

**Attention:**  
Please read all  
instructions carefully  
before using the  
product.

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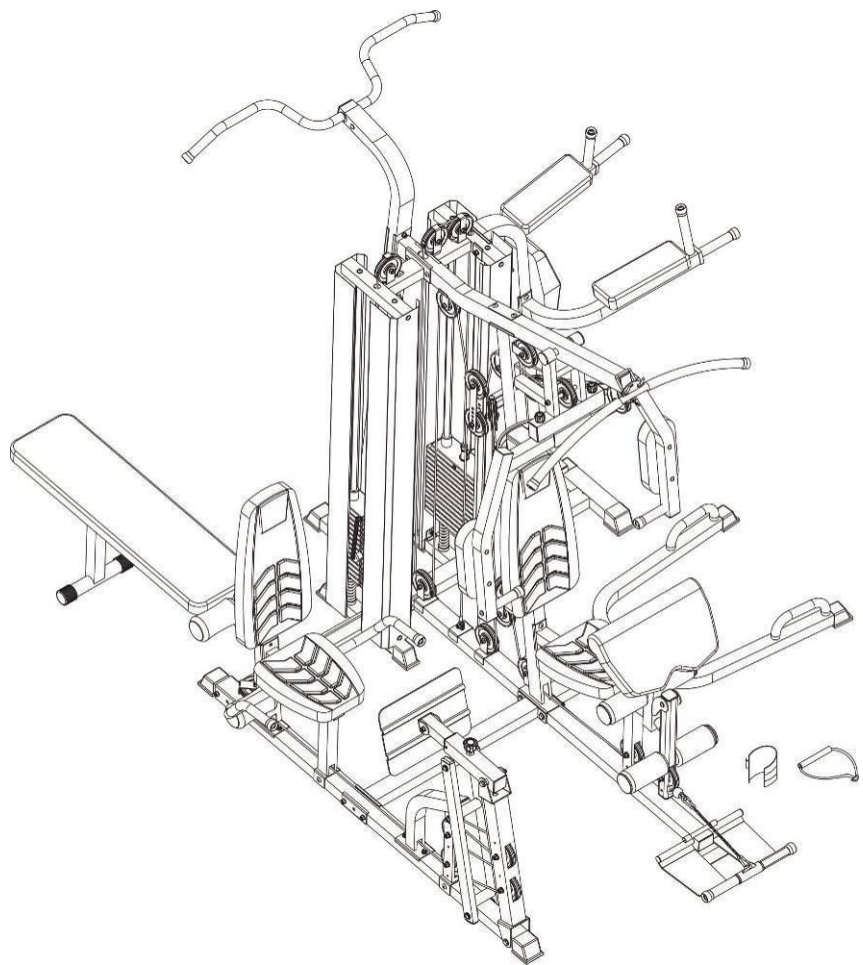
Model:  
X-600

Retain this  
manual for  
reference  
2018-10-24

**OWNER'S  
MANUAL**

**COSCO®** *f* **ITNESS**

## **Model: X-600 Six Station Home Gym**



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# Before you Begin

Thank you for selecting X-600 Six Station Gym. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, please call our TOLL-FREE customer service number. Our Customer Service Agents will provide immediate assistance to you.

# Safety Information

**Important – Please read fully before assembly or use**

## Warning

This equipment is built for optimum safety, however we still remind you to read the entire manual before you assemble or operate the machine. In particular, note the following safety precautions:

1. Keep children and animals away from the equipment at any time. Do not let unsupervised children and the equipment stay alone in one room.
2. Only six person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms, stop the workout and seek immediate medical attention.
4. This equipment must be built on a clean and level surface, and should not be used near water or outdoors.
5. Keep your hands and feet away from all moving parts.
6. 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.
7. The equipment must be operated in accordance with its functions described in this manual, do not operate other accessories or functions without recommendation from the manufacturer in order to avoid any injury.
8. Do not place any sharp objects around the equipment.
9. Disabled persons should not use the equipment without a qualified person or doctor in attendance.
10. Before using the equipment to exercise, always do stretching exercises as part of a proper warm up.

11. Select an appropriate weight plate to exercise according to your physical condition. It is recommended in the way of step by step.

12. Do not use the equipment when its function is incomplete.

13. It is suggested to exercise with supervisor around.

14. This product is suitable for a maximum user weight of: 120kgs.

## **Care and Maintenance**

1. Periodically lubricate all the moving parts.

2. Check and tighten all the parts before using the equipment.

3. Use a damp cloth and mild cleaner to clean the equipment, any chemical solvent shall not be used for this purpose.

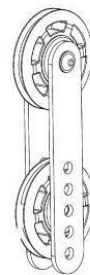
## **Rope Tension Adjustment**

Adjust the rope system by moving the lower pulley on the position of pulley support.

1. If the rope tension is too loose, raise the

position of the lower pulley to next higher hole.

2. If the rope tension is too tight, reduce the position of the lower pulley to next lower hole.


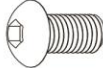

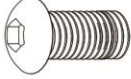
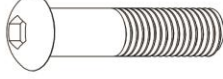
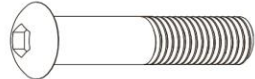
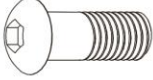






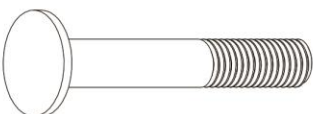















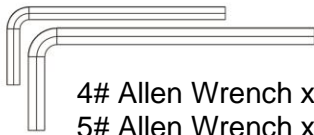
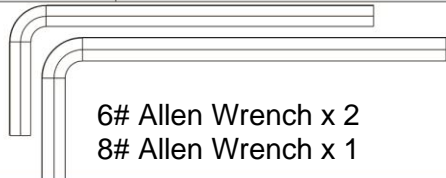


**The lower pulley:**

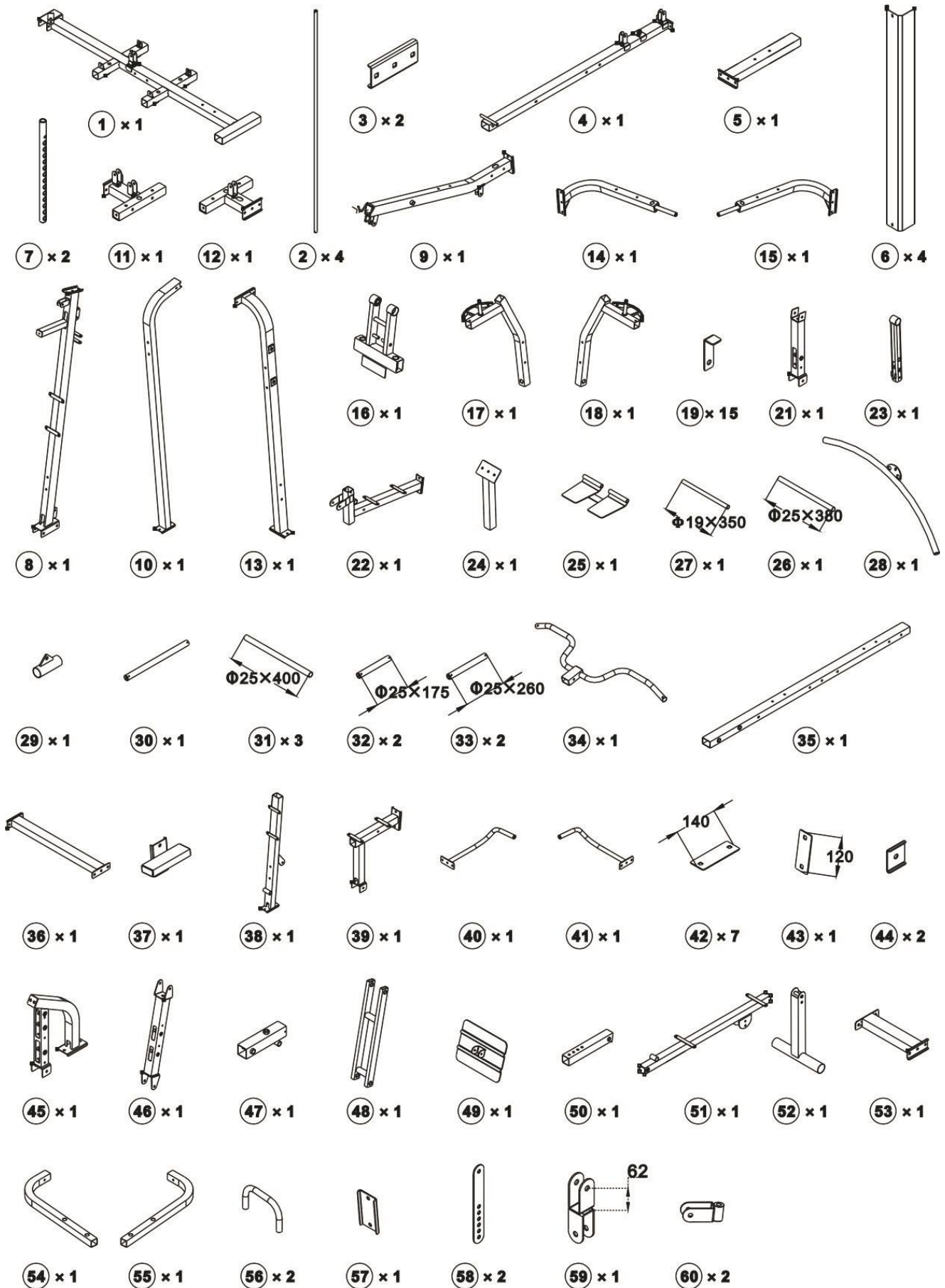
**Warning:** Before beginning any exercise program, consult your doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You must read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property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

Please keep this manual.

# Components - Fixings

<p><b>63</b> </p> <p>M6x20 Allen Bolt x 4</p>	<p><b>64</b> </p> <p>M8x18 Allen Bolt x 18</p>	<p><b>65</b> </p> <p>M8x65 Allen Bolt x 8</p>		
<p><b>66</b> </p> <p>M10x20 Allen Bolt x 36</p>	<p><b>67</b> </p> <p>M10x45 Allen Bolt x 9</p>	<p><b>68</b> </p> <p>M10x50 Allen Bolt x 9</p>		
<p><b>69</b> </p> <p>M10x28 Allen Bolt x 1</p>	<p><b>70</b> </p> <p>M10x70 Allen Bolt x 5</p>	<p><b>71</b> </p> <p>M10x85 Allen Bolt x 3</p>		
<p><b>72</b> </p> <p>M10x75 Allen Bolt x 1</p>	<p><b>73</b> </p> <p>M10x80 Allen Bolt x 1</p>	<p><b>74</b> </p> <p>M10x65 Allen Bolt x 2</p>		
<p><b>75</b> </p> <p>M10x170 Allen Bolt x 1</p>		<p><b>76</b> </p> <p>M10x70 Carriage Bolt x 23</p>		
<p><b>77</b> </p> <p>M10x90 Carriage Bolt x 15</p>	<p><b>78</b> </p> <p>M10x25 Allen Bolt x 4</p>	<p><b>79</b> </p> <p>M12x105 Hex Bolt x 2</p>		
<p><b>80</b> </p> <p>M12x110 Hex Bolt x 2</p>	<p><b>81</b> </p> <p>Ø16x154xM10 Axle x 3</p>			
<p><b>82</b> </p> <p>Ø16x57xM10 Axle x 2</p>	<p><b>83</b> </p> <p>Ø12 Washer x 8</p>	<p><b>84</b> </p> <p>Ø10 Washer x 125</p>	<p><b>85</b> </p> <p>Ø8 Washer x 28</p>	<p><b>86</b> </p> <p>Ø6 Washer x 4</p>
<p><b>87</b> </p> <p>M8x70 Allen Bolt x 2</p>	<p><b>88</b> </p> <p>M10 Aircraft Nut x 70</p>	<p><b>89</b> </p> <p>M12 Aircraft Nut x 4</p>	<p><b>90</b> </p> <p>M10 Nut x 8</p>	
<p><b>161</b> </p> <p>M10x30 mm Sunk Hex Bolt x 8</p>	<p></p> <p>4# Allen Wrench x 1 5# Allen Wrench x 1</p>		<p></p> <p>6# Allen Wrench x 2 8# Allen Wrench x 1</p>	

# Components - Parts (1)



# Components - Parts (2)



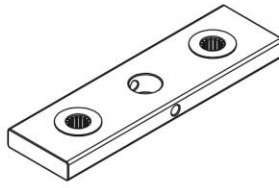
20 x 4



61 x 4



62 x 8



91 x 26



123 x 25



124 x 2



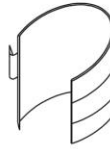
125 x 2



126 x 8



127 + 128 x 1



129 x 1



130 x 2



131 x 1



132 x 6



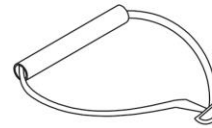
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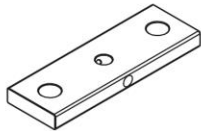
134 x 2



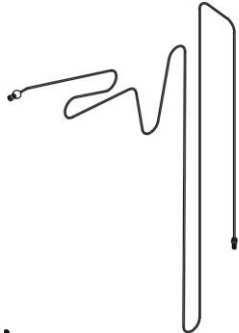
135 x 2



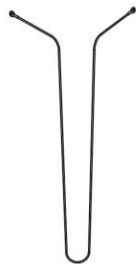
136 x 1



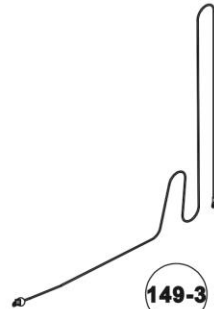
148 x 2



149-1 x 1



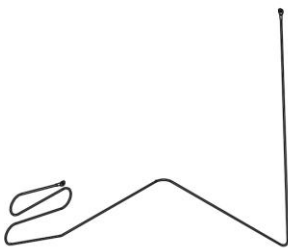
149-2 x 1



149-3 x 1



149-4 x 1



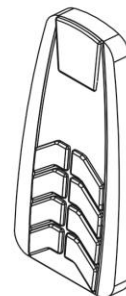
149-5 x 1



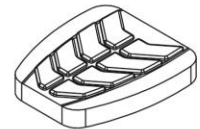
150 x 4



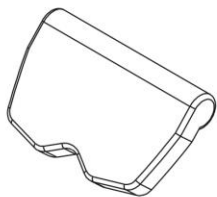
151 x 4



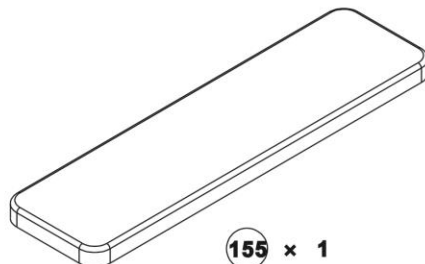
152 x 2



153 x 2



154 x 1



155 x 1



156 x 1



157 x 2



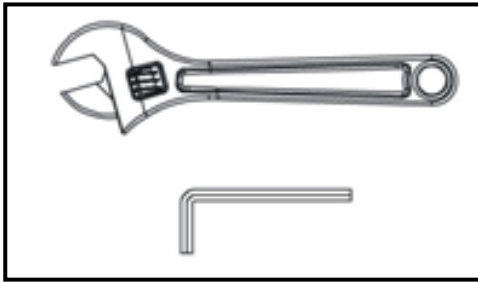
158 x 2

# Assembly Instructions

Tools: Adjustable spanner x 2

## Attention:

It is strongly recommended to assemble the equipment by two or more people, otherwise it may cause serious injury.

