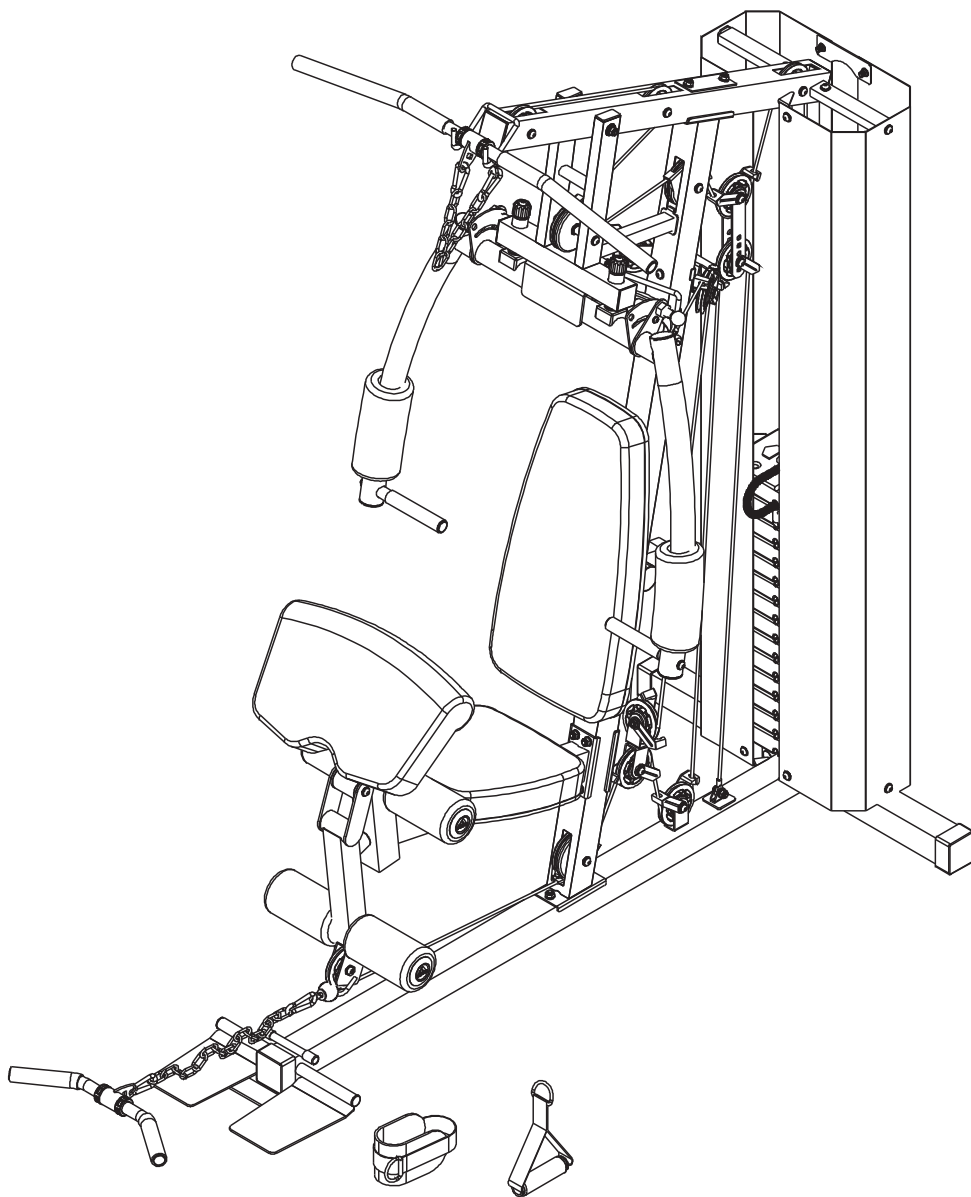




MANUAL

MULTIGYM X2



**CAUTION!**

**Read all precautions and instructions in this manual before using this equipment.**

VARTEX AB      [www.masterfitness.se](http://www.masterfitness.se)  
Batterivägen 14      [info@masterfitness.se](mailto:info@masterfitness.se)  
432 32 Varberg      Sweden +46 340 549690

20250912-V1.0

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## BEFORE YOU BEGIN

Thank you for selecting the Home Gym MULTIGYM X2. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction.

## **IMPORTANT SAFETY NOTICE**

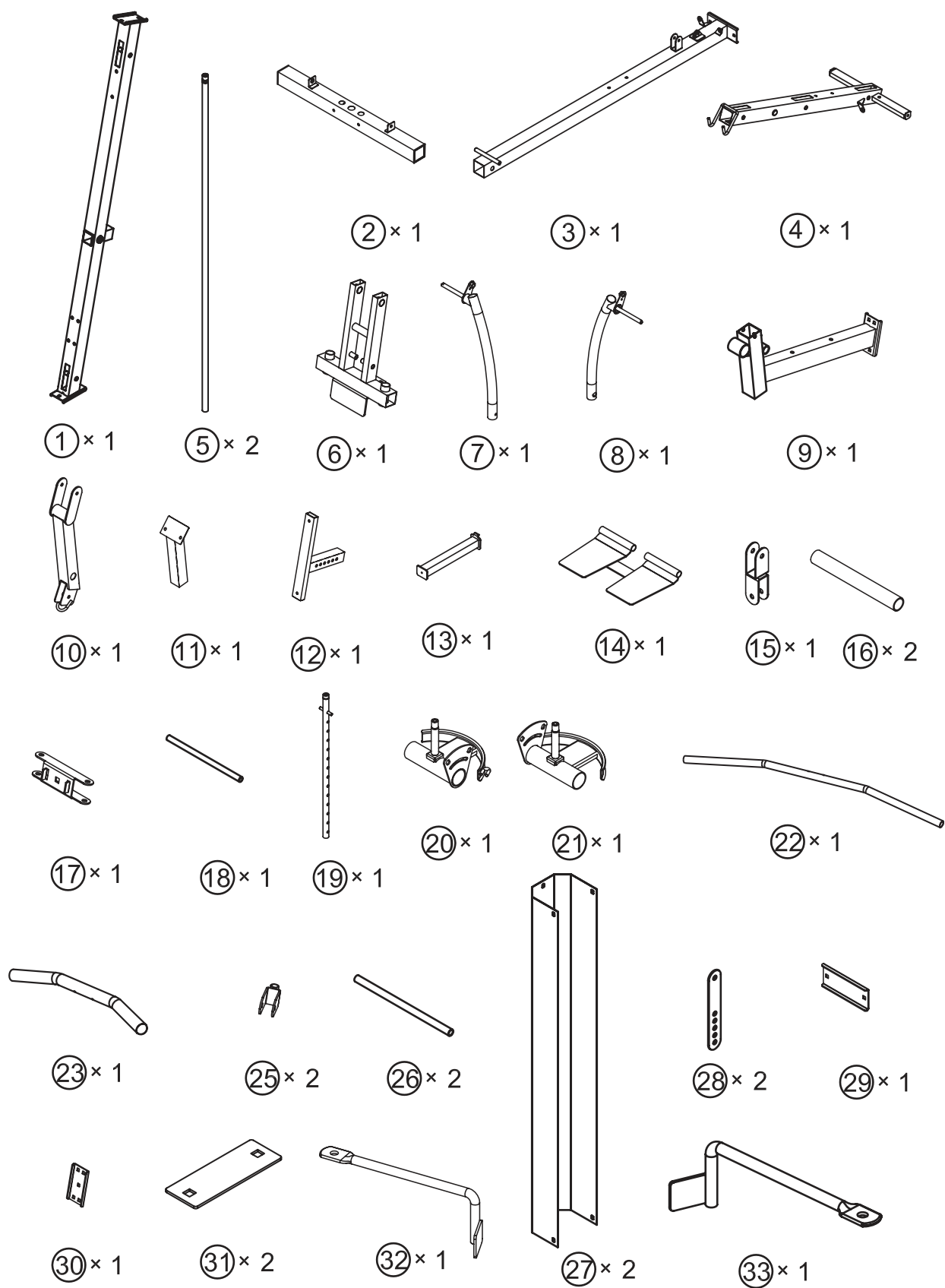
### **PRECAUTIONS**

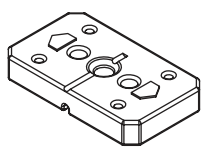
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. 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.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.

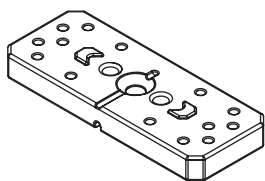
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**





③④× 1



③⑤× 13



③⑥× 1



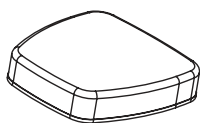
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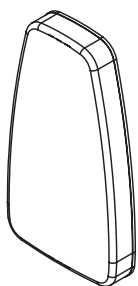
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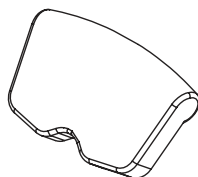
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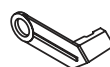
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④③× 1



④④× 14



④⑤× 14



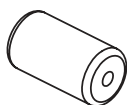
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④⑦× 1



④⑧× 4



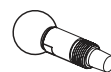
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⑤③× 2



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⑤⑤× 2



⑤⑥× 11



⑤⑦× 3



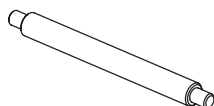
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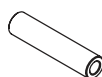
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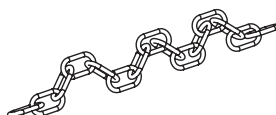
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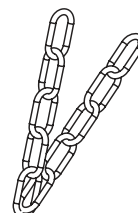
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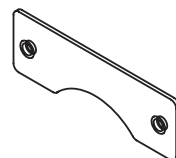
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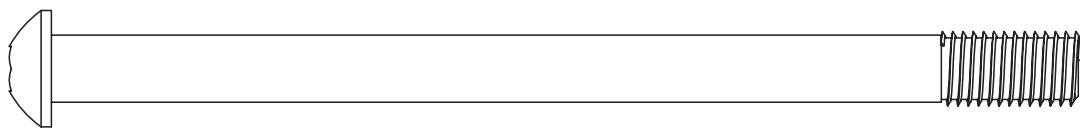
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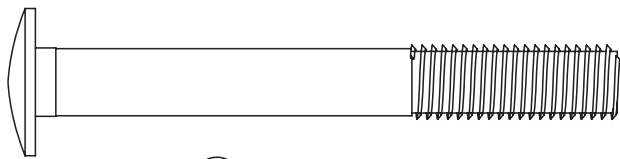
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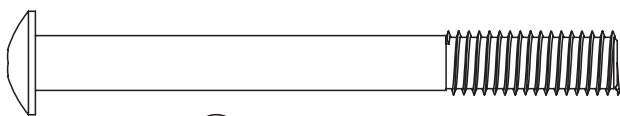
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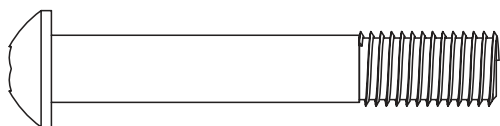
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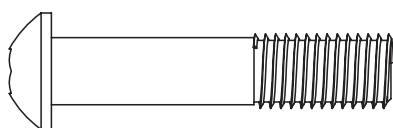
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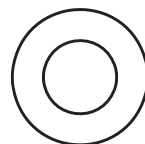
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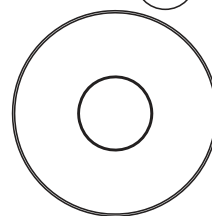
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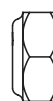
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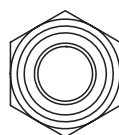
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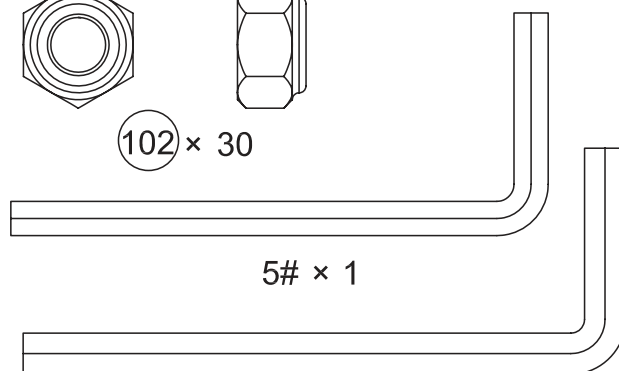
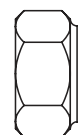
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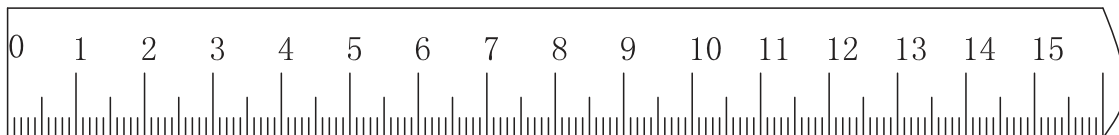
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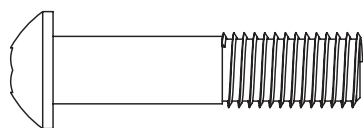


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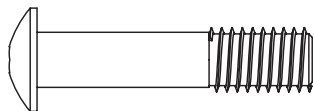
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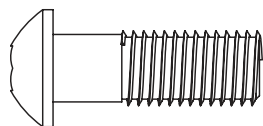




