

PROFLEX



Appearances may vary.

M5000 Multi-Function Chin-Up Station

User Manual

[Revision 2.0 May 2020]

READ THIS MANUAL CAREFULLY BEFORE USE AND KEEP FOR FUTURE REFERENCE – FAILURE TO DO SO MAY RESULT IN INJURY, PROPERTY DAMAGE AND MAY VOID WARRANTY. • 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.
- **Maximum weight limit: 120KG**

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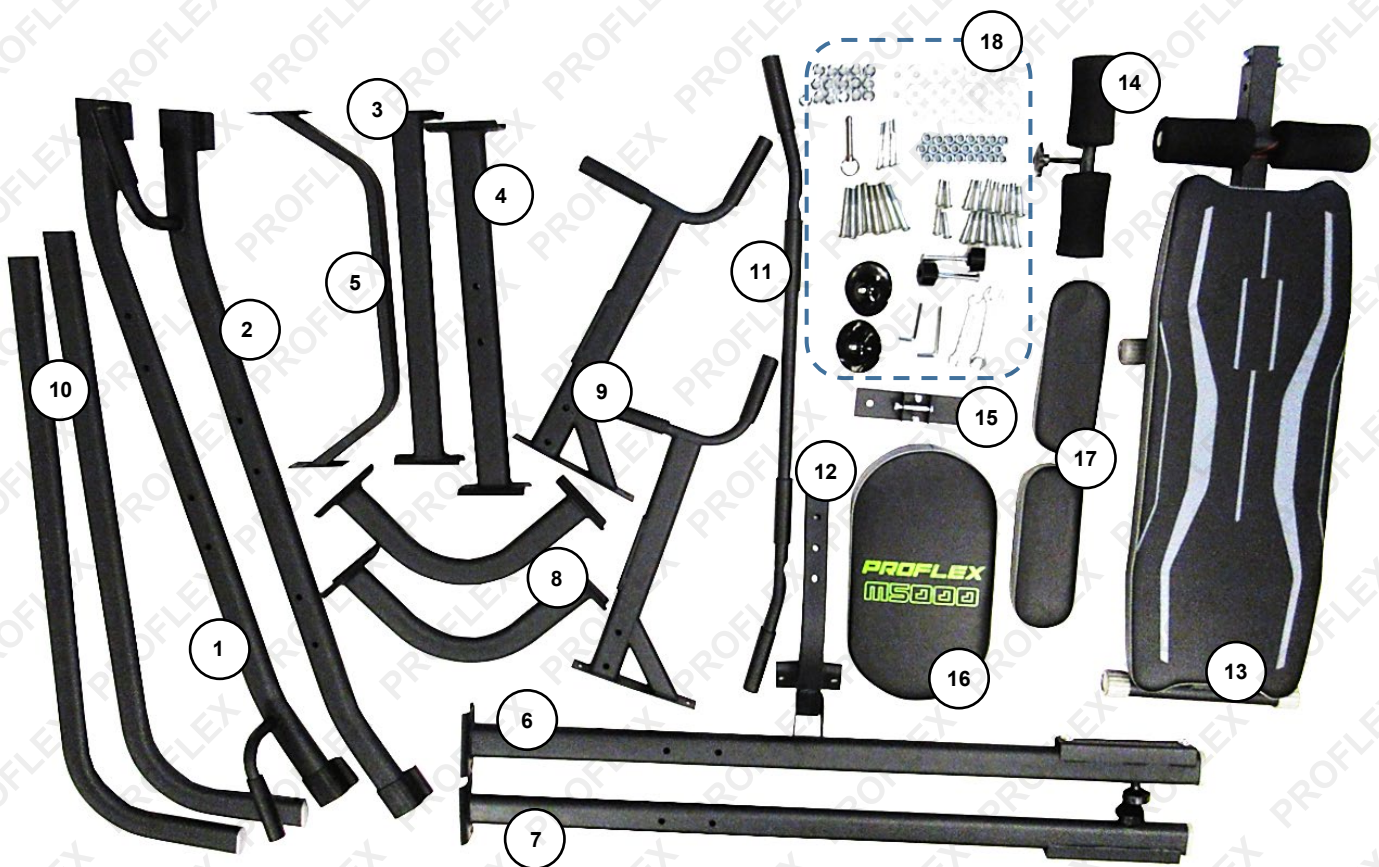
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Included Items

