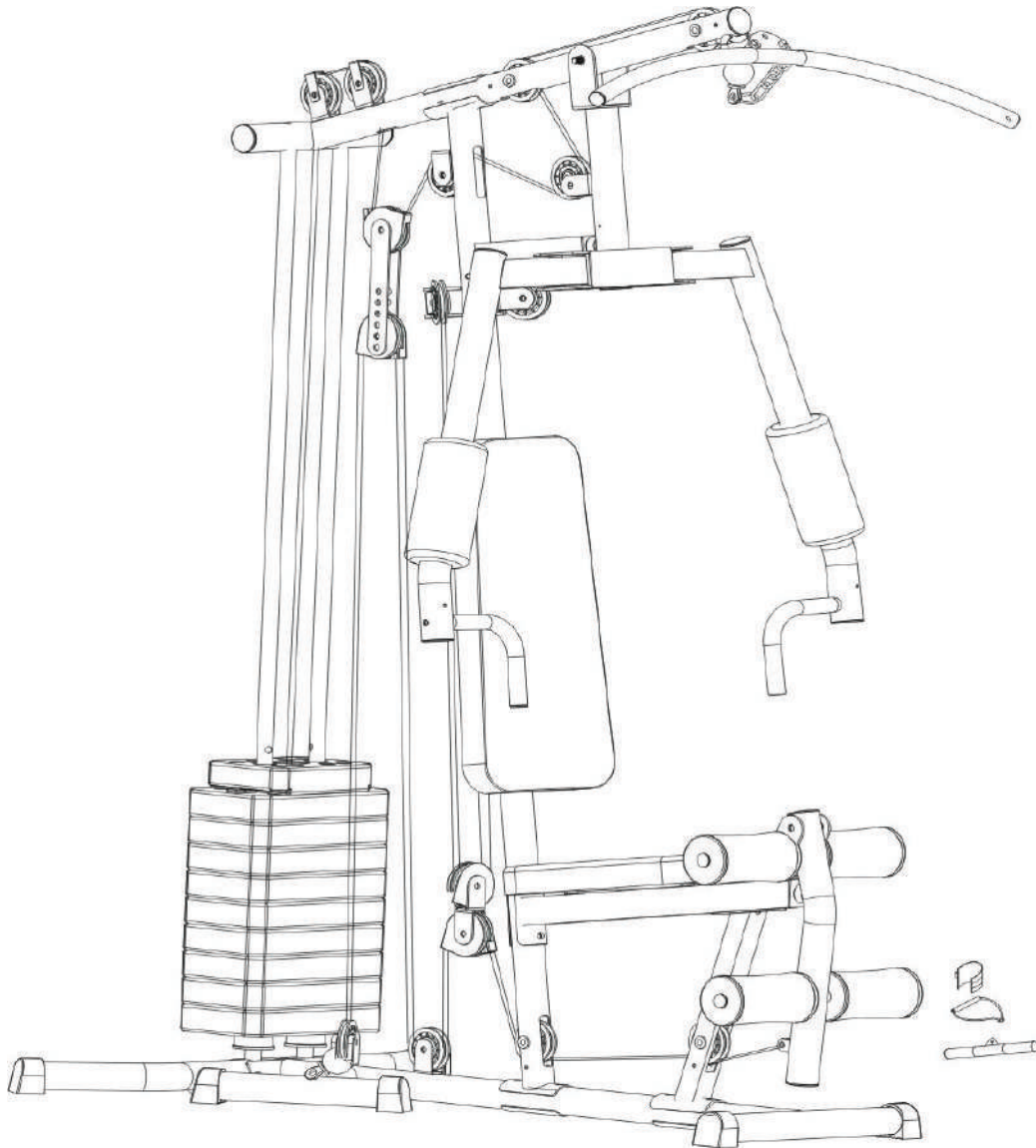




BODYGYM-MAX



Corner Gym

User Manual

English

IMPORTANT DECLARATION:

First we are highly appreciated that you buy.

For your health and safe, before you exercise please consult from your doctor and define a appreciated exercise burden for yourself. Before using this equipment read carefully all related instructions and notice. In this way you gain more happiness during exercise. When you begin to use, our company think you have read use manual already.

After you buy this equipment, please fill carefully 'post-sale service warranty card' and keep it, meanwhile, post return receipt (stub) back to our company so that we provide better service for you.

The content of manual will change along with promotion of products, and we will not inform you.

All notice and instruction are in order to keep yoafe and use this equipment correctly. If not obeying the suggestion, take the consequence yourself.

After reading, the user must keep this manual in the place you can see it at anytime.

WARNING

1. Always keep unsupervised children and disabled away from the equipment.
2. Injury to health may result from incorrect or excessive training, please consult the coach to choose correct exercise method and proper burden.
3. Please adjust the load and equipment further (e.g. seat adjustment) before using.
4. Please check if the bolt and handrail are out of work before you start to use it.
5. When weight stacks, booms and other parts of this equipment are blocked, must handle with other people's assistance, in case that the weight stacks may suddenly drop and cause accident.
6. Adjust the length of the steel cable properly and never make the steel wire rope twist. After using the machine for a period, the owner shall check the steel cable to make sure no unusual phenomena in connecting. When meet any problems, please consult the professional maintenance personal at once.
7. Do not suddenly drop the weight stack. In order to avoid destroying other weight stacks, please raise it when the weight stacks nearly collide.
8. While using, forbid hands stretching into the weight stacks or the relative motion parts, so as not to injure the finger.
9. The machine should be located stably. A space of 2000mm*2000mm should be around the machine.
10. If you feel swirl, surfeit and other discomfort sense, Please stop exercising and go for doctor.
11. The equipment should be installed on stable even surface.
12. The machine shall only be used indoor and be avoid of moisture.
13. Wear right shoes and coat
14. Warm up before exercising
15. Don't use the equipment to do the impossible function
16. Please exercise under instruction by professional coach.
17. Inspect if the equipment is fastness before using
18. Any of the adjustment devices that could interfere with the user movement should not be left projecting.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

NOTICE:

1. Warm-up.....It needs warm-up for 5-10 minutes before starting exercise, for instance mark time, free-standing exercises etc., in order to move each joint muscle, so as not to injure the joint muscle while exercising.

2 DietEat some more protein, vegetables, and fruit. Begin to do exercises until 40 minutes after a meal. Taking food until half an hour after doing exercises and drink little water while doing exercise.

3. Breath.....Breathe in while exerting oneself, exhale while relaxing. To coordinate breathe with movement.

4 Frequency...It needs to take a rest over 48 hours before exercising the same muscle.

5 Burden.....Exerciser should choose suitable weight according to one's own actual conditions, make sure not to be overweight, so as not to cause the muscle to draw wounded. Exercises should according to the progressive principle; it is normal to feel ache while exercise for the first time.

REGULAR MAINTENANCE

1. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points;

2. Pay special attention to components most susceptible to wear.

3. Replace defective components immediately and /or keep the equipment out of use until repair;

4. This equipment should carry on regular maintenance according to the following chart:

MAINTENANCE	EVERYDAY	EVERY WEEK	THREE MONTHS
Check: connecting, bolt, Weight stack bolt	√		
Clearance: cushion and cover	√		
Lubrication: place of sliding			√
Check: bolt if tighten		√	
Lubrication: Bracket of bearing			√

INSTALL SKETCH MAP

Let assembly become easier

All the content of user's manual is to assured the strength training machine can be installed more easily

Reading the details and instructions before installing:

1. Because the size and weight of equipment is so large, Please choose the installed place near the desired station and assured there is enough space to exercise
2. All parts can be put on the clear area, then backout the wrapper. And the wrapper can't be through away before installation finished.
3. Screw the bolt tightly except the additional instruction
4. All parts must be installed according the illustration indication.
5. Installation work can be finished by tow men
6. Identify all parts by part identify chart

Safety Information

Important – Please read these instructions fully before assembly or using

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate this equipment. In particular, note the following safety precautions:

Assembly

- Check all the components and tools listed.
- Remove all fittings from plastic bags and divide into groups.
- Keep children and animals away from the work area and small parts may become blocked if swallowed.
- Make sure you have enough space to place the pieces before placing them.
- Installation of this equipment is best performed by 2 or more people.
- Mount the product as close to the end position (same room) as possible.
- Place the equipment on a clear, flat surface.

Do not use the equipment near water or outdoors.

- Dispose of all packaging carefully and responsibly.

Using

- Keep children and pets away from the device. Do not leave children unattended in the same room with equipment.
- Always practice stretching exercises to warm up properly before using the equipment for exercise.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms, stop training immediately.
- Only one person should use the equipment at a time.
- Keep your hands away from moving parts.
- Always wear appropriate exercise clothing when exercising. Do not wear clothes or other clothing that can be worn on the equipment. Treadmills or aerobic shoes are also required when using the equipment.
- Use the equipment only for the intended use described in this manual. Do not use the inserts recommended by the manufacturer.
- Do not place a sharp object around the equipment.
- You should not use disabilities, equipment, attendance without a person or doctor.
- Never operate the equipment if the equipment is not working properly.
- Inspect the equipment frequently for items that are easily damaged, especially cable spool connections. The safety level of the equipment can only be maintained on a regular basis. Replace defective parts immediately, do not use the equipment until it is repaired.
- Do not attempt to attach the Weight Selector when the weight plate or the top plate is raised. Locking the weight stack The bar in the last hole is inserted into the Lock Ring in the Rear Stabilizer with the Weight Selective Pinch at the end of the exercise.
- Parents and others responsible for children should be aware of their responsibilities, because the curiosity about the natural play instinct and child experiences can lead to situations and behaviors where training equipment is not designed.
- An observer is recommended during exercise.
- Your product is designed for use in clean and dry conditions, and should be avoided in extremely cold or humid places; this can cause corrosion outside the control and other related problems.
- This product is suitable for the following: (BS EN957)
- PART 1.2 class (H) - At home - Class (C).
Not suitable for therapeutic purposes.
- This exercise product has been designed and manufactured to meet the latest (BS EN 957) UK and European Safety Standards.

Components - Fixings

Please check you have all the parts listed below

Note: Some of the smaller components may be pre-fitted to the larger components. Please check carefully before contacting us regarding any missing components. Please prepare an adjustable spanner by yourself when you are intend to assemble this machine.



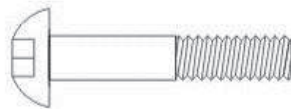
60# M12X80MM Allen Bolt (Qty1)



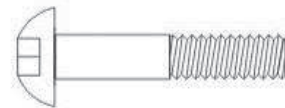
61# M10X70MM Carriage Bolt (Qty10)



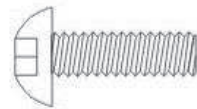
65# M10X65MM Allen Bolt (Qty5)



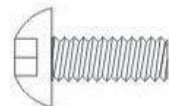
63# M10X42MM Allen Bolt (Qty2)



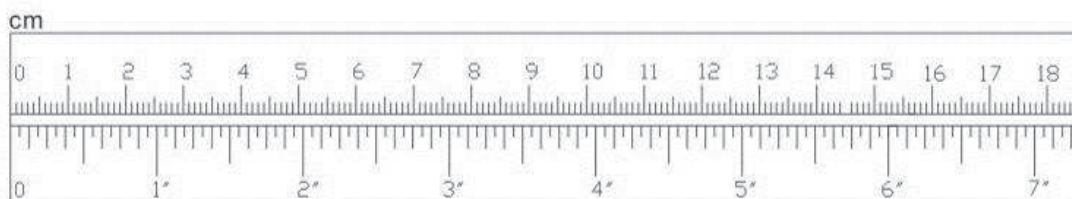
64# M10X40MM Allen Bolt (Qty10)



65# M10X25MM Allen Bolt (Qty4)

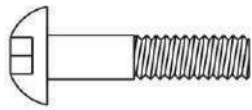


66# M10X20MM Allen Bolt (Qty4)



Components - Fixings

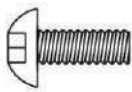
Please check you have all the parts listed below



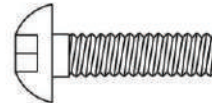
68# M10X35MM Allen Bolt (Qty2)



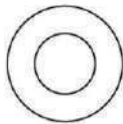
77# M10X55MM Allen Bolt (Qty1)



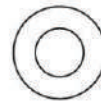
67# M8X16MM Allen Bolt (Qty8)



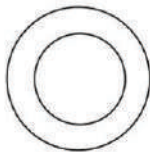
78# M10X28MM Allen Bolt (Qty1)



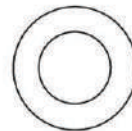
70# ϕ 10MM Washer (Qty50)



71# ϕ 8MM Washer (Qty8)



