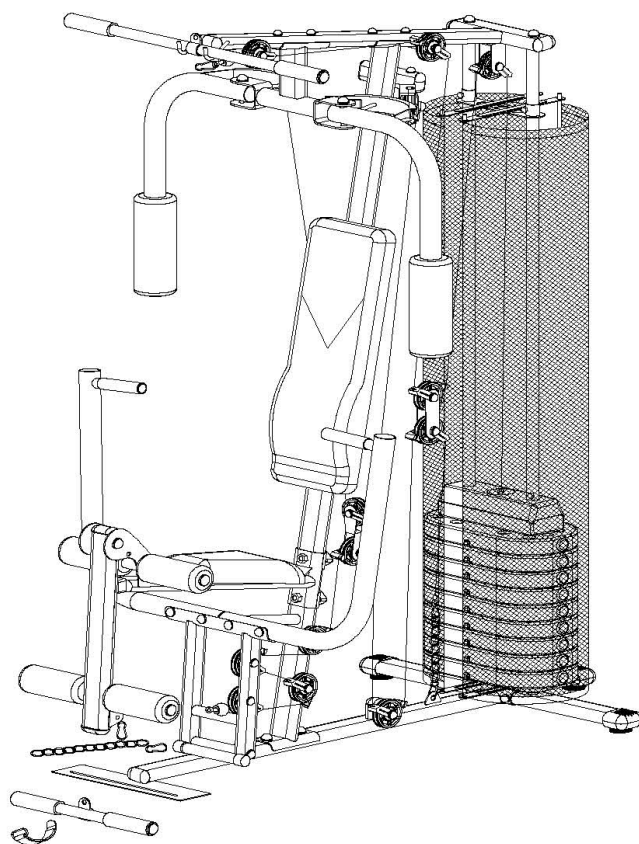




## USER MANUAL

### Homegym IN 133 EASY



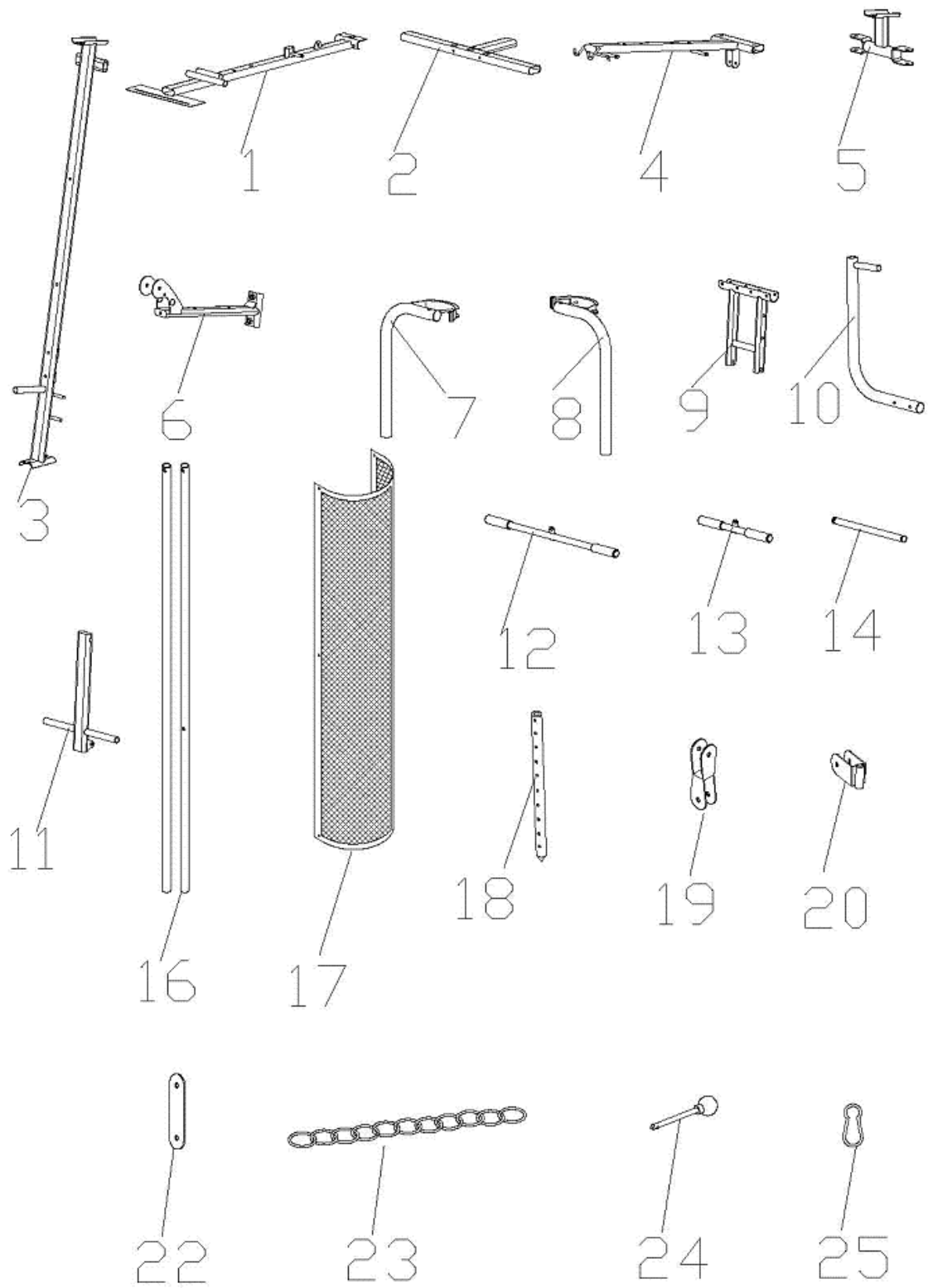
## **Safety**

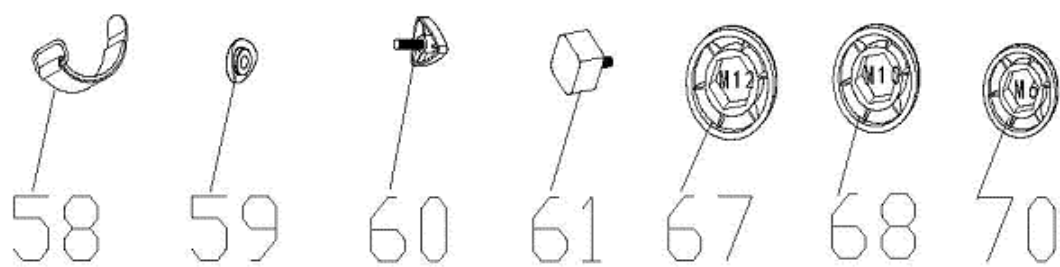
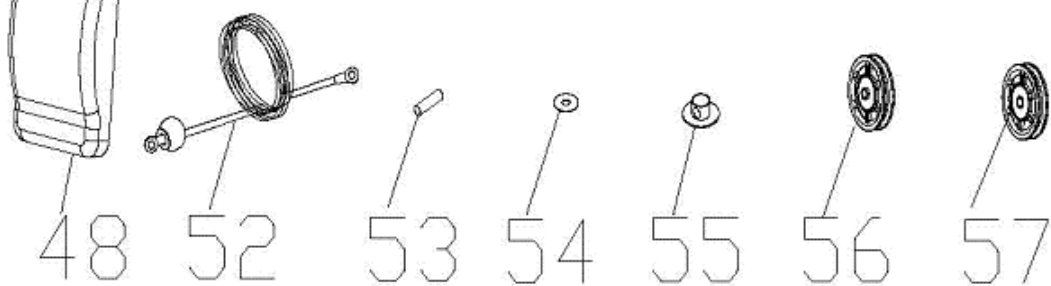
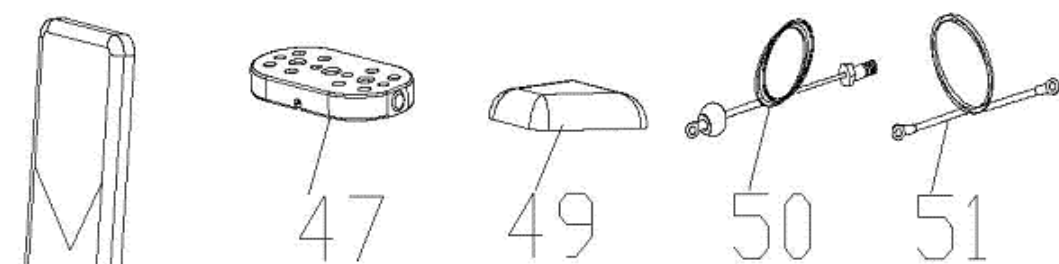
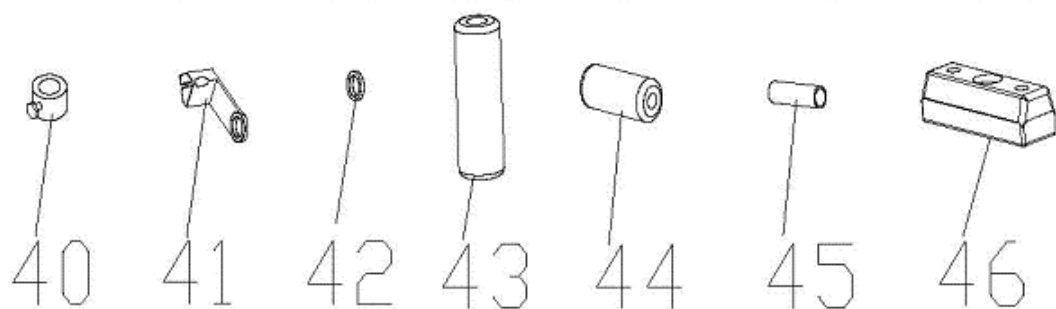
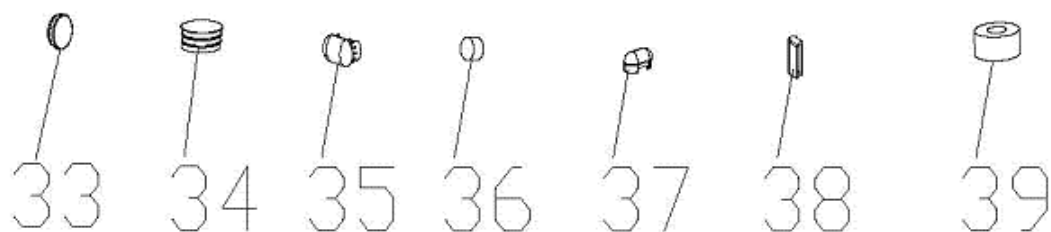
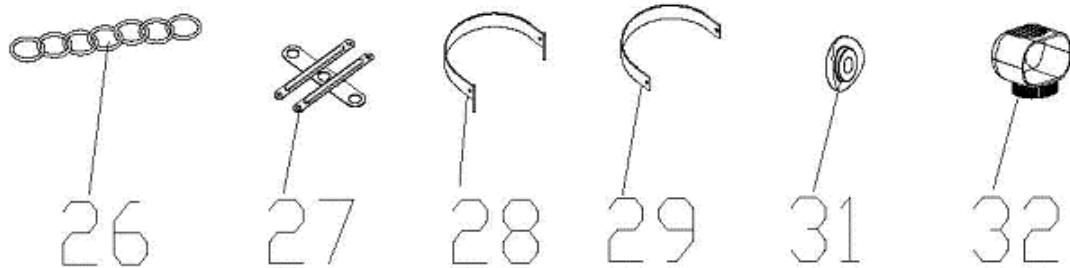
- please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your multi gym product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.
- Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not use.
- 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.
- Before use, always ensure that your multi gym 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.
- Do not exercise 30-60 minutes before or after meals.
- A thorough warm-up of the muscles is important in your training programme.

