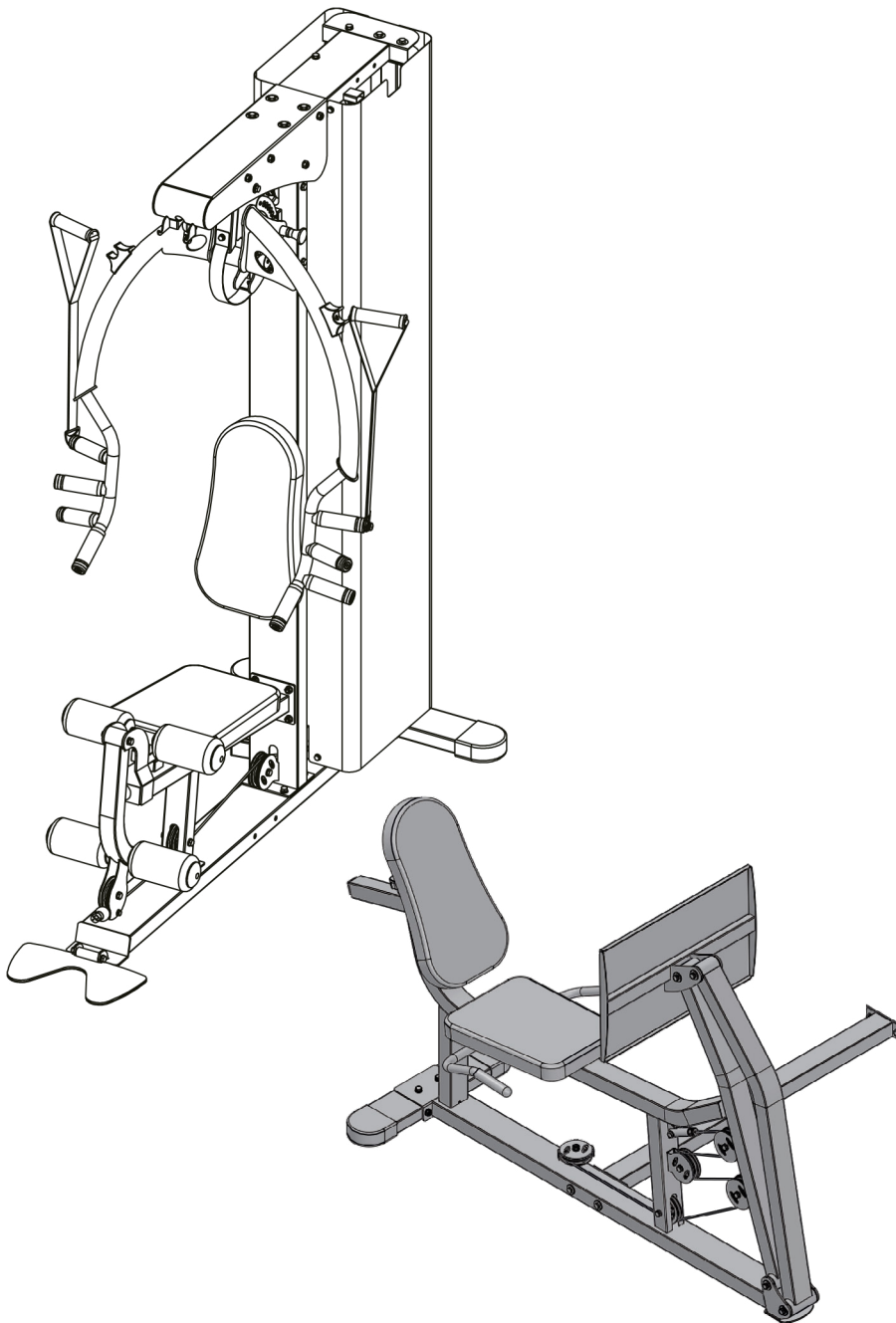


# BodyMax

## Assembly and Operating Instructions



~330 Min.



209 kg

L 198 | W 226 | H 212



max. 130 kg



~ 120 Min.



60 kg

L 182 | W 146 | H 117

FSUKBMMG7.01.02  
FSUKBMMG7LP.01.02

SKU: BM-MG7 / BM-MG7-LP

BodyMax **MG7** Multigym



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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](http://www.bodymax-fitness.com)

**Intended Use**

The equipment may only be used for its intended purpose.

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

**Legal Notice**

Fitshop GmbH  
Europe's No. 1 for home fitness

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**Disclaimer**

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

# **FITSHOP**

Europe's No.1 for Home Fitness

## 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.

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

### Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

The use classes explain the intended use of the training device.

### Use classes

**Class S** (studio): professional and/or commercial use.

These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

**Class H** (home use): use at home.

These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

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!

ℹ **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

### Multi-gym

#### Weight and Dimensions

Packaging dimensions (L x W x H) and article weight (gross, incl. packaging) approx.:

Box 1:	214 cm x 52 cm x 23 cm	78.5 kg
Box 2:	125 cm x 96 cm x 28 cm	65 kg
Box 3:	28 cm x 20 cm x 12cm	14 kg
Box 4:	28 cm x 20 cm x 12cm	22.5 kg
Box 5:	28 cm x 20 cm x 12cm	22.5 kg
Box 6:	28 cm x 20 cm x 12cm	31.5 kg

Article weight (net, without packaging) approx.:	209 kg
Set-up dimensions (L x W x H) approx.:	198 cm x 226.1 cm x 211.8 cm

Weight stack:	1 (90.5 kg)
Maximum user weight:	130 kg

Transmission ratio:	1:2
Diameter Pulleys:	9.2 cm
Cable material:	Iron/Nylon
Cable length:	438 cm/ 453 cm

#### Optional Leg Press

#### Weight and Dimensions

Packaging dimensions (L x W x H) approx.:	186 cm x 78 cm x 34 cm
Set-up dimensions (L x W x H) approx.:	182.1 cm x 146.1 cm x 117.1 cm

Article weight (gross, incl. packaging) approx.:	ca. 67 kg
Article weight (net, excl. packaging) approx.:	ca. 60 kg

Maximum user weight:	130 kg
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Transmission ratio:	1:2
---------------------	-----

Cable length:	273.5 cm
---------------	----------

Use class:	H
------------	---

## 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.
- + The owner must communicate all warnings and instructions to the user.

### **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.
- + 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.
- + Always start each workout with a light warm-up and end with a cool-down phase.
- + Using the machine as a support during stretching exercises or attaching resistance bands, ropes or other accessories to it, may cause injuries.

### **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.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.
- + The weights should remain in the user's field of vision during the entire exercise to prevent danger to third parties.
- + The safety level of the appliance can only be maintained if it is regularly checked for damage and wear.

### **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 free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
- + 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.
- + For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.

## 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.







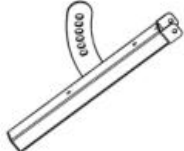

## 2.2 Scope of Delivery Multi-Gym

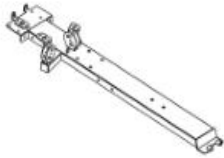
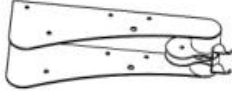




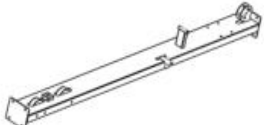
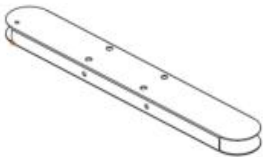

The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

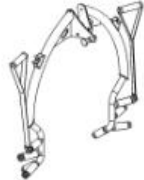
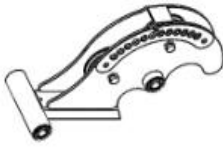
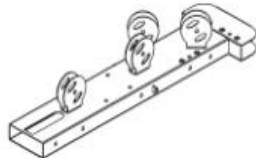


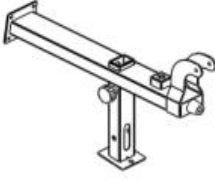






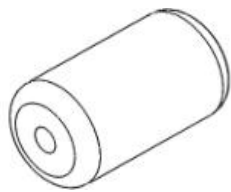






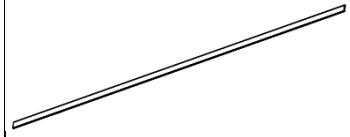
### **CAUTION**

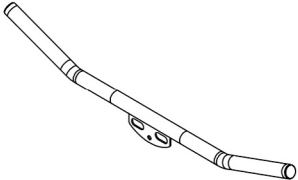
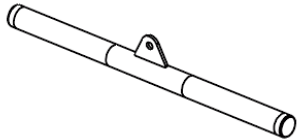
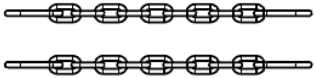
- If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

No	Part Name	Specification	QTY	Picture
25	177 Foot Hook Bend Tube Weldment Assembly	Assembled Part	1	
22	3058 Rear Guide Rod Fixing Plate	T8*95*50	2	
42	179 Backrest Pad	550*310*50	1	
43	179 Seat Cushion	450*335*50	1	
21	Counterweight Support Weldment		2	
7	2002 Pedal Weldment Assembly	Assembled Part	1	
41	2010 Backrest Fixed Tube Assembly	Assembled Part	1	
56	2010 Low-Pull Wire Rope-Ball Assembly	Assembled Part	1	

2	2010 Bottom Beam Tube Assembly	Assembled Part	1	
17	2010 Top Beam U-Slice Weldment	Welded Part	1	
51	2010 High-Pull Wire Rope-Ball Bolt Assembly	Assembled Part	1	
11	2010 Rear Support Tube Weldment	Welded Part	1	
60	2010 Rear Guard	T1	1	
48	2010 Pulley Adjustment Plate	T3	2	
10	2010 Column Assembly	Assembled Part	1	
1	2010 Counterweight Bottom Tube Assembly	Assembled Part	1	
59	2010 Front Guard	T1	1	

39	2010 Front Push Arm Weldment Assembly	Assembled Part	1	
32	2010 Front Push Frame Weldment Assembly	Assembled Part	1	
16	2010 Upper Crossbeam Tube Assembly	Assembled Part	1	
35	2010 Labeled Arc Plate	T2	1	
24	2010 Seat Adjustment Bracket Assembly	Assembled Part	1	
9	2010 Seat Tube Weldment Assembly	Assembled Part	1	
68	Counterweight Support Weldment		2	
23	3058 Lifting Rod 90KG	φ25	1	
19	3058 Cast Iron Counterweight 90KG	90kg	1	

30	450 Foam Tube Assembly	Assembled Part	1	
26	175 Foam (with Leather Cover)	$\phi 25 \times \phi 100 \times 175$	4	
27	Foam Inner Retaining Cover	$\phi 70 \times \phi 27 \times 12$	4	
28	Foam Outer Retaining Cover	$\phi 70 \times \phi 9 \times 14$	4	
20	60-27 Shock Absorber Pad	$\phi 60 \times \phi 27 \times 42$	2	
66	$\phi 12 \times M20 \times 75$ Umbrella Head Pull Pin-Black	$\phi 12 \times M20 \times 75$	1	
50	92 Pulley (Powder Sleeve)	$\phi 92$	12	
55	$\phi 75$ Pulley	$\phi 75$	1	
61	1766 Guard Edging Strip	1766	1	

63	Large Pull Handle	Assembled Part	1	
64	Small Pull Handle	Assembled Part	1	
65	Chain + Hoist Hook	Assembled Part	2	

## 2.3 Assembly Multi-Gym

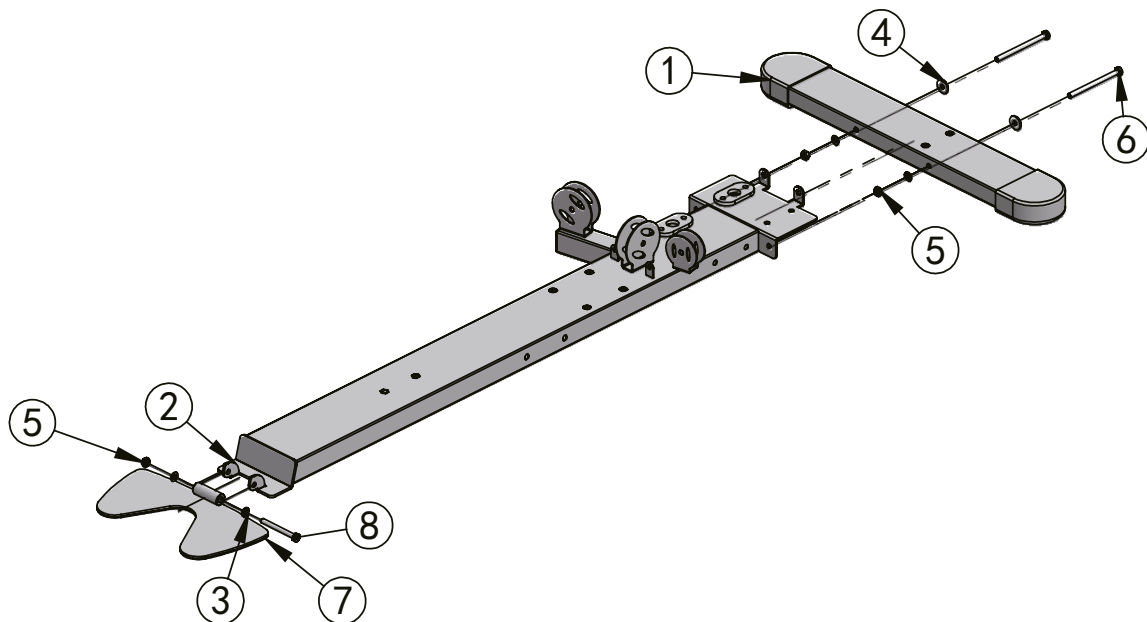
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### **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.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + 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.

