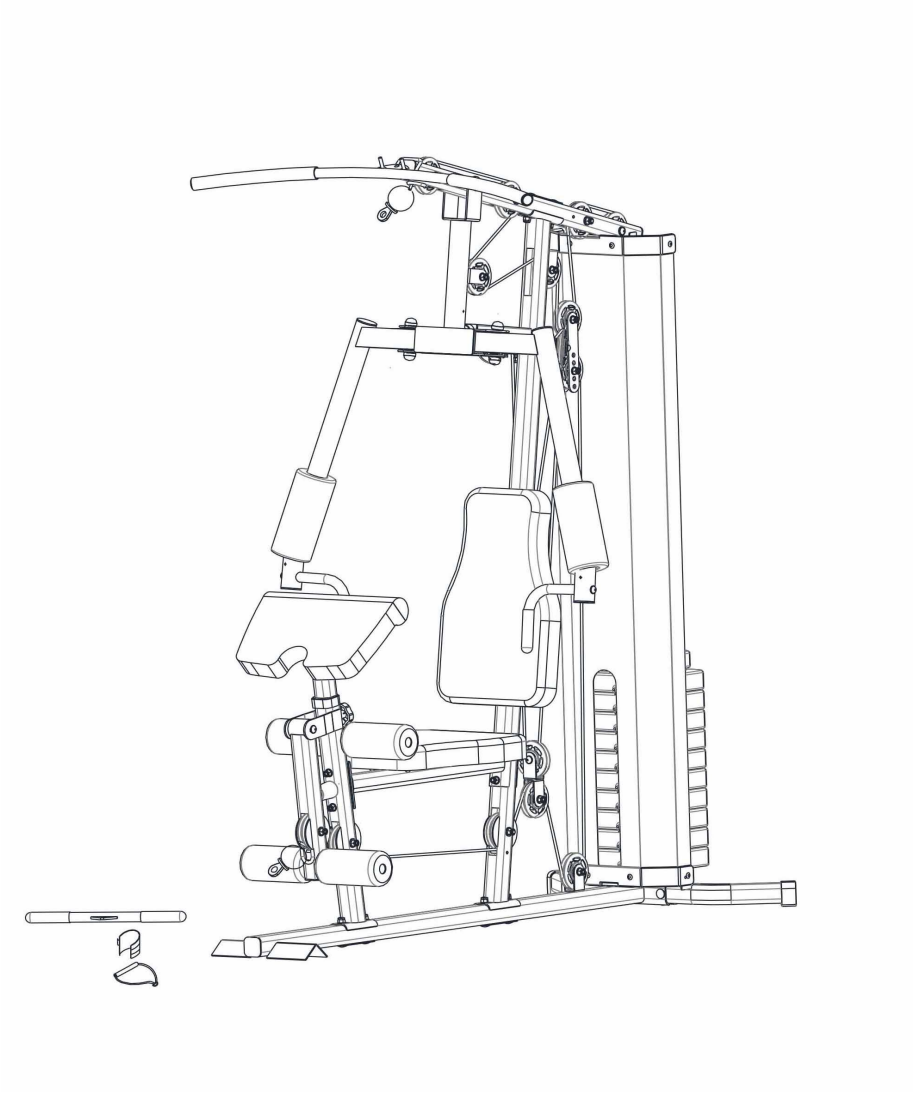
50KG HOME GYM

Assembly & User Instructions - Please keep for future reference

490/9705



Important – Please read these instructions fully before assembly or use

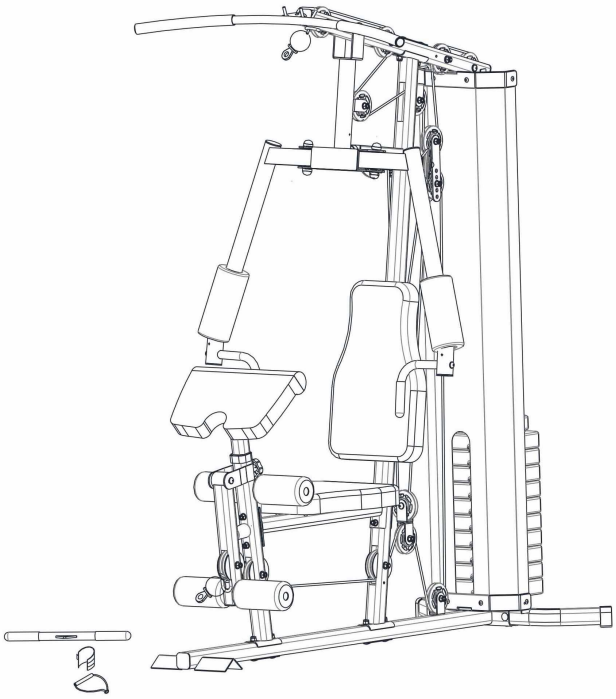
These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the **Customer Helpline: 0345 640 2020**

Issue 1 -11/10/15

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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 Men's Health 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 lay out 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 the equipment

• 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 any user of this product is how to use this product safely.

• 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 are recommended to use the equipment with a qualified person or doctor in attendance.

• Keep this equipment indoors, away from moisture and dust. Do not put the equipment in an outbuilding, conservatory or near water.

• 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 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.

• The safety of this equipment can only be assured if it is examined regularly for damage and wear.

• Replace defective components immediately and keep the equipment out of use until repair.

• Injuries may result from incorrect use of this equipment or excessive training.

• This product is not a toy and is not suitable for children. Please keep out of the reach of children at all times.

• The minimum recommended age for the use of this equipment is 15.

• Any use of this equipment in a commercial environment invalidates the warranty.

• Please consult a medical professional or personal trainer prior to commencing exercise to ensure it is safe for you to do so.

• If you have any health concerns or medical problems please consult a doctor before using this equipment.

• 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.

• 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.

Warning: Before beginning any exercise programme, consult your doctor. This is especially important for individuals with pre-existing health problems or those who have not exercised for a period of time. You MUST read all instructions before using any fitness equipments. Argos assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

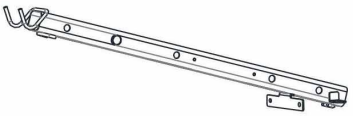
Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline**: **0345 640 2020.**

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 weight of the product is 54 kg (including weight plates). Footprint of the product is 168 cm × 95 cm.

1



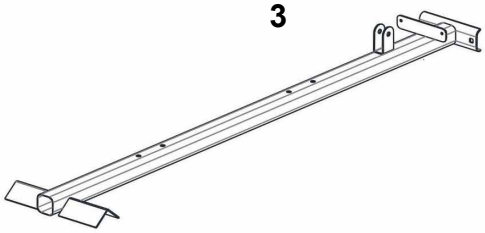
Upper Frame x 1

2



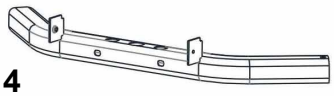
Vertical Frame x 1

3



Base Frame x 1

4



Rear Stabilizer x 1

5



Leg support tube x 1

6



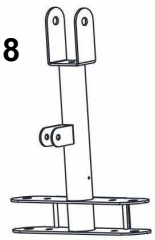
Seat Support x 1

7



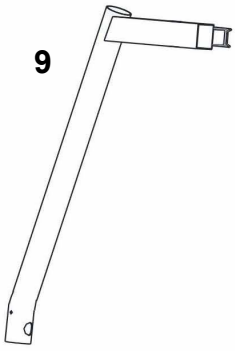
Leg Developer x 1

8



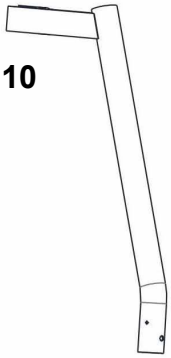
Fly arm support x 1

9



Right fly arm x 1

10



Left fly arm x 1

11



Handle x 2

12



U-shaped bracket x 2

13



Arm Curl Pad Support x 1

14



Swivel Pulley Bracket x 2

15



Double Pulley Bracket x 1

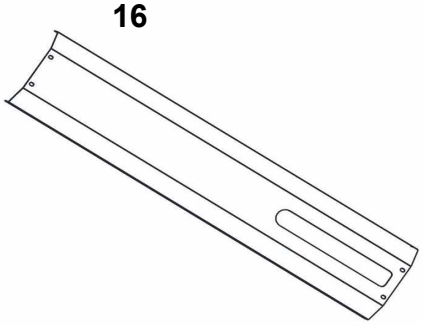
Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline**: **0345 640 2020.**

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.

16



Weight Stack Cover x 1

17



Guide Rod x 2

18



Lat Bar x 1

19



Selector Rod x 1

20

30x120mm Bracket x 4

22



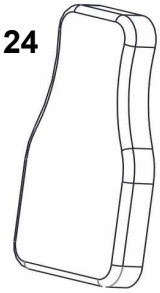
Lock Knob x 1

23



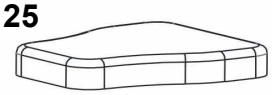
Ankle Tube x 2

24



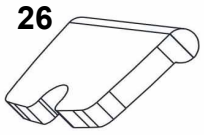
Backrest Pad x 1

25



Seat Pad x 1

26



Arm Curl Pad x 1

27



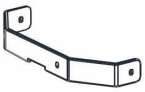
48mm Foam Pad x 2

28



22mm Foam Pad x 4

29



Weight Stack Cover Bracket x 2

30



Floating Double Pulley Bracket x 2

32



Selector Pin x 1

33



Chain x 1

34



Carabiner x 2

35



Top Weight Plate x 1

36



Weight Plate x 10

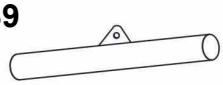
Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline**: **0345 640 2020.**

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.