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



No.	Description	Qty.
1	Base Frame Leg Right	1
2	Base Frame Leg Left	1
3	Lower Stabiliser	1
4	Mid Stabiliser	1
5	Upper Stabiliser	1
6	Main Upright Right	1
7	Main Upright Left	1
8	Main Upright Support	2
9	Dip Bar	2
10	Chin-Up Bar Support	2
11	Chin-Up Bar	1
12	Leg Bar Bracket	1
13	Sit-Up Bench	1
14	Leg Bar Pad Assembly	1
15	Backrest Bracket	1
16	Backrest	1
17	Arm Pad	2

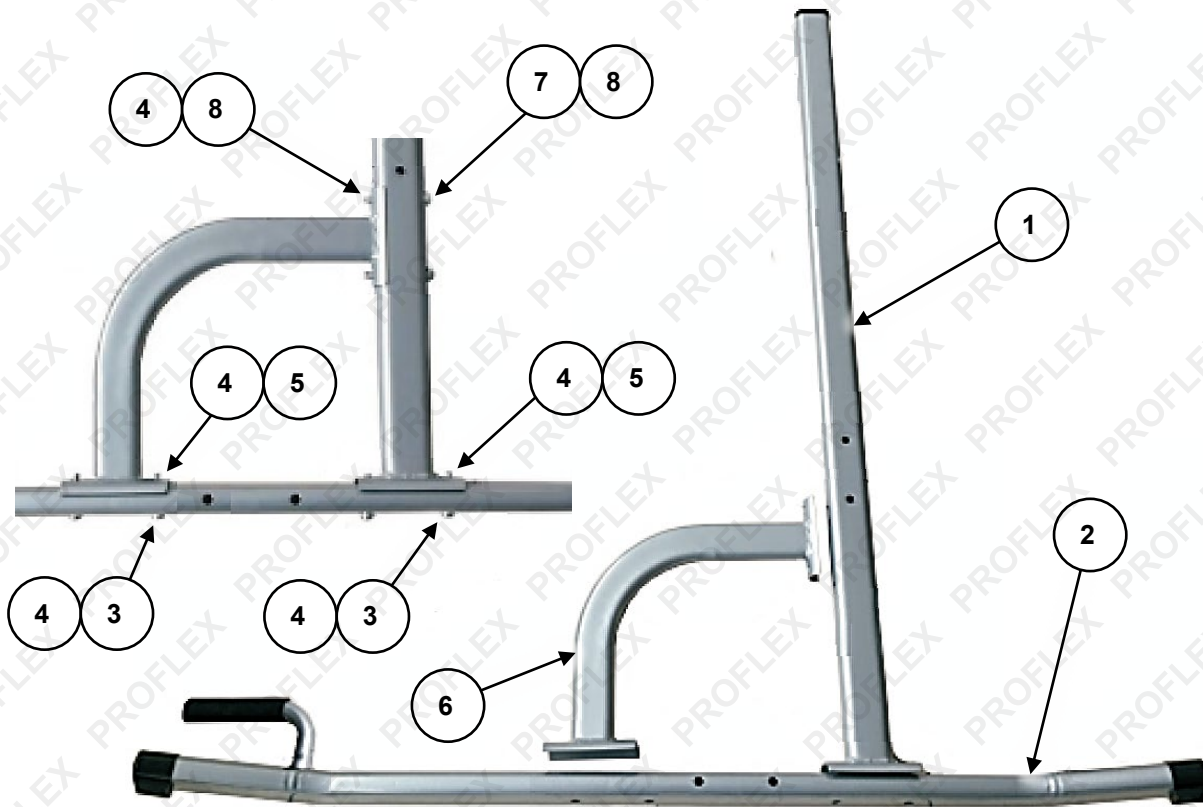
No.	Description
18	Fasteners / Tools / Accessories:
	M6x15 Bolt (2)
	M6x25 Bolt (2)
	M6x60 Bolt (1)
	M6x70 Bolt (4)
	M8x55 Bolt (1)
	M10x20 Bolt (4)
	M10x40 Bolt (4)
	M10x45 Bolt (14)
	M10x55 Bolt (1)
	M10x60 Bolt (1)
	M10x75 Bolt (8)
	M10x90 Bolt (2)
	Chin-Up Bar Bolt (2)
	Height Adjustment Bolt (2)
	M10 Washer (20)
	M10 Washer (Small) (4)
	M10 Curved Washer (16)
	M10 Nut (24)
	M10 Plastic Nut (2)
	M8 Nut (1)
	M6 Nut (1)
	Sit-Up Bench Pin (2)
	12 / 13 / 14 / 17mm Spanner
	5 / 6mm Allen Key
	Suction Foot (4)

