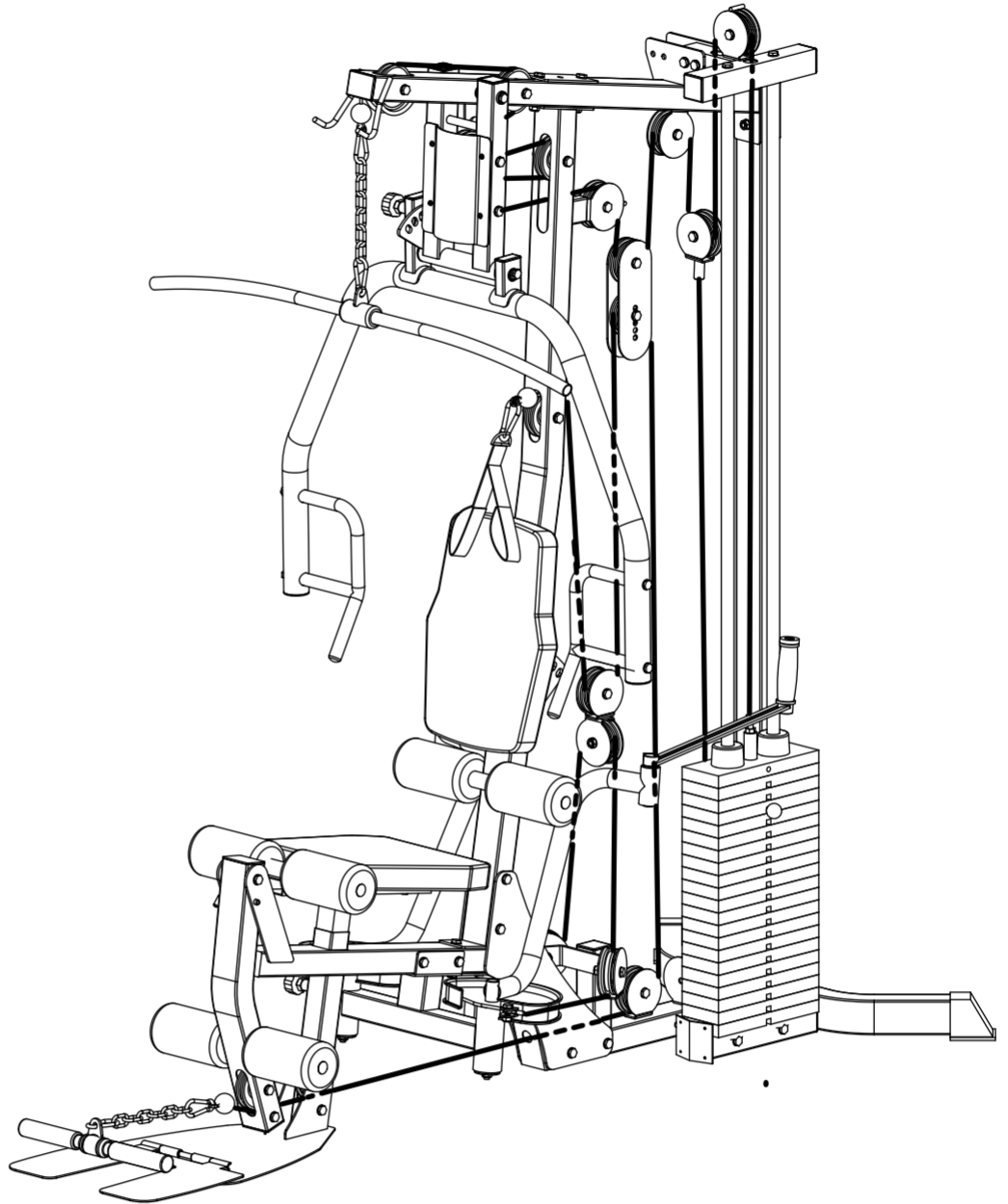


OWNER'S MANUAL

MULTI GYM WITH BUTTERFLY

Model #: 486 MG



! Caution: Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Assembly Instructions

Contents

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Assembly Instructions

Before You Begin

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once.
CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the equipment near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if it is not functioning properly.

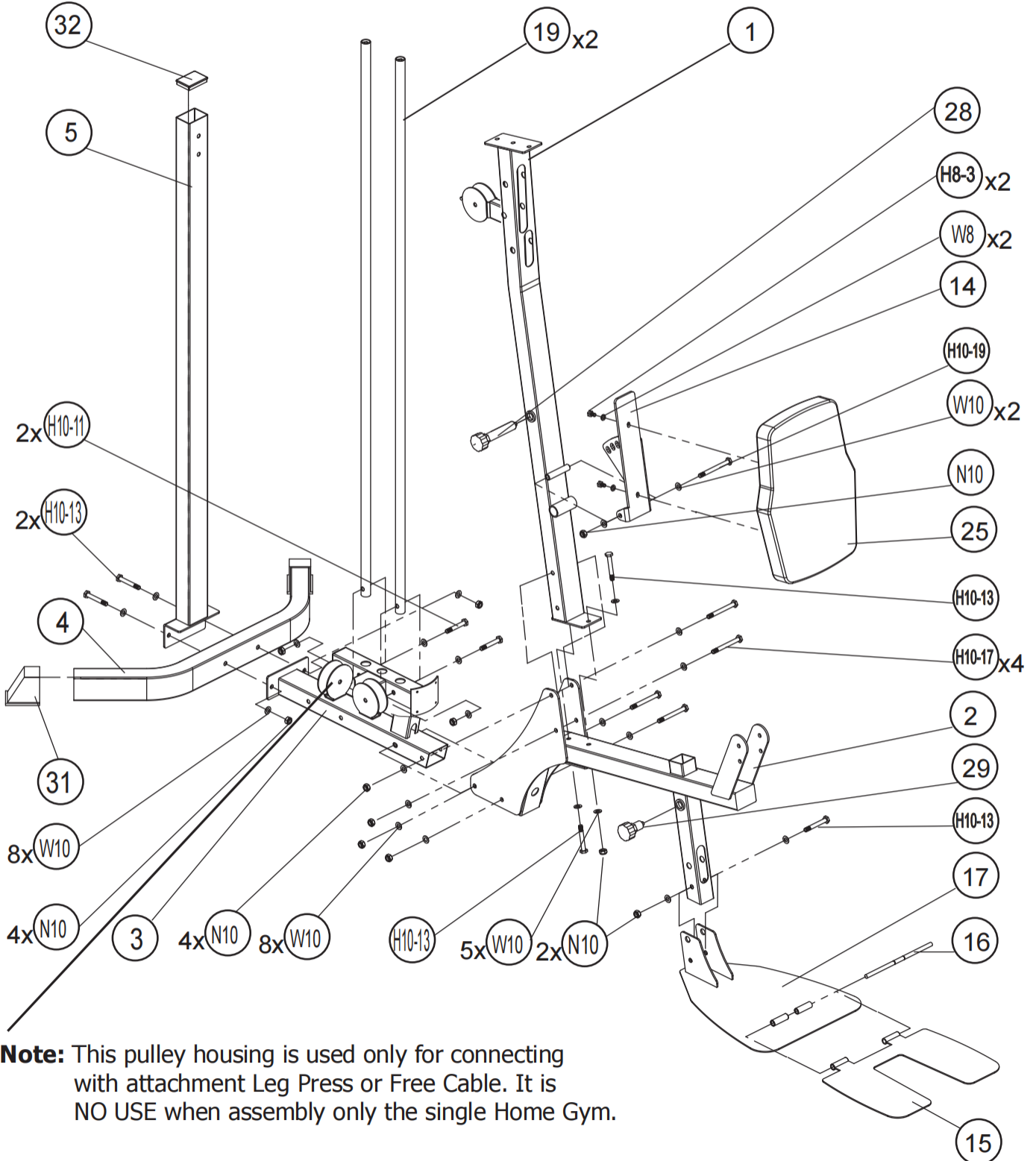
Assembly Instructions

STEP 1 - Parts & Hardware List

Part #	Description	Qty.	Remarks
1	Front Upright	1	
2	Front Base	1	
3	Central Main Base	1	
4	Rear Base	1	
5	Rear Uprights	1	
14	Backrest Adjuster	1	
15	Turnover Foot Plate	1	Pre-assembled
16	Foot Plate Rooler	1	Pre-assembled
17	Base Foot Plate	1	
19	Guide Rod	2	
25	Backrest	1	
28	Pop Pin	1	
29	Lock Knob	1	
31	End Cap 50x70	2	
32	Inner Caps 50x70	1	Pre-assembled
H8-3	Hex Bolt M8x25	2	
H10-11	Hex Bolt M10x65	2	
H10-13	Hex Bolt M10x75	5	
H10-17	Hex Bolt M10x95	4	
H10-19	Hex Bolt M10x105	1	
N10	Lock Nut M10	11	
W8	Flat Washer M8	2	
W10	Flat Washer M10	23	

