

BodyMax

Assembly and Operating Instructions



max. 135 kg



~ 400 Min.



195 kg

L 200 | W 105 | H 208

FSUKSEMG2112.01.05

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 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

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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!



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, including packaging):

Box 1: 58 kg
Box 2: 15 kg
Box 3: 36 kg
Box 4: 33 kg
Box 5: 37.5 kg
Box 6: 37.5 kg
Gross weight: 217 kg

Article weight (net, without packaging):

198 kg

Packaging dimensions in cm (L x W x H):

Box 1: 193 x 53 x 20.5
Box 2: 97 x 97 x 10.5
Box 3: 180 x 28 x 22
Box 4: 49.5 x 29.5 x 19
Box 5: 49.5 x 29.5 x 19
Box 6: 49.5 x 29.5 x 19

Set-up dimensions (L x W x H):

202 cm x 123 cm x 204 cm

Maximum user weight:

135 kg

Use class:

H

Weight block:

15 blocks
14 x 6.8 kg (15lb)
1 x 4.5 kg (10lb)

Gross weight of the weight block:

113.3 kg

Cables and Pulleys:

Cable:

4

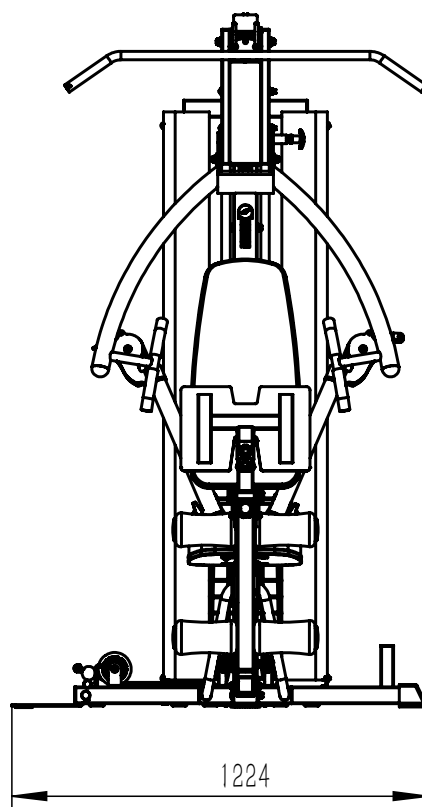
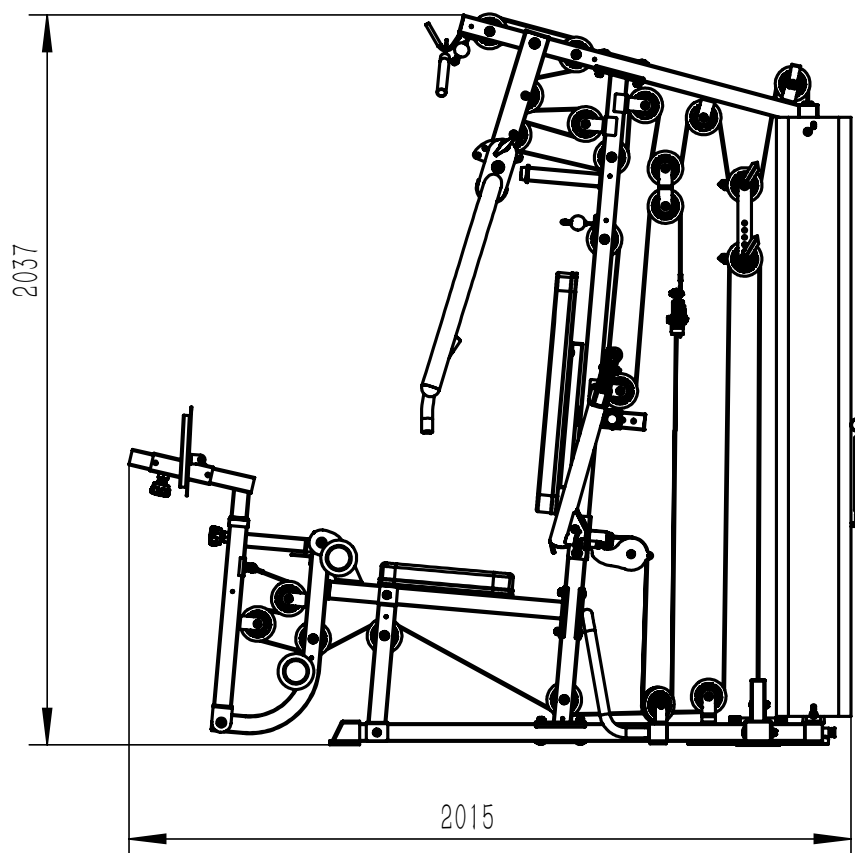
Cable length:

cable 1: 396 cm
cable 2: 520 cm
cable 3: 483 cm
cable 4: 182 cm

1.2 Technical Drawings

① NOTICE

The measurements are in millimeter.



1.3 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.

1.4 Set-Up Place

WARNING

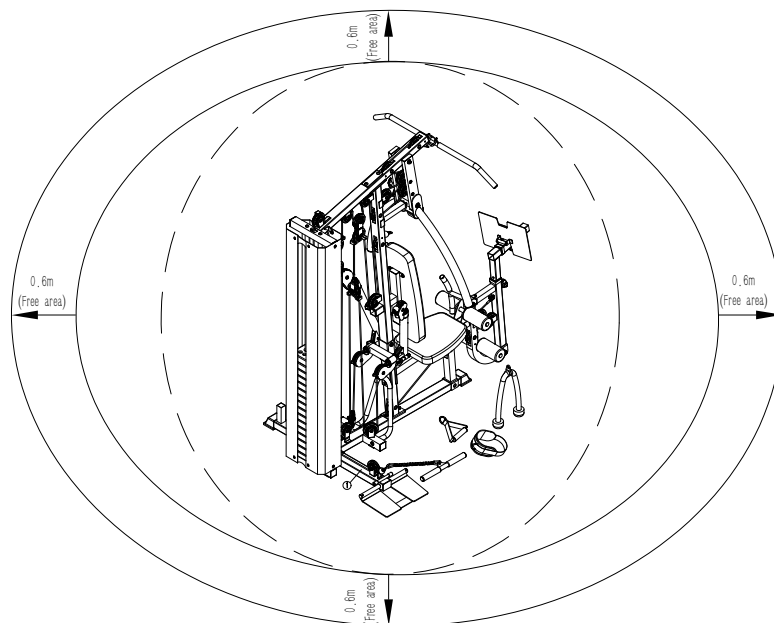
- + Do not place the equipment in main corridors or escape routes.

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

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.



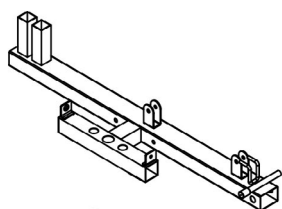
CAUTION

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

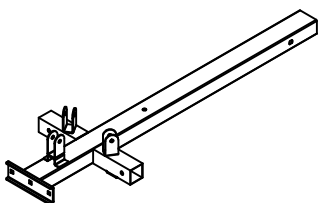


NOTICE

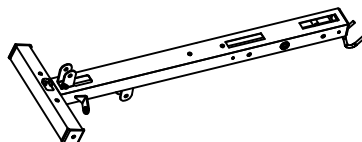
Required tools (included in the scope of delivery): 5 mm Allen wrench, 6 mm Allen wrench



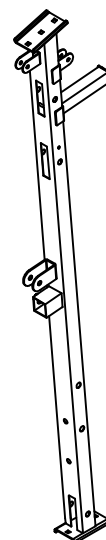
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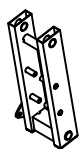
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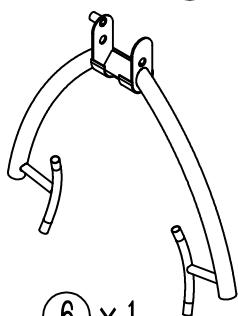
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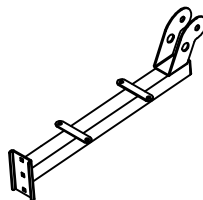
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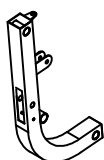
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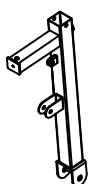
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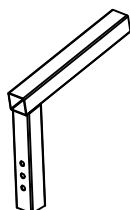
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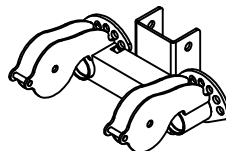
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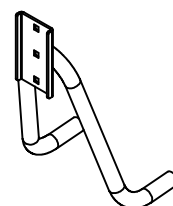
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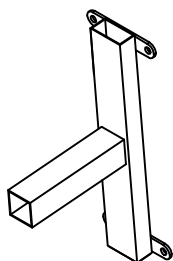
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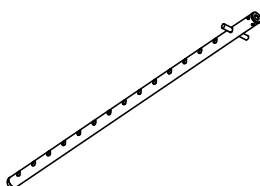
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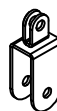
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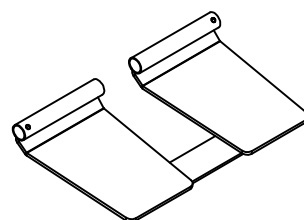
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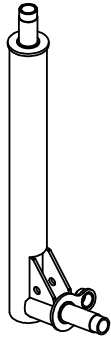
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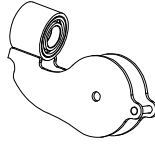
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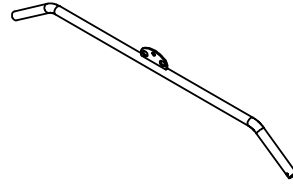
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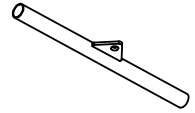
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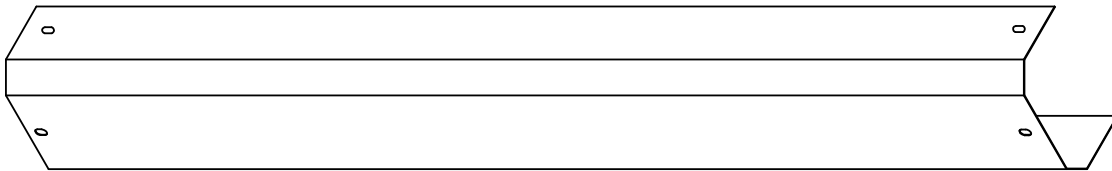
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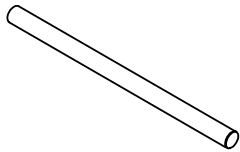
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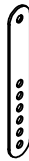
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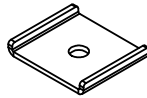
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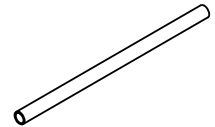
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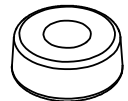
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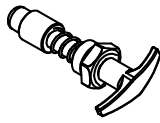
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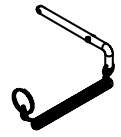
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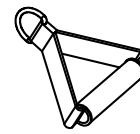
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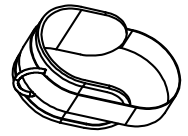
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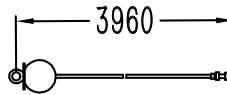
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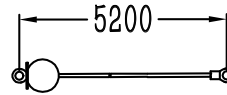
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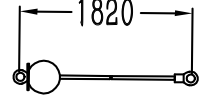
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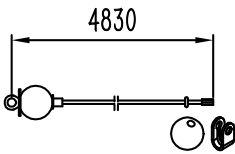
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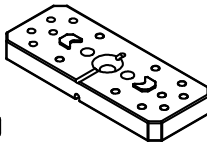
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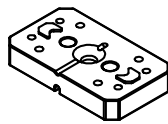
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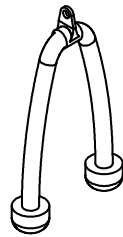
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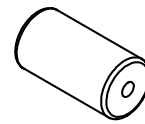
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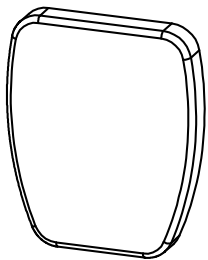
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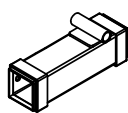
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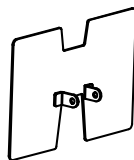
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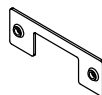
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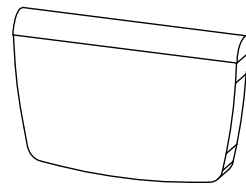
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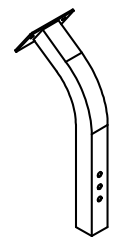
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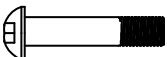
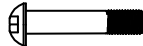
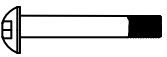
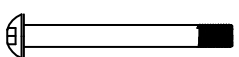
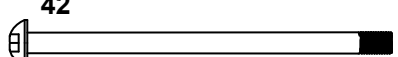
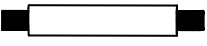
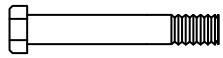
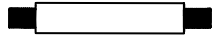
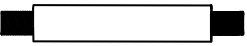
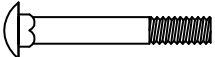
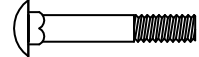
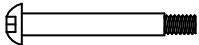
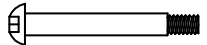
⑪6×1



