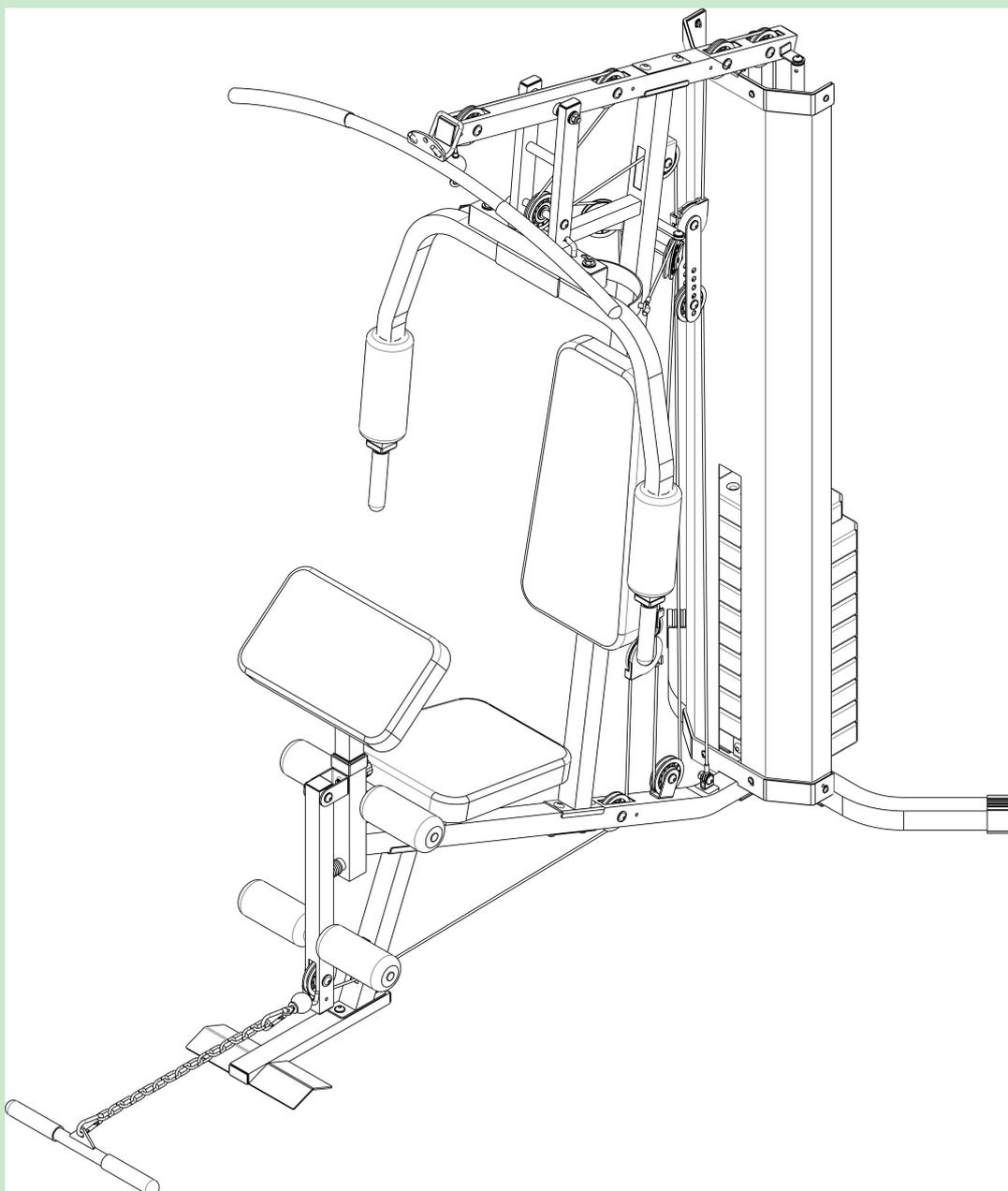


Pro Fitness Home Gym

Assembly & User Instructions - Please keep for future reference

237/4693

PRO FITNESS



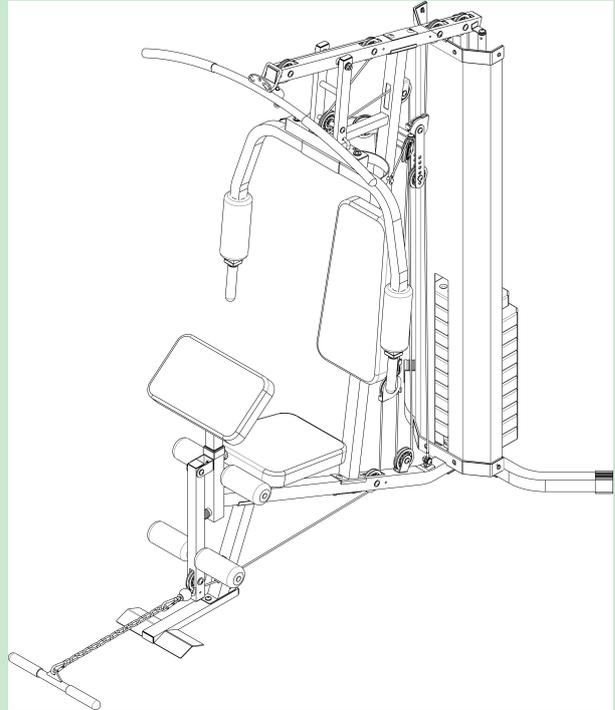
Important – Please read these instructions fully before assembly or use

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.**
www.argoshelpdesk.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. 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 level 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.
- Injuries to health may result from incorrect or excessive training.
- 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.

- Use the equipment only for intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
- Do not place any sharp objects on or near the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- Never operate or use the equipment if it is damaged or not functioning properly.
- Examine the equipment frequently especially the easily damaged parts. The safety level of the equipment can only remain if it is examined regularly. Replace any defective components immediately. **Do not** use the equipment until it has been repaired.
- Parents and others responsible for children must be aware that playing on the equipment could be dangerous and lead to possible injury. Children must not be left unattended with the equipment.
- A spotter is recommended during exercise.
- This product is suitable for a maximum user weight of: **120kgs.**
- 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.

• This product conforms to ISO 20957-1 and EN 957-2 Class (H) - Home Use - Class (C).

This product is not suitable for therapeutic purposes.



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.

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 behaviour for which the training equipment is not intended. If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed to the correct use of the equipment.

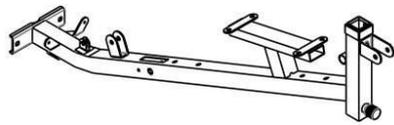
The equipment is under no circumstances suitable as a children's toy.

Components - Parts

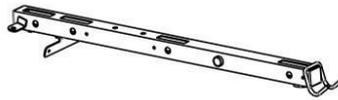
If you have damaged or missing parts, please call the **Customer Helpline: 0345 604 0105**.
www.argoshelpdesk.co.uk

Please check you have all parts listed below

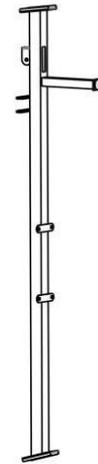
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.
Total mass of the product is 95kg. Foot print of the product is 168cmX168cm.



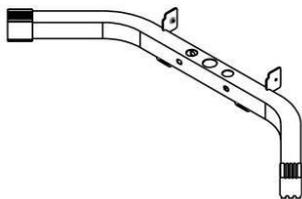
1. Base frame × 1



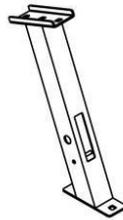
2. Upper frame × 1



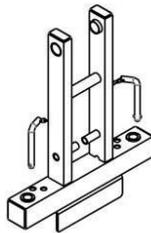
3. Vertical frame × 1



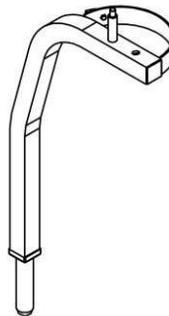
4. Rear stabilizer × 1



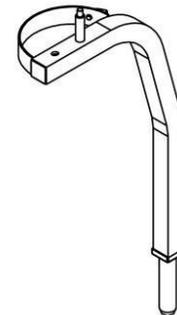
5. Leg developer holder × 1



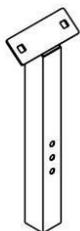
6. Front press base × 1



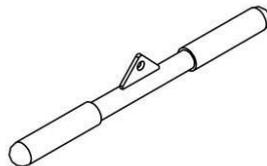
7. Right butterfly × 1



8. Left butterfly × 1



9. Preacher pad support × 1



10. Pull Bar × 1



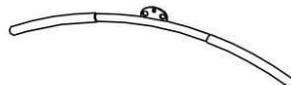
11. Angle double pulley bracket × 1



12. Swivel pulley bracket × 2



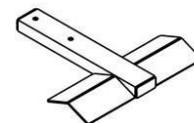
13. Select rod × 1



14. Lat bar × 1



15. Leg developer × 1



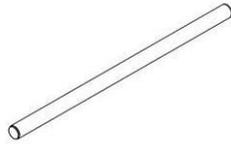
16. Front stabilizer × 1

Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline: 0345 604 0105**.
www.argohelpdesk.co.uk

Please check you have all parts listed below

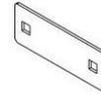
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



17. Foam roll tube × 2



19. Rear U-shaped bracket × 1

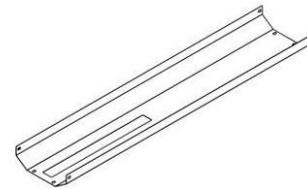


20. 120mm Bracket × 3



22. Double floating pulley bracket × 2

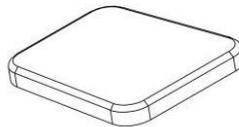
18. Guide rod × 2



23. Weight cover × 1



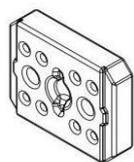
24. Backrest pad × 1



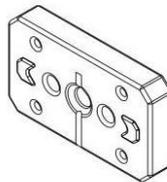
25. Seat pad × 1



26. Preacher pad × 1



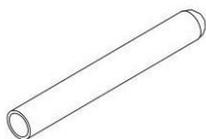
27. 5Lbs select plate × 1



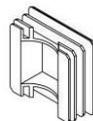
28. 10Lbs select plate × 10



29. Front press handle grip × 4



30. Lat pull handle grip × 2



31. 45mm End cap × 4



32. 38mm End cap × 4

Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline: 0345 604 0105**.
www.argohelpdesk.co.uk

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.



33. 20× 40mm End cap × 2



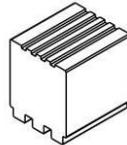
34. 25× 50mm End cap × 4



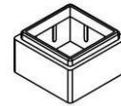
35. 19mm End cap × 4



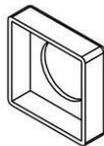
36. 25mm Dome end cap × 1



37. Rear stabilizer end cap × 2



38. 45mm × 38mm Sleeve × 1



39. Ø26mm × 38mm Hollow sleeve × 2



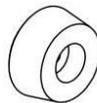
40. Ø78mm Pulley × 16



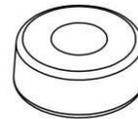
41. Pulley cover × 8



42. 30mm Rubber bumper × 1



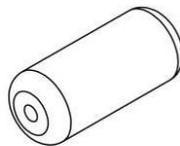
43. Ø37mm Rubber bumper × 1



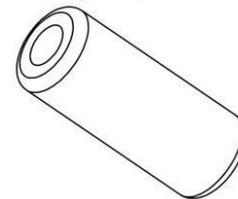
44. 61mm Rubber bumper × 2



45. Lock knob × 1



46. 17mm Foam roll × 4



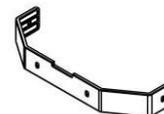
47. 45mm Foam roll × 2



48. Anti slip × 1



49. Ankle strap × 1



50. Fix plate × 2

Components - Parts

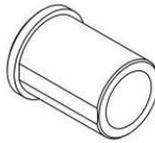
If you have damaged or missing parts, please call the **Customer Helpline: 0345 604 0105.**
www.argohelpdesk.co.uk

Please check you have all parts listed below

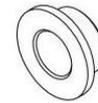
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



51. 10mm Bushing × 2



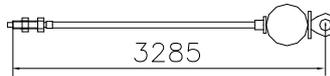
52. 28mm Bushing × 2



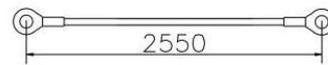
53. 11.5mm Bushing × 2



54. 15mm Bushing × 12



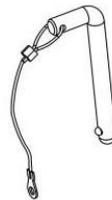
55. 3285mm Upper cable × 1



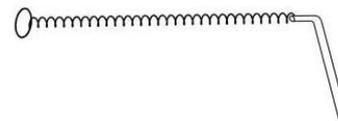
56. 2550mm Butterfly cable × 1



57. 3970mm Lower cable × 1



58. Seat press lock pin × 2

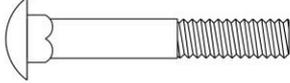
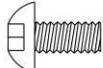
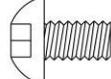
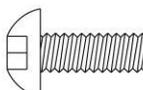
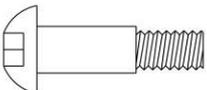
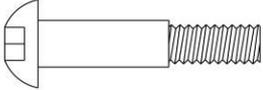
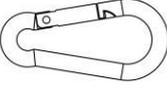
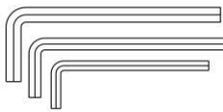


59. Select pin × 1

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 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.

