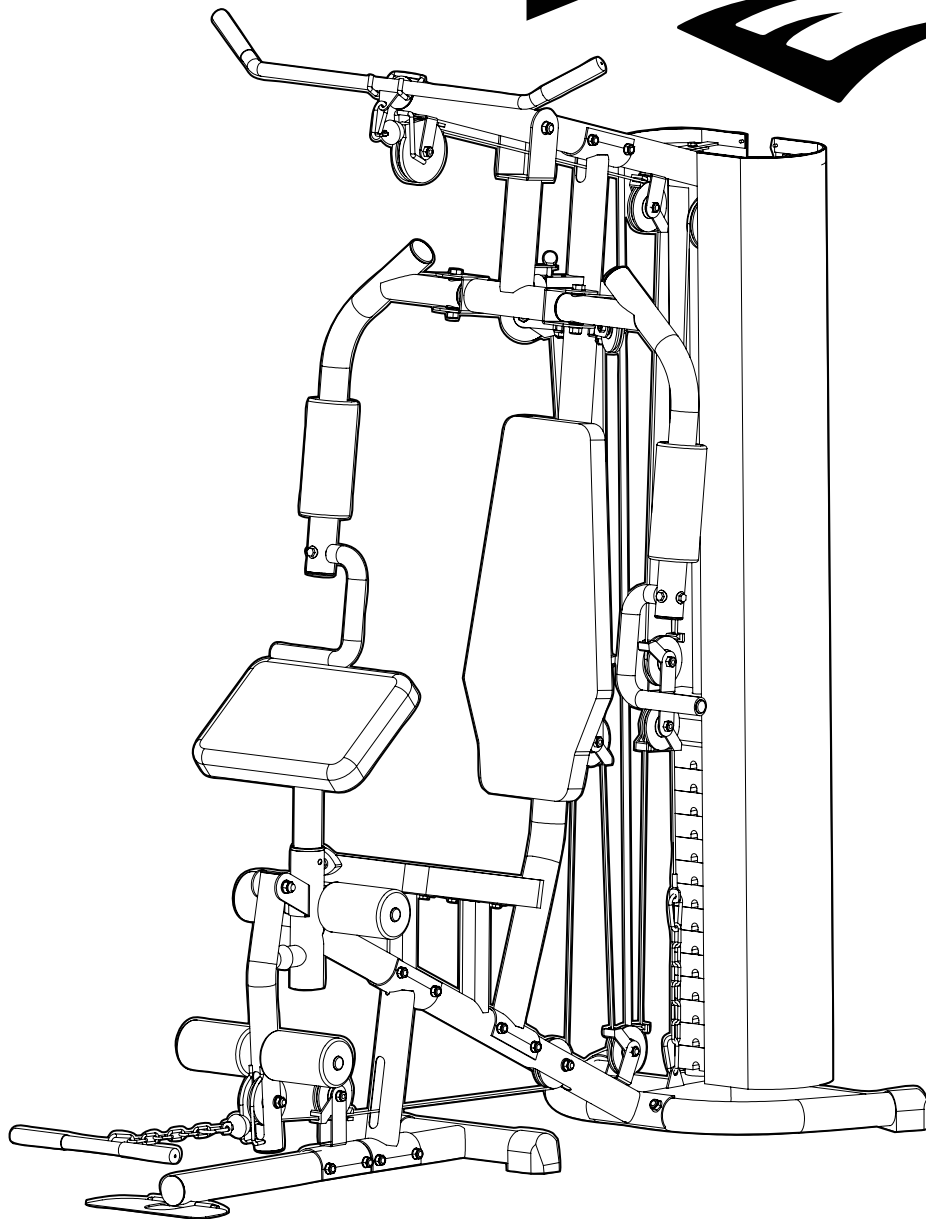


EV1000 Home Gym

Assembly & User Instructions - Please keep for future reference

3239854



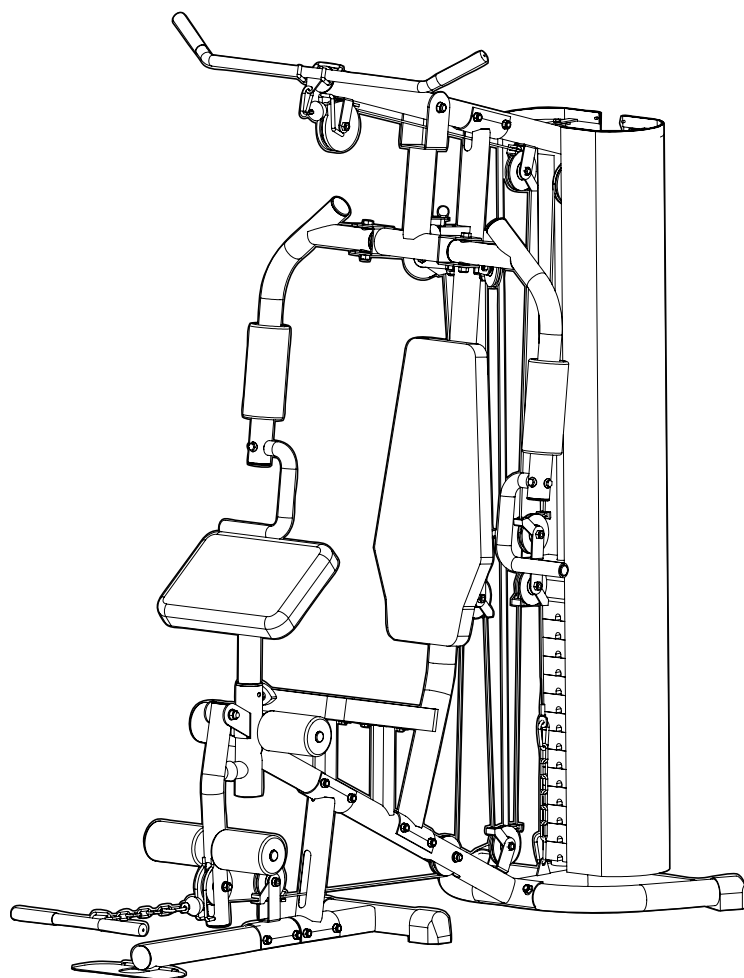
Important – Please read these instructions fully before assembly or use

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 600 1714** or visit **www.argoshelpdesk.co.uk**

Contents

Safety Information	2
Components - Parts	3
Components - Fixings	4
Assembly Instructions	6-17
Exercising Information	18-21
Before starting to exercise	18
Muscle chart	19
Warming up and cooling down exercises	20
Exercise Chart	22-23
Care and Maintenance	24
Exploded Parts Diagram	25
Exploded Diagram Parts List	26
Guarantee	27



Safety Information



Important – Please read fully before assembly or use

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Everlast Home Gym. In particular, note the following safety precautions:

Assembly

- Check you have all the components and tools listed, bearing in mind that, for ease of assembly, some components are pre-assembled.
- 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.
- Assemble the item as close to its final position (in the same room) as possible.
- Position the equipment on a clear, level surface.
- Dispose of all packaging carefully and responsibly.

Using

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only. **Do not** use in any commercial, rental, or institutional setting.
- Before using the equipment to exercise, always do stretching exercises to properly warm up.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**

- 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 loose or baggy clothing, since it may get caught in the equipment. Wear athletic shoes to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- This product is suitable for user's weight of: **100kgs.**
- This product conforms to: BS EN ISO 20957-1 & EN957-2 class (H) - Home Use - Class (C).
- This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.



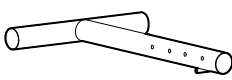
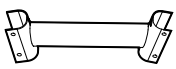
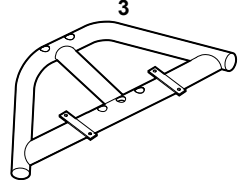
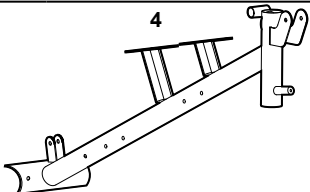
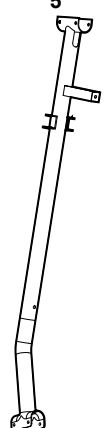
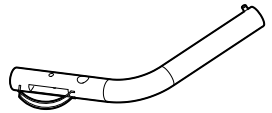
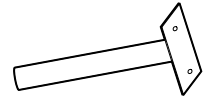
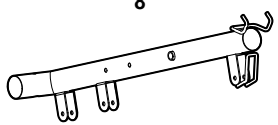
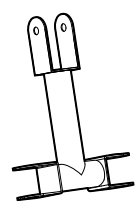
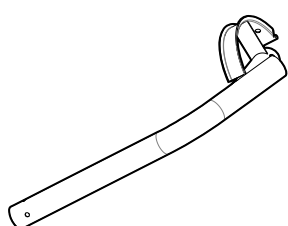
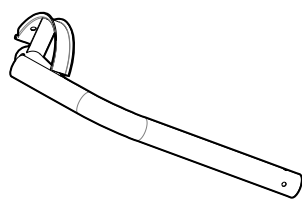

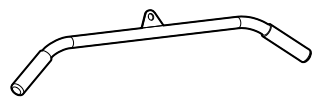

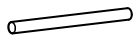


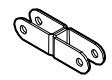



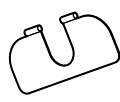
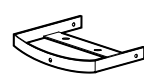
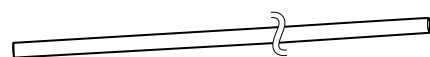


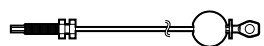
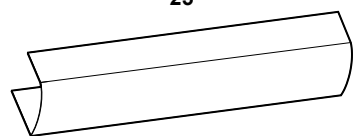
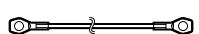
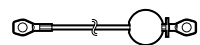
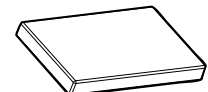
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. PureFitness and its associates assumes no responsibility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

Components - Parts

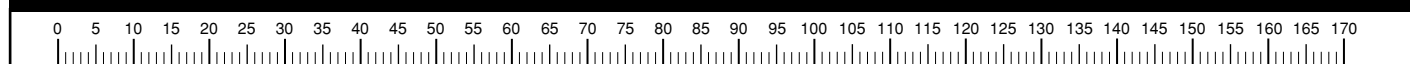
If you have damaged or missing components,
call the **Customer Helpline: 0345 600 1714**
or visit **www.argoshelpdesk.co.uk**

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.

 Front Base Frame x 1	 Seat Support x 1	 Rear Base Frame x 1	 Seat Support Tube x 1
 Upright Support Tube x 1	 Leg Extension Tube x 1	 Arm Curl Tube x 1	 Top Beam x 1
	 Press Bar x 1	 Butterfly Arm (Left Side) x 1	 Butterfly Arm (Right Side) x 1
 Handle Bar x 2	 Lat Bar x 1	 Lower Bar x 1	 Foam Tube x 2
 Bracket for Backrest x 2	 Single Pulley x 2	 Pulley U x 1	 Reverse U x 1
 Selection Rod x 1	 Pulley Bracket x a	 Stepper x 1	 Shroud Bracket x 4
 Weight Guide Rod x 2	 Top Weight Plate x 1	 Weight Plate x 14	 Upper Cable x 1
 Shroud x 2	 Butterfly Cable x 1	 Lower Cable x 1	 Arm Curl Cushion x 1

Ruler - Use this ruler to help correctly identify the hardware



Note: Cut out this page to help fixing identification during assembly.

