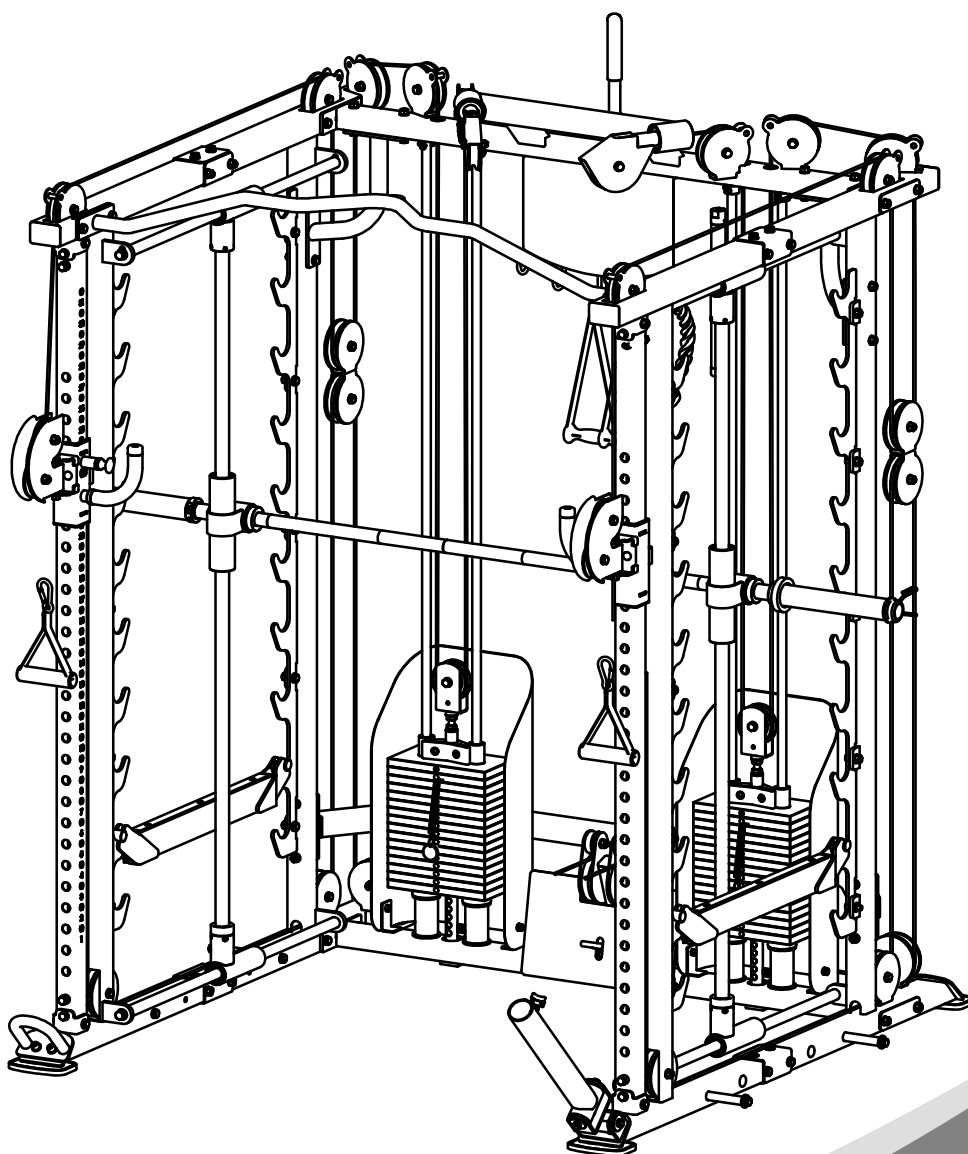


C9B

MULTIGYM

OWNER'S MANUAL



! CAUTION

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

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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

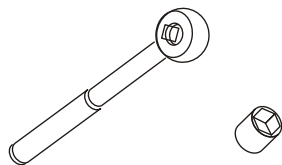
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the 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

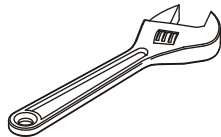
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