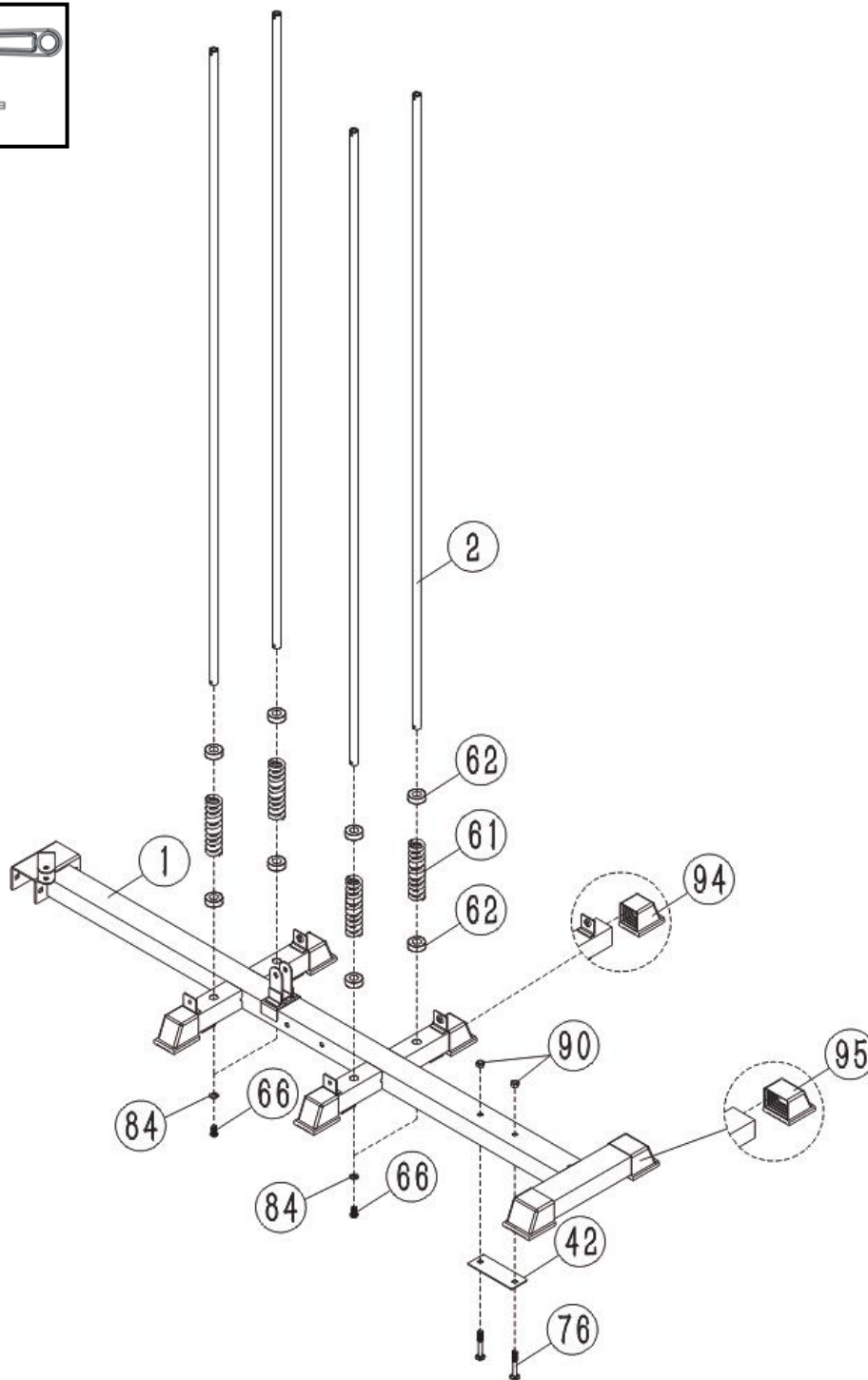
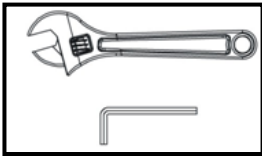


The icon indicates the spanner can be directly used to tighten and secure during assembly.



The icon indicates turn the bolt by hand during assembly, but do not tighten them so as not to affect next assembly step.

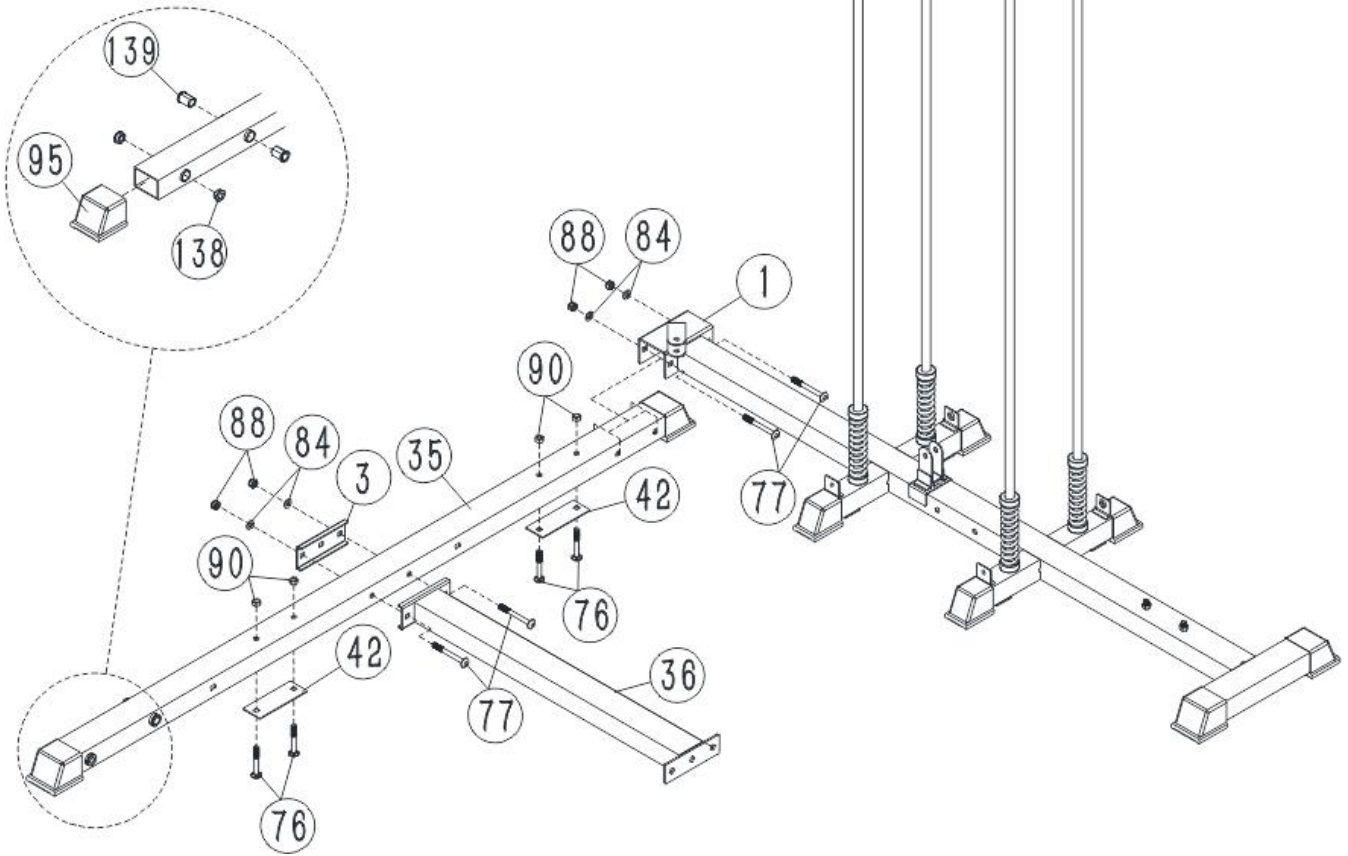
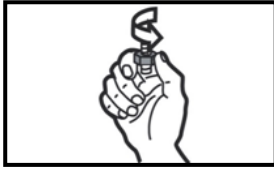




## Step 1

1. Sequentially put 1 x Rubber Bumper (62), 1 x Shock Spring (61) and 1 x Rubber Bumper (62) through the Guide Rod (2), then insert the Guide Rod (2) into the Main Base Frame (1), and secure with 4 x M10x20mm Allen Bolts (66) and 4 x  $\phi$ 10mm Washers (84).
2. Connect the Flat Bracket (42) to Main base frame (1) using 2 x M10x70mm Carriage bolts (76) and 2 x M10 Nuts (90). (Note: Please do not tighten the Nuts).

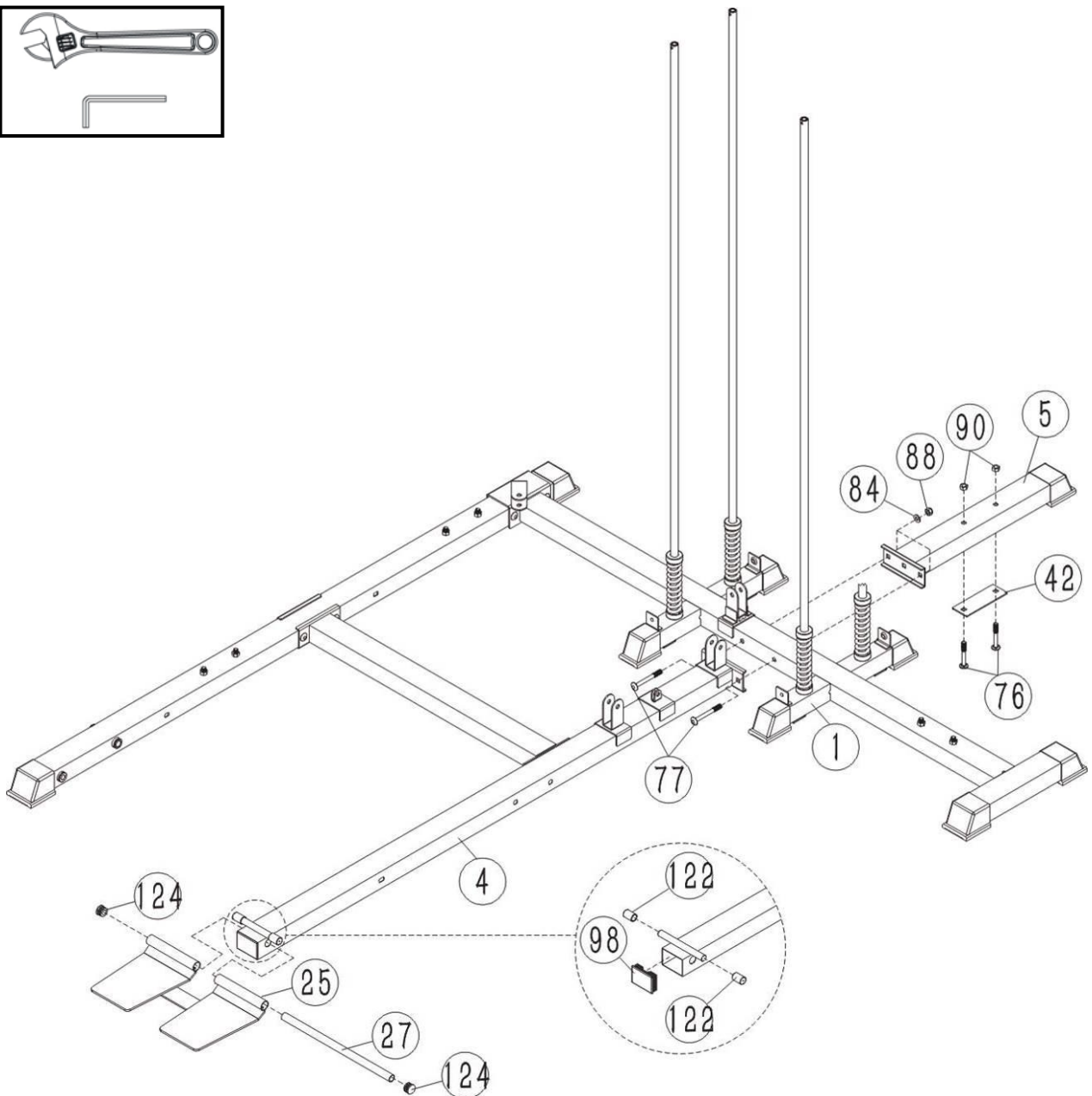
**Notes:** The Foot  $\square$ 50x50mm (94) and Foot  $\square$ 50x70mm (95) are pre-assembled.



## Step 2

1. Attach 2 x Brackets (42) to the Side Base Support Frame (35) using 4 x M10×70mm Carriage bolts (76) and 4 x M10 Nuts (90). **(Note: Do not tighten the Nuts )**
2. Attach the Side Base Support Frame (35) to the Main base frame (1) using 2 x M10×90mm Carriage bolts (77), 2 x φ10mm Washers (84) and 2 x M10 Aircraft Nuts (88).
3. Attach the Cross Beam (36) and the 140x51.5mm U-shaped Bracket (3) to the Side Base Support Frame (35) using 2 x M10×90mm Carriage bolts (77), 2 x φ10mm Washers (84) and 2 x M10 Aircraft Nuts (88).

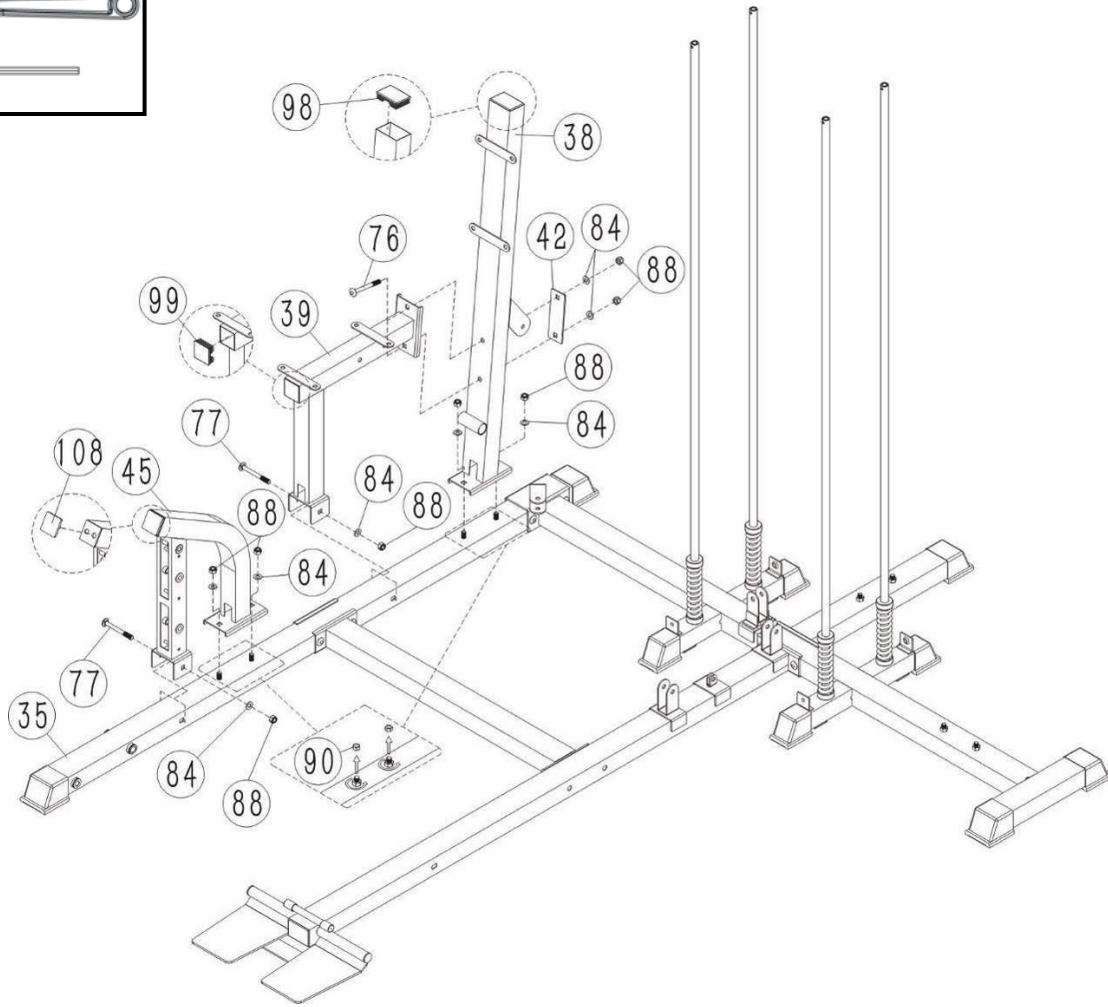
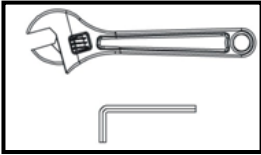
**Notes:** The Foot □50×70mm (95), Bushing φ25×φ22×φ12×10 (138) and Bushing φ25×φ22×φ16×28 (139) are pre-assembled.



### Step 3

1. Attach the 140x45mm Flat Bracket (42) to the Rear Base Support (5) using 2 x M10x70mm Carriage bolts (76) and 2 x M10 Nuts (90). (Note: Do not tighten the Nuts)
2. Attach the Main Base Support (4) and Rear Base Support (5) to the Main base frame (1) using 2 x M10x90mm Carriage bolts (77), 2 x  $\phi$ 10mm Washers (84) and 2 x M10 Aircraft nuts (88).
3. Attach the Foot Pedal (25) to the Main Base Support (4), and secure by inserting the Foot Pedal Axle (27), cover the two sides with  $\phi$ 25x1.5 End cap (124).

