







Assembly and Operating Instructions



-  max. 135 kg
-  ~ 400 Min. 
-  195 kg
L 187 | B 105 | H 208

SEMG2112.01.01

SKU: SEMG2112

BodyMax Multi Gym MG5

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Dear customer,

Thank you for choosing training equipment from BodyMax.

BodyMax is your reliable partner for home and commercial gym equipment. We are specialized in cardio and strength training machines for home and commercial use. Our products are not only strong, durable, and affordable but also designed to fit your personal needs.

The BodyMax headquarter is based in Rutherglen, Glasgow. Our brand was created with the intention of providing innovative exercise equipment at affordable prices for users of all training levels.

You can find further information at www.bodymax-fitness.com.

Intended Use

The equipment may only be used for its intended purpose.

The equipment is suitable for home use and semi-professional use (e.g. hospitals, clubs, hotels, schools, etc.). The equipment is not suitable for commercial or professional use (e.g. fitness studio).

Disclaimer

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Product and manual are subject to change. Technical data can be changed without advance notice.

ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.

Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.



Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The following safety instructions may appear in this manual:

► **ATTENTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

⚠ **CAUTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

⚠ **WARNING**

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

⚠ **DANGER**

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

ⓘ **NOTICE**

This notice indicates further useful information.

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

1.1 Technical Data

Weight and dimensions:

Article weight (gross, incl. packaging):

No.1: 62 kg
No.2: 15 kg
No.3: 28.5 kg
No.4: 36.6 kg
No.5: 37.5 kg
No.6: 37.5 kg

Article weight (net, without packaging): 195 kg

Packaging dimensions cartons:

No.1 (L x W x H): approx. 193 cm x 53 cm x 20.5 cm
No.2 (L x W x H): approx. 97 cm x 97 cm x 95 cm
No.3 (L x W x H): approx. 180 cm x 28 cm x 22 cm
No.4 (L x W x H): approx. 49.5 cm x 29.5 cm x 19 cm
No.5 (L x W x H): approx. 49.5 cm x 29.5 cm x 19 cm
No.6 (L x W x H): approx. 49.5 cm x 29.5 cm x 19 cm

Set-up dimensions:

(L x W x H): approx. 187 cm x 105 cm x 208 cm

Maximum user weight: 135 kg

Cables and pulleys:

Number of cables: 4
Cable length: 396 cm, 520 cm, 483 cm, 182 cm
Diameter of pulley: 4.8 cm

Weight block:

Quantity: 1
Total weight: 220 lb
Weight plates: 14+1
Weight of a single weight plate: 15 lb + 10 lb

1.2 Personal Safety

DANGER

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

CAUTION

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.

ATTENTION

- + Do not insert any objects of any kind into the openings of the device.

1.3 Set-Up Place

WARNING

- + Do not place the equipment in main corridors or escape routes.

CAUTION

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.
- + If your device is to be mounted on the wall/ceiling, make sure that you use the appropriate assembly material to avoid possible damages or personal injuries. The contractual partner accepts no liability for this.

ATTENTION

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
- + A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

2.1 General Instructions

⚠ DANGER

- + Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.

⚠ WARNING

- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.

⚠ CAUTION

- + Ensure to have sufficient room for movement in each direction during assembly.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.

▶ ATTENTION

- + To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.

ⓘ NOTICE

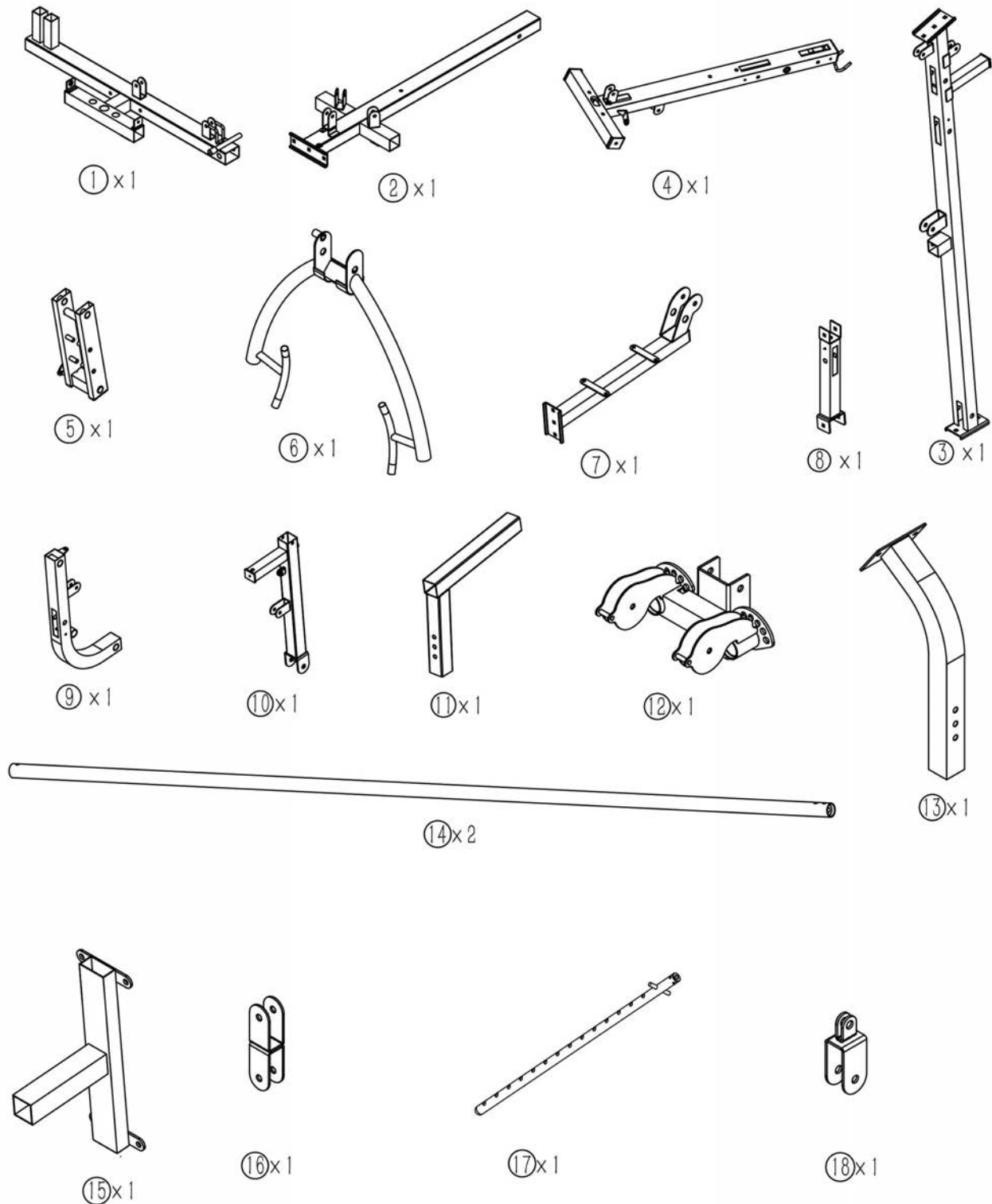
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

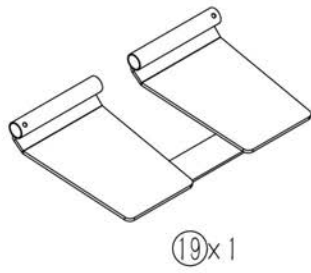
2.2 Scope of Delivery

The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

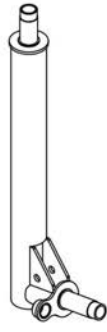
⚠ CAUTION

If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.





①9x1



②0x1



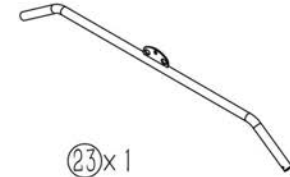
②1x1



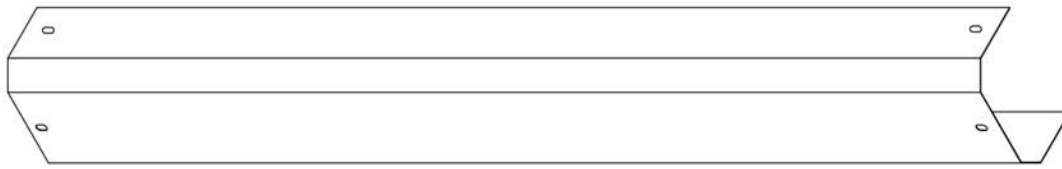
②2x2



②4x1



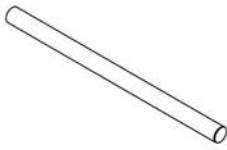
②3x1



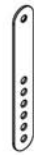
②5x2



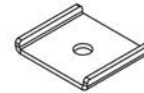
①12x3



②6x2



②7x2



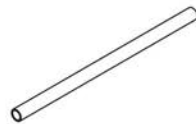
②8x2



②9x3



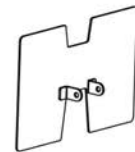
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③1x1



①09x1



①10x1



⑥1×2



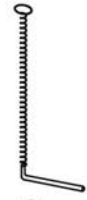
⑥2×1



⑥3×1



⑥4×2



⑥5×1



⑥6×1



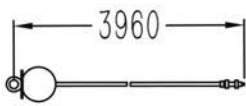
⑥7×1



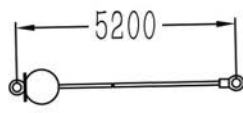
⑥8×7



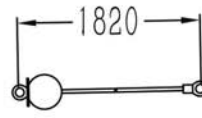
⑥9×4



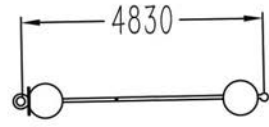
⑨6×1



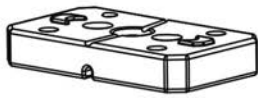
⑨7×1



⑨8×1



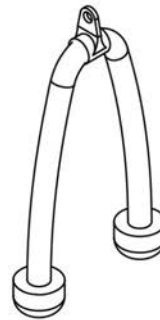
⑨9×1



⑩0×14



⑩1×1



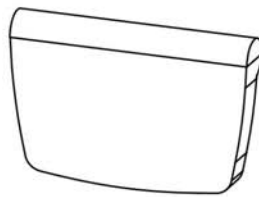
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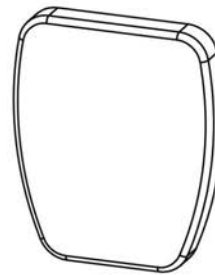
⑩3×4



⑩5×1



⑩6×1



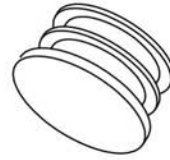
⑩7×1



③⑧x 4



③⑨x 10



⑤⑤x 2



⑤⑥x 6



⑤⑦x 6



⑤⑧x 4



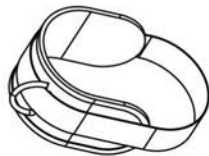
⑤⑨x 2



⑥⑦x 2



⑦⑦x 2



⑦①x 1







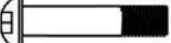






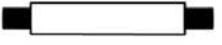


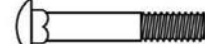









⑦②x 10



⑨②x 26



⑨③x 4

<p>32 </p> <p>M8X18 Allen bolt 10PCS</p>	<p>33 </p> <p>M10X16 Allen bolt 10PCS</p>	<p>34 </p> <p>M10X20 Allen bolt 4PCS</p>
<p>35 </p> <p>M10X30 Allen bolt 3PCS</p>	<p>36 </p> <p>M10X45 Allen bolt 15PCS</p>	<p>37 </p> <p>M10X50 Allen bolt 8PCS</p>
<p>40 </p> <p>M10X65 Allen bolt 2PCS</p>	<p>41 </p> <p>M10X85 Allen bolt 5PCS</p>	<p>42 </p> <p>M10X160 Allen bolt 2PCS</p>
<p>43 </p> <p>Φ16x64xM10 SWIVEL AXLE 2PCS</p>	<p>44 </p> <p>M12X95 Hex bolt 2PCS</p>	<p>45 </p> <p>Φ16x172xM10 SWIVEL AXLE 1PCS</p>
<p>46 </p> <p>Φ16x198xM10 SWIVEL AXLE 1PCS</p>	<p>47 </p> <p>M10X90 Carriage bolt 3PCS</p>	<p>48 </p> <p>M10X70 Carriage bolt 7PCS</p>
<p>49 </p> <p>Φ25xΦ10.5x1.5 Washer 8PCS</p>	<p>50 </p> <p>Φ10 Washer 80PCS</p>	<p>51 </p> <p>Φ8 Washer 10PCS</p>
<p>52 </p> <p>Φ12 Washer 4PCS</p>	<p>53 </p> <p>M10mm Aircraft Nut 54PCS</p>	<p>54 </p> <p>M12mm Aircraft Nut 2PCS</p>
<p>84 </p> <p>M6X16 Philips Screw 2PCS</p>	<p>108 </p> <p>M10X90 Allen bolt 1PCS</p>	<p></p> <p>Allen keys 5,6,mm</p>

