

SERIAL NO. CH2786-UK

V-FIT-ST



Compact Upright Seated Gym CUG2

Assembly & User Manual

Please ensure that you read this manual carefully before attempting to assemble or use your new product and retain for future use

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General Information

Quality

This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

Questions

Should you encounter any difficulty with the assembly, operation or use of your exercise product or if you think that you may have parts missing, please **DO NOT** return it to your retailer but contact us first for help and advice, asking for **CUSTOMER SUPPORT**, by any of the following means.

Tel:- 01535 637711 or
Fax:- 01535 637722 or
Email:- support@benysports.co.uk
Website:- www.benysports.co.uk

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday

Beny Sports Co. UK Ltd.
Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire.
BD20 7BW

Queries

If you do have any queries, please ensure that you have the following information ready for our Customer Support Staff:

YOUR NAME
YOUR ADDRESS
YOUR PHONE NUMBER
PRODUCT MAKE OR BRAND
PRODUCT MODEL
PRODUCT SERIAL NUMBER
DATE OF PURCHASE
NAME OF RETAILER
PART NUMBERS REQUIRED

Guarantee

This product is guaranteed for **DOMESTIC USE ONLY** for a period of **1 YEAR** from the original certified date of purchase. During this period we have the right to: -

- a). Provide parts for the purchaser to effect repair.
- b). Repair the product, returned to our warehouse (at the purchaser's cost).
- c). Replace the product if it is deemed (by us) to be economical to do so.

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse, defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product and in order for us to service any requirement for replacement parts or repairs, we will ask for proof of purchase. Failure to do so will result in any claim for replacement parts or repairs being refused.

This guarantee, (both given and implied) applies to the original purchaser only, is not transferable and will be invalidated if used outside of the above criteria.

This guarantee is valid only in the United Kingdom and Eire.

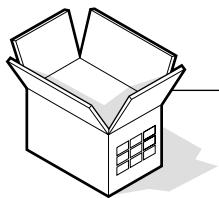
This does not affect your statutory rights as a consumer.

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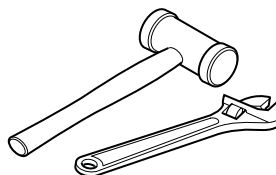
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Before You Start

Tools

To enable you to successfully assemble your product. You will require 2 x 14mm, 2 x 17mm and 2 x 19mm combination spanners, you may also find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.



Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Work with a Friend

You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.

Open the Carton.

Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

Unpack the Components

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

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.



Safety

Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

- * *Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use. If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a children's toy.*
- * *For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.*
- * *Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*
- * *Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- * *Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.*
- * *Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*
- * *Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.*



Warning

If any part of your product becomes damaged, broken or badly worn do not use the equipment until the defective parts have been replaced

Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Weight Limit

*Your product is suitable for users weighing:
275LBS / 19.6 Stones / 125KG or less.*

Conformity

*This product conforms to:
BS EN ISO 20957-1 and BS EN 957-2 Class (H) - HOME USE - Class (C).
It is NOT suitable for therapeutic purposes.*



Exercising Information

Beginning

*How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you **MUST** start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.*

Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic Fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.



Exercising Information

Warm Up

A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

Aerobic Exercise Session

Those new to exercise should exercise no more than every other day to start with.

As your fitness level increases, increase this to 2 in every 3 days.

When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.

Exercising in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.

Target Zone

To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.

USERS AGE	UNCONDITIONED TARGET ZONE - A	CONDITIONED TARGET ZONE - B
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135



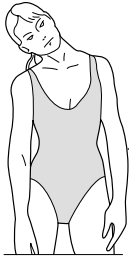
Exercising Information

Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

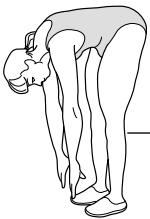
Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.



Head Roll

Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



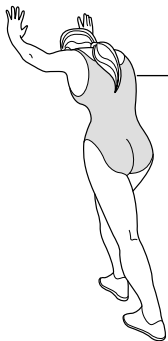
Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.



Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder. Repeat 3 - 4 times.



Calf / Achilles Stretch

Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg. Repeat 2 - 3 times.



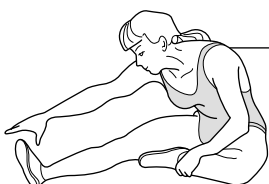
Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm. Repeat 3 - 4 times.



Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.



Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended. Repeat 2 - 3 times.



Exercising Information

Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

Week 1 & 2

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 4 minutes at 'A'
Rest 1 minute
Exercise 2 minutes at 'A'
Exercise slowly 1 minute

Week 3 & 4

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Rest 1 minute
Exercise 3 minutes at 'A'
Exercise slowly 2 minutes

Week 5 & 6

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 6 minutes at 'A'
Rest 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 7 & 8

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

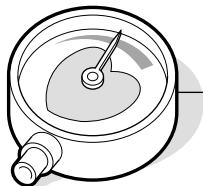
Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 9 & beyond

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Repeat entire cycle 2 or 3 times

This is only a suggested programme and may not suit every individual's needs.



Exercising Information

GETTING STARTED

You will often read about terms referring to exercise that may be confusing. Below are some of the definitions that are regularly used.

Repetition - Commonly referred to as 'REPS'.

This is a complete movement from start to finish.

Set - This is a complete number of consecutive repetitions.

i.e. 1 set of 10 reps.

Speed of Motion - This is the relative speed of movement for each rep.

Fast is considered as 1 rep / second. Medium is 1 rep / 2 seconds. Slow is 1 rep / 4 seconds.

Intensity - How 'hard' the exercise feels.

Low Intensity = easy exercise. High Intensity = hard exercise.



Note

Incorrect or excessive training may damage your health. Please read the exercise information first.

TRAINING PROGRAMMES

You will achieve fast results, gaining a trimmer, fitter body if you follow these general rules.

- * Exercise regularly - do not skip workouts as consistency is the first key to success.
- * Do not be afraid perspire a little. This is a sign that you are working your body hard enough to give fast results. You will find 'hard' exercise enjoyable.
- * Set yourself realistic goals. Do not be over-ambitious. Plan your workouts to concentrate on specific body areas. Start slowly and gradually increase the intensity, reps and sets.

BEGINNERS PROGRAMME

This is a short suggested programme which we suggest you use for no more than 3 weeks, to be ideally performed every other day, but certainly not more than 4 times during the week.

This suggested routine is specifically for beginners or those who have not exercised for a considerable time. The programme is designed to provide general improvement in muscle tone, strength, flexibility and co-ordination.

As a beginner, you should start with no more than 2 sets of 6 exercises for the following reps on each of the Gym's training stations.

10 REPS - BENCH PRESS followed by LAT PULLDOWNS

5 REPS - PEC DEC

10 REPS - LOW PULLEY PULL UPS

10 REPS - LEG EXTENSIONS followed by LEG CURLS

- * Your rest interval between each set of reps should be 1 minute.
- * You should perform 2 SETS of each exercise.
- * Your exercise pace should be SLOW to MEDIUM.
- * The resistance (weight) settings should be in positions 1 - 3.
- * This exercise programme should take you approximately 20 minutes.
- * Follow this exercise programme with 5 minutes of proper cool down exercises.



Exercising Information

INTERMEDIATE EXERCISE

This is a slightly longer programme which we suggest you use for the next 6 - 8 weeks, to be ideally performed not more than 5 times during the week.

This suggested routine is specifically for intermediate users or those that are familiar with exercise routines. The programme is designed to increase muscle definition, build strength, aid flexibility and co-ordination.

The increase in exercise intensity and speed of repetitions is key to your success at this stage. For intermediate exercise we recommend 3 - 4 sets of 8 exercises for the following reps on each of the Gym's training stations.

15 REPS - BENCH PRESS followed by LAT PULLDOWNS

10 REPS - PEC DEC

15 REPS - LOW PULLEY PULL UPS

15 REPS - LEG CURLS

15 REPS - LEG EXTENSIONS

- * Your rest interval between each set of reps should be 1 minute.
- * You should perform 3 - 4 SETS of each exercise.
- * Your exercise pace should be MEDIUM to FAST.
- * The resistance (weight) settings should be in positions 3 - 6.
- * This exercise programme should take you approximately 35 - 40 minutes.
- * Follow this exercise programme with 5 minutes of proper cool down exercises.

ADVANCED TRAINING

This is an open-ended programme, ideally performed not more than 4 times during the week, preferably on alternate days.

This suggested routine is specifically for advanced users or those that are familiar with exercise routines. The programme is designed to increase muscle mass and build strength.

The increase in exercise intensity, resistance levels and speed of repetitions is key to your on going success.

For advanced training we recommend 4 sets of the 9 exercises for the following reps on each of the Gym's training stations. However at this stage you may want to concentrate on specific body parts, so as you are now fully familiar with the workings of your Gym you should be able to structure an exercise programme to suit your own individual needs. Any specific advice should be sought through specialist books.

20 REPS - BENCH PRESS followed by LAT PULLDOWNS

15 REPS - PEC DEC

15 REPS - LOW PULLEY PULL UPS

15 REPS - LEG CURLS

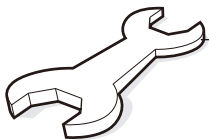
20 REPS - LEG EXTENSIONS

15 REPS - LEG PRESS

10 SLOW REPS - 2 SETS - SIT UPS

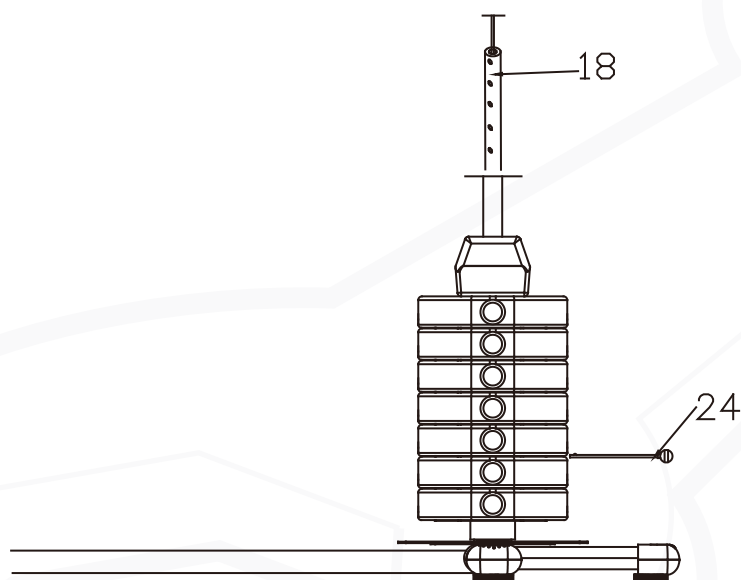
- * Your rest interval between each set of reps should be 1 minute.
- * You should perform 4 SETS of each exercise.
- * Your exercise pace should be MEDIUM to FAST.
- * The resistance (weight) settings should be in positions 4 - 8.
- * This exercise programme should take you approximately 40 - 50 minutes.
- * Follow this exercise programme with 5 minutes of proper cool down exercises.

Assembly

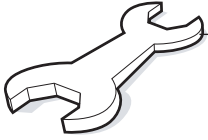


How to adjust your weight plates-

You can adjust the weight plates by inserting the weight selector pin (24) into the desired hole on the Weight Selector Bar (18) between each weight plate.



