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GORILLA SPORTS 100909-00019-0001

GORILLA SPORTS® Multi-Functional Home Gym Instruction Manual

Model: 100909-00019-0001

Brand: GORILLA SPORTS

INTRODUCTION

This manual provides essential information for the safe and effective use of your GORILLA SPORTS® Multi-Functional Home Gym. Please read this manual thoroughly before assembly and operation to ensure proper setup, maximize your training potential, and maintain the longevity of your equipment. This versatile 2-in-1 fitness device is suitable for both beginners and advanced users, offering a comprehensive range of exercises for a full-body workout.



Figure 1: Overview of the GORILLA SPORTS Multi-Functional Home Gym, showcasing its various components including the adjustable bench, lat pulldown station, and integrated barbell rack. This image provides a complete visual representation of the assembled unit.

SAFETY INSTRUCTIONS

Prioritize safety during all stages of using this equipment. Failure to follow these instructions may result in injury or damage to the product.

- **Consult a Physician:** Before starting any new exercise program, consult with a healthcare professional to ensure it is appropriate for your physical condition.
- **Assembly:** Assemble the equipment strictly according to the instructions provided. Ensure all bolts, nuts, and washers are securely tightened before use.
- **Placement:** Place the home gym on a flat, stable, and non-slip surface. Ensure adequate clearance around the equipment for safe operation.
- **Weight Limits:** Do not exceed the maximum load capacities specified in the "Specifications" section for any component (e.g., safety racks, lat pulldown, bench).
- **Inspection:** Before each use, inspect the equipment for any signs of wear, damage, or loose parts. Do not use the equipment if any component is damaged.
- **Children and Pets:** Keep children and pets away from the equipment during operation.
- **Proper Form:** Always use proper exercise form to prevent injuries. If you experience pain or discomfort, stop exercising immediately.
- **Adjustments:** Ensure all adjustments (e.g., bench position, safety racks) are securely locked in place before beginning an exercise.

ASSEMBLY

The GORILLA SPORTS® Multi-Functional Home Gym is delivered in multiple packages and requires assembly. It is recommended that two people assemble the unit. Follow the step-by-step instructions provided in the separate assembly guide (not included in this manual) for detailed diagrams and part lists. Ensure all components are present before starting assembly.

1. Unpack all components and verify against the parts list.
2. Begin by assembling the main frame structure, ensuring all connections are stable.
3. Attach the lat pulldown system, carefully routing the cables through the pulleys.
4. Mount the adjustable weight bench, curl desk, and leg curl/extension attachments.
5. Secure all safety racks and barbell holders.
6. Perform a final check to ensure all bolts are tightened and all adjustable parts are functioning correctly and securely.



Figure 2: This image shows the top section of the home gym, highlighting the lat pulldown bar and the robust frame structure. Proper assembly of this section is crucial for the stability and functionality of the lat pulldown and other upper body exercises.



Figure 3: A detailed view of the cable and pulley system, demonstrating how the cables are routed and connected to the weight plate holder. Correct cable installation is vital for smooth operation of the lat pulldown and other cable exercises.



Figure 4: This image provides a closer look at the intricate pulley system, showing the arrangement of multiple wheels and cables. Ensuring these pulleys are correctly aligned and free from obstruction is key to the efficient functioning of the machine's cable exercises.

OPERATING INSTRUCTIONS

This home gym offers a variety of exercise options. Always adjust the equipment to your body size and exercise requirements before starting your workout.

Adjustable Weight Bench

The weight bench features a 7-way adjustable backrest and a 3-way adjustable seat. This allows for various incline, flat, and decline positions to target different muscle groups during exercises like bench press, incline press, and shoulder press.

- To adjust the backrest, pull the adjustment pin, move the backrest to the desired angle, and release the pin to lock it in place.
- To adjust the seat, pull the adjustment pin, slide the seat to the desired position, and release the pin to lock it.



Figure 5: A side profile of the adjustable weight bench, illustrating its various adjustable points and the integrated leg curl attachment. This view helps in understanding the range of motion and setup for different exercises.



Figure 6: This close-up focuses on the adjustment mechanism of the bench's seat, showing the pin and lever used to change its angle. Proper adjustment ensures comfort and stability during exercises.

