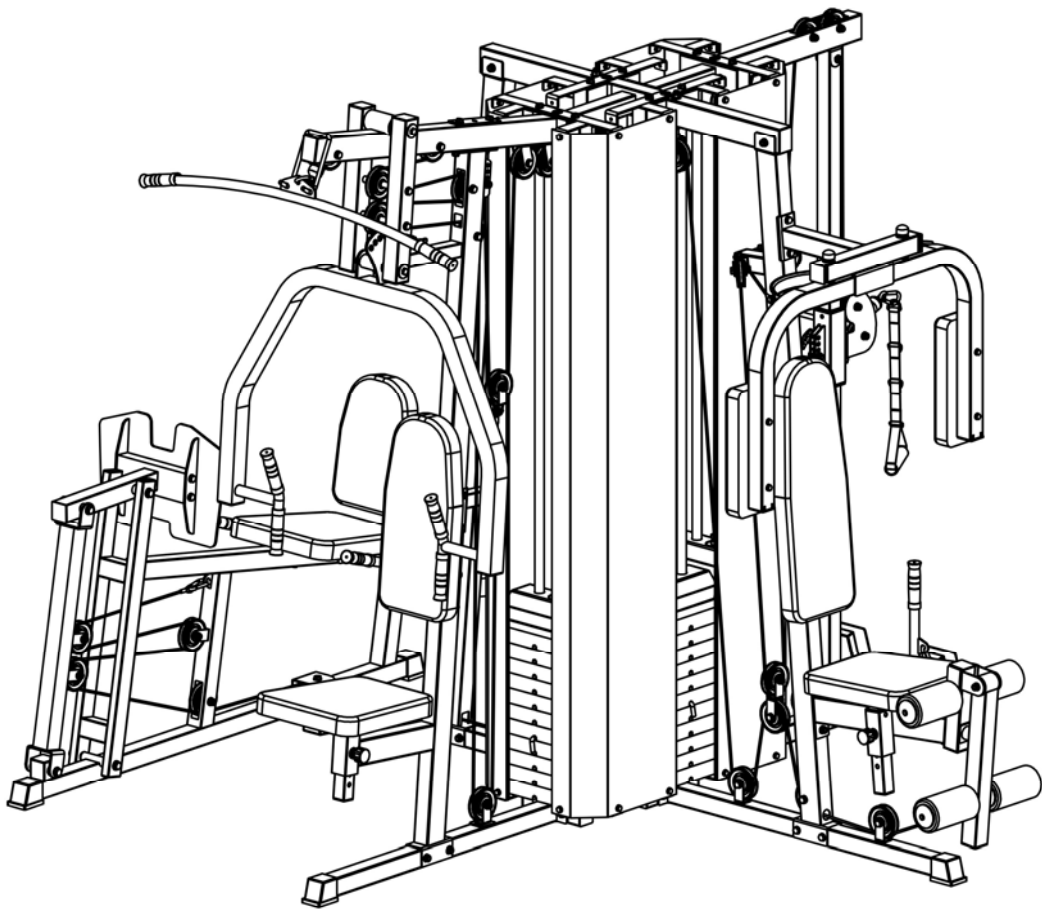


COSCO®

MULTI - GYM



Owner's Manual

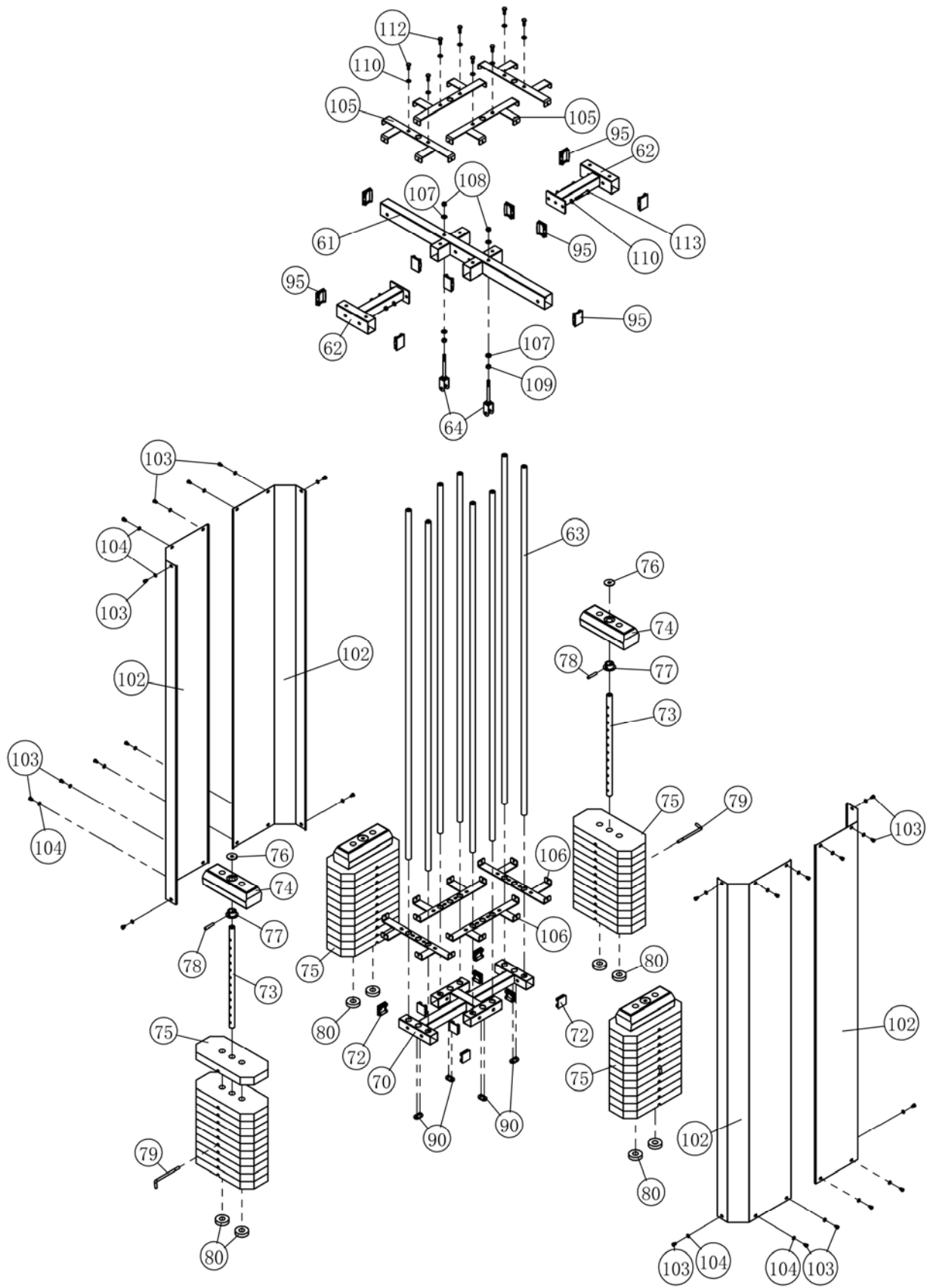
Safety Precautions

Safety First

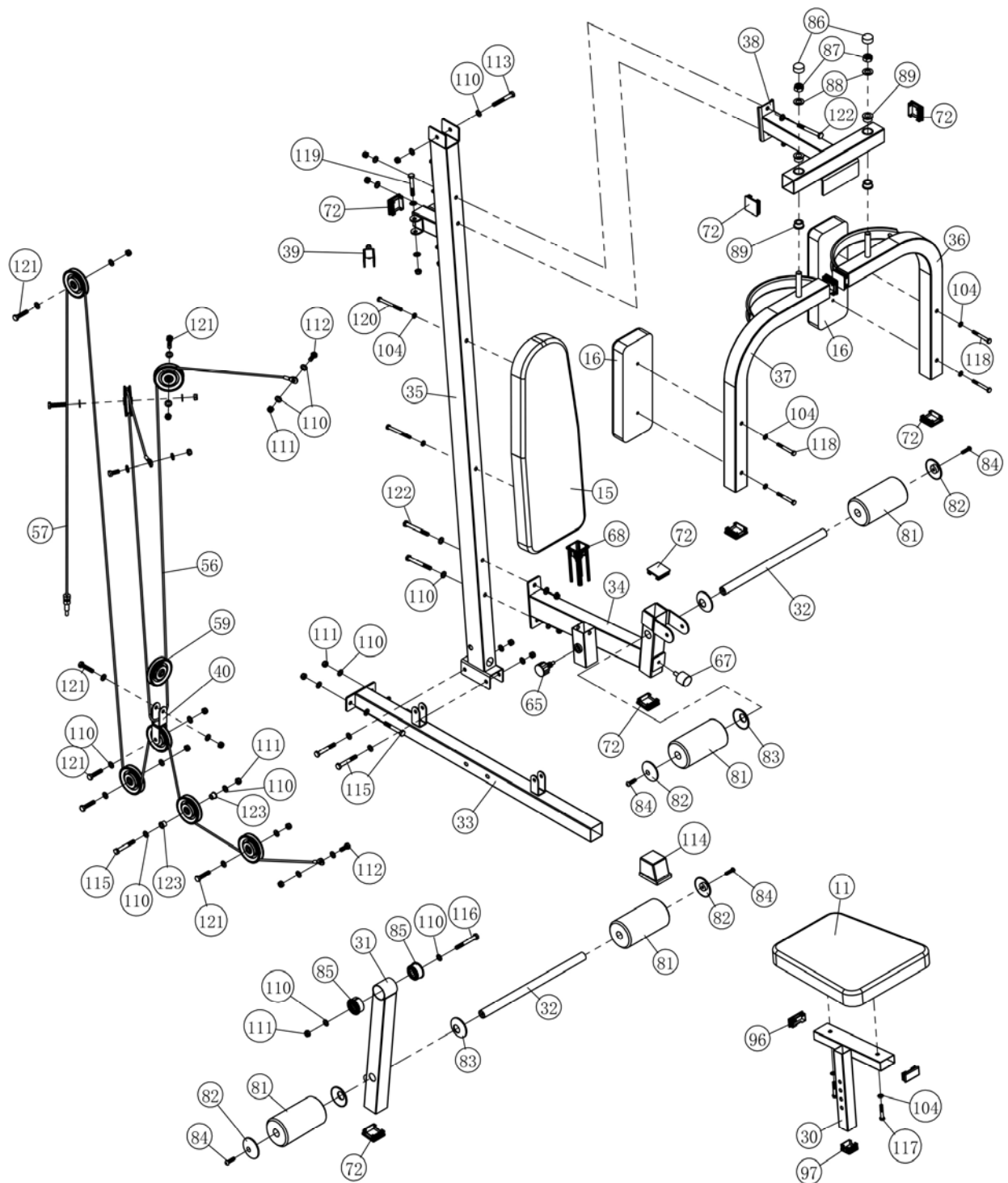
Regardless of how enthusiastic you may be about getting on your equipment and exercising, take the time to ensure that your safety is not jeopardized. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

1. Read, study and understand the Owner's Manual and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this product prior to use. Some of this information can be obtained in this Owner's Manual, as-well-as from your local retailer.
2. It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manuals and labels are available from your local retailer.
3. It is recommended that another person assist you with the assembly of this unit.
4. Consult with your physician before beginning any exercise program.
5. Use proper discretion when children are present.
6. Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
7. Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Do not attempt to lift more weight than you can control safely.
9. Inspect the machine for any sign of wear on parts, hardware becoming loose or cracks on welds. If a problem is found do not use or allow the machine to be used until the defective part is repaired or replaced.
10. You can use the WRENCH and the INNER HEX WRENCH to complete the assembly.

