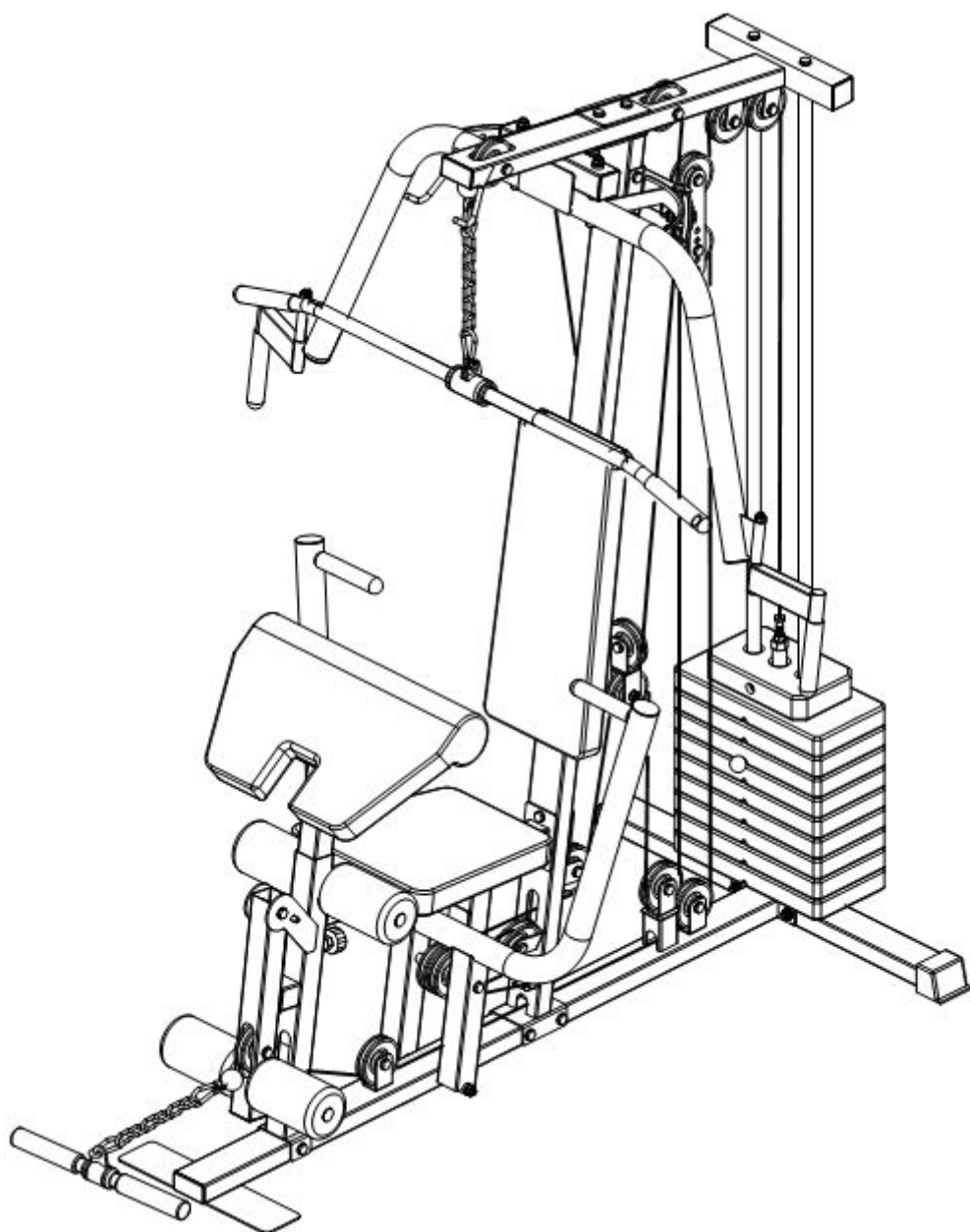


OWNER'S MANUAL

Endurance Trainer Multi Gym

Model #: 372 HG



Caution: Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Assembly Instructions

Contents

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Assembly Instructions

Before Your Begin

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once.
CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the bench near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly.

Tools Required

Assembly Size : Approx. L1600 x W1200 x H1880 MM

Tools Required : Allen Wrench Set / Socket Wrench Set
Adjustable Wrench / Crescent Wrench
Rubber Mallet / Tape Measure

ASSEMBLY REQUIRES AT LEAST TWO PERSONS

Weight Capacity

Maximum Weight of the Weight Stacks : 100LBS

WARNING: This Product Is Rated for Home Use Only!

Using this product in a commercial setting will void all warranties and can result in serious injury or death!