Lat Pulldown and Cable System

The integrated lat pulldown allows for effective back and arm training. The cable system can also be used for various other exercises depending on the attachments used.

- Attach the desired handle (e.g., lat bar, straight bar) to the cable.
- Load appropriate weight plates onto the weight plate holder.
- Ensure the cable runs smoothly through all pulleys without kinks or obstructions.

Butterfly Function

The butterfly arms are designed for chest exercises, targeting the pectoral muscles.

- Sit on the bench with your back firmly against the backrest.
- Grasp the butterfly handles and perform the exercise with controlled movements.

Leg Curl / Extension

The leg curl/extension attachment is 3-way adjustable and allows for targeting quadriceps and hamstrings.

- Adjust the leg curler to your leg length and desired range of motion.
- For leg extensions, sit on the bench and place your shins under the pads. For leg curls, lie prone on the bench and place your heels under the pads.



Figure 7: A detailed view of the padded rollers for the leg curl/extension attachment, along with its adjustment mechanism. This component is essential for isolating and strengthening the leg muscles.

Curl Desk (Preacher Curl)

The curl desk is 3-way adjustable and provides support for isolating biceps during curl exercises.

- Adjust the height of the curl desk to comfortably support your arms.
- Use with a barbell or dumbbells for bicep curls.

Barbell Racks

The safety racks are 10-way height-adjustable (28 - 163 cm) and designed to hold barbells securely for exercises like squats and bench presses.

- Adjust the safety racks to the appropriate height for your exercise and body.
- Ensure the barbell is centered and securely seated on the racks before and after each set.
- The distance between the barbell racks is 117 cm, suitable for barbells with an inner grip dimension of at least 117 cm.