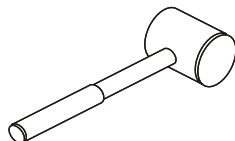
Tools Required



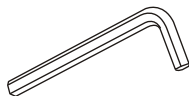
Ratchet Wrench and Socket



Adjustable Wrench

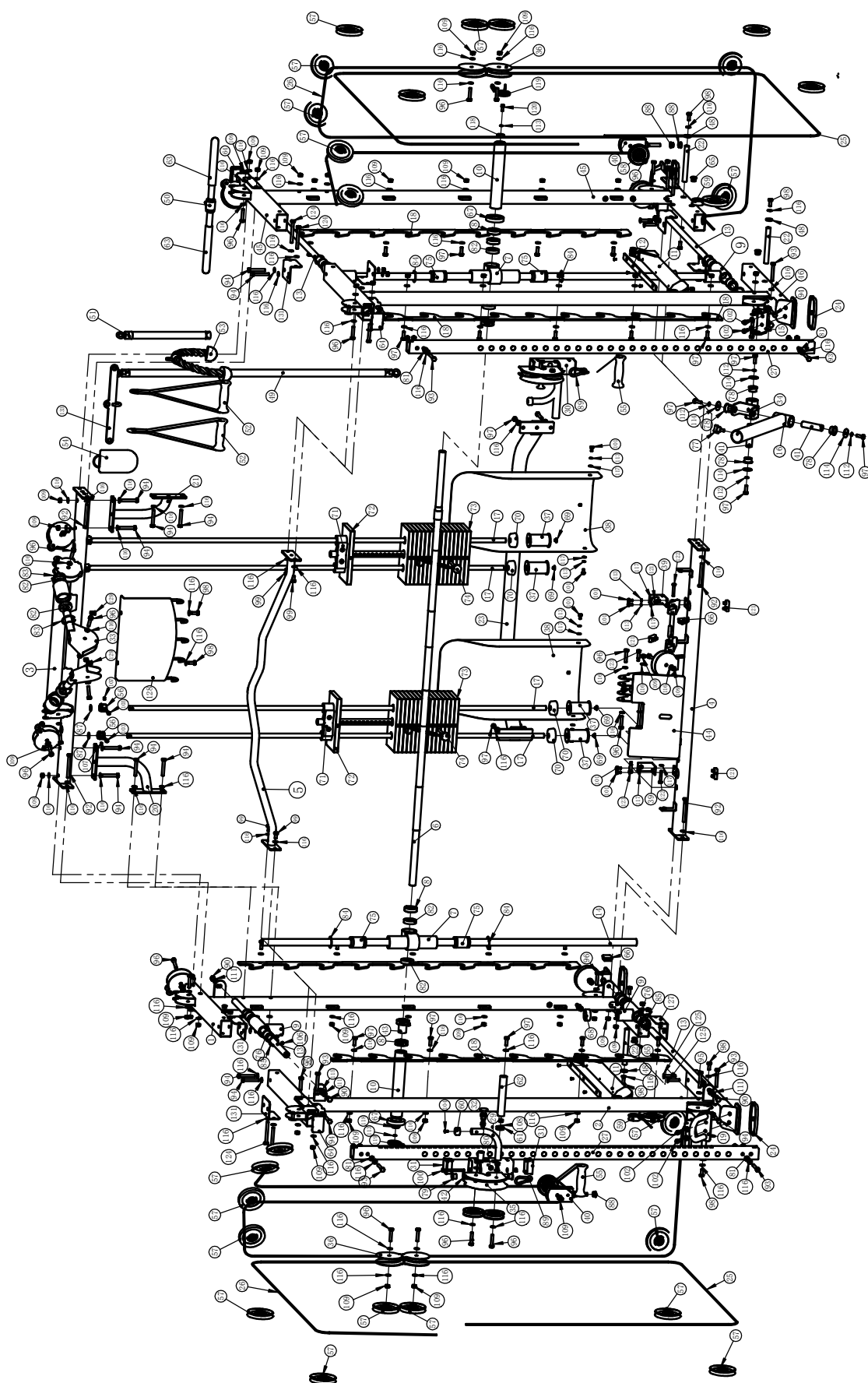


Rubber Mallet



Hex Key Wrench Set

Exploded View and Parts List



Exploded View and Parts List

Item No.	Description	QTY	Item No.	Description	QTY
1	Left Stand 1	1	35	Double Pulley Frame	2
2	Left Stand 2	1	36	Motional Pulley Frame	2
3	Top Bridge	1	37	Support Frame	4
4	Weight Frame	1	38	Shroud	2
5	Transverse beam	1	39	L-Shaped plate	2
6	Barbell Grip	1	40	Pulley Connecing Frame	2
7	Movement Frame	2	41	Shaft	2
8	Baffle	6	42	Shaft For Pulley Bracket	2
9	Bottom Movement Frame	4	43	Drivepipe	2
10	Weight Holder	2	44	Foot Frame	1
11	Protective Frame	2	45	Right Stand 1	1
12	Plastic Plate	2	46	Right Stand 2	1
13	Level Guide Bar	4	47	Support Foot Frame	1
14	Vertical Guide bar	2	48	End Cap	4
15	U-Shaped Plate	1	49	Long handle	1
16	Battery Frame	1	50	Short Handle Assembly	1
