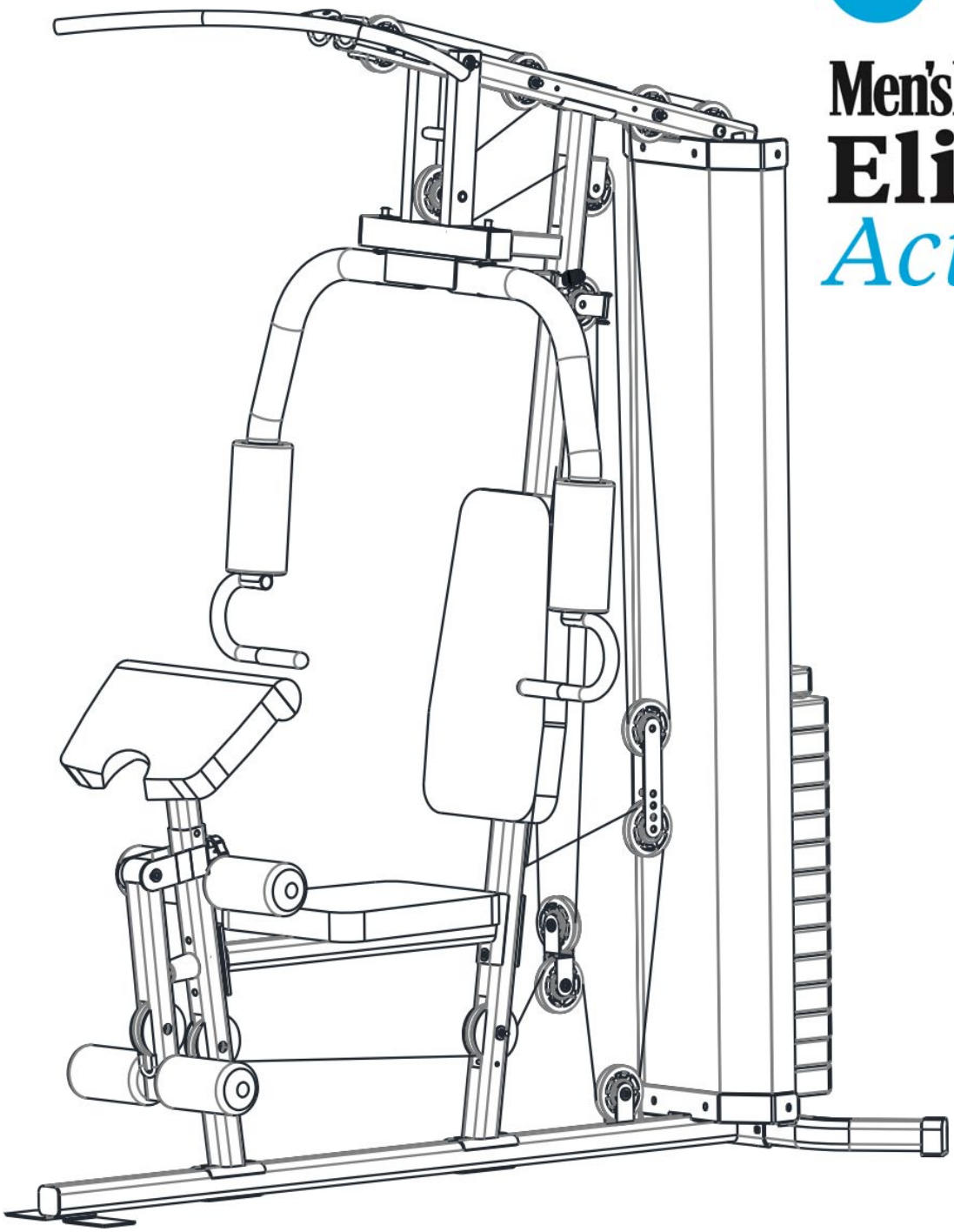
Home Gym

Assembly & User Instructions - Please keep for future reference | 214/4177



Men's Health Elite Active+

Important – Please read these instructions fully before assembly or using

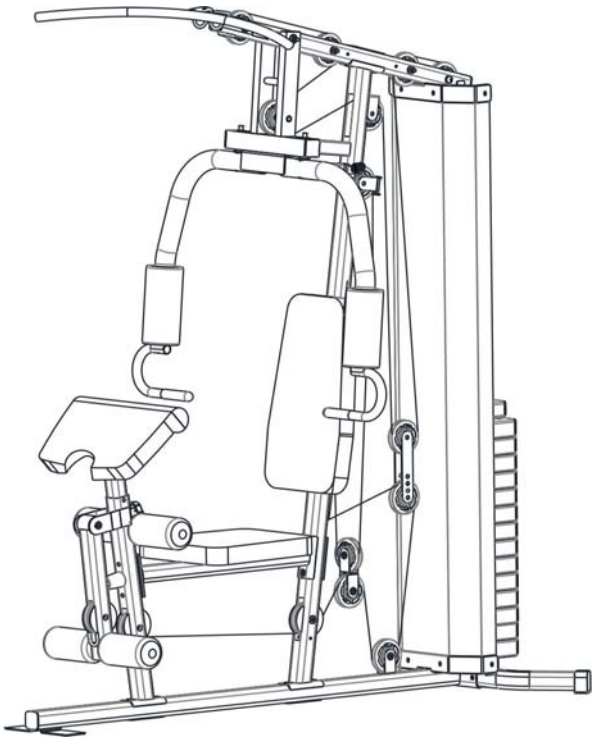
These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the **Customer Helpline: 0345 604 0105**
http://www.argoshelpdesk.co.uk

Issue1-04/22/14

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Safety Information

Important – Please read these instructions fully before assembly or using

This exercise equipment 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 this equipment. In particular, note the following safety precautions:

Assembly

• Check you have all the components and tools listed on pages 3 and 6.

• Remove all fittings from the plastic bags and separate them into their groups.

• Keep children and animals away from the work area, small parts could choke if swallowed.

• Make sure you have enough space to layout the parts before starting.

• The assembly of this equipment is best carried out by 2 or more people.

• Assemble the item as close to its final position (in the same room) as possible.

• The free standing equipment shall be installed on a stable and levelled base

Do not use the equipment near water or outdoors.

• Dispose of all packaging carefully and responsibly.

Using

• Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.

• Before using the equipment to exercise, always do stretching exercises to properly warm up.

• If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms **STOP** the workout at once.

CONSULT A DOCTOR IMMEDIATELY

• Only one person at a time should use the equipment.

• Keep hands away from all moving parts.

• Always wear appropriate workout clothing when exercising. **Do not** wear robes or other clothing that could become caught in the equipment. Running or aerobic shoes are also required when using the equipment.

• Use the equipment only for its intended use as described in this manual. **Do not** use attachments not recommended by the manufacturer.

• **Do not** place any sharp object around the equipment.

• Disabled persons should not use the equipment without a qualified person or doctor in attendance.

• Never operate the equipment if the equipment is not functioning properly.

• Examine the equipment frequently especially for the easy damaged parts, such as cable pulley connection points. The safety level of the equipment can only remain if it is examined regularly. Replace any defective components immediately, **Do not** use the equipment until it has been repaired.

• **Do not** try to insert the Weight Select Pin while the weight stack or top plate is in the raised position. Lock the weight stack Select Rod at the last hole into the Lock Ring on the Rear Stabilizer with the Weight Select Pin when you finish workout.

• Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended.

• If children are allowed to use the equipment,their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed to the correct use of the equipment.
The equipment is under no circumstances suitable as a children's toy.

• A spotter is recommended during exercise.
The maximum user body mass is 125kg.
The maximum training mass is 145lb (65.8kg).

• Your product is intended for use in clean dry conditions, your should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problem that are outside our control.

• This product conforms to ISO 20957-1 and EN 957-2 Class (H) - Home Use - Class (C).
It is NOT suitable for therapeutic purposes.

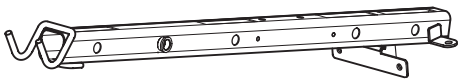
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. Argos assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Components - Parts

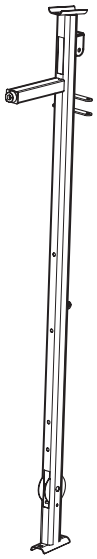
If you have damaged or missing components, call the **Customer Helpline: 0345 604 0105**

Please check you have all the parts listed below

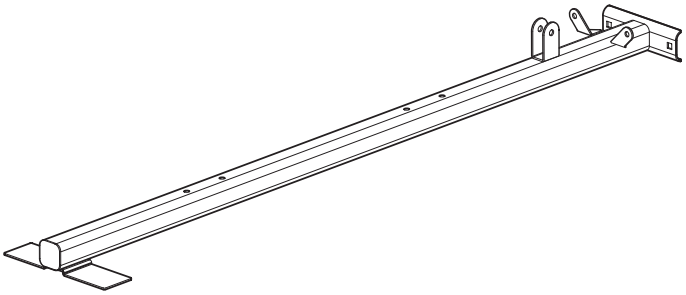
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



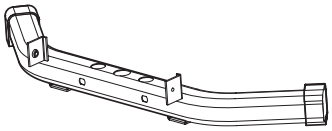
1. Upper frame x 1



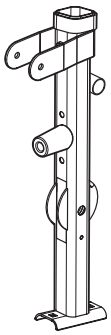
2. Vertical frame x 1



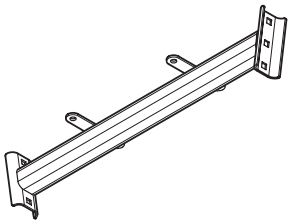
3. Base frame x 1



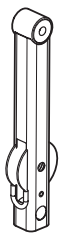
4. Rear stabilizer x 1



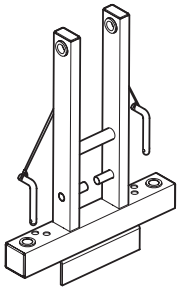
5. Leg developer holder x 1



6. Seat support x 1



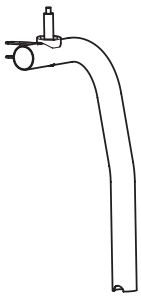
7. Leg developer x 1



8. Front press base x 1



9. Right butterfly x 1



10. Left butterfly x 1



11. Front press handle x 2



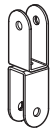
12. Butterfly cable bracket x 2



13. Preacher pad stand x 1



14. Swivel pulley bracket x 2

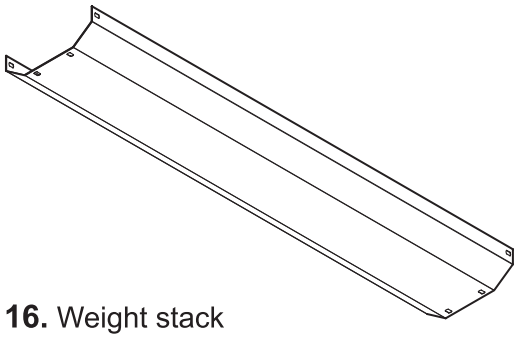


15. Angled double pulley bracket x 1

Components - Parts

Please check you have all the parts listed below

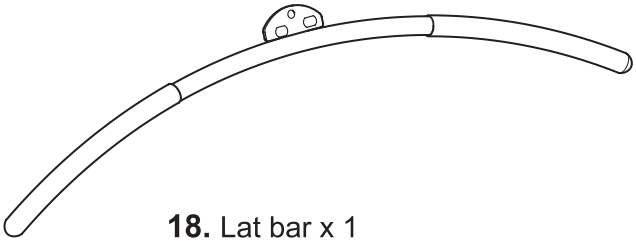
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



16. Weight stack cover x 1



17. Guide rod x 2



18. Lat bar x 1



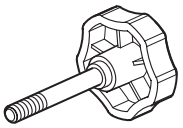
19. Select rod x 1



20. 120mm Bracket x 4



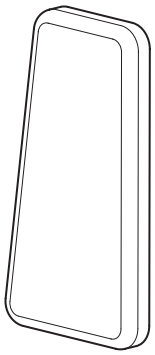
21. Rear U-shaped bracket x 1



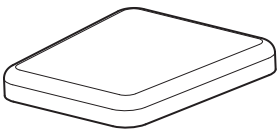
22. Lock knob x 1



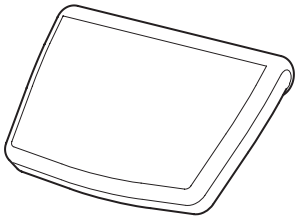
23. Foam roll tube x 2



24. Backrest pad x 1



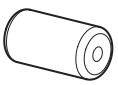
25. Seat pad x 1



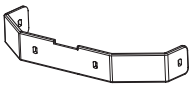
26. Preacher pad x 1



27. 48mm Foam roll x 2



28. 22mm Foam roll x 4



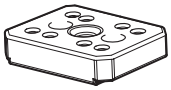
29. Weight stack cover bracket x 2



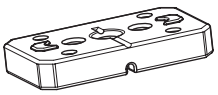
30. Double floating pulley bracket x 2



31. Rear stabilizer end cap x 2



35. Select plate x 1

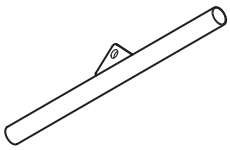


36. Weight plate x 14

Note: See page 23 for weight resistance chart



37. 25mm Bushing x 2



39. Pull bar x 1

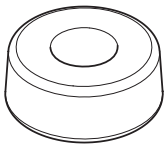
Components - Parts

Please check you have all the parts listed below

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



40. 50mm End cap x 2



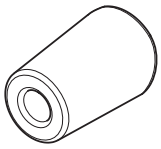
41. 61mm Rubber bumper x 2



42. Pulley x 16



43. 22mm Pulley bushing x 14



44. 44mm x 55mm Rubber bumper x 1



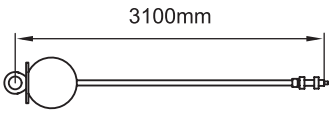
45. 37mm Rubber bumper x 1



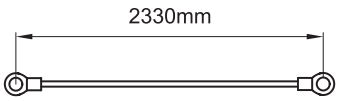
46. Butterfly lock pin x 2



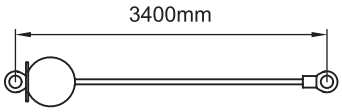
47. Ankle strap x 1



48. 3100mm Upper Cable x 1



49. 2330mm Butterfly Cable x 1



50. 3400mm Lower Cable x 1



51. 25mm Dome end cap x 1



52. 50mm Big R end cap x 4



53. 50mm End cap x 2



54. 25mm End cap x 4



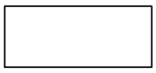
55. Front press handle grip x 4



56. 460mm handle grip x 2



57. Single strap x 1



58. 50mm x 170mm Non slip sheet x 1



59.50mm x 25mm End cap x 2



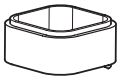
60. 50mm Bushing x 2



61. Pulley cover x 8



82. Plastic spacer x 2



83. 50mm x 45mm Sleeve x 1



84.25mm Sleevex 2

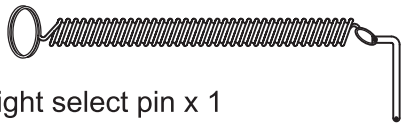
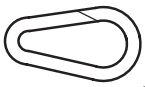
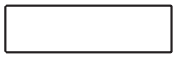
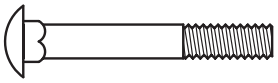
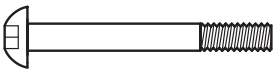
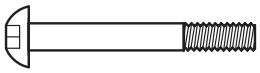
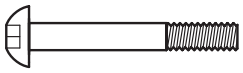
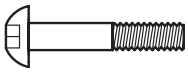
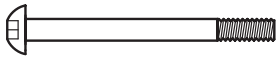
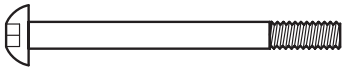
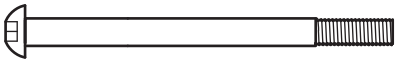


85.Foam end cap × 4

Components - Hardware

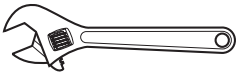
Please check you have all the fittings listed below

Note: The quantities below are the correct amount to complete the assembly. In some cases more hardware may be supplied than are required.

32  Weight select pin x 1	**33**  Chain x 1	**34**  Clip hook x 2
38  Long axle x 1	**62**  57mm Axle x 1	**63**  M10 x 70mm Carriage bolt x 10
64  M10 x 65mm Allen bolt x 9	**65**  M10 x 65mm Allen bolt x 2	**66**  M10 x50mm Allen bolt x 2
67  M10 x 45mm Allen bolt x 8	**68**  M10 x 25mm Allen bolt x 9	**69**  M8 x 70mm Allen bolt x 2
70  M8 x 16mm Allen bolt x 6	**71**  M6 x 16mm Allen bolt x 8	**73**  Φ10 Washer x 52
74  Φ8 Washer x 8	**75**  Φ6 Washer x 10	**76**  25mm Washer x 4
77  M10 Lock nut x 39	**78**  M6 Lock nut x 2	**79**  10mm Phillips screw x 2
80  M10 x 90mm Allen bolt x 2	**81**  M10 x 140mm Allen bolt x 1	 Allen keys 4, 5, 6mm

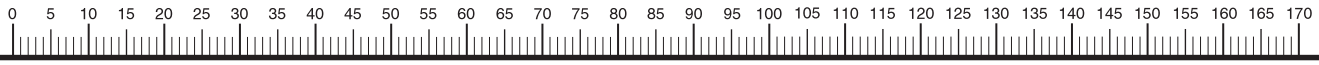
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.

Tools prepared by user



Adjustable spanner x 2

Ruler - Use this ruler to help correctly identify the hardware



Assembly Instructions

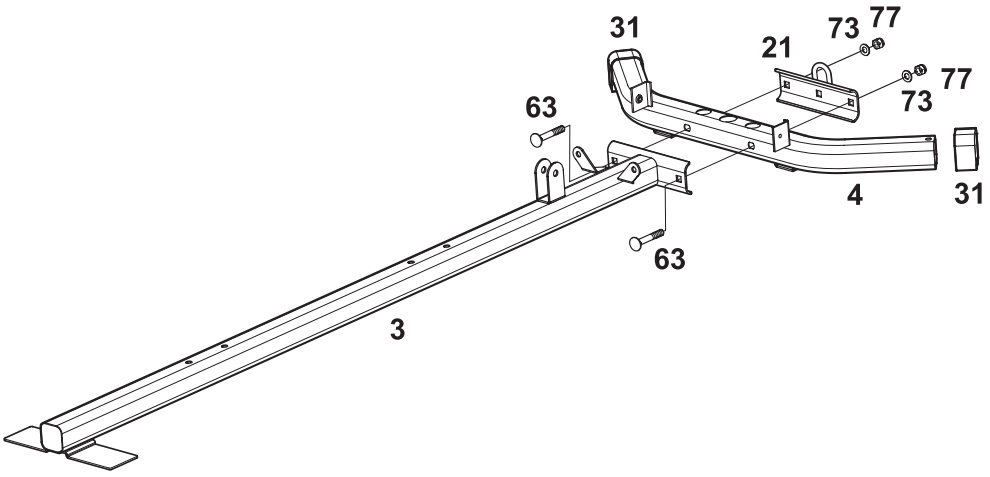
Total mass of the product is 53.5kg.
Foot print of the product is 170cm*75cm.

Step 1

Attach rear of the Base frame (**3**) to the Rear stabilizer (**4**). Fix using 70mm Carriage bolts (**63**), the Rear U-shaped bracket (**21**), Φ10 Washers (**73**) and M10 Lock nuts (**77**).

Important:
Do not fully tighten the nuts and bolts until instructed to do so.

Push fit Rear stabilizer end caps (**31**) into the ends of the Rear stabilizer (**4**).

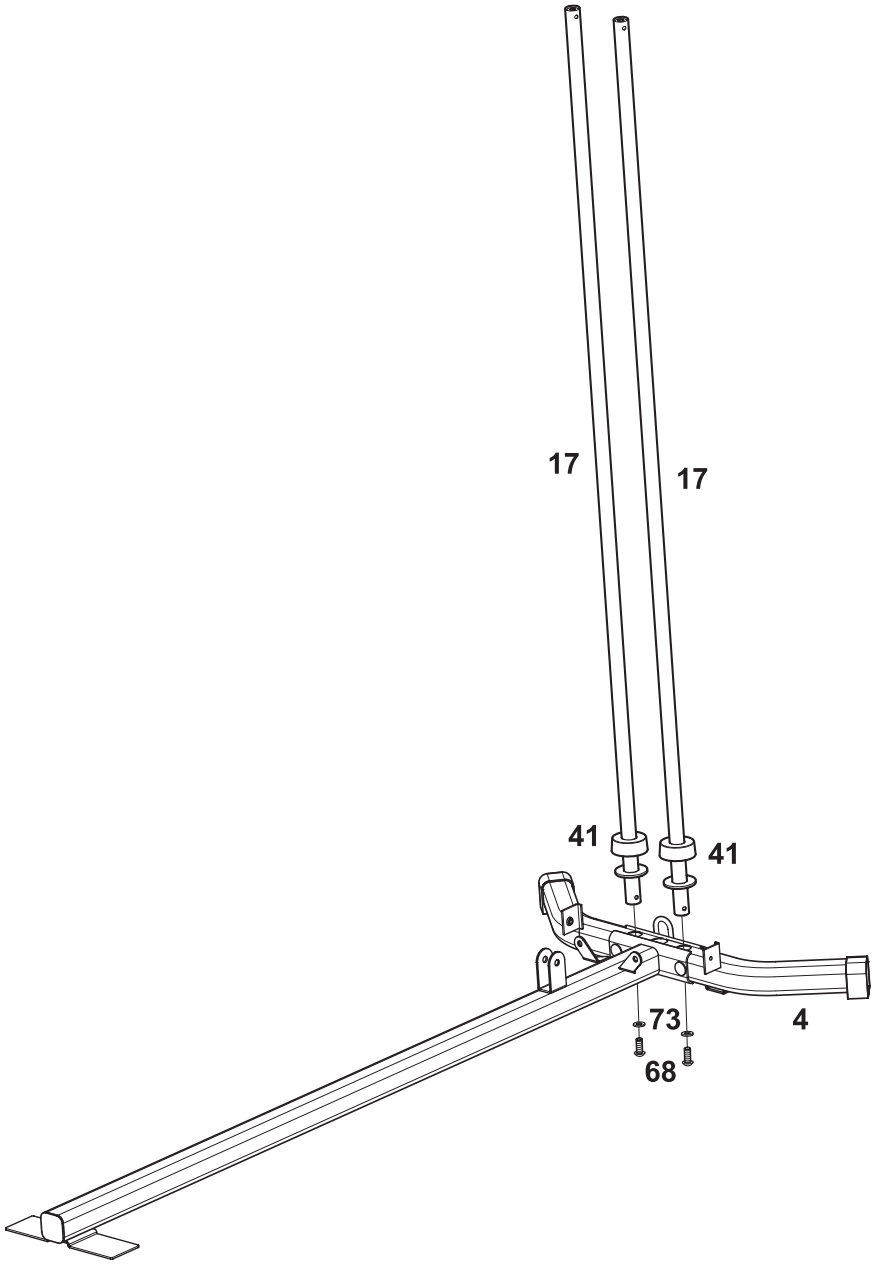


Step 2

Insert the Guide rods (**17**) into the holes on the Rear stabilizer (**4**). Fix using M10 x 25mm Allen bolts (**68**) and Φ10 Washers (**73**).

Fully tighten bolts.

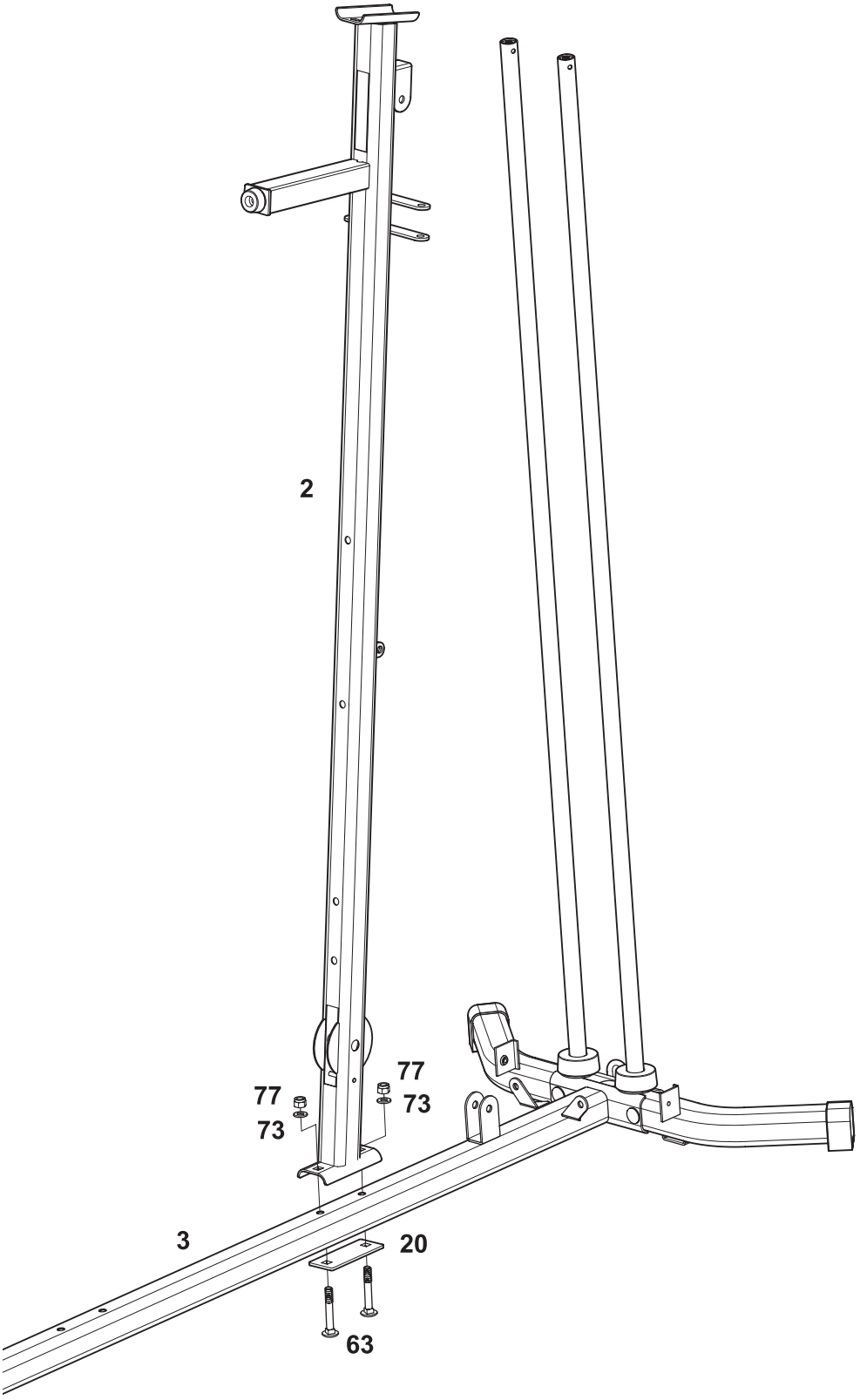
Slide 61mm Rubber bumpers (**41**) down onto Guide rods (**17**).



Step 3

Attach the Vertical frame (**2**) to the Base frame (**3**). Fix using 70mm Carriage bolts (**63**), 120mm Bracket (**20**), Φ10 Washers (**73**) and M10 Lock nuts (**77**).

Fully tighten bolts.



Assembly Instructions

Step 4

Carefully slide Weight plates (**36**) down Guide rods (**17**).

Important:
The deep grooves on the Weight plates (**36**) **MUST** all face the back of the assembly and be on the underside.

Push fit the 25mm Cone shaped end cap (**51**) into the bottom of the Select rod (**19**). Insert the Select rod down through the centre holes of the weight stack. Ensure the 'pins' on the Select rod sit in the notches of the top Weight plate.

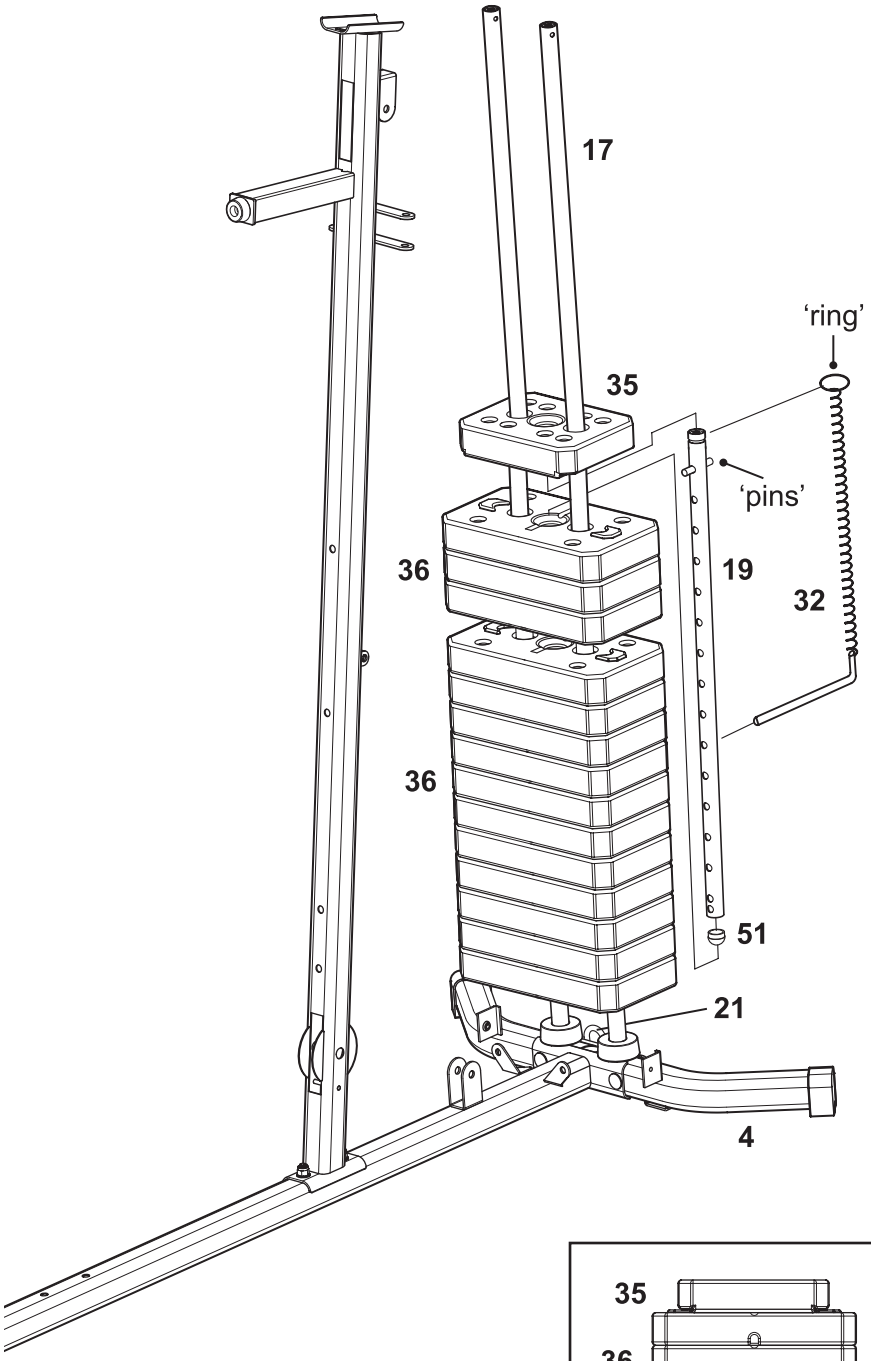
Attach the 'ring' of the Weight select pin (**32**) to the top of the Select rod (**19**).

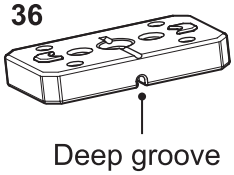
Slide Select plate (**35**) down Guide rods (**17**) .

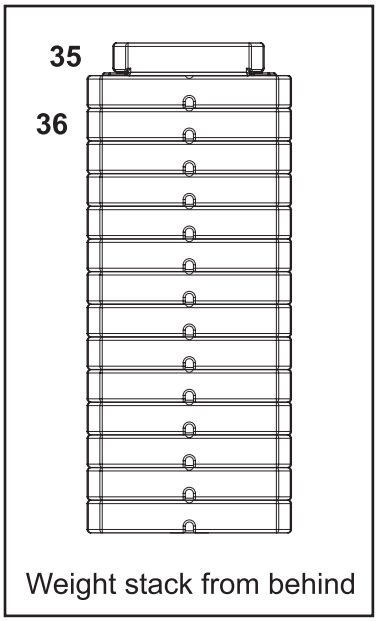
When using: Select the desired training weight by inserting the Weight select pin (**32**) into the deep grooves under the Weight plates and into the Select rod.

When not in use: Insert the Weight select pin (**32**) into the Rear U-shaped bracket (**21**) on the Rear stabilizer (**4**).

Note: Each weight plate weighs approximately 10lbs. Refer to the weight resistance chart on page 23.







Assembly Instructions

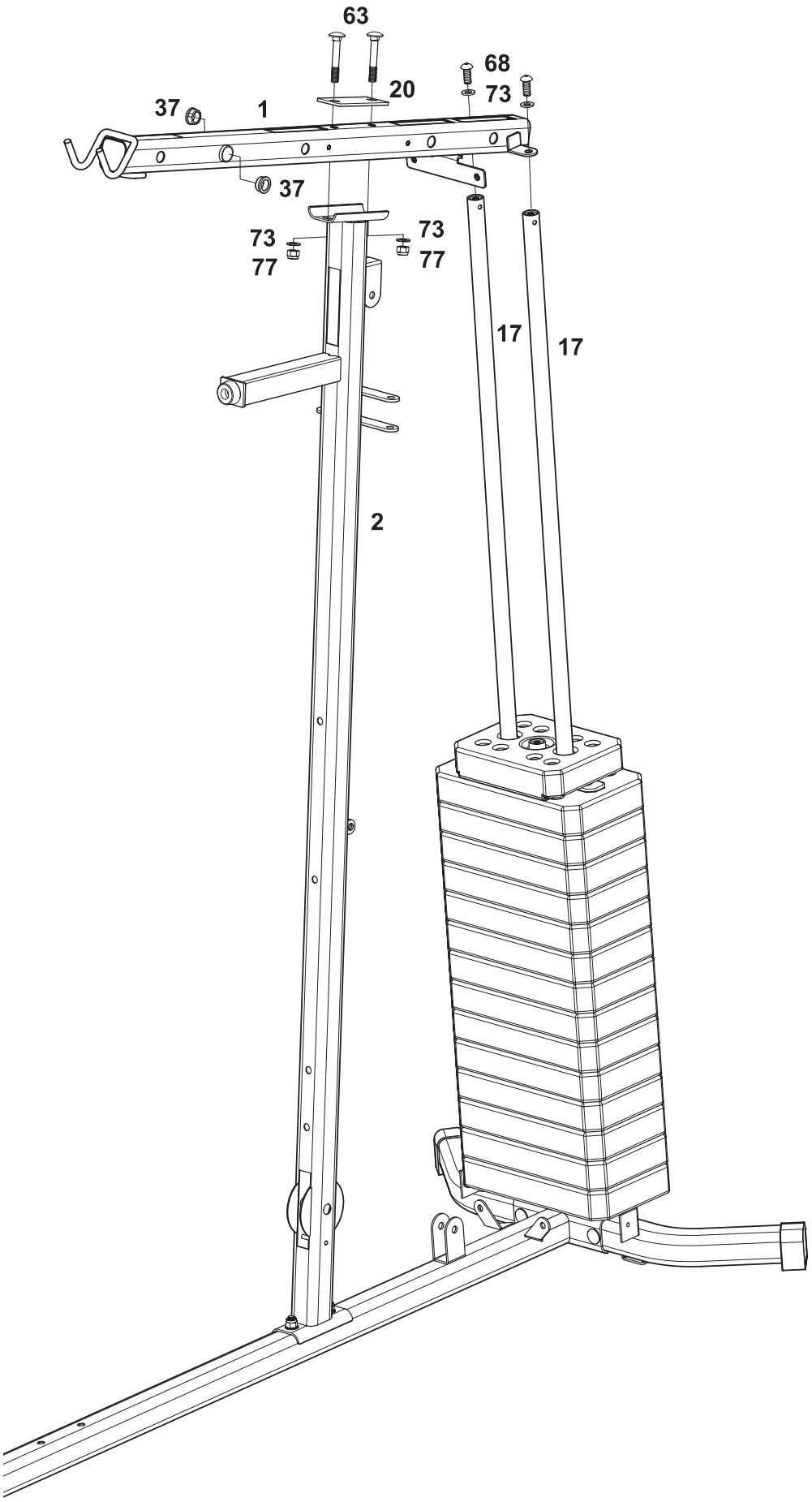
Step 5

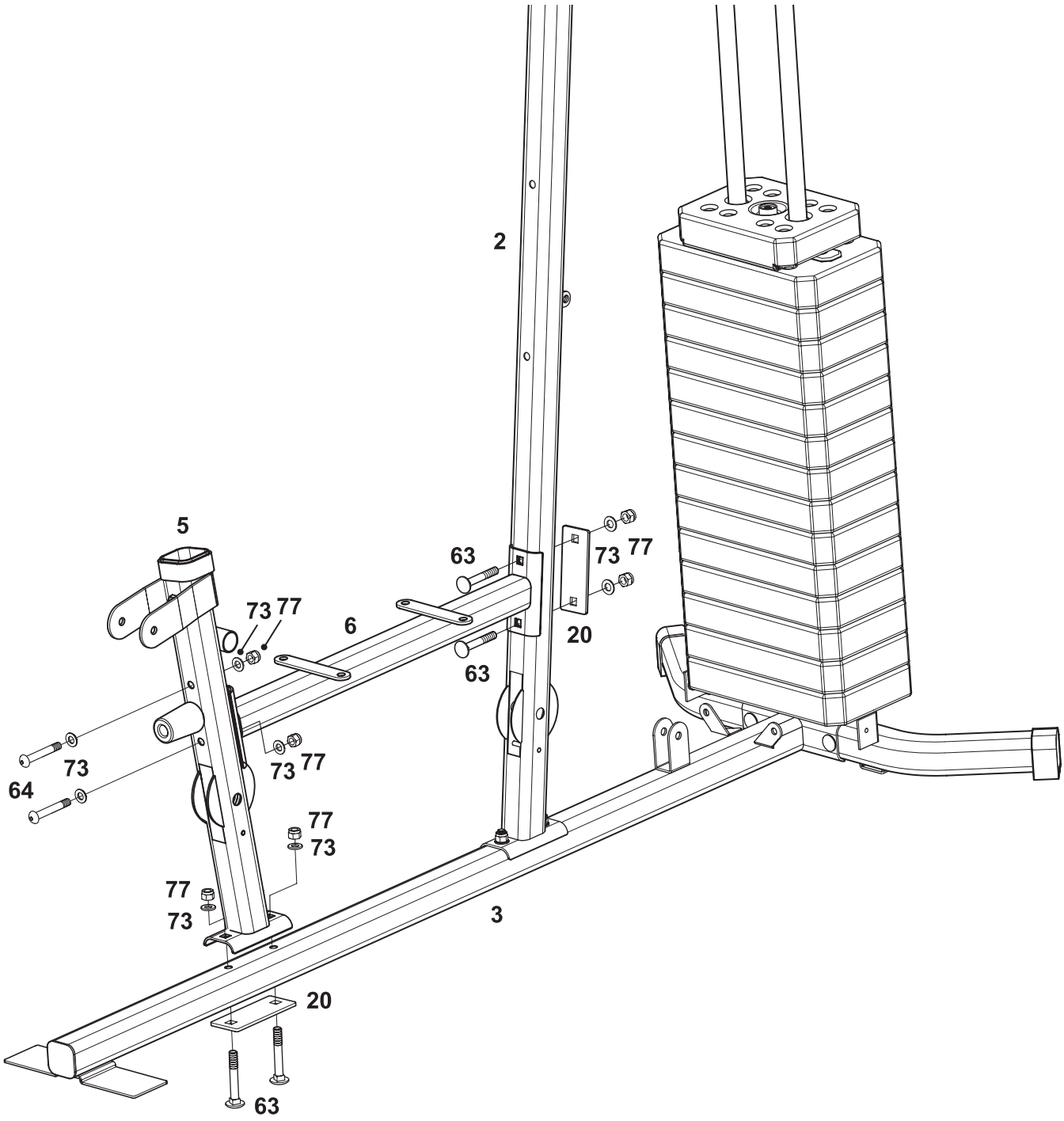
Push fit 25mm Bushings (**37**) into the Upper frame where shown.

Attach Upper frame (**1**) to Vertical frame (**2**) and Guide rods (**17**).

Fix to Vertical frame (**2**) using 70mm Carriage bolts (**63**), 120mm Bracket (**20**), Φ10 Washers (**73**) and M10 Lock nuts (**77**).

Fix to the Guide rods (**17**) using M10 x 25mm Allen bolts (**68**) and Φ10 Washers (**73**).





Step 6

Attach the Leg developer (**5**) to the Base frame (**3**). Fix using 70mm Carriage bolts (**63**), 120mm Bracket (**20**), Φ10 Washers (**73**) and M10 Lock nuts (**77**).

Fully tighten bolts.

Attach one end of the Seat support (**6**) to the Vertical frame (**2**). Fix using 70mm Carriage bolts (**63**), 120mm Bracket (**20**), Φ10 Washers (**73**) and M10 Lock nuts (**77**).

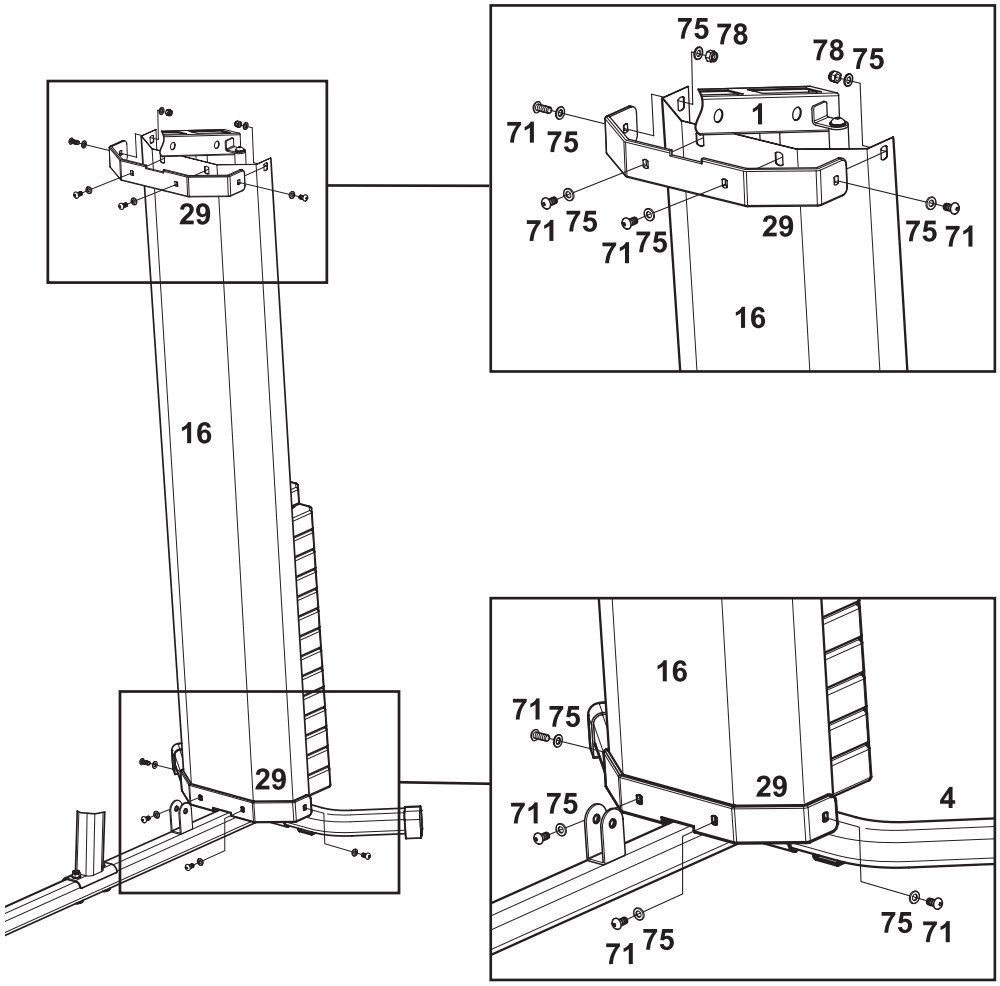
Attach the other end of the Seat support (**6**) to the Leg developer holder (**5**). Fix using 2 x 65mm Allen bolts (**64**), 4 x Φ10 Washers (**73**) and 2 x M10 Lock nuts (**77**).

Step 7

Attach the Weight stack cover (**16**) to the brackets on Upper frame (**1**) (only partially shown) and Rear stabilizer (**4**).

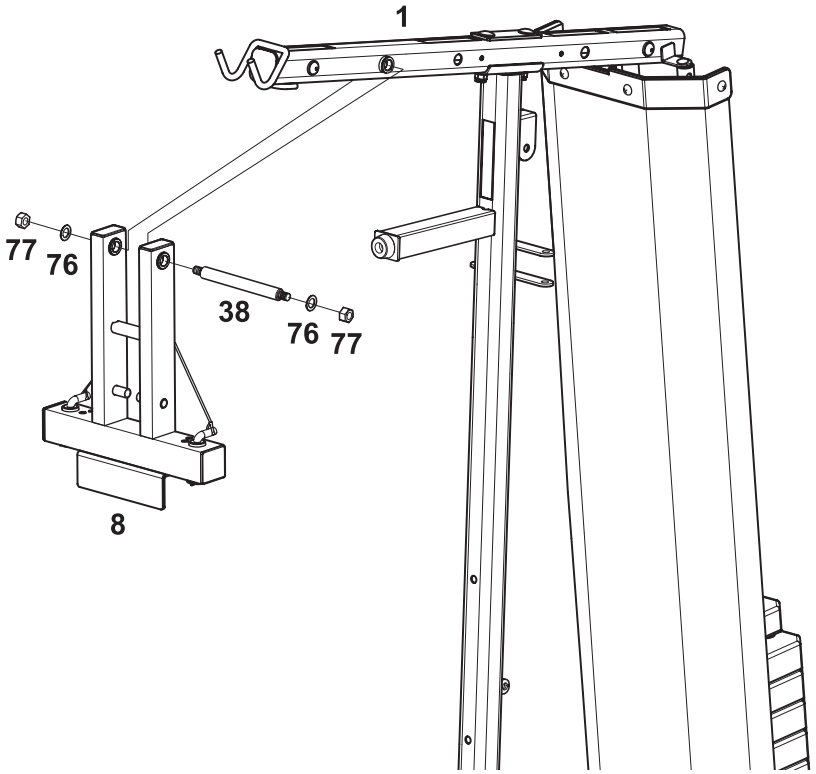
Fix through the Weight stack cover brackets (**29**) using M6 x 16mm Allen bolts (**71**) and Φ6 Washers (**75**).

Note: The outer fixings at the top, fx using Φ6 Washers (**75**) and M6 Lock nuts (**78**).



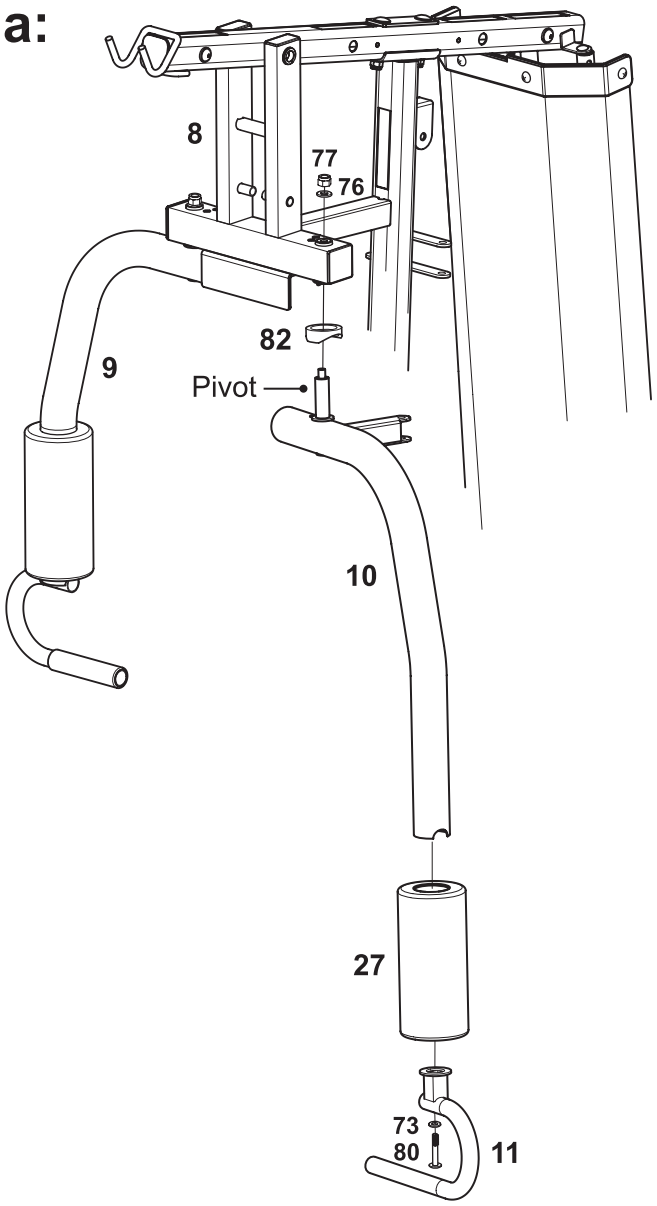
Step 8

Attach the Front press base (**8**) to the Upper frame (**1**) using the Long axle (**38**). Secure using 2 x 25mm Washers (**76**) and 2 x M10 Lock nuts (**77**).

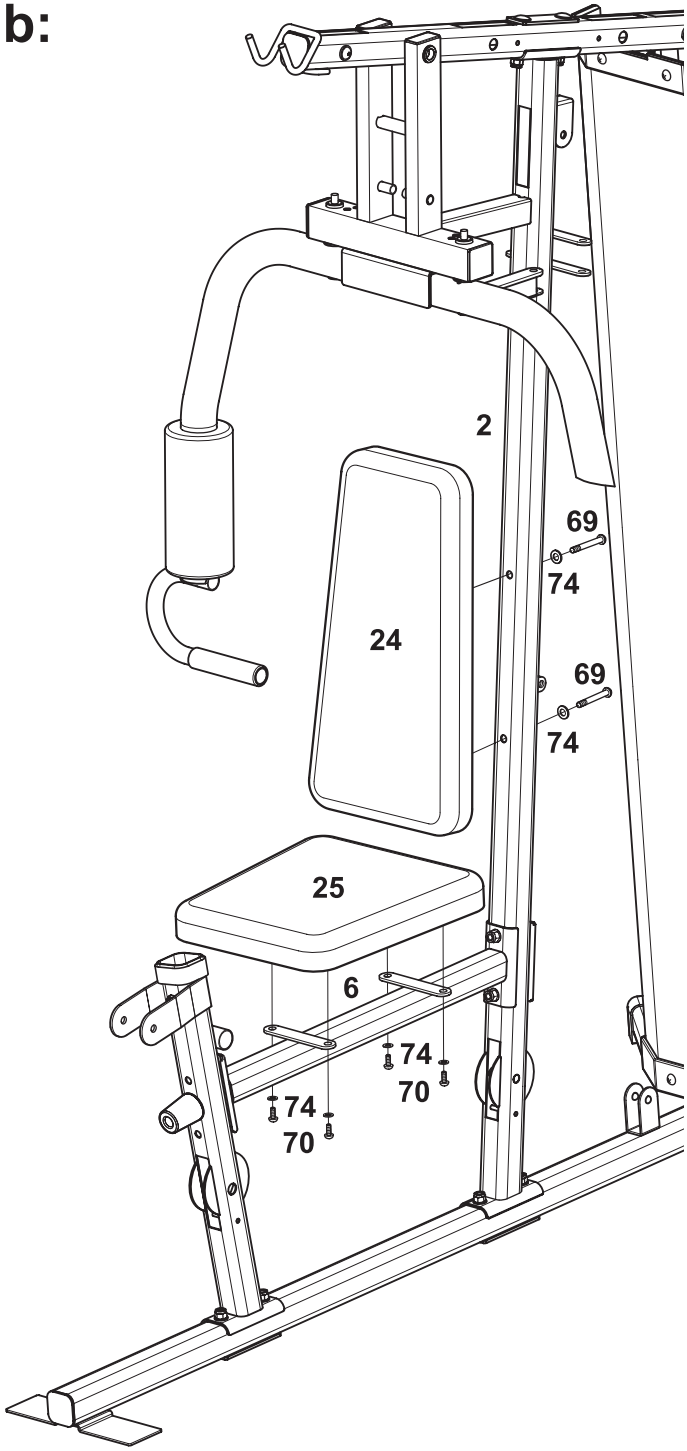


Assembly Instructions

a:



b:



Step 9

a: Place Plastic spacers (**82**) over the 'pivots' on the Right and Left Butterfly's (**9** & **10**). Attach to the Front press base (**8**) using 25mm Washers (**76**) and M10 Lock nuts (**77**).

Slide 48mm Foam rolls (**27**) over the end of the Butterfly's (**9** & **10**). Attach Front press handles (**11**) to the Butterfly's using M10 x 90mm Allen bolts (**80**) and Φ10 Washers (**73**).

b: Attach the Backrest pad (**24**) to the Vertical frame (**2**) using M8 x 70mm Allen bolts (**69**) and Φ8 Washers (**74**).

Attach the Seat pad (**25**) to the Seat support (**6**) using M8 x 16mm Allen bolts (**70**) and Φ8 Washers (**74**).

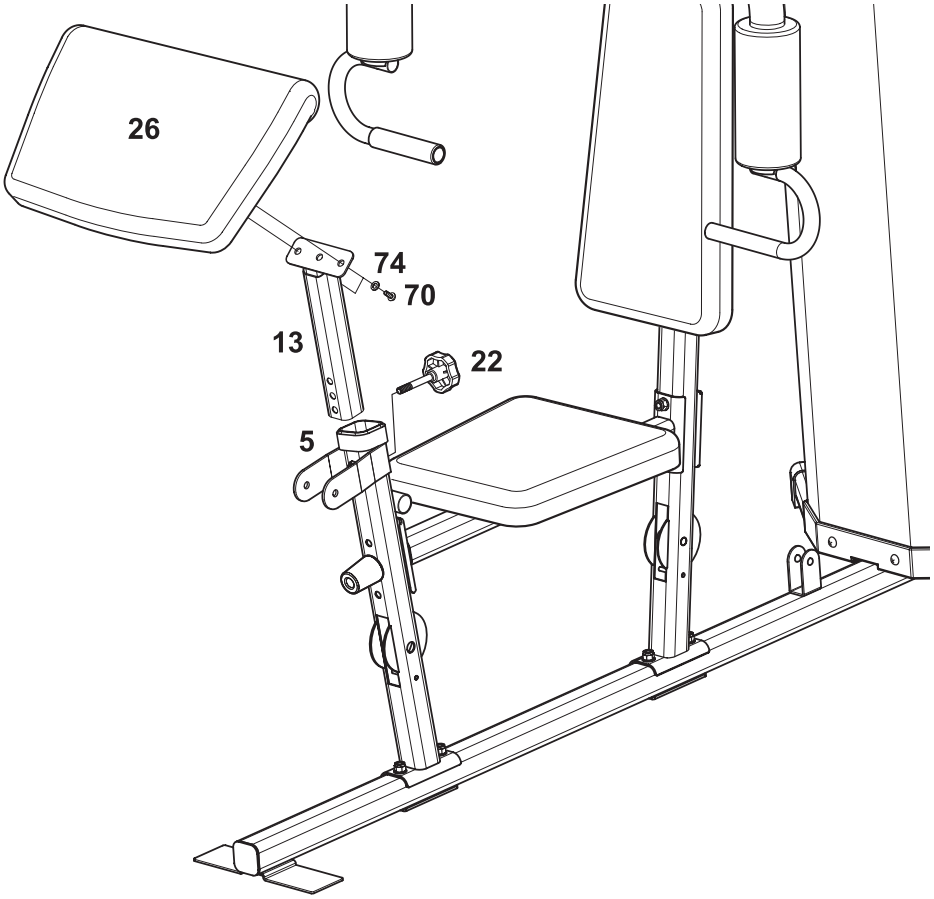
Assembly Instructions

Step 10

Attach the Preacher pad (**26**) to the Preacher pad stand (**13**). Secure using 2 x M8 x 16mm Allen bolts (**70**) and 2 x Φ8 Washers (**74**).

Insert the Preacher pad assembly into the Leg developer holder (**5**).

Select the desired height and secure using the Lock knob (**22**).

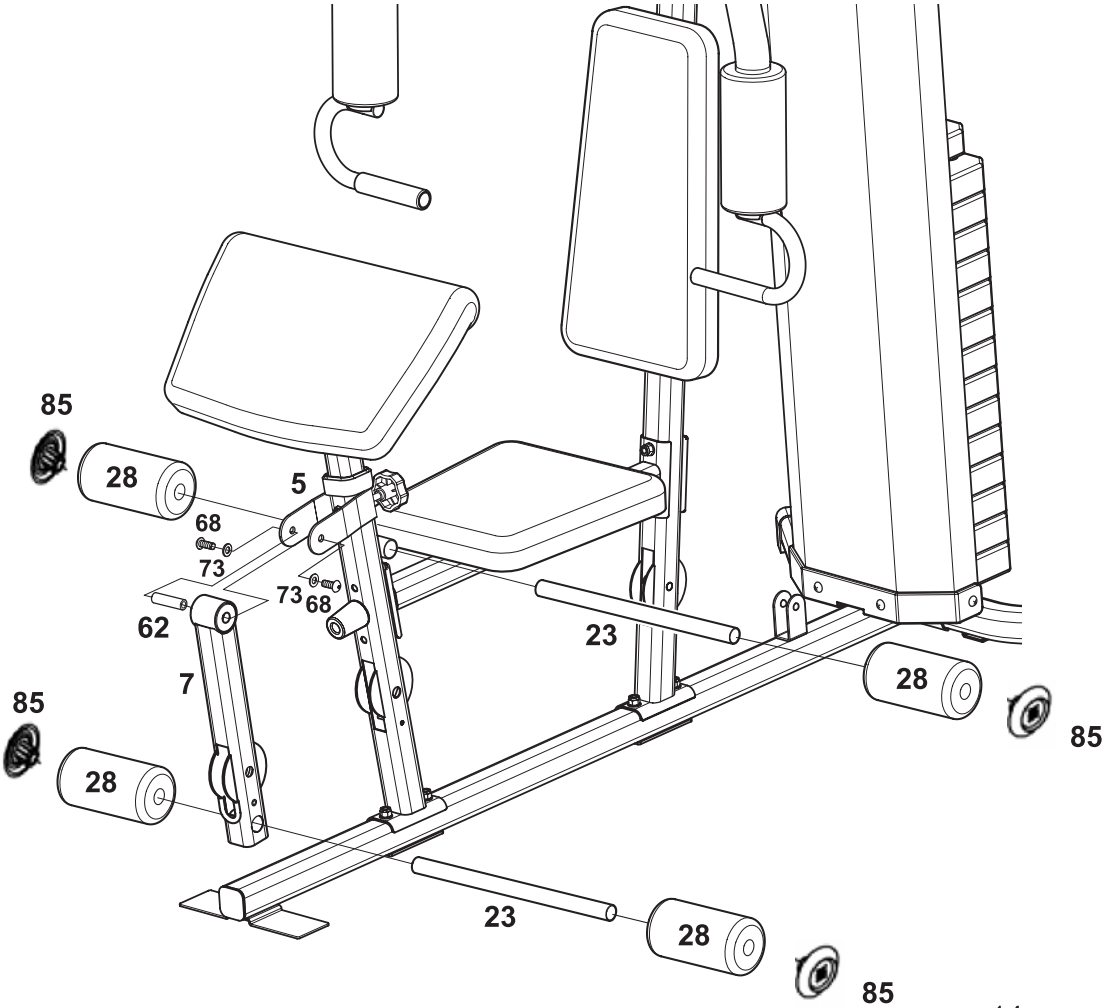


Step 11

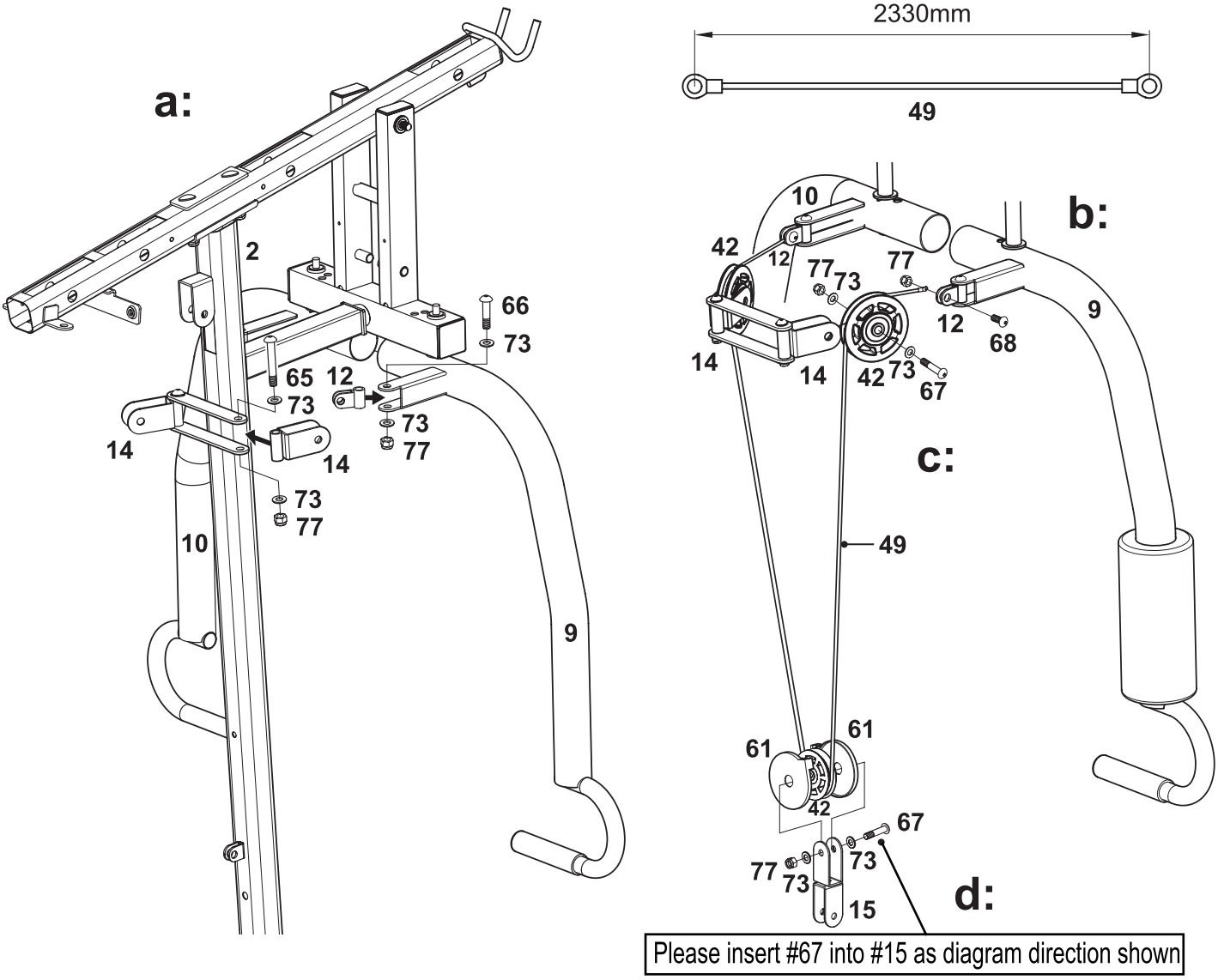
Slide the Foam roll tubes (**23**) half way into the holes on the Leg developer holder (**5**) and Leg developer (**7**).

Push 4 x 22mm Foam rolls (**28**) onto each side of the Foam roll tubes (**23**). And then push the 4 x Foam end cap(85) onto the 2 x Foam tubes(23)

Insert the 57mm Axle (**62**) into the Leg developer (**7**) and attach to the Leg developer holder (**5**) using M10 x 25mm Allen bolts (**68**) and Φ10 Washers (**73**).



Assembly Instructions



Step 12

a: Attach 2 x Swivel pulley brackets (**14**) to the open bracket on the Vertical frame (**2**). Fix using 2 x 65mm Allen bolts (**65**), 4 x Φ10 Washers (**73**) and 2 x M10 Lock nuts (**77**).

Attach 2 x Butterfly cable brackets (**12**) to Right and Left butterfly's (**9** & **10**). Fix using 2 x 50mm Allen bolts (**66**), 4 x Φ10 Washers (**73**) and 2 x M10 Lock nuts (**77**).

Important: **Do not over tighten the brackets, ensure they swivel freely.**

b: Attach one end of the 2330mm Butterfy cable (**49**) to a Butterfly cable bracket (**12**) using M10 x 25mm Allen bolt (**68**) and M10 Lock nut (**77**).

c: Place a Pulley (**42**) under the cable, position the pulley into the Swivel pulley bracket (**14**). Attach using 45mm Allen bolt (**67**), 2 x Φ10 Washers (**73**) and M10 Lock nut (**77**).

d: Place a 2nd Pulley (**42**) onto the cable and fit Pulley covers (**61**) over the Pulley and cable. Attach Pulley assembly to Angled double pulley bracket (**15**) using 45mm Allen bolt (**67**), 2 x Φ10 Washers (**73**) and M10 Lock nut (**77**).

Repeat '**c**' to attach the 3rd Pulley to the 2nd Swivel pulley bracket (**14**). Repeat '**b**' to attach the end of the cable to the 2nd Butterfly cable bracket (**12**).

Assembly Instructions

Step 13

***Important:* Study and follow the diagram carefully.**

Feed the bolt end of the 3100mm Upper cable (**48**) up through opening in Upper frame (**1**). Insert 22mm Pulley bushings (**43**) into holes and attach 1st Pulley (**42**) using M10 x 65mm Allen bolt (**64**) and M10 Lock nut (**77**).

Repeat procedure for 2nd Pulley, feeding cable down through opening in Upper frame (**1**).

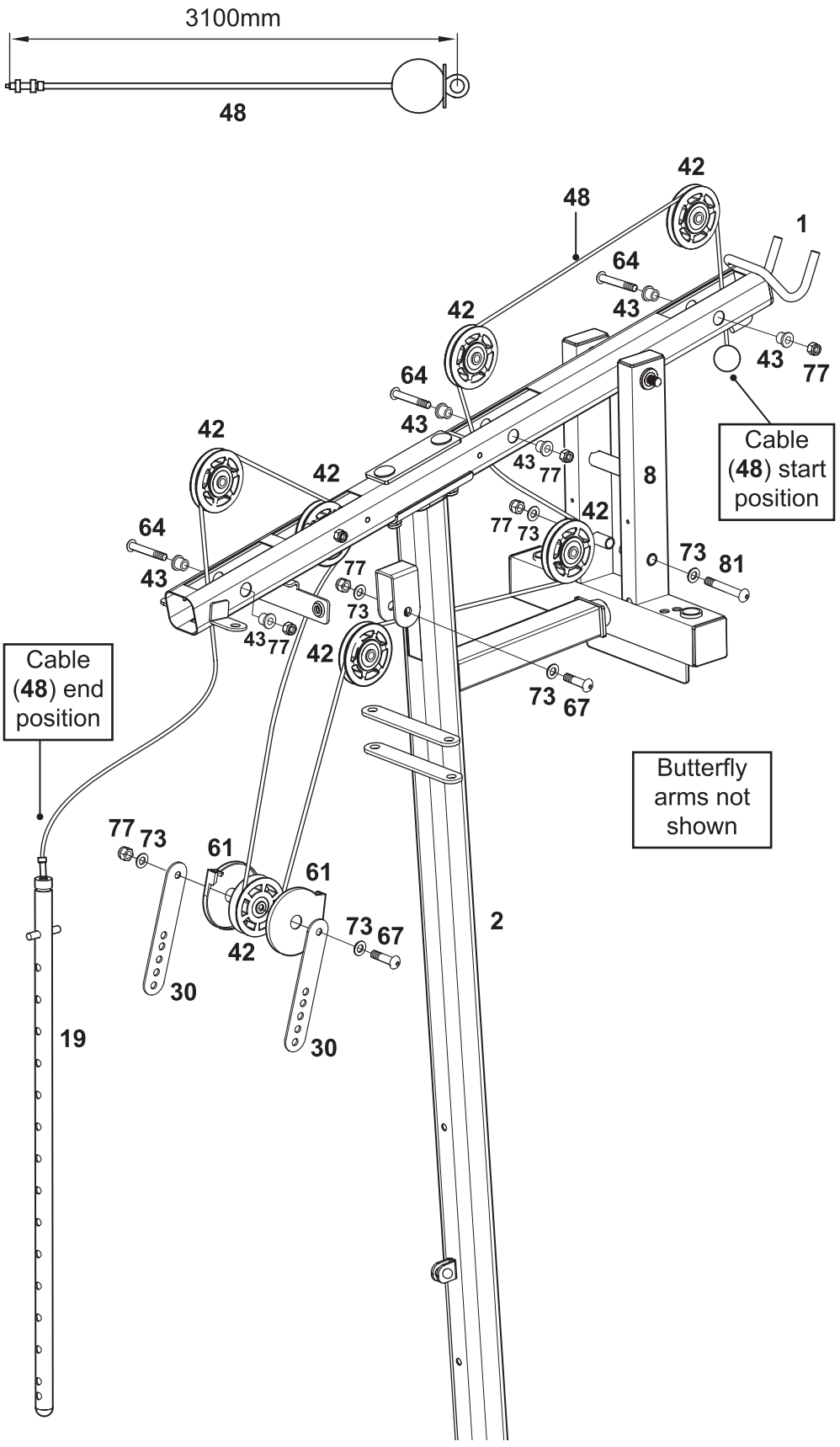
Attach 3rd Pulley to Front press base (**8**) using a 140mm Allen bolt (**81**), 2 x Φ10 Washers (**73**) and M10 Lock nut (**77**).

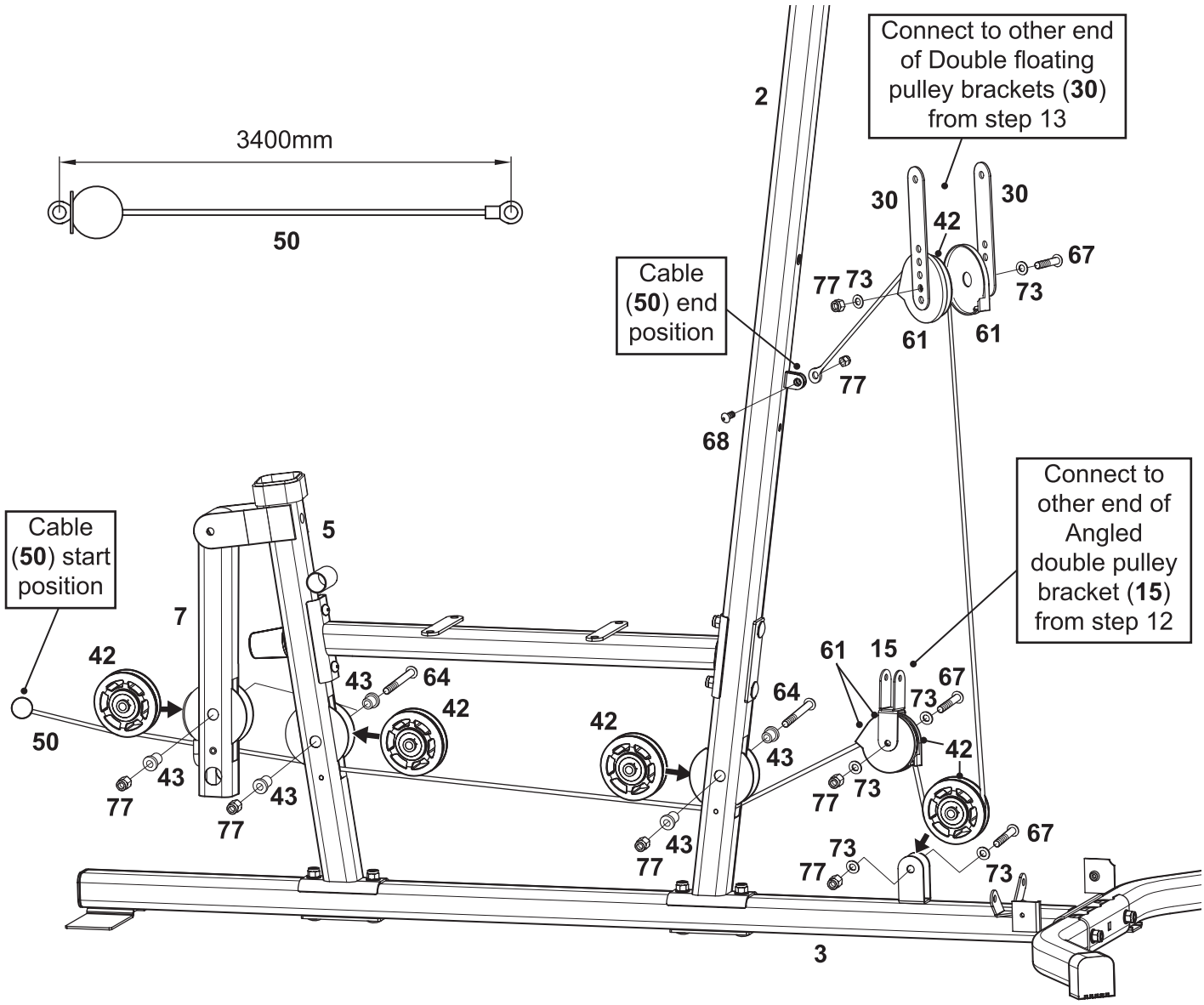
Attach 4th Pulley to Vertical frame (**2**) using 45mm Allen bolt (**67**), 2 x Φ10 Washers (**73**) and M10 Lock nut (**77**).

Place 5th Pulley (**42**) onto the cable and fit Pulley covers (**61**) over Pulley and cable. Attach Pulley assembly to Double floating pulley brackets (**30**) using 45mm Allen bolt (**67**), 2 x Φ10 Washers (**73**) and M10 Lock nut (**77**).

Attach 6th and 7th Pulleys (**42**) to Upper frame (**1**). Insert 4 x 22mm Pulley bushings (**43**) into the holes, attach Pulley's (**42**) using M10 x 65mm Allen bolts (**64**) and M10 Lock nut s(**77**).

Screw bolt on the end of Cable (**48**) securely into top of Select rod (**19**).





Step 14

***Important:* Study and follow the diagram carefully.**

Feed the loop end of 3400mm Lower cable (**50**) through opening in the Leg developer (**7**). Insert 2 x 22mm Pulley bushings (**43**) into holes and attach 1st Pulley (**42**) using M10 x 65mm Allen bolt (**64**) and M10 Lock nut (**77**).

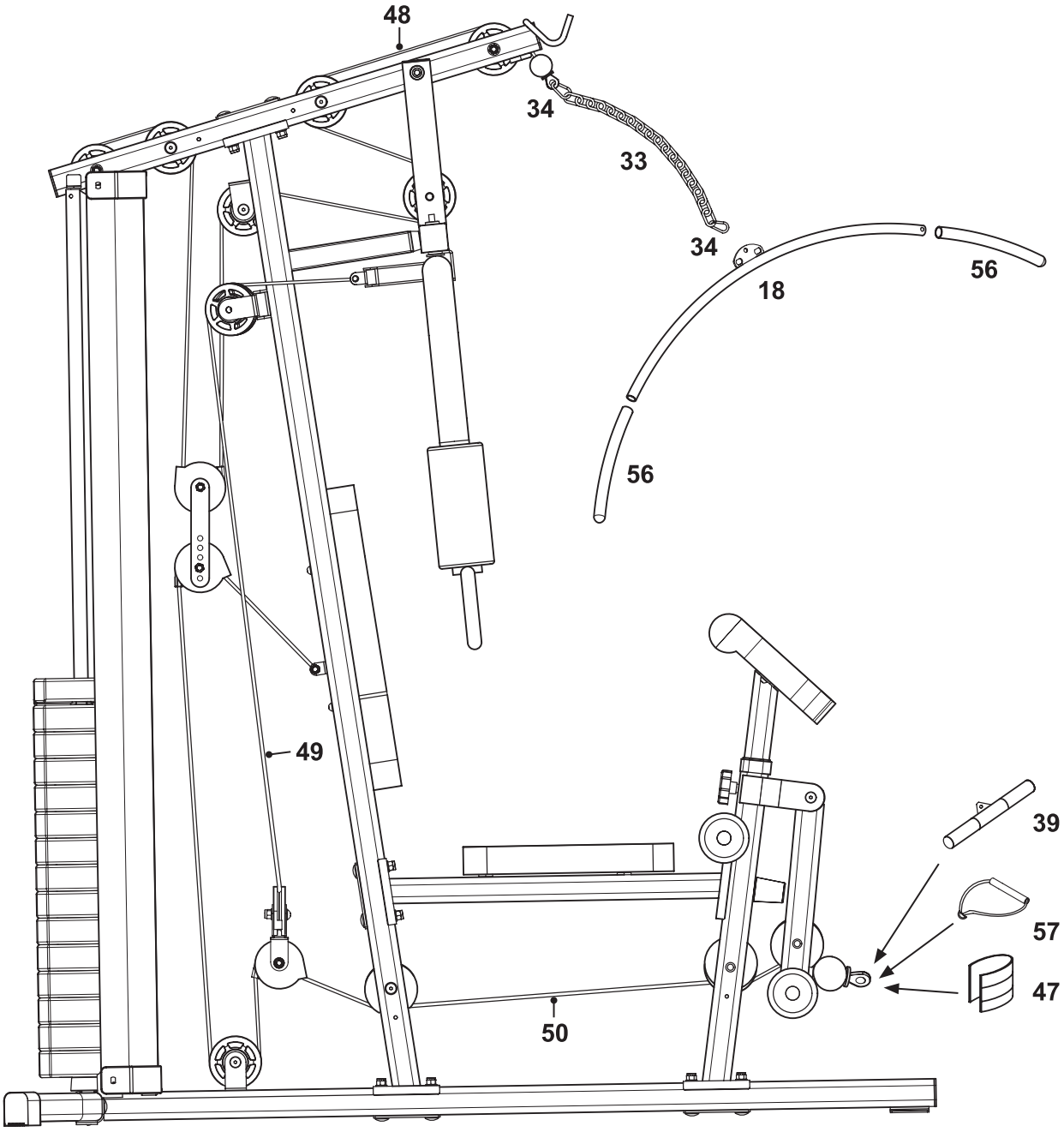
Repeat procedure for 2nd and 3rd Pulley's, feeding cable through opening's in the Leg developer holder (**5**) and Vertical frame (**2**).

Place 4th Pulley (**42**) onto the cable and fit Pulley covers (**61**) over Pulley and cable. Attach Pulley assembly to the other end of the Angled double pulley bracket (**15**) using 45mm Allen bolt (**67**), 2 x Φ10 Washers (**73**) and M10 Lock nut (**77**).

Attach 5th Pulley to Base frame (**3**) using a 45mm Allen bolt (**67**), 2 x Φ10 Washers (**73**) and M10 Lock nut (**77**).

Place 6th Pulley (**42**) onto the cable and fit Pulley covers (**61**) over Pulley and cable. Attach Pulley assembly to the Double floating pulley brackets (**30**) using 45mm Allen bolt (**67**), 2 x Φ10 Washers (**73**) and M10 Lock nut (**77**).

Attach the end of the Cable (**50**) to bracket on the Vertical frame (**2**) using M10 x 25mm Allen bolt (**68**) and M10 Lock nut (**77**).



Step 15

Important: **Now fully tighten the fixings ensuring that all of the pulleys and brackets can move freely.**

Push fit the Lat pull handle grips (**56**) onto the ends of the Lat bar (**18**).

Use the Chain (**33**) and/or Clip hooks (**34**) to attach the Lat bar (**18**), Pull bar (**39**), Single strap (**57**) or Ankle strap (**47**) to the ends of the Upper cable (**48**) or Lower cable (**50**) as required.

Exercising Information

Before starting to exercise

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.

Aerobic fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breath through your mouth should you need more oxygen. Use the “talk test”, if you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others, work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your “Target Zone”.

Warming up

A successful exercise programme consists of three parts; Warm up, Aerobic exercise and Cool down. Never start a training session without warning up and never finish one without cooling down correctly. Perform between five and ten minute of stretching before starting your workout to prevent muscle strains pull and cramps.

Aerobic exercise session

Those new to exercise should exercise no more than every other day to start with.

When you are comfortable with your routine, you can exercise for 6 days per week. Always take at least one day off per week.

Exercising in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse; if you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers.

Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People, who have a greater aerobic fitness, will have a lower resting pulse level and will also be able to exercise with a higher pulse level.

Target Zone

To determine your “Target Zone”, see table below, if you are new to exercise and by definition unfit, refer to the middle column, if you exercise regularly and have good aerobic fitness, refer to the right column.

Users age (years)	**Unconditioned** (Target Zone A) beats per minute	**Conditioned** (Target Zone B) beats per minute
20 - 24	145 - 165	155 - 175
25 - 29	140 - 160	150 - 170
30 - 34	135 - 155	145 - 165
35 - 39	130 - 150	140 - 160
40 - 44	125 - 145	135 - 155
45 - 49	120 - 140	130 - 150
50 - 54	115 - 135	125 - 145
55 - 59	110 - 135	120 - 140
60 and over	105 - 125	115 - 135

Cooling down

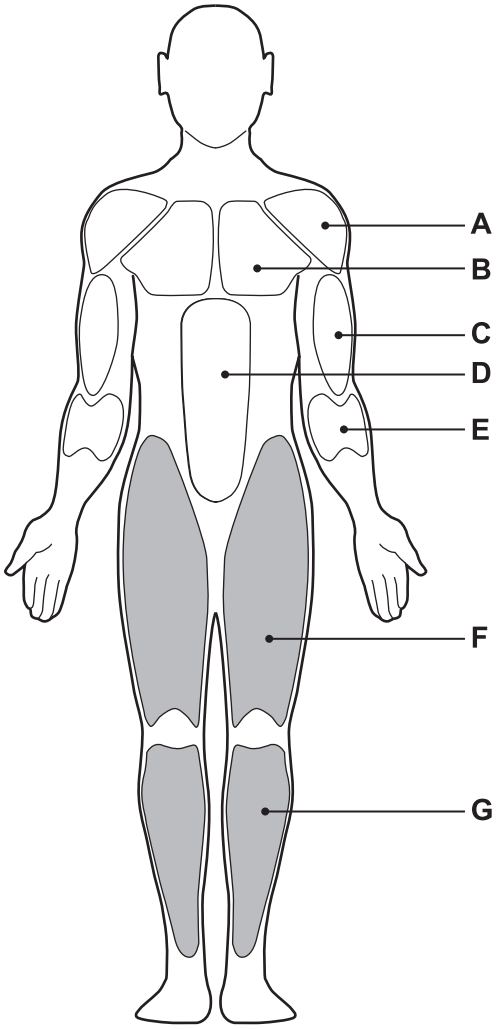
To decrease fatigue and muscle soreness, you should also cool down by walking at a show relaxed pace for a minute or so, to allow your heart rate to return to normal.

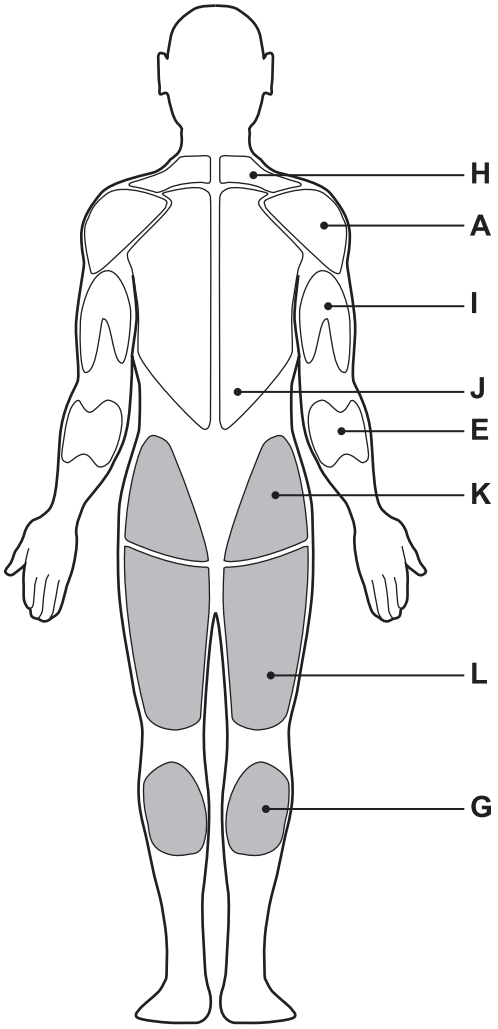
Exercising Information

Muscle chart

Targeted muscle groups

The muscles in white show the major upper body groups that you will be using with this home-gym. The lower body muscle in grey can be developed with the home-gym but may also benefit from additional aerobic/cardio work-outs. Always consult a doctor before embarking on any new exercise routines.





A: Shoulder muscles
B: Pectoral muscles
C: Bicep muscle
D: Abdominal muscles
E: Forearm muscles
F: Quadricep muscles
G: Calf muscle
H: Trapezius muscles
I: Tricep muscles
J: Back muscles
K: Gluteal muscles
L: Hamstring muscles

Exercising Information

Basic aerobic training programme

For your basic aerobic exercise routine we suggest that you try the following, remember breathe correctly, exercise at your own pace and do not over-train as it may result in injury (see “Target Zone” table on page 10).

Week 1 & 2
Warm up 5 - 10 minutes
Cool down 5 minutes
Exercise 4 minutes at “Zone A”
Rest 1 minute
Exercise 2 minutes at “Zone A”
Exercise slowly 1 minute

Week 3 & 4
Warm up 5 - 10 minutes
Cool down 5 minutes
Exercise 5 minutes at “Zone A”
Rest 1 minute
Exercise 4 minutes at “Zone A”
Exercise slowly 2 minutes

Week 5 & 6
Warm up 5 - 10 minutes
Cool down 5 minutes
Exercise 6 minutes at “Zone A”
Rest 1 minute
Exercise 4 minutes at “Zone A”
Exercise slowly 3 minutes

Week 7 & 8
Warm up 5 - 10 minutes
Cool down 5 minutes
Exercise 5 minutes at “Zone A”
Exercise 3 minutes at “Zone B”
Exercise 2 minutes at “Zone A”
Exercise slowly 1 minute
Exercise 4 minutes at “Zone A”
Exercise slowly 3 minutes

Week 9 & beyond
Warm up 5 - 10 minutes
Cool down 5 minutes
Exercise 5 minutes at “Zone A”
Exercise 3 minutes at “Zone B”
Exercise 2 minutes at “Zone A”
Exercise slowly 1 minute
Repeat entire cycle 2 or 3 times

This is only a suggested programme and may not suit every individual’s needs.

Getting started

You will often read about terms referring to exercise that may be confusing, below are some of the definitions that are regularly used:

Repetition - Commonly referred as “REPS”. This is a complete movement from start to finish.

Set - This is a complete number of consecutive repetitions i.e. 1 set of 10 “REPS”.

Speed of motion - This is the relative speed of movement for each “REP”.

Fast is considered as 1 “REP” every second, medium is 1 “REP” every 2 seconds, and slow is 1 “REP” every 4 seconds.

Intensity - This is how “hard” the exercise feels.

Low intensity = easy exercise

High Intensity = hard exercise

Training programmes

You will achieve fast results, gaining a trimmer, fitter body if you follow these general rules.

- Exercise regularly - Do not skip workouts as consistency is the first key to success.
- Do not be afraid to perspire a little. This is a sign that you are working your body hard enough to give a fast result. Your will find “hard” exercise enjoyable.
- Set yourself realistic goals - Do not be over-ambitious.

Exercising Information

Exercise programmes

Beginners programme

This is a short suggested programme which we suggest you use for no more than 3 weeks, to be ideally performed every other day, but certainly not more than 4 times during the week.

This suggested routine is specifically for beginners or those who have not exercised for a considerable time. The programme is designed to provide general improvement in muscle tone, strength, flexibility and co-ordination.

As a beginner, you should start with no more than 2 sets of the reps shown below per session.

10 REPS - Seated Bench Press

5 REPS - Pectoral Fly

10 REPS - Ab Crunch

10 REPS - Leg Extension followed by Leg Curl

- Your rest interval between each set of reps should be 1 minute.
- You should perform 2 SET of each exercise.
- Your exercise pace should be SLOW to MEDIUM.
- This exercise programme should take you approximately 20 minutes.
- Follow this exercise programme with 5 minutes of proper cool down exercise.

Intermediate programme

This is a slightly longer programme which we suggest you use for the next 6 - 8 weeks, to be ideally performed not more than 5 times during the week.

This suggested routine is specifically for intermediate users or those that are familiar with exercise routines. The programme is designed to increase muscle definition, build strength, aid flexibility and co-ordination.

The increase in exercise intensity and speed of repetitions is the key to your success at this stage.

For intermediate exercise we recommend 3 - 4 sets of the reps shown below per session.

15 REPS - Seated Bench Press

10 REPS - Pectoral Fly

15 REPS - Ab Crunch

15 REPS - Leg Extension followed by Leg Curl

- Your rest interval between each set of reps should be 1 minute.
- You should perform 3 - 4 SETS of each exercise.
- Your exercise pace should be MEDIUM to FAST.
- This exercise programme should take you approximately 35 - 40 minutes.
- Follow this exercise programme with 5 minutes of proper cool down exercise.

Exercising Information

Exercise programmes

Advanced programme

This is an open-ended programme, ideally performed not more than 4 times during the week, preferably on alternate days.

This suggested routine is specifically for advanced users or those that are familiar with exercise routines. The programme is designed to increase muscle mass and build strength.

The increase in exercise intensity, resistance levels and speed of repetitions is the key to your on going success.

For advanced training we recommend 4 sets however at this stage you may want to concentrate on specific body parts, so as you are now fully familiar with the working of your gym you should be able to structure an exercise programme to suit you individually. Any specific advice should be sought through specialist books.

20 REPS - Seated Bench Press

15 REPS - Pectoral Fly

15 REPS - Ab Crunch

15 REPS - Lat Pull Down

15 REPS - Biceps Curl

20 REPS - Leg Extension followed by Leg Curl

10 REPS - 2 SETS

- Your rest interval between each set of reps should be 1 minute.
- You should perform 4 SETS of each exercise.
- Your exercise pace should be MEDIUM to FAST.
- This exercise programme should take you approximately 40 - 50 minutes.
- Follow this exercise programme with 5 minutes of proper cool down exercise.

Weight Resistance Chart				
Weight Plate	**Front Press**	**Butterfly**	**Lat Pull**	**Low Pulley**
1	31	15	30	30
2	44	20	40	40
3	57	25	50	50
4	70	30	60	60
5	83	35	70	70
6	96	40	80	80
7	109	45	90	90
8	122	50	100	100
9	135	55	110	110
10	148	60	120	120
11	161	65	130	130
12	174	70	140	140
13	187	75	150	150
14	200	80	160	160

Note: Each Weight plate weighs 10lbs. The numbers are approximate, actual weights may vary. Values for Butterfly are for each arm.

Exercising Information

Warming up and Cooling down exercises

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following pages you will find stretching exercise instructions for warming up and cooling down.

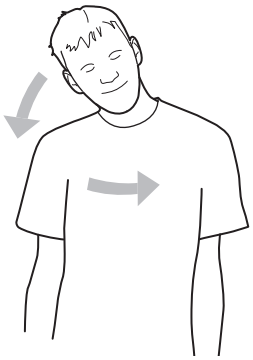
Please pay attention to the following points:

- Carefully warm up every muscle group you will be using in the exercise session for about 5 to 10 minutes. The stretching exercises are carried out correctly if you feel a comfortable tension in the corresponding muscle.
- Speed does not play a role during the stretching exercises. Fast, jerky movements must be avoided.

Neck exercises

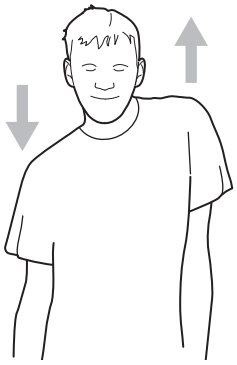
Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again.

You can repeat this exercise alternately several times.



Shoulder area exercises

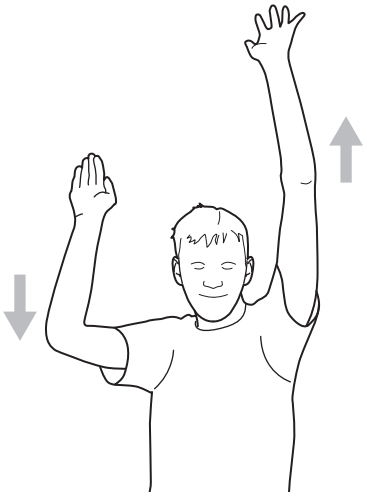
Lift the left and right shoulders alternately, or lift both shoulders simultaneously.



Arm stretching exercises

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side.

Repeat this exercise several times.



Exercising Information

Upper thigh exercises

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.



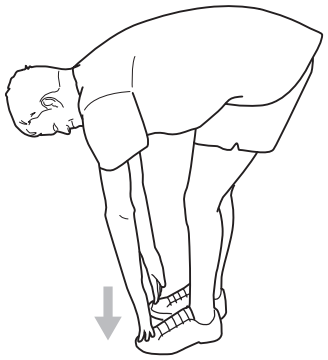
Inside upper thigh exercises

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30 - 40 seconds if possible.



Touching toes

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20 - 30 seconds if possible.



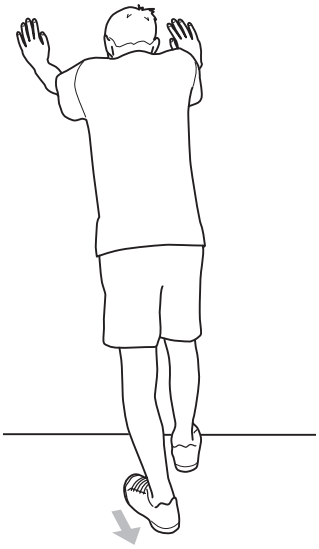
Knee exercises

Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30 - 40 seconds if possible.



Calves / achilles tendon exercises

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30 - 40 seconds if possible.



Home Gym Exercise Guide

Using the Home Gym

Important: When working out, do the following for each exercise: exhale while exerting/lifting and inhale while returning to the starting position in a slow and controlled manner.

1. Read all caution and warning stickers before using this equipment.
2. Before using, inspect the equipment for loose, frayed, or worn parts. If in doubt, do not use the equipment until the parts have been replaced.
3. Any clips must be secured completely before using this equipment.
4. keep unsupervised children away from the equipment.
5. Prior to beginning any exercise program it is suggested to have a complete physical examination and obtain your doctors's approval of your conditioning programme.
6. We recommend that you always exercise with a partner or someone who can assist you, should the weight become too heavy for you to lift on your own.
7. Injuries to health may result from incorrect or excessive training.

Always warm up your muscles before exercising. Easy stretching (without bouncing) and light calisthenics, for several minutes, are recommended to prepare your body.

Seated Bench Press

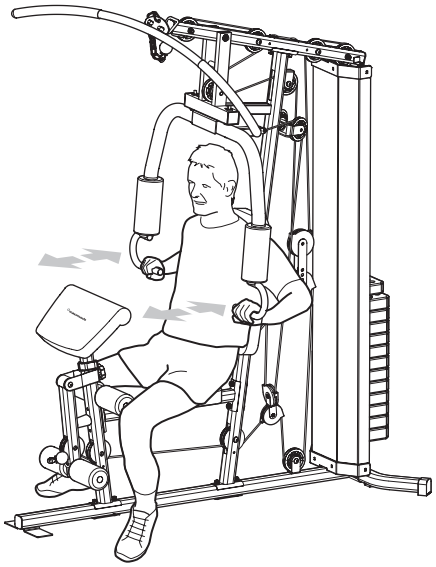
Developing the Pectoralis

Select the desired weight. Sit facing away from the equipment with your back against back pad. Grasp Front press handles. Push Front press handles away from your body to full extension. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Pectoral Fly

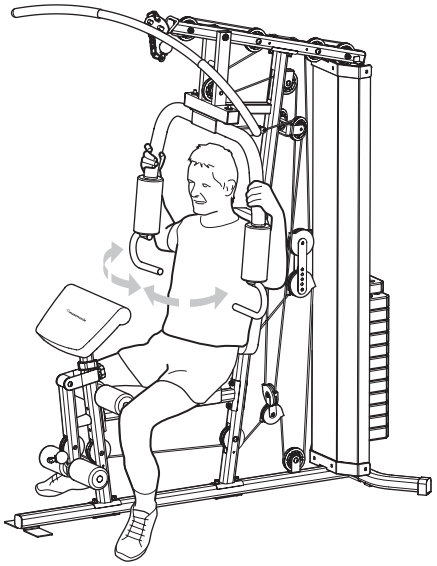
Developing the Pectoralis

Select the desired weight. Sit facing away from the equipment with your back against back pad. Place forearms on fly pads. Rotate your arms forward as far as possible, by contracting from your chest. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Home Gym Exercise Guide

High Pulley Ab Crunch

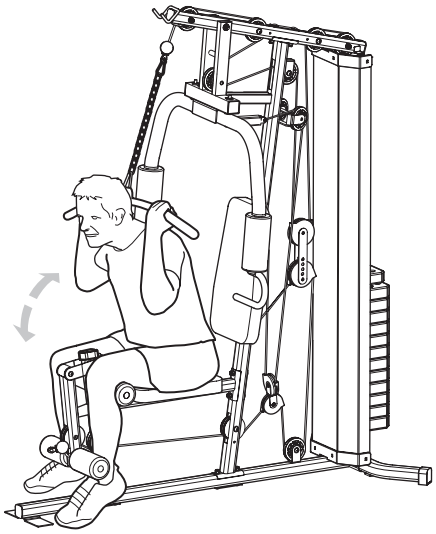
Developing the Abs / Core

Select the desired weight. Attach ‘Lat bar’ to Upper pulley. Sit facing away from the equipment, locking your legs into Foam rolls for support. Grasp ‘Lat bar’ using a narrow grip with Lat bar behind your head. Holding position steady, lean your torso forward and pull-in with your abs. Avoid over-stretching your back and keep the tension in your abs. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Front Deltoid Raise

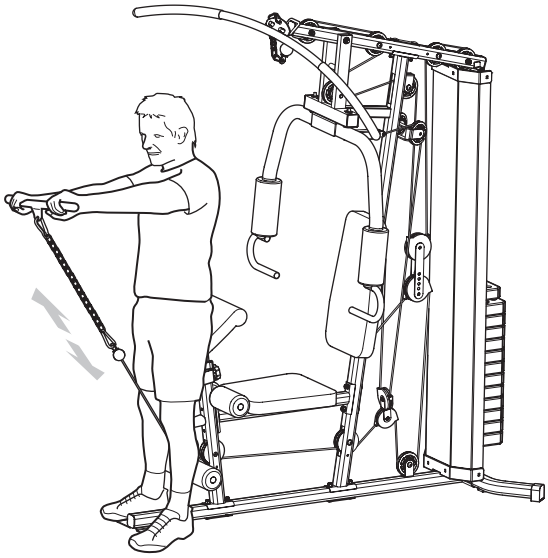
Developing the Front Deltoids

Select the desired weight. Attach ‘Pull bar’ and chain to Lower pulley using Clip hooks. Stand over lower pulley, positioning feet on front foot plate. Grasp ‘Pull bar’ with palms facing down and begin exercising with arms extended below waist. With arms slightly bent, raise bar up and out in front of your body to shoulder level. Ensure that your clothing does not become entangled as the chain and pulley move back and forth. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 20 Reps with light weights

Advanced: 20 Reps / 2-4 sets with gradually increasing weights



Seated Leg Extension

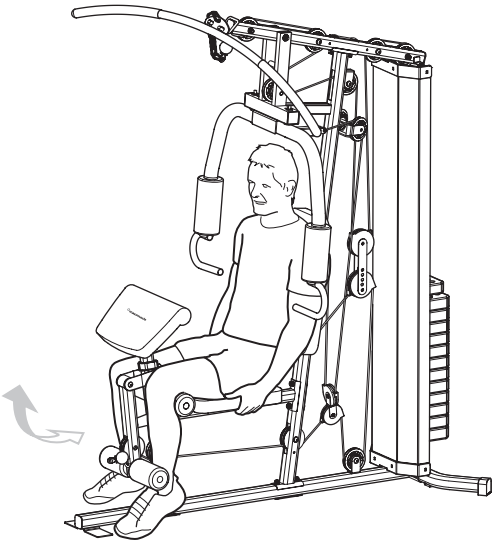
Developing the Quadriceps

Select the desired weight. Position back of your knees on top of Foam rolls. Position top of your ankles against lower Foam rolls. Extend your legs forward, pivoting from the knees, to full extension. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Home Gym Exercise Guide

Inner Leg Kick

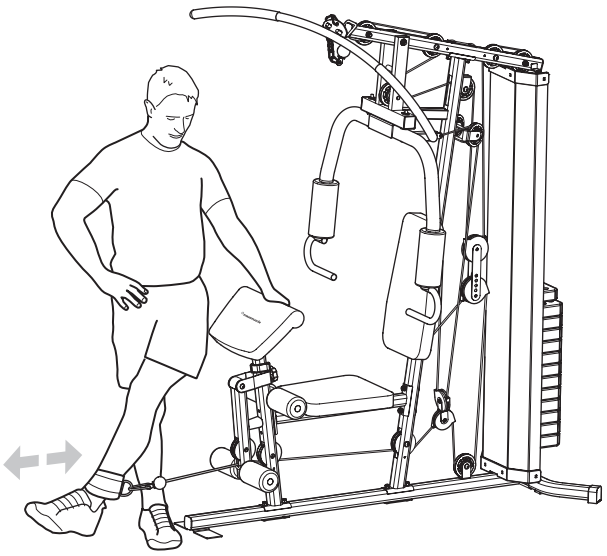
Developing the Inner Thigh

Select the desired weight. Wrap ‘Ankle strap’ around leg to be exercised. Attach Ankle strap to Lower pulley using Clip hooks. Stand beside Lower pulley, feet shoulder width apart and leg to be exercised, next to pulley. Kick towards front of leg not being exercised, pivoting only from the hip. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 20 Reps with light weights

Advanced: 20 Reps / 2-4 sets with gradually increasing weights



Leg Curl

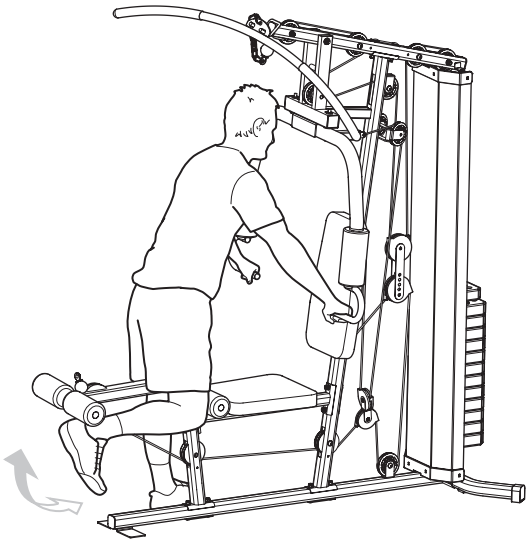
Developing the Hamstrings

You may wish to remove the preacher pad before performing this exercise. Select the desired weight. Stand facing the equipment and position either knee slightly below the top Foam rolls. Place back of your ankle behind the outer Foam rolls. Curl your leg upward towards your buttocks. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 20 Reps with light weights

Advanced: 20 Reps / 2-4 sets with gradually increasing weights



Outer Leg Kick

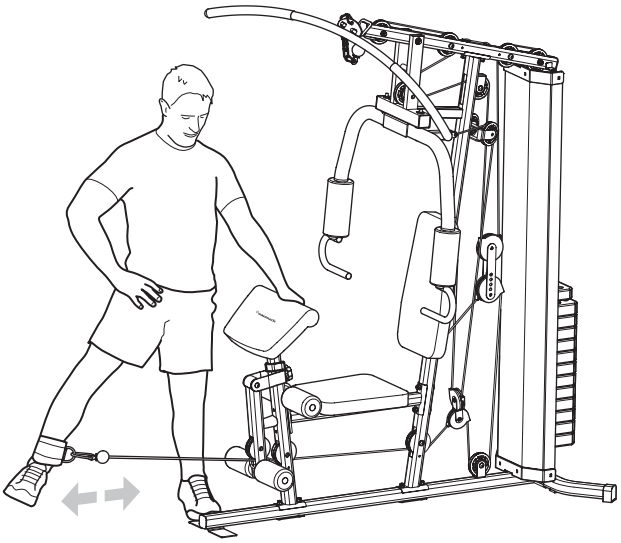
Developing the Outer Thigh

Select the desired weight. Wrap ‘Ankle strap’ around leg to be exercised. Attach Ankle strap to Lower pulley using Clip hooks. Stand beside Lower pulley, placing leg to be exercised (the outer leg), slightly in front of the other. Kick leg out to your side, pivoting only from the hip. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

