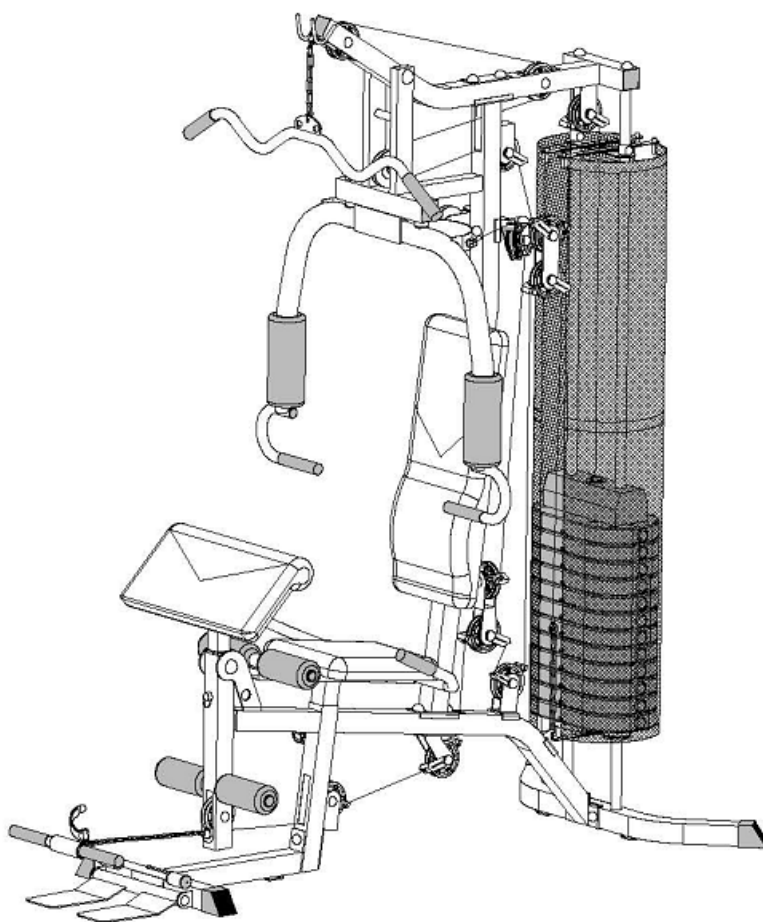




USER MANUAL

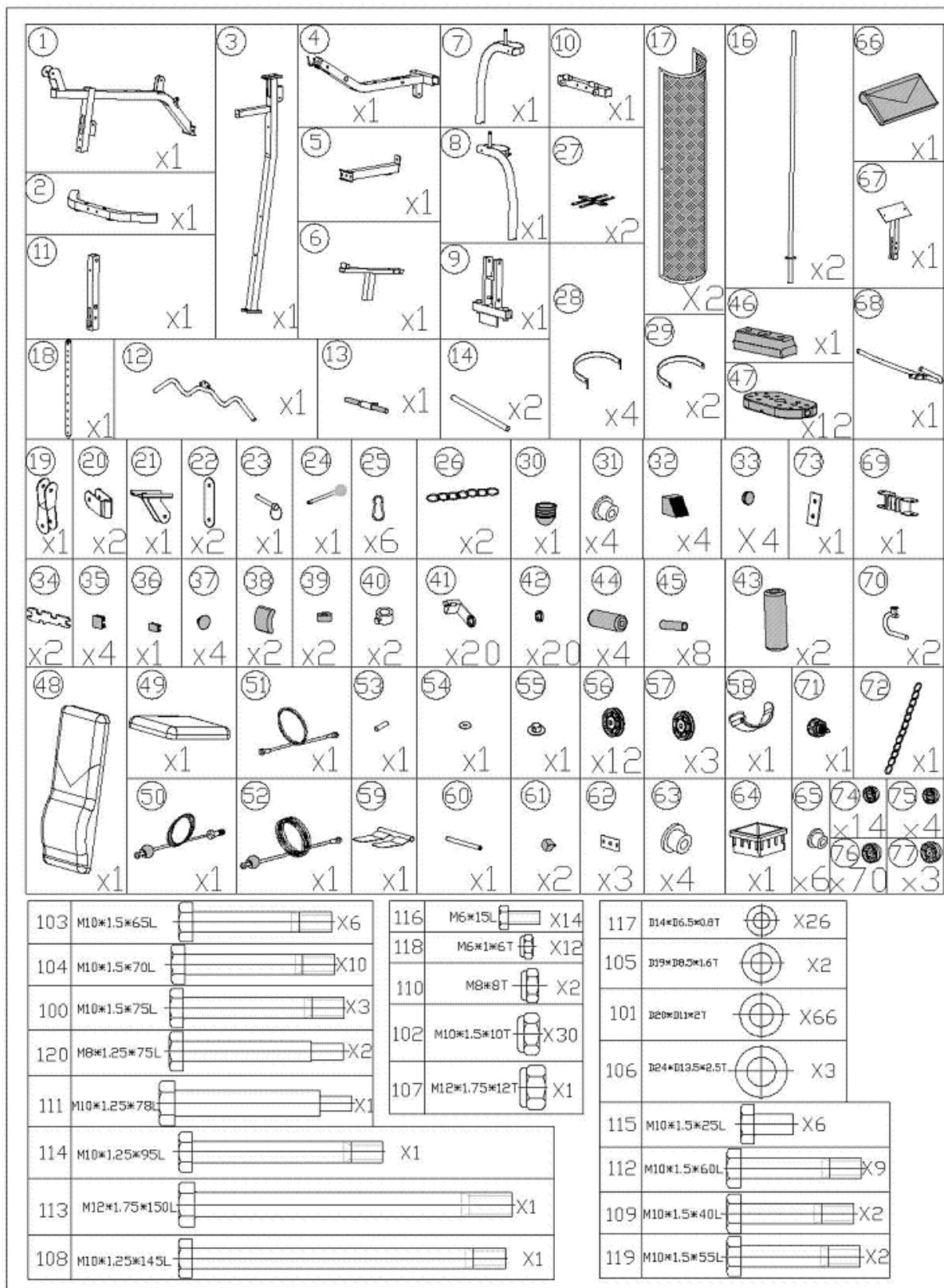
IN 723 Multigym inSPORTline STAR



PART LIST

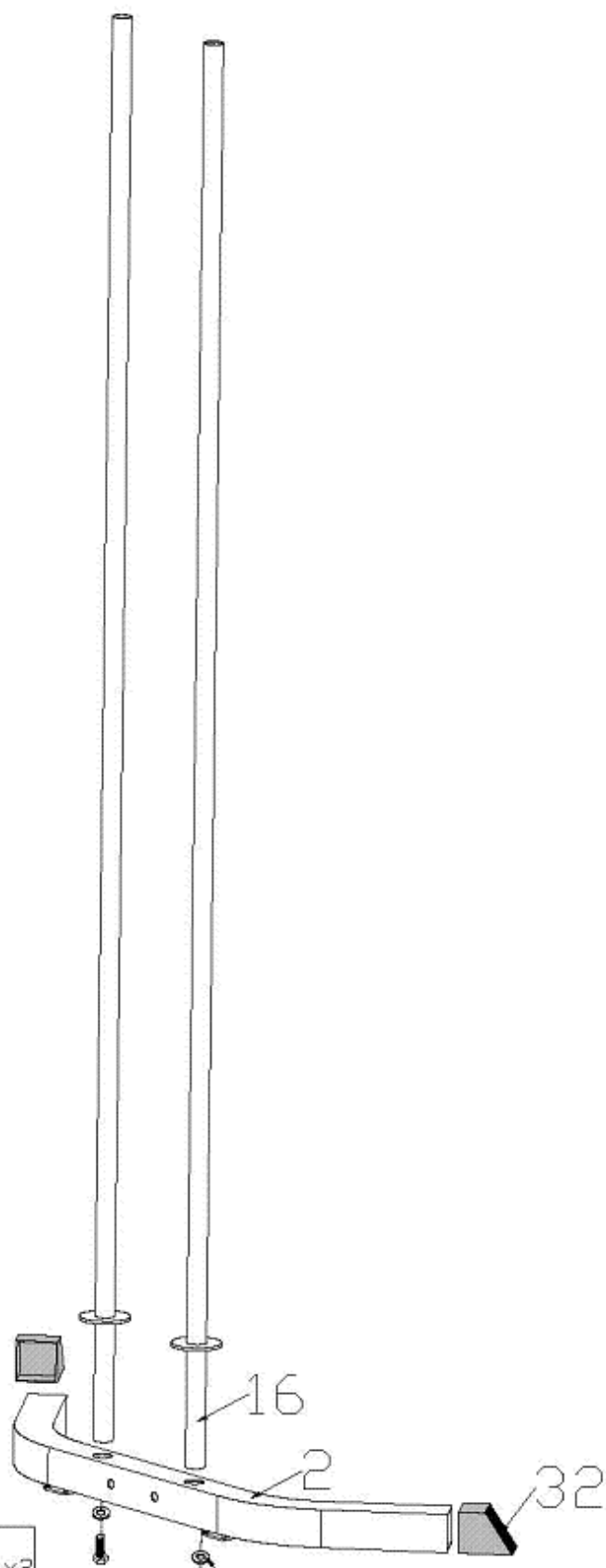
Part no	Description	Q'ty
1	Base frame	1
2	Rear stabilizer	1
3	Front vertical support	1
4	Upper beam	1
5	Front stabilizer	1
6	Seat support	1
7	Right butterfly arm	1
8	Left butterfly arm	1
9	Butterfly arm support	1
10	Foot plate fixing beam	1
11	Leg curler	1
12	Upper pulling bar	1
13	Lower pulling bar	1
14	Foam roller	2
16	Weight guidance rod	2
17	Weight protector	2
18	Weight selecting bar	1
19	Double pulley support	1
20	Single pulley support	2
21	Hooking plate	1
22	Pulley fixing plate	2
23	pin	1
24	selecting rod	1
25	hook	6
26	Chain (7 links)	2
27	Cross plate	2
28	Cover fixing plate with rod	4
29	Cover fixing plate	2
30	End cap for weight selecting bar	1
31	Bushing D29XD12.1x9T	4
32	foot cap	4
33	Round plastic cap D1 1/4"x15L	4
34	Tool	2
35	Square plastic cap 50x50	4
36	Square plastic cap 25x50	3
37	Round plastic cap D25.4xD65	4
38	Buffer R23x35x35	2
39	Round buffer D60xD26x2T	2
40	Fixing sleeve	2
41	Cable guidance plate	20
42	Plastic ring for cable guidance	20
43	foam	2
44	foam	4
45	foam	8
46	Upper weight plate	1
47	Lower weight plate	12
48	backrest	1
49	seat	1
50	Cable (weight—upper beam)	1
51	Cable (butterfly arms)	1
52	Cable (leg curler)	1
53	Weight pin	1