39



Pull Bar x 1

41



Rubber Bumper x 2

42



Pulley x 14

43

22mm Pulley Bush x 14

47



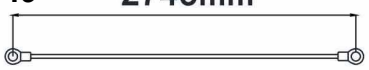
Ankle Strap x 1

48 3100mm



Upper Cable x 1

49 2745mm



Butterfly Cable x 1

50 3500mm



Lower Cable x 1

53



Ø50 End Cap x 5

57



Single Strap x 1

58



M10 Nut Cap x 4

61



Pulley Cover x 8

80

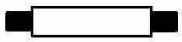
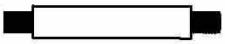
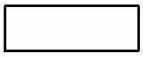
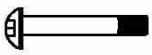
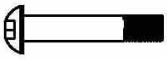
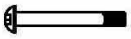


Foam End Cap x 4

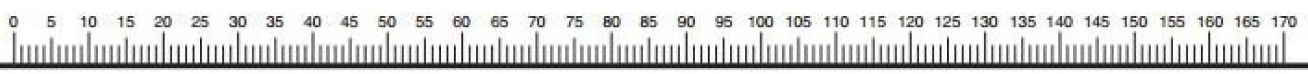
Components - Fixings

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.

21  Butterfly Axle x 2	38  Axle x 1	62  57mm Axle x 1
63  M10 x 70mm Carriage Bolt x 10	64  M10 x 65mm Allen Bolt x 11	65  M10 x 55mm Allen Bolt x 2
66  M10 x 25mm Allen Bolt x 7	67  M10 x 45mm Allen Bolt x 9	68  M10 x 20mm Allen Bolt x 2
69  M8 x 70mm Allen Bolt x 2	70  M8 x 16mm Allen Bolt x 6	71  M6 x 20mm Allen Bolt x 8
73  Ø10mm Washer x 48	74  Ø8mm Washer x 8	75  Ø6mm Washer x 10
76  Ø25 Washer x 6	77  M10 Aircraft Nut x 37	78  M6 Aircraft Nut x 2
 4mm Allen Key x 1	 5mm Allen Key x 1	 6mm Allen Key x 2

Ruler - Use this ruler to help correctly identify the hardware



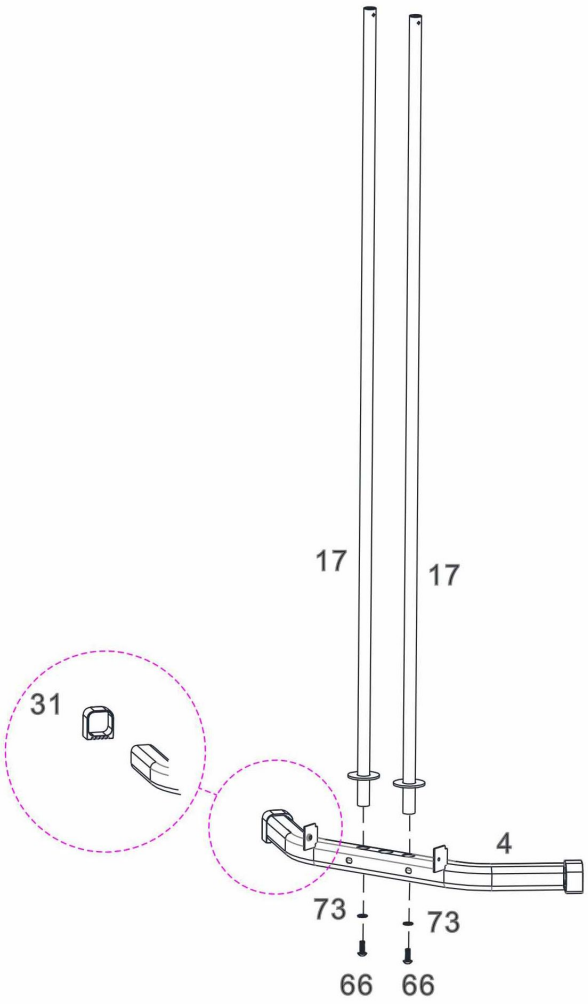
Assembly instructions

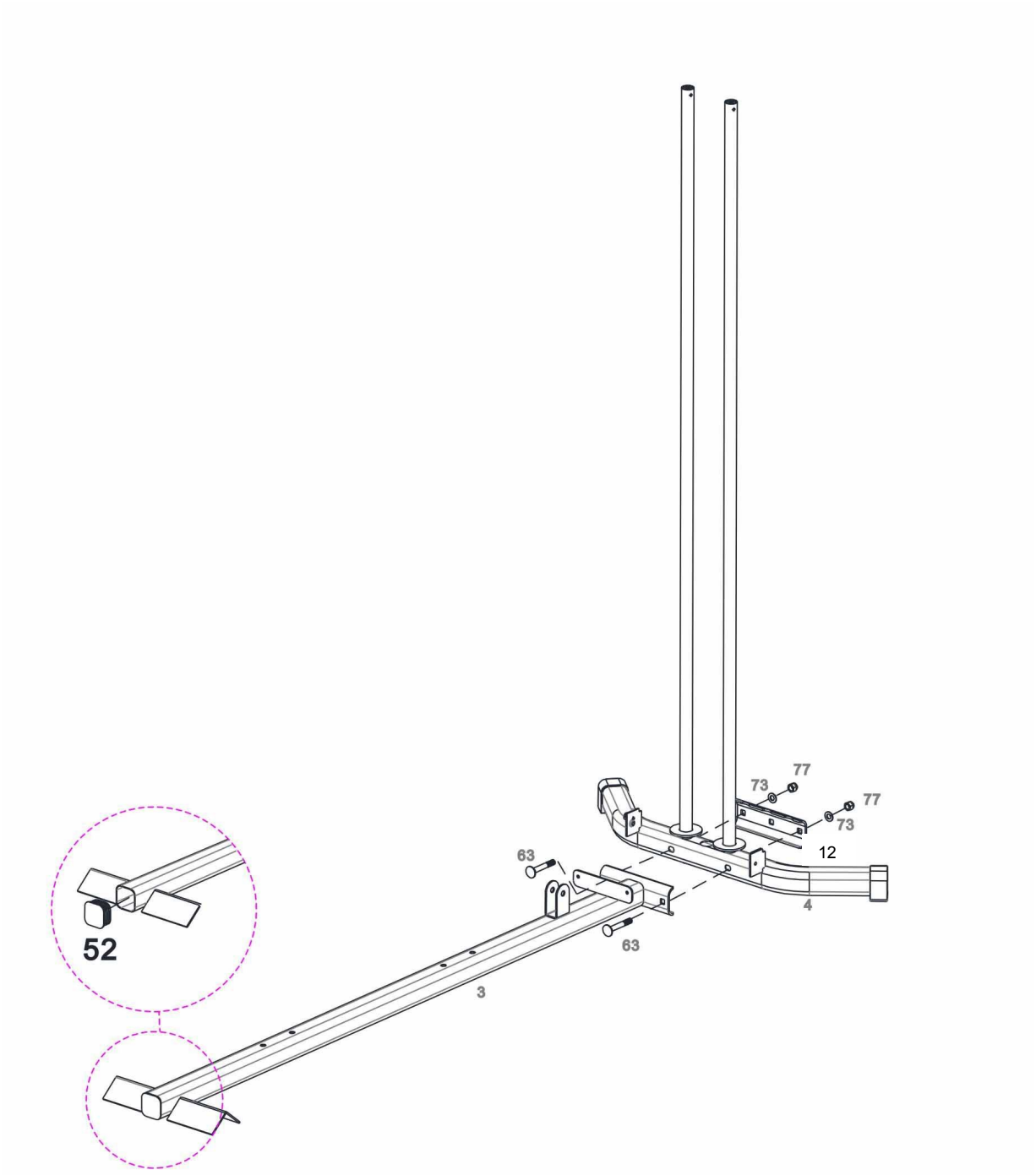
Step 1

Insert the Guide rods **(17)** into the holes on the Rear stabilizer **(4)**. Fix using 2 x M10 x 25mm Allen bolts **(66)** and 2 x 10mm Washers **(73)**.

Notes: (**31**) is pre-fitted.

.





Step 2

Attach the Base frame **(3)** and U-shaped bracket (**12**) to the Rear stabilizer **(4)** using 2 x M10 x 70mm Carriage Bolts **(63)**, 2 x Ø10mm Washers **(73)** and 2 x M10 Aircraft nuts **(77)**.

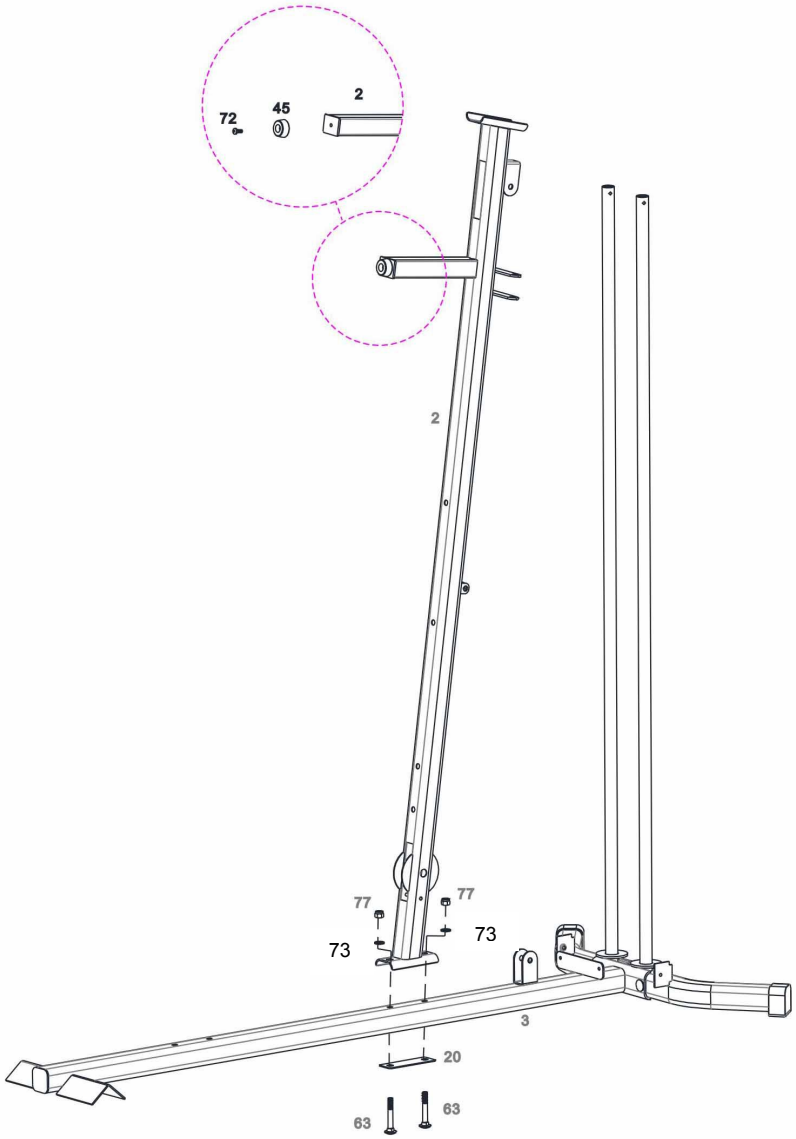
Notes: (**52**) is pre-fitted.

