

HPF[®]

PROFLEX



Appearances may vary.

Multi-Function Home Gym

User Manual

[Revision 4.0 August 2018]

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.

- 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 provide assistance 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

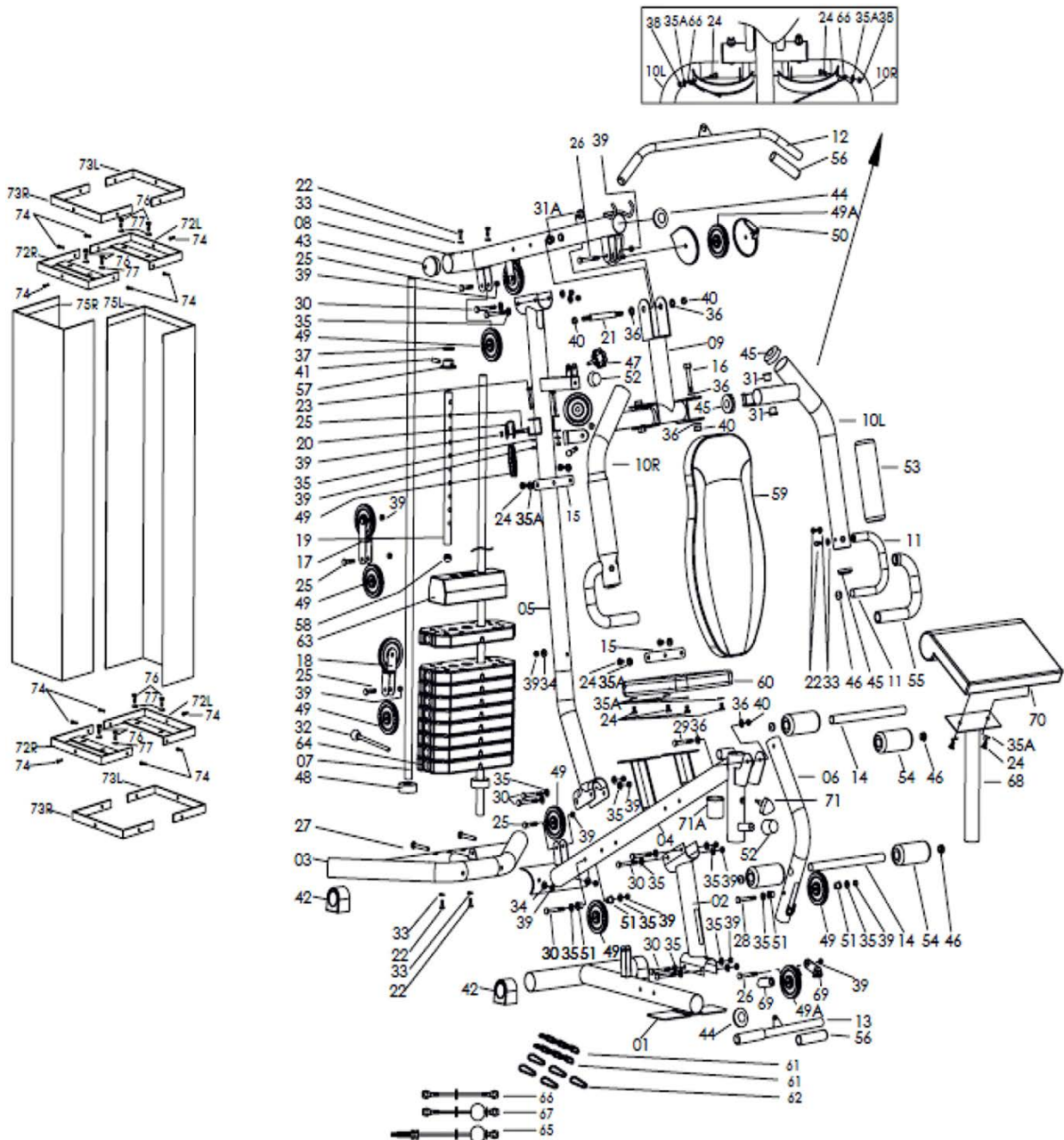
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Included Items

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

No.	Description	Qty.	No.	Description	Qty.
1	Base Frame	1	39	Nut M10	27
2	Upright Support Tube	1	40	Nut M12	5
3	Rear Stabiliser	1	41	Weight Pin	1
4	Seat Support Tube	1	42	Plastic end	4
5	Main Support Tube	1	43	Bridge Tube End Ø60	2
6	Leg Curl Tube	1	44	End Cap Ø60	2
7	Guide Tube	2	45	Butterfly Arm End Cap Ø50	6
8	Bridge Tube	1	46	Flat Cap Ø25	6
9	Pull Unit	1	47	Pin	1
10L	Butterfly Arm Left	1	48	Rubber Ring	2
10R	Butterfly Arm Right	1	49	Pulley	11
11	Handlebar	2	49A	Small Pulley	2
12	Lat Bar	1	50	Small Pulley Cover	2
13	Bottom Bar	1	51	Plastic Bushing	6
14	Leg Curl Pad Tube	2	52	Rubber Stop	2
15	Backrest Bracket	2	53	Butterfly Arm Pad	2
16	Bolt M12x80	2	54	Leg Curl Pad	4
17	Pulley Bracket	1	55	Rubber Grip	2
18	Two-Way Pulley Bracket	1	56	Bottom Bar Cover	4
19	Weight Bar	1	57	Bushing	1
20	Pulley Bracket	2	58	Selection Bar Cap	1
21	Pull Unit Axle	1	59	Backrest	1
22	Bolt M8x20	10	60	Seat	1
23	Bolt M10x60	2	61	Chain (6 links)	2
24	Bolt M8x15	12	62	X1 Hook	5
25	Bolt M10x40	9	63	Weight Plate (8lbs.)	1
26	Bolt M10x45	2	64	Weight Plate (10lbs.)	9
27	Bolt M10x75	2	65	Lat Bar Cable	1
28	Bolt M10x70	1	66	Butterfly Arm Cable	1
29	Bolt M12x70	1	67	Lower Pull Bar Cable	1
30	Bolt M10x80	9	68	Elbow Pad Tube	1

No.	Description	Qty.	No.	Description	Qty.
31	X2 Metal Bushing	4	69	Cable Guide	2
31A	Metal Bushing Ø16	2	70	Elbow Pad	1
32	Weight Pin	1	71	Elbow Tube Knob	1
33	Curved Washer 22x8	10	71A	Bushing	1
34	Curved Washer 23x10	4	72R/L	Left/Right Cover Bracket	4
35	Flat Washer 23x10	24	73R/L	Right/Left Cover Bracket	4
35A	Flat Washer 23x8	12	74	Screw	12
36	Flat Washer 24x10	8	75R/L	Left/Right Cover	2
37	Flat washer 40x12	1	76	Bolt M8x10	8
38	M8 Nut	2	77	Washer M8	8

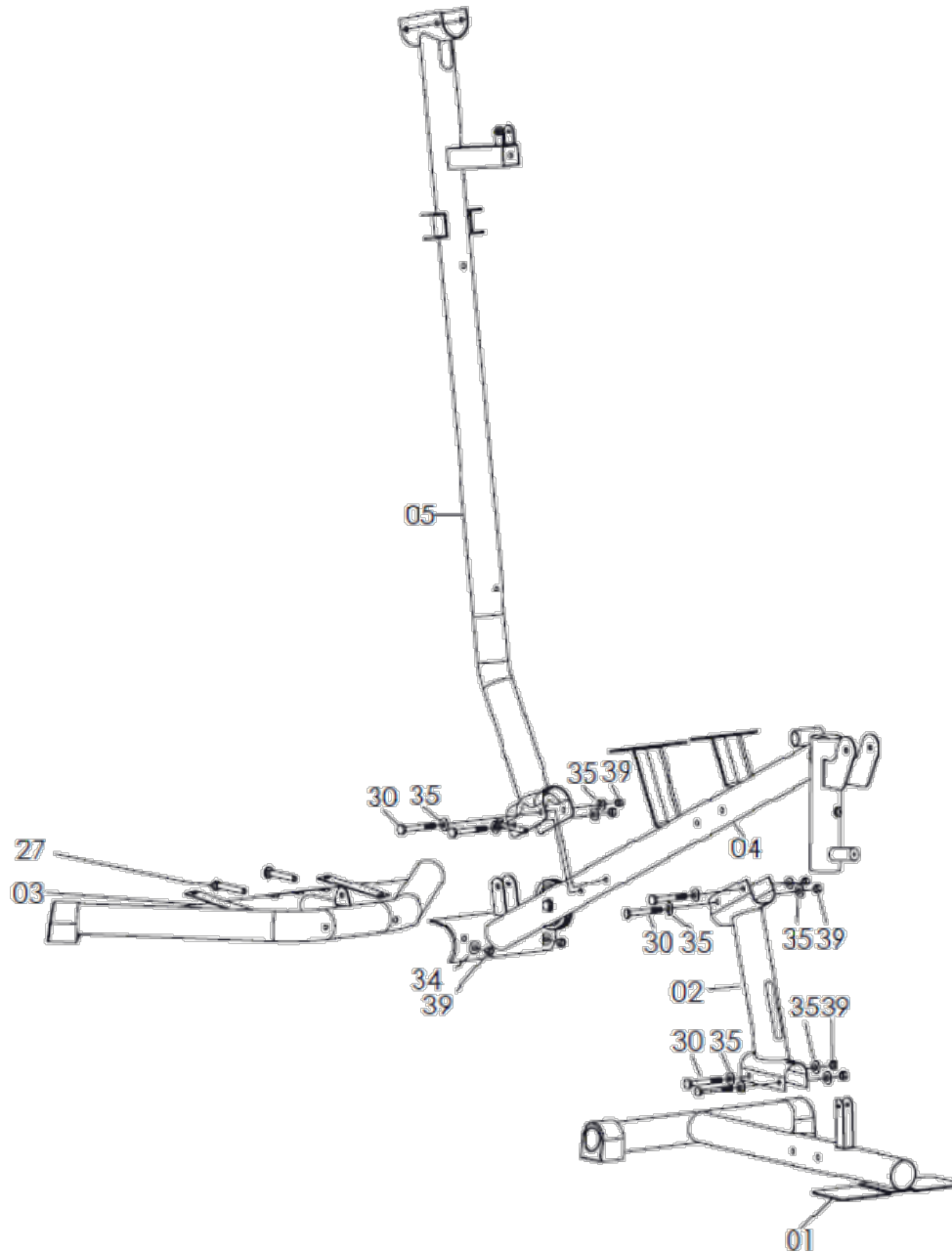


Assembly

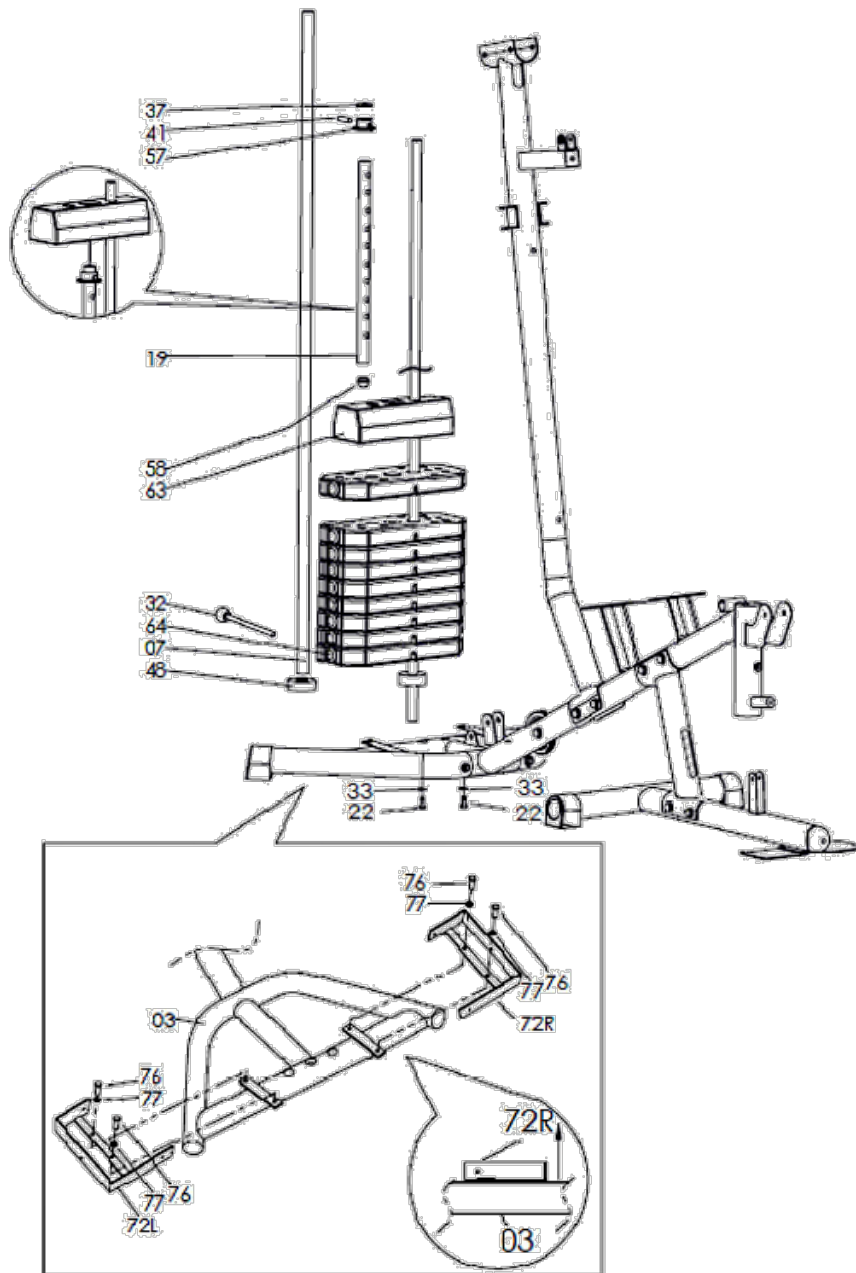


The instructions may include fasteners that are pre-assembled to some parts – it may be necessary to remove the fasteners in order to perform the assembly – always use the original fasteners.

Step 1

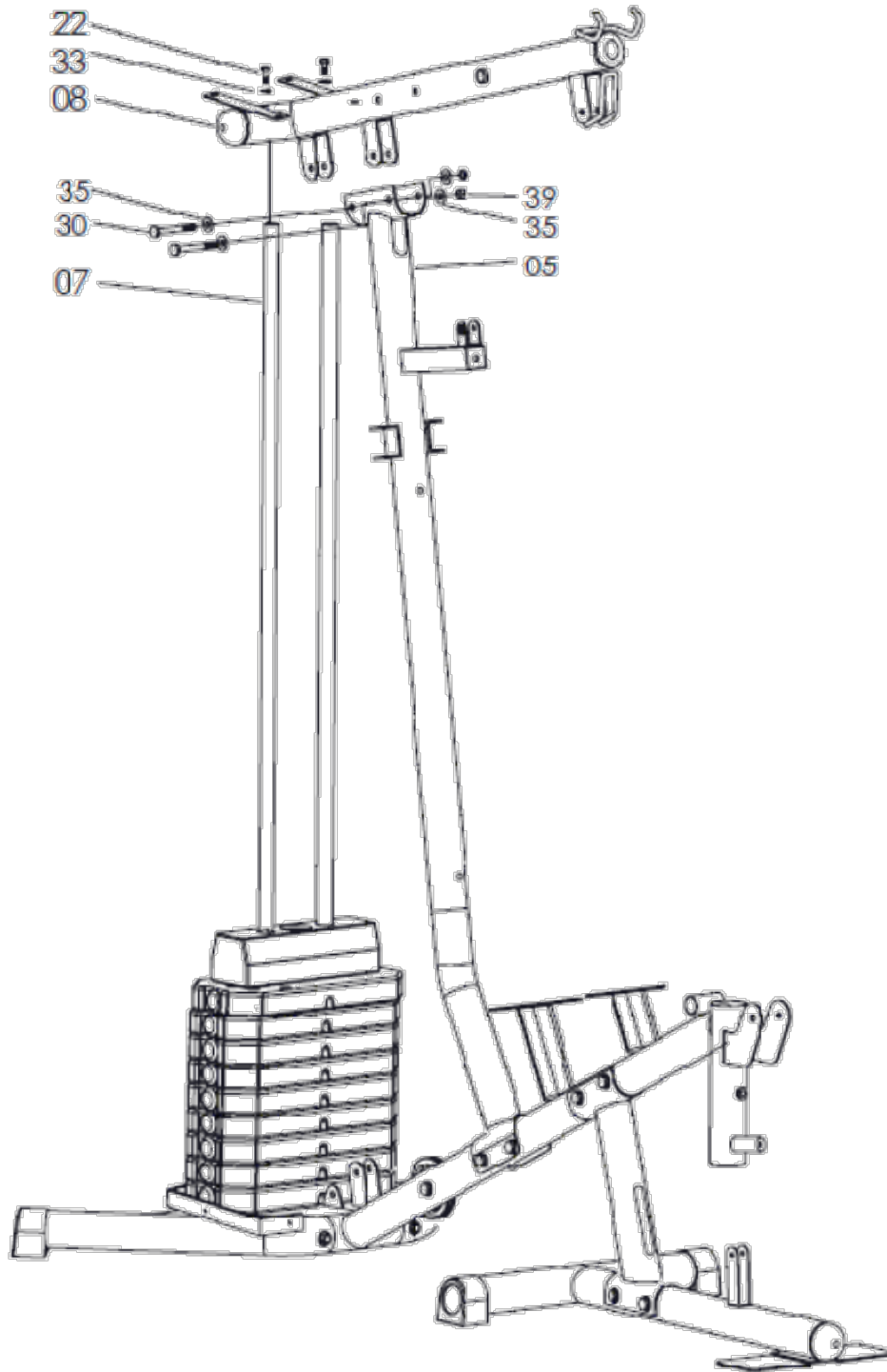


1. Attach the rear stabiliser (**03**) to the seat support tube (**04**) and secure using 2 bolts (**27**), 2 washers (**34**) and 2 nuts (**39**).
2. Attach the upright support tube (**02**) to the base frame (**01**) and secure using 2 bolts (**30**), 4 washers (**35**) and 2 nuts (**39**).
3. Attach the seat support tube (**04**) to the main support tube (**02**) and secure using 2 bolts (**30**), 4 washers (**35**) and 2 nuts (**39**).
4. Attach the main support tube (**05**) to the seat support tube (**04**) using 2 bolts (**30**), 4 washers (**35**) and 2 nuts (**39**).

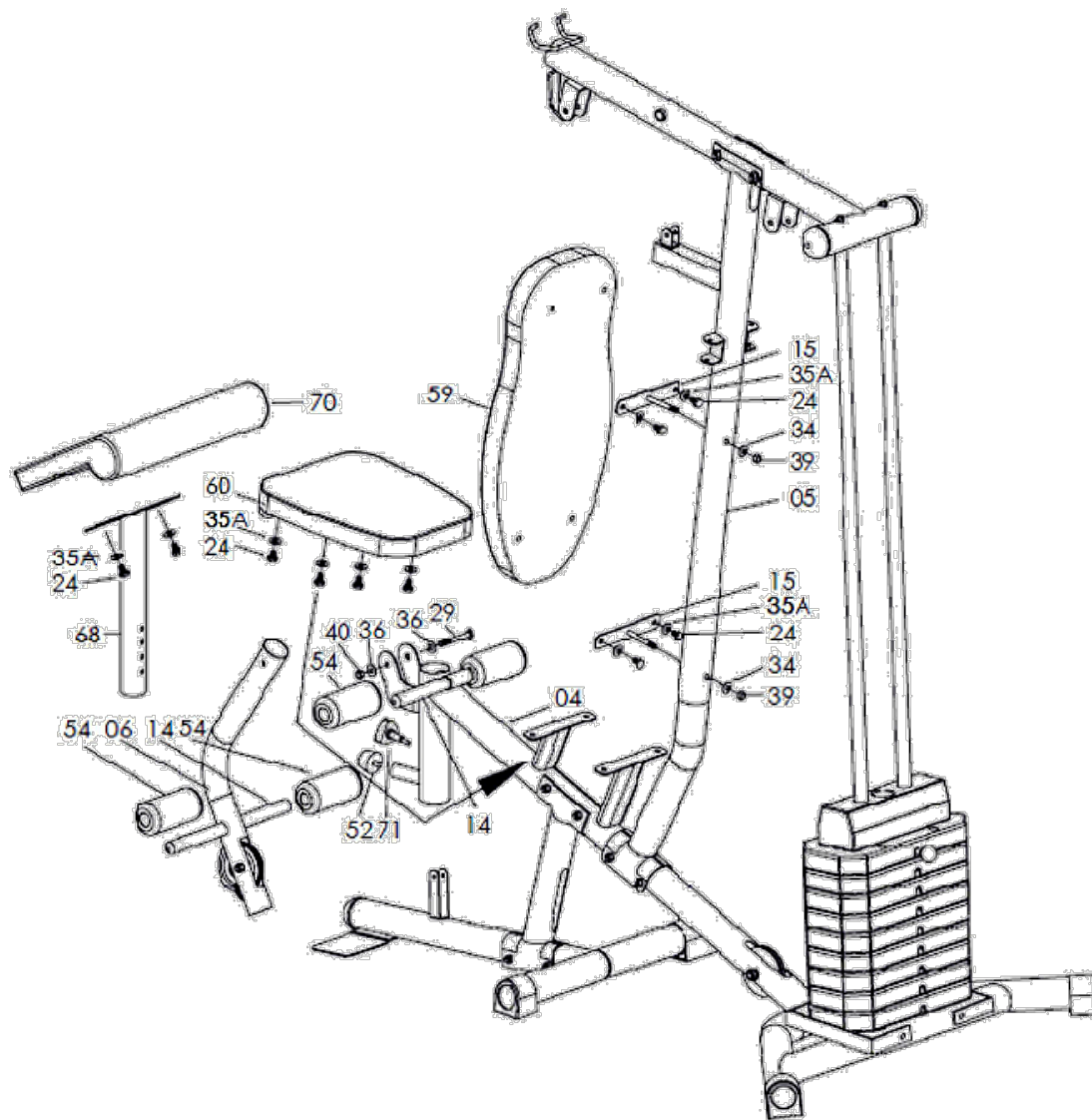
Step 2


1. Slide the 2 guide tubes (**07**) through the rubber rings (**48**) and through the two holes in the rear stabiliser (**03**). Attach the tubes using 2 curved washers (**33**) and two bolts (**22**).
2. Carefully pass the 10lb weight plates (**64**) over and down the guide tubes (**07**), so they are located by the tubes.
3. Place the bushing (**57**) on the weight bar (**19**) and connect them with the weight pin (**41**). Then place the 8lb weight plates (**63**) at the top of the weight bar (**19**).
4. Insert the weight pin (**32**) through the 10lb weight plates (**64**) and the hole of the weight bar (**19**).
5. Attach the left cover bracket (**72L**) to the rear stabiliser (**03**) and secure using 2 bolts (**76**) and 2 washers (**77**). Perform the same to attach the right cover bracket (**72R**) to the right side of the rear stabiliser (**03**).

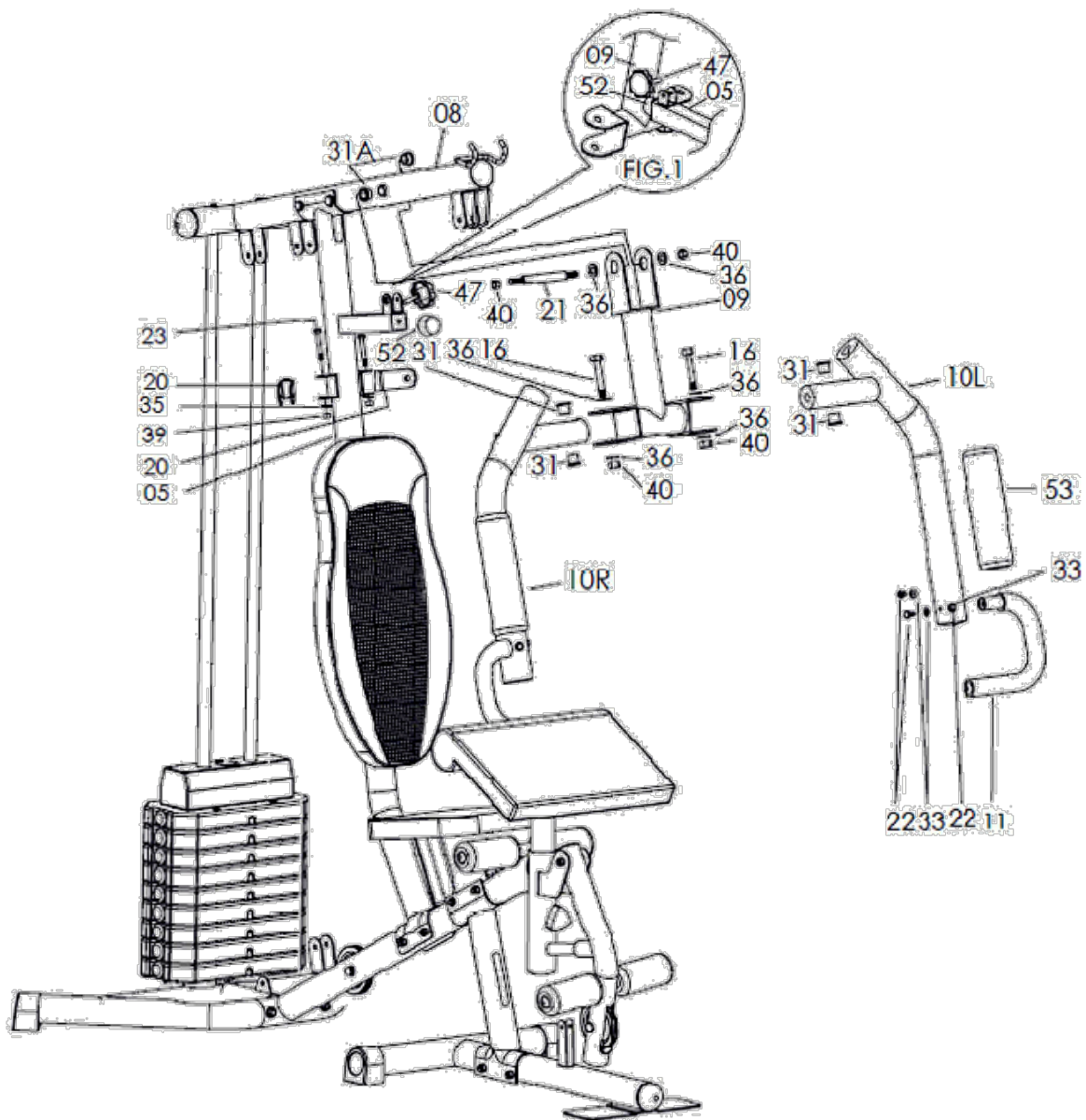
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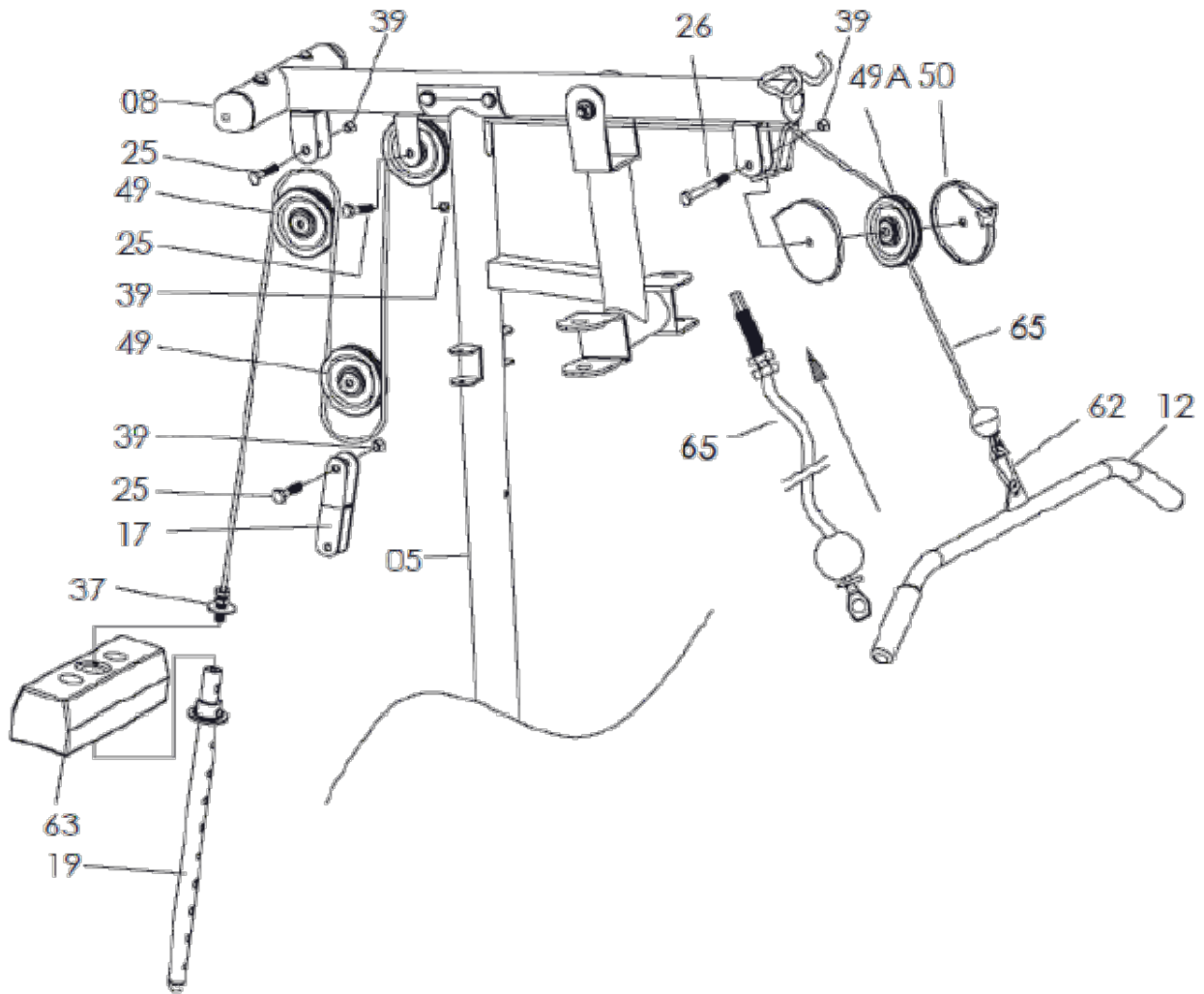
1. Insert the guide tubes (07) through the bridge tube (08) and secure using 2 washers (33) and 2 bolts (22).
2. Attach the bridge tube (08) to the main support tube (05) and secure using 2 bolts (30), 4 washers (35) and 2 nuts (39).

Step 4


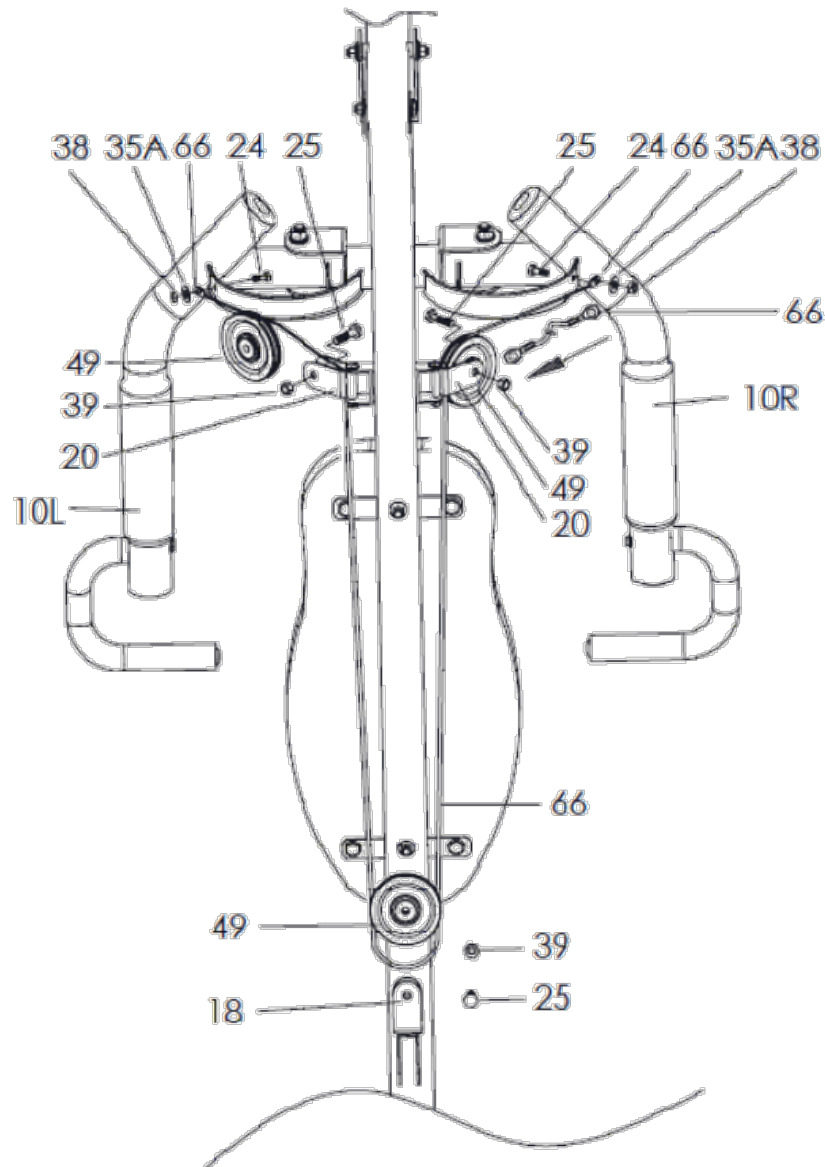
1. Pass the bolt of each backrest bracket (15) through the main support tube (05) and secure using 1 washer (34) and 1 nut (39).
2. Attach the backrest (59) to the backrest brackets (15) and secure using 4 bolts (24) and 4 washers (35A).
3. Attach the seat (60) to the mountings on the seat support tube (04) and secure using 4 bolts (24) and 4 washers (35A).
4. Attach the elbow pad (70) to the elbow pad tube (68) and secure using 2 bolts (24) and 2 washers (35A).
5. Attach the elbow pad tube (68) to the seat support tube (04) and secure using the elbow tube knob (71).
6. Insert the rubber stop (52) into the front side of seat support tube (04).
7. Attach the leg curl tube (06) to the front of the seat support tube (04) and secure using 1 bolt (29), 2 washers (36) and 1 nut (40).
8. Insert the leg curl pad tube (14) through the leg curl tube (06), then attach the leg curl pads (54) to either end of the leg curl pad tube (14).

Step 5


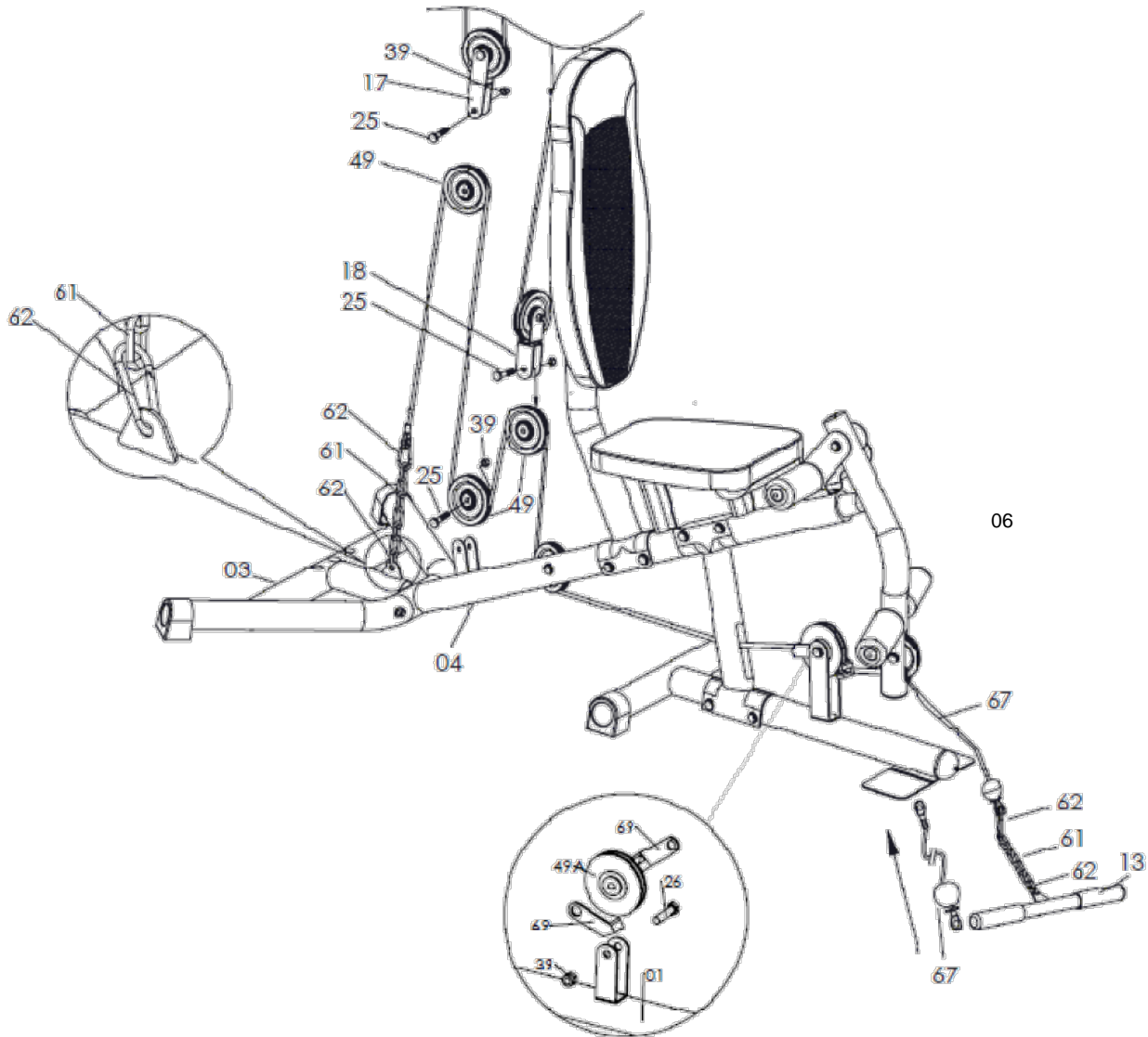
1. Attach the pull unit (09) to the bridge tube (08), insert the pull unit axle (21) through 2 metal bushings (31A) and secure using 2 washers (36) and 2 nuts (40).
2. Attach the right-hand butterfly arm (10R) to the right side of the pull unit (09) through 2 metal bushings (31) and secure using 2 washers (36) and 1 nut (40). Perform the same procedure to attach the left-hand butterfly arm (10L) to the pull unit (09).
3. Insert the rubber stop (52) to the bracket on the upright support tube (05), then adjust the pull unit (09) to match the hole in the bracket.
4. Place the butterfly arm pads (53) onto the butterfly arms (10R and 10L), then insert a 50mm flat cap (46) to the ends of the butterfly arms.
5. Attach a handlebar (11) to the right-hand butterfly arm (10R) and secure using 3 bolts (22) and 3 washers (33). Perform the same to attach the handlebar (11) to the left-hand butterfly arm (10L).
6. 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