54	Weight washer	1
55	Weight sleeve	1
56	Raised pulley	12
57	Flat pulley	3
58	Ankle strap	1
59	Foot plate	1
60	Axle for foot plate	1
61	Rubber buffer	2
62	Reinforcing board	3
63	Bushing D31.8xD16.2x7T	4
64	Square hollow cap	1
65	Bushing D18xD10X14.5	6
66	Arm curl pad	1
67	Arm curl support	1
68	Hand grip	1
69	Support of single pulley support	1
70	Butterfly hand grip	2
71	Spring knob	1
72	Chain (12 links)	1
73	Fixing plate	1
74	Screw cap M6	14
75	Screw cap M8	4
76	Screw cap M10	70
77	Screw cap M12	3
78	Cap	2
100	Bolt M10*75L	3
101	Flat washer D20*D11*2T	66
102	Nylon nut M10	30
103	Bolt M10*65L	6
104	Bolt M10*70L	10
105	Flat washer D19*D8.5*1.6T	2
106	Flat washer D24*D13.5*2.5T	3
107	Nylon nut M12	1
108	Bolt M10*145L	1
109	Bolt M10*40L	2
110	Nut M8*8T	2
111	Bolt M10*80L	1
112	Bolt M10*60L	9
113	Bolt M12*150L	1
114	Bolt M10*95L	1
115	Bolt M10*25L	6
116	Bolt M6*15L	14
117	Flat washer D14*D6.5*0.8T	26
118	Nylon nut M6	12
119	Bolt M10*55L	2
120	Bolt M8*75L	2



INSTRUCTION ASSEMBLY:

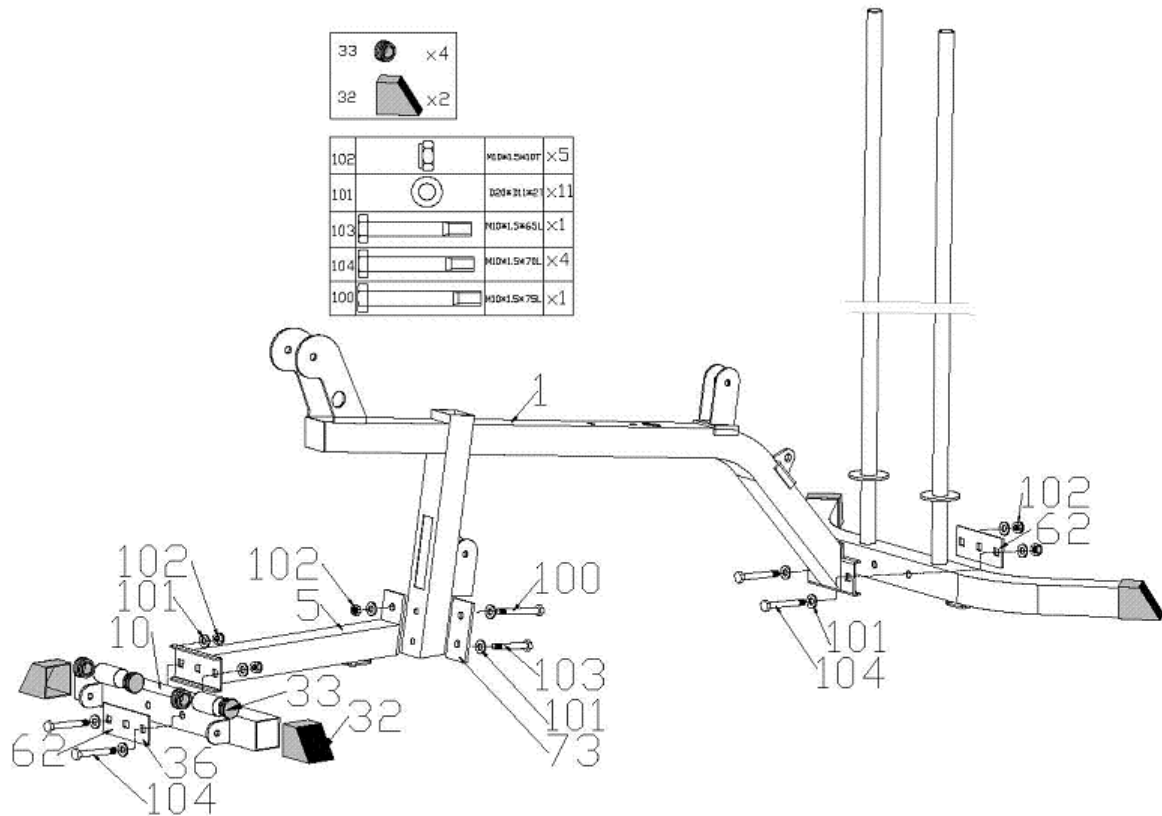
STEP 1:



32		x2
101		320x315x27 x2
115		110x15x2SL x2

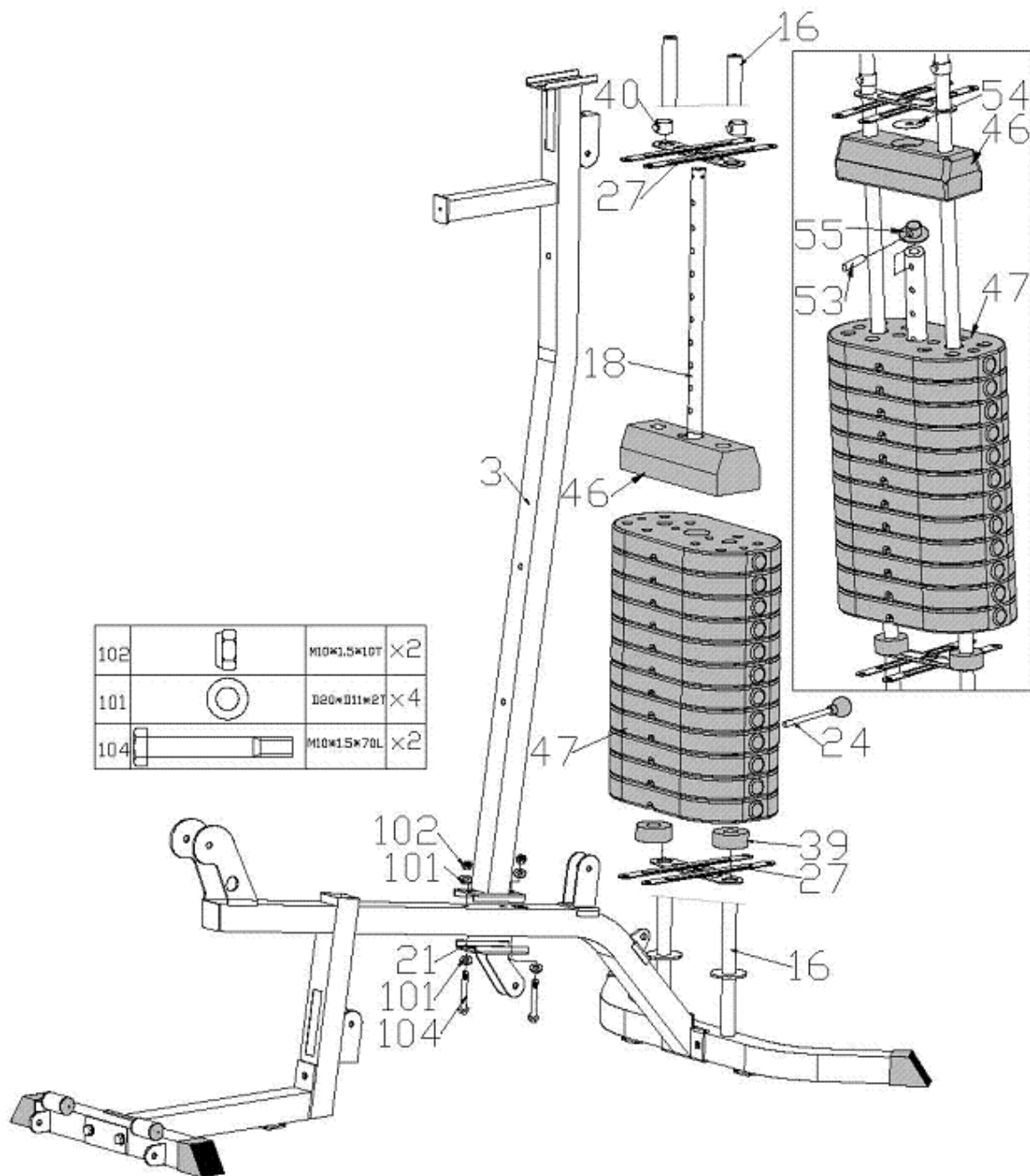
Fix the rear stabilizer(2) and 2 weight guidance rods(16) by using 2 flat washers(101), 2 bolts(115) and 2 foot caps(32).