Assembly

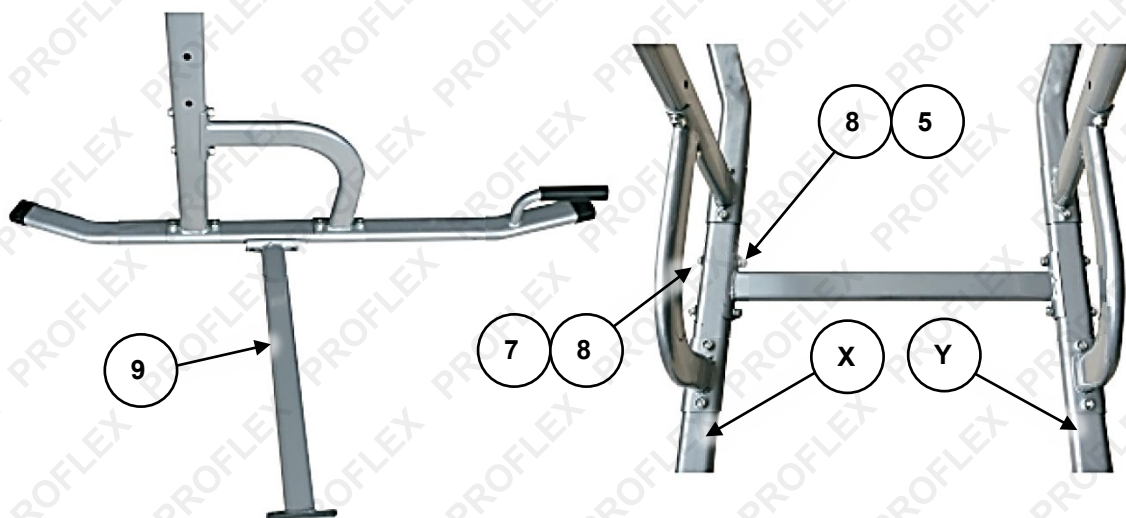


The instructions may include fasteners that are pre-assembled to some parts – it may be necessary to remove the fasteners in order to perform the assembly – always use the original fasteners.

