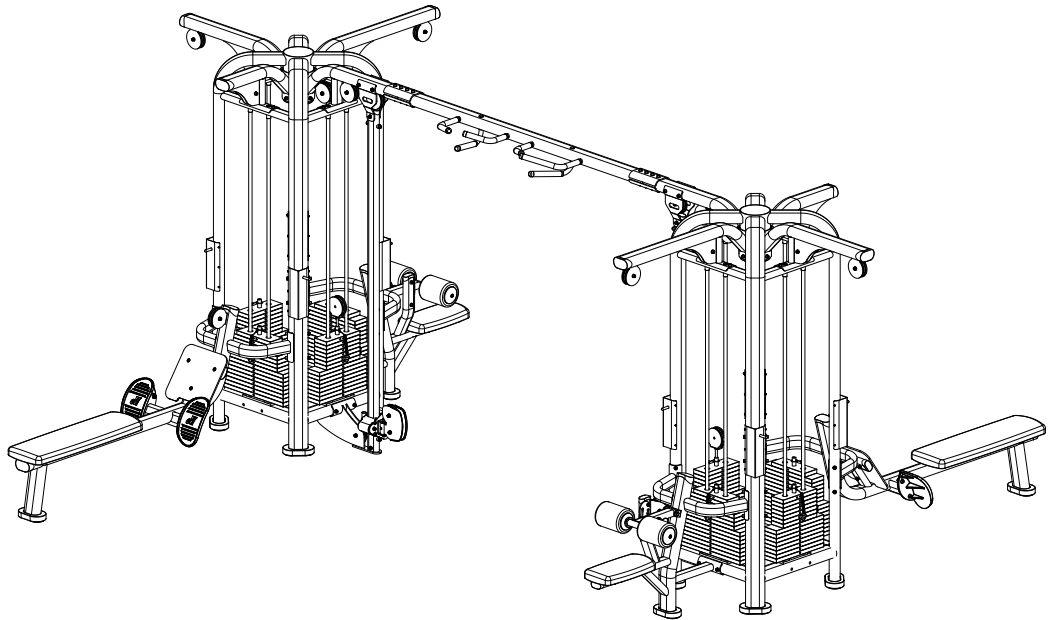


# OWNER'S MANUAL

## EIGHT STATIONS

Model # : BH-100



**CAUTION:** Read all precautions and instructions before using this equipment. Save this manual for future reference.

# CONTENTS

- 02 General warnings and maintenance advice
- 03-15 Assembly Instructions  
Explained as a series of steps, with each step containing:
- Pictures and descriptions of the parts required
  - Notes
  - Diagram showing how the parts fit together
- 16-19 Part List

## CUSTOMER SUPPORT

Should you require any assistance regarding this product please contact us using the details on the opposite page and have the following information to hand:

Serial/batch number-found on the following sticker, located on the metal frame

- Model-Serial.No:XXXXX-XXXXXXXXXX-XXX
- Original purchase date
- Information about the place and conditions of use the product
- Precise description of the issue/defect

# ***Assembly Instructions***

## **Before Your Begin**

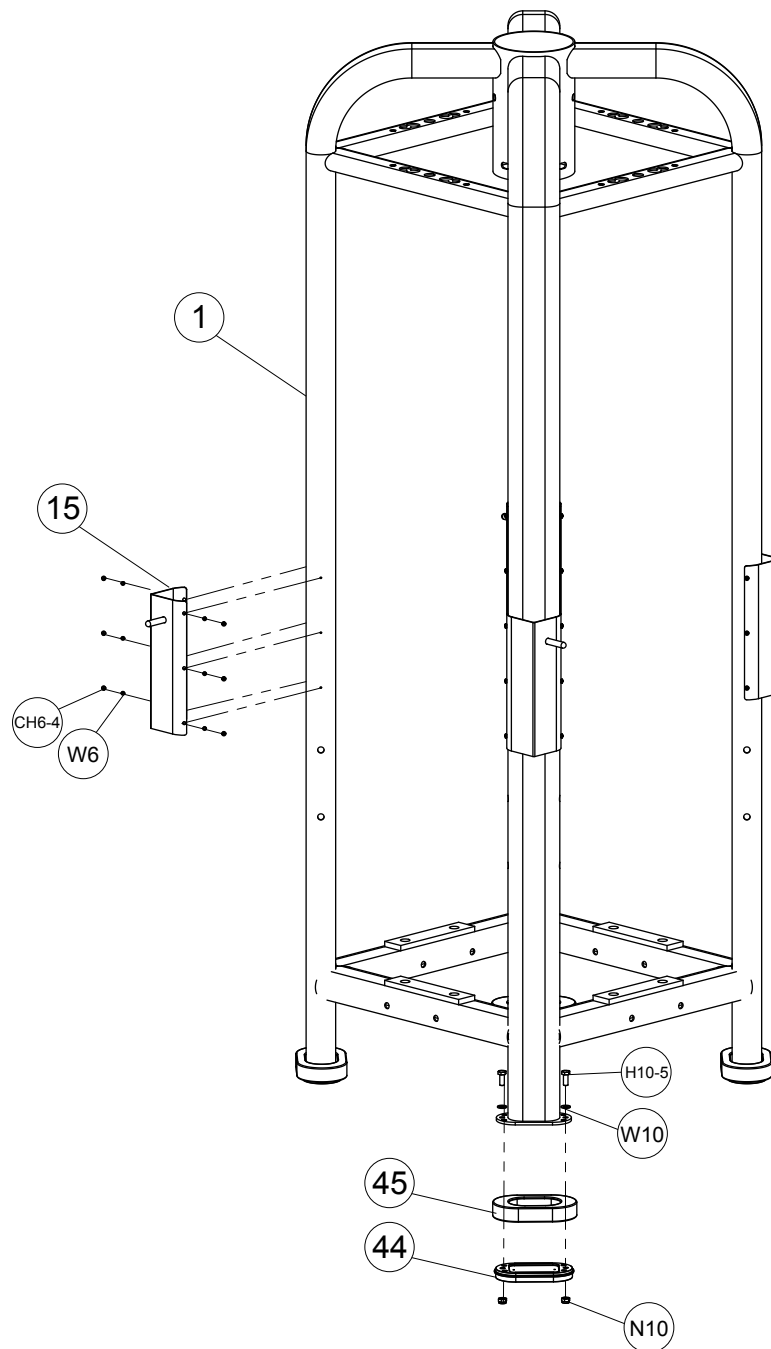
This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the equipment near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly.

## INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.
- Tighten all the bolts/nuts.

# STEP 1

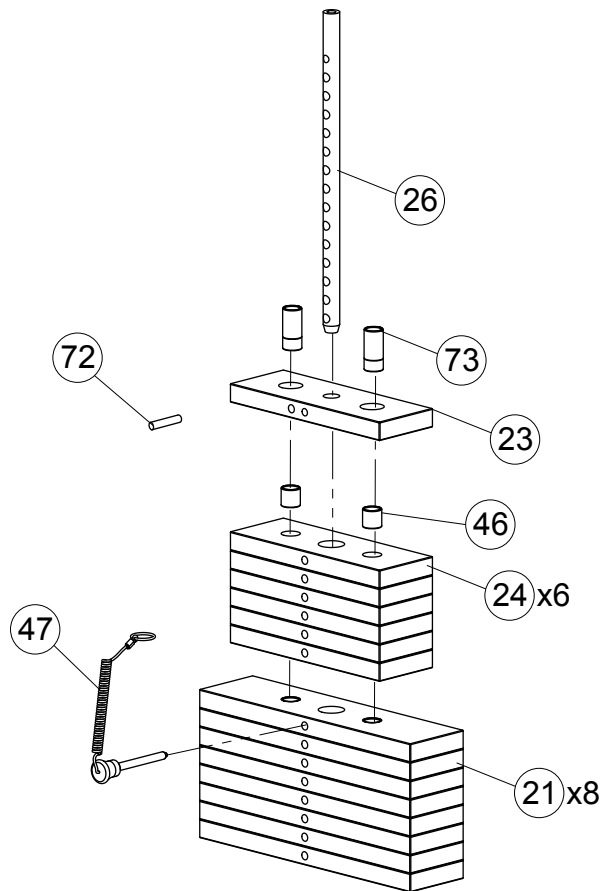
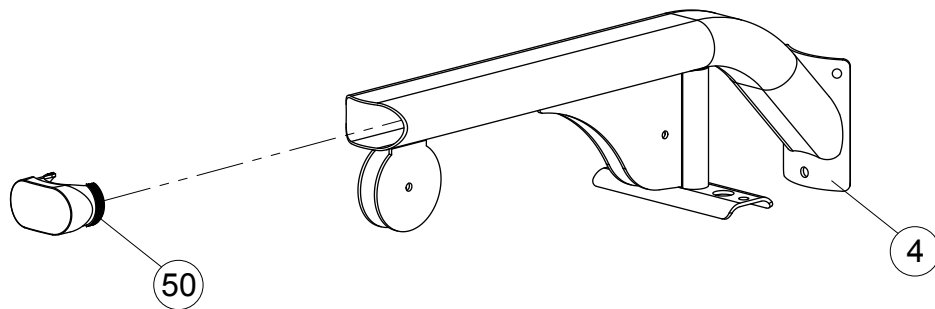




### INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.
- Tighten all the bolts/nuts.

## STEP 2



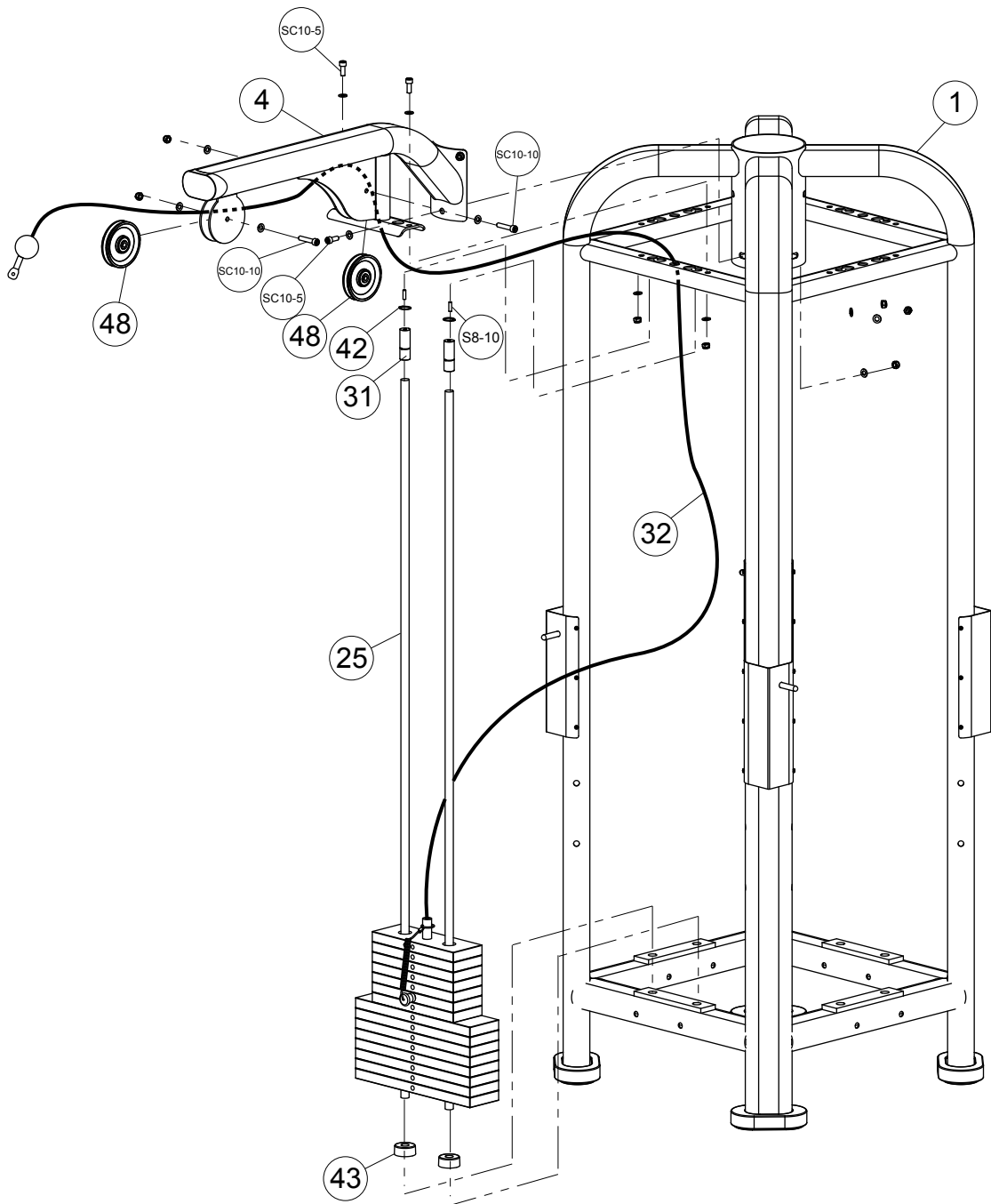
### INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.
- Tighten all the bolts/nuts.

## STEP 3

### NOTE:

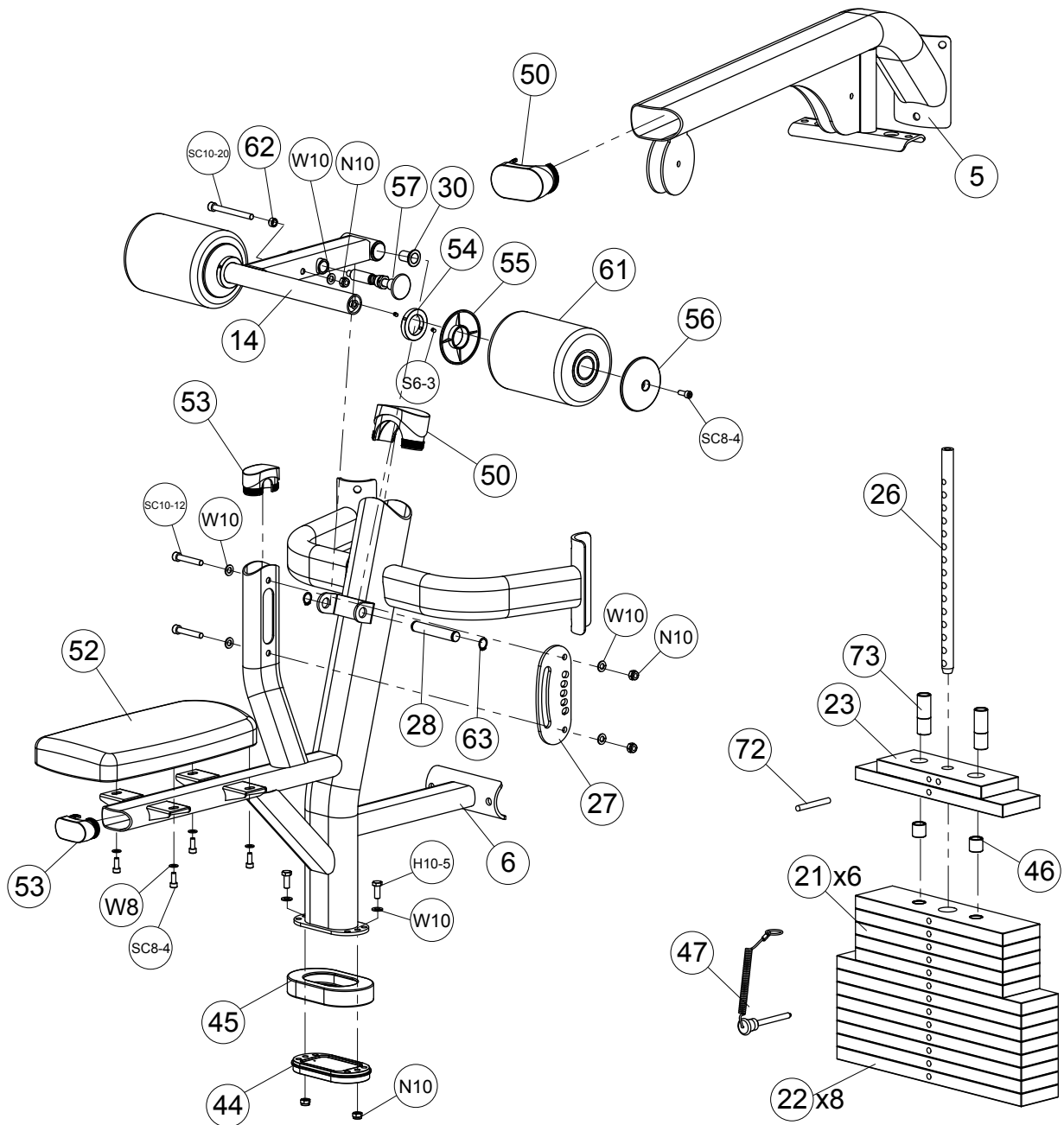
- In this step ,all the washers and nuts which are not marked are W10 and N10.



## INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.
- Tighten all the bolts/nuts.

## STEP 4



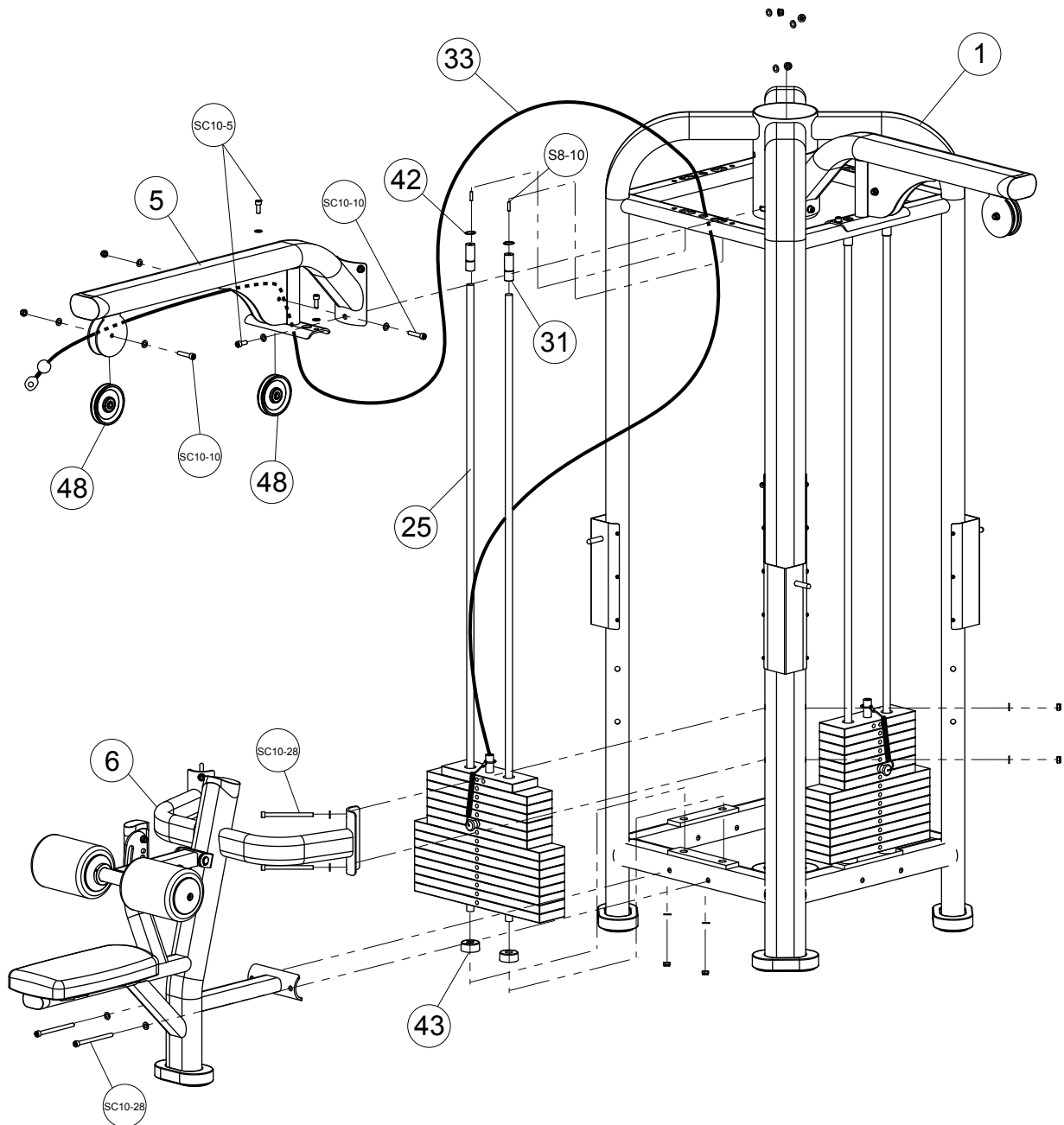
## INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.
- Tighten all the bolts/nuts.

## STEP 5

### NOTE:

- In this step ,all the washers and nuts which are not marked are W10 and N10.



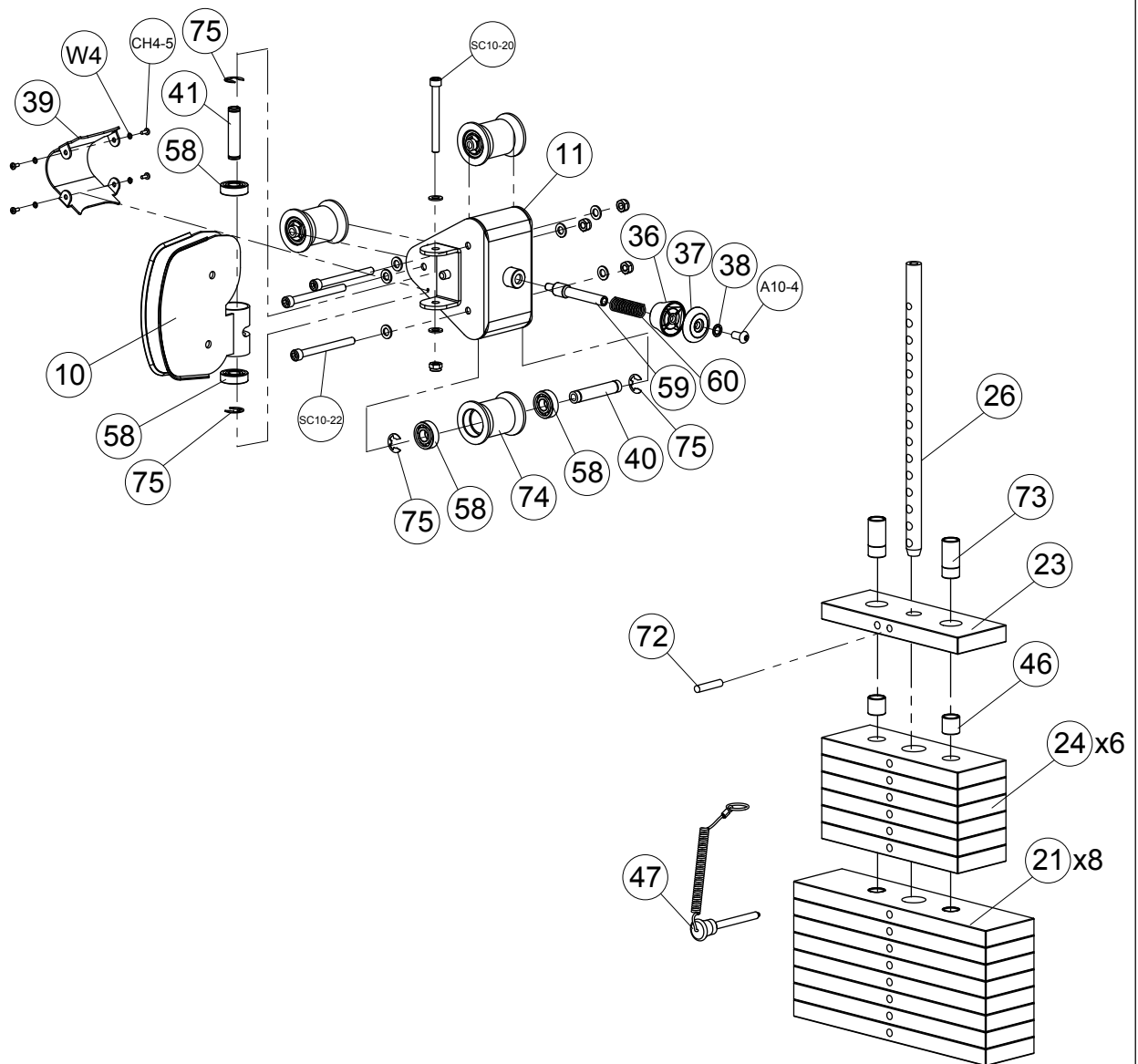
## INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.
- Tighten all the bolts/nuts.

## STEP 6

### NOTE:

- In this step ,all the washers and nuts which are not marked are W10 and N10.



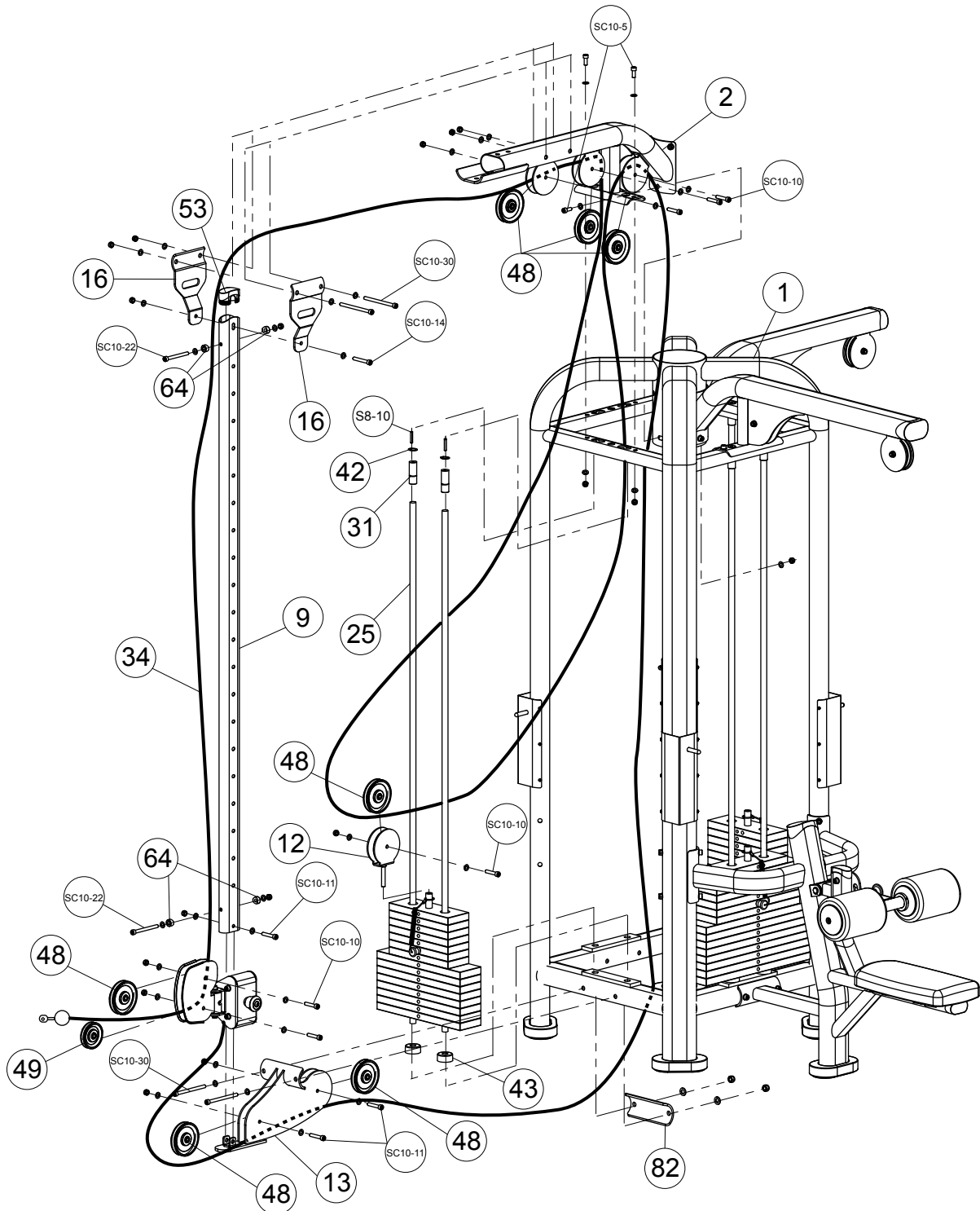
## INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.
- Tighten all the bolts/nuts.

## STEP 7

### NOTE:

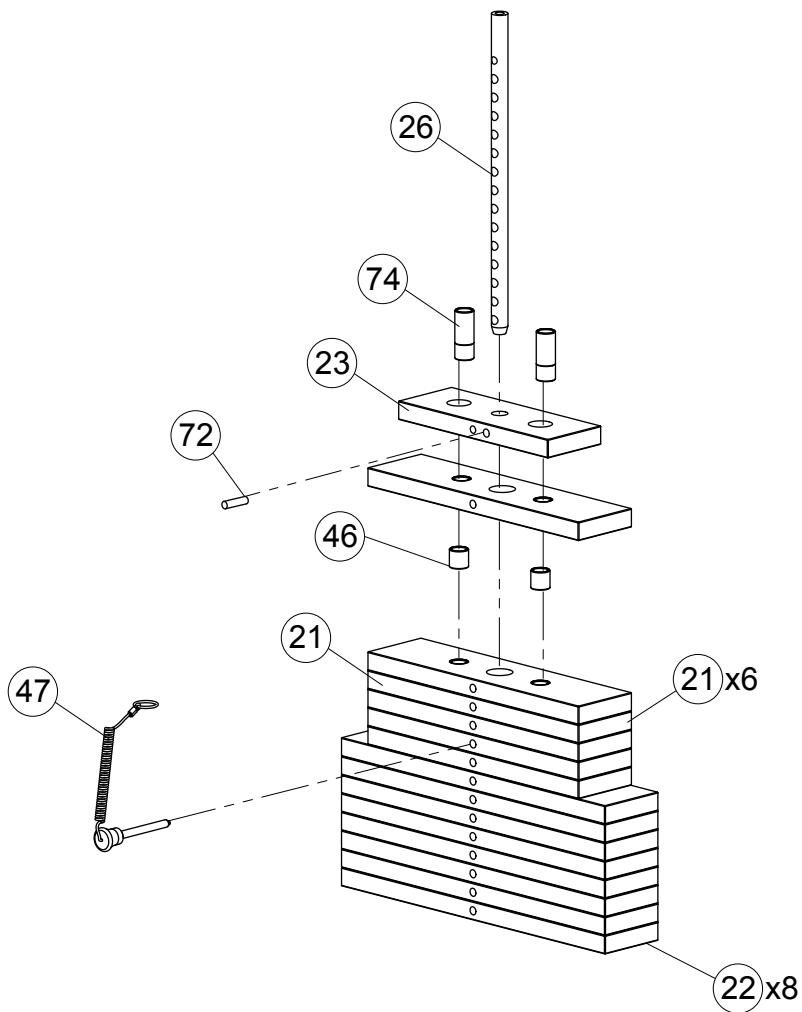
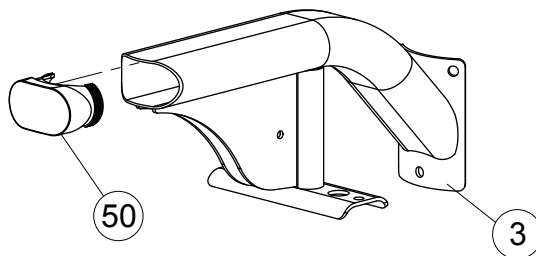
- In this step ,all the washers and nuts which are not marked are W10 and N10.



### INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.
- Tighten all the bolts/nuts.

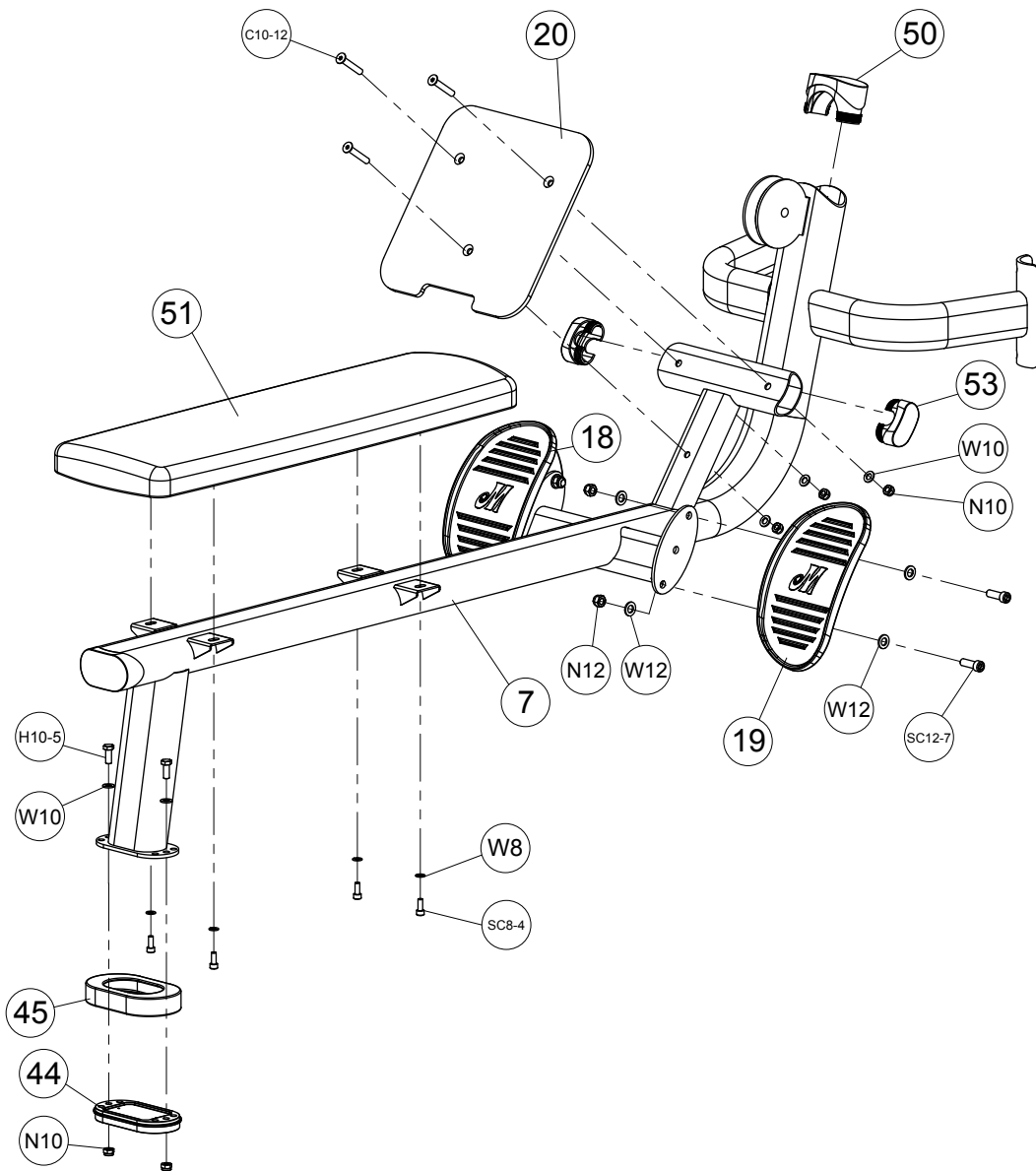
## STEP 8



## INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.
- Tighten all the bolts/nuts.

# STEP 9





## INFORMATION

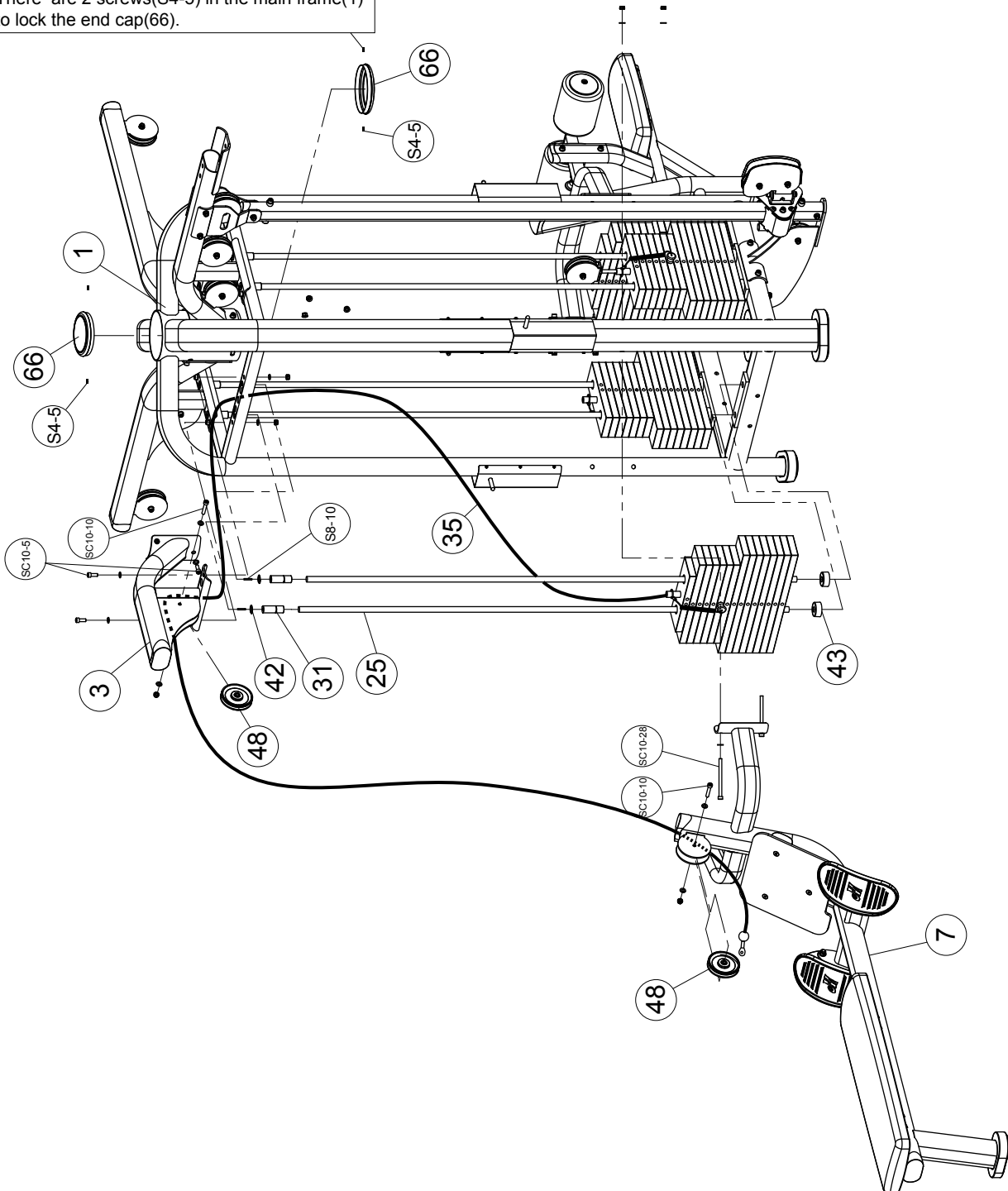
- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.
- Tighten all the bolts/nuts.

## STEP 10

### NOTE:

- In this step, all the washers and nuts which are not marked are W10 and N10.

There are 2 screws(S4-5) in the main frame(1) to lock the end cap(66).



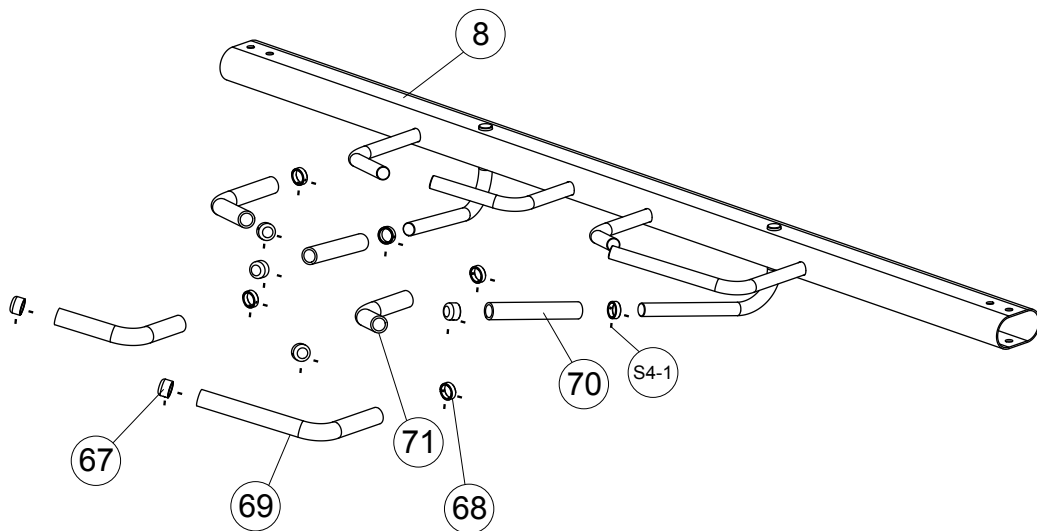
### INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.
- Tighten all the bolts/nuts.

## STEP 11

### NOTE:

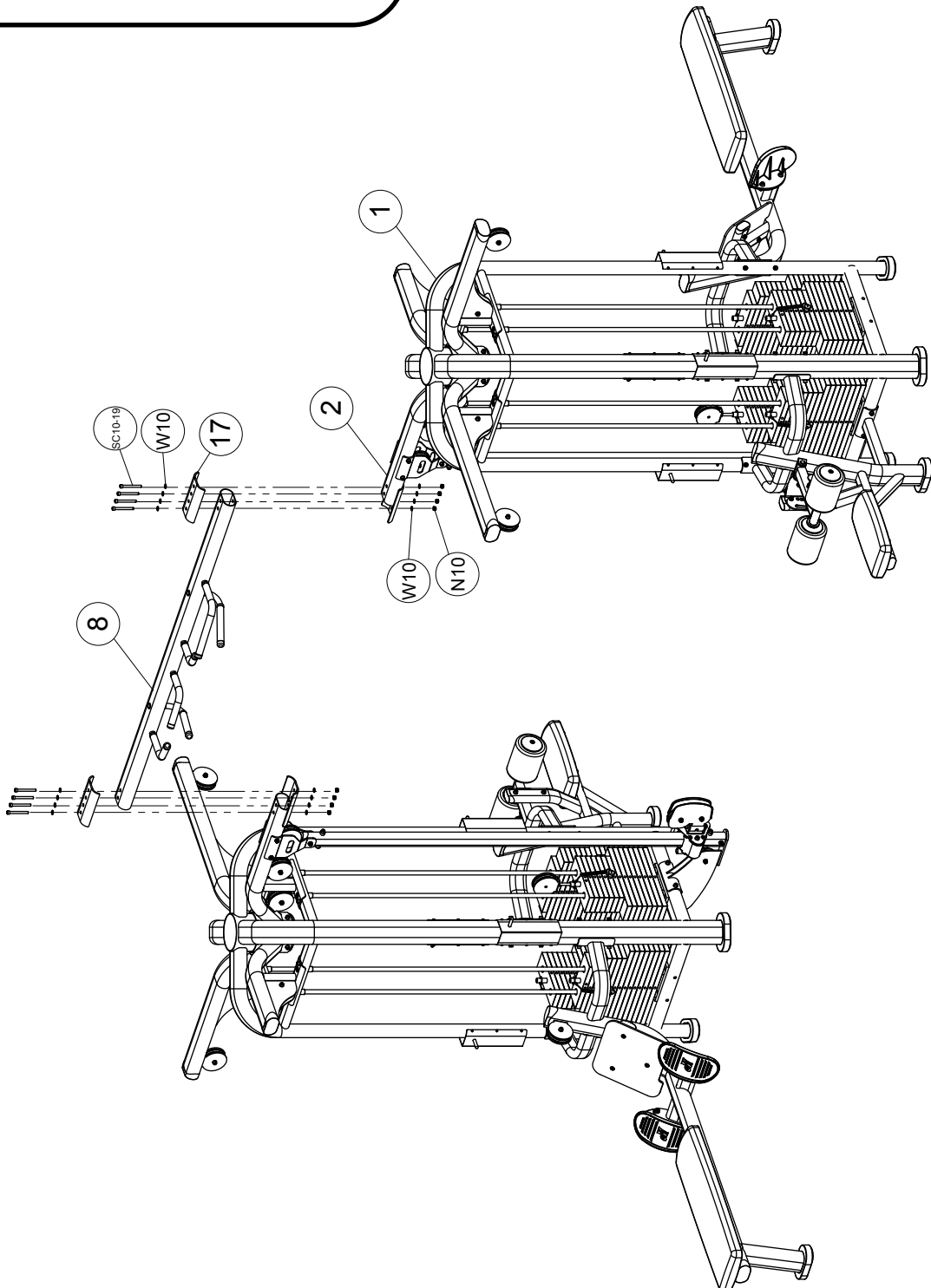
- This step is Pre-Assembly.



## INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.
- Tighten all the bolts/nuts.

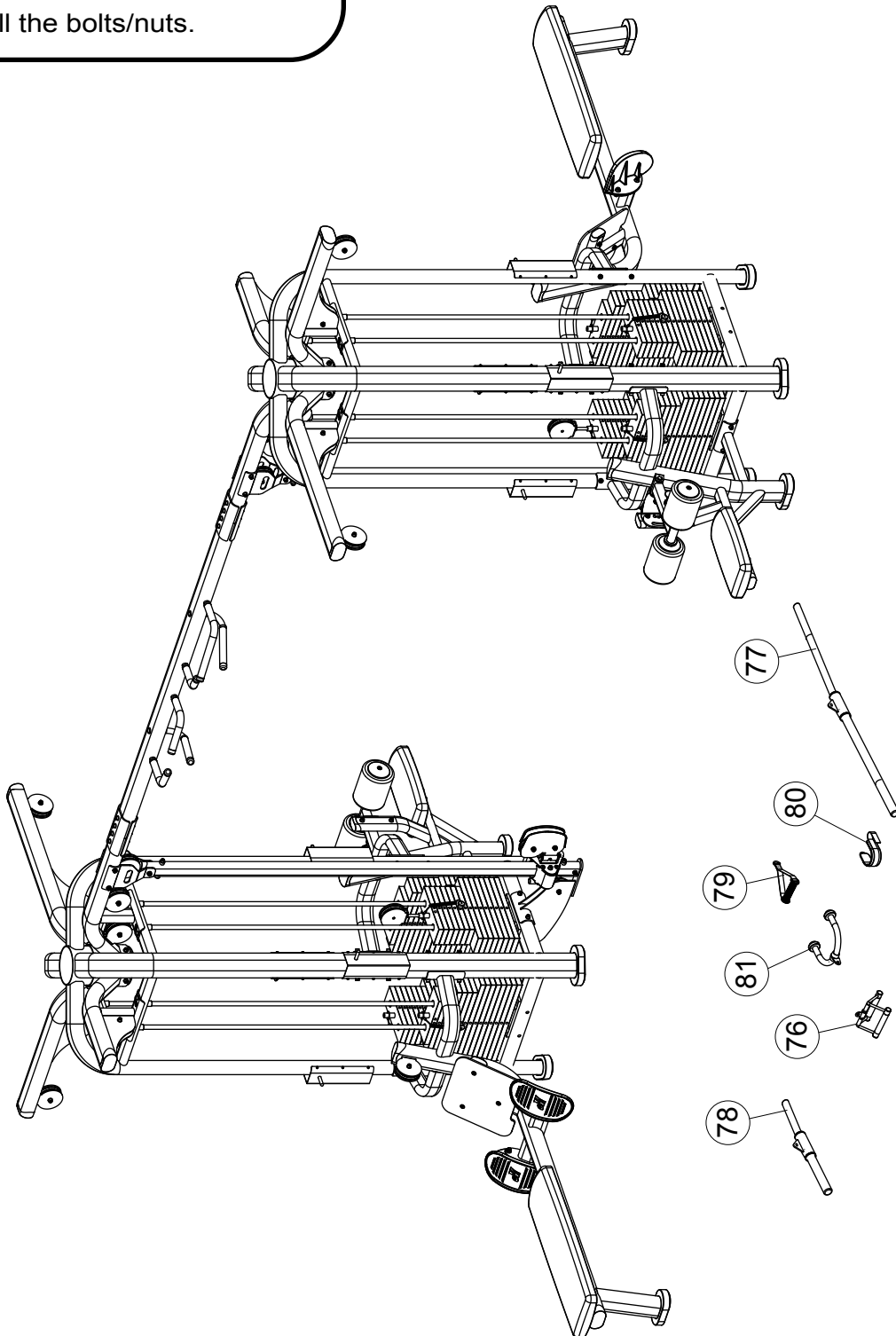
## STEP 12



## INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.
- Tighten all the bolts/nuts.

## STEP 13



## PARTS LIST

Part#	Description	Qty
1	Main Frame	2
2	Top Frame 1	2
3	Top Frame 2	2
4	Top Frame 3	2
5	Top Frame 4	2
6	Lat Pulldown Assembly	2
7	ROW	2
8	Linking Tube	1
9	Adjuster Post	2
10	Swivel Pulley Carriage	2
11	Adjuster Lever Assembly	2
12	Pulley Bracket	2
13	Adjuster Post Base	2
14	Press Leg Tube Assembly	2
15	Lable Placard	8
16	Tube Top	4
17	Linking Plate	2
18	Left Footplate	2
19	Right Footplate	2
20	Footplate	2
21	15lbs Weight Stack	56
22	20lbs Weight Stack	32
23	10lbs Weight Stack Head	8
24	10lbs Weight Stack	24
25	Guide Post	16
26	Selecter Bar	8
27	Adjuster Plate	2
28	Shaft D19x111	2
29	Heavy Flanged Sleeve	4
30	Bushing	4

## PARTS LIST

Part#	Description	Qty
31	Guide Post Bushing	16
32	Cable 1 L2420mm	2
33	Cable 2 L2780mm	2
34	Cable 3 L8165mm	2
35	Cable 4 L3325mm	2
36	Adjuster knob	2
37	Adjuster knob Cap	2
38	Lock Washer	2
39	Carriage Shroud	2
40	Shaft D17x90.5	6
41	Shaft D17x76	2
42	Retaining rings D25	16
43	Shock Rubber Gasket	16
44	Rubber Foot	12
45	Footcover	12
46	Weight Stack Bushing	224
47	Weight Stack Pin	8
48	Pulley D114	26
49	Pulley D89	2
50	End Cap 114x65	12
51	Long Seat Pad	2
52	Short Seat Pad	2
53	End Cap 40x80	10
54	Ring	4
55	Inside End Cap	4
56	Outside End Cap	4
57	Pull Pin Assembly	2
58	Bearing 6203	16
59	shaft D19x117.5	2
60	Spring	2

## PARTS LIST

Part#	Description	Qty
61	Foam roller	4
62	Bushing D10	2
63	Retaining rings D19	4
64	Plastic Stoper	8
65	Retaining rings D35	16
66	End Cap D180	4
67	Handle End Cap	6
68	Handle Ring	6
69	Grip 384	2
70	Grip 195	2
71	Grip 170	2
72	Spring Pin	8
73	Weight Stack Head Bushing	16
74	Slide Bushing	6
75	E Washer	16
76	V Lat Bar	2
77	Long Lat Bar	1
78	Short Lat Bar	1
79	Single Handle	2
80	Ankle Strap	2
81	Triceps Rope	2
82	Arc Plate	2
A10-4	Allen Bolt M10x20	2
H10-5	Hex Head Bolt M10x25	24
S4-1	Socket Set Screw M4x3	28
S4-5	Socket Set Screw M4x10	4
S6-3	Socket Set Screw M6x8	8
S8-10	Socket Set Screw M8x50	16
C10-12	Countersunk Head Screw M10x60	6
CH4-5	Cross Recessed Pan Head Screw M4x10	8

## PARTS LIST

Part#	Description	Qty
S4-1	Socket Set Screw M4x3	28
SC8-4	Socket Cap Screw M8x20	20
SC10-5	Socket Cap Screw M10x25	40
SC10-10	Socket Cap Screw M10x50	24
SC10-11	Socket Cap Screw M10x55	6
SC10-12	Socket Cap Screw M10x60	4
SC10-14	Socket Cap Screw M10x70	2
SC10-19	Socket Cap Screw M10x95	8
SC10-20	Socket Cap Screw M10x100	4
SC10-22	Socket Cap Screw M10x110	10
SC10-28	Socket Cap Screw M10x140	20
SC10-30	Socket Cap Screw M10x150	8
SC12-7	Socket Cap Screw M12x35	8
W4	Washer $\phi$ 4	8
W6	Washer $\phi$ 6	48
W8	Washer $\phi$ 8	20
W10	Washer $\phi$ 10	280
W12	Washer $\phi$ 12	16
N10	Nylon Nut M10	156
N12	Nylon Nut M12	8