## **Storage and Use**

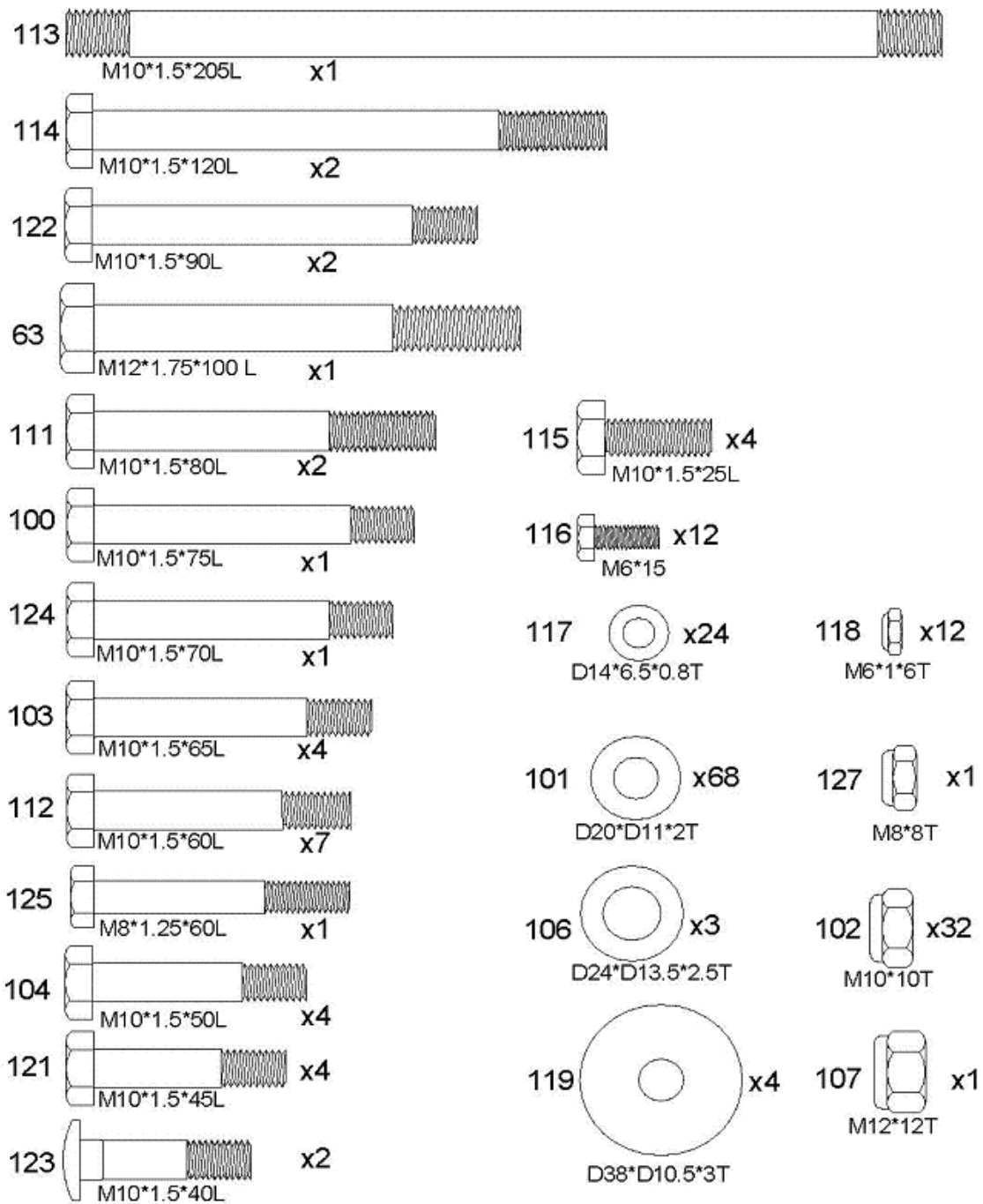
Your multi gym product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

# Parts drawing





## Screw drawing



## Part List

No.	Description	Q'ty
1	Main base	1
2	Stabilizer	1
3	Front vertical column	1
4	Upper column	1
5	Pectoral column	1

6	Seat post	1
7	Right butterfly arm	1
8	Left butterfly arm	1
9	Press arm support	1
10	Lower butterfly arm	2
11	Extension swing	1
12	Dorsal bar	1
13	Traction bar	1
14	Roller axles	1
16	Chrome guide	2
17	Weight protector plate	2
18	Weight selector	1
19	Weight selector	1
20	pulley column	2
22	Plates for pulleys	2
23	Chain (11)	1
24	Weight selector pin	1
25	Spring hook	5
26	Chain (7)	1
27	Weight protector support plate	2
28	Curve plate w/ pin for weight protector plate	4
29	Curve plate for weight protector plate	2
31	Metal sleeve D29*D10.2*D21.5	4
32	Oval rubber foot 30x70x47L	3
33	Round cap D1*17.5	10
34	Round plastic plug D45*16	6
35	Oval plastic plug 30x70x40L	6
36	Buffer D35*D25.5*24	3
37	Oval plastic plug 25*50*32L	3
38	Rubber shock protector	2
39	Round rubber stop D60*D26*26T	2
40	Metal holder D31.8*1.5T*30	2
41	Cable guide	26
42	Spacer for cable guide	26
43	Foam	2
44	Foam	4
45	Foam	6
46	Upper weight	1
47	Lower weights	7
48	Padded backrest	1
49	Seat	1
50	Selector bar cable	1
51	Butterfly arm cable	1
52	Lower pulley cable	1
53	Upper weight pin	1
54	Upper weight washer	1
55	Upper weight sleeve	1
56	Pulley Diam.72 (T=28)	7
57	Pulley Diam.72 (T=24)	7
58	Ankle strap	1
59	Metal sleeve D22*D15.5*D12.2D22*D15.5*D12.2	2
60	Triangle knob	2
61	Rubber cap 35*35*25	1
63	<a href="#">Bolt M12*1.75*100L</a>	1
67	Bolt cap M12	2
68	Bolt cap M10	61
70	Bolt cap M6	12
100	Bolt M10 x 75mm	1

