

**HPF**®



# Multi-function Home Gym

## User Manual

RETAIN THIS MANUAL FOR FUTURE REFERENCE

PLEASE READ THIS MANUAL CAREFULLY BEFORE USE

# Table of Contents

<b>Safety</b> .....	1
<b>Included Items</b> .....	2
<b>Set-Up</b> .....	3
<b>Operation</b> .....	12
<b>Specifications</b> .....	13

# Safety

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- Keep children and pets away from the machine at all times. **DO NOT** leave children unattended in the same room with the machine.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
- Position the machine on a clear, levelled surface. **DO NOT** use the machine near water or outdoors.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
- Use the machine only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
- Do not place any sharp object around the machine.
- Disabled person should not use the machine without a qualified person or physician in attendance.
- Before using the machine to exercise, always do stretching exercises to properly warm up.
- Never operate the machine if the machine is not functioning properly.
- **WARNING:** Before beginning any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment.
- Save these instructions.

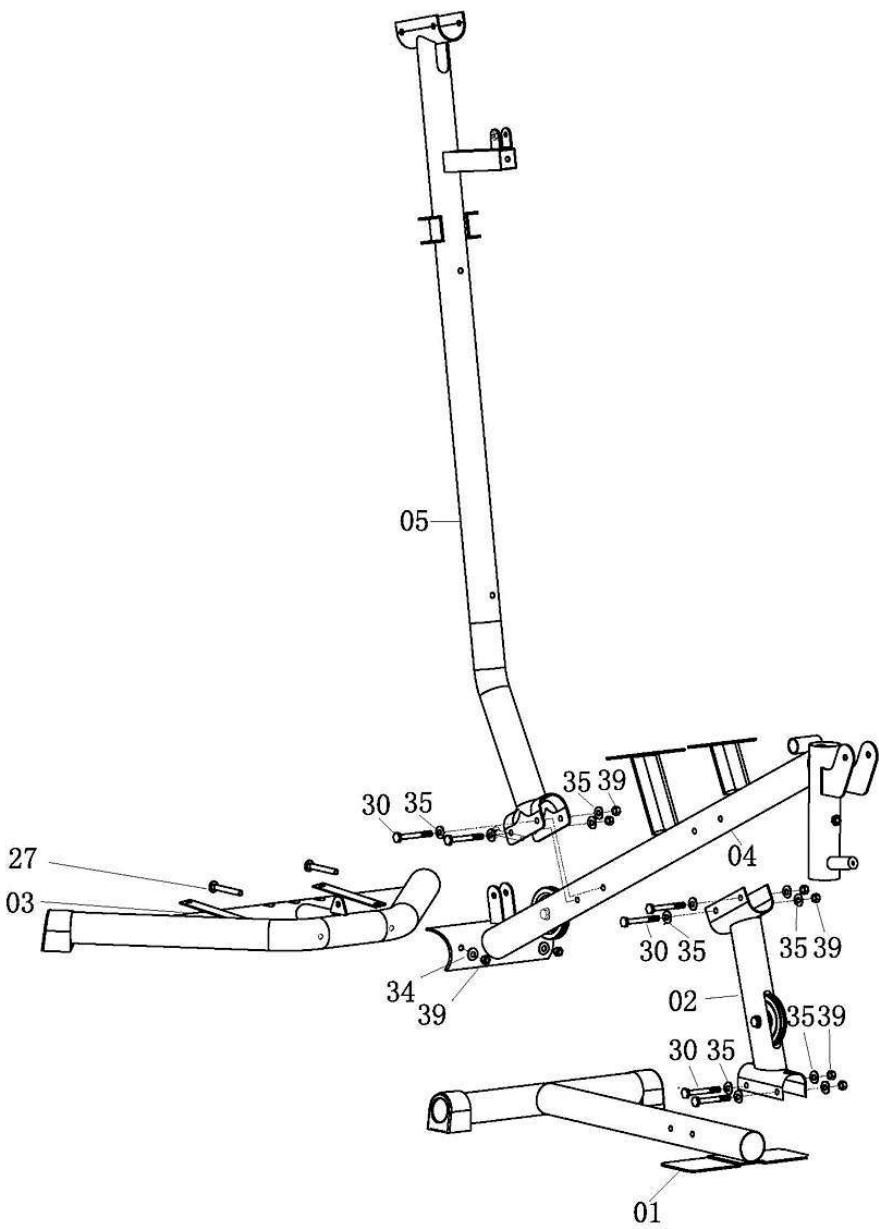
# Included Items

Item No.	Description	Size	Qty.
16	Bolt	M12 x 80mm	2
22	Bolt	M8 x 20mm	6
23	Bolt	M10 x 60mm	2
24	Bolt	M8 x 15mm	10
25	Bolt	M10 x 40mm	9
26	Bolt	M10 x 45mm	1
27	Bolt	M10 x 75mm	2
29	Bolt	M12 x 80mm	1
30	Bolt	M10 x 80mm	8
32	Pin	Large	1
33	Curved Washer	Ø22 x Ø8.3 x 1.5mm	6
34	Curved Washer	Ø23 x Ø10.3 x 1.5mm	4
35	Washer	Ø23 x Ø10.3 x 1.5mm	18
35A	Washer	Ø23 x Ø8.3 x 1.5mm	10
36	Washer	Ø24 x Ø12.3 x 1.5mm	6
37	Washer	Ø45 x Ø12.5 x 3.0mm	1
38	Locking Nut	M8	2
39	Locking Nut	M10	24
40	Locking Nut	M12	3
41	Pin	-	1
47	Pin	Small	1
61	Chain	(6 links)	2
62	Safety Hook	-	5

