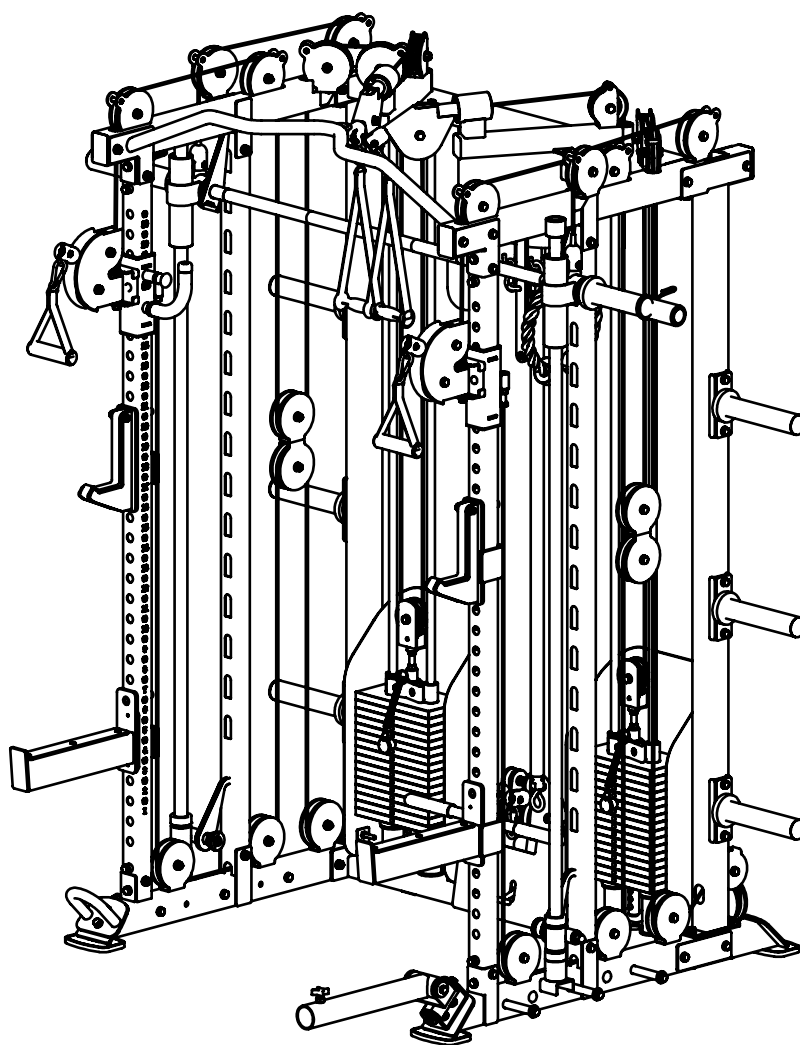


C5

MULTIGYM

OWNER'S MANUAL



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

Table Of Contents

! CAUTION

Read all precautions and instructions in this manual before using this equipment.

Important Safety Instructions-----	3
Instructions-----	4
Exploded View and Parts List-----	5
Maintenance Schedule-----	15
General Maintenance Information-----	16

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * Never operate the unit when it has been dropped or damaged.
- * Never drop or insert anything into any opening in the equipment.
- * Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- * Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- * Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

PERSONAL SAFETY DURING ASSEMBLY

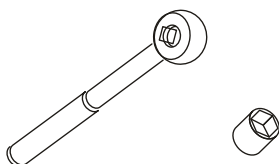
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Instructions

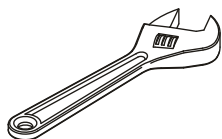
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

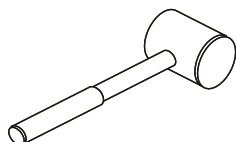
Tools Required



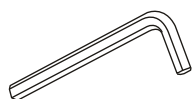
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