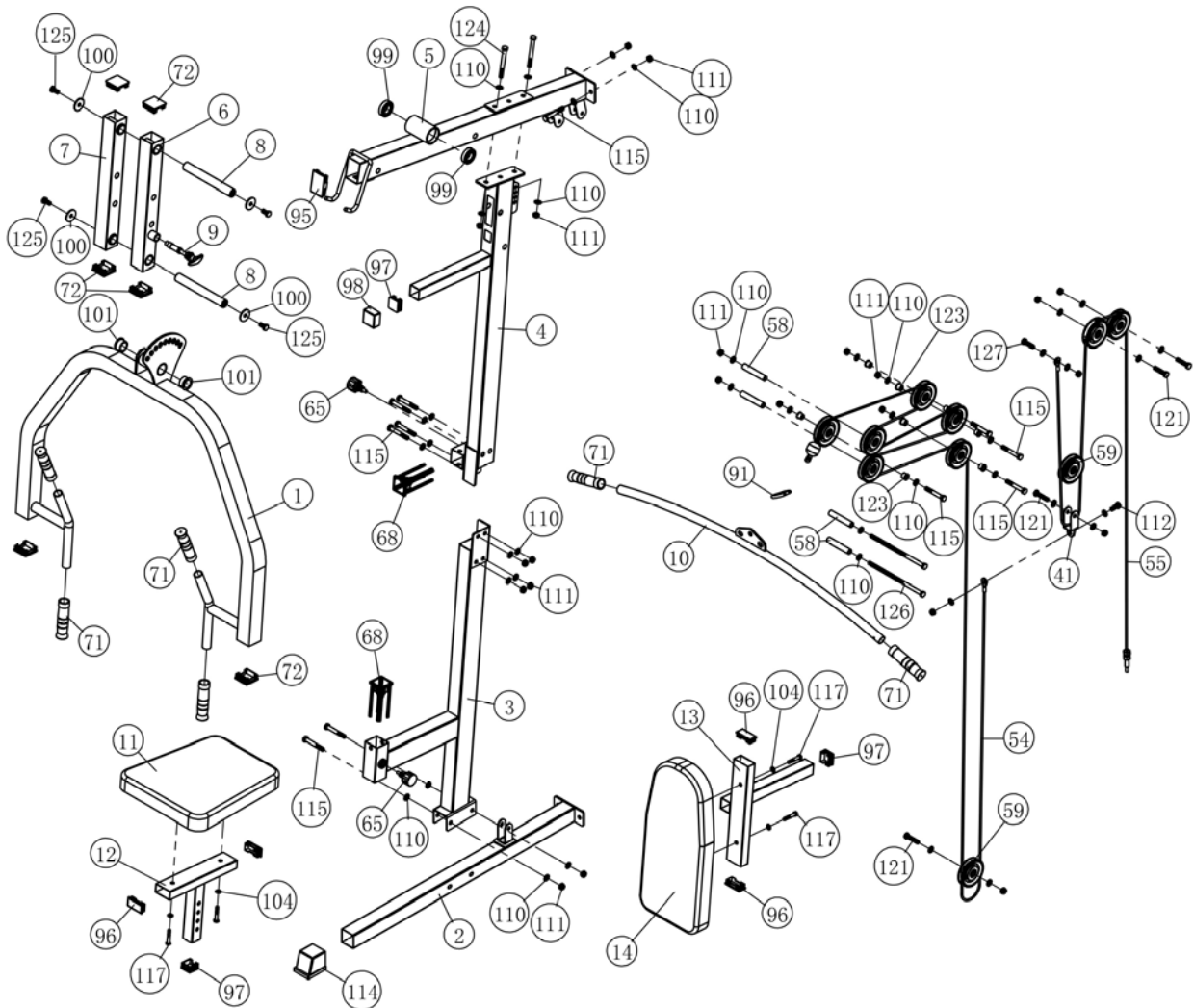
Exploded View Diagram



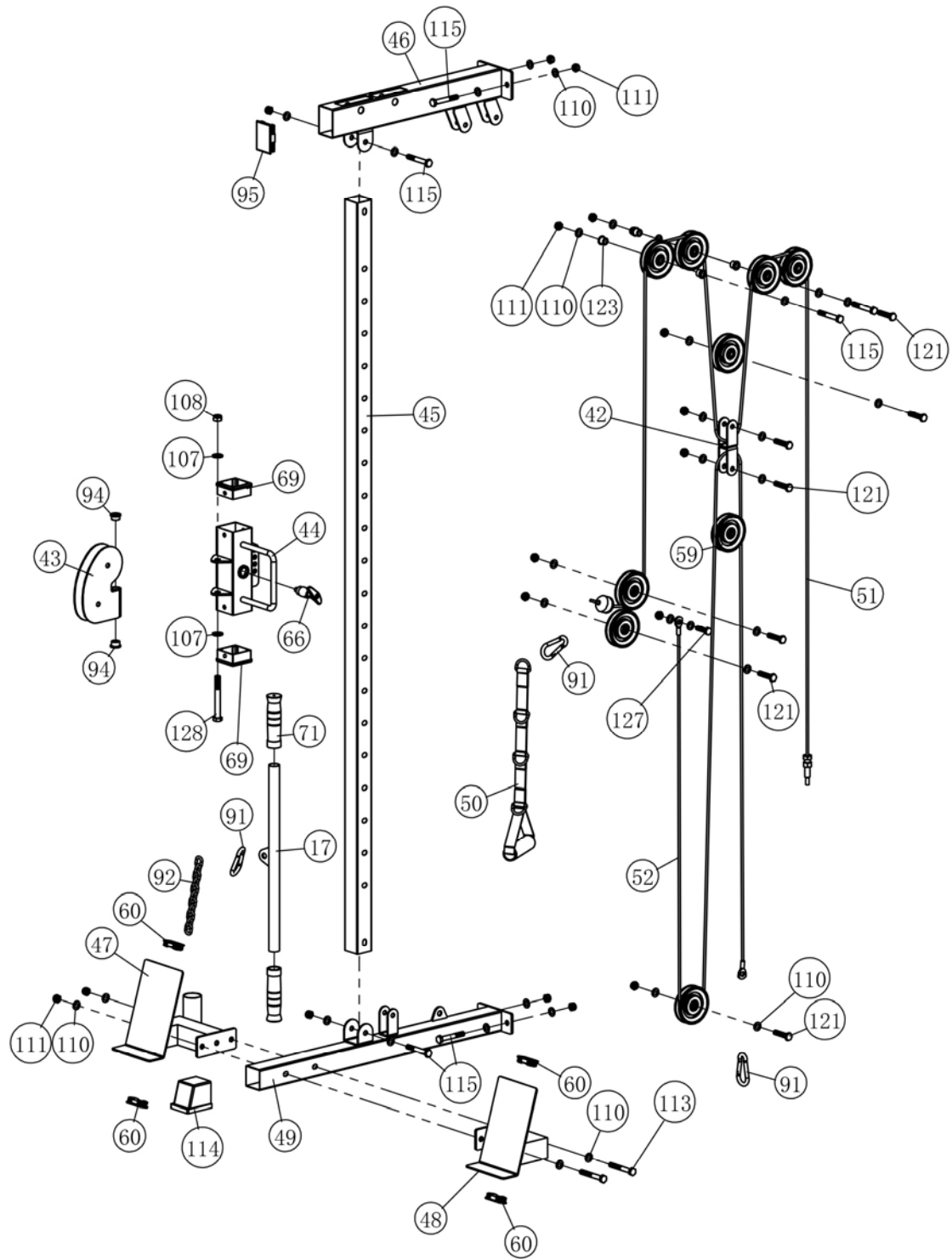
Exploded View Diagram



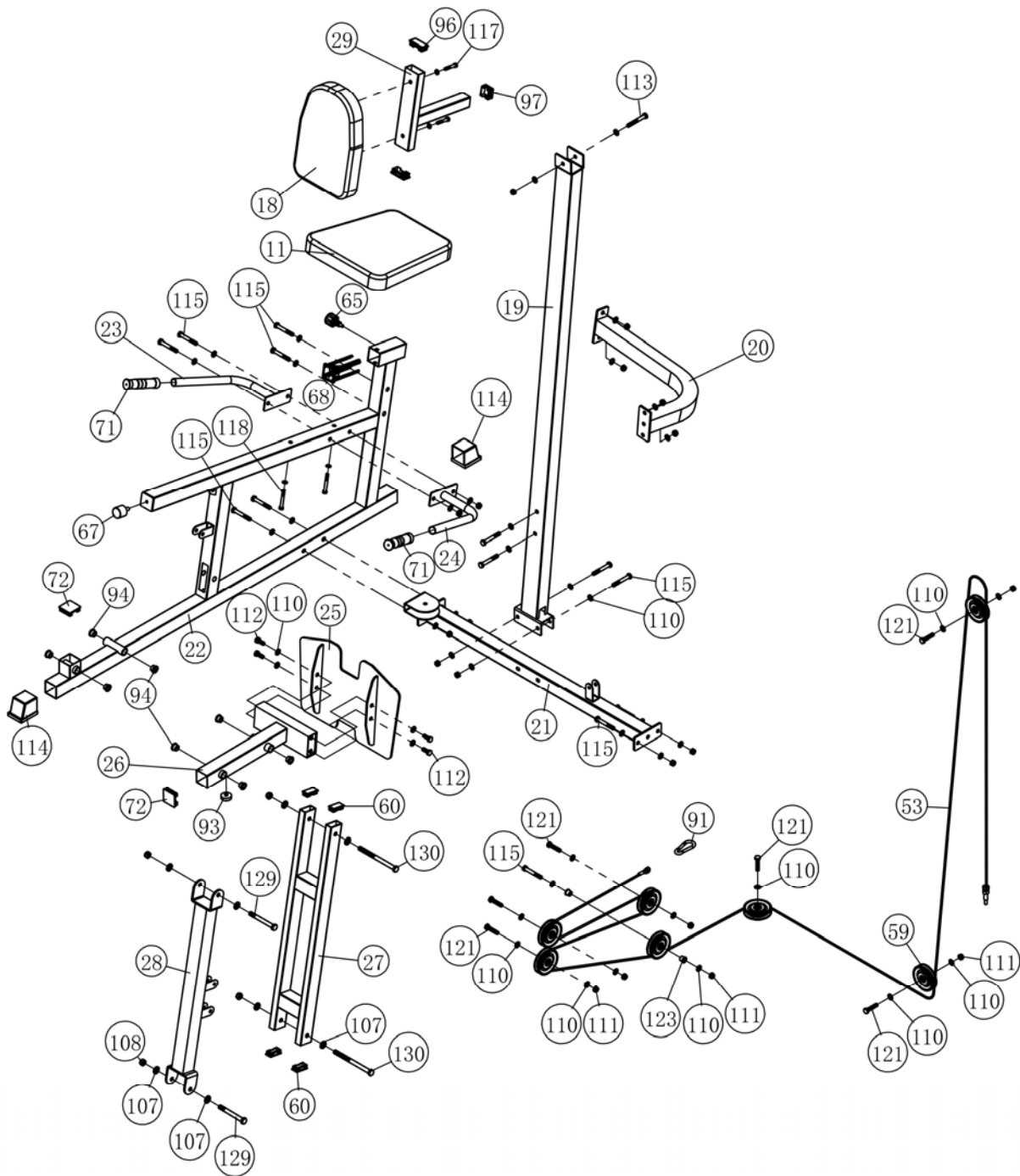
Exploded View Diagram



Exploded View Diagram



Exploded View Diagram



Part List

Key	Description	Qty.	Key	Description	Qty.
1	Press Arm Frame	1	2	Bottom Frame	1
3	Lower Upright	1	4	Upper Upright	1
5	Top Frame	1	6	Connector Frame	1
7	Connector Frame	1	8	Axle ϕ 25*198	2
9	Pop Pin	1	10	Lat Bar	1
11	Seat Cushion	3	12	Seat Support	1
13	Backrest Support	1	14	Backrest Cushion	1
15	Backrest Cushion	1	16	Arm Cushion	2
17	Low Row Bar	1	18	Backrest Cushion	1
19	Leg Press Upright	1	20	Connector Frame	1
21	Bottom Frame	1	22	Leg Press Main Frame	1
23	Right Handlebar	1	24	Left Handlebar	1
25	Leg Press Plate	1	26	Connector Frame	1
27	Leg Press Support	1	28	Leg Press Support	1
29	Backrest Support	1	30	Seat Support	1
31	Leg Extension Arm	1	32	Foam Roller Tube	2
33	Bottom Frame	1	34	Seat Frame	1
35	Main Upright	1	36	Left Chest-expanding Arm	1
37	Right Chest-expanding Arm	1	38	Chest-expanding Support	1
39	Pulley Rack	2	40	Cross Pulley Rack	1
41	Pulley Rack	1	42	Double Pulley Rack	1
43	Pulley Rack	1	44	Height Adjustment	1
45	Guide Rod	1	46	Top Frame	1
47	Left Foot Plate	1	48	Right Foot Plate	1
49	Bottom Frame	1	50	Webbing Handle	1
51	Cable	1	52	Cable	1
53	Cable	1	54	Cable	1
55	Cable	1	56	Cable	1
57	Cable	1	58	Steel Bushing ϕ 16*89	4
59	Pulley	34	60	Plug 50*25	8
61	Top Frame	1	62	Top Frame	2
63	Guide Rod	8	64	Pulley Rack	2
65	Lock Pin	4	66	Pop Pin	1
67	Buffer With Bolt	2	68	Sleeve 50*50/38*38	4
69	Sleeve 60*60/45*45	2	70	Bottom Frame	1
71	Comfort Grip	10	72	Plug 50*50	26
73	Weight Selector Bar	4	74	Top Weight Plate	4
75	Weight Stack	4	76	Weight Washer ϕ 46	4
77	Plastic Bushing	4	78	Pin ϕ 10	4
79	“L” Pin	4	80	Buffer ϕ 62*14	8
81	Foam Roller	4	82	Foam Roller End Cap(small hole)	4
83	Foam Roller End Cap (big hole)	4	84	Screw M8*30	4
85	Plastic Bushing ϕ 50	2	86	Plastic Nut Cap M16	2
87	Nylon Lock Nut M16	2	88	Washer ϕ 16	2
89	Plastic Bushing ϕ 62* ϕ 32	4	90	Buffer 45*25*8	4
91	Snap Link	5	92	Coil Chain	1
93	Buffer ϕ 30*10	1	94	Plastic Bushing ϕ 12* ϕ 25	10
95	Plug 70*50	12	96	Plug 60*30	8
97	Plug 38*38	5	98	End Cap 38*38	1

99	Ball Bearing 6005	2	100	Big Washer $\Phi 10^* \Phi 38$	4
101	Oilite Bushing $\Phi 25^* \Phi 38$	2	102	Weight Stack Cover	4
103	Hex Bolt M8*12	24	104	Washer $\Phi 8$	40
105	Cover Support	4	106	Cover Support	4
107	Washer $\Phi 12$	14	108	Nylon Lock Nut M12	7
109	Flat Nut M12	2	110	Washer $\Phi 10$	185
111	Nylon Lock Nut M10	86	112	Hex Bolt M10*25	16
113	Hex Bolt M10*75	6	114	Foot End Cap 50*50	5
115	Hex Bolt M10*70	40	116	Hex Bolt M10*80	1
117	Hex Bolt M8*45	8	118	Hex Bolt M8*65	6
119	Hex Bolt M10*65	2	120	Hex Bolt M8*90	2
121	Hex Bolt M10*45	24	122	Hex Bolt M10*90	4
123	Plastic Pulley Bushing	16	124	Hex Bolt M10*95	2
125	Hex Bolt M10*20	4	126	Hex Bolt M10*220	2
127	Hex Bolt M10*35	2	128	Hex Bolt M12*100	1
129	Hex Bolt M12*105	2	130	Hex Bolt M12*160	2

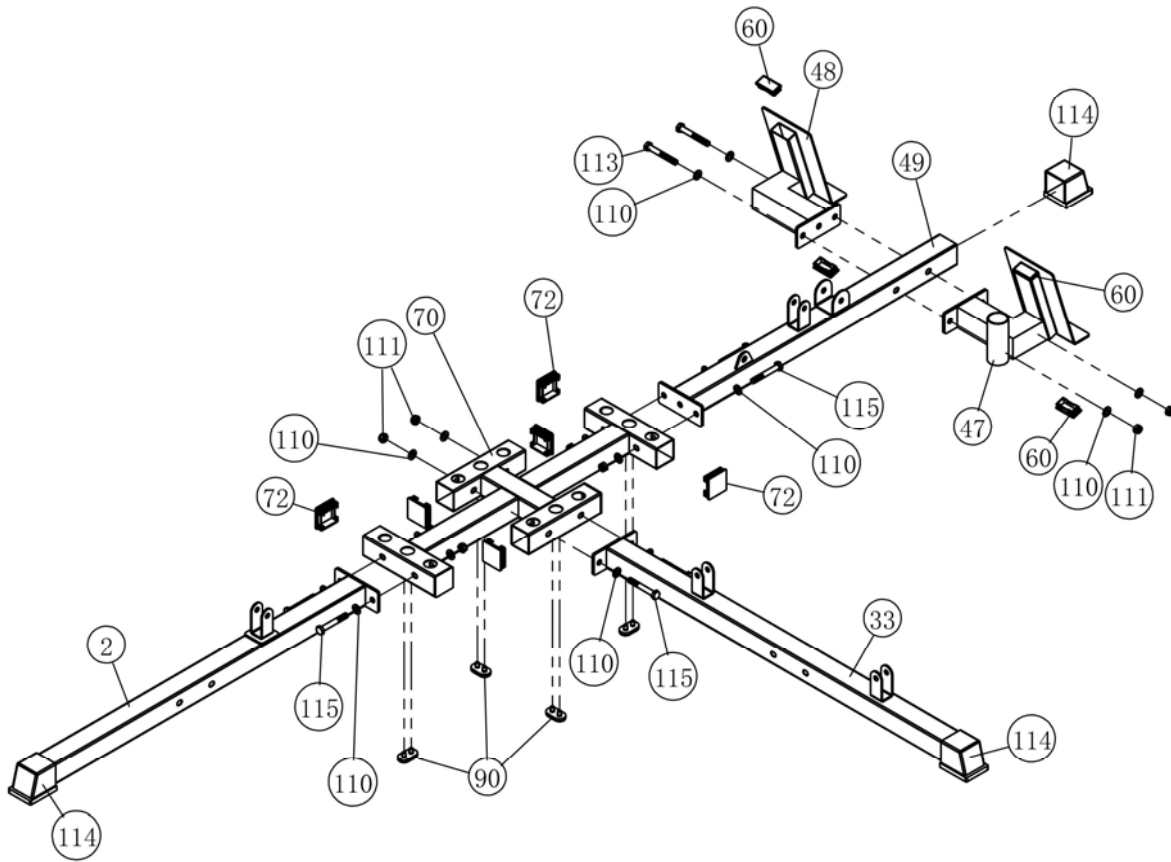


Assembly Instruction

Note:

- 1. Washer should be placed on both ends of all bolts (against the head of the bolt and against the nut) unless otherwise specified in these instructions.**
- 2. Hand tighten all bolts on initial assembly and finally tighten with the wrench once the entire structure is erect.**
- 3. Some parts may be pre-assembled at the factory.**
- 4. Assembly requires the assistance of another person.**

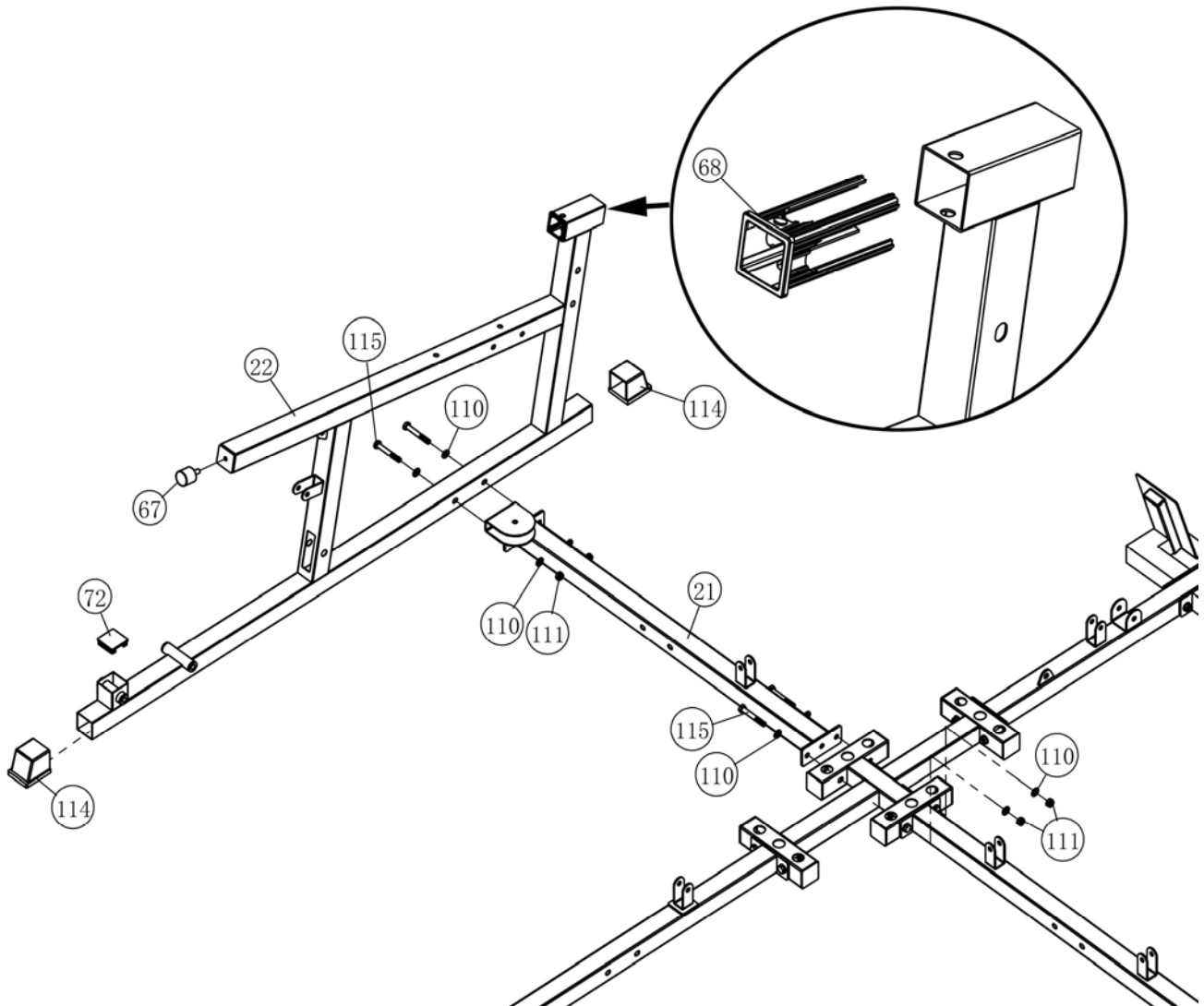
STEP 1



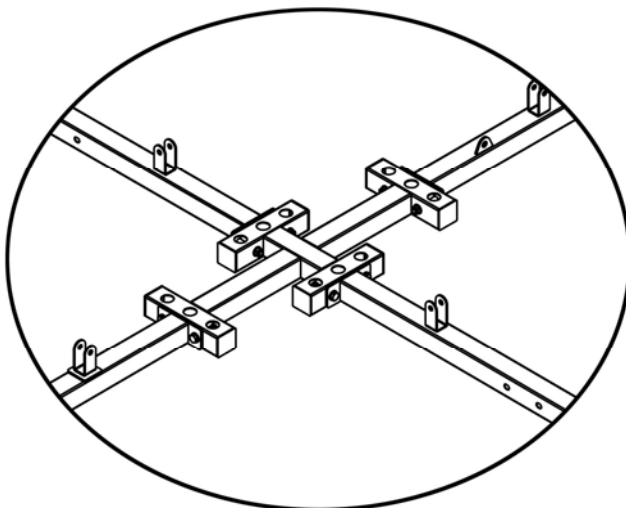
Key	Description	Qty.	Key	Description	Qty.
60	Plug 50*25	4	111	Nylon Lock Nut M10	8
72	Plug 50*50	8	113	Hex Bolt M10*75	2
90	Buffer 45*25*8	4	114	Foot End Cap 50*50	3
110	Washer Φ 10	16	115	Hex Bolt M10*70	6

Assembly Instruction

STEP 2



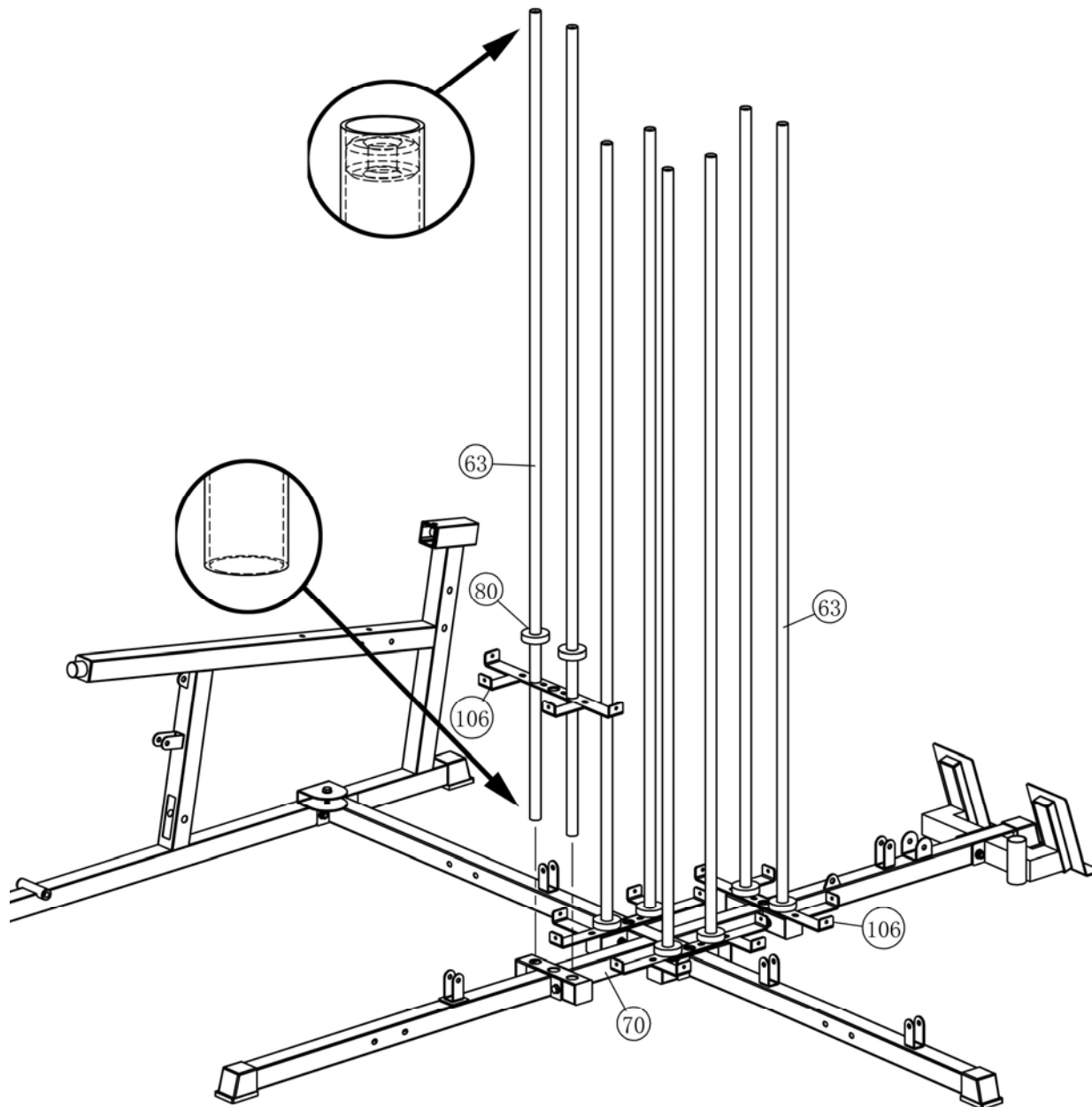
Key	Description	Qty.	Key	Description	Qty.
67	Buffer With Bolt	1	111	Nylon Lock Nut M10	4
72	Plug 50*50	1	114	Foot End Cap 50*50	2
110	Washer $\Phi 10$	8	115	Hex Bolt M10*70	4



Note:
Wrench tighten the bolts inside the circle.

Assembly Instruction

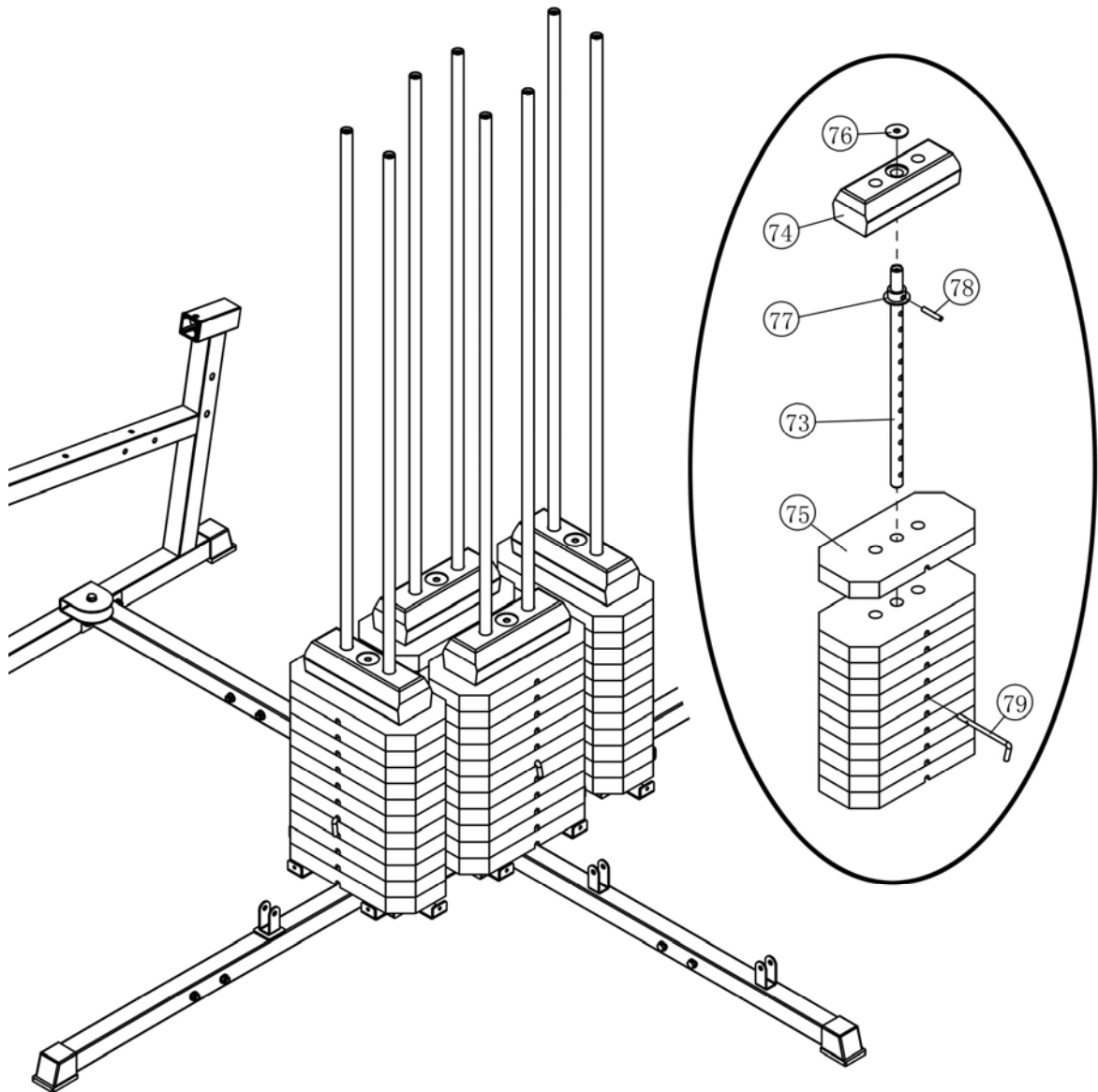
STEP 3



Key	Description	Qty.
80	Buffer $\Phi 62*14$	8

Assembly Instruction

STEP 4

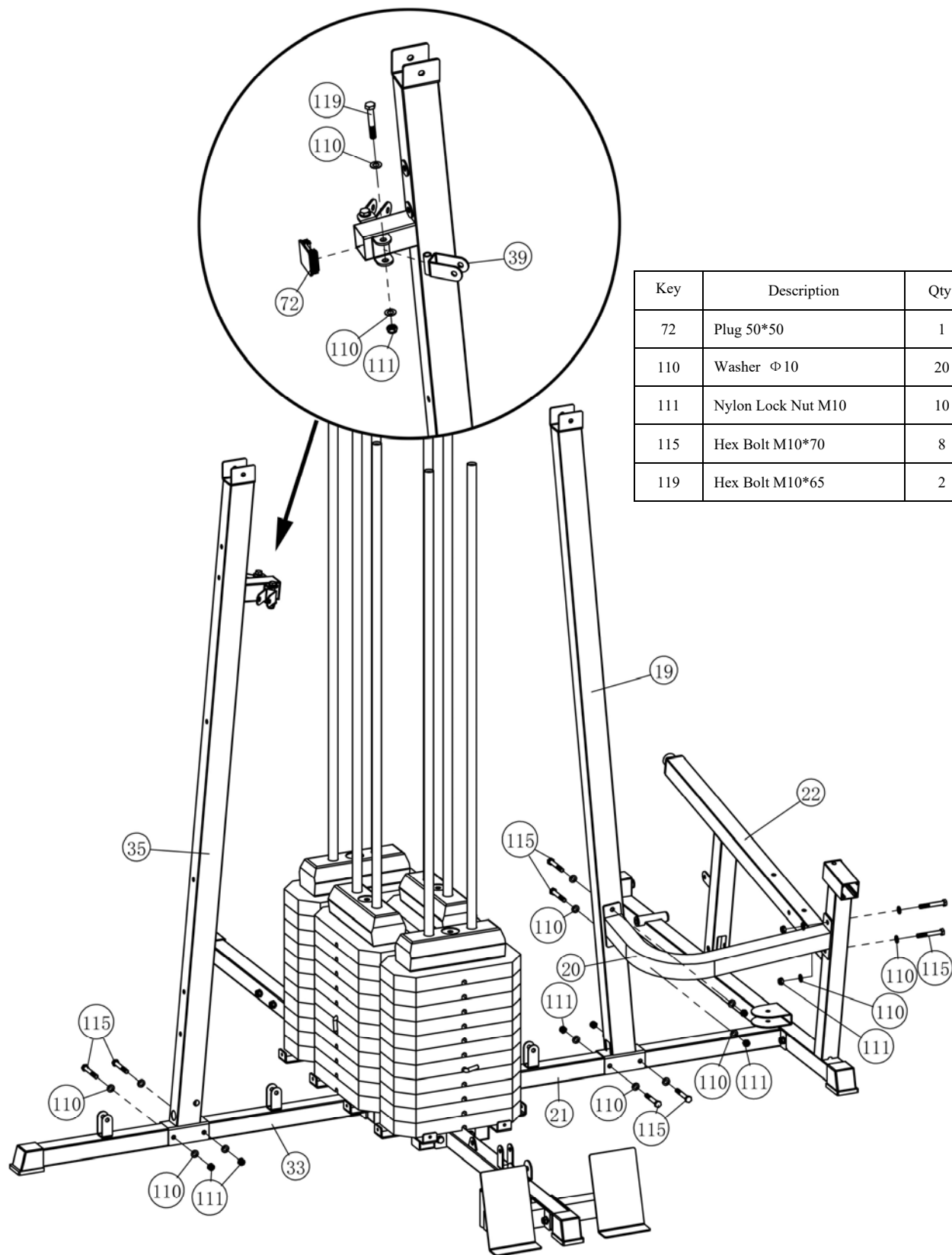


Note: Carefully slide the Weight Plates (#75) one by one onto the guide rods (#63), do not lift more than you can control safely.

Key	Description	Qty.	Key	Description	Qty.
73	Weight Selector Bar	4	77	Plastic Bushing	4
74	Top Weight Plate	4	78	Pin $\Phi 10$	4
75	Weight Stack	4	79	"L" Pin	4
76	Weight Washer $\Phi 46$	4			

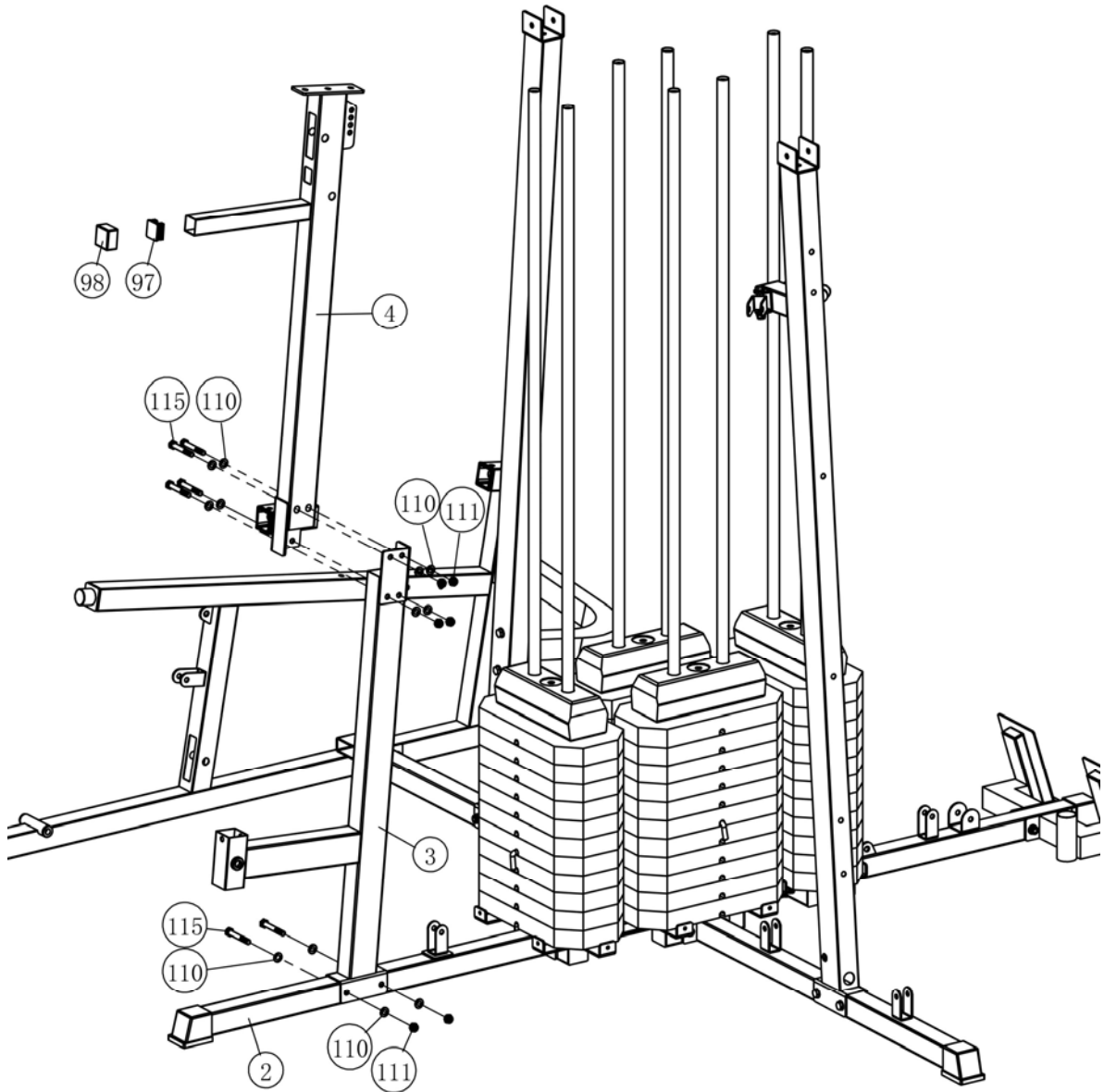
Assembly Instruction

STEP 5



Assembly Instruction

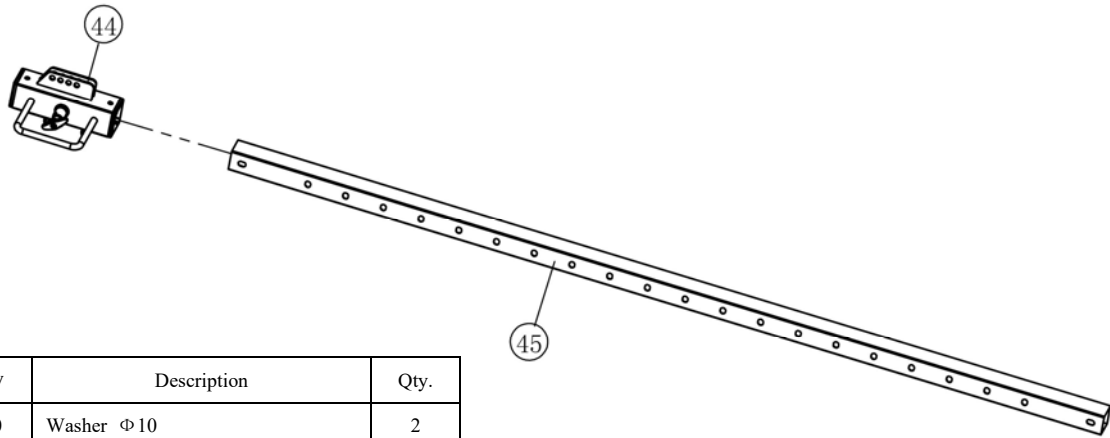
STEP 6



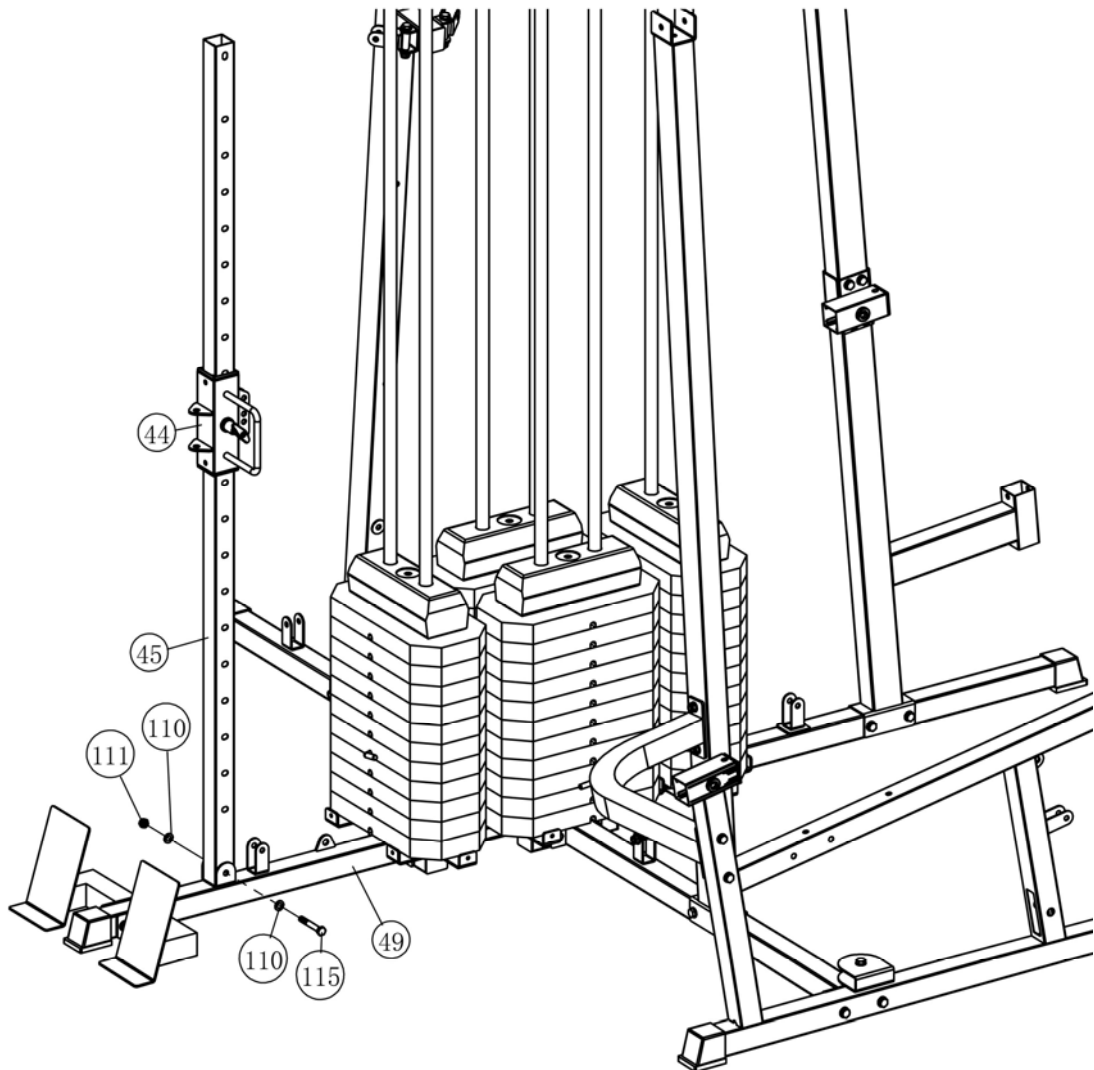
Key	Description	Qty.
97	Plug 38*38	1
98	End Cap 38*38	1
110	Washer Φ10	12
111	Nylon Lock Nut M10	6
115	Hex Bolt M10*70	6

Assembly Instruction

STEP 7

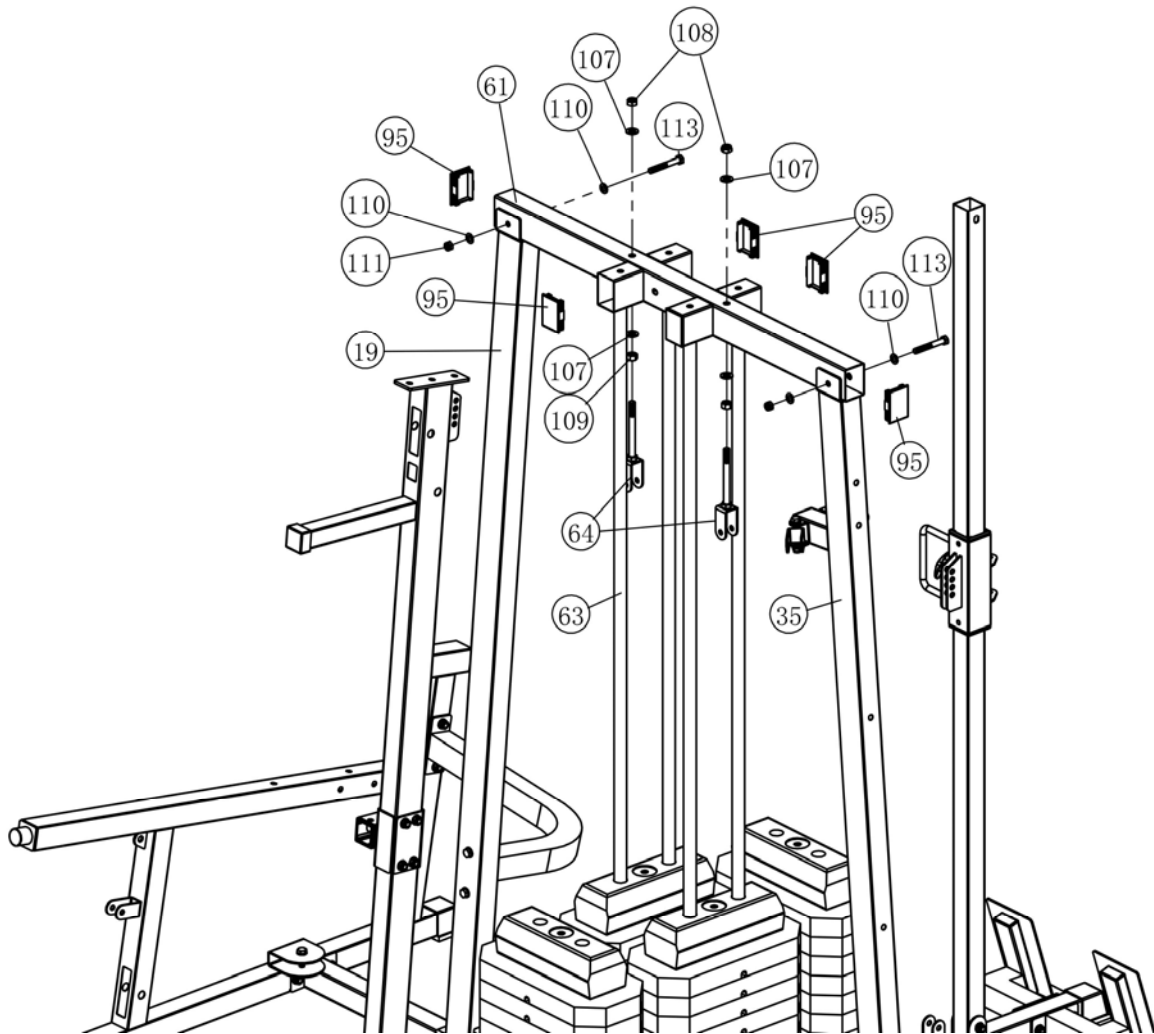


Key	Description	Qty.
110	Washer $\Phi 10$	2
111	Nylon Lock Nut M10	1
115	Hex Bolt M10*70	1



Assembly Instruction

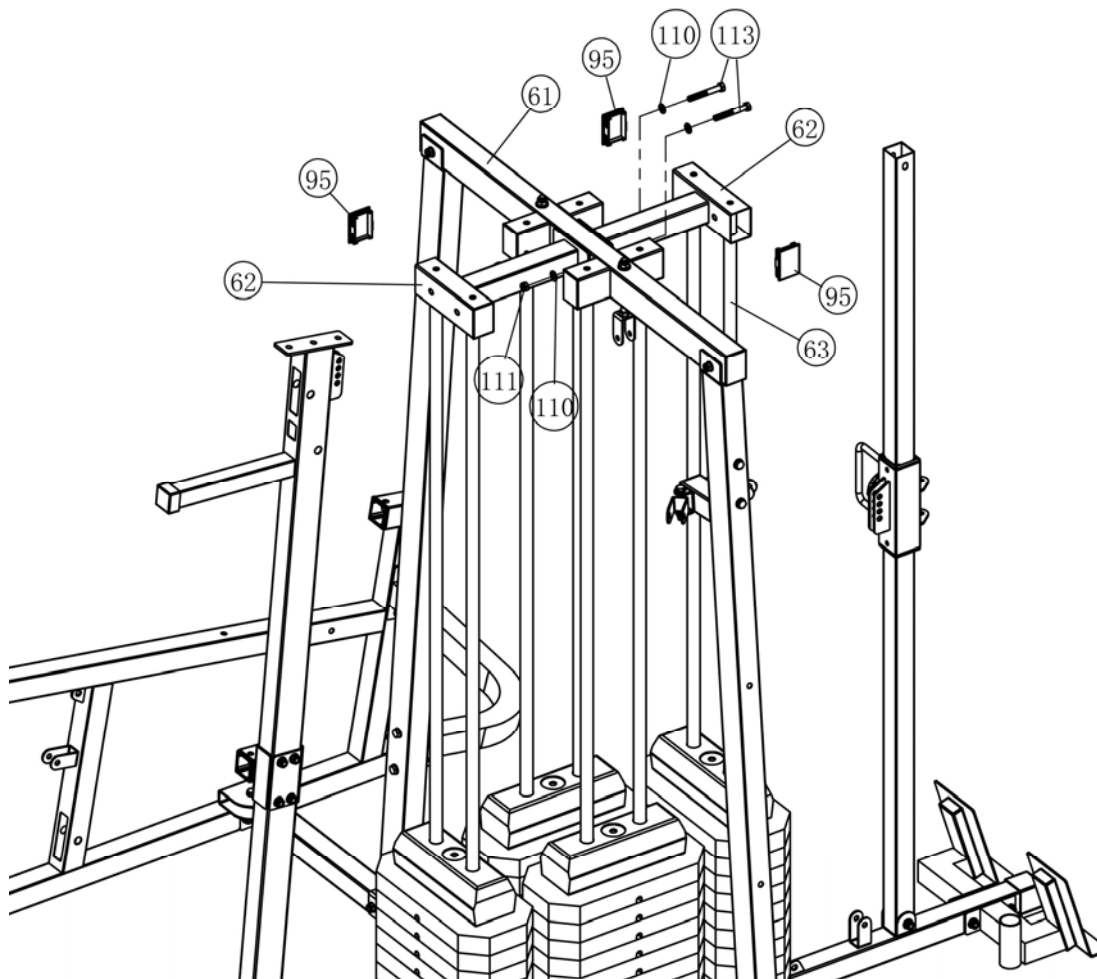
STEP 8



Key	Description	Qty.	Key	Description	Qty.
95	Plug 70*50	6	110	Washer Φ10	4
107	Washer Φ12	4	111	Nylon Lock Nut M10	2
108	Nylon Lock Nut M12	2	113	Hex Bolt M10*75	2
109	Flat Nut M12	2			

Assembly Instruction

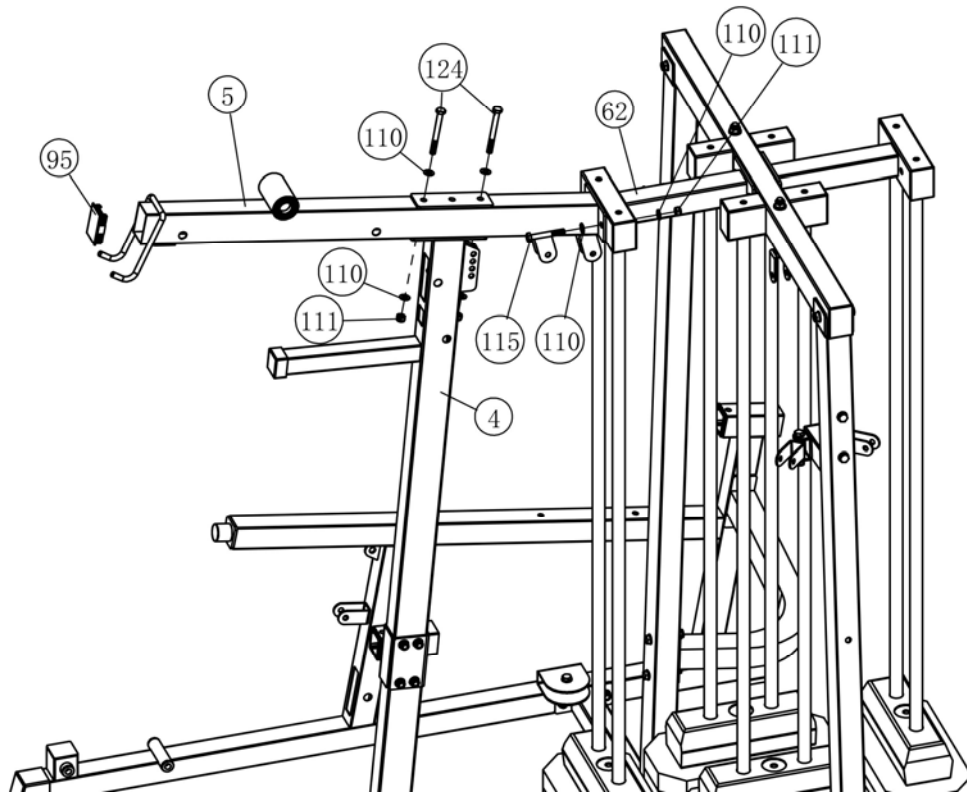
STEP 9



Key	Description	Qty.
95	Plug 70*50	4
110	Washer Φ10	4
111	Nylon Lock Nut M10	2
113	Hex Bolt M10*75	2

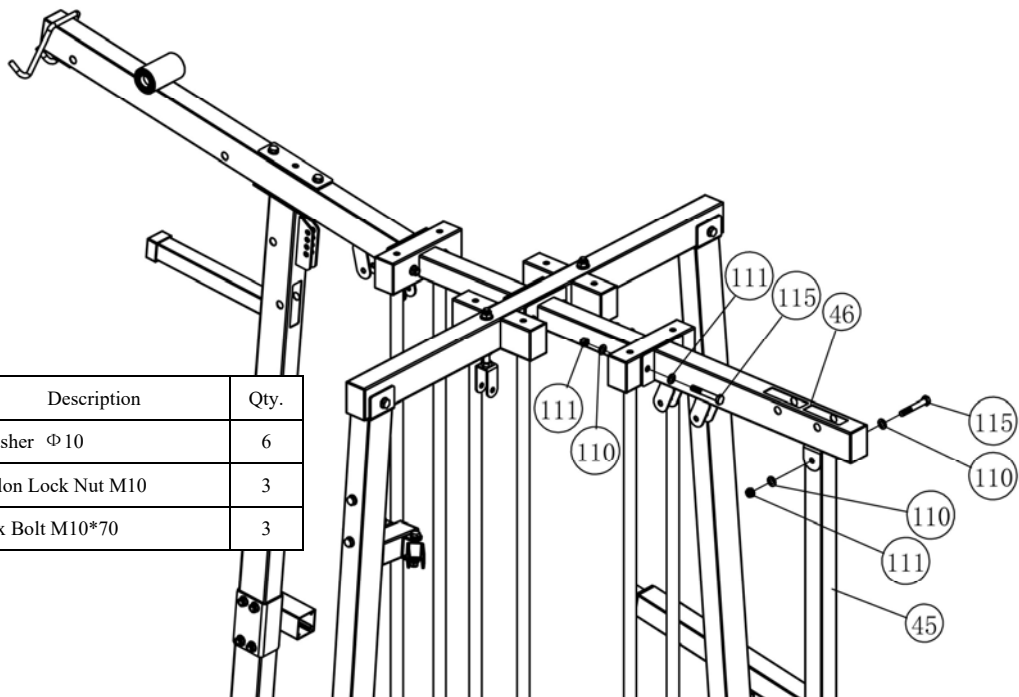
Assembly Instruction

STEP 10



Key	Description	Qty.	Key	Description	Qty.
95	Plug 70*50	1	110	Washer $\Phi 10$	8
111	Nylon Lock Nut M10	4	115	Hex Bolt M10*70	2
124	Hex Bolt M10*95	2			

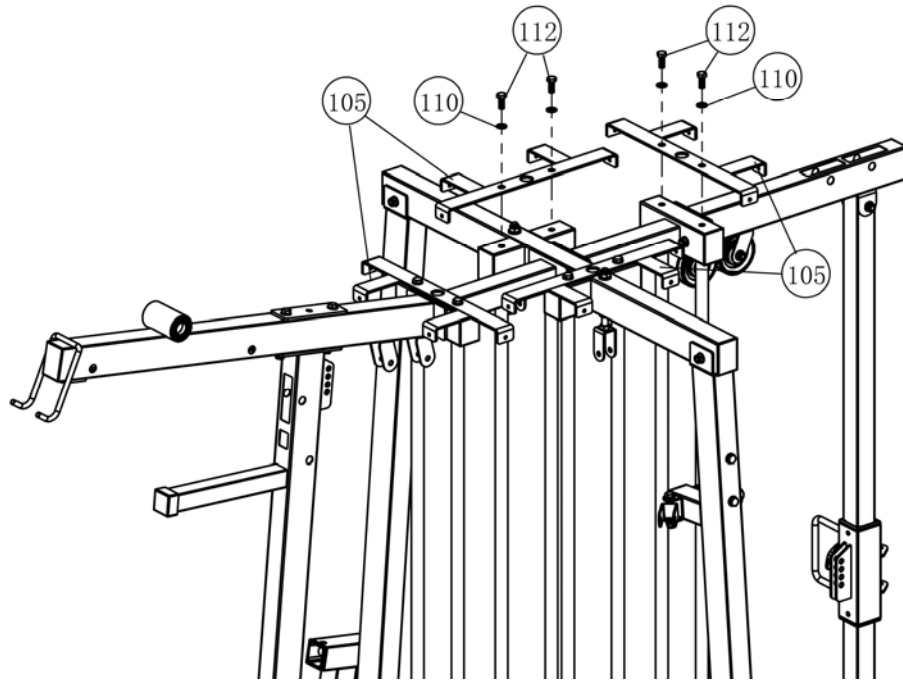
STEP 11



Key	Description	Qty.
110	Washer $\Phi 10$	6
111	Nylon Lock Nut M10	3
115	Hex Bolt M10*70	3

Assembly Instruction

STEP 12

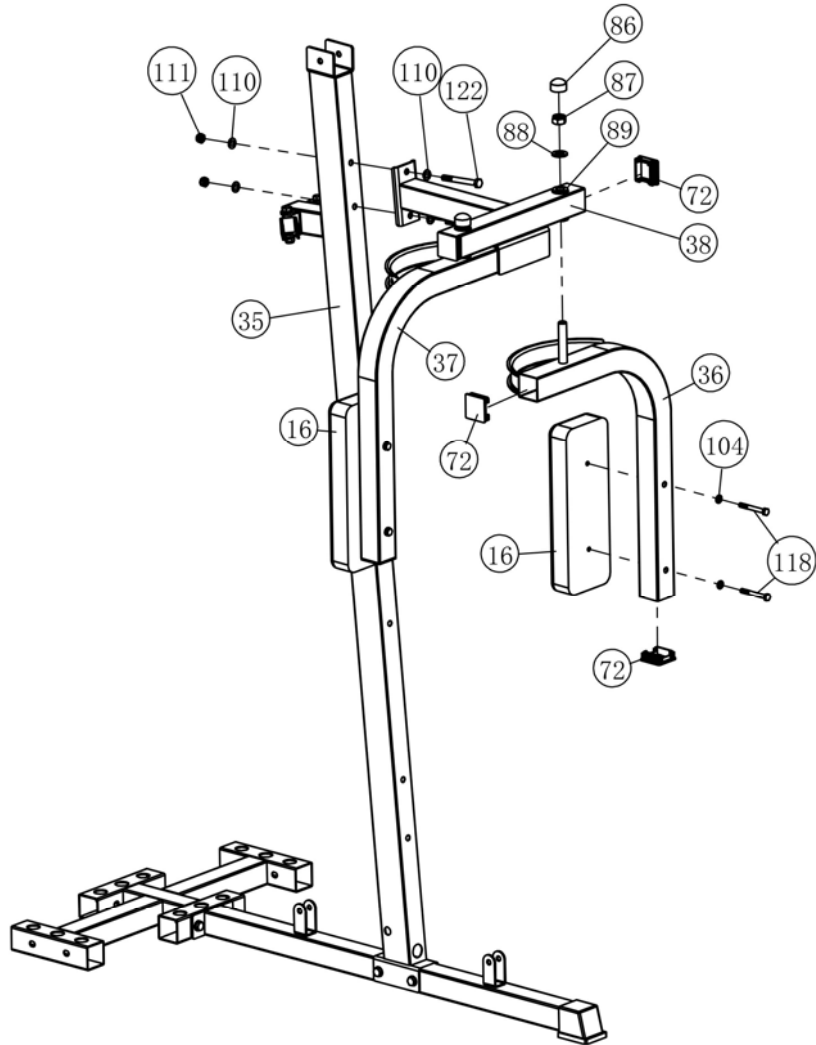


Key	Description	Qty.
110	Washer $\Phi 10$	8
112	Hex Bolt M10*25	8

Assembly Instruction

STEP 13

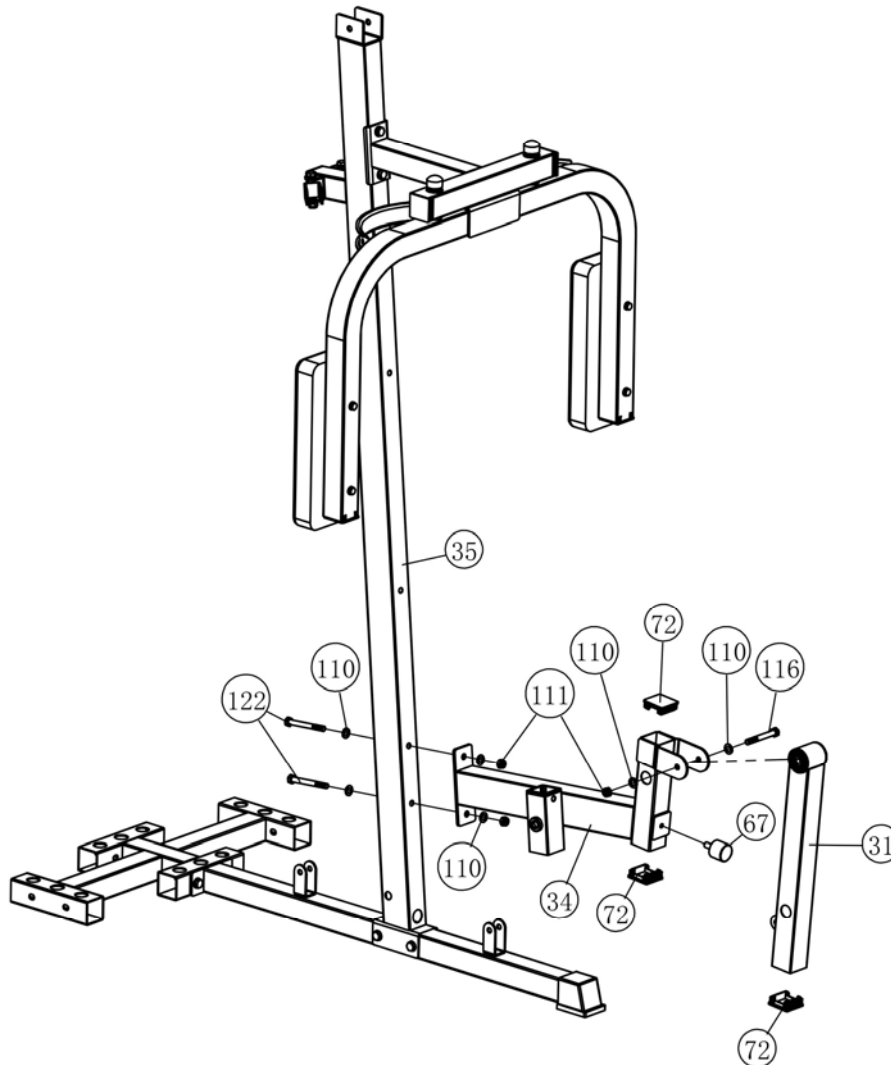
Note: Tighten the nut (#87) with a wrench to ensure that part (#36) and part (#37) can rotate freely and the resistance on both sides is the same.



Key	Description	Qty.	Key	Description	Qty.
72	Plug 50*50	6	86	Plastic Nut Cap M16	2
87	Nylon Lock Nut M16	2	88	Washer Φ16	2
104	Washer Φ8	4	110	Washer Φ10	4
111	Nylon Lock Nut M10	2	118	Hex Bolt M8*65	4
122	Hex Bolt M10*90	2			

Assembly Instruction

STEP 14

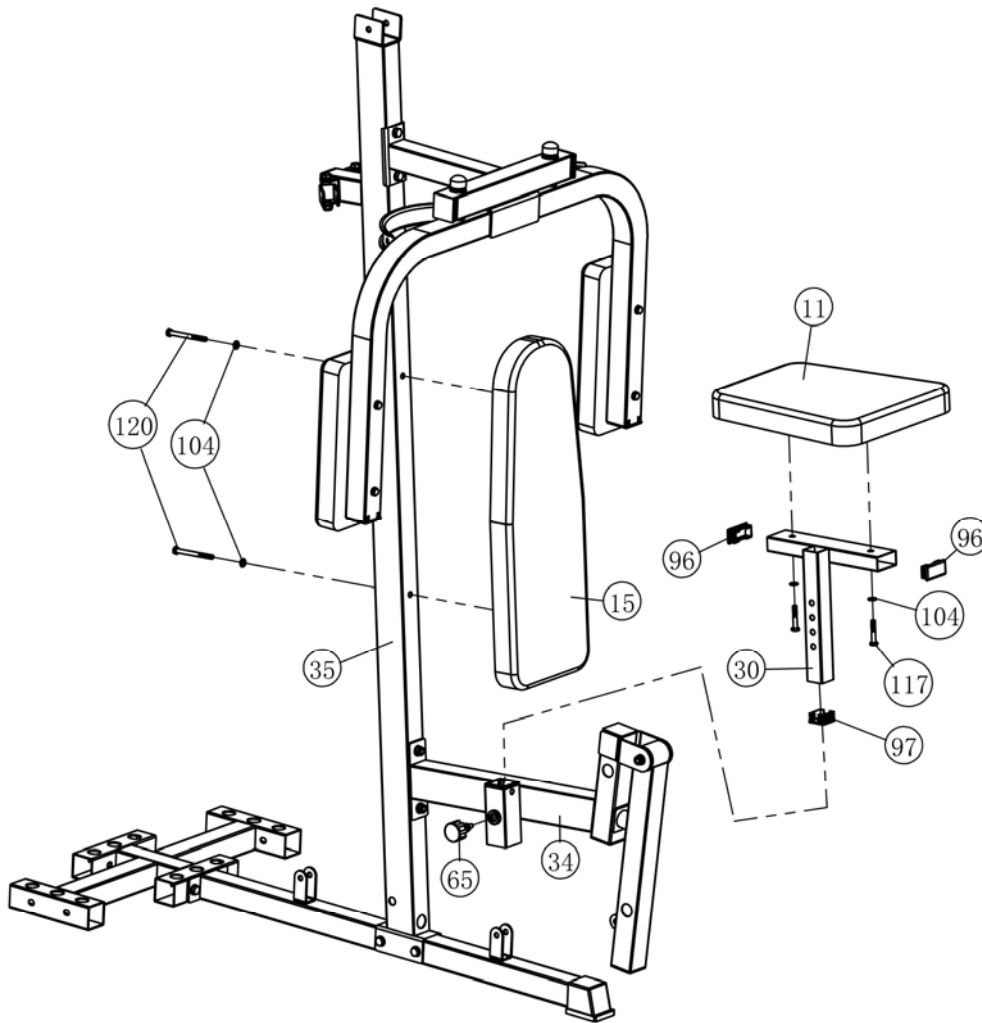


Note: Tighten the bolt (#116) with a wrench to ensure that part (#31) can rotate freely.

Key	Description	Qty.	Key	Description	Qty.
67	Buffer With Bolt	1	72	Plug 50*50	3
110	Washer Φ10	6	111	Nylon Lock Nut M10	3
116	Hex Bolt M10*80	1	122	Hex Bolt M10*90	2

Assembly Instruction

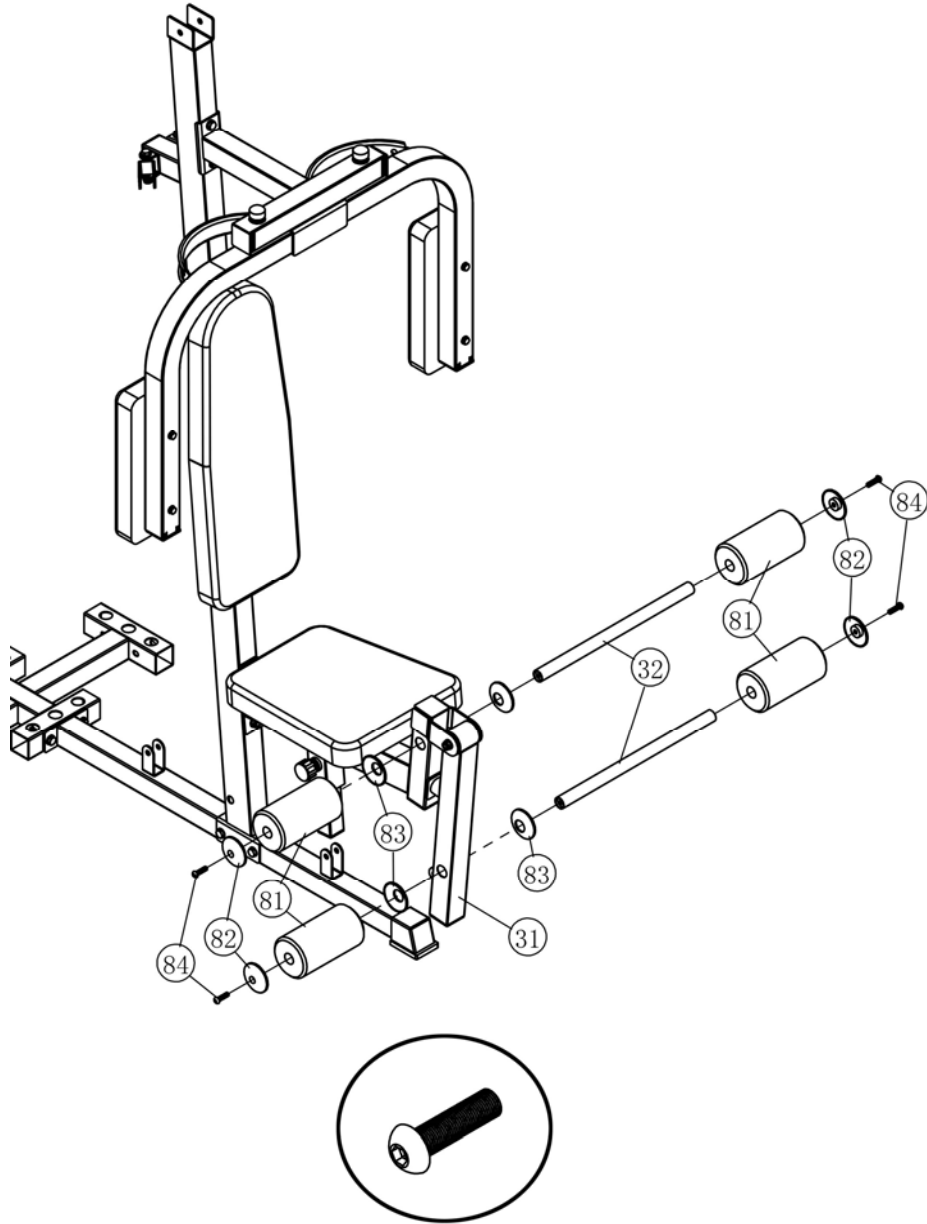
STEP 15



Key	Description	Qty.	Key	Description	Qty.
65	Lock Pin	1	96	Plug 60*30	2
97	Plug 38*38	1	104	Washer Φ8	4
117	Hex Bolt M8*45	2	120	Hex Bolt M8*90	2

Assembly Instruction

STEP 16

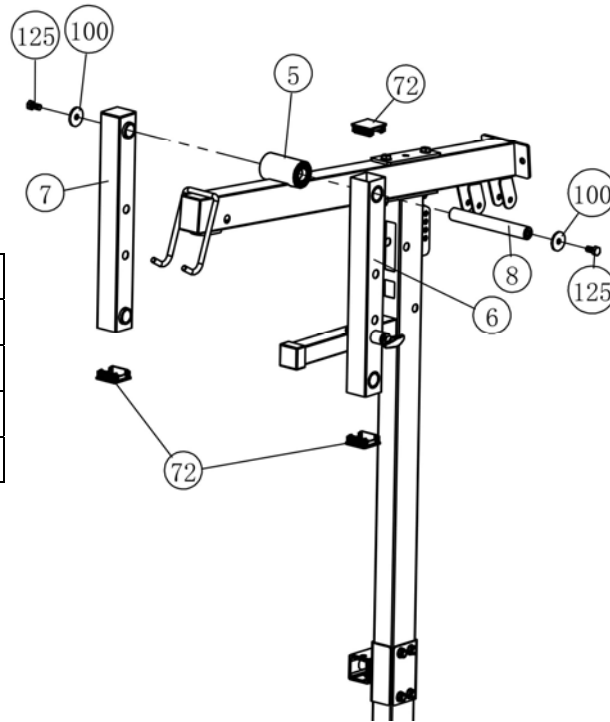


Key	Description	Qty.	Key	Description	Qty.
81	Foam Roller	4	82	Foam Roller End Cap(small hole)	4
83	Foam Roller End Cap (big hole)	4	84	Screw M8*30	4

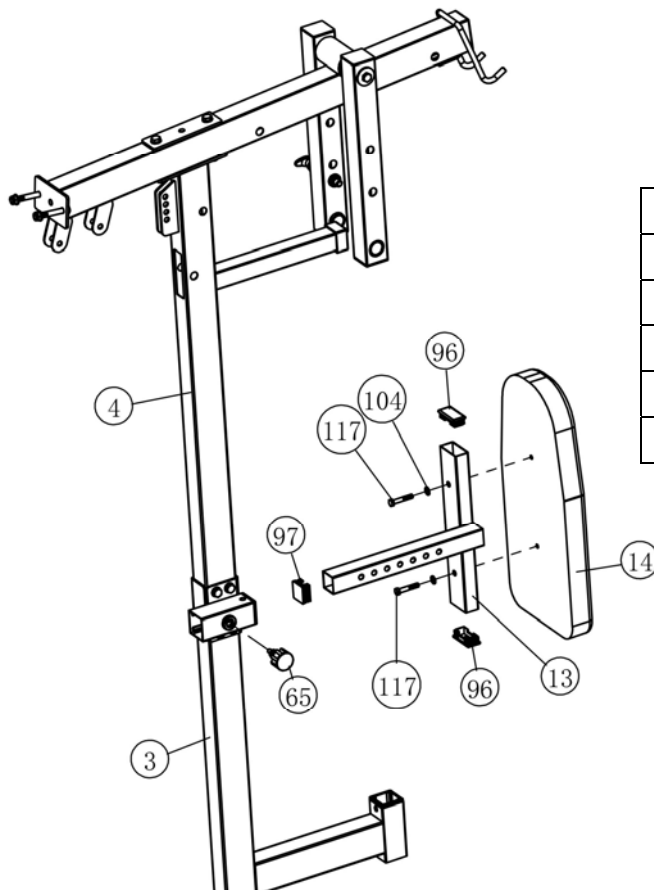
Assembly Instruction

STEP 17

Key	Description	Qty.
8	Axle $\phi 25 \times 198$	1
72	Plug 50*50	4
100	Big Washer $\phi 10 \times \phi 38$	2
125	Hex Bolt M10*20	2



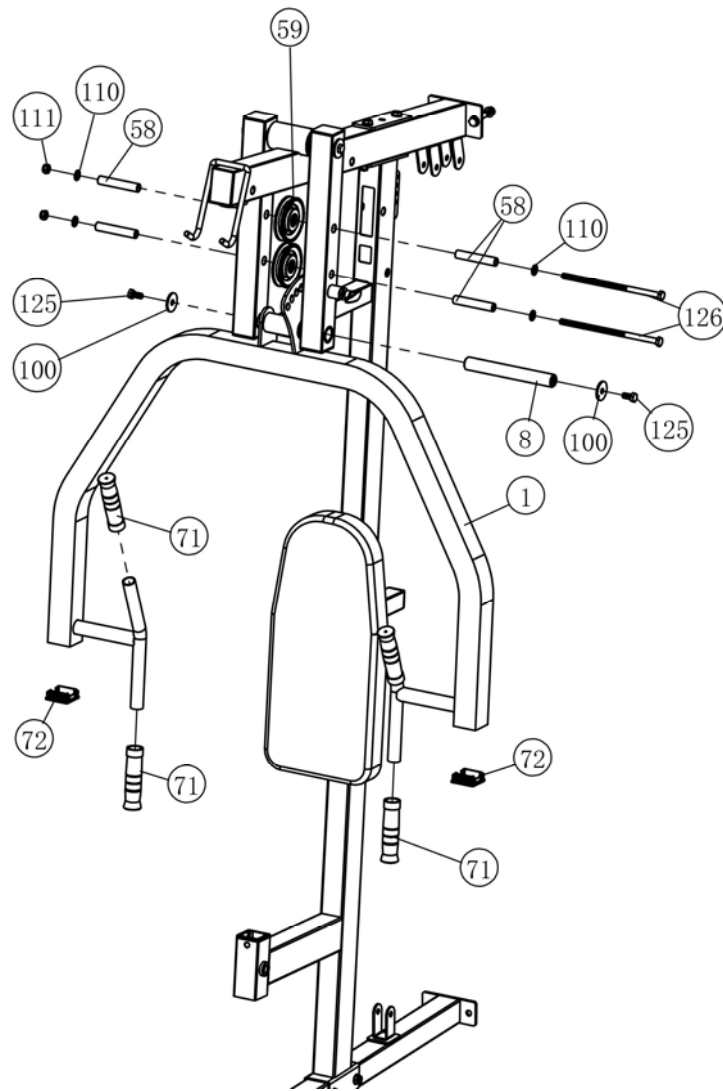
STEP 18



Key	Description	Qty.
65	Lock Pin	1
96	Plug 60*30	2
97	Plug 38*38	1
104	Washer $\phi 8$	2
117	Hex Bolt M8*45	2

Assembly Instruction

STEP 19

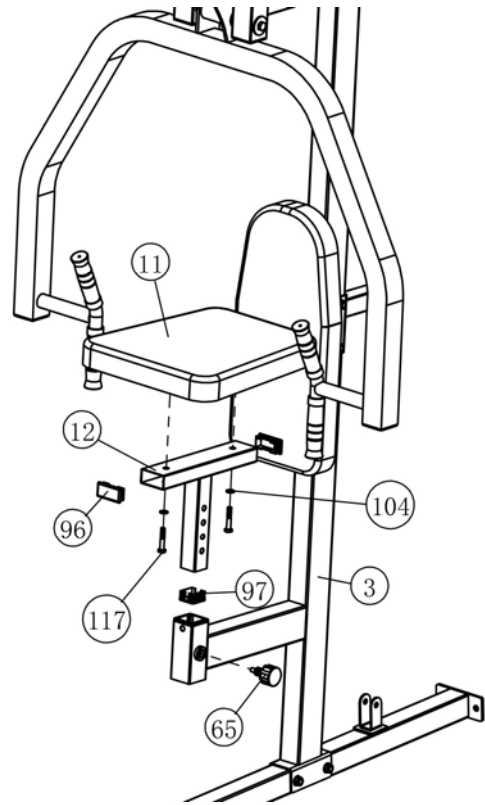


Key	Description	Qty.	Key	Description	Qty.
8	Axle $\phi 25 \times 198$	1	58	Steel Bushing $\phi 16 \times 89$	4
59	Pulley	2	71	Comfort Grip	4
72	Plug 50*50	2	100	Big Washer $\phi 10 \times \phi 38$	2
110	Washer $\phi 10$	4	111	Nylon Lock Nut M10	2
125	Hex Bolt M10*20	2	126	Hex Bolt M10*220	2

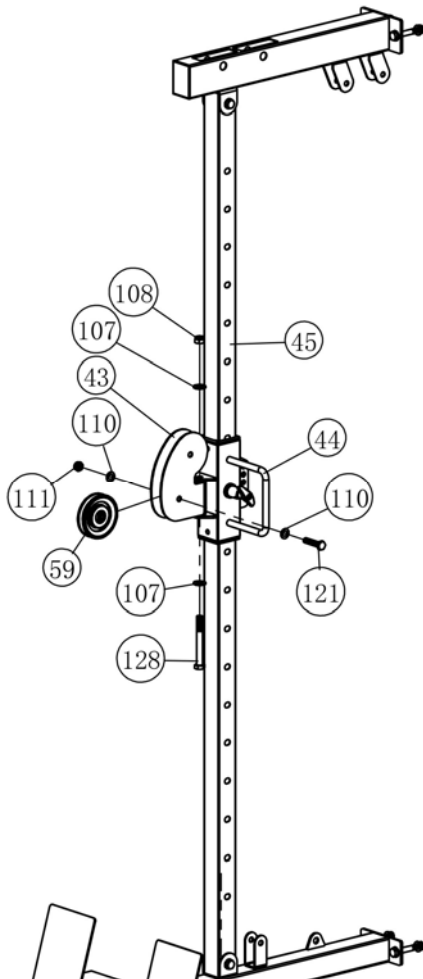
Assembly Instruction

STEP 20

Key	Description	Qty.
65	Lock Pin	1
96	Plug 60*30	2
97	Plug 38*38	1
104	Washer Φ8	2
117	Hex Bolt M8*45	2



STEP 21



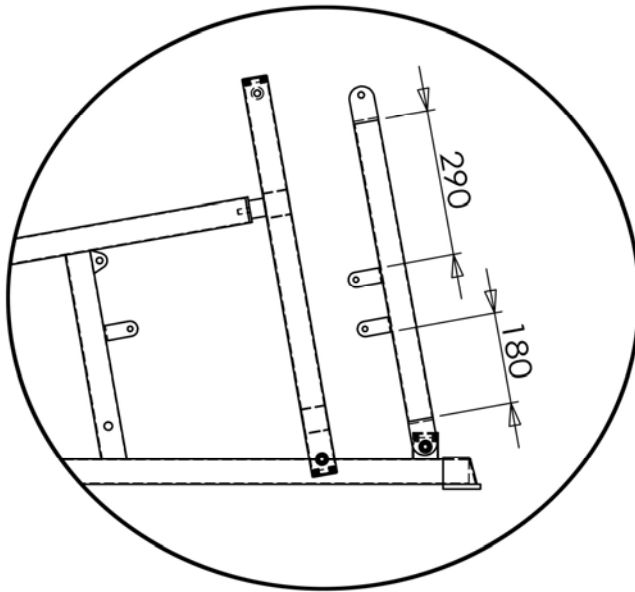
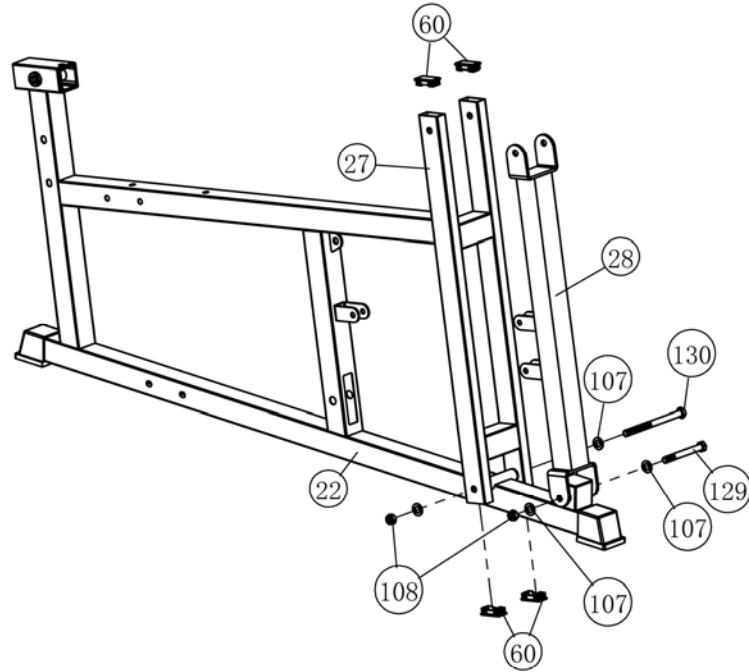
Note: Tighten the bolt (#128) with a wrench to ensure that part (#43) can rotate freely.

Key	Description	Qty.
59	Pulley	1
107	Washer $\Phi 12$	2
108	Nylon Lock Nut M12	1
110	Washer $\Phi 10$	2
111	Nylon Lock Nut M10	1
121	Hex Bolt M10*45	1
128	Hex Bolt M12*100	1

Assembly Instruction

STEP 22

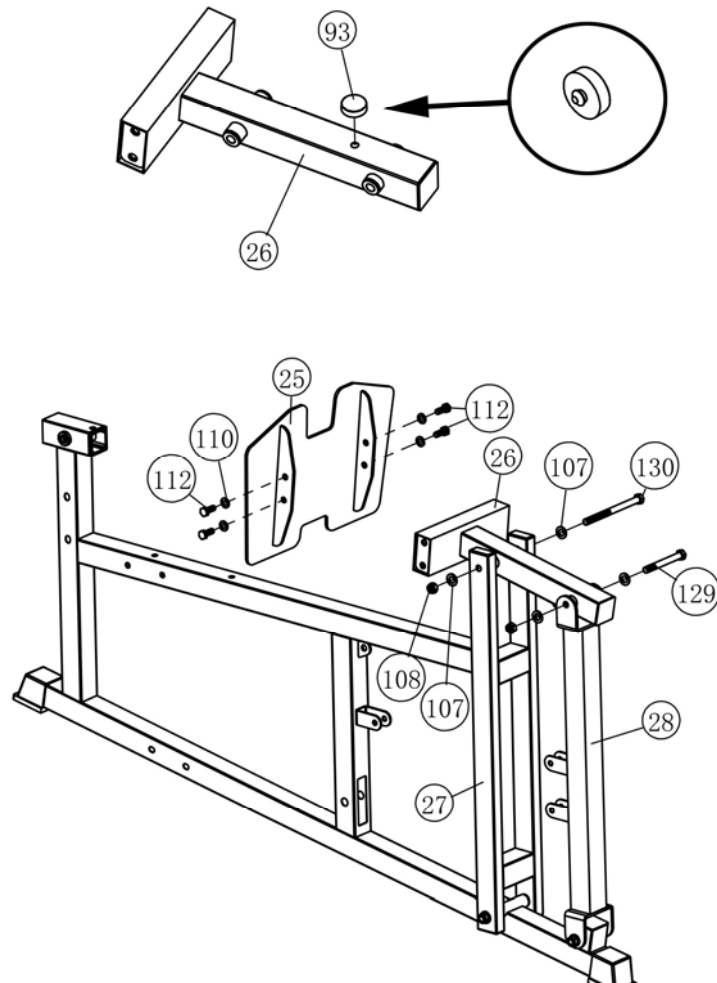
Note: Tighten the bolt (#129, #130) with a wrench to ensure that part (#27, #28) can rotate freely.



Key	Description	Qty.
60	Plug 50*25	4
107	Washer $\Phi 12$	4
108	Nylon Lock Nut M12	2
129	Hex Bolt M12*105	1
130	Hex Bolt M12*160	1

Assembly Instruction

STEP 23

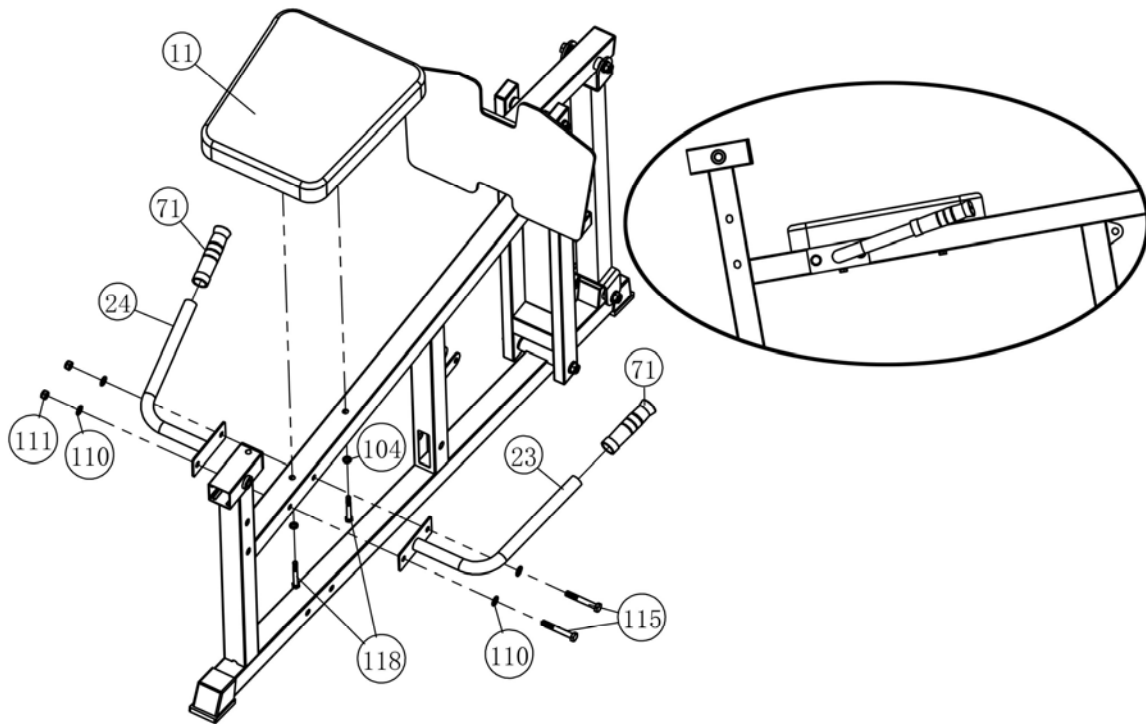


Note: Tighten the bolt (#129, #130) with a wrench to ensure that part (#27, #28) can rotate freely.

Key	Description	Qty.
93	Buffer $\Phi 30 \times 10$	1
107	Washer $\Phi 12$	4
108	Nylon Lock Nut M12	2
110	Washer $\Phi 10$	4
112	Hex Bolt M10*25	4
129	Hex Bolt M12*105	1
130	Hex Bolt M12*160	1

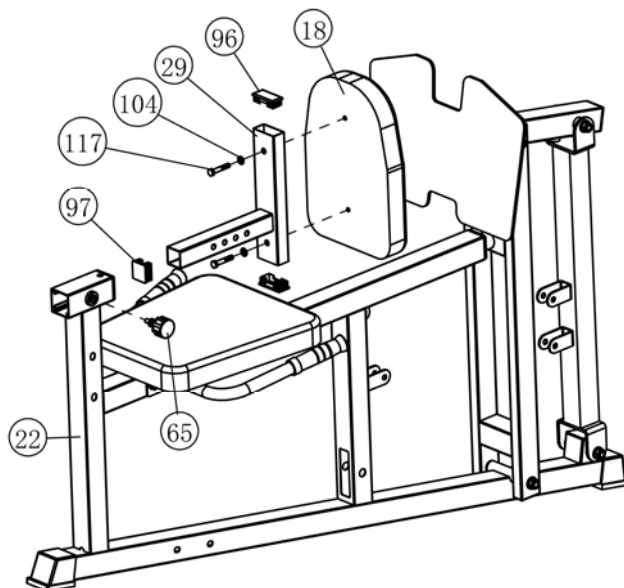
Assembly Instruction

STEP 24



Key	Description	Qty.	Key	Description	Qty.
71	Comfort Grip	2	104	Washer $\Phi 8$	2
110	Washer $\Phi 10$	4	111	Nylon Lock Nut M10	2
115	Hex Bolt M10*70	2	118	Hex Bolt M8*65	2

STEP 25



Key	Description	Qty.
65	Lock Pin	1
96	Plug 60*30	2
97	Plug 38*38	1
104	Washer $\Phi 8$	2
117	Hex Bolt M8*45	2

Assembly Instruction

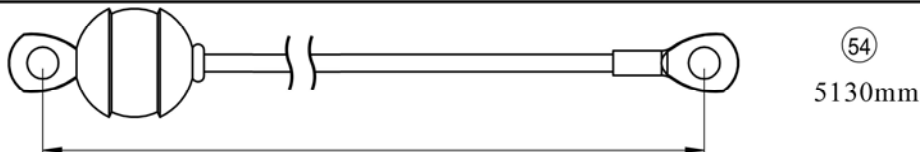
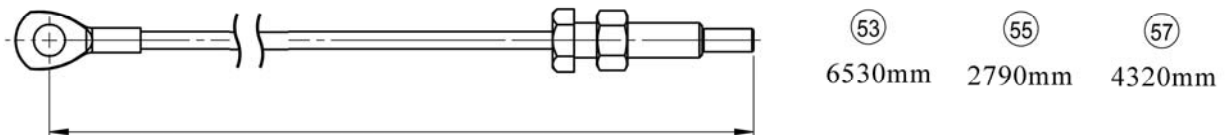
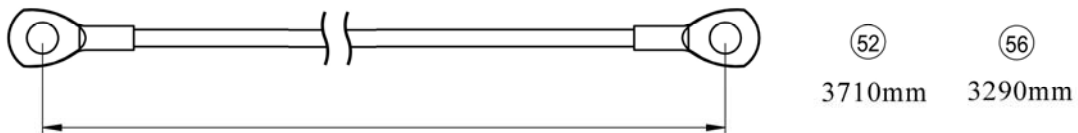
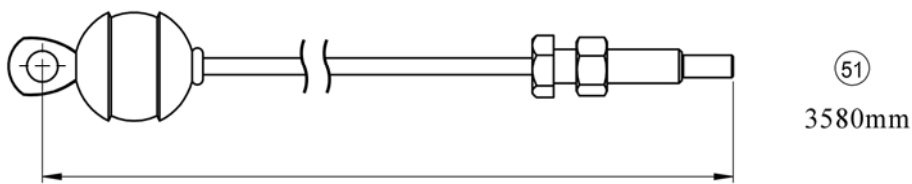
STEP 26

CABLE DIAGRAMS

After the Machine is assembled, check whether the cable is tensioned. (At correct tension, there should be a gap of 3-5mm between the Top Weight Plate and the Weight Stack).

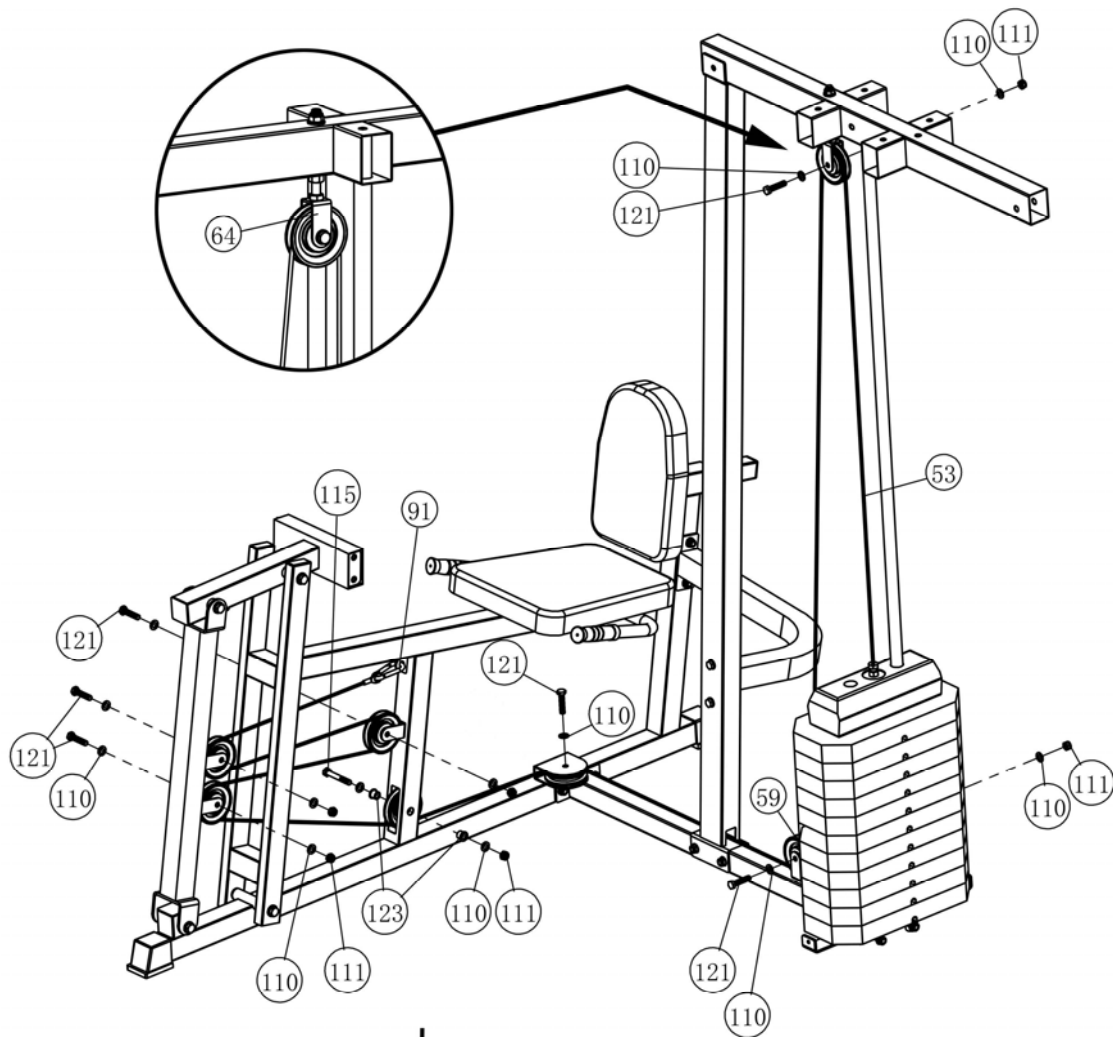
If the Cable is slightly loose, adjust it by tightening the Bolt at the top of the weight stack.

If the Cable is very loose, adjust part (#64).

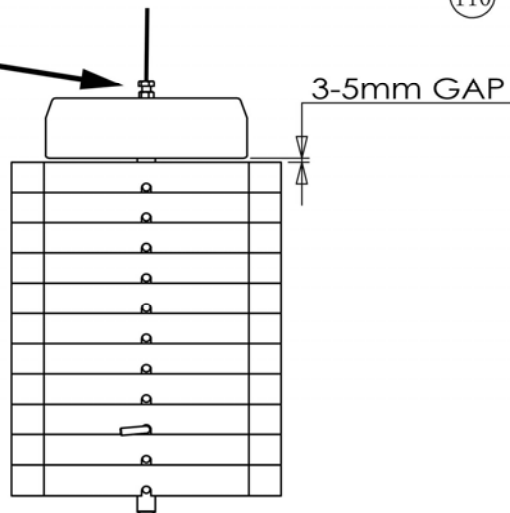


Assembly Instruction

STEP 27



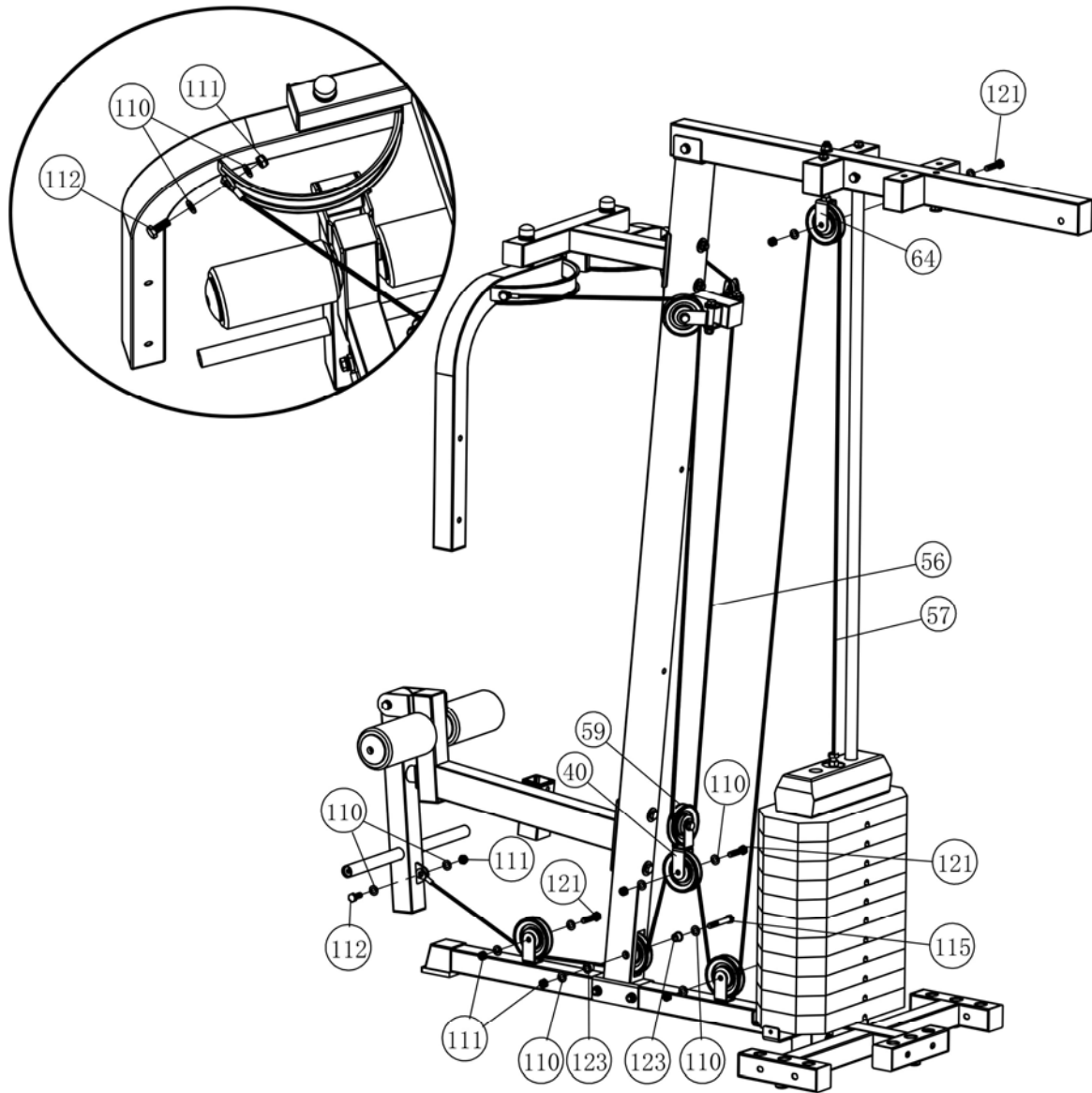
Loosen nut and thread bolt in/out of top plate to give the cable correct tension. Re-tighten nut.



Key	Description	Qty.
110	Washer $\Phi 10$	13
111	Nylon Lock Nut M10	6
115	Hex Bolt M10*70	1
121	Hex Bolt M10*45	6
123	Plastic Pulley Bushing	2

Assembly Instruction

STEP 28



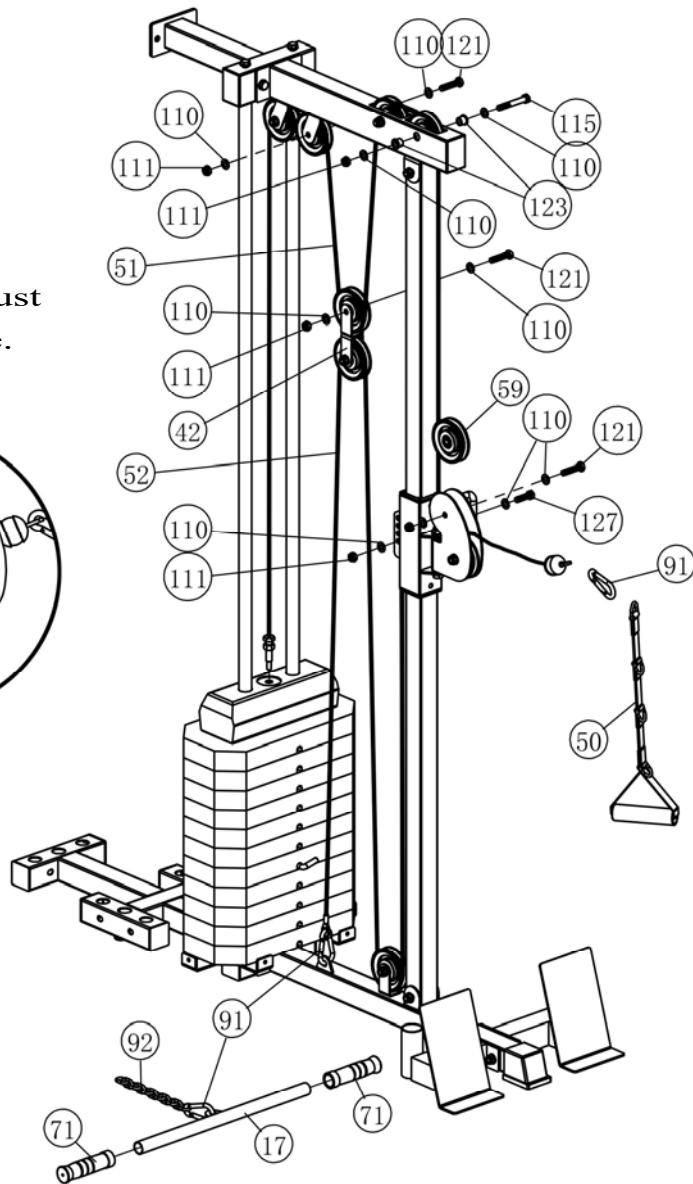
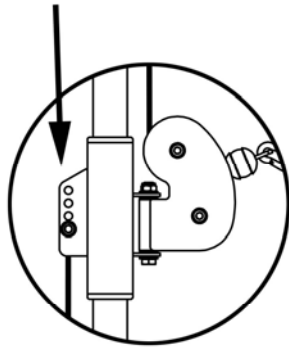
Note: When using a wrench to tighten bolts (#112), do not tighten them too tightly and leave some clearance.

Key	Description	Qty.
110	Washer Φ10	22
111	Nylon Lock Nut M10	11
112	Hex Bolt M10*25	3
115	Hex Bolt M10*70	1
121	Hex Bolt M10*45	7
123	Plastic Pulley Bushing	2

Assembly Instruction

STEP 29

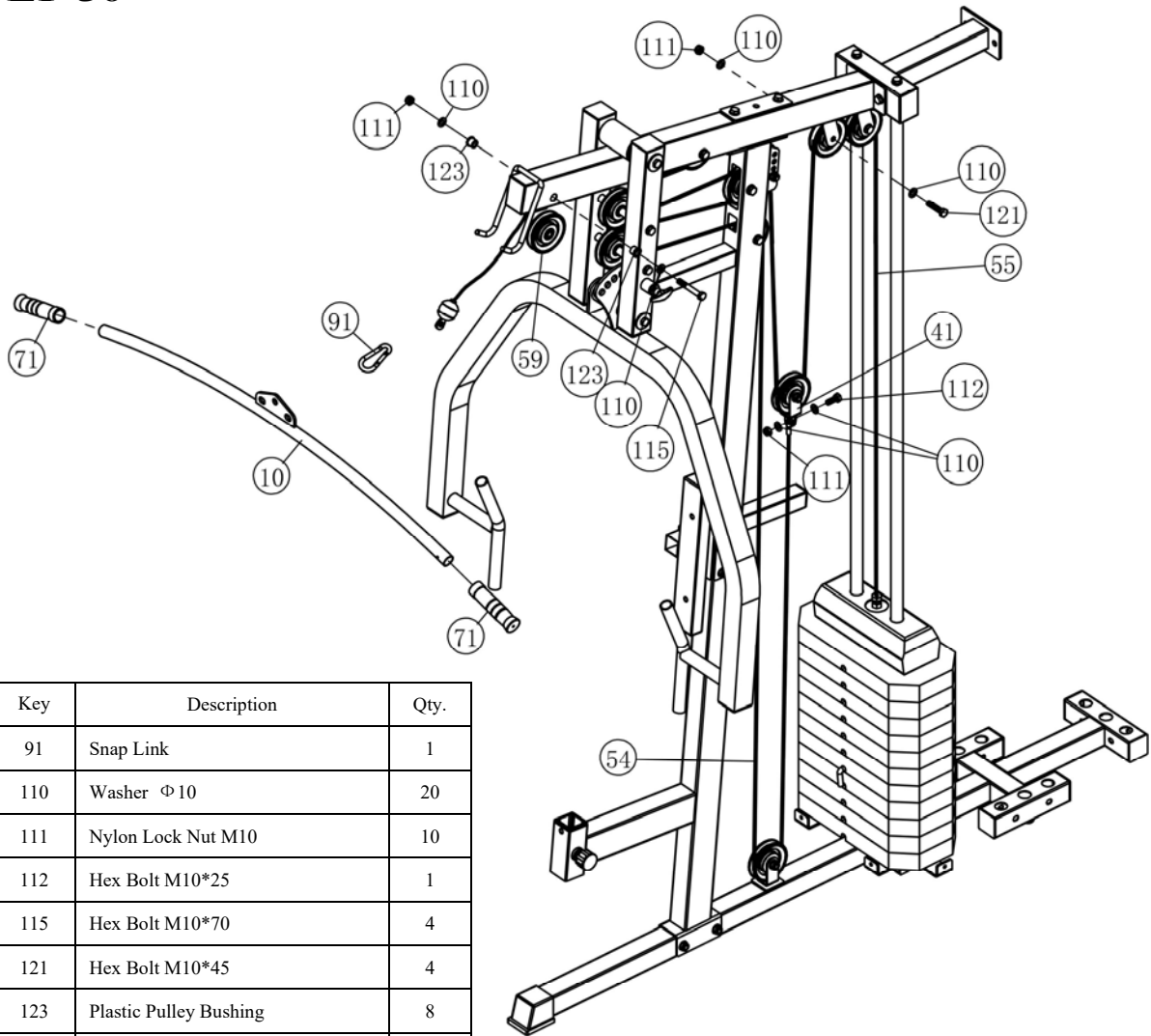
The hole is used to adjust the tension of the cable.



Key	Description	Qty.
91	Snap Link	3
92	Coil Chain	1
110	Washer $\Phi 10$	16
111	Nylon Lock Nut M10	8
115	Hex Bolt M10*70	2
121	Hex Bolt M10*45	6
123	Plastic Pulley Bushing	4
127	Hex Bolt M10*35	1

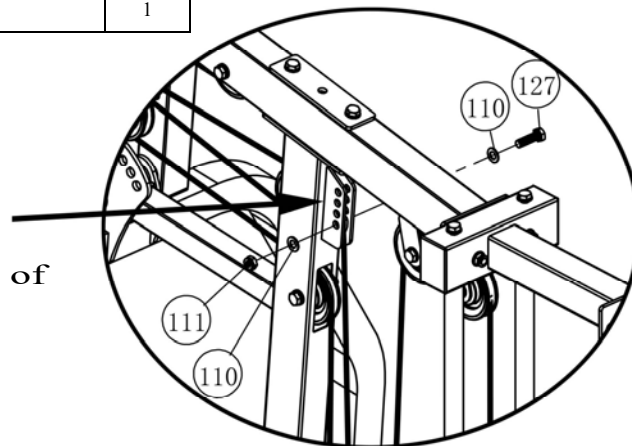
Assembly Instruction

STEP 30



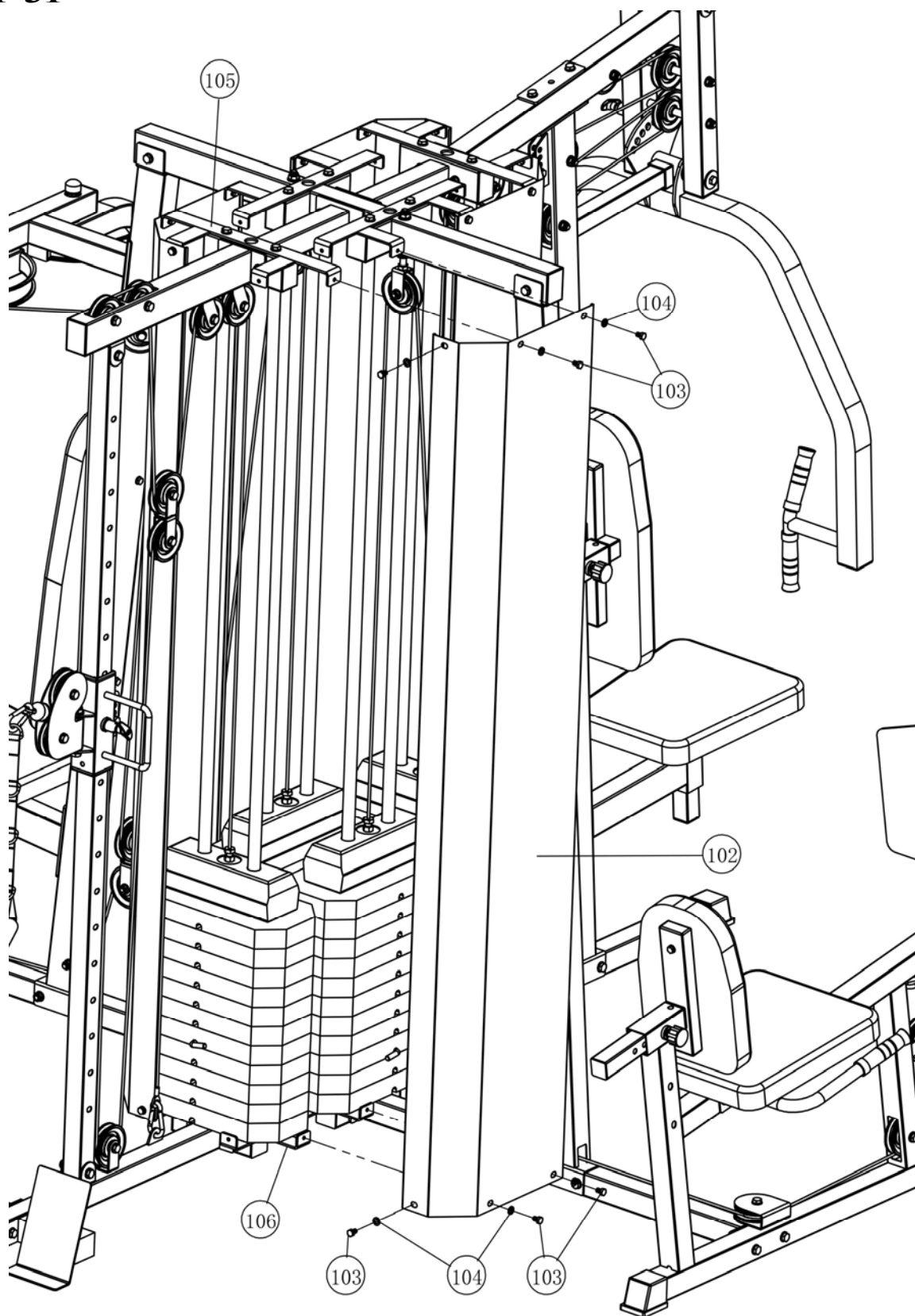
Key	Description	Qty.
91	Snap Link	1
110	Washer $\Phi 10$	20
111	Nylon Lock Nut M10	10
112	Hex Bolt M10*25	1
115	Hex Bolt M10*70	4
121	Hex Bolt M10*45	4
123	Plastic Pulley Bushing	8
127	Hex Bolt M10*35	1

The hole is used to
adjust the tension of
the cable.



Assembly Instruction

STEP 31



Key	Description	Qty.	Key	Description	Qty.
103	Hex Bolt M8*12	24	104	Washer Φ8	40

Assembly Instruction

Wrench tighten all bolts and nuts.

Your Gym should now be fully assembled.

Please check that all bolts are tight and cables are seated correctly on all pulleys before use.

Adjustments to the cables may need to be made during the first session of use.

Maintenance

Maintenance Information

1. Lubrication of all moving parts is essential to the longevity and optimal performance of your Machine. Initial lubrication of some parts of your gym has been done at the factory, but the weight stack guide rods must be lubricated at the time of assembly. We recommend a clear aerosol, silicone or Teflon spray.

Note: Do not use oil based lubricants as they will attract dust, dirt and grime, and will eventually gum up and erode bushings and sealed bearings.

2. All pulleys and bushings should be checked regularly for signs of wear.
3. Check and adjust cable tension periodically as it will maintain proper anatomical function.
4. Periodically check all moving parts, upholstery and grips for signs of wear or damage. If there is a problem or replacement part which is necessary, STOP USING THE EQUIPMENT and immediately contact your local retailer. Replace parts using only genuine parts.
5. As needed, upholstery may be cleaned with a mild solution of soap and water. Regular use of a vinyl treatment will add to the life and appearance of your upholstery.
6. All chrome plated surfaces should be cleaned regularly to prolong the life and luster of the finish. Wipe machine down with a damp cloth and dry thoroughly each day. At least once a week your chrome equipment should be polished with a commercial grade or automotive type chrome polish.
7. When checking the bolts and nuts, be sure they are all fully fastened. If there is a bolt or nut that continuously loosens obtain a replacement through your local retailer.
8. Check welds to be free of cracks.
9. Failure to perform routine maintenance could result in personal injury and/or equipment damage.