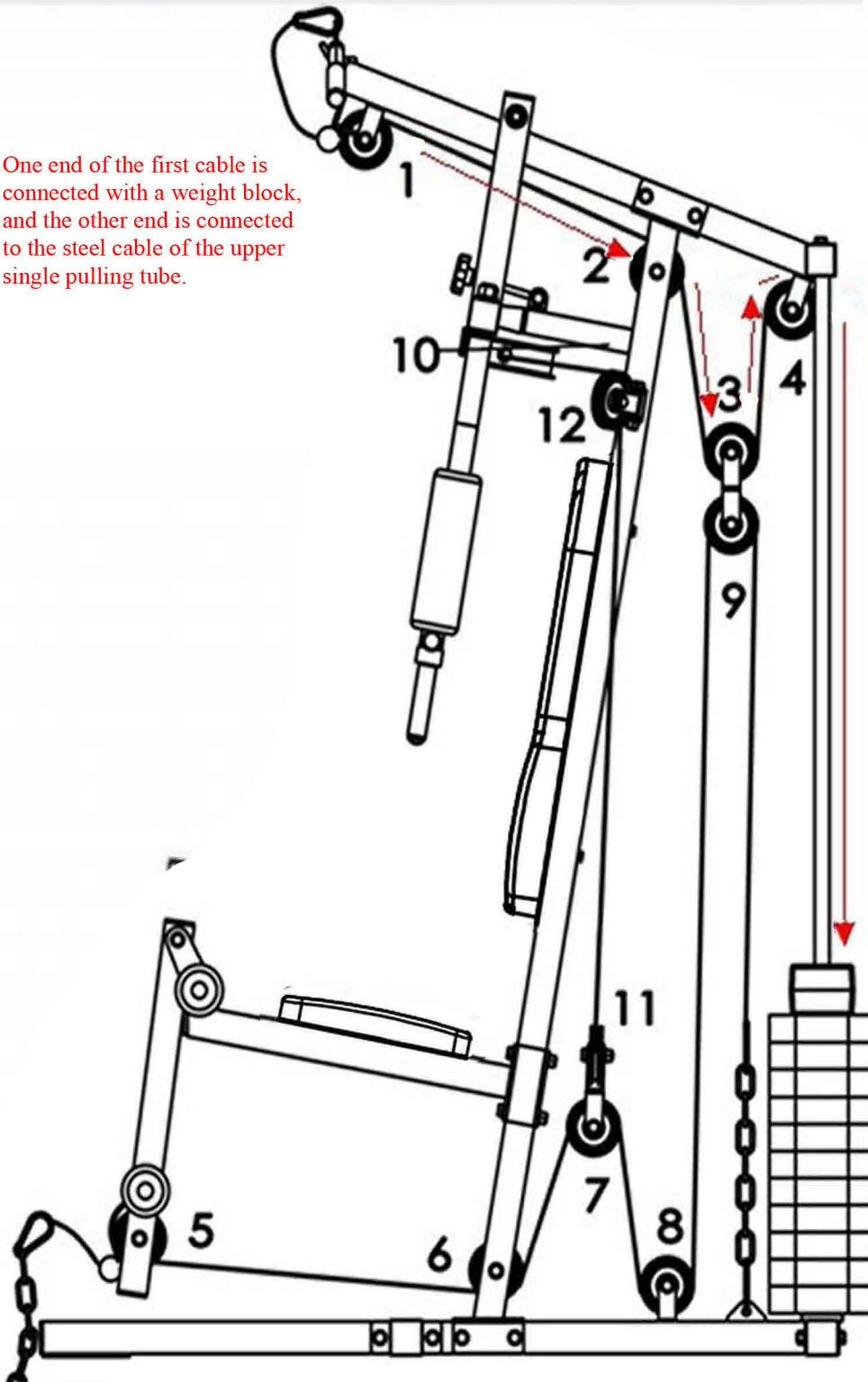
Brief Diagram of Usage



Cable assembly method

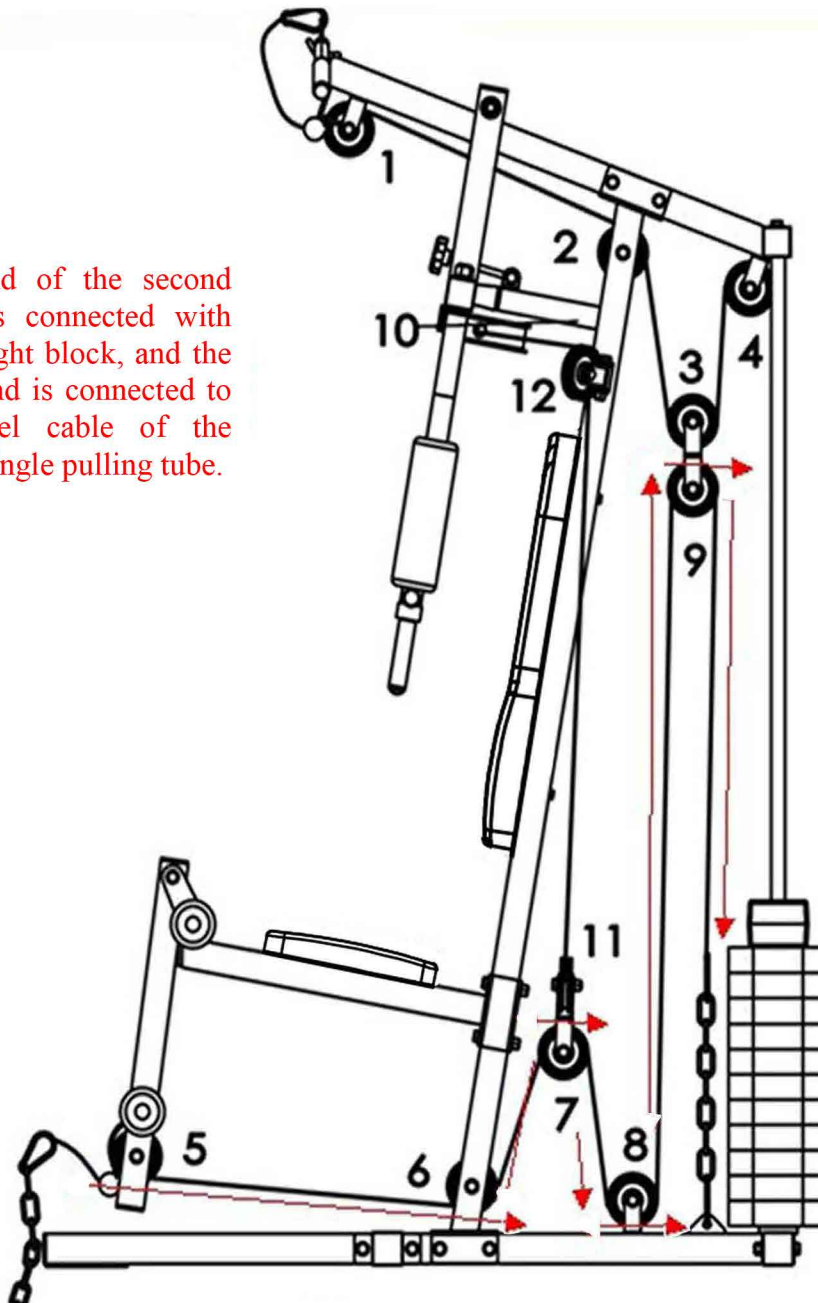
One end of the first cable is connected with a weight block, and the other end is connected to the steel cable of the upper single pulling tube.