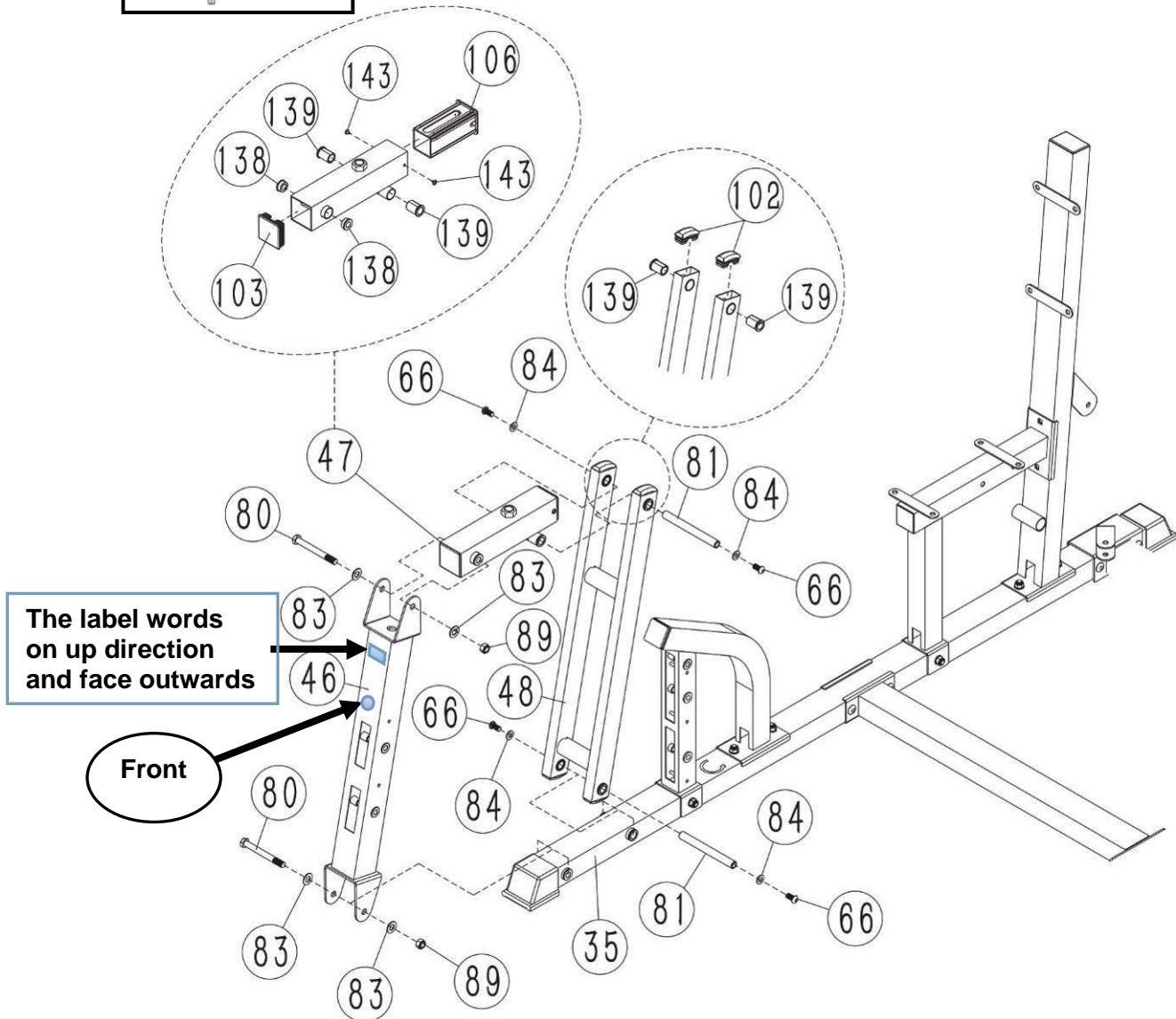
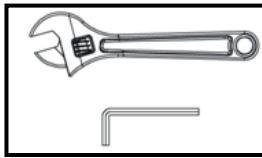
**Notes:** The End Cap 50x70x1.5 (98) and  $\phi$ 16mm Sleeve (122) are pre-assembled.



## Step 4

1. Disassemble the 4 x M10 Nuts (90) on the Side Base Support Frame (35).
2. Attach the Leg Press Block Frame (45) to the Side Base Support Frame(35) using 1 x M10x90mm Carriage Bolts (77), 3 x  $\phi$ 10 Washers (84) and 3 x M10 Aircraft Nuts (88).
3. Attach the Leg Press Backrest Support (38) to the Side Base Support Frame (35) using 2 x  $\phi$ 10 Washers (84) and 2 x M10 Aircraft Nuts (88).
4. Attach the Leg Press Seat Pad (39) to the Side Base Support Frame(35) using 1 x M10x90mm Carriage Bolt (77), 1 x  $\phi$ 10 Washer (84) and 1 x M10 Aircraft Nut (88).
5. Attach the Leg Press Seat Pad (39) and Flat Bracket (42) to the Leg Press Backrest Support (38) using 2 x M10x70mm Carriage Bolts (76), 2 x  $\phi$ 10 Washers (84) and 2 x M10 Aircraft Nut (88).

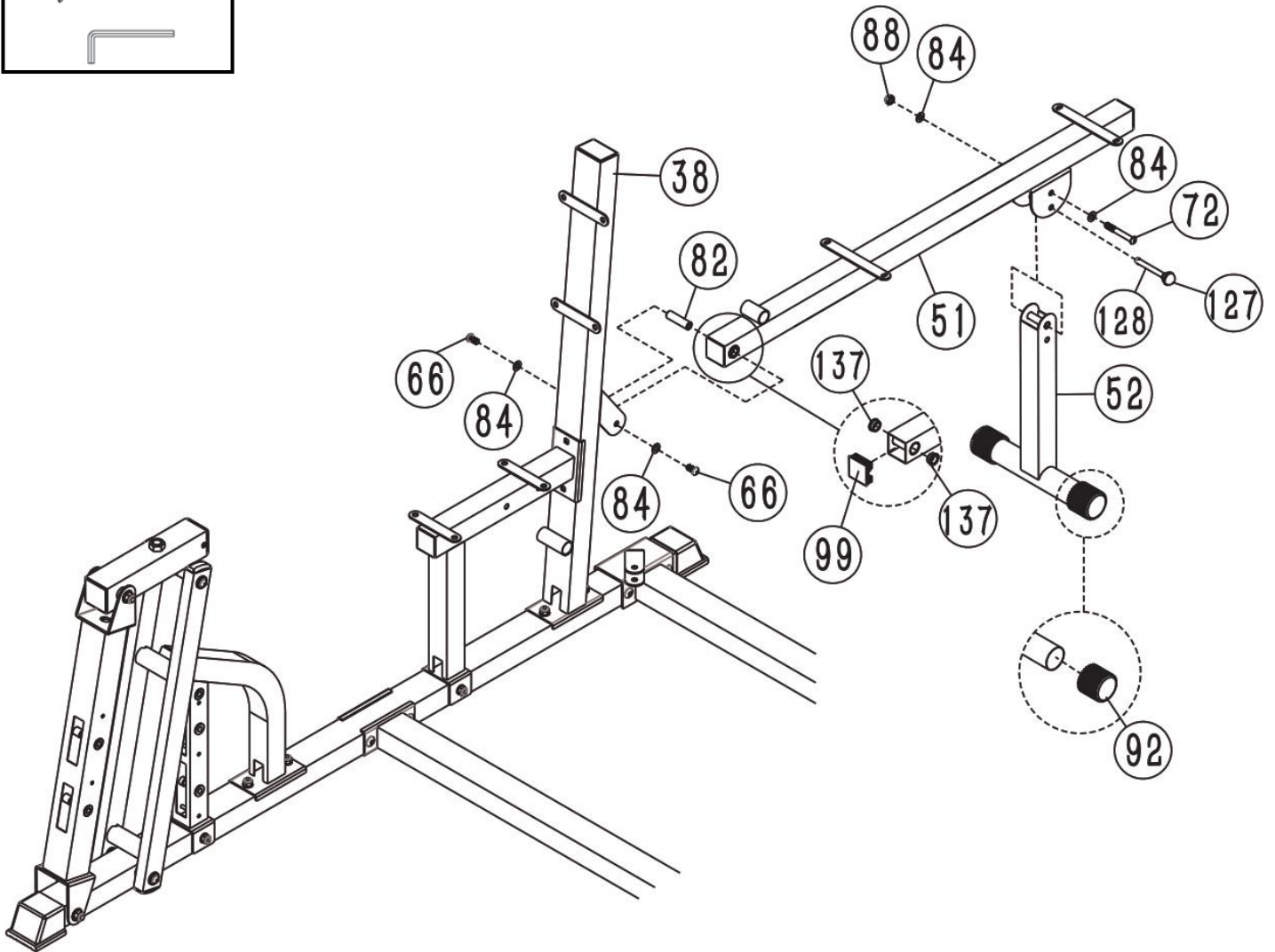
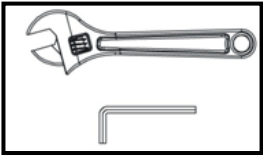
**Notes:** The End Cap 50x70x1.5 (98), End Cap  $\square$ 50x1.5 (99) and Rubber Bumper (108) are pre-assembled.



## Step 5

1. Attach the Leg Press Rear Support (**48**) to the Side Base Support Frame (**35**) using 1 x Axle  $\text{Ø}16 \times 154 \times \text{M}10$  (**81**), 2 x  $\text{Ø}10\text{mm}$  Washers (**84**) and 2 x  $\text{M}10 \times 20\text{mm}$  Allen Bolts (**66**).
2. Attach the Leg Press Rear Support (**48**) to the Leg press outer adjust tube (**47**) using 1 x Axle  $\text{Ø}16 \times 154 \times \text{M}10$  (**81**), 2 x  $\text{Ø}10\text{mm}$  Washers (**84**) and 2 x  $\text{M}10 \times 20\text{mm}$  Allen Bolts (**66**).
3. Attach the Leg Press Front Support (**46**) to the Leg press outer adjust tube (**47**) and Side Base Support Frame (**35**) using 2 x  $\text{M}12 \times 110\text{mm}$  Hex Bolts (**80**), 4 x  $\text{Ø}12\text{mm}$  Washers (**83**) and 4 x  $\text{M}12$  Aircraft Nuts (**89**).

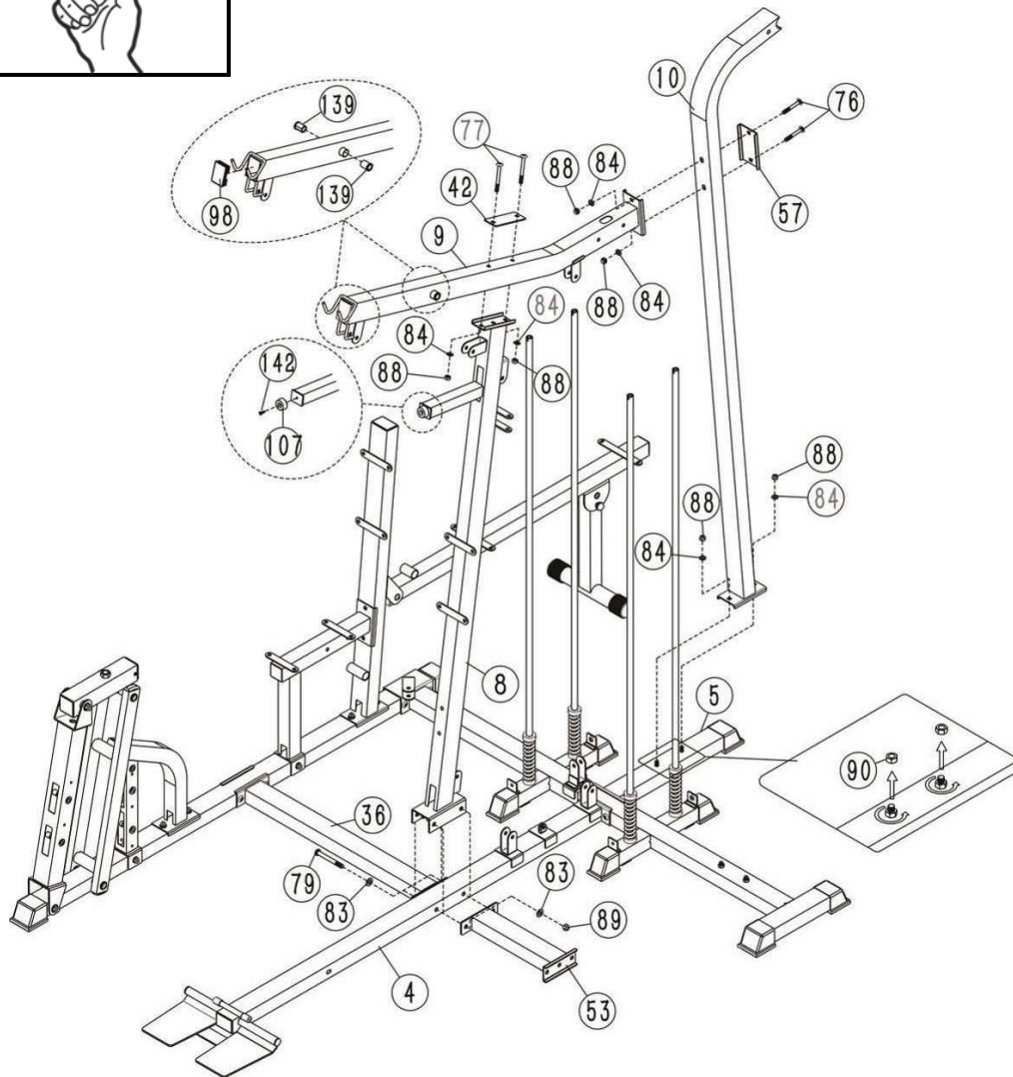
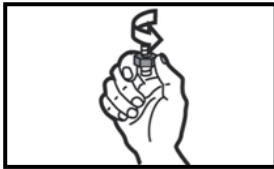
**Notes:** The End Cap  $25 \times 50$  (**102**), End Cap  $\square 60 \times 2$  (**103**), Sleeve  $60 \times 45$  (**106**), Bushing  $\phi 25 \times \phi 22 \times \phi 12 \times 10$  (**138**), Bushing  $\phi 25 \times \phi 22 \times \phi 16 \times 28$  (**139**) and  $\text{M}4 \times 6$  Philips Bolt (**143**) are pre-assembled.



## Step 6

1. Attach the Sit Up Base Frame (51) to the Leg Press Backrest Support (38) using 2 x M10x20mm Allen Bolts (66), 2 x Ø10mm Washers (84) and 1 x M10xØ16x57 Axle (82).
2. Attach the Sit Up Board Front Vertical Support (52) to the Sit Up Base Frame (51) using 1 x M10x75mm (72), 2 x Ø10mm Washers (84) and 1 x M10 Aircraft Nuts (88); adjust the angle of the Sit Up Base Frame (51) using M8 Lock Knob (127) and Pin  $\phi 10 \times 85 \times M8$  (128).

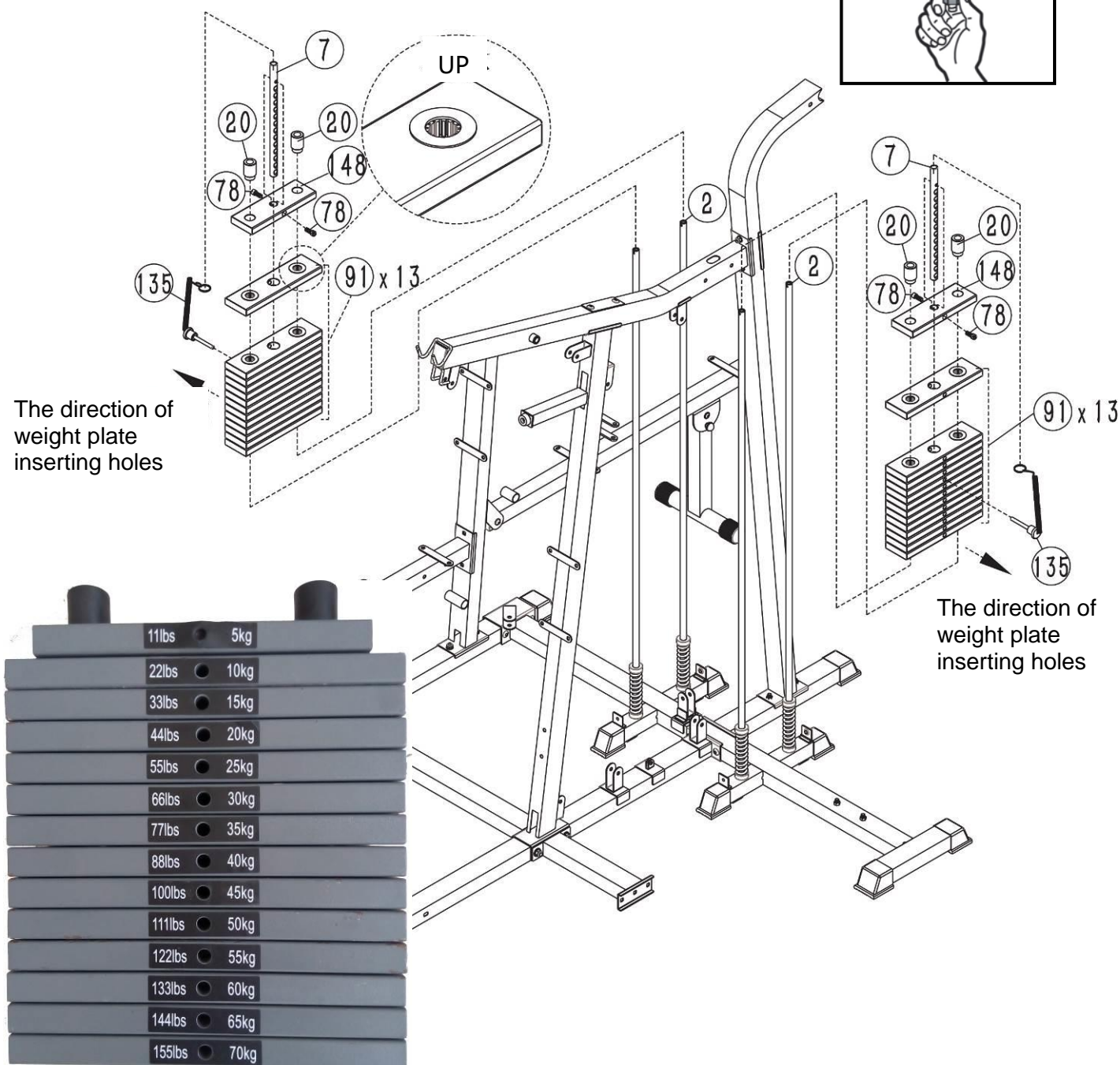
**Notes:** The Foot  $\phi 50$  (92), End Cap  $50 \times 1.5$  (99) and Bushing  $\phi 25 \times \phi 22 \times \phi 16 \times 10$  (137) are pre-assembled.



