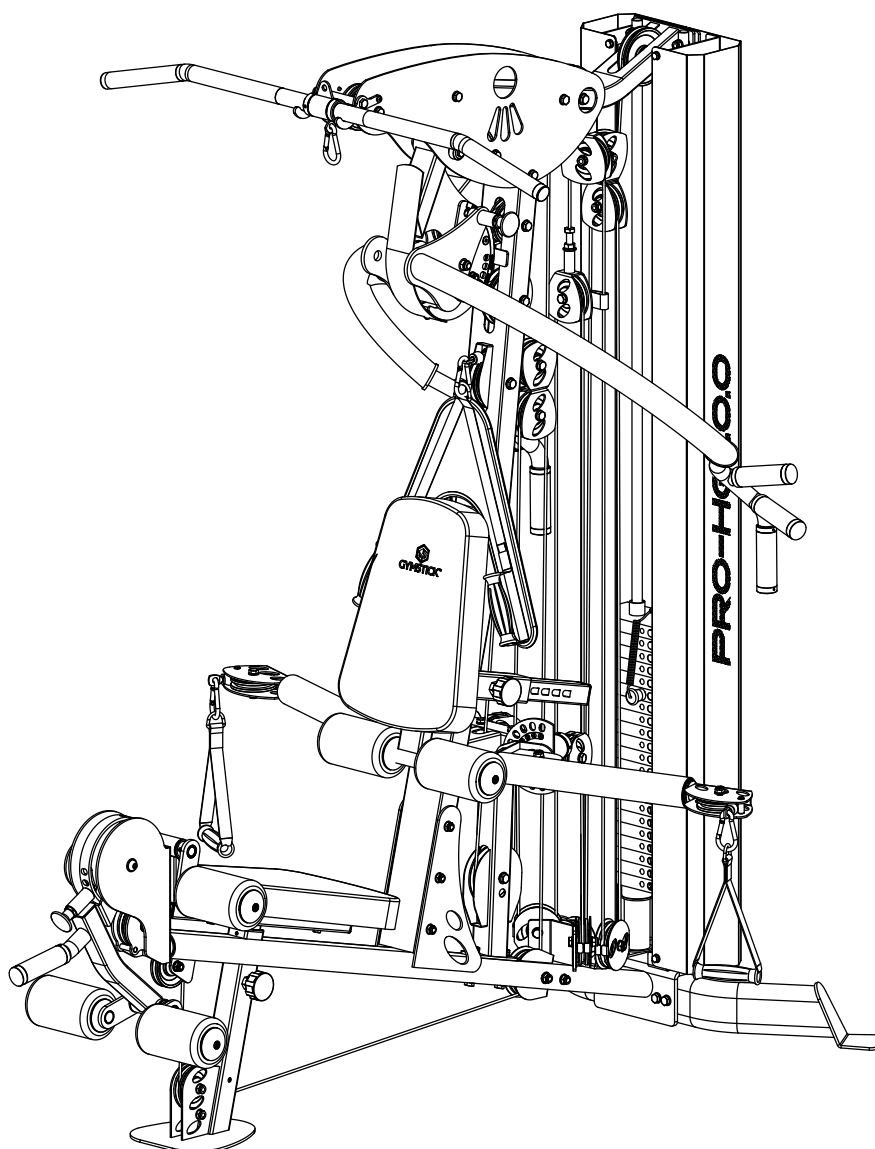




HOME GYM PRO20.0

ANVÄNDARMANUAL



OBS!

Läs alla instruktioner noggrant innan du använder denna produkt. Spara den här bruksanvisningen för framtida referens. Specifikationerna för denna produkt kan variera och kan ändras utan ytterligare meddelande.



GYMSTICK.COM

INNAN DU BÖRJAR

Tack för att du valt Gymstick träningsutrustning. Vi är mycket stolta över att producera denna högkvalitativa produkt och hoppas att den kommer att få dig att må bättre och njuta av livet till fullo. Läs den här bruksanvisningen i dess helhet innan du börjar använda denna produkt.



VIKTIG

Läs alla instruktioner noggrant innan du använder denna produkt.
Spara den här bruksanvisningen för framtida referens.



VARNING

Läs och följ alla säkerhetsinstruktioner noggrant.
Underlåtenhet att följa säkerhetsinstruktionerna kan leda till allvarliga skador.

INNAN DU BÖRJAR	2
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TRÄNING SINSTRUKTION	34
GARANTI	36

SÄKERHETSINSTRUKTIONER

Grundläggande försiktighetsåtgärder bör alltid följas när du använder denna maskin. För att säkerställa säker Läs och följ alla säkerhetsinstruktioner som ingår i denna bruksanvisning. Underlåtenhet att göra det kan resultera i allvarliga skador.



VARNING

Innan du använder denna produkt, rådfråga din läkare först. Detta är särskilt viktigt för personer över 35 år eller personer med redan existerande hälsoproblem.

- ▲ Denna produkt är inte en leksak. Håll alltid barn och husdjur borta från maskinen. Lämna inte obevakade barn i samma rum som maskinen.
- ▲ Handikappade eller handikappade personer bör inte använda maskinen utan närvaro av en kvalificerad sjukvårdspersonal eller läkare.
- ▲ Om användaren upplever yrsel, illamående, bröstsmärtor eller andra onormala symtom, avbryt träningen omedelbart. Kontakta omedelbart en läkare.
- ▲ Innan du börjar träna, ta bort alla föremål inom en radie av 2 meter från maskinen. Placera inga vassa föremål runt maskinen.
- ▲ Placera maskinen på en klar, jämn yta borta från vatten och fukt. Det rekommenderas att placera en matta under enheten för att hålla maskinen stabil och för att skydda golvet.
- ▲ Använd endast maskinen för dess avsedda ändamål enligt beskrivningen i denna bruksanvisning. Använd inga andra tillbehör än de som rekommenderas av tillverkaren.
- ▲ Montera maskinen exakt som i beskrivningen i denna bruksanvisning.
- ▲ Kontrollera alla bultar och andra anslutningar innan du använder maskinen för första gången och se till att maskinen är i gott och säkert skick.
- ▲ Håll en rutininspektion av utrustningen. Var särskilt uppmärksam på komponenter som är mest känsliga för slitage. Eventuella defekta komponenter ska bytas ut omedelbart innan maskinen används.
- ▲ Använd aldrig maskinen om den inte fungerar som den ska.
- ▲ Denna maskin kan endast användas för en persons träning åt gången.
- ▲ Använd inte slipande rengöringsartiklar för att rengöra maskinen. Torka av svett droppar från maskinen direkt efter avslutad träning.
- ▲ Bär alltid lämpliga träningskläder när du tränar. Löp- eller aerobaskor krävs också.
- ▲ Innan du tränar, värm alltid upp din kropp ordentligt genom att dynamisk stretcha vår uppvärmningsrutin.
- ▲ Denna maskin är avsedd för kommersiell och professionell användning.
- ▲ Denna maskin måste monteras av vuxna.
- ▲ Det är ägarens ansvar att se till att alla användare är korrekt informerade om hur man använder denna produkt på ett säkert sätt.
- ▲ Max användarvikt: 150 kg.

DELLISTA

No.	Qty	Part Description
1	1	Front Base Frame
2	1	Rear Base Frame
3	1	Front Upright
4	1	Shield Connect Plate Up
5	1	Seat Pad Support
6	1	Press Arm
7	1	Left Top Panel
8	1	Right Top Panel
9	1	Wing Arm Support
10	1	Wing Arm Bracket
11	2	Wing Arm
12	2	Pulley Swivel
13	1	Weight Top Plate
14	19	Weight Stack Plate
15	1	Long Pop Pin
16	1	Pad
16L	1	Pad with Logo
18	1	Head Strap
19	1	Back Pad Support
20	1	Foam Roller Tube
21	1	Leg Extension Arm
22	1	Leg Extension Arm Pin
23	1	Lat Bar
24	1	Pulley Holder
25	1	Lat Bar Holder Left
26	1	Lat Bar Holder Right
27	6	Upholstered Foam Roller
28	2	Guide rod
29	2	Shield
30	2	Weight Stack Riser
31	1	Rear Base Frame Plate
32	2	Sleeve
33	1	Rubber Bumper
34	2	Pop Pin
35	2	Fastness Block
36	2	Weight Stack Bumper
37	1	Weight Stack Pin
38	1	Selector Bar
39	*	*
40	1	Lat Cable_4400 mm L
41	1	Low Row Cable_4915 mm L
42	1	Lat Bar support L

DELLISTA

No.	Qty	Part Description
43	1	Wing Arm Cable_5400mm L
44	1	Wing Arm Assistant Cable_5110 mm L
45	1	AB Strap
46	2	Weight Stack Stoper
47	1	Strap Hook
48	1	F40x80mm Inner Cap
49	*	*
50	8	Bushing O.D25mmX I.D12.1mm
51	2	Bearing 6203
52	6	Plastic Washer
53	6	Plastic Cover
54	1	Steel bushing
55	1	Top bushing
56	1	Press Arm Support
57	1	Press Arm Axle
58	2	Press Arm Bushing
59	1	Press Arm Adjust Plate
60	4	Bearing 61807
61	2	Wing Arm Collar
62	2	Retaining Clip Dia35mm
63	2	Plastic Spacer
64	4	Wing Arm Bracket Bushing
65	2	Wing Arm Axle Collar
66	2	Lever Pin
67	4	Spring-45mm L
68	4	Lever Nut
69	2	Lever
70	2	Lever Button Cap
71	2	Lever Button
72	2	Plug Bumper
73	4	Clip
74	4	Pulley Bushing 29.5mm
75	4	Pulley Bushing 43.5 mm
76	5	Big Pulley_Dia 118mm
77	25	Small Pulley_Dia 89mm
78	4	Retaining Clip Dia 6mm
79	2	Cable Guide Pin
80	2	Knob
81	2	Pulley Bushing 14.5mm
82	1	Single Pulley Holder
83	1	Cable Guide Hook
84	2	Strap Handle

DELLISTA

No.	Qty	Part Description
85	2	Cable Pin Bushing
86	7	Press Arm Handle Cap
87	7	Press Arm Handle Sleeve
88	7	Press Arm Handle Collar
89	4	F30x60mm Inner Cap
90	1	F40x40mm Inner Cap
91	1	Press Arm Support Cover
92	12	Pulley Cover
93	1	Ankle Strap
94	1	Cross-shaped Pulley Holder
95	2	Splitpin Pin
96	2	Pulley Bushing 11mm
97	1	Quick Release Cable Lock
98	1	R.O.M.Assembly
99	1	Resistance Push Plate
100	2	Foam Roller Tube Left
101	2	Foam Roller Tube Right
102	4	Bushing O.D32mmX I.D25.4mm
113	8	Pulley Bushing 39.5mm
114	1	∅ 10 Spring Pin
115	2	Big Washer
116	2	∅8 Spring Pin
117	2	Thin Cable
118	2	Elbow
119	2	Lock Bolt
120	2	C-shaped Washer
121	2	M8x15mm Hollow bolt
122	2	Retaining Rings
S4-3	28	M4x3mm Socket Set Screw-White
S4-5	2	M4x5mm Socket Set Screw-White
S6-6	6	M6x6mm Socket Set Screw-White
SC4-1	4	M4x16mm Socket Cap Screw-White
SC8-3	6	M8X25mm Socket Cap Screw-White
SH8-2	1	M8X20mm Sunk Head Socket Screw-White
A5-2	3	M5X16mm Allen Bolt-White
A5-3	2	M5X25mm Allen Bolt-White
A8-1	7	M8x12mm Allen Bolt-White
A6-3	4	M6X12mm Allen Bolt-White
A12-15	1	M12X85mm Allen Bolt White
H8-1	8	M8X15mm Hex Head Bolt-White
H8-8	4	M8X50mm Hex Head Bolt-White
H10-1	2	M10X15mm Hex Head Bolt-White

DELLISTA

No.	Qty	Part Description
H10-7	9	M10X45mm Hex Head Bolt-White
H10-8	12	M10X50mm Hex Head Bolt-White
H10-9	1	M10X55mm Hex Head Bolt -White
H10-11	1	M10X65mm Hex Head Bolt-White
H10-12	8	M10X70mm Hex Head Bolt-White
H10-13	2	M10X75mm Hex Head Bolt-White
H10-14	2	M10X80mm Hex Head Bolt -White
H10-17	2	M10X95mm Hex Head Bolt -White
H10-18	2	M10x100mm Hex Head Bolt-White
H10-21	5	M10x115mm Hex Head Bolt-White
H10-23	8	M10x125mm Hex Head Bolt-White
H10-24	1	M10x130mm Hex Head Bolt-White
H12-27	1	M12x145mm Hex Head Bolt-White
W5	2	M5 Washer-White
W6	4	M6 Washer-White
W8	19	M8 Washer-White
W10	84	M10 Washer-White
W12	2	M12 Washer-White
N5	2	M5 Nut-White
N6	2	M6 Nut-White
N8	1	M8 Nut-White
N10	52	M10 Nut-White
N10-1	1	M10 Nut Small-White
N12	1	M12 Nut-White
CN8	1	M8 Common Nut-White
N6-1	6	M6 Common Nut

VERKTYG BEHÖVS

Rycka 2x17mm
 1x19mm
 1x14mm

Justerbar insexnyckel

Obs! Använd inte tång

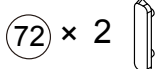
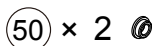
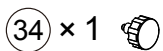
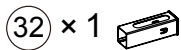
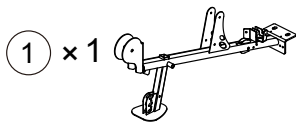


VIKTIG

Innan montering, se till att alla delar ingår i paketet.
 Om några delar saknas, kontakta vår kundtjänst för att lösa problemet.

MONTERINGSINSTRUKTIONER

Delar som behövs:



INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

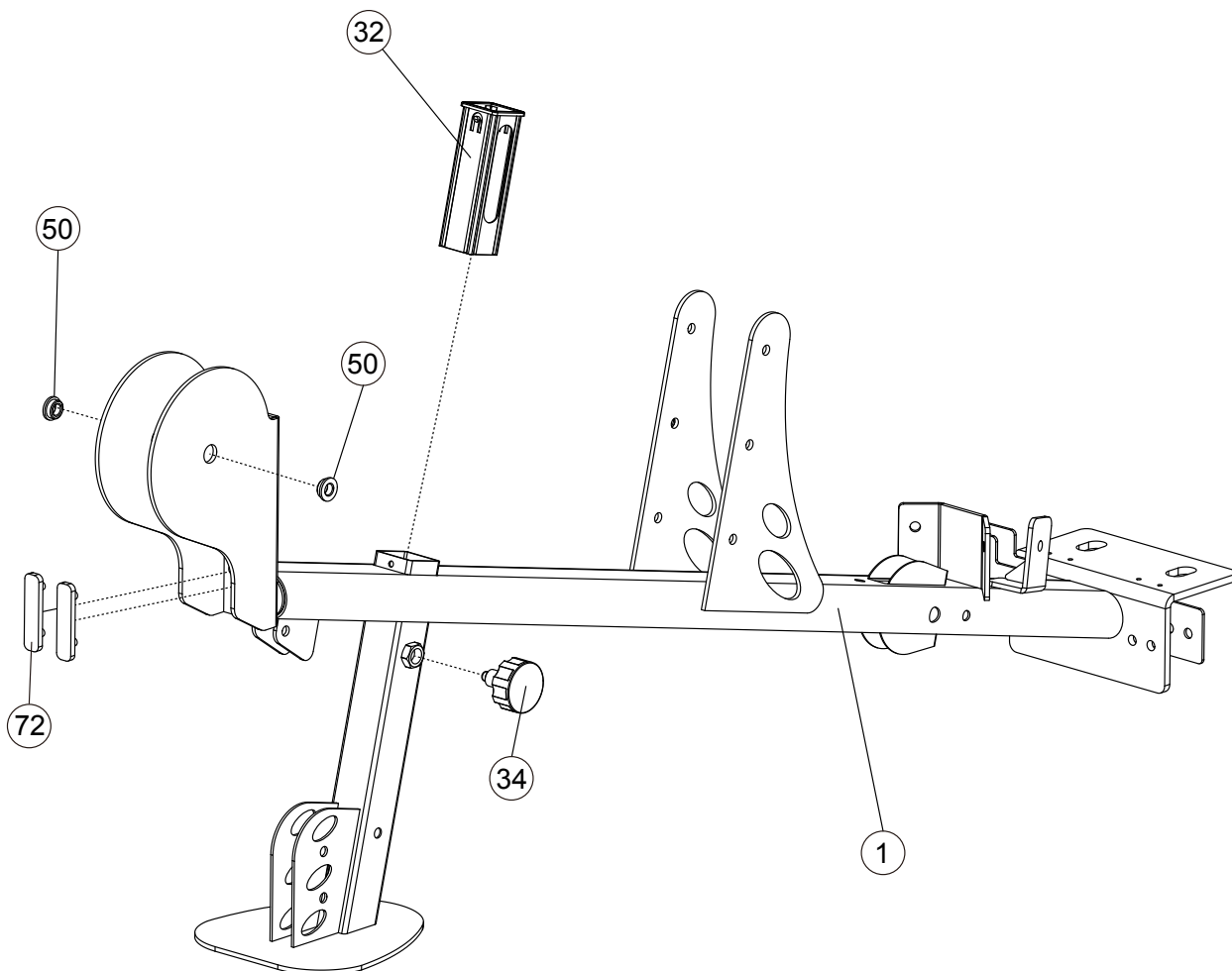
Följ instruktionerna noggrant för enkel montering.

Dra åt alla bultar och muttrar.

STEP 1

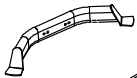

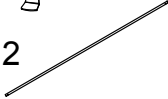



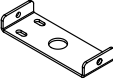



OBS

Detta steg är ett förinstallerat steg



MONTERINGSINSTRUKTIONER

Delar som behövs:

- | | | | |
|-----------|---|-------------------------|---|
| 2 × 1 |  | W10 × 8 |  |
| | | M10 Washer | |
| 28 × 2 |  | N10 × 4 |  |
| | | M10 Nut | |
| 31 × 1 |  | H10-18 × 2 |  |
| | | M10x100mm Hex Head Bolt | |
| 95 × 2 |  | H10-14 × 2 |  |
| | | M10x80mm Hex Head Bolt | |
| W6 × 4 |  | A6-3 × 4 |  |
| M6 Washer | | M6x12mm Allen Bolt | |

INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

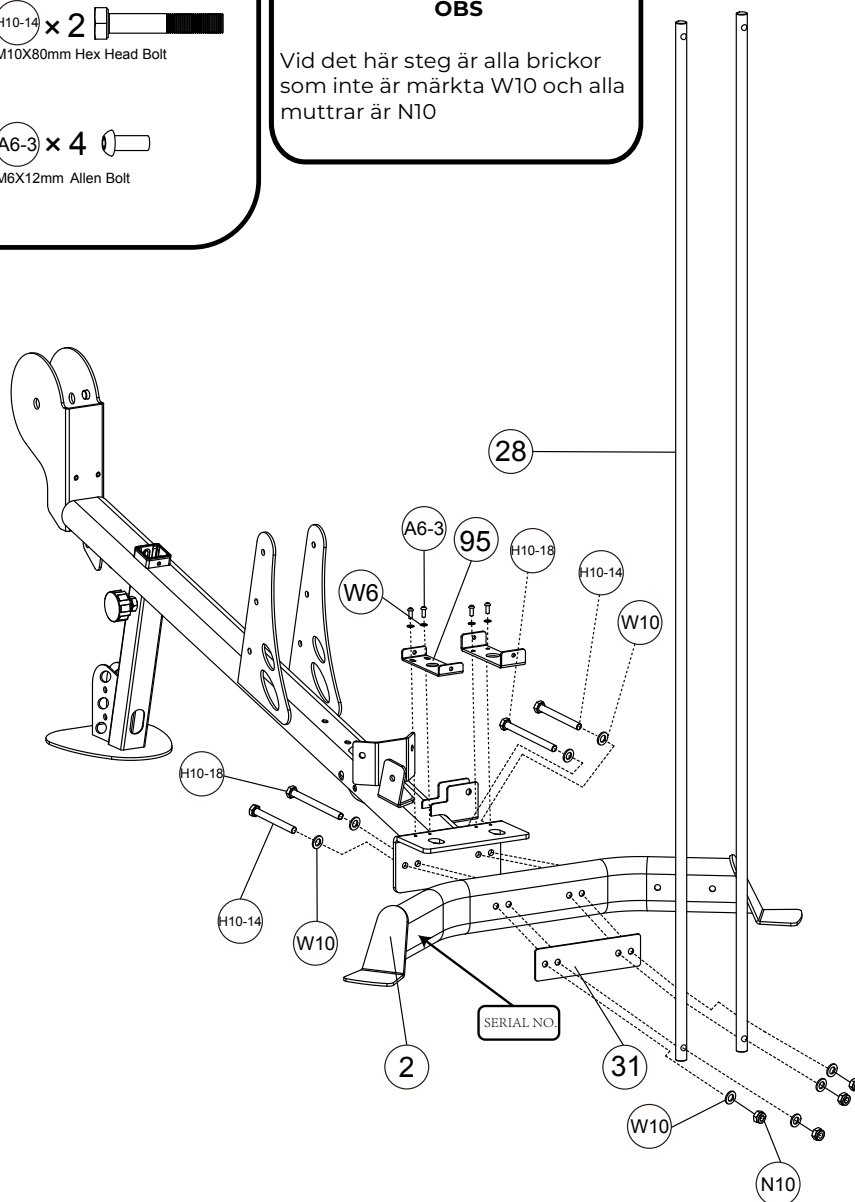
Följ instruktionerna noggrant för enkel montering.

Dra åt alla bultar och muttrar.

STEP 2

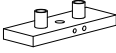
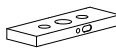







OBS

Vid det här steg är alla bricker som inte är märkta W10 och alla muttrar är N10



MONTERINGSINSTRUKTIONER

Delar som behövs:

- ⑬ × 1 
- ⑭ × 19 
- ①①④ × 1 
Ø 10 Spring Pin
- ③⑦ × 2 
- ③⑥ × 2 
- ③⑦ × 1 
- ③⑧ × 1 
- ④⑥ × 2 
- ⑤⑥-⑥ × 2 
M6x6mm Socket Set Screw

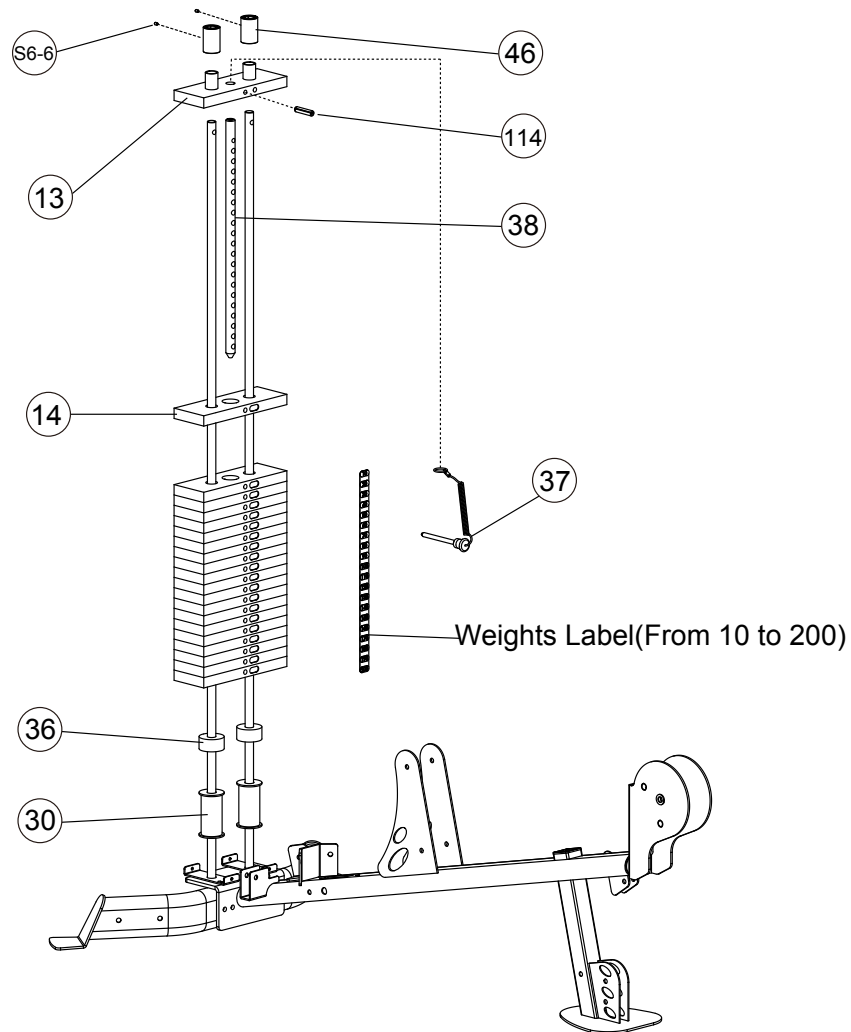
INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

Följ instruktionerna noggrant för enkel montering.

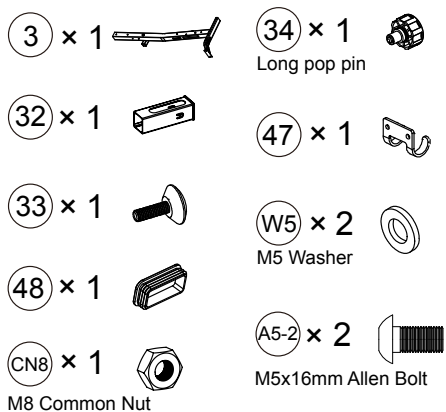
Dra åt alla bultar och muttrar.

STEP 3



MONTERINGSINSTRUKTIONER

Delar som behövs:



INFORMATION

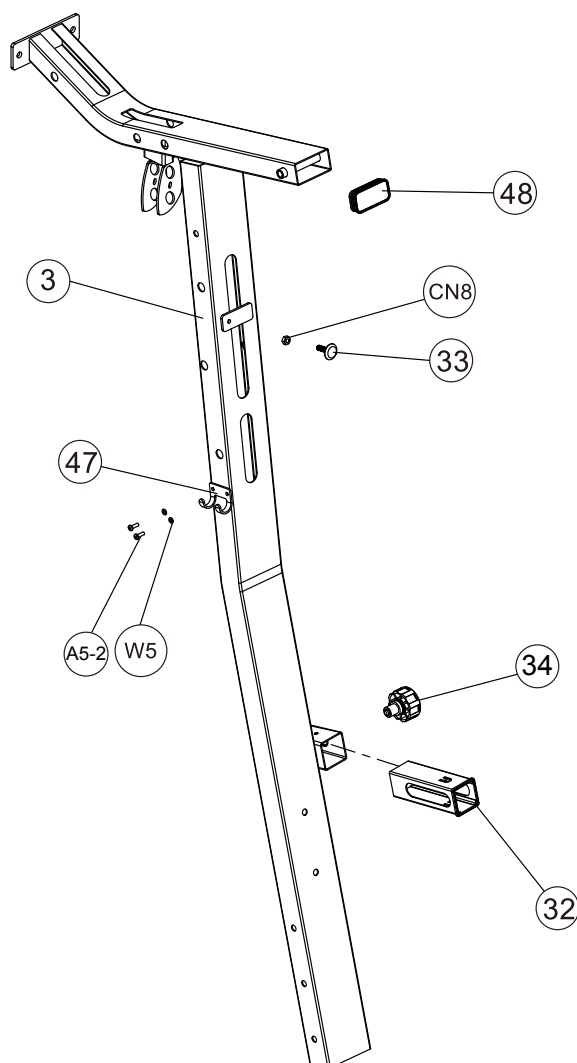
Vi rekommenderar två vuxna att montera och lyfta enheten.

Följ instruktionerna noggrant för enkel montering.

STEP 4

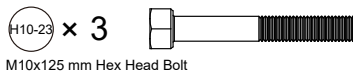
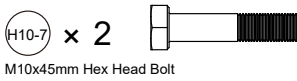
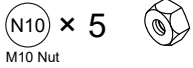
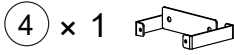
OBS

Detta steg är ett förinstallerat steg



MONTERINGSINSTRUKTIONER

Delar som behövs:



INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

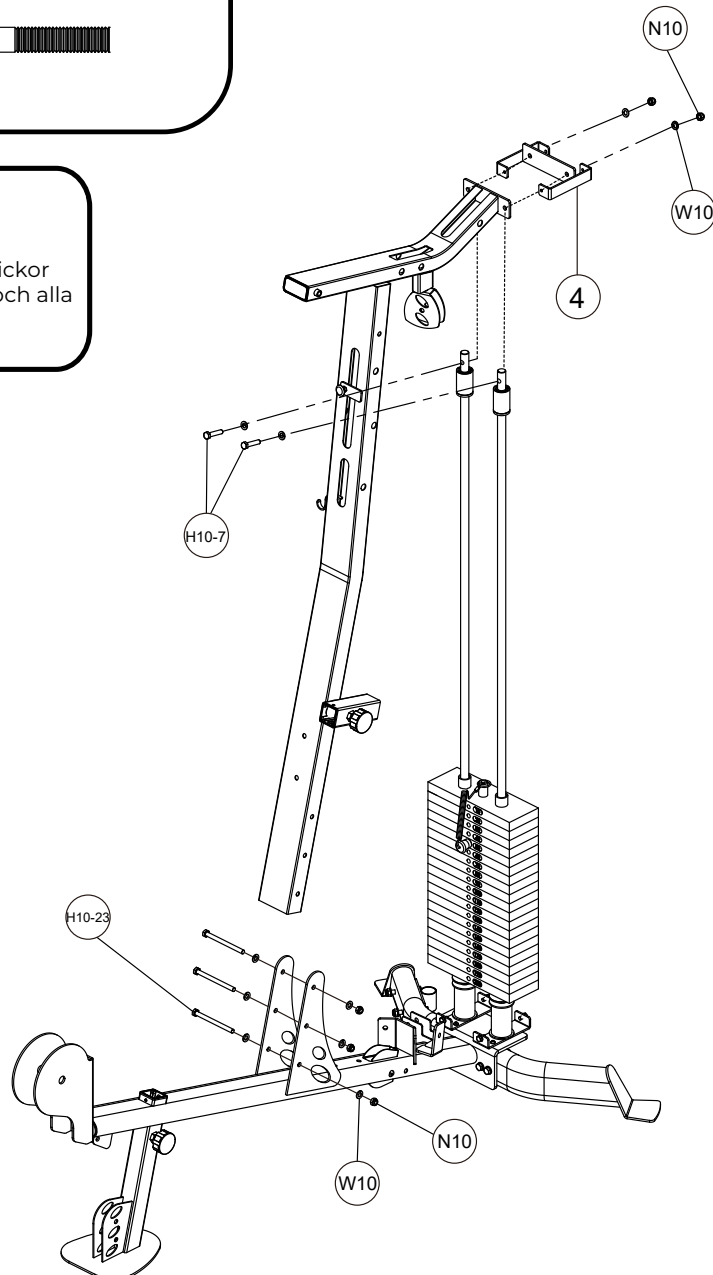
Följ instruktionerna noggrant för enkel montering.

Dra åt alla bultar och muttrar.

STEP 5









OBS

Vid det här steg är alla bricker som inte är märkta W10 och alla muttrar är N10



MONTERINGSINSTRUKTIONER

Delar som behövs:

- | | | | |
|--------|---|-------------------------------|---|
| 51 × 2 |  | W8 × 1 |  |
| 56 × 1 |  | M8 Washer | |
| 58 × 2 |  | N8 × 1 |  |
| 59 × 1 |  | M8 Nut | |
| | | SH8-2 × 1 |  |
| | | M8x20mm Sunk HeadSocket Screw | |
| | | 54 × 1 |  |

INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

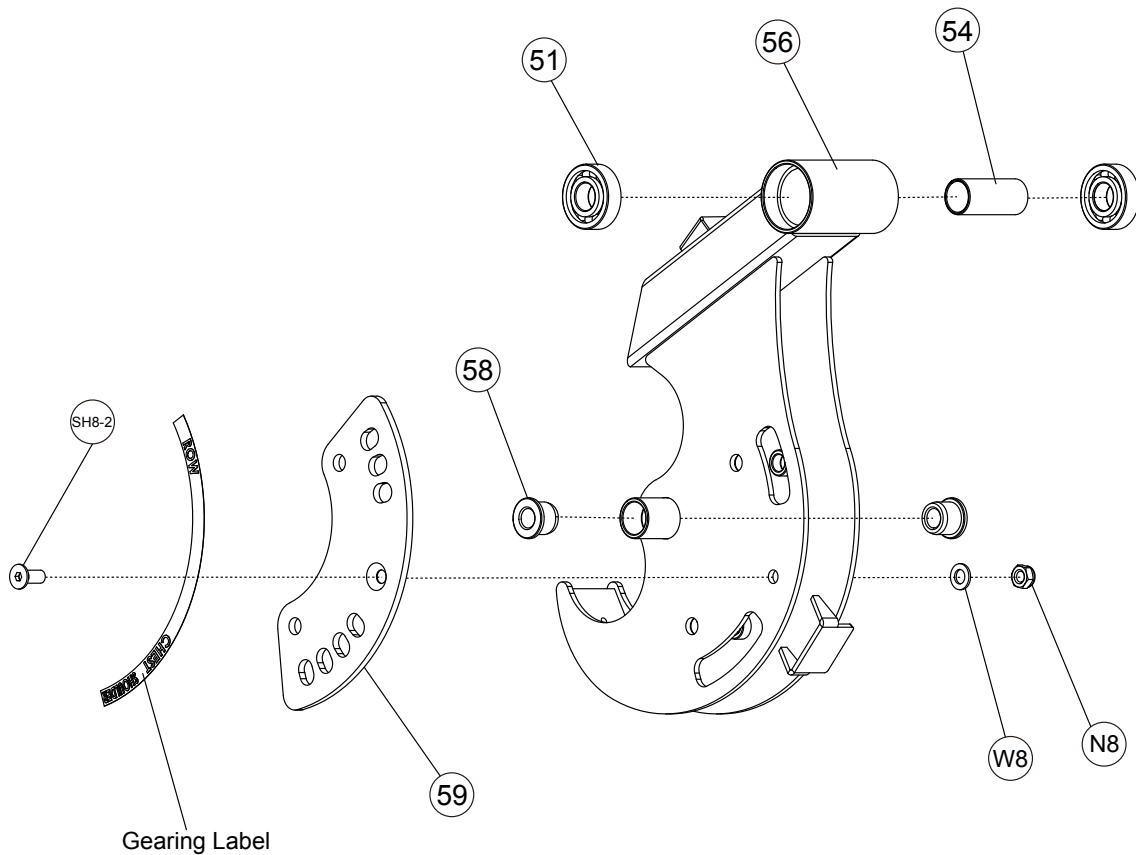
Följ instruktionerna noggrant för enkel montering.

Dra åt alla bultar och muttrar.

STEP 6

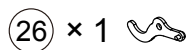
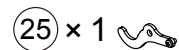
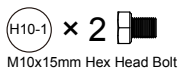
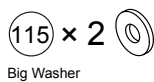
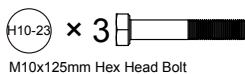
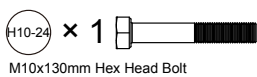
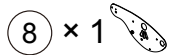
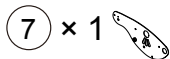
OBS

Detta steg är ett förinstallerat steg



MONTERINGSINSTRUKTIONER

Delar som behövs:



INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

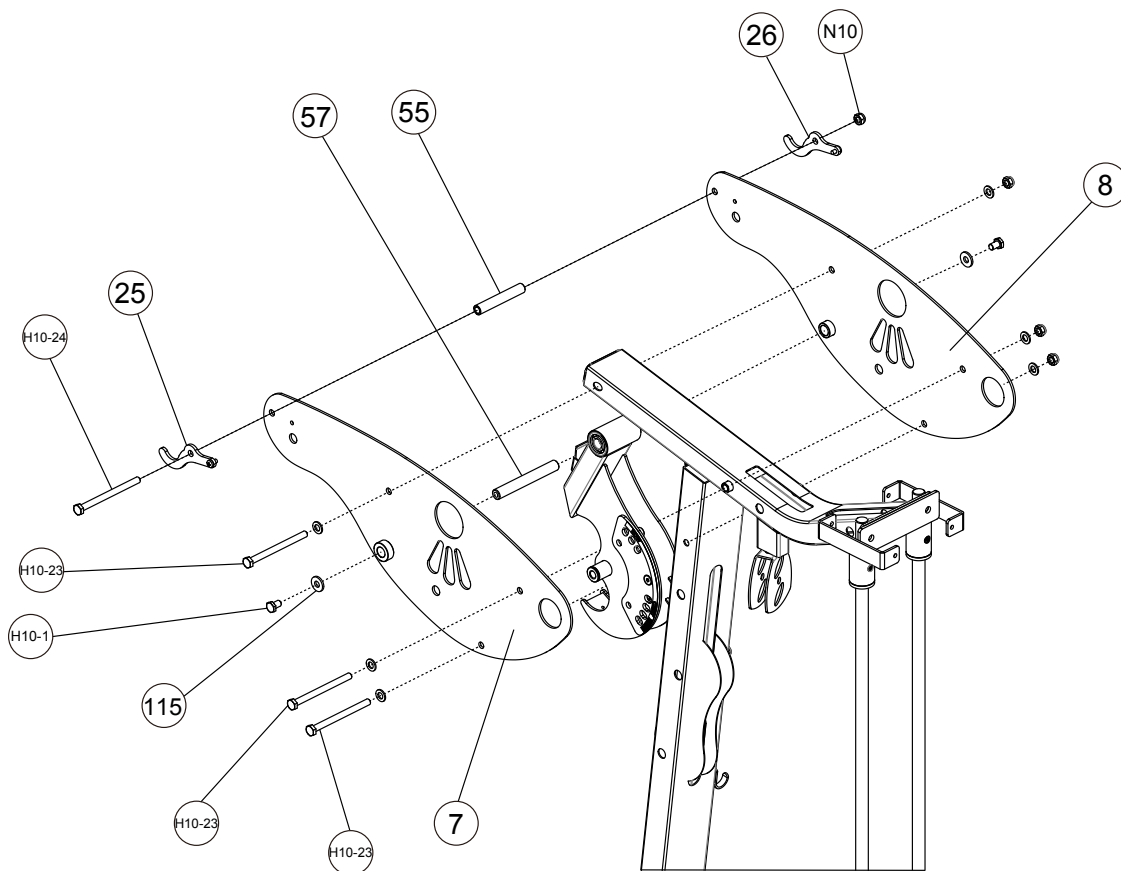
Följ instruktionerna noggrant för enkel montering.

Dra åt alla bultar och muttrar.

STEP 7

OBS

Vid det här steg är alla brickor som inte är märkta W10 och alla muttrar är N10



MONTERINGSINSTRUKTIONER

Delar som behövs:

- | | | | |
|--------------|--|--------------------------|--|
| 11 × 1 | | 118 × 1 | |
| 12 × 1 | | 119 × 1 | |
| 60 × 2 | | 120 × 1 | |
| 61 × 1 | | 121 × 1 | |
| 62 × 1 | | S4-5 × 1 | |
| 66 × 1 | | M4x5mm Socket Set Screw | |
| 67 × 1 | | W8 × 3 | |
| 68 × 1 | | M8 Washer | |
| 69 × 1 | | W10 × 4 | |
| 70 × 1 | | M10 Washer | |
| 71 × 1 | | N5 × 1 | |
| 77 × 2 | | M5 Nut | |
| Small Pulley | | N6 × 1 | |
| 78 × 2 | | N6-1 × 3 | |
| 79 × 1 | | M6 Nut | |
| 85 × 1 | | N10 × 2 | |
| 35 × 1 | | M10 Nut | |
| 117 × 1 | | A5-3 × 1 | |
| | | M5x25mm Allen Bolt | |
| | | A8-1 × 3 | |
| | | M8x12mm Allen Bolt | |
| | | SC4-1 × 2 | |
| | | M4x16mm Socket Cap Screw | |
| | | H10-8 × 2 | |
| | | M10x50mm Hex Head Bolt | |

INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

Följ instruktionerna noggrant för enkel montering.

Dra åt alla bultar och muttrar.

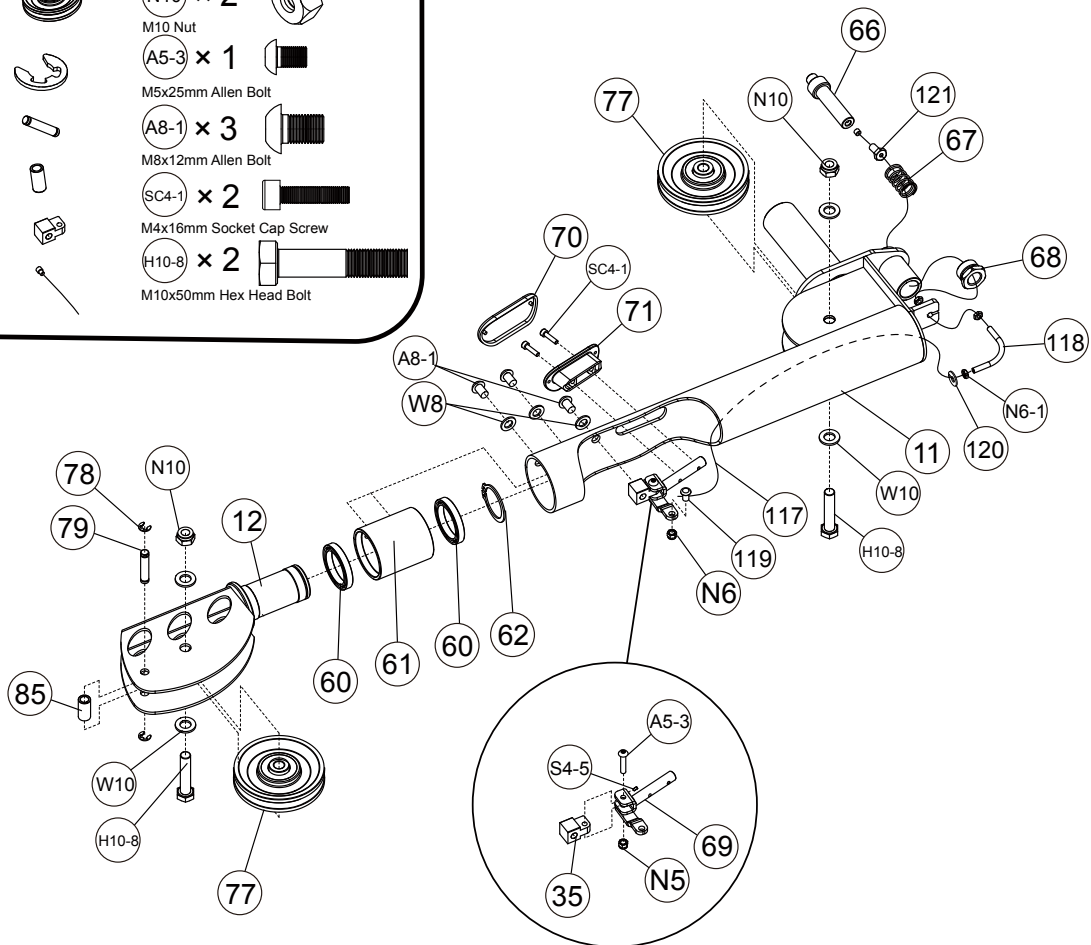
STEP 8

OBS

Detta steg är förinstallerat







Vid det här steg är alla bricker som inte är märkta W10 och alla muttrar är N10

Det finns två delar till #11, så detta steg bör upprepas



MONTERINGSINSTRUKTIONER

Delar som behövs:

- ⑩ × 1 
- ⑥③ × 2 
- ⑥④ × 4 
- ⑥⑤ × 2 
- ④③ × 1 
5400mm L
- ⑤⑥-⑥ × 4 
M6x6mm Socket Set Screw

INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

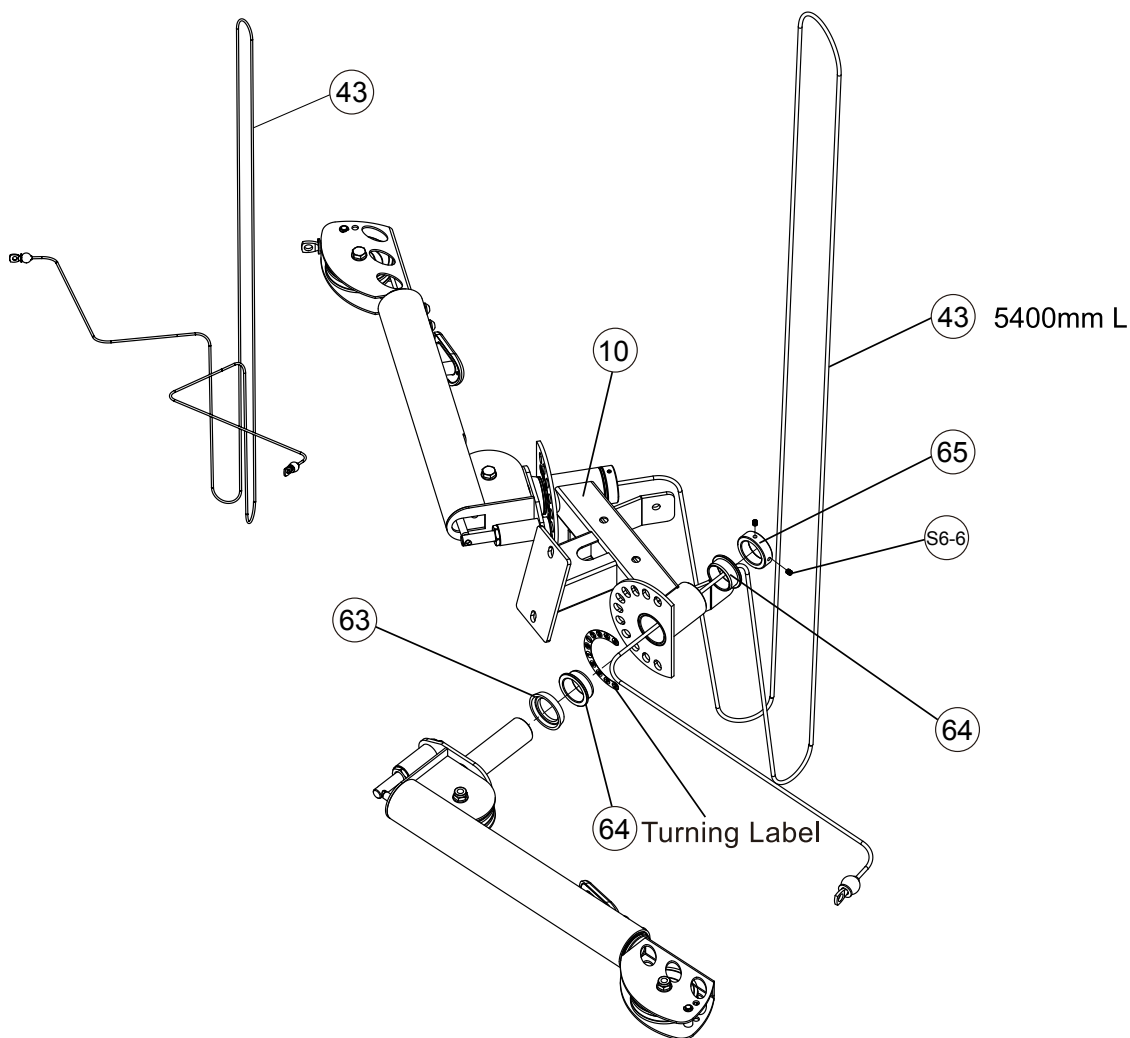
Följ instruktionerna noggrant för enkel montering.