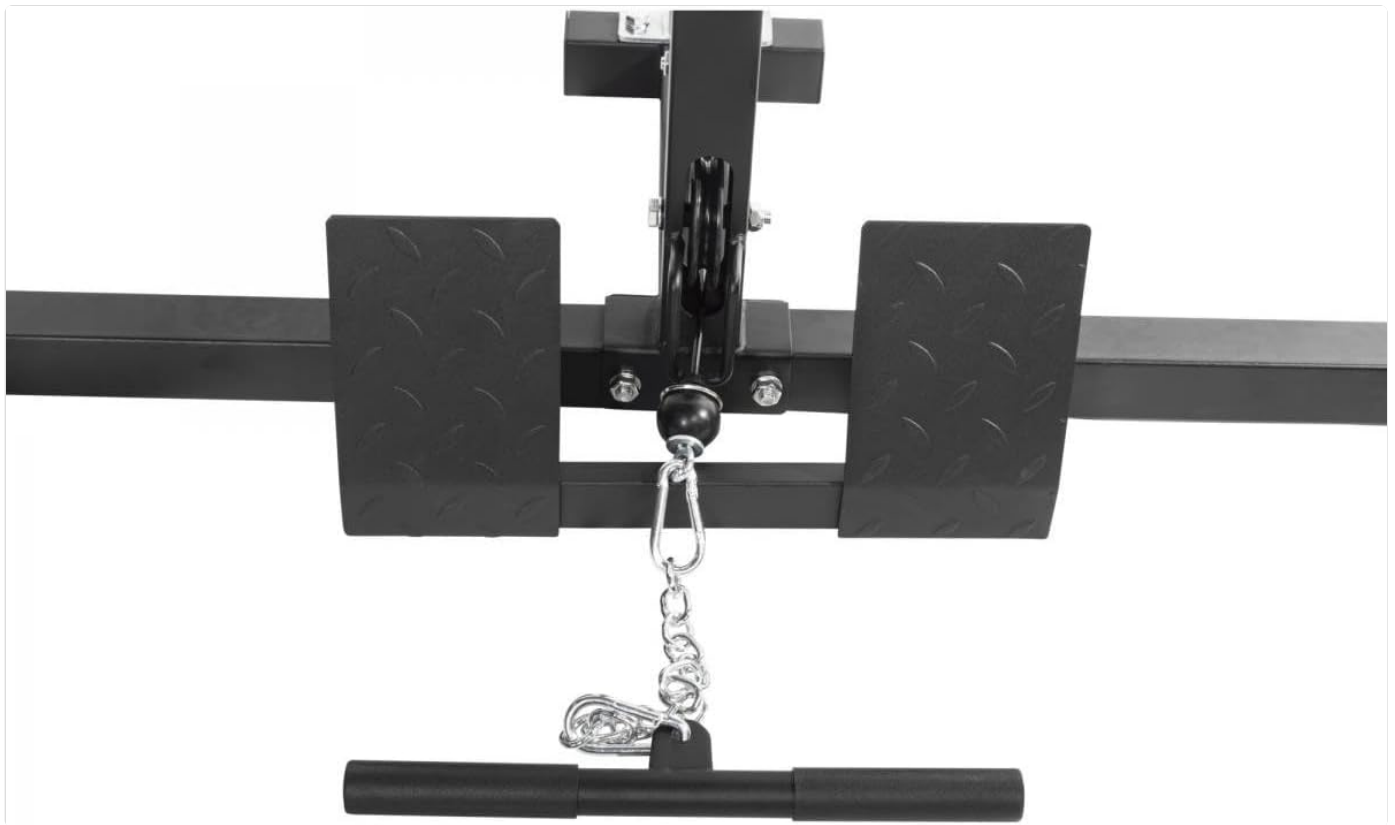


Figure 8: This image displays the foot plate attachment, typically used for seated rows or other low-pulley exercises. It provides a stable base for users during these movements.