17	Guide Bar	4	51	Short Handle	1
18	Toothed Plate	4	52	Long Lat Strap	2
19	Hook Rack	1	53	Triceps Rope	1
20	Intensify Frame1	1	54	Foot Lat Strap	1
21	Intensify Frame2	1	55	Lat Strap	2
22	Connecting Shaft	4	56	Guide Cover	4
23	Rear Frame	1	57	Big Pulley	26
24	Foot Cover	4	58	Small Pulley	6
25	Cable Assembly 1	2	59	Small Guide Pulley	2
26	Cable Assembly 2	2	60	Aluminum Cap $\phi 25(\phi 63\phi 64)$	2
27	Guide Tube	2	61	Aluminum Ring $\phi 25(\phi 63\phi 64)$	2
29	Left Slip Frame	1	62	Grip $\phi 30 \times 180(\phi 0.98" \times 7.09")$	2
30	Right Slip Frame	1	63	Grip DT $\phi 30 \times 218(\phi 0.98" \times 8.58")$	2
31	Plastic Tube Guide	4	64	Plug $50 \times 70(1.96" \times 2.76")$	4
32	Pop Pin	2	65	Plug $\phi 24(\phi 0.94")$	4
33	Top Pulley Frame	2	66	Plug $38 \times 38(1.5" \times 1.5")$	4
34	Turn Frame	1	67	Disc Bumper	2

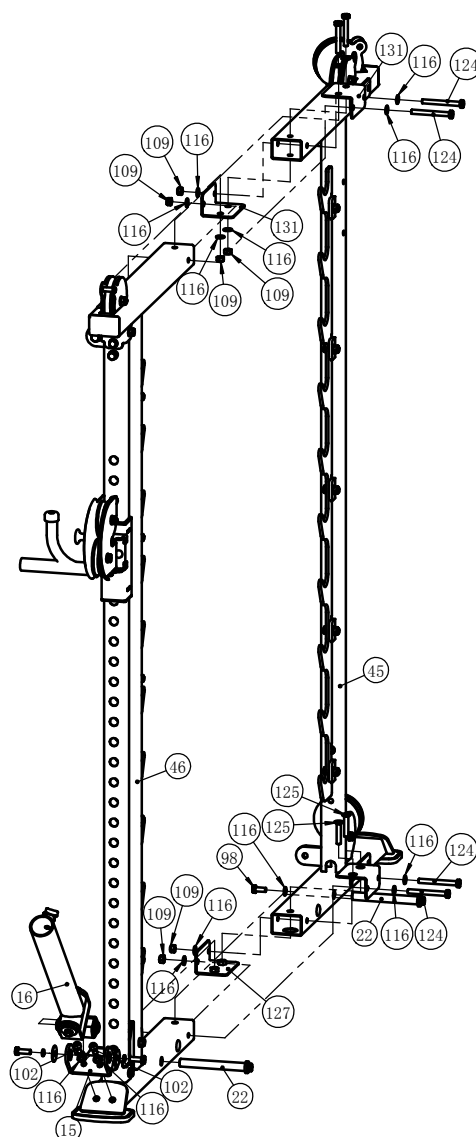
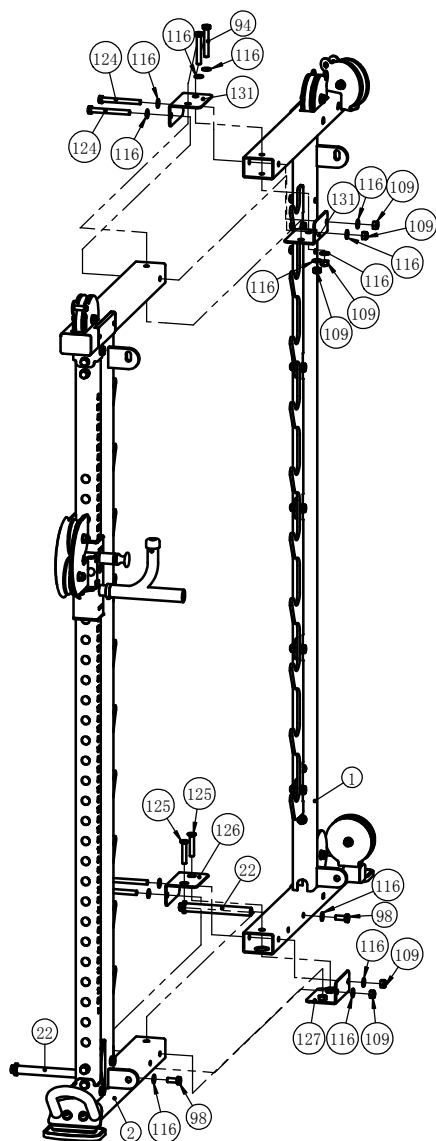
Exploded View and Parts List

Item No.	Description	QTY	Item No.	Description	QTY
68	Bumper	2	100	Hex Head Bolt M8×90(0.39"×0.79")	2
69	Rubber Plug	4	101	Hex Head Bolt M8×15(0.31"×0.59")	10
70	Weight Rubber Bumper	4	102	Socket Head Cap Screw M10×25(0.39"×0.98")	4
71	Rubber Fixed Block	2	103	Button Head Cap Screw M8×40(0.31"×1.57")	4
72	Top Plate	2	104	Flat Head Cap Screw M6×15(0.24"×0.59")	2
73	Weight Plate	30	105	Flat Head Cap Screw M5×10(0.2"×0.39")	6
74	Selector Pin W/Coil	2	106	Socket Set Screw M10×8(0.39"×0.31")	8
75	Linear Bearing 30(1.5")	4	107	Socket Set Screw M8×10(0.31"×0.39")	4
76	Linear Bearing 25(0.95")	8	108	Socket Set Screw M5×3(0.19"×0.12")	4
77	Adjustable Handle	1	109	Nylon Lock Nut M10(0.39")	95
78	Bushing φ38×φ25.4×18(φ1.5"×0.98"×0.71")	4	110	Nylon Lock Nut M8(0.31")	8
79	Bushing φ28×φ16×18(1.1"×0.63"×0.71")	4	111	Spring Washer φ12(φ0.47")	8
80	Nylon Spacer	4	112	Spring Washer φ10(φ0.39")	4
81	Spacer	4	113	Spring Washer φ8(φ0.31")	12
82	Bearing	8	114	Flat Washer φ11×φ38×2(φ0.43"×φ1.5"×0.08")	4
83	Circlip For Hole φ55(φ2.16")	4	115	Flat Washer φ13.5×φ24×2.5(φ0.53"×φ0.94"×φ0.1")	8
84	Circlip For Hole φ47(φ1.85")	4	116	Flat Washer φ11×φ20×2(φ0.43"×φ0.79"×φ0.08")	210
85	Circlip For Hole φ40(φ1.57")	8	117	Flat Washer φ9×φ16×1.6(φ0.35"×φ0.63"×φ0.06")	18
86	Circlip For Shaft φ30(φ1.18")	2	118	End Cap	2
87	O-ring	4	119	Spring	2
88	Flange Nut M12(0.47")	4	120	Socket Head Cap Screw M8×20	2
89	Gear Hook	7	121	Rubber Bumper	4
90	Hex Head Bolt M12×30(0.47"×1.18")	8	122	Hex Head Bolt M8×50(0.31"×1.97")	2
91	Hex Head Bolt M10×120(0.39"×4.72")	1	123	Shoulder Bolt	2
92	Hex Head Bolt M10×100(0.39"×3.94")	8	124	Hex Head Bolt M10×95(0.39"×3.74")	8
93	Hex Head Bolt M10×75(0.39"×2.95")	8	125	Flat Head Cap Screw M10×55(0.39"×2.16")	4
94	Hex Head Bolt M10×70(0.39"×2.75")	18	126	L-Shaped Plate 1	2
95	Hex Head Bolt M10×65(0.39"×2.56")	2	127	Bolt Plate	2
96	Hex Head Bolt M10×50(0.39"×1.97")	30	128	Training Guide Plate	1
97	Hex Head Bolt M10×30(0.39"×1.97")	26	129	Flat Head Hexagon Riveted Nuts	2
98	Hex Head Bolt M10×25(0.39"×1.18")	10	131	L-Shaped Plate2	4
99	Hex Head Bolt M10×20(0.39"×0.79")	4	133	Transfer Frame	1

Exploded View and Parts List

STEP 1

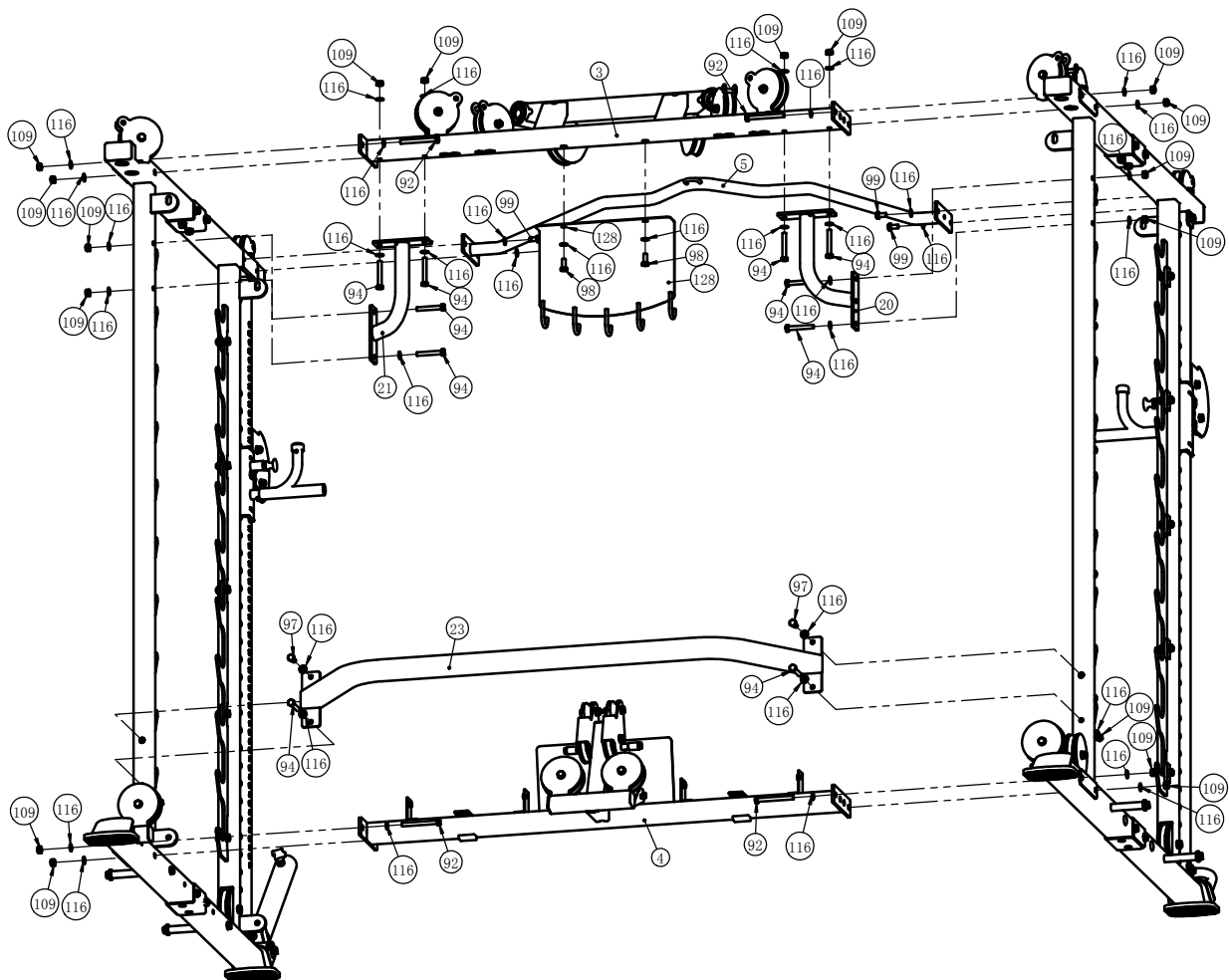
Item No.	Description	QTY	Item No.	Description	QTY
1	Left Stand 1	1	102	Socket Head Cap Screw M10×25(0.39"×0.98")	2
2	Left Stand 2	1	109	Nylon Lock Nut M10(0.39")	12
15	U-Shaped Plate	1	116	Flat Washer $\phi 11 \times \phi 20 \times 2 (\phi 0.43" \times \phi 0.79" \times \phi 0.08")$	30
16	Battery Frame	1	124	Hex Head Bolt M10×95(0.39"×3.74")	8
22	Connecting Shaft	4	125	Flat Head Cap Screw M10×55(0.39"×2.16")	4
45	Right Stand 1	1	126	L-Shaped Plate 1	2
46	Right Stand 2	1	127	Bolt Plate	2
98	Hex Head Bolt M10×25(0.39"×1.18")	4	131	L-Shaped Plate2	4



Exploded View and Parts List

STEP 2

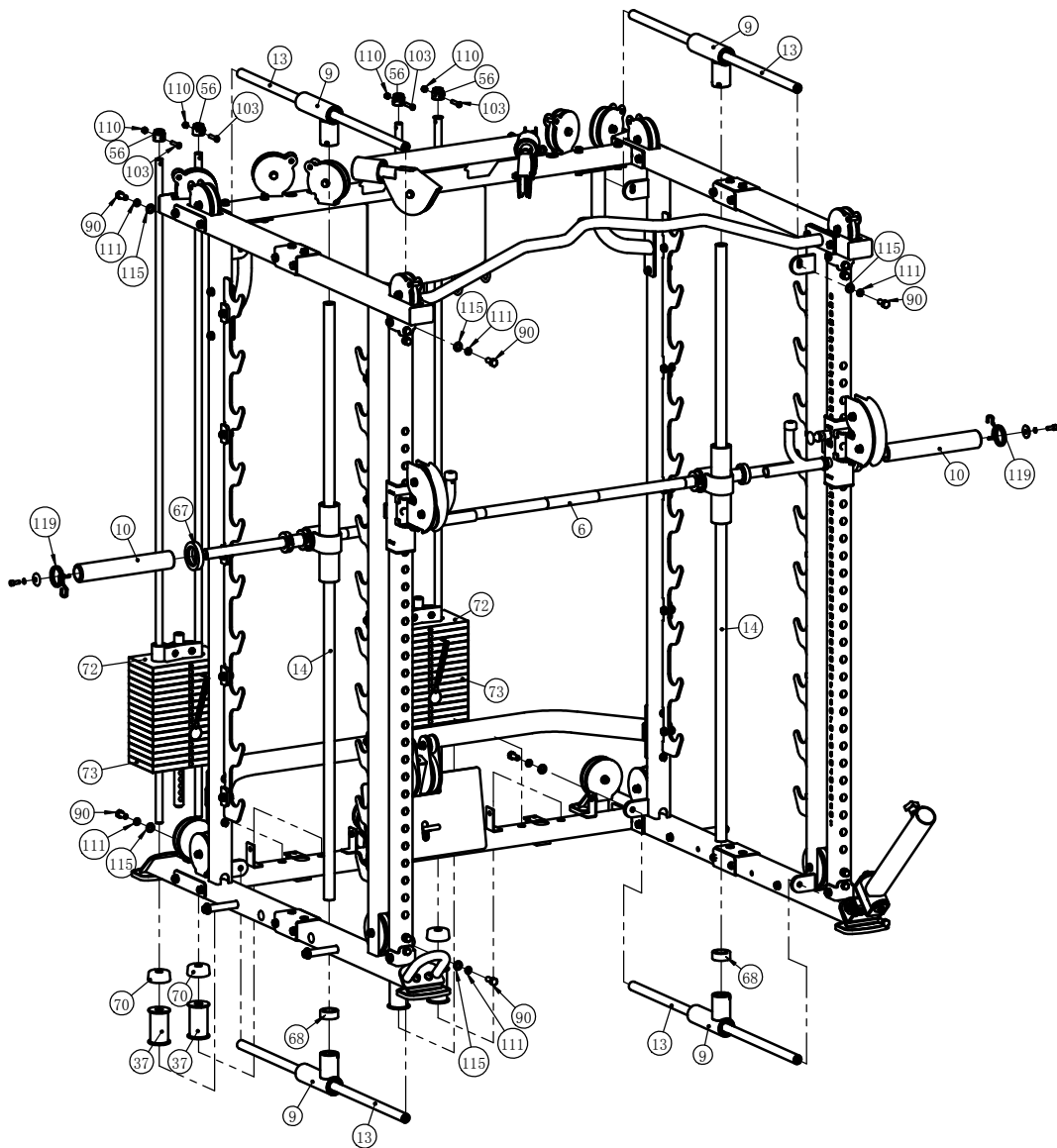
Item No.	Description	QTY	Item No.	Description	QTY
3	Top Bridge	1	94	Hex Head Bolt M10×70(0.39"×2.75")	8
4	Weight Frame	1	97	Hex Head Bolt M10×30(0.39"×1.97")	2
5	Transverse beam	1	98	Hex Head Bolt M10×25(0.39"×1.18")	2
20	Intensify Frame1	1	99	Hex Head Bolt M10×20(0.39"×0.79")	4
21	Intensify Frame2	1	109	Nylon Lock Nut M10(0.39")	18
23	Rear Frame	1	116	Flat Washer $\phi 11 \times \phi 20 \times 2(\phi 0.43" \times \phi 0.79" \times \phi 0.08")$	42
92	Hex Head Bolt M10×100(0.39"×3.94")	8	128	Training Guide Plate	1



Exploded View and Parts List

STEP 3

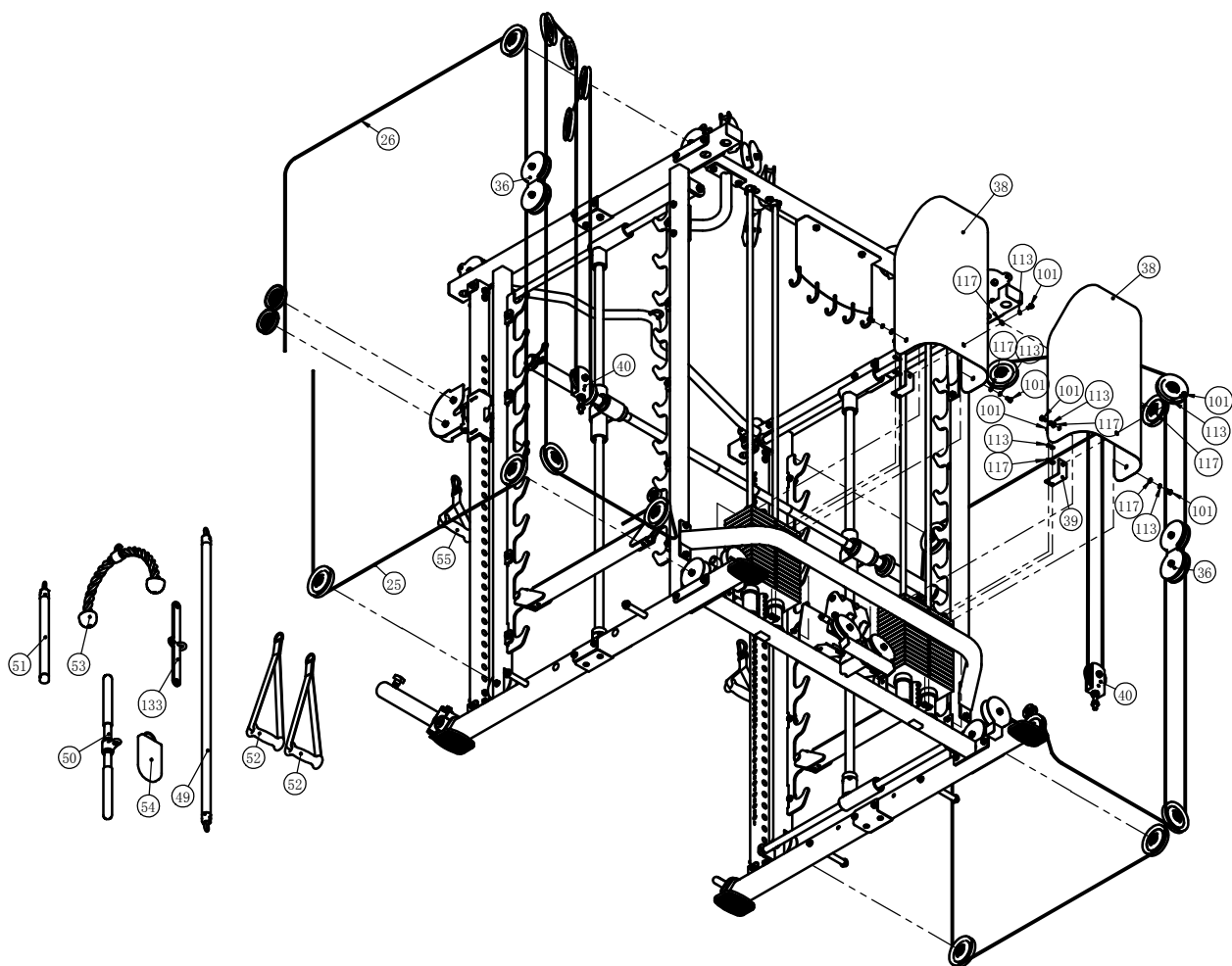
Item No.	Description	QTY	Item No.	Description	QTY
6	Barbell Grip	1	70	Weight Rubber Bumper	4
9	Bottom Movement Frame	4	72	Top Plate	2
10	Weight Holder	2	73	Weight Plate	30
13	Level Guide Bar	4	90	Hex Head Bolt M12×30(0.47"×1.18")	8
14	Vertical Guide bar	2	103	Button Head Cap Screw M8×40(0.31"×1.57")	4
37	Support Frame	4	110	Nylon Lock Nut M8(0.31")	4
56	Guide Cover	4	111	Spring Washer φ12(φ0.47")	8
67	Disc Bumper	2	115	Flat Washer φ13.5×φ24×2.5(φ0.53"×φ0.94"×φ0.1")	16
68	Bumper	2	119	Spring	2



Exploded View and Parts List

STEP 4

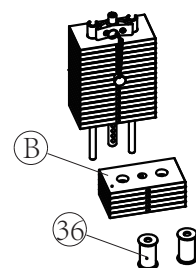
Item No.	Description	QTY	Item No.	Description	QTY
25	Cable Assembly 1	2	52	Long Lat Strap	2
26	Cable Assembly 2	2	53	Triceps Rope	1
36	Motional Pulley Frame	2	54	Foot Lat Strap	1
38	Shroud	2	55	Lat Strap	2
39	L-Shaped plate	2	101	Hex Head Bolt M8×15(0.31"×0.59")	10
40	Pulley Connecing Frame	2	113	Spring Washer φ8(φ0.31")	10
49	Long handle	1	117	Flat Washer φ9×φ16×1.6(φ0.35"×0.63"×0.06")	10
50	Short Handle Assembly	1	133	Transfer Frame	1
51	Short Handle	1			



Exploded View and Parts List

For standard 160 lbs weight stacks (or 80KG) ,slide the 2 Support Frames (No. 36) onto the 2 Guide Bars (No. 17) first, and slide the 2 Weight Bumpers (No. 69) on top of them. then slide 15 pcs of weight plate on to the guide bars(No. 17), and slide on the Top Plate (No.71).

For optional 210 lbs weight stacks(or 105 KG), please remove the 2 support frame(No.36) and add 5 pcs of plates on each side.



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