Dra åt alla bultar och muttrar.

STEP 9

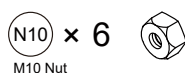
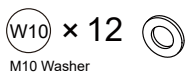
OBS

Detta steg är ett förinstallerat steg



MONTERINGSINSTRUKTIONER

Delar som behövs:



INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

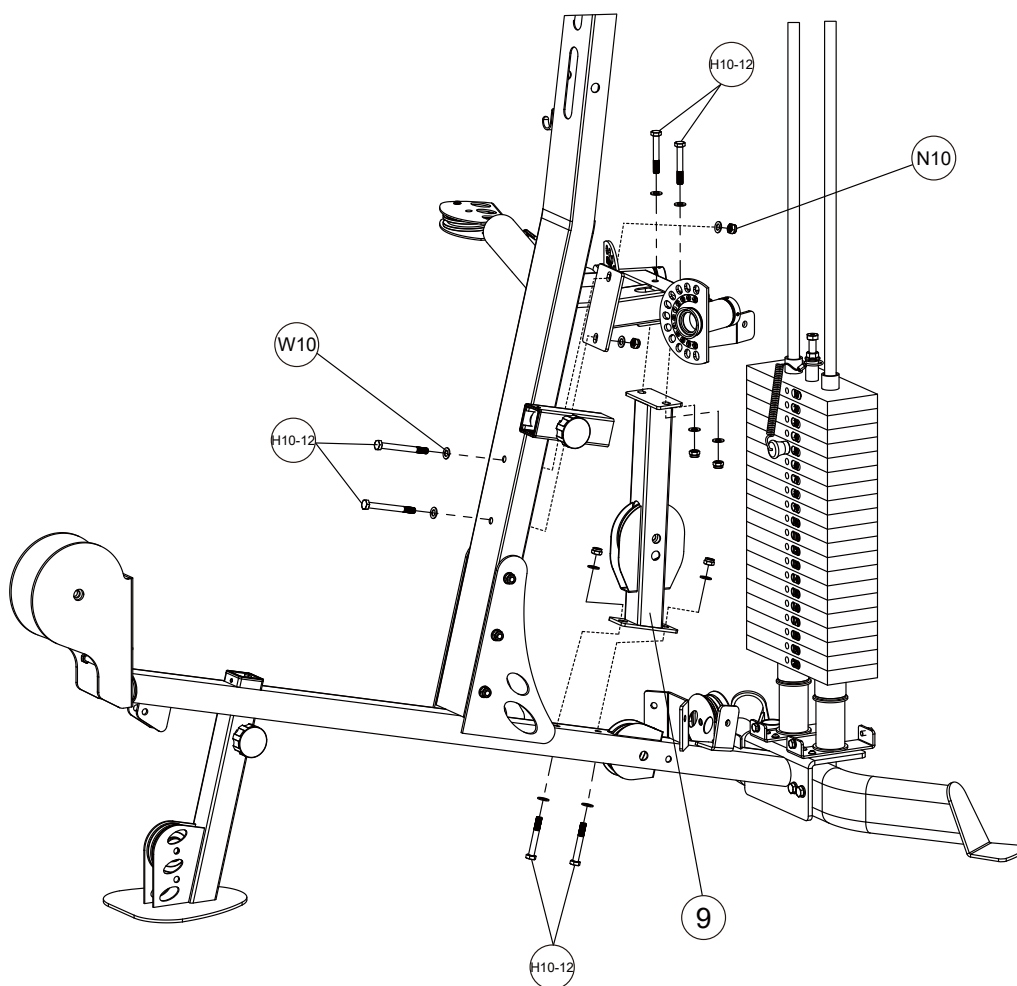
Följ instruktionerna noggrant för enkel montering.

Dra åt alla bultar och muttrar.

STEP 10

OBS

Vid det här steg är alla brickor som inte är märkta W10 och alla muttrar är N10



MONTERINGSINSTRUKTIONER

Delar som behövs:

- | | |
|------------------------|---------------------------------------|
| 113 × 4
39.5mm L | 40 × 1
4400mm L |
| 74 × 4
29.5mm L | W10 × 8
M10 Washer |
| 75 × 4
43.5mm L | N10 × 10
M10 Nut |
| 76 × 3
Big Pulley | H10-7 × 2
M10x45mm Hex Head Bolt |
| 77 × 7
Small Pulley | H10-12 × 2
M10x70mm Hex Head Bolt |
| 24 × 1 | H10-17 × 2
M10x95mm Hex Head Bolt |
| 94 × 1 | H10-21 × 2
M10x115mm Hex Head Bolt |
| | H10-23 × 2
M10x125mm Hex Head Bolt |

INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

Följ instruktionerna noggrant för enkel montering.

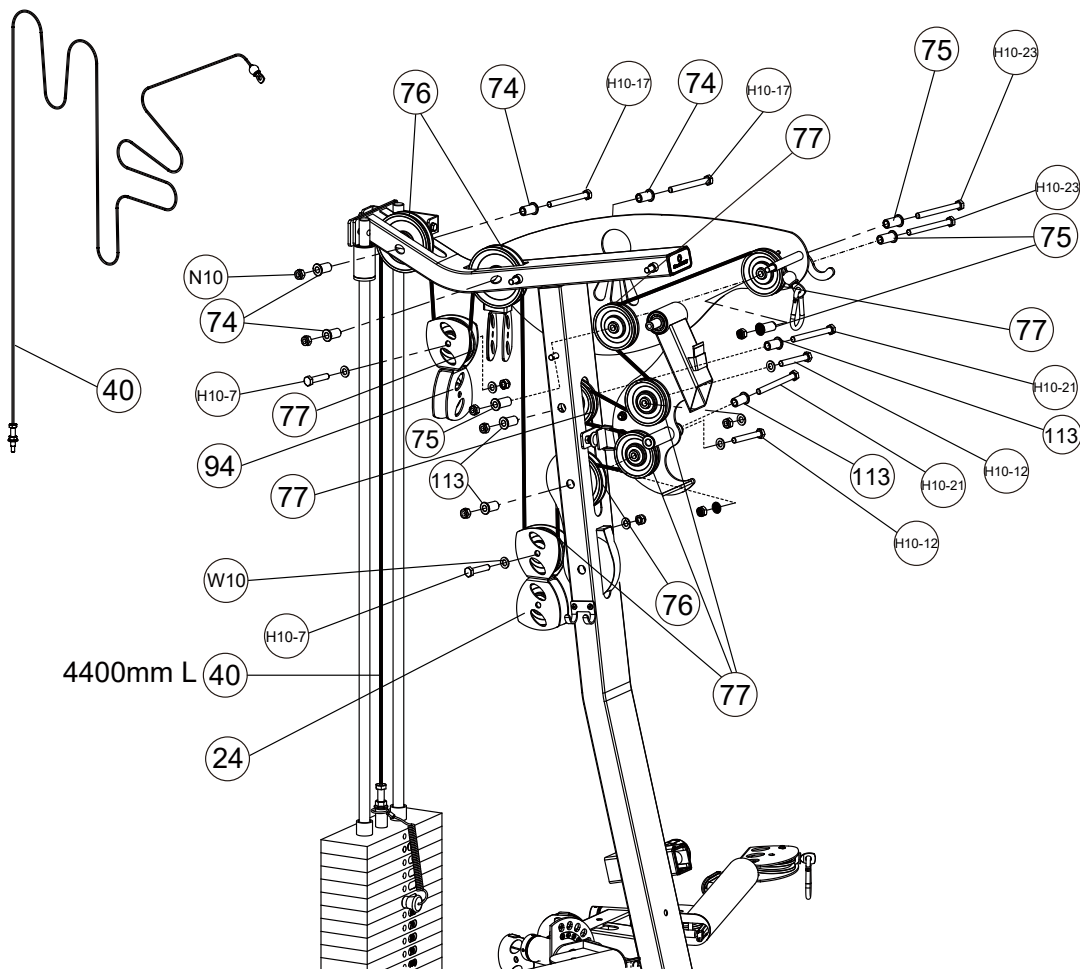
Dra åt alla bultar och muttrar.

STEP 11

OBS

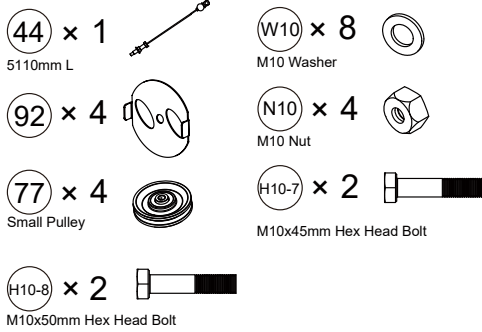
Vid det här steg är alla brickor som inte är märkta W10 och alla muttrar är N10

Kabeln måste ligga i remskivans spår



MONTERINGSINSTRUKTIONER

Delar som behövs:



INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

Följ instruktionerna noggrant för enkel montering.

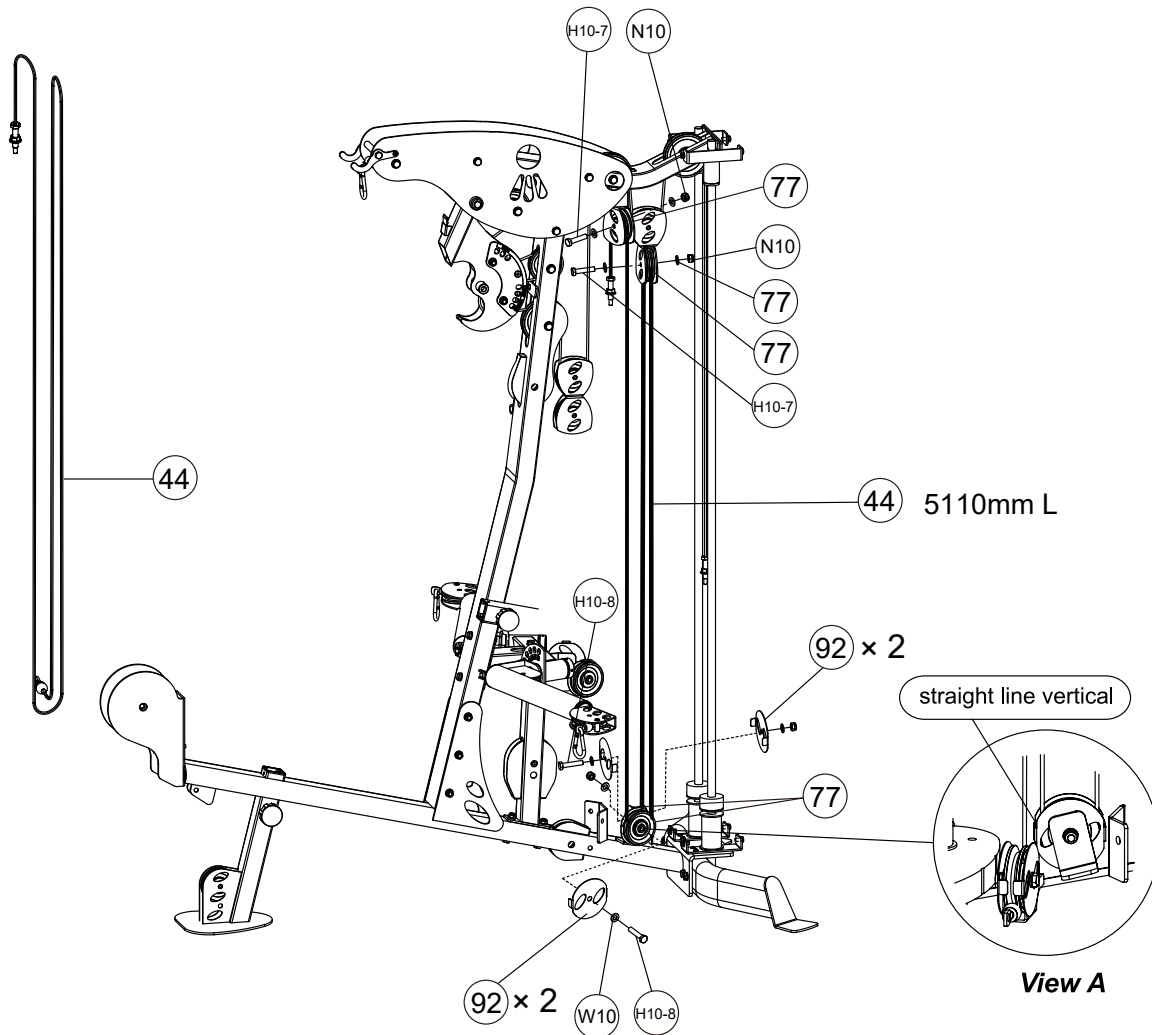
Dra åt alla bultar och muttrar.

STEP 12

OBS



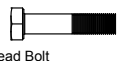





Vid det här steg är alla brickor som inte är märkta W10 och alla muttrar är N10

Kabeln måste ligga i remskivans spår. Var uppmärksam på remskivans position i del #92. Titta på bilden A



MONTERINGSINSTRUKTIONER

Delar som behövs:

- 92 × 8 
77 × 5
Small Pulley 
- H10-8 × 5 
82 × 1 
- W10 × 10 
83 × 1 
- N10 × 5 
- 43 × 1 

INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

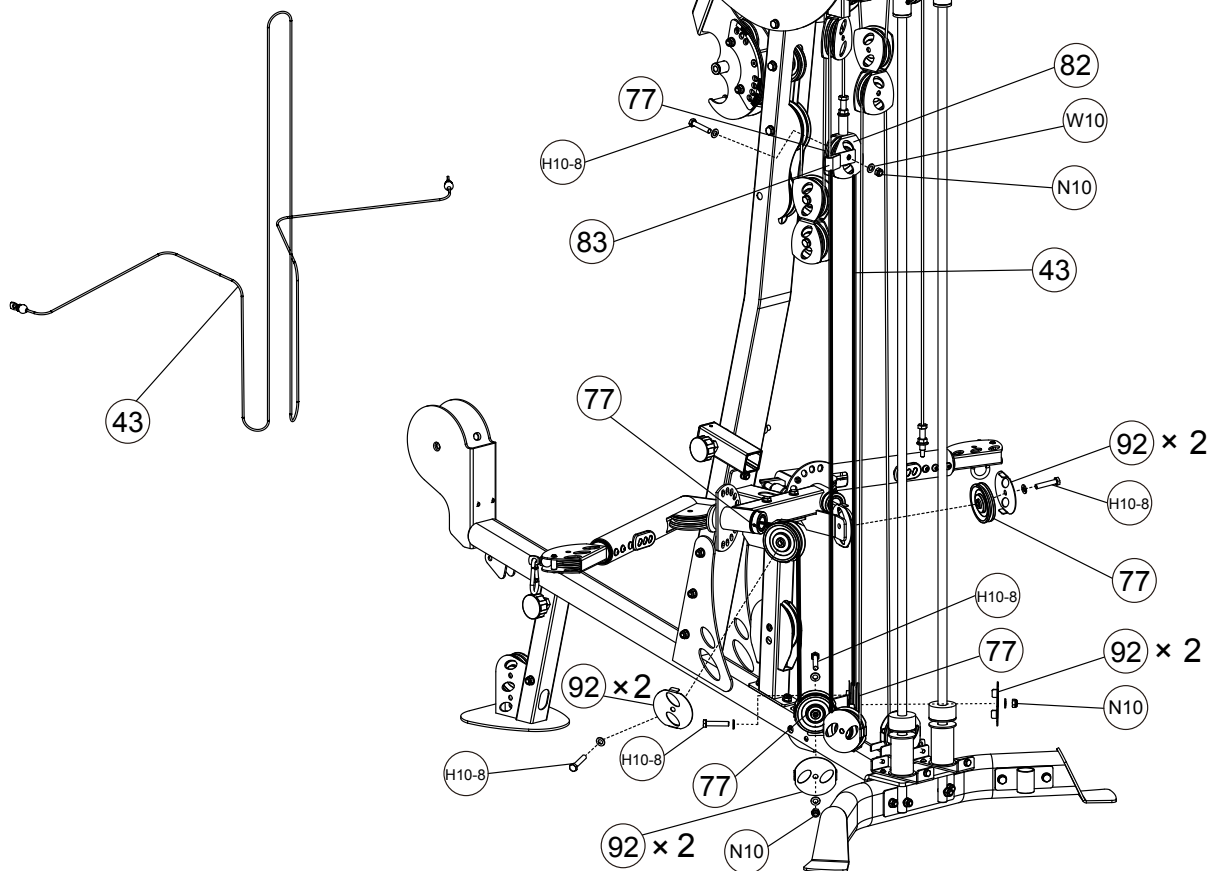
Följ instruktionerna noggrant för enkel montering.

Dra åt alla bultar och muttrar.

STEP 13

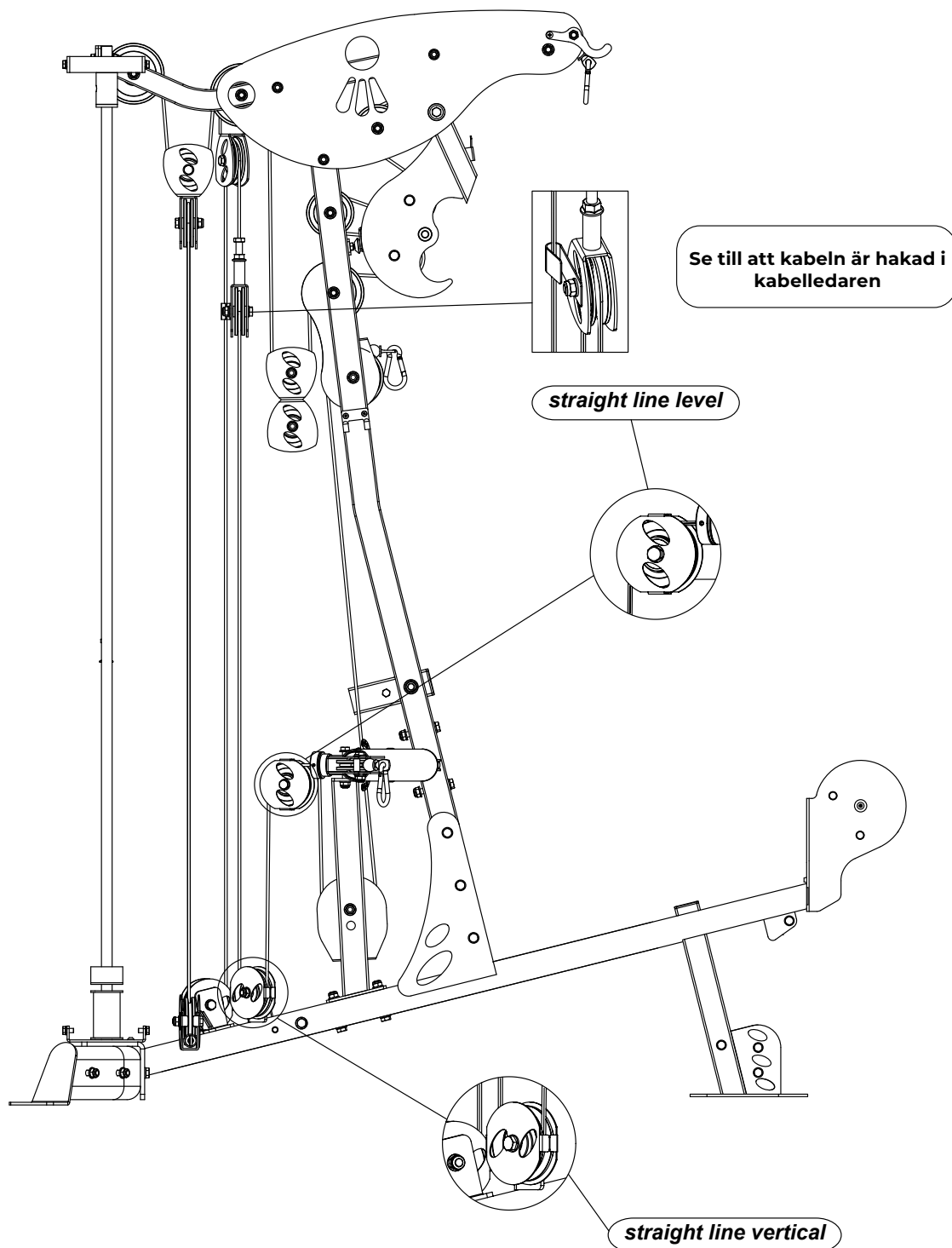
OBS

Vid det här steg är alla brickor som inte är märkta W10 och alla muttrar är N10



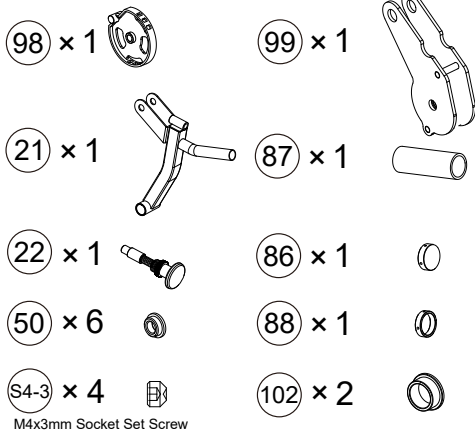
MONTERINGSINSTRUKTIONER

USER INSTRUCTIONS - CABLE LOOP



MONTERINGSINSTRUKTIONER

Delar som behövs:



INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

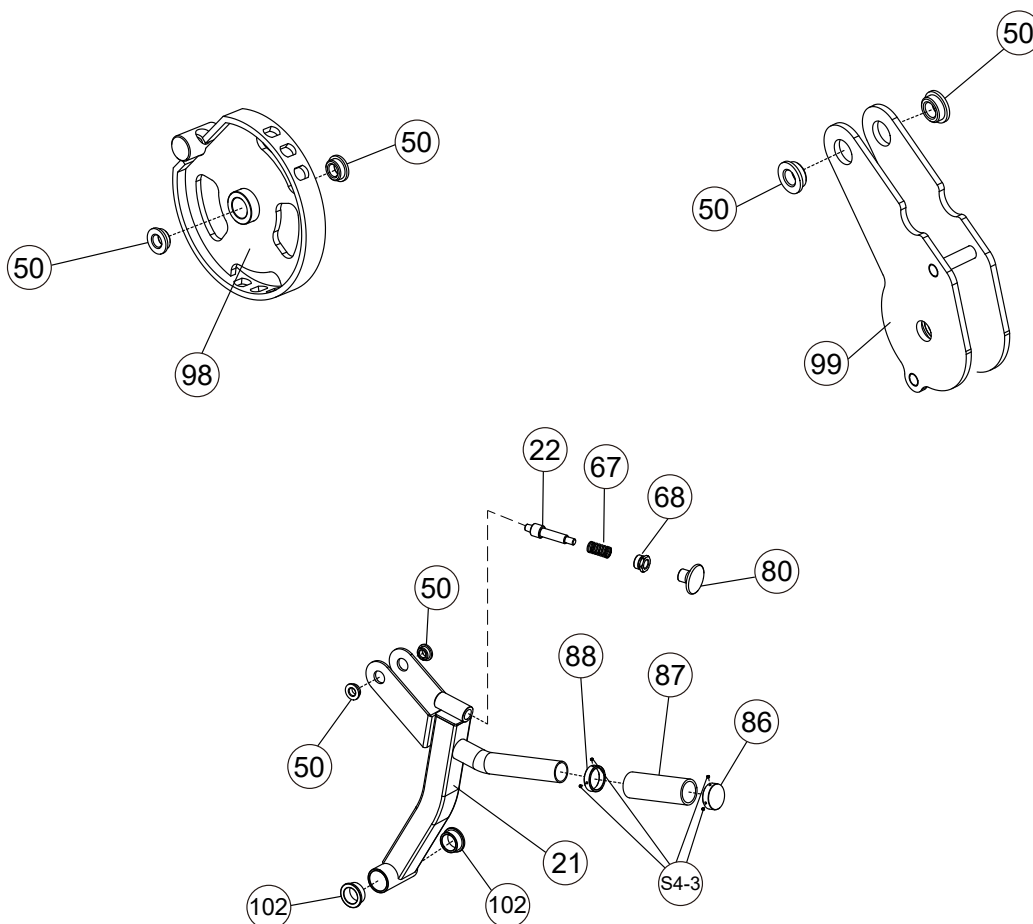
Följ instruktionerna noggrant för enkel montering.

Dra åt alla bultar och muttrar.

STEP 14






















OBS

Detta steg är ett förinstallerat steg



MONTERINGSINSTRUKTIONER

Delar som behövs:

- | | | | |
|------------------------|--|--|---|
| 113 × 4
39.5mm L |  | H10-7 × 3
M10x45mm Hex Head Bolt |  |
| 81 × 2
14.5mm L |  | H10-11 × 1
M10x65mm Hex Head Bolt |  |
| 96 × 2
11mm L |  | H10-21 × 3
M10x 115mm Hex Head Bolt |  |
| W10 × 10
M10 Washer |  | 41 × 1
4915mm L |  |
| N10 × 8
M10 Nut |  | H10-9 × 1
M10x55mm Hex Head Bolt |  |
| N10-1 × 1
M10 Nut |  | A12-15 × 1 |  |
| A8-1 × 1 |  | H10-8 × 1
M10x50mm Hex Head Bolt |  |
| 97 × 1 |  | 98 × 1 |  |
| 99 × 1 |  | 77 × 5 |  |
| 21 × 1 |  | 76 × 2 |  |
| 122 × 1 |  | | |

INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

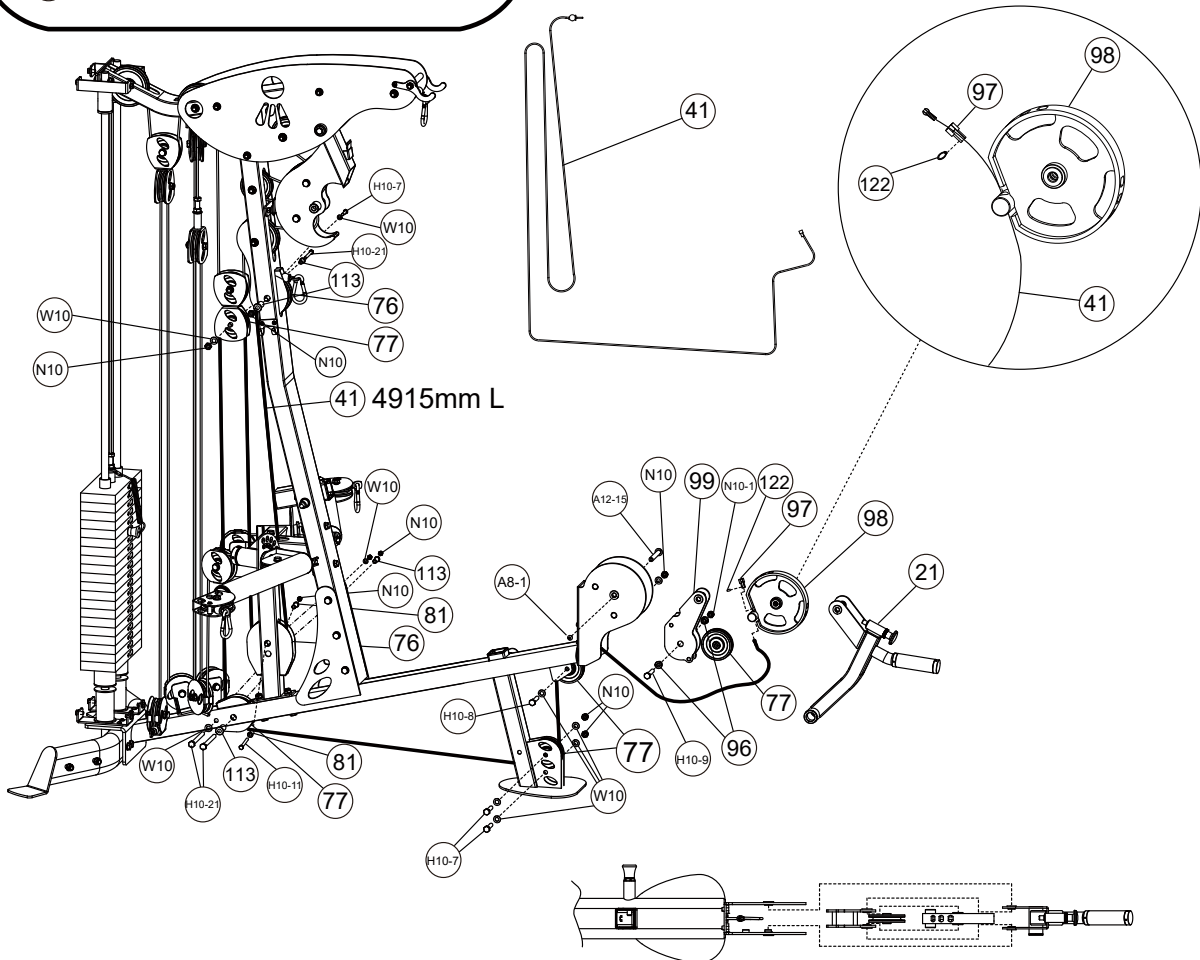
Följ instruktionerna noggrant för enkel montering.

Dra åt alla bultar och muttrar.

OBS

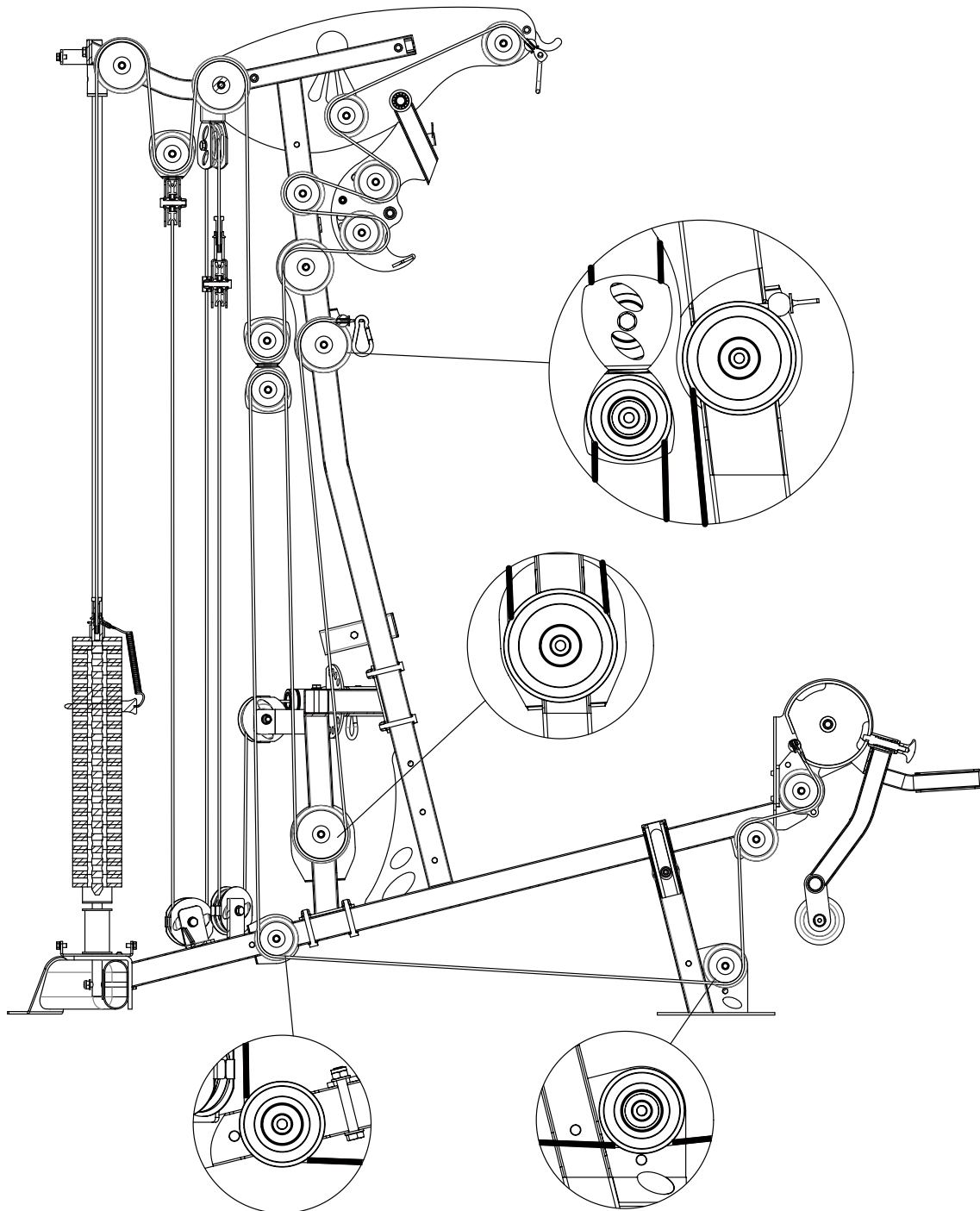
Vid det här steg är alla brickor som inte är märkta W10 och alla muttrar är N10

STEP 15



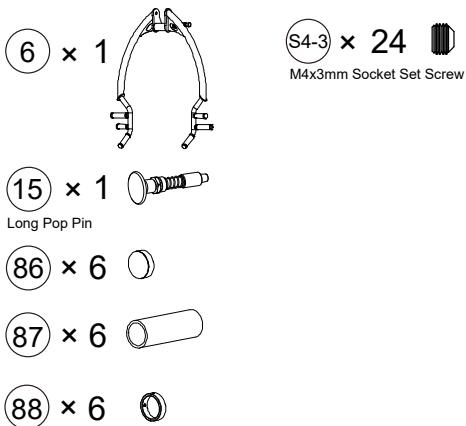
MONTERINGSINSTRUKTIONER

USER INSTRUCTIONS - CABLE LOOP



MONTERINGSINSTRUKTIONER

Delar som behövs:



INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

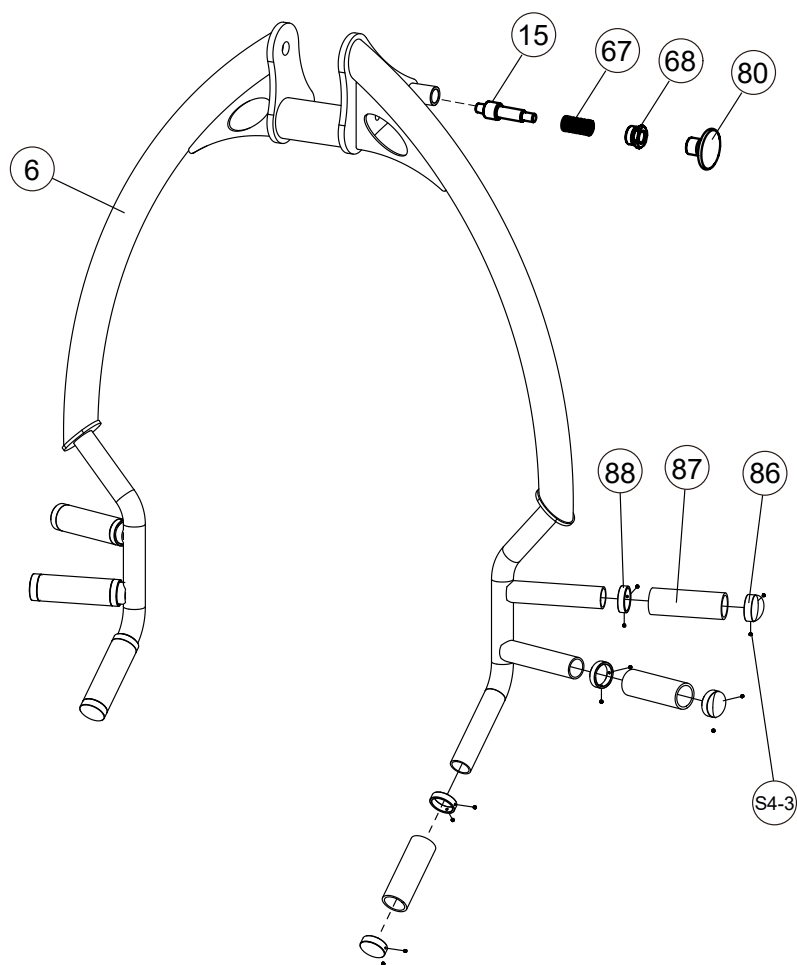
Följ instruktionerna noggrant för enkel montering.

Dra åt alla bultar och muttrar.

STEP 16

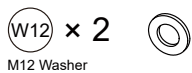
OBS

Detta steg är ett förinstallerat steg

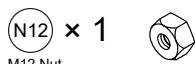


MONTERINGSINSTRUKTIONER

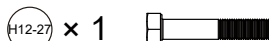
Delar som behövs:



M12 Washer



M12 Nut



M12x145mm Hex Head Bolt

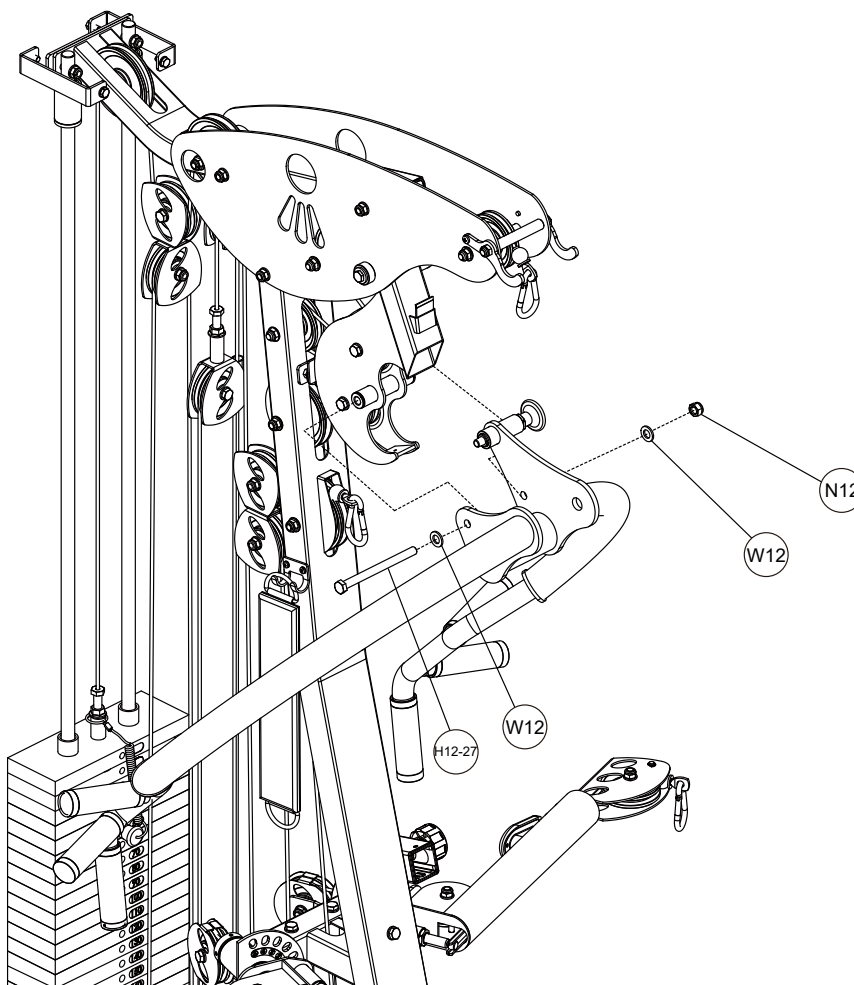
INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

Följ instruktionerna noggrant för enkel montering.

Dra åt alla bultar och muttrar.

STEP 17



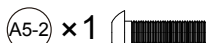
MONTERINGSINSTRUKTIONER

Delar som behövs:

91 × 1

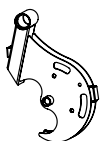


A5-2 × 1



M5x16mm Allen Bolt

56 × 1



INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

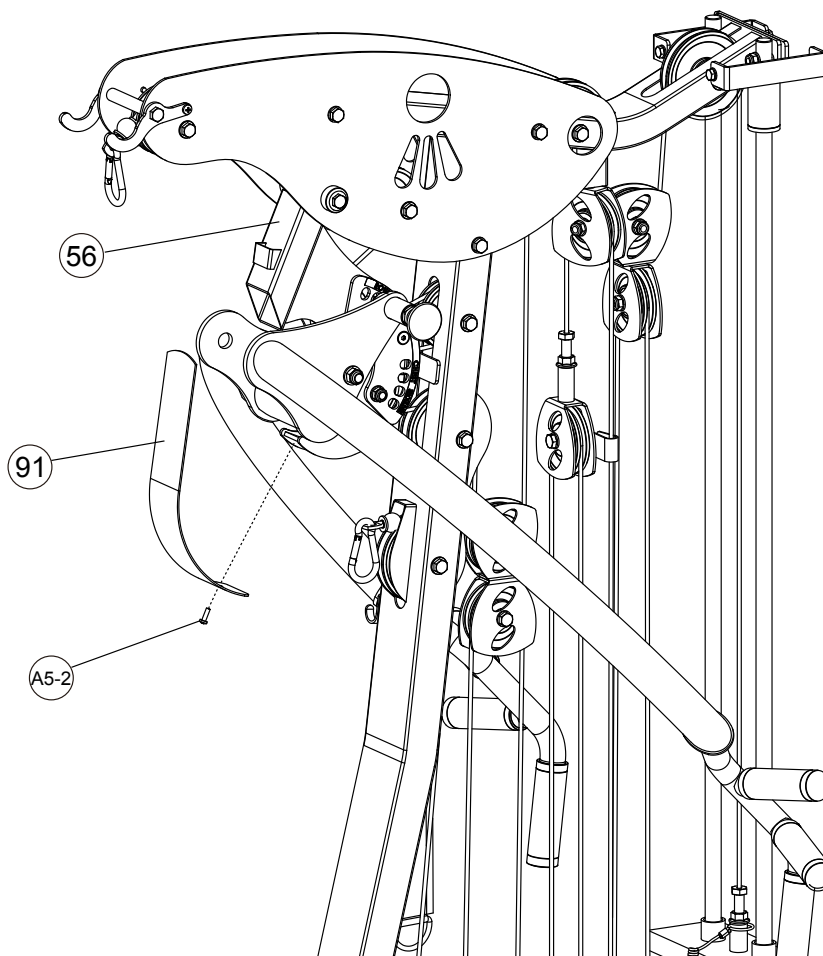
Följ instruktionerna noggrant för enkel montering.

Dra åt alla bultar och muttrar.

STEP 18

OBS

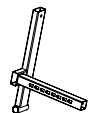
Anslut först delar #91 och #56 och skruva sedan på del #91.



