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BH G152X

BH Fitness Global Gym Plus Multi-Station User Manual

Model: G152X

INTRODUCTION

The BH Fitness Global Gym Plus is a comprehensive multi-station fitness machine designed for regular home use, offering a wide range of exercises for a full-body workout. This manual provides essential information for the safe assembly, operation, and maintenance of your equipment.

Key features include:

- Integrated leg press and abdominal flexor with dip station for varied workouts.
- Maximum tension control of 100 kg, allowing for progressive training.
- Compact design with a foldable seat, optimizing space utilization.
- Smooth and direct exercise experience due to a pulley system with bearings.
- Fully faired structure for enhanced protection and safety during use.
- Guided exercise system and CAMS profiles for ergonomic and controlled movements.

Exercise illustrations



Figure 1: Overview of the BH Fitness Global Gym Plus multi-station with labeled components including chest press, lat bar, leg press, dip tower, and weight stack.

SAFETY INFORMATION

Before using the BH Fitness Global Gym Plus, please read and understand all safety warnings and instructions in this manual. Keep this manual for future reference.

- 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.
- Use the equipment on a flat, stable surface.
- Wear appropriate athletic clothing and footwear.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- The maximum user weight recommended is 100 kg.

SETUP AND ASSEMBLY

Assembly of the BH Fitness Global Gym Plus requires careful attention to detail. It is recommended that two people perform the assembly to ensure safety and efficiency. All necessary tools and hardware are typically provided and organized by step for ease of installation.

- 1. Unpack Components:** Carefully remove all parts from the packaging. Verify that all components listed in the parts diagram are present and undamaged.
- 2. Prepare Workspace:** Choose a clear, level area for assembly, ensuring sufficient space around the machine for safe operation and maintenance.
- 3. Follow Step-by-Step Instructions:** Refer to the detailed assembly manual provided with your product. Each step will guide you through attaching specific components using the corresponding hardware.
- 4. Secure Connections:** Ensure all bolts, nuts, and pins are tightened securely at each stage of assembly. Do not overtighten, but ensure there is no wobble.
- 5. Cable Routing:** Pay close attention to the cable routing diagrams. Incorrect cable installation can affect machine function and safety.
- 6. Final Inspection:** Once assembled, perform a thorough inspection. Check all moving parts, cables, and connections to ensure they are correctly installed and functioning smoothly.



Figure 2: The BH Fitness Global Gym Plus, illustrating its overall dimensions (Depth: 174cm, Width: 200cm, Height: 212cm) and product weight (180kg).

OPERATING INSTRUCTIONS

The Global Gym Plus offers a variety of exercises targeting different muscle groups. Always warm up before your workout and cool down afterwards.

Adjusting the Weight Stack

To adjust the resistance, insert the selector pin into the desired weight plate. Ensure the pin is fully inserted through the stack before beginning your exercise. The machine provides a maximum tension of 100 kg for progressive training.

Performing Exercises

Refer to the exercise illustrations located on the side of the machine for proper form and technique for various exercises. A simple exercise guide with precise instructions is also included with the product.

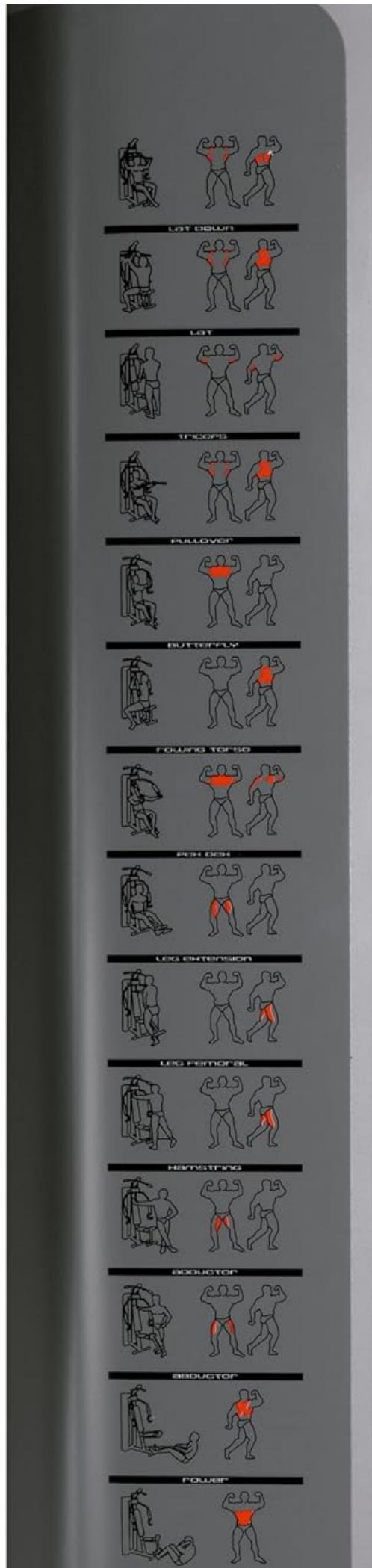




Figure 3: Exercise illustrations displayed on the side of the BH Fitness Global Gym Plus, guiding users through various movements.

Chest Press / Pec Dec Combination

Sit on the main seat with your back firmly against the backrest. Grip the handles and push forward for chest press or bring them together for pec dec flies. Adjust the seat height for optimal alignment with the handles.



Figure 4: Detail of the chest press and pec dec station, showing the padded seat and handles for upper body exercises.