⑪7×2



⑦5×1

32  M8X18 Allen bolt 10PCS	33  M10X16 Allen bolt 10PCS	34  M10X20 Allen bolt 4PCS
35  M10X30 Allen bolt 3PCS	36  M10X45 Allen bolt 13PCS	37  M10X50 Allen bolt 10PCS
40  M10X65 Allen bolt 2PCS	41  M10X85 Allen bolt 5PCS	42  M10X160 Allen bolt 2PCS
43  Φ16x64xM10 SWIVEL AXLE 2PCS	44  M12X95 Hex bolt 2PCS	45  Φ16x172xM10 SWIVEL AXLE 1PC
46  Φ16x198xM10 SWIVEL AXLE 1PC	47  M10X90 Carriage bolt 3PCS	48  M10X70 Carriage bolt 7PCS
49  Φ25xΦ10.5x1.5 Washer 10PCS	50  Φ10 Washer 82PCS	51  Φ8 Washer 10PCS
52  Φ12 Washer 4PCS	53  M10mm Aircraft Nut 54PCS	54  M12mm Aircraft Nut 2PCS
84  M6X16 Philips Screw 2PCS (pre-installed)	106  M10X70 Allen bolt 2PCS	108  M10X90 Allen bolt 1PC
114  M10X16 Hex bolt 2PCS	 Allen keys 5,6,mm	

2.3 Assembly

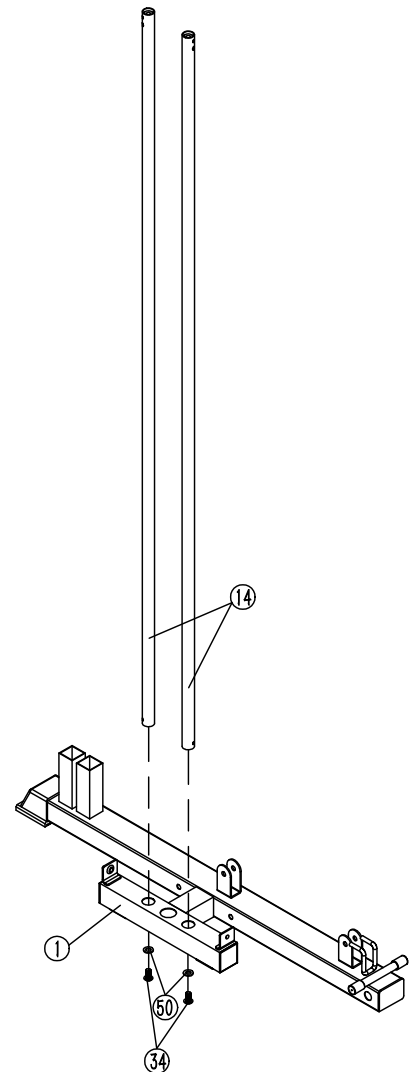
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

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.

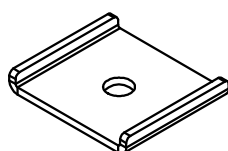
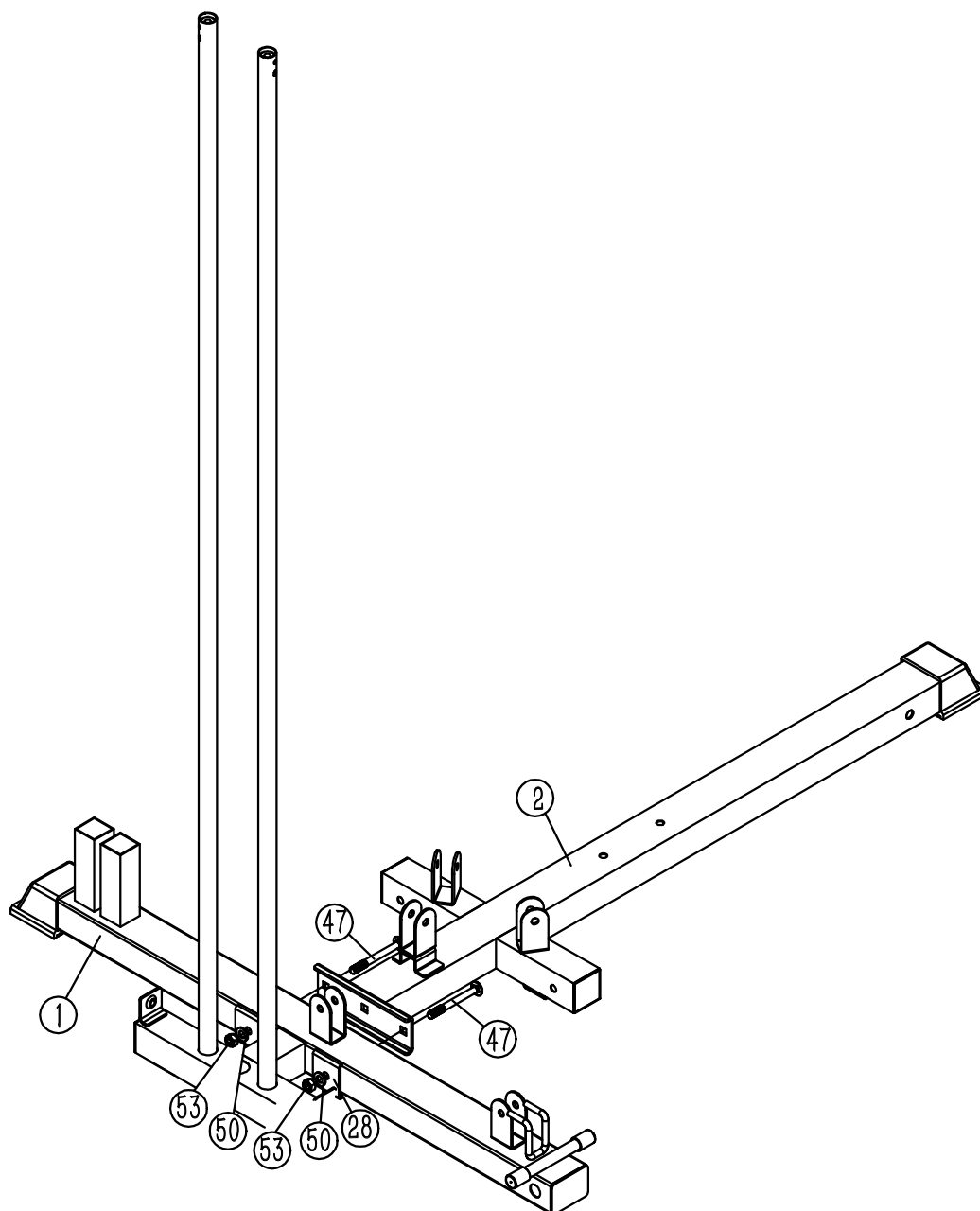
Step 1: Assembly of the Guide Rods

1. Unbox the device.
2. Assemble the guide rods (14) onto the rear stabilizer (1) with two bolts (34) and two washers (50).



Step 2: Assembly of the Front Stabilizer

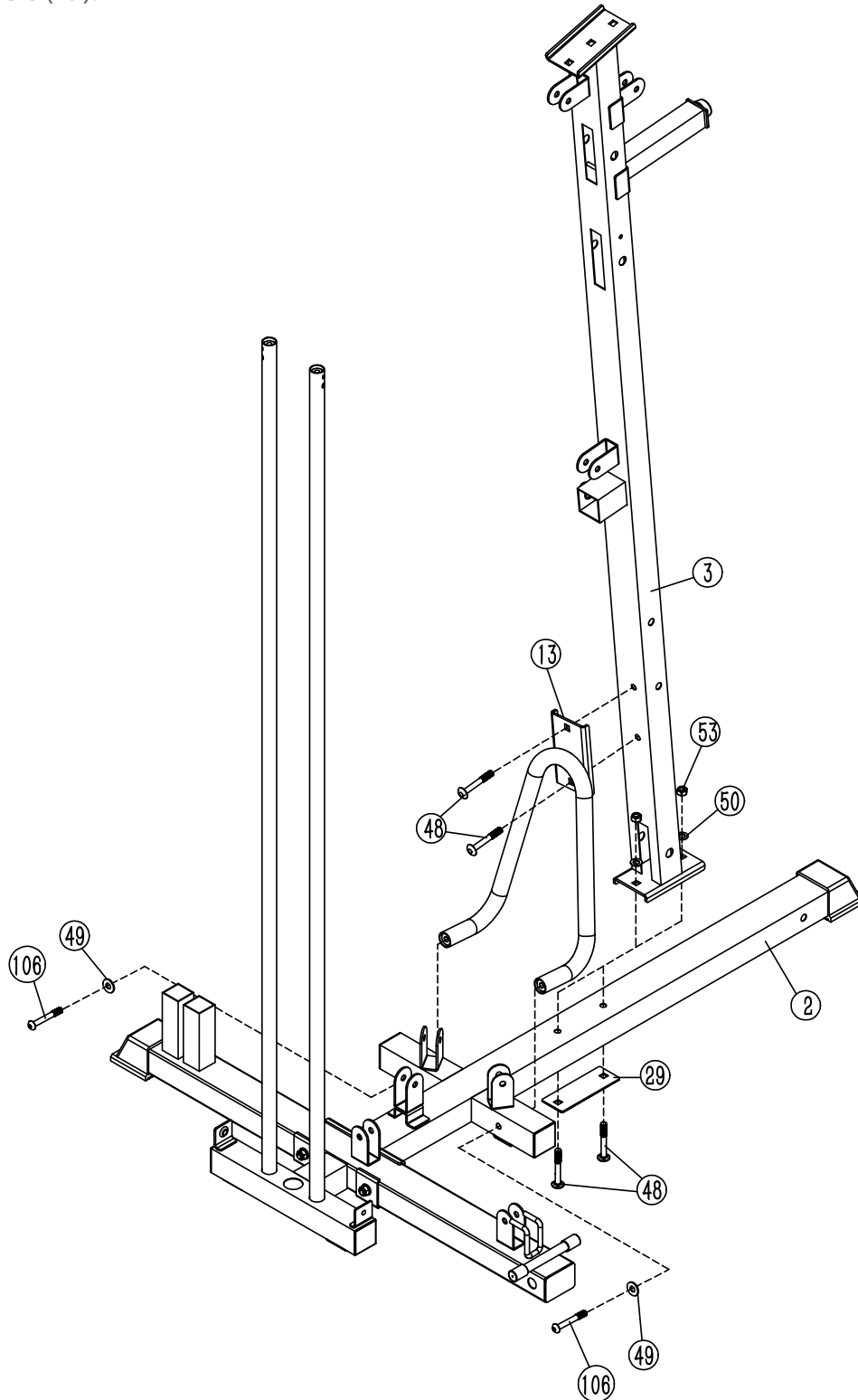
1. Assemble the front stabilizer (2) onto the rear stabilizer (1) with two connecting brackets (28), two bolts (47), two washers (50) and two nuts (53).



28 x 2

Step 3: Assembly of the Vertical Frame

1. Assemble the vertical frame (3) onto the front stabilizer (2) with a long bracket (29), two bolts (48), two washers (50) and two nuts (53).
2. Assemble the vertical support frame (13) onto the vertical frame (3) with two bolts (48).
3. Assemble the vertical support frame (13) to the front stabilizer (2) with two bolts (106) and two washers (49).

