



Manuals.plus /

› Domyos /

› Domyos HG 60-3 Adult Multigym User Manual

## Domyos HG 60-3

# Domyos HG 60-3 Adult Multigym User Manual

Model: HG 60-3 | Brand: Domyos

## 1. INTRODUCTION

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This manual provides essential information for the safe and effective use of your Domyos HG 60-3 Adult Multigym. Designed for intensive muscle building at home, this multigym offers a comprehensive workout solution. Please read this manual thoroughly before assembly and use to ensure proper operation and to maximize your fitness experience.

## 2. SAFETY INFORMATION

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- **Maximum User Weight:** The Domyos HG 60-3 is designed to support a maximum user weight of **110 kg**. Exceeding this limit may compromise the equipment's stability and safety.
- **Home Use Only:** This equipment is intended exclusively for home use. It is not suitable for commercial or institutional settings.
- **Consult a Physician:** Before starting any new exercise program, it is recommended to consult with a healthcare professional, especially if you have pre-existing medical conditions.
- **Proper Assembly:** Ensure all components are correctly assembled and tightened according to the instructions to prevent accidents.
- **Clearance Area:** Maintain adequate clear space around the multigym during use to avoid obstructions and ensure safe movement.
- **Children and Pets:** Keep children and pets away from the equipment during operation.
- **Inspect Before Use:** Regularly check the equipment for any signs of wear, damage, or loose parts before each use. Do not use if damaged.

## 3. PRODUCT OVERVIEW

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The Domyos HG 60-3 Multigym is a versatile fitness machine featuring a single workout station capable of performing six distinct exercise routines. It includes a 60kg weight stack, composed of 12 x 5kg plates, providing adjustable resistance for various strength training exercises. The design incorporates an enclosed weight stack for

enhanced safety and a comfortable user experience.



*Figure 3.1: Full view of the Domyos HG 60-3 Adult Multigym. This image displays the complete home gym setup, including the main frame, the enclosed weight stack on the left, the adjustable seat and backrest, and the various handles and pulleys for different exercises such as the lat pulldown bar at the top and the leg extension/curl station at the front.*

## Key Components:

- **Weight Stack:** 60kg (12 x 5kg plates) for adjustable resistance.
- **Pulldown Bar:** For exercises targeting lats and triceps.
- **Ankle Strap:** Used for glutes and adductors exercises.
- **Single Hand Bar Strap:** For arm and deltoid workouts.
- **Double Hand Bar:** Suitable for arm and back exercises.
- **Pec-Dec/Shoulder Press Station:** No adjustment required between these two functions.

## 4. SETUP

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The Domyos HG 60-3 Multigym requires assembly. Detailed assembly instructions are typically provided in a separate guide included with the product packaging. Please follow those instructions carefully. Below are general guidelines:

1. **Unpack Components:** Carefully remove all parts from the packaging and verify against the parts list provided in the assembly guide.
2. **Prepare Workspace:** Choose a flat, stable surface for assembly, ensuring sufficient space around the unit.
3. **Assemble Frame:** Begin by assembling the main frame components, ensuring all bolts and nuts are securely tightened.
4. **Install Pulleys and Cables:** Follow the cable routing diagrams precisely to ensure smooth operation and correct resistance.
5. **Attach Weight Stack:** Install the weight plates into the enclosed stack, ensuring the selector pin operates

correctly.

6. **Install Seat and Backrest:** Secure the padded seat and backrest components.
7. **Final Inspection:** After assembly, perform a thorough check of all connections, cables, and moving parts to confirm everything is secure and functioning as intended.

## 5. OPERATING INSTRUCTIONS

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The Domyos HG 60-3 offers a variety of exercises targeting different muscle groups. The 60kg weight stack allows for progressive resistance training.

### Adjusting Resistance:

To adjust the weight, insert the selector pin into the desired weight plate in the stack. Ensure the pin is fully inserted before beginning any exercise.

### Exercise Routines:

The multigym supports 6 primary exercise routines, targeting various muscle groups:

- **Chest:** Pec-dec (no adjustment required from shoulder press).
- **Back:** Pulldown bar, double hand bar.
- **Lats:** Pulldown bar.
- **Quadriceps:** Leg extension station.
- **Hamstrings:** Leg curl station.
- **Glutes & Adductors:** Ankle strap.
- **Deltoids:** Single hand bar strap, shoulder press.
- **Biceps & Triceps:** Various cable attachments (pulldown bar, single/double hand bar).
- **Forearms:** Cable attachments.

For each exercise, ensure proper form and controlled movements. Start with a lighter weight to master the technique before increasing resistance.

## 6. MAINTENANCE

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Regular maintenance ensures the longevity and safe operation of your Domyos HG 60-3 Multigym.

- **Cleaning:** After each use, wipe perspiration from the equipment using a damp cloth. Avoid abrasive cleaners.
- **Cable Inspection:** Periodically check all cables for fraying, kinks, or wear. Replace damaged cables immediately.
- **Pulley Inspection:** Ensure all pulleys rotate freely and are not obstructed. Clean any dust or debris.
- **Bolt and Nut Check:** Regularly inspect all bolts and nuts for tightness. Re-tighten as necessary to maintain structural integrity.
- **Lubrication:** Apply a silicone-based lubricant to guide rods and pivot points as recommended in the detailed assembly guide to ensure smooth operation.
- **Storage:** Store the multigym in a dry, temperate environment away from direct sunlight and extreme temperatures.

## 7. TROUBLESHOOTING

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This section addresses common issues you might encounter with your Domyos HG 60-3 Multigym.

- **Issue:** Cables feel stiff or make noise.  
**Solution:** Check for proper cable routing. Inspect pulleys for debris and lubricate guide rods and pivot points as per maintenance instructions. Ensure no cables are rubbing against the frame.
- **Issue:** Weight stack movement is not smooth.  
**Solution:** Ensure the selector pin is fully inserted. Check the guide rods for cleanliness and apply lubricant if needed. Verify that no foreign objects are obstructing the weight plates.
- **Issue:** Equipment feels unstable.  
**Solution:** Re-check all assembly bolts and nuts for tightness. Ensure the multigym is placed on a flat, level surface.
- **Issue:** Missing parts during assembly.  
**Solution:** Refer to the parts list in your assembly manual. Contact Domyos customer support with your product model and purchase details for assistance.

## 8. SPECIFICATIONS

Feature	Detail
Model	HG 60-3
Brand	Domyos
Colour	Silver or Gray
Material Type	Alloy Steel
Handle Type	Fixed Handle
Weight Stack	60 kg (12 x 5 kg)
Maximum User Weight	110 kg
Intended Use	Home Use Only
ASIN	B007F82SFK
Date First Available	30 January 2014

## 9. WARRANTY AND SUPPORT

For information regarding warranty coverage, parts replacement, or technical support, please refer to the warranty card included with your product or visit the official Domyos website. Keep your proof of purchase for any warranty claims.