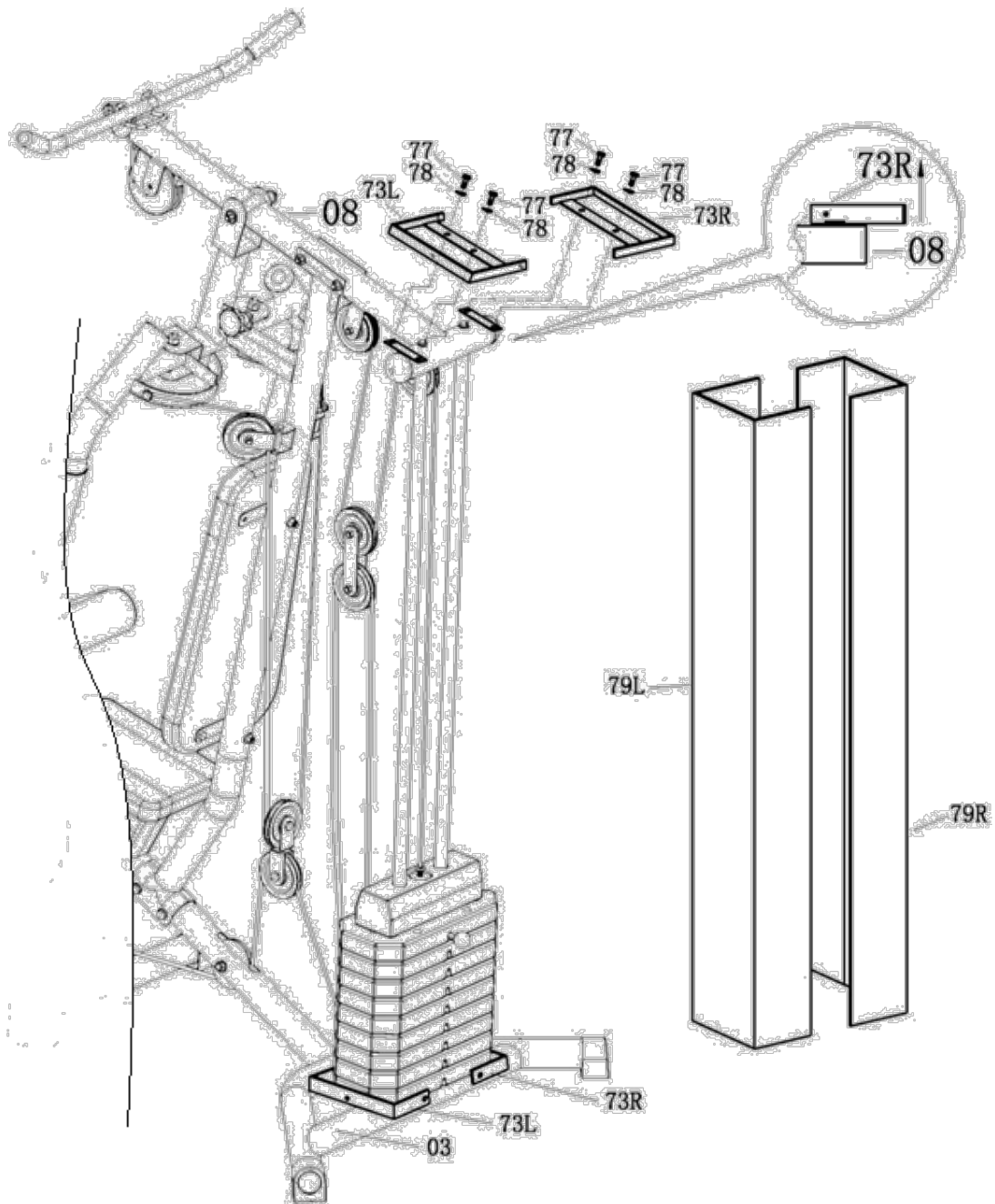
1. Attach the lat bar cable (65) to the opening bracket at the front of the bridge tube (08). Note: The ball stopper of the cable should be underneath the bridge tube. Run cable (65) over the small pulley (49A) and put a small pulley cover (50) on each side of the pulley. Note: Cable (65) has to come out of the pulley covers (50) through the opening. Secure pulley (49A) to the bracket using 1 bolt (26) and 1 nut (39).
2. Pull cable (65) towards the back of the machine through the upper opening in the main support tube (05) and around the first pulley (49), then attach this pulley to the bridge tube (08) bracket and secure using 1 bolt (25) and 1 nut (39).
3. Pull cable (65) downwards and around the second pulley (49). Attach this pulley to the main support tube (05) using the pulley bracket (17), 1 bolt (25) and 1 nut (39).
4. Pull cable (65) upwards and around the third pulley (49). Attach this pulley to the bridge tube (08) bracket and secure using 1 bolt (25) and 1 nut (39).
5. Pull cable (65) downwards and fully screw in the bolt on the end of the cable to the top of the weight bar (19).
6. Attach the lat bar (12) to the front end of cable (65), and secure using 1 X1 hook (62).