Assembly



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

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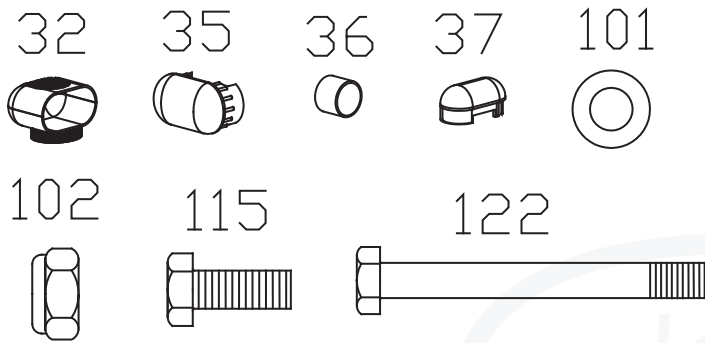
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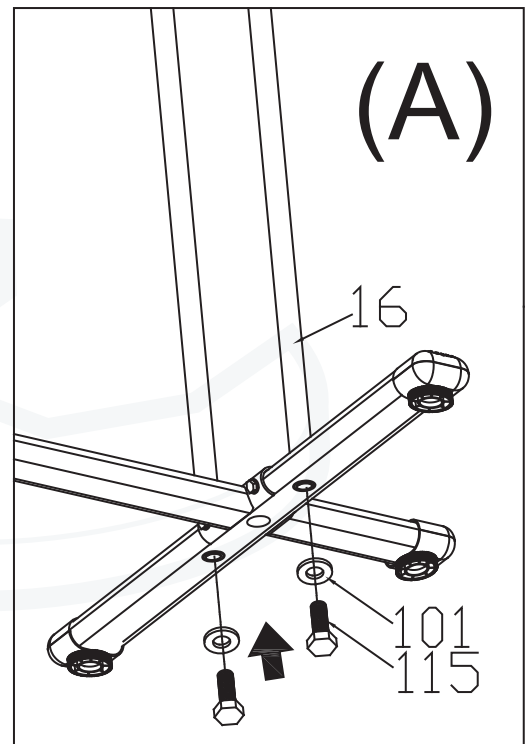
Assembly instruction of Fig.1

1. Fit the Oval Tube Cap A (35), Tube Caps (36) and Oval Tube Cap B (37) onto the ends of the Main Base (1). Now put the Foot Caps (32) onto the Rear Main Base (2).
2. Securely fasten the Main Base (1) and the Rear Main Base (2) using 2 x M10 x 90mm Hex Bolts (122), 4 x M10 Flat Washers (101) and 2 x M10 Nylon Lock Nuts (102).
3. Insert the Weight Guide Tubes (16) into the Rear Main Base (2) and securely tighten using 2 x M10 x 25mm Hex Bolts (115) and 2 x M10 Flat Washers (101).



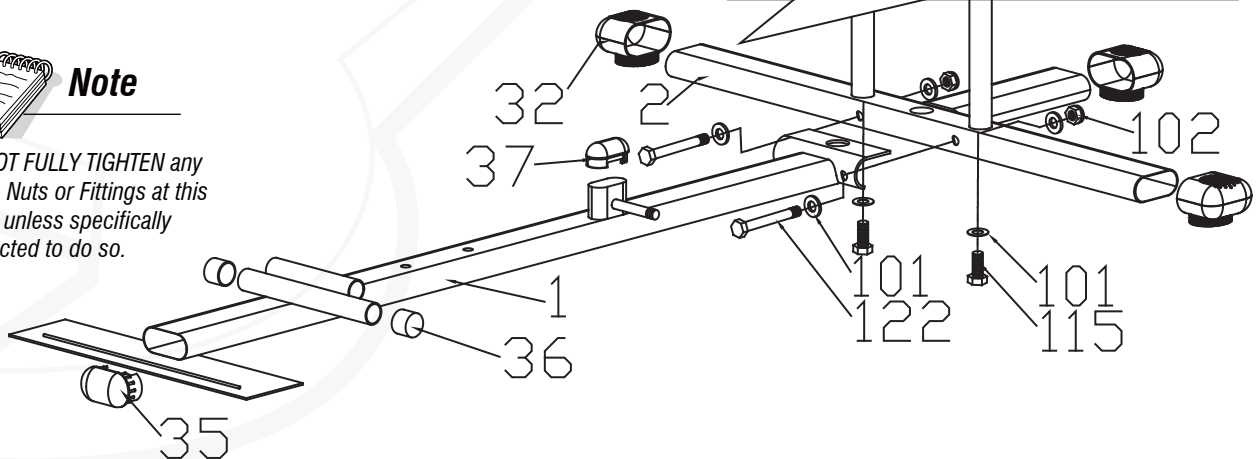
ASSEMBLY ACCESSORIES

PART No.	DESCRIPTION	QTY
102	M10 NYLON LOCK NUT	2
101	M10 FLAT WASHER	6
122	M10 x 90mm HEX BOLT	2
115	M10 x 25mm HEX BOLT	2
35	OVAL TUBE CAP A	1
36	BUFFER	2
37	OVAL TUBE CAP B	1
32	FOOT CAP	3



Note

Do NOT FULLY TIGHTEN any Bolts, Nuts or Fittings at this stage unless specifically instructed to do so.

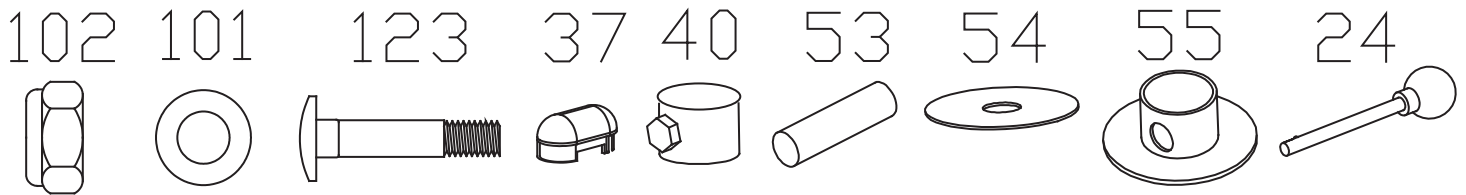


Assembly



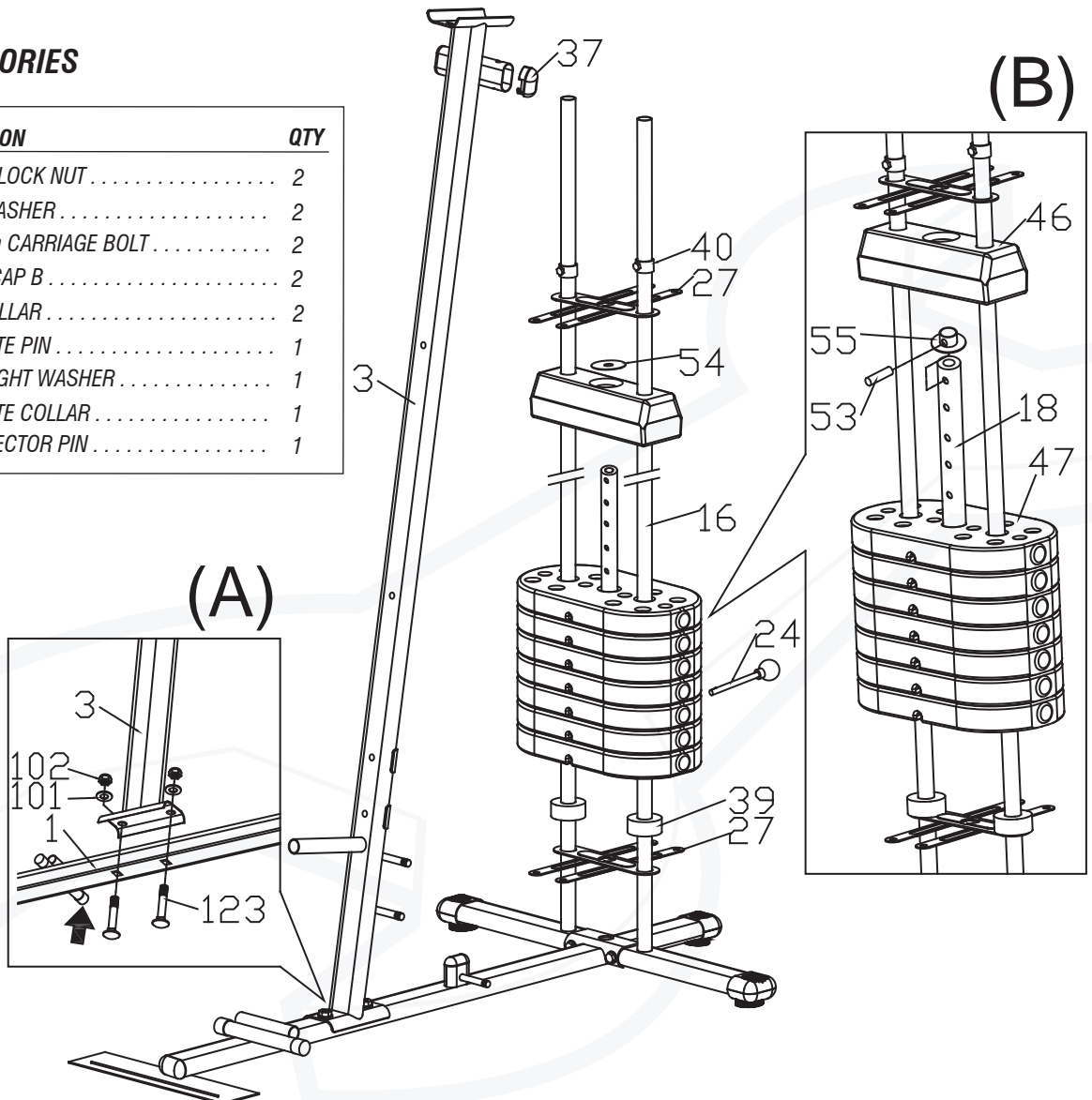
Assembly instruction of Fig.2

1. Fit the Front Upright (3) onto the Main Base (1) using 2 x M10 x 40mm Carriage Bolts (123), 2 x M10 Flat Washers (101) and 2 x M10 Nylon Lock Nuts (102).
2. Fit both Oval Tube Caps B (37) onto the top part of the Front Vertical Column (3).
3. Slide the Weight Protector Support Bracket (27) and Bump Stops (39) onto the Weight Guide Tubes (16), then slide each Weight Plate (47) onto the Weight Guide Tubes (16) as shown below.
4. Place the Weight Selector Bar (18) through the centre of the weight Plates (47). Hold in place using the Weight Selector Pin (24). As shown below.
5. Place the Crown Plate Collar (55) over the Weight Selector Bar (18), line up the hole of the Crown Plate Collar (55) with the top hole on the Weight Selector Bar (18) and slide in the Crown Plate Pin (53) so that it is loosely attached. Finally lay the Crown Weight (46) over the top of the Weight Selector Bar (18) so the Crown Weight Collar (55) fits into the recess on the underside of the Crown Weight (46) and lay the Crown Weight Washer (54) on top of the Crown Weight (46).
6. Now slide the Weight Protector Support Bracket (27) then 2x Locking Collar (40) over the Weight Guide Tubes (16) as shown below.

