

READ AND SAVE THIS INSTRUCTIONS FOR FUTURE USE

# ASSEMBLY & INSTRUCTION MANUAL

**Dear customer,**

Thank you for purchasing this product. So that your appliance serves you well, please read all the instructions in this user's manual. If you have any questions, please contact our customer care center.

**Our contact details are below:**

Country	Phone	Email
UK	0044-800-240-4004	enquiries@mhstar.co.uk

**IMPORTER ADDRESS:**

MH STAR UK LTD  
Unit 27, Perivale Park,  
Horsenden lane South  
Perivale, UB6 7RH

MADE IN CHINA



**ATTENTION**

Carefully read the safety and usage guidelines contained herein. Follow the guidelines for correct assembly of the product.

**Caution:** Do not push any objects into the openings of the product. Stay clear of moving parts.

**Safety and security:** it is the owner's responsibility to ensure that all users are properly informed about safety precautions, use, maintenance and care of the product.



**Inappropriate use for children and animals.**



**MAX  
110KG**

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## SAFETY INFORMATION

Read this manual before using the product and retain for future reference, avoiding heating risks, fire or injury. It is the owner's responsibility to ensure that all users of the equipment are adequately informed of the safety precautions.

### General Considerations

- Place the equipment on a level surface at least 30 cm away from any wall, keeping free from any obstacle.
- Never allow the use of the equipment for more than one person at a time.
- This product is not intended for use by persons (including children) with some reduced physical, sensory or mental capacity, lack of experience and knowledge, unless they have given proper product use instructions and is under the care of a person responsible for their safety. Children should be observed so that they do not play with the product, whether or not in use.
- Consult your doctor before starting and during any exercise program. Special attention should be given to children, pregnant women, elderly, people with heart problems and people with disabilities.
- Keep away from equipment, children and pets, especially during use and do not enter or leave objects on the equipment openings.
- Use appropriate sportswear. Do not wear loose clothing which might be attached to the equipment. Always wear shoes to work out. Do not walk barefoot or in sandals.

### Conservations and Cleaning

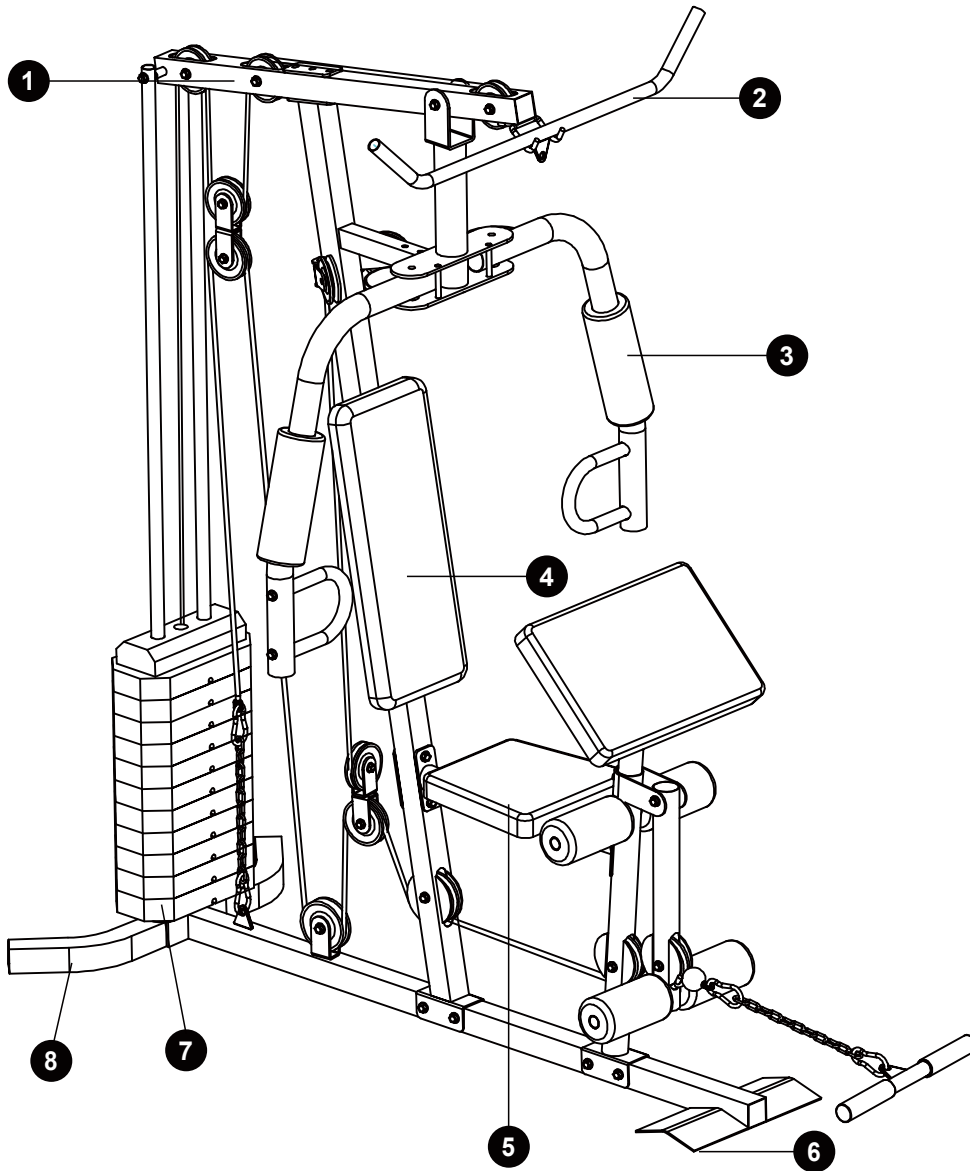
- Periodically make sure that the equipment is in good condition by checking the connections and fasteners.
- The cleaning of equipment should be done only with a cloth moistened with water. Never use abrasives, alcohol or solvents for cleaning.
- Do not leave the equipment exposed to natural agents such as sunlight, rain, dew, dust, salt spray etc. Do not place it in a dusty or humid environment, humid, saunas or anywhere unventilated.
- Always use original spare parts as the conservation or improper maintenance can cause damage to the product, as well as the loss of warranty

### Observations

- A. The customer is responsible for all costs resulting from unfounded answering calls.
- B. No dealer or authorized technical assistant is authorized to change these Terms or make commitments on behalf of the manufacturer / supplier.
- C. The manufacturer / supplier is not responsible for any accidents and their consequences, arising from breach of the original features or assembly outside the standard of their products factory.

NOTE: The drawings and photos contained in this manual are merely illustrative. The manufacturer / supplier reserves the right to change specifications and design without notice. This manual can illustrate optional that are not part of the equipment purchased.

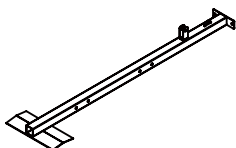
## COMPONENTS AND TECHNICAL SPECIFICATIONS



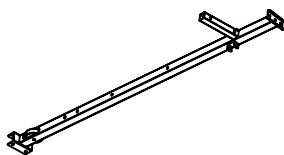
- 1. Upper frame
- 2. Upper bar
- 3. Arm
- 4. Backrest
- 5. Seat
- 6. Feet support
- 7. Weight column
- 8. Back support

Product		Packaged			
Maximum width	1220 mm	Box 1	Box 2	Box 3 (4x)	
Maximum length	1100 mm	Width (carton box)	430 mm	235 mm	275 mm
Maximum height	2050 mm	Height (carton box)	170 mm	195 mm	195 mm
		Lenght (carton box)	1920 mm	385 mm	385 mm

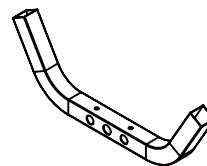
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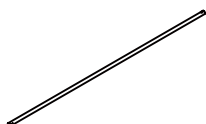
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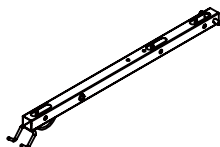
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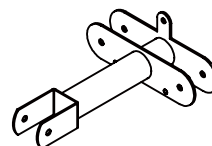
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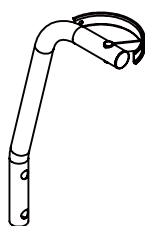
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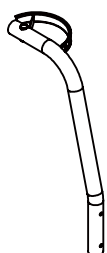
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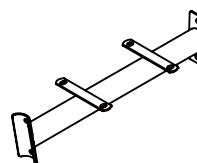
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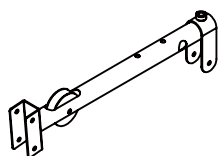
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⑨ x 1



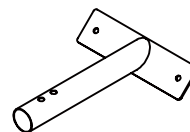
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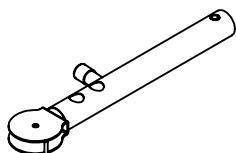
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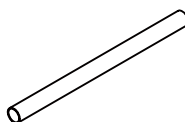
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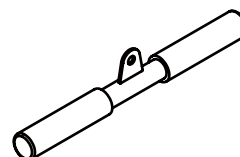
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⑭ x 2



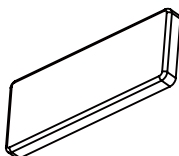
⑮ x 1



⑯ x 1



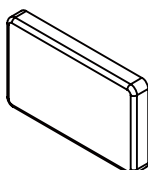
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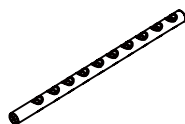
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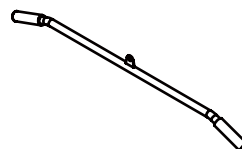
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⑳ x 1



㉑ x 1



②② x 2



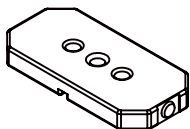
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②④ x 1



②⑤ x 9



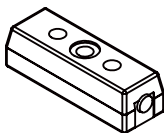
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②⑦ x 1



②⑧ x 1



②⑨ x 9



③⑦ x 2



③① x 13



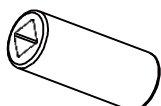
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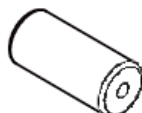
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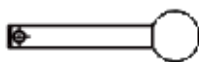
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③⑥ x 2



③⑦ x 1



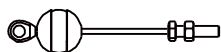
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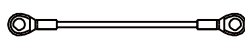
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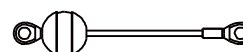
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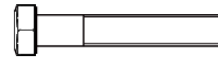
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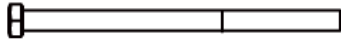
M10x70

**46** x 11



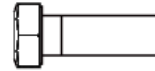
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**47** x 9



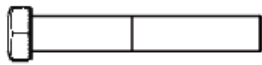
M10x165

**48** x 1



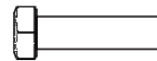
M10x25

**49** x 6



M12x85

**50** x 3



M10x40

**51** x 8



φ10

**52** x 66



M10

**53** x 31



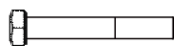
M8x20

**54** x 6



φ8

**55** x 8



M8x65

**56** x 2



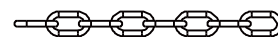
M12

**57** x 3

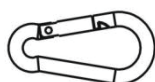


φ12

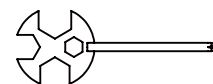
**58** x 6



**59** x 2



**60** x 5



**61** x 2



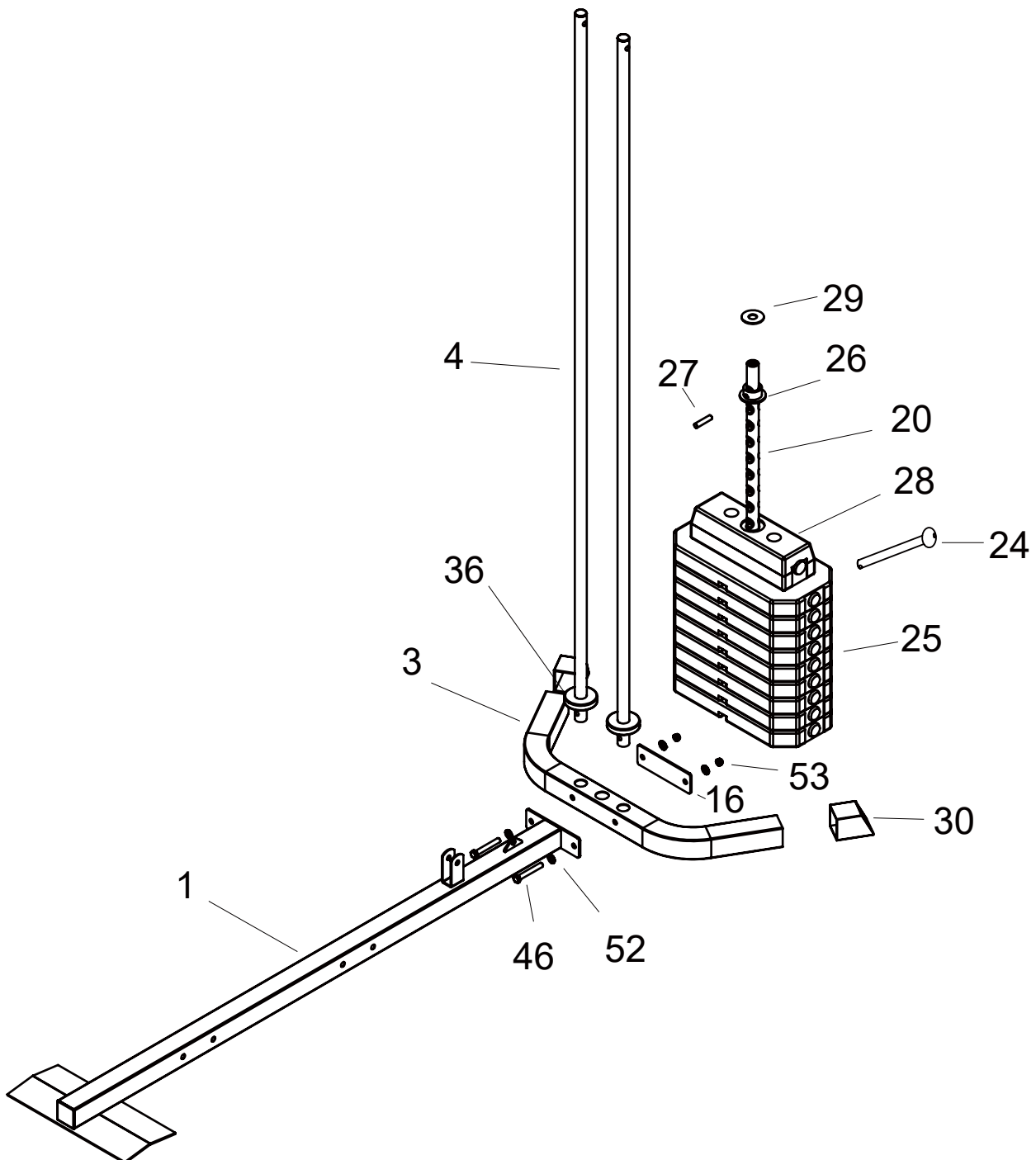
## ASSEMBLE YOUR HOME GYM



**NOTE:** Place the packaging with the equipment on a level surface. It is recommended that you place a protective cover on your floor. Exercise caution when you are loading and transporting equipment. Unpack and assemble the equipment where it will be used. If necessary, ask the help of someone else.

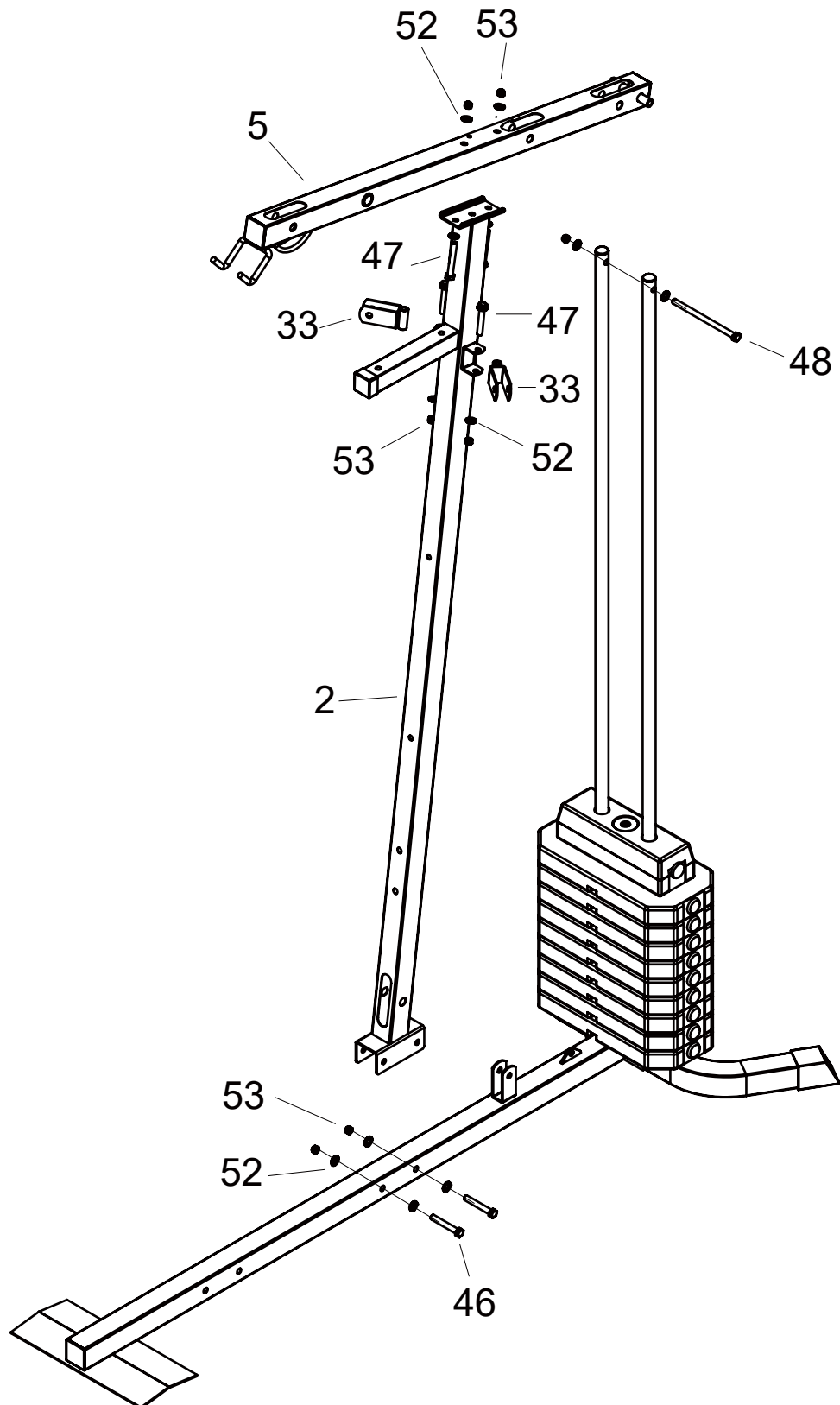
### Step 1

#### Assembly of the base frame and weight stack

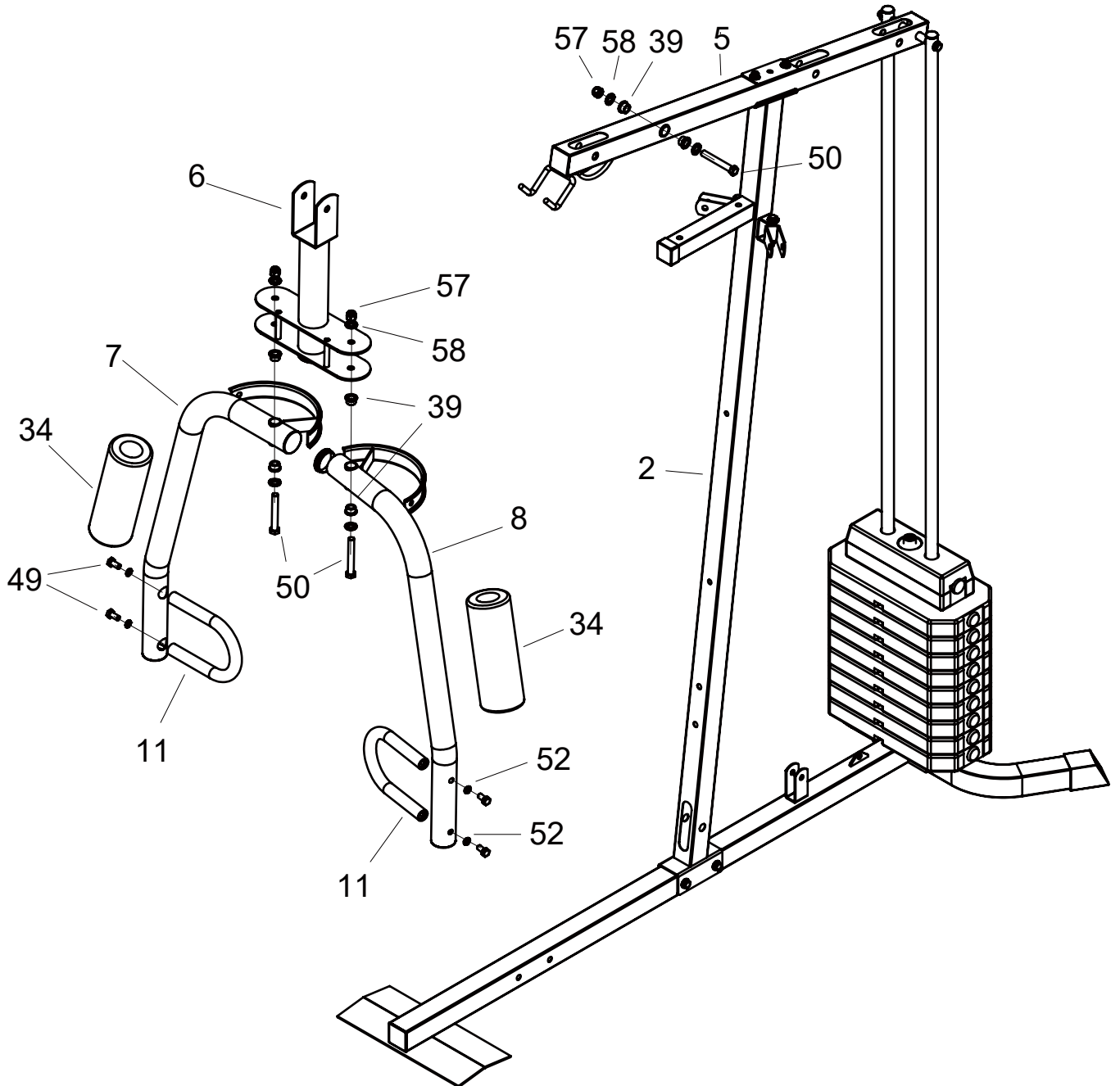


## Step 2

### Assembly of the main frame

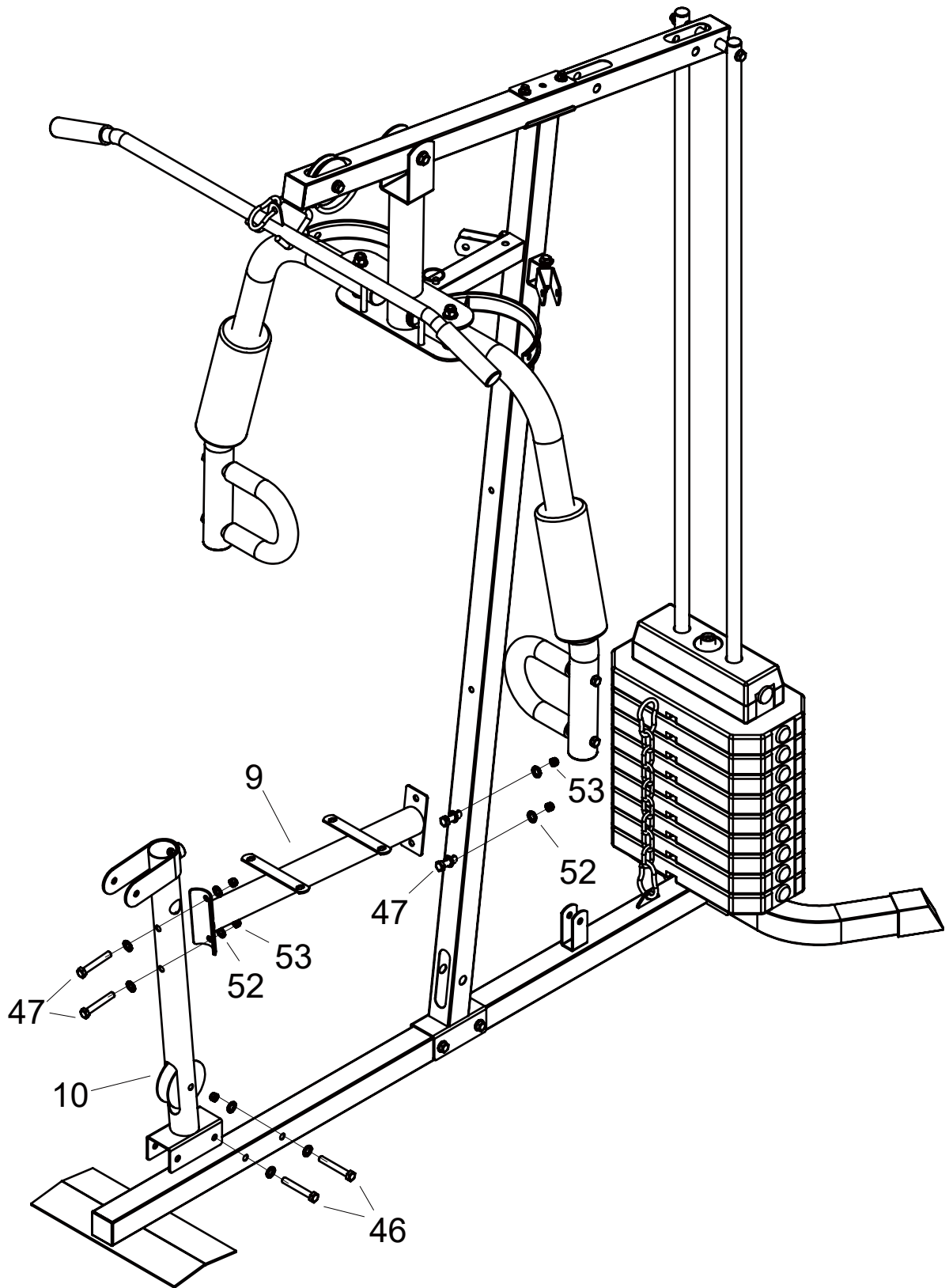


### Step 3 Assembly of the butterfly arm



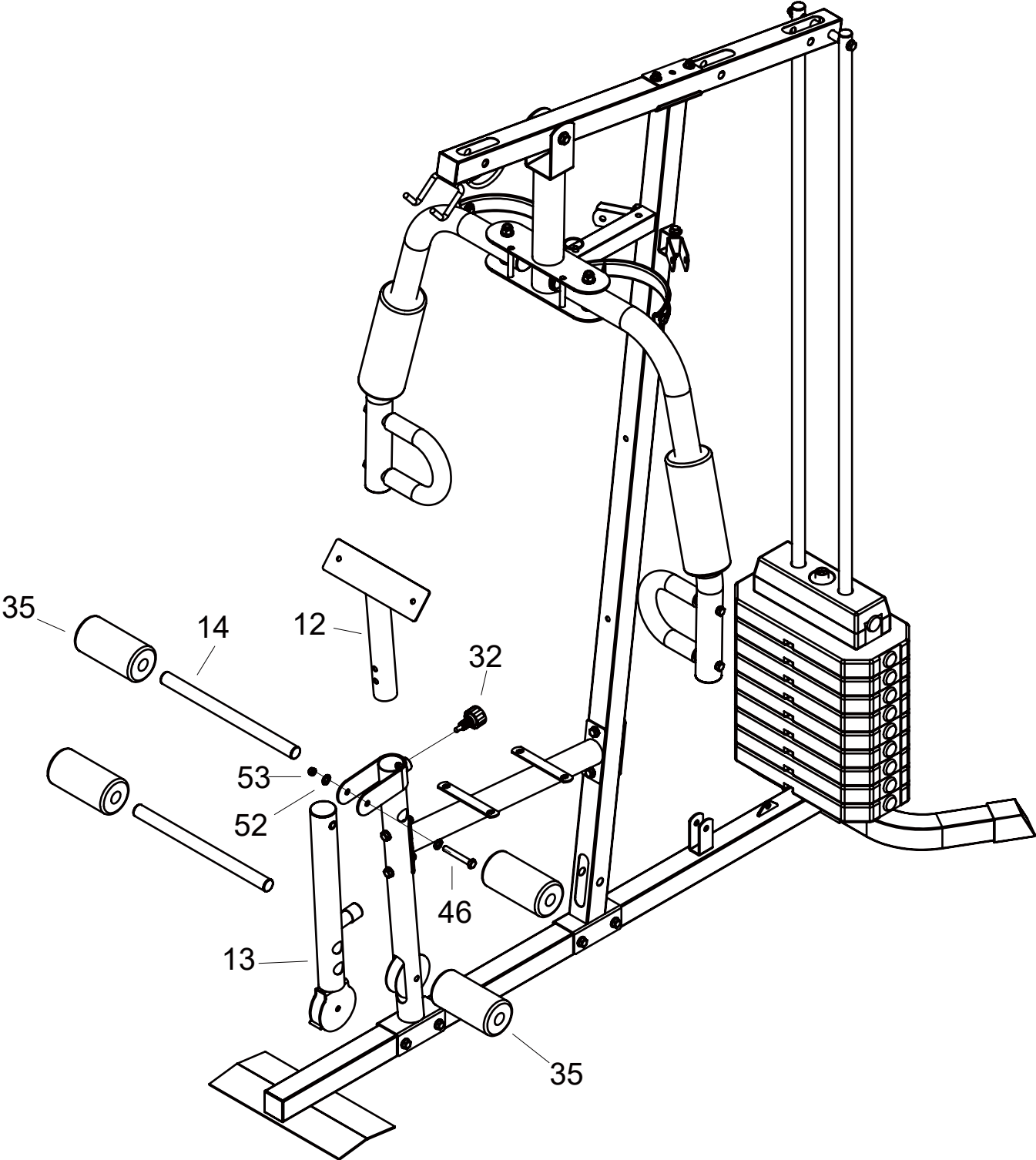
# Step 4

## Assembly of the seat beam



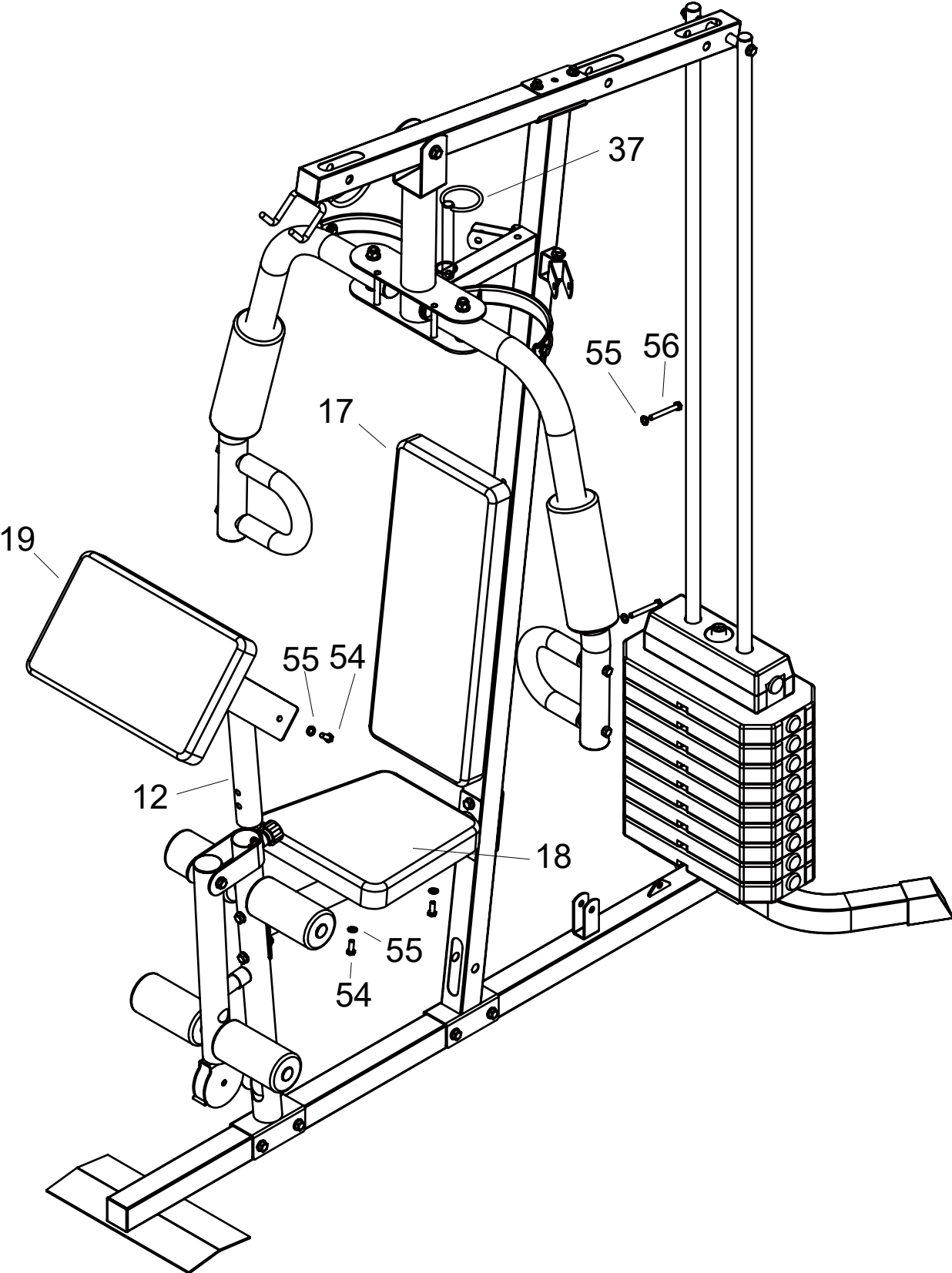
# Step 5

## Assembly of the leg curl

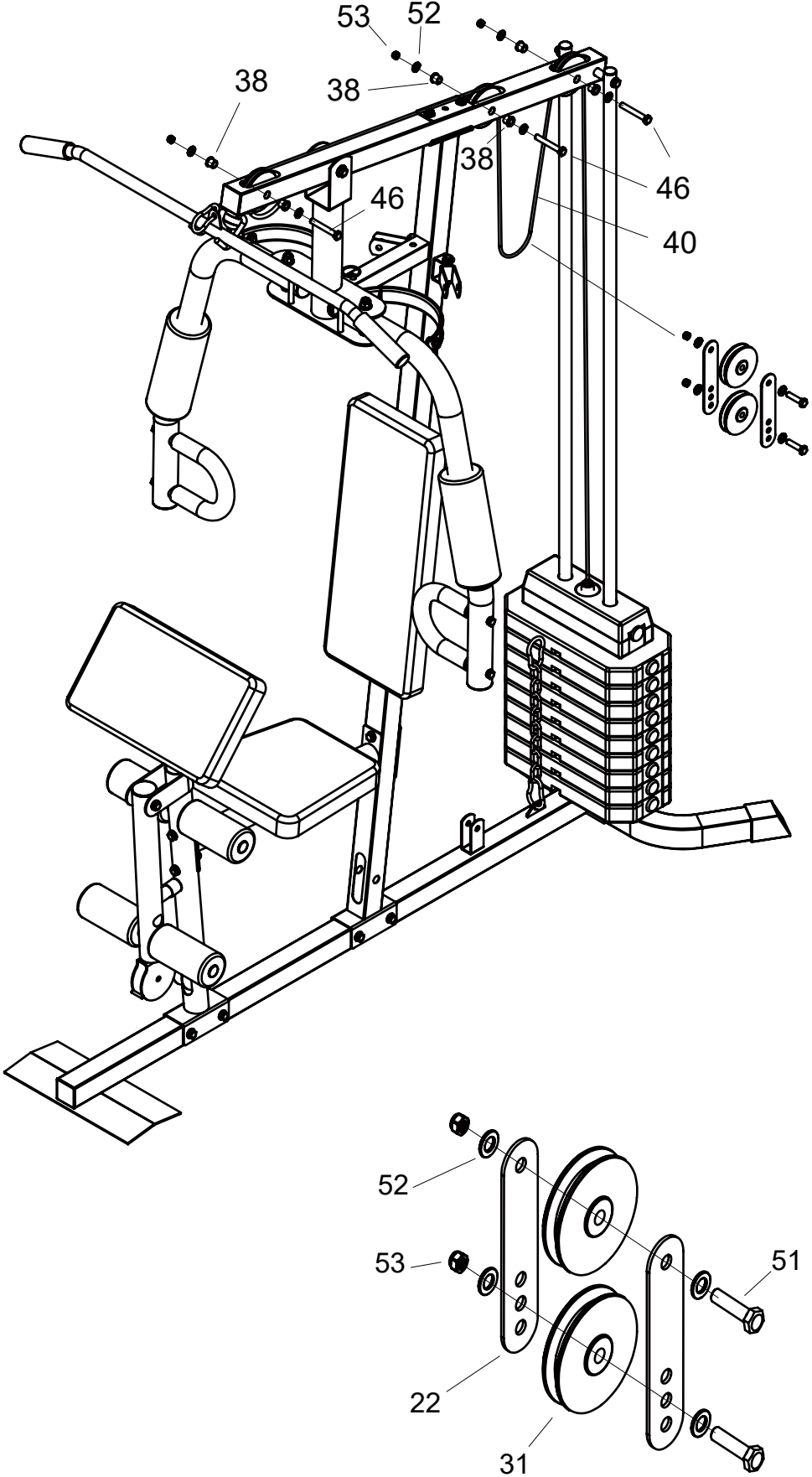


# Step 6

## Assembly of the seat cushion and backrest

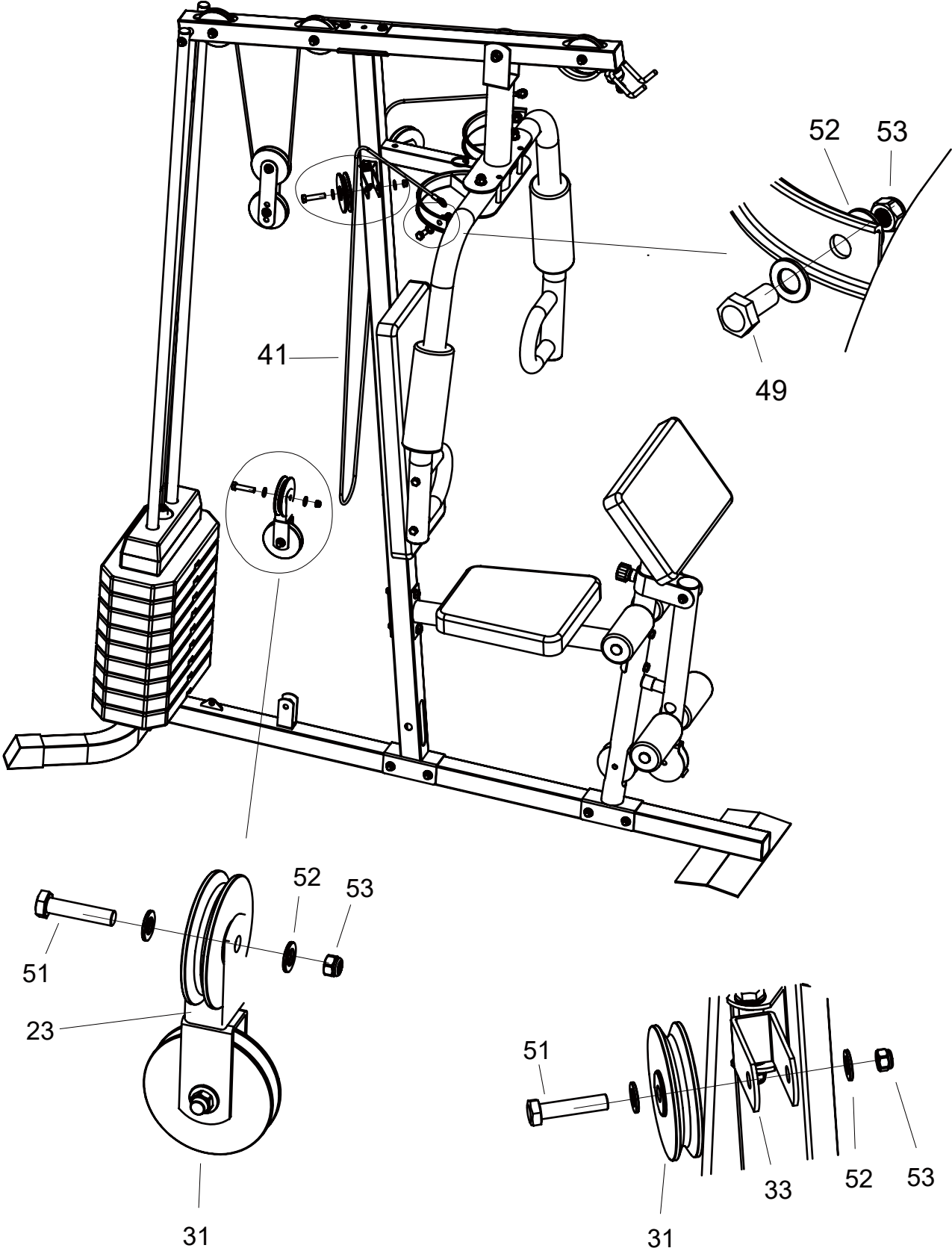


**Step 7**  
**Assembly instructions**



# Step 8

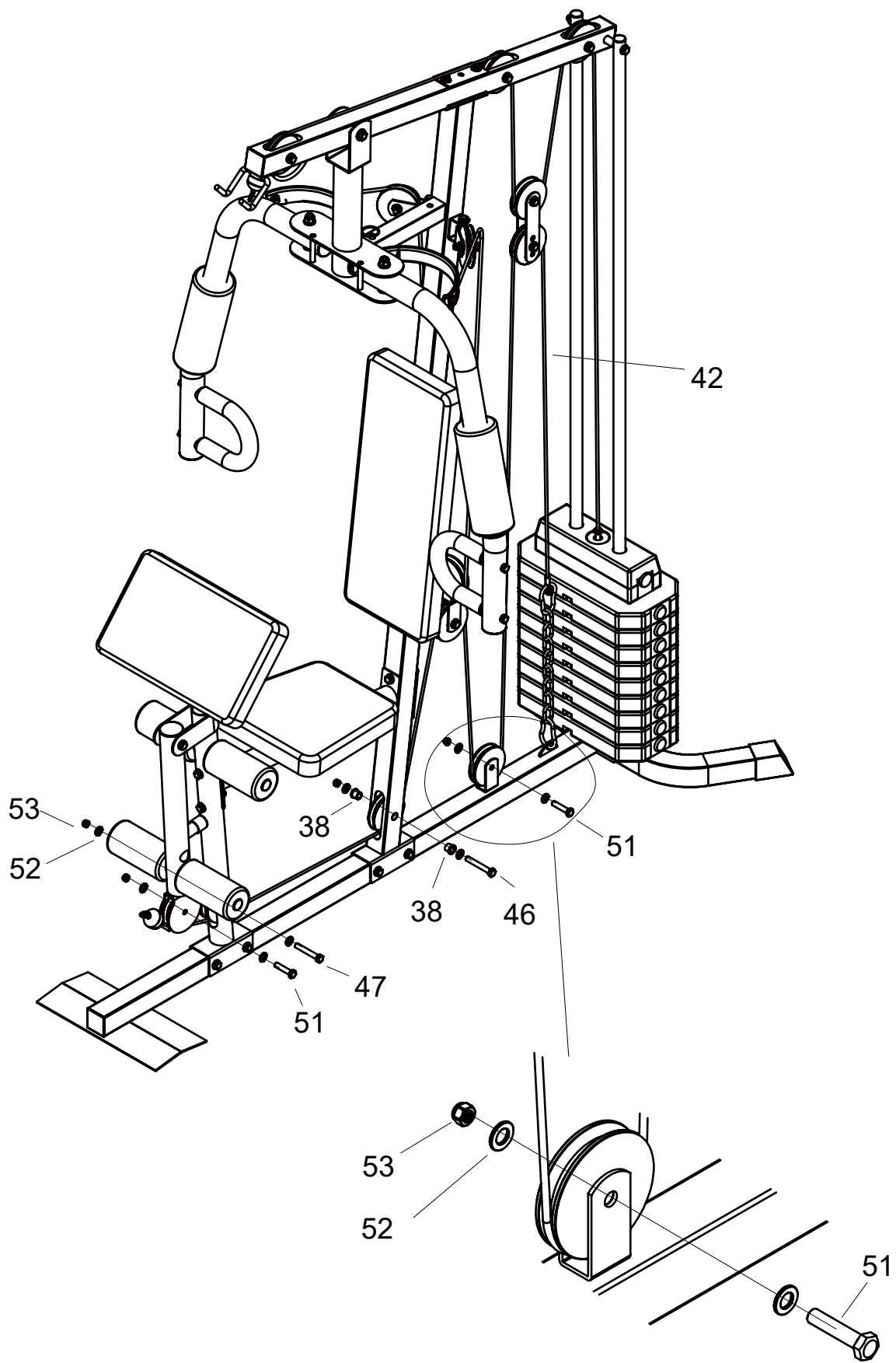
## Assembly instructions





# Step 9

## Assembly instructions



# Step 10

## Assembly instructions