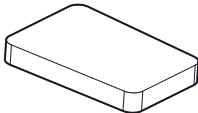
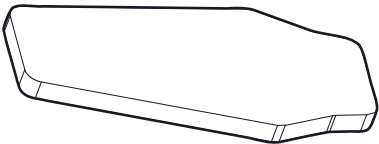
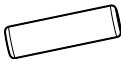

















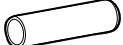



















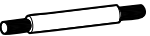














Components - Fixings



Please check you have all the fixings 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.

32  Seat Cushion x 1		33  Backrest Cushion x 1		34  Big Foam x 2		35  Foam x 4
36  Handle Foam x 2	37  Pulley (Small) x 2	38  Pulley (Big) x 1	39  Pulley x 10	40  Plastic Bushing (Small) x 2	41  Plastic Bushing x 2	42  Rubber x 2
43  ø50.8 Cap x 8	44  ø60 Cap x 4	45  ø25.4 Cap x 6	46  Taper Cap x 1	47  Bushing x 1	48  Bushing x 1	49  Rubber Ring x 2
50  Out Side Cap x 4		51  Pulley Hook x 18		52  Handle Grip x 4		53  Chain x 2
54  Knob x 1		55  Hook x 5		56  M10x80mm Pin x 1	57  M10x70mm Pin x 1	58  Selection Pin x 1
59  Stepper Pin x 1		60  M8x10mm Hex Bolt x 8		61  M8x15mm Hex Bolt x 10	62  M8x20mm Hex Bolt x 12	63  M10x40mm Hex Bolt x 1
64  M10x45mm Hex Bolt x 10		65  M10x60mm Hex Bolt x 2		66  M10x70mm Hex Bolt x 1	67  M10x75mm Hex Bolt x 1	68  M10x70mm Carriage Bolt x 2
69  M10x80mm Hex Bolt x 10		70  M12x75mm Hex Bolt x 1		71  M12x80mm Hex Bolt x 2	72  Axle x 1	73  ø16 Oil Bushing (Big) x 2
74  ø12 Oil Bushing x 4		75  M8 Arc Washer x 10		76  M10 Arc Washer x 4	77  M12 Washer x 8	78  M8 Washer x 22
79  M10 Washer x 50		80  Selection Rod Washer x 1		81  Selection Rod Pin x 1	82  M8 Nylon Nut x 2	83  M10 Nylon Nut x 29
84  M12 Nylon Nut x 5						

Ruler - Use this ruler to help correctly identify the hardware



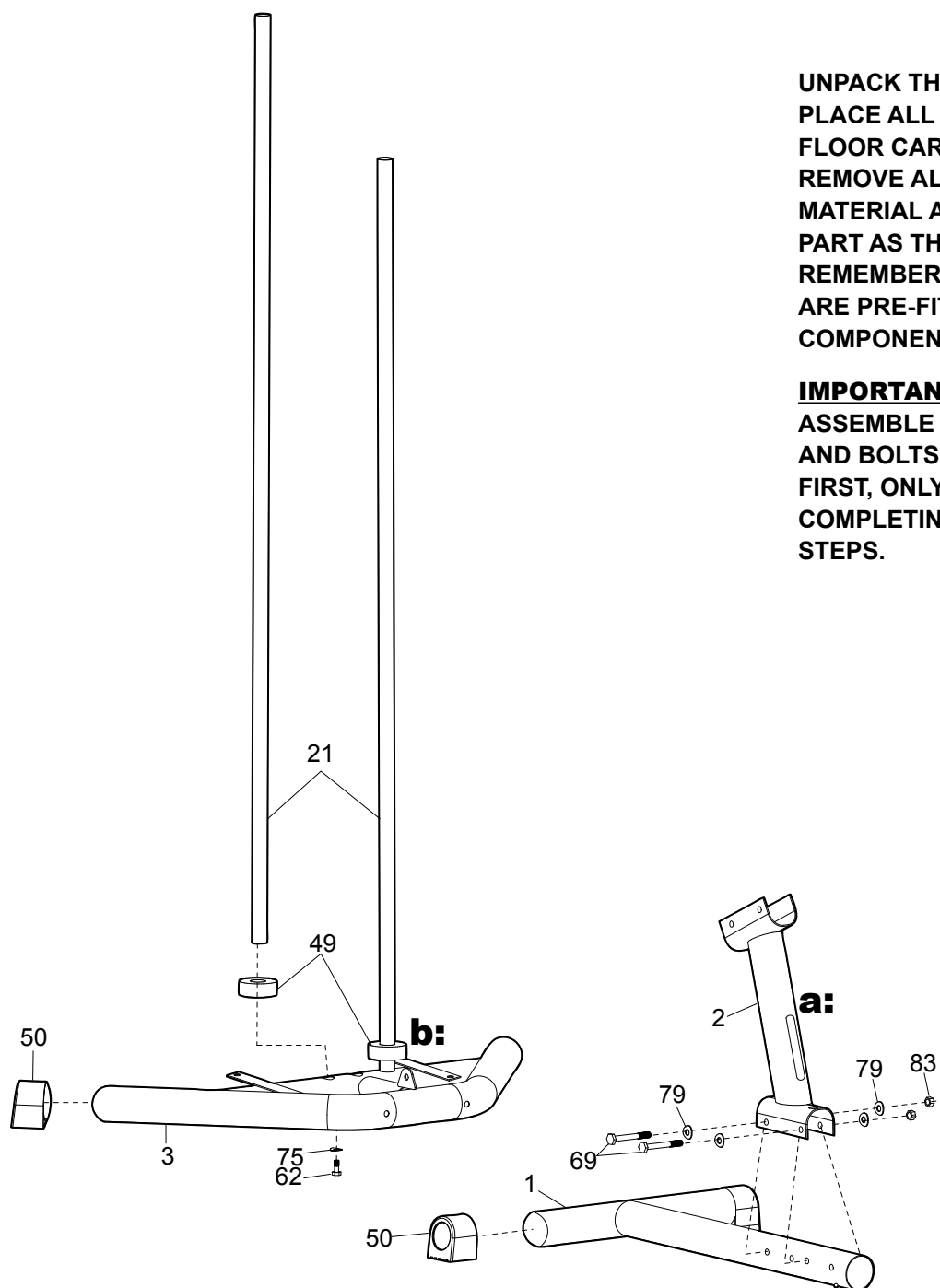
Note: Cut out this page to help fixing identification during assembly.

Assembly Instructions



UNPACK THE CARTON AND
PLACE ALL PARTS ON THE
FLOOR CAREFULLY
REMOVE ALL PACKING
MATERIAL AND CHECK EACH
PART AS THE MANUAL FIRST,
REMEMBER SOME PARTS
ARE PRE-FITTED TO LARGER
COMPONENTS.

IMPORTANT
ASSEMBLE WITH ALL NUTS
AND BOLTS LOOSE AT
FIRST, ONLY TIGHTEN AFTER
COMPLETING ALL ASSEMBLY
STEPS.



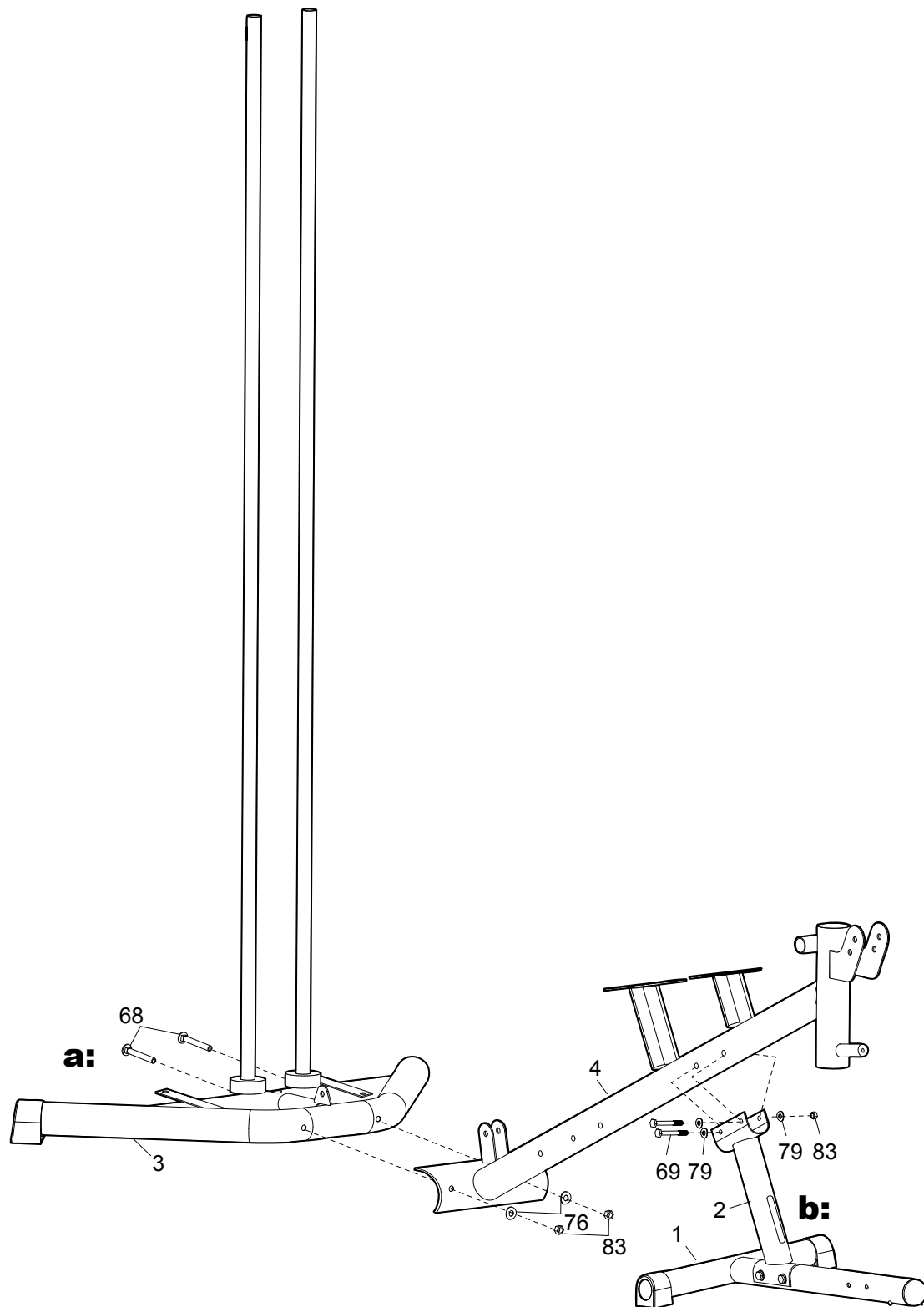
Step 1

a: Put the Outer Side Cap (50) onto the Front Base Frame (1) and Rear Base Frame (3) carefully. Attach the Seat Support (2) to the Front Base Frame (1) using 2pcs x Hex Bolt (69), 4pcs x Washer (79) and 2pcs x Nylon Nut (83).

b: Attach 2pcs x Weight Guide Rod (21) into the Rear Base Frame (3) using 2 sets x Hex Bolt (62) and Arc Washer (75). Slide each the Rubber Ring (49) onto each Weight Guide Rod (21).