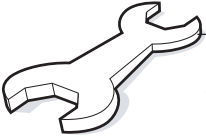


ASSEMBLY ACCESSORIES

PART No.	DESCRIPTION	QTY
102	M10 NYLON LOCK NUT	2
101	M10 FLAT WASHER	2
123	M10 x 40mm CARRIAGE BOLT	2
37	OVAL TUBE CAP B	2
40	LOCKING COLLAR	2
53	CROWN PLATE PIN	1
54	CROWN WEIGHT WASHER	1
55	CROWN PLATE COLLAR	1
24	WEIGHT SELECTOR PIN	1

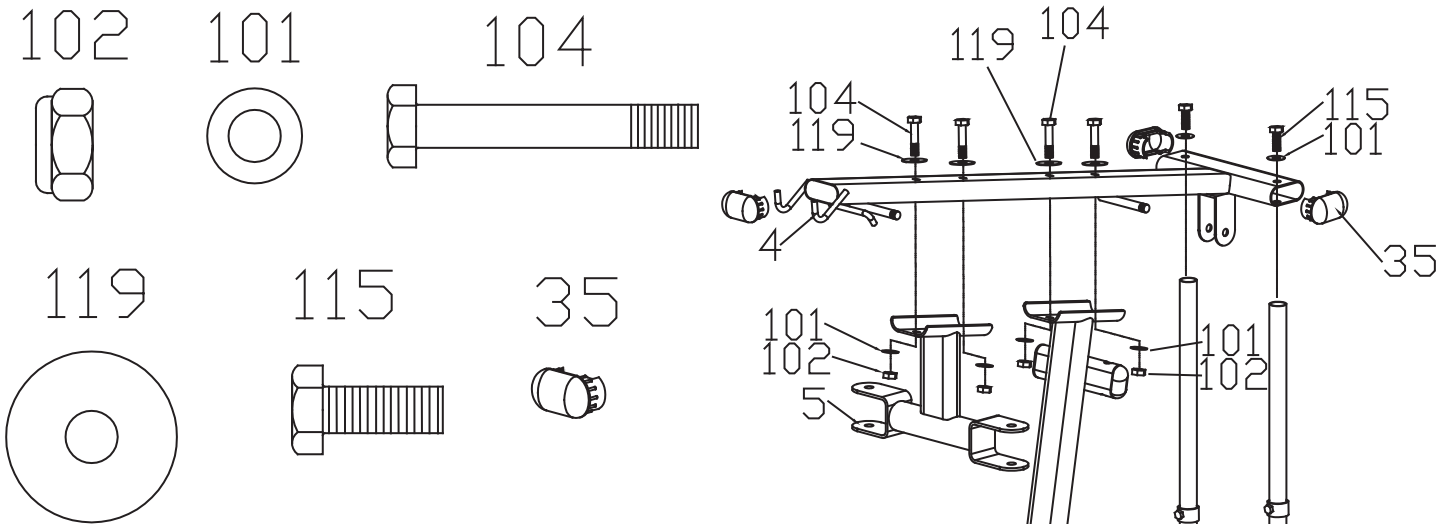


Assembly



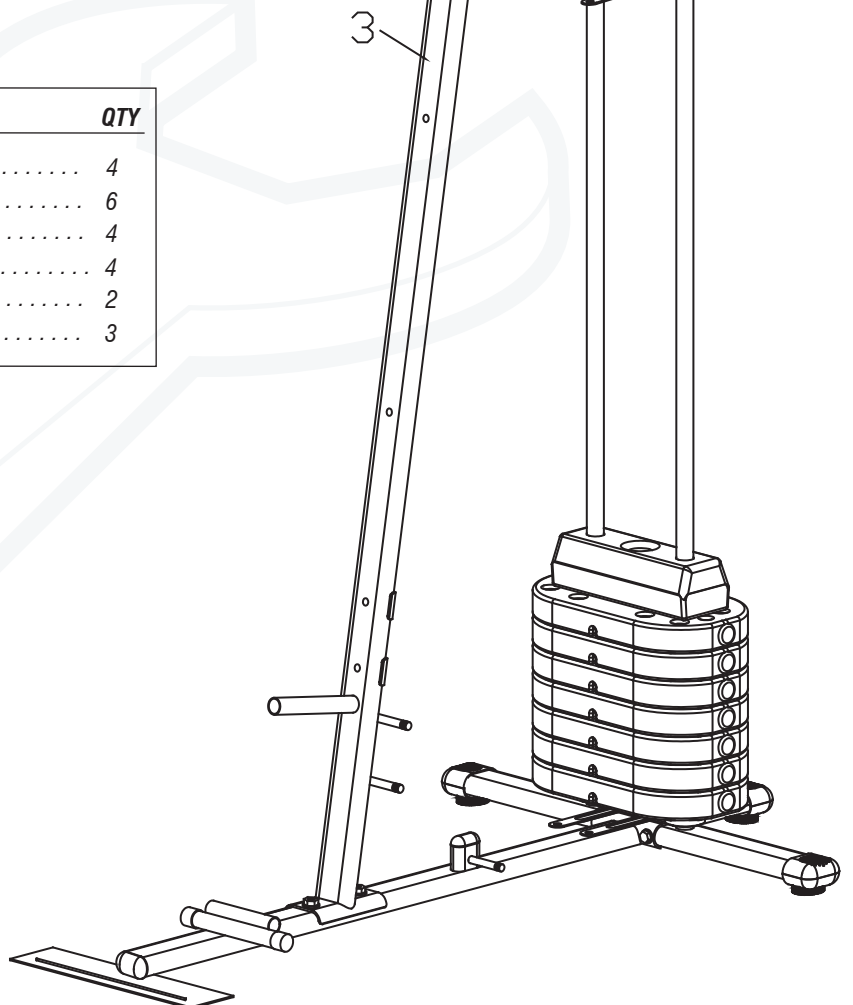
Assembly instruction of Fig.3

1. Slot the rear of the Top Frame (4) onto the Weight Guide Tubes (16) and fix in place using 2 x M10 x 25mm Hex Bolts (115) and 2 x M10 Flat Washers (101). Attach the Top Frame (4) to the Front Upright (3) using 2 x M10 x 50mm Hex Bolts (104), 2x M10 Large Flat Washers (119), 2 x M10 Flat Washer (101) and 2 x M10 Nylon Lock Nuts (102).
2. Now attach the Press Frame (5) to the underside of the Top Frame (4) just in front of the Front Upright (3) using 2x M10 x 50mm Hex Bolts (104), 2 x M10 Large Flat Washers (119), 2x M10 Flat Washers (101) and 2 x M10 Nylon Lock Nuts (102).
3. Insert 3 x Oval End Cap A, 1 for each end of the Top Frame (4).

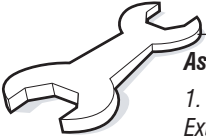


ASSEMBLY ACCESSORIES

PART No.	DESCRIPTION	QTY
102	M10 NYLON LOCK NUT	4
101	M10 FLAT WASHER	6
104	M10 x 50mm HEX BOLT	4
119	M10 LARGE FLAT WASHER	4
115	M10 x 25mm HEX BOLT	2
35	OVAL TUBE CAP A	3



Assembly



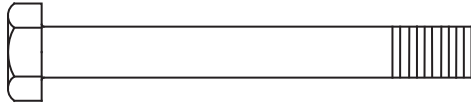
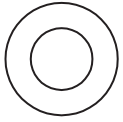
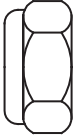
Assembly instruction of Fig.4

1. Attach the Seat Support Frame (6) to the Front Upright (3) using 2 x Seat Support Knobs (60). Now screw the Leg Extension Bump Stop (61) into the front of the Seat Support Frame (6).
2. Fit 2 x M12 Metal Bushes (59) into the Leg Extension Tube (11) and then fit this into the bracket on the front of the Seat Support Frame (6) using 1 x M12 x 100mm Hex Bolt (63), 2 x M12 Flat Washer (106) and 1 x M12 Nylon Locking Nut (107).
3. Now cap the UPPER and LOWER ends of the Leg Extension Tube (11) with 2 x Oval Tube Cap (35). Now fit 1 x Round Bump Stop (36) and 1 x M12 Flat Washer (106) onto the end of the Leg Extension Tube Stop Bar, attached to the Bottom of the Front Upright (3).

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106

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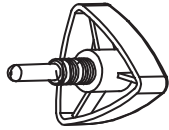
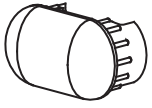


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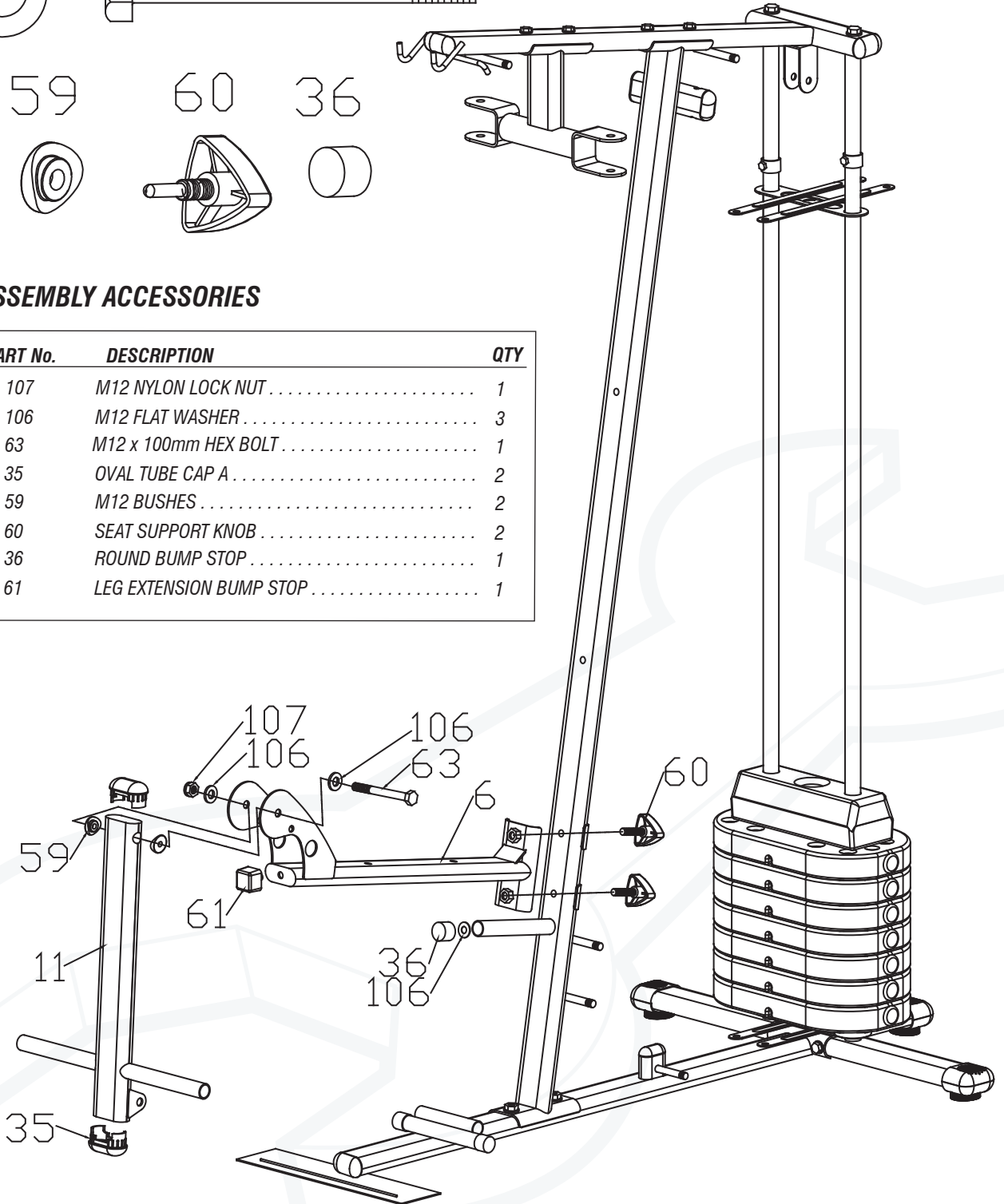


