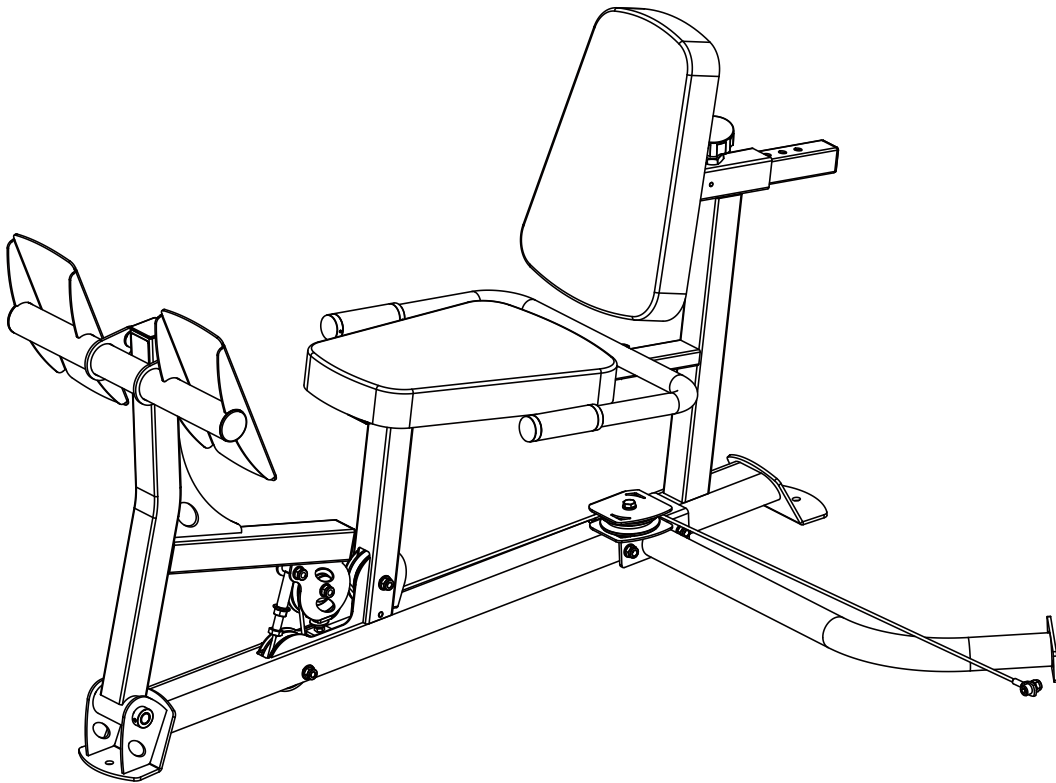




HOME GYM PRO20.0 LEG PRESS

USER MANUAL



NOTE!

Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary and are subject to change without further notice.



GYMSTICK.COM

BEFORE YOU BEGIN

Thank you for choosing Gymstick training equipment. We take great pride in producing this high-quality product and hope it will make you feel better and enjoy life to the fullest. Please read this manual in its entirety before beginning to use this product.



IMPORTANT

Read all instructions carefully before using this product.
Retain this owner's manual for future reference.



WARNING

Read and follow all safety instructions carefully.
Failure to follow safety instructions could result in serious injury.

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TOOLS NEEDED FOR ASSEMBLY

- A) Wrenches-2X17mm
 - 1X19mm
 - 1X14mm
 - B) Adjustable Allen Wrenches
- Note:do not use pliers

SAFETY INSTRUCTIONS

Basic precautions should always be followed when using this machine. In order to ensure safe Read and follow all safety instructions included in this user manual. Failure to do so could result in serious injury.



WARNING

Before using this product, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

- ▲ This product is not a toy. Keep children and pets away from the machine at all times. Do not leave unattended children in the same room with the machine.
- ▲ Handicapped or disabled persons should not use the machine without the presence of a qualified health care professional or physician.
- ▲ If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
- ▲ Before beginning training, remove all objects within a radius of 2 meters from the machine. Do not place any sharp objects around the machine.
- ▲ Position the machine on a clear, level surface away from water and moisture. It is suggested to place a mat under the unit to help keep the machine stable and to protect the floor.
- ▲ Only use the machine for its intended purpose as described in this manual. Do not use any other accessories than the ones recommended by the manufacturer.
- ▲ Assemble the machine exactly as in the description in this instruction manual.
- ▲ Check all bolts and other connections before using the machine for the first time and ensure that the machine is in good and safe condition.
- ▲ Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible for wear and tear. Any defective components should be replaced immediately before using the machine.
- ▲ Never operate the machine if it is not functioning properly.
- ▲ This machine can be used for only one person's training at a time.
- ▲ Do not use abrasive cleaning articles to clean the machine. Wipe drops of sweat from the machine immediately after finishing training.
- ▲ Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
- ▲ Before exercising, always warm-up your body thoroughly by dynamic stretching our a warm-up routine.
- ▲ This machine is intended for commercial and professional use.
- ▲ This machine must be assembled by adults.
- ▲ It is the responsibility of the owner to ensure that all users are properly informed as how to use this product safely.
- ▲ Maximum user weight: 150 kg.

