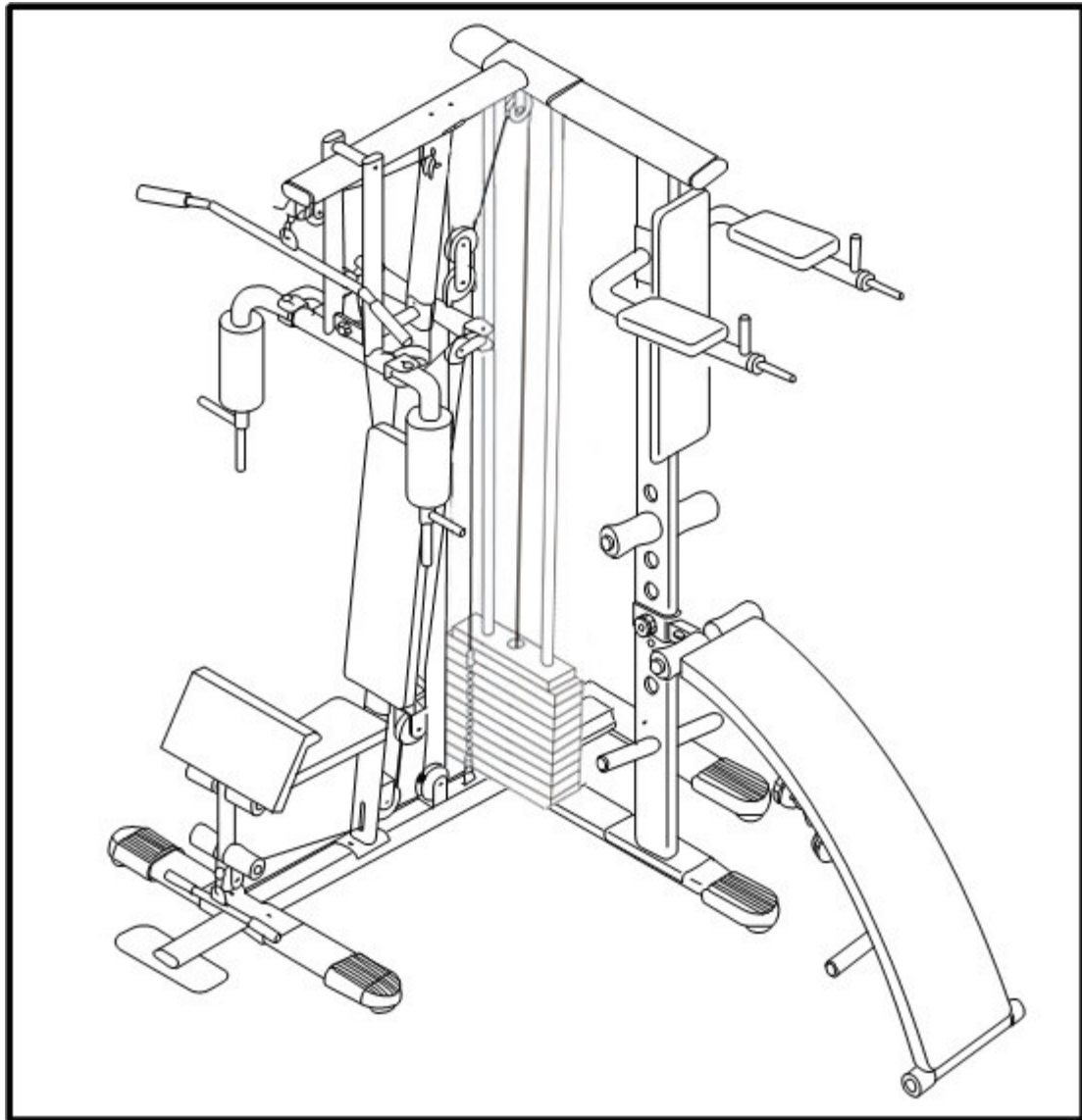


CF-4700

HOME GYM



Important Safety Information

Please keep this manual in a safe place for reference.

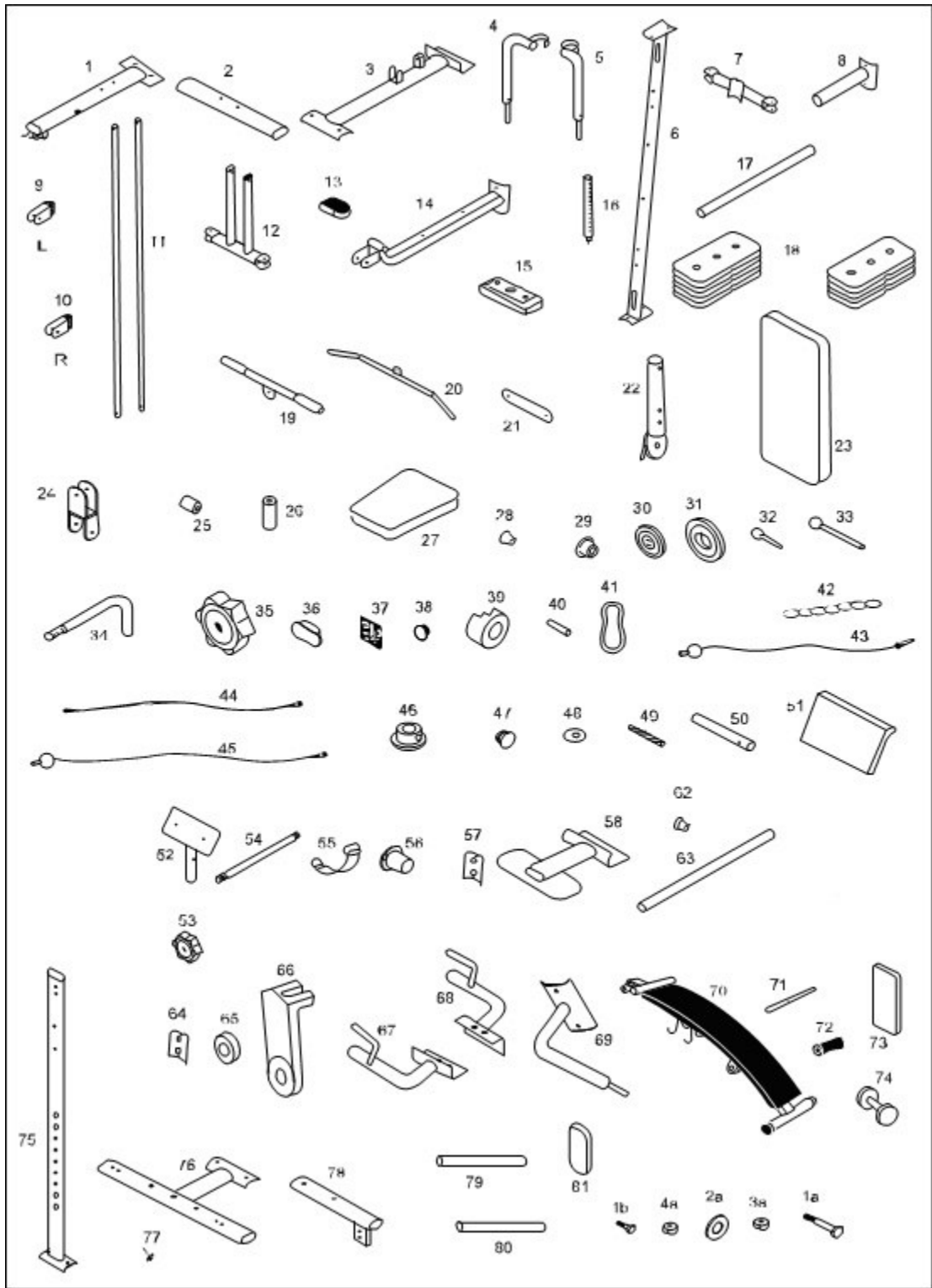
1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 metre of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only. Maximum weight of user, 100kg.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance

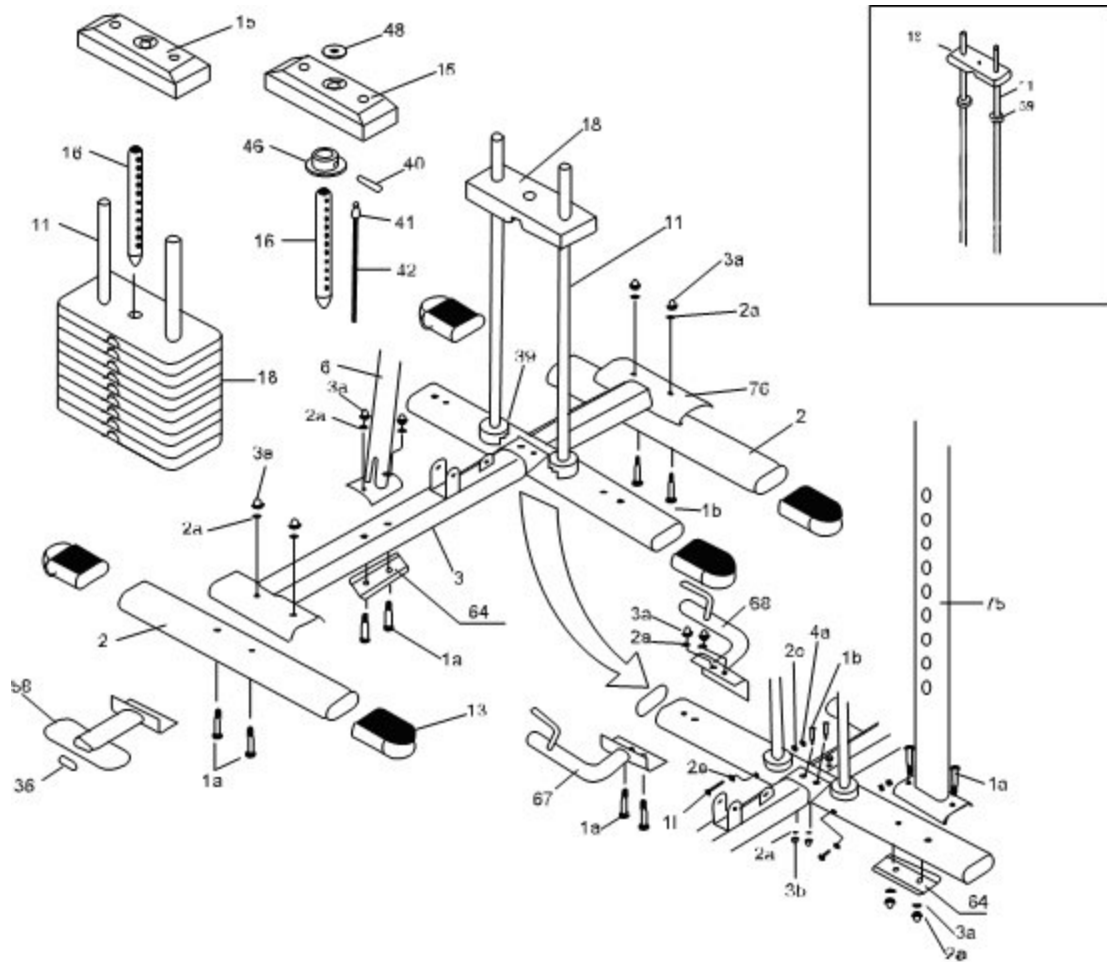
FITNESS HOME GYM PARTS LIST

No.	NAME	Q'TY	No.	NAME	Q'TY
1	Upper support	1	42	Chain	1
2	Stabilizer base	2	43	Selection bar cable	1
3	Main base	1	44	Butterfly arms cable	1
4	Right arm	1	45	Lower pulley cable	1
5	Left arm	1	46	Upper weight socket	1
6	Vertical support	1	47	Plastic stopper diam. 25mm	1
7	Pulley holder support	1	48	Upper weight washer	1
8	Prop support	1	49	Foam sleeve for grips	16
9	Left pulley support	1	50	Metal grip	4
10	Right pulley support	1	51	Cushion for biceps pad	1
11	Chrome bars	2	52	Metal support for biceps pad	1
12	Chest press	1	53	Handle knob to fix rest	2
13	Oval shaped rubber feet	6	54	Threaded bar to fix rest	1
14	Seat support	1	55	Padded ankle strap	1
15	Upper weight	1	56	Round plastic guide	1
16	Weight selector	1	57	Saddle support plate	1
17	Cylinder holder shaft L=390mm	2	58	Front platform	1
18	Weights	9	62	Bushing diam 8.5x13.5x14.5mm	2
19	Tension bar	1	63	Cylinder holder shaft L=430mm	1
20	Bar for upper pulley	1	64	Saddle support plate	2
21	Screw plates for pulleys	2	65	Plastic Bush	15
22	Extension lever	1	66	Plastic guide	15
23	Padded back	1	67	Push up bar (Right)	1
24	Double crutch for pulleys	1	68	Push up bar (Left)	1
25	Foam cylinders L=160mm	4	69	Cushion Holder	2
26	Foam protector L=250mm	2	70	Back Cushion	1
27	Seat	1	71	Cross Tube L=570	1
28	Bushing diam.10x18x24mm	6	72	Circular Foam Grip	4
29	Bushing diam.12.5x29x8.5mm	8	73	Back Cushion Board	1
30	Pulley diam. 9.6x90x30mm	9	74	Dumbbells	2
31	Pulley diam. 9.6x90x22mm	3	75	Cushion Support Frame	1
32	Ball pin 10x75mm	2	76	Stabilizer base	1
33	Pin for weight selector	1	77	Locking Knob	1
34	L-shaped block lever	1	78	Rear Support Tube	1
35	Handle screw for block lever	2	79	Cylinder holder shaft L=315mm	1
36	Oval plastic stopper	3	80	Cylinder holder shaft L=290mm	1
37	PVC protecto	3	81	Hand back	2
38	Rubber protector	1			
39	Cylindrical rubber stop	2			
40	Pin for upper weight socket	1			
41	Harness clip	4			

