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Domyos HG-90

Domyos HG-90 Adult Multigym Instruction Manual

Model: HG-90

INTRODUCTION

This manual provides essential information for the safe and effective assembly, operation, and maintenance of your Domyos HG-90 Adult Multigym. Please read all instructions carefully before use and retain this manual for future reference.

SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Keep children and pets away from the equipment during operation.
- Place the multigym on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight capacity (refer to product labeling for specific limits).
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.

PACKAGE CONTENTS

Before assembly, verify that all components are present. Refer to the parts list provided in the packaging.

- Main Frame Components
- Weight Stack Plates
- Cables and Pulleys
- Seat and Backrest Pads
- Assembly Hardware (bolts, nuts, washers)
- Tools (basic wrenches, Allen keys)
- Instruction Manual (this document)

SETUP AND ASSEMBLY

Assembly requires two people and approximately 2-4 hours. Ensure you have sufficient space and all tools ready.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Check against the parts list.
2. **Assemble Base Frame:** Connect the main base frame components using the provided bolts and nuts. Do not fully tighten until all frame parts are loosely assembled.
3. **Attach Upright Supports:** Secure the vertical uprights to the base frame.
4. **Install Weight Stack Guide Rods:** Insert the guide rods for the weight stack into the designated holes.
5. **Place Weight Plates:** Carefully slide the weight plates onto the guide rods, ensuring the selector pin mechanism is at the top.
6. **Install Pulleys and Cables:** Follow the cable routing diagram (refer to the diagram in the physical manual) to install all pulleys and route the cables correctly. Ensure cables are not twisted or frayed.
7. **Attach Seat and Backrest:** Secure the seat and backrest pads to their respective supports.
8. **Final Tightening:** Once all components are in place, systematically tighten all bolts and nuts. Do not overtighten.
9. **Functionality Check:** Test all moving parts, cables, and pulleys to ensure smooth operation and proper alignment.

OPERATING INSTRUCTIONS

The Domyos HG-90 Multigym allows for a variety of exercises. Always perform a warm-up before starting your workout.

Adjusting Weight

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

Common Exercises

- **Lat Pulldown:** Sit on the seat, grasp the lat bar with an overhand grip, and pull down to your upper chest.
- **Chest Press:** Adjust the seat for proper alignment. Push the handles forward until arms are extended.
- **Leg Extension:** Sit on the seat, place shins behind the roller pads, and extend legs forward.
- **Leg Curl:** Lie face down on the bench (if applicable), place heels under roller pads, and curl legs upwards.
- **Bicep Curl:** Use the lower pulley with a short bar or handle. Stand or sit, curl the weight upwards.

For detailed exercise instructions and proper form, consult a certified fitness professional or reputable exercise guides.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your multigym.

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat

and dust. Do not use abrasive cleaners.

- **Lubrication:** Periodically apply a silicone-based lubricant to the guide rods for the weight stack to ensure smooth movement.
- **Cable Inspection:** Regularly inspect all cables for signs of wear, fraying, or damage. Replace damaged cables immediately.
- **Bolt Tightness:** Check all bolts and nuts monthly and tighten if necessary.
- **Pulley Inspection:** Ensure all pulleys rotate freely and are not worn.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Weight stack sticks or moves roughly.	Guide rods are dry or dirty.	Clean guide rods and apply silicone lubricant.
Cables feel loose or slack.	Improper cable routing or stretched cable.	Re-route cables according to the diagram. Inspect for damage and replace if stretched or frayed.
No resistance or inconsistent resistance.	Selector pin not fully engaged.	Ensure the selector pin is fully inserted into the desired weight plate.
Squeaking noises during use.	Loose bolts or dry pivot points.	Check and tighten all bolts. Lubricate pivot points with a suitable lubricant.

SPECIFICATIONS

Brand: Domyos

Model: HG-90

Material: Alloy Steel

Handle Type: Fixed Handle

Strap Type: Cable/Pulley straps

ASIN: B007F82YR2

Note: Specific dimensions and maximum user weight are not provided in the product data. Refer to product packaging for full details.

WARRANTY AND SUPPORT

Your Domyos HG-90 Multigym comes with a limited warranty. Please refer to the warranty card included with your purchase for specific terms and conditions.

For technical support, spare parts, or warranty claims, please contact Domyos customer service through their official website or the contact information provided in your purchase documentation.