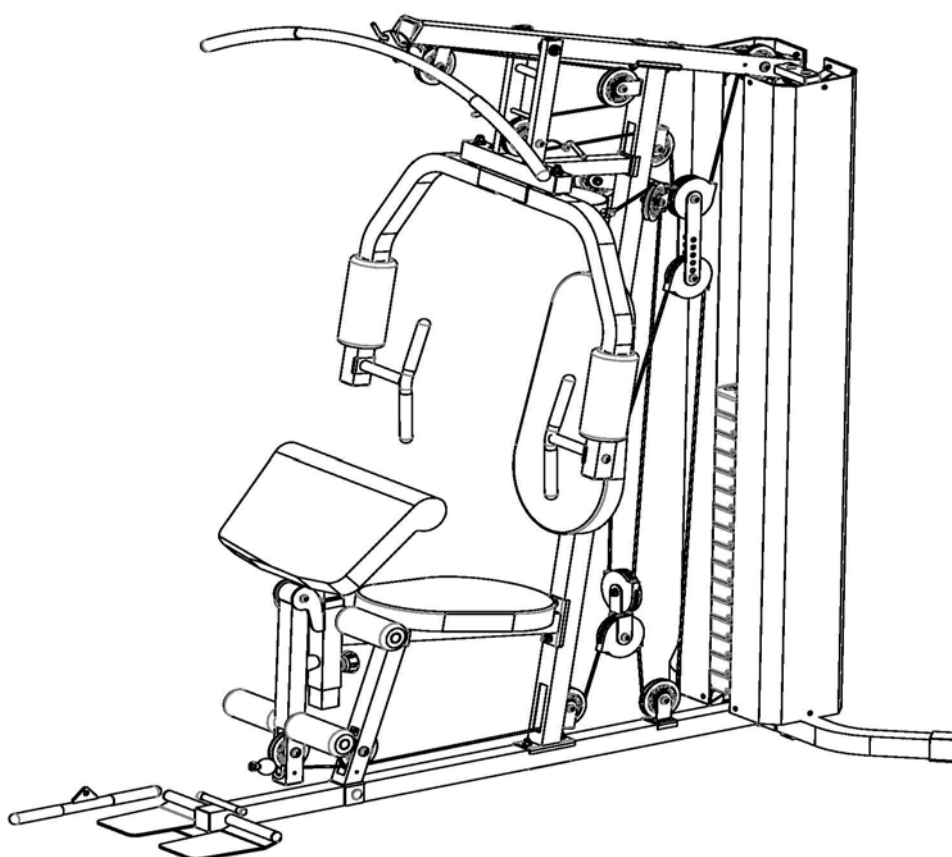


Pro Fitness 70KG Home Gym

Assembly & User Instructions - Please keep for future reference

460/3788

PRO FITNESS



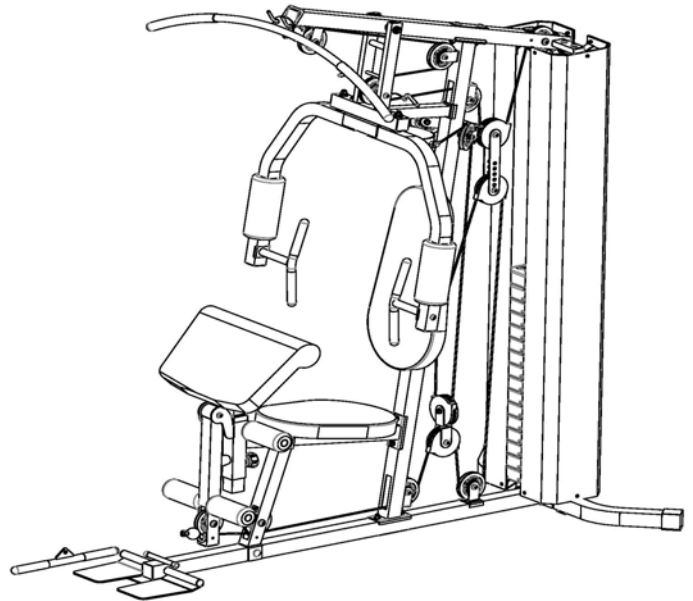
Important – Please read these instructions fully before assembly or use

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 6001714**
<http://www.argos-support.co.uk>

Contents

Safety Information	2
Components - Parts	3-5
Components – Fixings	6
Assembly Instructions	7-29
Home Gym Exercise Guide	30-32
Exercising Information	33-36
Before starting to exercise	33
Muscle chart	34
Warming up and cooling down	35 -36
Exercises	
Care and Maintenance	37
Exploded Parts List	38-39
Guarantee	





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 use your home gym. In particular, note the following safety precautions.

Assembly

- Check you have all the components and tools listed in the parts list, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the exercise area, small parts could pose a choking hazard 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.
- The product must be installed on a stable and level surface.
- Dispose of all packaging carefully and responsibly.

Using

- Keep unsupervised children away from the equipment.
- Injuries to health may result from incorrect or excessive training.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- 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 perform 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, as it may get caught in the equipment. Wear trainers 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.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- If children are allowed to use the equipment under supervision, their mental and physical development 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 toy.
- This product is suitable for a maximum user weight of: **125kgs.**
- This product conforms to: BS EN ISO 20957-1 and BS EN957-2 Class (H) - Home Use - Class (C). **This product is not suitable for therapeutic purposes.**
- This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.
- 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. Keep unsupervised children away from the equipment.
- **Warning:** 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 behavior for which the training equipment is not intended.



Warning: Before beginning any exercise programme, consult your doctor. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. You **MUST** 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.

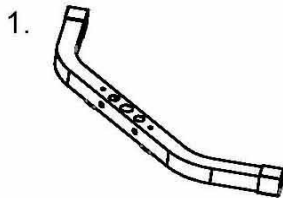
Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline: 0345 6001714**.

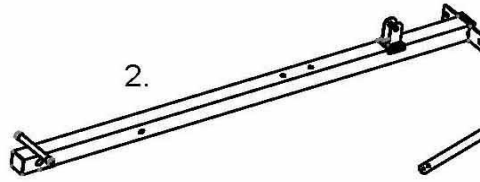
Please check you have all parts listed below

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

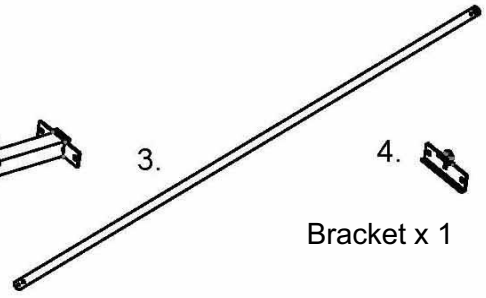
Total mass of the product is 70kg. Footprint of the product is 190 cm × 110 cm.



Rear Stabilizer x 1



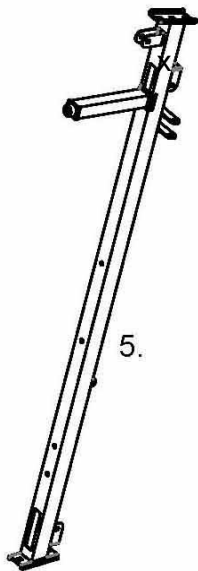
Main Base Frame x 1



Guide Rod x 2



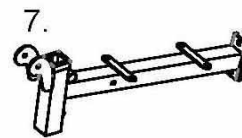
Bracket x 1



Vertical Frame x 1



Upper Frame x 1



Seat Support x 1



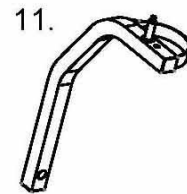
Seat Post x 1



Front Press Base x 1



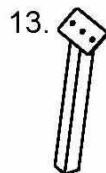
Left Fly arm x 1



Right Fly arm x 1



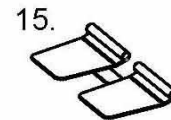
Front Press Handle x 2



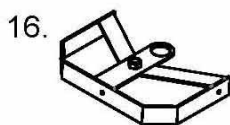
Arm Curl Pad Support x 1



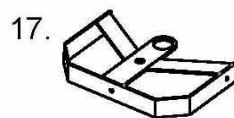
Leg Developer x 1



Foot Plate x 1



Upper Fixed Frame x 2



Lower Fixed Frame x 2



Pull Bar x 1



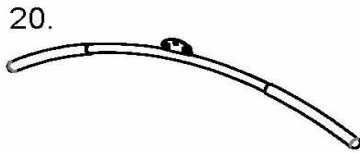
Selector Rod x 1

Components - Parts

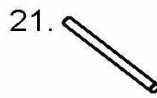
If you have damaged or missing parts, please call the **Customer Helpline: 0345 6001714.**

Please check you have all parts listed below

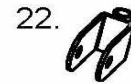
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



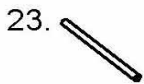
Lat Bar x 1



25mm Foam Roll Tube x 2



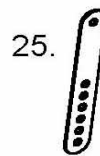
Swivel Pulley Bracket x 2



19mm Connecting Rod x 1



Weight Stack Cover Bracket x 4



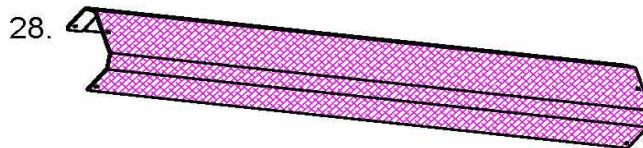
Double Floating Pulley Bracket x 2



Angled Double Pulley Bracket x 1



Bracket x 3



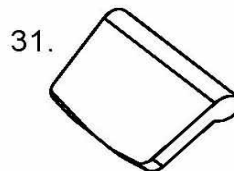
Weight Stack Cover x 2



10 LB Weight Plate x 15



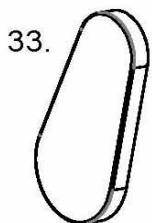
8 LB Weight Plate x 1



Arm Curl Pad x 1



Seat Pad x 1



Backrest Pad x 1



50mm Foam Roll x 2



22mm Foam Roll x 4



M18 Lock Knob x 1



Selector Pin x 1



Rubber Bumper x 2



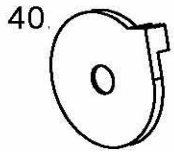
Ø97 Pulley x 15

Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline: 0345 6001714**.

Please check you have all 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.



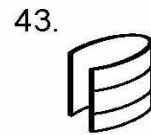
40. Pulley Cover x 8



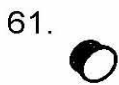
41. 15 Joint Chain x 1



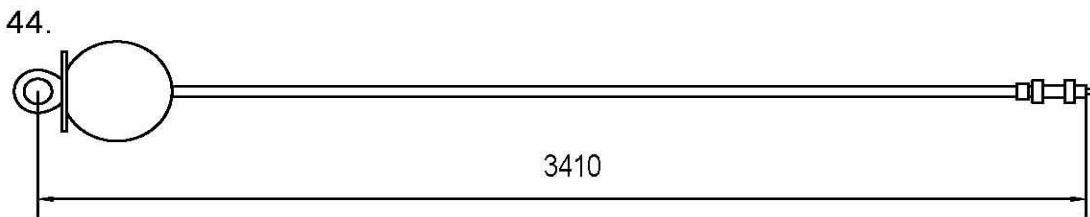
42. 7# Clip Hook x 2



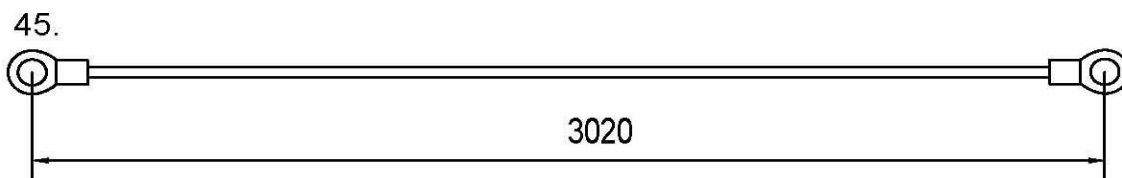
43. Ankle Strap x 1



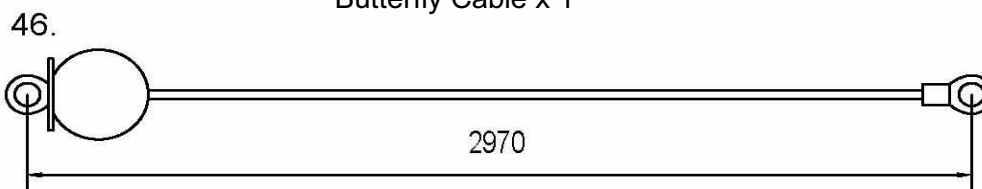
61. Ø25x 1.5 End Cap x 2



44. Upper Cable x 1



45. Butterfly Cable x 1


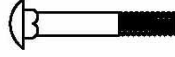
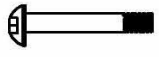
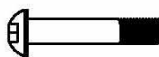
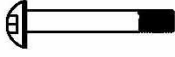




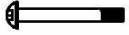
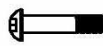

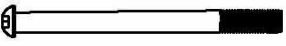

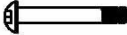






46. Lower Cable x 1

Components - Fixings

Please check you have all fixings listed below

Note: Some of the smaller components may be pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing components. Please prepare an adjustable spanner by yourself when you are intend to assemble this machine.

