

PROFLEX

M9000 Multi-Function Home Gym

PROFLEX
ASSEMBLY
M9000
Home Gym



CLICK ME



User Manual

[Revision 5.0 May 2020]

READ THIS MANUAL CAREFULLY BEFORE USE – FAILURE TO DO SO MAY RESULT IN INJURY, PROPERTY DAMAGE AND MAY VOID WARRANTY. • KEEP THIS MANUAL FOR FUTURE REFERENCE. • Products covered by this manual may vary in appearance, assembly, inclusions, specifications, description and packaging.

Safety

Basic precautions, including the following important safety instructions, should always be followed when using this equipment. Read all instructions before use.



If the user experiences dizziness, nausea, chest pain, or any abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.** • Before beginning any exercise program, consult your physician. This is especially important for people over 35 years of age or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

- **Maximum user weight = 120kg.**
- Maximum punching bag weight with filling = 13kg.
- Use this product for its intended use only as described in this user manual. Do not use attachments not supplied or recommended by the manufacturer.
- Do not attempt any maintenance or adjustments other than those described in this user manual. Should any problems arise, discontinue use and consult an authorized service centre or personnel.
- Do not use the unit outdoors.
- Keep children and pets away from the equipment while in use.
- Elderly or disabled users should only use the equipment in the presence of an adult who can assist if required.
- Do not operate where aerosol (spray) products are in use or where adequate oxygen is not available.
- Keep dry – do not operate in wet or moist conditions.
- Keep the unit on a solid, level surface with a minimum safety area clearance of two meters around it. Be sure the area around the equipment remains clear of any obstructions during use.
- The equipment is for domestic household use only.
- One person only should use the equipment at a time.
- Wear comfortable and suitable clothing when using the equipment. Do not use the equipment barefoot or in socks. Always wear appropriate, enclosed athletic footwear. Never wear loose or baggy clothing as it can become caught on the equipment and create a hazard.
- Do not leave children unsupervised near or on the equipment.
- Children should not be allowed to play or operate the equipment at any time.
- This equipment is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
- Keep hands clear of all moving parts.
- Before using the equipment, check that all visible fasteners are sufficiently tightened and secure and that the cables are in the runners and in good condition.
- Handle or move the equipment with due care to avoid personal injury or damage to the equipment.
- Before using the equipment, stretch and warm up properly.
- Never operate the equipment if it is not functioning properly.

Table of Contents

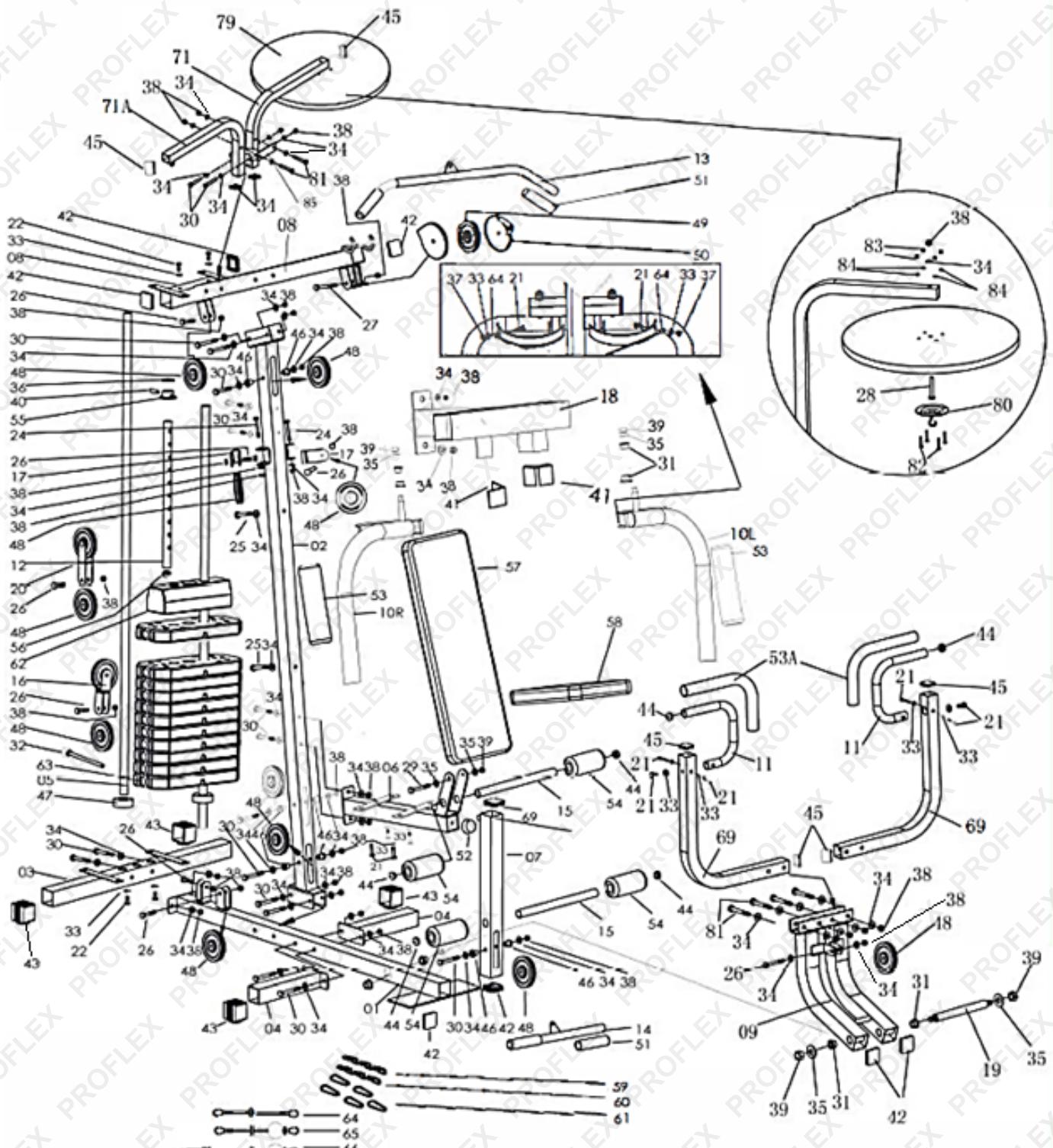
Safety	2
Included Items	4
Assembly	8
Exercises	19