## Step 7

1. Disassemble the 2 x M10 Nut (90) from the Rear Base Support (5).
2. Attach the Chin up bar upright support (10) to the Rear Base Support (5) using 2 x  $\phi$ 10mm Washers (84) and 2 x M10 Aircraft Nuts (88).
3. Connect the Cross Beam (36), Front vertical frame (8), Main Base Support (4) with the Push up base Support (53) using 2 x M12 $\times$ 105mm Hex Bolts (79), 4 x  $\phi$ 12mm Washers (83) and 2 x M12 Aircraft Nuts (89).
4. Put the Upper frame (9) on the Front vertical frame (8), and then Attach the Upper frame (9) and 140x45mm Flat Bracket (42) to the Front vertical frame (8) using 2 x M10 $\times$ 90mm Carriage bolts (77), 2 x  $\phi$ 10mm Washers (84) and 2 x M10 Aircraft Nuts (88).
5. Connect the 140x71.5mm U-Shaped Bracket (57) and Chin up bar upright support (10) to the Upper frame (9) using 2 x M10 $\times$ 70mm Carriage bolts (76), 2 x  $\phi$ 10mm Washers (84) and 2 x M10 Aircraft Nuts (88).

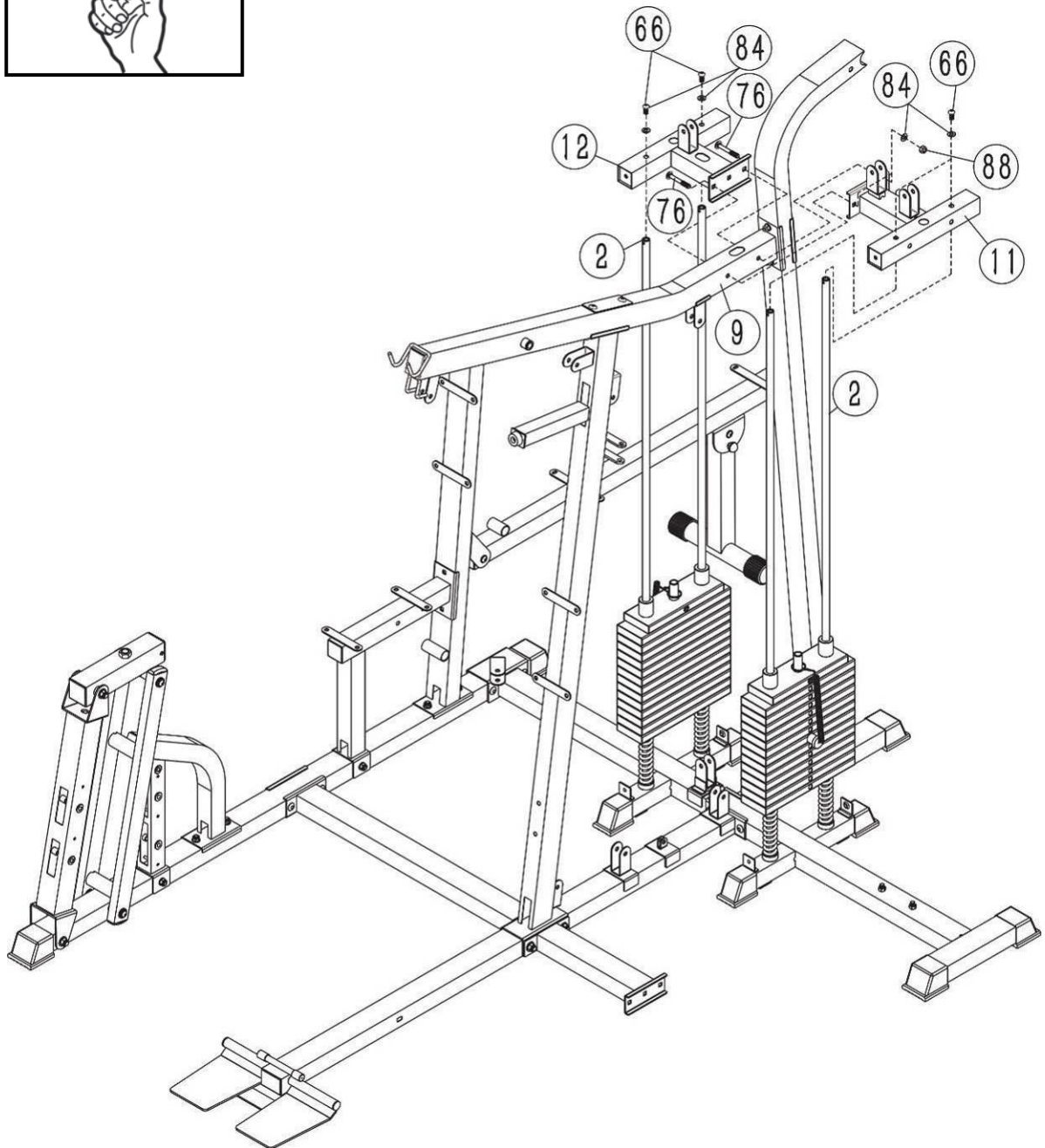
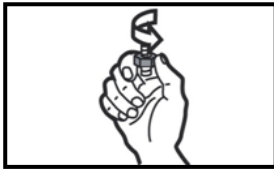
**Notes:** The End Cap 50 $\times$ 70 $\times$ 1.5 (98), Small Rubber Bumper (107), Bushing  $\phi$ 25 $\times$  $\phi$ 22 $\times$  $\phi$ 16 $\times$ 28 (139) and M6 $\times$ 16 Philips Bolt (142) are pre-assembled.



## Step 8

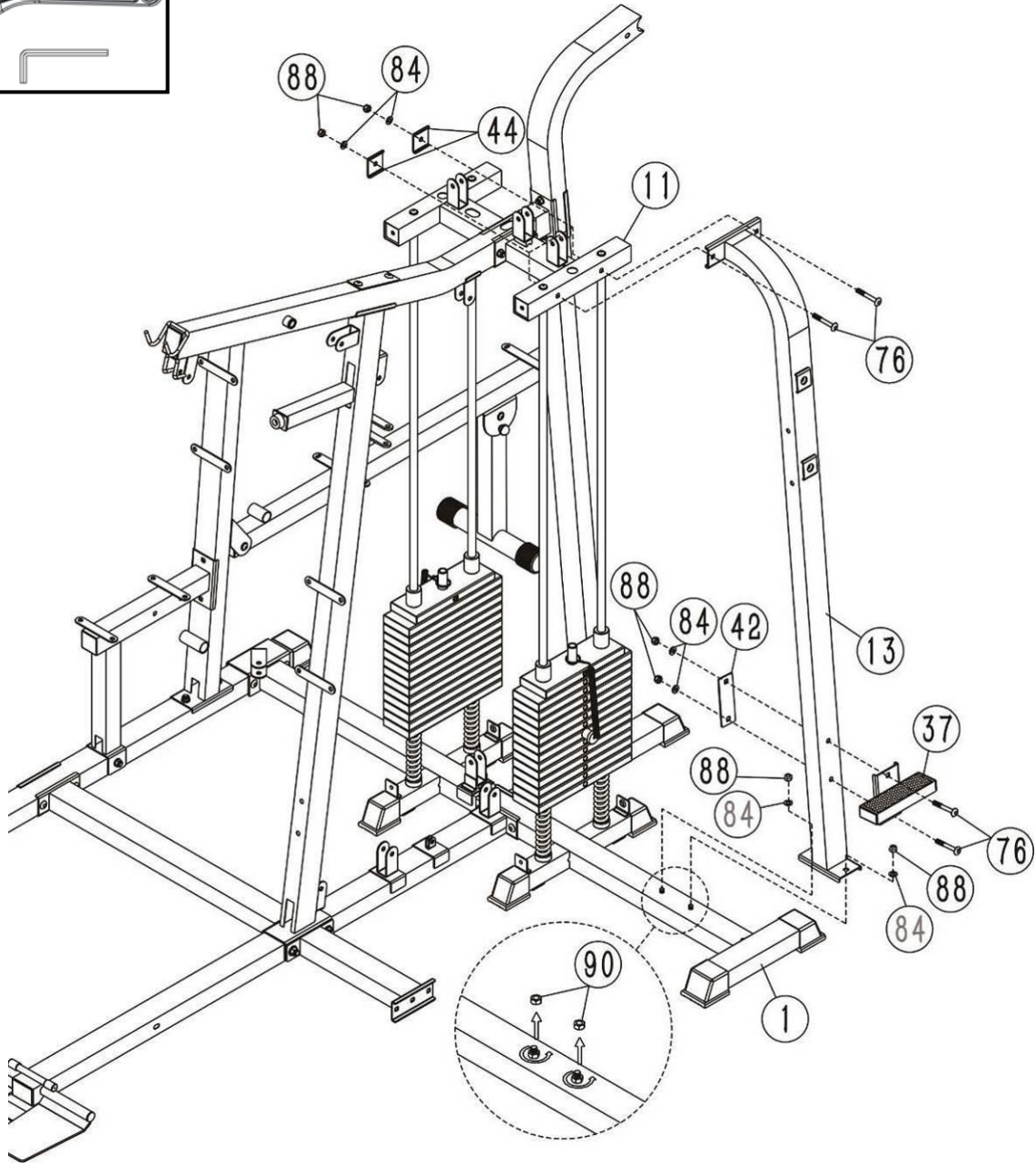
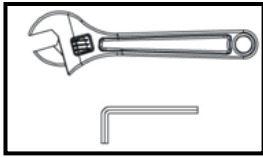
1. Put the Guide Rod (2) through the Weight Plates (91), each unit is equipped with 13 pieces of weight plates.
2. Hammer 2 x Weight Stem Guide Sleeves (20) into the Selector Stem (148) respectively, then insert the Selector Rod (7) into the Selector Stem (148), and secure the Selector Rod (7) by screwing 2 x M10x25 Allen Bolts (78) in the Selector Stem (148).
3. The M10x25 Allen Bolts (78) are secured on the top two single holes of the Selector Rod (7).
4. Put the Guide Rod (2) through the Selector Stem (148).
5. Stick the Weight Sticker (159) as shown in the diagram, from top to bottom is 5kg, 10kg, 15kg.....until 70kg.





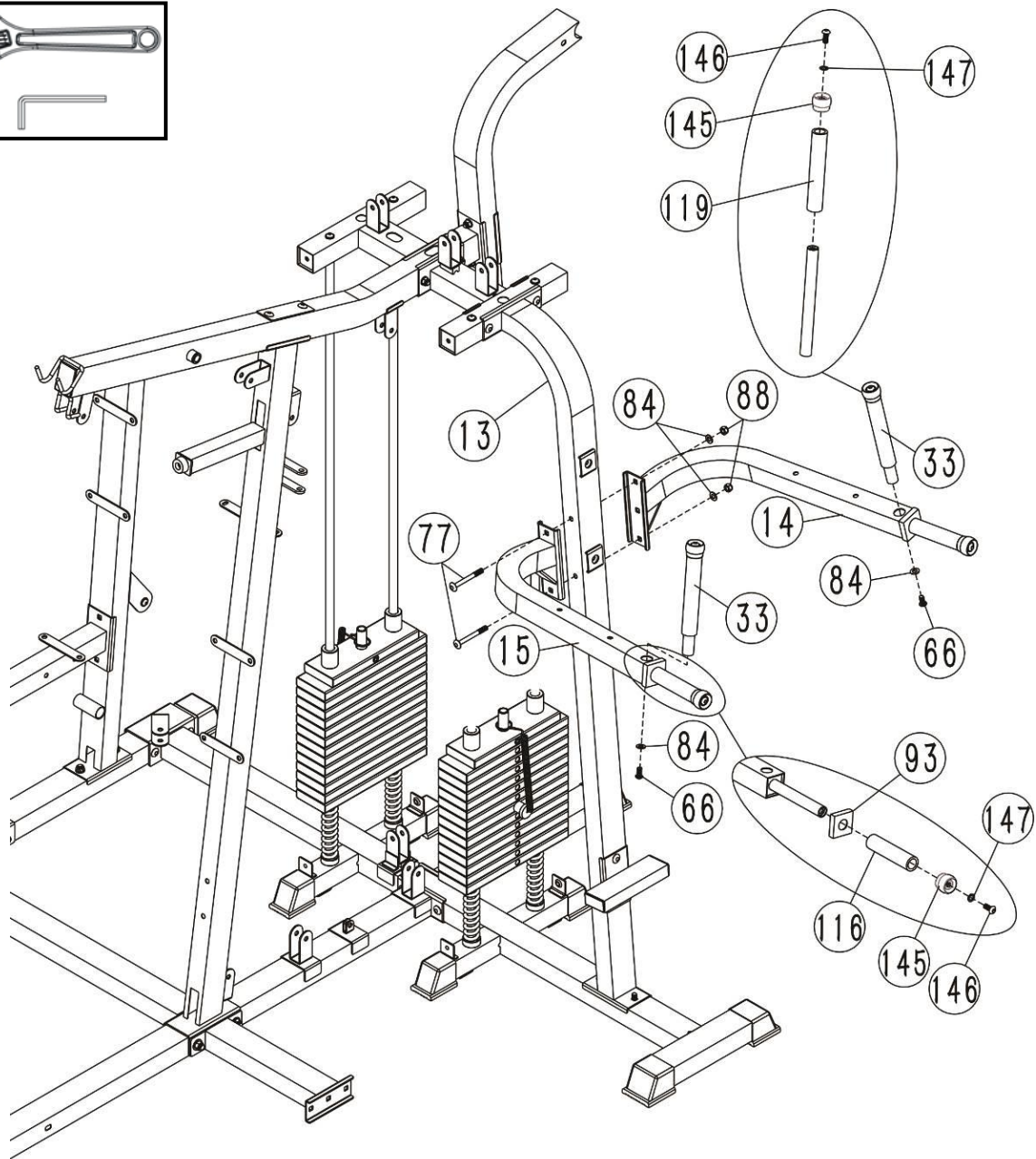
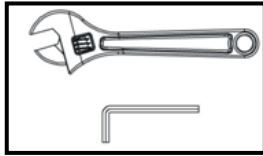
## Step 9

1. Attach the L&R Guide Rod Holder (**11&12**) to the Guild Rod (**2**) using 4 x M10x20mm Allen Bolts (**66**) and 4 x Ø10mm Washers (**84**).
2. Attach the L&R Guide Rod Holder (**11&12**) to the Upper frame (**9**) using 2 x M10x70mm Carriage Bolts (**76**), 2 x Ø10mm Washers (**84**) and 2 x M10 Aircraft Nuts (**88**).