STEP 2



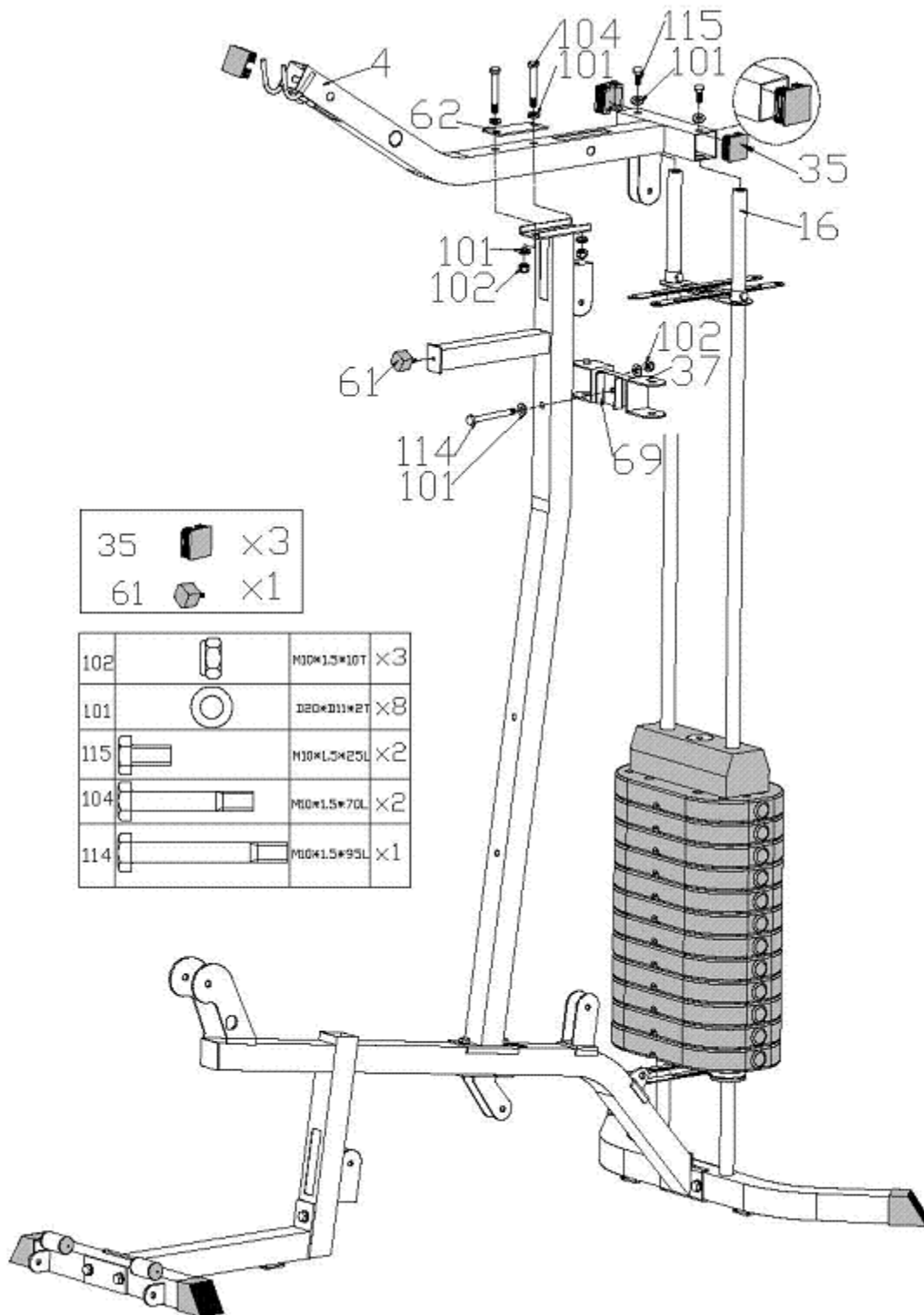
- 8. Fix the rear stabilizer and base frame(1) by using reinforcing board(62),flat washer(101),nylon nut(102) and bolts(104).
- 9. Fix the foot plate fixing beam (10) and front stabilizer(5) by using reinforcing board(62),flat washer(101),nylon nut(102) and bolts(104), and then assemble the foot cap(32)and round plastic cap(33) to the foot plate fixing beam(10).
- 10. Fix the base frame and front stabilizer by using the fixing plate(73),flat washer(101),bolts(103 & 100) and nylon nut(102).

STEP 3



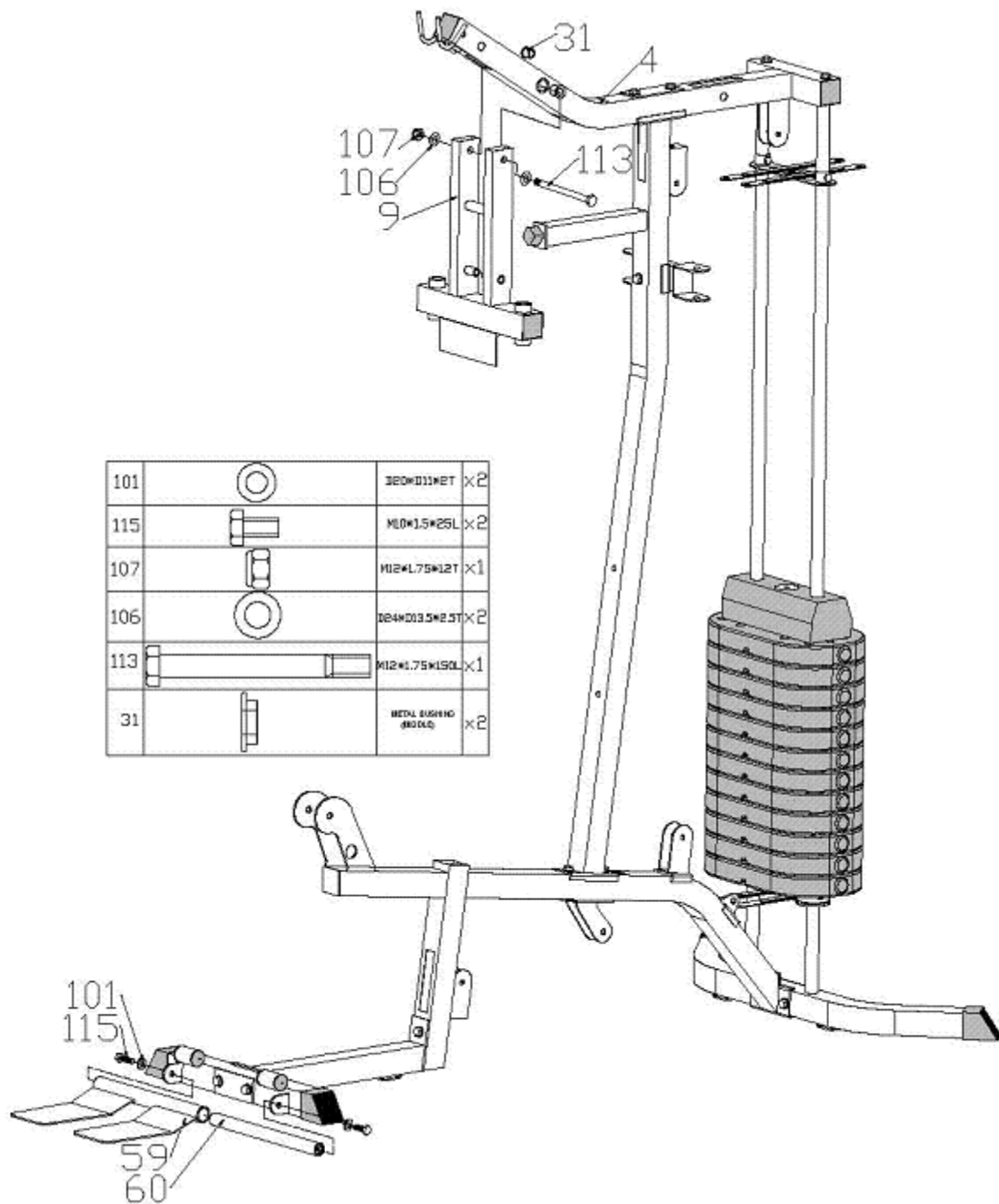
- Fix the front vertical support(3), base frame(1) and hooking plate(21) by using 2 nylon nuts(102), 4 flat washers(101),and 2 bolts(104).
- Assemble the cross plate (27), 2 round buffers(39) from the bottom , then assemble 9 lower weight plates(47) and 1 upper weight plate(46) through the weight guidance rod(16). Insert the weight selecting bar(18) through the hole of weights and fix the weight sleeve(55) down from the upper weight plate(46) by using the weight pin(53) and the weight washer(54). Finally put the cross plate(27) and 2 fixing sleeves(40) on the upper bottom of the weight guidance rod(16). Please noted: the weight pin (53) through the weight sleeve (55) at the first top hole of weight selecting bar (18) . The parts of weight pin (53), weight pin (53) and flat washer (54) all needed otherwise you can't use the upper weight plates separately.