21  M10 x 158mm Axle x 1		60  M10 x 63mm Carriage bolt x 8
61  M6 x 16mm Allen bolt x 8	62  M8 x 16mm Allen bolt x 10	63  M10 x 16mm Allen bolt x 2
64  M10 x 25mm Allen bolt x 5	65  M10 x 40mm Allen bolt x 8	66  M10 x 60mm Allen bolt x 7
67  M10 x 65mm Allen bolt x 2	68  M10 x 55mm Allen bolt x 1	70  M6 x 16mm Phillips screw x 1
69  M10 x 140mm Allen bolt x 1		71  ST4.8 Phillips screw x 4
72  25mm Washer x 4	73  6mm Washer x 10	74  8mm Washer x 10
75  10mm Washer x 40	76  M6 Aircraft nut x 2	77  M10 Aircraft nut x 32
78  15 Joint chain x 1	79  7# Clip hook x 2	 Allen Key 4/5/6mm

Ruler - Use this ruler to help correctly identify the hardware

0 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75 80 85 90 95 100 105 110 115 120 125 130 135 140 145 150 155 160 165 170

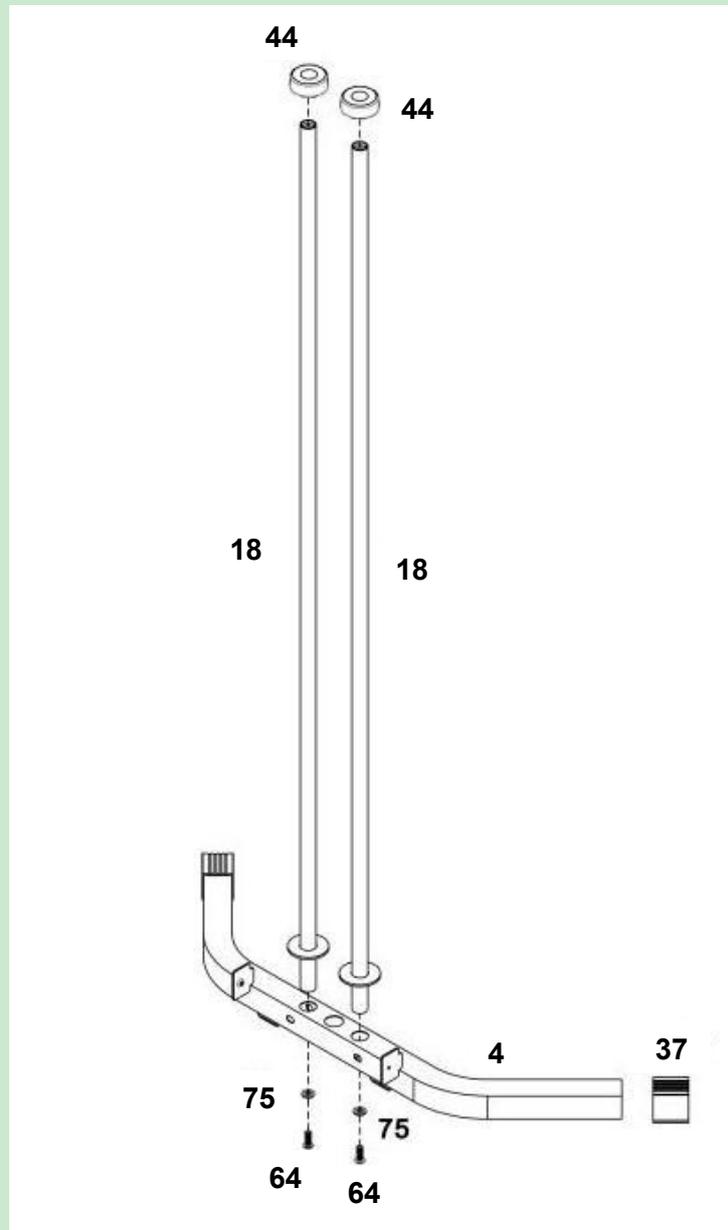
Assembly instructions

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 (64) and 2 x Ø10mm Washers (75).

b. Slide 2 x Ø61mm Rubber bumpers (44) down onto Guide rods (18).

Note: (37) was fixed in the factory.

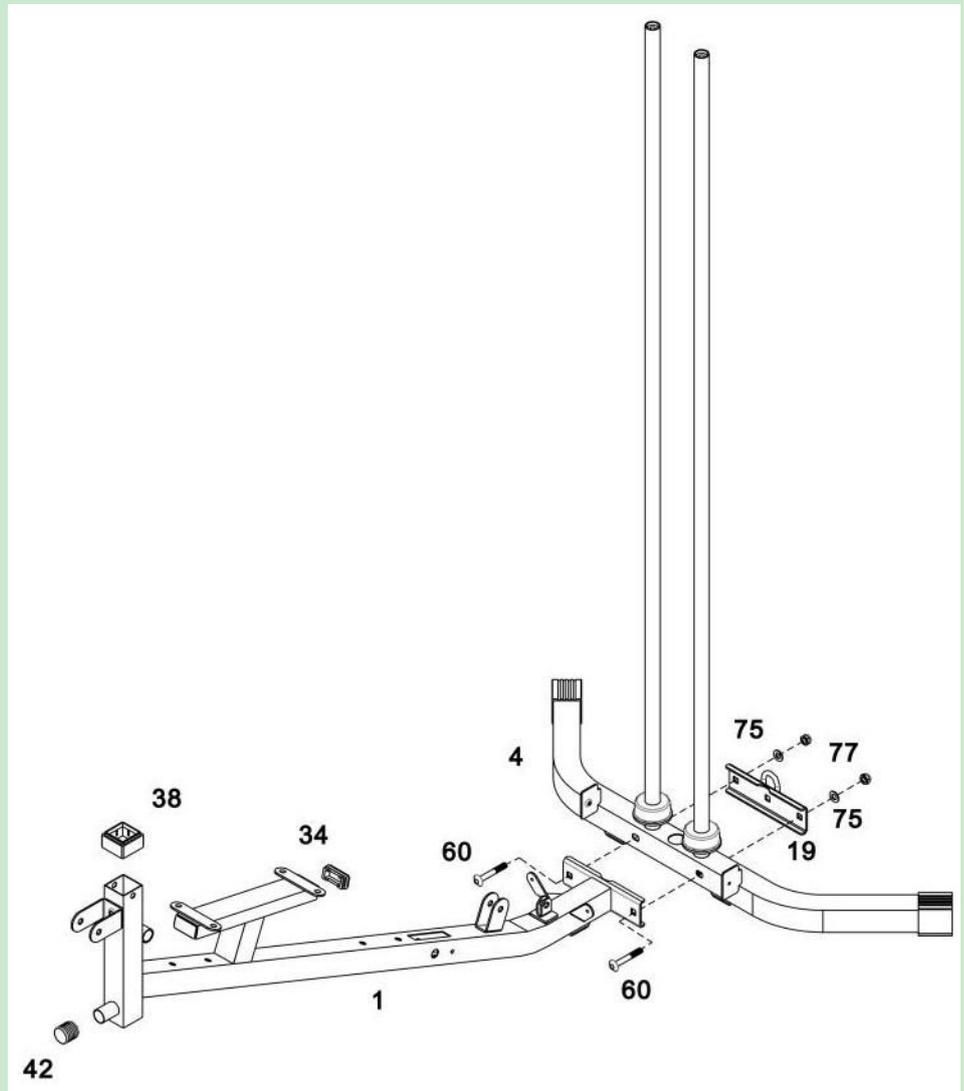


Assembly instructions

Step 2

Attach the Base frame (1) to the Rear stabilizer (4). Fix using 2 x M10x 63mm Carriage bolts (60), the Rear U-shaped bracket (19), 2 x Ø10mm Washers (75) and 2 x M10 Aircraft nuts (77).

Note: (34)/(38)/(42) were fixed in the factory.

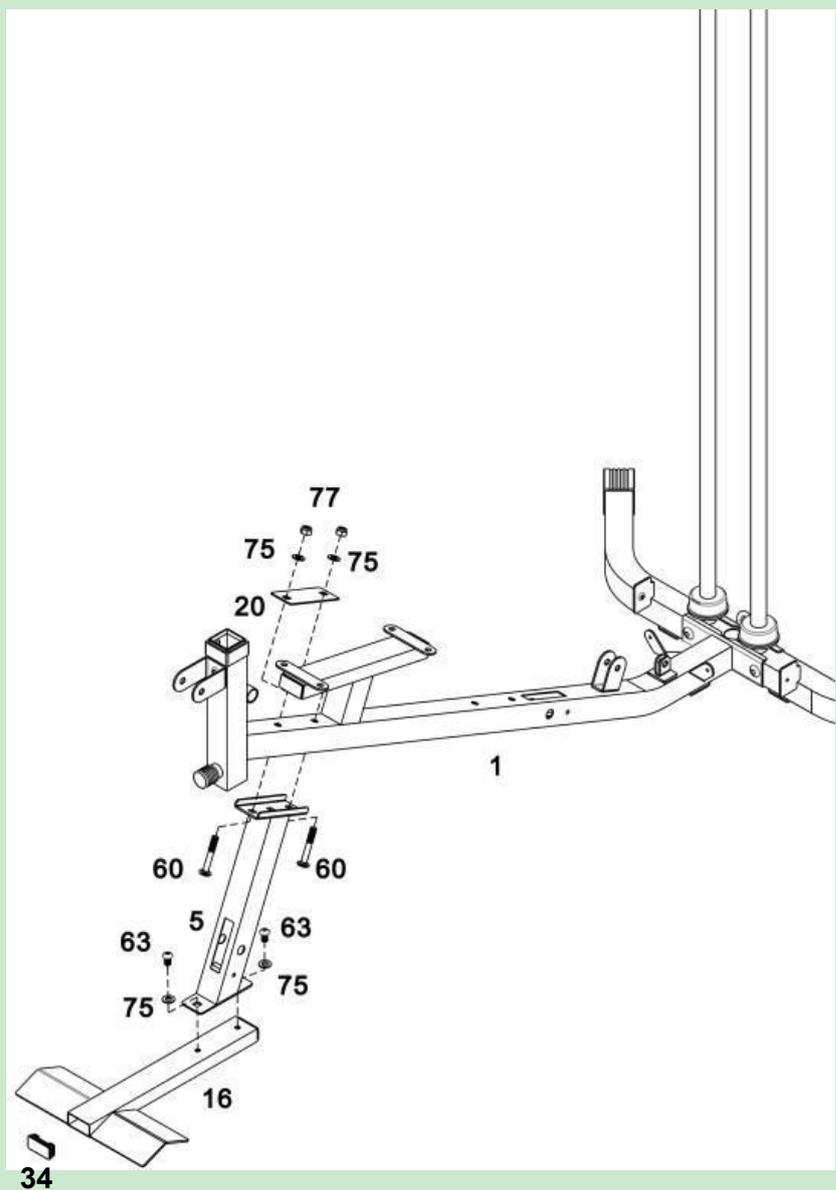


Assembly instructions

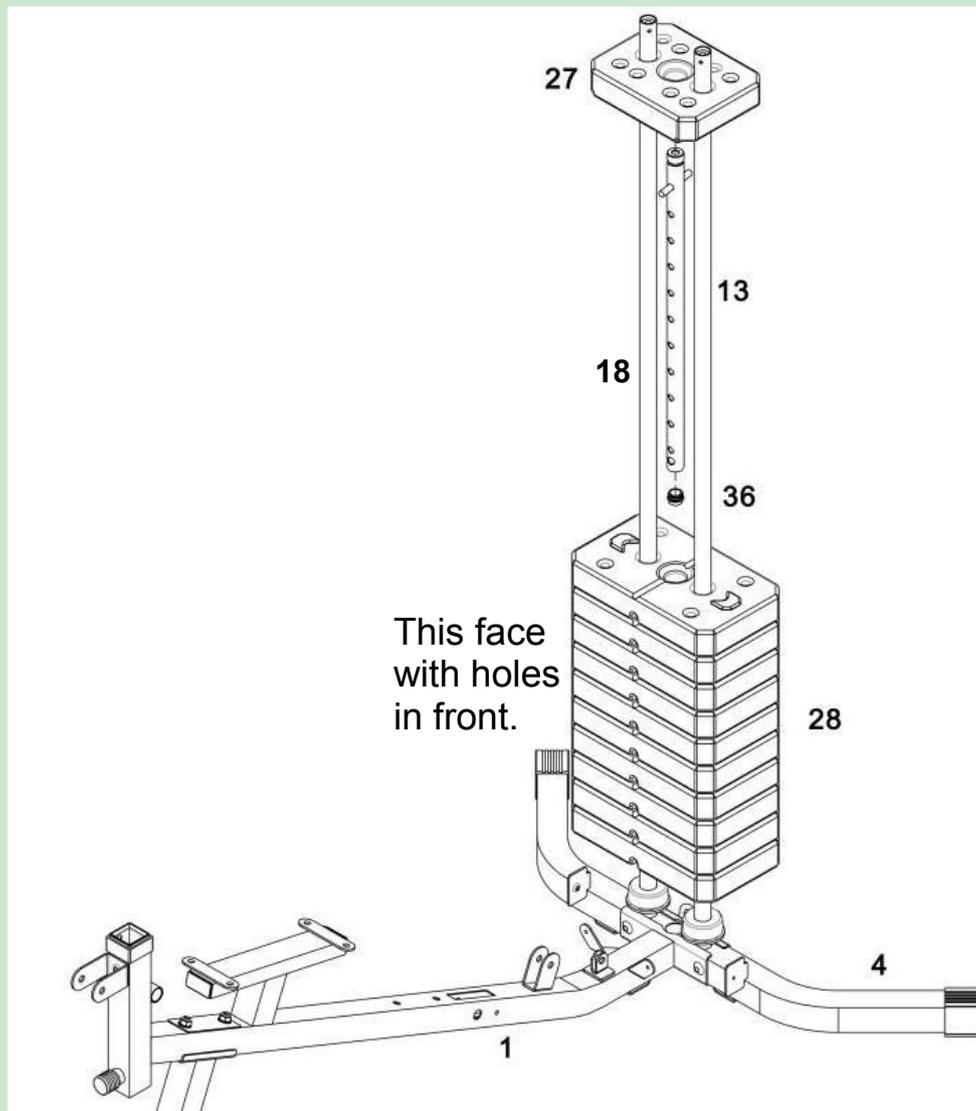
Step 3

a. Attach the Front stabilizer (16) to the Leg developer holder (5), fix using 2 x M10 x 16mm Allen bolts (63), 2 x Ø10mm Washers (75).

b. Attach the Leg developer holder (5) to the Base frame (1) fix using 120mm Bracket (20), 2 x M10 x 63mm Carriage bolts (60), 2 x Ø10mm Washers (75) and 2 x M10 Aircraft Nuts (77).



Assembly instructions

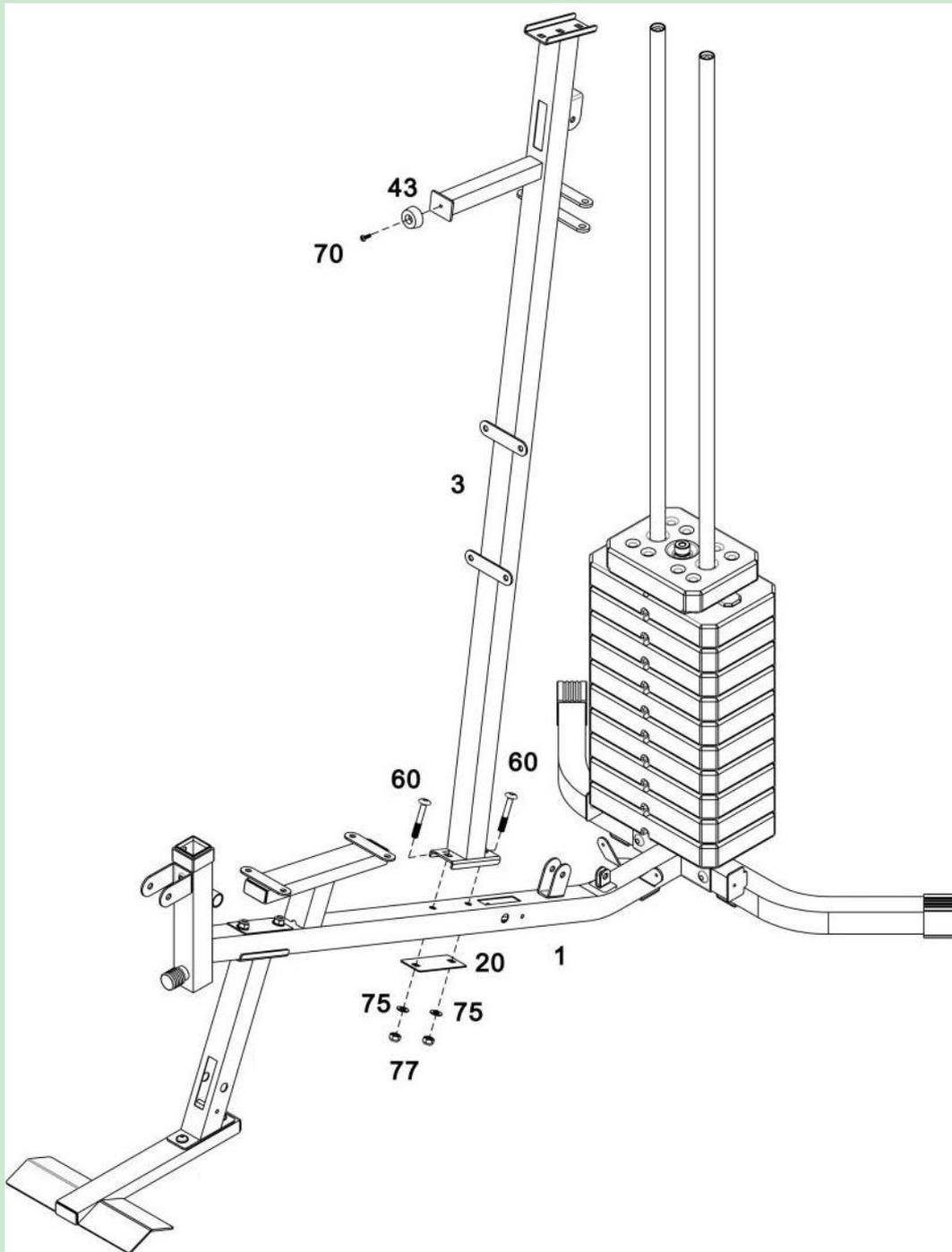


Step 4

Carefully slide 10 x 10LBS Weight plates (28) down Guide rods (18), insert the Select rod (13) into the Weight plates (28), and then slide 1 x 5LBS Select plate (27) down Guide rods (18)

Note: (36) was fixed in the factory.

Assembly instructions

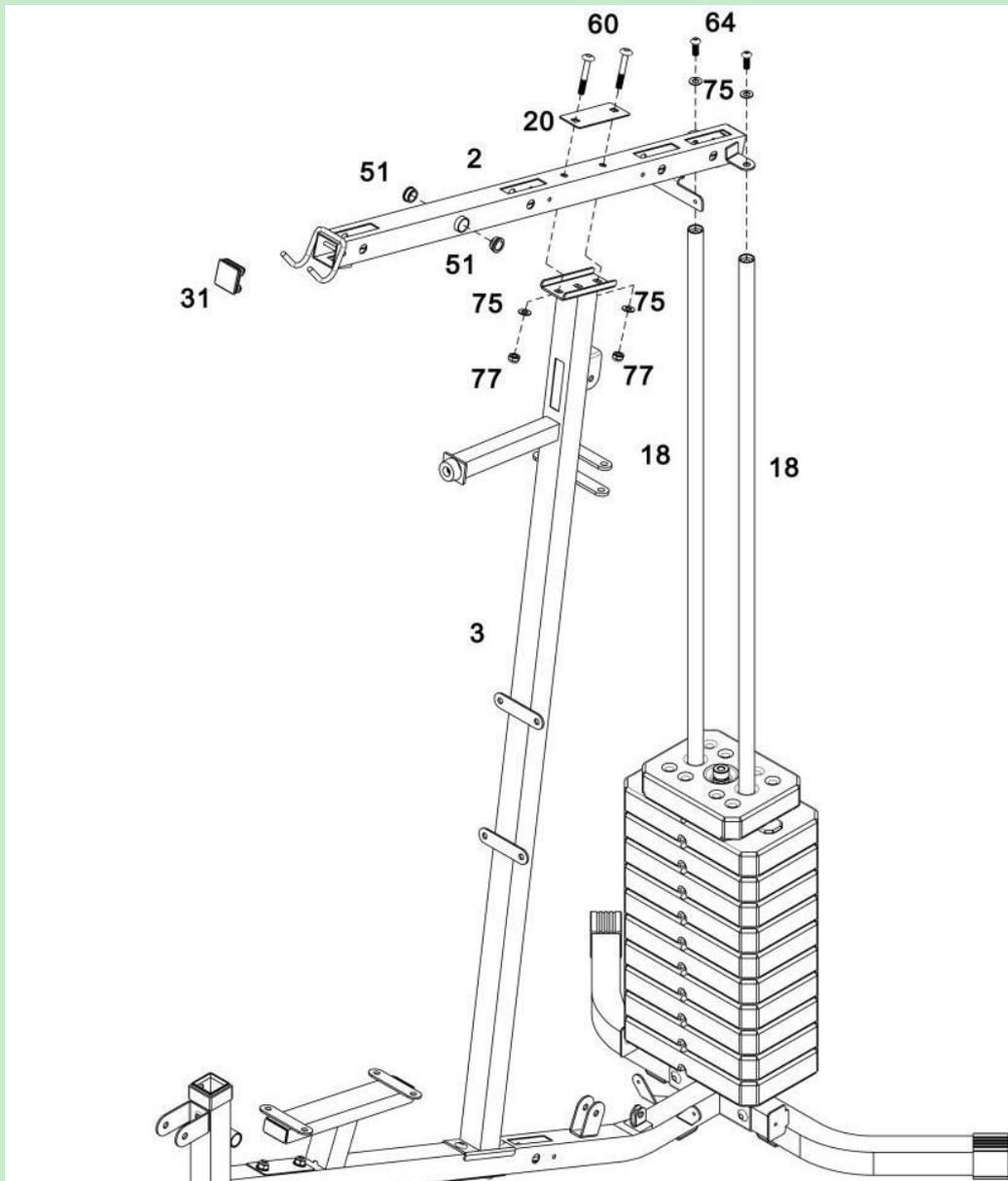


Step 5

Attach the Vertical frame (3) to the Base frame (1). Fix using 2 x M10 x 63mm Carriage bolts (60), 120mm Bracket (20), 2 x Ø10mm Washers (75) and 2 x M10 Aircraft nuts (77).

Note: (43/70) was fixed in the factory.

Assembly instructions



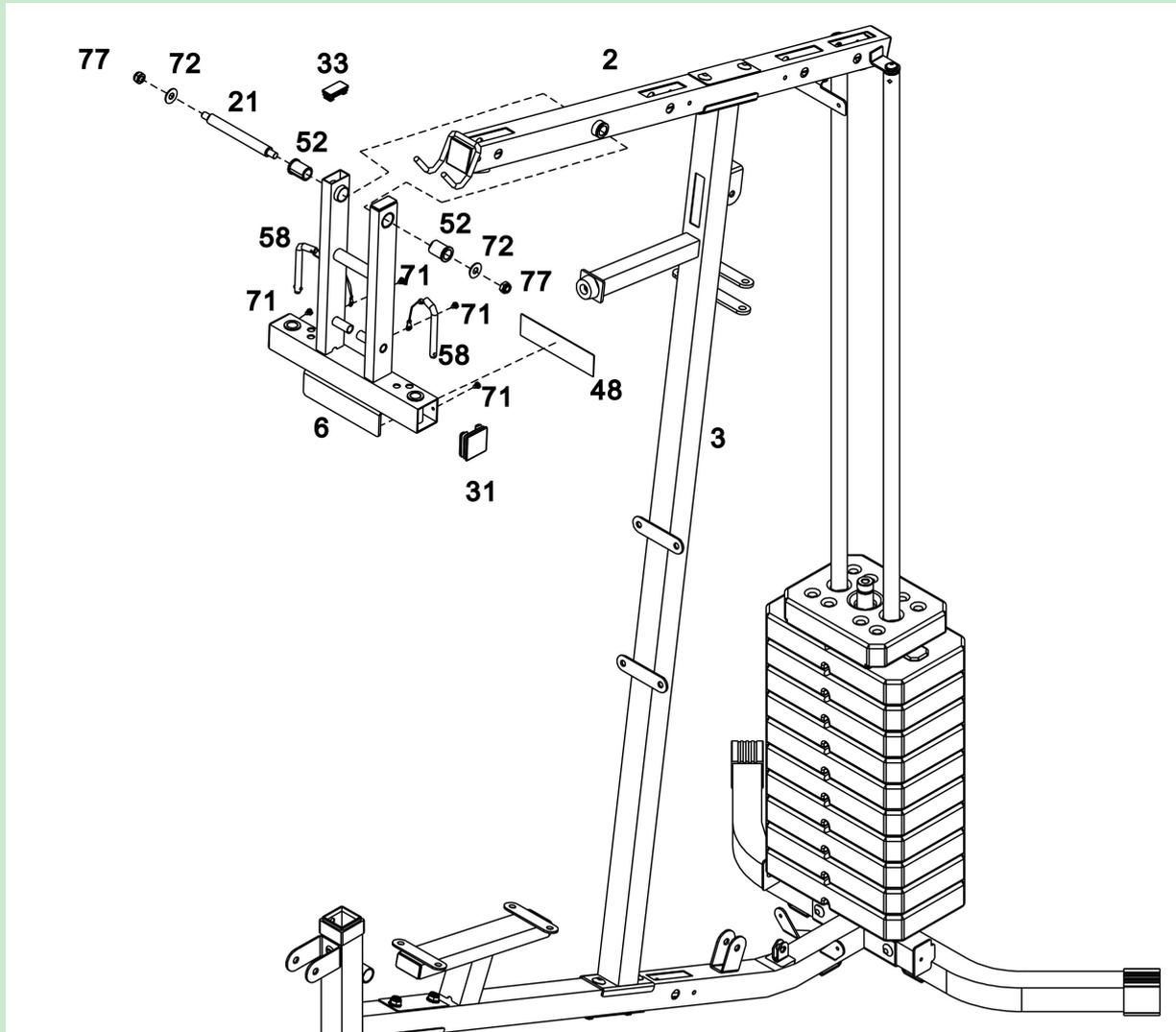
Step 6

a. Attach Upper frame (2) to Guide rods (18) fix using 2 x M10 x 25mm Allen bolts (64) and 2 x Ø10mm Washers (75).

b. Attach Upper frame (2) to the Vertical frame (3) fix using 2 x M10 x 63mm Carriage bolts (60), 120mm Bracket (20), 2 x Ø10mm Washers (75) and 2 x M10 Aircraft nuts (77),

Note: (31/51) was fixed in the factory.

Assembly instructions

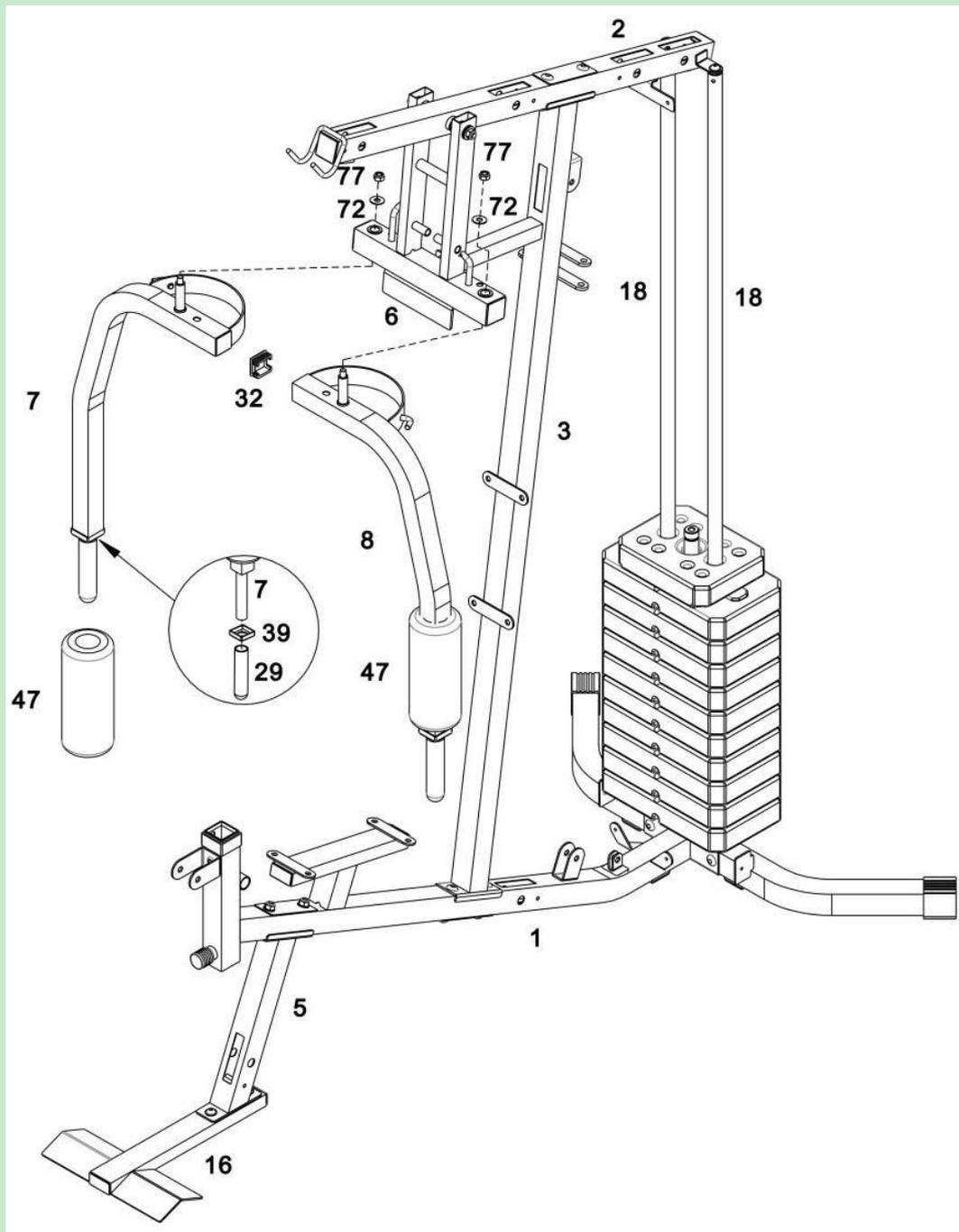


Step 7

Attach the Front press base (6) to the Upper frame (2) using the M10 x 158mm Axle (21). Secure using 2 x Ø25 x Ø11x1.5 Washers (72) and 2 x M10 Aircraft nuts (77).

Note: (31/33/48/52/58/71) were fixed in the factory.

Assembly instructions



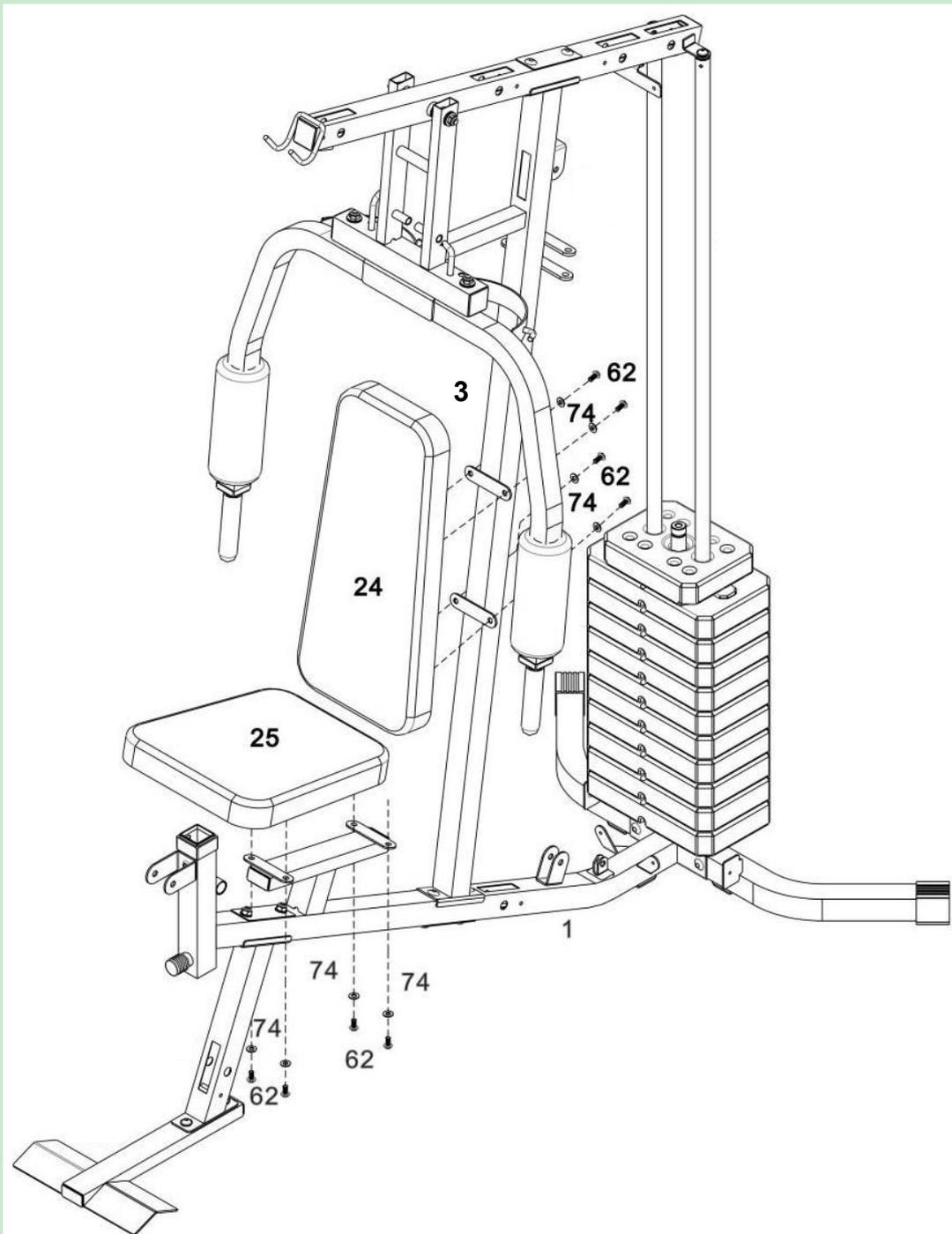
Step 8

a. Attach the 'pivots' on the Right and Left Butterfly's (7 & 8) to the Front press base (6) using 2 x 25mm Washers (72) and 2 x M10 Aircraft nuts (77).

b. Slide the 2 x 220mm Foam rolls (47) over the end of the Butterfly's (7 & 8).

Note: (32/39/29) were fixed in the factory.

Assembly instructions

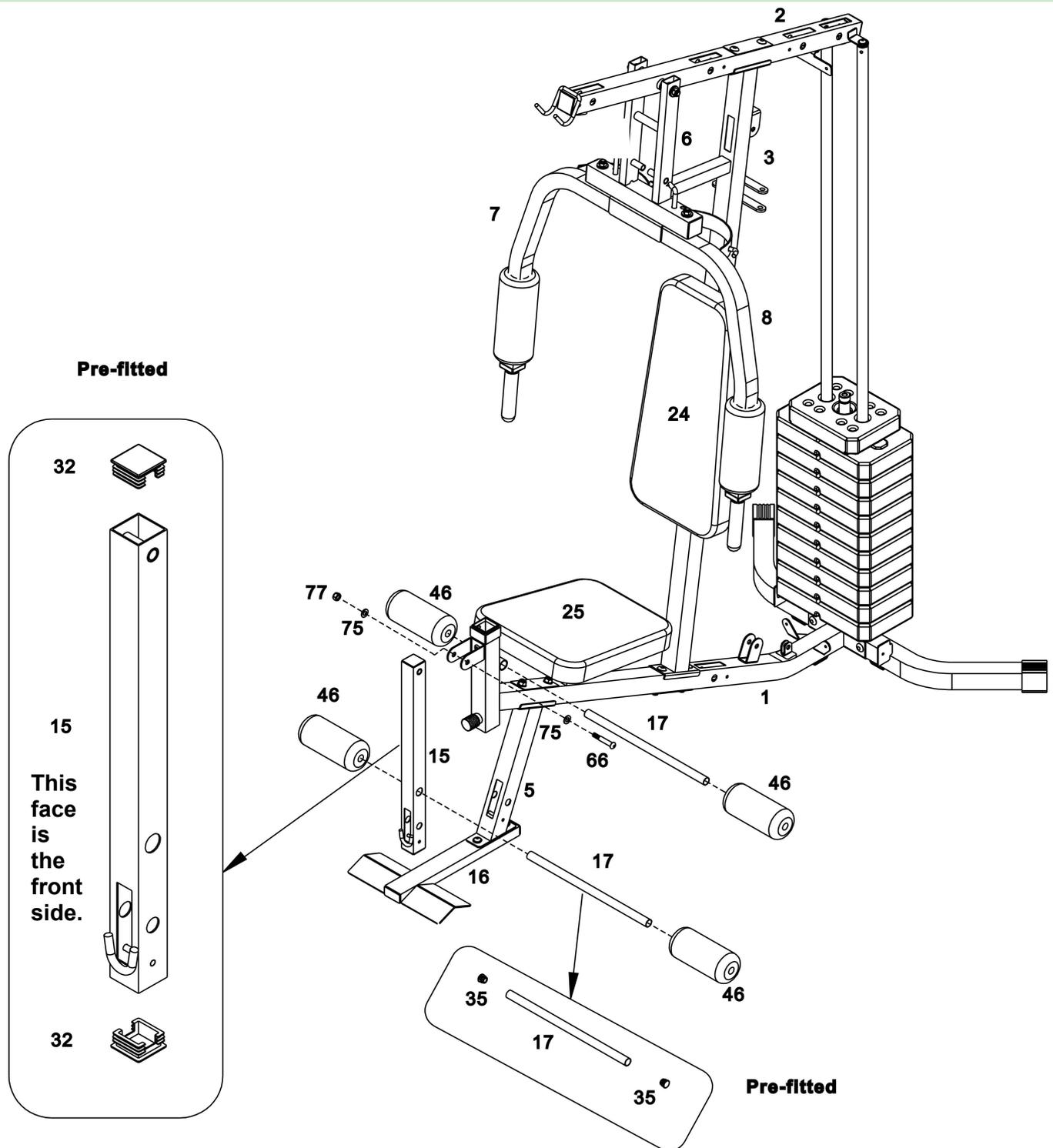


Step 9

a. Attach the Backrest pad (24) to the Vertical frame (3) using 4 x M8 x 16mm Allen bolts (62) and 4 x 8mm Washers (74).

b. Attach the Seat pad (25) to the Base frame (1) using 4 x M8 x 16mm Allen bolts (62) and 4 x 8mm Washers (74).

Assembly instructions



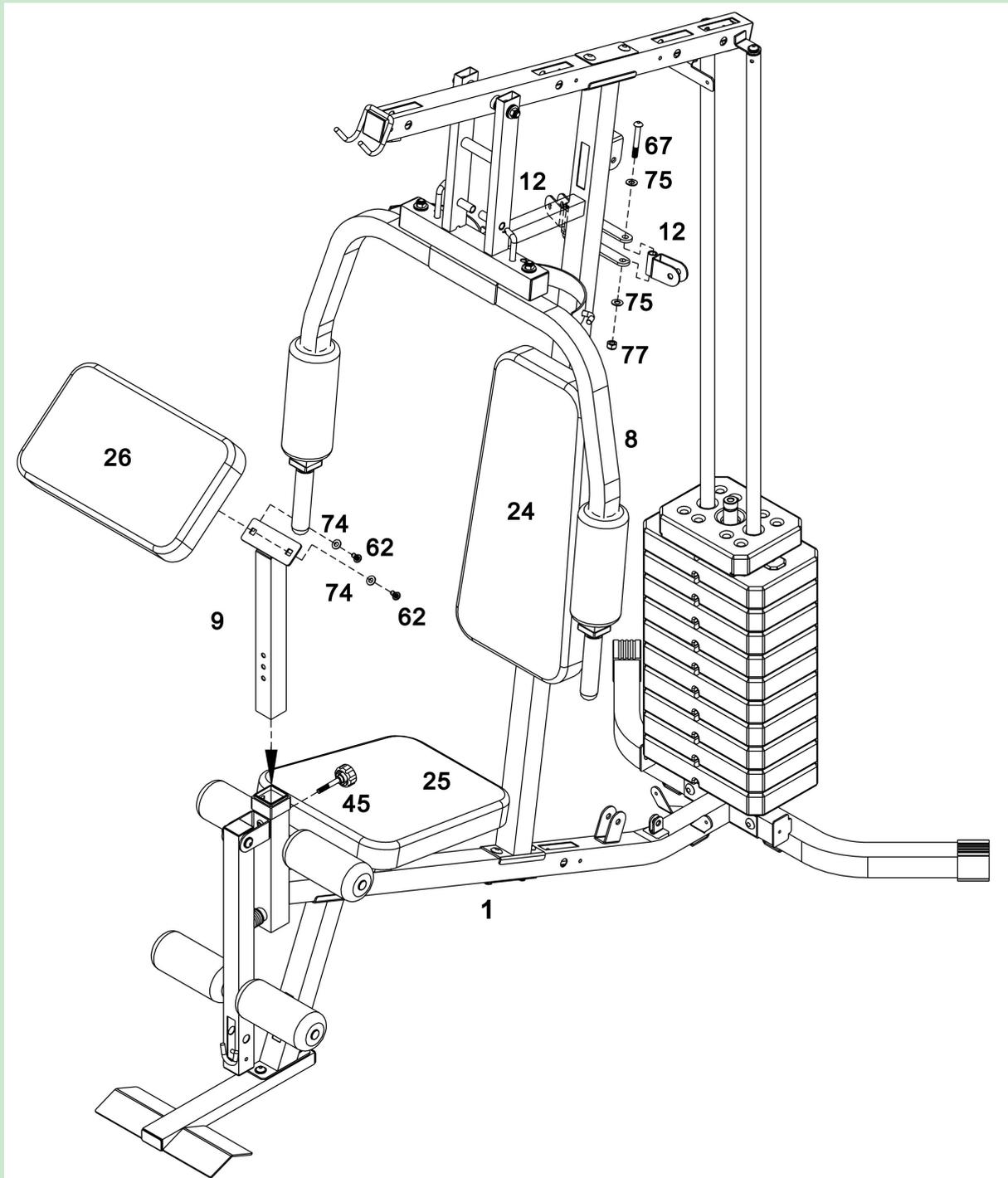
Step 10

a. Attach the Leg developer (15) to the Base frame (1) using M10 x 60mm Allen bolts (66) and 2 x Ø10mm Washers (75) and M10 Aircraft nut (77).

b. Slide the Foam roll tube (17) into the hole on the Base frame (1). Push 2 x 170mm Foam rolls (46) onto each side of the Foam roll tube (17).

c. Slide the Foam roll tube (17) into the hole on the Leg developer (15). Push 2 x 170mm Foam rolls (46) onto each side of the Foam roll tube (17).

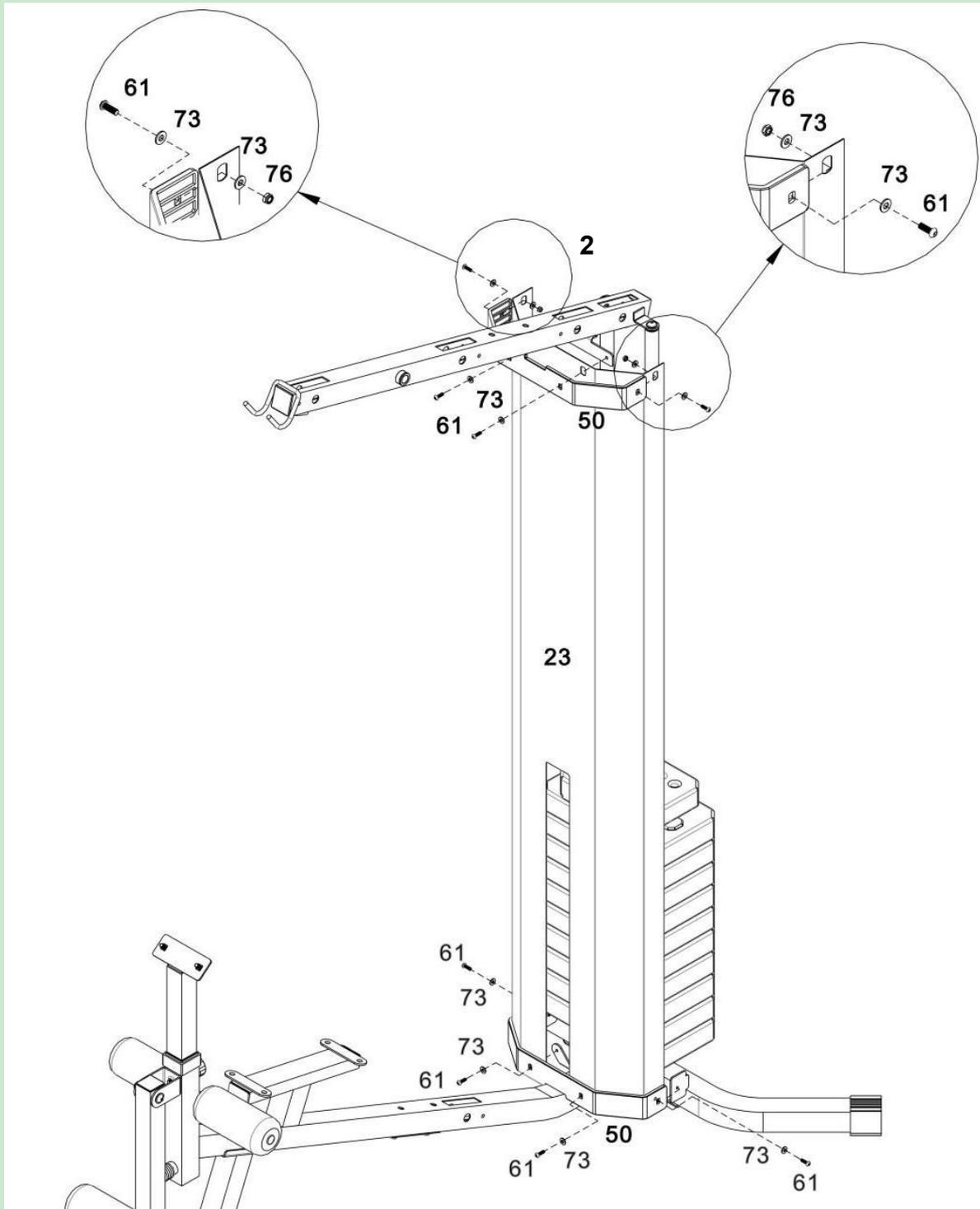
Assembly instructions



Step 11

- a. Attach the Preacher pad (26) to the Preacher pad support (9). Secure using 2 x M8 x 16mm Allen bolts (62) and 2 x 8mm Washers (74).
- b. Insert the Preacher pad assembly into the Base frame (1) . Select the desired height and secure using the Lock knob (45).
- 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 65mm Allen bolts (67), 4 x 10mm Washers (75) and 2 x M10 Aircraft nuts (77).

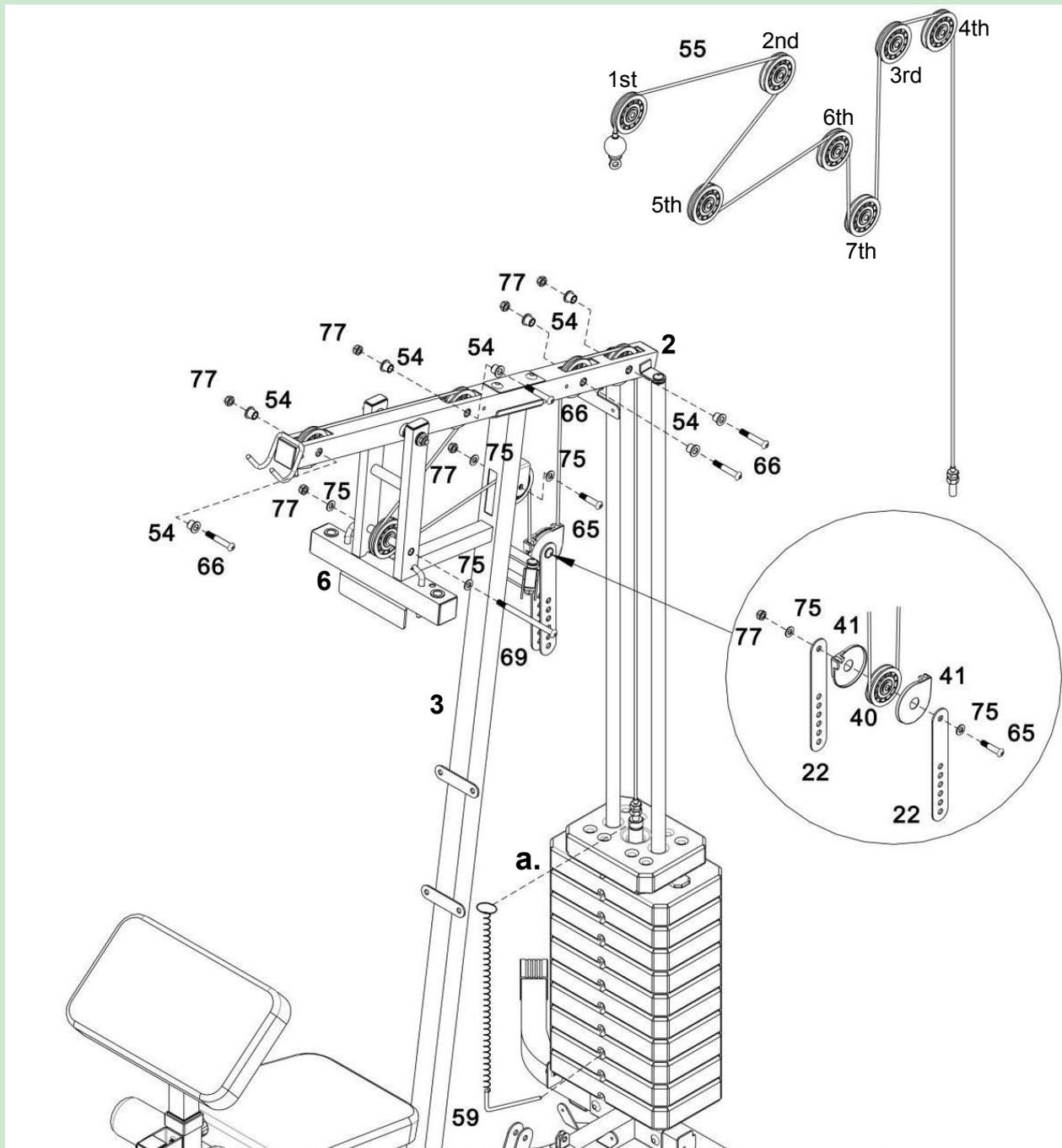
Assembly instructions



Step 12

- Fix the Weight cover (23) to the Upper frame (2) using 1 x Fix plate (50), 4 x M6 x 16mm Allen bolt (61), 6 x 6mm Washer (73) and 2 x M6 Aircraft nut (76).
- Repeat a. to assemble the bottom parts.

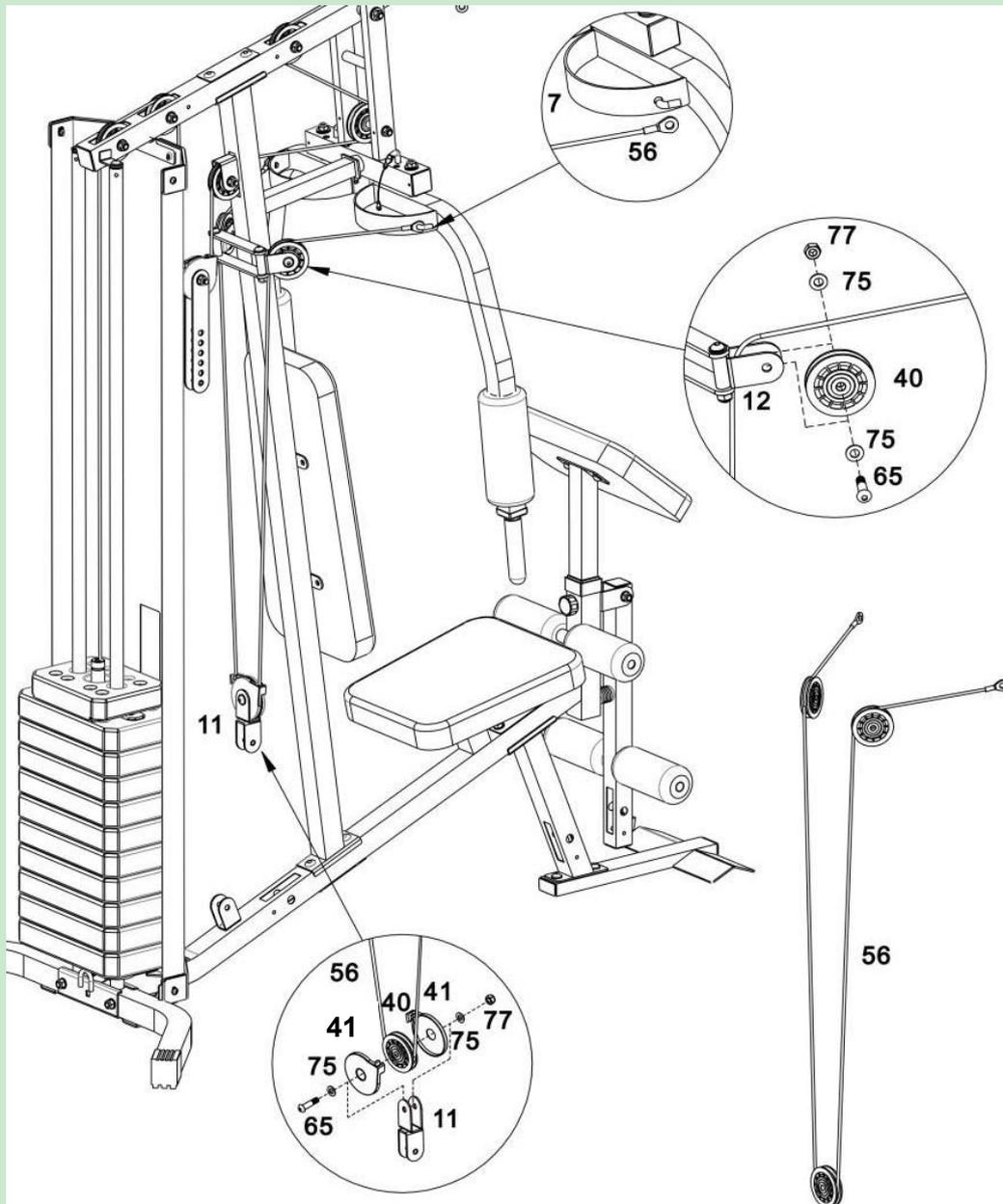
Assembly instructions



Step 13

- a. Put the Select pin loop (59) onto the Select rod (13) and insert it into the weights.
- b. Feed the bolt end of the 3285mm Upper cable (55) up through opening in Upper frame (2). Insert 15mm Pulley bushings (54) into holes and attach 1st Pulley (40) using M10 x 60mm Allen bolt (66) and M10 Aircraft nut (77).
Repeat procedure a. for 2/3/4 Pulleys, feeding cable up through opening in Upper frame (1).
- c. Attach 5th Pulley to Front press base (6) using a M10 x 140mm Allen bolt (69), 2 x 10mm Washers (75), M10 Aircraft nut (77). Attach 6th Pulley to Vertical frame (3) using a M10 x 40mm Allen bolt (65), 2 x 10mm Washers (75), M10 Aircraft nut (77).
- d. Place 7th Pulley (40) onto the cable, fit Pulley covers (41) and Floating pulley bracket (22) using M10 x 40mm Allen bolt (65), 2 x 10mm Washers (75) and M10 Aircraft nut (77).
- e. Connect the end of the Upper cable (55) with the Select rod (13)