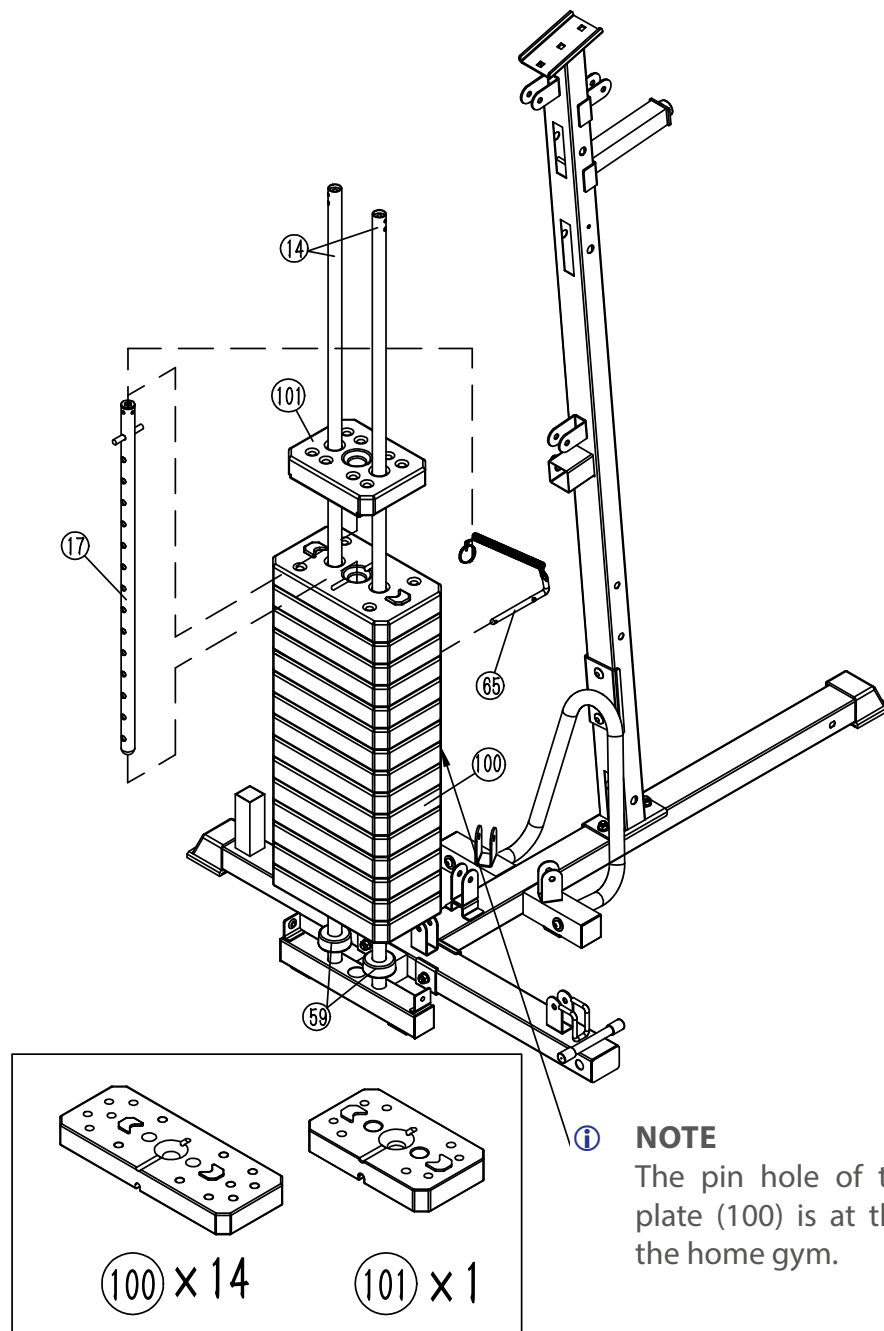


Step 4: Assembly of the Weight Plates

► ATTENTION

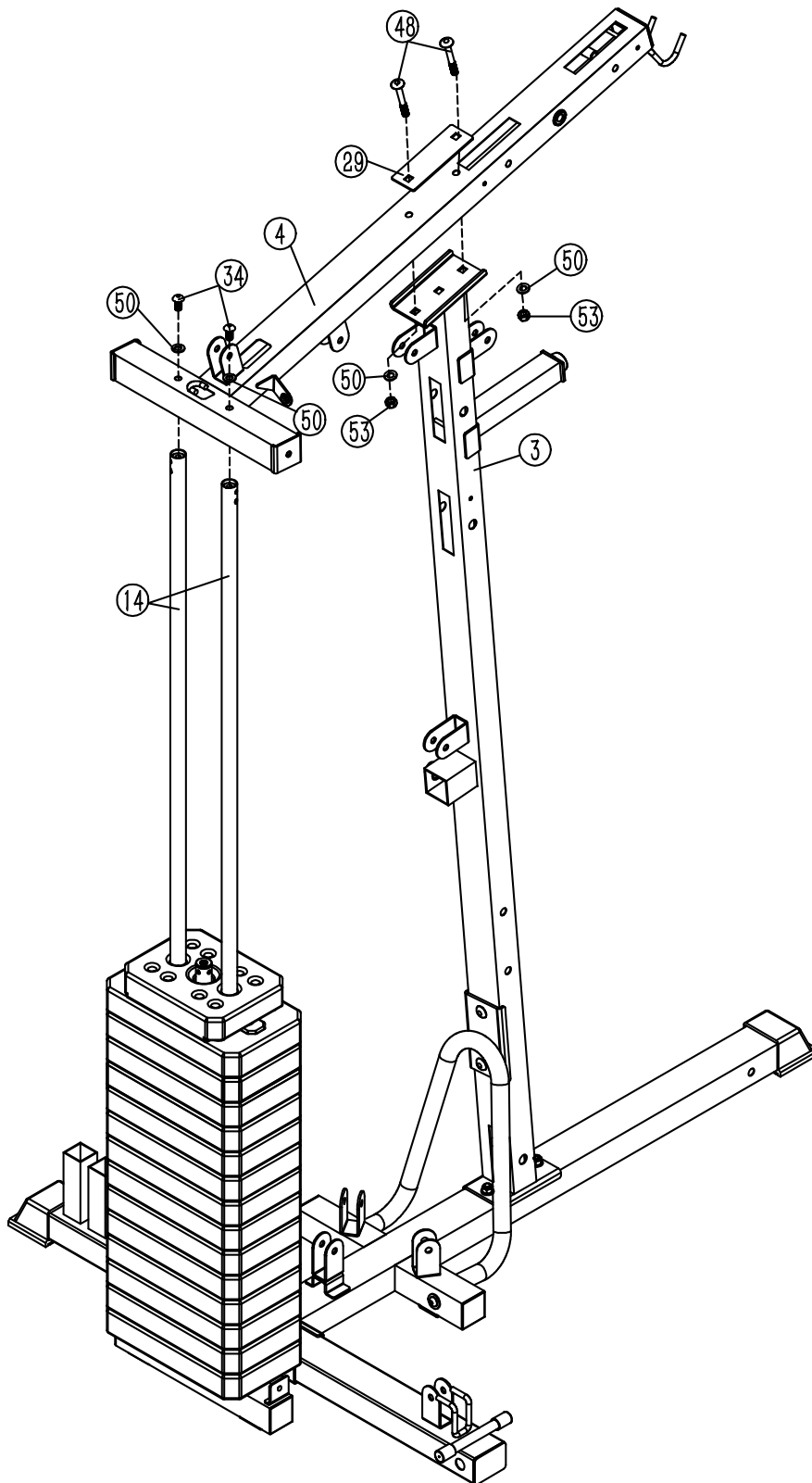
Make sure the weight plates are positioned correctly (see figure).

1. Slide one rubber bumper (59) over each guide rod (14).
2. Slide each individual weight plate (100) over the guide rods (14).
3. Insert the selector rod (17) into the center of the weight block.
4. Slide the upper plate (101) over the guide rods (14).
5. Insert the weight select pin (65) into one of the weight plates (100).
6. Slide the ring of the weight select pin (65) onto the selector rod (17).



