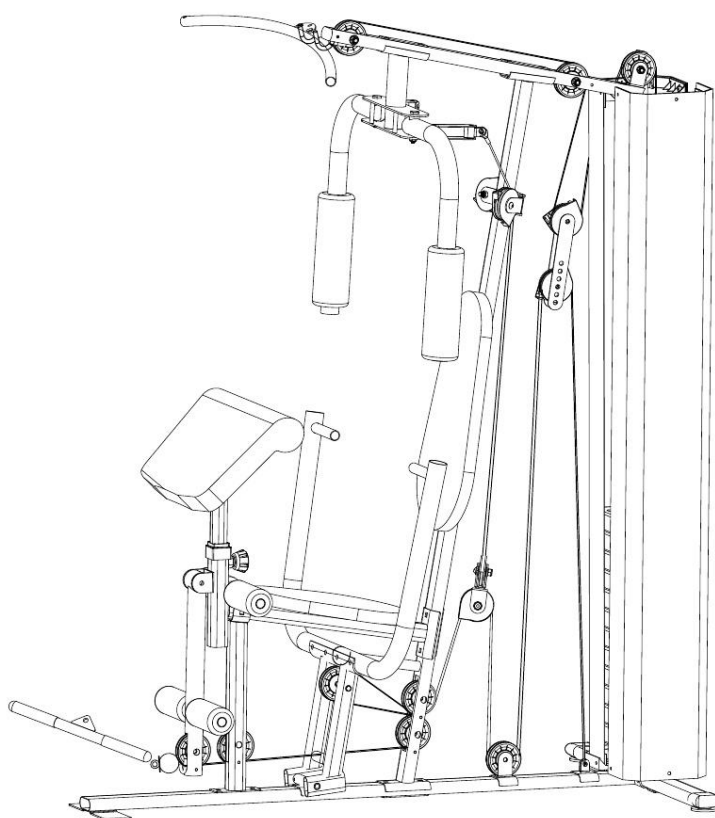


Everlast 58Kgs Home Gym

Assembly & User Instructions- Please Keep for future reference

553/9291



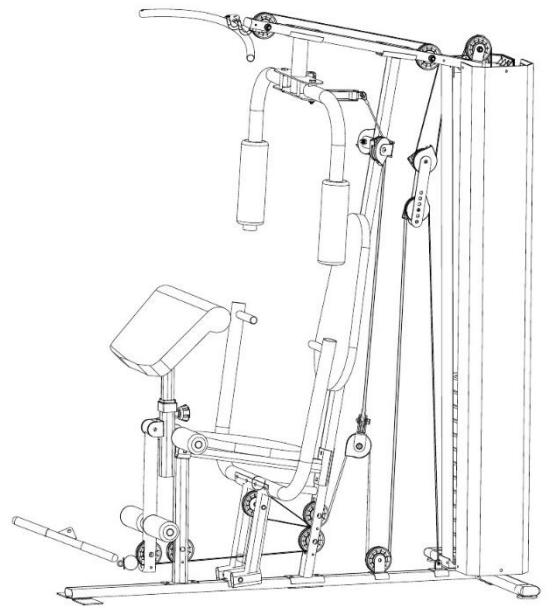
Important – Please read these instructions fully before assembly or use

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** or visit **www.argos-support.co.uk**

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Safety information

Important – Please read fully before assembly or use

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble, operate or use this equipment.

Assembly

- The product must be installed on a stable and level surface.
- Assemble the item as close to its final position (in the same room) as possible.
- Make sure you have enough space to layout the parts before starting.
- Keep children and animals away from the exercise area, small parts could pose a choking hazard if swallowed.
- Dispose of all packaging carefully and responsibly.
- 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.
- The assembly of this equipment is best carried out by 2 people.

Use

- 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.
- Use the equipment only for intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.
- Keep unsupervised children away from the 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 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.

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

This product is not suitable for therapeutic purposes.

- 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.
- Keep hands away from all moving parts.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Before using the equipment to exercise, always perform stretching exercises to properly warm up.
- Only one person at a time should use the equipment.
- A spotter is recommended during exercise.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
- Injuries to health may result from incorrect or excessive training.
- This product is suitable for a maximum user weight of: **125kg**.
- The maximum training mass is **58kg** (i.e. the total additional weight used for your workout).
- This product conforms to: BS EN ISO 20957-1 and BS EN957-2 Class (H) - Home Use - Class (C).



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. Argos 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 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 mass of the product is 103 kg. Total size of the equipment is (width) 160 cm × (depth) 97 cm × (height) 192 cm.



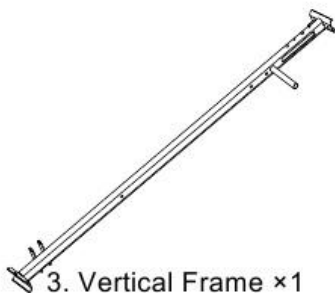
1. Front Stabilier ×1



2. Rear Stabilier ×1



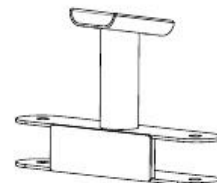
6. Seat Support ×1



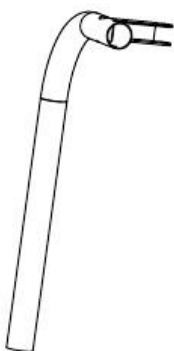
3. Vertical Frame ×1



4. Upper Frame ×1



5. Butterfly Frame ×1



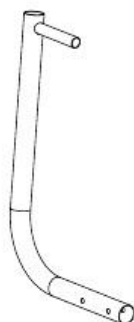
7. Right Fly Arm ×1



8. Left Fly Arm ×1



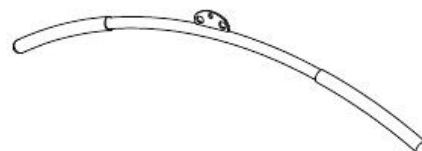
9. Front Press Base ×1



10. Front Press Handle ×2



11. Leg Developer ×1

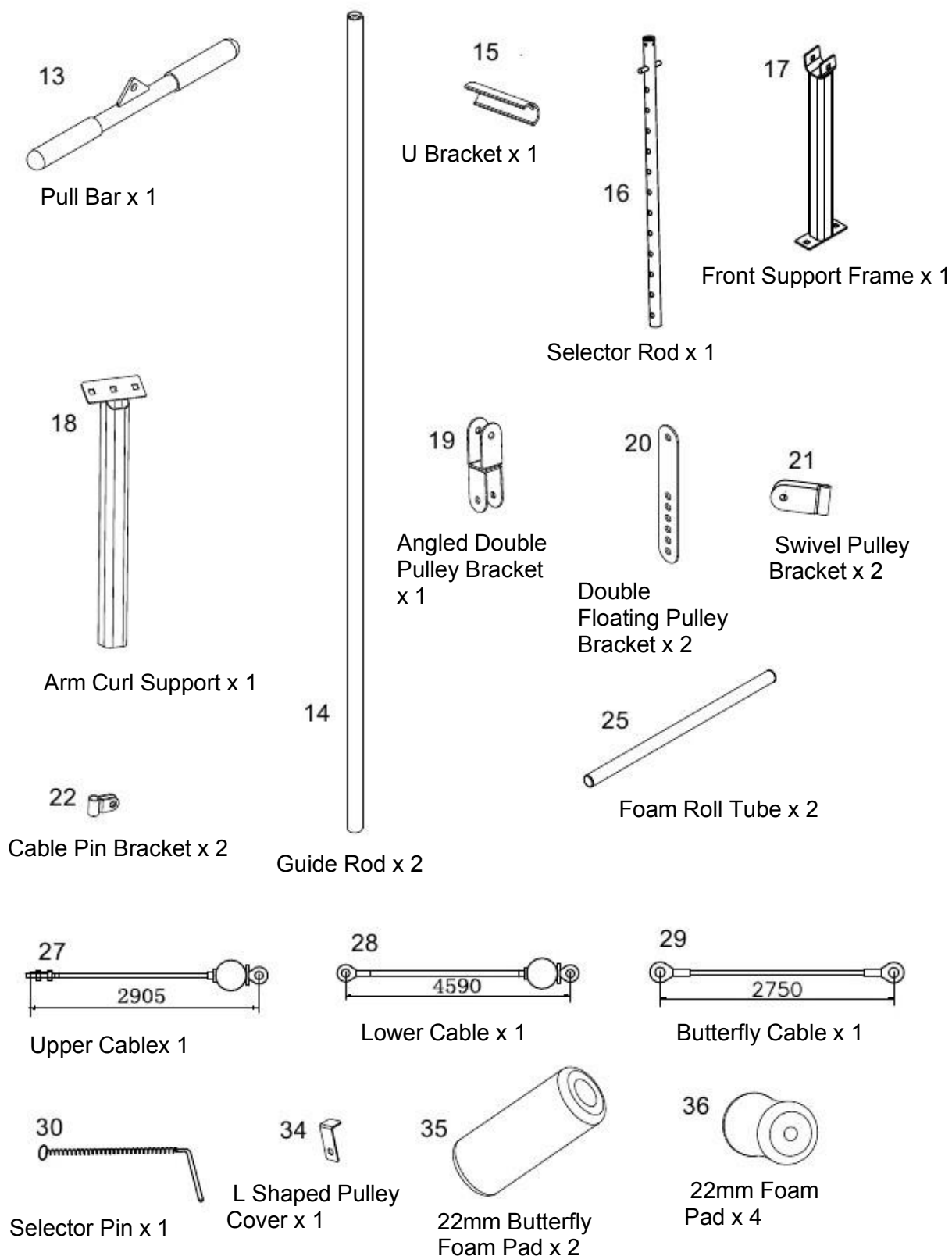


12. lat Bar ×1

Components - Parts

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

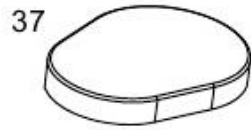
Please check you have all parts listed below



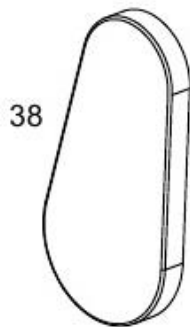
Components - Parts

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

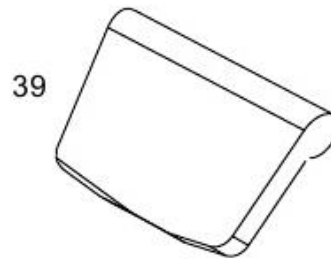
Please check you have all parts listed below



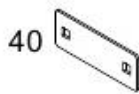
37
Seat Pad x 1



38
Backrest Pad x 1



39
Arm Curl Pad x 1



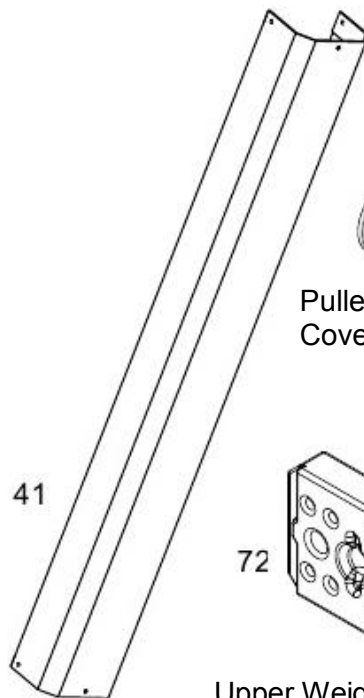
40
Bracket x 4



67
End Cap x 4



70
Ø78 Pulley x 15



41
Weight Stack Cover x 2

60



60
Pulley Cover x 12

62



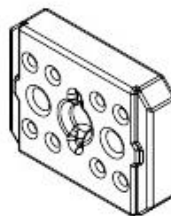
62
15 Joint Chain x 1

63



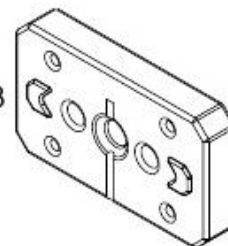
63
Clip Hook x 2

72



72
Upper Weight Plate x 1

73



73
Weight Plate x 12



74
Ankle Strap x 1



77
M18 Lock Knob x 1

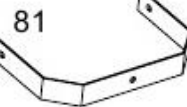


79
Upper Fixed Frame x 2

80



80
Lower Fixed Frame x 2



81
Weight Stack Cover Bracket x 4

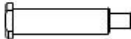
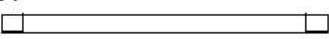
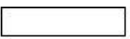


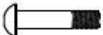




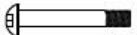
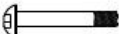


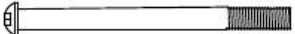






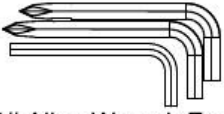


82
Rubber Bumper x 2

Components - Fixings

Please check you have all parts listed below

Note: The quantities below are the correct amount to complete the assembly. In some cases more hardware may be supplied than are required. Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.