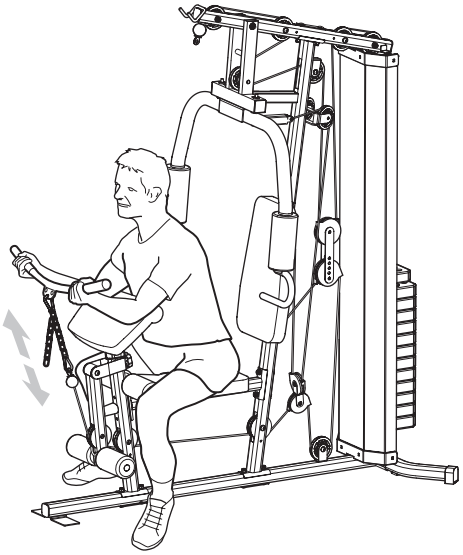
Intermediate: 20 Reps with light weights

Advanced: 20 Reps / 2-4 sets with gradually increasing weights



Home Gym Exercise Guide

Seated Preacher Curl



Developing the Biceps

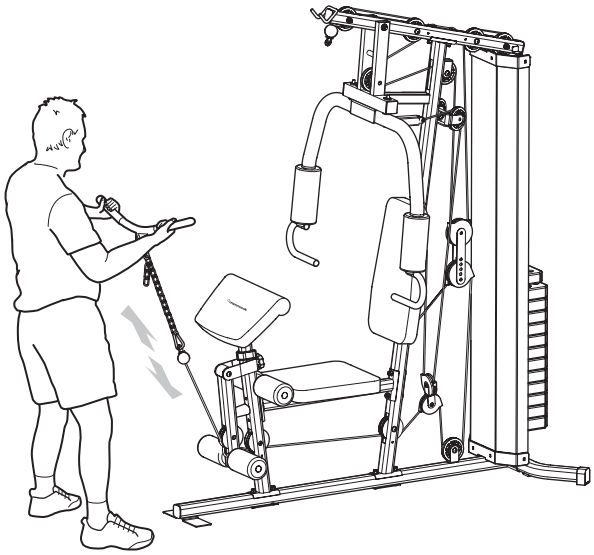
Select the desired weight. Adjust Preacher pad to desired height. Attach 'Pull bar' and chain to Lower pulley using Clip hooks. Position upper arms on Preacher pad. Grasp Pull bar with palms facing up. Curl bar upwards by pivoting from the elbow. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights

Standing Biceps Curl



Developing the Biceps

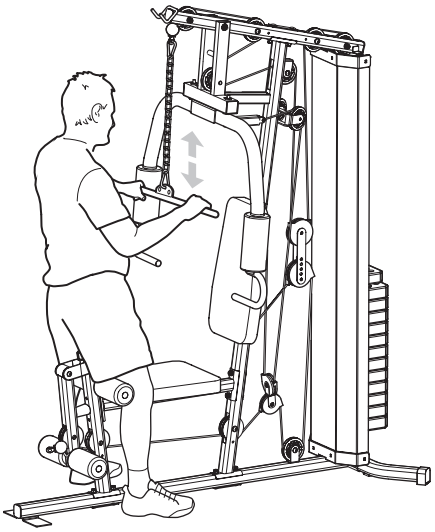
Select the desired weight. Attach 'Pull bar' and chain to Lower pulley using Clip hooks. Stand over the lower pulley positioning feet on front foot plate. Grasp 'Pull bar' with palms facing up. With elbows at your side and arms fully extended, curl Pull bar upwards by pivoting from the elbows. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 20 Reps with light weights

Advanced: 20 Reps / 2-4 sets with gradually increasing weights

Tricep Push-Down



Developing the Triceps

You may wish to remove the preacher pad before performing this exercise. Select the desired weight. Attach 'Lat bar' and chain to Upper pulley using Clip hooks. Stand facing the equipment. Grasp 'Lat bar' with hands shoulder width apart. Keep elbows at your side when pushing the bar down and completing a full extension. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 20 Reps with light weights

Advanced: 20 Reps / 2-4 sets with gradually increasing weights

Home Gym Exercise Guide

Upright Row

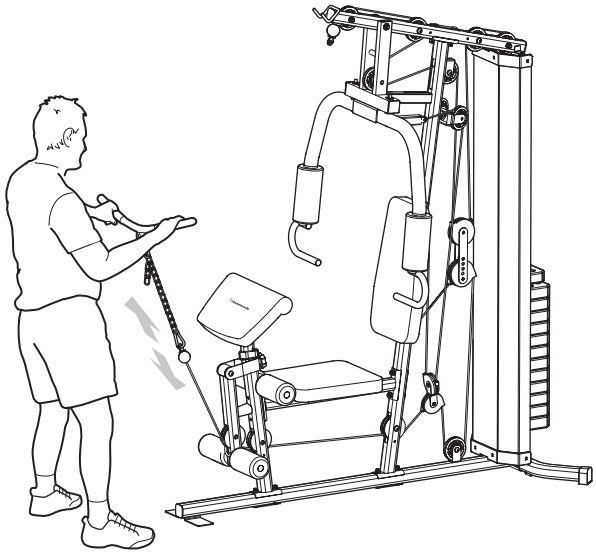
Developing the Deltoids / Trapezius

Select the desired weight. Attach ‘Pull bar’ and chain to Upper pulley using Clip hooks. Stand over the lower pulley, positioning feet on the front foot plate. Grasp ‘Pull bar’ with both hands and begin exercise with arms extended below the waist. Pull ‘pull bar’ upward to your upper chest. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Wide Lat Pull Down

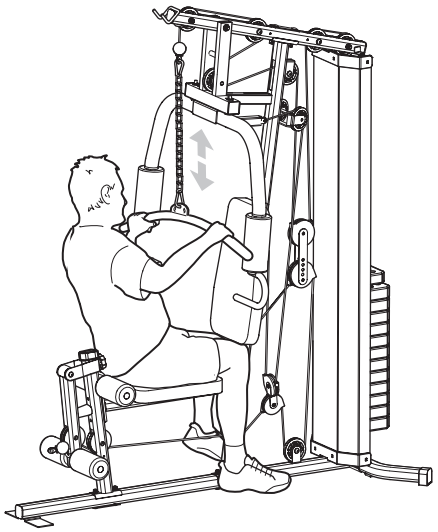
Developing the Latissimus Dorsi

You may wish to remove the preacher pad before performing this exercise. Select the desired weight. Attach ‘Lat bar’ and chain to Upper pulley using Clip hooks. Sit facing the equipment with knees under seat back for support. Grasp ‘Lat bar’ at the extreme ends. Pull Lat bar down towards your upper chest. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 20 Reps with light weights

Advanced: 20 Reps / 2-4 sets with gradually increasing weights



Lateral Deltoid Raise

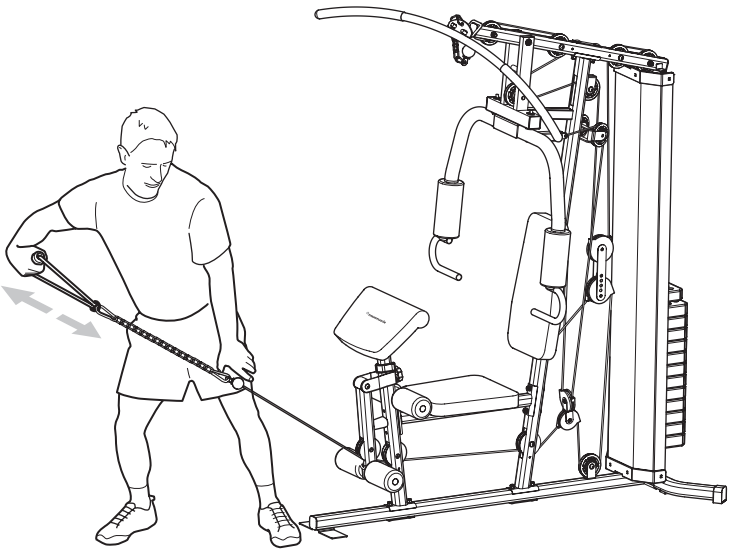
Developing the Side Deltoids

Select the desired weight. Attach ‘Single strap’ and chain to Lower pulley using Clip hooks. Bend at waist and position the side of your body near the lower pulley. Using the arm furthest away from the pulley, grasp ‘Single strap’ with palm facing up. With elbow slightly bent, pull strap away from the pulley and across the front of your body in a sweeping motion. Return to the start position in a slow and controlled manner and repeat the exercise with other arm.

Beginners: 10 Reps with light weights

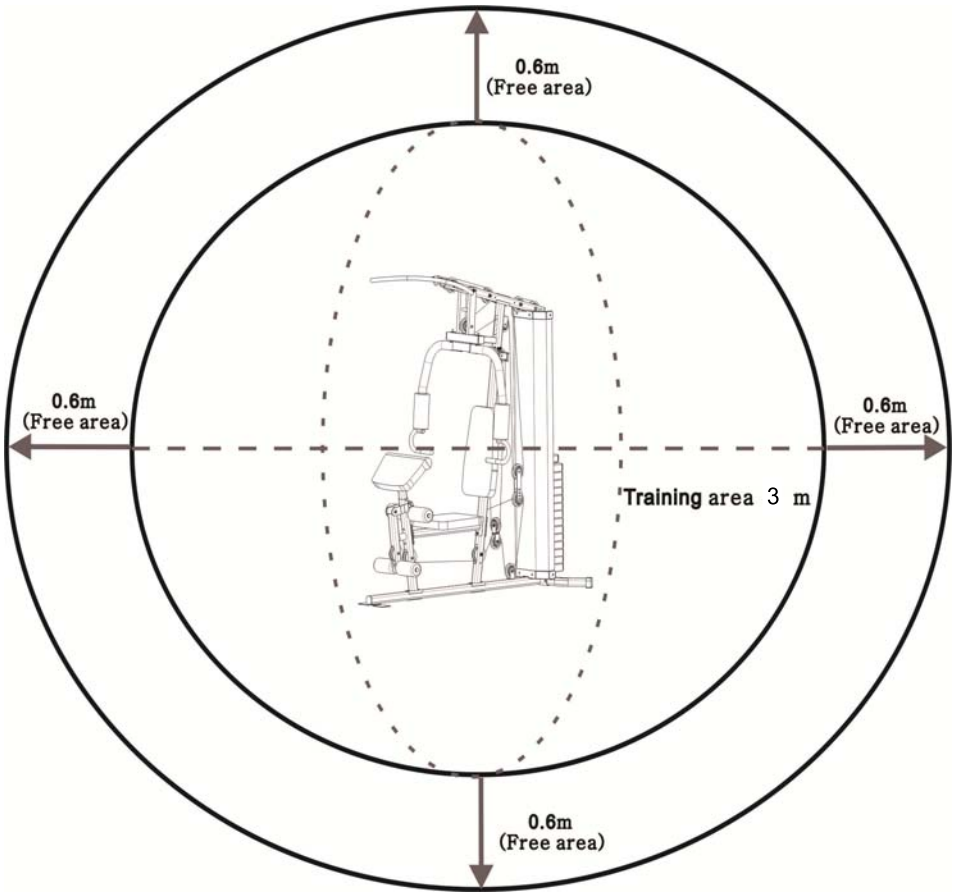
Intermediate: 20 Reps with light weights

Advanced: 20 Reps / 2-4 sets with gradually increasing weights



Free area and training area

The free area shall be not less than 0.6m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared.



Care and Maintenance

1. Examine the equipment periodically in order to detect any damage or wear which may have been produced.

The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points.

2. Lubricate moving parts with light oil periodically to prevent premature wear.

3. Inspect and tighten all parts before using the equipment, Replace defective components immediately and/or keep the equipment out of use until repair.

Special attention to components most susceptible to wear.

4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent.

Do not use solvents.

5. Do not attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer, their approved service agent or the **Customer Helpline: 0345 604 0105**.

http://www.argoshelpdesk.co.uk

Guarantee:

For guarantee purposes, please retain your purchase receipt.

Exploded Parts List

Part	Description	Qty.	Part	Description	Qty.
1	Upper frame	1	30	Double foating pulley bracket	2
2	Vertical frame	1	31	Rear stabilizer end cap	2
3	Base frame	1	32	Weight select pin	1
4	Rear stabilizer	1	33	Chain	1
5	Leg developer holder	1	34	Clip hook	2
6	Seat support	1	35	Select plate	1
7	Leg developer	1	36	Weight plate	14
8	Front press base	1	37	25mm Bushing	2
9	Right butterfy	1	38	Long axle	1
10	Left butterfy	1	39	Pull bar	1
11	Front press handle	2	40	50mm End cap	2
12	Butterfy cable bracket	2	41	61mm Rubber bumper	2
13	Preacher pad stand	1	42	Pulley	16
14	Swivel pulley bracket	2	43	22mm Pulley bushing	14
15	Angled double pulley bracket	1	44	44mm x 55mm Rubber bumper	7
16	weight stack cover	1	45	37mm Rubber bumper	1
17	Guide rod	2	46	Butterfy lock pin	2
18	Lat bar	1	47	Ankle strap	1
19	Select rod	1	48	3100mm Upper Cable	1
20	120mm Bracket	4	49	2330mm Butterfy Cable	1
21	Rear U-shaped bracket	1	50	3400mm Lower Cable	1
22	Lock knob	1	51	25mm Dome end cap	1
23	Foam roll tube	2	52	50mm Big R end cap	4
24	Backrest pad	1	53	50mm End cap	2
25	Seat pad	1	54	25mm End cap	4
26	Preacher pad	1	55	Front press handle grip	4
27	48mm Foam roll	2	56	460mm handle grip	2
28	22mm Foam roll	4	57	Single strap	1
29	Weight stack cover bracket	2	58	50mm x 170mm Non slip sheet	1

Exploded Parts List

59	50mm x 25mm End cap	2	73	Φ10 Washer	52
60	50mm Bushing	2	74	Φ8 Washer	8
61	Pulley cover	8	75	Φ6 Washer x 10	10
62	57mm Axle	1	76	25mm washer	4
63	M10 x 70mm Carriage bolt	10	77	M10 Lock nut	39
64	M10 x 65mm Allen bolt	9	78	M6 Lock nut	2
65	M10 x 65mm Allen bolt	2	79	10mm Phillips screw	2
66	M10 x50mm Allen bolt	2	80	M10 x 90mm Allen bolt	2
67	M10 x 45mm Allen bolt	8	81	M10 x 140mm Allen bolt	1
68	M10 x 25mm Allen bolt	9	82	Plastic spacer	2
69	M8 x 70mm Allen bolt	2	83	50mm x 45mm Sleeve	1
70	M8 x 16mm Allen bolt	6	84	25mm Sleeve	2
71	M6 x 16mm [55.00]Allen bolt	8	85	Foam end cap	4

Guarantee

Product Guarantee

This product is guaranteed against manufacturing defects for a period of



Year

This product is guaranteed for twelve months from the date of original purchase. Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will be rendered invalided if the product is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal rights.
- In the event of a problem with the product with in the guarantee period call the **Customer Helpline: 0345 604 0105**.
  http://www.argoshelpdesk.co.uk

Guarantor: Argos Ltd
489 - 499 Avebury Boulevard
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MK9 2NW