

PROFLEX

PROFLEX
ASSEMBLY
M9500
Home Gym

CLICK ME

Multifunction Home Gym M9500



Colours may vary

User Manual

[Revision 7.0 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

Safety messages are designed to alert you to possible dangers or hazards that could cause death, injury or equipment or property damage if not understood or followed. Safety messages have the following symbols:



You **WILL** be KILLED or SERIOUSLY INJURED if you do not follow instructions.



You **CAN** be KILLED or SERIOUSLY INJURED if you do not follow instructions.



You **CAN** be INJURED if you do not follow instructions or equipment damage may occur.

It is vital that you read and understand this user manual before using the product, including safety warnings, and any assembly and operating instructions. Keep the manual for future reference.

Safety precautions and recommendations detailed here must be fully understood and followed to reduce the risk of injury, fire, explosion, electrical hazard, and/or property damage.

Safety information presented here is generic in nature – some advice may not be applicable to every product. The term "equipment" refers to the product, be it electrical mains powered, battery powered or combustion engine powered.

- Before Use** - If you are not familiar with the safe operation/handling of the equipment or are in any way unsure of any aspect of suitability or correct use for your application, you should complete training conducted by a person or organization qualified in safe use and operation of this equipment, including fuel/electrical handling and safety.

- Do NOT operate the equipment in flammable or explosive environments, such as in the presence of flammable liquids, gases or dust. The equipment may create sparks or heat that may ignite flammable substances.
- Keep clear of moving parts.
- Equipment may be a potential source of electric shock or injury if misused.
- Do NOT operate the equipment if it is damaged, malfunctioning or is in an excessively worn state.
- Do NOT allow others to use the equipment unless they have read this manual and are adequately trained.
- Keep packaging away from children - risk of suffocation! Operators must use the equipment correctly. When using the equipment, consider conditions and pay due care to persons and property.

General Work Area Safety

- Work areas should be clean and well lit.
- Do not operate the equipment if bystanders, animals etc are within operating range of the equipment or the general work area.
- If devices are provided for connecting dust extraction / collection facilities, ensure these are connected and used properly. Dust collection can reduce dust-related hazards.

General Personal Safety

- Wear appropriate protective equipment when operating, servicing, or when in the operating area of the equipment to help protect from eye and ear injury, poisoning, burns, cutting and crush injuries. Protective equipment such as safety goggles, respirators, non-slip safety footwear, hard hat, hearing protection etc should be used for appropriate equipment / conditions. Other people nearby should also wear appropriate personal protective equipment. Do not wear loose clothing or jewellery, which can be caught in moving parts. Keep hair and clothing away from the equipment.
- Stay alert and use common sense when operating the equipment. Do not over-reach. Always maintain secure footing and balance.
- Do not use the equipment if tired or under the influence of drugs, alcohol or medication.
- This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities.

General Fuel Safety

- Petrol/fuel/gasoline is extremely flammable – keep clear of naked flames or other ignition sources.
- Do not spill fuel. If you spill fuel, wipe it off the equipment immediately – if fuel gets on your clothing, change clothing.
- Do NOT smoke near fuel or when refuelling.
- Always shut off the engine before refuelling.
- Do NOT refuel a hot engine.
- Open the fuel cap carefully to allow any pressure build-up in the tank to release slowly.
- Always refuel in well ventilated areas.
- Always check for fuel leakage. If fuel leakage is found, do not start or run the engine until all leaks are fixed.

General Carbon-Monoxide Safety

- Using a combustion engine indoors **CAN KILL IN MINUTES**. Engine exhaust contains carbon-monoxide – a poison you cannot smell or see.
- Use combustion engines **OUTSIDE** only, and far away from windows, doors and vents.

General Equipment Use and Care

- The equipment is designed for domestic use only.
- Handle the equipment safely and carefully.
- Before use, inspect the equipment for misalignment or binding of moving parts, loose components, damage or any other condition that may affect its operation. If damaged, have the equipment repaired by an authorised service centre or technician before use.
- Prevent unintentional starting of the equipment - ensure equipment and power switches are in the OFF position before connecting or moving equipment. Do not carry equipment with hands or fingers touching any controls. Remove any tools or other items that are not a part of the equipment from it before starting or switching on.
- Do not force the equipment. Use the correct equipment for your application. Equipment will perform better and be safer when used within its design and usage parameters.
- Use the equipment and accessories etc. in accordance with these instructions, considering working conditions and the work to be performed. Using the equipment for operations different from those intended could result in hazardous situations.
- Always keep equipment components (engines, hoses, handles, controls, frames, housings, guards etc) and accessories (cutting tools, nozzles, bits etc) properly maintained. Keep the equipment clean and, where applicable, properly lubricated.
- Store the equipment out of reach of children or untrained persons. To avoid burns or fire hazards, let the equipment cool completely before transporting or storing. Never place or store the equipment near flammable materials, combustible gases or liquids etc.
- The equipment is not weather-proof, and should not be stored in direct sunlight, at high ambient temperatures or locations that are damp or humid.
- Do not clean equipment with solvents, flammable liquids or harsh abrasives.
- For specific equipment safety use and care, see Equipment Safety.

General Electrical Safety

- Inspect electrical equipment, extension cords, power bars, and electrical fittings for damage or wear before each use. Repair or replace damaged equipment immediately.
- Ensure all power sources conform to equipment voltage requirements and are disconnected before connecting or disconnecting equipment.
- When wiring electrically powered equipment, follow all electrical and safety codes.
- Wherever possible, use a residual current device (RCD).
- High voltage / high current power lines may be present. Use extreme caution to avoid contact or interference with power lines. Electrical shock can be fatal.

General Electrical Safety

- Electrically grounded equipment must have an approved cord and plug and be connected to a grounded electrical outlet.
- Do NOT bypass the ON/OFF switch and operate equipment by connecting and disconnecting the electrical cord.
- Do NOT use equipment that has exposed wiring, damaged switches, covers or guards.
- Do NOT use electrical equipment in wet conditions or in damp locations.
- Do NOT use electrical cords to lift, move or carry equipment.
- Do NOT coil or knot electrical cords, and ensure electrical cords are not trip hazards.

General Service Information

- The equipment must be serviced or repaired at authorised service centres by qualified personnel only.
- Replacement parts must be original equipment manufacturer (OEM) to ensure equipment safety is maintained.
- Do NOT attempt any maintenance or repair work not described in this manual.
- After use, the equipment and components may still be hot – allow the equipment to cool and disconnect spark plugs and/or electrical power sources and/or batteries from it before adjusting, changing accessories or performing repair or maintenance.
- Do NOT adjust while the equipment is running.
- Perform service related activities in suitable conditions, such as a workshop.
- Replace worn, damaged or missing warning/safety labels immediately.

Home Gym Safety

Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your 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 on them when they are not in 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 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.

Storage and Use: Your 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.

Weight Limit: 120 kg maximum

Beginning Exercising: How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you MUST start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.

Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Safety Symbols

The product may have safety warning labels attached to it, explained below. Understand the symbols on your product and their meanings. If any stickers become unreadable, unattached etc., replace them.

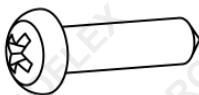
			 WARNING EXHAUST FUMES
			
			
			
			

			
Carbon-Monoxide Hazard Do not use the product in confined areas or without adequate ventilation. Carbon-monoxide poisoning can be fatal.	Pull Hazard Be aware that the product contains or uses mechanical devices that can pull in objects and can cause severe injury to fingers, limbs etc. Take due care when handling and using the product.	Slope / Fall Injury Hazard Be aware that using the product on sloping surfaces or in slippery conditions may present additional dangers from falls and contact with blades, moving parts, hot surfaces etc.	"Slam Dunk" Warning Do NOT attempt "slam dunk" manoeuvres as this may result in severe injury due to falling, product breakage or collapse etc.
			
Electrocution / Electrical Shock Hazard - Outdoor High voltage or high current electricity may be present or required by the product. Do NOT use in rain, damp or wet conditions. Electrical shock can be fatal.	Electrocution / Electrical Shock Hazard - Disconnect High voltage or high current electricity may be present or required by the product. Always disconnect the product from the electrical supply before handling the product, adjusting, maintenance etc.	Power Line Electrocution Hazard High voltage / high current power lines may be present. Use extreme caution to avoid contact or interference with power lines. Electrical shock can be fatal.	"Kick-Back" Hazard High level of "kick-back" hazard that can cause the machine to suddenly rotate towards operator. Kick-back injury can be fatal.
			
Winch Operator Position Hazard Do NOT stand between winch and load. Do NOT use winch to move people.	Winch Lift Hazard Do NOT LIFT load vertically. Use machine to PULL only.	Cable Hazard Ensure that load bearing cable is not kinked or knotted.	Winch Cable Hazard Ensure that there is a minimum number of cable coils on winching mechanism.
			
Winch Hook Hazard Carry hook to load – do NOT throw or run.	Flash / Blinding Hazard Wear appropriate eye protection for welding. Direct exposure to weld arcs may cause permanent eye injury.	Laser Hazard Laser may be in use – do NOT look directly at laser or allow others to.	

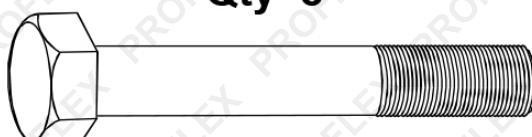
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Parts Identification



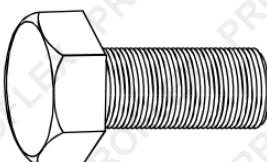
No.1A **Screw (M5x60)**
Qty 8



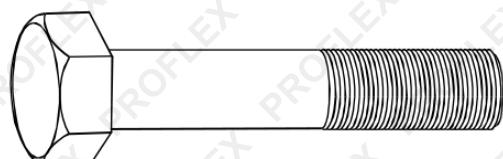
No.2A **Hex Bolt (M8x20)**
Qty 2



No.3A **Hex Bolt (M8x65)**
Qty 12



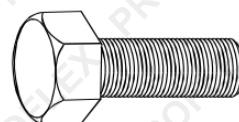
No.4A **Hex Bolt (M10x25)**
Qty 4



No.5A **Hex Bolt (M10x50)**
Qty 9



No.6A **Hex Bolt (M10x65)**
Qty 7



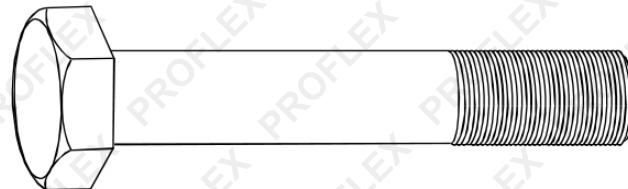
No.7A **Hex Bolt (M6x20)**
Qty 6



No.8A **Hex Bolt (M10x75)**
Qty 21



No.9A **Carriage Bolt (M10x65)**
Qty 6



No.10A **Hex Bolt (M12x80)**
Qty 3



No.12A **Hex Bolt (M12x130)**
Qty 3

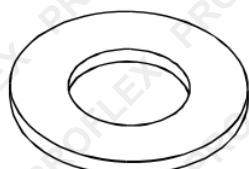


No.6B $\phi 5$ Washer
Qty 16

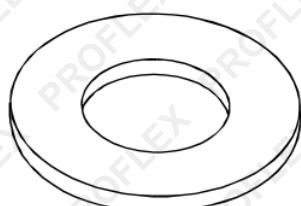
No.1B $\phi 6$ Washer
Qty 4



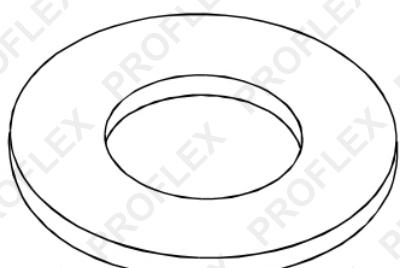
No.2B $\phi 8$ Washer
Qty 16



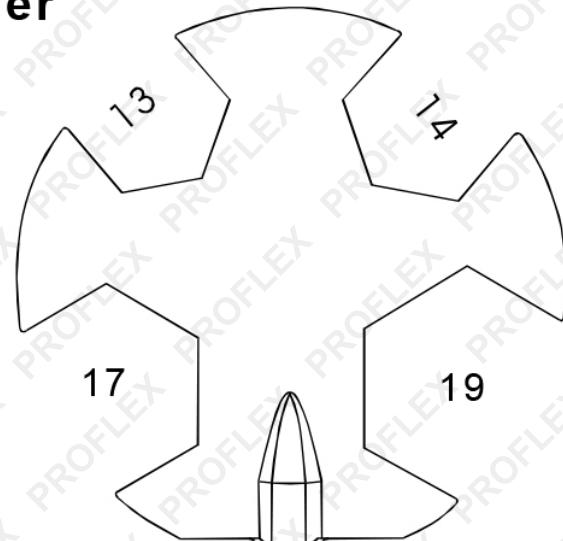
No.3B $\phi 10$ Washer
Qty 85



No.4B $\phi 12$ Washer
Qty 12



No.5B $\phi 17$ Washer
Qty 4



No.D1 Cross Wrench
Qty 2



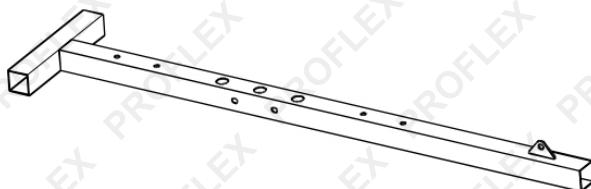
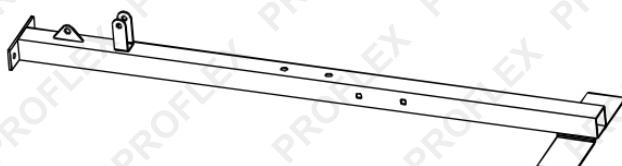
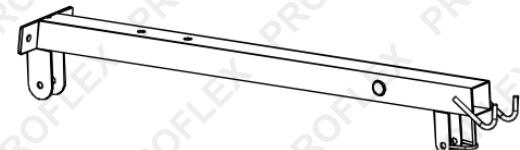
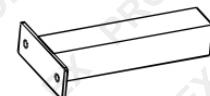
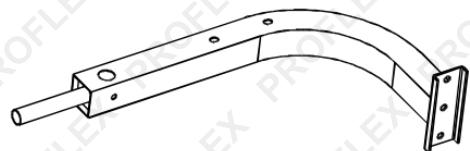
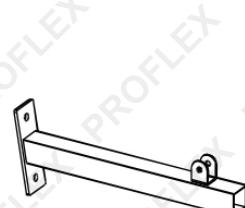
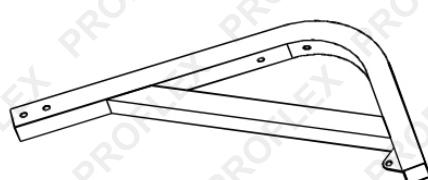
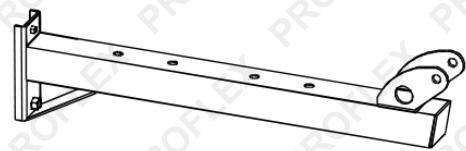
No.1C M8 Nut
Qty 1



No.2C M10 Nut
Qty 42

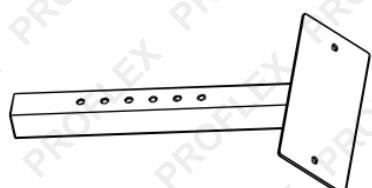


No.3C M12 Nut
Qty 6

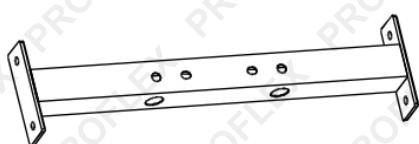
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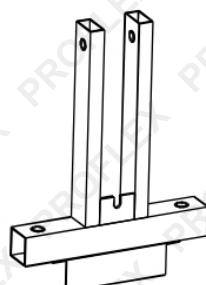
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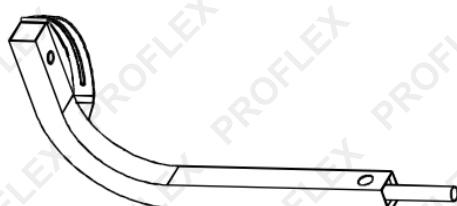
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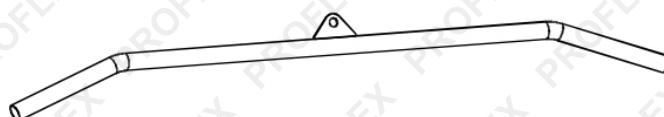
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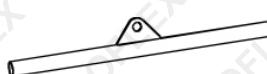
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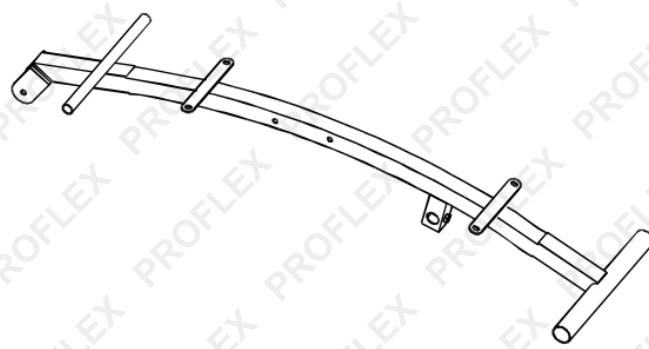
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No.19



No.20



No.21



No.22



No.23



No.24



No.25



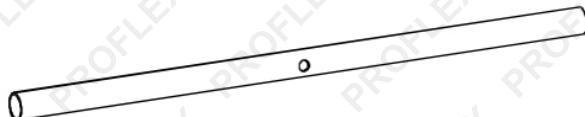
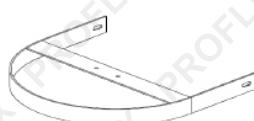
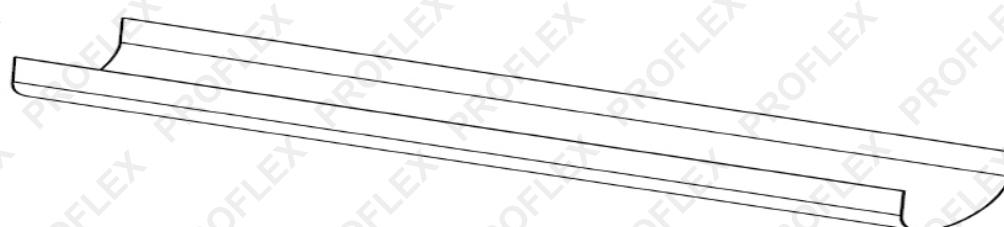
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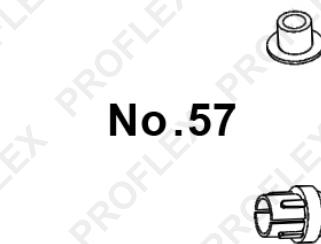


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No.28

No.29**No.30****No.31****No.32****No.33****No.34****No.35****No.36****No.38****No.39****No.40****No.41****No.42****No.43****No.44****No.45**

**No.46****No.47****No.48****No.49****No.50****No.57****No.58****No.59****No.60****No.51****No.61****No.52****No.62****No.53****No.54**



No.63



No.72



No.64



No.73



No.65



No.74



No.66



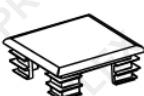
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No.67



No.76



No.68



No.77



No.69

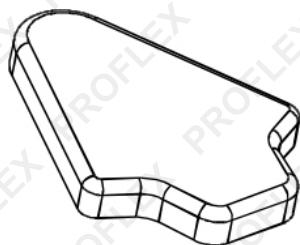


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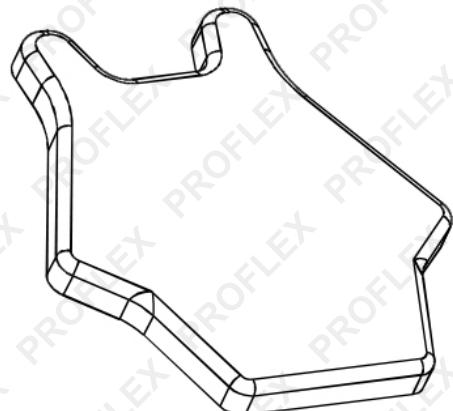
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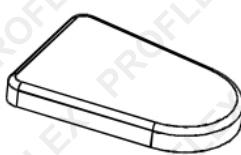
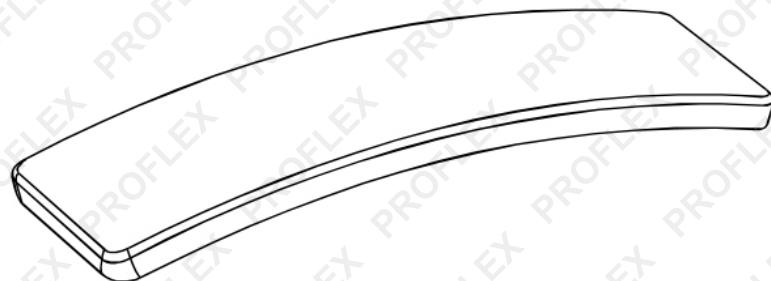
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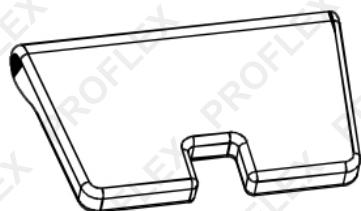
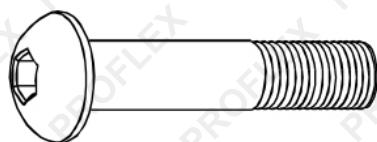
No.84

No.80



No.85

No.81



No.14A

No.82

E&OE

No.	Description	Qty.
01	Stabilizer Base	1
02	Main Base	1
03	Back Stabilizer Base	1
04	Back Bottom Frame	1
05	Vertical Support	1
06	Cushion Support Frame	1
07	Lower Boxing Support Frame	1
08	Upper Boxing Support Frame	1
09	Upper Support	1
10	Balance Tube Left and Right	2
11	Side Arm Left and Right	2
12	Prop Support	1
13	Seat Support	1
14	Extension Lever	1
15	Metal support for biceps pad	1
16	Rear Support Tube	1
17	Chest Press	1
18	Left Arm and Right Arm	2
19	Bar for Upper Pulley	1

No.	Description	Qty.
20	Tension Bar	1
21	Main Frame for Back Cushion	1
22	Weight Selector	1
23	Left Pulley Support	1
24	Right Pulley Support	1
25	Double Crutch for Pulleys	1
26	Screw	1
27	Cylinder Holder Shaft L=320mm	3
28	Cylinder Holder Shaft L=390mm	1
29	Chrome Bars	2
30	Cross Tube L=570mm	1
31	Ordinary Foam Grip	4
32	Weight Cover Support	4
33	Weight Plate Cover	2
34	Screw Plates for Pulleys	2
35	Bushing Tube	2
36	Dumbbell Hook	4
38	Saddle Support Plate	6

No.	Description	Qty.
39	Upper Weight Socket	1
40	Pin	1
41	Upper Weight Washer	1
42	Pin for Weight Selector	1
43	Harness Clip	5
44	Chain	2
45	Powder Metallurgy	2
46	Pulley (9.6x 90x22mm)	3
47	Pulley (9.6x 90x30mm)	9

No.	Description	Qty.
58	Weight Selector stopper	1
59	Boxing Bag	1
60	Dumbbells	2
61	Knob	1
62	Foot set	2
63	Knob	2
64	Lock Pin	1
65	Tube Bundle	1
66	Foot set 38*38	1

No.	Description	Qty.
48	Pulley cap(L+R)	3#
49	Cylindrical Rubber Stop	2
50	Weights (Refer to page 17)	
51	Upper Weight	1
52	Selection Bar Cable	1
53	Lower Pulley Cable	1
54	Butterfly Arms Cable	1
57	Screw Stopper	6

No.	Description	Qty.
67	Foot set 50*50	7
68	Tube Stopper 38*38	1
69	Tube Stopper 50*50	11
70	Socket	4
71	Tube Stopper 25*50	2
72	Tube Stopper 25	18
73	Tube Stopper 22	10
74	Cylindrical Foam L=135mm	8
75	Ordinary Foam 25*125	12
76	Ordinary Foam 22*125	2

No.	Description	Qty.
77	Cylinder Holder Shaft L=240mm	2
78	Cylindrical Foam L=165mm	2
79	Upper Back Cushion	1
80	Down back Cushion	1
81	Seat	1
82	Elbow Cushion	1
83	Back Cushion	1
84	Arm Cushion	2
85	Bench	1
1A	Screw M5x60	16
2A	Hex Bolt M8x20	2
3A	Hex Bolt M8x65	12
4A	Hex Bolt M10x25	4
5A	Hex Bolt M10x50	9
6A	Hex Bolt M10x65	7
7A	Hex Bolt M10x70	4

No.	Description	Qty.
8A	Hex Bolt M10x75	21
9A	Carriage Bolt M10x65	6
10A	Hex Bolt M12x80	3
12A	Hex Bolt M12x130	3
14A	Carriage Bolt M8x40	1
1B	Φ6 Washer	4
2B	Φ8 Washer	18
3B	Φ10 Washer	85
4B	Φ12 Washer	12
5B	Φ17 Washer	4
1C	M8 Nut	1
2C	M10 Nut	42
3C	M12 Nut	6
1D	Cross Wrench	2
6B	Φ5Washer	16

PLEASE NOTE: Amount of included weights varies between models.

Please refer specific SKU's below:

- **FTNMFGPRFA951:** 10x 10lbs plates
- **FTNMFGPRFA954:** 10x 10lbs plates
- **FTNMFGPRFA952:** 10x 10lbs plates, 2x 12.5lbs plates
- **FTNMFGPRFA955:** 10x 10lbs plates, 2x 12.5lbs plates
- **FTNMFGPRFA956:** 10x 10lbs plates, 4x 12.5lbs plates
- **FTNMFGPRFA953:** 10x 10lbs plates, 4x 12.5lbs plates

NOTE: Upper weight is inclusive in the total amount of weights. e.g. the 100lbs version will have 9x weights and x1 upper weight plate.

Before You Start

Tools

If required, most of our products are supplied with basic tools, which will enable you to successfully assemble your product. However, you may find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.

Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Work with a Friend

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.

Unpack the Components

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product. Please note that some of the parts may be pre-fitted to major components, so please check carefully.

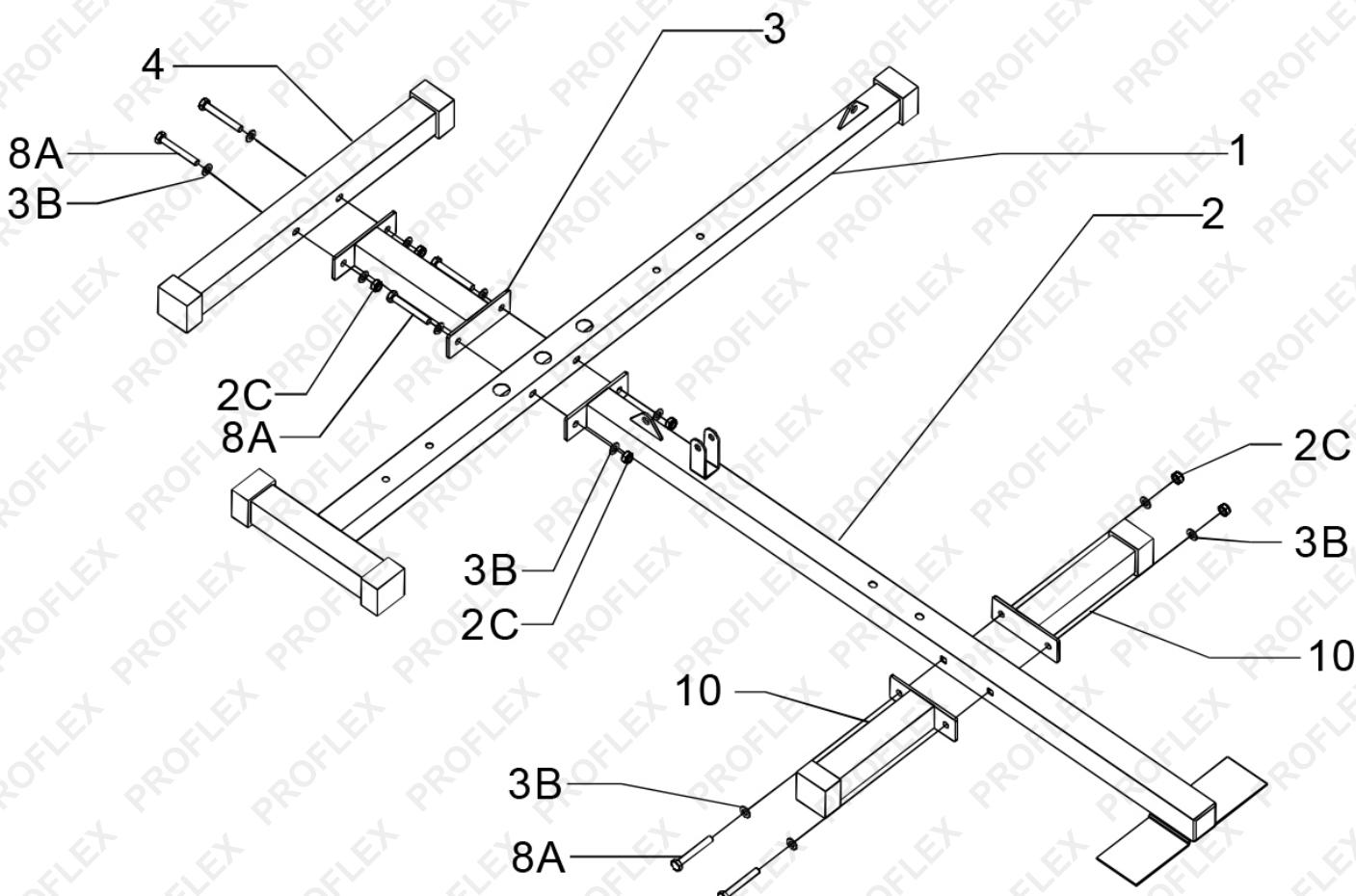
Assembly

Video Tutorial:
[Home Gym Assembly](#) 

Step 1

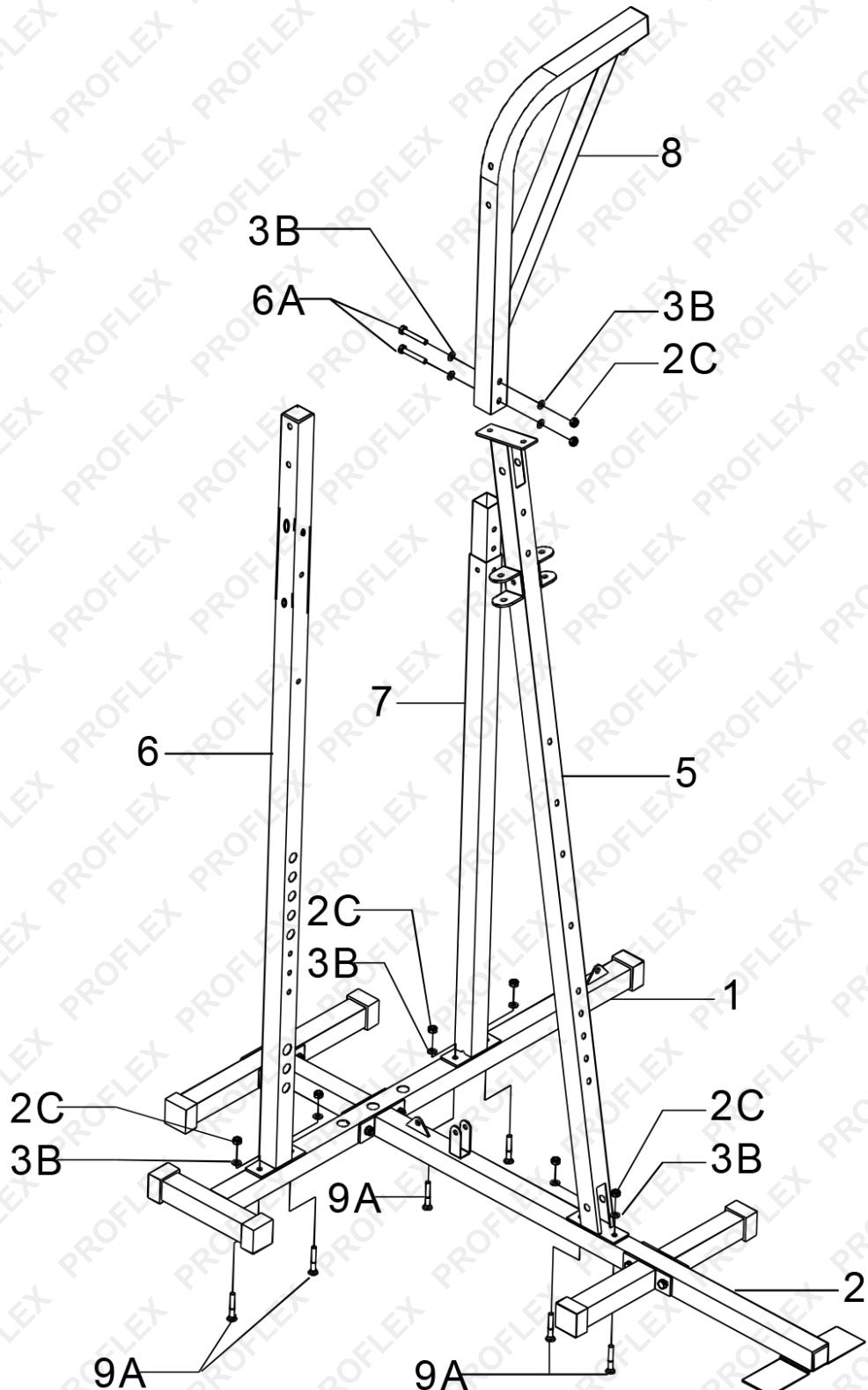
1. Attach the Back Stabilizer Base (3) to the Stabilizer Base (1), make them tight with 2pcs of Hex Bolt M10x75 (8A), 4pcs Washers (3B) and 2pcs Nuts (2C).
2. Attach the Back Bottom Frame (4) to Back Stabilizer Base (3), make them tight with 2pcs of Hex Bolt M10x75 (8A), 4pcs Washers (3B) and 2pcs Nuts (2C).
3. Attach the Balance Tube Left and Right (10) to the Main Base (2), make them tight with 2pcs of Hex Bolt M10x75 (8A), 4pcs Washers (3B) and 2pcs Nuts (2C).

NOTE: All the bolts should be tight.



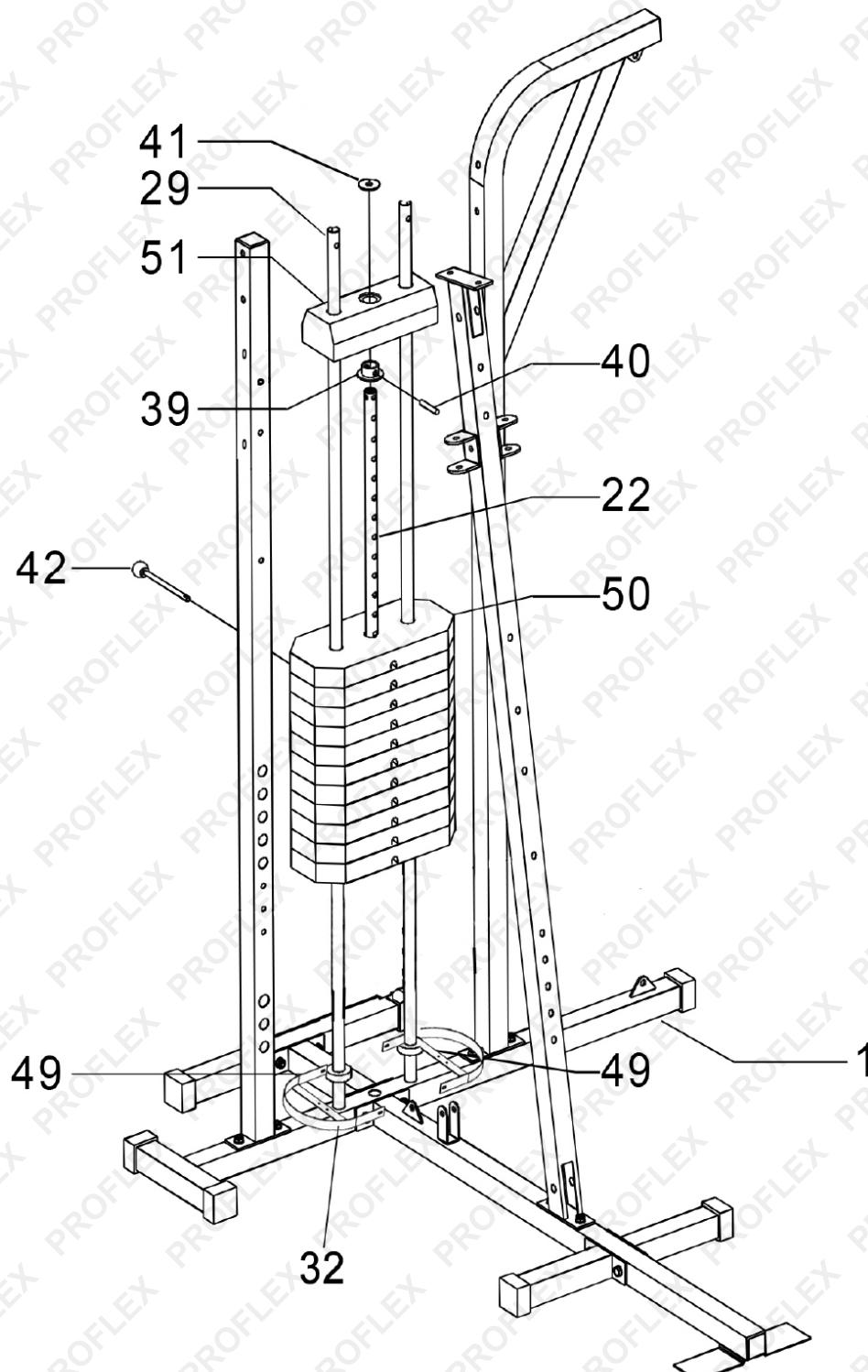
Step 2

1. Attach the Vertical Support (5) to the Main Base (2), make them tight with 2pcs of Carriage Bolt M10x65 (9A), 2pcs Washers (3B) and 2pcs Nuts (2C).
2. Attach the Cushion Support Frame (6) and Lower Boxing Support Frame (7) to the Stabilizer Base (1), make them tight with 4pcs of Carriage Bolt M10x65 (9A), 4pcs Washers (3B) and 4pcs Nuts (2C).
3. Insert the Upper Boxing Support Frame (8) into the Lower Boxing Support Frame (7), make them tight with 2pcs of Hex Bolt M10x65 (6A), 4pcs Washers (3B) and 2pcs Nuts (2C).



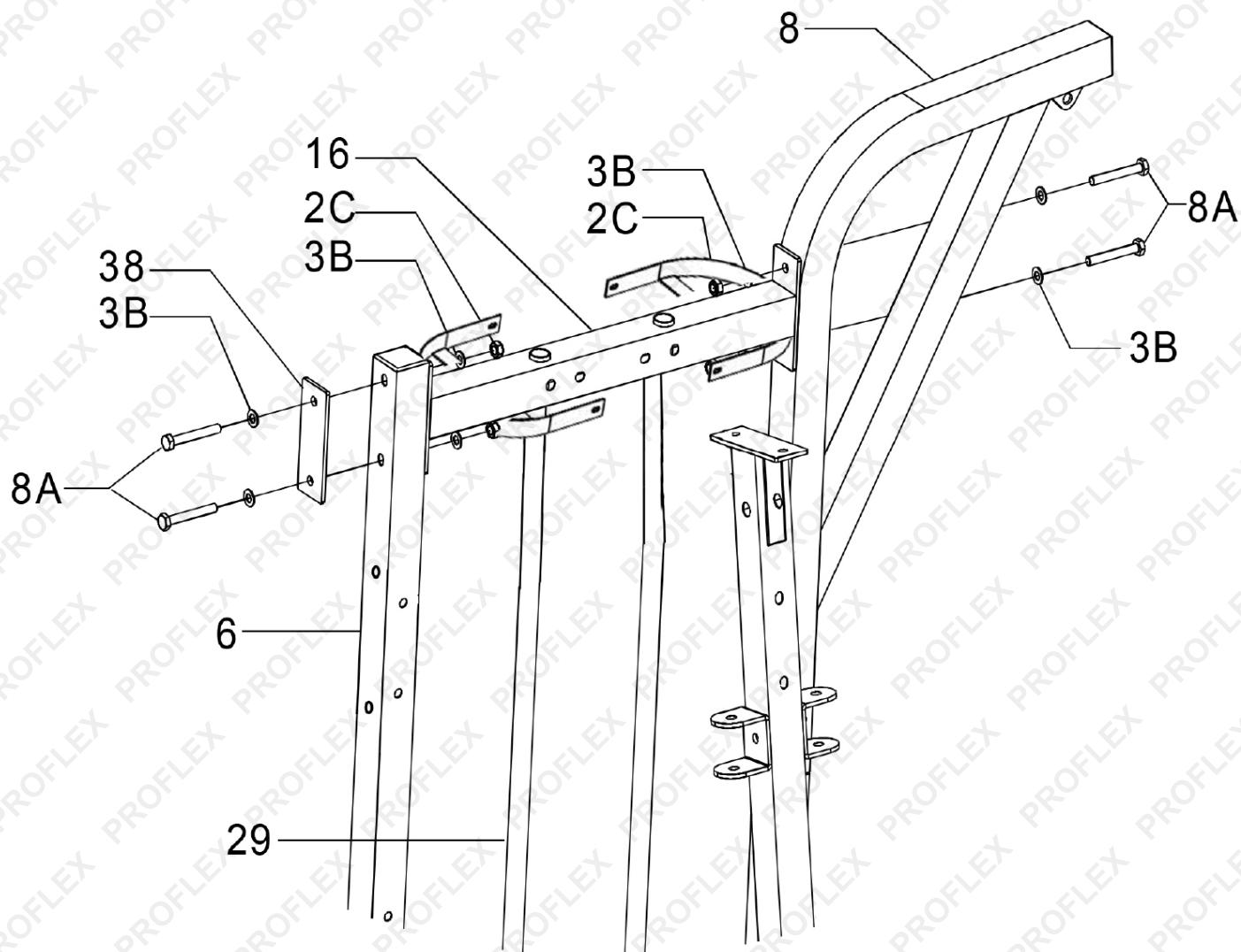
Step 3

1. Insert the Chrome Bars (29) through the hole into the Stabilizer Base (1). Insert two Cylindrical Rubber Stops (49) into the Chrome Bars (29) and put the Cylindrical Rubber Stops (49) to the bottom of the Chrome Bars (29). Insert Weights (50) into the Chrome Bars (29).
2. Fixed weight cover support (32) on the stabilizer base (1) with 1 screw(1A) and 1 washer (1B).
3. Insert the Weight Selector (22) into the Weights (50), then insert the Upper Weight Socket (39) into the Weight Selector (22), make it tight with a Pin (40). Then put the Upper Weight (51) and Upper Weight Washer (41) on the Weight (50).
4. Insert the Pin for Weight Selector (42) into the Weight (50).



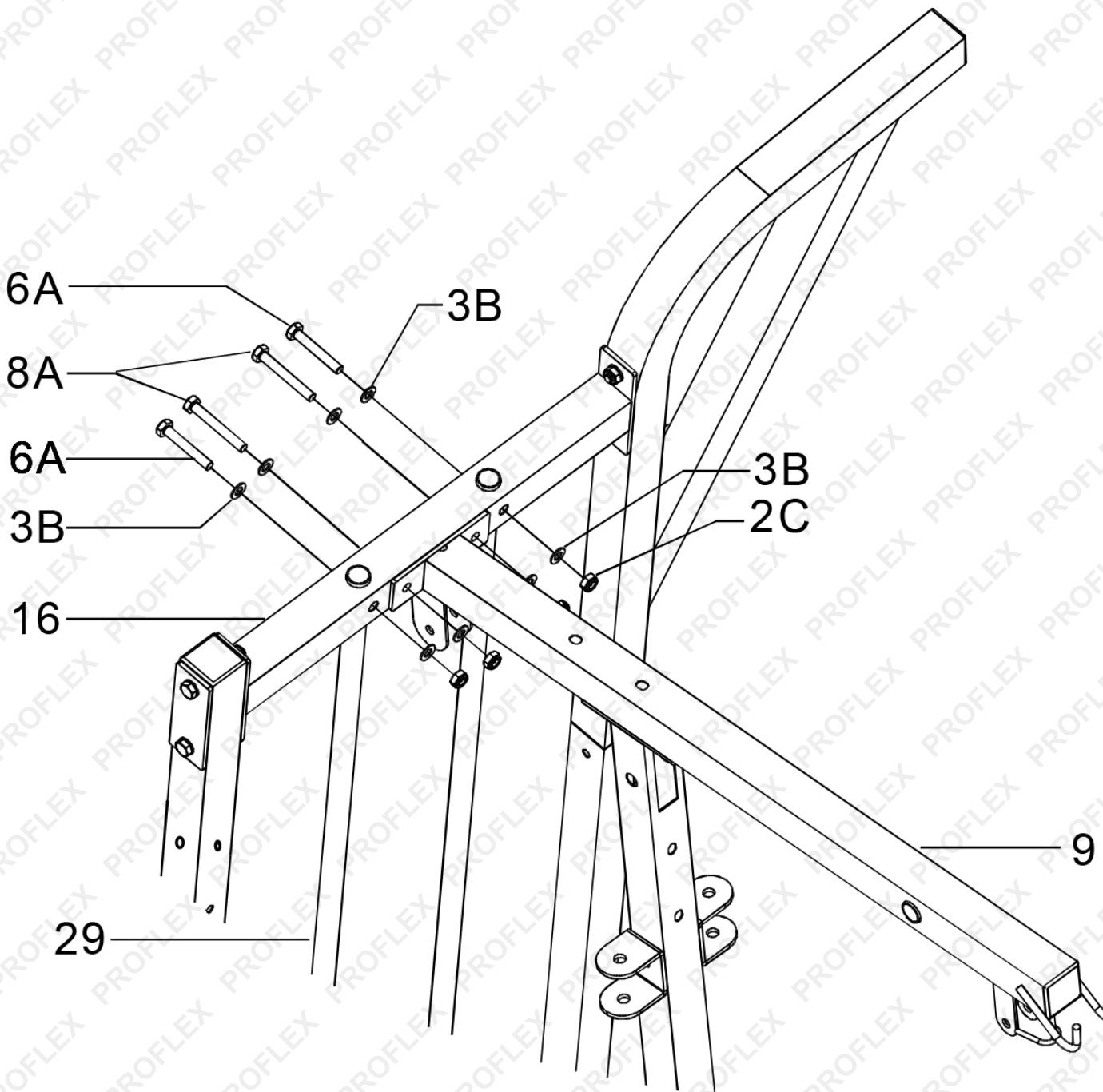
Step 4

Insert the Rear Support Tube (16) into the Chrome Bars (29), then attach it to the Cushion Support Frame (6) and the Upper Boxing Support Frame (8), make them tight with 4pcs of Hex Bolt M1 0x75 (8A), 8pcs Washers (3B) and 4pcs Nuts (2C).



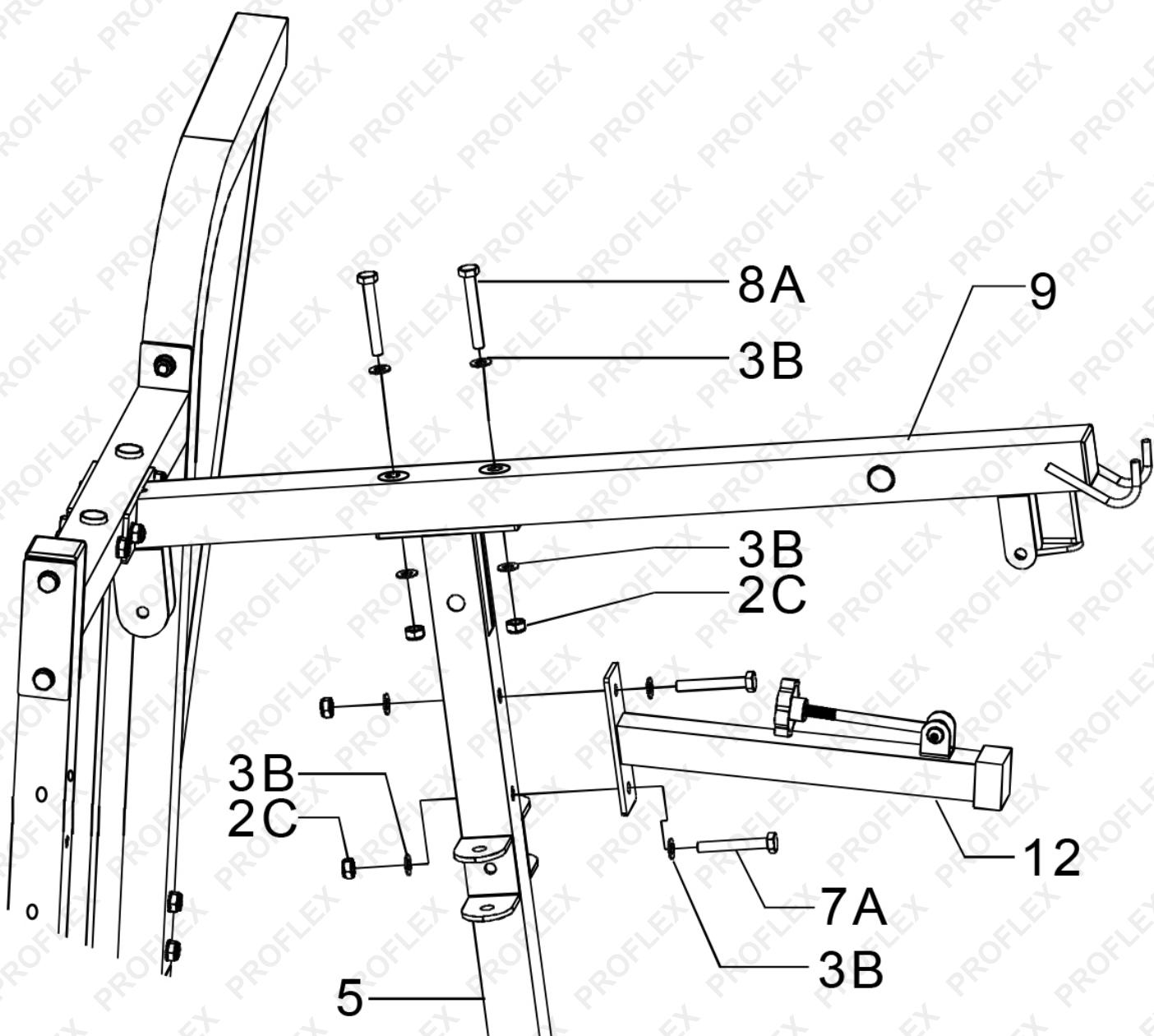
Step 5

1. Attach the Chrome Bars (29) to the Rear Support Tube (16), make them tight with 2pcs of Hex Bolt M10x65 (6A), 4pcs Washers (3B) and 2pcs Nuts (2C).
2. Attach the Upper Support (9) to the Rear Support Tube (16), make them tight with 2pcs of Hex Bolt M10x75 (8A), 4pcs Washers (3B) and 2pcs Nuts (2C).



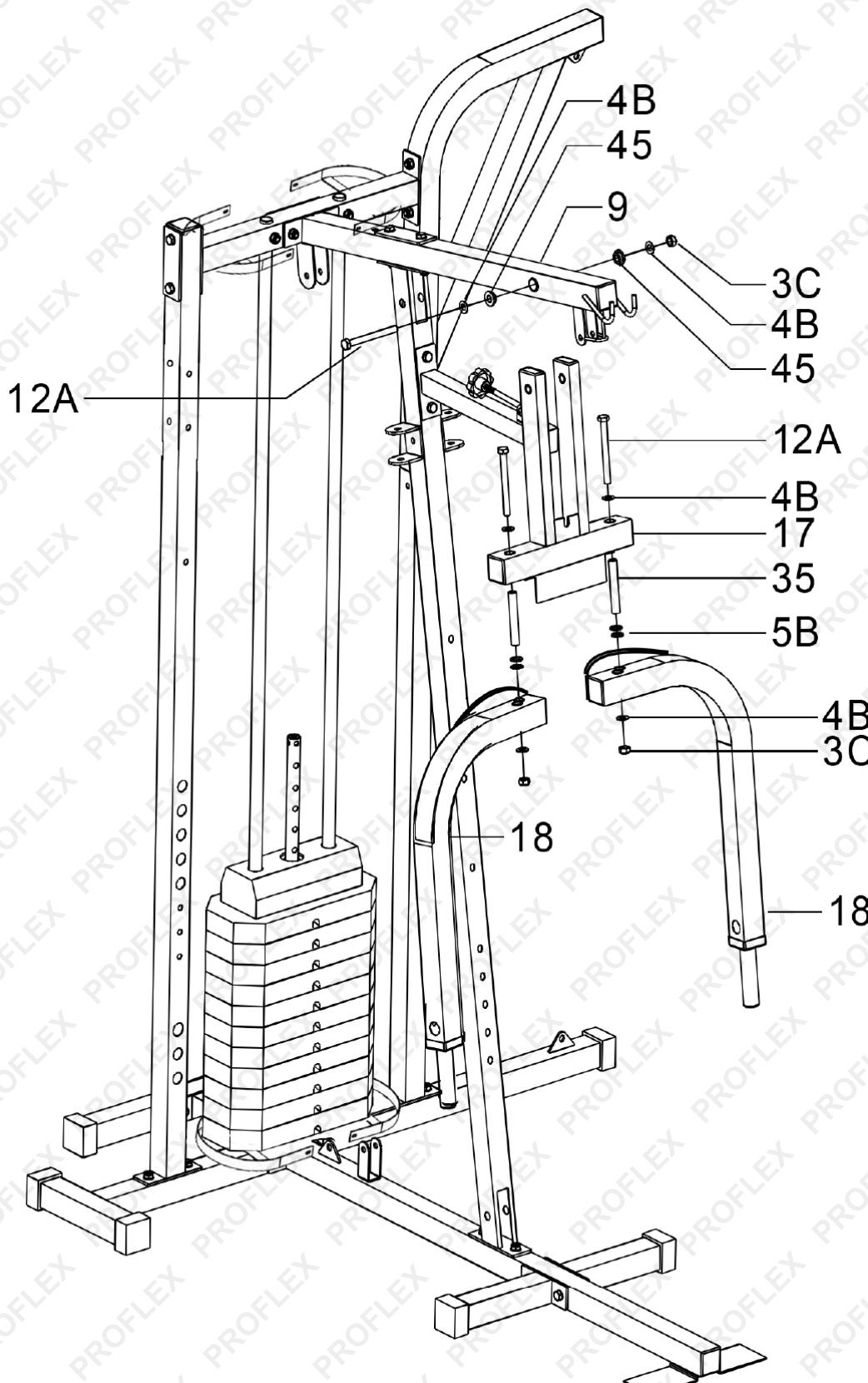
Step 6

1. Attach the Upper Support (9) to the Vertical Support (5), make them tight with 2pcs of Hex Bolt M10x75 (8A), 4pcs Washers (3B) and 2pcs Nuts (2C).
2. Attach the Prop Support (12) to the Vertical Support (5), make them tight with 2pcs of Hex Bolt M10x70 (7A), 4pcs Washers (3B) and 2pcs Nuts (2C).



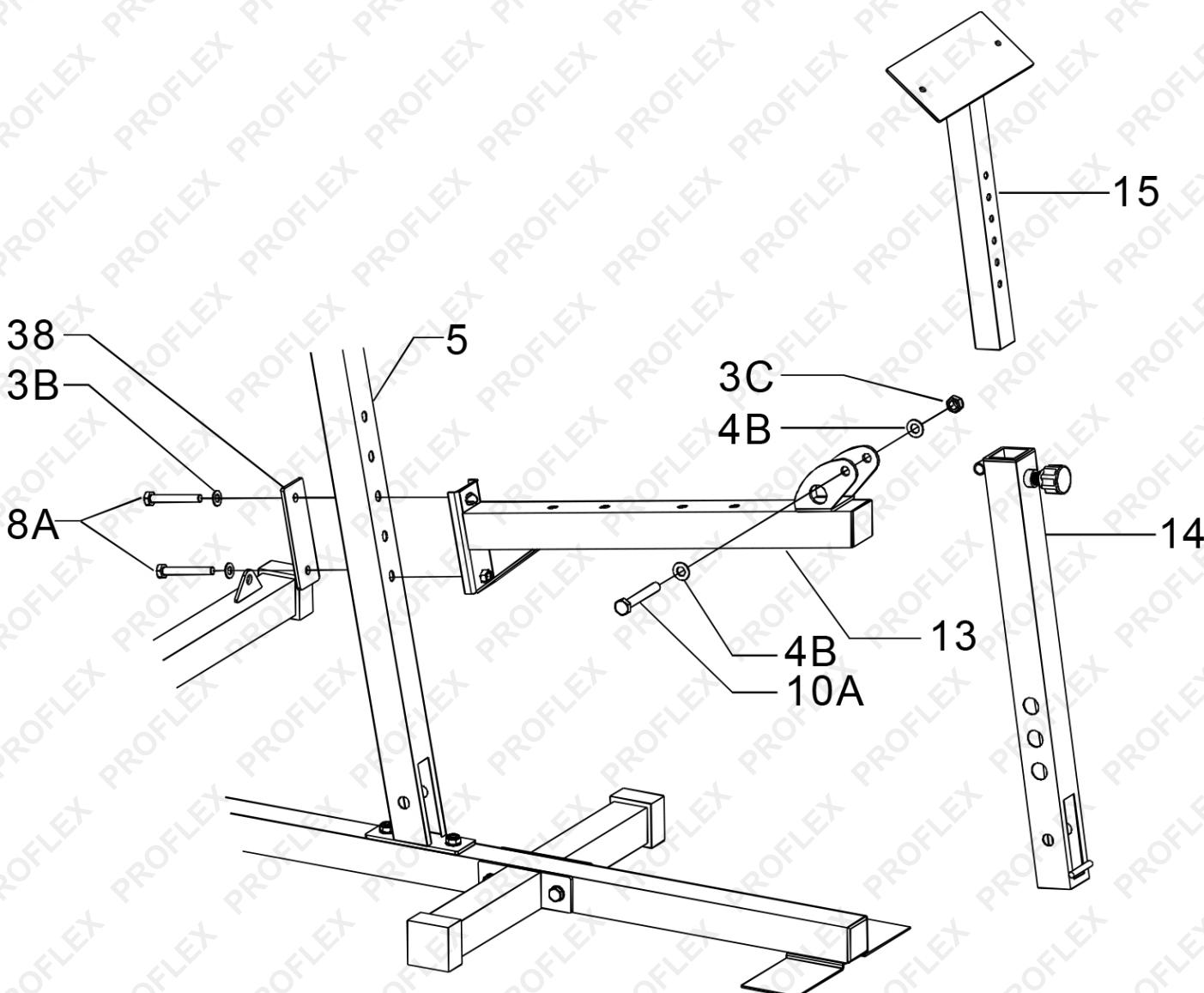
Step 7

1. Insert two Powder metallurgy (45) into Upper Support (9), then attach the Chest Press (17) to the Upper Support (9), make them tight with 1pc of Hex Bolt M12x130 (12A), 2pcs Washers (4B) and 1pc Nuts (3C).
2. Insert two Bushing Tubes (35) into the Chest Press (17), then insert 4pcs Washers (5B) into the Bushing Tube (35). Attach them to the Left Arm and Right Arm (18), make then tight with 2pcs of Hex Bolt M12x125 (11A), 4pcs Washers (4B) and 2pcs Nuts (3C).



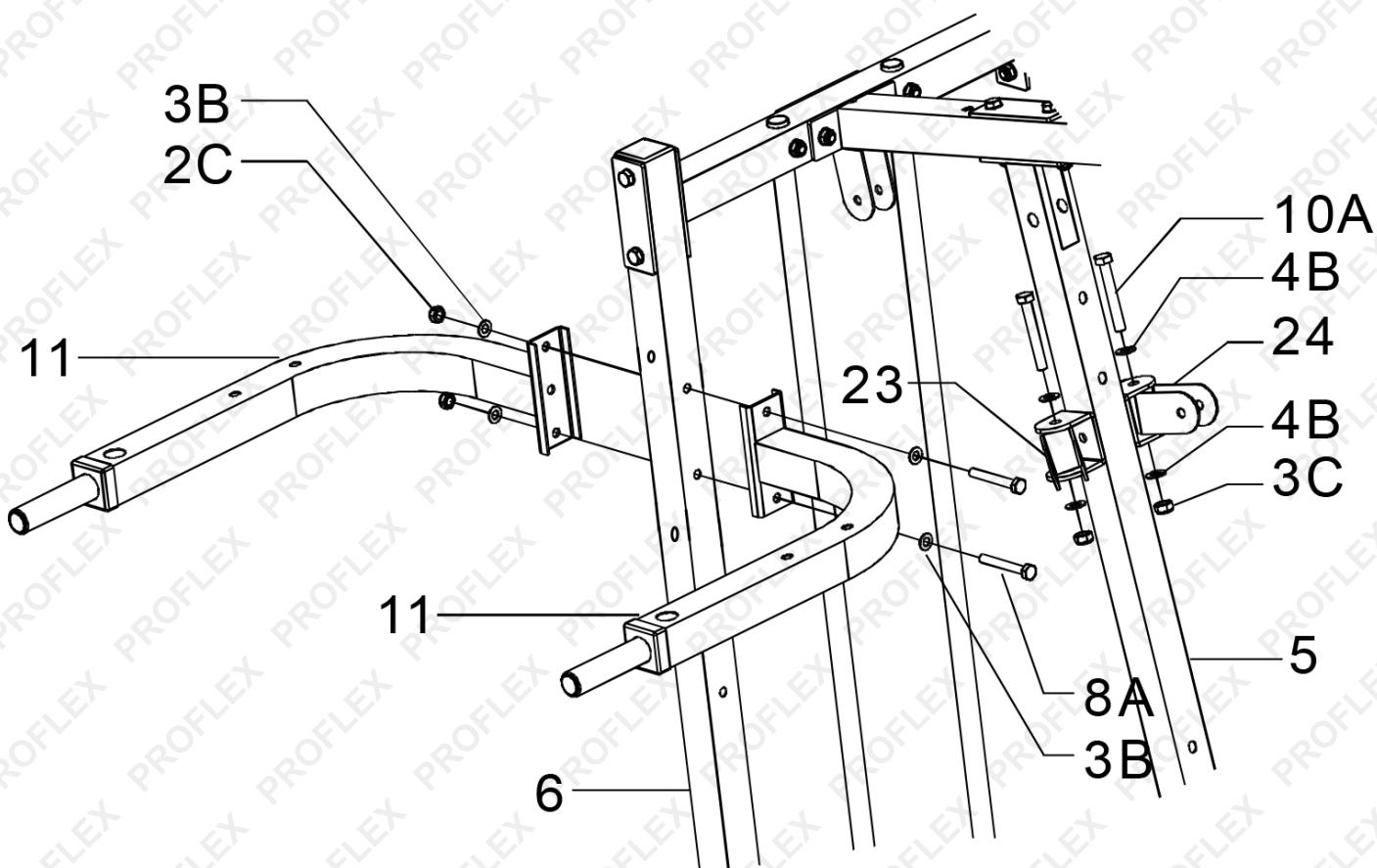
Step 8

1. Attach the Seat Support (13) and Saddle Support Plate (38) to Vertical Support (5), screw them with 2pcs of Hex Bolts M10x75 (8A), 2pcs of Washers (3B).
2. Attach the Extension Lever (14) to the hole of Seat Support (13), screw them with 1pc of Hex Bolt M12x18 (10A), 2pcs of Washers (4B) and 1pc Nut (3C).
3. Insert the Metal Support (15) into the Extension Lever (14), then fix it with the knob (64).



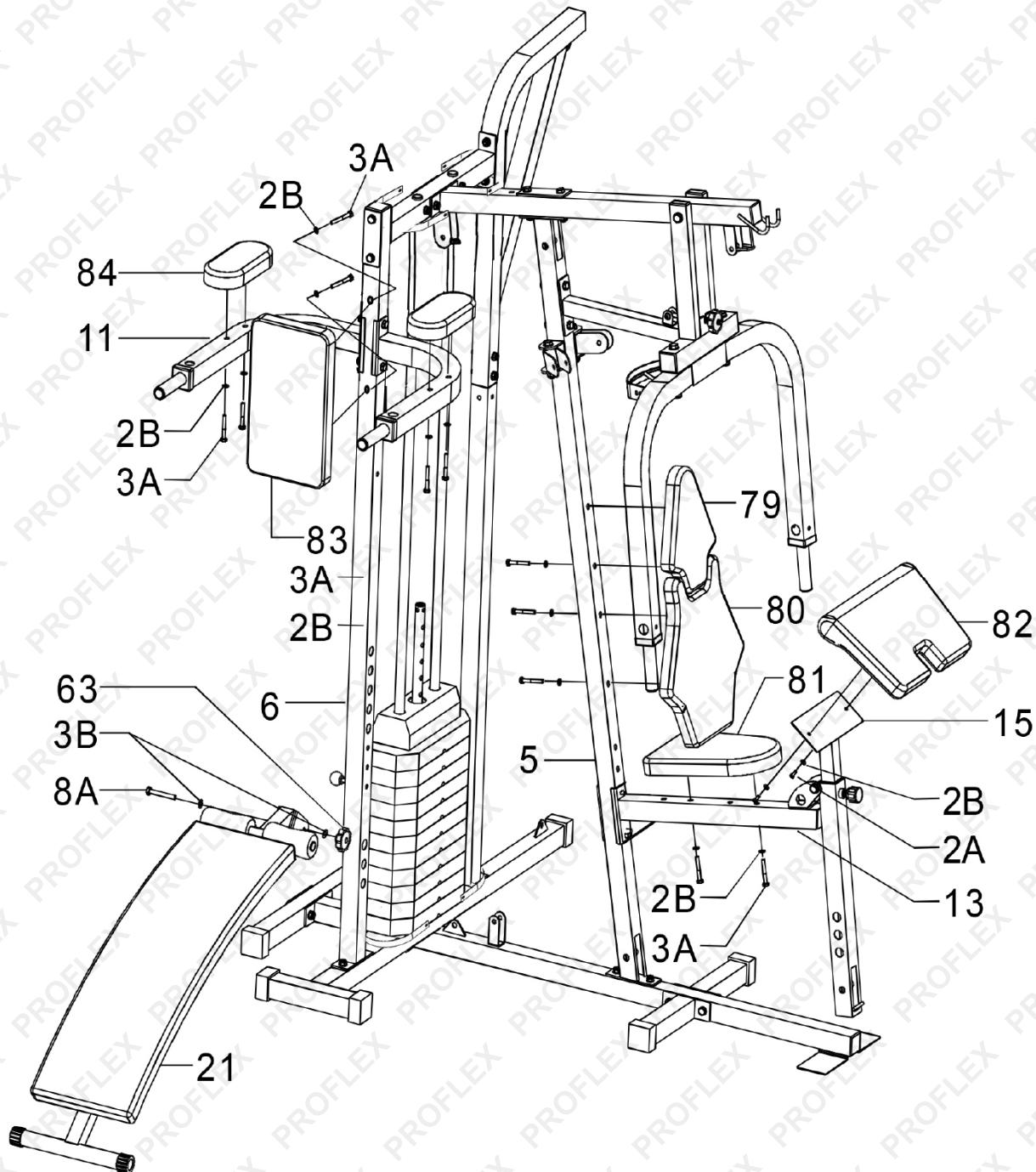
Step 9

1. Attach the left and right Pulley Support (**23/24**) to the Vertical Support (**5**) and screw them in with 2pcs of Hex Bolt M12x18 (**10A**), 4 pcs of $\Phi 12$ Washer (**4B**), and 2 pcs of M12 Nut (**3C**).
2. Attach the Side Arm Left and Right (**11**) to the Cushion Support Frame (**6**) and screw them in with 2pcs of Hex Bolt M10x75 (**8A**), 4 pcs of $\Phi 10$ Washer (**3B**), 2 pcs of M10 Nut (**2C**).



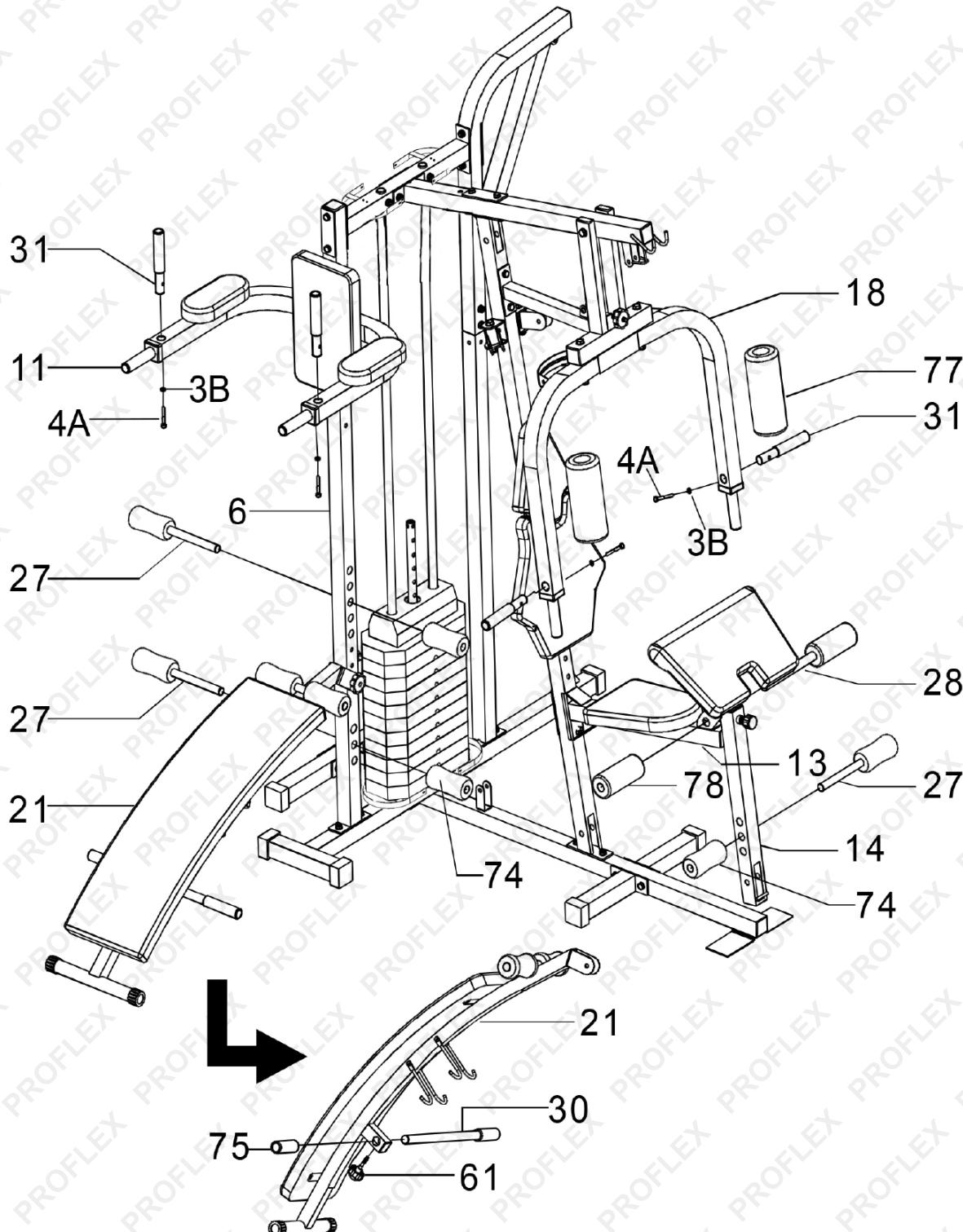
Step 10

1. Attach the Elbow Cushion (82) to the Metal support for biceps pad (15) and screw them in with 2pcs of Hex Bolt M8x20 (2A), 2 pcs of $\Phi 8$ Washer (2B).
2. Attach the Seat (81) to the Seat Support (13) and screw them in with Hex Bolt M8x65 (3A), and 2pcs of $\Phi 8$ Washer (2B).
3. Attach the Upper Back Cushion (79) and Down back Cushion (80) to the Vertical Support (5) and screw them in with 4 pcs of Hex Bolt M8x65 (3A), 4 pcs of $\Phi 8$ Washer (2B).
4. Attach the Back Cushion (83) to the Cushion Support Frame (6) and screw them in with 2 pcs of Hex Bolt M8x65 (3A), 2 pcs of $\Phi 8$ Washer (3B).
5. Attach the two Arm Cushions (84) separately to the Side Arm Left and Right (11) and screw them with 4pcs of Hex Bolt M8x65 (3A) and 4pcs of $\Phi 8$ Washer (2B).
6. Attach the Main Frame for Back Cushion (21) to the Cushion Support Frame (6) and screw them in with 1pc of Hex Bolt M10x75 (8A), 2pcs of $\Phi 10$ Washer (3B), and 1pc of Knob (63).



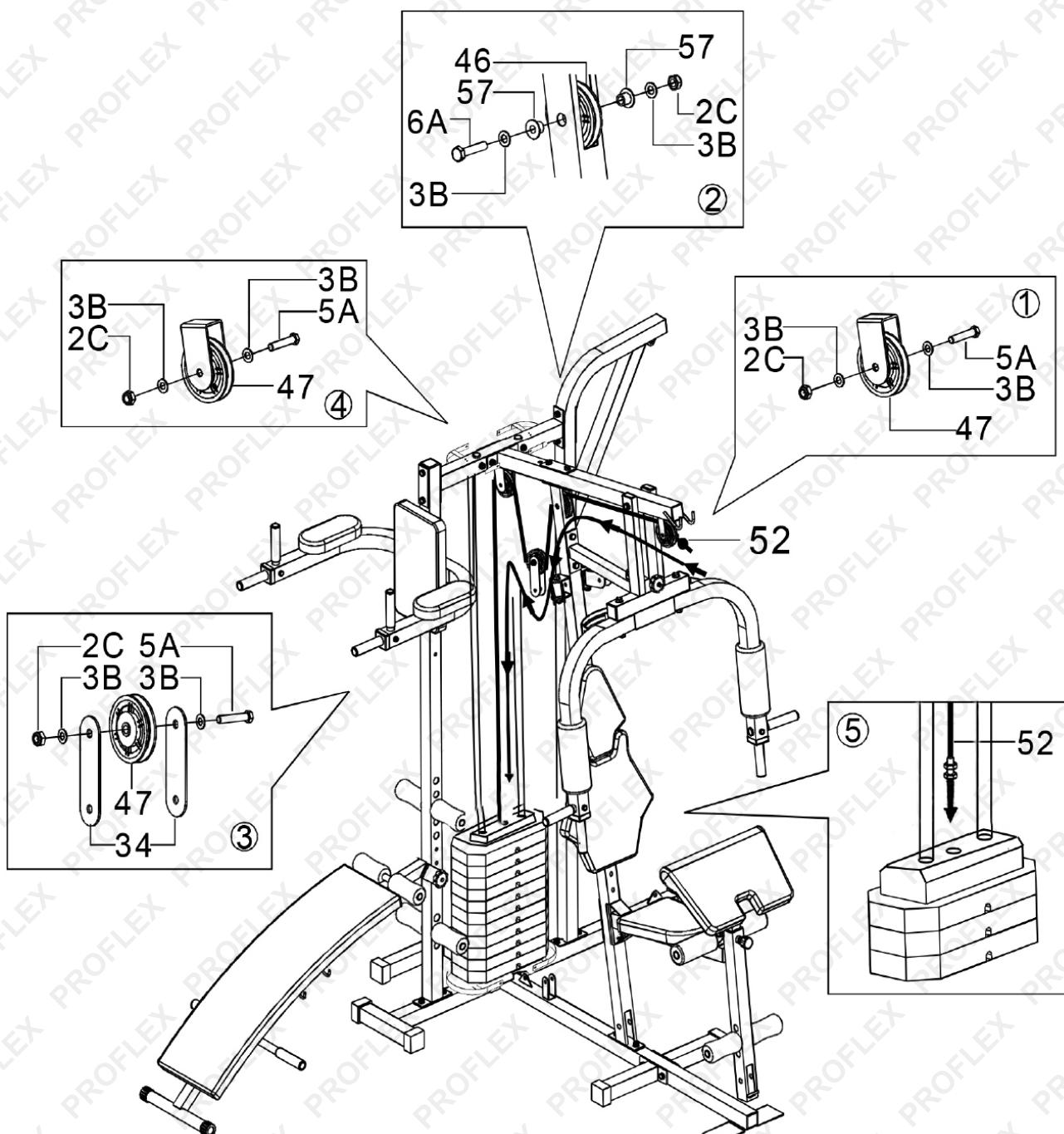
Step 11

1. Insert the 4pcs of Ordinary Foam Grip (31) into the hole of Side Arm Left And Right (11) and Left Arm And Right Arm (18), and screw them in with 4 pcs of Hex Bolt M10x25 (4A), 4pcs of $\Phi 10$ WasherS (3B) and insert the Cylinder Holder Shaft L=240mm (77) into a proper position of the Left Arm And Right Arms (18).
2. Insert the 3pcs of Cylinder Holder Shaft L=320mm (27) separately into the hole of Extension Lever (14) and Cushion Support Frame (6). Also, insert the Cylindrical Foam L=135mm (74), and fix it. Insert the Cylinder Holder Shaft L=390mm (28) into the hole on Seat Support (13) and insert the Cylindrical Foam L=165mm (78) and fit it.
3. Insert the Cross Tube L=570mm (30) into the hole of Main Frame for Back Cushion (21) and insert the Ordinary Foam 25*125 (75) and fix it with Knob (61).



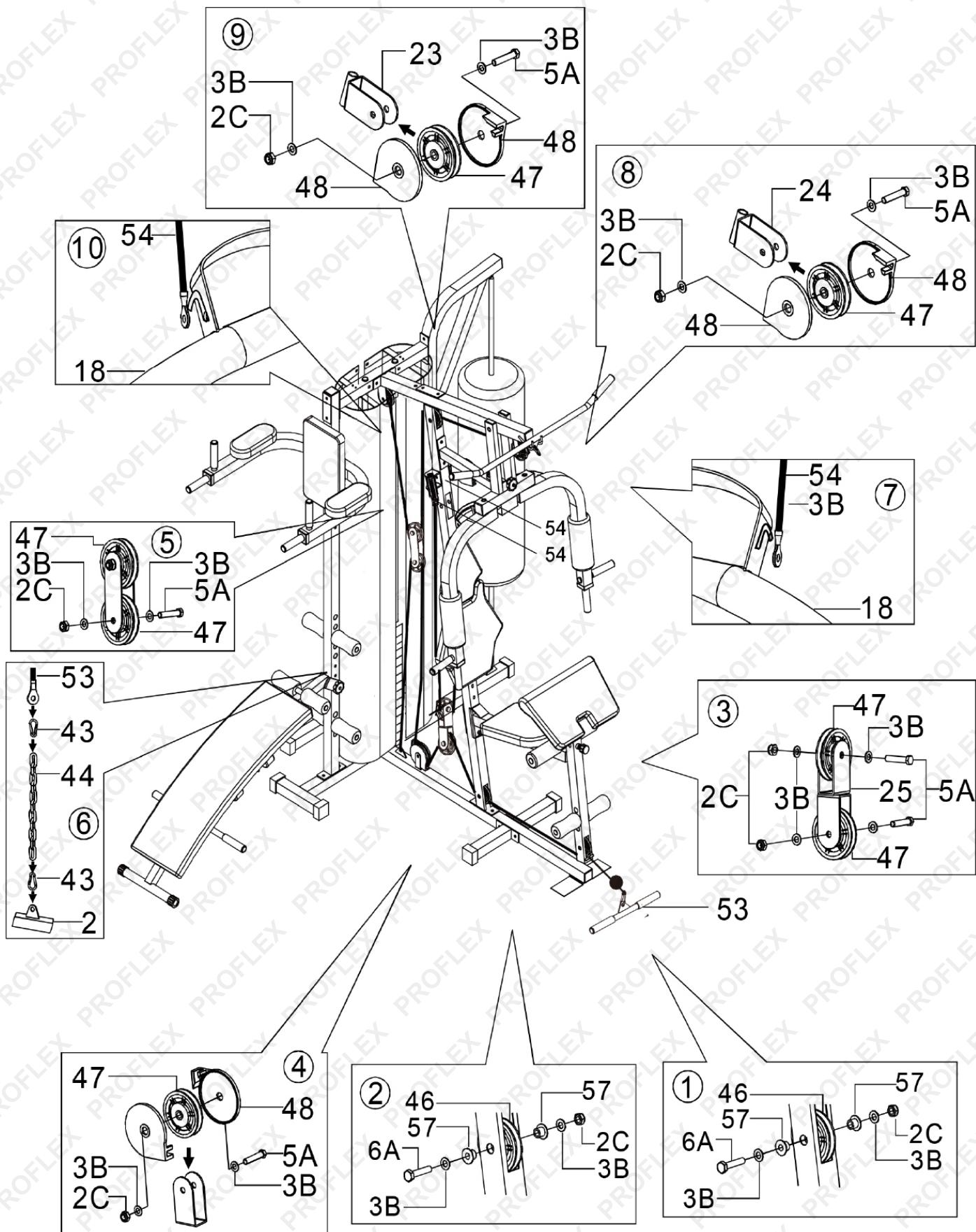
Step 12

1. Put the Selection Bar Cable (52) though on the Pulley(9.6x 90x30mm) (47), and then insert into the Pulley (9.6x 90x30mm) (47) into the U shape crutch on the Upper Support (9), and screw them in with 1 pc of Hex Bolt M10x50 (5A) , 2pcs of Φ 10 Washer (3B) and 1 pc of M10 Nut (2C).
2. Put the Selection Bar Cable (52) though to the Pulley (9.6x 90x22mm) (46), and then insert the Pulley (9.6x 90x30mm) (47) into Vertical Support (5) and insert the Screw Stoppers (57) from both sides, screw them in with 1 pc of Hex Bolt M10x65 (6A), 2pc of Φ 10 Washer (3B), 1pc of M10 Nut (2C).
3. Put the Selection Bar Cable (52) though under the Pulley (9.6x90x30mm) (47), and then attach the Screw Plates For Pulleys (34) both aside to the Pulley(9.6x90x30mm) (47), then screw them in with 1pc of Hex Bolt M10x50 (5A), 2pcs of Φ 10 Washer (3B), and 1 pcs of M10 Nut (2C).
4. Put the Selection Bar Cable (52) though on the Pulley (9.6x 90x30mm) (47), then insert the Pulley (9.6x90x30mm) (47) into the U shape crutch on the Upper Support (9), and screw them in with 1pc of Hex Bolt M10x50 (5A), 2pcs of Φ 10 Washer (3B), and 1 pcs of M10 Nut (2C).
5. Insert the Selection Bar Cable (52) into the weight block and secure it.



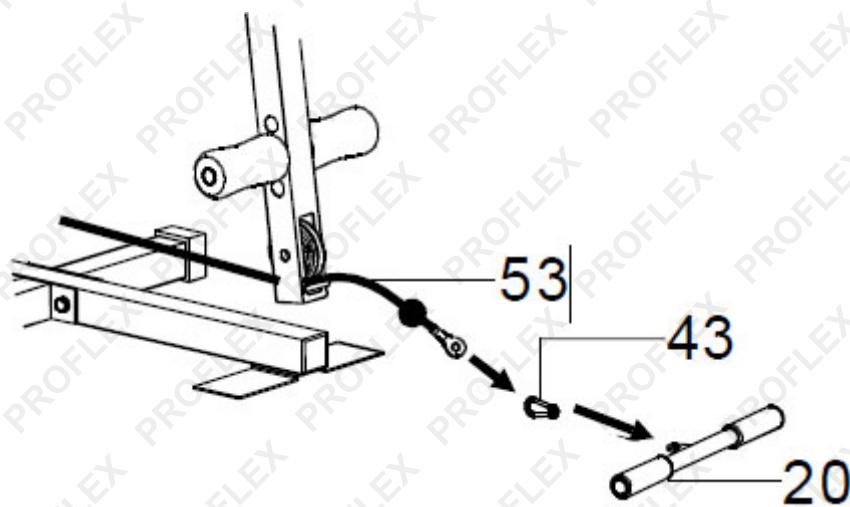
Step 13

1. Put Lower Pulley Cable (53) into Pulley (46), then insert the Pulley (46) into the Extension Lever (14), insert the Screw Stopper (57) into both sides of Extension Lever, fix them with 1pc of Hex Bolt (6A), 2pcs of Washer (3B) and 1pc of Nut (2C).
2. Put the Lower Pulley Cable (53) into Pulley (46), then insert the Pulley (46) into the Vertical Support (5), insert the Screw Stopper (57) into both sides of Vertical Support, fix them with 1pc of Hex Bolt (6A), 2pcs of Washer (3B) and 1pc of Nut (2C).
3. Put the Lower Pulley Cable (53) into Pulley (47), then insert the Pulley (47) into the U-shape crutch of the Double Crutch for Pulleys (25), fix them with 1pc of Hex Bolt (5A), 2pcs of Washer (3B) and 1pc of Nut (2C).
4. Put the Lower Pulley Cable (53) into Pulley (47), attach Pulley cap (48) to both sides of the Pulley, then insert them into the U-shape crutch of the Main Base (2), fix them with 1pc of Hex Bolt (5A), 2pcs of Washer (3B) and 1pc of Nut (2C).
5. Put Lower Pulley Cable (53) into Pulley (47), attach Screw Plates for Pulleys (34) to both sides of Pulley, fix them with 1pc of Hex Bolt (5A), 2pcs of Washer (3B) and 1pc of Nut (2C).
6. Put a Harness Clip (43) onto the end of the Lower Pulley Cable (53), put the Chain (44) onto the Harness Clip (43), then put a Harness Clip (43) onto another end of the Chain (44). Lastly, insert the Harness Clip (43) into the triangular hole of the Main Base (2) and secure it.
7. Attach Left Arm and Right Arm (18) to one side of Butterfly Arms Cable (54), fix them onto the hook welded on the tube.
8. Put the Butterfly Arms Cable (54) into a Pulley (47), attach Pulley cap (48) on both sides of the Pulley, then insert them into the U-shape crutch of Right Pulley Support (24), fix them with 1pc of Hex Bolt (5A), 2pcs of Washer (3B) and 1pc of Nut (2C).
9. Put the Butterfly Arms Cable (54) into a Pulley (47), attach Pulley cap (48) on both sides of the Pulley, then insert them into the U shape crutch of Left Pulley Support (23), fix them with 1pc of Hex Bolt (5A), 2pcs of Washer (3B) and 1pc of Nut (2C).
10. Attach the metal plate of the Left Arm and Right Arm (18) to Butterfly Arms Cable (54), fix them with 1pc of Hex Bolt (4A), 2pcs of Washer (3B) and 1pc of Nut (2C).

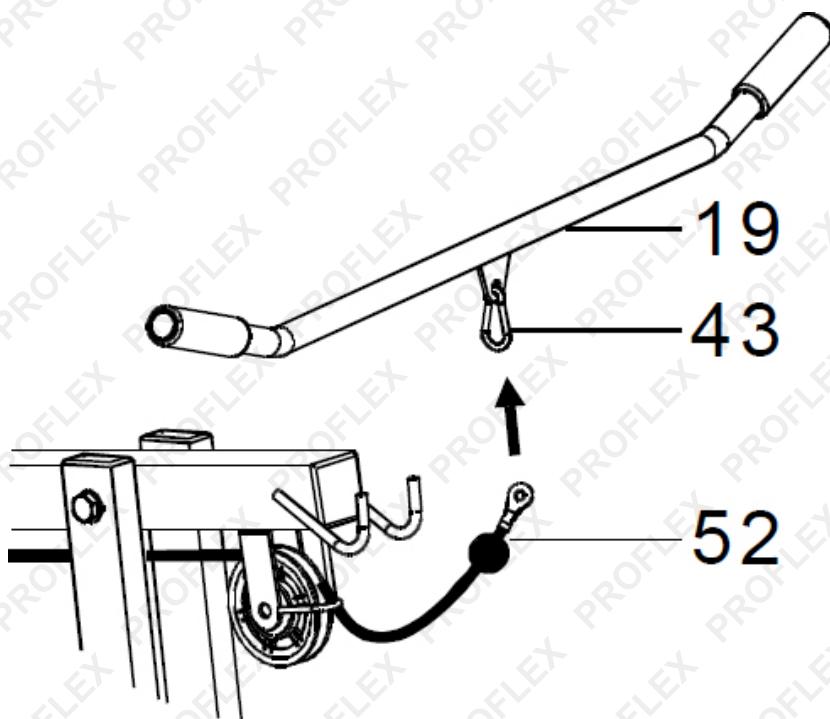


Step 14

1. Attach the Lower Pulley Cable (53) to the Harness Clip (43).
2. Attach the Harness Clip (43) to the Tension Bar (20).

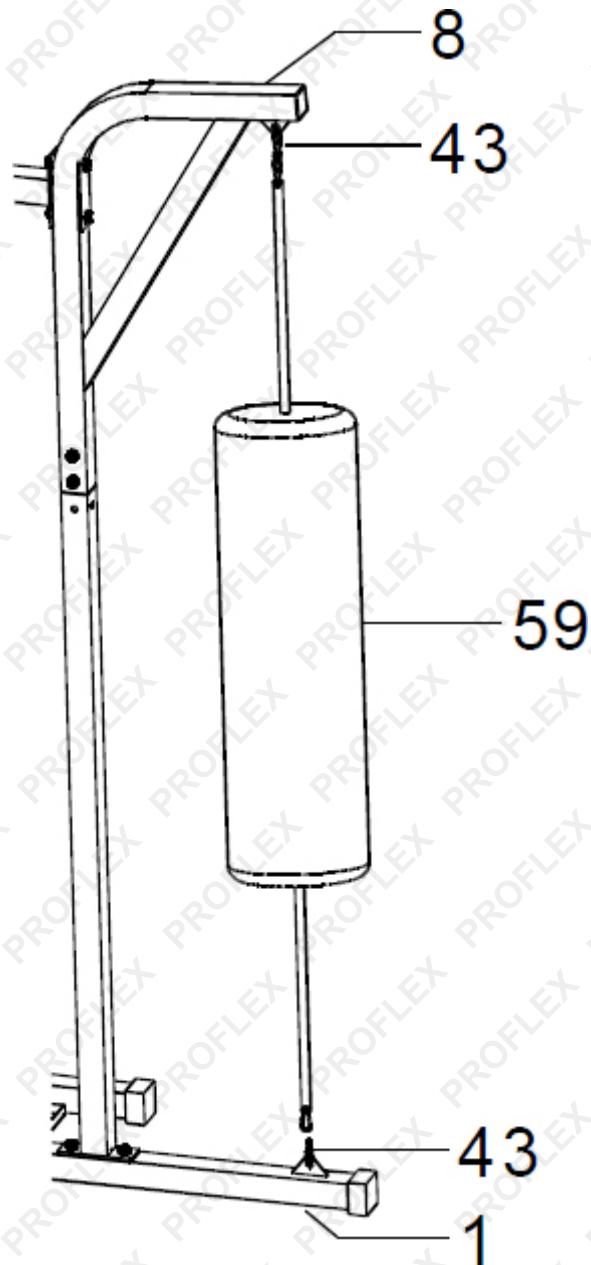
**Step 15**

1. Attach the Harness Clip (43) to the Bar for Upper Pulley (19).
2. Attach the Harness Clip (43) to the Selection Bar Cable (52).