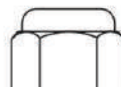
73# ϕ 25X ϕ 11X1.5 Washer (Qty6)



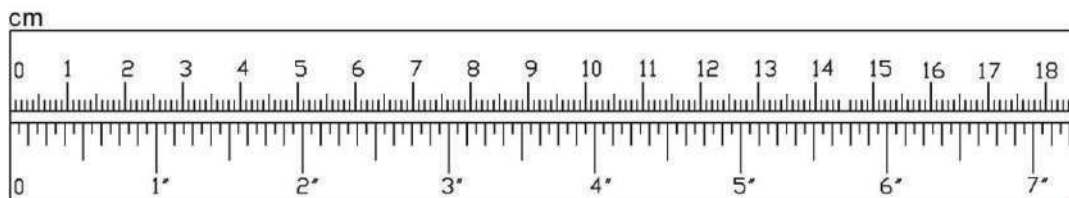
72# ϕ 12MM Washer (Qty2)



74# M10 Aircraft Nut (Qty35)



75# M12 Aircraft Nut (Qty1)

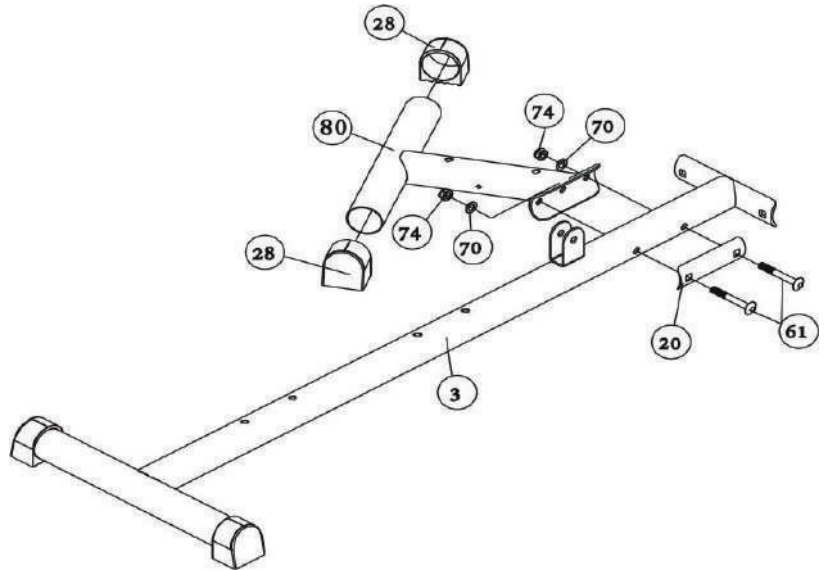


Assembly Instructions

Step 1

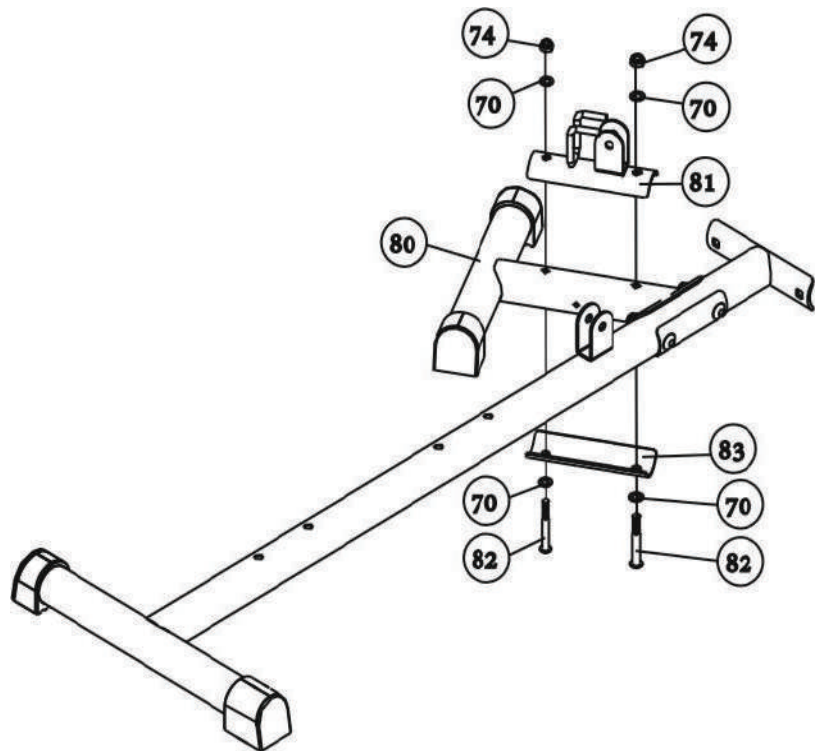
(A) Attach the Oblique Frame (80) to the Main Base Frame (3) using 2pcs M10*70 Carriage bolt(61), 1 pc Curve bracket (20), 2pcs ϕ 10 washers(70) and 2pcs M10 aircraft nuts(74).

(B) Align both ends of the Oblique Frame (80) with 2pcs Foot covers (28).



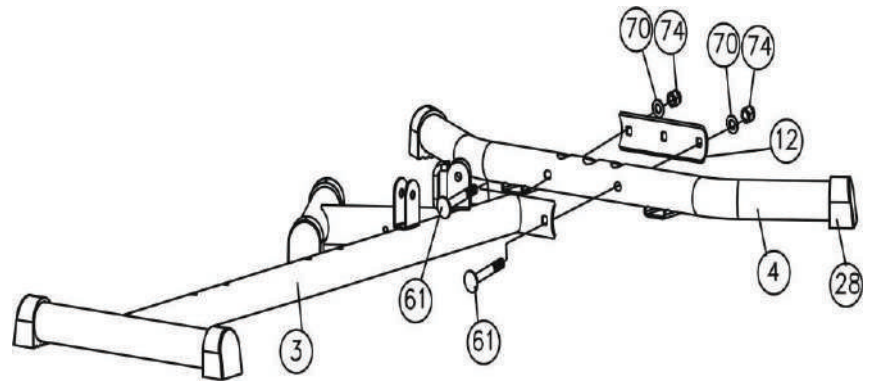
Step 2

Attach the Pully Bracket (81) to the Oblique Frame (80) using 1pc Bracket (83), 2pcs M10x70mm Allen Bolts (82), 4pcs ϕ 10 washers(70) and 2pcs M10 aircraft nuts(74).



Step 3

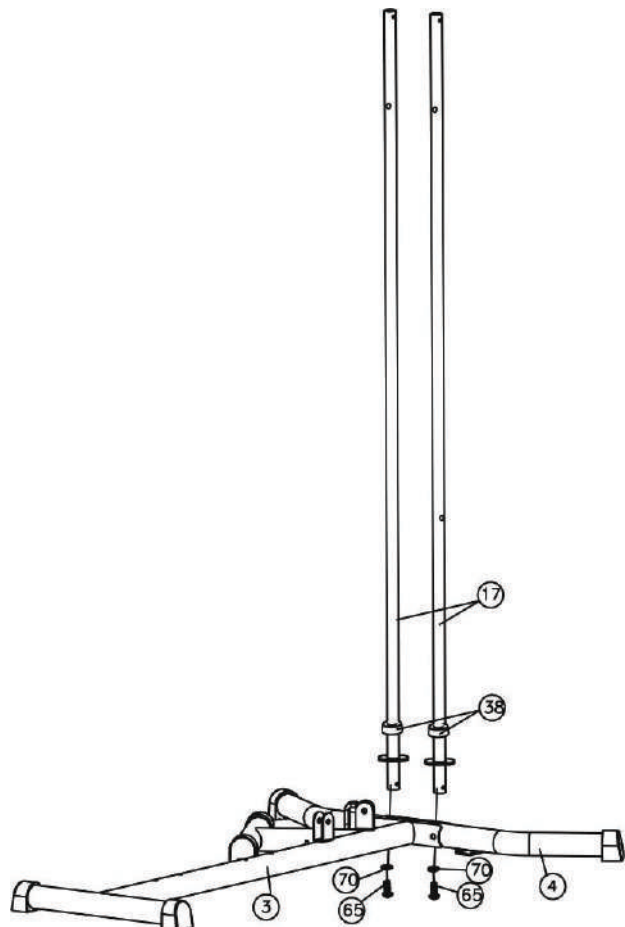
Attach the main base frame (3) to the rear stabilizer(4), Carefully align the holes and secure them with 2pcs M10*70 Carriage bolt(61), one pc U-shape bracket (12), 2pcs ϕ 10 washers(70) and 2pcs M10 aircraft nuts(74).



Step 4

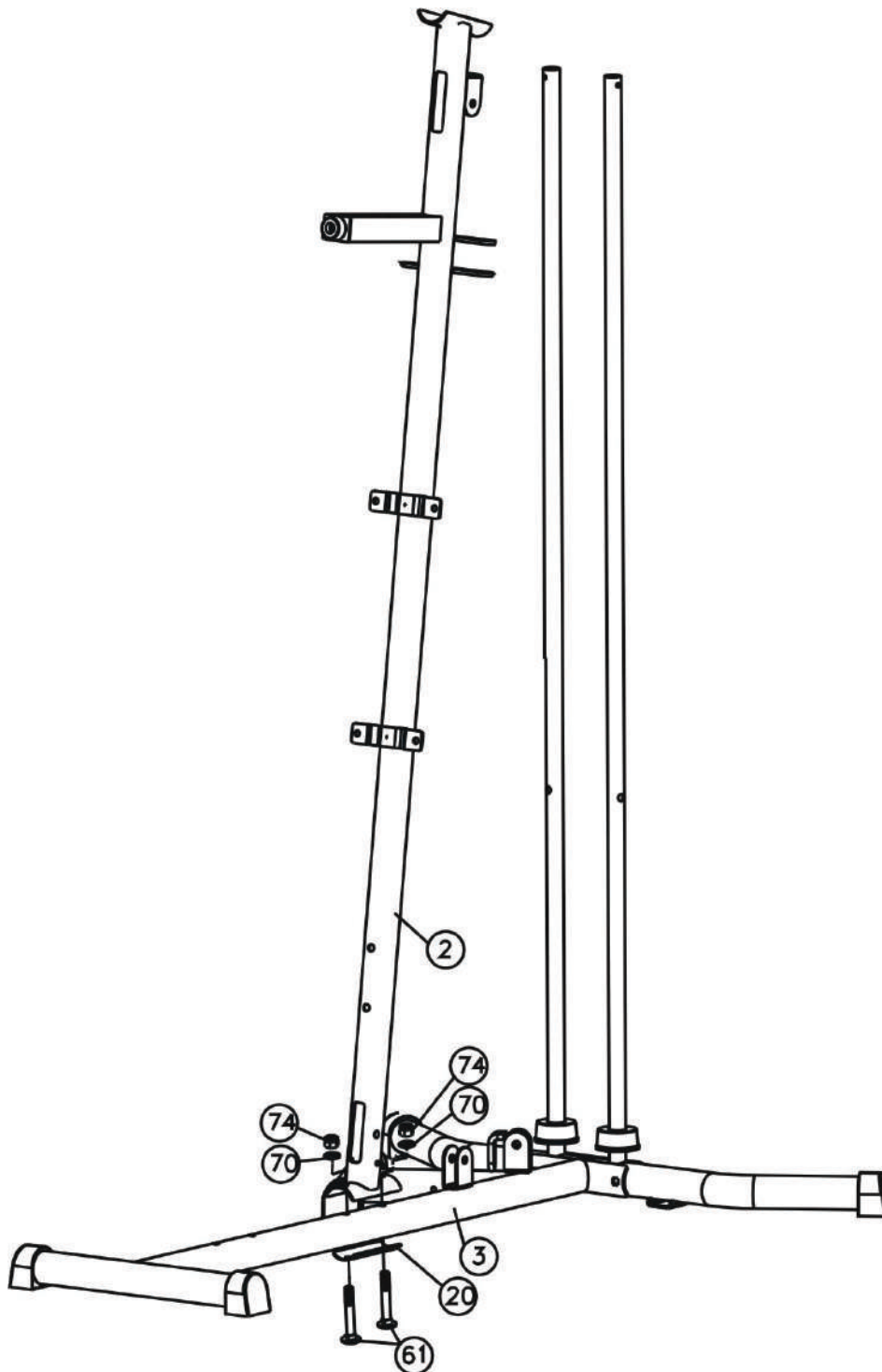
(A) Insert the 2pcs guide rods (17) into the holes of the rear stabilizer(4), Secure them with 2pcs ϕ 10 washers(70) and 2pcs M10*25 allen bolts(65).

(B) Place 2pcs rubber bumper(38) along the guide rod from the top to the bottom.