STEP 4



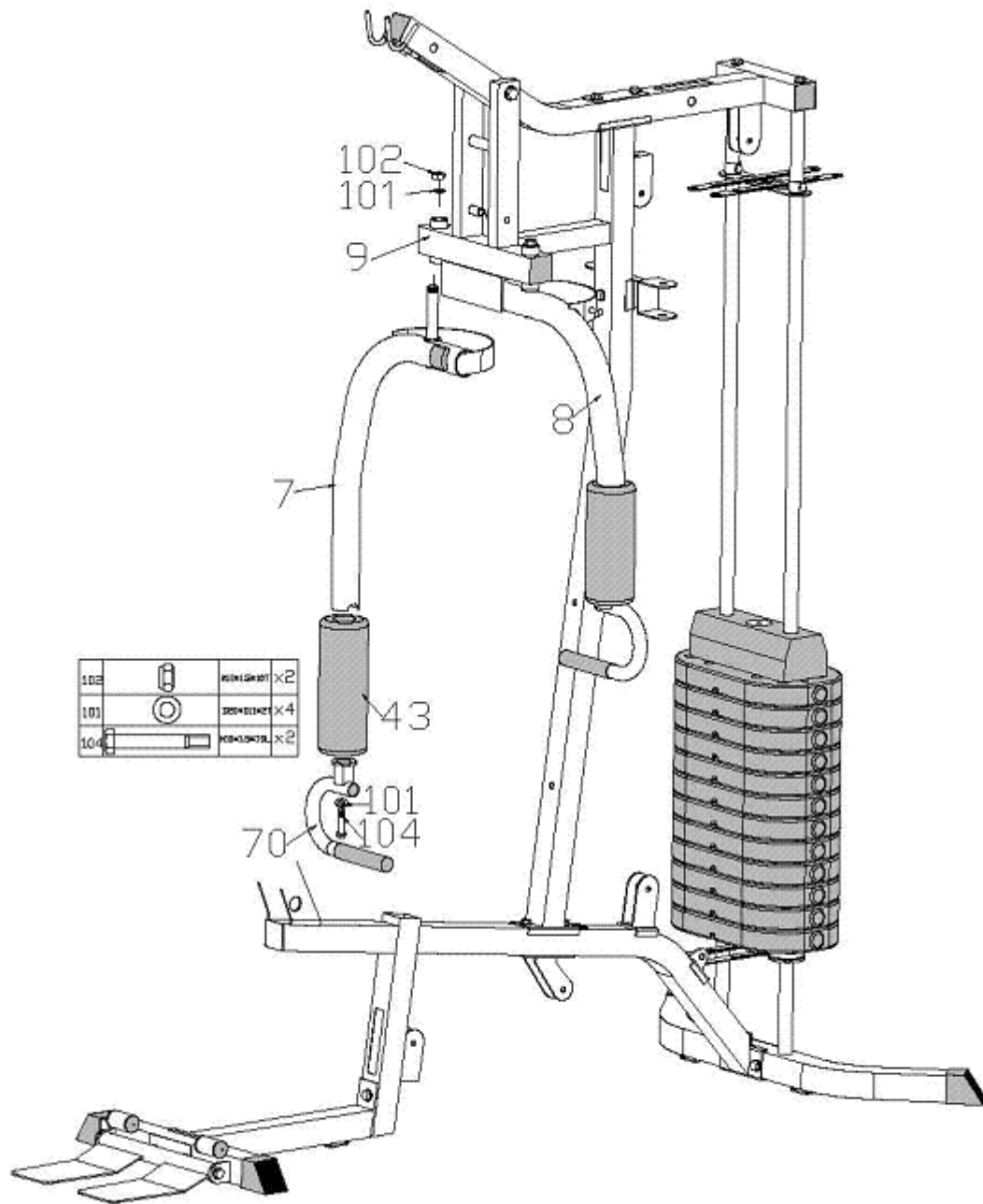
- Assemble the upper beam(4), onto the front support(31), weight guidance rod by using 3 square plastic caps(35), then sequentially with 2 bolts(104), 4 flat washers(101), 1 reinforcing board, 2 nylon nut(102); 2 bolts(115), 2 flat washers(101), and then fix the rubber buffer onto the front vertical support(3).
- Fix the support of single pulley support(69) to the front vertical support by using 1 bolt(114), 2 flat washers(101) and 1 nylon nut(102).

STEP 5



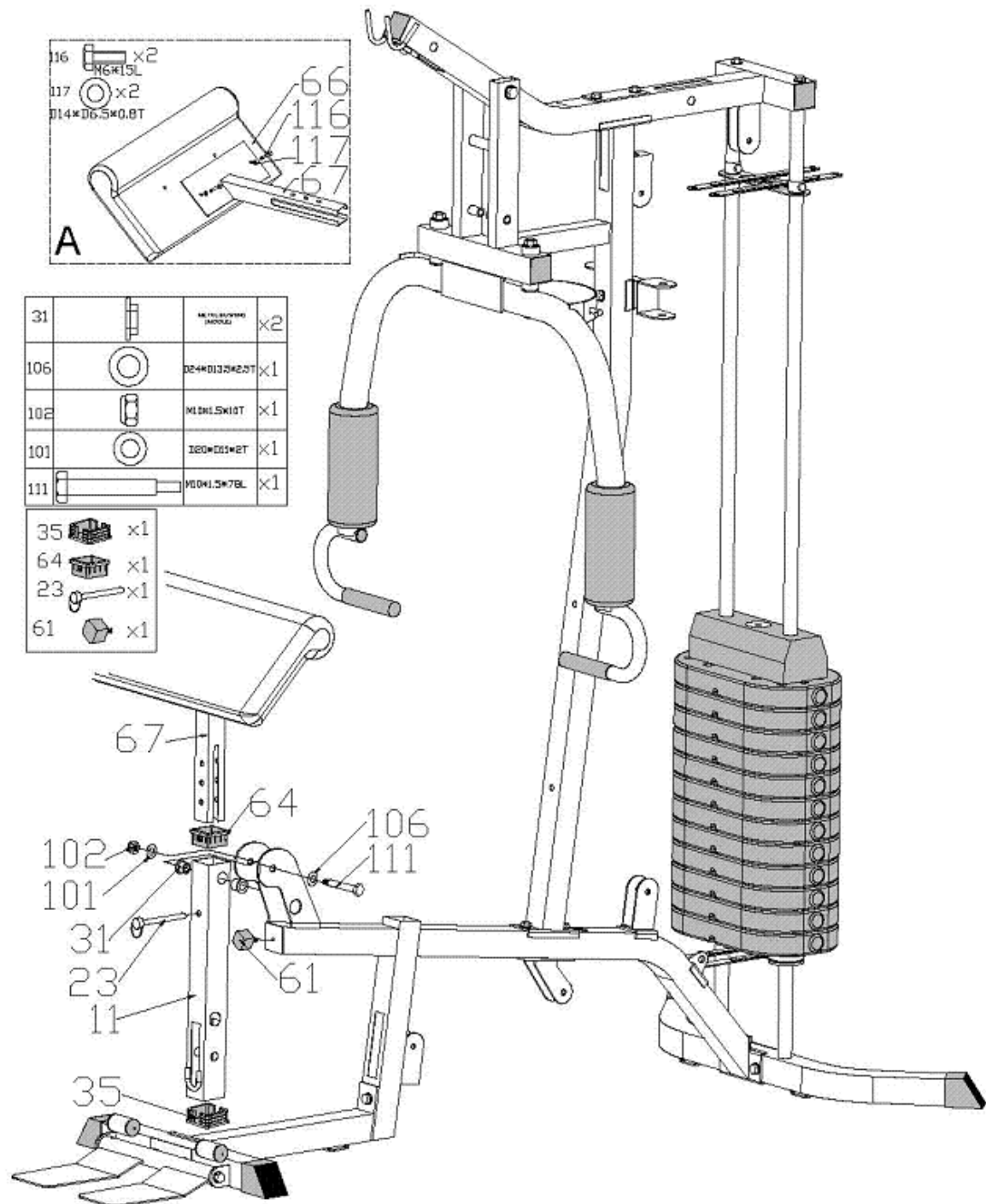
- Fix the butterfly arm support (9) to the upper beam(4) by using 1 bolt(113), 2 flat washers(106), 1 nylon nut (107) and 2 bushings(31).
- Insert axle for foot plate(60) into foot plate, and then assemble the foot plate to the foot plate beam(10) by using 2 bolts(115), 2 flat washers(101).