<p>48  M10 x 25 MM Allen Bolt x9</p>	<p>50  M10 x 70 MM Carriage Bolt x10</p>	<p>56  M10 x 65 MM Allen Bolt x4</p>
<p>58  M10 x 50 MM Allen Bolt x2</p>	<p>62  M10 x 80 MM Allen Bolt x1</p>	<p>66  $\phi 16 \times 158$mm Long Axle x1</p>
<p>67  $\phi 25 \times \phi 11$mm Washer x4</p>	<p>74  M8 x 15mm Allen Bolt x6</p>	<p>75  $\phi 8$mm Washer x8</p>
<p>76  M8 x 65mm Allen Bolt x2</p>	<p>77  M10 x 45mm Allen Bolt x11</p>	<p>78  $\phi 25 \times 15$mm Pulley Bushing x2</p>
<p>79  M10 x 140mm Allen Bolt x1</p>	<p>80  $\phi 25 \times 13$mm Pulley Bushing x4</p>	<p>81  M10 x 70mm Allen Bolt x1</p>
<p>51  M10mm Aircraft Nut x33</p>	<p>49  10mm Washer x52</p>	<p>82  M6 x 15mm Allen Bolt x12</p>
<p> 4# 5# 6# Allen Wrench Each 1</p>		

Ruler - Use this ruler to help correctly identify the hardware

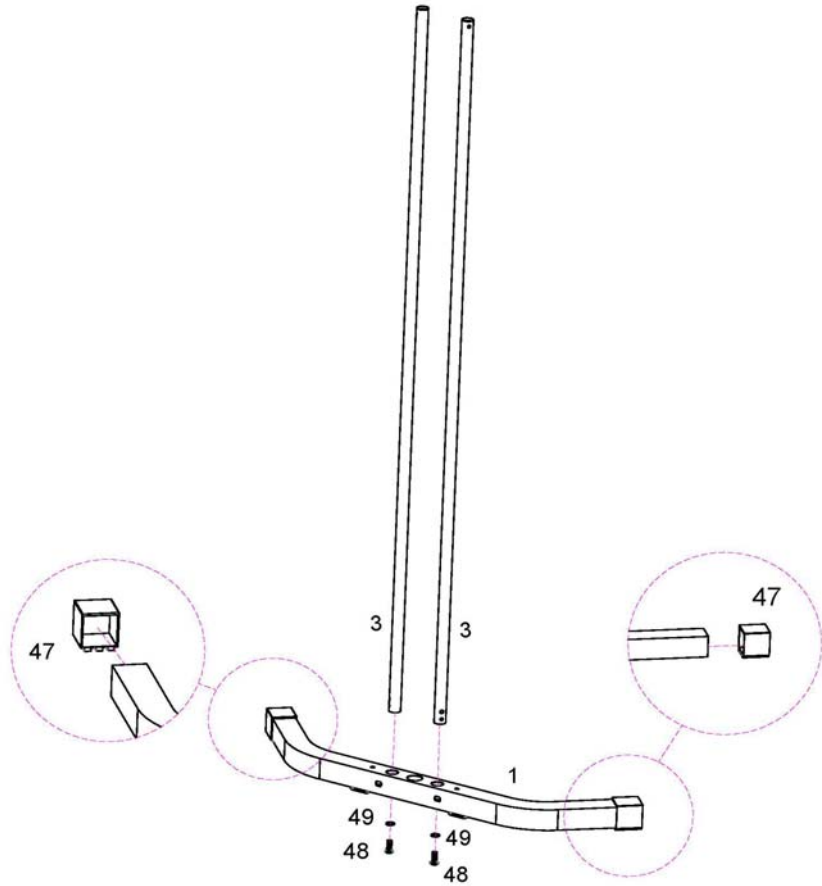
0 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75 80 85 90 95 100 105 110 115 120 125 130 135 140 145 150 155 160 165 170

Assembly instructions

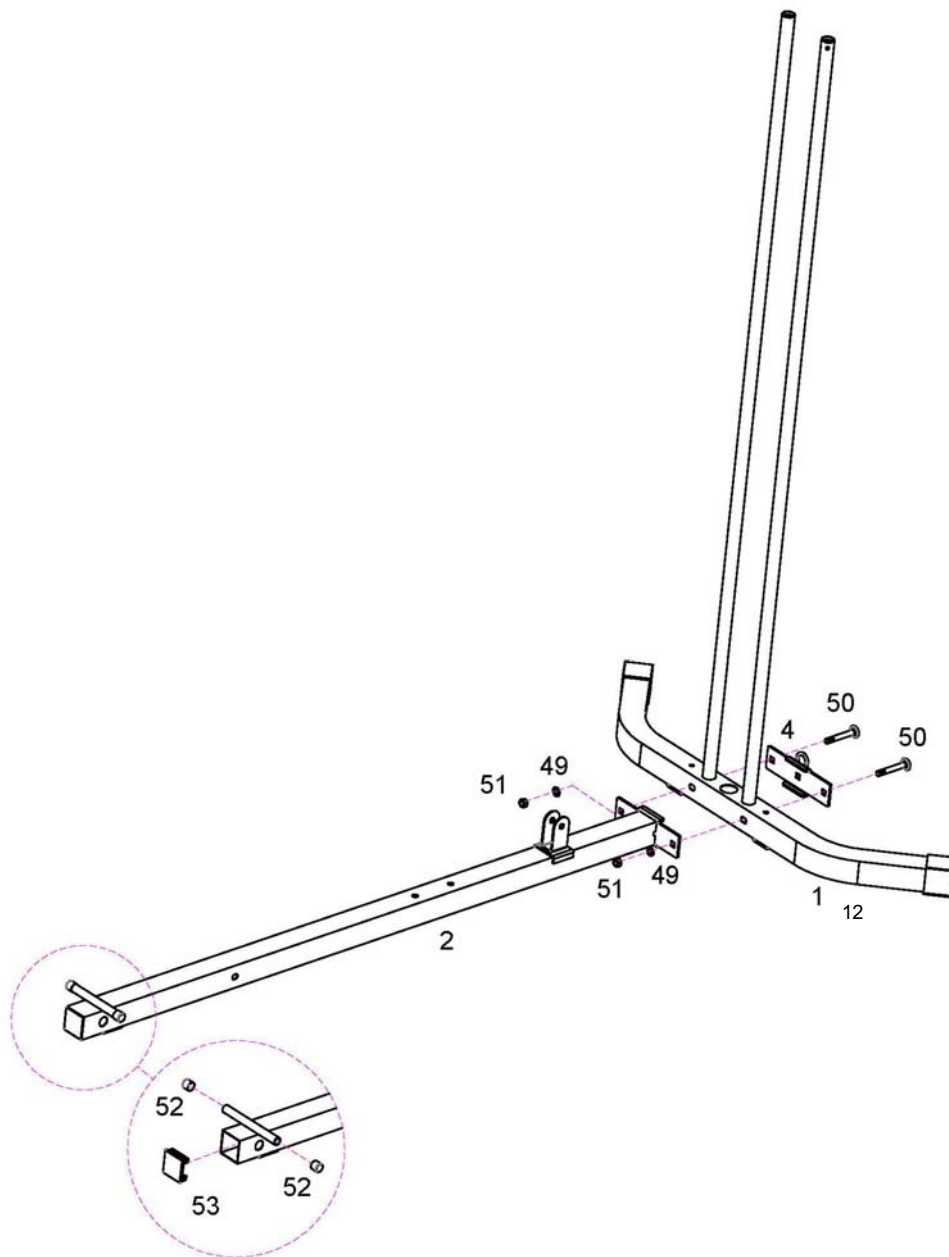
Step 1

Insert the Guide rods (3) into the holes on the Rear stabilizer (1). Fix using 2 x M10 x 25mm Allen Bolts (48) and 2 x 10mm Washer (49).

Notes: (47) is pre-fitted.



Assembly instructions



Step 2

Attach the Main Base frame (2) and Bracket (4) to the Rear stabilizer (1) using 2 x M10 x 70mm Carriage Bolts (50), 2 x Ø10mm Washers (49) and 2 x M10 Aircraft nuts (51).

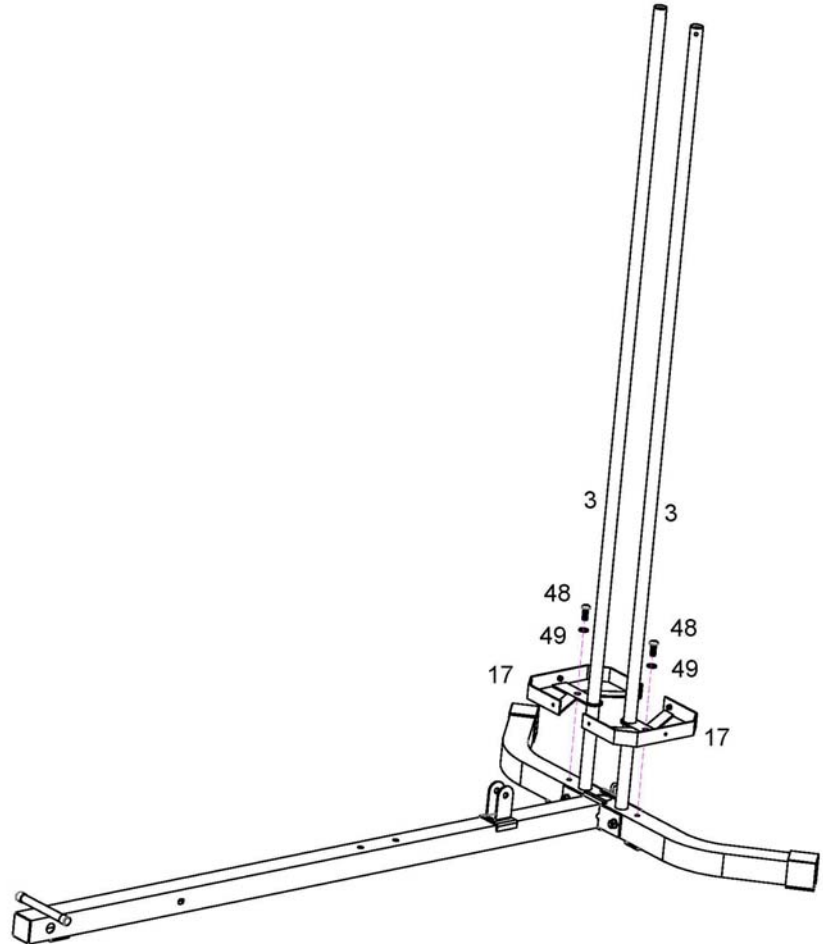
Notes: (52), (53) are pre-fitted.

Assembly instructions

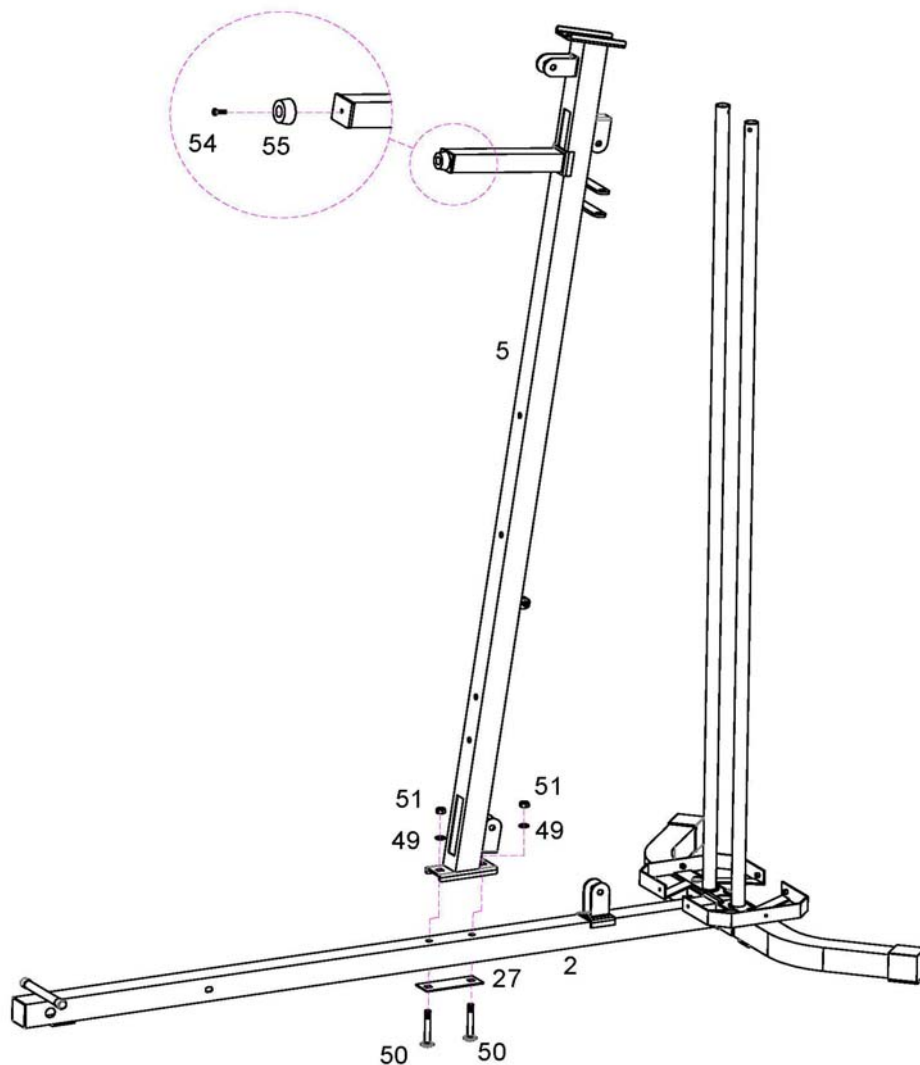
Step 3

a. Put 2 x Lower Fixed Frames (17) through the 2 x Guide Rods (3) respectively.

b. Fix the Lower Fixed Frames (17) to the Rear Stabilizer (1) using 2 x M10 x 25mm Allen Bolts (48) and 2 x 10mm Washer (49).