## Step 10

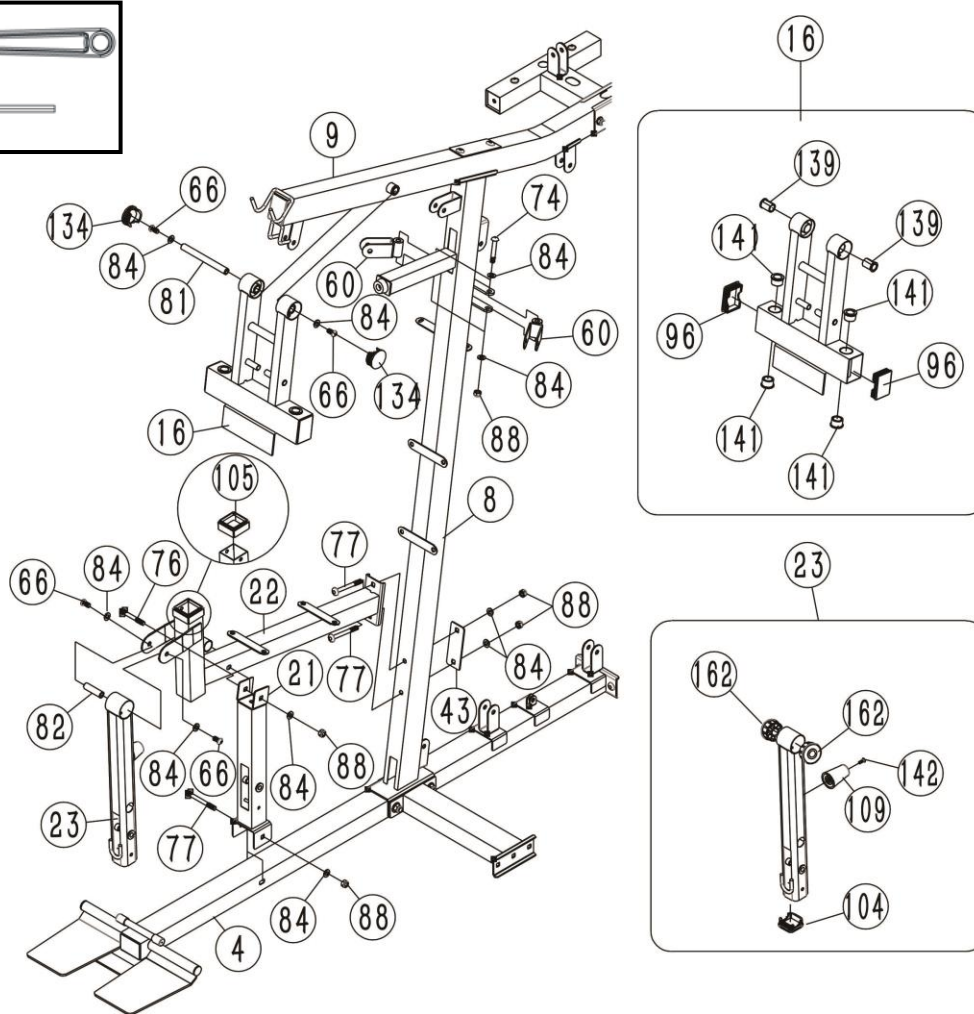
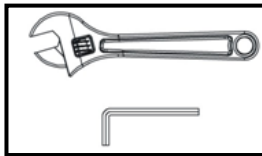
1. Disassemble the 2 x M10 Nuts (90) from the Main Base Frame (1).
2. Attach the Power Tower Frame (13) to the Main Base Frame (1) using 2 x  $\phi$ 10mm Washers (84) and 2 x M10 Aircraft Nuts (88).
3. Connect the Left Guide Rod Holder (11) to the Power Tower Frame (13) using 2 x M10x70 Carriage Bolts (76), 2 x  $\phi$ 10mm Washers (84), 2 x M10 Aircraft Nuts (88) and 2 x U-shaped Bracket (44).
4. Attach the Flat Bracket (42) and Foot Support (37) to the Power Tower Frame (13) using 2 x M10x70 Carriage Bolts (76), 2 x  $\phi$ 10mm Washers (84), 2 x M10 Aircraft Nuts (88).



## Step 11

1. Attach the L&R Dip Arm (14&15) to the Power Tower Frame (13) using 2 x M10×90mm Carriage Bolts (77), 2 x φ10mm Washers (84) and 2 x M10 Aircraft Nuts (88).
2. Insert 2 x VKR Handle (33) into the L&R Dip Arm (14&15) respectively and secure with 2 x M10×20mm Allen Bolts (66) and 2 x Ø10mm Washers (84).

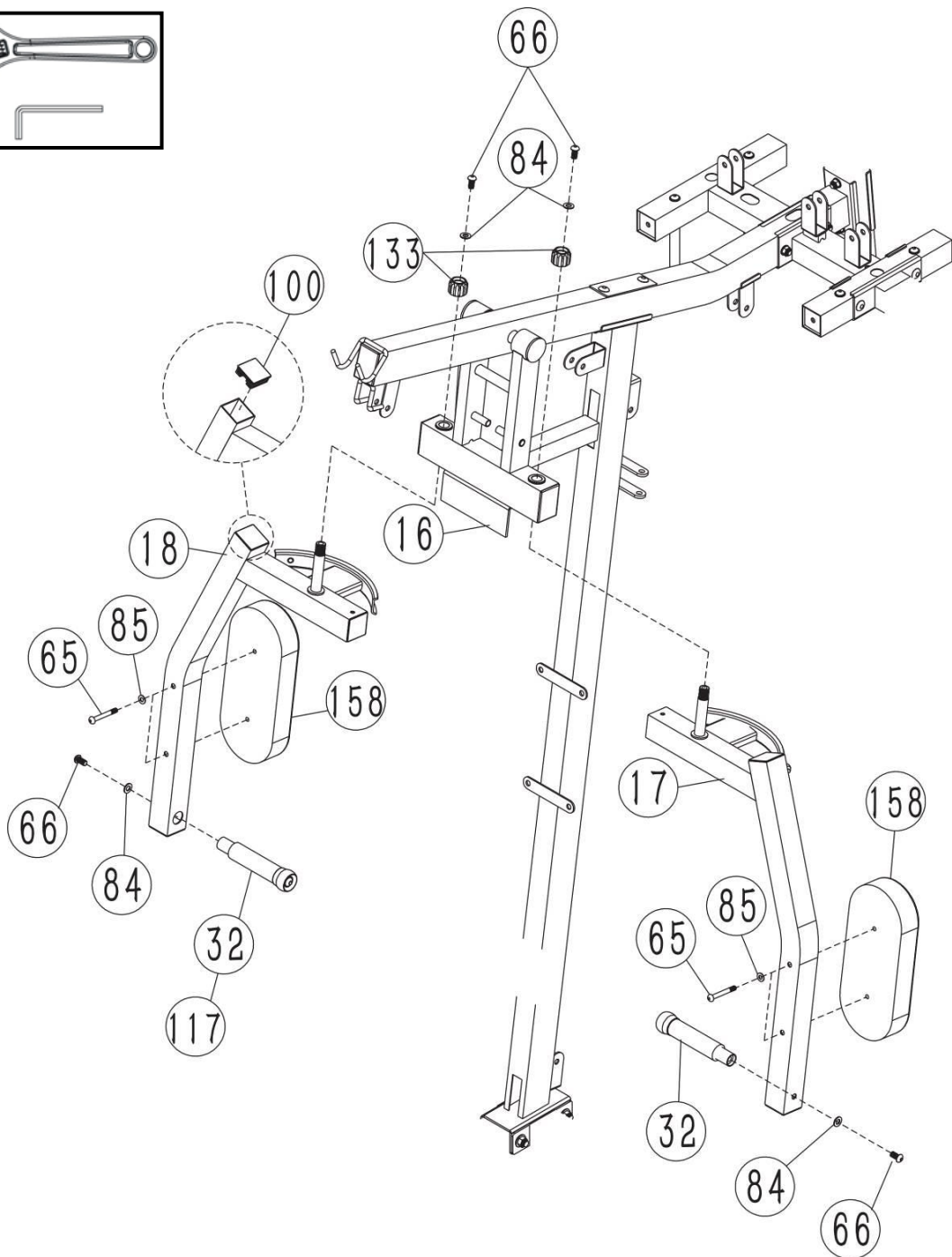
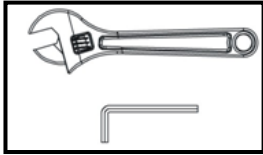
**Notes:** The Hollow Sleeve φ26/□50 (93), Handle Grip φ24×φ34×140 (116), Handle Grip φ24×φ34×190 (119), End Cap φ25 (145), M10×25 Allen Bolt (146) and Serrated washer M10 (147) are pre-assembled.



## Step 12

1. Connect the Front Press Frame (16) to the Upper Frame (9) using  $\Phi 16 \times 154 \times M10$  Axle (81), and secure with 2 x M10x20mm Allen Bolts (66) and 2 x  $\Phi 10$ mm Washers (84), then attach 2 x  $\phi 50 \times 2$  End Caps (134) to the Front Press Frame (16).
2. Attach the Butterfly Pulley Bracket (60) to the Front vertical frame (8) using 2 x M10x65 Allen Bolts (74), 4 x  $\Phi 10$ mm Washers (84) and 2 x M10 Aircraft Nuts (88).
3. Connect the Seat Support Frame (21) to the Main Base Support (4) using 1 x M10x90mm Carriage Bolt (77), 1 x  $\phi 10$ mm Washer (84) and 1 x M10 Aircraft Nut (88).
4. Connect the Slant Support (22) and Front vertical frame (8) to Flat Bracket (43) using 2 x M10x90mm Carriage Bolts (77), 2 x  $\phi 10$ mm Washers (84) and 2 x M10 Aircraft Nuts (88).
5. Attach the Slant Support (22) to the Seat Support Frame (21) using 1 x M10x70mm Carriage Bolt (76), 1 x  $\Phi 10$ mm Washers (84) and 1 x M10 Aircraft Nut (88).
6. Connect the Leg Developer (23) to the Slant Support (22) using  $\Phi 16 \times 57 \times M10$  Axle (82), and secure with 2 x M10x20mm Allen Bolts (66) and 2 x  $\Phi 10$ mm Washers (84).

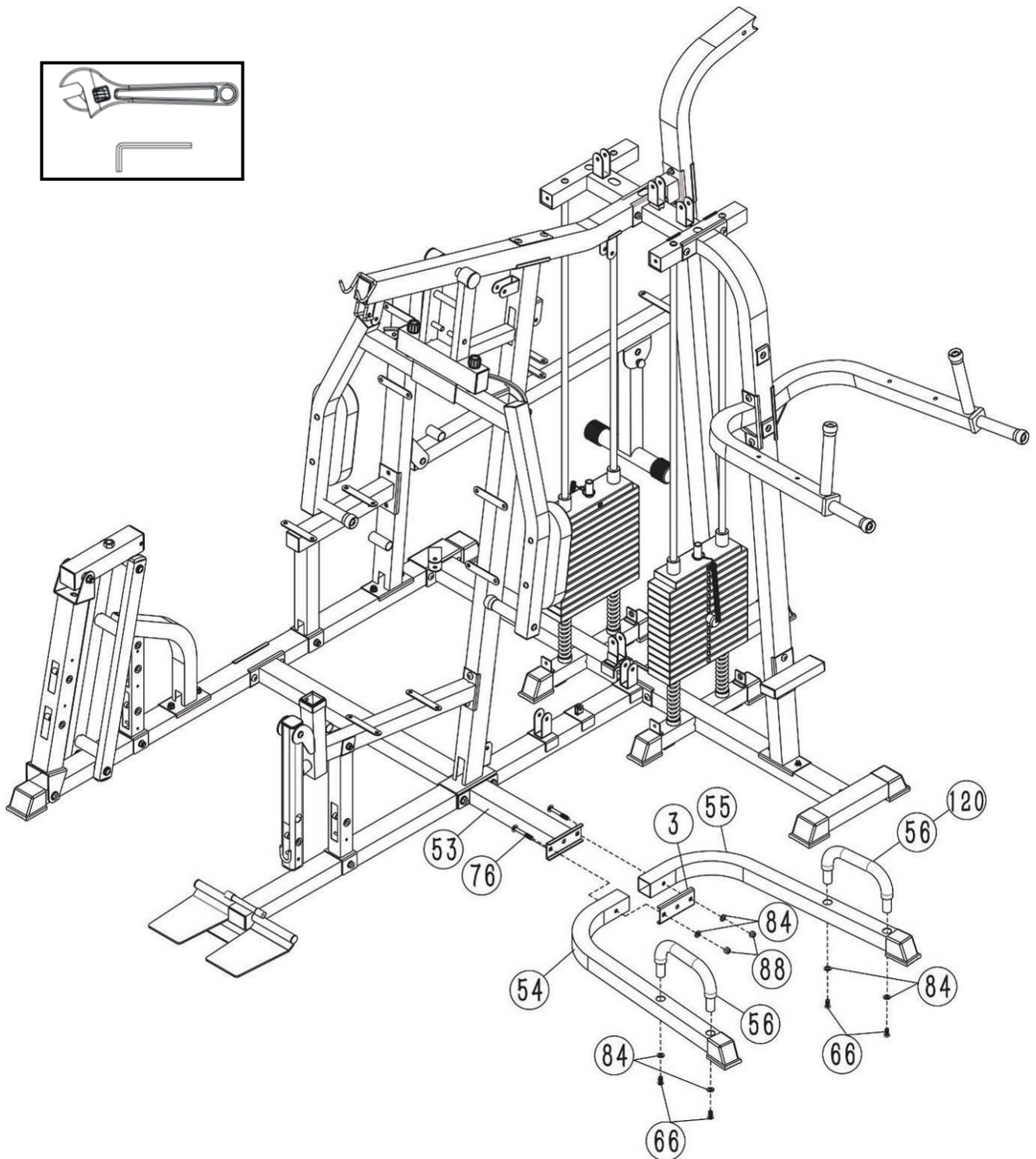
**Notes:** The (#96, #104, #105, #109, #162, #139, #141) are pre-assembled.



## Step 13

1. Attach the L&R Butterfly Frame (17&18) to the Front Press Frame (16), and secure with 2 x 36x27xM18 Lock Nut (133), 2 x  $\varnothing$ 10mm Washers (84) and 2 x M10x20mm Allen Bolts (66).
2. Attach the two Butterfly Pads (158) to L&R Butterfly Frame (17&18) using 4 x M8x65mm Allen Bolts (65), 4 x  $\varnothing$ 8mm Washers (85).
3. Put the two Front Press Handles (32) through the Left and Right Butterfly Frame (17&18) respectively, and secure with 2 x M10x20mm Allen Bolts (66) and 2 x  $\varnothing$ 10mm Washers (84).

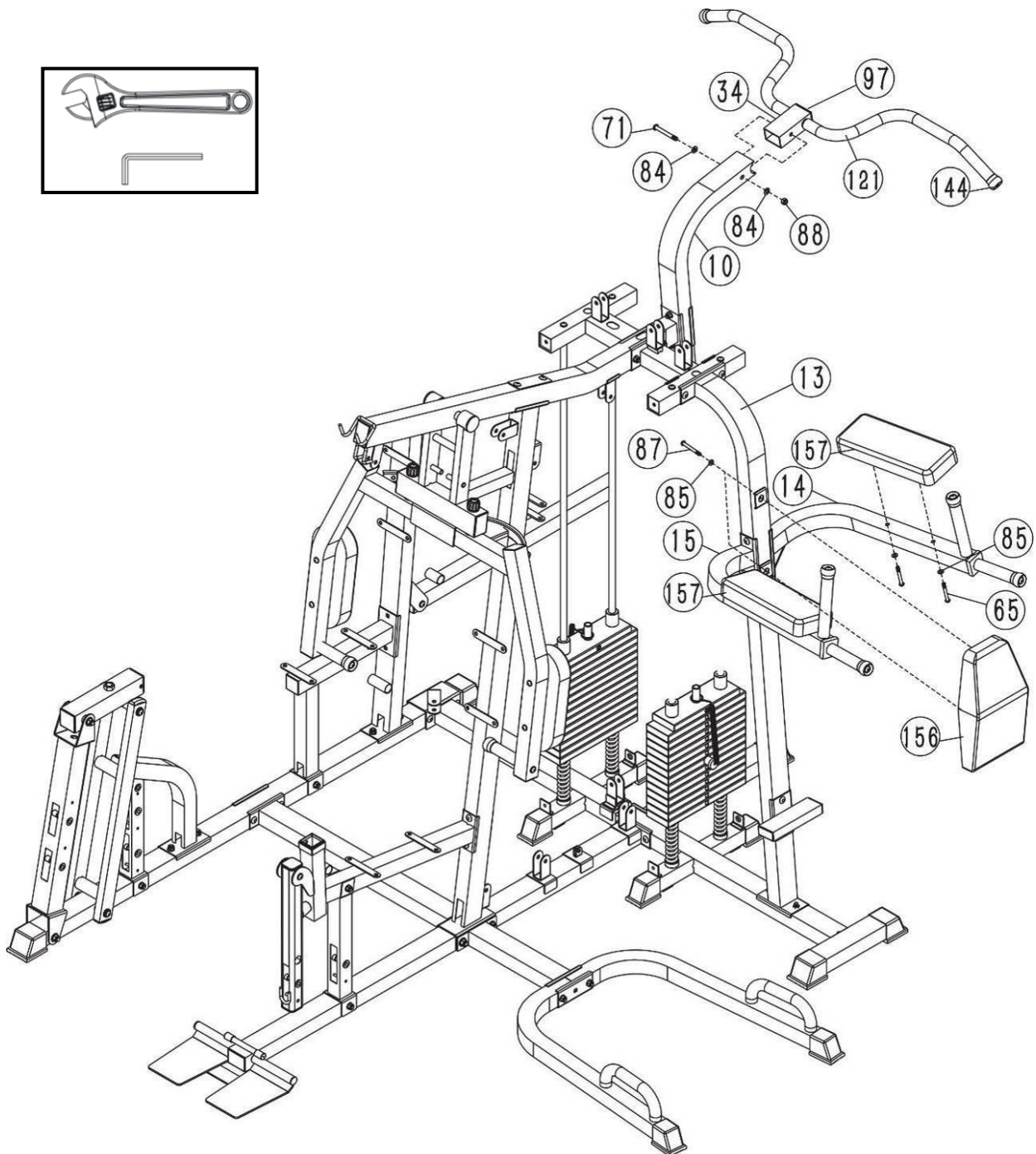
**Notes:** The End Cap  $\square$ 50x2 (100) and Handle Grip  $\varnothing$ 24x $\varnothing$ 34x120 (117) are pre-assembled.