2.3 Assembly

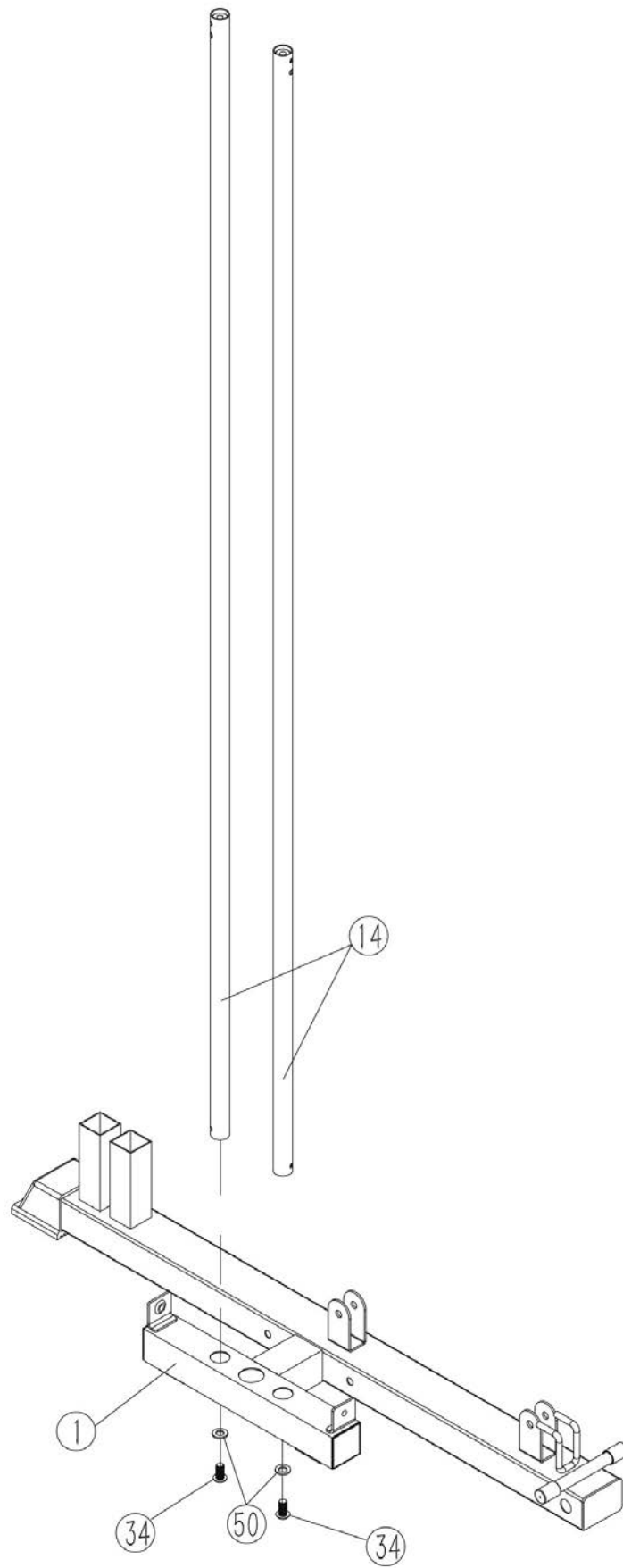
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

① NOTICE

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

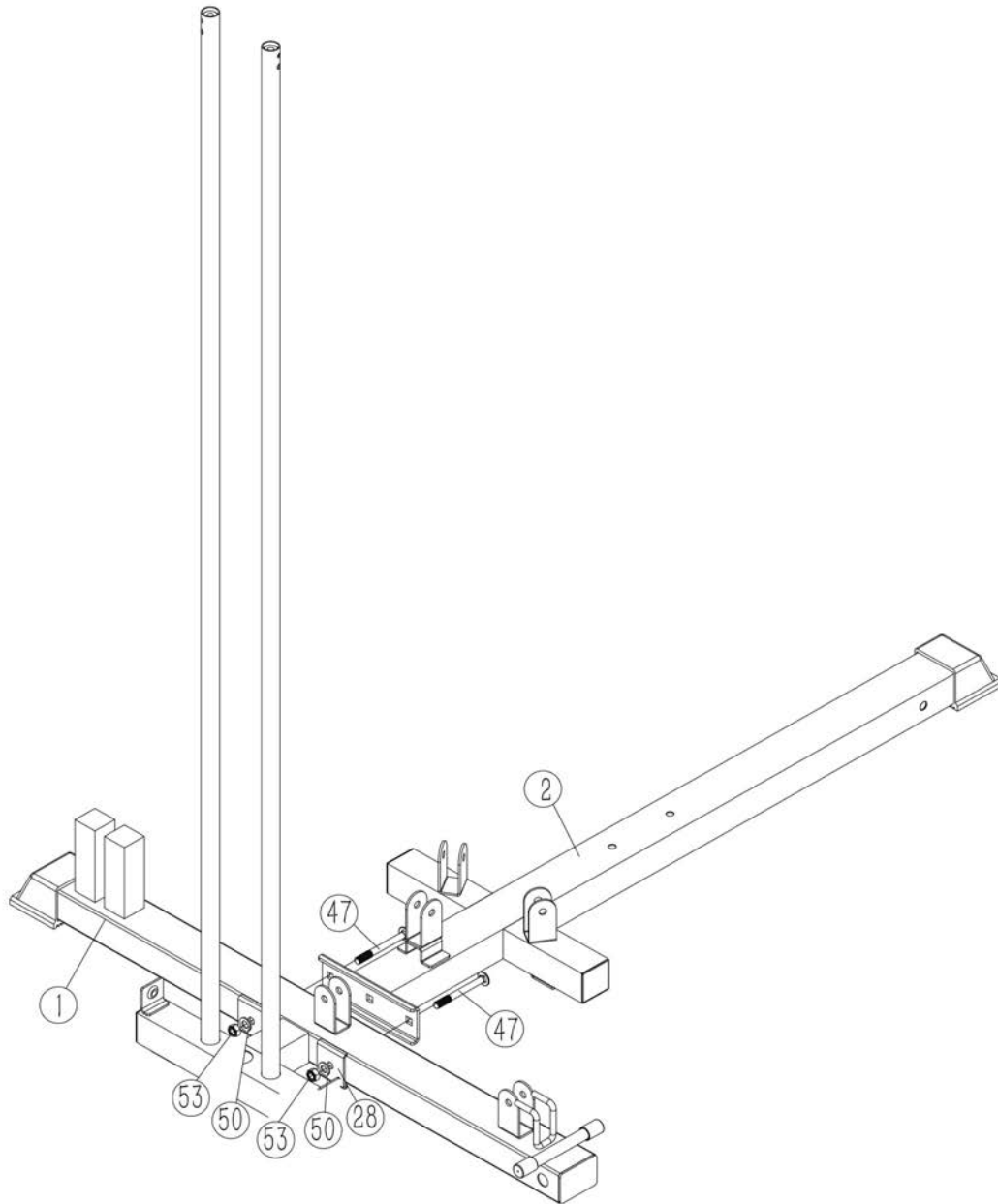
Step 1: Assembly of the Guide Rods

1. Unpack the cartons and place all parts on the floor.
2. Remove the packing material and check parts for completeness.
3. Assemble two guide rods (14) to the rear stabilizer (1) with two bolts (34) and 2 washers (50).



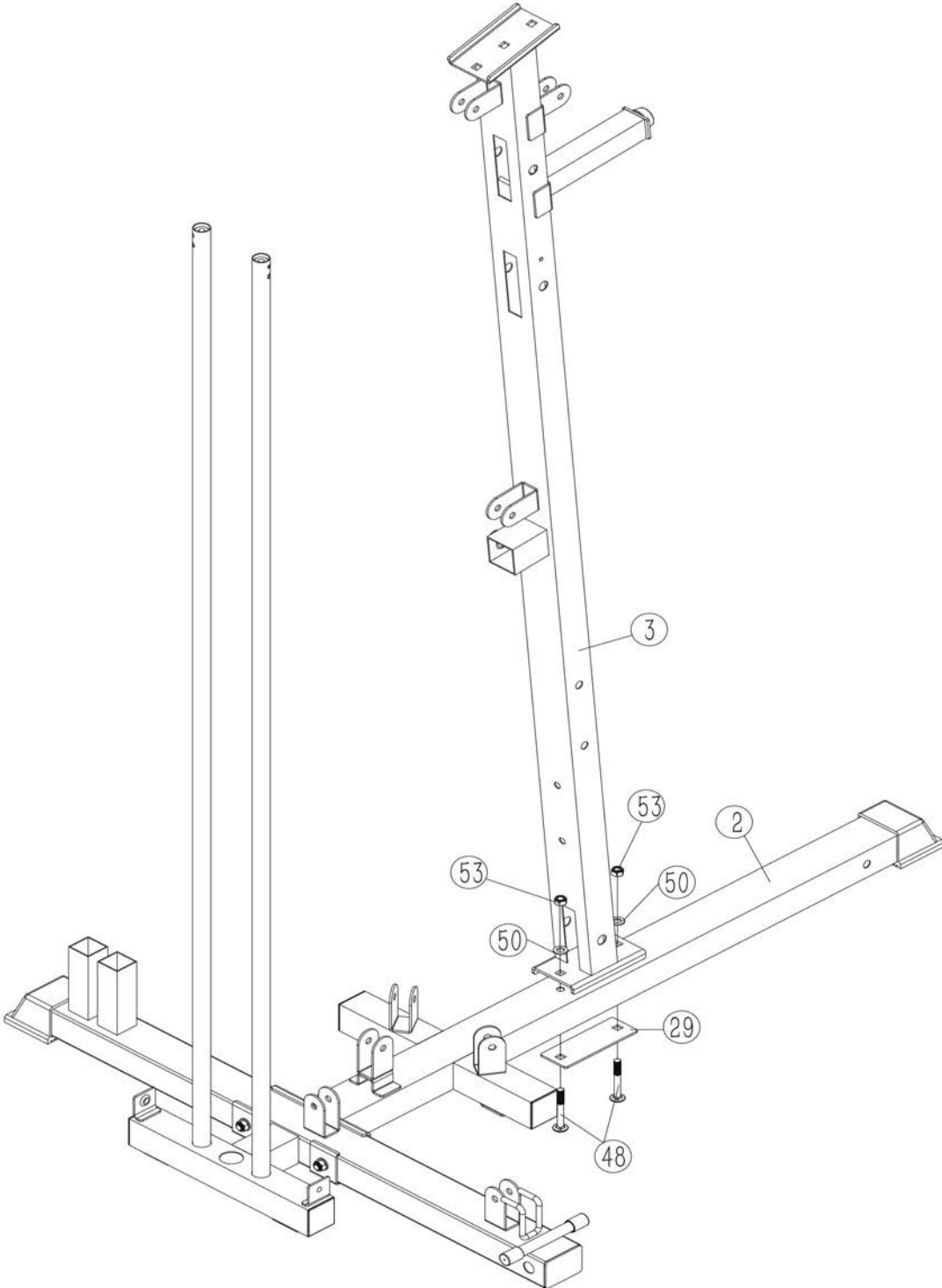
Step 2: Assembly of the Front Stabilizer

1. Assemble the front stabilizer (2) to the rear stabilizer (1) with two connecting brackets (28), two bolts (47), two washers (50) and two nuts (53).



Step 3: Assembly of the Vertical Frame

- 1. Assemble the vertical frame (3) to the front stabilizer (2) with one long bracket (29), two bolts (48), two washers (50) and two nuts (53).

