

*The maximum user weight is 100 Kg.

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY INSTRUCTION



IMPORTANT MESSAGE
WARNING - PLEASE READ

ADULT ASSEMBLY REQUIRED
CHOKING HAZARD Small Parts.
NOT for children under 3 years of age.

WARNING:

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risks of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

SAFETY INFORMATION

IMPORTANT – Please read fully before assembly or use.

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble, operate, or use this equipment, note the following safety precautions.

Warning for assembly

- Ensure you have all the parts and tools listed.
- Remove all fittings from the plastic bags and separate them into their groups.
- Keep children and animals away from the work areas, small parts can cause a choking hazard if swallowed.
- Ensure you have enough space to layout the parts before starting.

The assembly of this equipment is best carried out by 2 persons.

- Assemble the item as close to its final position (in the same room) as possible.
- The free-standing equipment shall be installed on a stable and level base.
- Dispose of all packaging carefully and responsibly.

Warning for using

- This exercise equipment is made for training in private environment. Only use the equipment for its intended use.
- **DO NOT** make any changes to the equipment which can affect the security of the product.
- **Warning! Pregnant or physically injured persons should never use the weight station without prior consultation with a doctor you trust.**
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health.
- **STOP** exercising if you experience any pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness, or nausea. If you do experience any of these conditions you should **CONSULT YOUR DOCTOR IMMEDIATELY** before continuing with your exercise program.
- Always adapt your training style to your personal fitness level and health.
- Before every training session, ensure you check the equipment for operation and safety.
- Before using, ensure the item is installed correctly and that all safety devices are functional! Damages or alterations to the product resulting from modification, will invalidate your warranty. For problems resulting from the modification or other restrictions, the seller is not responsible.

- Any damage must be reported to the seller immediately after delivery, and before use or installation. Later complaints will not be considered.
- Use only suitable tools for assembly.
- The installation must ONLY be carried out by adults. Children should not be present in the immediate environment where the assembly is taking place.
- Make sure all connections are securely mounted before releasing the product for use.
- Check all connections at regular intervals for damage, loose elements and other factors that can lead to a loss of sufficient security.
- Do not leave children unattended on the weight bench! It is not a toy! Instruct them not to play with or climb on the appliance.
- In case of a fault during day-to-day use, or during maintenance, lock the equipment to prevent any risk of injury.
- Children or persons with limited physical or mental abilities, or those not familiar with this device, should not be allowed to use this weight bench!
- Please keep in mind that this manual and the safety can only draw your attention to eventual hazard. Logical conclusions and care should always be practiced when handling this device.
- Before using the equipment to exercise, always warm up with stretching exercises.
- Before using the equipment, check the nuts and bolts are securely tightened.
- Use the equipment on a solid, flat surface with a protective cover for your floor or carpet.
- The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual sounds, from the equipment during use, STOP! Do not use the equipment until the problem has been rectified.
- Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
- Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

CLEANING AND MAINTENANCE

1. Regularly examine the equipment to detect any damage to wear which may have occurred.

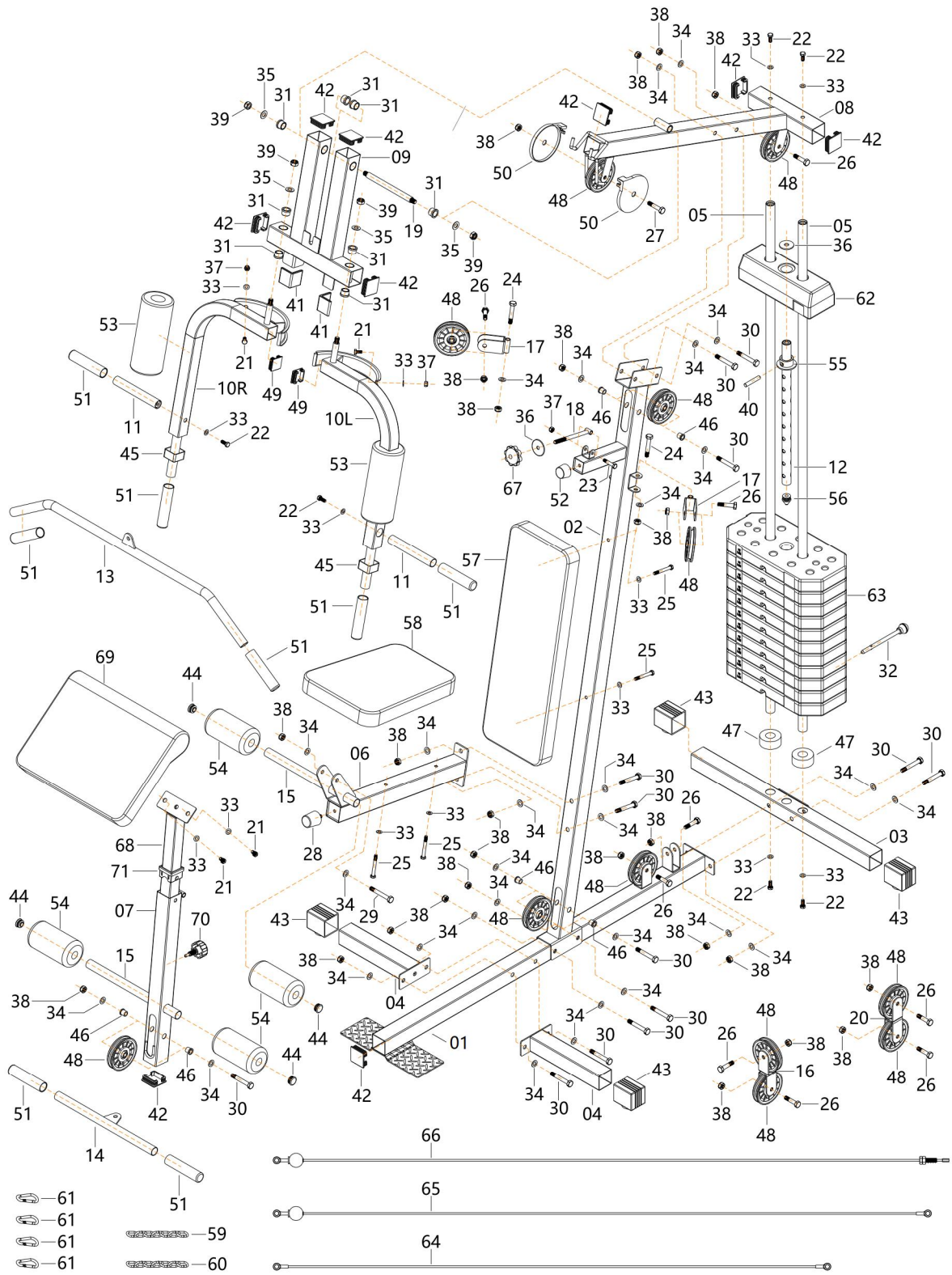
The safety level of the equipment can be maintained only if it is examined regularly for damage and wear and tear on ropes, pulleys, and connection points.

2. Lubricate moving parts with light oil periodically to prevent premature wear.

3. Inspect and tighten all parts before using the equipment. Replace defective components immediately and/or keep the equipment out of use until repair. Pay particular attention to components most susceptible to wear.

4. The equipment can be cleaned using a soft, damp cloth. Do not use solvents or abrasive cleaners.

EXPLODED DIAGRAM



PACKING DETAILS : TOTAL 4 BOXES

BOX - 1 / 4

Part NO.	Description	Q'ty
01	Base Frame	1
02	Upright Support Tube	1
03	Rear Stabilizer	1
05	Guiding Tube	2
08	Bridge Tube	1
10L	Butterfly Arm - Left	1
10R	Butterfly Arm - Right	1
12	Select Bar	1
13	Lat Bar	1
14	Lower Pull Bar	1
18	Connecting Bolt	1
30	Hex Head Bolt M10x70 mm (pre-assembled)	3
34	Flat Washer OD20 (pre-assembled)	6
35	Flat Washer OD24 (pre-assembled)	2
38	M10 Nylon Nut (pre-assembled)	3
39	M12 Nylon Nut (pre-assembled)	2
42	Quadrate Cap 50 (pre-assembled)	4
43	End Cap 50 (pre-assembled)	2
44	Round Cap 25 (pre-assembled)	4
46	Bushing for Pulley (pre-assembled)	4
48	Pulley (pre-assembled)	2
49	Quadrate Cap 38 (pre-assembled)	2
51	Hand Grip (pre-assembled)	4
52	Rubber Stopper-2 (pre-assembled)	1
53	Foam for Butterfly Arm	2
54	Foam for Leg Curl	4
56	Cap for Select Bar Back	1
57	Rest Cushion	1
58	Seat	1
68	Elbow cushion tube	1
69	Elbow cushion	1

BOX - 2 / 4

Part NO.	Description	Q'ty
04	Front Stabilizer	2
06	Seat Support Tube	1
07	Leg Curl Tube	1
09	Pull Unit	1
11	Handlebar	2
15	Foam Tube for Leg curl	2
16	Pulley Bracket C	1
17	Pulley Bracket A	2
19	Axle for Pull Unit (pre-assembled)	1
20	Pulley Bracket B	1
21	Hex Head Bolt M8x16 mm	4
22	Hex Head Bolt M8x20 mm	6
23	Hex Head Bolt M8x40 mm	1

BOX - 2 / 4

Part NO.	Description	Q'ty
24	Hex Head Bolt M10x60 mm	2
25	Hex Head Bolt M8x65 mm	4
26	Hex Head Bolt M10x45 mm	9
27	Hex Head Bolt M10x50 mm	1
28	Rubber Stopper-1 (pre-assembled)	1
29	Hex Head Bolt M10x75 mm	1
30	Hex Head Bolt M10x70 mm	10
31	Powder Metal Ring (pre-assembled)	8
32	Select Pin	1
33	Flat Washer OD16	14
34	Flat Washer OD20	24
35	Flat Washer OD24 (pre-assembled)	2
36	Flat Washer OD40x3.0T	2
37	M8 Nylon Nut	3
38	M10 Nylon Nut	23
39	M12 Nylon Nut (pre-assembled)	2
40	Fixed Pin for Weight Stack	1
41	Rubber Pad (pre-assembled)	2
42	Quadrate Cap 50 (pre-assembled)	5
43	End Cap 50 (pre-assembled)	2
45	Bushing (pre-assembled)	2
46	Bushing for Pulley (pre-assembled)	2
47	Rubber Ring	2
48	Pulley (pre-assembled 1)	10
50	Side cover of pulley	2
51	Hand Grip (pre-assembled)	4
55	Bushing for Weight Stack	1
59	Chain 7 Links	1
60	Chain 7 Links	1
61	Hook	4
63	Down Weight Stack	2
64	Cable for Butterfly Arm	1
65	Cable for Lower Pull Bar	1
66	Cable for Lat Bar	1
67	Knob	1
70	Knob M12	1
71	Inner Cap	1

BOX - 3 / 4

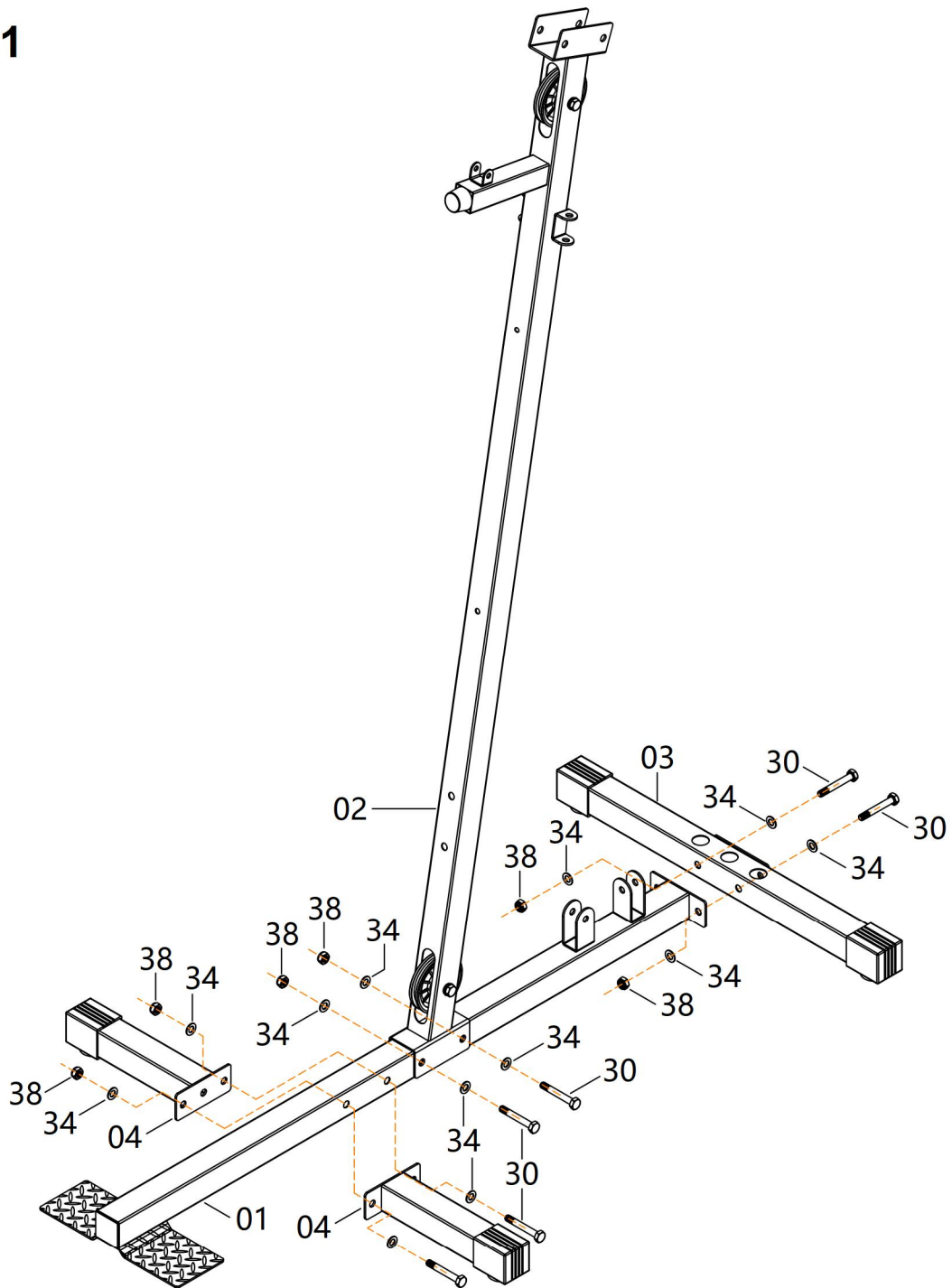
Part NO.	Description	Q'ty
63	Down Weight Stack	5