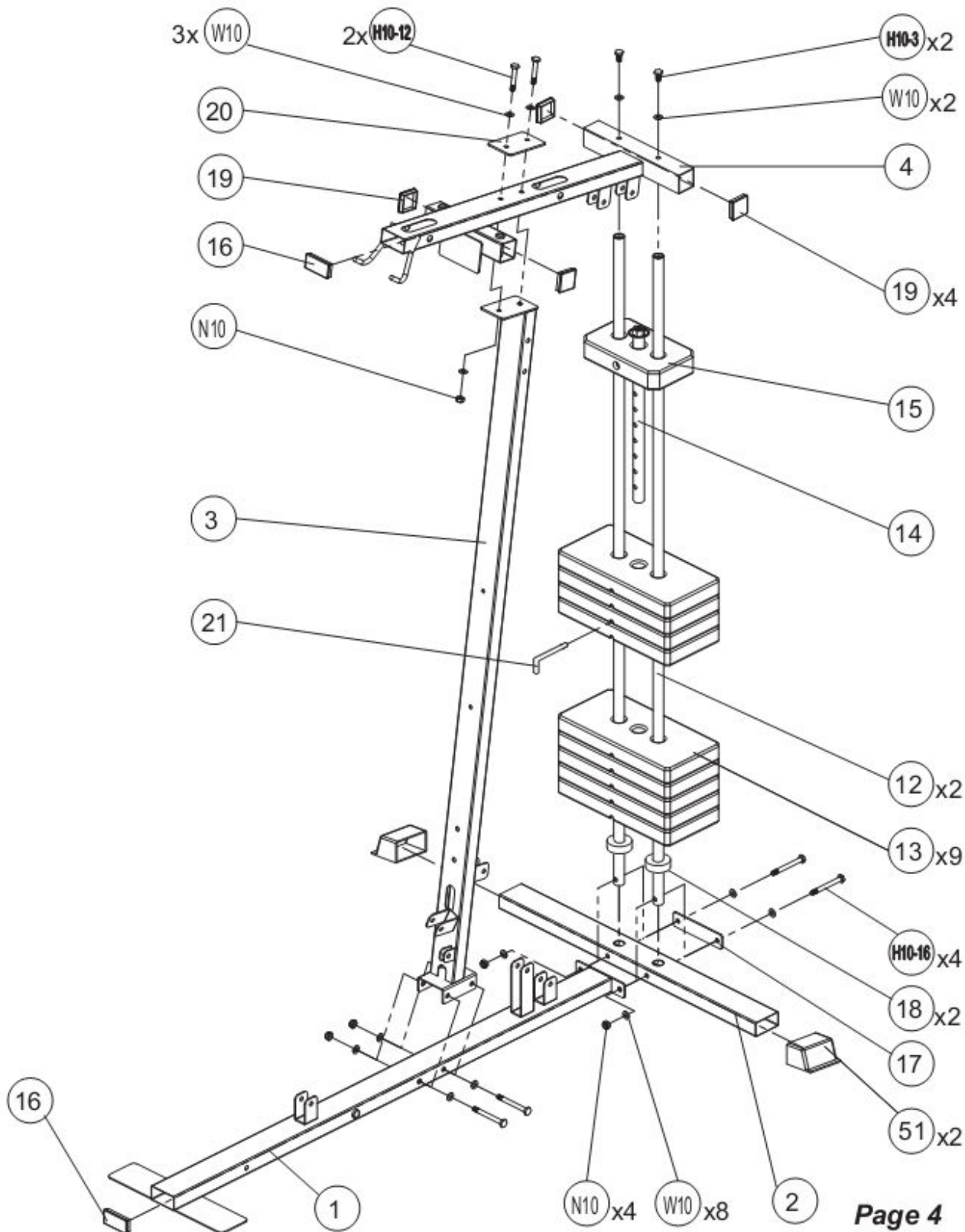
Assembly Instructions

STEP 1 - Parts & Hardware List

<i>Part #</i>	<i>Description</i>	<i>Qty</i>	<i>Remark</i>
1	Base Frame	1	
2	Rear Base	1	
3	Front Vertical Frame	1	
4	Upper Frame	1	
12	Weihgt Stack Guide Rod	2	
13	Weihgt Stack	9	
14	Weight Slector	1	
15	Weihgt Stack Top Plate	1	
16	50x70mm Inner Cap	2	Pre-assembled
17	Rear Base Plate	1	
18	Rubber Bumper	2	
19	50x50mm Inner Cap	4	Pre-assembled
20	Upper Frame Plate	1	
21	Weight Plate Pin	1	
51	50x70mm Outer Cap	2	
H10-3	M10x25mm Hex Head Bolt	2	
H10-12	M10x70mm Hex Head Bolt	2	
H10-16	M10x90mm Hex Head Bolt	4	
W10	M10 Washer	13	
N10	M10 Nut	5	

Assembly Instructions

STEP 1



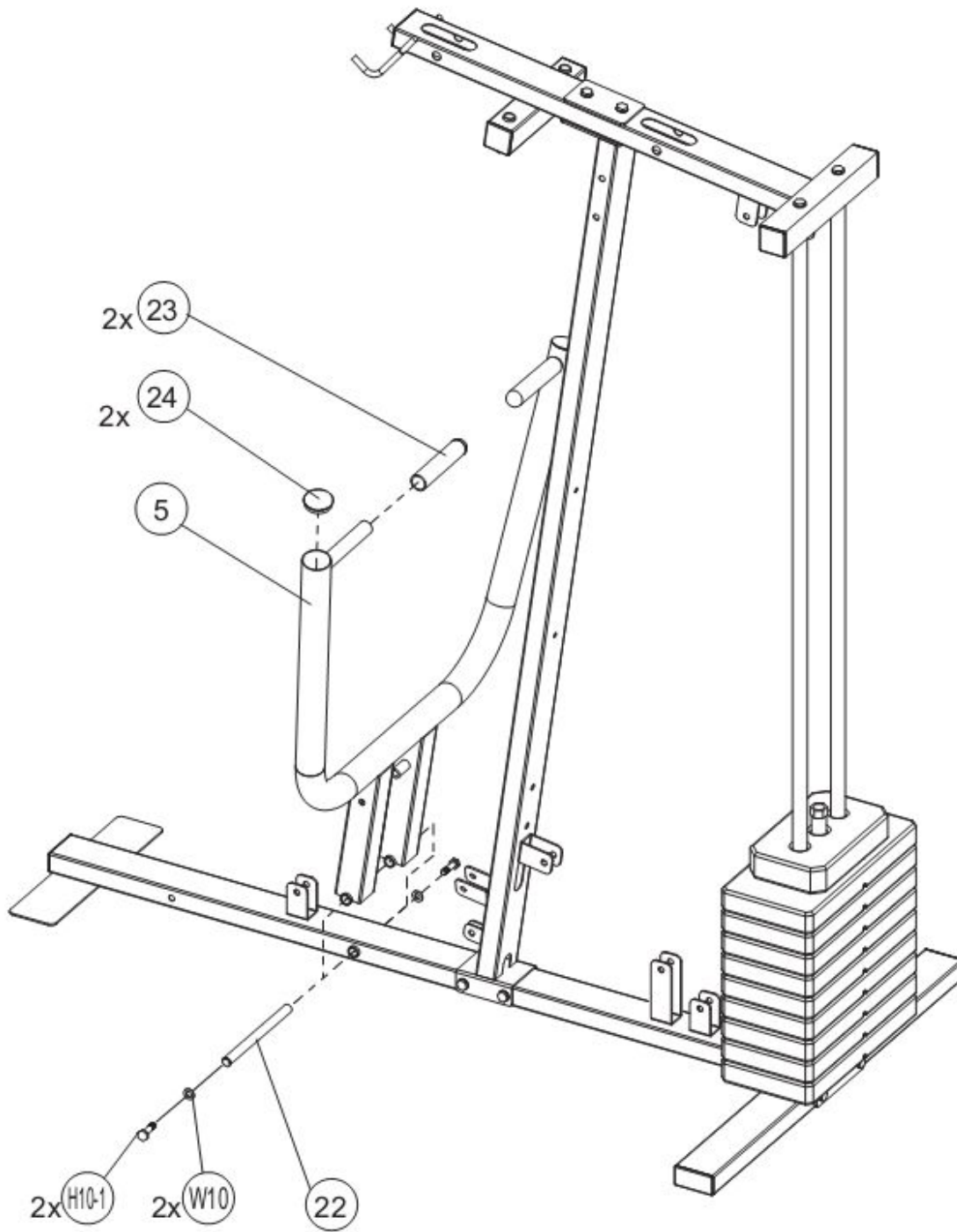
Assembly Instructions

STEP 2 - Parts & Hardware List

<i>Part #</i>	<i>Description</i>	<i>Qty</i>	<i>Remark</i>
5	Front Press	1	
22	Front Press Axle	1	
23	Handle Sleeve	2	Pre-assembled
24	Dia 50 Inner Cap	2	Pre-assembled
W10	M10 Washer	2	Pre-assembled
H10-1	M10x15mm Hex Head Bolt	2	Pre-assembled

Assembly Instructions

STEP 2



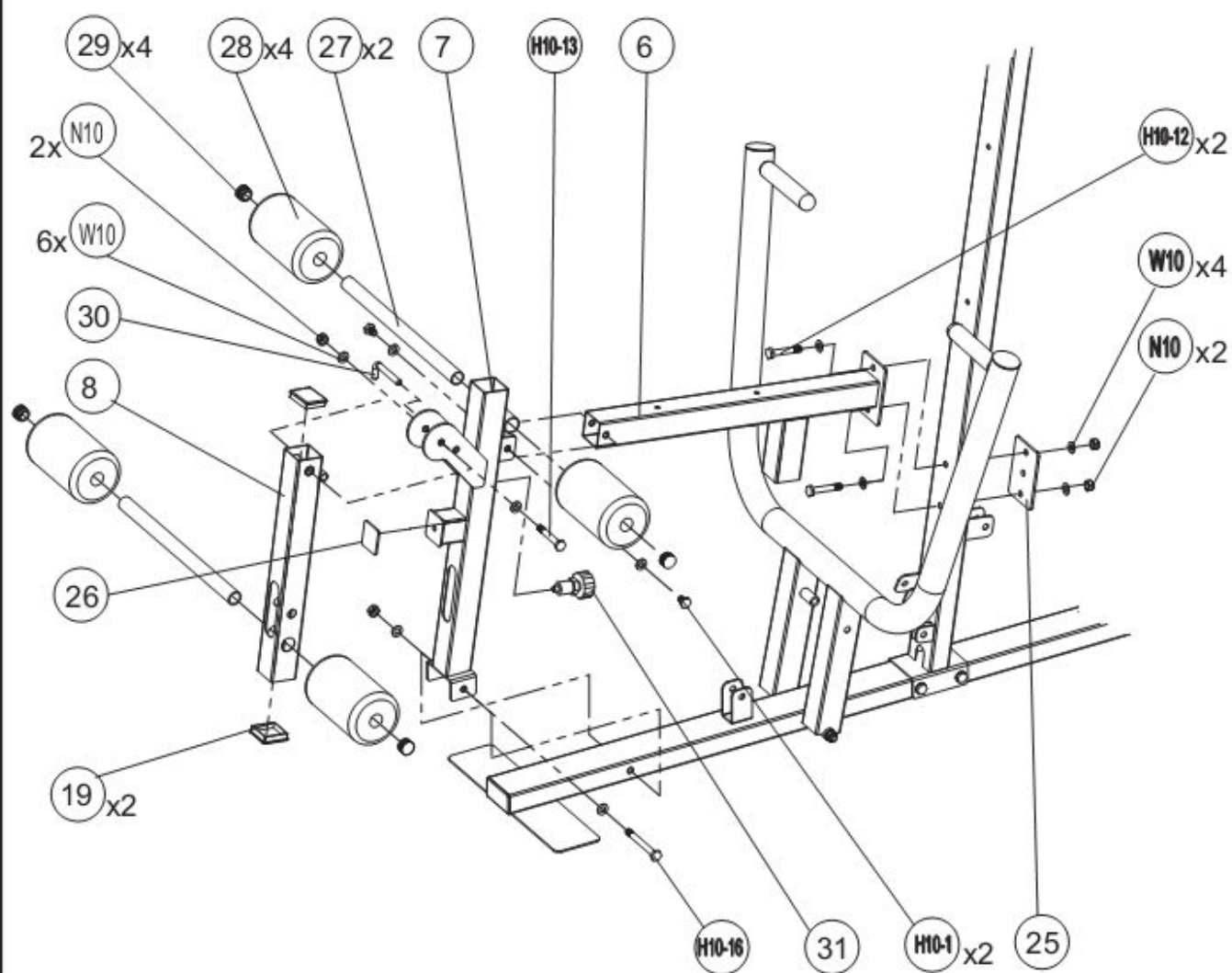
Assembly Instructions

STEP 3 - Parts & Hardware List

<i>Part #</i>	<i>Description</i>	<i>Qty</i>	<i>Remark</i>
6	Seat Support	1	
7	Leg Developer	1	
8	Leg Developer Holder	1	
19	50x50mm Inner Cap	2	Pre-assembled
25	Seat Support Plate	1	
26	Bumper Pad	1	Pre-assembled
27	Foam Roll Tube	2	
28	Foam Roll	4	
29	Dia 25 Inner Cap	4	Pre-assembled
30	Leg Developer Holder Pin	1	
31	Pop-Pin	1	Pre-assembled
H10-1	M10x15mm Hex Head Bolt	2	
H10-12	M10x70mm Hex Head Bolt	2	
H10-13	M10x75mm Hex Head Bolt	1	
H10-16	M10x90mm Hex Head Bolt	1	
W10	M10 Washer	10	
N10	M10 Nut	4	