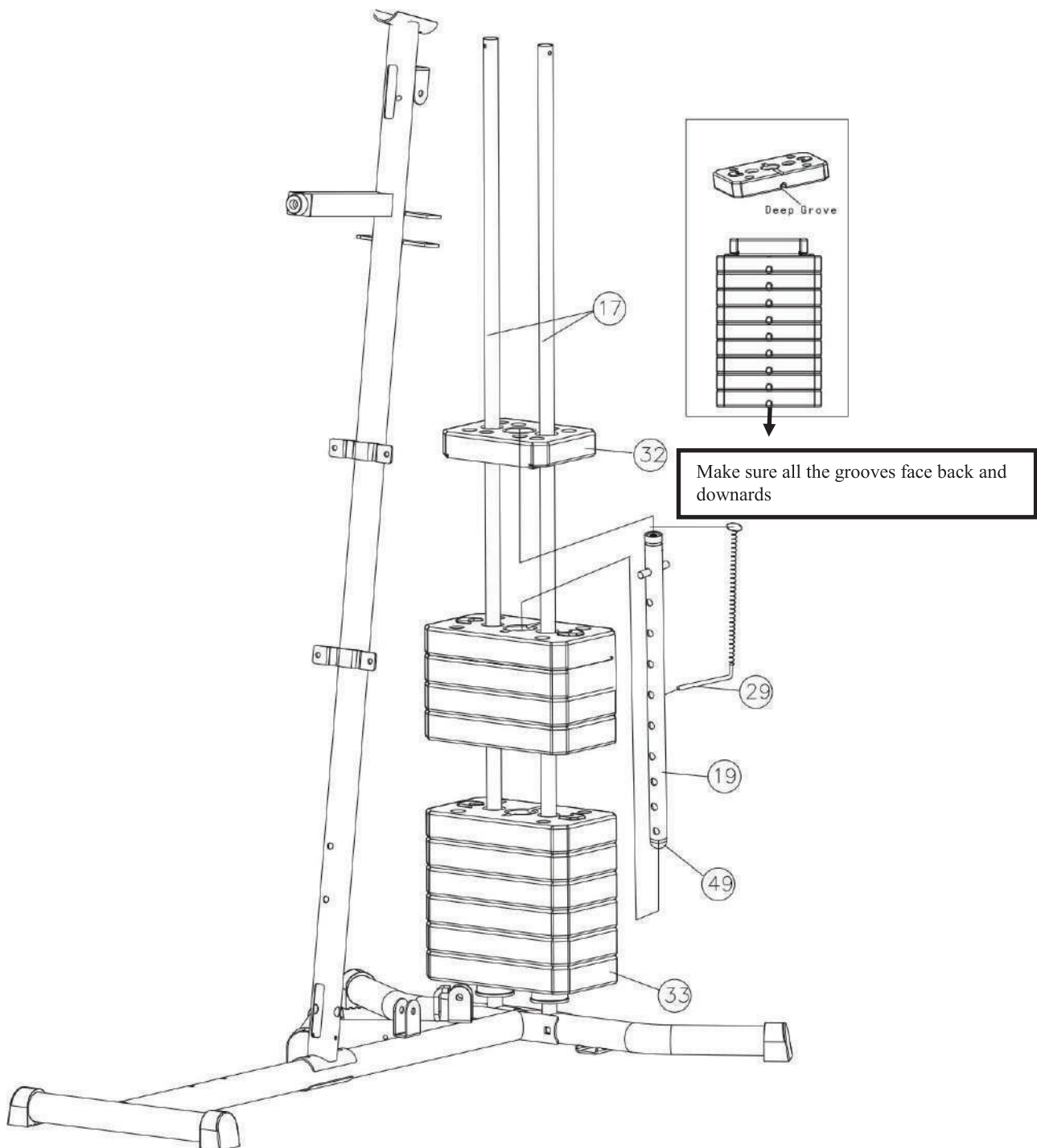
Step 5

Attach the front vertical frame (2) onto the main base frame(3) , carefully align the holes and secure them with 2 pcs M10×70 carriage bolts(61), one pc curve bracket (20), 2pcs Ø10 washers (70) and 2 pcs M10 Aircraft nuts (74).



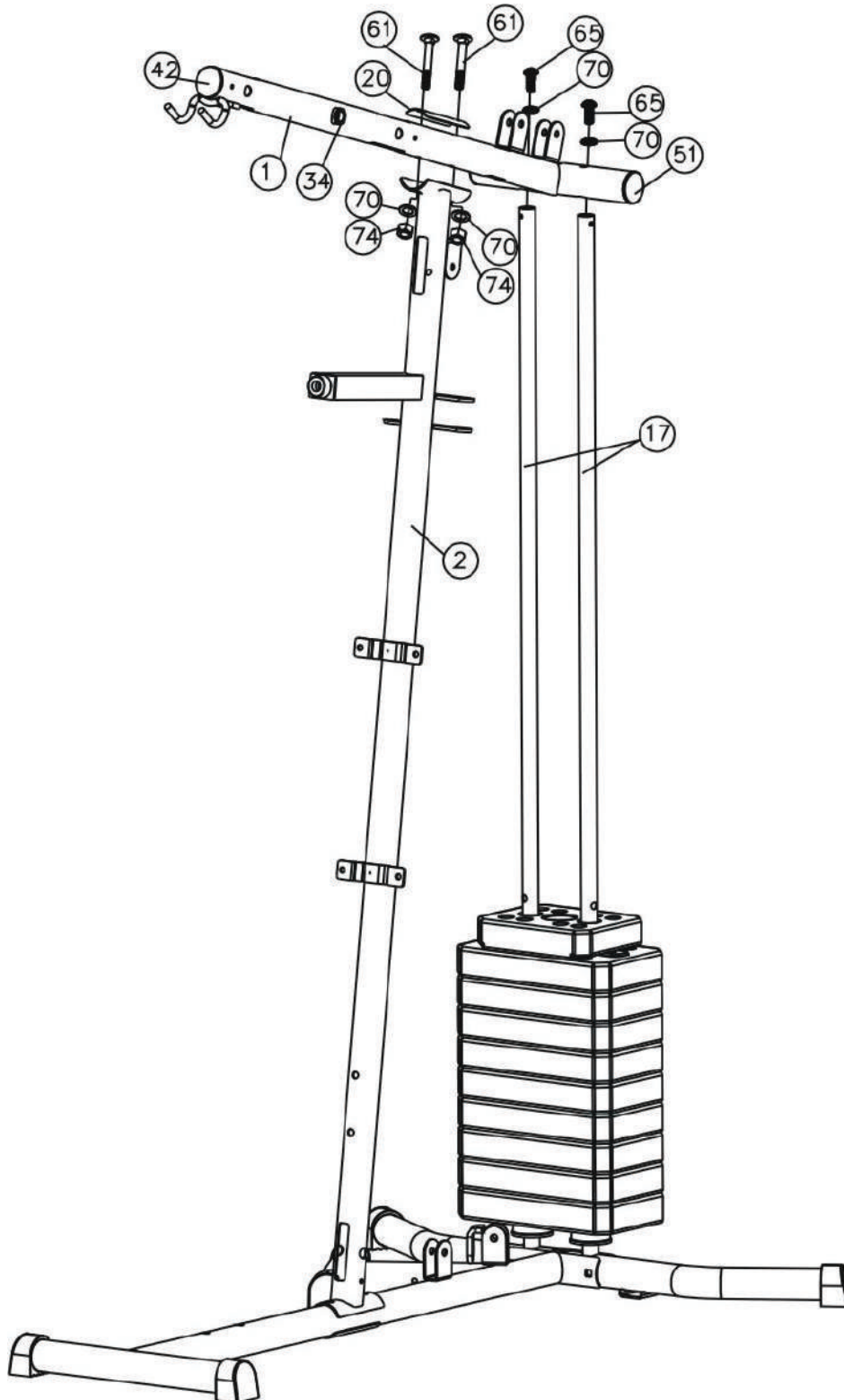
Step 6

- (A) Slide the 10pcs weight plate(33) along the guide rods (17) from the top to the bottom.insert the selector rod (19) into the hole of weight plates. and then place the selector stem (32) onto the selector rod (19)
Make sure that all the grooves face back and backwards.
- (B) Insert the selector pin (29) into the hole and select the desired weight when exercising.



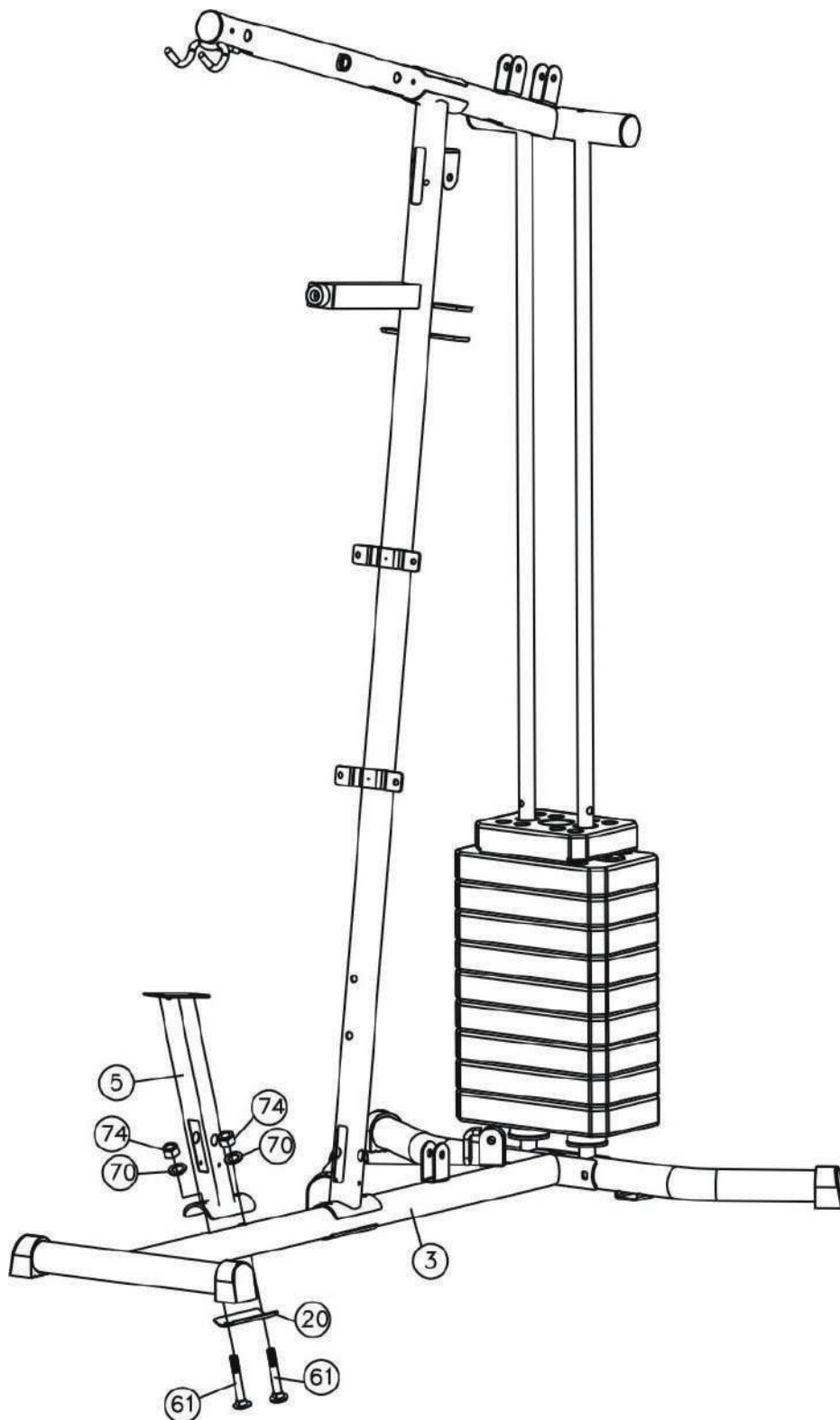
Step 7

Place the upper frame (1) onto the front vertical frame (2) and 2 pcs guide rods(17), Carefully align the holes and secure them with 2pcs M10*25 Allen bolt (65), 2pcs Ø10 washers (70). 2pcs M10*70 Carriage bolts(61), one pc curve bracket(20), 2pcsØ10 washers (70) and 2pcs M10 aircraft nuts(74).