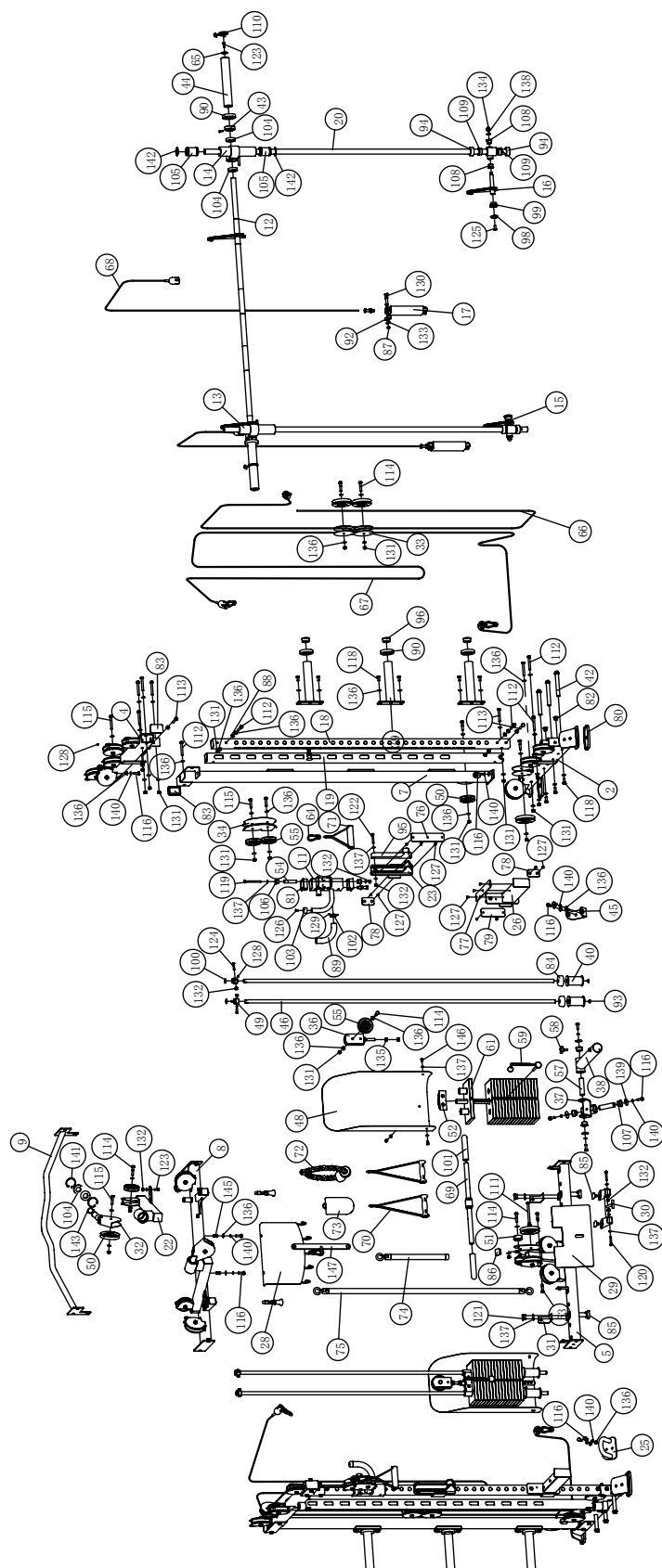
Exploded View and Parts List

Item No.	Description	Qty	Item No.	Description	Qty
1	Left Floor Stand	1	37	Rotating Frame	1
2	Right Floor Stand	1	38	Turret Mounting Frame	1
3	Left Fixing Frame	1	39	Back Barbell Frame	6
4	Right Fixing Frame	1	40	Pad Viaduct	4
5	Weight Frame	1	41	Adjusting Liner	2
6	Left Slip Frame	1	42	Threaded Connecting Rod	6
7	Right Slip Frame	1	43	Limit Sleeve	2
8	Upper Connecting Frame	1	44	Barbell Grip Sleeve	2
9	Handlebar	1	45	U-shaped Seat	1
10	Left Slip Frame	1	46	Guide Rod	4
11	Right Slip Frame	1	47	Thick Washer	6
12	Push Up Frame	1	48	Shield	2
13	Left Barbell Carriage	1	49	Guide Rod Fixing Sleeve	4
14	Right Barbell Carriage	1	50	Big Pulley	30
15	Left Safety Pylon	1	51	Small Guide Wheel	2
16	Right Safety Pylon	1	52	Rubber Seat	2
17	Counter Weight	2	53	Shoulder Bolt	2
18	Front Sliding Tube	2	54	Double Pulley Frame Shaft	2
19	Hook Fixing Tube	2	55	Small Pulley	10
20	Guide Rod	2	57	Rotating Shaft	2
21	Left Swing Arm	1	58	Adjusting Handle	1
22	Right Swing Arm	1	59	Selector Pin W/Coil	2
23	Left Hook Bracket	1	60	Elastic Pin ASSY	2
24	Right Hook Bracket	1	61	Top Plate	2
25	Battle Rope Rack	1	62	Weight Plate	30/34/...
26	Left Safety Limit Frame	1	63	Elastic Pin ASSY	2
27	Right Safety Limit Frame	1	64	Gourd Hook	7
28	Training Guide Frame	1	65	Small End Cap	2
29	Foot Rest	1	66	Cable ASSY 1	2
30	Pedal Stop Bracket	1	67	Cable ASSY 2	2
31	Long L Shield Seat	2	68	Cable ASSY 3	2
32	Safety Carriage	2	69	Short Pull Handle	1
33	Movable Pulley Block	2	70	Long Tension Sleeve Group	2
34	Double Pulley Frame	2	71	Tension Sleeve Group	2
35	Top Pulley Frame	2	72	Tension Rope	1
36	Pulley Connecting Frame	2	73	Foot Cover	1

Exploded View and Parts List

Item No.	Description	Qty	Item No.	Description	Qty
74	Short Handle Frame	1	111	Hex Head Bolt M10*120	1
75	Long Handle Frame	1	112	Hex Head Bolt M10*75	22
76	Long Plastic Plate	2	113	Hex Head Bolt M10*70	6
77	Plastic Board	2	114	Hex Head Bolt M10*50	34
78	Short Plastic Board	4	115	Hex Head Bolt M10*45	6
79	Plastic Board	2	116	Hex Head Bolt M10*30	16
80	Floor Mat	4	118	Hex Head Bolt M10*20	24
81	Hollow Pipe Sleeve	4	119	Hex Head Bolt M8*95	2
82	Pipe Plug	4	120	Hex Head Bolt M8*50	2
83	Pipe Plug F50*75	4	121	Hex Head Bolt M8*15	8
84	Rubber Pad	4	122	Socket Head Cap Screw M8*50	2
85	Cushion	4	123	Socket Head Cap Screw M8*20	6
86	Pipe Plug F38	5	124	Button Head Cap Screw M8*40	4
87	Sliding Pad	12	125	Flat Head Cap Screw M10*25	2
88	Spacer Sleeve	4	126	Falling Hex Socket Countersunk Head Screw M6*16	2
89	Put On The Gloves	2	127	Falling Hex Socket Countersunk Head Screw M6*12	24
90	Septum	8	128	Socket Set Screw M8*10	8
91	Pipe Plug 50.8	2	129	Socket Set Screw M5*3	4
92	Small Roller	8	130	Cross Recess Pan Head Screw M5*25	8
93	Rubber Plug	4	131	Nylon Lock Nut M10	69
94	Cushion	4	132	Nylon Lock Nut M8	14
95	Hook	2	133	Nylon Lock Nut M5	8
96	Pipe Plug	6	134	Cap Nut M12	2
97	Limit Sleeve	4	135	Hex Flange Nut M12	4
98	Φ25 Plastic Head Cover	2	136	Flat Washer Φ11*Φ20*2	174
99	Φ25 Plastic Head Seat	2	137	Flat Washer Φ9*Φ16*1.6	26
100	O-Ring Rubber Seal	4	138	Flat Washer Φ13*Φ24*1.5	2
101	Put On The Gloves	2	139	Flat Washer Φ11*Φ38*2	4
102	Φ25 Aluminum Retaining Ring	2	140	Spring Washer Φ10	16
103	Φ25 Aluminum Head	2	141	Elastic Ring For Hole Φ55	4
104	Deep Groove Ball Bearing	8	142	Elastic Ring For Hole Φ47	4
105	Linear Motion Bearing	4	143	External Circlips Φ30	2
106	Bushing	4	144	External Circlips Φ25	2
107	Copper Bearing	8	145	Flat Hex Nut M10*19.5	2
108	Flange Sleeve	4	146	Button Head Cap Screw M8*15	2
109	Nylon Bushing	4	147	Conversion Frame	1
110	Jump Ring Φ48	2			