Track diagram of the first cable



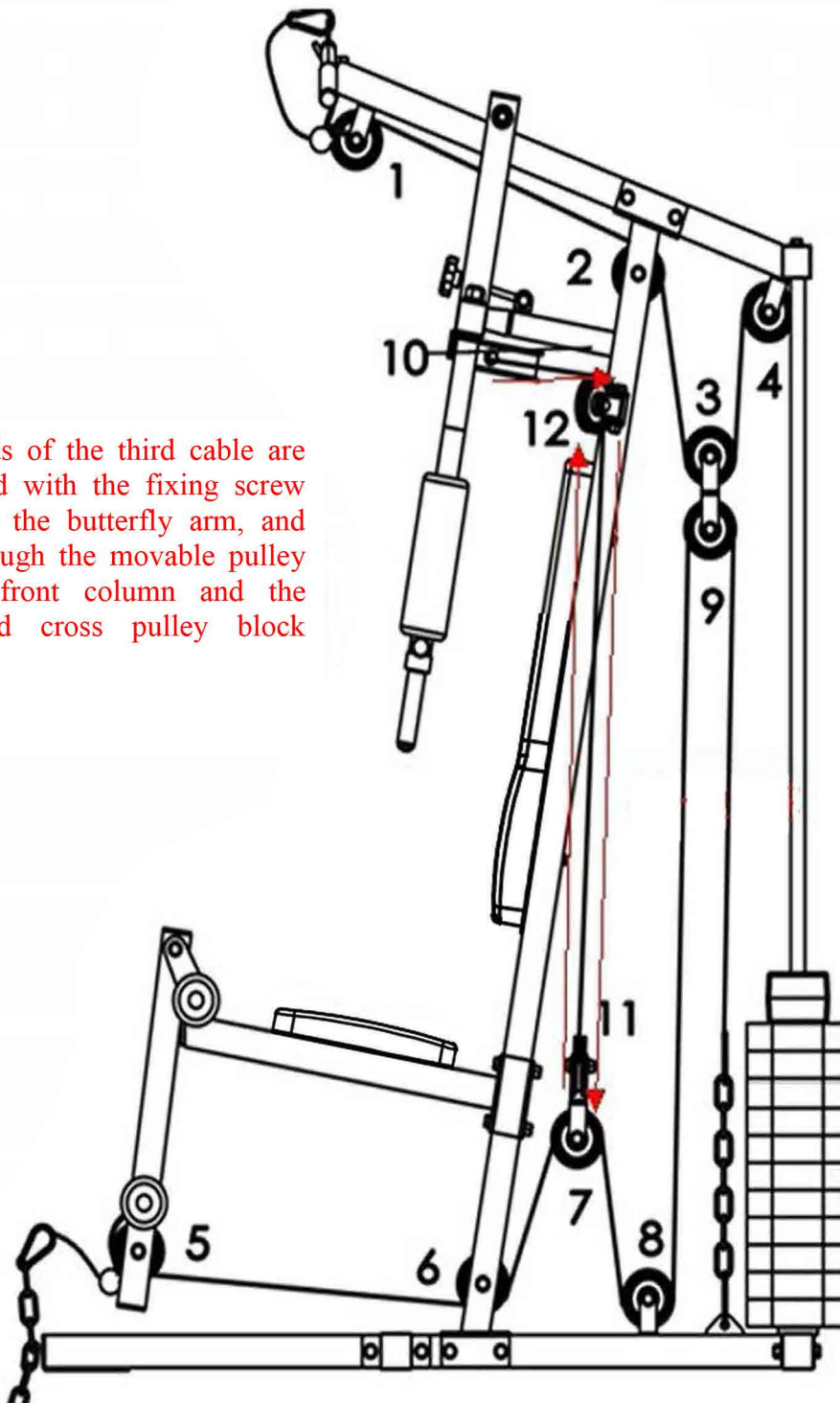
Track diagram of the second cable

One end of the second cable is connected with the weight block, and the other end is connected to the steel cable of the upper single pulling tube.



Track diagram of the third cable

Both ends of the third cable are connected with the fixing screw holes on the butterfly arm, and pass through the movable pulley on the front column and the suspended cross pulley block below.



Assembly method of steel cable and weight block



1. Install the fixed rod and plastic cover of the adjusting rod according to the drawing, and install them on the top of 9 flat weight pieces, and the fixing rod is installed in the top hole



2. Put the last weight piece with different shape on the adjusting rod, and the slot at the bottom is aligned with the fixed rod on the adjusting rod



3. Install the connecting screw on the cable as shown in the figure, and then lock it into the rod, and let the movable nut press the round adjusting rod. The large round iron sheet is used to press the upper weight piece



4. Lock the copper cable with the adjusting iron sheet. If the steel cable is too tight or too loose, the cable screw can be used to fully adjust the tightness