PARTS LIST

Ref.	Qty	Part Description
17	2	Pad
*		
32	1	Sleeve
33	1	Rubber Bumper
34	1	Short Pop Pin
49	1	Press Arm Axle
51	2	Bearing
58	2	Press Arm Bushing
77	4	Small Pulley
80	1	F25x50mm Inner Cap
81	2	Pulley Bushing 14.5mm
86	2	Press Arm Handle Cap
87	2	Press Arm Handle Sleeve
88	2	Press Arm Handle Collar
90	1	F40x40mm Inner Cap
103	1	Main Frame
104	1	Leg Press Support
105	1	T Joint
106	2	F50x50mm Inner Cap
107	1	Handle
108	1	Leg Press Plate
109	2	↳50x2.5 Inner Cap
110	1	Backrest Support
111	1	Connecting Tube
112	1	Cable 1915 mmL
113	2	Pulley Bushing 39.5mm
S4-3	8	M4x3mm Socket Set Screw
S6-6	2	M6x6mm Socket Set Screw
H8-3	2	M8x25 Hex Head Bolt
H8-6	2	M8x40 Hex Head Bolt
H10-6	1	M10x40 Hex Head Bolt
H10-7	4	M10x45 Hex Head Bolt
H10-11	1	M10x65 Hex Head Bolt
H10-12	1	M10x70 Hex Head Bolt
H10-21	1	M10x115 Hex Head Bolt
H10-22	2	M10x120 Hex Head Bolt
H12-26	1	M12x140 Hex Head Bolt
SC10-2	1	M10x20 mm Socket Cap Screw
W8	4	M8 Washer
W10	15	M10 Washer
N10	10	M10 Nut
W12	2	M12 Washer
N12	1	M12 Nut
CN8	1	M8 Common Nut

ASSEMBLY INSTRUCTIONS

Parts needed for this Step:

- | | | |
|-------------------------|----------|--------------------------|
| 103 x1 | 105 x1 | 49 x1 |
| 104 x1 | 106 x2 | 58 x2 |
| 32 x1 | 58 x2 | 80 x1 |
| 34 x1 | 80 x1 | W10 x2 |
| short pop pin | W10 x2 | M10 Washer |
| 33 x1 | CN8 x1 | M8 Common Nut |
| 51 x2 | H10-7 x1 | M10 x 45mm Hex Head bolt |
| N10 x1 | | |
| M10 Nut | | |
| S6-6 x2 | | |
| M6x6mm Socket Set Screw | | |

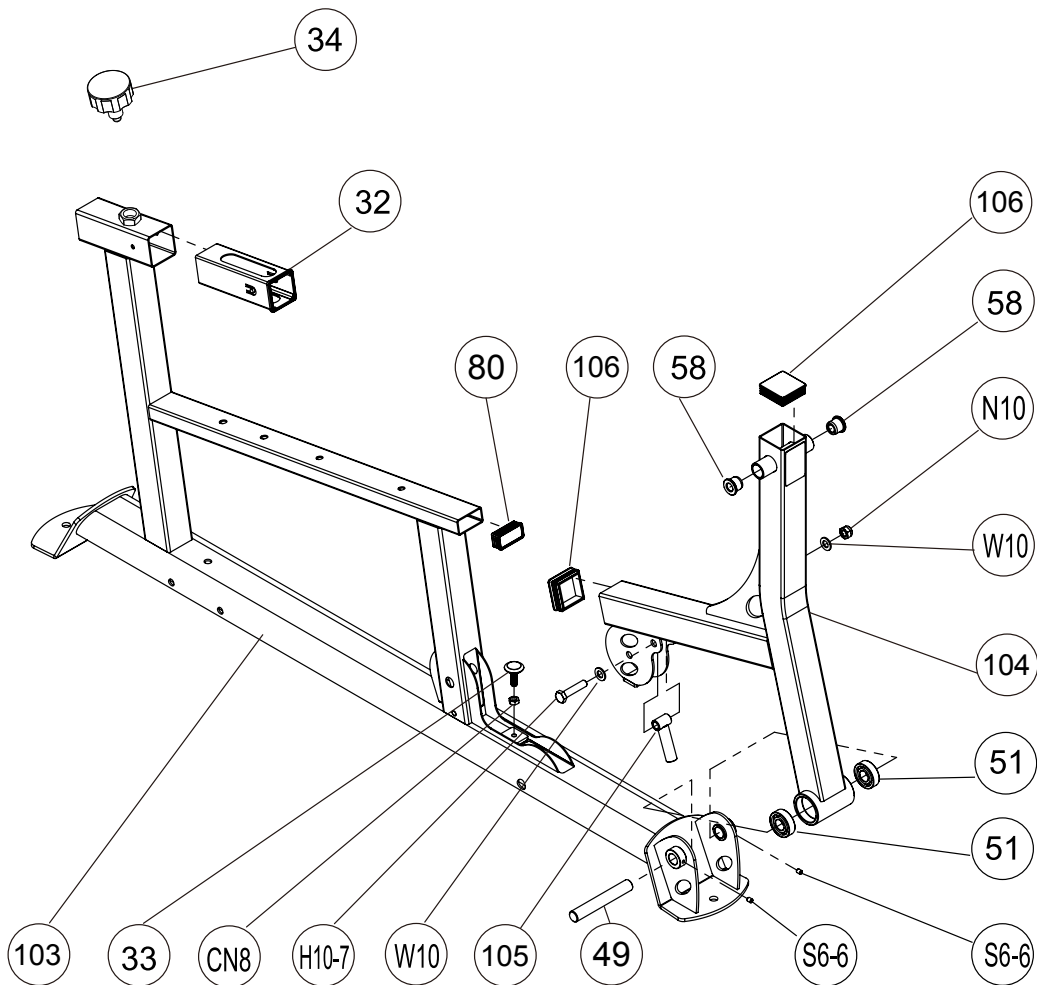
INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym
- Follow these steps carefully and it will make it easier to assemble your gym
- Tighten all the bolts/nuts

STEP 1

NOTE:

- This step is a Pre-assembled Step.



ASSEMBLY INSTRUCTIONS

STEP 2

Parts needed for this Step:

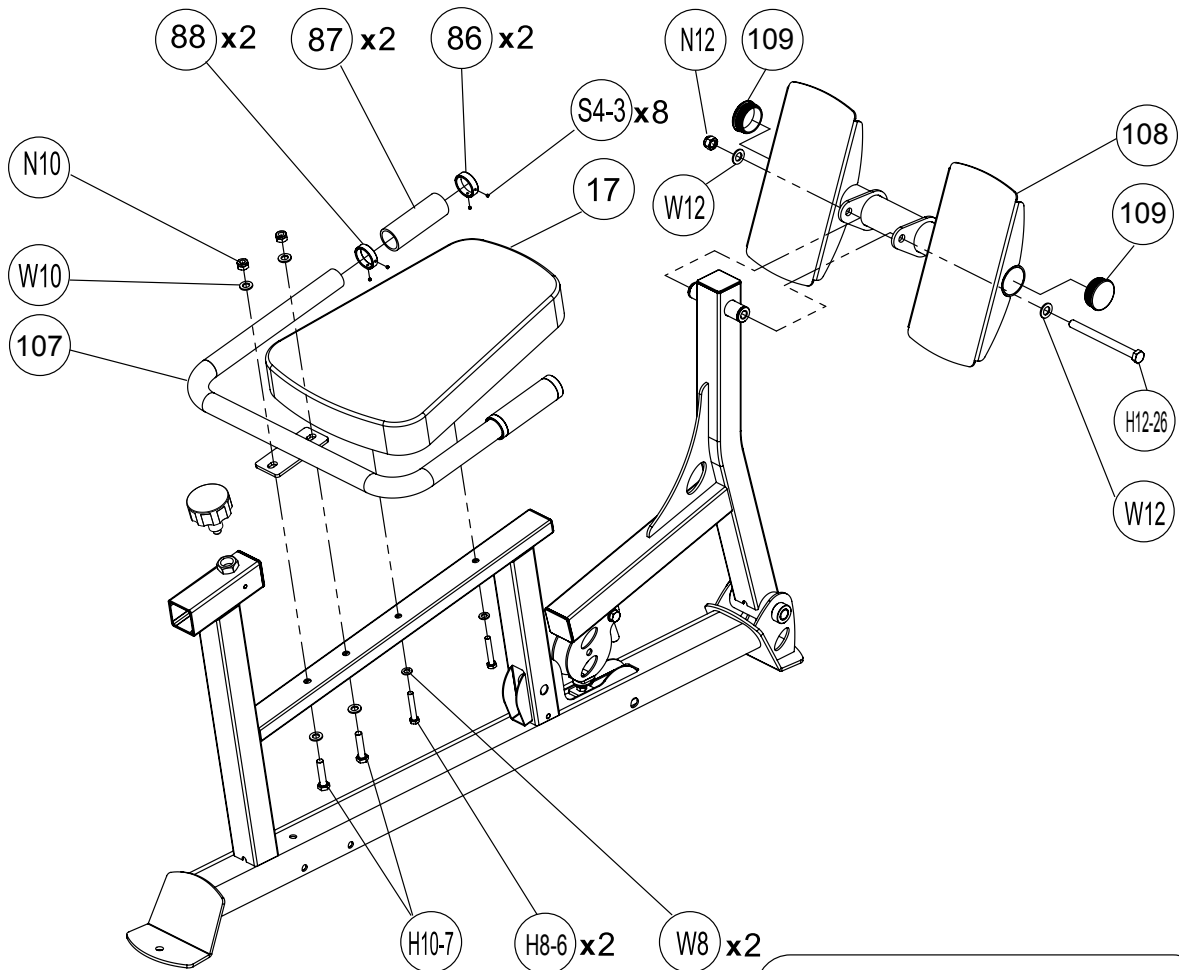
- | | | | |
|------------|--|----------------------------|--|
| (17) x1 | | (W10) x4 | |
| (86) x2 | | M10 Washer | |
| (87) x2 | | (N10) x2 | |
| (88) x2 | | M10 Nut | |
| (107) x 1 | | (N12) x1 | |
| (108) x 1 | | M12 Nut | |
| (109) x 1 | | (S4-3) x8 | |
| (109) x 2 | | M4x3mm Socket Set Screw | |
| (W12) x2 | | (H10-7) x2 | |
| M12 Washer | | M10 x 45mm Hex Head bolt | |
| (W8) x2 | | (H8-6) x2 | |
| M8 Washer | | M8 x 40 mm Hex Head bolt | |
| | | (H12-26) x1 | |
| | | M12 x 140 mm Hex Head bolt | |

INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym
- Follow these steps carefully and it will make it easier to assemble your gym
- Tighten all the bolts/nuts.

NOTE:

- In this Step, all the washers which are not marked are W10, and all the nuts which are not marked are N10.

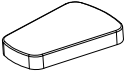


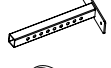


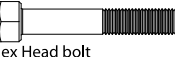
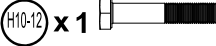




In this step, the parts (86) (87) (88) (107) (S4-3) and parts (108) (109) are pre-assembled

ASSEMBLY INSTRUCTIONS

STEP 3

Parts needed for this Step:

- 
(17) x1
- 
(90) x1
- 
(110) x1
- 
(111) x1
- 
(W8) x2
- 
(H8-3) x2
 M8 x 25mm Hex Head Bolt
- 
(H10-22) x2
 M10 x 120mm Hex Head bolt
- 
(H10-12) x1
 M10 x 70mm Hex Head bolt
- 
(W10) x 6
 M10 Washer
- 
(N10) x 3
 M10 Nut

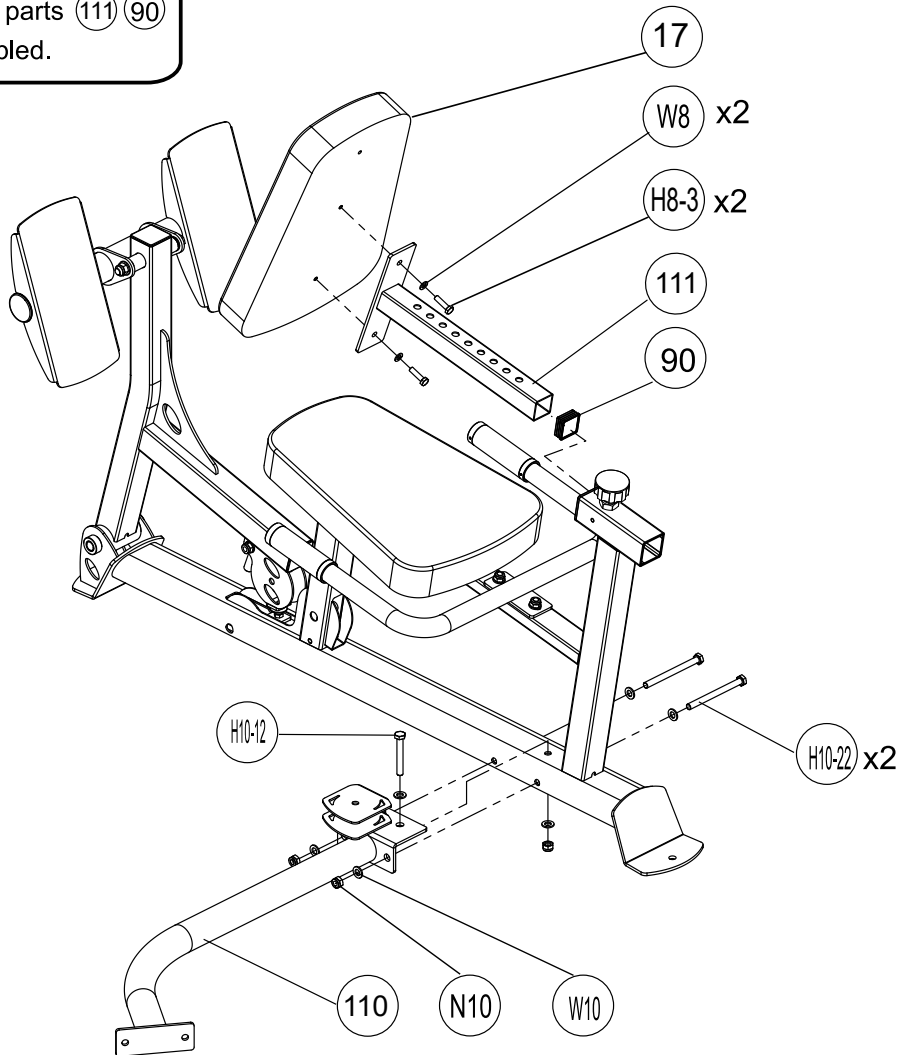
INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym
- Follow these steps carefully and it will make it easier to assemble your gym
- Tighten all the bolts/nuts

NOTE:

- In this Step, all the washers which are not marked are W10, and all the nuts which are not marked are N10.

In this step, the parts (111) (90) are pre-assembled.



ASSEMBLY INSTRUCTIONS

Parts needed for this Step:

77 x4

Small Pulley



H10-6 x1

M10 x 40mm Hex Head bolt



113 x2

39.5mm L



H10-7 x1

M10 x 45mm Hex Head bolt



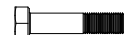
81 x2

14.5mm L



H10-11 x1

M10 x 65mm Hex Head bolt



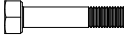
112 x1

1915 mmL



H10-21 x1

M10 x 115mm Hex Head bolt



W10 x3

M10 Washer



N10 x3

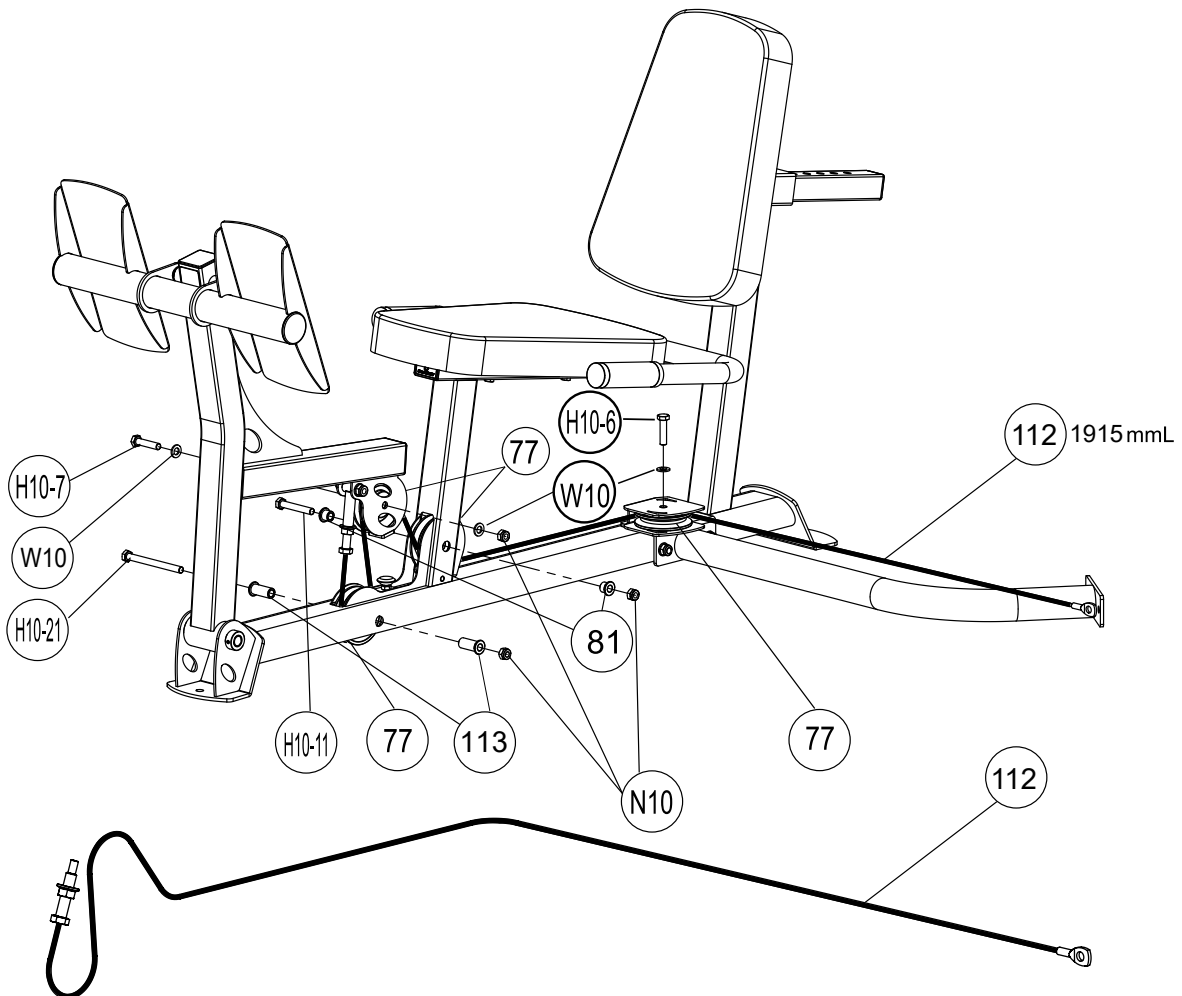
M10 Nut



INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym
- Follow these steps carefully and it will make it easier to assemble your gym

STEP 4



ASSEMBLY INSTRUCTIONS

Parts needed for this Step:

N10 x1
M10 Nut



SC10-2 x1

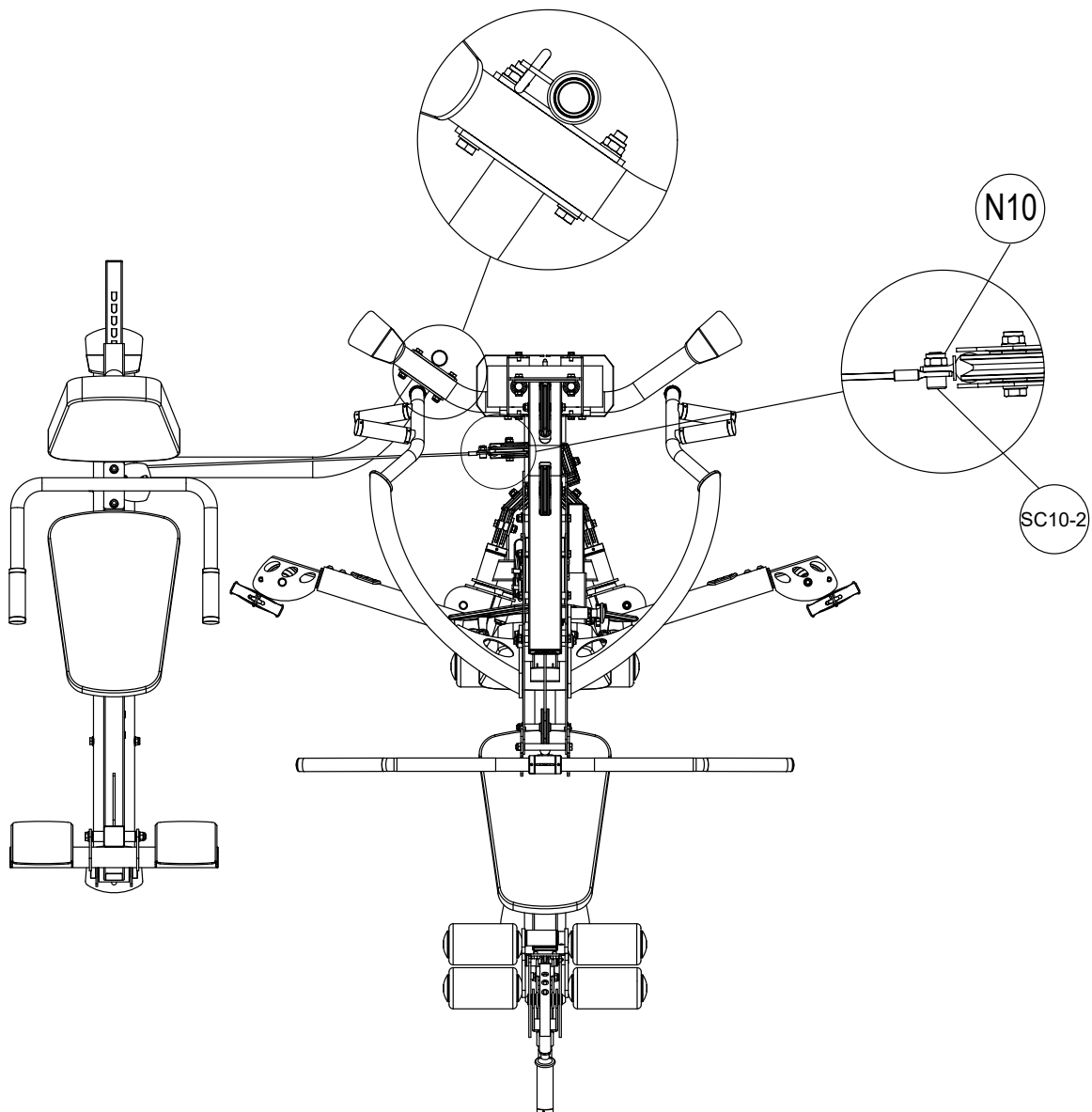


M10x20 mm Socket Cap Screw

INFORMATION

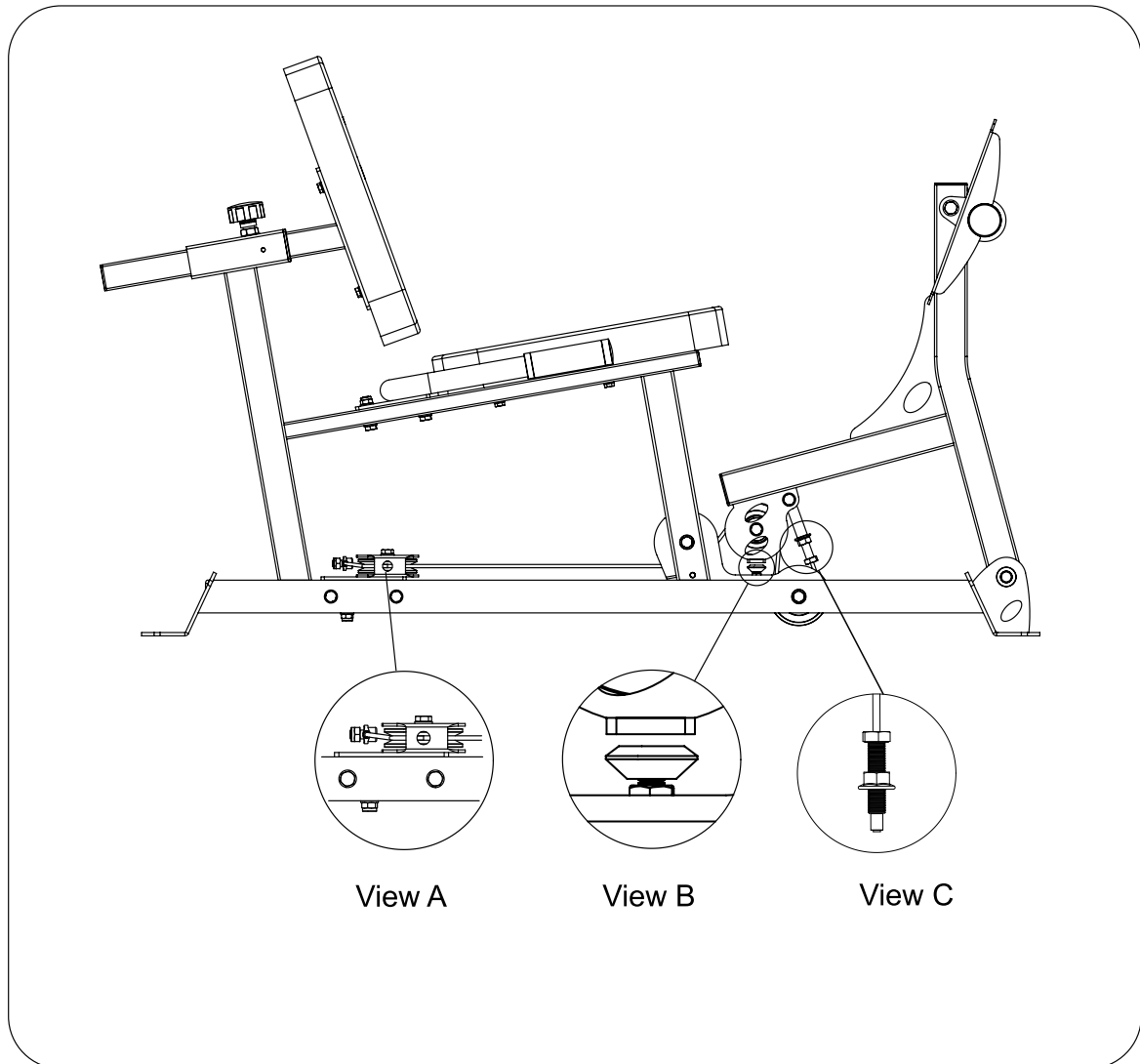
- We recommend you have someone assist you in lifting and assembling your gym
- Follow these steps carefully and it will make it easier to assemble your gym
- Tighten all the bolts/nuts

STEP 5



ASSEMBLY INSTRUCTIONS

USER INSTRUCTIONS

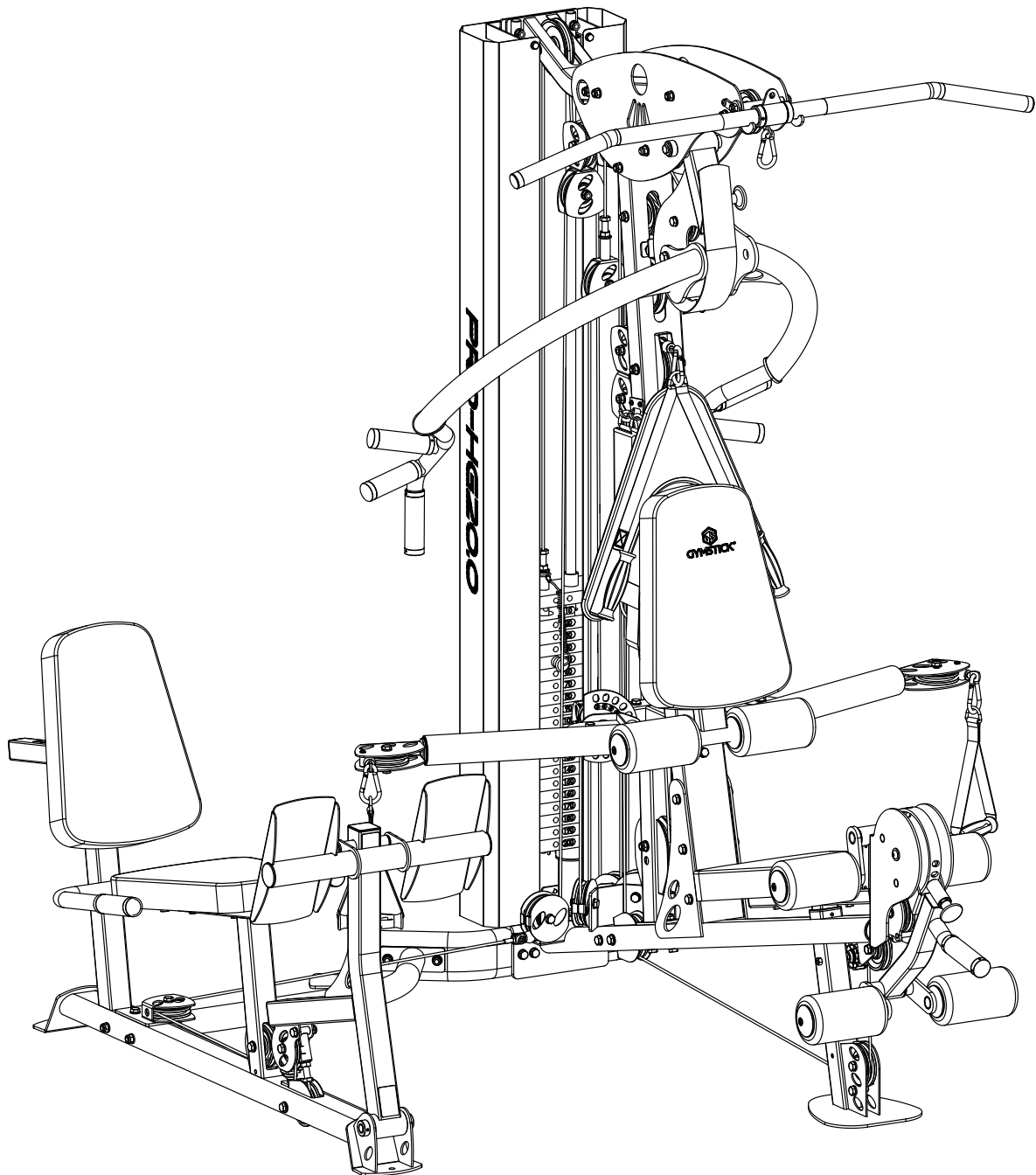


Note: 1. Adjust the bolt/nut to tighten the cable. See View B.

2. Check all the pulleys and cables before using the gym, make sure the cables are in the groove of pulleys. See View A.

3. Make sure the screwed length of the bolt (in View C) is its 1/4.

ASSEMBLY INSTRUCTIONS



IMPLIED WARRANTY

The importer of this product assures that this device is manufactured with high quality materials. The implied warranty is valid for 1 (one) year, beginning from the date of purchase. The guarantee is valid for professional use.

The warranty applies to the following parts:

- Frame
- All parts included in the original delivery

The warranty does not apply to the following parts:

- Wearing parts (e.g. cushions, bearings, cables, pulleys, etc.)

The warranty does not cover:

- Incorrect installation
- Damage caused externally
- Use of unauthorised service partners
- Failure to carry out regular maintenance and servicing
- Improper use and handling of the equipment
- Improper storage of the equipment
- Non-compliance of the operating instructions

MANUFACTURED FOR

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DISCLAIMER

The manufacturer and its associates and partners have no liability, obligation or responsibility to any person or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.



Products marked with these symbols must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide more information on the matter.