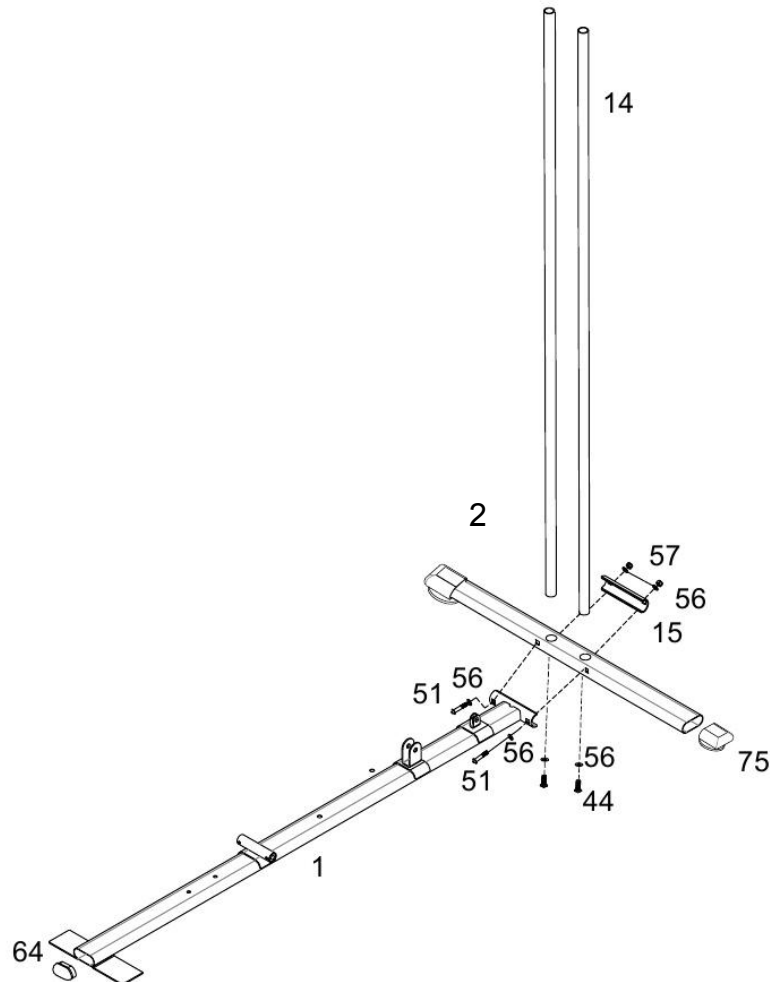
23  Connecting Rodx2	24  φ10.5XM10X185mm Axlex1	26  φ16XM10X57mm AxleX1
31  φ25X28mm Pulley BushingX8	32  φ25X15mm Pulley BushingX4	42  M10X50 mm Carriage Bolt X8
44  M10X25MM Allen BoltX13	45  M10X40mm Allen BoltX7	46  M10X45mm Allen BoltX1
47  M10X50mm Allen BoltX4	48  M10X68mm Allen BoltX7	49  M10X60mm Allen BoltX2
50  M10X85mm Allen BoltX4	51  M10X90mm Allen BoltX2	52  M10X180MM Allen BoltX1
53  M8X18mm Allen Bolt X6	54  M8X40mm Allen BoltX2	55  φ8mm WasherX8
56  φ10mm WasherX70	57  M10mm Aircraft NutX41	58  ST6x20 phillips screw ×12
 5# 6# 6# Allen Wrench Each 1		

Tools prepared by user



Adjustable
spanner x 2

Assembly Instructions

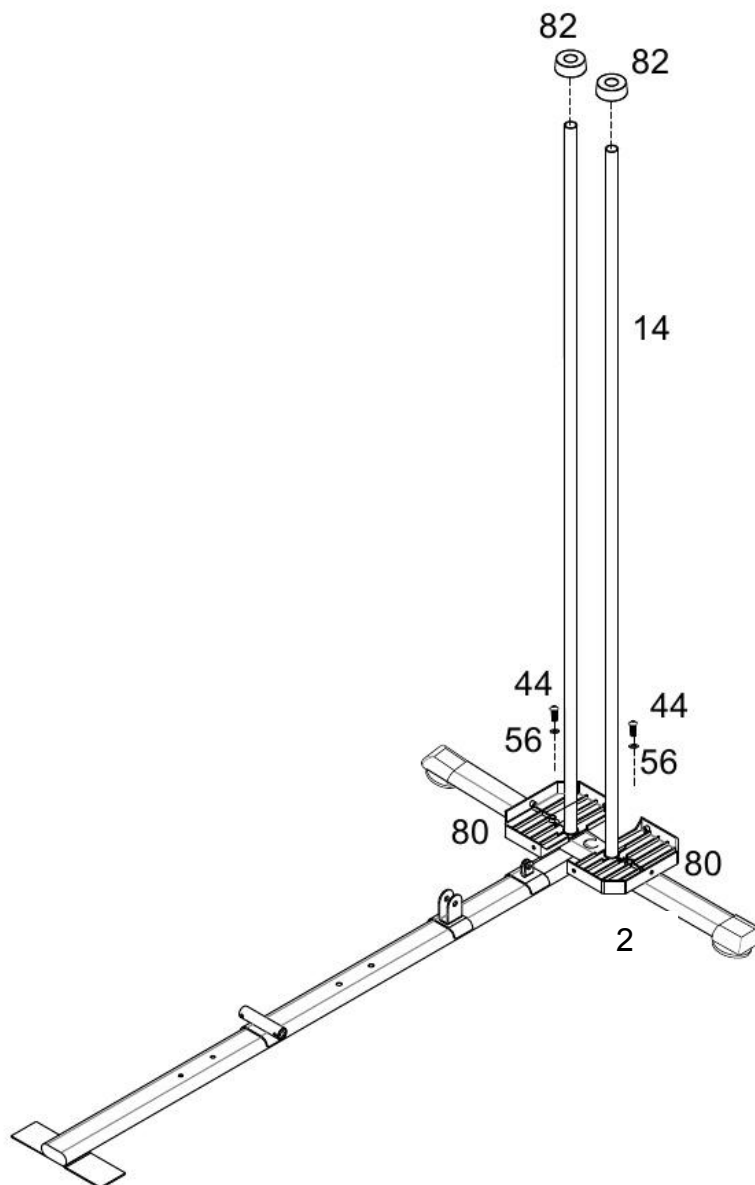


Step 1

- Insert the Guide Rods (14) into the holes on the Rear stabilizer (2) using 2 x M10X25mm Allen Bolts (44) and 2 x Ø10 Washers (56).
- Attach the Rear Stabilizer (2) to the Main Base Frame (1) using 1 x U Bracket (15), 2 x M10 Aircraft Nuts (57), 4 x Ø10 Washers (56) and 2 x M10X90mm Allen Bolts (51).

Notes: (64), (75) are pre-fitted.

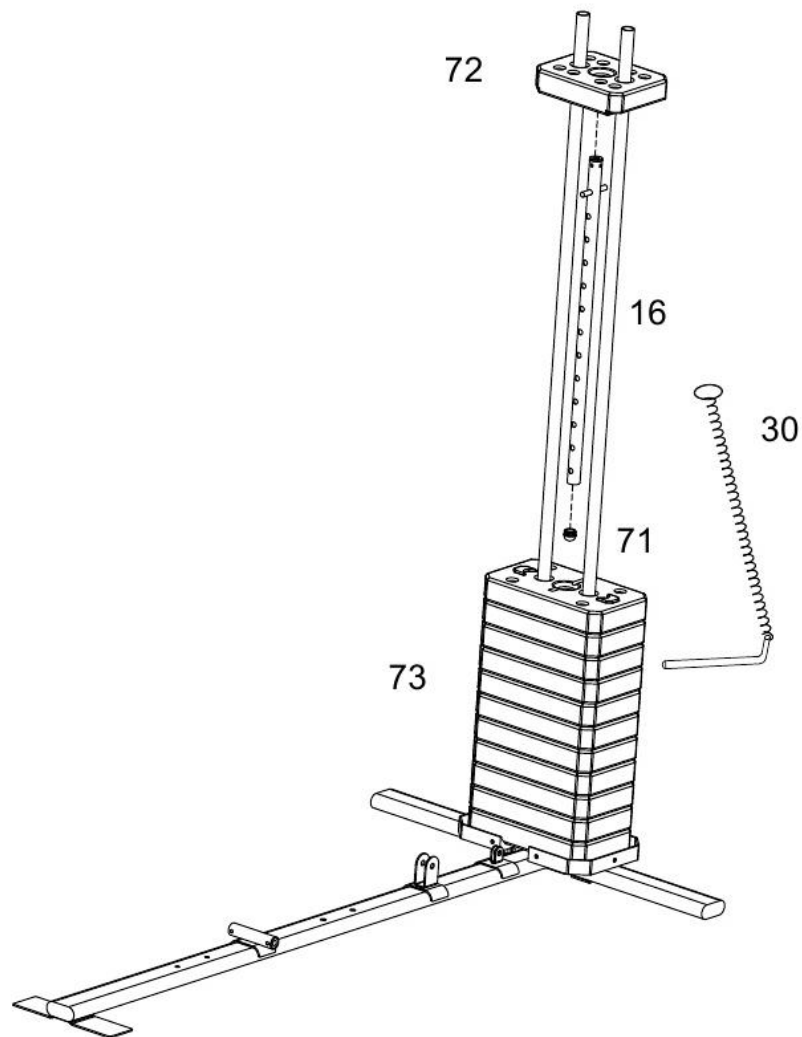
Assembly Instructions



Step 2

Secure the 2 x Lower Fixed Frames (**80**) to the Rear Stabilizer (**2**) using 2 x M10 x 25mm Allen Bolts (**44**) and 2 x Ø10 Washers (**56**) , then put 2 x Rubber Bumpers (**82**) through the 2 x Guide Rods (**14**).

Assembly Instructions

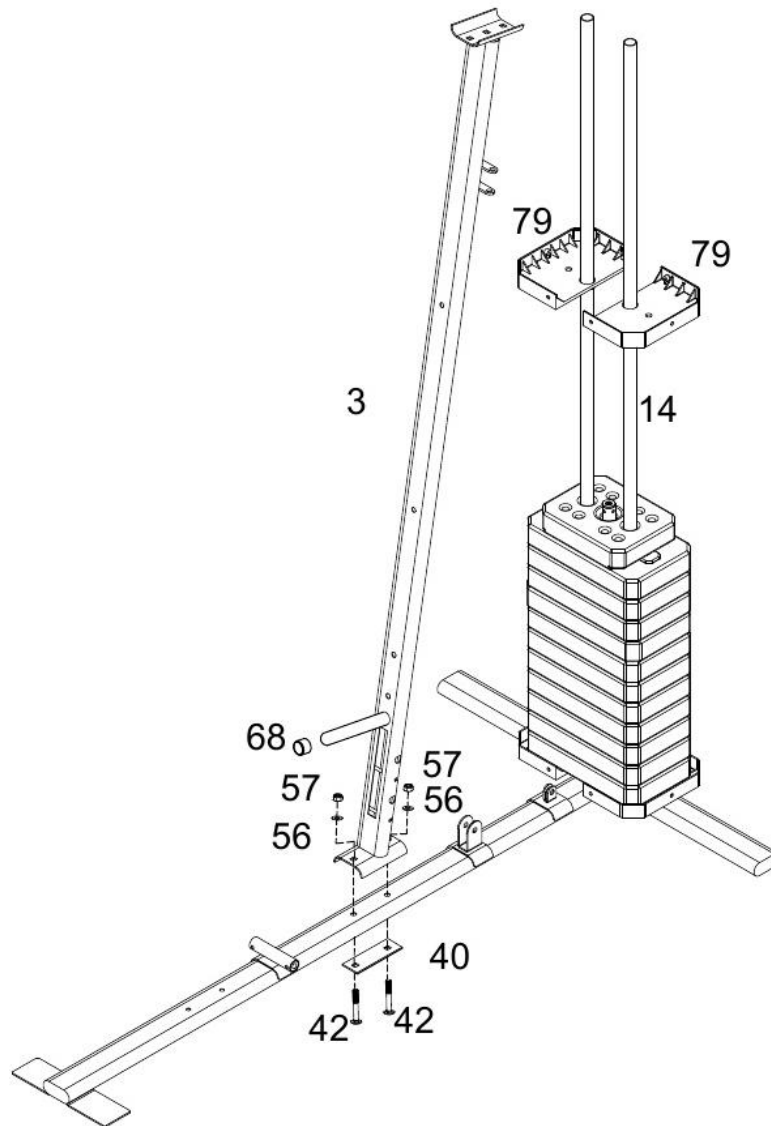


Step 3

- Carefully slide 12 x Weight plates (**73**) down the Guide rods (**14**).
- Insert the Selector rod (**16**) down through the centre holes of the weight stack. Slide the Upper Weight plate (**72**) down Guide rods (**14**).
- Insert the Selector Pin (**30**) in the hole of your desired Weight Plate (**73**).

Notes: (**71**) is pre-fitted.

Assembly Instructions

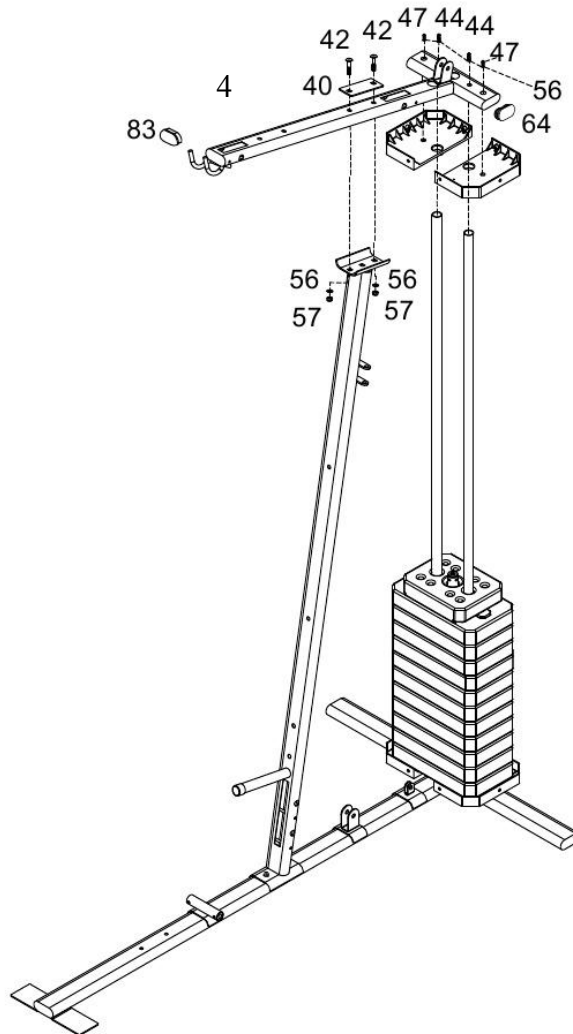


Step 4

- Put 2 x Upper Fixed Frame (79) through the Guide Rods (14).
- Attach the Vertical Frame (3) to the Main Base Frame (1) using 1 x Bracket (40), 2 x M10X50mm Carriage Bolts (42), 2 x Ø10 Washers (56) and 2 x M10 Aircraft Nuts (57).