STEP 6



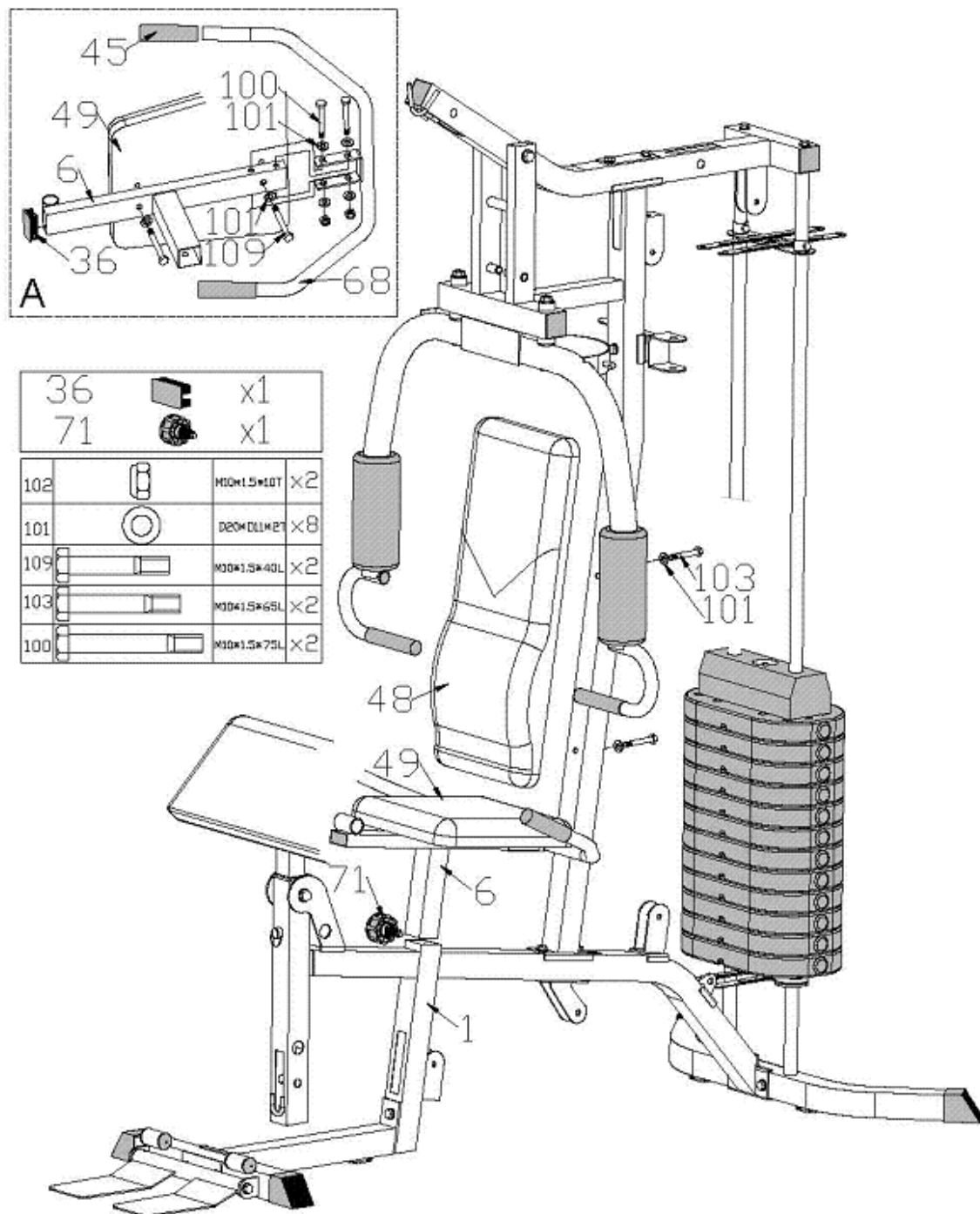
- Assemble the right & left butterfly arm (7) & (8) onto the butterfly arm support (9) by using 2 nylon nuts (102), 1 flat washer (101) .
- Slide the foam (43) onto the butterfly arm ,then assemble the butterfly hand grip(70) to the butterfly arm by using 1 flat washer(101),1 bolt(104) and then slide the foam(45) onto the butterfly hand grip .

STEP 7



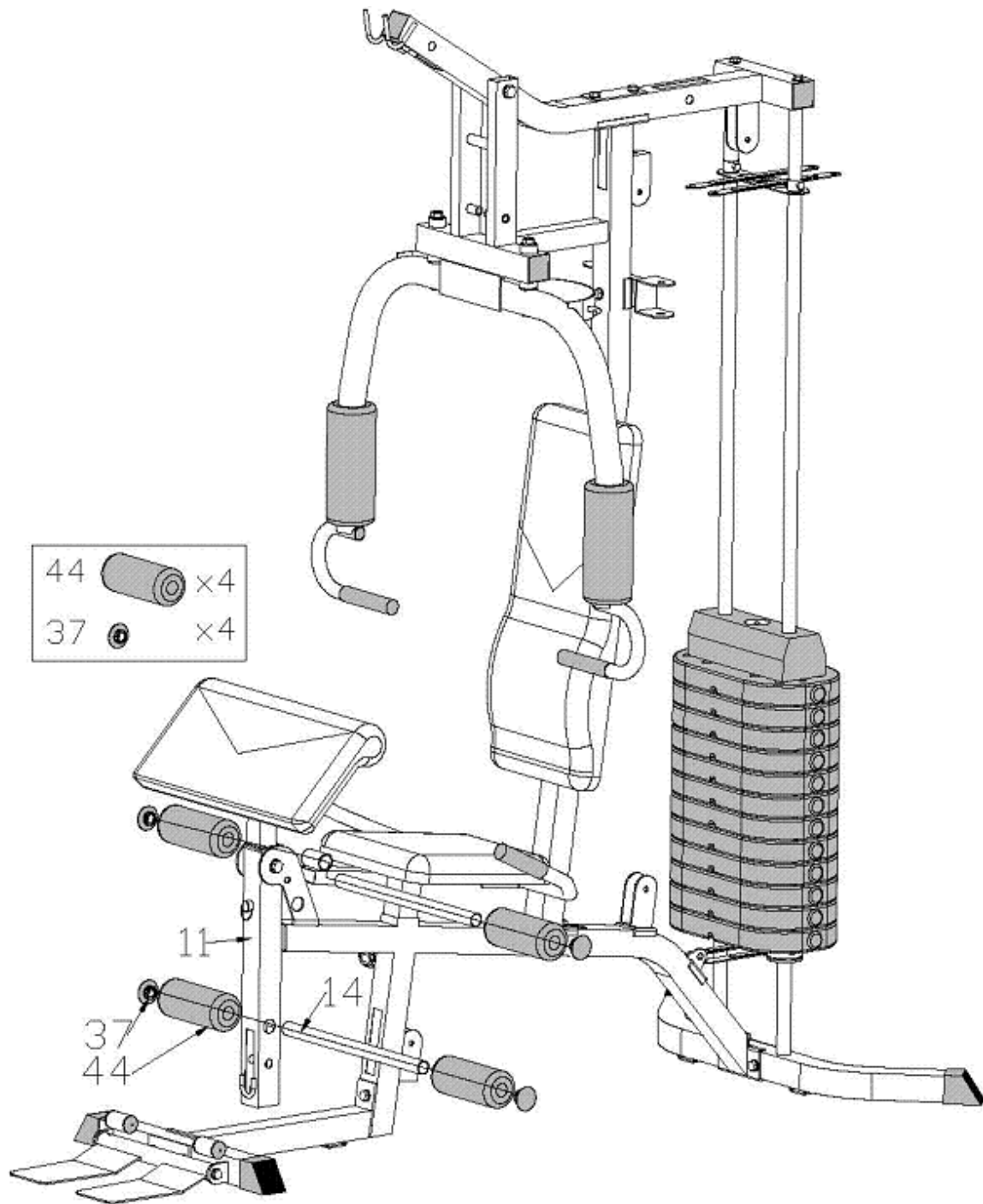
- fix the leg curler(11) onto the base frame by using 2 bushings(31), flat washer(101), 1 flat washer(106), 1 nylon nut(102) and 1 bolt(111), and then fix the square plastic cap (35) into the leg curler(11).
- Turn the rubber buffer (61) into the main frame (1). (3) Fix the arm curl pad (66) to the plate of arm curl support (67) by means of 2 flat washer (117) and 2 bolt (116).
- Insert a square hollow cap(64) and arm curl support(67) into the leg curler(11) and fix it using the pin (23).