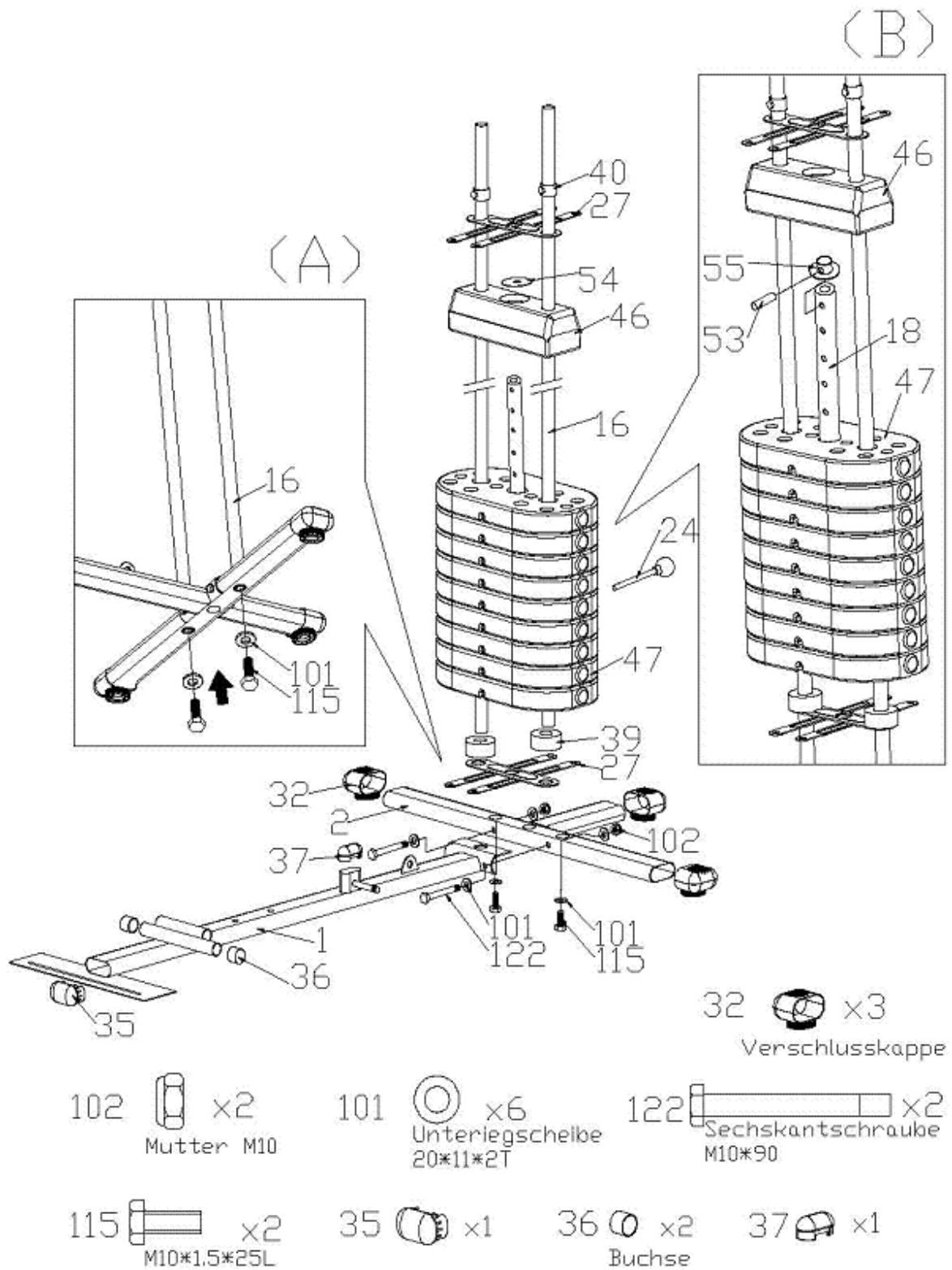
101	Washer Diam. 11	68
102	Nut M10	32
103	Bolt M10 x 65mm	4
104	Bolt M10 x 50mm	4
106	Washer Diam. 13.5	3
107	Nut M12	1
111	Bolt M10 x 80mm	2
112	Bolt M10 x 60mm	7
113	Bolt M10 x 205mm	1
114	Bolt M10X120mm	2
115	Bolt M10 x 25mm	4
116	Bolt M6 x 15mm	12
117	Washer	24
118	Nut M6	12
119	Washer D38*D10.5*3T	4
121	Bolt M10 *1.5 *45L	4
122	Bolt M10 *1.5 *90L	2
123	Bolt M10 *1.5 *40L	2
124	Bolt M10 *1.5 *70L	1
125	Bolt M8 *1.25 *60L	1
127	Nut M8*8T	1

## Assembly

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.

### STEP 1

- Join the main base (1) to the rear stabilizer (2) by using bolts (122), washers (101) and nuts (102).
- Place the rubber feet (32) on both ends of stabilizer (2) and the end of the main base (1), and put the plastic plug (35/37) onto the front the main base (1).
- Put a weight protector support plate (27) onto the rear stabilizer (2), place the two rubber stoppers (39) on top of this plate, insert the weight guides (16) through the buffers (39) and the metal plate (27) and join them to the rear stabilizer (2) by means of the bolts (115), the washers (101).
- Slide the weight plates (47) one by one through the weight guides (16). Then insert the weight selector (18) into the middle hole of the weight plates (47), put the upper weight sleeve (55) on top of weight selector (18) and fix them together by using the pin (53). Slide the upper weight (46) through the weight guides (16) and in such a way that the sleeve (55) and the pin (53) get located the upper weight (46).
- Place washer (54) on top of the upper weight (46), so the bolt on cable (50) can be connected later on.
- Slide the other weight protector support (27) and the metal holders (40) through the weight guides (16).
- Select the proper exercise weight by using the weight selector pin (24).



# FIG.1

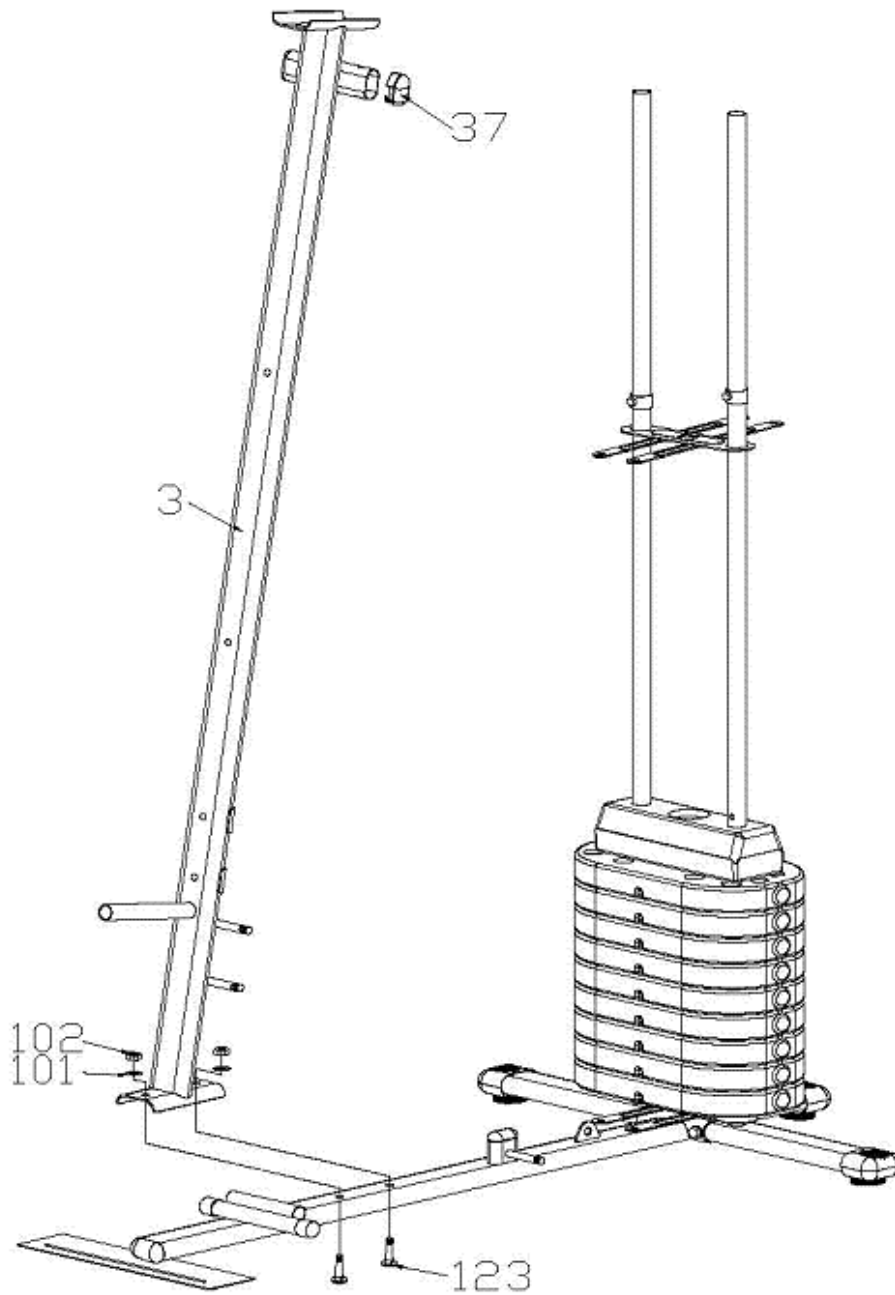
## STEP 2

- Place the front vertical column (3) onto the main base (1) by means of the bolts (123), the washers



(101) and the nuts (102).

- Put the plastic caps(37) and round caps (33) onto the front vertical column(3).