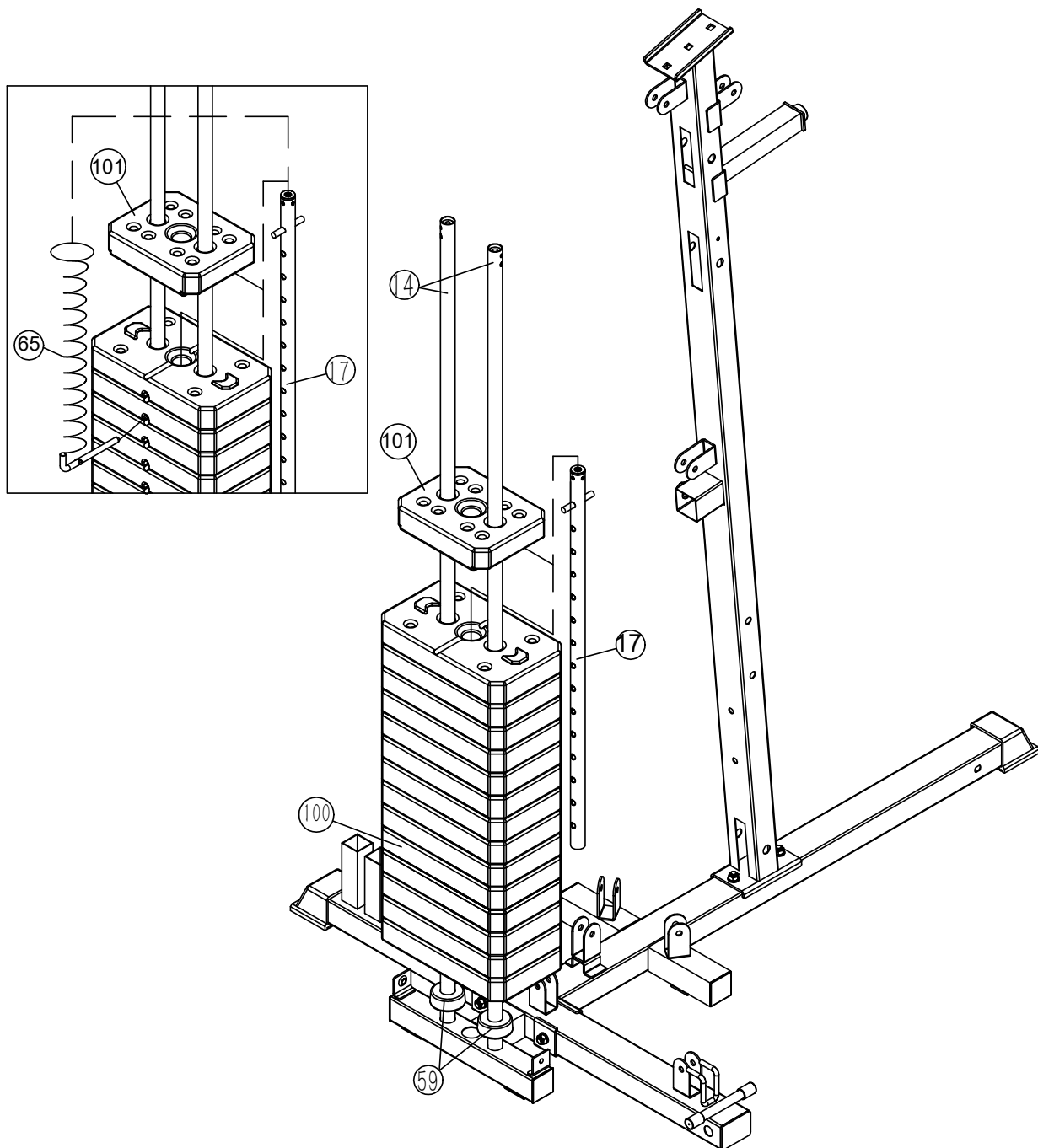


Step 4: Assembly of the Weight Plates

① NOTICE

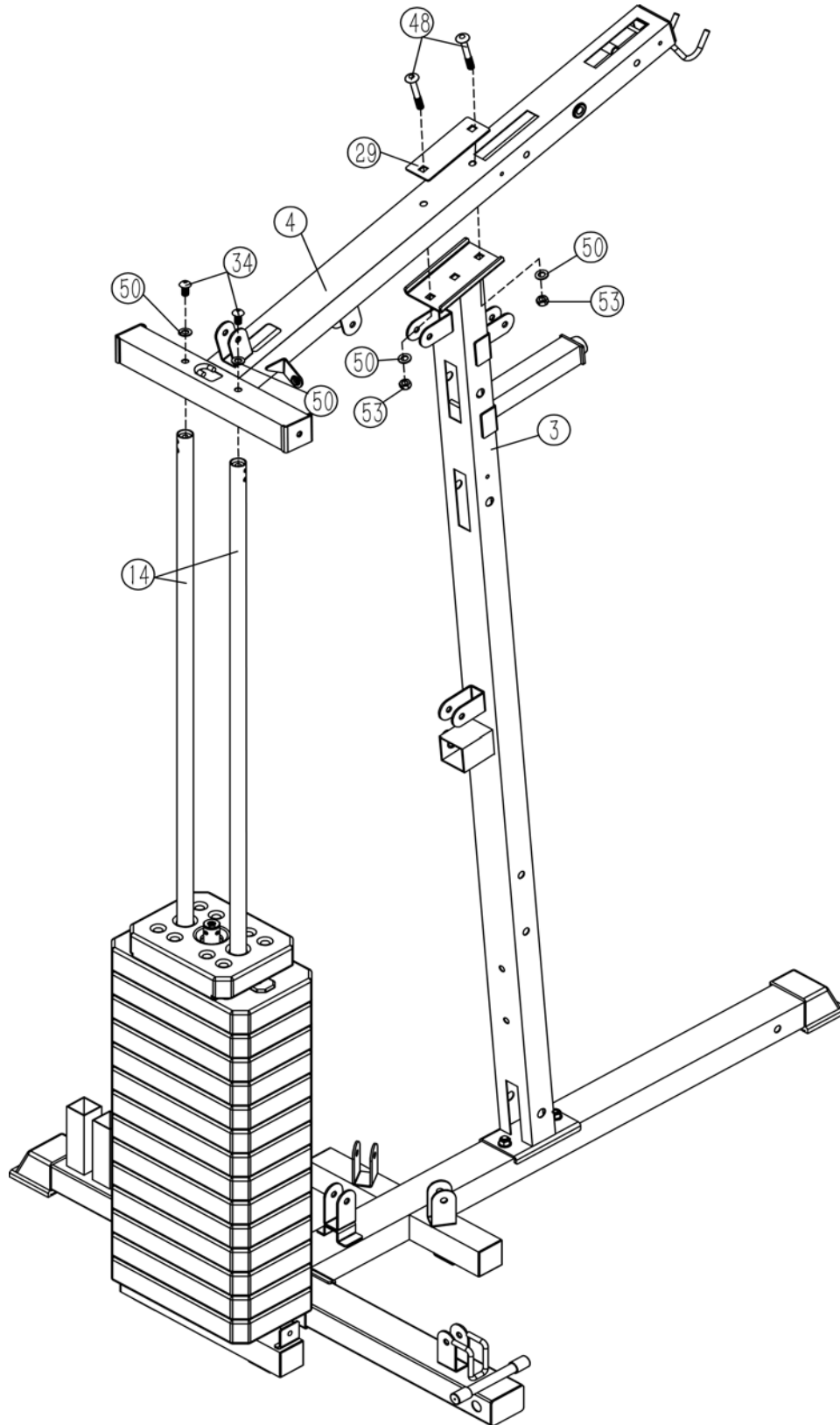
- + The holes of the weight plates need to face the front of the gym.
- + The holes of the weight plates need to point downwards.

1. Slide two rubber bumpers (59) and 14 weight plates (100) through the guide rods (14).
2. Insert the selector rod (17) into the weight plates (100).
3. Slide the upper plate (101) through the guide rods (14).
4. Insert one end of the weight select pin (65) into one of the weight plates (100).
5. Attach the other end of the weight select pin (65) onto the selector rod (17).



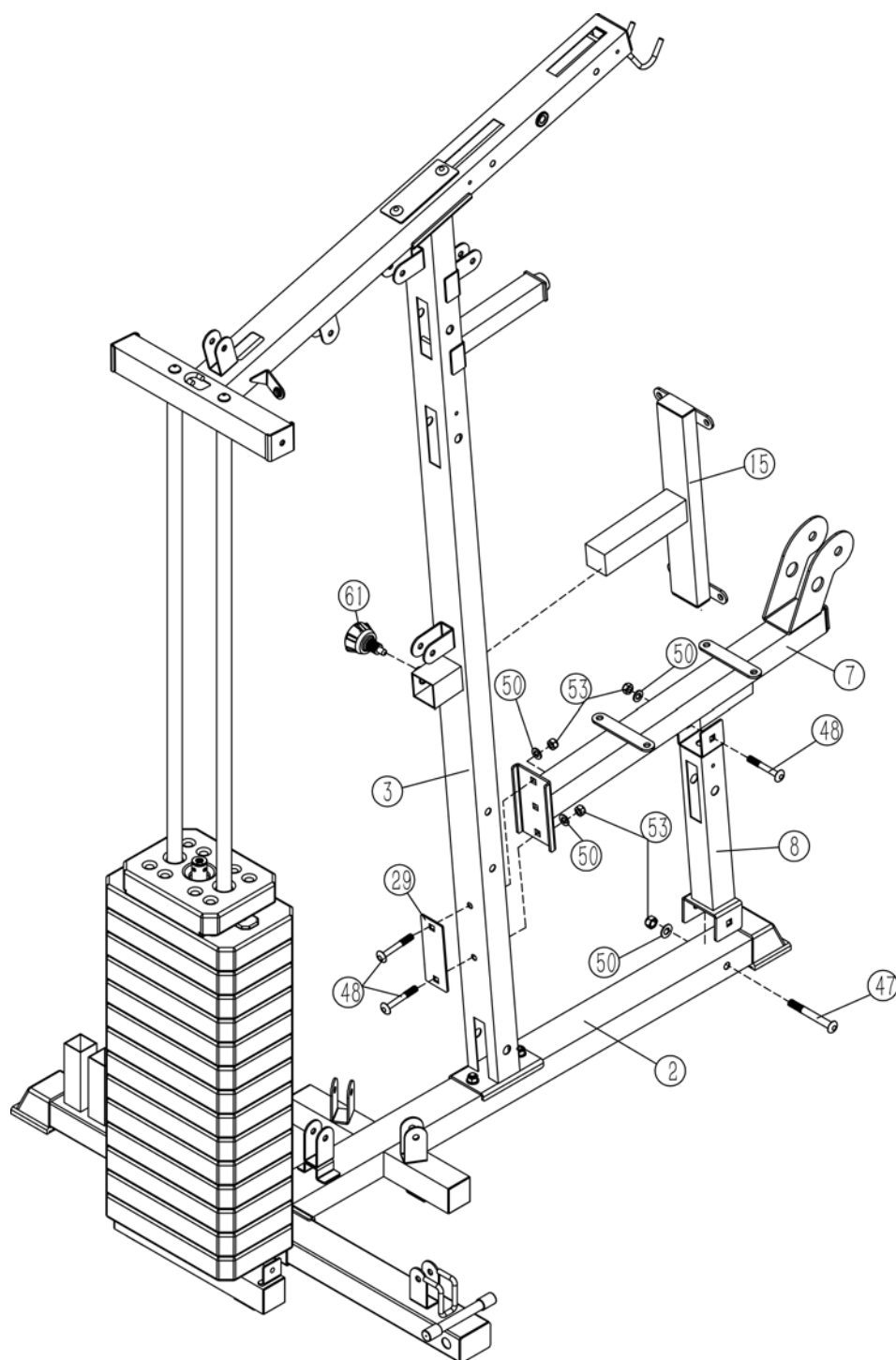
Step 5: Assembly of the Upper Frame

1. Assemble the upper frame (4) to the guide rods (14) with two bolts (34) and two washers (50).
2. Assemble the upper frame (4) to the vertical frame (3) with two bolts (48), two washers (50), two nuts (53) and one long bracket (29).



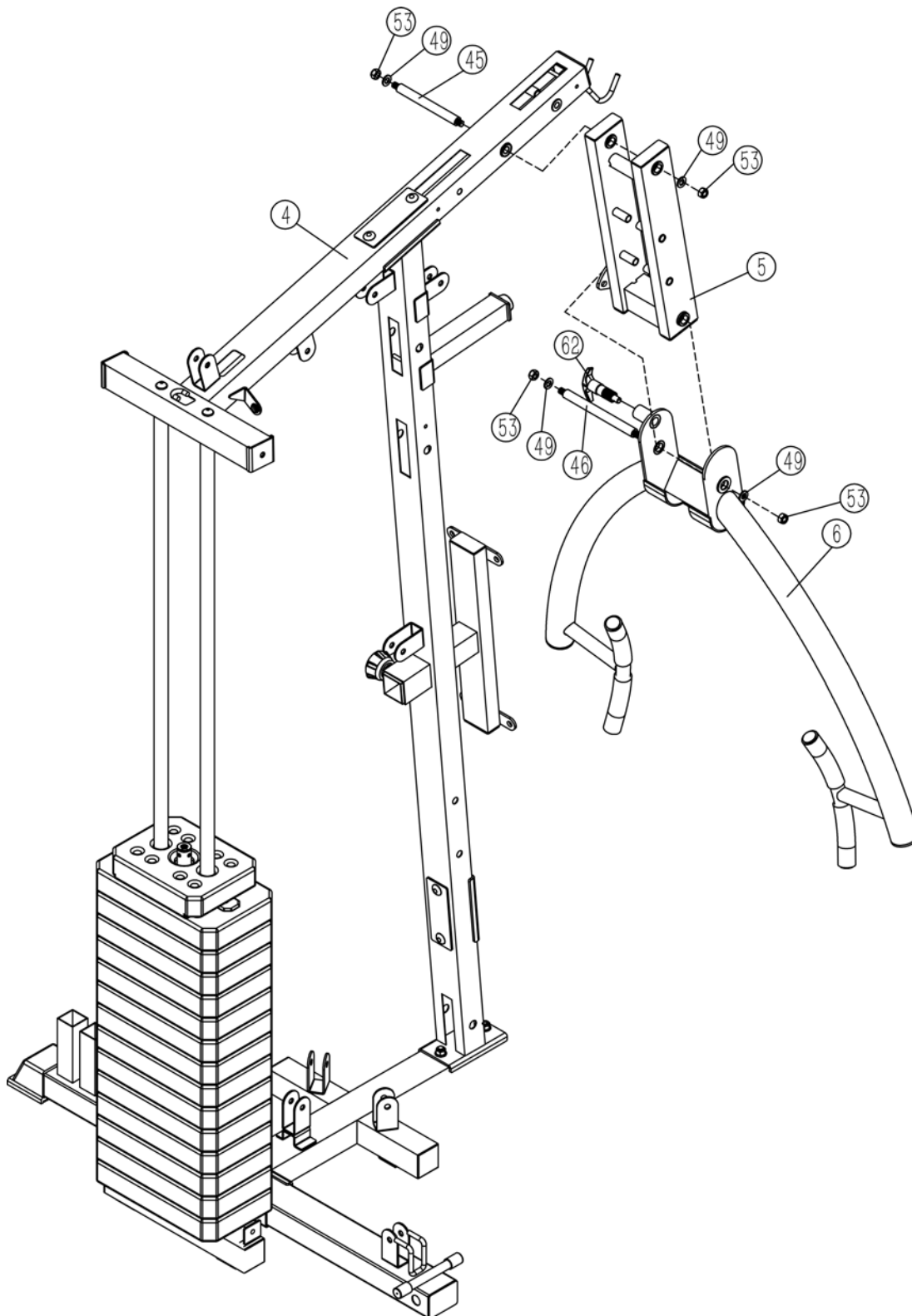
Step 6: Assembly of the Seat Support Frame, Slant Support and Backrest Frame