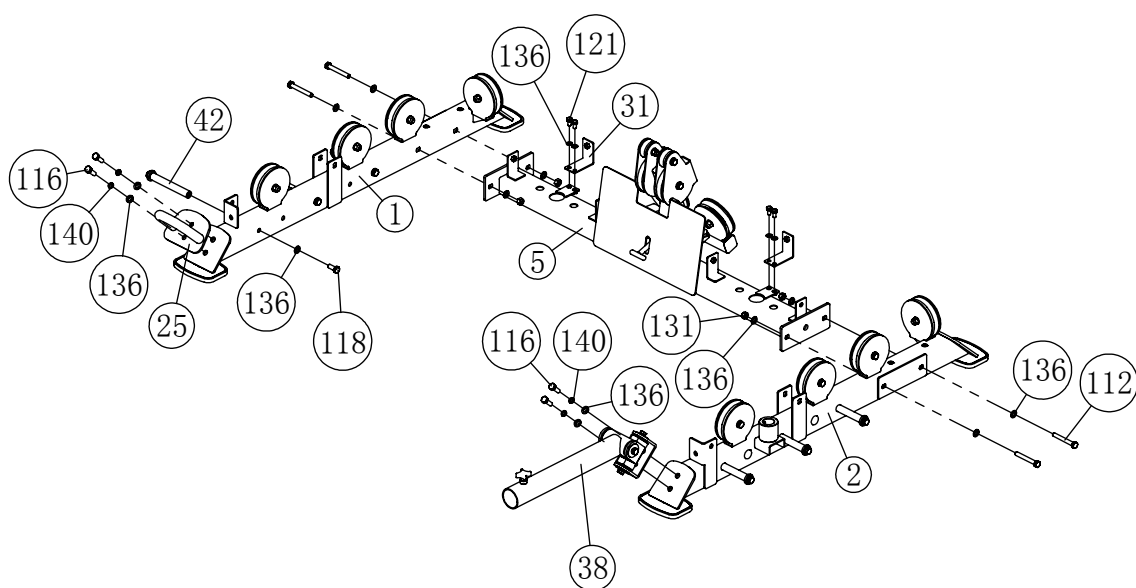
Exploded View and Parts List



Exploded View and Parts List

STEP 1

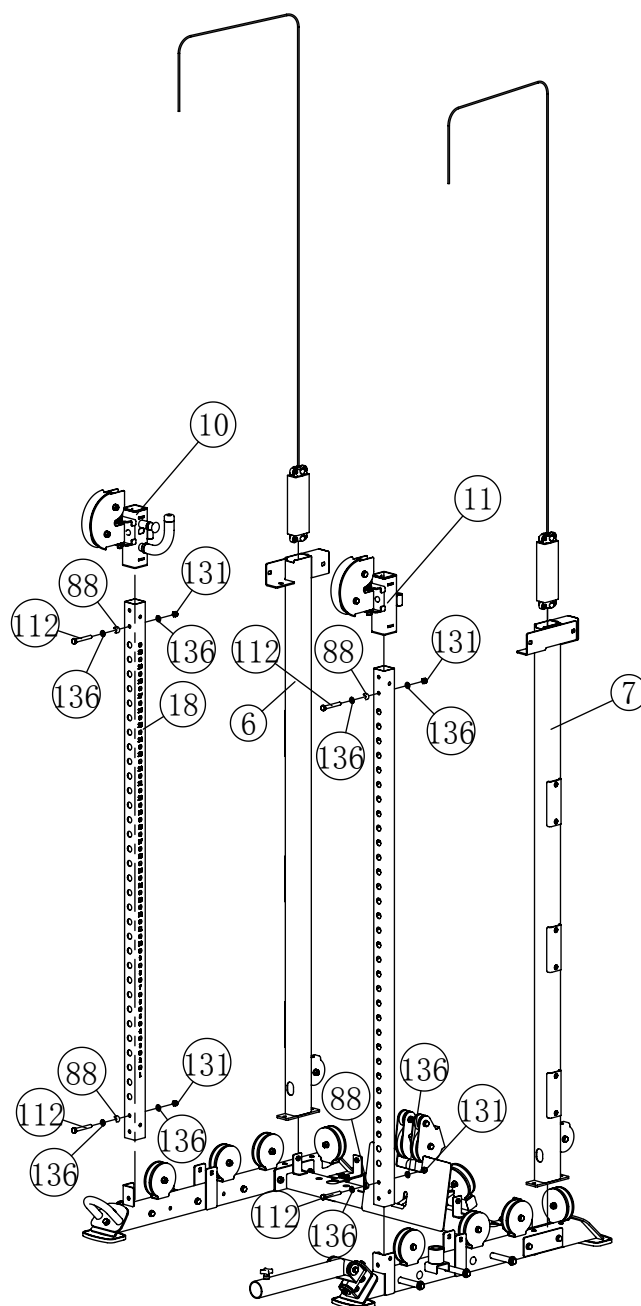
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Left Floor Stand	1	112	Hex Head Bolt M10*75	4
2	Right Floor Stand	1	116	Hex Head Bolt M10*30	4
5	Weight Frame	1	118	Hex Head Bolt M10*20	6
25	Battle Rope Rack	1	121	Hex Head Bolt M8*15	4
31	Long L Shield Seat	2	131	Nylon Lock Nut M10	4
38	Turret Mounting Frame	1	136	Flat Washer $\phi 11 \times \phi 20 \times 2$	22
42	Threaded Connecting Rod	6	140	Spring Washer $\phi 10$	4