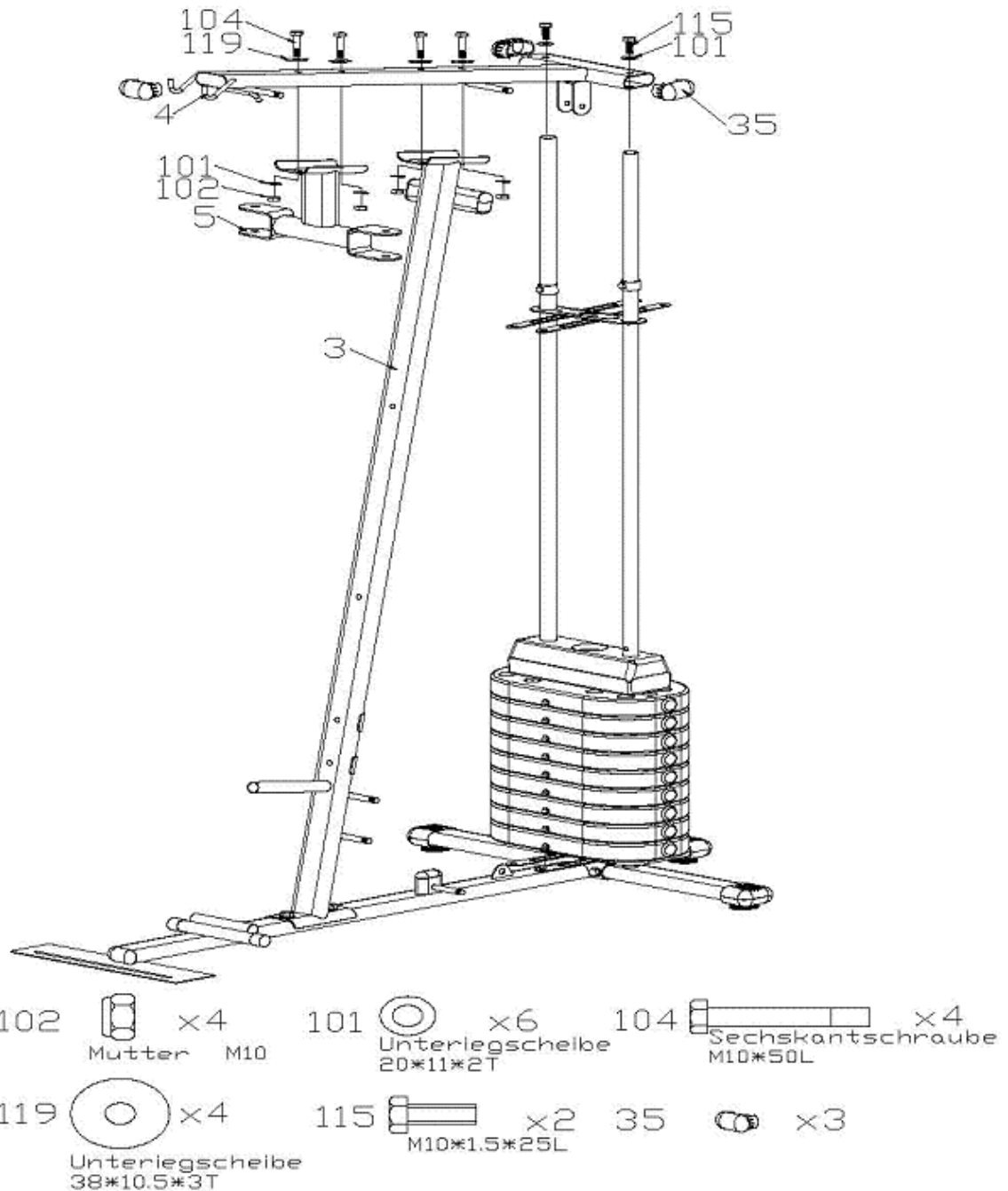


- |     |   |     |     |   |          |     |   |    |
|-----|---|-----|-----|---|----------|-----|---|----|
| 102 |  | x2  | 101 |  | x2       | 123 |  | x2 |
|     | Mutter  | M10 |     | Unterlegscheibe   | 20*11*2T |     | M10*1.5*40L   |    |
| 37  |  | x2  |     |   |          |     |   |    |

# FIG.2

STEP 3

- Connect the upper column (4) on top of the front vertical column (3), pectoral column (5) and the weight guides (16). Fasten the upper column (4) to the vertical column (3) and pectoral column (5) by means of bolts (104), the washers (119), the washers (101) and the nuts (102). Fasten the weight guides (16) to the upper beam (4) by means of the bolts (115), the washers (101).
- Put the plastic caps (35) onto the upper beam (4).

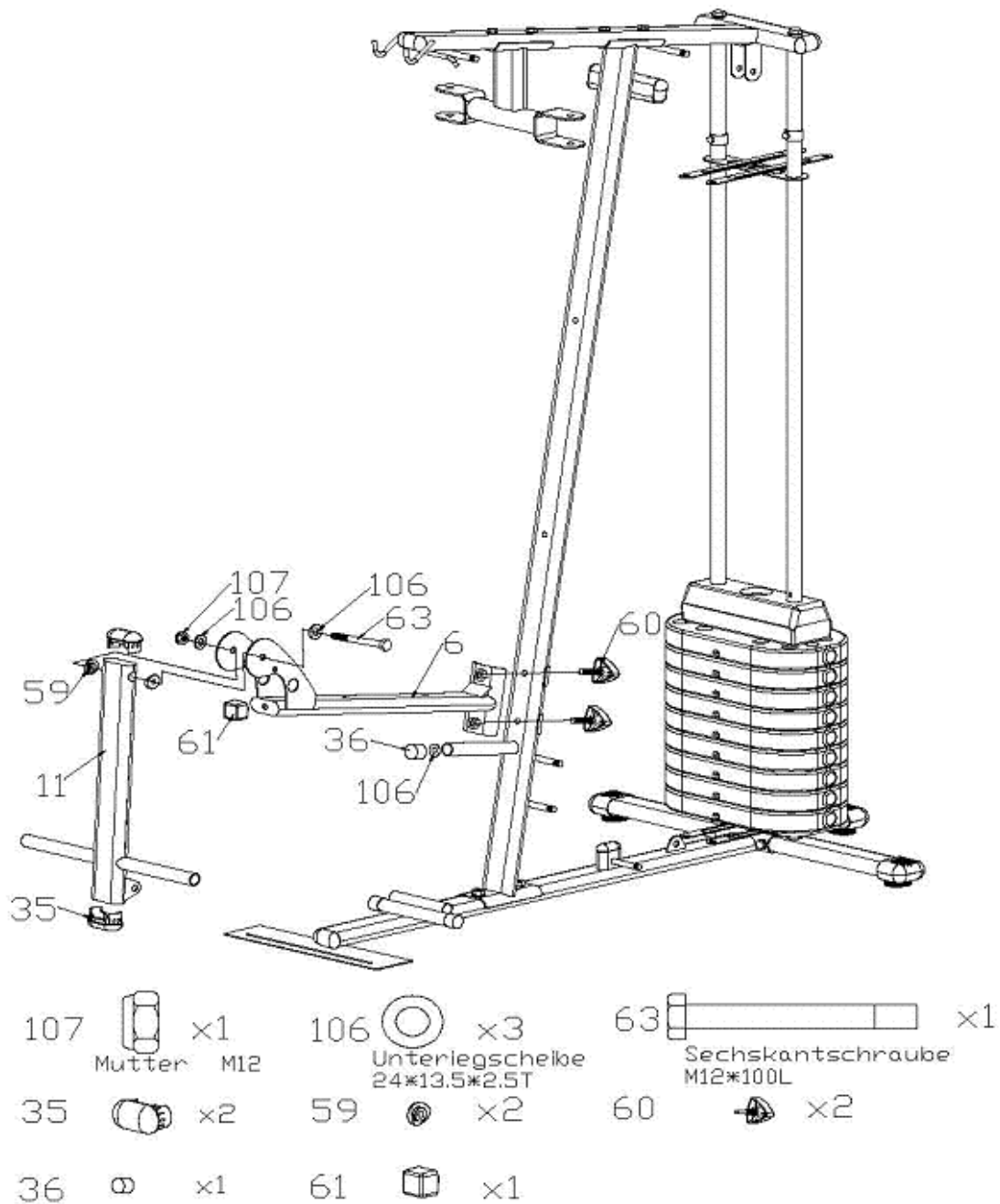


## FIG3

### STEP 4

Connect the seat support (6) to the vertical column (3) using the triangle knob (60), and place the plastic cap (61) onto the front.