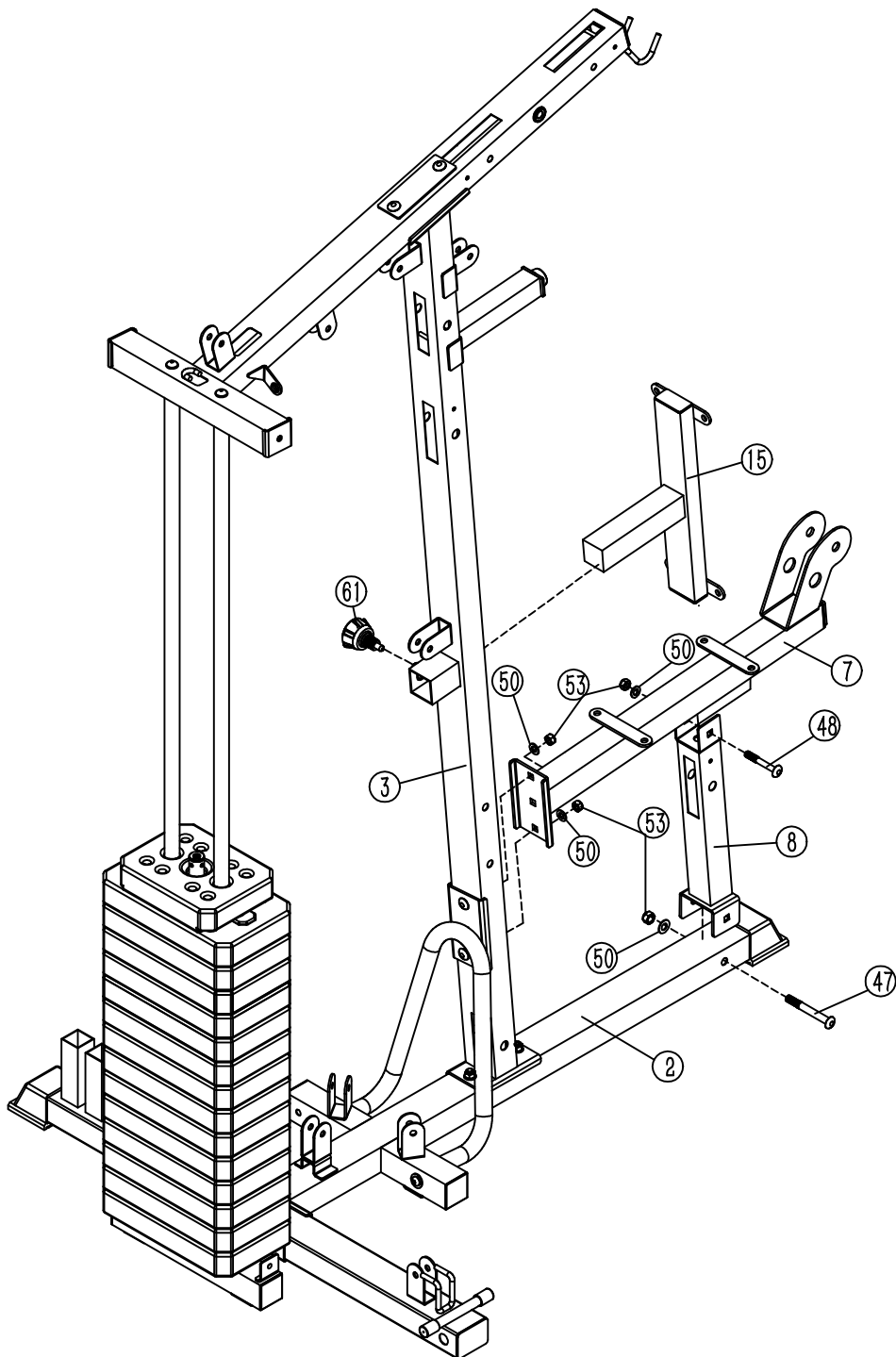
Step 5: Assembly of the Upper Frame

1. Assemble the upper frame (4) onto 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 a long bracket (29).



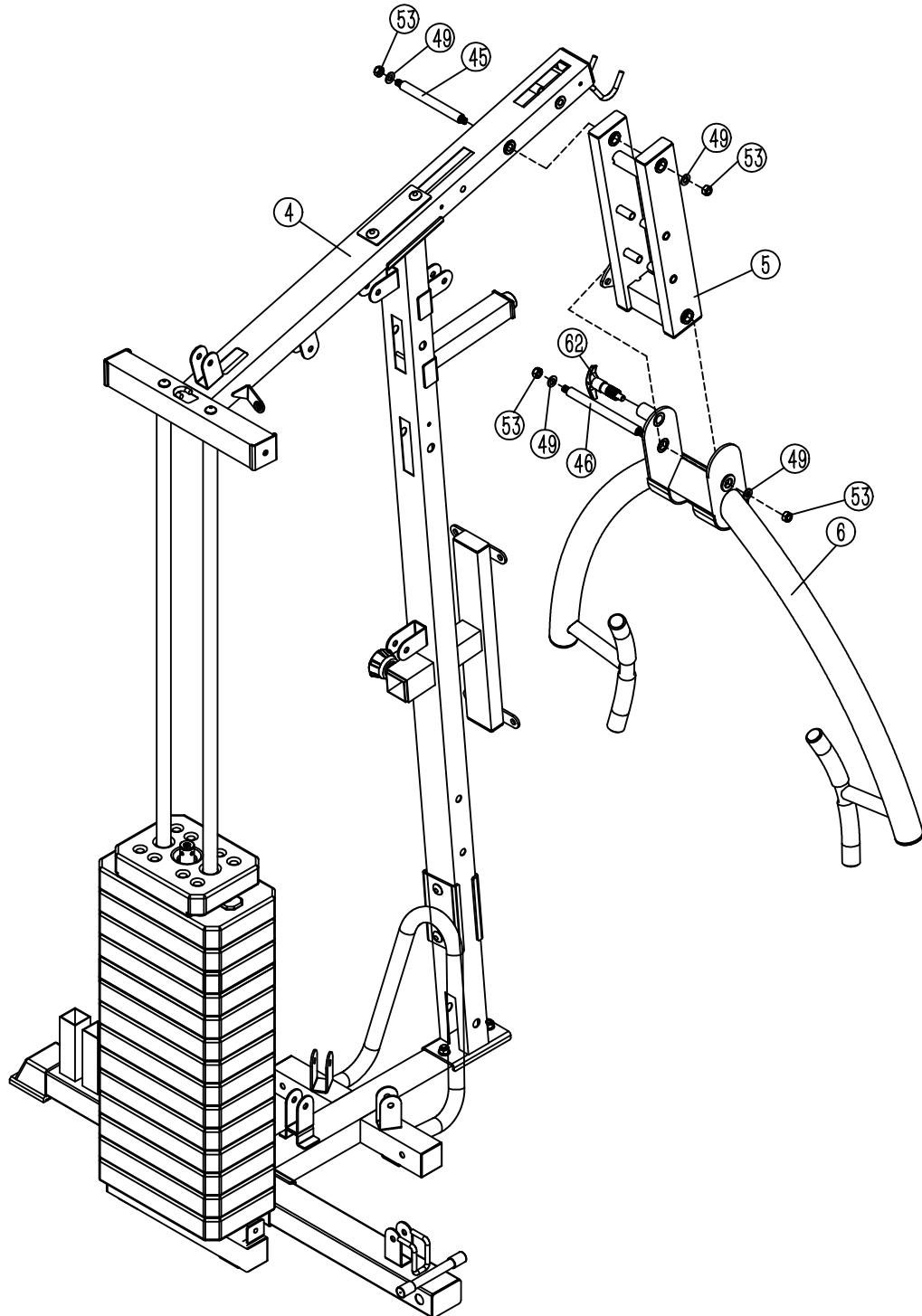
Step 6: Assembly of the Seat Support Frame

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



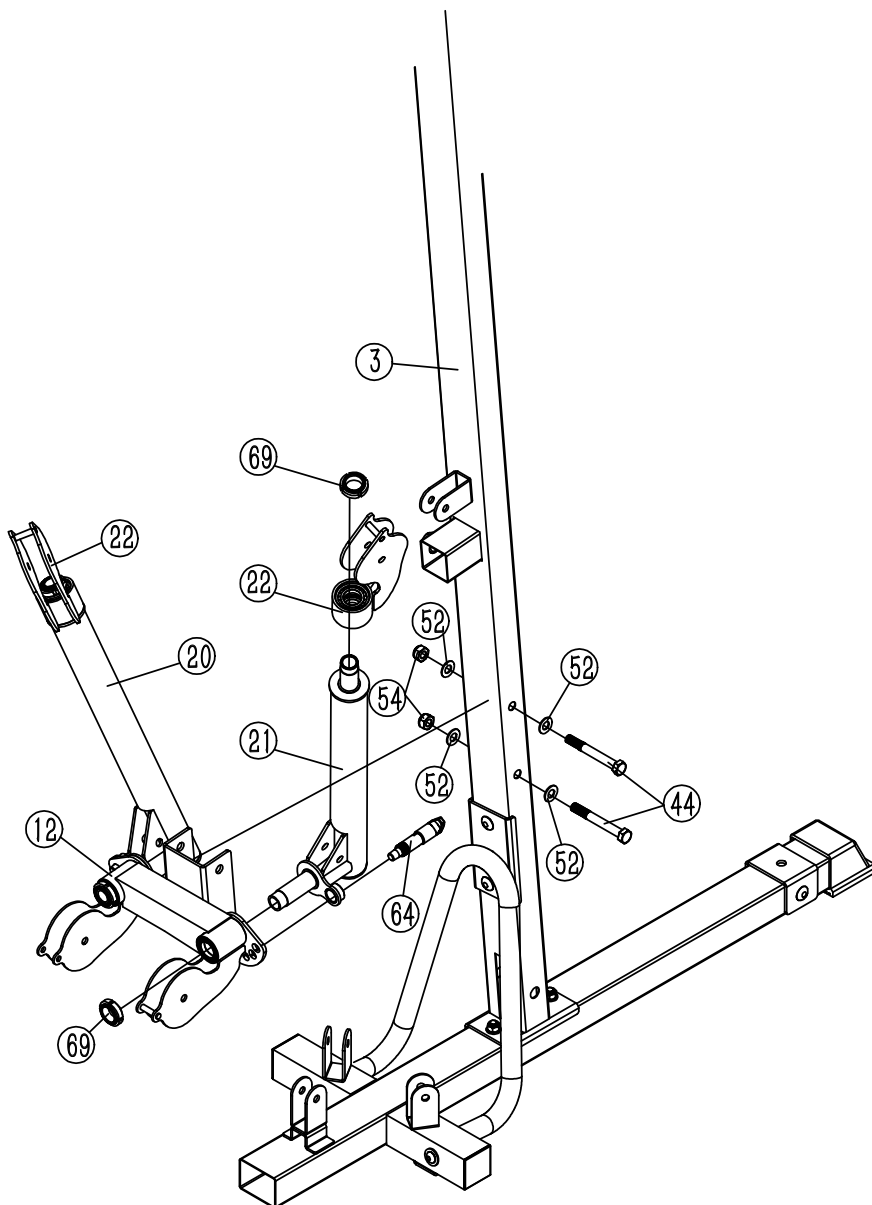
Step 7: Assembly of the Front Press

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).
3. Fasten the position of the front press base (5) with the pin (62).



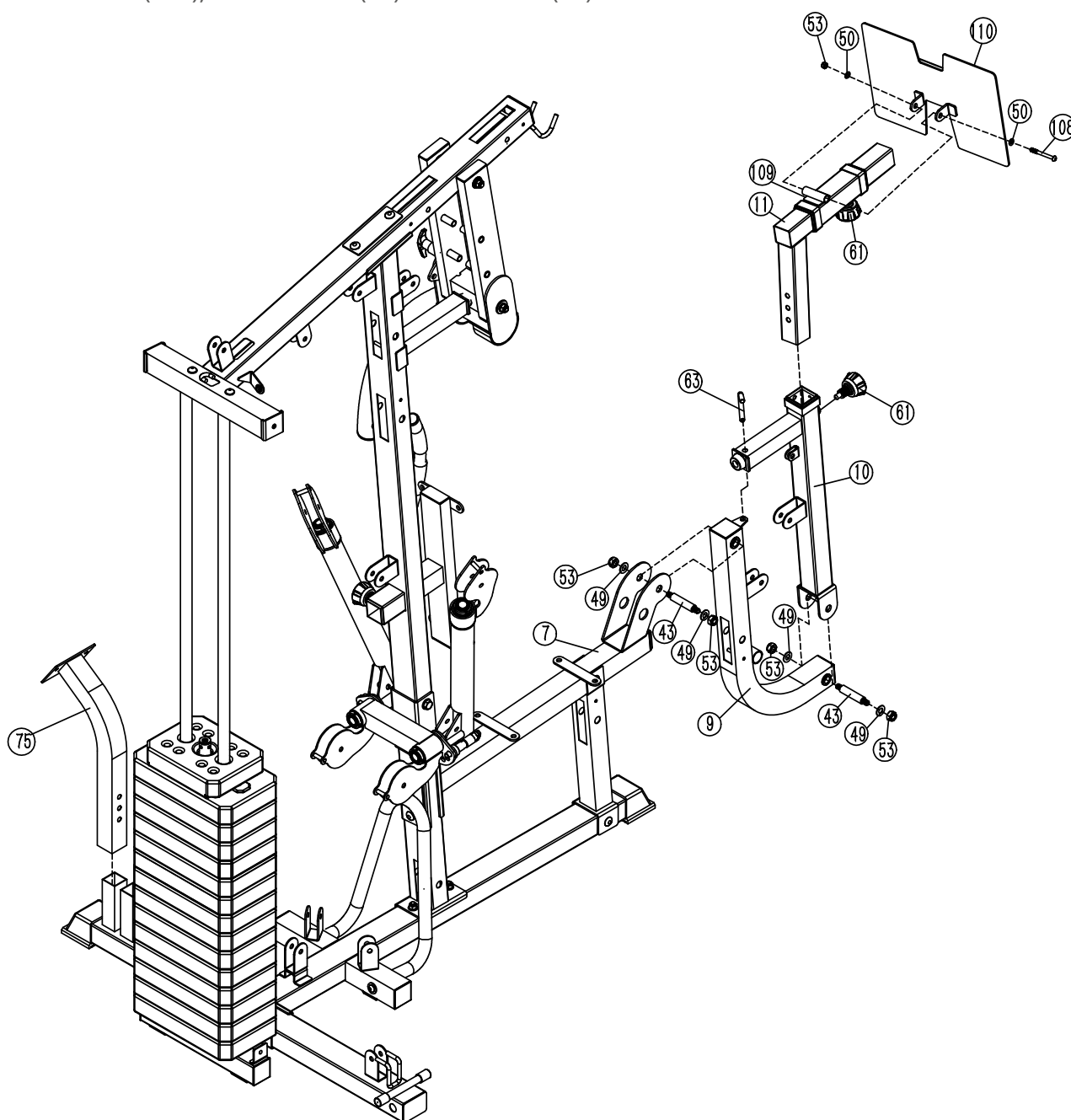
Step 8: Assembly of the Cable Support

1. Assemble the cable crossover support (12) onto the vertical frame (3) with two bolts (44), four washers (52) and two nuts (54).
2. Assemble the left and right cable crossover arms (20 & 21) onto the cable crossover support (12).
3. Attach one T shaped pin (64) on each crossover arm (20 & 21).
4. Attach the cable crossover pulley bracket (22) onto the crossover arms (20 & 21) with two nuts (69).
5. Fasten the position of the left and right crossover arms (20 & 21) on the cable crossover support (12) with the T shaped pin (64).



Step 9: Assembly of the Leg Press

1. Assemble the front leg developer (9) onto the slant support (7) with one axle (43), two washers (49) and two nuts (53).
2. Assemble the leg press support (10) onto the front leg developer (9) with one axle (43), two washers (49) and two nuts (53).
3. Fasten the position with the L shaped pin (63).
4. Fasten the position of the leg press frame (11) on the leg press support (10) with a lock pin (61).
5. Assemble the leg press platform adjustment slider (109) onto the leg press frame (11).
6. Secure the the position with a lock pin (61).
7. Assemble the leg press platform (110) on the leg press platform adjustment slider (109) with one bolt (108), two washers (50) and one nut (53).



Step 10: Assembly of the Upper Cable

Read through the assembly steps first. Assemble the cable and the pulleys at the same time.