Assembly instructions

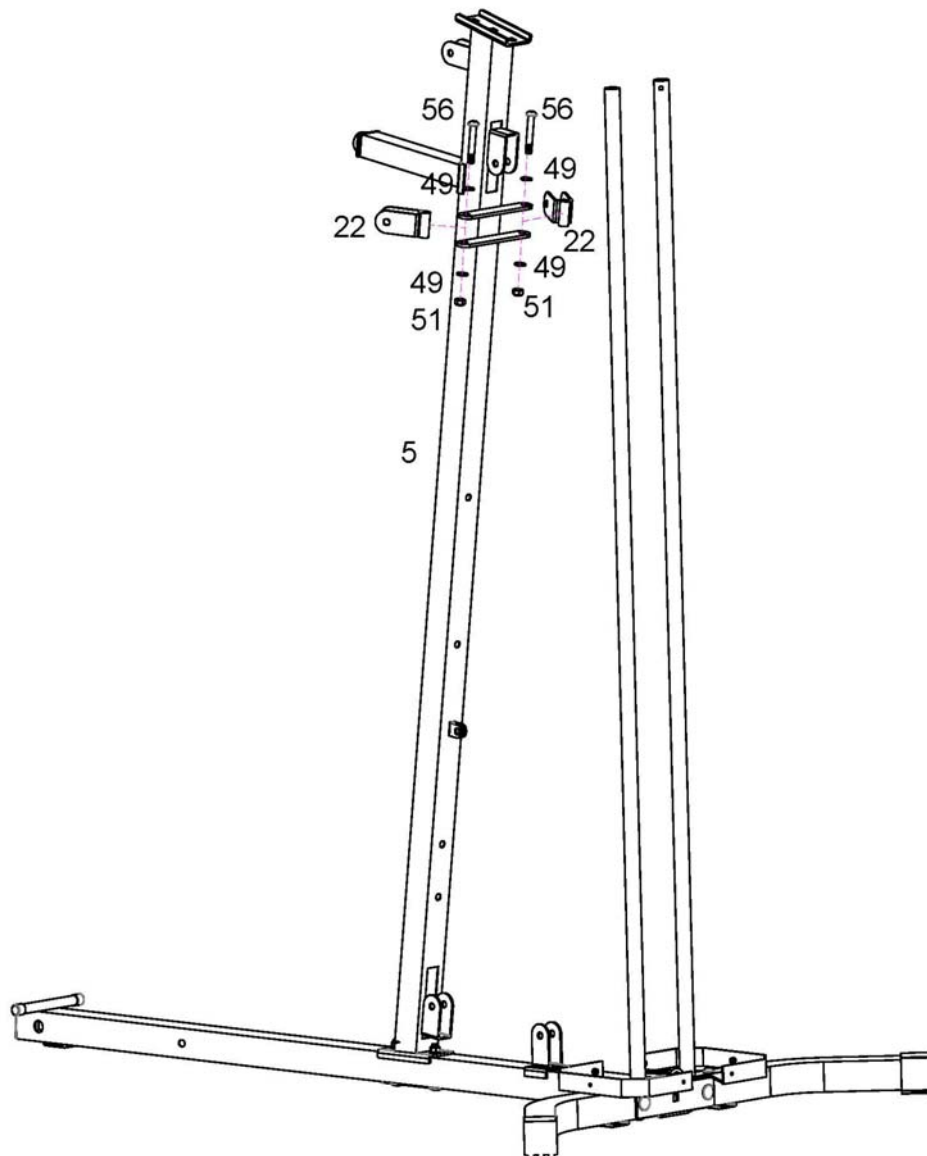


Step 4

Attach the Vertical Frame (5) and 1 x Bracket (27) to the Main Base frame (2) using 2 x M10 x 70mm Carriage Bolts (50), 2 x Ø10mm Washers (49) and 2 x M10 Aircraft nuts (51).

Notes: (54), (55) are pre-fitted.

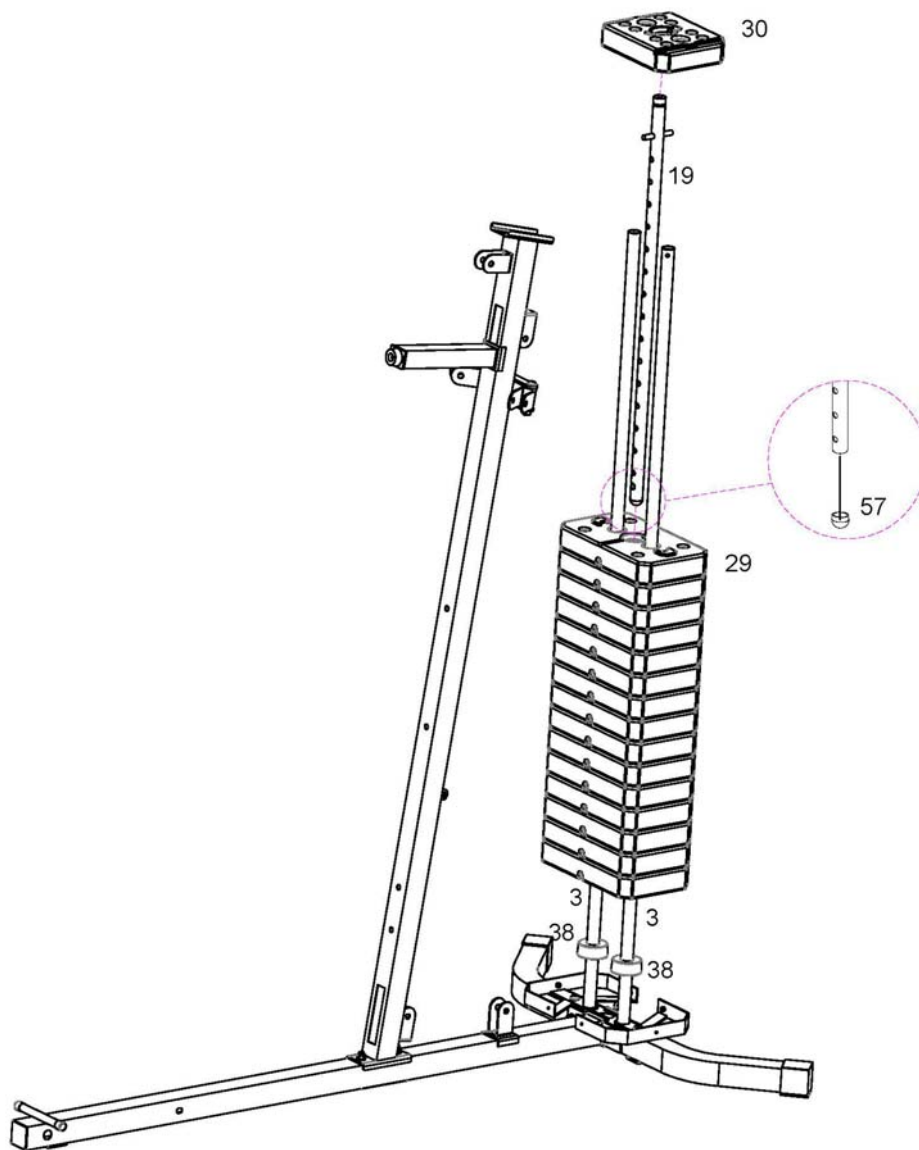
Assembly instructions



Step 5

- a. Attach 2 x Swivel Pulley Brackets (22) to the Vertical Frame (5) using 2 x M10 x 65mm Allen Bolts (56), 4 x Ø10mm Washers (49) and 2 x M10 Aircraft nuts (51).

Assembly instructions



Step 6

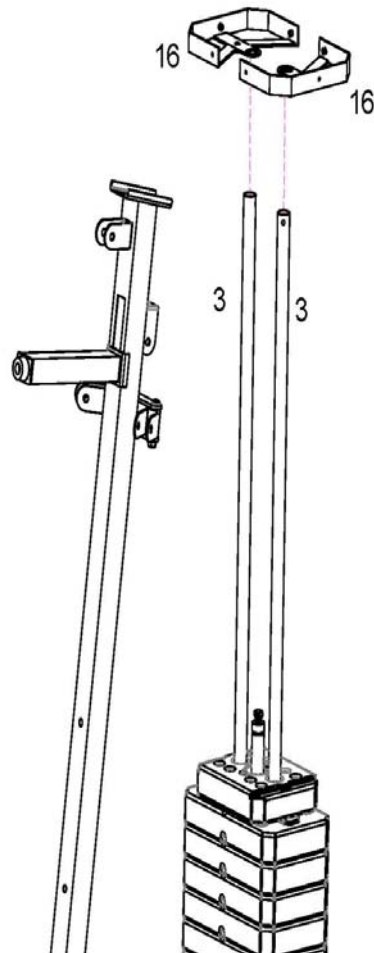
- Put 2 x Rubber bumpers (38) through the Guide Rods (3) .
- Carefully slide 15 x 10 LB Weight plates (29) down the Guide rods (3).

Important:

The deep grooves on the Weight plates (29) MUST all face the back of the assembly and be on the Underside. Insert the Selector rod (19) down through the centre holes of the weight stack. Slide the 8 LB Weight plate (30) down Guide rods (19).

Notes: (57) is pre-fitted.

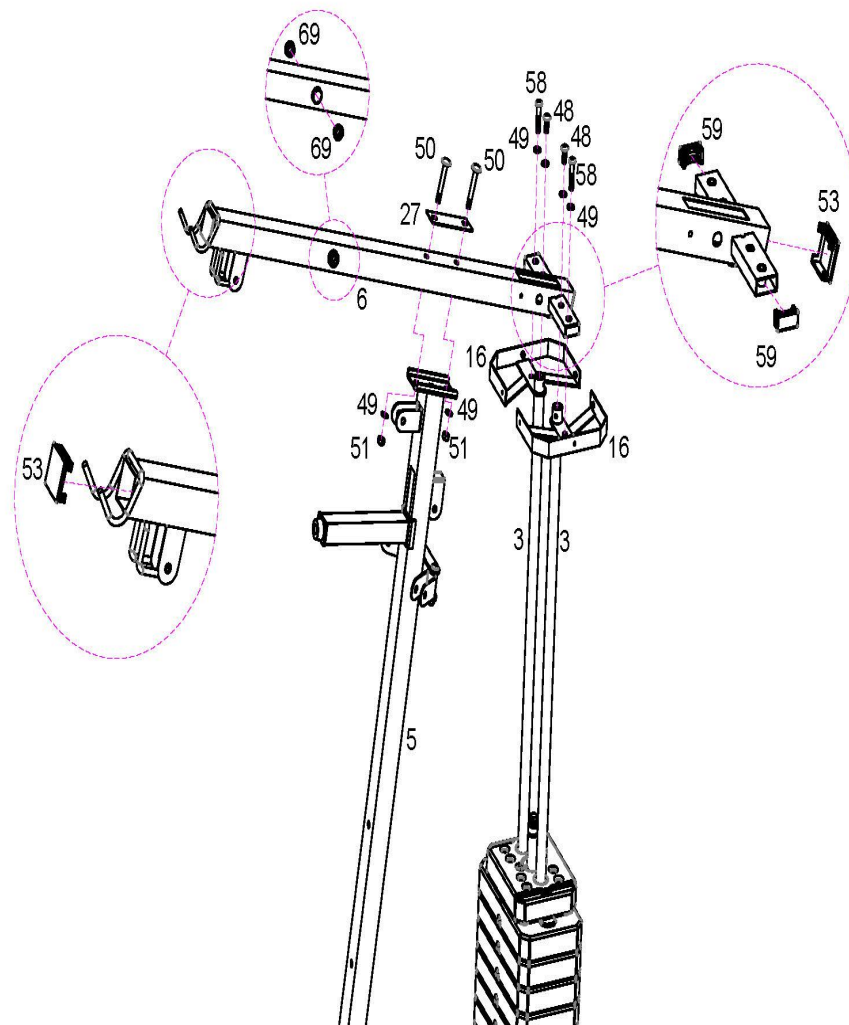
Assembly instructions



Step 7

Put 2 x Upper Fixed Frames (**16**) through the 2 x Guide Rods (**3**).

Assembly instructions

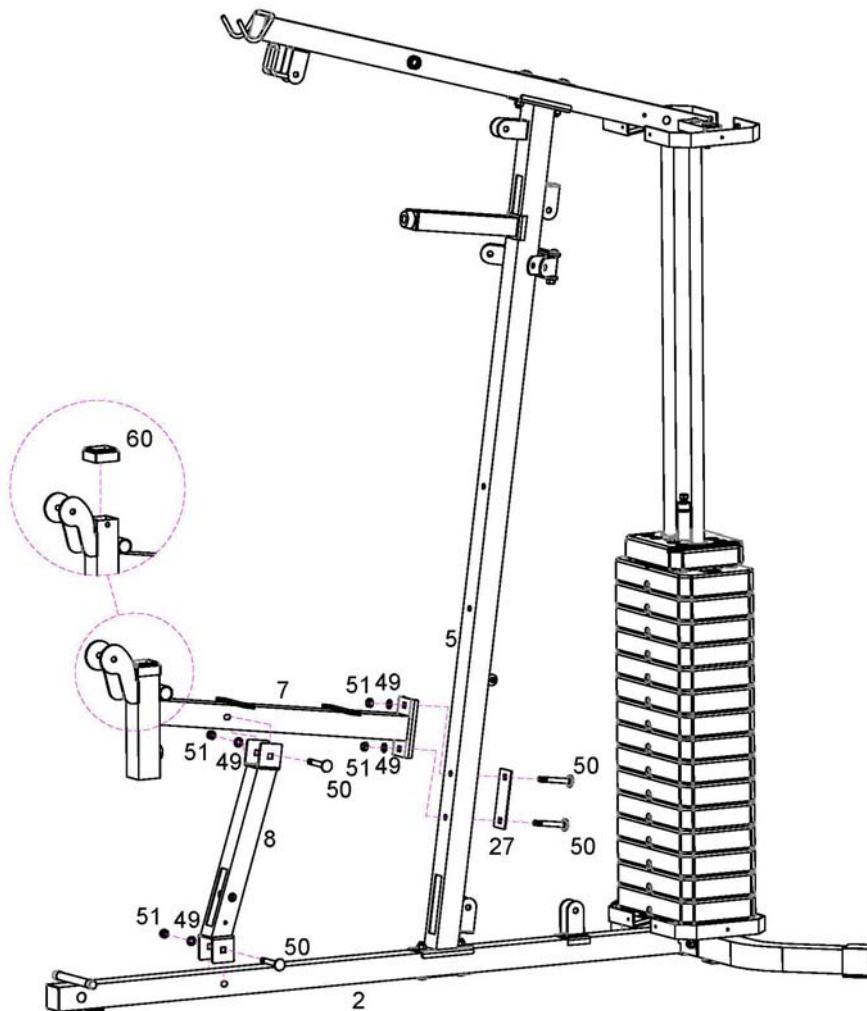


Step 8

- Attach the Upper Frame (6) and 1 x Bracket (27) to the Vertical Frame (5) using 2 x M10 x 70mm Carriage Bolts (50), 2 x Ø10mm Washers (49) and 2 x M10 Aircraft nuts (51).
- Attach the Upper Frame (6) to the Guide Rod (3) and Upper Fixed Frame (16) using 2 x M10 x 25mm Allen Bolts (48), 2 x M10 x 50mm Allen Bolts (58) and 2 x Ø10mm Washers (49). Do not tighten the bolts at this step.