BOX - 4 / 4

Part NO.	Description	Q'ty
62	Upper Weight Stack	1
63	Down Weight Stack	4

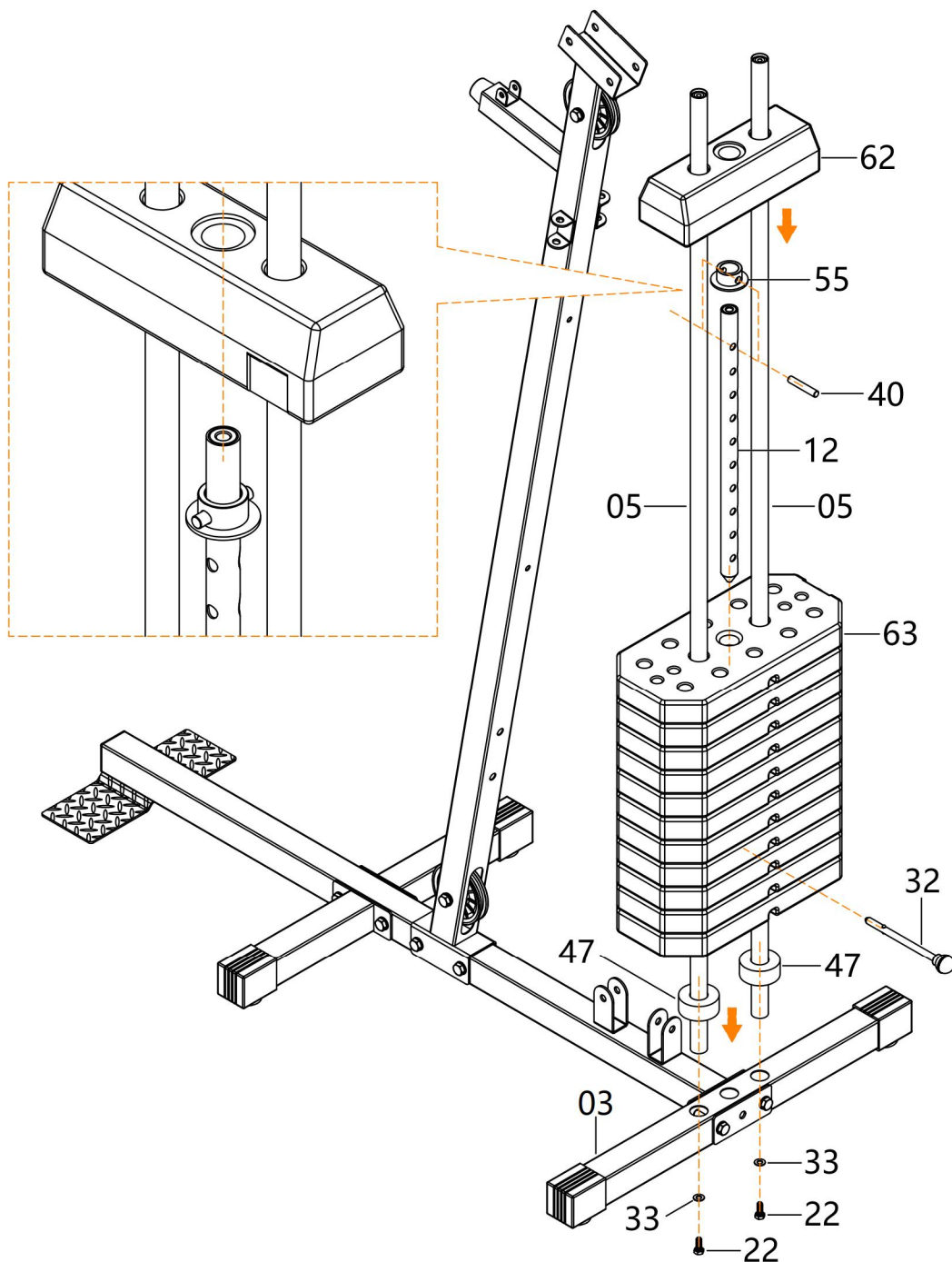
ASSEMBLY INSTRUCTIONS

STEP 1



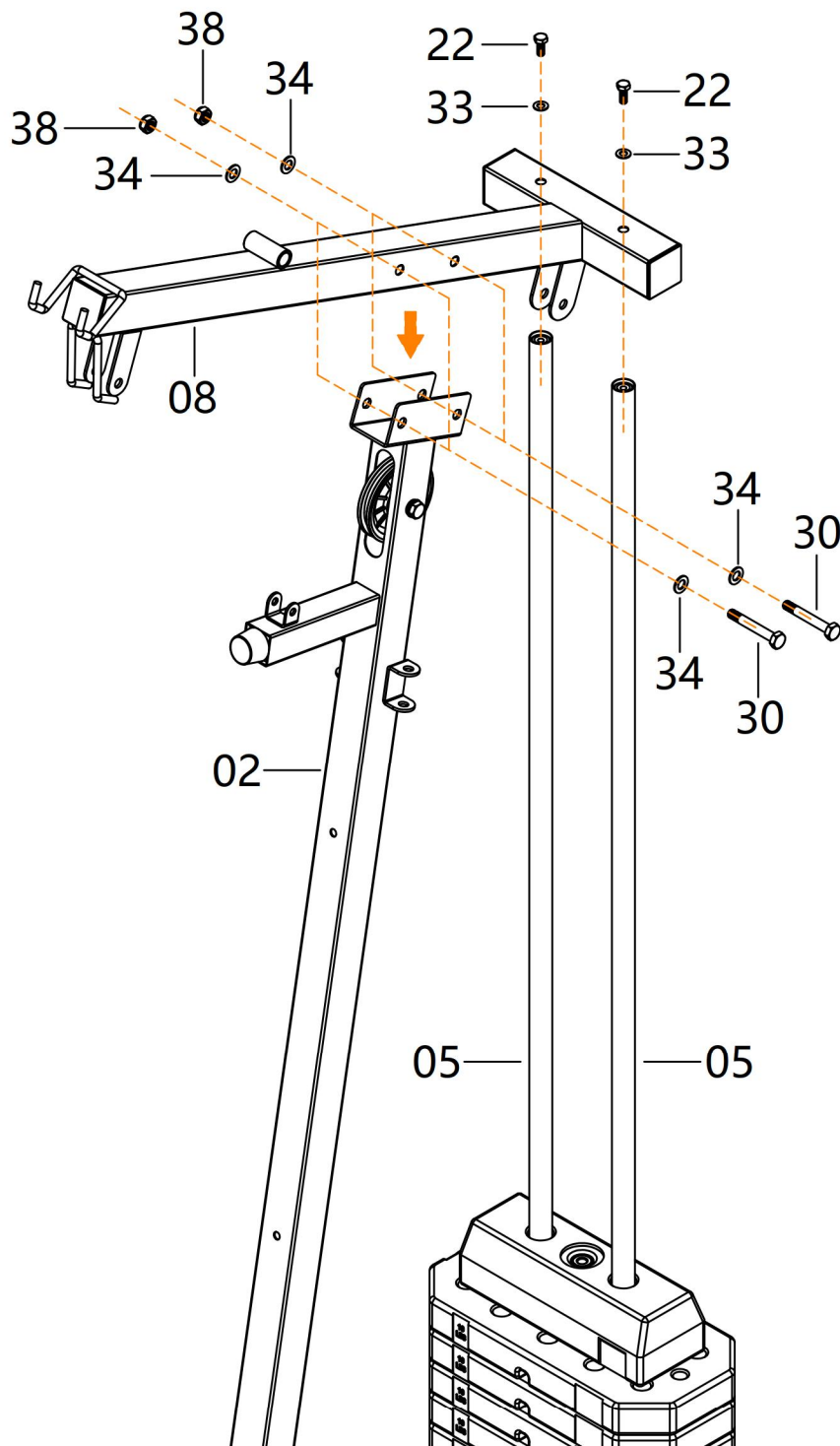
- 1) Attach the Rear Stabilizer (03) to the Base Frame (01) and tighten by X2 Hex Head Bolt (30), X4 Washer (34) and X2 Nylon Nuts (38).
- 2) Attach the Front Stabilizer (04) to the Base Frame (01) and tighten by X2 Hex Head Bolt (30), X4 Washer (34) and X2 Nylon Nuts (38).
- 3) Attach the Upright Support Tube (02) to the Base Frame (01) and tighten by X2 hex Head Bolt (30), X4 Flat Wahser (34) and X2 Nylon Nuts (38).

STEP 2



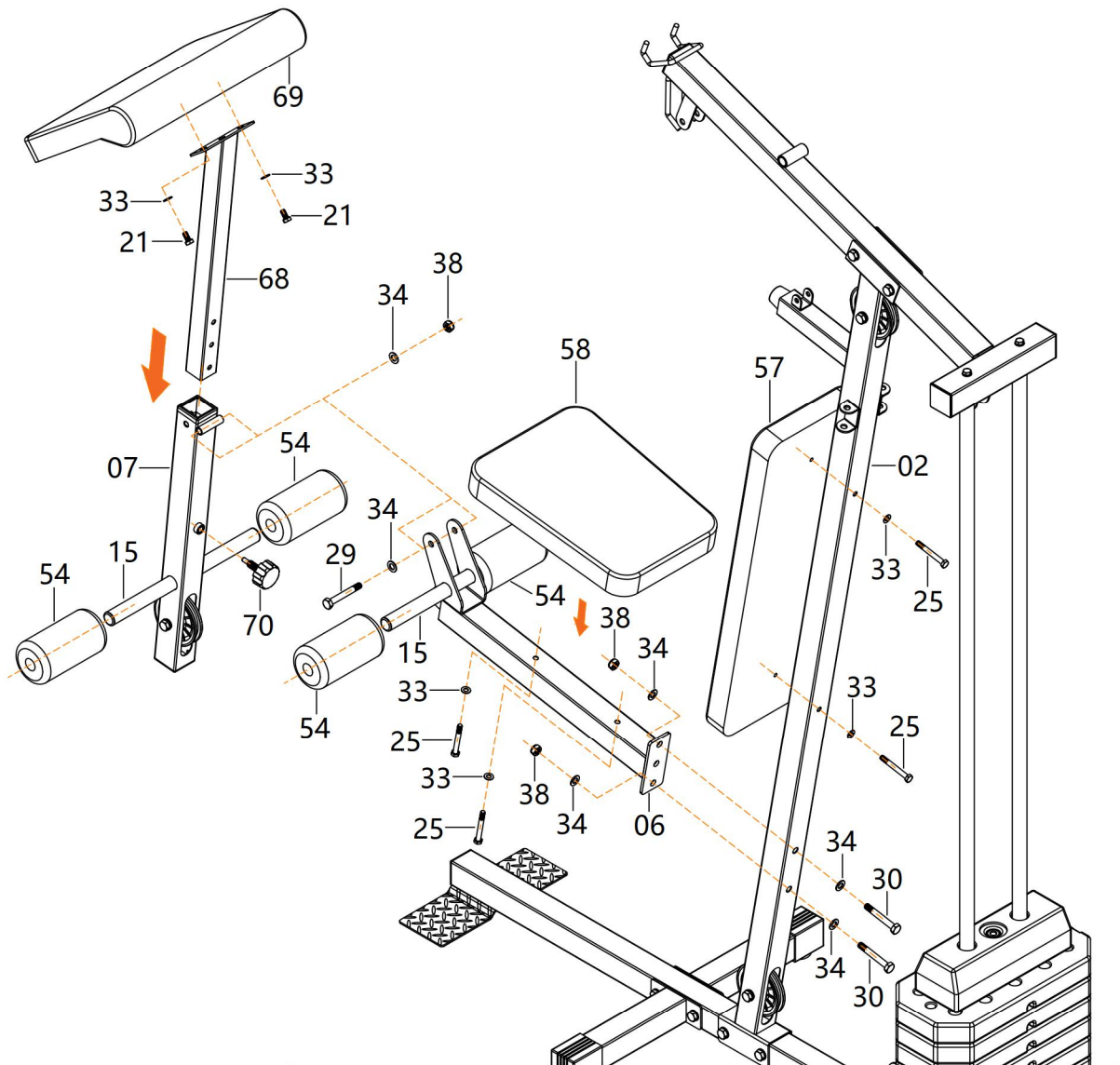
- 1) Slide both Guiding Tube (05) through Rubber Ring (47) into the 2 holes on the Rear Stabilizer (3), tighten from the bottom side by X2 Washer (33) and X2 Hex Head Bolt (22).
- 2) Place the Weight Stack (63) into the Guiding tube (05). (Watch out personal safety)
- 3) Place the Bushing for Weight Stack (55) onto the Select Bar (12) and fixed by the Fixed Pin (40). Then place the Weight Stack (62) upper the Select Bar (12) and place the Flat Washer (36) upper the Weight Stack (62).
- 4) Insert the Select Pin (32) through the Weight Stack (63) into the hole of Select Bar (12).

STEP 3



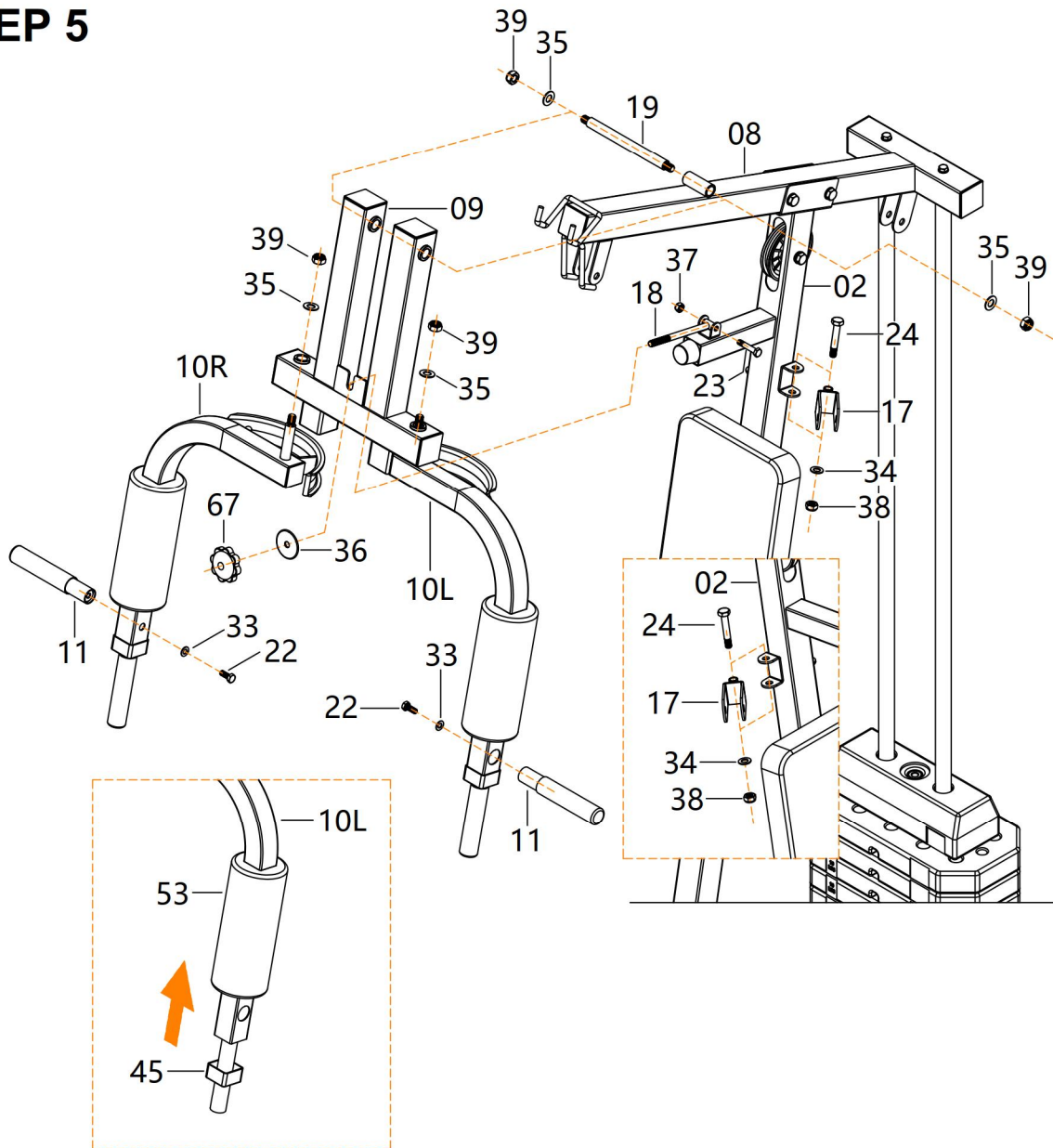
- 1) Place the Guiding Tube (05) into the Bridge Tube (08) and tighten by X2 Flat Washer (33) and X2 Hex Head Bolt (22).
- 2) Attach the Bridge Tube (08) to the Upright Support Tube (02) and tighten by X2 Hex Head Bolt (30), X4 Flat Washer (34) and X2 Nylon Nuts (38).

STEP 4



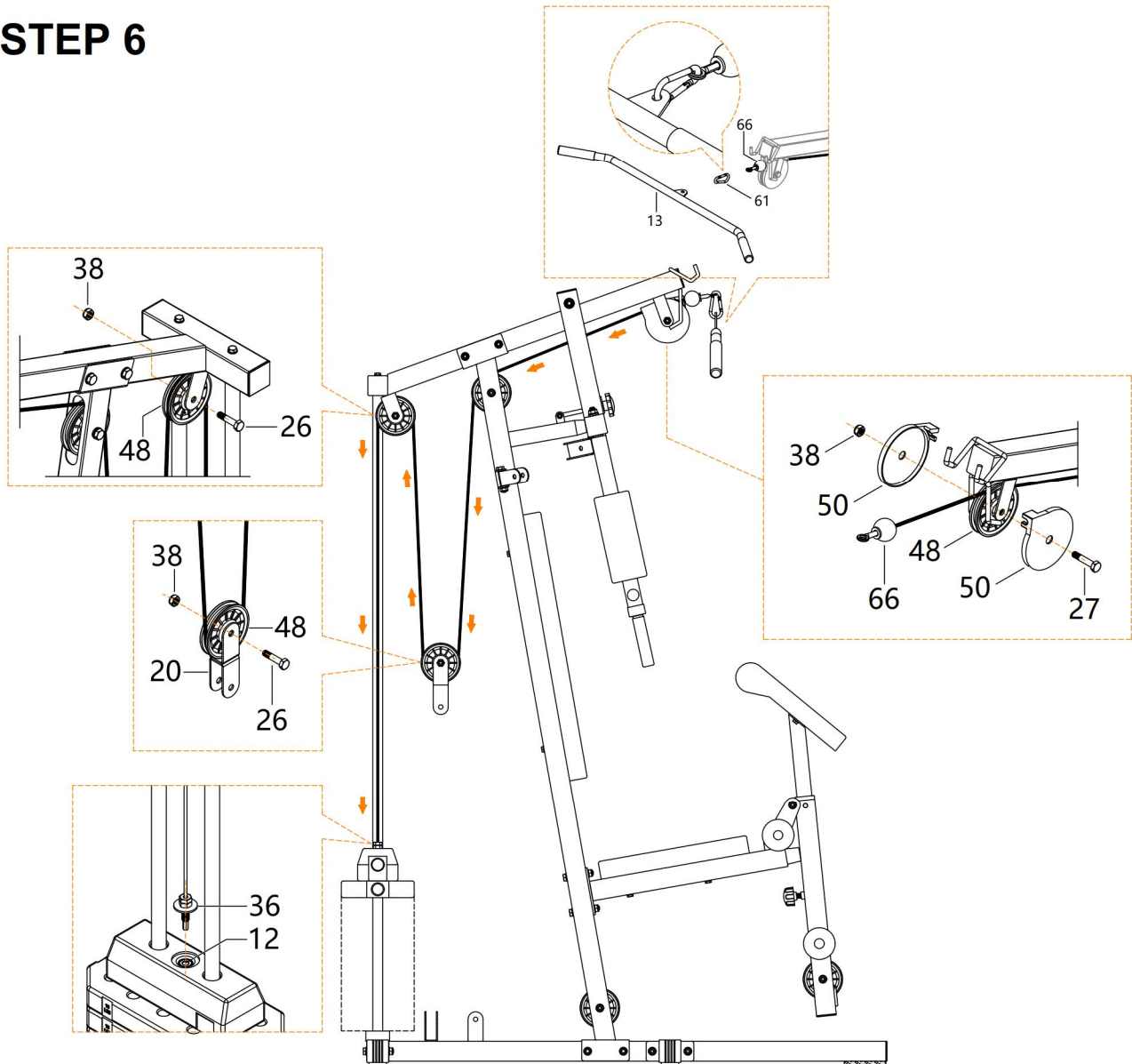
- 1) Attach the Seat Support Tube (06) to the Upright Support Tube (02), tighten by X2 hex Head Bolt (30), X4 Washer (34) and X2 Nylon Nuts (38).
- 2) Attach Backrest Cushion (57) into Upright Support Tube(02), tighten by X2 Hex Head Bolt (25) and X2 Flat Washer (34) through the thread holes on the Backrest Cushion (57).
- 3) Attached the seat (58) to the Elbow cushion tube (68), tighten by 4XFlat Washer(33) and 4XHex Head Bolt (22)
- 4) Attach the Leg Curve Tube (07) to the front side of Seat Support Tube (06), tighten by X1Hex Head Bolt (29), X2 Flat Washer (34) and X1 Nylon Nut (38).
- 5) Attach the Foam Tube for Leg Curl (15) into the holes on Leg Curl Tube (07) an front/up- per bracket of Seat Support Tube (06).
- 6) Attach the Foam for Leg Curl Tube (54) onto the 2 sides of each Foam Tube for LegCurl (15).
- 7) Attach the Elbow cushion (69) to the Elbow cushion tube(68), tighten by 2 hex head bolts (21) and 2 flat washer (33), attach elbow cushion tube (68) to the leg curl tube (7), tighten by knob M12 (70).

STEP 5



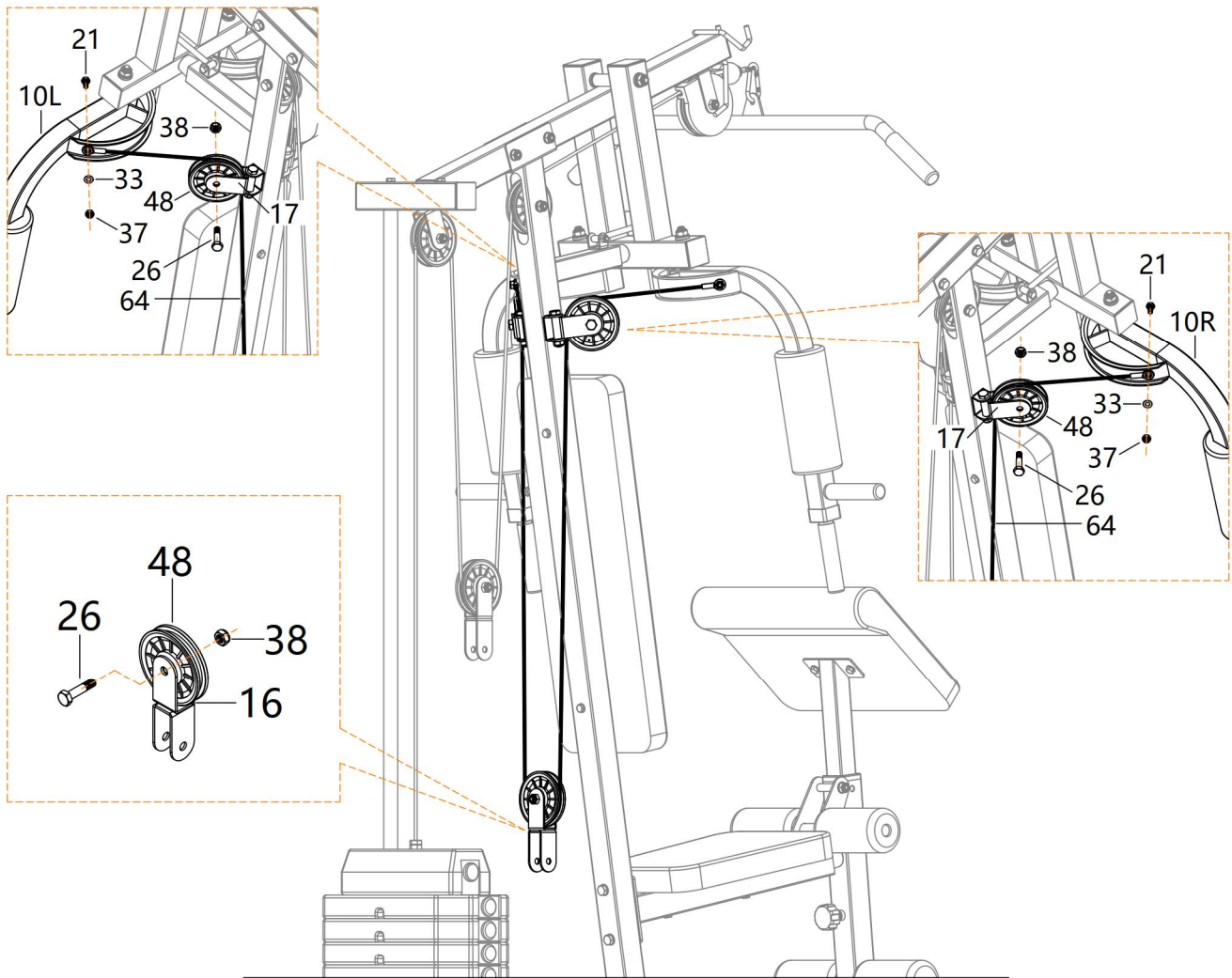
- 1) Attach the Pull Unit (09) to the Bridge Tube (08), insert the Axle for Pull Unit (19) through, X2 Flat Washer (35) and tighten by X2 Nylon Nuts (39).
- 2) Attach the Butterfly Arm R (10R) to the right side of Pull Unit (09) through X1 Flat Washer (35) and tighten by X1 Nylon Nut (39).
- 3) Do the same procedure for the Butterfly Arm L (10L) to the Pull Unit (09) by same parts.
- 4) Attach the Connecting Bolt (18) onto the Upright Support Tube (02), tighten by X1 Hex Head Bolt(23), X2 Flat Washer (37). Put the Knob (67) onto the Connecting Bolt (18) by through Flat Washer (36).
- 5) Put the Foam for Butterfly Arm (53) onto the R/L Butterfly Arm (10R & 10L) and adjust to certain position.
- 6) Attach the Handlebar (11) onto the Butterfly Arm R (10R), tighten by X1 Washer (33) and X1 Hex Head Bolt (22). Do the same procedure of Butterfly Arm L (10L) with the other Handlebar (11).
- 7) Attach the Pulley Bracket (17) onto the 2 sides of Upright Support Tube (02), tighten by X2 Hex Head Bolt (24), X4 Flat Washer (35) and X2 Nylon nuts (37) for 2 sides.

STEP 6



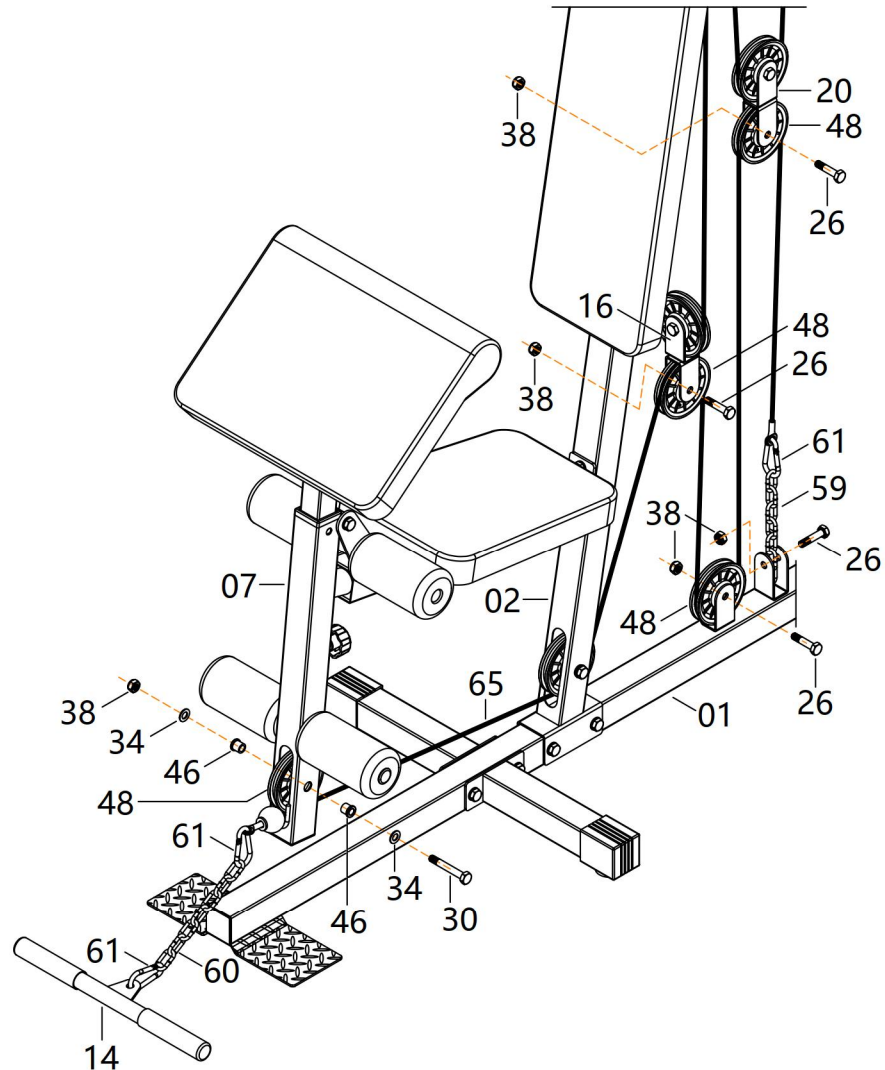
- 1) Attach the Cable for Lat Bar (66) to the opening bracket at the front of the Bridge Tube (8). Note: The ball stopper of the Cable (66) should be underneath the Bridge Tube (8). Attach the Cable (66) onto the Pulley (48) and . Note: The Cable (66) has to come out of the Cap (50) from the opening sides. Tighten to the bracket by X1 Hex Head Bolt (27) and X1 Nylon Nut (38).
- 2) Draw the Cable (66) towards the back side of the machine through the upper opening of Upright Support Tube (2) and around Pulley (48), then attach the Pulley (48) onto bracket A as drawing, tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).
- 3) Draw the Cable (66) downwards and around Pulley (48). Attach the Pulley (48) with the Bracket for Pulley (20) on two sides then tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).
- 4) Draw the Cable (66) downwards between the two Guiding Tube (5) and fully thread the bolt on the end of the Cable (66) into the top opening on the Select Bar (12).
- 5) Attach the Lat Bar (13) to the front end of the Cable (66), connect by X1 Hook (61).
- 6) Draw the Cable (66) upwards and around Pulley (48). Attach the Pulley (48) to bracket B(20) and tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).

STEP 7



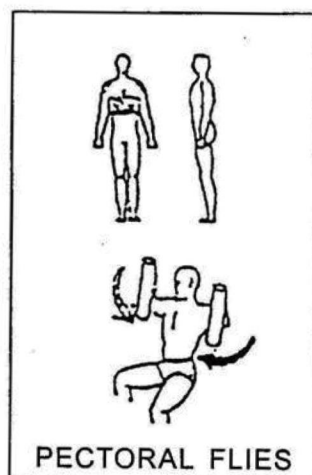
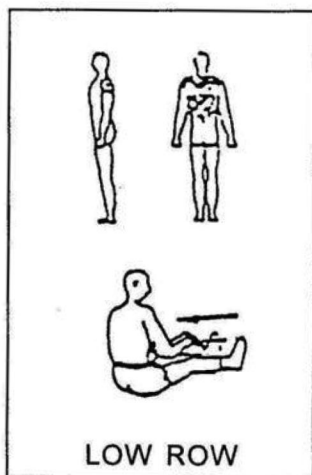
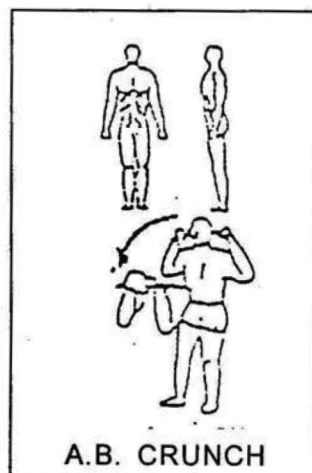
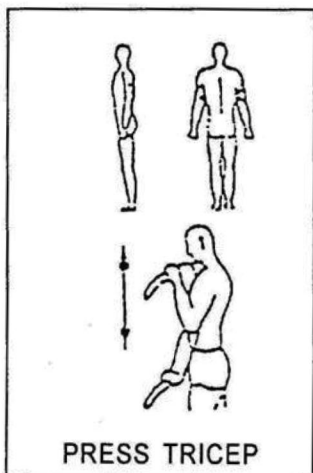
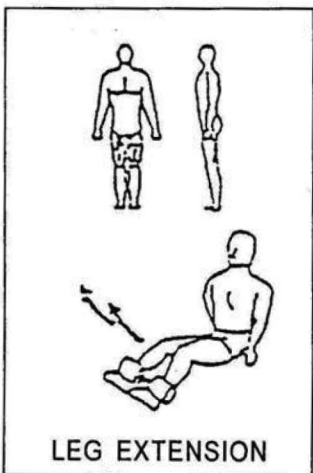
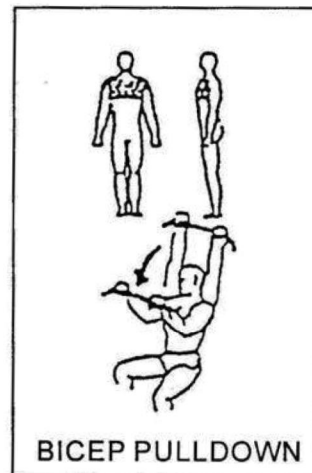
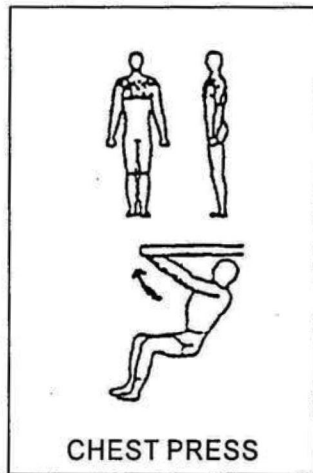
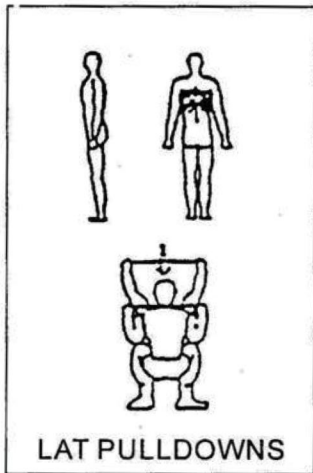
- 1) Attach one end of the Cable for Butterfly Arm (64) to the hook on the Right Butterfly Arm (10R), tighten by X1 Hex Head Bolt (22), X1 Flat Washer (33) and X1 Nylon Nut (37).
- 2) Draw the Cable (64) around the Pulley (48) then attach the Pulley (48) to the Pulley Bracket (17) on right side of the Upright Support Tube (2), tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).
- 3) Draw the Cable (64) downward and around the Pulley (48), attach the Pulley (48) to the upper part of Two Way Bracket for Pulley (16) and tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).
- 4) Draw the Cable (64) upward and around Pulley (48). Attach Pulley (48) to the Pulley Bracket (17) on the left side of the upright Support Tube (2), tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).
- 5) Attach the other end of Cable (64) to the hook on the Left Butterfly Arm (10L), tighten by X1 Hex Head Bolt (22), X1 Flat Washer (33) and X1 Nylon Nut (37).

STEP 8



- 1) Attach the end with stopper ball of Cable for Lower Pull Bar (65) to the open bracket of Leg Curl (07), around the under side of Pulley (48), tighten the Pulley(48) with the bracket by X1 Hex Head Bolt (28) through X2 Plastic Bushing (46) (each side), X2 Felt washer(24) (each side) and X1 Nylon Nut (38).
- 2) Draw the Cable (65) through the opening space on the lower part of Upright Support Tube (2), around the Pulley (48) from under side then attach the Pulley (48) to Bracket on the Base Frame (1), tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).
- 3) Draw the Cable (65) upward and around the upper side of Pulley (48). Attach the Pulley (48) to the under side of the Bracket for Pulley (16), tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).
- 4) Draw the Cable (65) downward and around the under side of Pulley (48). Attach the Pulley (48) to bracket on the Base Frame (1) and tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).
- 5) Draw the Cable (65) upward and around the upper side of Pulley (48). Attach the Pulley (48) to the under side of Bracket for Pulley (20) set and tighten by X1 Hex Head Bolt (26) and X1 Nylon Nut (38).
- 6) Draw the Cable (65) downward and connect with bracket on Base Frame (1) by Chain 7 Links (59) and X1 Hook (61). Note: Adjust the Cable (65) to be tighten enough and lock on certain position of Chain (59) by Hook (61).
- 7) Attach the Lower Pull Bar (14) to the front end of Cable (65), connecting by Chain 7 Links (60).

Warning: Make sure all bolt and nylon nut are tighten enough before using the machine.



UK

If you have any questions, please contact our customer care centre.

Our contact details are below:



0044-800-240-4004



enquiries@mhstar.co.uk

IMPORTER ADDRESS:

MH STAR UK Ltd

1 Northampton Cross Logistics Park

Northampton Cross Road

Northampton

NN4 9FH

MADE IN CHINA