STEP 8



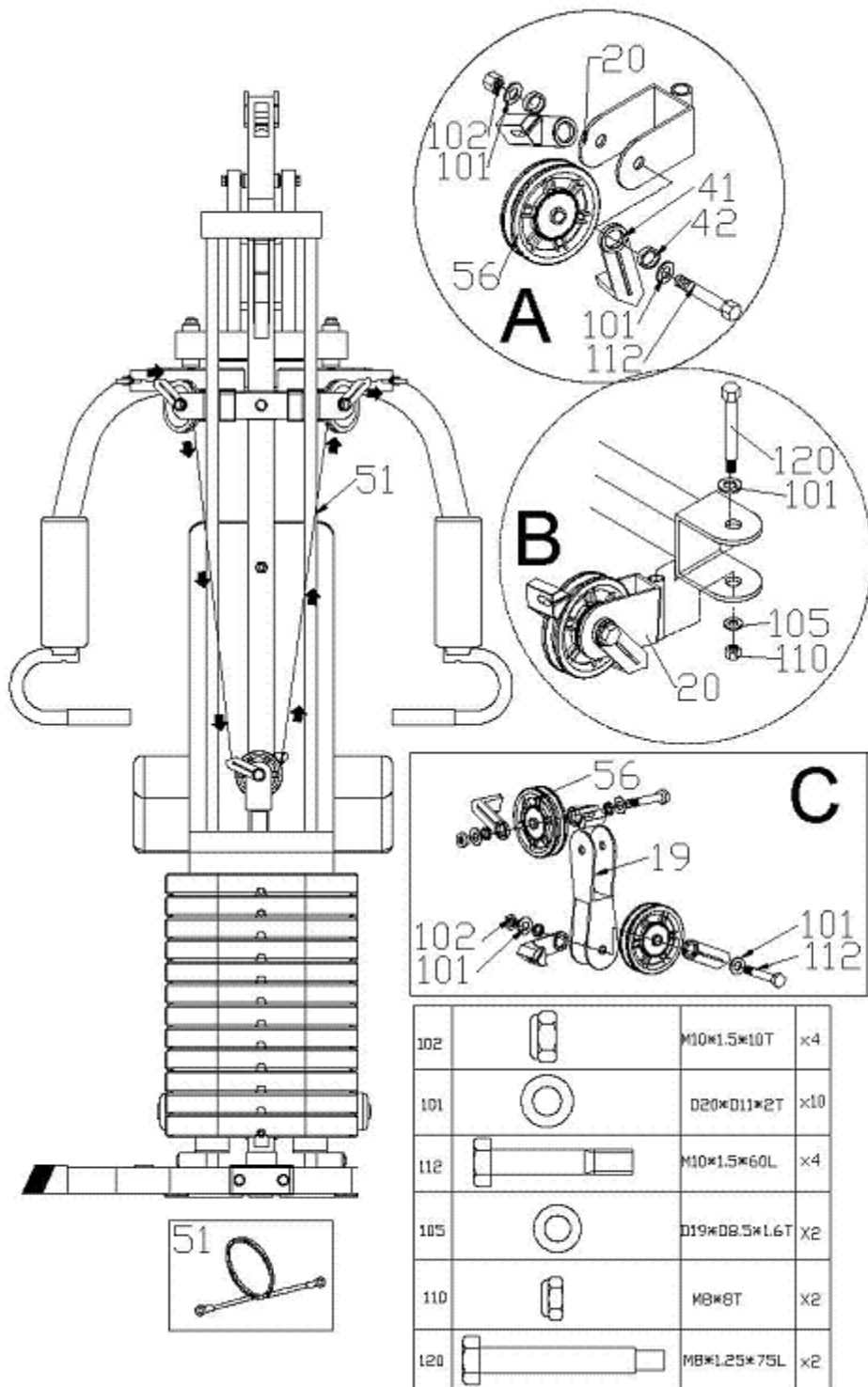
- fix the foam (45) onto the hand grip (68) and then fix the hand grip under to the seat support (6) with 2 bolt (100) , 4 flat washer (101). And then also assembly the seat (49) onto the seat support (6) by 2 bolt (109) and 2 flat washer (101). Insert the square plastic cap(36) into the tube (1).
- Insert the tube of seat support (6) into the main frame by spring knob(71) to fix. Here you can adjust the height position of seat to get the suitable position.
- Fix the backrest(48) onto the main frame using 2 bolt (103) and 2 flat washer (101).

STEP 9



Thread the foam roller(44) through the leg curler(11),then coat the foam roller with the foam(44),then fix the round plastic cap to the end of the foam roller.

STEP 10

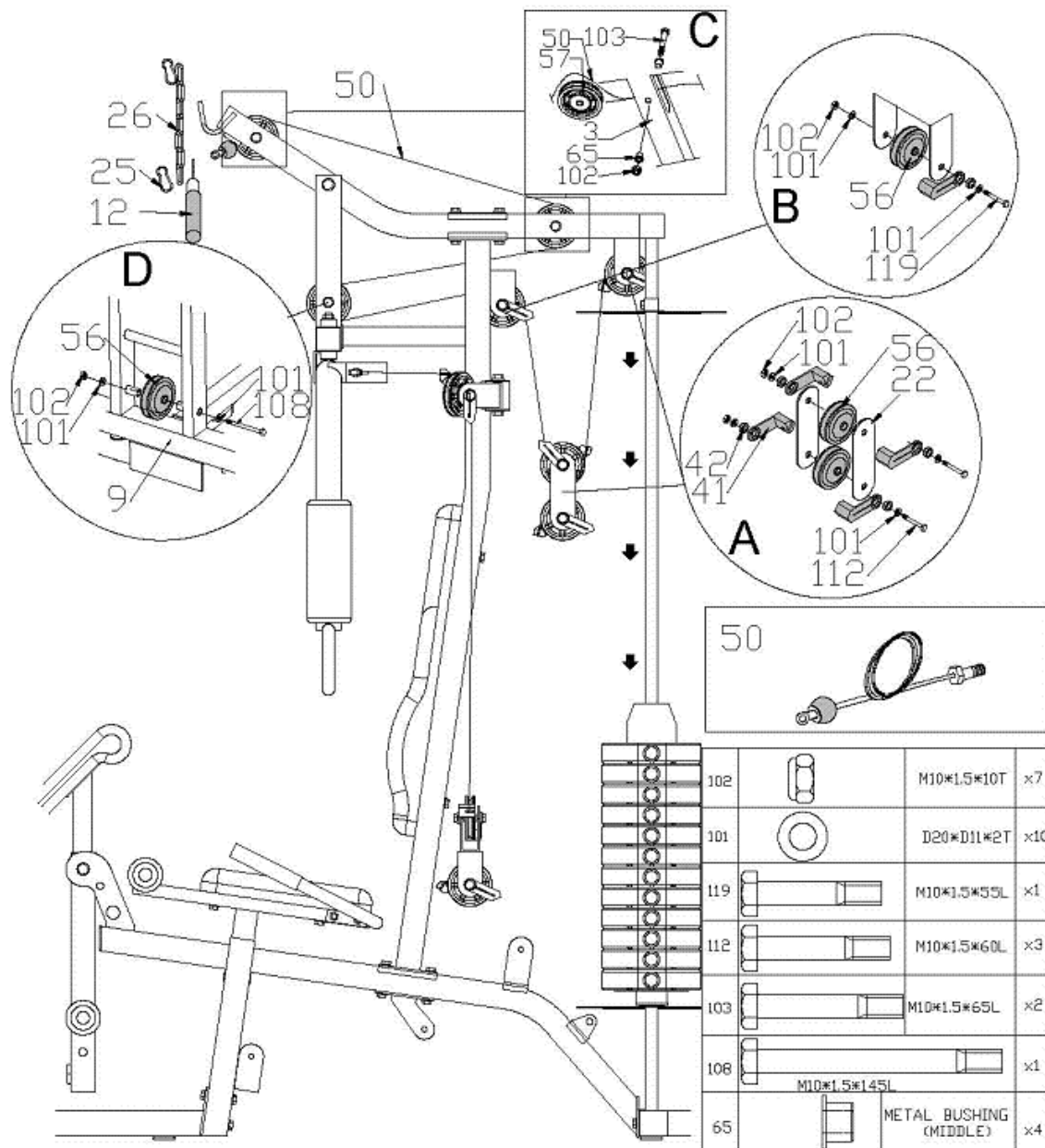


Connection of cable (butterfly arm)(51) and assembly the pulley: (1) hooking one end of the cable to the right butterfly arm (7) and slide the other end of the cable along the pulley, at the same time you need to fix the 1 raised pulley (56) into the 1 single pulley support (20) by 2 plastic ring (42), 2 cable guidance (41), 2 flat washer (101), 1 bolt (112) and 1 nut (102). Then fix the single pulley supports onto right butterfly arm by 1 bolt (120), 1 flat washer (101), 1 flat washer (105) and 1 nut (110).