Leg Press

Position yourself on the separate leg press seat. Place your feet on the footplate and push away from your body. The adjustable leg press with a grip handlebar ensures maximum comfort during the exercise.



Figure 5: Detail of the adjustable leg press station, highlighting the footplate and seat design.

Dip and Leg Raise Tower

Utilize the integrated dip station for triceps dips and the vertical knee raise handles for abdominal and core exercises. Ensure a stable grip and controlled movements.



Figure 6: Detail of the dip and leg raise tower, showing the handles and padded armrests.

High Pulley with Lat Bar Attachment

Attach the lat bar to the high pulley for exercises like lat pulldowns. Sit on the main seat, grip the bar, and pull down towards your chest. This targets your back muscles.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your BH Fitness Global Gym Plus.

- **Daily Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Weekly Inspection:** Check all cables, pulleys, and connections for signs of wear, fraying, or looseness. Tighten any loose bolts or nuts.
- **Lubrication:** Periodically lubricate moving parts, especially the guide rods for the weight stack, with a silicone-based lubricant to ensure smooth operation. Avoid oil-based lubricants that can attract dust.
- **Cable System:** Inspect the precisely routed aircraft cable system for any damage. The system uses sealed bearing pulleys to minimize friction.

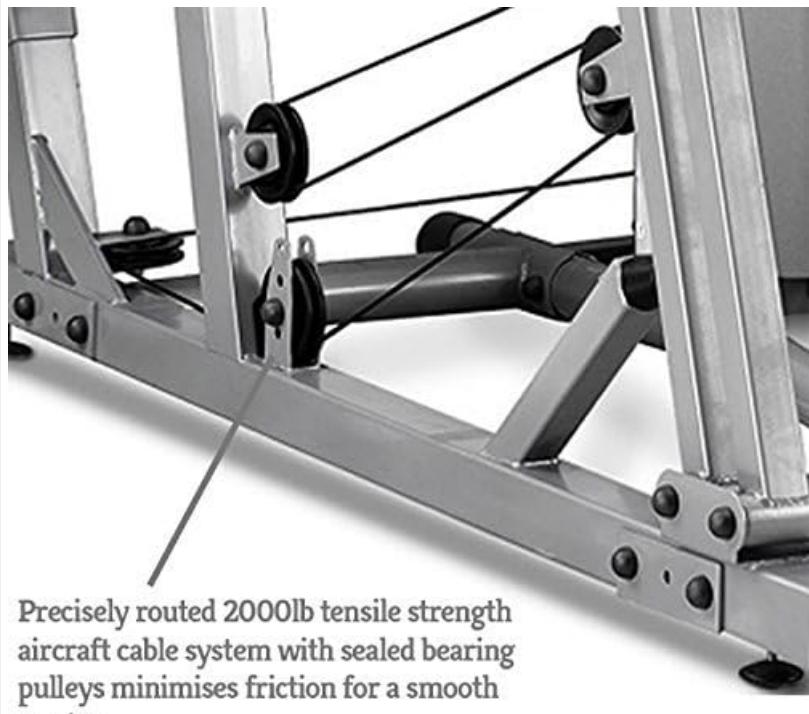


Figure 7: Detail of the pulley system and cables, showing the sealed bearing pulleys designed for smooth motion.

TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Pulleys stick or movement is not smooth.	Lack of lubrication, dirt accumulation, worn bearings.	Clean pulleys and guide rods. Apply silicone lubricant to guide rods. Inspect pulleys for damage and replace if necessary.
Cable slack or excessive play.	Loose cable connections, stretched cable, incorrect routing.	Check all cable connections and ensure they are tight. Verify cable routing against the assembly diagram. If the cable is stretched or frayed, it must be replaced.
Machine feels unstable or wobbles.	Loose bolts or nuts, uneven floor.	Inspect and tighten all assembly bolts and nuts. Ensure the machine is on a level surface; use leveling feet if available.
Weight plates do not move freely.	Guide rods are dirty or unlubricated, selector pin is bent or stuck.	Clean and lubricate guide rods. Ensure the selector pin is straight and fully inserted.

SPECIFICATIONS

Feature	Detail
Model Number	G152X
Brand	BH Fitness
Dimensions (L x W x H)	174 cm x 200 cm x 212 cm (68.5 x 78.7 x 83.5 inches)

Feature	Detail
Product Weight	180 kg (397 lbs)
Maximum User Weight	100 kg (220 lbs)
Maximum Tension Level	100 kg (220 lbs)
Material	Alloy Steel
Color	Red
Handle Type	Adjustable and multifunctional handles

WARRANTY INFORMATION

BH Fitness products are manufactured to high-quality standards. This product is covered by a limited warranty against defects in materials and workmanship. The specific terms and duration of your warranty may vary by region and product type. Please refer to the warranty card included with your purchase or visit the official BH Fitness website for detailed warranty information and registration.

Keep your proof of purchase for any warranty claims.

CUSTOMER SUPPORT

For further assistance, parts replacement, or technical support, please contact BH Fitness customer service. Have your model number (G152X) and serial number ready when contacting support.

- **Website:** Visit the official BH Fitness website for FAQs, support resources, and contact forms.
- **Email:** Refer to your product documentation for the appropriate customer service email address.
- **Phone:** Contact numbers for your region can be found on the BH Fitness website.

You can also visit the [BH Fitness Store on Amazon](#) for more information.