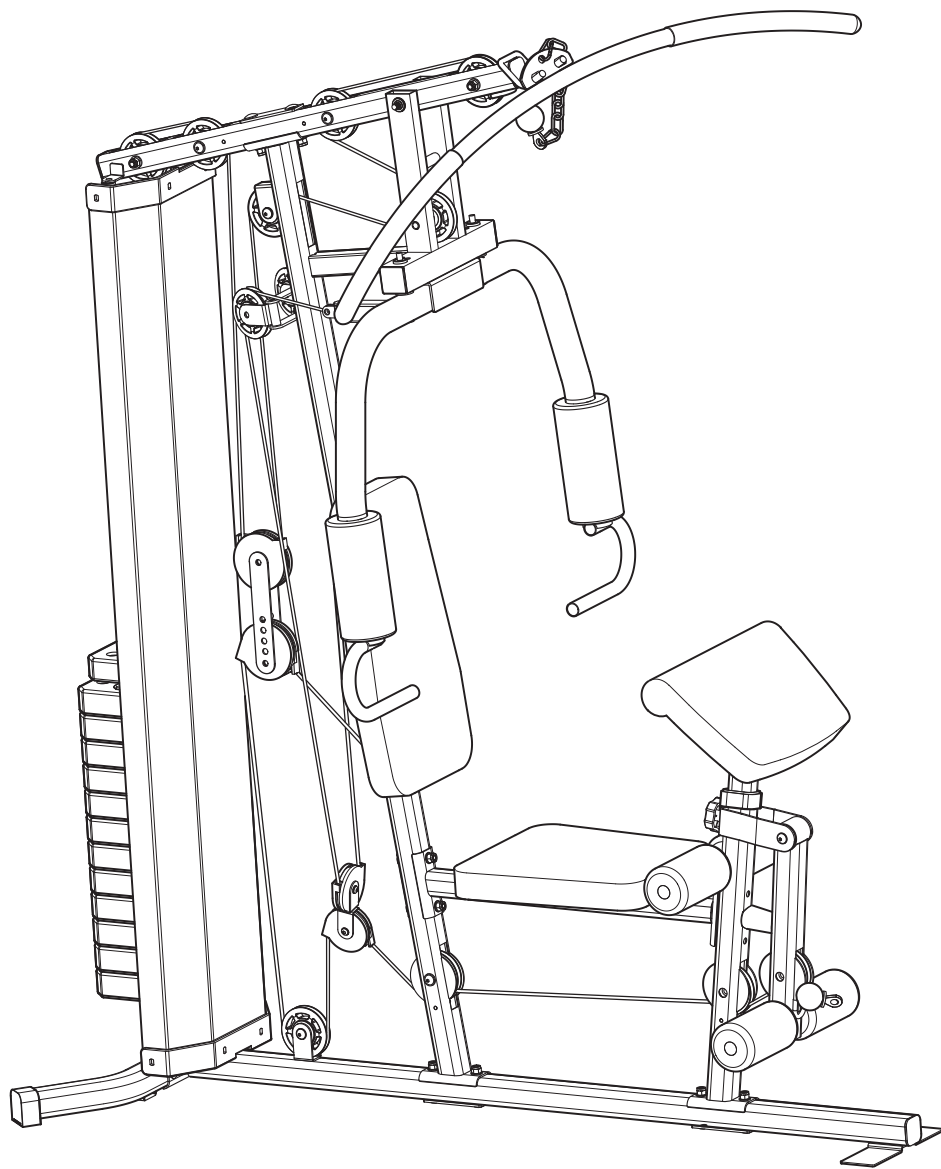




hattrick[®]

BODYPOWER



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.

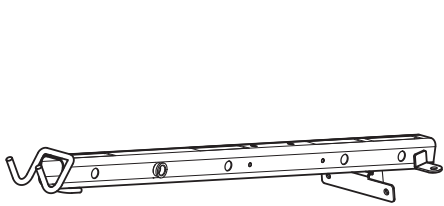
Using

- 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 - Parts

Please check you have all the parts listed below

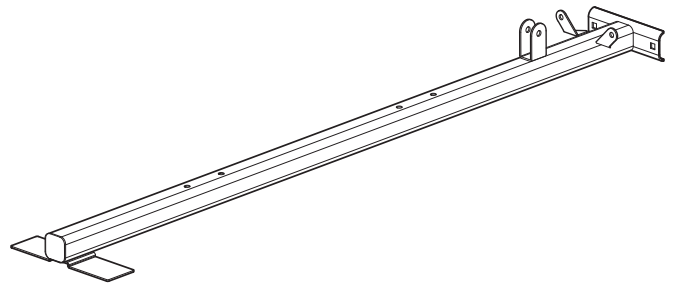
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before regarding any missing components.



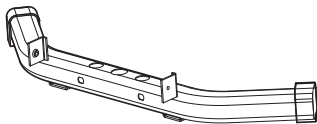
1. Upper frame x 1



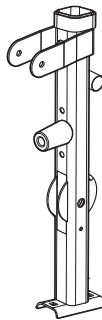
2. Vertical frame x 1



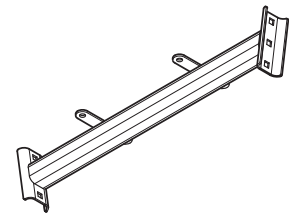
3. Base frame x 1



4. Rear stabilizer x 1



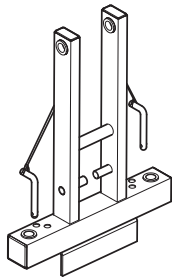
5. Leg developer holder x 1



6. Seat support x 1



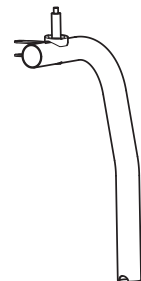
7. Leg developer x 1



8. Front press base x 1



9. Right butterfly x 1



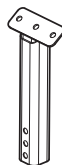
10. Left butterfly x 1



11. Front press handle x 2



12. Butterfly cable bracket x 2



13. Preacher pad stand x 1



14. Swivel pulley bracket x 2

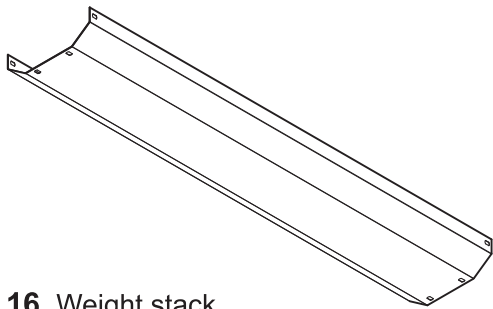


15. Angled double pulley bracket x 1

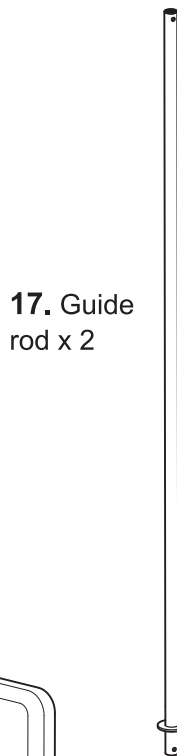
Components - Parts

Please check you have all the parts listed below

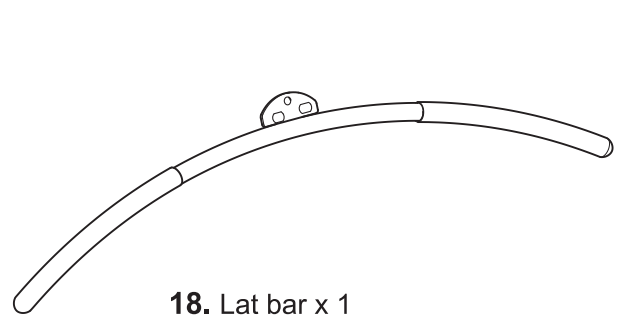
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before regarding any missing components.



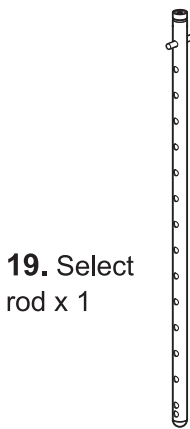
16. Weight stack cover x 1



17. Guide rod x 2



18. Lat bar x 1



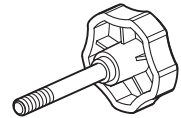
19. Select rod x 1



20. 120mm Bracket x 4



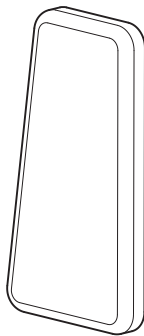
21. Rear U-shaped bracket x 1



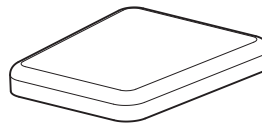
22. Lock knob x 1



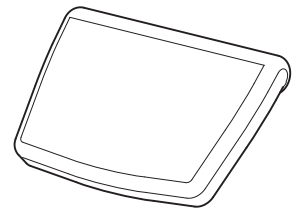
23. Foam roll tube x 2



24. Backrest pad x 1



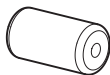
25. Seat pad x 1



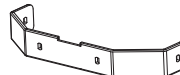
26. Preacher pad x 1



27. 48mm Foam roll x 2



28. 22mm Foam roll x 4



29. Weight stack cover bracket x 2



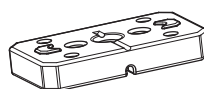
30. Double floating pulley bracket x 2



31. Rear stabilizer end cap x 2



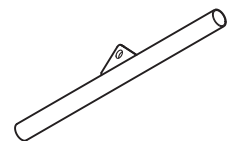
35. Select plate x 1



36. Weight plate x 14



37. 25mm Bushing x 6



39. Pull bar x 1

Note: See page 23 for weight resistance chart

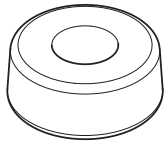
Components - Parts

Please check you have all the parts listed below

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before regarding any missing components.



40. 50mm
End cap x 2



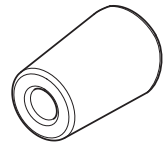
41. 61mm Rubber
bumper x 2



42. Pulley
x 15



43. 22mm Pulley
bushing x 14



44. 44mm x 55mm
Rubber bumper x 1



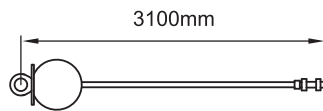
45. 37mm Rubber
bumper x 1



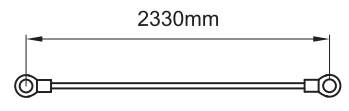
46. Butterfly
lock pin x 2



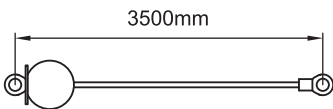
47. Ankle
strap x 1



48. 3100mm Upper
Cable x 1



49. 2330mm
Butterfly Cable x 1



50. 3500mm
Lower Cable x 1



51. 25mm Dome
end cap x 1



52. 50mm Big R
end cap x 4



53. 50mm
End cap x 2



54. 25mm
End cap x 6



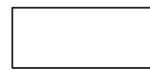
55. Front press
handle grip x 4



56. Lat pull
handle grip x 2



57. Single
strap x 1



58. 50mm x 170mm
Non slip sheet x 1



59. 50mm x 25mm
End cap x 2



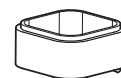
60. 50mm Bushing x 2



61. Pulley cover x 8



82. Plastic spacer x 2




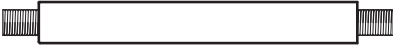

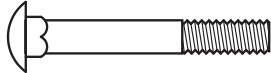
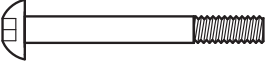
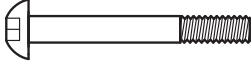
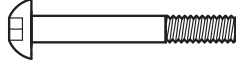
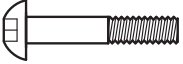

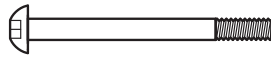









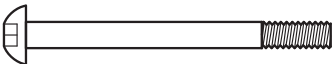
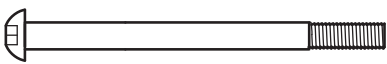



83. 50mm x 45mm Sleeve x 1

Components - Parts

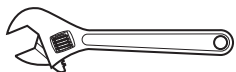
Please check you have all the parts listed below

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before regarding any missing components.

32  Weight select pin x 1	33  Chain x 1	34  Clip hook x 2
38  Long axle x 1	62  57mm Axle x 1	63  M10 x 70mm Carriage bolt x 10
64  M10 x 70mm Allen bolt x 9	65  M10 x 65mm Allen bolt x 2	66  M10 x 60mm Allen bolt x 2
67  M10 x 45mm Allen bolt x 8	68  M10 x 20mm Allen bolt x 9	69  M8 x 70mm Allen bolt x 2
70  M8 x 20mm Allen bolt x 6	71  M6 x 20mm Allen bolt x 8	73  M10 Washer x 56
74  M8 Washer x 8	75  M6 Washer x 10	76  25mm Washer x 4
77  M10 Lock nut x 39	78  M6 Lock nut x 2	79  10mm Phillips screw x 2
80  M10 x 90mm Allen bolt x 2	81  M10 x 140mm Allen bolt x 1	 Allen keys 4, 5, 6mm

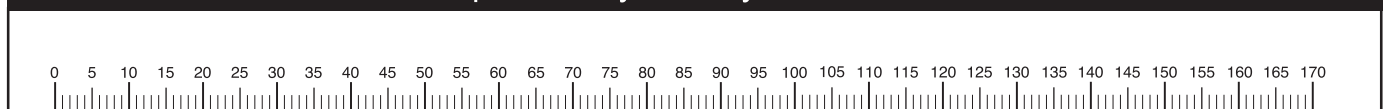
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.

Tools required



Adjustable spanner x 2

Ruler - Use this ruler to help correctly identify the hardware



Assembly Instructions

Step 1

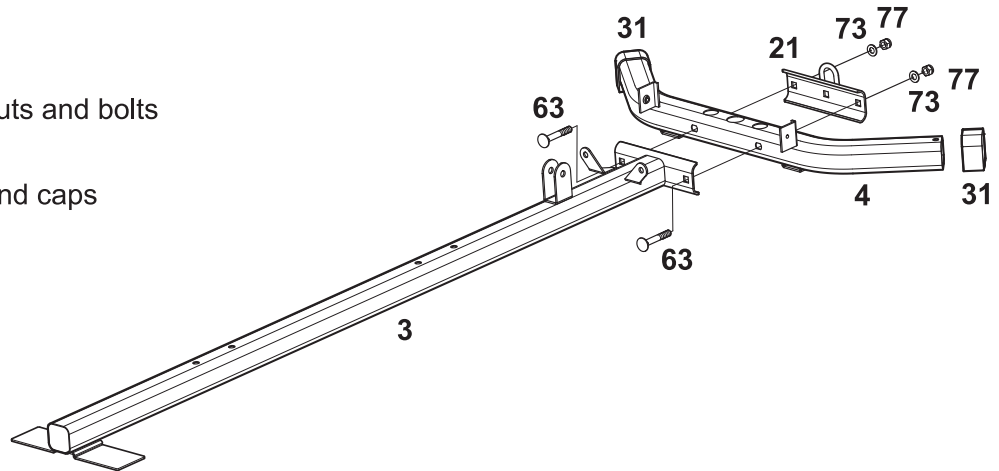
Attach rear of the Base frame (3) to the Rear stabilizer (4).