Notes: (53), (59), (69) are pre-fitted.

Assembly instructions

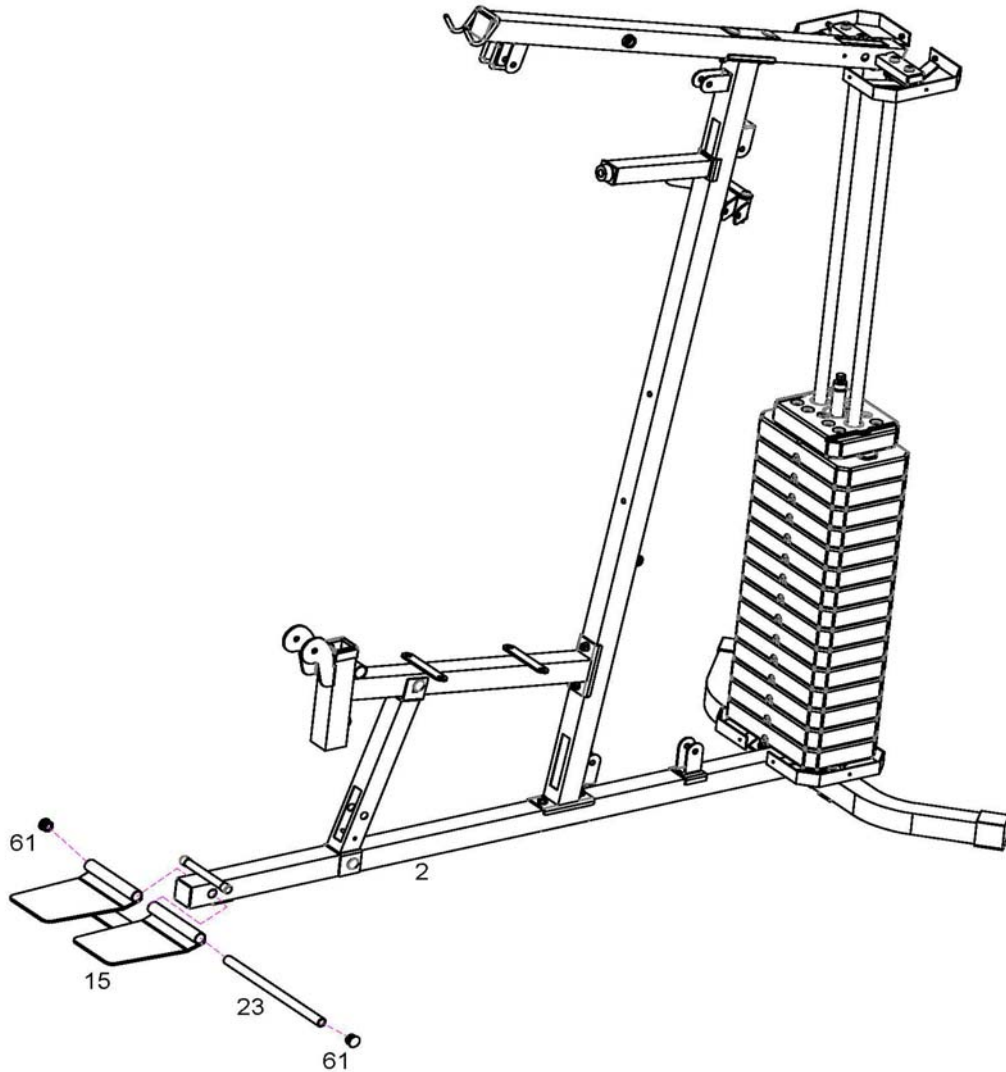


Step 9

- Attach the Seat Post (8) to the Main Base Frame (2) using 1 x M10 x 70mm Carriage Bolt (50), 1 x Ø10mm Washer (49) and 1 x M10 Aircraft nut (51).
- Attach the Seat Support (7) to the Seat Post (8) using 1 x M10 x 70mm Carriage Bolt (50), 1 x Ø10mm Washer (49) and 1 x M10 Aircraft nut (51).
- Attach the Seat Support (7) and 1 x Bracket (27) to the Vertical Frame (5) using 2 x M10 x 70mm Carriage Bolt (50), 2 x Ø10mm Washers (49) and 2 x M10 Aircraft nuts (51).

Notes: (60) is pre-fitted.

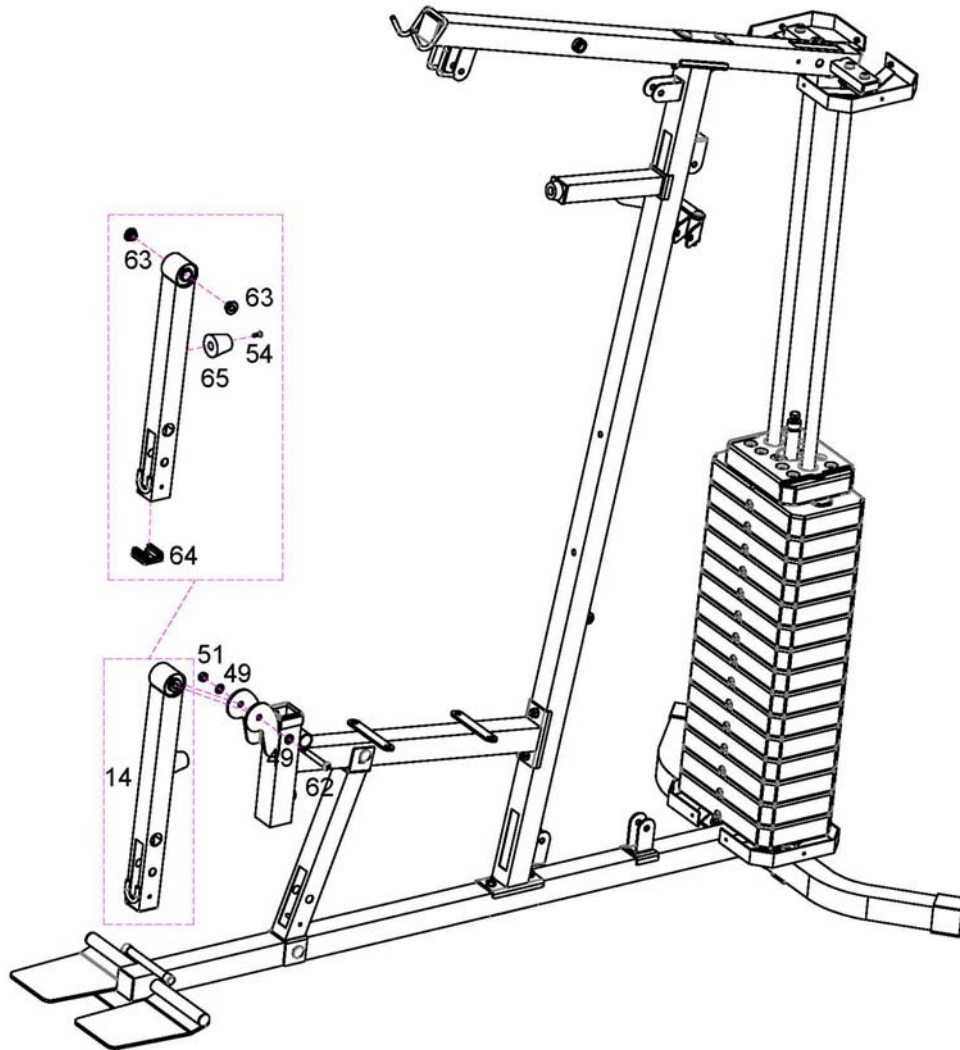
Assembly instructions



Step 10

Fix the Foot Plate (15) to the Main Base Frame (2) by inserting the Connecting Rod (23) into the holes on the Foot Plate and Main Base Frame, and attach 2 x Ø25x 1.5 End Caps (61) to the Connecting Rod (23).

Assembly instructions

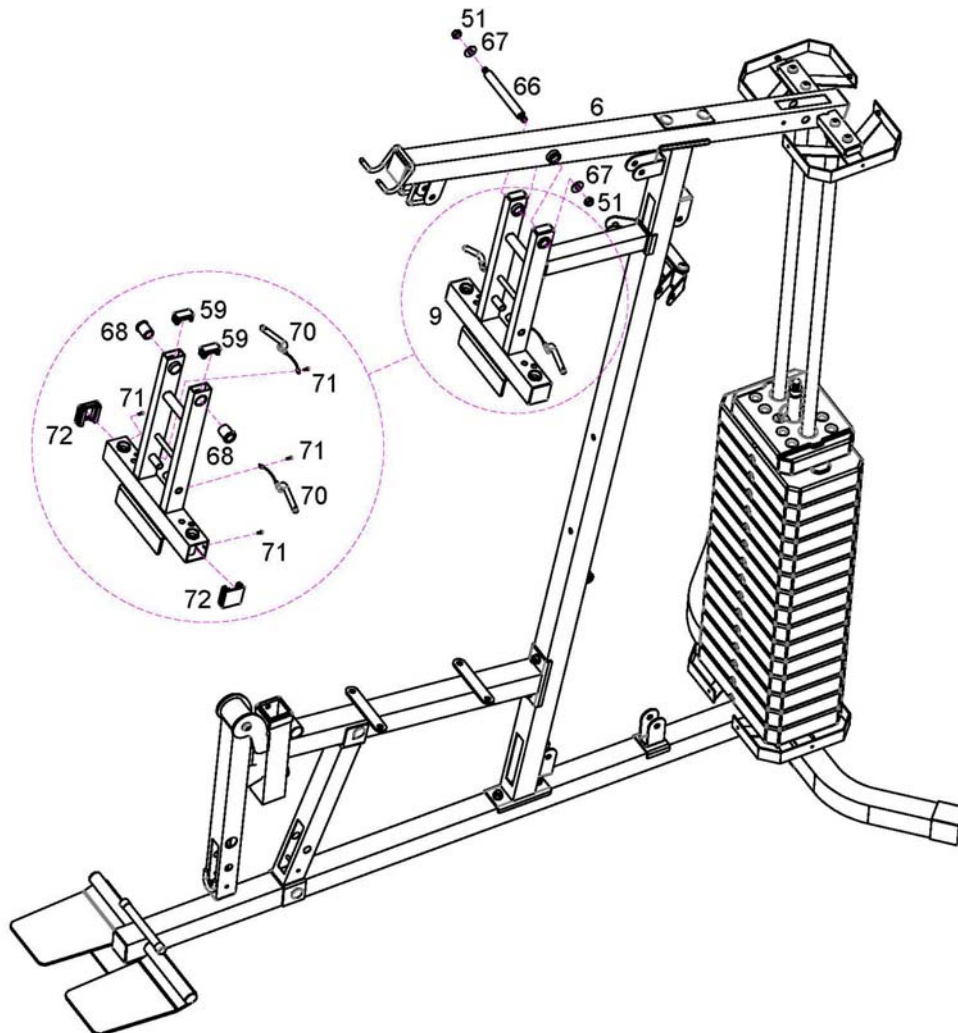


Step 11

Attach the Leg Developer (14) to the Seat Support (7) using 1 x M10 x 80mm Allen Bolt (62), 2 x Ø10mm Washers (49) and 1 x M10 Aircraft Nut (51).

Notes: (63), (64), (65), (54) are pre-fitted.

Assembly instructions

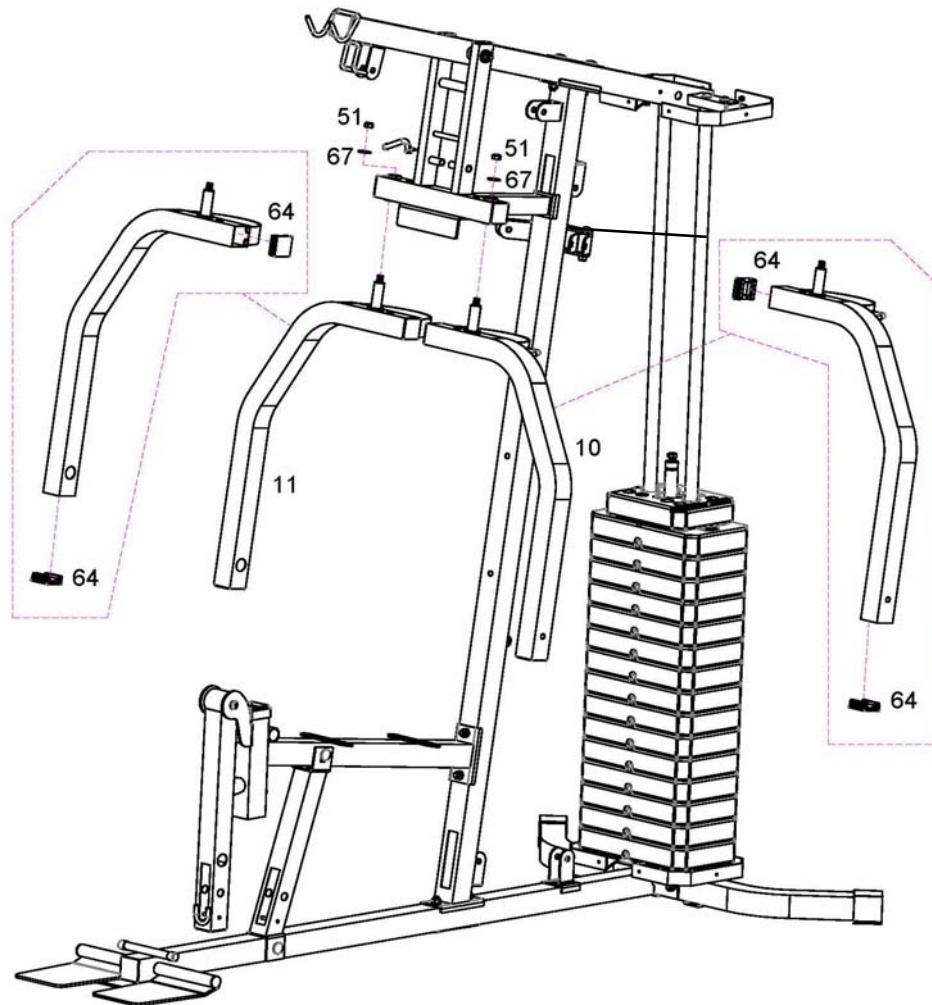


Step 12

Attach the Front Press Base (9) to the Upper Frame (6) using 1 x Axle (66), 2 x Ø10mm Big Washer (67) and 2 x M10 Aircraft Nuts (51).

Notes: (72), (68), (59), (70), (71) are pre-fitted.

Assembly instructions

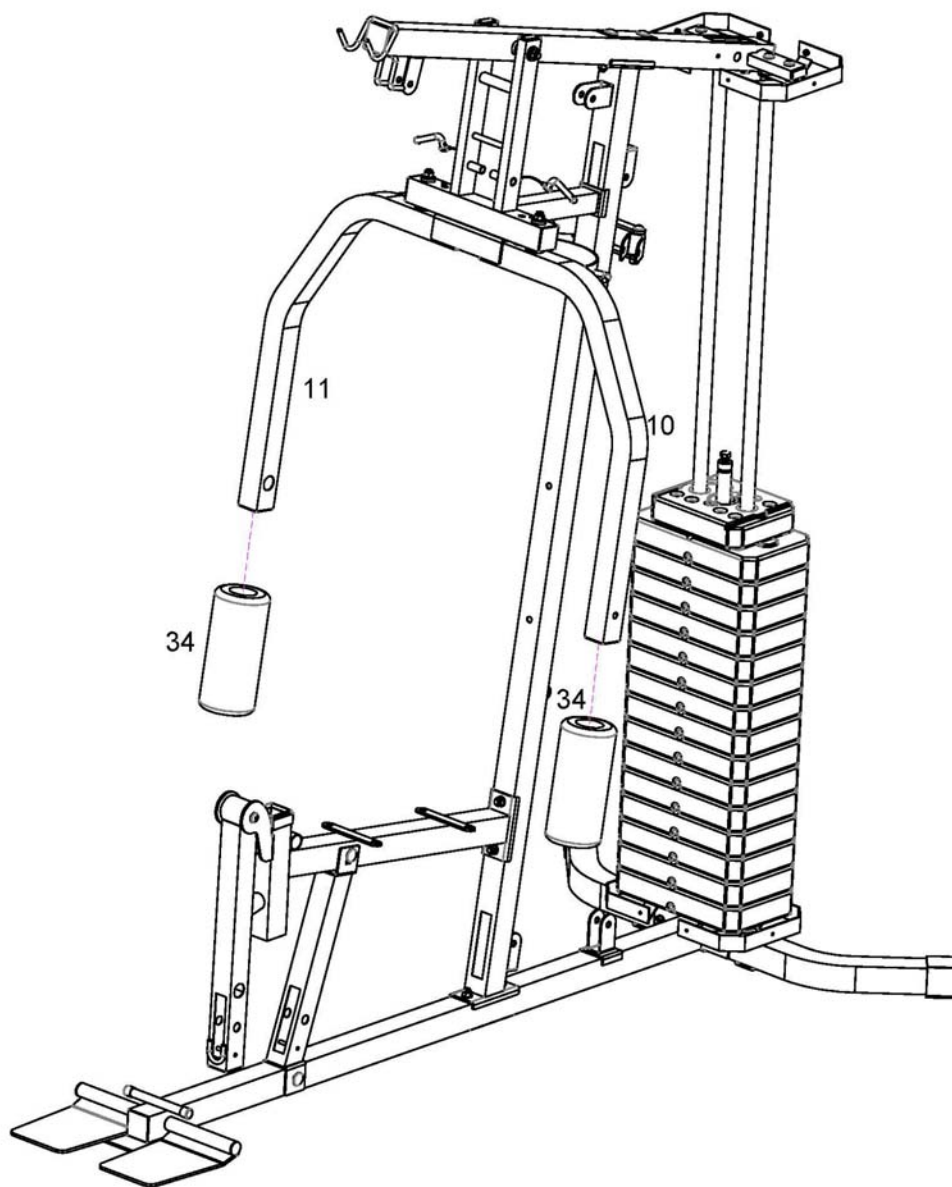


Step 13

Attach the L & R Fly Arms (**10, 11**) to the Front Press Frame (**9**) using 2 x Ø10mm Big Washers (**67**) and 2 x M10 Aircraft Nuts (**51**).

Notes: (**64**) is pre-fitted.

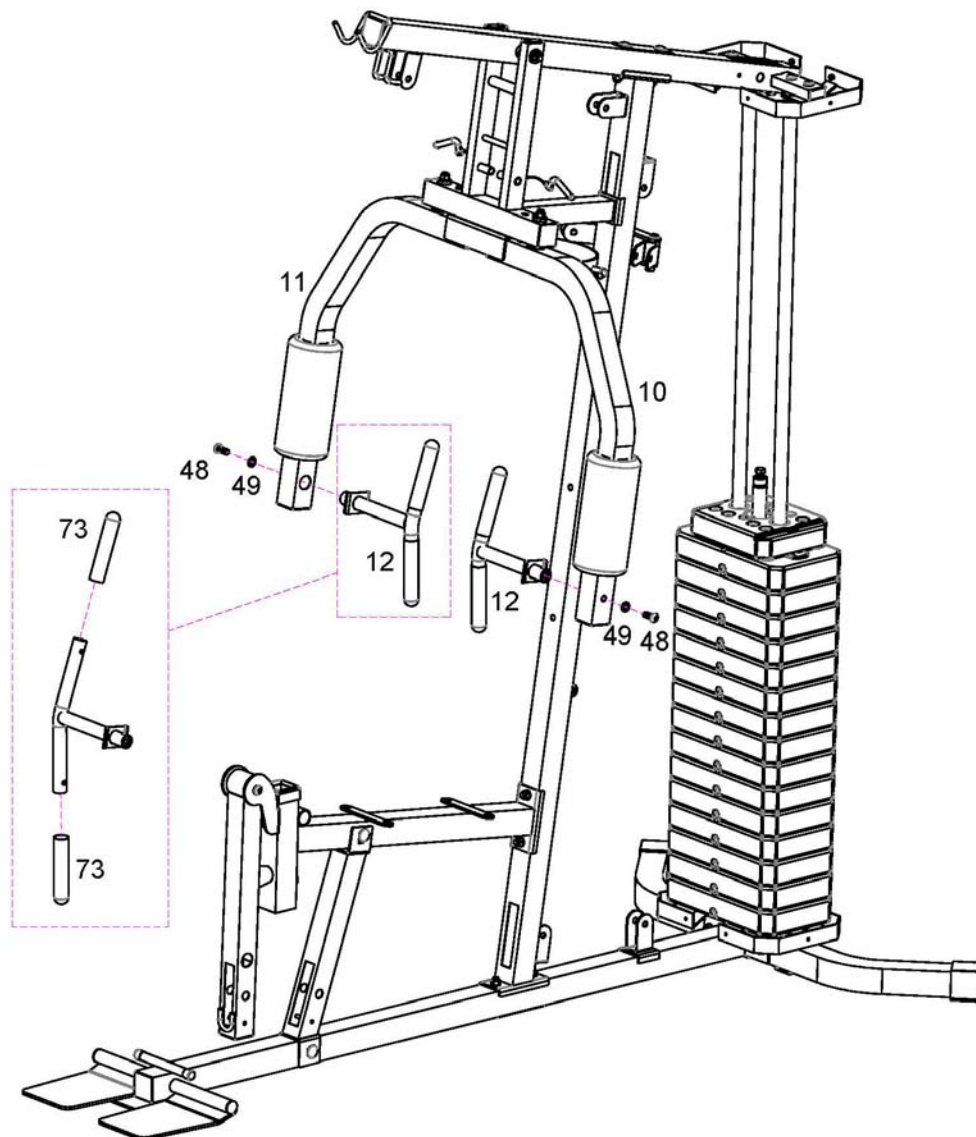
Assembly instructions



Step 14

Slide 2 x 50mm Foam pads (**34**) onto the L & R butterfly arms (**9,10**).

Assembly instructions

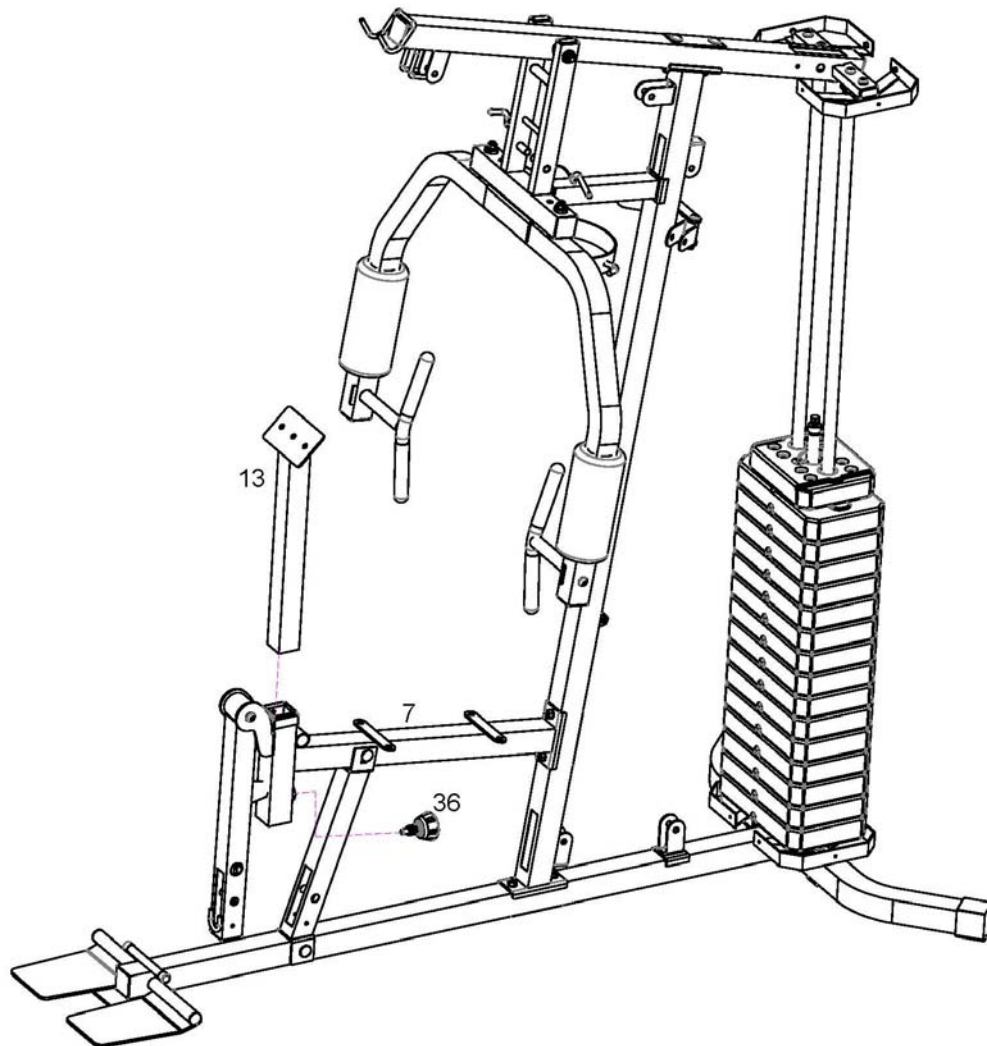


Step 15

Attach 2 x Front Press Handles (12) to the L & R Fly Arms (10, 11) respectively and secure with 2 x M10 x 25mm Allen Bolts (48), 2 x Ø10mm Washers (49).

Notes: (73) is pre-fitted.

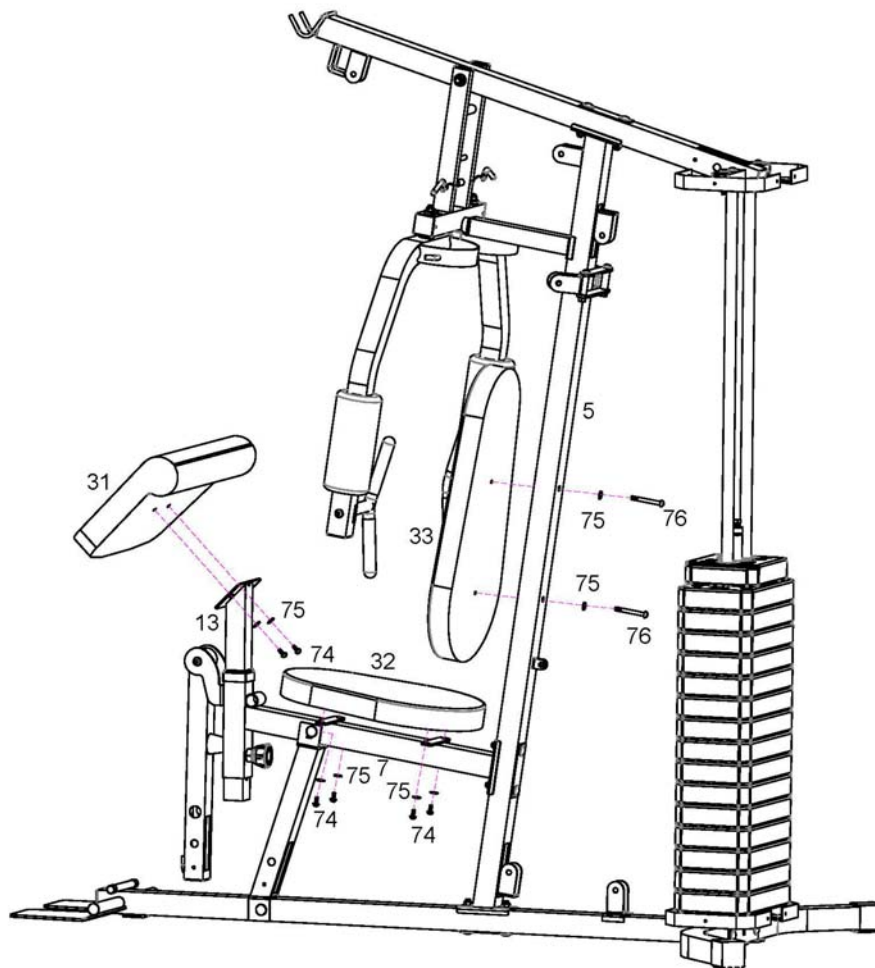
Assembly instructions



Step 16

Insert the Arm Curl Pad Support (13) into the Seat Support (7), and secure with 1 x M18 Lock Knob (36).

