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› Physionics Multifunction Fitness Station NST01 User Manual

Physionics NST01

Physionics Multifunction Fitness Station NST01 User Manual

Model: NST01

1. INTRODUCTION

Thank you for choosing the Physionics Multifunction Fitness Station. This home gym is designed to provide a comprehensive full-body workout with over 30 exercise possibilities. It features a lat machine, leg curl, chest press, pectoral machine, and a low cable system, all integrated into a compact design suitable for home use. This manual contains important information regarding the safe assembly, operation, and maintenance of your fitness station. Please read it thoroughly before use and retain it for future reference.



Image 1.1: Overview of the Physionics Multifunction Fitness Station.

2. SAFETY INSTRUCTIONS

To ensure safe operation and prevent injury, please adhere to the following safety guidelines:

- **Consult a Physician:** Before starting any exercise program, consult with a physician or health professional, especially if you have pre-existing medical conditions.
- **Read Instructions:** Read and understand all assembly and operating instructions before using the equipment.
- **Supervision:** Keep children and pets away from the equipment during use. This equipment is not a toy.
- **Stable Surface:** Place the fitness station on a level, stable surface. Ensure adequate space around the equipment for safe movement.
- **Inspection:** Before each use, inspect the equipment for any signs of wear, damage, or loose components. Do

not use if any part is damaged.

- **Weight Limit:** Do not exceed the maximum user weight of 120 kg (264 lbs).
- **Proper Attire:** Wear appropriate athletic clothing and footwear. Avoid loose clothing that could get caught in moving parts.
- **Warm-up:** Always perform a warm-up before exercising and a cool-down afterwards.
- **Stop if Unwell:** If you experience pain, dizziness, or shortness of breath, stop exercising immediately and consult a physician.

3. PACKAGE CONTENTS

Carefully unpack all components and verify that all parts are present. If any parts are missing or damaged, do not proceed with assembly and contact customer support.

- Main Frame Components for the Fitness Station
- 9 Weight Plates (totaling approximately 40 kg)
- Lat Bar and Low Row Bar attachments
- Cables and Pulleys (including spare cables and pulleys)
- Assembly Hardware (bolts, nuts, washers, etc.)
- Multilingual User Manual

4. SETUP AND ASSEMBLY

Assembly of the Physionics Multifunction Fitness Station requires careful attention to detail and can take several hours. It is recommended to have two people for assembly to ensure safety and ease of installation.

1. **Preparation:** Clear a spacious area for assembly. Lay out all components and hardware. Refer to the included manual for a detailed parts list and diagrams.
2. **Frame Assembly:** Begin by assembling the main frame components. Ensure all bolts are correctly identified and used in their designated positions. Do not fully tighten bolts until instructed.
3. **Seat and Backrest:** Attach the seat and backrest to the frame. Ensure they are securely fastened.
4. **Cable System Installation:** Carefully route the cables through the pulleys as shown in the diagrams in your manual. This step is crucial for proper function. Ensure all pulleys are correctly installed and move freely.
5. **Weight Stack:** Install the weight plates onto the guide rods. Ensure the selector pin operates smoothly.
6. **Final Tightening:** Once all components are in place and correctly aligned, systematically tighten all bolts and nuts. Double-check every connection for security.
7. **Functionality Check:** Before first use, perform a full range of motion check on all moving parts without any weight to ensure smooth operation and proper cable tension.



Image 4.1: Fully assembled fitness station, showing the weight stack and various exercise points.



Image 4.2: Close-up view of the cable pulleys, essential for smooth operation.

5. OPERATING INSTRUCTIONS (EXERCISE GUIDE)

The Physionics Multifunction Fitness Station offers a variety of exercises targeting different muscle groups. Always maintain proper form and control during exercises. Start with lighter weights to master the movement before increasing resistance.

5.1 Lat Machine (Upper Pulley)

Attach the lat bar to the upper cable. Sit on the seat with your knees secured under the pads. Grip the bar with an overhand grip, wider than shoulder-width. Pull the bar down towards your upper chest, squeezing your shoulder

blades together. Slowly return to the starting position.



Image 5.1: Side view illustrating the lat machine setup with the upper pulley system.

5.2 Chest Press / Pectoral Machine (Butterfly)

Adjust the horizontal handles of the chest press to your preferred position (above or below the padding). Sit with your back firmly against the backrest. Grip the handles and push forward, engaging your chest muscles. For butterfly exercises, position your forearms against the pads and bring them together in front of your chest.

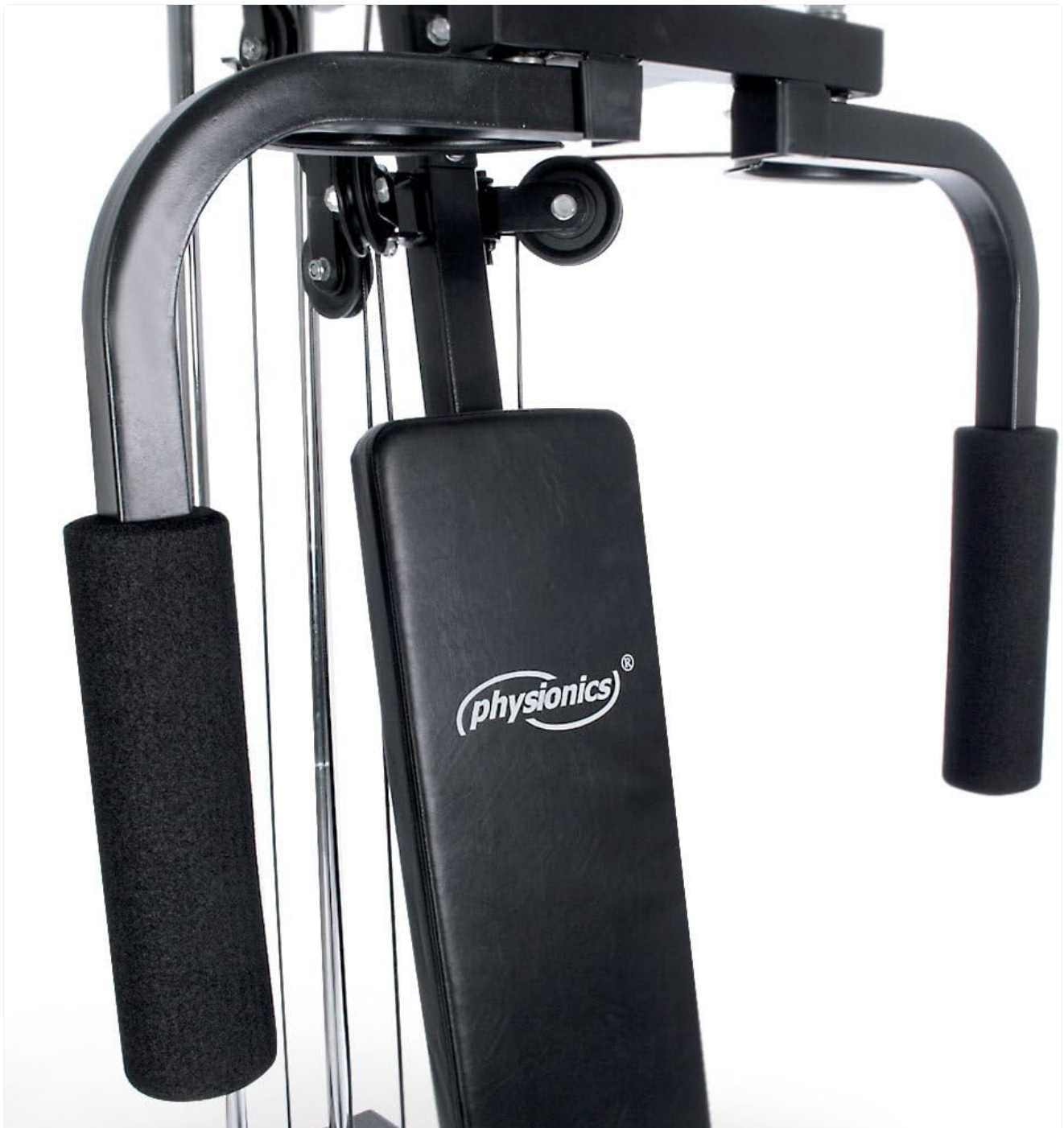


Image 5.2: Close-up of the chest press and butterfly handles, showing the padded grips.

5.3 Leg Curl / Leg Extension

For leg extensions, sit on the seat and place your shins behind the foam rollers. Extend your legs fully, contracting your quadriceps. For leg curls, lie face down on the bench (if applicable, or use a standing variation with the low pulley) and hook your heels under the rollers, curling your legs upwards.



Image 5.3: Detail of the foam rollers used for leg curl and leg extension exercises.

5.4 Low Row (Lower Pulley)

Attach the low row bar or cable handle to the lower cable. Sit on the floor or a low bench with your feet against the footplate. Pull the handle towards your abdomen, keeping your back straight and squeezing your shoulder blades. Slowly release.

5.5 Weight Adjustment

To adjust the resistance, insert the selector pin into the desired weight plate. Ensure the pin is fully inserted before starting your exercise.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your fitness station.

- **Daily Check:** Before each workout, quickly inspect all cables, pulleys, and connection points for any visible damage or looseness.
- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dirt.

Avoid abrasive cleaners.

- **Lubrication:** Periodically apply a silicone-based lubricant to the guide rods of the weight stack and any moving pivot points to ensure smooth operation and prevent squeaking.
- **Cable and Pulley Inspection:** Regularly check cables for fraying or wear. Inspect pulleys for cracks or excessive wear, especially the internal plastic bearings. Replace worn parts promptly using the provided spare parts or by contacting customer support.
- **Bolt Tightness:** Every few months, re-check and tighten all bolts and nuts to ensure structural integrity.

7. TROUBLESHOOTING

This section addresses common issues you might encounter with your fitness station.

- **Squeaking Noises:**
 - **Cause:** Lack of lubrication on moving parts or guide rods.
 - **Solution:** Apply silicone lubricant to the weight stack guide rods and any pivot points where friction occurs.
- **Rough Cable Movement:**
 - **Cause:** Worn pulleys, misaligned cables, or insufficient lubrication.
 - **Solution:** Inspect pulleys for damage and replace if necessary. Ensure cables are correctly routed and not rubbing against the frame. Lubricate pulleys if needed.
- **Equipment Feels Unstable:**
 - **Cause:** Loose bolts or uneven placement.
 - **Solution:** Re-tighten all assembly bolts. Ensure the station is placed on a flat, level surface.
- **Weight Plates Sticking:**
 - **Cause:** Dirt or lack of lubrication on guide rods.
 - **Solution:** Clean the guide rods and apply silicone lubricant. Ensure the selector pin is not bent or damaged.
- **Missing or Damaged Parts:**
 - **Cause:** Shipping damage or oversight during packaging.
 - **Solution:** Do not attempt to use the equipment. Contact Physionics customer support immediately for replacement parts.

8. SPECIFICATIONS

Feature	Specification
Model Number	NST01
Overall Dimensions (L x W x H)	153 cm x 118.4 cm x 203 cm (60.2 in x 46.6 in x 79.9 in)
Backrest Dimensions	67 cm x 23 cm (26.4 in x 9.1 in), Thickness: 5 cm (2 in)
Seat Dimensions	30 cm x 29 cm (11.8 in x 11.4 in), Thickness: 5 cm (2 in)
Seat Height from Ground	56.8 cm (22.4 in)

Feature	Specification
Butterfly Width	89.7 cm (35.3 in)
Chest Press Grip Width	86 cm (33.9 in)
Latissimus Bar Width	102.5 cm (40.4 in)
Cable Rod Width	36.3 cm (14.3 in)
Cable Length (Low Row)	29 cm (11.4 in)
Weight Plates	8 x 4.5 kg, 1 x 3.6 kg (Total approx. 40 kg / 88 lbs)
Maximum User Weight	120 kg (264 lbs)
Total Product Weight	58 kg (127.9 lbs)
Materials	Q195 Steel, Plastic, Foam Padding (100% Polyurethane)
Color	Black

9. WARRANTY AND SUPPORT

For specific warranty information, please refer to the documentation provided at the time of purchase. Physionics is committed to providing quality products and support.

- **Spare Parts:** The product includes spare cables and pulleys for future maintenance.
- **Customer Support:** If you have any questions regarding assembly, operation, maintenance, or require replacement parts not included as spares, please contact Physionics customer service. Provide your model number (NST01) and purchase details for efficient assistance.