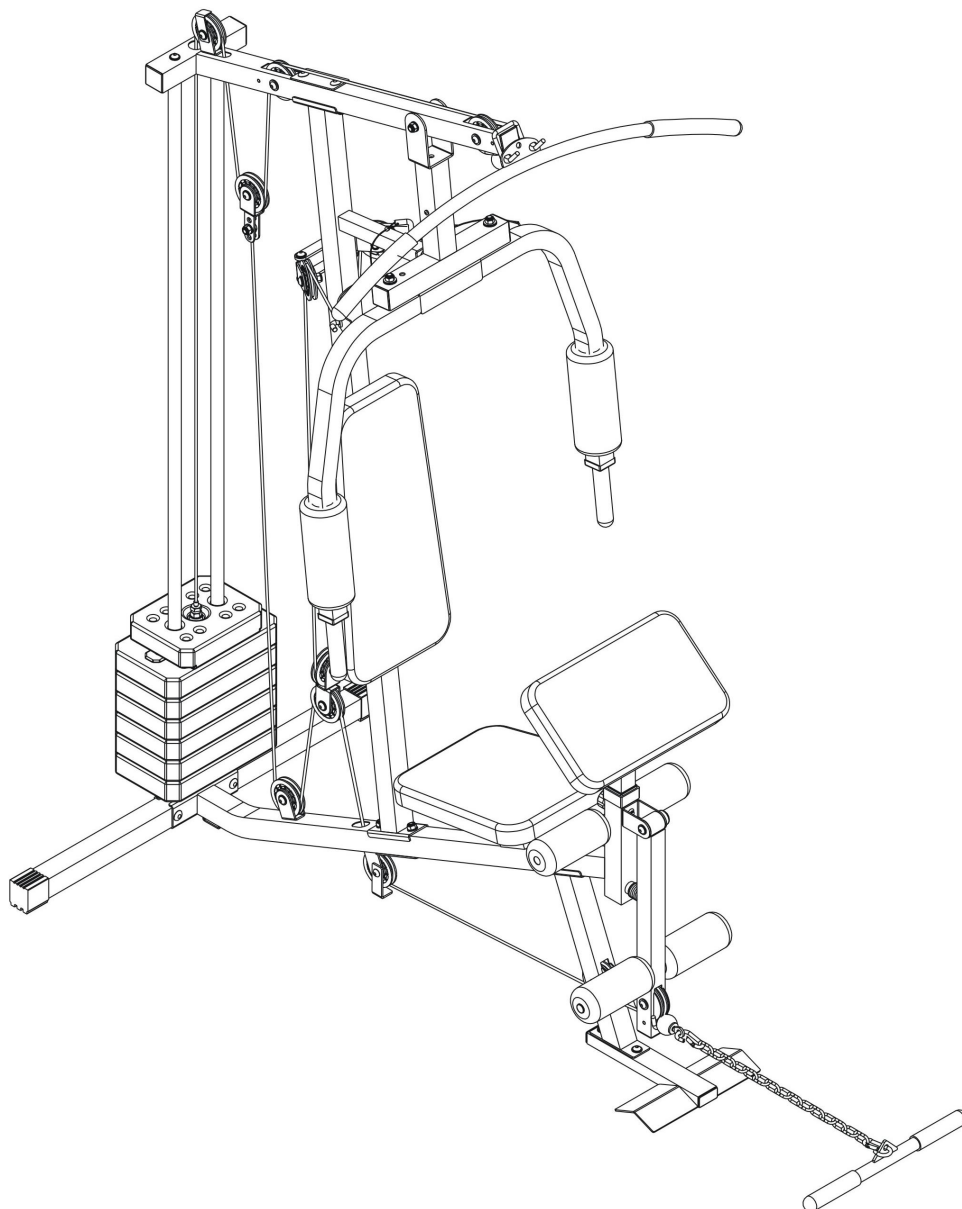


# OPTI 29KG MULTI GYM

Assembly & User Instructions - Please keep for future reference

608/5029

opti



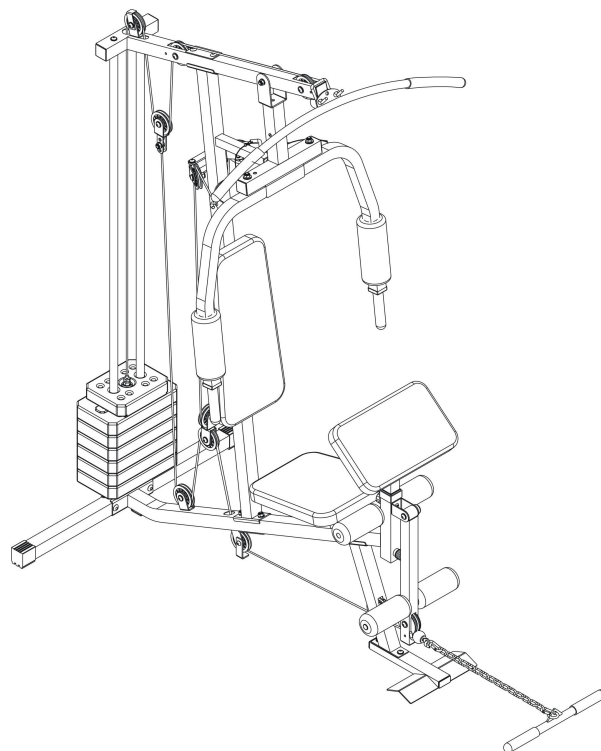
**Important – Please read these instructions fully before assembly or use**

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 6001714** or visit **[www.argos-support.co.uk](http://www.argos-support.co.uk)**

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# Safety Information

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

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.

## Assembly

- The product must be installed on a stable and level surface.
- Assemble the item as close to its final position (in the same room) as possible.
- Make sure you have enough space to layout the parts before starting.
- Keep children and animals away from the exercise area, small parts could pose a choking hazard if swallowed.
- Dispose of all packaging carefully and responsibly.
- Check you have all the components and tools listed in the parts list, bearing in mind that, for ease of assembly, some components are pre-assembled.
- The assembly of this equipment is best carried out by 2 people.

## Using

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only.  
**Do not** use in any commercial, rental, or institutional setting.
- Use the equipment only for intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.
- Keep unsupervised children away from the equipment.

- Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.

- If children are allowed to use the equipment under supervision, their mental and physical development should be taken into account. They should be controlled and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a toy.

- Disabled persons should not use the equipment without a qualified person or doctor in attendance.

**This product is not suitable for therapeutic purposes.**

- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, as it may get caught in the equipment. Wear trainers to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Keep hands away from all moving parts.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Before using the equipment to exercise, always perform stretching exercises to properly warm up.
- Only one person at a time should use the equipment.
- A spotter is recommended during exercise.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
- Injuries to health may result from incorrect or excessive training.
- This product is suitable for a maximum user weight of: **100kg.**
- The maximum training mass is **30.8kg(68LB)** (i.e. the total additional weight used for your workout).
- This product conforms to: BS EN ISO 20957-1 and BS EN957-2 Class (H) - Home Use



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

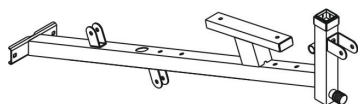
# Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline: 0345 6001714**.

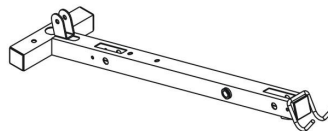
Please check you have all parts listed below

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

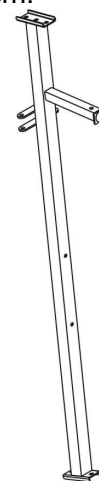
The total mass of the product is 68 kg. The foot print of the product is 150 cm × 103 cm.



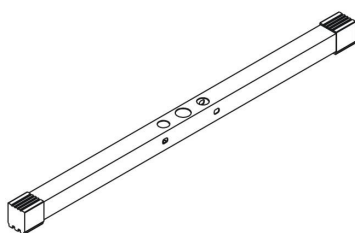
1. Base frame × 1



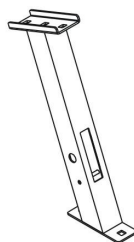
2. Upper frame × 1



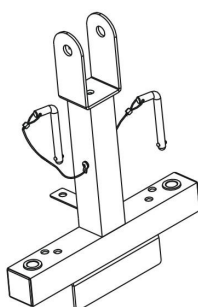
3. Vertical frame × 1



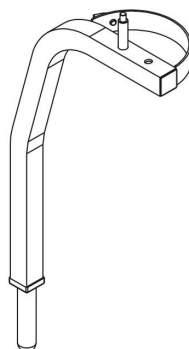
4. Rear stabilizer × 1



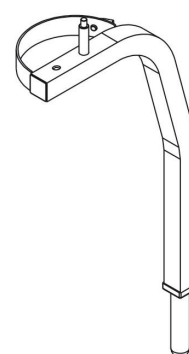
5. Leg developer holder × 1



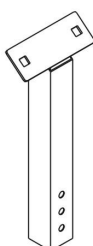
6. Front press base × 1



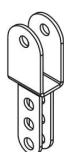
7. Right butterfly × 1



8. Left butterfly × 1



9. Preacher pad support × 1



10. Floating pulley bracket × 1



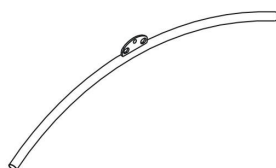
11. Angle double pulley bracket × 1



12. Swivel pulley bracket × 2



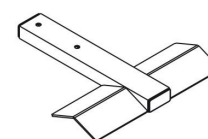
13. Select rod × 1



14. Lat bar × 1



15. Leg developer × 1

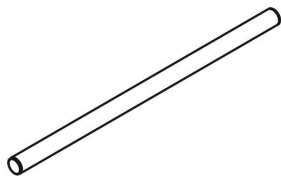


16. Front stabilizer × 1

# Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline: 0345 6001714**.

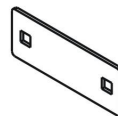
Please check you have all parts listed below



**17.** Foam roll tube × 2



**19.** Rear U-shaped bracket × 1

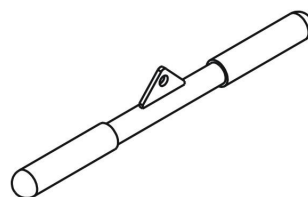


**20.** 120mm Bracket × 3

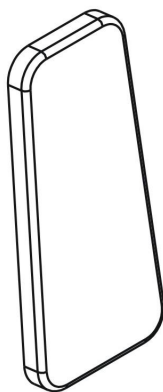


**22.** L-shaped separation blade × 2

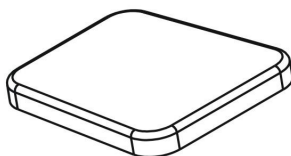
**18.** Guide rod × 2 →



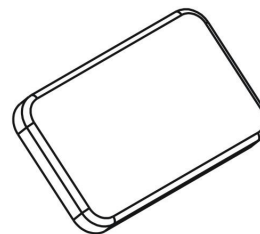
**23.** Pull bar × 1



**24.** Backrest pad × 1



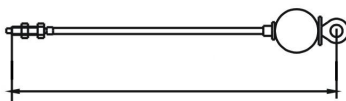
**25.** Seat pad × 1



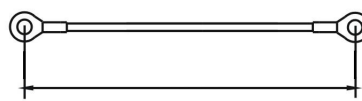
**26.** Preacher pad × 1



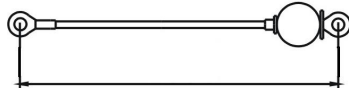
**46.** Pulley cover × 6



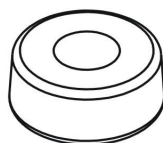
**49.** 2870mm Upper cable × 1



**50.** 2750mm Butterfly cable × 1



**51.** 2770mm Lower cable × 1



**58.** Ø61mm Rubber bumper × 2



**62.** Ø22 × 11mm Pulley bushing × 2



**63.** Ø22 × 15mm Pulley bushing × 6

# Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline: 0345 6001714**.

