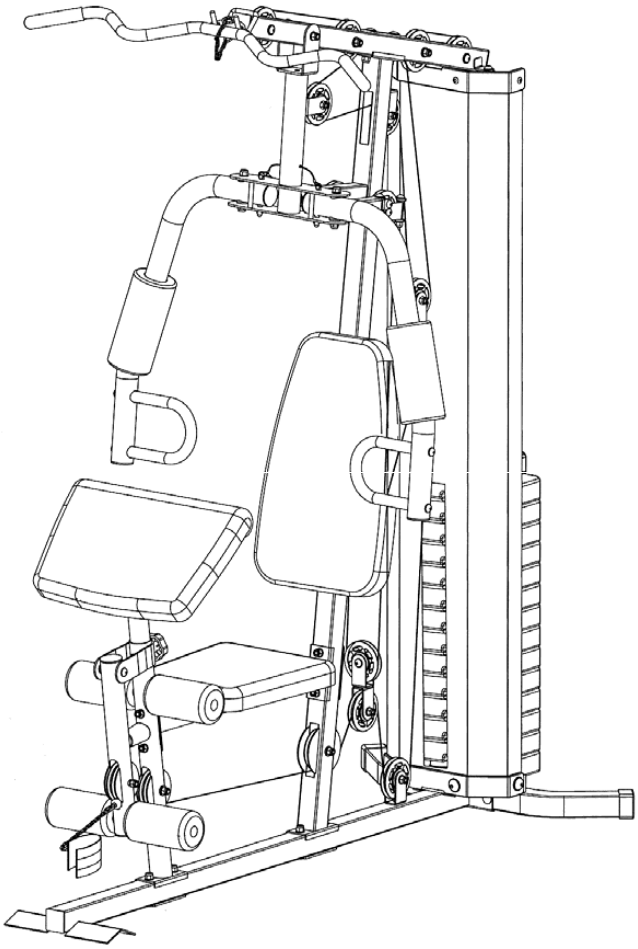
HG3000 MULTI GYM
90KG RESISTANCE
(STMAMG-HG3000)



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.

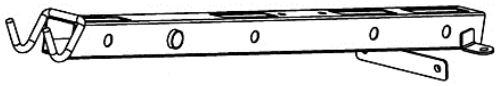
FRA - Manuel de montage - APPAREIL À CHARGE GUIDÉE - IMPORTANT : Lire SVP les instructions importantes de montage du Manuel du propriétaire avant de monter ce produit.

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

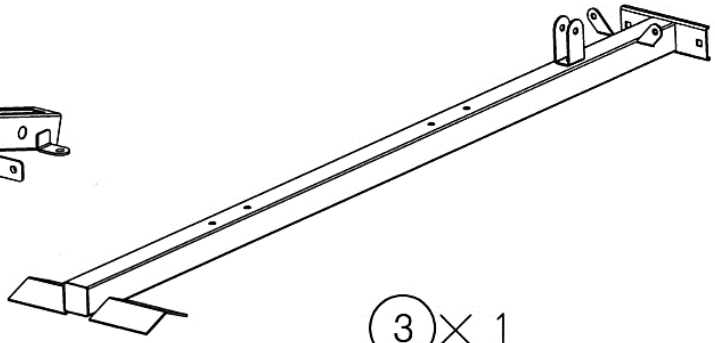
DEU - Monateganleitung - KRAFTSTATION - ACHTUNG: Bitte lesen Sie vor der Montage dieses Produkts die wichtigen Montagehinweise in der Bedienungsanleitung.

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

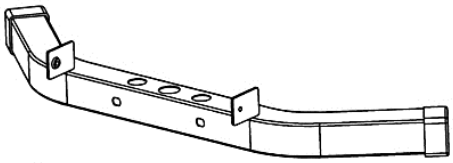
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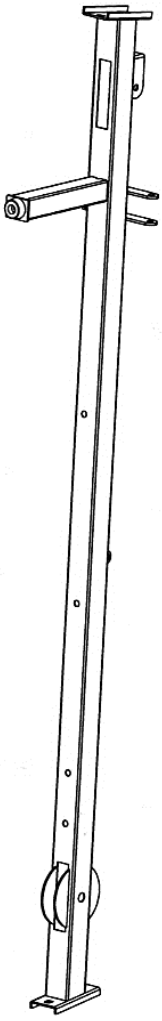
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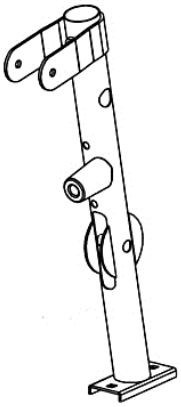
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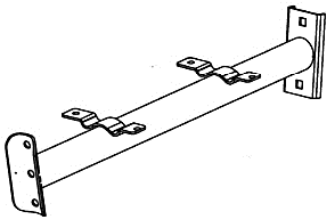
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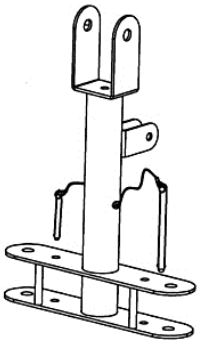
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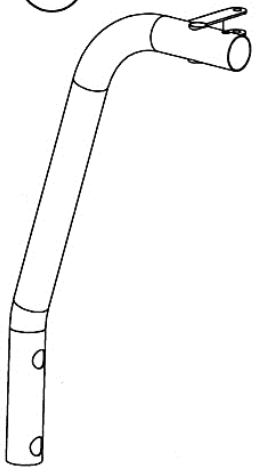
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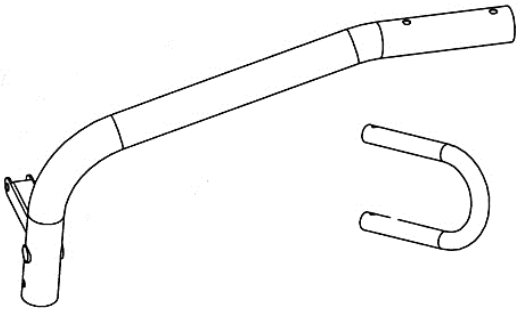
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⑧ × 1



⑨ × 1

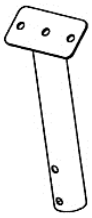


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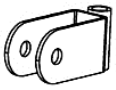
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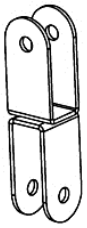
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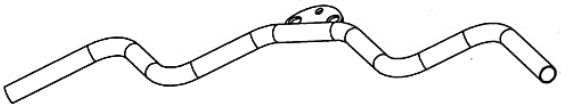
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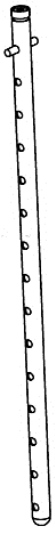
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⑮× 1



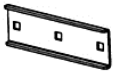
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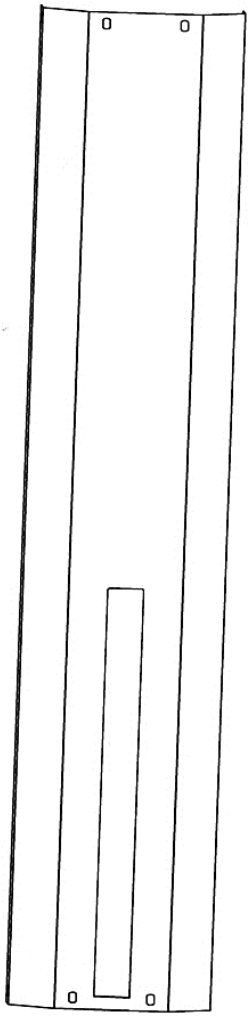
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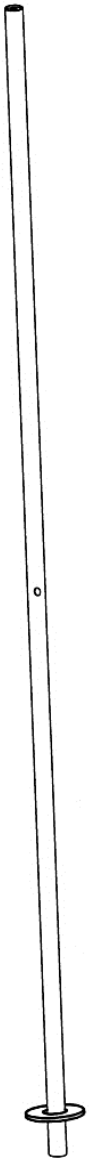
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㉑× 1



⑯× 1



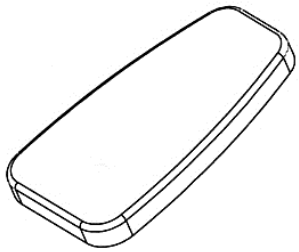
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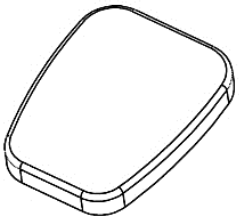
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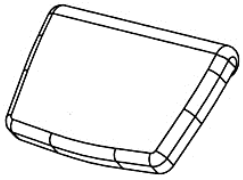
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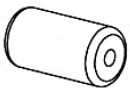
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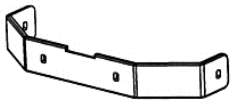
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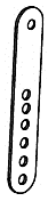
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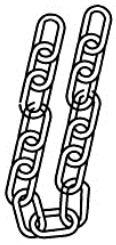
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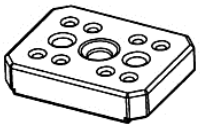
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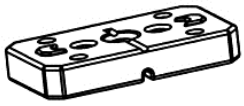
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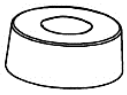
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35 × 1



36 × 14



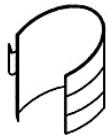
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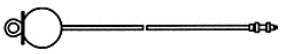
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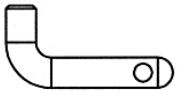


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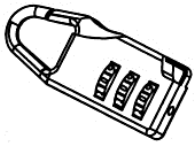
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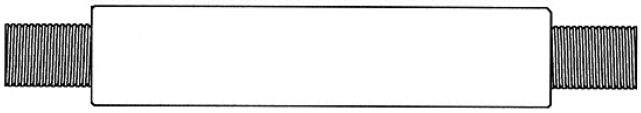
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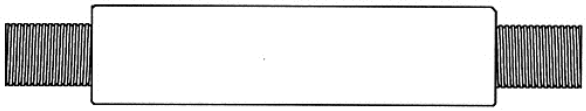
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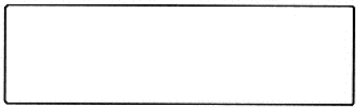
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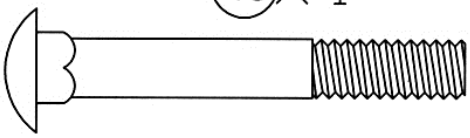
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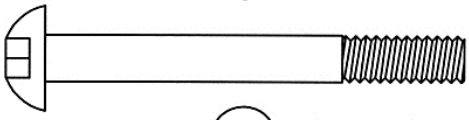
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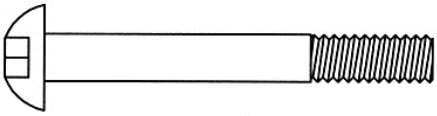
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55 × 10



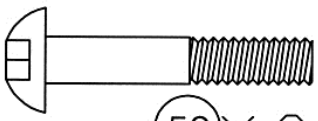
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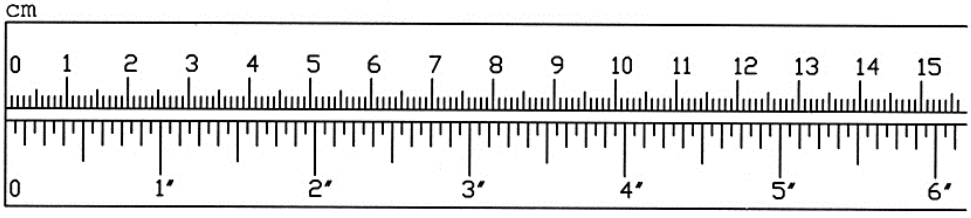
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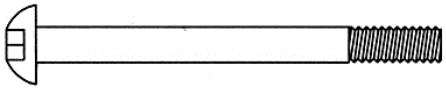


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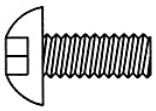


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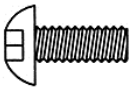




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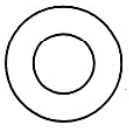
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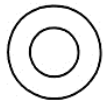
62 × 6



63 × 8



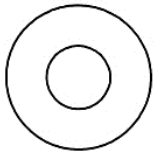
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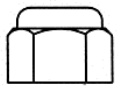
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67 × 10



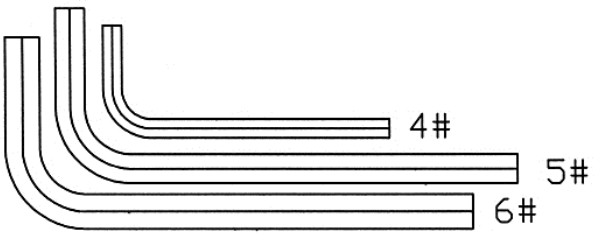
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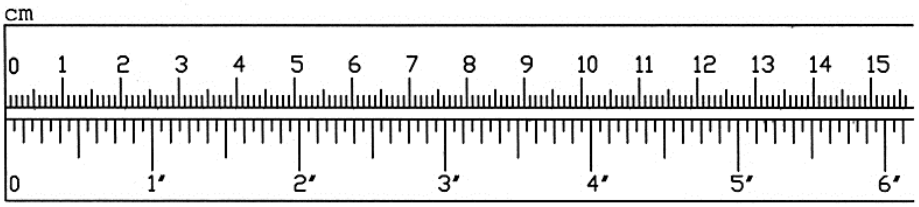


69 × 41



70 × 2





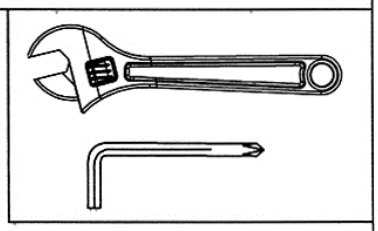
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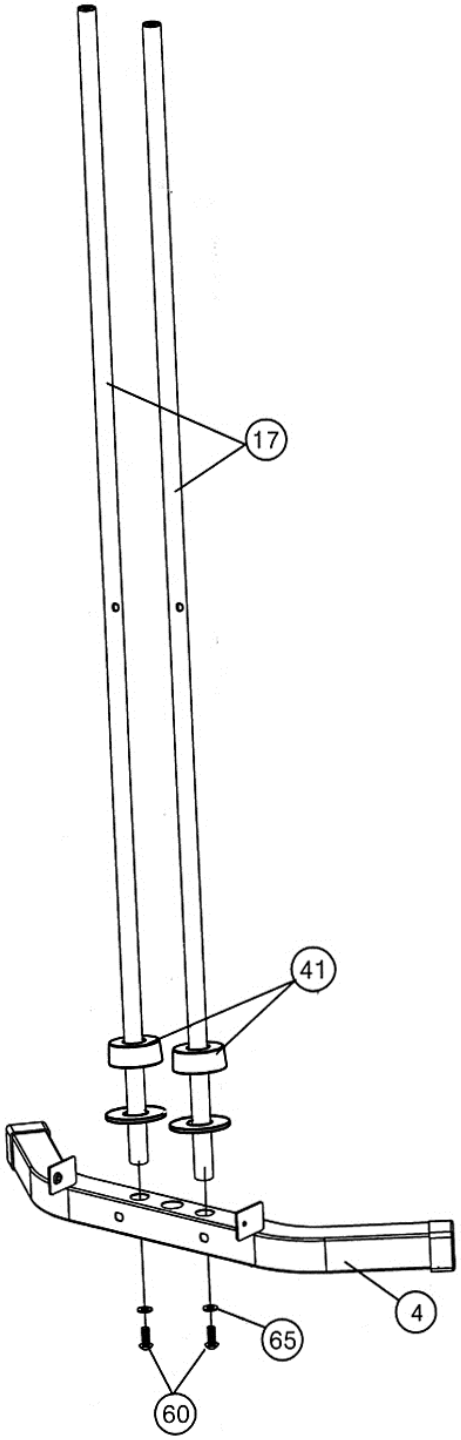
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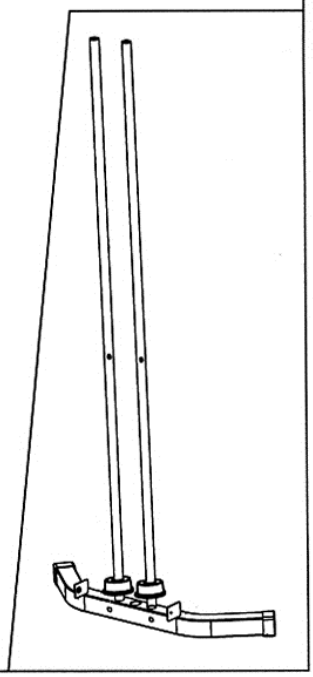


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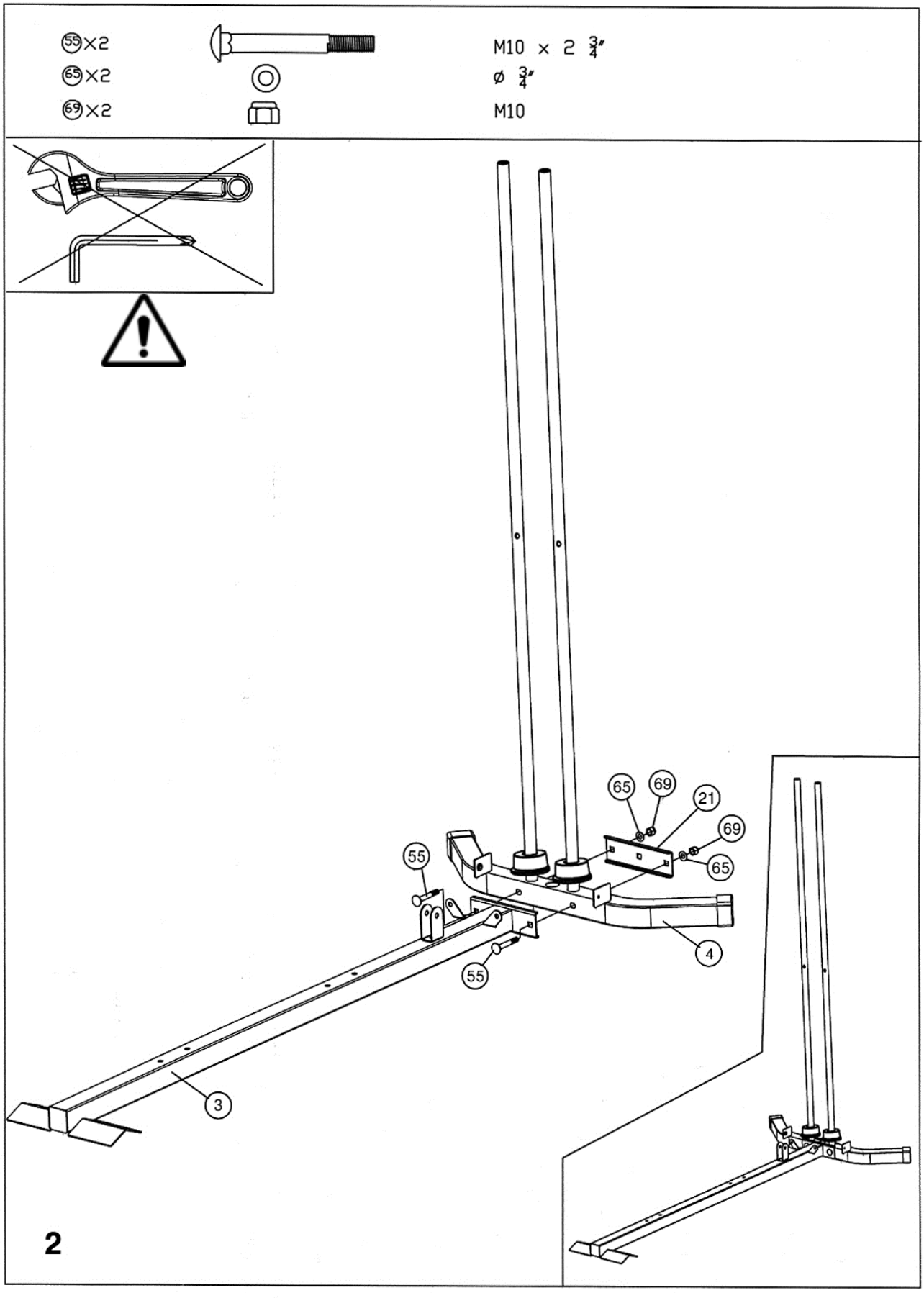
ø 3/4"



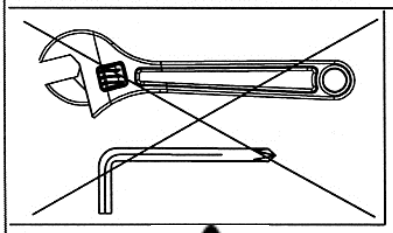


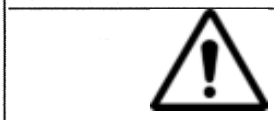


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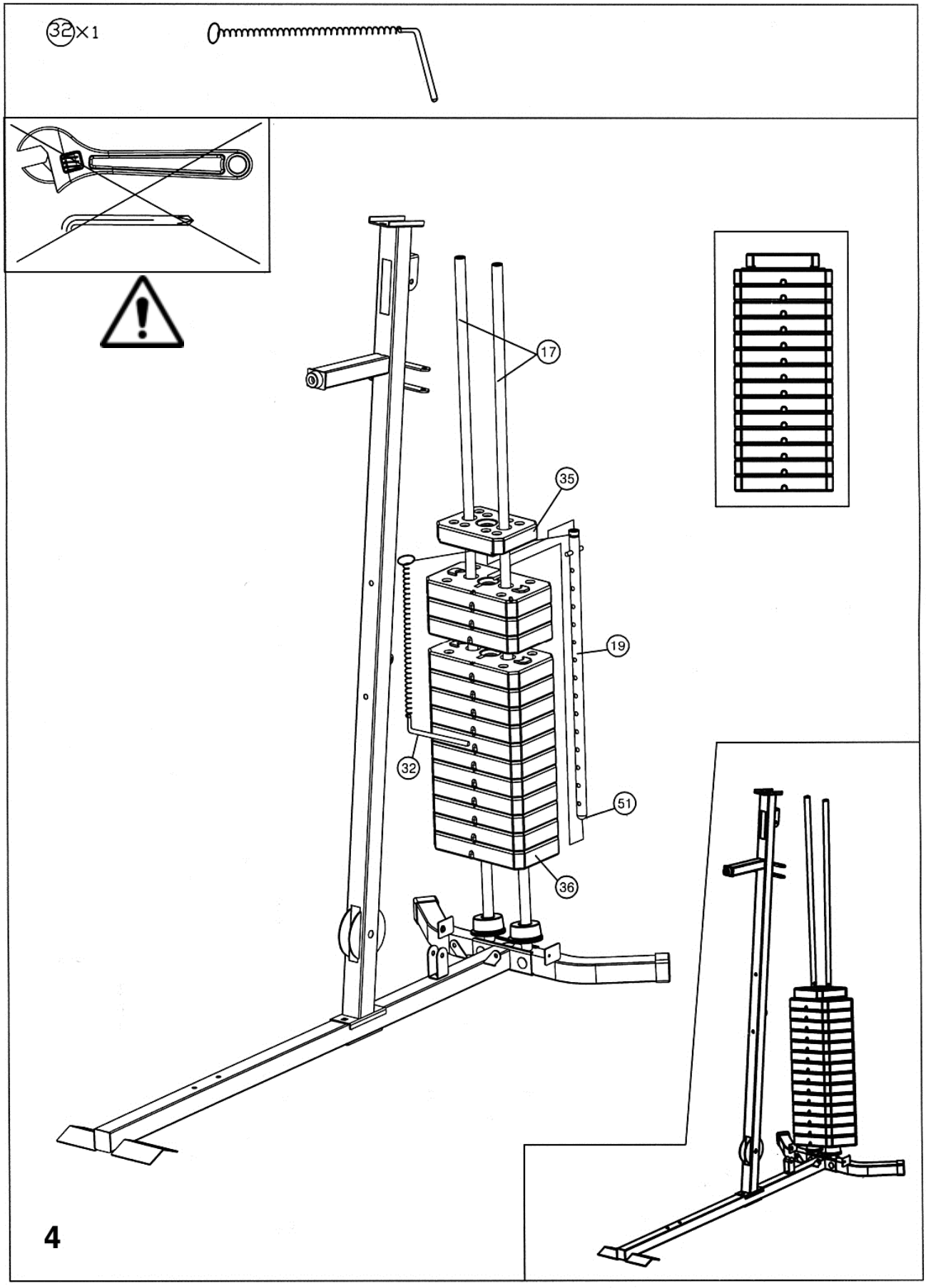

55×2
65×2
69×2
M10 × 2 3/4"
ø 3/4"
M10
65
69
21
69
65
55
55
4
3
2

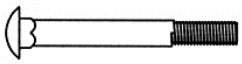
(59)×2		M10 × 2 3/4"
(65)×2		ø 3/4"
(69)×2		M10

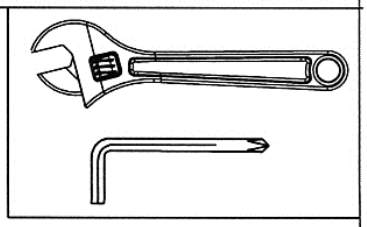


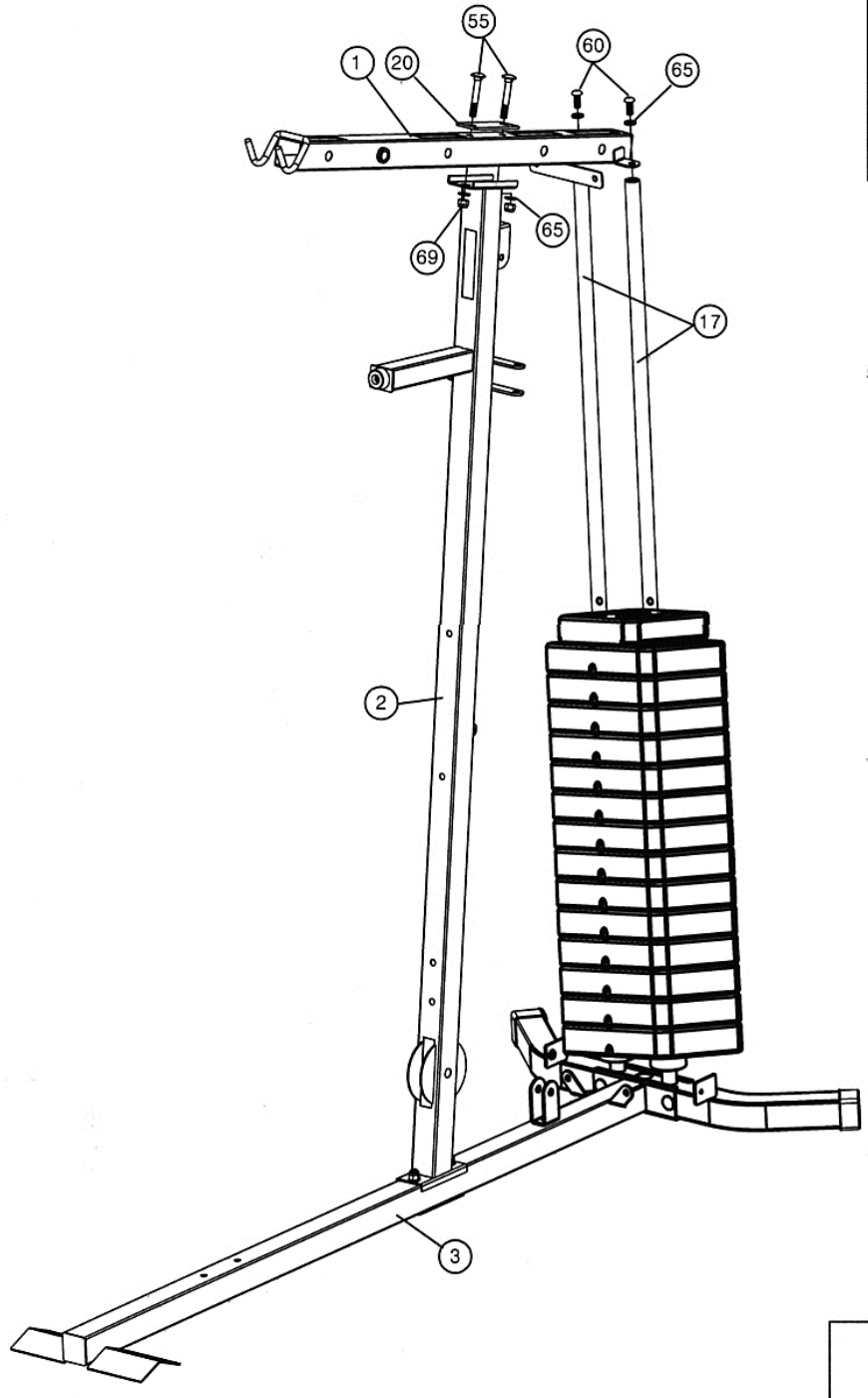


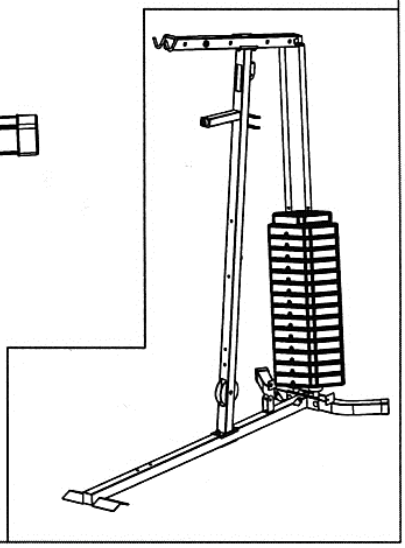
3


32 ×1
17
35
19
32
51
36
4

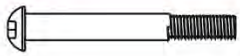
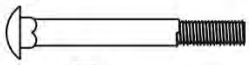
⑥⓪×2		M10 × ¾″
⑤⑤×2		M10 × 2 ¾″
⑥⑤×4		ø ¾″
⑥⑨×2		M10

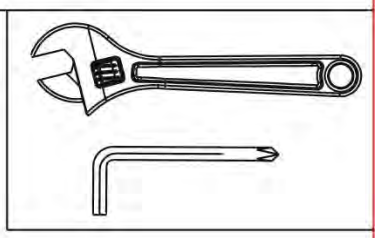


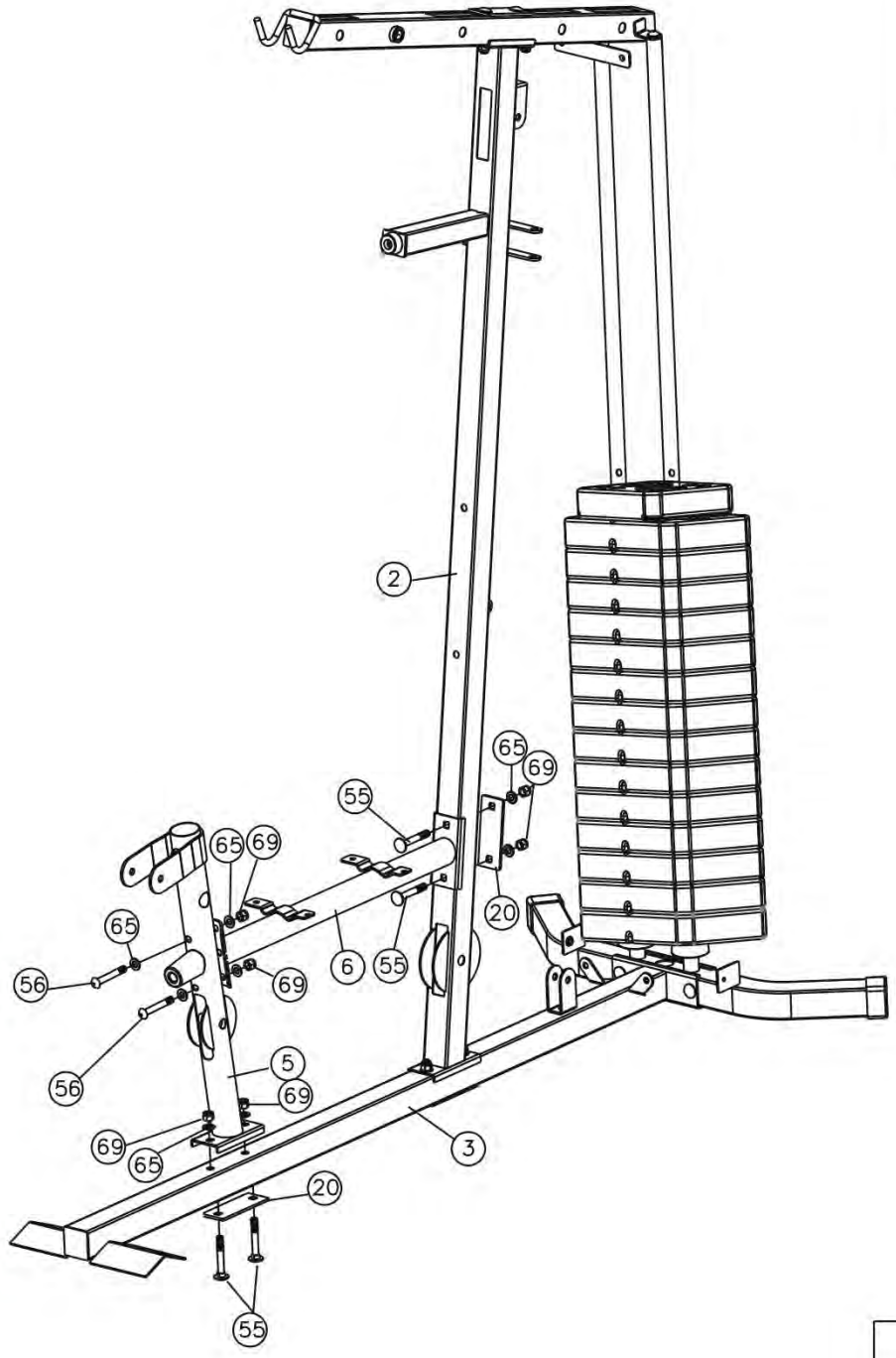


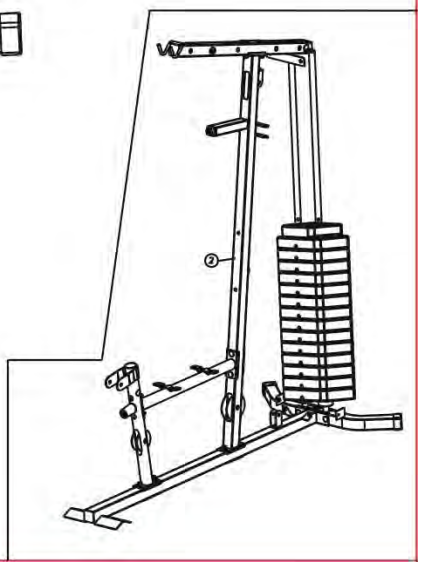


5

⑤⑥×2		M10×2 $\frac{3}{4}''$
⑤⑤×4		M10×2 $\frac{3}{4}''$
⑥⑤×8		$\phi\frac{3}{4}''$
⑥⑨×6		M10

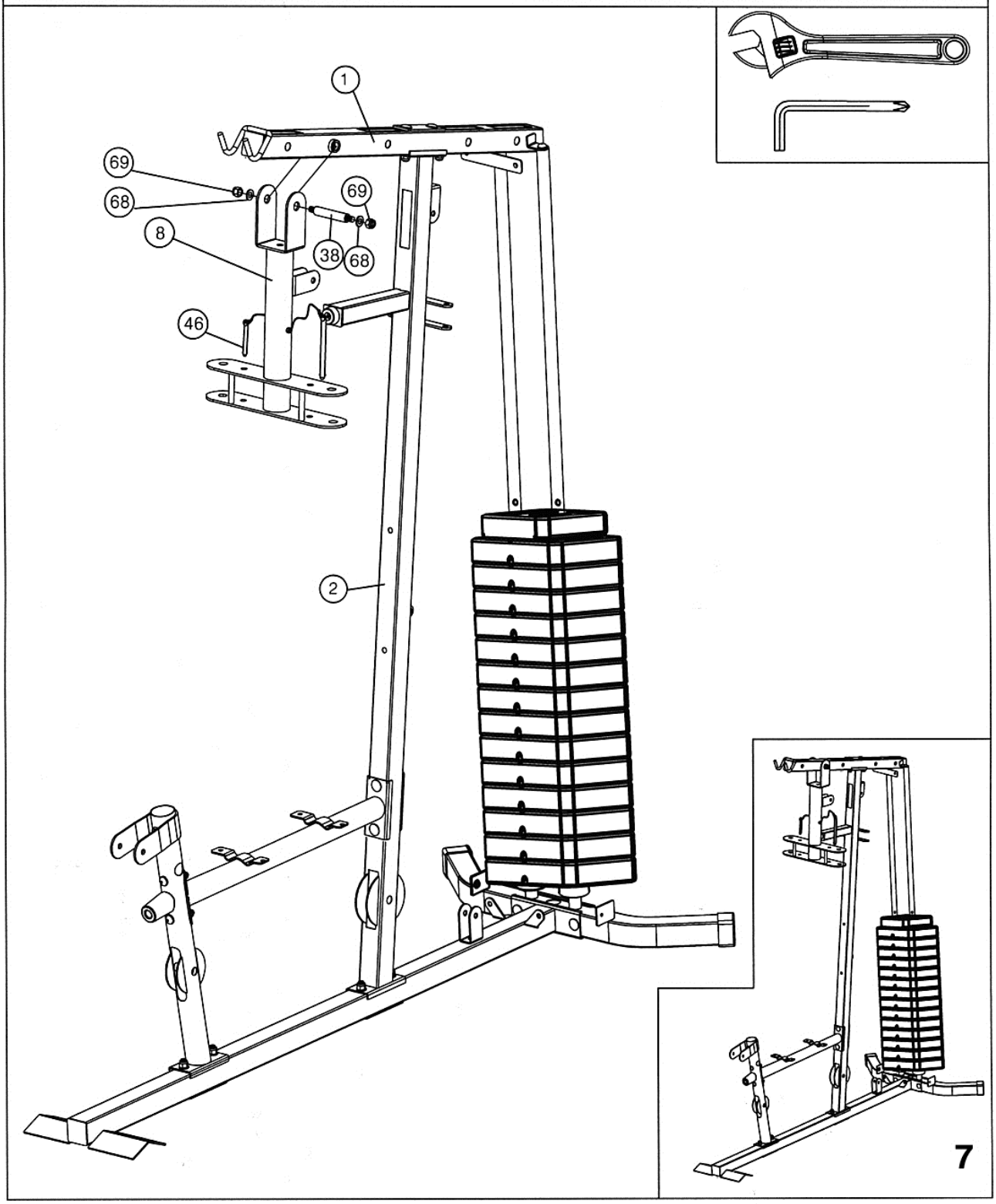




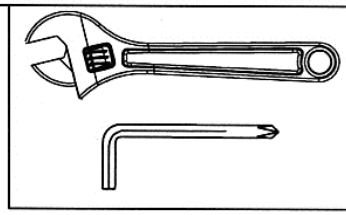


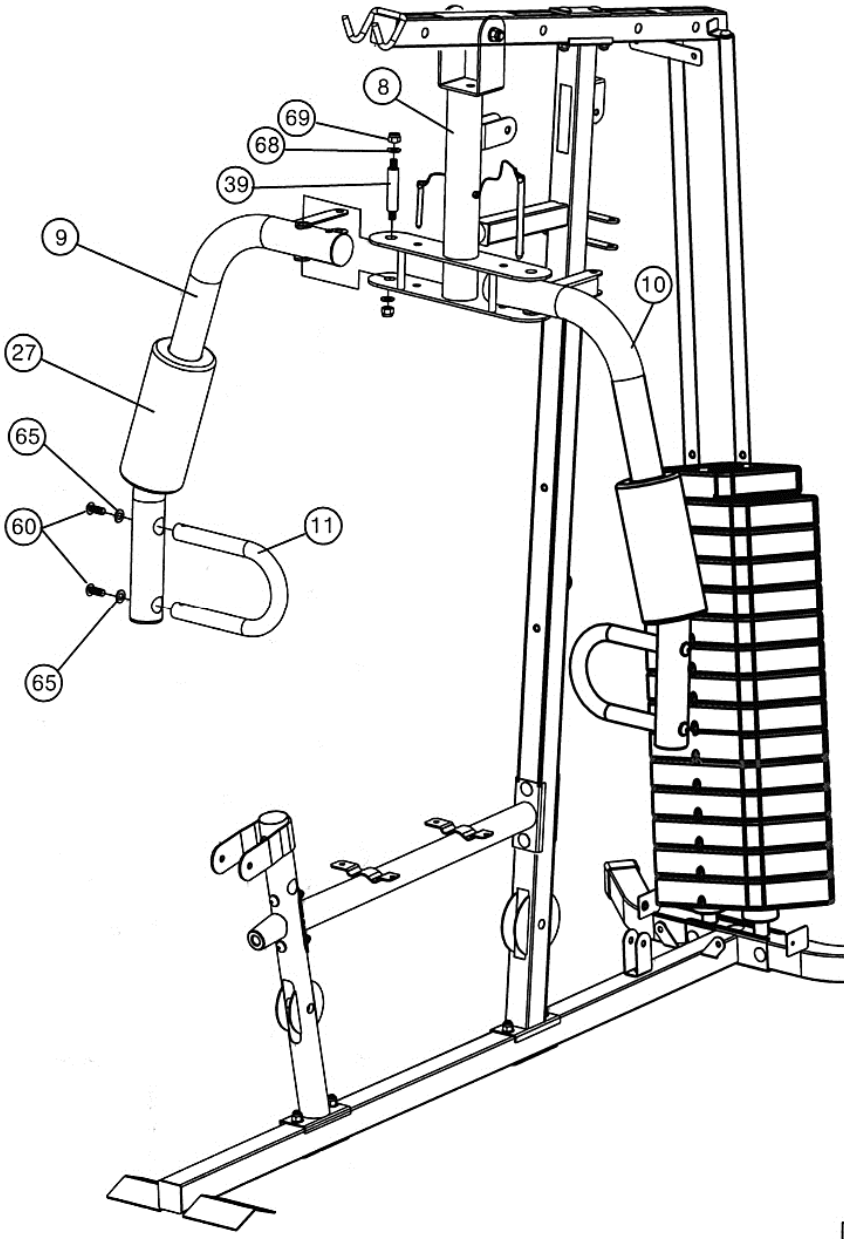
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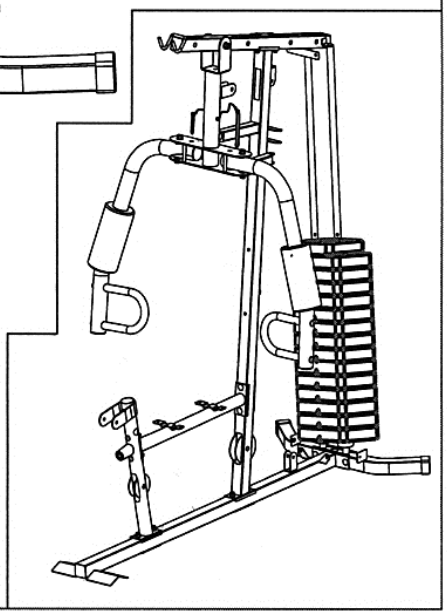
㊳×1		3″
㊽×2		ø 1″ × ø $\frac{3}{8}$″
㊾×2		M10



⑥⓪×2		M10 × 3/4″
⑥⑤×2		ø 3/4″
③⑨×1		2 5/8″
⑥⑤×2		ø 3/4″
⑥⑨×2		M10





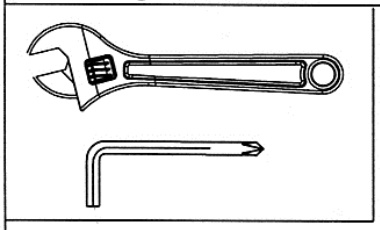


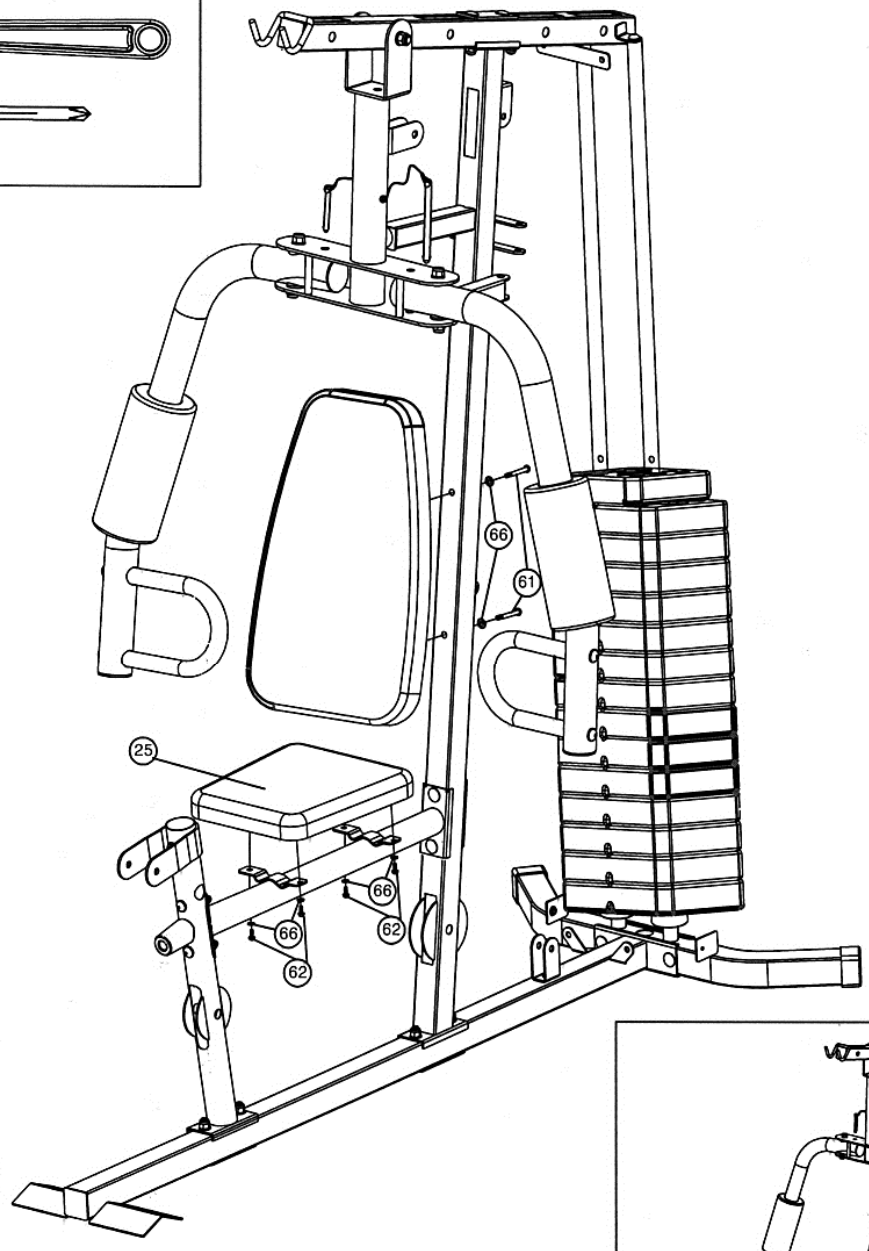
8

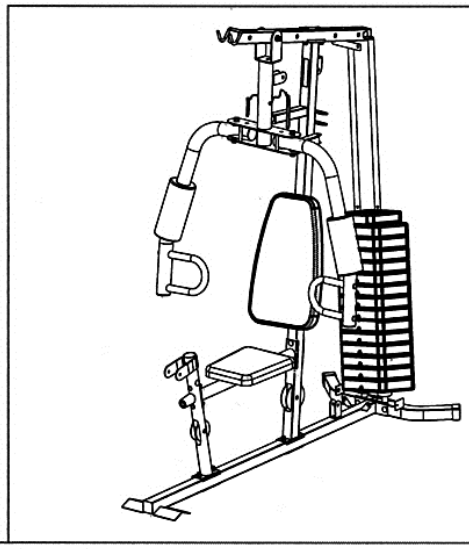
(62) ×4 — M8 × 5/8"

(61) ×2 — M8 × 2 3/4"

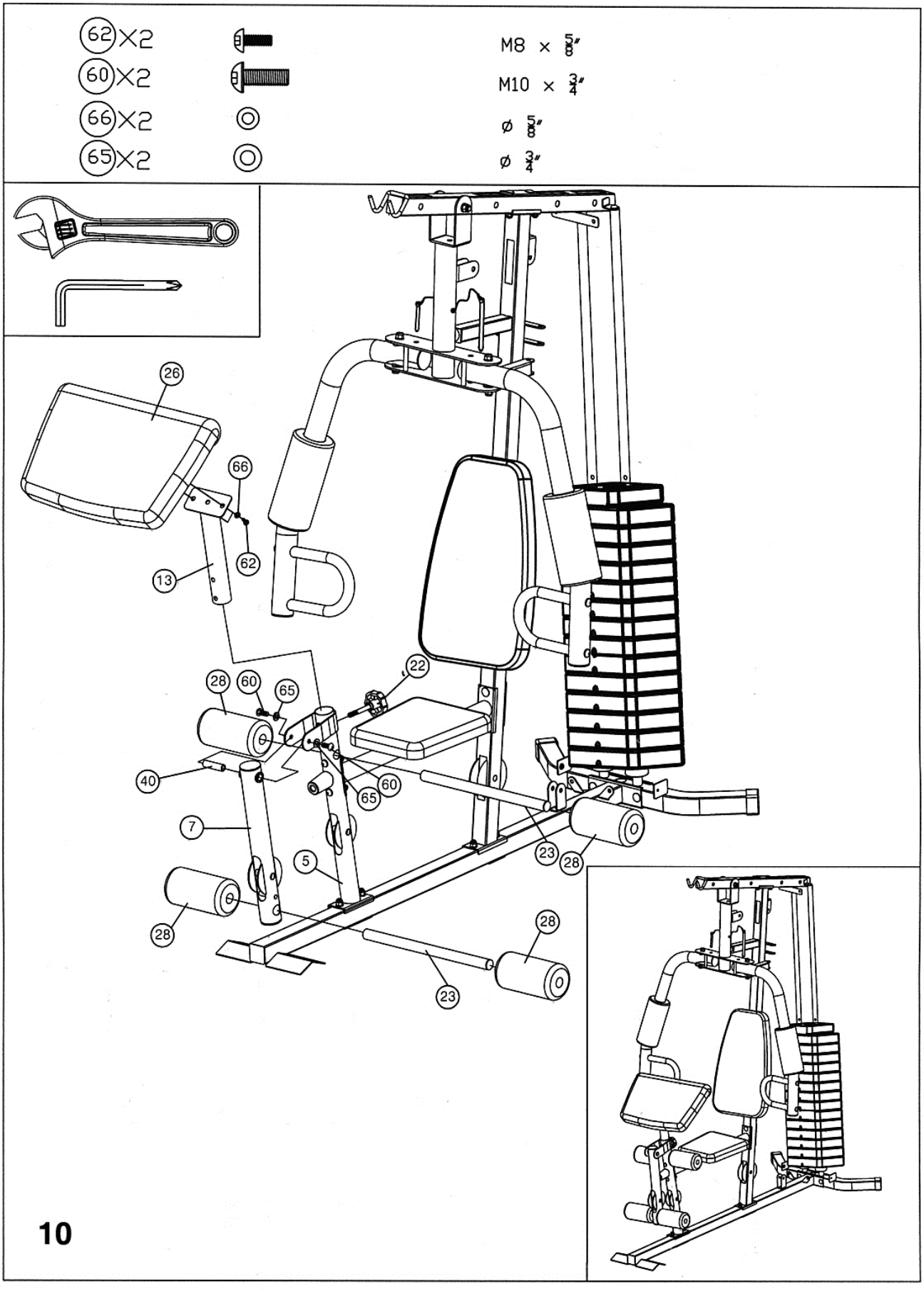
(66) ×4 — ø 5/8"

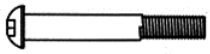
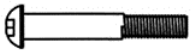


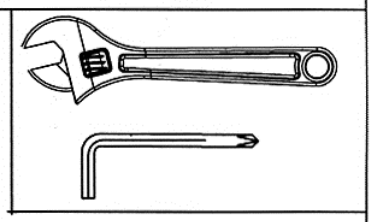


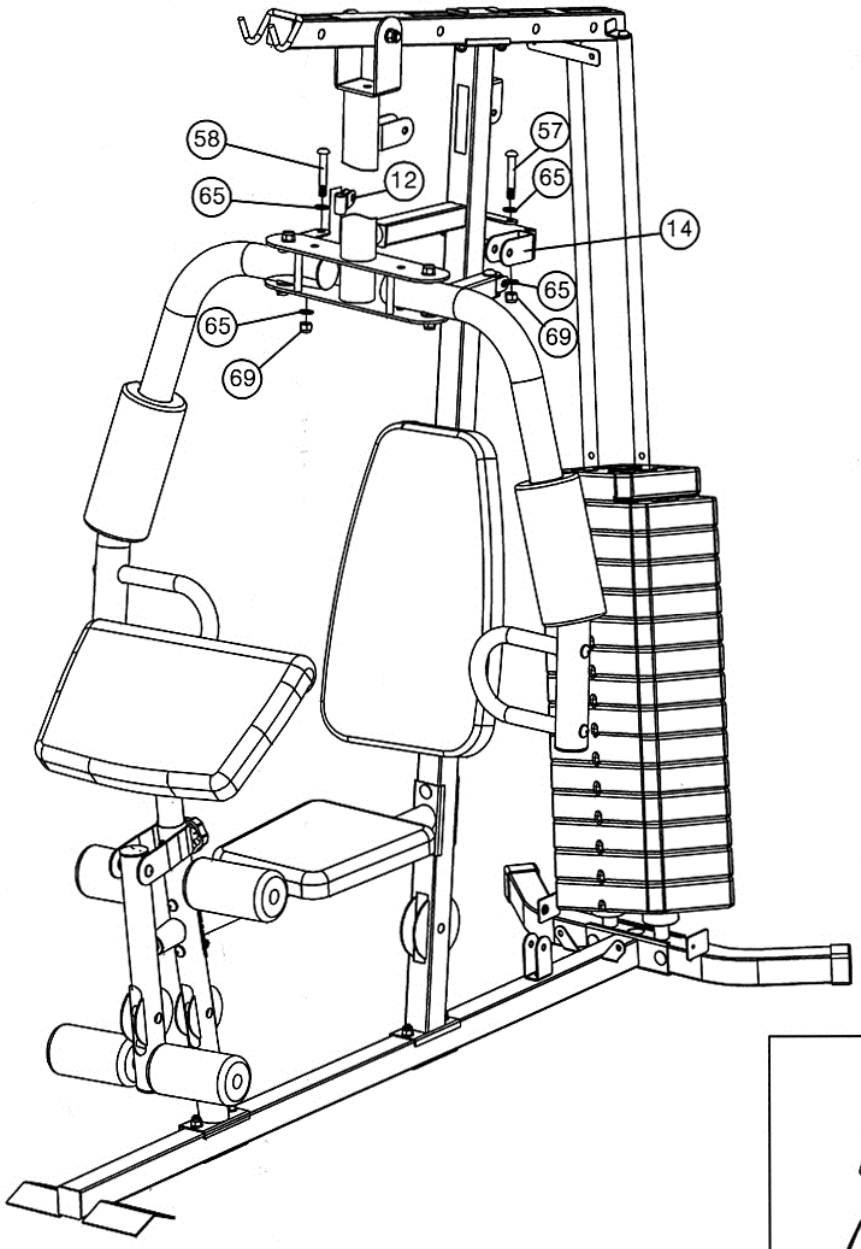


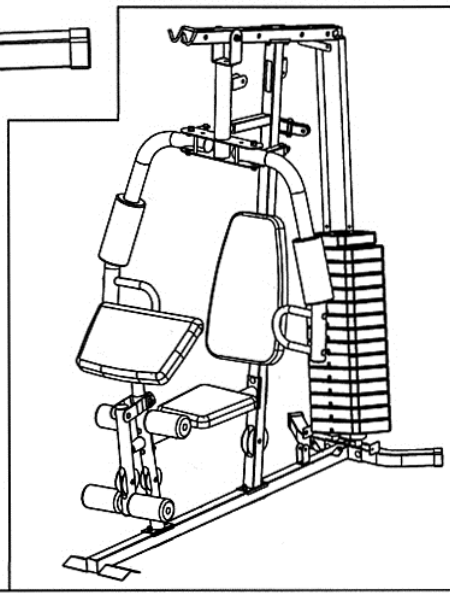
9


62 X2
60 X2
66 X2
65 X2
M8 × 5/8"
M10 × 3/4"
ø 5/8"
ø 3/4"
26
66
62
13
28
60
65
22
40
7
5
23
10

⑤⑦×1		M10 × 2 ½″
⑤⑧×1		M10 × 2″
⑥⑤×4		ø ¾″
⑥⑨×2		M10

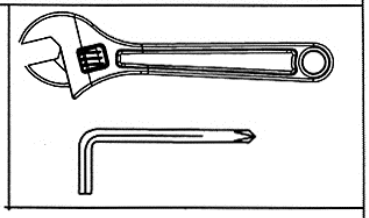


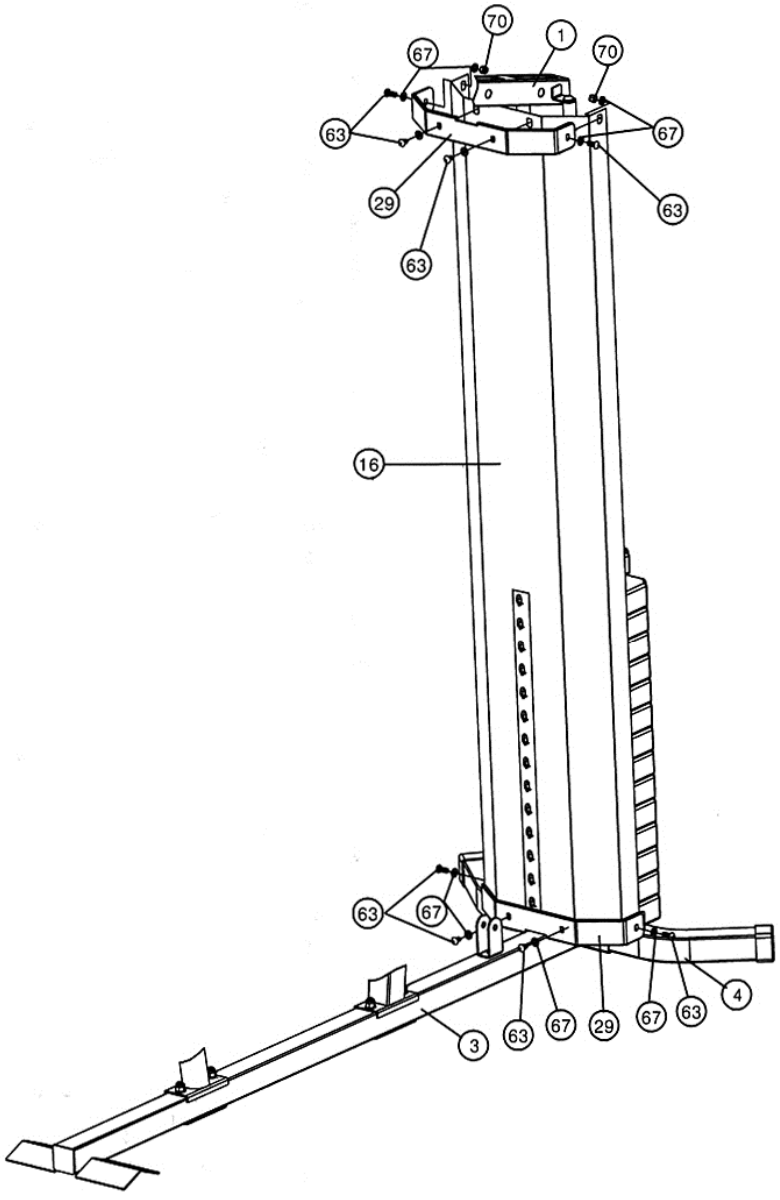


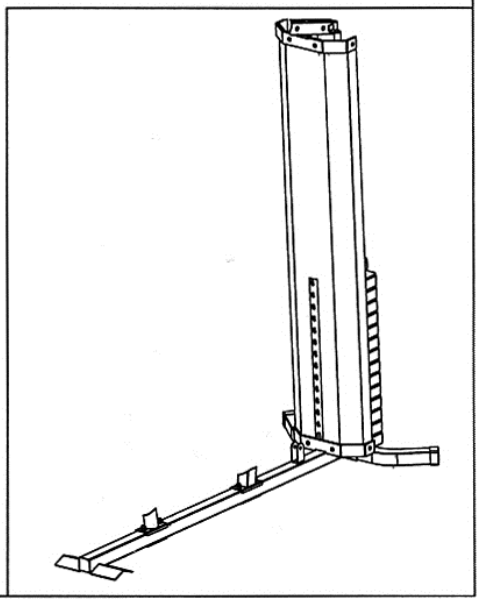


11

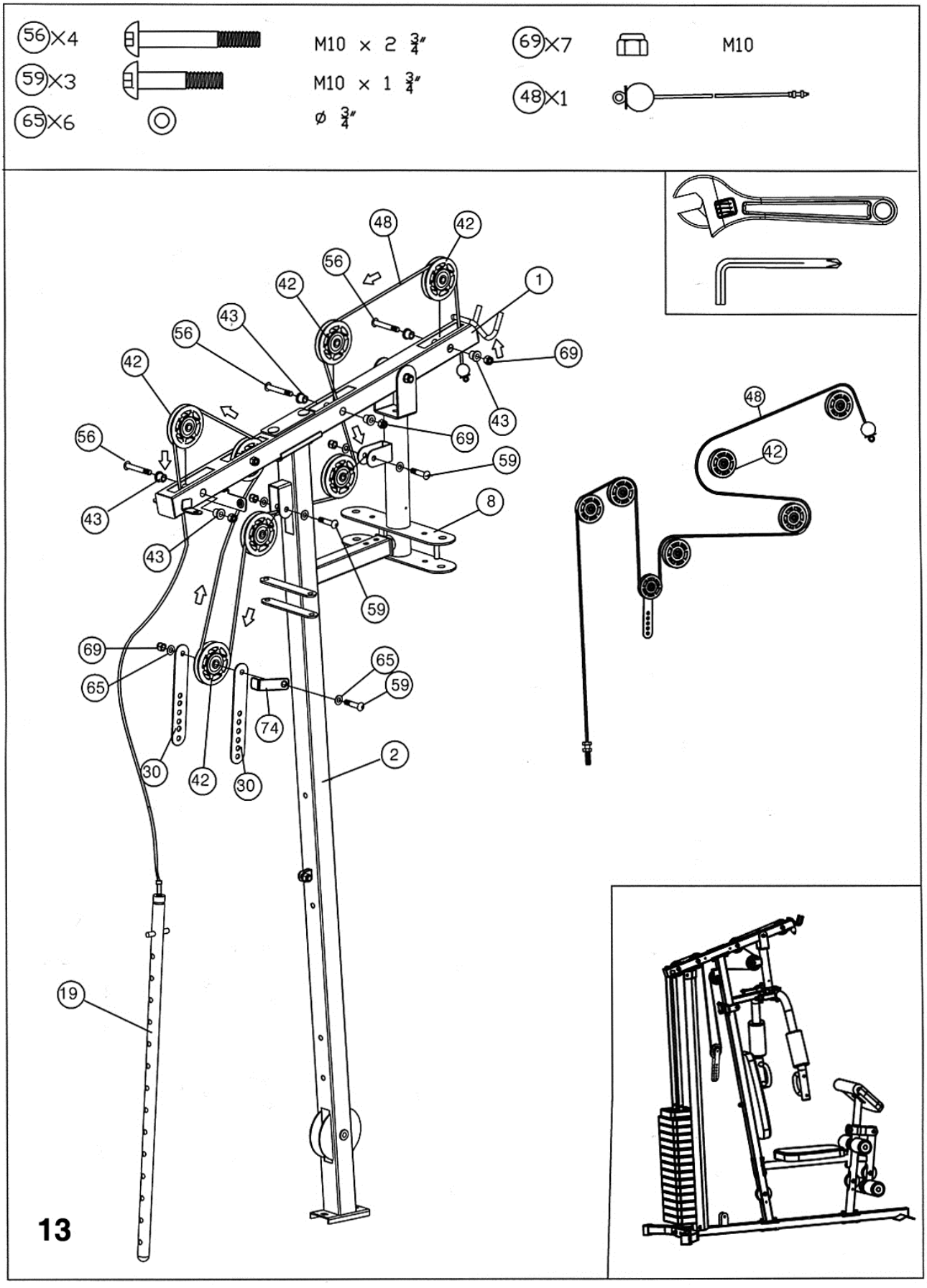
63 ×8		M6 × 5/8"
67 ×10		ø 1/2"
70 ×2		M6

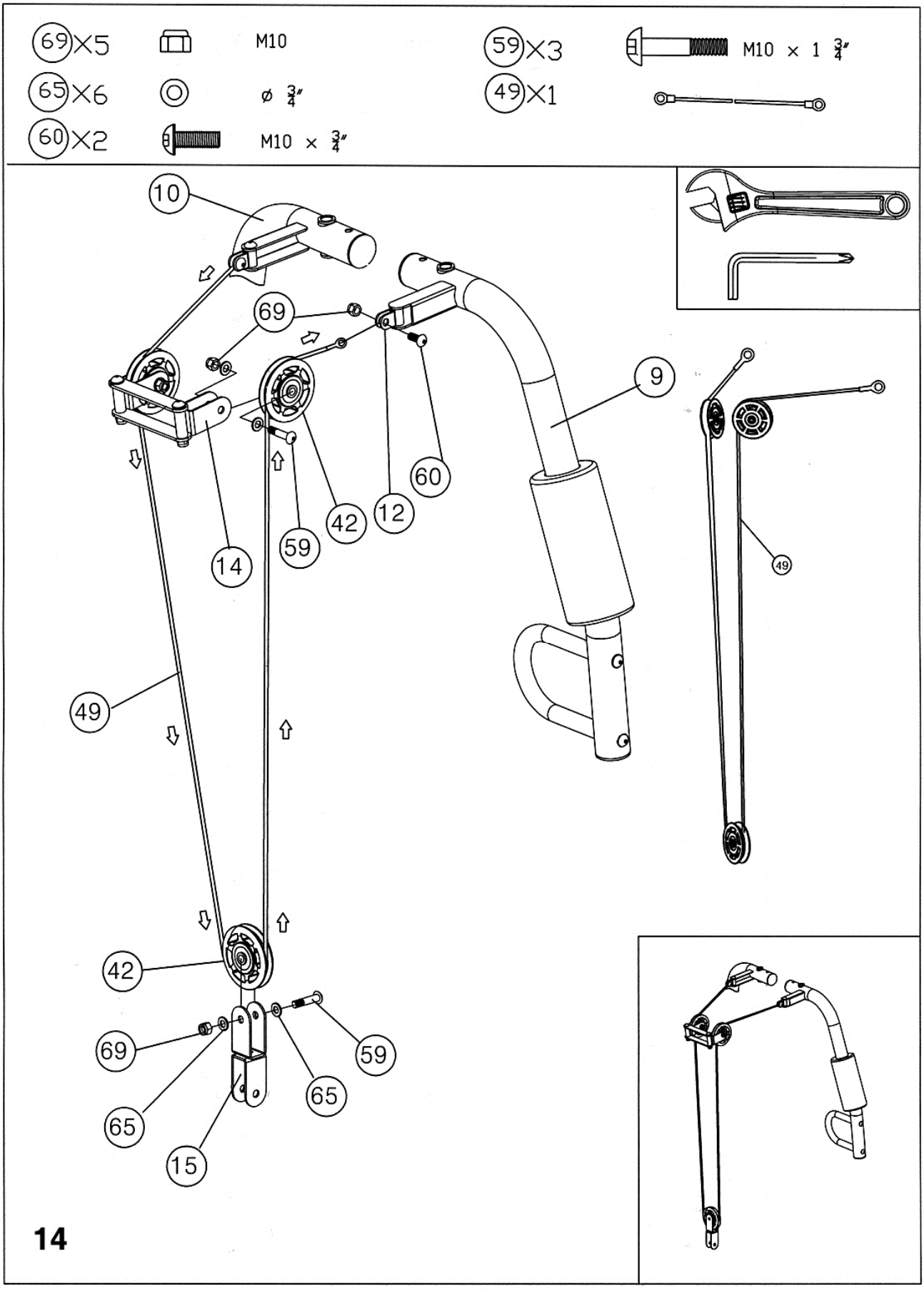


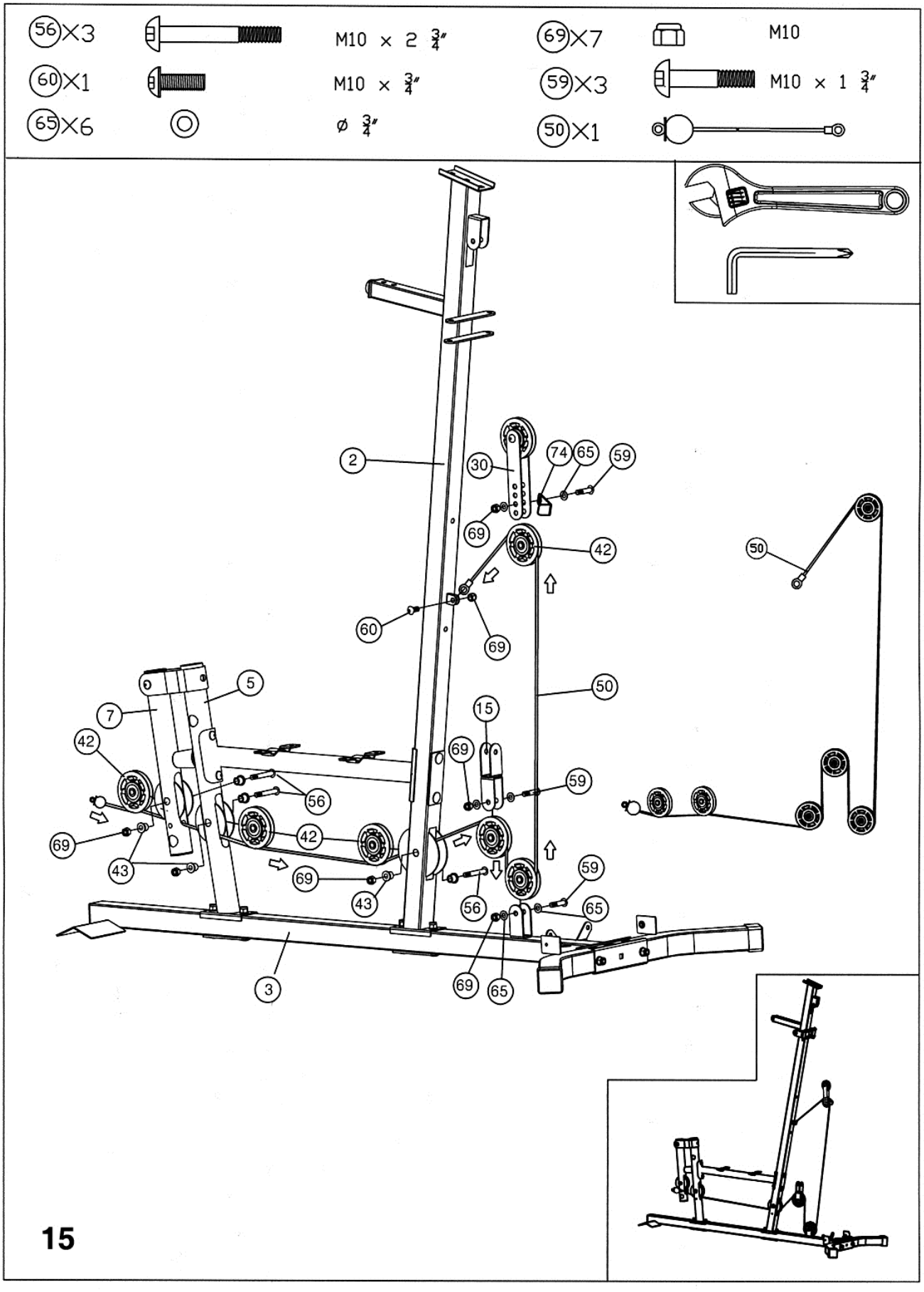


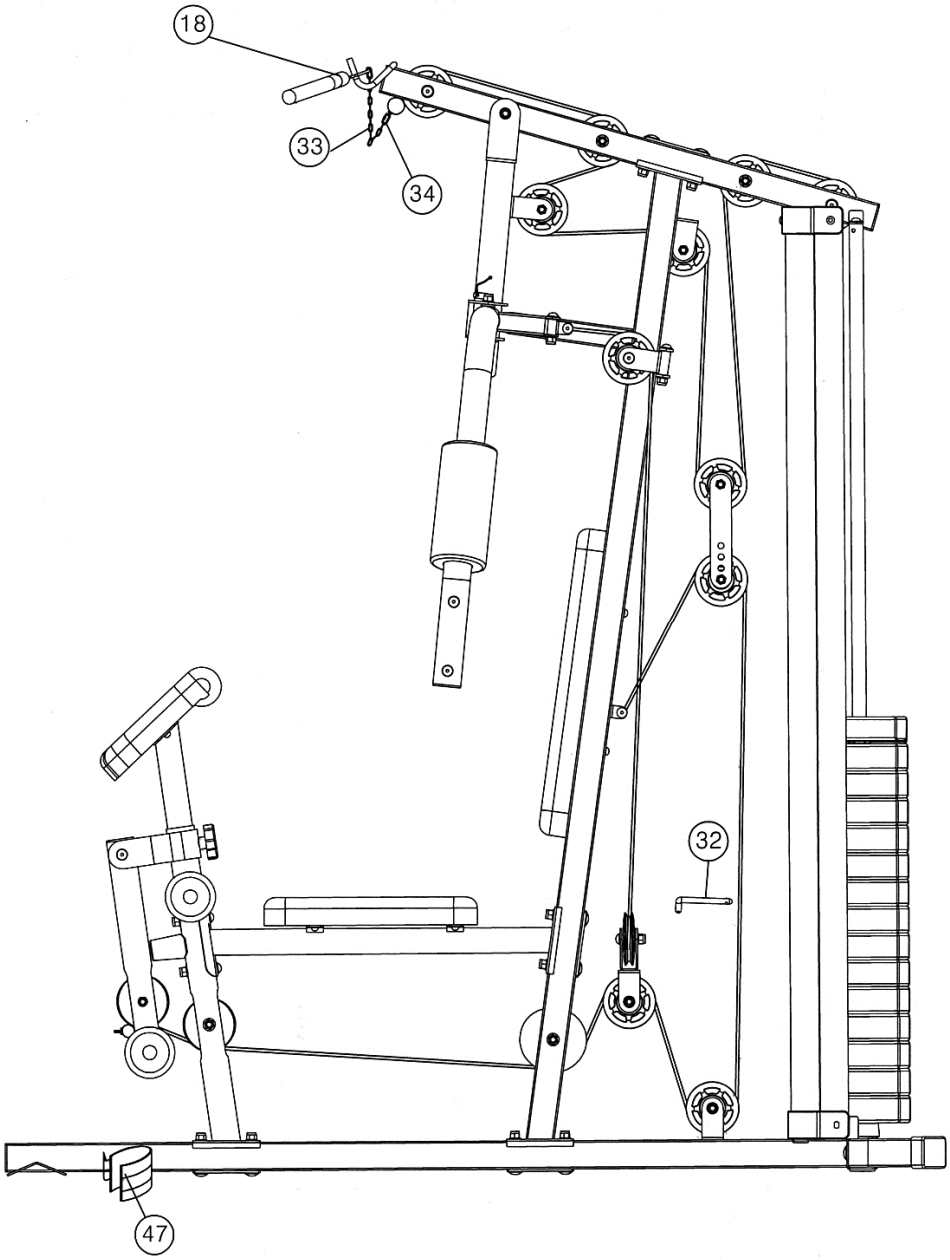


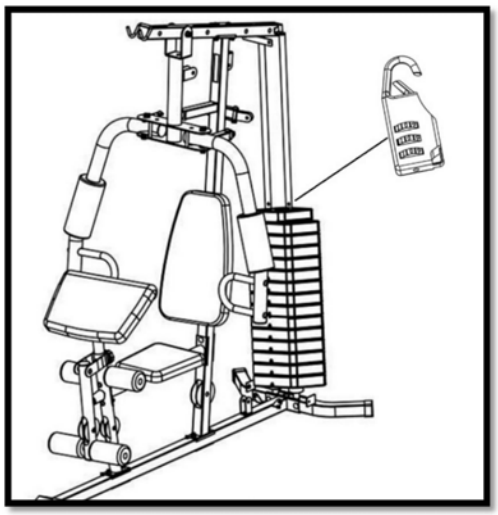
12


56×4
M10 × 2 3/4"
69×7
M10
59×3
M10 × 1 3/4"
48×1
65×6
ø 3/4"
48
42
56
42
1
43
56
69
42
43
69
56
59
43
8
43
59
69
65
65
59
74
2
30
42
30
19
13


69X5
M10
59X3
M10 × 1 3/4"
65X6
ø 3/4"
49X1
60X2
M10 × 3/4"
10
69
9
60
42
12
59
14
49
49
42
69
59
65
65
15
14


56X3
M10 × 2 3/4"
69X7
M10
60X1
M10 × 3/4"
59X3
M10 × 1 3/4"
65X6
ø 3/4"
50X1
2
30
74
65
59
69
42
60
69
50
5
7
42
15
69
59
56
42
69
43
69
43
59
56
65
3
69
65
15


18
33
34
32
47





Pos.	Description	Dimension	Qty	Pos,	Description	Dimension	Qty
1	Upper Frame		1	41	Weight Plate Bumper	Ø2 3/8" x 1"	2
2	Vertical Frame		1	42	Pulley		16
3	Base Frame		1	43	Pulley Bushing	Ø 7/8" x ½"	14
4	Rear Stabilizer		1	44	Rubber Bumper (**on part #5)**	Ø1 7/8" x 2 ½"	1
5	Leg Developer Holder		1	45	Rubber Bumper (**on part #2**)	Ø1 ½" x 5/8"	1
6	Seat Support		1	46	Butterfly Lock Pin		2
7	Leg Developer		1	47	Ankle Strap		1
8	Front Press Base		1	48	Upper Cable	116"	1
9	Right Butterfly		1	49	Butterfly Cable	91"	1
10	Left Butterfly		1	50	Lower Cable	134"	1
11	Front Press Handle		2	51	Cone-shaped End Cap (on #19)	Ø1"	1
12	Butterfly Cable Bracket		2	52	**End Cap on part #1,3**)	2" x 2"	3
13	Arm Curl Stand		1	53	End Cap (**on part #7,8,9,10**)	Ø 2"	7
14	Swivel Pulley Bracket		2	54	End Cap (**on part #23)**	Ø1"	4
15	Angled Double Floating Pulley Bracket		1	55	Carriage Bolt	M10 x 2 ¾"	10
16	Weight Stack Cover		1	56	Allen Bolt	M10 x 2 ¾"	9
17	Guide Rod		2	57	Allen Bolt	M10 x 2 ½"	2
18	Lat Bar		1	58	Allen Bolt	M10 x 2"	2
19	Selector Rod		1	59	Allen Bolt	M10 x 1 ¾"	9
20	Bracket	1 ¾" x 4 ¾"	4	60	Allen Bolt	M10 x ¾"	13
21	U-shaped Bracket	2" x 7"	1	61	Allen Bolt	M8 x 2 ¾"	2
22	Lock Knob		1	62	Allen Bolt	M8 x 5/8"	6
23	Foam Tube		2	63	Allen Bolt	M6 x ¾"	8
24	Backrest Board		1	64	Philips Screw (**on part #2,#5**)	M6 x 5/8"	2
25	Seat Pad		1	65	Washer	Ø ¾"	50
26	Arm Curl Pad		1	66	Washer	Ø 5/8"	8
27	Large Foam Roll	Ø 1 7/8" x Ø 8 5/8"	2	67	Washer	Ø ½"	10
28	Foam Roll	Ø 7/8" x Ø 7"	4	68	Spacer	Ø 1" x Ø 3/8"	6
29	Weight Stack Cover Bracket		2	69	Aircraft Nut	M10	41
30	Double Floating Pulley Bracket		2	70	Aircraft Nut	M6	2
31	Rear Stabilizer End Cap (**on Part #4**)		2	71	Self-Tapping Screw (**on #2,5**)	ST5 x 3/8"	2
32	Weight Selector Pin		1	72	Lock Pin		1
33	Chain		1	73	Combination Lock		1
34	C-clip		2	74	Cable Retainer		2
35	Selector Stem		1	75	Handle Grip (**on part #18**)		2
36	Weight Plate		14				
37	Bushing **(on part #1,7,9,10)**	Ø1"	8				
38	Front Press Axle	3"	1				
39	Butterfly Axle	2 5/8"	2				
40	Leg Developer Axle		1				