(2) after going downward the cable through the double pulley support(19), also, at the same time you need to fix the raised pulley(56) into the pulley support by using by 2 plastic ring (42), 2 cable guidance (41), 2 flat washer (101), 1 bolt (112) and 1 nut (102).

(3) and then upwards the cable and the other end will be joined to the left butterfly. The assembly way of left side will be same as the right one.

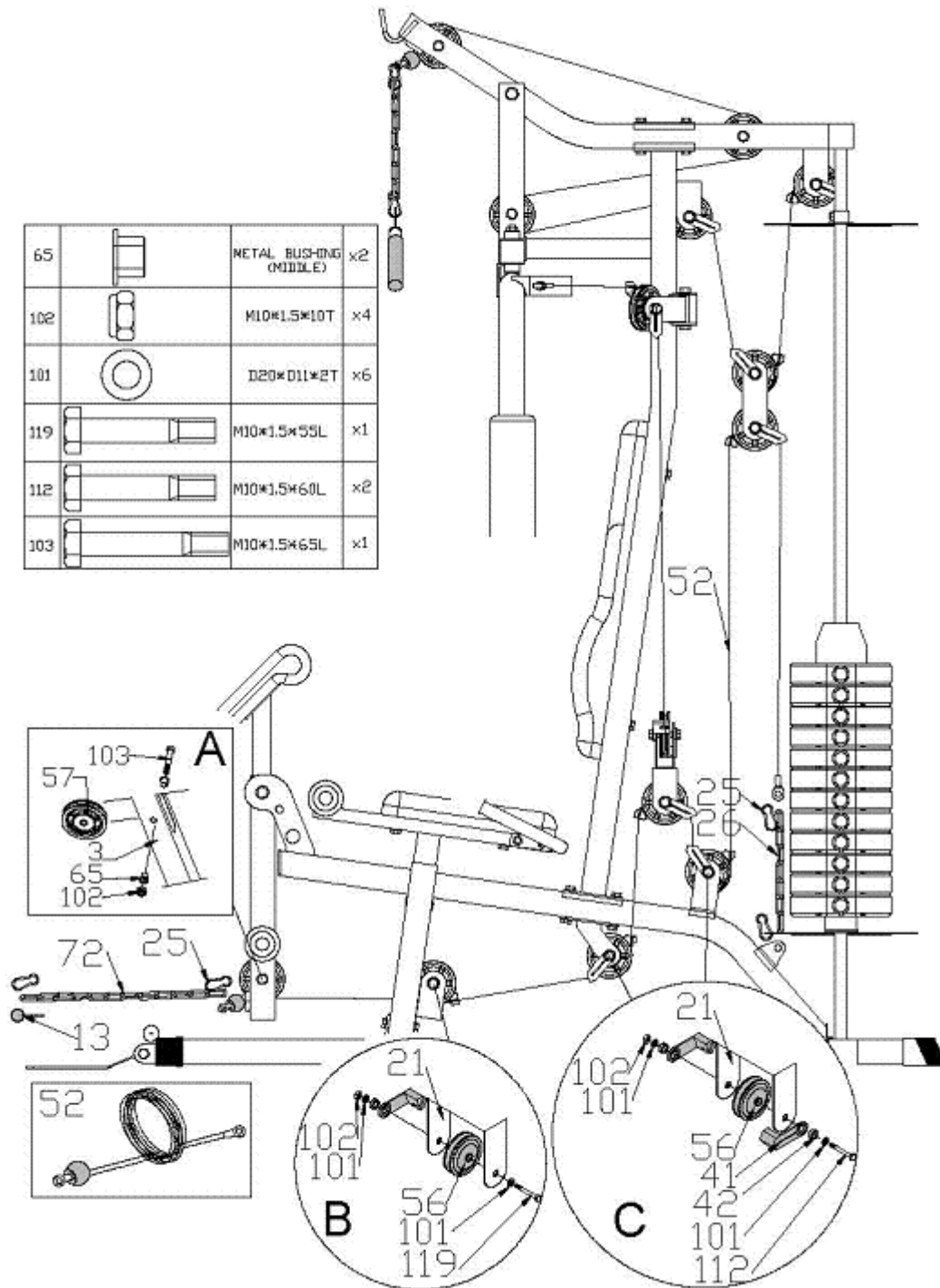
STEP 11



Connection the cable (50) and at the same time the flat pulley (57) and raised pulley (56):

- the cable going way as drawing . From one end of cable to the other, you need to fix the raised pulley (56) and flat pulley (57).
- how to fix the raised pulley as drawing A : fix the raised pulley (56) between pulley fixing plate (22) using 2 plastic ring (42), 2 cable guidance (41), 2 flat washer (101), 1 bolt (112) and 1 nut (102).
- how to fix the raised pulley as drawing B : fix the raised pulley (56) into the U shape tube using 2 plastic ring (42), 2 cable guidance (41), 2 flat washer (101), 1 bolt (112) and 1 nut (102).
- how to fix the flat pulley in the upper tube as drawing C: Fix flat pulley by means of bolt (103), plastic ring (42) , busing (65) and nut(102).
- how to fix the raised pulley in the butterfly arm support as drawing D: fix the pulley using 1 bolt (108), 2 flat washer (101) and nut (102).
- connect the upper pulling bar (12) with one of cable (50) using 2 hook (25) and 1 chain (26). And the other end of cable joined with the weight select bar (18).

STEP 12

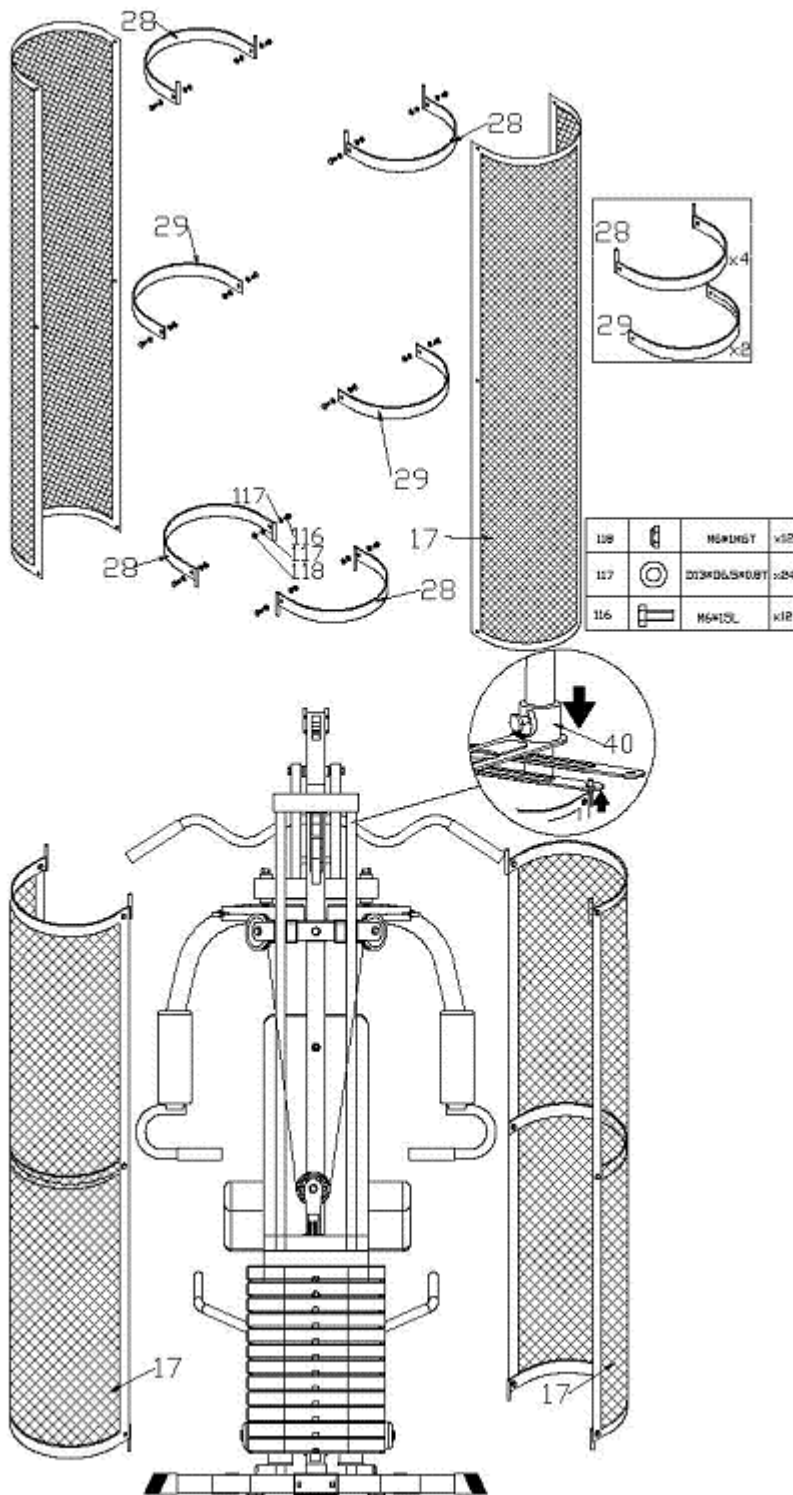


assembly the cable (leg curler) and pulley at the same time:

- the cable going way as drawing . From one end of cable to the other, there will be 5 raised pulley (56) among these 2 already assembled in step 10 & 11 when fix the cable (50) & (51) and 1 flat pulley (57).
- how to fix the flat pulley (57) as drawing A: fix it into the tube of leg curler by 1 bolt (103), 1 bushing (65) and 1 nut (102).
- how to fix the raised pulley(56) as drawing B: Fix the pulley with 1 bolt (119), 2 flat washer (101), plastic ring (42) , cable guidance (41) and nut (102).
- how to fix the raised pulley (56) as drawing C: Assembly it using 1 bolt (112), flat washer (101), plastic ring (42) and cable guidance (41).