Exploded View and Parts List

STEP 2

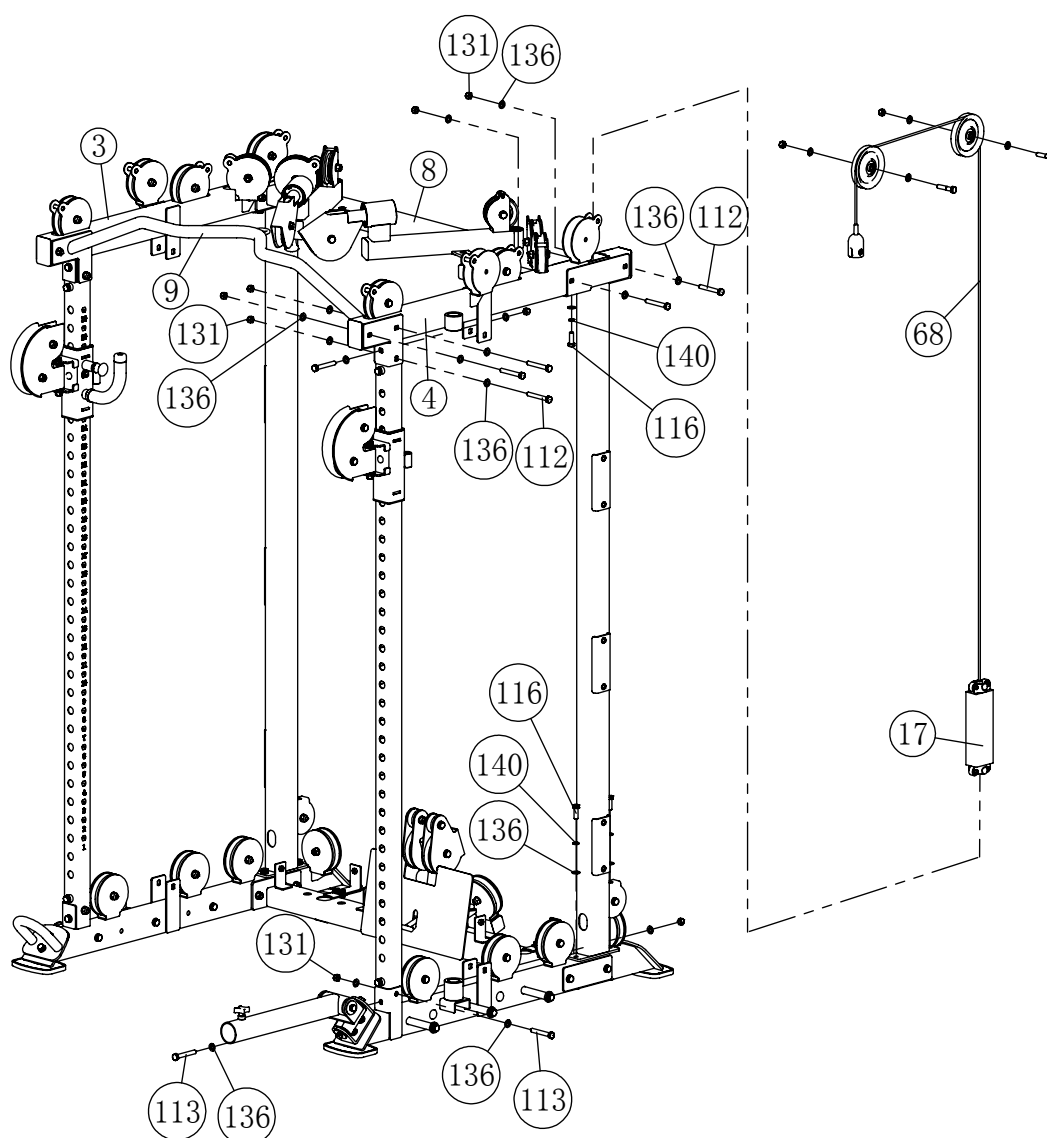
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
6	Left Slip Frame	1	88	Spacer Sleeve	4
7	Right Slip Frame	1	112	Hex Head Bolt M10*75	4
10	Left Slip Frame	1	131	Nylon Lock Nut M10	4
11	Right Slip Frame	1	136	Flat Washer $\phi 11*\phi 20*2$	8
18	Front Sliding Tube	2			



Exploded View and Parts List

STEP 3

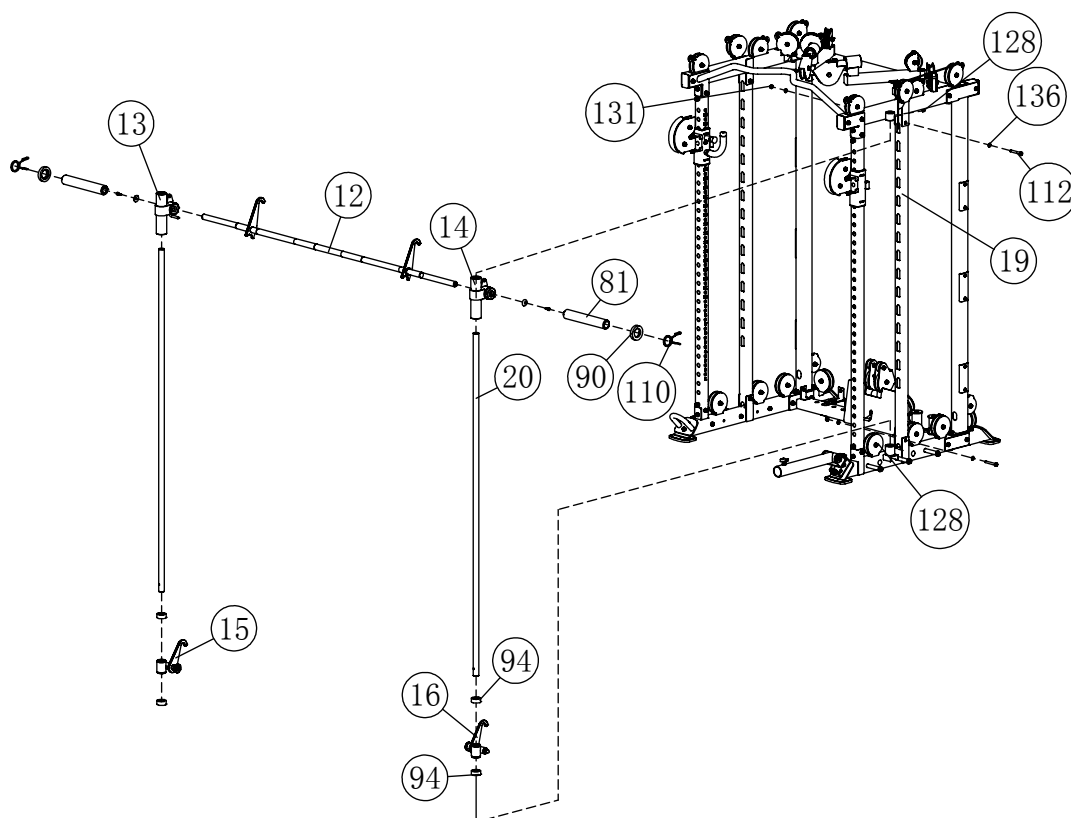
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
3	Left Fixing Frame	1	112	Hex Head Bolt M10*75	10
4	Right Fixing Frame	1	113	Hex Head Bolt M10*70	6
8	Upper Connecting Frame	1	116	Hex Head Bolt M10*30	6
9	Handlebar	1	131	Nylon Lock Nut M10	16
17	Counter Weight	2	136	Flat Washer $\phi 11*\phi 20*2$	38
68	Cable ASSY 3	2	140	Spring Washer $\phi 10$	6



Exploded View and Parts List

STEP 4

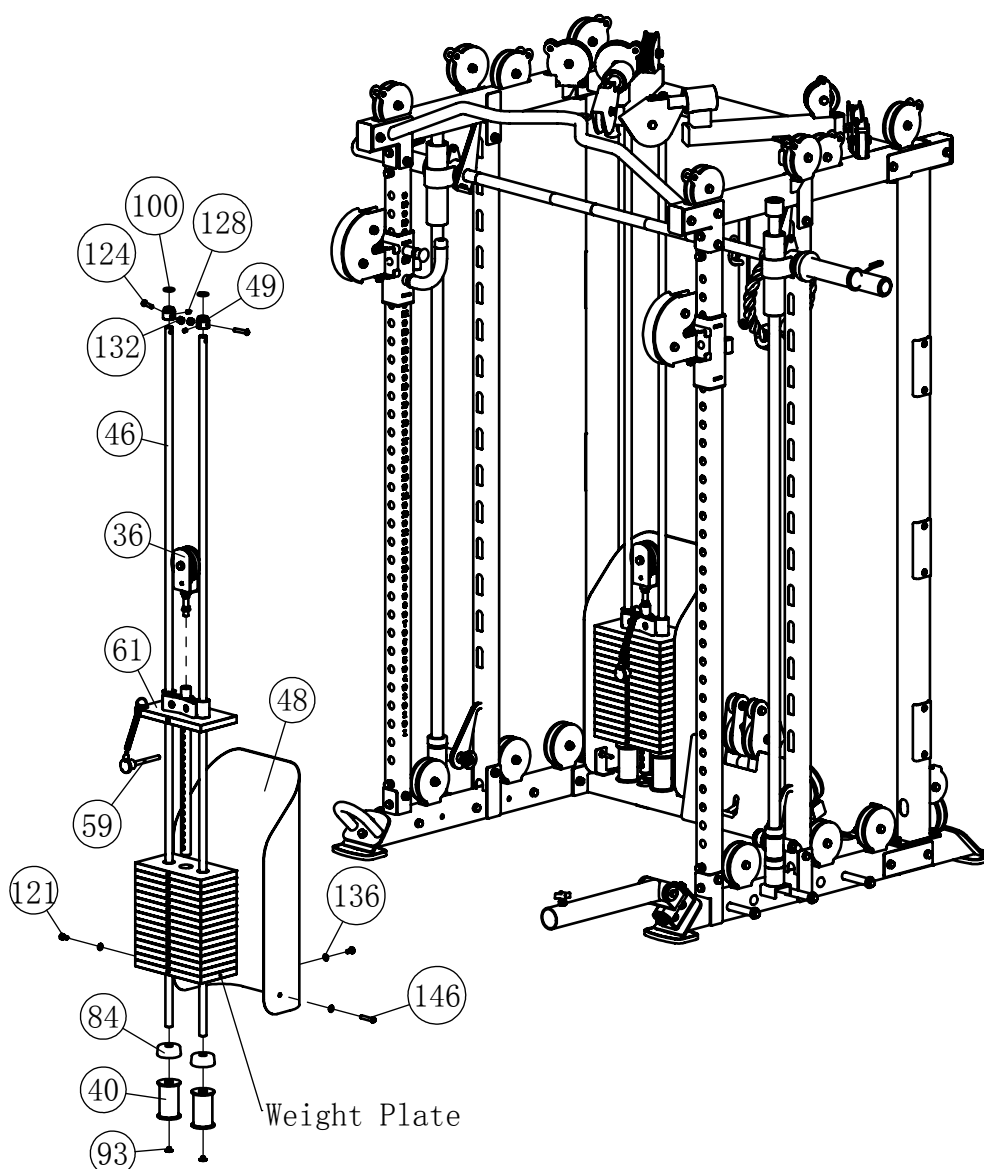
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
12	Push Up Frame	1	90	Septum	2
13	Left Barbell Carriage	1	94	Cushion	4
14	Right Barbell Carriage	1	110	Jump Ring ϕ 48	2
15	Left Safety Pylon	1	112	Hex Head Bolt M10*75	4
16	Right Safety Pylon	1	128	Socket Set Screw M8*10	4
19	Hook Fixing Tube	2	131	Nylon Lock Nut M10	4
20	Guide Rod	2	136	Flat Washer ϕ 11* ϕ 20*2	8
81	Hollow Pipe Sleeve	2			



Exploded View and Parts List

STEP 5

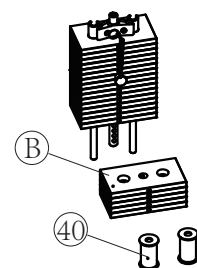
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
36	Pulley Connecting Frame	2	93	Rubber Plug	4
40	Pad Viaduct	4	100	O-Ring Rubber Seal	4
46	Guide Rod	4	121	Hex Head Bolt M8*15	4
48	Shield	2	124	Button Head Cap Screw M8*40	4
49	Guide Rod Fixing Sleeve	4	128	Socket Set Screw M8*10	4
59	Selector Pin W/Coil	2	132	Nylon Lock Nut M8	4
61	Top Plate	2	136	Flat Washer $\phi 11 \times \phi 20 \times 2$	6
84	Rubber Pad	4	146	Button Head Cap Screw M8*15	2



Exploded View and Parts List

For standard 160 lbs weight stacks (or 80KG) ,slide the 2 Support Frames (No. 40) onto the 2 Guide Bars (No. 46) first, and slide the 2 Weight Bumpers (No. 84) on top of them. then slide 15 pcs of weight plate on to the guide bars(No. 46), and slide on the Top Plate (No.61).

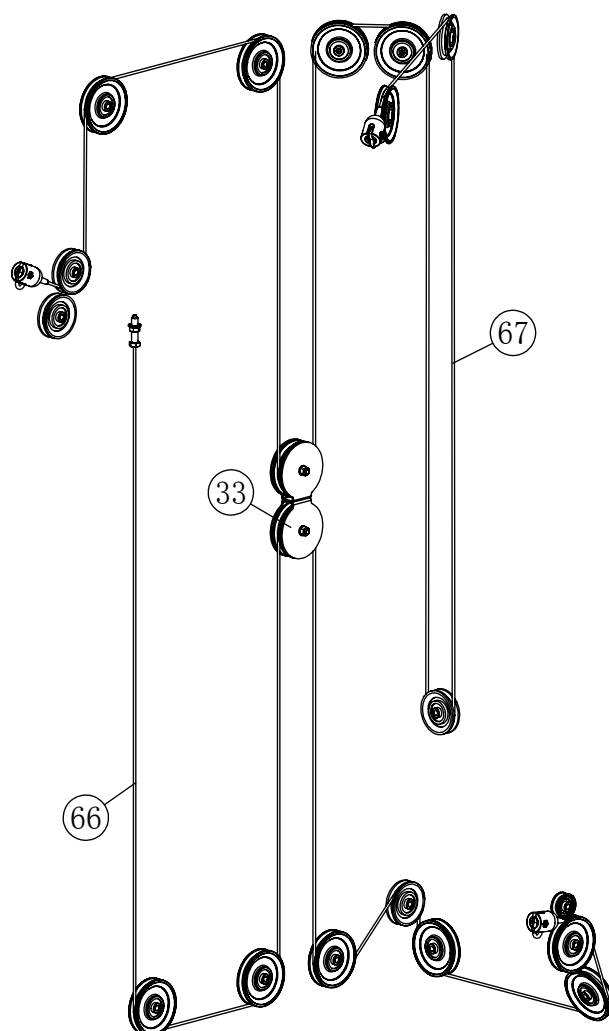
For optional 210 lbs weight stacks(or 105 KG), please remove the 2 support frame(No.40) and add 5 pcs of plates on each side.



Exploded View and Parts List

STEP 6

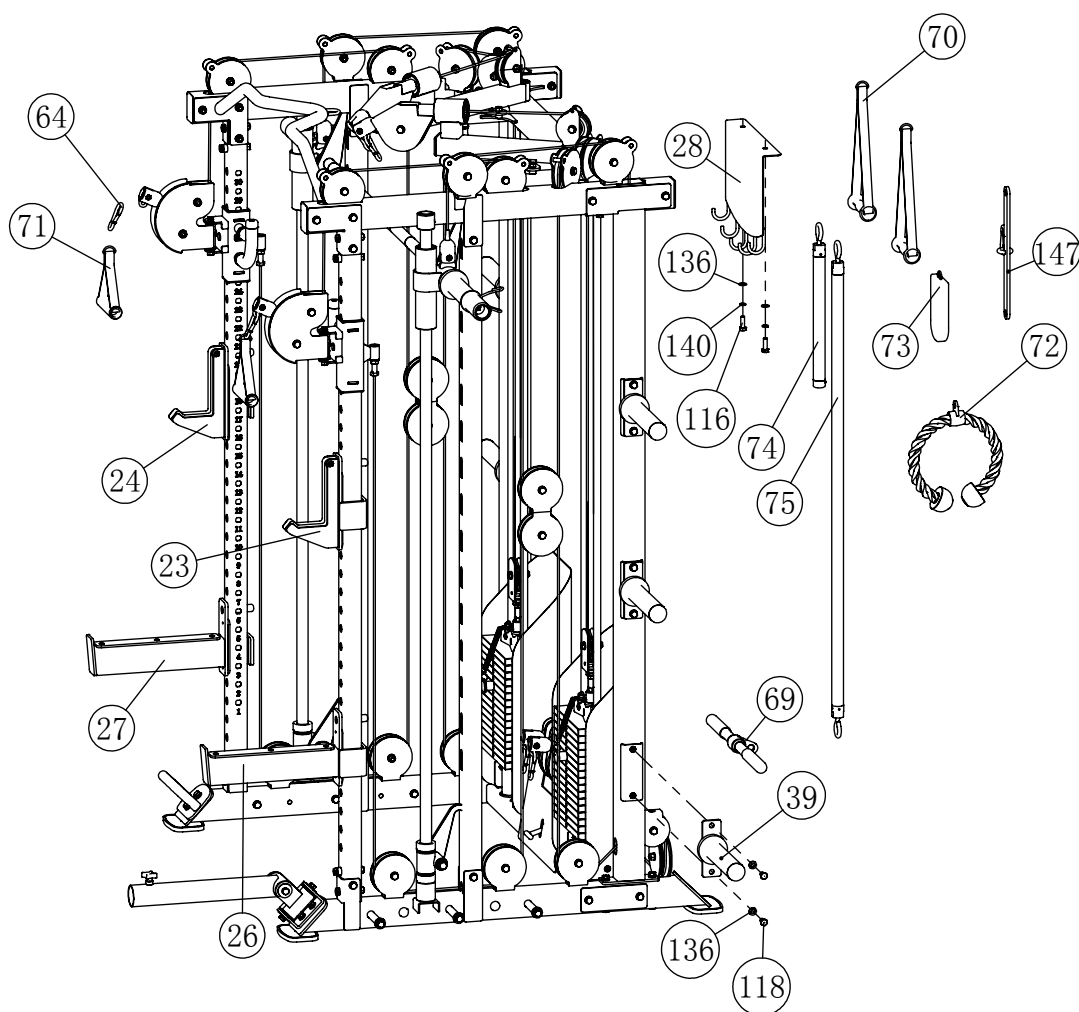
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
33	Movable Pulley Block	2	67	Cable ASSY 2	2
66	Cable ASSY 1	2			



Exploded View and Parts List

STEP 7

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
23	Left Hook Bracket	1	72	Tension Rope	1
24	Right Hook Bracket	1	73	Foot Cover	1
26	Left Safety Limit Frame	1	74	Short Handle Frame	1
27	Right Safety Limit Frame	1	75	Long Handle Frame	1
28	Training Guide Frame	1	116	Hex Head Bolt M10*30	2
39	Back Barbell Frame	6	118	Hex Head Bolt M10*20	12
64	Gourd Hook	7	136	Flat Washer $\phi 11*\phi 20*2$	14
69	Short Pull Handle	1	140	Spring Washer $\phi 10$	2
70	Long Tension Sleeve Group	1	147	Conversion Frame	1
71	Tension Sleeve Group	1			



Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

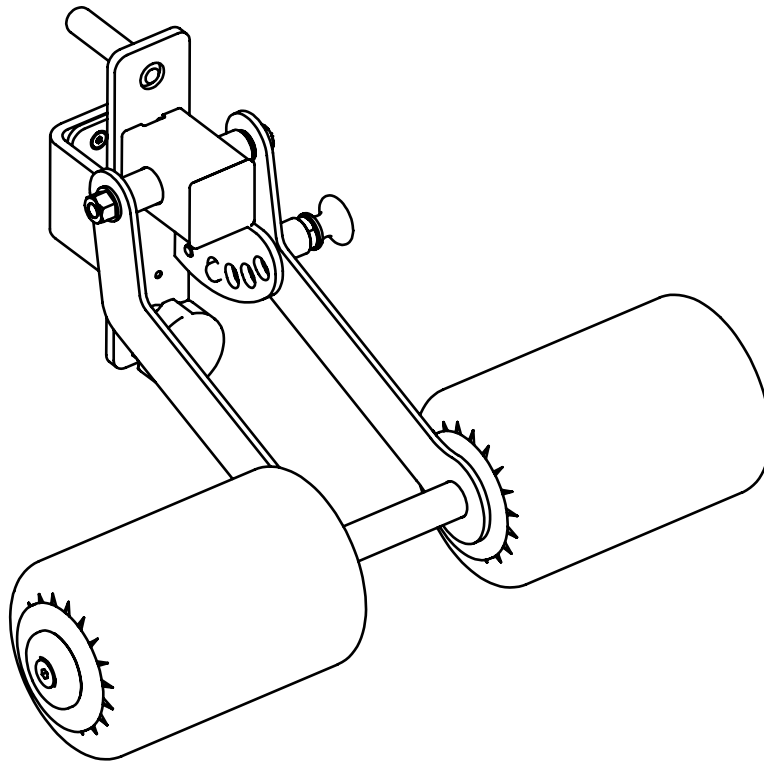
- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

C5-FOAMOPT FOAM FRAME OWNER'S MANUAL



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

! CAUTION

Read all precautions and instructions in this manual before using this equipment.

Table Of Contents

Important Safety Instructions-----	3
Instructions-----	4
Exploded View and Parts List-----	5
Assembly -----	6
Maintenance Schedule-----	7
General Maintenance Information-----	8

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * Never operate the unit when it has been dropped or damaged.
- * Never drop or insert anything into any opening in the equipment.
- * Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- * Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- * Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

PERSONAL SAFETY DURING ASSEMBLY

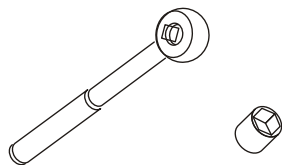
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Instructions

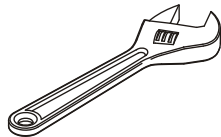
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