Fix using 70mm Carriage bolts (63),
the Rear U-shaped bracket (21), M10 Washers (73)
and M10 Lock nuts (77).

Important:

Do not fully tighten the nuts and bolts
until instructed to do so.

Push fit Rear stabilizer end caps
(31) into the ends of the
Rear stabilizer (4).



Step 2

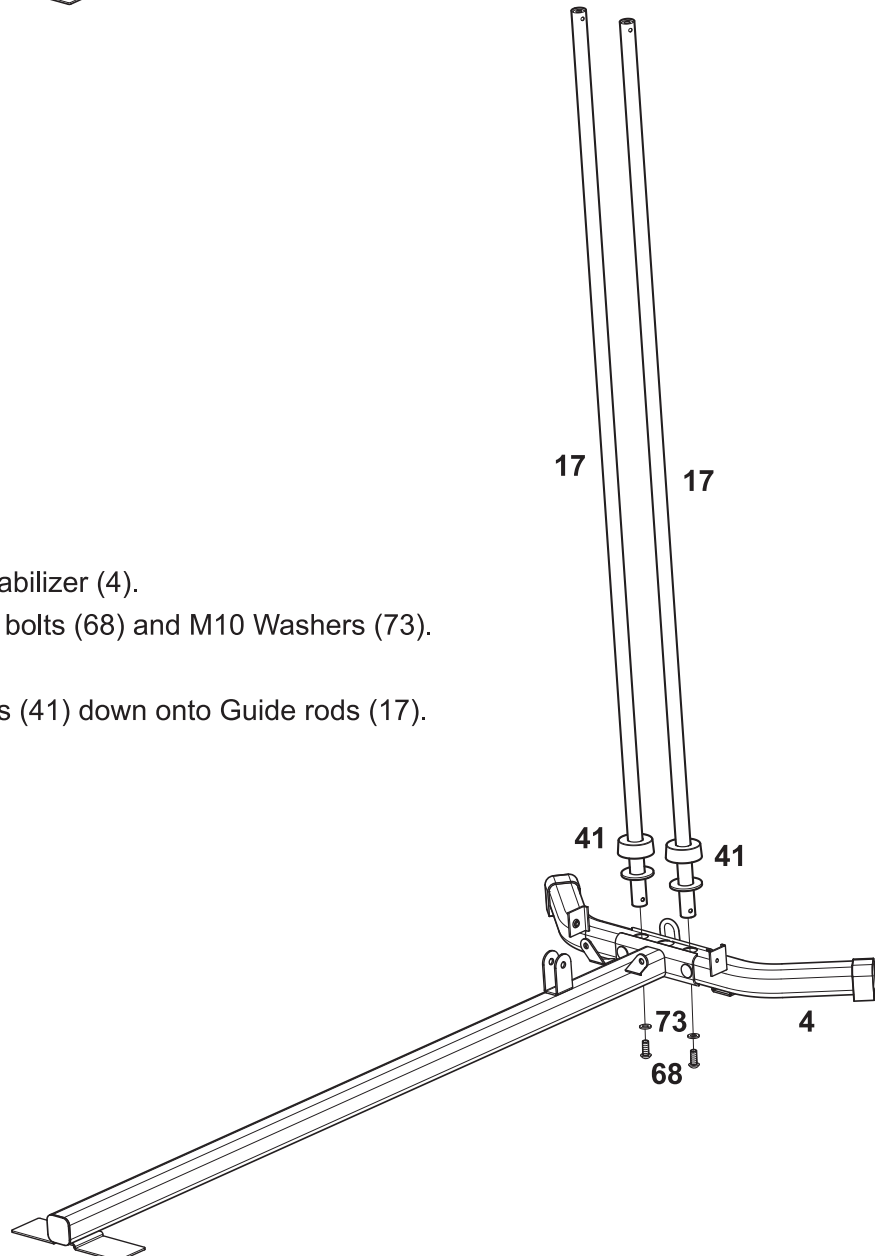
Insert the Guide rods (17)

into the holes on the Rear stabilizer (4).

Fix using M10 x 20mm Allen bolts (68) and M10 Washers (73).

Fully tighten bolts.

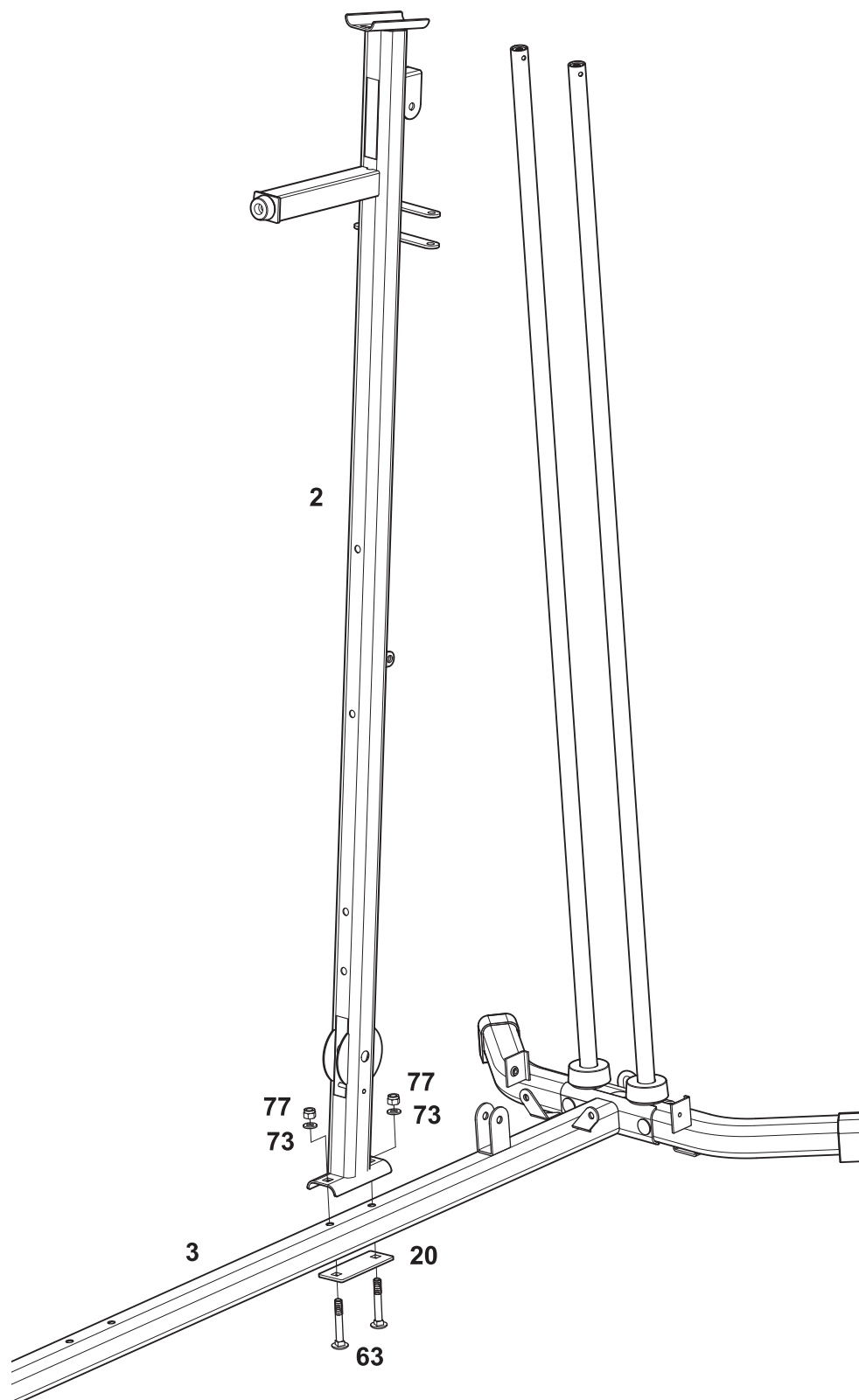
Slide 61mm Rubber bumpers (41) down onto Guide rods (17).



Step 3

Attach the Vertical frame (2) to the Base frame (3). Fix using 70mm Carriage bolts (63), 120mm Bracket (20), M10 Washers (73) and M10 Lock nuts (77).

Fully tighten bolts.



Step 4

Carefully slide Weight plates (36) down Guide rods (17).

Important:

The deep grooves on the Weight plates (36) MUST all face the back of the assembly and be on the underside.

Push fit the 25mm Cone shaped end cap (51) into the bottom of the Select rod (19).

Insert the Select rod down through the centre holes of the weight stack. Ensure the 'pins' on the Select rod sit in the notches of the top Weight plate.

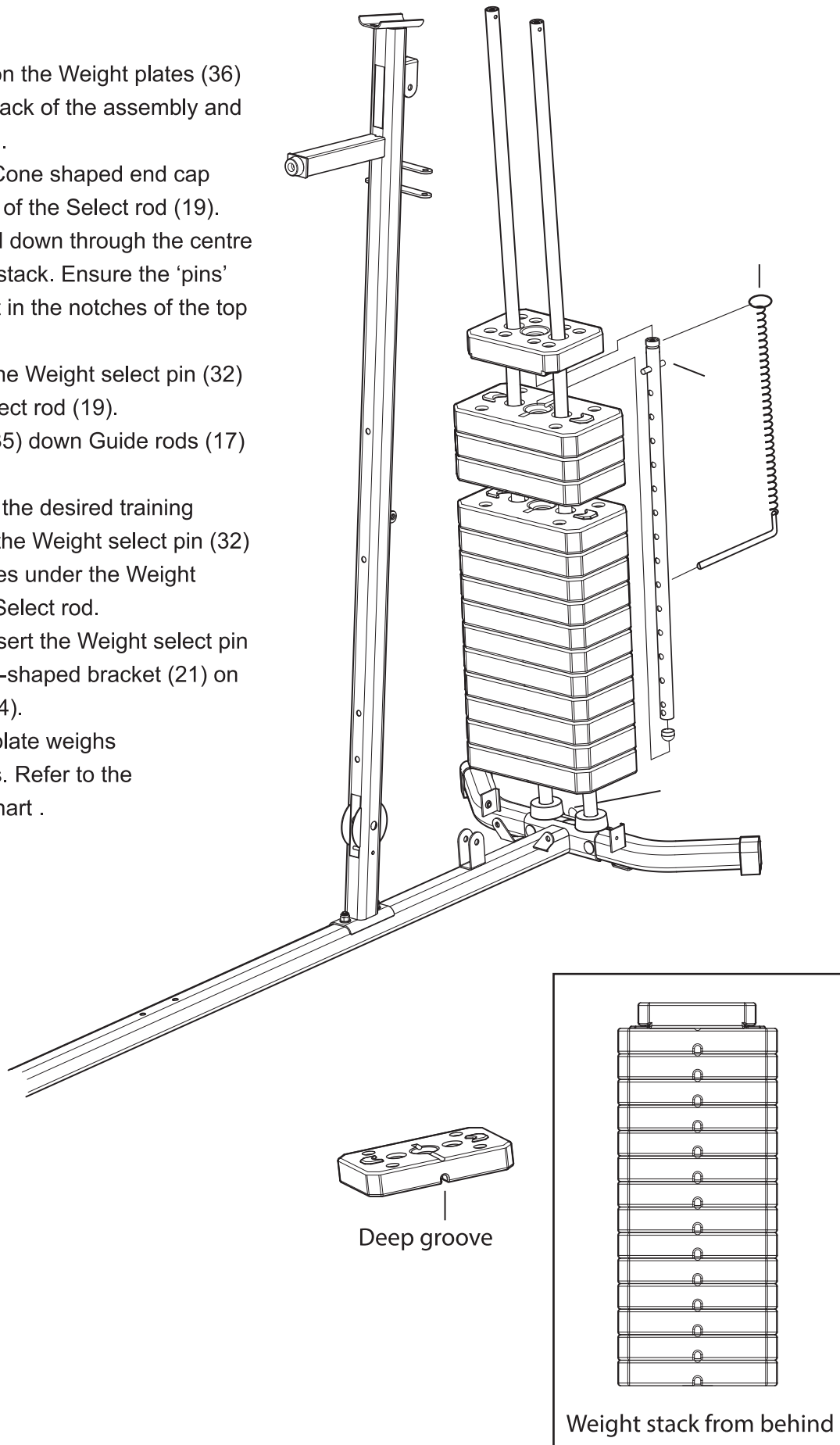
Attach the 'ring' of the Weight select pin (32) to the top of the Select rod (19).

Slide Select plate (35) down Guide rods (17)

When using: Select the desired training weight by inserting the Weight select pin (32) into the deep grooves under the Weight plates and into the Select rod.

When not in use: Insert the Weight select pin (32) into the Rear U-shaped bracket (21) on the Rear stabilizer (4).

Note: Each weight plate weighs approximately 10lbs. Refer to the weight resistance chart .



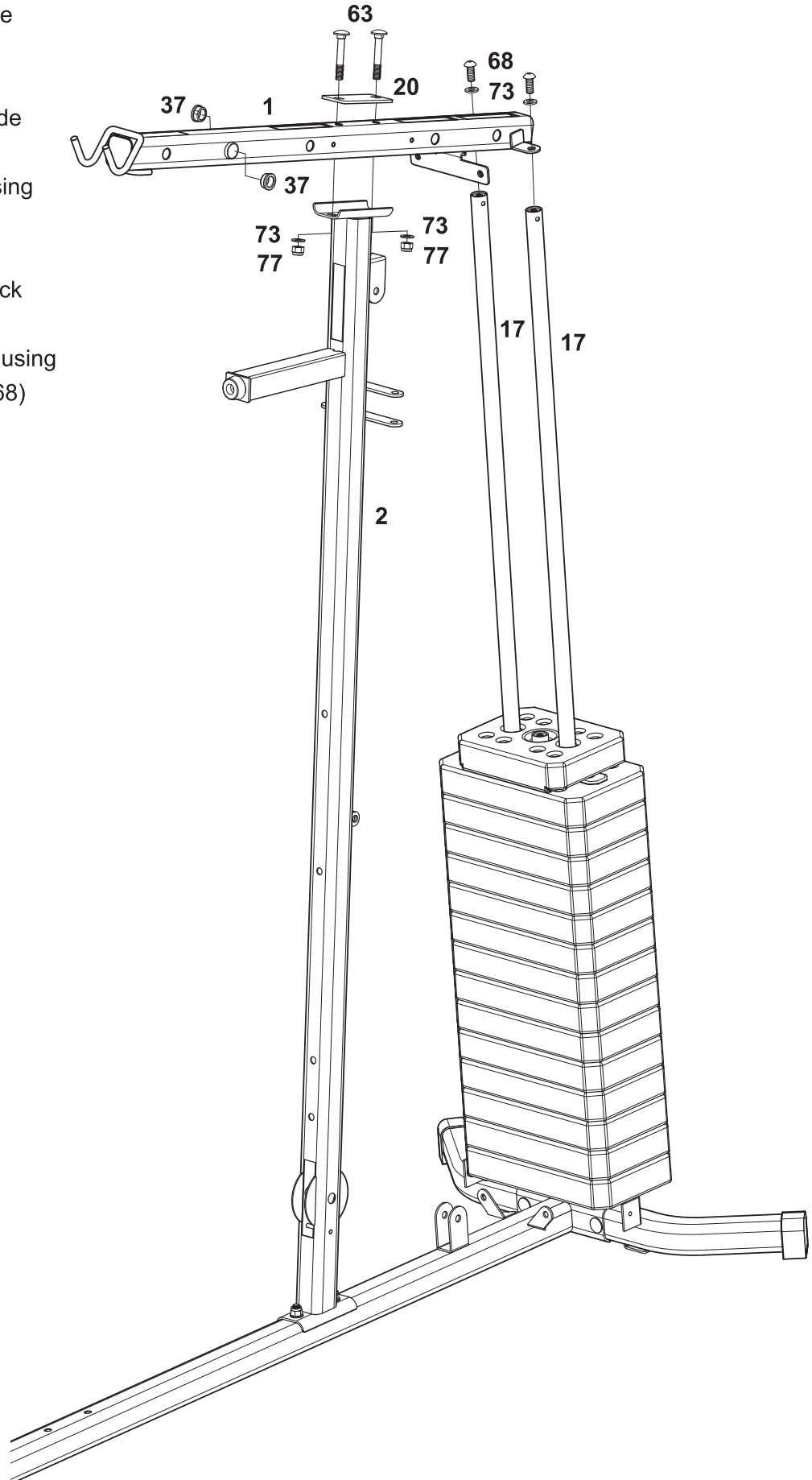
Step 5

Push fit 25mm Bushings (37) into the Upper frame where shown.

Attach Upper frame (1) to Vertical frame (2) and Guide rods (17).

Fix to Vertical frame (2) using 70mm Carriage bolts (63), 120mm Bracket (20), M10 Washers (73) and M10 Lock nuts (77).

Fix to the Guide rods (17) using M10 x 20mm Allen bolts (68) and M10 Washers (73).



Step 6

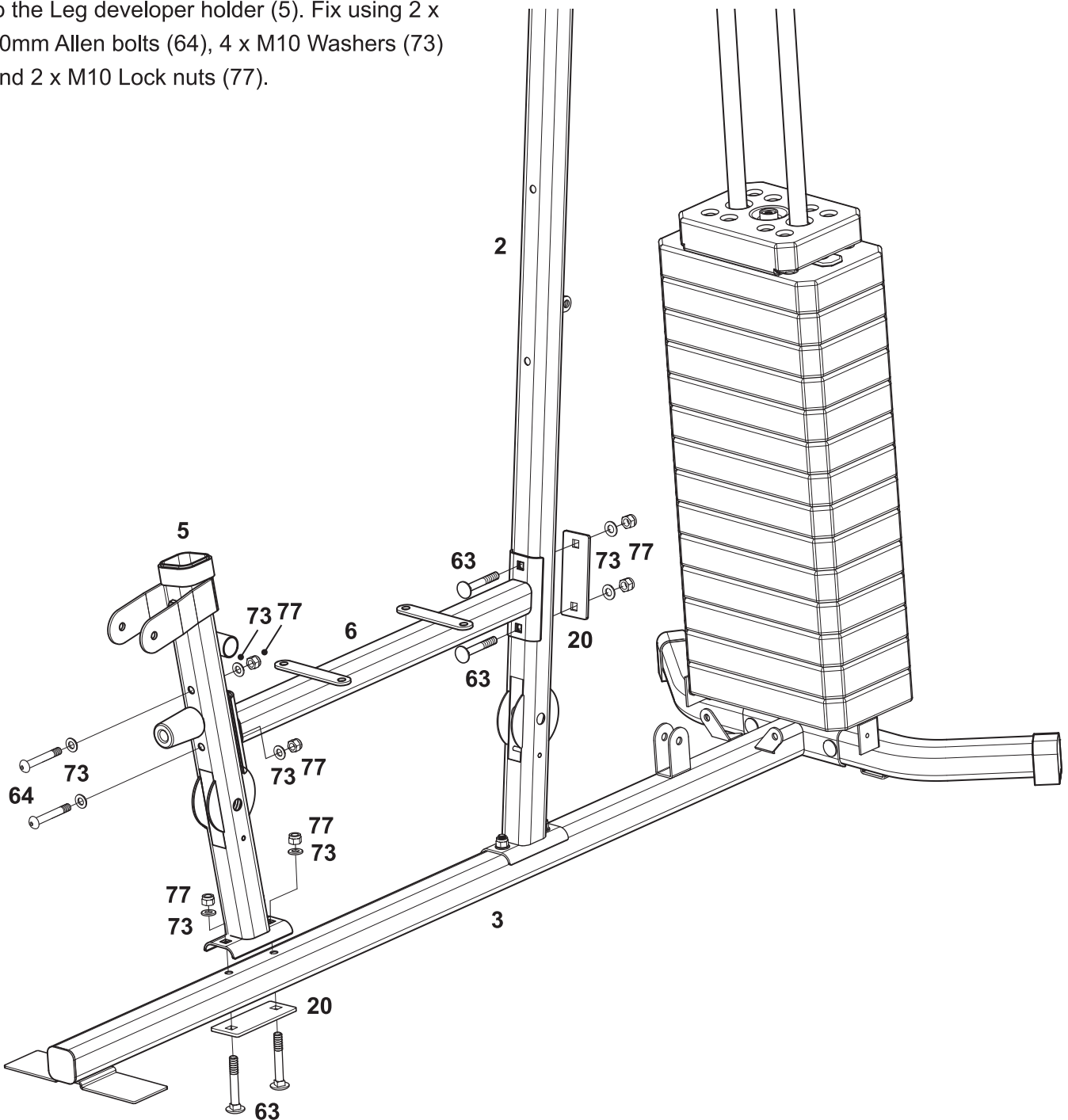
Attach the Leg developer (5) to the Base frame (3). Fix using 70mm Carriage bolts (63), 120mm Bracket (20), M10 Washers (73) and M10 Lock nuts (77).

Fully tighten bolts.

Step 6

Attach one end of the Seat support (6) to the Vertical frame (2). Fix using 70mm Carriage bolts (63), 120mm Bracket (20), M10 Washers (73) and M10 Lock nuts (77).

Attach the other end of the Seat support (6) to the Leg developer holder (5). Fix using 2 x 70mm Allen bolts (64), 4 x M10 Washers (73) and 2 x M10 Lock nuts (77).

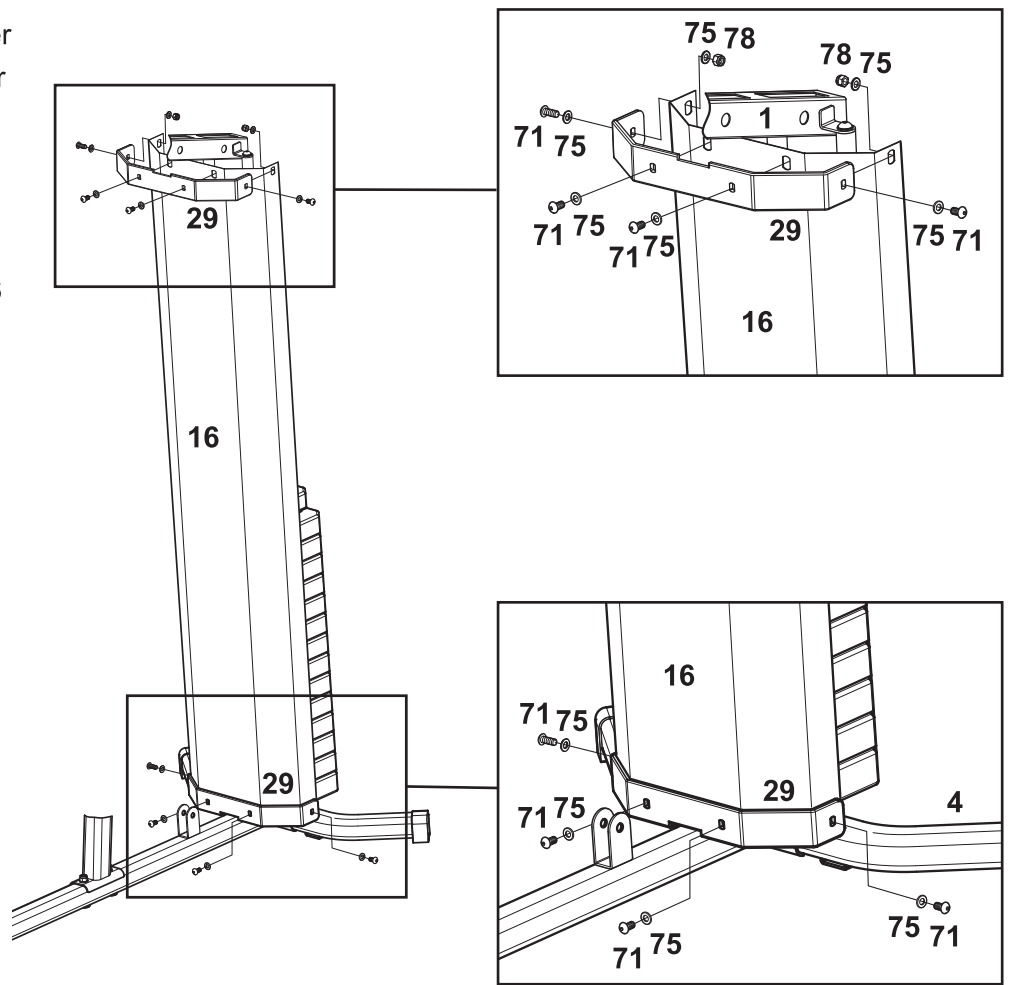


Step 7

Attach the Weight stack cover (16) to the brackets on Upper frame (1) (only partially shown) and Rear stabilizer (4).

Fix through the Weight stack cover brackets (29) using M6 x 20mm Allen bolts (71) and M6 Washers (75).

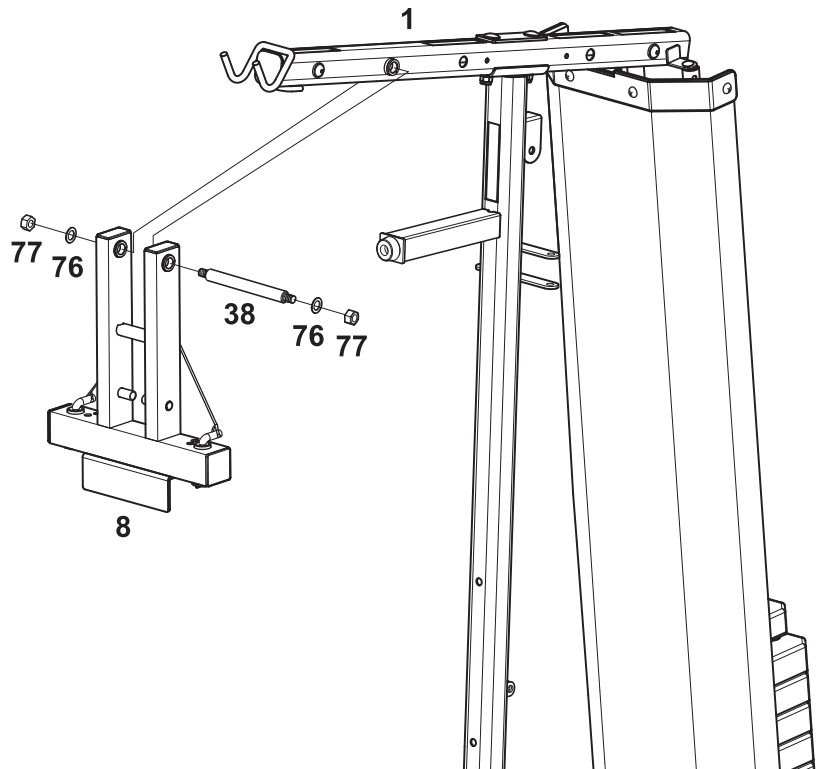
Note: The outer fixings at the top, fix using M6 Washers (75) and M6 Lock nuts (78).

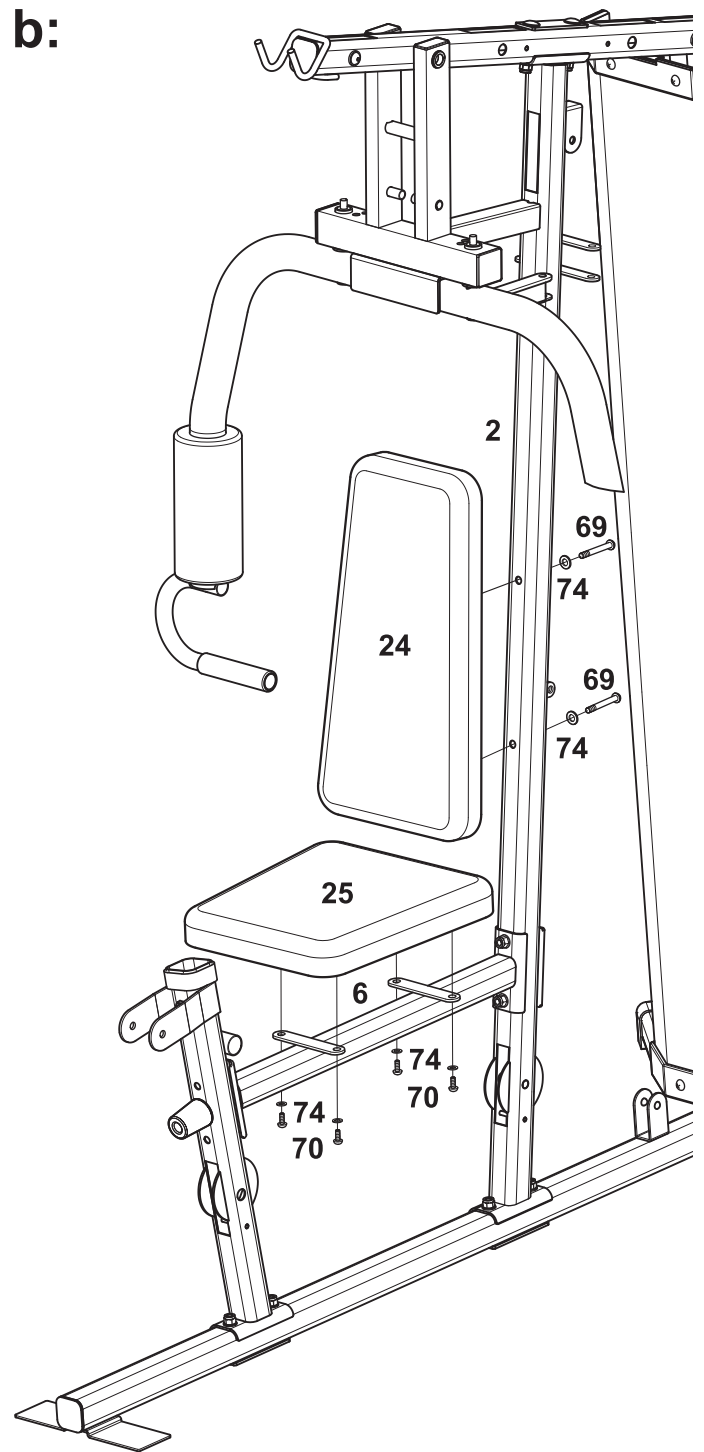
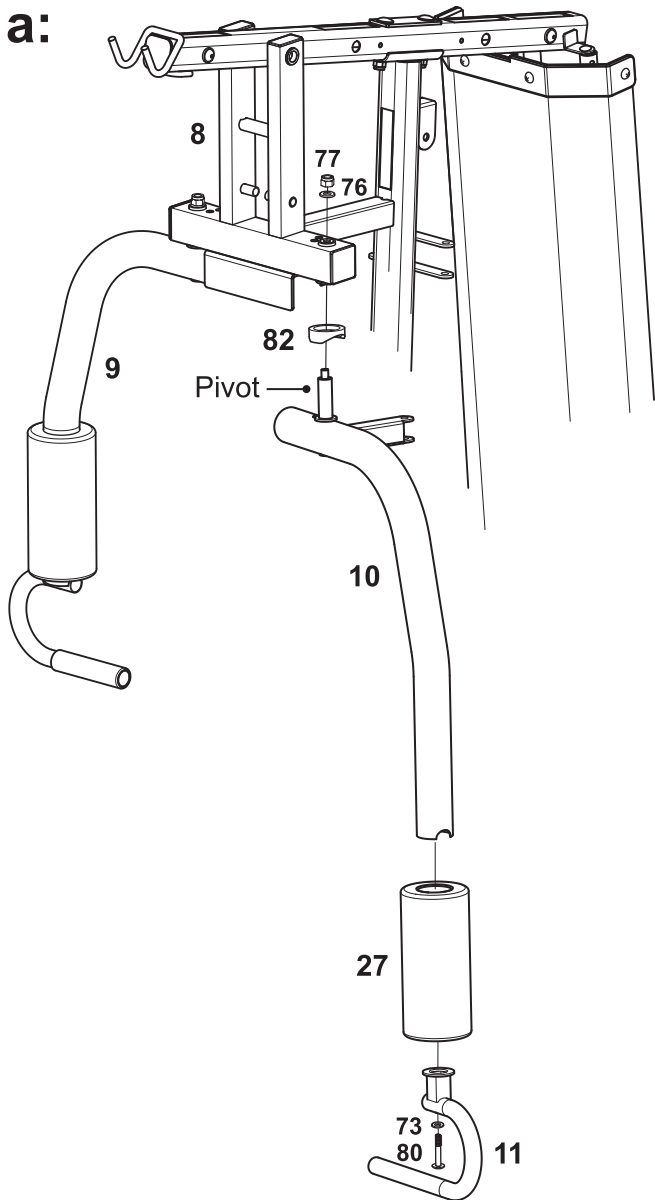


Step 8

Attach the Front press base (8) to the Upper frame (1) using the Long axle (38).

Secure using 2 x 25mm Washers (76) and 2 x M10 Lock nuts (77).





Step 9

a: Place Plastic spacers (82) over the 'pivots' on the Right and Left Butterfly's (9 & 10). Attach to the Front press base (8) using 25mm Washers (76) and M10 Lock nuts (77).

Step 9

Slide 48mm Foam rolls (27) over the end of the Butterfly's (9 & 10). Attach Front press handles (11) to the Butterfly's using M10 x 90mm Allen bolts (80) and M10 Washers (73).

b: Attach the Backrest pad (24) to the Vertical frame (2) using M8 x 70mm Allen bolts (69) and M8 Washers (74).

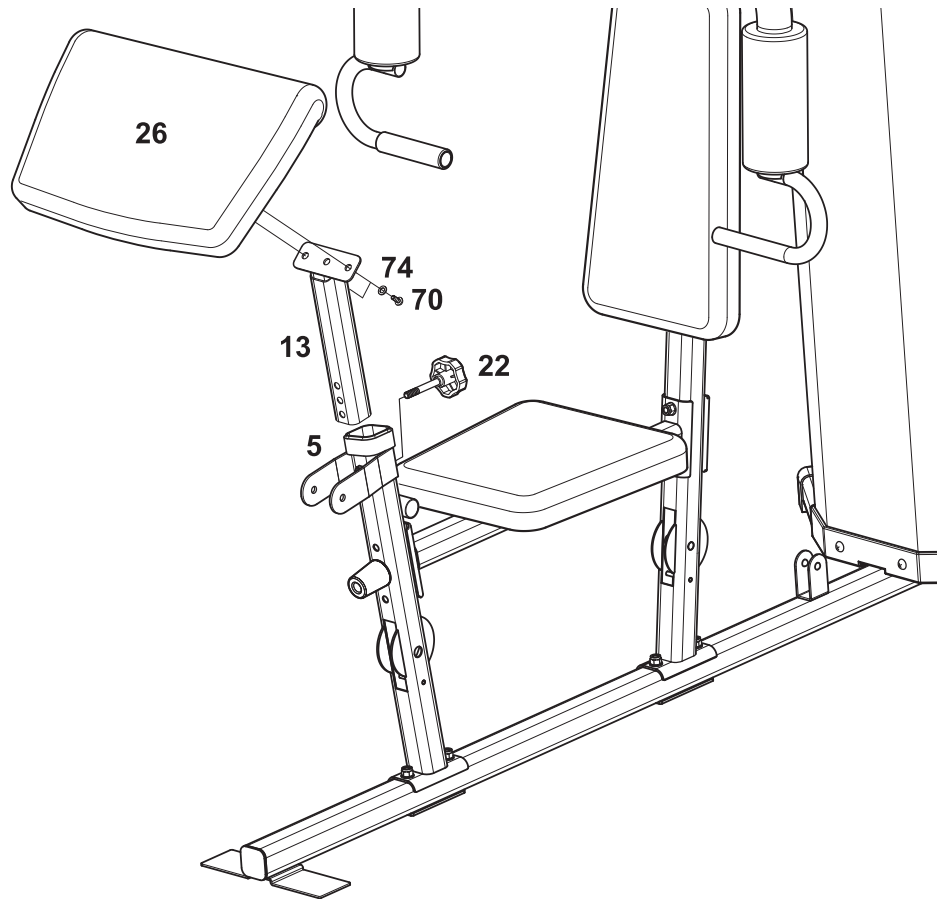
Attach the Seat pad (25) to the Seat support (6) using M8 x 20mm Allen bolts (70) and M8 Washers (74).

Step 10

Attach the Preacher pad (26) to the Preacher pad stand (13). Secure using 2 x M8 x 20mm Allen bolts (70) and 2 x M8 Washers (74).

Insert the Preacher pad assembly into the Leg developer holder (5).

Select the desired height and secure using the Lock knob (22).

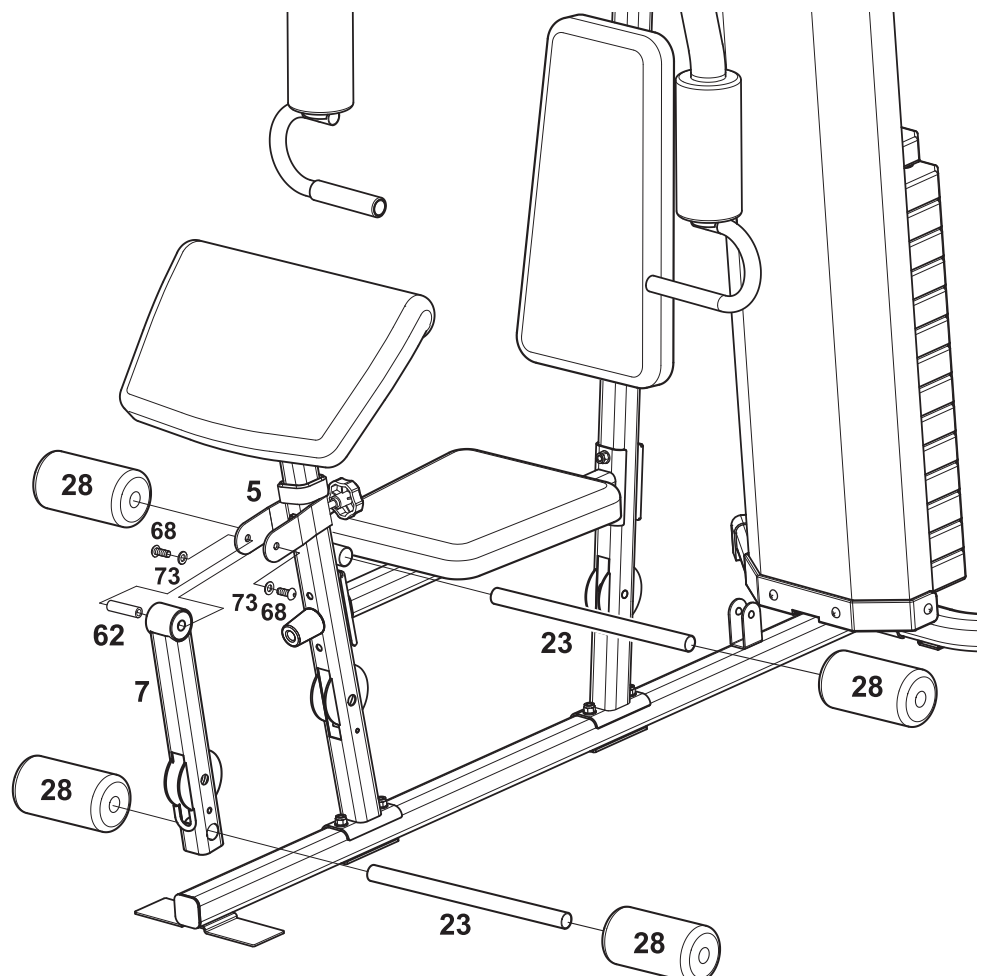


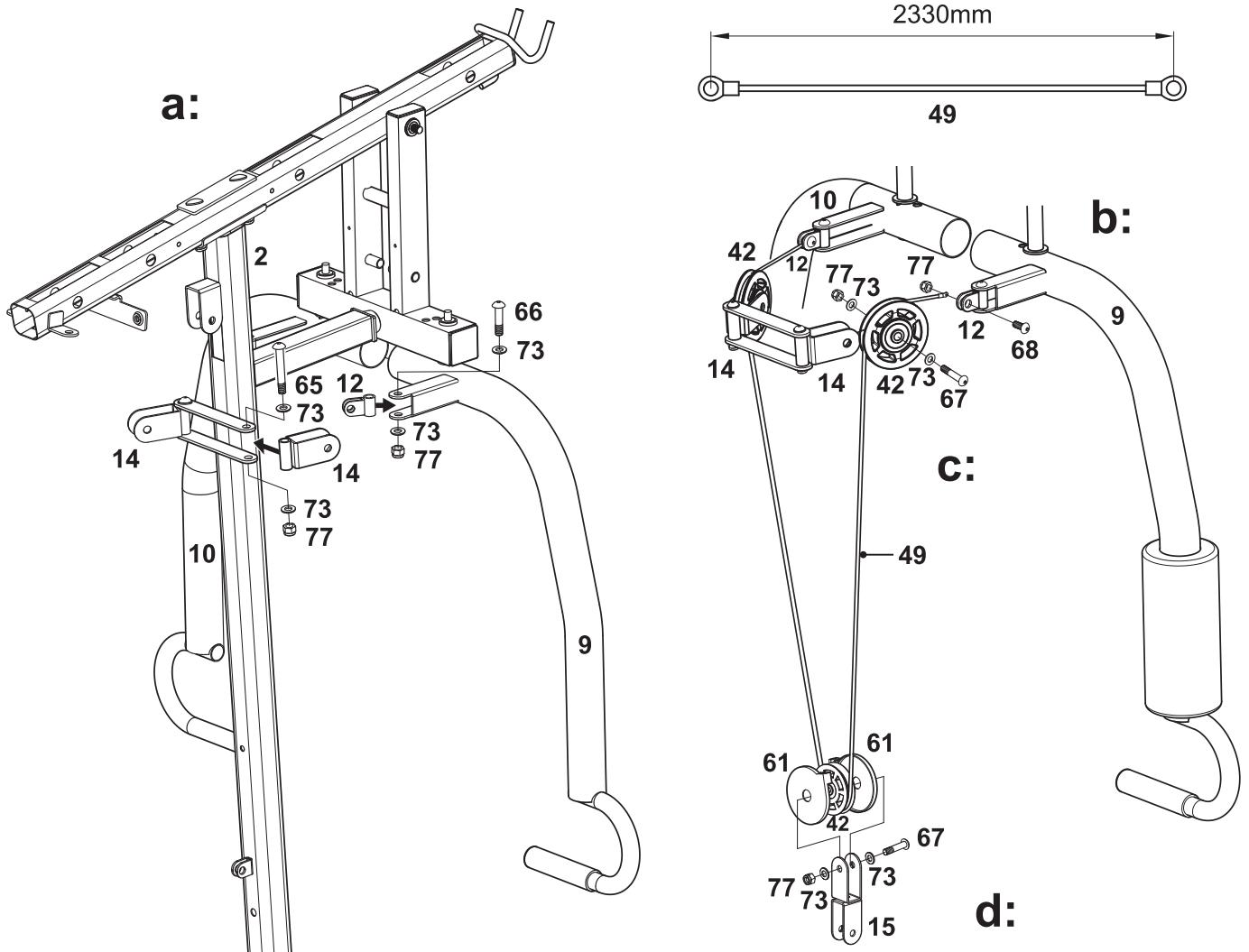
Step 11

Slide the Foam roll tubes (23) half way into the holes on the Leg developer holder (5) and Leg developer (7).

Push 4 x 22mm Foam rolls (28) onto each side of the Foam roll tubes (23).

Insert the 57mm Axle (62) into the Leg developer (7) and attach to the Leg developer holder (5) using M10 x 20mm Allen bolts (68) and M10 Washers (73).





STEP 12

a: Attach 2 x Swivel pulley brackets (14) to the open bracket on the Vertical frame (2). Fix using 2 x 65mm Allen bolts (65), 4 x M10 Washers (73) and 2 x M10 Lock nuts (77).

Attach 2 x Butterfly cable brackets (12) to Right and Left butterfly's (9 & 10). Fix using 2 x 60mm Allen bolts (66), 4 x M10 Washers (73) and 2 x M10 Lock nuts (77).

b: Attach one end of the 2330mm Butterfly cable (49) to a Butterfly cable bracket (12) using M10 x 20mm Allen bolt (68) and M10 Lock nut (77).

c: Place a Pulley (42) under the cable, position the pulley into the Swivel pulley bracket (14). Attach using 45mm Allen bolt (67), 2 x M10 Washers (73) and M10 Lock nut (77).

d: Place a 2nd Pulley (42) onto the cable and fit Pulley covers (61) over the Pulley and cable. Attach Pulley assembly to Angled double pulley bracket (15) using 45mm Allen bolt (67), 2 x M10 Washers (73) and M10 Lock nut (77).

Repeat 'c' to attach the 3rd Pulley to the 2nd Swivel pulley bracket (14). Repeat 'b' to attach the end of the cable to the 2nd Butterfly cable bracket (12).

Important: Do not over tighten the brackets, ensure they swivel freely.

Step 13

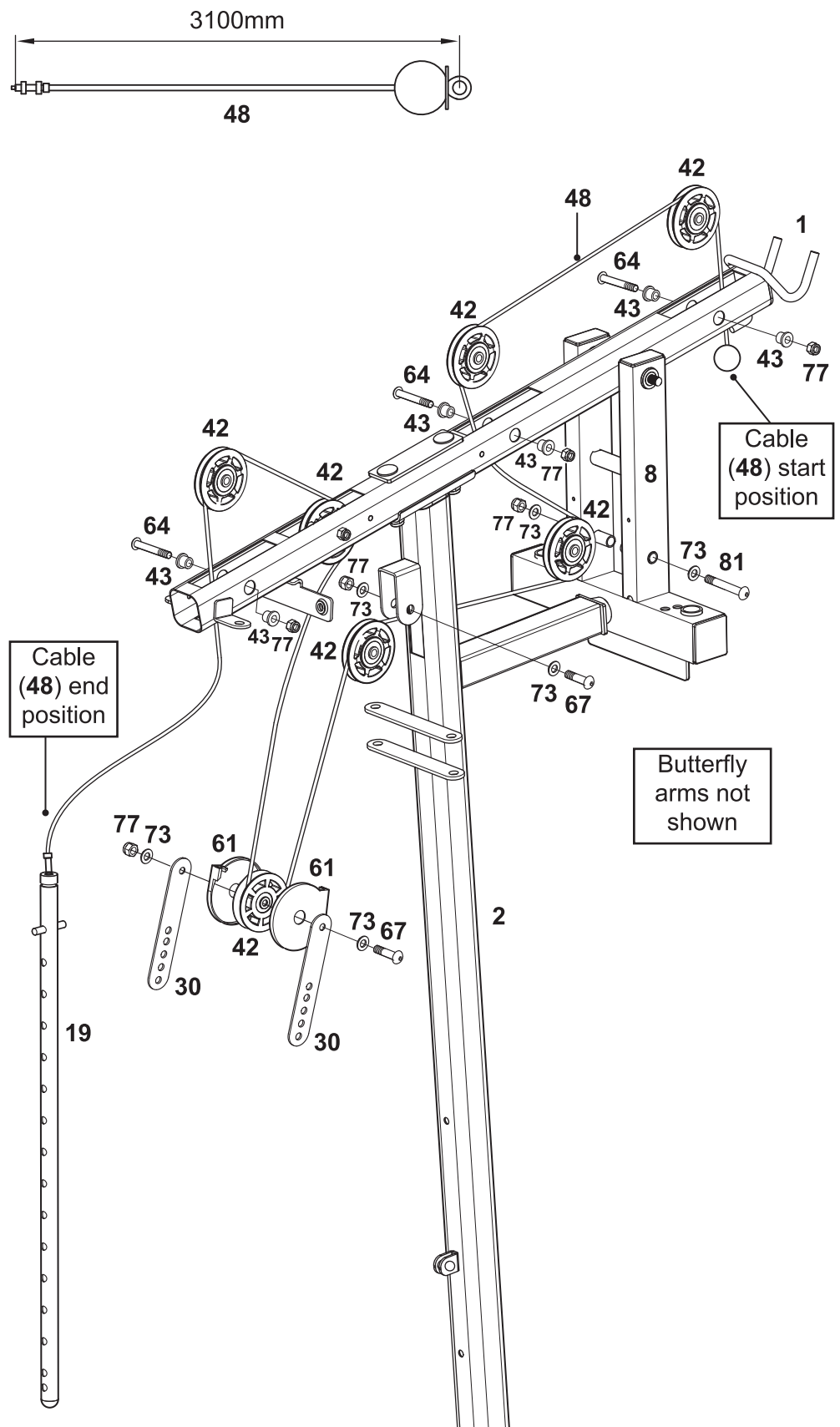
Important: Study and follow the diagram carefully.

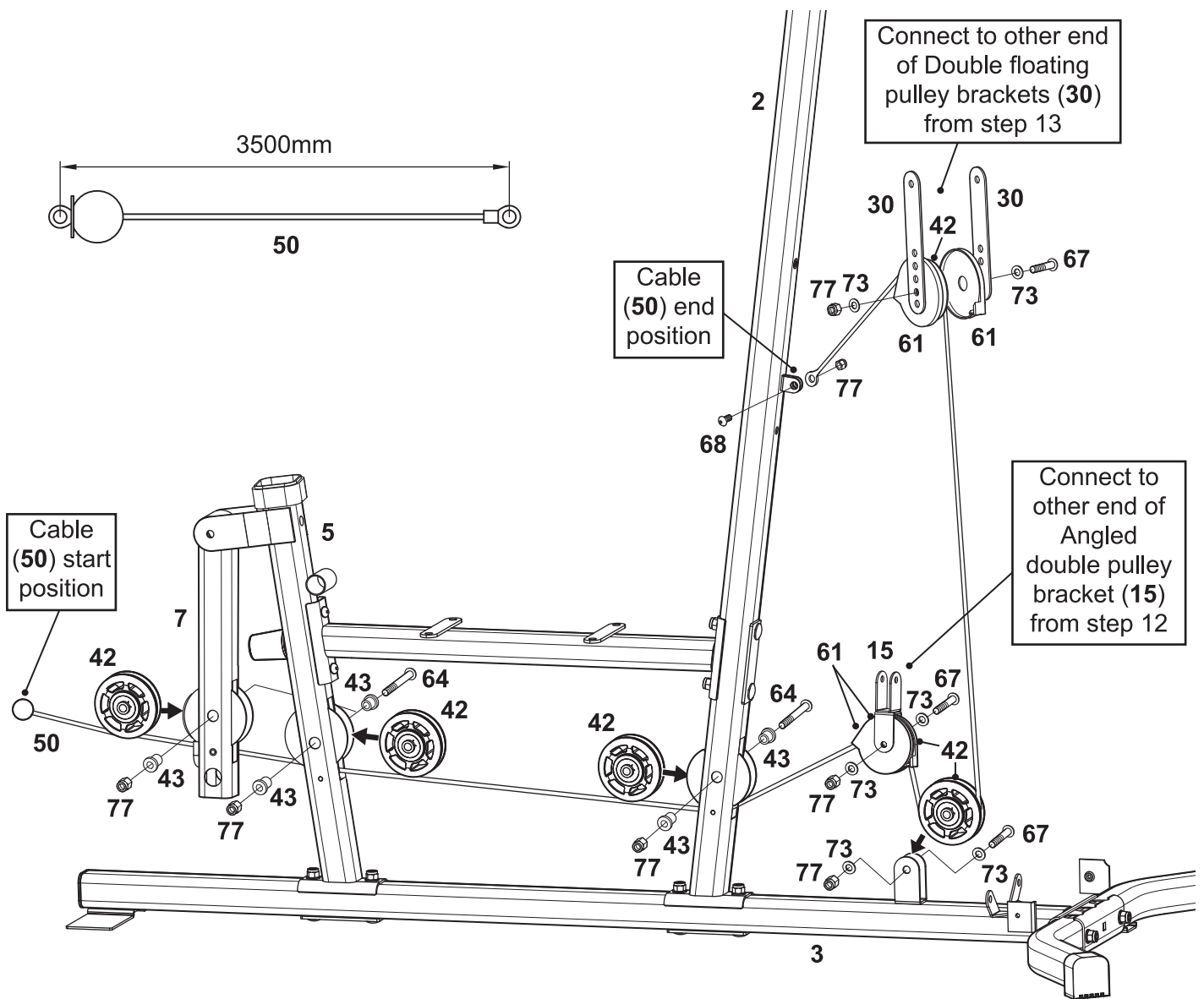
Feed the bolt end of the 3100mm Upper cable (48) up through opening in Upper frame (1). Insert 22mm Pulley bushings (43) into holes and attach 1st Pulley (42) using M10 x 70mm Allen bolt (64) and M10 Lock nut (77). Repeat procedure for 2nd Pulley, feeding cable down through opening in Upper frame (1).

Attach 3rd Pulley to Front press base (8) using a 140mm Allen bolt (81), 2 x M10 Washers (73) and M10 Lock nut (77).

Attach 4th Pulley to Vertical frame (2) using 45mm Allen bolt (67), 2 x M10 Washers (73) and M10 Lock nut (77). Place 5th Pulley (42) onto the cable and fit Pulley covers (61) over Pulley and cable. Attach Pulley assembly to Double floating pulley brackets (30) using 45mm Allen bolt (67), 2 x M10 Washers (73) and M10 Lock nut (77).

Attach 6th and 7th Pulleys (42) to Upper frame (1). Insert 4 x 22mm Pulley bushings (43) into the holes, attach Pulley's (42) using M10 x 70mm Allen bolts (64) and M10 Lock nuts (77). Screw bolt on the end of Cable (48) securely into top of Select rod (19).





STEP 14

Important: Study and follow the diagram carefully.

Feed the loop end of 3500mm Lower cable (50) through opening in the Leg developer (7). Insert 2 x 22mm Pulley bushings (43) into holes and attach 1st Pulley (42) using M10 x 70mm Allen bolt (64) and M10 Lock nut (77).

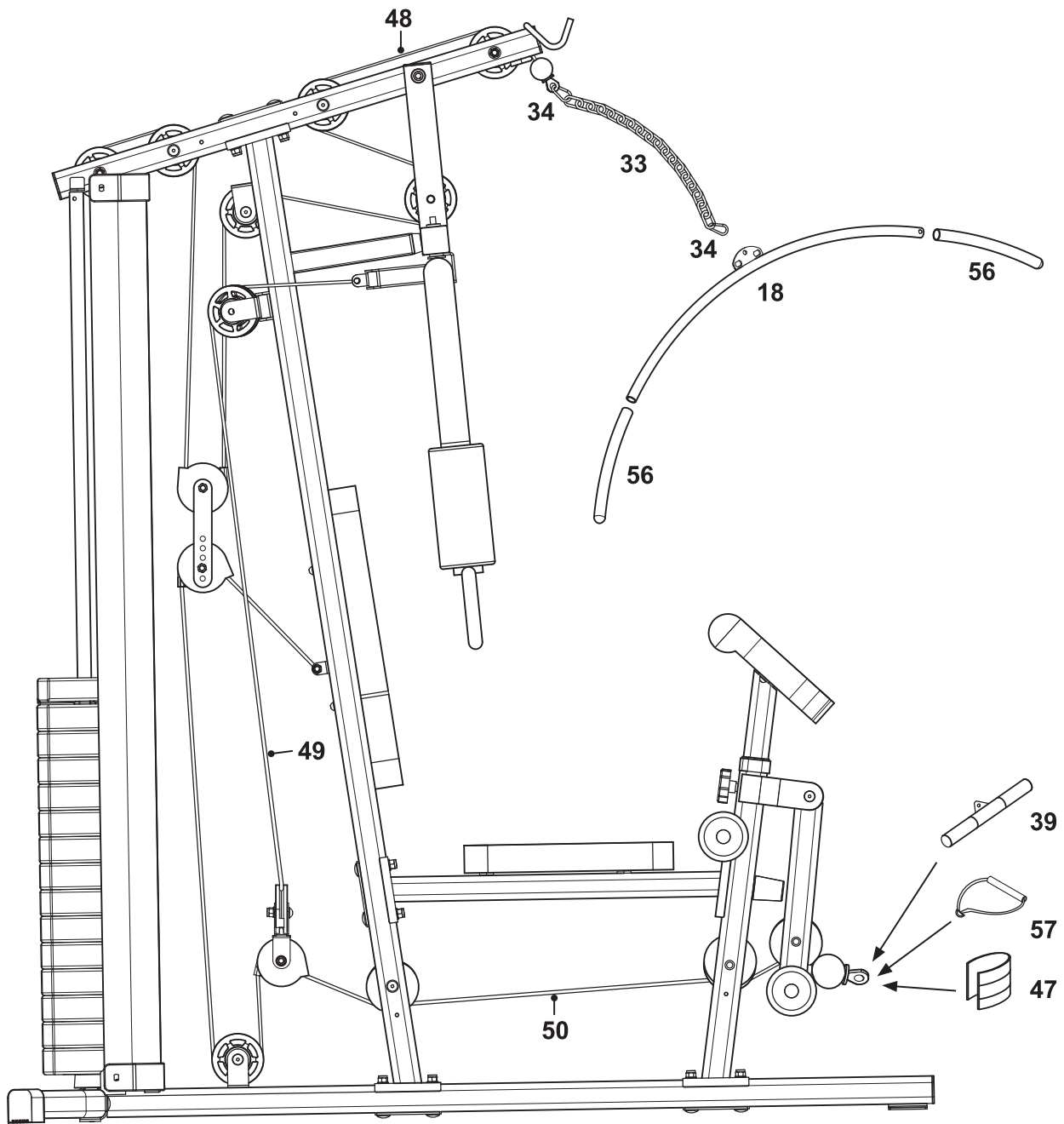
Repeat procedure for 2nd and 3rd Pulley's, feeding cable through opening's in the Leg developer holder (5) and Vertical frame (2).

Place 4th Pulley (42) onto the cable and fit Pulley covers (61) over Pulley and cable. Attach Pulley assembly to the other end of the Angled double pulley bracket (15) using 45mm Allen bolt (67), 2 x M10 Washers (73) and M10 Lock nut (77).

Attach 5th Pulley to Base frame (3) using a 45mm Allen bolt (67), 2 x M10 Washers (73) and M10 Lock nut (77).

Place 6th Pulley (42) onto the cable and fit Pulley covers (61) over Pulley and cable. Attach Pulley assembly to the Double floating pulley brackets (30) using 45mm Allen bolt (67), 2 x M10 Washers (73) and M10 Lock nut (77).

Attach the end of the Cable (50) to bracket on the Vertical frame (2) using M10 x 20mm Allen bolt (68) and M10 Lock nut (77).



STEP 15

Important: Now fully tighten the fixings ensuring that all of the pulleys and brackets can move freely.

Push fit the Lat pull handle grips (56) onto the ends of the Lat bar (18).

Use the Chain (33) and/or Clip hooks (34) to attach the Lat bar (18), Pull bar (39), Single strap (57) or Ankle strap (47) to the ends of the Upper cable (48) or Lower cable (50) as required.

Exercising Information

Before starting to exercise

How you begin to exercise will vary from person to person, If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you **MUST** start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.

Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breath through your mouth should you need more oxygen. Use the “talk test”, if you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others, work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your “Target Zone”.

Warming up

A successful exercise programme consists of three parts; Warm up, Aerobic exercise and Cool down. Never start a training session without warning up and never finish one without cooling down correctly. Perform between five and ten minute of stretching before starting your workout to prevent muscle strains pull and cramps.

Aerobic exercise session

Those new to exercise should exercise no more than every other day to start with.

When you are comfortable with your routine, you can exercise for 6 days per week. Always take at least one day off per week.

Target Zone

To determine your “Target Zone”, see table below, if you are new to exercise and by definition unfit, refer to the middle column, if you exercise regularly and have good aerobic fitness, refer to the right column.

Cooling down

To decrease fatigue and muscle soreness, you should also cool down by walking at a show relaxed pace for a minute or so, to allow your heart rate to return to normal.

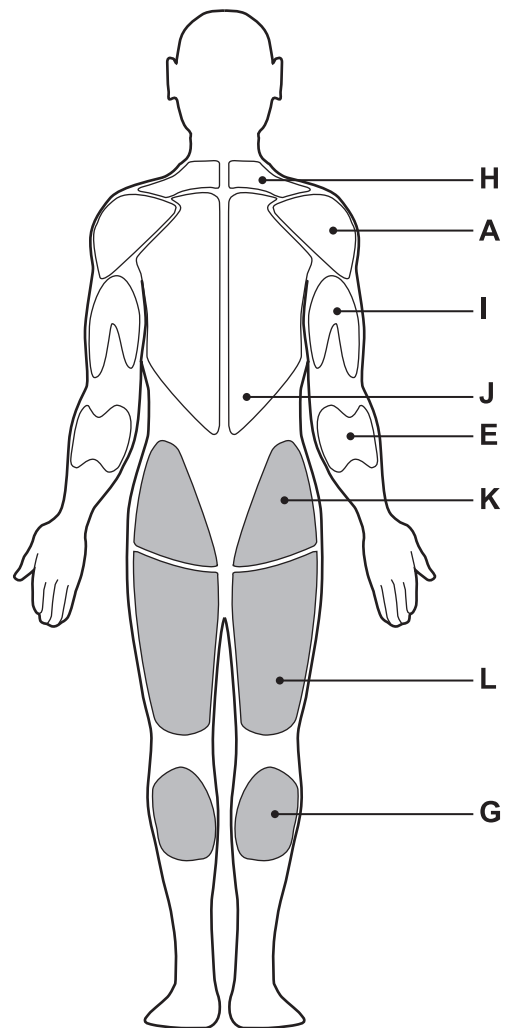
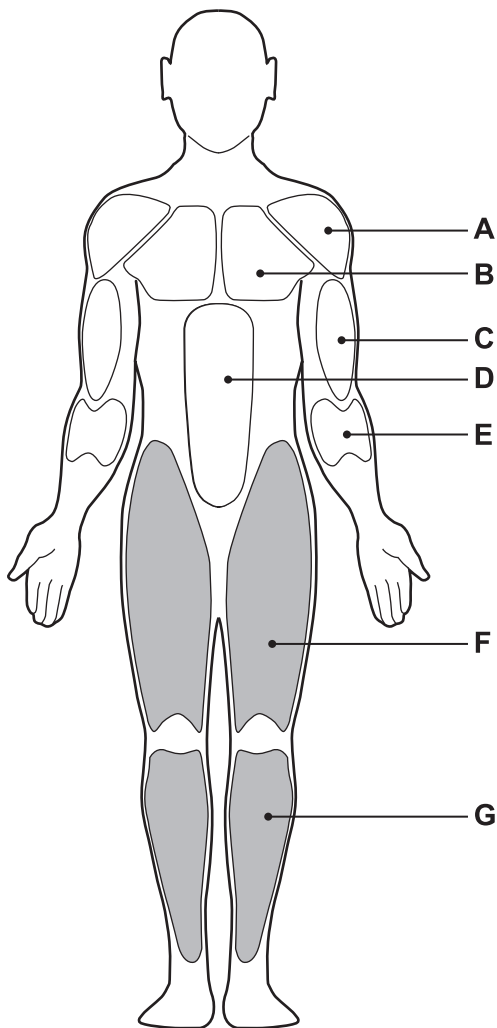
Users age (years)	Unconditioned (Target Zone A) beats per minute	Conditioned (Target Zone B) beats per minute
20 - 24	145 - 165	155 - 175
25 - 29	140 - 160	150 - 170
30 - 34	135 - 155	145 - 165
35 - 39	130 - 150	140 - 160
40 - 44	125 - 145	135 - 155
45 - 49	120 - 140	130 - 150
50 - 54	115 - 135	125 - 145
55 - 59	110 - 135	120 - 140
60 and over	105 - 125	115 - 135

Exercising Information

Muscle chart

Targeted muscle groups

The muscles in white show the major upper body groups that you will be using with this home-gym. The lower body muscle in grey can be developed with the home-gym but may also benefit from additional aerobic/cardio work-outs. Always consult a doctor before embarking on any new exercise routines.



- A: Shoulder muscles
- B: Pectoral muscles
- C: Bicep muscle
- D: Abdominal muscles
- E: Forearm muscles
- F: Quadricep muscles

- G: Calf muscle
- H: Trapezius muscles
- I: Tricep muscles
- J: Back muscles
- K: Gluteal muscles
- L: Hamstring muscles

Exercising Information

Basic aerobic training programme

For your basic aerobic exercise routine we suggest that you try the following, remember breathe correctly, exercise at your own pace and do not over-train as it may result in injury (see "Target Zone" table).

Week 1 & 2

Warm up 5 - 10 minutes

Cool down 5 minutes

Exercise 4 minutes at "Zone A"

Rest 1 minute

Exercise 2 minutes at "Zone A"

Exercise slowly 1 minute

Week 3 & 4

Warm up 5 - 10 minutes

Cool down 5 minutes

Exercise 5 minutes at "Zone A"

Rest 1 minute

Exercise 4 minutes at "Zone A"

Exercise slowly 2 minutes

Week 5 & 6

Warm up 5 - 10 minutes

Cool down 5 minutes

Exercise 6 minutes at "Zone A"

Rest 1 minute

Exercise 4 minutes at "Zone A"

Exercise slowly 3 minutes

Week 7 & 8

Warm up 5 - 10 minutes

Cool down 5 minutes

Exercise 5 minutes at "Zone A"

Exercise 3 minutes at "Zone B"

Exercise 2 minutes at "Zone A"

Exercise slowly 1 minute

Exercise 4 minutes at "Zone A"

Exercise slowly 3 minutes

Week 9 & beyond

Warm up 5 - 10 minutes

Cool down 5 minutes

Exercise 5 minutes at "Zone A"

Exercise 3 minutes at "Zone B"

Exercise 2 minutes at "Zone A"

Exercise slowly 1 minute

Repeat entire cycle 2 or 3 times

Getting started

You will often read about terms referring to exercise that may be confusing, below are some of the definitions that are regularly used:

Repetition - Commonly referred as "REPS". This is a complete movement from start to finish.

Set - This is a complete number of consecutive repetitions i.e. 1 set of 10 "REPS".

Speed of motion - This is the relative speed of movement for each "REP".

Fast is considered as 1 "REP" every second, medium is 1 "REP" every 2 seconds, and slow is 1 "REP" every 4 seconds.

Intensity - This is how "hard" the exercise feels.

Low intensity = easy exercise

High Intensity = hard exercise

Training programmes

You will achieve fast results, gaining a trimmer, fitter body if you follow these general rules.

- Exercise regularly - Do not skip workouts as consistency is the first key to success.
- Do not be afraid to perspire a little. This is a sign that you are working your body hard enough to give a fast result. You will find "hard" exercise enjoyable.
- Set yourself realistic goals - Do not be over-ambitious.

This is only a suggested programme and may not suit every individual's needs.

Exercising Information

Exercise programmes

Beginners programme

This is a short suggested programme which we suggest you use for no more than 3 weeks, to be ideally performed every other day, but certainly not more than 4 times during the week.

This suggested routine is specifically for beginners or those who have not exercised for a considerable time. The programme is designed to provide general improvement in muscle tone, strength, flexibility and co-ordination.

As a beginner, you should start with no more than 2 sets of the reps shown below per session.

10 REPS - Seated Bench Press
5 REPS - Pectoral Fly
10 REPS - Ab Crunch
10 REPS - Leg Extension followed by Leg Curl

- Your rest interval between each set of reps should be 1 minute.
- You should perform 2 SET of each exercise.
- Your exercise pace should be SLOW to MEDIUM.
- This exercise programme should take you approximately 20 minutes.
- Follow this exercise programme with 5 minutes of proper cool down exercise.

Intermediate programme

This is a slightly longer programme which we suggest you use for the next 6 - 8 weeks, to be ideally performed not more than 5 times during the week.

This suggested routine is specifically for intermediate users or those that are familiar with exercise routines. The programme is designed to increase muscle definition, build strength, aid flexibility and co-ordination.

The increase in exercise intensity and speed of repetitions is the key to your success at this stage. For intermediate exercise we recommend 3 - 4 sets of the reps shown below per session.

15 REPS - Seated Bench Press
10 REPS - Pectoral Fly
15 REPS - Ab Crunch
15 REPS - Leg Extension followed by Leg Curl

- Your rest interval between each set of reps should be 1 minute.
- You should perform 3 - 4 SETS of each exercise.
- Your exercise pace should be MEDIUM to FAST.
- This exercise programme should take you approximately 35 - 40 minutes.
- Follow this exercise programme with 5 minutes of proper cool down exercise.

Exercising Information

Exercise programmes

Advanced programme

This is an open-ended programme, ideally performed not more than 4 times during the week, preferably on alternate days.

This suggested routine is specifically for advanced users or those that are familiar with exercise routines. The programme is designed to increase muscle mass and build strength.

The increase in exercise intensity, resistance levels and speed of repetitions is the key to your on going success.

For advanced training we recommend 4 sets however at this stage you may want to concentrate on specific body parts, so as you are now fully familiar with the working of your gym you should be able to structure an exercise programme to suit you individually. Any specific advice should be sought through specialist books.

20 REPS - Seated Bench Press

15 REPS - Pectoral Fly

15 REPS - Ab Crunch

15 REPS - Lat Pull Down

15 REPS - Biceps Curl

20 REPS - Leg Extension followed by Leg Curl

10 REPS - 2 SETS

- Your rest interval between each set of reps should be 1 minute.
- You should perform 4 SETS of each exercise.
- Your exercise pace should be MEDIUM to FAST.
- This exercise programme should take you approximately 40 - 50 minutes.
- Follow this exercise programme with 5 minutes of proper cool down exercise.

Weight Resistance Chart				
Weight Plate	Front Press	Butterfly	Lat Pull	Low Pulley
1	31	15	30	30
2	44	20	40	40
3	57	25	50	50
4	70	30	60	60
5	83	35	70	70
6	96	40	80	80
7	109	45	90	90
8	122	50	100	100
9	135	55	110	110
10	148	60	120	120
11	161	65	130	130
12	174	70	140	140
13	187	75	150	150
14	200	80	160	160

Note:

Each Weight plate weighs 10lbs. The numbers are approximate, actual weights may vary. Values for Butterfly are for each arm.

Exercising Information

Warming up and Cooling down exercises

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following pages you will find stretching exercise instructions for warming up and cooling down.

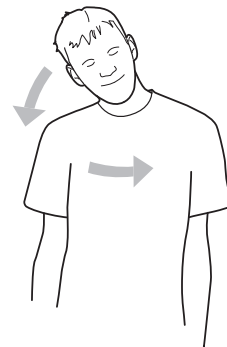
Please pay attention to the following points:

- Carefully warm up every muscle group you will be using in the exercise session for about 5 to 10 minutes. The stretching exercises are carried out correctly if you feel a comfortable tension in the corresponding muscle.
- Speed does not play a role during the stretching exercises. Fast, jerky movements must be avoided.

Neck exercises

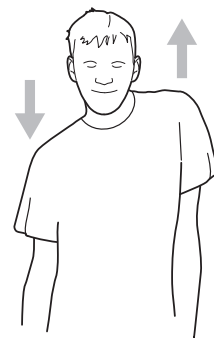
Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again.

You can repeat this exercise alternately several times.



Shoulder area exercises

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.



Arm stretching exercises

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side.

Repeat this exercise several times.



Exercising Information

Upper thigh exercises

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.



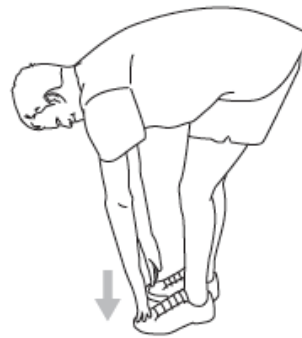
Inside upper thigh exercises

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30 - 40 seconds if possible.



Touching toes

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20 - 30 seconds if possible.



Knee exercises

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20 - 30 seconds if possible.



Calves / achilles tendon exercises

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30 - 40 seconds if possible.



Home Gym Exercise Guide

Using the Home Gym

Important: When working out, do the following for each exercise: exhale while exerting/lifting and inhale while returning to the starting position in a slow and controlled manner.

1. Read all caution and warning stickers before using this equipment.
2. Before using, inspect the equipment for loose, frayed, or worn parts. If in doubt, do not use the equipment until the parts have been replaced.
3. Any clips must be secured completely before using this equipment.
4. Children should not be permitted to use the equipment.
5. Prior to beginning any exercise program it is suggested to have a complete physical examination and obtain your doctor's approval of your conditioning programme.
6. We recommend that you always exercise with a partner or someone who can assist you, should the weight become too heavy for you to lift on your own.

Always warm up your muscles before exercising. Easy stretching (without bouncing) and light calisthenics, for several minutes, are recommended to prepare your body.

Seated Bench Press

Developing the Pectoralis

Select the desired weight. Sit facing away from the equipment with your back against back pad.

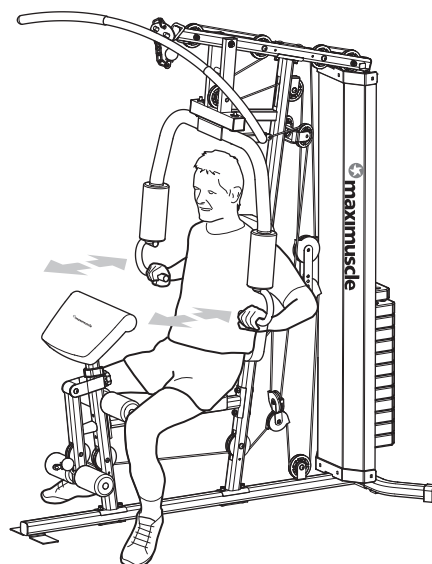
Grasp Front press handles. Push Front press handles away from your body to full extension.

Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Pectoral Fly

Developing the Pectoralis

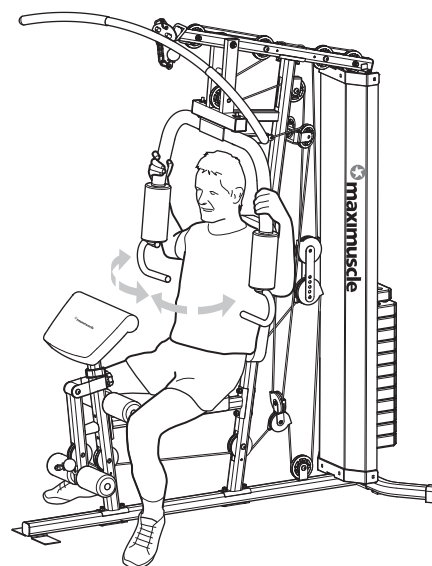
Select the desired weight. Sit facing away from the equipment with your back against back pad. Place forearms on fly pads. Rotate your arms forward as far as possible, by contracting from your chest.

Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Home Gym Exercise Guide

Using the Home Gym

Important: When working out, do the following for each exercise: exhale while exerting/lifting and inhale while returning to the starting position in a slow and controlled manner.

1. Read all caution and warning stickers before using this equipment.
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3. Any clips must be secured completely before using this equipment.
4. Children should not be permitted to use the equipment.
5. Prior to beginning any exercise program it is suggested to have a complete physical examination and obtain your doctor's approval of your conditioning programme.
6. We recommend that you always exercise with a partner or someone who can assist you, should the weight become too heavy for you to lift on your own.

Always warm up your muscles before exercising. Easy stretching (without bouncing) and light calisthenics, for several minutes, are recommended to prepare your body.

Seated Bench Press

Developing the Pectoralis

Select the desired weight. Sit facing away from the equipment with your back against back pad.

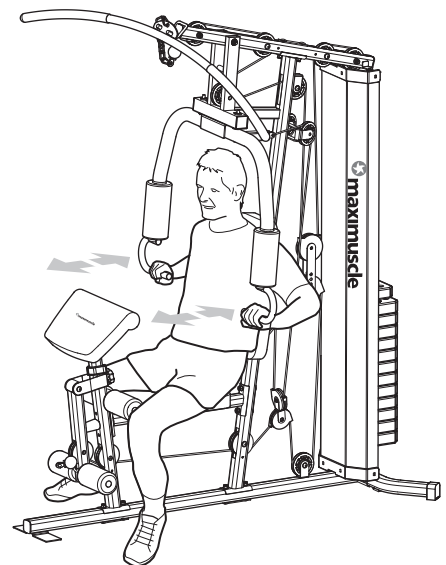
Grasp Front press handles. Push Front press handles away from your body to full extension.

Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Pectoral Fly

Developing the Pectoralis

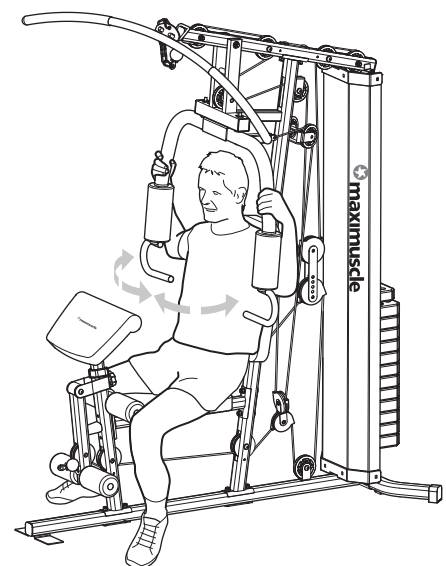
Select the desired weight. Sit facing away from the equipment with your back against back pad. Place forearms on fly pads. Rotate your arms forward as far as possible, by contracting from your chest.

Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Home Gym Exercise Guide

High Pulley Ab Crunch

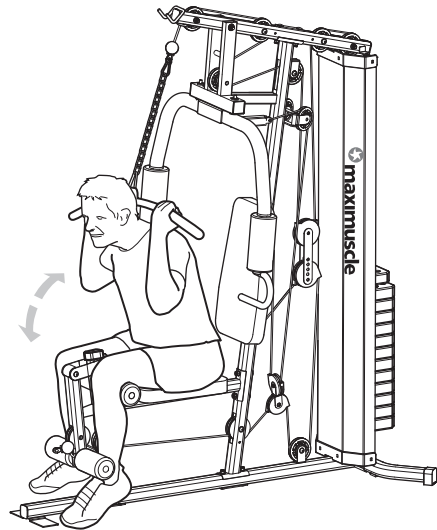
Developing the Abs / Core

Select the desired weight. Attach 'Lat bar' to Upper pulley. Sit facing away from the equipment, locking your legs into Foam rolls for support. Grasp 'Lat bar' using a narrow grip with Lat bar behind your head. Holding position steady, lean your torso forward and pull-in with your abs. Avoid over-stretching your back and keep the tension in your abs. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Front Deltoid Raise

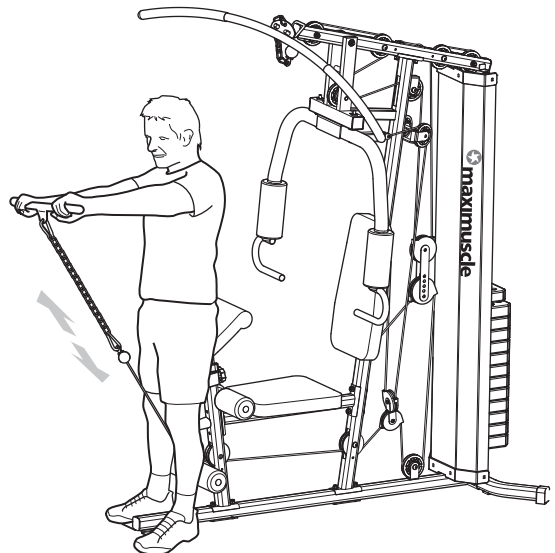
Developing the Pectoralis

Select the desired weight. Attach 'Pull bar' and chain to Lower pulley using Clip hooks. Stand over lower pulley, positioning feet on front foot plate. Grasp 'Pull bar' with palms facing down and begin exercising with arms extended below waist. With arms slightly bent, raise bar up and out in front of your body to shoulder level. Ensure that your clothing does not become entangled as the chain and pulley move back and forth. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 20 Reps with light weights

Advanced: 20 Reps / 2-4 sets with gradually increasing weights



Seated Leg Extension

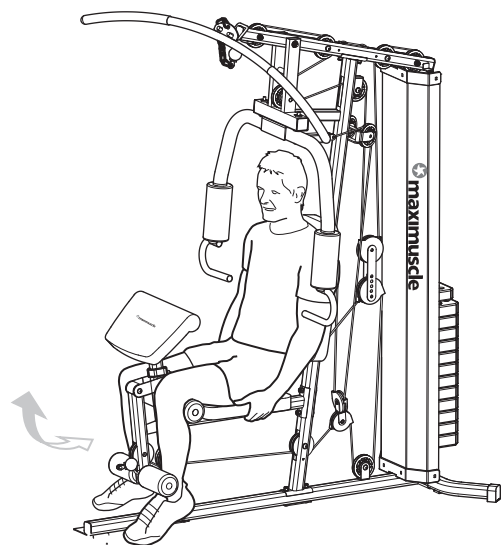
Developing the Quadriceps

Select the desired weight. Position back of your knees on top of Foam rolls. Position top of your ankles against lower Foam rolls. Extend your legs forward, pivoting from the knees, to full extension. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 10 Reps with light weights

Advanced: 10 Reps / 4 sets with gradually increasing weights



Home Gym Exercise Guide

Inner Leg Kick

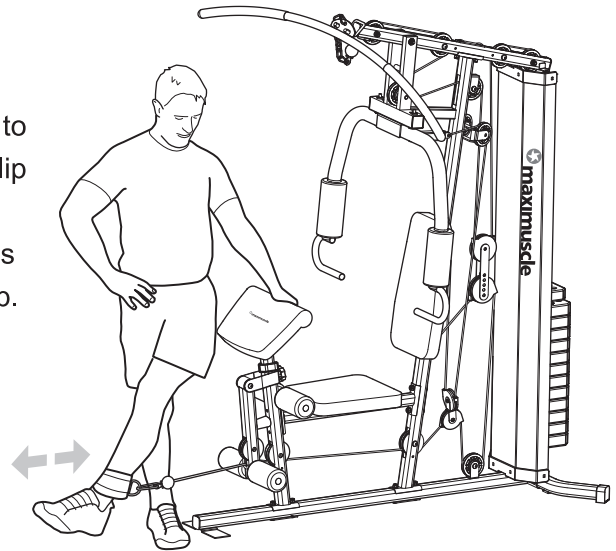
Developing the Inner Thigh

Select the desired weight. Wrap 'Ankle strap' around leg to be exercised. Attach Ankle strap to Lower pulley using Clip hooks. Stand beside Lower pulley, feet shoulder width apart and leg to be exercised, next to pulley. Kick towards front of leg not being exercised, pivoting only from the hip. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 20 Reps with light weights

Advanced: 20 Reps / 2-4 sets with gradually increasing weights



Leg Curl

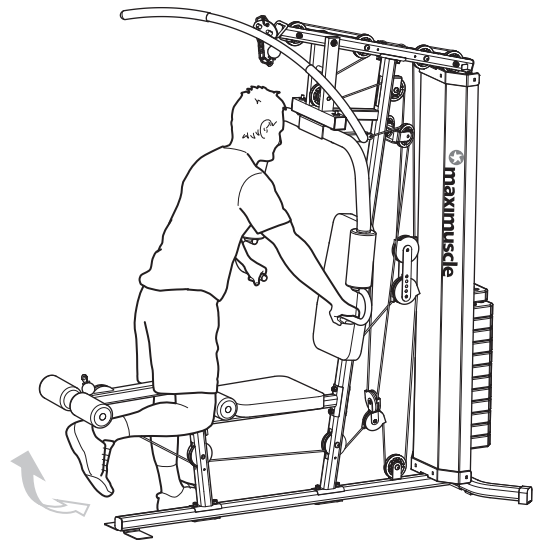
Developing the Hamstrings

You may wish to remove the preacher pad before performing this exercise. Select the desired weight. Stand facing the equipment and position either knee slightly below the top Foam rolls. Place back of your ankle behind the outer Foam rolls. Curl your leg upward towards your buttocks. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 20 Reps with light weights

Advanced: 20 Reps / 2-4 sets with gradually increasing weights



Outer Leg Kick

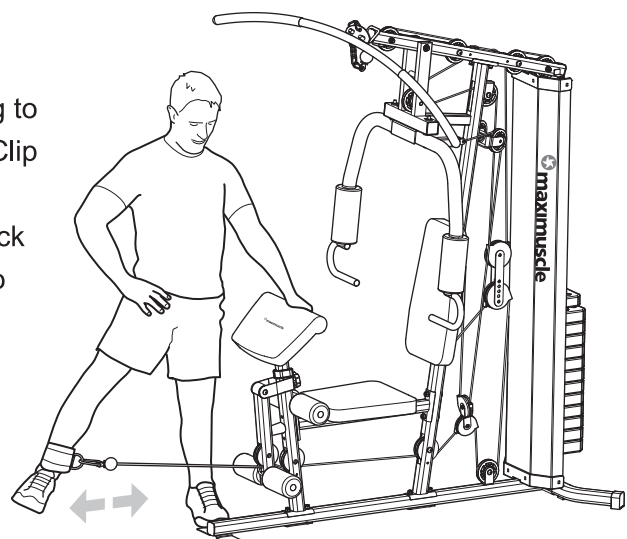
Developing the Outer Thigh

Select the desired weight. Wrap 'Ankle strap' around leg to be exercised. Attach Ankle strap to Lower pulley using Clip hooks. Stand beside Lower pulley, placing leg to be exercised (the outer leg), slightly in front of the other. Kick leg out to your side, pivoting only from the hip. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 20 Reps with light weights

Advanced: 20 Reps / 2-4 sets with gradually increasing weights



Home Gym Exercise Guide

Seated Preacher Curl

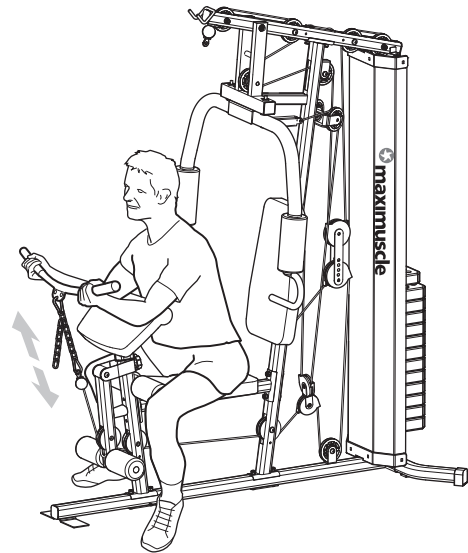
Developing the Biceps

Select the desired weight. Adjust Preacher pad to desired height. Attach 'Pull bar' and chain to Lower pulley using Clip hooks. Position upper arms on Preacher pad. Grasp Pull bar with palms facing up. Curl bar upwards by pivoting from the elbow. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Standing Biceps Curl