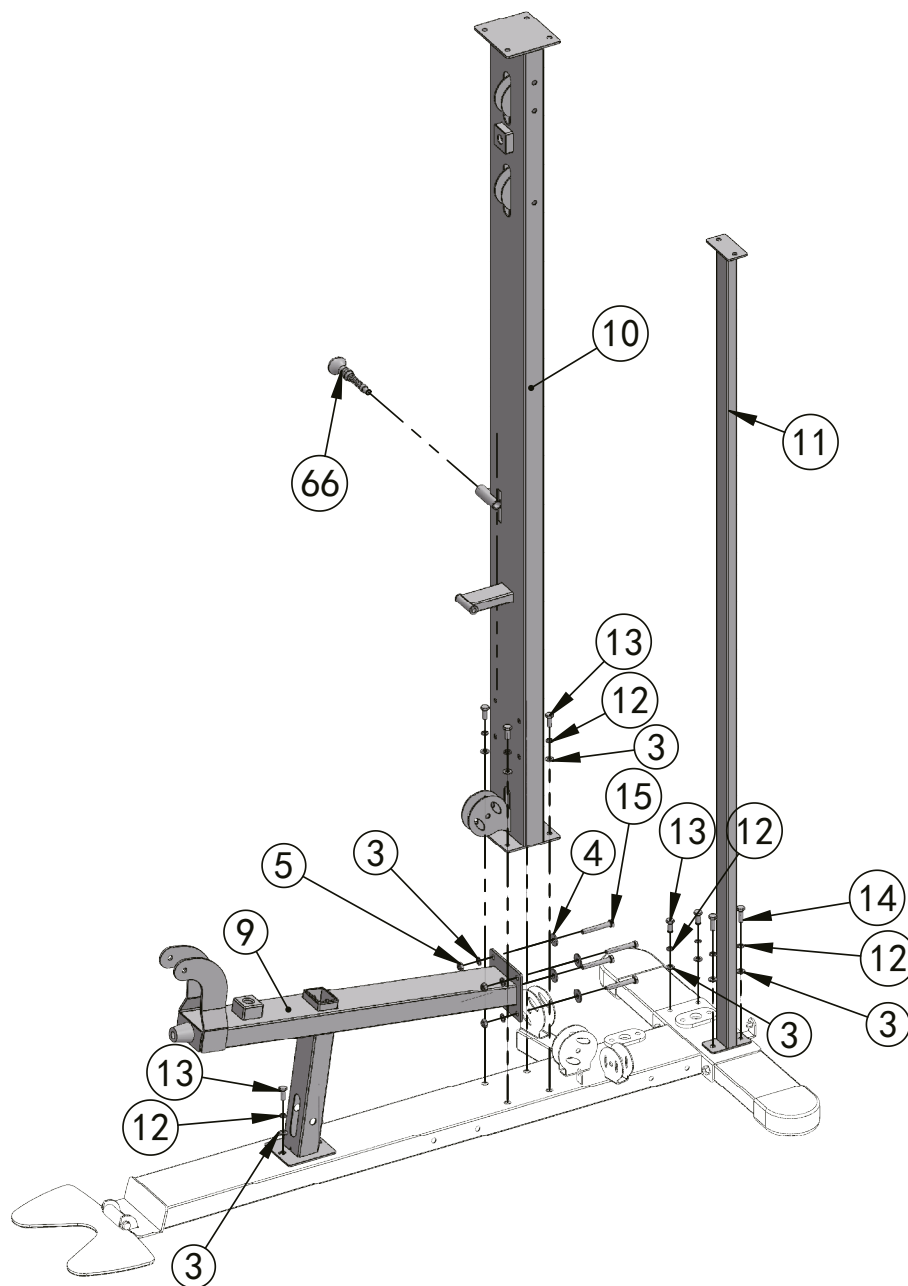
### **Step 1: Assembly of the Counterweight Bottom Tube and Pedal Weldment**

1. Fix the pedal weldment (7) to the bottom beam tube (2) with one bolt (8), two washers (3) and one lock nut (5).
2. Fix the counterweight bottom tube (1) to the bottom beam tube (2) with two bolts (6), four washers (4) and two lock nuts (5).



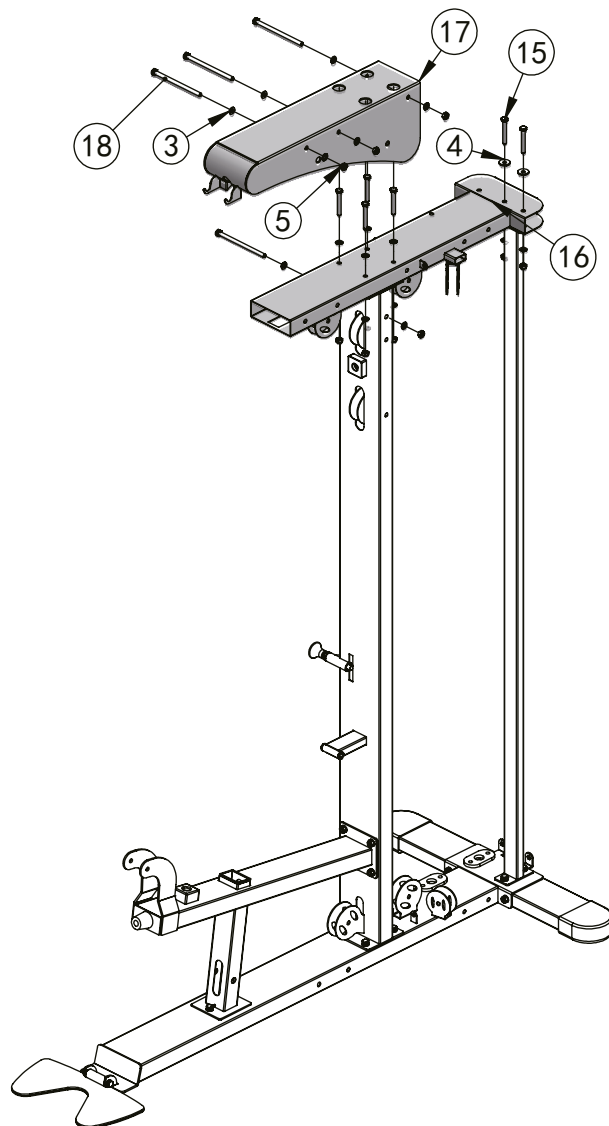
## Step 2: Assembly of the Seat Tube, Column and Rear Support Tube

1. Fix the rear support tube (11) to the counterweight bottom tube (1) with two bolts (14), two spring washers (12) and two flat washers (3).
2. Secure the bottom beam tube (2) with two bolts (13), two spring washers (12) and two flat washers (3).
3. Fix the column (10) to the bottom beam tube (2) with four bolts (13), four spring washers (12) and four flat washers (3).
4. Attach the pull pin (66) to the column (10).
5. Fix the seat tube weldment (9) to the bottom beam tube (2) with two bolts (13) two spring washers (12) and two flat washers (3).
6. Fix the seat tube weldment (9) to the column (10) with four bolts (15), four large flat washers (4), four flat washers (3) and four lock nuts (5).



### Step 3: Assembly of the Upper Crossbeam Tube and Top Beam

1. Fix the upper crossbeam tube (16) to the rear support tube (11) with two bolts (15), two large flat washers (4), two flat washers (3) and two lock nuts (5).
2. Fix the top beam (17) to the upper crossbeam tube (16) and column (10) with four bolts (18), four bolts (15), sixteen flat washers (3) and eight lock nuts (5) in total.



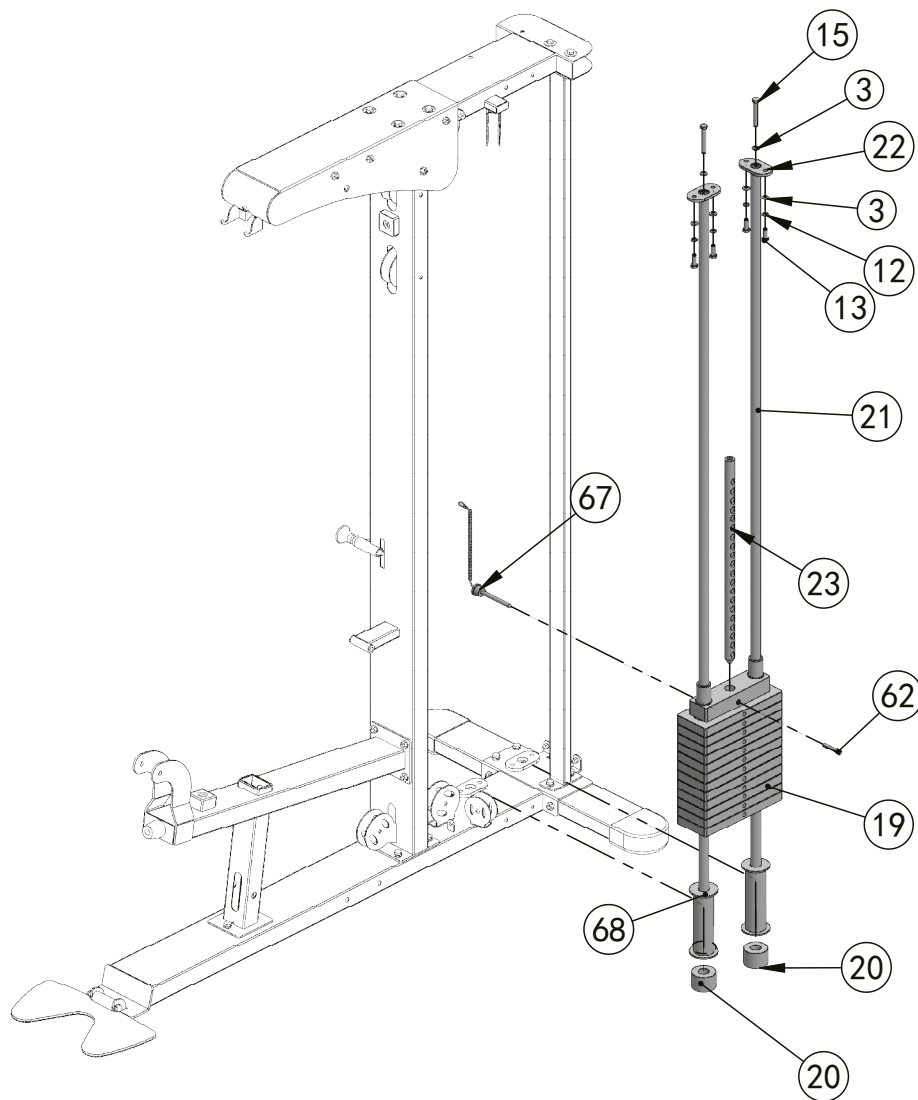
#### Step 4: Assembly of the Weight Block

1. Insert the guide rods (21) into the bottom beam tube (2) and place the two shock absorber pads<sup>Fix</sup> (20) onto the guide rods (21).

**NOTICE**

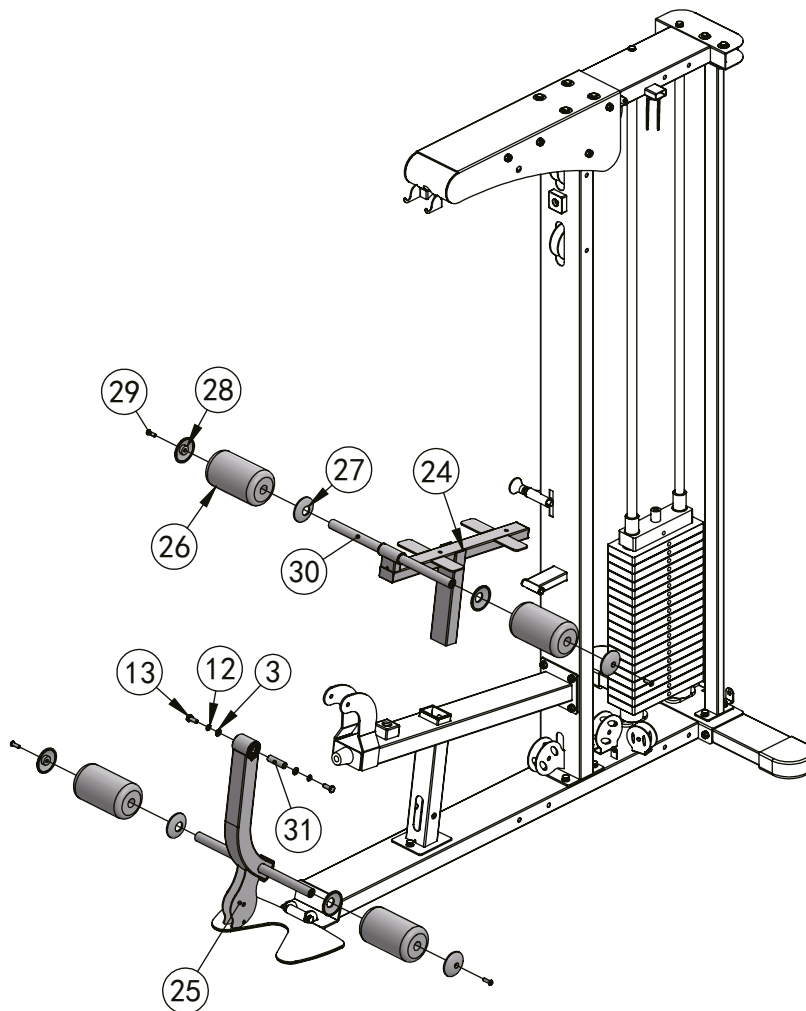
Only attach the counterweight support (68) if your weight block has a weight of 60 kg.

2. Optional: Slide two counterweight supports (68) onto the guide rods (21).
3. Slide the weight plates (19) onto the guide rods (21).
4. Slide the counterweight onto the guide rods (21).
5. Insert the lifting rod (23) into the weight plates (19).
6. Fix the two guide rods (21) to the upper crossbeam tube (16) with four bolts (13), two bolts (15) four spring washers (12) and six flat washers (6) in total.
7. Insert the cylindrical pin (62) into the counterweight.
8. Insert the pull pin (67) into any desired hole of the weight block.



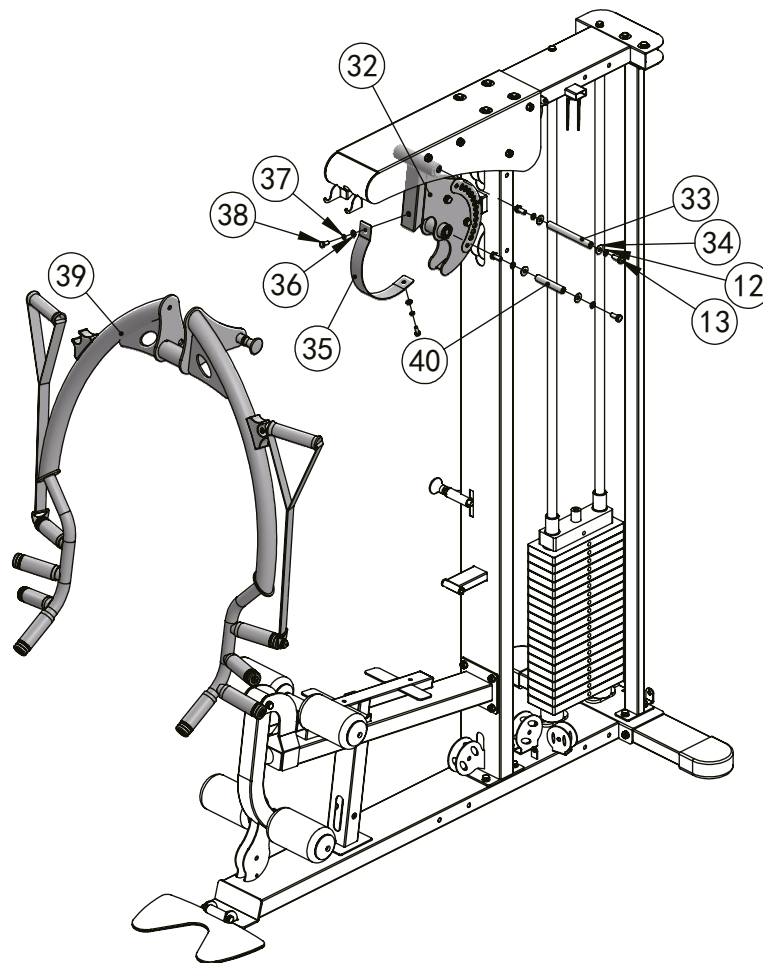
### Step 5: Assembly of the Seat Adjustment Bracket and Foot Hook Bend Tube

1. Fix the foot hook bend tube (25) to the seat tube weldment (9) with one shaft (31), two bolts (13), two spring washers (12) and two flat washers (3).
2. Fix two foams (26) to the foot hook bend tube (25) with two inner covers (27), two outer covers (28) and two screws (29).
3. Attach the foot hook bend tube (24) to the seat tube weldment (9).
4. Fix two foams (26) to the seat adjustment bracket (24) with two inner covers (27), two outer covers (28) and two screws (29).



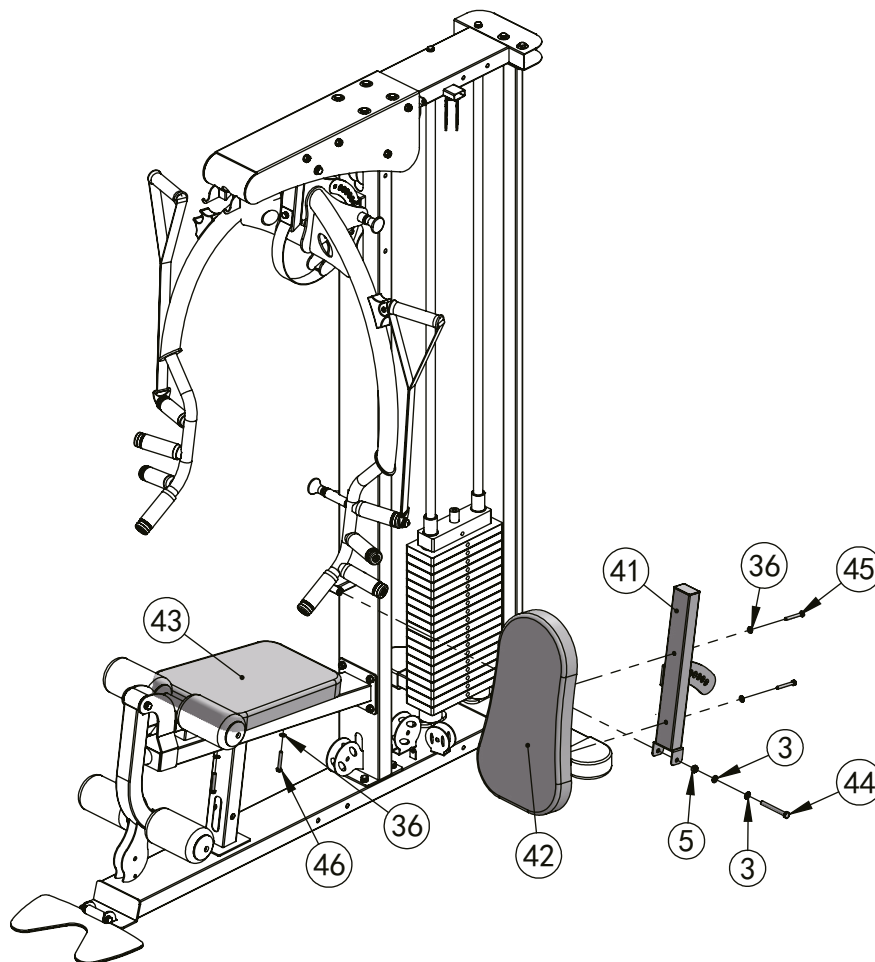
## Step 6: Assembly of the Push Arm Weldment

1. Fix the front push frame weldment (32) to the top beam (17) with one shaft (33), two bolts (13), two spring washers (12) and two flat washers (34).
2. Fix the arc plate (35) to the front push frame weldment (32) with two bolts (38), two spring washers (37) and two flat washers (36).
3. Fix the push arm weldment (39) to the front push frame weldment (32) with one shaft (40), two bolts (13), two spring washers (12) and two flat washers (34).



### Step 7: Assembly of the Seat Cushion and Backrest Pad

1. Fix the seat cushion (43) to the seat tube weldment (9) with two bolts (46) and two flat washers (36).
2. Fix the backrest pad (42) to the backrest fixed tube (41) with two bolts (45) and two flat washers (36).
3. Fix the backrest fixed tube (41) to the column (10) with one bolt (44), two flat washers (3) and one lock nut (5).

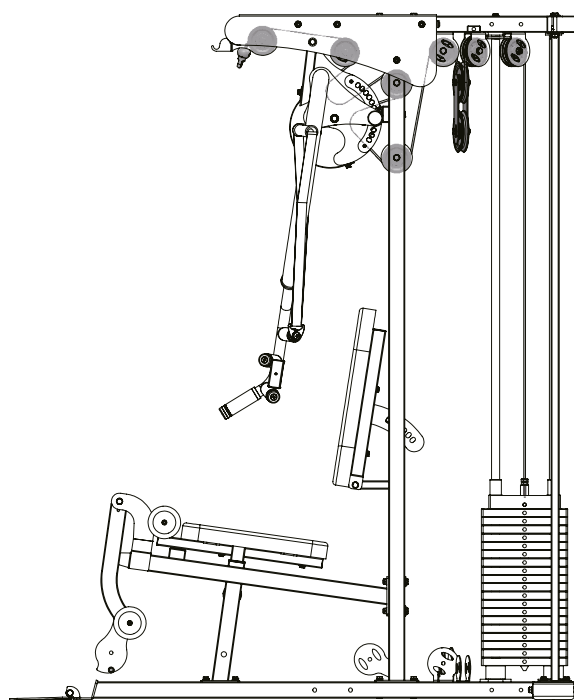


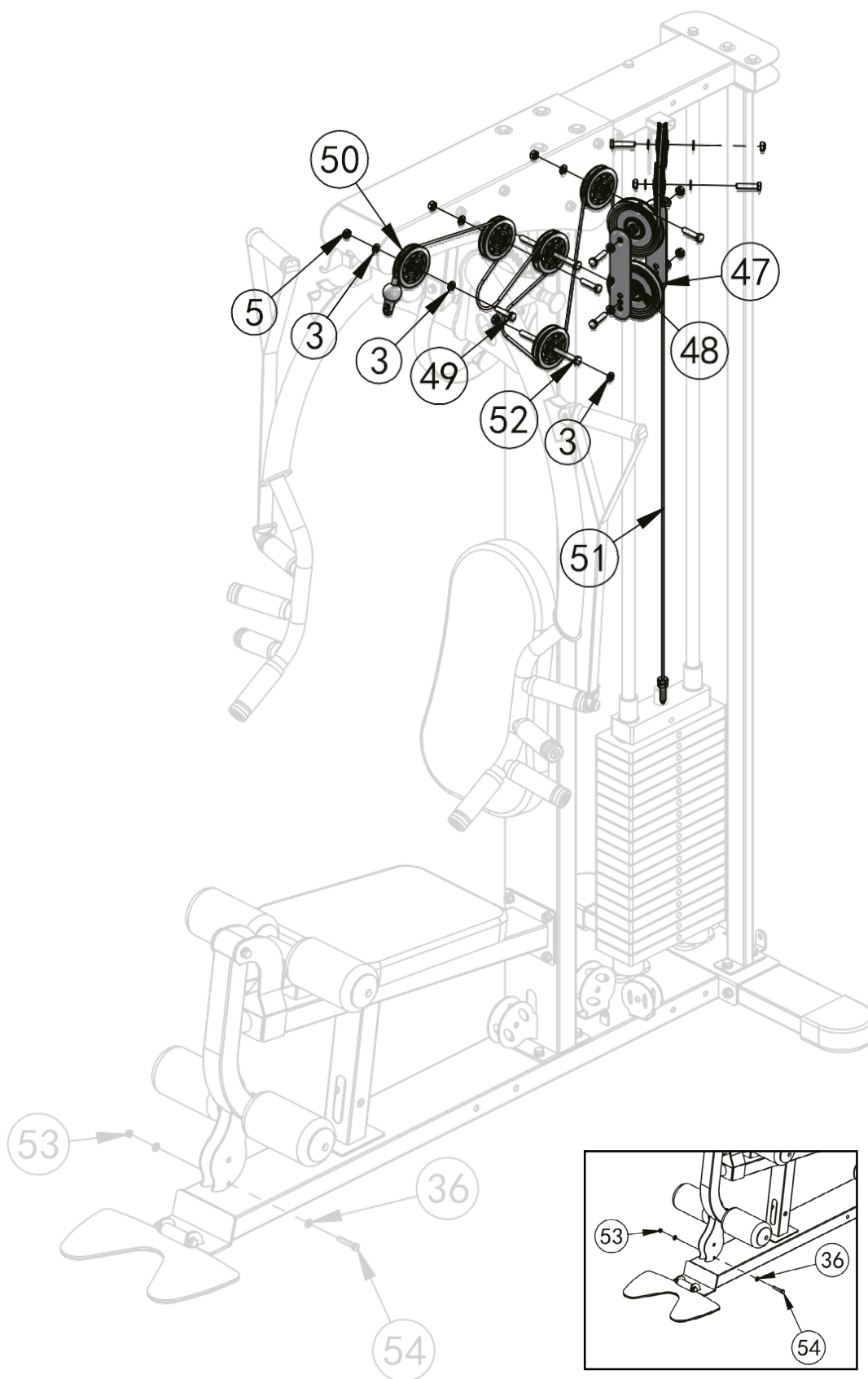
## Step 8: Fixing of the Wire and Pulleys

### **NOTICE**

The wire and pulleys must be fixed simultaneously.

1. Screw the threaded end of the wire (51) into the socket on the weight block and route the wire (51) upwards.
2. Fix one pulley (50) to the pulley bracket on the upper crossbeam tube (16) with one bolt (49), two washers (3) and one lock nut (5).
3. Route the wire (51) to the next pulley bracket and fix one pulley (50) to the upper crossbeam tube (16) with one bolt (49), two washers (3) and one lock nut (5).
4. Route the wire (51) downwards and fix two pulleys (47) with two pulley adjustment plates (48), two bolts (49), four washers (3) and two lock nut (5).
5. Route the wire (51) to the next pulley bracket and fix one pulley (47) to the upper crossbeam tube (16) with one bolt (49), two washers (3) and one lock nut (5).
6. Route the wire (50) downwards to the next pulley bracket and fix one pulley (50) to the column (10) with one bolt (52), two washers (3) and one lock nut (5).
7. Route the wire (51) upwards to the next pulley bracket and fix one pulley (50) to the column (10) with one bolt (52), two washers (3) and one lock nut (5).
8. Route the wire (51) to the next pulley bracket and fix one pulley (50) to the top beam (17) with one bolt (49), two washers (3) and one lock nut (5).
9. Route the wire (51) to the next pulley bracket and fix one pulley (50) to the top beam (17) with one bolt (49), two washers (3) and one lock nut (5).



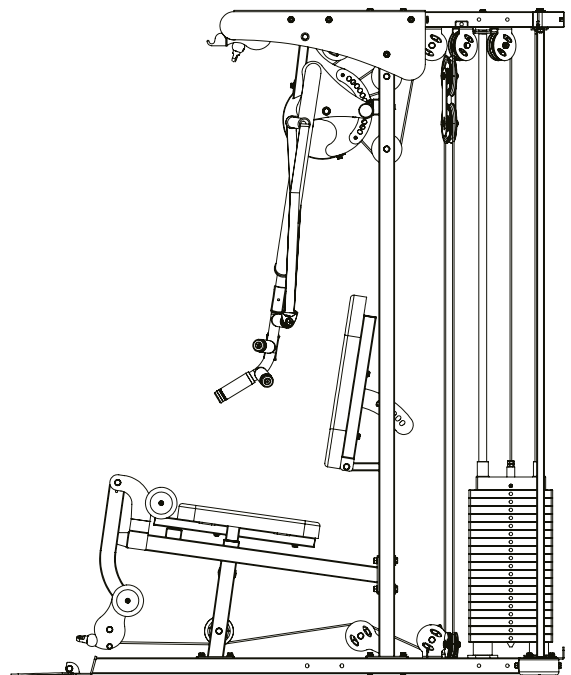


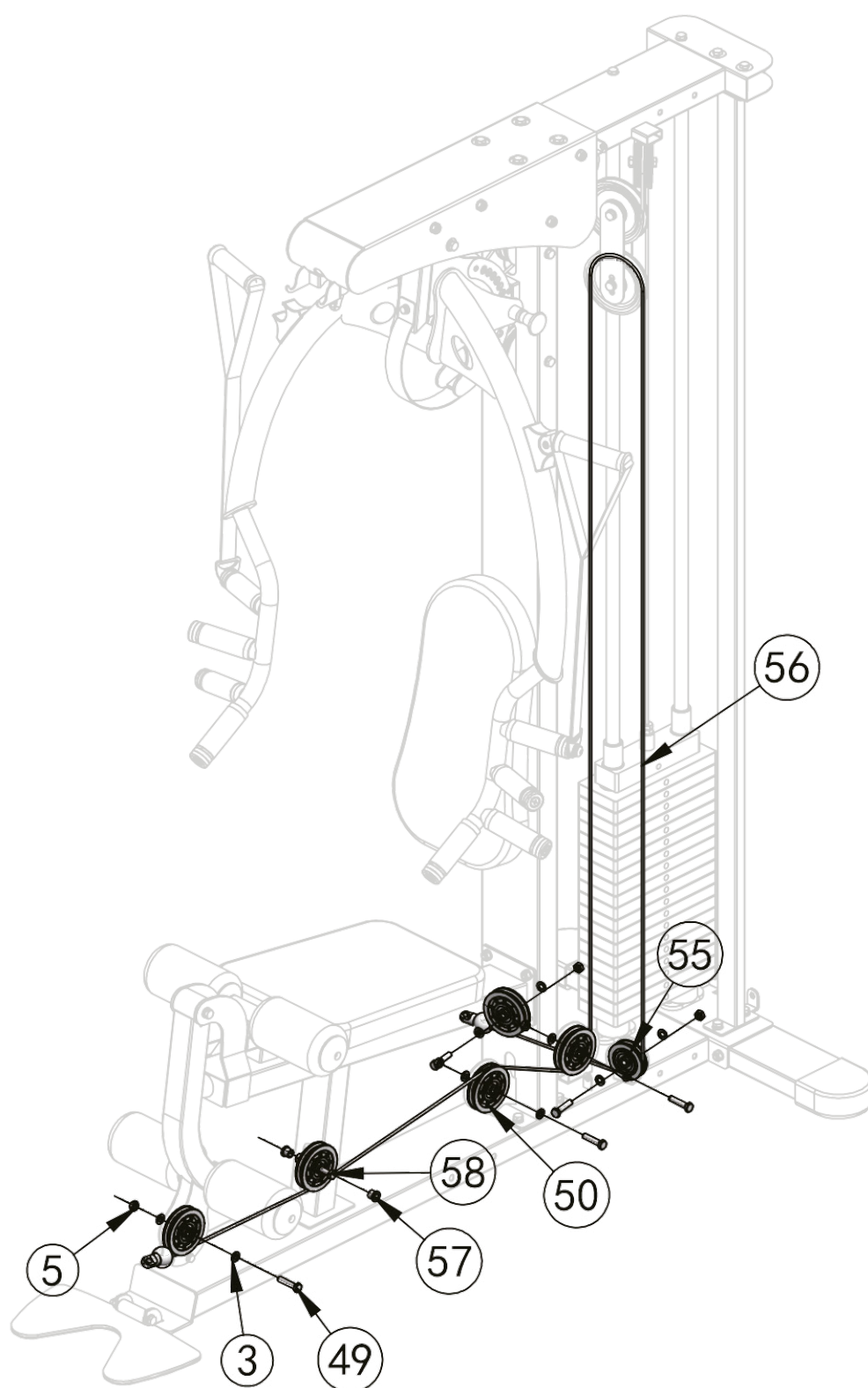
## Step 9: Fixing of the Wire and Pulleys

### ① NOTICE

The wire and pulleys must be fixed simultaneously.

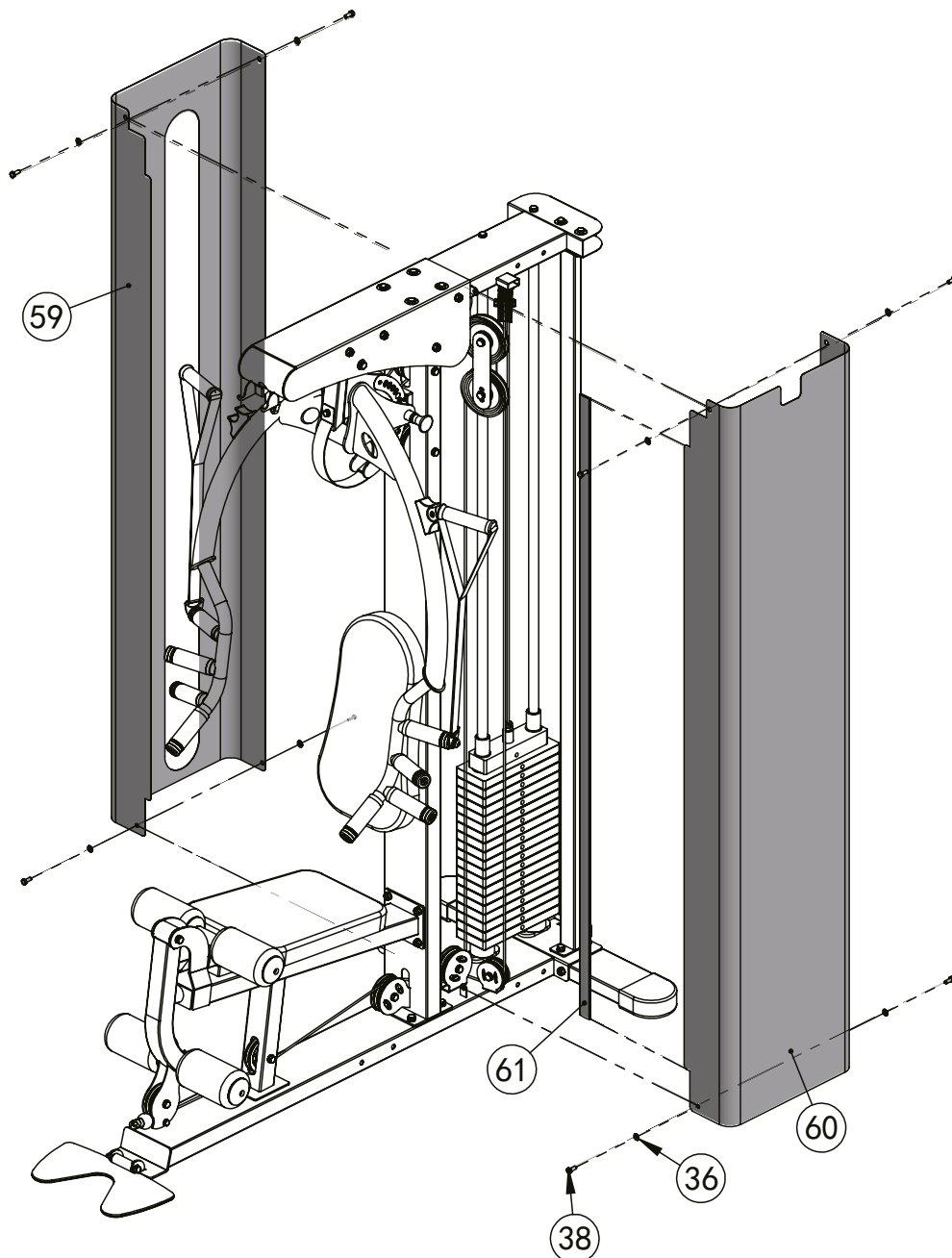
1. Remove one ball end of the wire (56).
2. Route the wire (56) through the foot hook bend tube (25) and fix one pulley (50) to the pulley bracket with one bolt (49), two washers (3) and one lock nut (5).
3. Route the wire (56) to the next pulley bracket and fix one pulley (50) to the seat tube weldment (9) with two sleeves (57) and one bolt (58).
4. Route the wire (56) to the next pulley bracket and fix one pulley (50) to the column (10) with one bolt (49), two washers (3) and one lock nut (5).
5. Route the wire (56) to the next pulley bracket and fix one pulley (50) to the bottom beam tube (2) with one bolt (49), two washers (3) and one lock nut (5).
6. Route the wire (56) upwards around the pulley and downwards to the next pulley bracket and fix one pulley (55) to the bottom beam tube (2) with one bolt (49), two washers (3) and one lock nut (5).
7. Route the wire (56) to the next pulley bracket and fix one pulley (50) to the bottom beam tube (2) with one bolt (49), two washers (3) and one lock nut (5).
8. Reattach the ball end to the wire.





## Step 10: Assembly of the Guards

1. Fix the front and rear guard (59 & 60) to the bottom beam tube (2) with one guard edging strip (61), eight bolts (38) and eight flat washers (36) in total.



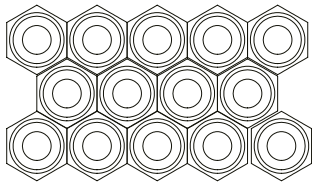
## 2.4 Scope of Delivery Leg Press

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.

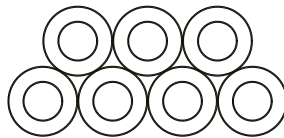


### CAUTION

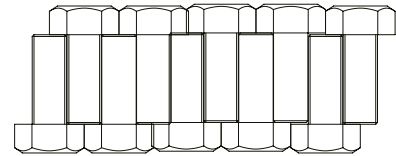
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.



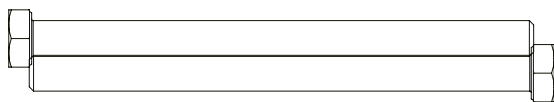
**M10 14PCS (2)**



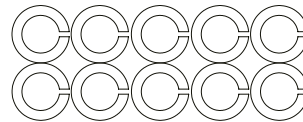
**$\phi 10$  21CS (3)**



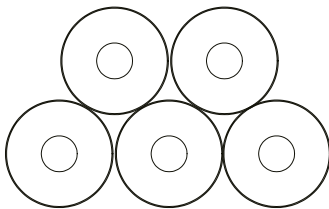
**M10\*25 10PCS(6)**



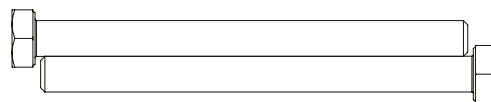
**M10\*140 2PCS (4)**



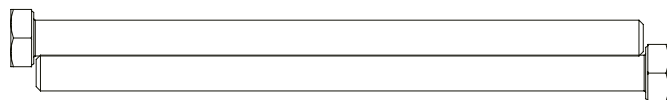
**$\phi 10$  10PCS (7)**



**$\phi 10 \phi 30*10*3$  14PCS (5)**



**M10\*120 2PCS(9)**



**M10\*170 2PCS (10)**

## 2.5 Assembly Leg Press

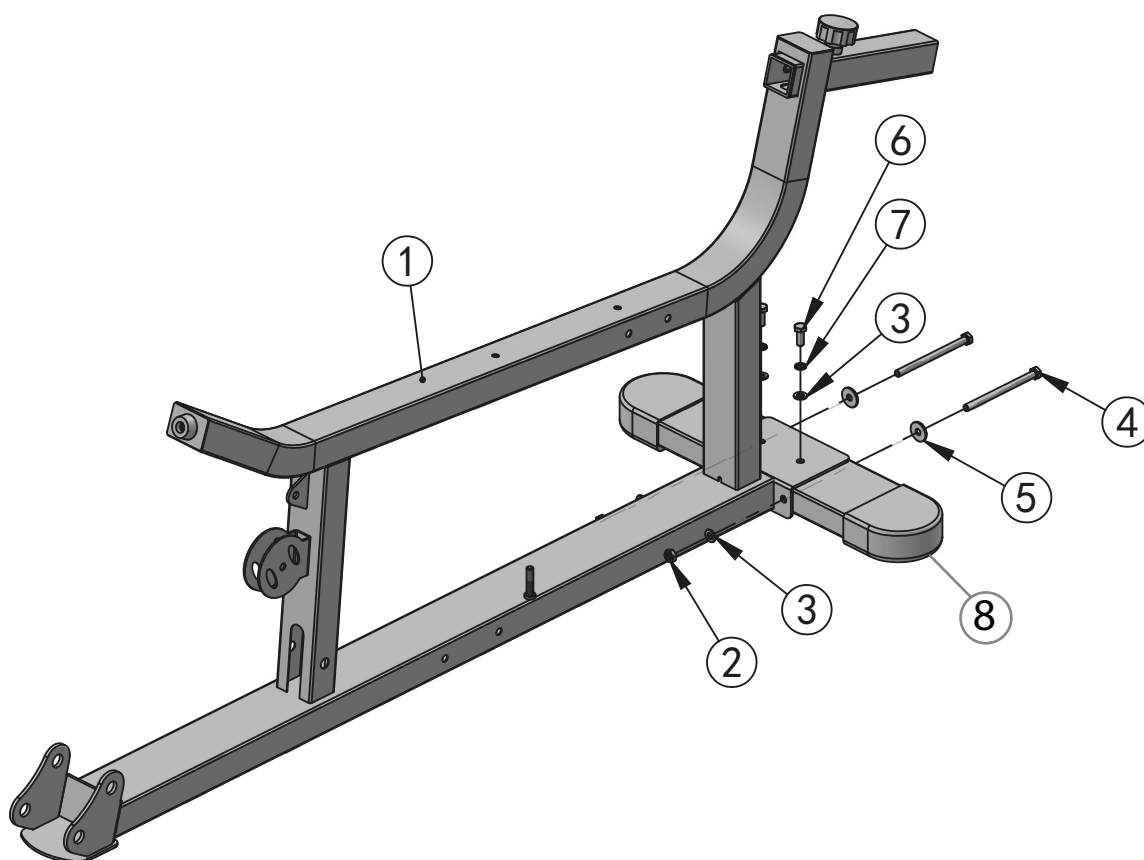
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### **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.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + 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.

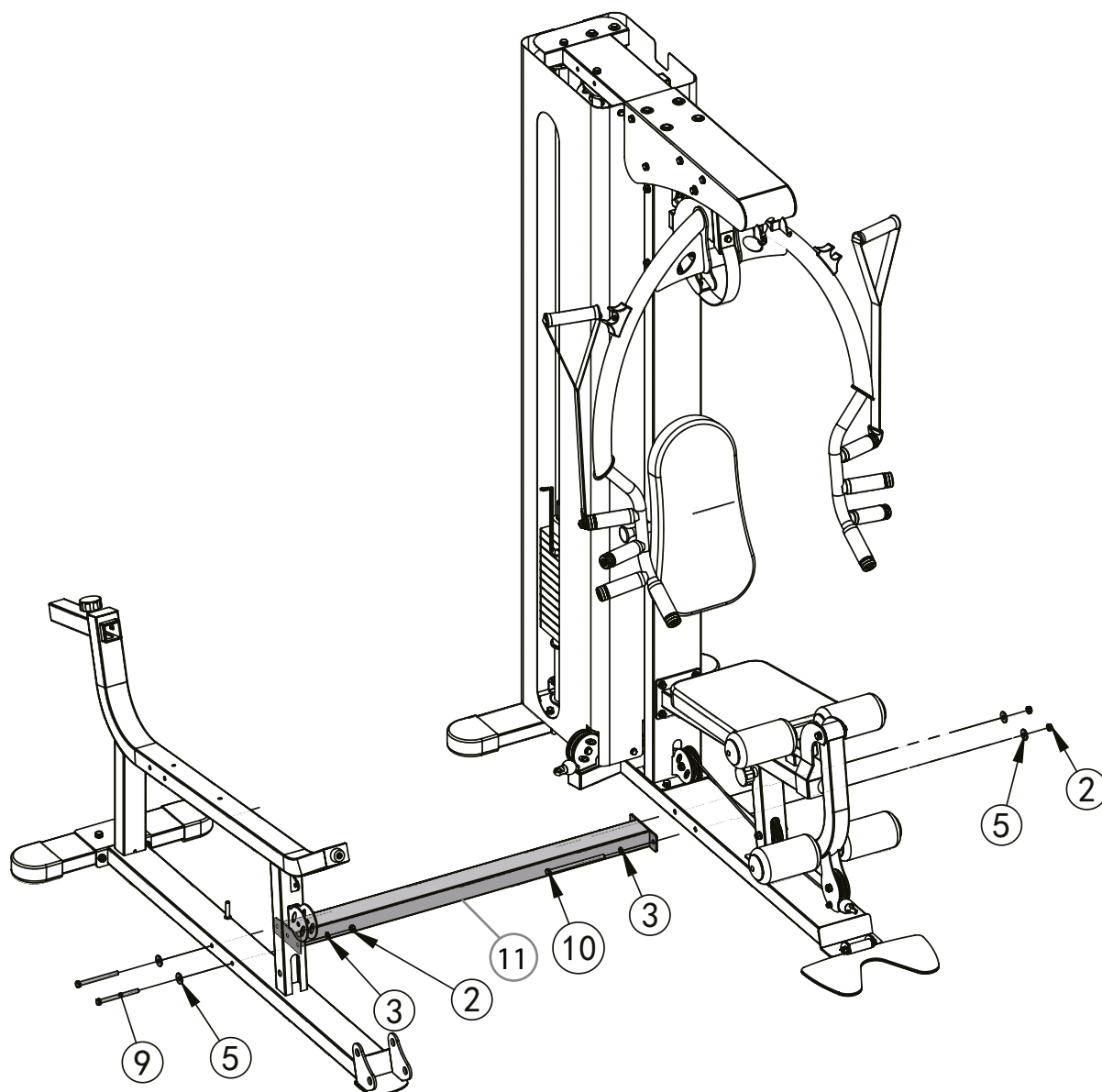
### Step 1: Assembly of the Rear Ground Pipe

1. Fix the rear ground pipe (8) to the main ground pipe (1) with two bolts (4), two large flat washers (5), two flat washers (3) and two lock nuts (2) and with two bolts (6), two spring washers (7) and two flat washers (3).



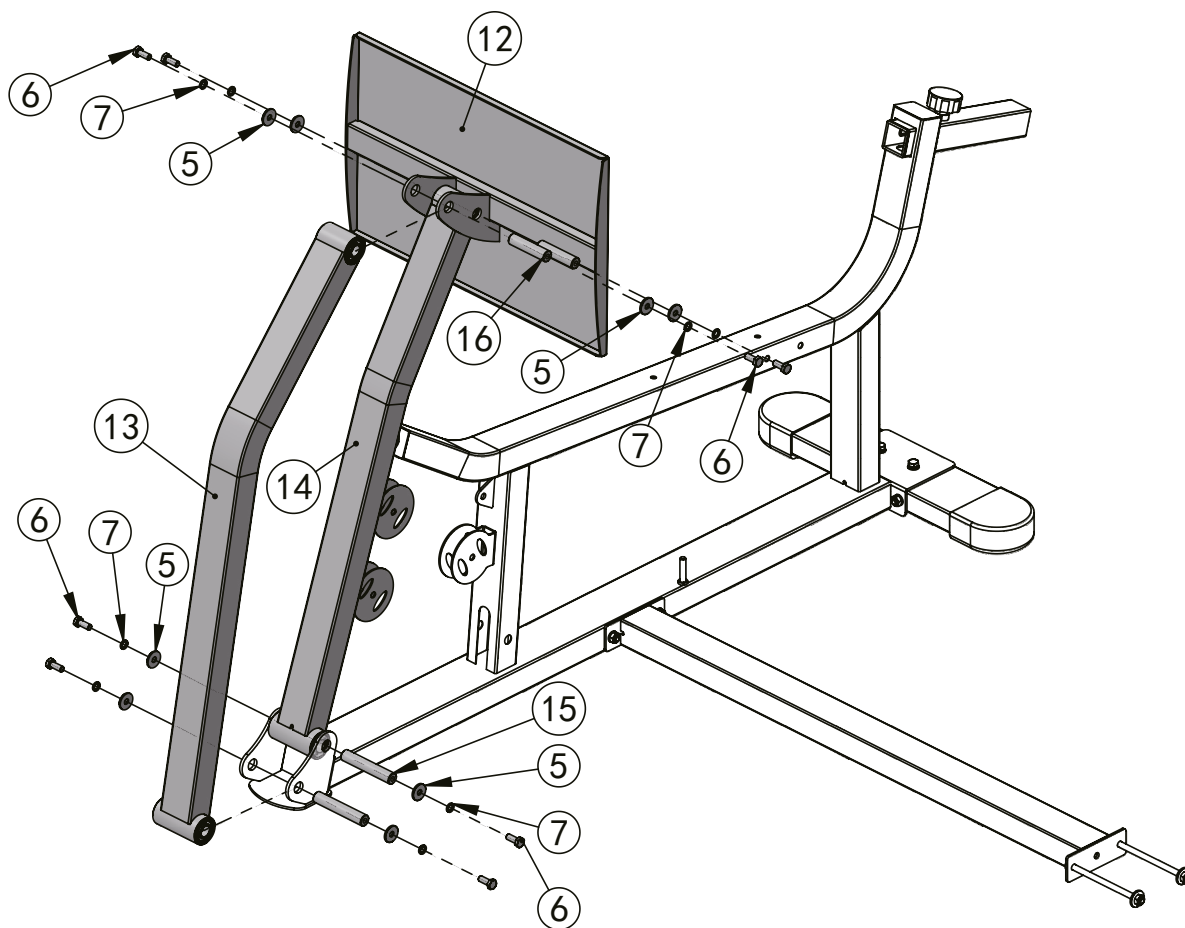
## Step 2: Connecting the Bottom Beam Square Tube to the Multi-Gym

1. Fix the bottom beam square tube (11) to the rear ground pipe (8) with two bolts (9), two large flat washers (5), two flat washers (3) and two lock nuts (2).
2. Fix the bottom beam square tube (11) to the multi-gym with two bolts (10), two flat washers (3), two large flat washers (5) and two lock nuts (2).



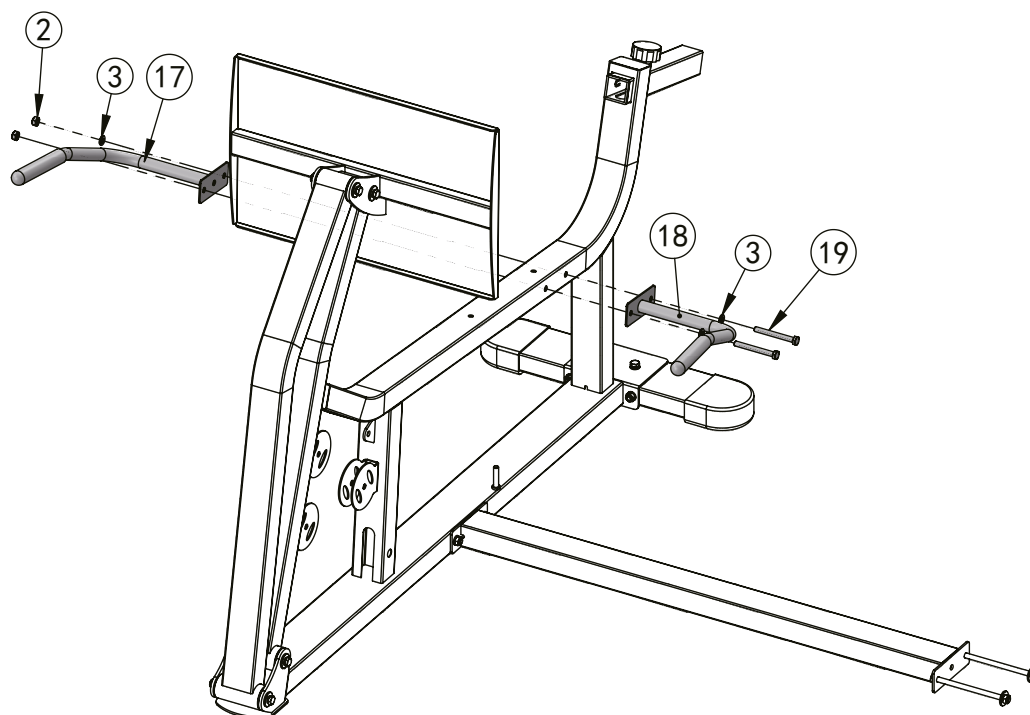
### Step 3: Assembly of the Foot Pedal

1. Fix the leg press bend pipe (14) to the main ground pipe (1) with one shaft (15), two bolts (6), two spring washers (7) and two large flat washers (5).
2. Fix the foot pedal (12) to the leg press bend pipe (14) with one shaft (16), two bolts (6), two spring washers (7) and two large flat washers (5).
3. Fix the leg press outer bend (13) to the main ground pipe (1) with one shaft (15), two bolts (6), two spring washers (7) and two large flat washers (5).
4. Fix the leg press outer bend (13) to the foot pedal (12) with one shaft (16), two bolts (6), two spring washers (7) and two large flat washers (5).



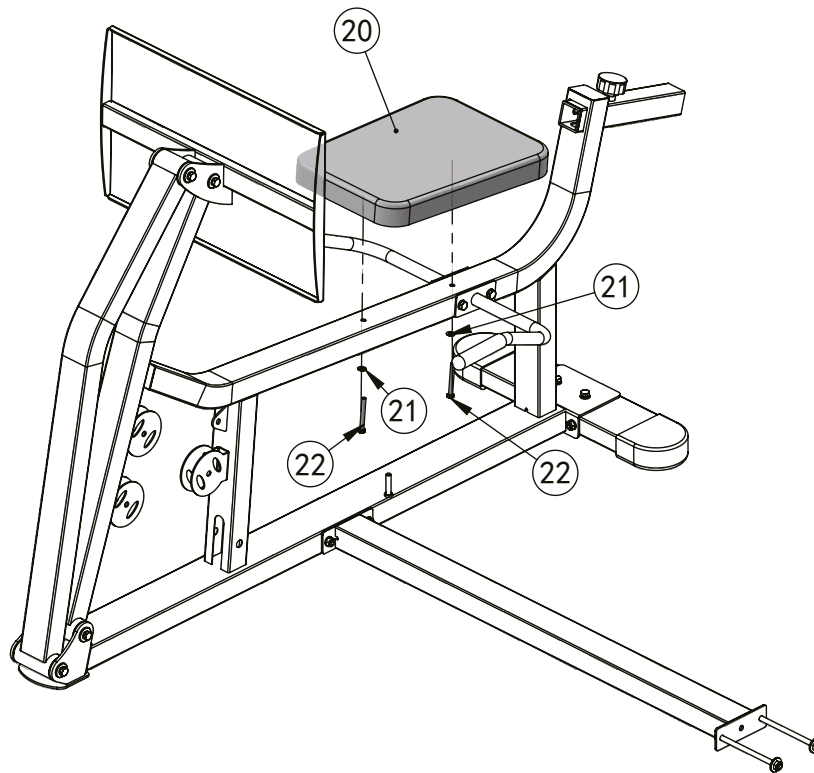
#### Step 4: Assembly of the Front Handles

1. Fix the front handle (17) and front handle (18) to the main ground pipe (1) with two bolts (19), four flat washers (3) and two lock nuts (2).



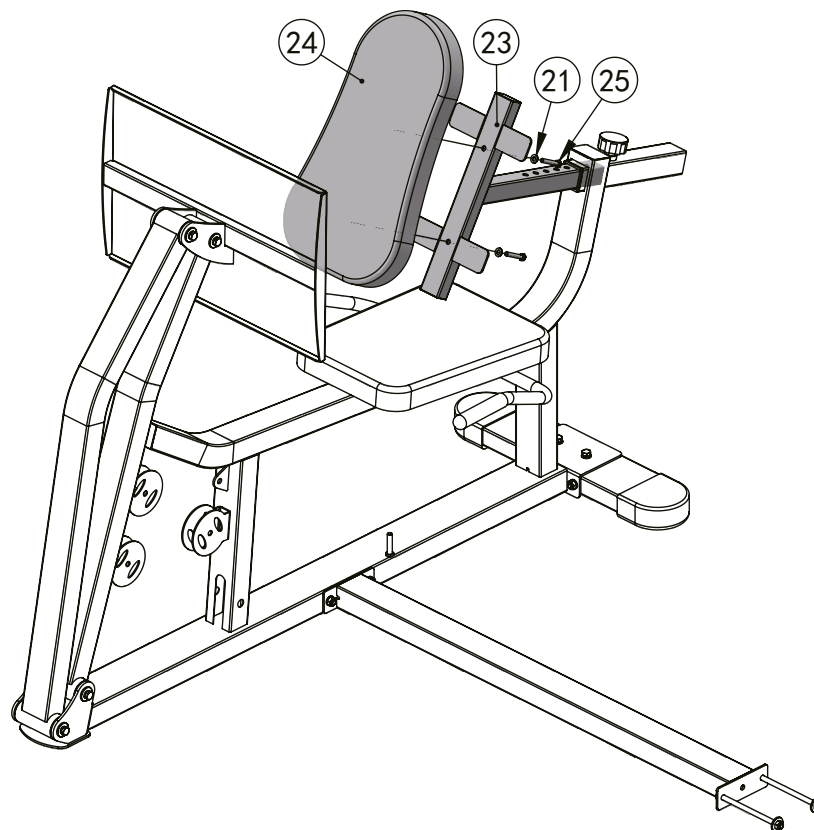
### Step 5: Assembly of the Seat Cushion

1. Fix the seat cushion (20) to the main ground pipe (1) with two bolts (22) and two flat washers (21).



## Step 6: Assembly of the Backrest

1. Attach the backrest adjustment bracket (23) to the main ground pipe (1).
2. Fix the backrest (24) to the backrest adjustment bracket (23) with two bolts (25) and two flat washers (21).

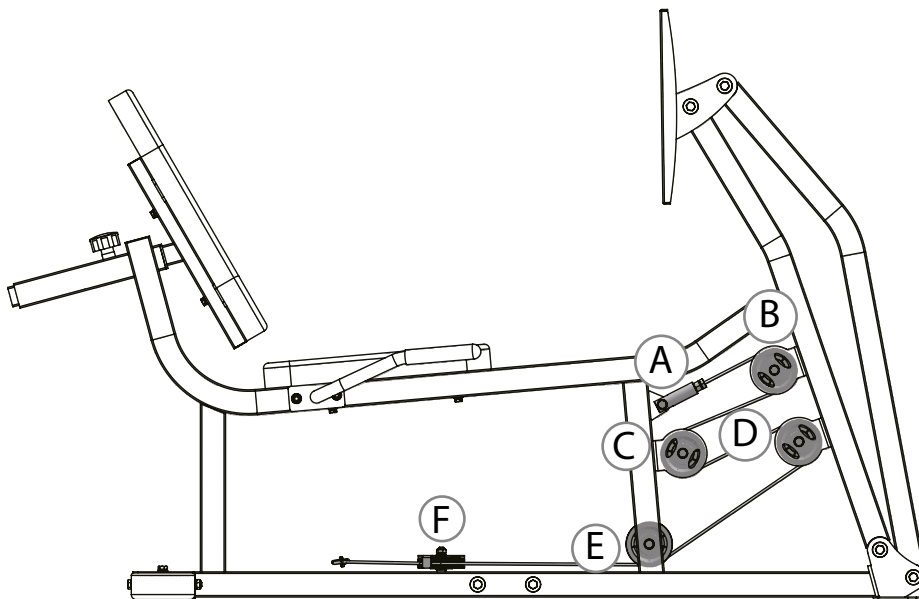


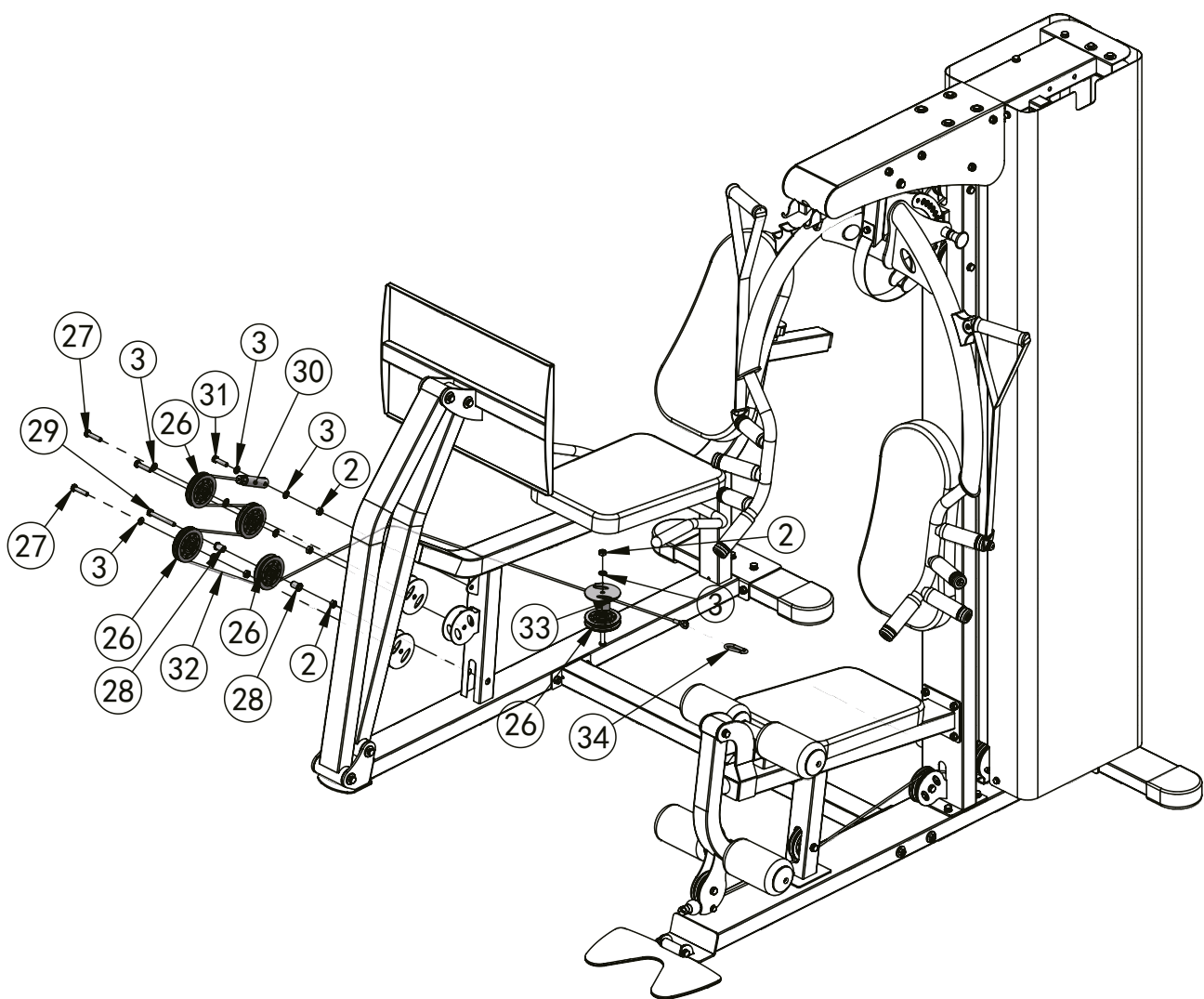
## Step 7: Fixing of the Wire and Pulleys

### **NOTICE**

The wire and pulleys must be fixed simultaneously.

1. Fix the wire rope adjustment sleeve (30) to the main ground pipe (1) with one bolt (31), two flat washers (3) and one lock nut (2). [A]
2. Route the wire (32) to the next pulley bracket and fix one pulley (26) to the main ground pipe (1) with one bolt (27), two flat washers (3) and one lock nut (2). [B]
3. Route the wire (32) to the next pulley bracket and fix one pulley (26) to the main ground pipe (1) with one bolt (27), two flat washers (3) and one lock nut (2). [C]
4. Route the wire (32) to the next pulley bracket and fix one pulley (26) to the main ground pipe (1) with one bolt (27), two flat washers (3) and one lock nut (2). [D]
5. Route the wire (32) to the next pulley bracket and fix one pulley (26) to the main ground pipe (1) with one bolt (29), two sleeves (28) and one lock nut (2). [E]
6. Route the wire (32) to the next pulley bracket and fix one pulley (26) and one pulley stopper (33) to the main ground pipe (1) with one flat washer (3) and one lock nut (2). [F]
7. Attach the chain block hook (34) to the end of the wire (32).





### 3.1 General Instructions

When training, it is important to perform the exercises correctly in order to avoid injuries and achieve the desired training effect. Make sure you use the correct technique and train at an appropriate intensity level. Always consult an expert such as a trainer or doctor if you are unsure or have health problems. Always start your training with a low load and increase it evenly and gently.

End your training with a cool-down phase. If you have any questions or uncertainties, contact your doctor.

#### 3.1.1 Training clothes

During training, wear appropriate sports clothing that is comfortable and breathable. Avoid clothing that restricts you or is uncomfortable. Make sure that your shoes are suitable and offer you sufficient support. In addition, always carry a towel with you to wipe away sweat and keep the equipment clean.

#### 3.1.2 Warming up and stretching

It is important to warm up and stretch properly before training to avoid injury and improve performance. Stretching helps to loosen muscles and improve flexibility. Be sure to incorporate a short stretching routine before each workout.

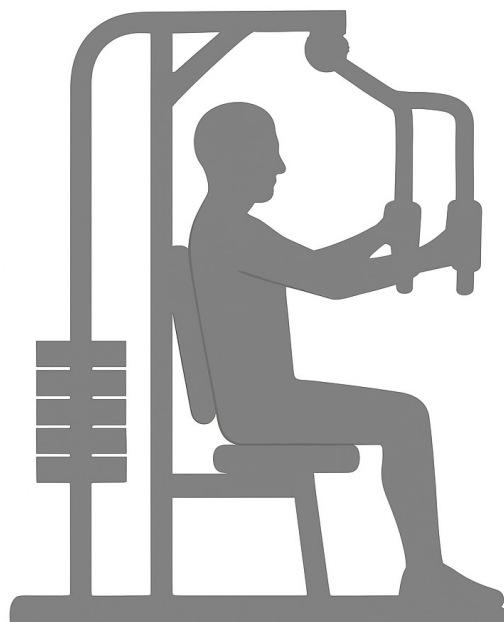
##### Warm-up exercise:

1. Stand upright with your feet about shoulder-width apart.
2. Start with gentle arm circles by slowly moving your arms forwards in small circles in a controlled manner.
3. Perform arm circles backwards to loosen your shoulders and arms.
4. Do squats by slowly squatting down and then straightening up again. Make sure that your knees do not extend beyond your toes.



##### CAUTION

Do not exercise with sore muscles or take it easy on the affected muscles, as this can lead to injuries.



### 3.1.3 Medication

If you regularly take medication and want to exercise, it is important to be aware of possible side effects. Ask your doctor whether your medication affects your workout.

### 3.1.4 Used muscle groups

This training uses the following muscle groups:

- + Gluteal muscle
- + Leg muscles
- + Arm muscles
- + Pectoral muscles
- + Back muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back. Do not fully extend your legs, but keep a slight bend in the backwards movement.

### 3.1.5 Exercise frequency

Regular exercise is crucial to making progress and staying healthy in the long term. Continuous exercise can strengthen muscles, improve endurance and enhance overall well-being. Remember that even small workouts can be done regularly to achieve long-term results.

#### **Training with heart rate orientation**

Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An acoustic alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

**Fat burning (weight management):** The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

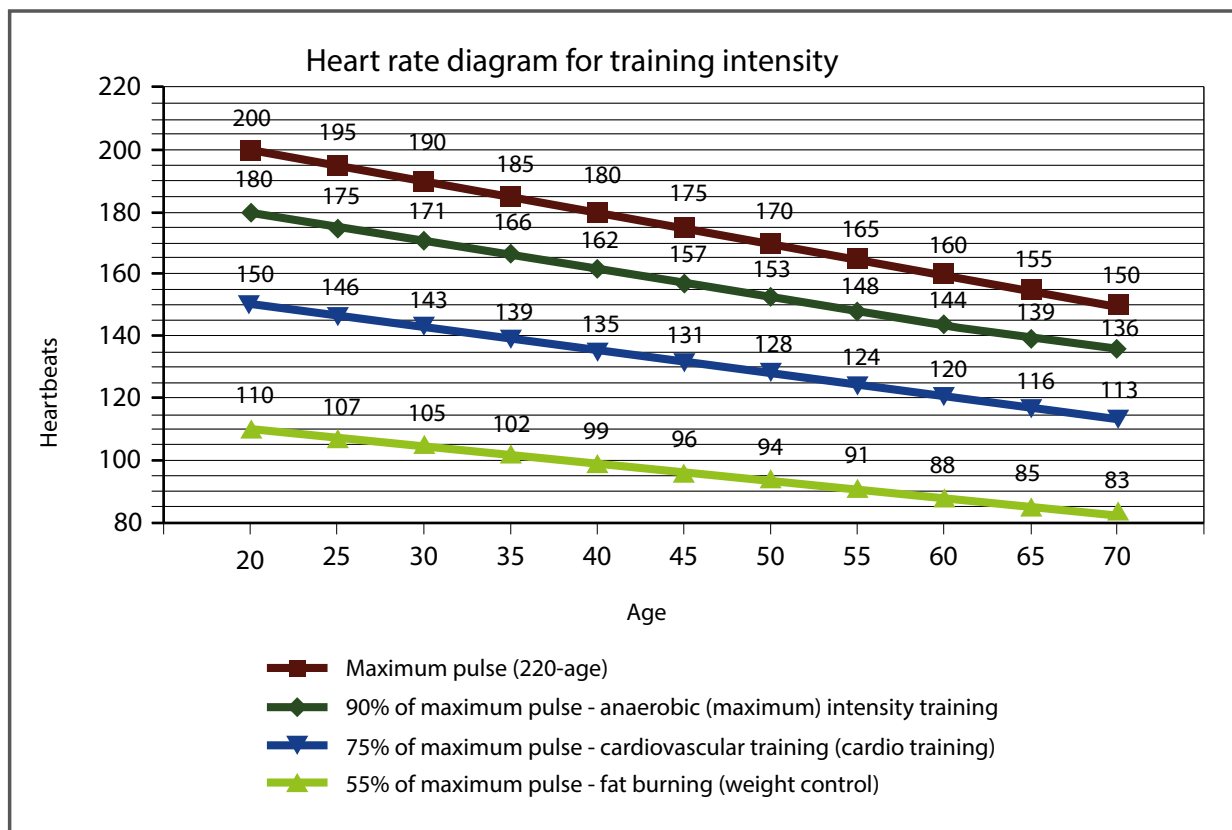
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period is required.

**Anaerobic (maximum) load training:** The main goal of maximum load training is to improve recovery after short, intense loads in order to be able to quickly return to the aerobic zone. In order to achieve this training goal, a high intensity (approximately 90% of the maximum heart rate) with short, intense load is required, which is followed by a recovery phase in order to prevent muscle fatigue.

### Example:










For a 45-year-old man, the maximum heart rate is 175 ( $220 - 45 = 175$ ).

- + The fat burning target zone (55%) is at approximately 96 beats/min. =  $(220 - \text{age}) \times 0.55$ .
- + The cardio target zone (75%) is at approximately 131 beats/min. =  $(220 - \text{age}) \times 0.75$ .
- + The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. =  $(220 - \text{age}) \times 0.9$ .



### 3.2 Workout journal

[illegible]

 Date
  Distance
  Time (min.)
  Resistance level
  Training weight
  Ø Pulse
  Calories burnt
  I feel ...
  Body weight

## 4.1 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.

## 5.1 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.

## 5.2 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	<ul style="list-style-type: none"> <li>+ Visual inspection of the cable routing or the pulley guide</li> <li>+ If damaged, replace the defective part</li> </ul>
Weight hanging in the air	Cable tensioned too tight	Readjust cable tension
Cable without tension	Cable too loose	<ul style="list-style-type: none"> <li>+ Check cable routing</li> <li>+ Readjust cable tension</li> </ul>
Squeaking & cracking noises	Screw connections loosened or too tight	<ul style="list-style-type: none"> <li>+ Check or lubricate screw connections*</li> <li>+ Check cable routing</li> </ul>
Unit wobbles	<ul style="list-style-type: none"> <li>+ Uneven ground</li> <li>+ Loose screw connections</li> </ul>	<ul style="list-style-type: none"> <li>+ Align unit</li> <li>+ Tighten screw connections</li> </ul>
Heavy draught	<ul style="list-style-type: none"> <li>+ Weight holders/guide rods too dry</li> <li>+ Faulty cable routing</li> </ul>	<ul style="list-style-type: none"> <li>+ Lubricate guide rods*</li> <li>+ Check cable routing</li> </ul>

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

## 5.3 Maintenance and Inspection Calendar

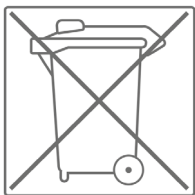
To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

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			

## 6 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 an 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.

## 7 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

## 8.1 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.

Enter the serial number in the appropriate field.

**Serial number:**

**Brand / Category:**

**Model Name:**

**SKU:**

BM-MG7
BM-MG7-LP

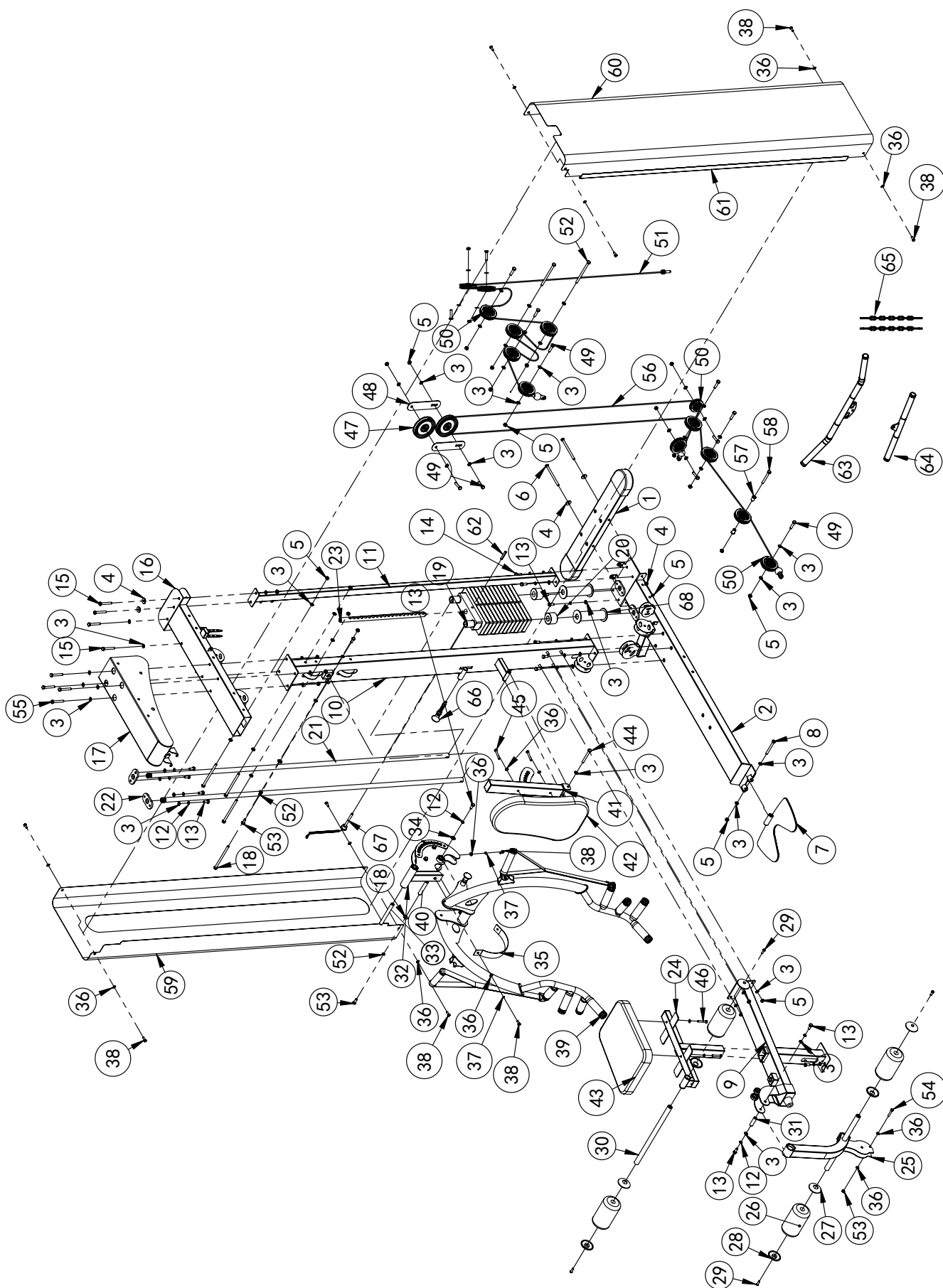
## 8.2 Parts List Multi-Gym

No.	Name	Specification	Qty.
1	2010 Counterweight Bottom Tube Assembly	Assembled Part	1
2	2010 Bottom Beam Tube Assembly	Assembled Part	1
3	<D10 Flat Washer (GB Standard)	φ10	74
4	Φ10 Large Flat Washer (GB Standard)	φ30*φ10*3	8
5	M10 Lock Nut	M10	33
6	M10×140 Hex Bolt	M10×140	2
7	2002 Pedal Weldment Assembly	Assembled Part	1
8	M10×95 Hex Bolt	M10×95	1
9	2010 Seat Tube Weldment Assembly	Assembled Part	1
10	2010 Column Assembly	Assembled Part	1
11	2010 Rear Support Tube Weldment	Welded Part	1
12	φ10 Spring Washer	φ10	20
13	M10×25 Hex Bolt	M10×25	18
14	M10×30 Hex Bolt	M10×30	2
15	M10×70 Hex Bolt	M10×70	12
16	2010 Upper Crossbeam Tube Assembly	Assembled Part	1
17	2010 Top Beam U-Slice Weldment	Welded Part	1
18	M10×170 Hex Bolt	M10×170	4
19	3058 Cast Iron Counterweight 90KG	90kg	1
20	60-27 Shock Absorber Pad	φ60×φ27×42	2
21	1994 Stainless Steel Guide Rod Assembly	Assembled Part	2
22	3058 Rear Guide Rod Fixing Plate	T8*95*50	2
23	3058 Lifting Rod 90KG	φ25	1
24	2010 Seat Adjustment Bracket Assembly	Assembled Part	1
25	177 Foot Hook Bend Tube Weldment Assembly	Assembled Part	1
26	175 Foam (with Leather Cover)	φ25Xφ100X175	4
27	Foam Inner Retaining Cover	φ70×φ27×12	4
28	Foam Outer Retaining Cover	φ70×φ9×14	4
29	M8X25 Socket Head Cap Screw	M8×25	4
30	450 Foam Tube Assembly	Assembled Part	1

31	φ17X57-M10 Inner Threaded Shaft	φ17*57	1
32	2010 Front Push Frame Weldment Assembly	Assembled Part	1
33	φ17X157-M10 Inner Threaded Shaft	φ17×157-M10	1
34	φ10 Large Flat Washer (Non-Standard)	φ25*φ10*2	4
35	2010 Labeled Arc Plate	T2	1
36	φ8 Flat Washer	φ8	16
37	φ8 Spring Washer	φ8	2
38	M8×20 Hex Bolt	M8×20	10
39	2010 Front Push Arm Weldment Assembly	Assembled Part	1
40	φ17X97-M10 Inner Threaded Shaft	φ17*97	1
41	2010 Backrest Fixed Tube Assembly	Assembled Part	1
42	179 Backrest Pad	550*310*50	1
43	179 Seat Cushion	450*335*50	1
44	M10×90 Hex Bolt	M10×90	1
45	M8×60 Hex Bolt	M8×60	2
46	M8×50 Hex Bolt	M8×50	2
47	127 Pulley	φ127	2
48	2010 Pulley Adjustment Plate	T3	2
49	M10×45 Hex Bolt	M10×45	12
50	92 Pulley (Powder Sleeve)	φ92	12
51	2010 High-Pull Wire Rope-Ball Bolt Assembly	Assembled Part	1
52	M10×160 Hex Bolt	M10×160	2
53	M8 Lock Nut	M8	1
54	M8×45 Hex Bolt	M8×45	1
55	φ75 Pulley	φ75	1
56	2010 Low-Pull Wire Rope-Ball Assembly	Assembled Part	1
57	φ20×φ16×φ10.2×15 Powder Sleeve	φ20×φ16×φ10.5×15	2
58	M10×85 Hex Bolt	M10×85	1
59	2010 Front Guard	T1	1
60	2010 Rear Guard	T1	1
61	1766 Guard Edging Strip	1766	1
62	10×60 Straight Groove Spring Cylindrical Pin	10×60	1
63	Large Pull Handle		1
64	Small Pull Handle		1

65	Chain + Hoist Hook		2
66	φ12×M20×75 Umbrella Head Pull Pin-Black	φ12×M20×75	1
67	Magnetc Pull Pin	φ10×100	1
68	Counterweight Support Weldment		2

## 8.3 Exploded Drawing Multi-Gym

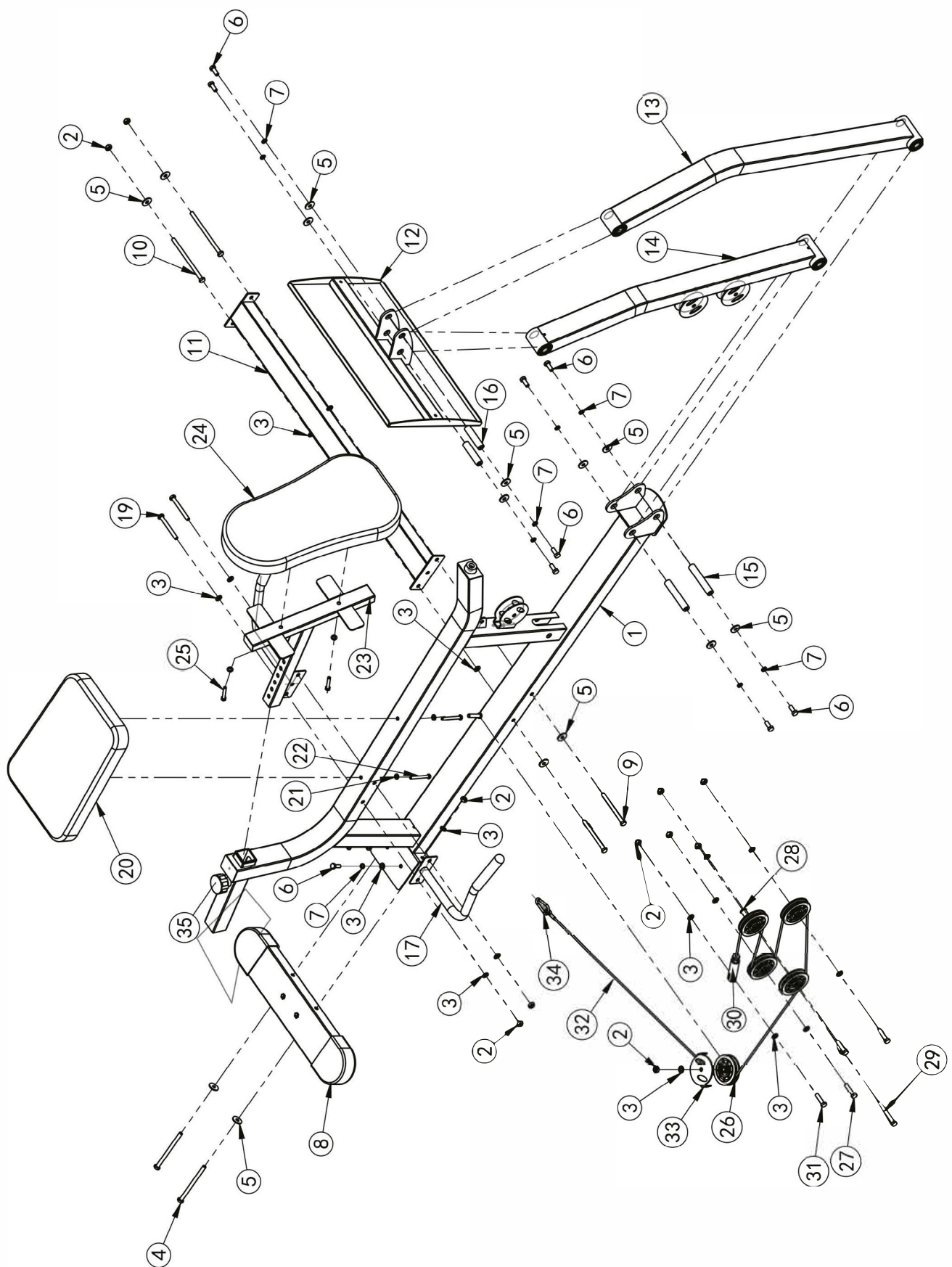


## 8.4 Parts List Leg Press

No.	Name	Specification	Qty.
1	2010-2 Main Ground Pipe Assembly	Assembly	1
2	M10 Lock Nut	M10	14
3	Φ10 Flat Washer (GB Standard)	φ10	21
4	M10×140 Hexagon Head Bolt	M10×140	2
5	Φ10 Large Flat Washer (GB Standard)	φ30*φ10* 3	14
6	M10×25 Hexagon Head Bolt	M10×25	10
7	φ10 Spring Washer	φ10	10
8	2010-2 Rear Ground Pipe Assembly	Assembly	1
9	M10×120 Hexagon Head Bolt	M10×120	2
10	M10×170 Hexagon Head Bolt	M10×170	2
11	2010-2 Bottom Beam Square Tube Weldment	Weldment	1
12	2010-2 Foot Pedal Weldment	Weldment	1
13	2010-2 Leg Press Outer Bend Pipe Assembly	Assembly	1
14	2010-2 Leg Press Bend Pipe Assembly	Assembly	1
15	φ20X114.5 Inner Threaded Shaft	φ20X114.5	2
16	φ20X84.5 Inner Threaded Shaft	φ20X84.5	2
17	6011 Front Handle Left Assembly	Assembly	1
18	6011 Front Handle Assembly	Assembly	1
19	M10×90 Hexagon Head Bolt	M10×90	2
20	179 Seat Cushion	450*335*50	1
21	φ8 Flat Washer	φ8	4
22	M8×70 Hexagon Head Bolt	M8×70	2
23	2010-2 Backrest Adjustment Bracket Assembly	Assembly	1
24	179 Backrest	550*310*50	1
25	M8×50 Hexagon Head Bolt	M8×50	2
26	92 Pulley (Powder Sleeve)	φ92	5
27	M10×45 Hexagon Head Bolt	M10×45	3
28	Powder Sleeve	φ20×φ16×φ10.5×25.5	2
29	M10×85 Hexagon Head Bolt	M10×85	1
30	179B Wire Rope Adjustment Sleeve	φ25*85	1

31	M10×40 Hexagon Head Bolt	M10×40	1
32	2010-2 Nose Plug Wire Rope	Assembly	1
33	3089B Pulley Stopper	T3	1
34	Chain Block Hook	Standard Part	1
35	Knob	Assembly	1

## 8.5 Exploded Drawing Leg Press



Products from BodyMax® are 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.**

### Warranty

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, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

### 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	UK
<b>TECHNIK</b>  +49 4621 4210-900  +49 4621 4210-698  technik@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage.	<b>TEKNIK OG SERVICE</b>  80 90 16 50 +49 4621 4210-945  info@fitshop.dk  Åbningstider kan findes på hjemmesiden: <a href="https://stg.fit/statit7">https://stg.fit/statit7</a>	<b>CUSTOMER CARE</b>  +44 141 737 2249 or +44 141 876 3972  customercare@fitshop.co.uk  You can find the opening hours on our homepage: <a href="https://stg.fit/statitd">https://stg.fit/statitd</a>
	FR	BE
<b>SERVICE</b>  0800 20 20277 (kostenlos)  04621 4210 - 0  info@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a>	<b>TECHNIQUE &amp; SERVICE</b>  +33 (0) 189 530984 +49 4621 42 10 933  info@fitshop.fr  Vous trouverez les heures d'ouverture sur notre site Internet: <a href="https://stg.fit/statit4">https://stg.fit/statit4</a>	<b>TECHNIQUE &amp; SERVICE</b>  02 732 46 77 +49 4621 4210 933  info@fitshop.be  Vous trouverez les heures d'ouverture sur notre site Internet: <a href="https://stg.fit/statit8">https://stg.fit/statit8</a>
ES	NL	INT
<b>TECNOLOGÍA Y SERVICIOS</b>  911 238 029  info@fitshop.es  Consulta nuestro horario de apertura en la página web: <a href="https://stg.fit/statit5">https://stg.fit/statit5</a>	<b>TECHNISCHE DIENST &amp; SERVICE</b>  +31 172 619961  service@fitshop.nl  De openingstijden vindt u op onze homepage: <a href="https://stg.fit/statit3">https://stg.fit/statit3</a>	<b>TECHNICAL SUPPORT &amp; SERVICE</b>  +49 4621 4210-944  service-int@fitshop.de  You can find the opening hours on our homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a>
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<b>DZIAŁ TECHNICZNY I SERWIS</b>  22 307 43 21 +49 4621 42 10-948  info@fitshop.pl  Godziny otwarcia można znaleźć na stronie głównej: <a href="https://stg.fit/statit6">https://stg.fit/statit6</a>	<b>TECHNIK &amp; SERVICE</b>  0800 20 20277 (Freecall) +49 4621 42 10-0  info@fitshop.at  Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statitb">https://stg.fit/statitb</a>	<b>TECHNIK &amp; SERVICE</b>  0800 202 027 +49 4621 42 10-0  info@fitshop.ch  Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statit9">https://stg.fit/statit9</a>

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

[www.fitshop.co.uk/storelocator](http://www.fitshop.co.uk/storelocator)

# WE LIVE FITNESS

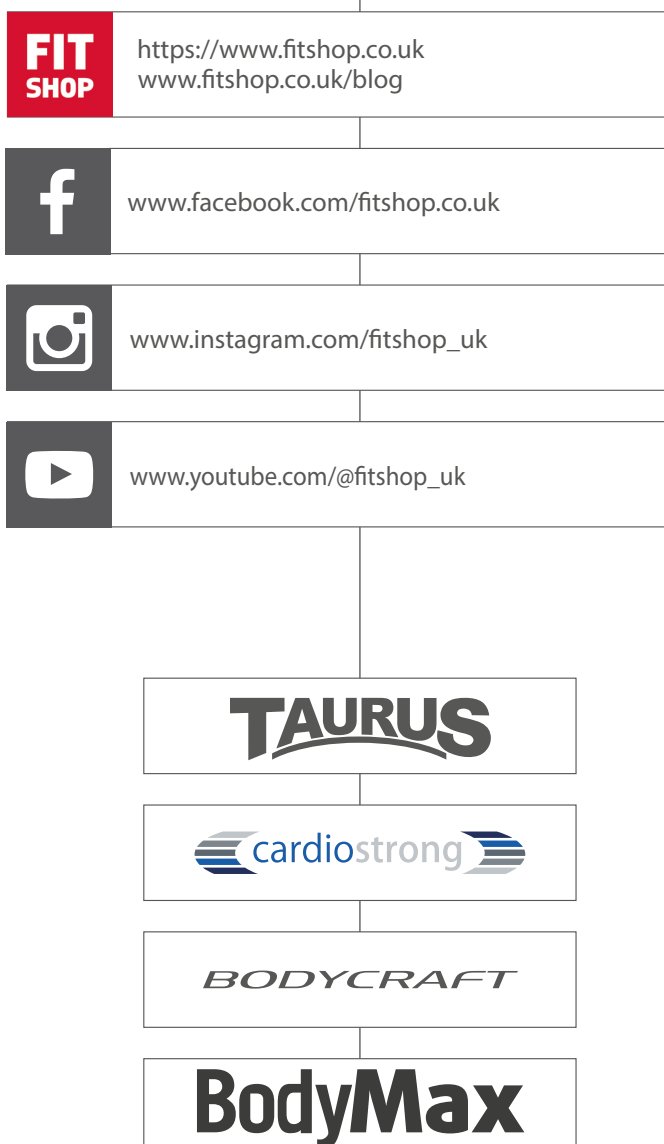
## WEBSHOP AND SOCIAL MEDIA

The Fitshop 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.

Fitshop UK is part of the Fitshop 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 Fitshop 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!



Notes



# BodyMax