## Step 14

1. Put the two Push Up Handles (56) through the Left and Right Push Up Tube (54&55) respectively, and secure with 2 x M10x20mm Allen Bolts (66) and 2 x ø10mm Washers (84).
2. Connect the Left and Right Push Up Tube (54&55) and U-shaped Bracket (3) to the Push up base Support (53), and secure with 2 x M10x70 Carriage Bolts (76), 2 x ø10mm Washers (84) and 2 x M10 Aircraft Nuts (88).

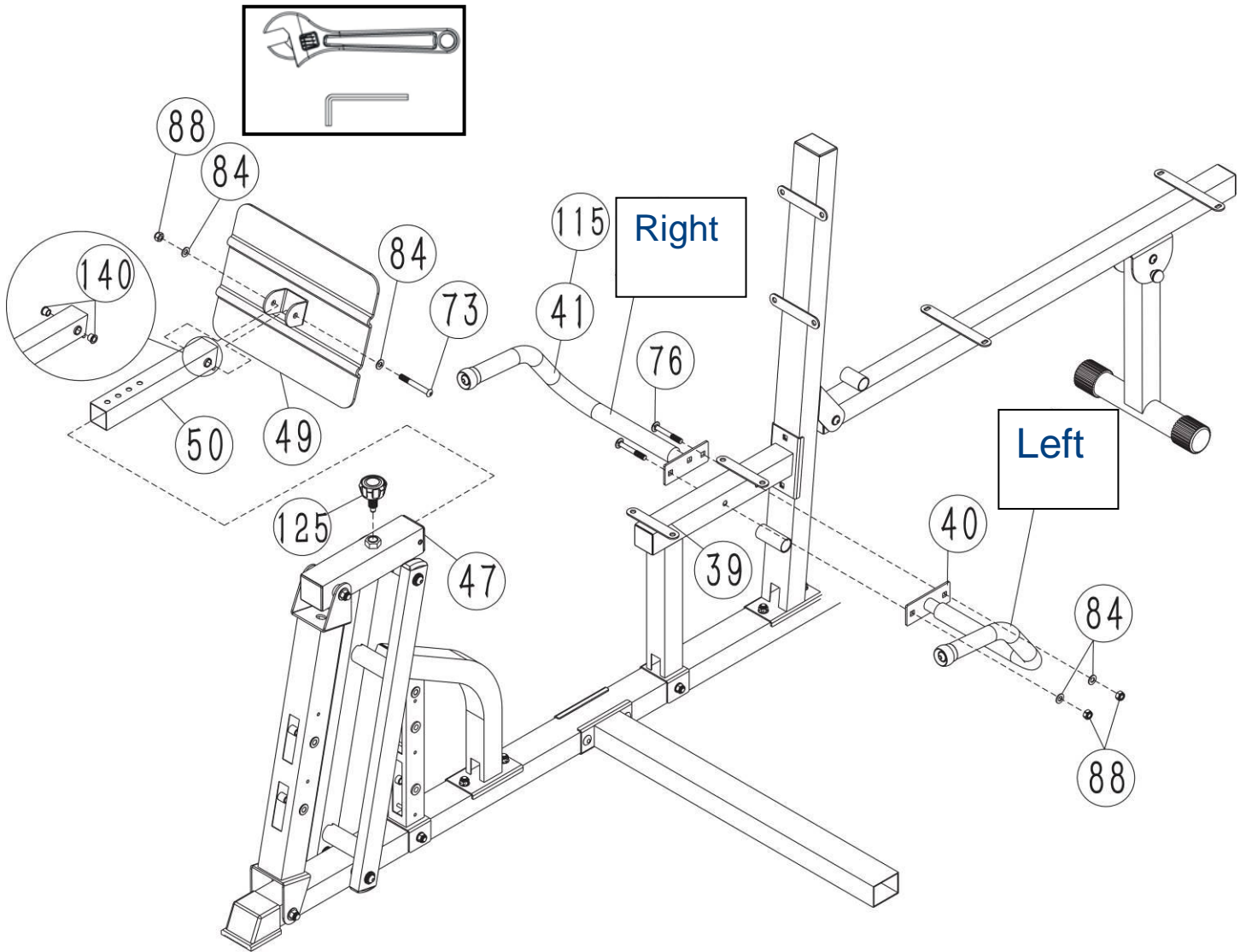
**Notes:** The Handle Grip  $\phi 24 \times \phi 34 \times 360$  (120) is pre-assembled.



## Step 15

1. Attach the two Arm Curl Pads (157) to the L&R Dip Arm (14&15) using 2 x M8x65mm Allen Bolts (65) and 2 x ø8mm Washers (85) respectively.
2. Attach the Small Backrest Pad (156) to the Power Tower Frame (13) using 2 x M8x70mm Allen Bolts (87) and 2 x ø8mm Washers (85).
3. Insert the Chin Upper Bar (34) into the Chin up bar upright support (10), and secure with 1 x M10x85mm Allen Bolts (71), 2 x ø10mm Washers (84) and 1 x M10 Aircraft Nut (88).

**Notes:** The End Cap 44x64x2 (97), Handle Grip  $\phi 27 \times \phi 33 \times 710$  (121) and End Cap  $\phi 28$  (144) are pre-assembled.



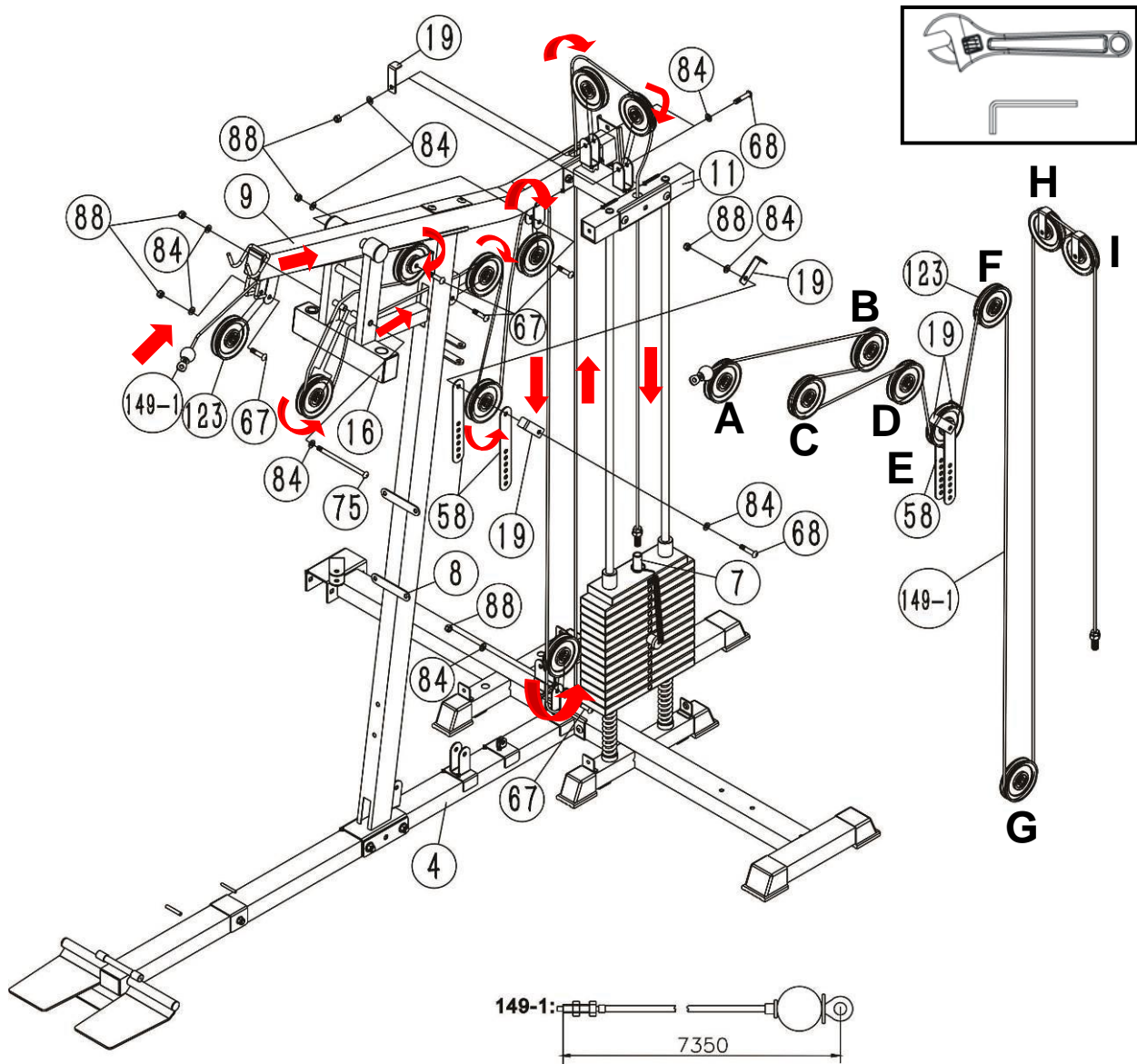
## Step 16

1. Attach the L&R Side Handle (40&41) to the Leg Press Seat Pad (39) using 2 x M10x70mm Carriage Bolts (76) , 2 x  $\varnothing$ 10mm Washers (84) and 2 x M10 Aircraft Nuts (88).
2. Connect the Foot Press Inner Adjustable Tube (50) to the Foot Plate (49) using 1 x M10x80mm Allen Bolt (73), 2 x  $\varnothing$ 10 Washers (84) and 1 x M10 Aircraft Nut (88).
3. Insert the Foot Press Inner Adjustable Tube (50) into the Leg press outer adjust tube (47), screw the Lock Pin (125) into the Leg press outer adjust tube (47), adjust the Foot Press Inner Adjustable Tube (50) to your desired position and secure it.

**Notes:** The Handle Grip  $\varnothing$ 24x $\varnothing$ 34x600 (115) and Bushing  $\varnothing$ 18x $\varnothing$ 10x12 (140) are pre-assembled.

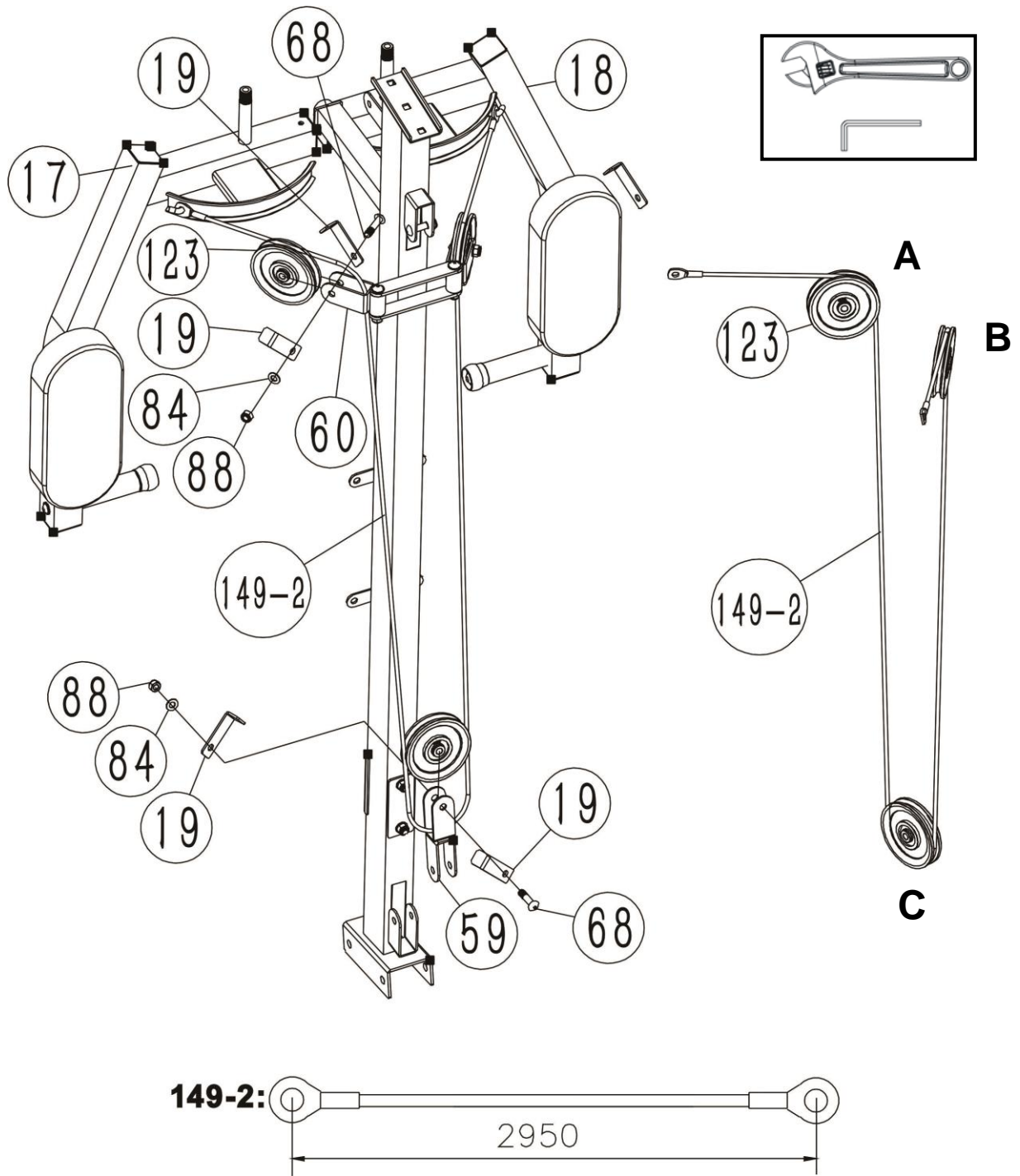


## CABLE LOOP DIAGRAM (Upper Cable)



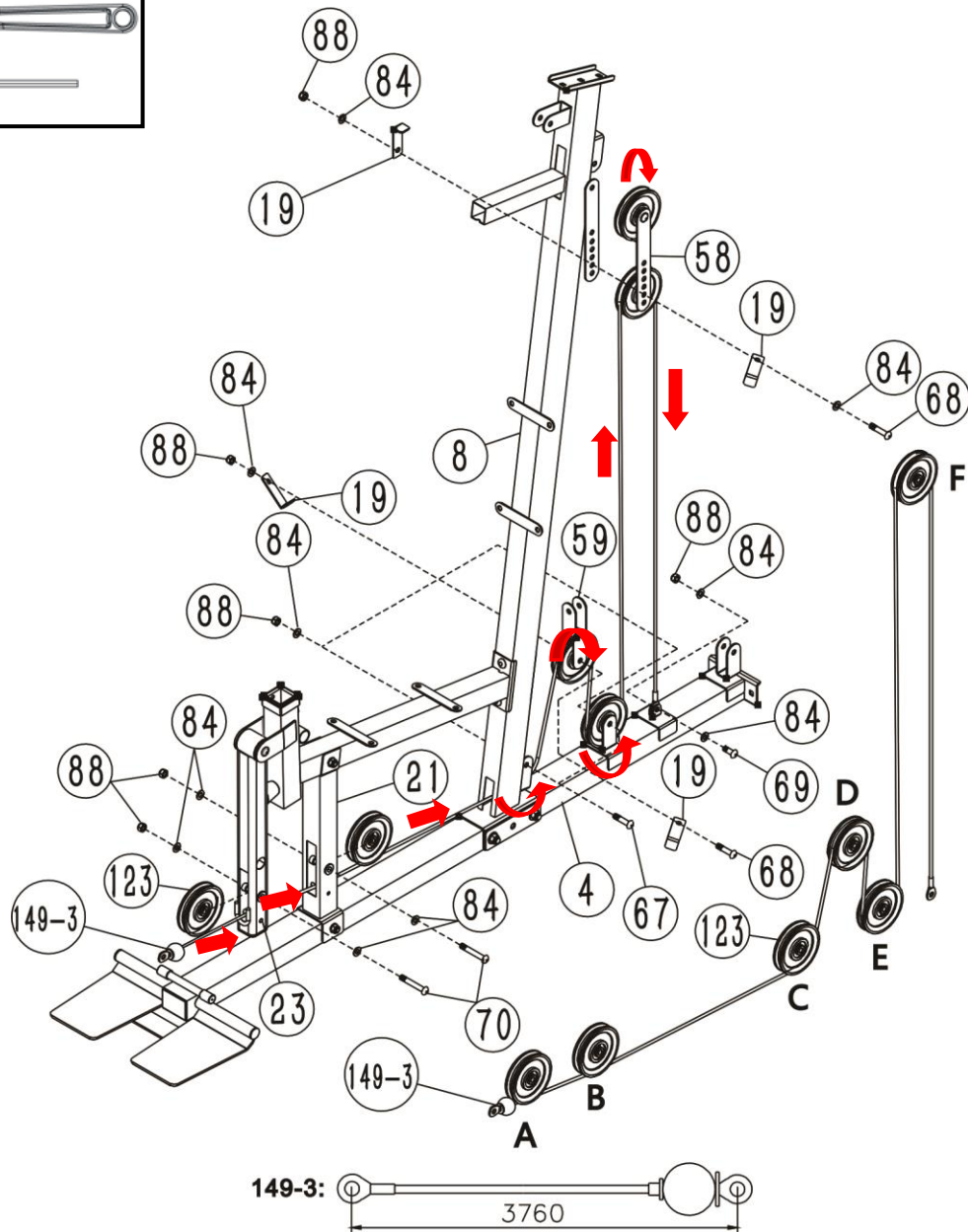
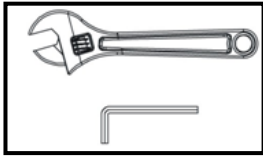
### Step 17

1. Find out the end with threaded head of the Upper Cable (149-1) as shown in the diagram, thread the end in sequence through the gap between the Upper Frame (9) and the Front press frame (16), the upper long notch of the Front vertical frame (8), the rear long notch of the Upper Frame (9), the round hole of the Left Guide Rod Holder (11) and finally screw it into the Selector Rod (7).
2. Connect the Pulley (123) A, B, D, F, G and the Upper Cable (149-1) to each components using 1 x M10x45mm Allen Bolt (67), 1 x  $\varnothing$ 10mm Washer (84) and 1 x M10 Aircraft Nut (88), and ensure the cable in pulley groove.
3. Connect the Pulley (123) C and the Upper Cable (149-1) to the Front press frame (16) using 1 x M10x170mm Allen Bolt (75), 2 x  $\varnothing$ 10mm Washers (84) and 1 x M10 Aircraft Nut (88), and ensure the cable in pulley groove.
4. Connect the Pulley (123) E and the Upper Cable (149-1) to the Double Floating Pulley Bracket (58) and 2 x L- Shaped Cable Protectors (19) using 1 x M10x50mm Allen Bolt (68), 2 x  $\varnothing$ 10mm Washers (84) and 1 x M10 Aircraft Nut (88), and ensure the cable in pulley groove.
5. Connect the Pulley (123) H, I and the Upper Cable (149-1) to the Left Guide Rod Holder (11) using 1 x M10x50mm Allen Bolt (68), 2 x  $\varnothing$ 10mm Washers (84), 1 x M10 Aircraft Nut (88) and 1 x L- Shaped Cable Protector (19), and ensure the cable in pulley groove.