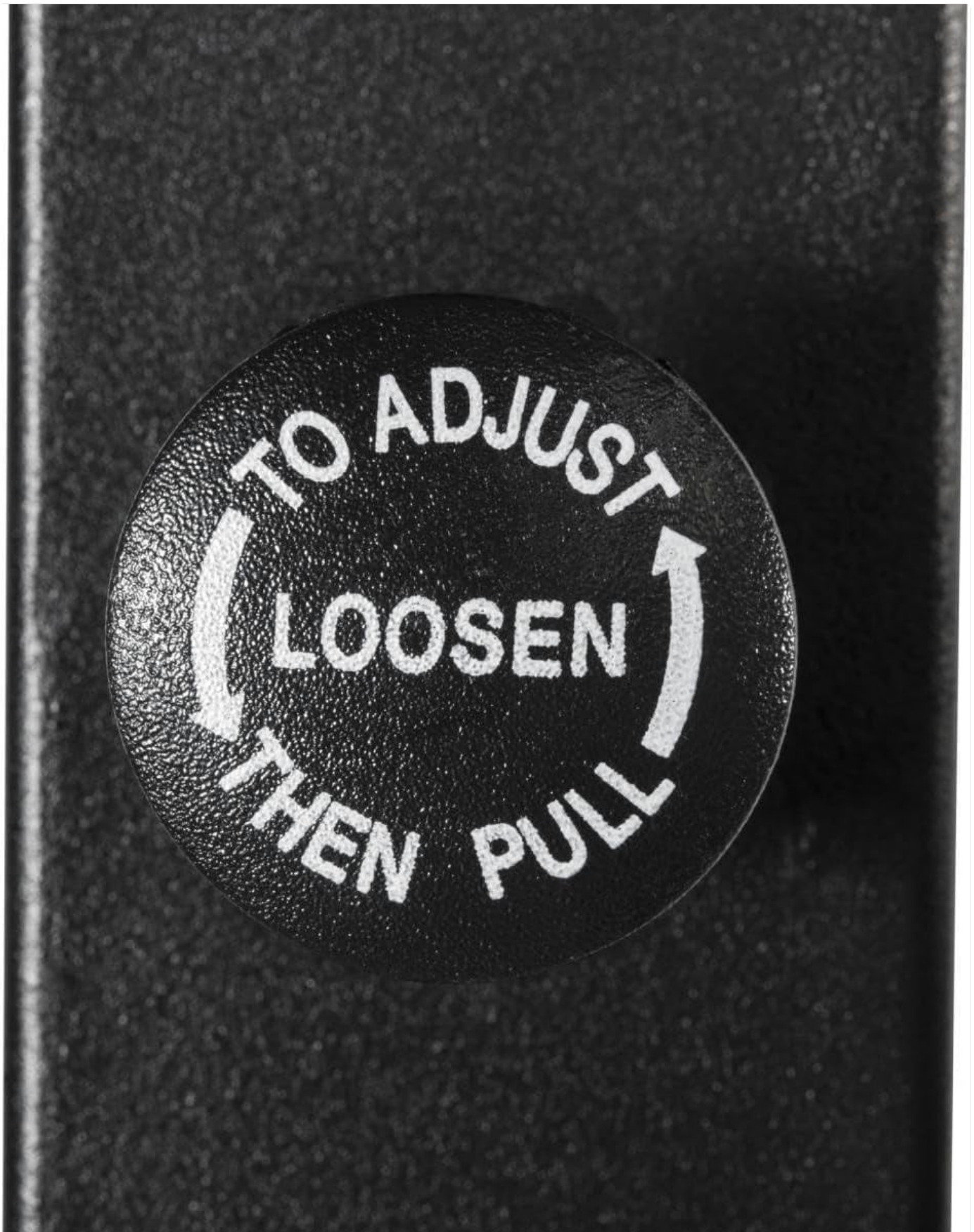


Figure 9: A close-up of an adjustment knob with the inscription "TO ADJUST LOOSEN THEN PULL". This type of knob is used for quick and secure adjustments of various components on the home gym, such as the height of the safety racks or the position of the bench.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your home gym.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Use mild soap and water if necessary. Avoid abrasive cleaners.
- **Lubrication:** Periodically lubricate moving parts, such as pulleys and cable connections, with a silicone-based lubricant to ensure smooth operation.
- **Tightness Check:** Regularly check all bolts, nuts, and screws for tightness. Re-tighten any loose fasteners to prevent wobbling or instability.
- **Cable Inspection:** Inspect cables for fraying, wear, or damage. Replace damaged cables immediately.
- **Upholstery Care:** The high-quality synthetic leather upholstery is water and sweat repellent. Wipe it clean regularly to maintain hygiene and appearance.
- **Storage:** Store the equipment in a dry environment, away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter issues with your GORILLA SPORTS® Multi-Functional Home Gym, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Equipment feels unstable or wobbly.	Loose bolts or uneven surface.	Check and tighten all bolts. Ensure the equipment is on a flat, level surface.
Cables are not moving smoothly or are noisy.	Lack of lubrication, misaligned pulleys, or worn cables.	Apply silicone lubricant to pulleys and cables. Check pulley alignment. Inspect cables for damage and replace if necessary.
Adjustment pins are difficult to pull or lock.	Dirt accumulation or lack of lubrication.	Clean the pin and its housing. Apply a small amount of lubricant to the pin mechanism.
Pads or upholstery are tearing or worn.	Normal wear and tear or excessive friction.	Contact customer support for replacement parts.

SPECIFICATIONS

Feature	Detail
Overall Dimensions (L x W x H)	237 x 119 x 209.5 cm
Home Gym Dimensions (without bench)	125 x 118 cm
Max. Load Capacity (Long Safety Racks)	350 kg
Max. Load Capacity (Short Safety Racks)	150 kg
Max. Load Capacity (Lat Pulldown)	150 kg
Max. Load Capacity (Bench Seat)	100 kg
Max. Load Capacity (Bench Backrest)	200 kg

Feature	Detail
Backrest Adjustment	7-way adjustable
Seat Adjustment	3-way adjustable
Leg Curler Adjustment	3-way adjustable
Curl Desk Adjustment	3-way adjustable
Safety Rack Height Adjustment	10-way (28 - 163 cm)
Barbell Inner Grip Compatibility	Min. 117 cm
Distance between Barbell Racks	117 cm
Weight Plate Compatibility	30/31 mm diameter
Frame Material	Alloy Steel
Product Weight	120 kg

WARRANTY AND SUPPORT

For warranty information, technical support, or to order replacement parts, please contact GORILLA SPORTS customer service. Keep your purchase receipt and model number handy for faster service.

Contact Information:

- Visit the official GORILLA SPORTS website for contact details.
- Refer to your purchase documentation for specific regional support contacts.

Note: Delivery to islands may not be possible. Deliveries may arrive in multiple packages on different days.