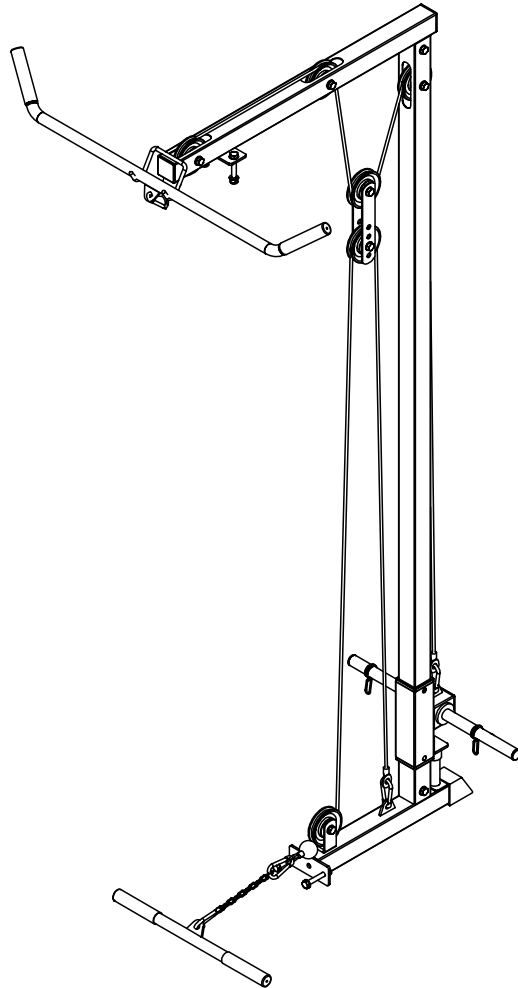




PULLEY MACHINE

USER MANUAL



IMPORTANT

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.



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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IMPORTANT

The specifications of this product may vary and are subject to change without further notice.

SAFETY INSTRUCTIONS

Basic precautions should always be followed when using this product. 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.



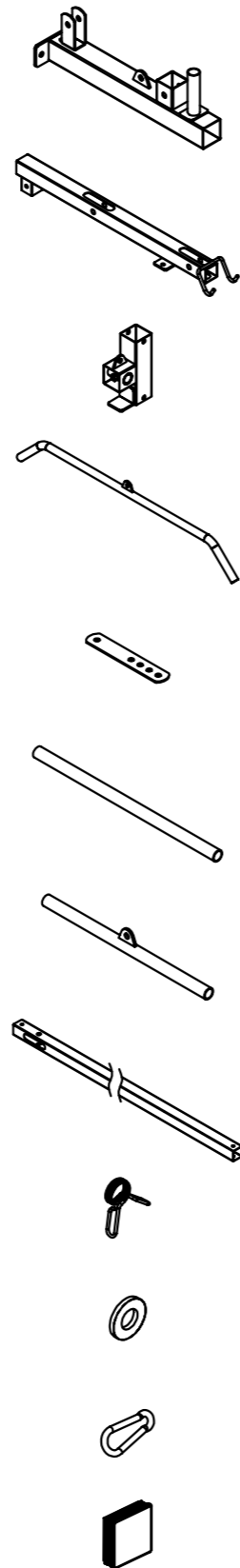
WARNING

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.

1. This product is not a toy. Keep children and pets away from the device at all times. Do not leave unattended children in the same room with the device.
2. Handicapped or disabled persons should not use the device without the presence of a qualified health care professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
4. Before beginning training, remove all objects within a radius of 2 meters from the device. Do not place any sharp objects around the device.
5. Position the device on a clear, level surface away from water and moisture. It is suggested to place a mat under the unit to help keep the device stable and to protect the floor.
6. Only use the device for its intended purpose. Do not use any other accessories than the ones recommended by the manufacturer.
7. Assemble the device exactly as in the description in this instruction manual.
8. Check all bolts and other connections before using the device for the first time and ensure that the device is in good and safe condition.
9. 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 device.
10. Never operate the device if it is not functioning properly.
11. This device can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the device. Wipe drops of sweat from the device immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also suggested.
14. Before exercising, always warm-up your body thoroughly.
15. This device is intended for home use.
16. This device must be assembled by minimum two adults.
17. It is the responsibility of the owner to ensure that all users are properly informed as how to use this product safely.
18. Maximum weight load for the pulley is 150kg. Do not exceed this weight limit!

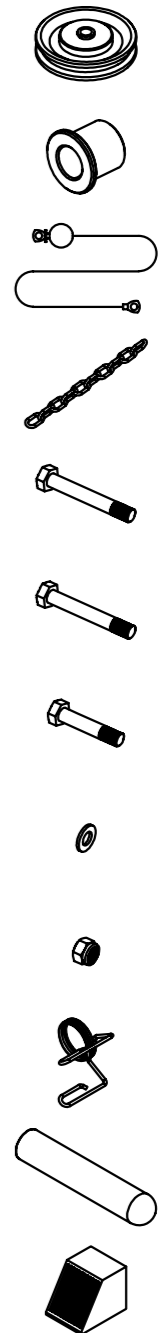
HARDWARE PACKING LIST

#	PART NAME	QTY.
1	Bottom Frame	1
2	Upper Frame	1
3	Weight Plate Holder Frame	1
4	Lateral Pull-Down Bar	1
5	Pulley Plate	2
6	Weight Plate Holder Tube	1
7	Triceps Pull-Down Bar	1
8	Vertical Tube	1
9	Spring Collar 25mm	2
10	Weight Plate Holder Tube Spacer	2
11	Carabiner	5
12	Weight Plate Holder Frame End Cap	1



HARDWARE PACKING LIST

#	PART NAME	QTY.
13	Pulley Wheel	6
14	Pulley Wheel Spacer	6
15	Pulley Cable	2
16	Pulley Chain	1
17	Bolt M10x70mm	7
18	Bolt M10x65mm	2
19	Bolt M10x45mm	3
20	Washer M10	26
21	Lock-Nut M10	12
22	Spring Collar 50mm	2
23	Adapter Sleeve 50mm	2
24	End Cap	1



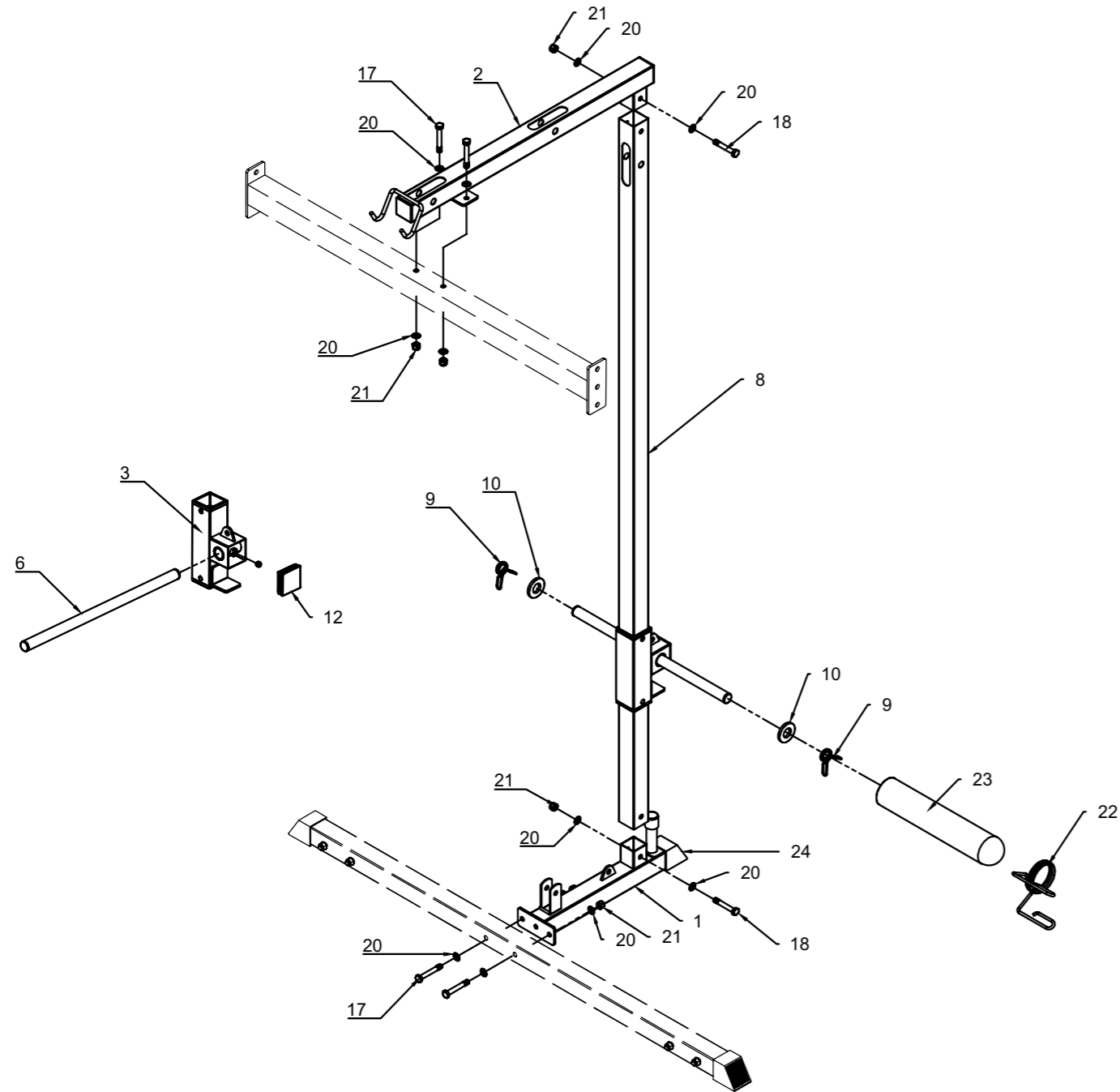
IMPORTANT

Before assembly, please ensure all parts are included in the package. In case any parts are missing, contact our customer service to resolve the issue.

ASSEMBLY

Complete each stage in order before advancing on to the next. Assemble with nuts and bolts loose at first. Tighten all bolts and nuts after completing all assembly steps. The rack must be assembled by two adults.

STEP 1.