Assembly Instructions

STEP 1



Note: This pulley housing is used only for connecting with attachment Leg Press or Free Cable. It is NO USE when assembly only the single Home Gym.

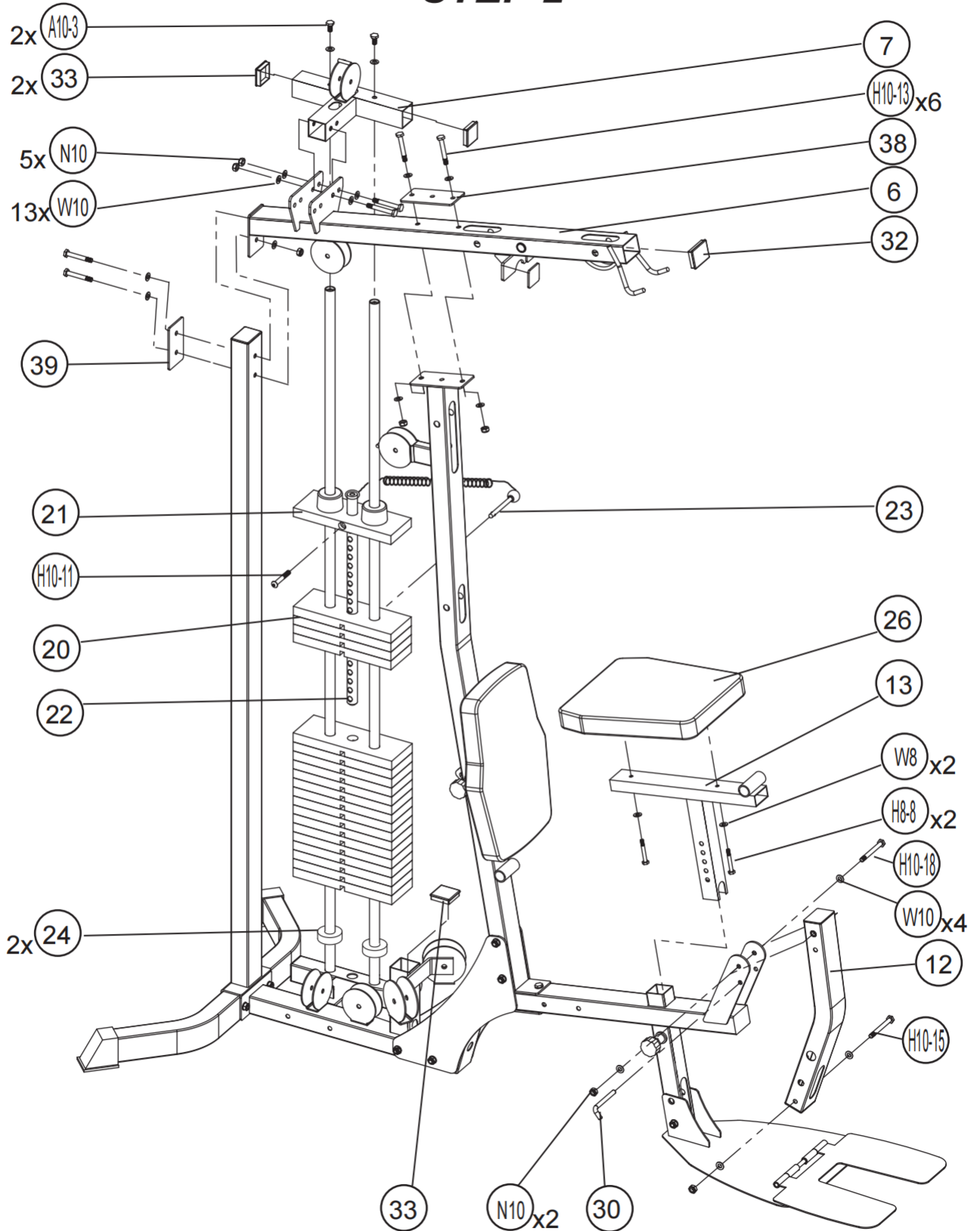
Assembly Instructions

STEP 2 - Parts & Hardware List

Part #	Description	Qty.	Remarks
6	Top Frame	1	
7	Weight Stack Top Frame	1	
12	Leg Extension Arm	1	
13	Seat Adjuster	1	
20	Weight Plate 10LB	20	
21	Top Weight Plate	1	
22	Select Rod	1	Pre-assembled
23	Select Pin	1	
24	Rubber Bumper	2	
26	Seat	1	
30	L-shape Lock Pin	1	
32	Inner Caps 50x70	1	Pre-assembled
33	Inner Caps 50x50	3	Pre-assembled
38	Iron Plate (long)	1	
39	Iron Plate (short)	1	
A10-3	Allen Bolt M10x25	2	
H8-8	Hex Bolt M8x50	2	
H10-11	Hex Bolt M10x65	1	
H10-13	Hex Bolt M10x75	6	
H10-15	Hex Bolt M10x85	1	
H10-18	Hex Bolt M10x100	1	
N10	Lock Nut M10	7	
W8	Flat Washer M8	2	
W10	Flat Washer M10	17	

Assembly Instructions

STEP 2



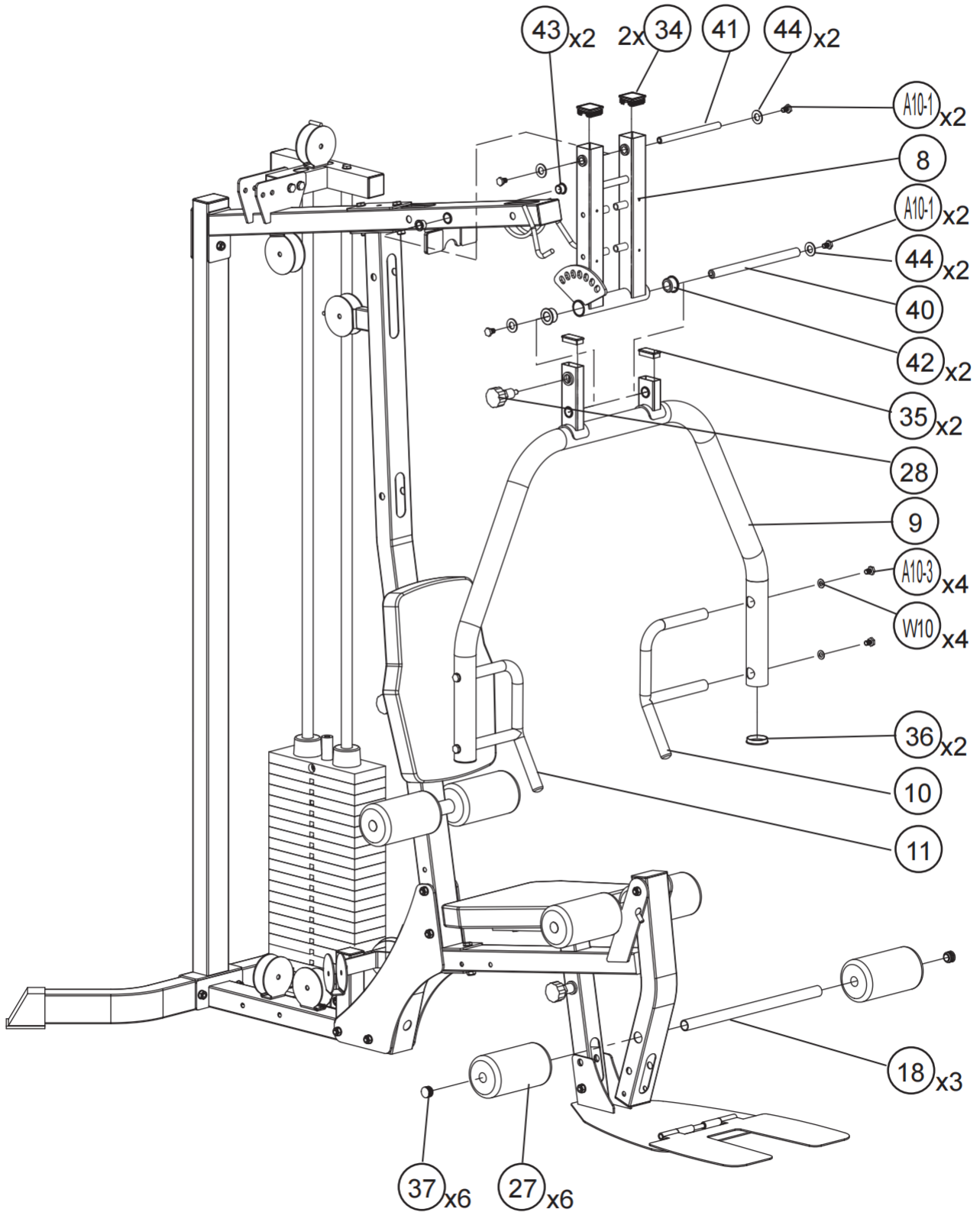
Assembly Instructions

STEP 3 - Parts & Hardware List

Part #	Description	Qty.	Remarks
8	Press Arm Hanger	1	
9	Press Arm	1	
10	Left Hand Grip	1	
11	Right Hand Grip	1	
18	Foam Roller Tube	3	
27	Foam Roller	6	
28	Pop Pin	1	
34	Inner Caps 45x45	2	Pre-assembled
35	Inner Caps 25x50	2	Pre-assembled
36	Inner Caps Dia50	2	Pre-assembled
37	Inner Caps Dia25	6	Pre-assembled
40	Pivot Shaft Dia20	1	
41	Pivot Shaft Dia16	1	
42	Copper Bushing Dia20	2	Pre-assembled
43	Copper Bushing Dia16	2	Pre-assembled
44	Big Flat Washer D26*D10.5	4	
A10-1	Allen Bolt M10x15	4	
A10-3	Allen Bolt M10x25	4	
W10	Flat Washer M10	4	

Assembly Instructions

STEP 3



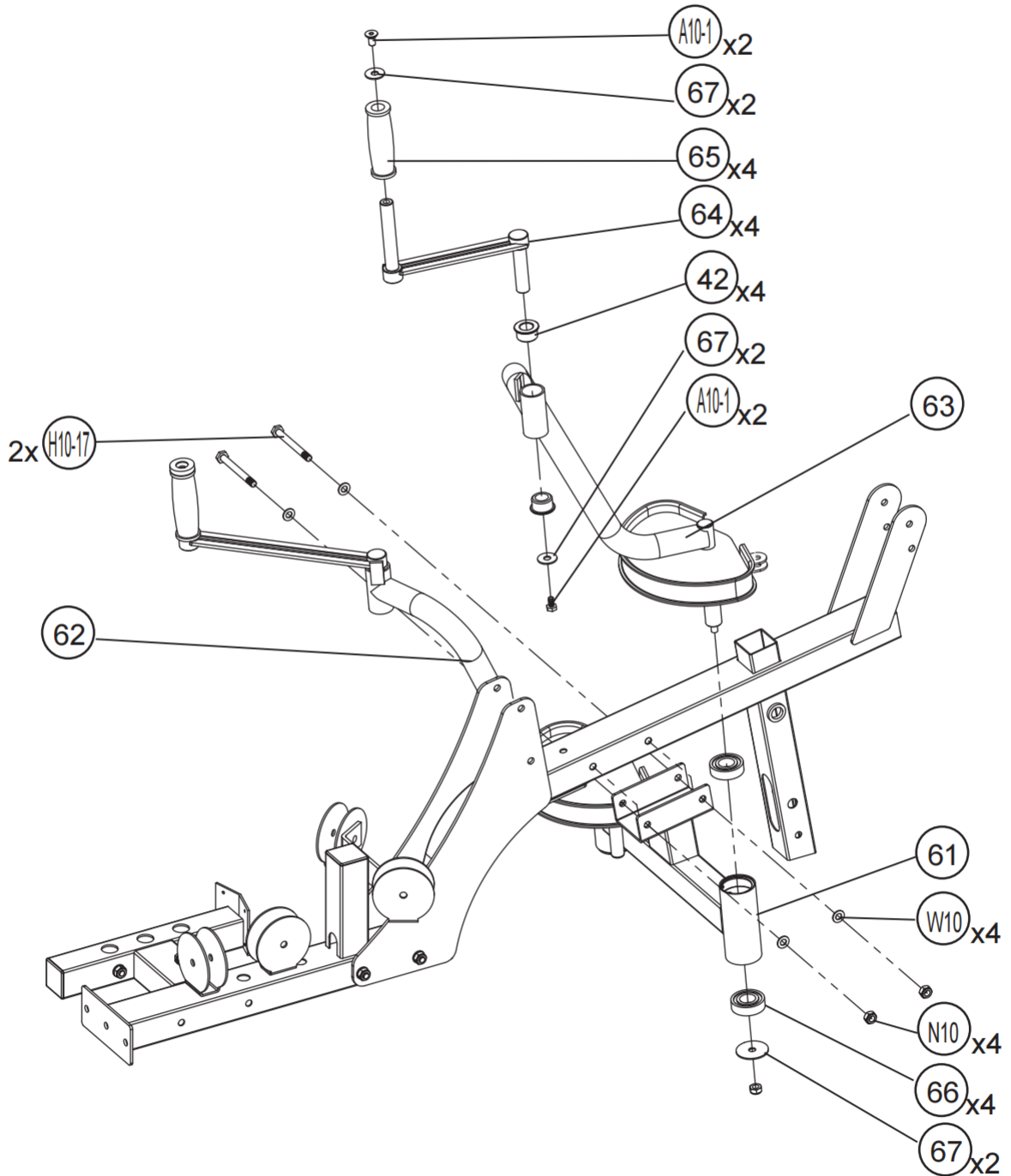
Assembly Instructions

STEP 4 - Parts & Hardware List

Part #	Description	Qty.	Remarks
42	Copper Bushing Dia20	4	Pre-assembled
61	Pec Arm Carriage	1	
62	Pec Arm Assembly Left	1	
63	Pec Arm Assembly Right	1	
64	Pec Handle Assembly	2	
65	Knurl Handle	2	Pre-assembled
66	Pivot Bearings	4	Pre-assembled
67	Big Flat Washer D30*D10.5	6	
A10-1	Allen Bolt M10x15	4	
H10-17	Hex Bolt M10-95	2	
N10	Lock Nut	4	
W10	Flat Washer	4	

Assembly Instructions

STEP 4



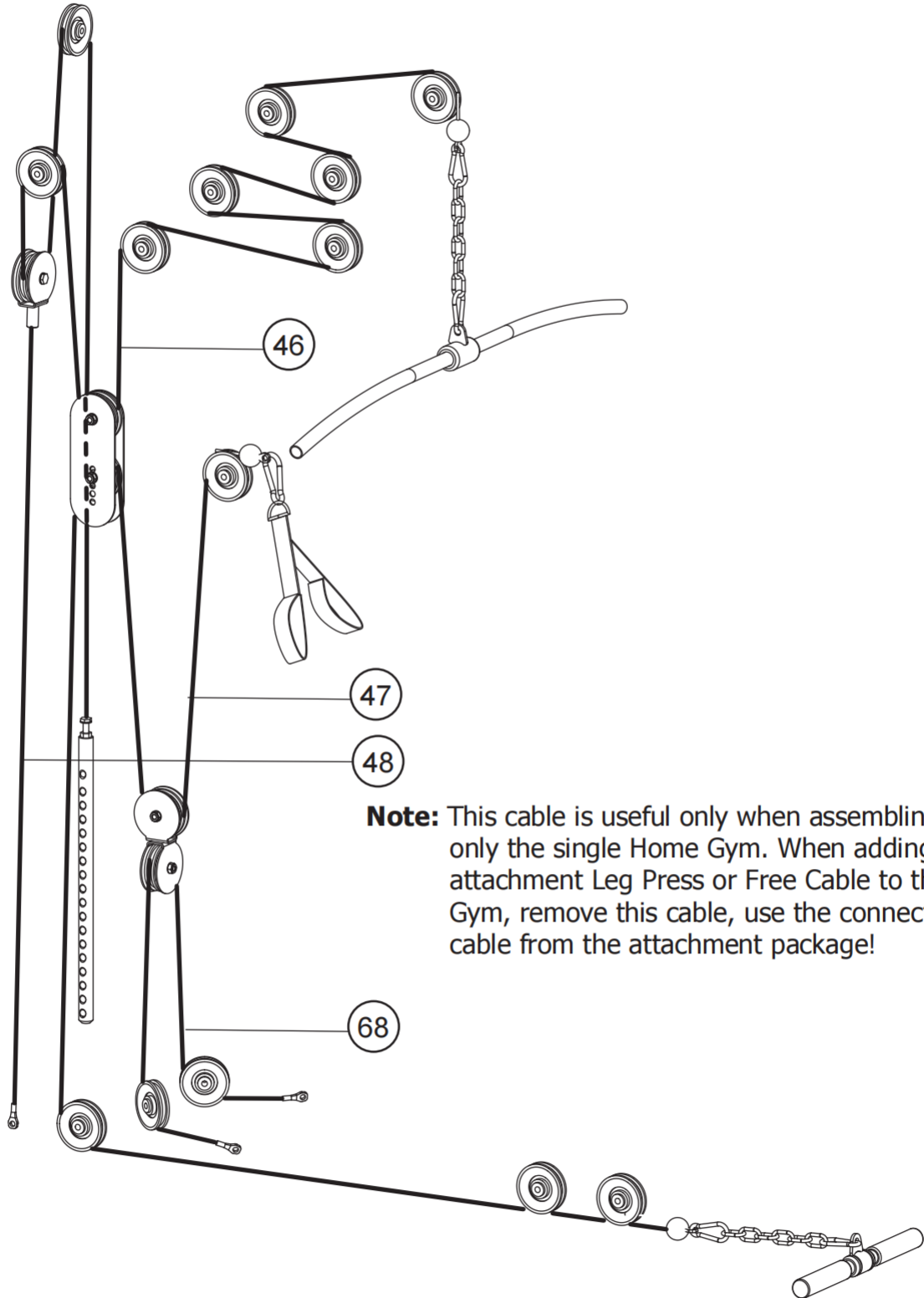
Assembly Instructions

STEP 5 - Parts & Hardware List

Part #	Description	Qty.	Remarks
45	Pulley	19	
46	Cable Assembly	1	
47	Cable Assembly	1	
48	Cable Assembly	1	
49	Pulley Bushing (long)	10	
50	Pulley Bushing (short)	2	
53	Lat Bar	1	
54	Lat Bar Grip	2	Pre-assembled
55	Straight Bar	1	
56	Straight Bar Grip	2	Pre-assembled
57	Snap Clip	5	
58	Chain	2	
59	Ab Crunch Strap	1	
68	Cable Assembly	1	
69	Adjustable pulley Bracket	2	
70	Single Pulley Housing	1	
71	Crossing Double Pulley Housing	1	
A10-3	Allen Bolt M10-25	1	
A10-38	Allen Bolt M10-200	2	
H10-4	Hex Bolt M10x30	2	
H10-8	Hex Bolt M10x50	9	
H10-9	Hex Bolt M10x55	2	
H10-13	Hex Bolt M10x75	1	
H10-15	Hex Bolt M10x85	5	
N10	Lock Nut M10	22	
W10	Flat Washer M10	32	

Cable Loop Diagram

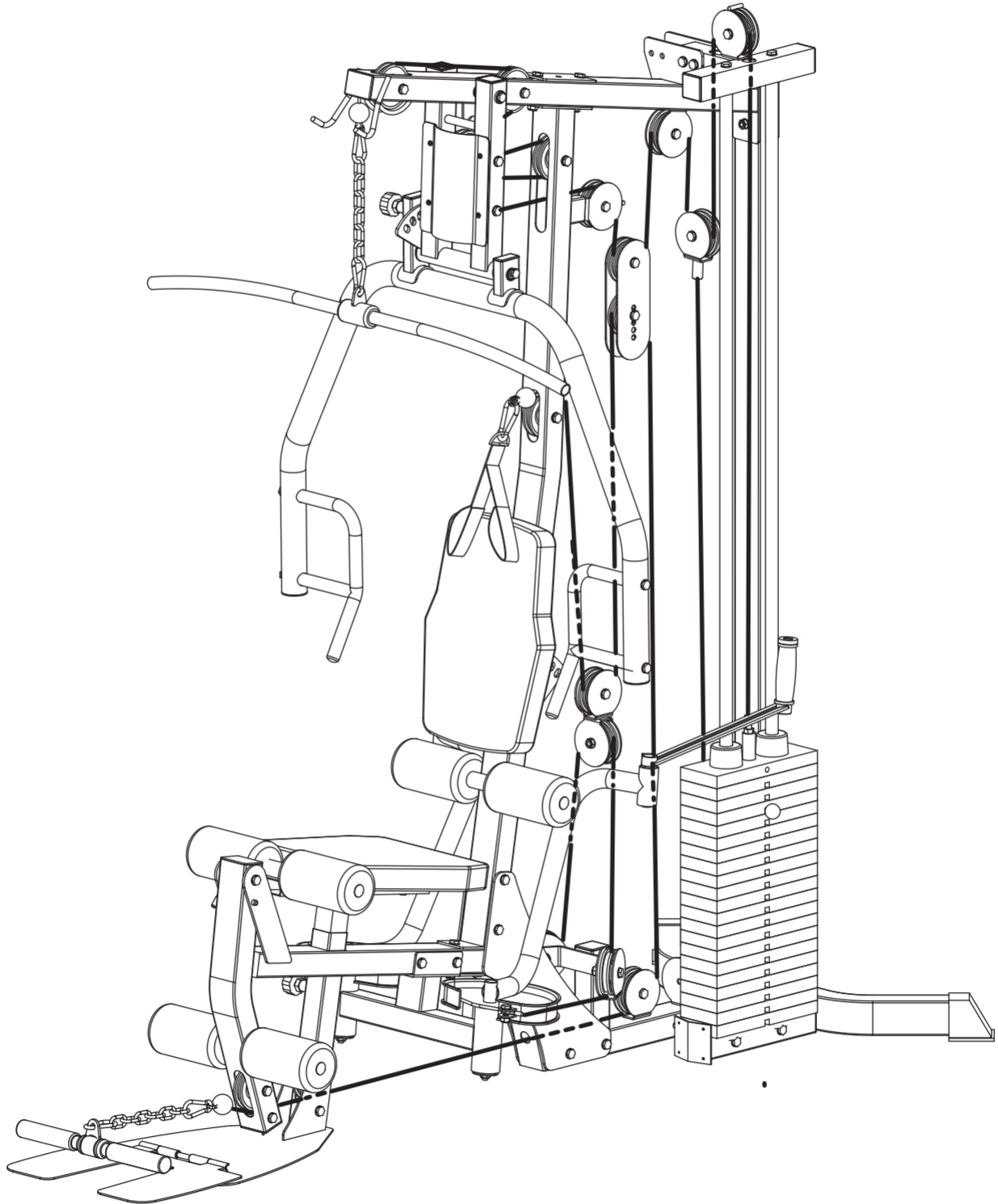
STEP 5



Note: This cable is useful only when assembling only the single Home Gym. When adding attachment Leg Press or Free Cable to the Gym, remove this cable, use the connecting cable from the attachment package!

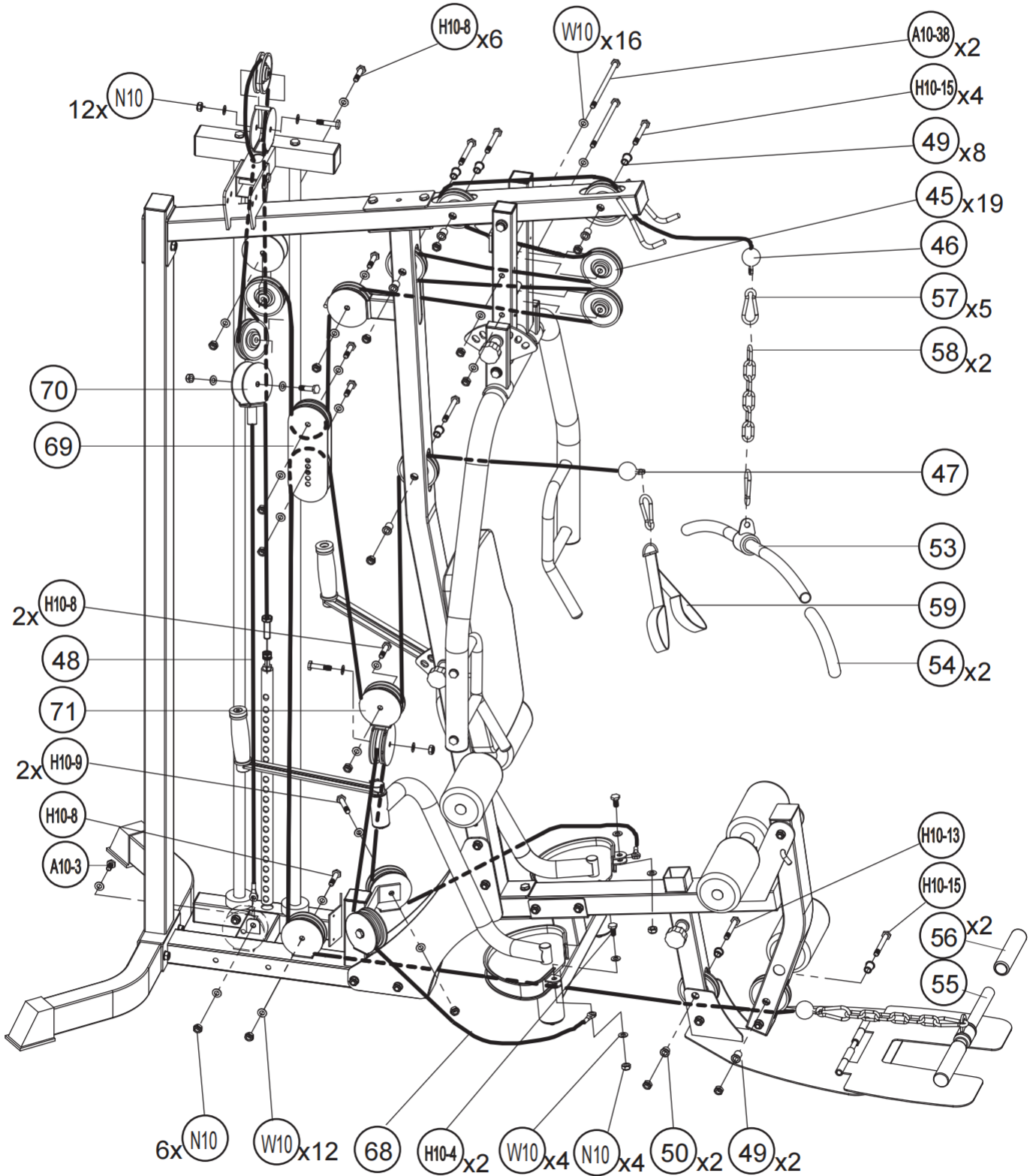
Cable Loop Diagram

STEP 5



Assembly Instructions

STEP 5



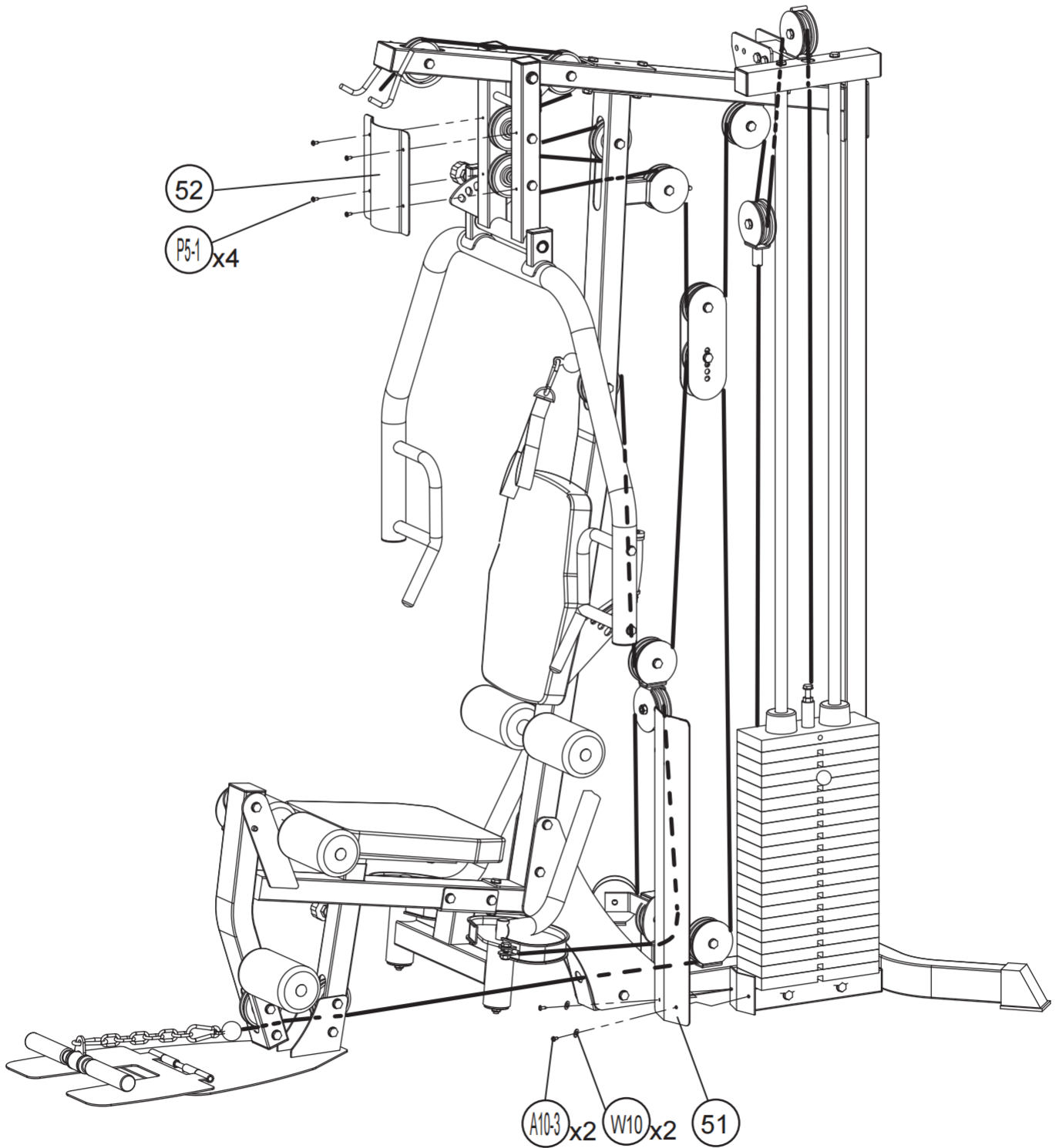
Assembly Instructions

STEP 6 - Parts & Hardware List

Part #	Description	Qty.	Remarks
51	Weight Stack Shroud	1	
52	Decorate Plate	1	Pre-assembled
A10-3	Allen Bolt M10x25	2	
P5-1	Philip Screw M5x15	4	Pre-assembled
W10	Flat Washer M10	2	

Assembly Instructions

STEP 6



Parts & Hardware List

Part #	Description	Qty.	Remarks
1	Front Upright	1	
2	Front Base	1	
3	Central Main Base	1	
4	Rear Base	1	
5	Rear Uprights	1	
6	Top Frame	1	
7	Weight Stack Top Frame	1	
8	Press Arm Hanger	1	
9	Press Arm	1	
10	Left Hand Grip	1	
11	Right Hand Grip	1	
12	Leg Extension Arm	1	
13	Seat Adjuster	1	
14	Backrest Adjuster	1	
15	Turnover Foot Plate	1	Pre-assembled
16	Foot Plate Rooler	1	Pre-assembled
17	Base Foot Plate	1	
18	Foam Roller Tube	3	
19	Guide Rod	2	
20	Weight Plate 10LB	20	
21	Top Weight Plate	1	
22	Select Rod	1	Pre-assembled
23	Select Pin	1	
24	Rubber Bumper	2	
25	Backrest	1	
26	Seat	1	
27	Foam Roller	6	
28	Pop Pin	2	
29	Lock Knob	1	
30	L-shape Lock Pin	1	
31	End Cap 50x70	2	
32	Inner Caps 50x70	2	Pre-assembled
33	Inner Caps 50x50	3	Pre-assembled
34	Inner Caps 45x45	2	Pre-assembled
35	Inner Caps 25x50	2	Pre-assembled
36	Inner Caps Dia50	2	Pre-assembled
37	Inner Caps Dia25	6	Pre-assembled
38	Iron Plate (long)	1	
39	Iron Plate (short)	1	
40	Pivot Shaft Dia20	1	

Parts & Hardware List

Part #	Description	Qty.	Remarks
41	Pivot Shaft Dia16	1	
42	Copper Bushing Dia20	6	Pre-assembled
43	Copper Bushing Dia16	2	Pre-assembled
44	Big Flat Washer D26*D10.5	4	
45	Pulley	19	
46	Cable Assembly	1	
47	Cable Assembly	1	
48	Cable Assembly	1	
49	Pulley Bushing (long)	1	
50	Pulley Bushing (short)	1	
51	Weight Stack Shroud	1	
52	Decorate Plate	2	Pre-assembled
53	Lat Bar	1	
54	Lat Bar Grip	2	Pre-assembled
55	Straight Bar	1	
56	Straight Bar Grip	2	Pre-assembled
57	Snap Clip	5	
58	Chain	2	
59	Ab Crunch Strap	1	
60	Single Handle	1	
61	Pec Arm Carriage	1	
62	Pec Arm Assembly Left	1	
63	Pec Arm Assembly Right	1	
64	Pec Handle Assembly	2	
65	Knurl Handle	2	Pre-assembled
66	Pivot Bearings	4	Pre-assembled
67	Big Flat Washer D30*D10.5	6	
69	Adjustable pulley Bracket	2	
70	Single Pulley Housing	1	
71	Crossing Double Pulley Housing	1	

Parts & Hardware List

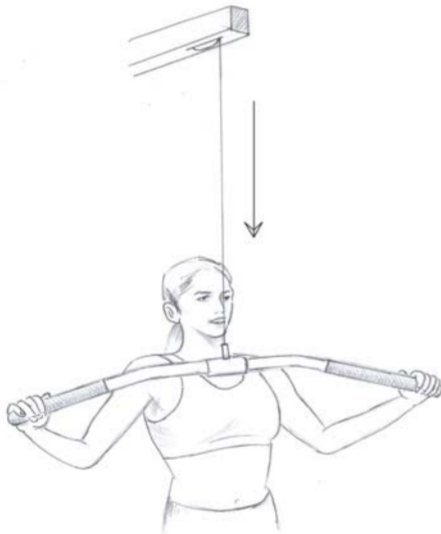
Part #	Description	Qty.	Remarks
A10-1	Allen Bolt M10x15	8	
A10-3	Allen Bolt M10x25	9	
A10-38	Allen Bolt M10-200	2	
H8-3	Hex Bolt M8x25	2	
H8-8	Hex Bolt M8x50	2	
H10-4	Hex Bolt M10x30	2	
H10-8	Hex Bolt M10x50	9	
H10-9	Hex Bolt M10x55	2	
H10-11	Hex Bolt M10x65	3	
H10-13	Hex Bolt M10x75	12	
H10-15	Hex Bolt M10x85	6	
H10-17	Hex Bolt M10x95	6	
H10-18	Hex Bolt M10x100	1	
H10-19	Hex Bolt M10x105	1	
N10	Lock Nut M10	44	
W8	Flat Washer M8	4	
W10	Flat Washer M10	84	
P5-1	Philip Screw M5x15	4	Pre-assembled

Exercise Instructions

Before embarking on an exercise program, it is recommended that you undergo a complete physical. Discuss with your physician a personalized exercise program taking into account your age, weight and physical condition. To enhance the benefits and enjoyment you receive from equipment, please consider the following suggestions:

- *While exercising, never hold your breath. Exhale upon exertion.*
- *Always use proper form. Do not sacrifice good form in an attempt to lift more weight.*
- *Use controlled speed of movement when performing exercises. Avoid jerky movements.*
- *Always use a full range of motion. Never lock out elbows or knees.*
- *Train at least 3 days a week.*
- *Do not train the same body part two days consecutively.*
- *Choose a weight you can handle for ten or more repetitions. As you become stronger, adjust the weight so that you cannot complete more than the prescribed number of repetitions.*

Lat PullDown-Front



1. Grip the lat bar with your hands slightly wider than your shoulders. Sit upright and lock knees under the hold rollers.
2. Pull the bar down slowly until it touches your chest.
3. Slowly return to the starting position.

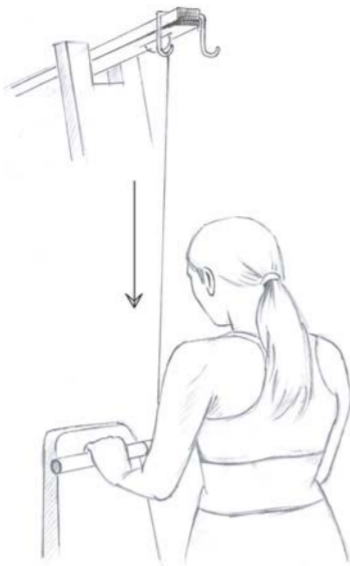
Lat PullDown-Rear



1. Grip the lat bar with your hands slightly wider than your shoulders. Sit upright and lock knees under the hold rollers.
2. Pull the bar down slowly until it touches your shoulder.
3. Slowly return to the starting position.

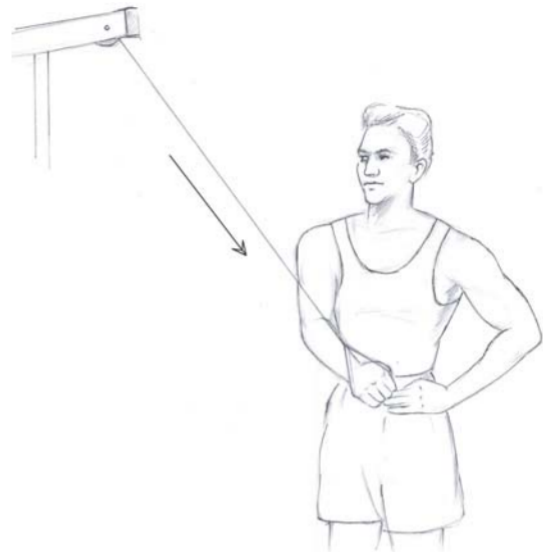
Exercise Instructions

Tirceps PushDown



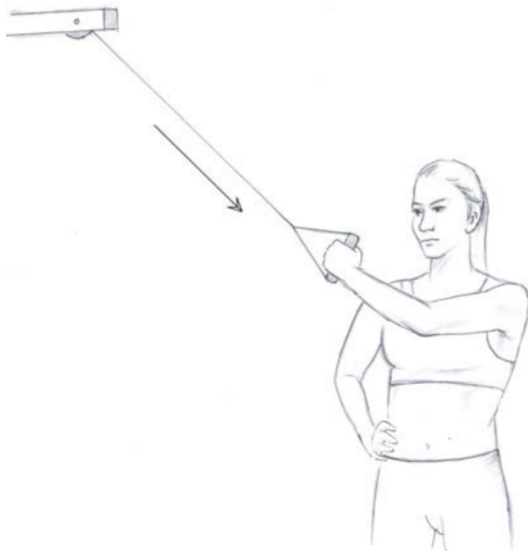
1. Grip the lat bar with your hands 4" to 6" apart. Bring the bar to a chest height starting position.
2. Push the bar down keeping your elbows close to your sides.
3. Slowly return to the starting position.

PEC Crossover



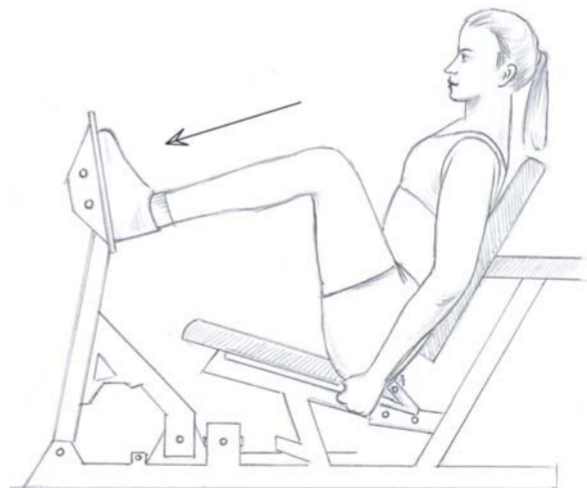
1. Attach strap handle to the upper pulley. Stand sideways to the machine and grip the handle.
2. Arc your arm downward, across your body, keeping a slight bend in your elbow.
3. Slowly return to the starting position.

Reverse Cable Fly



1. Attach strap handle to the upper pulley. Stand sideways to the machine and grip the handle with the handle in front of your other shoulder.
2. Arc your arm downward, across your body until your arm is fully extended.
3. Slowly return to the starting position.

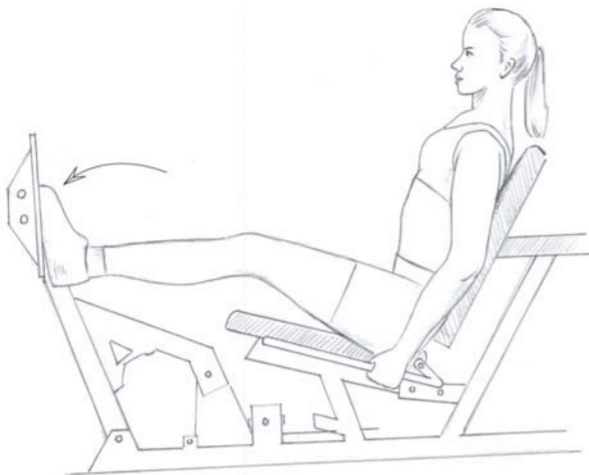
Leg Press



1. Place your feet on the foot plate and adjust the back pad so your legs are bent, knees close to your body.
2. Push your legs forward, leaving a slight bend in your knees when fully extended. Never allow your knees to lock during the movement.
3. Slowly return to the starting position.

Exercise Instructions

Toe Raise



1. Adjust the back pad so your legs are slightly bent when your feet are on the foot plate. Fully extend your legs, leaving a slight bent in your knees with your heels lower than the bottom of the foot plate.
2. Push your toes forward.
3. Slowly return to the starting position.

PEC Total Fly



1. Sit upright, adjust the press arm to the rear and grip the pec fly with your arms out to the sides, elbows slightly bent.
2. Rotate your arms forward, pivoting from the shoulder. Finish with your hands together in front your chest.
3. Slowly return to the starting position.

Vertical Bench Press



1. Sit upright, adjust the press arm for the desired pre-stretch and the seat so that the handles are at chest height.
2. Press the handles forward until your arms are fully extended.
3. Slowly return to the starting position.

Incline Bench Press



1. Adjust the back pad to a slight forward lean, adjust the press arm and seat so that the handles are at chest height.
2. Press the handles forward at an upward angle, fully extending your arms.
3. Slowly return to the starting position.

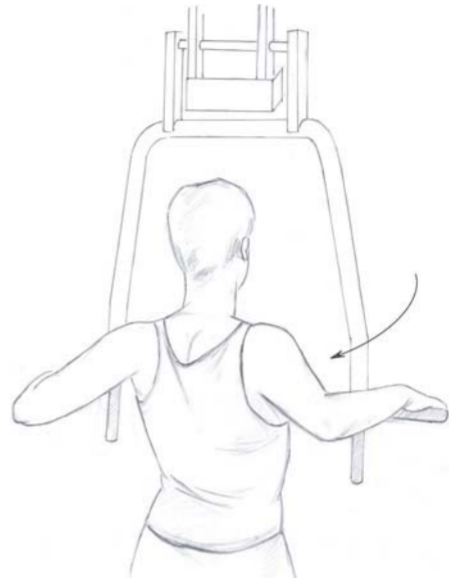
Exercise Instructions

Shoulder Press



1. Adjust the back pad to a forward lean, adjust the press arm and seat so that the handles are slightly above your shoulders.
2. Press the handles forward at an upward angle, fully extending your arms.
3. Slowly return to the starting position.

Mid Seated Row



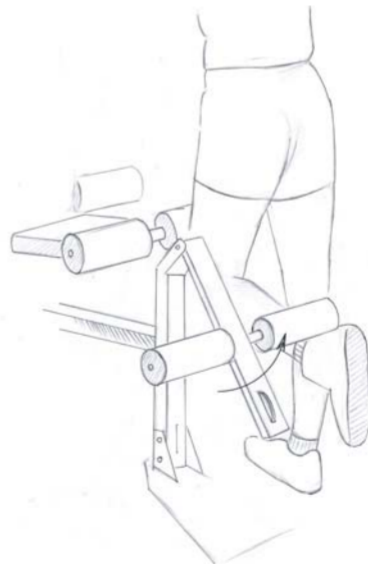
1. Adjust the back pad, seat and press arm so that your arms are extended straight with the handles at chest height.
2. Pull the handles towards you, keeping your elbows close to your sides.
3. Slowly return to the starting position.

Leg Extension



1. Sit upright, and adjust the seat to align the pivot of your knees with the pivot of the leg extension rollers.
2. Extend your legs upward and hold position momentarily.
3. Slowly return to the starting position.