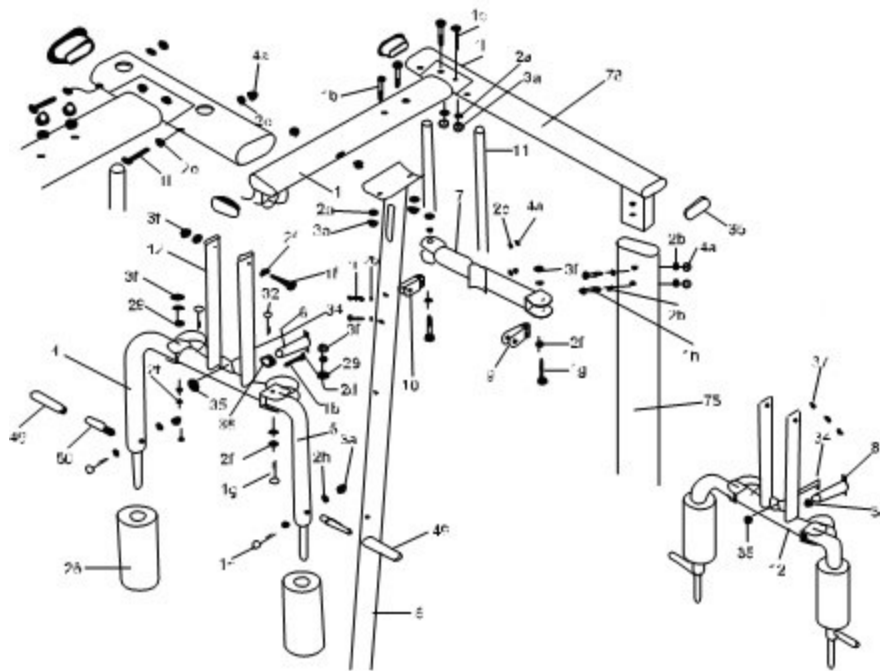
LIST OF BOLTS, NUTS, WASHERS

NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1a	Screw M8 x 50mm	8	3f	Nut M12	5
2a	Washer Ø8	16	1g	Screw M12 x 85mm	4
3a	Nut M8	20	1h	Screw M8 x 60mm	4
4a	Nut M10	26	2h	Curve Washer Ø8	8
1b	Screw M8 x 45mm	8	1l	Screw M10 x 85mm	5
2b	Washer Ø10	56	1j	Screw M10 x 25mm	2
1c	Screw M6 x 16mm	2	1k	Screw M10 x 50mm	3
2c	Washer Ø6	2	1L	Screw M10 x 55mm	11
1d	Screw M10 x 38mm	4	1m	Screw M10 x 60mm	8
2e	Curve washer Ø10	12	1n	Screw M10 x 45mm	2
1f	Screw M12 x 145mm	1	1p	Screw M10 x 16mm	4
2f	Washer Ø12	10			

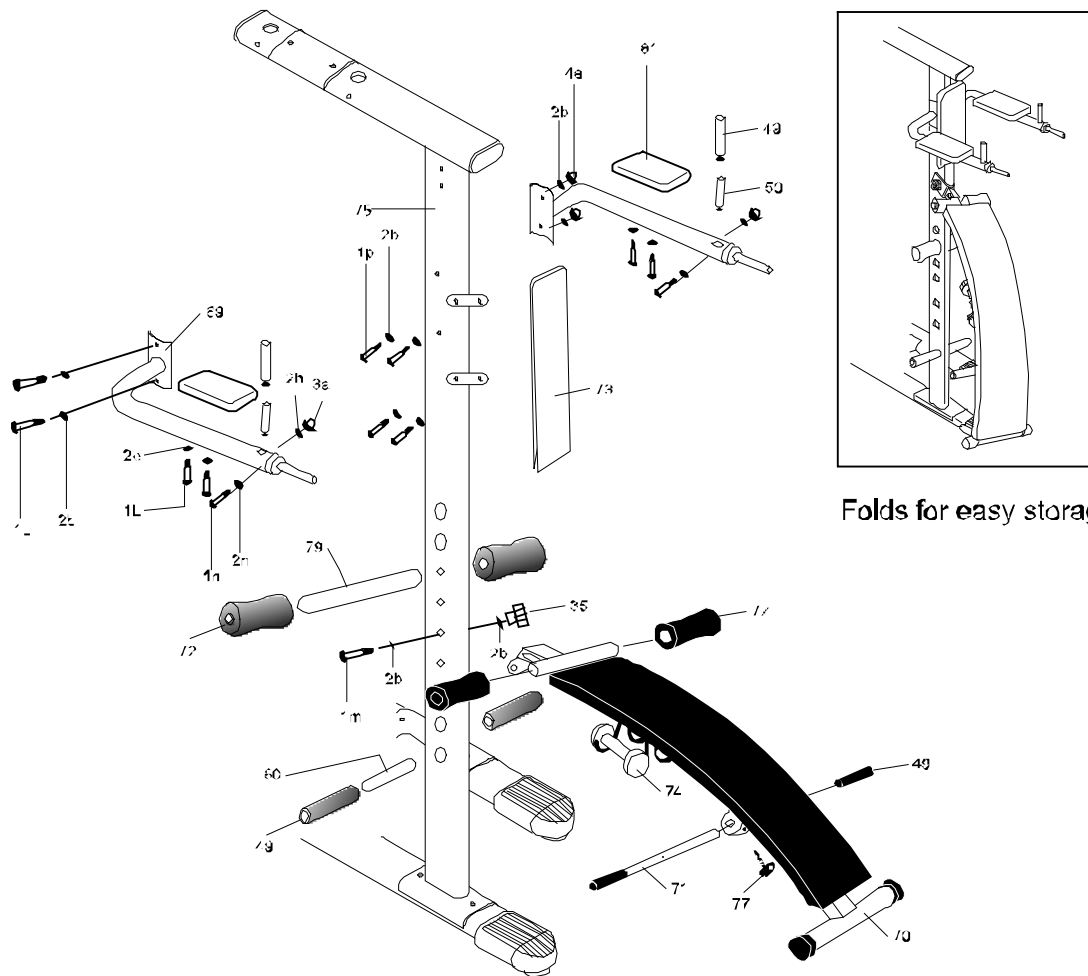




- 1) Place the rubber feet (13) on the ends of the central, back and front stabilising bases (2).
- 2) Attach the front and back stabilising bases (2) to the main base (3), Front plat form 58) and the Stabilizer base (76) using screws (1a) or (1b), washers (2a) and nuts (3a). Then Attach the stabilizer base (76) to the main base (3) using screws (1b) washers (2a) and nuts (3a), Note:and this time screws(1b) must be attached from up to down.
- 3) Attach the push up bar (right) (67) and the push up bar (left) (68) to the stabilizer base (76) using screws (1a) washers (2a) and nuts (3a)
- 4) Attach the vertical support (6) and the plate (64) to the main base (3) using screws (1a), washers(2a) and nuts (3a).Attach the cushioning support Frame (75) and the plate (64) to the stabilizer base(76)using screws (1a) washers (2a) and nuts (3a)
- 5) Insert the chrome bars (11) putting previously one of the weight cover support (59) together with the cylindrical rubber stops (39) on the main base (3) as shown in the drawing, and screw the bars to the base (3) using screws (11), washers (2e) and nuts (4a). Slide each weight (18) along the bars(11) (sticking on the weight labels). **IMPORTANT NOTE** : The groove for the weight selector pin (33)should be facing downwards. If not, the pin will not slide across.
- 6) Slide the weight selector (16) through the hole in the center of the weights (18).
- 7) Pass the socket (46) through the weight selector (16) and join blth parts to the pin (40). Pass the upper weight (15) through the bars and position the socket (46) in such a way that it fits in the base of the upper weight (15). Place the upper weight washer (48) over the hole in the center of the upper weight (15).

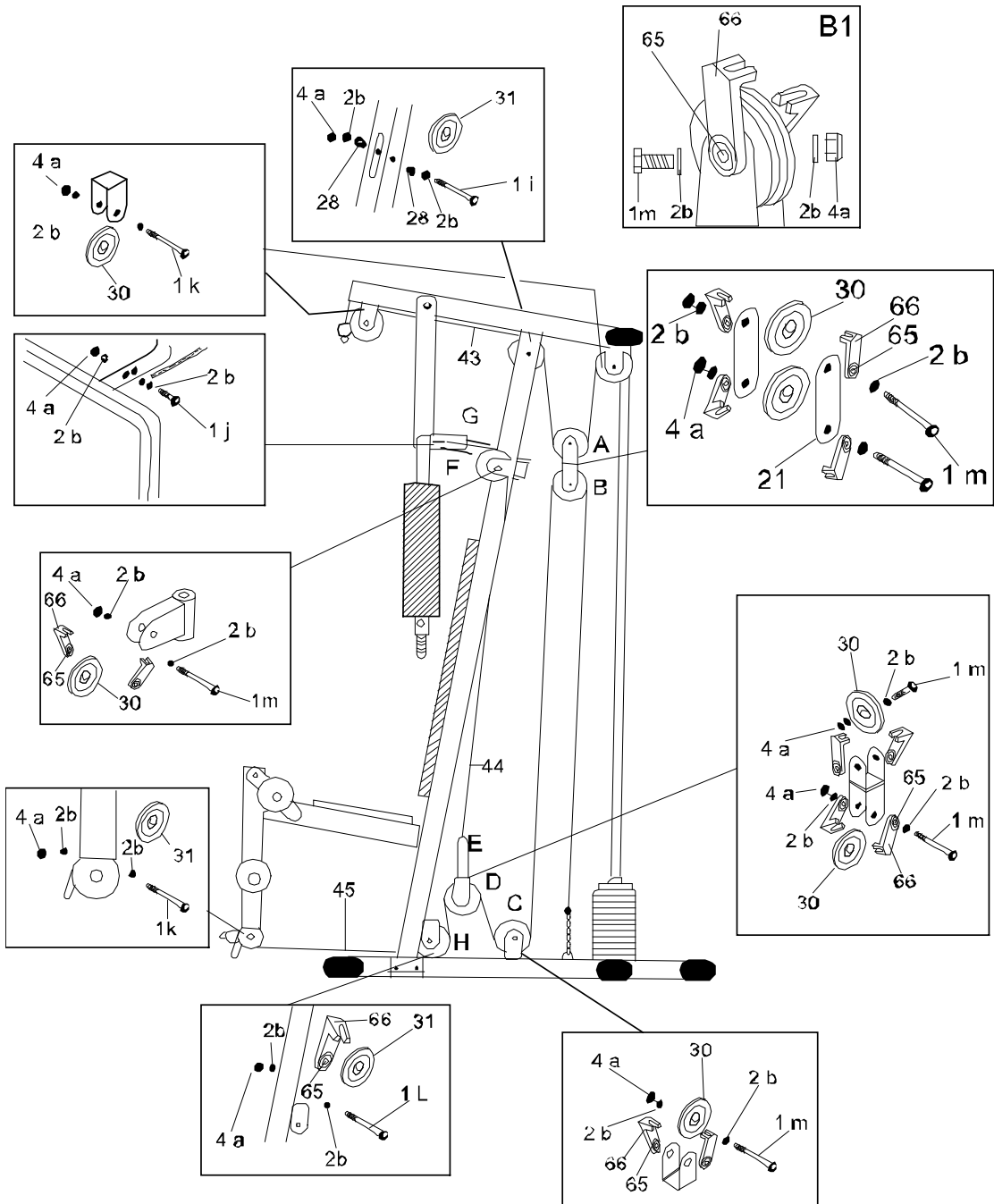


- 1) Insert the Rear support Tube (78) in the holes in the cushion support Fame (75).
- 2) Insert the chrome bars (11) in the holes in the Rear support Tube (78) and join using screws (1i), washers (2e) and nuts (4a).Place the upper support (1) over the vertical support (6) and attach the upper support(1) to the Rear support tube (78) using screws (1b), washers (2a) and nuts (3a). then to the vertical support (6)using screws (1b), washers (2a) and nuts (3a). AT THIS TIME, DO NOT SCREW ON TOO TIGHT.
- 3) Attach the oval plastic stoppers (36) to the upper support (1). join both the Rear support tube (78) and the cushion support fame (75) using screws (1n)washers (2b) and nuts (4a)
- 4) Using the bushings (29), one screw (1f), washers (2f) and one nut (3f), attach the chest press (12).
- 5) Join both the left (5) and right arms (4) to the chest press (12) using ball pins (32) and attach using bushings (29), screws (1g), washers (2f) and nuts (3f). NOTE: 2 WASHERS, 2 BUSHINGS, 1SCREW AND 1 NUT FOR EACH ARM.
- 6) Attach the PVC protectors (37) to both sides of the chest press (12), in such a way that the chest press(12) is protected from damage by the arms (4 & 5).
- 7) Attach the foam cylinders (26) to both arms (4 & 5), and fit the foam sleeves (49) on the grips (50) and the grips soldered to the arms (4 & 5). Moisten the inside of the foam with a little soap water to make this step easier.
- 8) Attach the metal grips (50) to both arms (4 & 5), facing outwards or inwards (as you prefer), using one screw (1h), washers (2h) and nuts (3a).
- 9) Mount the prop support (8) on the front of the vertical support (6) and place the pulley holder support (7) on the back of the vertical support (6) using screws (1L), washers (2b) and nuts (4a).
- 10) Attach the right hand pulley support (10) and the left hand pulley support (9) to the pulley holder support (7) using screws (1g), washers (2f) and nuts (3f).
- 11) Place the rubber protector (38) on the end of the prop support (8).
- 12) Insert the block lever (34) through the hole in the chest press (12), and attach on the other side using the handle screw (35), inserting the curved end of the lever in the hole in the prop support (8). Depending on the exercise you wish to do, you will need to insert the lever in the hole or not.



Folds for easy storage

- 1) Attach the back cushion (70) assemble to the cushion support frame (75) using one screw (1m), one handle knob (35) and two washer (2b).
- 2) Attach the Cross Bar (71) using one locking knob(77). Moisten the inside of the Foam Grip (49)& Circular Foam Grip (72) with household furniture polish (liquid) spray and slides onto both ends of the tube.
- 3) Insert the foam cylinder (79) and (80) to the hole on the support frame (75), and then moisten the inside of the foam grip (49) and (72) to the tube both of two side. The dumbbells (74) always put on the hook under the back cushion board (70).
- 4) Attach the cushion Holder (69) to the cushion support frame (75) using screw (1L) washers (2b) and nuts (4a)
- 5) Attach the hand back(81) to the cushion Holder (69),using screws (1L) washers (2e) and fit the foam sleeves (49) on the grips (50) and the grips soldered to the cushion Holder (69)). Moisten the inside of the foam with a little soap water to make this step easier. Attach the metal grips (50)to the cushion Holder (69), facing outwards or inwards (as you prefer), using one screw (1h), washers (2h) and nuts (3a).
- 6) Attach the Back cushion Board (73) to the cushion support fame (75) using screws (1p) washers (2b).