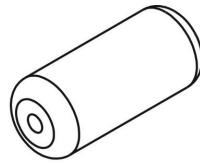
Please check you have all parts listed below



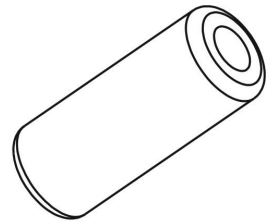
**64.** M10 Nut cap × 1



**68.** Lock knob × 1



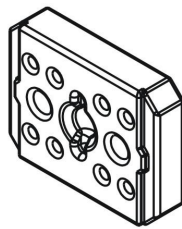
**69.** Ø17mm Foam roll × 4



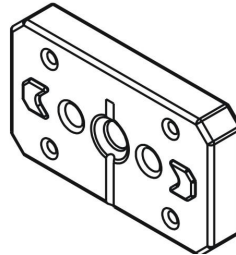
**70.** Ø45mm Foam roll × 2



**71.** Ø77mm Pulley × 12



**72.** 8LBS Select plate × 1



**73.** 10LBS Weight plate × 6



**76.** Ankle strap × 1



**43.** Seated press lock pin × 2



**48.** Ø25mm × 31mm Bushing × 2



**52.** 45mm End cap × 5



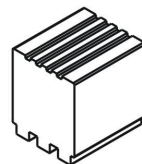
**53.** 38mm End cap × 4



**54.** 25× 50mm End cap × 4



**55.** Ø19mm End cap × 4



**56.** Rear stabilizer end cap × 2



**57.** Ø37mm Rubber bumper × 1



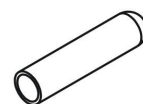
**59.** 30mm Rubber bumper × 1



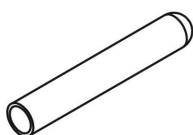
**60.** 45mm × 38mm Sleeve × 1



**65.** Ø26mm × 38mm Hollow sleeve × 2



**66.** Front press handle grip × 4



**67.** Lat pull handle grip × 2


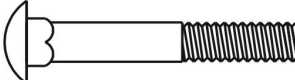
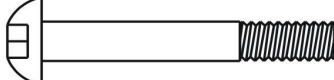
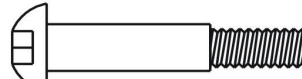

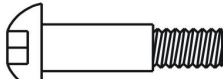


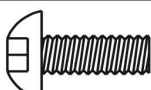
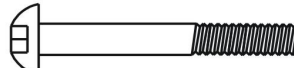







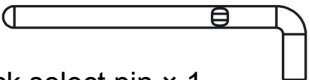



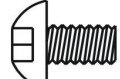



**74.** Ø25mm End cap × 1

# Components - Fixings

Please check you have all fixings listed below

**Note:** The quantities below are the correct amount to complete the assembly. In some cases more hardware may be supplied than are required. Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.

<b>21</b>  M10 x 95mm Axle x 1	<b>27</b>  M10 x 63mm Carriage bolt x 8	<b>28</b>  M10 x 68mm Allen bolt x 2
<b>29</b>  M10 x 60mm Allen bolt x 4	<b>30</b>  M10 x 53mm Allen bolt x 1	<b>31</b>  M10 x 42mm Allen bolt x 2
<b>32</b>  M10 x 40mm Allen bolt x 6	<b>33</b>  M10 x 30mm Allen bolt x 1	<b>34</b>  M10 x 25mm Allen bolt x 4
<b>35</b>  M8 x 60mm Allen bolt x 2	<b>36</b>  M8 x 18mm Allen bolt x 2	<b>37</b>  M6 x 16mm Phillips screw x 1
<b>38</b>  ST4.8 Phillips screw x 4	<b>39</b>  Ø25 x Ø11 x 1.5 Washer x 4	<b>40</b>  Ø8mm Washer x 6
<b>41</b>  Ø10 Washer x 38	<b>42</b>  M10 Aircraft nut x 28	<b>44</b>  Stack select pin x 1
<b>45</b>  6# Clip hook x 2	<b>47</b>  15 Joint chain x 1	<b>61</b>  M8 x 40mm Allen bolt x 2
<b>75</b>  M10 x 16mm Allen bolt x 2	 Allen Key 5, 6mm	

## Tools prepared by user



Adjustable  
spanner x 2

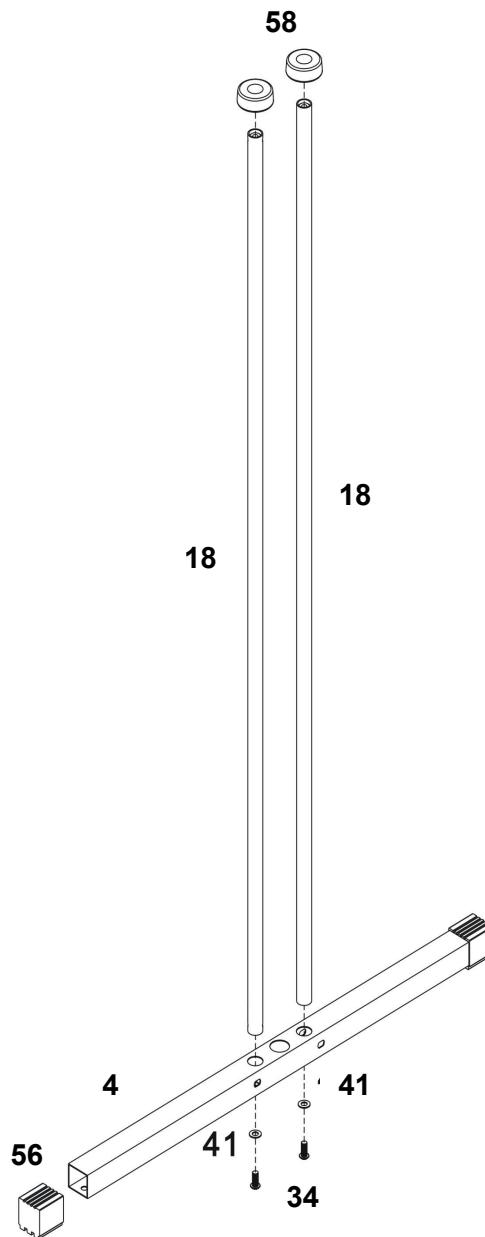
# Assembly instructions

## Step 1

a. Insert the Guide rods (18) into the holes on the Rear stabilizer (4). Fix using 2 x M10 x 25mm Allen bolts (34) and 2 x Ø10mm Washers (41).

b. Slide 2 x Ø61mm Rubber bumpers (58) down onto Guide rods (18).

**Note:** (56) was fixed in the factory.

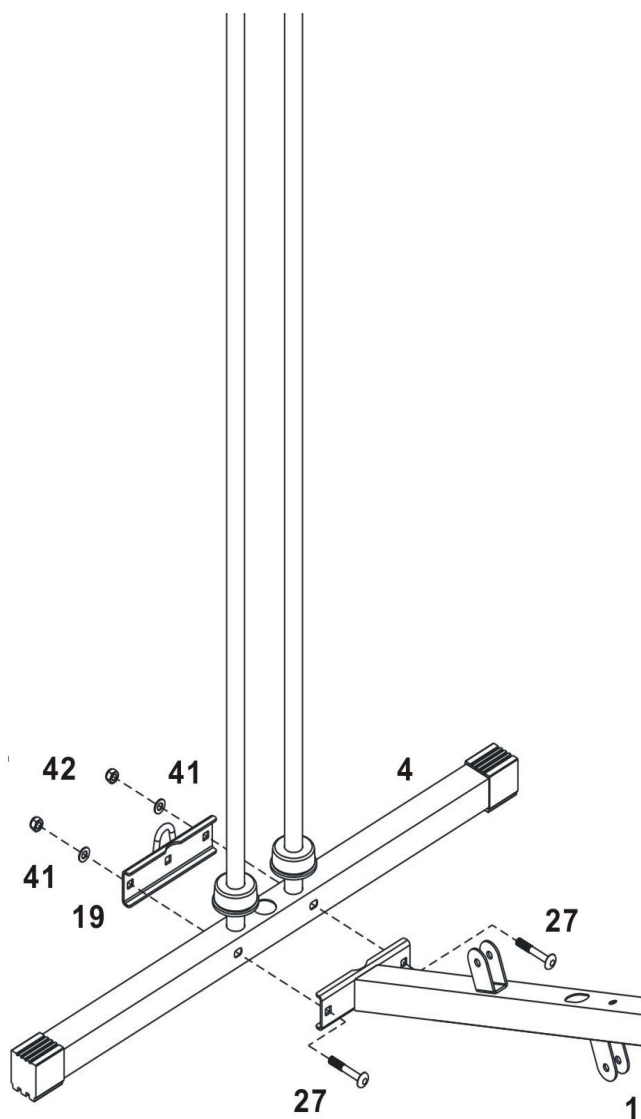




# Assembly instructions

## Step 2

Attach the Base frame (1) to the Rear stabilizer (4). Fix using 2 x M10x 63mm Carriage bolts (27), the Rear U-shaped bracket (19), 2 x Ø10mm Washers (41) and 2 x M10 Aircraft nuts (42).



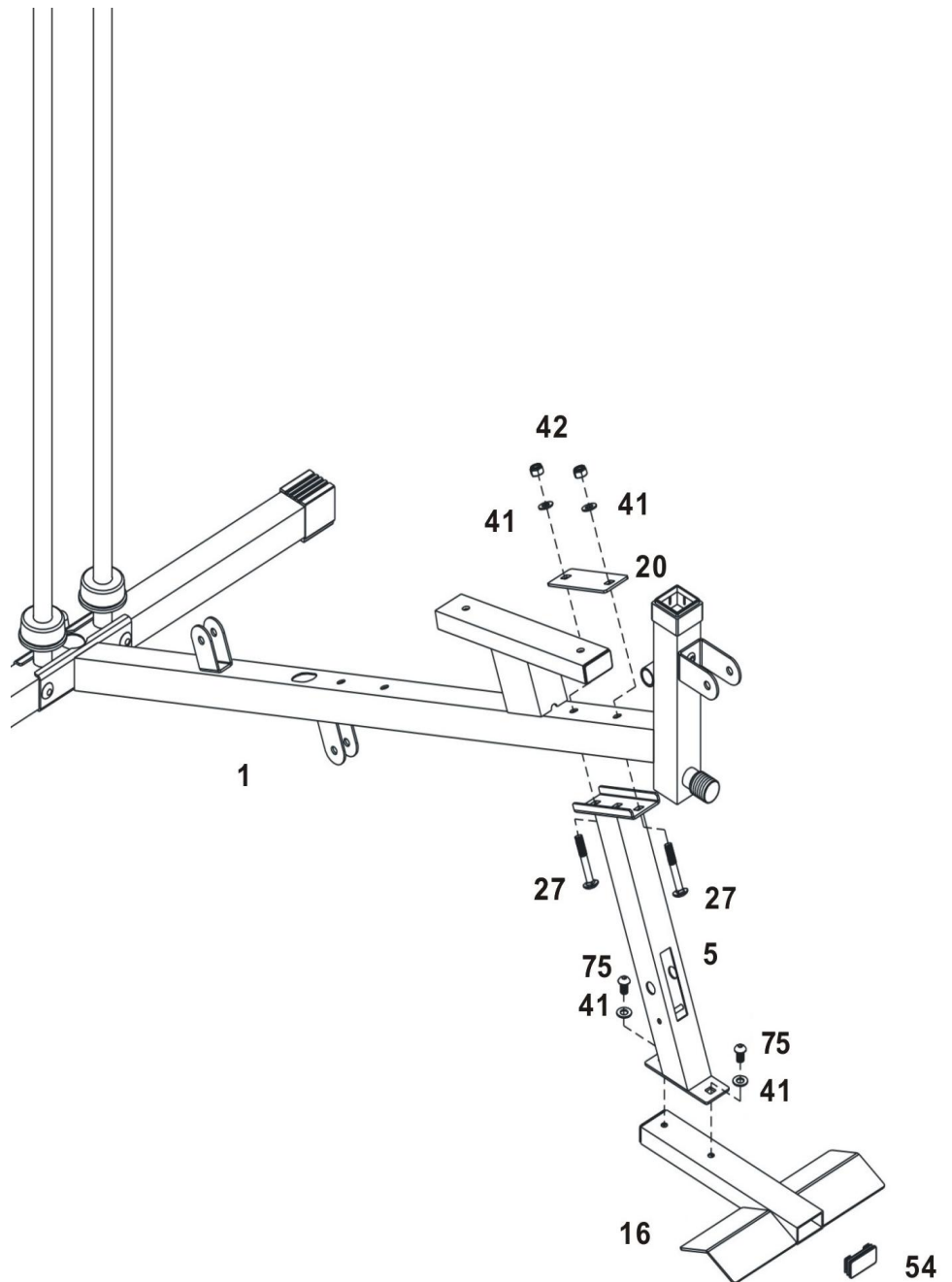
# Assembly instructions

## Step 3

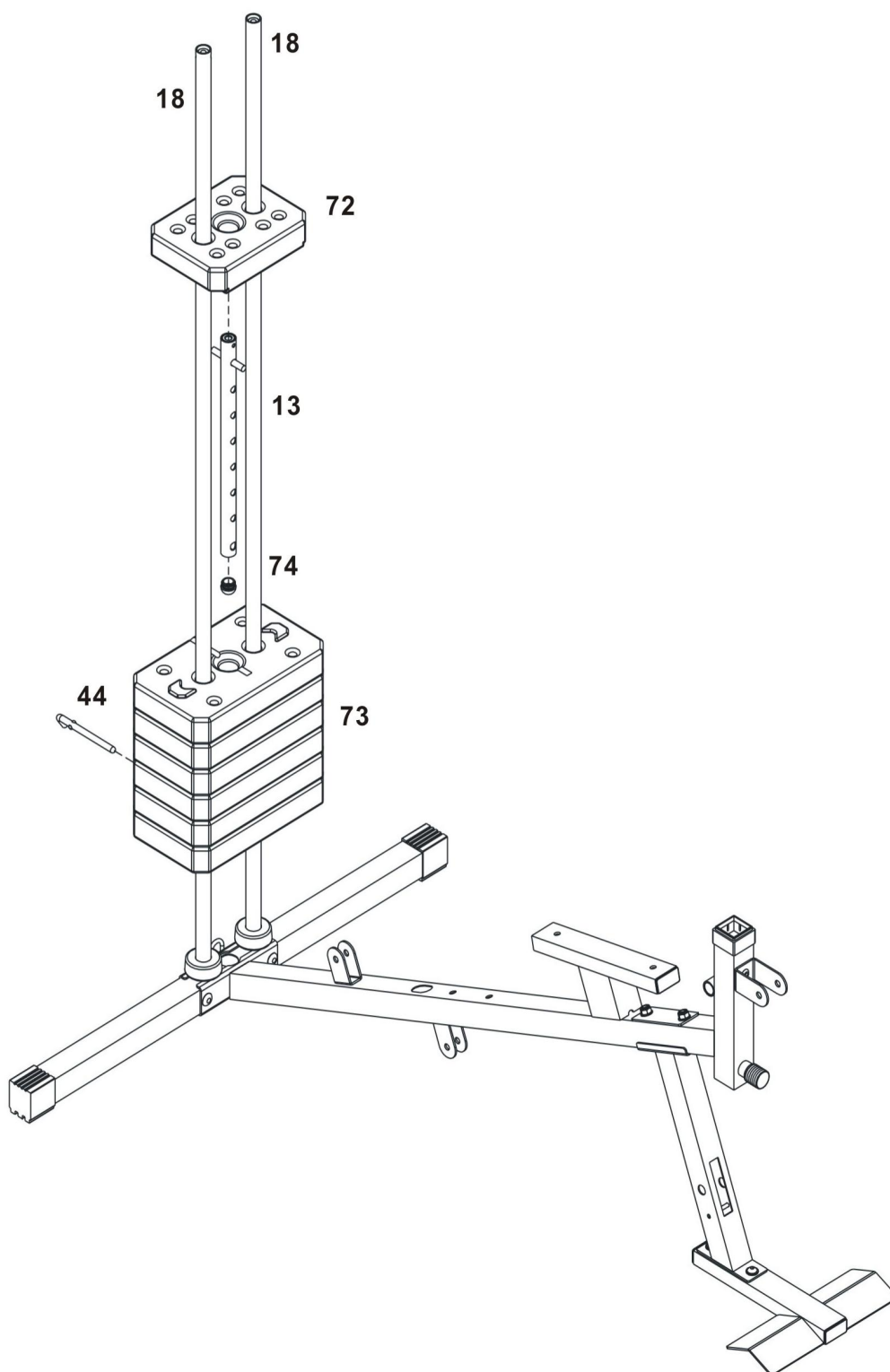
**a.** Attach the Front stabilizer (**16**) to the Leg developer holder (**5**), fix using 2 x M10 x 16mm Allen bolts (**75**), 2 x Ø10mm Washers (**41**).

**b.** Attach the Leg developer holder (**5**) to the Base frame (**1**) fix using 120mm Bracket (**20**), 2 x M10 x 63mm Carriage bolts (**27**), 2 x Ø10mm Washers (**41**) and 2 x M10 Aircraft Nuts (**42**).

**Note:** (**54**) was fixed in the factory.



# Assembly instructions



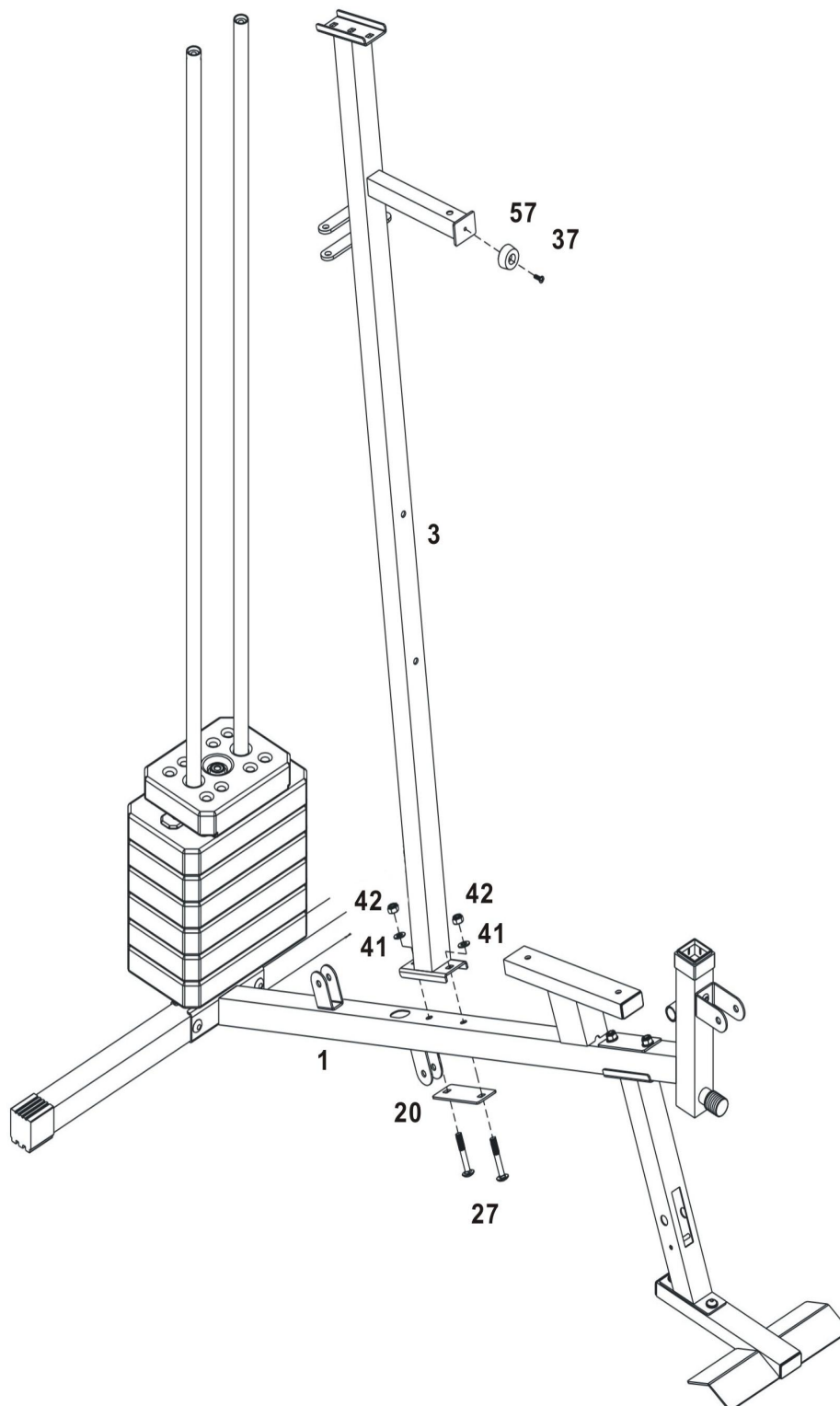
## Step 4

a. Carefully slide 6 x 10LBS Weight plates (73) down Guide rods (18), insert the Select rod (13) into the Weight plates (73), and then slide 1 x 8LBS Select plate (72) down Guide rods (18)

b. Select the desired training weight by inserting the Stack select pin (44) into the deep grooves under the Weight plates and into the Select rod.

**Note:** (74) was fixed in the factory.

# Assembly instructions

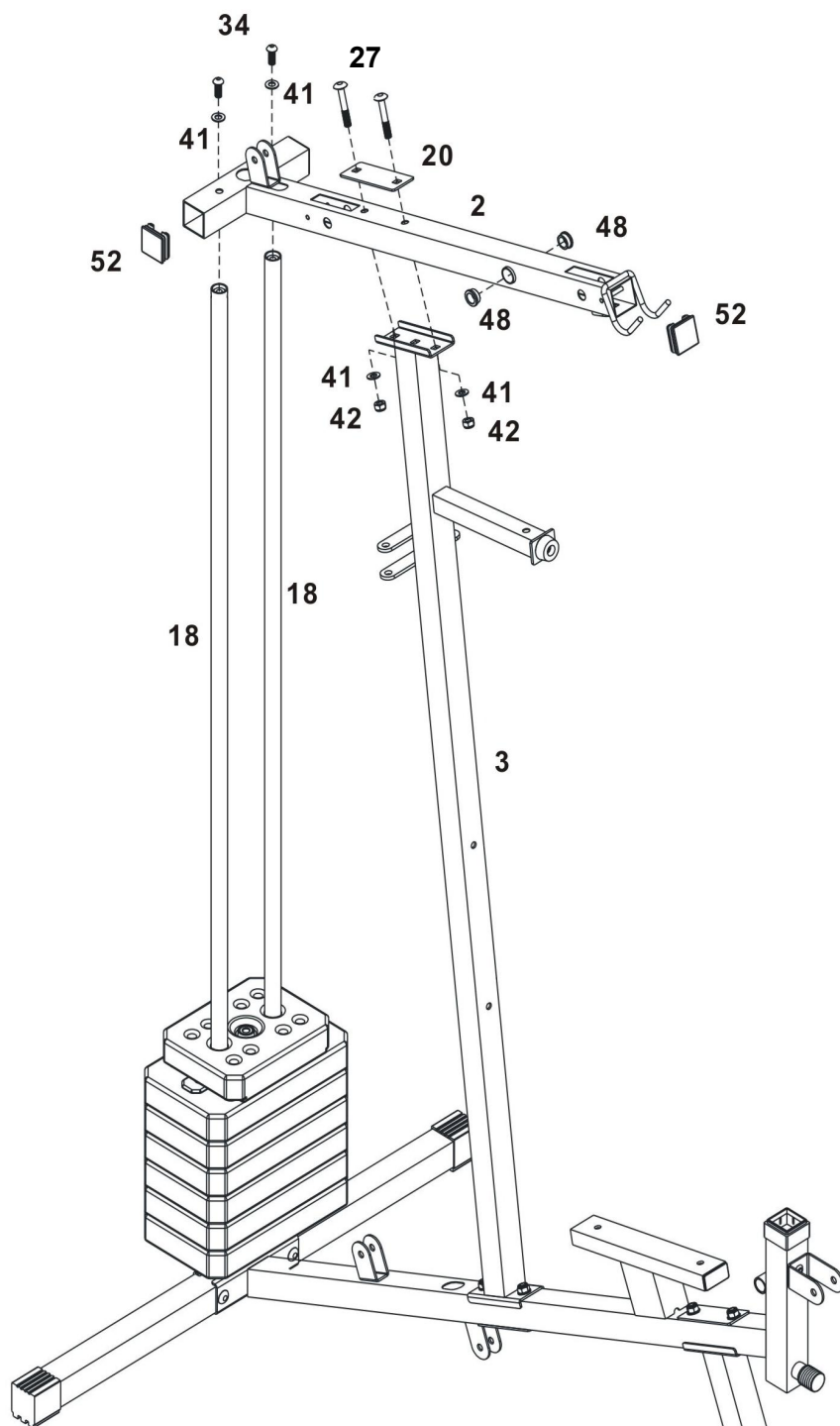


## Step 5

Attach the Vertical frame (3) to the Base frame (1). Fix using 2 x M10 x 63mm Carriage bolts (27), 120mm Bracket (20), 2 x Ø10mm Washers (41) and 2 x M10 Aircraft nuts (42).

**Note:** (37/57) was fixed in the factory.

# Assembly instructions



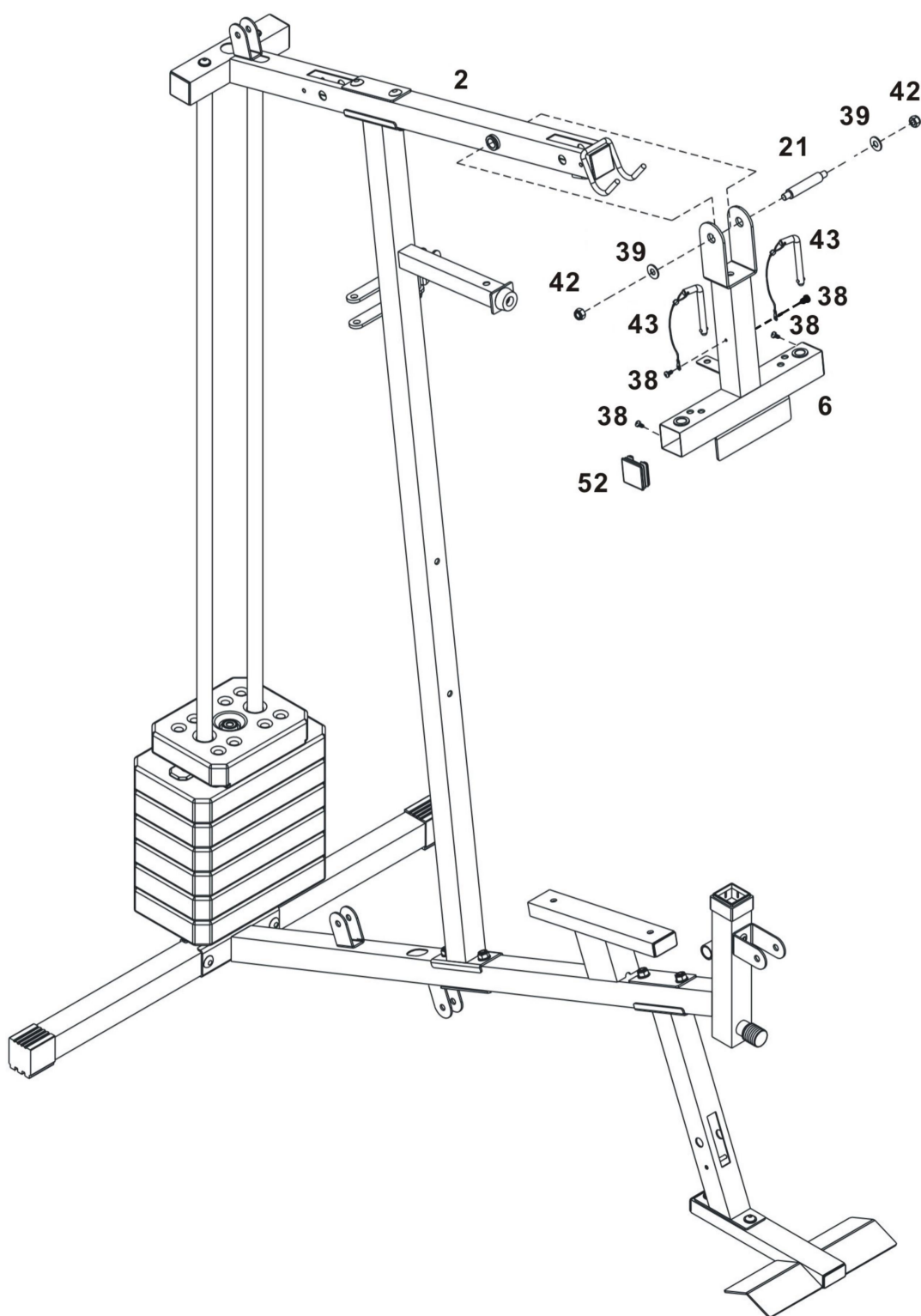
## Step 6

a. Attach Upper frame (2) to Guide rods (18) fix using 2 x M10 x 25mm Allen bolts (34) and 2 x Ø10mm Washers (41).

b. Attach Upper frame (2) to the Vertical frame (3) fix using 2 x M10 x 63mm Carriage bolts (27), 120mm Bracket (20), 2 x Ø10mm Washers (41) and 2 x M10 Aircraft nuts (42),

**Note:** (52/48) was fixed in the factory.

# Assembly instructions

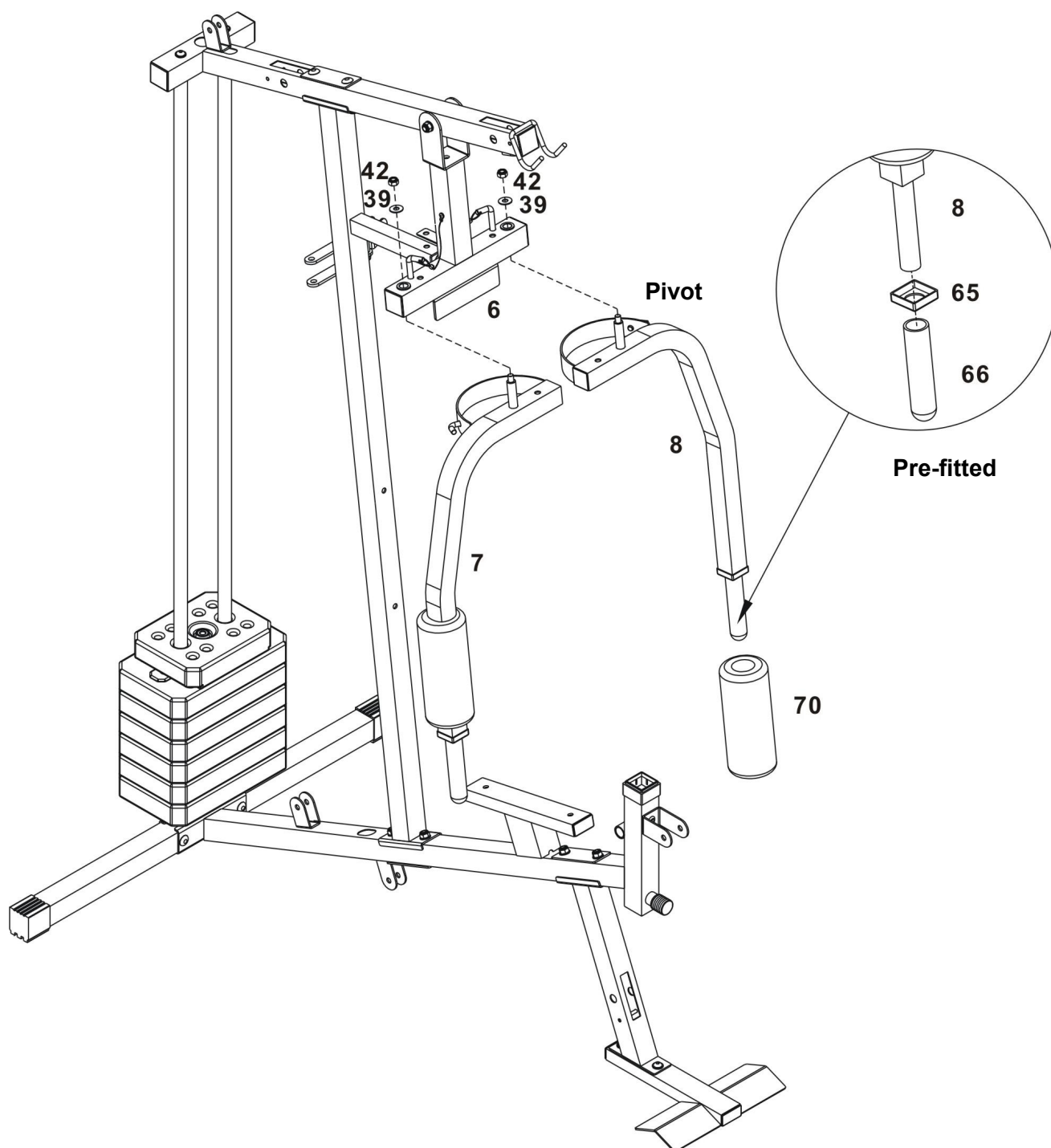


## Step 7

Attach the Front press base (6) to the Upper frame (2) using the M10 x 95mm Axle (21). Secure using 2 x Ø25 x Ø11x1.5 Washers (39) and 2 x M10 Aircraft nuts (42).

**Note:** (38/43/52) were fixed in the factory.

# Assembly instructions



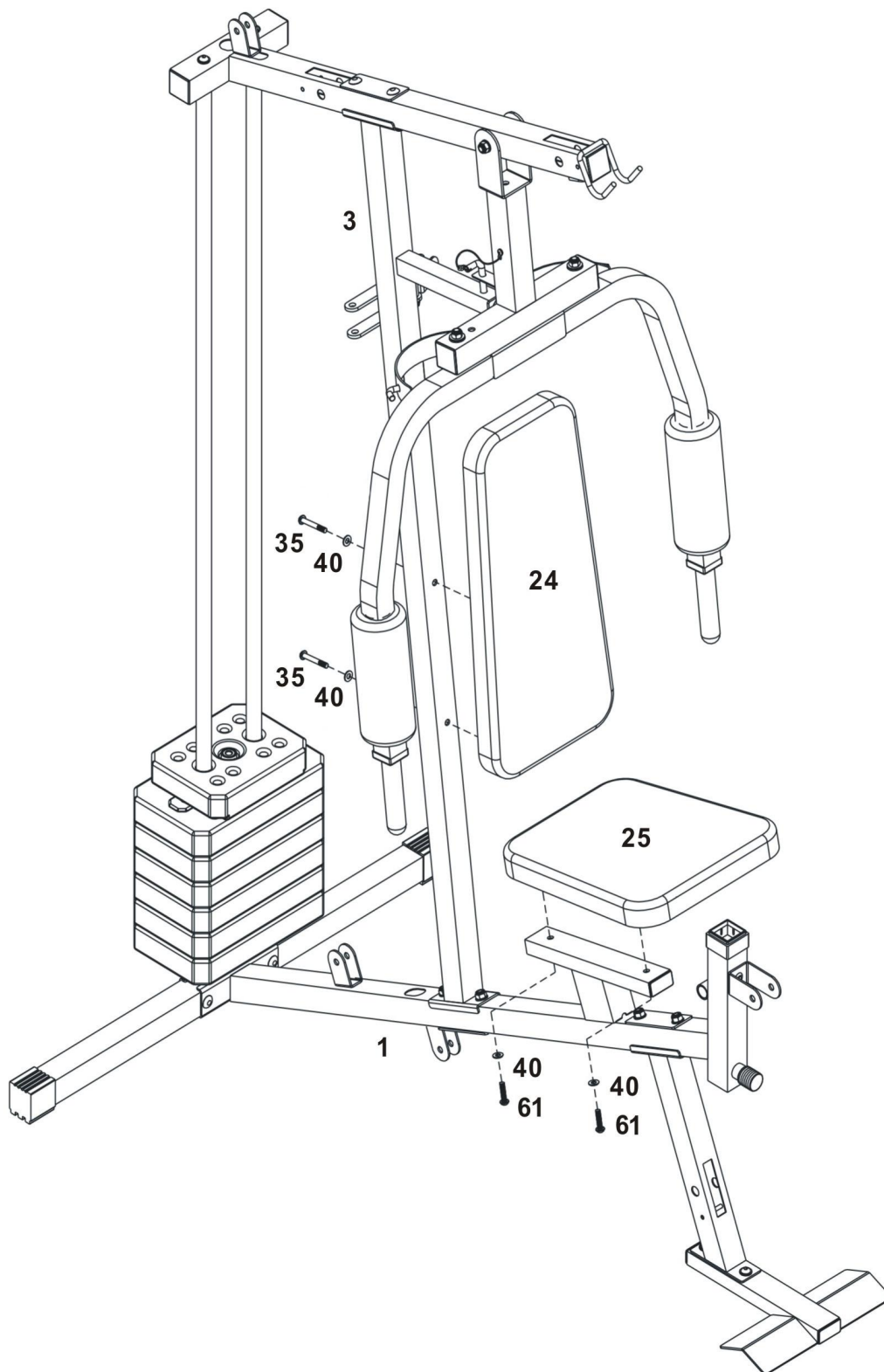
## Step 8

a. Attach the 'pivots' on the Right and Left Butterfly's (7 & 8) to the Front press base (6) using 2 x Ø25 x Ø11 x 1.5 Washers (39) and 2 x M10 Aircraft nuts (42).

b. Slide the 2 x Ø45mm Foam rolls (70) over the end of the Butterfly's (7 & 8).

**Note:** (65/66) were fixed in the factory.

# Assembly instructions

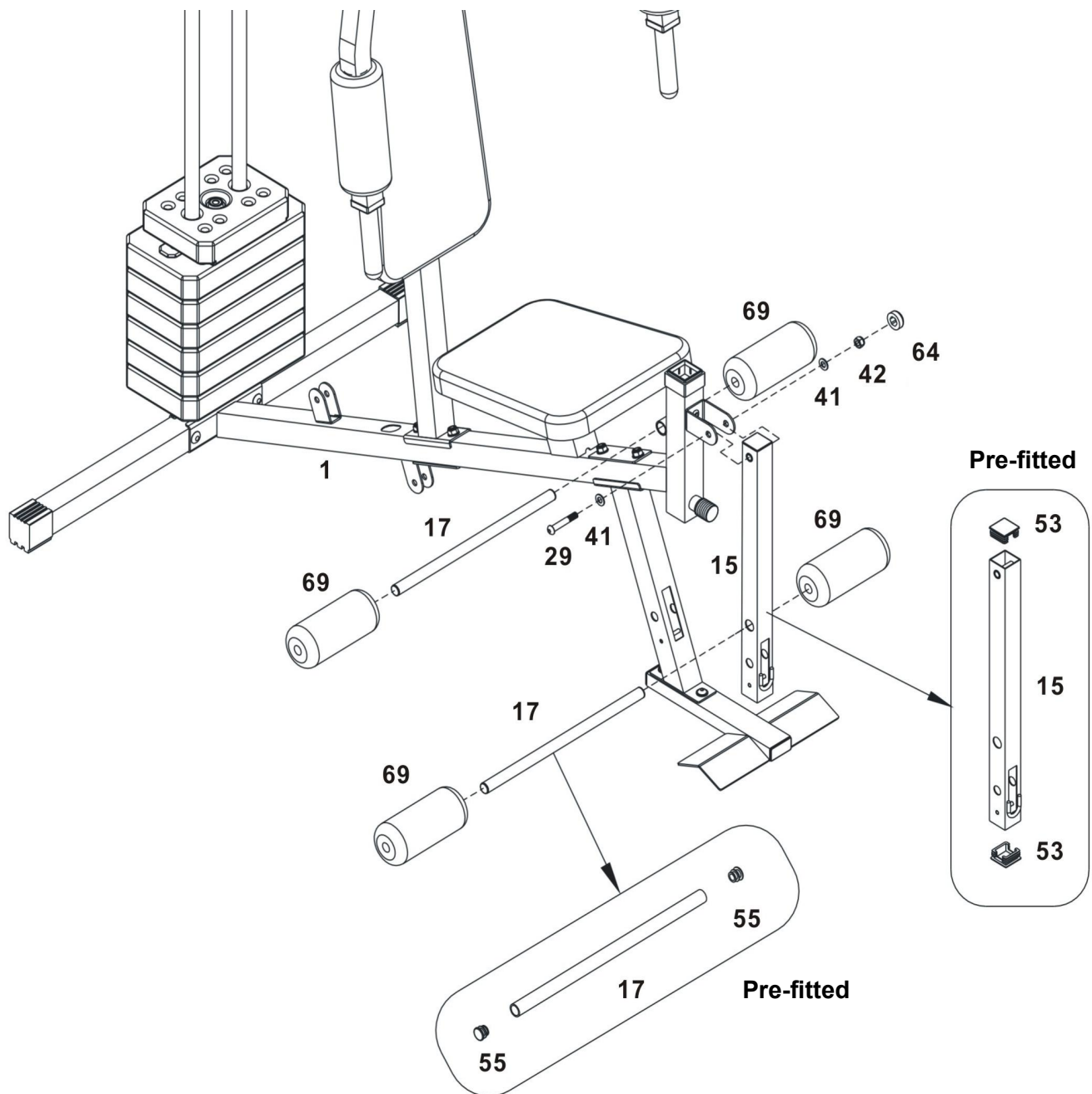


## Step 9

- a. Attach the Backrest pad (24) to the Vertical frame (3) using 2 x M8 x 60mm Allen bolts (35) and 2 x Ø8mm Washers (40).
- b. Attach the Seat pad (25) to the Base frame (1) using 2 x M8 x 40mm Allen bolts (61) and 2 x Ø8mm Washers (40).



# Assembly instructions

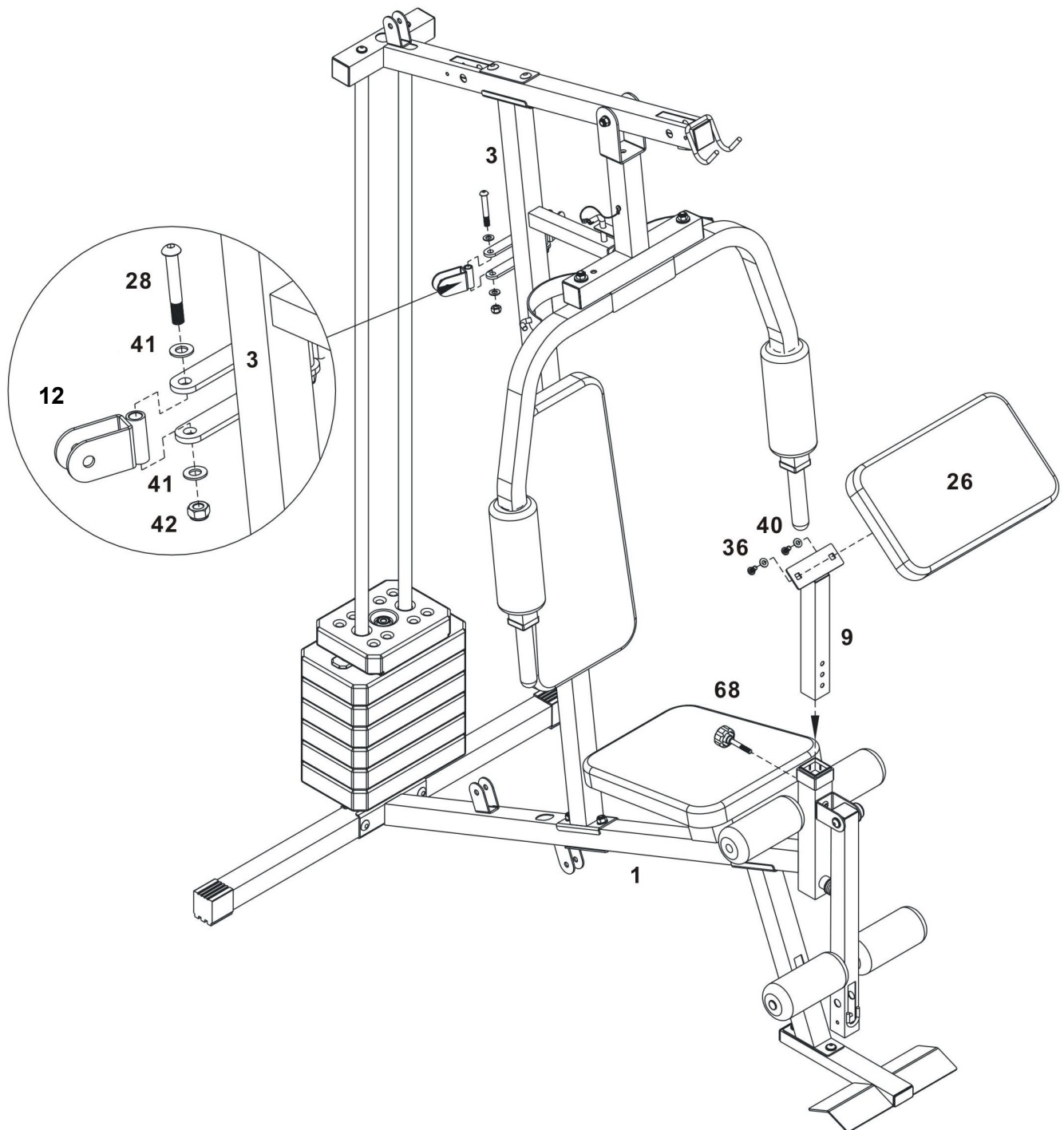


## Step 10

- Slide the Foam roll tube (17) into the hole on the Base frame (1). Push 2 x Ø17mm Foam rolls (69) onto each side of the Foam roll tube (17).
- Attach the Leg developer (15) to the Base frame (1) using M10 x 60mm Allen bolts (29) and 2 x Ø10mm Washers (41), M10 Aircraft nut (42) and M10 Nut cap (64).
- Slide the Foam roll tube (17) into the hole on the Leg developer (15). Push 2 x Ø17mm Foam rolls (69) onto each side of the Foam roll tube (17).

**Note:** (53/55) were fixed in the factory.

# Assembly instructions



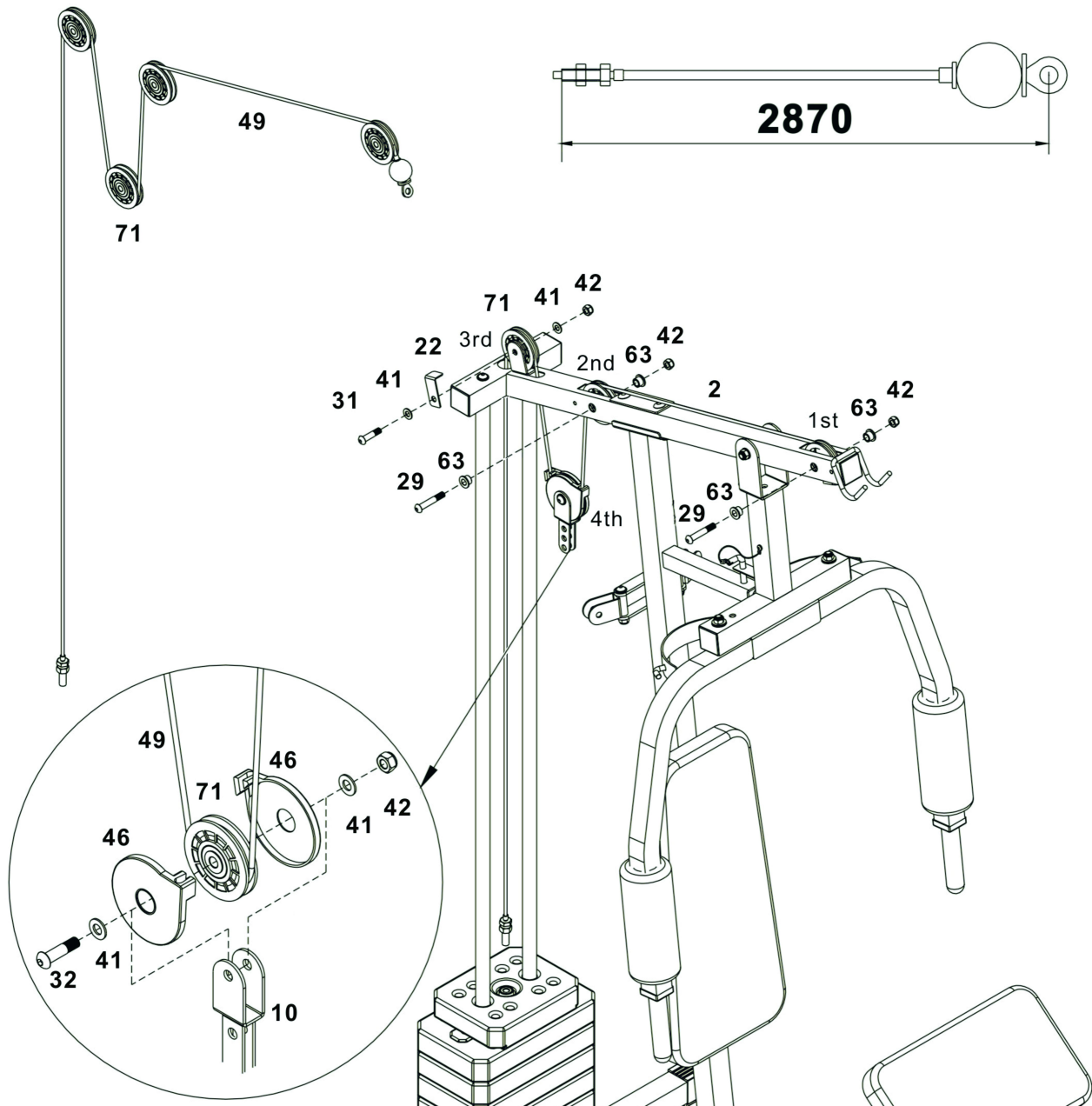
## Step 11

**a.** Attach the Preacher pad (26) to the Preacher pad stand (9). Secure using 2 x M8 x 18mm Allen bolts (36) and 2 x Ø8mm Washers (40).

**b.** Insert the Preacher pad assembly into the Base frame (1) . Select the desired height and secure using the Lock knob (68).

**c.** Attach 2 x Swivel pulley brackets (12) to the two sides of open bracket on the Vertical frame (3). Fix using 2 x M10 x 68mm Allen bolts (28), 4 x Ø10mm Washers (41) and 2 x M10 Aircraft nuts (42).

# Assembly instructions

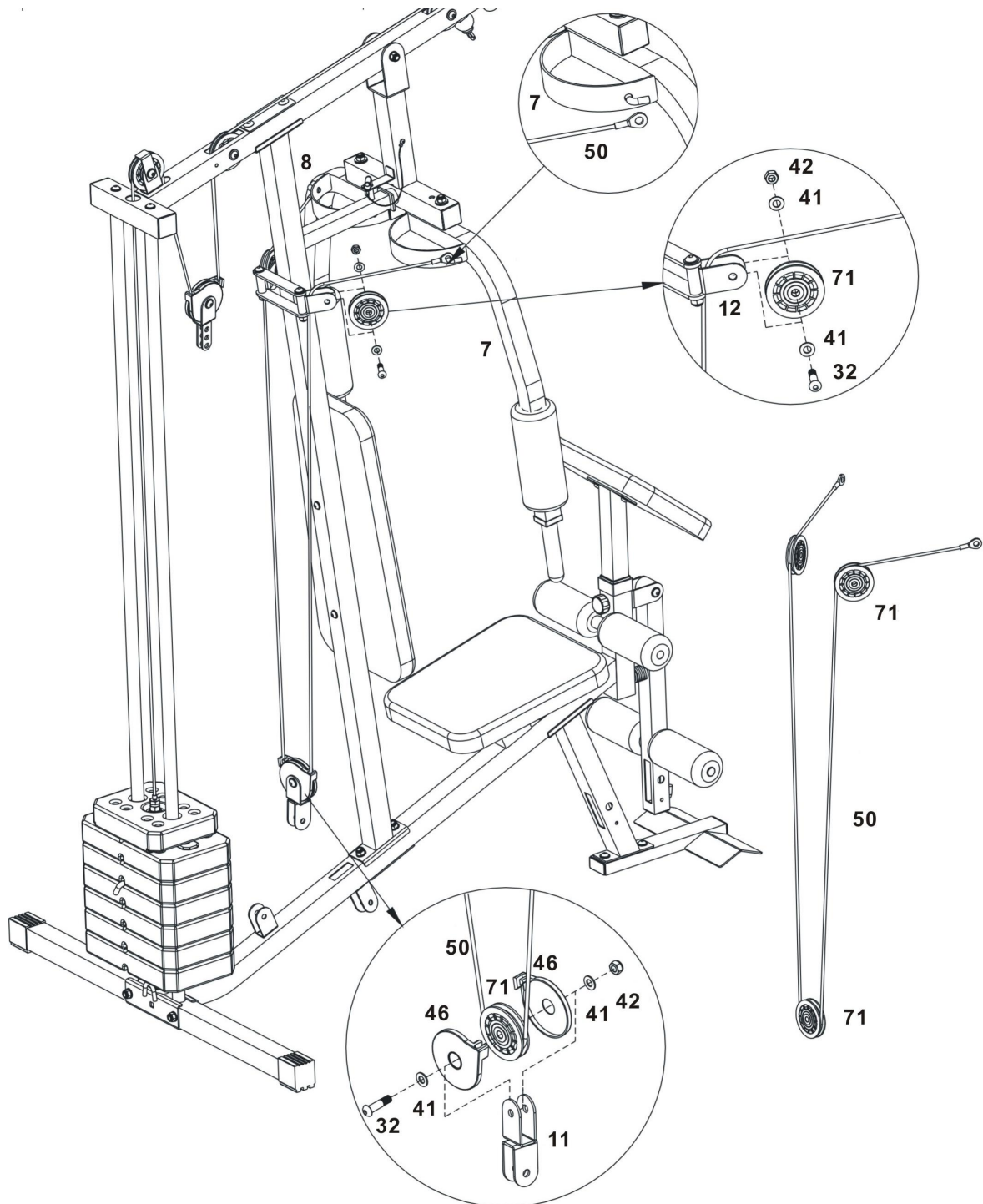


## Step 12

**Important:** Study and follow the diagram carefully.

- Feed the bolt end of the 2870mm Upper cable (49) up through opening in Upper frame (2). Insert Ø22 x 15mm Pulley bushings (63) into holes and attach 1st Pulley (71) using M10 x 60mm Allen bolt (29) and M10 Aircraft nut (42).
- Repeat procedure for 2nd Pulley, feeding cable up through opening in Upper frame (2).
- Attach 3rd Pulley to Upper frame (2) using a M10 x 42mm Allen bolt (31), 2 x Ø10mm Washers (41), M10 Aircraft nut (42) and 1 x L-Shaped separation blade (22).
- Place 4th Pulley (71) onto the cable and fit Pulley covers (46) over Pulley and cable. Attach Pulley assembly to Floating pulley bracket (10) using a M10 x 40mm Allen bolt (32), 2 x Ø10mm Washers (41) and M10 Aircraft nut (42).

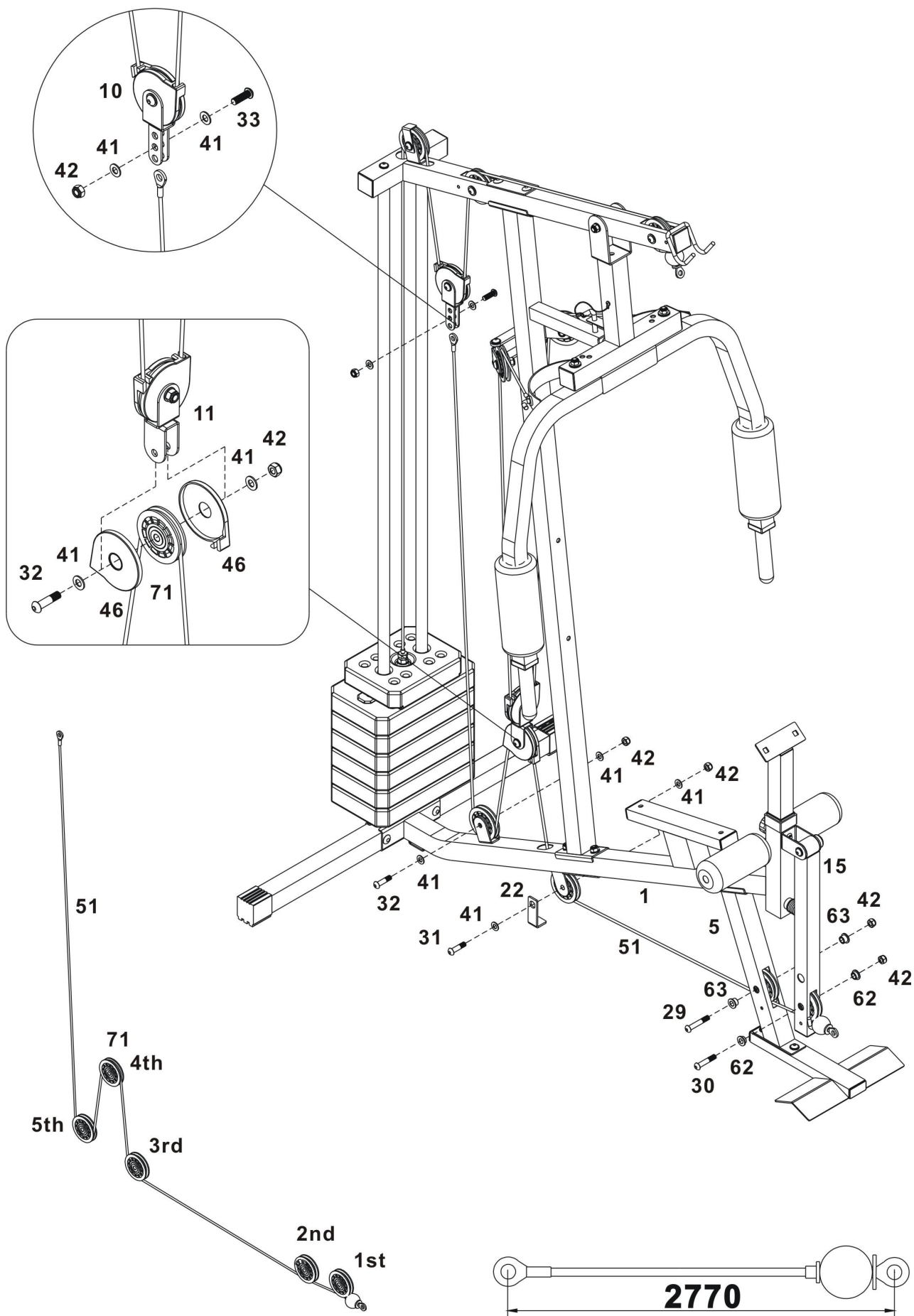
# Assembly instructions



## Step 13

- Hook one end of the 2750mm Butterfly cable (50) to Right butterfly (7). Place a Ø77mm Pulley (71) under the cable, position the pulley into the Swivel pulley brackets (12). Fix using M10 x 40mm Allen bolts (32), 2 x Ø10mm Washers (41) and M10 Aircraft nut (42).
- Repeat "a" to attach the left side.
- Place a Ø77mm Pulley (71) onto the cable and fit Pulley covers (46) over Pulley and cable. Attach Pulley assembly to Angle double pulley bracket (11) using M10 x 40mm Allen bolt (32), 2 x Ø10mm Washers (41) and M10 Aircraft nut (42).

# Assembly instructions



# Assembly instructions

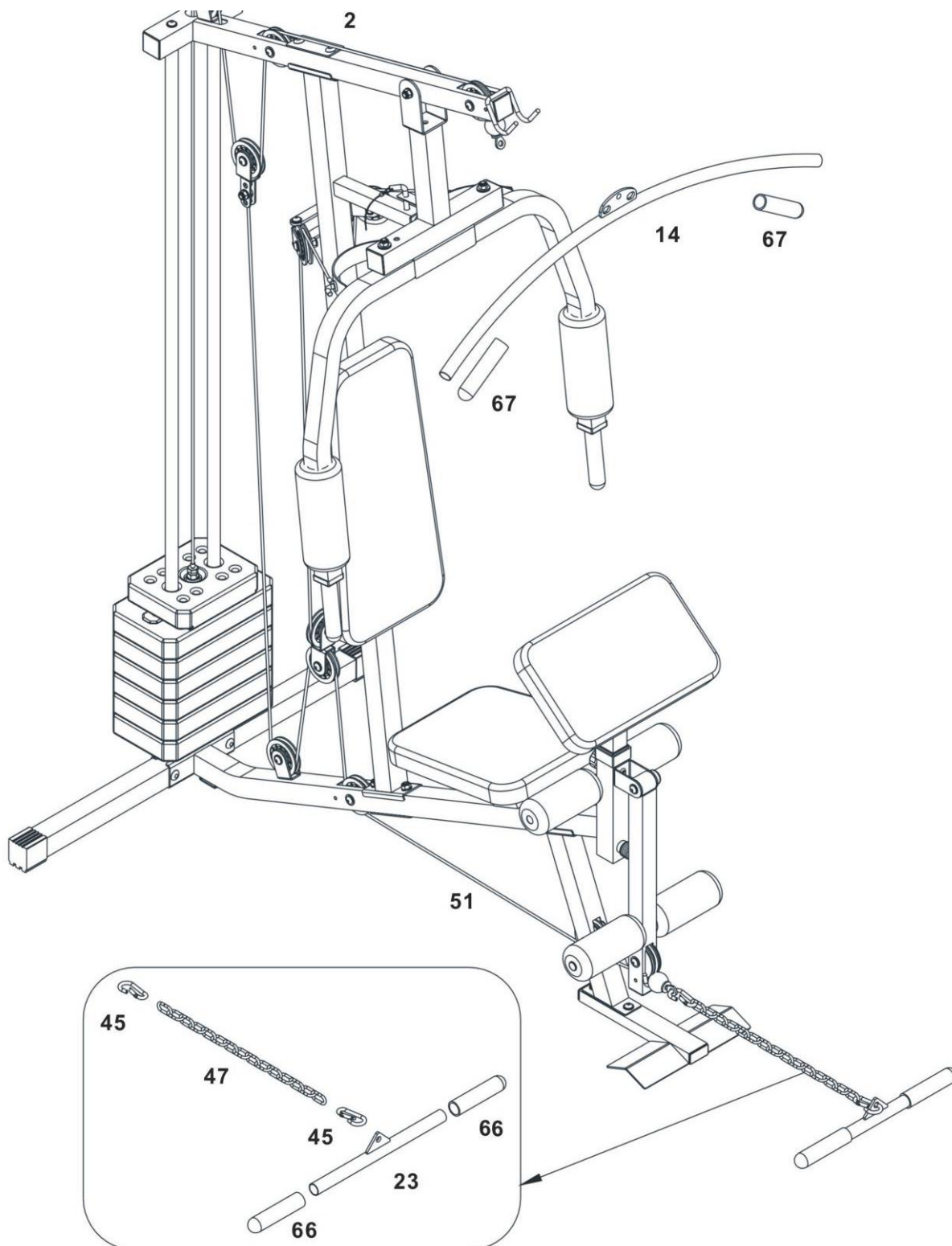
## Step 14

**Important:** Study and follow the diagram carefully.

- a. Feed the loop end of 2770mm Lower cable **(51)** through opening in the Leg developer **(15)**. Insert 2 x Ø22 x 11mm Pulley bushings **(62)** into holes and attach 1st Pulley using M10 x 53mm Allen bolt **(30)** and M10 Aircraft nut **(42)**.
- b. Insert 2 x Ø22 x 15mm Pulley bushings **(63)** into holes and attach 2nd Pulley using M10 x 60mm Allen bolt **(29)** and M10 Aircraft nut **(42)**.
- c. Attach 3rd Pulley to Base frame **(1)** using a M10 x 42mm Allen bolt **(31)**, 2 x Ø10mm Washers **(41)**, M10 Aircraft nut **(42)** and 1 x L-Shaped separation blade **(22)**.
- d. Place 4th Pulley onto the cable and fit Pulley covers **(46)** over Pulley and cable. Attach Pulley assembly to the other end of the Angled double pulley bracket **(11)** using M10 x 40mm Allen bolt **(32)**, 2 x Ø10mm Washers **(41)** and M10 Aircraft nut **(42)**.
- e. Attach 5th Pulley to Base frame **(1)** using M10 x 40mm Allen bolt **(32)**, 2 x Ø10mm Washers **(41)** and M10 Aircraft nut **(42)**.
- f. Secure the end of the Lower cable **(51)** to the Floating pulley bracket **(10)** using M10 x 30mm Allen bolt **(33)**, 2 x Ø10mm Washers **(41)** and M10 Aircraft nut **(42)**.



# Assembly instructions



## Step 15

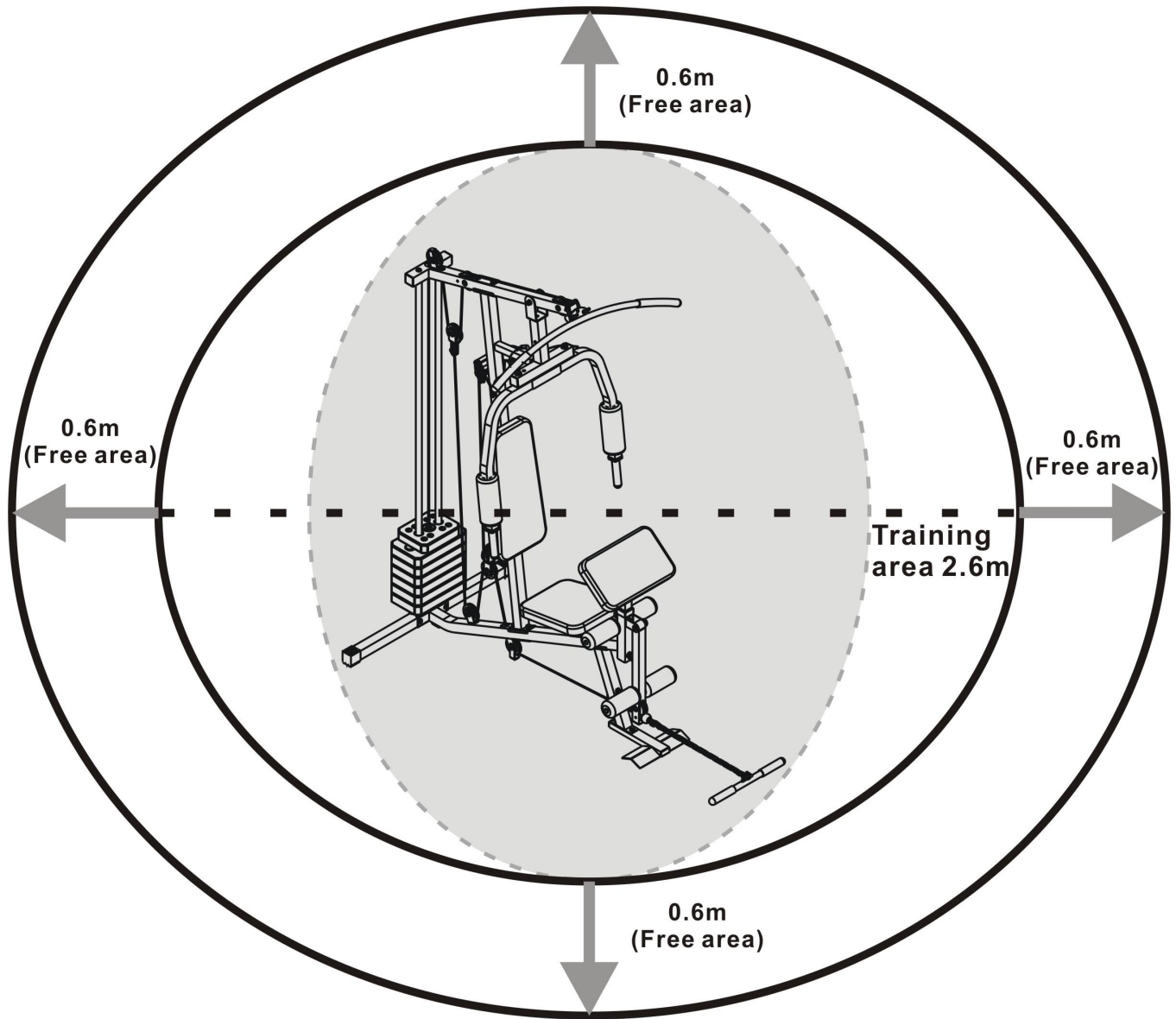
**Important:** Now fully tighten the fixings ensuring that all of the pulleys and brackets can move freely.

Attach the Lat bar (14) onto the Upper frame (2) hooks.  
Connect the Pull bar (23) to the end of Lower cable (51) using 2 x Clip hooks (45) and 15 Joint chain (47).

**Note:** (66/67) was fixed in the factory.

# Workout Area

The free area must be at least 0.6m greater than the training area. This is a space where you can safely dismount, without obstruction, in case of an emergency. Where two pieces of equipment are positioned adjacent to each other the free area may be shared.



Only one person should be within the training area when the equipment is in use



# Exercise Information

## Before starting

Tailor your exercise program according to your physical condition. If you have been inactive for several years, or are overweight, you must start slowly and increase your time on the equipment, a few minutes per workout increase is advisable.

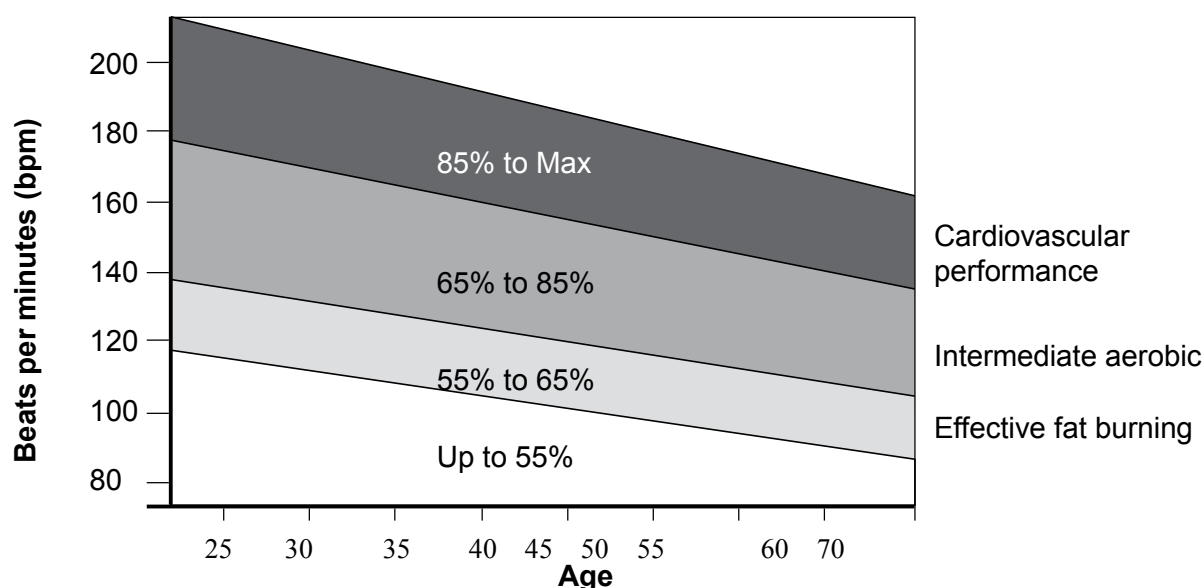
Initially, you may be able to exercise only for a few minutes in your target zone; however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

### **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
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface with adequate training area, as prescribed in this manual.

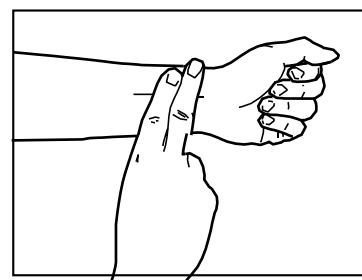
### **Exercise intensity**

To maximize the benefits of exercising, it is important to exercise at an appropriate intensity. The 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.



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 required level.



# Exercise Information

## Muscle chart

### Aerobic Exercise

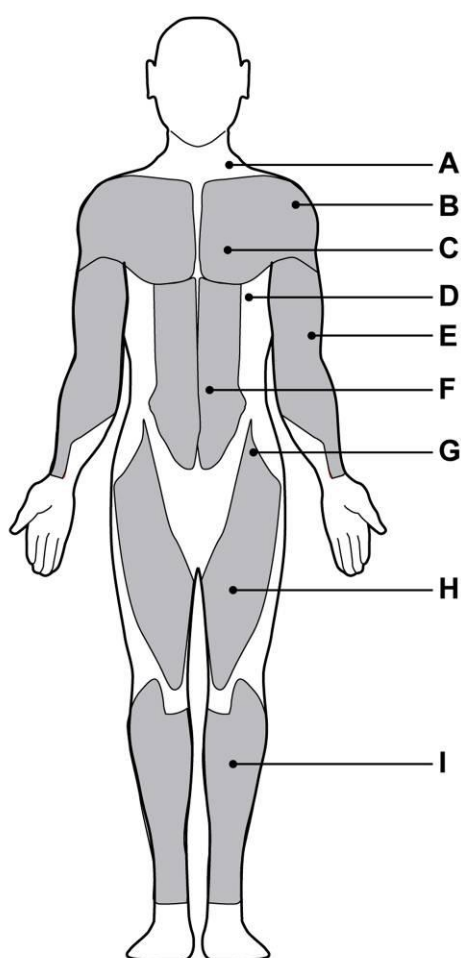
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs or buttocks, for example).

### 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.

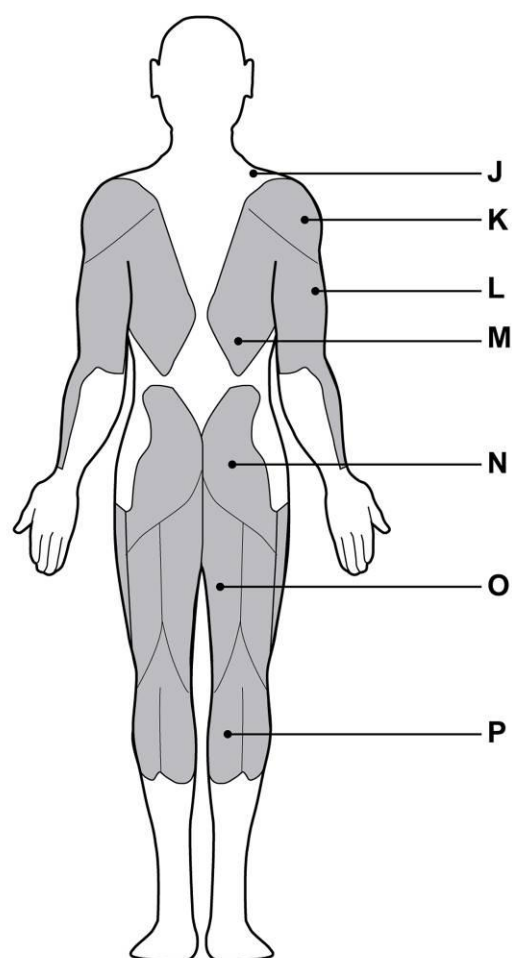
### Targeted Muscle Groups

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



Front

- |                             |                             |
|-----------------------------|-----------------------------|
| <b>A:</b> Trapezius         | <b>F:</b> Abdominal         |
| <b>B:</b> Anterior Deltoid  | <b>G:</b> Sartorius         |
| <b>C:</b> Pectoralis Major  | <b>H:</b> Quadriceps        |
| <b>D:</b> Serratus Anterior | <b>I:</b> Tibialis Anterior |
| <b>E:</b> Biceps            |                             |



Back

- |                             |                         |
|-----------------------------|-------------------------|
| <b>J:</b> Trapezius         | <b>N:</b> Gluteals      |
| <b>K:</b> Posterior Deltoid | <b>O:</b> Hamstrings    |
| <b>L:</b> Triceps           | <b>P:</b> Gastrocnemius |
| <b>M:</b> Latissimus Dorsi  |                         |

# Exercise 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**

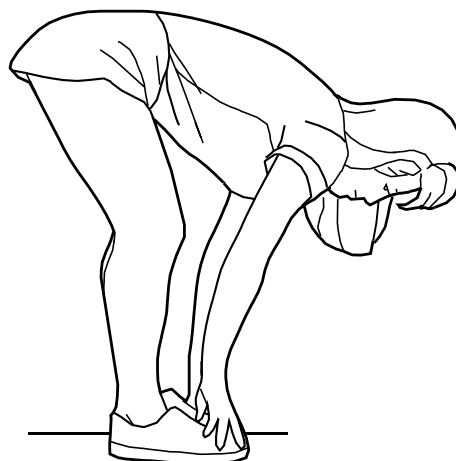
To maintain or improve your condition, plan three workouts each week with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your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



# Exercise Information

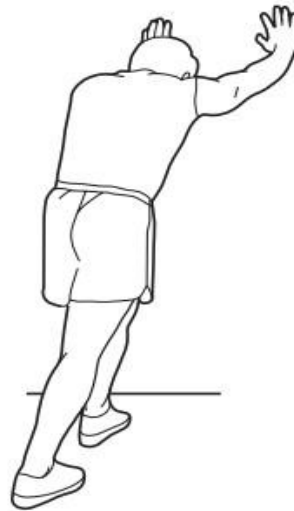
## Calf / Achilles stretch

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.



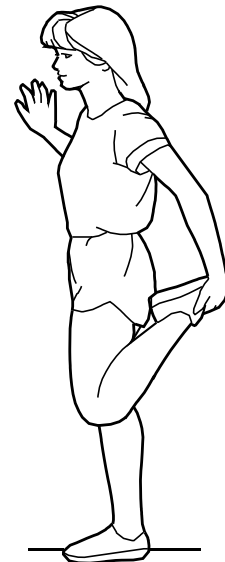
## Quadriceps stretch

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.



# Exercise Information

## Using the home gym

### **Important:**

When working out, do the following for each exercise: exhale while exerting/lifting and inhale while returning to starting position in a slow and controlled manner.

- Read all caution and warning stickers before using this equipment.
- Before using, inspect the equipment for loose, frayed, or worn parts, if in doubt, do not use the equipment until the parts have been replaced.
- Before beginning any exercise programme it is suggested to have a complete medical examination and to obtain your doctor's approval of your exercise/conditioning programme.
- A lock hole under the weight plates, using the select pin to lock the weight plates after finish exercising.
- We recommend that you always exercise with a partner or someone who can assist you in case the weights become too heavy for you to lift on your own.

Always warm up your muscles before exercising. Prepare your body with easy stretching (without bouncing) and light callisthenic, for several minutes.

### Seated Bench Press

#### **Developing the Pectoralis**

Select the desired weight. Sit facing away from the equipment with your back against back pad. Grasp Front press handles. Push Front press handles away from your body to full extension. Return to the start position in a slow and controlled manner and repeat the exercise.

**Beginners:** 10 Reps with light weights

**Intermediate:** 10 Reps / 3 sets

**Advanced:** 10 Reps / 4 sets with gradually increasing weights



### Pectoral Fly

#### **Developing the Pectoralis**

Select the desired weight. Sit facing away from the equipment with your back against back pad. Place forearms on fly pads. Rotate your arms forward as far as possible, by contracting from your chest. Return to the start position in a slow and controlled manner and repeat the exercise.

**Beginners:** 10 Reps with light weights

**Intermediate:** 10 Reps / 3 sets

**Advanced:** 10 Reps / 4 sets with gradually increasing weights



# Exercise Information

## Seated Preacher Curl

### Developing the Biceps

Select the desired weight. Adjust Preacher pad to desired height. Attach 'Pull bar' and chain to Lower pulley using Clip hooks. Position upper arms on Preacher pad. Grasp Pull bar with palms facing up. Curl bar upwards by pivoting from the elbow. Return to the start position in a slow and controlled manner and repeat the Exercise.

**Beginners:** 10 Reps with light weights

**Intermediate:** 10 Reps / 3 sets

**Advanced:** 10 Reps / 4 sets with gradually increasing weights



## Standing Biceps Curl

### Developing the Biceps

Select the desired weight. Attach 'Pull bar' and chain to Lower pulley using Clip hooks. Stand over the lower pulley positioning feet on front foot plate. Grasp 'Pull bar' with palms facing up. With elbows at your side and arms fully extended, curl Pull bar upwards by pivoting from the elbows. Return to the start position in a slow and controlled manner and repeat the exercise.

**Beginners:** 10 Reps with light weights

**Intermediate:** 20 Reps with light weights

**Advanced:** 20 Reps / 2-4 sets with gradually increasing weights



## Outer Leg Kick

### Developing the Outer Thigh

Select the desired weight. Wrap 'Ankle strap' around leg to be exercised. Attach Ankle strap to Lower pulley using Clip hooks. Stand beside Lower pulley, placing leg to be exercised (the outer leg), slightly in front of the other. Kick leg out to your side, pivoting only from the hip. Return to the start position in a slow and controlled manner and repeat the exercise.

**Beginners:** 10 Reps with light weights

**Intermediate:** 20 Reps with light weights

**Advanced:** 20 Reps / 2-4 sets with gradually increasing weights





# Exercise Information

## High Pulley Ab Crunch

### Developing the Abs / Core

Select the desired weight. Attach 'Lat bar' to Upper pulley. Sit facing away from the equipment, locking your legs into Foam rolls for support. Grasp 'Lat bar' using a narrow grip with Lat bar behind your head. Holding position steady, lean your torso forward and pull-in with your abs. Avoid over-stretching your back and keep the tension in your abs. Return to the start position in a slow and controlled manner and repeat the exercise.

**Beginners:** 10 Reps with light weights

**Intermediate:** 10 Reps / 3 sets

**Advanced:** 10 Reps / 4 sets with gradually increasing weights



## Seated Leg Extension

### Developing the Quadriceps

Select the desired weight. Position back of your knees on top of Foam rolls. Position top of your ankles against lower Foam rolls. Extend your legs forward, pivoting from the knees, to full extension. Return to the start position in a slow and controlled manner and repeat the exercise.

**Beginners:** 10 Reps with light weights

**Intermediate:** 10 Reps / 3 sets

**Advanced:** 10 Reps / 4 sets with gradually increasing weights



## Inner Leg Kick

### Developing the Inner Thigh

Select the desired weight. Wrap 'Ankle strap' around leg to be exercised. Attach Ankle strap to Lower pulley using Clip hooks. Stand beside Lower pulley, feet shoulder width apart and leg to be exercised, next to pulley. Kick towards front of leg not being exercised, pivoting only from the hip. Return to the start position in a slow and controlled manner and repeat the exercise.

**Beginners:** 10 Reps with light weights

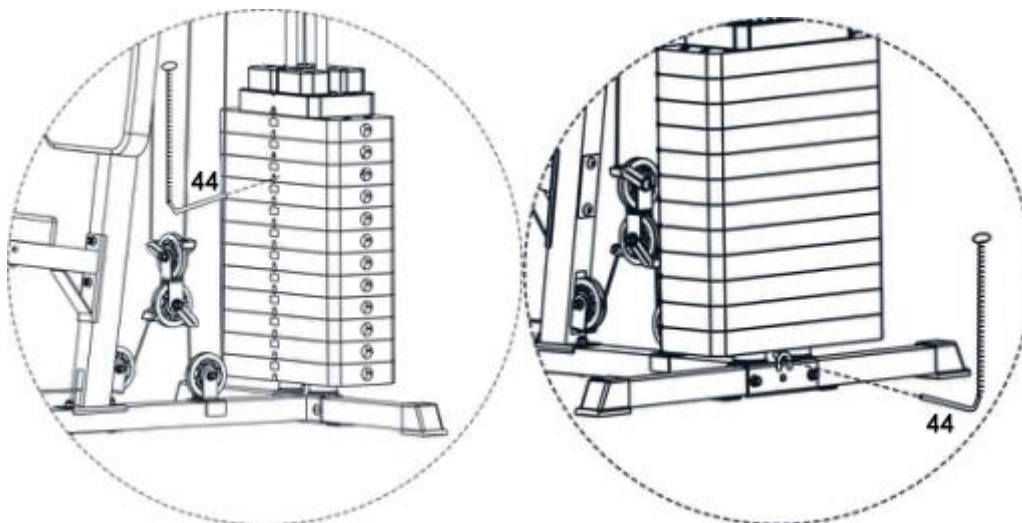
**Intermediate:** 20 Reps with light weights

**Advanced:** 20 Reps / 2-4 sets with gradually increasing weights



# Exercise Information

## Home gym adjustment

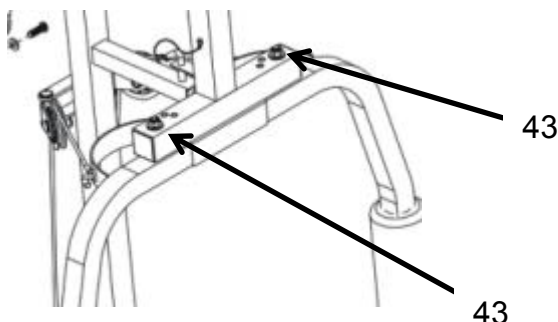


**When using:** Select the desired training weight by inserting the Weight select pin (44) into the deep grooves under the Weight plates and into the Select rod.

**When not in use:** Insert the Weight selection pin (44) into the Rear U-shaped bracket on the Rear stabilizer .

Weight Resistance Chart				
Weight Plate (pc)	Front Press (kg)	Butterfly (kg)	Lat Pull (kg)	low Pulley (kg)
1	18	10	9	22
2	25	15	13	32
3	32	20	17	42
4	39	25	22	53
5	47	31	27	64
6	55	37	32	75

**Note:** Each Weight plate weighs 4.54KGS. The numbers are approximate, actual weight may vary. Values for Butterfly are for each arm.



- 1.Insert the Seated Press Lock pin (43) into the hole for Chest Press
- 2.Pull out the Seated Press Lock pin (43) for Pectoral Fly.



# Care and Maintenance

**1.** The safety level of the equipment can only be maintained if it is examined regularly for damage and wear e.g. ropes, pulleys and connection points.

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

**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 **Customer Helpline:**  
**0345 6001714**

**[www.argos-support.co.uk/](http://www.argos-support.co.uk/)**

**Guarantee:**

For guarantee purposes, please retain your purchase receipt.

# Parts List

Part	Description	Qty.	Part	Description	Qty.
1	Base frame	1	22	L-Shaped separation blade	2
2	Upper frame	1	23	Pull bar	1
3	Vertical frame	1	24	Backrest pad	1
4	Rear stabilizer	1	25	Seat pad	1
5	Leg developer holder	1	26	Preacher pad	1
6	Front press base	1	27	M10 x 63mm Carriage bolt	8
7	Right butterfly	1	28	M10 x 68mm Allen bolt	2
8	Left butterfly	1	29	M10 x 60mm Allen bolt	4
9	Preacher pad stand	1	30	M10 x 53mm Allen bolt	1
10	Floating pulley bracket	1	31	M10 x 42mm Allen bolt	2
11	Angle double pulley bracket	1	32	M10 x 40mm Allen bolt	6
12	Swivel pulley bracket	2	33	M10 x 30mm Allen bolt	1
13	Select rod	1	34	M10 x 25mm Allen bolt	4
14	Lat bar	1	35	M8 x 60mm Allen bolt	2
15	Leg developer	1	36	M8 x 18mm Allen bolt	2
16	Front stabilizer	1	37	M6 x16mm Phillips screw	1
17	Foam roll tube	2	38	ST4.8 Philips screw	4
18	Guide rod	2	39	Ø25 x Ø11 x 1.5 Washer	4
19	Rear U-shaped bracket	1	40	Ø8mm Washer	6
20	120mm Bracket	3	41	Ø10mm Washer	38
21	M10 x 95mm Axle	1	42	M10 Aircraft nut	28

# Parts List

43	Seated press lock pin	2	60	45mm x 38mm Sleeve	1
44	Stack select pin	1	61	M8 x 40mm Allen bolt	2
45	6# Clip hook	2	62	Ø22mm x 11mm Pulley bushing	2
46	Pulley cover	6	63	Ø22mm x 15mm Pulley bushing	6
47	15 Joint chain	1	64	M10 Nut cap	1
48	Ø25mm × 31mm Bushing	2	65	Ø26mm x 38mm Hollow sleeve	2
49	2870mm Upper cable	1	66	Front press handle grip	4
50	2750mm Butterfly cable	1	67	Lat pull handle grip	2
51	2770mm Lower cable	1	68	Lock knob	1
52	45mm End cap	5	69	Ø17mm Foam roll	4
53	38mm End cap	4	70	Ø45mm Foam roll	2
54	25 × 50mm End cap	4	71	Ø77mm pulley	12
55	Ø19mm End cap	4	72	8LBS Select plate	1
56	Rear stabilizer end cap	2	73	10LBS Weight plate	6
57	Ø37mm Rubber bumper	1	74	Ø25mm End cap	1
58	Ø61mm Rubber bumper	2	75	M10 × 16mm Allen Bolt	2
59	30mm Rubber bumper	1	76	Ankle strap	1

# Guarantee



## Product Guarantee

This product is guaranteed against manufacturing defects from a period of



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 6001714 [www.argos-support.co.uk](http://www.argos-support.co.uk)**

Guarantor: Argos Ltd  
489 – 499 Avebury Boulevard  
Central Milton Keynes  
MK9 2NW