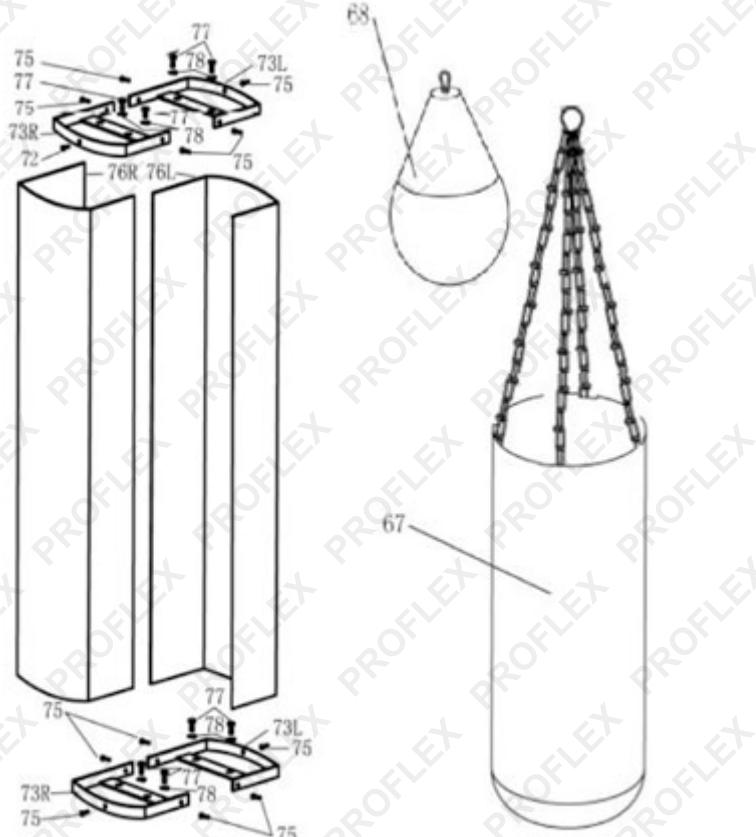
Included Items

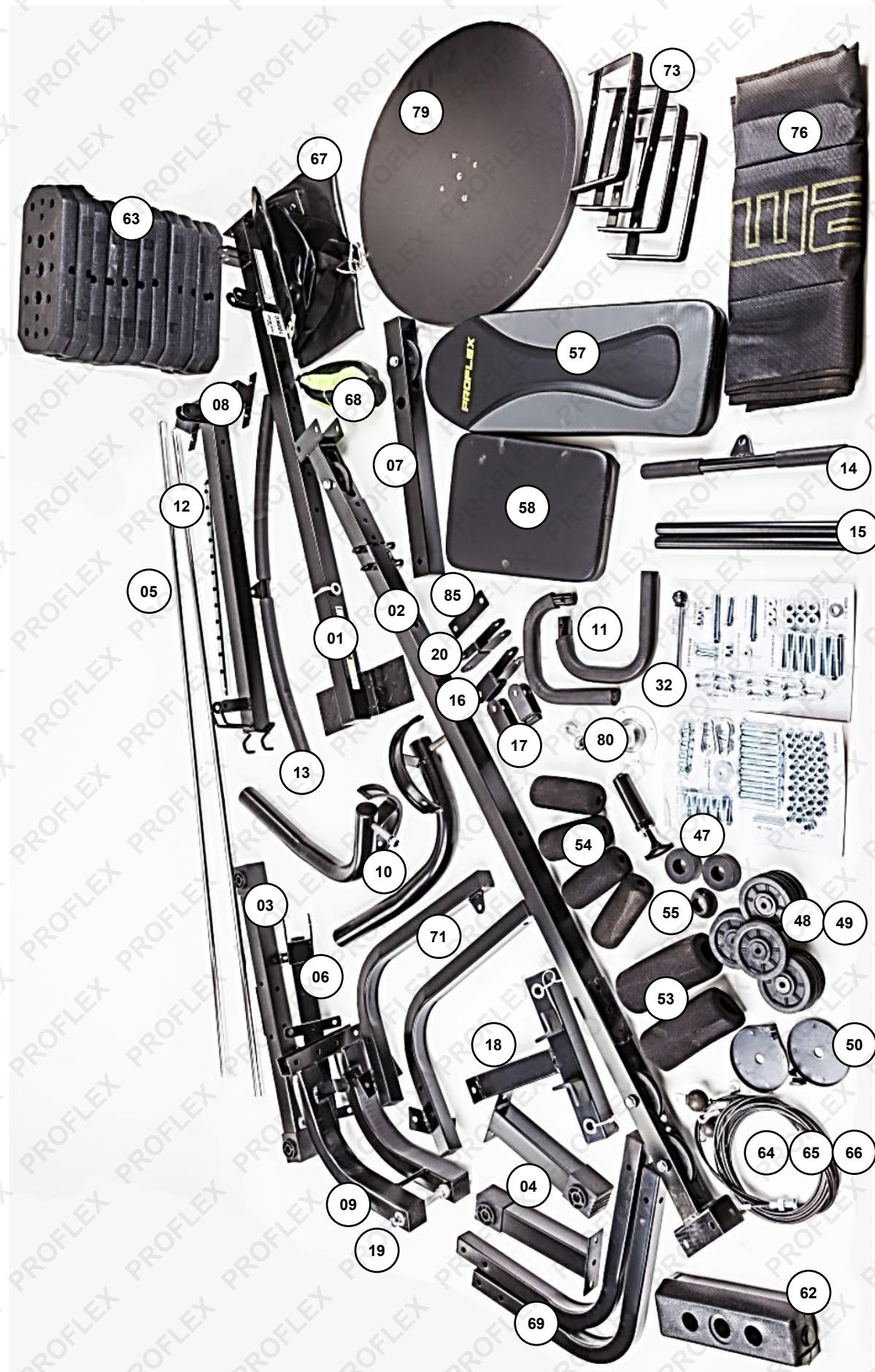
Note: The list of included items and parts diagram are for reference. Some parts come pre-assembled.

Included Items		
01	Base Frame	1
02	Main Support Tube	1
03	Rear Stabiliser	1
04	Front Stabiliser	2
05	Guide Tube	2
06	Seat Support Tube	1
07	Leg Curl Tube	1
08	Bridge Tube	1
09	Pull Unit	1
10L	Butterfly Arm Left	1
10R	Butterfly Arm Right	1
11	Handlebar	2
12	Weight Bar	1
13	Lat Bar	1
14	Lower Pull Bar	1
15	Leg Curl Bar	2
16	Two-Way Pulley Bracket	1
17	Butterfly Pulley Bracket	2
18	Butterfly Bracket	1
19	Pull Unit Pivot	1
20	Floating Pulley Bracket	1
21	M8x15 Bolt	12
22	M8x20 Bolt	4
24	M10x65 Bolt	2
25	M10x60 Bolt	2
26	M10x40 Bolt	10
27	M10x45 Bolt	1
28	M10x75 Bolt	1
29	M12x80 Bolt	1
30	M10x70 Bolt	14
31	Ø16 Metal Bushing	10
32	Weight Pin	1
33	M8 Washer	12
34	M10 Washer	51
35	M12 Washer	6
36	M12 Washer Large	1
37	M8 Nut	2
38	M10 Nut	34
39	M12 Nut	5
40	Weight Bush Pin	1
41	Rubber "L" Shape	2
42	Plastic Cap Square Large	8
43	Rubber Foot/Cap Square	4
44	Tube Cap Ø25	6
45	Plastic Cap Square	8
46	Plastic Bush	8
47	Rubber Ring	2
48	Pulley	13
49	Pulley with Collars	1
50	Pulley Cover	2

Included Items		
51	Hand Grip Straight	4
52	Rubber Stop	1
53	Butterfly Arm Pad	2
53A	Hand Grip Curved	2
54	Leg Curl Pad	4
55	Weight Bar Bush	1
56	Weight Bar Rubber Stop	1
57	Backrest	1
58	Seat	1
59	Chain (6 links)	1
60	Chain (7 links)	1
61	Chain Hook (Carabiner)	5
62	Weight Plate (3.5kg)	1
63	Weight Plate (4.5kg)	11
64	Butterfly Arm Cable	1
65	Lower Pull Bar Cable	1
66	Lat Bar Cable	1
67	Punching Bag	1
68	Speed Ball	1
69	Pull Bar Arm	2
71	Speed Ball Arm	1
71A	Punching Bag Arm	1
73R	Right Weight Cover Bracket	2
73L	Left Weight Cover Bracket	2
75	Rivet	12
76	Weight Cover	2
77	M8x10 Bolt	8
78	M8 Washer	8
79	Speed Ball Board	1
80	Speed Ball Hook / Cup	1
81	M10x60 Bolt	6
82	M6x35 Bolt	4
83	M6 Nut	4
84	M6 Washer	4
85	Speed Ball / Punching Bag Arm Bracket	1