1. Assemble the seat support frame (8) to the front stabilizer (2) with one bolt (47), one washer (50) and one nut (53).
2. Assemble the slant support (7) to the vertical frame (3) with two bolts (48), two washers (50), two nuts (53) and one long bracket (29).
3. Assemble the seat support frame (8) to the slant support (7) with one bolt (48), one washer (50) and one nut (53).
4. Attach the backrest frame (15) to the vertical frame (3) with one lock pin (61).



Step 7: Assembly of the Front Press Base and Front Press Frame

1. Assemble the front press base (5) to the upper frame (4) with one axle (45), two washers (49) and two nuts (53).
2. Assemble the front press frame (6) to the front press base (5) with one axle (46), two washers (49) and two nuts (53) and secure with the pin (62).



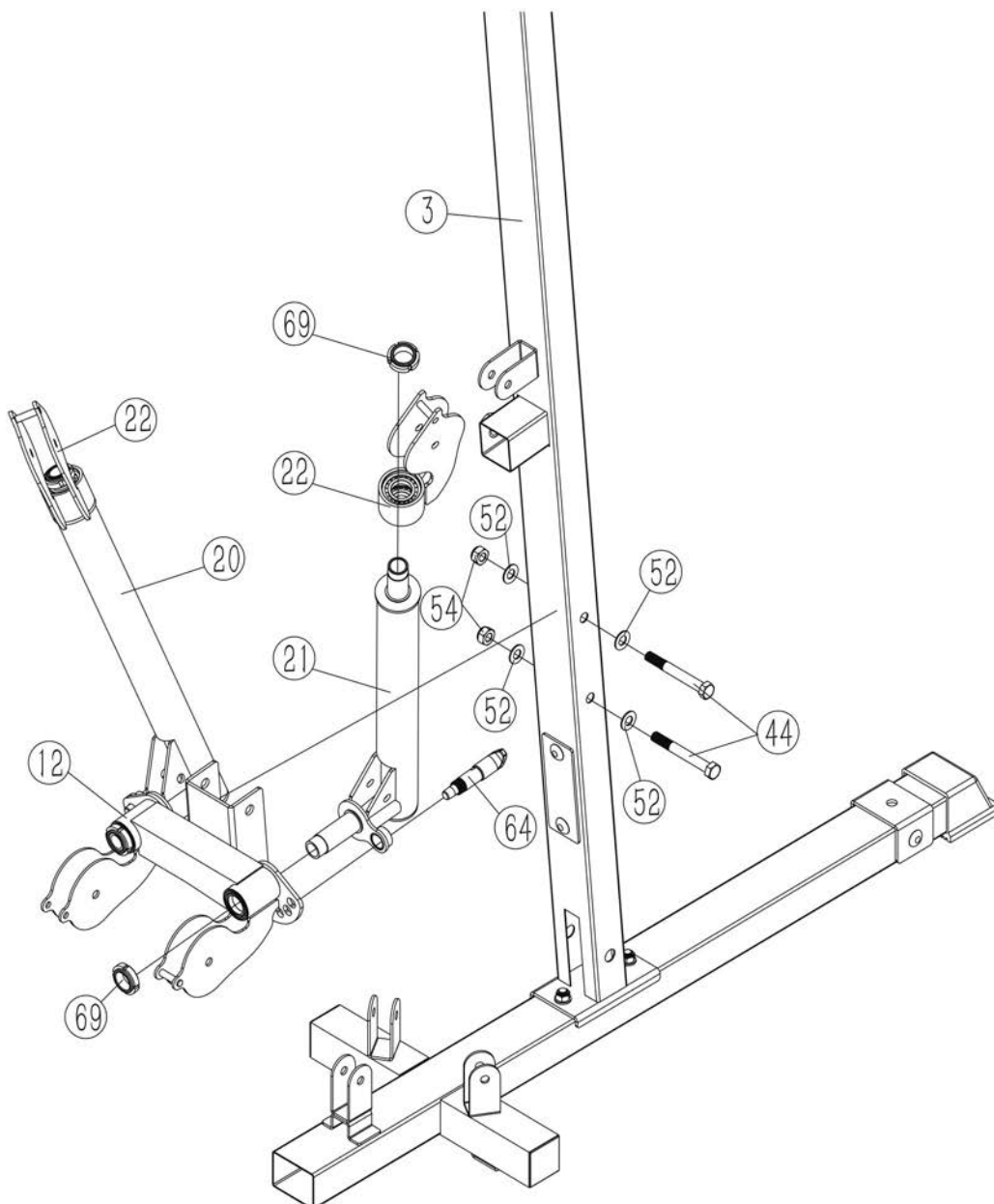
Step 8: Assembly of the Cable Crossover Support and Cable Crossover Arms

1. Assemble the cable crossover support (12) to the vertical frame (3) with two bolts (44), four washers (52) and two nuts (54).
2. Attach the left and right cable crossover arms (20 & 21) to the cable crossover support (12) and secure with two nuts (69) by using the round nut hook wrench.
3. Attach the cable crossover pulley brackets (22) to the left and right cable crossover arms (20 & 21) and secure with two nuts (69) by using the round nut hook wrench.

ⓘ NOTICE

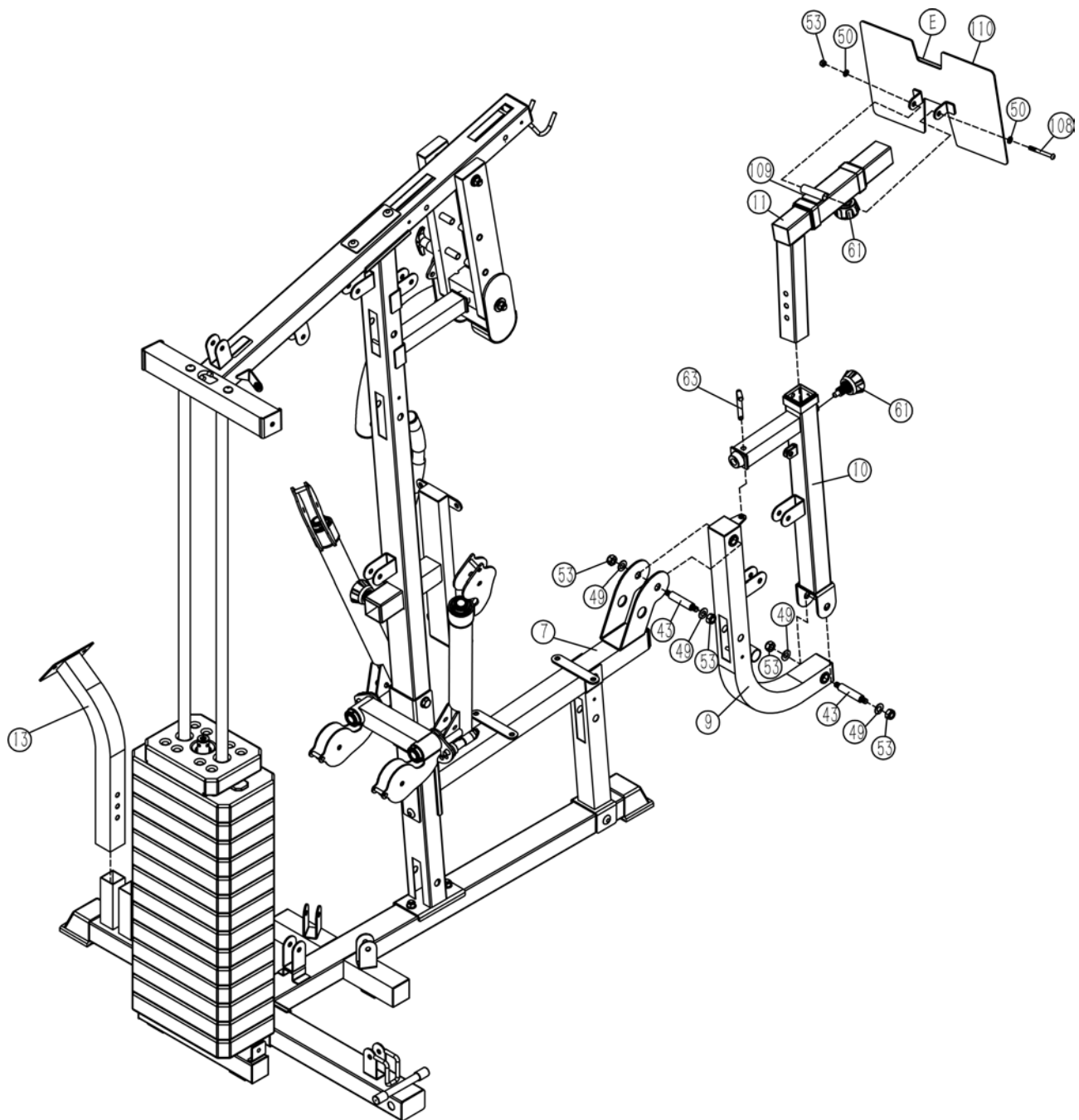
The T-shaped pins (64) need to be screwed in.

4. Secure the left and right cable crossover arms (20 & 21) to the cable crossover support (12) using two T-shaped pins (64).



Step 9: Assembly of the Leg Press Platform and the Arm Curl Stand

1. Assemble the front leg developer (9) to the slant support (7) with one axle (43), two washers (49) and two nuts (53).
2. Assemble the leg press support (10) to the front leg developer (9) with one axle (43), two washers (49) and two nuts (53) and secure with L-shaped pin (63).
3. Secure the foot pedal bracket (11) to the leg press support (10) with a lock pin (61).
4. Attach the adjustment slider (109) to the pedal bracket (11) and secure with a lock pin (61).
5. Assemble the leg press platform (110) to the adjustment slider (109) with one bolt (108), two washers (50) and one self-locking nut (53).
6. Attach the arm curl stand (13) to the rear stabilizer (1).