Step 8

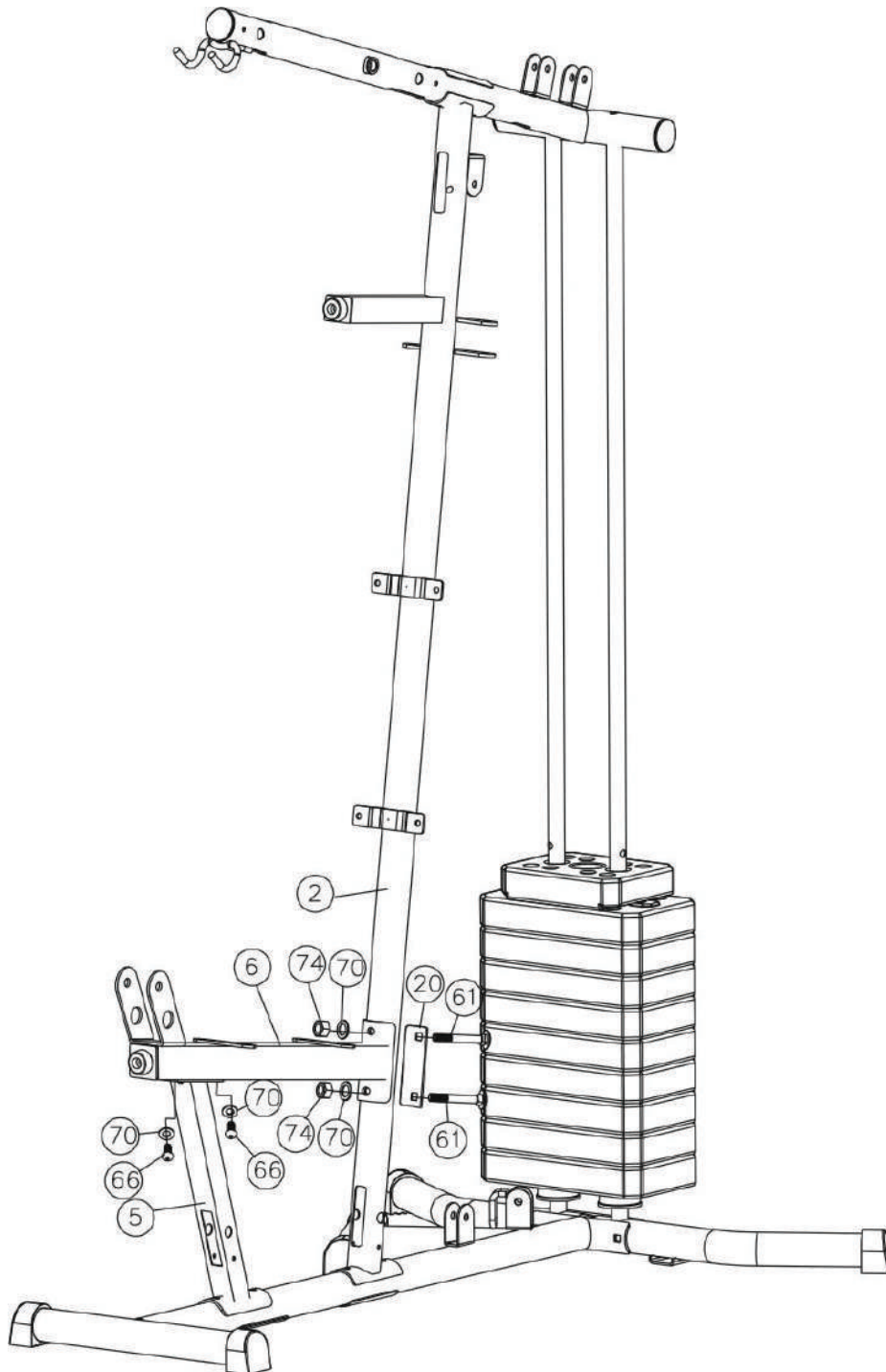
Attach the slant support (5) onto the main base frame (3), Carefully align the holes and secure them with 2pcs M10*70 Carriage bolt(61), one pc curve bracket(20), 2pcsØ10 washers (70) and 2pcs M10 aircraft nuts(74).



Step 9

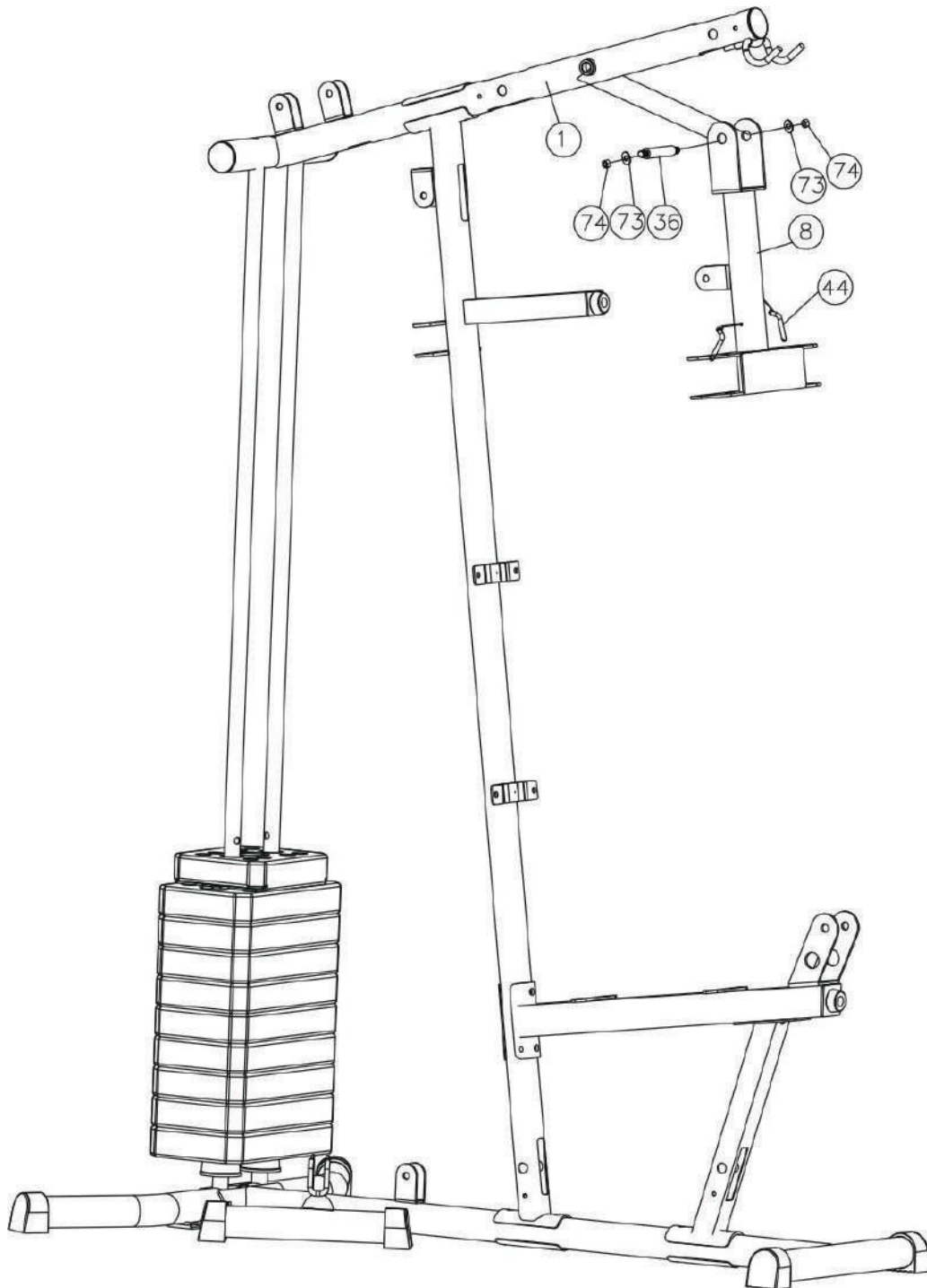
(A) Attach the seat pad support (6) onto the slant support (5), Carefully align the holes and secure them with 2 pcs M10*20 allen bolt(66) and 2pcsØ10 washers (70) .

(B) Attach the another end of the seat pad support (6) to the front vertical frame, Carefully align the holes and secure them with 2pcs M10*70 Carriage bolt(61), one pc curve bracket(20), 2pcsØ10 washers (70) and 2pcs M10 aircraft nuts(74).



Step 10

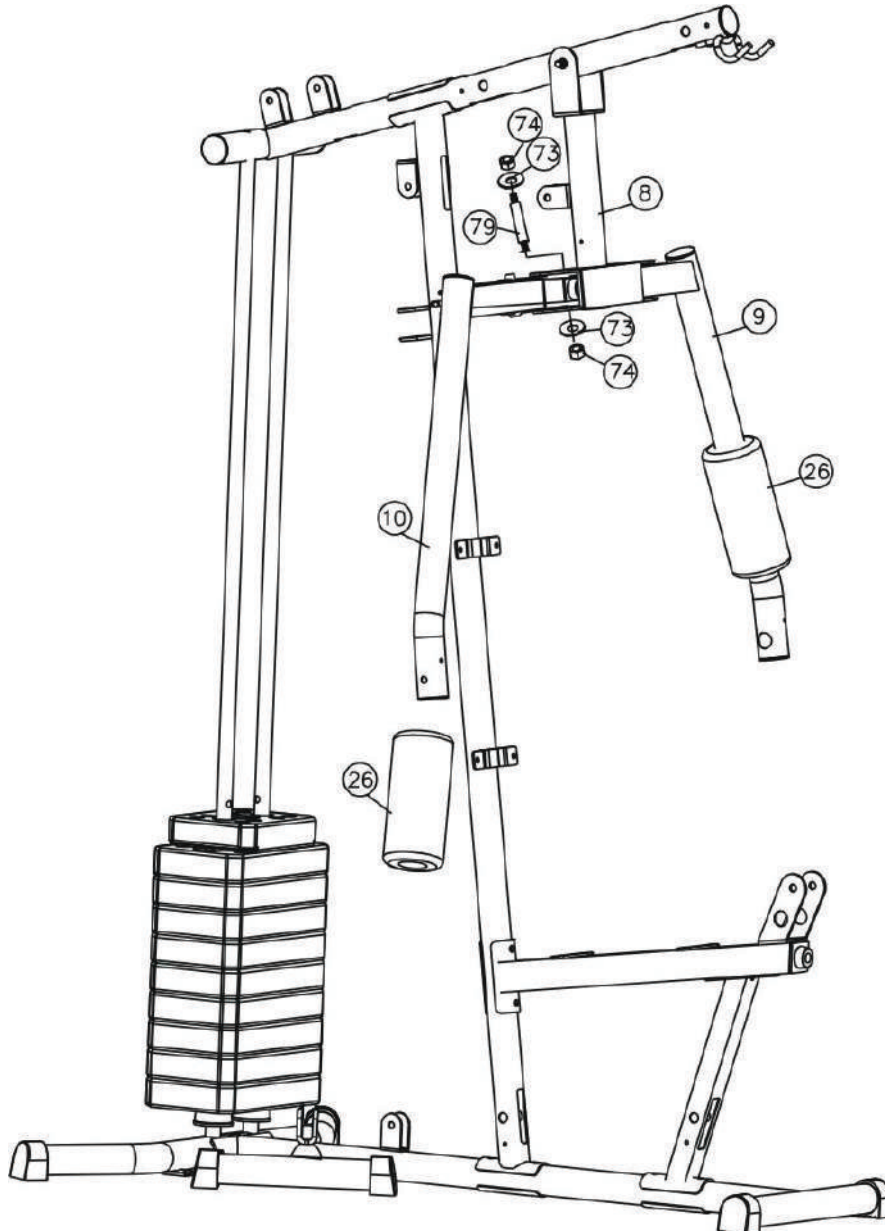
Attach the front press base(8) to the upper frame(1) as the diagram shows, Carefully align the holes and secure them with 2pcs M10 aircraft nuts(74), 2pcs $\text{\O}10$ washers (73) and one pc front press axle(36)



Step 11

(A). Attach the right butterfly frame (10) to the front press base and secure them with one pc axle(79), 2pcs M10 aircraft nuts(74), 2pcsØ10 washers (73).Push one pc butterfly foam roll(26) from the bottom of the right butterfly frame to the middle.