► **ATTENTION**

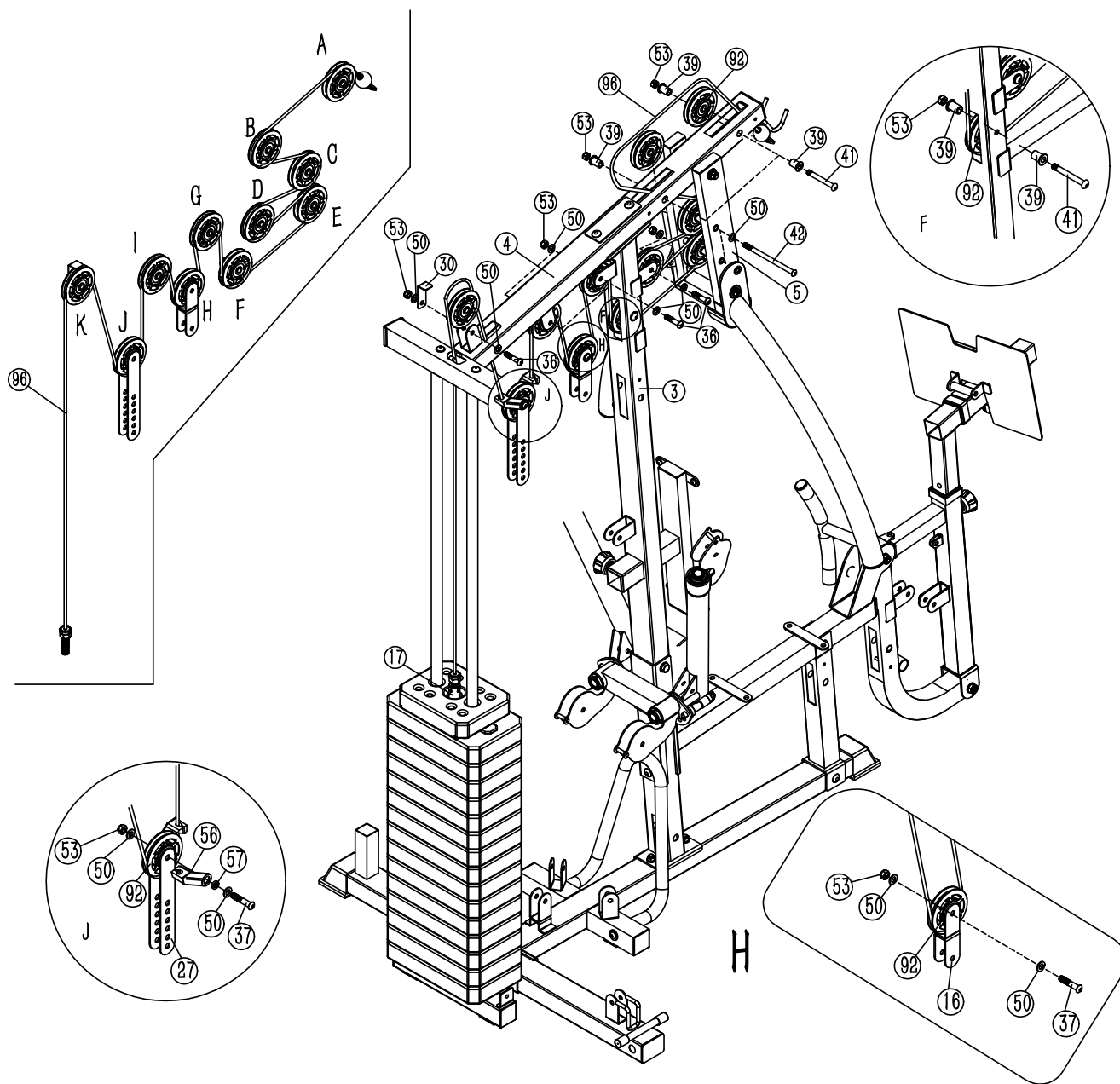
During assembly, please refer to the figure on page 27.

1. String the upper cable (96) through the upper frame (4).

❗ **NOTICE**

Note that the ball on the cable limits the cable length. The ball prevents the cable from slipping through the pulleys.

2. Assemble the pulley A (92) to the upper frame (4) with one bolt (41), two pulley sleeves (39) and one nut (53).
3. Assemble the pulley B (92) to the upper frame (4) with one bolt (41), two pulley sleeves (39) and one nut (53).
4. Assemble the pulley C (92) to the front press base (5) with one bolt (42), two washers (50) and one nut (53).
5. Assemble the pulley D (92) to the vertical frame (3) with one bolt (36), two washers (50) and one nut (53).
6. Assemble the pulley E (92) to the front press base (5) with one bolt (42), two washers (50) and one nut (53).
7. Assemble the pulley F (92) to the vertical frame (3) with one bolt (41), two pulley sleeves (39) and one nut (53).
8. Assemble the pulley G (92) to the vertical frame (3) with one bolt (36), two washers (50) and one nut (53).
9. Assemble the pulley H (92) to the pulley bracket (16) with one bolt (37), two washers (50) and one nut (53).
10. Assemble the pulley I (92) to the upper frame (4) with one bolt (36), two washers (50) and one nut (53).
11. Assemble the pulley J (92) to the pulley connecting bracket (27) with one bolt (37), two washers (50), two sleeves (57), two cable fixers (56) and one nut (53).
12. Assemble the pulley K (92) to the upper frame (4) with one bolt (36), two washers (50), one L bracket (30) and one nut (53).
13. String the upper cable (96) through the pulleys (figure on page 26)
14. Screw the end of the upper cable (96) into the selector rod (17).



Step 11: Assembly of the Shoulder Cable

Read through the assembly steps first. Assemble the cable and the pulleys at the same time.

► **ATTENTION**

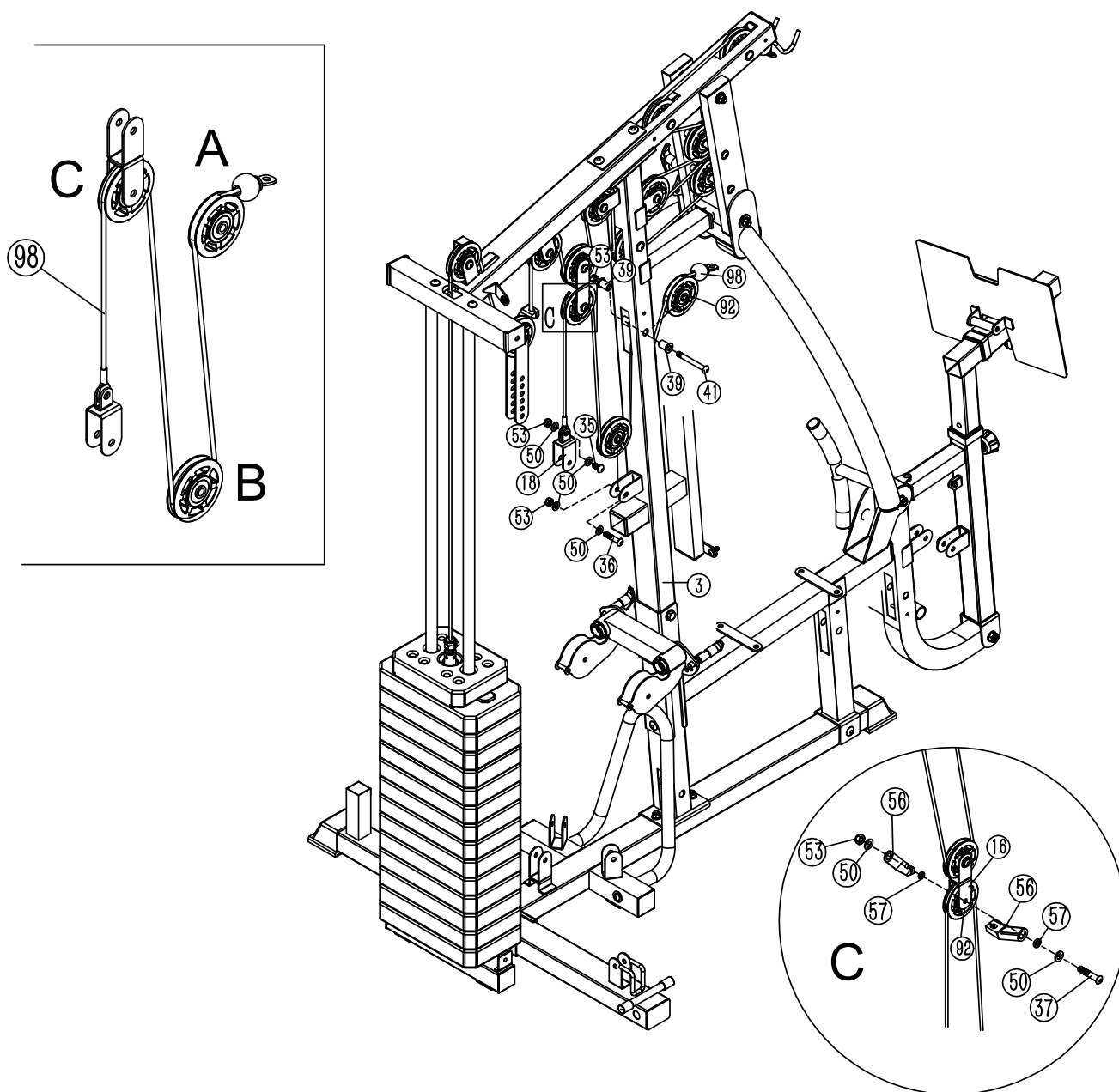
During assembly, please refer to the figure on page 29.

1. String the shoulder cable (98) through the opening of the vertical frame (3).

① **NOTICE**

Note that the ball on the cable limits the cable length. The ball prevents the cable from slipping through the pulleys.

2. Assemble pulley A (92) to the vertical frame (3) with one bolt (41), two pulley sleeves (39) and one nut (53).
3. Assemble the pulley B (92) to the vertical frame (3) with one bolt (36), two washers (50) and one nut (53).
4. Assemble the pulley C (92) to the pulley bracket (16) with one bolt (37), two sleeves (57), two cable fixers (56), two washers (50) and one nut (53).
5. String the shoulder cable (98) through the pulleys (92) (figure on page 28).
6. Fasten the end of the shoulder cable (98) to the single pulley assembly (18) with one bolt (35), two washers (50) and one nut (53).



Step 12: Assemble of the Crossover Cable

Read through the assembly steps first. Assemble the cable and the pulleys at the same time.

► **ATTENTION**

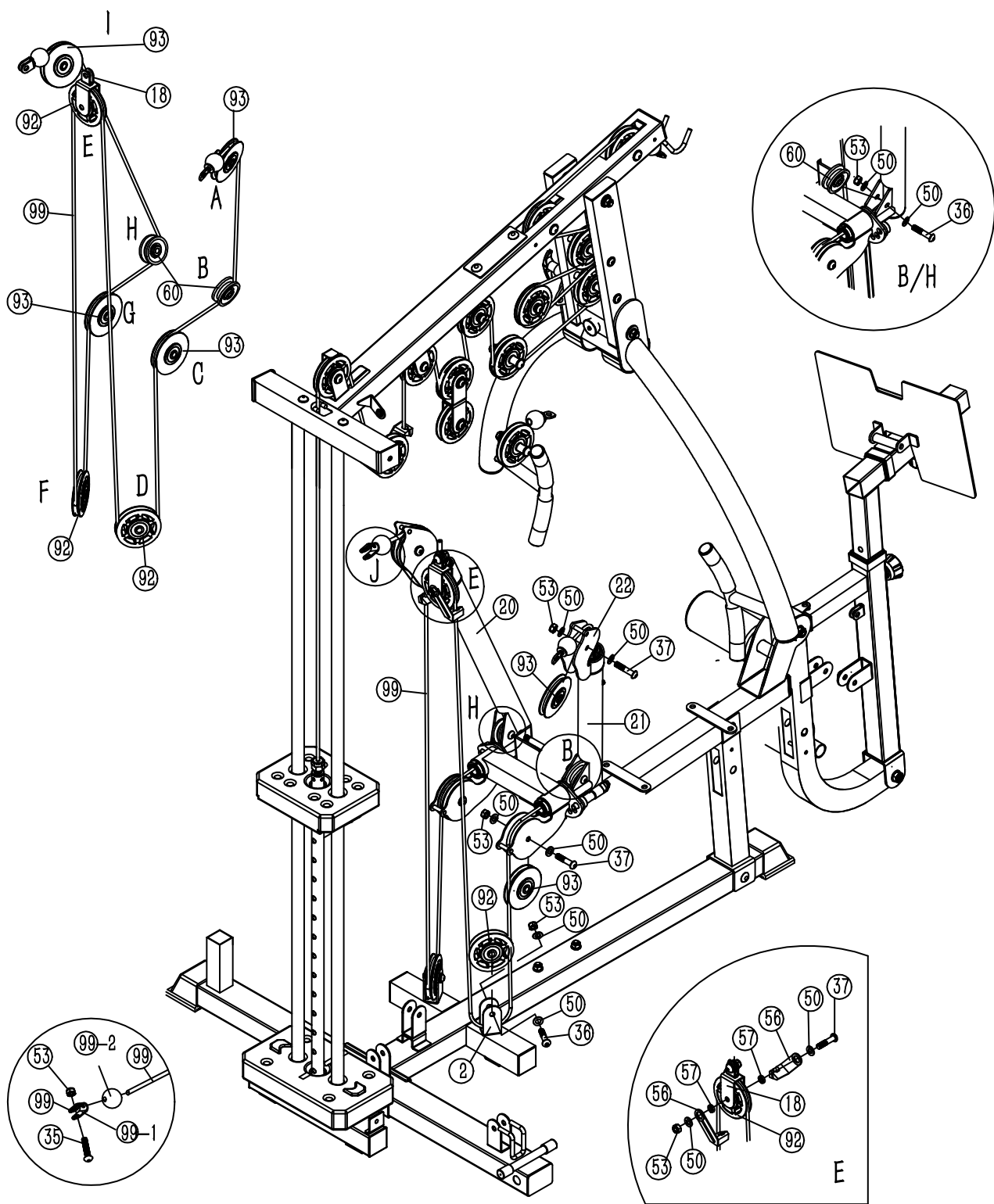
During assembly, please refer to the figure on page 31.

1. String the cable crossover cable (99) through the opening of the cable crossover pulley bracket (22).

❗ **NOTICE**

Note that the ball on the cable limits the cable length. The ball prevents the cable from slipping through the pulleys.