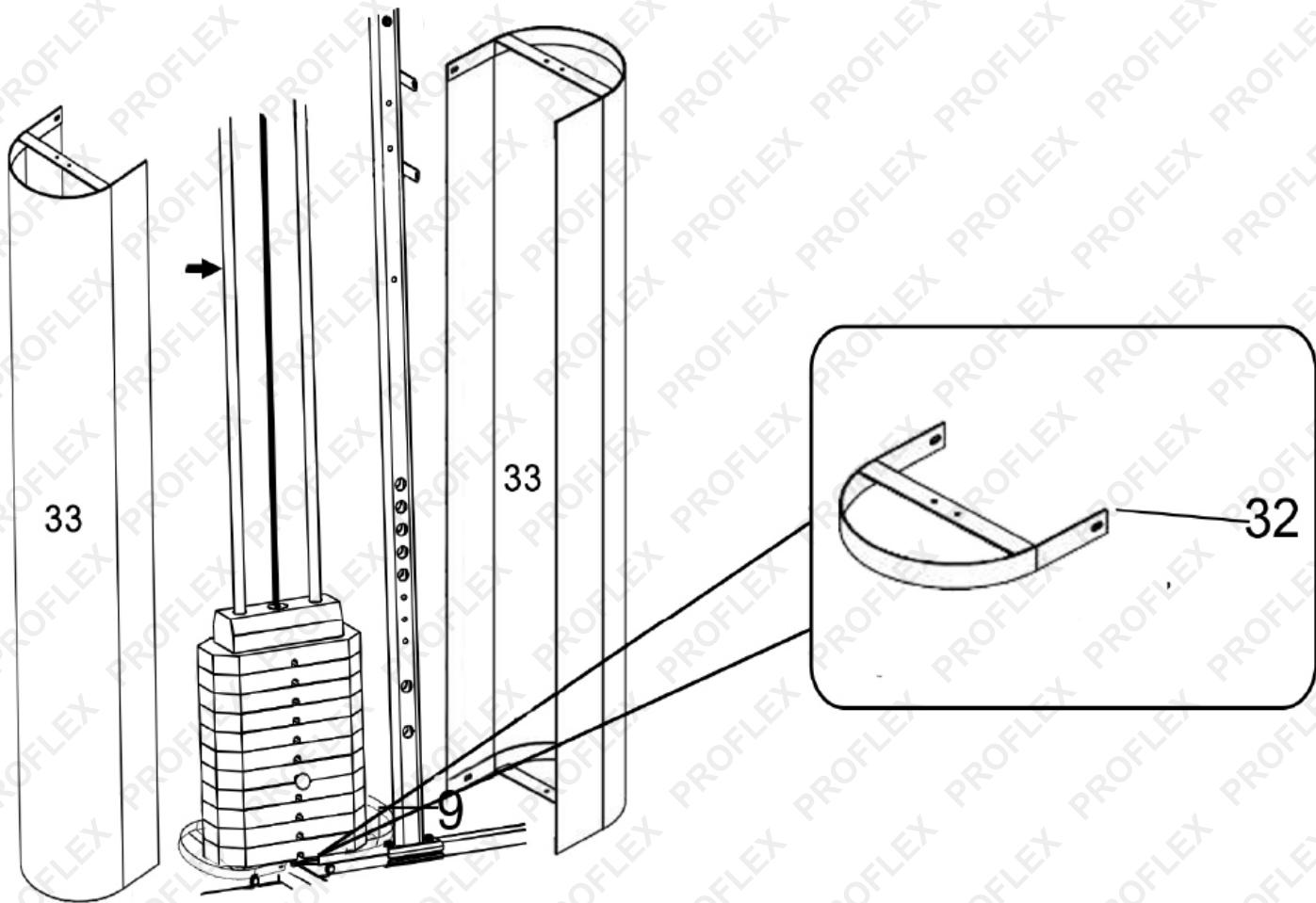
Step 16

1. Attach the Harness Clip (43) to the Boxing Bag (59), then insert the Harness Clip (43) into the hole of Upper Boxing Support Frame (8).
2. Attach the Harness Clip (43) to the Boxing Bag (59), then insert the Harness Clip (43) into the hole of Stabilizer Base (1).

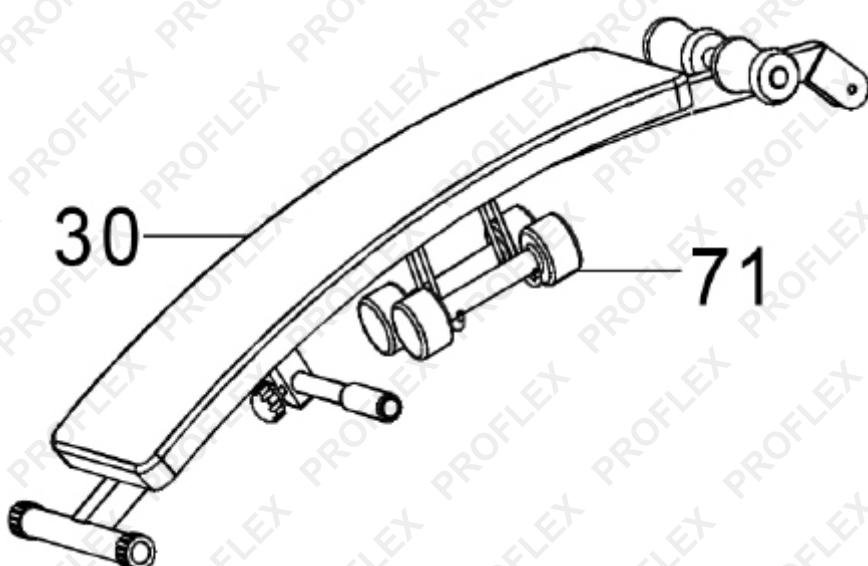


Step 17

Put Two Weight Cover Plates (33) on the Weight Cover Support (32), then fit them with two screws (1A) and two washers (1B)

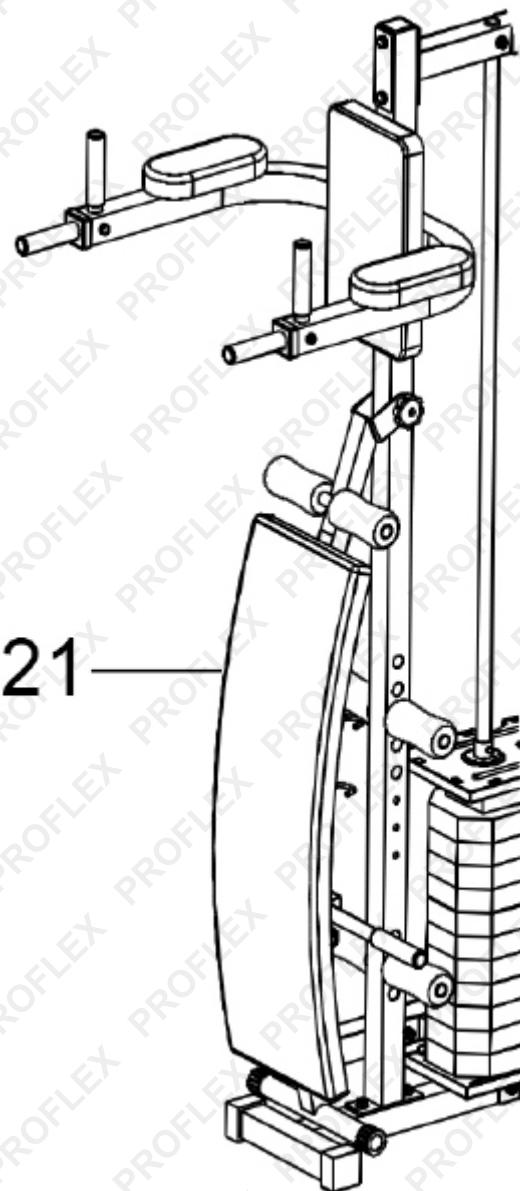
**Step 18**

Put the Dumbbells (60) on the Dumbbell Hook (36).



Step 19

Fold up the bench when not in use.



Operation



Prior to undertaking any program of exercise that requires a major increase in physical activity, consultation with a competent medical authority is strongly recommended. In addition, anyone who has a physical handicap, suffers from a prolonged illness, or who has increased risk factors such as obesity, hypertension, cardio-circulatory problems, etc., should consult a competent medical authority before undertaking any exercise or engaging in a continuing program of exercising. Please read through instructions carefully before starting to assemble.



Low Pulley Row

(Trapezius-Latissimus Dorsi
Erector Spinae)

Fit T-bar to low pulley. Sit with feet against cross-brace. Legs slightly bent stretch forward sit-up, arch your back and pull to your waist.



Knee Raise

(Hit Flexors-Rectus Abdominis)

Fit 'T-bar to low pulley. Lie on your back with legs almost straight. Curl toes upwards and place "t"-bar between your feet. "raise" knees as far as possible towards chest.



Bicep Curls

(Biceps-Forearm Flexors)

Fit T-bar to low pulley. Grip the bar and stand with your arms straight and your elbows locked into your body. Curl the bar upwards as far as possible.



Preacher Curls

(Biceps-Forearm Flexors)

Fit T-bar to low pulley and roll pads to top hole. Sit on seat and lean forward. Grip the bar and place elbows against roll pads. Curl bar in an arc upwards as far as possible.



Preacher Curls-Reverse Grip

(Biceps - With very strong emphasis on forearm muscles)

Same as for preacher curls but with a reverse grip. You may find that your forearm grip is the limitation with this exercise and not your bicep strength.



Wrist Curl

(Forearm Flexors)

Fit T-bar to low pulley and roll pad to top hole. Rest forearms on roll pads while gripping bar. "curl" your wrists with as much range as possible, reverse grip also works.

**Leg Curl**

(Hamstring Group)

This exercise is performed with one leg at a time. Fit the roll pads to the top hole. Hook your leg around with your knee against the top pad curl as far as possible.

**Leg Extensions**

(Quadriceps)

Fit the roll pads to the bottom hole. Hook your legs around the roll pads and grip the bottom of the seat. Slowly straighten your legs.

**Crunches**

(Rectus Abdominis-Serratus-Lower Latissimus Dorsi)

Fit T-bar to high pulley and roll pads to bottom hole. Hook your legs around the roll pads and grip the bar bend at the waist and curl forward and down as far as possible.

**Straight Arm Pullover**

(Latissimus Dorsi-Serratus-Pectorals)

Fit T-bar to high pulley, sit back and grip handles with arms straight. Pull the bar downwards in an arc as far as possible, lean forward to increase range of arc.

**Lat Pull Front**

(Latissimus Dorsi – Posterior Deltoid Biceps Brachialis)

Fit lateral bar to high pulley and roll pads to top position. Grip handles and sit with thighs under roll pads. Arch your back and pull the bar to your chest.

**Butterfly (Pec-Dec Fly)**

(Pectorals – Almost Completely Isolated)

Set pre-stretch, upper arm parallel with floor and your forearms against the roll pads. Push with your elbows, not with your hands.

**Vertical Bench Press**

1. Adjust the seat height so that the handles of the pressing arm are at mid-chest level.
2. Using either set of grips, push against the pressing arm to full extension. Vary your grip from horizontal to vertical to work the muscles from different angles of isolation.
3. Repeat for the desired number of repetitions.

Exercise Information

Aerobic Exercise Session

Those new to exercise should exercise no more than once a day to start with. As your fitness level increases, increase this to 2 in every 3 days. When you are comfortable with your routine, exercise for 6 days per week, always take at least one day off per week.

Warm Up

A successful exercise program consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and after you have finished.



Head Roll

Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.



Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder. Repeat 3-4 times.

**Calf/Achilles Stretch**

Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg. Repeat 2-3 times.

**Side Stretch**

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm. Repeat 3-4 times.

**Inner Thigh Stretch**

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3-4 times.

**Hamstring Stretch**

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot a hold for 10 seconds. Relax and then repeat with the left leg extended. Repeat 2-3 times.

Specifications

Frame	Powder-coated steel
Seat Pad	Vinyl covered high-density foam
Included Weights	<p><u>FTNMFGPRFA951 and FTNMFGPRFA954</u></p> <ul style="list-style-type: none">■ 45kg (99lbs) <p><u>FTNMFGPRFA955</u></p> <ul style="list-style-type: none">■ 56kg (123lbs) <p><u>FTNMFGPRFA956</u></p> <ul style="list-style-type: none">■ 67kg (148lbs)

Please note: The punching bag is shipped unfilled as per standard industry practice. You can fill it with material(s) that best suit your needs. Information about this can be found on [LiveStrong](#).



Some experts believe that the incorrect or prolonged use of almost any product may cause serious injury or death. To help reduce your risk of serious injury or death, refer to the information below. For more information, see www.datastreamserver.com/safety

- Consult all documentation, packaging and product labelling before use. Note that some products feature documentation available online. It is recommended to print and retain the documentation.
- Before each use, check the product for loose/broken/damaged/missing parts, wear or leaks (if applicable). Never use a product with loose/broken/damaged/missing parts, wear or leaks.
- Products must be inspected and serviced (if applicable) by a qualified technician every 6 months. This is based on average residential use by persons of average size and strength, and on a property of average metropolitan size. Use beyond these recommendations may require more frequent inspections/servicing.
- Ensure that all users of the product have completed a suitable industry recognised training course before being allowed access to the product.
- The product has been supplied by a general merchandise retailer that may not be familiar with your specific application or description of application. Be sure to attain third-party approval from a qualified specialist for your application before use, regardless of any assurances from the retailer or its representatives.
- This product is not intended for use where fail-safe operation is required. As with any product (for example, automobile, computer, toaster), there is the possibility of technical issues that may require the repair or replacement of parts, or the product itself. If the possibility of such failure and the associated time it may take to rectify could in any way inconvenience the user, business or employee, or financially affect the user, business or employee, then the product is not suitable for your requirements. This product is not intended for use where incorrect operation or a failure of any kind, including but not limited to, a condition requiring product return, replacement, parts replacement or service by a technician may cause financial loss, loss of employee time or an inconvenience requiring compensation.
- If this product has been purchased in error when considering the information presented here, contact the retailer directly for details of their returns policy, if required.