Step 7


1. Attach one end of the butterfly arm cable (66) to the hook on the right-side butterfly arm (10R) and secure using 1 bolt (24), 1 washer (35A) and 1 nut (38).
2. Pull cable (66) around the upper pulley (49), then attach this pulley to the pulley bracket (20) on the right-hand side of the main support tube (05) and secure using 1 bolt (25) and 1 nut (39).
3. Loop cable (66) around the lower pulley (49), then attach this pulley to the upper part of the two-way pulley bracket (18) and secure using 1 bolt (25) and 1 nut (39).
4. Pull cable (66) upward and around the second upper pulley (49), then attach this pulley to the pulley bracket (20) on the left-hand side of the main support tube (05) and secure using 1 bolt (25) and 1 nut (39).
5. Attach the other end of cable (66) to the hook on the left-side butterfly arm (10L) and secure using 1 bolt (24), 1 washer (35A) and 1 nut (38).

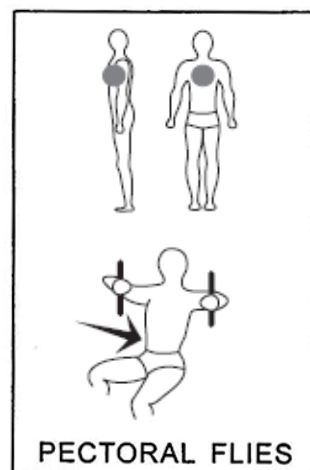
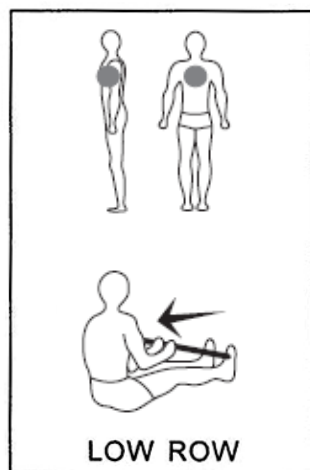
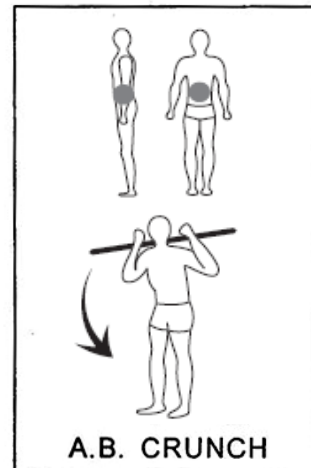
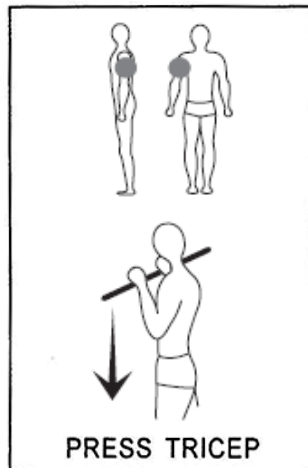
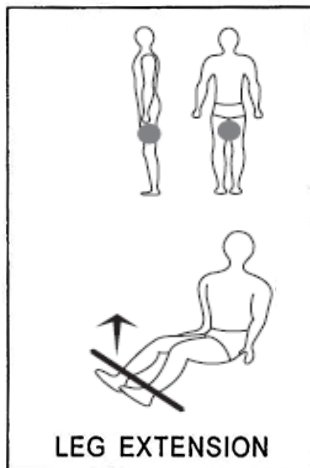
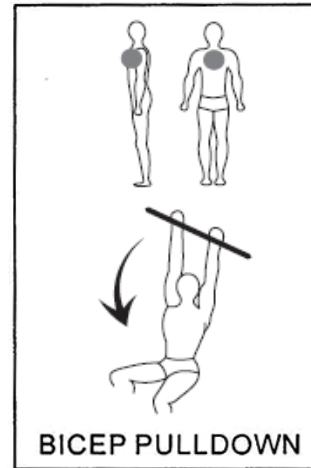
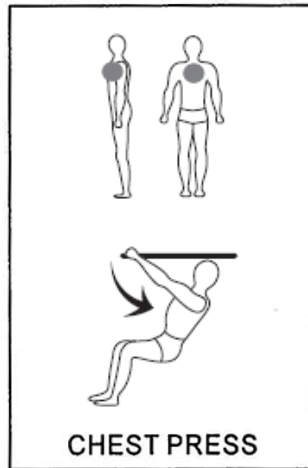
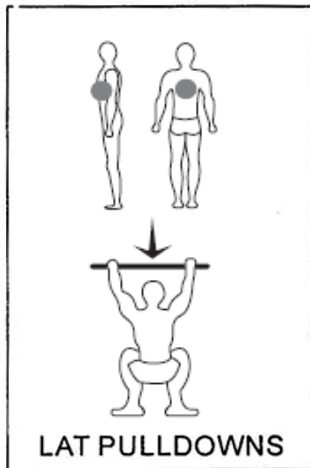
Step 8


1. Place the cable guides (**69**) on either side of the small pulley (**49A**) as shown, and secure using 1 bolt (**26**) and 1 nut (**39**).
2. Pull the NON-stopper-ball end of the lower pull bar cable (**67**) through the opening at the bottom of the leg curl tube (**06**), around the undersides of pulley (**49**) and small pulley (**49A**). Then pull the cable through the opening in the lower part of the upright support tube (**02**), then around the underside of pulley (**49**) in the seat support tube (**04**). Pull the cable upward and around the upper side of a pulley (**49**), then attach this pulley to the underside of the two-way pulley bracket (**18**) and secure using 1 bolt (**25**) and 1 nut (**39**).
3. Pull cable (**67**) downward and around the underside of a pulley (**49**), then attach this pulley to the bracket on the end of the seat support tube (**04**) and secure using 1 bolt (**25**) and 1 nut (**39**).
4. Pull cable (**67**) upward and around the upper side of a pulley (**49**), then attach this pulley to the lower section of the pulley bracket (**17**) and secure using 1 bolt (**25**) and 1 nut (**39**).
5. Pull cable (**67**) downward and connect it to the bracket on the rear stabilizer (**03**) using chain (**61**) and 1 X1 hook (**62**). Note: Hook the cable to a chain link that causes it to be taught.
6. Attach the lower pull bar (**13**) to the front end of cable (**67**) using chain (**61**) and 2 X1 hooks (**62**).

Step 9


1. Attach the left-hand cover bracket (**73L**) to the bridge tube (**08**) and secure using 2 bolts (**76**) and 2 washers (**77**). Perform the same for the right-hand cover bracket (**73R**).
2. Attach the left-hand cover (**75L**) to bracket (**73L**) and secure using 6 screws (**74**). Perform the same for the right-hand cover (**79R**).

Exercises





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

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| <ul style="list-style-type: none"> • 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. | <ul style="list-style-type: none"> • 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. |
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