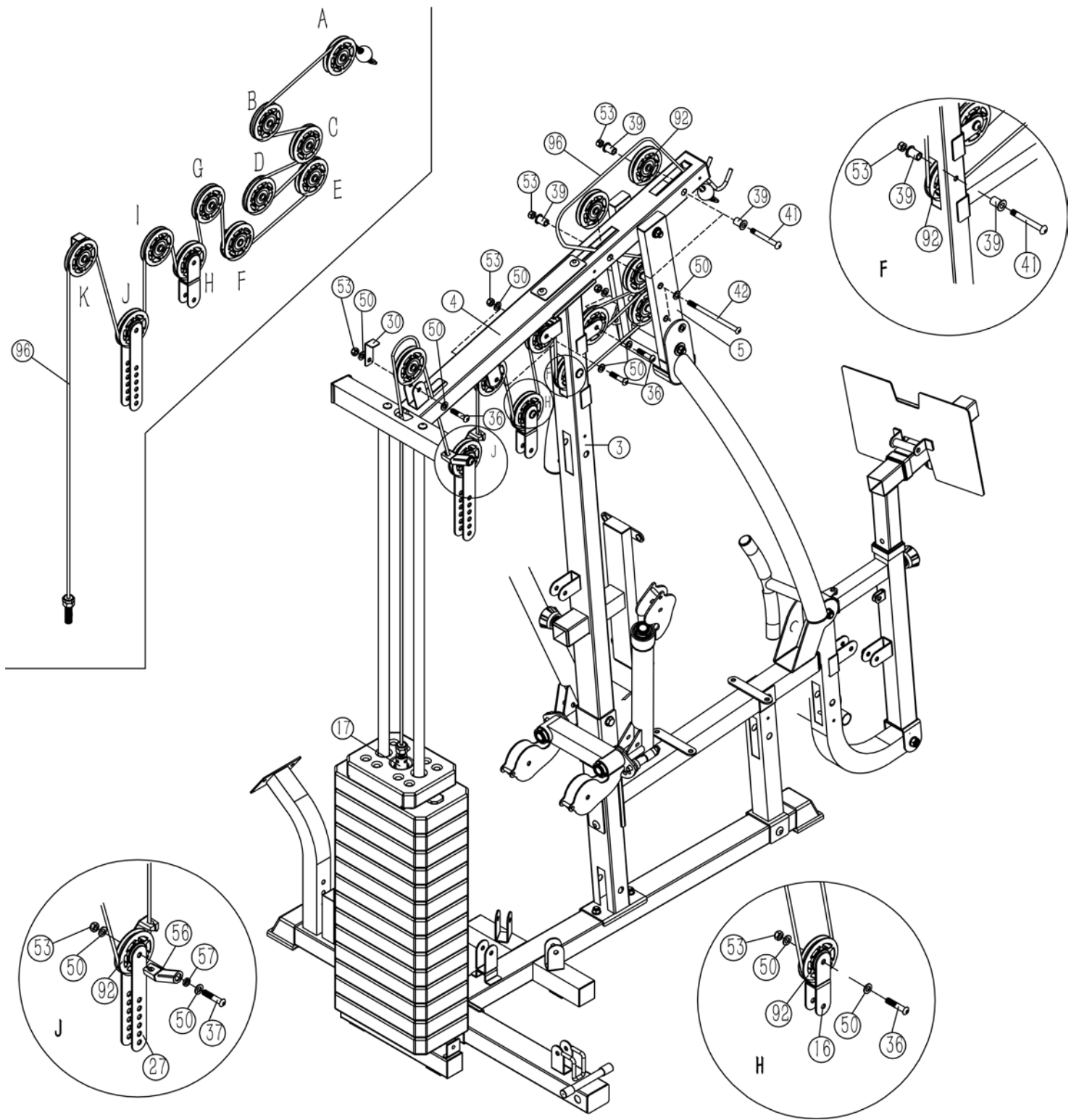


Step 10: Assembly of the Upper Cable

① NOTICE

If possible: Assemble pulleys and cable simultaneously. Otherwise you can loosely assemble the pulleys first and attach the cable afterwards.

1. Guide the upper cable (96) through the rear opening of the upper frame (4) so the ball end of the cable can't slip through the opening.
2. Assemble pulley A (92) to the upper frame (4) with one bolt (41), two pulley sleeves (39) and one nut (53).
3. Assemble pulley B (92) to the upper frame (4) with one bolt (41), two pulley sleeves (39) and one nut (53).
4. Assemble pulley C (92) to the front press base (5) with one bolt (42), two washers (50) and one nut (53).
5. Assemble pulley D (92) to the vertical frame (3) with one bolt (36), two washers (50) and one nut (53).
6. Assemble pulley E (92) to the front press base (5) with one bolt (42), two washers (50) and one nut (53).
7. Assemble pulley F (92) to the vertical frame (3) with one bolt (41), two pulley sleeves (39) and one nut (53).
8. Assemble pulley G (92) to the vertical frame (3) with one bolt (36), two washers (50) and one nut (53).
9. Assemble pulley H (92) to the pulley bracket (16) with one bolt (36), two washers (50) and one nut (53).
10. Assemble pulley I (92) to the upper frame (4) with one bolt (36), two washers (50) and one nut (53).
11. Assemble pulley J (92) between two pulley connecting brackets (27) with one bolt (37), two washers (50), two sleeves (57), two cable fixers (56) and one nut (53).
12. Assemble pulley K (92) to the upper frame (4) with one bolt (36), two washers (50), one L-bracket (30) and one nut (53).
13. Guide the cable (96) through the pulleys like shown in the graphic.
14. Screw the end of the cable into the selector rod (17).

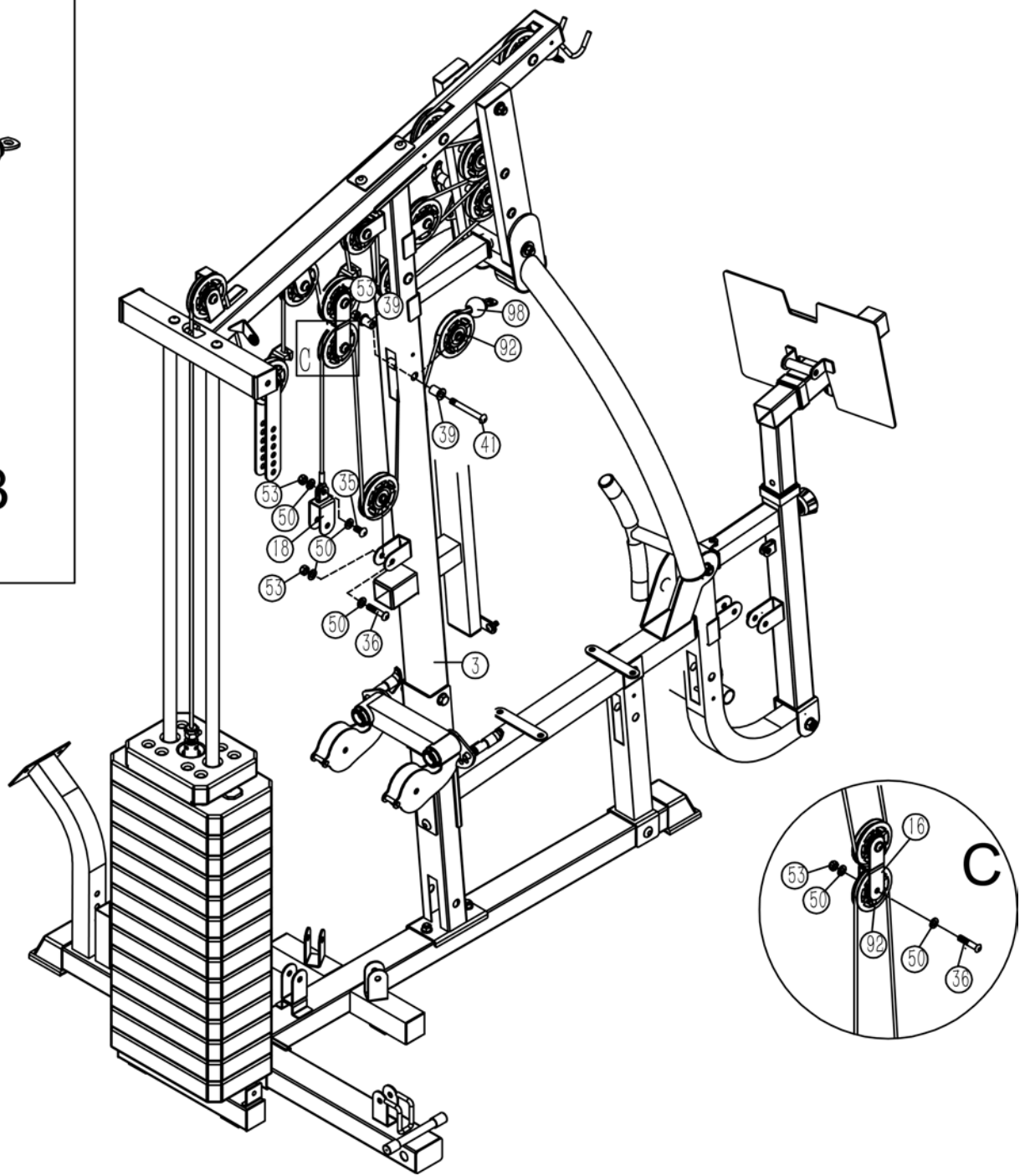
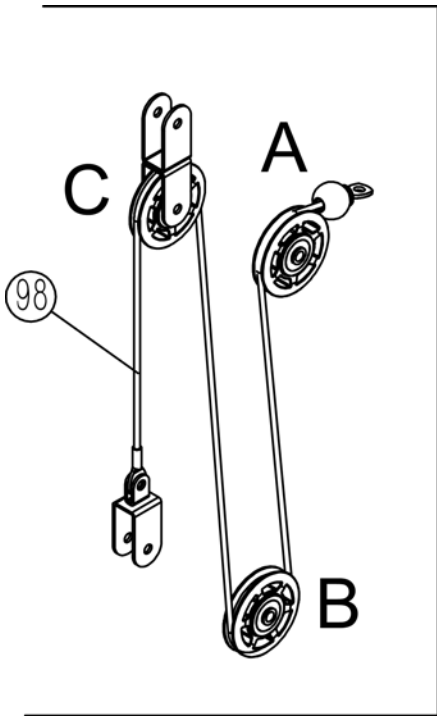


Step 11: Assembly of the Shoulder Cable

① NOTICE

If possible: Assemble pulleys and cable simultaneously. Otherwise you can loosely assemble the pulleys first and attach the cable afterwards.

1. Guide the shoulder cable (98) through the opening of the vertical frame (3) so the ball end of the cable can't slip through the opening.
2. Assemble pulley A (92) to the vertical frame (3) with one bolt (41), two pulley sleeves (39) and one nut (53).
3. Assemble pulley B (92) to the vertical frame (3) with one bolt (36), two washers (50) and one nut (53).
4. Assemble pulley C (92) to the pulley bracket (16) with one bolt (36), two washers (50) and one nut (53).
5. Guide the cable (96) through the pulleys like shown in the graphic.
6. Secure the other end of the cable (98) to the single pulley assembly (18) with one bolt (35), two washers (50) and one nut (53).