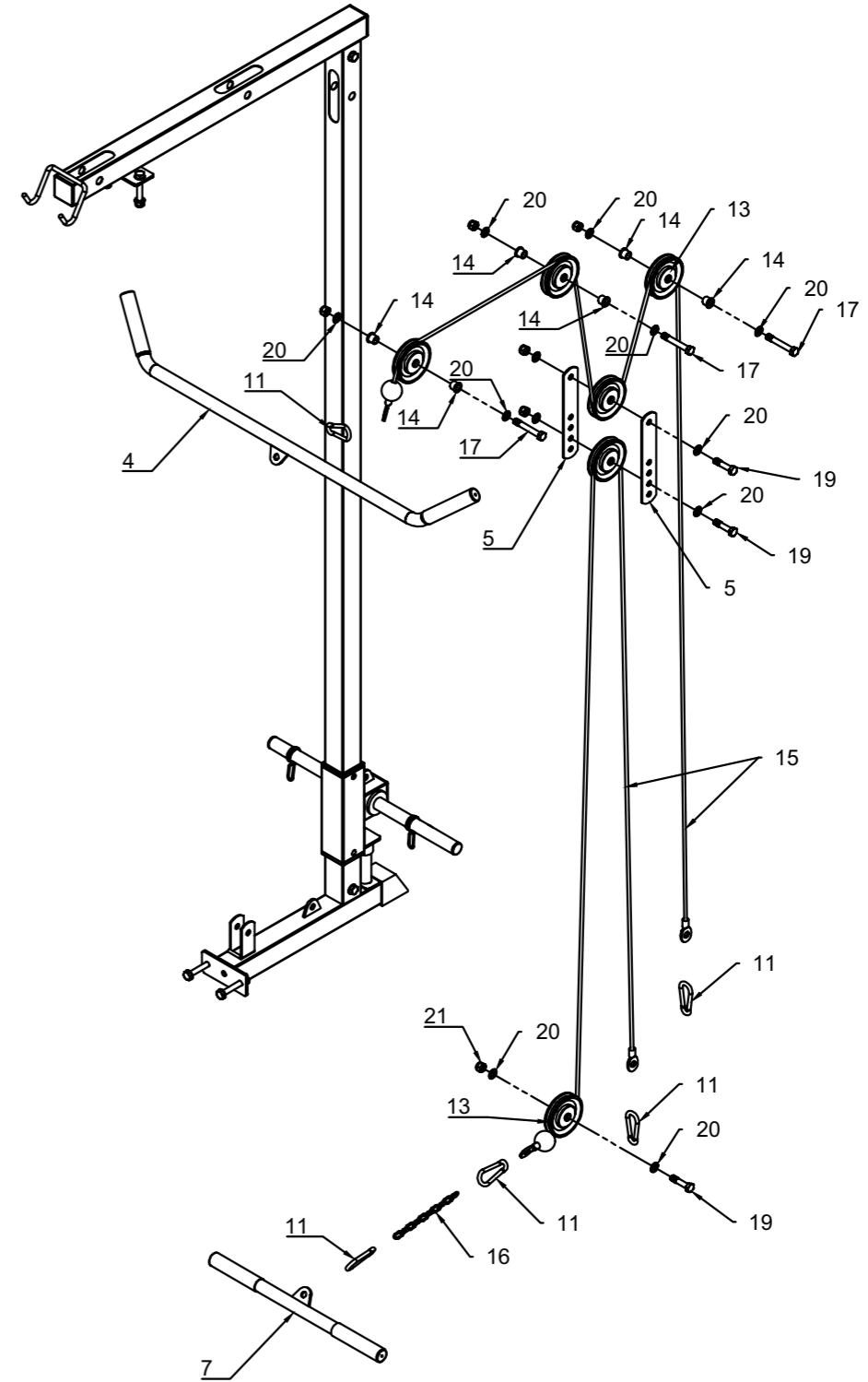


IMPORTANT

Do not dispose of any packaging materials until assembly of the product is completed.

ASSEMBLY

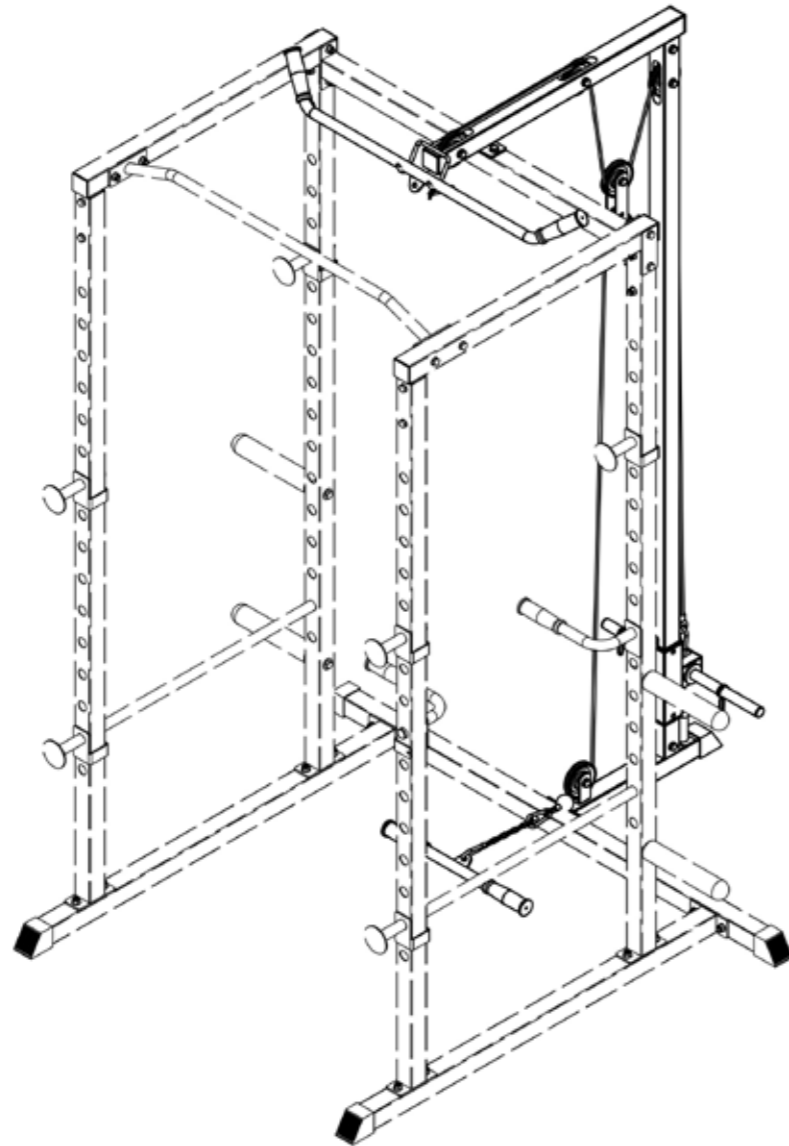
STEP 2.



ASSEMBLY

STEP 3.

To complete the assembly, go back over and tighten all nuts and bolts.



CLEANING & STORAGE

The device can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on any parts. Please wipe your perspiration off the device. Please keep the device out of direct sunlight.

Store the device in a clean, warm and dry environment away from children.

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 home use.

The warranty applies to the following parts:

- Frame
- All parts included in the original delivery

The warranty does not cover:

- Incorrect installation
- Damage caused externally
- 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
- Wear parts and expendable parts

MANUFACTURED FOR

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15170 Lahti, FINLAND

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.