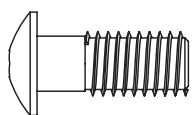
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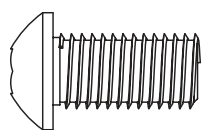
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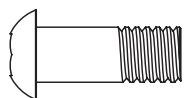
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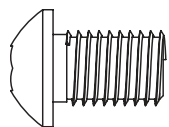
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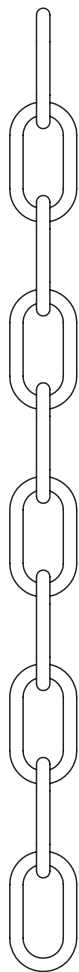
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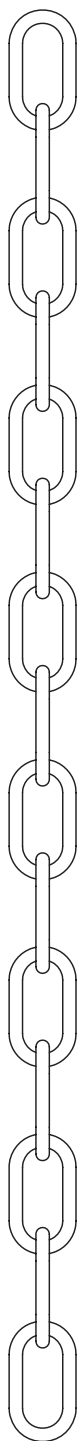
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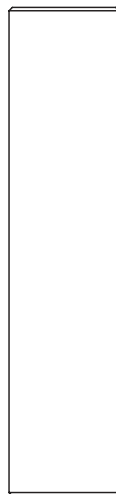
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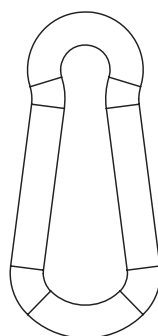
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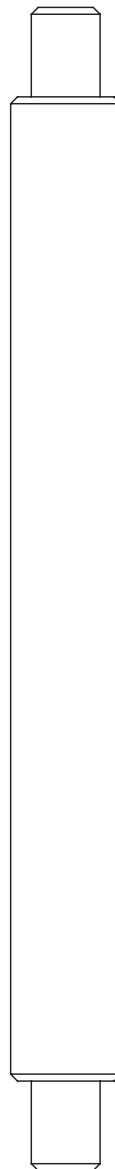
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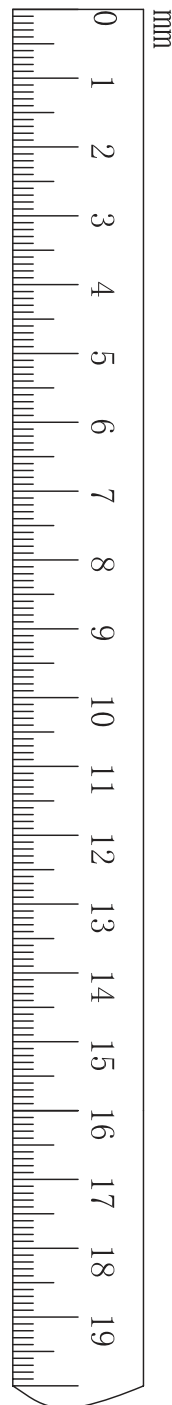
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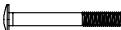


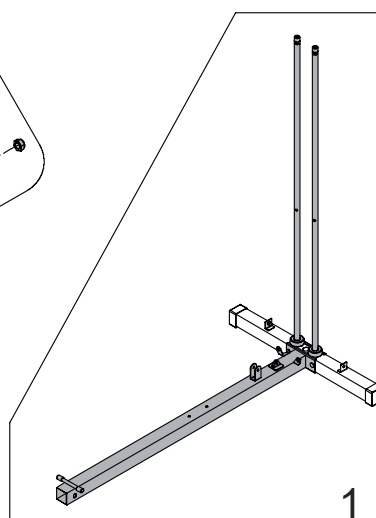
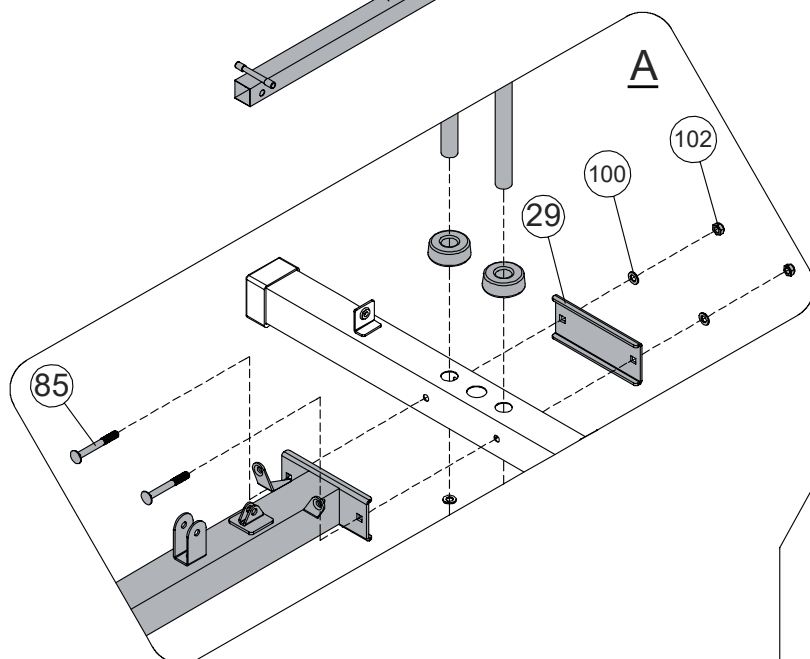
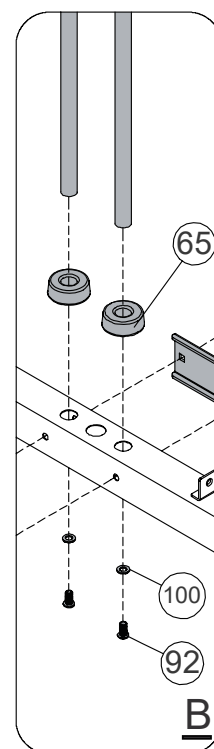
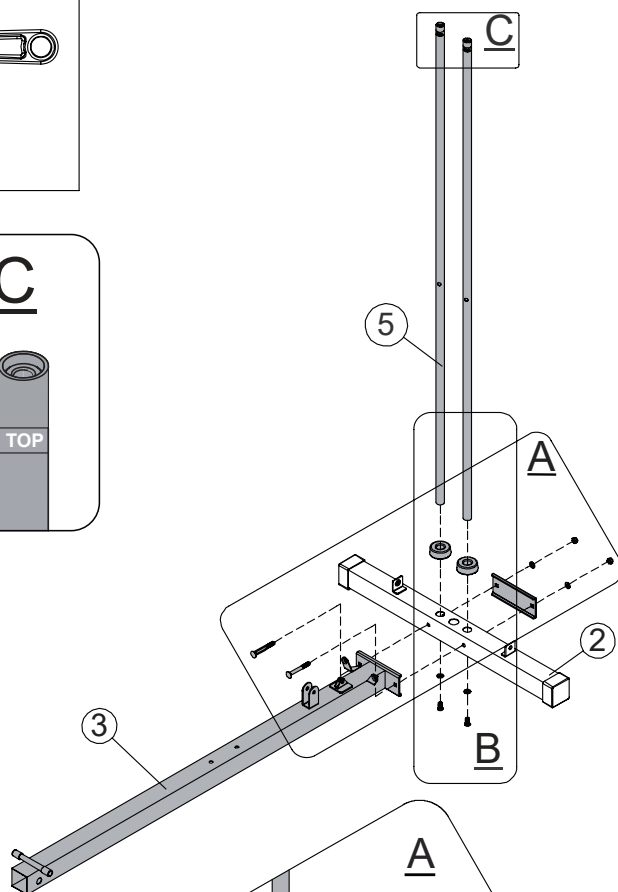
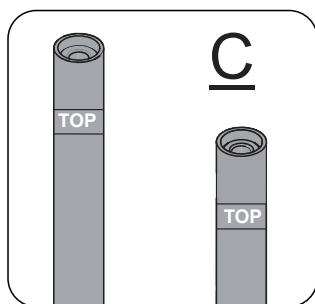
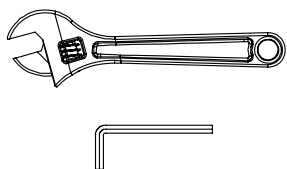
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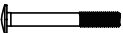


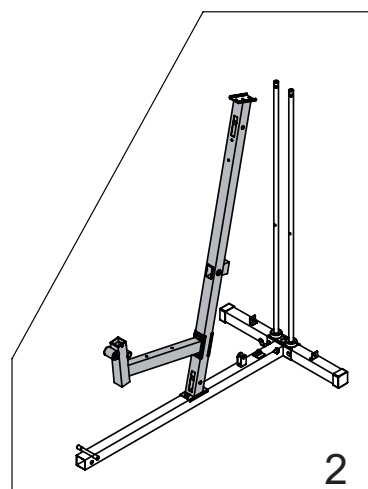
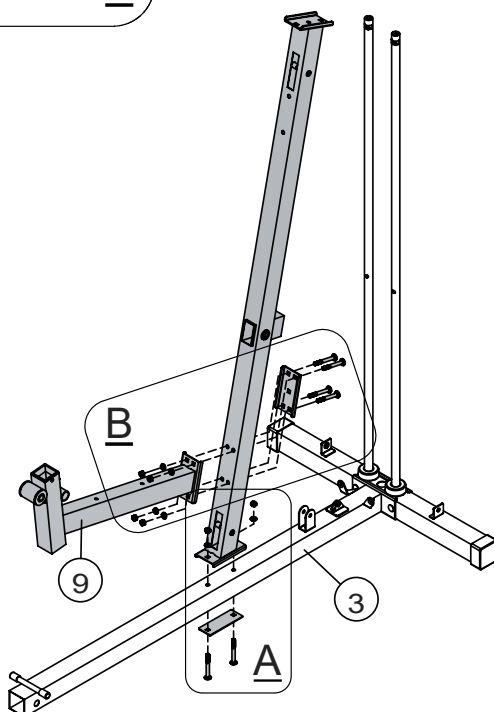
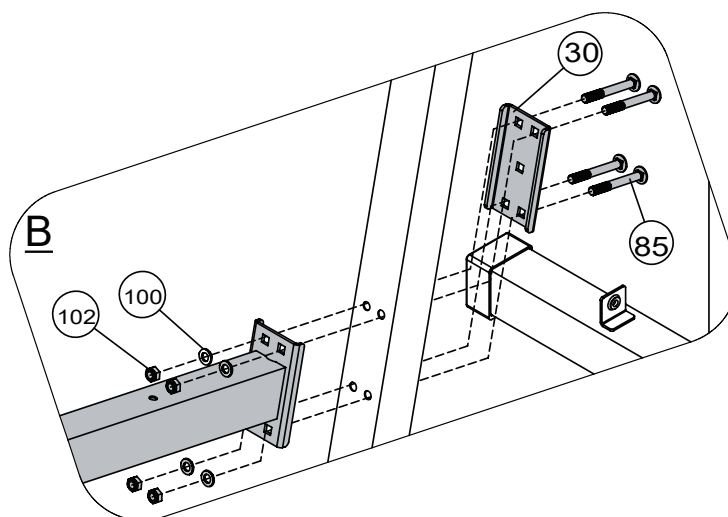
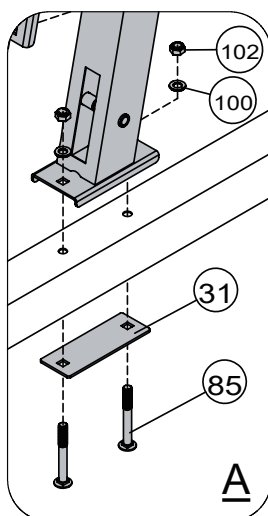
mm



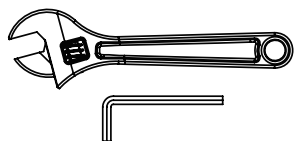
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|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----------|
| (85)  |                                                                                    | × 2 | M10×85mm  |
| (92)  |                                                                                    | × 2 | M10×20mm  |
| (102) |   | × 2 | M10       |
| (100) |   | × 4 | Φ20×Φ10.5 |

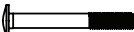


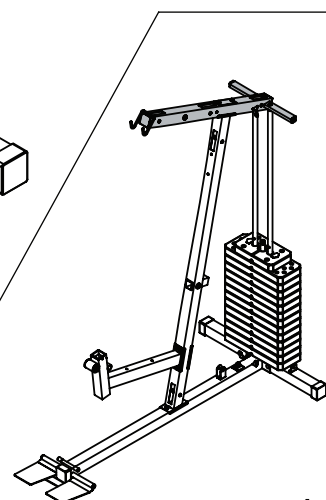
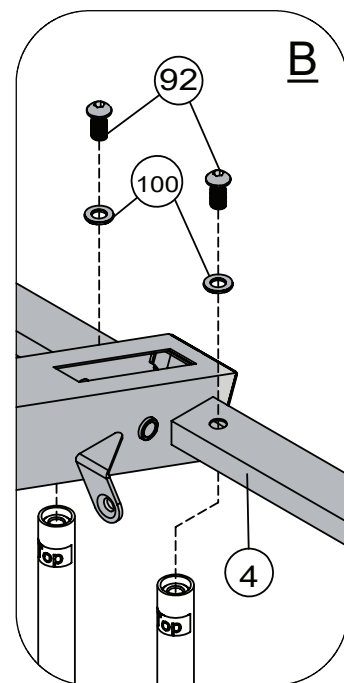
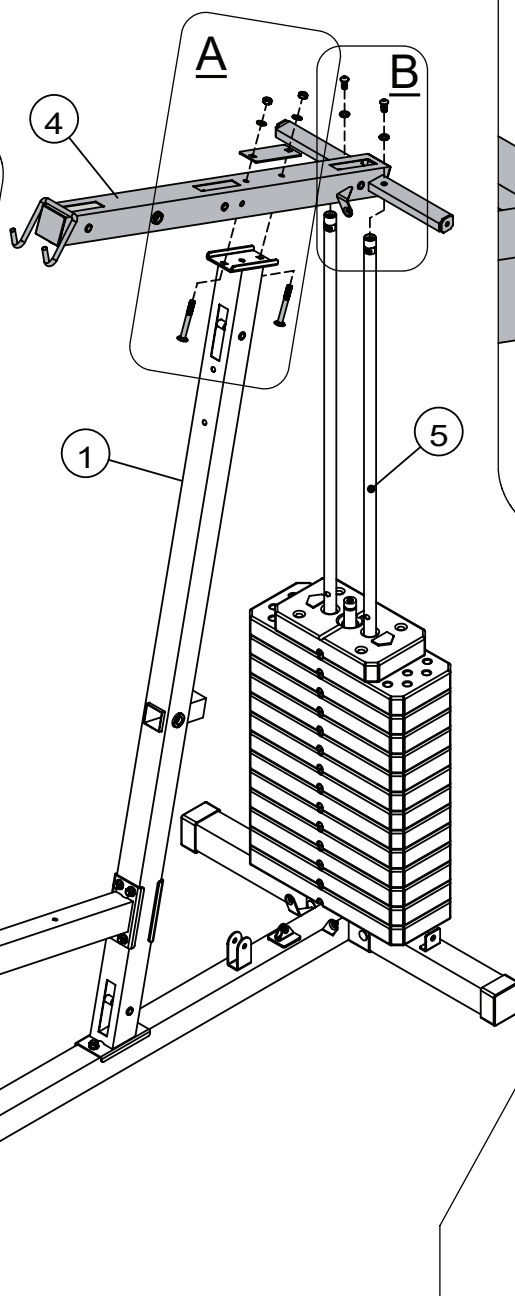
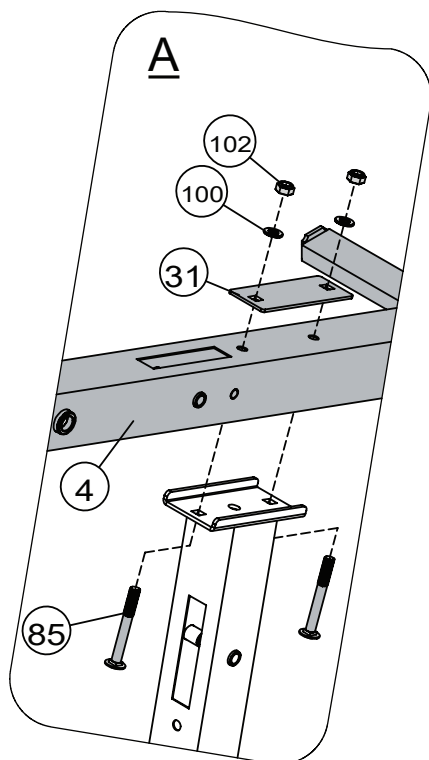
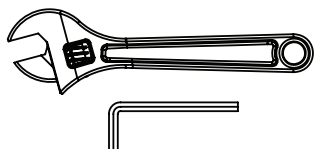
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|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----------|
| (85)  |                                                                                    | × 6 | M10×85mm  |
| (102) |   | × 6 | M10       |
| (100) |   | × 6 | Φ20×Φ10.5 |



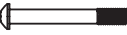
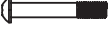
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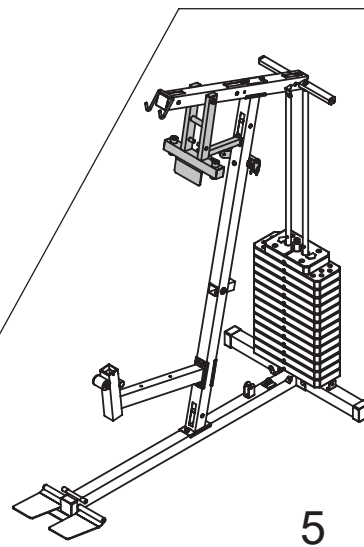
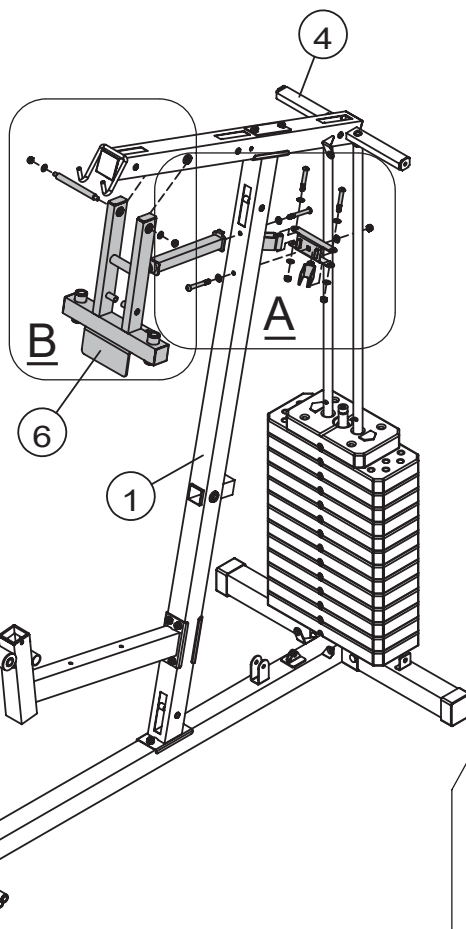
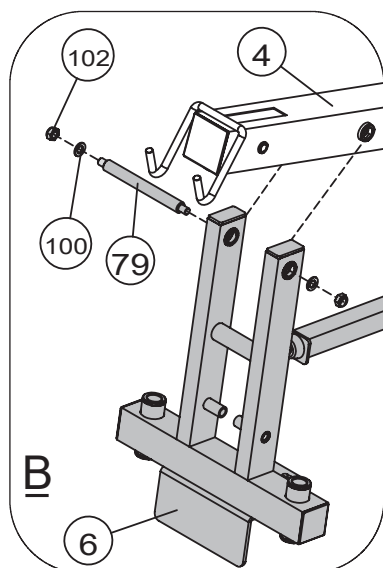
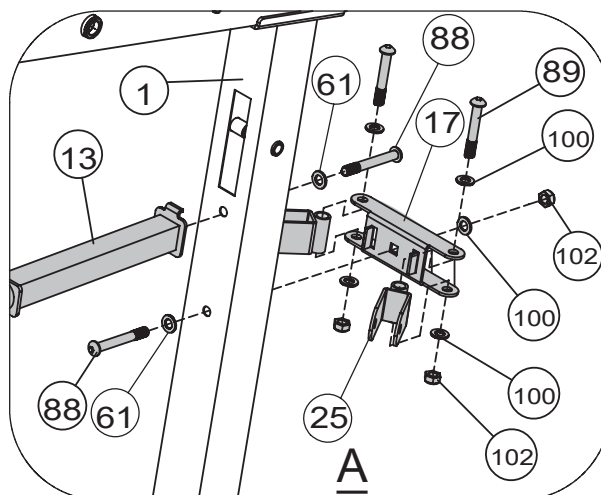
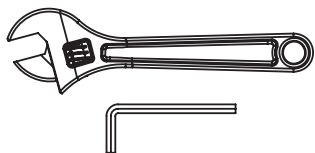


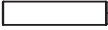
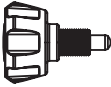
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|-----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----------|
| 85  |                                                                                    | × 2 | M10×85mm  |
| 92  |   | × 2 | M10×20mm  |
| 102 |   | × 2 | M10       |
| 100 |   | × 4 | Φ20×Φ10.5 |

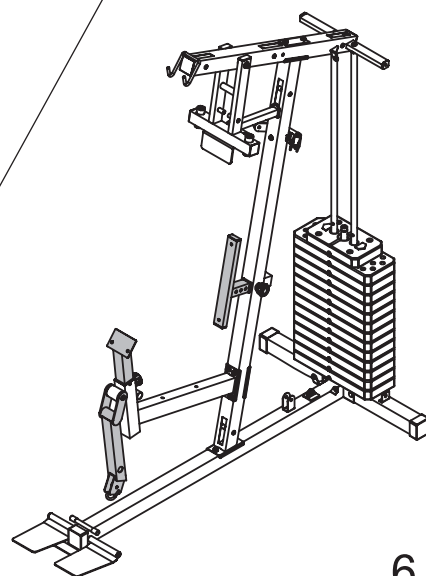
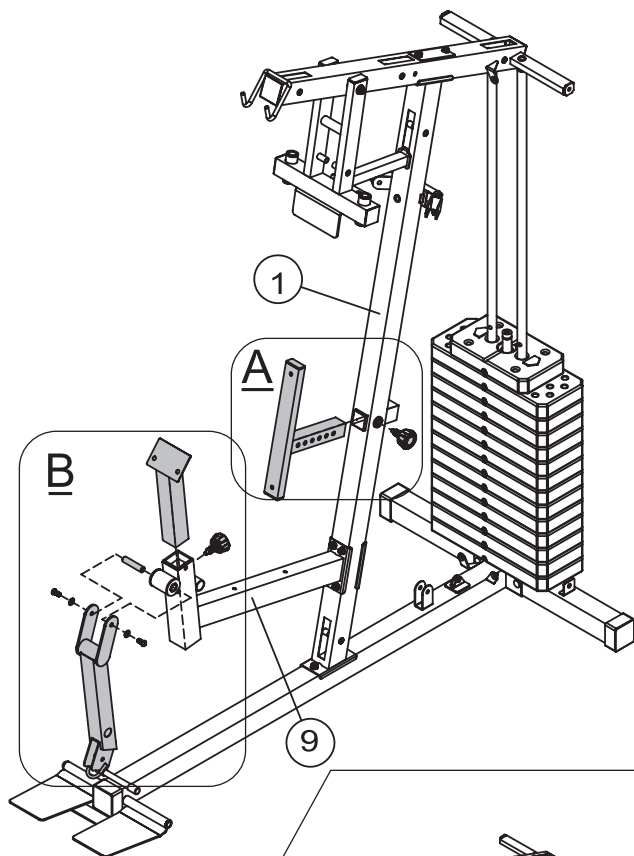
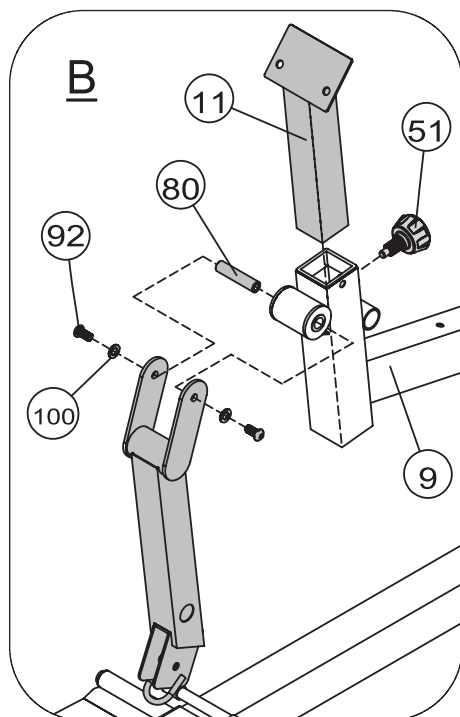
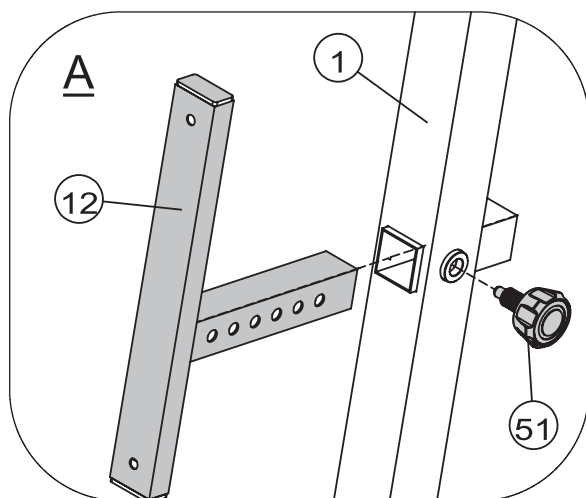
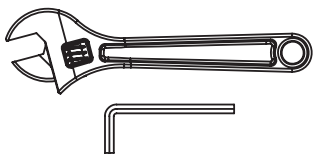


4

|       |                                                                                                                                                                     |     |               |
|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|---------------|
| (79)  |                                                                                    | × 1 | M10×φ16×169   |
| (88)  |                                                                                    | × 2 | M10×80mm      |
| (89)  |                                                                                    | × 2 | M10×65mm      |
| (102) |   | × 5 | M10           |
| (100) |   | × 7 | Φ20×Φ10.5     |
| (61)  |   | × 2 | Φ30×Φ10.5×2.5 |

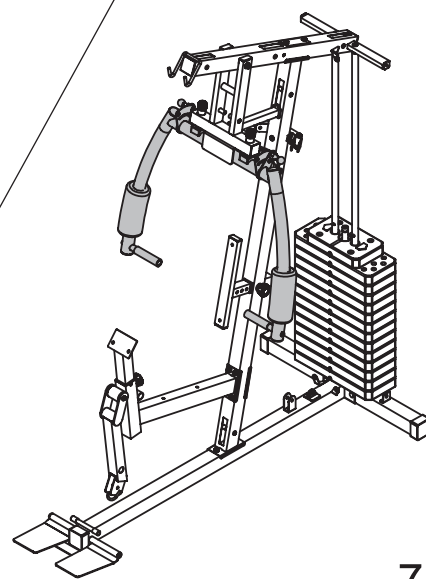
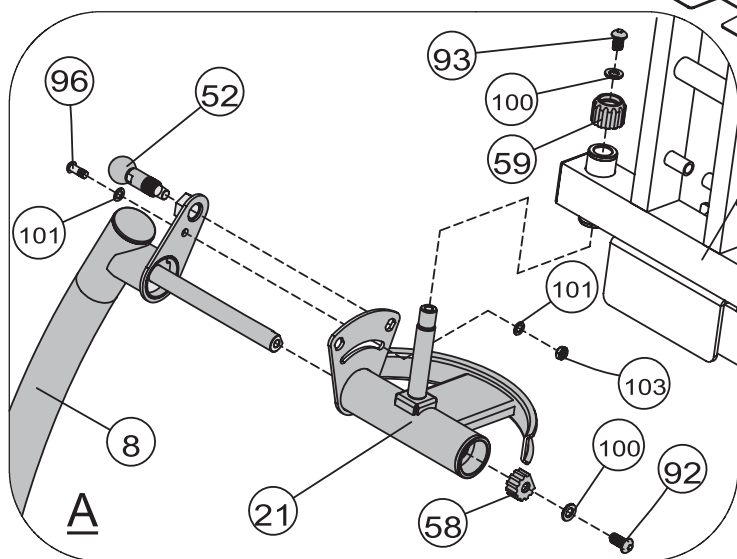
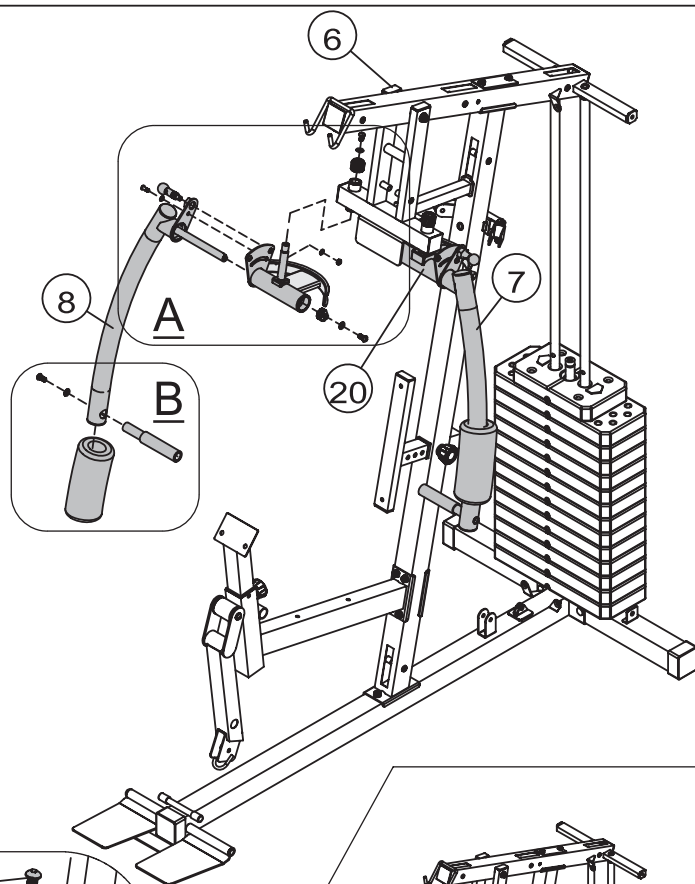
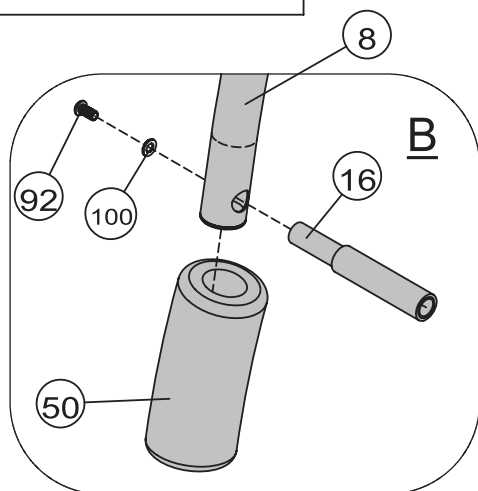
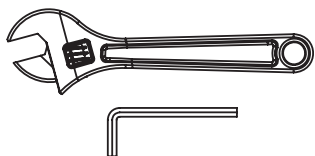


|     |                                                                                   |     |            |
|-----|-----------------------------------------------------------------------------------|-----|------------|
| 80  |  | × 1 | M10×Φ16×71 |
| 92  |  | × 2 | M10×20mm   |
| 100 |  | × 2 | Φ20×Φ10.5  |
| 51  |  | × 2 | M18×Φ10    |

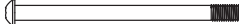
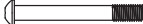
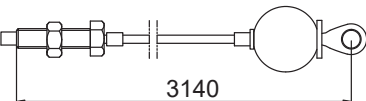


6

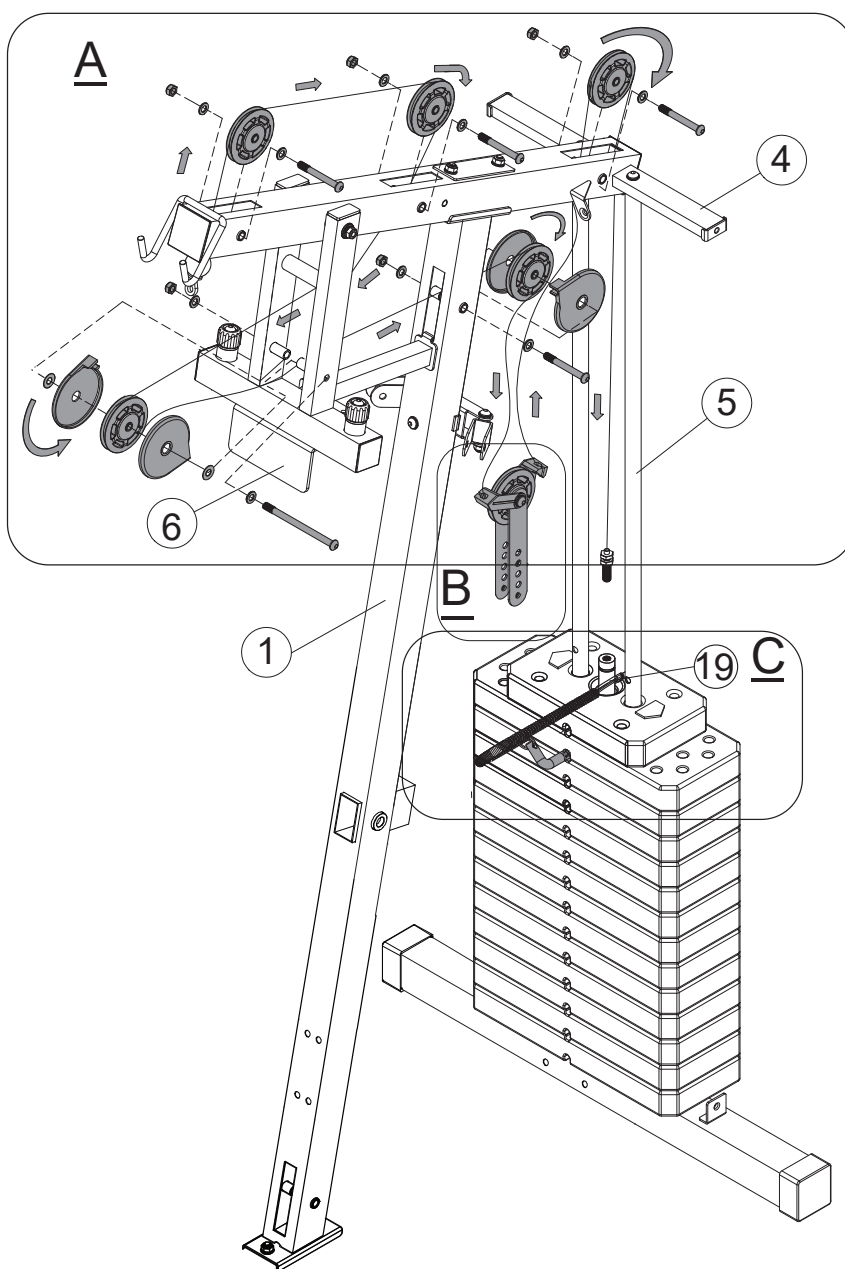
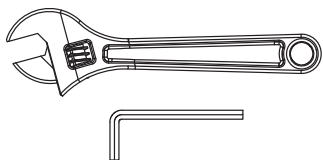
|     |                                                                                   |     |           |
|-----|-----------------------------------------------------------------------------------|-----|-----------|
| 52  |  | × 2 |           |
| 92  |  | × 4 | M10×20mm  |
| 93  |  | × 2 | M10×16mm  |
| 96  |  | × 2 | M8×22mm   |
| 100 |  | × 6 | Φ20×Φ10.5 |
| 101 |  | × 4 | Φ16×Φ8.4  |
| 103 |  | × 2 | M8        |



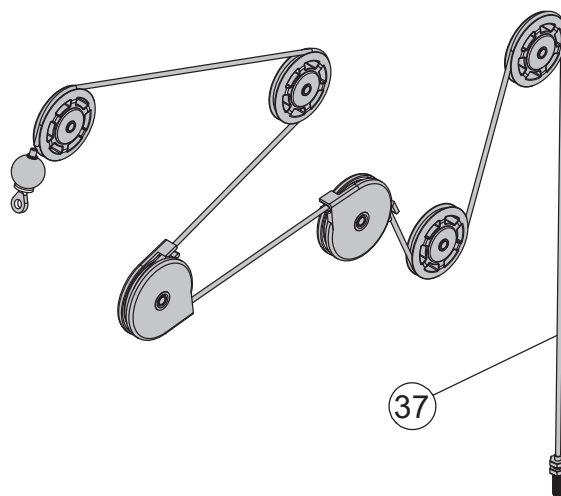
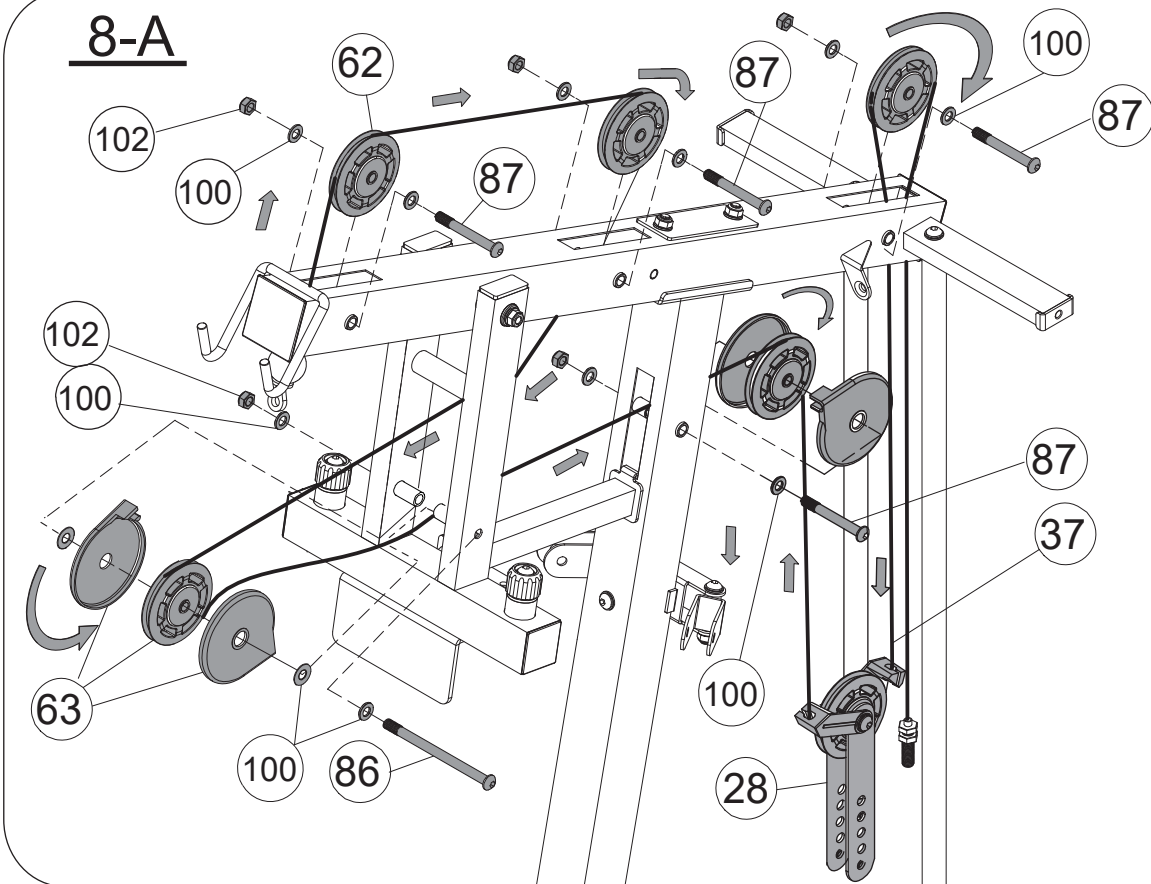
7

|     |                                                                                   |      |           |
|-----|-----------------------------------------------------------------------------------|------|-----------|
| 86  |  | × 1  | M10×150mm |
| 87  |  | × 4  | M10×85mm  |
| 90  |  | × 1  | M10×50mm  |
| 100 |  | × 14 | Φ20×Φ10.5 |
| 102 |  | × 6  | M10       |
| 37  |  | × 1  |           |

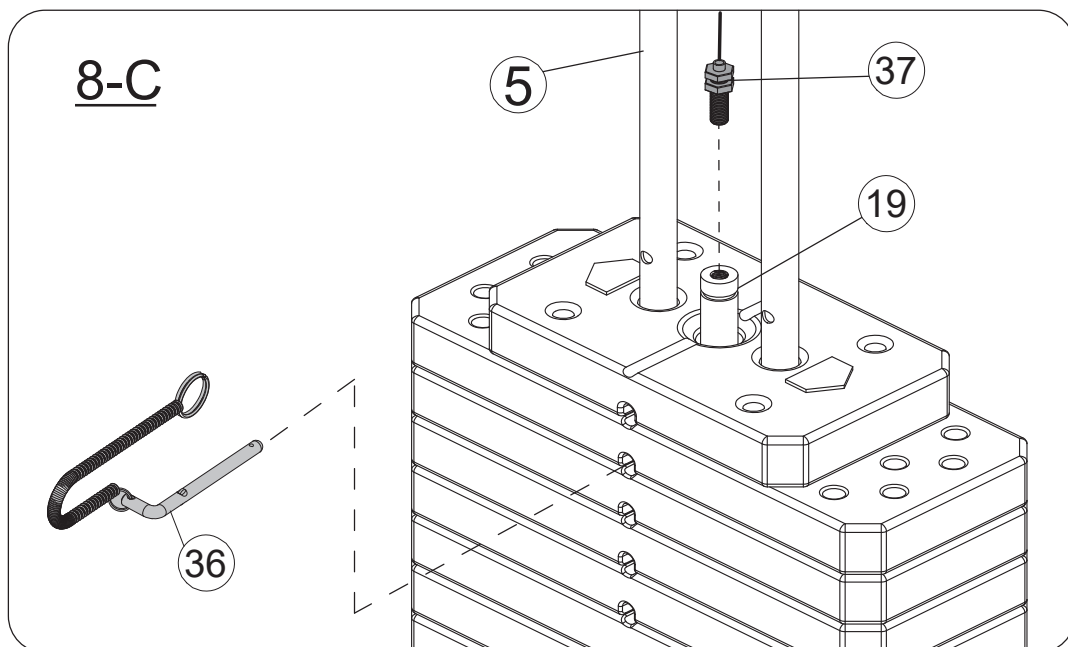
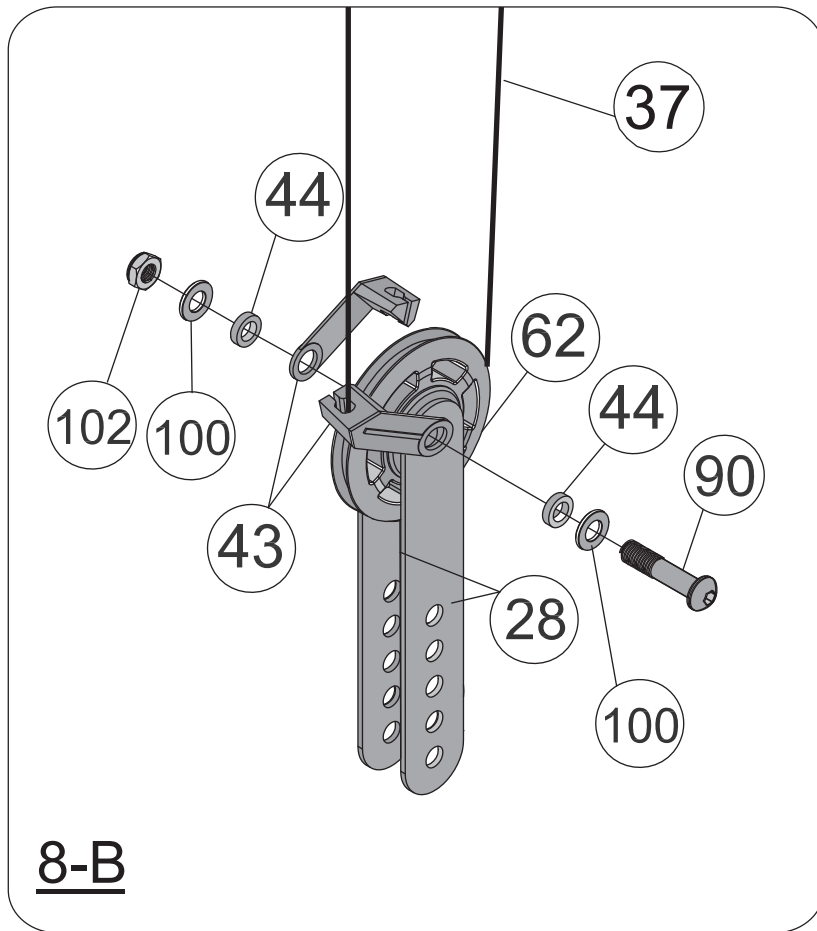
3140



## 8-A

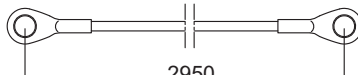


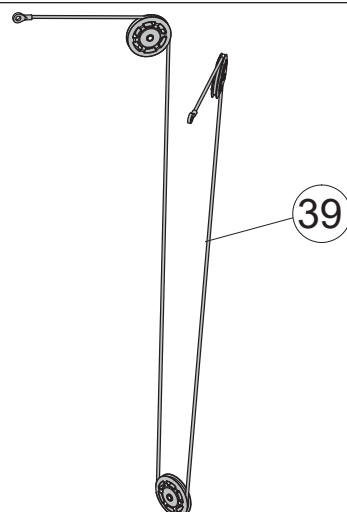
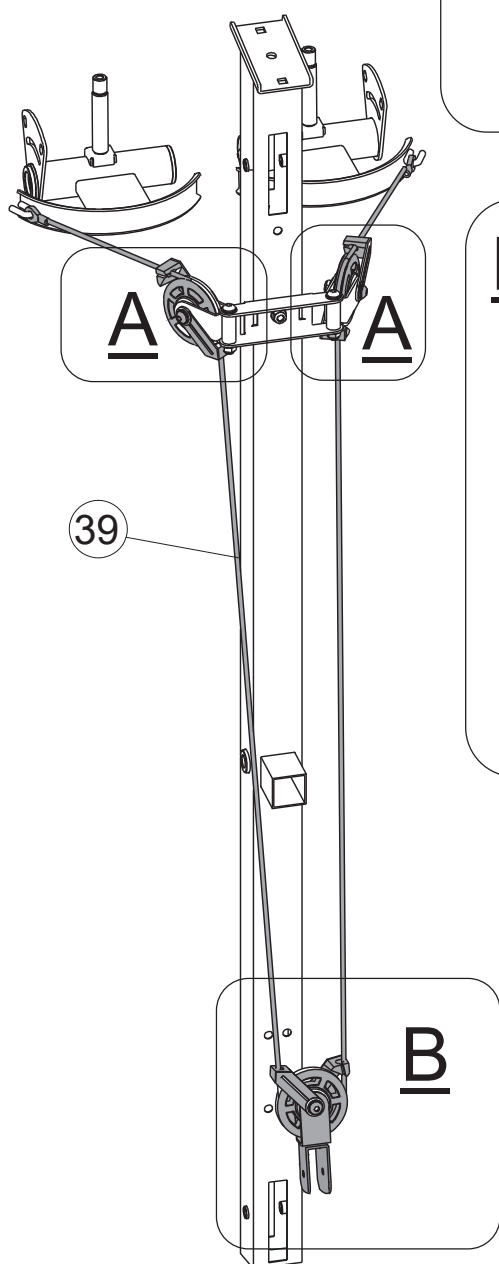
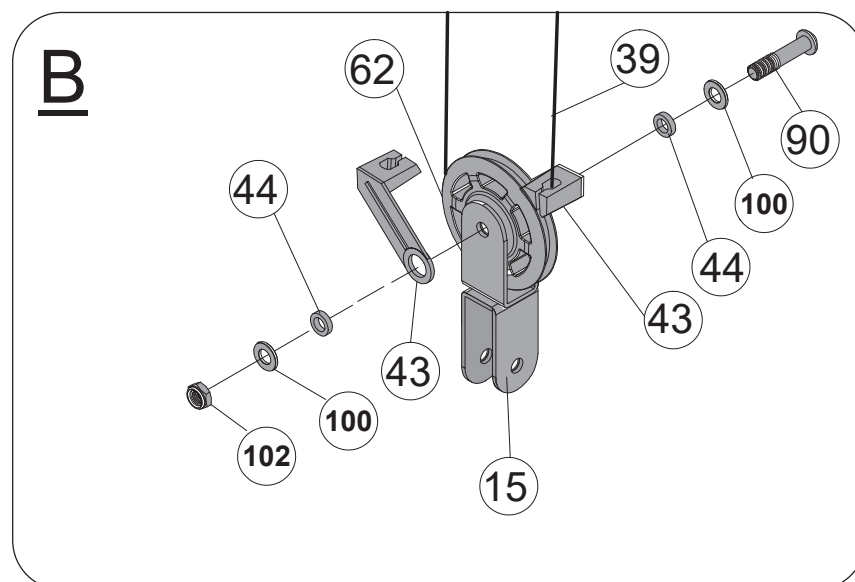
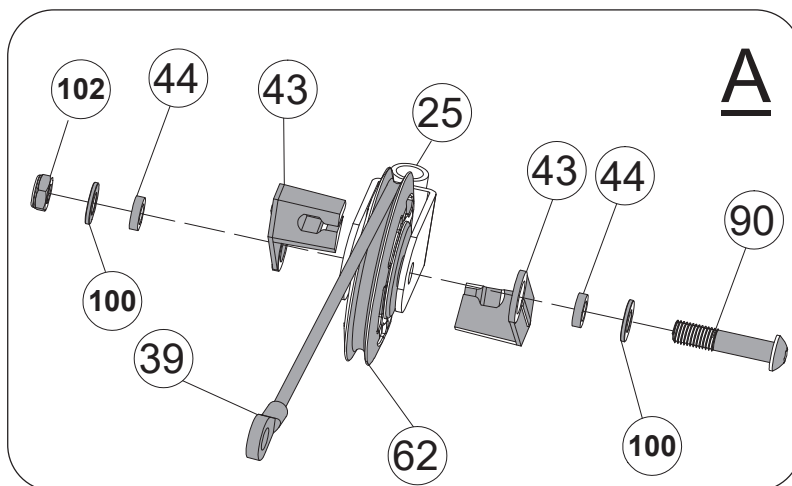
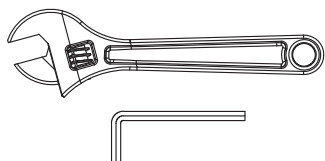
8-A



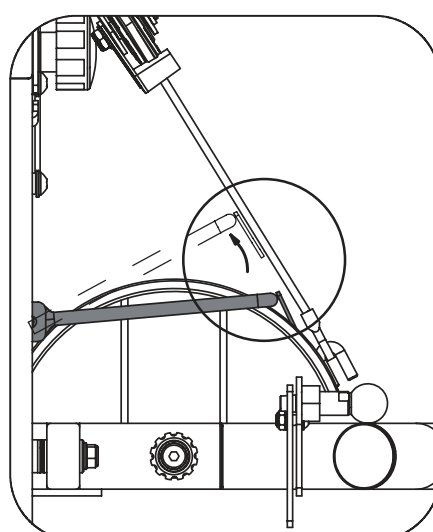
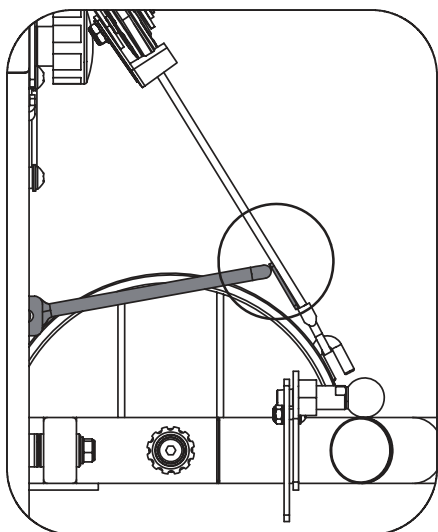
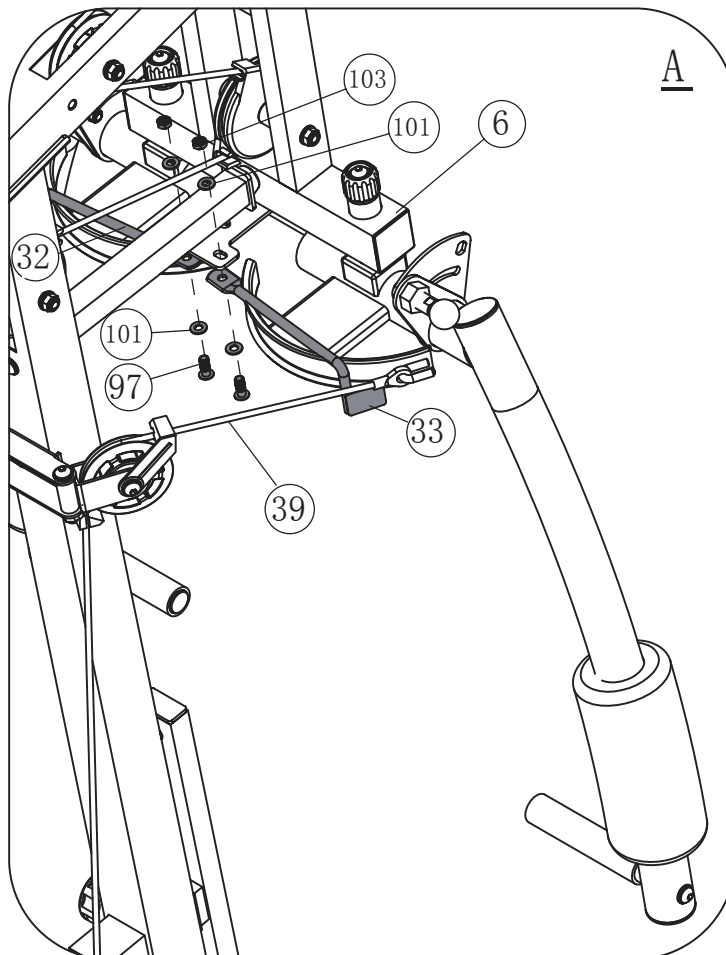
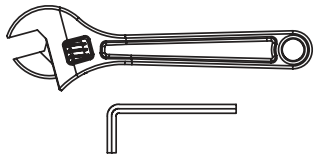
8-B  
8-C

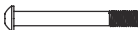
- 90  × 3 M10×50mm  
 100  × 6 Φ20×Φ10.5  
 102  × 3 M10

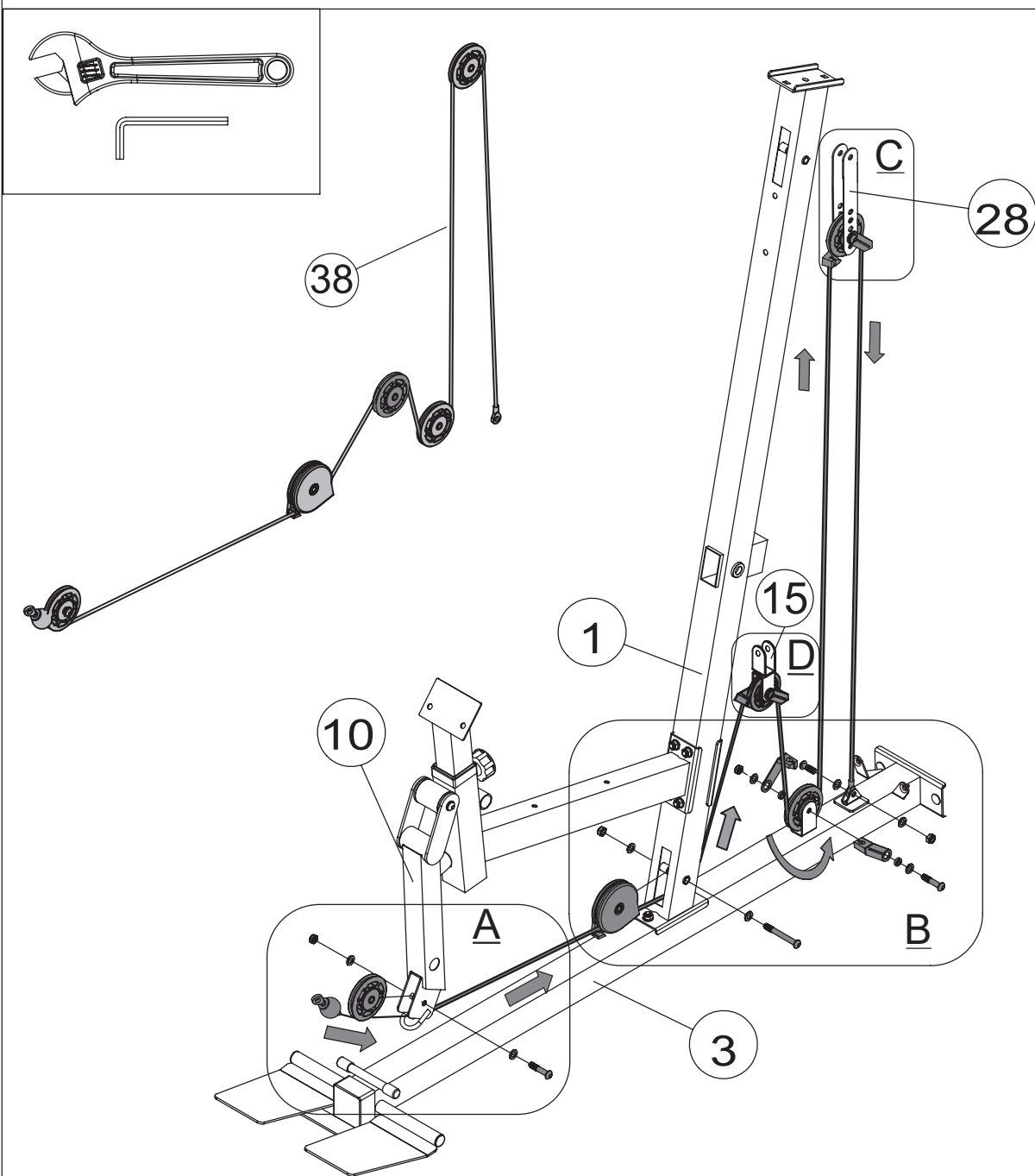
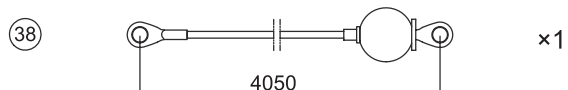
- 39  × 1  
 2950

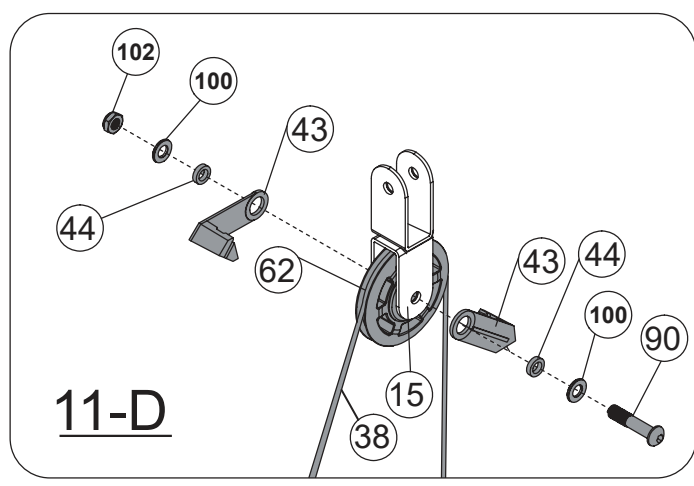
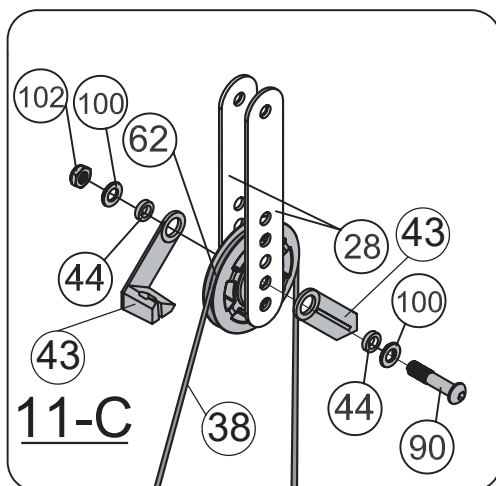
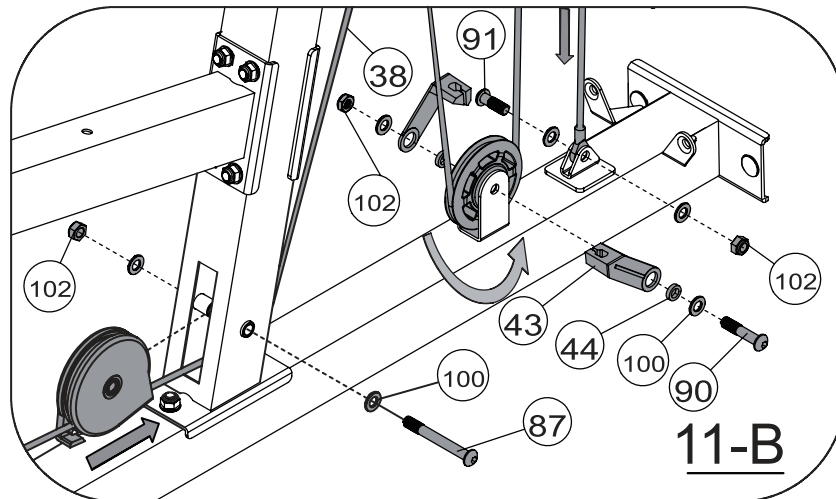
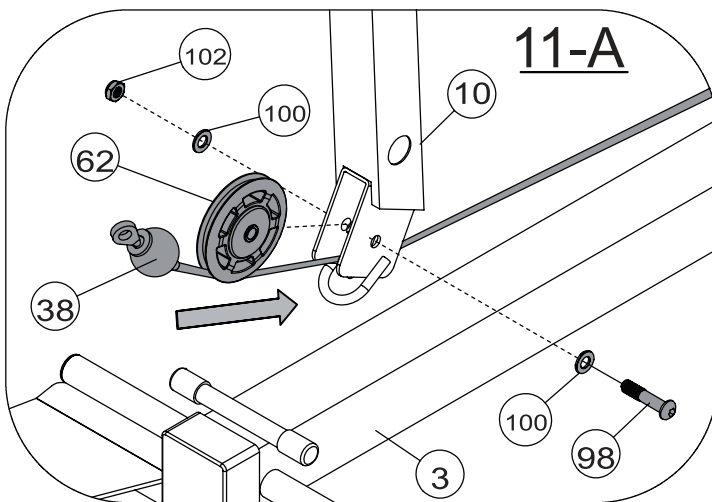


- |     |                                                                                                                                                                       |     |         |
|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|---------|
| 97  |                                                                                      | × 2 | M8×18mm |
| 101 |     | × 4 | Φ16×Φ84 |
| 103 |     | × 2 | M8      |

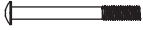


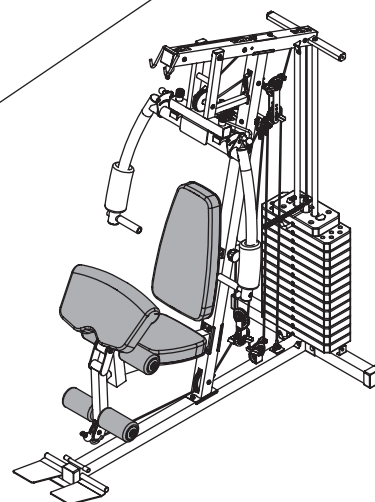
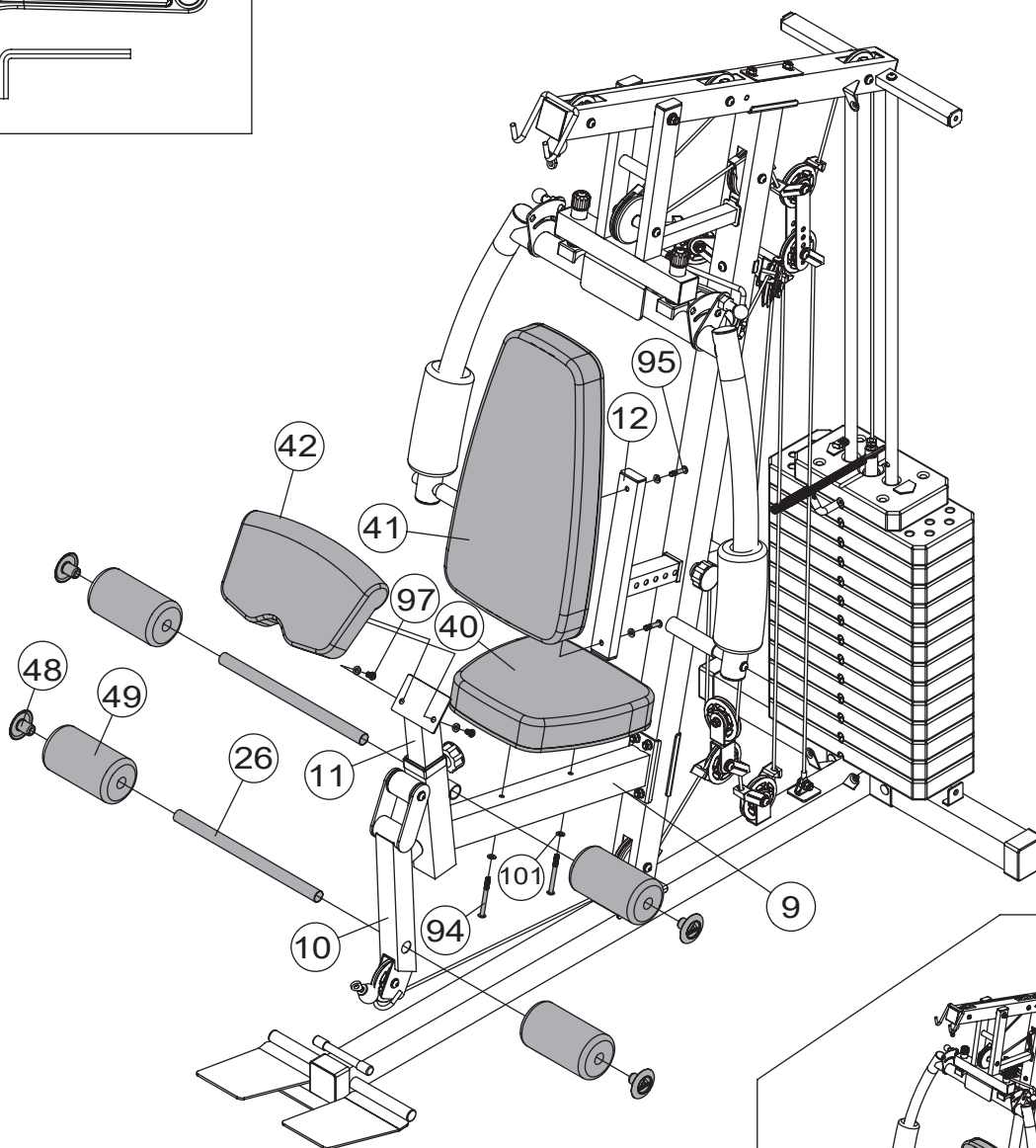
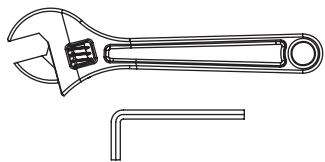
|     |                                                                                   |     |           |
|-----|-----------------------------------------------------------------------------------|-----|-----------|
| 87  |  | ×1  | M10×85mm  |
| 90  |  | ×3  | M10×50mm  |
| 98  |  | ×1  | M10×45mm  |
| 91  |  | ×1  | M10×30mm  |
| 100 |  | ×12 | Φ20×Φ10.5 |
| 102 |  | ×6  | M10       |