Notes: (68) is pre-fitted.

Assembly Instructions

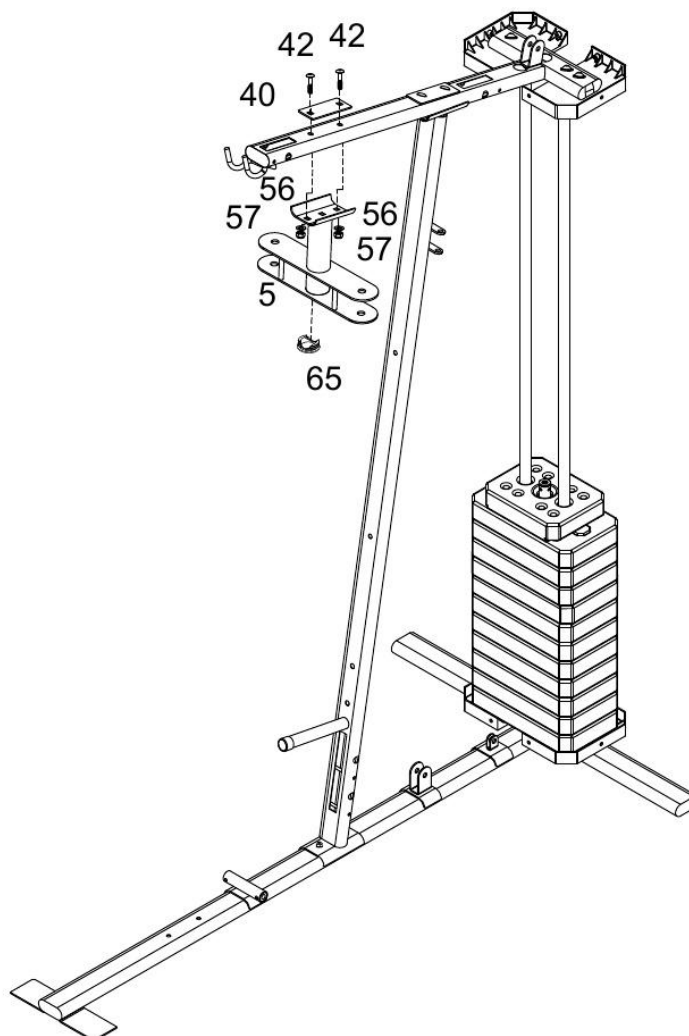


Step 5

- Attach the Upper Frame (4) and 1 x Bracket (40) to the Vertical Frame (3) using 2 x M10 x 50mm Carriage Bolts (42), 2 x Ø10 Washers (56) and 2 x M10 Aircraft Nuts (57).
- Attach the Upper Frame (4) to the Guide Rod (14) and Upper Fixed Frame (79) using 2 x M10X25mm Allen Bolts (44), 2 x M10X50mm Allen Bolts (47) and 2 x Ø10mm Washers (56).

Notes: (83), (64) are pre-fitted.

Assembly Instructions

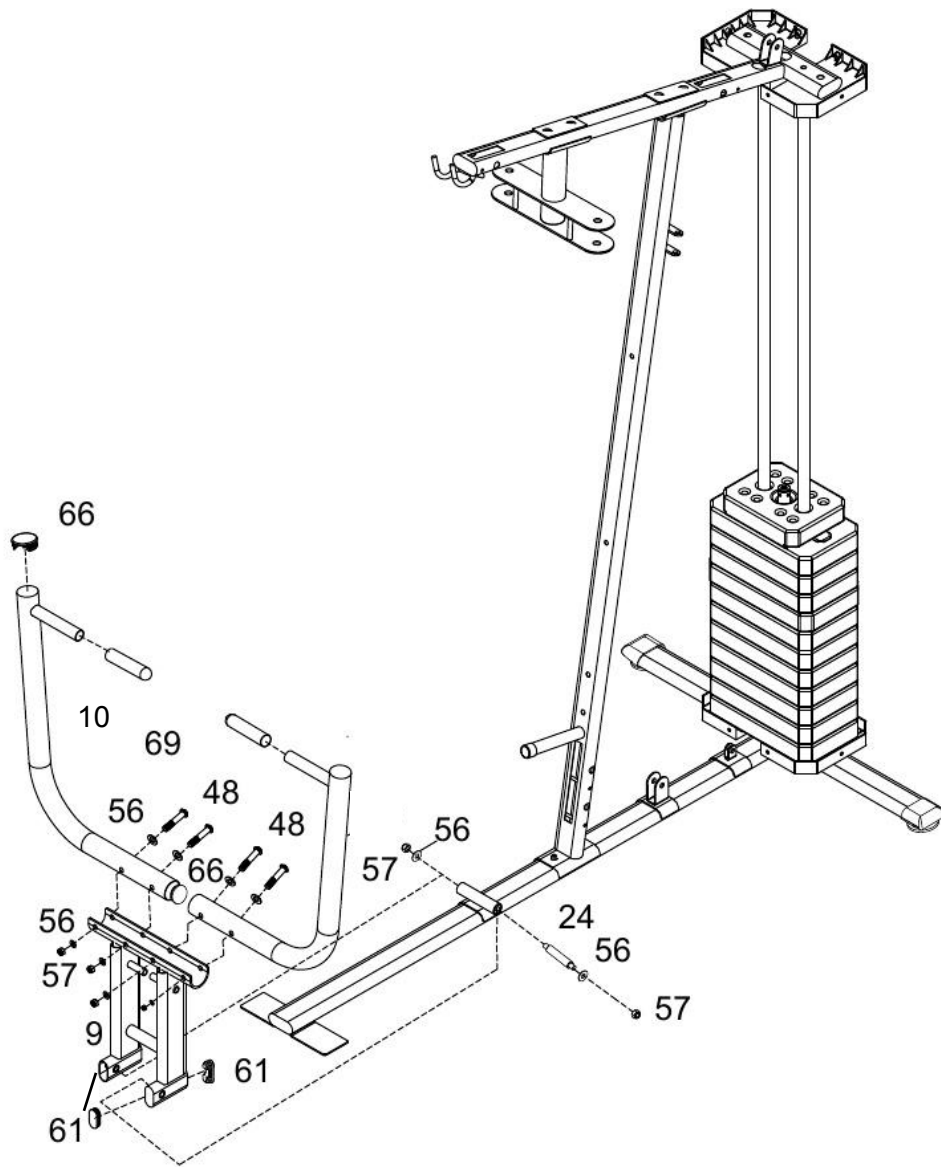


Step 6

Attach the Butterfly Frame (5) and 1 x Bracket (40) to the Upper Frame (4) using 2 x M10 x 50mm Carriage Bolts (42), 2 x Ø10 Washers (56) and 2 x M10 Aircraft Nuts (57).

Notes: (65) is pre-fitted.

Assembly Instructions

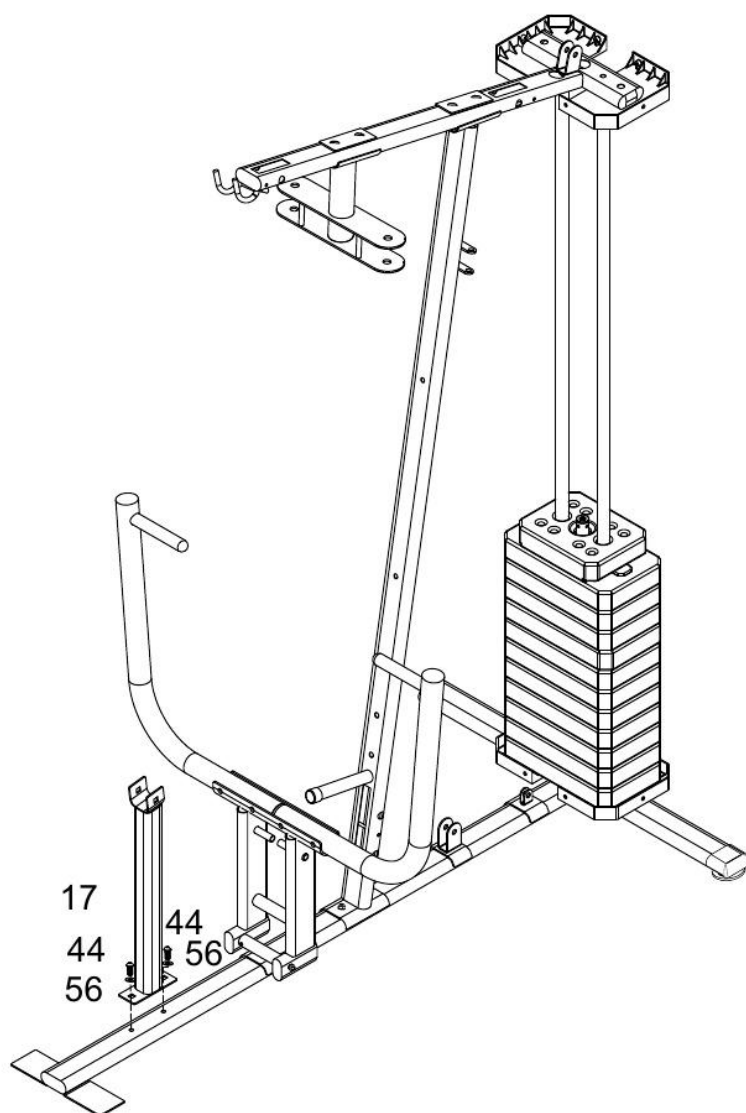


Step 7

- Attach 2 x Front Press Handles (10) to the Front Press Base (9) using 4 x M10 X 68mm Allen Bolts (48), 8 x Ø10 Washers (56) and 4 x M10 Aircraft Nuts (57).
- Attach the Front Press Base (9) to the Main Base Frame (1) using 1 x Axle (24), 2 x Ø10 Washers (56) and 2 x M10 Aircraft Nuts (57).

Notes: (61), (66), (69) are pre-fitted.

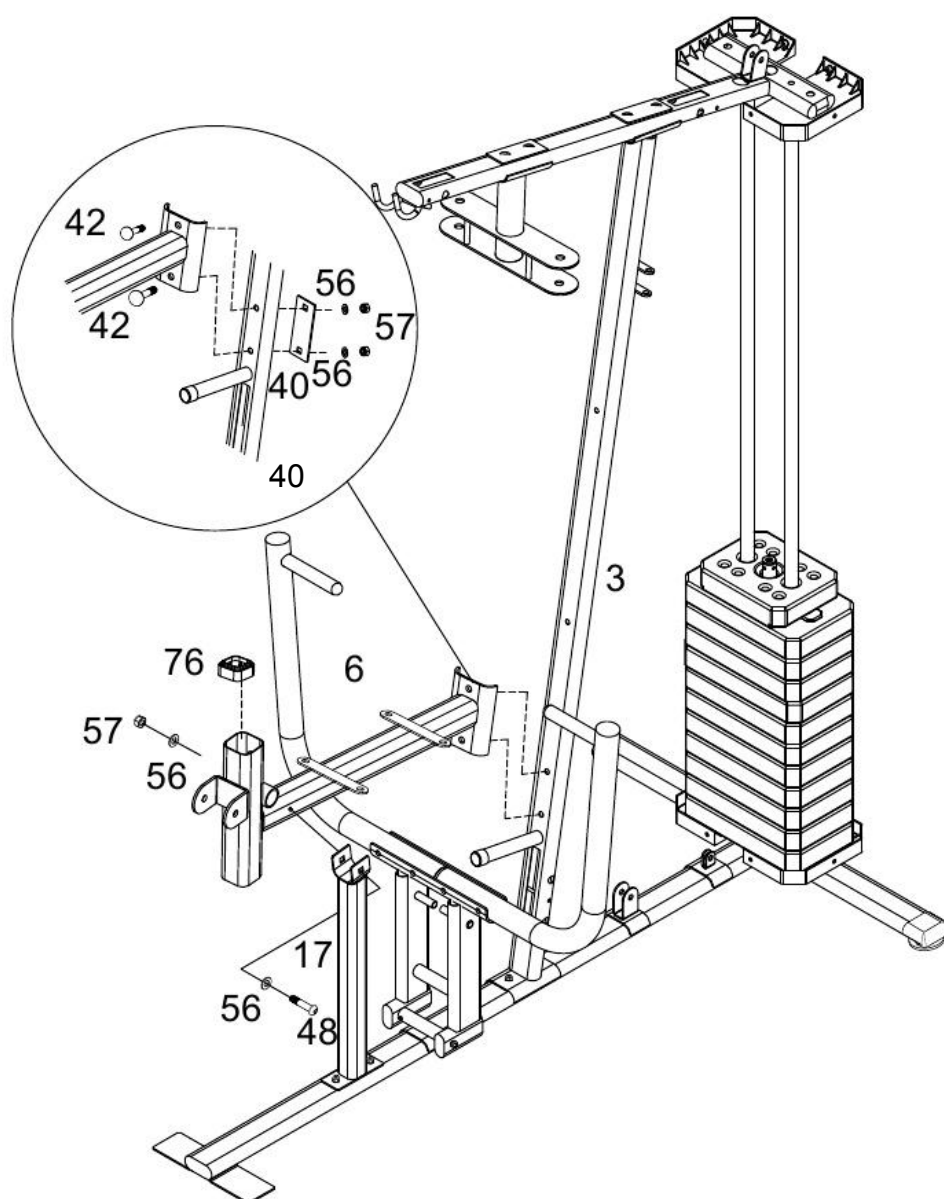
Assembly Instructions



Step 8

Attach the Front Support Frame (17) to the Main Base Frame (1) using 2 x M10X25mm Allen Bolts (44) and 2 x Ø10 Washers (56).