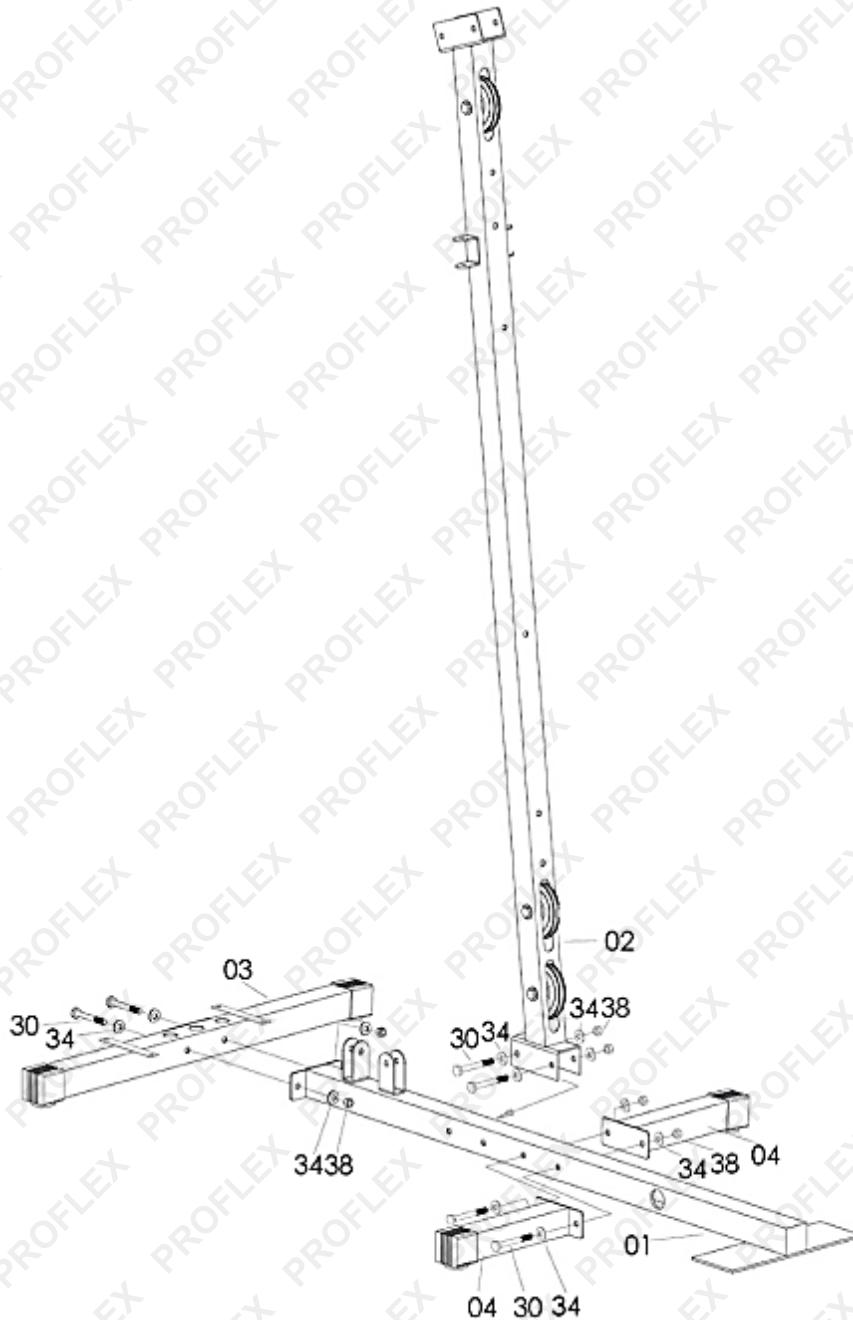


Assembly

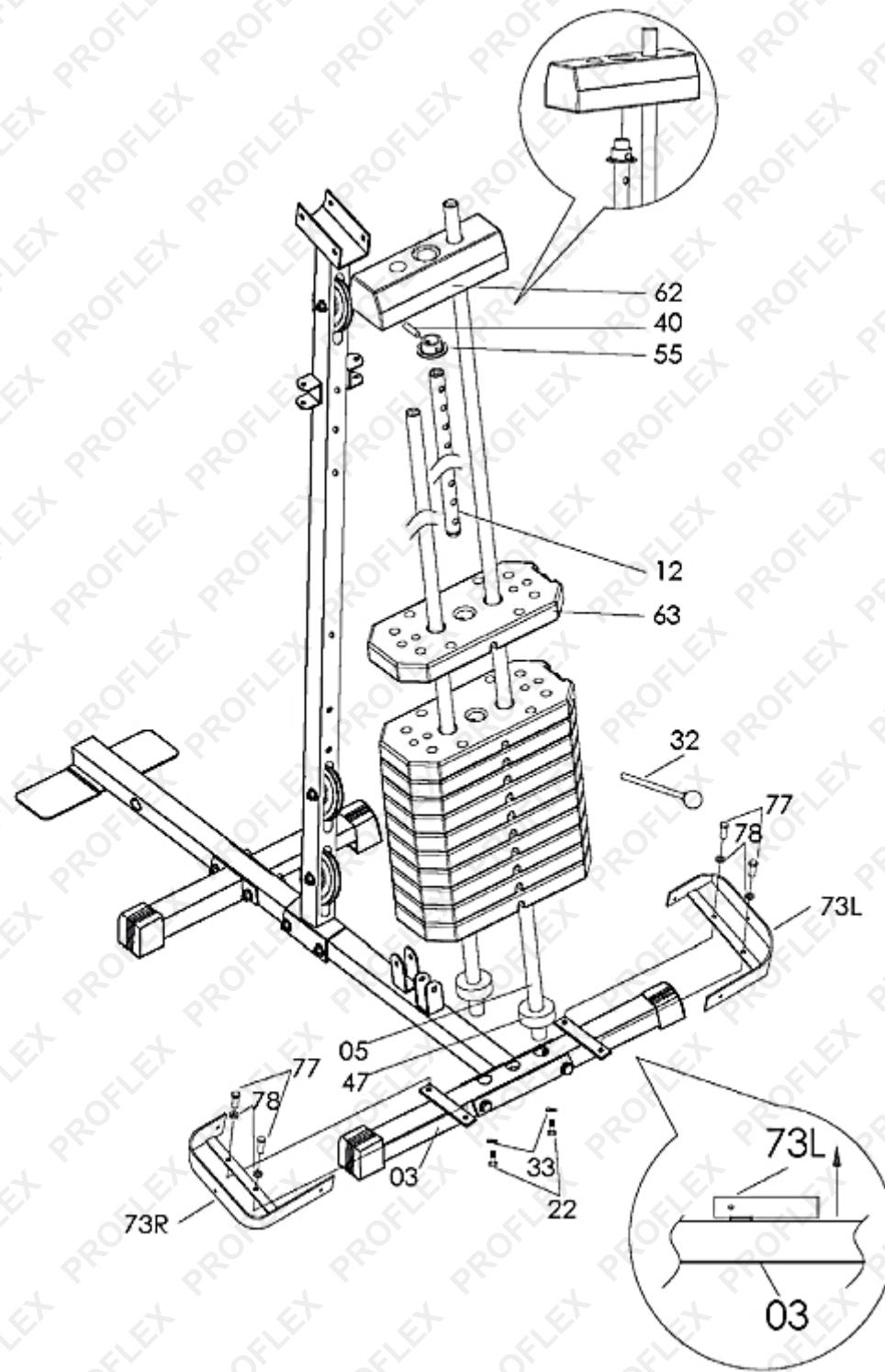


The instructions may include fasteners that are pre-assembled to some parts – it may be necessary to remove the fasteners to perform the assembly – always use the original fasteners. • Suitable tools (not supplied) are required for assembly. • Check that all parts have been included before starting assembly. • Ensure that there is adequate space for the equipment once assembled.