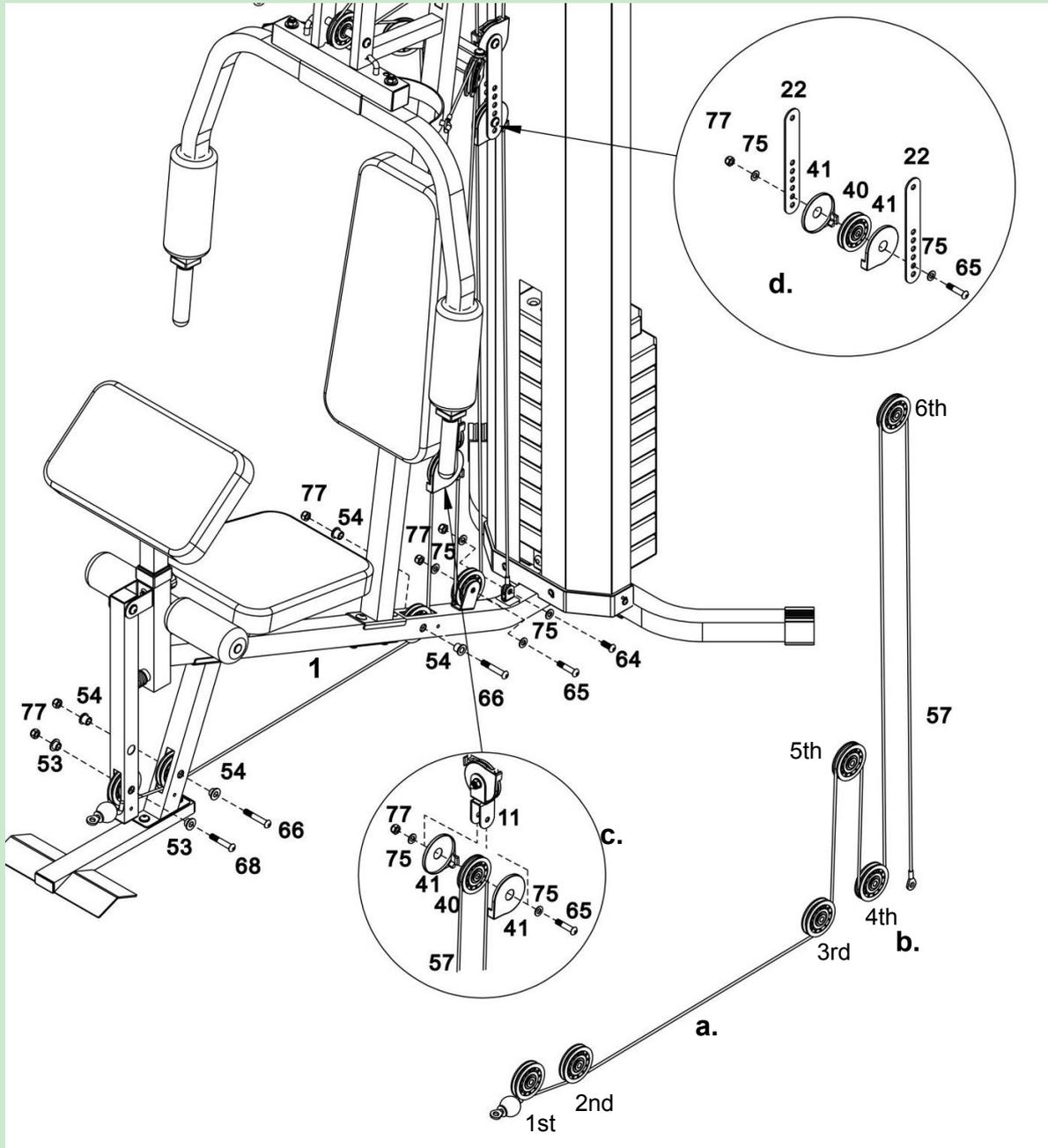
Assembly instructions



Step 14

- a. Hook one end of the 2550mm Butterfly cable (**56**) to Right butterfly (**7**). Place a Pulley (**40**) under the cable, position the pulley into the Swivel pulley brackets (**12**). Fix using M10 x 40mm Allen bolts (**65**), 2 x 10mm Washers (**75**) and M10 Aircraft nut (**77**).
- b. Repeat a. to attach the left side.
- c. Place a Pulley (**40**) onto the cable, fit Pulley covers (**41**) and Angle double pulley bracket (**11**) using M10 x 40mm Allen bolt (**65**), 2 x 10mm Washers (**75**) and M10 Aircraft nut (**77**).

Assembly instructions



Step 15

a. Feed the loop end of the 3970mm Lower cable (**57**) up through opening in Leg developer (**15**). Insert 11.5mm Pulley bushings (**53**) into holes and attach 1st Pulley (**40**) using M10 x 55mm Allen bolt (**68**) and M10 Aircraft nut (**77**).

Repeat procedure **a.** for 2/3 Pulleys, the Pulley bushings (**54**) and the Allen bolt (**66**) are different.

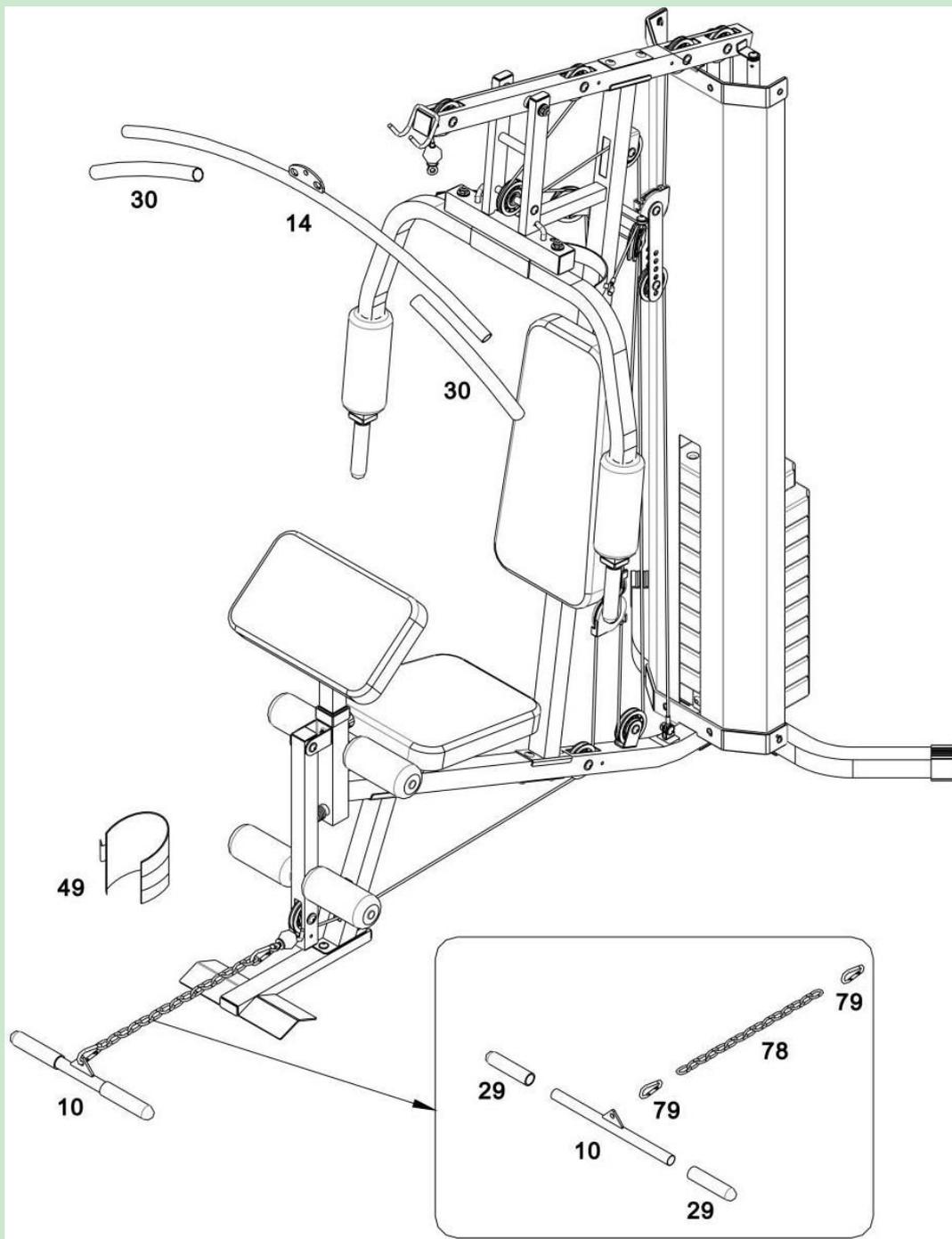
Repeat procedure **a.** for 4th Pulleys, without the Pulley bushings and different with the Allen bolt (**65**).

b. Place 5th Pulley (**40**) onto the cable (**57**), fit Pulley covers (**41**) using M10 x 40mm Allen bolt (**65**), 2 x 10mm Washers (**75**) and M10 Aircraft nut (**77**).

c. Place 6th Pulley (**40**) onto the cable (**57**), fit Pulley covers (**41**) and Floating pulley bracket (**22**) using M10 x 40mm Allen bolt (**65**), 2 x 10mm Washers (**75**) and M10 Aircraft nut (**77**).

d. Fix the end of the Lower cable (**57**) to the bracket which on the Base frame (**1**), using M10 x 25mm Allen bolt (**64**), 2 x 10mm Washers (**75**) and M10 Aircraft nut (**77**).

Assembly instructions



Step 16

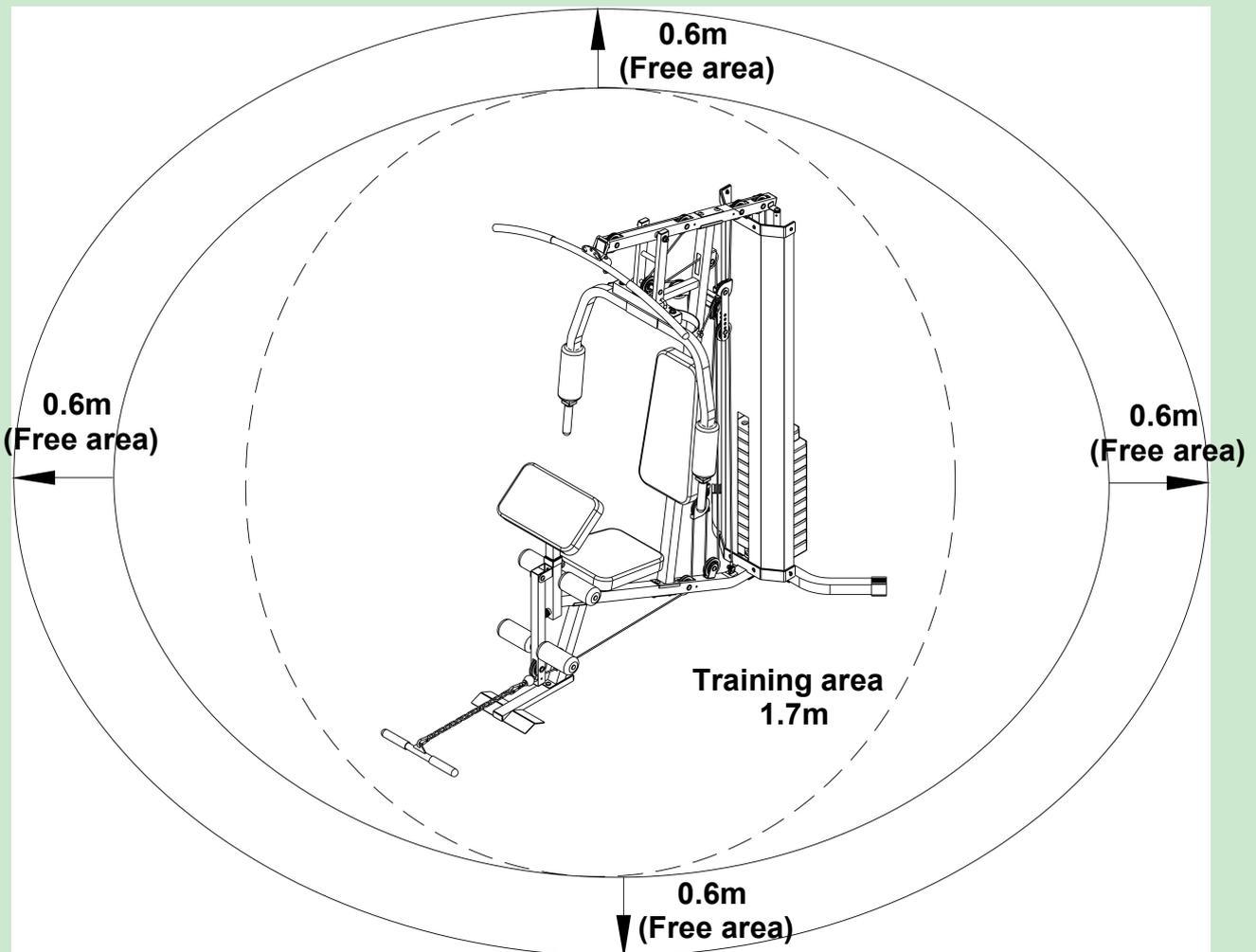
Important: Now fully tighten the fixings ensuring that all of the pulleys and brackets can move freely.

- Attach the Lat bar (14) onto the Upper frame (2) hooks.
- Connect the Pull bar (10) to the end of 3970mm Lower cable (57) using 2 x Clip hooks (79) and 15 Joint chain (78).

Note: (29/30) were fixed in the factory.

Free area and training area

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.



