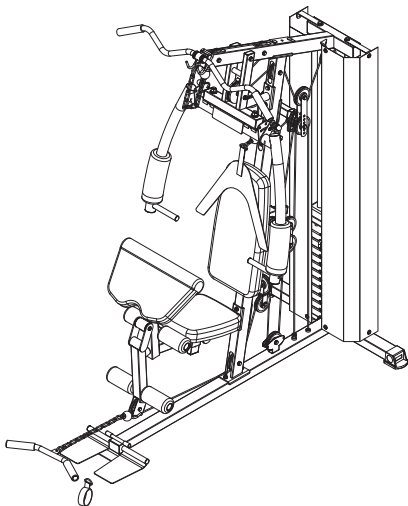


Installation and Operation Manual

Home Gym System



Attention!

Please read this manual carefully before using this machine.

Catalogue

Important safety knowledge	1-2
Exploded view.....	3
Parts list.....	4-5
Parts picture list	6-8
Assembly instructions.....	9-24
Training instruction.....	25-26
Directive drawing of training.....	27-29
Warning.....	30
Warranty.....	31

Important safety knowledge

Please keep this instruction manual properly for reference in the future.

Precautions

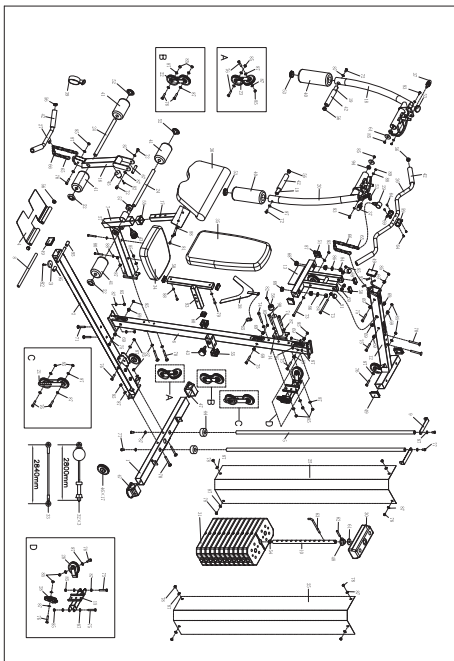
Although the training equipment has taken the safety precautions into consideration as much as possible during the design and manufacturing process, there are still some safety precautions which needs to be observed during the operation. Please read the instruction manual carefully before assembling and using the training equipment, especially the following safety precautions:

1. Keep children, pets, etc. away from the training equipment, and don't allow unattended children to stay alone in the room where the training equipment is placed.
2. The training equipment can only be used by one person at a time.
3. If the user feels dizziness, nausea, chest tightness or have other uncomfortable symptoms, stop using the training equipment immediately and see a doctor immediately.
4. The training equipment shall be placed on a clean and flat surface. The training equipment shall not be used near the water or outdoors.
5. When using the training equipment, keep hands away from any transmission parts.
6. When using the training equipment for training, the dress shall be suitable for training. Don't wear loose or other types of clothes that may be stuck during the training process. It is also recommended to wear sports shoes or healthcare shoes as much as possible during the training process.
7. In the process of using the training equipment, users can only do in the manner described in the operating instructions, and it is forbidden to use the training methods which are not mentioned in the operating instructions for training.
8. Avoid placing any objects with sharp parts around the training equipment.
9. Any disabled person is not allowed to use the training equipment without the supervision of the training partners or nursing staff.
10. Before training, it usually required to warm up by doing various stretching exercises.
11. If the training equipment has abnormal functions, it is forbidden to use it.
12. In the process of training, the training records require to be made at any time.
13. The training equipment is not suitable for use as medical equipment.
14. The maximum user weight of this product is 120kg

Warning:

You must consult a doctor before training. This is especially important for users who are over 35 years old or who have medical history. Before using any fitness equipment, you must carefully read all the instructions for use and operation. The company will not bear any responsibility for injuries caused by your own reasons.

Exploded view

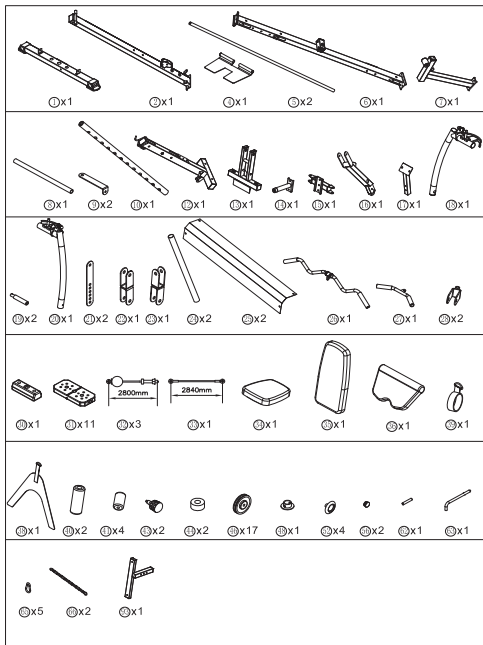


Parts list

Serial number	Name and specification	Quantity	Serial number	Name and specification	Quantity
1	Rear bottom pipe assembly	1	49	50*70 internal plug of the rectangular tube	4
2	Ground pipe assembly	1	50	25*50 internal plug of the rectangular tube	4
3	Round rubber pad	1	51	50 internal plug of the square tube	2
4	Pedal	1	52	25 circular tube plug	4
5	Counterweight guide rod weldment	2	53	50 internal plug of the round tube	4
6	Front inclind tube assembly	1	54	spheroidal internal plug of the round tube	1
7	Front bottom frame support pipe assembly	1	55	Bushing between pipes	3
8	Limit tube	1	56	25 internal plug of the round tube	8
9	Shield connecting platel	2	57	Plastic shaft sleeve	2
10	Weight lever assembly	1	58	Push-forward cushion	1
11	N/A		59	Circular tube shaft sleeve	4
12	Carrying bar assembly	1	60	38 internal plug of the square tube	1
13	Cantilever assembly	1	61	Adjusting rod flat pad	3
14	Limit tube assembly	1	62	Straight pin	1
15	U-shaped seat connecting pipe assembly	1	63	L-shaped inserted pin	1
16	Leg-lifting assembly	1	64	Self-plugging rivet	4
17	Rubber grip assembly for hands	1	65	Lock catch	5
18	Rightswing arm assembly	1	66	Eight-ring chain	2
19	Front push handlebar assembly	2	67	Rotation shaft	1
20	Leftswingarm assembly	1	68	Pulley pressing sleeve (big)	4
21	Pulley connecting plate	2	69	Pulley pressing sleeve (small)	16
22	Double U-shaped seat weldment	1	70	Pan head square neck bolt (M10*90)	6
23	Rotating U seat	1	71	Pan head square neck bolt (M10*65)	2
24	Sponge stick tube	2	72	Hexagon socket pan-headed bolt (M10*20)	4
25	Iron net protection cover	2	73	Hexagonal bolt (M10*135)	2
26	High handlebar tube assembly	1	74	Hexagonal bolt (M10*90)	2

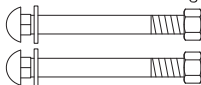
27	high-pulling handlebar assembly	1	75	Hexagonal bolt (M10*65)	5
28	Swing arm U-shaped seat assembly	2	76	Hexagonal bolt (M10*45)	11
29	high-pulling bushing weldment	1	77	Hexagonal bolt (M10*20)	4
30	Counter weight head	1	78	Hexagon socket pan-headed bolt (M10*12)	8
31	Clamp weight	11	79	Hexagonal bolt M8*40	2
32	high-pulling wire rope assembly(2800 mm)	3	80	Hexagonal bolt (M8*65)	2
33	Butterfly arm wire rope assembly(2840mm)	1	81	Hexagonal bolt (M8*15)	2
34	Seat cushion components	1	82	Cross recessed pan head screws (M6*20)	3
35	Backrest cushion components	1	83	Hexagonal bolt M8*25	2
36	Hand pad component	1	84	Jam nut(M16)	2
37	Small spring pin rotary knob	2	85	Jam nut(M10)	37
38	Training rope assembly	1	86	Big flat pad (16)	2
39	Round adhesive tape components	1	87	Flat pad (10)	70
40	Big sponge stick	2	88	Flat pad (8)	10
41	Sponge stick	4	89	Jam nut M8	2
42	Sponge grip	6	90	Hexagonal bolt (M10*95)	1
43	Spring pin rotary knob	2	91	Nut cover (M16)	2
44	Shock pad	2	92	High-pulling PVC sleeve	2
45	Leg-lifting blotter	1	93	Cushion adjustment tube	1
46	Pulley	17	94	Spacer bush	2
47	Outer foot strap	2	95	PVC gum cover	2
48	Counterweight head bushing	1	96		
Tool					
	Spinner 14#-17# and 17#-19#	2		Hex wrenches 6#	2
	Special spanner	1			

Parts picture list



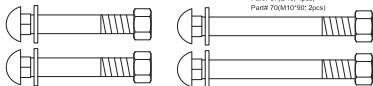
(Main body) Parts disk 1

STEP1



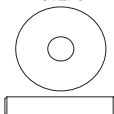
Part# 85(M10; 2pcs)
Part# 70(M10*90; 2pcs)
Part# 87(Ø10; 2pcs)

STEP2



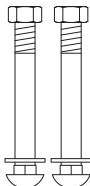
Part# 85(M10; 4pcs)
Part# 71(M10*65; 2pcs)
Part# 87(Ø10; 4pcs)
Part# 70(M10*90; 2pcs)

STEP3



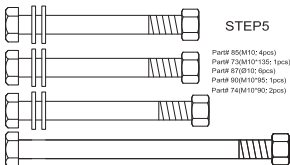
Part# 62(C10*55; 1pcs)
Part# 61(Ø45*Ø13; 1pcs)

STEP4



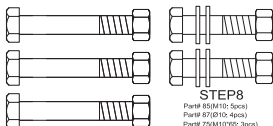
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Part# 87(Ø10; 2pcs)

STEP5



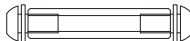
Part# 85(M10; 4pcs)
Part# 73(M10*135; 1pcs)
Part# 87(Ø10; 6pcs)
Part# 90(M10*95; 1pcs)
Part# 74(M10*90; 2pcs)

STEP8



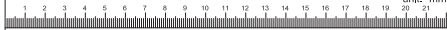
Part# 85(M10; 5pcs)
Part# 87(Ø10; 4pcs)
Part# 75(M10*65; 3pcs)
Part# 76(M10*45; 2pcs)

STEP6

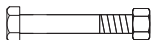


Part# 67(Ø16*71; 1pcs)
Part# 87(Ø10; 2pcs)
Part# 72(M10*20; 2pcs)

unit: mm

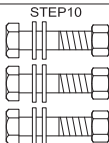
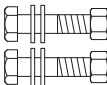


(Main body) Parts disk 2



STEP9

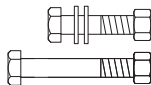
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Part# 87(Ø10; 4pcs)
Part# 75(M10*65; 1pcs)
Part# 76(M10*45; 2pcs)



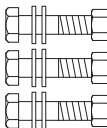
STEP10

Part# 85(M10; 3pcs)
Part# 87(Ø10; 6pcs)
Part# 76(M10*45; 3pcs)

STEP11



Part# 85(M10; 5pcs)
Part# 87(Ø10; 6pcs)
Part# 75(M10*65; 1pcs)
Part# 76(M10*45; 4pcs)



STEP14

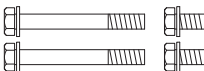


Part# 91(2pcs)



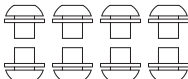
STEP12

Part# 88(Ø8; 6pcs)
Part# 79(M8*40; 2pcs)
Part# 80(M8*65; 2pcs)
Part# 81(M8*15; 2pcs)

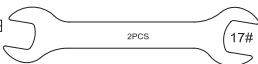


STEP13

Part# 87(Ø10; 8pcs)
Part# 76(M10*12; 6pcs)

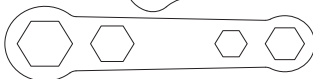


Tool (6#;2PCS)

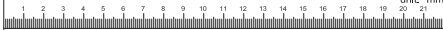


2PCS

17#



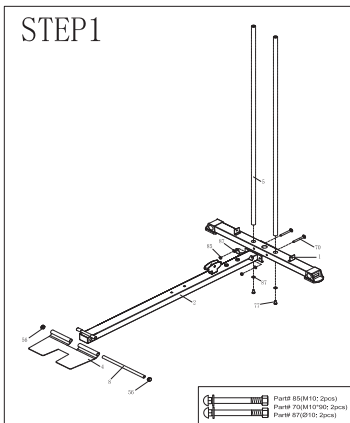
unit: mm



Assembly instructions

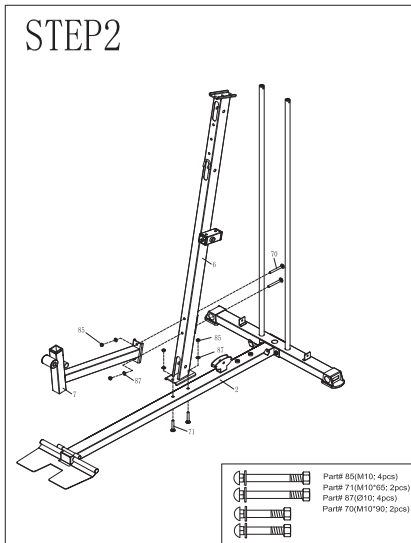
Step 1

- 1.Insert the counterweight guide rod weldment (5) into the corresponding hole of the rear bottom pipe assembly (1), and then use M10*20 hexagonal bolt (77) and $\Phi 10$ flat pad (87) to fasten tightly from the bottom.
- 2.Place the rear bottom pipe assembly (1) and the ground pipe assembly (2) in accordance with the picture, and use M10*90 pan head square neck bolts (70), $\Phi 10$ flat pad (87) and M10 jam nut (85) to fasten them tightly.
- 3.Use the limit tube (8) to pass through the pedal (4) and fix it on the front ground pipe assembly (2) in accordance with the picture, and then use the 25 internal plug of the round tube (56) to cover both ends of the limit tube (8).



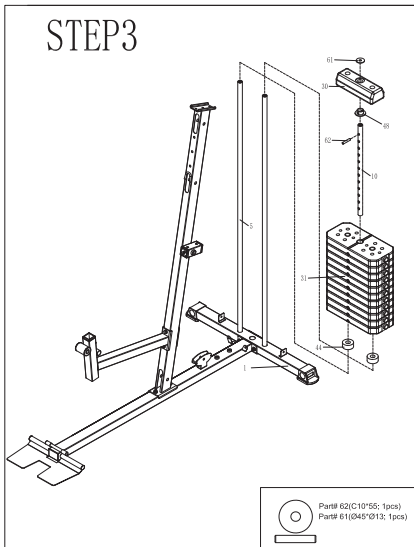
Step 2

1. Place the front inclined pipe assembly (6) on the assembled ground pipe assembly (2) in accordance with the picture, use M10*65 pan head square neck bolts (71), $\Phi 10$ flat pads (87) and M10 jam nut (85) to fasten them tightly.
2. Put the front bottom frame support pipe assembly (7) and the front inclined tube assembly (6) in accordance with the picture, and use M10*90 pan head square neck bolts (70), $\Phi 10$ flat pads (87) and jam nut (85) to fasten them tightly



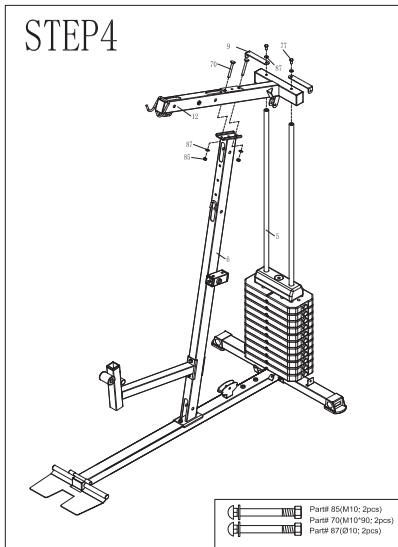
Step 3

1. First install the shock pad (44) and clump weight (31) into the counterweight guide rod weldment (5) in accordance with the picture; then insert them in the direction in accordance with the picture, and pass the straight pin (62) through the counterweight head bushing (48) and the first hole of the weight lever assembly (10) (counting from top to bottom), and then install the counter weight head (30); finally, place the adjusting rod flat pad (61) in the position.



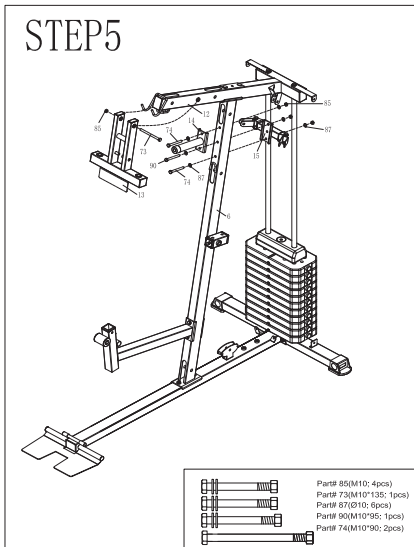
Step 4

1. Align the holes on the horizontal tube on the carrying bar assembly (12) with the counterweight guide rod weldment (5) and assemble; then use M10*20 hexagonal bolt (77), $\Phi 10$ flat pads (87) and shield connecting plate 1 (9) to fasten from the top, but not fasten tightly temporarily; then align the holes of the carrying bar assembly (12) and the front inclined pipe assembly (6) in accordance with the picture, and use M10*90 pan head square neck bolts (70), $\Phi 10$ flat pad (87) and M10 jam nut (85) to tighten them.



Step 5

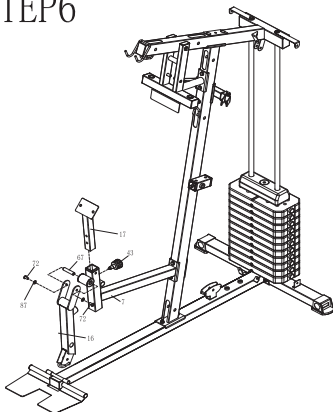
1. Place the limit pipe assembly (14), front inclined pipe assembly (6), U-shaped seat connecting pipe assembly (15) in accordance with the picture, and use M10*95 hexagonal bolts (90), M10*90 hexagonal bolt (74), $\Phi 10$ flat pad (87) and M10 jam nut (85) to tighten it.
2. Assemble the cantilever assembly (13) and the carrying bar assembly (12) into the the corresponding holes in accordance with the picture, and fasten them with M10*135 hexagonal bolts (73) and M10 jam nuts (85).



Step 6

1. Insert the rotation shaft (67) into the front bottom frame support pipe assemble (7) in accordance with the picture, and then align the leg-lifting assembly (16) with the front bottom frame support pipe assemble (7) in accordance with the picture, and use M10 *20 hexagon socket pan-headed bolts (72) and $\Phi 10$ flat pad (87) to fasten tightly.
2. Insert the rubber grip assembly for hands (17) into the front bottom frame support pipe assemble (7) in accordance with the picture, and fasten them with the spring pin rotary knob (43).

STEP6



Part# 67(Ø16*71; 1pcs)

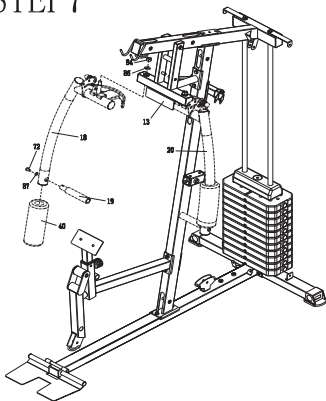
Part# 87(Ø10; 2pcs)

Part# 72(M10*20; 2pcs)

Step 7

1. Assemble the right swing arm assembly (18) and the left swing arm assembly (20) on the corresponding holes of the cantilever assembly (13) in accordance with the picture, use M16 jam nut (84), $\Phi 16$ big flat pad (86)) to fasten tightly.
2. Assemble the big sponge stick (40) on the right swing arm assembly (18) and left swing arm assembly (20) as shown in the picture. 3. Let the front push handlebar assembly (19) pass through the corresponding holes of the right swing arm assembly (18) and left swing arm assembly (20) in accordance with the picture, and use M10*20 hexagon socket pan-headed bolts (72) , 10 big flat pad (87) to fasten tightly.

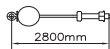
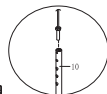
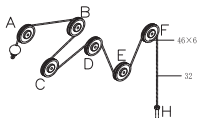
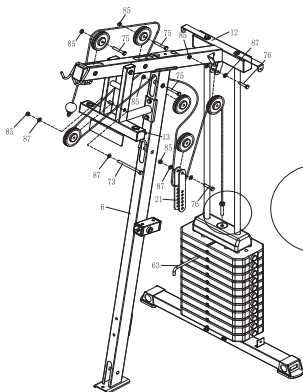
STEP7



Step 8

1. Take the wire ropes (32) and place them as shown in the picture. Assemble them in the order shown in the picture.
2. The assembly methods of pulleys A, B and D are the same, which are as shown in the picture. The sequence is M10*65 hexagonal bolt (75), pulley assembly (46), M10 jam nut (85);
3. As shown in picture C, the sequence is M10*135 hexagonal bolts (73), $\Phi 10$ flat pad (87), pulley assembly (46), $\Phi 10$ flat pad (87), M10 jam nut (85), which are fixed on the cantilever assembly (13);
4. As shown in the picture E, the sequence is M10*45 hexagonal bolt (76), $\Phi 10$ flat pad (87), pulley connecting plate (21), pulley assembly (46), pulley connecting plate (21), $\Phi 10$ flat pad (87), M10 jam nut (85);
5. As shown in picture F, the sequence is M10*45 hexagonal bolt (76), $\Phi 10$ flat (87), pulley assembly (46), $\Phi 10$ flat pad (87), M10 jam nut (85), which are fixed on the carrying bar assembly (12);
6. As shown in picture H, finally fasten tightly the other end of the wire rope (32) on the weight lever assembly (10), and insert the L-shaped inserted pin (63) into the clump weight

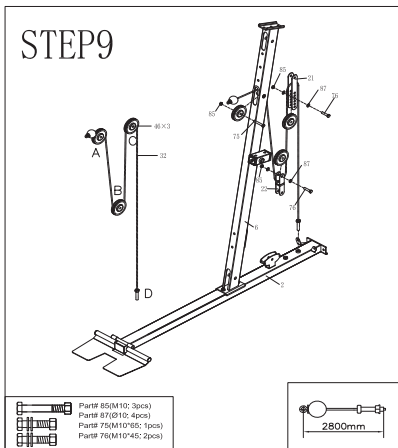
STEP8



- | | | |
|--|--|------------------------|
| | | Part# 85(M10; 5pcs) |
| | | Part# 87(Ø10; 4pcs) |
| | | Part# 75(M10*65; 3pcs) |
| | | Part# 76(M10*45; 2pcs) |

Step 9

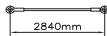
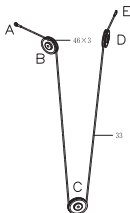
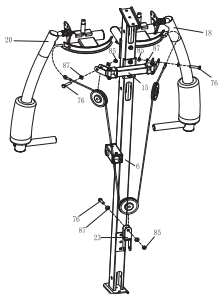
1. Take the wire ropes (32), place them as shown in the picture, and assemble them in the order shown in the picture.
2. As shown in picture A, the sequence is M10*65 hexagonal bolt (75), pulley assembly (46), M10 jam nut (85), which are fixed in the front inclined pipe assembly (6);
3. As shown in picture B, the sequence is M10*45 hexagonal bolts (76), $\Phi 10$ flat pad (87), pulley assembly (46), $\Phi 10$ flat pad (87), and M10 jam nut (85), which are fixed on the double U-shaped seat weldment (22).
4. As shown in picture C, the sequence is M10*45 hexagonal bolt (76), $\Phi 10$ flat pad (87), pulley connecting plate (21), pulley assembly (46), pulley connecting plate (21), $\Phi 10$ flat pad (87) and the M10 jam nut (85);
5. Finally, fasten the other end of the wire rope (32) tightly on the ground pipe assembly (2).



Step 10

1. Take the butterfly arm wire ropes (33), place them as shown in the picture, and assemble them in the order shown in the picture;
2. As shown in pictures A and E, hang both ends of the wire rope (33) in the right swing arm assembly (18) and left swing arm assembly (20);
3. As shown in picture B and D, the sequence is M10*45 hexagonal bolt (76), $\Phi 10$ flat pad (87), pulley assembly (46), $\Phi 10$ flat pad (87), and M10 jam nut (85), which are fixed in U-shaped seat connecting pipe assembly(15);
4. As shown in picture C, the sequence is M10*45 hexagonal bolt (76), $\Phi 10$ flat pad (87), pulley assembly (46), $\Phi 10$ flat pad (87), and M10 jam nut (85), which are fixed on the rotating U seat (23).

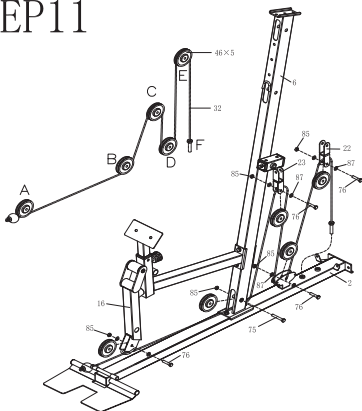
STEP10



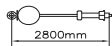
Step 11

1. Take the wire ropes (32), place them as shown in the picture, and assemble them in the order shown in the picture;
2. As shown in picture A, the sequence is M10*45 hexagonal bolt (76), $\Phi 10$ flat pad (87), pulley assembly (46), $\Phi 10$ flat pad (87) and M10 jam nut (85), which are fixed on the leg-lifting assembly (16);
3. As shown in picture B, the sequence is M10*65 hexagonal bolt (75), pulley assembly (46) and M10 jam nut (85), which are fixed in the front inclined pipe assembly (6);
4. As shown in picture C, the sequence is M10*45 hexagonal bolt (76), $\Phi 10$ flat pad (87), pulley assembly (46), $\Phi 10$ flat pad (87), and M10 jam nut (85), which are fixed on the rotating U seat (23)
5. As shown in picture D, the sequence is M10*45 hexagonal bolt (76), $\Phi 10$ flat pad (87), pulley assembly (46), $\Phi 10$ flat pad (87), and M10 jam nut (85), which are fixed on the ground pipe assembly(2);
6. As shown in picture E, the sequence is M10*45 hexagonal bolt (76), $\Phi 10$ flat pad (87), pulley assembly (46), $\Phi 10$ flat pad (87) and M10 jam nut (85), which are fixed on the double U-shaped seat weldment (22);
7. As shown in picture F, finally lock the other end of the wire rope (32) to the ground pipe assembly (2).

STEP11



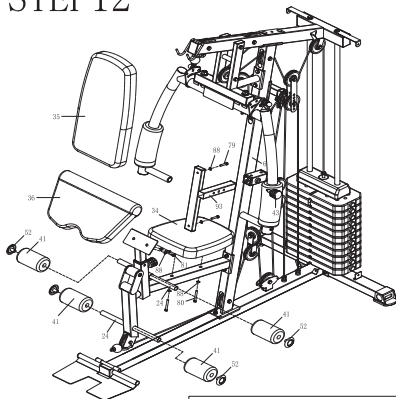
Part# 85(M10; 5pcs)
 Part# 87(Ø10; 6pcs)
 Part# 75(M10*65; 1pcs)
 Part# 76(M10*45; 4pcs)



Step 12

1. Take the backrest cushion component (35), fix it on the cushion adjustment tube (93) with M8*40 hexagonal bolts (79) and $\Phi 8$ flat pad (88) in accordance with the position in the picture, and then fix the cushion adjustment tube (93) and insert it into the front inclined pipe assembly (6), and finally fasten it tightly with the spring pin rotary knob (43);
2. Take the seat cushion (34), and use M8*65 hexagonal bolts (80) and $\Phi 8$ flat pad (88) in accordance with the position in the picture to fasten it tightly;
3. Take the hand pad (36) and fix it with M8*15 hexagonal bolts (81) and $\Phi 8$ flat pad (88) in accordance with the position in the picture;
4. After installing the 2PCS sponge stick tube (24) as shown in the picture, finally install the PVC gum cover (95) and sponge stick (41) on the sponge stick tube (24).

STEP12

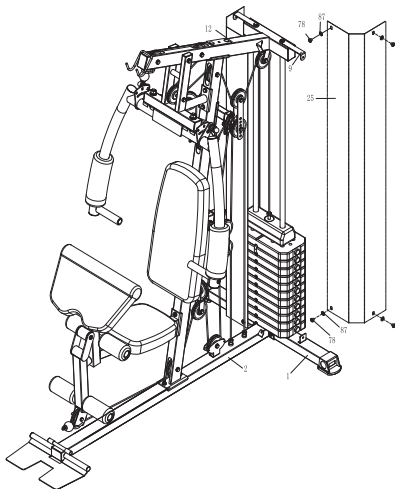


Part# 88($\Phi 8$; 6pcs)
Part# 79(M8*40; 2pcs)
Part# 80(M8*65; 2pcs)
Part# 81(M8*15; 2pcs)

Step 13

1. Place the iron net protection cover (25) and the shield connecting plate2 (9) in accordance with the picture; fasten and fix them to the installed main part with M10*12 hexagon socket pan-headed bolts (78) and $\Phi 10$ flat pads (87).

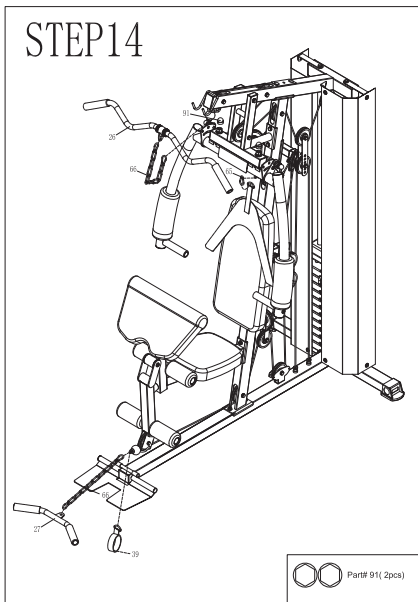
STEP13



Part# 87($\Phi 10$; 8pcs)
Part# 78(M10*12; 8pcs)

Step 14

1. Assemble the high handlebar tube assembly (26), eight-ring chain (66), lock catch (65), low-pulling handlebar assembly (27), training rope assembly (38), and nut cover (91) as shown in the picture; put the round adhesive tape components (39). 2. After the assembly is completed, check whether the screws are fastened and fixed tightly

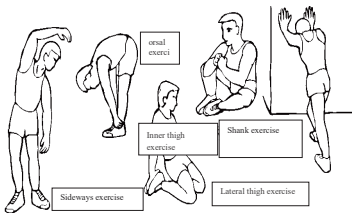


Training instruction

In addition to the product's function of strengthening the body and building muscles, it can also play a role in weight loss through a reasonable diet.

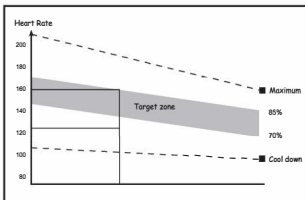
Warm up before training

The warm-up exercise at this stage can enhance the blood circulation of the trainers' bodies and make the muscles reach a good training state, while reducing the risk of cramps or muscle damage during the process of training. Each time before training, please do the warm-up exercises in accordance with the following recommended training methods. Each kind of stretching exercise must be maintained for about 30 seconds. When doing exercises, you must be careful not to do intense stretching exercises to prevent muscle damage. Once the muscle is damaged, please stop exercising.



Stage of training

This stage is a formal training stage, and after a long period of regular exercise you can improve the flexibility of the leg muscles. The key to the training process is to exercise with a stable training intensity in accordance with your own training situation. Choose a reasonable training intensity during the exercise and keep your heart rate within the target value range listed in the following table.








Keep the heart rate within the corresponding target range for at least 12 minutes of training. Most people continue training for 15-20 minutes at the beginning of training.






Recovery phase after training






During the recovery phase, repeat the activities in the preparation phase. During the process, you can appropriately reduce the amplitude and speed of the exercise. The time can last for about 5 minutes. You can adjust the body heat through exercise so as to relax the muscles. What should be noted is that vigorous stretching activities can't be done during exercise so as to avoid muscle damage.

In the case when you adapt yourself to training, you can gradually extend the training time and increase the training intensity. It is recommended to train at least 3 times a week, and record the average level of weekly exercise if possible.

Directive drawing of training

	<p>Seated rowing (obliques) will be low pull "T" shaped handle assembly installed to the low pulley, sitting on the ground with the feet to support the cross post, the legs to do a slight bend, the body upward movement at the same time straighten the legs, the waist to do bending, straighten the movement at the same time to complete the time of the Ministry of the extension of the movement.</p>
	<p>Butt Knee Exercise(Rectus Abdominis) Attach the low pull "T" shaped handlebar assembly to the low pulley, lie flat on the ground with both legs with your legs almost straight, toes up. Place the "T" shaped handlebar assembly in the center of each foot. Lift your knees upward so that the "T" handle assembly is as close to your chest as possible. as close to the chest as possible</p>
	<p>Biceps training (biceps - forearm muscle group) will be low pull "T" shaped handlebar assembly installed to the low pulley, both hands to grasp the T handlebar assembly, the body to stand straight, two arms straight, back arm close to the body, with the forearm as far as possible to lift up the handlebar assembly.</p>
	<p>The biceps training (biceps and forearm muscles) Install the T-shaped low-pulling handlebar at the lower pulley. Adjust the round sponge holder to the highest position. Sit on the seat cushion and make your elbows lean on the circular foam pad. Hold the T-shaped handlebar assembly with your elbow as the center to do arc movements with the greatest amplitude as much as possible.</p>
	<p>Biceps Training - Reverse Grip (Biceps-Forearm Muscle Group Strengthening) Do the same preparatory work and exercise as in the previous step, with the exception that you will hold the the low pull handle assembly, during the exercise you You can feel the real force is on the hands and not the biceps.</p>

	<p>Wrist joint training (forearm muscle group) Install the low-pulling T- shaped handlebar assembly at the pulley, adjust the round sponge holder to the highest position, hold the bottom handlebar assembly with both hands, and put the forearm on the round sponge holder and bend the wrist with the widest possible range of motion. If you bend in the opposite direction, you can exercise the extensor muscles of the forearm.</p>
	<p>Leg curl training (muscle tendon) This exercise allows only one leg to do exercises at the same time. Adjust the round sponge holder to the highest position, hang the wire rope on the leg with the hook, hold the knee against the round sponge holder, and then bend your leg as much as possible.</p>
	<p>Leg-kicking training (quadriceps) Adjust the round sponge holder to the lowest level, hook the round sponge holder with your legs, grab the bottom of the seat cushion with both hands, and then slowly straighten your legs.</p>
	<p>Back-bending training (rectus abdominis, latissimus dorsi) will be high pull "T" shaped handle assembly installed to the high pulley, the round sponge bar to the lowest position, feet hooked round sponge bar, both hands holding the high pull handle assembly, waist as far as possible, forward and downward to do bending movement.</p>
	<p>Biceps Training - Reverse Grip (Biceps-Forearm Muscle Group Strengthening) Do the same preparatory work and exercise as in the previous step, with the exception that you will hold the the low pull handle assembly, during the exercise you You can feel the real force is on the hands and not the biceps.</p>

	<p>Low-pulley training (triceps) Install the high handlebar assembly at the high pulley, adjust the round sponge holder to the highest position, hold the handlebar assembly tightly, and place your thighs under the round sponge holder as a support while sitting on the seat cushion. While arching your back, pull the handlebar assembly to the chest to complete the exercise.</p>
	<p>Chest- expansion training (pectoralis major) Adjust the PRE-STRETCH and UPPER ARM so that they are parallel to the ground. Lean your forearm on the round sponge holder and push forward with your elbow instead of your arm.</p>
	<p>Pushing-forward training</p> <p>1) Adjust the front and back of the cushion so that the handlebar assembly on the left/right arm is in the middle of the chest.</p> <p>2) You can use any set of handlebar assembly to do exercises, and push the left/right arm to the maximum stretching range. Change the angle of the handlebar assembly from horizontal to vertical, so that the muscles can get the corresponding exercises from different angles.</p>
	<p>Lifting the leg at the back. (hip muscles) This training allows only one leg to do exercises at the same time. Adjust the round sponge holder to the highest position, connect the steel wire rope at the pulley to the ankle, add a suitable safety protective cover to the ankle, and lean on the round sponge holder with your hands as the support. Then, do the back leg-lifting movements and restoration movement slowly</p>
	<p>Side kick (leg muscles) This exercise allows only one leg to be trained at the same time. After doing the same warming up as the back leg-lifting movements, cross your legs during the exercise, and then lift your legs as much as possible to the opposite side of the sponge holder that you hold.</p>

Warning

Before doing any exercises, you require to do warm-up activities and consult the recommended authoritative medical institutions. Besides, any user who can't bear long-term training due to the physique and suffering from obesity, high blood pressure or cardiovascular disease must consult an authoritative medical institution before doing any exercises or conduct continuous exercises.

Before assembling, please read all the instructions carefully.

- Before doing exercises, make sure that all the parts are fasten. Incorrect or improper installation will cause damage to your body.
- We recommend that two people should work together to complete the installation of the equipment.

Warranty

We provide a 2-year warranty for this product. In this period, replacements for all accessories are freely provided.

If you need replacement parts or support from the seller, please contact us via Amazon. (Login your amazon account > choose "Your orders" > find the order ID>click "Contact seller").

or email to service-customer001@outlook.com

Our customer service will get back to you within 24 hours.

In order to resolve your issue faster, please include the following information in your email when contacting us.

Order number_____

Product_____

Issue_____

Request_____

Address_____

Phone number_____