Assembly Instructions

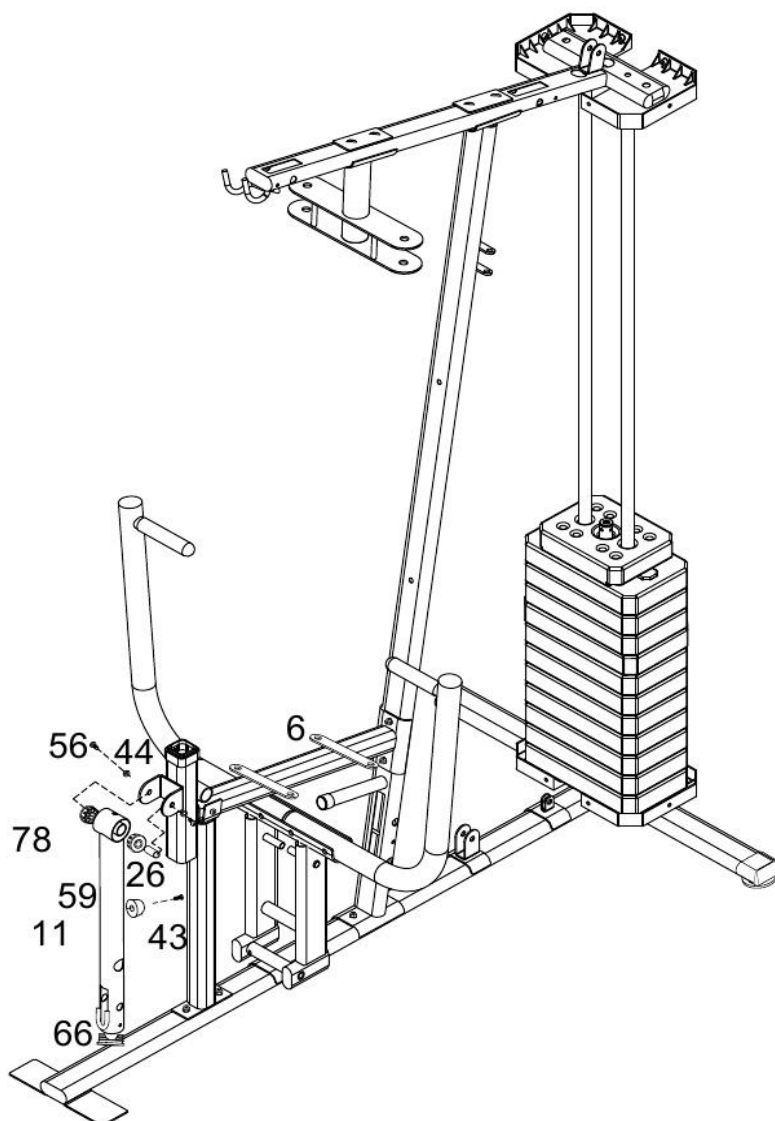


Step 9

- Attach the Seat Support (6) to the Vertical Frame (3) using 1 x Bracket (40), 2 x M10X50mm Carriage Bolts (42), 2 x Ø10 Washers (56) and 2 x M10 Aircraft Nuts (57).
- Attach the Seat Support (6) to the Front Support Frame (17) using 1 x M10X68mm Allen Bolt (48), 2 x Ø10 Washers (56) and 1 x M10 Aircraft Nuts (57).

Notes: (76) is pre-fitted.

Assembly Instructions

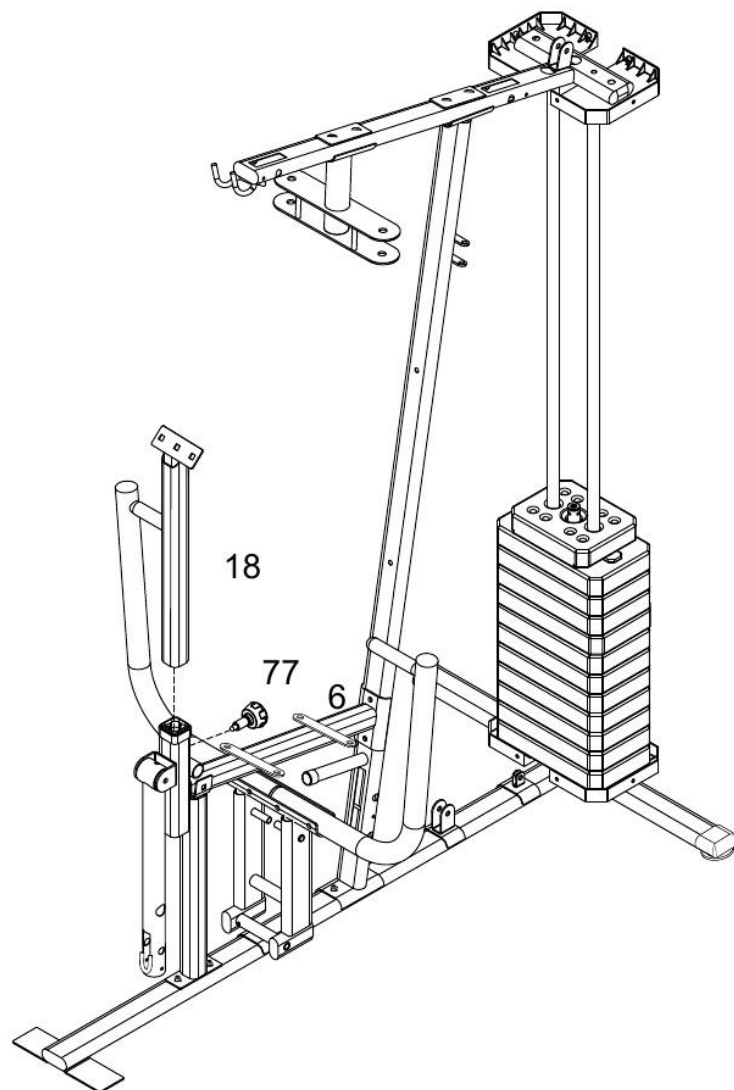


Step 10

- a. Fix the Leg Developer (11) to the Seat Support (6) using 1 x M10X25mm Allen Bolt (44), 1 x Ø10 Washer (56),

Notes: (66), (78), (59), (26), (43) are pre-fitted.

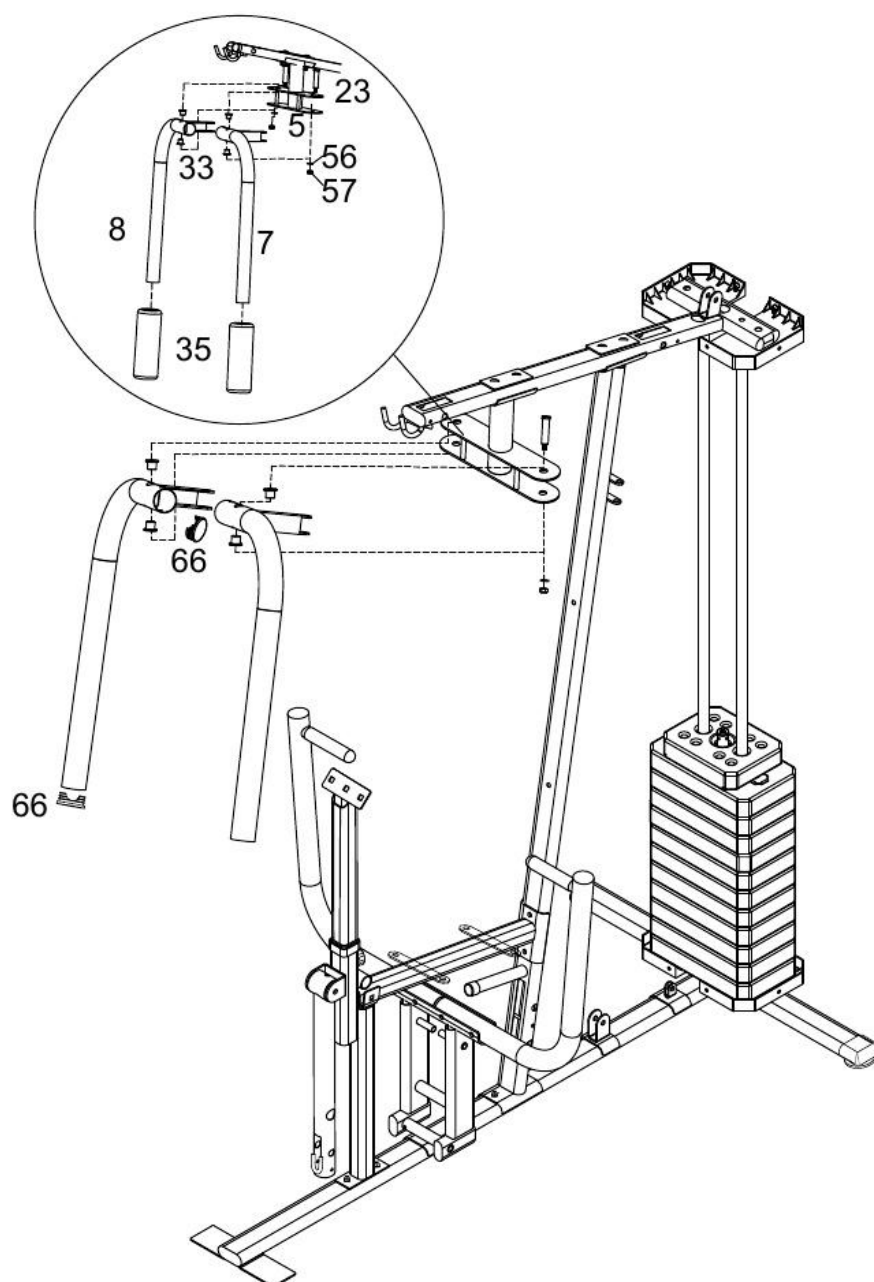
Assembly Instructions



Step 11

Insert the Arm Curl Support (**18**) into the hole of the Seat Support (**6**) and secure with 1 x M18 Lock Knob (**77**).

Assembly Instructions

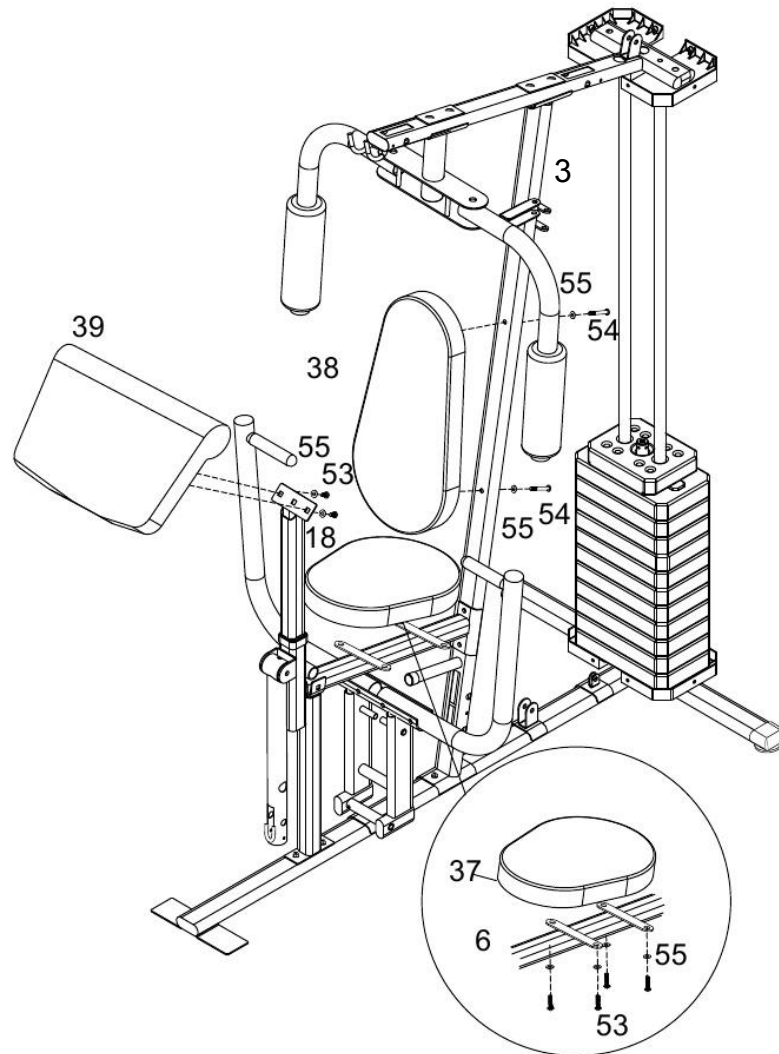


Step 12

Attach the Left & Right Fly Arm (7, 8) to the Butterfly Frame (5) using 2 x Connecting Rods (23), 2 x Ø10 Washers (56) and 2 x M10 Aircraft Nuts (57).

Notes: (66) is pre-fitted.

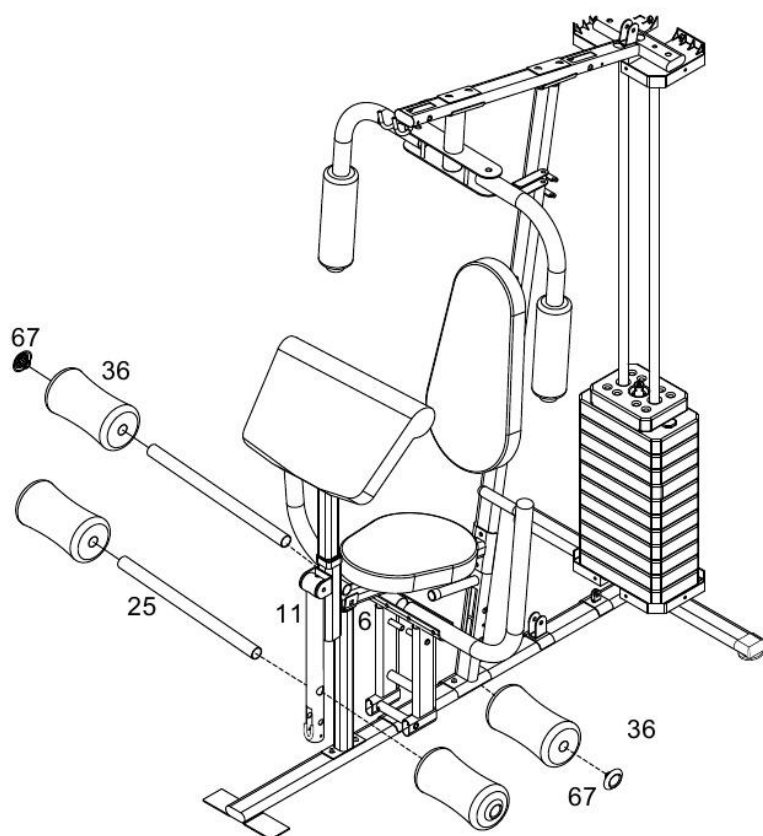
Assembly Instructions



Step 13

- Attach the Seat Pad (37) to the Seat Support (6) using 4 x M8X18mm Allen Bolt (53) and 4 x Ø8 Washers (55).
- Attach the Backrest Pad (38) to the Vertical Frame (3) using 2 x M8X40mm Allen Bolt (54) and 2 x Ø8 Washers (55).
- Attach the Arm Curl Pad (39) to the Arm Curl Support (18) using 2 x M8X18mm Allen Bolt (53) and 2 x Ø8 Washers (55).

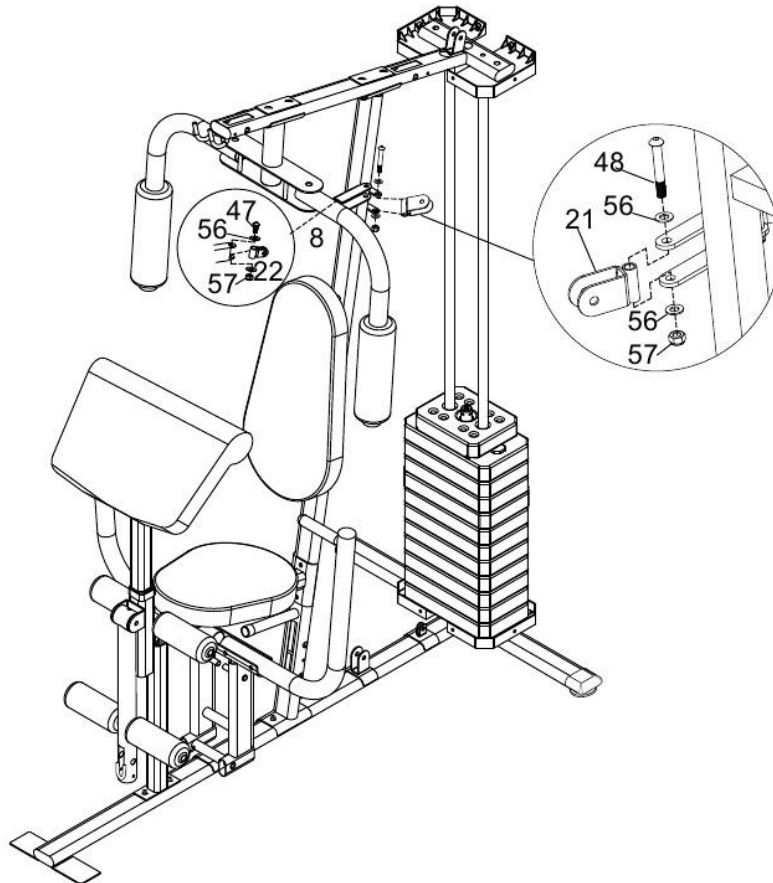
Assembly Instructions



Step 14

- Insert 2 x Foam Roll Tubes (**25**) half way into the Seat Support (**6**) and Leg Developer (**11**) respectively.
- Push 4 x 22mm Foam Pads (**36**) onto each side of the Foam Roll tubes (**25**).
- Align 4 x Ø25X1.2 Foam End Cap (**67**) with the Foam Roll Tubes (**25**).

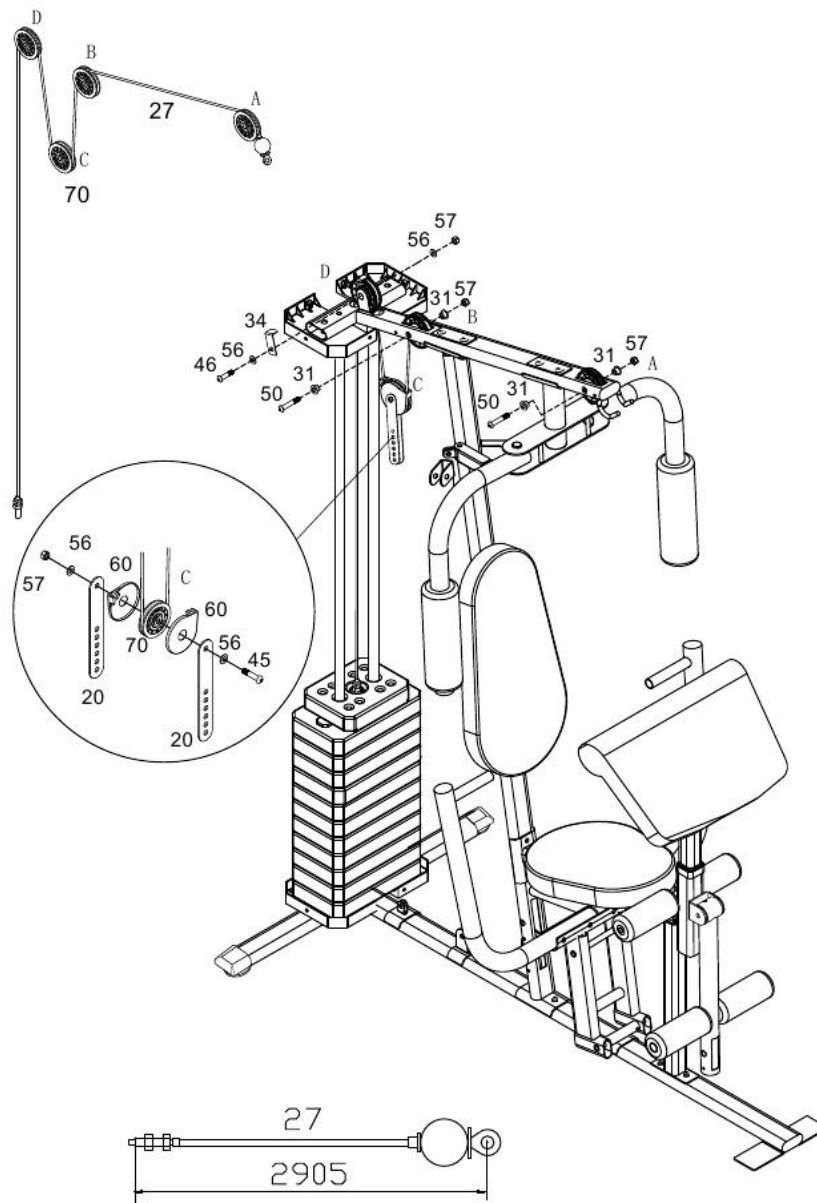
Assembly Instructions



Step 15

- a. Attach the Swivel Pulley Bracket (**21**) to the Vertical Frame (**3**) using 1 x M10X68mm Allen Bolt (**48**), 2 x Ø10 Washers (**56**) and 1 x M10 Aircraft Nut (**57**).
- b. Attach 2 x Cable Pin Brackets (**22**) to the Left and Right Fly Arm (**7, 8**) respectively, and secure using 2 x M10X50mm Allen Bolts (**47**), 4 x Ø10 Washers (**56**) and 2 x M10 Aircraft Nut (**57**).

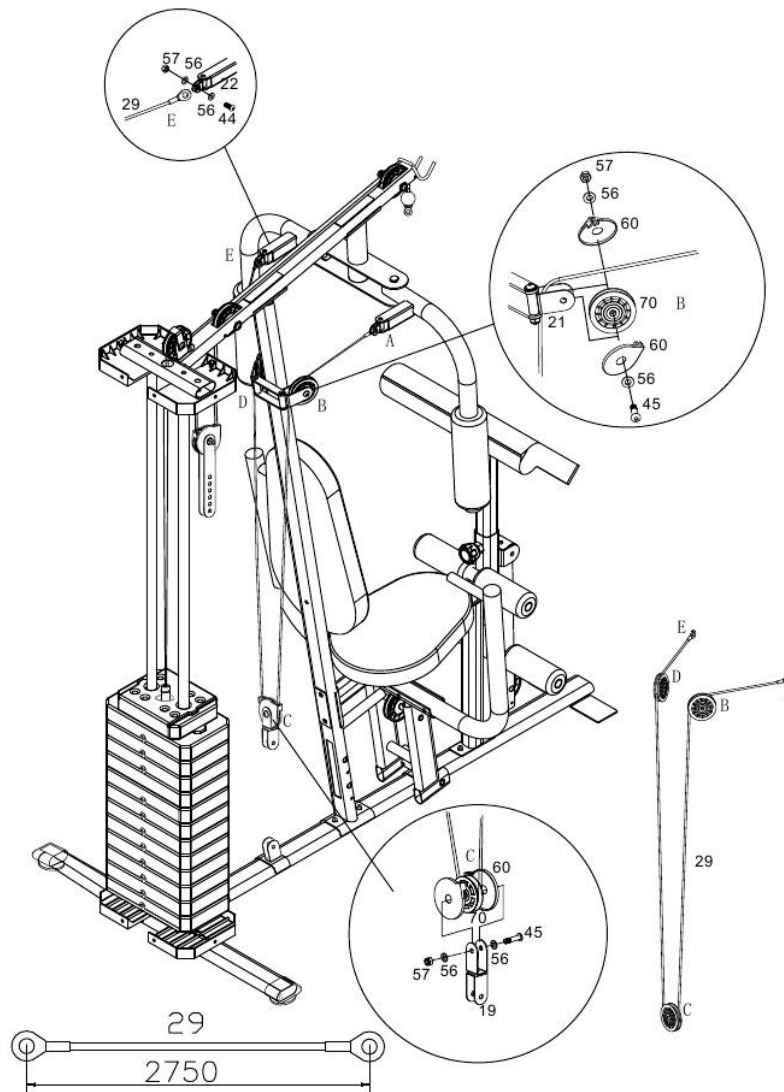
Assembly Instructions



Step 16

- Thread the Upper Cable (27) through the Upper Frame (4), and fix 1 x Ø78 Pulley (70) to the Upper Frame (4) using 1 x M10X85mm Allen Bolt (50), 2 x Pulley Bushes (31) and 1 x M10 Aircraft Nut (57).
- Thread the Upper Cable (27) through the Vertical Frame (3), and fix 1 x Ø78 Pulley (70) to the Vertical Frame (3) using 1 x M10X85mm Allen Bolt (50), 2 x Pulley Bushes (31) and 1 x M10 Aircraft Nut (57).
- Cover 1 x Ø78 Pulley (70) with 2 x Pulley Covers (60), push 2 x Double Floating Pulley Brackets (20) on both sides of the pulley assembly and secure with 1 x M10X40mm Allen Bolt (45), 2 x Ø10mm Washers (56) and 1 x M10 Aircraft Nut (57).
- Thread the Upper Cable (27) through the slot on the Upper Frame (4), and fix 1 x Ø78 Pulley (70) to the Upper Frame (4) using 1 x L Shaped Pulley Cover (34), 1 x M10X45mm Allen Bolt (46), 2 x Ø10mm Washers (56) and 1 x M10 Aircraft Nut (57).
- Connect the Upper Cable (27) with the Selector Rod (16).

