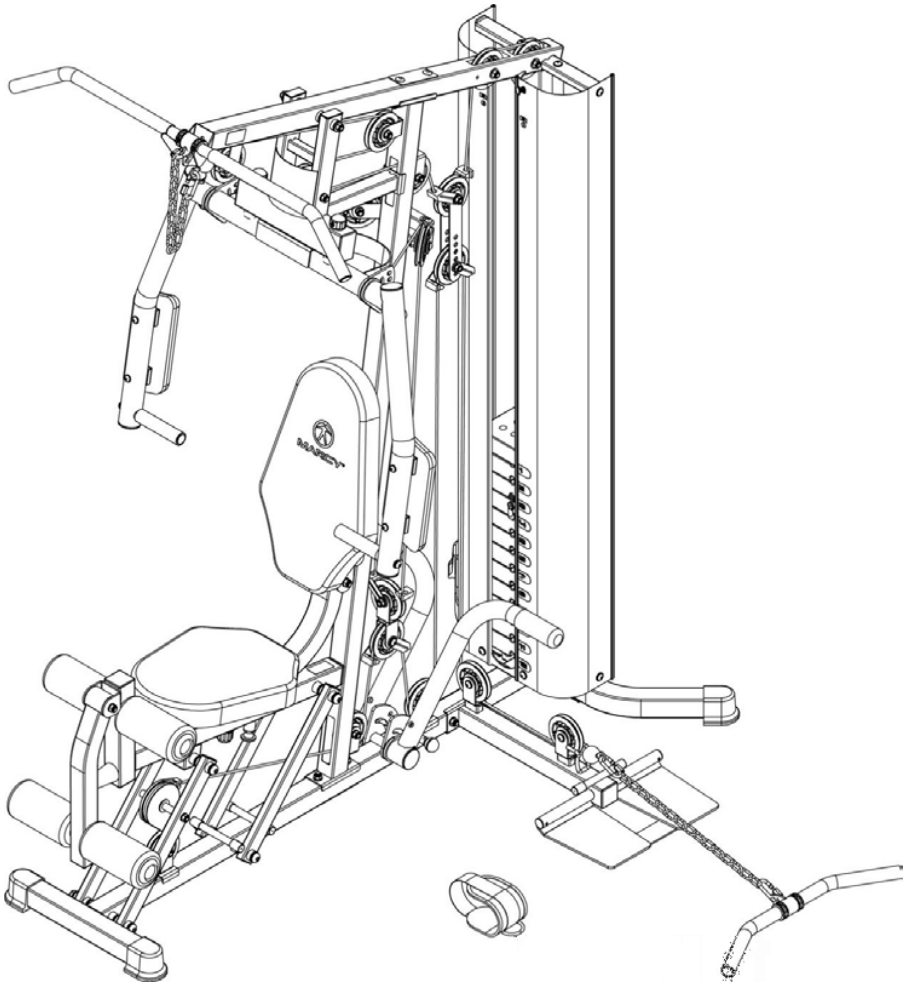
HG7000 MULTI GYM
163KG RESISTANCE
(STMAMG-MWM0623)



ENG - Assembly Manual - HOME GYM - IMPORTANT: Please read the Important Safety Notice and Assembly Information in the Owner's manual before assembling this product.

ESP - Manual de montaje - MULTIESTACIÓN - IMPORTANTE: Por favor, lea las instrucciones importantes del montaje en el Manual del Propietario, antes de montar este producto.

FRA - Manuel de montage - APPAREIL À CHARGE GUIDÉE - IMPORTANT : Lire SVP les instructions importantes de montage du Manuel du propriétaire avant de monter ce produit.

ITA - Manuale di montaggio - MULTISTAZIONE - ATTENZIONE: Leggere tutte le istruzioni e precauzioni riportate nel Manuale del proprietario prima di utilizzare questa attrezzatura.

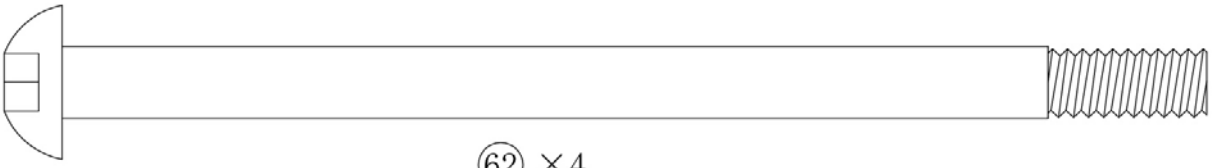
DEU - Monateganleitung - KRAFTSTATION - ACHTUNG: Bitte lesen Sie vor der Montage dieses Produkts die wichtigen Montagehinweise in der Bedienungsanleitung.

POR - Instruções de montagem - MULTI-ESTAÇÃO - IMPORTANTE: leia este manual e o manual do proprietário antes de começar a montar este produto.

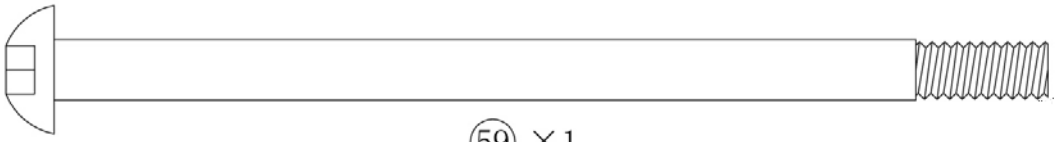
250614



⑥⑦ ×1



⑥② ×4



⑤⑨ ×1



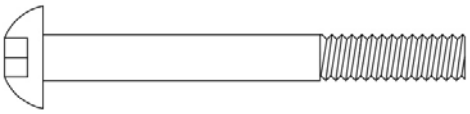
⑤⓪ ×1



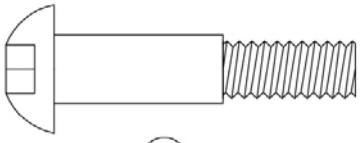
⑨⑨ ×1



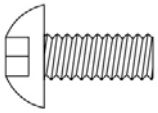
⑤② ×1



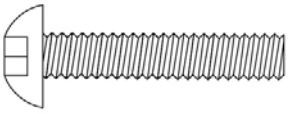
⑤⑧ ×4



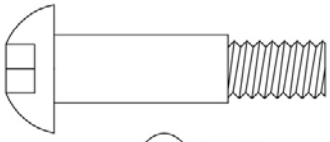
⑥⓪ ×4



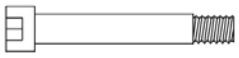
④⑧ ×4



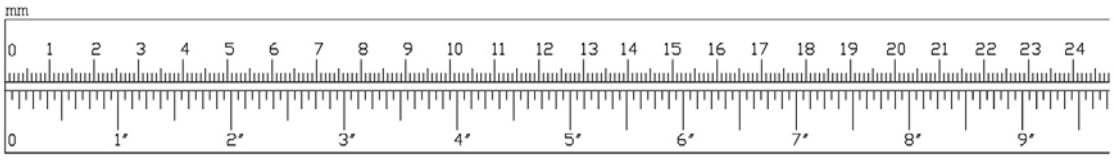
④⑨ ×2



⑥⑦ ×10

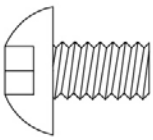


⑤① ×2

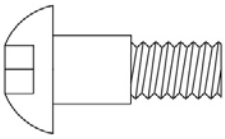




㊴ ×8



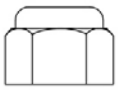
㊻ ×8



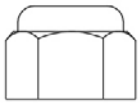
㊵ ×1



㊻ ×2



㊸ ×33



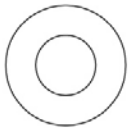
㊸ ×4



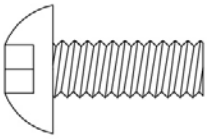
㊶ ×4



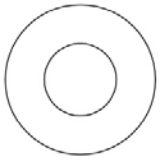
㊹ ×10



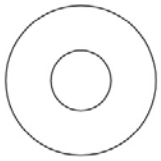
㊹ ×65



㊷ ×9



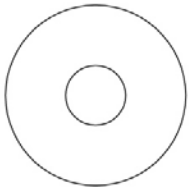
㊺ ×8



㊻ ×2



㊺ ×1



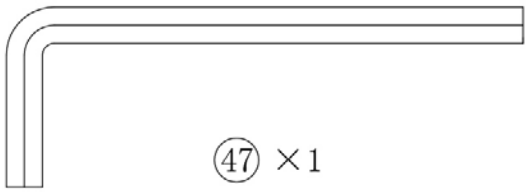
㊸ ×4



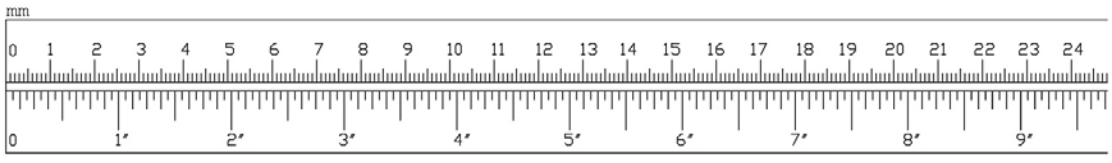
㊹ ×5

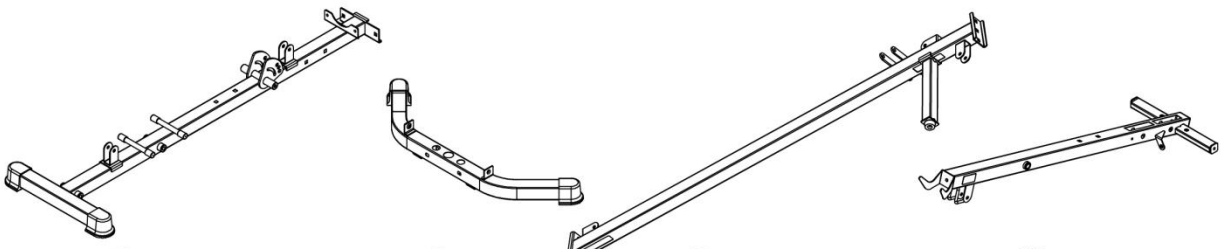


㊻ ×1

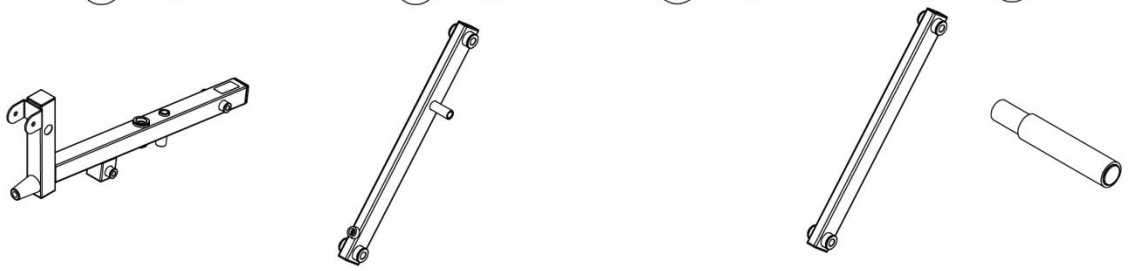


㊼ ×1

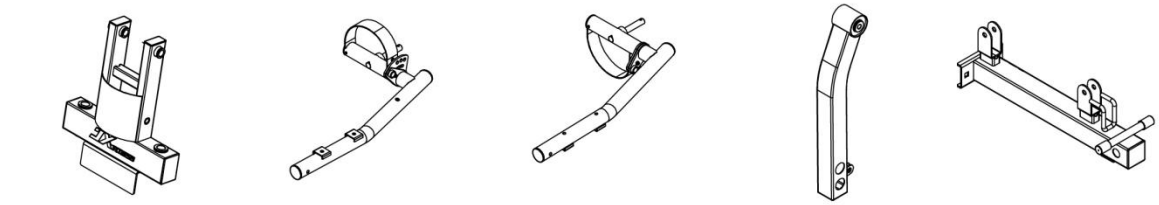




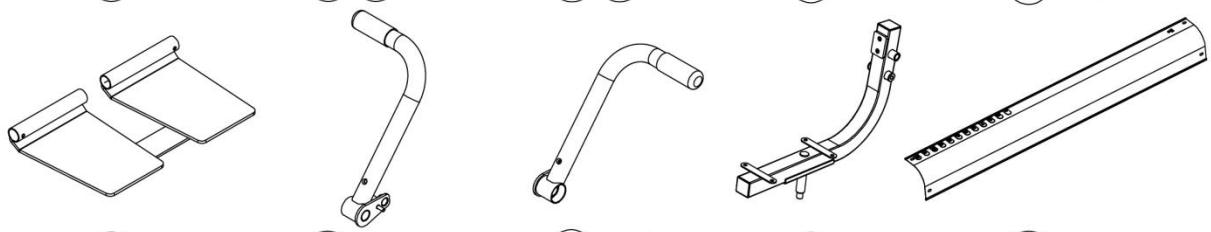
①×1 ②×1 ③×1 ④×1



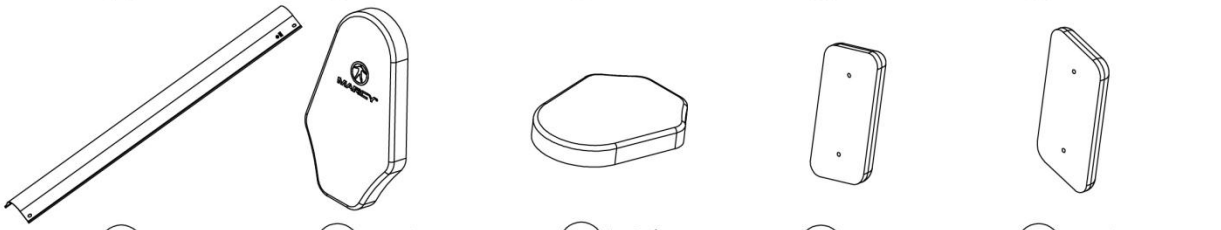
⑤×1 ⑥×2 ⑦×2 ⑧×2



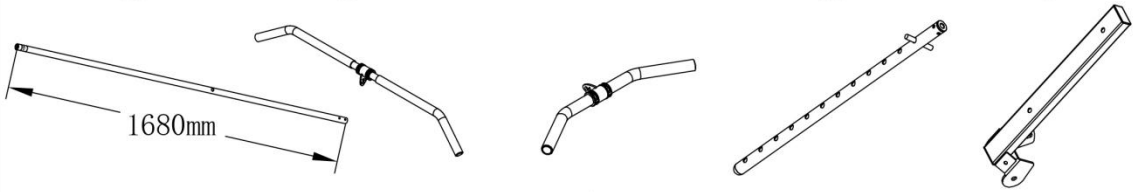
⑨×1 ⑩⑫×1 ⑪⑬×1 ⑭×1 ⑮×1



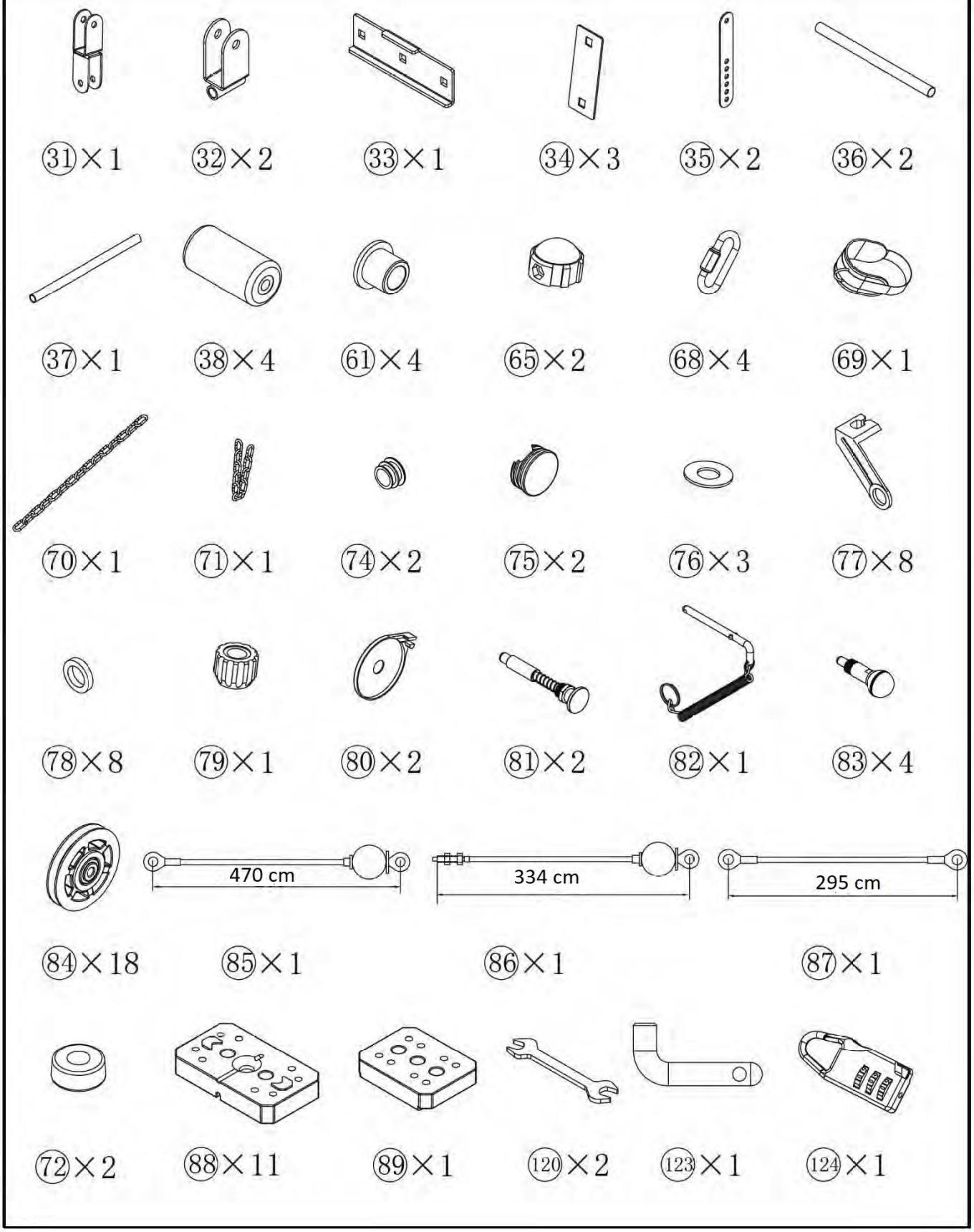
⑯×1 ⑰×1 ⑱×1 ⑲×1 ⑳-L×1

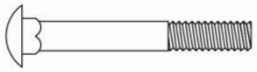
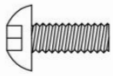


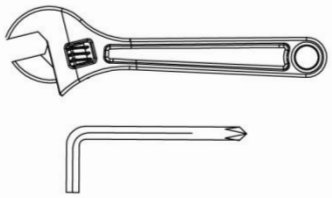
⑳-R×1 ㉑×1 ㉒×1 ㉓×1 ㉔×1

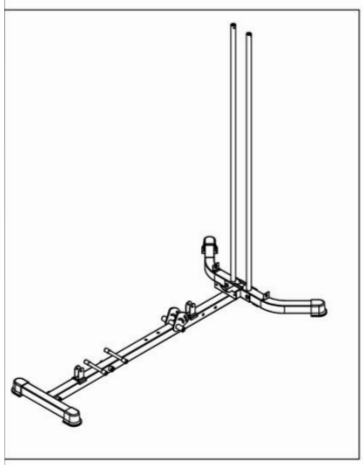


㉕×2 ㉖×1 ㉗×1 ㉙×1 ㉚×1


31×1
32×2
33×1
34×3
35×2
36×2
37×1
38×4
61×4
65×2
68×4
69×1
70×1
71×1
74×2
75×2
76×3
77×8
78×8
79×1
80×2
81×2
82×1
83×4
470 cm
334 cm
295 cm
84×18
85×1
86×1
87×1
72×2
88×11
89×1
120×2
123×1
124×1

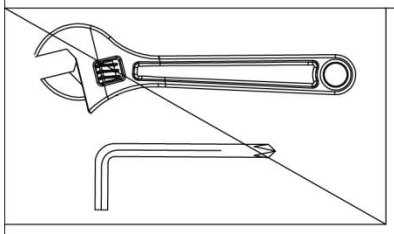
㊴		2	M10×**7cm**	㊷		2	M10×**2.5cm**
㊹		4	Ø **1.9cm**	㊸		2	M10



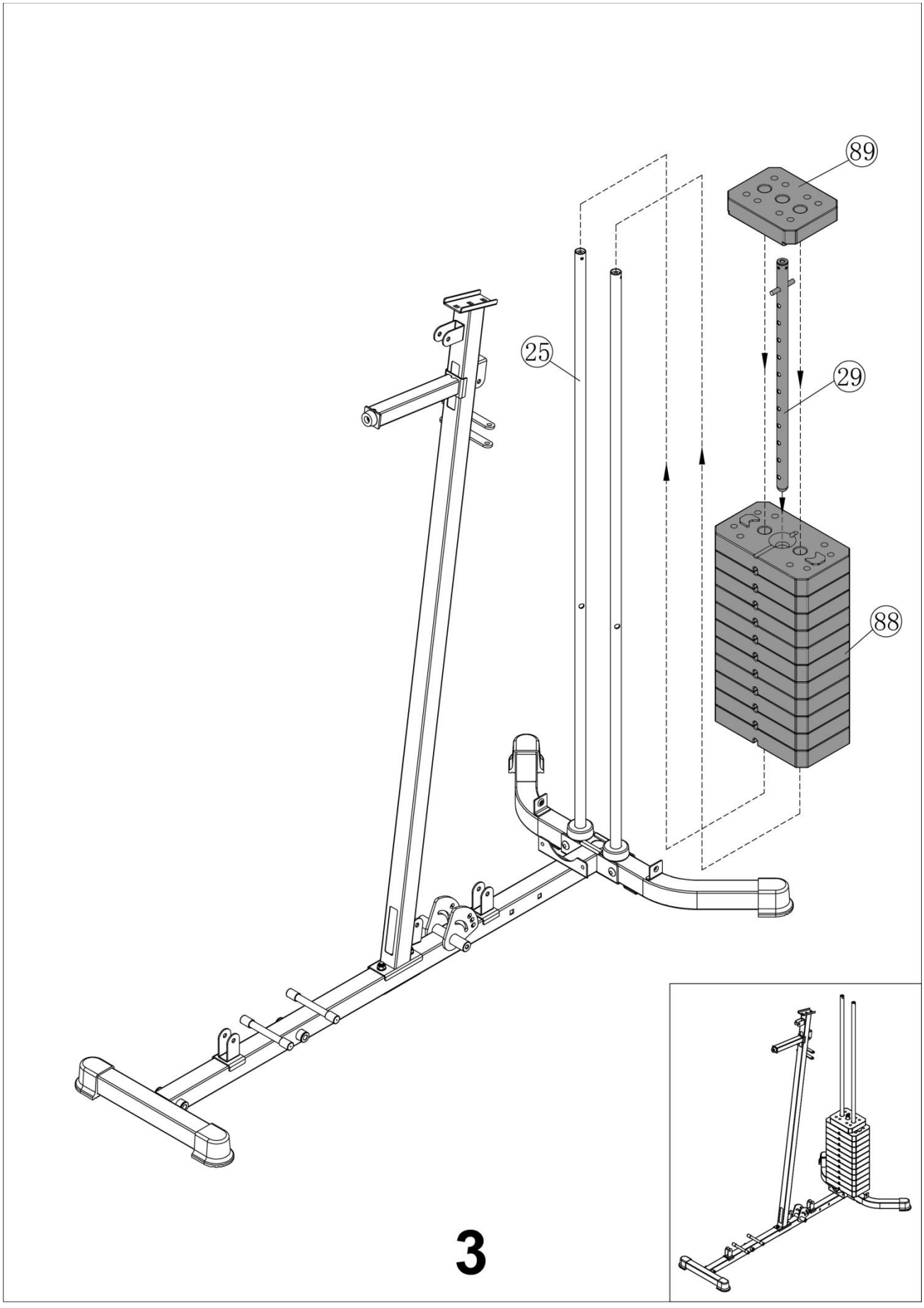


1

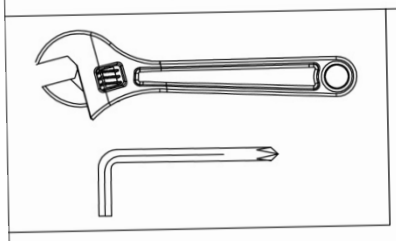
㊴	2	M10×7cm	
㊹	2	Ø 1.9cm	
㊸	2	M10	



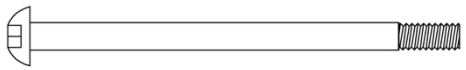
2

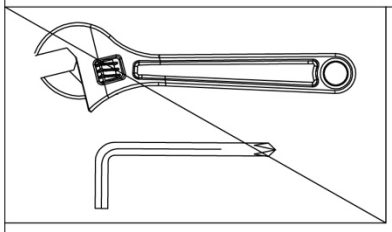

89
25
29
88
3

㊴	2	M10 × 7cm	㊷	2	M10 × 2.5cm
㊹	4	Ø 1.9cm	㊸	2	M10

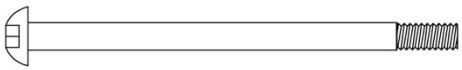


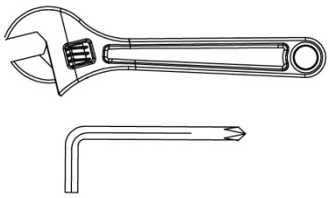
4

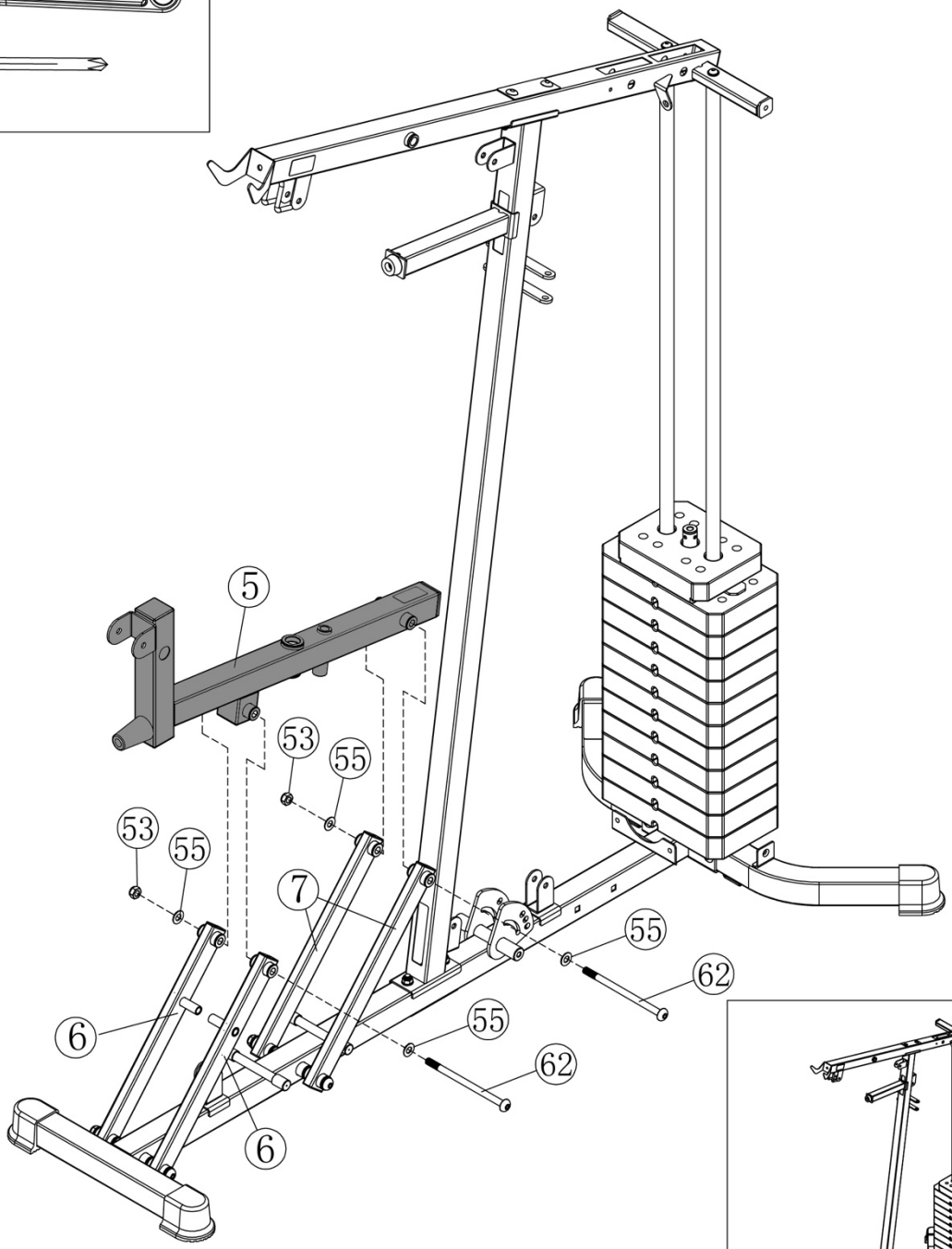
⑥②		2	M12×19cm				
⑤⑤		4	Ø 2.5cm	⑤③		2	M12

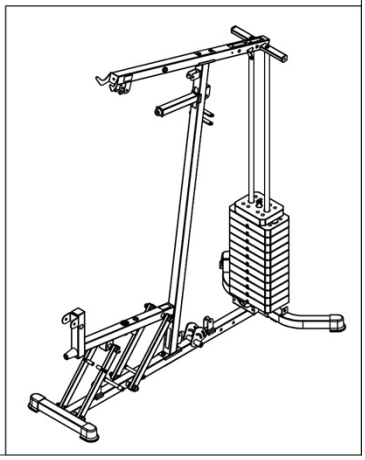


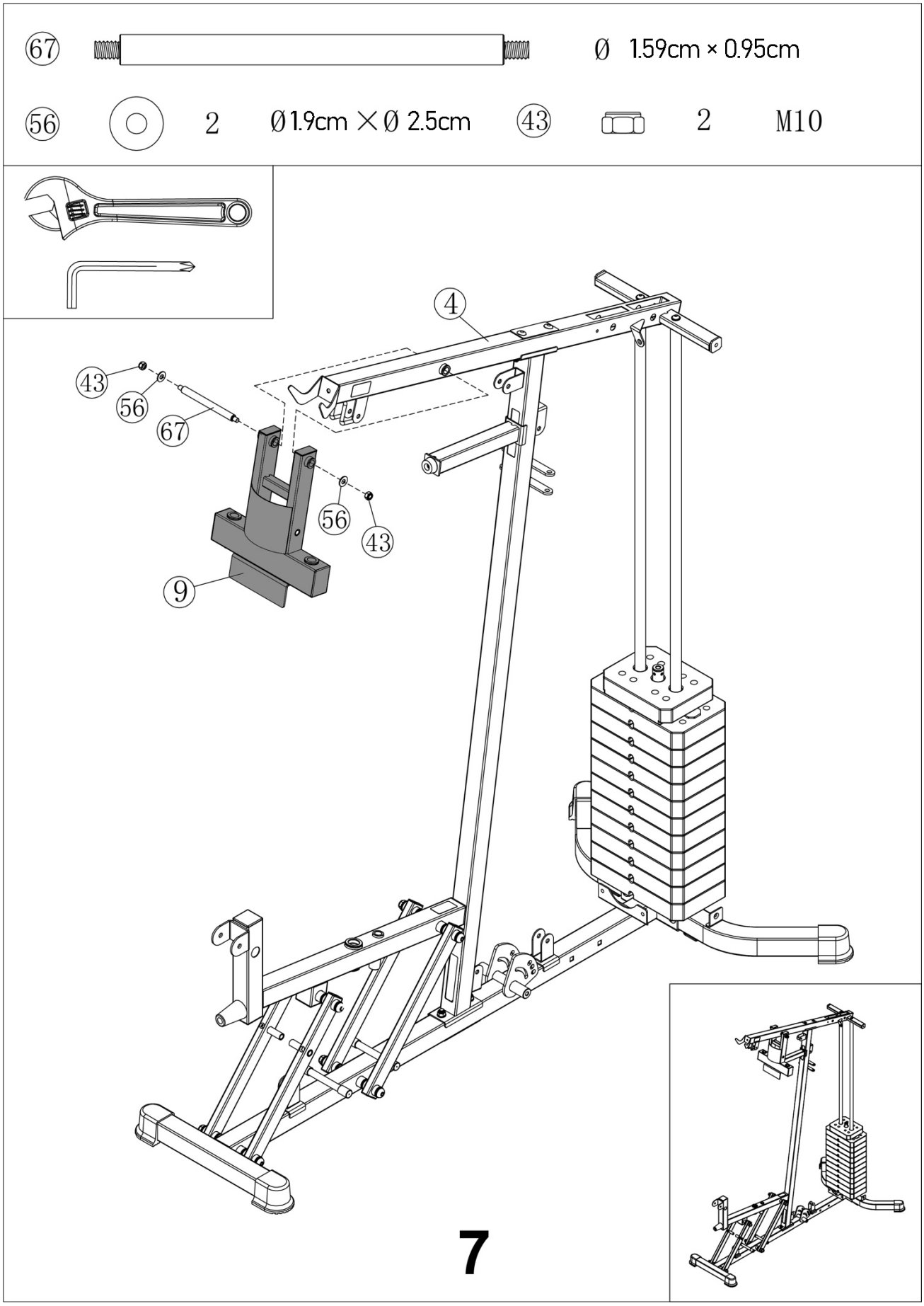
5

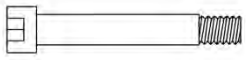
62		2	M12×19cm				
55		4	Ø 2.5cm	53		2	M12

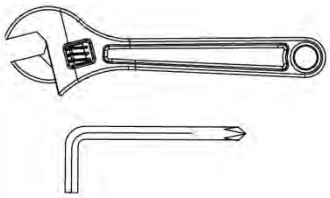


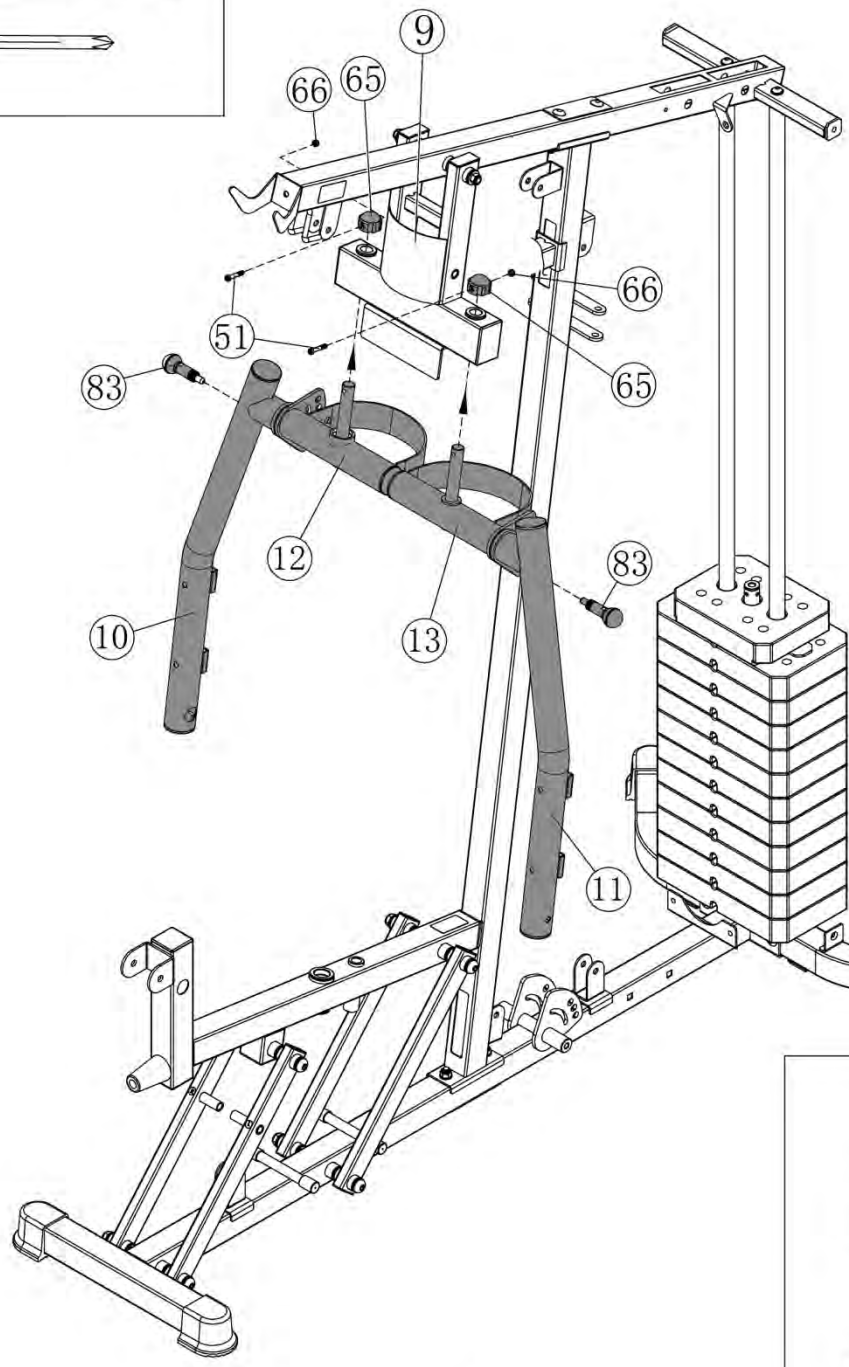


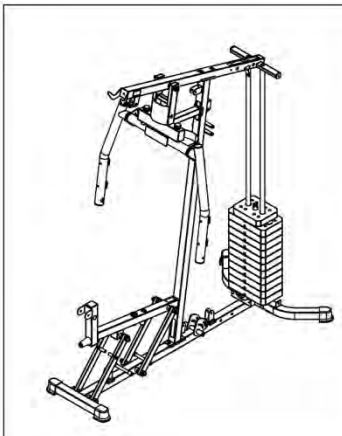



67
Ø 1.59cm × 0.95cm
56
2
Ø1.9cm × Ø 2.5cm
43
2
M10
4
43
56
67
56
43
9
7

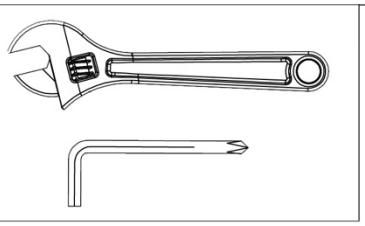
⑤1		2	M6×3.2cm	⑥6		2	M6
⑥5		2					

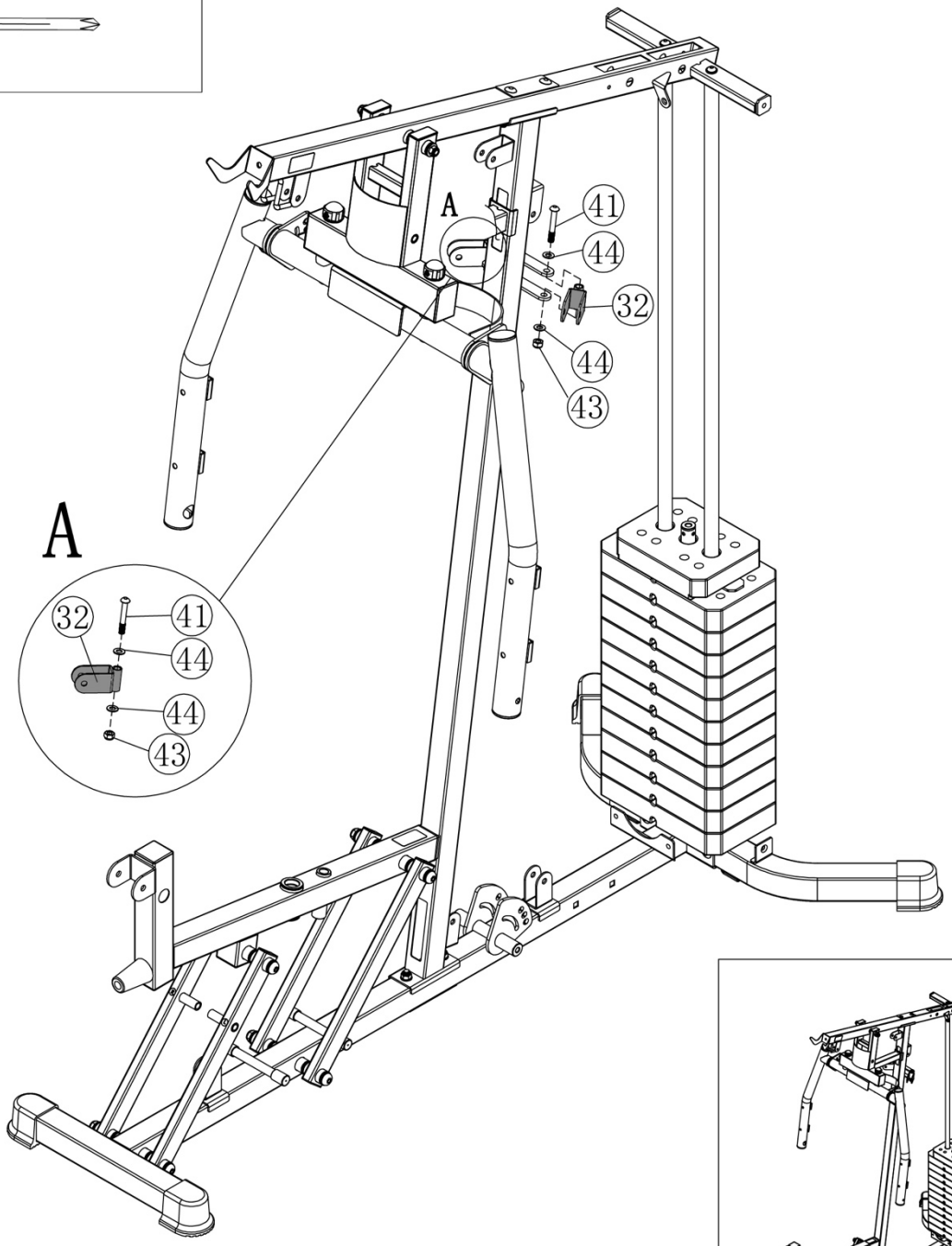




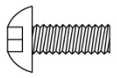
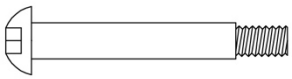


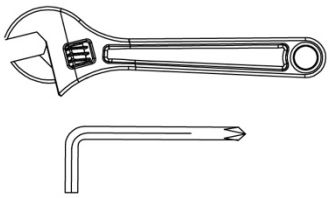
㊶	2	M10×2 $\frac{1}{2}''$	
㊹	4	Ø $\frac{3}{4}''$	
㊸	2	M10	

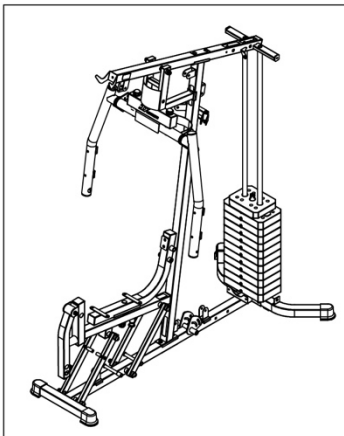




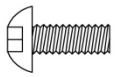
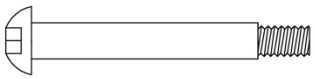
9

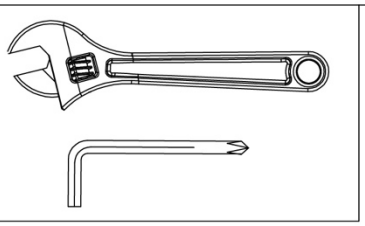
㊷		1	M10 × 2.5cm	㊸		1	M10
㊿②		1	M10 × 1.94cm	㊹		3	Ø 1.9cm
㊻④		1	Ø 1.9cm	㊻		1	

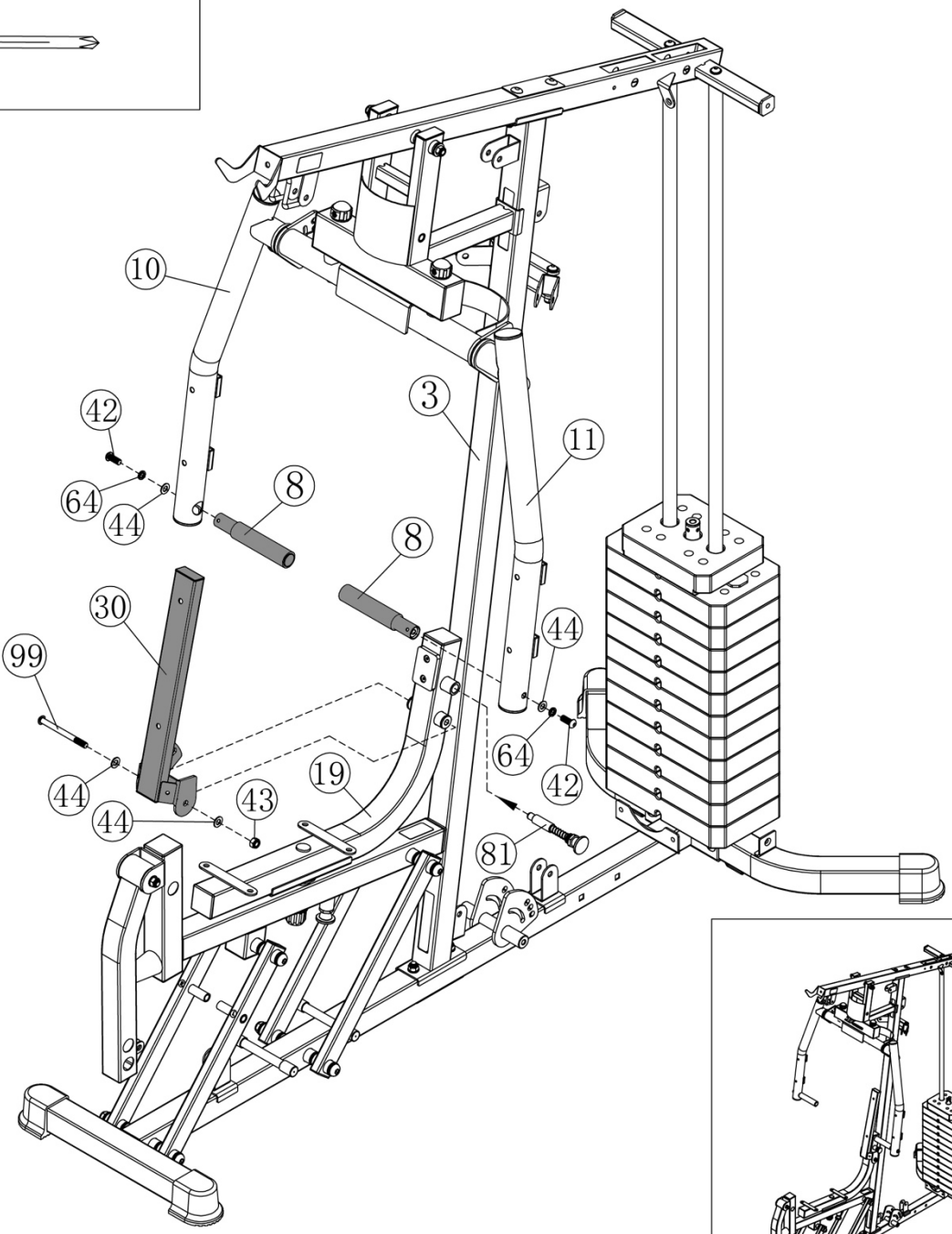




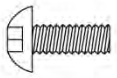
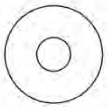
10

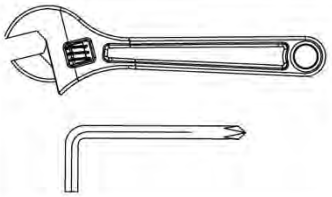
㊷		2	M10× 1″	㊸		1	M10
㊾		1	M10×4 $\frac{3}{8}$″	㊹		4	Ø $\frac{3}{4}$″
				㊹		2	Ø $\frac{3}{4}$″

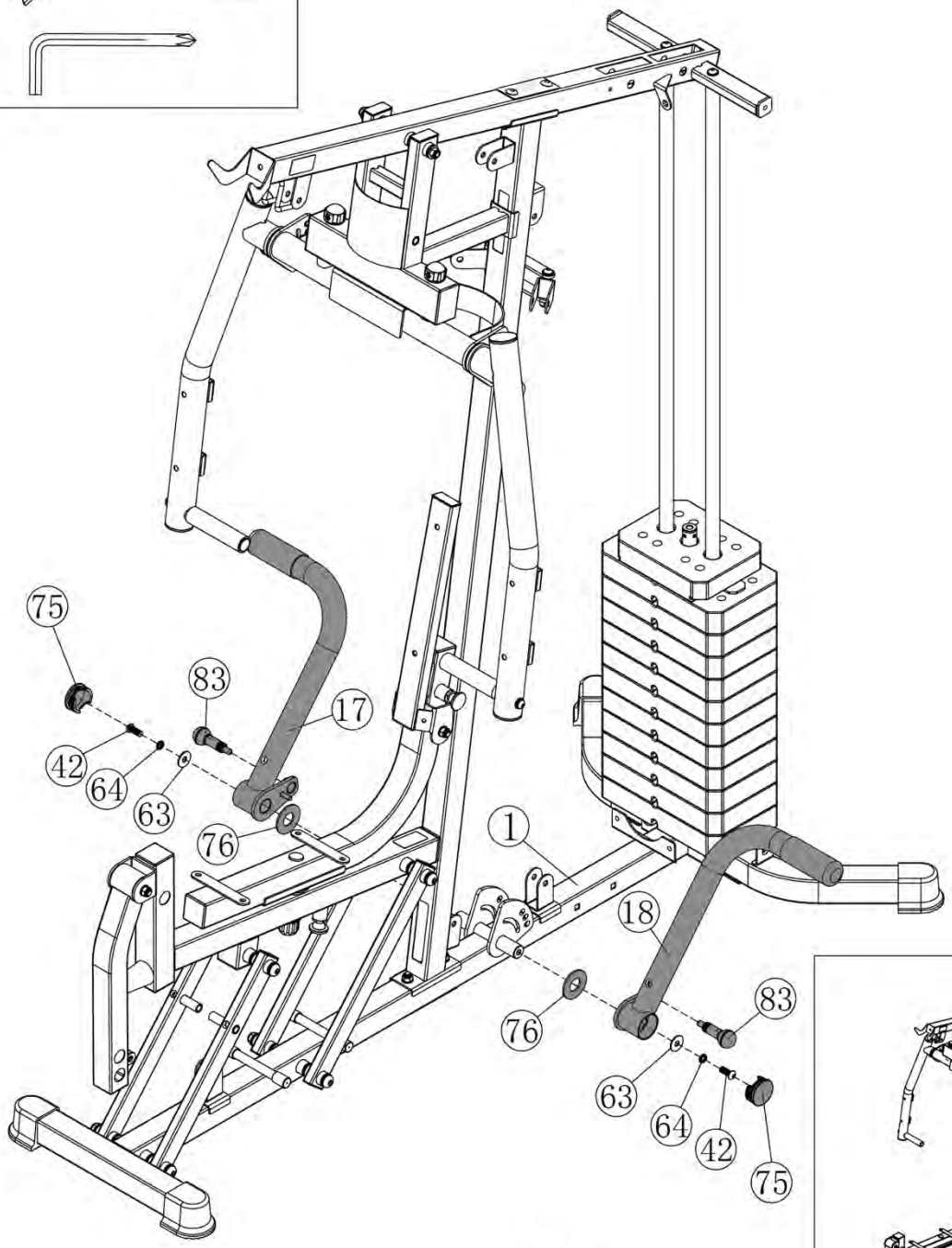


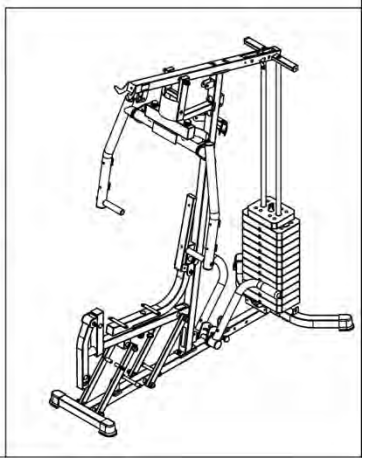


11

㊷		2	M10× 1″	㊹		2	Ø $\frac{3}{4}$″
㊸		2	Ø $1\frac{1}{8}$″×Ø$\frac{3}{4}$″				

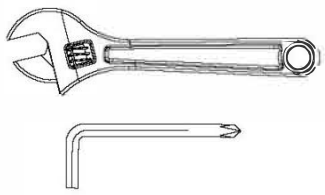




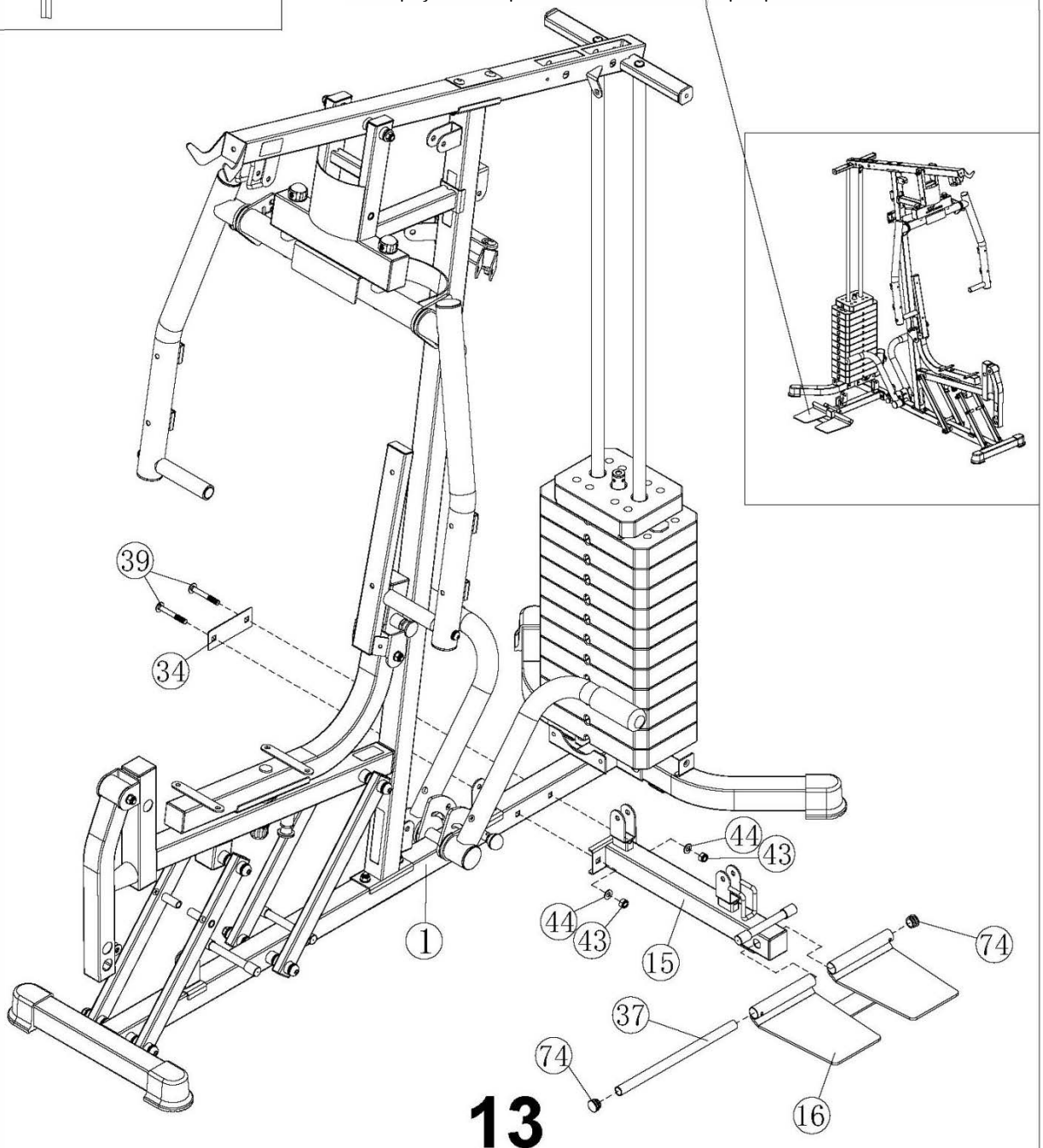


12

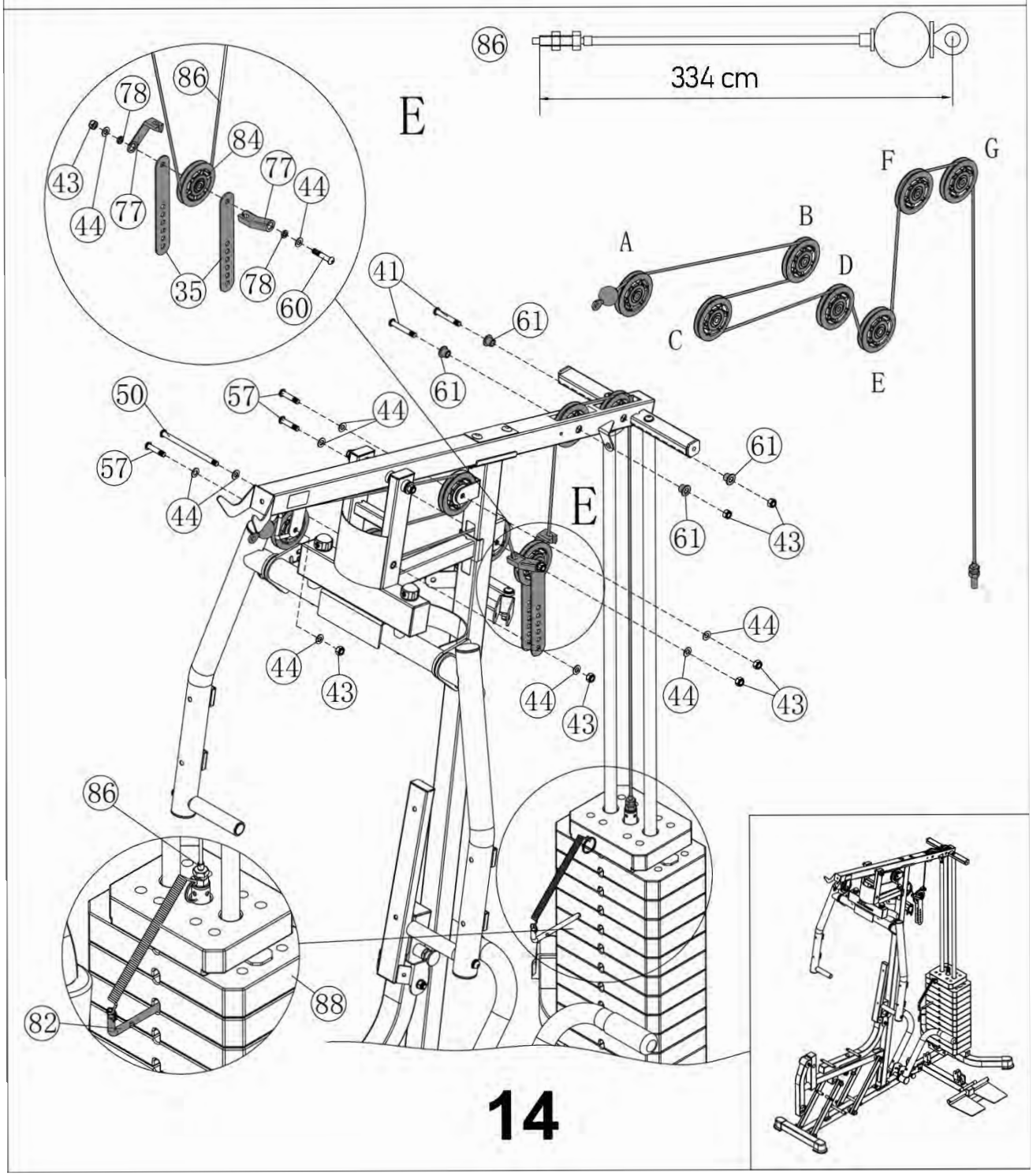
㊴		2	M10 × 6.98cm				
㊹		2	Ø 1.9cm	㊸		2	M10



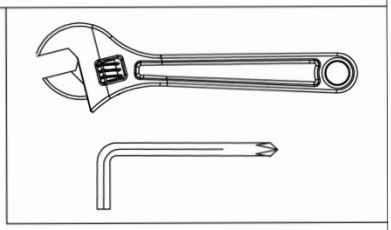
EN: the parts 15 and 16 can be installed on either side.
ES: Las piezas 15 y 16 pueden montarse en cualquiera de los lados.
FR: Les pièces 15 et 16 peuvent être montées de chaque côté.
IT: Le parti 15 e 16 possono essere montate su entrambi i lati.
DE: Teile 15 und 16 können beidseitig montiert werden.
PT: As peças 15 e 16 podem ser montadas em qualquer dos lados.

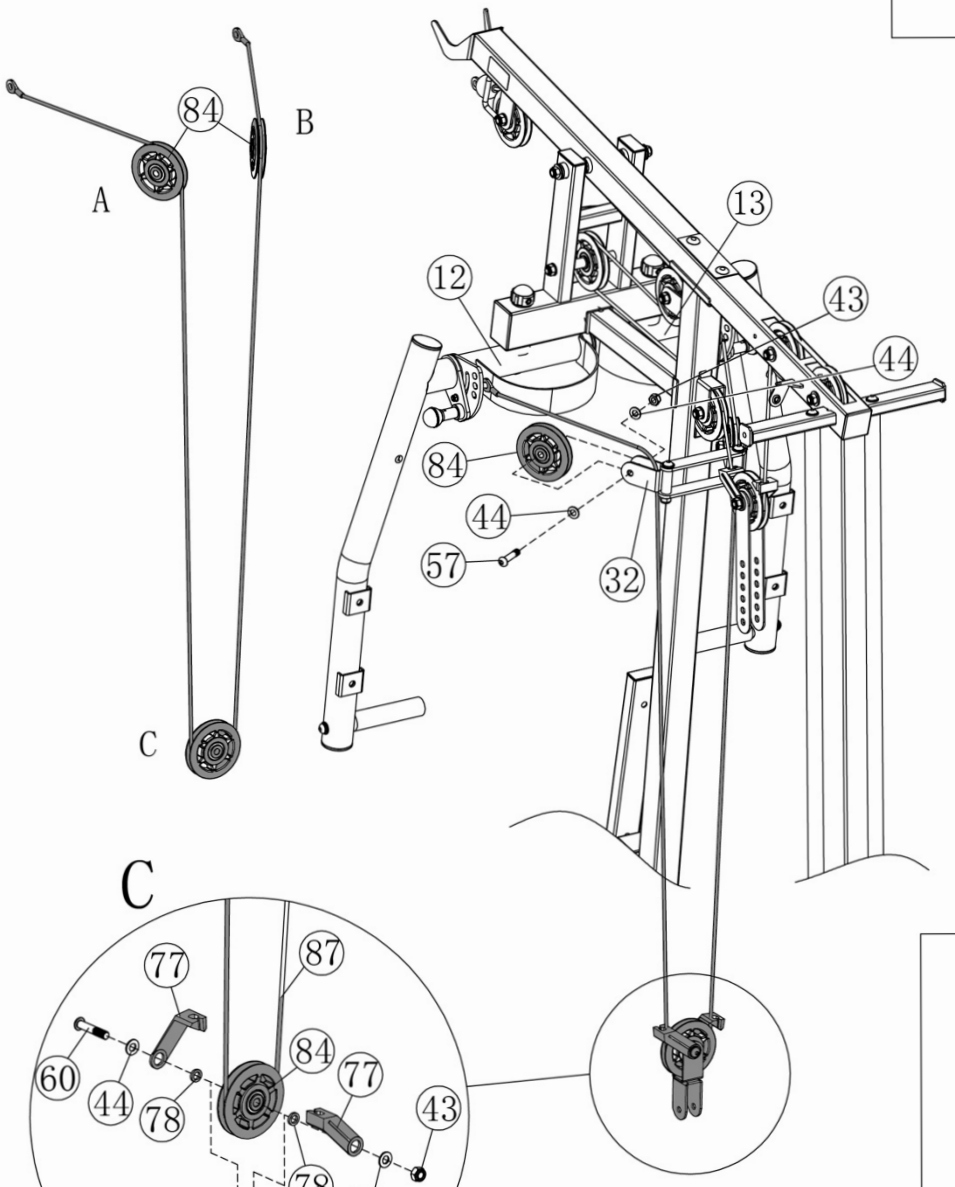


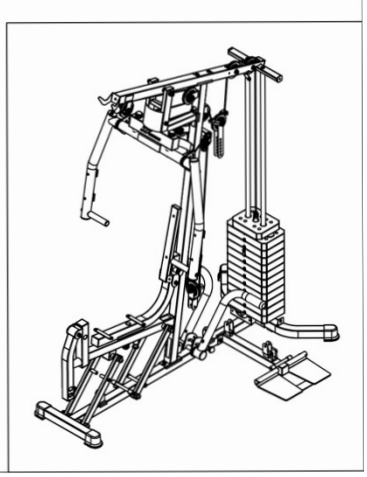
(41)	2	M10 × 6.35cm	(43)	7	M10
(50)	1	M10 × 15.56cm	(44)	10	Ø 1.9cm
(57)	3	M10 × 4.45cm	(61)	4	Ø 2.22cm × 1.59cm
(60)	1	M10 × 5.08cm	(78)	8	



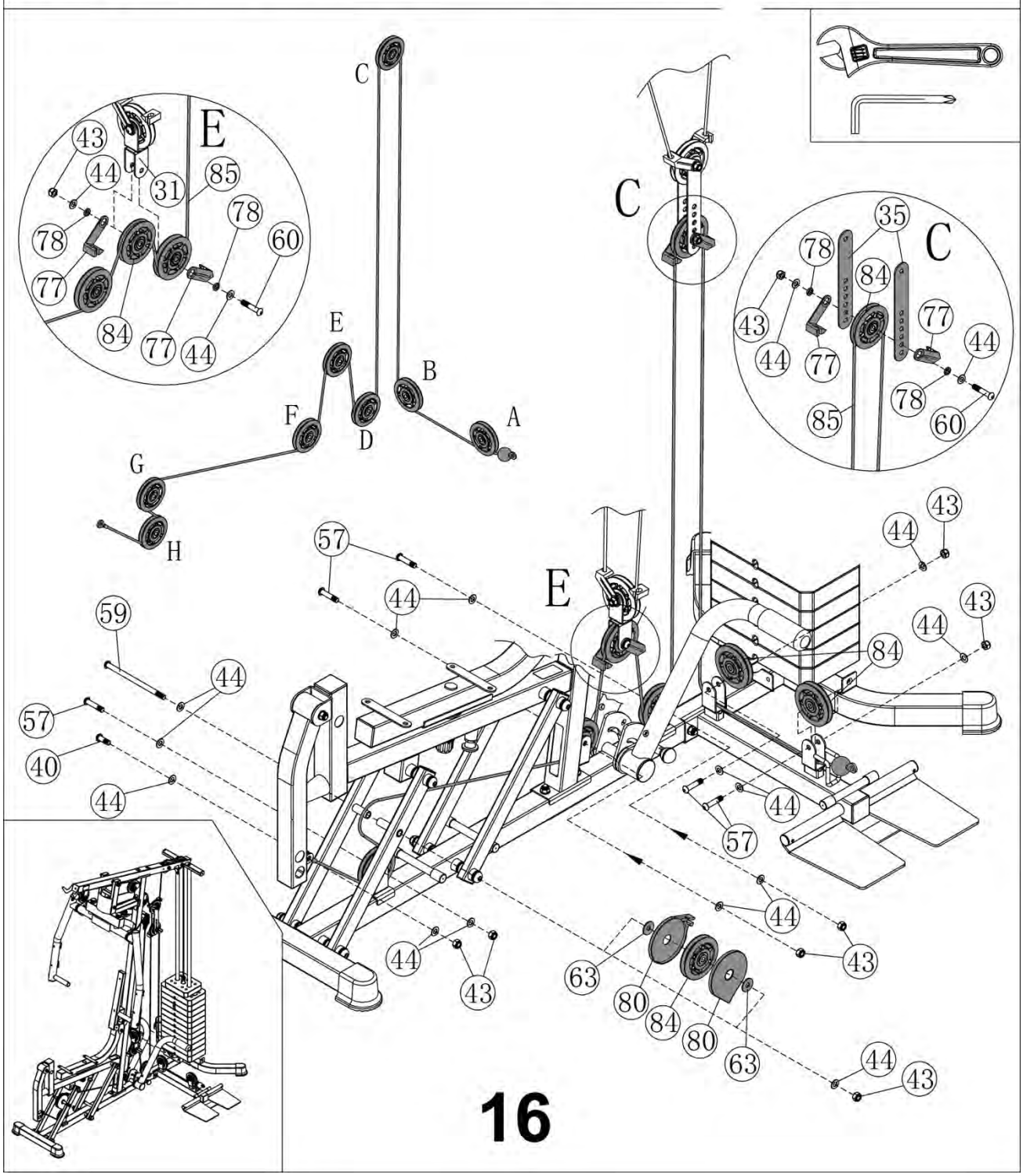
⑤⑦	2	M10×4.45cm	④③	3	M10
⑥⑩	1	M10×5.08cm	④④	6	Ø 1.91cm
⑦⑧	2		⑧⑦	295 cm	1



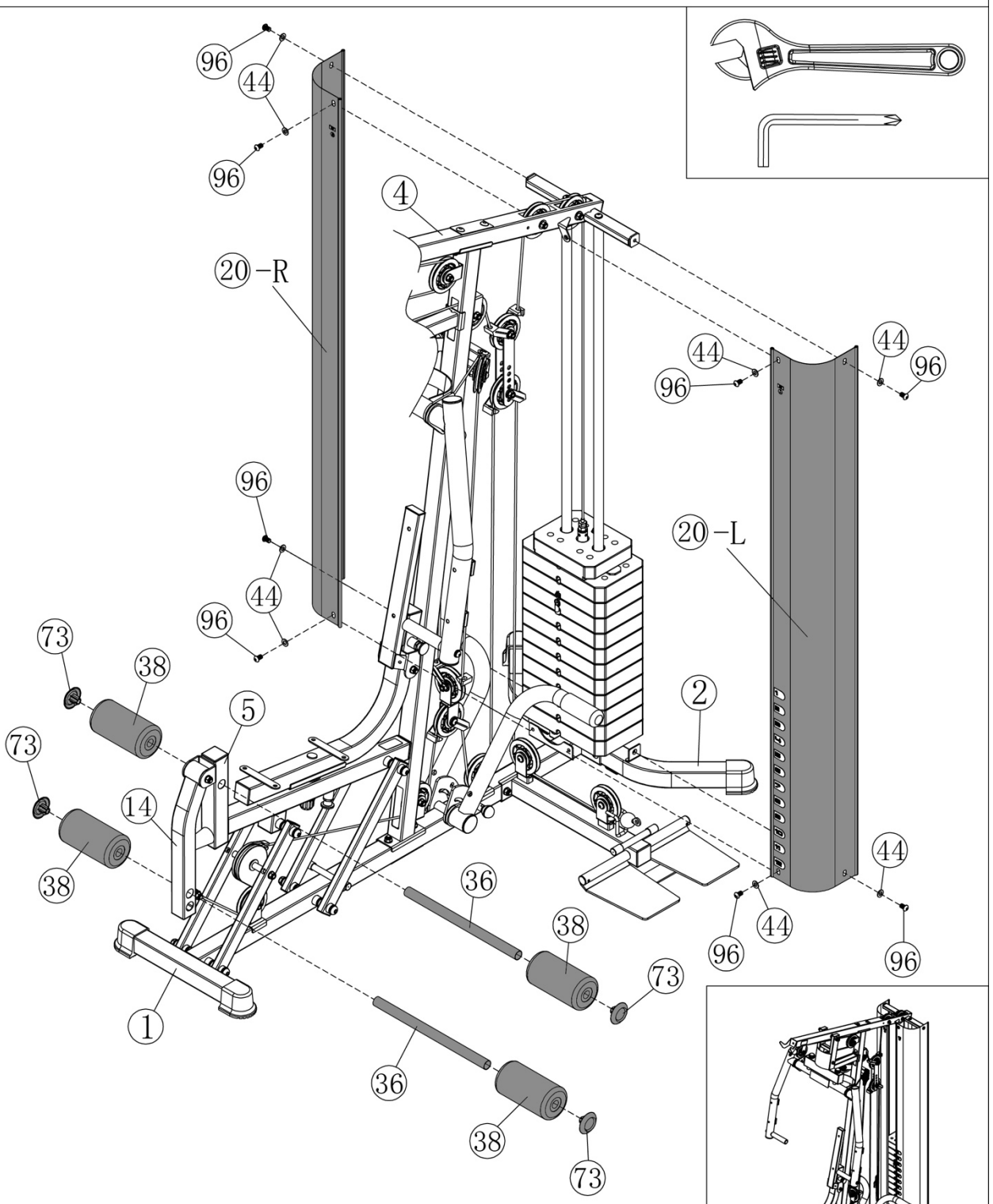




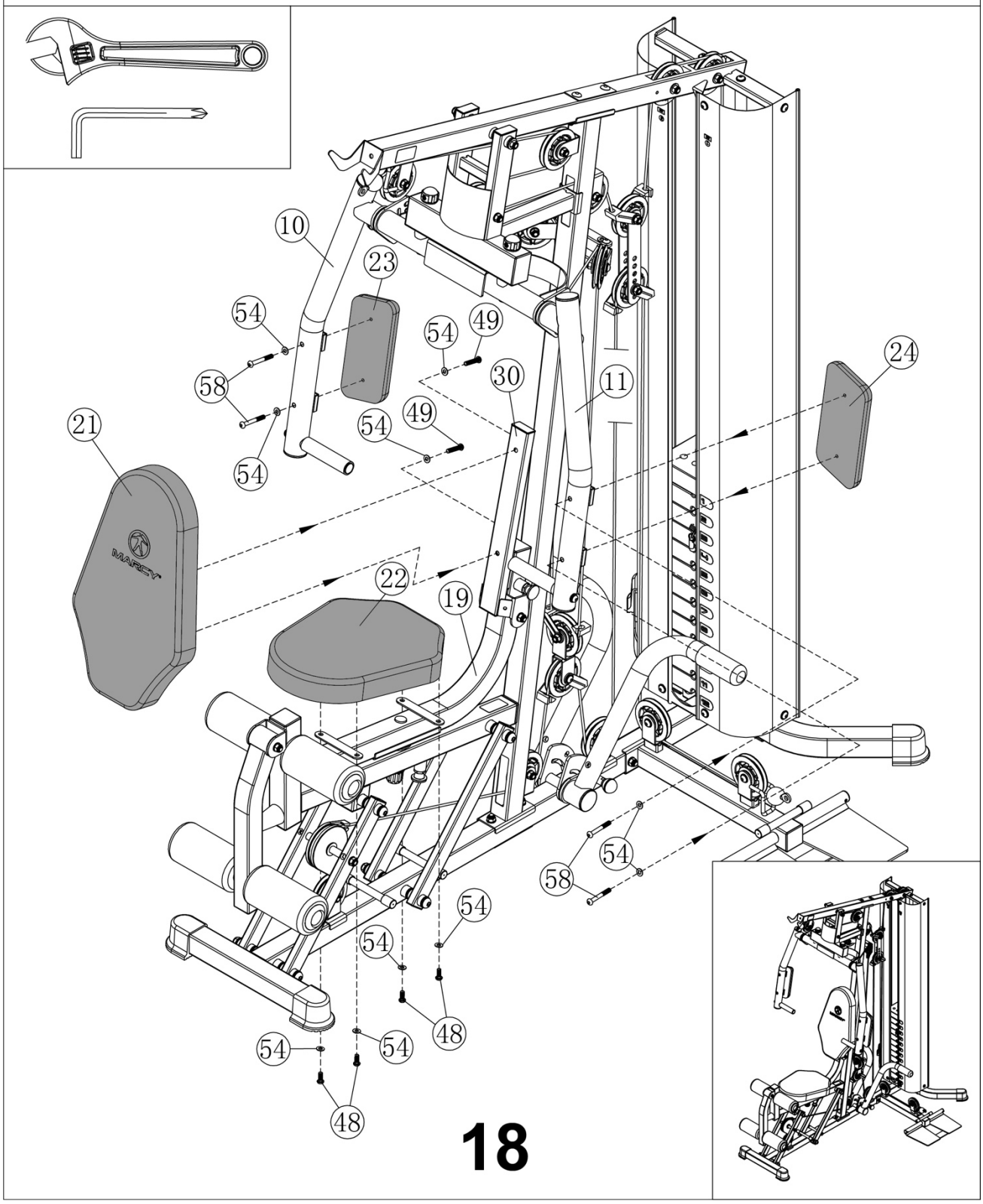
57	5	M10×4.45cm	43	9	M10	78	4	
60	2	M10×5.08cm	63	2	Ø 2.86cm×Ø 1.91cm			
59	1	M10×15.56cm	44	18	Ø1.91cm			
40	1	M10×2.86cm	85	470 cm	1			



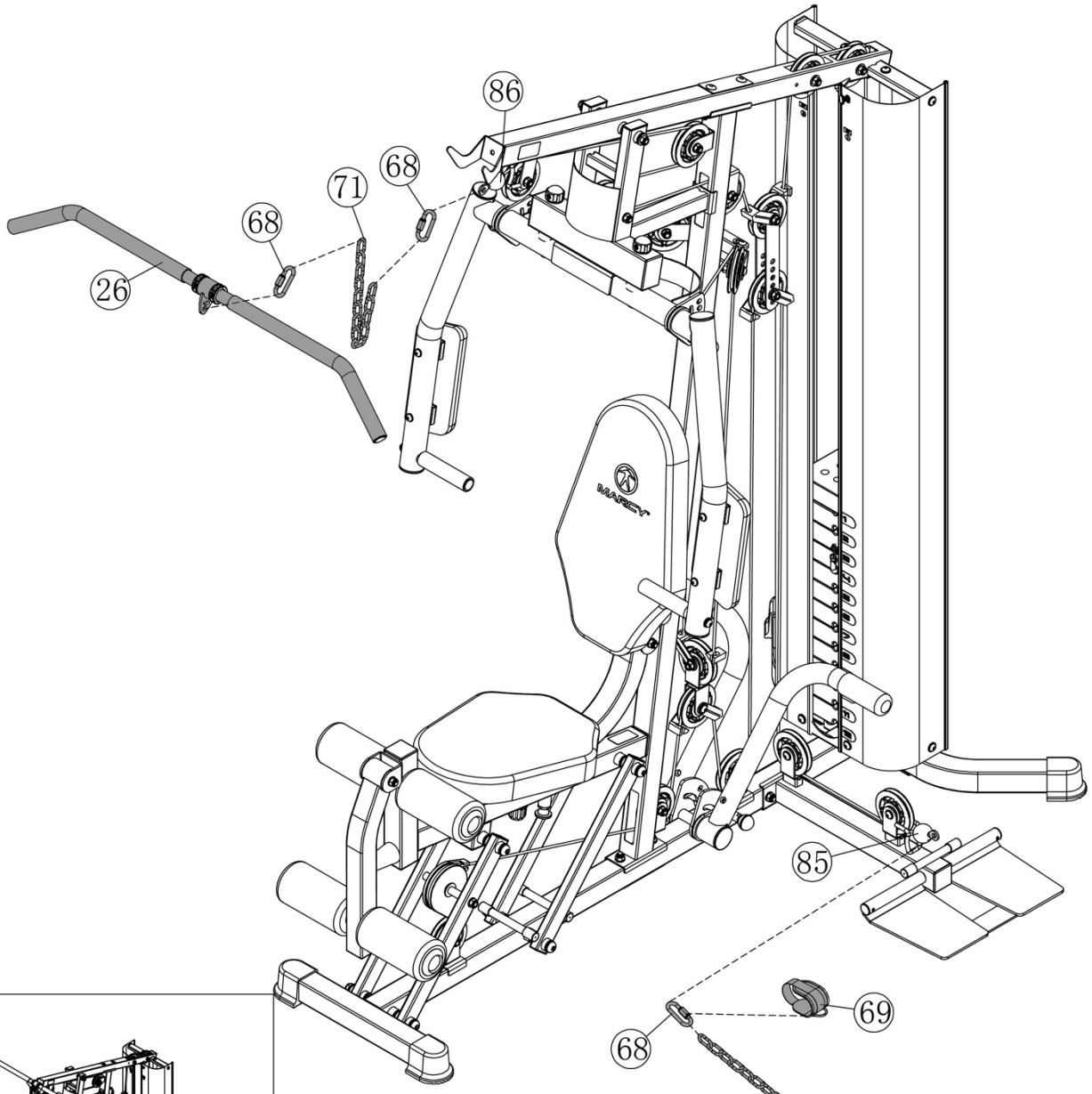
⑯		8	M10×1.59cm	㊹		8	Ø 1.91cm

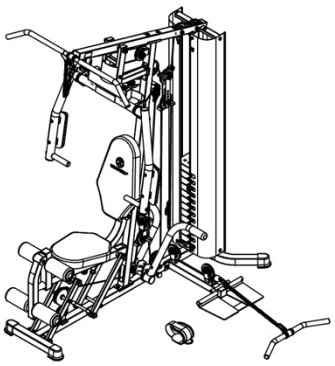


⑤⑧		4	M8 × 6.35cm	⑤④		10	Ø 1.59cm
④⑧		4	M8 × 1.59cm	④⑨		2	M8 × 3.81cm



68		4





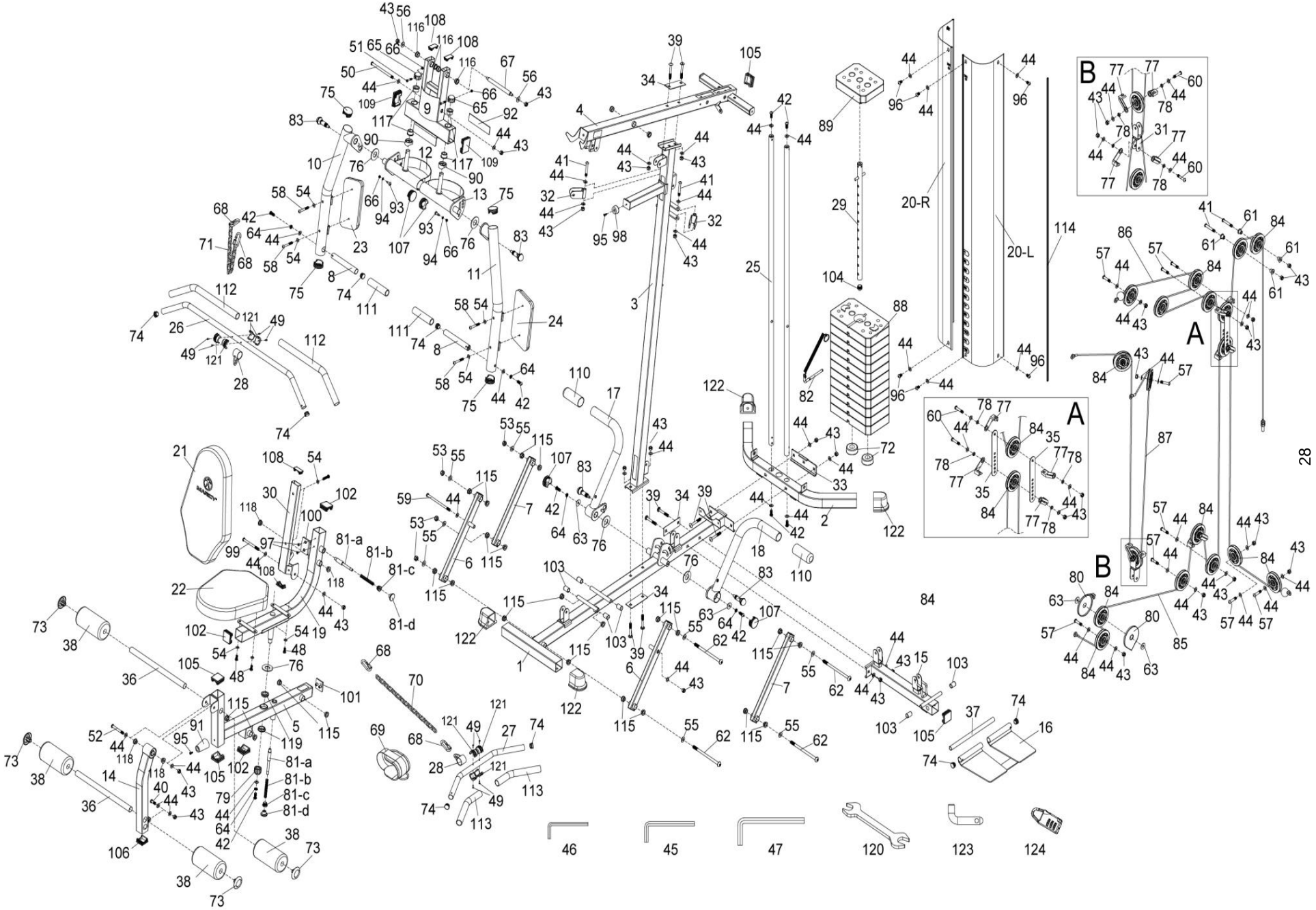
19

Pos.	Description	Dimensions	
1	Base Frame		1
2	Rear Stabilizer		1
3	Vertical Frame		1
4	Upper Frame		1
5	Leg Developer Holder		1
6	Front support swing frame		2
7	Rear support swing frame		2
8	Front Press Handle		2
9	Front Press Base		1
10	Right Butterfly		1
11	Left Butterfly		1
12	Right Butterfly Adjustment Frame		1
13	Left Butterfly Adjustment Frame		1
14	Leg Developer		1
15	Low pull Base Frame		1
16	Foot Plate		1
17	Left Leg Press Frame		1
18	Right Leg Press Frame		1
19	Seat Support Frame		1
20-L	Left Weight Stack Cover		1
20-R	Right Weight Stack Cover		1
21	Backrest Board		1
22	Seat Pad		1
23	Right Butterfly Pad		1
24	Left Butterfly Pad		1
25	Guide Rod		2
26	Lat Bar		1
27	Shiver Bar		1
28	Rotate Ring		2
29	Selector Rod		1
30	Backrest Adjustment Frame		1
31	Angled Double Floating Pulley Bracket		1
32	Swivel Pulley Bracket		2

33	U-shaped Bracket		1
34	Bracket	1 ¾” x 4 ¾”	3
35	Double Floating Pulley Bracket		2
36	Foam Tube		2
37	Foot Plate Tube		1
38	Foam Roll		4
39	Carriage Bolt	M10×2 3/4"	8
40	Allen Bolt	M10×1 1/8"	1
41	Allen Bolt	M10×2 1/2"	4
42	Allen Bolt	M10×1"	9
43	Aircraft Nut	M10	33
44	Washer	φ3/4"	65
45	Allen Wrench(tool)	6#	1
46	Allen Wrench(tool)	5#	1
47	Allen Wrench(tool)	8#	1
48	Allen Bolt	M8×3/4"	4
49	Rivet		8
50	Allen Bolt	M10×6 1/8"	1
51	Allen Bolt	M6×1 1/4"	2
52	Allen Bolt	M10×3 1/8"	1
53	Aircraft Nut	M12	4
54	Washer	φ5/8"	10
55	Washer	φ1"	8
56	Washer	φ1"×φ3/4"	2
57	Allen Bolt	M10×1 3/4"	10
58	Allen Bolt	M8×2 3/4"	4
59	Allen Bolt	M10× 6 1/2"	1
60	Allen Bolt	M10×2"	4
61	Pulley Bushing	φ7/8"×5/8"	4
62	Allen Bolt	M12×7 1/2"	4
63	Washer	φ1 1/8"×φ3/4"	
64	Spring Washer	φ3/4"	5
65	Lock Ring	3/4"	
66	Aircraft Nut	M6	4
67	Front Press Axle	φ5/8"×7 3/8"×M10	
68	clip hook	φ7	4

69	Ankle Strap		1
70	Chain	15links	
71	Chain	10links	1
72	Rubber Bumper		
73	Foam Roll End Cap		4
74	End Cap	φ1"	
75	End Cap	φ2"×1.5	4
76	Plastic Washer	φ2 1/4"×φ1"	
77	Cable Retainer		8
78	Cable Retainer Bushing		
79	Lock Ring	M18	1
80	Pulley Cover		
81	Lock knob		2
81-	Long lock knob	φ5/8"×5 1/8"	
81-	Spring	φ1×1/2"×3 1/2"	2
81-	Hexagon drive socket set	M18×1.5	
81-	Pin	φ1 1/4"×M10×7/8"	2
82	Weight Selector Pin		
83	Quick Release Lock Pin		4
84	Pulley		
85	Lower Cable	185"	1
86	Upper Cable	131.5"	
87	Butterfly Cable	116.1"	1
88	Weight Plate	10LBS	
89	Selector Stem	8LBS	1
90	Butterfly Axle Bushing		
91	Long Rubber Bumper		1
92	Rubber sticker		
93	Allen Bolt	M6×7/8"	2
94	Washer	φ 1/2"	
95	Philips Screw	M6×5/8"	2
96	Allen Bolt	M10×5/8"	
97	Hex Cap Screw	M6×1/2"	2
98	Rubber Bumper	φ1 1/2"×5/8"	
99	Allen Bolt	M10×4 3/8"	1
10(	Rubber Bumper	1 7/8"×2 3/4"	
10:	Rubber Bumper	1 7/8"×1 7/8"	1
10:	End Cap	□2"×2.0	
10:	End Cap	φ5/8"	6
10-	End Cap	φ1"	
10:	End Cap	□2"×1.5	4
10(	End Cap	□1 3/4"	
10'	End Cap	φ2"×2.0	4
10:	End Cap	1"×2"	
10:	End Cap	2"×2 3/4"	2
11(	Handle Grip	φ1 5/8" ×4 1/2"	

11	Handle Grip	φ1"×4 3/4"	2
11	Handle Grip	φ1"×20 1/2"	
11	Handle Grip	φ1"×10"	2
11	Weight Cover Edging strip		
11	Metal Bushing	Ø1" x Ø ½"	24
11	Metal Bushing	Ø1" x Ø⅝"	
11	Metal Bushing	Ø1 1/4" x Ø3/4"	4
11	Metal Bushing	Ø1" x Ø3/8"	
11	Metal Bushing	Ø1 1/2" x Ø1"	2
12	Open wrench	17×19	
12	Plastic Ring		8
12	Rear Stabilizer End Cap	2"×2"	
12	Lock Pin		1
12	Combination Lock		


A
B
A
B
20-R
20-L
46
45
47
120
123
124