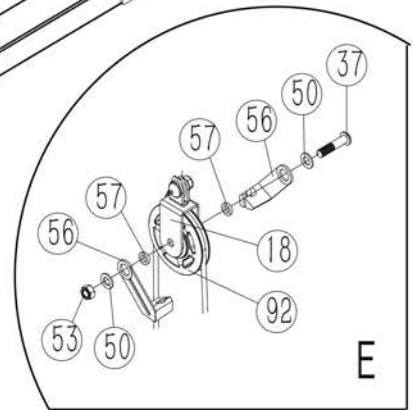
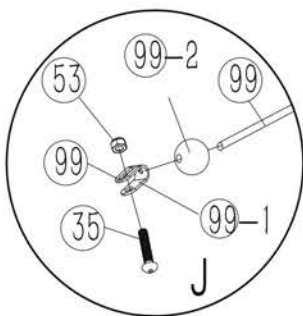
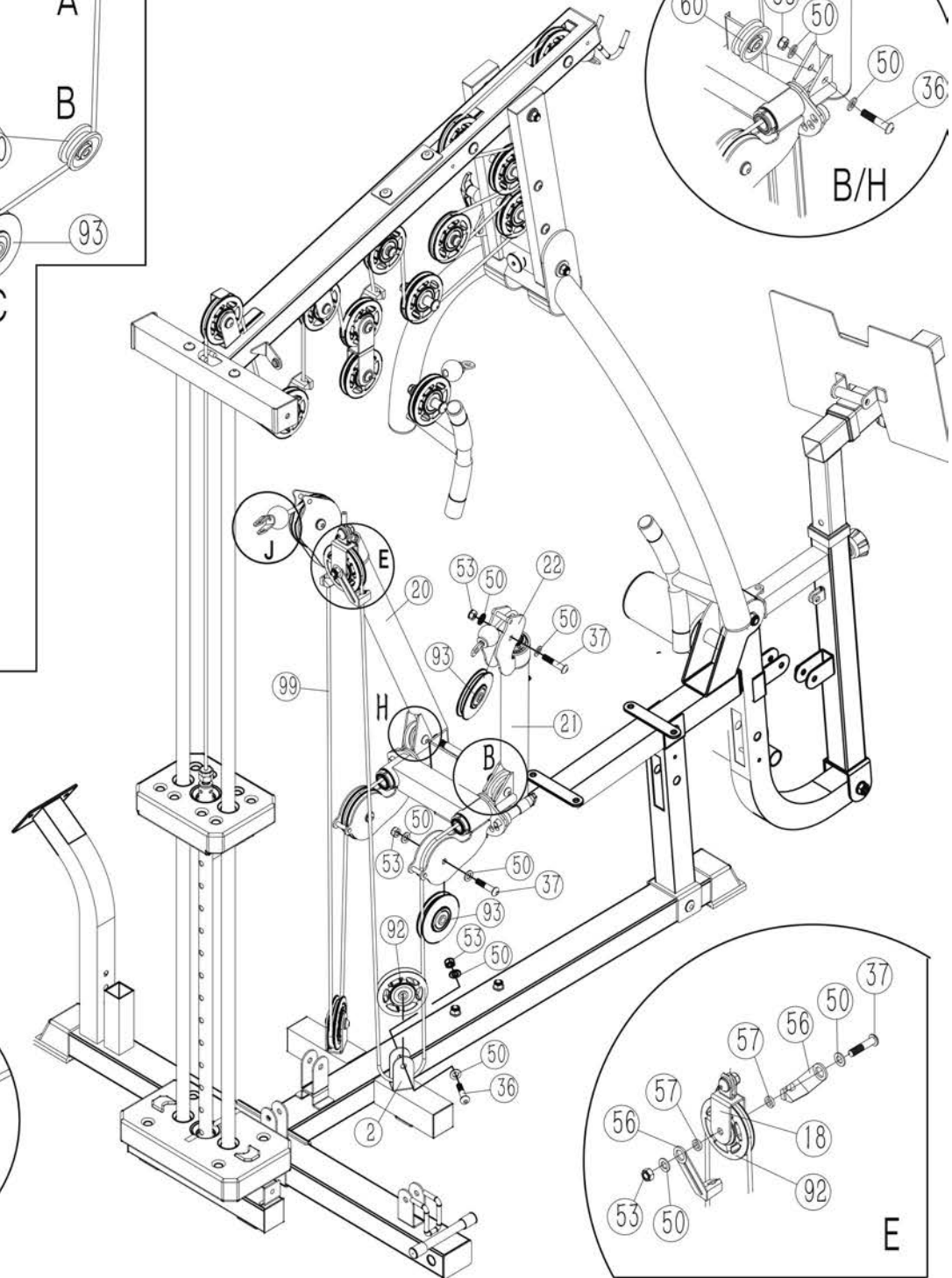
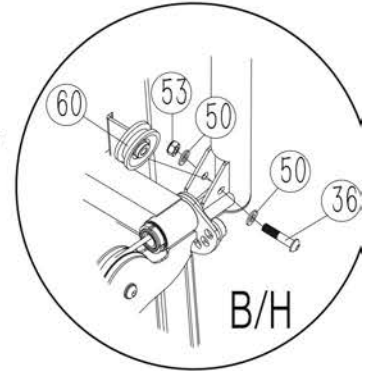
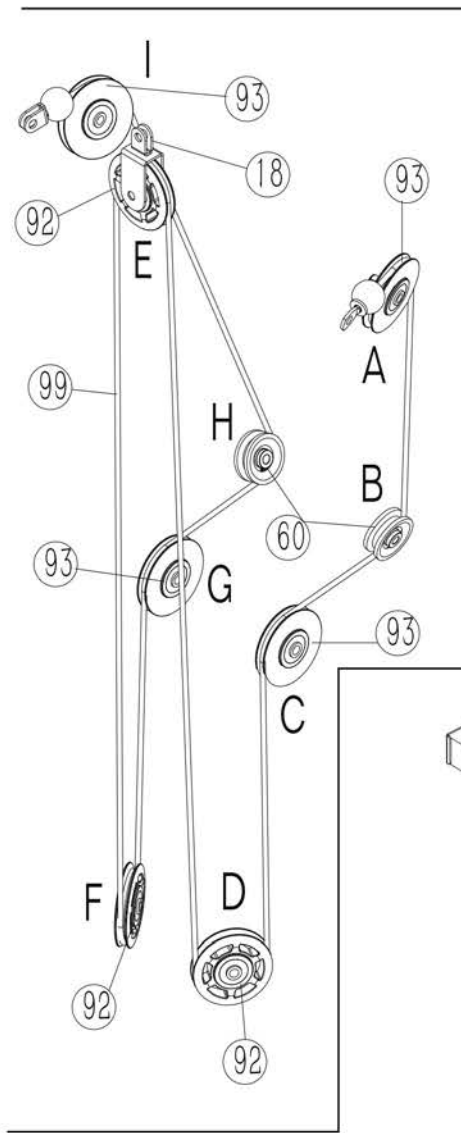


Step 12: Assembly of the Crossover Cable

① NOTICE

If possible: Assemble pulleys and cable simultaneously. Otherwise you can loosely assemble the pulleys first and attach the cable afterwards.

1. Guide the crossover cable (99) through the opening of the cable crossover pulley bracket (22), so the ball end of the cable can't slip through the opening.
2. Assemble pulley A (93) to the cable crossover pulley bracket (22) with one bolt (37), two washers (50) and one nut (53).
3. Assemble pulley B (60) to the right cable crossover arm (21) with one bolt (36), two washers (50) and one nut (53).
4. Assemble pulley C (93) to the cable crossover support (12) with one bolt (37), two washers (50) and one nut (53).
5. Assemble pulley D (92) to the front stabilizer (2) with one bolt (36), two washers (50) and one nut (53).
6. Assemble pulley E (92) to the single pulley assembly (18) with one bolt (37), two washers (50), two sleeves (57), two cable fixers (56) and one nut (53).
7. Assemble pulley F (92) to the front stabilizer (2) with one bolt (36), two washers (50) and one nut (53).
8. Assemble pulley G (93) to the cable crossover support (12) with one bolt (37), two washers (50) and one nut (53).
9. Assemble pulley H (60) to the left cable crossover arm (20) with one bolt (36), two washers (50) and one nut (53).
10. Assemble pulley I (93) to the left cable crossover arm (20) with one bolt (37), two washers (50) and one nut (53).
11. Guide the cable (99) through the pulleys like shown in the graphic.
12. Connect the cable crossover cable stopper (99-1) to the knob (99-2) and cable (99) with one bolt (35) and one nut (53).

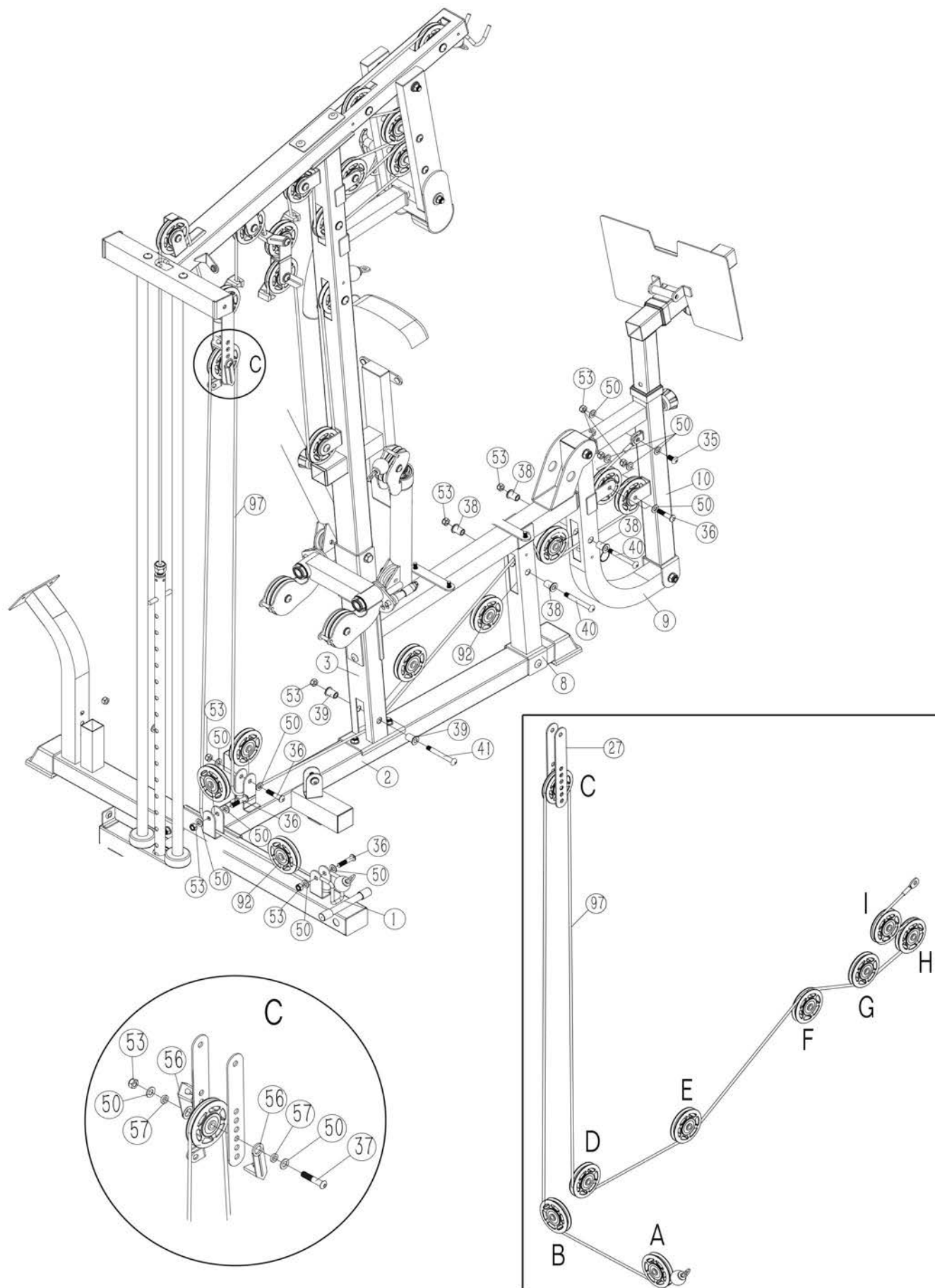


Step 13: Assembly of the Low Cable

① NOTICE

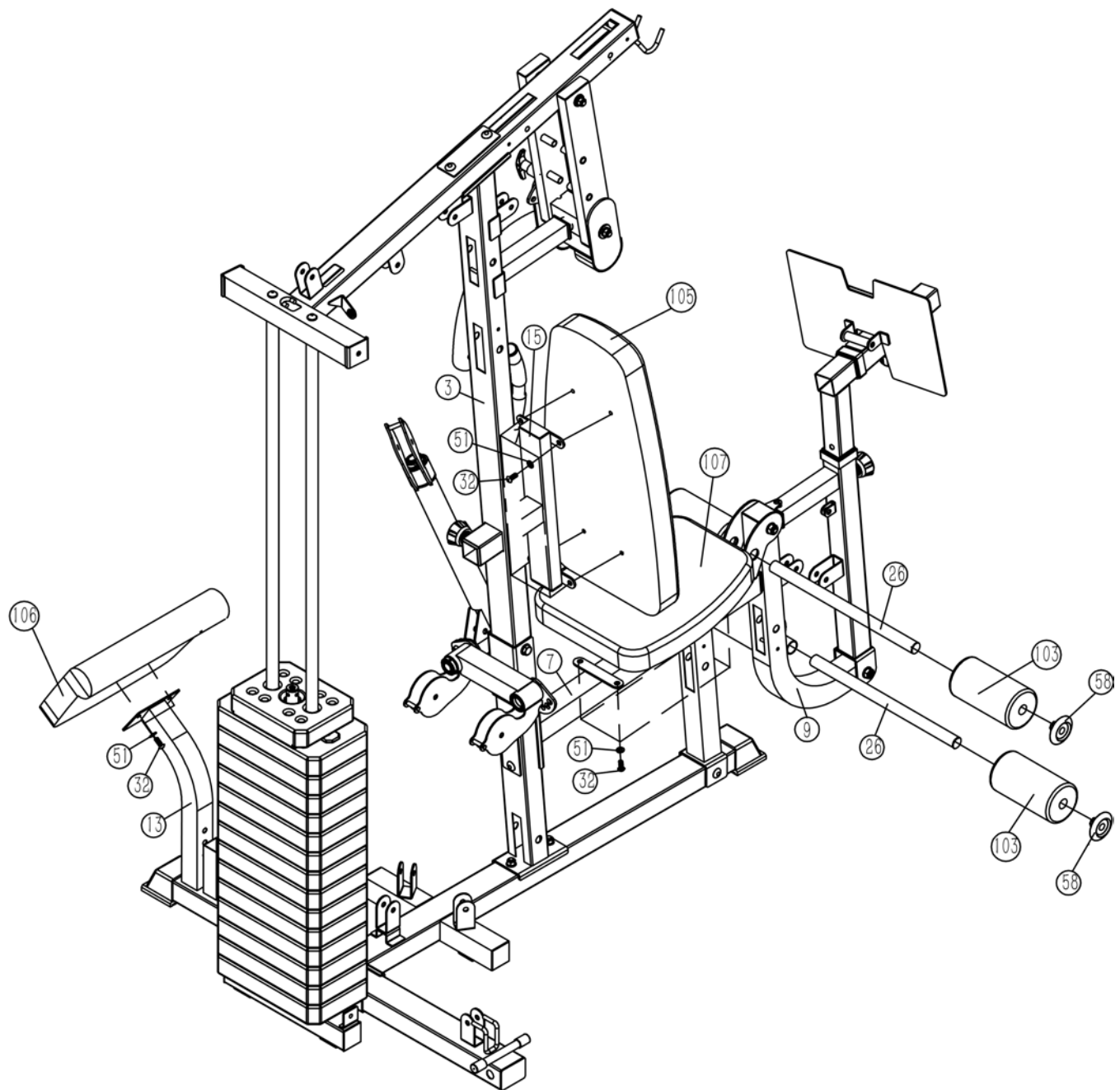
If possible: Assemble pulleys and cable simultaneously. Otherwise you can loosely assemble the pulleys first and attach the cable afterwards.