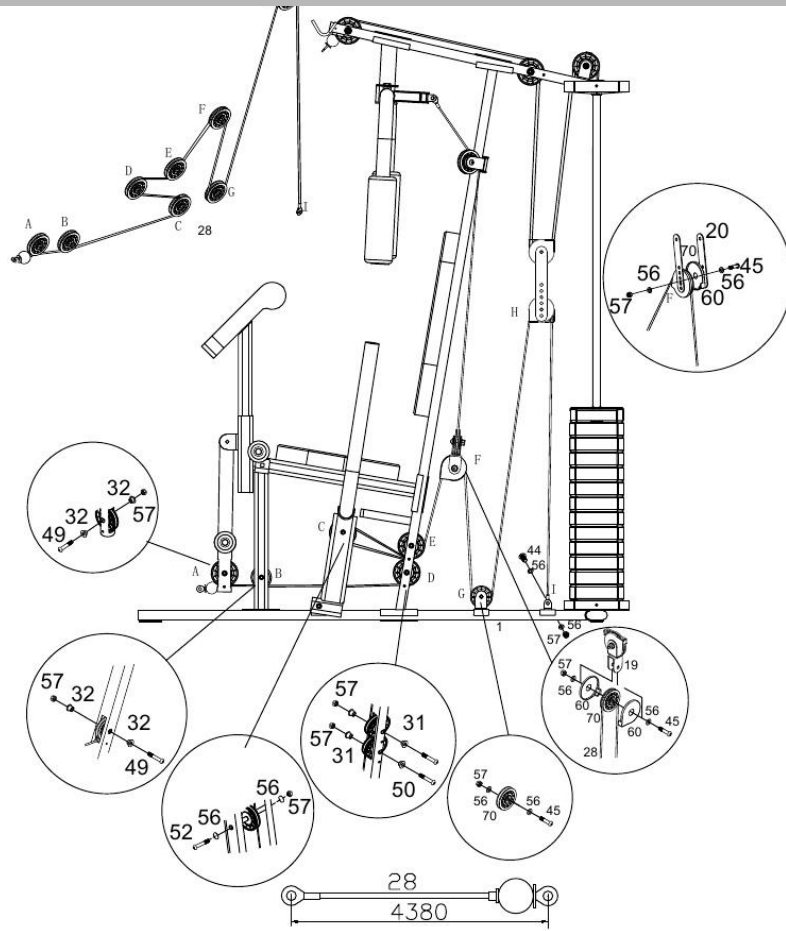
Assembly Instructions



Step 17

- Fix one end of the Butterfly Cable (29) to the Right Fly Arm (7).
- Thread the Butterfly Cable (29) through the Swivel Pulley Bracket (21), and fix 1 x Ø78 Pulley (70) to the Swivel Pulley Bracket (21) using 2 x Pulley Covers (60), 1 x M10X40mm Allen Bolt (45), 2 x Ø10mm Washers (56) and 1 x M10 Aircraft Nut (57).
- Cover 1 x Ø78 Pulley (70) with 2 x Pulley Covers (60), then fix the pulley assembly to the Angled Double Pulley Bracket (19) using 1 x M10X40mm Allen Bolt (45), 2 x Ø10mm Washers (56) and 1 x M10 Aircraft Nut (57).
- Thread the cable through the Swivel Pulley Bracket (21) on the other side, and fix 1 x Ø78 Pulley (70) to the Swivel Pulley Bracket (21) using 2 x Pulley Covers (60), 1 x M10X40mm Allen Bolt (45), 2 x Ø10mm Washers (56) and 1 x M10 Aircraft Nut (57).
- Fix the other end of the Butterfly Cable (29) to the Left Fly Arm (8) using 1 x Cable Pin Bracket (22), 1 x M10X25mm Allen Bolt (44), 2 x Ø10mm Washers (56) and 1 x M10 Aircraft Nut (57).

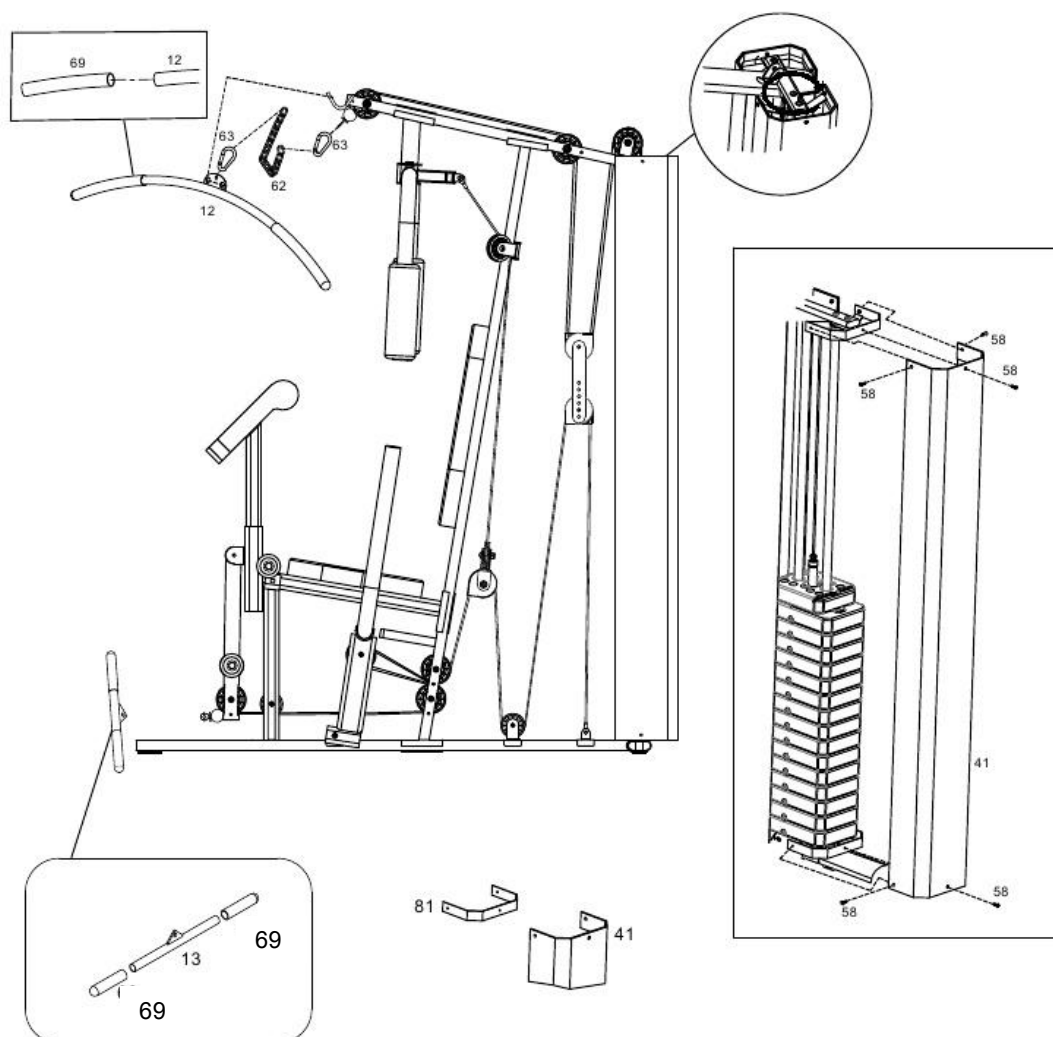
Assembly Instructions



Step 18

- Thread the Lower Cable (28) through the Leg Developer (11), and fix 1 x Ø78 Pulley (70) using 1 x M10 x 60mm Allen Bolt (49), 2 x Pulley Bushings (32) and 1 x M10 Aircraft Nut (57).
- Thread the Lower Cable (28) through the Front Press Support Frame (17), and fix 1 x Ø78 Pulley (70) using 1 x M10 x 60mm Allen Bolt (49), 2 x Pulley Bushings (32) and 1 x M10 Aircraft Nut (57).
- Thread the Lower Cable (28) through the Front Press Base (9), and fix 1 x Ø78 Pulley (70) using 1 x M10 x 180mm Allen Bolt (52), 2 x Pulley Bushes (32) and 1 x M10 Aircraft Nut (57).
- Thread the Lower Cable (28) through the Vertical Frame (3), and fix 1 x Ø78 Pulley (70) to the Vertical Frame (3) using 1 x M10 x 85mm Allen Bolt (50), 2 x Pulley Bushes (31) and 1 x M10 Aircraft Nut (57).
- Thread the Lower Cable (28) through the Vertical Frame (3), and fix 1 x Ø78 Pulley (70) using 1 x M10 x 85mm Allen Bolt (50), 2 x Pulley Bushes (31) and 1 x M10 Aircraft Nut (57).
- Thread the Lower Cable (28) through the Angled Double Pulley Bracket (19), and fix 1 x Ø78 Pulley (70) using 1 x M10 x 25mm Allen Bolt (44), 2 x Pulley Covers (60), 2 x Ø10mm Washers (56) and 1 x M10 Aircraft Nut (57).
- Thread the Lower Cable (28) through the bracket on the Main Base Frame (1), and fix 1 x Ø78 Pulley (70) using 1 x M10 x 40mm Allen Bolt (45), 2 x Ø10mm Washers (56) and 1 x M10 Aircraft Nut (57).
- Thread the cable through the Double Floating Pulley Brackets (20), and cover 1 x Ø78 Pulley (70) with 2 x Pulley Covers (60), secure with 1 x M10 x 40mm Allen Bolt (44), 2 x Ø10mm Washers (56) and 1 x M10 Aircraft Nut (57).
- Fix the other end of the Lower Cable (28) to the Main Base Frame (1) using 1 x M10 x 25mm Allen Bolt (44), 2 x Ø10mm Washers (56) and 1 x M10 Aircraft Nut (57).

Assembly Instructions



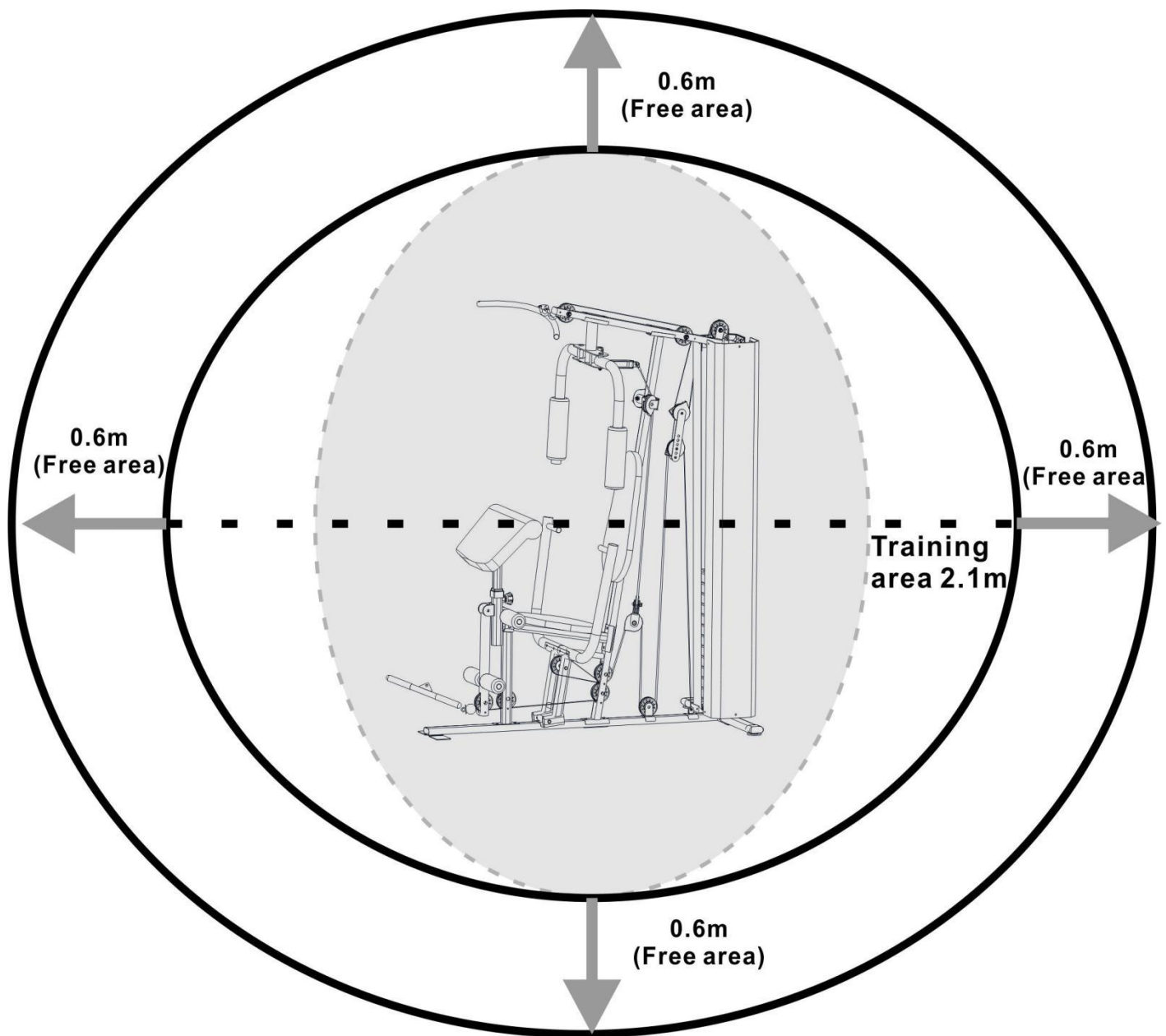
Step 19

- Connect the Lat Bar (12) to the hook on the Upper Frame (4) using 1 x 15 Joint Chain (62) and 2 x #6 Clip Hooks (63).
- Fix 2 x Weight Stack Cover (41) using 12 x ST6X20 Phillips Screws (58).

Notes: (69) are pre-fitted.

Workout Area

The free area must be at least 0.6m greater than the training area. This is a space where you can safely dismount, without obstruction, in case of an emergency. Where two pieces of equipment are positioned adjacent to each other the free area may be shared.



Only one person should be within the training area when the equipment is in use.

Exercise Information

Before starting

Tailor your exercise program according to your physical condition. If you have been inactive for several years, or are overweight, you must start slowly and increase your time on the equipment; a few minutes per workout increase is advisable.