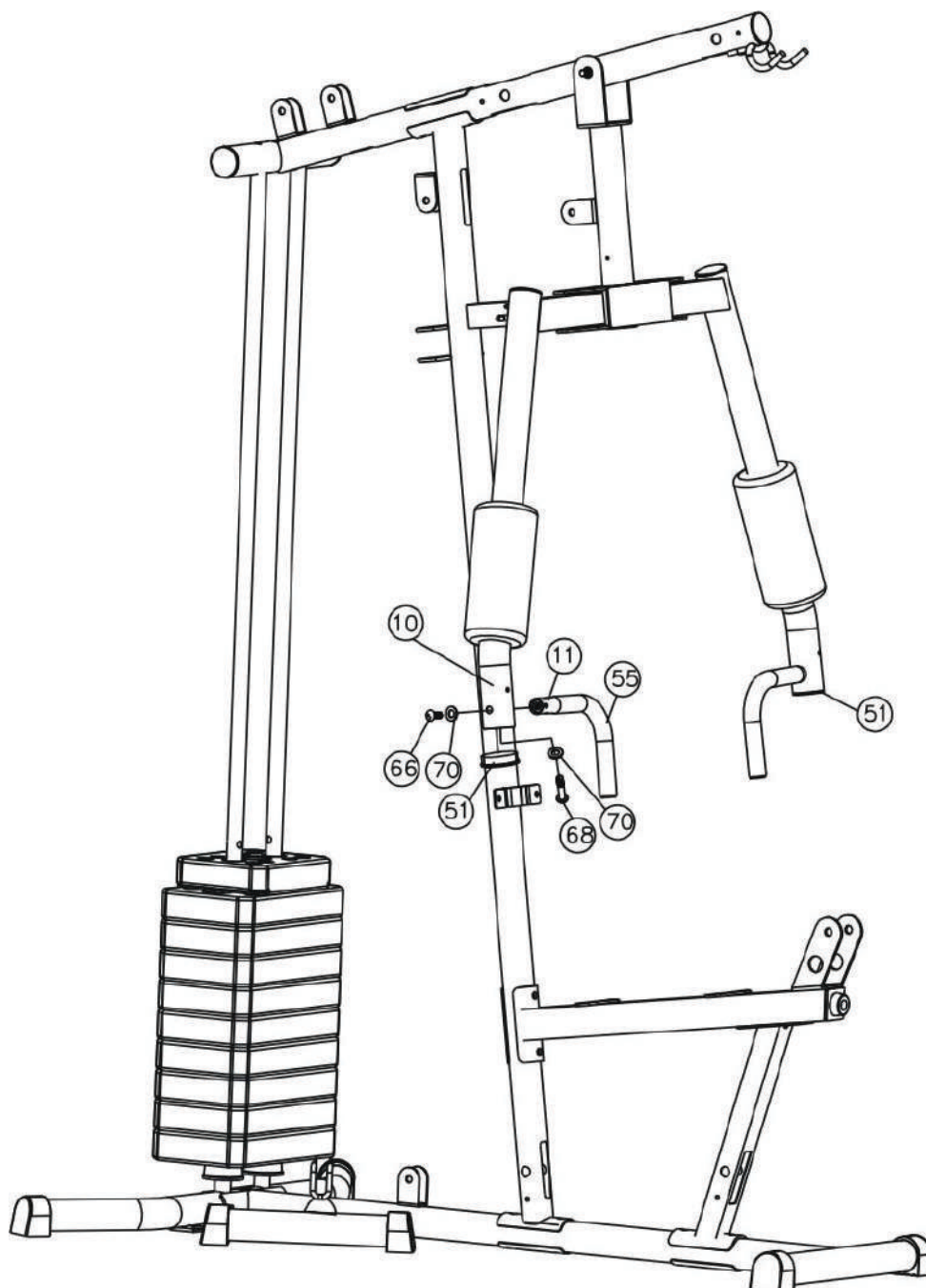
(B) Install the left butterfly frame with the same method.



Step 12

(A) Attach the handle (11) to the right butterfly frame , Secure them with one pc M10*20 allenbolt(66), one pc M10*35 allen bolt(68) and 2 pcs ϕ 10 washer(70).

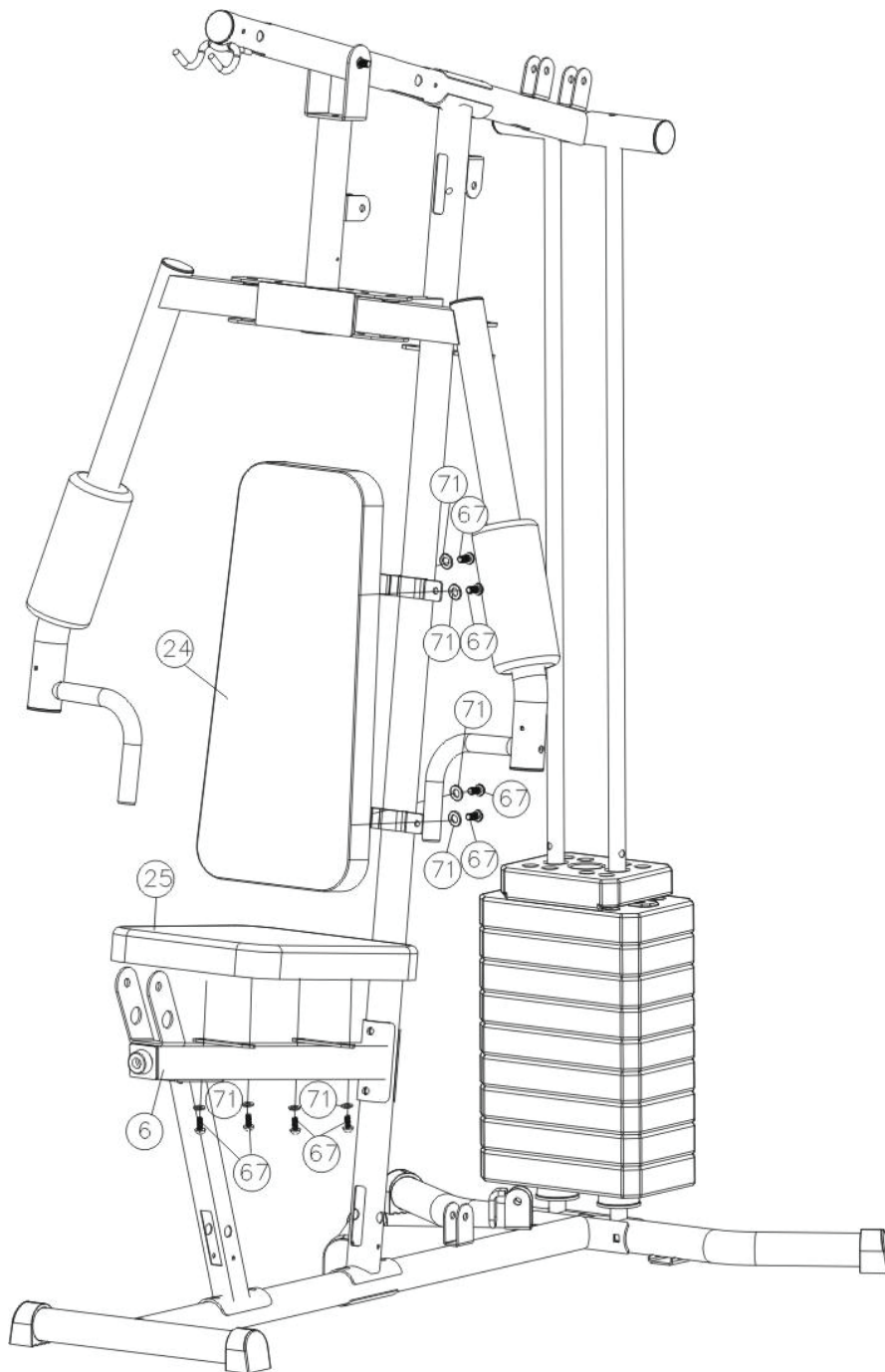
(B) Install another handle with the same method.



Step 13

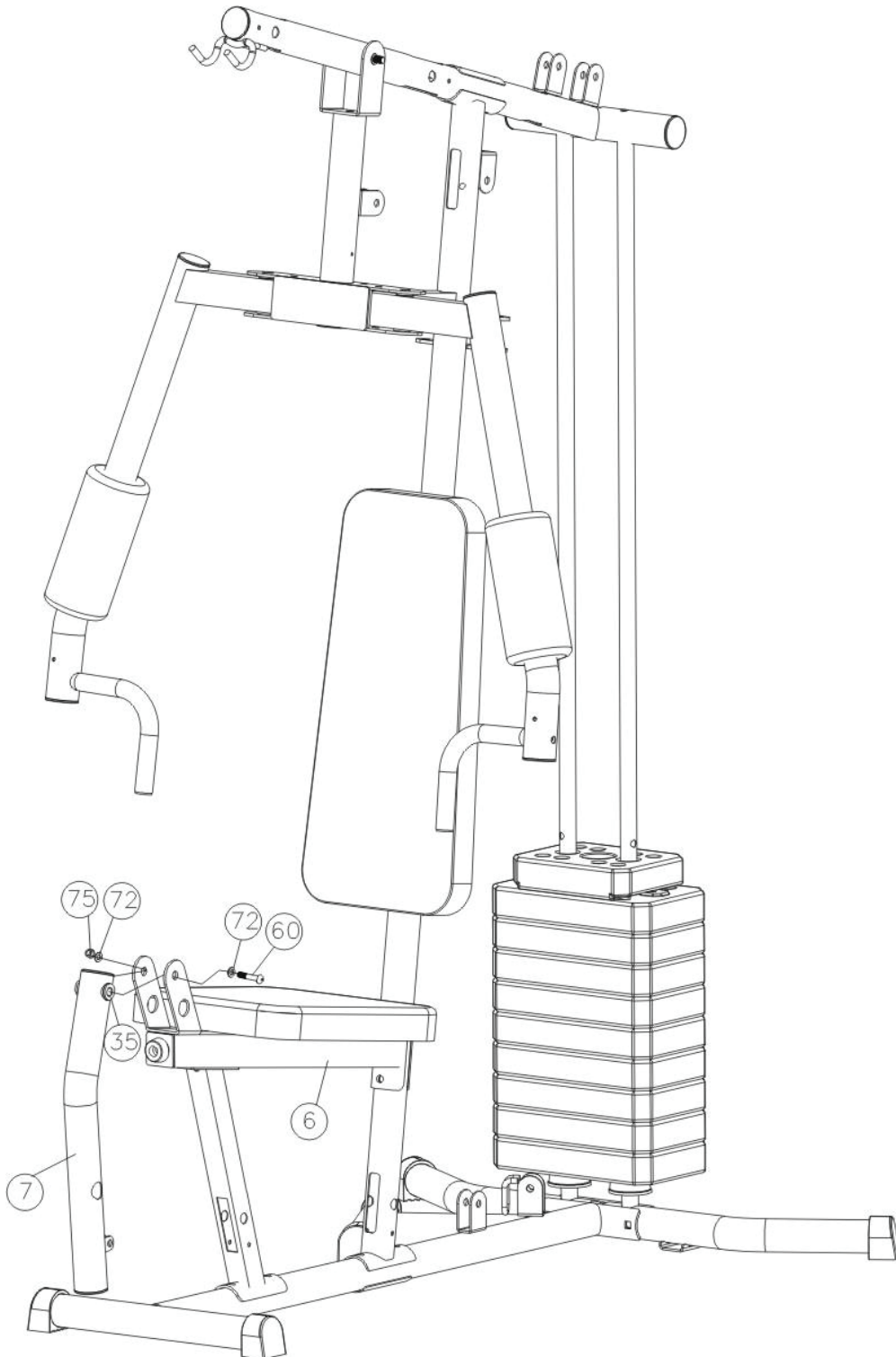
(A) Attach the backrest pad (24) to front vertical frame , Carefully align the holes and secure them with 4 pcs M8*16 allen bolt (67) and 4 pcs Ø8 washers (71) .

(B) Place the seat pad (25) onto the seat pad support, Secure them with 4 pcs M8*16 allen bolt (67) and 4 pcs Ø8 washers (71) .