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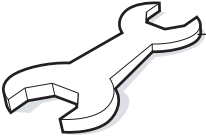
ASSEMBLY ACCESSORIES



PART No.	DESCRIPTION	QTY
107	M12 NYLON LOCK NUT.....	1
106	M12 FLAT WASHER.....	3
63	M12 x 100mm HEX BOLT.....	1
35	OVAL TUBE CAP A.....	2
59	M12 BUSHES.....	2
60	SEAT SUPPORT KNOB.....	2
36	ROUND BUMP STOP.....	1
61	LEG EXTENSION BUMP STOP.....	1



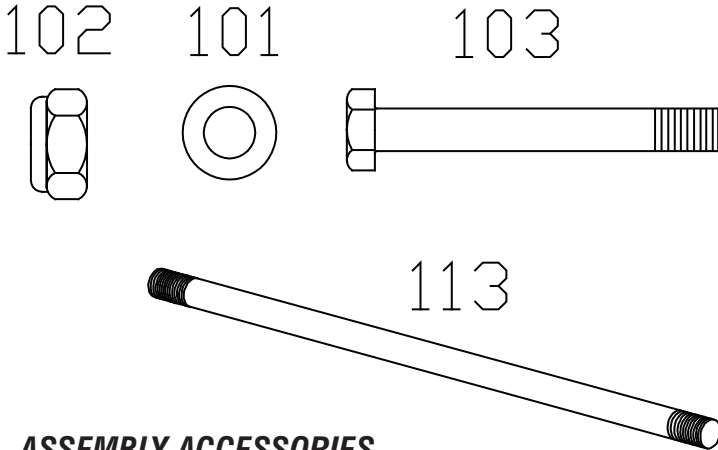
Assembly



Assembly instruction of Fig.5

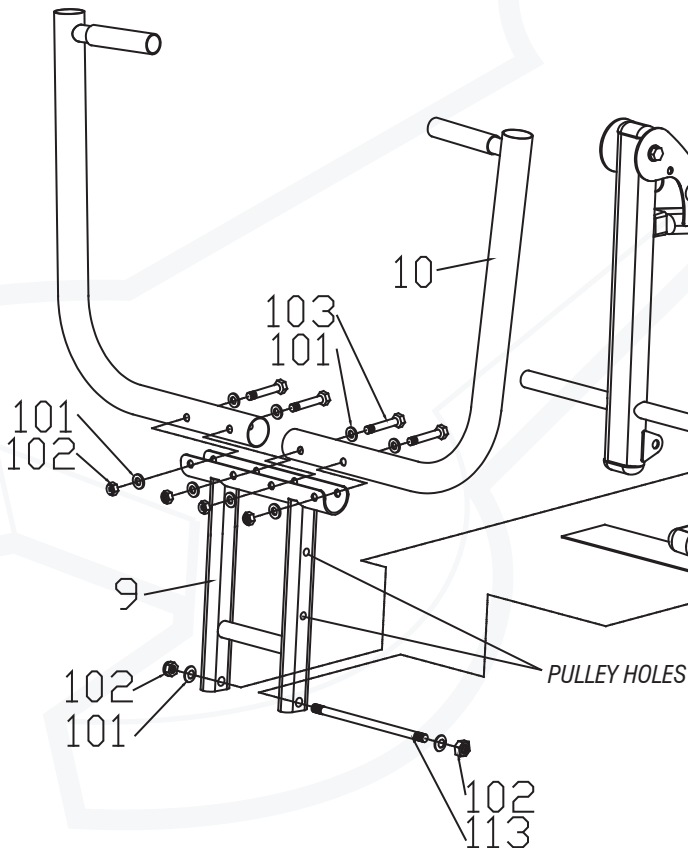
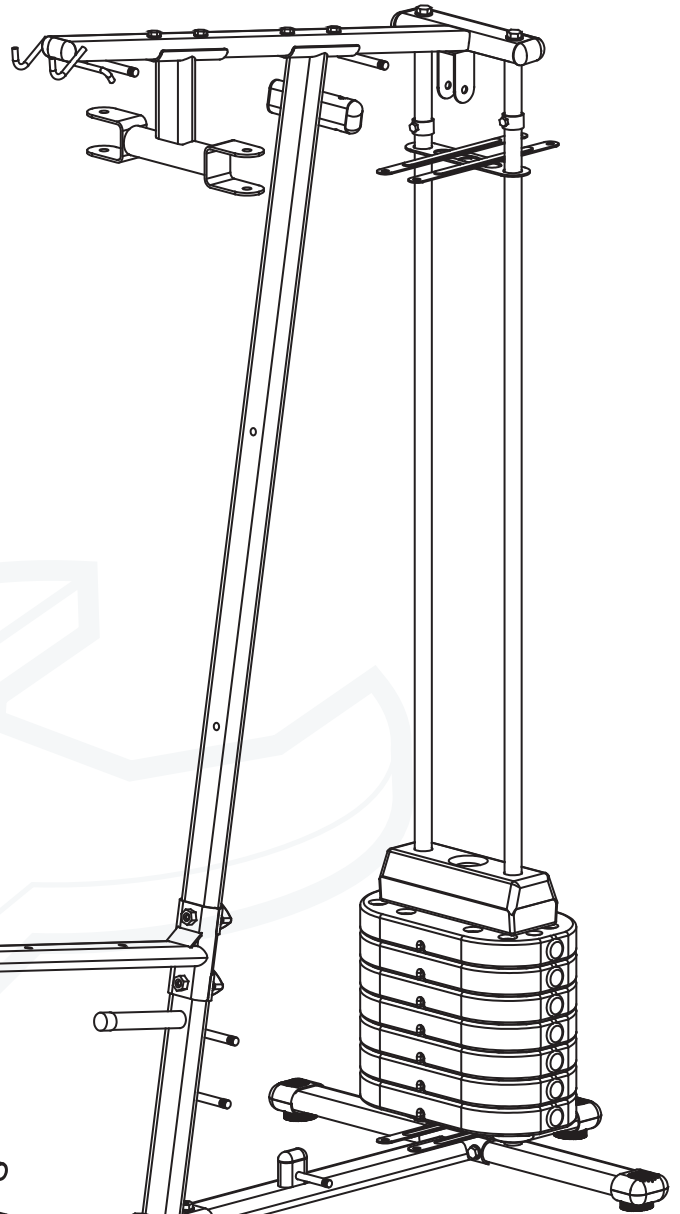
1. Take both Press Frame Handlebars (10) and fix them on top of the Press Frame Support (9) using 4 x M10 x 65mm Hex Bolts (103), 8 x M10 Flat Washers (101) and 4 x M10 Nylon Lock Nuts (102).

2. Attach the Press Frame Support (9) and Press Frame Handlebars (10) onto the pivot tube on the Main Base (1) and attach using 1 x M10 x 215mm Bolt (113), 2 x M10 Flat Washers (101) and 2 x M10 Nylon Lock Nuts (102). Ensure the pulley holes are located on the left side of the assembly.

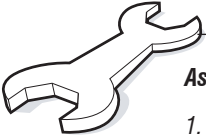


ASSEMBLY ACCESSORIES

PART No.	DESCRIPTION	QTY
102	M10 NYOLN LOCK NUT	6
101	M10 FLAT WASHER	10
103	M10 x 65mm HEX BOLT	4
113	M10 x 215mm BOLT	1

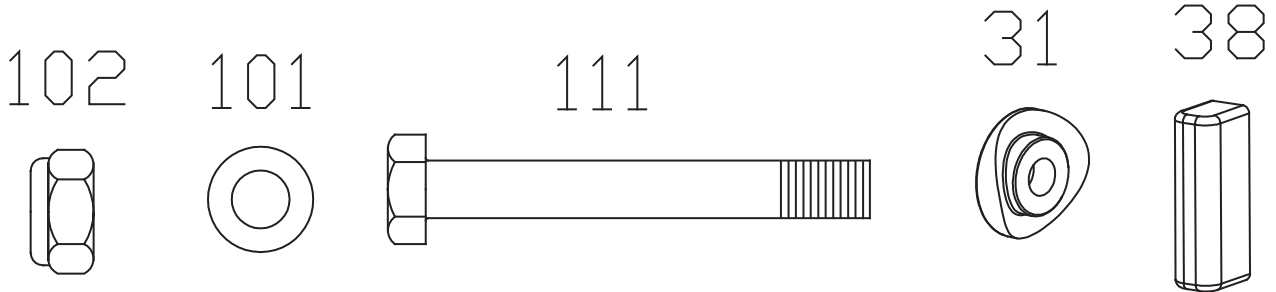


Assembly



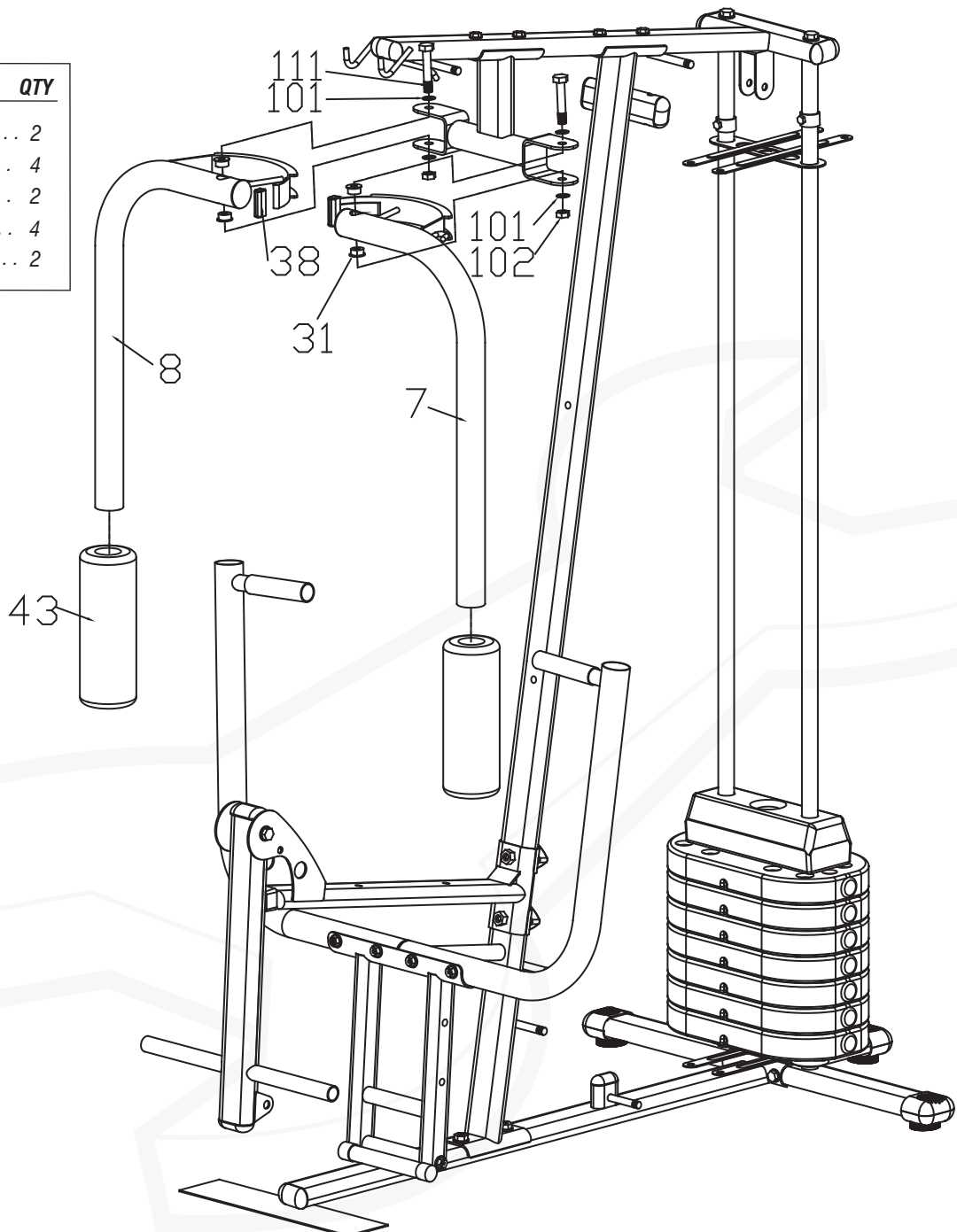
Assembly instruction of Fig.6

1. Fit 2 x Metal Bushes (31) to the large holes in each of the Pec Arms (7 and 8) and assemble each Pec Arm to the Press Frame (5) using 1 x M10 x 80mm Hex Bolt (111), 2 x M10 Flat Washers (101) and 1 x M10 Nylon Lock Nut (102) for each.
2. Now place 1 x Pec Arm Bump Stop (38) onto each Pec Arm (7 and 8) (on the end of the curved bracket).
3. Slide onto each Pec Arm (7 and 8) 1 x Pec Arm Foam Roller (43).