2. Assemble the pulley A (93) to the cable crossover pulley bracket (22) with one bolt (37), two washers (50) and one nut (53).
3. Assemble the pulley B (60) to the right cable crossover arm (21) with one bolt (36), two washers (50) and one nut (53).
4. Assemble the pulley C (93) to the cable crossover support (12) with one bolt (37), two washers (50) and one nut (53).
5. Assemble the pulley D (92) to the front stabilizer (2) with one bolt (36), two washers (50) and one nut (53).
6. Assemble the 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 the pulley F (92) to the front stabilizer (2) with one bolt (36), two washers (50) and one nut (53).
8. Assemble the pulley G (93) to the cable crossover support (12) with one bolt (37), two washers (50) and one nut (53).
9. Assemble the pulley H (60) to the left cable crossover arm (20) with one bolt (36), two washers (50) and one nut (53).
10. Assemble the pulley I (93) to the left cable crossover arm (20) with one bolt (37), two washers (50) and one nut (53).
11. String the cable crossover cable (99) through the pulleys (figure on page 30).
12. Fasten the end of the cable crossover cable (99-1) to the knob (99-2) with one bolt (35) and one nut (53).



Step 13: Assembly of the Lower Cable

Read through the assembly steps first. Assemble the cable and the pulleys at the same time.

► **ATTENTION**

During assembly, please refer to the figure on page 33.

1. String the low cable (97) through the opening of the rear stabilizer (1).

❗ **NOTICE**

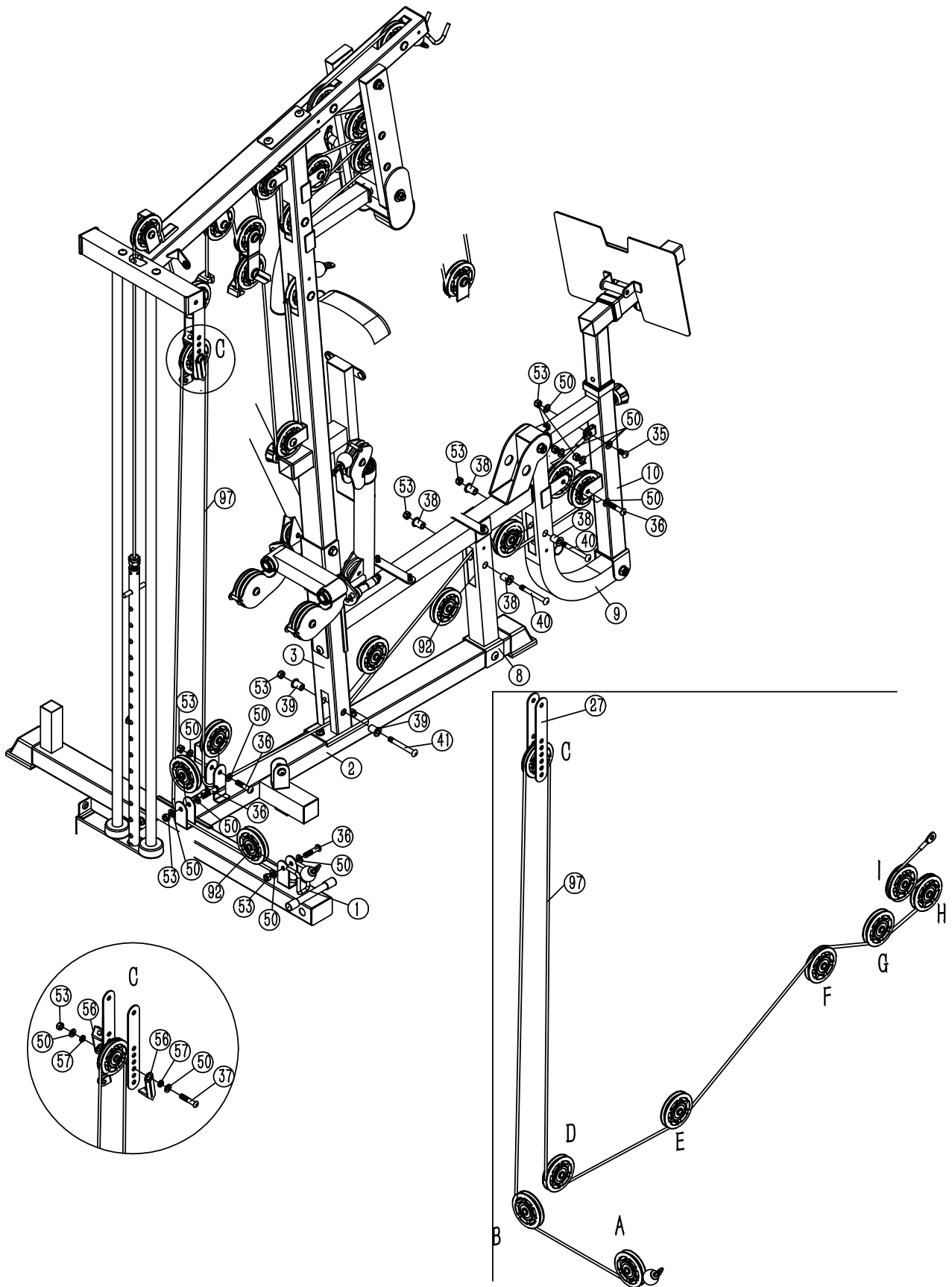
Note that the ball on the cable limits the cable length. The ball prevents the cable from slipping through the pulleys.

2. Assemble the pulley A (92) to the rear stabilizer (1) with one bolt (36), zwei Unterlegscheiben (50) and one nut (53).
3. Assemble the pulley B (92) to the rear stabilizer (1) with one bolt (36), two washers (50) and one nut (53).
4. Assemble the pulley C (92) to the pulley connecting bracket (27) with one bolt (37), two washers (50), two sleeves (57), two cable fixers (56) and one nut (53).
5. Assemble the pulley D (92) to the front stabilizer (2) with one bolt (36), two washers (50) and one nut (53).
6. Assemble the pulley E (92) to the vertical frame (3) with one bolt (41), two pulley sleeves (39) and one nut (53).
7. Assemble the pulley F (92) to the seat support frame (8) with one bolt (40), two pulley sleeves (38) and one nut (53).
8. Assemble the pulley G (92) to the front leg developer (9) with one bolt (40), two pulley sleeves (38) and one nut (53).
9. Assemble the pulley H (92) to the leg press support (10) with one bolt (36), two washers (50) and one nut (53).
10. Assemble the pulley I (92) to the front leg developer (9) with one bolt (36), two washers (50) and one nut (53).
11. String the low cable (97) through the pulleys (figure on page 32).
12. Fasten the end of the low cable (97) to the leg press support (10) with one bolt (35), two washers (50) and one nut (53).

❗ **NOTICE**

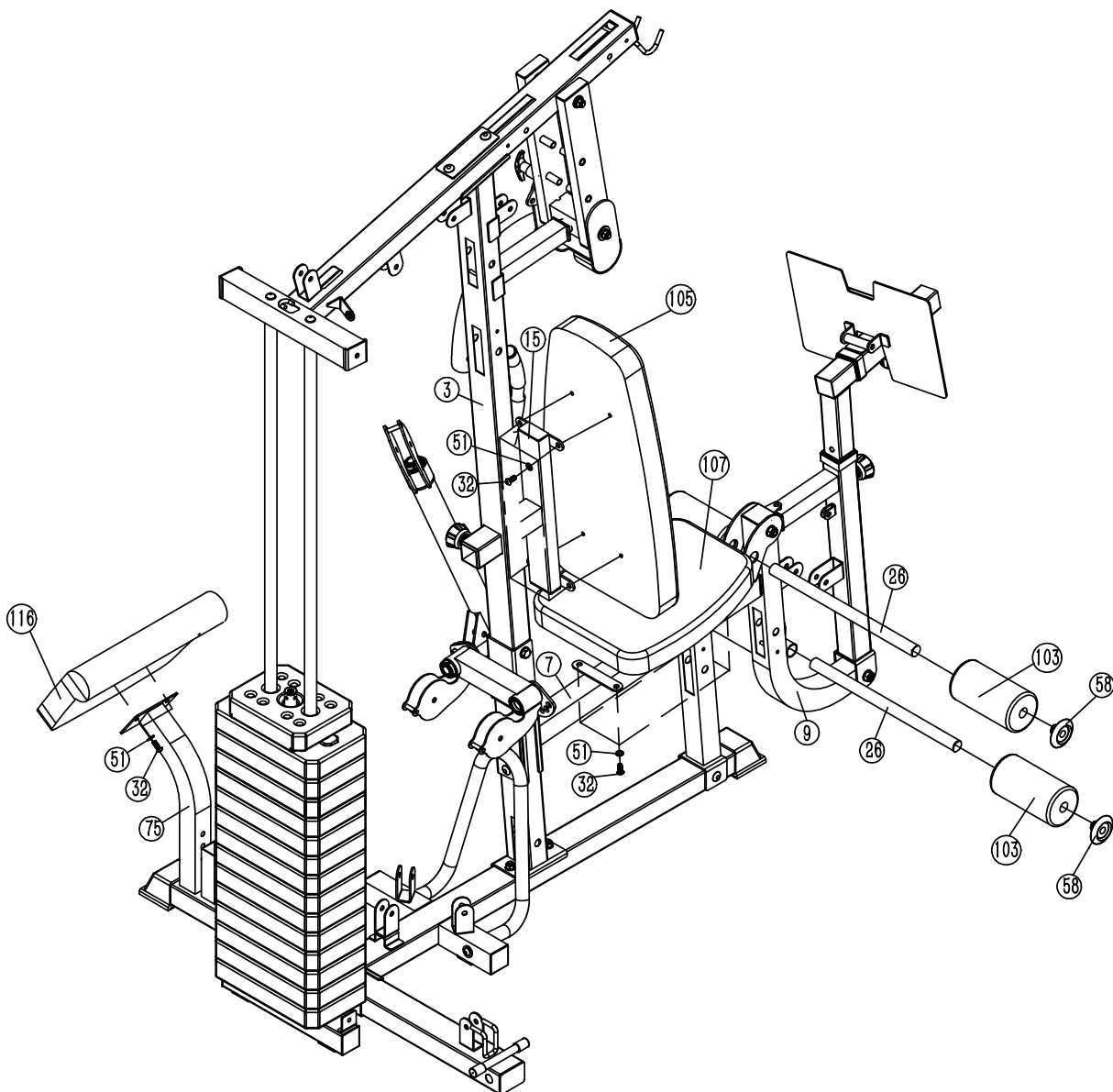
Adjust the tension of the cables by either tightening or loosening the screw at the end of the cables.

→ *The cable assembly is completed.*



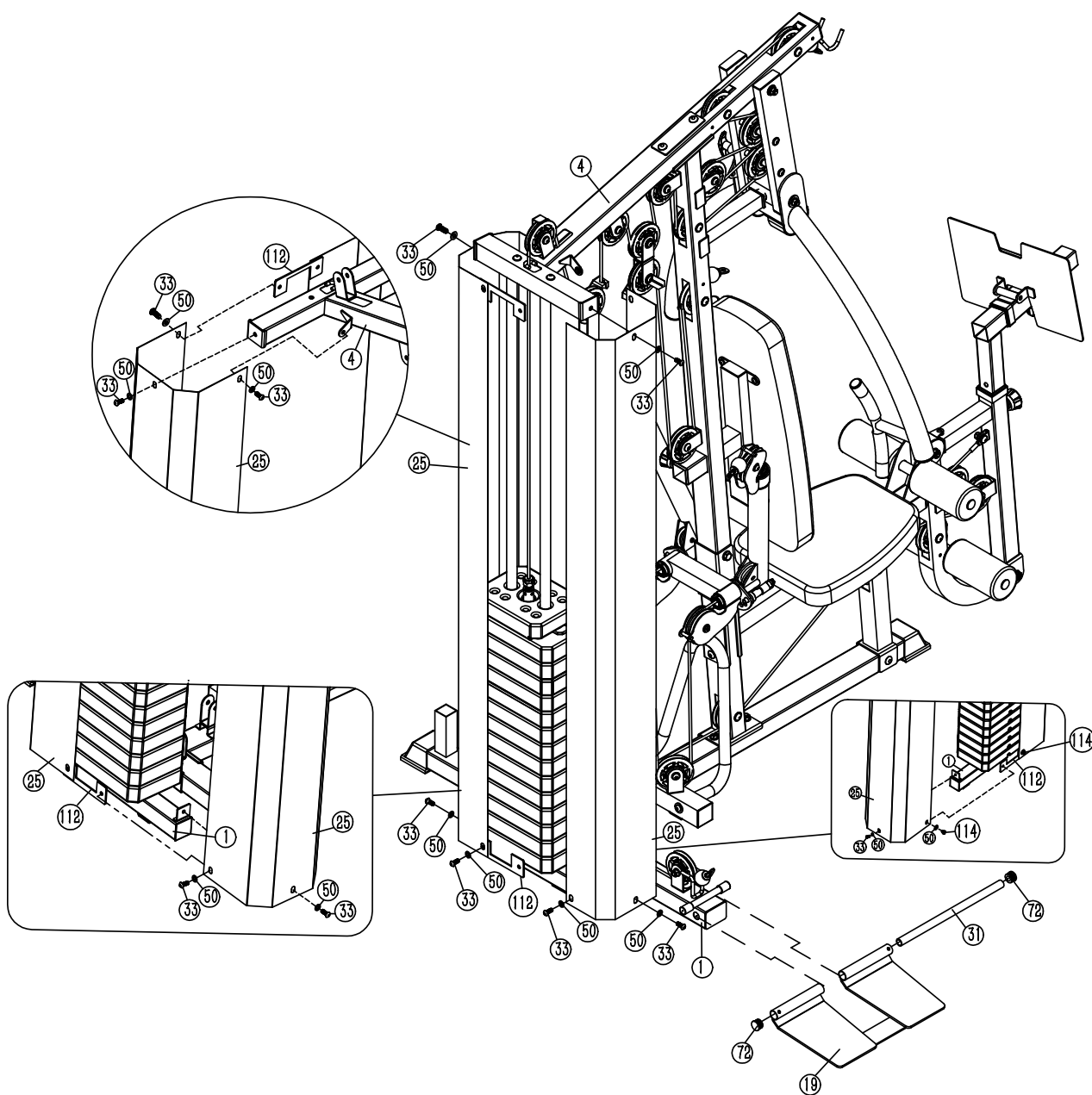
Step 14: Assembly of the Front Leg Developer

1. Assemble the backrest pad (105) to the backrest frame (15) with four bolts (32) and four washers (51).
2. Assemble the the seat pad (107) to the slant support (7) with four bolts (32) and four washers (51).
3. Insert the foam roll tube (26) into the front leg developer (9).
4. Slide one foam (103) onto each end of the foam roll tube (26).
5. Secure the foams (103) with two foams caps on each end (58).
6. Repeat step 3-5 for the second opening of the slant support (7).



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

1. Assemble the weight stack covers (25) to the upper frame (4) and the rear stabilizer (1) with six bolts (33) and six washers (50).
2. Assemble the bracket for weight stack protection (112) on the back of the weight stack cover (25) with four bolts (33) and four washers (50).
3. Assemble the bracket for the weight stack protection (112) on the front of the weight stack cover (25) with four bolts (114) and four washers (50).
4. Assemble the foot pedal (19) to the rear stabilizer (1) with the foot pedal axle (31).
5. Secure the ends of the foot pedal axle (31) with one end cap each (72).
6. Tighten all screws on the device.



Step 16: Assembly of Accessories

1. Assemble the short bar (24) to the low cable (97) with a chain (67) and two gourd hooks (68).
2. Assemble the lat bar (23) to the upper cable (96) with a chain (66) and two gourd hooks (68).
3. Assemble the triceps rope (102) to the cable crossover cable (99).



RISK OF INJURY

Please note that leg exercises are only possible once the leg press platform (110) and the leg press frame (11) have been removed.



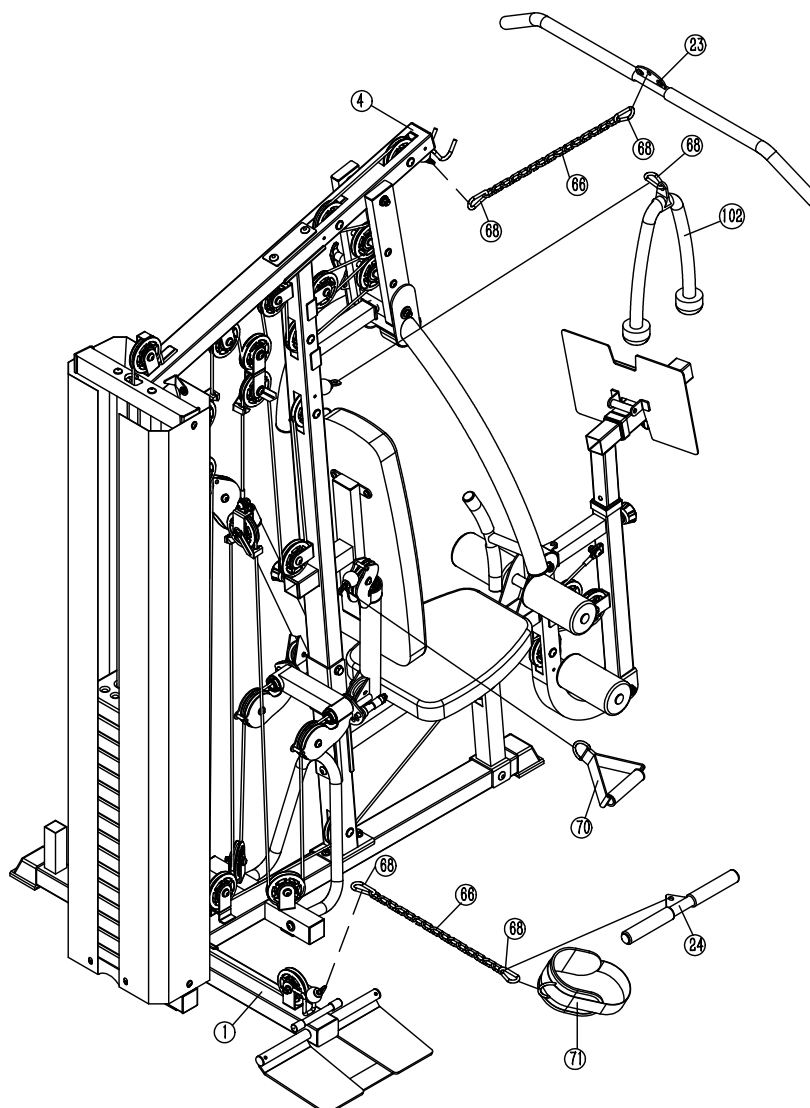
RISK OF INJURY

Please note that the short bar has to be removed if you want to use the straps (70, 71 & 117).



RISK OF INJURY

During training, store the lat bar (23) on the upper frame (4).



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.

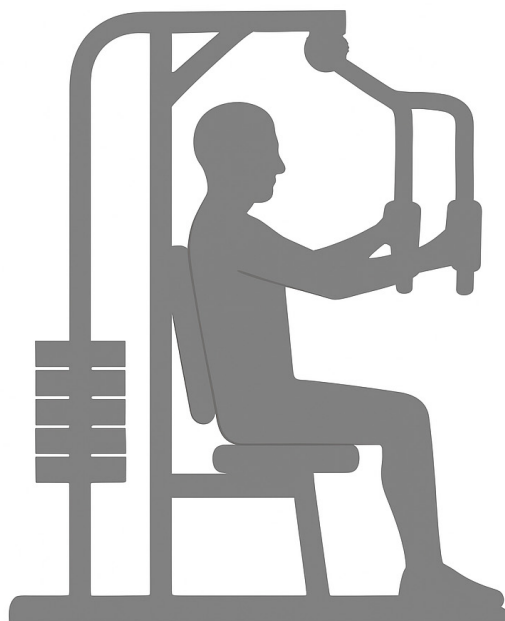
Warm-up exercise:

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.

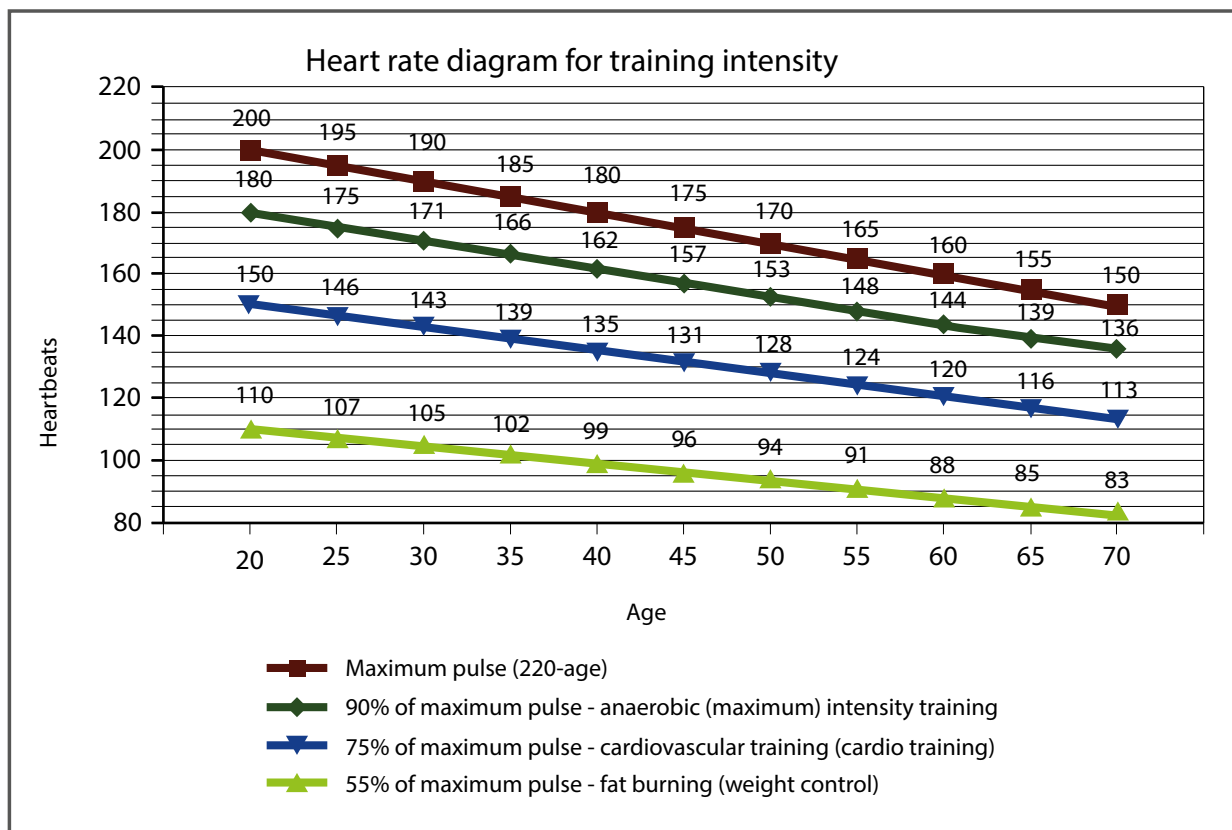
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

5.3 Maintenance and Inspection Calendar

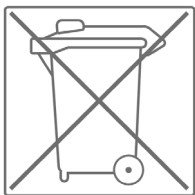
To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

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. Alternatively, you can use the QR-code provided. 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

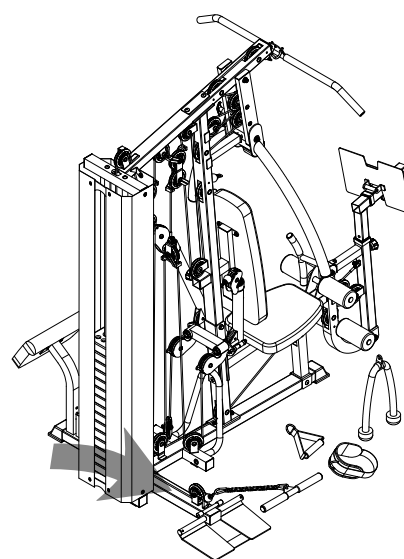
8.1 Serial Number and Model Name

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. The exact position of this sticker is shown in the following illustration.

Enter the serial number in the appropriate field.



Serial number:

Brand / Category:

Model Name:

SKU:

8.2 Parts List

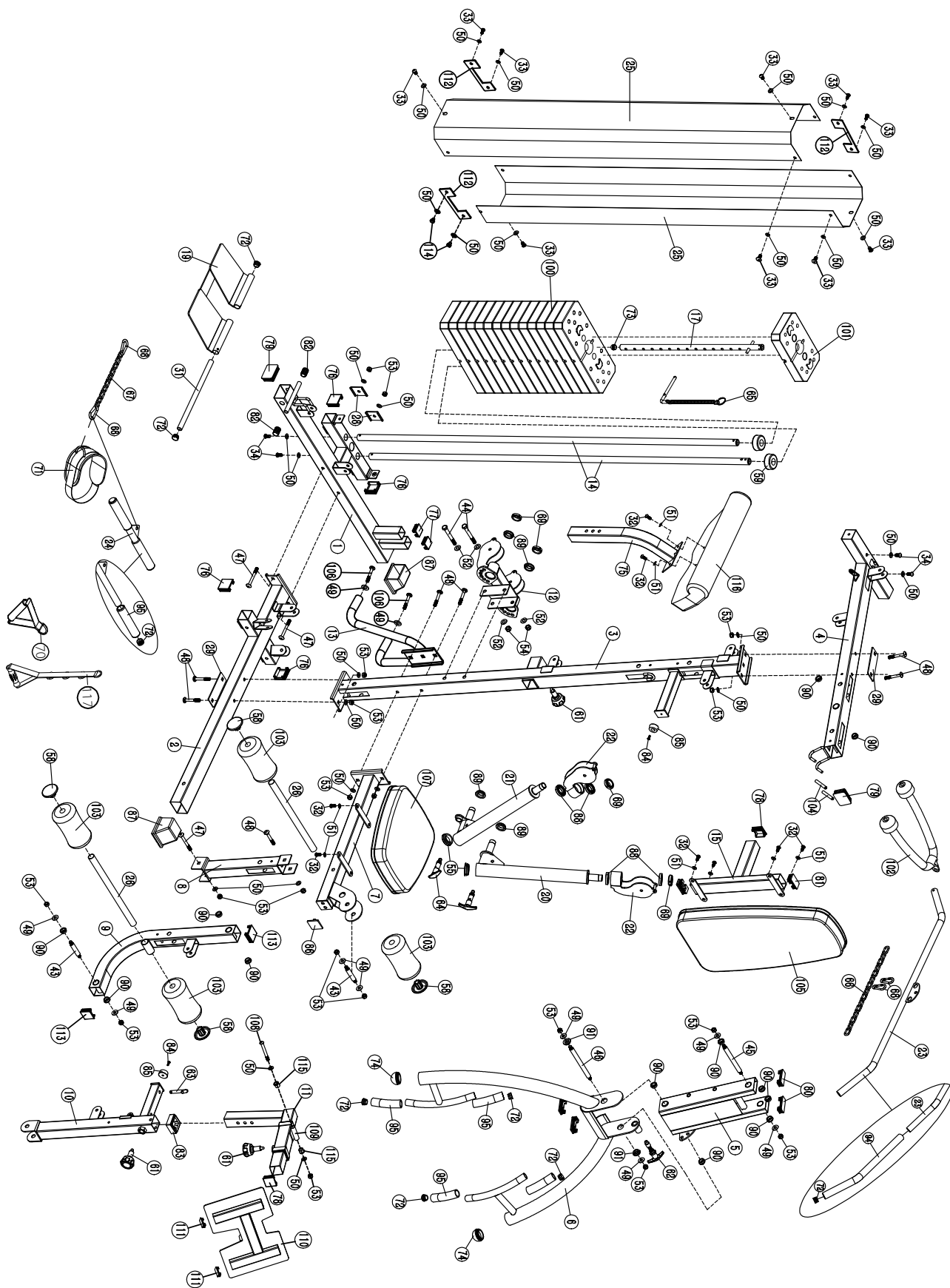
No.	Name	Qty.
1	Rear Stabilizer	1
2	Front Stabilizer	1
3	Vertical Frame	1
4	Upper Frame	1
5	Front Press Base	1
6	Front Press Frame	1
7	Slant Support	1
8	Seat Support Frame	1
9	Front Leg Developer	1
10	Leg Press Support	1
11	Leg Press Frame	1
12	Cable Crossover Support	1
13	Vertical Support Frame	1
14	Guide Rod	2
15	Backrest Frame	1
16	Pulley Bracket	1
17	Selector Rod 14+1	1
18	Single Pulley Assembly	1
19	Foot Pedal	1
20	Left Cable Crossover Arm	1
21	Right Cable Crossover Arm	1
22	Cable Crossover Pulley Bracket	2
23	Lat Bar	1
24	Short Bar	1
25	Weight Stack Cover	2
26	Foam Roll Tube	2
27	Pulley Connecting Bracket	2
28	Bracket	2
29	Long Bracket	2
30	L Bracket	1
31	Foot Pedal Axle	1

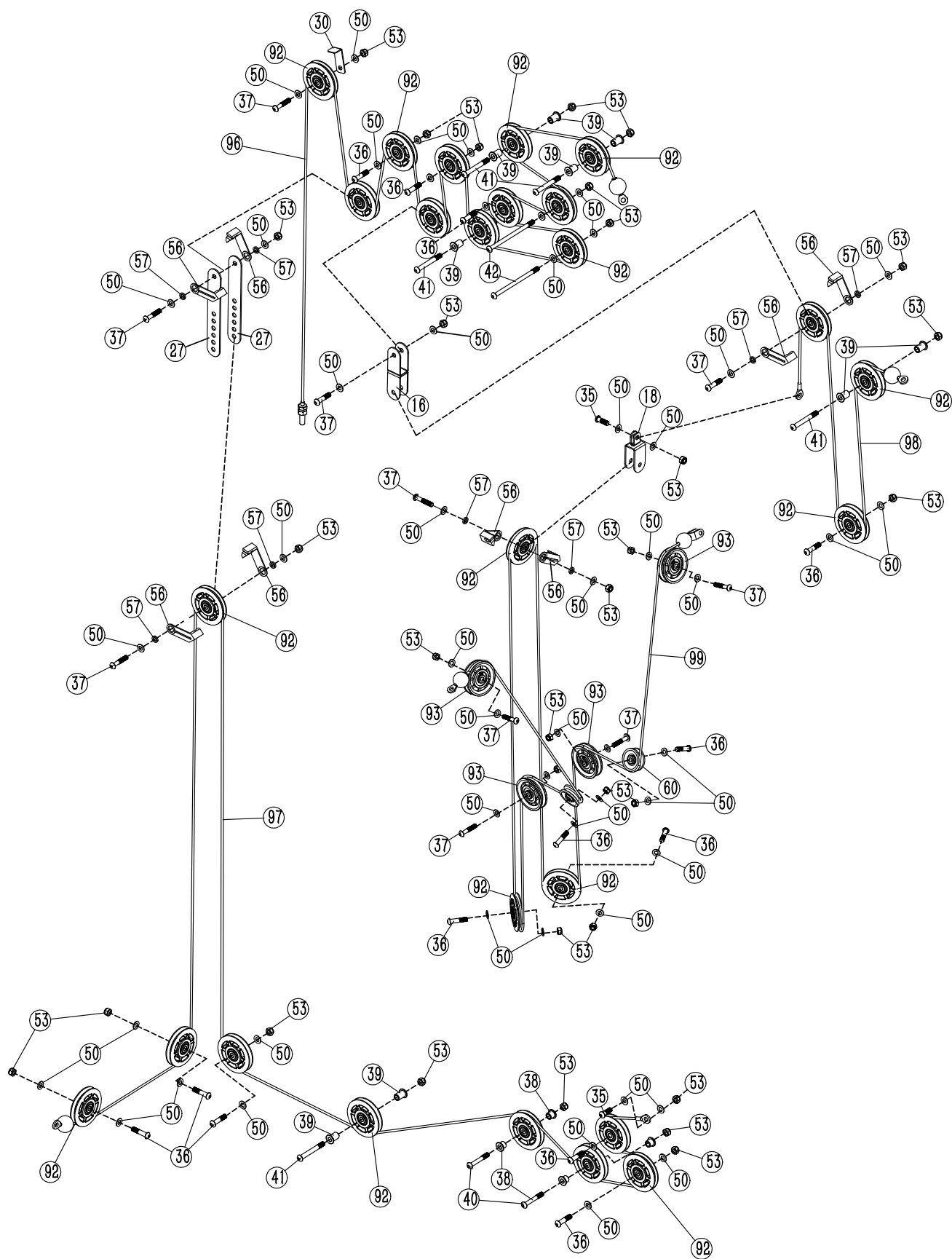
No.	Name	Qty.
32	Allen Bolt (M8*18)	8
33	Allen Bolt (M10*16)	4
34	Allen Bolt (M10*20)	4
35	Allen Bolt (M10*30)	3
36	Allen Bolt (M10*45)	13
37	Allen Bolt (M10*50)	10
38	Pulley Sleeve (L=15)	4
39	Pulley Sleeve (L=25.5)	10
40	Allen Bolt (M10*65)	2
41	Allen Bolt (M10*85)	5
42	Allen Bolt (M10*160)	2
43	Axle (ø16*64*M10*2)	2
44	Hex Bolt (M12*95)	2
45	Axle (ø16*172*M10)	1
46	Axle (ø16*198*M10)	1
47	Carriage Bolt (M10*90)	3
48	Carriage Bolt (M10*70)	7
49	Washer (ø25*10.5*61.5)	10
50	Washer (ø10)	82
51	Washer (ø8)	8
52	Washer (ø12)	4
53	Aircraft Nut (M10)	54
54	Aircraft Nut (M12)	2
55	End Cap (ø50*2.0)	2
56	Cable Fixer	8
57	Sleeve	8
58	Foam Cap (ø25*1.2)	4
59	Rubber Bumper	2
60	Pulley (ø58)	2
61	Lock Pin (ø53*M18*ø10)	2
62	Pin (L=80)	1
63	L Shaped Pin (ø10*85*35)	1

64	T Shaped Pin (M18*1.5*ø12)	2
65	Weight Select Pin	1
66	Chain (15 Joints)	1
67	Chain (10 Joints)	1
68	7# Gourd Hook	7
69	Aircraft Nut (M24*1.5)	4
70	Single Strap	2
71	Anckle Strap	1
72	End Cap (ø25*1.5)	10
73	End Cap (ø25*2.0)	1
74	End Cap (ø50*1.5)	2
75	End Cap (ø45*2.0)	2
76	End Cap (ø50*1.5)	4
77	End Cap (ø38*1.5)	1
78	End Cap (ø45*1.5)	3
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)	3
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
96	Upper Cable (3960mm)	1
97	Low Cable (5200mm)	1
98	Shouler Cable (1880mm)	1

99	Cable Crossover Cable (4830mm)	1
100	Weight Plate (15LBS)	14
101	Upper Plate (10LBS)	1
102	Triceps Rope	1
103	Foam	4
104	Handle Cover (ø8*70)	2
105	Backrest Pad	1
106	Allen Bolt (M10*70)	2
107	Seat Pad	1
108	Allen Bolt (M10*90)	1
109	Leg Press Platform Adjustment Slider	1
110	Leg Press Platform	1
111	End Cap (20*40*1.5)	4
112	Bracket for Weight Stack Protection Panel	3
113	End Cap (ø50*2.0)	2
114	Hex Bolt (M10*16)	2
115	Bushing (ø8*ø10*12)	2
116	Handle Grip (ø25*105)	2
117	Single Strap	2

8.3 Exploded Drawing





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

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

WE LIVE FITNESS

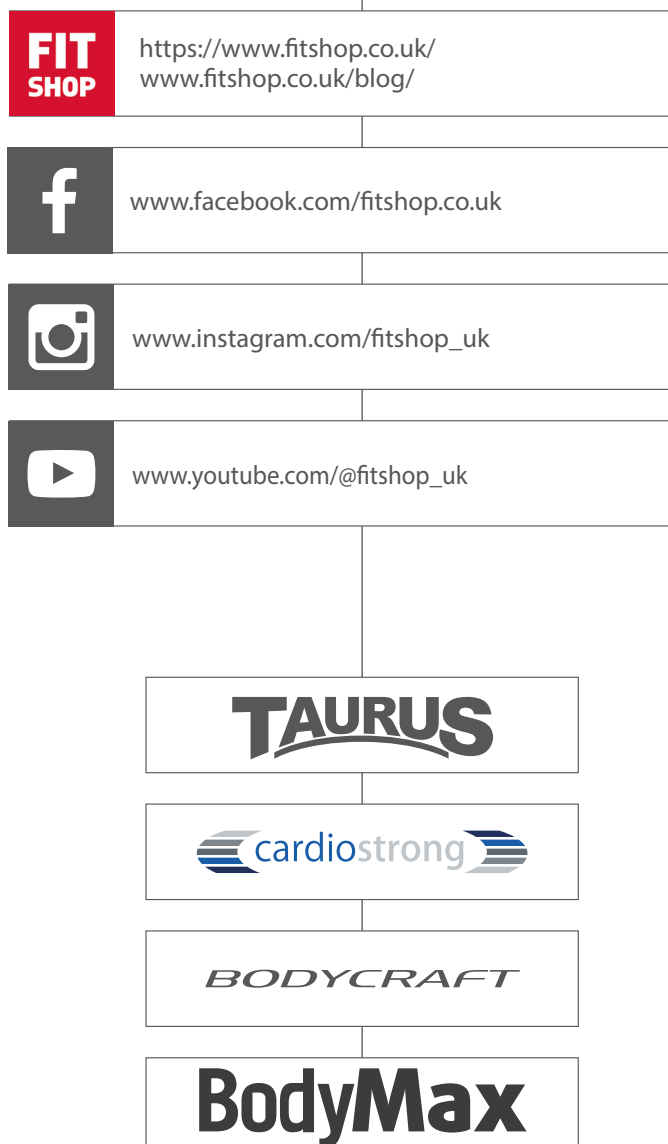
WEBSHOP AND SOCIAL MEDIA

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