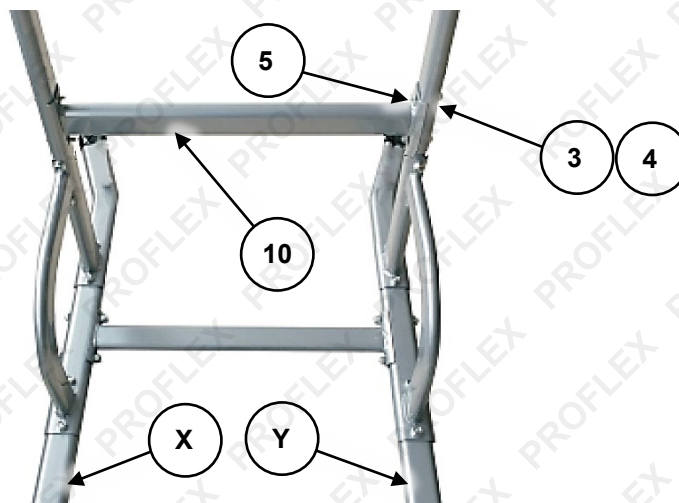
Step 1



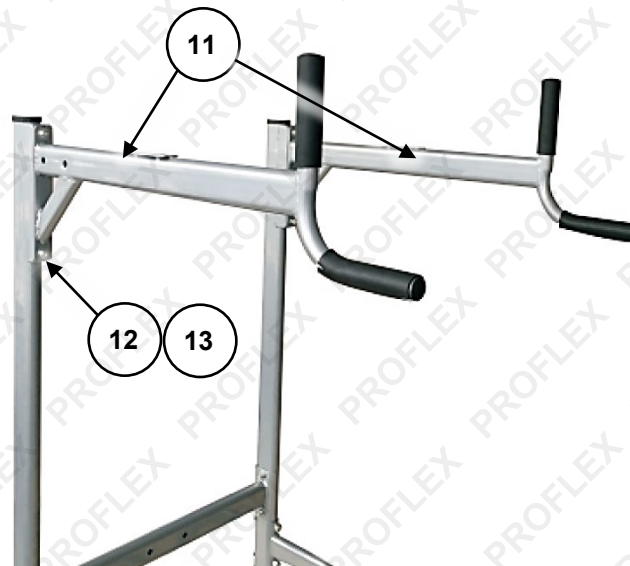
1. Attach the left side main upright (1) to the left base frame leg (2) and secure using 2 M10x45 bolts (3), 4 washers (4) (a washer under the bolt head, and a washer under the nut) and 2 nuts (5).
2. Attach a main upright support (6) to the base frame leg (2) using 2 M10x45 bolts (3), 4 washers (4) (a washer under the bolt head, and a washer under the nut) and 2 nuts (5).
3. Attach the main upright support to the main upright (1) using 2 M10x75 bolts (7), 4 curved washers (8) (a washer under the bolt head, and a washer under the nut) and 2 nuts (5).
4. Firmly tighten all fasteners.
5. Repeat the procedure for the right-hand main upright, base frame leg and remaining main upright support.

Step 2

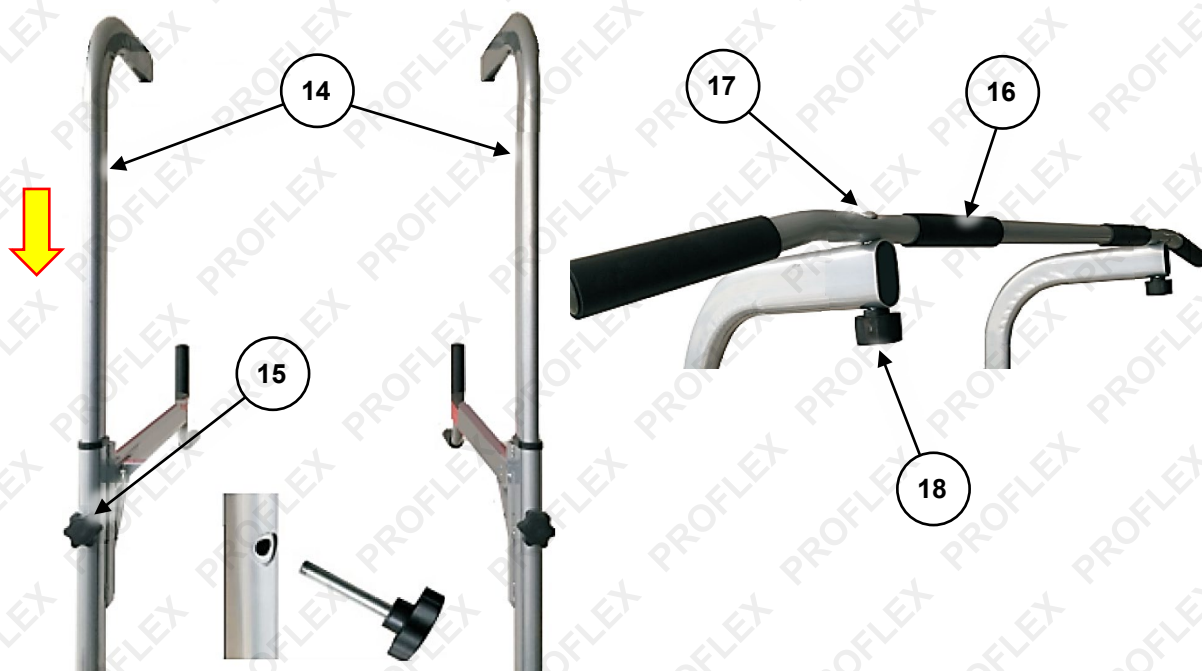
1. Attach the lower stabiliser (9) to left and right base frame / upright assemblies (X and Y) and secure using 4 M10x75 bolts (7), 8 curved washers (8) (a washer under the bolt head, and a washer under the nut) and 4 nuts (5). Do not tighten the fasteners at this stage.



2. Attach the mid stabiliser (10) to left and right base frame / upright assemblies (X and Y) and secure using 4 M10x45 bolts (3), 4 washers (4) (a washer under the bolt head) and 4 nuts (5).
3. Firmly tighten all 8 fasteners.

Step 3

1. Attach each dip bar (11) to each main upright and secure using 2 M10x20 bolts (12) and small washers (13) (washer under the bolt head). Ensure to start both bolts into the threads before tightening – if you insert and tighten one bolt before inserting the other bolt, it may be difficult to start the second bolt into the threads.

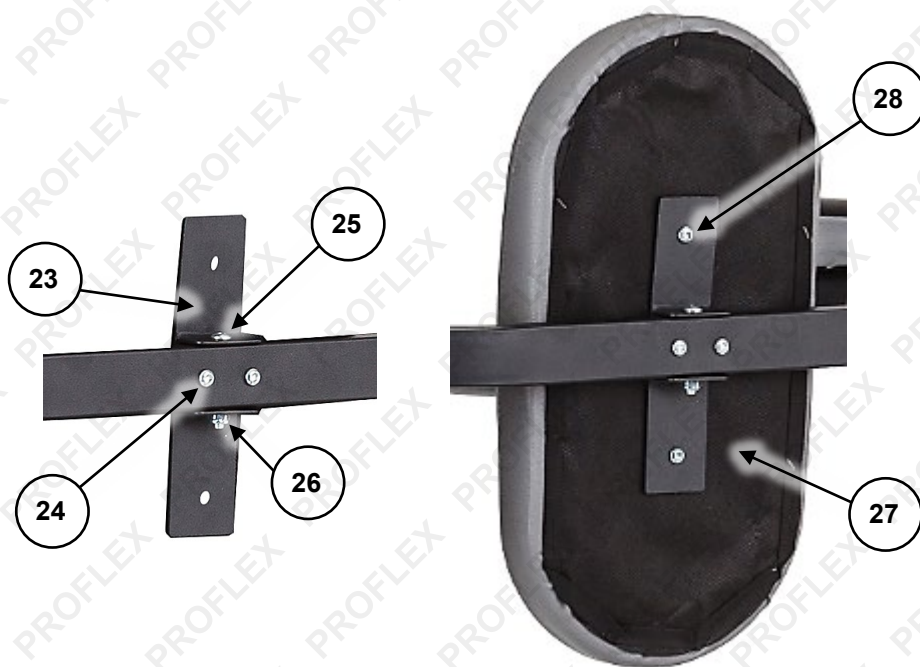


2. Slide the chin-up bar supports (14) into the main uprights, with the hooked sections facing the same direction as the dip bars. Adjust the height as required (ensure both supports are at the same height), then secure using 2 height adjustment bolts (15) – firmly tighten the bolts by hand.
3. Place the chin-up bar (16) on top of the supports, with the ends of the bar sloping downward, and secure using 2 M10x90 bolts (17) and 2 M10 plastic nuts (18) – firmly tighten the nuts by hand.

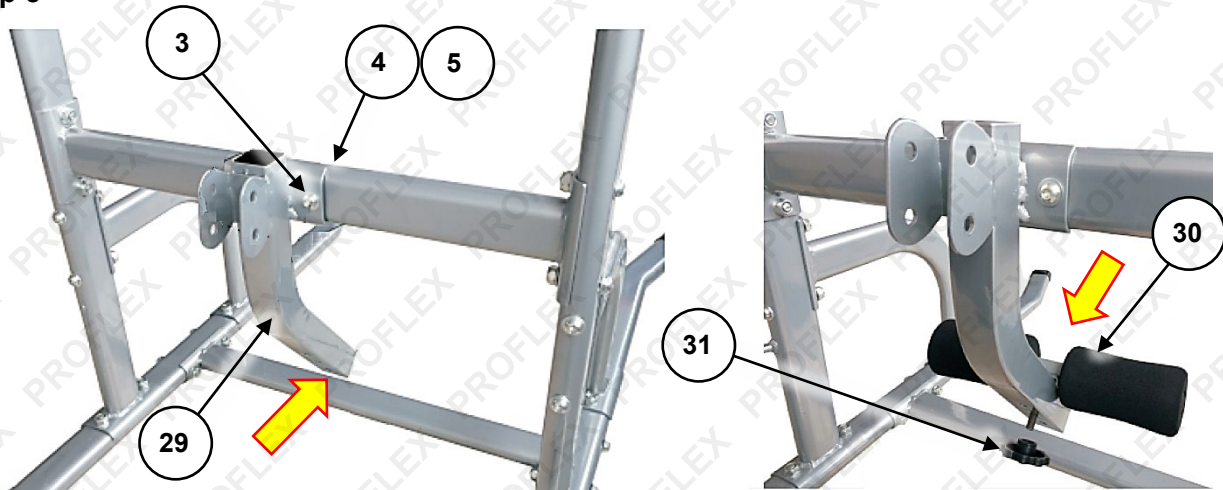
Step 4



1. Attach each arm pad (19) to each dip bar and secure using 2 M6x70 bolts (20).
2. Attach the upper stabiliser (21) to the dip bars and secure using 4 M10x40 bolts (22), 6 washers (4) (a washer under each bolt head, and a washer under each nut) and 2 nuts (5).