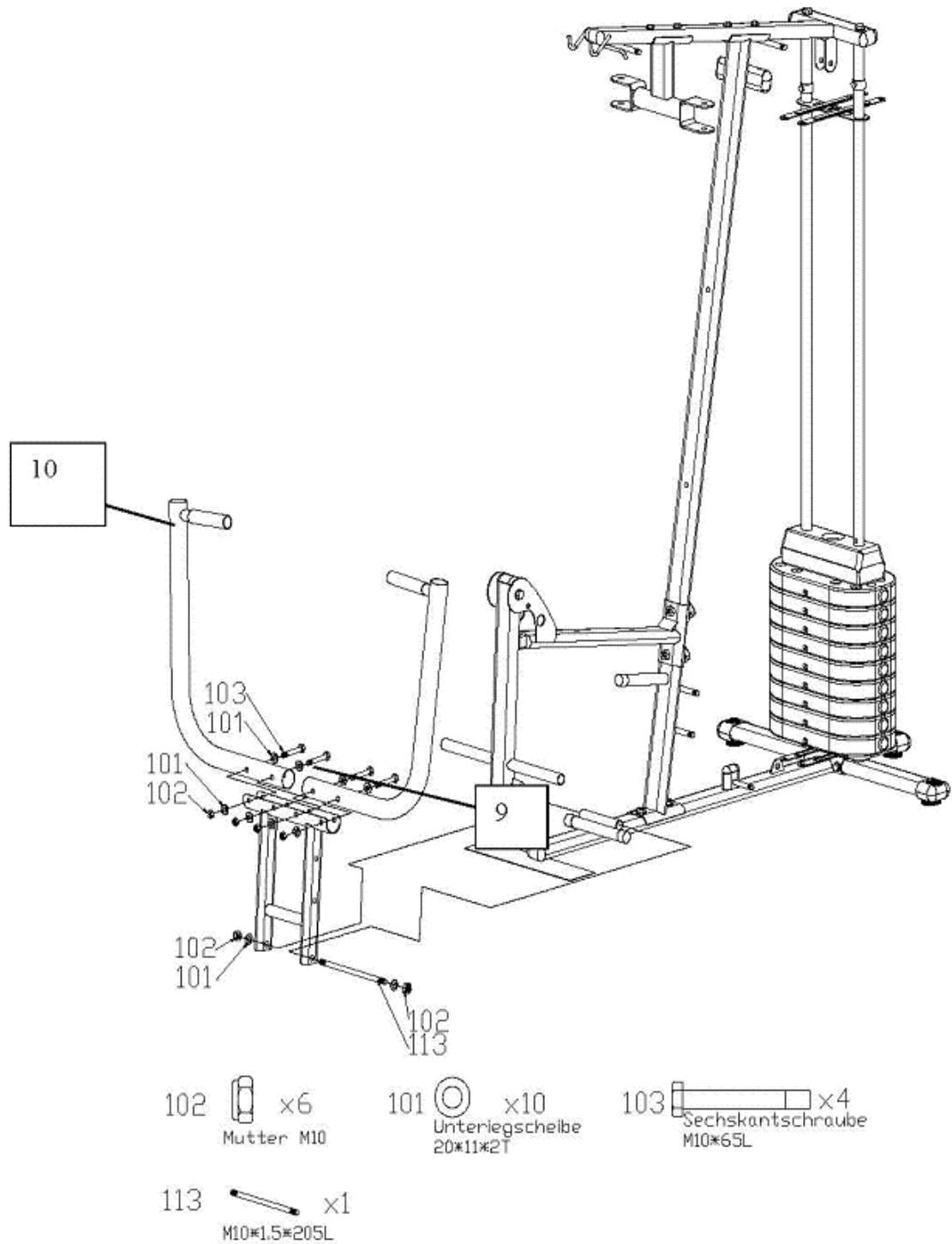
Press the bushings (59) into the leg extension (11). Join the leg extension (11) to the seat support (6) by means of bolt (63), washers (106), and the nut (107). Plug the plastic caps (35) on both ends of leg extension (11), and stick the rubber protector (37) on it. Press the washer (106) and buffer (36) onto the tube of seat support.



# FIG.4

## STEP 5

- Place the press arm support (9) onto the main base (1) by using the bolt (113), the washers (101), and the nut (102).
- Connect the press arms (10) to the support (9) by means of the bolts (103), the washers (101) and the nuts (102).



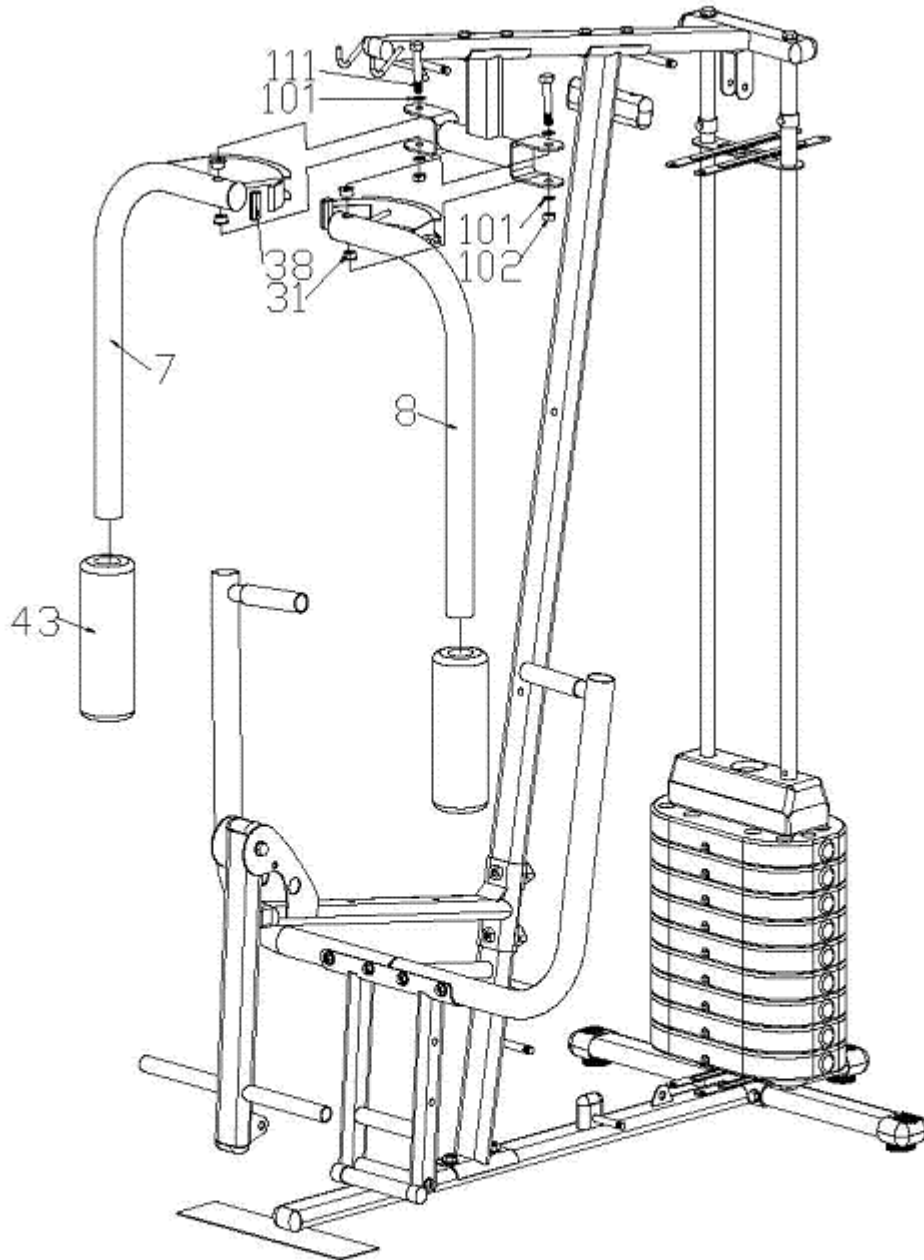
**FIG.5**

**STEP 6**

Press the bushings (31) into the holes of the butterfly arms (7&8). Join the butterfly arms (7&8) to the pectoral support (5) by means of the bolts (111), the washers (101), and the nuts (102).

Place the rubber stoppers (38) on the rear of the pectoral support (5), so they can avoid the butterfly arms from hitting directly against the metal.

slide the foams (43) onto the straight part of the butterfly arms.



102		x2	101		x4	111		x2
	Mutter M10			Unterlegscheibe 20*11*2T			Sechskantschraube M10*80L	
31		x4	38		x2			

## FIG.6

### STEP 7

- Attach the backrest (48) to the vertical beam (3) and the seat (49) to the seat support (6), using bolts (121) and washers (101).
- Pass the roller axles (14) through the holes located on the lower and upper part of the leg extension (11), and then just slide the foam rolls (44) onto both sides of the roller axles.

### STEP 8

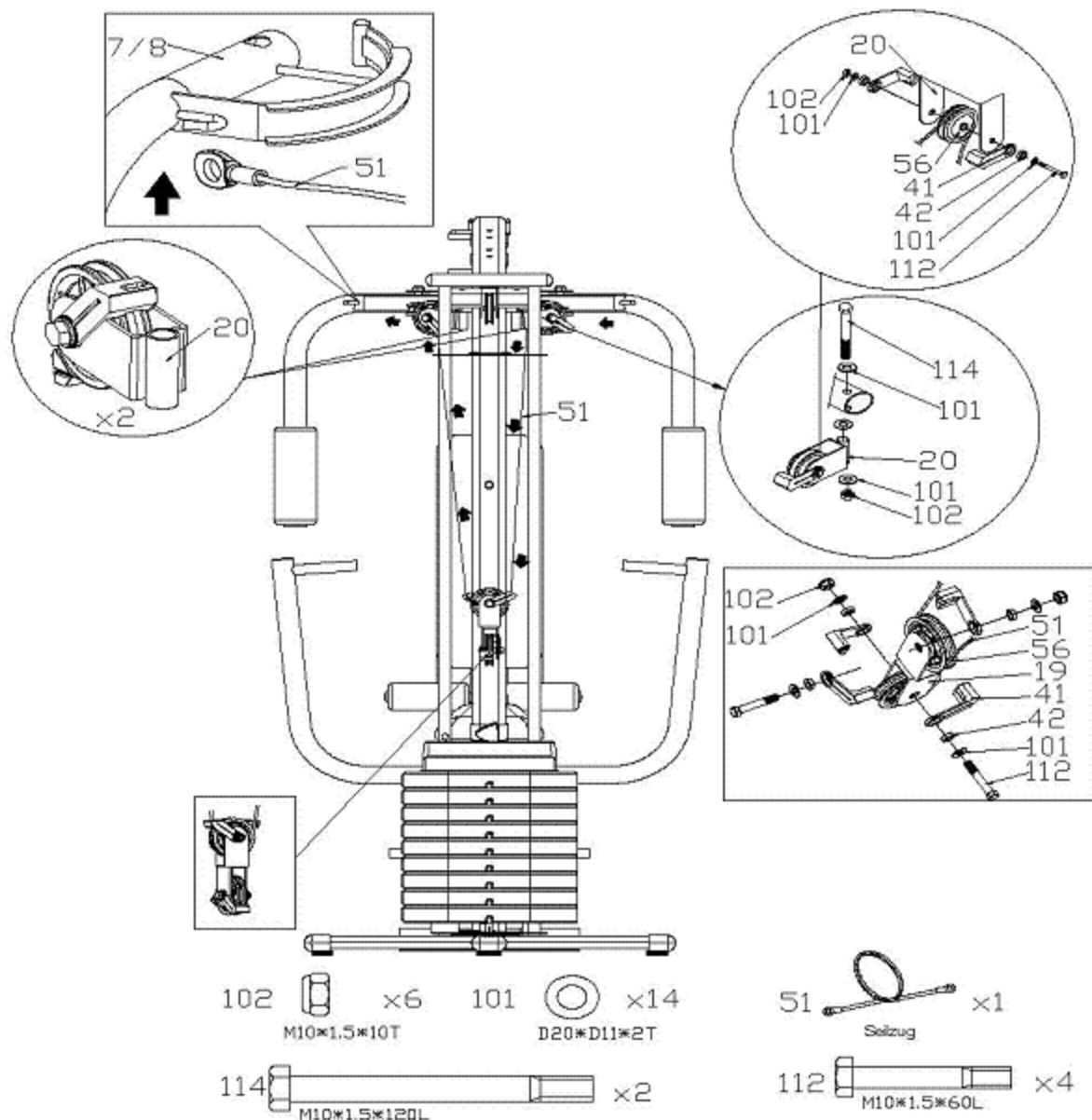
How to assemble the pulleys:

Pulleys type A): Attach the press arm pulleys set to the press arm support (9), by means of the bolt (112), the pinching finger protectors (parts 41 & 42), the pulley (57), the washers (101) and the nut (102) for the upper pulley, and with the bolt (112), the pinching finger protectors, the pulley (57), the washers (101) and the nut (102) for the lower pulley.

Pulleys type B): Attach the simple pulleys to the threaded rod of the home gym by using a washers (101), pinching finger protectors (parts 41 & 42), the pulley (57) and the nut (102).

Pulleys type C): Attach the double pulleys by using the bolts type (112), the washers (101), the pinching finger protectors (parts 41 & 42), the pulleys (56) and the nuts (102).

Note: The fort plates (20 & 22) have to be assembled on both right and left side of the upper part of the vertical support (3) using bolts (114), washers (106) and nuts (107), as shown in the upper right corner figure on STEP 8. The assembly of the pulley is just as on pulleys type: B.



**FIG.8**

**STEP 9 & STEP 10**

How to assemble the cables,

**CABLE (50):** Connect the screw at tip of this cable to the upper weight (46), pass the other tip of the cable above pulley (a), go down and pass it underneath pulley (b), go up and pass it over pulley (c) and from there straight to pulley (d).

**CABLE (51):** Join one end of this cable to butterfly arm (7), by means of the bolt (115), a washer (101), the grommet on the tip of the cable (51), another washer (101), then on the other side of the butterfly arm's arc, put another washer (101) and a nut (102). Take the other end of this cable and pass it over pulley (a1), go down and pass the cable underneath to pulley (b1), then up again and over pulley (c1) and then connect this tip of the cable just as done the first time.

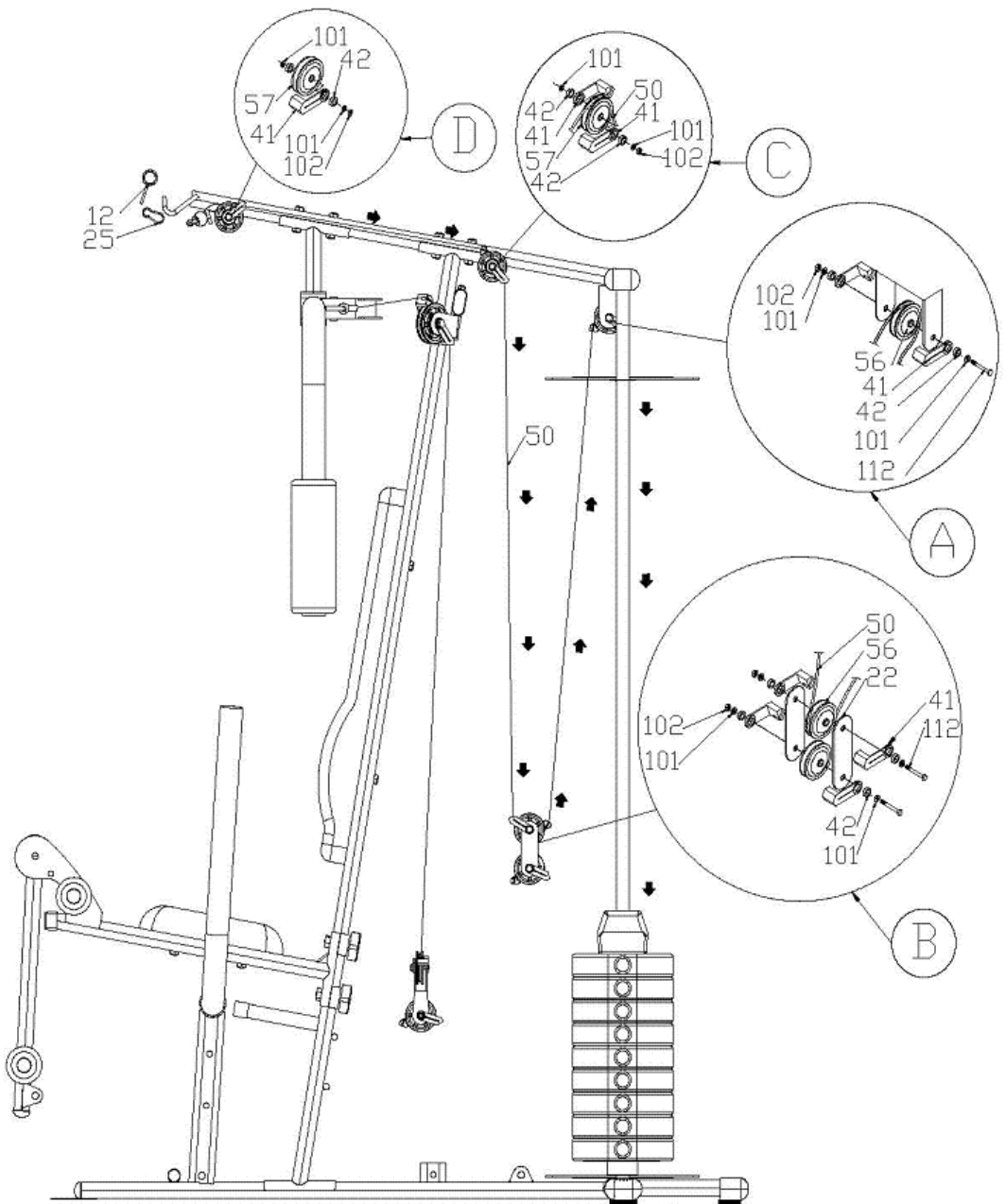
**CABLE (52):** Pass one end of this cable (the one without the ball shape rubber buffer) underneath pulley (a2), then go to pulley (b2) loop the cable over it and to pulley (c2) loop this pulley again, then go to pulley (d2) passing the cable underneath this pulley, then go up to pulley (g2), then down so you can secure the end of this cable to the metal frame of the machine, using the spring hook (25) and the chain (26) as shown in the picture.


**GENERAL EXPLAINING ABOUT CABLE AND PULLEY:**

**CABLE (50) goes through from pulley d , c, b, to a as drawing marked**

**CABLE (51) goes through from pulley a1, b1 to c1 as drawing marked**

**CABLE (52) goes through from pulley a2, b2, c2, d2, e2, f2 to g2 as drawing marked**



102  x5  
M10\*1.5\*10T


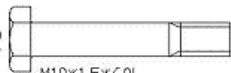
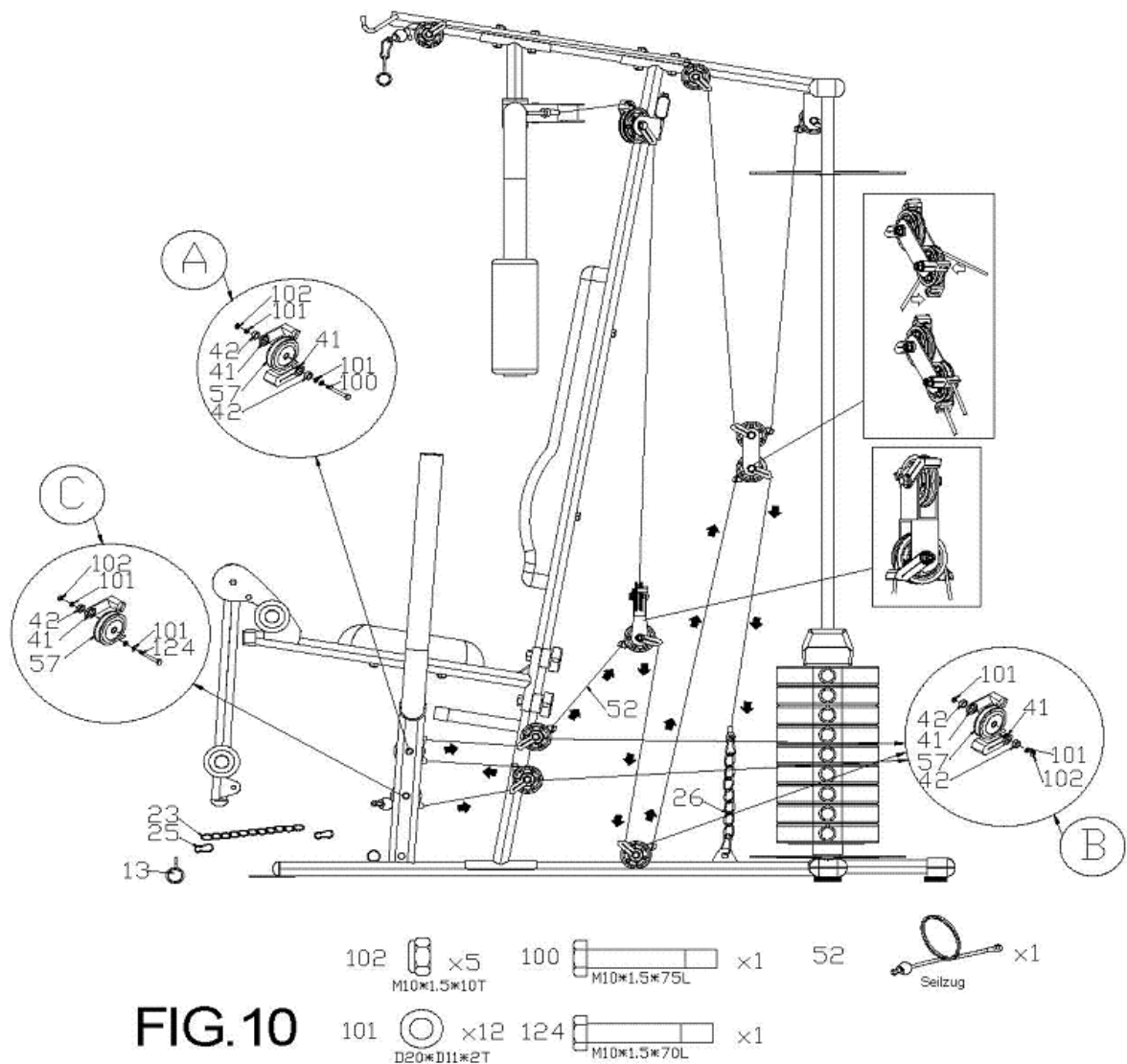
50  x1  
Seilzug

FIG.9

101  x10  
D20\*D11\*2T

112  x3  
M10\*1.5\*60L





**FIG.10**

**STEP 11 & STEP 12**

Weight protectors and accessories assembly

- Once the cables are assembled, assembling first the curved plates with pin (28) on top and base of both weight protectors (17), and the curved plate (29) in the middle of the weight protector, by means of the bolts (116), the washers (117) and the nuts (118).
- Then insert the weight protectors on both top and base metal supports (27), and adjust and fasten them properly by means of the metal holders (40).
- If you want to exercise with the upper pulley, just hook the dorsal bar (12) to the selector bar cable (50) by using a spring hook (25).
- If you want to exercise with the lower pulley, take off the whole set of seat pad and just hook the traction bar (13) to the lower pulley cable (52) by

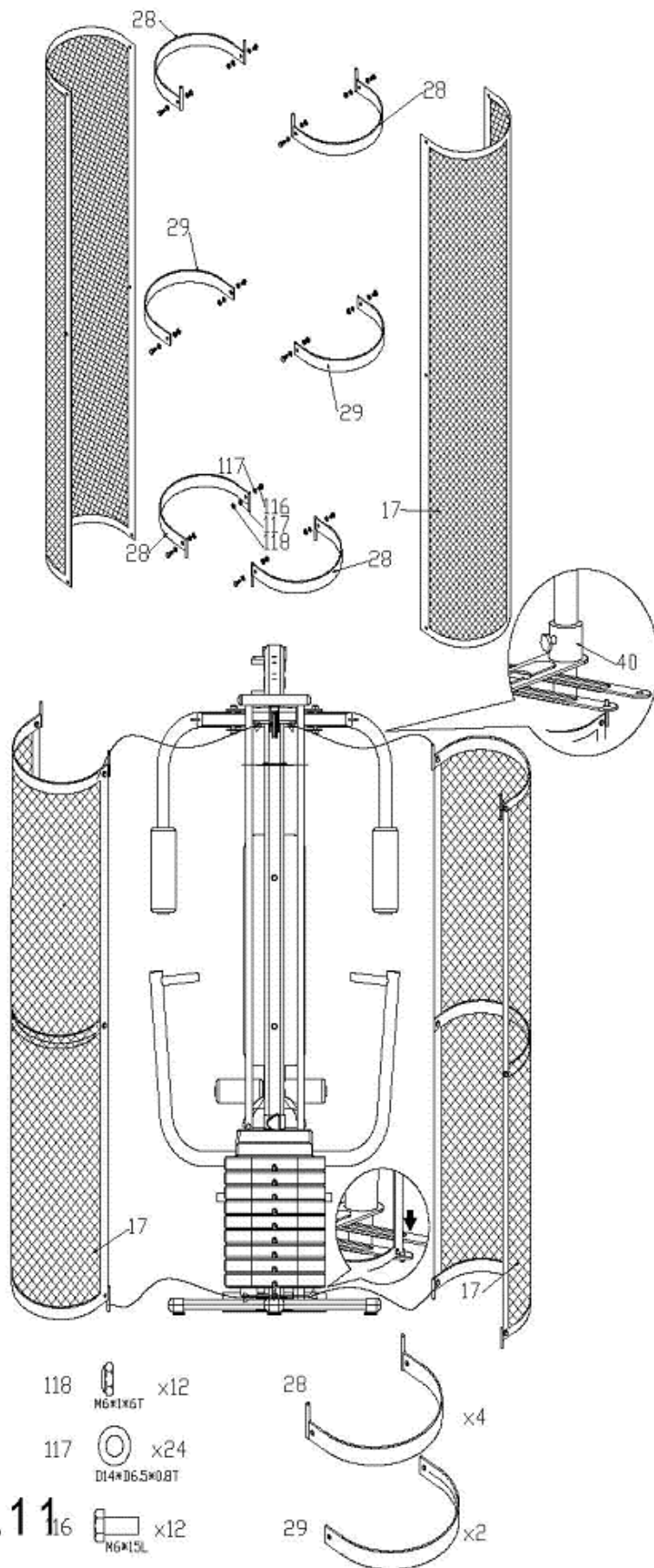
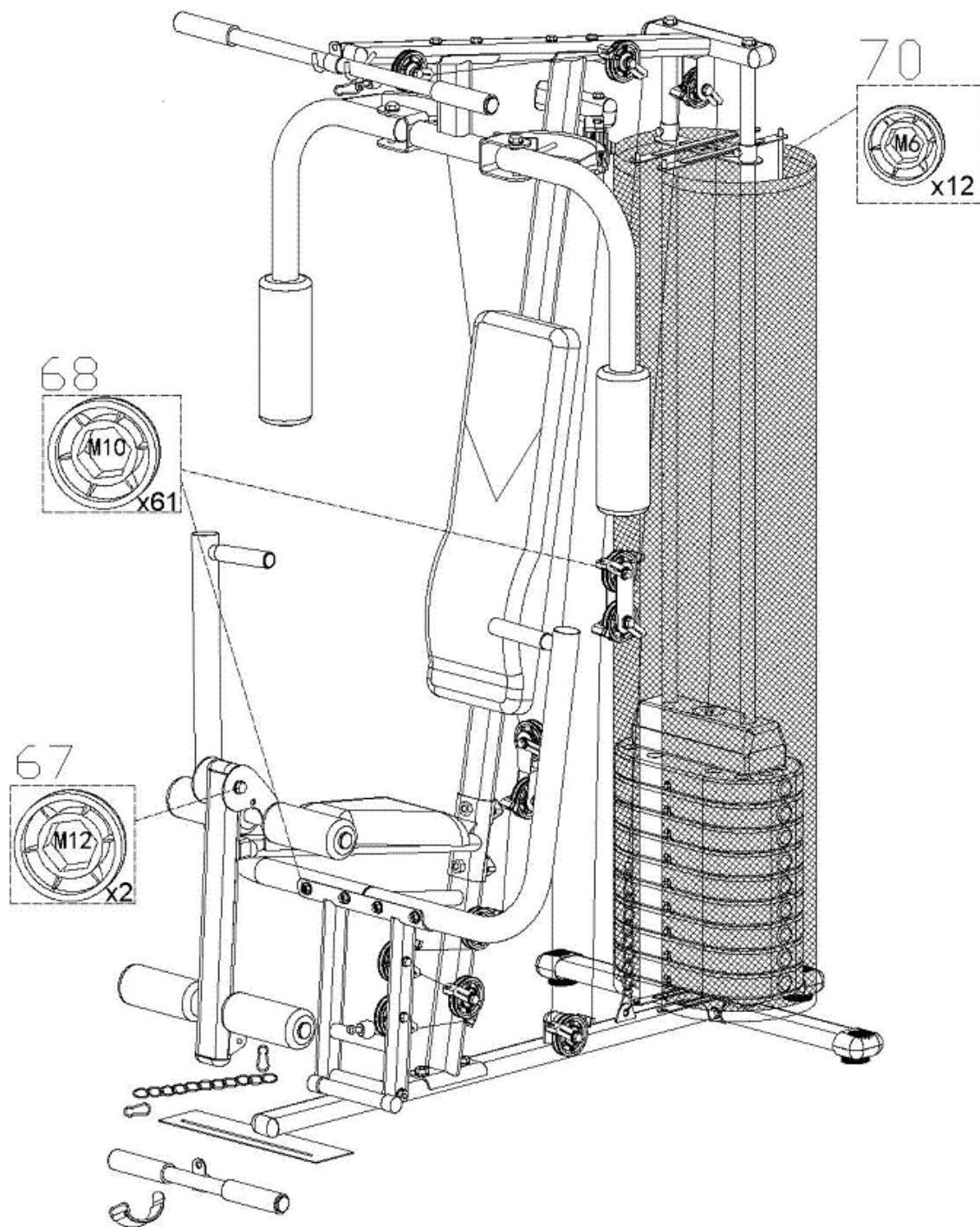


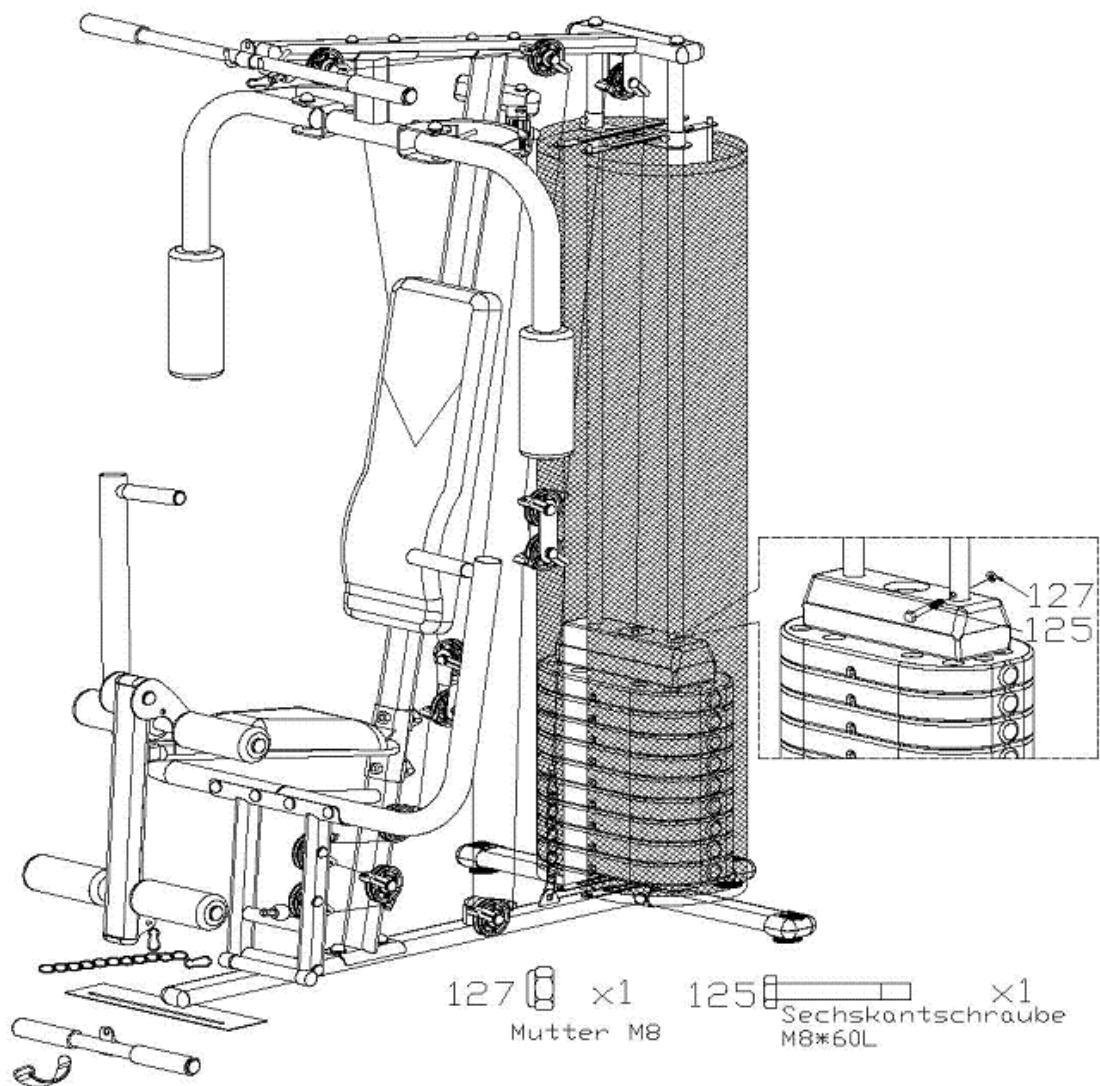
FIG. 11



# FIG.12

**STEP 13**

For safety purpose, when no exercise, please fix the weight plates by using the bolt (125) and nut (127).



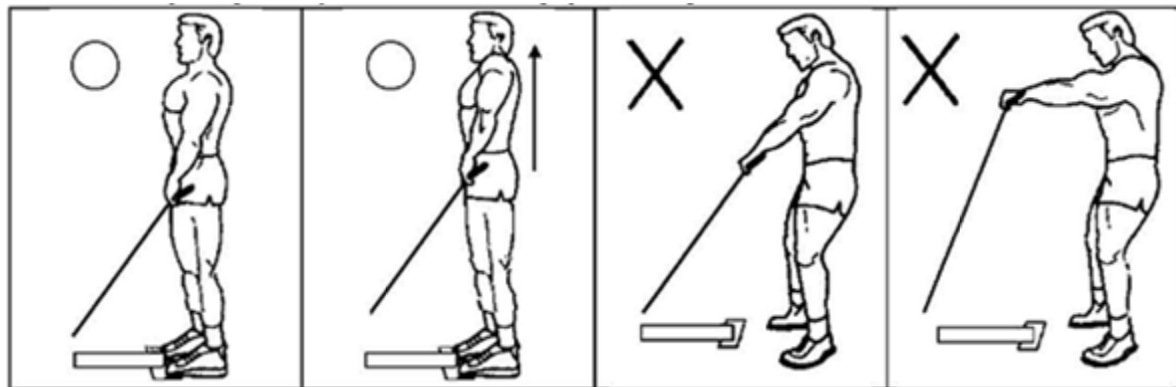
**FIG.13**

**Training Instruction**

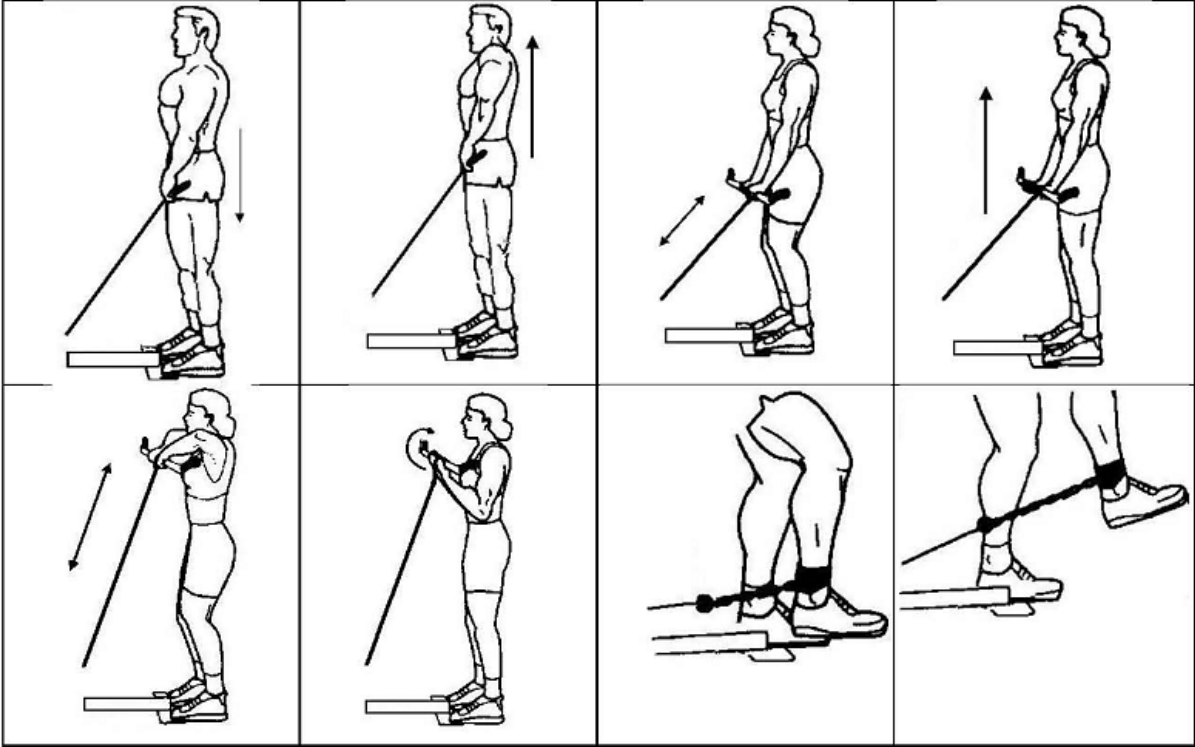
**PRINCIPALS OF EXERCISE**

- How to Stand?

Please always stand your feet on the Extend Wing of Front Base Beam as shown



To avoid body injuries, please follow the following instruction.



NOTE : Please move out the whole set of seat pad before you start to exercise the above function.

**Training Instruction**