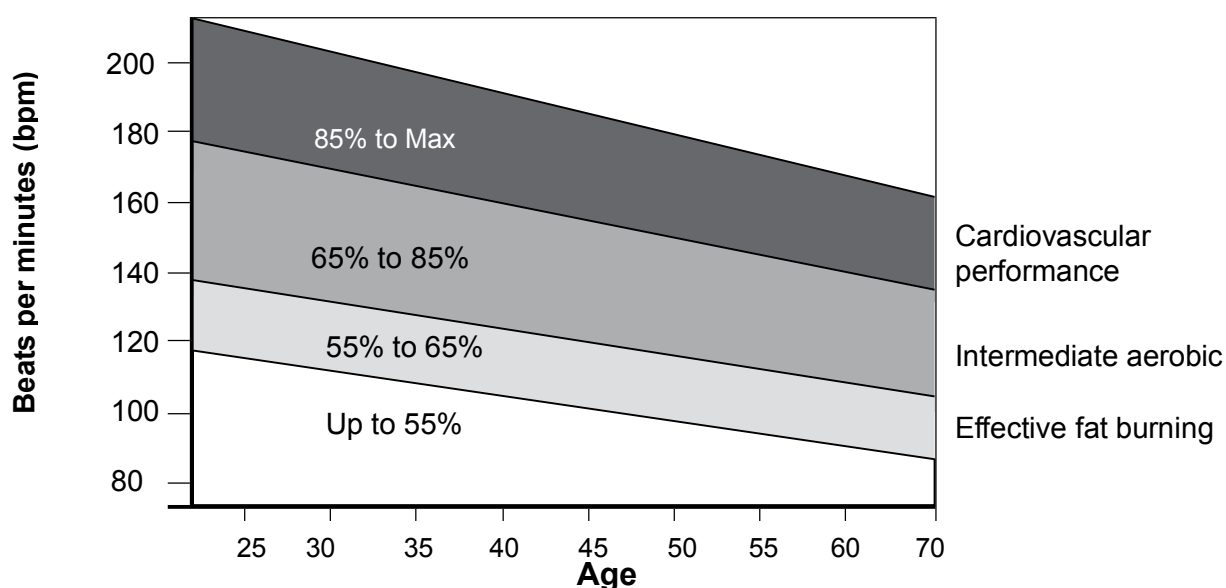
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

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.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface with adequate training area, as prescribed in this manual.

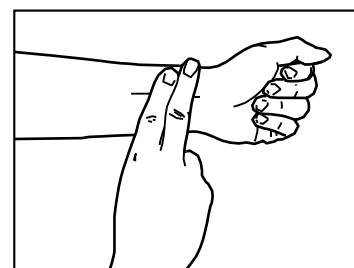
Exercise intensity

To maximize the benefits of exercising, it is important to exercise at an appropriate intensity. The 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 required level.



Exercise Information

Muscle Chart

Aerobic Exercise

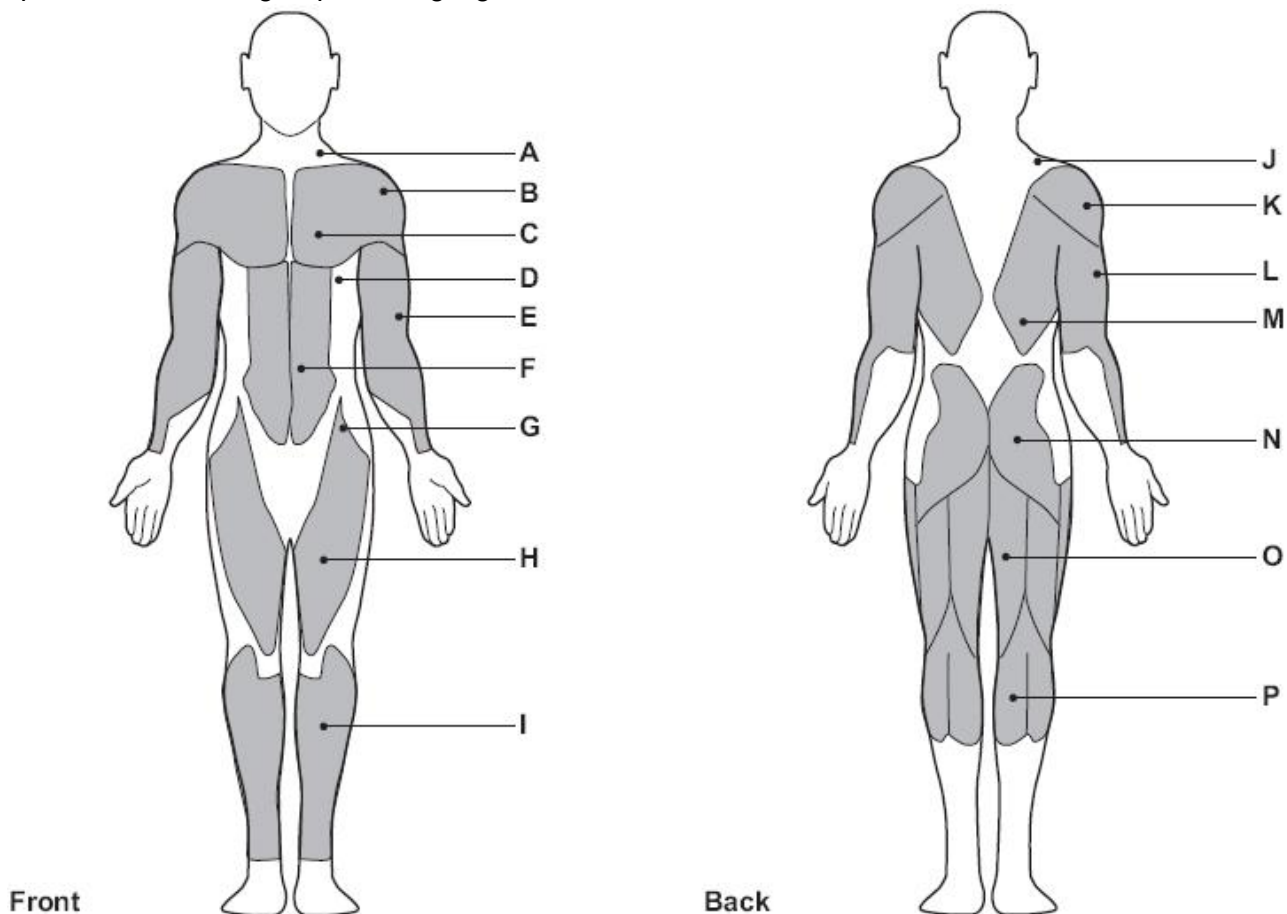
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

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 an exercise routine. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lower number of reps.

Targeted Muscle Groups

The exercise routine that is performed on the home gym will develop combined total body muscle groups. These muscle groups are highlighted on the muscle chart below.



A: Trapezius
B: Anterior Deltoid
C: Pectoralis Major
D: Serratus Anterior

E: Biceps
F: Abdominal
G: Sartorius
H: Quadriceps

I: Tibialis Anterior
J: Trapezius
K: Posterior Deltoid
L: Triceps

M: Latissimus Dorsi
N: Gluteals
O: Hamstrings
P: Gastrocnemius

Exercise Information

Warming up and Cooling down

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 reduce post-exercise muscle soreness.

Exercise Frequency

To maintain or improve your fitness, 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.

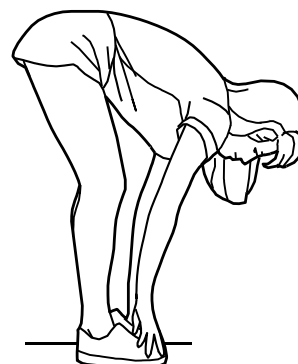
Toe touch stretch

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

Hold for 15 counts, then relax

Repeat 3 times.

Stretches: Hamstrings, back of knees and back.



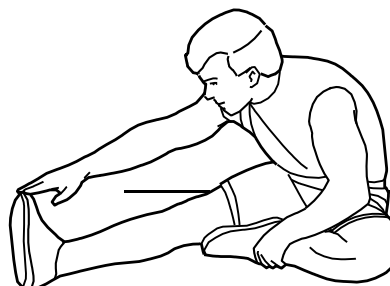
Hamstring stretch

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 towards 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.



Exercise Information

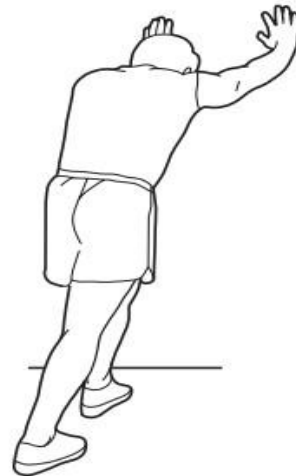
Calf/Achilles stretch

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.



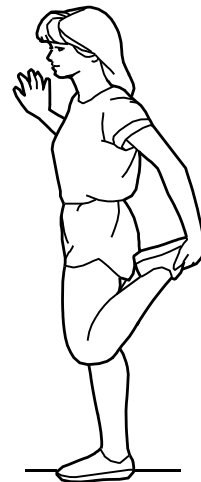
Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly down 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 outwards. Pull your feet towards your groin area as far as possible, and push your knee down towards the ground.

Hold for 15 counts, and then relax.

Repeat 3 times.

Stretches: Quadriceps and Hip muscles.



Exercise Information

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.
- 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.
- A lock hole under the weight plates, using the select pin to lock the weight plates after finish exercising.
- 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 callisthenic, for several minutes.