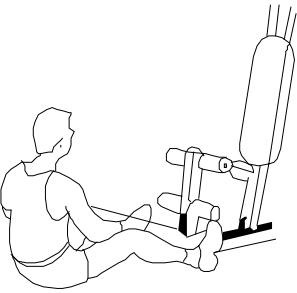
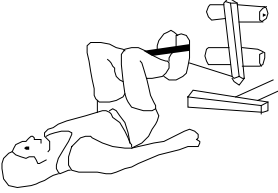
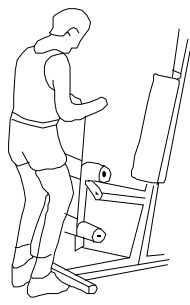



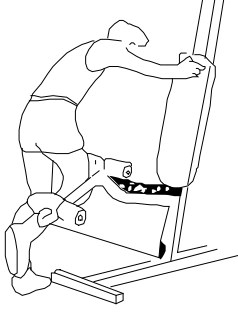
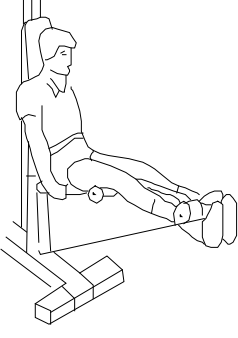
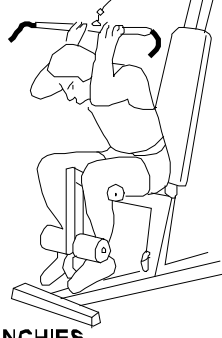


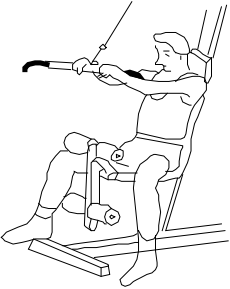
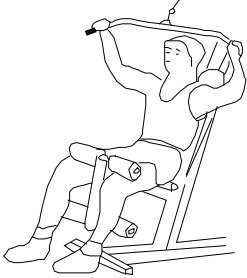
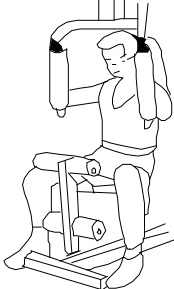

- 1) The three cables of the body building apparatus should be installed at the same time the pulley protectors as the pulleys, as shown in the detailed drawings.
- 2) The position of each cable is as follows: The lower pulley cable (45) goes from the extension lever to the main base where it joins the chain (42) which maintains cable tension. The butterfly arms cable (44) goes from the left arm (5) to the right arm (4), and is attached to both arms of the chest press. The selection bar cable (43) goes from the upper pulley, where the bar for exercise of back muscles is attached (20) to the upper weight (15).
- 3) To adjust cable tension, use the chain (42) and the harness clips (41).
- 4) Do not forget to tighten well all nuts and screws.
- 5) Connect the tension bar (19) to the end of the cable (45) located on the lower pulley which is at the extension lever (22), using the harness clip attached to the bar.
- 6) Connect the upper pulley bar (20) to the end of the cable (43) located on the upper pulley on the upper support (1).
- 7) Once the cables are installed, you are able to select the weight with which you wish to exercise using the weight selector pin (33).

The purpose of the pulley guide protectors is to prevent these from catching your fingers. Fit the protectors to the pulleys: A, B, C, D, E, F, G and H.

99% of cases of breakage of the cables are due to them coming out of the grooves in the pulleys. The cables can come loose due to a slackening in tension. Check that they are not slack; should they be, tighten them by using the chain & the spring hooks (i.e. shorten the chain by link).