1. Guide the low cable (97) through the opening of the rear stabilizer (1) so the ball end of the cable can't slip through the opening.
2. Assemble pulley A (92) to the rear stabilizer (1) with one bolt (36), two washers (50) and one nut (53).
3. Assemble pulley B (92) to the rear stabilizer (1) with one bolt (36), two washers (50) and one nut (53).
4. Assemble pulley C (92) between two pulley connecting brackets (27) with one bolt (37), two washers (50), two sleeves (57), two cable fixers (56) and one nut (53).
5. Assemble pulley D (92) to the front stabilizer (2) with one bolt (36), two washers (50) and one nut (53).
6. Assemble pulley E (92) to the vertical frame (3) with one bolt (41), two pulley sleeves (39) and one nut (53).
7. Assemble pulley F (92) to the seat support frame (8) with one bolt (40), two pulley sleeves (38) and one nut (53).
8. Assemble pulley G (92) to the front leg developer (9) with one bolt (40), two pulley sleeves (38) and one nut (53).
9. Assemble pulley H (92) to the leg press stand (10) with one bolt (36), two washers (50) and one nut (53).
10. Assemble pulley I (92) to the front leg developer (9) with one bolt (36), two washers (50) and one nut (53).
11. Guide the cable (97) through the pulleys like shown in the graphic.
12. Secure the other end of the cable to the leg press stand (10) with one bolt (35), two washers (50) and one nut (53).



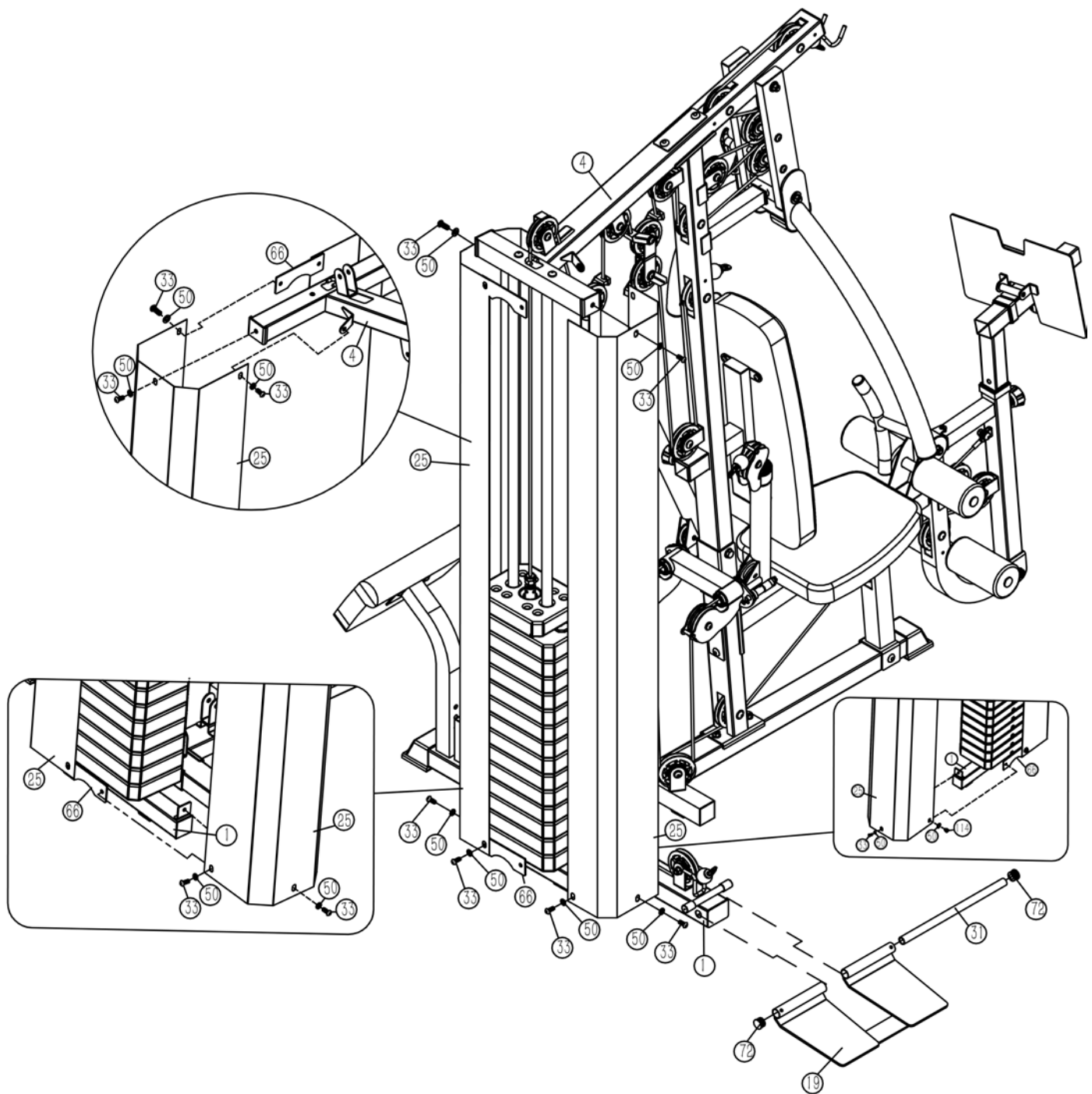
Step 14: Assembly of the Backrest Pad, Seat Pad, Arm Curl Pad and Foams

1. Assemble the arm curl pad (106) to the arm curl stand (13) with two bolts (32) and two washers (51).
2. Assemble the backrest pad (105) to the backrest frame (15) with four bolts (32) and four washers (51).
3. Assemble the seat pad (107) to the slant support (7) using four bolts (32) and four washers (51).
4. Insert one foam roll tube (26) into the front leg developer (9), attach two foams (103) to both sides of the foam roll tube (26) and secure with two foam caps (58).
5. Insert pc foam roll tube (26) into the slant support (7), attach two foams (103) to both sides of the foam roll tube (26) and secure with two foam caps (58).



Step 15: Assembly of the Weight Stack Covers and Foot Pedal

1. Assemble the weight stack covers (25) to the upper frame (4) and rear stabilizer (1) with four bolts (33) and four washers (50).
2. Assemble the foot pedal (19) to the rear stabilizer (1) with the foot pedal axle (31), and secure both ends of the foot pedal with end caps (72).



Step 16: Assembly of the Attachments

 **CAUTION**

Leg exercises can only be made after removing the foot pedal (101) and arm curl stand (13) to avoid serious injury.

1. Attach the short bar (24) to the low cable (97) using one joint chain (67) and two hooks (68).

 **NOTICE**

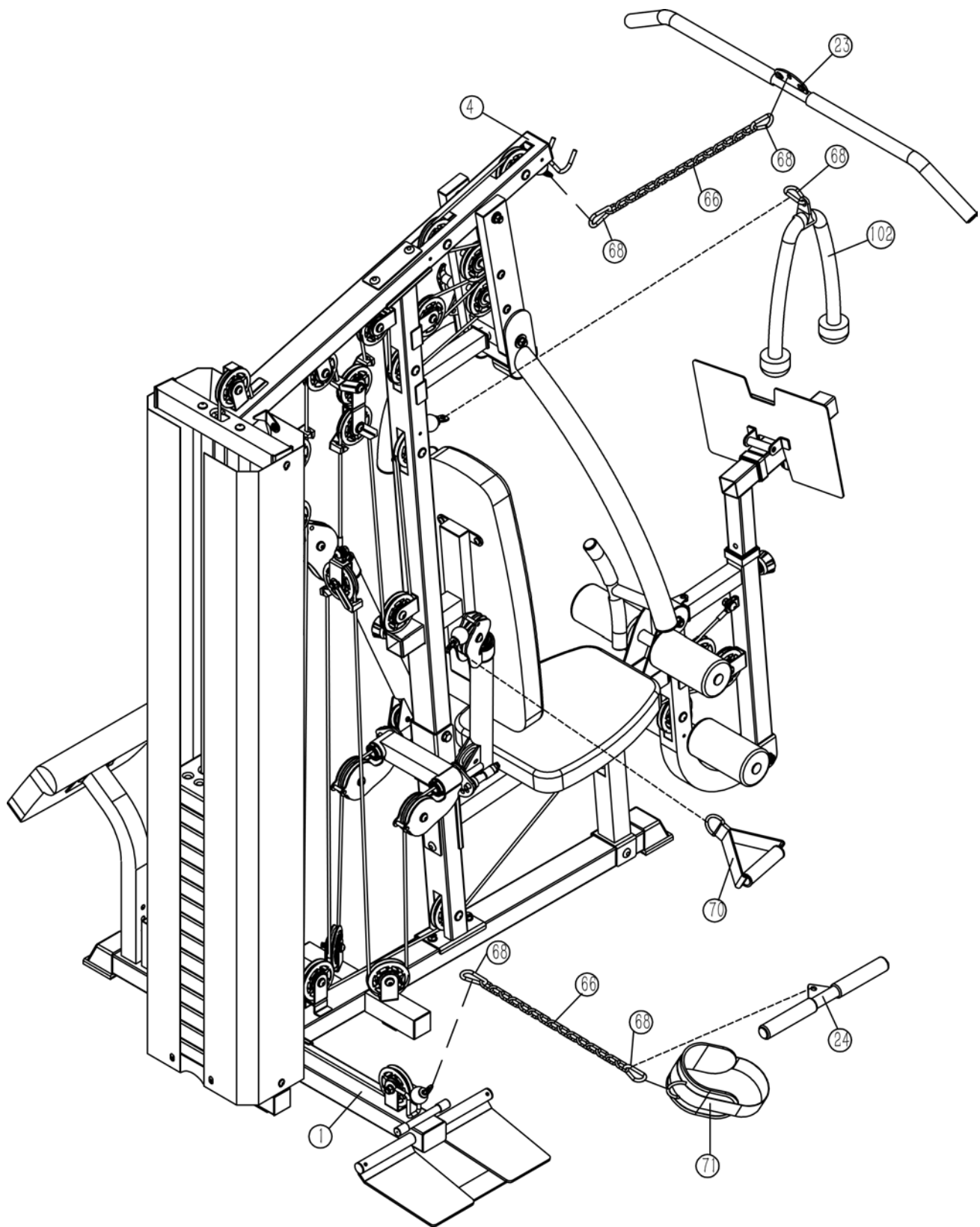
When using ankle strap (71) and single strap (70), the short bar (24) must be removed.

2. Attach the lat bar (23) to the upper cable (96) using one joint chain (66) and two hooks (68).

 **CAUTION**

Please put the lat bar (23) onto the upper frame (4) when out of use to avoid serious injury.

3. Attach the triceps rope (102) to the cable crossover cable (99).



3.1 General Instructions

⚠ WARNING

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

▶ ATTENTION

- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

4.1 General Instructions

⚠ WARNING

- + Do not make any improper changes to the equipment.

⚠ CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

▶ ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

4.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Grinding noises	Cables or pulleys do not run smoothly or are damaged	+ Visual inspection of the cable routing or the pulley guide + If damaged, replace the defective part
Weight hanging in the air	Cable tensioned too tight	Readjust cable tension
Cable without tension	Cable too loose	+ Check cable routing + Readjust cable tension
Squeaking & cracking noises	Screw connections loosened or too tight	+ Check or lubricate screw connections* + Check cable routing
Unit wobbles	+ Uneven ground + Loose screw connections	+ Align unit + Tighten screw connections
Heavy draught	+ Weight holders/guide rods too dry + Faulty cable routing	+ Lubricate guide rods* + Check cable routing

* With a grease-free silicone oil or silicone spray.

4.3 Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly
Cables	C	I	
Screw connections		I	
Pulleys and cable routing		I	
Slide rails/Guide rods		I	
Cushions	C		
Legend: C = clean; I = inspect			

5 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via a recycling centre. Further information can be obtained from your local authority's recycling service.



The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

6 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For training equipment like smith machines, weight benches or racks this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat but it could be also **additional weights, handles, foot straps** for leg exercises or **triceps ropes**. For some smith machines, there are also optional add-ons such as **leg presses** that make your workout even more intense and comprehensive.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



floor mat



chest strap



tricep and curl bar



triceps rope

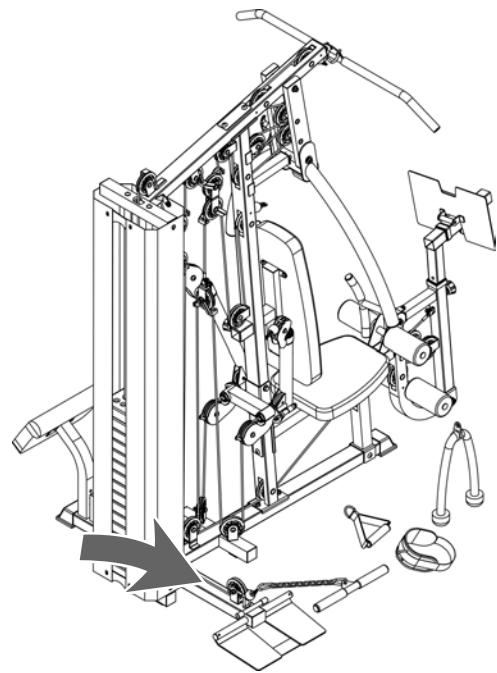
7.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

NOTICE

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.