# Set-Up

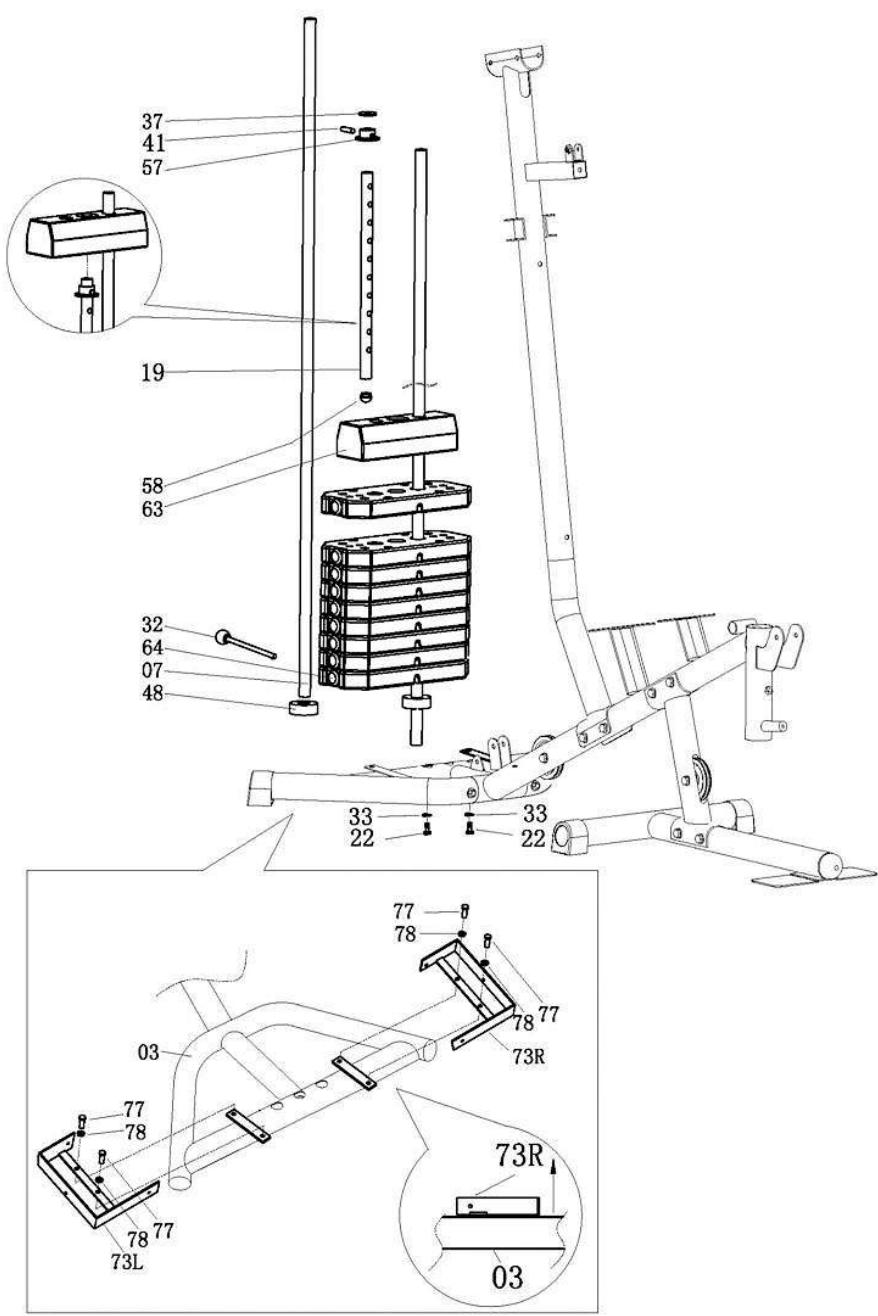
## Step 1

The following steps may include some screws that are not in the previous table under [Included Items](#). These screws will be located on a part - Please remove the screws and reuse.



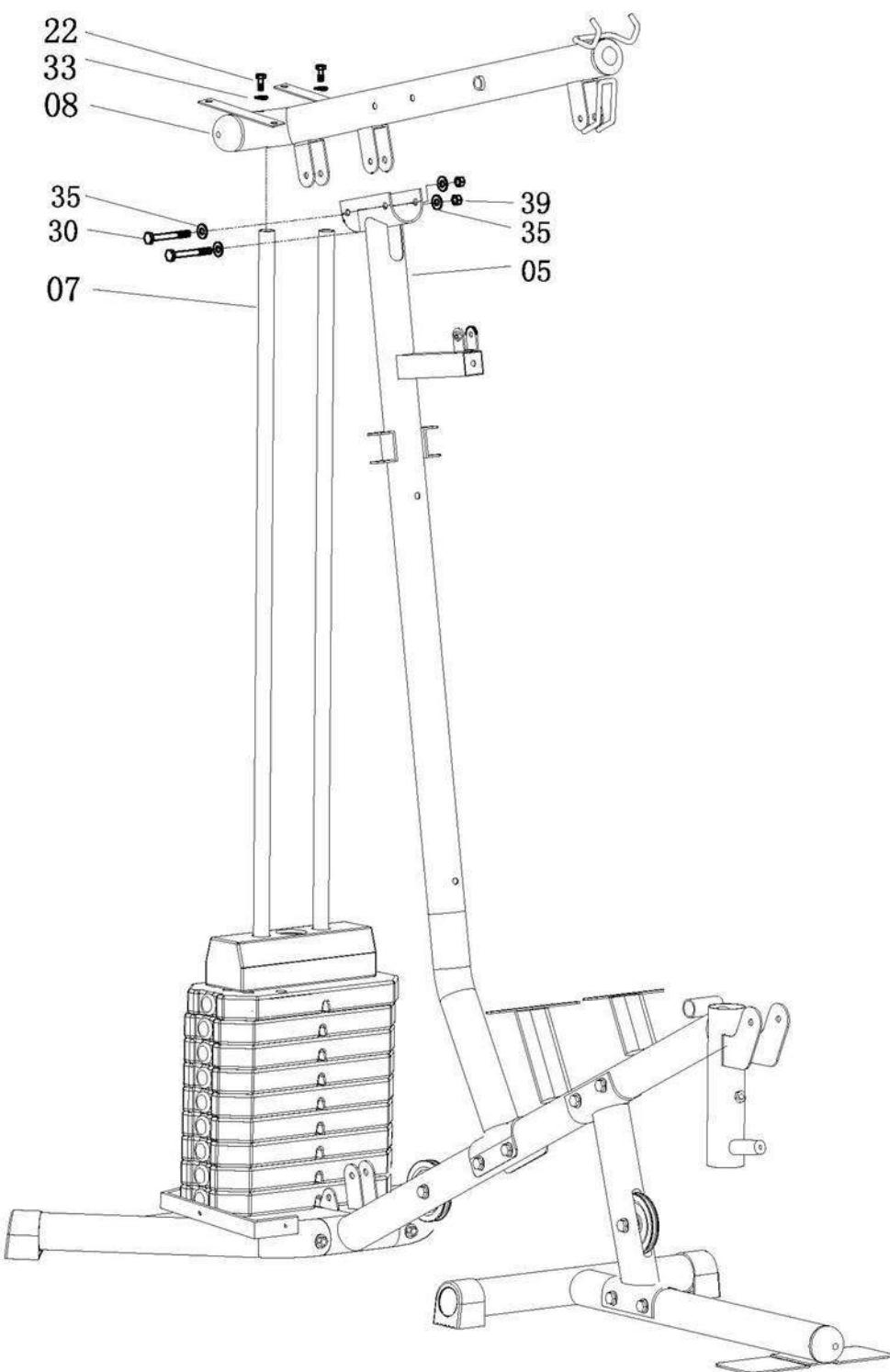
1. Attach the Rear Stabilizer (3) to the Seat Support Tube (4) and tighten by X2 Hex Head Bolt (27), X2 Curve Washer (34) and X2 Nylon Nuts (39).
2. Attach the Upright support tube (02) to the Base Frame (1) and tighten by X2 Hex Head Bolt (30), X4 Flat Washer (35) and X2 Nylon Nuts (39).
3. Attach the Seat Support Tube (04) to Upright support tube (02) and tighten by X2 hex Head Bolt (30), X4 Flat Washer (35) and X2 Nylon Nuts (39).
4. Attach the Main support tube (05) to the Seat support tube (04) and tighten by X2 hex Head Bolt (30), X4 Flat Washer (35) and X2 Nylon Nuts (39).

## Step 2



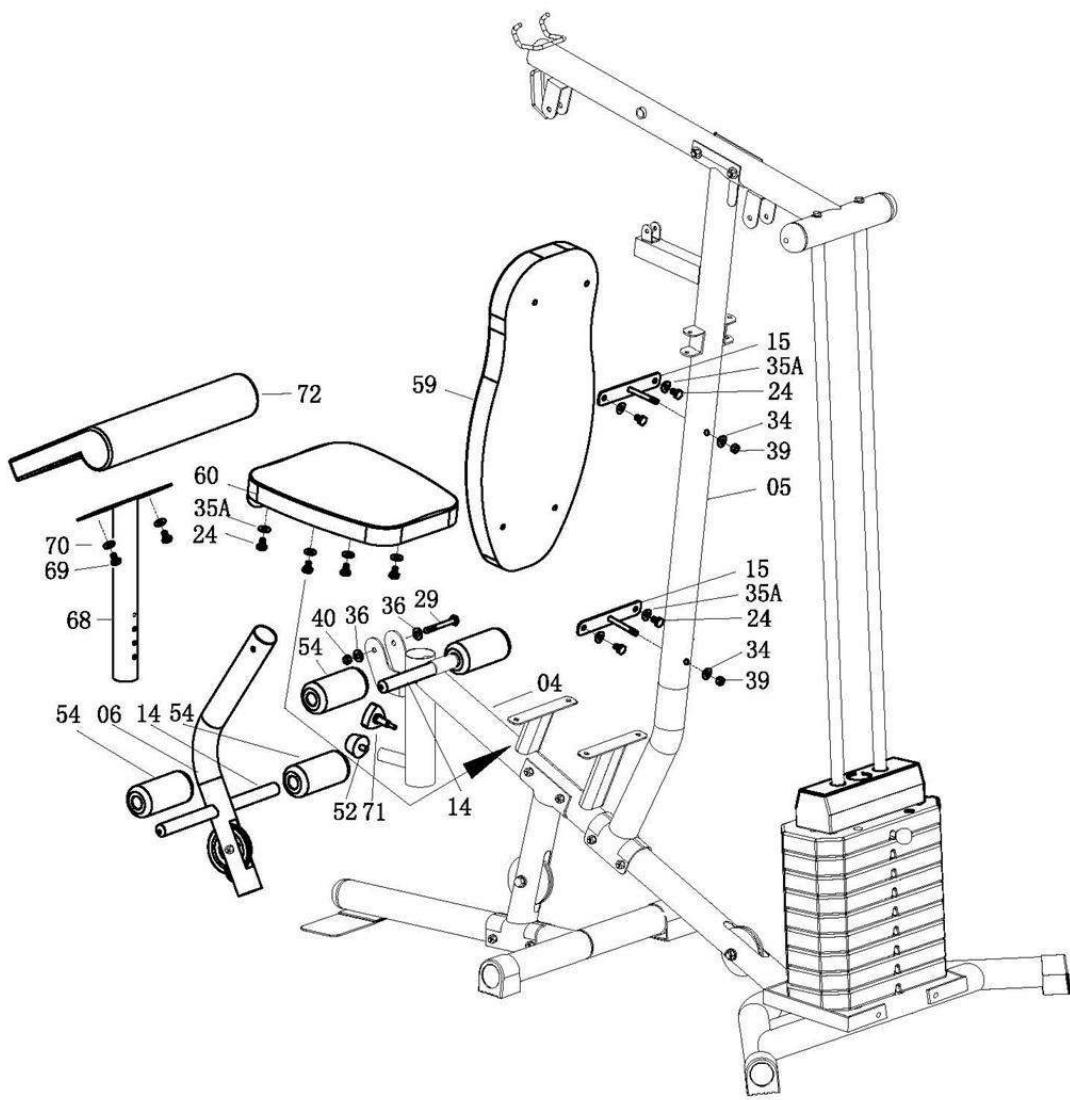
1. Attached the Bracket for Cloth Cover L (73L) to the Rear stabilizer (03) and tighten by X2 Hex Head Bolt (77), X2 Washer (78).
2. Do the same procedure for the Bracket for Cloth Cover R (73R) to the right side of Rear stabilizer (03) by the same parts.
3. Slide both Guiding Tube (07) through Rubber Ring (48) into the 2 holes on the Rear Stabilizer (3), tighten from the bottom side by X2 Curve Washer (33) and X2 Hex Head Bolt (22).
4. Place the Weight Stack (64) into the Guiding tube (5). (Watch out personal safety)
5. Place the Bushing for Weight Stack (57) onto the Select Bar (19) and fixed by the Fixed Pin (41). Then place the Weight Stack (63) upper the Select Bar (19) and place the Flat Washer (37) upper the Weight Stack (63).
6. Insert the Select Pin (32) through the Weight Stack (64) into the hole of Select Bar (19).

## Step 3



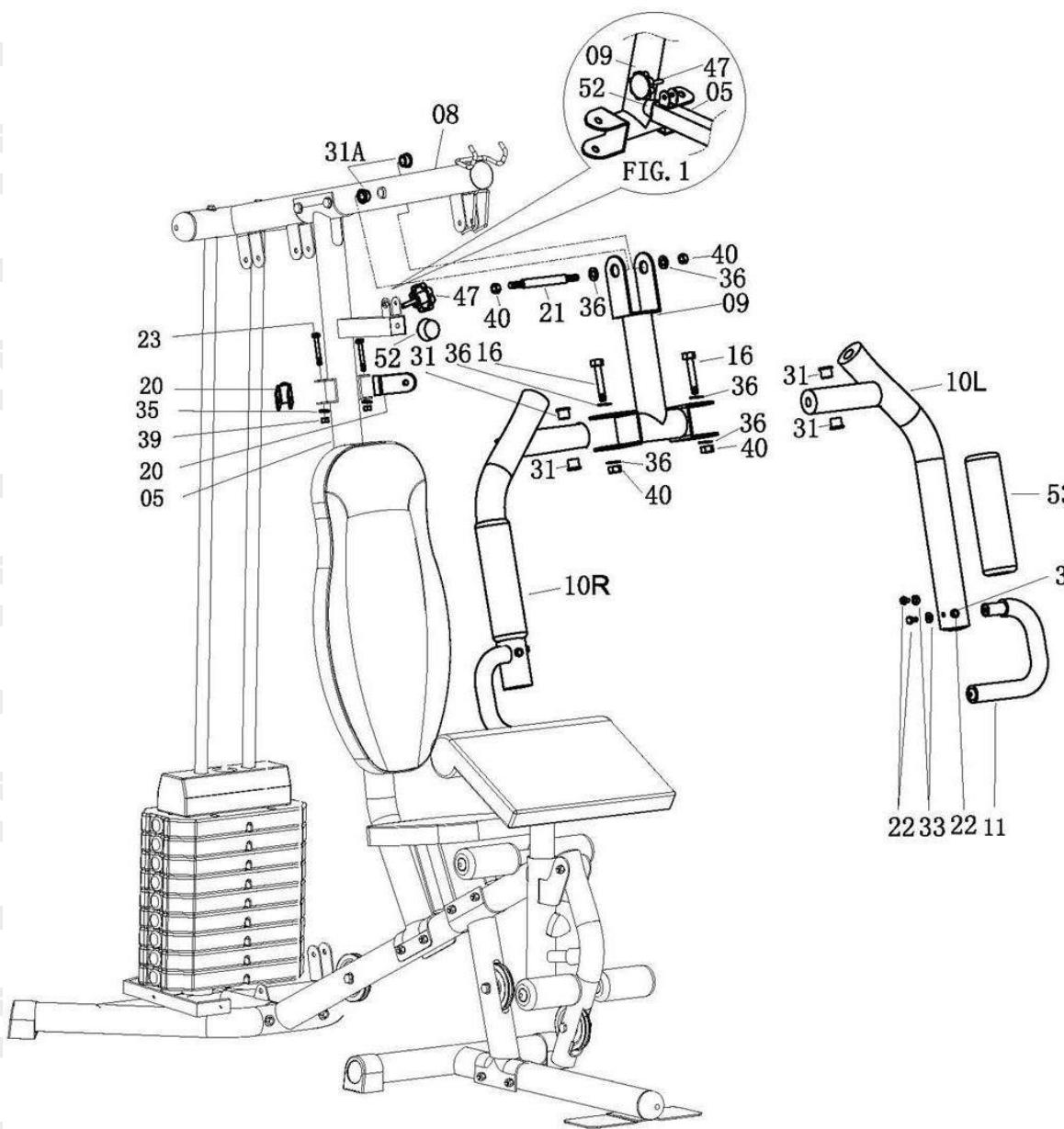
1. Place the Guiding Tube (07) into the Bridge Tube (8) and tighten by X2 Flat Washer (33) and X2 Hex Head Bolt (22).
2. Attach the Bridge Tube (8) to the Upright Support Tube (05) and tighten by X2 Hex Head Bolt (30), X4 Flat Washer (35) and X2 Nylon Nuts (39).

## Step 4



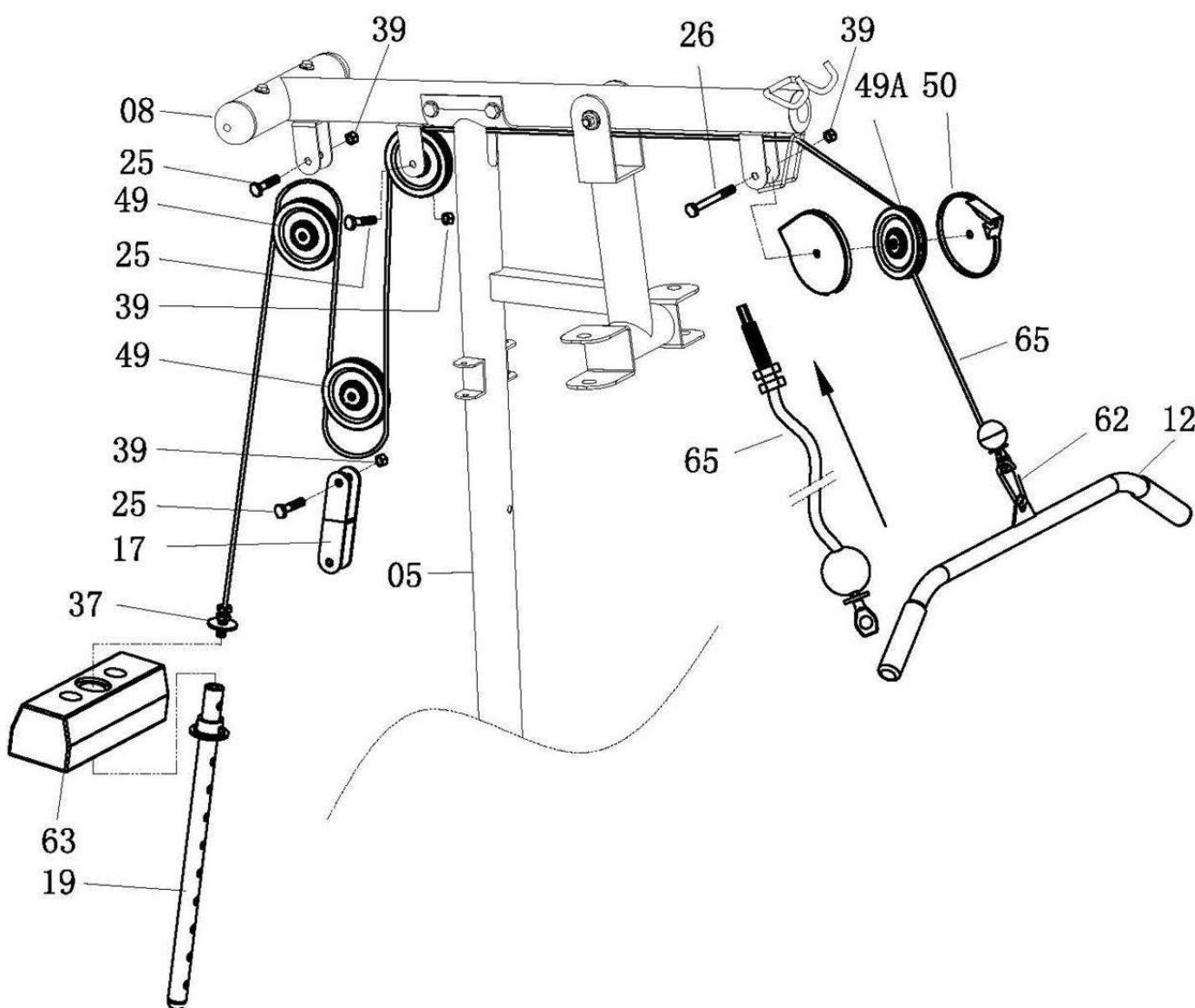
1. Attach the Backrest (15) to the Upright support tube (05), tighten by X2 Curve Washer (34) and X2 Nylon Nuts (39) through the thread holes on the Upright support tube (05).
2. Attach the Backrest Cushion (59) onto the Upright Support Tube (05) by putting the screw on the Bracket for Backrest (15) into holes on Upright Support Tube (05), tighten by X4 hex Flat washer (35A), X4 Hex held bolt (24).
3. Attach the Seat (60) onto the Seat Support Tube (04) by putting the screw on the Bracket for Seat into holes, tighten by X X4 hex Flat washer (35A), X4 Hex held bolt (24).
4. Attach the Elbow Cushion (72) onto the Elbow Cushion Support Tube (68) tighten by X2 Washer (70), X2 Hex held bolt (69).
5. Attach the Elbow Cushion Support Tube (68) into the Seat Support Tube (04), then roll with the Knob (71).
6. Screw-in the Small Rubber Stopper (52) into the front side of Seat Support Tube (04).
7. Attach the Leg Curve Tube (06) to the front side of Seat Support Tube (04), tighten by X1 Hex Head Bolt (29), X2 Flat Washer (36) and X1 Nylon Nut (40).
8. Attach the Foam Tube for Leg Curl (14) into the holes on Leg Curl Tube (06) and front/upper bracket of Seat Support Tube (04).
9. Attach the Foam for Leg Curl Tube (54) onto the 2 sides of each Foam Tube for Leg Curl (14).

## Step 5



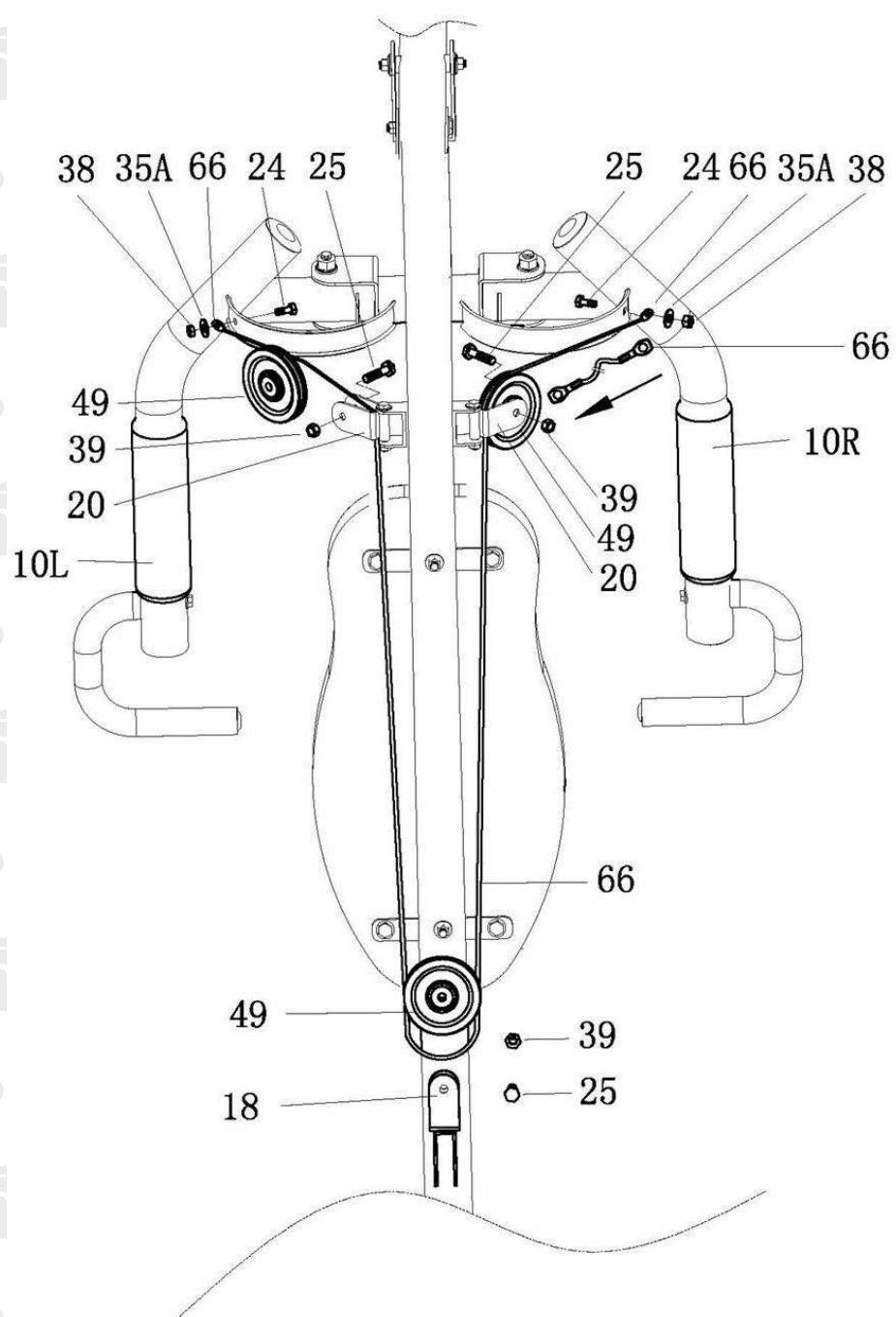
1. Attach the Pull Unit (9) to the Bridge Tube (8), insert the Axle for Pull Unit (21) through X2 Powder Metal Ring (31A), X2 Flat washer (36), X2 Nylon Nuts (40).
2. Attach the Butterfly Arm R (10R) to the right side of Pull Unit (9) through X2 Powder Metal Ring (31) and X2 Flat Washer (36) and tighten by X1 Nylon Nut (40).
3. Do the same procedure for the Butterfly Arm L (10L) to the Pull Unit (9) by same parts.
4. Insert the Rubber Stopper (52) to the bracket on the Upright Support tube (05). Then adjust the Pull Unit (9) to match the hole in the bracket.
5. Put the Foam for Butterfly Arm (53) onto the R/L Butterfly Arm (10R & 10L) and adjust to certain position. Then insert the Flat cap (46) to the Butterfly Arm (53).
6. Attach the Handlebar (11) onto the Butterfly Arm R (10R), tighten by X3 Curve Washer (33) and X3 Hex Head Bolt (22). Do the same procedure of Butterfly Arm L (10L) with the other Handlebar (11).
7. Attach the Pulley Bracket (20) onto the 2 sides of Upright Support Tube (05), tighten by X2 Hex Head Bolt (23), X4 Flat Washer (35) and X2 Nylon nuts (39) for 2 sides.

## Step 6



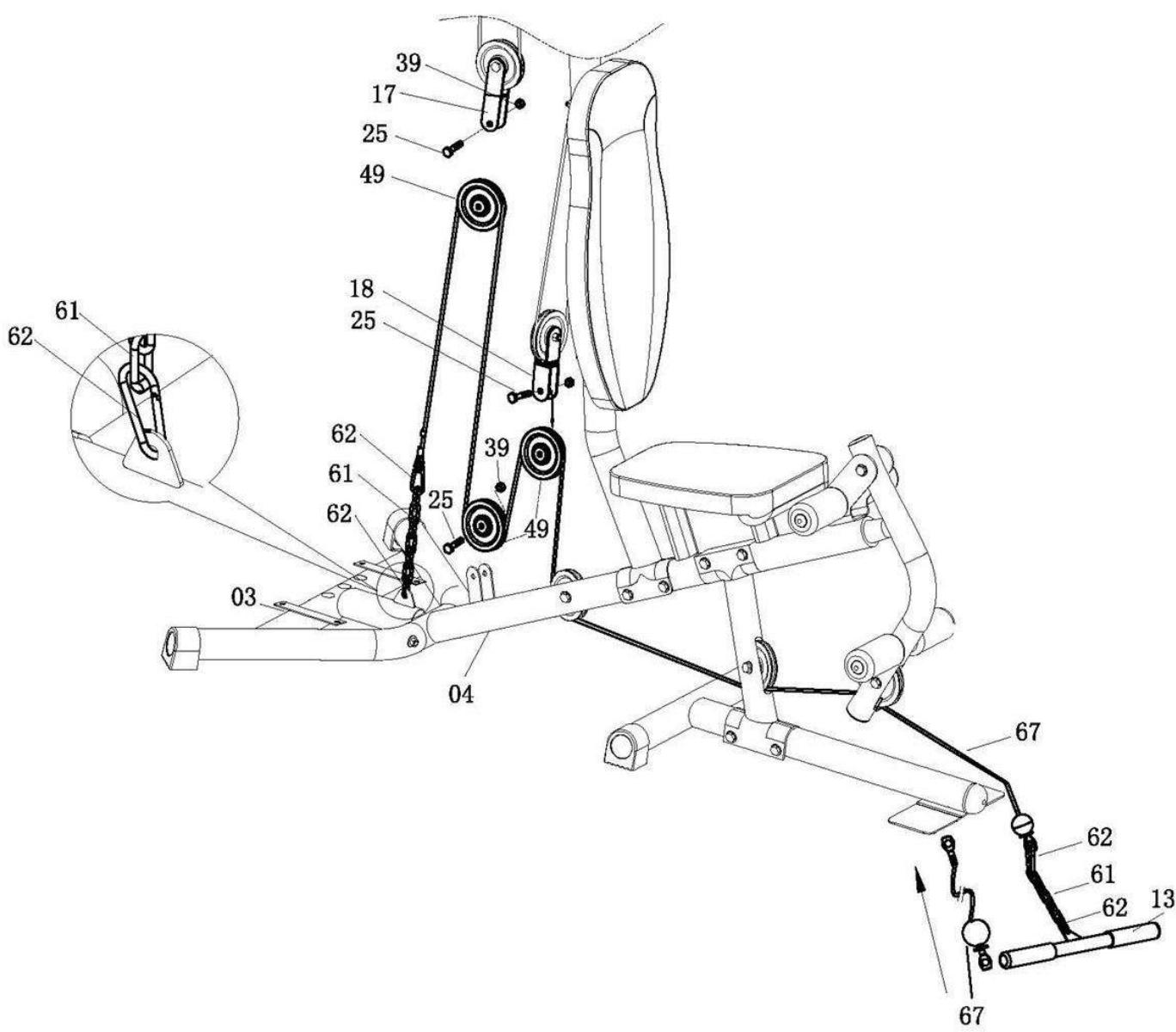
1. Attach the Cable for Lat Bar (65) to the opening bracket at the front of the Bridge Tube (8). Note: The ball stopper of the Cable (65) should be underneath the Bridge Tube (8). Attach the Cable (65) onto the Small Pulley (49A) and put the Cap for Small Pulley (50) to the two side of Small Pulley (49A). Note: The Cable (65) has to come out of the Cap (50) from the opening sides. Tighten to the bracket by X1 Hex Head Bolt (26) and X1 Nylon Nut (39).
2. Draw the Cable (65) towards the back side of the machine through the upper opening of Upright Support Tube (05) and around Pulley (49), then attach the Pulley (49) onto bracket A as drawing, tighten by X1 Hex Head Bolt (25) and X1 Nylon Nut (39).
3. Draw the Cable (65) downwards and around Pulley (49). Attach the Pulley (49) with the Bracket for Pulley (17) on two sides then tighten by X1 Hex Head Bolt (25) and X1 Nylon Nut (39).
4. Draw the Cable (65) upwards and around Pulley (49). Attach the Pulley (49) to bracket B and tighten by X1 Hex Head Bolt (25) and X1 Nylon Nut (39).
5. Draw the Cable (65) downwards between the two Guiding Tube (04) and fully thread the bolt on the end of the Cable (65) into the top opening on the Select Bar (19).
6. Attach the Lat Bar (12) to the front end of the Cable (65), connect by X1 Hook (62).

## Step 7



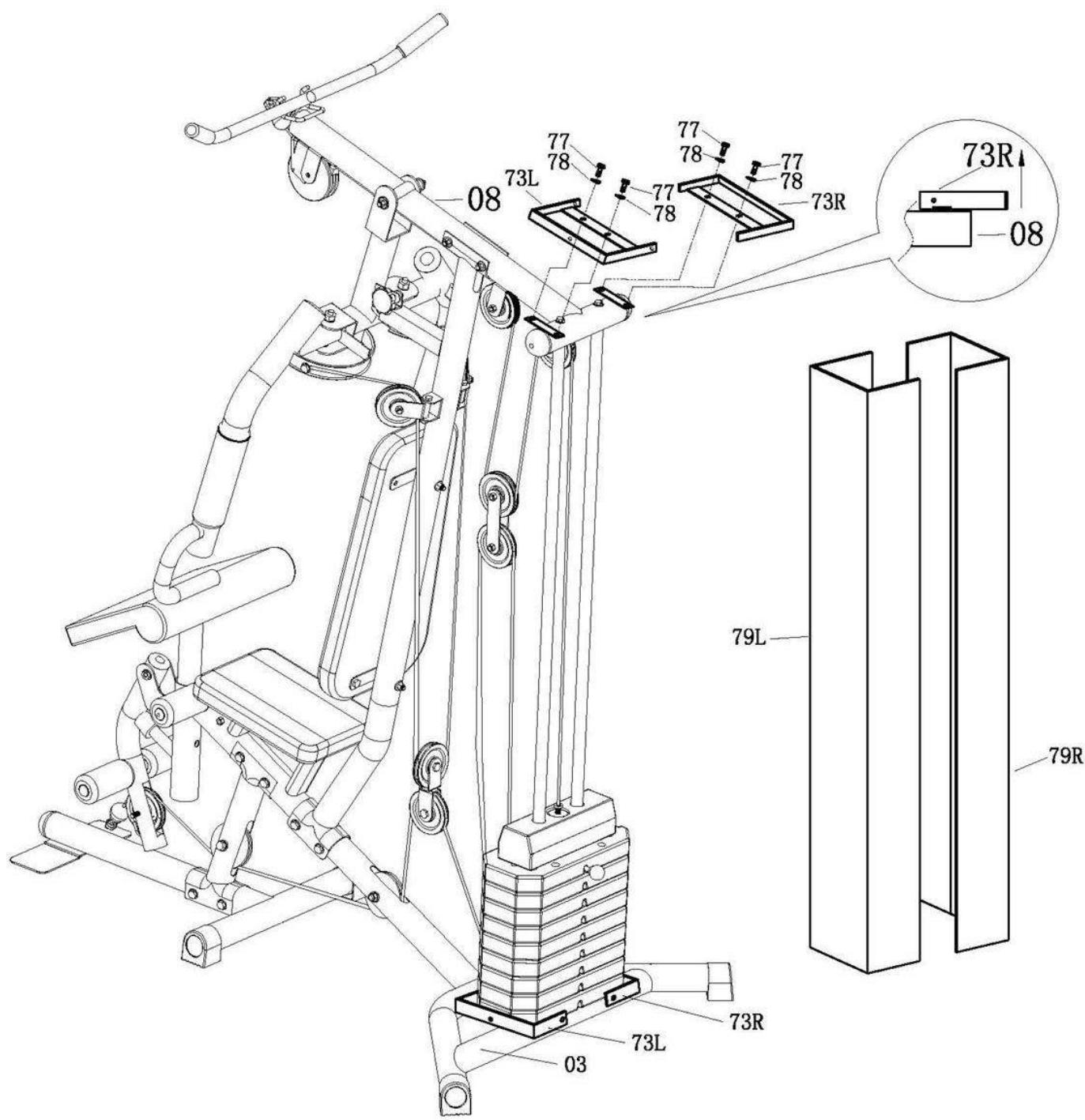
1. Attach one end of the Cable for Butterfly Arm (66) to the hook on the Right Butterfly Arm (10R), tighten by X1 Hex Head Bolt (24), X1 Flat Washer (35A) and X1 Nylon Nut (38).
2. Draw the Cable (66) around the Pulley (49) then attach the Pulley (49) to the Pulley Bracket (20) on right side of the Upright Support Tube (05), tighten by X1 Hex Head Bolt (25) and X1 Nylon Nut (39).
3. Draw the Cable (66) downward and around the Pulley (49), attach the Pulley (49) to the upper part of Two Way Bracket for Pulley (18) and tighten by X1 Hex Head Bolt (25) and X1 Nylon Nut (39).
4. Draw the Cable (66) upward and around Pulley (49). Attach Pulley (49) to the Pulley Bracket (20) on the left side of the upright Support Tube (05), tighten by X1 Hex Head Bolt (25) and X1 Nylon Nut (39).
5. Attach the other end of Cable (66) to the hook on the Left Butterfly Arm (10L), tighten by X1 Hex Head Bolt (24), X1 Flat Washer (35A) and X1 Nylon Nut (38).

## Step 8



1. Attach the end with stopper ball of Cable for Lower Pull Bar (67) to the open bracket Leg Curl (6), around the underside of Pulley (49), Then draw the Cable (67) through the opening space on the lower part of Seat post (02), around the Pulley (49) from under side then draw the Cable (67) upward and around the upper side of Pulley (49). Attach the Pulley (49) to the underside of Two Way Bracket for Pulley (18), tighten by X1 Hex Head Bolt (25) and X1 Nylon Nut (39).
2. Draw the Cable (67) downward and around the underside of Pulley (49). Attach the Pulley (49) to bracket D on the Seat post tube (4) and tighten by X1 Hex Head Bolt (25) and X1 Nylon Nut (39).
3. Draw the Cable (67) upward and around the upper side of Pulley (49). Attach the Pulley (49) to the underside of Bracket for Pulley (17) set and tighten by X1 Hex Head Bolt (25) and X1 Nylon Nut (39).
4. Draw the Cable (67) downward and connect with bracket E on Rear stabilizer (3) by Chain 6Links (61) and X1 Hook (62). Note: Adjust the Cable (67) to be tighten enough and lock on certain position of Chain (61) by Hook (62).
5. Attach the Lower Pull Bar (13) to the front end of Cable (67), connecting by Chain 6 Links (61).

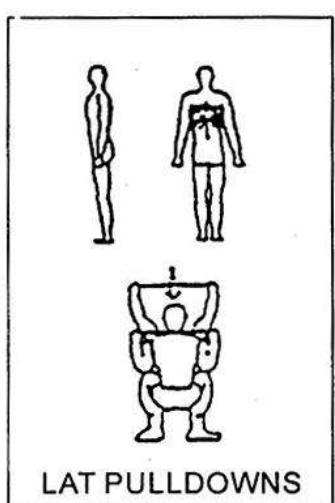
## Step 9



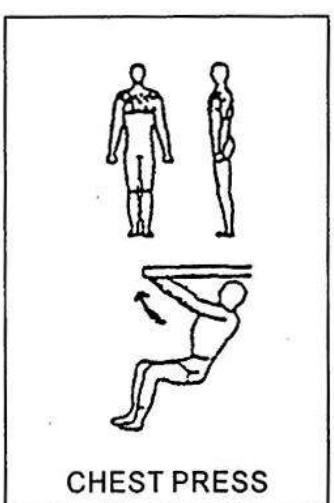
1. Attached the Bracket for Cloth Cover L (73L) to the Bridge Tube (08) and tighten by X2 Hex Head Bolt (77), X2 Washer (78).
2. Do the same procedure for the Bracket for Cloth Cover R (73R) to the right side of Bridge Tube (08) by the same parts.
3. Attached the Left Cloth Cover (79L) to the Bracket for Cloth Cover L (73L).
4. Do the same procedure for Right Cloth Cover (79R) to the right side.

# Operation

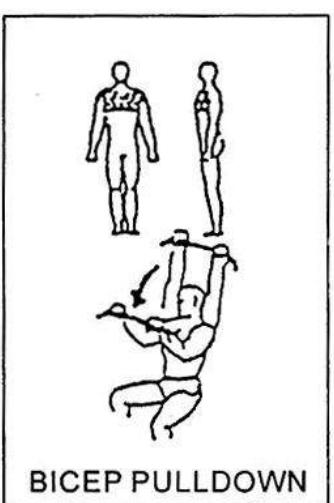
**WARNING:** Make sure all bolt and nylon nuts are tightened enough before using the machine.



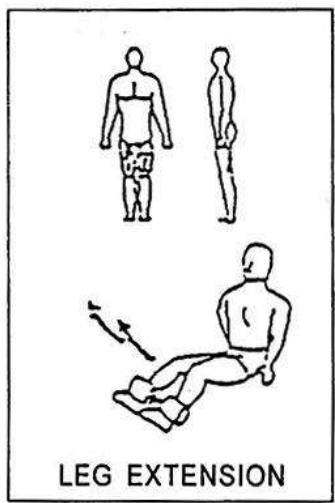
LAT PULLDOWNS



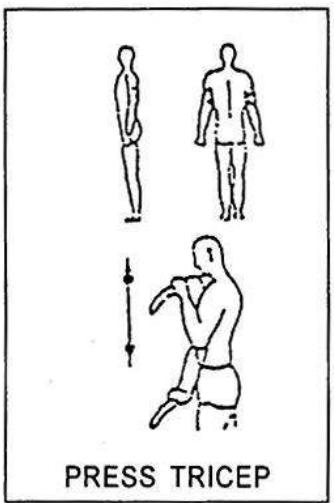
CHEST PRESS



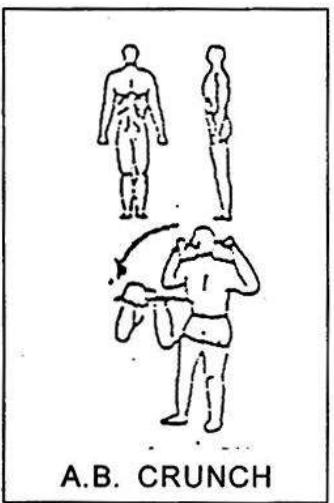
BICEP PULLDOWN



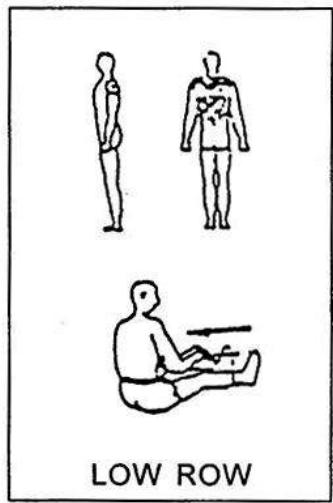
LEG EXTENSION



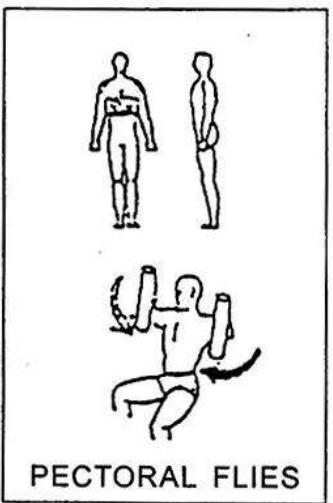
PRESS TRICEP



A.B. CRUNCH



LOW ROW



PECTORAL FLIES

# Specifications

Brand	HPF
Model	M8000
User Weight Capacity	150kgs
Included Weights	98lbs
Frame	Powder-coated steel
Seat and Preacher Pad	Vinyl covered high-density foam

*Please Note: Assembly required*



**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](http://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 recognised 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 a technical issue 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 or could financially affect 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 considering the points above simply contact the retailer directly for details of their returns policies if required.