Remove 2 sets of Hex Bolt (62) and Arc Washer (75) from one side of Weight Guide Rod (21).

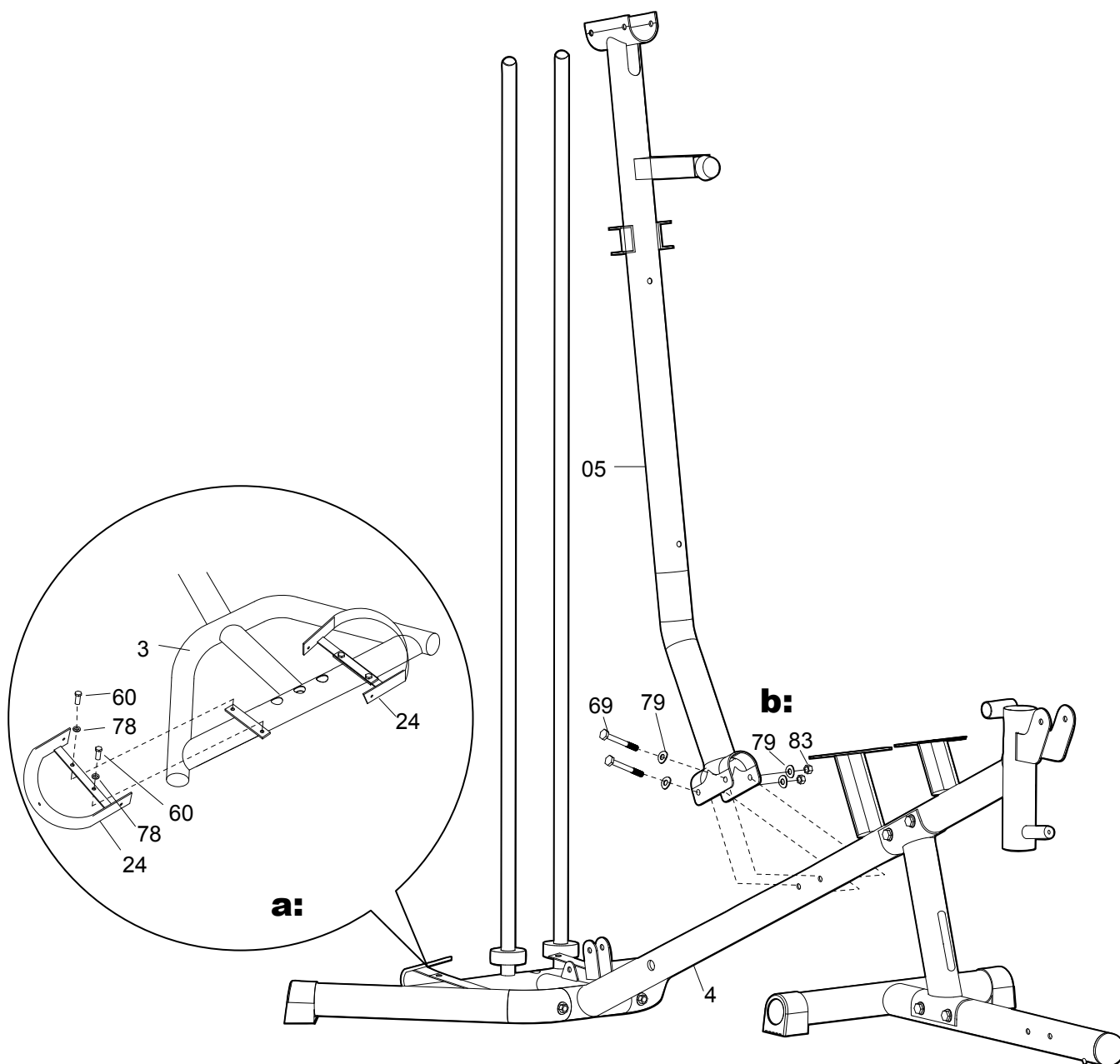
Assembly Instructions



Step 2

a: Attach the Seat Support Frame (4) to the Rear Base Frame (3) using 2 sets x Carriage Bolt (68), Arc Washer (76) and Nylon Nut (83).

b: Attach the Seat Support Frame (4) to the Seat Support (2) using 2 sets x Hex Bolt (69), Arc Washer (79) and Nylon Nut (83).

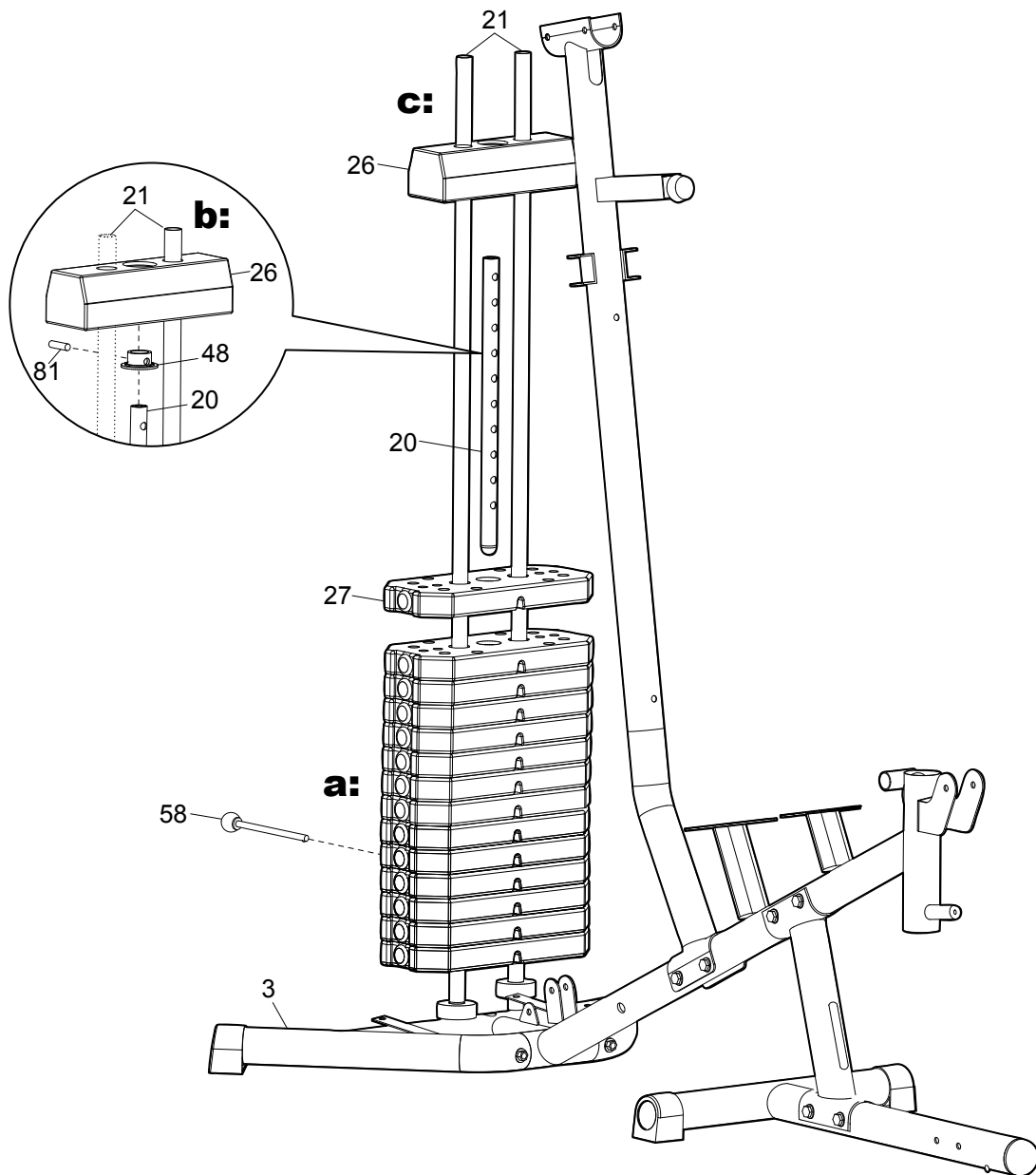


Step 3

a: Attach 2pcs x Shroud Bracket (24) onto the Rear Base Frame (3) using 4 sets x Bolt (60) and Washer (78).

b: Attach the Upright Support Tube (5) onto the Seat Tube (4) using 2pcs x Hex Bolt (69), 4pcs x Washer (79) and 2pcs x Nylon Nut (83).

Assembly Instructions



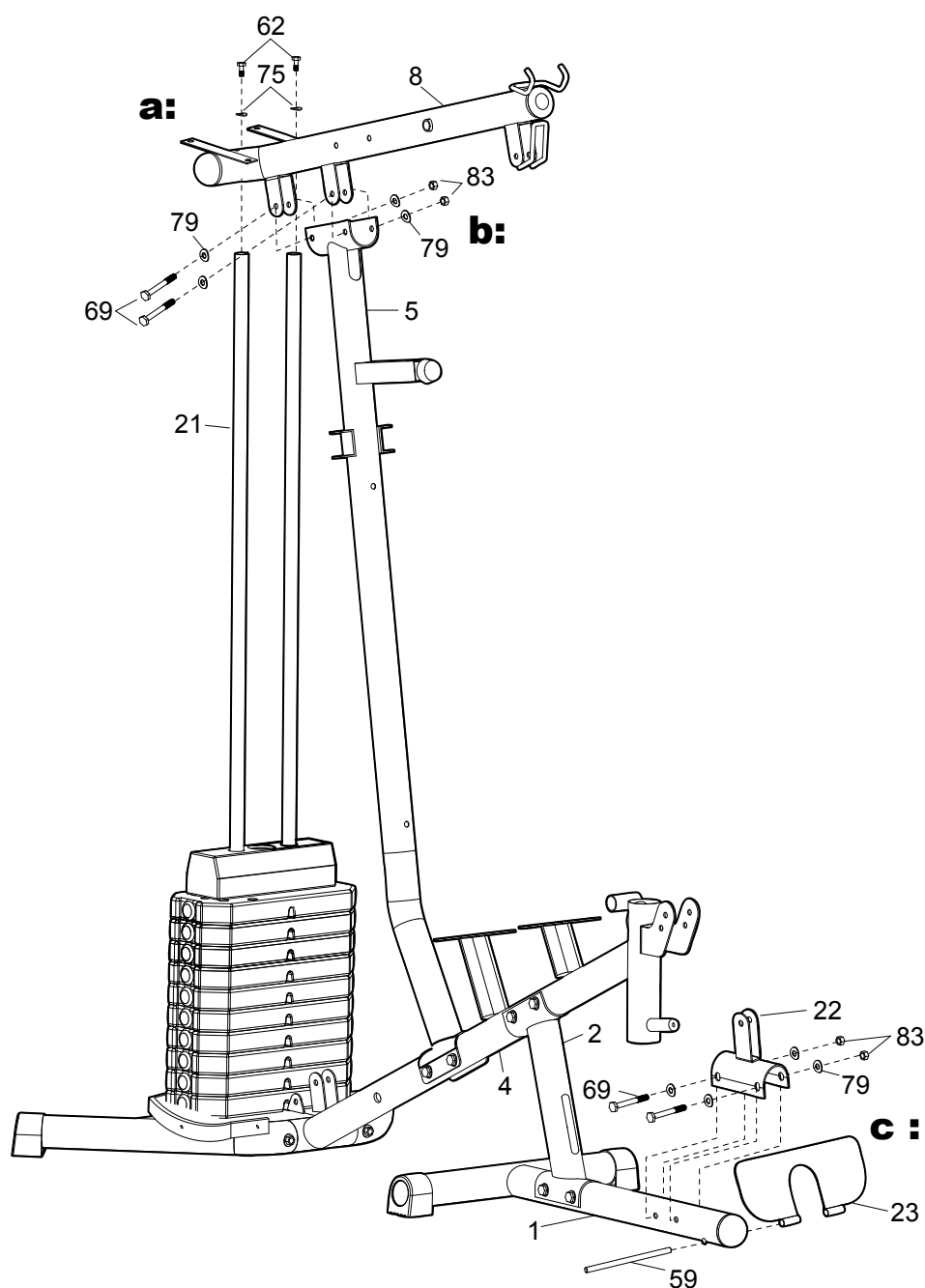
Step 4

a: Slide the 14pcs x Weight Plate (27) onto the Weight Rod (21).

b: Slide the Selection Rod Bushing (48) in line with the Top Hole of the Selection Rod (20) fix using the Selection Rod Pin (81).

c: Insert the Selection Rod (20) into the middle hold of the Weight Plate (27).

Slide the Top Weight Plate (26) onto the Weight Guide Rod (21). Use the Weight Stack Pin (58) to select the desired weight.



Step 5

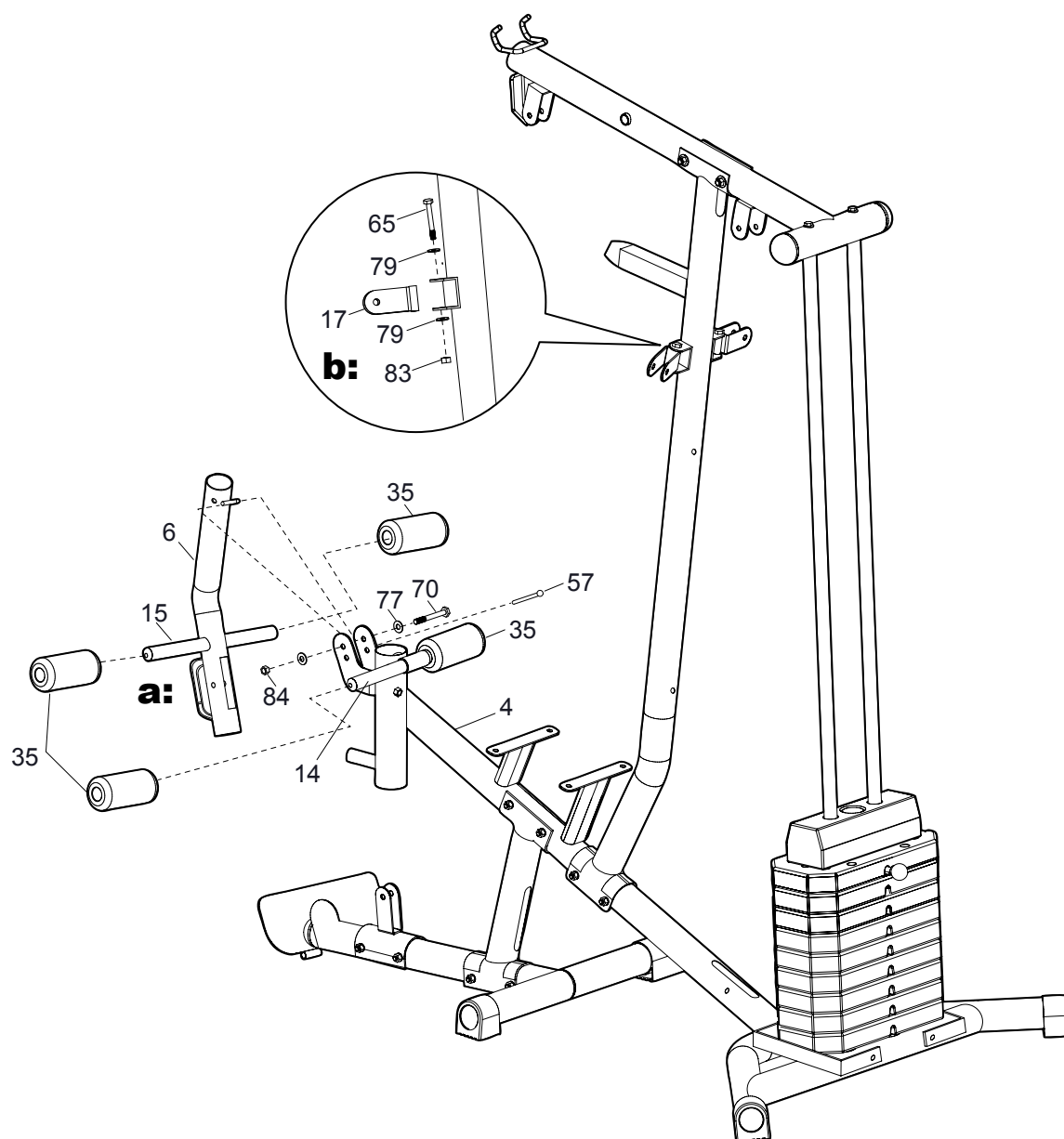
Remove 2 sets of Hex Bolt (62) and Arc Washer (75) from Weight Guide Rod (21).

a: Attach the Weight Guide Rod (21) into the Top Beam (8) using 2pcs x Hex Bolt (62) and Arc Washer (75).

b: Attach the Top Beam (8) to the Upright Support Tube (5) using 2pcs x Hex Bolt (69) 4pcs x Washer (79) and 2pcs x Nylon Nut (83).

c: Attach the Pulley Bracket (22) to the Front Base Frame (1) using 2 x Hex Bolt (69), 4pcs x Washer and 2pcs x Nylon Nut (83). Attach the Stepper (23) to the Front Base Frame (1) fix the Stepper Pin (59).

Assembly Instructions

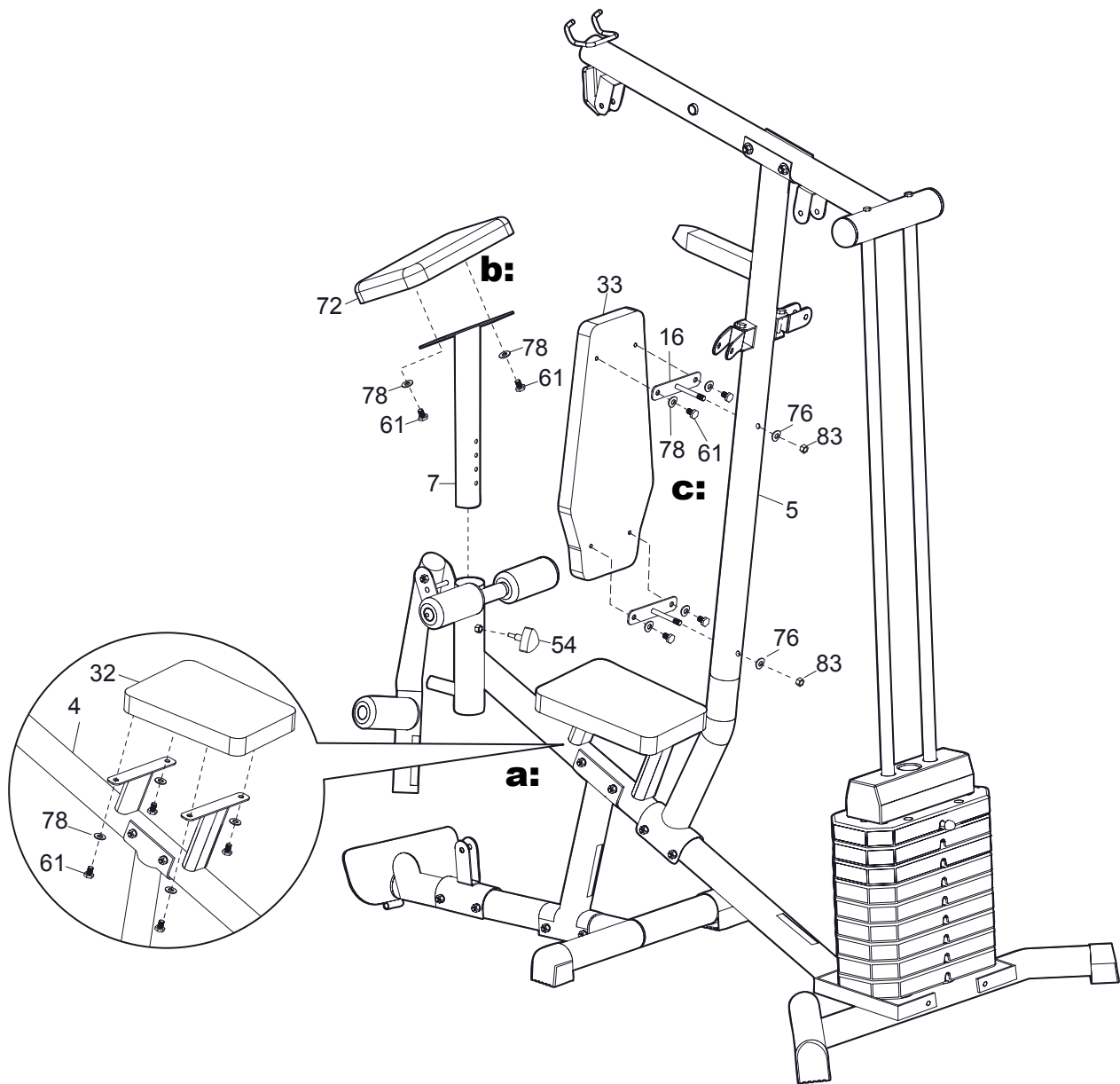


Step 6

a: Attach the Leg Extension Tube (6) to the Seat Support Tube (4) using the one Hex Bolt (70), 2pcs x Washer (77) and one Nylon Nut (84) and insert Pin (57).

Slide the Foam Tube (15) to the Seat Support Tube (4) and Leg extension Tube (6). Slide 4pcs Foam Rollers (35) onto the Foam Tube (15).

b: Attach the Single Pulley (17) to the Upright Support Tube (5) using one Hex Bolt (65), 2pcs x Washer (79) and one Nylon Nut (83).



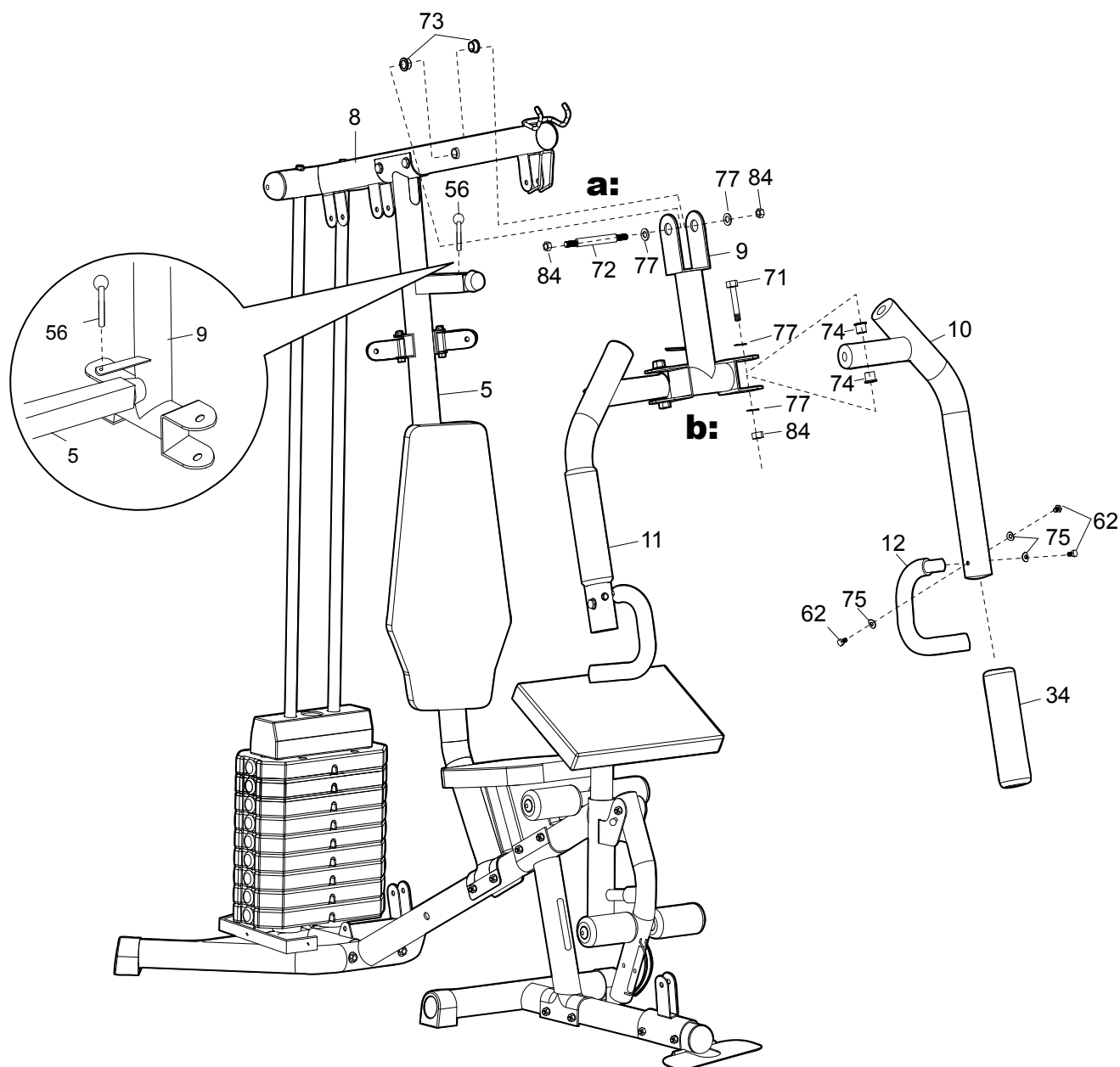
Step 7

a: Attach the Seat Cushion (32) to the Set Support Tube (4) using 2 sets x Hex Bolt (61) and Washer (78).

b: Attach the Arm Curl Cushion (7) to the Arm Curl Tube (7) using 2pcs x Hex Bolt (61) and Washer (78). Insert Arm Curl Tube (7) into the Seat Support Tube (4) fix the Knob (54).

c: Attach the Bracket for Backrest (16) to the Backrest Cushion (33) using 4 sets x Hex Bolt (61) and Washer (78). Attach the Bracket for Backrest (16) to the Upright Support Tube (5) using the 2 sets x Arc Washer (76) and Nylon Nut (83).

Assembly Instructions



Step 8

2pcs x Big Oil Bushing (73) have been assembled on the Top Beam (8). 4pcs x Oil Bushing (74) have been assembled on the Left and Right Butterfly Arm (10 and 11).

Cut the belts from the Top Beam (8) first.

a: Attach the Press Bar (9) to the Top Beam (8) using the Axle (72), 2

sets x Washer (77) and Nylon Nut (84).

Insert the Pin (56) into the hole of the Press Bar (9).

Cut the belts from the Left and Right Butterfly Arm (10 and 11) first.

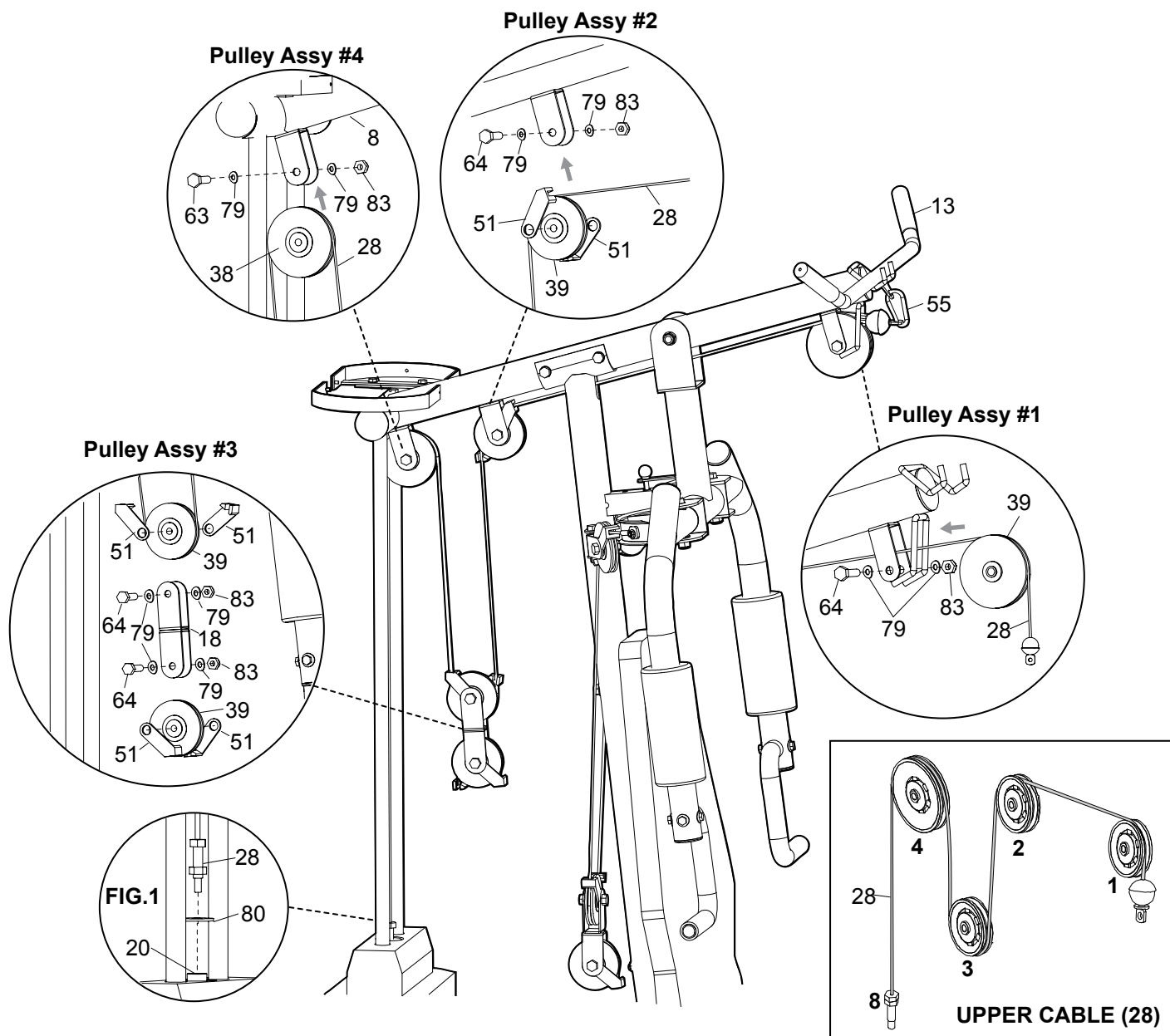
b: Attach the Left and Right Butterfly Arm (10 and 11) to the

Press Bar (9) using one Hex Bolt (71), 2pcs x Washer (77) and one Nylon Nut (84) on each side. Slide the Big Foam (34) to the Left and Right Butterfly Arm (10 and 11) Attach the Handle Bar (12) to the Left and Right Butterfly Arm (10 and 11) using 6 sets Hex Bolt (62) and Washer (75).

Assembly Upper Cable (28)

- a. With the Upper Cable (28) in groove of Pulley through the Top Beam (8).
- b. Install Pulley NO1 (39) to the Top Beam (8) using 1pc Hex Bolt (64), 2pcs Washer (79) and 1pc Nylon Nut (83).
- c. Install Pulley NO2 (39) and 2pcs x Pulley Hook (51) to the Top Beam (8) using 1pc Hex Bolt (64), 2pcs Washer (79) and 1pc Nylon Nut (83).
- d. Install Pulley NO3 (39) and 2pcs x Pulley Hook (51) to Pulley U using 1pc Hex Bolt (64), 2pcs Washer (79) and 1pc Nylon Nut (83).
- e. Install Big Pulley NO4 (38) to the Top Beam (8) using 1pc Hex Bolt (63), 2pcs Washer (79) and 1pc Nylon Nut (83).
- f. Attach the other end of the Upper Cable (28) to the Lat Bar (13) using one Hook (55). Attach the bolt end of Upper Cable (28) to the Selection Rod (20) with Selection Rod Washer (80). (please see fig.1)

Note : Assemble pulley wheel as you thread the cable. As you will be unable to thread the cables with the pulley wheel in situ.

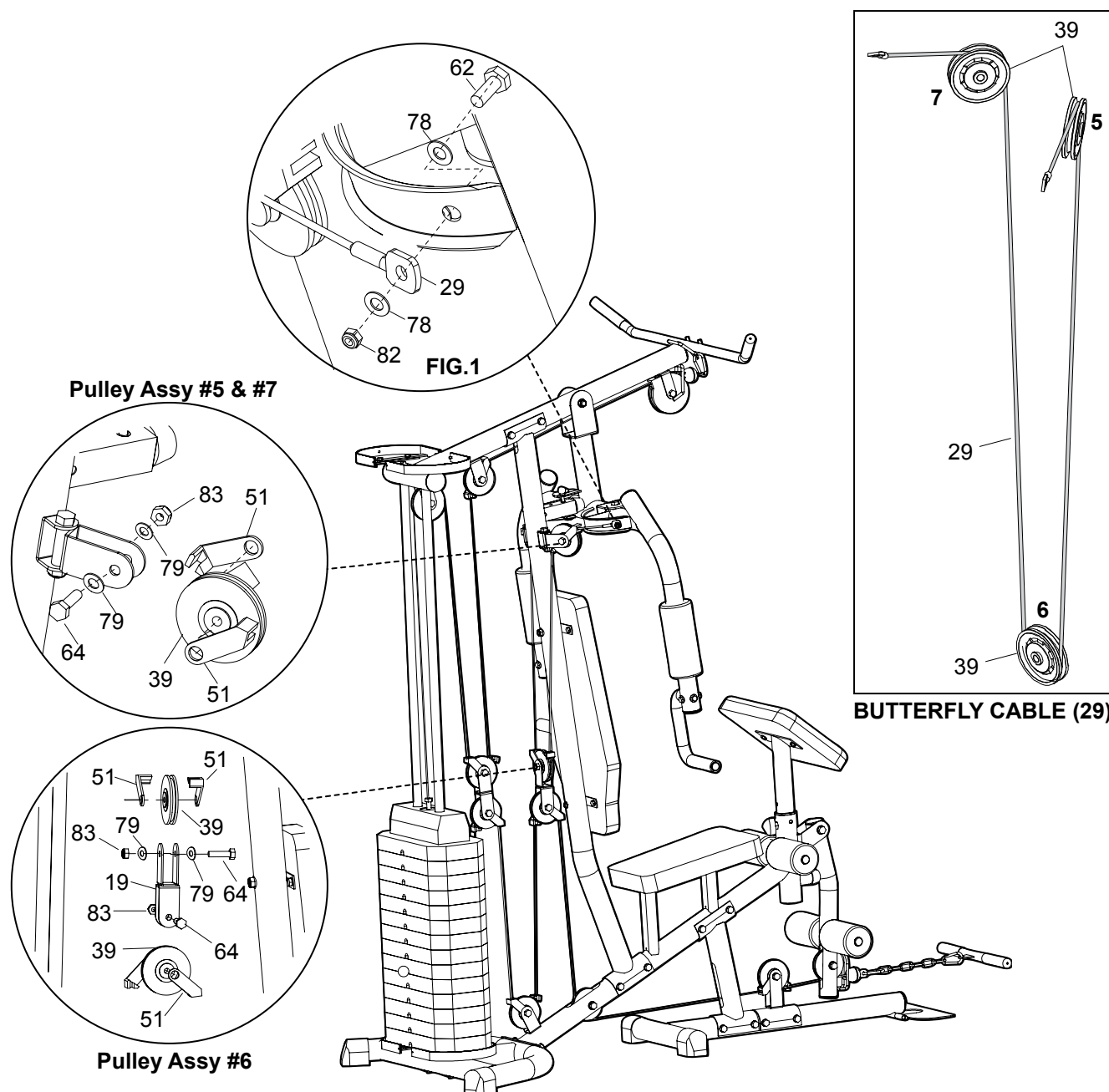


Assembly Instructions

Assembly Butterfly Cable (29)

- Slide both ends of Butterfly Cable (29) to the Left Butterfly Arm (10) and the Right Butterfly Arm (11) using 2pcs x Bolt (62) and 4pcs Washer (78) and 2pcs x Nylon Nut (82). (please see fig.1)
- Install Pulley NO5 & NO7 (39) and 4pcs x Pulley Hook (51) to the Single Pulley (17) using 2pcs x Hex Bolts (64), 4pcs x Washer (79) and 2pcs x Nylon Nut (83).
- Install Pulley NO6 (39) to the Pulley Hook (51) to the Reverse U (19) using one Hex Bolt (64), 2pcs Washer (79) and one Nylon Nut (83).

Note : Assemble pulley wheel as you thread the cable. As you will be unable to thread the cables with the pulley wheel in situ.



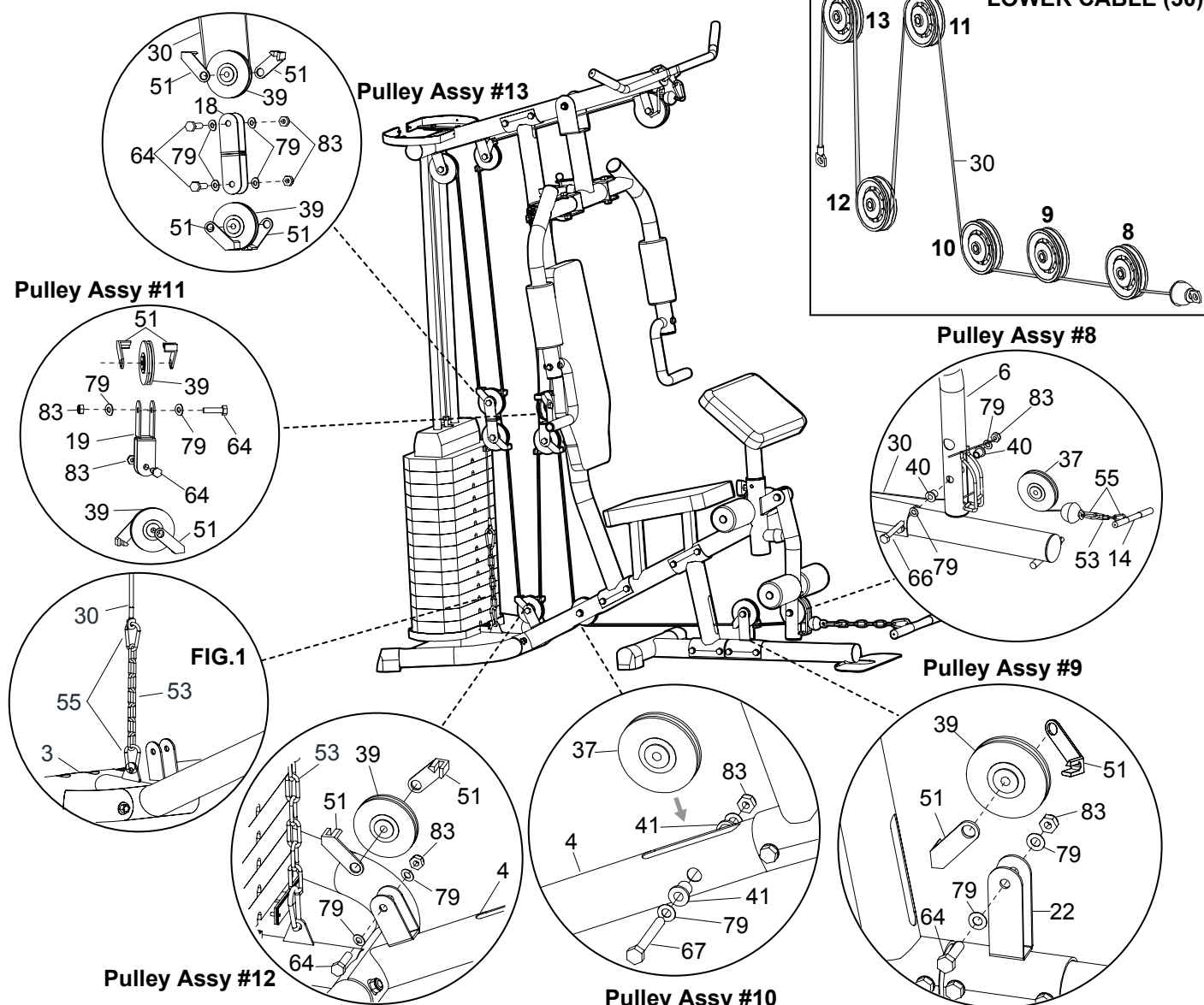
Assembly Instructions

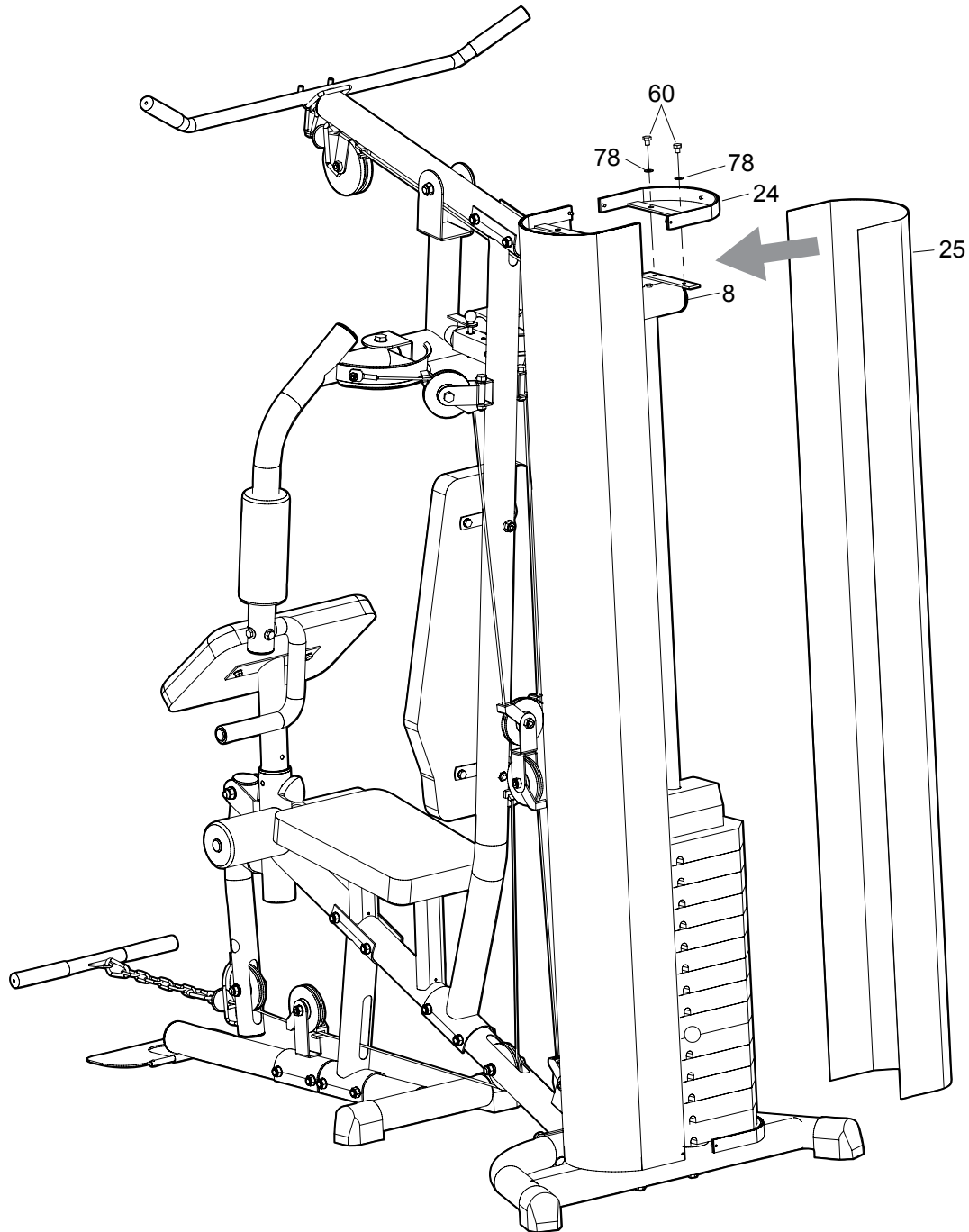


Assembly Lower Cable (30)

- a. With the Lower Cable (30) in groove of Pulley (37) through the Leg Extension Frame (6).
- b. Install Pulley NO8 (37) to the Leg Extension Frame (6) using one Hex Bolt (66), 2pcs x Short Plastic Bushing (40), Washer (79) and one Nylon Nut (83). Attach the Low Bar (14) to the ball end of Cable (30) using 1pc Long Chain (53) and 2pcs Hook (55).
- c. Install Pulley NO9 (39) and two Pulley Hook (51) to the Pulley Bracket (22) using one Hex Bolt (64), 2pcs x Washer (79) and one Nylon Nut (83).
- d. Install Pulley NO10 (37) to the Seat Support Tube (4) using one Hex Bolt (67), 2pcs x Plastic Bushing (41), 2pcs x Washer (79) and one Nylon Nut (83).
- e. Install Pulley NO11 (39) and 2pcs x Pulley Hook (51) to Reverse U (19) using one Hex Bolt (64), 2pcs x Washer (79) and one Nylon Nut (83).
- f. Install Pulley NO12 (39) and 2pcs x Pulley Hook (51) to the Seat Support Tube (4) using one Hex Bolt (64), 2pcs x Washer (79) and one Nylon Nut (83).
- g. Install Pulley NO13 (39) and 2pcs x Pulley Hook (51) to the Pulley U (18) using one Hex Bolt (64), 2pcs x Washer (79) and one Nylon Nut (83).
- h. Attach the end of Cable (30) to the Rear Base Frame (3) using one Chain (53) and 2pcs Hook (55). (see fig.1)

Note : Assemble pulley wheel as you thread the cable. As you will be unable to thread the cables with the pulley wheel in situ.





Shroud Assembly

Attach the Shroud Bracket (24) to the Top Beam (8) using 4 sets Hex Bolt (60) and Washer (78).

Slide each Shroud (25) onto each Shroud Bracket (24).

Exercising Information



Before starting to exercise

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

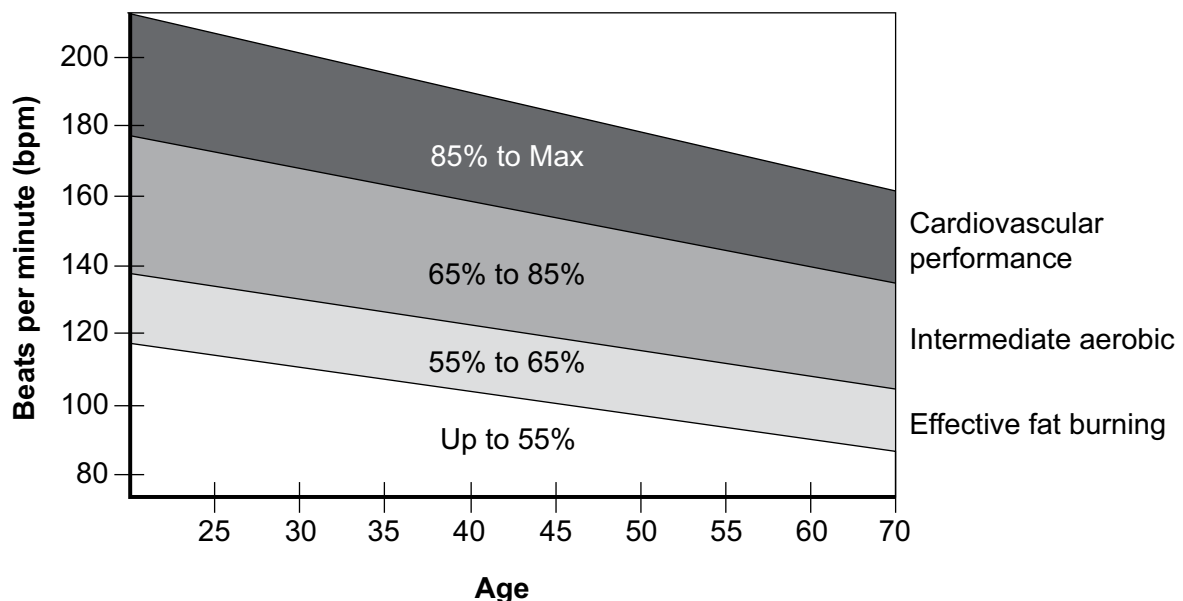
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone.

Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface at least 3 feet from walls and furniture.

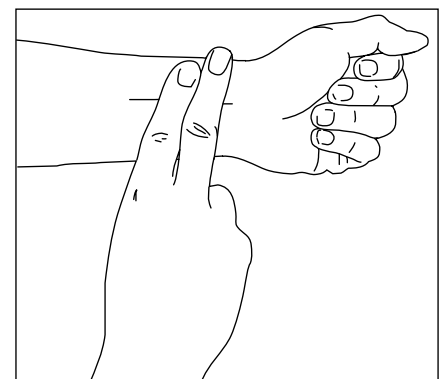
Exercise intensity

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



Exercising Information

Muscle chart

Aerobic Exercise

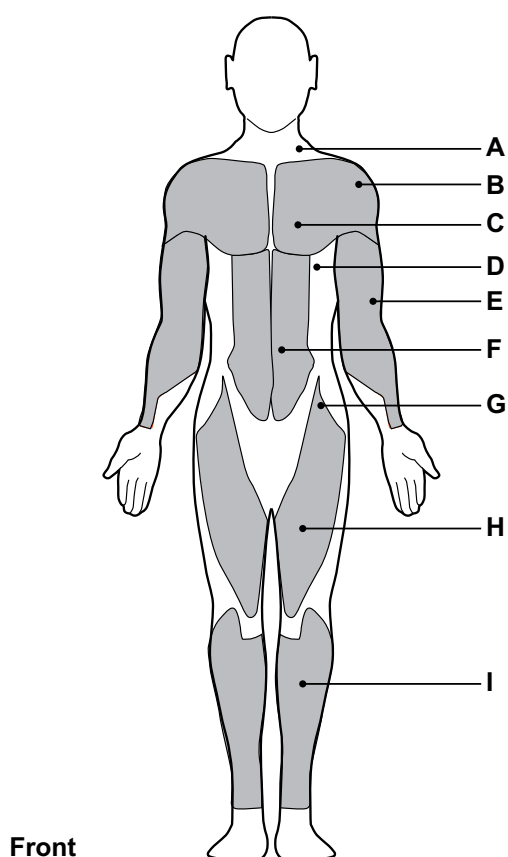
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

Weight Training

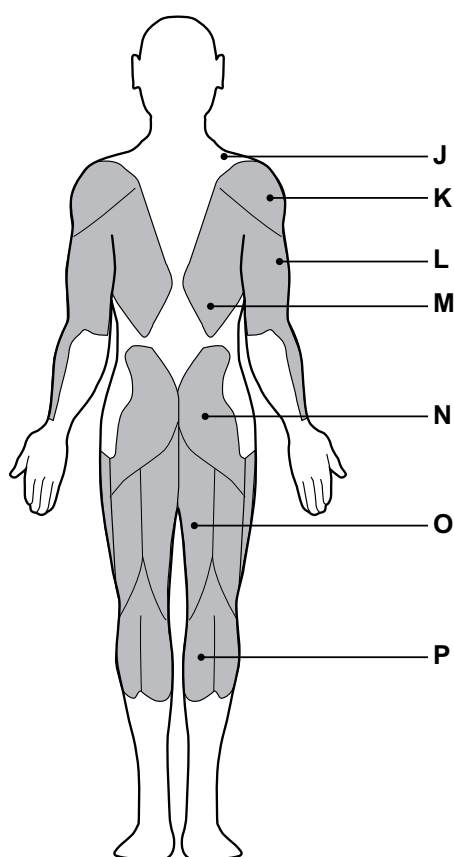
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount of reps. As always, consult your doctor before beginning any exercise program.

Targeted Muscle Groups

The exercise routine that is performed on the equipment will develop the upper and lower body muscle groups. These muscle groups are highlighted on the muscle chart below.



Front



Back

A: Trapezius
B: Anterior
C: Pectoralis Major
D: Serratus Anterior
E: Biceps

F: Abdominal
G: Sartorius
H: Quadriceps
I: Tibialis

J: Trapezius
K: Posterior
L: Triceps
M: Latissimus Dorsi

N: Gluteals
O: Hamstrings
P: Gastrocnemius

Warming up and Cooling down exercises

Each workout should include the following three parts:

1. A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
2. Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone.
(**Note:** During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

Suggested Stretches

For a correct warm up, see the following basic stretching exercises. Move slowly as you stretch, never bounce.

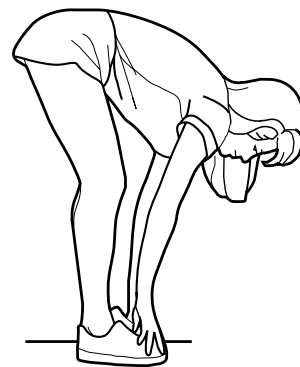
Toe touch stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times.

Stretches: Hamstrings, back of knees and back.



Hamstring stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



Exercising Information

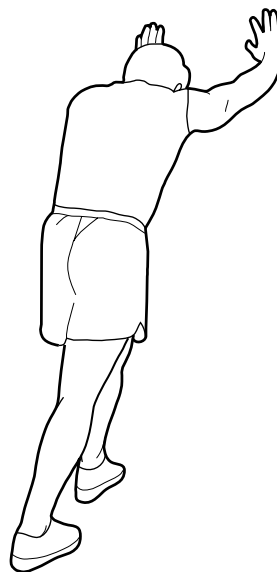
Calf/achilles stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

Hold for 15 counts, then relax.

Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.



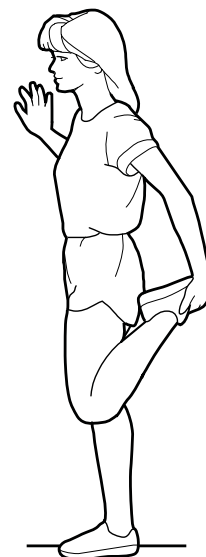
Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gently pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.



Inner thigh stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times.

Stretches: Quadriceps and hip muscles.



Exercise Chart



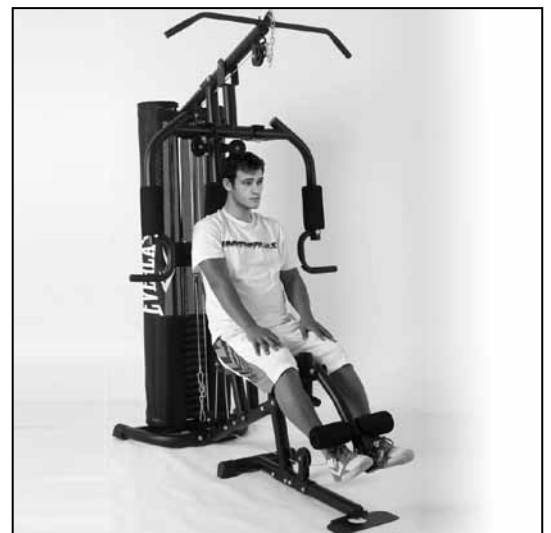
LAT PULL-DOWN

Grip handles pull down to your chest and return to start position - Maintaining control throughout.



LEG EXTENSIONS

Sit upright with your legs over the top roller pads and your feet hooked in behind the bottom roller pads. Lock your ankles and don't point your toes. Extend legs fully and return to starting position.



LEG CURLS

Hook one ankle of your leg around the lower leg foam roller with your knee against the upper leg foam roller. Hold the butterfly arm for support and curl your leg as far as possible. Release gently and return to the starting position.



Exercise Chart

BENCH PRESS

Unscrew Plum Blossom Nut and rotate Tobacco Pipe to unlock bench press. Grip handles and push forward.



BUTTERFLY

Engage Tobacco Pipe / Plum Blossom Nut. From the seated position place elbows and forearms against the roll pads. Push with your elbows and not with your hands.



SHOULDER SHRUGS

Fit Short Bar with chain to low pulley, adjust length, stand on foot brace, grip bar, keep your back straight, relax your shoulders forward then rotate up and backwards in the widest circle possible.



Care and Maintenance



Using the Equipment

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

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

3. Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and do not use

the equipment again until it is in perfect working order.

4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **Do not** use solvents.

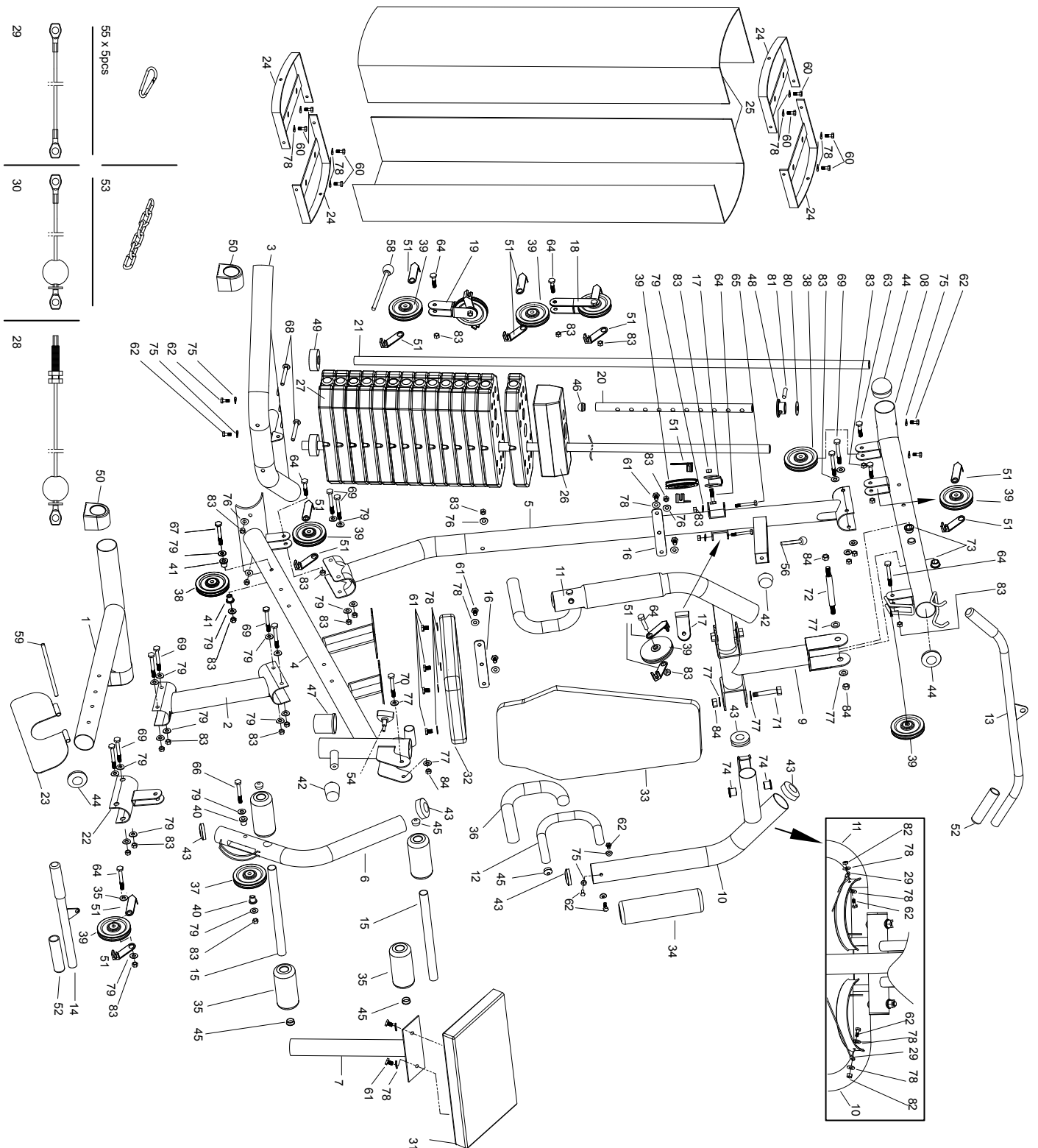
5. **Do not** attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you

may have parts missing, contact the manufacturer, their approved service agent or the **Customer Helpline: 0345 600 1714** or visit **www.argoshelpdesk.co.uk**

Guarantee:

For guarantee purposes, please retain your purchase receipt.

Exploded Parts Diagram



Exploded Diagram Parts List



Part	Description	Qty	Part	Description	Qty
1	Front Base Frame	1	43	Cap (ø50.8)	8
2	Seat Support	1	44	Cap (ø60)	4
3	Rear Base Frame	1	45	Cap (ø25.4)	6
4	Seat Support Tube	1	46	Taper Cap	1
5	Upright Support Tube	1	47	Bushing	1
6	Leg Extension Tube	1	48	Selection Rod Bushing	1
7	Arm Curl Tube	1	49	Rubber Ring	2
8	Top Beam	1	50	Outer Side Cap	4
9	Press Bar	1	51	Pulley Hook	18
10	Butterfly Arm-Left	1	52	Handle Grip	4
11	Butterfly Arm-Right	1	53	Chain	2
12	Handle Bar	2	54	Knob (M12)	1
13	Lat Bar	1	55	Hook	5
14	Lower Bar	1	56	Pin (M10 x 80mm)	1
15	Foam Tube	2	57	Pin (M10 x 70mm)	1
16	Bracket for Backrest	2	58	Selection Pin	1
17	Single Pulley	2	59	Stepper Pin	1
18	Pulley U	1	60	Hex Bolt (M8 x 10mm)	8
19	Reverse U	1	61	Hex Bolt (M8 x 15mm)	10
20	Selection Rod	1	62	Hex Bolt (M5 x 20mm)	12
21	Weight Guide Rod	2	63	Hex Bolt (M10 x 40mm)	1
22	Pulley Bracket	1	64	Hex Bolt (M10 x 45mm)	10
23	Stepper	1	65	Hex Bolt (M10 x 60mm)	2
24	Shroud Bracket	4	66	Hex Bolt (M10 x 70mm)	1
25	Shroud	2	67	Hex Bolt (M10 x 75mm)	1
26	Top Weight Plate	1	68	Carriage Bolt (M10 x 70mm)	2
27	Weight Plate	14	69	Hex Bolt (M10 x 80mm)	10
28	Upper Cable (ø7 x 3000 mm)	1	70	Hex Bolt (M12 x 75mm)	1
29	Butterfly Cable (ø7 x 2535 mm)	1	71	Hex Bolt (M12 x 80mm)	2
30	Lower Cable (ø7 x 3450 mm)	1	72	Axle	1
31	Arm Curl Cushion	1	73	Oil Bushing (Big ø16)	2
32	Seat Cushion	1	74	Oil Bushing (ø12)	4
33	Backrest Cushion	1	75	Arc Washer (M8)	10
34	Big Foam	2	76	Arc Washer (ø22 x ø10.5 x 1 mm)	4
35	Foam	4	77	Washer (ø24 x ø12.5 x 1.5 mm)	8
36	Hand Foam	2	78	Washer (ø16 x ø8.5 x 1 mm)	22
37	Pulley (ø90 x 20 mm)	2	79	Washer (ø20 x ø10.5 x 1.2 mm)	50
38	Pulley (ø100 x 20 mm)	1	80	Selection Rod Washer	1
39	Pulley (ø90 x 26 mm)	10	81	Selection Rod Pin	1
40	Plastic Bushing (Small)	2	82	Nylon Nut (M8)	2
41	Plastic Bushing	2	83	Nylon Nut (M10)	29
42	Rubber	2	84	Nylon Nut (M12)	5



Product Guarantee

This product is guaranteed against manufacturing defects for a period of



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 invalid if the product is re-sold or has been damaged by inexperienced repairs.
- 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 products within the guarantee period call the **Customer Helpline: 0345 600 1714** or visit **www.argoshelpdesk.co.uk**

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

**EVERLAST™ and the Econ device™, and GREATNESS IS WITHIN™
are trade marks of Everlast Worlds Boxing Headquarters Corporation
and made under licence by FCSI Limited**

**CUSTOMER HELPLINE
0345 600 1714 or visit www.argoshelpdesk.co.uk**