Home Gym Exercise Guide

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.
- Children should not be permitted to use this equipment.
- 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.
- There is a lock hole under the weight plates, Use the select pin to lock the weight plates after finishing 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

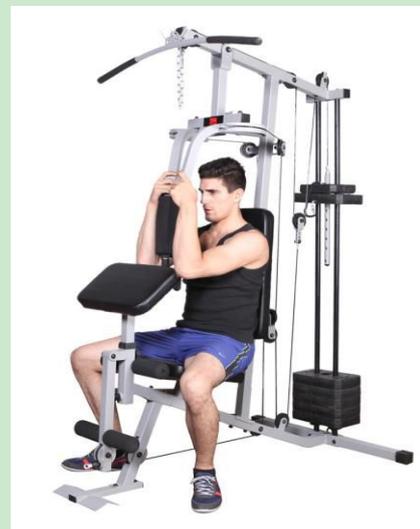
Developing the Pectoralis

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



Home Gym Exercise Guide

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



Home Gym Exercise Guide

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

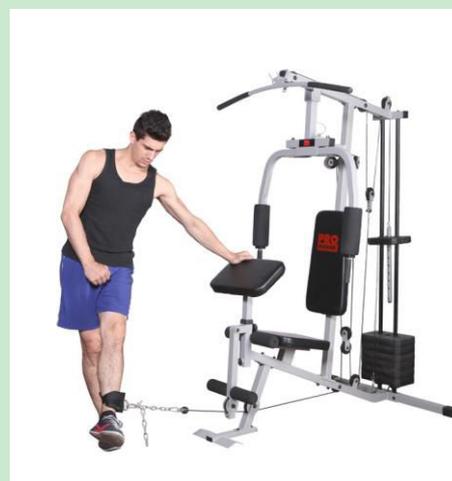
Developing the Inner Thigh

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



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.

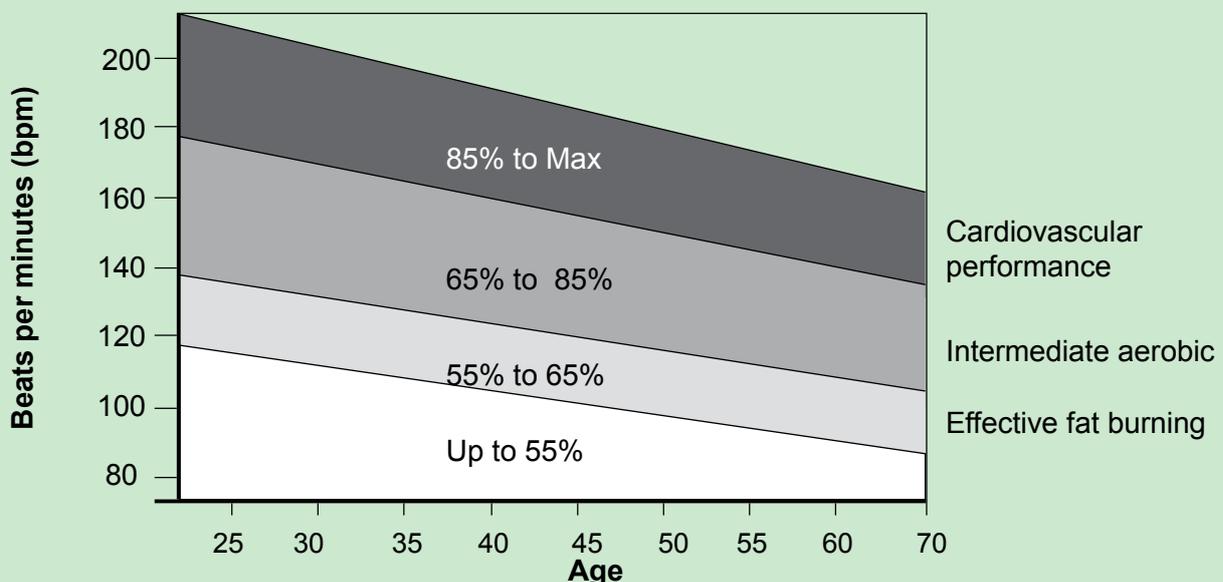
Initially, you may be able to exercise only for a few minutes in your target zone; however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30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

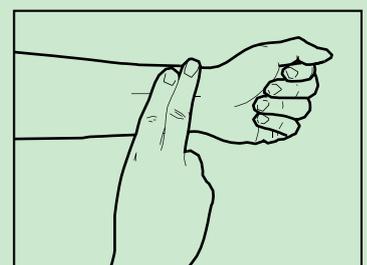
Exercise intensity

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.



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.



Exercising 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). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

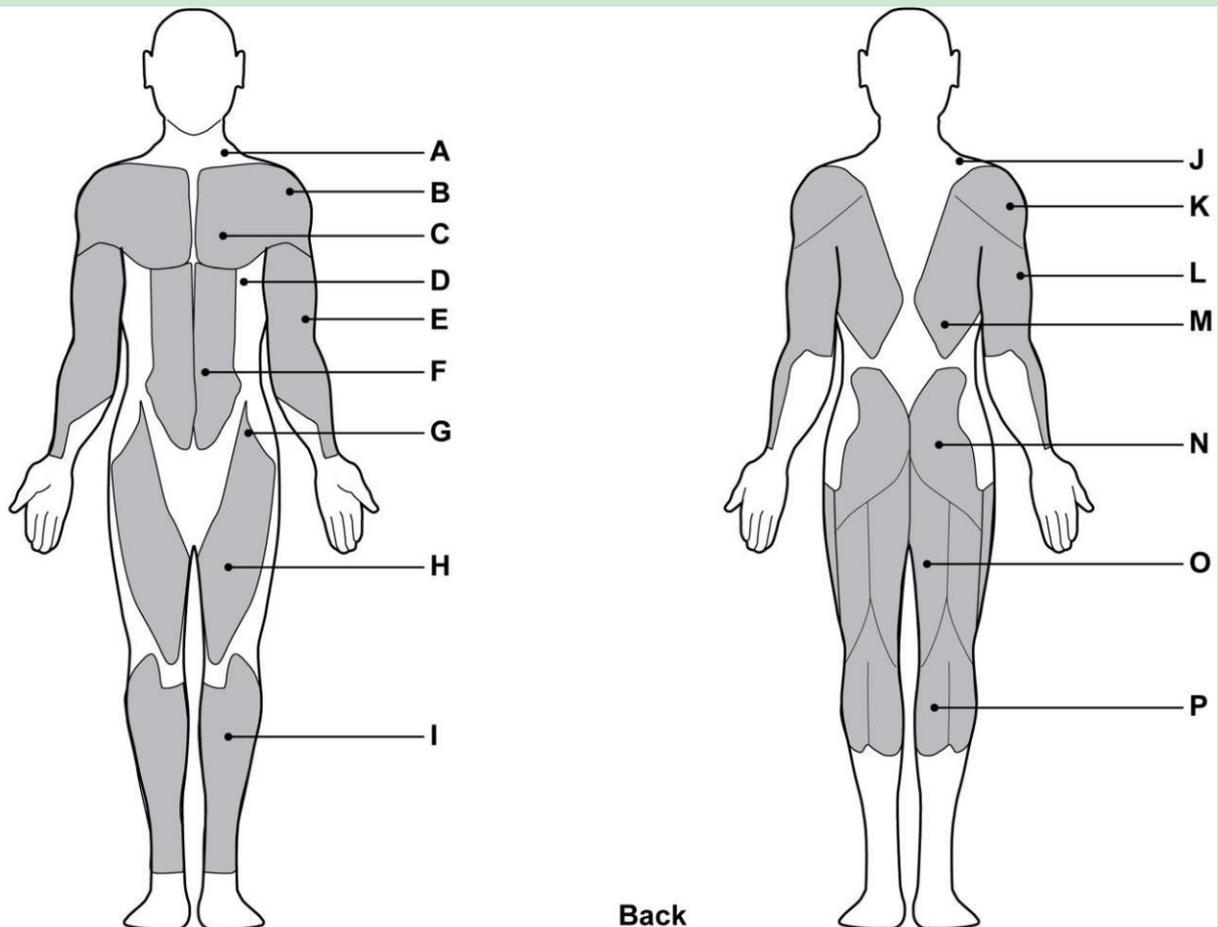
Weight Training

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

Back

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

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

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

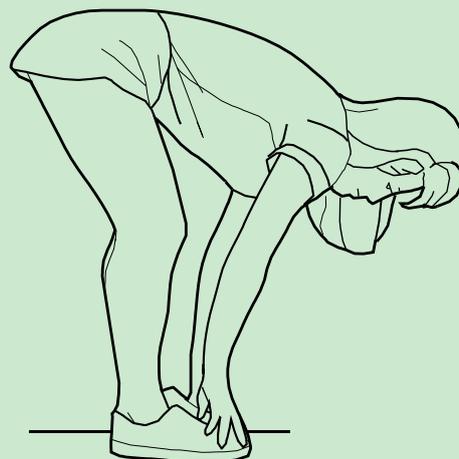
To maintain or improve your condition, plan three workouts each week with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your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



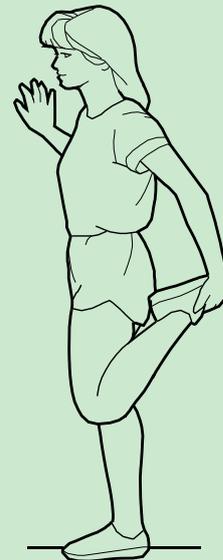
Quadriceps stretch

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.



Care and Maintenance

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.

3. Inspect and tighten all parts before using the equipment,

Replace defective components immediately and/or keep the equipment out of use until repair. 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 the manufacturer, their approved service agent or the **Customer Helpline: 0345 604 0105.** www.argoshelpdesk.co.uk

Guarantee:
For guarantee purposes, please retain your purchase receipt.

Exploded Parts List

Part	Description	Qty.	Part	Description	Qty.
1	Base frame	1	22	Double floating pulley bracket	2
2	Upper frame	1	23	Weight cover	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	5Lbs select plate	1
7	Right butterfly	1	28	10Lbs select plate	10
8	Left butterfly	1	29	Front press handle grip	4
9	Preacher pad support	1	30	Lat pull handle grip	2
10	Pull bar	1	31	45mm End cap	4
11	Angle double pulley bracket	1	32	38mm End cap	4
12	Swivel pulley bracket	2	33	20 x 40mm End cap	2
13	Select rod	1	34	25 x 50mm End cap	4
14	Lat bar	1	35	19mm End cap	4
15	Leg developer	1	36	25mm Dome End cap	1
16	Front stabilizer	1	37	Rear stabilizer End cap	2
17	Foam roll tube	2	38	45 x 38mm End cap	1
18	Guide rod	2	39	38mm Hollow Sleeve	2
19	Rear U-shaped bracket	1	40	78mm Pulley	16
20	120mm Bracket	3	41	Pulley cover	8
21	M10 x 158mm Axle	1	42	30mm Rubber bumper	1

Exploded Parts List

43	37mm Rubber bumper	1	62	M8 x 16mm Allen bolt	10
44	61mm Rubber bumper	2	63	M10 x 16mm Allen bolt	2
45	Lock knob	1	64	M10 x 25mm Allen bolt	5
46	170mm Foam roll	4	65	M10 x 40mm Allen bolt	8
47	220mm Foam roll	2	66	M10 x 60mm Allen bolt	7
48	Anti slip	1	67	M10 x 65mm Allen bolt	2
49	Ankle strap	1	68	M10 x 55mm Allen bolt	1
50	Fix plate	2	69	M10 x 140mm Allen bolt	1
51	10mm bushing	2	70	M6 x 16mm Phillips screw	1
52	28mm bushing	2	71	ST4.8MM Phillips screw	4
53	11.5mm Pulley bushing	2	72	25mm Washer	4
54	15mm Pulley bushing	12	73	6mm Washer	10
55	3285mm Upper cable	1	74	8mm Washer	10
56	2550mm Butterfly cable	1	75	10mm Washer	40
57	3970mm Lower cable	1	76	M6 Aircraft nut	2
58	Seat press lock pin	2	77	M10 Aircraft nut	32
59	Select pin	1	78	15 Joint chain	1
60	M10 x 63mm Carriage bolt	8	79	Clip hook	2
61	M6 x 16mm Allen bolt	8		4/5/6mm Allen key	3

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 be rendered invalid if the product is re-sold or has been damaged by inexperienced 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 within the guarantee period call **Customer Helpline: 0345 604 0105** www.argoshelpdesk.co.uk

Guarantor: Argos Ltd
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