EXERCISE INSTRUCTION

<p>1</p>  <p>LOW PULLEY ROW (TRAPEZIUS-LATISSIMUS DORSI-RECTOR SPINA-) FIT THE BAR TO LOW PULLEY SIT WITH FEET AGAINST CROSS-BRACE. LEGS SLIGHTLY BENT STRETCH FORWARD SIT-UP; ARCH YOUR BACK AND PULL TO YOUR WAIST</p>	<p>2</p>  <p>KNEE RAISE (HIT FLEXORS-RECTUS ABDOMINIS) FIT THE BAR TO LOW PULLEY LIE ON YOUR BACK WITH LEGS ALMOST STRAIGHT CURL TOES UPWARDS AND PLACE THE BAR BETWEEN YOUR FEET. "RAISE" KNEES AS FAR AS POSSIBLE TOWARDS CHEST.</p>	<p>3</p>  <p>BICEP CURLS (BICEPS-FOREARM FLEXORS) FIT THE BAR TO LOW PULLEY GRIP THE BAR AND STAND WITH YOUR ARMS STRAIGHT AND YOUR ELBOWS LOCKED INTO YOUR BODY. CURL THE BAR UPWARDS AS FAR AS POSSIBLE</p>
<p>4</p>  <p>PREACHER CURLS (BICEPS-FOREARM FLEXORS) FIT THE BAR TO LOW PULLEY AND ROLL PADS TO TOP HOLE. SIT ON SEAT AND LEAN FORWARD GRIP THE BAR AND PLACE ELBOWS AGAINST ROLL PADS. CURL BAR IN AN ARC UPWARDS AS FAR AS POSSIBLE.</p>	<p>5</p>  <p>PREACHER CURLS-REVERSE GRIP (BICEPS-WITH VERY STRONG EMPHASIS ON FOREARM MUSCLES) SAME AS FOR PREACHER CURLS BUT WITH A REVERSE GRIP YOU MAY FIND THAT YOUR FOREARM GRIP IS THE LIMITATION WITH THIS EXERCISE AND NOT YOUR BICEP STRENGTH.</p>	<p>6</p>  <p>WRIST CURL (FOREARM FLEXORS) FIT THE BAR TO LOW PULLEY AND ROLL PAD TO TOP HOLE. REST FOREARMS ON ROLL PADS WHILE GRIPPING BAR. "CURL" YOUR WRISTS WITH AS MUCH RANGE AS POSSIBLE. REVERSE GRIP WORKS THE</p>
<p>7</p>  <p>LEG CURL (HAMSTRINGS GROUP) THIS EXERCISE IS PERFORMED WITH ONE LEG AT A TIME. FIT THE ROLL PADS TO THE TOP HOLE. HOOK YOUR LEG AROUND WITH YOUR KNEE AGAINST THE TOP PAD CURL AS FAR AS POSSIBLE.</p>	<p>8</p>  <p>LEG EXTENSIONS (QUADRICEPS) FIT THE ROLL PADS TO THE BOTTOM HOLE. HOOK YOUR LEGS AROUND THE ROLL PADS AND GRIP THE BOTTOM OF THE SEAT. SLOWLY STRAIGHTEN YOUR</p>	<p>9</p>  <p>CRUNCHES (RECTUS ABDOMINIS-SERRATUS-LOWER LATISSIMUS DORSI) FIT THE BAR TO HIGH PULLEY AND ROLL PADS TO BOTTOM HOLE. HOOK YOUR LEGS AROUND THE ROLL PADS AND GRIP THE BAR BEND AT THE WAIST AND CURL FORWARD AND DOWN AS FAR AS POSSIBLE.</p>

<p>10</p>  <p>STRAIGHT ARM PULLOVER (LATISSIMUS DORSI-SERRATUS-PECTORALS) FIT THE BAR TO HIGH PULLEY. SIT BACK AND GRIP HANDLES WITH ARMS STRAIGHT. PULL THE BAR DOWNWARDS IN AN ARC AS FAR AS POSSIBLE. LEAN FORWARD TO INCREASE RANGE OF ARC.</p>	<p>11</p>  <p>LAT PULL FRONT (LATISSIMUS DORSI-POSTERICUM & TRICEPS BRACHIALIS) FIT LAT BAR TO HIGH PULLEY AND ROLL PADS TO TOP POSITION. GRIP HANDLES AND SIT WITH THIGHS UNDER ROLL PADS. ARCH YOUR BACK AND PULL THE BAR TO YOUR CHEST.</p>	<p>12</p>  <p>BUTTERFLY (PEC-DEC FLYES) (PECTORALS, ALMOST COMPLETELY ISOLATED) SET PRE-STRETCH UPPER ARM PARALLEL WITH FLOOR AND YOUR FOREARMS AGAINST THE ROLL PADS. PUSH WITH YOUR ELBOWS, NOT YOUR HANDS.</p>
<p>13</p>  <p>VERTICAL BENCH PRESS</p> <ol style="list-style-type: none"> 1) ADJUST THE SEAT HEIGHT SO THAT THE HANDLES OF THE PRESSING ARM ARE AT MID-CHEST LEVEL. 2) USING EITHER SET OF GRIPS, PUSH AGAINST THE PRESSING ARM TO FULL EXTENSION. VARY YOUR GRIP FROM HORIZONTAL TO VERTICAL TO WORK THE MUSCLES FROM DIFFERENT ANGLES OF ISOLATION. 3) REPEAT FOR THE DESIRED NUMBER OF REPETITIONS. 		

WARNINGS

PRIOR TO UNDERTAKING ANY PROGRAM OF EXERCISE THAT REQUIRES A MAJOR INCREASE IN PHYSICAL ACTIVITY, CONSULTATION WITH A COMPETENT MEDICAL AUTHORITY IS STRONGLY RECOMMENDED. IN ADDITION, ANYONE WHO HAS A PHYSICAL HANDICAP, SUFFERS FROM A PROLONGED ILLNESS, OR WHO HAS INCREASED RISK FACTORS SUCH AS OBESITY, HYPERTENSION, CARDIO-CIRCULATORY PROBLEMS, ETC., SHOULD CONSULT A COMPETENT MEDICAL AUTHORITY BEFORE UNDERTAKING ANY EXERCISE OR ENGAGING IN A CONTINUING PROGRAM OF EXERCISING. PLEASE READ THROUGH INSTRUCTIONS CAREFULLY BEFORE STARTING TO ASSEMBLE.