- connect the lower pulling bar (13) with one of cable (52) using 2 hook (25) and 1 chain (72). And the other end of cable joined with the hook (25) which connected with the main frame by 1 chain (26) and another hook (25).

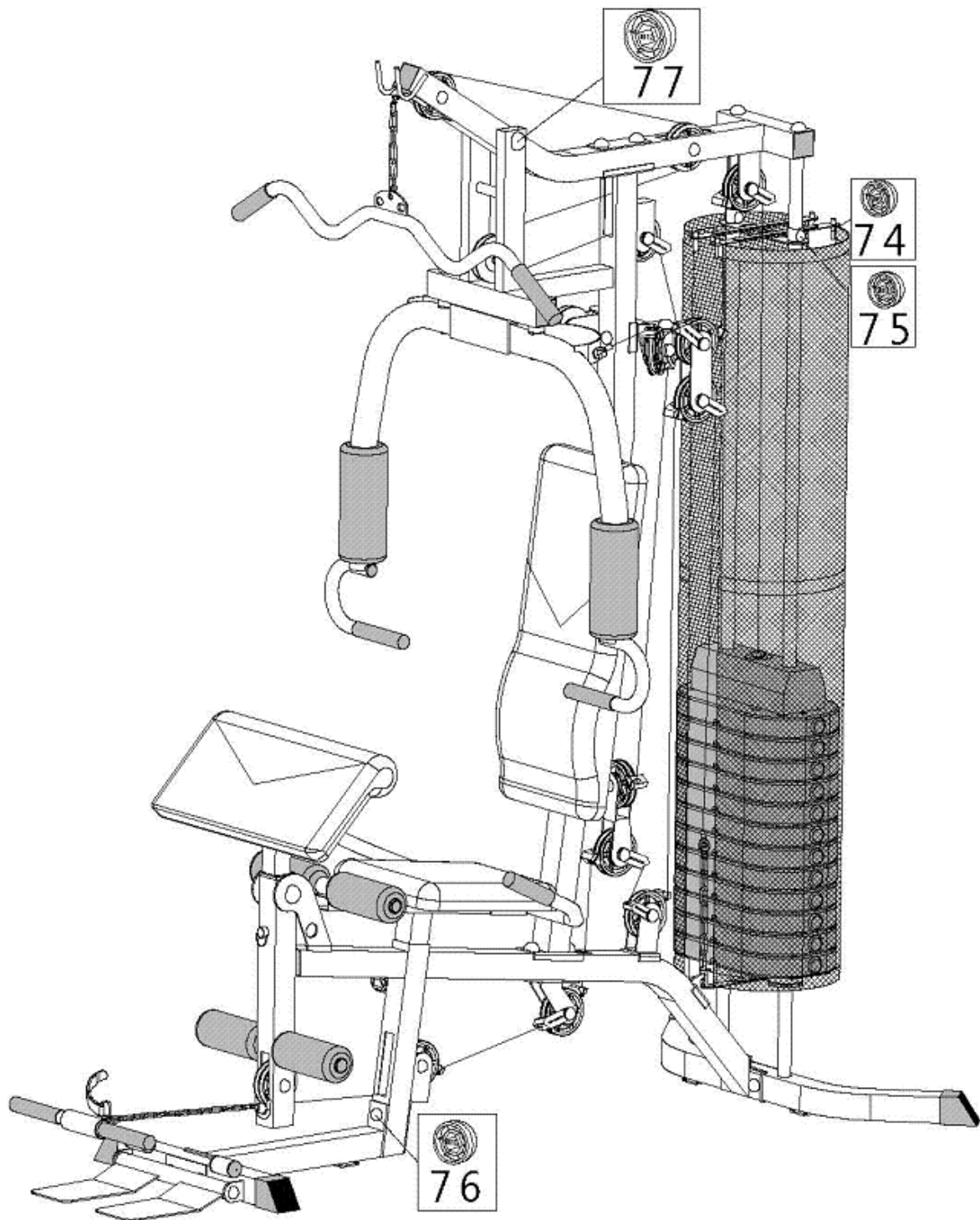
STEP 13



- Fix the cover fixing plate with rod (28) and cover fixing plate (29) Around the weight protector (17) by using bolt (116), flat washer(117) And nut (118). Please note the correct assembly way of cover fixing plate with rod (28), on the upper, the rod upwards and on the lower, the rod downwards which will connect with the cross plate (27).

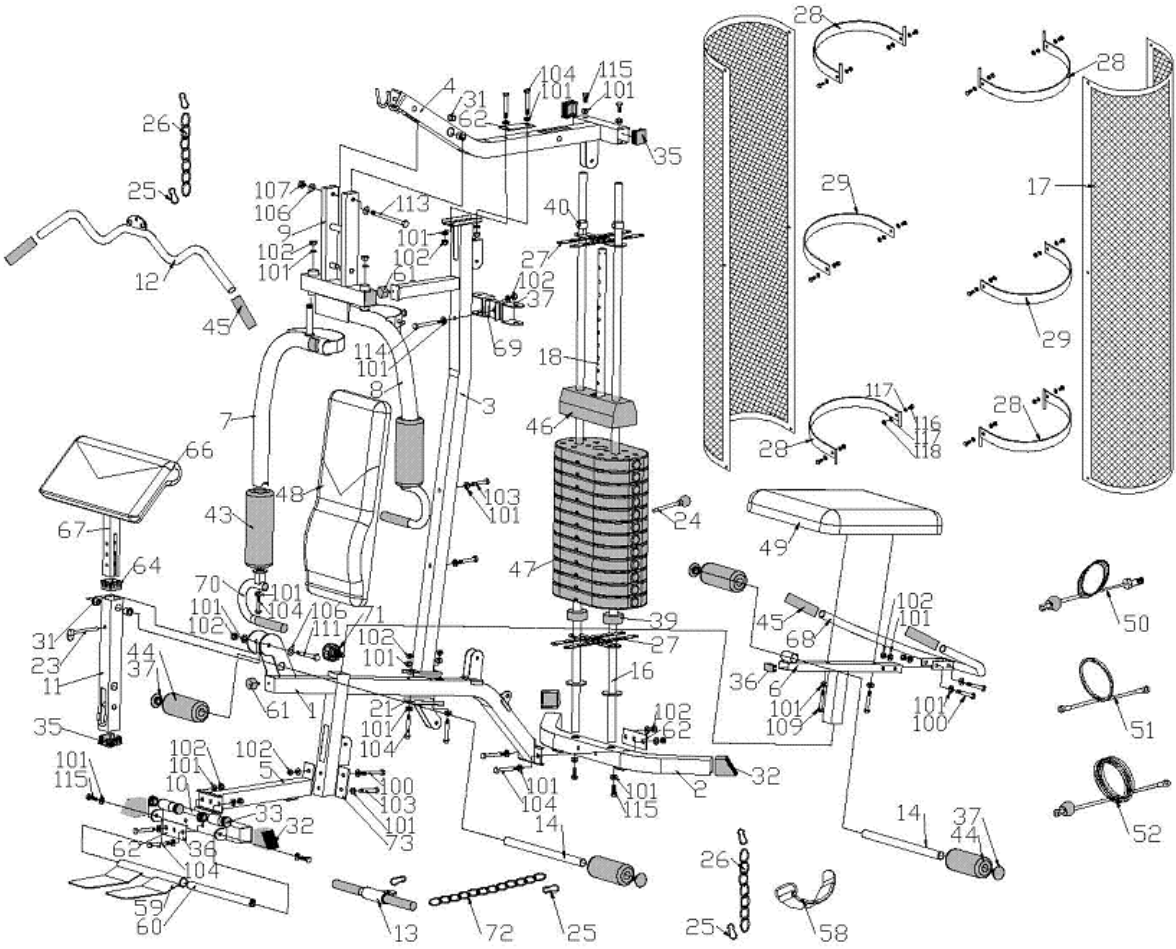
- (2) on the top of the weight protector (17), the cross plate (27) cover and connect with the 4 rod of cover fixing plate (28) and then fix the 2 sleeve (40) through the weigh guidance rod(16).

STEP 14



Finally, please cover the screw cap M6 (74), M8(75), M10(76) and M12(77) onto the bolts and screws.

EXPLODED DRAWING:



EXERCISE PICTURES:

