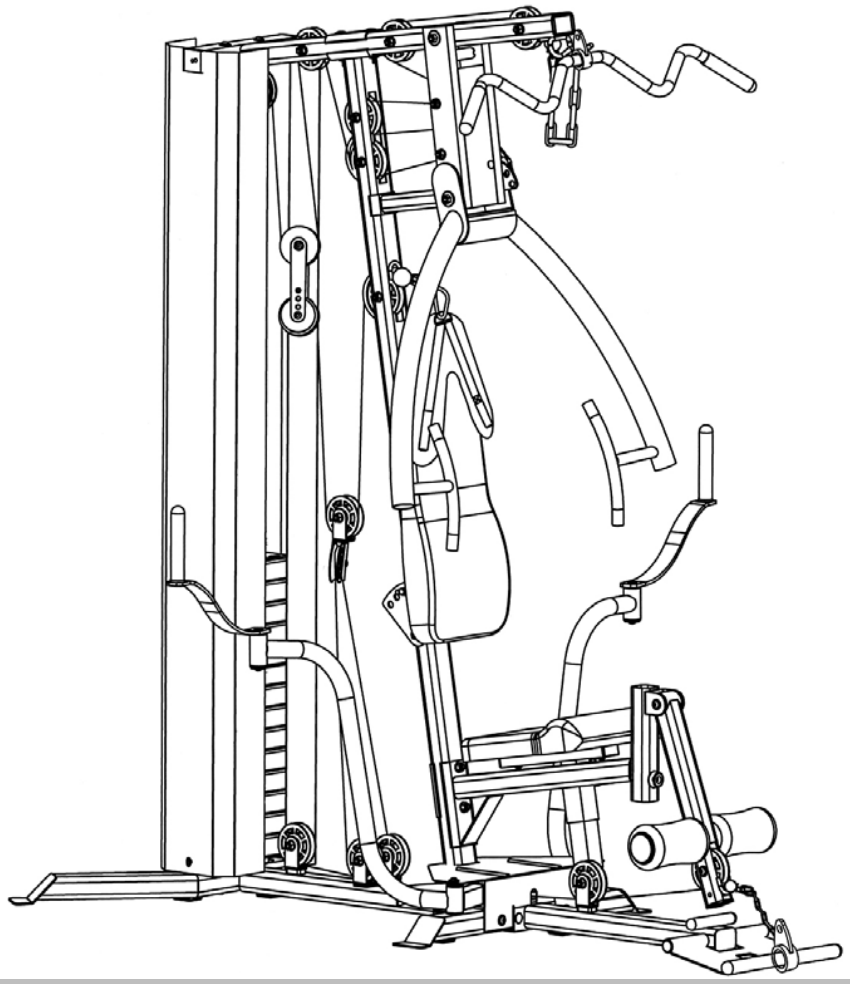
HG5000 MULTI GYM
106KG RESISTANCE
(STMAMG-HG5000)



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.

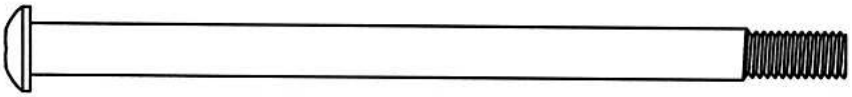
FRA - Manuel de montage - APPAREIL À CHARGE GUIDÉE - IMPORTANT : Lire SVP les instructions importantes de montage du Manuel du propriétaire avant de monter ce produit.

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

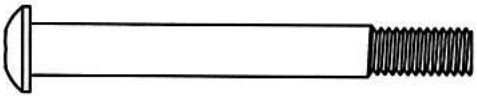
DEU - Monateganleitung - KRAFTSTATION - ACHTUNG: Bitte lesen Sie vor der Montage dieses Produkts die wichtigen Montagehinweise in der Bedienungsanleitung.

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

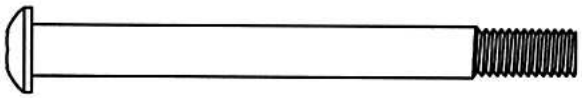
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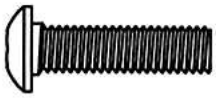
#79 M10 x 6 $\frac{1}{4}$" Allen Bolt (Qty 2)



#77 M10 x 3 $\frac{1}{2}$" Allen Bolt (Qty 6)



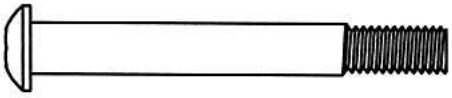
#80 M10 x 4 $\frac{3}{8}$" Allen Bolt (Qty 1)



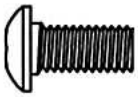
(Pre-fitted on cable #35)



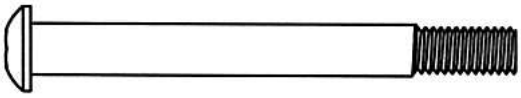
#85 M10 x 1 $\frac{3}{8}$" Allen Bolt (Qty 1)



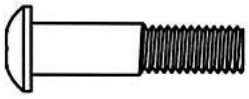
#81 M10 x 3 $\frac{3}{8}$" Allen Bolt (Qty 2)



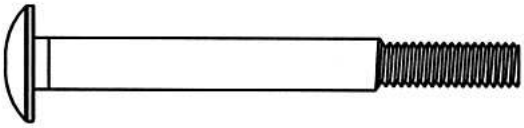
#78 M10 x $\frac{3}{4}$" Allen Bolt (Qty 10)



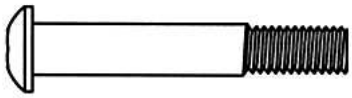
#82 M10 x 3 $\frac{3}{4}$" Allen Bolt (Qty 6)



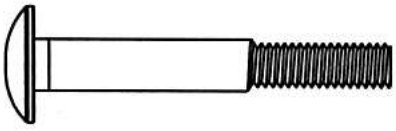
#83 M10 x 1 $\frac{3}{4}$" Allen Bolt (Qty 11)



#89 M10 x 3 $\frac{3}{4}$" Carriage Bolt (Qty 2)



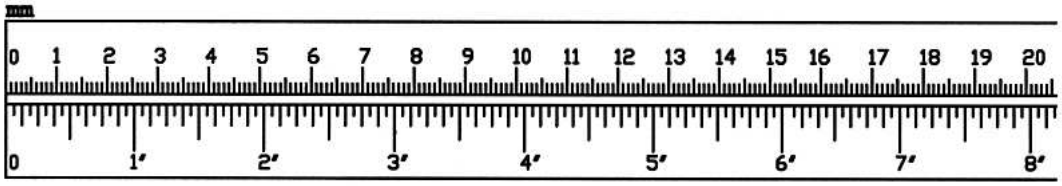
#84 M10 x 2 $\frac{1}{2}$" Allen Bolt (Qty 1)

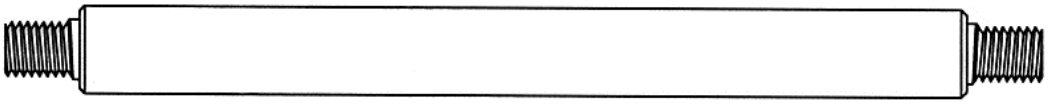


#90 M10 x 2 $\frac{3}{4}$" Carriage Bolt (Qty 8)

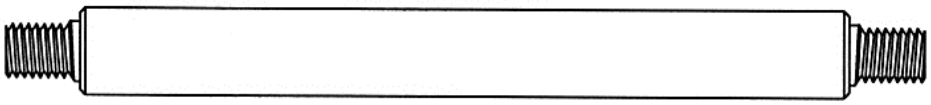


#86 M8 x 1 $\frac{5}{8}$" Allen Bolt (Qty 4)

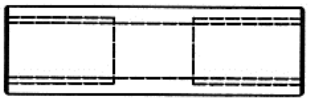




#30 7 ½″ Front Press Axle (Qty 1)



#29 6 ¾″ Front Press Base Axle (Qty 1)



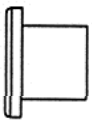
#72 Leg Developer Axle (Qty 1)



(Pre-fitted in Part # 3)



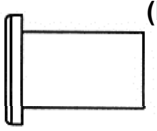
#51 ø 1 ¼″ Front Press Bushing
(Qty 2)



(In box 2 of 4)



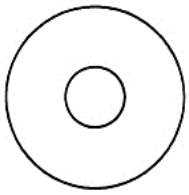
#52 ⅞″ Leg Developer Bushing
(Qty 2)



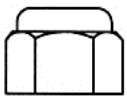
(In box 2 of 4)



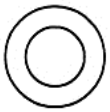
#49 Pulley Bushing
(Qty 12)



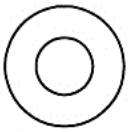
#59 ø 1 ¼″ Washer
(Qty 6)



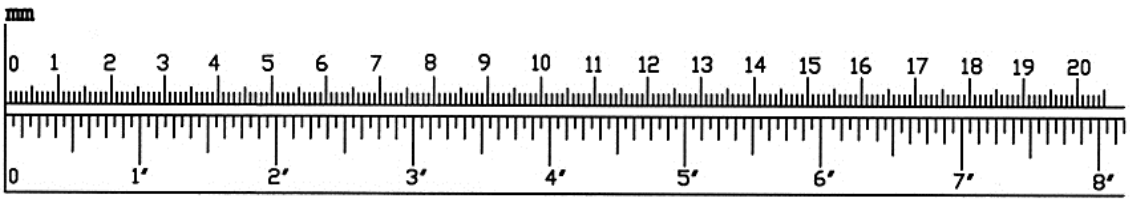
#91 M10 Aircraft Nut
(Qty 38)

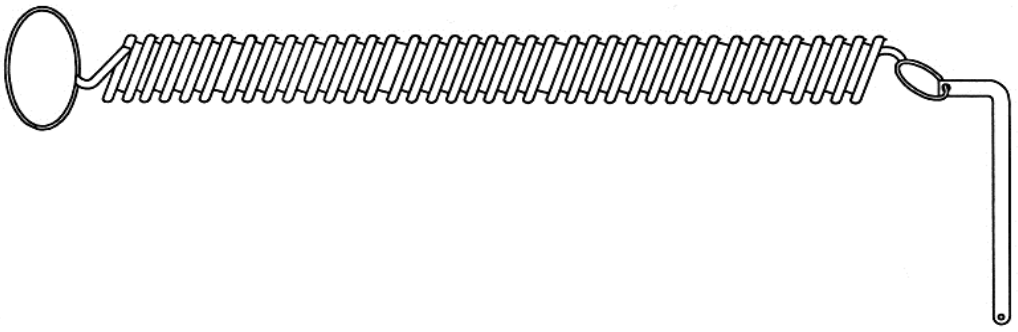


#88 ø ⅝″ Washer
(Qty 4)

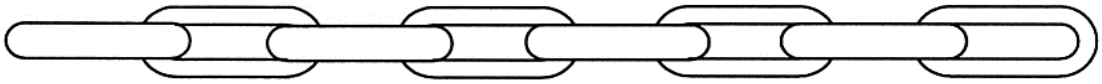


#92 ø ¾″ Washer
(Qty 60)

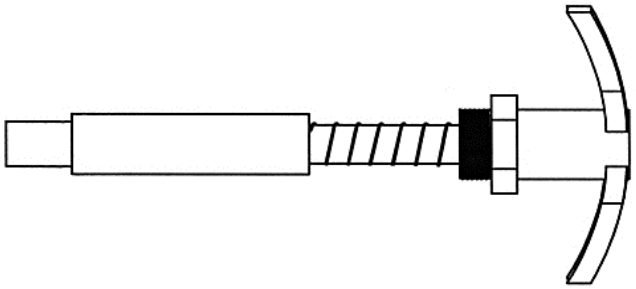




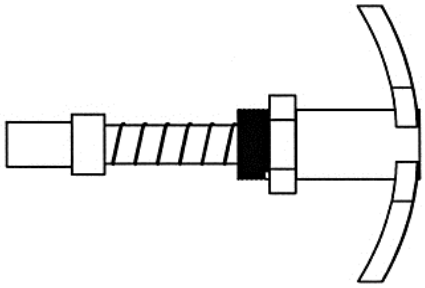
#42 Weight Plate Selector Pin(Qty 1)



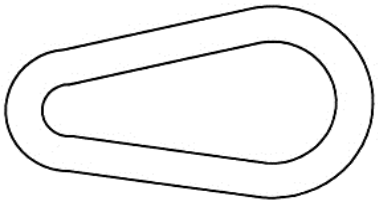
#36 Chain(Qty 2)



#38 Long T-shaped Lock Pin (Qty 1)

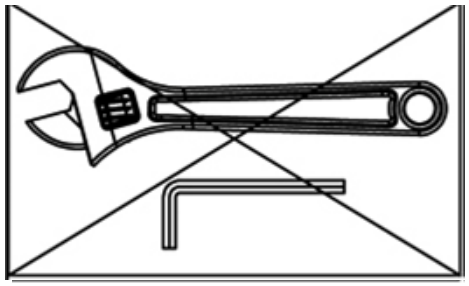


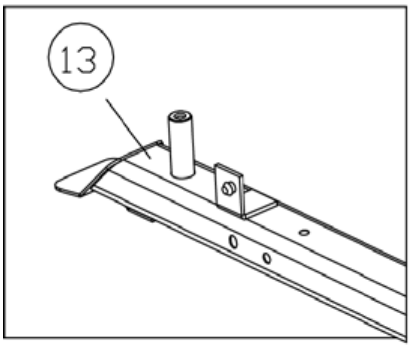
#39 T-shaped Lock Pin (Qty 1)



#37 Hook (Qty 5)

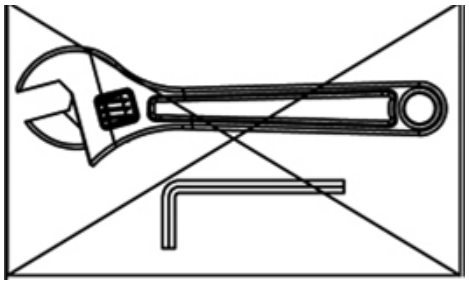
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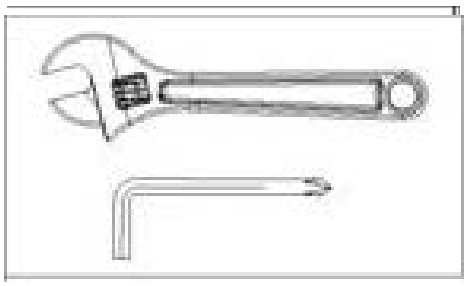
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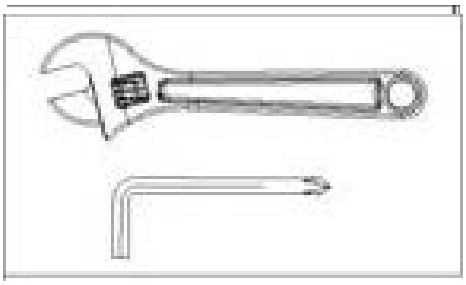
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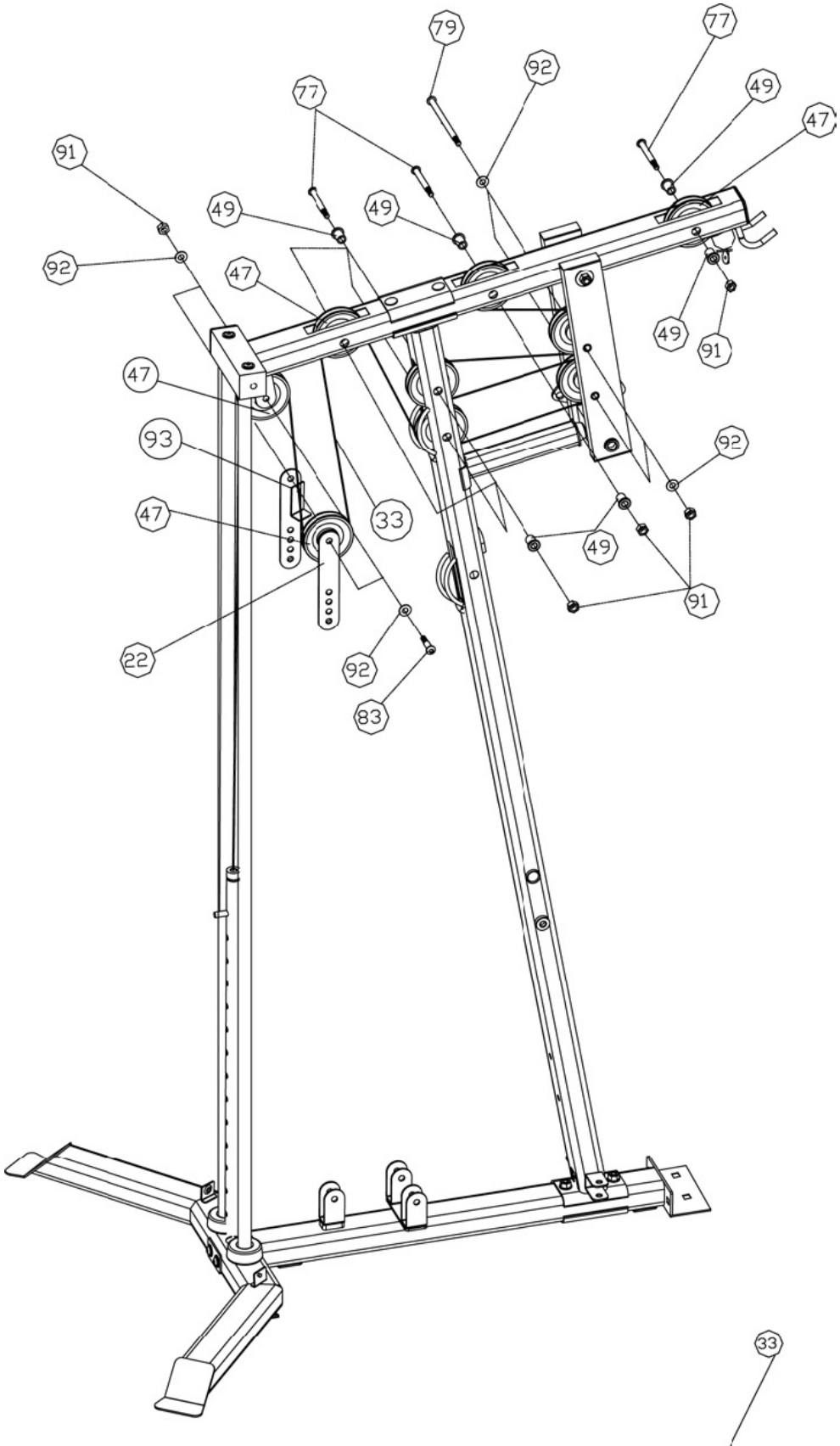
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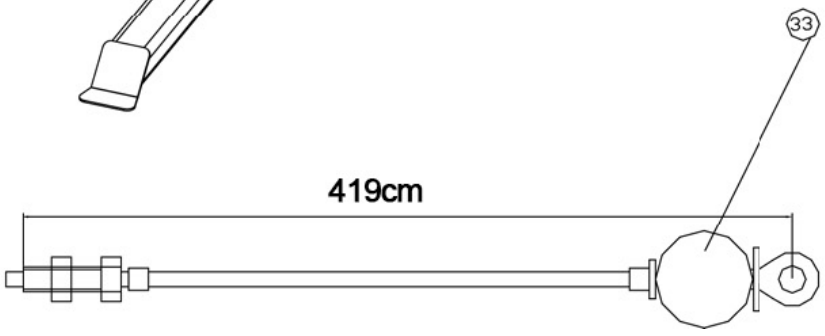


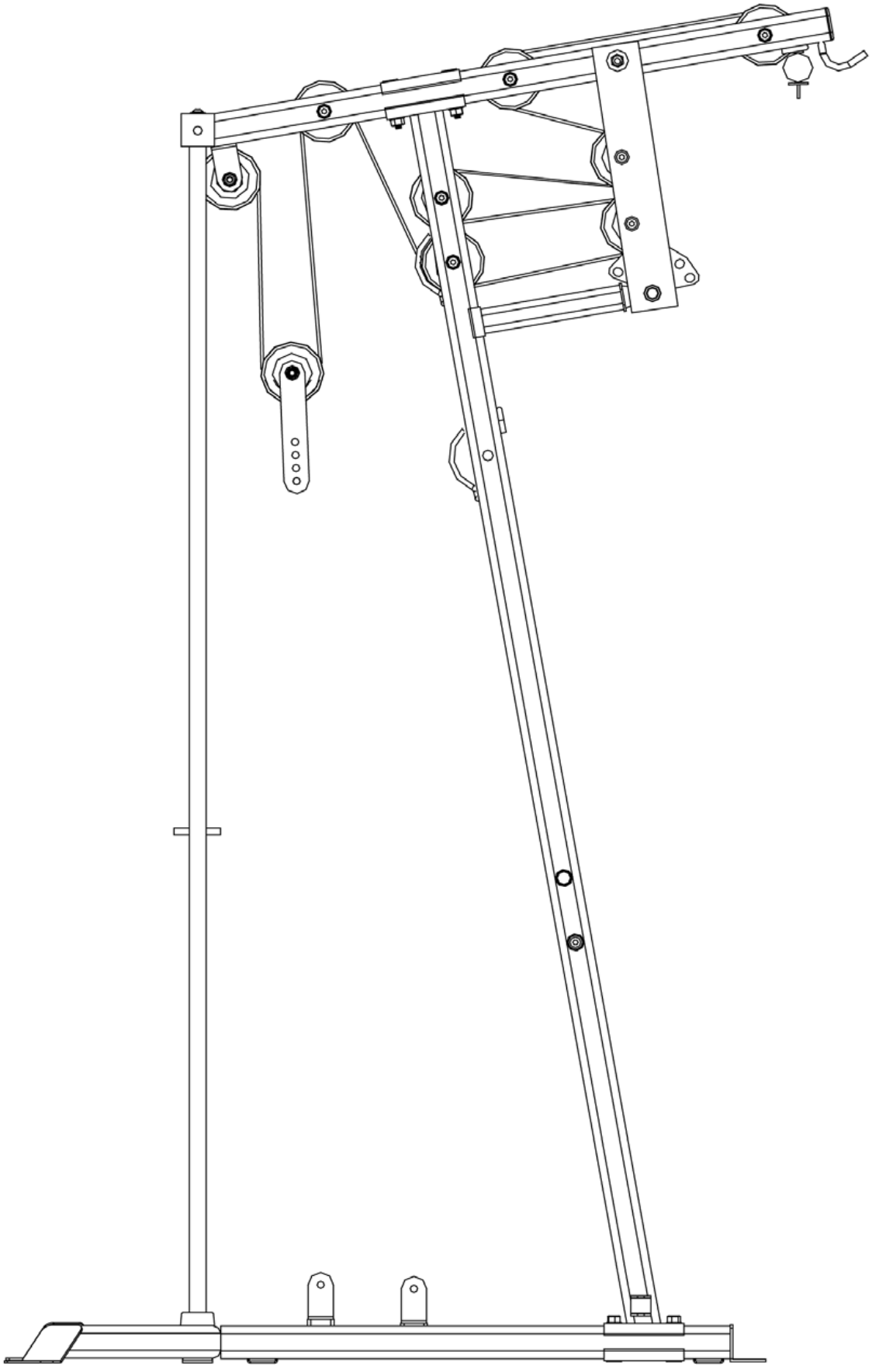
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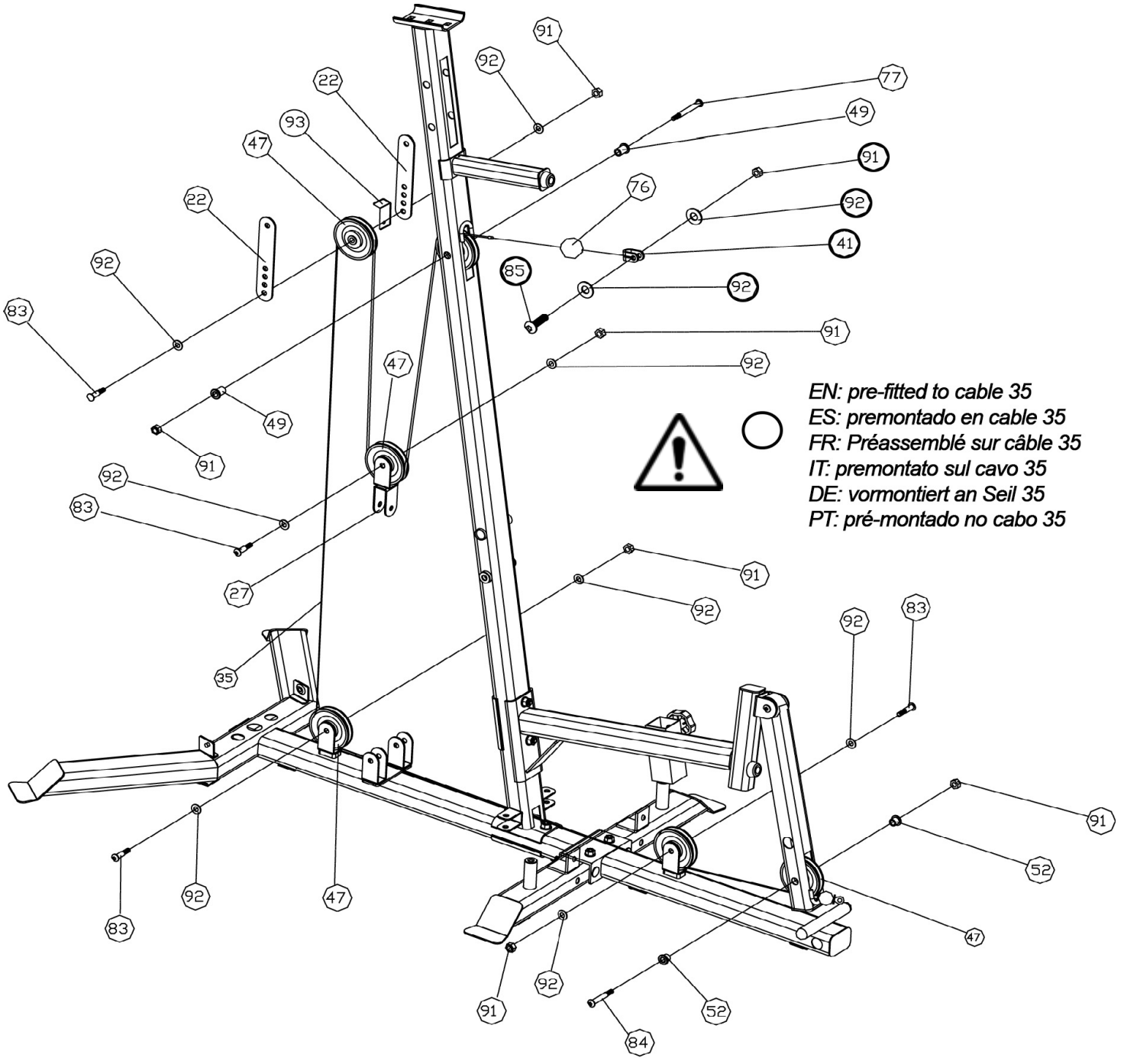
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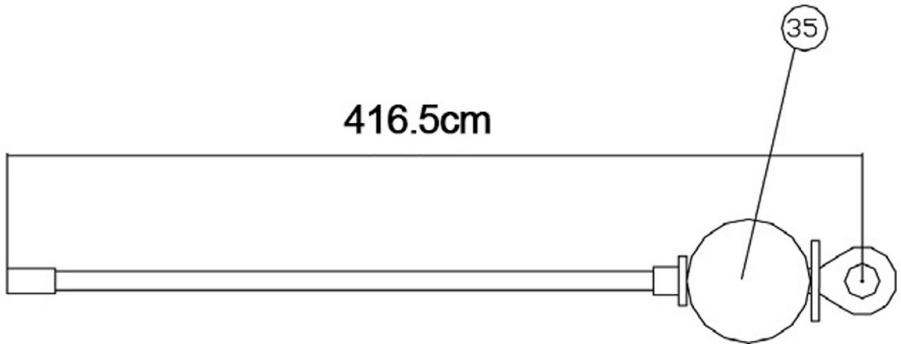

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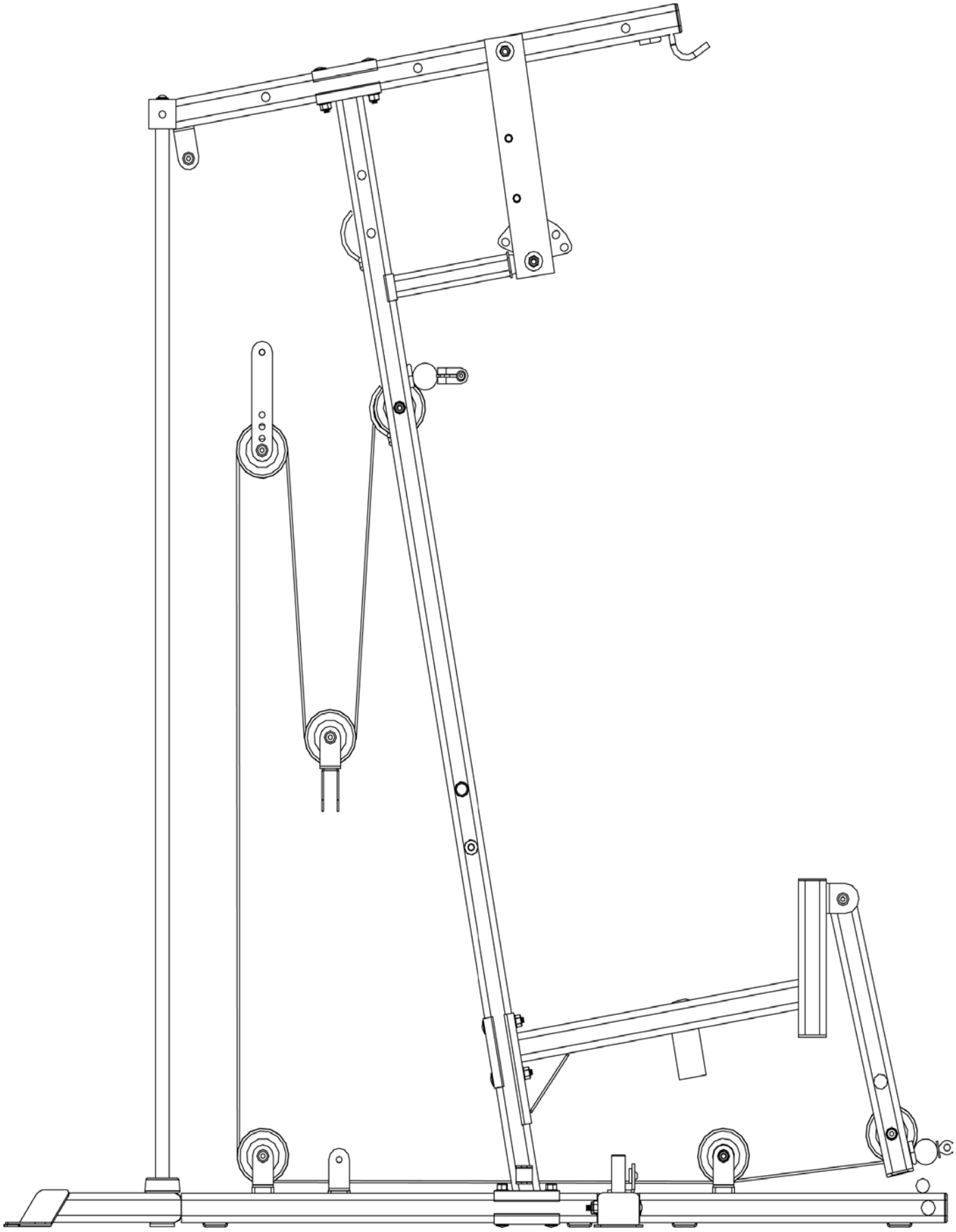


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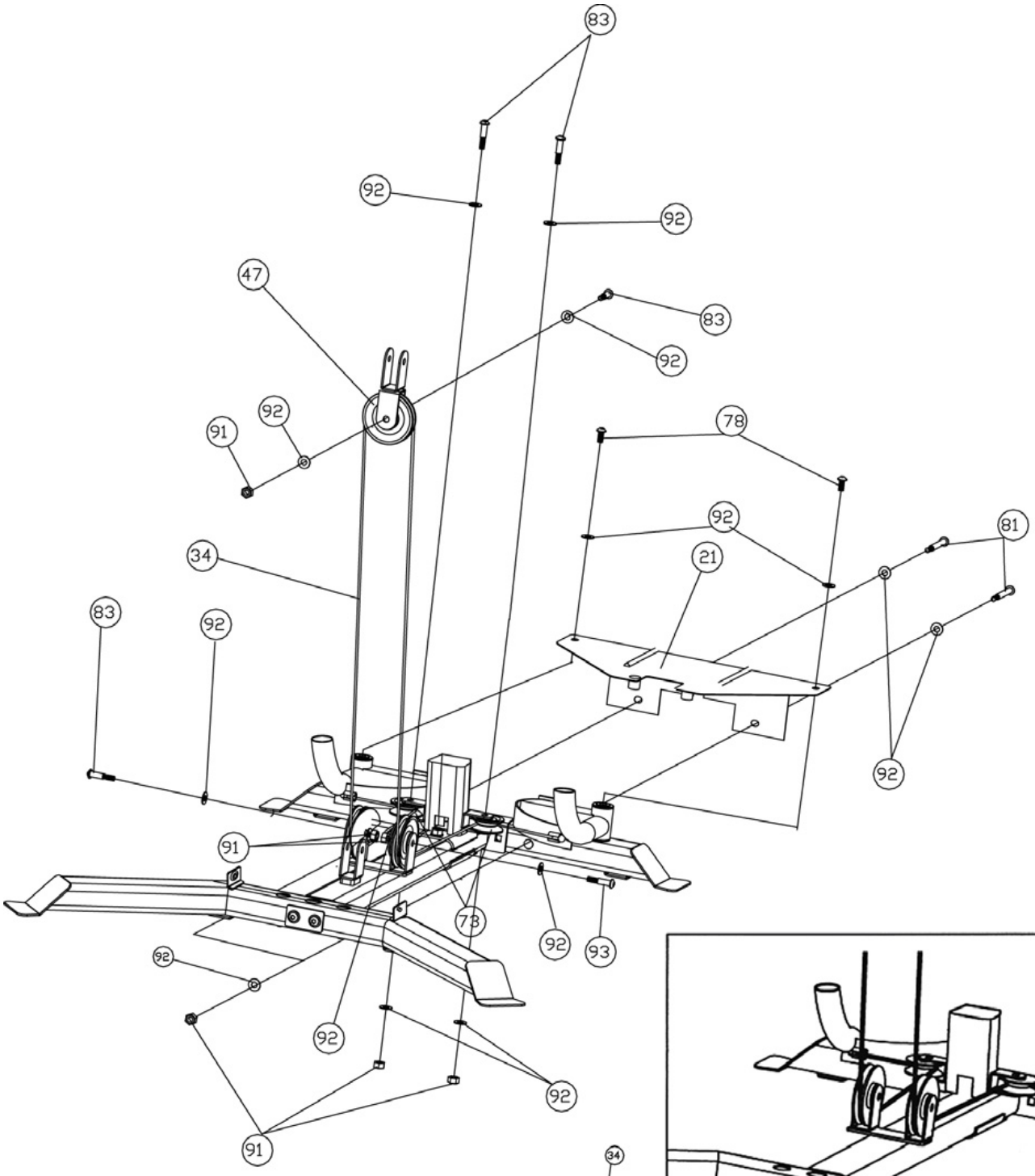


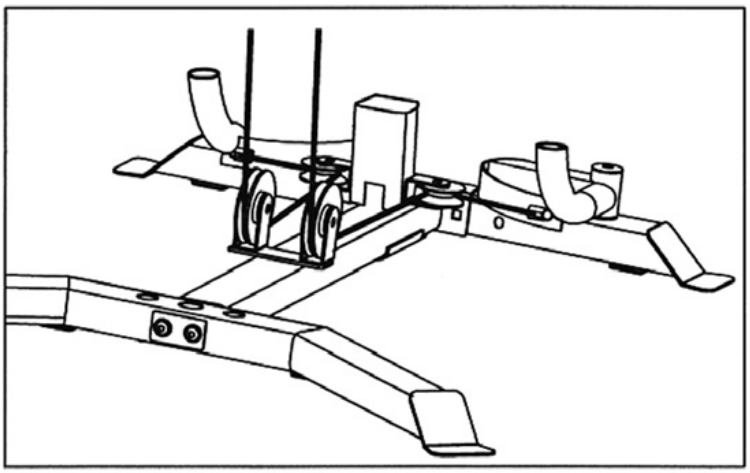
EN: pre-fitted to cable 35
ES: premontado en cable 35
FR: Préassemblé sur câble 35
IT: premontato sul cavo 35
DE: vormontiert an Seil 35
PT: pré-montado no cabo 35

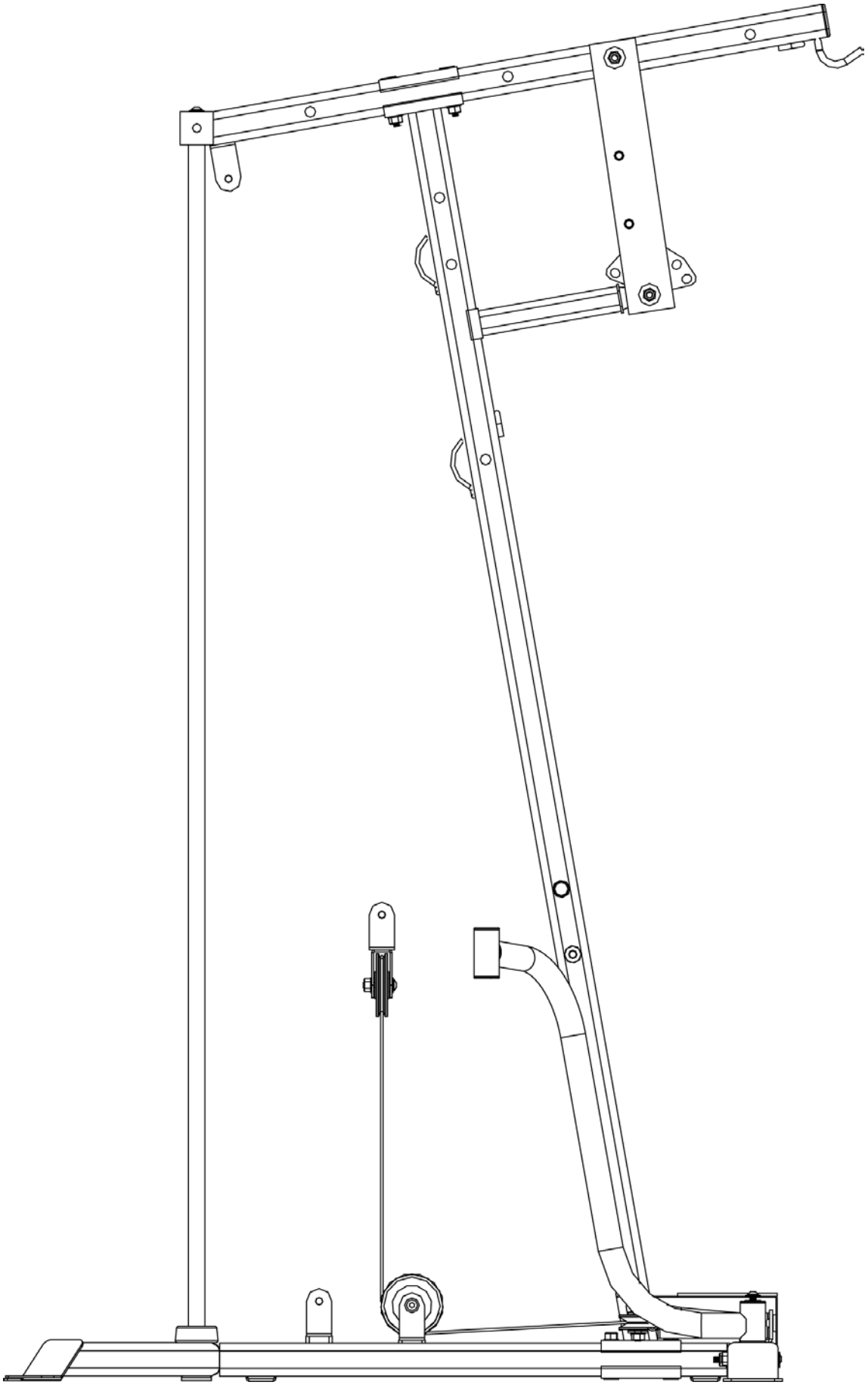


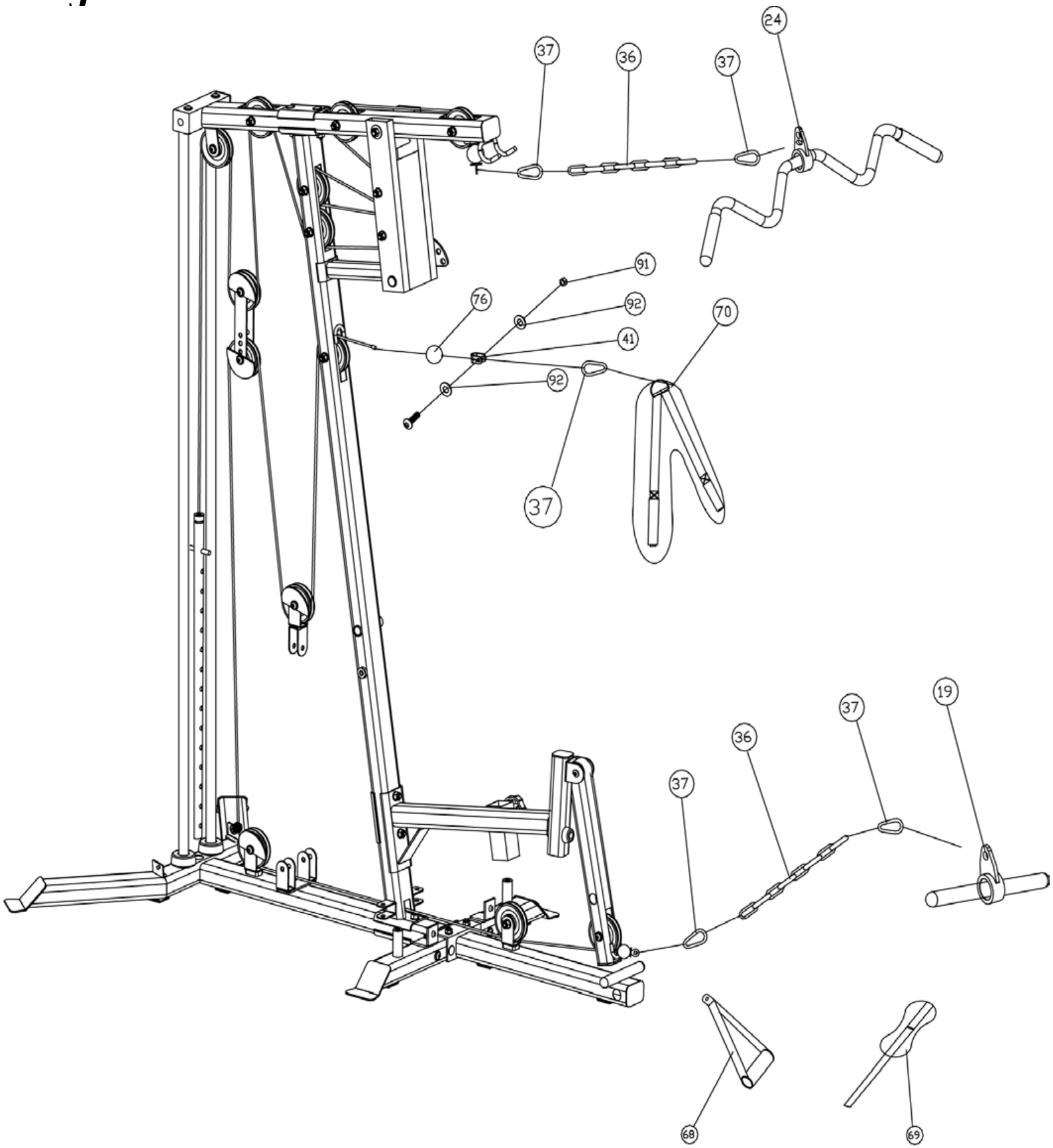


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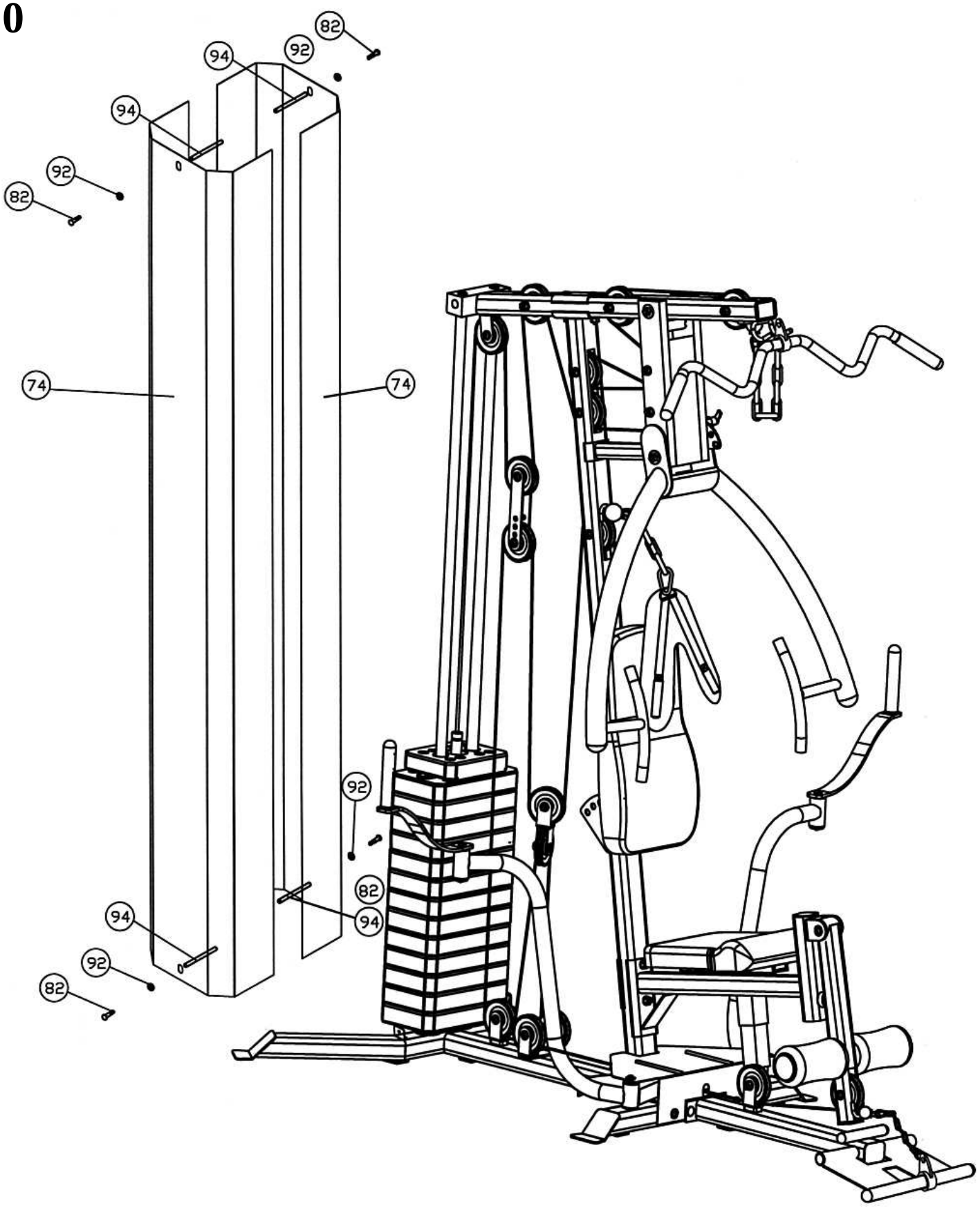

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POS.	DESCRIPTION	Q'ty
1	Upper Frame	1
2	Front Press Base	1
3	Front Press	1
4	Vertical Frame	1
5	Backrest Support Frame	1
6	Seat Post (In box 2 of 4)	1
7	Seat Support Frame	1
8	Leg Developer	1
9	Butterfly Handle	2
10	Right Butterfly	1
11	Left Butterfly	1
12	Front Base Frame	1
13	Butterfly Base	1
14	Rear Base Frame	1
15	Rear Stabilizer	1
16	Guide Rod	2
17	Foot Plate	1
18	13" Foot Plate Axle	1
19	Shiver Bar	1
20	Shiver Bar Handle	1
21	Butterfly Base Cover	1
22	Double Floating Pulley Bracket	2
23	Foam Tube	1
24	Lat Bar	1
25	4 ¾" x 2 ¾" Bracket	3
26	1 5/8" x 1 ½" Bracket	1
27	Angled Double Floating Pulley Bracket	1
28	Selector Rod	1
29	6 ¾" Front Press Base Axle	1
30	7 ½" Front Press Axle	1
31	Backrest Board	1
32	Seat	1
33	165" Upper Cable	1
34	98" Butterfly Cable	1
35	164" Lower Cable	1
36	Chain	2
37	Hook	5
38	Long T-shaped Lock Pin	1
39	T-shaped Lock Pin	1
40	Lock Knob	1
41	U-shaped Cable Connector	1
42	Weight Plate Selector Pin	1
43	5 3/8" Grip	6
44	6" Grip	4
45	Weight Plate	13
46	Weight Selector Stem	1
47	Pulley	18
48	Foam Roll	2
49	Pulley Bushing	12
50	Ø 1 ½" Bushing	8

POS.	DESCRIPTION	Q'ty
51	Ø 1 ¼" Front Press Bushing	2
52	Ø 7/8" Leg Developer Bushing	2
53	∅ 1" Bushing	8
54	Ø 1" Spacer	2
55	Rubber Bumper	2
56	Ø 1 ½" Spacer	2
57	Ø 1" Rubber Bumper	2
58	Ø 1" x 5/8" Rubber Bumper	2
59	∅ 1 ¼" Washer	6
60	∅ 1" Cone-shaped End Cap	4
61	Foam Roll End Cap	2
62	Leg Developer End Cap	2
63	2" x 1" End Cap	4
64	Ø 1" End Cap	1
65	Handle Sleeve	2
66	2" x 2 ¾" Upper Frame End Cap	2
67	2" x 2" End Cap	3
68	Single Handle	1
69	Ankle Strap	1
70	Abdominal Strap	1
71	1" x 2 ¾" End Cap	4
72	Leg Developer Axle	1
73	Small Pulley	2
74	Weight Stack Cover	2
75	Ø 2" End Cap	2
76	Ball Stopper	1
77	M10 x 3 ½" Allen Bolt	6
78	M10 x ¾" Allen Bolt	12
79	M10 x 6 ¼" Allen Bolt	2
80	M10 x 4 3/8" Allen Bolt	1
81	M10 x 3 3/8" Allen Bolt	2
82	M10 x 3 ¾" Allen Bolt	6
83	M10 x 1 ¾" Allen Bolt	11
84	M10 x 2 ½" Allen Bolt	1
85	M10 x 1 3/8" Allen Bolt	1
86	M8 x 1 5/8" Allen Bolt	4
87	M6 x 5/8" Screw	2
88	Ø 5/8" Washer	4
89	M10 x 3 ¾" Carriage Bolt	2
90	M10 x 2 ¾" Carriage Bolt	8
91	M10 Aircraft Nut	38
92	Ø ¾" Washer	60
93	L-shape Cable Retainer	2
94	3" sleeve	4