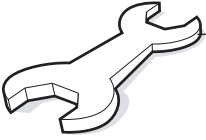


ASSEMBLY ACCESSORIES

PART No.	DESCRIPTION	QTY
102	M10 NYLON LOCK NUT	2
101	M10 FLAT WASHER	4
111	M10 x 80mm HEX BOLT	2
31	METAL BUSHES	4
38	PEC ARM BUMP	2



Assembly



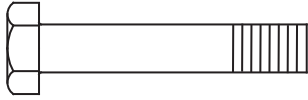
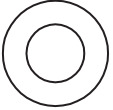
Assembly instruction of Fig.7

1. Place 1 x Leg Unit Roller Bar (14) through the large hole in the front of the Seat Support Frame (6) and slide on 2 x Leg Unit Foam Roller Pads (44). Also slide 2 x Leg Unit Foam Roller Pads (44) onto the fixed lower Roller Bar at the bottom of the Leg Extension Tube (11).

2. Place the Backrest (48) onto the Front Upright (3) and fix in place using 2 x M10 x 45mm Hex Bolt (121) and 2 x M10 Flat Washer (101). Now place the Seat (49) onto the Seat Support Frame (6) and fix in place using 2 x M10 x 45mm Hex Bolt (121) and 2 x M10 Flat Washer (101).

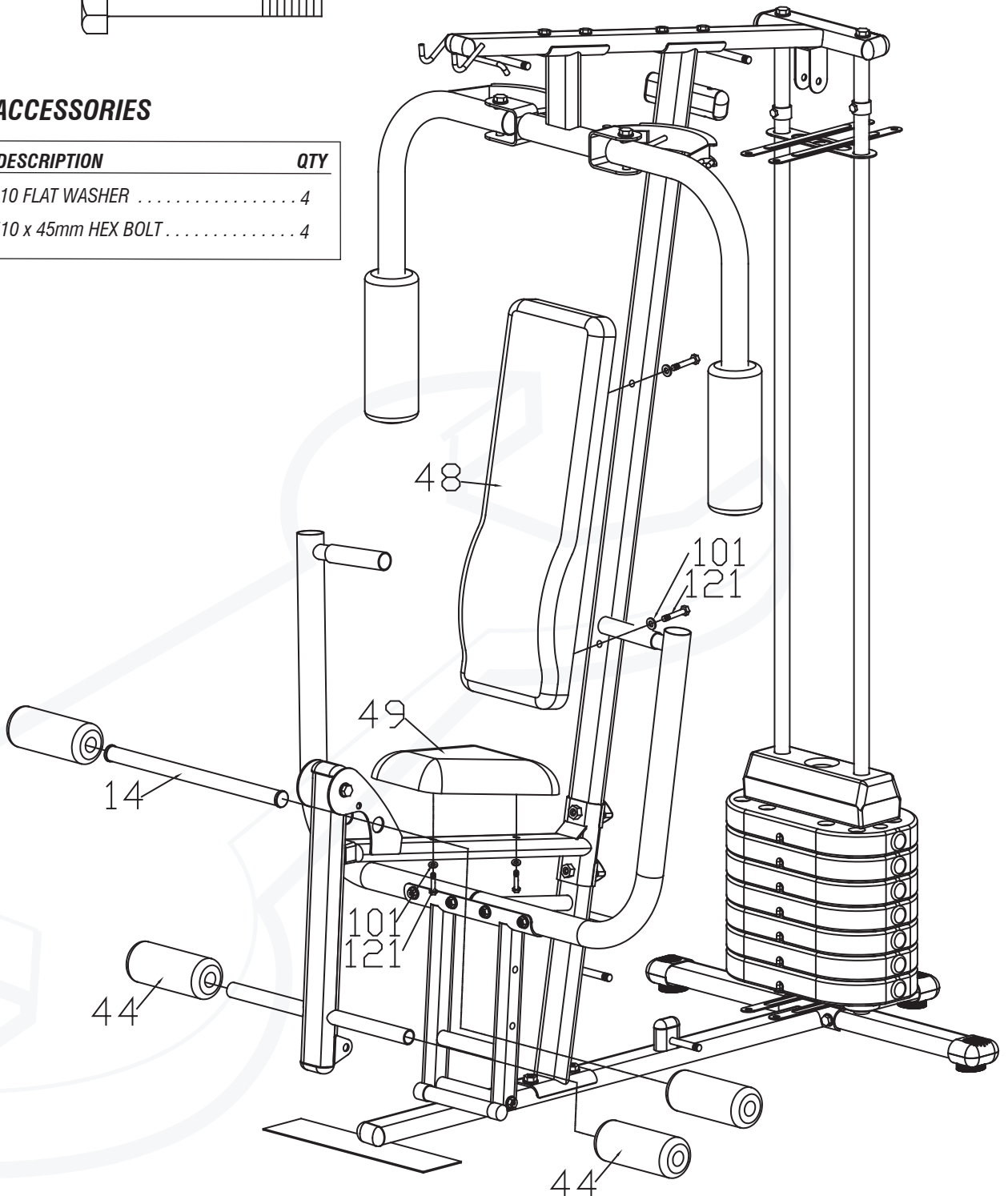
101

121



ASSEMBLY ACCESSORIES

PART No.	DESCRIPTION	QTY
101	M10 FLAT WASHER	4
121	M10 x 45mm HEX BOLT	4

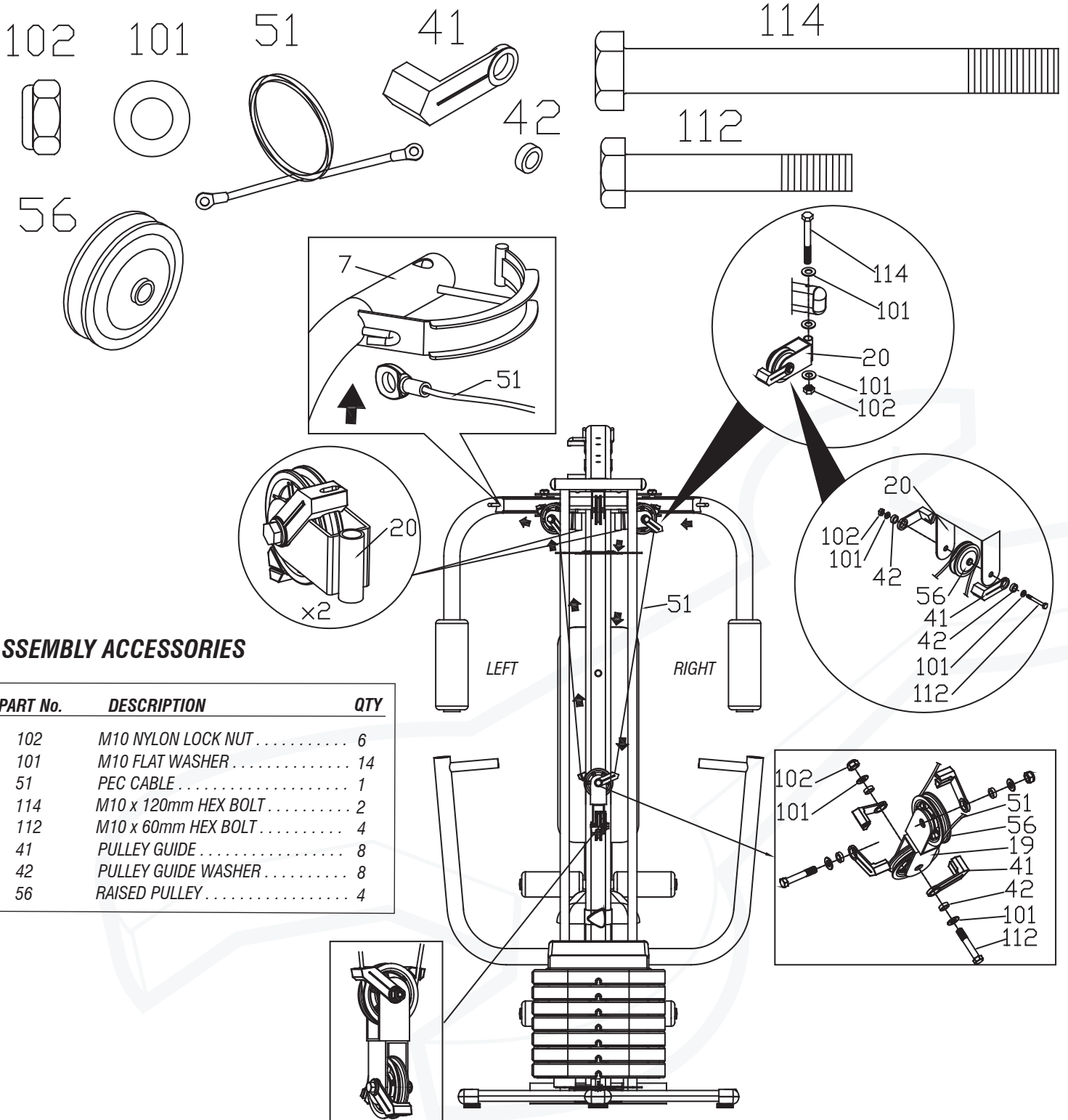


Assembly



Assembly instruction of Fig.8

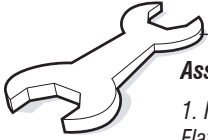
1. Connect one free end of the Pec Cable (51) to the hook on the back of the Left Pec Arm (7).
2. Fit the Pec Arm Pulley Brackets (20) to the cross brace at the top of the Front Upright (3) using 1 x M10 x 120mm Hex Bolt (114), 3 x M10 Flat Washers (101) (placing one washer between the bracket and the cross brace) and 2 x M10 Nylon Lock Nuts (102). Fit 1 x Raised Pulley (56) to each Pulley Bracket (20) using 1 x M10 x 60mm Hex Bolt (112), 2 x M10 Flat Washer (101), 2 x Pulley Guide Washer (42), 2 x Pulley Guide (41) and 1 x M10 Nylon Lock Nut (102) for each.
3. Loosely assemble the Double Pulley Bracket (19) with 2 x Raised Pulleys (56), 2 x M10 x 60mm Hex Bolts (112), 4 x M10 Flat Washers (101), 4 x Pulley Guide Washer (42), 4 x Pulley Guide (41) and 2 x M10 Nylon Lock Nuts (102).
4. Pass the free end of the Pec Cable (51) OVER the Left Pec Arm Pulley Bracket (20) and DOWN to the Double Pulley Bracket (19) passing it UNDER the top Pulley fitted to the bracket. Route the free end of the Pec Cable (51) UP and guide it OVER the pulley in the Right Pec Arm Pulley Bracket (20) and hook the cable eye onto the hook on the Right Pec Arm (8).



ASSEMBLY ACCESSORIES

PART No.	DESCRIPTION	QTY
102	M10 NYLON LOCK NUT	6
101	M10 FLAT WASHER	14
51	PEC CABLE	1
114	M10 x 120mm HEX BOLT	2
112	M10 x 60mm HEX BOLT	4
41	PULLEY GUIDE	8
42	PULLEY GUIDE WASHER	8
56	RAISED PULLEY	4

Assembly



Assembly instruction of Fig.9

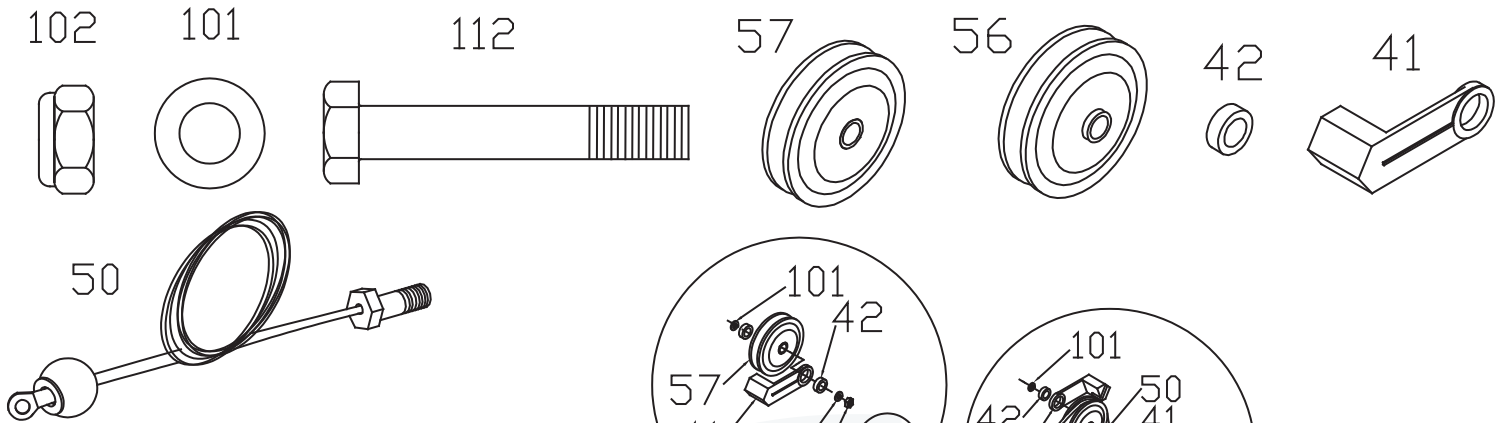
1. Fit a Flat Pulley (57) to the Front Upper Pulley Bracket (inset A) to the Top Frame (4) using 1 x M10 Nylon Lock Nut (102), 2 x M10 Flat Washers (101), 2 x Pulley Guide Washer (42) and 1 x Pulley Guide (41). Do the same for (inset B) but use 2 x Pulley Guides (41).

2. Starting from the front lay the Lat/Weight Cable (50) OVER the top of both Upper Pulleys, pulling any slack cable towards the rear of the gym.

3. Fit a Raised Pulley (56) to the Rear Upper Pulley Bracket (inset D) (making sure you lay the Cable (50) OVER the Pulley first) using 1 x M10 x 60mm Hex Bolt (112), 2 x M10 Flat Washers (101), 1 x M10 Nylon Lock Nut (102), 2 x Pulley Guide Washers (42) and 2 x Pulley Guides (41).

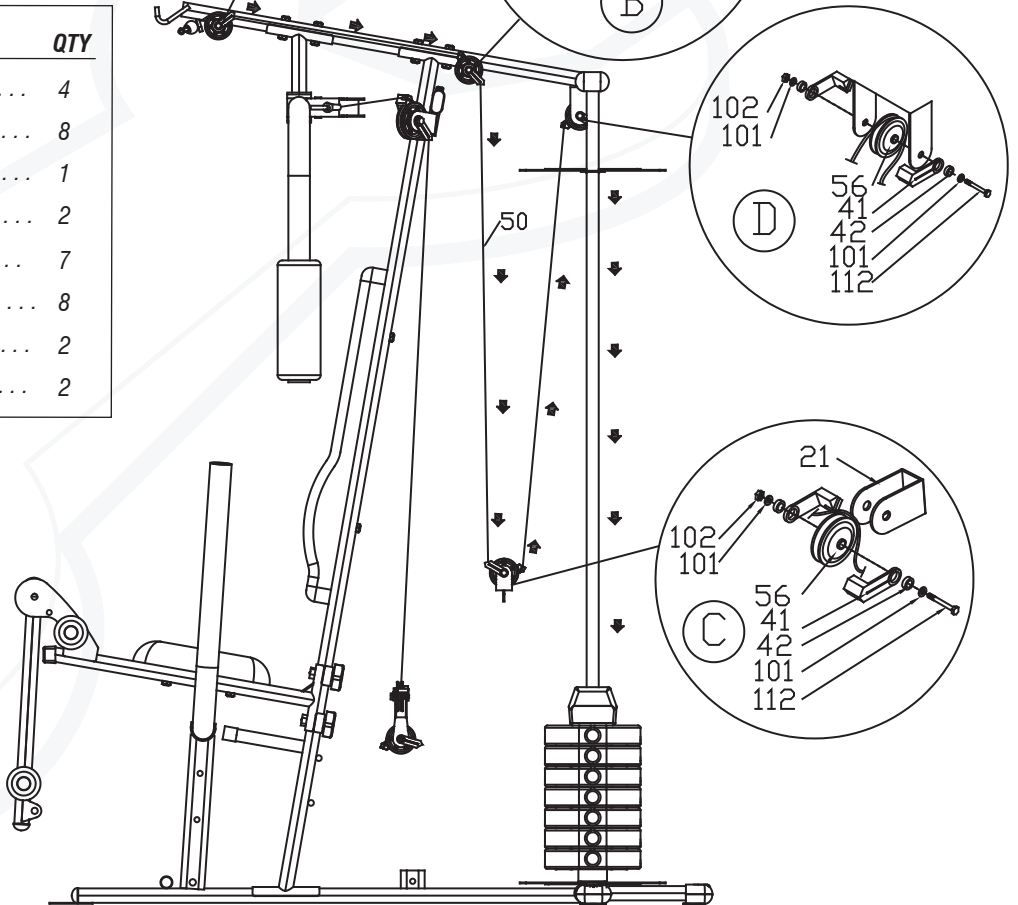
4. Fit a Raised Pulley (56) to the Single Pulley Bracket (21) (inset C) (making sure you lay the Cable (50) UNDER the Pulley first) using 1 x M10 x 60mm Hex Bolt (112), 2 x M10 Flat Washers (101), 1 x M10 Nylon Lock Nut (102), 2 x Pulley Guide Washers (42) and 2 x Pulley Guides (41).

5. Now Screw the threaded end of the Cable (50) into the threaded insert in the top of the Weight Selector Bar (18). Now tighten all nuts and bolts so the Pulleys still move freely.



ASSEMBLY ACCESSORIES

PART No.	DESCRIPTION	QTY
102	M10 NYLON LOCK NUT	4
101	M10 FLAT WASHER	8
50	LAT / WEIGHT CABLE	1
112	M10 x 60mm HEX BOLT	2
41	PULLEY GUIDE	7
42	PULLEY GUIDE WASHER	8
56	RAISED PULLEY	2
57	FLAT PULLEY	2



Assembly



Assembly instruction of Fig.10

1. Fit a Flat Pulley (57) to the Press Frame Support (9) Lower (inset A) using 1 x M10 x 75mm Hex Bolt (100) 1 x M10 Nylon Lock Nut (102), 2 x M10 Flat Washers (101), 1x Pulley Guide Washer (42) and 1 x Pulley Guide (41).

2. Fit a Flat Pulley (57) to the Press Frame Support (9) Upper (inset B) using 1 x M10 x 75mm Hex Bolt (100) 1 x M10 Nylon Lock Nut (102), 2 x M10 Flat Washers (101), 2 x Pulley Guide Washer (42) and 2 x Pulley Guide (41).

3. Fit 2x Flat Pulleys (57) to the Front Upright (3) and Main Base (1) (inset C) using 1 x M10 Nylon Lock Nut (102), 2 x M10 Flat Washers (101), 2 x Pulley Guide Washer (42) and 2 x Pulley Guide (41) for each.

4. Thread the Leg Cable (52) Under The LOWER Pulley on the Press Frame Support (9), UNDER and OVER the LOWER Pulley on the Front Upright (3) and UNDER and Over the TOP Pulley on the Press Frame Support (9). Now pass the Leg Cable (52) UNDER the TOP Pulley on the Front Support (3) and OVER the BOTTOM Pulley on the Double Pulley Bracket (19). Now pass the Leg Cable (52) UNDER the LOWER Pulley on the Main Base (1) and attach to the HOOK on the bottom of the Single Pulley Bracket (21) using 2x Carabina (25) and 1 x 7 Link Chain (26).

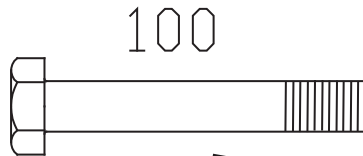
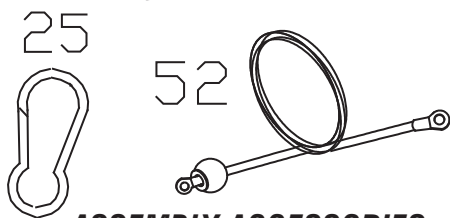
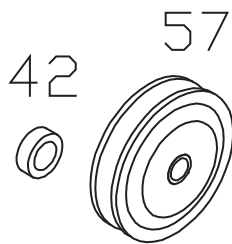
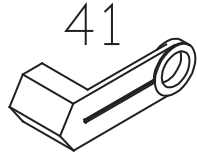
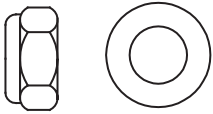
5. Attach the Lat Pulldown Bar (12) to the Lat/Weight Cable (50) using 1 x Carabina (25).

6. Attach the Leg Cable (52) to the hook on the back of the Leg Extension Tube (11) using 1 x 18 Link Chain (23) and 2 x Carabinas (25). NOTE. You can also disconnect the Chain from the Leg Extension Tube (11) and attach it to the Triceps Bar (13) for different exercises.

Now tighten all nuts and bolts so the Pulleys still move freely.

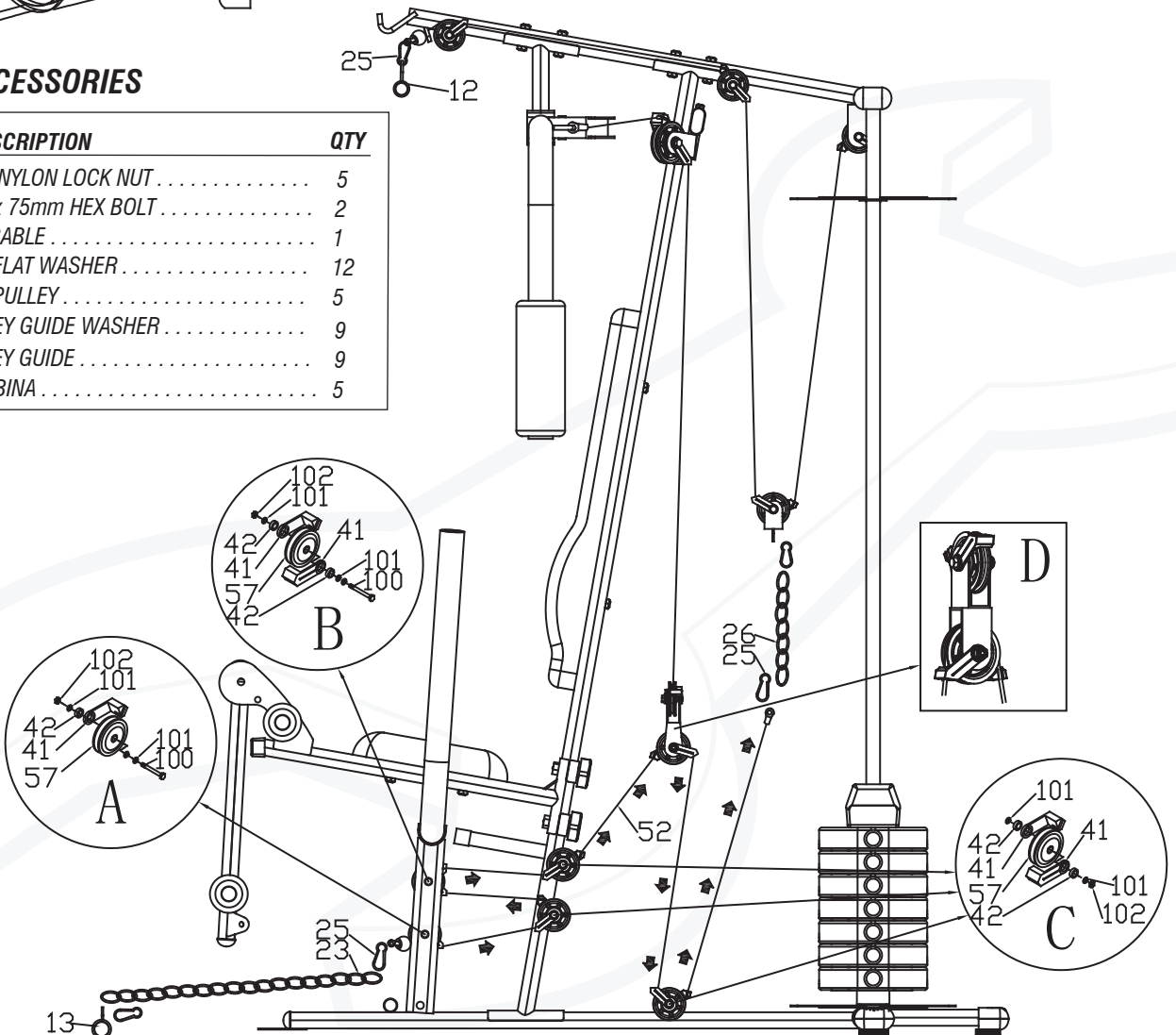
NOTE. Push each CABLE into each Pulley Guide (41) as shown in (inset D).

102 101

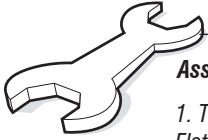


ASSEMBLY ACCESSORIES

PART No.	DESCRIPTION	QTY
102	M10 NYLON LOCK NUT	5
100	M10 x 75mm HEX BOLT	2
52	LEG CABLE	1
101	M10 FLAT WASHER	12
57	FLAT PULLEY	5
42	PULLEY GUIDE WASHER	9
41	PULLEY GUIDE	9
25	CARABINA	5



Assembly

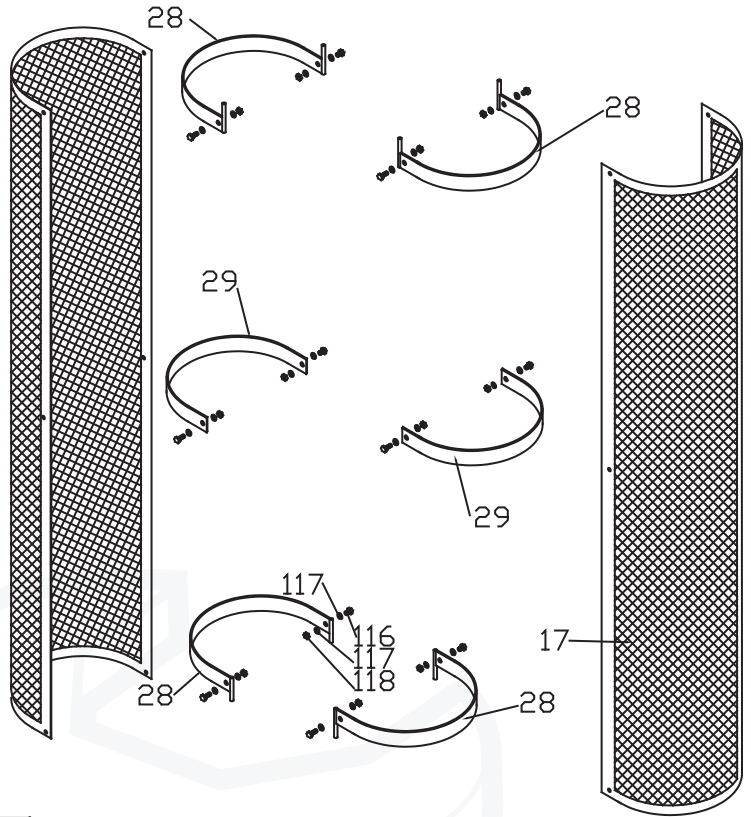
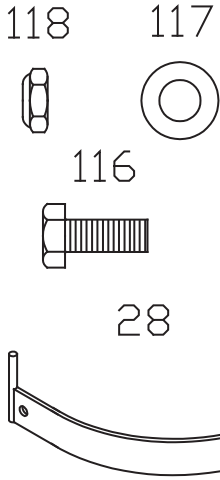


Assembly instruction of Fig.11

1. Taking 1 x Weight Protector (17), fix 2 x Locating Brackets "A" (28) on either end using 4 x M6 x 15mm Hex Bolts (116), 8 x M6 Flat Washers (117) and 4 x M6 Nylon Lock Nuts (118) ensuring you have the locating pins on the outside of the Weight Protector (17). Repeat this for the Remaining Weight Protector. As shown below.

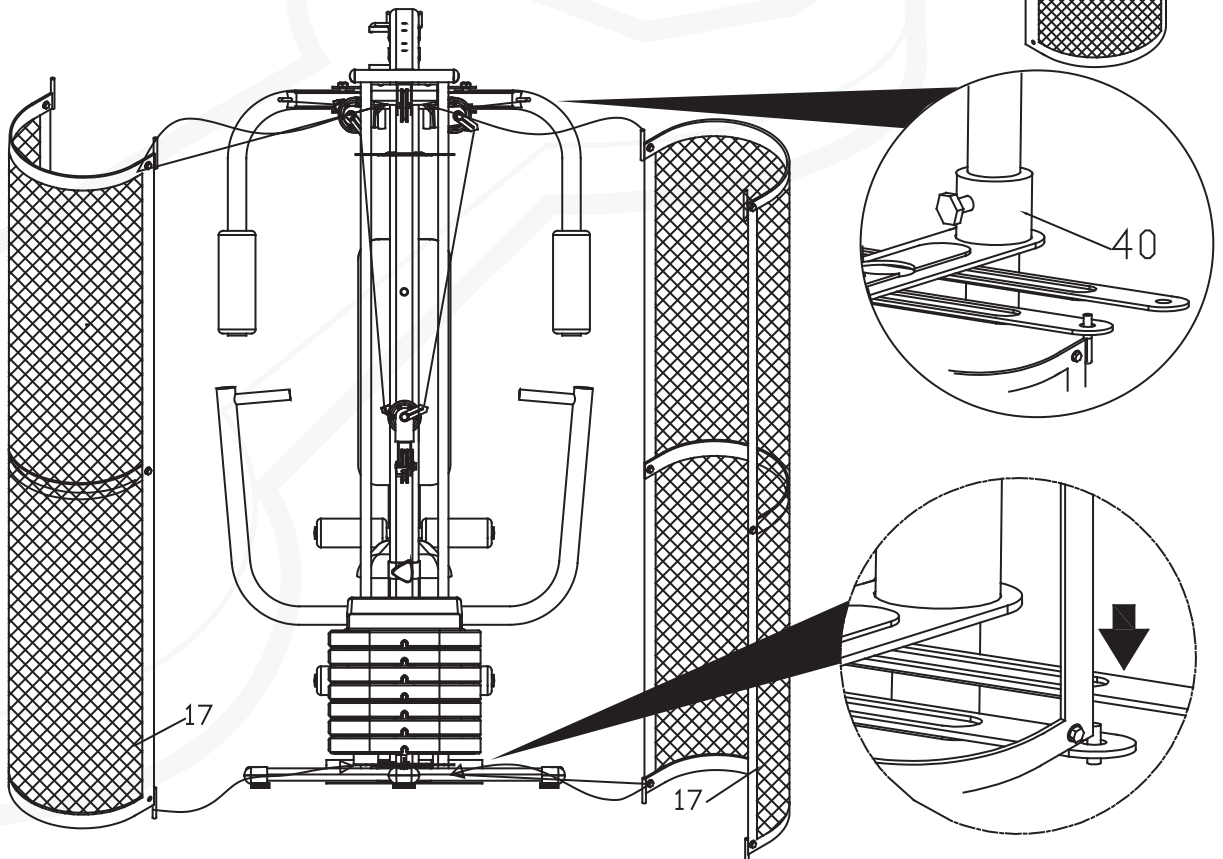
2. Fix the Locating Brackets "B" (29) to the middle holes in the Weight Protectors (17) using 4 x M6 x 15mm Hex Bolts (116), 8 x M6 Flat Washers (117) and 4x M6 Nylon Lock Nuts (118). As shown below.

3. Slide both Locking Collars (40) to the top of each Weight Guide Tubes (16) and lock in position (finger tight only), slide up the Weight Protector Support Bracket (27) and taking one of the completed Weight Protectors, (17) slot the TOP locating pins into the Weight Protector Support Brackets (27) and the BOTTOM Locating Pins into the Bottom Weight Protector Support Bracket (27). Repeat this for the Remaining side. Now loosen the Locking collars (40) and re-tighten onto the TOP Weight Protector Support Bracket (27).

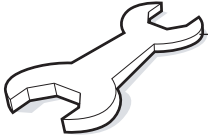


ASSEMBLY ACCESSORIES

PART No.	DESCRIPTION	QTY
118	M6 NYLON LOCK NUT	12
117	M6 FLAT WASHER	24
116	M6 x 15mm HEX BOLT	12
28	LOCATING BRACKETS A	4
29	LOCATING BRACKETS B	2



Assembly



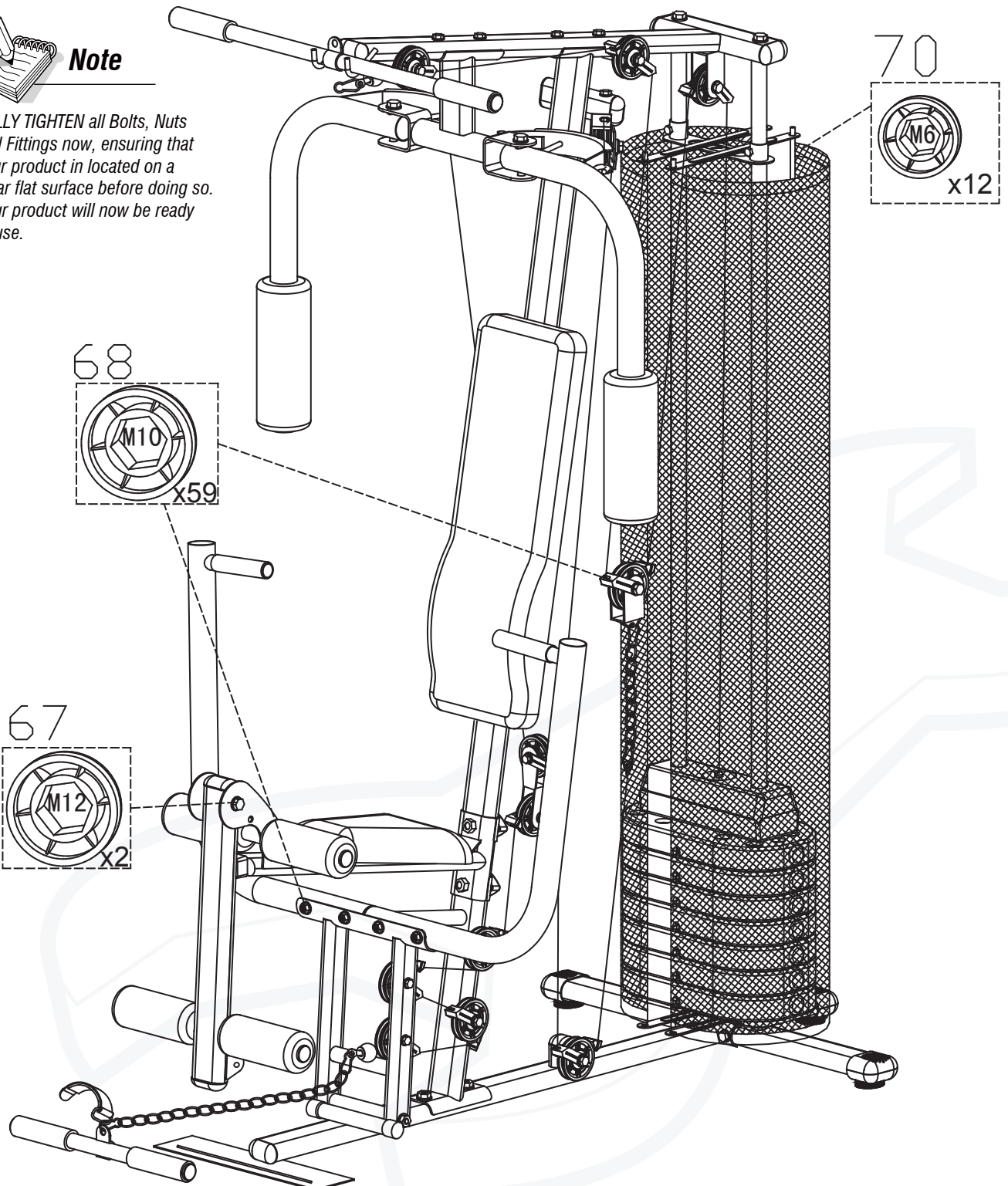
Assembly instruction of Fig.12

1. Cap all of the bolts according to there size using the M6 Screw Covers (70), M10 Screw Covers (68) and M12 Screw Covers (67).

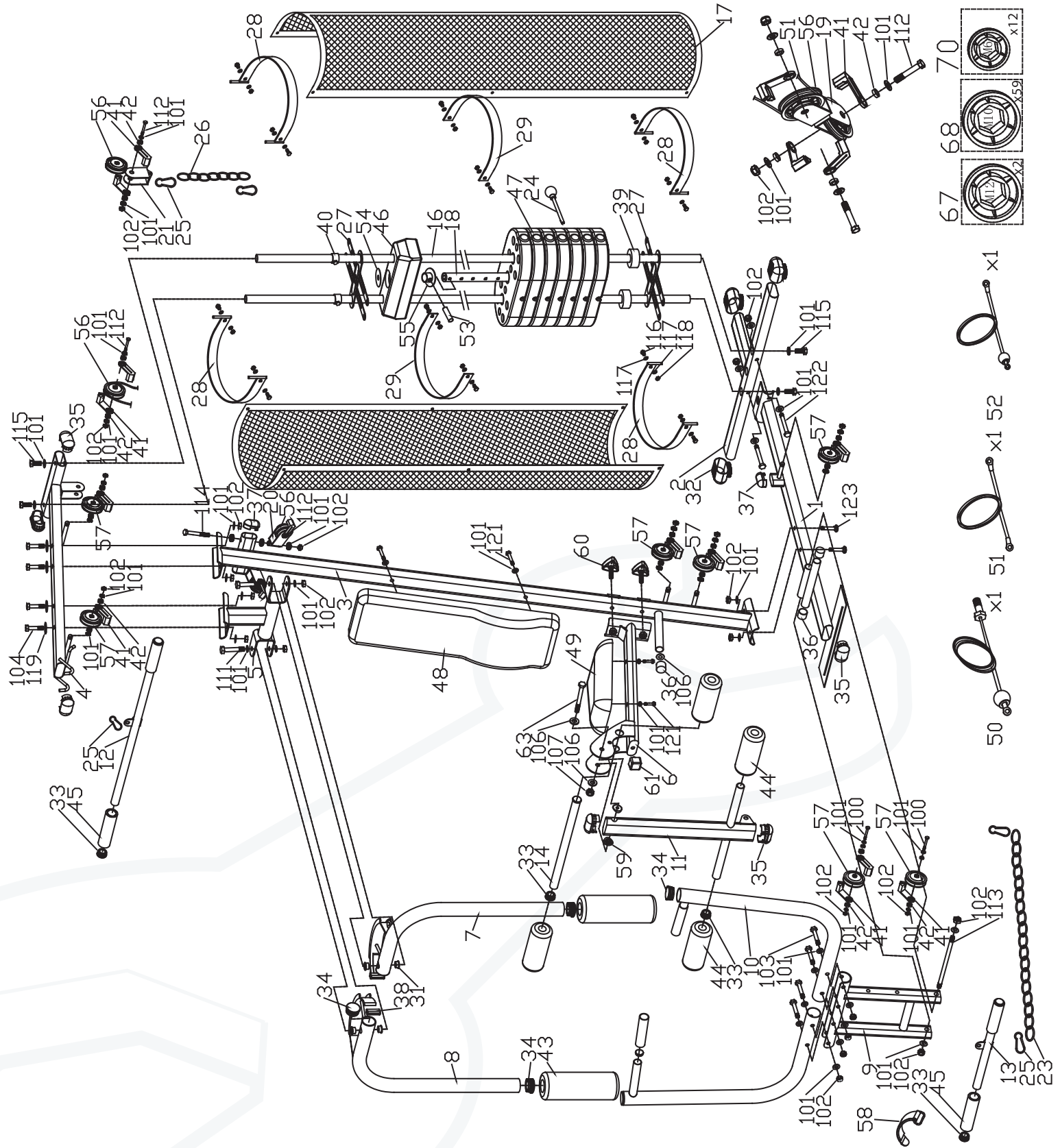


Note

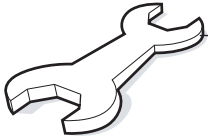
FULLY TIGHTEN all Bolts, Nuts and Fittings now, ensuring that your product is located on a clear flat surface before doing so. Your product will now be ready to use.



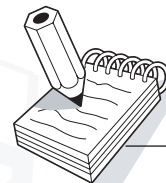
Assembly



Assembly



PART No.	DESCRIPTION	QTY		QTY	
1	MAIN BASE	1	49	SEAT	1
2	REAR MAIN BASE	1	50	LAT/WEIGHT CABLE	1
3	FRONT UPRIGHT	1	51	PEC CABLE	1
4	TOP FRAME	1	52	LEG CABLE	1
5	PRESS FRAME	1	53	CROWN PLATE PIN	1
6	SEAT SUPPORT FRAME	1	54	CROWN PLATE WASHER	1
7	PEC ARM (L)	1	55	CROWN PLATE COLLAR	1
8	PEC ARM (R)	1	56	RAISED PULLEY	6
9	PRESS FRAME SUPPORT	1	57	FLAT PULLEY	7
10	PRESS FRAME HANDLE BARS	2	58	ANKLE STRAP	1
11	LEG EXTENSION TUBE	1	59	M12 BUSHES	2
12	LAT PULLDOWN BAR	1	60	SEAT SUPPORT KNOB	2
13	TRILEPS BAR	1	61	LEG EXTENSION BUMP STOP	1
14	LEG UNIT ROLLER BAR	1	62	N/A	
15	N/A		63	M12 x 100mm HEX BOLT	1
16	WEIGHT GUIDE TUBE	2	67	M12 SCREW COVER	2
17	WEIGHT PROTECTOR	2	68	M10 SCREW COVER	59
18	WEIGHT SELECTOR BAR	1	69	N/A	
19	DOUBLE PULLEY BRACKET	1	70	M6 SCREW COVER	12
20	PEC ARM PULLEY BRACKET	2	100	M10 x 75mm HEX BOLT	2
21	SINGLE PULLEY BRACKET	1	101	M20 FLAT WASHER	66
22	N/A		102	M10 ANTI-LOOSEN NUT	31
23	CHAIN (18 LINKS)	1	103	M10 x 65mm HEX BOLT	4
24	WEIGHT SELECTOR PIN	1	104	M10 x 50mm HEX BOLT	4
25	CARABINA	5	105	HEX BOLT	
26	CHAIN (7LINKS)	1	106	M13.5 FLAT WASHER	3
27	WEIGHT PROTECTOR SUPPORT BRACKET	2	107	M12 ANTI-LOOSEN NUT	1
28	LOCATING BRACKET A	4	111	M10 x 80mm HEX BOLT	2
29	LOCATING BRACKET B	2	112	M10 x 60mm HEX BOLT	6
30	N/A		113	M10 x 215mm BOLT	1
31	BUSHING	4	114	M10 x 120mm HEX BOLT	2
32	FOOT CAP	3	115	M10 x 25mm HEX BOLT	4
33	TUBE CAP	10	116	M6 x 15mm HEX BOLT	12
34	TUBE CAP	6	117	M14 FLAT WASHER	24
35	OVAL TUBE CAP A	6	118	M6 NYLON LOCK NUT	12
36	ROUND BUMP STOP	3	119	FLAT WASHER	4
37	OVAL TUBE CAP B	3	121	M10 x 45mm HEX BOLT	4
38	PEC ARM BUMP STOP	2	122	M10 x 90mm HEX BOLT	2
39	ROUND BUFFER	2	123	M10 x 40mm SQUARE BOLT	2
40	LOCKING COLLAR	2			
41	PULLEY GUIDE	24			
42	PULLEY GUIDE WASHER	25			
43	PEC ARM FOAM ROLLER	2			
44	LEG UNIT FOAM ROLLER	4			
45	PRESS/BAR FOAM GRIP	6			
46	CROWN WEIGHT	1			
47	WEIGHT PLATE	7			
48	BACKREST	1			



Note

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

V-FIT-ST



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