Important – Please read these instructions fully before assembly or use

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the Customer Helpline: 0345 604 0105
http://www.argoshelpdesk.co.uk
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This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble, operate or use this equipment. In particular, note the following safety precaution.

**Assembly**

- Check you have all the components and tools listed on pages 3-6.
- Remove all fittings from the plastic bags and separate them into their groups.
- Keep children and animals away from the work area, small parts can cause choking if swallowed.
- Make sure you have enough space to layout the parts before starting.
- The assembly of this equipment is best carried out by 2 people.
- Assemble the item as close to its final position (in the same room) as possible.
- The free standing equipment shall be installed on a stable and levelled base.
- Dispose of all packaging carefully and responsibly.

**Using**

- Do not use the equipment near water or outdoors.
- Keep unsupervised children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
- Before using the equipment to exercise, always warm up with stretching exercise.
- This product is intended for domestic use only.
- If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms STOP the workout at once.

**CONSULT A DOCTOR IMMEDIATELY**

- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. Do not wear loose flowing clothing that could become caught in the equipment. Running or aerobic shoes are also required when using the equipment.

**Warning:** Before beginning any exercise programme, consult your doctor. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. You MUST read all instructions before using any fitness equipments.
**Components - Parts**

**Note:** Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components. Total mass of the product is 140kg. Footprint of the product is 208cm * 105cm.

Please check you have all parts listed below:

1. Base frame × 1
2. Rear stabilizer × 1
3. Guide rod × 2
4. Vertical frame × 1
5. Upper frame × 1
6. Front press base × 1
7. Left butterfly × 1
8. Right butterfly × 1
9 & 10. L&R butterfly frame × 1
11. Seat support × 1
12. Preacher pad support × 1
13. Leg developer × 1
14. Front press handle × 2
15. Foot plate × 1
16. Angle double pulley bracket × 1
17. Double floating pulley bracket × 2
18. Swivel pulley bracket × 2
19. Foam roll tube × 2

If you have damaged or missing parts, please call the Customer Helpline: 0345 604 0105
http://www.argoshelpdesk.co.uk
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.

Please check you have all parts listed below:

20. Lat bar × 1
22&23. L&R Pinch protector × 1
24. Leg developer holder × 1
26. Foot plate tube × 1
27. Bracket × 1
28. 90mm Bracket × 1
29. 110mm Bracket × 2
30. Floating pulley bracket × 1
31. Left weight stack cover × 1
32. Select rod × 1
33. Backrest adjustment frame × 1
34. Flap × 1
37. Preacher pad × 1
38. Seat pad × 1
39. Backrest pad × 1
102. Right weight stack cover × 1
Components - Parts

Please check you have all parts listed below

**Note:** Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.

- **94.** 15 Joint chain × 1
- **69.** 25mm End cap × 2
- **70.** 97mm Pulley × 18
- **71.** Pulley cover × 4
- **82.** 50mm End cap × 2
- **83.** 5Lbs select plate × 1
- **84.** 10Lbs weight plate × 14
- **85.** Rubber bumper × 2
- **86.** Select pin × 1
- **88.** Lock knob × 2
- **89.** Lock knob × 2
- **91.** Big Foam × 2
- **92.** Small Foam × 4
- **97.** Single handle × 1
- **98.** Ankle strap × 1
- **100.** Foam end cap × 4
- **103.** Pull bar × 1
- **104.** 3700mm Cable × 1
- **105.** 3020mm Cable × 1
- **106.** 3750mm Cable × 1
- **107.** 1520mm Cable × 1

If you have damaged or missing parts, please call the Customer Helpline: 0345 604 0105
http://www.argoshelpdesk.co.uk
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.

21. Handle bracket  36. 2mm Washer × 2  61. 26mm Bushing × 2  62. Pipe sleeve × 2

25. Pull bar tube × 1  66. 18mm Bushing × 4  67. 28mm Bushing × 2  68. 460mm Handle grip × 2

77. M6 × 16mm Phillips screw × 2  72. 50mm End cap × 2  73. 50mm End cap × 6  74. 50mm End cap × 2

75. Anti-slip tape × 1  76. Cushion rubber × 1  78. 65mm Foot × 3  79. 25mm End cap × 1

80. Reduction sleeve × 1  81. 40mm Cushion rubber × 1  87. 10mm Bushing × 2  93. 50mm End cap × 2

96. End cap × 2  99. 125mm Grip × 4  101. 50mm End cap × 2  108. 45mm End cap × 1

35. M8 × 23mm Allen bolt × 2  90. 6mm Washer × 2  58. M6 Aircraft nut × 2
Note: The quantities below are the correct amount to complete the assembly. In some cases more hardware may be supplied than is actually required. Some of the smaller components may be pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing components.

Please check you have all fixings listed below

<table>
<thead>
<tr>
<th>Component</th>
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<td>6mm Alley key</td>
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</tr>
<tr>
<td>Cap nut</td>
<td>2</td>
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</table>

Ruler - Use this ruler to help correctly identify the hardware
Step 1

a. Insert the Guide rods (3) into the holes on the Rear stabilizer (2). Fix using 2 x M10 x 25mm Allen bolts (47) and 2 x 10mm Washers (64).

b. Slide 2 x Ø61mm Rubber bumpers (85) down onto Guide rods (3).

c. Attach the Base frame (1) to the Rear stabilizer (2). Fix using 2 x M10x 85mm Carriage bolts (53), the Rear bracket (27),2 x 10mm Washers (64) and 2 x M10 Aircraft nuts (63).

Note: (62/78) were fixed in the factory.
Step 2

a. Attach the Vertical frame (4) to the Base frame (1). Fix using 2 x M10x 85mm Carriage bolts (53), the 110mm bracket (29), 2 x 10mm Washers (64) and 2 x M10 Aircraft nuts (63).

b. Insert the Foot Plate Tube (26) into the Foot plate (15) and the holes on the Base frame (1). Then press the 2 x 25mm End cap (69) onto the Foot plate (15).

Note: 76/77 were fixed in the factory.
Assembly instructions

Step 3

a. Carefully slide 14 x 10LBS Weight plates (84) down Guide rods (3), insert the Select rod (32) into the Weight plates (84), and then slide 1 x 5LBS Select plate (83) down Guide rods (3).

b. Use Select pin (86) to select your desired training weights.

Note: (79) was fixed in the factory.
Assembly instructions

Step 4

a. Attach Upper frame (5) to Guide rods (3) fix using 2 x M10 x 25mm Allen bolts (47) and 2 x 10mm Washers (64).

b. Attach Upper frame (5) to the Vertical frame (4), fix using 2 x M10 x 90mm Carriage bolts (51), 110mm Bracket (29), 2 x Ø10mm Washers (64) and 2 x M10 Aircraft nuts (63).

Note: (67/72) were fixed in the factory.
**Step 5**

**a.** Attach the Front press base (6) to the Upper frame (5) using the M10 x 154mm Axle (55). Secure using 2 x 10mm Washers (64), 2 x M10 x 20mm Allen bolts (48) and 2 x 50mm End caps (82).

**b.** Attach 2 x Swivel pulley brackets (18) to the two sides of open bracket on the Vertical frame (4). Fix using 2 x M10 x 65mm Allen bolts (44), 4 x 10mm Washers (64) and 2 x M10 Aircraft nuts (63).

**Note:** (66/67/74/75) were fixed in the factory.
Step 6

a. Attach the Leg developer holder (24) to the Base frame (1), fix using M10 x 85mm Carriage bolt (53), 10mm Washer (64) and M10 Aircraft Nut (63).

b. Attach the Seat support (11) to the Vertical frame (4), fix using 2 x M10 x 90mm Carriage bolts (51), 90mm Bracket (28), 2 x 10mm Washers (64) and 2 x M10 Aircraft Nuts (63).

c. Attach the Seat support (11) to the Leg developer holder (24), fix using M10 x 70mm Carriage bolt (52), 10mm Washer (64) and M10 Aircraft Nut (63).

Note: (80) was fixed in the factory.
Step 7

a. Insert the Backrest adjustment frame (33) into the Vertical frame (4), to find your desired exercising position and fix it with 73mm Lock pin (88).

b. Insert the Preacher pad support (12) into the Seat support (11), to find your desired exercising position and fix it with 73mm Lock knob (88).

c. Attach the Leg developer (13) to the Seat support (11), fix using 57mm Axle (56), 2 x 10mm Washers (64) and 2 x 20mm Allen bolts (48).

Note: (77/81/87/93/101) were fixed in the factory.
a. Attach the ‘pivots’ on the Right Butterfly’s (8) to the Front press base (6) using Cap nut (59), M6 x 33mm Cheese head bolt (43) and M6 Aircraft nut (58). Fix the 80mm Lock knob (89) to the Right Butterfly frame (10).
b. Repeat a. to assemble the Left side parts.
c. Slide the 2 x Foams (91) over the end of the Butterfly’s (7 & 8). Then insert the 2 x Front press handles (14) into the Butterfly’s (7 & 8), fix using 2 x 10mm Washers (64) and 2 x 25mm Allen bolts (47).
Assembly instructions

Step 9

a. Feed the bolt end of the 3700mm Upper cable (104) up through opening in Upper frame (5). Insert 15mm bushings (65) into holes and attach 1st/2nd/3rd Pulley (70) using M10 x 65mm Allen bolt (44) and M10 Aircraft nut (63).

b. Place 4th Pulley (70) onto the cable, Using M10 x 170mm Allen bolt (45), 2 x 10mm Washers (64), M10 Aircraft nut (63).

c. Place 5th /6th Pulley (70) onto the cable, Using M10 x 45mm Allen bolt (50), 2 x 10mm Washers (64), M10 Aircraft nut (63).

d. Place 7th Pulley (70) onto the cable, fit 2 x Pulley covers (71), 2 x Double floating pulley brackets (17), M10 x 45mm Allen bolt (50), 2 x 10mm Washers (64), M10 Aircraft nut (63).

e. Place 8th Pulley (70) onto the cable, fit Floating pulley bracket (30) using M10 x 45mm Allen bolt (50), 2 x 10mm Washers (64) and M10 Aircraft nut (63).
Step 10

a. Hook one end of the 3020mm Butterfly cable (105) to Right butterfly (7). Place a Pulley (70) under the cable, position the pulley into the Swivel pulley brackets (18). Fix using M10 x 45mm Allen bolt (50), 2 x 10mm Washers (64) and M10 Aircraft nut (63).

b. Repeat a. to attach the left side.

c. Place a Pulley (70) onto the cable, fit Floating pulley bracket (30) using M10 x 45mm Allen bolt (50), 2 x 10mm Washers (64) and M10 Aircraft nut (63).
**Step 11**

a. Attach the Right pinch protector (22) onto the Front press base (6). Fix using M8 x 18mm Allen bolt (42), 2 x 8mm Washers (57) and M8 Aircraft nut (60).

b. Repeat a. to attach the left side.
Step 12

a. Feed the loop end of the 3750mm Lower cable (106) up through opening in Leg developer (13). Insert 2 x 15mm Sleeves (65) into holes and attach 1st Pulley (70) using M10 x 65mm Allen bolt (44) and M10 Aircraft nut (63). Repeat procedure a. for 2nd Pulley.

b. Place 3rd /4th Pulley (70) onto the cable, Using M10 x 45mm Allen bolt (50), 2 x 10mm Washers (64), M10 Aircraft nut (63).

c. Place 5th Pulley (70) onto the cable and Angle double pulley bracket (16) using M10 x 45mm Allen bolt (50), 2 x 10mm Washers (64) and M10 Aircraft nut (63).

d. Place 6th Pulley (70) onto the cable, fit 2 x Pulley covers (71), 2 x Double floating pulley brackets (17), M10 x 45mm Allen bolt (50), 2 x 10mm Washers (64), M10 Aircraft nut (63).
Step 13

a. Fix the end of the 1520mm cable (107) to the Floating pulley bracket (30) using M10 x 30mm Allen bolt (54), 2 x 10mm Washers (64) and M10 Aircraft nut (63).

b. Place Pulley (70) onto the cable and the pulley bracket as diagram show, using M10 x 50mm Allen bolt (49), 2 x 10mm Washers (64), Flap (34) and M10 Aircraft nut (63).
Step 14

a. Attach the Preacher pad (37) to the Preacher pad stand (12). Secure using 2 x M8 x 18mm Allen bolts (42) and 2 x 8mm Washers (57).

b. Attach the Seat pad (38) to the Seat support (11). Secure using 4 x M8 x 18mm Allen bolts (42) and 4 x 8mm Washers (57).

c. Attach the Backrest pad (39) to the Backrest adjustment frame (33). Secure using 2 x M8 x 40mm Allen bolts (41) and 2 x 8mm Washers (57).

d. Slide the Foam roll tubes (19) into the holes on the Leg developer (13). Push 4 x Small Foams (92) onto each side of the Foam roll tubes (19) and fix the foams with 4 x 25mm End caps (100).
Step 15

a. Fix the Weight cover (31 & 102) to the Upper frame (5) and the Rear stabilizer (2), using 2 x M10 x 16mm Allen bolts (40), 2 x 10mm Washers (64).

b. Repeat a. to assemble the other side parts.
Step 16

**Important:** Now fully tighten the fixings ensuring that all of the pulleys and brackets can move freely.

a. Attach the Lat bar (20) onto the Upper frame (5) hooks.

b. Connect the Single handle (97) or Ankle strap (98) or Pull bar (103) to the end of 3750mm Lower cable (106) using 2 x Clip hooks (95) and 15 Joint chain (94).

**Note:** (21/25/61/99) were fixed in the factory.
The free area should be no less than 0.6m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared.
Exercising Information

Before starting to exercise

How you begin your exercise programme depends on your physical condition. If you have been inactive for several years or are severely overweight, you must start slowly and increase a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone; however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone.

**Please remember these essentials:**

- Have your doctor review your training and diet programme to advise you of a workout routine you should adopt.
- Begin your training programme slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface at least 3 feet from walls and furniture.

**Exercise intensity**

To maximize the benefits of exercising, it is important to exercise with proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.

![Heart Rate Zone Diagram](image)

During the first few months of your exercise programme, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercises.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.
Aerobic Exercise
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs or buttocks, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

Weight Training
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount of reps. As always, consult your doctor before beginning any exercise programme.

Targeted Muscle Groups
The exercise routine that is performed on the Home Gym will develop the upper and lower body muscle groups.

Front
- A: Trapezius
- B: Anterior
- C: Pectoralis Major
- D: Serratus Anterior
- E: Biceps
- F: Abdominal
- G: Sartorius
- H: Quadriceps
- I: Tibialis

Back
- J: Trapezius
- K: Posterior
- L: Triceps
- M: Latissimus Dorsi
- N: Gluteals
- O: Hamstrings
- P: Gastrocnemius
Exercising Information

Warming up and Cooling down exercises

Each workout should include the following three parts:

1. A warm up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm up increases your body temperature, heart rate and circulation in preparation for exercise.

2. Training zone exercise consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (Note: During the first few weeks of your exercise programme, do not keep your heart rate in your training zone for longer than 20 minutes.)

3. A cool down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, plan three workouts each week with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

Toe touch stretch

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

Hold for 15 counts, and then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

Hamstring stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible.

Hold for 15 counts, and then relax. Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.
## Exercising Information

### Calf / Achilles stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

Hold for 15 counts, and then relax.

Repeat 3 times for each leg. To cause further stretching of the Achilles tendons, bend your back leg as well.

**Stretches:** Calves, Achilles Tendons and Ankles.

### Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gently pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, and then relax.

Repeat 3 times for each leg.

**Stretches:** Quadriceps and Hip muscles.

### Inner thigh stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.

Hold for 15 counts, and then relax.

Repeat 3 times.

**Stretches:** Quadriceps and Hip muscles.
1. Examine the equipment periodically in order to detect any damage or wear which may have been produced. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points.

2. Lubricate moving parts with light oil periodically to prevent premature wear. Special attention to components most susceptible to wear.

3. Inspect and tighten all parts before using the equipment. Replace defective components immediately and/or keep the equipment out of use until repair.

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

5. Do not attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer, their approved service agent or the Customer Helpline: 0345 604 0105. http://www.argoshelpdesk.co.uk

Guarantee:
For guarantee purposes, please retain your purchase receipt.
## Exploded Parts List

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Guarantee

Product Guarantee

This product is guaranteed against manufacturing defects from a period of

1 Year

This product is guaranteed for twelve months from the date of original purchase. Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

• The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
• The product must be correctly installed and operated in accordance with the instructions contained in this manual.
• It must be used solely for domestic purpose.
• The guarantee will rendered invalided if the products is re-sold or has been damaged by inexpert repair.
• Specifications are subject to change without notice.
• The manufacturer disclaims any liability for the incidental or consequential damages.
• The guarantee is in addition to, and does not diminish your statutory or legal right.
• In the event of problem with the product with in the guarantee period call Customer Helpline: 0345 604 0105 http://www.argoshelpdesk.co.uk

Guarantor: Argos Ltd
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Central Milton Keynes
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