11-A 11-B  
11-C 11-D

- |     |                                                                                   |     |          |
|-----|-----------------------------------------------------------------------------------|-----|----------|
| 94  |  | × 2 | M8×85mm  |
| 95  |  | × 2 | M8×40mm  |
| 97  |  | × 2 | M8×18mm  |
| 101 |  | × 6 | Φ16×Φ8.4 |



12

93



12 M10×16mm

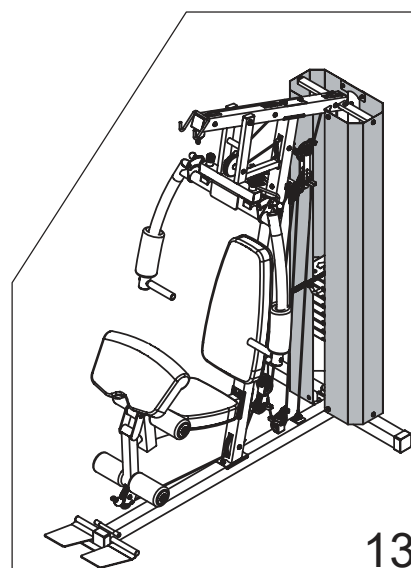
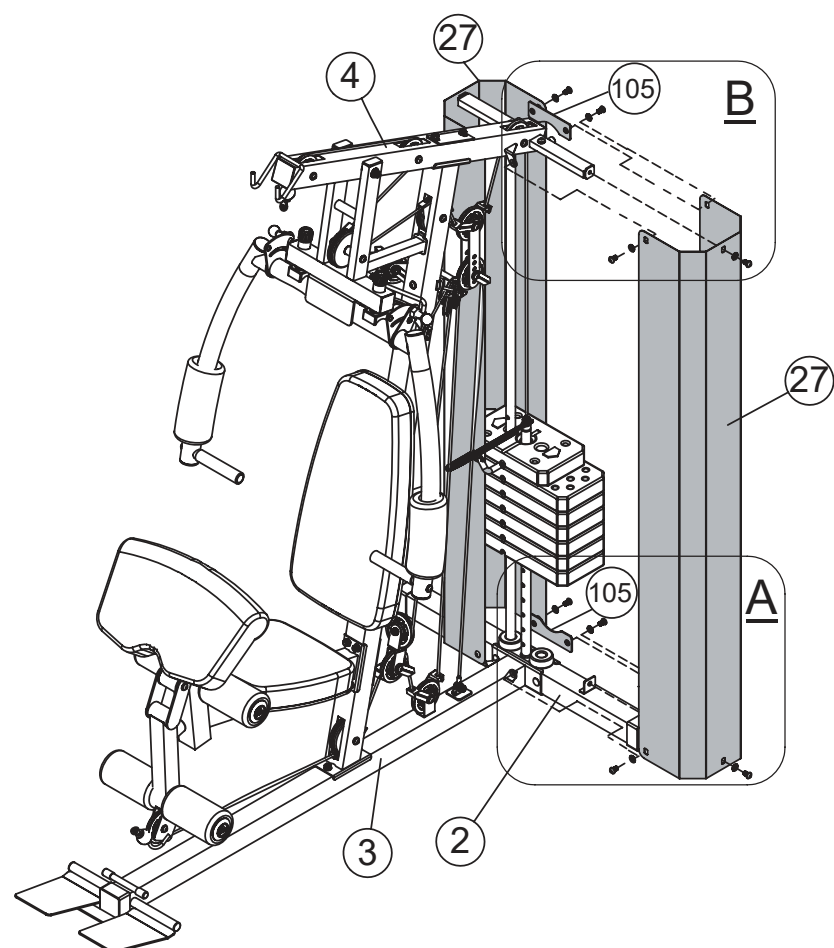
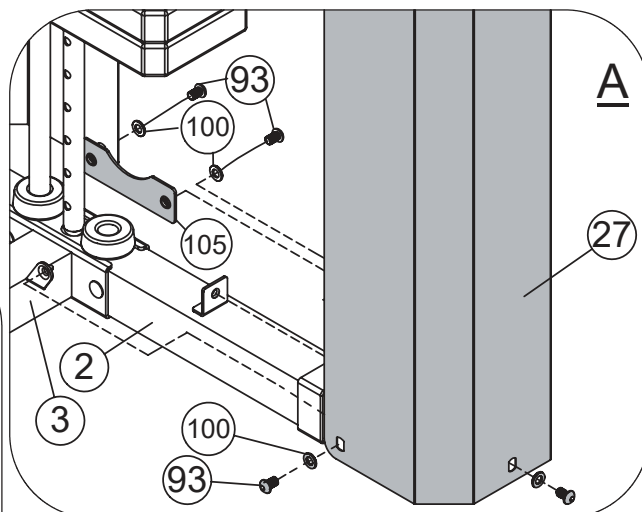
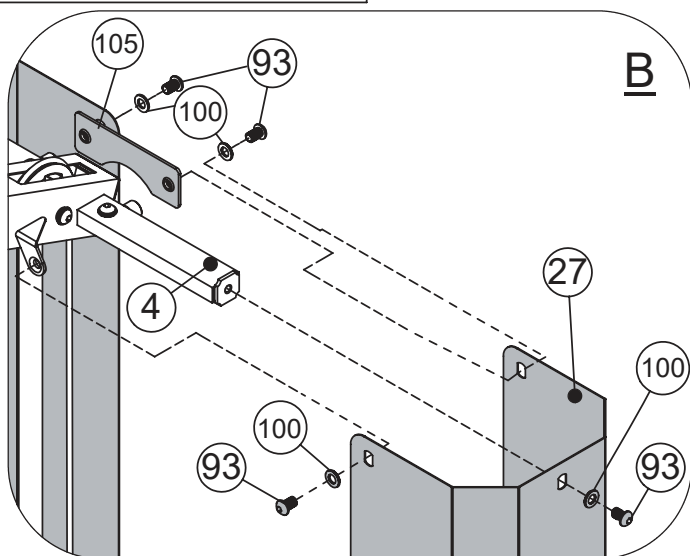
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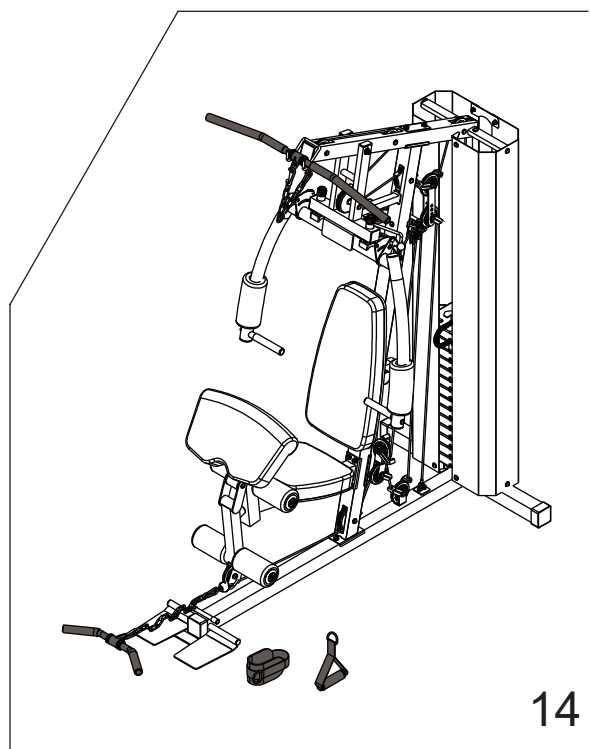
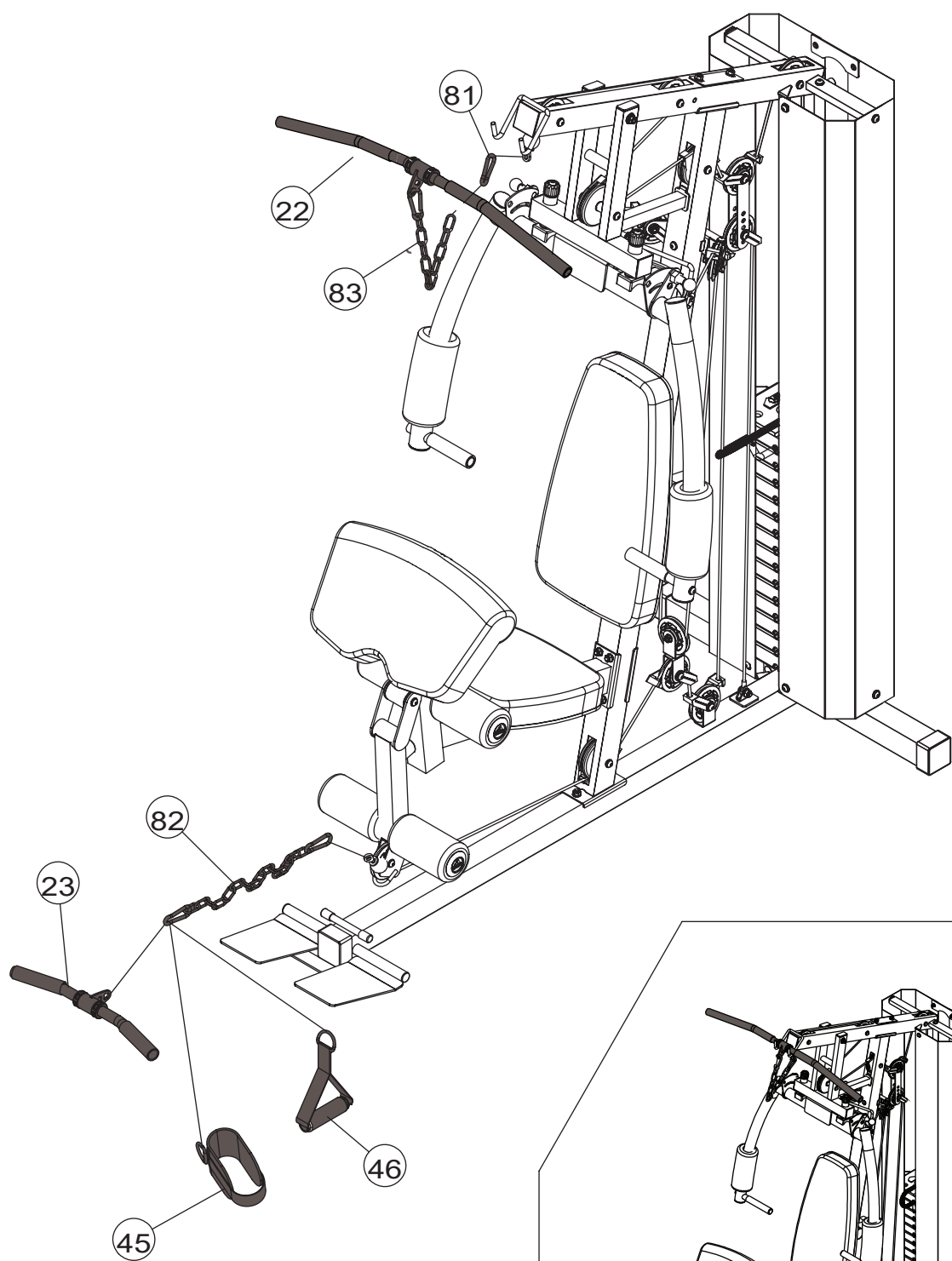


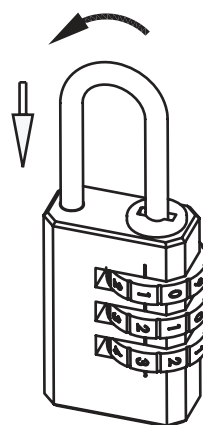
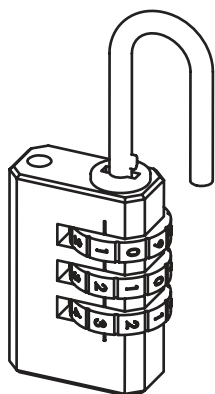
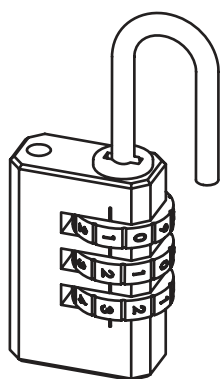
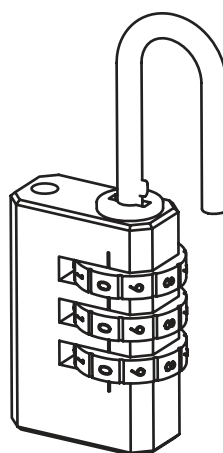
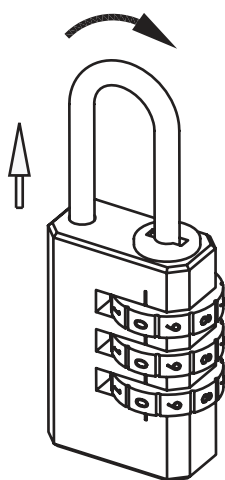
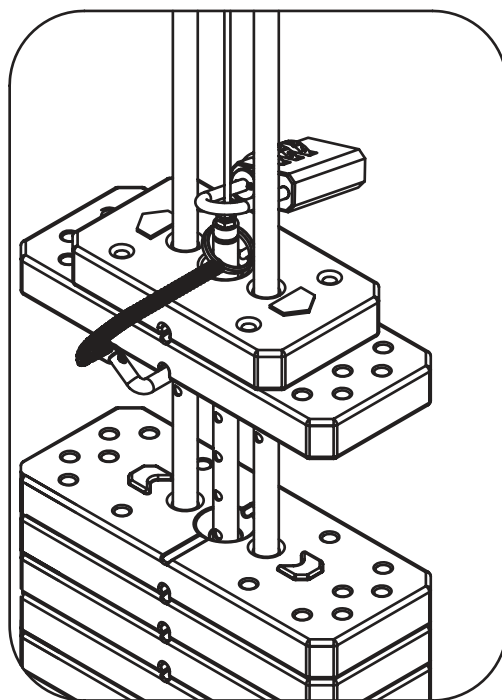
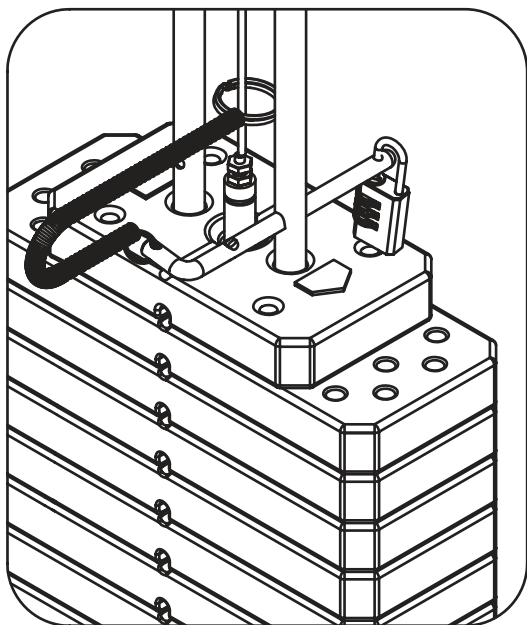
12 Φ20×Φ10.5



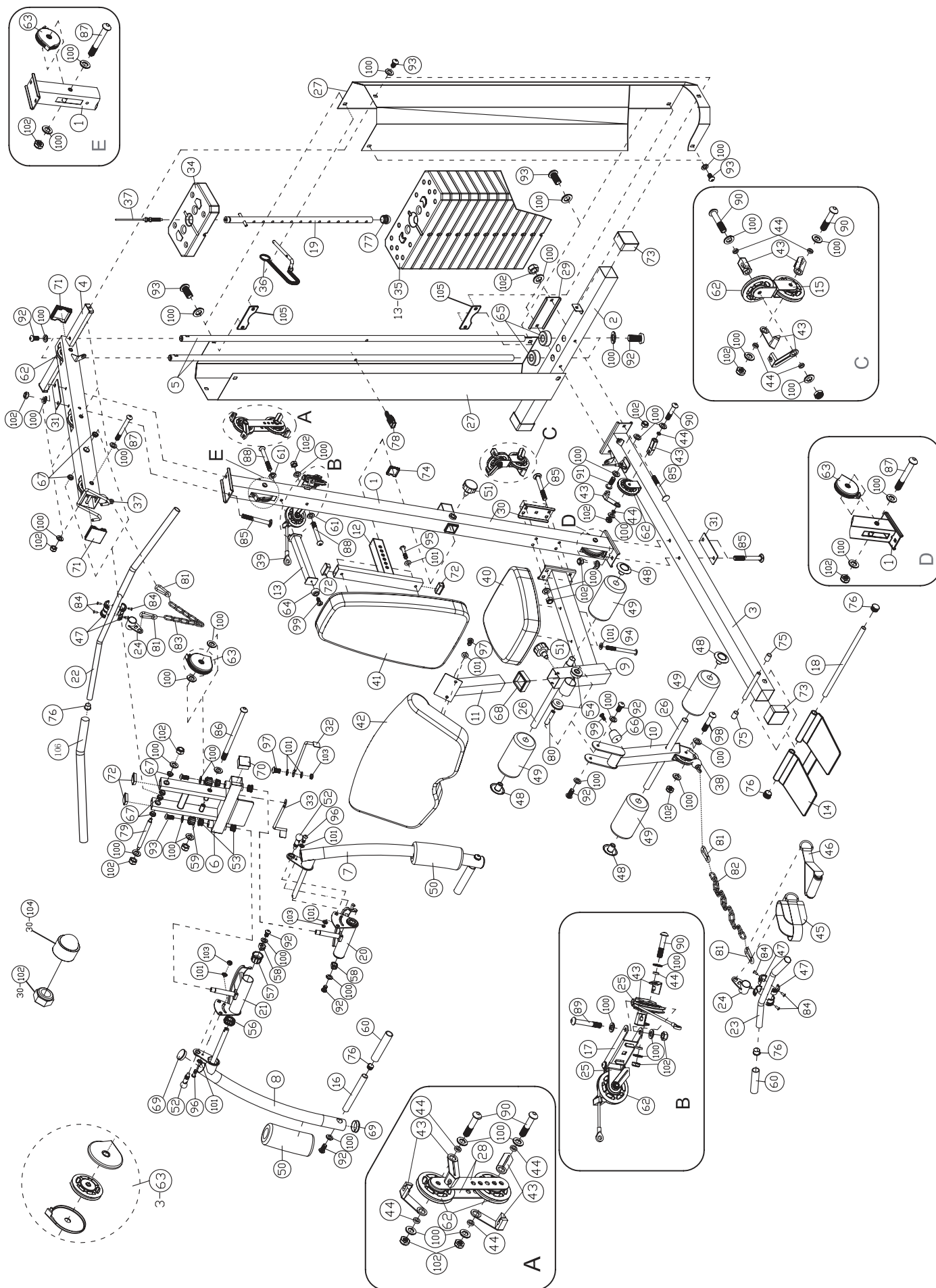
A-1







15



## PARTS LIST

| PART NO | DESCRIPTION                      | SIZE         | QUANTITY |
|---------|----------------------------------|--------------|----------|
| 1       | Front Vertical Frame             |              | 1        |
| 2       | Rear Base Frame                  |              | 1        |
| 3       | Base Frame                       |              | 1        |
| 4       | Upper Frame                      |              | 1        |
| 5       | Guide Rod                        |              | 2        |
| 6       | Front Press Base                 |              | 1        |
| 7       | Left Butterfly                   |              | 1        |
| 8       | Right Butterfly                  |              | 1        |
| 9       | Seat Support                     |              | 1        |
| 10      | Leg Developer                    |              | 1        |
| 11      | Arm Curl Stand                   |              | 1        |
| 12      | Backrest Adjustment Frame        |              | 1        |
| 13      | Front Press Stopper              |              | 1        |
| 14      | Foot Plate                       |              | 1        |
| 15      | Angled Floating Pulley Bracket   |              | 1        |
| 16      | Front Press Handle               |              | 2        |
| 17      | Swivel Pulley Bracket Frame      |              | 1        |
| 18      | Foot Plate Tube                  |              | 1        |
| 19      | Selector Rod                     |              | 1        |
| 20      | Left Butterfly Adjustment Frame  |              | 1        |
| 21      | Right Butterfly Adjustment Frame |              | 1        |
| 22      | Lat Bar                          |              | 1        |
| 23      | Shiver Bar                       |              | 1        |
| 24      | Rotate Ring                      |              | 2        |
| 25      | Swivel Pulley Bracket            |              | 2        |
| 26      | Foam Tube                        | Ø25mmx400mm  | 2        |
| 27      | Weight Stack Cover               |              | 2        |
| 28      | Double Floating Pulley Bracket   | 218mm x 38mm | 2        |
| 29      | Bracket                          | 180mm x 66mm | 1        |
| 30      | Bracket                          | 140mm x 65mm | 1        |
| 31      | Bracket                          | 140mm x 50mm | 2        |
| 32      | Left Pinch Protector             |              | 1        |
| 33      | Right Pinch Protector            |              | 1        |
| 34      | Selector Stem                    |              | 1        |
| 35      | Weight Plate                     |              | 13       |
| 36      | Weight Selector Pin              |              | 1        |
| 37      | Upper Cable                      | 3140mm       | 1        |
| 38      | Lower Cable                      | 4050mm       | 1        |
| 39      | Butterfly Cable                  | 2950mm       | 1        |
| 40      | Seat Pad                         |              | 1        |

|    |                        |               |    |
|----|------------------------|---------------|----|
| 41 | Backrest Board         |               | 1  |
| 42 | Arm Curl Pad           |               | 1  |
| 43 | Cable Retainer         |               | 14 |
| 44 | Cable Retainer Bushing |               | 14 |
| 45 | Ankle Strap            |               | 1  |
| 46 | Single Handle          |               | 1  |
| 47 | Plastic Ring           |               | 8  |
| 48 | Foam Roll End Cap      |               | 4  |
| 49 | Foam Roll              |               | 4  |
| 50 | Butterfly Large Roll   |               | 2  |
| 51 | Lock Knob              | M18           | 2  |
| 52 | Quick Release Lock Pin |               | 2  |
| 53 | Bushing                | Ø32mm x 19mm  | 4  |
| 54 | Bushing                | Ø50mm Ø16mm   | 2  |
| 55 |                        |               |    |
| 56 | Spacer                 | Ø50mm x 20mm  | 2  |
| 57 | Spacer                 | Ø50mm x 35mm  | 2  |
| 58 | Spacer                 | Ø32mm x 12mm  | 2  |
| 59 | Lock Ring              |               | 2  |
| 60 | Grip                   | 150mm         | 6  |
| 61 | Washer                 | Ø30 x Ø10.5mm | 2  |
| 62 | Pulley                 |               | 11 |
| 63 | Pulley With Cover      |               | 3  |
| 64 | Rubber Bumper          | Ø38mm x 15mm  | 1  |
| 65 | Rubber Bumper          | Ø62mm x 25mm  | 2  |
| 66 | Rubber Bumper          | Ø45mm x 40mm  | 1  |
| 67 | Bushing                | Ø25mm x 10mm  | 6  |
| 68 | Sleeve                 | 60mm x 50mm   | 1  |
| 69 | Round End Cap          | Ø50mm         | 4  |
| 70 | End Cap                | 50mm x 50mm   | 2  |
| 71 | End Cap                | 65mm x 65mm   | 2  |
| 72 | End Cap                | 25mm x 50mm   | 4  |
| 73 | Base Frame End Cap     | 65mm x 65mm   | 3  |
| 74 | End Cap                | 38mm x38mm    | 1  |
| 75 | Rubber Bumper          | Ø20mm x 29mm  | 2  |
| 76 | End Cap                | Ø25mm         | 8  |
| 77 | Cone-shaped End Cap    | Ø25mm         | 1  |
| 78 | Combination Lock       |               | 1  |
| 79 | Axle                   | M10 x 169mm   | 1  |
| 80 | Axle                   | M10 x 71mm    | 1  |
| 81 | Hook                   |               | 4  |
| 82 | Chain                  | 15-link       | 1  |
| 83 | Chain                  | 10-link       | 1  |

|     |                     |              |    |
|-----|---------------------|--------------|----|
| 84  | Rivet               | Ø4mm x 10mm  | 8  |
| 85  | Carriage Bolt       | M10 x 85mm   | 10 |
| 86  | Allen Bolt          | M10 x 150mm  | 1  |
| 87  | Allen Bolt          | M10 x 85mm   | 5  |
| 88  | Allen Bolt          | M10 x 80mm   | 2  |
| 89  | Allen Bolt          | M10 x 65mm   | 2  |
| 90  | Allen Bolt          | M10 x 50mm   | 7  |
| 91  | Allen Bolt          | M10 x 30mm   | 1  |
| 92  | Allen Bolt          | M10 x 20mm   | 10 |
| 93  | Allen Bolt          | M10 x 16mm   | 14 |
| 94  | Allen Bolt          | M8 x 85mm    | 2  |
| 95  | Allen Bolt          | M8 x 40mm    | 2  |
| 96  | Allen Bolt          | M8 x 22mm    | 2  |
| 97  | Allen Bolt          | M8 x 18mm    | 4  |
| 98  | Allen Bolt          | M10 x 45mm   | 1  |
| 99  | Philips Screw       | M6 x 16mm    | 2  |
| 100 | Washer              | Ø10mm        | 73 |
| 101 | Washer              | Ø8mm         | 14 |
| 102 | Aircraft Nut        | M10          | 30 |
| 103 | Aircraft Nut        | M8           | 4  |
| 104 | Cover Cap           | M10          | 30 |
| 105 | Bracket             | 155mm x 50mm | 2  |
|     | Allen Wrench (Tool) | #5           | 1  |
|     | Allen Wrench (Tool) | #6           | 2  |

| <b>WEIGHT RESISTANCE CHART</b> |                    |                   |                  |                 |                   |
|--------------------------------|--------------------|-------------------|------------------|-----------------|-------------------|
| <b>Weight Plate</b>            | <b>Front Press</b> | <b>Back Press</b> | <b>Butterfly</b> | <b>Lat Pull</b> | <b>Low Pulley</b> |
| 1                              | 29                 | 32                | 12               | 30              | 35                |
| 2                              | 48                 | 52                | 19               | 45.2            | 50                |
| 3                              | 68                 | 73                | 26               | 60              | 65                |
| 4                              | 86                 | 94                | 33               | 75.2            | 80                |
| 5                              | 106                | 115               | 40               | 90              | 95                |
| 6                              | 125                | 135               | 47               | 105             | 110               |
| 7                              | 144                | 156               | 54               | 120.2           | 125               |
| 8                              | 163                | 177               | 61               | 135             | 140               |
| 9                              | 182                | 198               | 68               | 150             | 155               |
| 10                             | 202                | 219               | 75               | 165             | 170               |
| 11                             | 221                | 240               | 82               | 180             | 185               |
| 12                             | 240                | 260               | 89               | 195             | 200               |
| 13                             | 260                | 280               | 96               | 210             | 215               |



**= 6.9 kg**