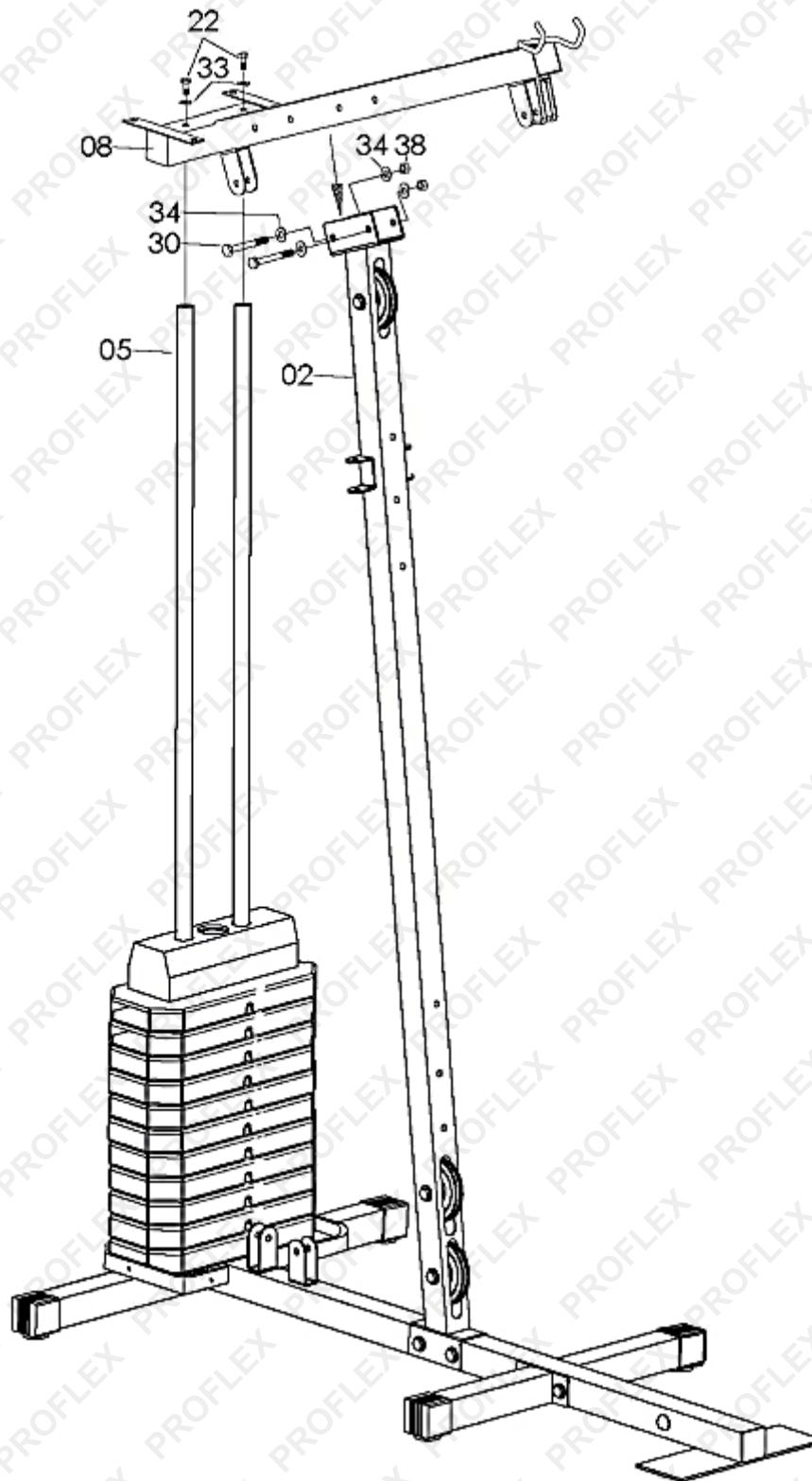
Step 1



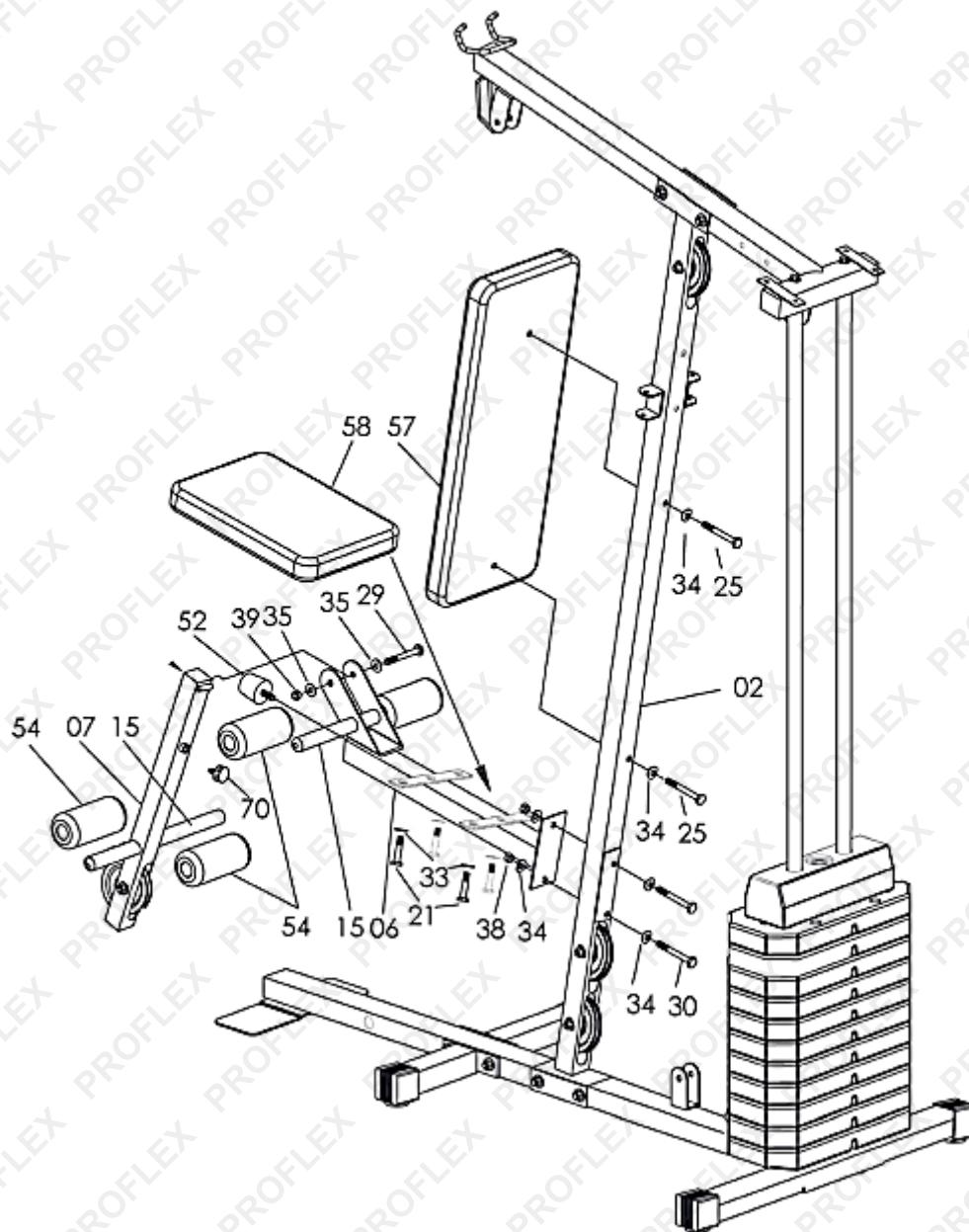
1. Attach the rear stabiliser (03) to the base frame (01) and secure using 2 bolts (30), 4 washers (34) and 2 nuts (38).
2. Attach the 2 front stabilisers (04) to the base frame (01) and secure using 2 bolts (30), 4 washers (34) and 2 nuts (38).
3. Attach the main support tube (02) to the base frame (01) and secure using 2 bolts (30), 4 washers (34) and 2 nuts (38).

Step 2

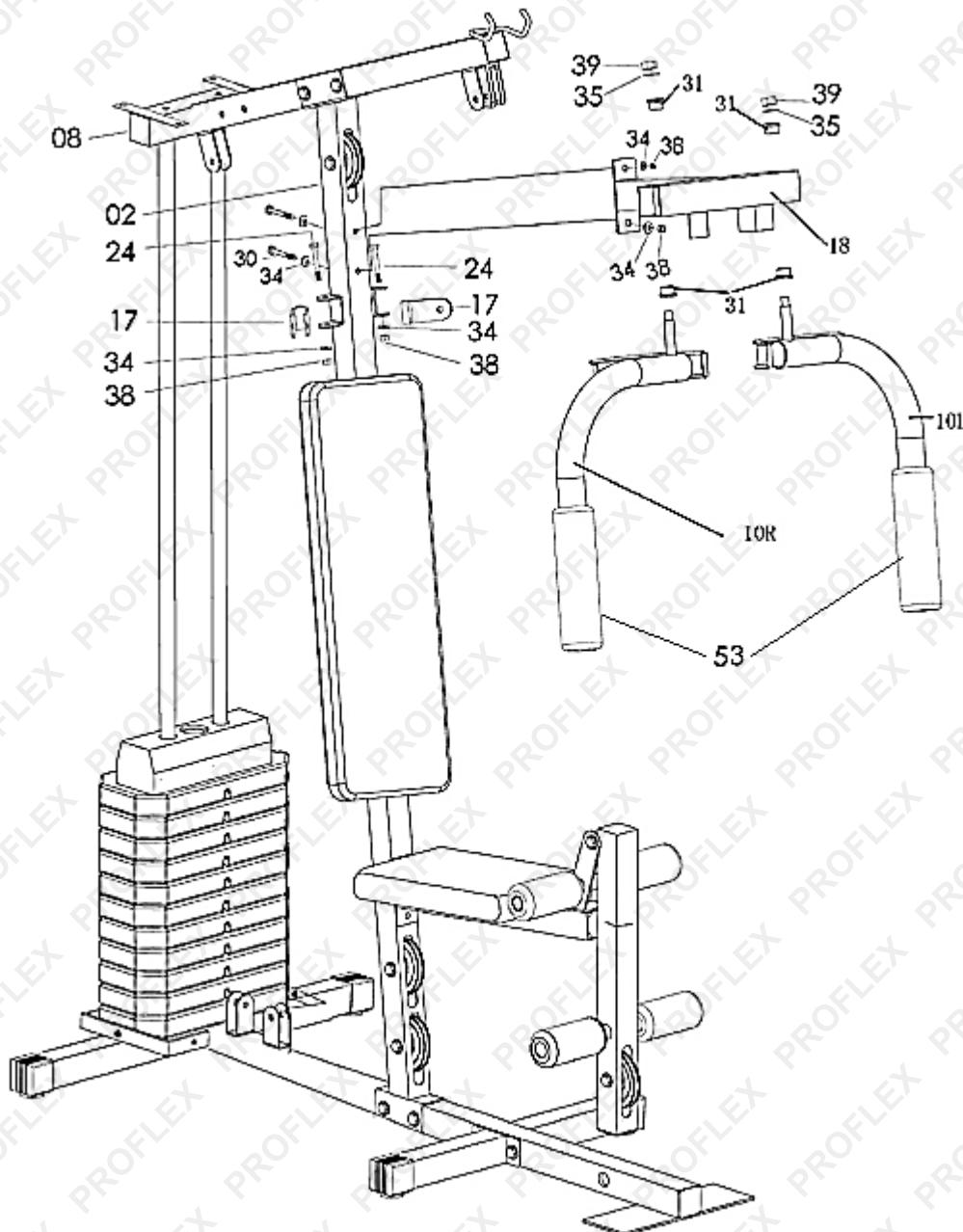
1. Slide the 2 guide tubes (05) through the rubber rings (47) and through the two holes in the rear stabiliser (03). Attach the tubes using 2 bolts (22) and 2 washers (33).
2. Attach the left cover bracket (73L) to the rear stabiliser (03) and secure using 2 bolts (77) and 2 washers (78). Perform the same to attach the right cover bracket (73R) to the right side of the rear stabiliser (03).
3. Lower the 4.5kg weight plates (63) over and down the guide tubes (05), so they are located by the tubes.
4. Place the weight bar bush (55) on the weight bar (12) and connect them with the weight bush pin (40). Then place the 3.5kg weight plate (62) over the top of the weight bar (12).
5. Insert the weight pin (32) through a weight plate (64) and into a hole in the weight bar (12).