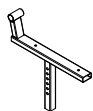
MONTERINGSINSTRUKTIONER

Delar som behövs:

19 × 1



5 × 1



89 × 4



102 × 2



90 × 1



INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

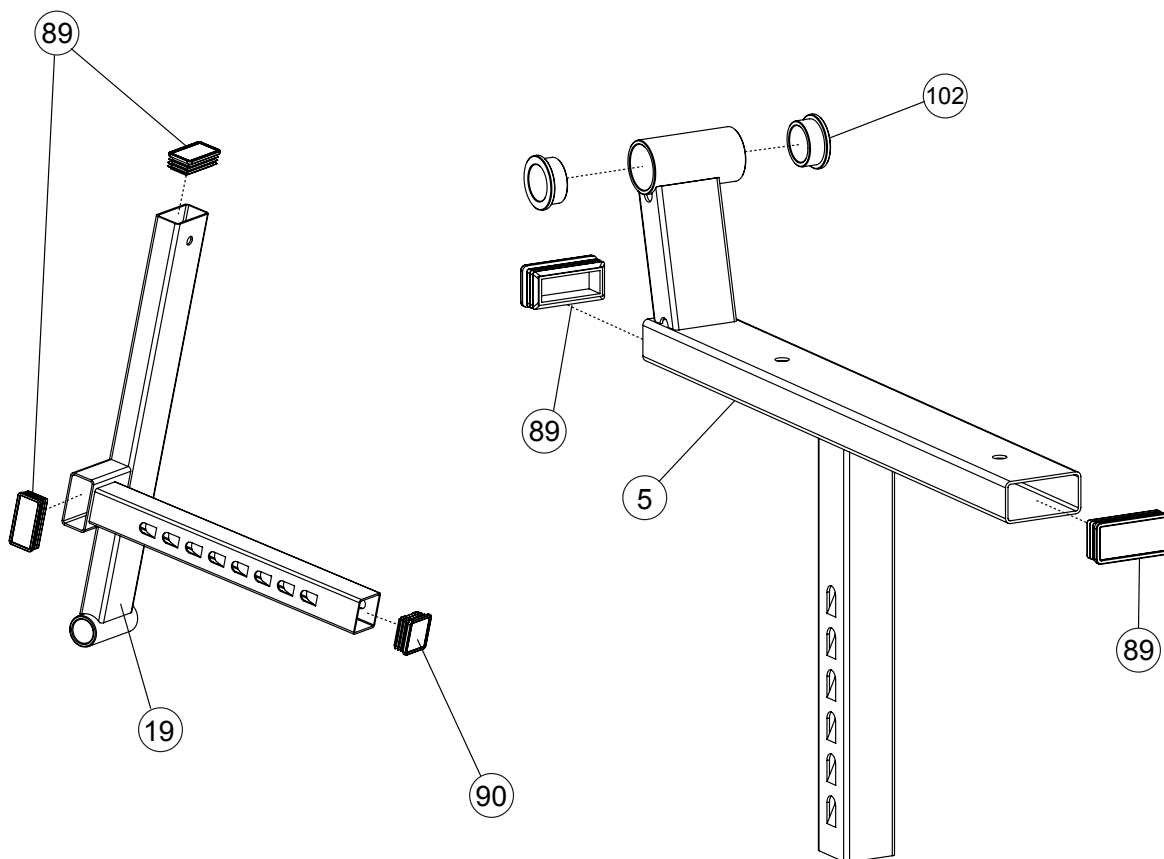
Följ instruktionerna noggrant för enkel montering.

Dra åt alla bultar och muttrar.

STEP 19

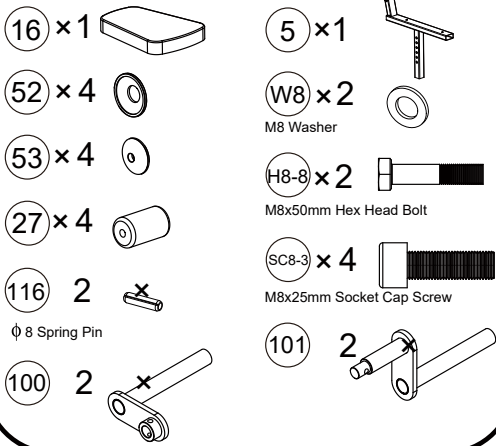
OBS

Detta steg är ett förinstallerat steg



MONTERINGSINSTRUKTIONER

Delar som behövs:



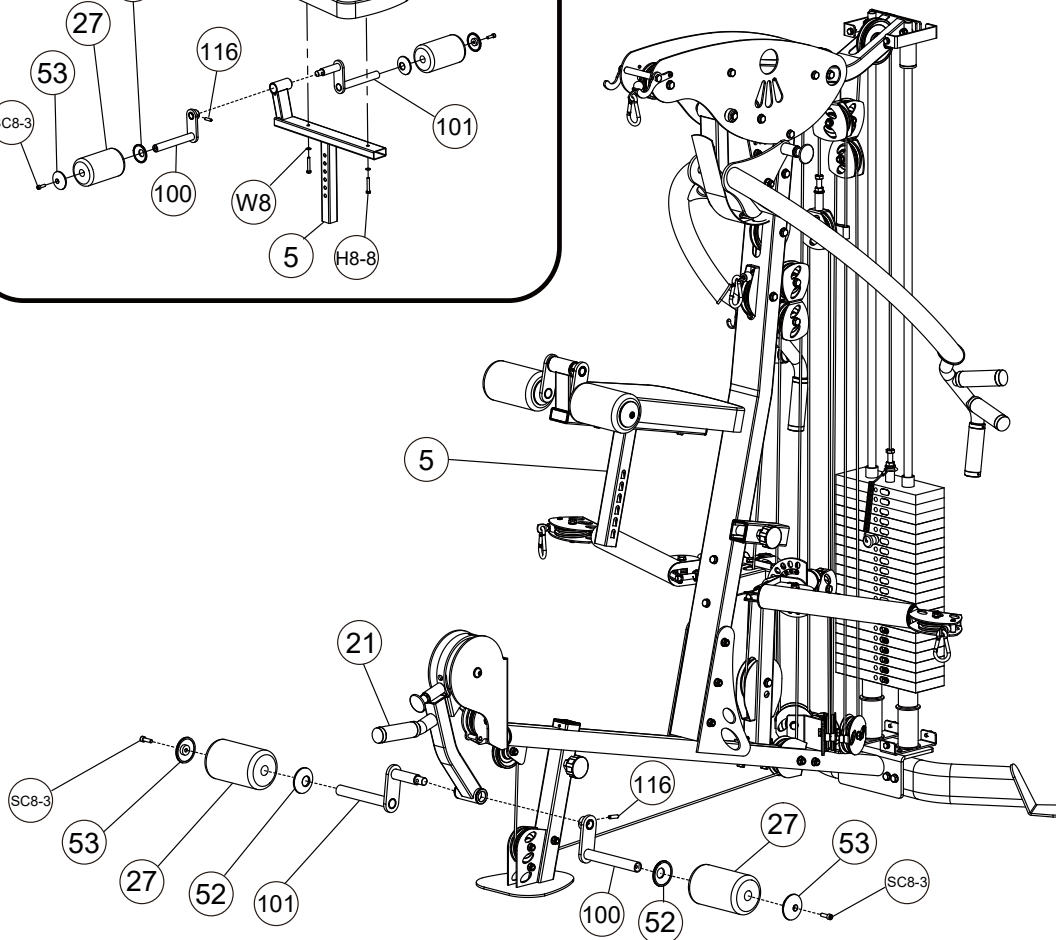
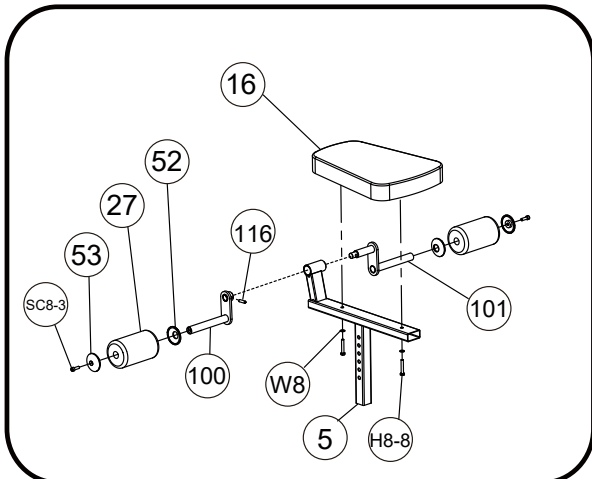
INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

Följ instruktionerna noggrant för enkel montering.

Dra åt alla bultar och muttrar.

STEP 20



MONTERINGSINSTRUKTIONER

Delar som behövs:

- | | | | |
|-----------|--|---|--|
| (19) × 1 | | (W10) × 4
M10 Washer | |
| (20) 1 | | (W8) × 2
M8 Washer | |
| (52) × 2 | | (N10) × 2
M10 Nut | |
| (53) × 2 | | (H8-8) × 2
M8x50mm Hex Head Bolt | |
| (27) × 2 | | (SC8-3) × 2
M8x25mm Socket Cap Screw | |
| (16L) × 1 | | (H10-13) × 2
M10x75mm Hex Head Bolt | |
| (42) × 1 | | | |

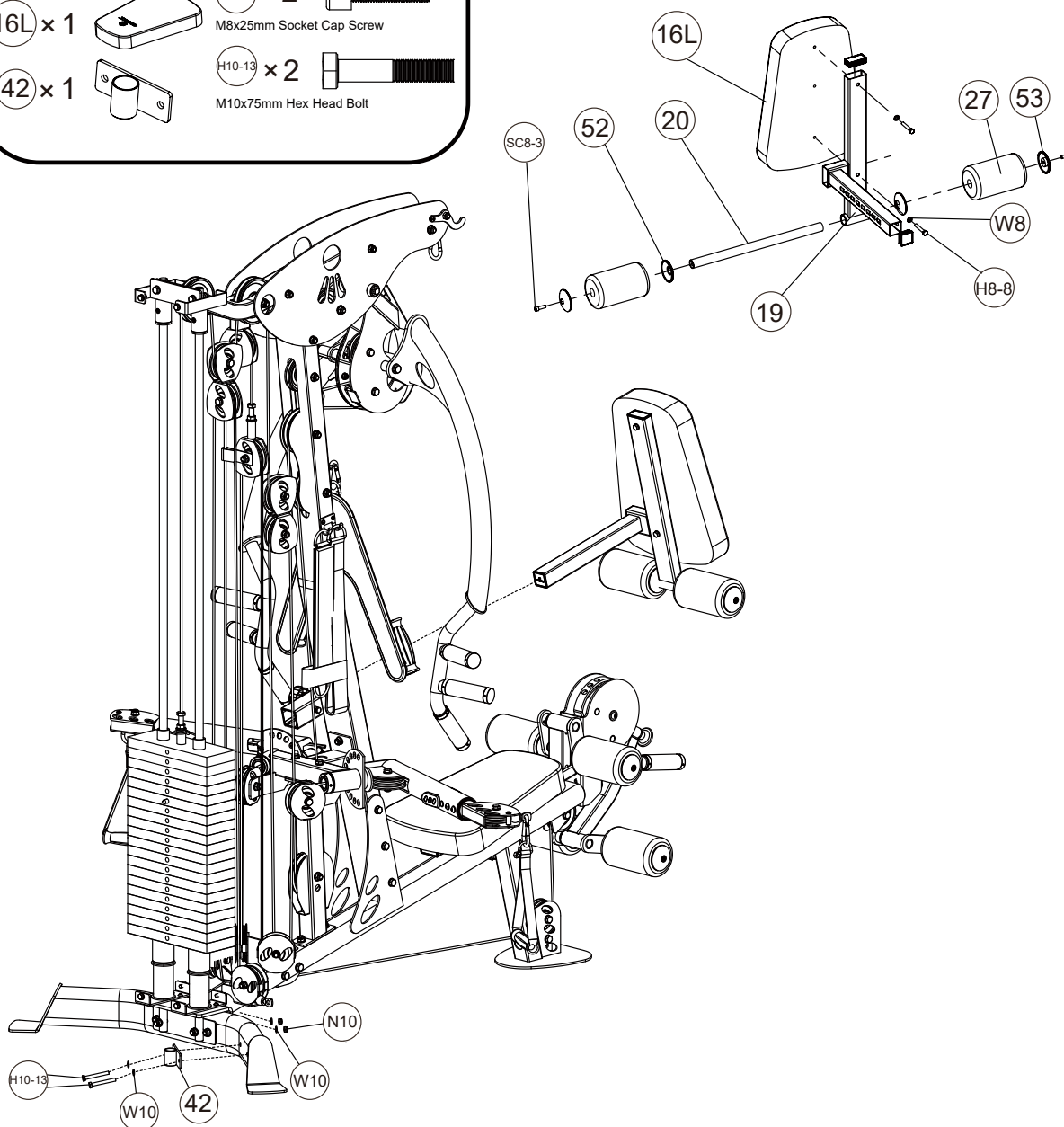
INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

Följ instruktionerna noggrant för enkel montering.

Dra åt bultar och muttrar endast halvvägs om inget annat anges.

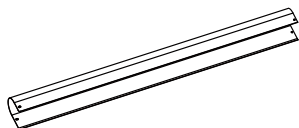
STEP 21



MONTERINGSINSTRUKTIONER

Delar som behövs:

(29) × 2



(H8-1) × 8



M8x15mm Hex Head Bolt

(W8) × 8



M8 Washer

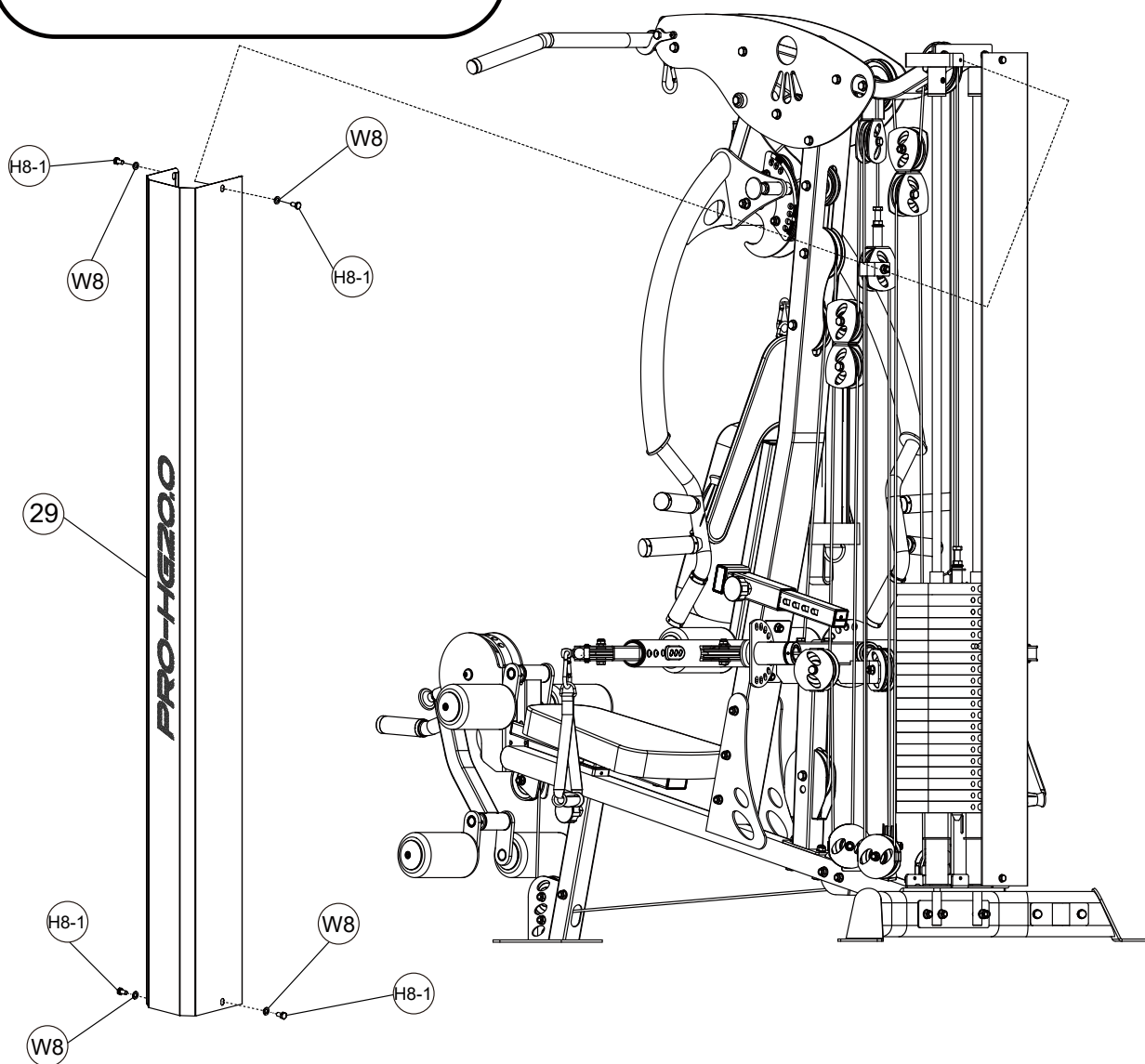
INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

Följ instruktionerna noggrant för enkel montering.

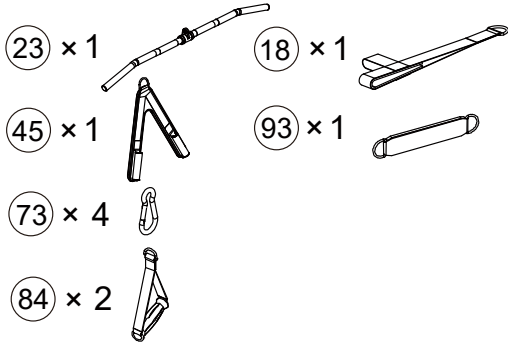
Dra åt alla bultar och muttrar.

STEP 22



MONTERINGSINSTRUKTIONER

Delar som behövs:



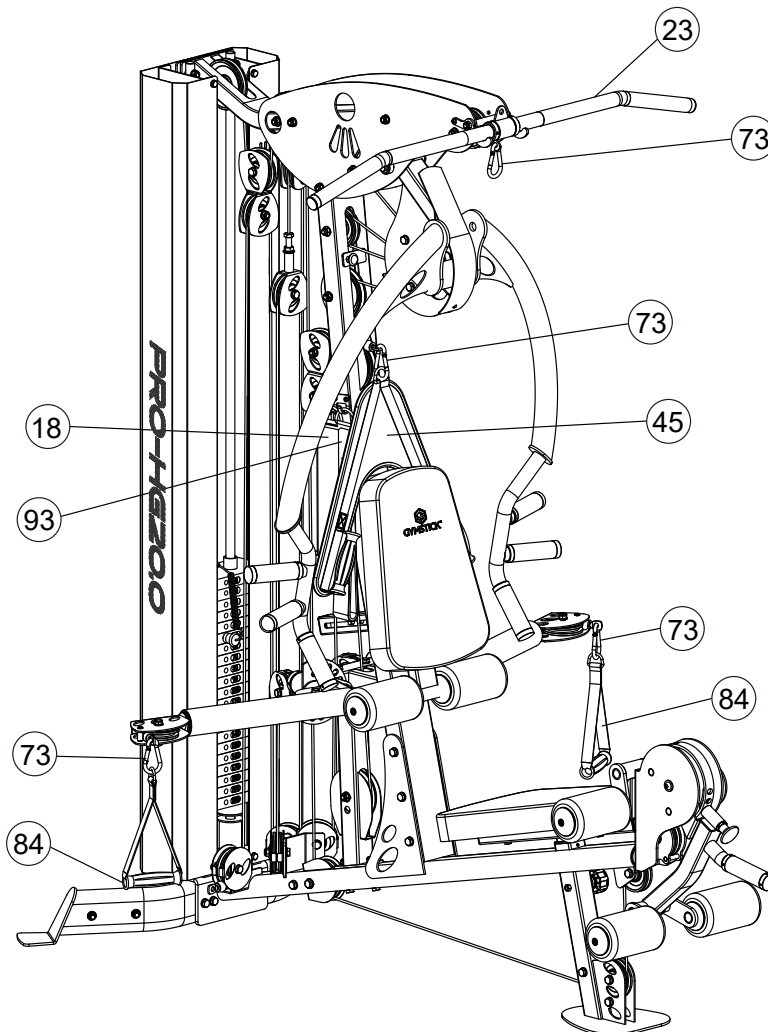
INFORMATION

Vi rekommenderar två vuxna att montera och lyfta enheten.

Följ instruktionerna noggrant för enkel montering.

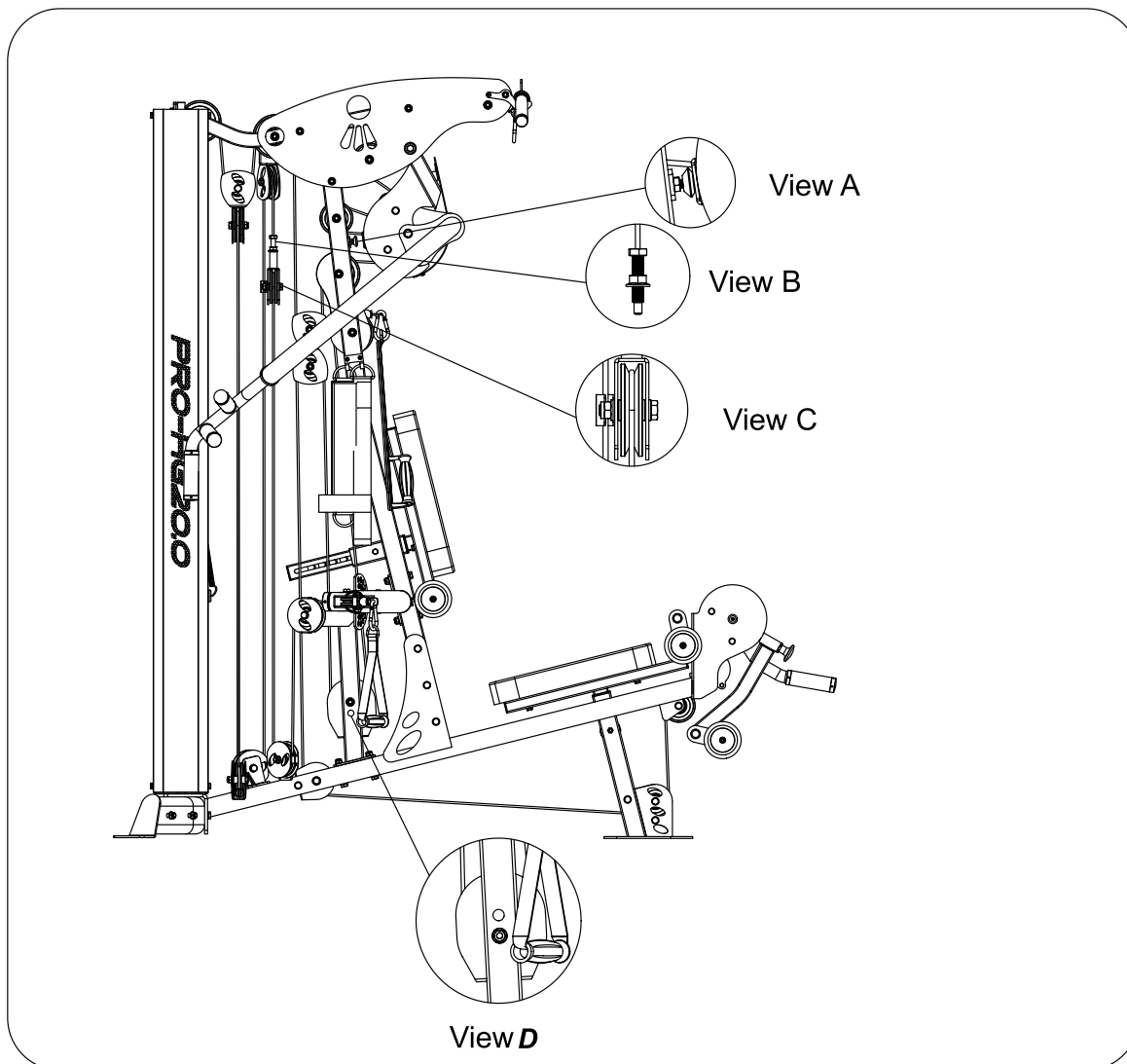
Dra åt alla bultar och muttrar.

STEP 23



MONTERINGSINSTRUKTIONER

USER INSTRUCTIONS



Obs!

Justera muttern/bulten för att dra åt kabeln. Se bilder A och C.

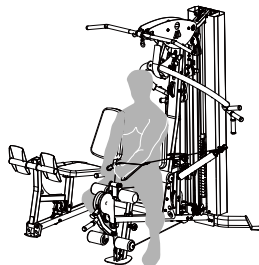
Kontrollera alla remskivor och kablar innan du använder enheten. Se till att kablarna är i spåren på remskivorna. Se bild C.

Se till att skruvens längd på bulten är 1/4. Se bild B.

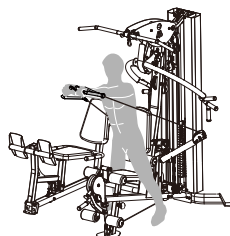
För att dra åt kabeln ordentligt kan du välja olika hål där bulten kan installeras. Se bild D.

TRÄNINGSSINSTRUKTION

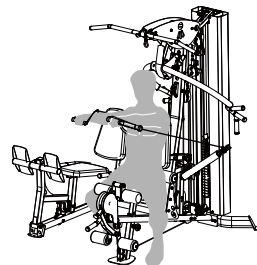
Decline Cable Press



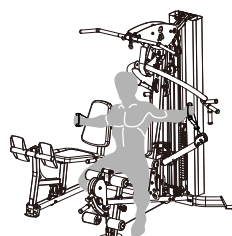
Standing Cable Press



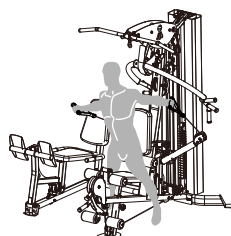
Seated Cable Press



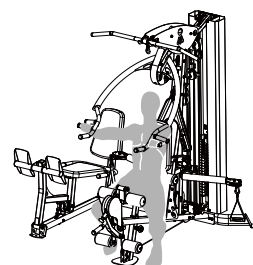
Decline Cable Flies



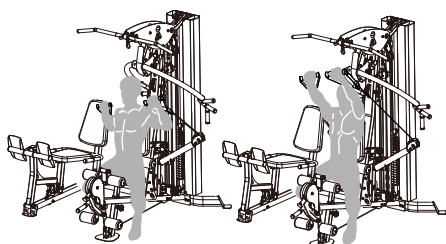
Standing Cable Flies



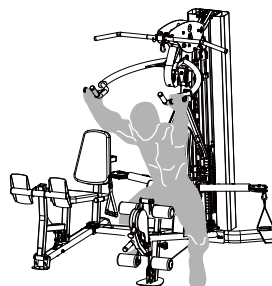
Fixed Arm Horizontal Press



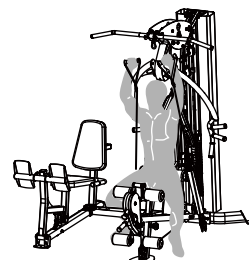
Incline Cable Press



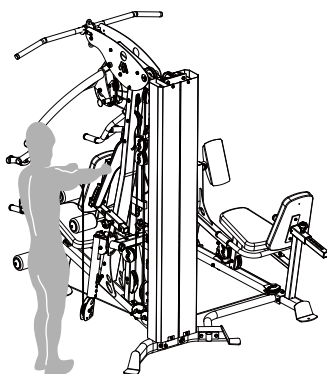
Fixed Arm Shoulder Press



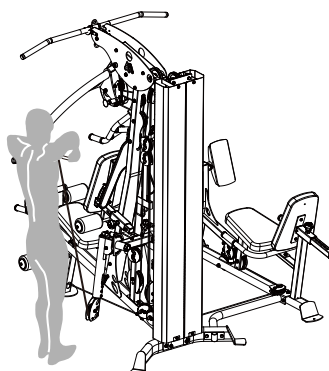
Cable Shoulder Press



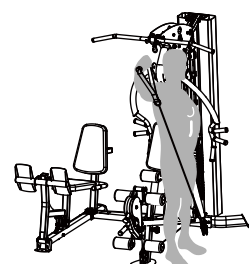
Cable Front Delt Raise



Upright Row

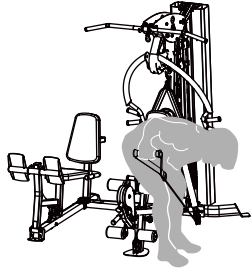


Lateral Raise

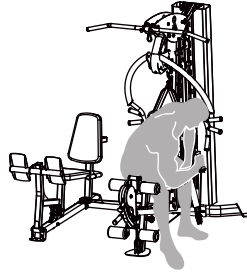


TRÄNINGSSINSTRUKTION

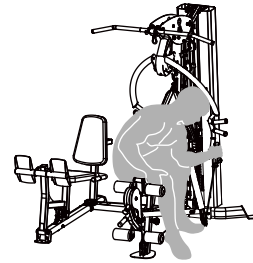
Bent Rear Lateral



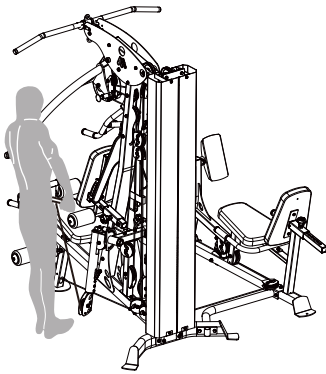
External Rotator Cuff



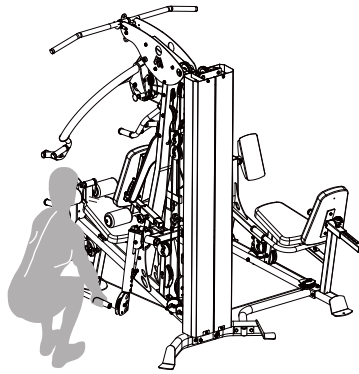
Internal Rotator Cuff



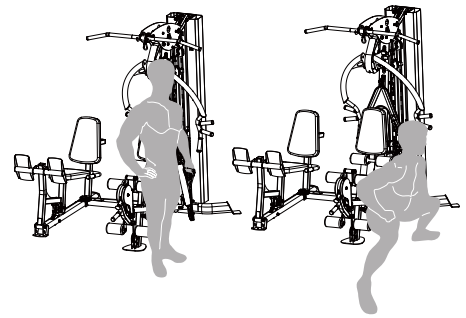
Shrugs



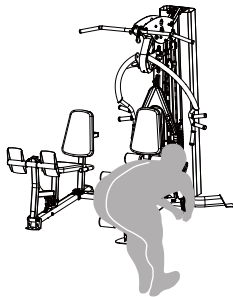
Squats



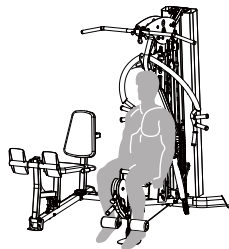
Side Lunge



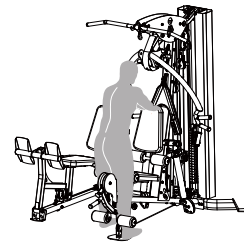
Good Mornings



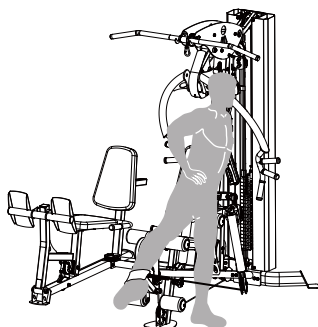
Leg Extensions



Hamstring Curls



Hip Abduction



GARANTI

Importören av denna produkt försäkrar att denna enhet är tillverkad av högkvalitativa material. Garantin gäller i 1 (ett) år från och med inköpsdatum. Garantin gäller för professionellt bruk.

Garantin gäller för följande delar:

- Ram
- Alla delar ingår i originalleveransen

Garantin gäller inte för följande delar:

- Slitdelar (t.ex. kuddar, lager, kablar, remskivor, etc.)

Garantin täcker inte:

- Felaktig installation
- Skador orsakade externt
- Användning av obehöriga servicepartners
- Underlåtenhet att utföra regelbundet underhåll och service
- Felaktig användning och hantering av utrustningen
- Felaktig förvaring av utrustningen
- Underlåtenhet att följa bruksanvisninge

TILLVERKAD FÖR

Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND

ANSVARSFRIHET

Tillverkaren och dess medarbetare och partners har inget ansvar, skyldighet eller ansvar gentemot någon person eller enhet för förluster, skador eller negativa konsekvenser som påstås ha inträffat direkt eller indirekt som en följd av denna produkt.



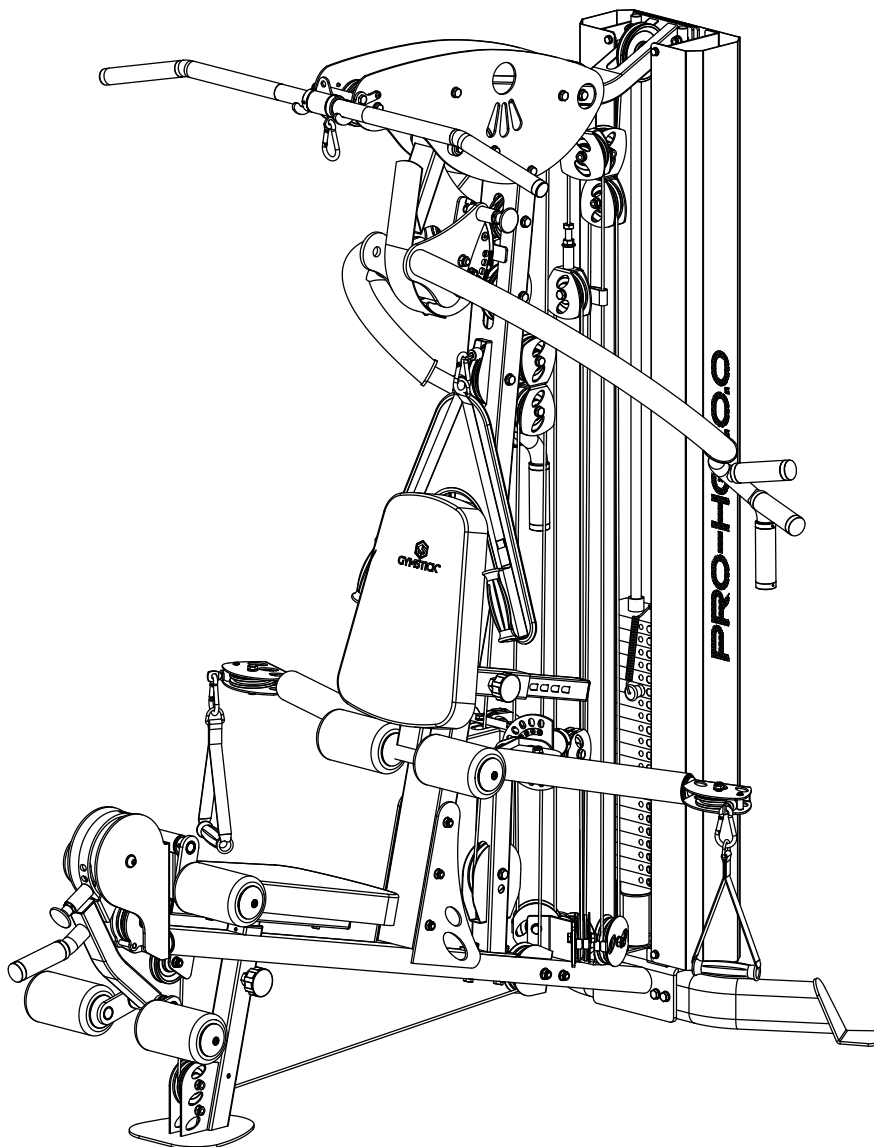
Produkter märkta med dessa symboler måste kasseras separat från ditt hushållsavfall, eftersom de innehåller värdefullt material som kan återvinnas. Korrekt avfallshantering skyddar miljön och människors hälsa. Din lokala myndighet eller återförsäljare kan ge mer information om ärendet.





HOME GYM PRO20.0

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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WORKOUT CHART	34
IMPLIED WARRANTY	36

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

No.	Qty	Part Description
1	1	Front Base Frame
2	1	Rear Base Frame
3	1	Front Upright
4	1	Shield Connect Plate Up
5	1	Seat Pad Support
6	1	Press Arm
7	1	Left Top Panel
8	1	Right Top Panel
9	1	Wing Arm Support
10	1	Wing Arm Bracket
11	2	Wing Arm
12	2	Pulley Swivel
13	1	Weight Top Plate
14	19	Weight Stack Plate
15	1	Long Pop Pin
16	1	Pad
16L	1	Pad with Logo
18	1	Head Strap
19	1	Back Pad Support
20	1	Foam Roller Tube
21	1	Leg Extension Arm
22	1	Leg Extension Arm Pin
23	1	Lat Bar
24	1	Pulley Holder
25	1	Lat Bar Holder Left
26	1	Lat Bar Holder Right
27	6	Upholstered Foam Roller
28	2	Guide rod
29	2	Shield
30	2	Weight Stack Riser
31	1	Rear Base Frame Plate
32	2	Sleeve
33	1	Rubber Bumper
34	2	Pop Pin
35	2	Fastness Block
36	2	Weight Stack Bumper
37	1	Weight Stack Pin
38	1	Selector Bar
39	*	*
40	1	Lat Cable_4400mm L
41	1	Low Row Cable_4915 mm L
42	1	Lat Bar support L

PARTS LIST

No.	Qty	Part Description
43	1	Wing Arm Cable_5400mm L
44	1	Wing Arm Assistant Cable_5110mm L
45	1	AB Strap
46	2	Weight Stack Stoper
47	1	Strap Hook
48	1	F40x80mm Inner Cap
49	*	*
50	8	Bushing O.D25mmX I.D12.1mm
51	2	Bearing 6203
52	6	Plastic Washer
53	6	Plastic Cover
54	1	Steel bushing
55	1	Top bushing
56	1	Press Arm Support
57	1	Press Arm Axle
58	2	Press Arm Bushing
59	1	Press Arm Adjust Plate
60	4	Bearing 61807
61	2	Wing Arm Collar
62	2	Retaining Clip Dia35mm
63	2	Plastic Spacer
64	4	Wing Arm Bracket Bushing
65	2	Wing Arm Axle Collar
66	2	Lever Pin
67	4	Spring-45mm L
68	4	Lever Nut
69	2	Lever
70	2	Lever Button Cap
71	2	Lever Button
72	2	Plug Bumper
73	4	Clip
74	4	Pulley Bushing 29.5mm
75	4	Pulley Bushing 43.5mm
76	5	Big Pulley_Dia 118mm
77	25	Small Pulley_Dia 89mm
78	4	Retaining Clip Dia 6mm
79	2	Cable Guide Pin
80	2	Knob
81	2	Pulley Bushing 14.5mm
82	1	Single Pulley Holder
83	1	Cable Guide Hook
84	2	Strap Handle

PARTS LIST

No.	Qty	Part Description
85	2	Cable Pin Bushing
86	7	Press Arm Handle Cap
87	7	Press Arm Handle Sleeve
88	7	Press Arm Handle Collar
89	4	F30x60mm Inner Cap
90	1	F40x40mm Inner Cap
91	1	Press Arm Support Cover
92	12	Pulley Cover
93	1	Ankle Strap
94	1	Cross-shaped Pulley Holder
95	2	Splitpin Pin
96	2	Pulley Bushing 11mm
97	1	Quick Release Cable Lock
98	1	R.O.M.Assembly
99	1	Resistance Push Plate
100	2	Foam Roller Tube Left
101	2	Foam Roller Tube Right
102	4	Bushing O.D32mmX I.D25.4mm
113	8	Pulley Bushing 39.5mm
114	1	φ 10 Spring Pin
115	2	Big Washer
116	2	φ8 Spring Pin
117	2	Thin Cable
118	2	Elbow
119	2	Lock Bolt
120	2	C-shaped Washer
121	2	M8x15mm Hollow bolt
122	2	Retaining Rings
S4-3	28	M4x3mm Socket Set Screw-White
S4-5	2	M4x5mm Socket Set Screw-White
S6-6	6	M6x6mm Socket Set Screw-White
SC4-1	4	M4x16mm Socket Cap Screw-White
SC8-3	6	M8X25mm Socket Cap Screw-White
SH8-2	1	M8X20mm Sunk Head Socket Screw-White
A5-2	3	M5X16mm Allen Bolt-White
A5-3	2	M5X25mm Allen Bolt-White
A8-1	7	M8x12mm Allen Bolt-White
A6-3	4	M6X12mm Allen Bolt-White
A12-15	1	M12X85mm Allen Bolt White
H8-1	8	M8X15mm Hex Head Bolt-White
H8-8	4	M8X50mm Hex Head Bolt-White
H10-1	2	M10X15mm Hex Head Bolt-White

PARTS LIST

No.	Qty	Part Description
H10-7	9	M10X45mm Hex Head Bolt-White
H10-8	12	M10X50mm Hex Head Bolt-White
H10-9	1	M10X55mm Hex Head Bolt -White
H10-11	1	M10X65mm Hex Head Bolt-White
H10-12	8	M10X70mm Hex Head Bolt-White
H10-13	2	M10X75mm Hex Head Bolt-White
H10-14	2	M10X80mm Hex Head Bolt -White
H10-17	2	M10X95mm Hex Head Bolt -White
H10-18	2	M10x100mm Hex Head Bolt-White
H10-21	5	M10x115mm Hex Head Bolt-White
H10-23	8	M10x125mm Hex Head Bolt-White
H10-24	1	M10x130mm Hex Head Bolt-White
H12-27	1	M12x145mm Hex Head Bolt-White
W5	2	M5 Washer-White
W6	4	M6 Washer-White
W8	19	M8 Washer-White
W10	84	M10 Washer-White
W12	2	M12 Washer-White
N5	2	M5 Nut-White
N6	2	M6 Nut-White
N8	1	M8 Nut-White
N10	52	M10 Nut-White
N10-1	1	M10 Nut Small-White
N12	1	M12 Nut-White
CN8	1	M8 Common Nut-White
N6-1	6	M6 Common Nut

TOOLS NEEDED FOR ASSEMBLY

A) Wrenches-2X17mm
 1X19mm
 1X14mm

B) Adjustable Allen Wrenches
 Note:do not use pliers

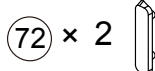
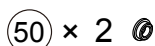
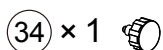
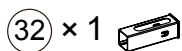
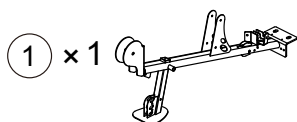


IMPORTANT

Before assembly, please ensure all parts are included in the package.
 In case any parts are missing, contact our customer service to resolve the issue.

ASSEMBLY INSTRUCTIONS

Parts needed for this Step:



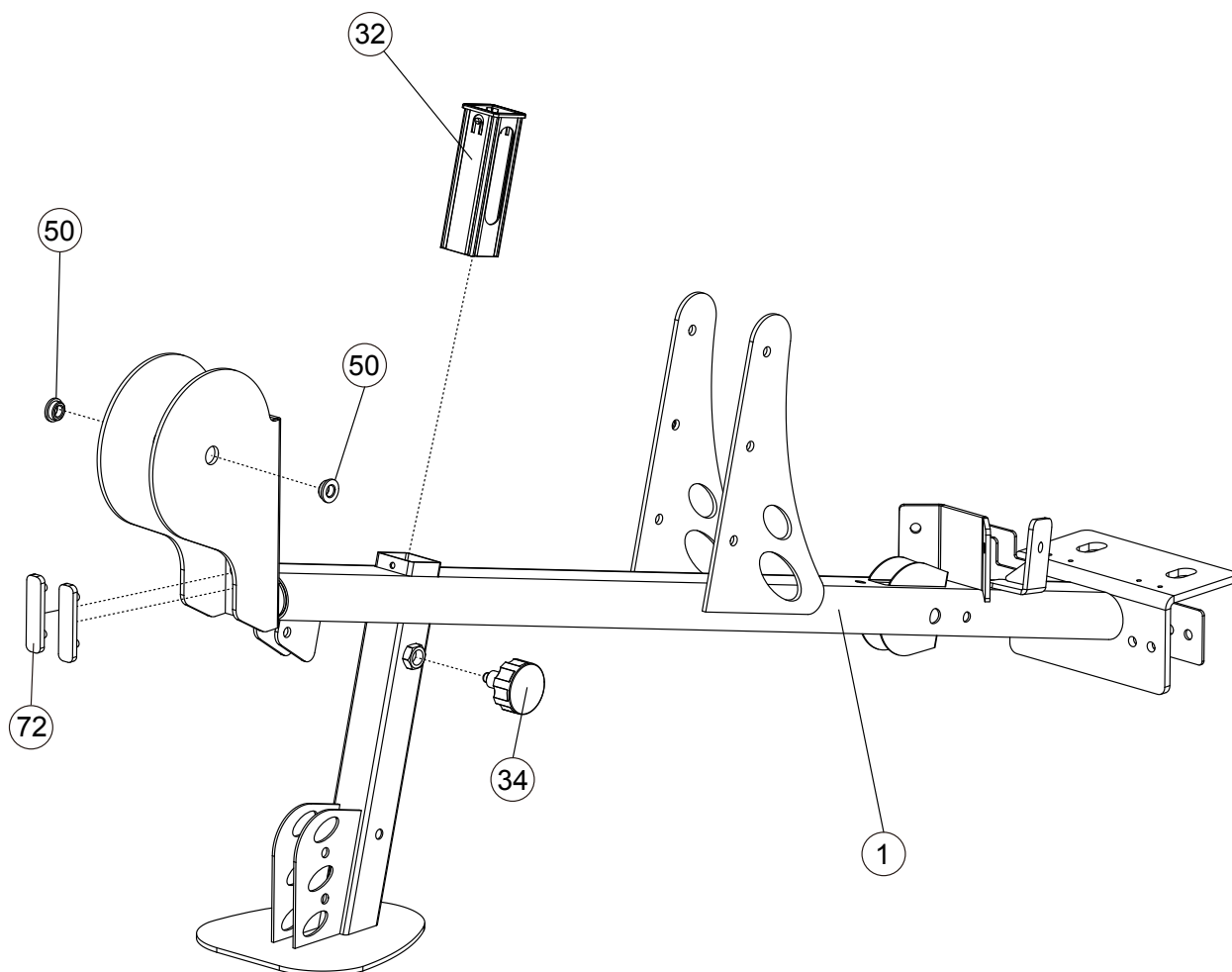
INFORMATION

- 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
- Tighten all the bolts/nuts

STEP 1

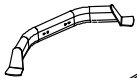

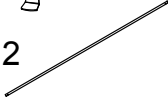



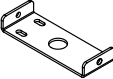



NOTE:

- This step is a Pre-assembled Step.



ASSEMBLY INSTRUCTIONS

Parts needed for this Step:

- | | | | |
|-----------|---|-------------------------|---|
| 2 × 1 |  | W10 × 8 |  |
| | | M10 Washer | |
| 28 × 2 |  | N10 × 4 |  |
| | | M10 Nut | |
| 31 × 1 |  | H10-18 × 2 |  |
| | | M10x100mm Hex Head Bolt | |
| 95 × 2 |  | H10-14 × 2 |  |
| | | M10x80mm Hex Head Bolt | |
| W6 × 4 |  | A6-3 × 4 |  |
| M6 Washer | | M6X12mm Allen Bolt | |

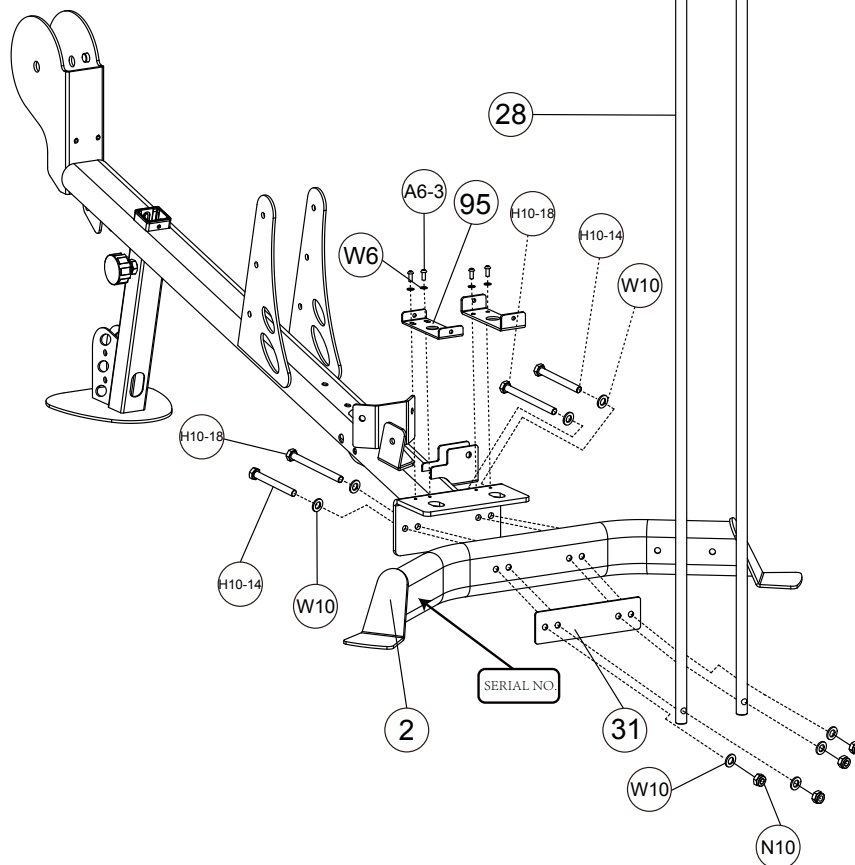
INFORMATION

- 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
- Tighten all the bolts/nuts.

NOTE:

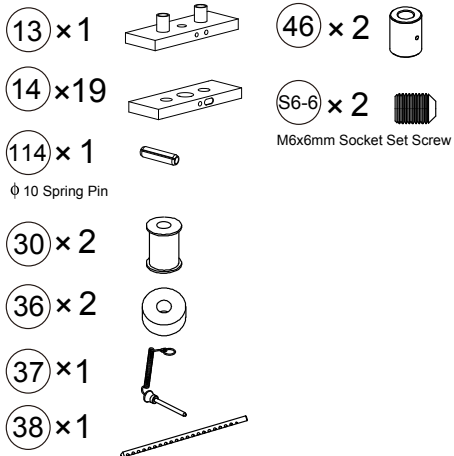
- In this Step, all the washers which are not marked are W10 and all the nuts which are not marked are N10.

STEP 2



ASSEMBLY INSTRUCTIONS

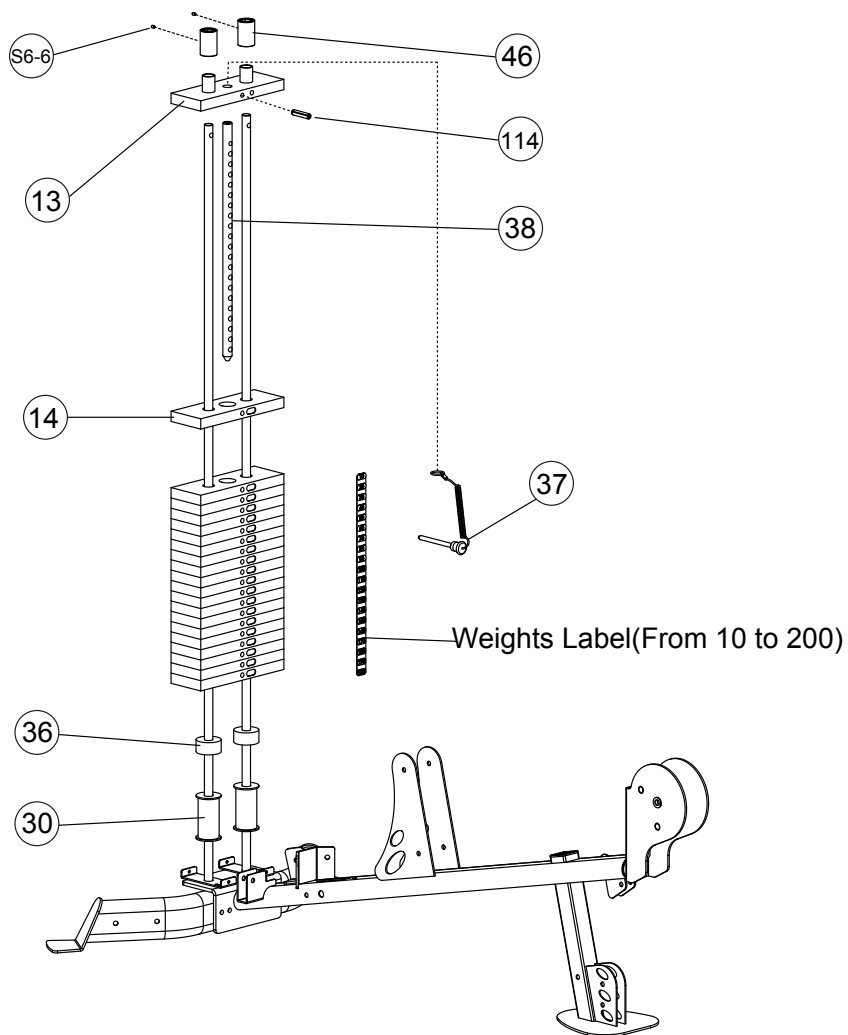
Parts needed for this Step:



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
- Tighten all the bolts/nuts

STEP 3



ASSEMBLY INSTRUCTIONS

Parts needed for this Step:

- | | |
|--|--|
| 3 × 1  | 34 × 1 
Long pop pin |
| 32 × 1  | 47 × 1  |
| 33 × 1  | W5 × 2 
M5 Washer |
| 48 × 1  | A5-2 × 2 
M5x16mm Allen Bolt |
| CN8 × 1 
M8 Common Nut | |

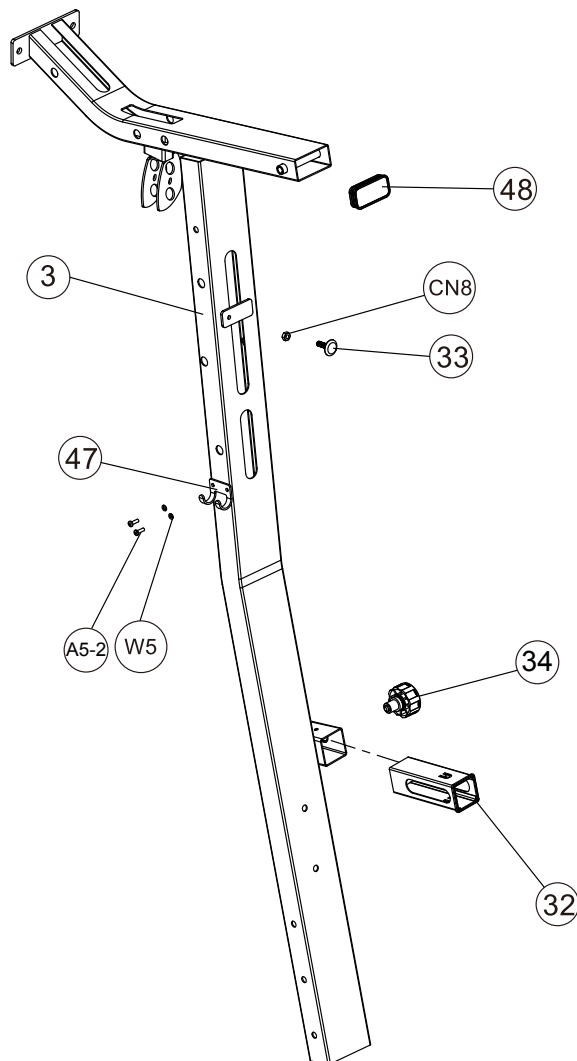
INFORMATION

- 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 4

NOTE:

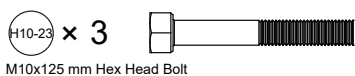
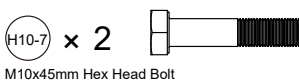
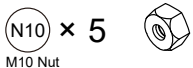
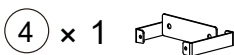
- This step is a Pre-assembled Step.



ASSEMBLY INSTRUCTIONS

STEP 5

Parts needed for this Step:

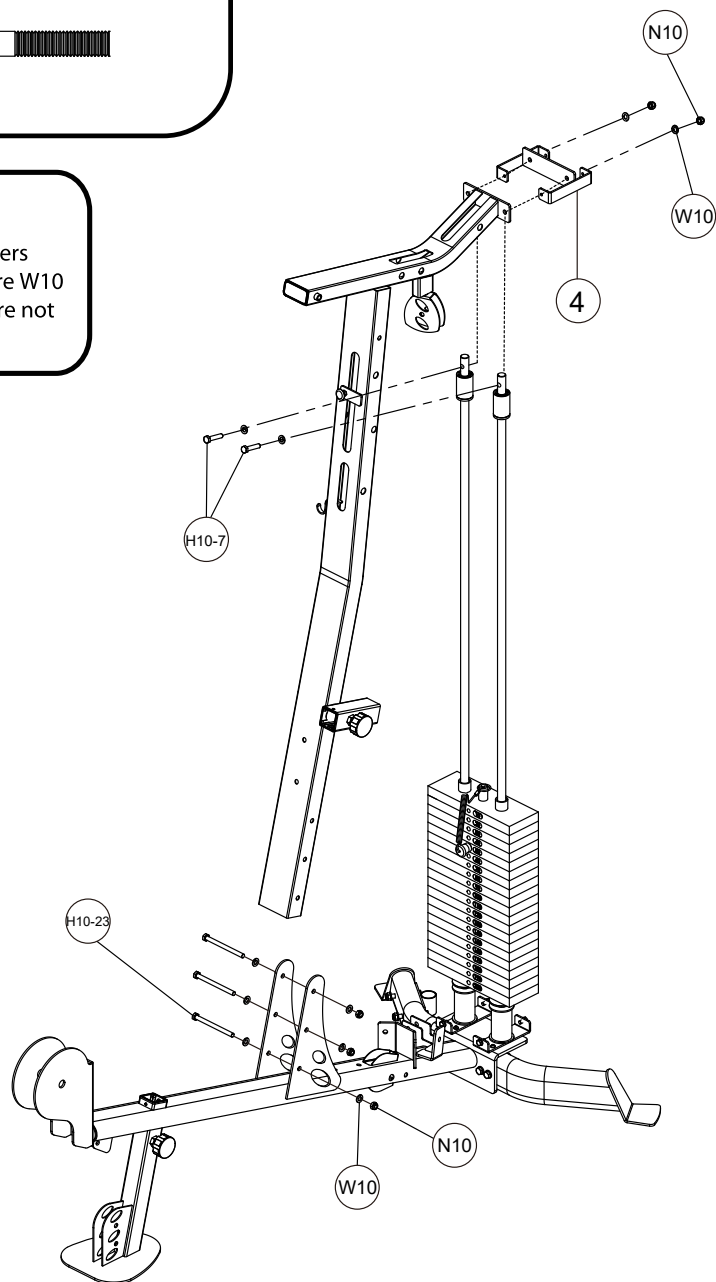


INFORMATION

- 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
- Tighten all the bolts/nuts

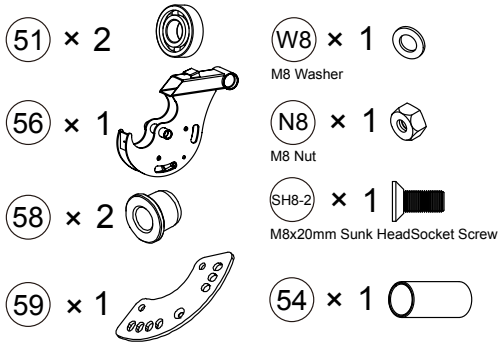
NOTE:

- In this Step, all the washers which are not marked are W10 and all the nuts which are not marked are N10.



ASSEMBLY INSTRUCTIONS

Parts needed for this Step:



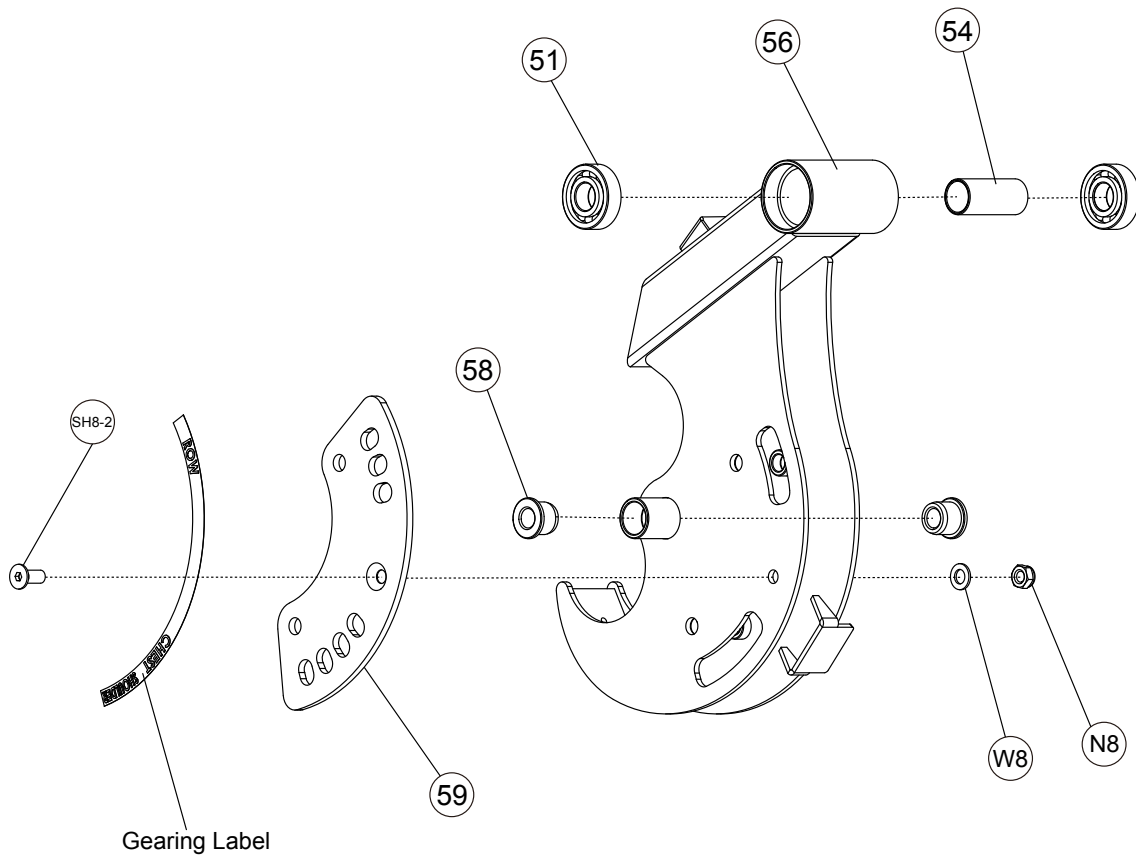
INFORMATION

- 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
- Tighten all the bolts/nuts

STEP 6







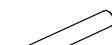





NOTE:

- This step is a Pre-assembled Step.



ASSEMBLY INSTRUCTIONS

Parts needed for this Step:

- | | |
|--|--|
| 7 × 1  | W10 × 6 
M10 Washer |
| 8 × 1  | N10 × 4 
M10 Nut |
| 55 × 1 
φ16x2.5-100 Top Steel Bushing | H10-24 × 1 
M10x130mm Hex Head Bolt |
| 57 × 1 
φ17x133 Axle Pin | H10-23 × 3 
M10x125mm Hex Head Bolt |
| 115 × 2 
Big Washer | H10-1 × 2 
M10x15mm Hex Head Bolt |
| 25 × 1  | 26 × 1  |

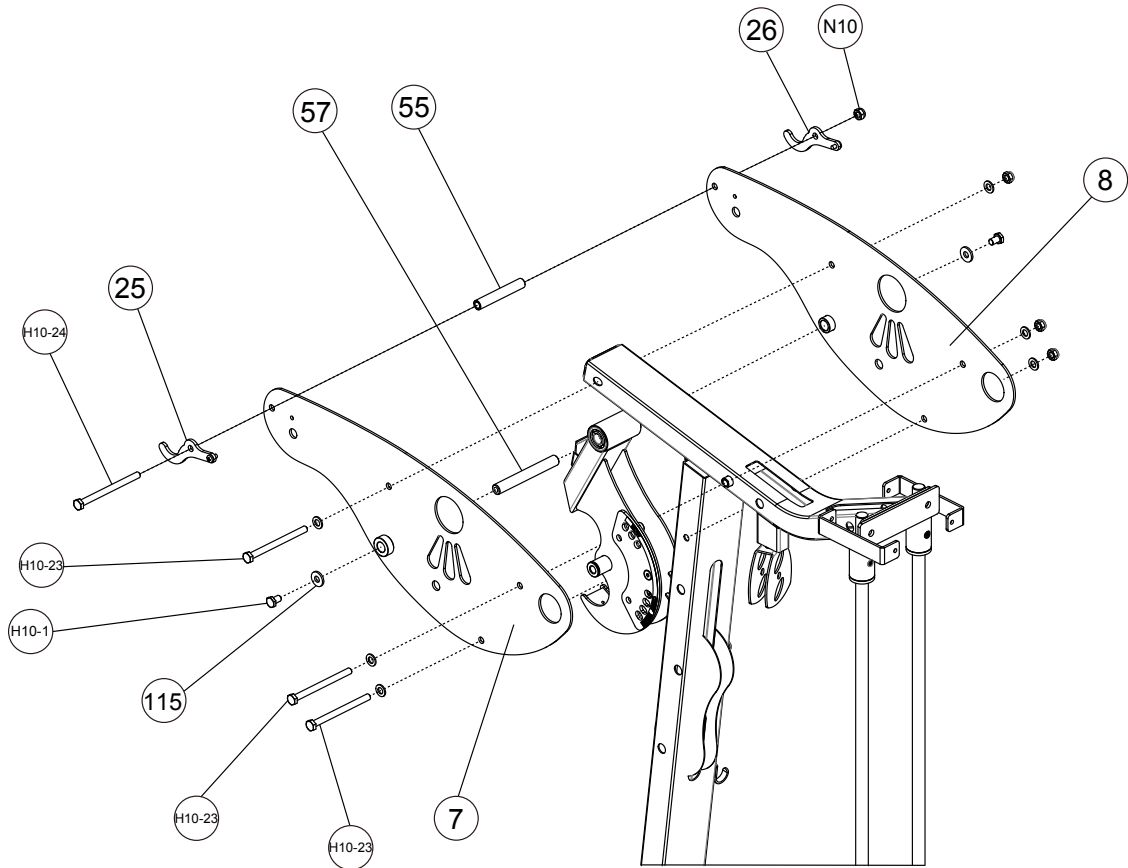
INFORMATION

- 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
- Tighten all the bolts/nuts

STEP 7

NOTE:

- In this Step, all the washers which are not marked are W10 and all the nuts which are not marked are N10.



ASSEMBLY INSTRUCTIONS

STEP 8

Parts needed for this Step:

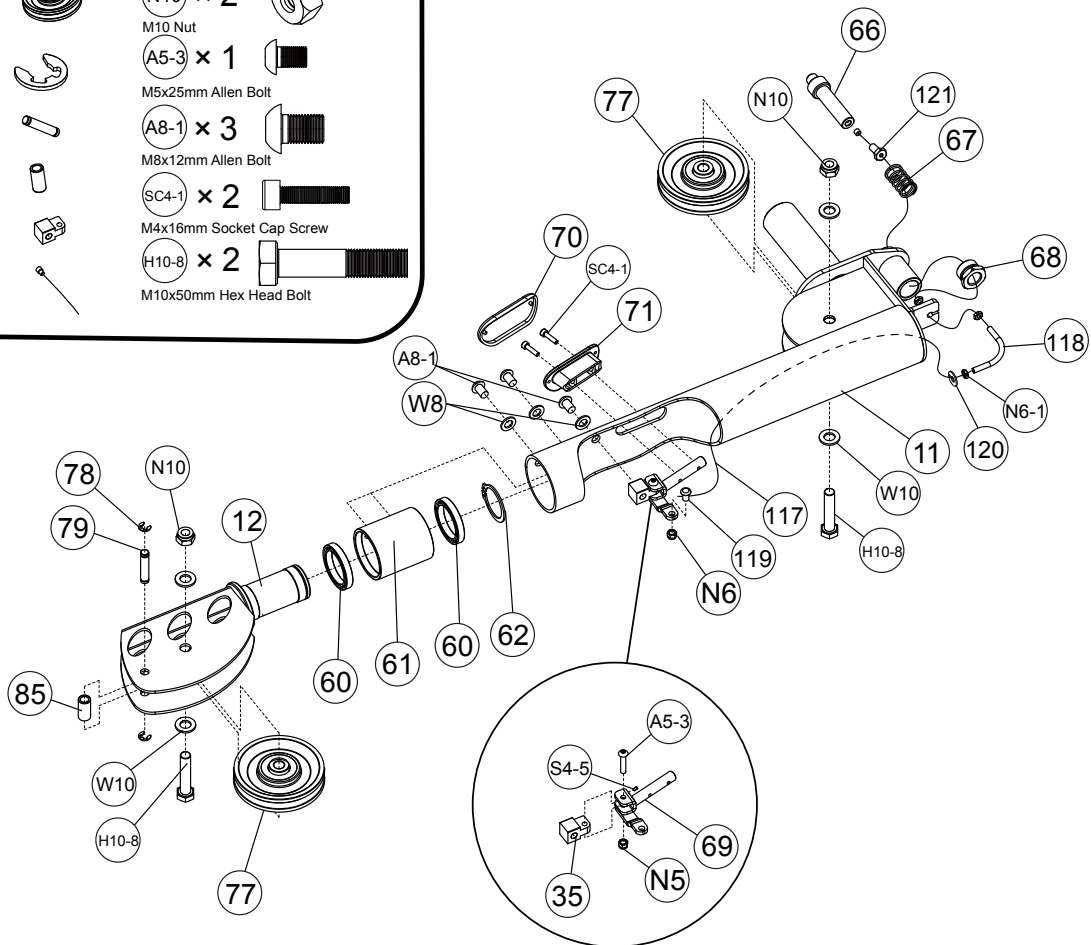
- | | | | |
|--------------|--|--------------------------|--|
| 11 × 1 | | 118 × 1 | |
| 12 × 1 | | 119 × 1 | |
| 60 × 2 | | 120 × 1 | |
| 61 × 1 | | 121 × 1 | |
| 62 × 1 | | S4-5 × 1 | |
| 66 × 1 | | M4x5mm Socket Set Screw | |
| 67 × 1 | | W8 × 3 | |
| 68 × 1 | | M8 Washer | |
| 69 × 1 | | W10 × 4 | |
| 70 × 1 | | M10 Washer | |
| 71 × 1 | | N5 × 1 | |
| 77 × 2 | | M5 Nut | |
| Small Pulley | | N6 × 1 | |
| 78 × 2 | | N6-1 × 3 | |
| 79 × 1 | | M6 Nut | |
| 85 × 1 | | N10 × 2 | |
| 35 × 1 | | M10 Nut | |
| 117 × 1 | | A5-3 × 1 | |
| | | M5x25mm Allen Bolt | |
| | | A8-1 × 3 | |
| | | M8x12mm Allen Bolt | |
| | | SC4-1 × 2 | |
| | | M4x16mm Socket Cap Screw | |
| | | H10-8 × 2 | |
| | | M10x50mm Hex Head Bolt | |

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
- Tighten all the bolts/nuts







NOTE:

- This step is Pre-assembled Step.
- In this Step, all the washers which are not marked are W10, and all the nuts which are not marked are N10.
- There are two Part #11 in all, so this step should be repeated.



ASSEMBLY INSTRUCTIONS

Parts needed for this Step:

- ⑩ × 1 
- ⑥③ × 2 
- ⑥④ × 4 
- ⑥⑤ × 2 
- ④③ × 1 
5400mm L
- ⑤⑥-⑥ × 4 
M6x6mm Socket Set Screw

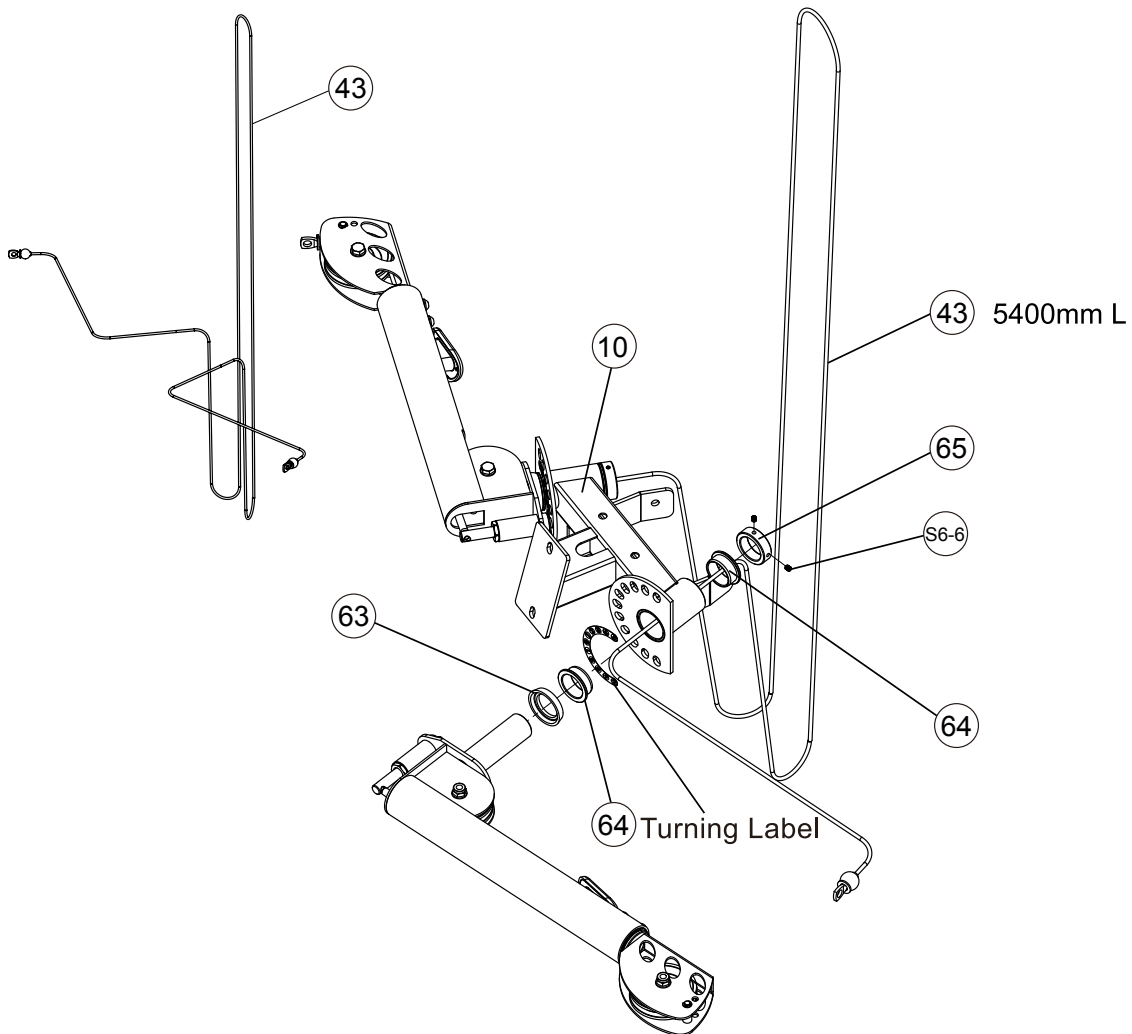
INFORMATION

- 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
- Tighten all the bolts/nuts

STEP 9

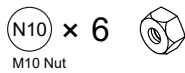
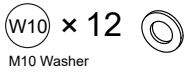
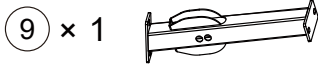
NOTE:

- This step is a Pre-assembled Step.



ASSEMBLY INSTRUCTIONS

Parts needed for this Step:



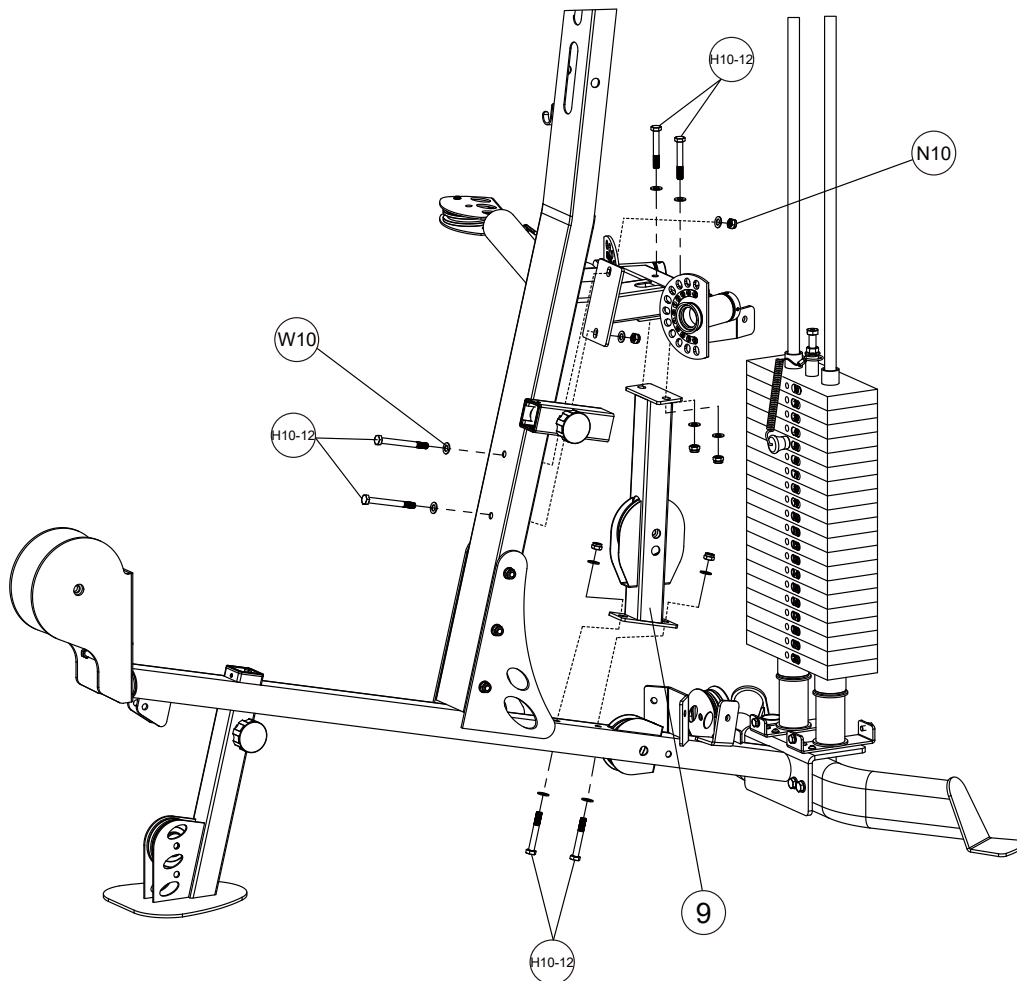
INFORMATION

- 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
- Tighten all the bolts/nuts

STEP 10

NOTE:

- In this Step, all the washers which are not marked are W10 and all the nuts which are not marked are N10.



ASSEMBLY INSTRUCTIONS

Parts needed for this Step:

- | | |
|------------------------|---------------------------------------|
| 113 × 4
39.5mm L | 40 × 1
4400mm L |
| 74 × 4
29.5mm L | W10 × 8
M10 Washer |
| 75 × 4
43.5mm L | N10 × 10
M10 Nut |
| 76 × 3
Big Pulley | H10-7 × 2
M10x45mm Hex Head Bolt |
| 77 × 7
Small Pulley | H10-12 × 2
M10x70mm Hex Head Bolt |
| 24 × 1 | H10-17 × 2
M10x95mm Hex Head Bolt |
| 94 × 1 | H10-21 × 2
M10x115mm Hex Head Bolt |
| | H10-23 × 2
M10x125mm Hex Head Bolt |

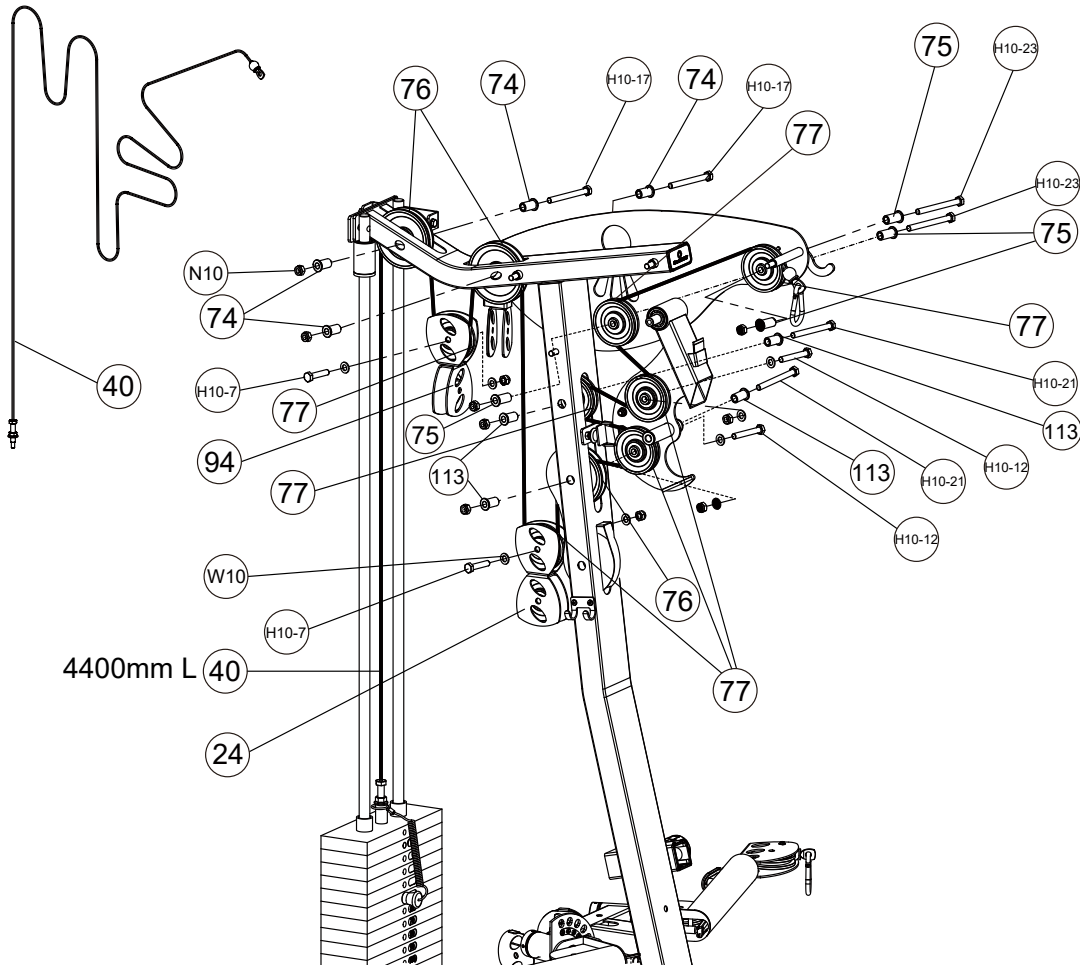
INFORMATION

- 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
- Tighten all the bolts/nuts

STEP 11

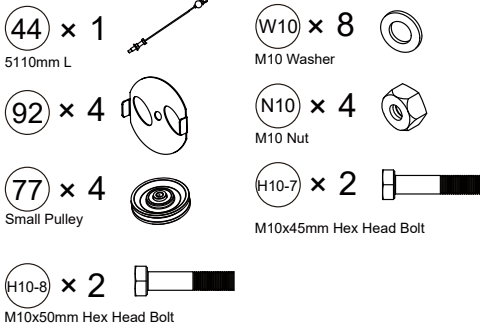
NOTE:

- In this Step, all the washers which are not marked are W10, and all the nuts which are not marked are N10.
- The cable must be in the groove of the pulley.



ASSEMBLY INSTRUCTIONS

Parts needed for this Step:



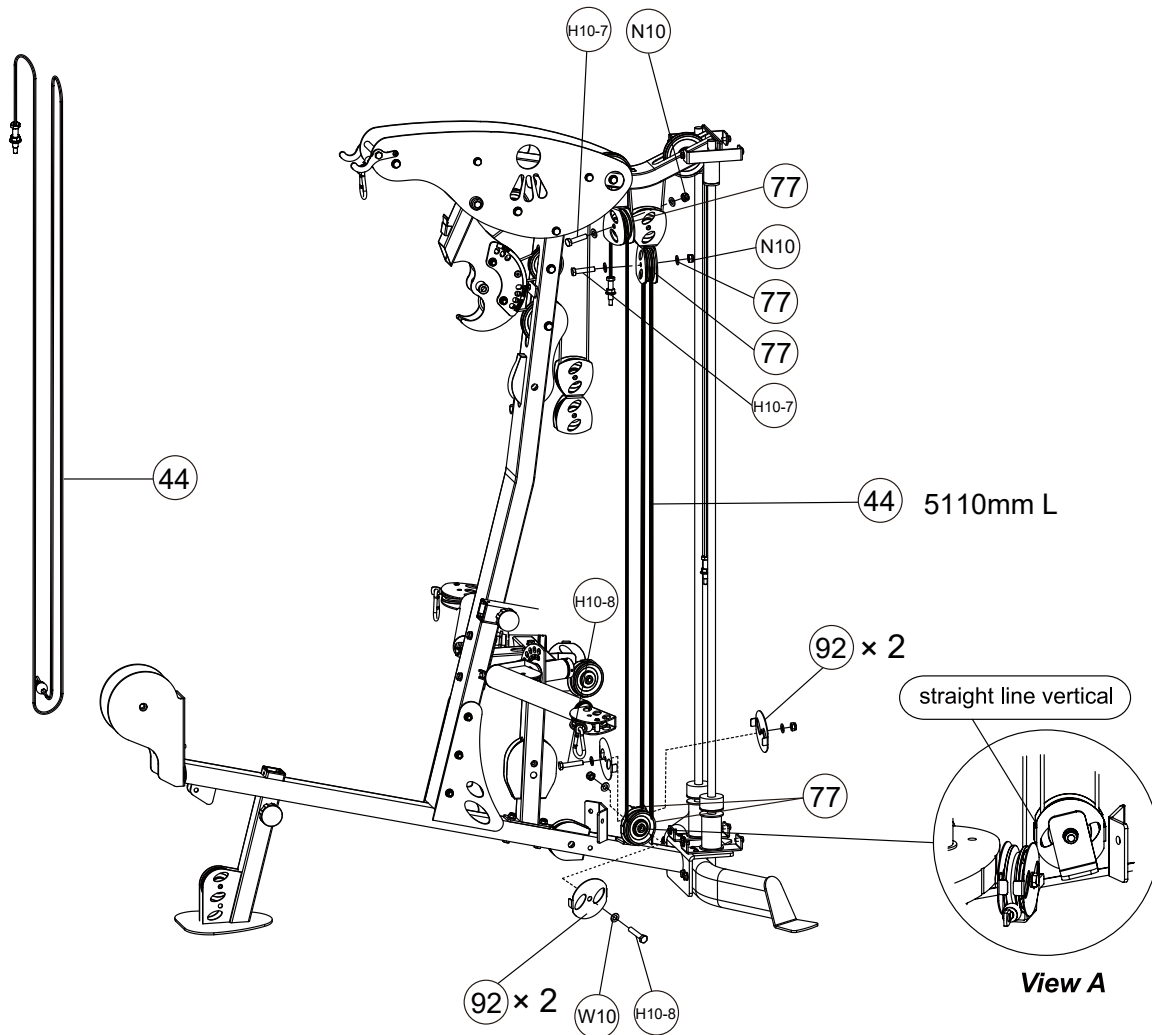
INFORMATION

- 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
- Tighten all the bolts/nuts

STEP 12

NOTE:



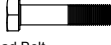





- In this Step, all the washers which are not marked are W10, and all the nuts which are not marked are N10.
- The cable must be in the groove of the pulley. Pay attention to the position of the Catch on the Part #92. See View A.



ASSEMBLY INSTRUCTIONS

STEP 13

Parts needed for this Step:

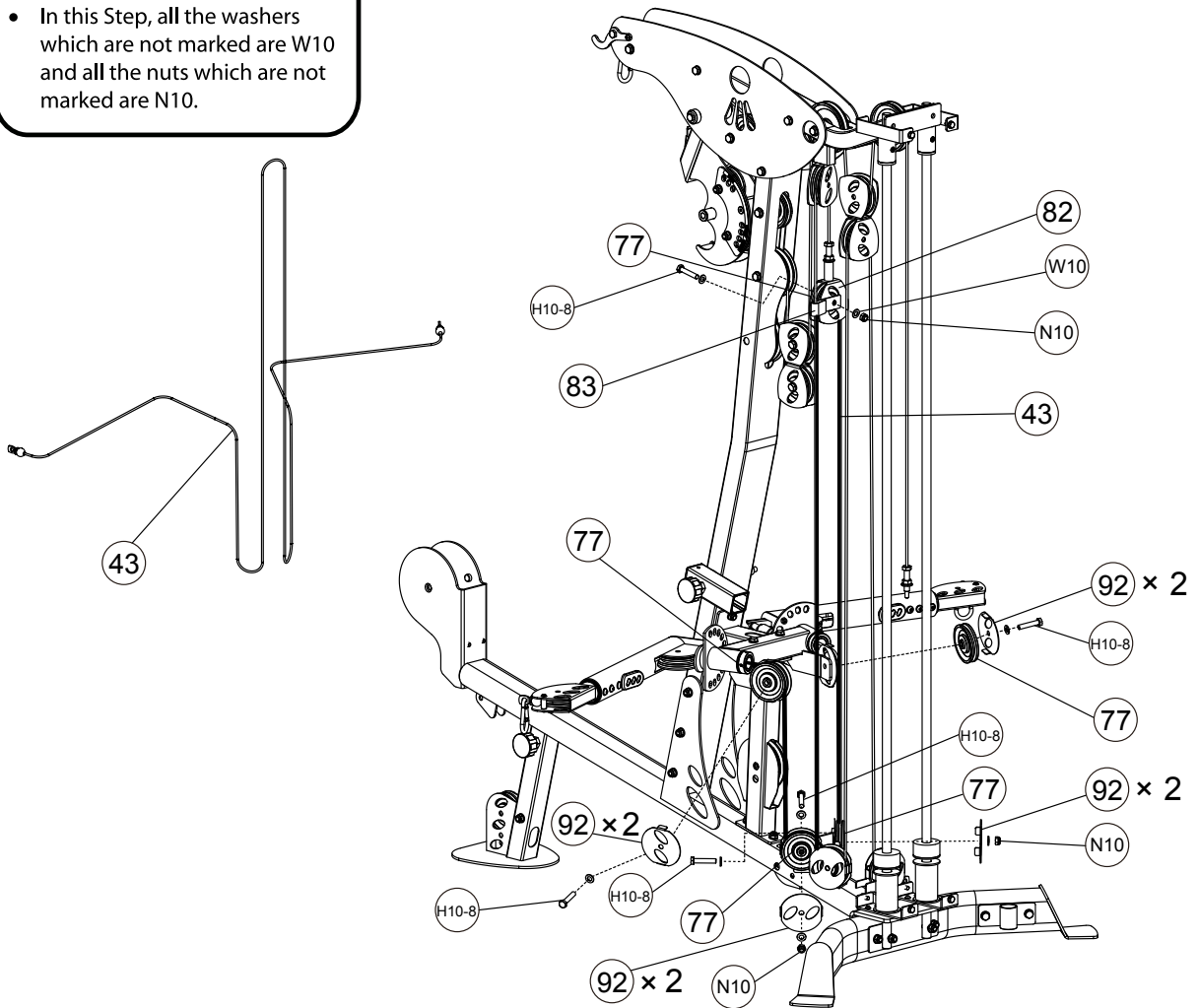
- 92 × 8 
- 77 × 5  Small Pulley
- H10-8 × 5  M10x50mm Hex Head Bolt
- 82 × 1 
- W10 × 10  M10 Washer
- 83 × 1 
- N10 × 5  M10 Nut
- 43 × 1  5400mm L

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
- Tighten all the bolts/nuts

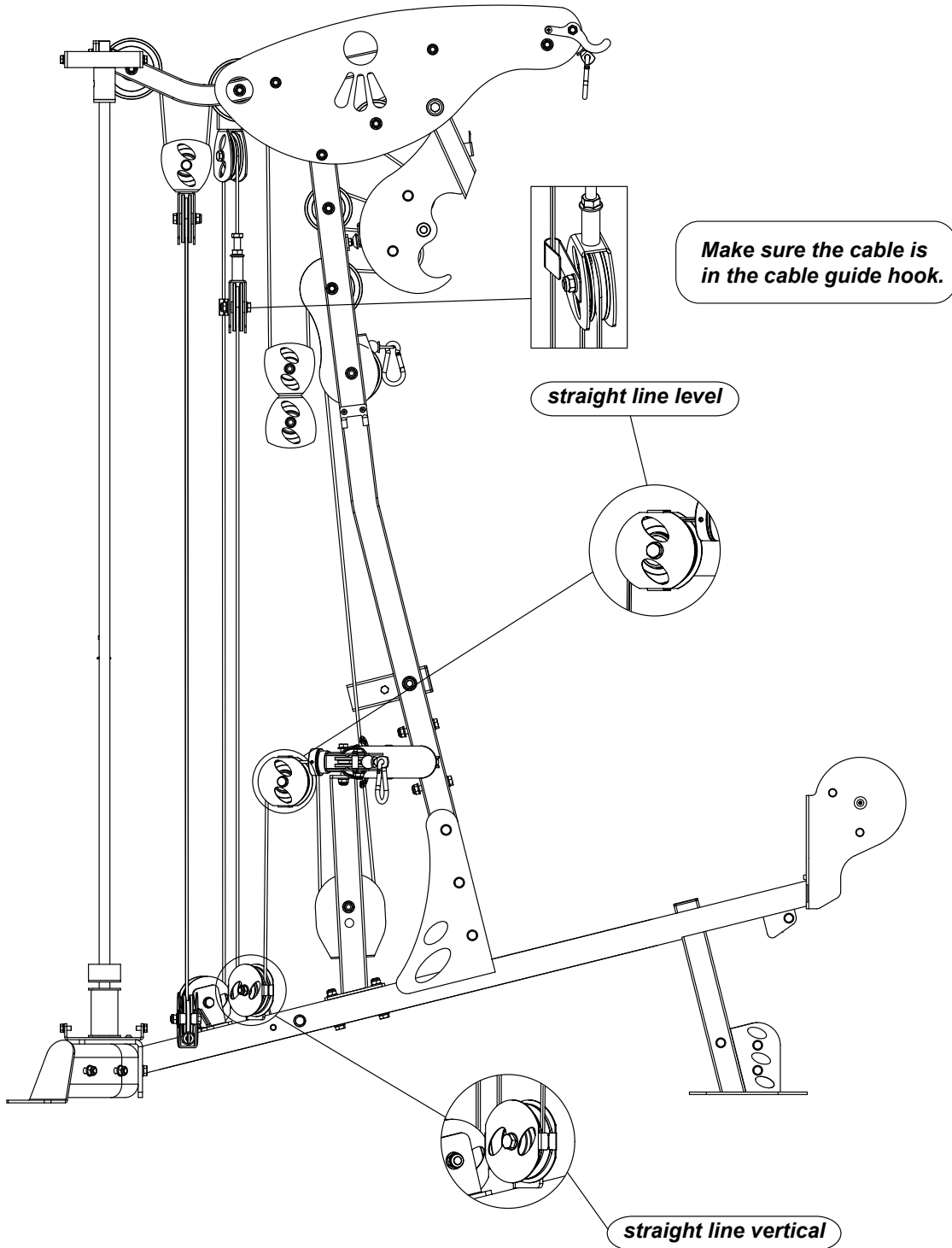
NOTE:

- In this Step, all the washers which are not marked are W10 and all the nuts which are not marked are N10.



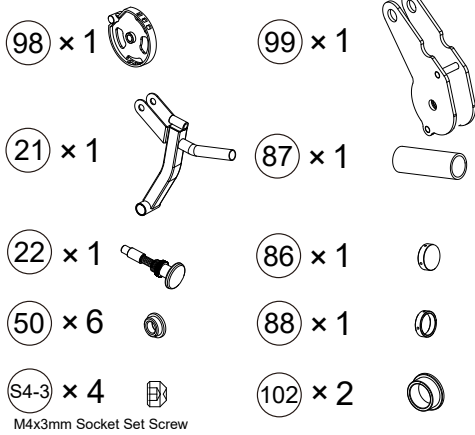
ASSEMBLY INSTRUCTIONS

USER INSTRUCTIONS - CABLE LOOP



ASSEMBLY INSTRUCTIONS

Parts needed for this Step:



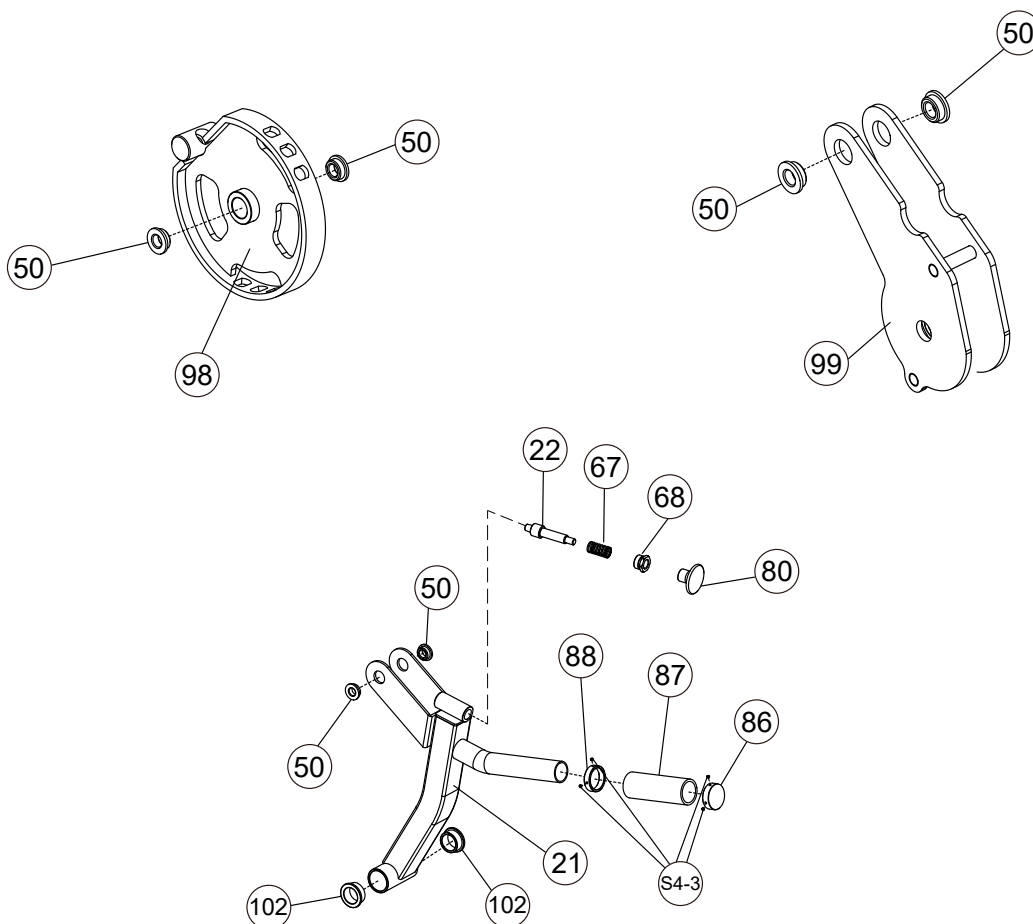
INFORMATION

- 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
- Tighten all the bolts/nuts

STEP 14












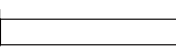









NOTE:

- This step is a Pre-assembled Step.



ASSEMBLY INSTRUCTIONS

Parts needed for this Step:

- | | | | |
|------------------------|--|--|--|
| 113 × 4
39.5mm L |  | H10-7 × 3
M10x45mm Hex Head Bolt |  |
| 81 × 2
14.5mm L |  | H10-11 × 1
M10x65mm Hex Head Bolt |  |
| 96 × 2
11mm L |  | H10-21 × 3
M10x 115mm Hex Head Bolt |  |
| W10 × 10
M10 Washer |  | 41 × 1
4915mm L |  |
| N10 × 8
M10 Nut |  | H10-9 × 1
M10x55mm Hex Head Bolt |  |
| N10-1 × 1
M10 Nut |  | A12-15 × 1 |  |
| A8-1 × 1 |  | H10-8 × 1
M10x50mm Hex Head Bolt |  |
| 97 × 1 |  | 98 × 1 |  |
| 99 × 1 |  | 77 × 5 |  |
| 21 × 1 |  | 76 × 2 |  |
| 122 × 1 |  | | |

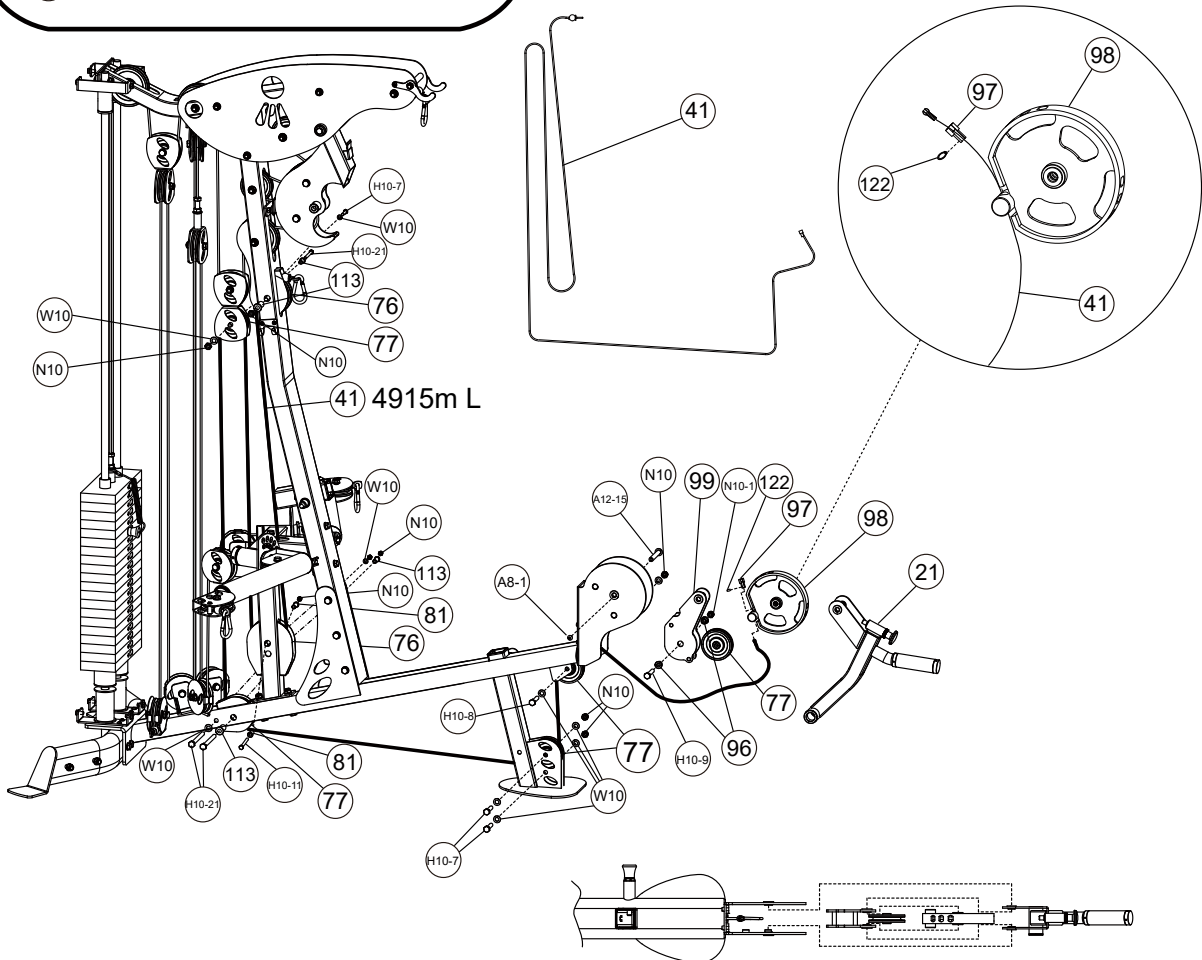
INFORMATION

- 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
- Tighten all the bolts/nuts

STEP 15

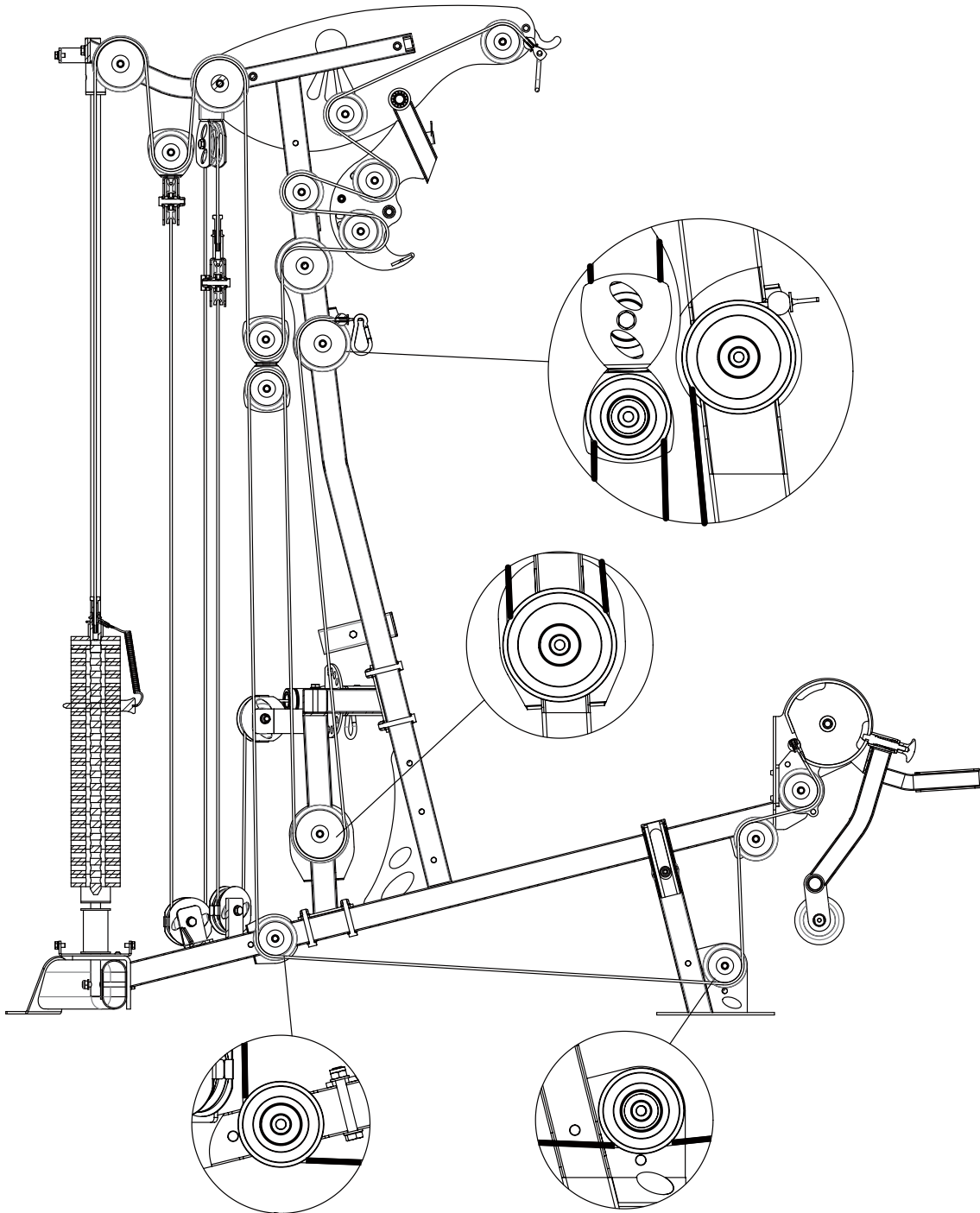
NOTE:

- In this Step, all the washers which are not marked are W10 and all the nuts which are not marked are N10.



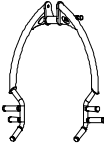





ASSEMBLY INSTRUCTIONS

USER INSTRUCTIONS - CABLE LOOP



ASSEMBLY INSTRUCTIONS

Parts needed for this Step:

- ⑥ × 1 
- ⑮ × 1 
Long Pop Pin
- ⑧⑥ × 6 
- ⑧⑦ × 6 
- ⑧⑧ × 6 
- ④④-③ × 24 
M4x3mm Socket Set Screw

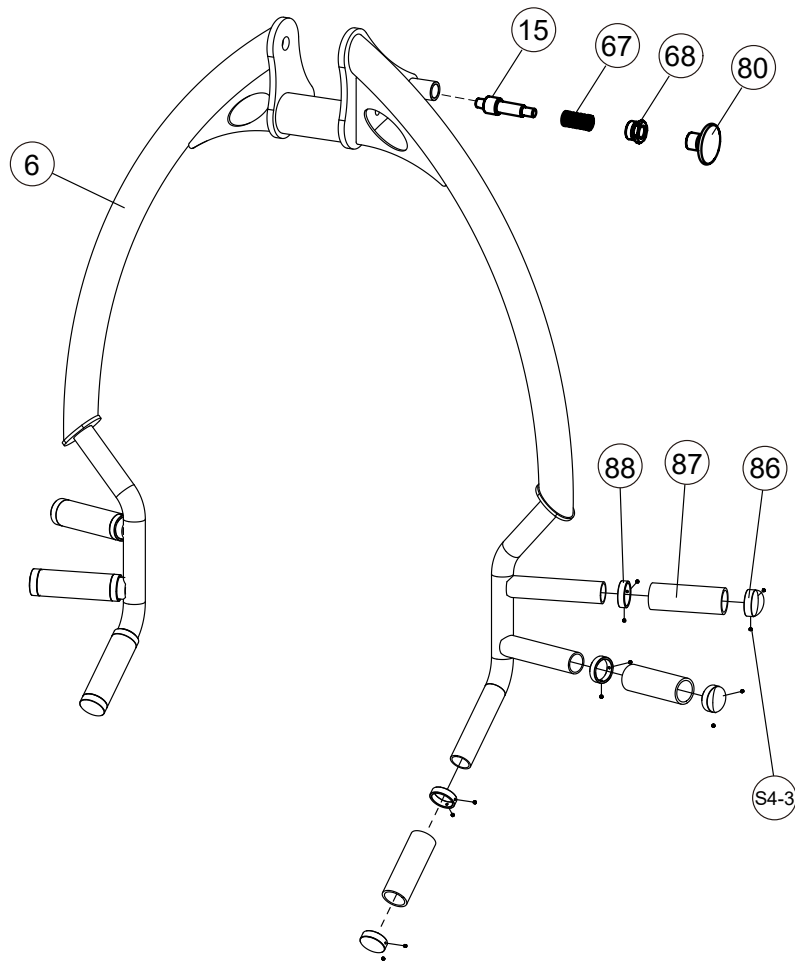
INFORMATION

- 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
- Tighten all the bolts/nuts

STEP 16

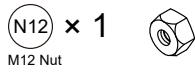
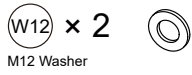
NOTE:

- This step is a Pre-assembled Step.



ASSEMBLY INSTRUCTIONS

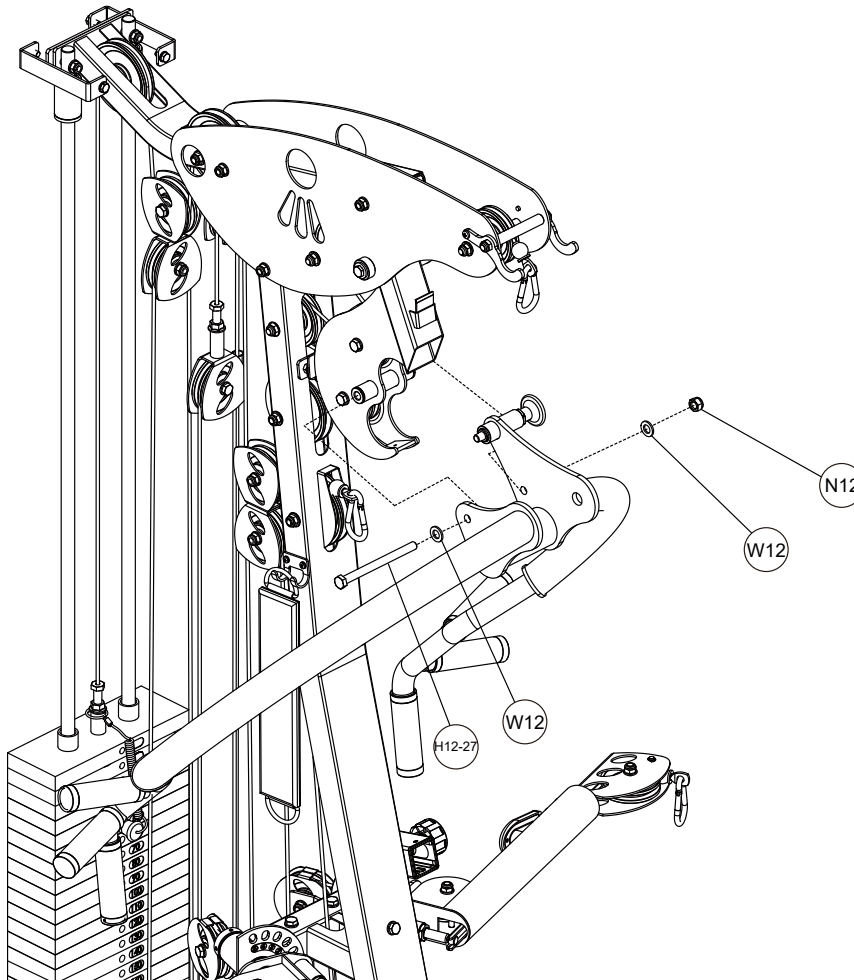
Parts needed for this Step:



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
- Tighten all the bolts/nuts

STEP 17



ASSEMBLY INSTRUCTIONS

Parts needed for this Step:

91 × 1



A5-2 × 1



M5x16mm Allen Bolt

56 × 1



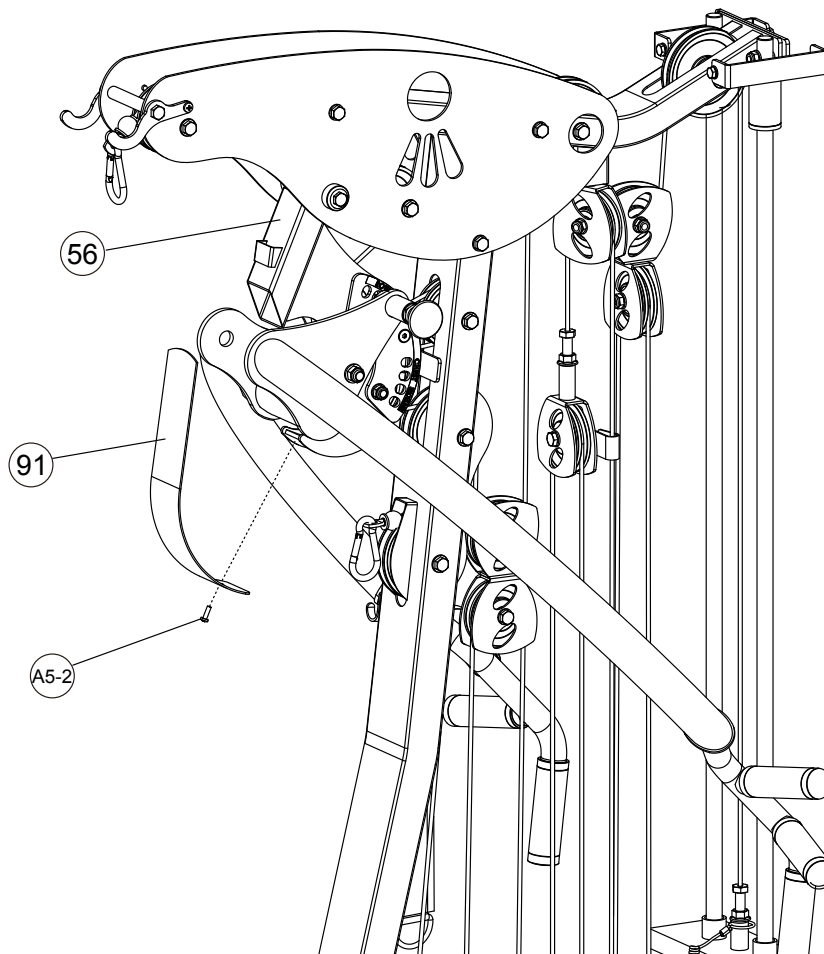
INFORMATION

- 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
- Tighten all the bolts/nuts

STEP 18

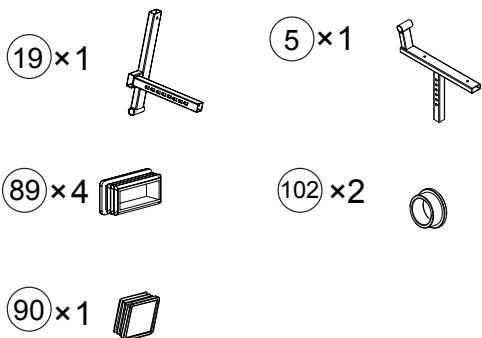
NOTE:

- Please connect the Part #91 and Part #56 first, then screw the Part #91.



ASSEMBLY INSTRUCTIONS

Parts needed for this Step:



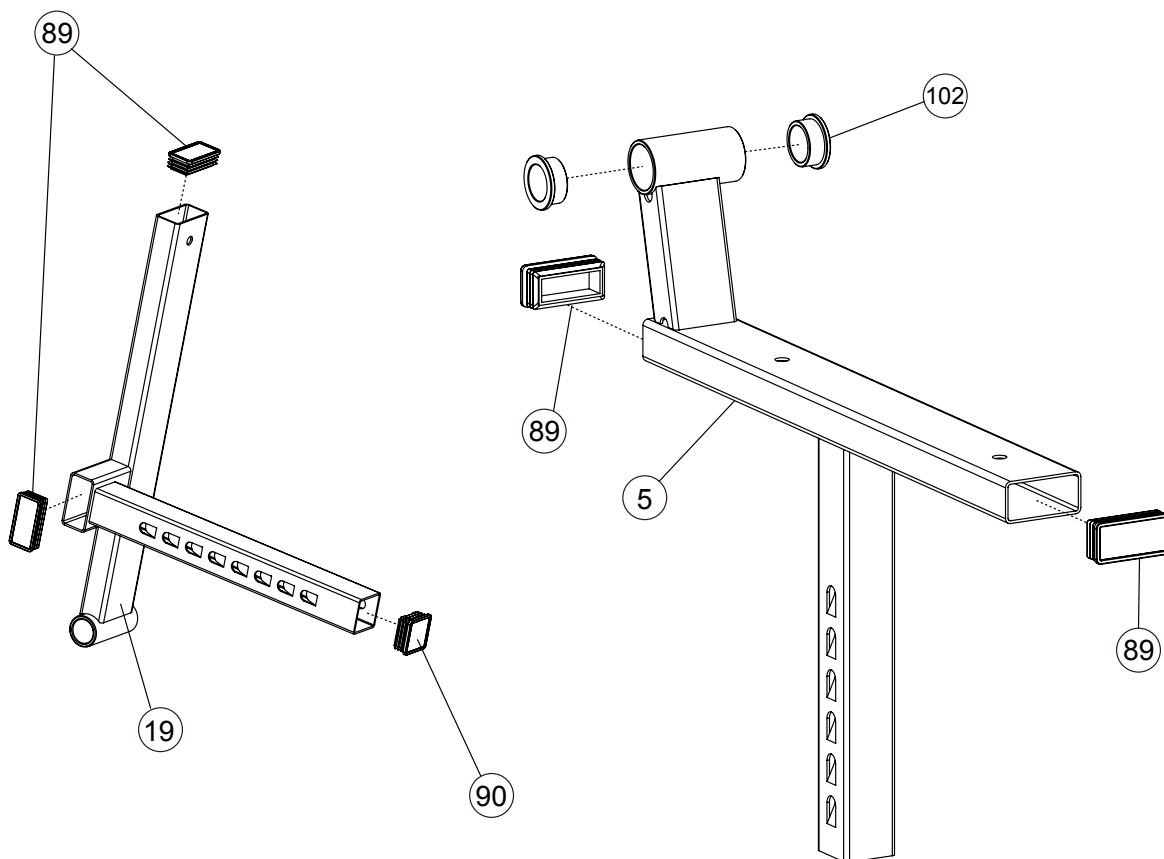
INFORMATION

- 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
- Tighten all the bolts/nuts

STEP 19

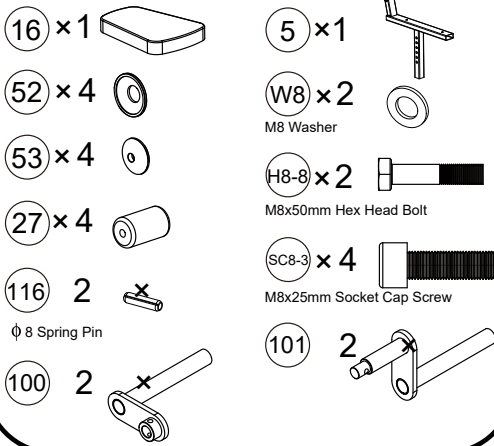
NOTE:

- This step is a Pre-assembled Step.



ASSEMBLY INSTRUCTIONS

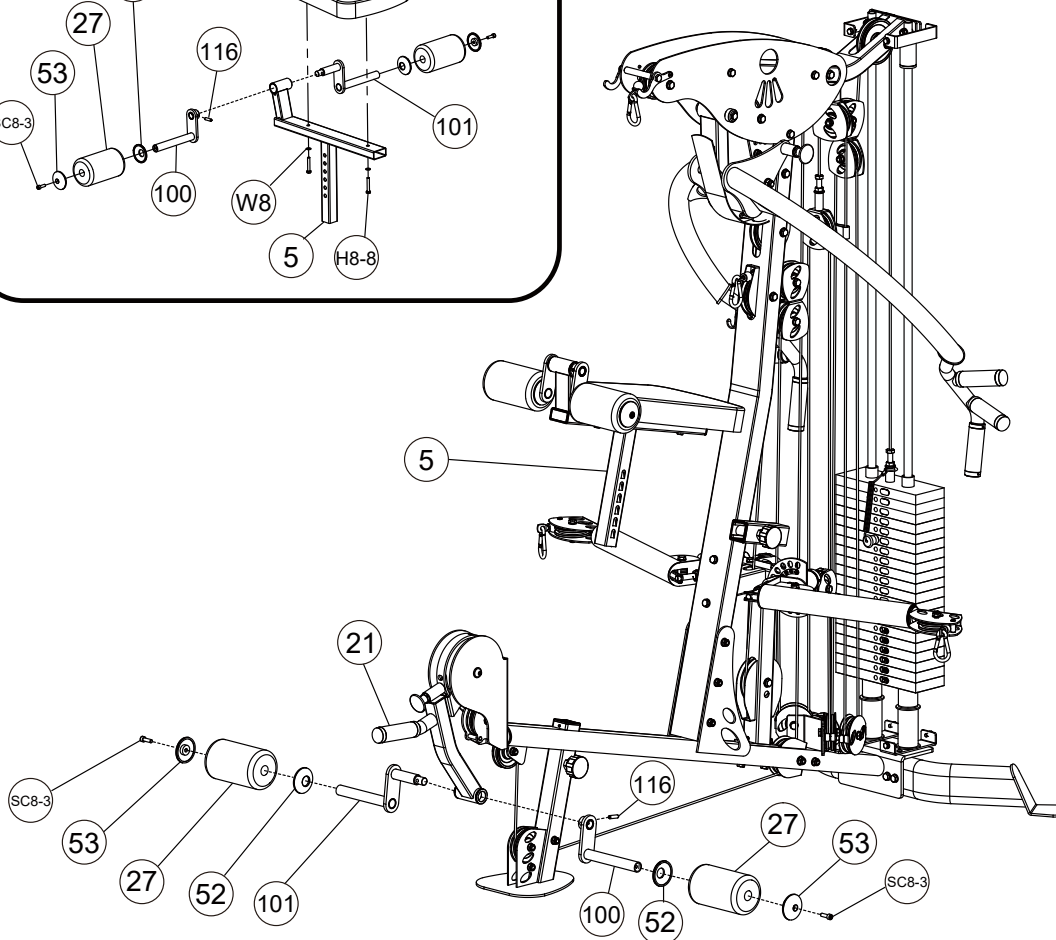
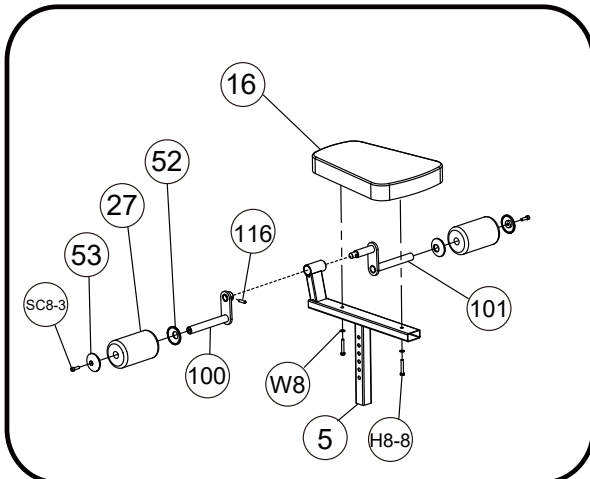
Parts needed for this Step:



INFORMATION






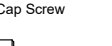
- We recommend you have someone assist you in lifting and assembling your gym
- Follow these steps carefully and it will make it easier to assemble your gym
- Tighten all the bolts/nuts

STEP 20



ASSEMBLY INSTRUCTIONS

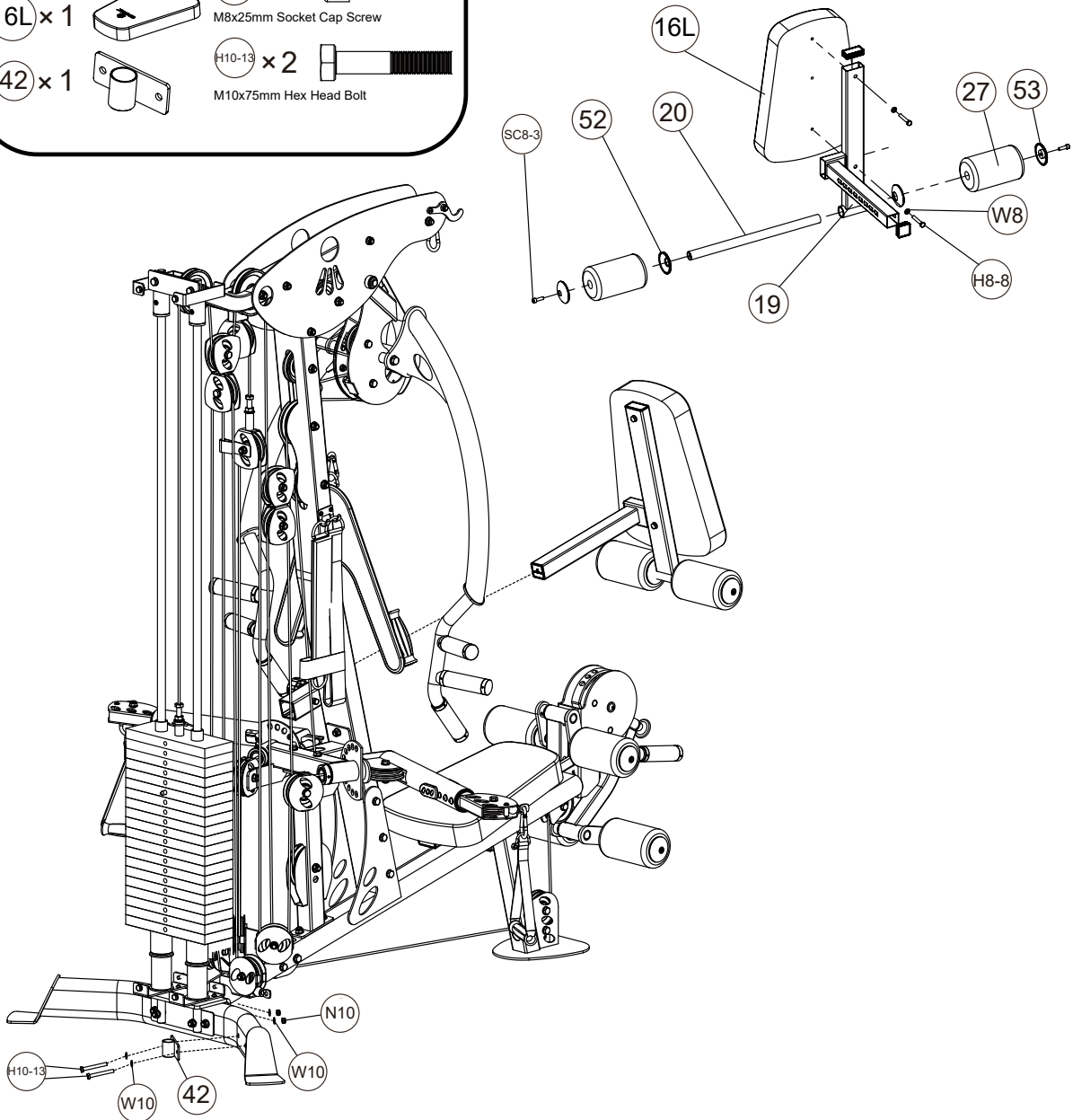
Parts needed for this Step:

- | | | |
|-----------|---|---|
| (19) × 1 | (W10) × 4
M10 Washer |  |
| (20) 1 | (W8) × 2
M8 Washer |  |
| (52) × 2 | (N10) × 2
M10 Nut |  |
| (53) × 2 | (H8-8) × 2
M8x50mm Hex Head Bolt |  |
| (27) × 2 | (SC8-3) × 2
M8x25mm Socket Cap Screw |  |
| (16L) × 1 | (H10-13) × 2
M10x75mm Hex Head Bolt |  |
| (42) × 1 | | |

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
- Only half tighten bolts/nuts unless otherwise stated

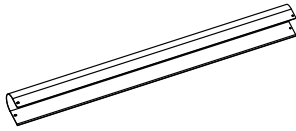
STEP 21



ASSEMBLY INSTRUCTIONS

Parts needed for this Step:

29 × 2



H8-1 × 8



M8x15mm Hex Head Bolt

W8 × 8

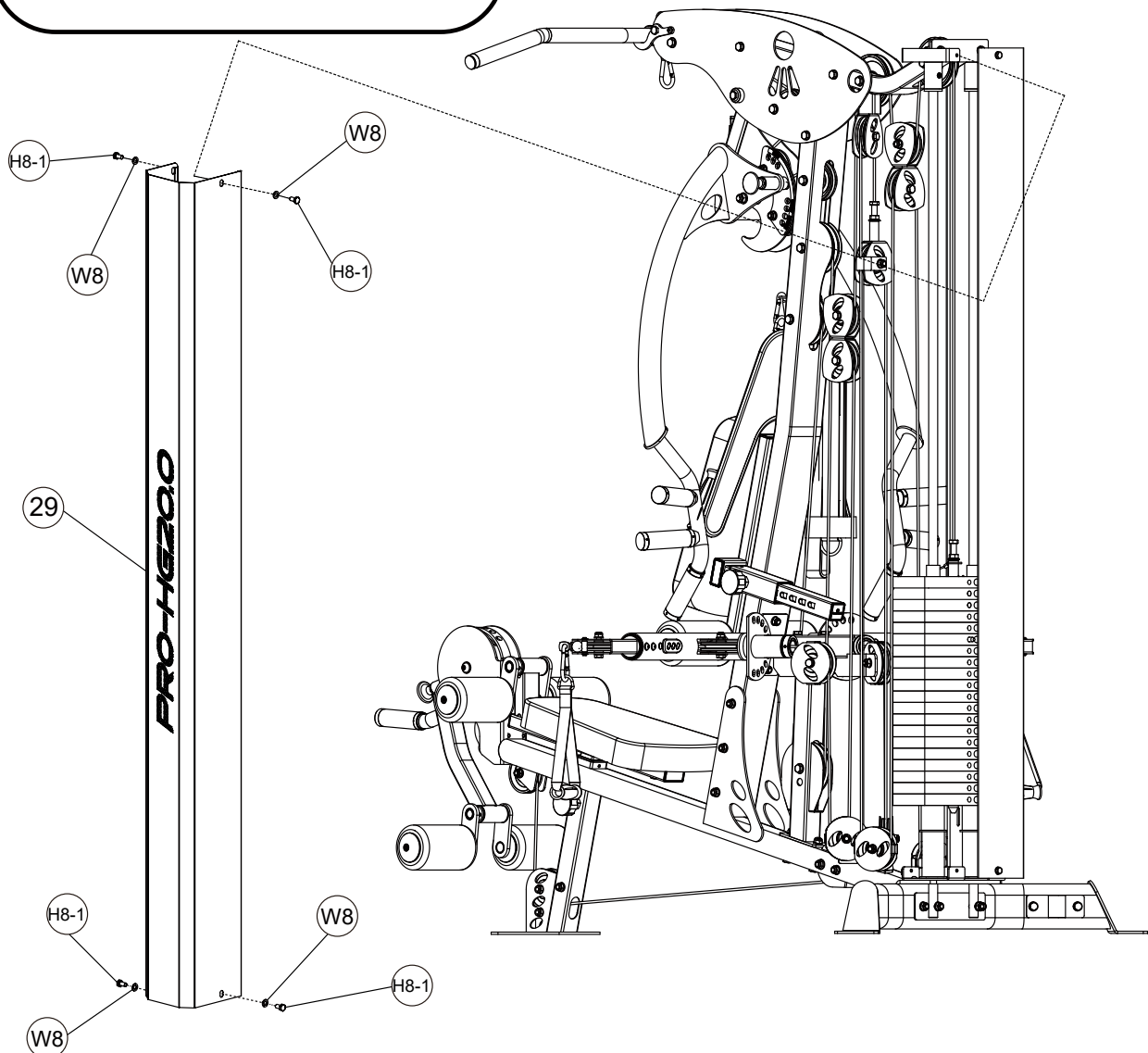


M8 Washer

INFORMATION

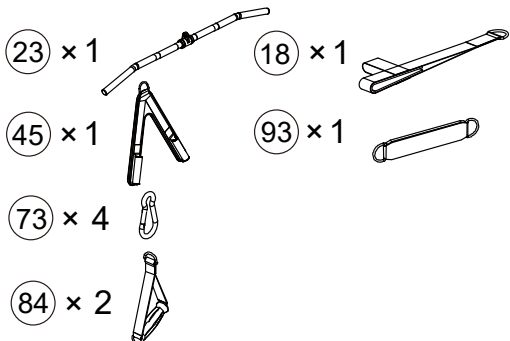
- We recommend you have someone assist you in lifting and assembling your gym
- Follow these steps carefully and it will make it easier to assemble your gym
- Tighten all the bolts/nuts

STEP 22



ASSEMBLY INSTRUCTIONS

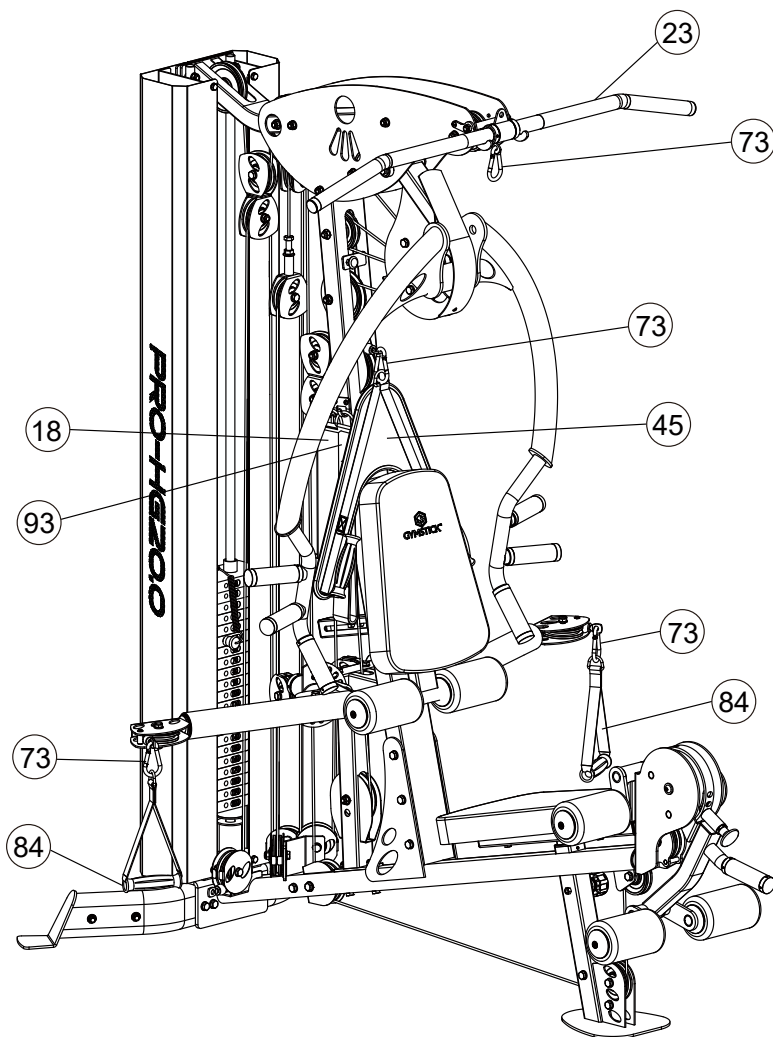
Parts needed for this Step:



INFORMATION

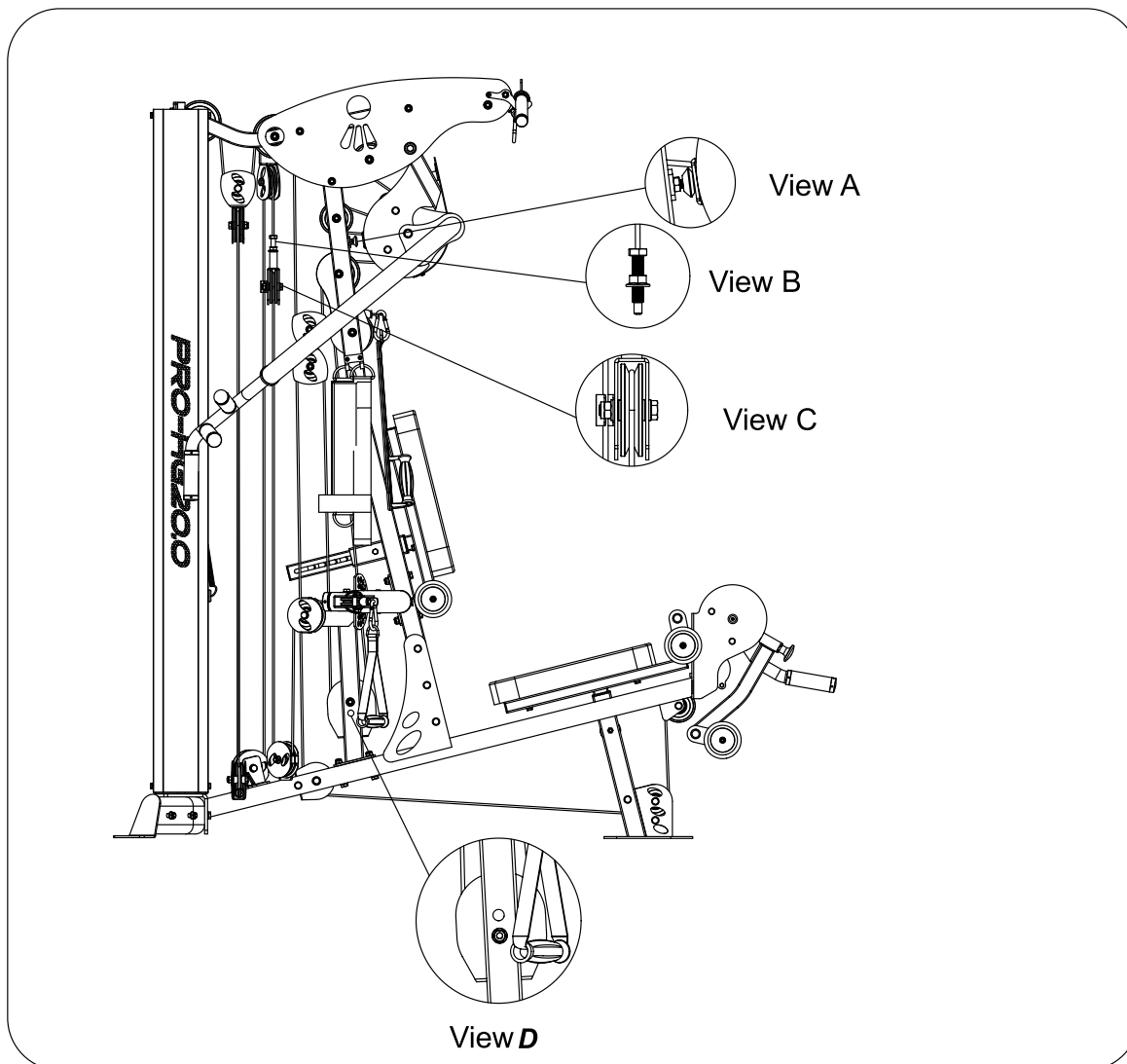
- We recommend you have someone assist you in lifting and assembling your gym
- Follow these steps carefully and it will make it easier to assemble your gym
- Tighten all the bolts/nuts

STEP 23



ASSEMBLY INSTRUCTIONS

USER INSTRUCTIONS

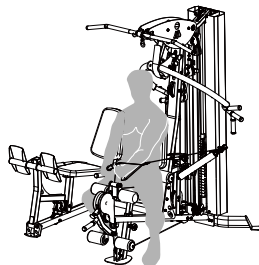


Note: 1. Adjust the bolt/nut to tighten the cable. See View A&C.

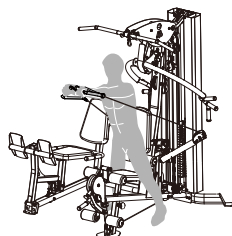
2. Check all the pulleys and cables before using the gym, make sure the cables are in the groove of pulleys. See View C.
3. Make sure the screwed length of the bolt (in View B) is its 1/4.
4. You can choose different holes the bolt inserted into to tighten the Cable. See View D.

WORKOUT CHART

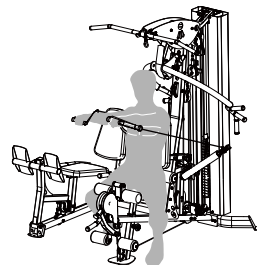
Decline Cable Press



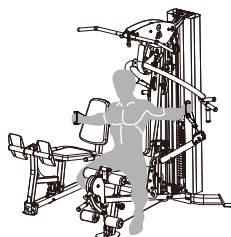
Standing Cable Press



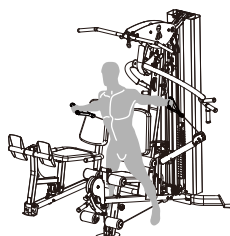
Seated Cable Press



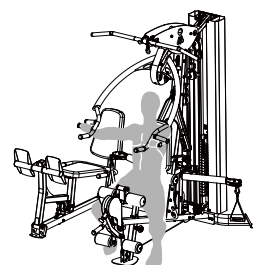
Decline Cable Flies



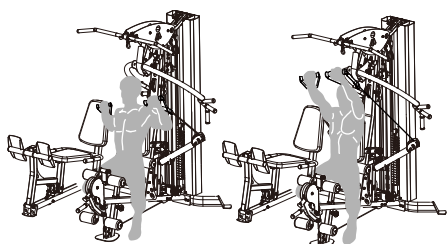
Standing Cable Flies



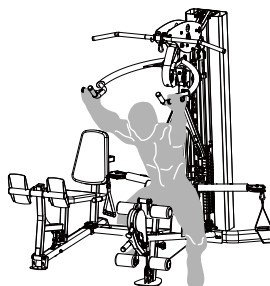
Fixed Arm Horizontal Press



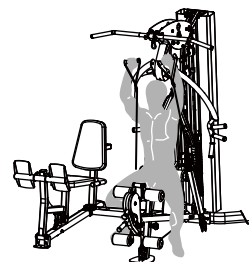
Incline Cable Press



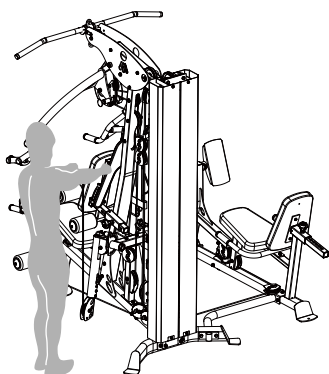
Fixed Arm Shoulder Press



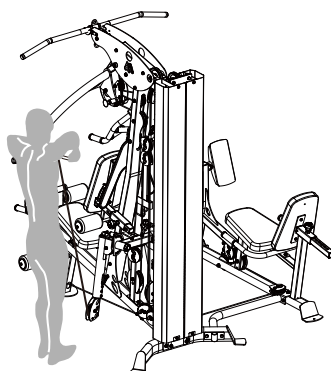
Cable Shoulder Press



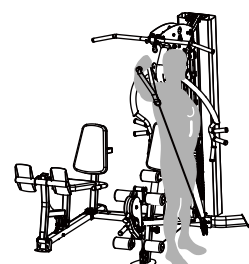
Cable Front Delt Raise



Upright Row

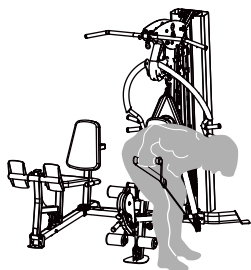


Lateral Raise

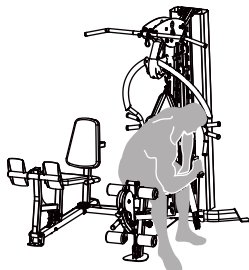


WORKOUT CHART

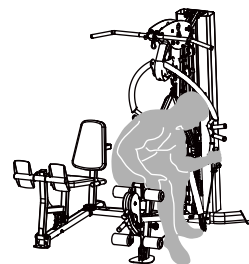
Bent Rear Lateral



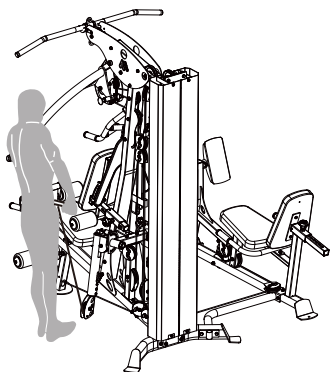
External Rotator Cuff



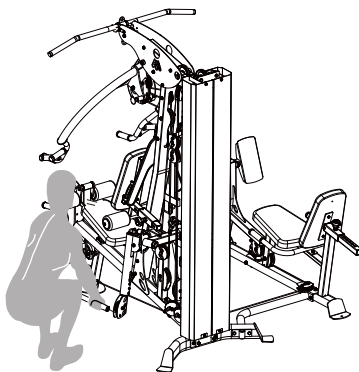
Internal Rotator Cuff



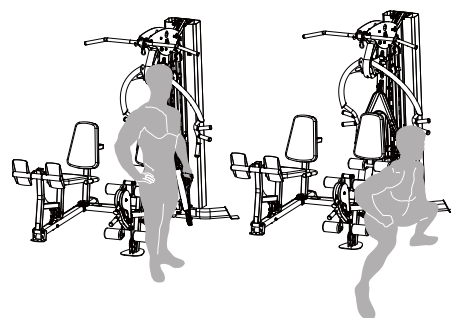
Shrugs



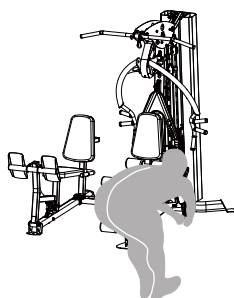
Squats



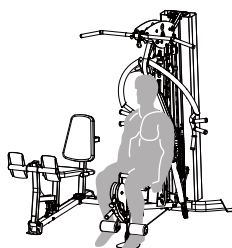
Side Lunge



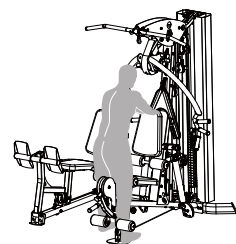
Good Mornings



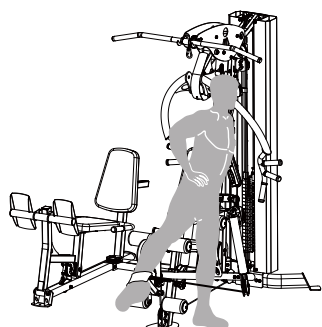
Leg Extensions



Hamstring Curls



Hip Abduction



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

Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND

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.



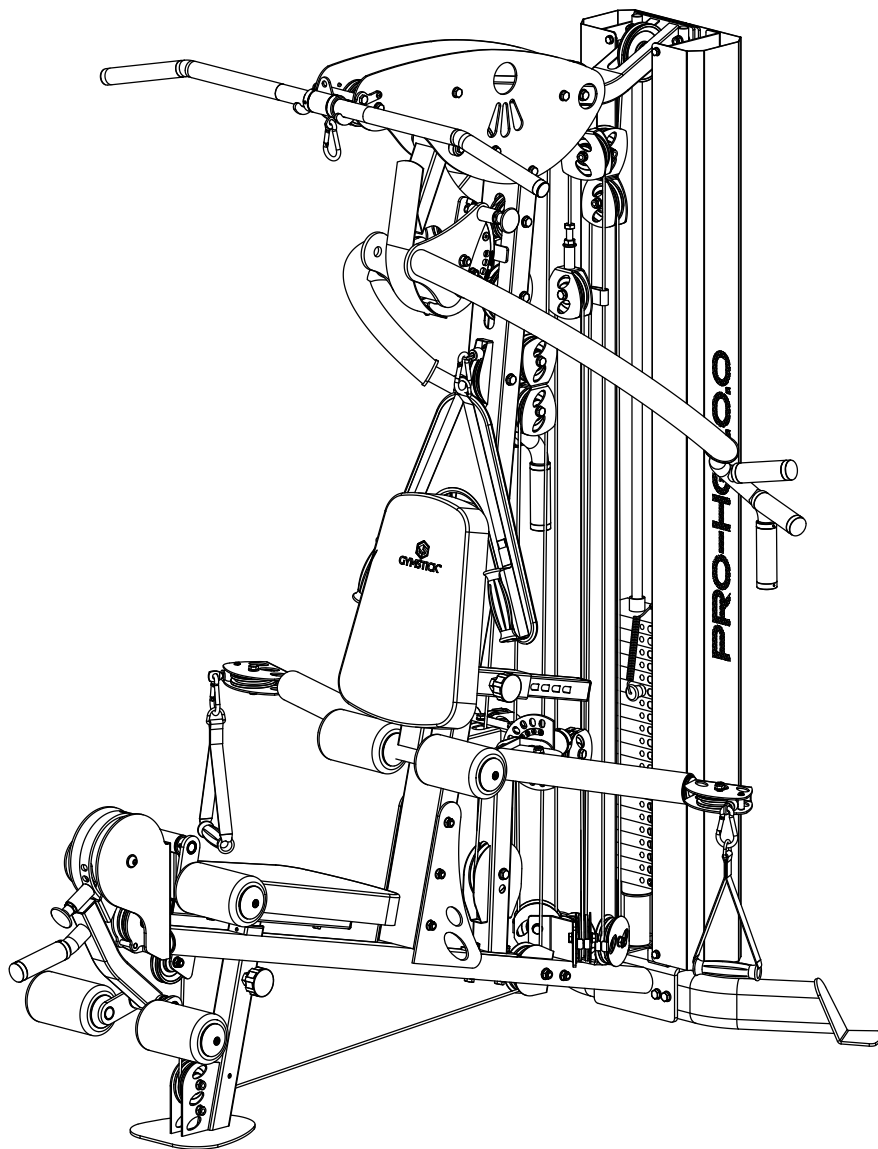
Products marked with these symbols must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide more information on the matter.





HOME GYM PRO20.0

KÄYTTÖOHJE



HUOM!

Lue kaikki ohjeet huolellisesti ennen tuotteen käyttöä. Säilytä tämä käyttöohje tulevaa tarvetta varten. Tuotteen tekniset tiedot voivat vaihdella ja niitä voidaan muuttaa ilman erillistä ilmoitusta.



GYMSTICK.COM

ENNEN KUIN ALOITAT

Kiitos, että valitsit Gymstick-tuotteen. Olemme erittäin ylpeitä tämän korkealaatuisen tuotteen valmistamisesta ja toivomme, että se saa sinut tuntemaan olosi paremmaksi ja nauttimaan elämästä täysillä. Lue tämä käsikirja kokonaisuudessaan ennen tuotteen käyttöä.



HUOMIO

Lue kaikki ohjeet huolellisesti ennen tämän tuotteen käyttöä.
Säilytä tämä käyttöohje tulevaa tarvetta varten.



VAROITUS

Lue kaikki turvallisuusohjeet huolellisesti ja noudata niitä.
Turvaohjeiden noudattamatta jättäminen voi johtaa vakavaan loukkaantumiseen.

ENNEN KUIN ALOITAT	2
TURVALLISUUSOHJEET	3
OSALUETTELO	4
KOKOAMISOHJEET	8
HARJOITUSOHJEET	34
TAKUU	36

TURVALLISUUSOHJEET

Perusvarotoimia tulee aina noudattaa tätä laitetta käytettäessä. Turvallisuuden varmistamiseksi lue ja noudata kaikkia tähän käyttöoppaaseen sisältyviä turvallisuusohjeita. Jos näin ei tehdä, seurauksena voi olla vakava loukkaantuminen.



VAROITUS

Ennen kuin käytät tätä tuotetta, ota ensin yhteyttä lääkäriisi. Tämä on erityisen tärkeää yli 35-vuotiaille henkilöille tai henkilöille, joilla on aiempia terveysongelmia.

- ▲ Tämä tuote ei ole lelu. Pidä lapset ja lemmikkieläimet aina poissa laitteen luota. Älä jätä lapsia ilman valvontaa samaan huoneeseen laitteen kanssa.
- ▲ Liikuntarajoitteiset eivät saa käyttää konetta ilman pätevän terveydenhuollon ammattilaisen tai lääkärin läsnäoloa.
- ▲ Jos käyttäjä kokee huimausta, pahoinvointia, rintakipua tai muita epänormaaleja oireita, lopeta harjoittelu heti. Ota välittömästi yhteys lääkäriin.
- ▲ Ennen kuin aloitat harjoittelun, poista kaikki esineet 2 metrin säteellä laitteesta. Älä aseta teräviä esineitä laitteen ympärille.
- ▲ Aseta laite vapaalle, tasaiselle alustalle pois vedestä ja kosteudesta. Laitteen alle on suositeltavaa sijoittaa matto, joka auttaa pitämään laitteen vakaana ja suojaamaan lattiaa.
- ▲ Käytä laitetta vain sen suunniteltuun käyttötarkoitukseen tässä käyttöohjeessa kuvatulla tavalla. Älä käytä muita kuin valmistajan suosittelemia lisävarusteita.
- ▲ Kokoa laite täsmälleen tämän käyttöohjeen kuvauksen mukaisesti.
- ▲ Tarkista kaikki pultit ja muut liitännät ennen laitteen ensimmäistä käyttökertaa ja varmista, että se on hyvässä ja turvallisessa kunnossa.
- ▲ Suorita laitteen rutiinitarkastus. Kiinnitä erityistä huomiota komponentteihin, jotka ovat kaikkein herkimpiä kulumiselle. Kaikki vialliset osat on vaihdettava välittömästi ennen laitteen käyttöä.
- ▲ Älä koskaan käytä laitetta, jos se ei toimi kunnolla.
- ▲ Tätä laitetta voi käyttää vain yhden henkilön harjoitteluun kerrallaan.
- ▲ Älä käytä hankaavia puhdistusvälineitä laitteen puhdistamiseen. Pyyhi hikipisarat laitteesta heti harjoittelun päätyttyä.
- ▲ Käytä aina sopivia treenivaatteita harjoituksen aikana. Myös juoksukengät tai aerobiset kengät vaaditaan.
- ▲ Ennen harjoittelua, lämmitä aina vartalosi perusteellisesti dynaamisella venytyksellä tai lämmittelyrutiinilla.
- ▲ Tämä laite on tarkoitettu kaupalliseen ja ammattikäyttöön.
- ▲ Aikuisten tulee koota tämä laite.
- ▲ Omistajan vastuulla on varmistaa, että kaikille käyttäjille on tiedotettu asianmukaisesti tämän tuotteen turvallisesta käytöstä.
- ▲ Käyttäjän enimmäispaino: 150 kg.

OSALUETTELO

No.	Qty	Part Description
1	1	Front Base Frame
2	1	Rear Base Frame
3	1	Front Upright
4	1	Shield Connect Plate Up
5	1	Seat Pad Support
6	1	Press Arm
7	1	Left Top Panel
8	1	Right Top Panel
9	1	Wing Arm Support
10	1	Wing Arm Bracket
11	2	Wing Arm
12	2	Pulley Swivel
13	1	Weight Top Plate
14	19	Weight Stack Plate
15	1	Long Pop Pin
16	1	Pad
16L	1	Pad with Logo
18	1	Head Strap
19	1	Back Pad Support
20	1	Foam Roller Tube
21	1	Leg Extension Arm
22	1	Leg Extension Arm Pin
23	1	Lat Bar
24	1	Pulley Holder
25	1	Lat Bar Holder Left
26	1	Lat Bar Holder Right
27	6	Upholstered Foam Roller
28	2	Guide rod
29	2	Shield
30	2	Weight Stack Riser
31	1	Rear Base Frame Plate
32	2	Sleeve
33	1	Rubber Bumper
34	2	Pop Pin
35	2	Fastness Block
36	2	Weight Stack Bumper
37	1	Weight Stack Pin
38	1	Selector Bar
39	*	*
40	1	Lat Cable_4400 mm L
41	1	Low Row Cable_4915 mm L
42	1	Lat Bar support L

OSALUETTELO

No.	Qty	Part Description
43	1	Wing Arm Cable_5400mm L
44	1	Wing Arm Assistant Cable_5110 mm L
45	1	AB Strap
46	2	Weight Stack Stoper
47	1	Strap Hook
48	1	F40x80mm Inner Cap
49	*	*
50	8	Bushing O.D25mmX I.D12.1mm
51	2	Bearing 6203
52	6	Plastic Washer
53	6	Plastic Cover
54	1	Steel bushing
55	1	Top bushing
56	1	Press Arm Support
57	1	Press Arm Axle
58	2	Press Arm Bushing
59	1	Press Arm Adjust Plate
60	4	Bearing 61807
61	2	Wing Arm Collar
62	2	Retaining Clip Dia35mm
63	2	Plastic Spacer
64	4	Wing Arm Bracket Bushing
65	2	Wing Arm Axle Collar
66	2	Lever Pin
67	4	Spring-45mm L
68	4	Lever Nut
69	2	Lever
70	2	Lever Button Cap
71	2	Lever Button
72	2	Plug Bumper
73	4	Clip
74	4	Pulley Bushing 29.5mm
75	4	Pulley Bushing 43.5 mm
76	5	Big Pulley_Dia 118mm
77	25	Small Pulley_Dia 89mm
78	4	Retaining Clip Dia 6mm
79	2	Cable Guide Pin
80	2	Knob
81	2	Pulley Bushing 14.5mm
82	1	Single Pulley Holder
83	1	Cable Guide Hook
84	2	Strap Handle

OSALUETTELO

No.	Qty	Part Description
85	2	Cable Pin Bushing
86	7	Press Arm Handle Cap
87	7	Press Arm Handle Sleeve
88	7	Press Arm Handle Collar
89	4	F30x60mm Inner Cap
90	1	F40x40mm Inner Cap
91	1	Press Arm Support Cover
92	12	Pulley Cover
93	1	Ankle Strap
94	1	Cross-shaped Pulley Holder
95	2	Splitpin Pin
96	2	Pulley Bushing 11mm
97	1	Quick Release Cable Lock
98	1	R.O.M.Assembly
99	1	Resistance Push Plate
100	2	Foam Roller Tube Left
101	2	Foam Roller Tube Right
102	4	Bushing O.D32mmX I.D25.4mm
113	8	Pulley Bushing 39.5mm
114	1	∅ 10 Spring Pin
115	2	Big Washer
116	2	∅8 Spring Pin
117	2	Thin Cable
118	2	Elbow
119	2	Lock Bolt
120	2	C-shaped Washer
121	2	M8x15mm Hollow bolt
122	2	Retaining Rings
S4-3	28	M4x3mm Socket Set Screw-White
S4-5	2	M4x5mm Socket Set Screw-White
S6-6	6	M6x6mm Socket Set Screw-White
SC4-1	4	M4x16mm Socket Cap Screw-White
SC8-3	6	M8X25mm Socket Cap Screw-White
SH8-2	1	M8X20mm Sunk Head Socket Screw-White
A5-2	3	M5X16mm Allen Bolt-White
A5-3	2	M5X25mm Allen Bolt-White
A8-1	7	M8x12mm Allen Bolt-White
A6-3	4	M6X12mm Allen Bolt-White
A12-15	1	M12X85mm Allen Bolt White
H8-1	8	M8X15mm Hex Head Bolt-White
H8-8	4	M8X50mm Hex Head Bolt-White
H10-1	2	M10X15mm Hex Head Bolt-White

OSALUETTELO

No.	Qty	Part Description
H10-7	9	M10X45mm Hex Head Bolt-White
H10-8	12	M10X50mm Hex Head Bolt-White
H10-9	1	M10X55mm Hex Head Bolt -White
H10-11	1	M10X65mm Hex Head Bolt-White
H10-12	8	M10X70mm Hex Head Bolt-White
H10-13	2	M10X75mm Hex Head Bolt-White
H10-14	2	M10X80mm Hex Head Bolt -White
H10-17	2	M10X95mm Hex Head Bolt -White
H10-18	2	M10x100mm Hex Head Bolt-White
H10-21	5	M10x115mm Hex Head Bolt-White
H10-23	8	M10x125mm Hex Head Bolt-White
H10-24	1	M10x130mm Hex Head Bolt-White
H12-27	1	M12x145mm Hex Head Bolt-White
W5	2	M5 Washer-White
W6	4	M6 Washer-White
W8	19	M8 Washer-White
W10	84	M10 Washer-White
W12	2	M12 Washer-White
N5	2	M5 Nut-White
N6	2	M6 Nut-White
N8	1	M8 Nut-White
N10	52	M10 Nut-White
N10-1	1	M10 Nut Small-White
N12	1	M12 Nut-White
CN8	1	M8 Common Nut-White
N6-1	6	M6 Common Nut

TARVITTAVAT TYÖKALUT

Jakoavaimet 2x17mm
1x19mm
1x14mm

Säädettävä kuusiokoloavain

Huom! Älä käytä pihtejä

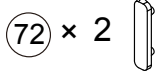
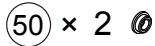
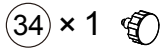
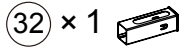
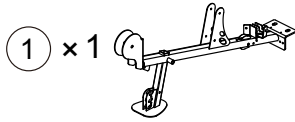


TÄRKEÄÄ

Varmista ennen kokoamista, että kaikki osat sisältyvät pakkaukseen.
Jos jokin osa puuttuu, ota yhteyttä asiakaspalveluumme ongelman ratkaisemiseksi.

KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:



TIETOA

Suosittellemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

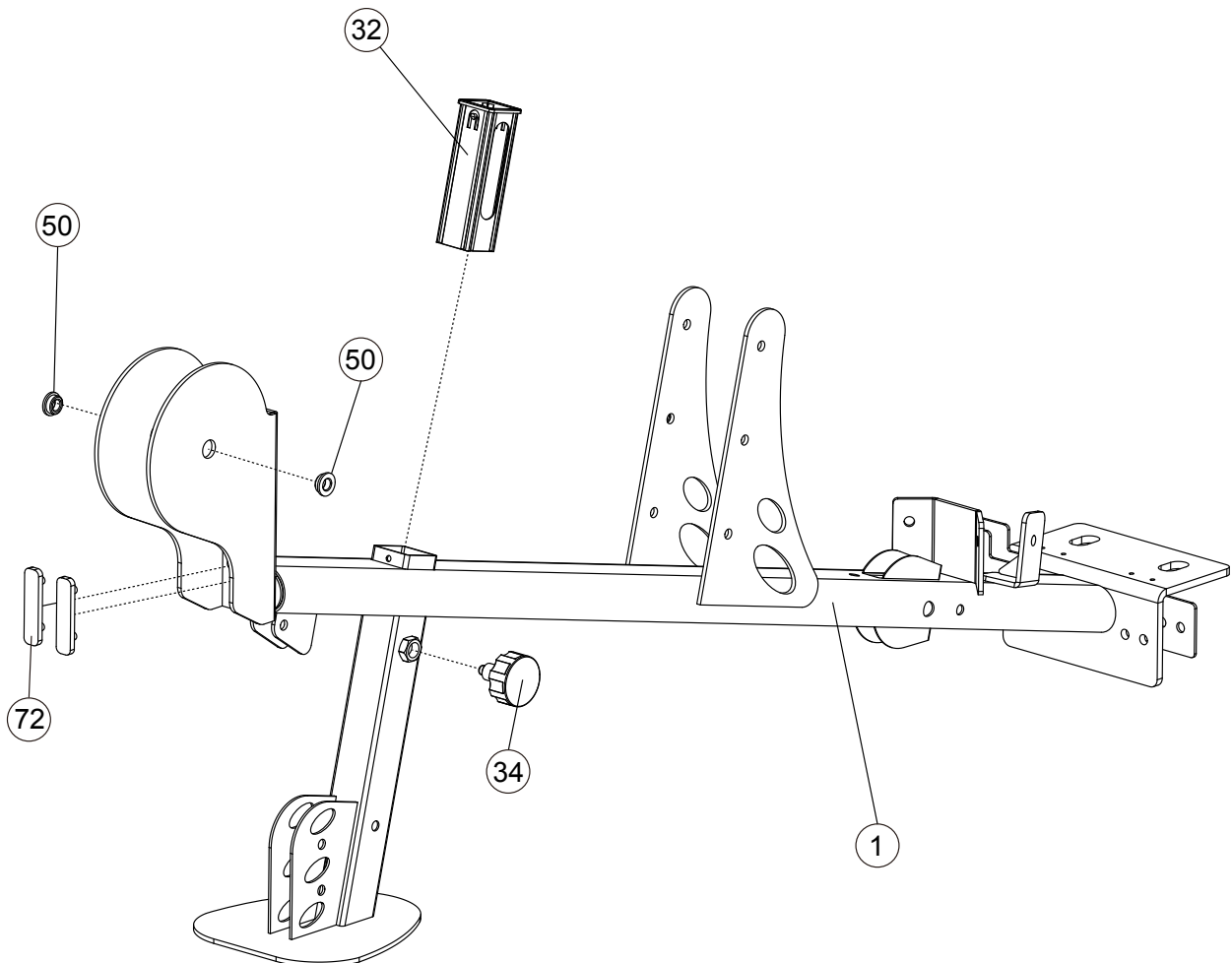
Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

Kiristä kaikki pultit ja mutterit.

STEP 1

HUOM

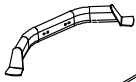
Tämä vaihe on esiasennettu vaihe



KOKOAMISOHJEET

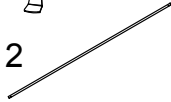
Vaiheeseen tarvittavat osat:

2 × 1



W10 × 8
M10 Washer

28 × 2



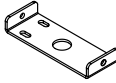
N10 × 4
M10 Nut

31 × 1



H10-18 × 2
M10x100mm Hex Head Bolt

95 × 2



H10-14 × 2
M10x80mm Hex Head Bolt

W6 × 4
M6 Washer



A6-3 × 4
M6x12mm Allen Bolt

TIETOA

Suosittellemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

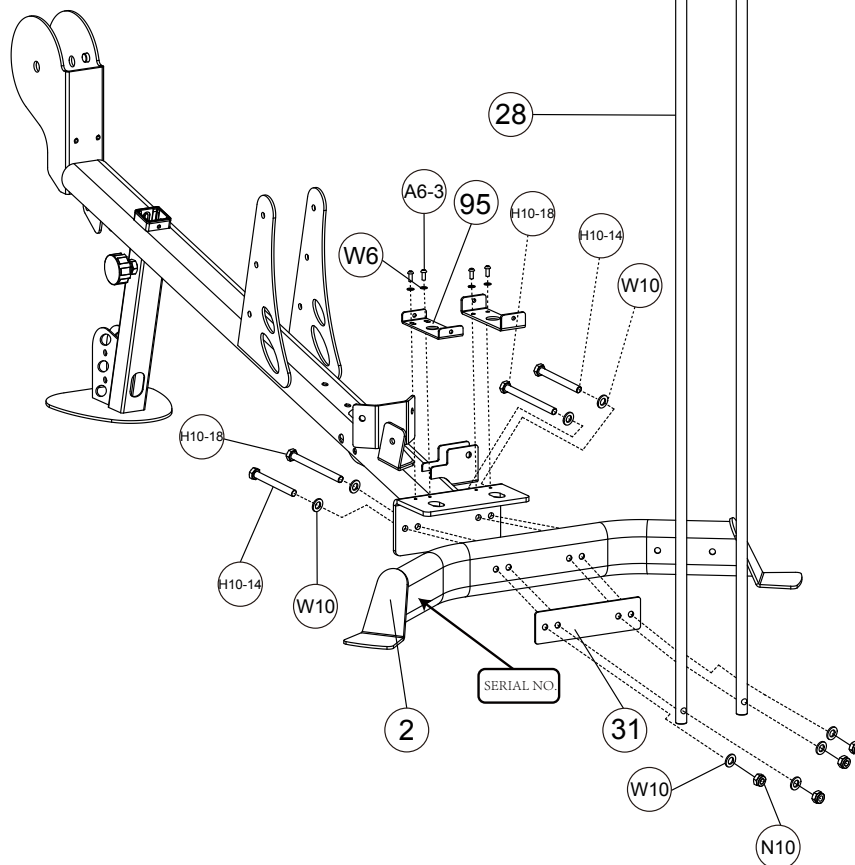
Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

Kiristä kaikki pultit ja mutterit.

HUOM

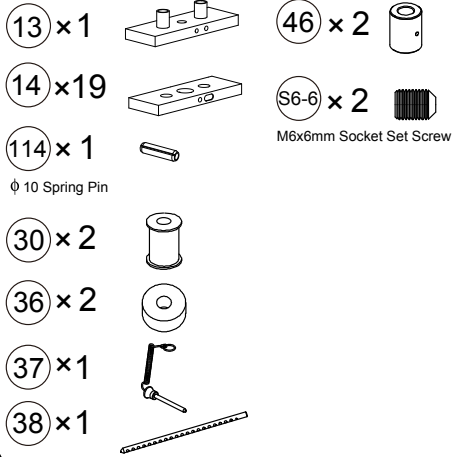
Tässä vaiheessa kaikki aluslevyt, joita ei ole merkitty, ovat W10 ja kaikki mutterit N10

STEP 2



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:



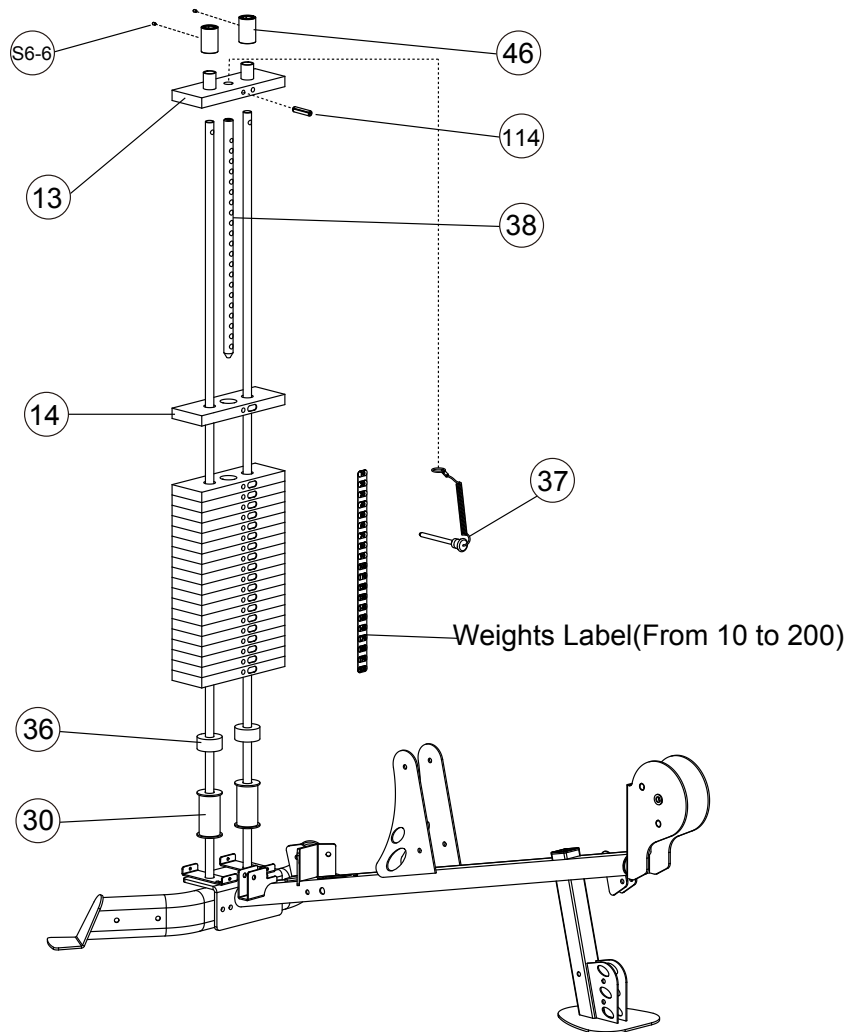
TIETOA

Suosittellemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

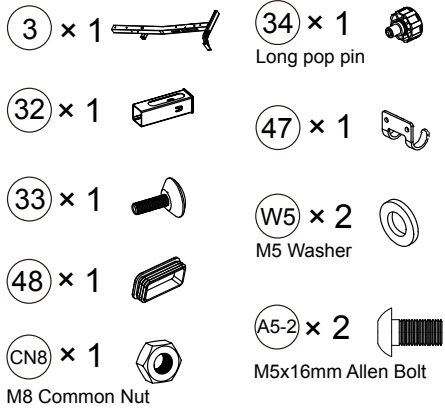
Kiristä kaikki pultit ja mutterit.

STEP 3



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:



TIETOA

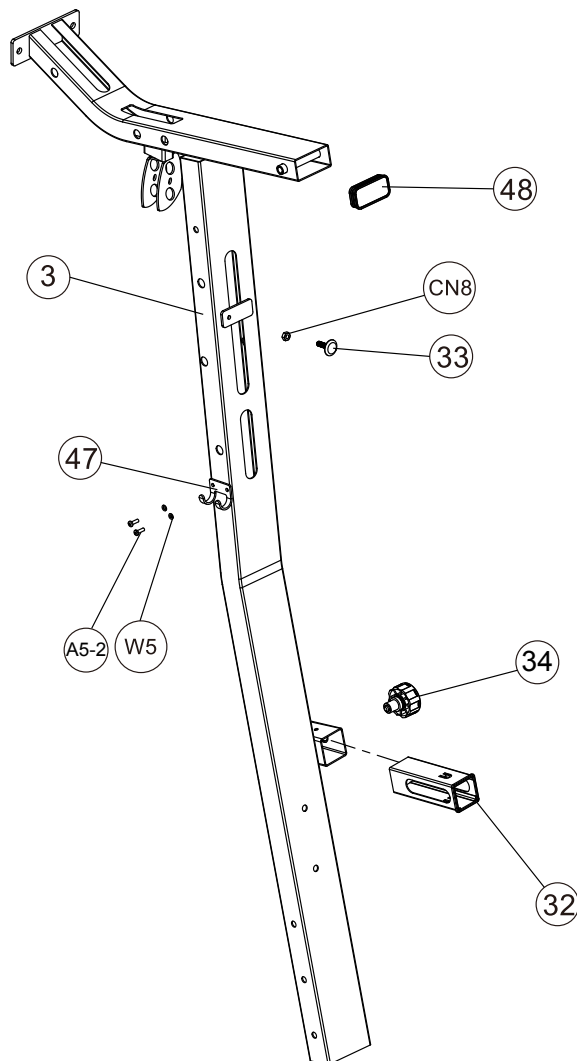
Suosittellemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

STEP 4

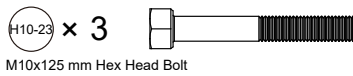
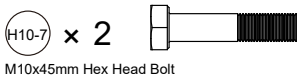
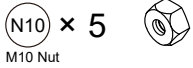
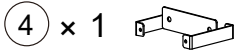
HUOM

Tämä vaihe on esiasennettu vaihe



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:



TIETOA

Suosittellemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

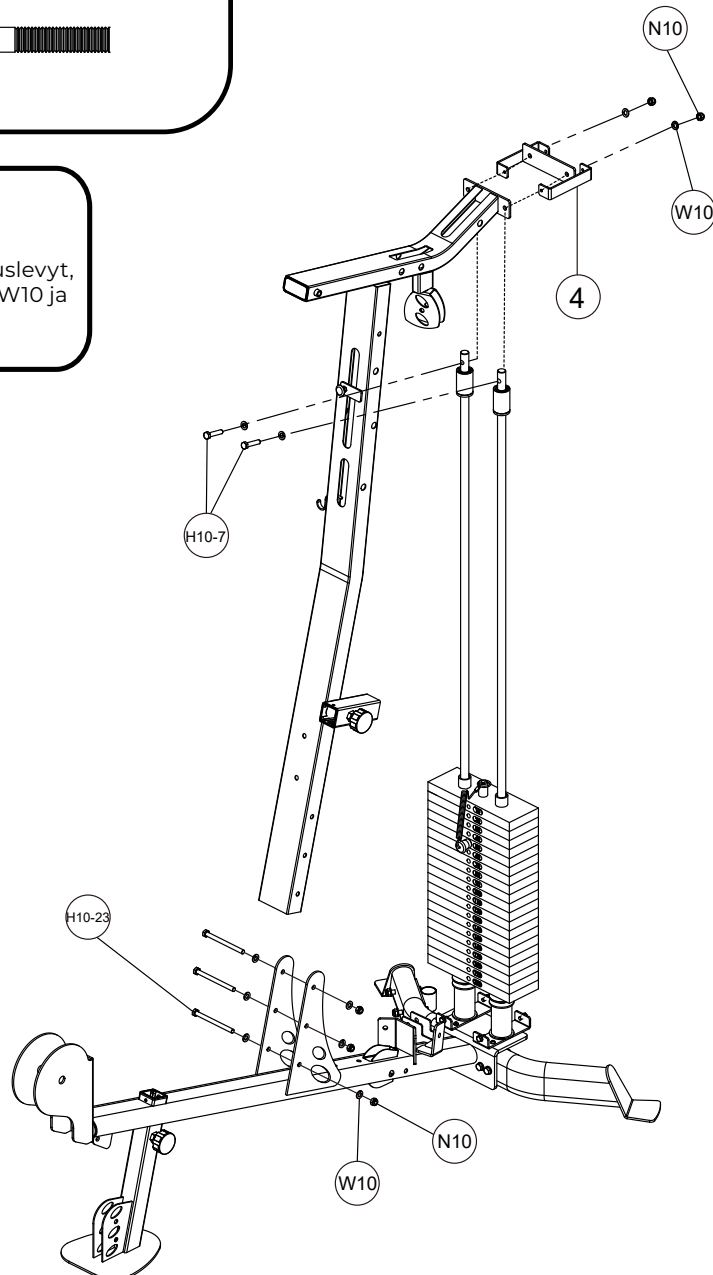
Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

Kiristä kaikki pultit ja mutterit.

STEP 5

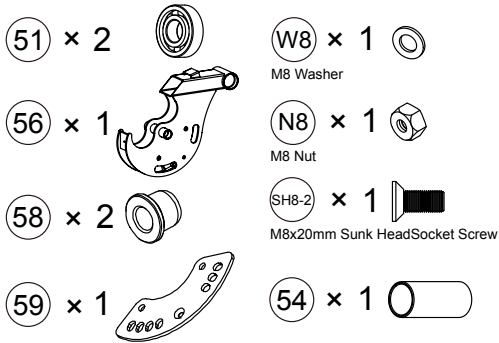
HUOM

Tässä vaiheessa kaikki aluslevyt, joita ei ole merkitty, ovat W10 ja kaikki mutterit N10



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:



TIETOA

Suosittellemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

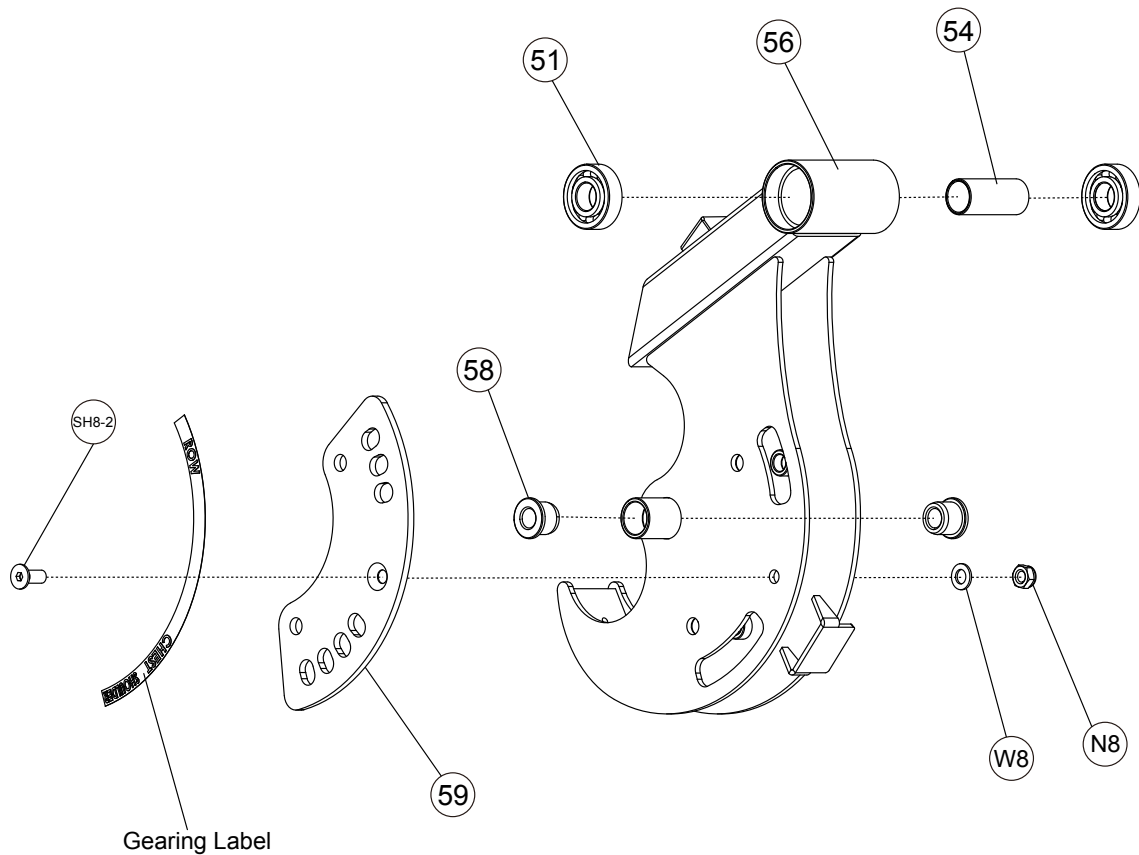
Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

Kiristä kaikki pultit ja mutterit.

STEP 6

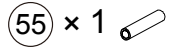
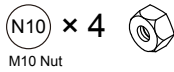
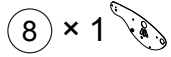
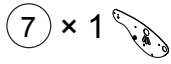
HUOM

Tämä vaihe on esiasennettu vaihe

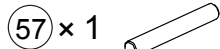
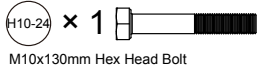


KOKOAMISOHJEET

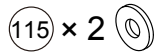
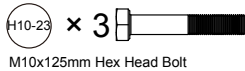
Vaiheeseen tarvittavat osat:



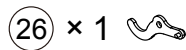
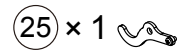
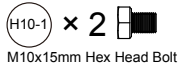
φ 16x2.5-100 Top Steel Bushing



φ 17x133 Axle Pin



Big Washer



TIETOA

Suosittelimme kahta aikuista laitteen kokoamiseen ja nostamiseen.

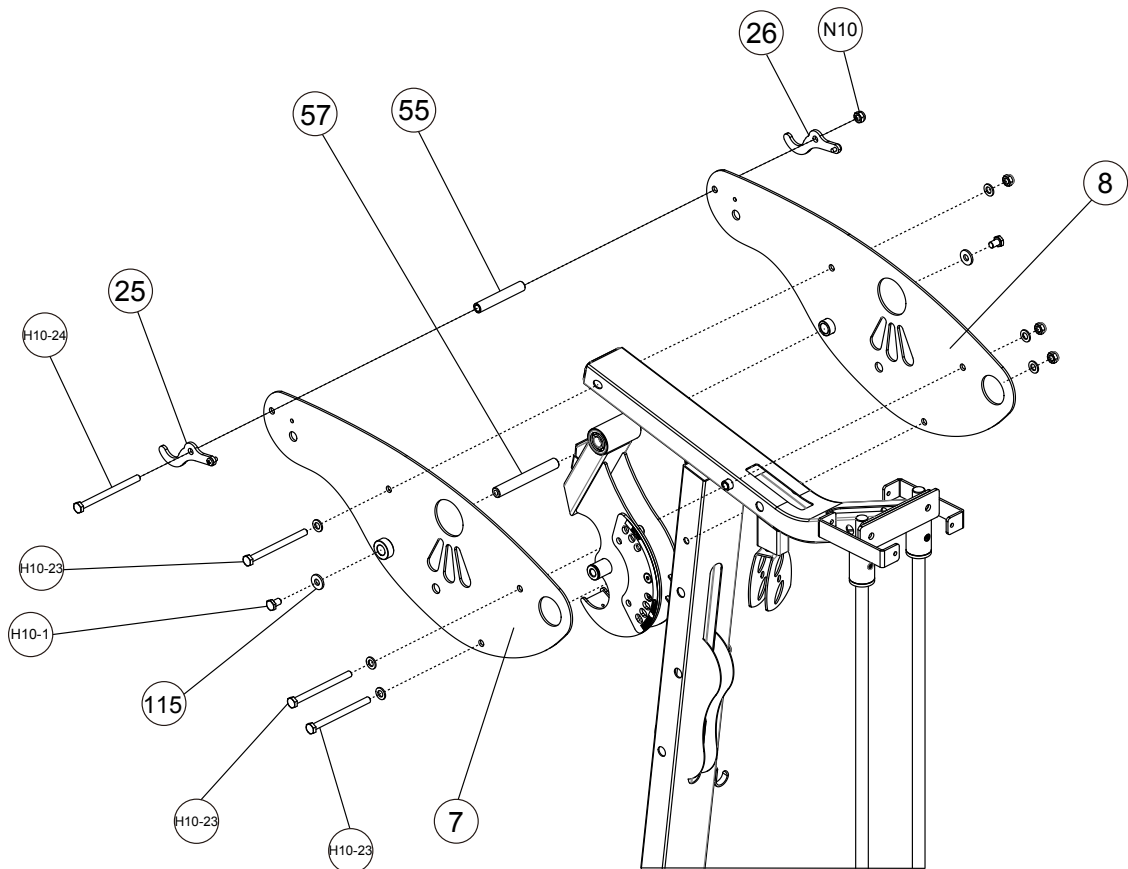
Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

Kiristä kaikki pultit ja mutterit.

STEP 7

HUOM

Tässä vaiheessa kaikki aluslevyt, joita ei ole merkitty, ovat W10 ja kaikki mutterit N10



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:

- | | | | |
|--------------|--|--------------------------|--|
| 11 × 1 | | 118 × 1 | |
| 12 × 1 | | 119 × 1 | |
| 60 × 2 | | 120 × 1 | |
| 61 × 1 | | 121 × 1 | |
| 62 × 1 | | S4-5 × 1 | |
| 66 × 1 | | M4x5mm Socket Set Screw | |
| 67 × 1 | | W8 × 3 | |
| 68 × 1 | | M8 Washer | |
| 69 × 1 | | W10 × 4 | |
| 70 × 1 | | M10 Washer | |
| 71 × 1 | | N5 × 1 | |
| 77 × 2 | | M5 Nut | |
| Small Pulley | | N6 × 1 | |
| 78 × 2 | | N6-1 × 3 | |
| 79 × 1 | | M6 Nut | |
| 85 × 1 | | N10 × 2 | |
| 35 × 1 | | M10 Nut | |
| 117 × 1 | | A5-3 × 1 | |
| | | M5x25mm Allen Bolt | |
| | | A8-1 × 3 | |
| | | M8x12mm Allen Bolt | |
| | | SC4-1 × 2 | |
| | | M4x16mm Socket Cap Screw | |
| | | H10-8 × 2 | |
| | | M10x50mm Hex Head Bolt | |

TIETOA

Suosittellemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

Kiristä kaikki pultit ja mutterit.

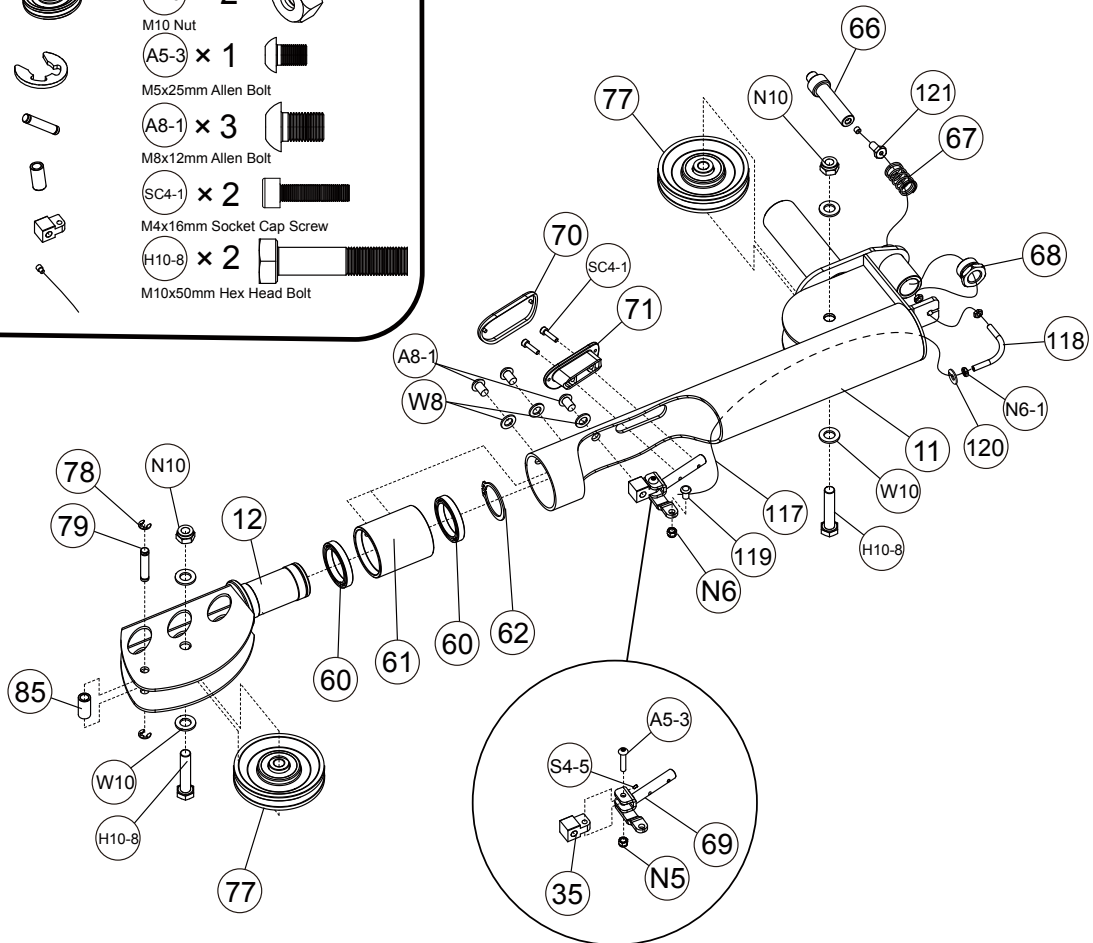
STEP 8

HUOM

Tämä vaihe on esiasennettu







Tässä vaiheessa kaikki aluslevyt, joita ei ole merkitty, ovat W10 ja kaikki mutterit N10

Osia #11 on kaksi, eli tämä vaihe tulee toistaa



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:

- ⑩ × 1 
- ⑥③ × 2 
- ⑥④ × 4 
- ⑥⑤ × 2 
- ④③ × 1 
5400mm L
- ⑤⑥-⑥ × 4 
M6x6mm Socket Set Screw

TIETOA

Suosittelemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

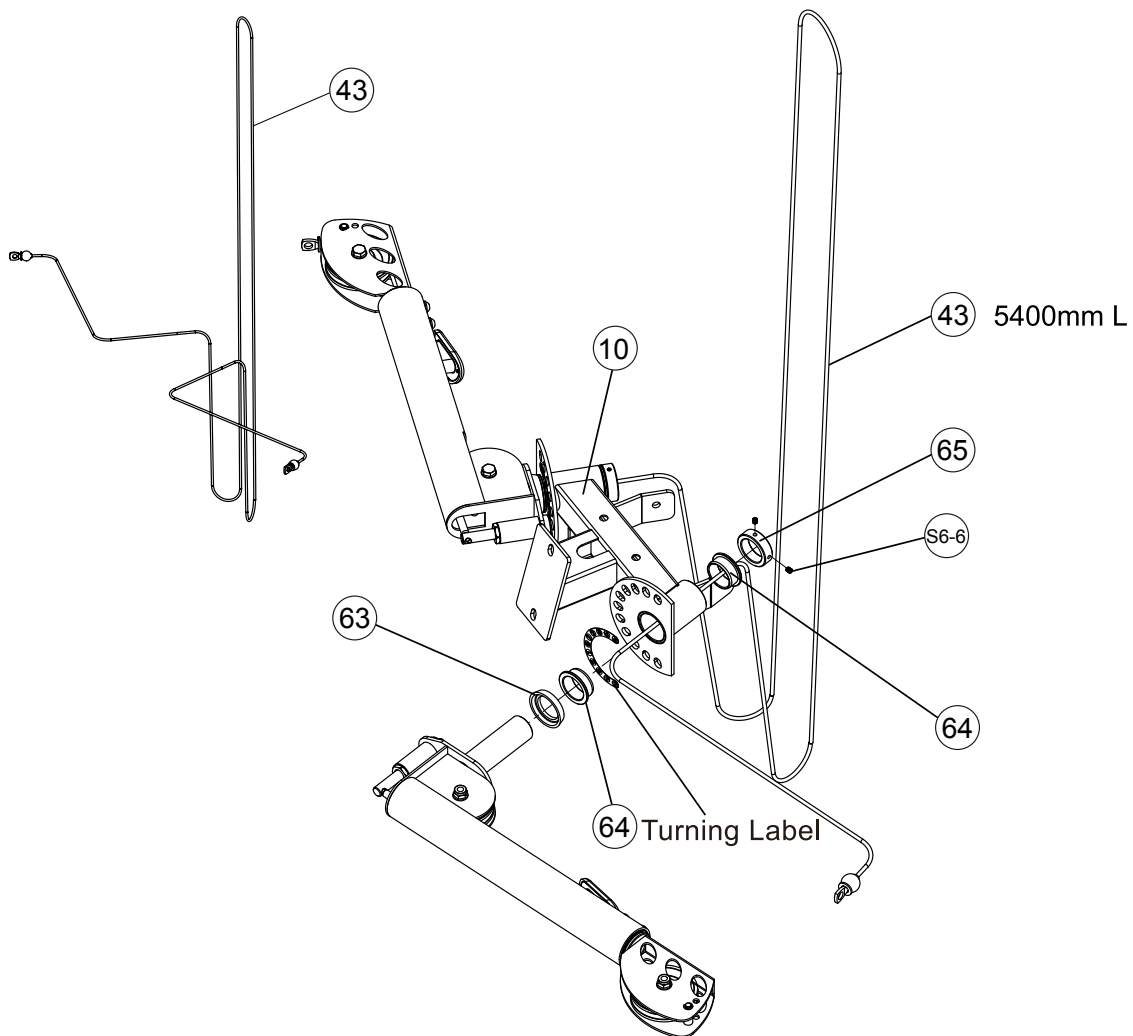
Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

Kiristä kaikki pultit ja mutterit.

HUOM

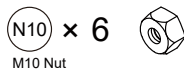
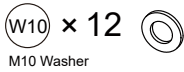
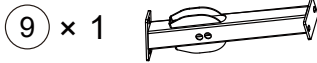
Tämä vaihe on esiasennettu vaihe

STEP 9



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:



TIETOA

Suosittelemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

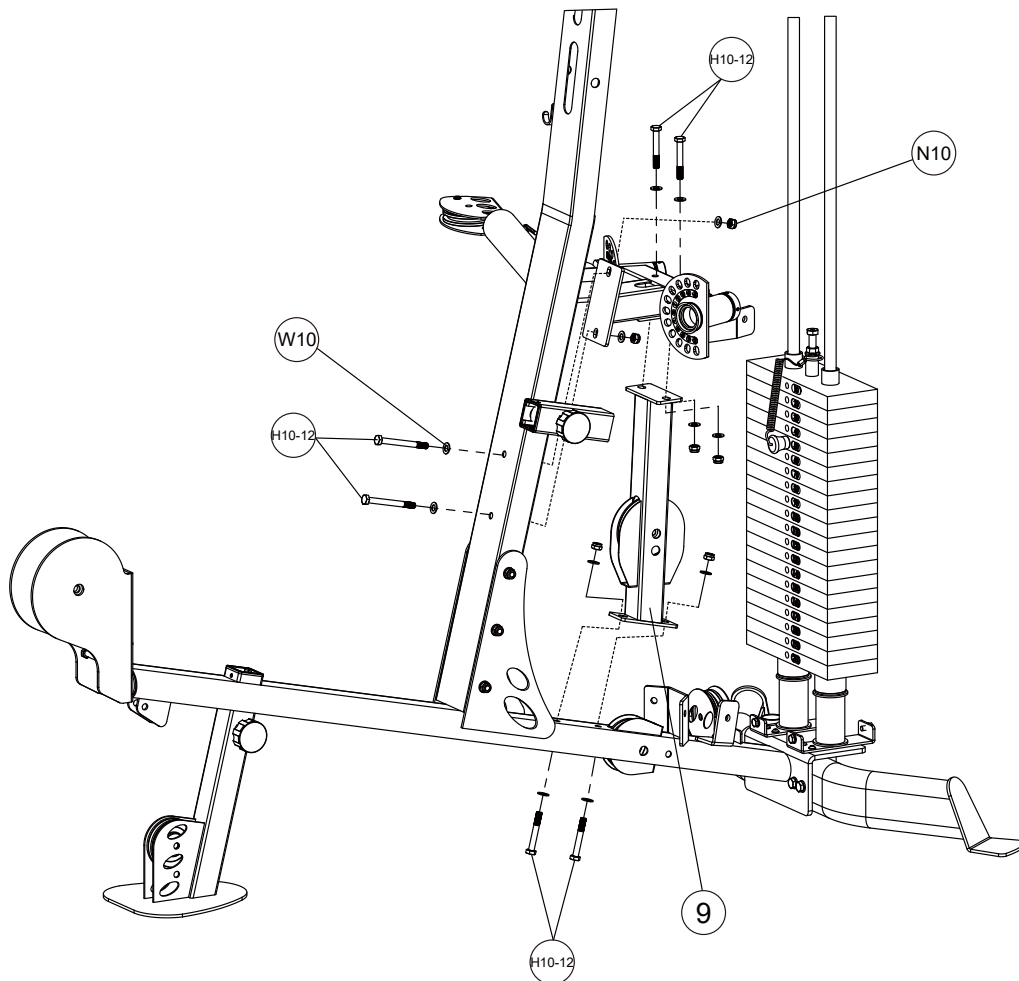
Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

Kiristä kaikki pultit ja mutterit.

STEP 10

HUOM

Tässä vaiheessa kaikki aluslevyt, joita ei ole merkitty, ovat W10 ja kaikki mutterit N10



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:

- | | |
|-------------------------------|--|
| 113 × 4
39.5mm L | 40 × 1
4400mm L |
| 74 × 4
29.5mm L | W10 × 8
M10 Washer |
| 75 × 4
43.5mm L | N10 × 10
M10 Nut |
| 76 × 3
Big Pulley | H10-7 × 2
M10x45mm Hex Head Bolt |
| 77 × 7
Small Pulley | H10-12 × 2
M10x70mm Hex Head Bolt |
| 24 × 1 | H10-17 × 2
M10x95mm Hex Head Bolt |
| 94 × 1 | H10-21 × 2
M10x115mm Hex Head Bolt |
| | H10-23 × 2
M10x125mm Hex Head Bolt |

TIETOA

Suosittellemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

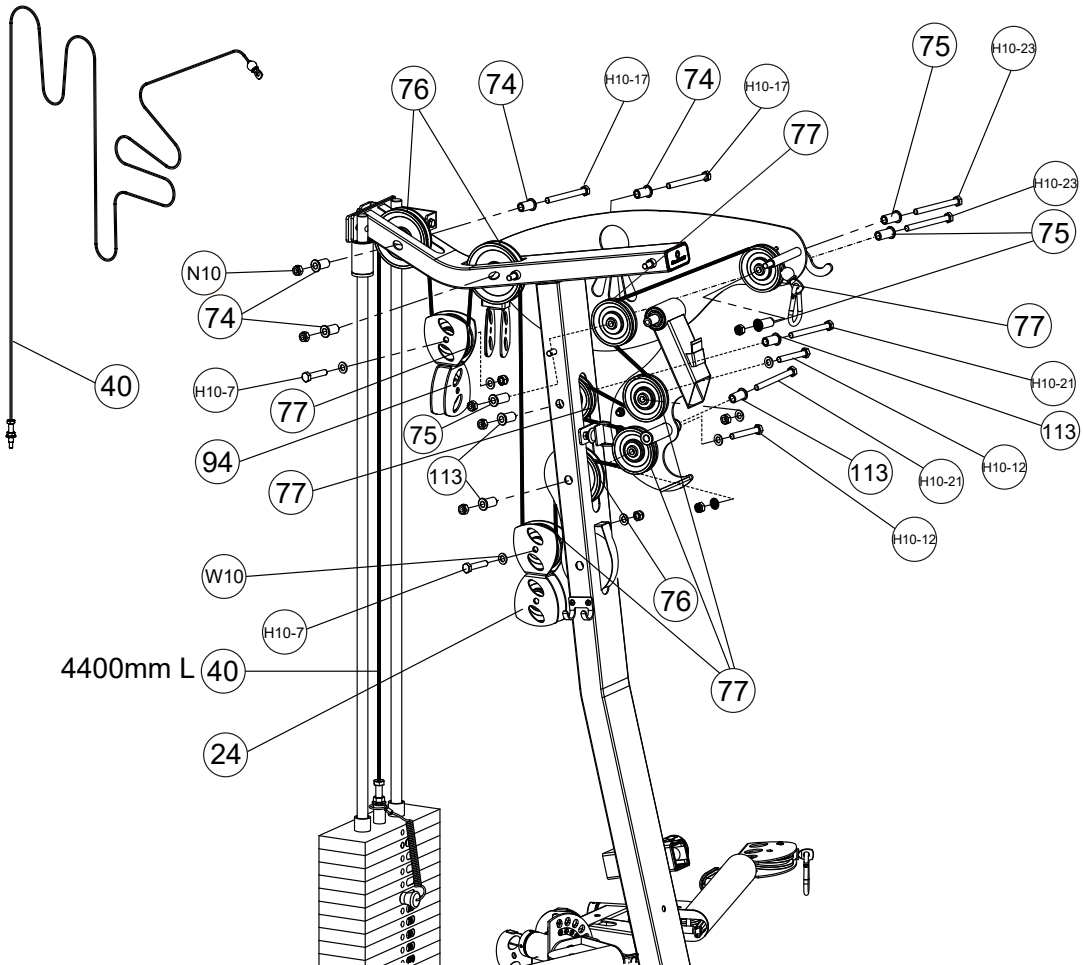
Kiristä kaikki pultit ja mutterit.

STEP 11

HUOM

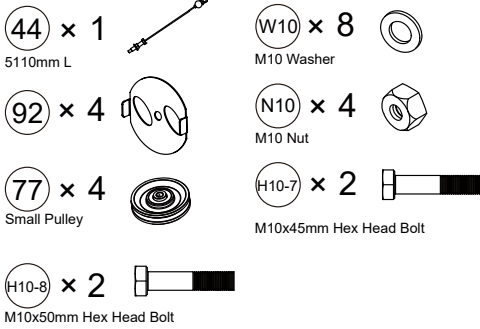
Tässä vaiheessa kaikki aluslevyt, joita ei ole merkitty, ovat W10 ja kaikki mutterit N10

Kaapelin tulee olla hihnapyörän urassa



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:



TIETOA

Suosittelemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

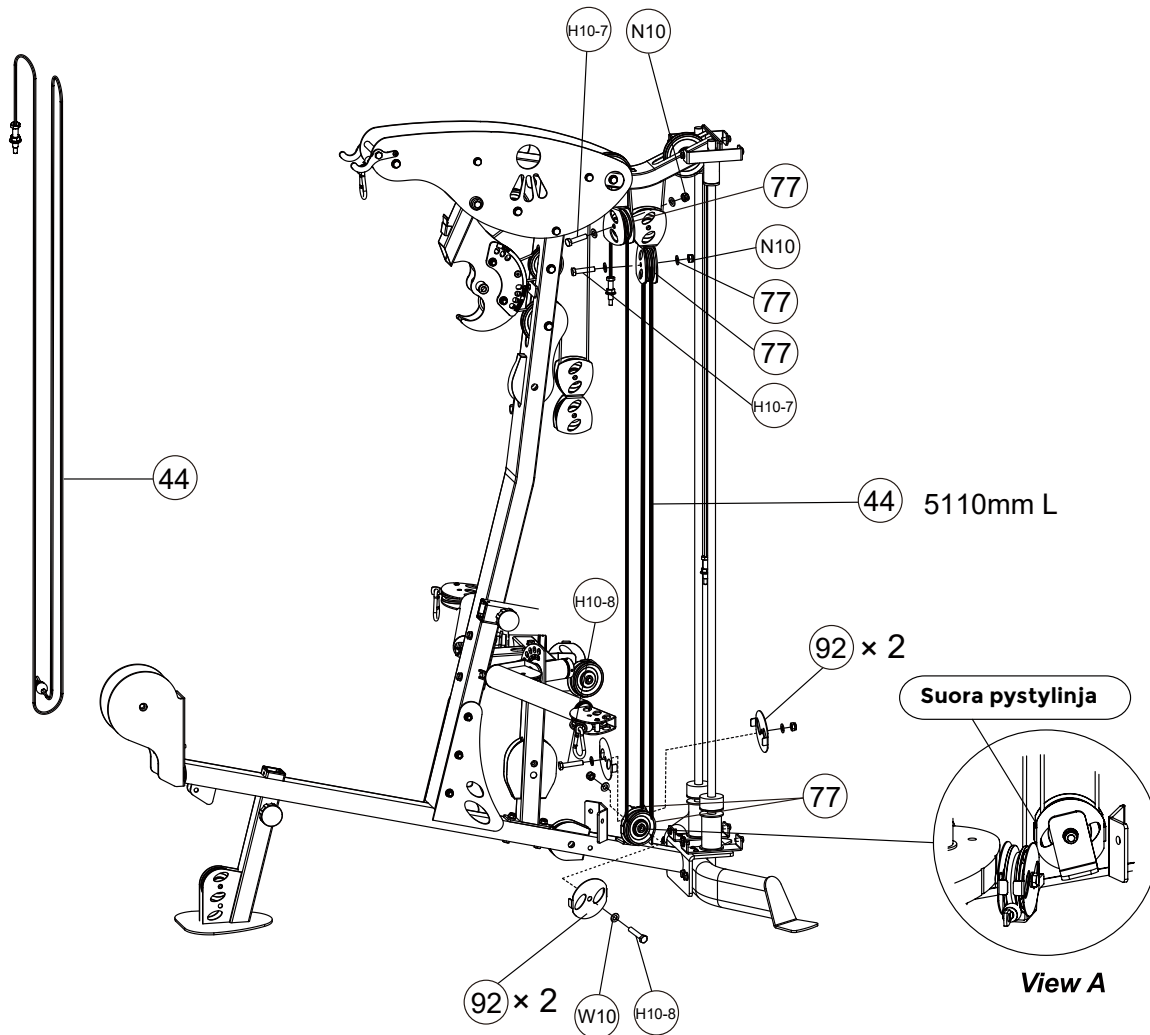
Kiristä kaikki pultit ja mutterit.

STEP 12

HUOM

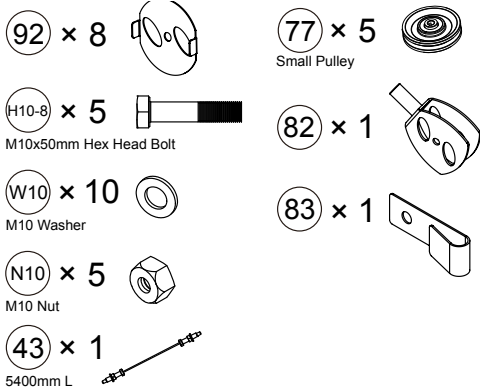
Tässä vaiheessa kaikki aluslevyt, joita ei ole merkitty, ovat W10 ja kaikki mutterit N10

Kaapelin tulee olla hihnapyörän urassa. Kiinnitä huomiota hihnapyörän asentoon osassa #92. Katso kuva A



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:



TIETOA

Suosittellemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

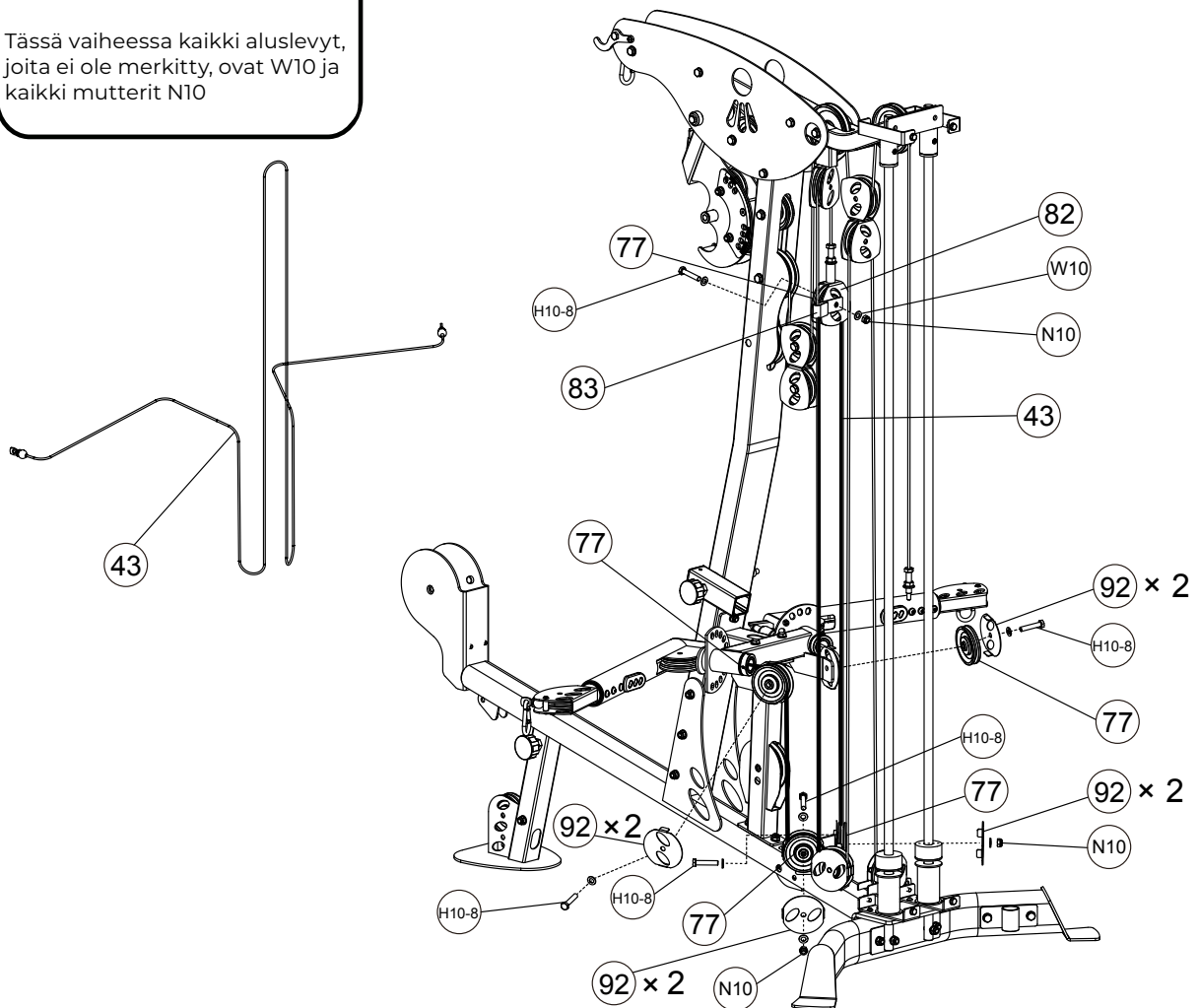
Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

Kiristä kaikki pultit ja mutterit.

STEP 13

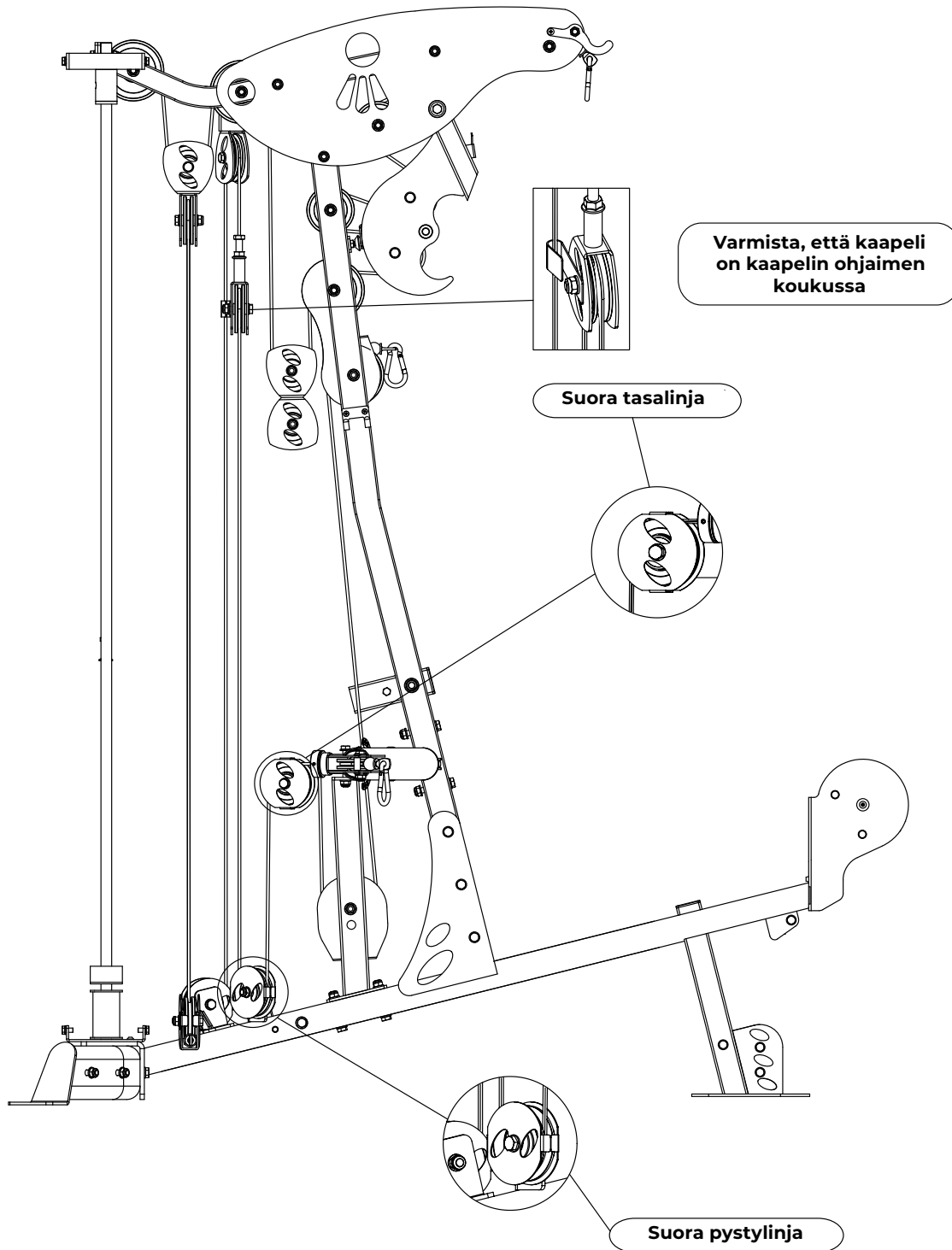
HUOM

Tässä vaiheessa kaikki aluslevyt, joita ei ole merkitty, ovat W10 ja kaikki mutterit N10



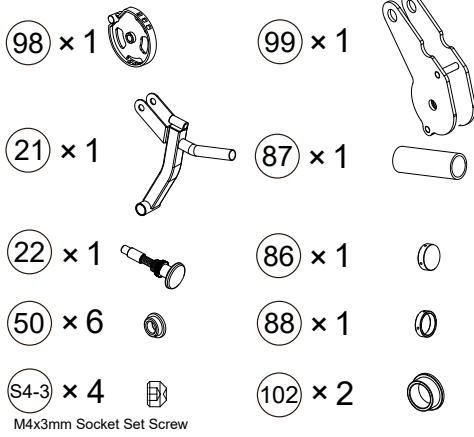
KOKOAMISOHJEET

USER INSTRUCTIONS - CABLE LOOP



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:



TIETOA

Suosittelimme kahta aikuista laitteen kokoamiseen ja nostamiseen.

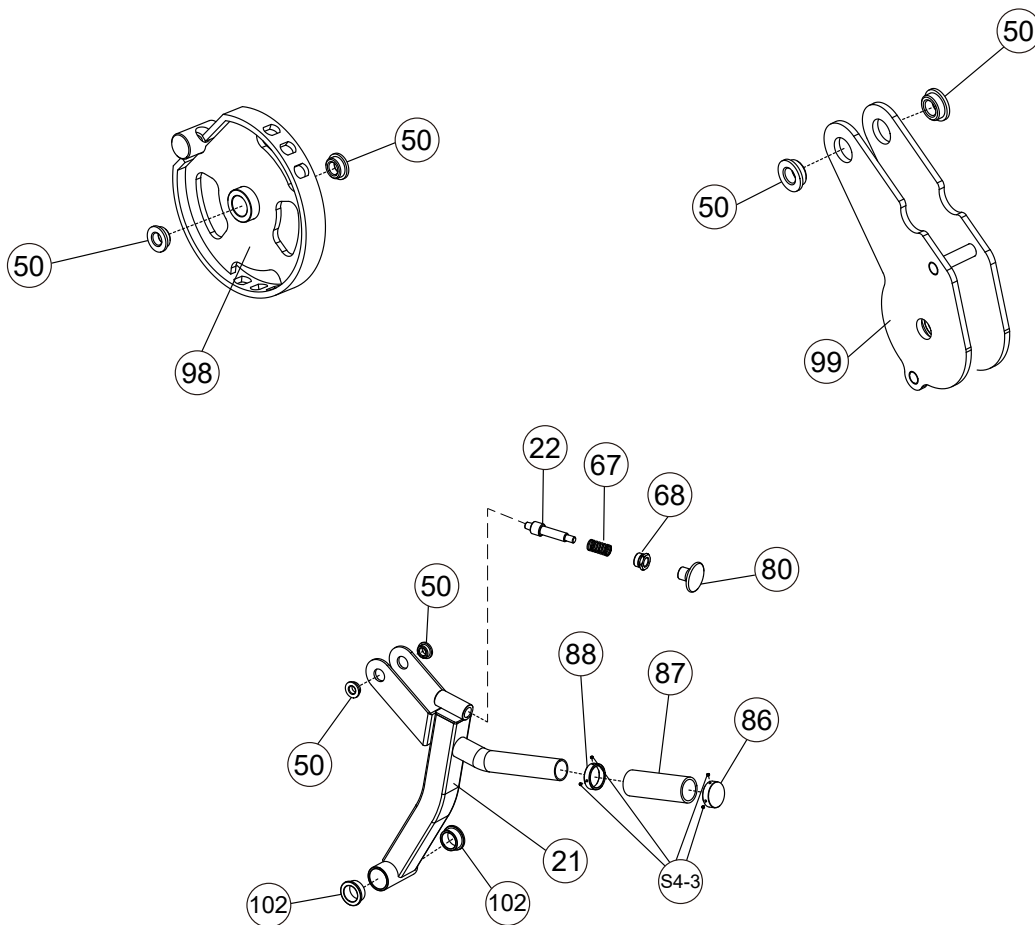
Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

Kiristä kaikki pultit ja mutterit.

STEP 14






















HUOM

Tämä vaihe on esiasennettu vaihe



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:

- | | | | |
|------------------------|---|--|--|
| 113 × 4
39.5mm L |  | H10-7 × 3
M10x45mm Hex Head Bolt |  |
| 81 × 2
14.5mm L |  | H10-11 × 1
M10x65mm Hex Head Bolt |  |
| 96 × 2
11mm L |  | H10-21 × 3
M10x 115mm Hex Head Bolt |  |
| W10 × 10
M10 Washer |  | 41 × 1
4915mm L |  |
| N10 × 8
M10 Nut |  | H10-9 × 1
M10x55mm Hex Head Bolt |  |
| N10-1 × 1
M10 Nut |  | A12-15 × 1 |  |
| A8-1 × 1 |  | H10-8 × 1
M10x50mm Hex Head Bolt |  |
| 97 × 1 |  | 98 × 1 |  |
| 99 × 1 |  | 77 × 5 |  |
| 21 × 1 |  | 76 × 2 |  |
| 122 × 1 |  | | |

TIETOA

Suosittellemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

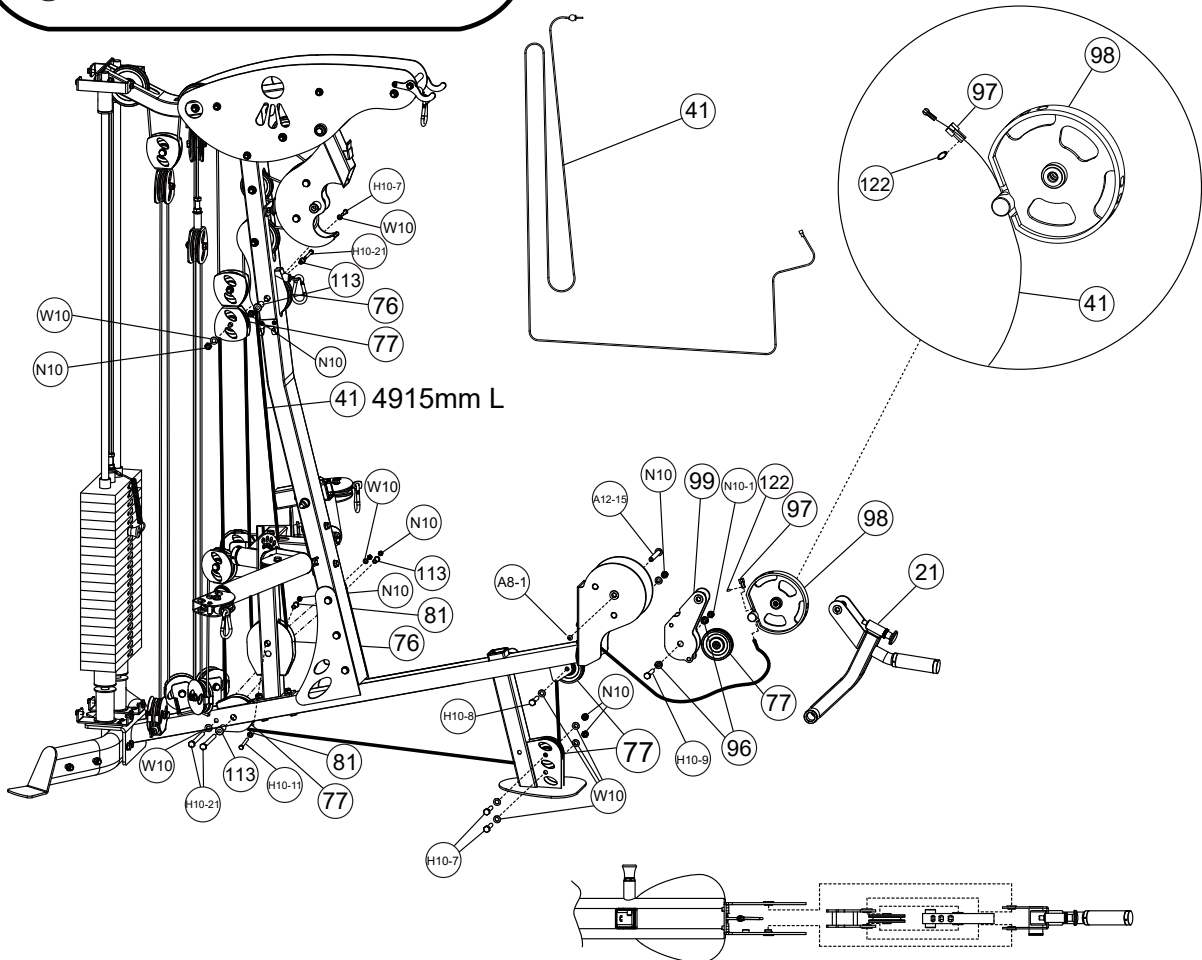
Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

Kiristä kaikki pultit ja mutterit.

STEP 15

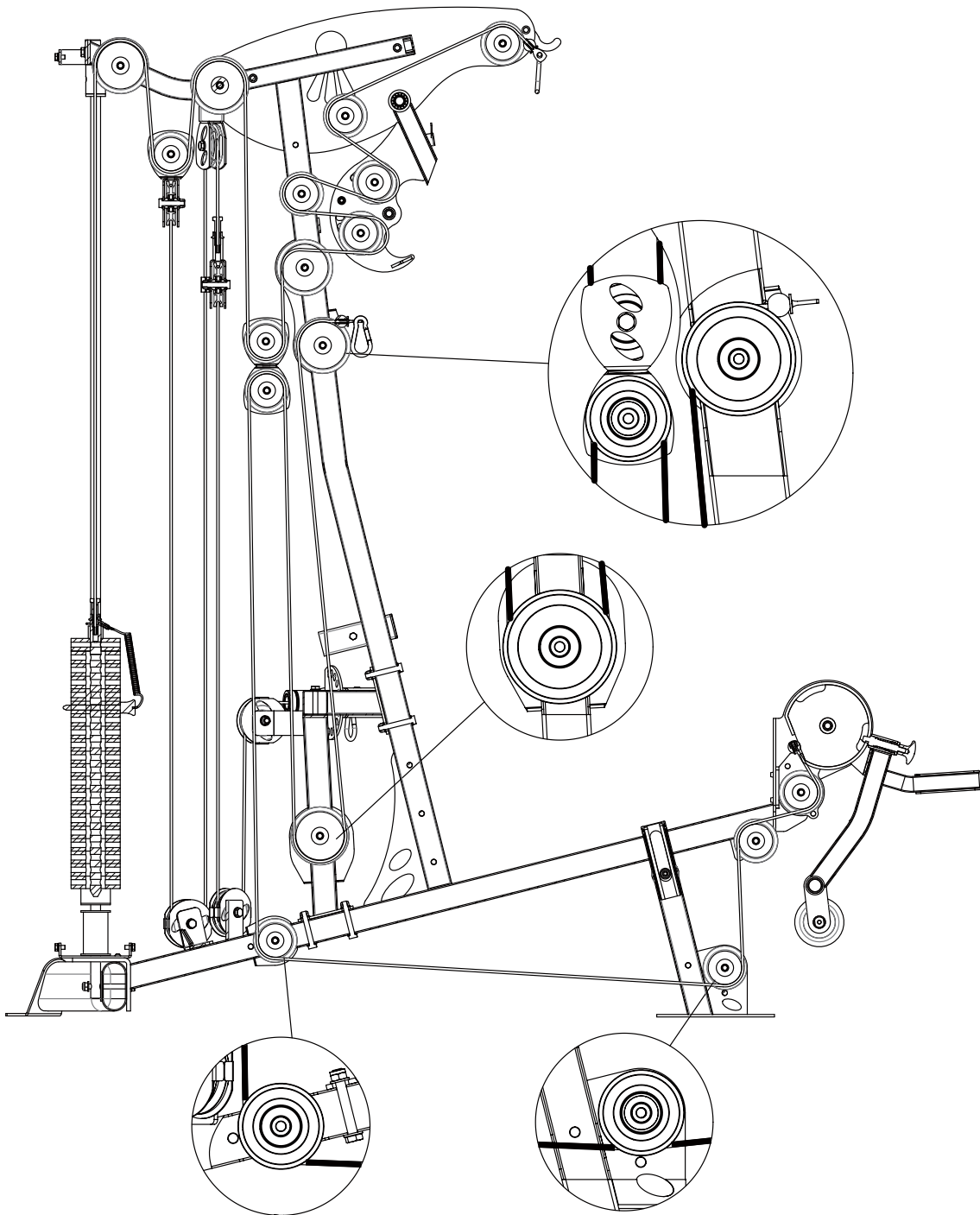
HUOM

Tässä vaiheessa kaikki aluslevyt, joita ei ole merkitty, ovat W10 ja kaikki mutterit N10



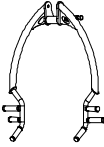





KOKOAMISOHJEET

USER INSTRUCTIONS - CABLE LOOP



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:

- ⑥ × 1 
- ⑮ × 1 
Long Pop Pin
- ⑧⑥ × 6 
- ⑧⑦ × 6 
- ⑧⑧ × 6 
- ④④-③ × 24 
M4x3mm Socket Set Screw

TIETOA

Suosittellemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

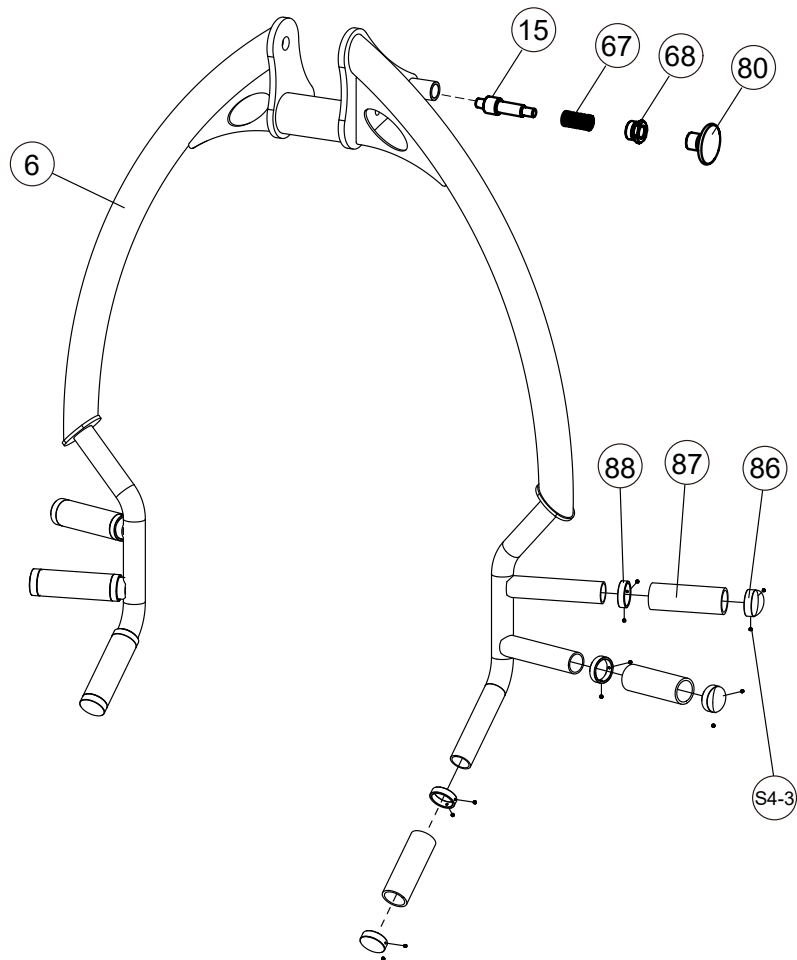
Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

Kiristä kaikki pultit ja mutterit.

STEP 16

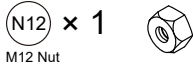
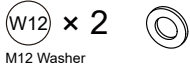
HUOM

Tämä vaihe on esiasennettu vaihe



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:



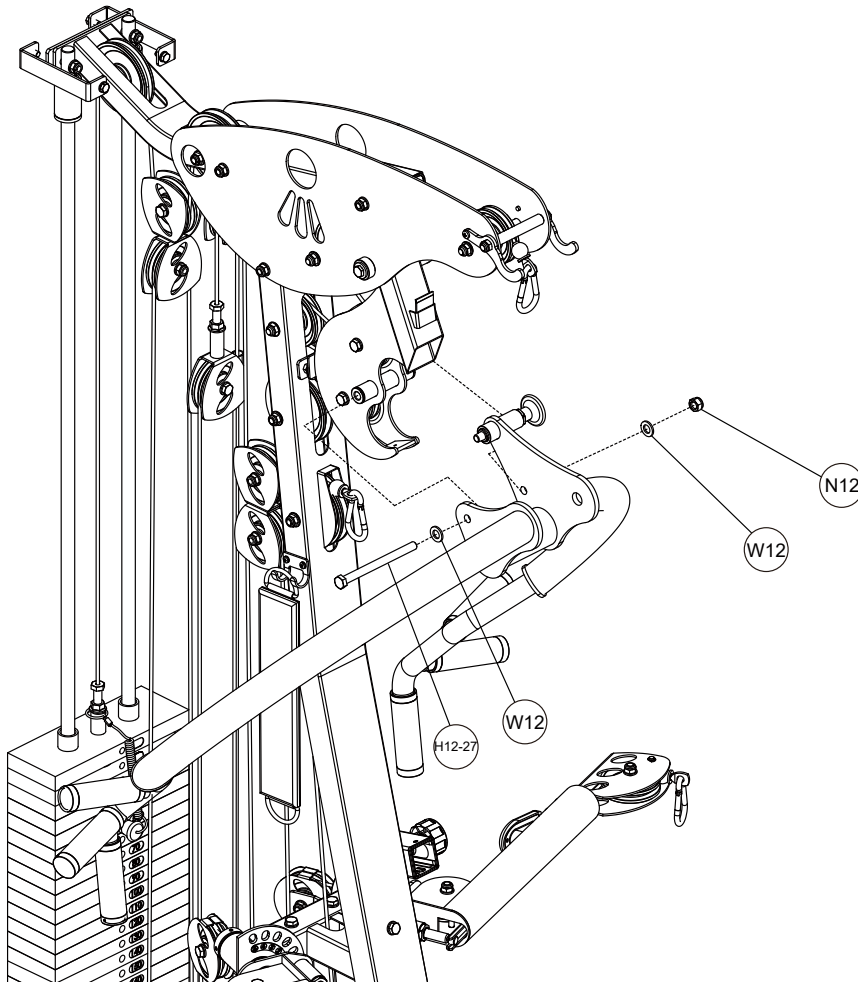
TIETOA

Suosittelemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

Kiristä kaikki pultit ja mutterit.

STEP 17



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:

91 × 1



A5-2 × 1

M5x16mm Allen Bolt



56 × 1



TIETOA

Suosittellemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

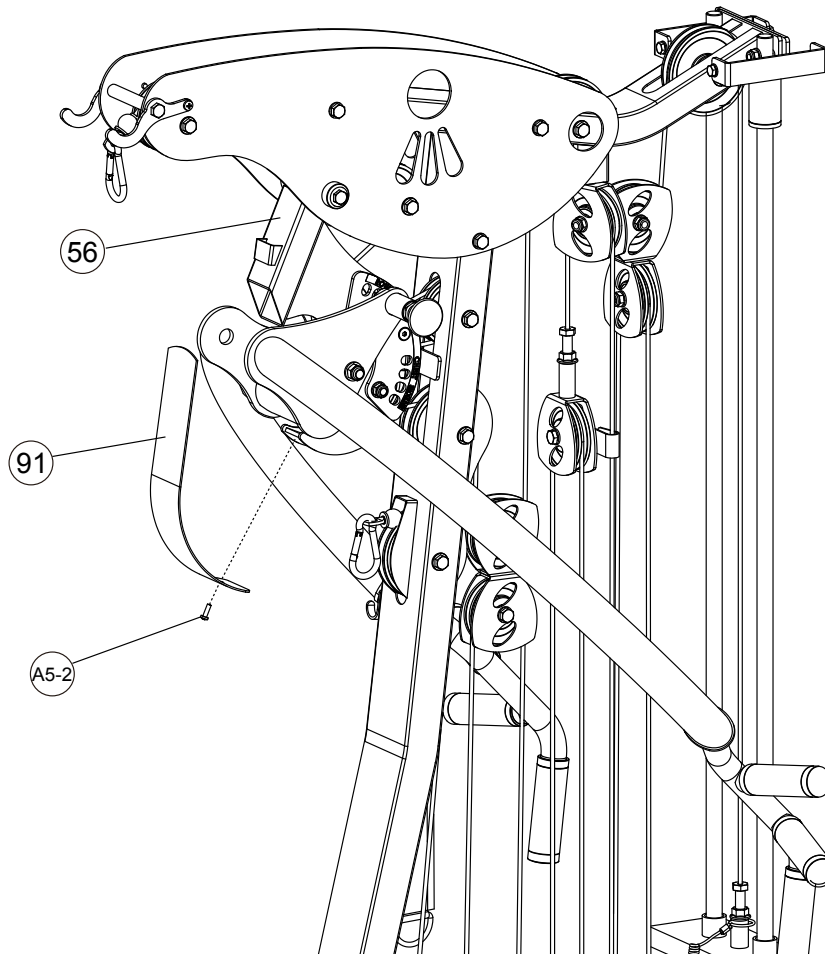
Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

Kiristä kaikki pultit ja mutterit.

STEP 18

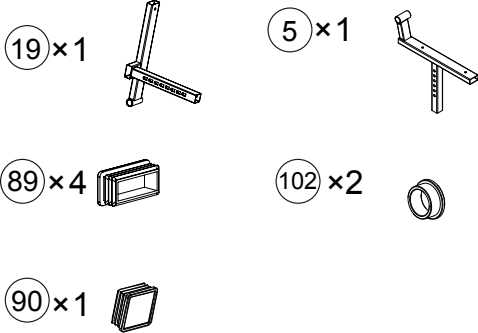
HUOM

Yhdistä osat #91 ja #56 ensin, ja sitten ruuvaa osa #91.



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:



TIETOA

Suosittellemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

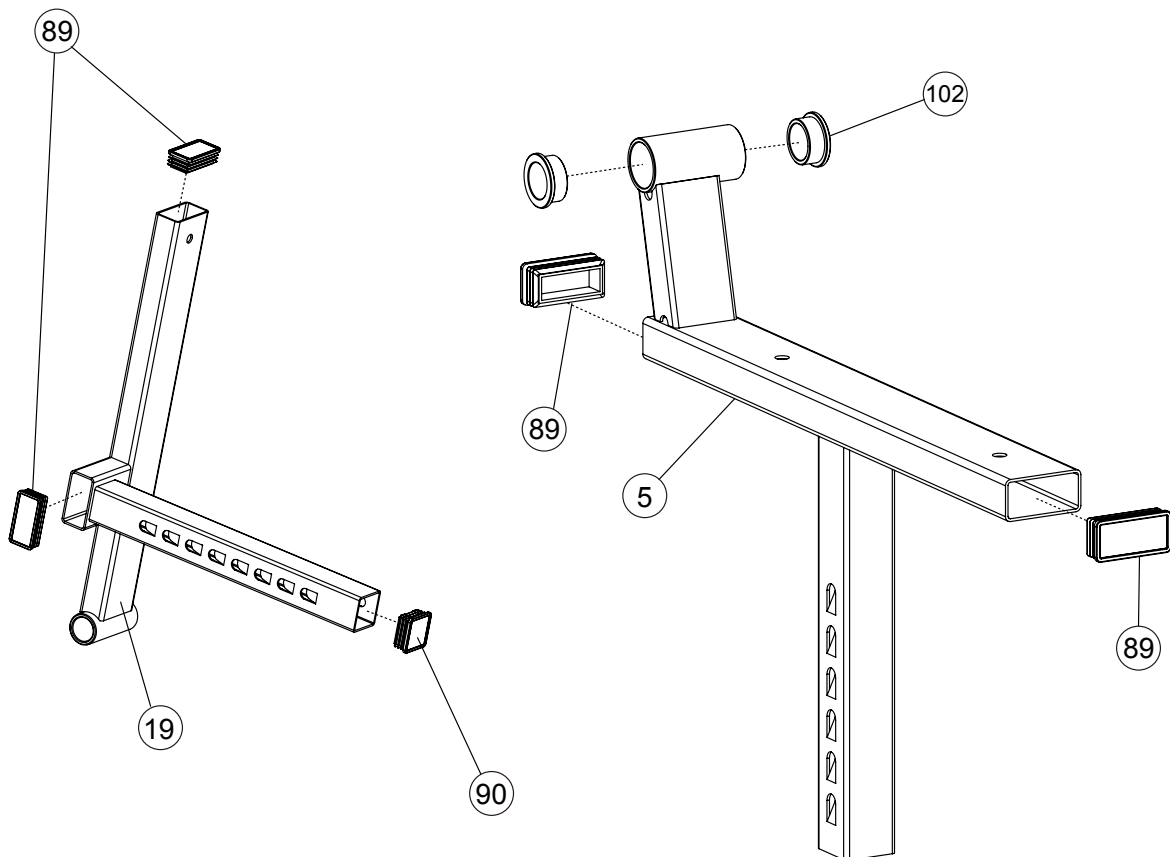
Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

Kiristä kaikki pultit ja mutterit.

STEP 19

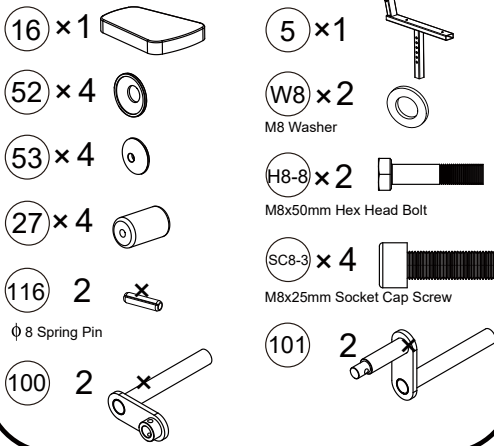
HUOM

Tämä vaihe on esiasennettu vaihe



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:



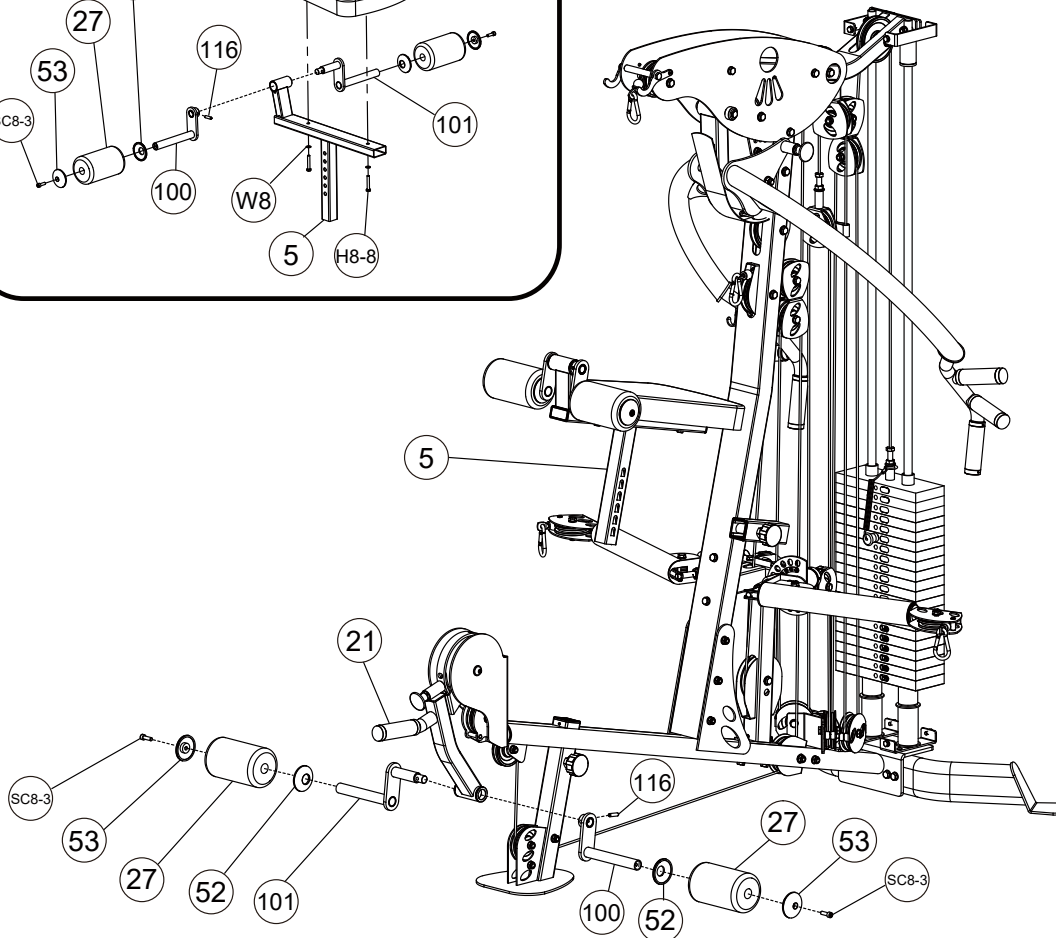
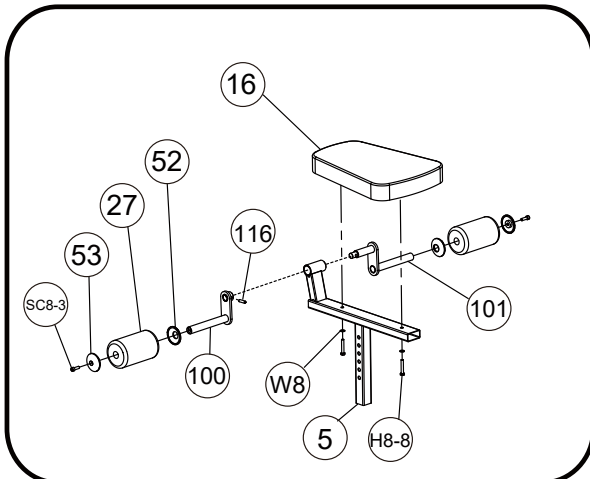
TIETOA

Suosittellemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

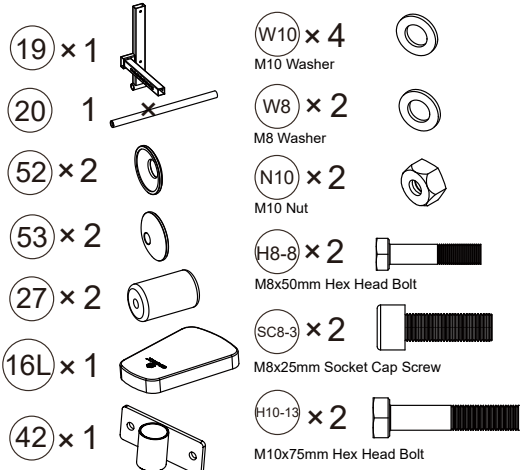
Kiristä kaikki pultit ja mutterit.

STEP 20



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:



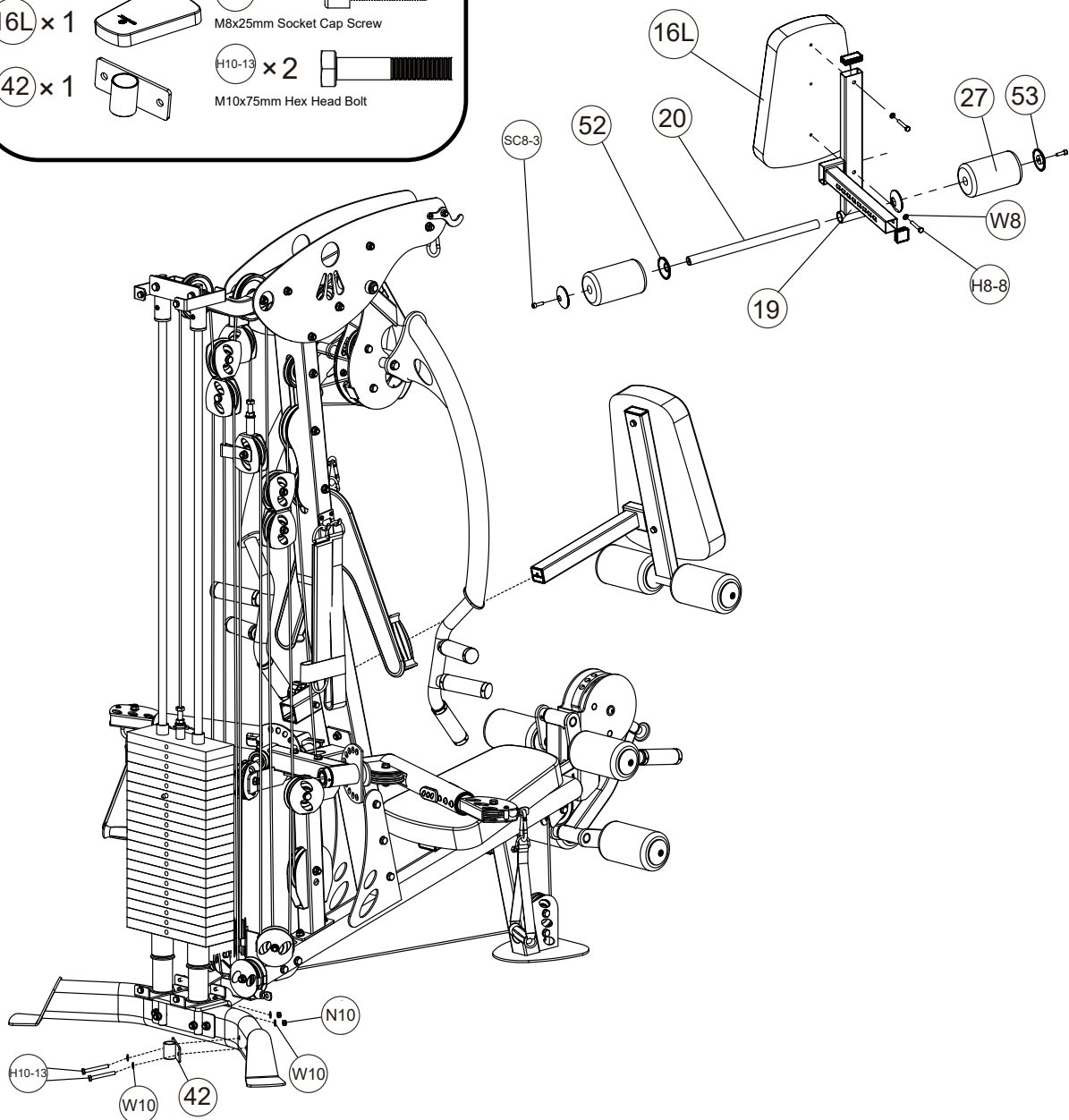
TIETOA

Suosittelemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

Kiristä pultit ja mutterit vain puoliksi, ellei toisin mainita.

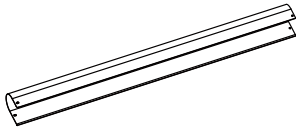
STEP 21



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:

29 × 2



H8-1 × 8



M8x15mm Hex Head Bolt

W8 × 8



M8 Washer

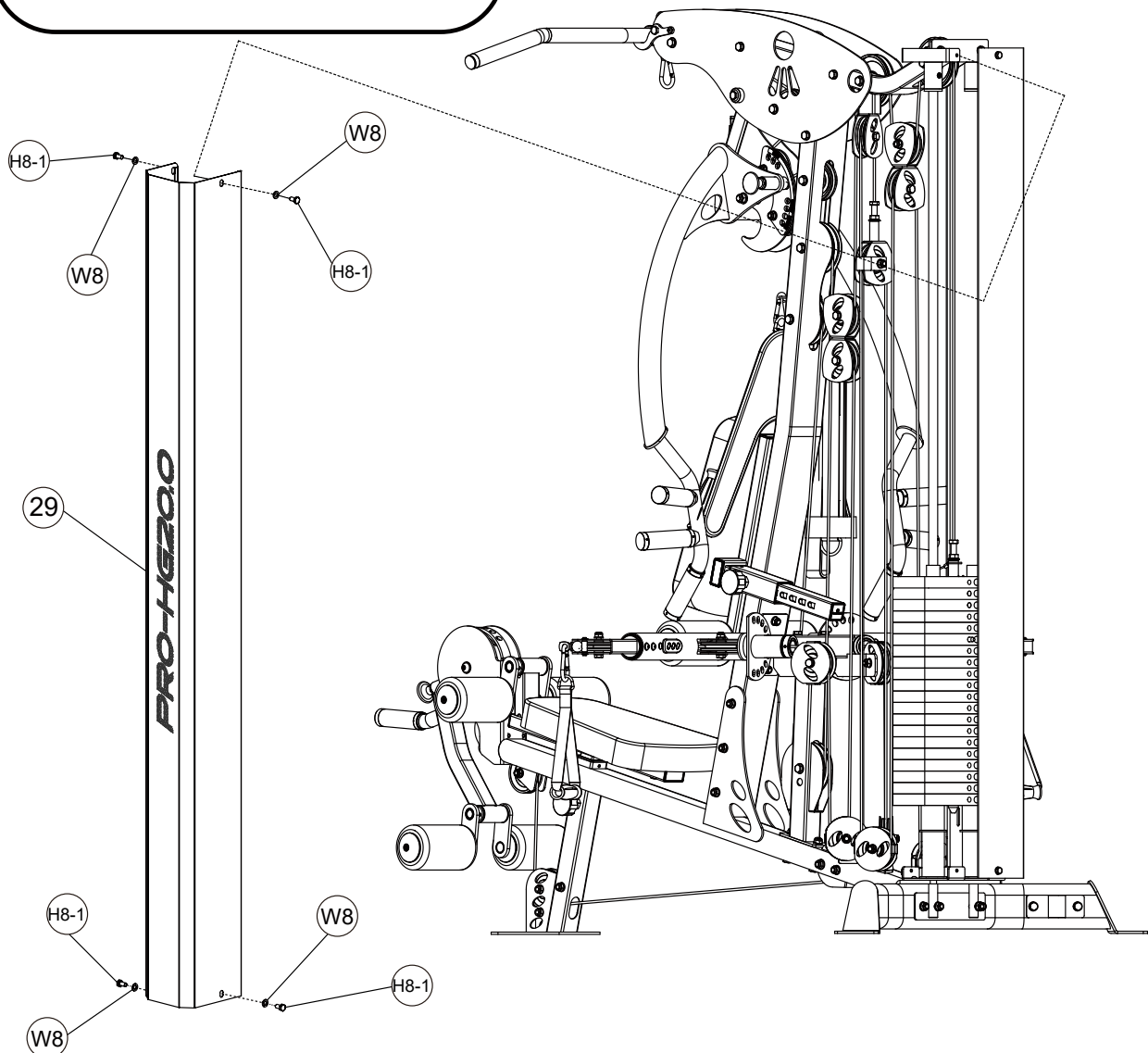
TIETOA

Suosittellemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

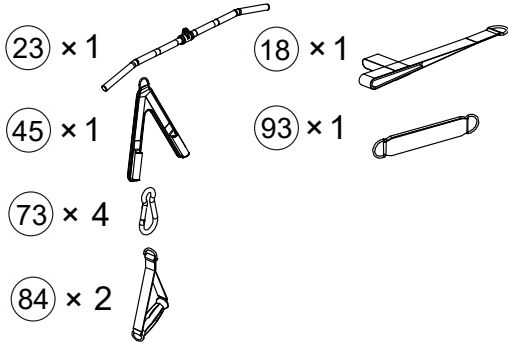
Kiristä kaikki pultit ja mutterit.

STEP 22



KOKOAMISOHJEET

Vaiheeseen tarvittavat osat:



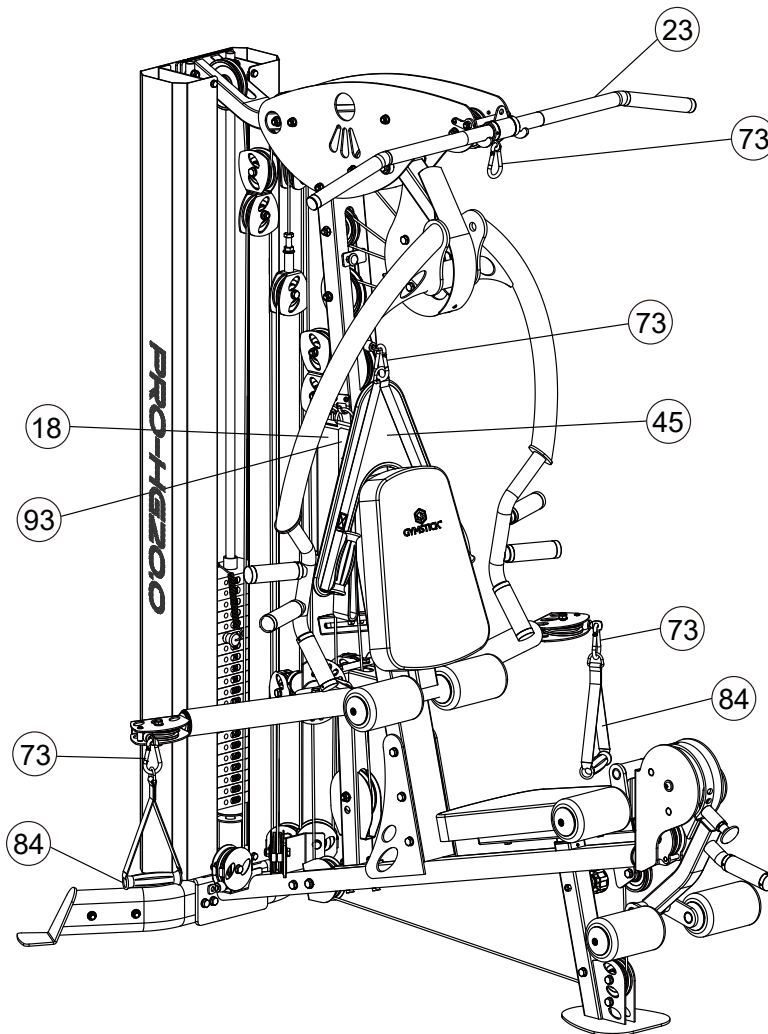
TIETOA

Suosittellemme kahta aikuista laitteen kokoamiseen ja nostamiseen.

Noudata ohjeita huolellisesti kokoamisen helpottamiseksi.

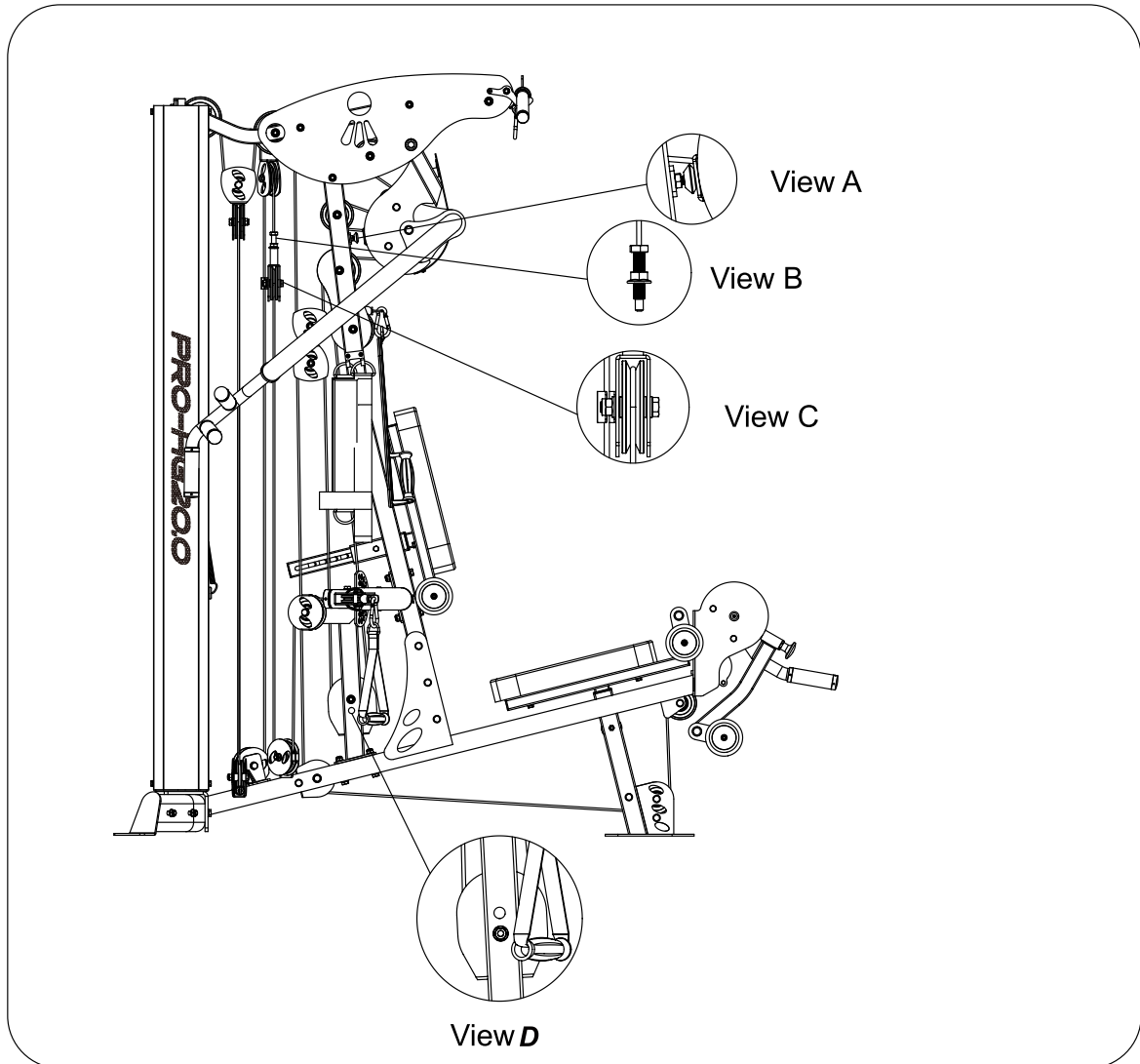
Kiristä kaikki pultit ja mutterit.

STEP 23



KOKOAMISOHJEET

USER INSTRUCTIONS



Huom!

Säädä mutteria/pulttia kiristääksesi kaapelia. Katso kuvat A ja C.

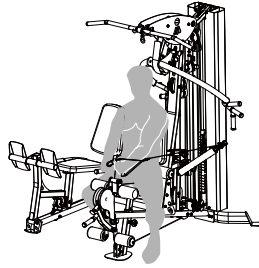
Tarkista kaikki hihnapyörät ja kaapelit ennen laitteen käyttöä. Varmista että kaapelit ovat hihnapyörien urissa. Katso kuva C.

Varmista että pultin ruuvattu pituus on 1/4. Katso kuva B.

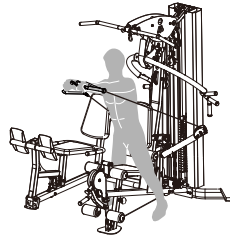
Kaapelin sopivaan kiristämiseen voit valita eri reikiä mihin pultti voidaan asentaa. Katso kuva D.

HARJOITUSOHJEET

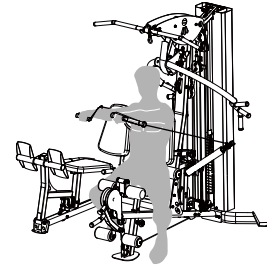
Decline Cable Press



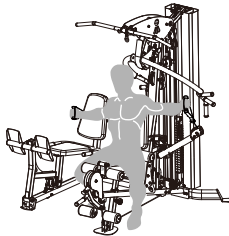
Standing Cable Press



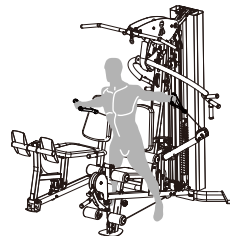
Seated Cable Press



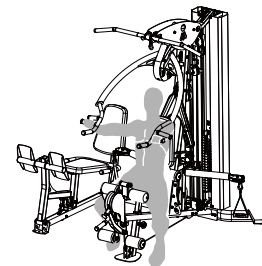
Decline Cable Flies



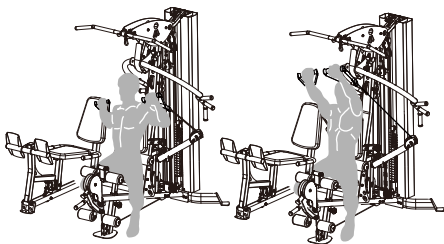
Standing Cable Flies



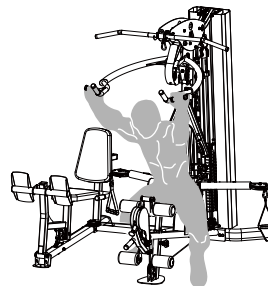
Fixed Arm Horizontal Press



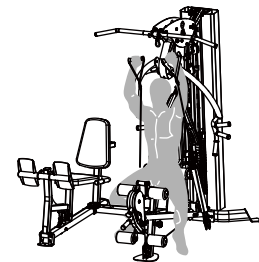
Incline Cable Press



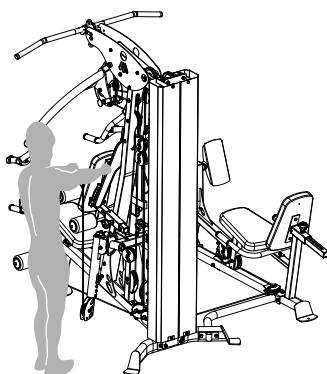
Fixed Arm Shoulder Press



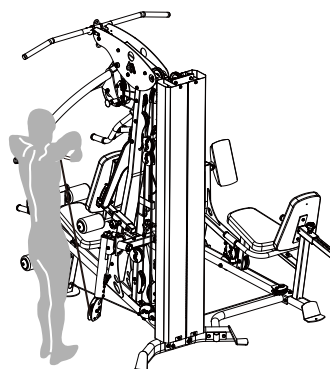
Cable Shoulder Press



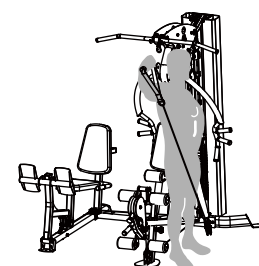
Cable Front Delt Raise



Upright Row

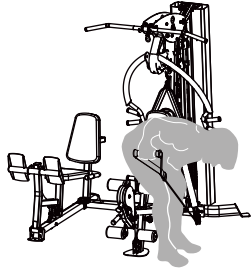


Lateral Raise

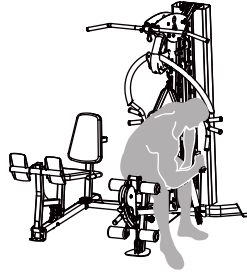


HARJOITUSOHJEET

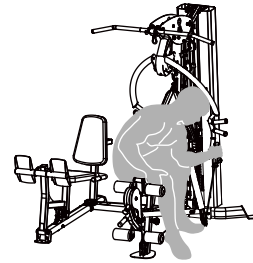
Bent Rear Lateral



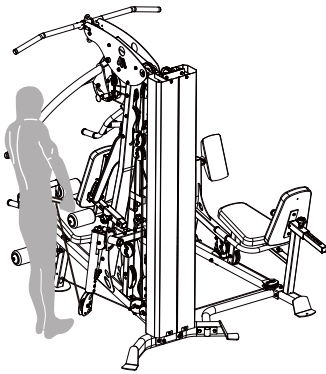
External Rotator Cuff



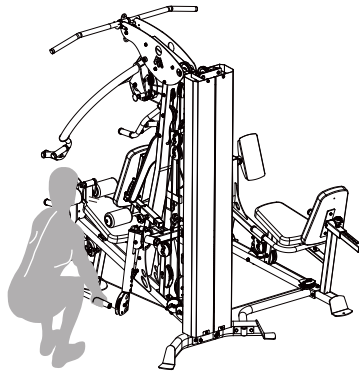
Internal Rotator Cuff



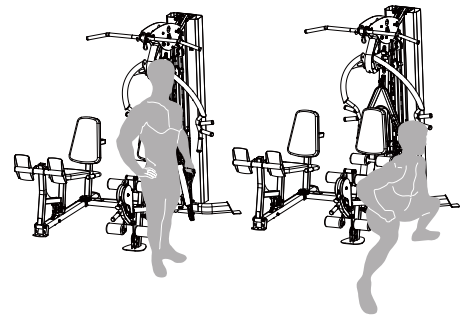
Shrugs



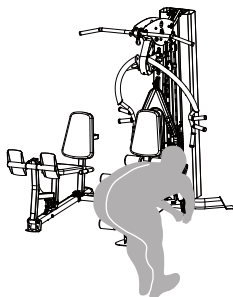
Squats



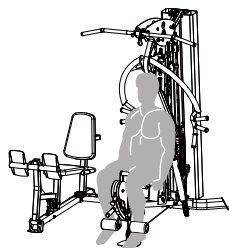
Side Lunge



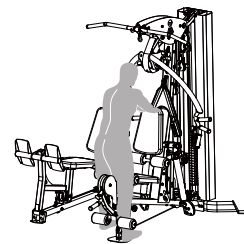
Good Mornings



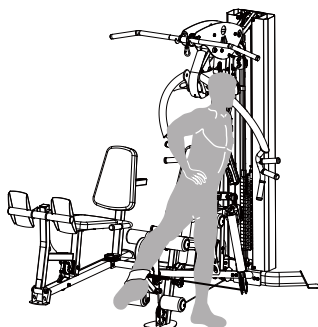
Leg Extensions



Hamstring Curls



Hip Abduction



TAKUU

Tämän tuotteen maahantuoja vakuuttaa, että tämä laite on valmistettu korkealaatuisista materiaaleista. Takuu on voimassa 1 (yksi) vuoden ostopäivästä alkaen. Takuu on voimassa ammattikäytössä.

Takuu koskee seuraavia osia:

- Runko
- Kaikki osat jotka sisältyvät alkuperäiseen toimitukseen

Takuu ei koske seuraavia osia:

- Kuluvat osat (esim. pehmusteet, laakerit, kaapelit, hihanpyörät yms.)

Takuu ei kata:

- Väärä asennus
- Ulkoisesti aiheutuneet vauriot
- Luvattomien huoltokumppaneiden käyttö
- Säännöllisen huollon ja huollon laiminlyönti
- Laitteen väärä käyttö ja käsittely
- Laitteen väärä säilytys
- Käyttöohjeiden noudattamatta jättäminen

VALMISTUTTAJA

Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND

VASTUUVAPAAUS

Valmistuttajalla ja sen yhteistyökumppaneilla ei ole vastuuta tai velvollisuutta kenellekään henkilölle tai taholle mistään menetyksistä, vahingoista tai haitallisista seurauksista, joiden väitetään tapahtuneen suoraan tai epäsuorasti tämän tuotteen seurauksena.



Näillä symboleilla merkityt tuotteet on hävitettävä erillään kotitalousjätteestä, koska ne sisältävät arvokkaita materiaaleja, jotka voidaan kierrättää. Asianmukainen hävittäminen suojelee ympäristöä ja ihmisten terveyttä. Paikallinen viranomainen tai jälleenmyyjä voi antaa lisätietoja asiasta.