3. Place the backrest bracket (23) over the upper stabiliser and secure it using 2 M6x25 bolts (24), inserted from the rear of the upper stabiliser, and 1 M6x60 bolt (25), inserted from above and through the upper stabiliser, and a nut (26).
4. Attach the backrest (27) to the backrest bracket using 2 M6x15 bolts (28).

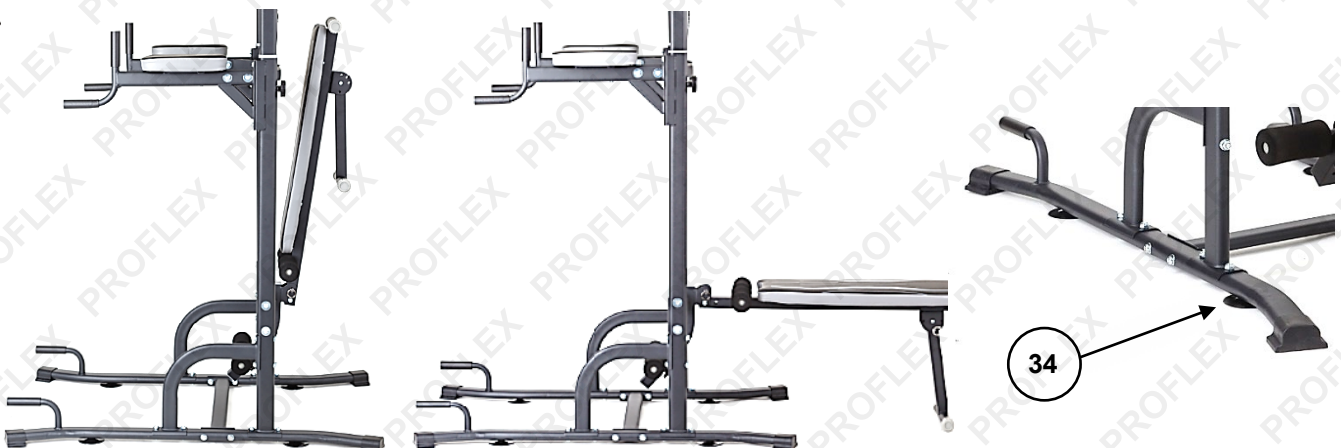
Step 5

1. Attach the leg bar bracket (29) to the mid stabiliser, with the hooked portion facing toward the front of the machine, and secure using 2 M10x45 bolts (3), washers (4) and nuts (5).
2. Attach the leg bar pad assembly (30) to the leg bar bracket – slide the bolt through the leg bar bracket at a suitable position (there are several holes to choose from). Then secure it using the plastic nut (31). Firmly tighten the nut by hand.



3. Attach the sit-up bench assembly (32) to the leg bar bracket and secure using 1 M10x60 bolt (33), inserted through the lower hole in the bracket, and a nut (5).

The machine is now assembled. Use the sit-up bench pins to hold the bench in the folded position, or when in use, to adjust the position of the bench support leg. If the floor surface where the machine is to be used is hard and smooth, screw the suction feet (34) to the underside of the frame to help keep the machine stable.



Care, Maintenance and Troubleshooting

Cleaning

The equipment can be cleaned with a soft cloth and mild detergent. Do not use abrasives, solvents or harsh chemicals. After each use, wipe the unit of any sweat, dirt or liquids.

Storage

Store the equipment in a clean and dry indoor environment. Never leave or use the unit outdoors.

Troubleshooting

The following information may assist in identifying a problem and rectifying it.

Problem	Potential Reason	Correction
<i>Equipment unsteady</i>	Surface not flat.	Set-up the equipment on a flat surface. • If the surface is hard and smooth, it is recommended to use the suction feet to aid stability.



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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