Step 3

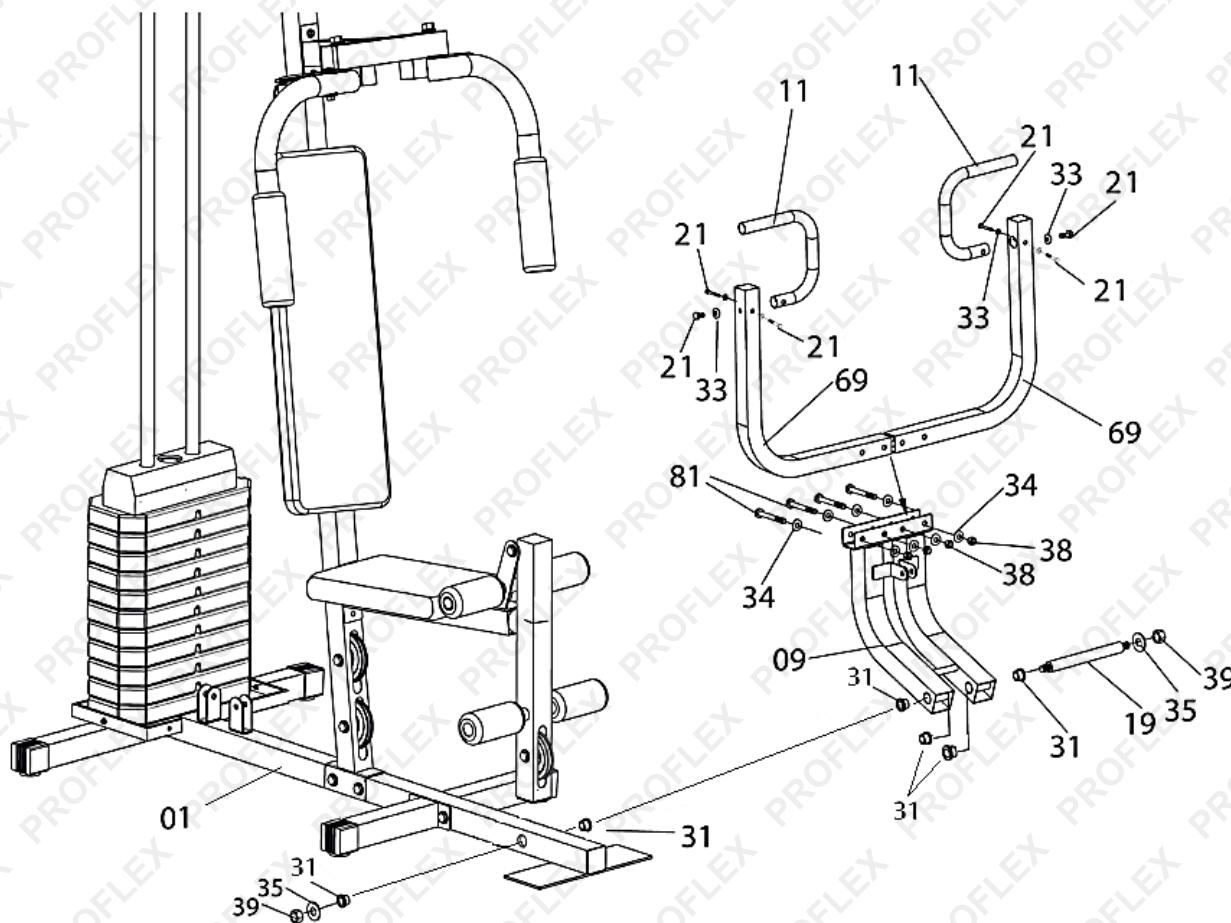
1. Lower the bridge tube (08) so the guide tubes (05) are in the holes at the rear of the tube and the mid-section is in the bracket at the top of the main support tube (02).
2. Attach the bridge tube (08) to the main support tube (05) and secure using 2 bolts (30), 4 washers (34) and 2 nuts (38).
3. Attach the bridge tube (08) to the guide tubes (05) using 2 bolts (22) and 2 washers (33).

Step 4

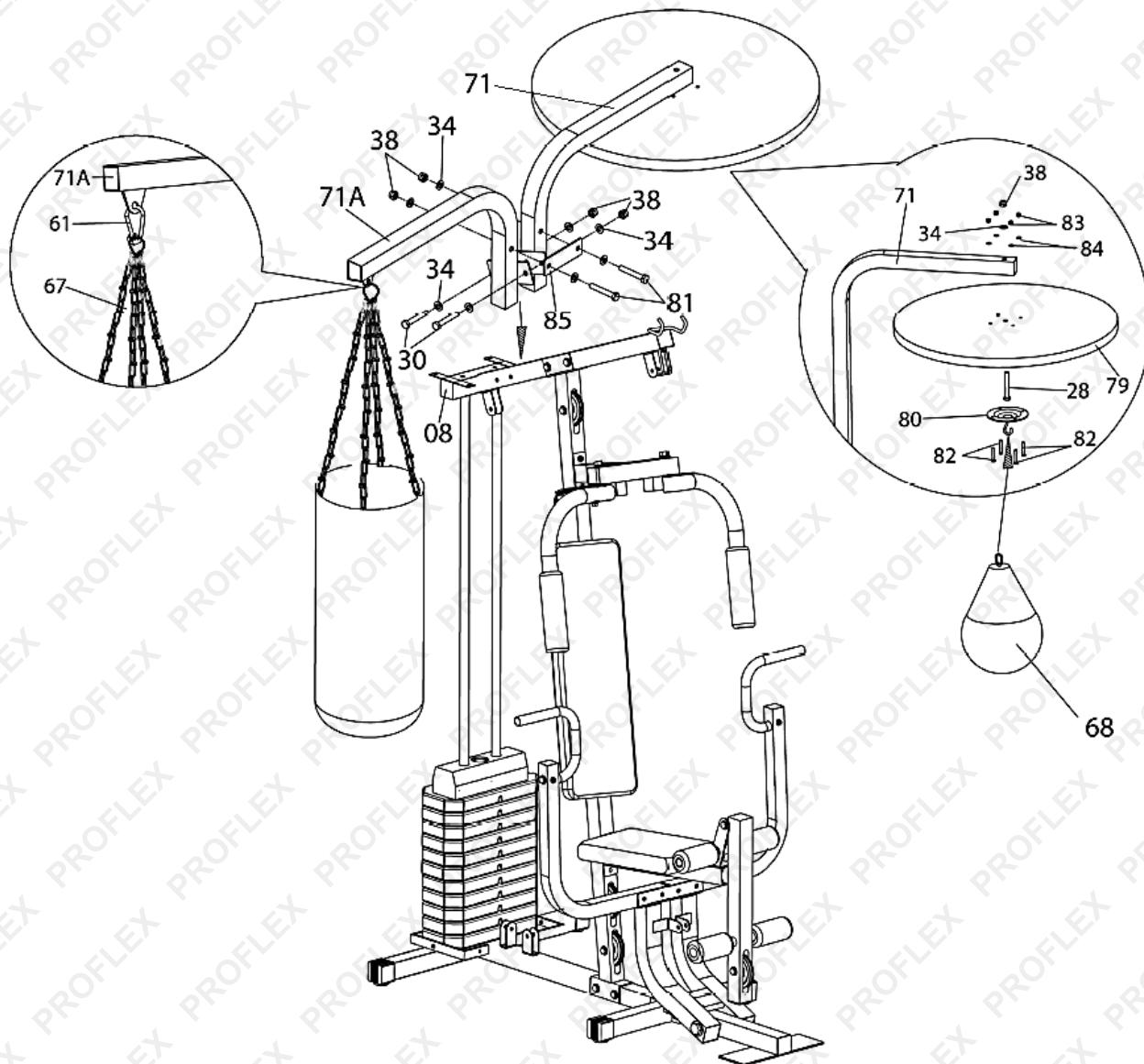
1. Attach the bracket (57) to the main support tube (02) and secure using 2 bolts (25) and 2 washers (34).
2. Attach the seat support tube (06) to the main support tube (02) and secure using 2 bolts (30), 4 washers (34) and 2 nuts (38).
3. Attach the seat (58) to the mountings on the seat support tube (06) and secure using 4 bolts (21) and 4 washers (33).
4. Insert the rubber stop (52) into the front side of seat support tube (06).
5. Attach the leg curl tube (07) to the mounting on the front of the seat support tube (06) and secure using 1 bolt (29), 2 washers (35) and 1 nut (39).
6. Insert a leg curl bar (15) through the hole in the mounting on the front of the leg curl tube (06), then attach the leg curl pads (54) to either end of the leg curl bar (15).
7. Insert a leg curl bar (15) through the leg curl tube (07), then attach the leg curl pads (54) to either end of the leg curl bar (15).