Enter the serial number in the appropriate field.



Serial number:

Brand / Category:

bodymax / multi gym

Model Name:

MG5

SKU:

SEMG2112

7.2 Parts List

No.	Name	Qty.	No.	Name	Qty.
1	Rear Stabilizer	1	32	Allen Bolt (M8*18)	10
2	Front Stabilizer	1	33	Allen Bolt (M10*16)	4
3	Vertical Frame	1	34	Allen Bolt (M10*20)	4
4	Upper Frame	1	35	Allen Bolt (M10*30)	3
5	Front Press Base	1	36	Allen Bolt (M10*45)	15
6	Front Press Frame	1	37	Allen Bolt (M10*50)	8
7	Slant Support	1	38	Pulley Sleeve (L=15)	4
8	Seat Support Frame	1	39	Pulley Sleeve (L=25.5)	10
9	Front Leg Developer	1	40	Allen Bolt (M10*65)	2
10	Leg Press Support	1	41	Allen Bolt (M10*85)	5
11	Foot Pedal Bracket	1	42	Allen Bolt (M10*160)	2
12	Cable Crossover Support	1	43	Axle (ø16*64*M10*2)	2
13	Arm Curl Stand	1	44	Hex Bolt (M12*95)	2
14	Guide Rod	2	45	Axle (ø16*172*M10)	1
15	Backrest Frame	1	46	Axle (ø16*198*M10)	1
16	Pulley Bracket	1	47	Carriage Bolt (M10*90)	3
17	Selector Rod 15+1	1	48	Carriage Bolt (M10*70)	7
18	Single Pulley Assembly	1	49	Washer (ø25*10.5*61.5)	8
19	Foot Pedal	1	50	Washer (ø10)	80
20	Left Cable Crossover Arm	1	51	Washer (ø8)	10
21	Right Cable Crossover Arm	1	52	Washer (ø12)	4
22	Cable Crossover Pulley Bracket	2	53	Aircraft Nut (M10)	54
23	Lat Bar	1	54	Aircraft Nut (M12)	2
24	Short Bar	1	55	End Cap (ø50*2.0)	2
25	Weight Stack Cover	2	56	Cable Fixer	6
26	Foam Roll Tube	2	57	Sleeve	6
27	Pulley Connecting Bracket	2	58	Foam Cap (ø25*1.2)	4
28	Bracket	2	59	Rubber Bumper	2
29	Long Bracket	3	60	Pulley (ø58)	2
30	L Bracket	1	61	Lock Pin (ø53*M18*ø10)	2
31	Foot Pedal Axle	1	62	Pin (L=80)	1

63	L Shaped Pin (ø10*85*35)	1	96	Upper Cable (3960mm)	1
64	T Shaped Pin (M18*1.5*ø12)	2	97	Low Cable (5200mm)	1
65	Weight Select Pin	1	98	Shouler Cable (1880mm)	1
66	Chain (15 Joints)	1	99	Cable Crossover Cable (4830mm)	1
67	Chain (10 Joints)	1	100	Weight Plate (15LBS)	14
68	7# Gourd Hook	7	101	Upper Plate (10LBS)	1
69	Aircraft Nut (M24*1.5)	4	102	Triceps Rope	1
70	Single Strap	2	103	Foam	4
71	Anckle Strap	1	104	Handle Cover (ø8*70)	2
72	End Cap (ø25*1.5)	10	105	Backrest Pad	1
73	End Cap (ø25*2.0)	1	106	Arm Curl Pad	1
74	End Cap (ø50*1.5)	2	107	Seat Pad	1
75	End Cap (ø45*2.0)	2	108	Allen Bolt (M10*90)	1
76	End Cap (50*1.5)	8	109	Leg Press Platform Adjustment Slider	1
77	End Cap (38*1.5)	2	110	Leg Press Platform	1
78	End Cap (45*1.5)	1	112	Bracket for Weight Stack Protection Panel	2
79	End Cap (50*70*1.5)	2			
80	End Cap (25*70*1.5)	4			
81	End Cap (30*60*1.5)	2			
82	Tube Sleeve	2			
83	Sleeve (50*45)	1			
84	Phillips Bolt (M6*16)	2			
85	Small Rubber Bumper	2			
86	Rumber Cushion	1			
87	Foot (50*70)	2			
88	Axle (6005-2Z)	4			
89	Bushing	4			
90	Bushing (ø25*ø22*ø16*10)	12			
91	Bushing (ø31*ø25.7*8)	2			
92	Pulley (ø97)	26			
93	Pulley (ø90*ø10*26)	4			
94	Handle Grip (ø24.5*ø31*500)	2			
95	Handle Grip (ø24*ø31*120)	6			

7.3 Exploded Drawing

Training equipment from BodyMax® is subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

Error Descriptions

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

Your statutory rights are not affected.

Warrantee

The warrantee is the first/original buyer.

Warranty periods

The following warranty periods begin on delivery of the fitness equipment.

Warranty period

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

Repair Costs

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warrantee personally and are not a part of repair. After the expiration of the warranty period for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

The terms of use are defined as follows:

- + Home use: solely for private use in private households up to 3 hours per day
- + Semi-professional use: up to 6 hours per day (e. g. rehabilitation centres, hotels, clubs, company gyms)
- + Professional use: more than 6 hours per day (e. g. commercial gyms)

Warranty Service

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

Warranty Conditions

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

- + misuse or improper handling
- + environmental influences (moisture, heat, electrical surge, dust, etc.)
- + failure to follow the current safety measures for the equipment
- + failure to follow the operating instructions
- + use of force (e. g. hitting, kicking, falling)
- + interventions which were not carried out by one of our authorized service centres
- + unauthorised repair attempts

Proof of Purchase and Serial Number

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.







































If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.

Service outside of the Warranty Period

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

Communication

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

DE	DK	FR
<p>TECHNIK</p> <p> +49 4621 4210-900</p> <p> +49 4621 4210-698</p> <p> technik@sport-tiedje.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p>	<p>TEKNIK OG SERVICE</p> <p> 80 90 16 50</p> <p>+49 4621 4210-945</p> <p> info@fitshop.dk</p> <p> Åbningstider kan findes på hjemmesiden.</p>	<p>TECHNIQUE & SERVICE</p> <p> +33 (0) 189 530984</p> <p>+49 4621 42 10 933</p> <p> info@fitshop.fr</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet.</p>
<p>SERVICE</p> <p> 0800 20 20277 (kostenlos)</p> <p> 04621 4210 - 0</p> <p> info@sport-tiedje.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p>	<p>PL</p> <p>DZIAŁ TECHNICZNY I SERWIS</p> <p> 22 307 43 21</p> <p>+49 4621 42 10-948</p> <p> info@fitshop.pl</p> <p> Godziny otwarcia można znaleźć na stronie głównej.</p>	<p>BE</p> <p>TECHNIQUE & SERVICE</p> <p> 02 732 46 77</p> <p>+49 4621 4210 933</p> <p> info@fitshop.be</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet.</p>
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<p>CUSTOMER CARE POWERHOUSE</p> <p> +44 141 737 2249 or +44 141 876 3972</p> <p> customercare@powerhouse-fitness.co.uk</p> <p> You can find the opening hours on our homepage.</p>	<p>TECHNISCHE DIENST & SERVICE</p> <p> +31 172 619961</p> <p> info@fitshop.nl</p> <p> De openingstijden vindt u op onze homepage.</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p> +49 4621 4210-944</p> <p> service-int@sport-tiedje.de</p> <p> You can find the opening hours on our homepage.</p>
ES	AT	CH
<p>TECNOLOGÍA Y SERVICIOS</p> <p> 911 238 029</p> <p> info@fitshop.es</p> <p> Consulta nuestro horario de apertura en la página web.</p>	<p>TECHNIK & SERVICE</p> <p> 0800 20 20277 (Freecall)</p> <p>+49 4621 42 10-0</p> <p> info@sport-tiedje.at</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p>	<p>TECHNIK & SERVICE</p> <p> 0800 202 027</p> <p>+49 4621 42 10-0</p> <p> info@sport-tiedje.ch</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p>

Please find a detailed overview including address and opening hours for all stores of Powerhouse Fitness in the UK on the following website:

www.powerhouse-fitness.co.uk/storelocator

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

The Sport-Tiedje Group is Europe's largest specialist for home fitness equipment with currently 70 stores and one of the world's most renowned online mail order companies for fitness equipment.

Powerhouse Fitness is part of the Sport-Tiedje Group. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

The Sport-Tiedje group offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

Visit us also on our social media platforms or our blog!



<http://www.powerhouse-fitness.co.uk/>
www.powerhouse-fitness.co.uk/blog/



<https://www.facebook.com/powerhousefitness.co.uk>



www.instagram.com/powerhousefitness_uk/



www.youtube.com/user/PHFTV/

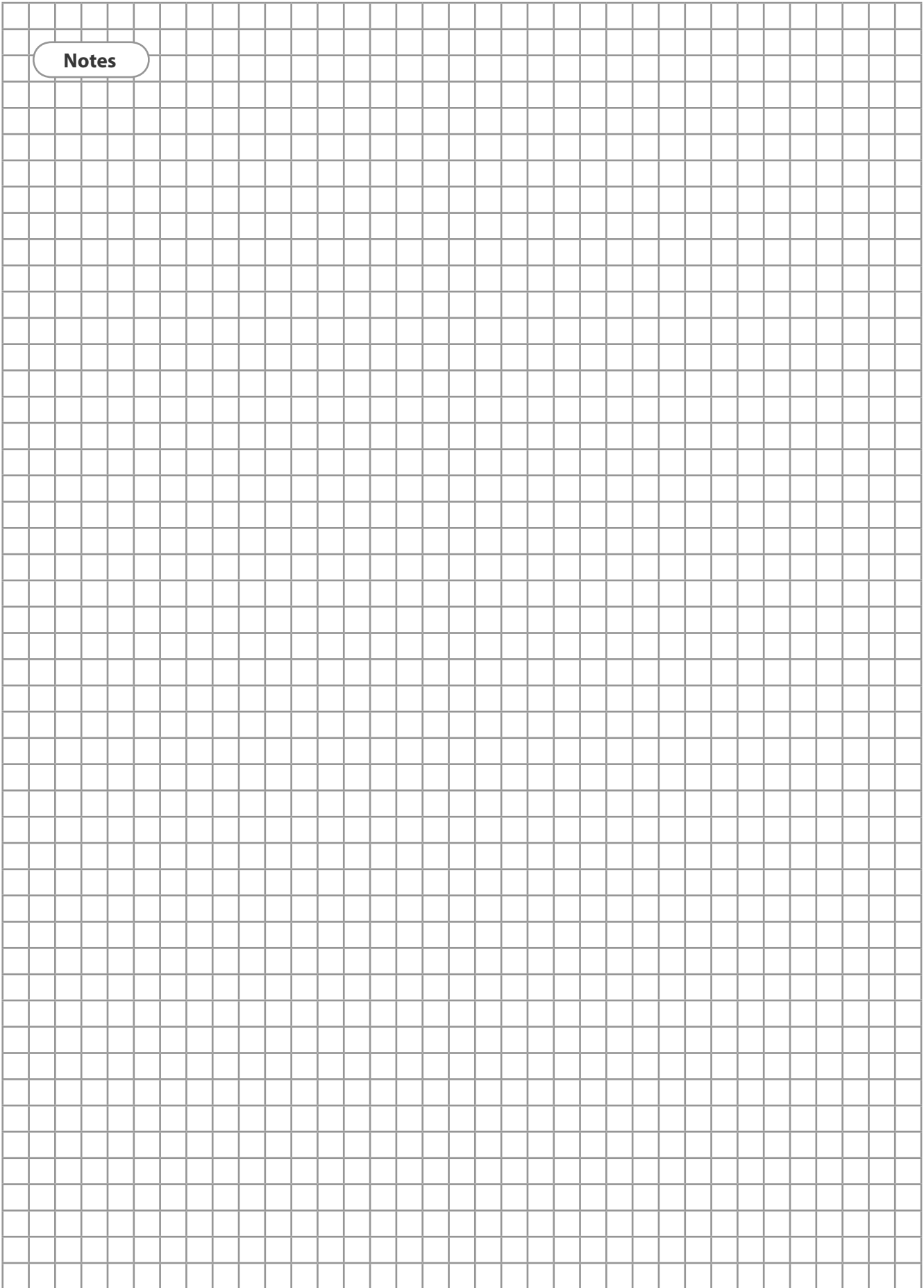
TAURUS

 cardiostrong

BODYCRAFT

 **BodyMax**
PERFORMANCE WITHOUT COMPROMISE

Notes





BodyMax Multi Gym MG5