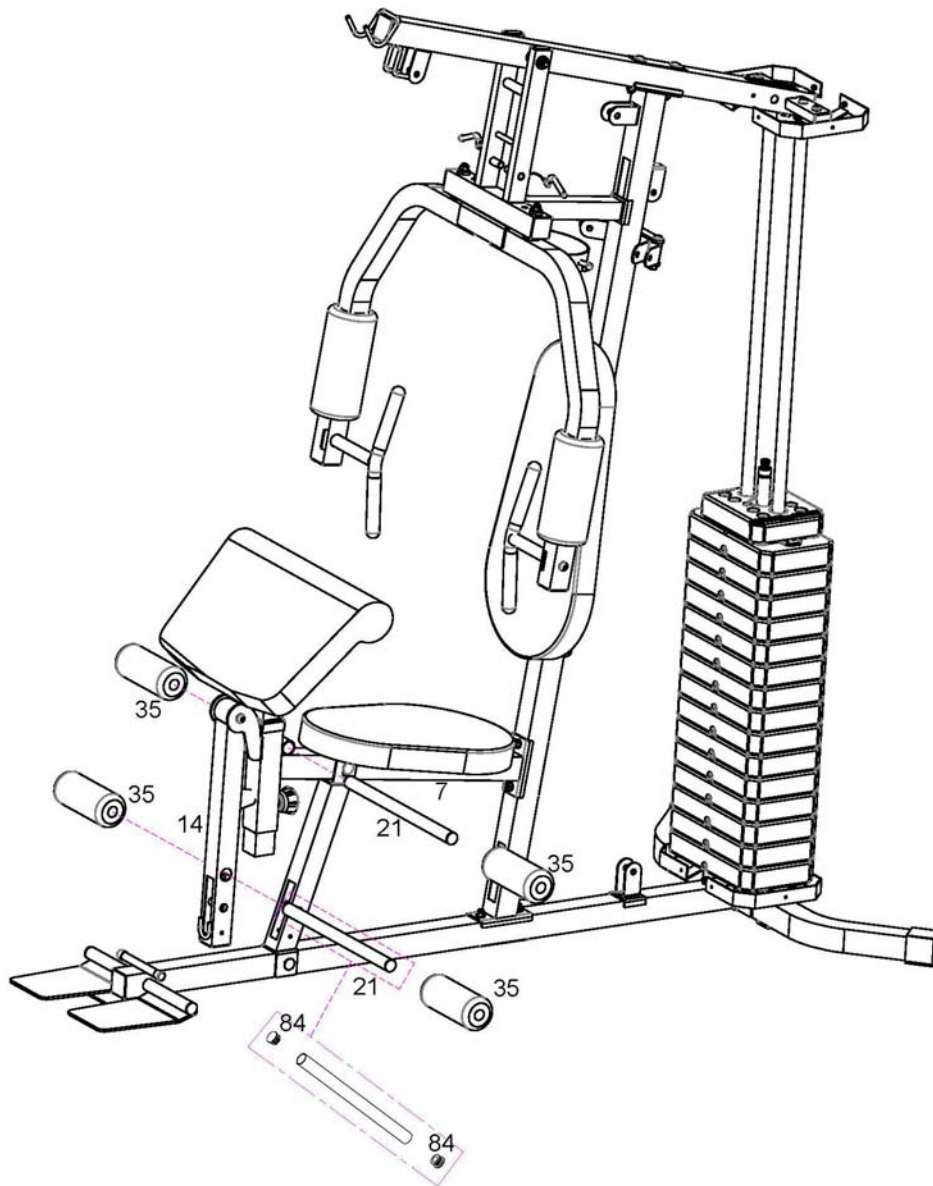
Assembly instructions



Step 17

- Attach the Back Pad (**33**) to the Vertical Frame (**5**) using 2 x M8 x 65mm Allen Bolts (**76**) and 2 x Ø8mm Washers (**75**).
- Attach the Seat Pad (**32**) to the Seat Support (**7**) using 4 x M8 x 15mm Allen Bolts (**74**) and 4 x Ø8mm Washers (**75**).
- Attach the Arm Curl Pad (**31**) to the Arm Curl Pad Support (**13**) using 2 x M8 x 15mm Allen Bolts (**74**) and 2 x Ø8mm Washers (**75**).

Assembly instructions

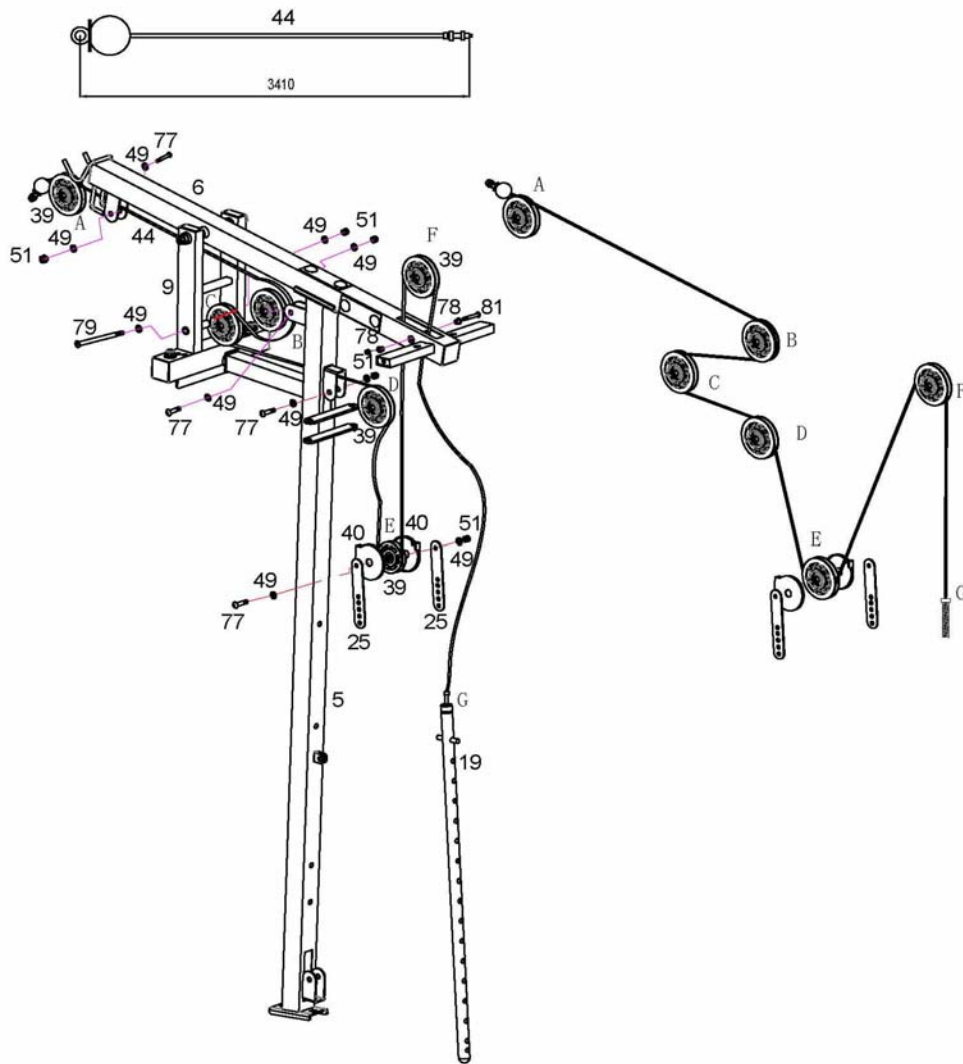


Step 18

- Insert 2 x Foam Roll Tubes (21) half way into the Seat Support (7) and Leg Developer (14) respectively.
- Push 4 x 22mm Foam Pads (35) onto each side of the Foam Roll tubes (21).

Notes: (84) is pre-fitted.

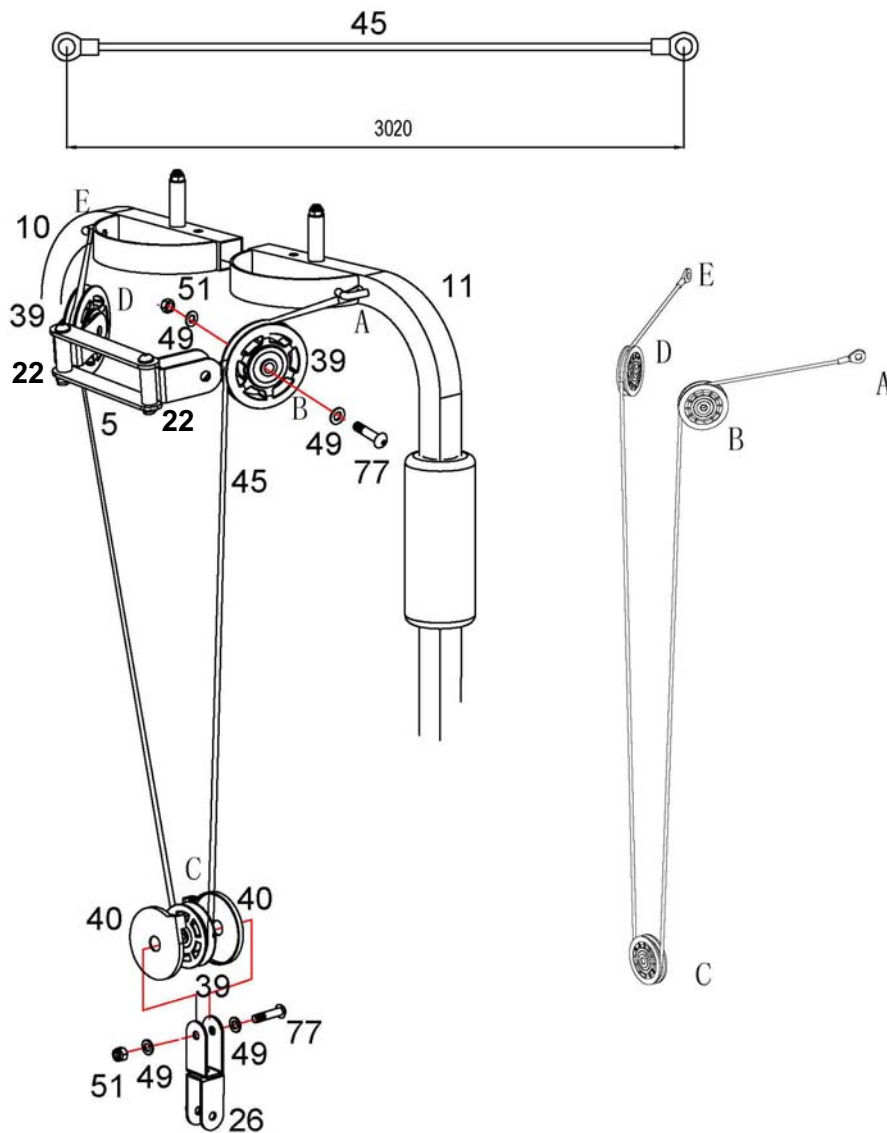
Assembly instructions



Step 19

- Thread the Upper Cable (44) through the Upper Frame (6), and fix 1 x Pulley (39) to the Upper Frame (6) using 1 x M10 x 45mm Allen Bolt (77), 2 x Ø10mm Washers (49) and 1 x M10 Aircraft Nut (51). Put the cable through the slot of the Front Press Base (9).
- Thread the Upper Cable (44) through the Vertical Frame (5), and fix 1 x Pulley (39) to the Vertical Frame (5) using 1 x M10 x 45mm Allen Bolt (77), 2 x Ø10mm Washers (49) and 1 x M10 Aircraft Nut (51).
- Thread the Upper Cable (44) through the Front Press Base (9), and fix 1 x Pulley (39) to the Front Press Base (9) using 1 x M10 x 140mm Allen Bolt (79), 2 x Ø10mm Washers (49) and 1 x M10 Aircraft Nut (51), then thread the cable back.
- Thread the Upper Cable (44) through the Vertical Frame (5), and fix 1 x Pulley (39) to the Vertical Frame (5) using 1 x M10 x 45mm Allen Bolt (77), 2 x Ø10mm Washers (49) and 1 x M10 Aircraft Nut (51).
- Cover 1 x Pulley (39) with 2 x Pulley Covers (40), push 2 x Double Floating Pulley Brackets (25) on both sides of the pulley assembly and secure with 1 x M10 x 45mm Allen Bolt (77), 2 x Ø10mm Washers (49) and 1 x M10 Aircraft Nut (51).
- Thread the Upper Cable (44) through the slot on the Upper Frame (6), and fix 1 x Pulley (39) to the Upper Frame (6) using 2 x Ø25 x 15 Pulley Bushings (78), 1 x M10 x 70mm Allen Bolt (81) and 1 x M10 Aircraft Nut (51).
- Connect the Upper Cable (44) with the Selector Rod (19). It should be no less than 10mm to screw the bolt in the Selector rod (19).

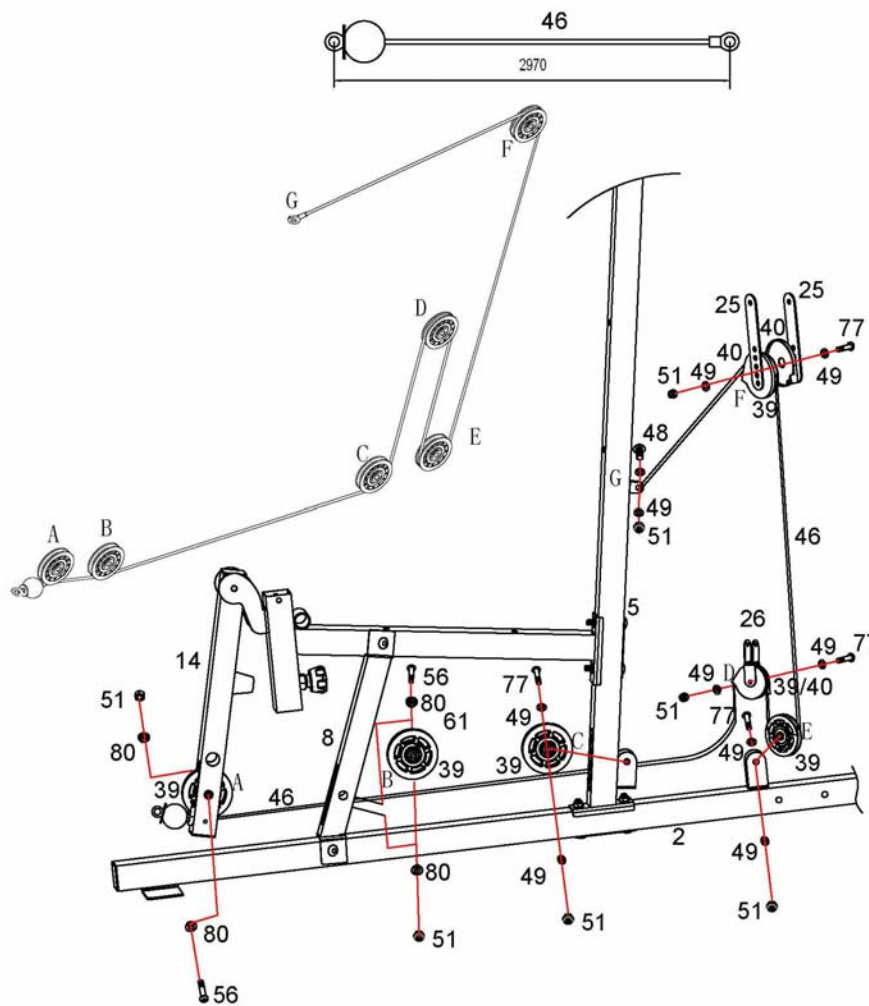
Assembly instructions



Step 20

- Fix one end of the Butterfly Cable (45) to the Right Fly Arm (11).
- Thread the Butterfly Cable (45) through the Swivel Pulley Bracket (22), and fix 1 x Pulley (39) to the Swivel Pulley Bracket (22) using 1 x M10 x 45mm Allen Bolt (77), 2 x Ø10mm Washers (49) and 1 x M10 Aircraft Nut (51).
- Cover 1 x Pulley (39) with 2 x Pulley Covers (40), then fix the pulley assembly to the Angled Double Pulley Bracket (26) using 1 x M10 x 45mm Allen Bolt (77), 2 x Ø10mm Washers (49) and 1 x M10 Aircraft Nut (51).
- Thread the cable through the Swivel Pulley Bracket (22) on the other side, and fix 1 x Pulley (39) to the Swivel Pulley Bracket (22) using 1 x M10 x 45mm Allen Bolt (77), 2 x Ø10mm Washers (49) and 1 x M10 Aircraft Nut (51). Then fix the other end of the Butterfly Cable (45) to the Left Butterfly Frame (10).

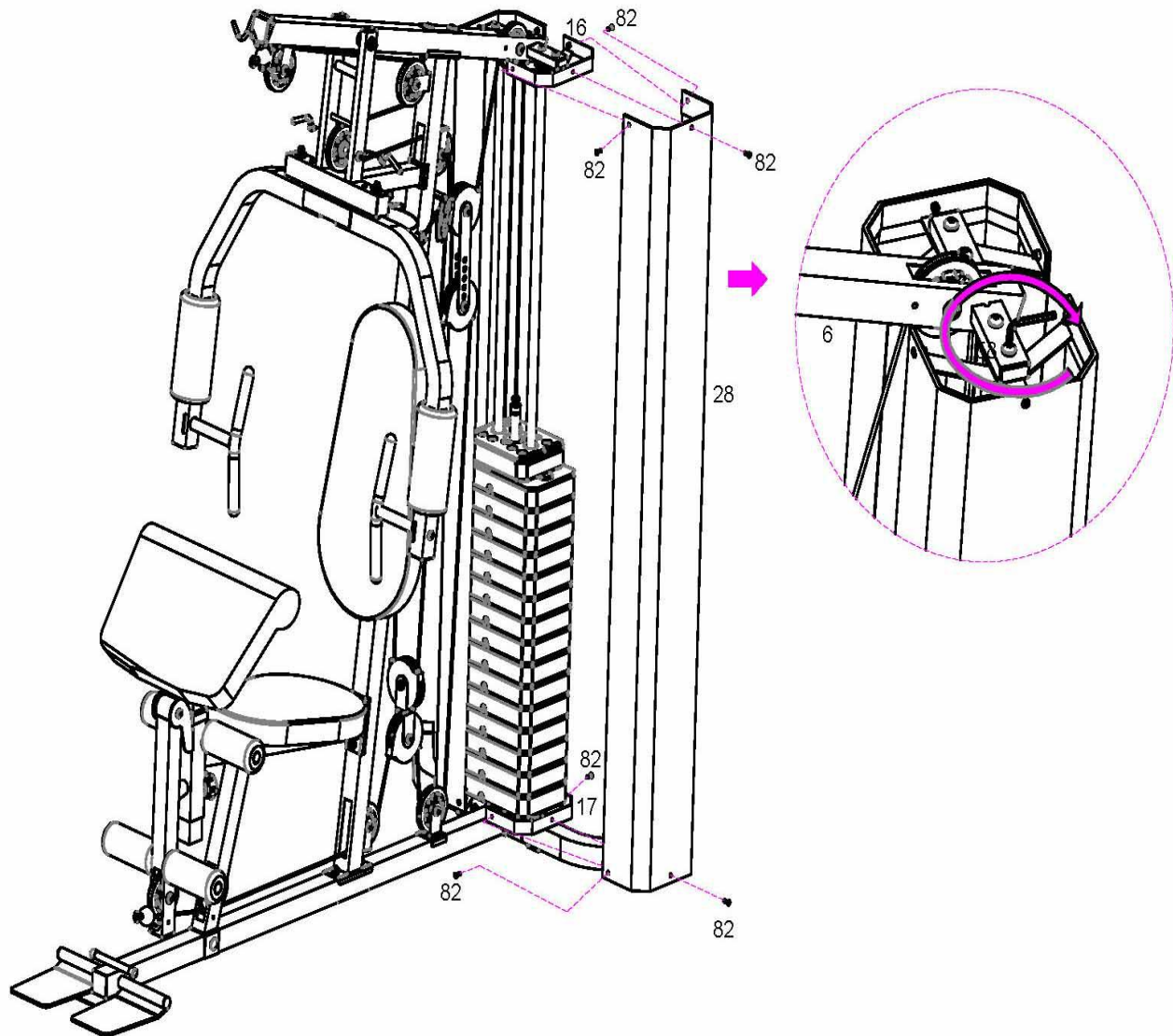
Assembly instructions



Step 21

- Thread the Lower Cable (46) through the Leg Developer (14), and fix 1 x Pulley (39) to the Leg Developer (14) using 1 x M10 x 65mm Allen Bolt (56), 2 x Ø25 x 13 Pulley Bushings (80) and 1 x M10 Aircraft Nut (51).
- Thread the Lower Cable (46) through the Seat Post (8), and fix 1 x Pulley (39) to the Seat Post (8) using 1 x M10 x 65mm Allen Bolt (56), 2 x Ø25 x 13 Pulley Bushings (80) and 1 x M10 Aircraft Nut (51).
- Thread the Lower Cable (46) through the Vertical Frame (5), and fix 1 x Pulley (39) to the Vertical Frame (5) using 1 x M10 x 45mm Allen Bolt (77), 2 x Ø10mm Washers (49) and 1 x M10 Aircraft Nut (51).
- Thread the Lower Cable (46) through the Angled Double Pulley Bracket (26), and fix 1 x Pulley (39) to the Angled Double Pulley Bracket (26) using 1 x M10 x 45mm Allen Bolt (77), 2 x Ø10mm Washers (49) and 1 x M10 Aircraft Nut (51).
- Thread the Lower Cable (46) through the bracket on the Main Base Frame (2), and fix 1 x Pulley (39) to the Main Base Frame (2) using 1 x M10 x 45mm Allen Bolt (77), 2 x Ø10mm Washers (49) and 1 x M10 Aircraft Nut (51).
- Thread the cable through the Floating Pulley Brackets (25), and cover 1 x Pulley (39) with 2 x Pulley Covers (40), push 2 x Double Floating Pulley Brackets (25) on both sides of the pulley assembly and secure with 1 x M10 x 45mm Allen Bolt (77), 2 x Ø10mm Washers (49) and 1 x M10 Aircraft Nut (51).
- Connect the Lower Cable (46) with the Vertical Frame (5) using 1 x M10 x 25mm Allen Bolt (48), 1 x Ø10mm Washer (49) and 1 x M10 Aircraft Nut (51).

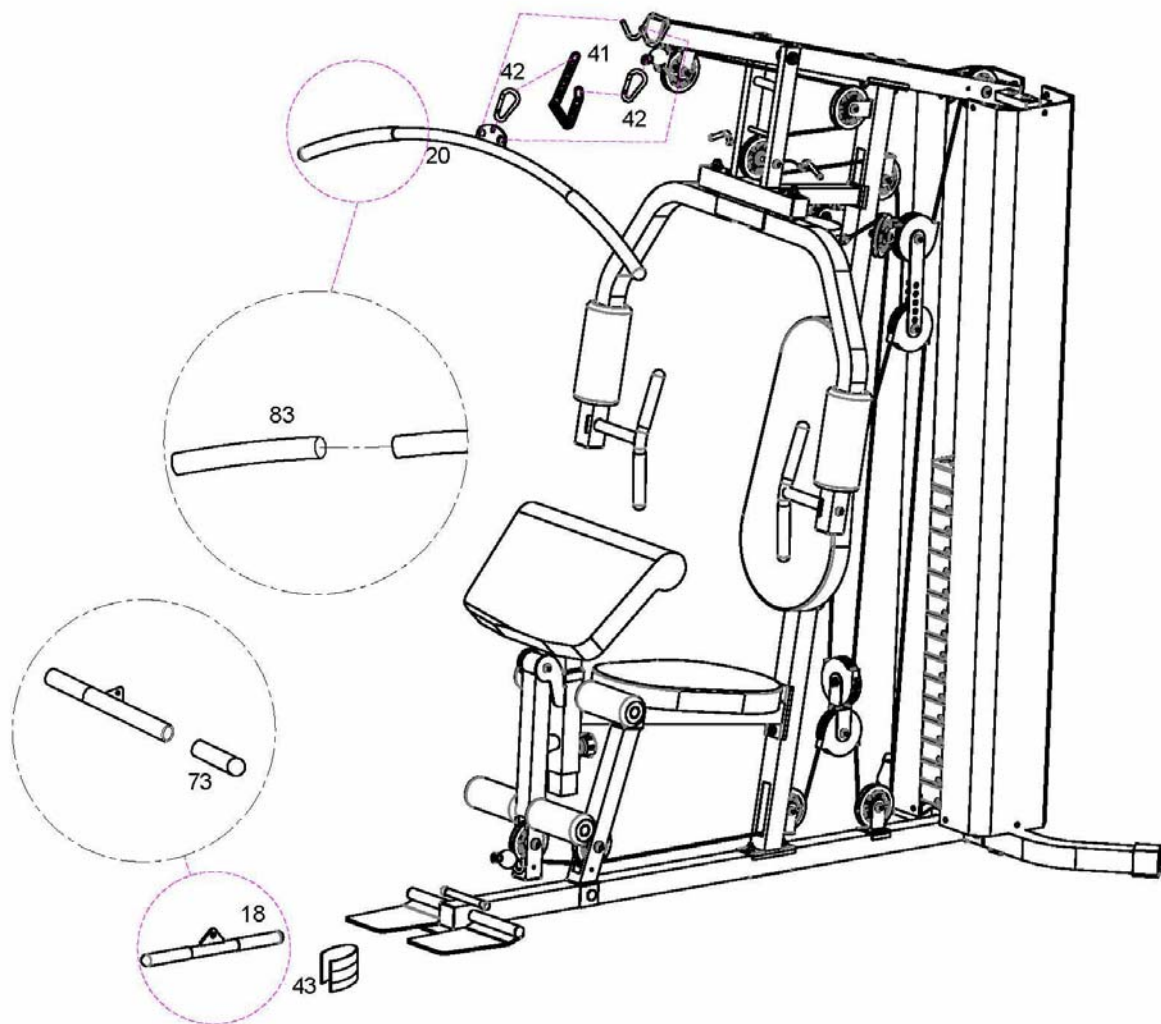
Assembly instructions



Step 22

Attach the Weight Stack Cover (28) to the Upper and Lower Fixed Frame (16, 17) using 6 x M6 x 15mm Allen Bolts (82). Then tighten the bolts at **Step 8-b**.

Assembly instructions



Step 23

Connect the Lat Bar (20) to the hook on the Upper Frame (6) using 1 x 15 Joint Chain (41) and 2 x #7 Clip Hooks (42).

Notes: (73), (83) are pre-fitted.

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 starting position in a slow and controlled manner.

- Read all caution and warning stickers before using this equipment.
- 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.
- Any clips must be closed completely before using this equipment.
- Children are not permitted to use this equipment.
- Before beginning any exercise programme it is suggested to have a complete medical examination and to obtain your doctor's approval of your exercise/conditioning programme.
- We recommend that you always exercise with a partner or someone who can assist you in case the weights become too heavy for you to lift on your own.

Always warm up your muscles before exercising. Prepare your body with easy stretching (without bouncing) and light cardio exercise for several minutes.

Seated Bench Press

Developing the Pectorals

Select the desired weight. Sit facing away from the equipment with your back against the back pad. Grasp Chest press handles. Push Chest 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 Pectorals

Select the desired weight. Sit facing away from the equipment with your back against the back pad. Place forearms on fly pads. Rotate your arms forward as far as possible, by squeezing 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

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



Seated Row

Developing the Triceps

Select the desired weight. Attach 'Pull bar' and chain to Lower pulley using Clip hooks. Sit on the ground facing the lower pulley positioning feet on front foot plate. Grasp 'Pull bar' with palms facing down. With elbows at your side and arms fully extended, pull the Pull bar backwards. 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 the 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

Lat Pull Down

Developing the Abs / Core

Select the desired weight. Attach 'Lat bar' to Upper pulley. Sit facing the back pad with your feet flat on the floor. Grasp 'Lat bar' using a narrow grip with Lat bar behind your head. Contract your abs to stabilise yourself. Pull your arms down and return in a slow and controlled manner. Repeat.

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 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. Place your legs over the foam knee pads, and behind the foam ankle pads. 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



Inner Leg Kick

Developing the Inner Thigh

Select the desired weight. Wrap the 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. Swing your leg across your body ensuring it remains straight throughout. Return to the start position and then repeat.

Beginners: 10 Reps with light weights

Intermediate: 20 Reps with light weights

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



Exercising Information

Before you start

How you begin your exercise programme depends on your physical condition. If you have been inactive for several years or are overweight, you must start slowly and increase a few repetitions per workout.

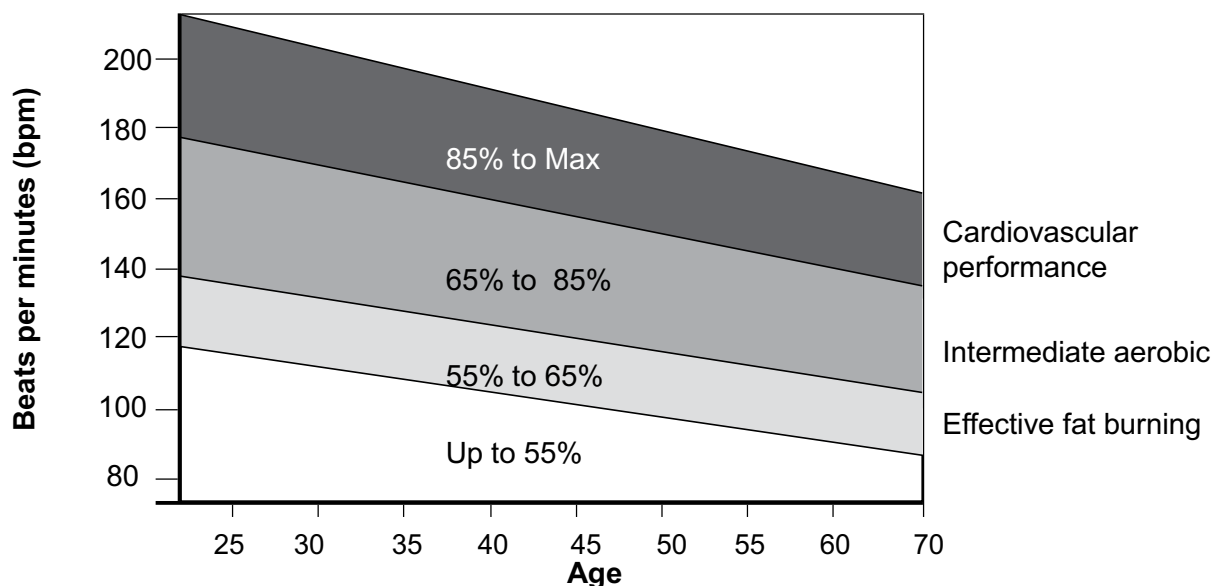
However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay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

Please remember these essentials:

- Have your doctor review your training and diet programme to advise you of a workout routine you should adopt.
- Begin your training programme slowly with realistic goals.
- 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.

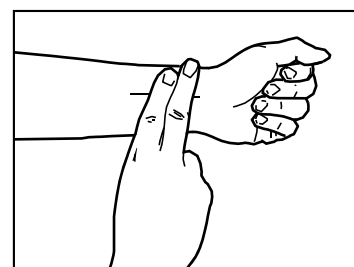
Exercise intensity

To maximize the benefits of exercising, it is important to exercise with 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 programme, 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 exercises.

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

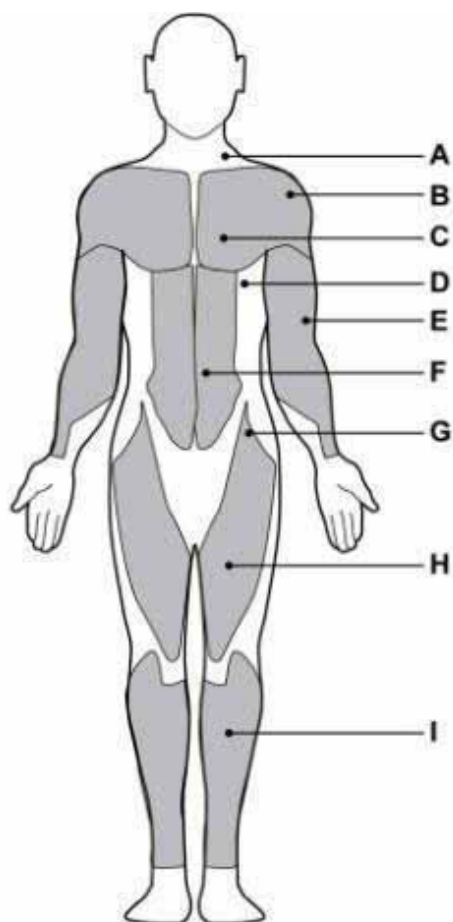
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs or buttocks, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part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

Weight Training

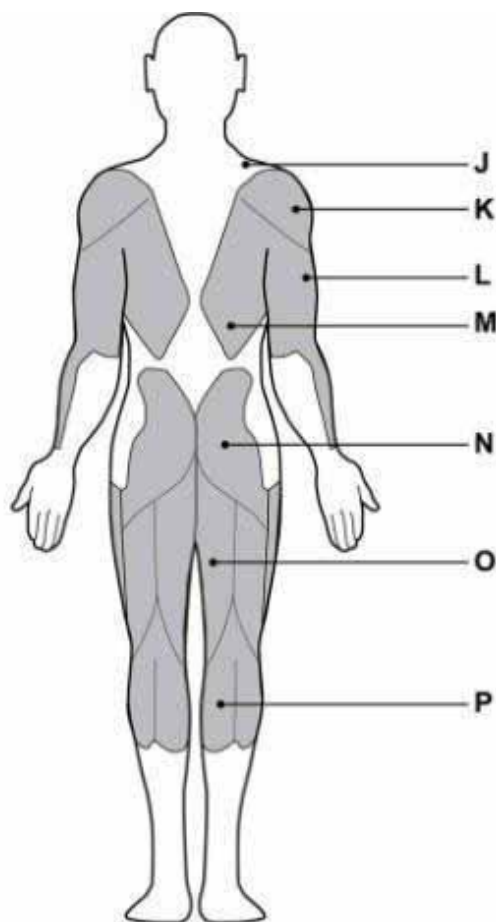
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount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

Targeted Muscle Groups

The exercise routine that is performed on the Men's Health Home Gym will develop the upper and lower body or combined total body muscle groups. These muscle groups are highlighted on the muscle chart below.



Front



Back

- | | |
|-----------------------------|-----------------------------|
| A: Trapezius | F: Abdominal |
| B: Anterior Deltoid | G: Sartorius |
| C: Pectoralis Major | H: Quadriceps |
| D: Serratus Anterior | I: Tibialis Anterior |
| E: Biceps | |

- | | |
|-----------------------------|-------------------------|
| J: Trapezius | N: Gluteals |
| K: Posterior Deltoid | O: Hamstrings |
| L: Triceps | P: Gastrocnemius |
| M: Latissimus Dorsi | |

Exercising Information

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 programme, 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

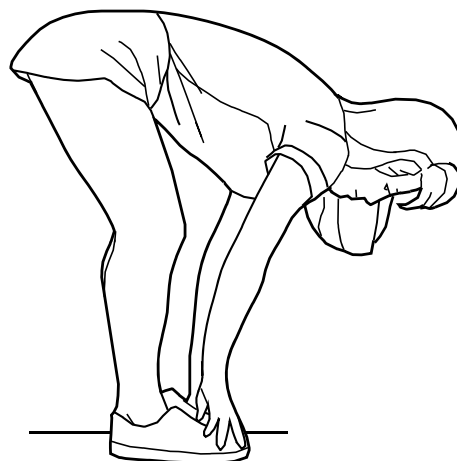
To maintain or improve your condition, plan three workouts each week with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your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

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, and 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, and then relax.
Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



Exercising Information

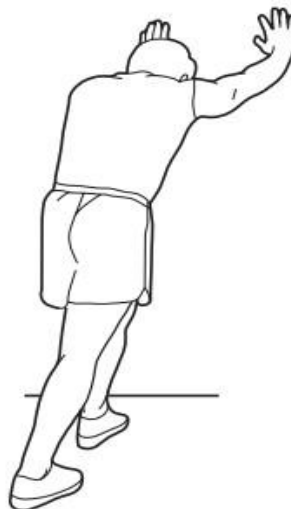
Calf / Achilles stretch

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, and 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, and 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, and then relax.

Repeat 3 times.

Stretches: Quadriceps and Hip muscles.



Care and Maintenance

1. The safety level of the equipment can only be maintained if it is examined regularly for damage and wear e.g. 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 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 customer helpline:

0345 640 2020.

www.argos-support.co.uk

Guarantee:

For guarantee purposes, please retain your purchase receipt.

Exploded Parts List

Part	Description	Qty.	Part	Description	Qty.
1	Rear Stabilizer	1	22	Swivel Pulley Bracket	2
2	Main Base Frame	1	23	19mm Connecting Rod	1
3	Guide Rod	2	24	Weight Stack Cover Bracket	2
4	Bracket	1	25	Double Floating Pulley Bracket	2
5	Vertical Frame	1	26	Angled Double Pulley Bracket	1
6	Upper Frame	1	27	Bracket	3
7	Seat Support	1	28	Weight Stack Cover	2
8	Seat Post	1	29	10 LB Weight Plate	15
9	Front Press Base	1	30	8 LB Weight Plate	1
10	Left Fly Arm	1	31	Arm Curl Pad	1
11	Right Fly Arm	1	32	Seat Pad	1
12	Front Press Handle	2	33	Backrest Pad	1
13	Arm Curl Pad Support	1	34	50mm Foam Roll	2
14	Leg Developer	1	35	22mm Foam Roll	4
15	Foot Plate	1	36	M18 Lock Knob	1
16	Upper Fixed Frame	2	37	Selector Pin	1
17	Lower Fixed Frame	2	38	Rumbber Bumper	2
18	Pull Bar	1	39	Ø97 Pulley	15
19	Selector Rod	1	40	Pulley Cover	8
20	Lat Bar	1	41	15 Joint Chain	1
21	25mm Foam Roll Tube	2	42	7# Clip Hook	2

Exploded Parts List

43	Ankle Strap	1	63	18mm Bushing	2
44	Upper Cable	1	64	□45 x1.5 End Cap	5
45	Butterfly Cable	1	65	PP Bumper	1
46	Lower Cable	1	66	Axle	1
47	□50 End Cap	2	67	Ø10mm Big Washer	4
48	M10 x 25mm Allen Bolt	9	68	28mm Bushing	2
49	Ø10mm Washer	52	69	16mm Bushing	2
50	M10 x 70mm Carriage Bolt	10	70	Ø10x85 L-shaped Lock Pin	2
51	M10 Aircraft Nut	33	71	ST5 x 10 Philips Screw	4
52	Ø16 End Cap	2	72	□45 x 2 End Cap	2
53	Ø50 x 1.5 End Cap	3	73	Ø25 x 130mm Handle Grip	8
54	M6 x 16mm Philips Bolt	2	74	M8 x 15mm Allen Bolt	6
55	Rumbber Bumper	1	75	Ø8mm Washer	8
56	M10 x 65mm Allen Bolt	4	76	M8 x 65mm Allen Bolt	2
57	Ø25 End Cap	1	77	M10 x 45mm Allen Bolt	11
58	M10 x 50mm Allen Bolt	2	78	Ø25 x 15 Pulley Bushing	2
59	□20 x 40 x1.5 End Cap	4	79	M10 x 140mm Allen Bolt	1
60	□50 x □45 Sleeve	1	80	Ø25 x 13 Pulley Bushing	4
61	Ø25x 1.5 End Cap	2	81	M10 x 70mm Allen Bolt	1
62	M10 x 80mm Allen Bolt	1	82	M6 x 15mm Allen Bolt	12
			83	Ø25 x 325mm Handle Grip	2
			84	Ø25x 1.2 End Cap	4

Guarantee



Product Guarantee

This product is guaranteed against manufacturing defects from 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 rendered invalided if the products 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 right.
- In the event of problem with the product with in the guarantee period call

Customer Helpline: 0345 6001714 <http://www.argos-support.co.uk>

Guarantor: Argos Ltd
489 – 499 Avebury Boulevard
Central Milton Keynes