Step 5

1. Attach the 2 butterfly pulley brackets (17) to the mountings on either side of the main support tube (02) and secure using 2 bolts (24), 2 washers (34) and 2 nuts (38). Ensure that the butterfly pulley brackets can pivot without binding.
2. Attach the butterfly bracket (18) to the main support tube (02) and secure using 2 bolts (30), 4 washers (34) and 2 nuts (38).
3. Attach the right-hand butterfly arm (10R) to the right side of the butterfly bracket (18). Place a metal bushing (31) over the butterfly arm pivot pin, then insert the pivot pin through the butterfly bracket (18) from the underside. Place another metal bushing (31) over the top of the pivot pin and secure using 1 washer (35) and 1 nut (39). Perform the same procedure to attach the left-hand butterfly arm (10L) to the butterfly bracket (18).
4. Place the butterfly arm pads (53) onto the butterfly arms (10R and 10L).
5. Attach the pulley bracket (20) to each side of the main support tube (05) and secure using 2 bolts (23), 4 washers (35) and 2 nuts (39).

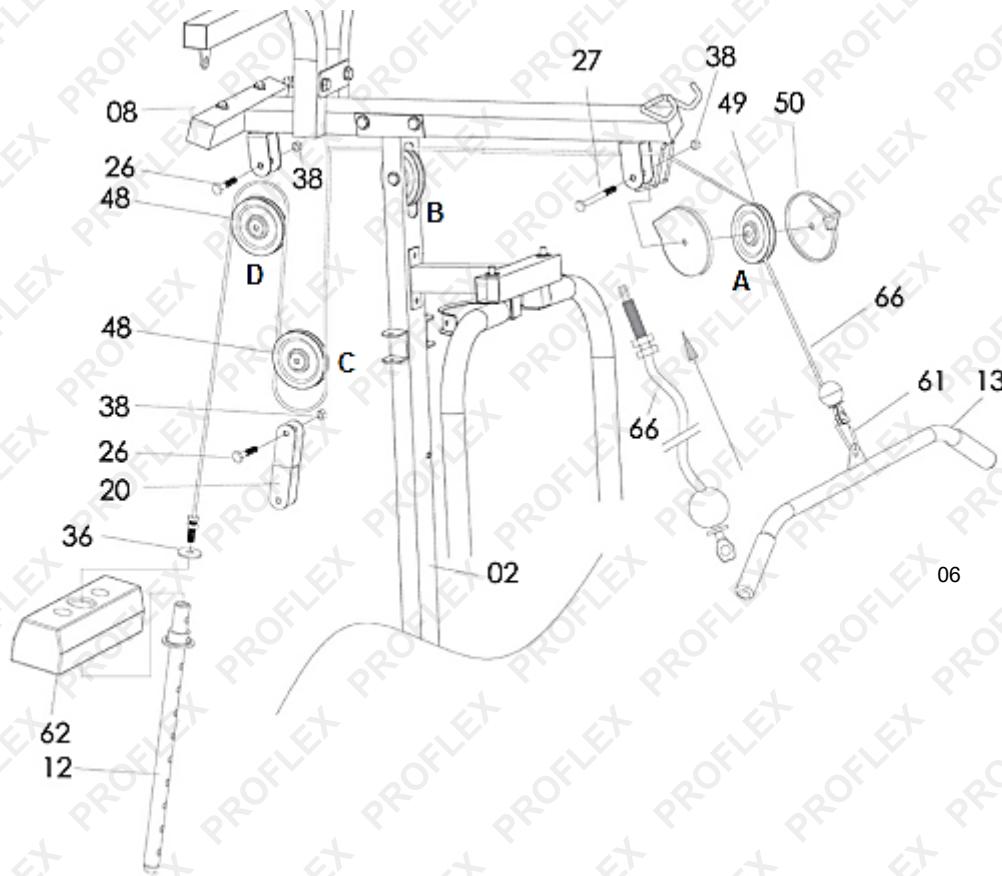
Step 6

1. Attach 2 pull bar arms (69) to the pull unit (09) and secure using 4 bolts (81), 8 washers (34) and 4 nuts (38).
2. Attach a handlebar (11) to a pull bar arm (69) and secure using 3 bolts (21) and 3 washers (33). Perform the same to attach the handlebar (11) to the other pull bar arm (69).
3. Attach the pull unit (09) to the base frame (01). Ensure there are 2 metal bushings (31) on each side of the pull unit tubes and on either side of the base frame (01), for a total of 6 bushings. Place the assembled pull unit (19) over the base frame (01) so that all bushings are aligned, then insert the pull unit pivot (19) through the bushings and secure using 2 nuts (39) and 2 washers (35).

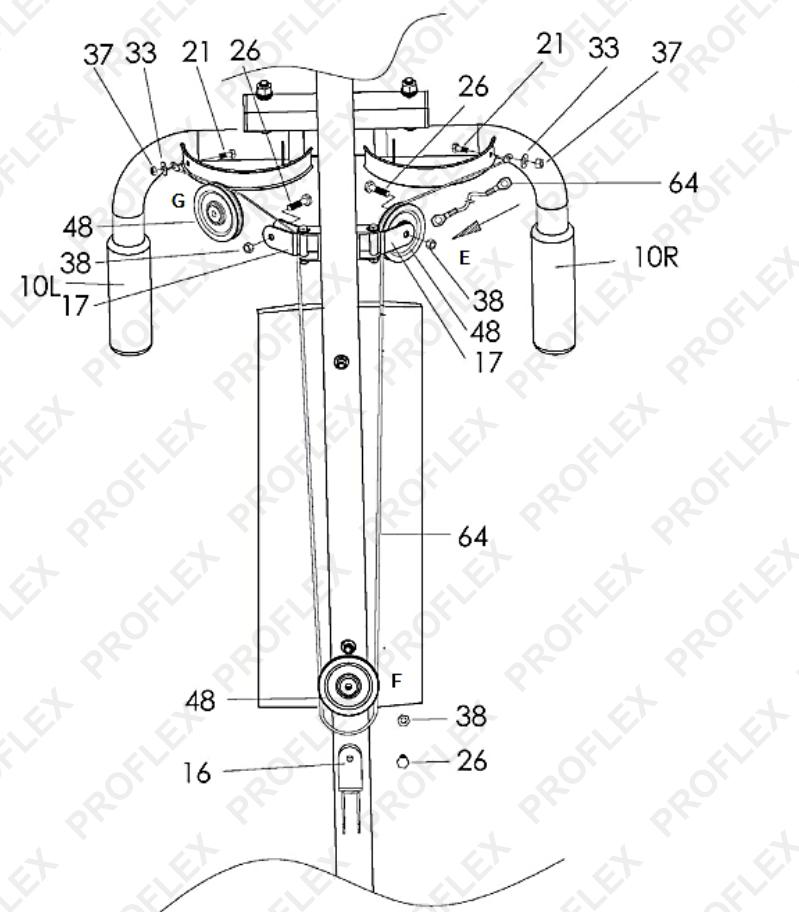
Step 7

Filling for the punching bag (67) is not supplied. Use suitable filling materials, such as sand, rice, cloth etc. Do not use materials that are sharp or large as the bag must conform to the shape of your hands when punched. The weight of the bag and filling must NOT exceed 13kg. Once the punching bag is filled, zip the top cover of the bag completely to help prevent any of the filling spilling out. • A pump may be supplied for inflating the speed ball (68). Inflate the speed ball before use.

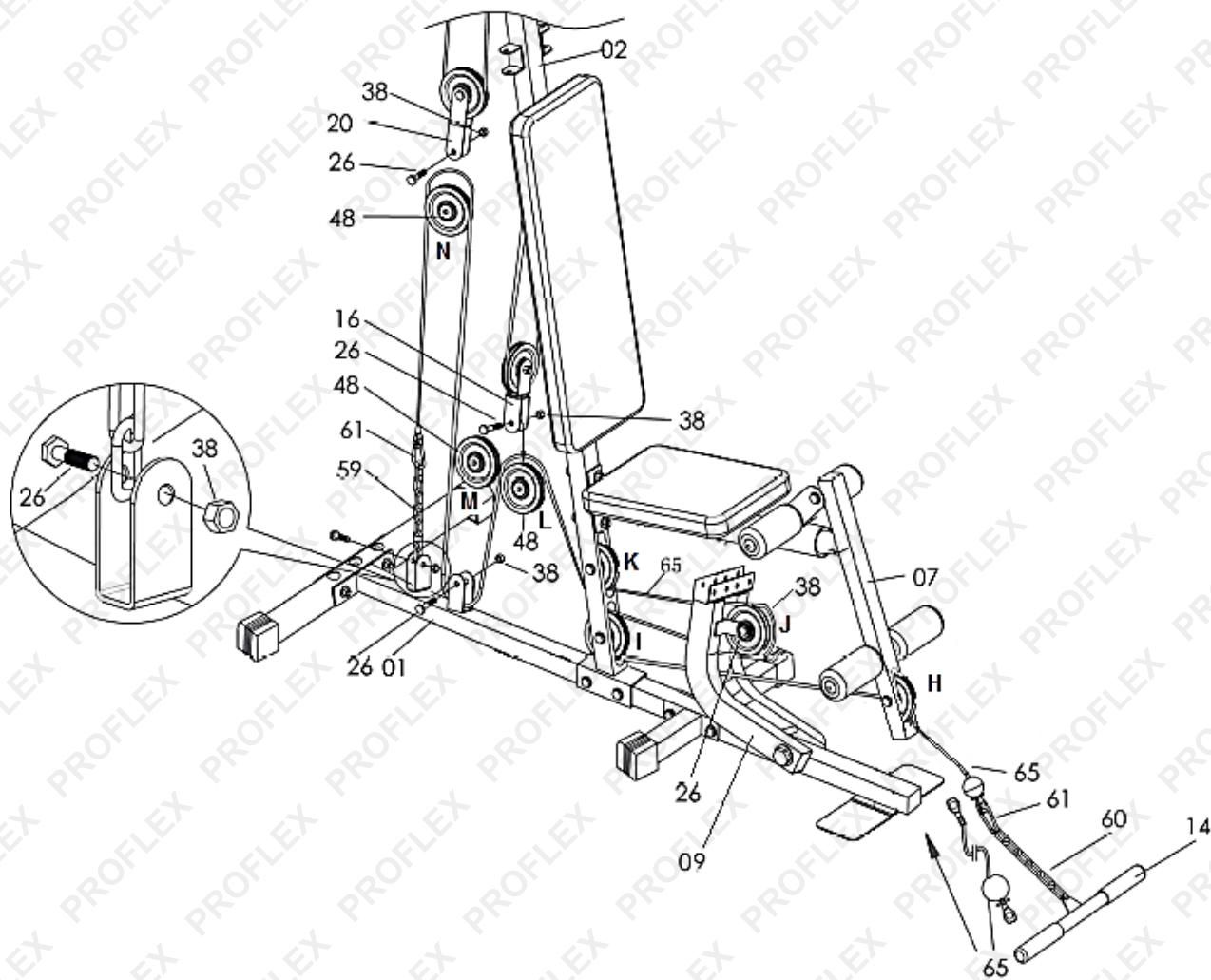
1. Attach the speed ball arm (71) and punching bag arm (71A) to either side of the bridge tube (08) and secure using 2 bolts (30), 4 washers (34) and 2 nuts (38).
2. Attach the speed ball/punching bag arm bracket (85) to the speed ball arm (71) and punching bag arm (71A) and secure using 2 bolts (81), 4 washers (34) and 2 nuts (38).
3. Attach the speed ball board (79) to the speed ball arm (71) and secure using 1 bolt (28), inserted from the underside of the board, 1 washer (34) and 1 nut (38).
4. Attach the speed ball hook/cup (80) to the speed ball board (79) and secure using 4 bolts (82), inserted from the underside of the board, 4 washers (84) and 4 nuts (83).
5. Attach the speed ball (68) to the speed ball hook/cup (80), and the punching bag (67) to the punching bag arm (71A) using a chain hook/carabiner (61).

Step 8

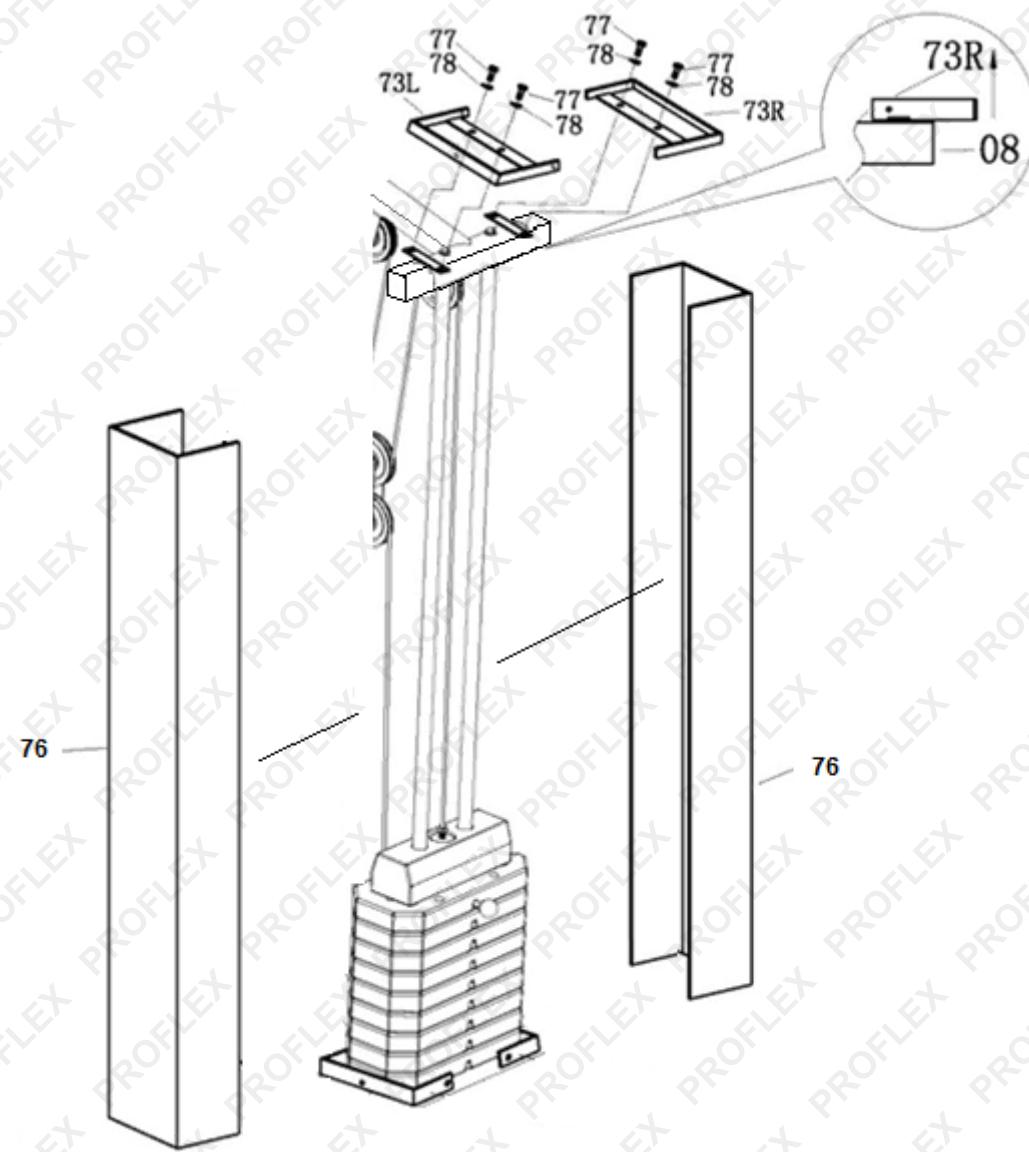
1. Run the lat bar cable (66) over pulley with collars (49 **A**), then place a pulley cover (50) on each side of the pulley. **Notes:** The ball stopper of the cable should be at the front of the machine. • Cable (65) must exit the pulley covers (50) through the opening. Attach the assembled pulley and cable to the mounting on the end of the bridge tube (08) and secure using 1 bolt (27) and 1 nut (39).
2. Pull cable (66) towards the back of the machine through the upper opening in the main support tube (02) and over pulley (48 **B**).
3. Pull cable (66) downwards and around pulley (48 **C**). Place the floating pulley bracket (20) over pulley **C** and secure it to the pulley using 1 bolt (26) and 1 nut (38).
4. Pull cable (66) upwards and around pulley (48 **D**). Attach this pulley to the bridge tube (08) bracket and secure using 1 bolt (26) and 1 nut (38).
5. Pull cable (66) downwards, then place washer (36) over the bolt on the end of the cable and fully screw it in to the top of the weight bar (19). Tighten the lock nut to secure the assembly.

Step 9

1. Attach the butterfly arm cable (64) to the right-side butterfly arm (10R) and secure using 1 bolt (21), 1 washer (33) and 1 nut (37).
2. Pull cable (64) around pulley (48 E). Attach this pulley to the butterfly pulley bracket (17) on the right-hand side of the machine and secure using 1 bolt (26) and 1 nut (38).
3. Pull cable (64) around pulley (48 F). Place the two-way pulley bracket (16) over pulley F and secure it to the pulley using 1 bolt (26) and 1 nut (38).
4. Pull cable (64) around pulley (48 G). Attach this pulley to the butterfly pulley bracket (17) on the left-hand side of the machine and secure using 1 bolt (26) and 1 nut (38).

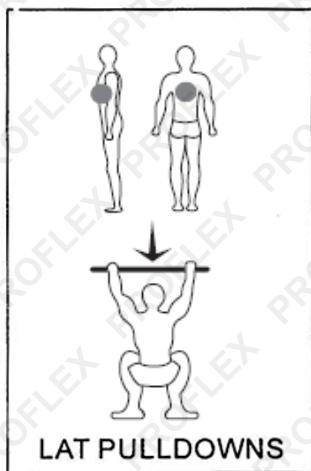
Step 10

1. Attach chain (59) to the bracket on the rear end of the base frame (01) using 1 bolt (26) and nut (38).
2. Pull cable (65) through the lower opening in the leg curl tube (07) and around the underside of pulley (48 H).
3. Pull cable (65) towards the back of the machine through the lower opening in the main support tube (02) and around pulley (48 I) and then towards the front of the machine.
4. Pull cable (65) upwards and around pulley (48 J). Attach this pulley to the pull unit (09) bracket and secure using 1 bolt (26) and 1 nut (38).
5. Pull cable (65) towards the back of the machine and around the underside of pulley (48 K).
6. Pull cable (65) upwards and around the top of pulley (48 L), then attach this pulley to the lower section of the two-way pulley bracket (16) and secure using 1 bolt (26) and 1 nut (38).
7. Pull cable (65) downward and around the underside of pulley (48 M). Attach this pulley to the base frame (01) bracket and secure using 1 bolt (26) and 1 nut (38).
8. Pull cable (65) upwards and around the top of pulley (48 N), then attach this pulley to the lower section of the floating pulley bracket (20) and secure using 1 bolt (26) and 1 nut (38).
9. Pull cable (65) downward and connect it to the end of chain (59) using a chain hook (carabiner) (61).
Note: Hook the cable to a chain link that causes it to be taught.
10. Attach the lower pull bar (14) to the front end of cable (65) using chain (60) and 2 chain hooks (carabiner) (61).

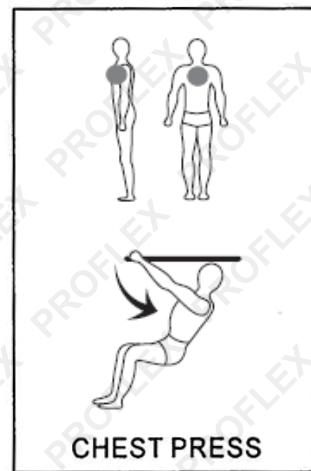
Step 11

1. Attach the left-hand cover bracket (73L) to the bridge tube (08) and secure using 2 bolts (77) and 2 washers (78). Perform the same for the right-hand cover bracket (73R).
2. Press the weight cover (76) Velcro strips at the top and bottom edges to the cover brackets.

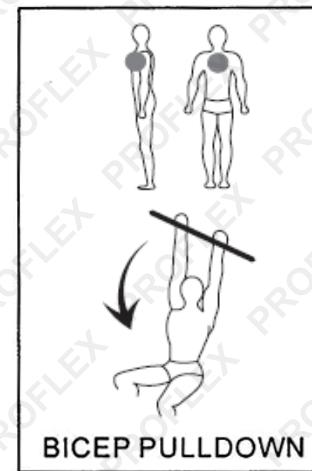
Exercises



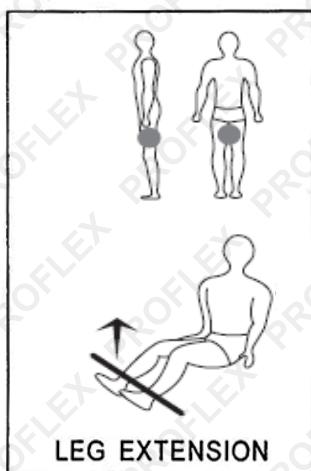
LAT PULLDOWNS



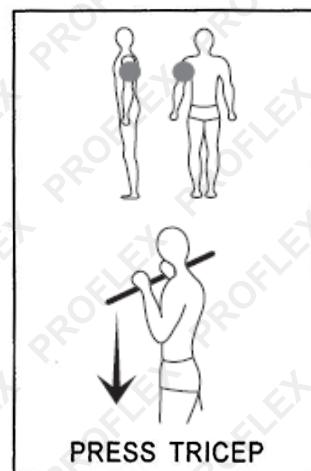
CHEST PRESS



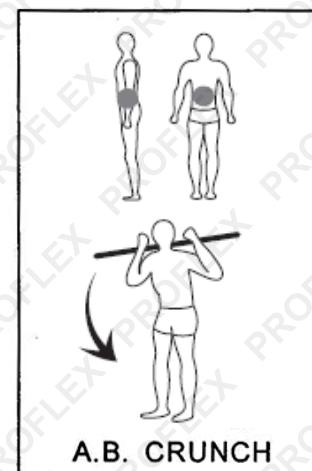
BICEP PULLDOWN



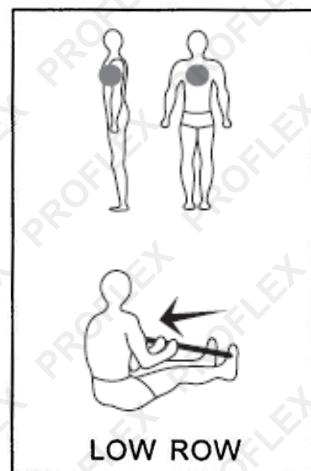
LEG EXTENSION



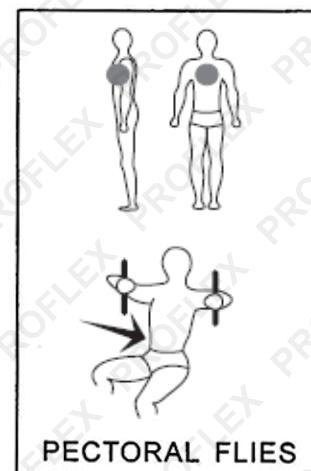
PRESS TRICEP



A.B. CRUNCH



LOW ROW



PECTORAL FLIES



Some experts believe the incorrect or prolonged use of almost any product could cause serious injury or death. For information that may reduce your risk of serious injury or death, consult the points below and additionally, the information available at www.datastreamserver.com/safety

- Consult all documentation, packaging and product labelling before use. Note that some products feature online documentation which should be printed and kept with the product.
- Check product for loose / broken / damaged / missing parts, wear or leaks (if applicable) before each use. Never use a product with loose / broken / damaged / missing parts, wear or leaks (if applicable).
- Products must be inspected and serviced (if applicable) by a qualified specialist every 6 months assuming average residential use by a person of average weight and strength, above average technical aptitude, on a property matching average metropolitan specification. Intended use outside these guidelines could indicate the product is not suitable for intended use or may require more regular inspection or servicing.
- Ensure all possible users of the product have completed an industry recognized training course before being given access to the product.
- The product has been supplied by a general merchandise retailer that may not be familiar with your specific application or your description of the application. Be sure to attain third-party approval for your application from a qualified specialist before use regardless of prior assurances by the retailer or its representatives.
- This product is not intended for use where fail-safe operation is required. As with any product (take an automobile, aircraft, computer or ball point pen for example), there is always a small chance of technical issues that needs to be repaired or may require replacement of the product or a part. If the possibility of such failure and the associated time it takes to rectify could in any situation inconvenience the user, business or employee then the product is not suitable for your requirements. This product is not for use where incorrect operation or a failure of any kind, including but not limited to a condition requiring product return, replacement, service by a technician or replacement of parts could cause a financial loss, loss of employee time or an inconvenience requiring compensation.
- If this item has been purchased in error after considering the points above, simply contact the retailer directly for details of their returns policy, if required.