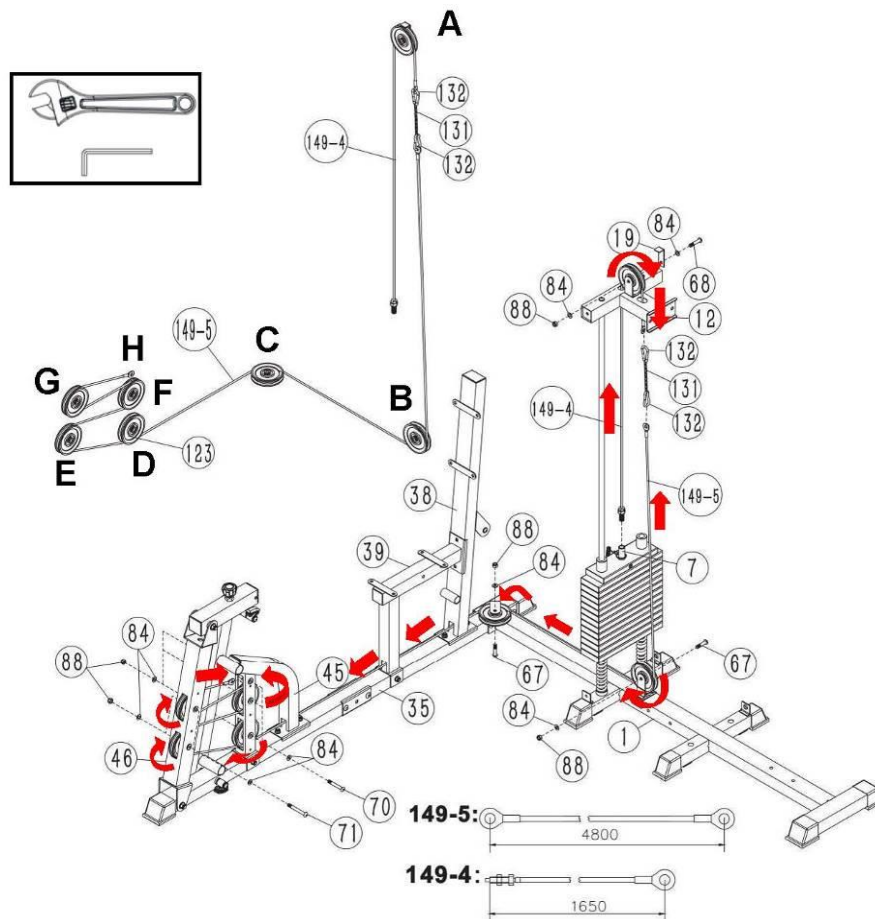
## Step 18

1. Find out the Butterfly Cable (**149-2**) as shown in the diagram, and then hang the two ends of the butterfly cable on the hooks of the Left and Right Butterfly Frame (**17&18**).
2. Connect the Pulley (**123**) A, B, C and the Upper Cable (**149-1**) to the Cross Double Floating Pulley Bracket (**59**) and 2 x L- Shaped Cable Protectors (**19**) using 1 x M10x50mm Allen Bolt (**68**), 1 x  $\varnothing$ 10mm Washer (**84**), 1 x M10 Aircraft Nut (**88**) and 2 x Butterfly Pulley Brackets (**60**), and ensure the cable in the pulley groove.



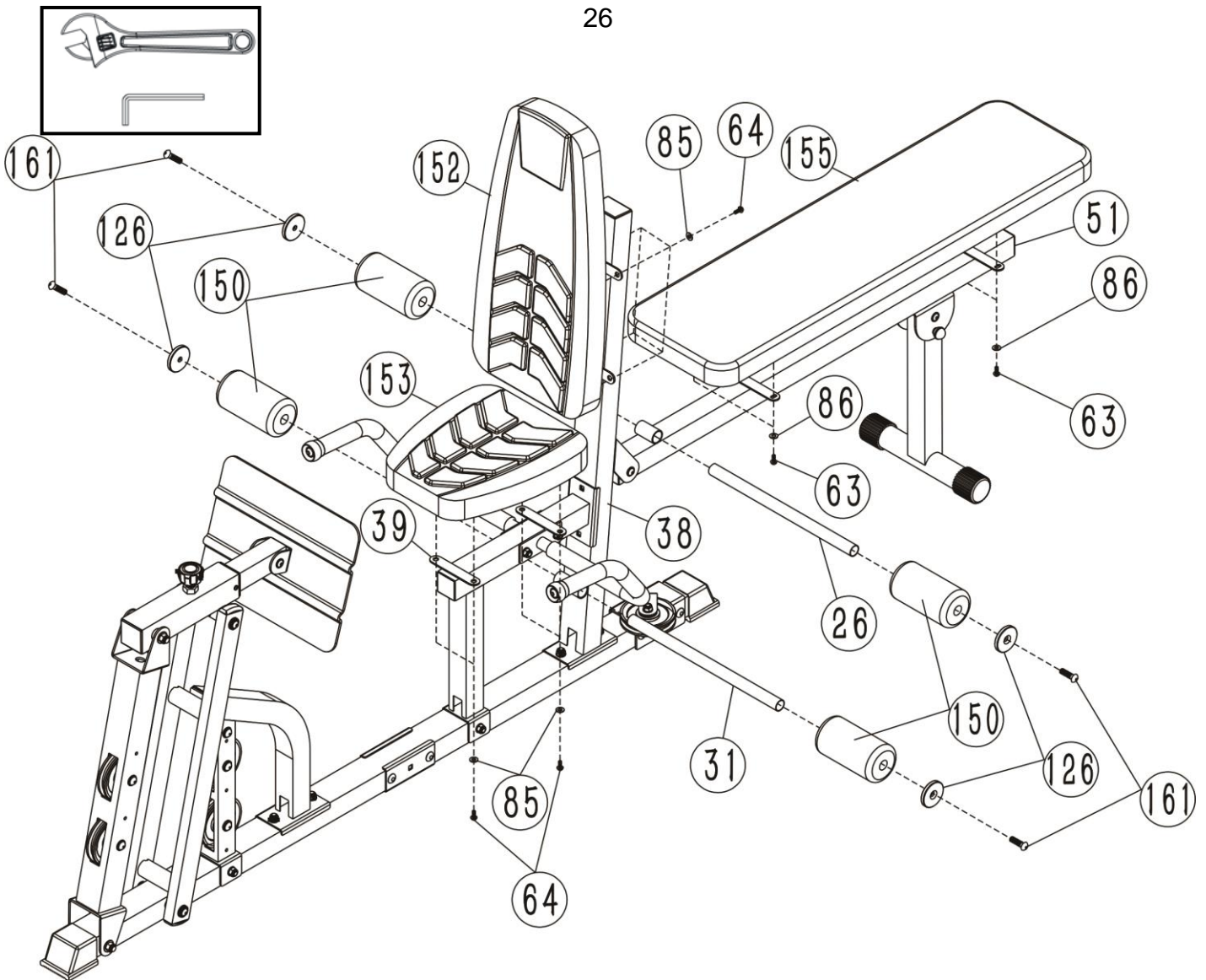
## Step 19

1. Find out the end without plastic ball head of the Lower Cable (149-3) as shown in the diagram, thread the end in sequence through the long notch of the Leg Developer (23) and Seat support frame (21), and finally connect the end to the U-shape bracket of the Main Base Support (4) using 1 x M10x28mm (69), 2 x ø10mm Washers (84) and 1 x M10 Aircraft Nut (88).
2. Connect the Pulley (123) A, B and Lower Cable (149-3) to the Leg Developer (23) and Seat support frame (21) using 1 x M10x70mm Allen Bolt (70), 2 x ø10mm Washers (84) and 1 x M10 Aircraft Nut (88), and ensure the cable in the pulley groove.
3. Connect the Pulley (123) C, E and Lower Cable (149-3) to the Front vertical frame (8) and Main Base Support (4) using 1 x M10x45mm Allen Bolt (67), 1 x ø10mm Washer (84) and 1 x M10 Aircraft Nut (88), and ensure the cable in the pulley groove.
4. Connect the Pulley (123)D, F and Lower Cable (149-3) to the Double Floating Pulley Bracket (58), Cross Double Floating Pulley Bracket (59) and 2 x L- Shaped Cable Protector (19) using 1 x M10x50mm Allen Bolt (68), 2 x ø10mm Washers (84) and 1 x M10 Aircraft Nut (88), and ensure the cable in the pulley groove.



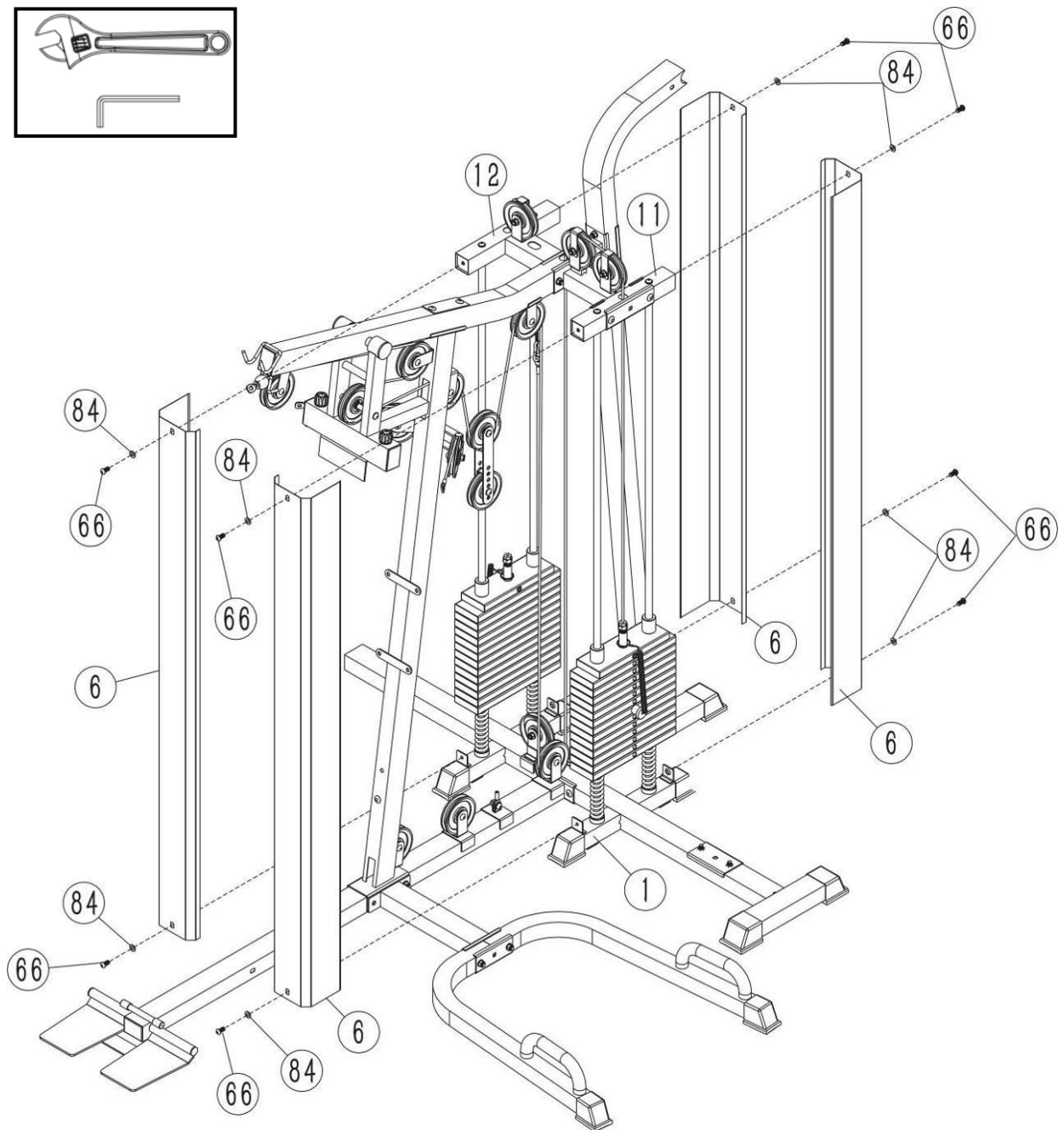
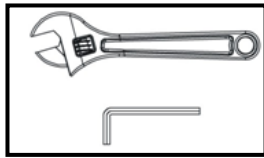
## Step 20

1. Find out the end with thread head of the Leg Press Cable 1 (149-4) as shown in the diagram, screw the end to the Selector rod (7). Thread another end through the round hole and long notch of the Right Guide Rod Holder (12).
2. Connect the Pulley (123) A and Leg Press Cable (149-4) to the L- Shaped Cable Protector (19) and Right Guide Rod Holder (12) using 1 x M10x50mm Allen Bolt (68), 2 x ø10mm Washers (84) and 1 x M10 Aircraft Nut (88), and ensure the cable in the pulley groove.
3. Find out one end of the Leg Press Cable 2 (149-5) as shown in the diagram, and thread the end in sequence through the long notch of the Leg Press Backrest Support (38), notch of the Leg Press Seat Pad (39) and two notches of the Leg Press Block Frame (45).
4. Connect the Pulley (123) B, C and Leg Press Cable 2 (149-5) to the U-shape pulley supports of the Main Base Frame (1) using 1 x M10x45mm Allen Bolt (67), 1 x ø10mm Washer (84) and 1 x M10 Aircraft Nut (88), and ensure the cable in the pulley groove.
5. Connect the Pulley (123) D, F and Leg Press Cable 2 (149-5) to the Leg Press Block Frame (45) using 1 x M10x70mm Allen Bolt (70), 2 x ø10mm Washers (84) and 1 x M10 Aircraft Nut (88), and ensure the cable in the pulley groove.
6. Connect the Pulley (123) E, G and Leg Press Cable 2 (149-5) to the Leg Press Front Support (46) using 1 x M10x85mm Allen Bolt (71), 2 x ø10mm Washers (84) and 1 x M10 Aircraft Nut (88), and ensure the cable in the pulley groove.
7. Insert the end of H Leg Press Cable 2 (149-5) into the Leg Press Block Frame (45), and connect to the Leg Press Block Frame (45) using 1 x M10x70mm Allen Bolt (70), 2 x ø10mm Washers (84) and 1 x M10 Aircraft Nut (88).
8. Connect the Leg Press Cable 2 (149-5) to the Leg Press Cable 1 (149-4) using 2 x Gourd Hooks (132) and 1 x 8-Joints Chain (131).



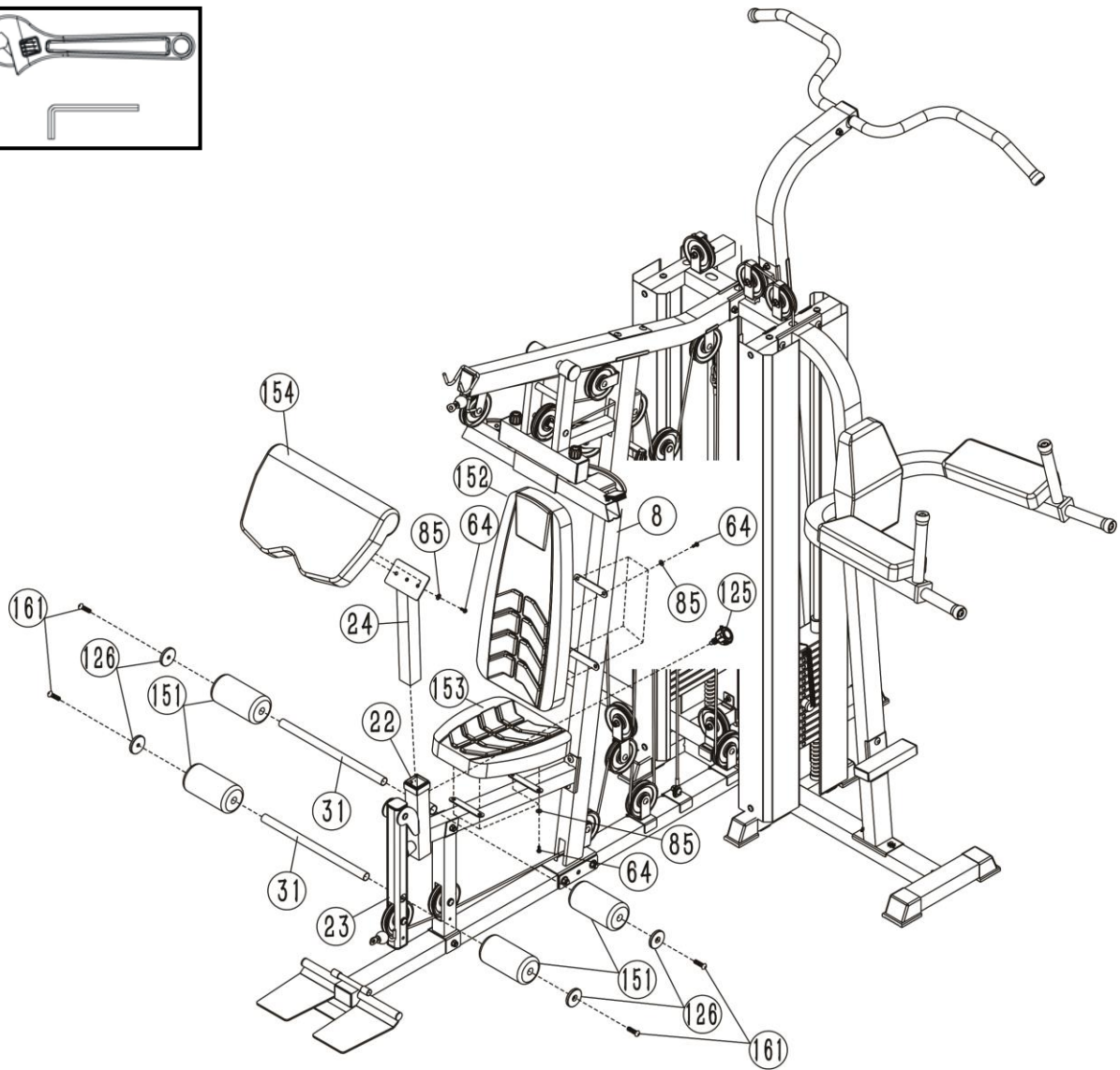
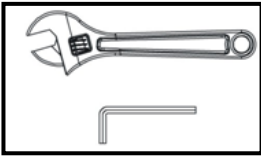
## Step 21

1. Attach the Backrest Pad (152) to the Leg Press Backrest Support (38) using 4 x M8x18mm Allen Bolts (64) and 4 x ø8mm Washers (85).
2. Attach the Seat Pad (153) to the Leg Press Seat Pad (39) using 4 x M8x18mm Allen Bolts (64) and 4 x ø8mm Washers (85).
3. Attach the Sit Up Board (155) to the Sit Up Base Frame (51) using 4 x M6x20mm Allen Bolts (63) and 4 x ø6mm Washers (86).
4. Thread 1 x Foam roll tube (26) through the sleeve of the Sit Up Base Frame (51); respectively thread 2 x Foam Roll (150) through both sides of the Foam Roll Tube (26), and attach 2 x End Caps (126) to the two sides of the Foam Roll Tube (26) using 2 x M10x30mm Sunk Hex Bolts (161).
5. Thread 1 x Foam roll tube (31) through the sleeve of the Leg Press Backrest Support (38); respectively thread 2 x Foam Roll (150) through both sides of the Foam Roll Tube (31), and attach 2 x End Caps (126) to the two sides of the Foam Roll Tube (31) using 2 x M10x30mm Sunk Hex Bolts (161).



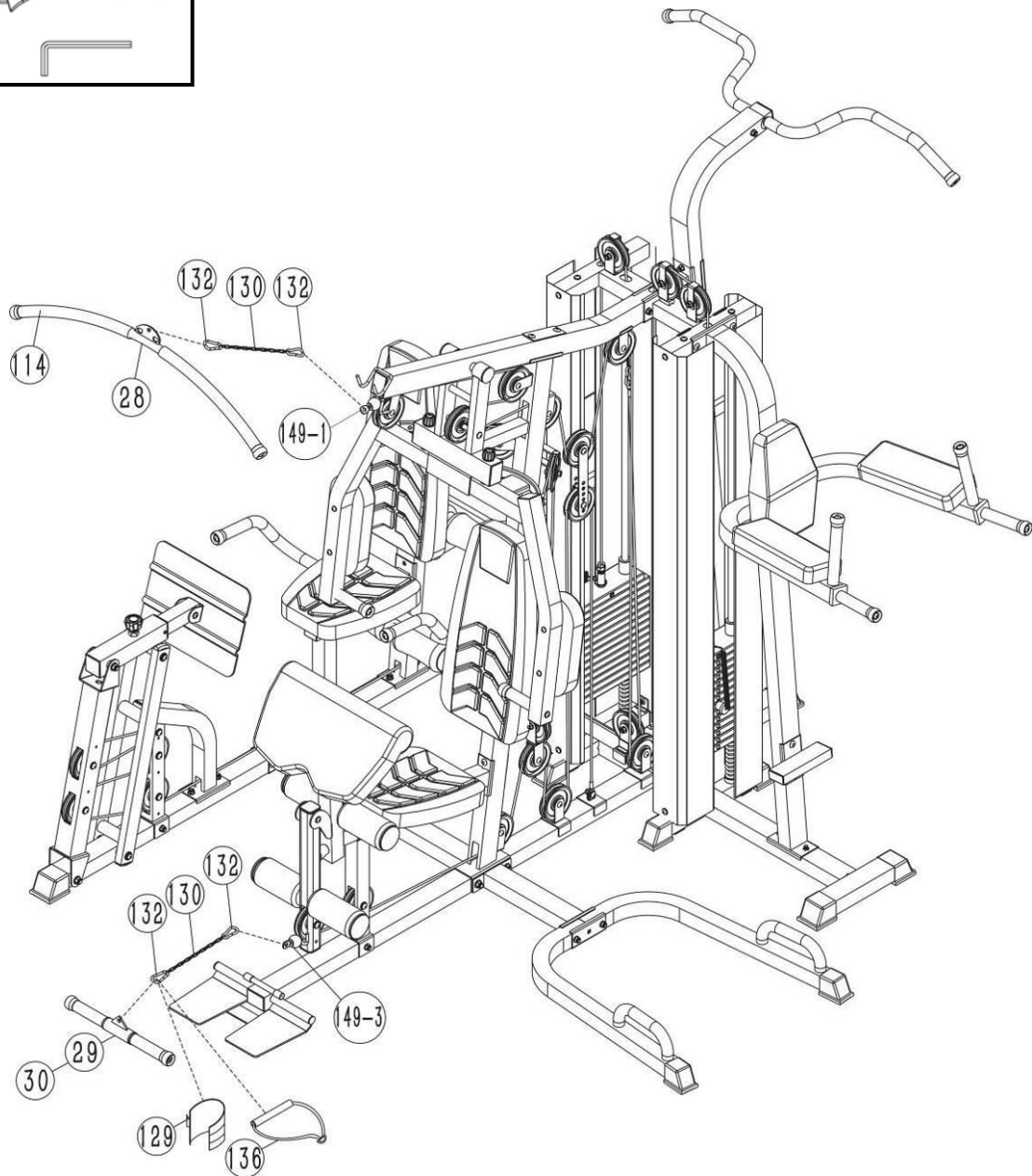
## Step 22

Attach the Weight Stack Cover (6) to the Main Base Frame (1) and L&R Guide Rod Holder (11&12) using 8 x M10x20mm Allen Bolts (66) and 8 x ø10mm Washers (84).



## Step 23

1. Attach the Backrest Pad (152) to the Front vertical frame (8) using 4 x M8x18mm Allen Bolts (64) and 4 x ø8mm Washers (85).
2. Attach the Seat Pad (153) to the Slant Support (22) using 4 x M8x18mm Allen Bolts (64) and 4 x ø8mm Washers (85).
3. Attach the Preacher Pad (154) to the Preacher Curl Pad Support (24) using 2 x M8x18mm Allen Bolts (64) and 2 x ø8mm Washers (85). Insert the Preacher Curl Pad Support (24) into the Slant Support (22) and secure with the Lock Pin (125).
4. Thread 1 x Foam Roll Tube (31) through the sleeve of the Slant Support (22); respectively thread 2 x Foam Rolls (151) through both sides of the Foam Roll Tube (31), and attach 2 x End Caps (126) to the two ends of the Foam Roll Tube (31) using 2 x M10x30mm Sunk Hex Bolts (161).
5. Thread 1 x Foam Roll Tube (31) through the round hole of the Leg Developer (23), respectively thread 2 x Foam Rolls (151) through both sides of the Foam Roll Tube (31), and attach 2 x End Caps (126) to the two ends of the Foam Roll Tube (31) using 2 x M10x30mm Sunk Hex Bolts (161).



## Step 24

1. Connect the Lat Bar (28) to the Upper Cable (149-1) using 1 x 15 Joints Chain (130) and 2 x Gourd Hook (132), hang the Lat Bar (28) on the Upper Frame (9) when not using to avoid injury.
2. Connect the Short bar Holder (29) to the Lower Cable (149-3) using 1 x 15 Joints Chain (130) and 2 x Gourd Hook (132). The Short Bar Holder (29) is used for lower pulling and biceps exercises, while it should be disassembled and replaced to the Ankle Strap (129) or Single Strap (136) when doing leg develop exercise.
3. Secure all the bolts and nuts.

**Notes:** The Short Bar (30) and Handle Grip  $\phi 24 \times \phi 34 \times 430$  (114) are pre-assembled.



# Parts List

Part #	Description	Qty	Part #	Description	Qty
1	Main Base Frame	1	43	120x45mm Flat Bracket	1
2	Guide Rod	4	44	51.5x51.5mm U-shaped Bracket	2
3	140x51.5mm U-shaped Bracket	2	45	Leg Press Block Frame	1
4	Main Base Support	1	46	Leg Press Front Support	1
5	Rear Base Support	1	47	Leg press outer adjust tube	1
6	Weight Stack Cover	4	48	Leg Press Rear Support	1
7	Selector rod /13 Holes	2	49	Foot Plate	1
8	Front vertical frame	1	50	Foot Press Inner Adjustable Tube	1
9	Upper frame	1	51	Sit Up Base Frame	1
10	Chin up bar upright support	1	52	Sit Up Board Front Vertical Support	1
11	Left Guide Rod Holder	1	53	Push up base Support	1
12	Right Guide Rod Holder	1	54	Left push up tube	1
13	Power Tower Frame	1	55	Right push up tube	1
14	Left Dip Arm	1	56	Push up handle	2
15	Right Dip Arm	1	57	140x71.5mm U-Shaped Bracket	1
16	Front press frame	1	58	Double Floating Pulley Bracket	2
17	Left butterfly frame	1	59	Cross Double Floating Pulley Bracket	1
18	Right butterfly frame	1	60	Butterfly Pulley Bracket	2
19	L- Shaped Cable Protector	15	61	Shock Spring	4
20	Weight Stem Guide Sleeve	4	62	Rubber Bumper $\phi 40 \times 15$	8
21	Seat support frame	1	63	M6x20 Allen Bolt	4
22	Slant support	1	64	M8x18 Allen Bolt	18
23	Leg Developer	1	65	M8x65 Allen Bolt	8
24	Preacher Curl Pad Support	1	66	M10x20 Allen Bolt	36
25	Foot Pedal	1	67	M10x45 Allen Bolt	9
26	Foam roll tube $\phi 25 \times 380$	1	68	M10x50 Allen Bolt	9
27	$\phi 19 \times 350$ mm Foot Pedal Axle	1	69	M10x28 Allen Bolt	1
28	Lat Bar	1	70	M10x70 Allen Bolt	5
29	Short bar Holder	1	71	M10x85 Allen Bolt	3
30	Short bar	1	72	M10x75 Allen Bolt	1
31	Foam roll tube $\phi 25 \times 400$	3	73	M10x80 Allen Bolt	1
32	Front Press Handle	2	74	M10x65 Allen Bolt	2
33	VKR Handle	2	75	M10x170 Allen Bolt	1
34	Chin Upper Bar	1	76	M10x70 Carriage Bolt	23
35	Side Base Support Frame	1	77	M10x90 Carriage Bolt	15
36	Cross Beam	1	78	M10x25 Allen Bolt	4
37	Foot Support	1	79	M12x105 Hex Bolt	2
38	Leg Press Backrest Support	1	80	M12x110 Hex Bolt	2
39	Leg Press Seat Pad	1	81	$\Phi 16 \times 154 \times M10$ Axle	3
40	Left Side Handle	1	82	$\Phi 16 \times 57 \times M10$ Axle	2
41	Right Side Handle	1	83	$\phi 12$ Washer	8
42	140x45mm Flat Bracket	7	84	$\phi 10$ Washer	125

Part #	Description	Qty	Part #	Description	Qty
85	φ8 Washer	28	127	M8 Lock Knob	1
86	φ6 Washer	4	128	Pin φ10×85×M8	1
87	M8×70 Allen Bolt	2	129	Ankle Strap	1
88	M10 Aircraft Nut	70	130	Chain 15 joints	2
89	M12 Aircraft Nut	4	131	Chain 8 joints	1
90	M10 Nut	8	132	Gourd Hook	6
91	5KG Steel Weight Plate	26	133	36×27×M18 Lock Nut	2
92	Foot φ50	2	134	End Cap φ50×2	2
93	Hollow Sleeve φ26/□50	2	135	Magnet Pin φ10×80	2
94	Foot □50×50	6	136	Single Strap	1
95	Foot □50×70	5	137	Bushing φ25×φ22×φ16×10	2
96	End Cap 50×70×2	3	138	Bushing φ25×φ22×φ12×10	4
97	End Cap 44×64×2	1	139	Bushing φ25×φ22×φ16×28	12
98	End Cap 50×70×1.5	2	140	Bushing φ18×φ10×12	2
99	End Cap □50×1.5	3	141	Bushing φ33×φ29×φ20×18	4
100	End Cap □50×2	6	142	M6×16 Philips Bolt	2
101	End Cap 30×60×1.5	2	143	M4×6 Philips Bolt	2
102	End Cap 25×50	4	144	End Cap φ28	2
103	End Cap □60×2	1	145	End Cap φ25	12
104	End Cap □50×1.5	2	146	M10×25 Allen Bolt	14
105	Sleeve □50×□45	1	147	Serrated washer M10	14
106	Sleeve 60×45	1	148	4KG Selector Stem	2
107	Small Rubber Bumper	1	149-1	Upper Cable	1
108	Rubber Bumper	1	149-2	Butterfly Cable	1
109	Rubber Bumper φ45×40	1	149-3	Lower Cable	1
110	End Cap □45×2	1	149-4	Leg Press Cable 1	1
111	Anti Slip Sticker 50×170	1	149-5	Leg Press Cable 2	1
112	Bushing φ38×φ27×26	2	150	Foam Roll φ22×φ85×160	4
113	Anti Slip Sticker 50×190	1	151	Foam Roll φ22×φ90×175	4
114	Handle Grip φ24×φ34×430	2	152	Backrest Pad	2
115	Handle Grip φ24×φ34×600	2	153	Seat Pad	2
116	Handle Grip φ24×φ34×140	2	154	Preacher Pad	1
117	Handle Grip φ24×φ34×120	2	155	Sit Up Board	1
118	Handle Grip φ24×φ34×130	2	156	Small Backrest Pad	1
119	Handle Grip φ24×φ34×190	2	157	Arm Curl Pad	2
120	Handle Grip φ24×φ34×360	2	158	Butterfly Pad	2
121	Handle Grip φ27×φ33×710	2	159	Weight Sticker 5-70KG/20×90	2
122	φ16 Sleeve	2	160	Guild Rod Sleeve	26
123	Pulley φ114	25	161	M10×30mm Sunk Hex Bolt	8
124	End Cap φ25×1.5	2	162	Bushing φ50×φ16	2
125	Lock Pin φ53×M18×φ10	2			
126	End Cap φ82	8			