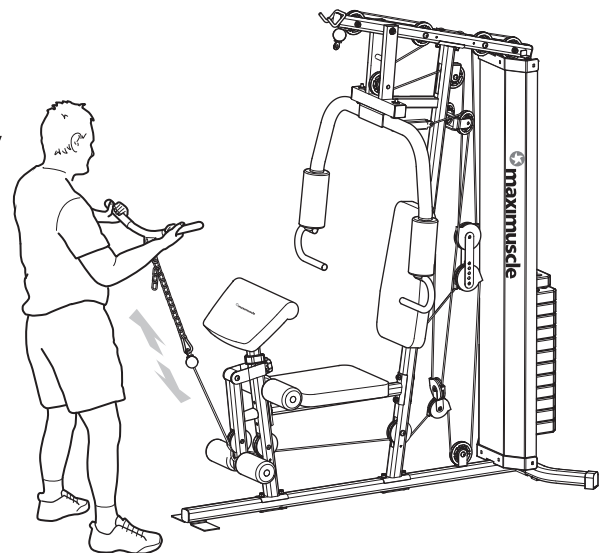
Developing the Biceps

Select the desired weight. Attach 'Pull bar' and chain to Lower pulley using Clip hooks. Stand over the lower pulley positioning feet on front foot plate. Grasp 'Pull bar' with palms facing up. With elbows at your side and arms fully extended, curl Pull bar upwards by pivoting from the elbows. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 20 Reps with light weights

Advanced: 20 Reps / 2-4 sets with gradually increasing weights



Tricep Push-Down

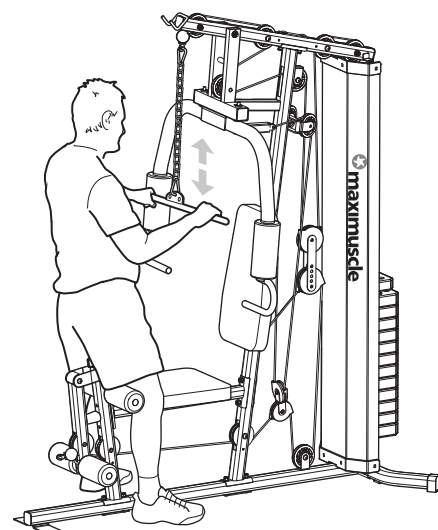
Developing the Triceps

You may wish to remove the preacher pad before performing this exercise. Select the desired weight. Attach 'Lat bar' and chain to Upper pulley using Clip hooks. Stand facing the equipment. Grasp 'Lat bar' with hands shoulder width apart. Keep elbows at your side when pushing the bar down and completing a full extension. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 20 Reps with light weights

Advanced: 20 Reps / 2-4 sets with gradually increasing weights



Home Gym Exercise Guide

Upright Row

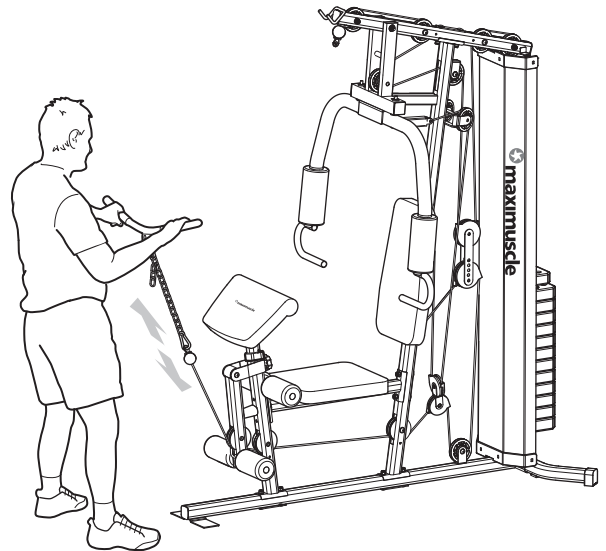
Developing the Deltoids / Trapezius

Select the desired weight. Attach 'Pull bar' and chain to Upper pulley using Clip hooks. Stand over the lower pulley, positioning feet on the front foot plate. Grasp 'Pull bar' with both hands and begin exercise with arms extended below the waist. Pull 'pull bar' upward to your upper chest. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 10 Reps / 3 sets

Advanced: 10 Reps / 4 sets with gradually increasing weights



Wide Lat Pull Down

Developing the Latissimus Dorsi

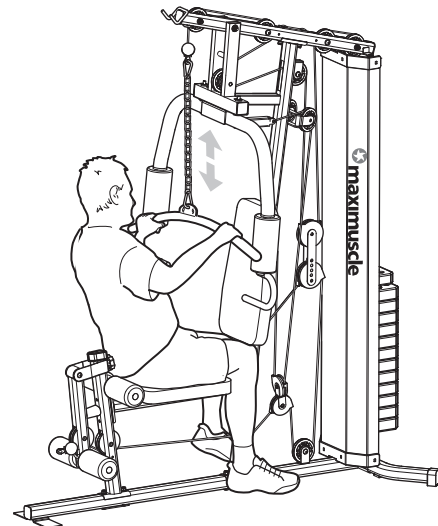
You may wish to remove the preacher pad before performing this exercise. Select the desired weight. Attach 'Lat bar' and chain to Upper pulley using Clip hooks. Sit facing the equipment with knees under seat back for support. Grasp 'Lat bar' at the extreme ends. Pull Lat bar down towards your upper chest. Return to the start position in a slow and controlled manner and repeat the exercise.

Beginners: 10 Reps with light weights

Intermediate: 20 Reps with light weights

Advanced: 20 Reps / 2-4 sets with gradually increasing weights

Lateral Deltoid Raise



Lateral Deltoid Raise

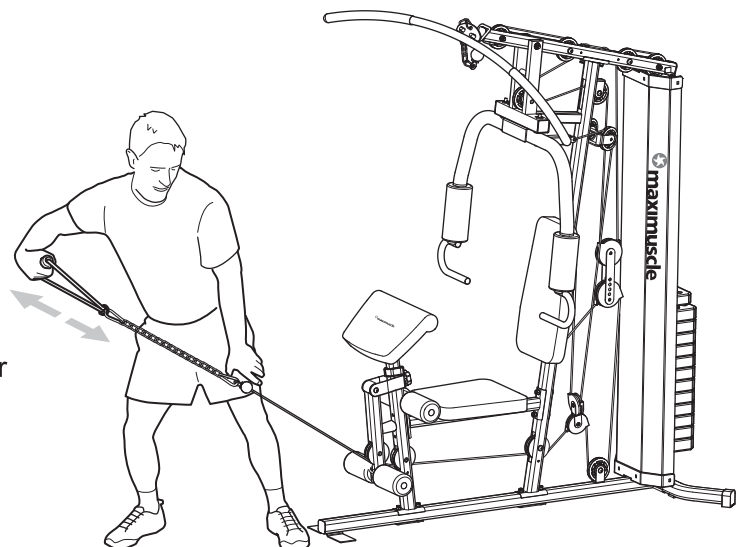
Developing the Side Deltoids

Select the desired weight. Attach 'Single strap' and chain to Lower pulley using Clip hooks. Bend at waist and position the side of your body near the lower pulley. Using the arm furthest away from the pulley, grasp 'Single strap' with palm facing up. With elbow slightly bent, pull strap away from the pulley and across the front of your body in a sweeping motion. Return to the start position in a slow and controlled manner and repeat the exercise with other arm.

Beginners: 10 Reps with light weights

Intermediate: 20 Reps with light weights

Advanced: 20 Reps / 2-4 sets with gradually increasing weights



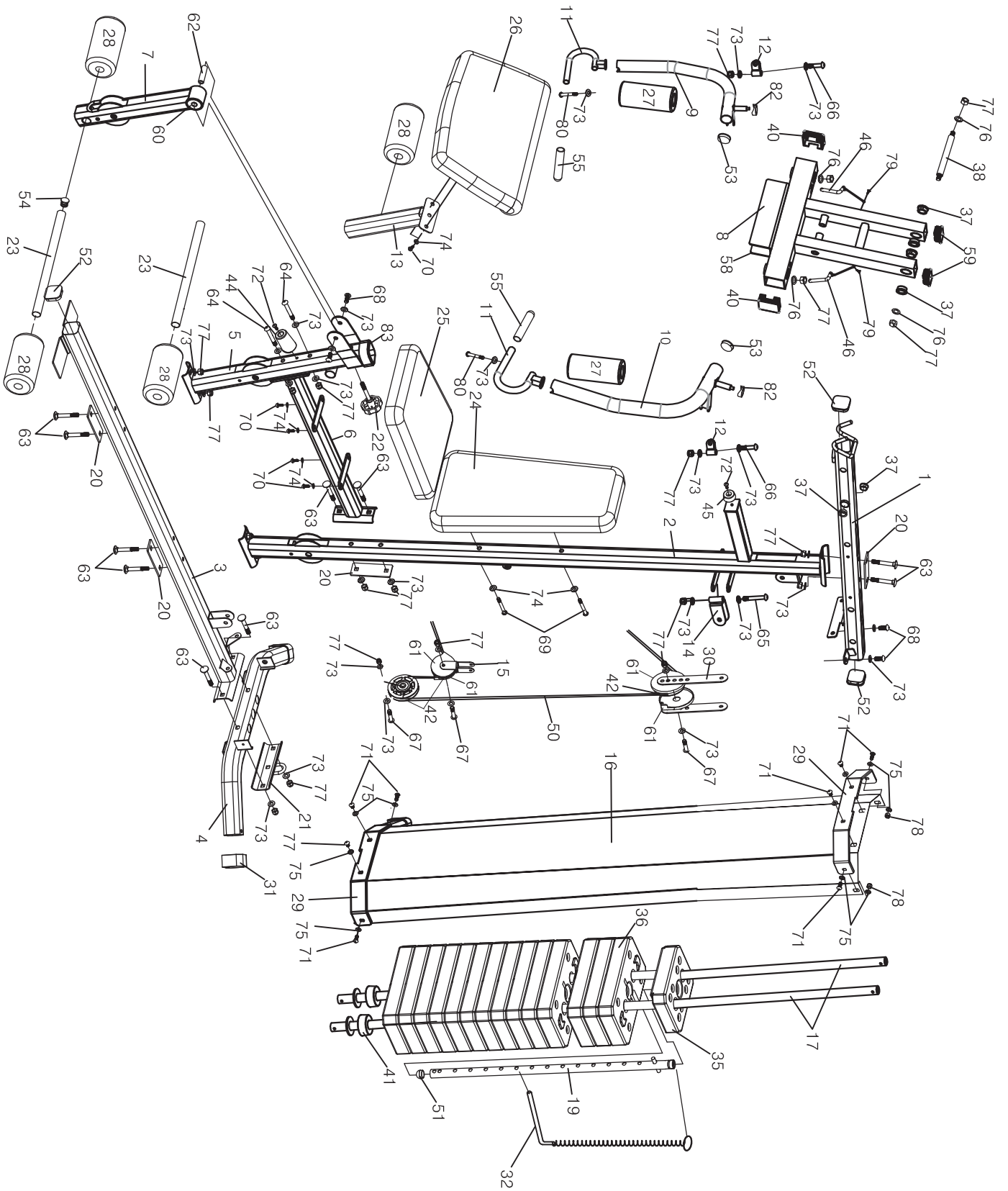
Care and Maintenance

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

Key No.	Description	QTY	Key No.	Description	QTY
1	Upper Frame	1	43	Φ22* 16*14MM Pulley Bushing	14
2	Vertical Frame	1	44	Φ44*55MM Rubber Bumper	1
3	Base Frame	1	45	Φ37*16MM Rubber Bumper	1
4	Rear Stabilizer	1	46	Butterfly Lock Pin	2
5	Leg Developer Holder	1	47	Ankle Strap	1
6	Seat Support	1	48	3100MM Upper Cable	1
7	Leg Developer	1	49	2330 Butterfly Cable	1
8	Front Press Base	1	50	3500 Lower Cable	1
9	Right Butterfly	1	51	Φ25 Cone Shaped End Cap	1
10	Left Butterfly	1	52	50MM Big R End Cap	4
11	Front Press Handle	2	53	Φ50MM End Cap	2
12	Butterfly Cable Bracket	2	54	25MM End Cap	6
13	Arm Curl Stand	1	55	Front Press Handle Grip	4
14	Swivel Pulley Bracket	2	56	Lat Pull Handle Grip	2
15	Angled Double Pulley Bracket	1	57	Single Strap	1
16	Weight Stack Cover	1	58	50*170MM Non Slip Sheet	1
17	Guide Rod	2	59	50*25MM Flat End Cap	2
18	Lat Bar	1	60	50MM Bushing	2
19	Select Rod	1	61	Pulley Cover	8
20	30*120MM Bracket	4	62	57MM Axle	1
21	Rear U-Shaped Bracket	1	63	M10*70MM Carriage Bolt	10
22	Lock Knob	1	64	M10*70MM Allen Bolt	9
23	Foam Roll Tube	2	65	M10*65MM Allen Bolt	2
24	Backrest Pad	1	66	M10*50MM Allen Bolt	2
25	Seat Pad	1	67	M10*45MM Allen Bolt	8
26	Arm Curl Pad	1	68	M10*20MM Allen Bolt	9
27	Φ48*Φ100*220MM Foam Roll	2	69	M8*70MM Allen Bolt	2
28	Φ22*Φ100*180MM Foam Roll	4	70	M8*16MM Allen Bolt	6
29	Weight Stack Cover Bracket	2	71	M6*20MM Allen Bolt	8
30	Double Floating Pulley Bracket	2	72	M6*16MM Philips Screw	2
31	Rear Stabilizer End Cap	2	73	10mm Washer	52
32	Weight Select Pin	1	74	8mm Washer	8
33	Chain	1	75	6mm Washer	10
34	7# Gourd Hook	2	76	Φ10*Φ25*11*δ 1.5mm Washer	4
35	Select Stem	1	77	M10 Aircraft Nut	39
36	Weight Plate	14	78	M6 Aircraft Nut	2
37	Φ25*Φ22* 16MM Bushing	6	79	ST5*10MM Philips Screw	2
38	Long Axle	1	80	M10*85MM Allen Bolt	2
39	Preacher Curl Bar	1	81	M10*140MM Allen Bolt	1
40	50MM End Cap	2	82	Plastic Spacer	2
41	Φ61*Φ58*25MM Rubber Bumper	2	83	50*45MM Sleeve	2
42	Pulley	16		4# 5# 6# Allen Wrench	Each 1



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BODYPOWER

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):

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