Pectoral Fly

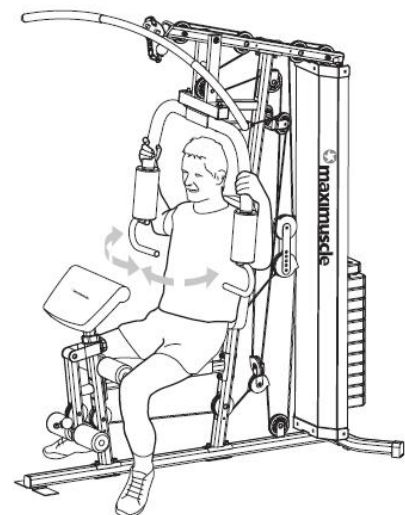
Developing the Pectoralis

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

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Seated Preacher Curl

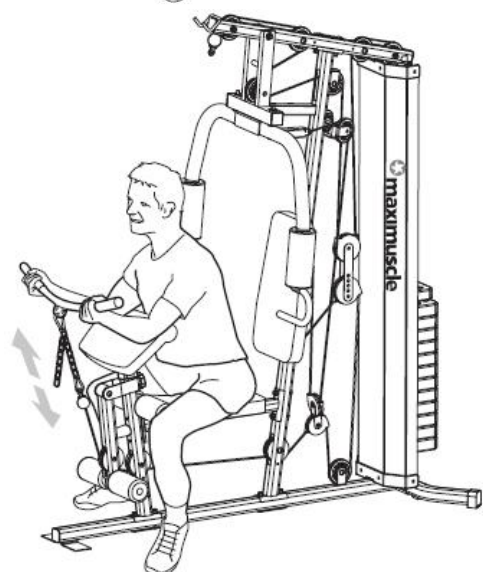
Developing the Biceps

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



Exercise Information

Standing Biceps Curl

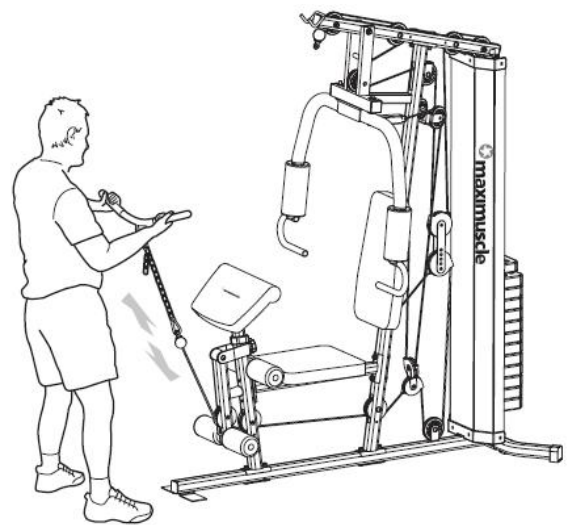
Developing the Biceps

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

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Outer Leg Kick

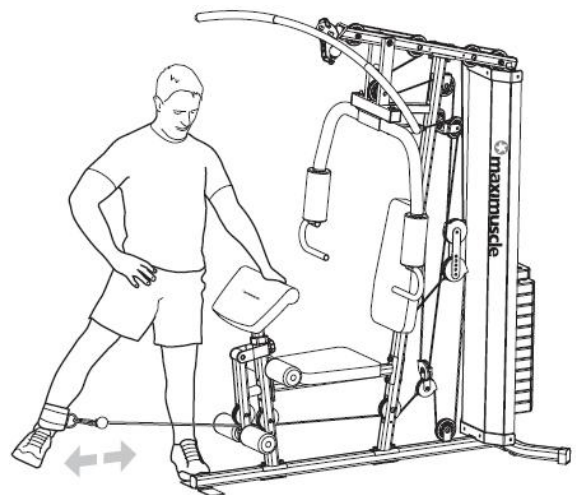
Developing the Outer Thigh

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

Beginners: 10 Reps with light weights

Intermediate: 20 Reps with light weights

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



Exercise Information

High Pulley Ab Crunch

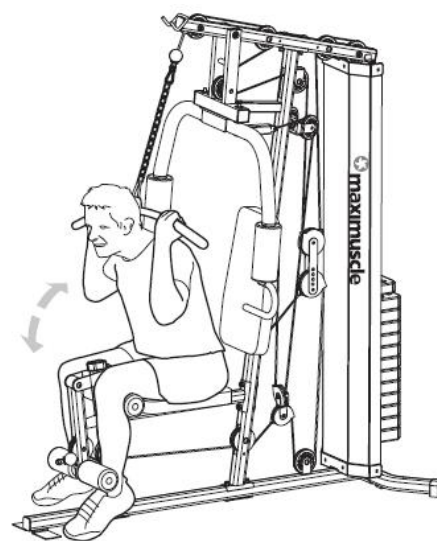
Developing the Abs / Core

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

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Seated Leg Extension

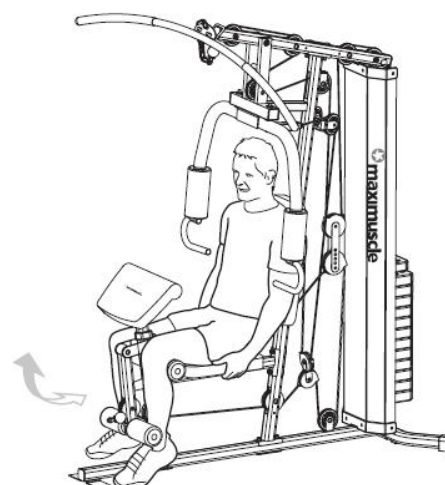
Developing the Quadriceps

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

Beginners: 10 Reps with light weights

Intermediate: 20 Reps with light weights

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



Inner Leg Kick

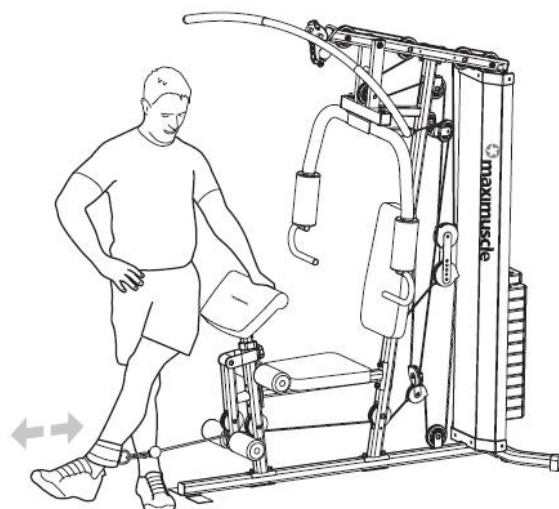
Developing the Inner Thigh

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

Beginners: 10 Reps with light weights

Intermediate: 20 Reps with light weights

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



Exercise Information

Front Deltoid Raise

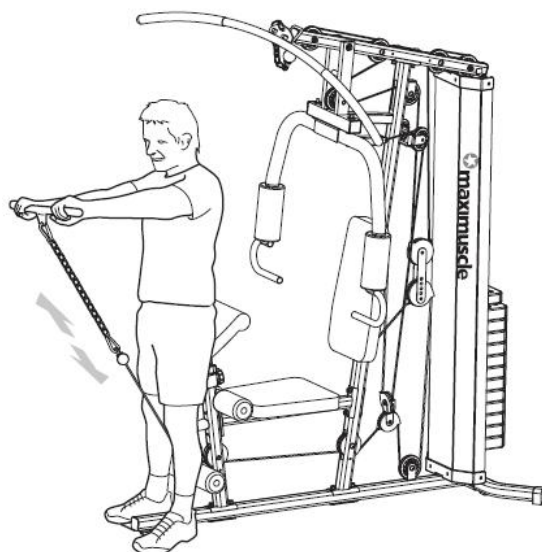
Developing the Front Deltoids

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

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Leg Curl

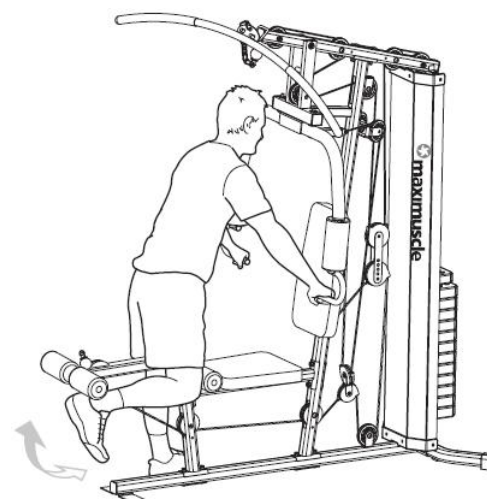
Developing the Hamstrings

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

Beginners: 10 Reps with light weights

Intermediate: 20 Reps with light weights

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



Tricep Push-Down

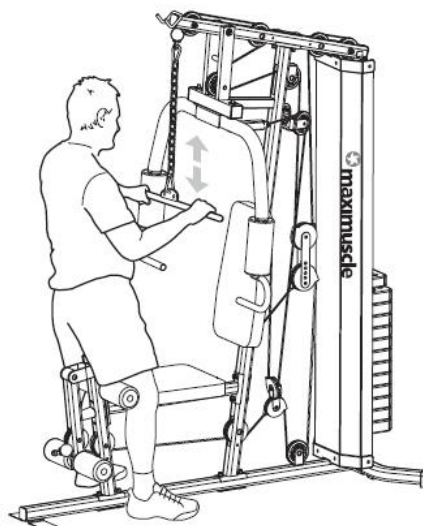
Developing the Triceps

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

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Exercise Information

Upright Row

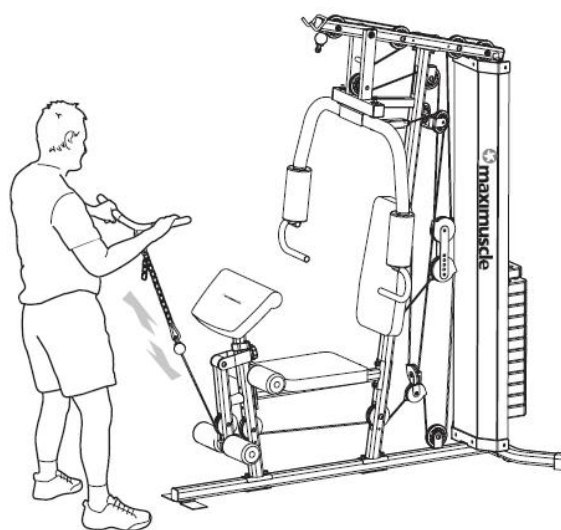
Developing the Deltoids/Trapezius

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

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Wide Lat Pull Down

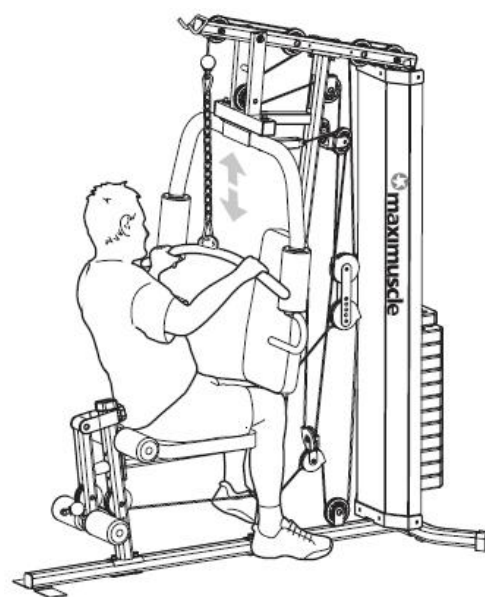
Developing the Latissimus Dorsi

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

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Lateral Deltoid Raise

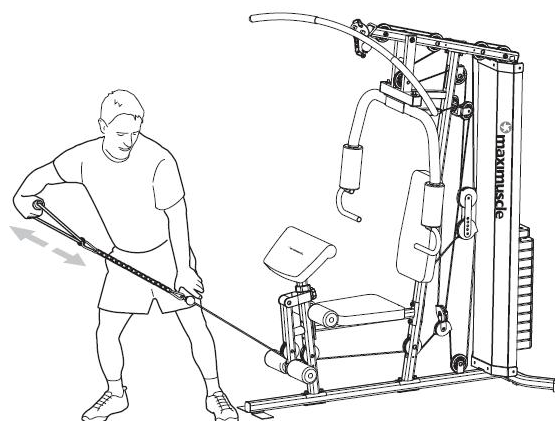
Developing the Side Deltoids

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

Beginners: 10 Reps with light weights

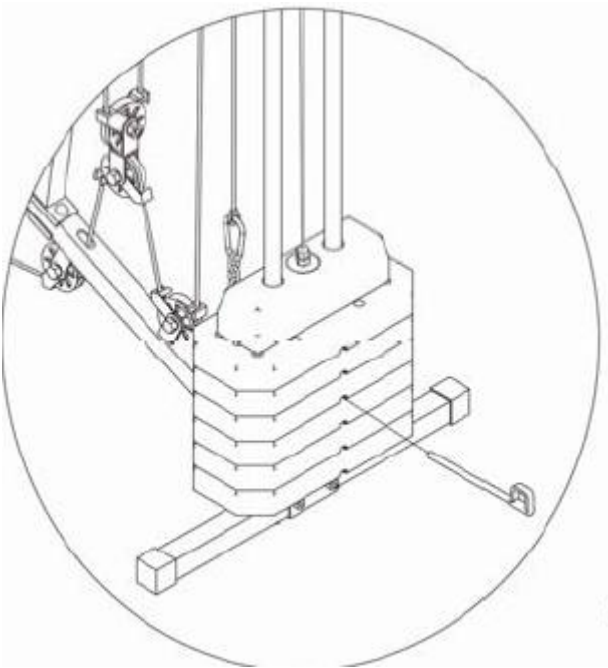
Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Exercise Information

Home gym adjustment



When using: Select the desired training weight by inserting the Weight select pin (30) into the deep grooves under the Weight plates and into the Select rod.

When not in use: Insert the Weight selection pin (30) into the Rear U-shaped bracket (15) on the Rear stabilizer (2).

Weight Resistance Chart

Weight Plate	Front Press	Butterfly	Lat Pull	Low Pulley
1	4	5	6	9
2	8	9	10	13
3	10	12	15	17
4	14	13	20	22
5	17	15	25	28
6	19	18	28	30
7	22	21	34	34
8	25	22	37	40
9	27	24	40	44
10	28	28	46	48
11	31	30	50	51
12	33	42	55	55

Note: Each plate weights : 4.54kgs. Numbers are approximate. Actual weights may vary.
Values for Butterfly are for each arm.

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. ropes, pulleys and connection points.

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

3. Inspect and tighten all parts before using the equipment. Replace defective

components immediately and/or keep the equipment out of use until repair. Pay special attention to components most susceptible to wear.

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

5. Do not attempt to repair this equipment yourself.

Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer, their approved service agent or the **Customer Helpline:**
0345 640 2020
www.argos-support.co.uk/

Guarantee:

For guarantee purposes, please retain your purchase receipt.

Parts List

Part #	Description	QTY	Part #	Description	QTY
1	Front Stabilier Frame	1	43	M6X16mm Allen Bolt	1
2	Rear Stabilizer	1	44	M10X25mm Allen Bolt	13
3	Vertical Frame	1	45	M10X40mm Allen Bolt	7
4	Upper Frame	1	46	M10X45mm Allen Bolt	1
5	Butterfly Frame	1	47	M10X50mm Allen Bolt	4
6	Seat Support	1	48	M10X68mm Allen Bolt	7
7	Right Fly Arm	1	49	M10X60mm Allen Bolt	2
8	Left Fly Arm	1	50	M10X85mm Allen Bolt	4
9	Front Press Base	1	51	M10X90mm Allen Bolt	2
10	Front Press Handle	2	52	M10X180mm Allen Bolt	1
11	Leg Developer	1	53	M8X18mm Allen Bolt	6
12	Lat Bar	1	54	M8X40mm Allen Bolt	2
13	Pull Bar	1	55	Ø8 Washer	8
14	Guide Rod	2	56	Ø10 Washer	70
15	U Bracket	1	57	M10 Aircraft Nut	41
16	Selector Rod	1	58	ST6X20 Phillips Screw	12
17	Front Support Frame	1	59	Small Rubber Cushion	1
18	Arm Curl Support	1	60	Ø83 Pulley Cover	12
19	Angled Double Pulley Bracket	1	61	50x25x1.5 End Cap	4
20	Double Floating Pulley Bracket	2	62	15 Joint Chain	1
21	Swivel Pulley Bracket	2	63	6# Clip Hook	2
22	Cable Pin Bracket	2	64	30X70X1.5 End Cap	3
23	Connecting Rod	2	65	Ø50X2 End Cap	1
24	Axle	1	66	Ø45X1.5 End Cap	9
25	Foam Roll Tube	2	67	Ø25X1.2 Foam End Cap	4
26	Ø16XM10X57 Axle	1	68	Ø24.5×φ30 Bumper	1
27	Upper Cable	1	69	Ø25X135 Handle Grip	6
28	Lower Cable	1	70	Ø78 Pulley	15
29	Butterfly Cable	1	71	Ø25X2 End Cap	1
30	Selector Pin	1	72	Upper Weight Plate	1
31	Pulley Bush	8	73	Weight Plate	12
32	Pulley Bush	4	74	Ankle Strap	1
33	16mm Bush	4	75	30x70 Foot Cover	2
34	L Shaped Pulley Cover	1	76	R Sleeve	1
35	22mm Butterfly Foam Pad	2	77	M18 Lock Knob	1
36	22mm Foam Pad	4	78	Axle Bush	2
37	Seat Pad	1	79	Upper Fixed Frame	2
38	Backrest Pad	1	80	Lower Fixed Frame	2
39	Arm Curl Pad	1	81	Weight Stack Cover Bracket	4
40	Bracket	4	82	Rubber Bumper	12
41	Weight Stack Cover	2	83	30x70x2 End Cap	1
42	M10X50mm Carriage Bolt	8			

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 be rendered invalid if the product is re-sold or has been damaged by inexperienced 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 a problem with the product within the guarantee period call

Customer Helpline: 0345 640 2020 www.argos-support.co.uk

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