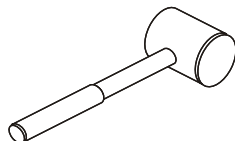
Tools Required



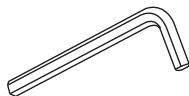
Ratchet Wrench and Socket



Adjustable Wrench

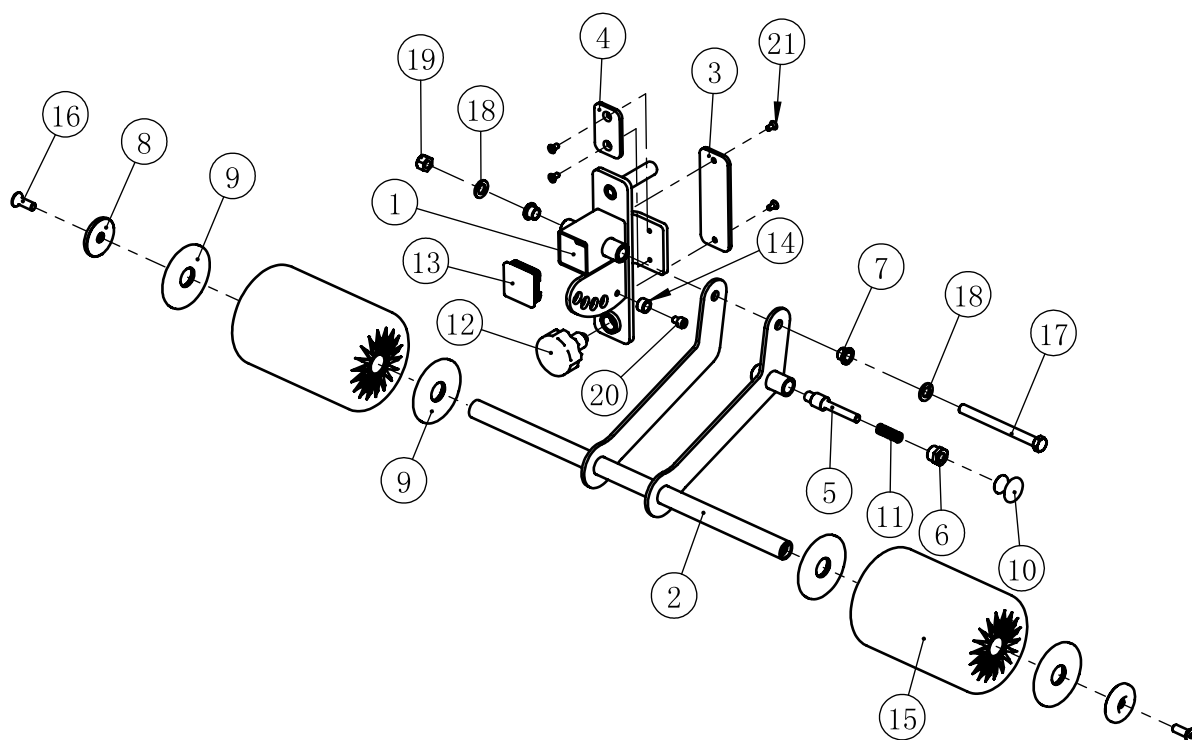


Rubber Mallet



Hex Key Wrench Set

Exploded View



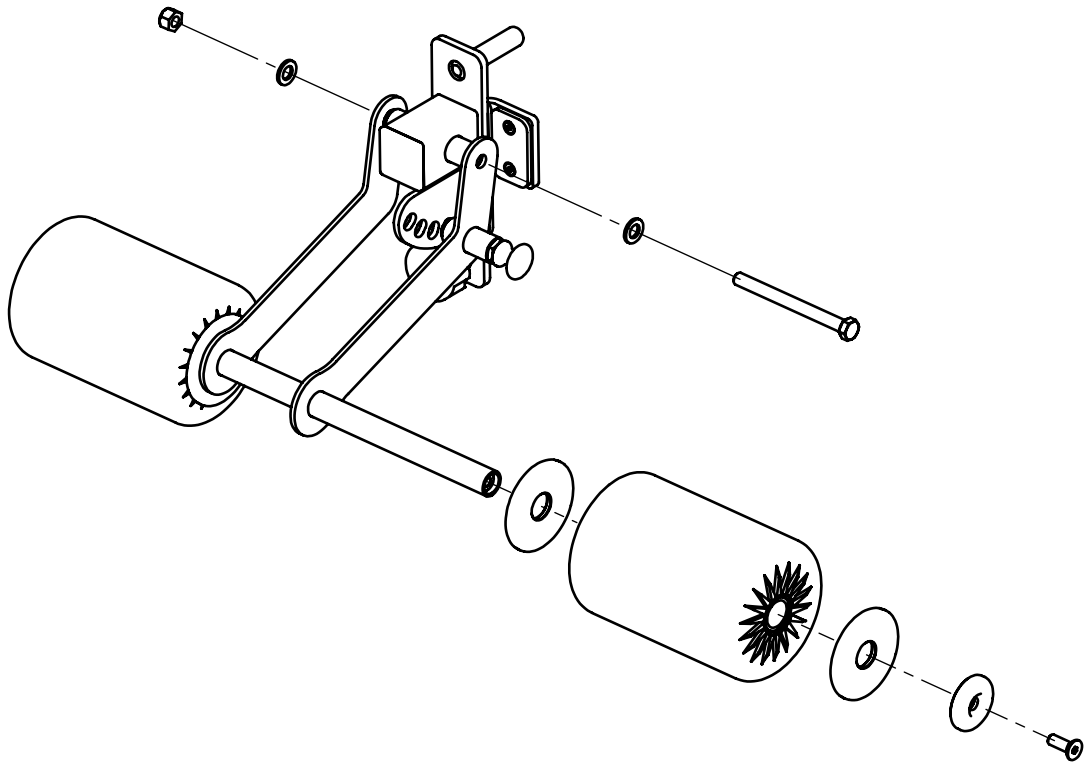
Parts List

Item No	Description	QTY	Item No	Description	QTY
1	Foam Adjuste Frame	1	12	Elastic locking latch	1
2	Foam Frame	1	13	F50.8 Pipe plugs	1
3	Plastic sheets	1	14	Limit sleeve	1
4	Short plastic sheet	1	15	FOAM	2
5	Pin shaft	1	16	Flat Head Cap Screw M10*30	2
6	Locking Nut	1	17	Hexagon head Bolt M12*135	1
7	Powder bushing	2	18	Flat Washer $\phi 13.5 * \phi 24 * 2.5$	2
8	Aluminum end caps	2	19	Nylon Lock Nut M12	1
9	Ring	4	20	Socket Head Cap Screw M8*10	1
10	Little handles	1	21	Flat Head Cap Screw M6*12	4
11	Spring	1			

Assembly

STEP 1

Note: Hand Tighten Bolts and Nylon Lock Nuts.



Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY					
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY						
Clean; Upholstery	DAILY	WEEKLY						
Inspect; Cables or Belts and their tension	DAILY	WEEKLY						
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS						
Inspect; All Decals	WEEKLY	3 MONTHS						
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS						
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS						
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS						
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS						
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY						
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY						
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS						

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS