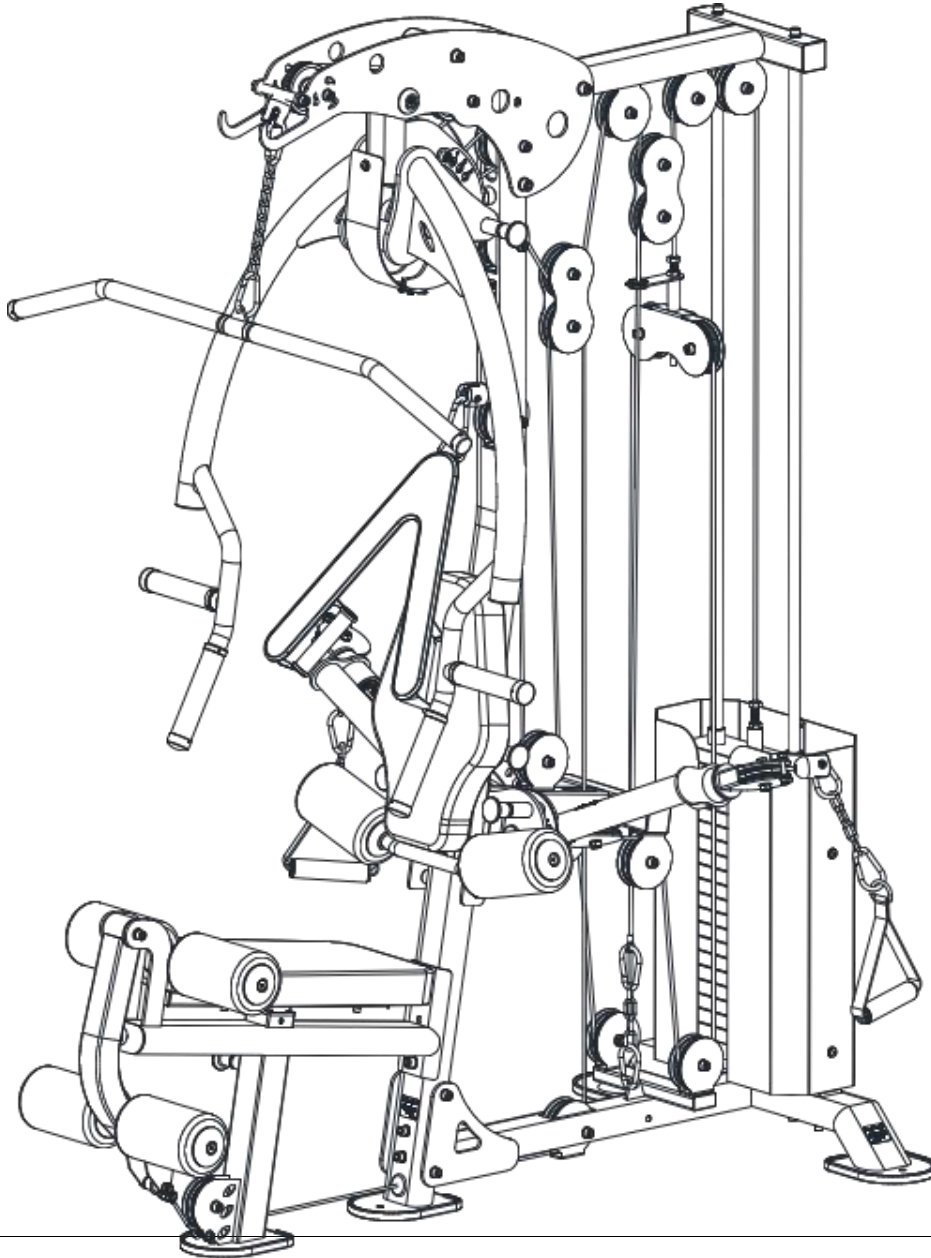




# Compact Single-Stack Multi-Gym (MT-MG-SS)



## Installation Manual

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- 02 / Installation step diagram and list
- 03 / Product description
- 04 / Product parameters
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- 07 / Warranty instructions

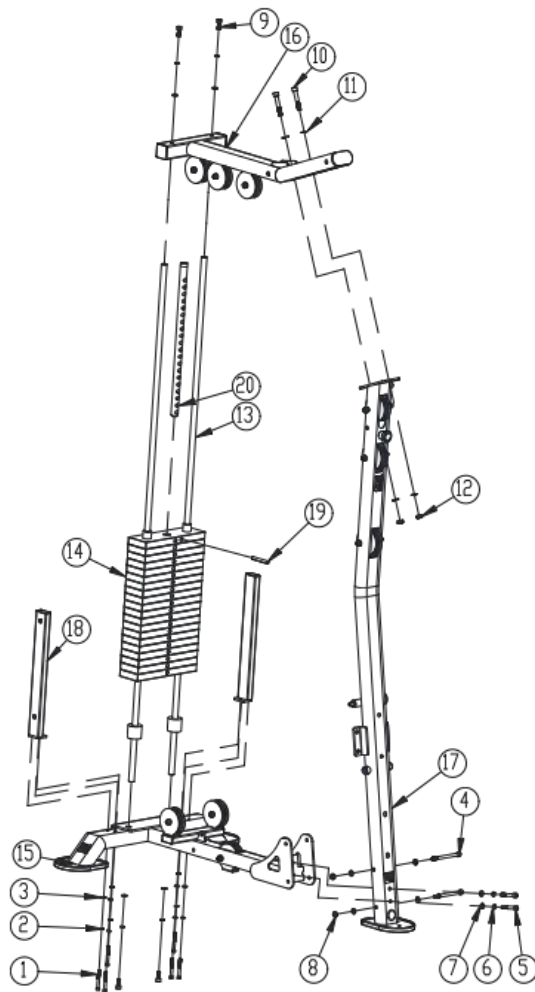
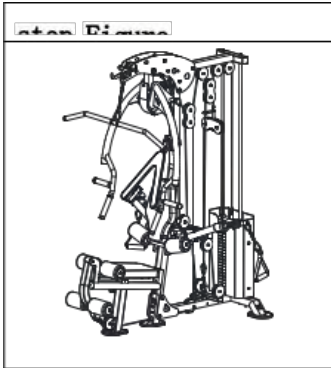
# 01/Safety Instructions

Thank you for choosing your products. The correct use of the trainer is your safe and convenient guarantee. Please read the following carefully before using the trainer:

1. Please read all the instructions carefully before using the product, and use the product in strict accordance with the methods described in the manual. Keep this use manual throughout the entire life of the product.
  2. The product owner should ensure that all the product users understand all the use precautions.
  - 3, when using the machine should keep the indoor air fresh and circulation, and ensure that there is enough space for activities.
  4. The user has the responsibility to ensure the good maintenance of the device. After the installation and before each use, check that the fixings have been tightened, and there is no excess part. Regularly check the condition of the easily worn parts.
  5. In case of damage to your device, please immediately contact the dealer and the company's after-sales service department to replace all worn parts or defects. Do not use the device before complete repair.
  6. Before use, please wear appropriate sports clothes and sports shoes, do not wear skirts and jewelry, and if your hair is tied up to avoid affecting the exercise.
  7. Please do a warm-up exercise before using this machine.
  8. If you feel dizziness, pain, vomiting and other abnormal symptoms, please stop exercising immediately and consult your doctor.
  - 9, children should use the local machine for selective training under the supervision of adults.
10. Warning! Hands and feet are not close to moving parts.  
Warning! Do not exceed the adjustment settings.  
Warning! When exercising, do not allow children or pets to the equipment.  
Warning! Any regulating device must be adjusted in place when in use. Warning !  
Please use the right method to exercise with your machine  
with incorrect or inadequate functions may cause harm to your health.

# 02 /

## Installation

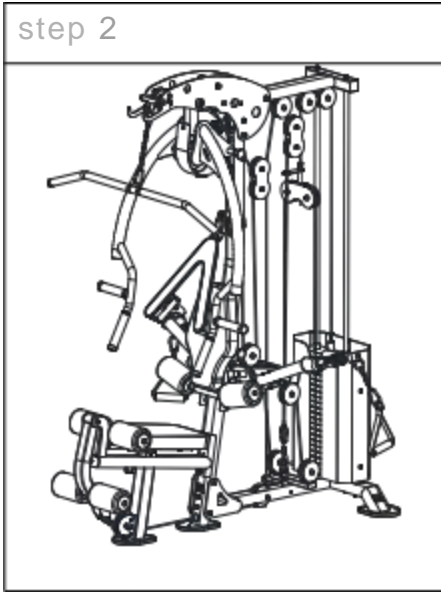


### Installation list for this step

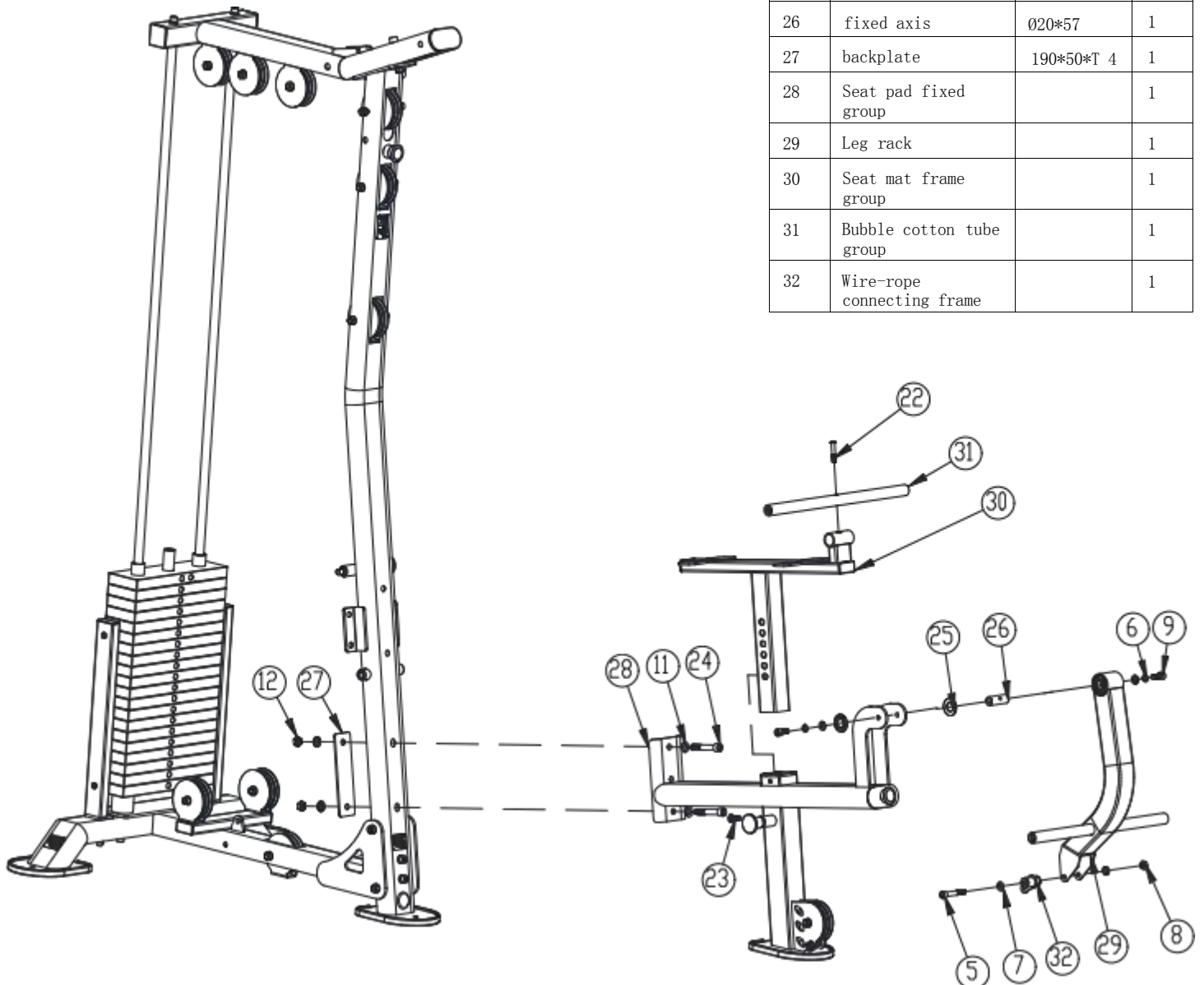
1	Inner hexagon cylindrical head bolt	M 8X65	6
2	lock washer	Ø 8	6
3	flat gasket	Ø 8	6
4	Inner hexagon cylindrical head bolt	M 10X130	2
5	Inner hexagon cylindrical head bolt	M 10X65	2
6	lock washer	Ø 10	6
7	flat gasket	Ø 10	10
8	Hexagon lock nut	M 10	2
9	Inner hexagon cylindrical head bolt	M 10X25	4
10	Inner hexagon cylindrical head bolt	M 12X70	2
11	flat gasket	Ø 12	4
12	Hexagon lock nut	M 12	2
13	guide rod	Ø20*1890	2
14	SM 01 Matching and recombination	100KG	1
15	Base frame seat		1
16	Upper fixed group		1
17	The riser group		1
18	Protection plate fixed frame		2
19	cotter	Ø10X 80	1
20	SM 01 Center bar	Ø25*560	1
21	Weight loss pad	φ 50* φ 22*45	2

## 2) Installation

step 2

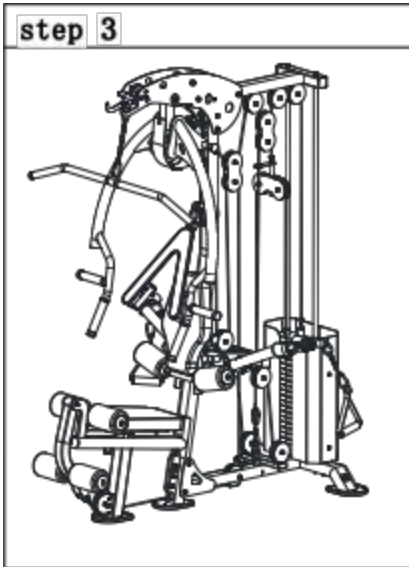


Installation list for this step			
5	Inner hexagon cylindrical head bolt	M10X65	1
6	lock washer	Ø 10	2
7	flat gasket	Ø 10	4
8	Hexagon lock nut	M10	1
9	Inner hexagon cylindrical head bolt	M10X25	2
11	flat gasket	Ø 12	4
12	Hexagon lock nut	M12	2
22	Inner hexagonal flat round head bolt	M8X45	1
23	Inner hexagonal flat round head bolt	M10X25	1
24	Inner hexagon cylindrical head bolt	M12X75	2
25	The interval piece	Ø40*T3	2
26	fixed axis	Ø20*57	1
27	backplate	190*50*T 4	1
28	Seat pad fixed group		1
29	Leg rack		1
30	Seat mat frame group		1
31	Bubble cotton tube group		1
32	Wire-rope connecting frame		1

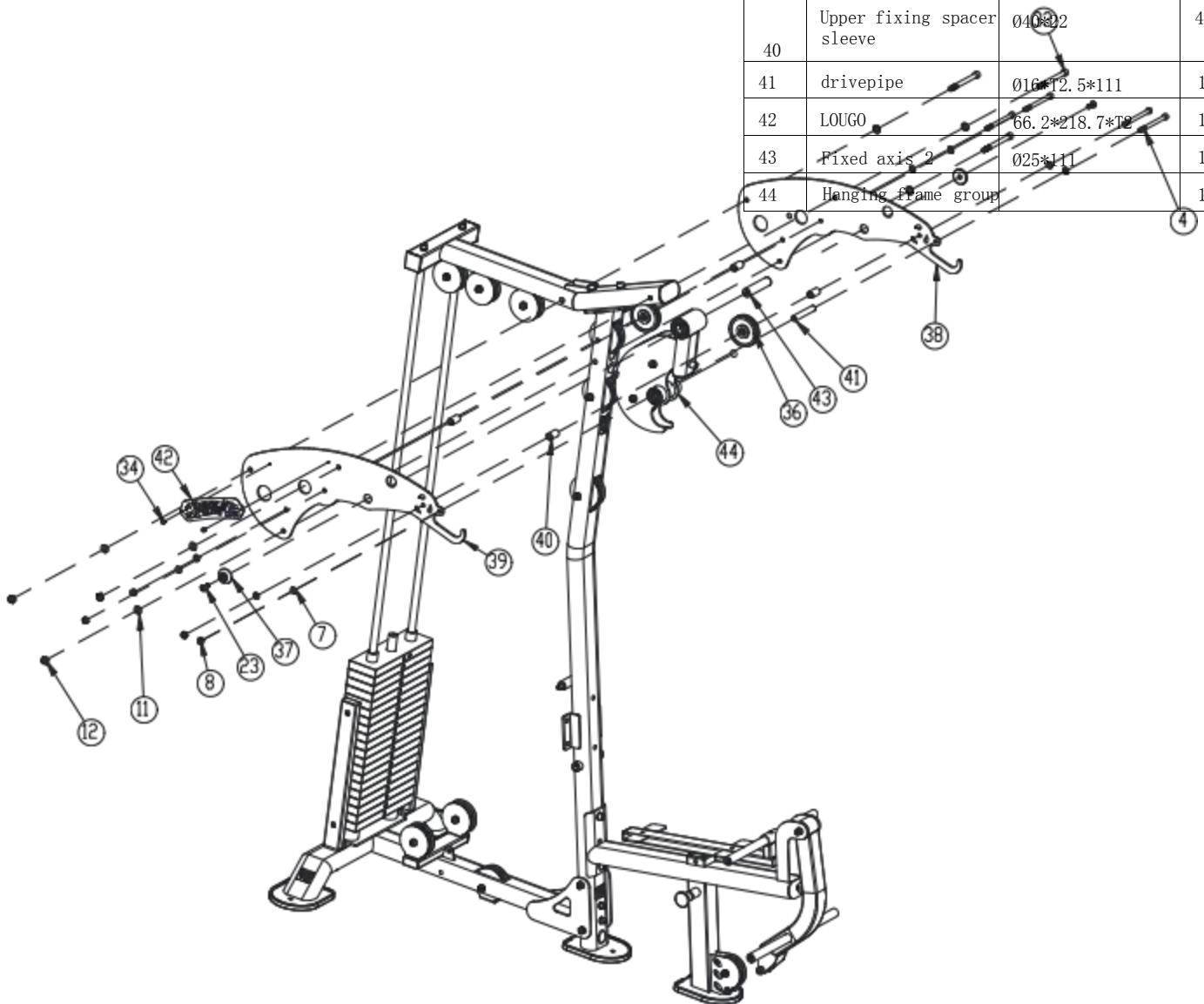


### 3) Installation

#### step 3

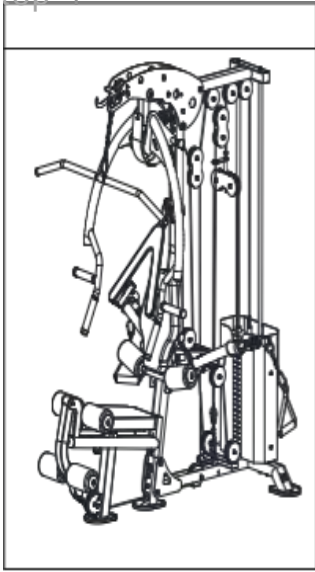


Installation list for this step			
4	Inner hexagon cylindrical head bolt	M 10X130	3
7	flat gasket	Ø 10	6
8	Hexagon lock nut	M10	3
11	flat gasket	Ø 12	6
12	Hexagon lock nut	M12	3
23	Inner hexagonal flat round head bolt	M10X25	2
33	Inner hexagon cylindrical head bolt	M 12X130	3
34	Inner hexagonal flat round head bolt	M6X10	2
36	Ø 90 pulley	φ 90* φ 10.5*25	2
37	end cap	Ø43.5*11	2
38	Upper fixed frame plate left	248.3*742.9*T6	1
39	The upper fixed frame plate is right	248.3*742.9*T6	1
40	Upper fixing spacer sleeve	Ø40*Ø2	4
41	drivepipe	Ø16*T2.5*111	1
42	LOUGO	66.2*218.7*T2	1
43	Fixed axis 2	Ø25*111	1
44	Hanging frame group		1

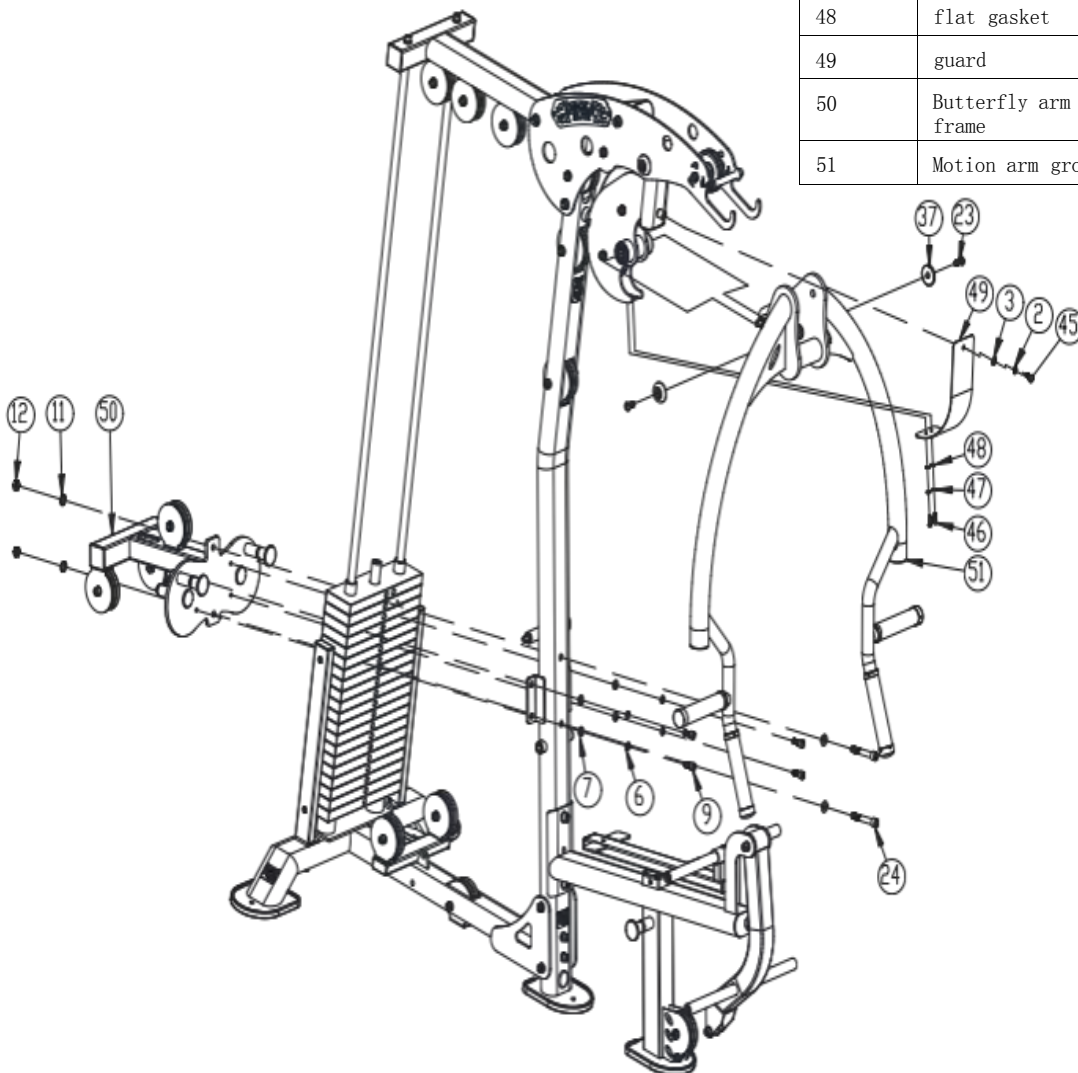


## 4) Installation

### step 4

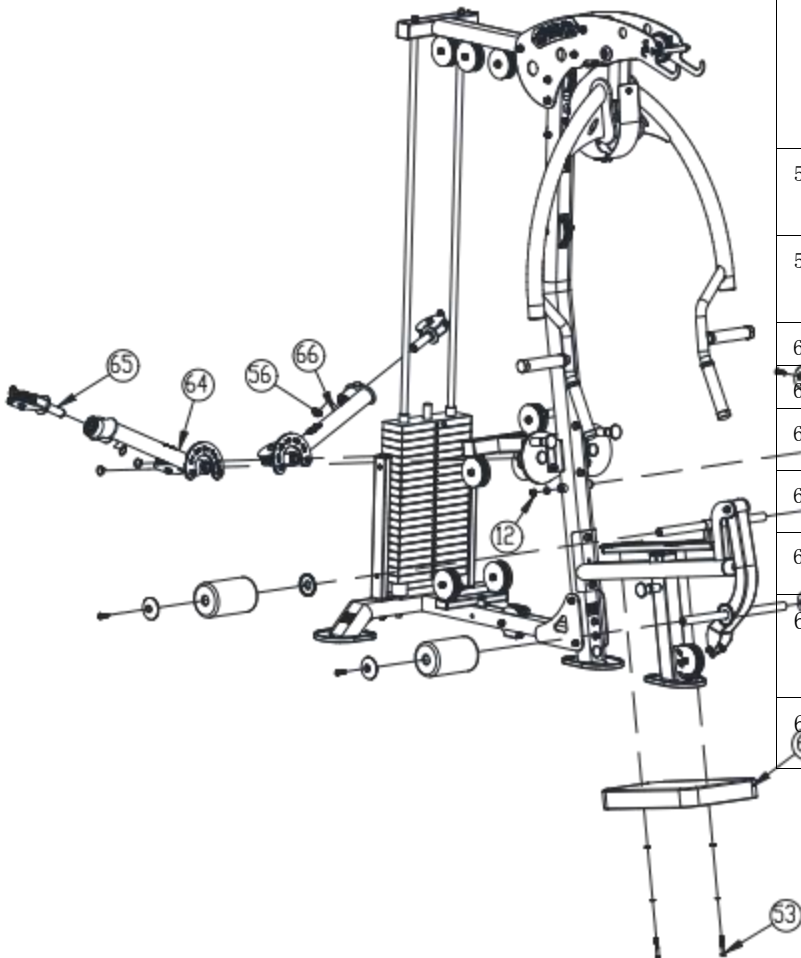
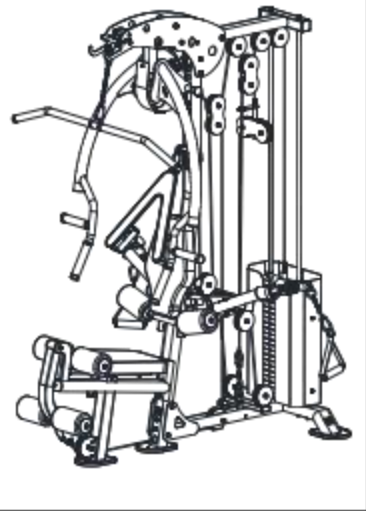


Installation list for this step			
2	lock washer	Ø 8	1
3	flat gasket	Ø 8	1
6	lock washer	Ø10	4
7	flat gasket	Ø10	4
9	Inner hexagon cylindrical head bolt	M10X25	4
11	flat gasket	Ø12	4
12	Hexagon lock nut	M12	2
23	Inner hexagonal flat round head bolt	M10X25	2
24	Inner hexagon cylindrical head bolt	M12X75	2
37	end cap	Ø43.5*11	2
45	Inner hexagonal flat round head bolt	M8X20	1
46	Inner hexagonal flat round head bolt	M6X20	2
47	lock washer	Ø 6	2
48	flat gasket	Ø 6	2
49	guard	318*85*T 2	1
50	Butterfly arm frame		1
51	Motion arm group		1



## 5) Installation

### step 5

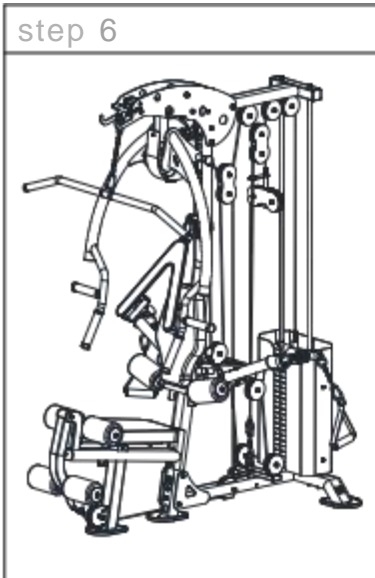


### Installation list for this step

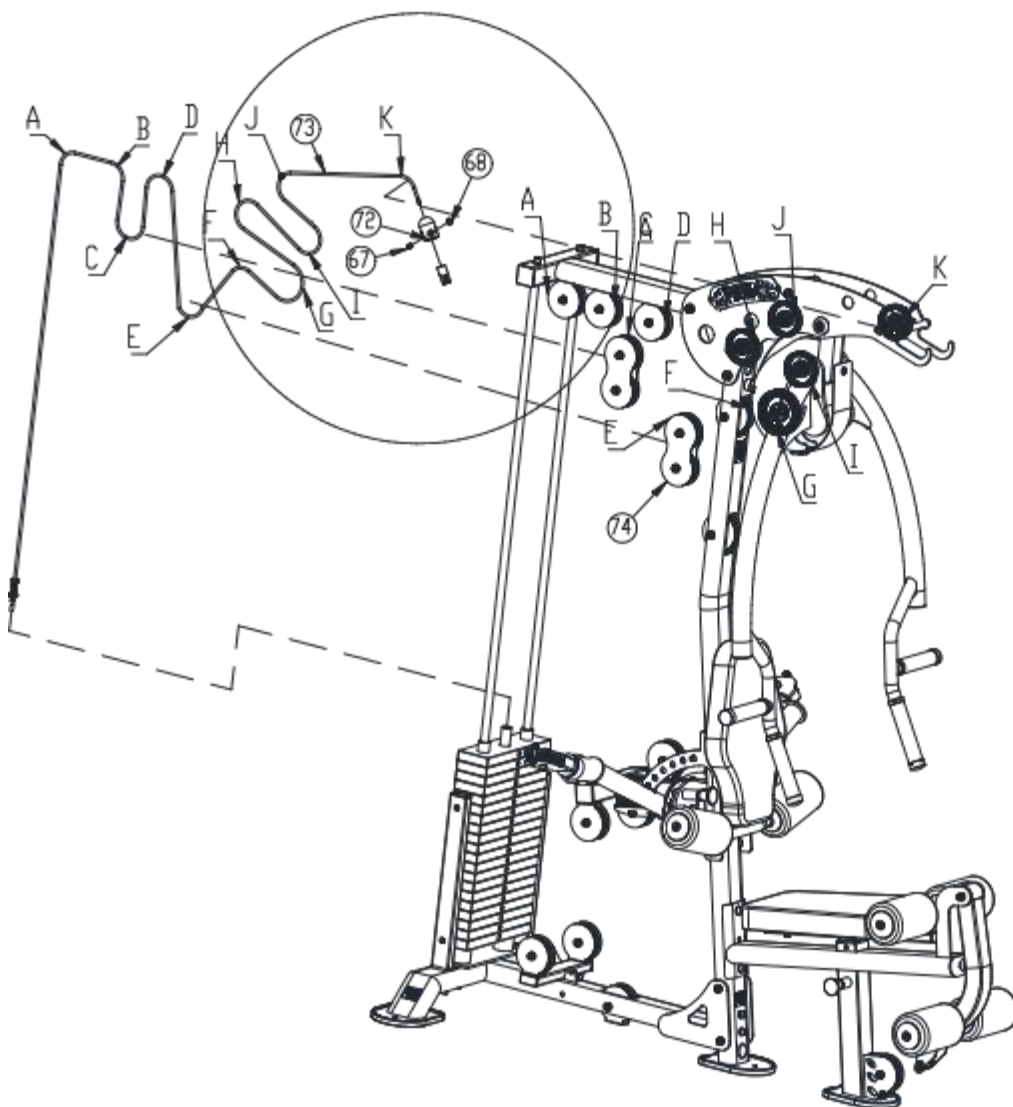
2	flat gasket	∅ 8	6
3	lock washer	∅ 8	6
11	flat gasket	∅ 12	2
12	Hexagon lock nut	M12	1
52	Inner hexagon cylindrical head bolt	M8X35	4
53	Inner hexagon cylindrical head bolt	M8X55	2
54	Inner hexagon head bolt	M10X35	6
55	Inner hexagon cylindrical head bolt	M 12X160	1
56	Axft with retaining ring A	∅ 25 axis (GB/T894.1-1986)	4
57	Round bubble cotton	∅ 23 * ∅ 110 * 180 (outsourced leather, black small black lychee grain / sewing orange double line) round foam	6
58	Bubble cotton inner end cover	∅26*∅70*11	6
59	The outer end of the bubble cotton cover	∅10/∅3070*1160	6
60	Back pad	470*298*60	1
61	seating washer	150*320*60	1
62	Backpad fixture		2
63	Backpad fixture		1
64	Butterfly arm left		1
65	Turn the pulley block		2
66	Butterfly arm right		1

## 6) Installation

step 6



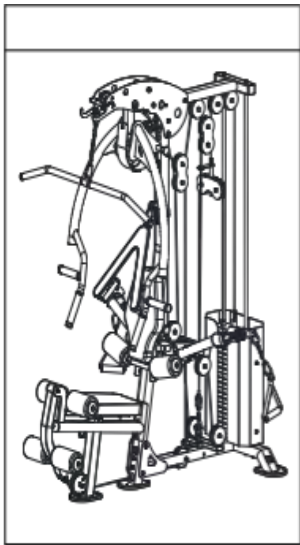
Installation list for this step			
67	Inner hexagon cylindrical head bolt	M 8 X 30	1
68	Hexagon lock nut	M 8	1
72	Steel wire rope lock buckle	φ 39*56.8	1
73	SM 01- # 1 steel wire rope	Ø5*3800	1
74	SM 01-22-00	Double pulley block	2



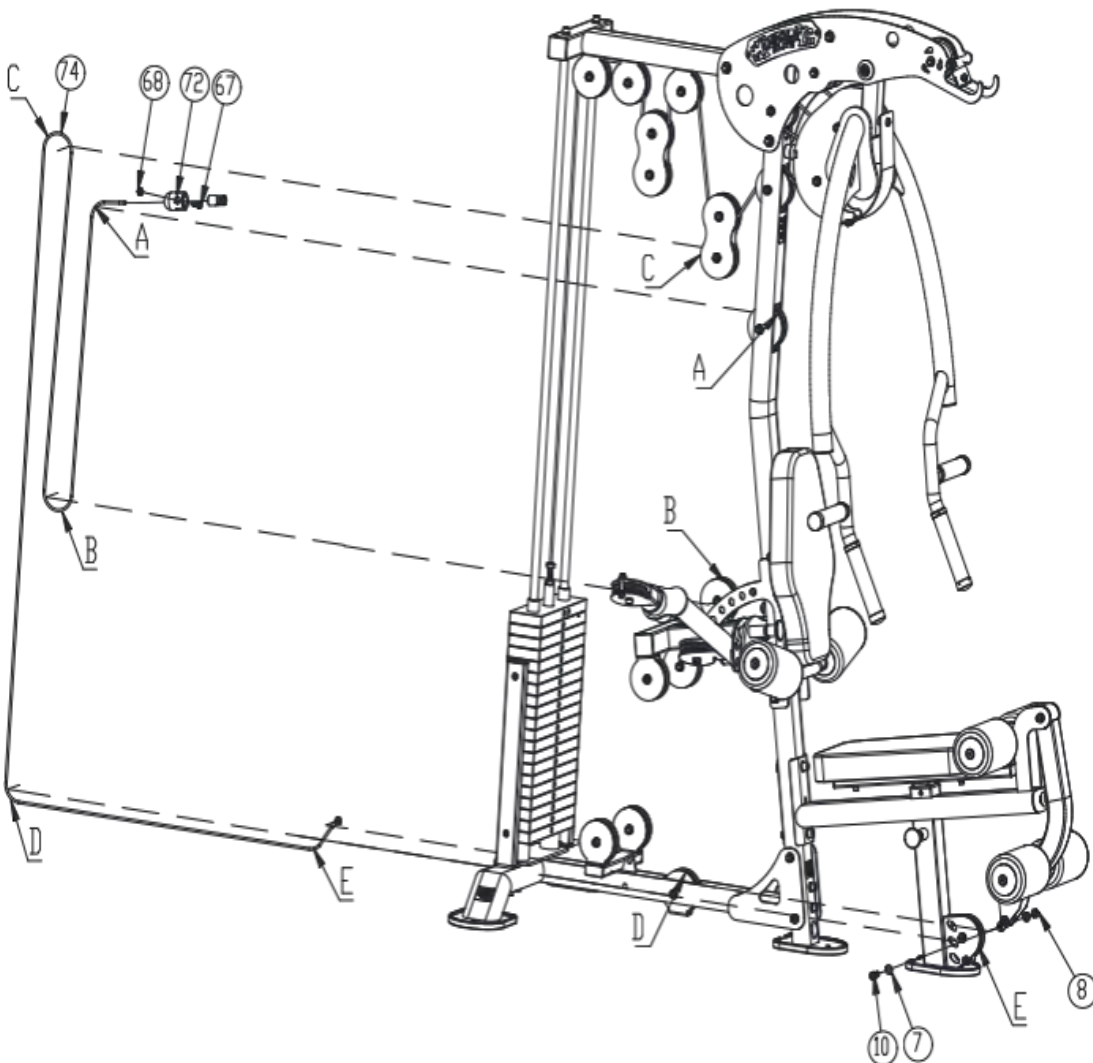
局部视图 A  
比例 1:10

## 7) Installation

step 7

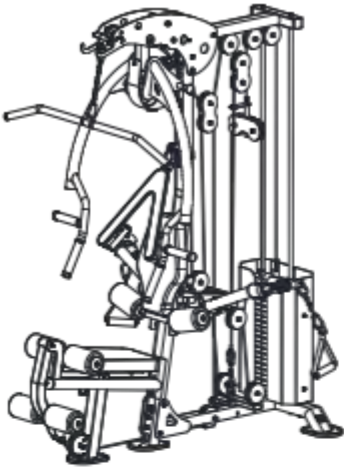


Installation list for this step			
7	flat gasket	Ø10	2
8	Hexagon lock nut	M 10	1
10	Inner hexagon cylindrical head bolt	M 10X 25	1
67	Inner hexagon cylindrical head bolt	M 8X 30	1
68	Hexagon lock nut	M 8	1
72	Steel wire rope lock buckle	φ 39*56.8	1
74	SM 1-8 wire rope	Ø5*4170	1



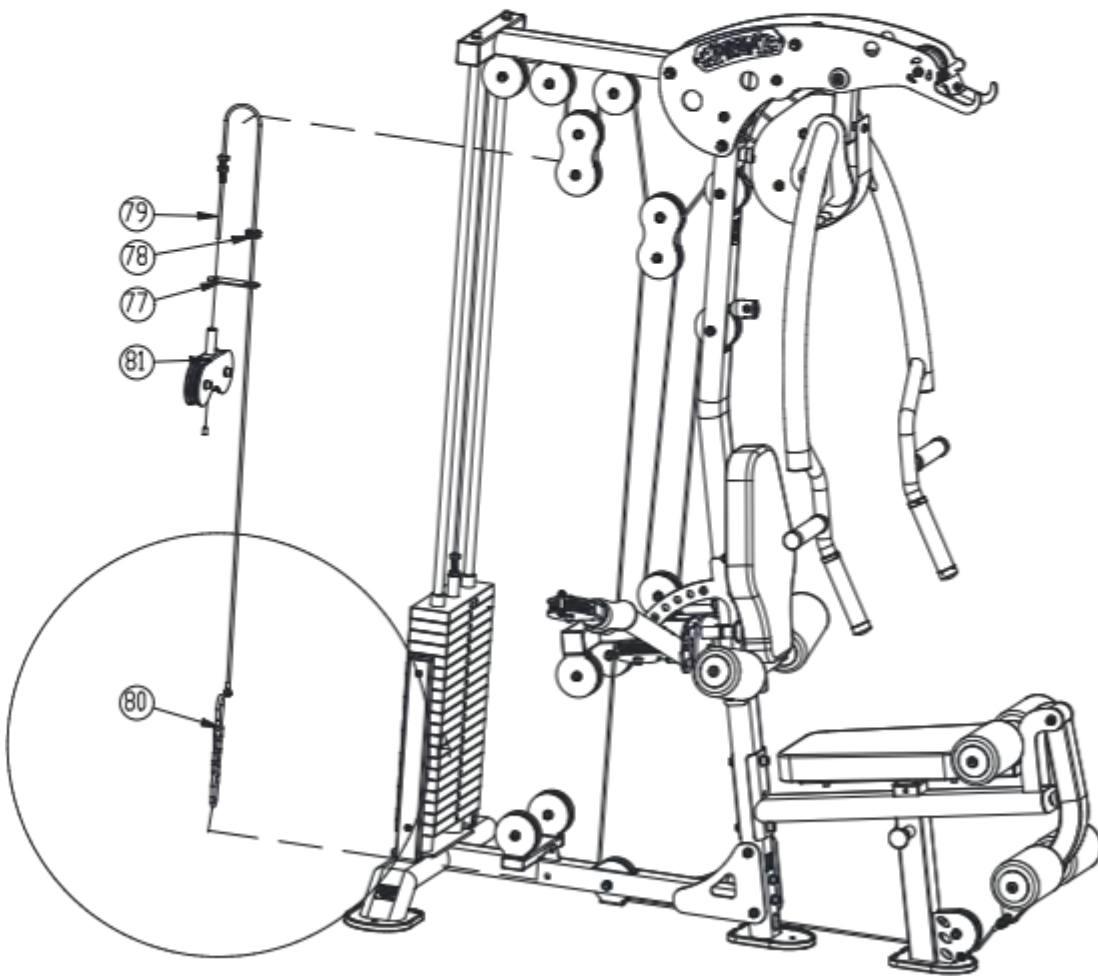
## 8) Installation

step 8



Installation list for this step

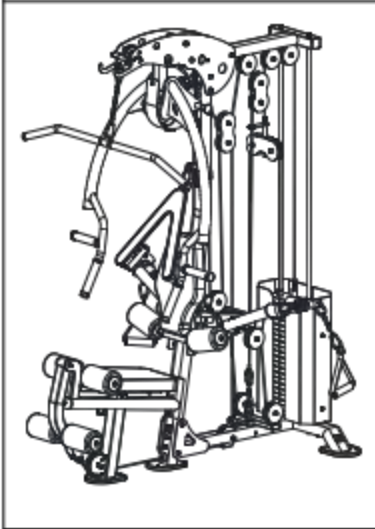
77	Block piece	115*35*T 3	1
78	Guide rod fixed sleeve	$\phi 20.2 * \phi 32.2 * t 11$	1
79	SM1-3 # steel wire rope	$\phi 5 * 1700$	1
80	4-section iron chain L 125 + gourd hook 2 pieces	Section 39 * 21 * $\phi 6 * 4$ (L 125)	1
81	Double pulley frame group		1



局部视图 A  
比例 2:15

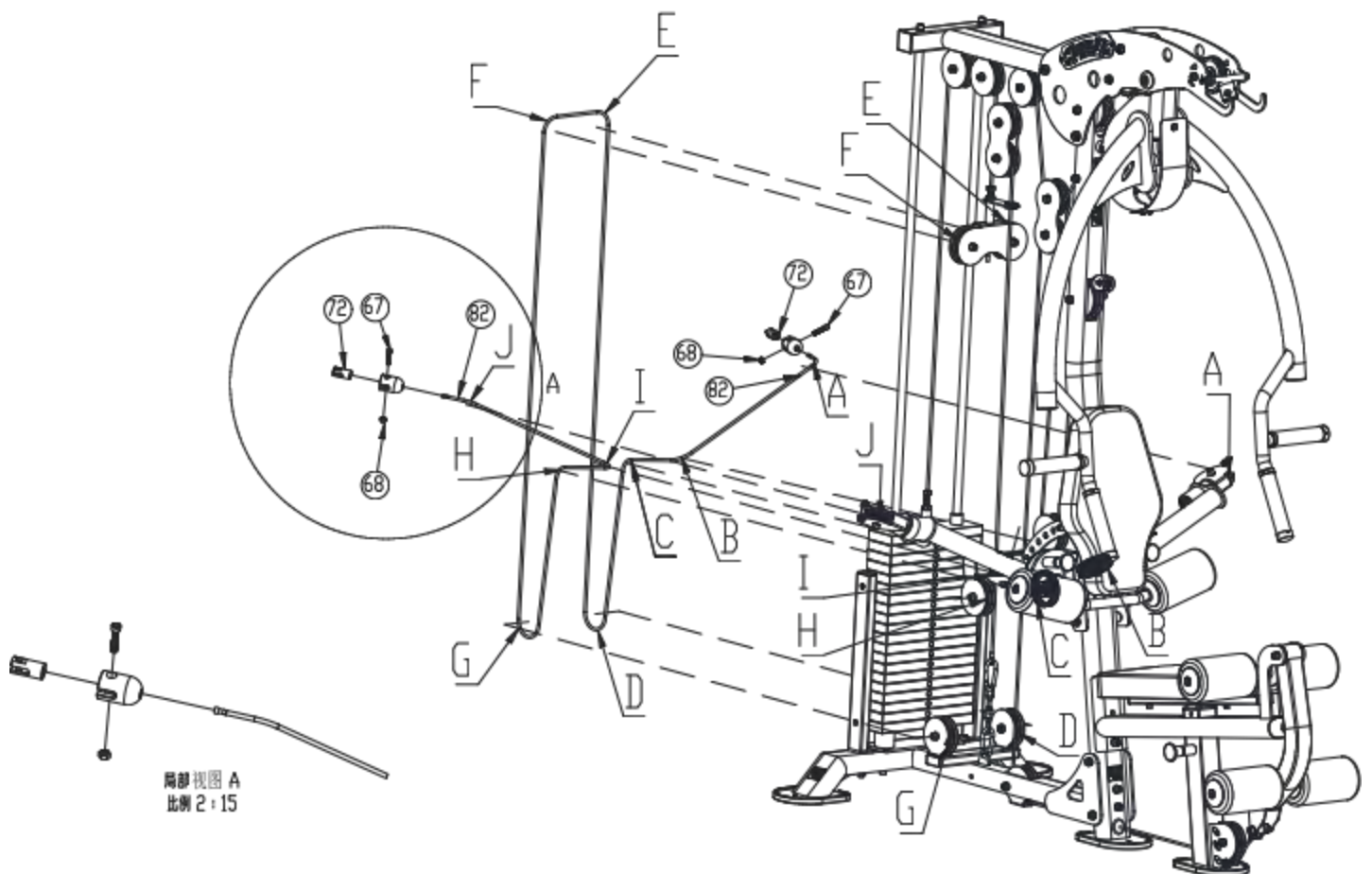
## 9) Installation

step 9



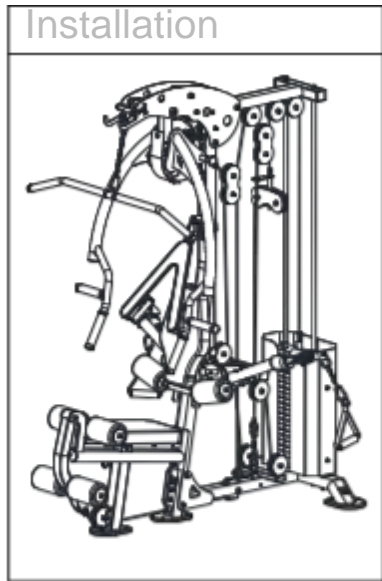
Installation list for this step

67	Inner hexagon cylindrical head bolt	M 8 X 30	2
68	Hexagon lock nut	M 8	2
72	Wire rope lock	φ 39*56.8	2
82	SM 1-4 No wirerope	∅ 5*5000	1

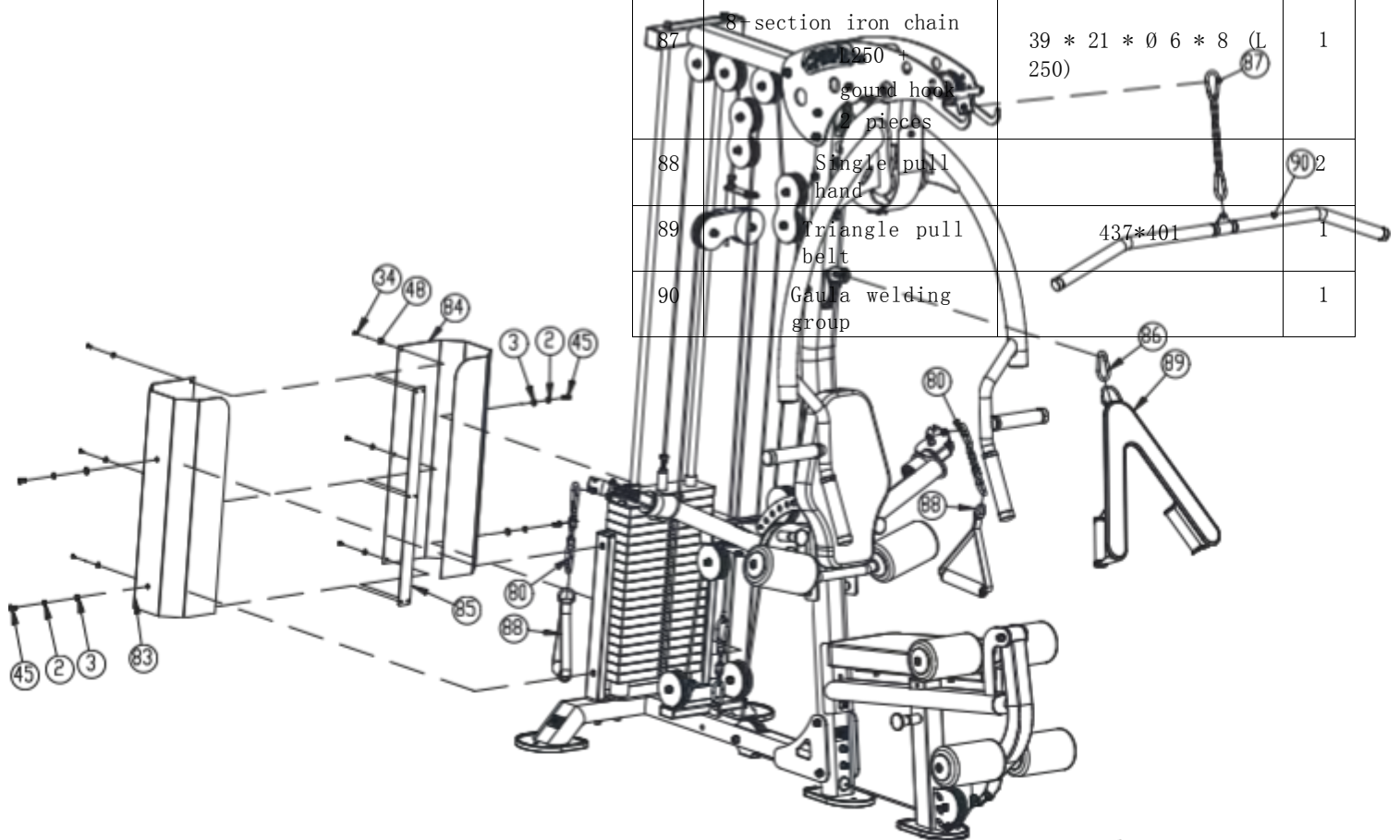


局部视图 A  
比例 2:15

10)



Installation list for this step			
2	lock washer	Ø8	4
3	flat gasket	Ø8	4
34	Inner hexagonal flat round head bolt	M 6X 10	6
45	Inner hexagonal flat round head bolt	M 8X 20	4
48	flat gasket	Ø6	6
80	4-section iron chain L125 + gourd hook 2 pieces	39 * 21 * Ø 6 * 4 (L 125)	2
83	Left guard plate	<b>503.5*600*T 1.2</b>	1
84	Right guard plate	<b>503.5*600*T 1.2</b>	1
85	Protection plate fixed plate	40*600*T 3	1
86	The gourd hook	50*82*Φ 8	1
87	8-section iron chain L250 + gourd hook 2 pieces	39 * 21 * Ø 6 * 8 (L 250)	1
88	Single pull hand		2
89	Triangle pull belt	437*401	1
90	Gauss welding group		1



### 03 / Product description

This machine is an indoor fitness equipment, suitable for aerobic cardiopulmonary exercise, mainly to increase the cardiopulmonary function, muscle training as auxiliary. Exercise the chest muscle and other parts of the muscle, can achieve the purpose of strong body, fitness.

This machine uses the function diagram to explain the correct use of equipment and muscle exercise methods, pictures and pictures, easy to master.

This machine uses the distribution recombination to provide a weight selection, allowing you to easily get the strength and resistance you need.

### 04 / Product Parameters

<b>Name:</b>	Compact Single-Stack Multi Gym	<b>SKU</b>	MT-MG-SS
<b>Dimensions:</b>	50" x 66" x 82"	<b>Weight Stack</b>	200 lb
<b>Weight:</b>	680 lb		

### 05 / Maintenance Guide

1. The bolts in all parts of the machine should be frequently checked and fastened, and the rotating part should be flexible and sound.
- 2, the machine should be kept clean, but can not be wiped with a strong detergent solvent.
3. If the stressed parts are worn or damaged, they should be replaced immediately until they are repaired.