Assembly Instructions

STEP 3



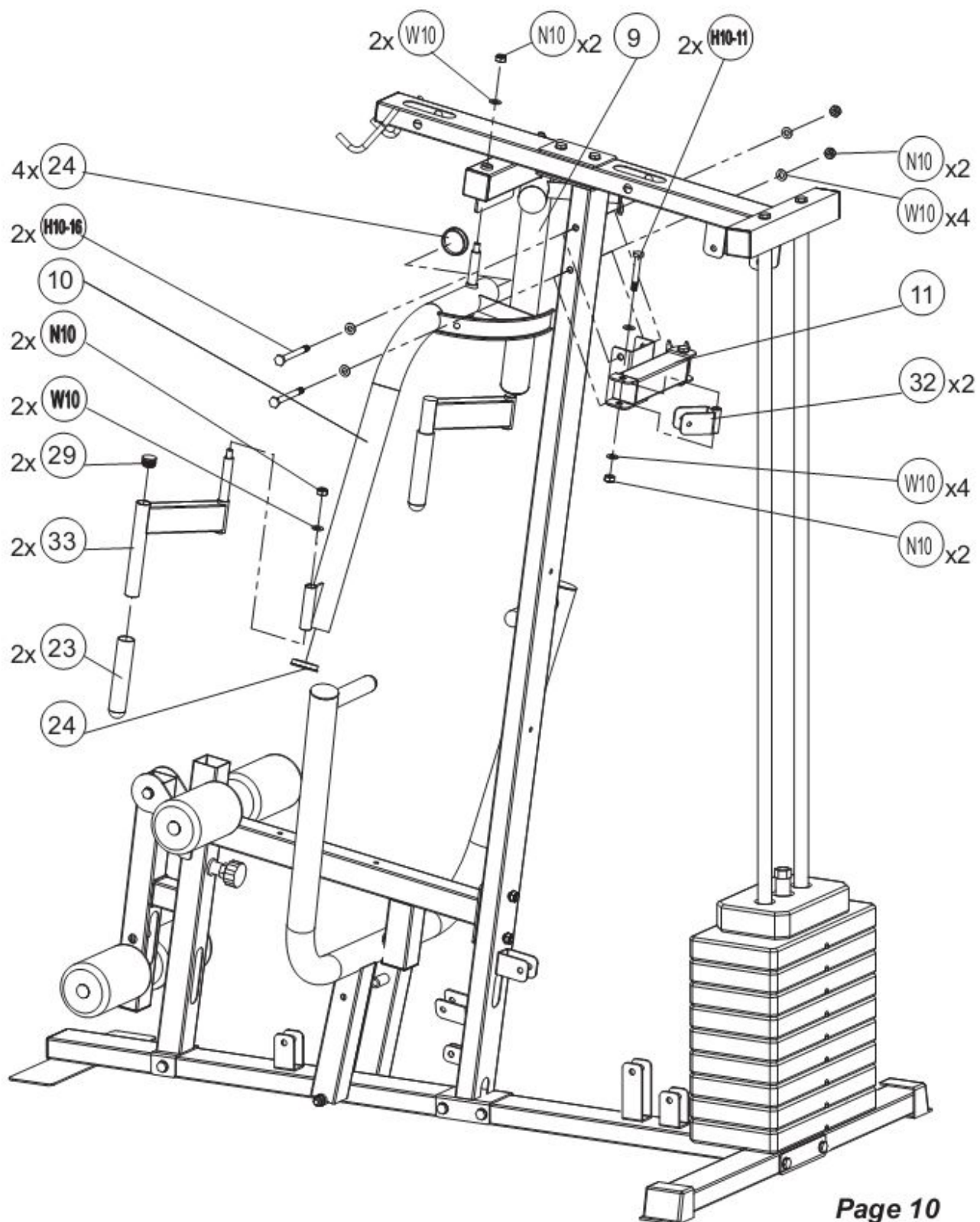
Assembly Instructions

STEP 4- Parts & Hardware List

<i>Part #</i>	<i>Description</i>	<i>Qty</i>	<i>Remark</i>
9	Right Butterfly	1	
10	Left Butterfly	1	
11	Butterfly Bracket	1	
23	Handle Sleeve	2	Pre-assembled
24	Dia 50 Inner Cap	4	Pre-assembled
29	Dia 25 Inner Cap	2	Pre-assembled
32	Butterfly Pulley Bracket	2	
33	Butterfly Handle	2	
H10-11	M10x65mm Hex Head Bolt	2	Pre-assembled
H10-16	M10x90mm Hex Head Bolt	2	
W10	M10 Washer	12	
N10	M10 Nut	8	