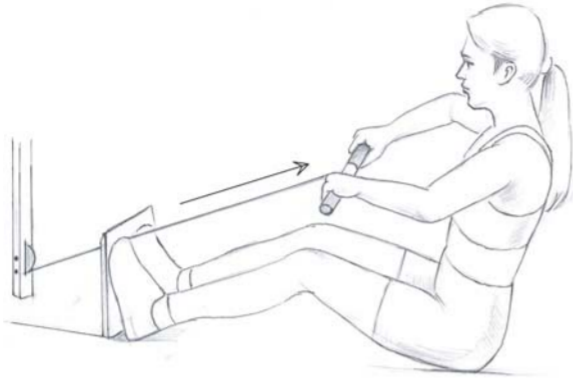
Leg Curl



1. Adjust the seat so that the upper roller to hit just above your knee. Hook one foot under the lower roller.
2. Curl your leg upward and hold position momentarily.
3. Slowly return to the starting position.

Exercise Instructions

Seated Row



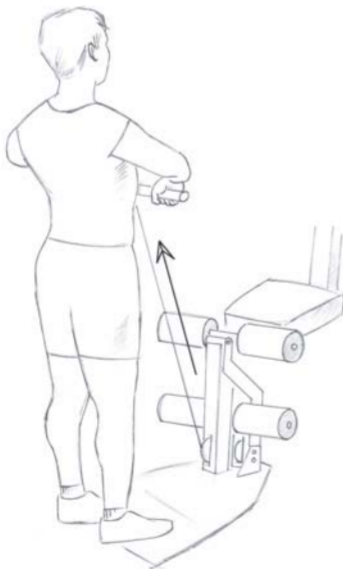
1. Sit sideways to the machine, place your feet on the foot plate with your legs are slightly bent. Grip the straight bar in an overhand position with your hands 4" to 6" apart.
2. Pull the bar toward your body, keeping your elbows close to your sides.
3. Slowly return to the starting position.

Biceps Curl



1. Stand sideways to the machine, grip the straight bar in an underhand position with your hands 4" to 6" apart.
2. Curl your arms upward, keeping your elbows at your sides.
3. Slowly return to the starting position.

Upright Row



1. Stand sideways to the machine, grip the straight bar in an overhand position with your hands 4" to 6" apart.
2. Pull the bar upward, keeping your elbows higher than your hand.
3. Slowly return to the starting position.

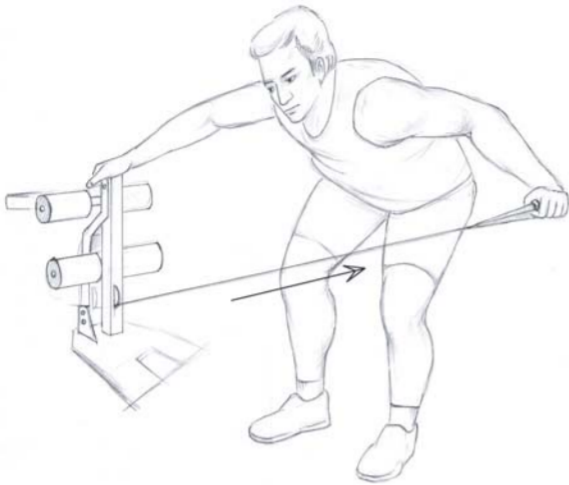
Bent Over Row



1. Stand sideways to the machine and bend over at the waist. Grip the straight bar in an overhand position with your hands 4" to 6" apart.
2. Pull the bar toward your body, keeping your elbows close to your sides.
3. Slowly return to the starting position.

Exercise Instructions

Bent Over Rear Delt



1. Stand sideways to the machine and bent over at the waist, leaving a slight bend in your knees.
2. Grip the handle with the hand furthest from the machine and arc your arm upward, keeping a slight bend in your elbow.
3. Slowly return to the starting position.

Concentration Curl



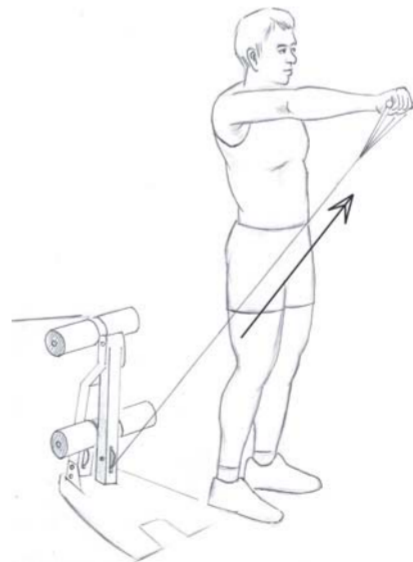
1. Stand sideways to the machine with a foot on the foot plate and bent over at the waist, leaving a slight bend in your knees.
2. Grip the handle with the hand nearest from the machine and arc your arm upward, across your body keeping a slight bend in your elbow.
3. Slowly return to the starting position.

Lateral Deltoid



1. Stand sideways to the machine with a foot on the foot plate and grip the handle with the hand furthest from the machine.
2. Raise your arm laterally until it is approximately parallel to the floor.
3. Slowly return to the starting position.

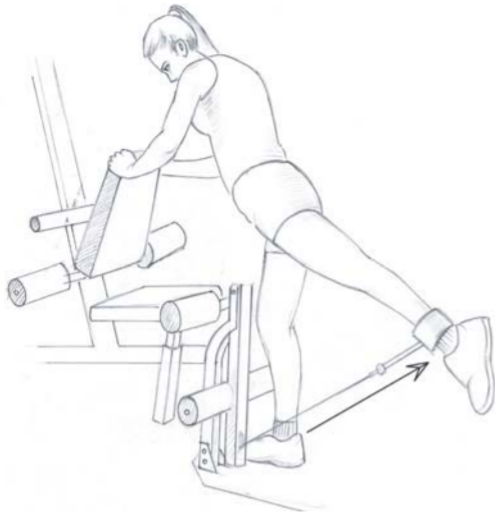
Deltoid Raise



1. Stand at the front of the machine and grip the handle with the hand nearest from the machine.
2. Raise your arm obversely until it is approximately parallel to the floor.
3. Slowly return to the starting position.

Exercise Instructions

Leg Kick Back



1. Attach the ankle strap to the lower pulley. Stand sideways to the machine and attach the ankle strap to your ankle.
2. Keeping your hips stationary and your leg straight, raise your foot in a backwards direction.
3. Slowly return to the starting position.

Leg Abductor



1. Attach the ankle strap to the lower pulley. Stand sideways to the machine and attach the ankle strap to the leg furthest to the machine.
2. Lift your leg outward and upward as far as possible. Keep your body straight and lead with your heel.
3. Slowly return to the starting position.

Side Bend



1. Stand sideways to the machine, grip the handle with the hand closest to the machine.
2. Keep your arm straight while crunching your upper body over and away from the machine.
3. Slowly return to the starting position.

Abdominal Crunch



1. Sit upright, grip the ab crunch strap across your neck. Keep your abdominal muscles tight, neck straight and chest up.
2. Keep your arms tight while crunching your upper body over and away from the machine.
3. Slowly return to the starting position.

Limited Warranty

We warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of **1 year FROM THE DATE OF ORIGINAL PURCHASE**. This Limited Warranty is not transferable and is available only for the original purchaser of the product. The company's obligation under this warranty is limited to replacing or repairing the product, at the discretion of the company.

This Limited Warranty is void if the product is:

Damaged through improper use, negligence, abuse, misuse, transportation damage, act of nature, or accident, include failure to follow the assembly and or operation instructions supplied with the product.

Used in commercial or rental applications.

Modified or repaired by anyone not authorized by the company.

This Limited Warranty does not cover expendable items including but not limited to: Batteries, light bulbs, fuses, accessories, and other items that experience wear as a result of normal use.