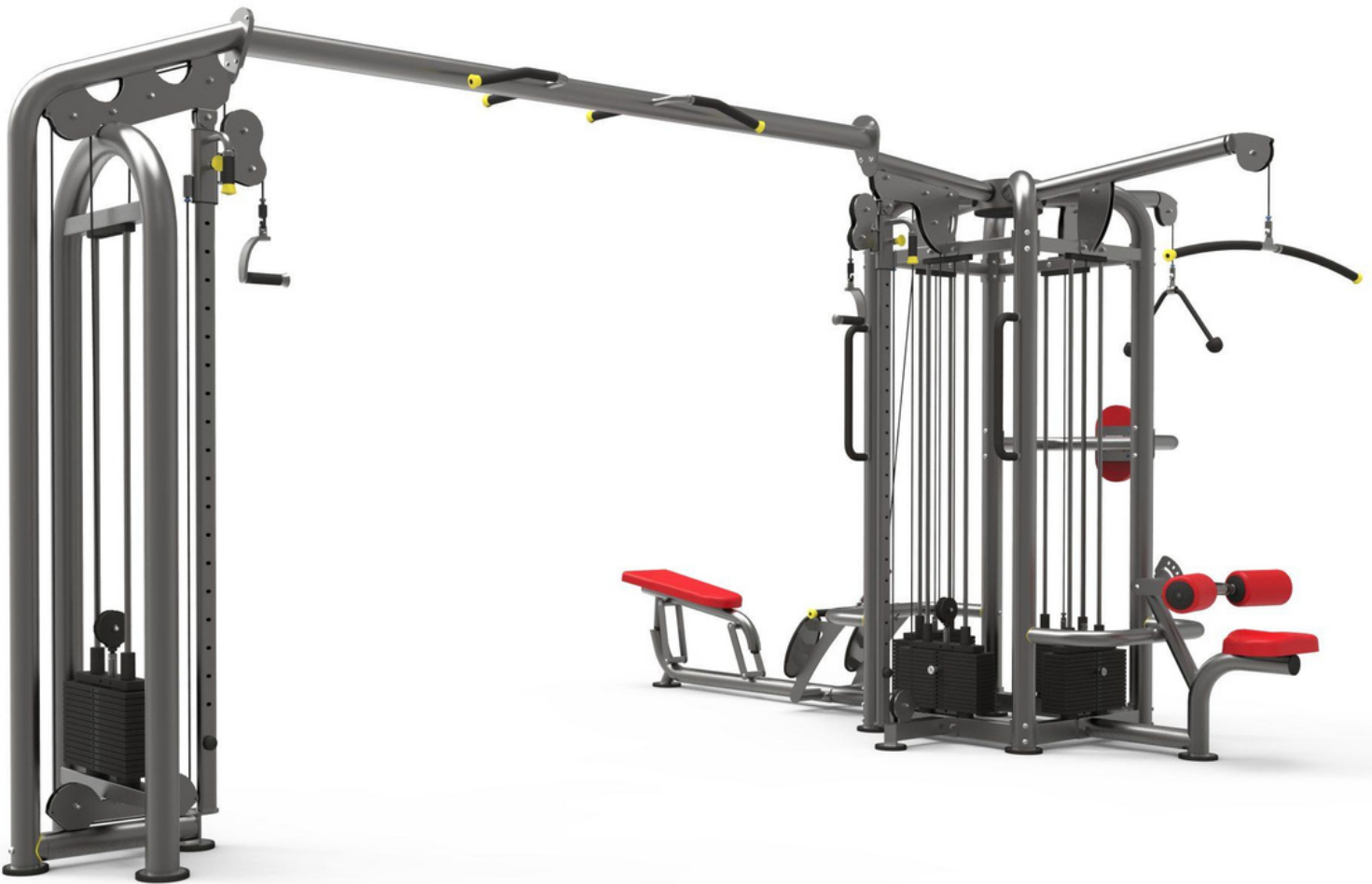




5 Station Multi Gym Selectorized ASSEMBLY INSTRUCTIONS



Please take the time to carefully read the instruction manual before starting the process of assembling your machine. If you have any inquiries or complications, please call us at 662-GYM-BROS, or email us at info@gymbrofitness.com.

Ensure to tighten all nuts and bolts, lubricate any sliding parts, bearings, and moving mechanisms. We also suggest applying Loctite or any kind of thread locking adhesive to anything that does not thread into a Teflon nut. It is also important to ensure that every movement arm is properly aligned prior to frequent use, and that the machine that you are assembling is fully functional.

Tools Required for Installation:
Rubber Mallet
Level
Ratchet and Socket Set
Snap Ring Pliers
Adjustable Wrench
2 People Required

PARTS/HARDWARE LIST

Part Number	Part Description	Quantity
1	Tricep / Low Tension Main Column	1
2	Low Pull / Cable Crossover Main Column	1
3	Cable Crossover / High Main Column	1
4	High Pulling / Tricep Main Column	1
5	4 Station Single Pod Connecting Pad	4
6	4 Station Single Pod Bottom Cross Beam	1
7	4 Station Single Pod Top Beam	1
8	Hexagon Socket Button Head Screws M12x110	24
9	Six Angle Self Locking Nut M12	39
10	Hexagon Socket Button head Screws M12x60	10
11	Bottom Foot Pad	8
12	Weight Stack Rubber Pad	10
13	Weight Stack	5 group
14	Guide Pad	5
15	Guide Sleeve	10
16	Circlip	10
17	Center Rod	6
18	Guide Block Elastic Cylinder Pin	5
19	Guide Rod	10
20	Guide Rod Fixing Plate	5

PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
21	Hexagon Socket Button Head Screws M8x20	27
22	Balance Weight Line Wheel Box	2
23	High Pulling Connecting Frame	1
24	Cast Steel Joints	4
25	Plastic Connecting Parts	4
26	Hexagon Socket Button Head Screws M12x140	4
27	High Pulling Frame	1
28	Hexagon Socket Button Head Screws M12x70	14
29	Hexagon Socket Button Head Screws M12x20	22
30	High Pulling Adjustment Plate	1
31	Inner Hexagon Countersunk Head Screws M8x12	2
32	Universal Cushion	1
33	High Pulling/Tricep Cantilever	1
34	4 Station Connection Pad	3
35	High Pulling/Tricep Cantilever Line Wheel Box	2
36	Deep Groove Ball Bearings	4
37	Clamp Spring	6
38	Clamp Spring	2
39	High Pulling Leg Press Adjustable Rack	1
40	High Pulling Mainshaft 20x130	1

PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
41	Deep Groove Ball Bearings	2
42	Hexagon Socket Button Head Screws M10x20	16
43	High Pulling Leg Press Leather Tube	2
44	Leather Tube Plastic Cover	4
45	Limit Pad for End Cover of Skin Tube	4
46	Inner Hexagon Countersunk Head Screws M8x20	2
47	High Pulling/Tricep Wire Rope	2
48	Wire Rope Mounting Bolt M14x50	3
49	Wire Rope Mounting Bolt M12x25	5
50	High Pulling Handle	1
51	Tricep Connecting Frame	1
52	Tricep Cushion	1
53	Tricep Traction Handle	1
54	Low Pulling Frame	1
55	Low Pulling Connecting Frame	1
56	Low Pulling Connecting Frame Wire Wheel Box	1
57	Low Pulling Braces	1
58	Hexagon Socket Button Head Screws M12x90	2
59	Low Pulling Left Foot Pedal	1
60	Low Pulling Right Foot Pedal	1

PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
61	Hexagon Socket Button Head Screws M12x100	2
62	Hexagon Socket Button Head Screws M12x80	2
63	Low Pulling Cantilever	1
64	Four Station Connection Pad	1
65	Low Pull Seat Bracket	1
66	Low Pull Main Shaft	4
67	Bushing	9
68	Low Pull Seat Linkage (1)	2
69	Low Pull Seat Linkage (2)	2
70	Low Pull Cushion	1
71	Low Pulling Steel Wire Rope	1
72	Low Pulling Handle	1
73	Cable Crossover Underframe	1
74	Bottom Foot Pad	3
75	Cable Crossover Cantilever	1
76	Cable Crossover Adjustable Rack	2
77	Stop pad	4
78	Cable Crossover Moveable Sleeve	2
79	Cable Crossover Moveable Wire Wheel Box	2
80	Cable Crossover Shaft	2

PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
81	Adjustable Denti Pin	3
82	Cable Crossover Handrail	2
83	Cable Crossover Wire Rope	1
84	Cable Crossover Handlebar	2
85	Adjustable Crossover Frame	1
86	Adjustable Crossover Bottom Frame	1
87	Cast Steel Connecting Piece	1
88	Plastic Connecting Piece	1
89	Hexagon Socket Button Head Screws M12x120	1
90	Adjustable Crossover Main Frame	1
91	Line Axle M10x47	1
92	Six Angle Self Locking Nut M10	1
93	Adjustable Crossover Guide Rod	2
94	Weight Stack Detenti Pin	5
95	Adjustable Crossover beam	1

Frame Assembly

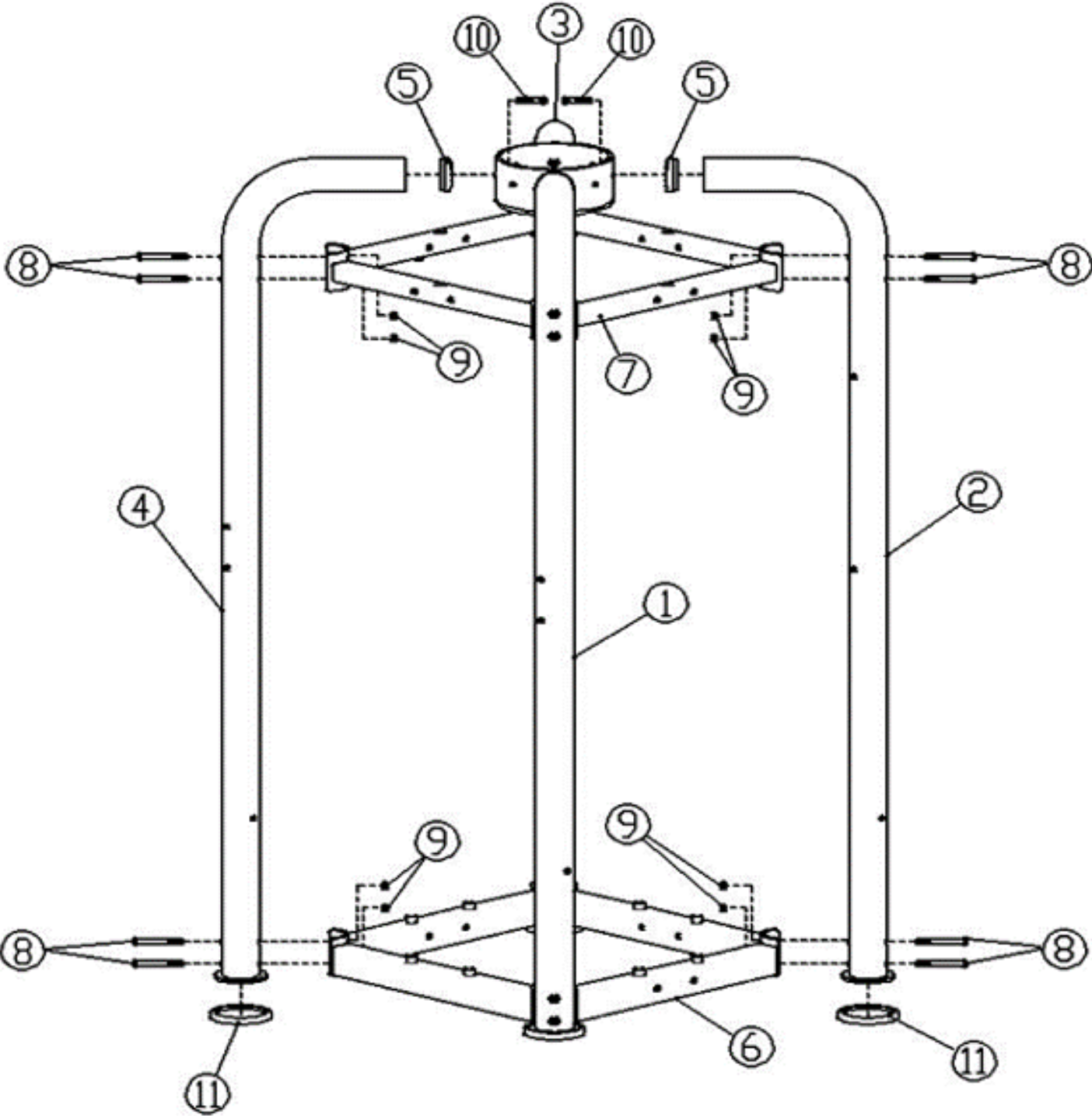
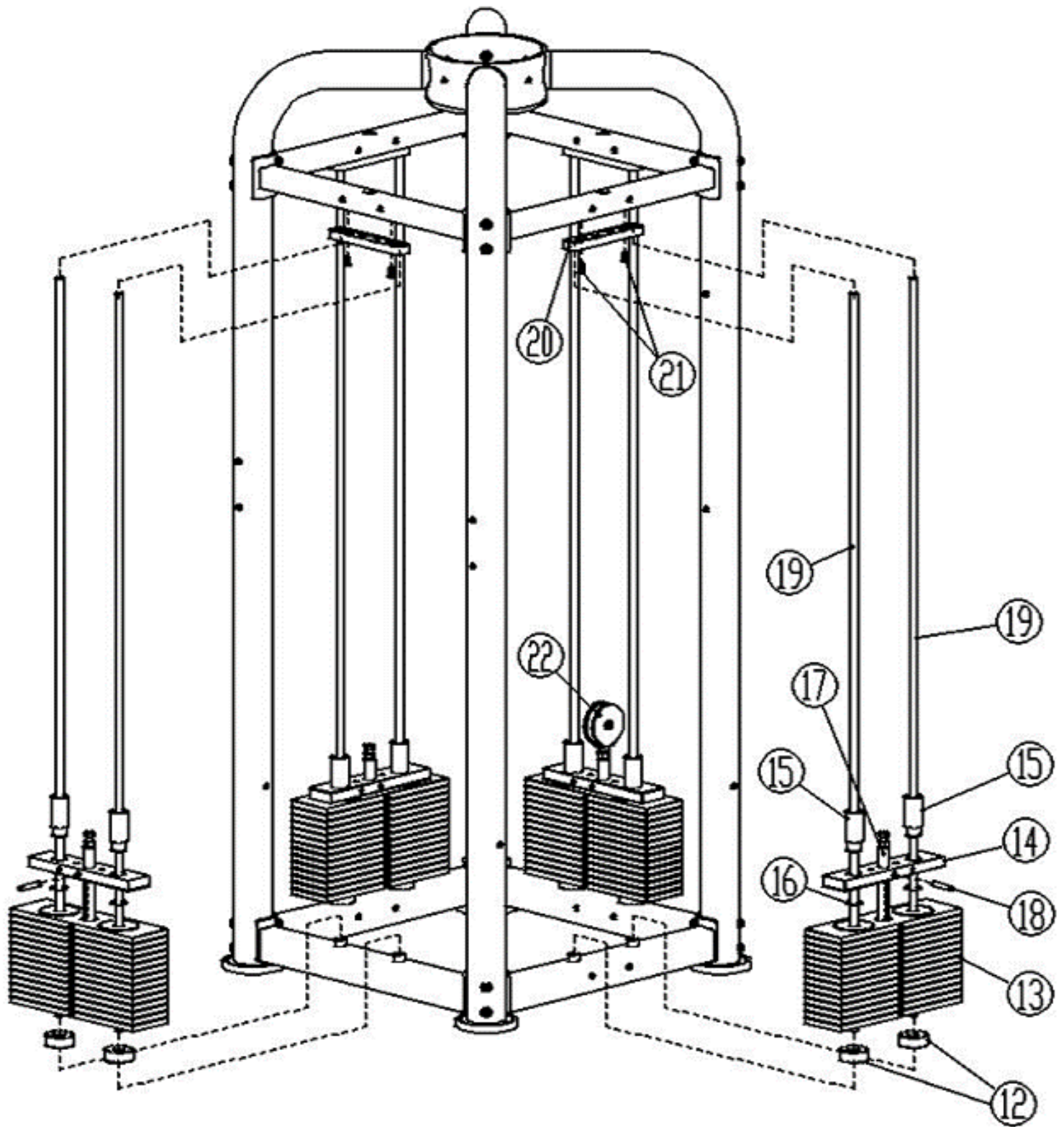
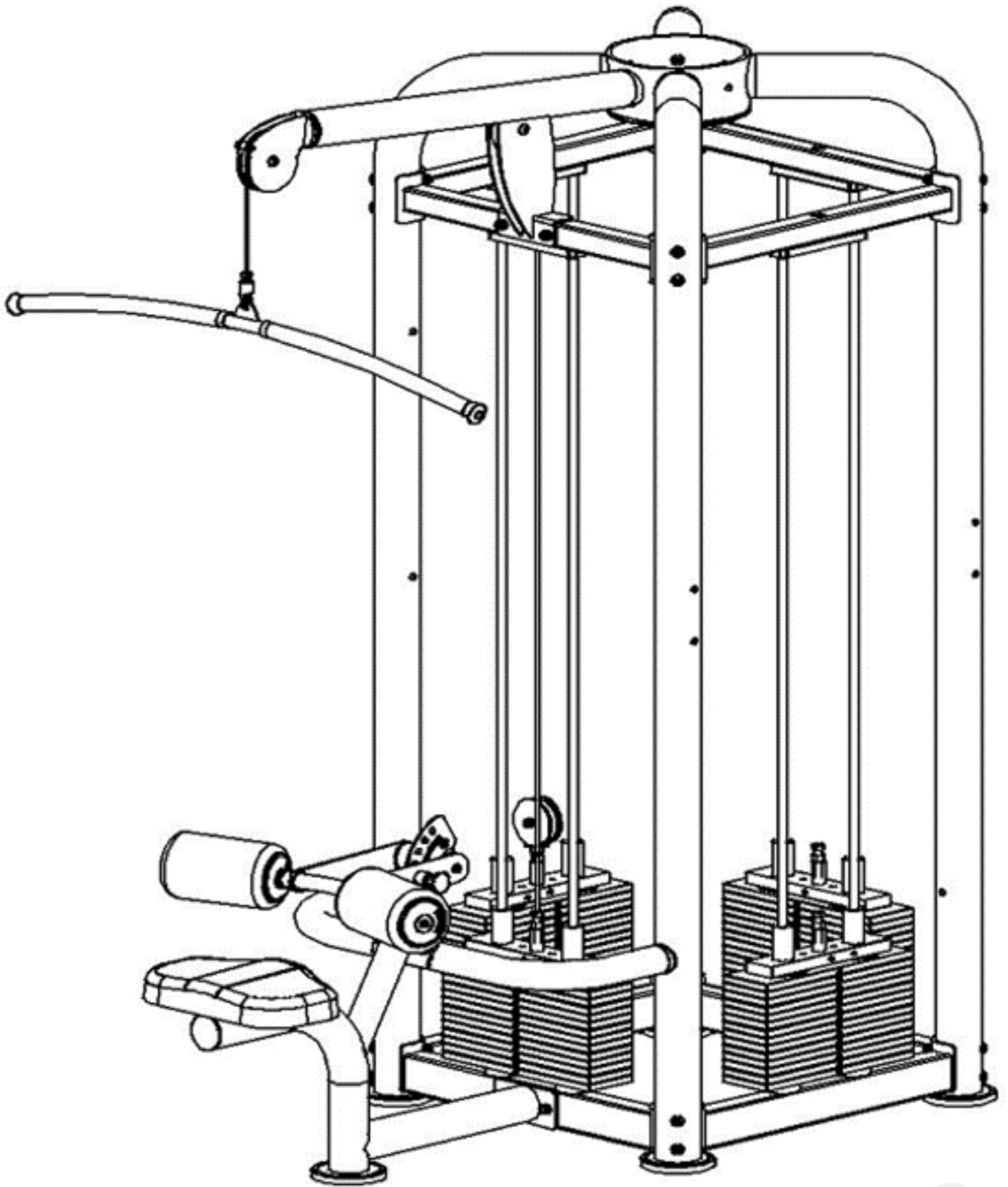


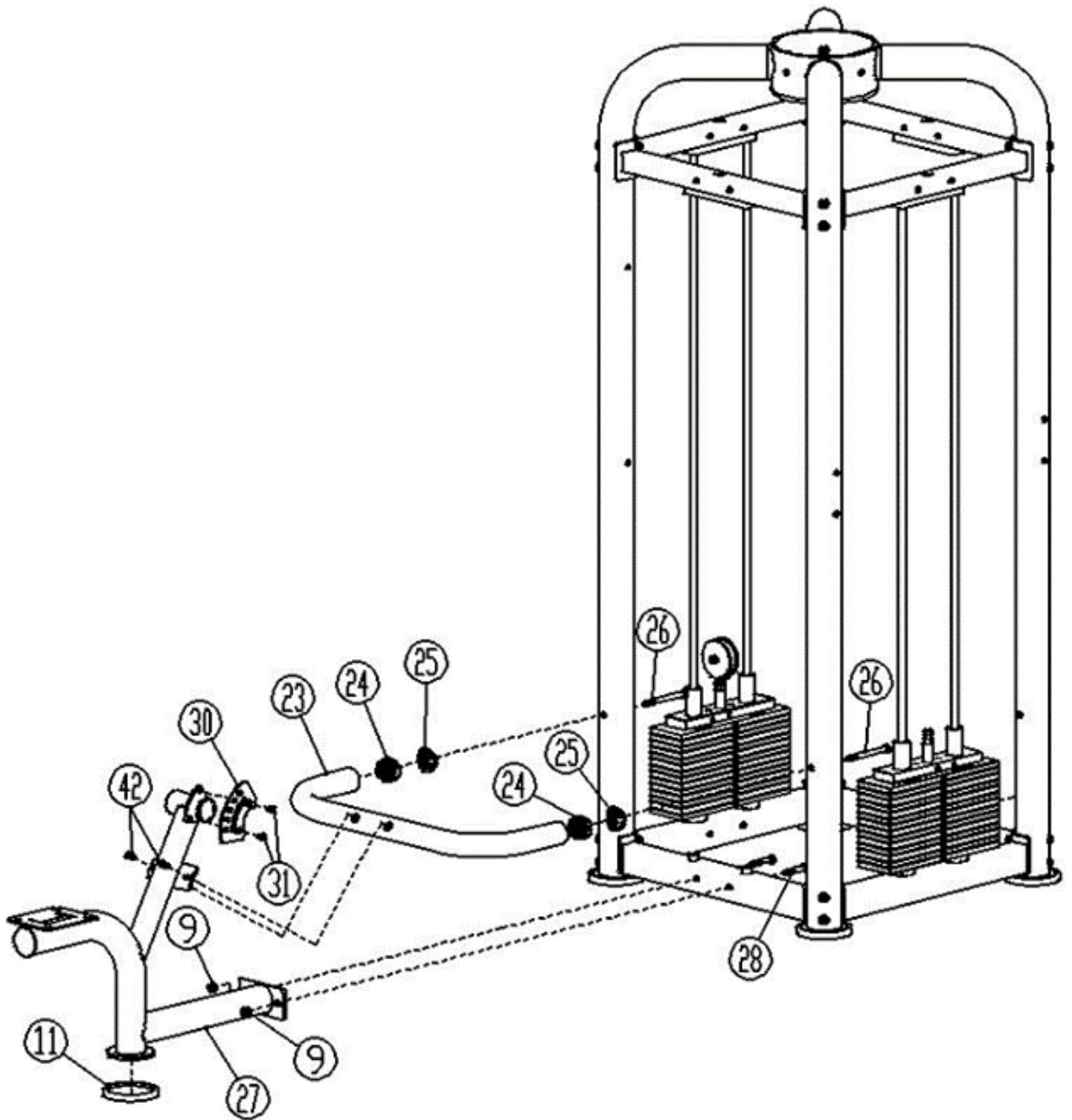
Plate Loading



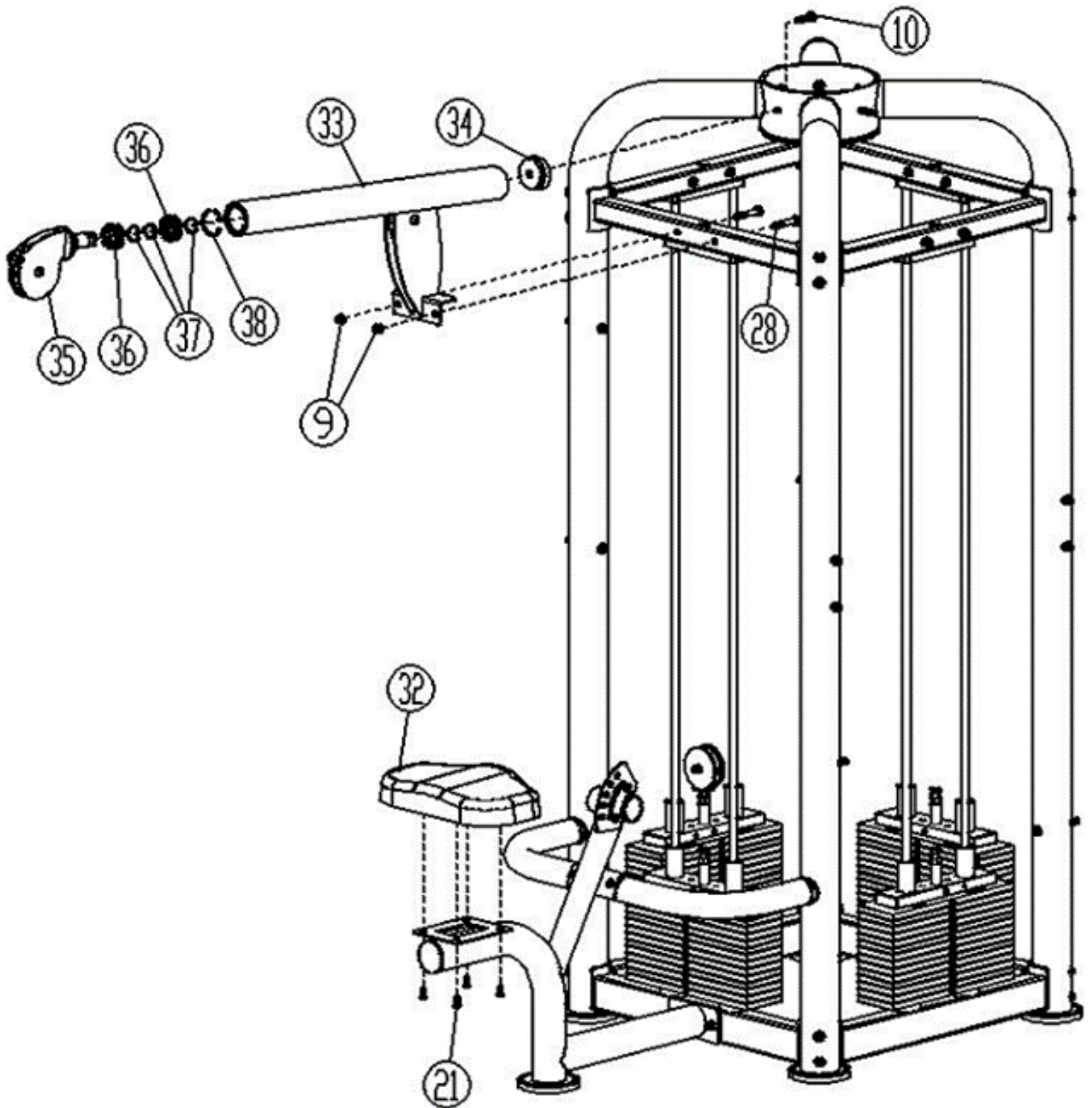
High Pulling Site Installation



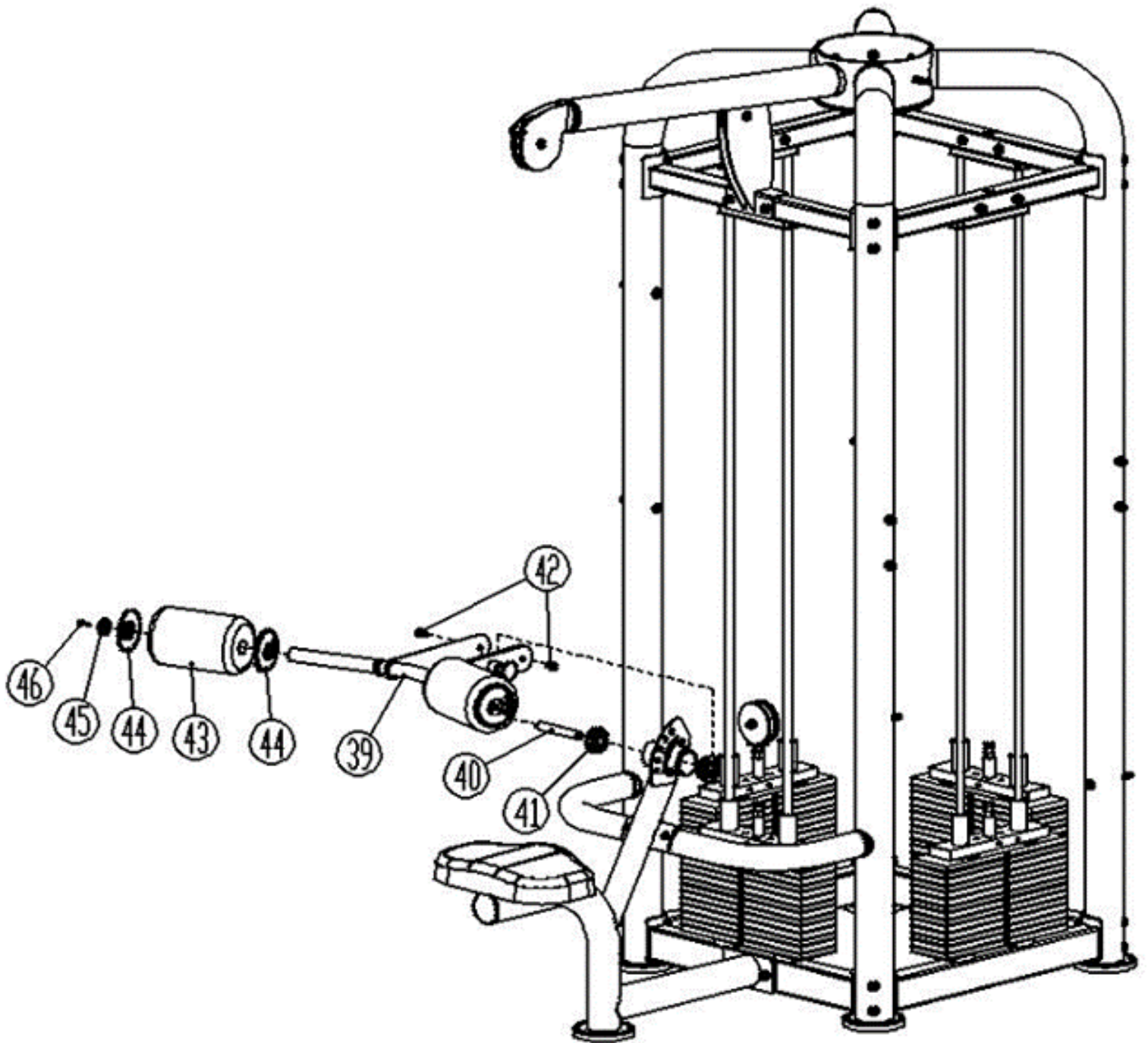
High Pulling Site Installation



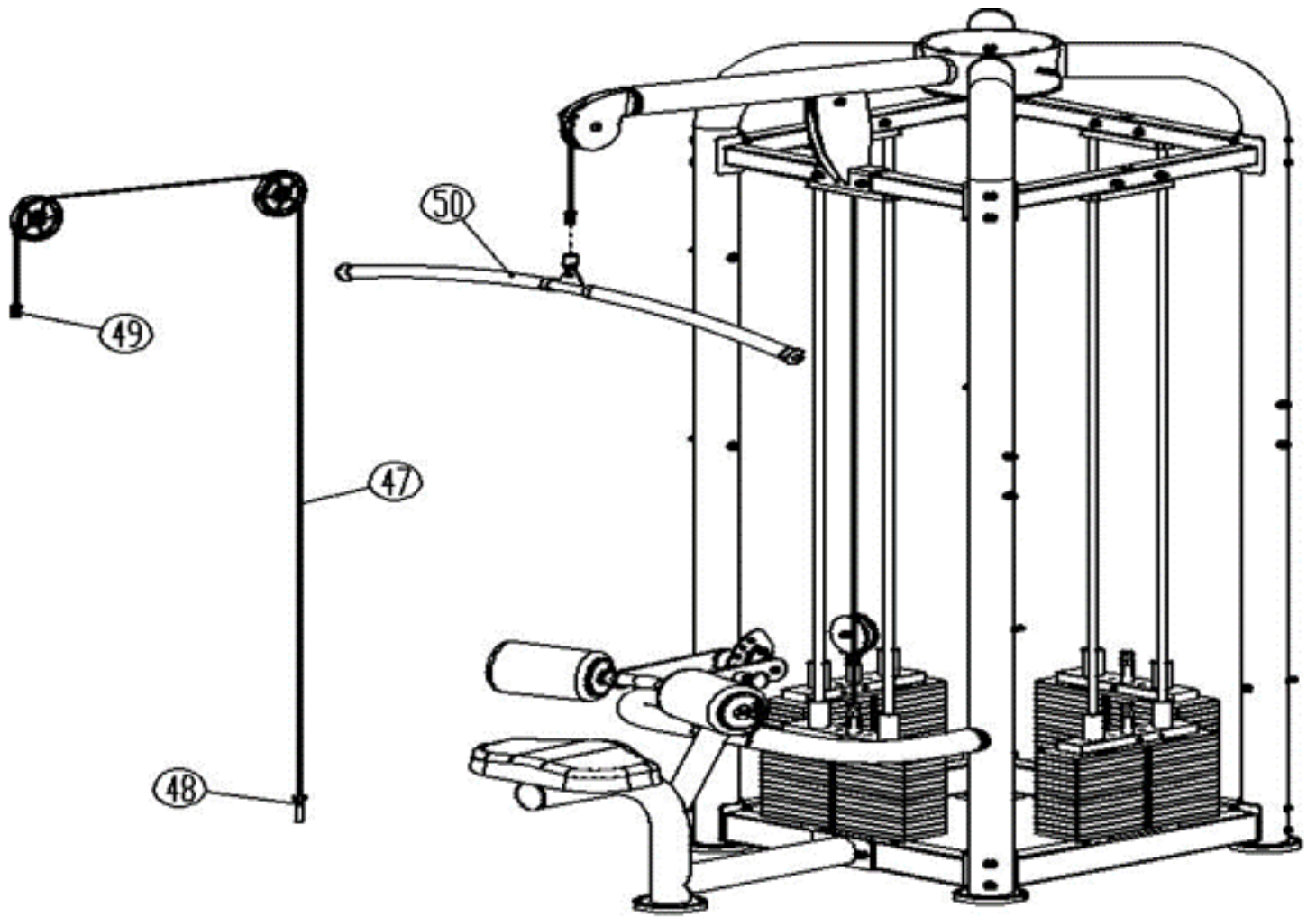
High Pulling Site Installation



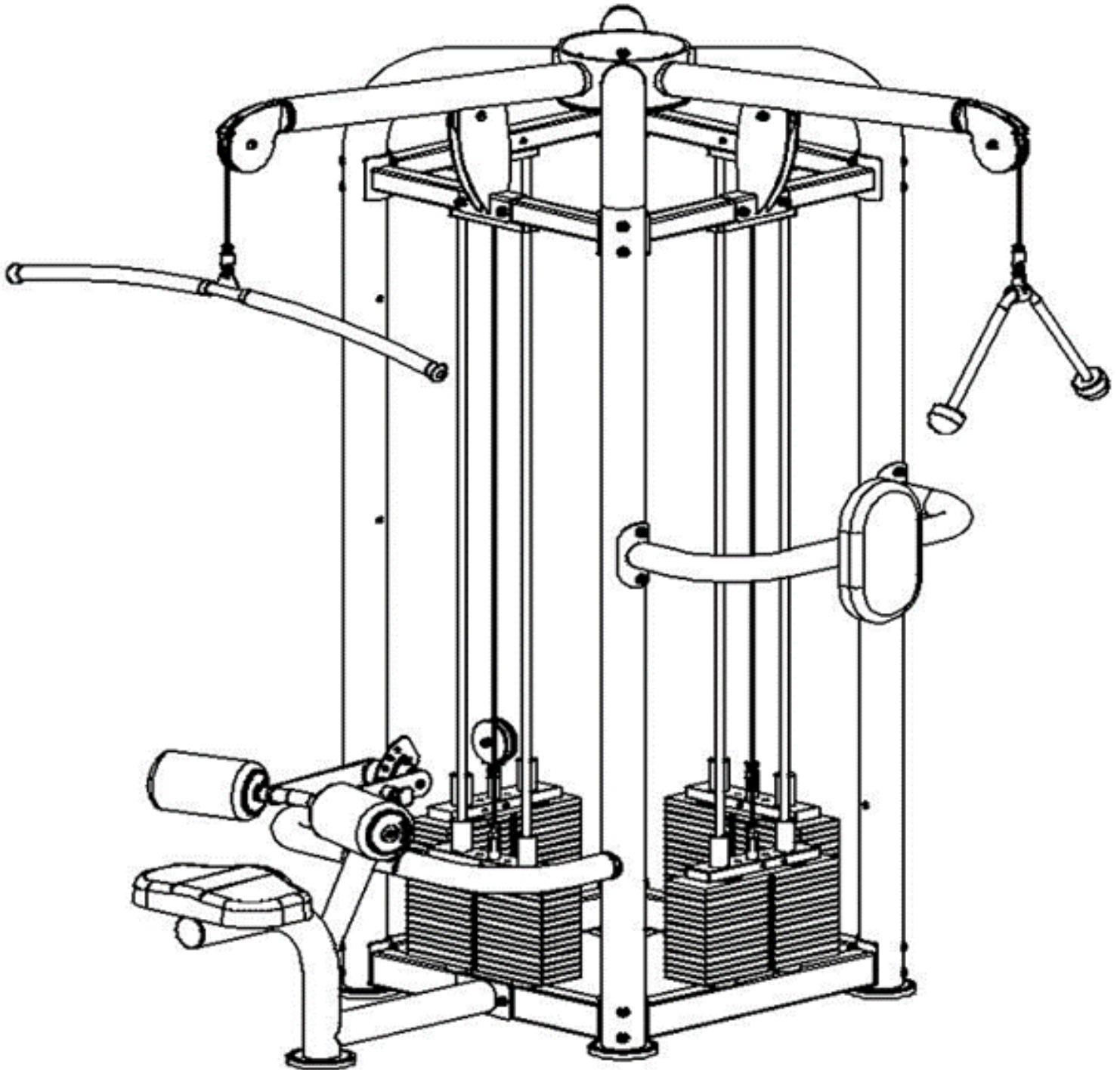
High Pulling Site Installation



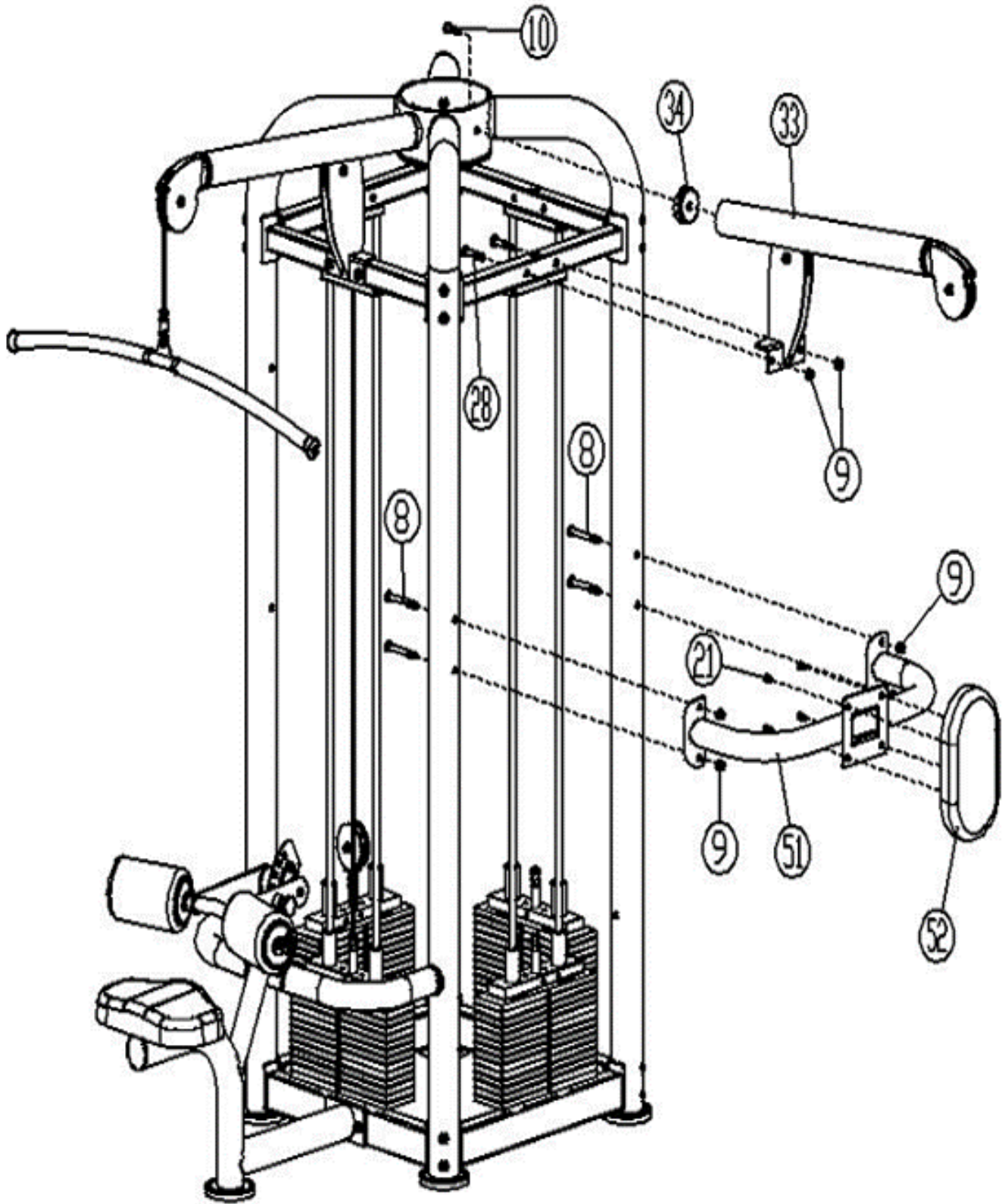
High Pulling Site Installation



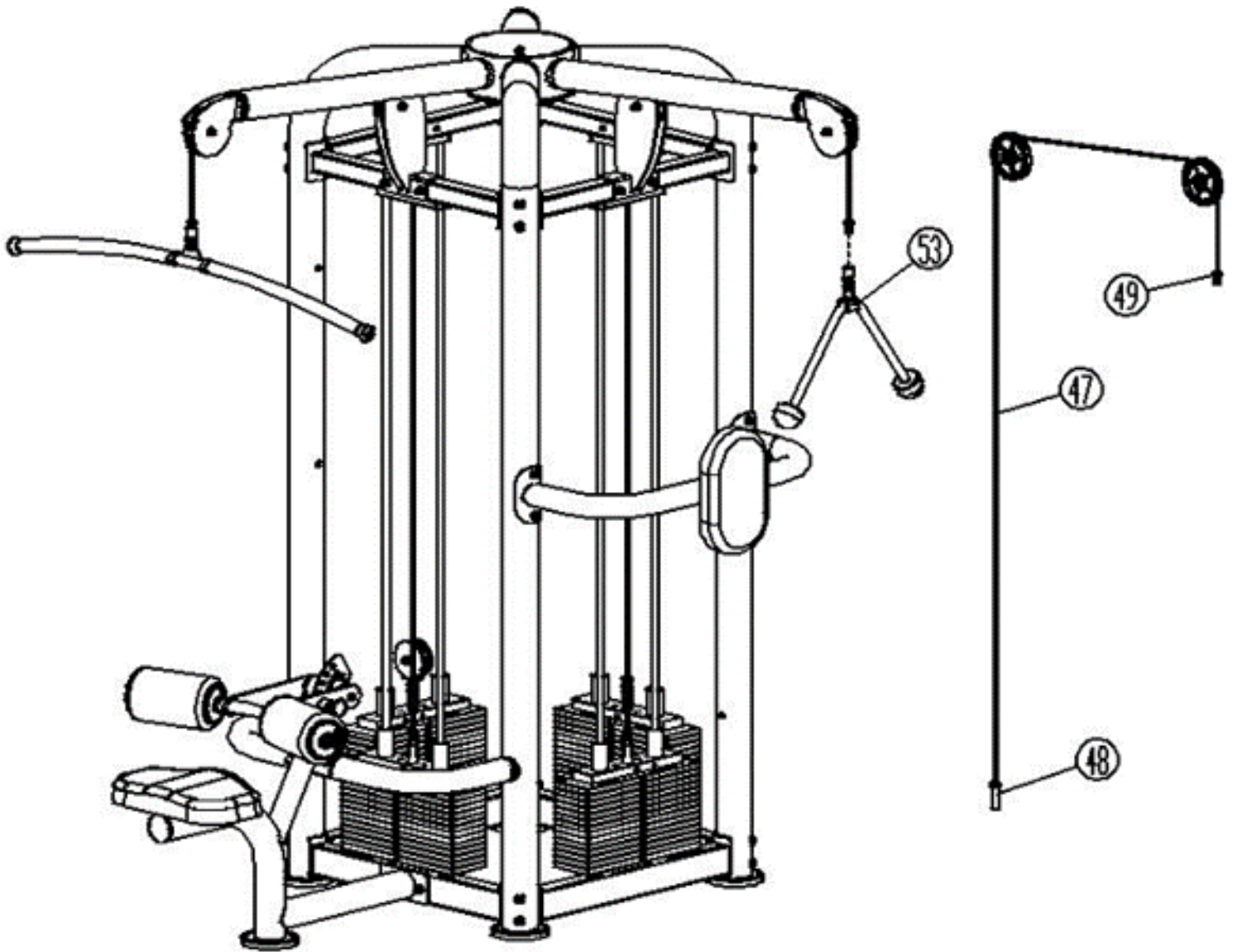
Installation of Tricep Pulldown



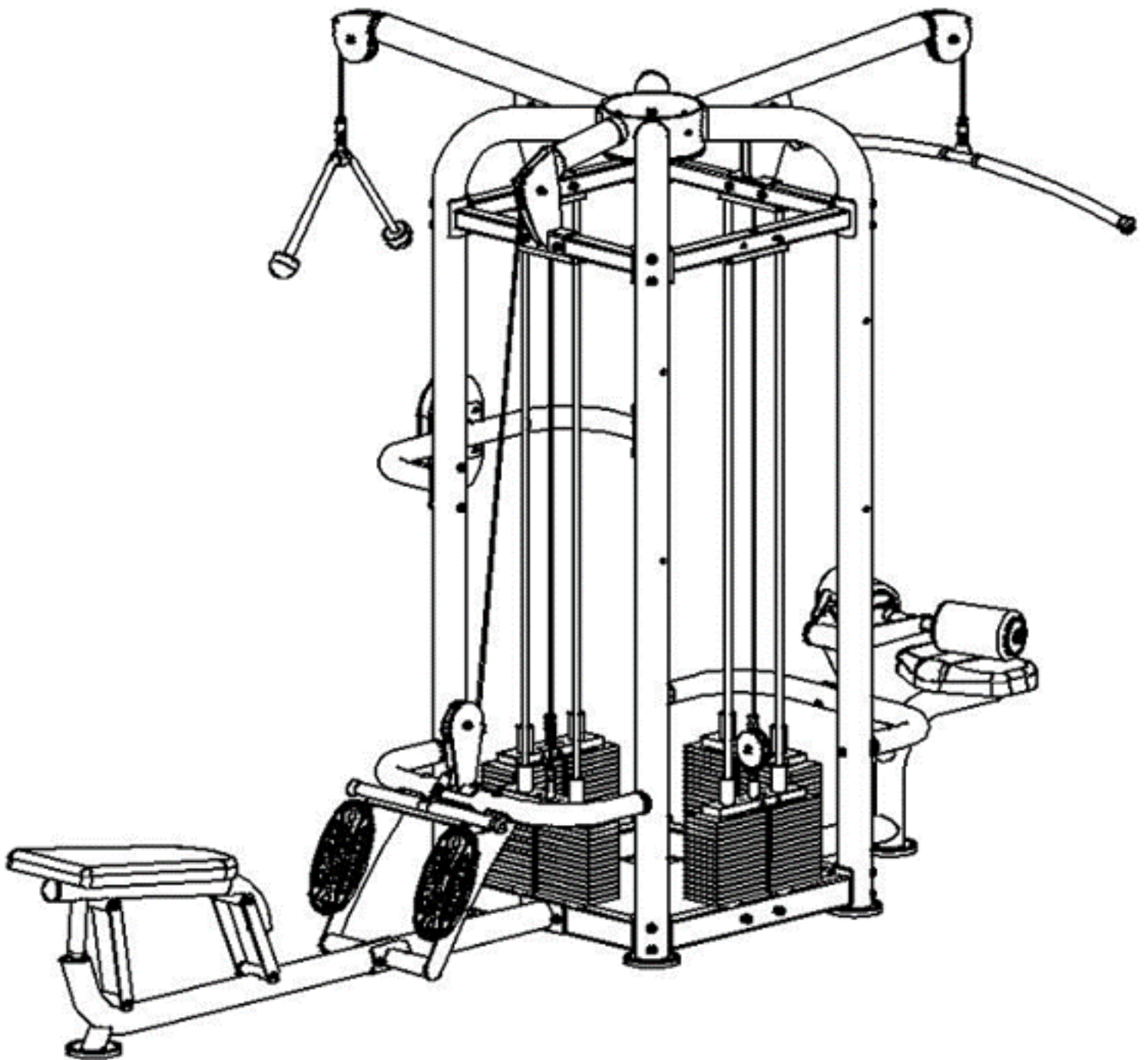
Installation of Tricep Pulldown



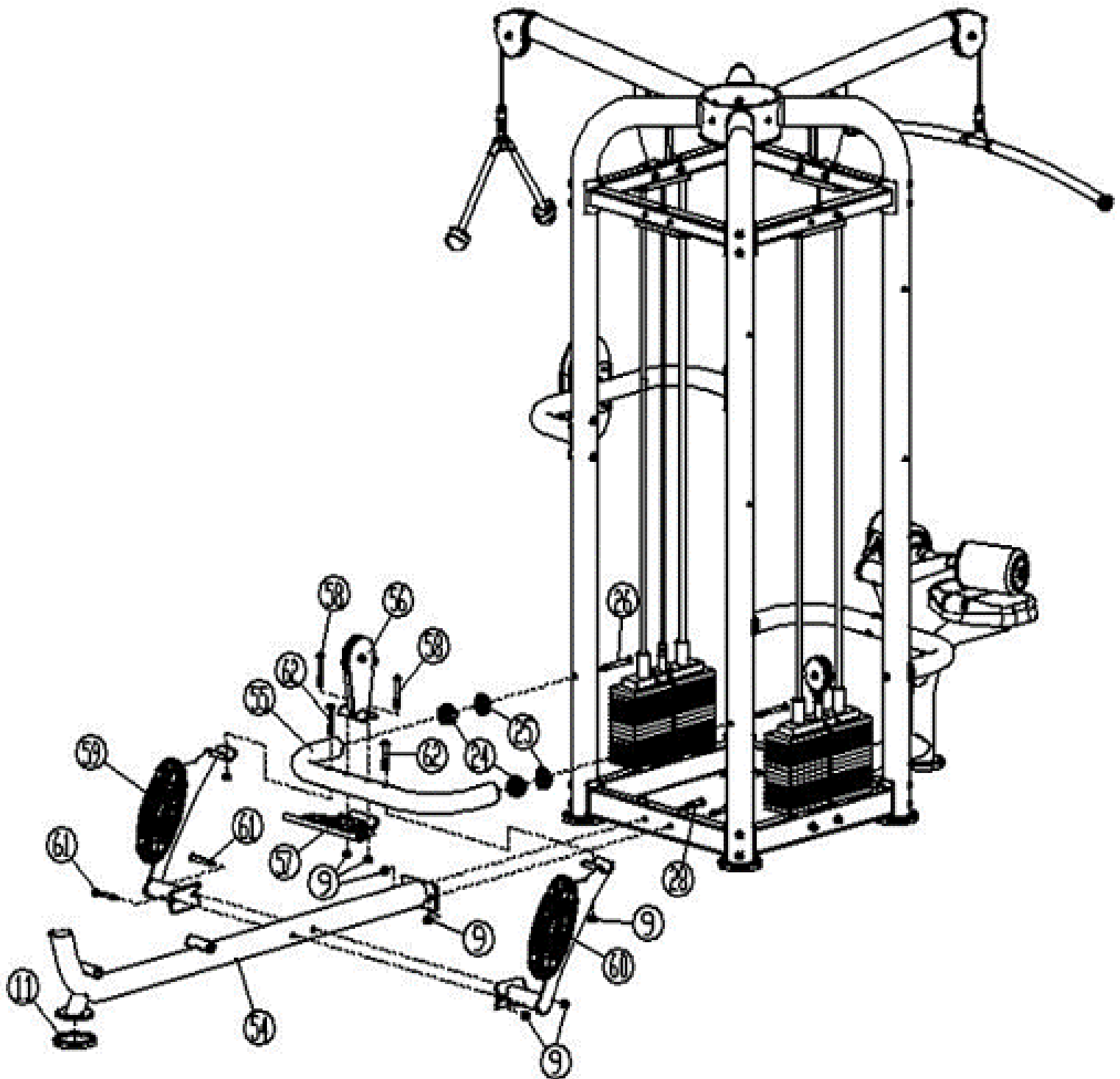
Installation of Tricep Pulldown



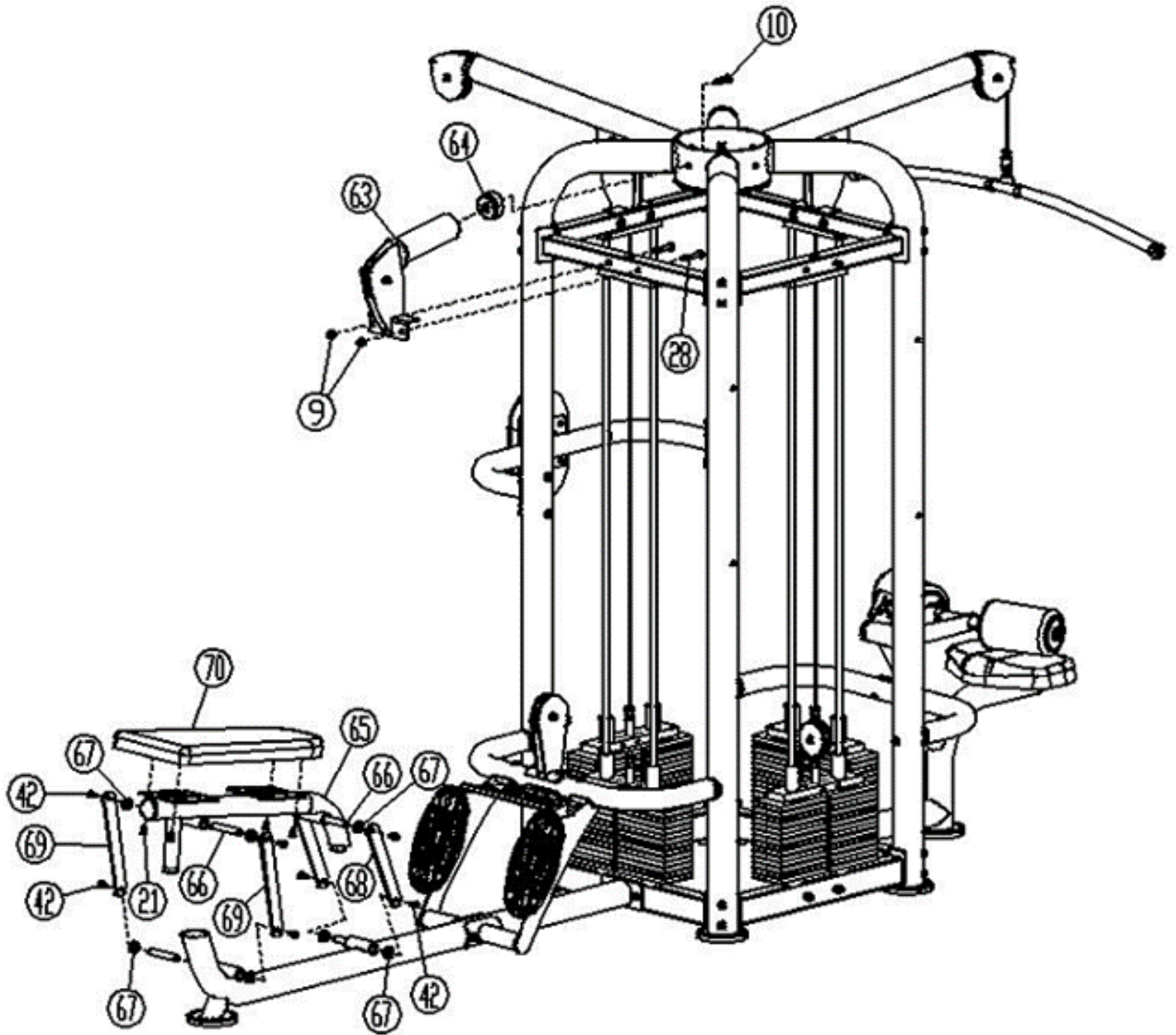
Low Pulling Site Installation



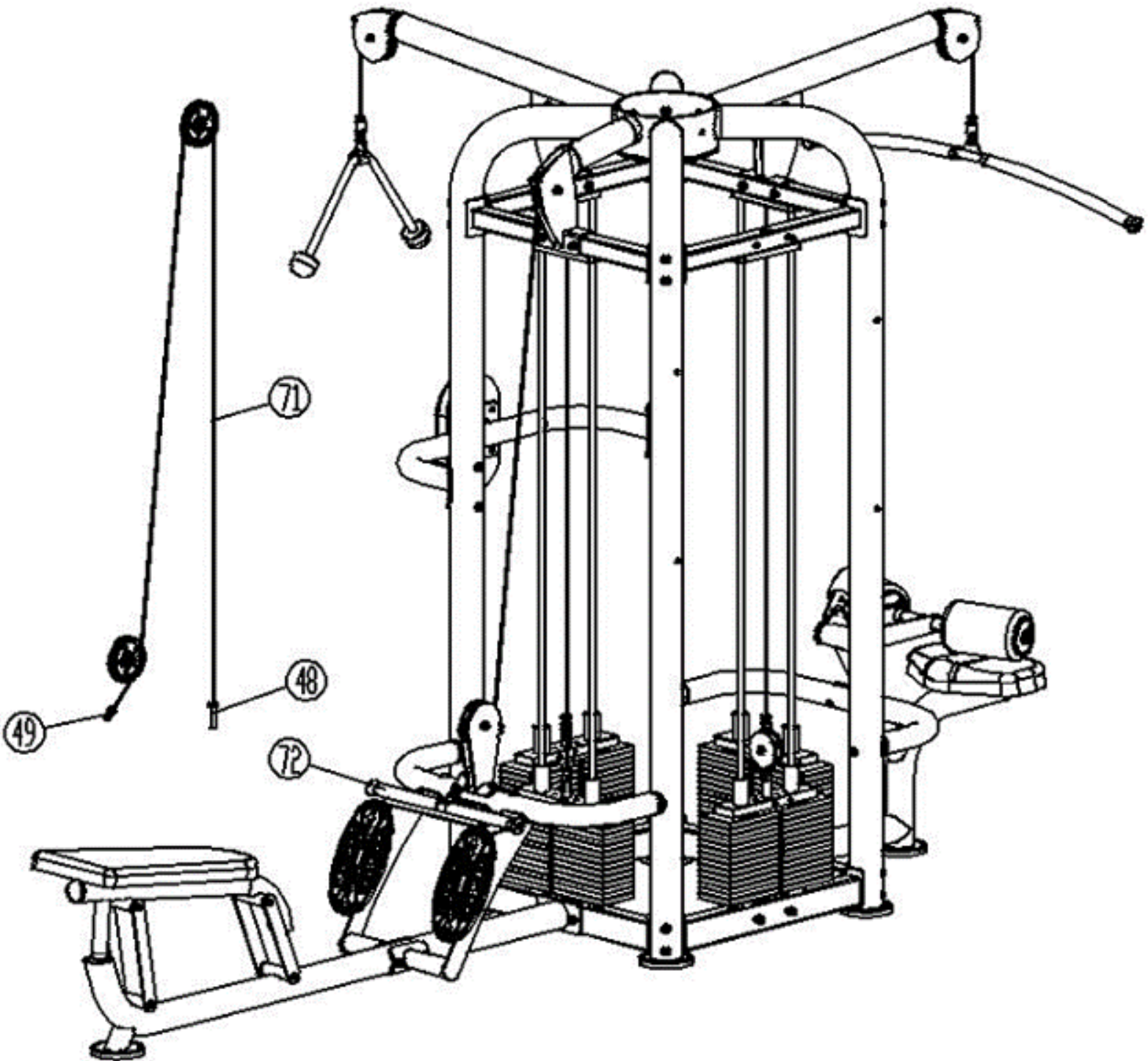
Low Pulling Site Installation



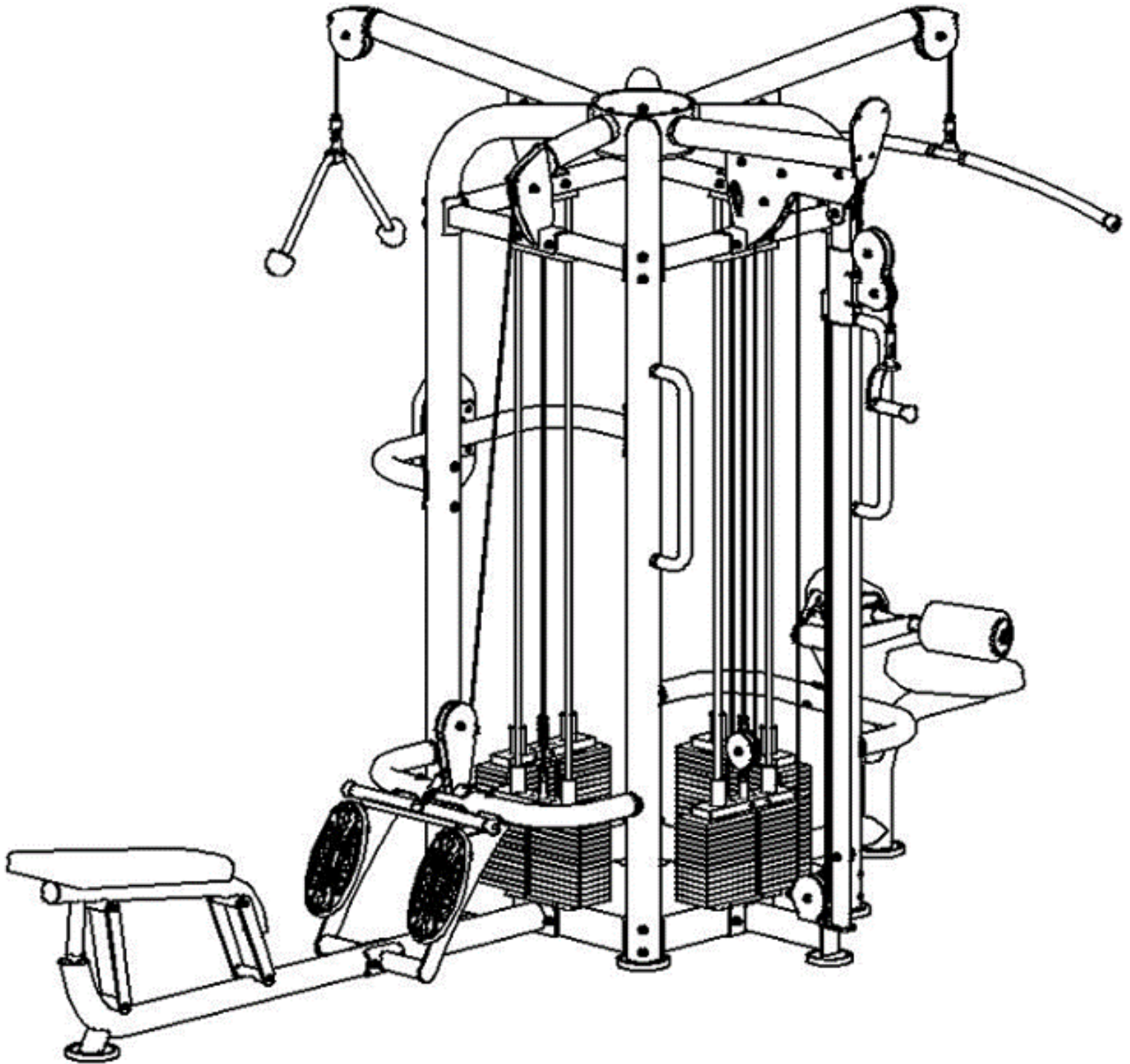
Low Pulling Site Installation



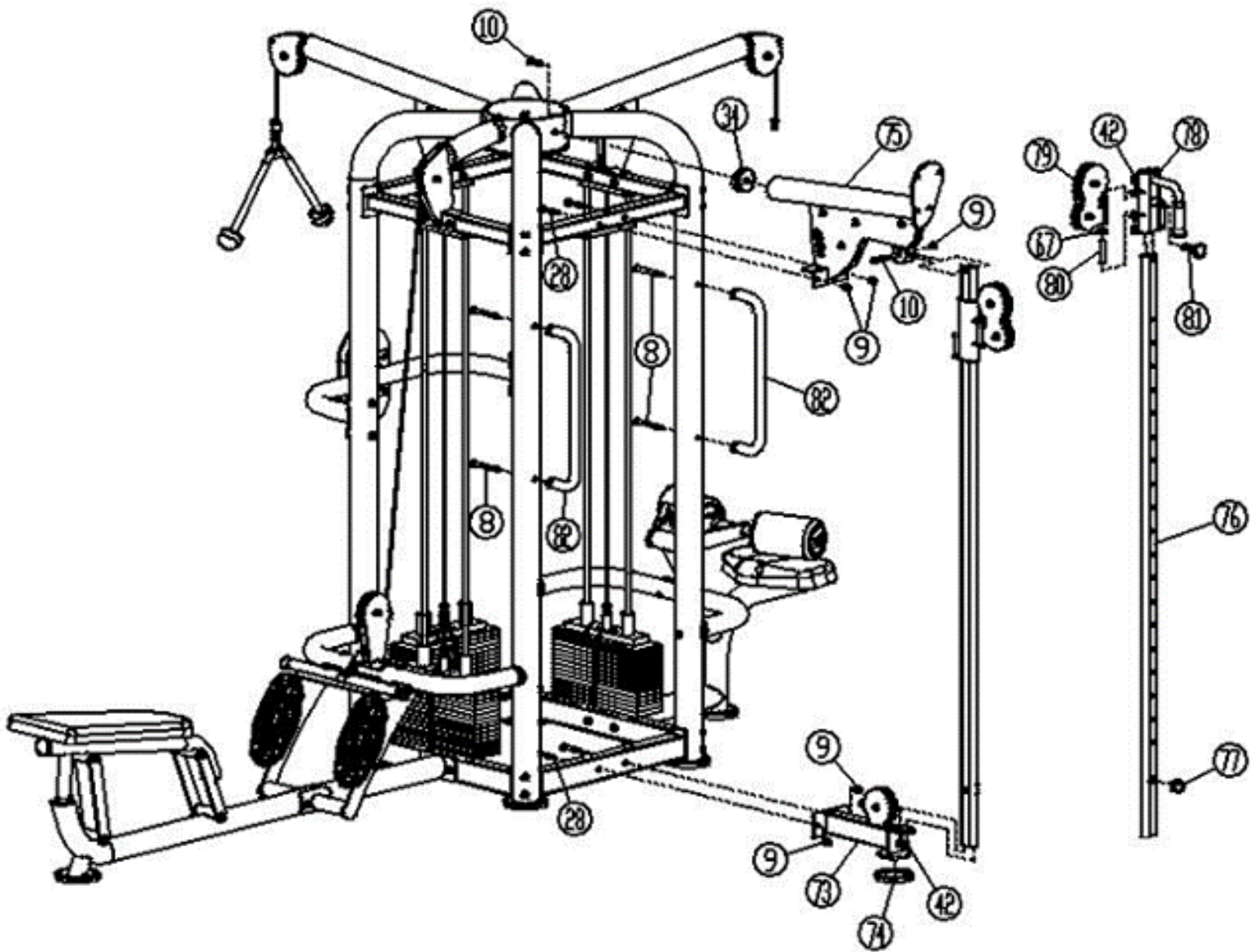
Low Pulling Site Installation



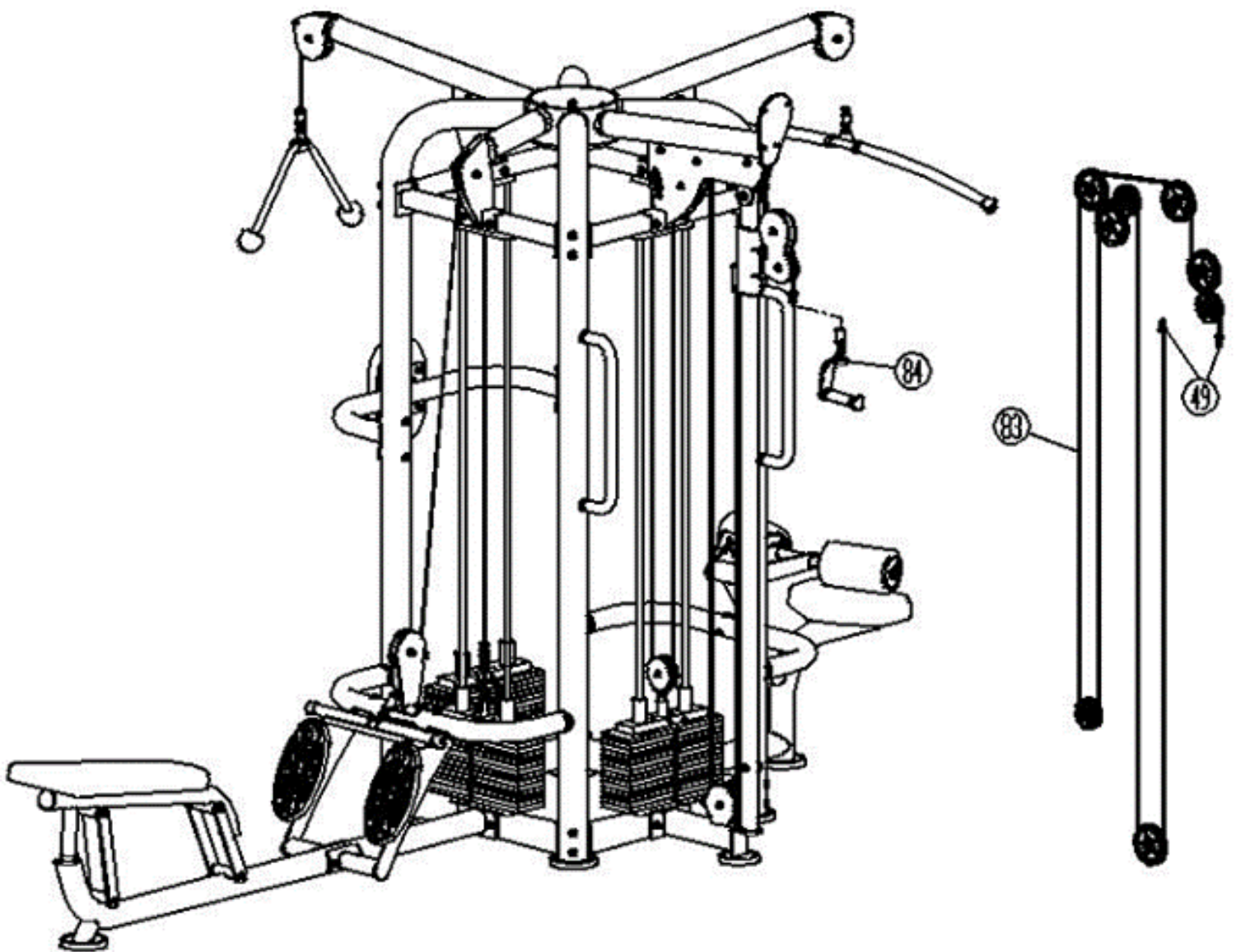
Installation of Multifunctional Trainer



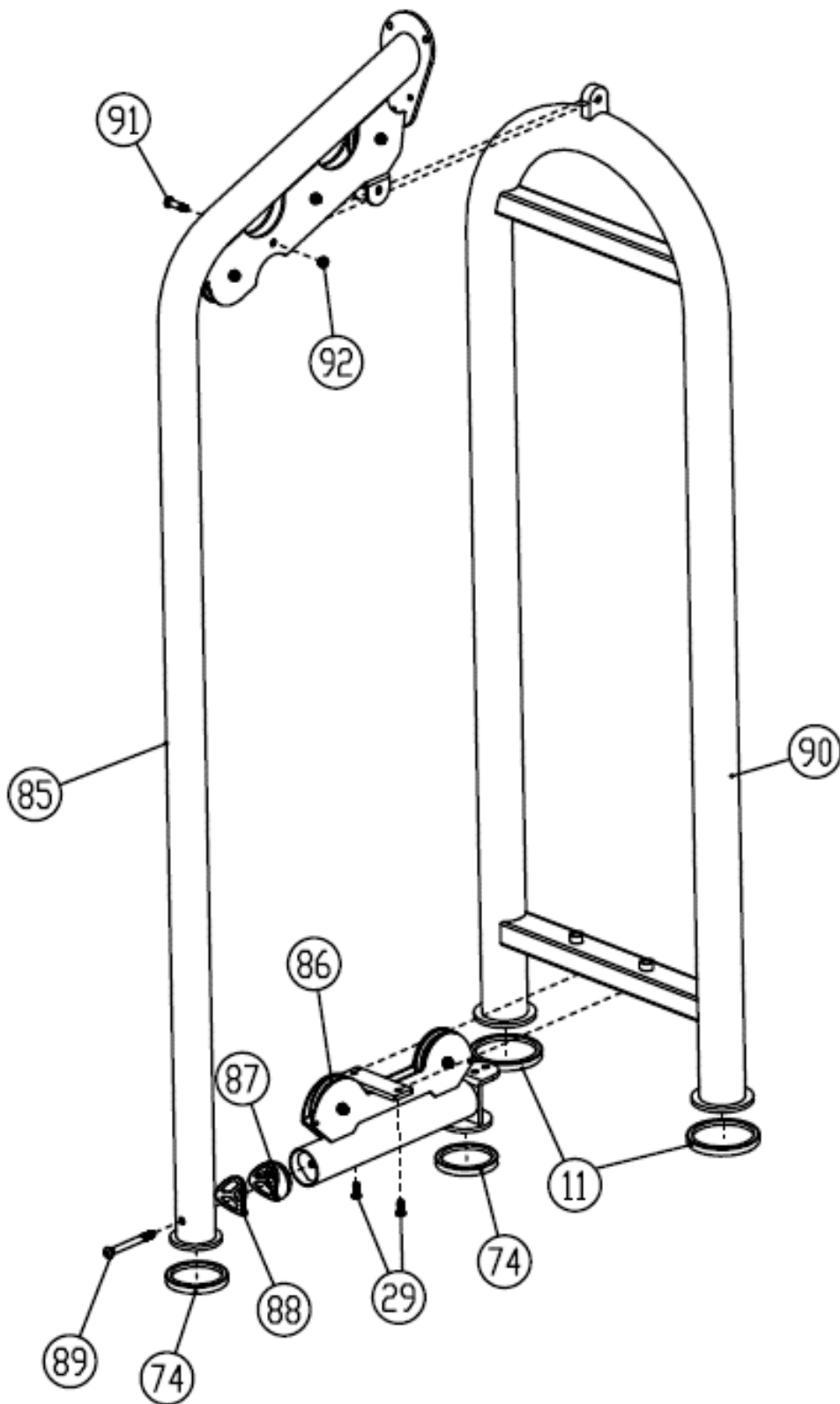
Installation of Multifunctional Trainer



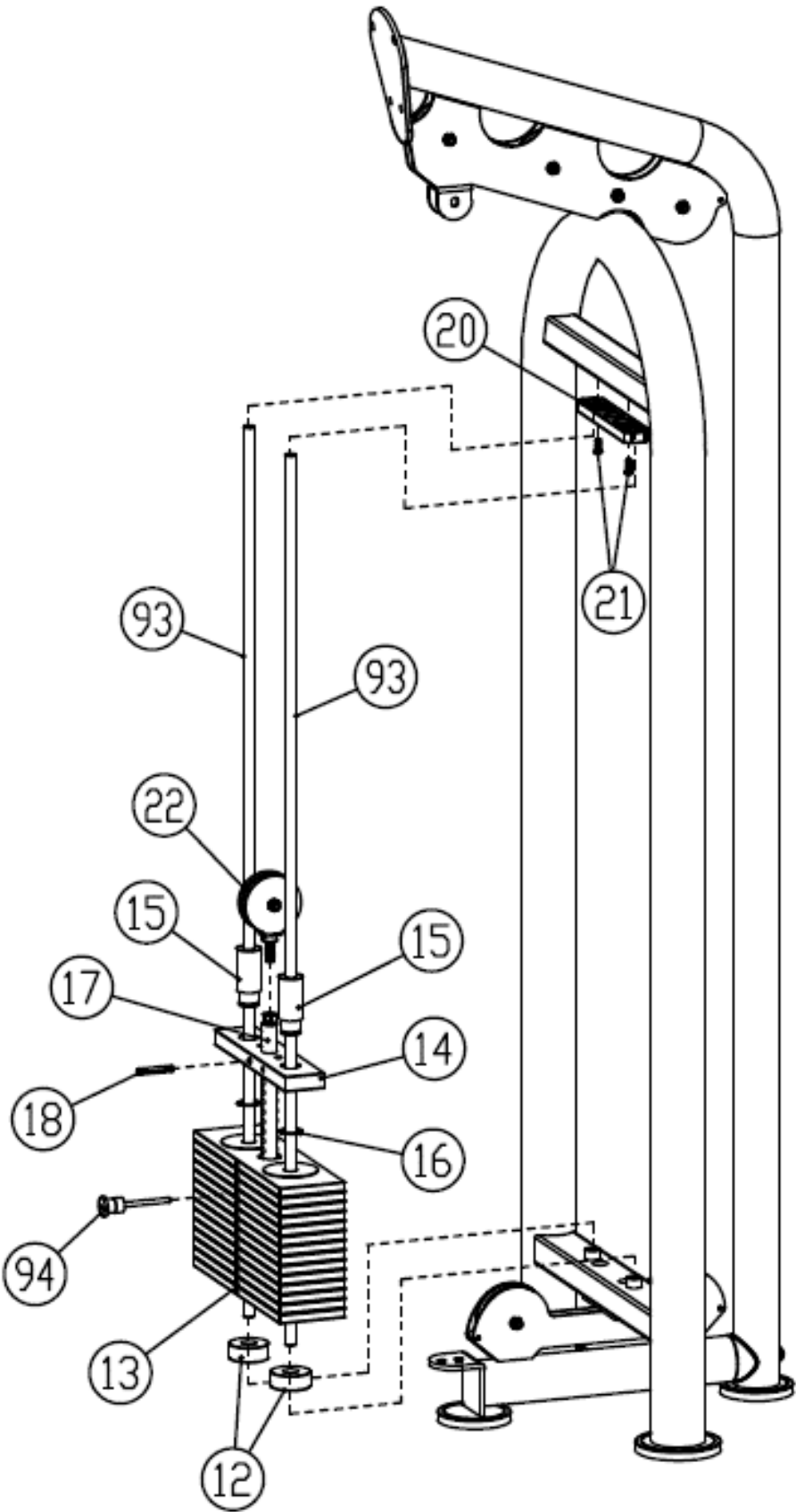
Installation of Multifunctional Trainer



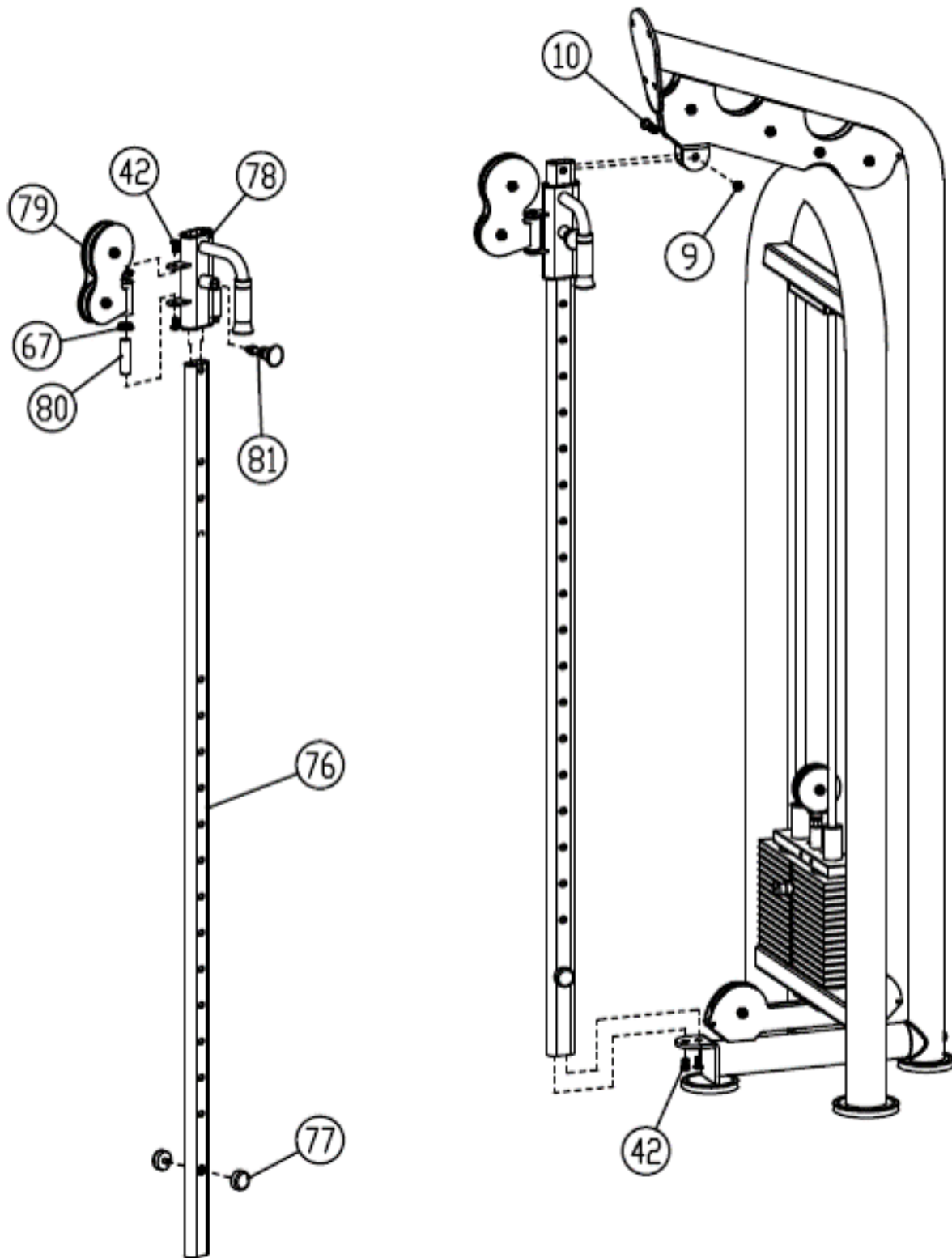
Installation of Adjustable Crossover Frame



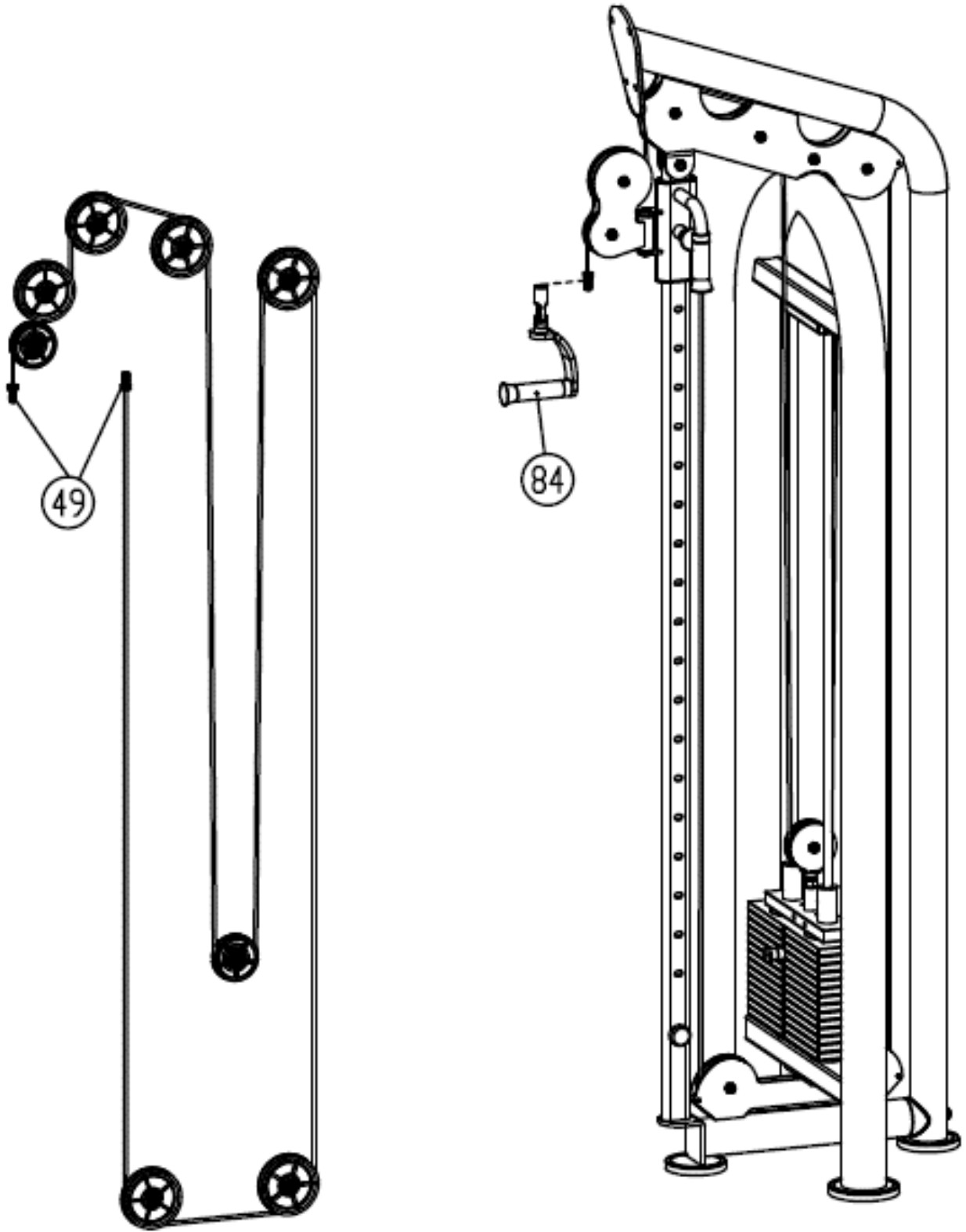
Installation of Adjustable Crossover Weight Stack



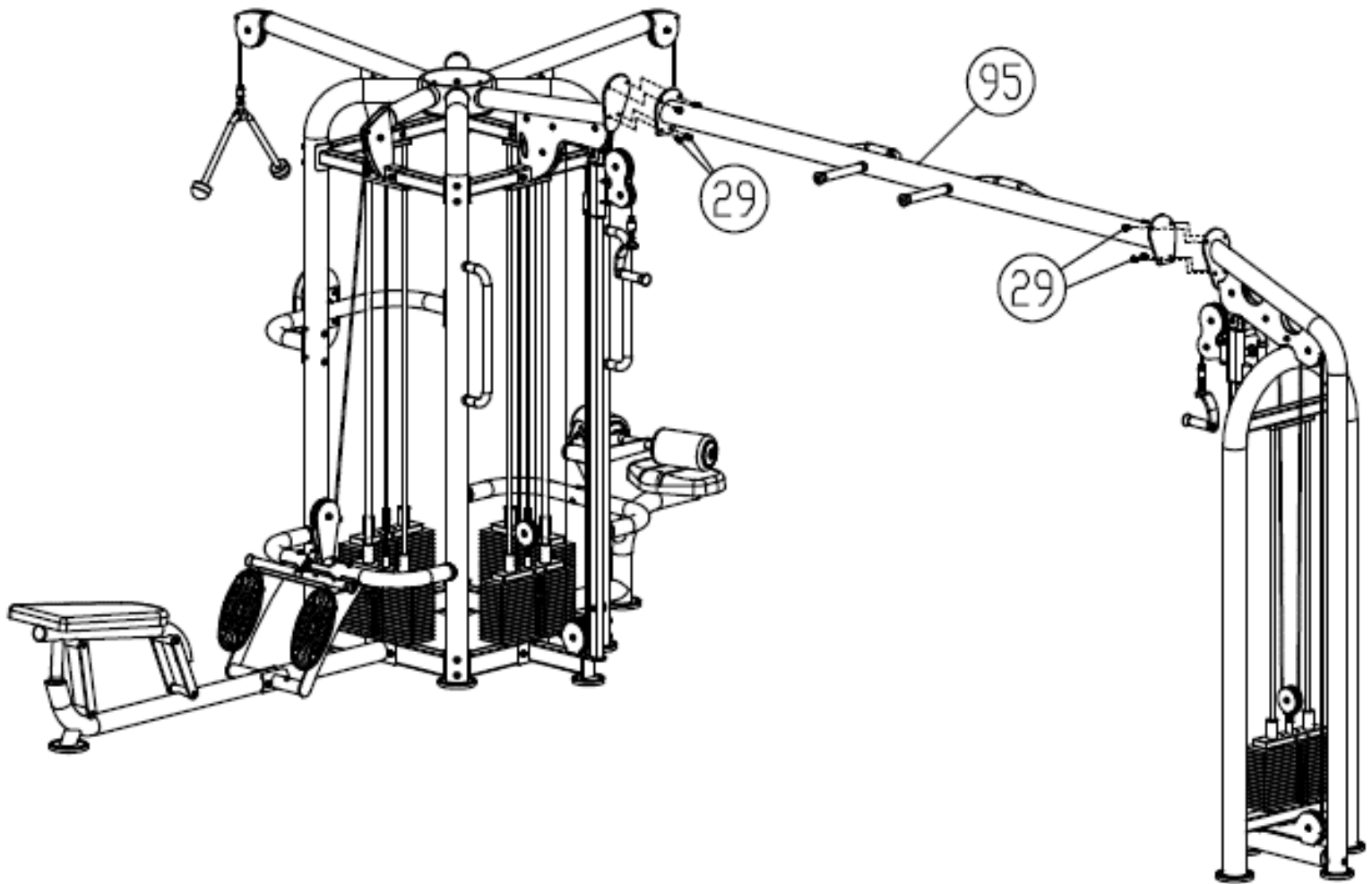
Installation of Adjustable Crossover Rack



Installation of Adjustable Crossover Steel Wire Rope and Handlebars



Adjustable Crossover and Whole Installation



Have a question about assembly?



Please contact a Gym Bro Fitness Team Member!

Hours of Operation:

Monday-Friday 9:00am - 5:00pm (PST)

Saturday 9:00am - 3:00pm (PST)

Sunday CLOSED

Phone: (662)GYM-BROS

Email: info@gymbrofitness.com

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