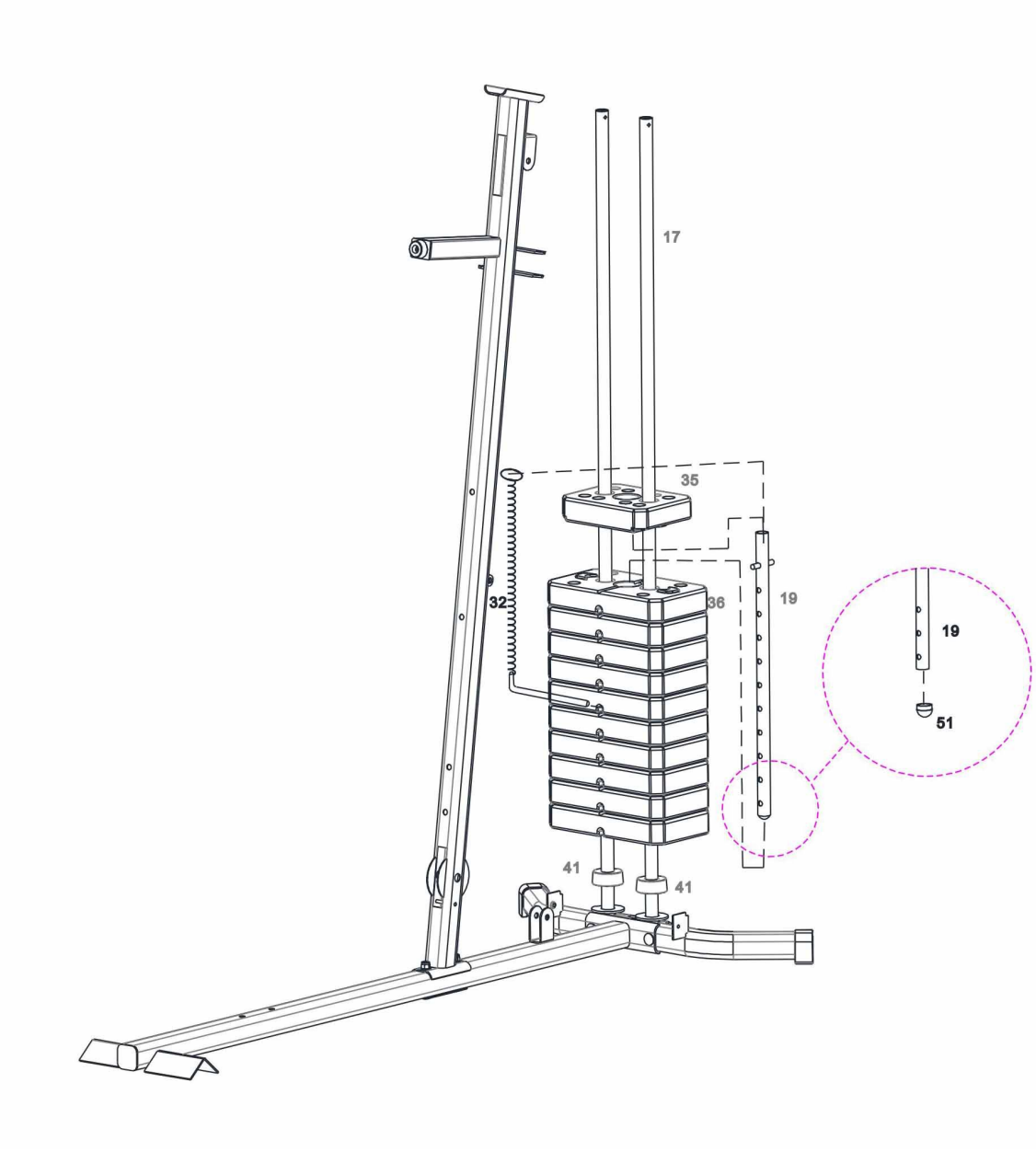
Assembly instructions

Step 3

Attach the Vertical Frame **(2)** and 30x120mm Bracket (**20**) to the Base frame **(3)** using 2 x M10 x 70mm Carriage Bolts **(63)**, 2 x Ø10mm Washers **(73)** and 2 x M10 Aircraft nuts **(77)**.

Notes: (**72**), (**45**) are pre-fitted.



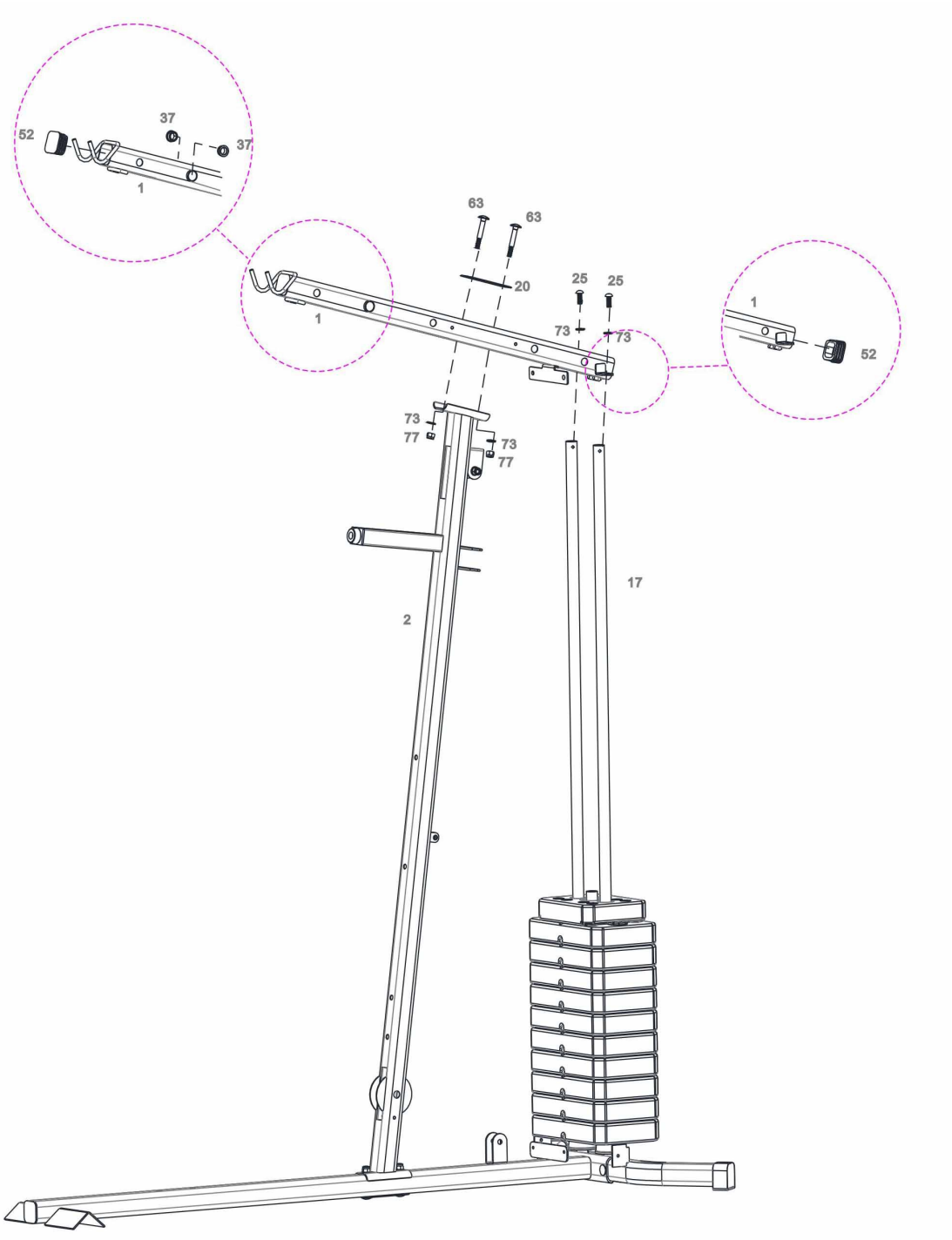


Step 4

Put 2 x Rubber Bumpers (**41**) through the Guide Rods (**17**), and then carefully slide the Weight plates **(36)** down the 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. Insert the Selector rod (**19**) down through the centre holes of the weight stack. Attach the Selector Pin **(32)** to the top of the Selector rod **(19)**.
Slide the Top weight plate **(35)** down Guide rods **(19)**. When using: Select the desired training weight by inserting the Selector Pin **(32)** into the deep grooves under the weight plates and into the selector rod.

Notes: (**51**) is pre-fitted.

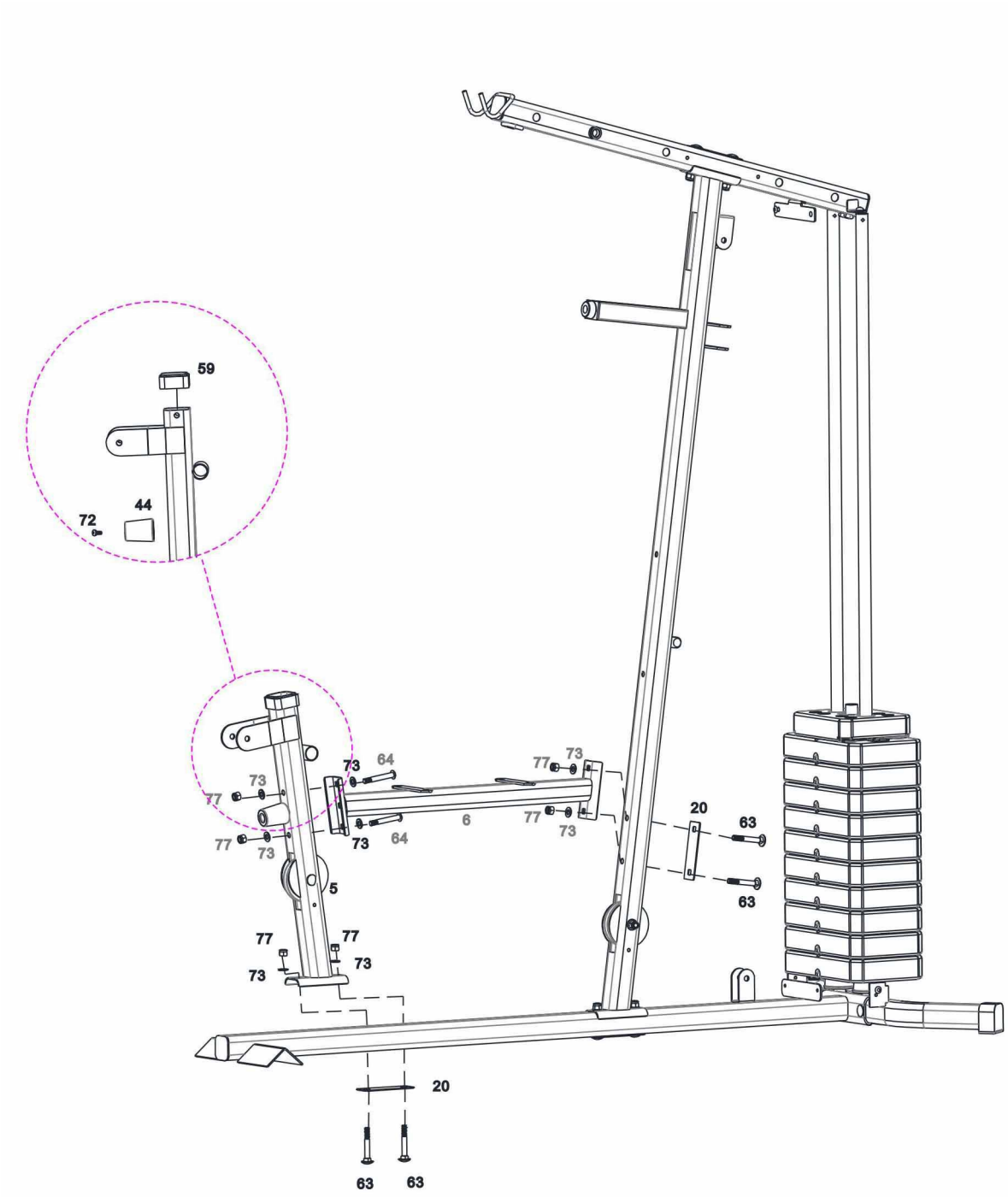


Step 5

a. Attach the Upper Frame (**1**) and 30x120mm Bracket (**20**) to the Vertical Frame (**2**) using 2 x M10 x 70mm Carriage Bolts **(63)**, 2 x Ø10mm Washers **(73)** and 2 x M10 Aircraft nuts **(77)**.

b. Attach the Upper Frame (**1**) to the Guide Rods (**17**) using 2 x M10 x 25mm Allen Bolts (**66**) and 2 x Ø10mm Washers **(73).**

Notes: (**52**), (**37**) are pre-fitted.



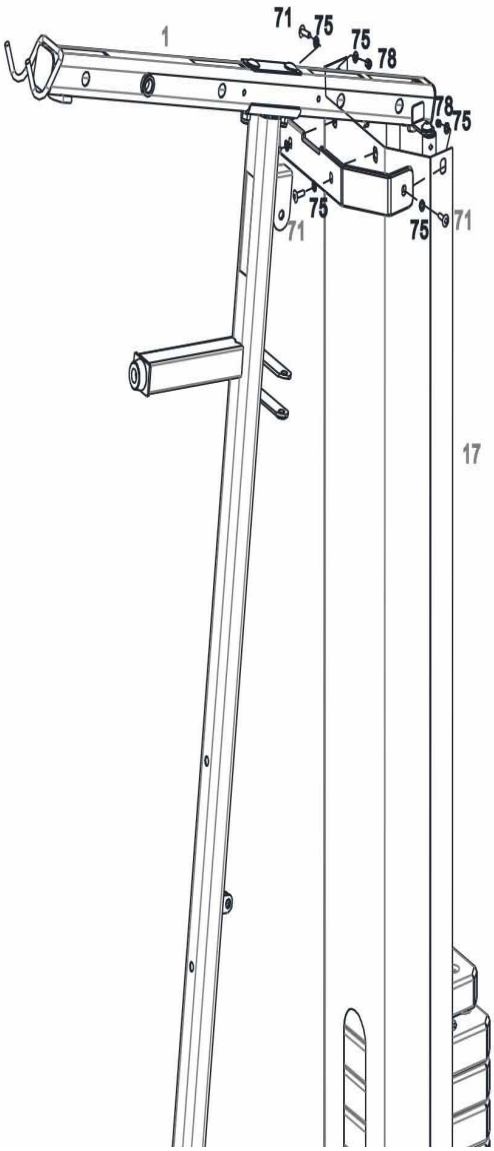
Step 6

a. Attach the Leg support tube (**5**) and 30x120mm Bracket (**20**) to the Base Frame (**3**) using 2 x M10 x 70mm Carriage Bolts **(63)**, 2 x Ø10mm Washers **(73)** and 2 x M10 Aircraft nuts **(77)**.

b. Attach the Seat Support (**6**) to the Leg support tube (**5**) using 2 x M10 x 65mm Allen Bolts **(64)**, 4 x Ø10mm Washers **(73)** and 2 x M10 Aircraft nuts **(77)**.

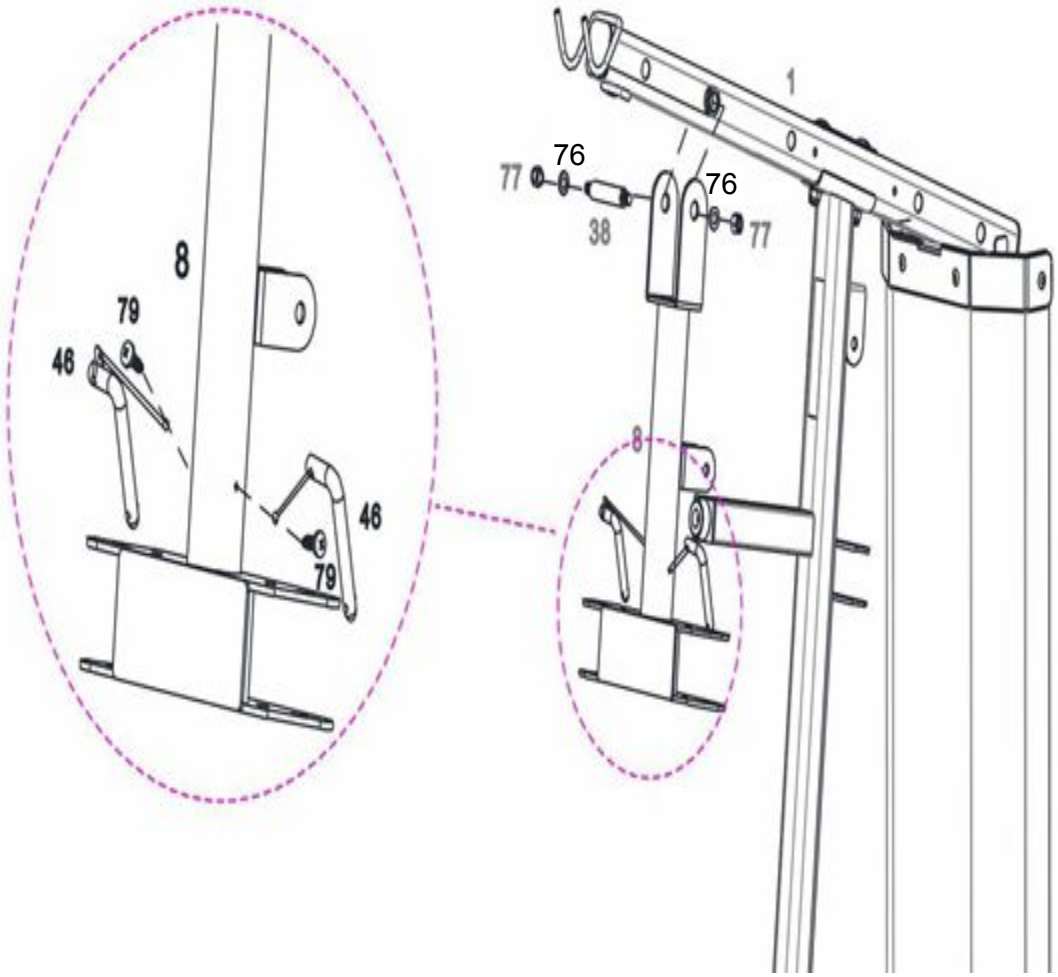
c. Attach the Seat Support (**6**) and 30x120mm Bracket (**20**) to the Vertical Frame (**2**) using 2 x M10 x 70mm Carriage Bolts **(63)**, 2 x Ø10mm Washers **(73)** and 2 x M10 Aircraft nuts **(77)**.

Notes: (**59**), (**44**), (**72**) are pre-fitted.



Step 7

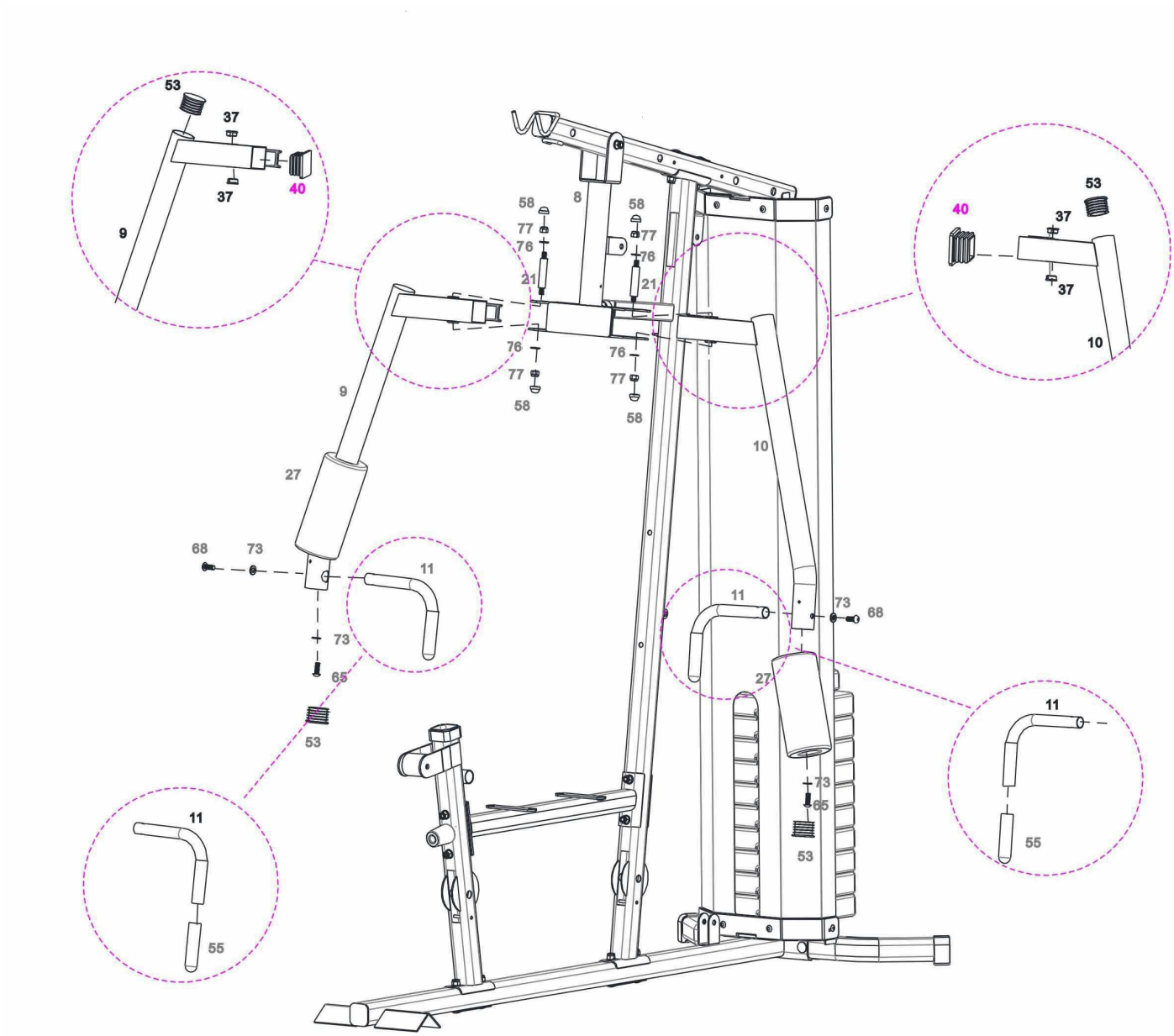
Attach the Weight Stack Cover **(16)** and Weight Stack Cover Bracket (**29**) to the Upper frame **(1)** using 4 x M6 x 20mm Allen Bolts **(71),** 6 x Ø6mm Washers (**75**) and 2 x M6 Aircraft Nuts (**78**).



Step 8

Attach the Fly Arm Support (**8**) to the Upper Frame (**1**) using 1 x Axle (**38**), 2 x M10 Aircraft Nuts (**77**) and 2 x Ø25 Washers (**76**).

Notes: (**46**), (**79**) are pre-fitted.



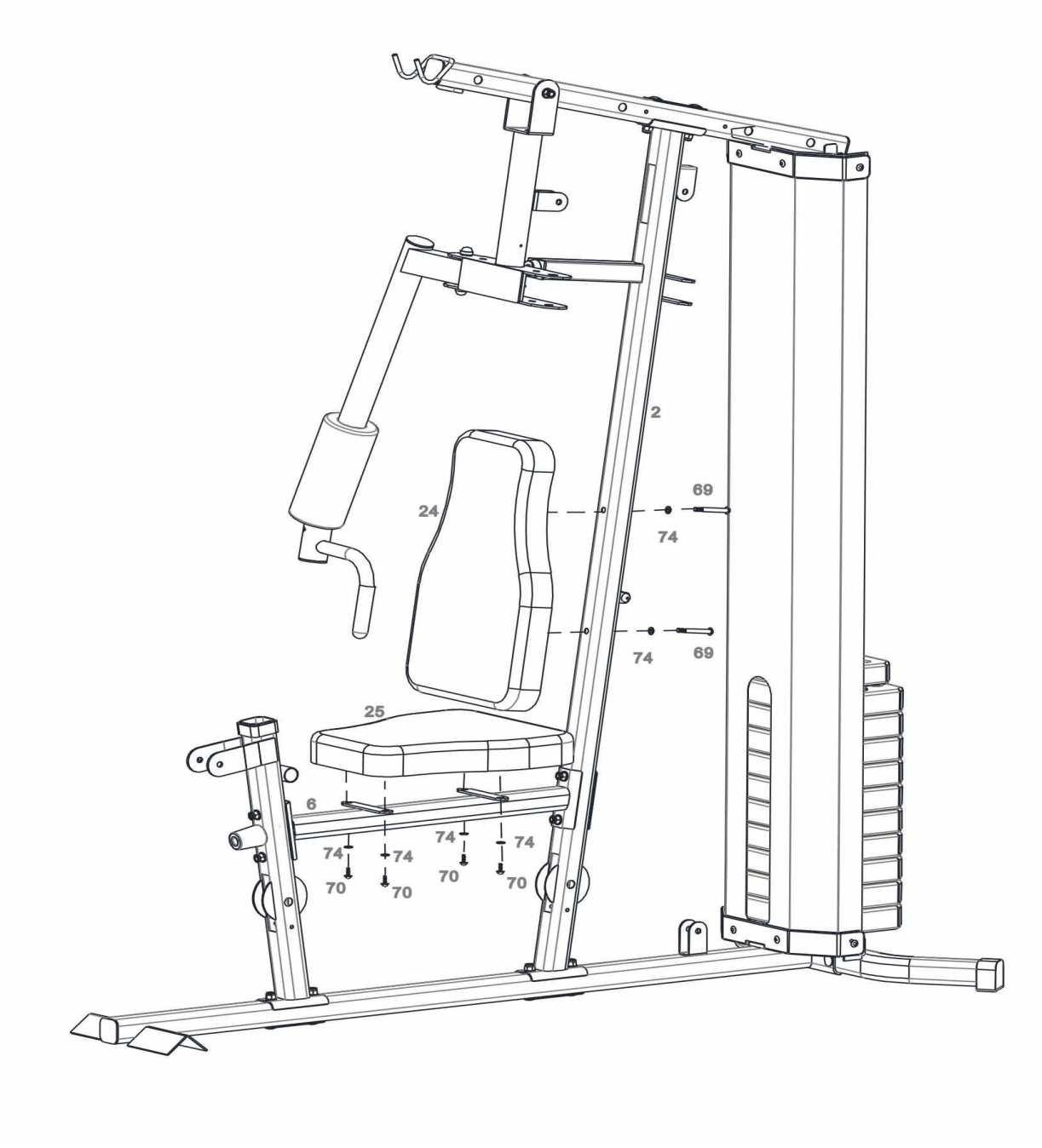
Step 9

a. Attach the Left & Right Fly Arms (**9, 10**) to the Fly arm support **(8)** using 2 x Butterfly Axles (**21**), 4 x M10 Nut Caps (**58**), 4 x M10 Aircraft Nuts (**77**) and 4 x Ø25 Washers (**76**).

b. Slide 2 x 48mm Foam Pads (**27**) to the Left & Right Fly Arms (**9, 10**) respectively.

c. Attach 2 x Handles (**11**) to the Left & Right Fly Arms (**9, 10**) respectively and secure with 1 x M10 x 55mm Allen Bolt (**65**), 1 x M10 x 20mm Allen Bolt (**68**), 2 x Ø10mm Washers (**73**).

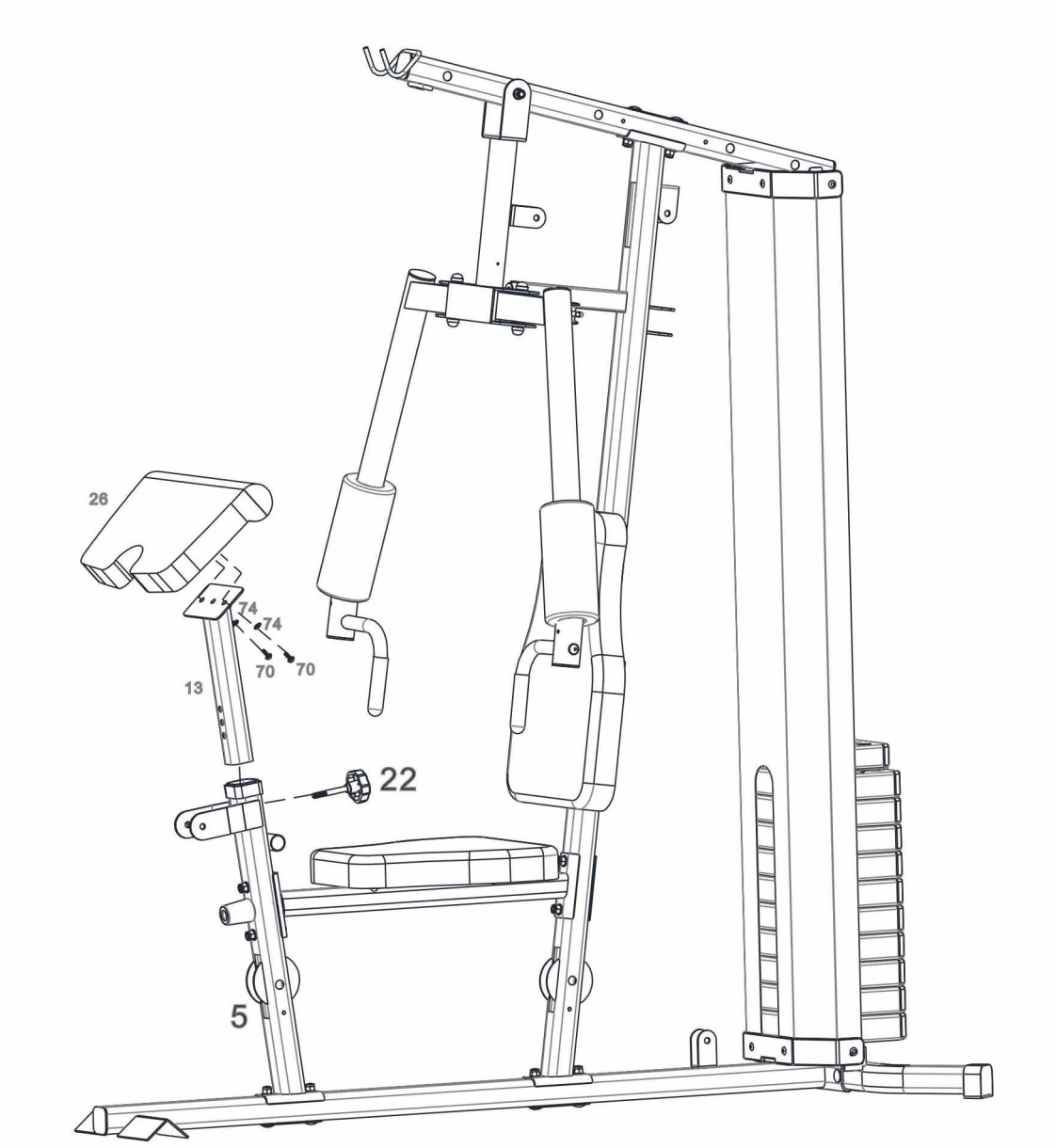
Notes: (**55**), (**40**), (**53**), (**37**) are pre-fitted.



Step 10

a. Attach the Backrest Pad (**24**) to the Vertical Frame (**2**) using 2 x M8 x 70mm Allen Bolts (**69**) and 2 x Ø8mm Washers (**74**).

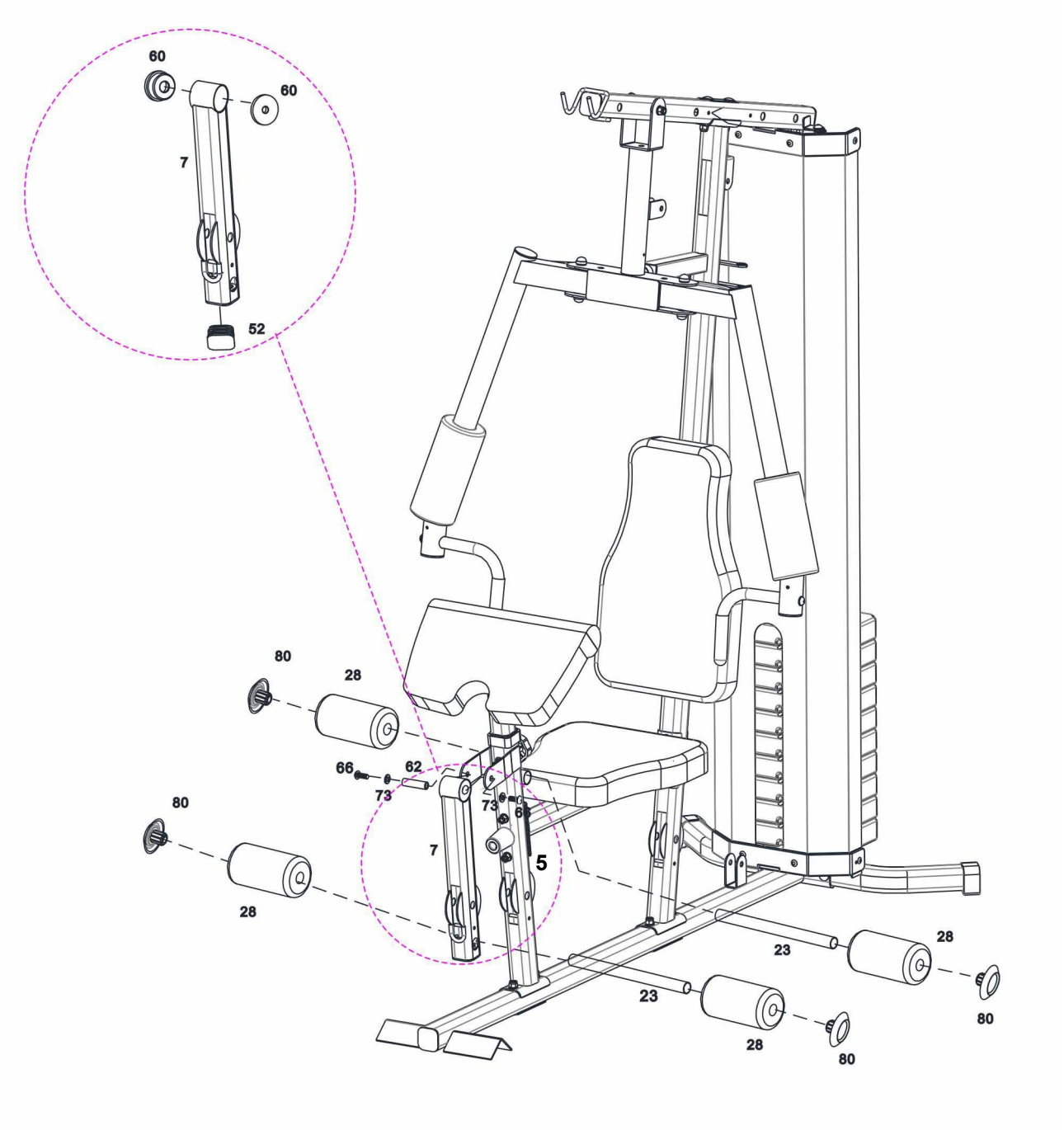
b. Attach the Seat Pad (**25**) to the Seat Support (**6**) using 4 x M8 x 16mm Allen Bolts (**70**) and 4 x Ø8mm Washers (**74**).



Step 11

a. Attach the Arm Curl Pad (**26**) to the Arm Curl Pad Support (**13**) using 2 x M8 x 16mm Allen Bolts (**70**) and 2 x Ø8mm Washers (**74**).

b. Insert the Arm Curl Pad Support (**13**) into the Leg support tube (**5**) and secure with the Lock Knob (**22**).



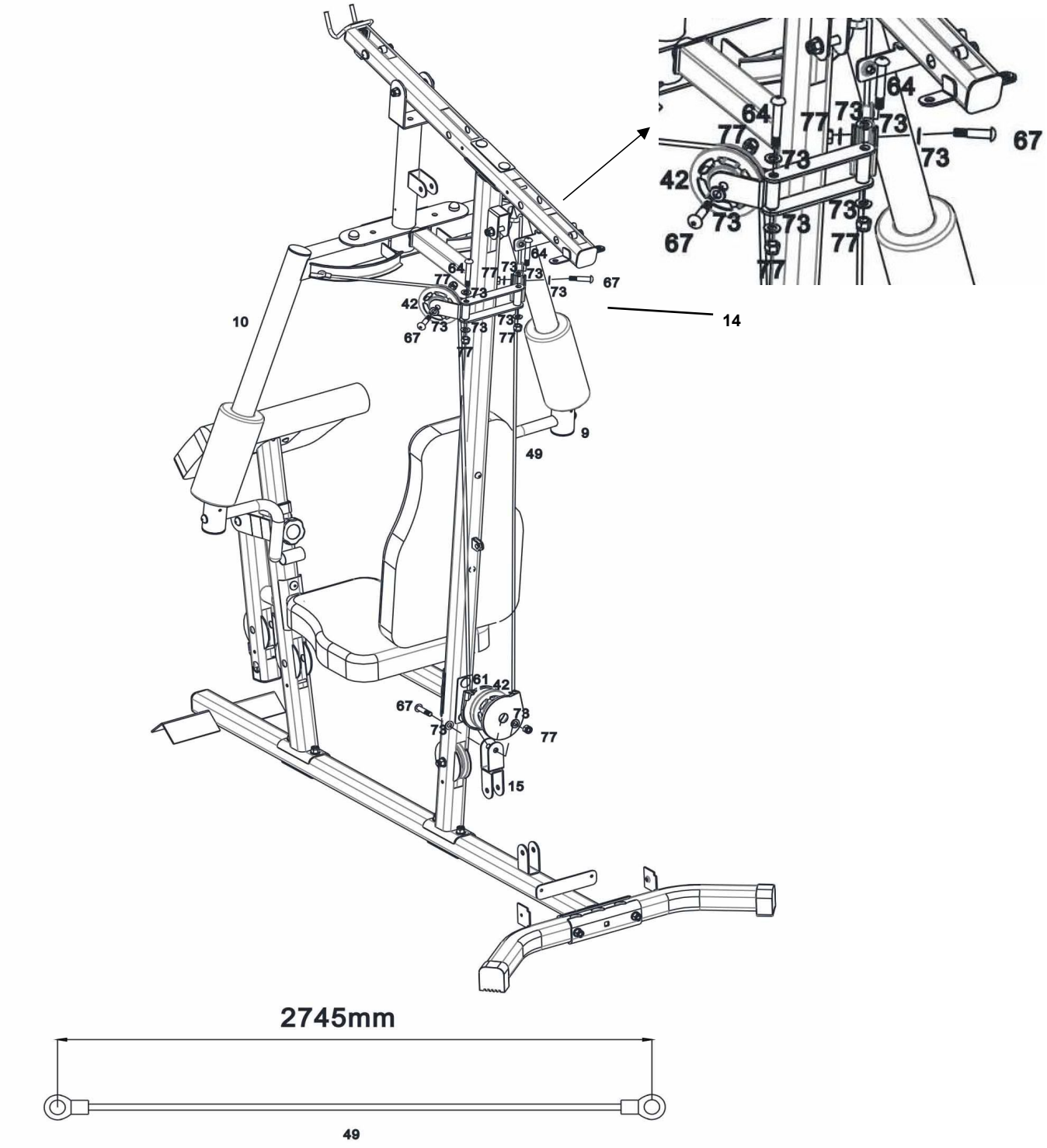
Step 12

a. Insert 2 x Ankle Tubes (**23**) half way into the Leg Support Tube (**5**) and Leg Developer (**7**) respectively.

b. Push 4 x Foam Rolls (**28**) onto each side of the Ankle Tubes (**23**), and then push 4 x Foam End Caps (**80**) onto the 2 x Ankle Tubes (**23**).

c. Attach the Leg Developer (**7**) to the Leg Support Tube (**5**) using 1 x 57mm Axle (**62**), 2 x M10 x 25mm Allen Bolts (**66**) and 2 x Ø10mm Washers (**73**).

Notes: (**52**), (**60**) are pre-fitted.



Step 13

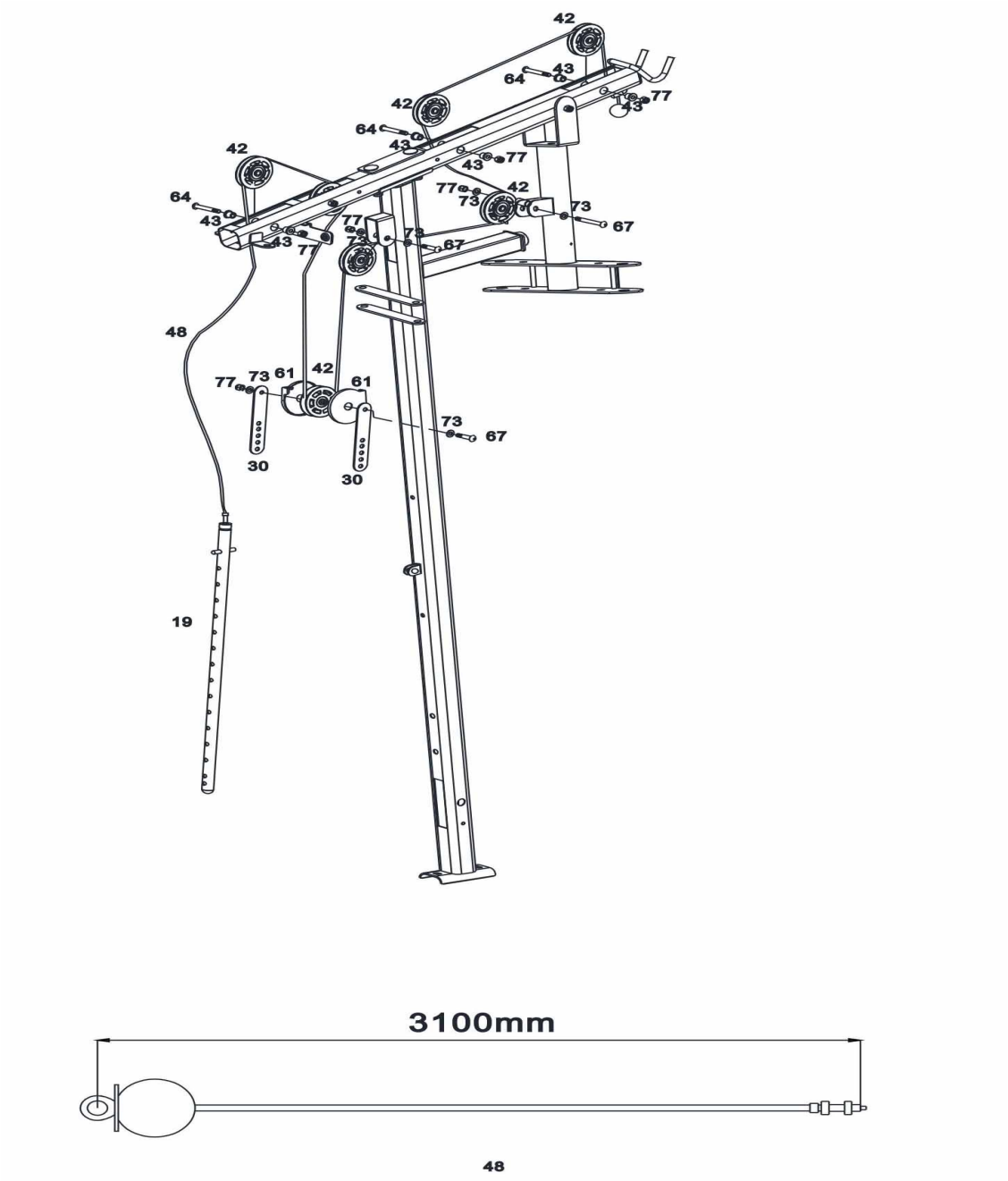
a. Attach the two ends of the Butterfly Cable (**49**) to the Left & Right Fly Arms (**9, 10**) respectively, and then attach 2 x Swivel Pulley Brackets (**14**) to the Vertical Frame (**2**) using 2 x M10 x 65mm Allen Bolts (**64**), 4 x Ø10mm Washers (**73**) and 2 x M10 Aircraft Nuts (**77**).

b. Fix the Butterfly Cable (**49**) and 2 x Pulleys (**42**) to the 2 x Swivel Pulley Brackets (**14**) using 2 x M10 x 45mm Allen Bolts (**67**), 4 x Ø10mm Washers (**73**) and 2 x M10 Aircraft Nuts (**77**).

c. Cover 1 x Pulley (**42**) using 2 x Pulley Covers (**61**), and then insert the pulley assembly into the Double Pulley Bracket (**15**) and secure with 1 x M10 x 45mm Allen Bolt (**67**), 2 x Ø10mm Washers (**73**) and 1 x M10 Aircraft Nut (**77**).

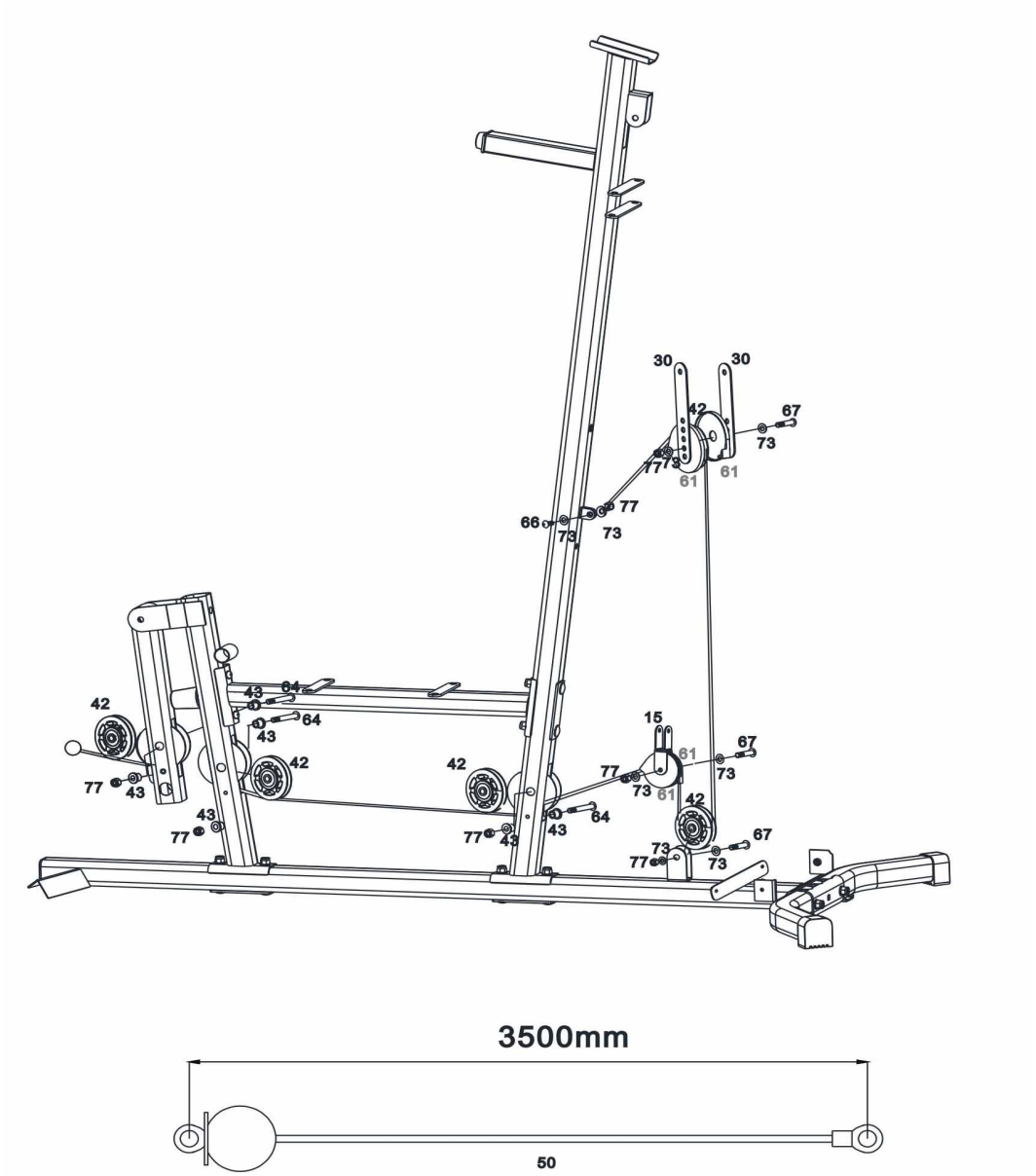
Notes: please insert the M10 x 45mm Allen Bolt (**67**) in the direction shown in the diagram.

Assembly instructions



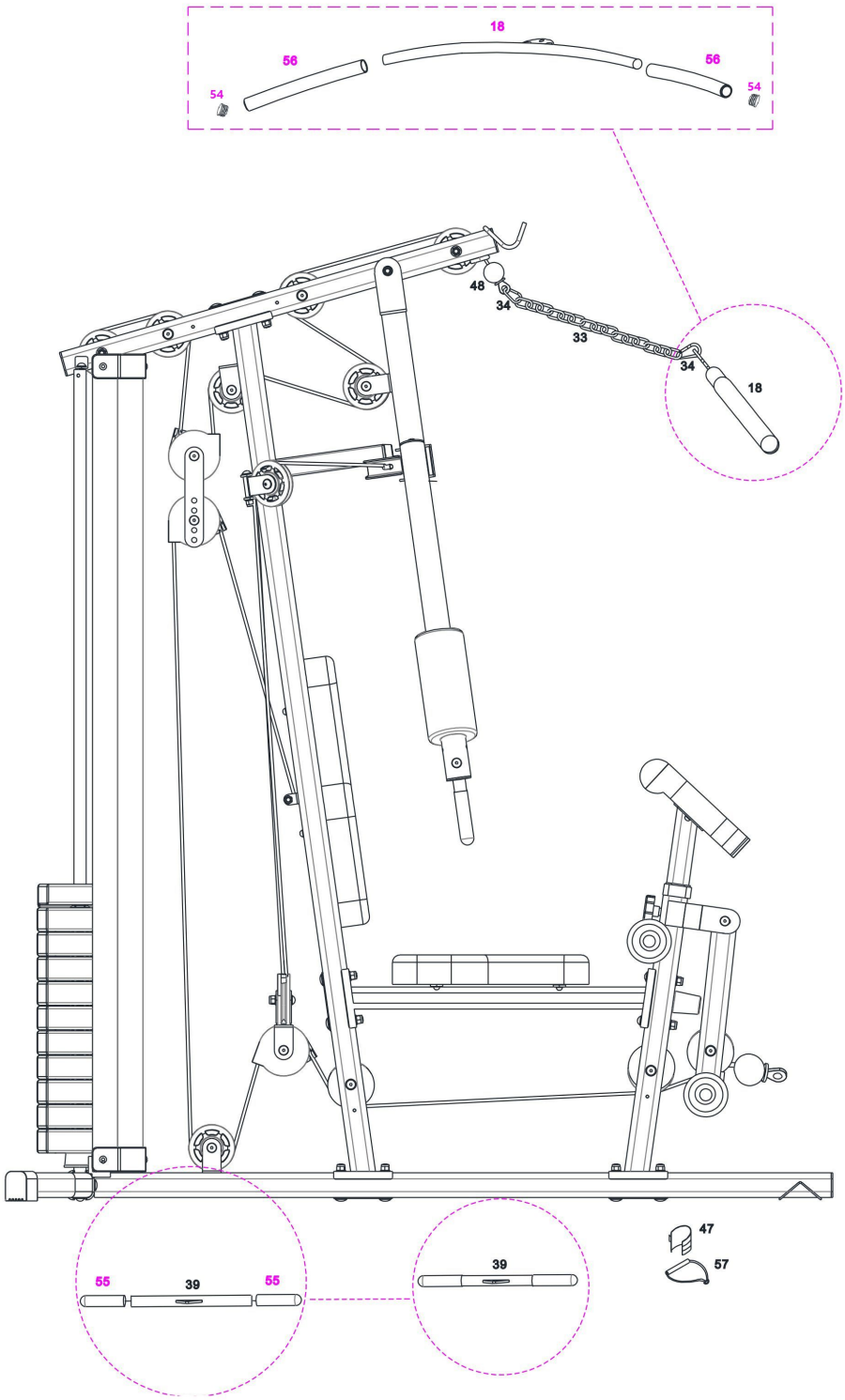
Step 14

a. Feed the Upper Cable (**48**) through the slot in the Upper Frame (**1**), insert the 22mm Pulley Bushes (**43**) into the holes and attach 1 x Pulley (**42**) using 1 x M10 x 65mm Allen Bolt (**64**), 1 x M10 Aircraft Nut (**77**).
b. Repeat the above procedure for 2nd pulley, feeding cable down through the slot in Upper Frame (**1**).
c. Attach the 3rd pulley to Fly arm support (**8**) using 1 x M10 x 45mm Allen Bolt (**67**), 2 x Ø10mm Washers (**73**) and 1 x M10 Aircraft Nut (**77**).
d. Attach the 4th pulley to the Vertical Frame (2) using 1 x M10 x 45mm Allen Bolt (**67**), 2 x Ø10mm Washers (**73**) and 1 x M10 Aircraft Nut (**77**).
e. Place the 5th pulley onto the cable and fit pulley covers (**61**) over the pulley and cable. Attach the pulley assembly to the floating double pulley bracket (**30**) using 1 x M10 x 45mm Allen Bolt (**67**), 2 x Ø10mm Washers (**73**) and 1 x M10 Aircraft Nut (**77**).
f. Attach the 6th and 7th pulleys (**42**) to the Upper frame (**1**). Insert 4 x 22mm Pulley Bushes (**43**) into the holes, attach the pulleys (**42**) using 1 x M10 x 65mm Allen Bolt (**64**), 1 x M10 Aircraft Nut (**77**).
g. Connect the Upper Cable (**48**) to the Selector Rod (**19**).



Step 15

a. Feed the smaller end of the Lower Cable (**50**) through the slot in the Leg Developer (**7**). Insert 2 x 22mm Pulley Bushes (**43**) into the holes and attach the 1st pulley (**42**) using 1 x M10 x 65mm Allen Bolt (**64**), 1 x M10 Aircraft Nut (**77**).
b. Repeat for the 2nd and 3rd pulleys, feeding cable through opening in the Leg Support Tube (**5**) and Vertical frame (**2**).
c. Place the 4th pulley (**42**) onto the cable and fit Pulley covers (**61**) over the Pulley and cable. Attach the pulley assembly to the other end of the Double Pulley Bracket (**15**) using 1 x M10 x 45mm Allen Bolt (**67**), 2 x Ø10mm Washers (**73**) and 1 x M10 Aircraft Nut (**77**).
h. Attach the 5th pulley to the Base Frame (**3**) using 1 x 1 x M10 x 45mm Allen Bolt (**67**), 2 x Ø10mm Washers (**73**) and 1 x M10 Aircraft Nut (**77**).
d. Place the 6th pulley (**42**) onto the cable and fit pulley covers (**61**) over the Pulley and Cable. Attach the pulley assembly to the Floating Double Pulley Bracket (**30**) using 1 x 1 x M10 x 45mm Allen Bolt (**67**), 2 x Ø10mm Washers (**73**) and 1 x M10 Aircraft Nut (**77**).
e. Attach the end of the Lower Cable (**50**) to the bracket on the Vertical Frame (**2**) using 1 x M10 x 25mm Allen Bolt (**66**), 2 x Ø10mm Washers (**73**) and 1 x M10 Aircraft Nut (**77**).



Step 16

Use the chain (**33**) and/or Carabiner (**34**) to attach the Lat Bar (**18**), Pull Bar (**39**), Single Strap (**57**) or Ankle Strap (**47**) to the end of the Upper Cable (**48**) or Lower Cable (**50**) as required.

Notes: (**56**), (**54**) are pre-fitted.

Workout Information

If you have not exercised for a while or are unsure as to how to use this equipment we recommend that you seek medical and professional advice to using the Men's Health Home Gym.
Every individual will have their own training goals and will need to workout at different levels to achieve the desired result.
It is advised that you make sure that you have an understanding of the muscle groups you will be using and the correct form needed to use this equipment safely. It is also recommended that you make sure that you exercise safely and always ensure you have sufficient time to warm-up and cool-down before and after exercise.

FREE WORKOUT RESOURCES
Go to Menshealth.co.uk/workout to explore our FREE online workout library.
The Men's Health workout library allows you to select and tailor programmes according to your very own training goals.
Choose your workout based on difficulty, time available, muscles worked and equipment available.
You'll also find an exercise directory to show you how to perform individual exercises with the correct form to help you optimise your workout.
Men's Health - the UK's No.1 Men's Magazine
www.menshealth.co.uk

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	Upper Frame	1	22	Lock Knob	1
2	Vertical Frame	1	23	Ankle Tube	2
3	Base Frame	1	24	Backrest Pad	1
4	Rear Stabilizer	1	25	Seat Pad	1
5	Leg Support Tube	1	26	Arm Curl Pad	1
6	Seat Support	1	27	48mm Foam Pad	2
7	Leg Developer	1	28	22mm Foam Pad	4
8	Fly Arm Support	1	29	Weight Stack Cover Bracket	2
9	Right Fly Arm	1	30	Floating Double Pulley Bracket	2
10	Left Fly Arm	1	31	End Cap	2
11	Handle	2	32	Selector Pin	1
12	U-shaped bracket	2	33	Chain	1
13	Arm Curl Pad Support	1	34	Carabiner	2
14	Swivel Pulley Bracket	2	35	Top Weight Plate	1
15	Double Pulley Bracket	1	36	Weight Plate	10
16	Weight Stack Cover	1	37	Bush	6
17	Guide Rod	2	38	Axle	1
18	Lat Bar	1	39	Pull Bar	1
19	Selector Rod	1	40	50mm End Cap	2
20	30x120mm Bracket	4	41	Rubber Bumper	2
21	Butterfly Axle	2	42	Pulley	14

Exploded Parts List

43	22mm Pulley Bush	14
44	44 x 55mm Rubber Bumper	1
45	37 x 16mm Rubber Bumper	1
46	L-shaped Lock Pin	2
47	Ankle Strap	1
48	Upper Cable	1
49	Butterfly Cable	1
50	Lower Cable	1
51	Ø25 End Cap	1
52	50mm End Cap	4
53	Ø50 End Cap	5
54	Ø25 End Cap	2
55	Handle	4
56	Handle	2
57	Single Strap	1
58	M10 Nut Cap	4
59	50-45 Sleeve	2
60	50mm Bush	2
61	Pulley Cover	8
62	57mm Axle	1
63	M10 x 70mm Carriage Bolt	10
64	M10 x 65mm Allen Bolt	11
65	M10 x 55mm Allen Bolt	2
66	M10 x 25mm Allen Bolt	7
67	M10 x 45mm Allen Bolt	9
68	M10 x 20mm Allen Bolt	2
69	M8 x 70mm Allen Bolt	2
70	M8 x 16mm Allen Bolt	6
71	M6 x 20mm Allen Bolt	8
72	M6 x 16mm Phillips Bolt	2
73	Ø10mm Washer	48
74	Ø8mm Washer	8
75	Ø6mm Washer	10
76	Ø25 Washer	6
77	M10 Aircraft Nut	37
78	M6 Aircraft Nut	2
79	ST5 x 10 Phillips Screw	2
80	Foam End Cap	4
	4mm Allen Key	1
	5mm Allen Key	1
	6mm Allen Key	2

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 accepts no liability for incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal rights.
- In the event of problem with the product within the guarantee period call **Customer Helpline: 0345 640 2020**

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