Assembly Instructions

STEP 4



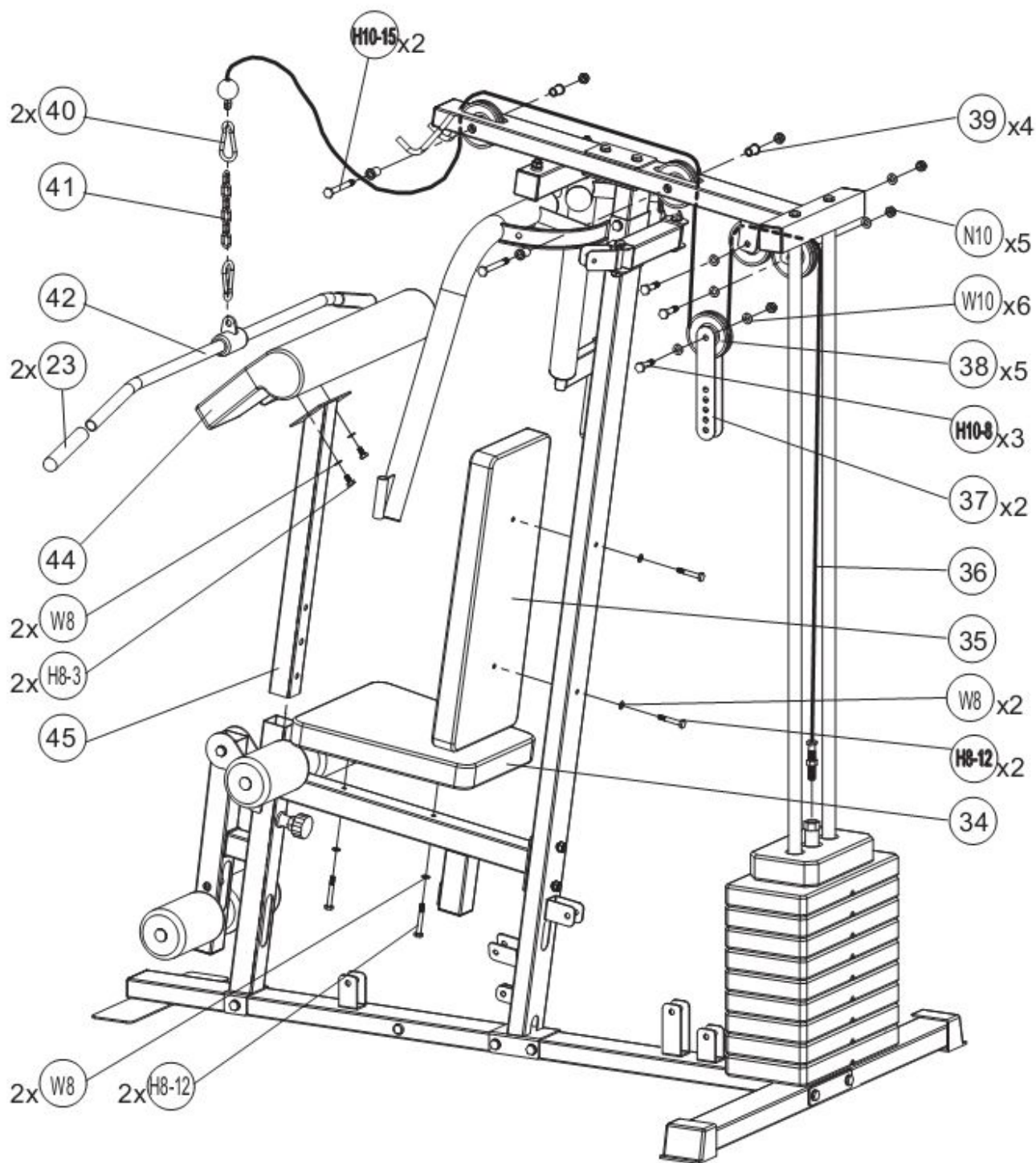
Assembly Instructions

STEP 5 - Parts & Hardware List

<i>Part #</i>	<i>Description</i>	<i>Qty</i>	<i>Remark</i>
34	Seat Pad	1	
35	Back Pad	1	
36	Lat Cable	1	
37	ADJ Pulley Bracket	2	
38	Pulley	5	
39	Long Pulley Bushing	4	
40	Clip	2	
41	Chain	1	
42	Lat Bar	1	
23	Handle Sleeve	2	Pre-assembled
44	Arm Curl Pad	1	
45	Arm Curl Stand	1	
H8-3	M8x25mm Hex Head Bolt	2	
H8-12	M8x70mm Hex Head Bolt	4	
H10-8	M10x50mm Hex Head Bolt	3	
H10-15	M10x85mm Hex Head Bolt	2	
W8	M8 Washer	6	
W10	M10 Washer	6	
N10	M10 Nut	5	

Assembly Instructions

STEP 5



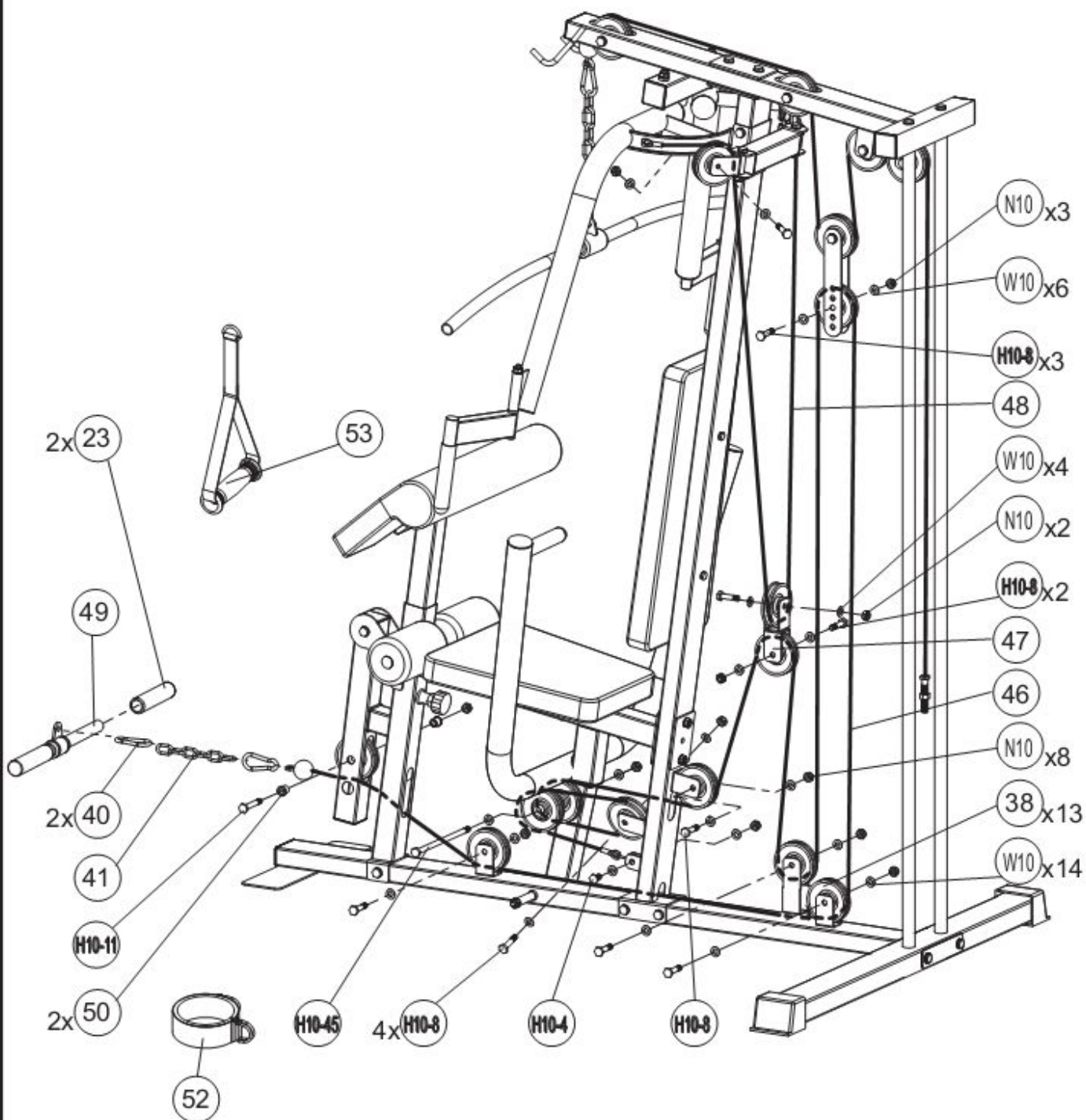
Assembly Instructions

STEP 6 - Parts & Hardware List

<i>Part #</i>	<i>Description</i>	<i>Qty</i>	<i>Remark</i>
23	Handle Sleeve	2	Pre-assembled
38	Pulley	13	
40	Clip	2	
41	Chain	1	
46	Low Row Cable	1	
47	Pulley Bracket	1	
48	Butterfly Cable	1	
49	Low Row Bar	1	
50	Short Pulley Bushing	2	
52	Strap Handle	1	
53	Ankle Strap	1	
H10-4	M10x30mm Hex Head Bolt	1	
H10-8	M10x50mm Hex Head Bolt	10	
H10-11	M10x65mm Hex Head Bolt	1	
H10-45	M10x215mm Hex Head Bolt	1	
W10	M10 Washer	24	
N10	M10 Nut	13	

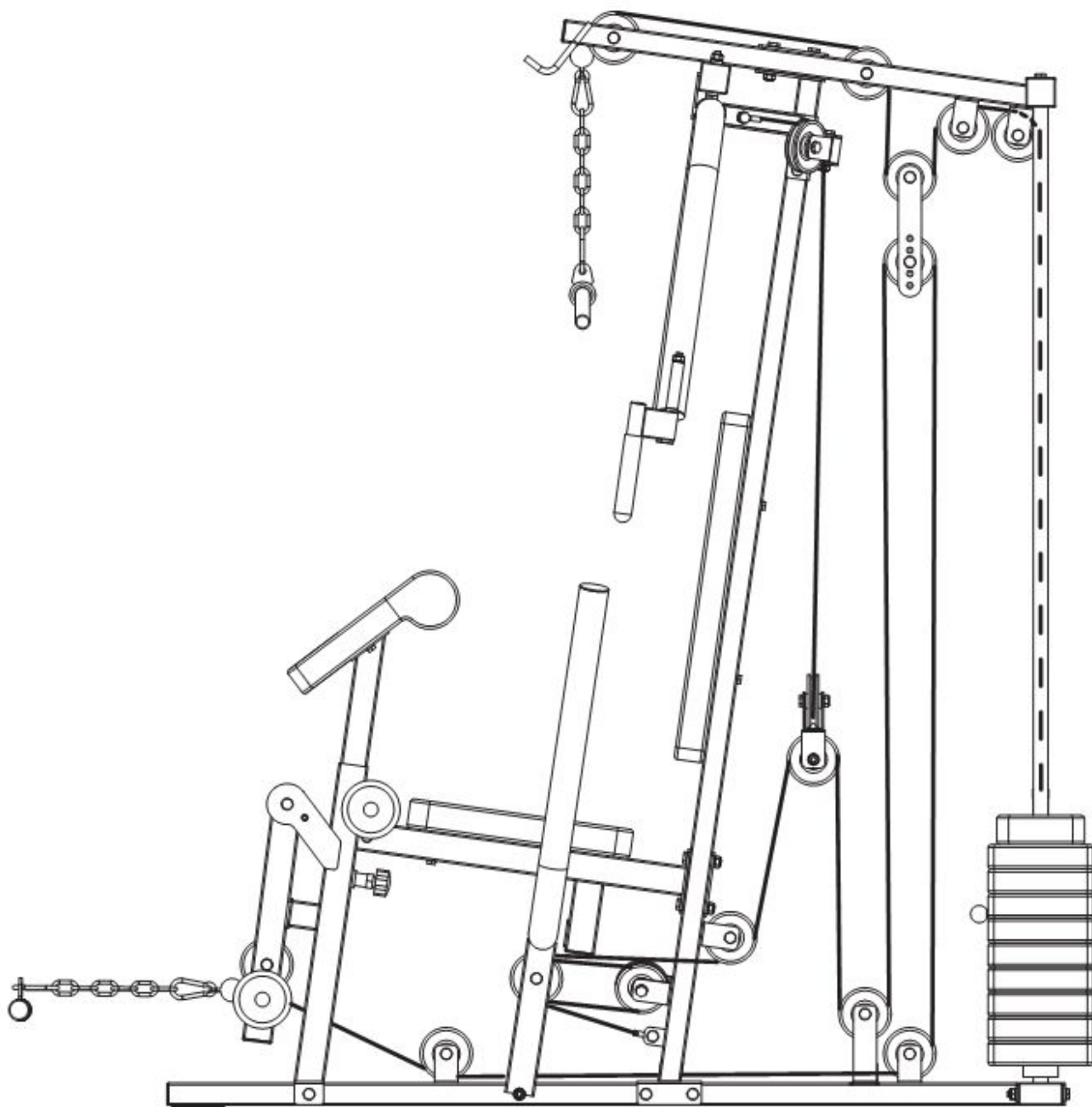
Assembly Instructions

STEP 6



Assembly Instructions

Cable Loop Diagram



Assembly Instructions

Parts & Hardware List

<i>Part #</i>	<i>Description</i>	<i>Qty</i>	<i>Remark</i>
1	Base Frame	1	
2	Rear Base	1	
3	Front Vertical Frame	1	
4	Upper Frame	1	
5	Front Press	1	
6	Seat Support	1	
7	Leg Developer	1	
8	Leg Developer Holder	1	
9	Right Butterfly	1	
10	Left Butterfly	1	
11	Butterfly Bracket	1	
12	Weight Stack Guide Rod	2	
13	Weight Stack	9	
14	Weight Selector	1	
15	Weight Stack Top Plate	1	
16	50x70mm Inner Cap	2	Pre-assembled
17	Rear Base Plate	1	
18	Rubber Bumper	2	
19	50x50mm Inner Cap	6	Pre-assembled
20	Upper Frame Plate	1	
21	Weight Plate Pin	1	
22	Front Press Axle	1	
23	Handle Sleeve	8	Pre-assembled
24	Dia 50 Inner Cap	6	Pre-assembled
25	Seat Support Plate	1	
26	Bumper Pad	1	Pre-assembled
27	Foam Roll Tube	2	
28	Foam Roll	4	
29	Dia 25 Inner Cap	6	Pre-assembled
30	Leg Developer Holder Pin	1	
31	Pop-Pin	1	Pre-assembled
32	Butterfly Pulley Bracket	2	
33	Butterfly Handle	2	
34	Seat Pad	1	

Assembly Instructions

Parts & Hardware List

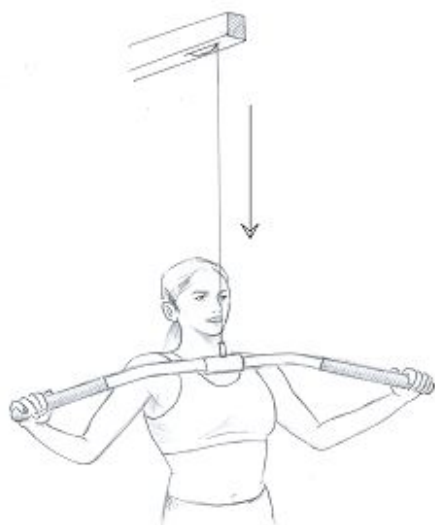
<i>Part #</i>	<i>Description</i>	<i>Qty</i>	<i>Remark</i>
35	Back Pad	1	
36	Lat Cable	1	
37	ADJ Pulley Bracket	2	
38	Pulley	18	
39	Long Pulley Bushing	4	
40	Clip	4	
41	Chain	2	
42	Lat Bar	1	
44	Arm Curl Pad	1	
45	Arm Curl Stand	1	
46	Low Row Cable	1	
47	Pulley Bracket	1	
48	Butterfly Cable	1	
49	Low Row Bar	1	
50	Short Pulley Bushing	2	
51	50x70mm Outer Cap	2	
52	Strap Handle	1	
53	Ankle Strap	1	
H8-3	M8x25mm Hex Head Bolt	2	
H8-12	M8x70mm Hex Head Bolt	4	
H10-1	M10x15mm Hex Head Bolt	4	
H10-3	M10x25mm Hex Head Bolt	2	
H10-4	M10x30mm Hex Head Bolt	1	
H10-8	M10x50mm Hex Head Bolt	13	
H10-11	M10x65mm Hex Head Bolt	3	
H10-12	M10x70mm Hex Head Bolt	4	
H10-13	M10x75mm Hex Head Bolt	1	
H10-15	M10x85mm Hex Head Bolt	2	
H10-16	M10x90mm Hex Head Bolt	7	
H10-45	M10x215mm Hex Head Bolt	1	
W8	M8 Washer	6	
W10	M10 Washer	67	
N10	M10 Nut	35	

Exercise Instructions

Before embarking on an exercise program, it is recommended that you undergo a complete physical. Discuss with your physician a personalized exercise program taking into account your age, weight and physical condition. To enhance the benefits and enjoyment you receive from equipment, please consider the following suggestions:

- *While exercising, never hold your breath. Exhale upon exertion.*
- *Always use proper form. Do not sacrifice good form in an attempt to lift more weight.*
- *Use controlled speed of movement when performing exercises. Avoid jerky movements.*
- *Always use a full range of motion. Never lock out elbows or knees.*
- *Train at least 3 days a week.*
- *Do not train the same body part two days consecutively.*
- *Choose a weight you can handle for ten or more repetitions. As you become stronger, adjust the weight so that you cannot complete more than the prescribed number of repetitions.*

Lat PullDown-Front



1. Sit upright, grip the lat bar with your hands slightly wider than your shoulders.
2. Pull the bar down slowly until it touches your chest.
3. Slowly return to the starting position.

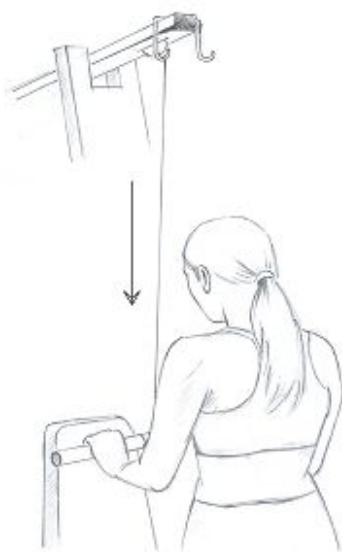
Lat PullDown-Rear



1. Grip the lat bar with your hands slightly wider than your shoulders. Sit upright and lock knees under the hold rollers.
2. Pull the bar down slowly until it touches your shoulder.
3. Slowly return to the starting position.

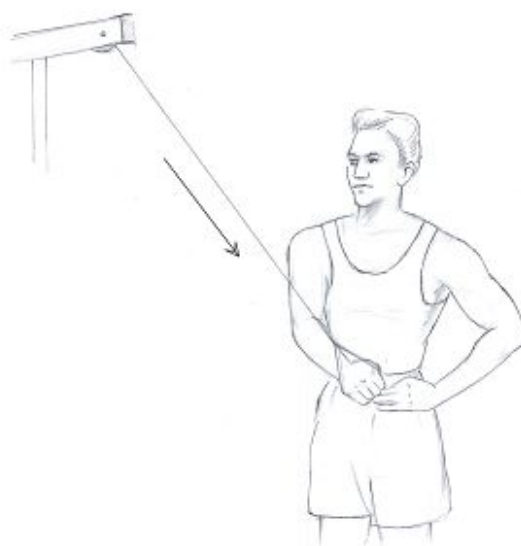
Exercise Instructions

Tirceps PushDown



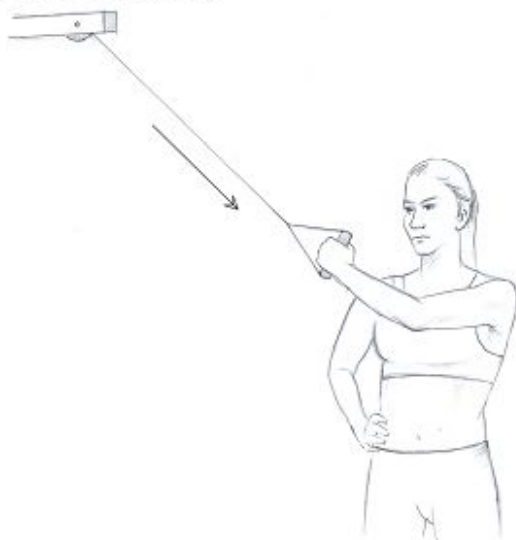
1. Grip the lat bar with your hands 4" to 6" apart. Bring the bar to a chest height starting position.
2. Push the bar down keeping your elbows close to your sides.
3. Slowly return to the starting position.

PEC Crossover



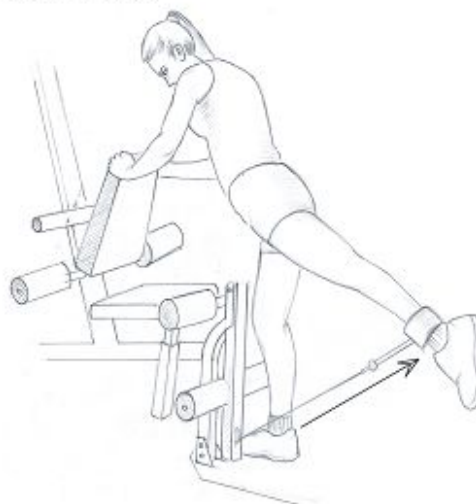
1. Attach strap handle to the upper pulley. Stand sideways to the machine and grip the handle.
2. Arc your arm downward, across your body, keeping a slight bend in your elbow.
3. Slowly return to the starting position.

Reverse Cable Fly



1. Attach strap handle to the upper pulley. Stand sideways to the machine and grip the handle with the handle in front of your other shoulder.
2. Arc your arm downward, across your body until your arm is fully extended.
3. Slowly return to the starting position.

Leg Kick Back



1. Attach the ankle strap to the lower pulley. Stand sideways to the machine and attach the ankle strap to your ankle.
2. Keeping your hips stationary and your leg straight, raise your foot in a backwards direction.
3. Slowly return to the starting position.

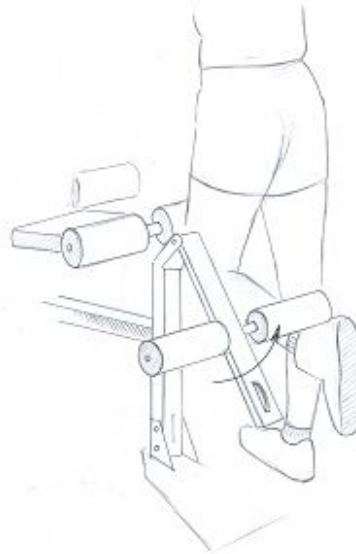
Exercise Instructions

Leg Extension



1. Sit upright, and adjust the seat to align the pivot of your knees with the pivot of the leg extension rollers.
2. Extend your legs upward and hold position momentarily.
3. Slowly return to the starting position.

Leg Curl



1. Adjust the seat so that the upper roller to hit just above your knee. Hook one foot under the lower roller.
2. Curl your leg upward and hold position momentarily.
3. Slowly return to the starting position.

Leg Abductor



1. Attach the ankle strap to the lower pulley. Stand sideways to the machine and attach the ankle strap to the leg furthest to the machine.
2. Lift your leg outward and upward as far as possible. Keep your body straight and lead with your heel.
3. Slowly return to the starting position.

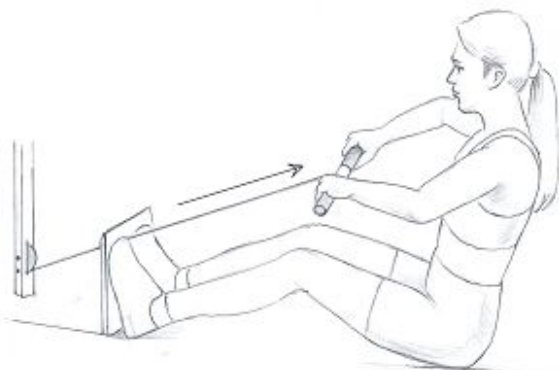
Side Bend



1. Stand sideways to the machine, grip the handle with the hand closest to the machine.
2. Keep your arm straight while crunching your upper body over and away from the machine.
3. Slowly return to the starting position.

Exercise Instructions

Seated Row



1. Sit sideways to the machine, place your feet on the lower roller with your legs are slightly bent. Grip the straight bar in an overhand position with your hands 4" to 6" apart.
2. Pull the bar toward your body, keeping your elbows close to your sides.
3. Slowly return to the starting position.

Biceps Curl



1. Stand on the foot plate, grip the straight bar in an underhand position with your hands 4" to 6" apart.
2. Curl your arms upward, keeping your elbows at your sides.
3. Slowly return to the starting position.

Upright Row



1. Stand sideways to the machine, grip the straight bar in an overhand position with your hands 4" to 6" apart.
2. Pull the bar upward, keeping your elbows higher than your hand.
3. Slowly return to the starting position.

Bent Over Row



1. Stand sideways to the machine and bend over at the waist. Grip the straight bar in an overhand position with your hands 4" to 6" apart.
2. Pull the bar toward your body, keeping your elbows close to your sides.
3. Slowly return to the starting position.

Exercise Instructions

Bent Over Rear Delt



1. Stand sideways to the machine and bent over at the waist, leaving a slight bend in your knees.
2. Grip the handle with the hand furthest from the machine and arc your arm upward, keeping a slight bend in your elbow.
3. Slowly return to the starting position.

Concentration Curl



1. Stand sideways to the machine with a foot on the foot plate and bent over at the waist, leaving a slight bend in your knees.
2. Grip the handle with the hand nearest from the machine and arc your arm upward, across your body keeping a slight bend in your elbow.
3. Slowly return to the starting position.

Lateral Deltoid



1. Stand sideways to the machine with a foot on the foot plate and grip the handle with the hand furthest from the machine.
2. Raise your arm laterally until it is approximately parallel to the floor.
3. Slowly return to the starting position.

Deltoid Raise



1. Stand at the front of the machine and grip the handle with the hand nearest from the machine.
2. Raise your arm obversely until it is approximately parallel to the floor.
3. Slowly return to the starting position.

Limited Warranty

We warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of **1 year FROM THE DATE OF ORIGINAL PURCHASE**. This Limited Warranty is not transferable and is available only for the original purchaser of the product. The company's obligation under this warranty is limited to replacing or repairing the product, at the discretion of the company.

This Limited Warranty is void if the product is:

Damaged through improper use, negligence, abuse, misuse, transportation damage, act of nature, or accident, include failure to follow the assembly and or operation instructions supplied with the product.

Used in commercial or rental applications.

Modified or repaired by anyone not authorized by the company.

This Limited Warranty does not cover expendable items including but not limited to: Batteries, light bulbs, fuses, accessories, and other items that experience wear as a result of normal use.