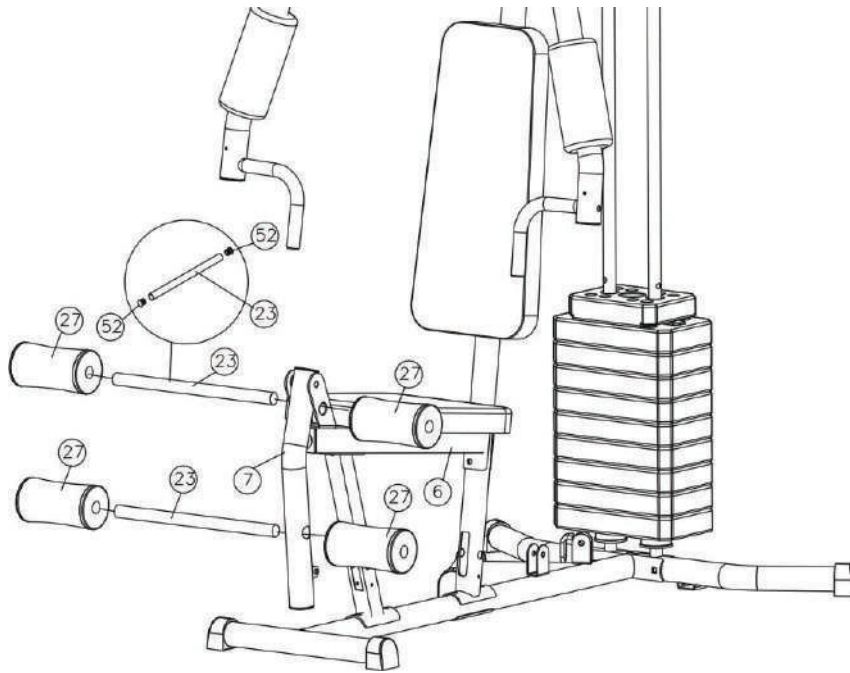
Step 14

Attach the leg developer(7) to the bracket of the seat pad support(6), secure them with one pc M12*80 allen bolt (60), 2 pcs ϕ 12 washer(72) and one pc M12 aircraft nut(75)



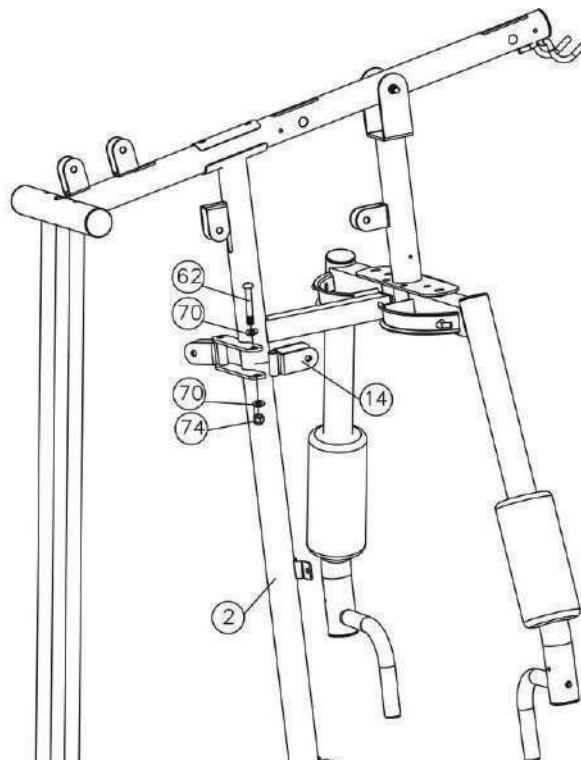
Step 15

Attach the 2pcs foam roll tube (23) into the holes halfway as the diagram shows. And then push the 4pcs foam roll (27) from both end seperately.



Step 16

Attach the swivel pulley bracket (14) as the diagram shows and secure them with one pc M10*65 allen bolt(62), 2pcs ϕ 10 washers (70) and one pc M10 aircraft nut(74). Install another swivel pulley bracket with the same way.



Step 17

(A) Attach the upper cable(46) through the front opening of the upper frame,make sure that the ball stoper should be under the upper frame. Place one pc pulley below the cable and secure it with one pc M10*65 allen bolt(62) and one pc M10 aircraft nut(74).

(B) Draw the cable backwards and reach the second opening , Install a pc pulley with the same way in A.

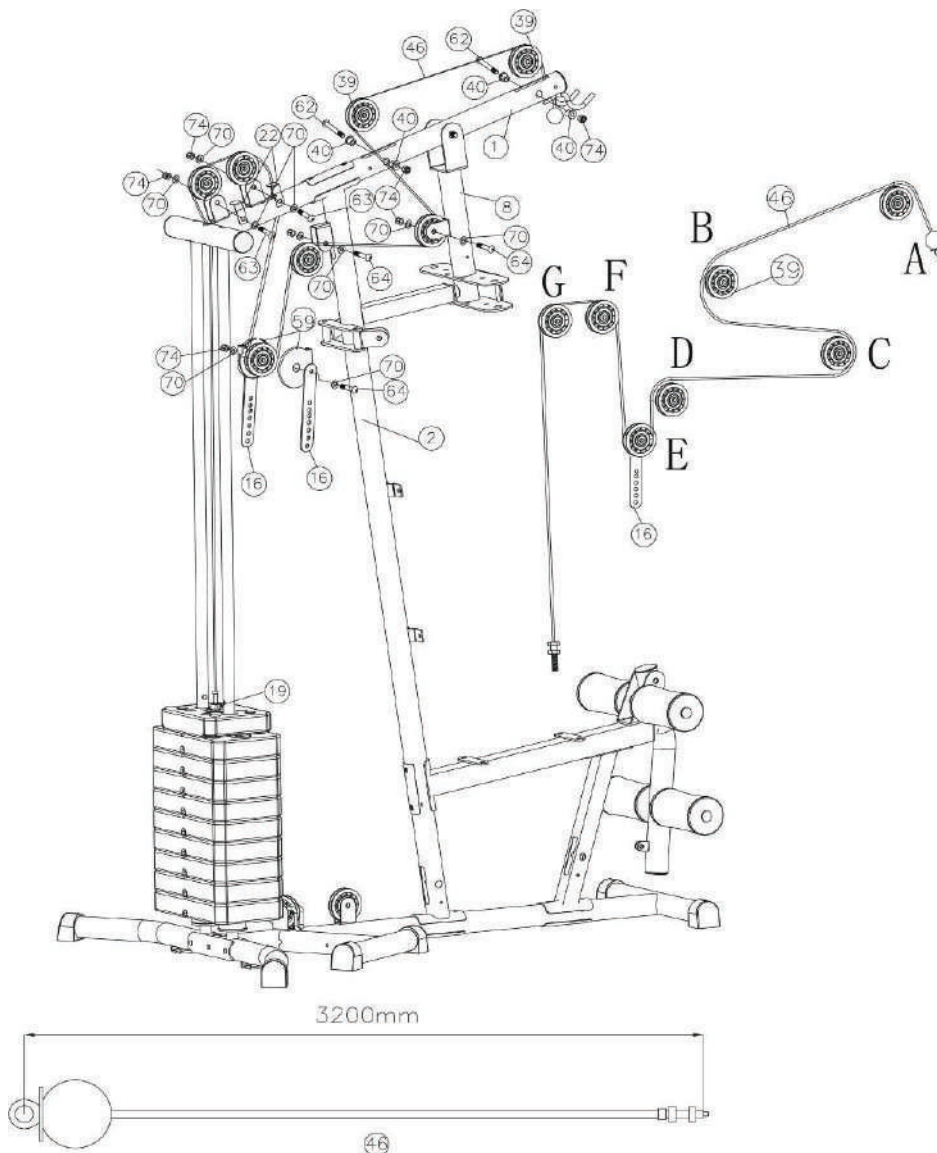
(C) Draw the cable around the pulley and reach the bracket of the front press base,Secure the pulley with one pc M10*40 allen bolt (64) ,2pcs $\phi 10$ washers (70) and one pc M10 aircraft nut(74).

(D) Draw the cable around the pulley and backwards until it reach the opening of frontvertical frame , Install one pc pulley with the same way in C.

(E) Draw the cable around the pulley and downwards,Place one pc pulley onto the cable ,Secure the pulley with 2pcs pulley cover(59),double floating pulley bracket (16) together with the same way in C.

(F) Draw the cable around the pulley and upwards, Install 2 pcs pulley as the diagram shows with 2 pcs M10*40 allen bolt(63),4pcs $\phi 10$ washers (70), 2pcs cable retainer(22) and 2 pcs M10 aircraft nut(74).

(G) Draw the cable around the pulley and go through the hole , Thread the end of upper cable to the top of the selector rod.

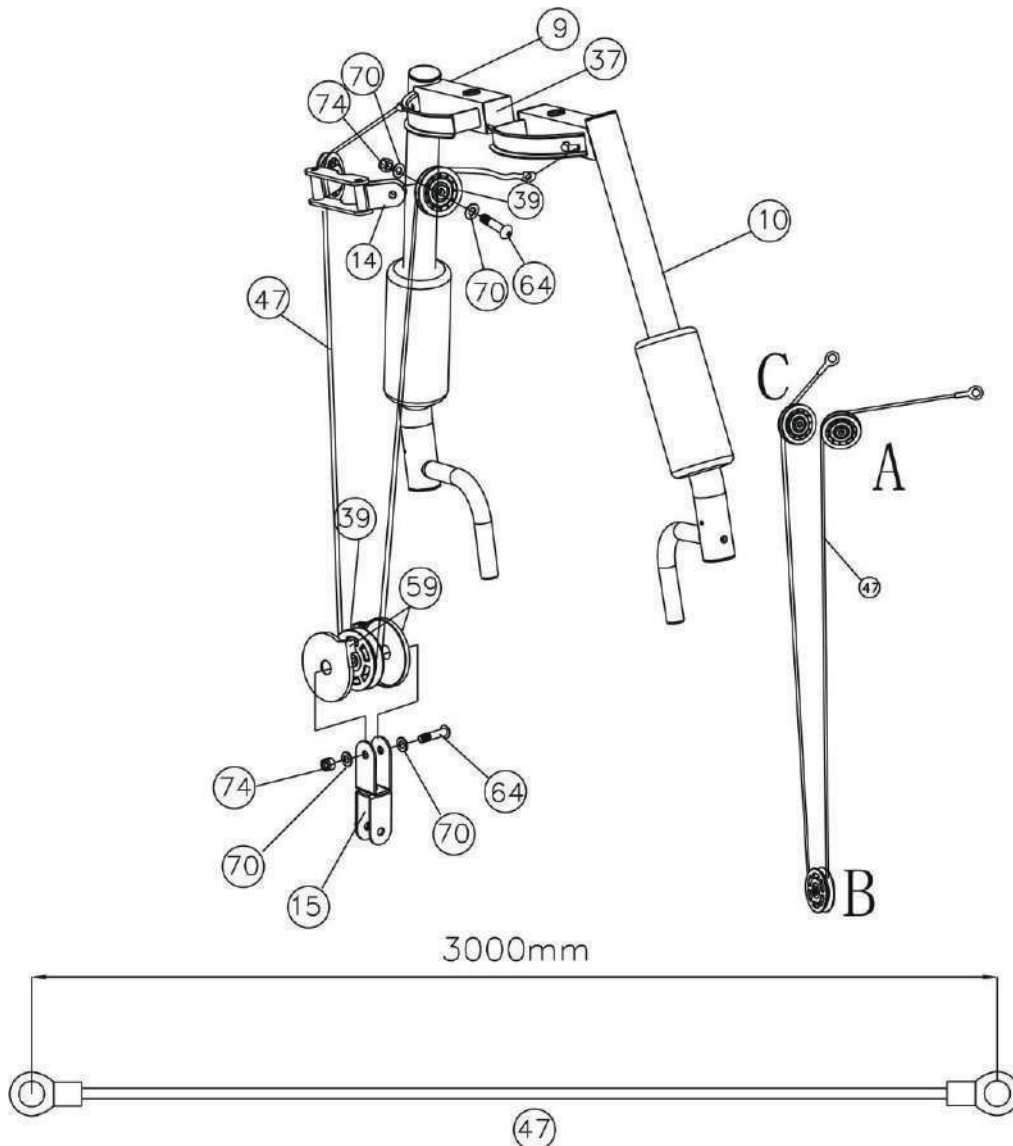


Step 18

(A) Attach one end of the butterfly cable(47) to the bracket as the diagram shows. Place the cable onto the pulley and secure the pulley with one pc M10*40 allen bolt(64), 2pcs $\phi 10$ washers (70) and one pc M10 aircraft nut(74).

(B) Draw the cable downwards , place one pc pulley onto the cable ,Secure the pulley, 2pcs pulley cover(59), cross double floating pulley bracket(15) together with the same way in A.

(C) Draw the cable upwards and repeat the above the method to install another end of the butterfly cable.



Step 19

(A) Attach the lower cable (48) through the opening, place one pc pulley onto the cable, Secure it with one pc M10*40 Allen bolt(64) , two pcs $\phi 10$ washers(70) and one pc M10 aircraft nut(74).

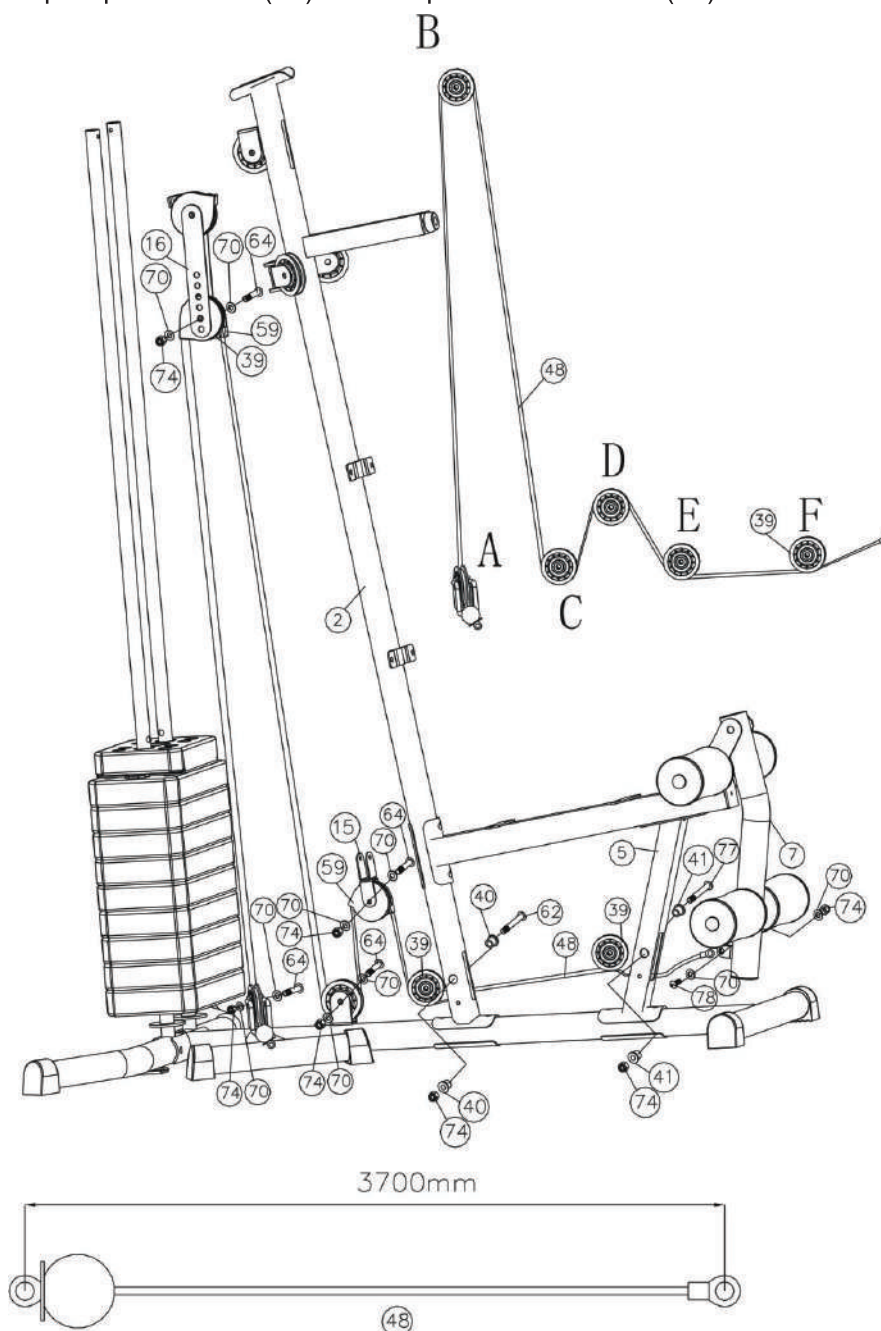
(B) Draw the cable around the pulley and upwards, place one pc pulley below the cable and secure the pulley , 2pcs pulley cover(59), double floating pulley bracket together with one pc M10*40 allen bolt(64), 2pcs $\phi 10$ washers (70) and one pc M10 aircraft nut(74).

(C) Draw the cable around and downwards, place one pc pulley onto the cable. Secure it with the same way in A.

(D) Draw the cable around the pulley and upwards, Place the pulley below the cable, Secure the pulley, two pcs pulley cover(59) and cross double floating pulley bracket(15) together with the same way in A.

(E,F) Draw the cable around the pulley and go through the two openings as the diagram shows. with one pc M10*65 Allen bolt(65), one pc M10*55 allen bolt (55) ,two pcs $\phi 22*\phi 16*15$ bushing(40), two pcs $\phi 22*\phi 16*11$ bushing (41), two pcs M10 aircraft nut(74).

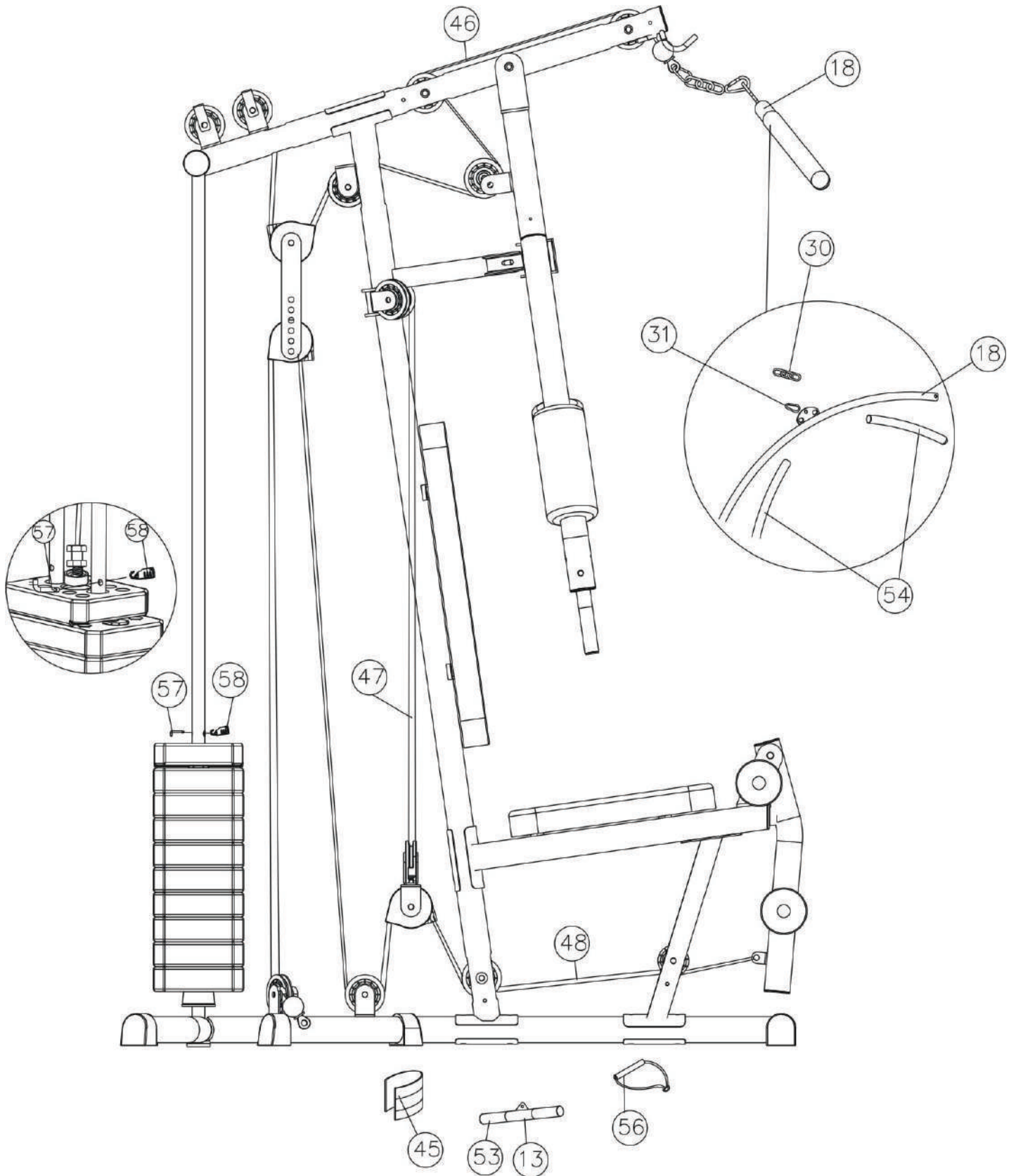
(G) Draw the end of the lower cable to the bracket of the leg developer, secure them with one pc M10*28 Allen bolt(78) , two pcs $\phi 10$ washers(70) and one pc M10 aircraft nut(74).

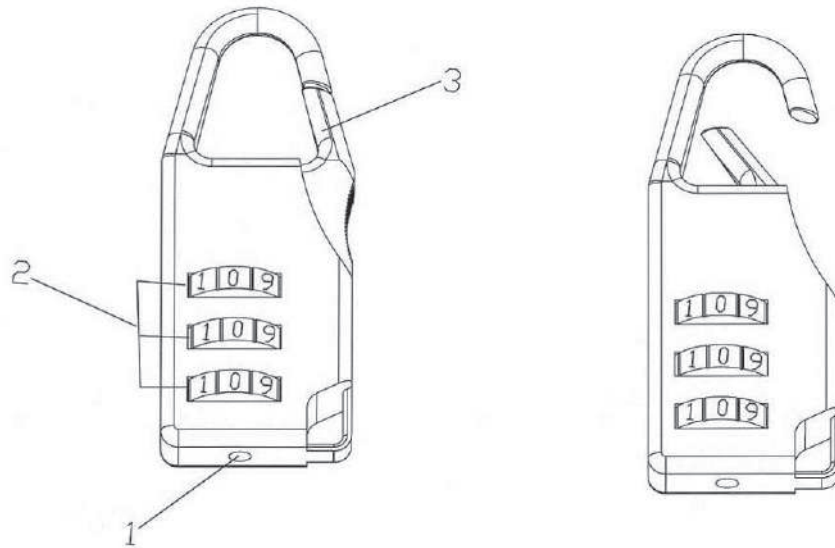


Step 20

(A) Attach the handle (11) to the right butterfly frame , Secure them with one pc M10*20 allenbolt(66), one pc M10*35 allen bolt(68) and 2 pcs ϕ 10 washer(70).

(B) Install another handle with the same method.





The Lock is set at the manufacturer to the open at 0-0-0 (all zeros are positioned in the middle). It is recommended to change the combination to ensure safety.

Please follow the below steps to change the combination:

1. Push and hold the combination adjustment button (#1) as indicated below, while holding down the adjustment button, turn the numerical dial (#2) to set the desired combination in the middle. Release the button (#1). Set the two other numerical dials the same way. This only needs to be done once.
2. To lock, turn the dials so the Lock shows random numbers.
3. To unlock, turn the dials to the combination setup in step one, press the shackle (#3) to open.

Exercising Information

Before starting to exercise

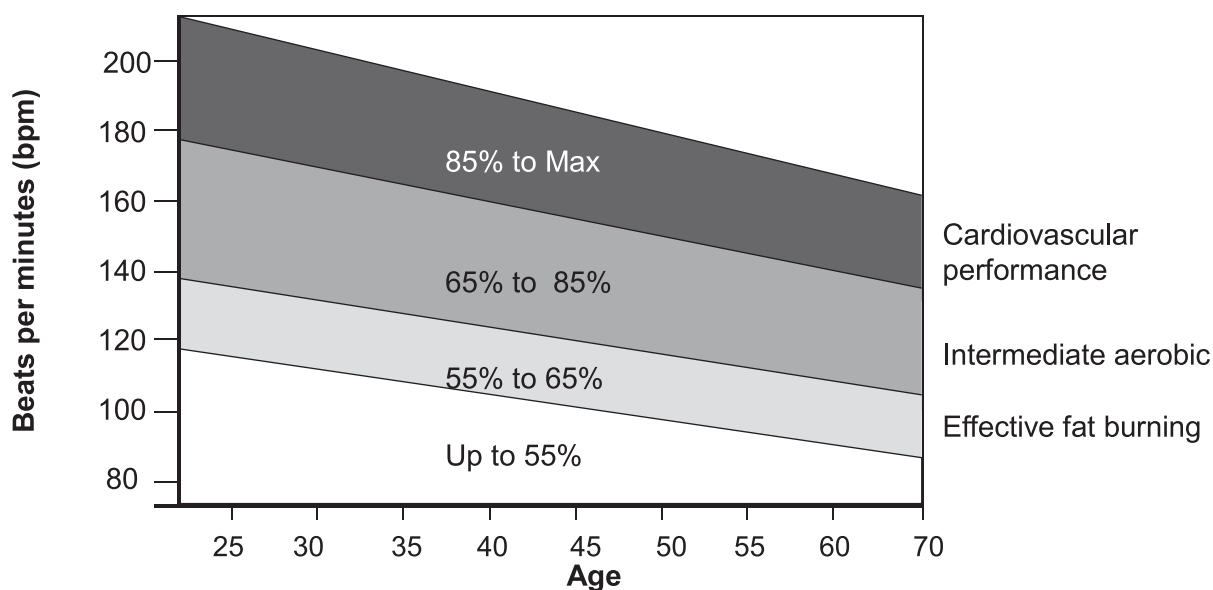
How you begin your exercise programme depends on your physical condition. If you have been inactive for several years or are overweight, you must start slowly and increase a few repetitions per workout. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone.

Please remember these essentials:

- Have your doctor review your training and diet programme to advise you of a workout routine you should adopt.
- Begin your training programme slowly with realistic goals.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface at least 3 feet from walls and furniture.

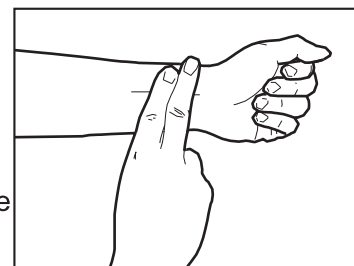
Exercise intensity

To maximize the benefits of exercising, it is important to exercise with proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise programme, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercises.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six - second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



Exercising Information

Muscle chart

Aerobic Exercise

Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs or buttocks, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

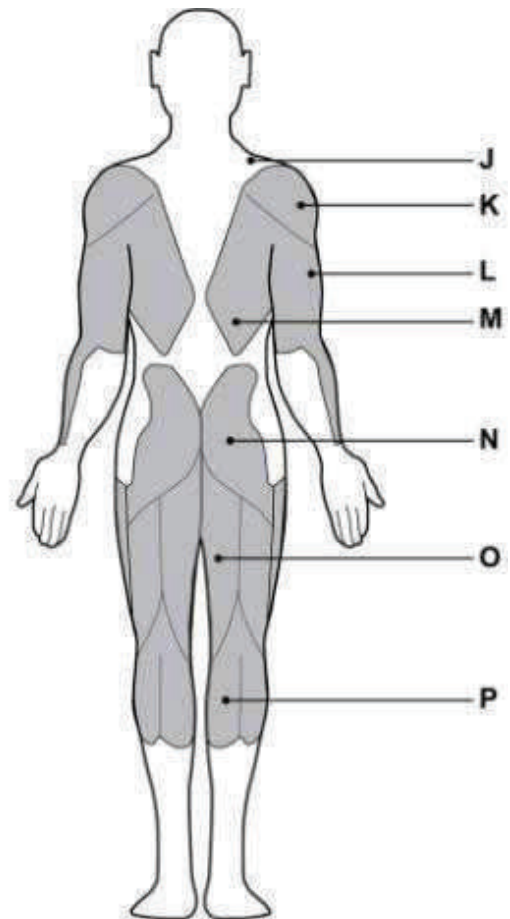
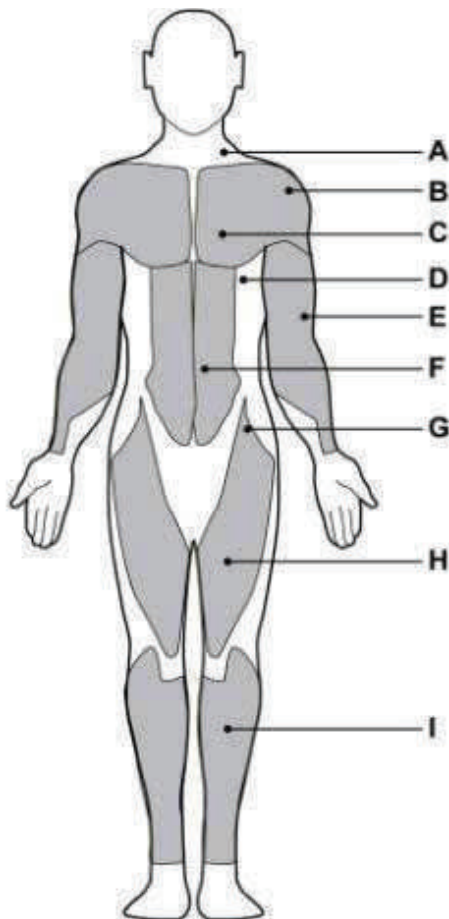
Weight Training

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount of reps.

As always, consult your doctor before beginning any exercise programme.

Targeted Muscle Groups

The exercise routine that is performed on the Men's Health Home Gym will develop the upper and lower body or combined total body muscle groups. These muscle groups are highlighted on the muscle chart below.



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

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

Exercising Information

Warming up and Cooling down exercises

Each workout should include the following three parts:

1. A warm up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm up increases your body temperature, heart rate and circulation in preparation for exercise.
2. Training zone exercise consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (Note: During the first few weeks of your exercise programme, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

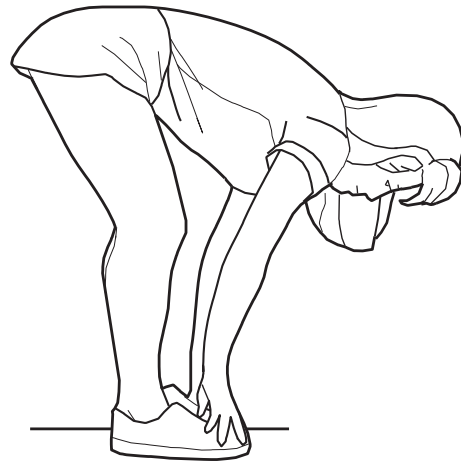
To maintain or improve your condition, plan three workouts each week with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your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

Toe touch stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible.

Hold for 15 counts, and then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.



Hamstring stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible.

Hold for 15 counts, and then relax.

Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



Exercising Information

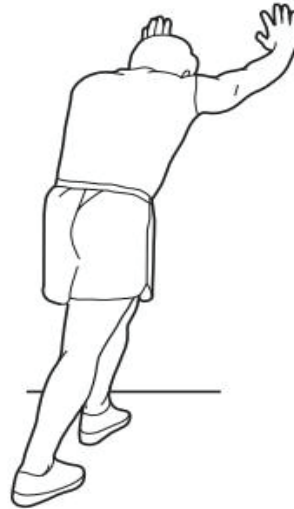
Calf / Achilles stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

Hold for 15 counts, and then relax.

Repeat 3 times for each leg. To cause further stretching of the Achilles tendons, bend your back leg as well.

Stretches: Calves, Achilles Tendons and Ankles.



Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gently pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, and then relax.

Repeat 3 times for each leg.

Stretches: Quadriceps and Hip muscles.



Inner thigh stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.

Hold for 15 counts, and then relax.

Repeat 3 times.

Stretches: Quadriceps and Hip muscles.



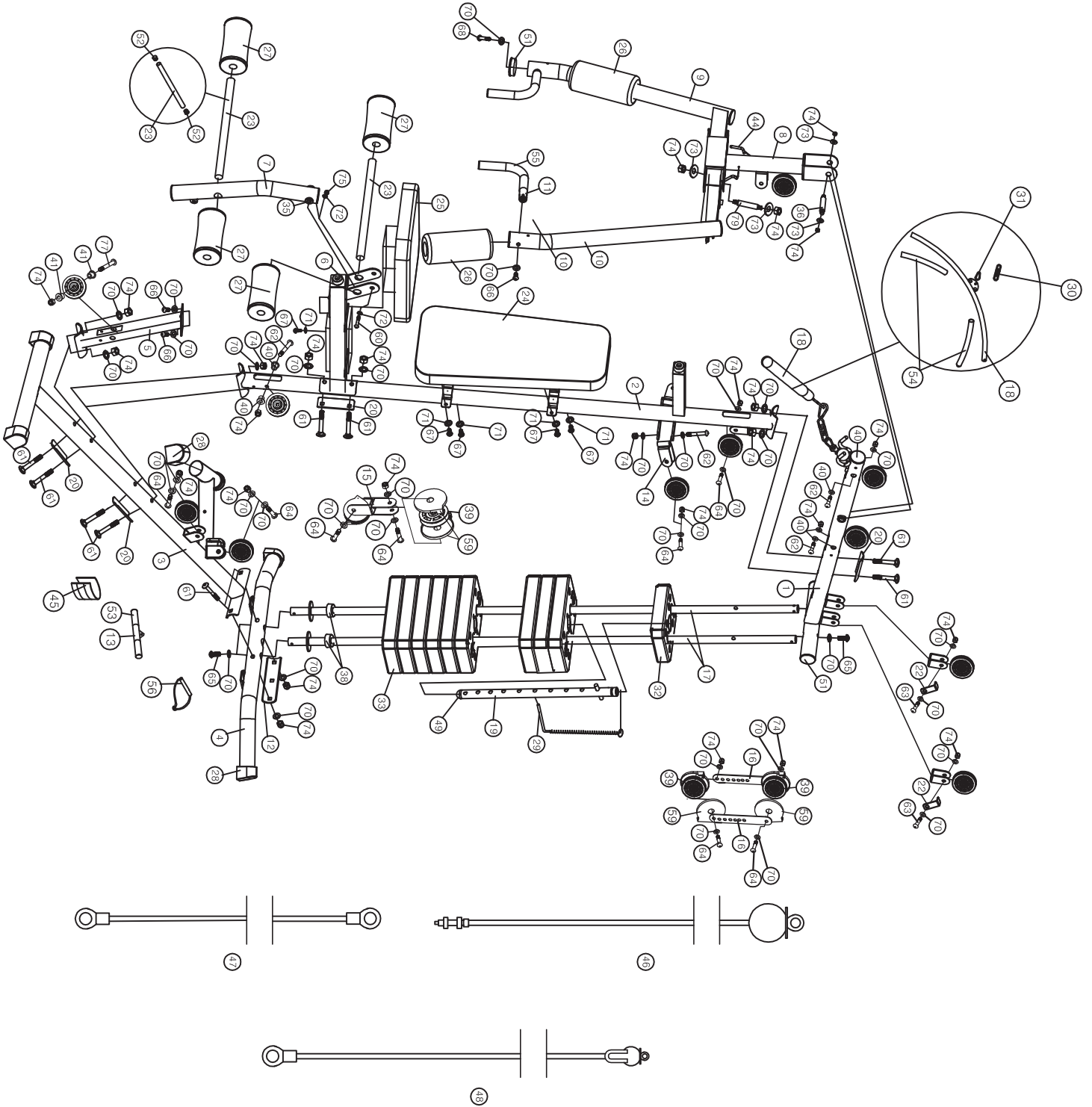
Care and Maintenance

1. Examine the equipment periodically in order to detect any damage or wear which may have been produced.
2. Lubricate moving parts with light oil periodically to prevent premature wear.
3. Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and do not use the equipment again until it is in perfect working order.
4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent.

Do not use solvents.

5. Do not attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer, their approved

EXPLODED DIAGRAM



Parts List

Part	Description	Qty.	Part	Description	Qty.
1	Upper frame	1	22	Cable retainer	2
2	The front vertical frame	1	23	Foam roll tube	2
3	Main base frame	1	24	Backrest pad	1
4	Rear stabilizer	1	25	Seat pad	1
!	Slant support	1	26	φ48*φ100*220 Foam roll	2
#	Seat pad support	1	27	φ22*φ90*175 foam roll	4
(Leg developer	1	28	foot	#
%	Front press base	1	29	Selector pin	1
)	Left butterfly frame	1	30	chain	1
10	Right butterfly frame	1	31	7# gourd hook	4
11	handle	2	32	Selector stem	1
12	u-shape bracket	1	33	Weight plate)
13	Pull down bar	1	34	φ25*φ22*φ16 bushing	#
14	Swivel pulley bracket	2	35	φ25*φ22*φ12 bushing	2
15	Cross double floating pulley bracket	1	36	Front press axle	1
16	Double floating pulley bracket	2	37	□50 end cap	2
17	Guide rod	2	38	Rubber bumper	2
18	Lat bar	2	39	pulley	16
19	Selector rod	1	40	φ22*φ16*15 bushing	#
20	Curve bracket	4	41	φ22*φ16*11 bushing	2
21	bracket	1	42	φ50X2 end cap	1



ALTIS®
BODYGYM-MAX
CORNER GYM

**THANK YOU FOR PREFERRING OUR PRODUCT.
WE HOPE YOU ENJOY IT**

This product you have already purchased in under the guarantee of the SPOR DÜNYASI. In case you have any problems with regard to installation or service, please do not hesitate to contact our technical service department by calling 0850 495 52 12.

Please e-mail us at info@spordunyasi.com.tr / teknikservis@spordunyasi.com.tr for all opinions, suggestions and complaints because your opinions are valuable for Spor Dünyası family.

Üretici & İthalatçı Firma Bilgileri (Manufacturer & Importer):

SPOR DÜNYASI Diş. Tic. A.Ş

Mahmutbey Mah. Turgut Cad. No:9 34217 Bağcılar / İSTANBUL

Tel: +90 212 446 94 94 Fax: +90 212 445 27 02

info@spordunyasi.com.tr

www.spordunyasi.com.tr