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› [SKY LAND Fitness Home Gym Station GM-1825 User Manual](#)

SKY LAND GM-1825

SKY LAND Fitness Home Gym Station

MODEL: GM-1825 USER MANUAL

1. Introduction

Thank you for choosing the SKY LAND Fitness Home Gym Station GM-1825. This multi-function workout station is designed to provide a comprehensive full-body workout experience in the comfort of your home. Featuring a heavy-duty steel frame and a 97 lb (approximately 44 kg) weight stack, it supports various strength training and bodybuilding exercises. Please read this manual thoroughly before assembly and use to ensure safe and effective operation.

2. Safety Information

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Ensure all bolts and nuts are securely tightened before each use.
- Use the equipment only on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Do not exceed the maximum weight recommendation of 2000 pounds (tension supported).
- Inspect cables, pulleys, and moving parts regularly for wear and tear. Replace damaged components immediately.

3. Package Contents

The SKY LAND GM-1825 Home Gym Station includes the following main components:

- Heavy-duty steel frame components (50x70mm construction tube)
- 97 lb (approx. 44 kg) weight stack with concrete vinyl plates

- Contoured deep padded seat and backrest
- Leg developer with pivot point
- 2000 lbs tensile strength aircraft cables
- Superior graded pulleys
- Various handles and attachments (e.g., U-shape handle, fixed handle)
- Assembly hardware and tools (may vary)
- Instruction manual

4. Assembly and Setup

Assembly of the SKY LAND GM-1825 Home Gym Station requires careful attention to detail. It is recommended to have at least two people for assembly due to the size and weight of the components. Follow the step-by-step instructions provided in the separate assembly guide included with your product.

Key Assembly Points:

- Ensure all parts are present before beginning assembly.
- Place the unit on a level, stable surface.
- Securely fasten all bolts and nuts as instructed. Do not overtighten until specified.
- Properly route all cables through the pulleys as shown in the assembly diagrams to ensure smooth operation and prevent damage.
- The unit dimensions are approximately 166 cm (length) x 107 cm (width) x 204 cm (height). Ensure adequate space for assembly and use.



Figure 4.1: Dimensions of the SKY LAND GM-1825 Home Gym Station. The unit measures 204cm in height, 107cm in width, and 166cm in length.

ONE STATION GYM

YOUR HOME COMPANION



Figure 4.2: Overall view of the SKY LAND GM-1825 Home Gym Station, showcasing its compact design as a single multi-function unit.

5. Operating Instructions

The SKY LAND GM-1825 Home Gym Station offers a variety of exercises targeting different muscle groups. Always perform a warm-up before your workout and a cool-down afterward.

5.1. Weight Selection

Adjust the resistance by inserting the easy-removable pop pin into the desired weight plate in the stack. Ensure the pin is fully inserted before beginning your exercise.

HEAVY DUTY STEEL TUBE FRAME



Figure 5.1: Detail of the weight stack and pop pin for easy weight selection. Also visible are the heavy-duty steel frame and superior graded pulleys.

5.2. Adjustments

- **Seat and Backrest:** The contoured deep padded seat and backrest are designed for comfort and support. Adjust them as needed for proper exercise form.
- **Leg Developer:** The pivot point on the leg developer is correctly aligned with the knee joint for biomechanically correct movements during leg exercises.

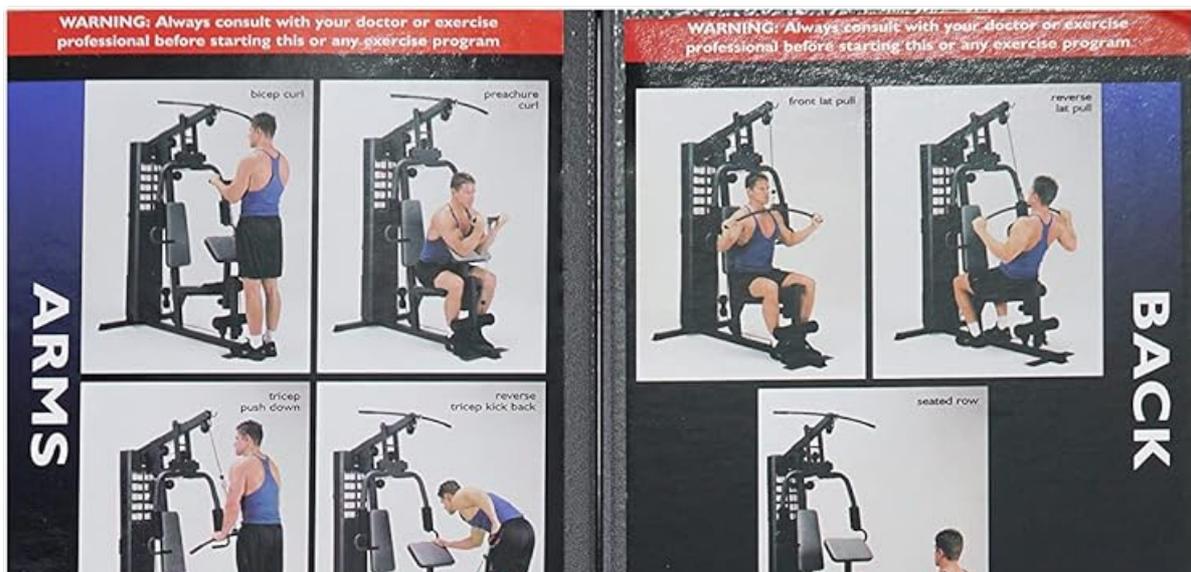
PERFECTLY ALIGNED CUSHION BASE FOR MULTI FUNCTION



Figure 5.2: Close-up of the ergonomically designed padded seat and leg developer, ensuring proper alignment for various exercises.

5.3. Exercise Examples

The GM-1825 supports a wide range of exercises. Refer to the exercise chart for visual guidance on proper form and muscle targeting.



CHEST

SHOULDERS



standard press



incline press



vertical butterfly



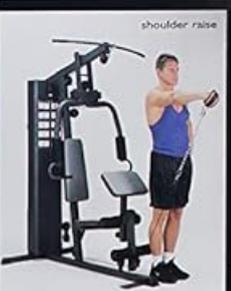
pullover



chest cable cross



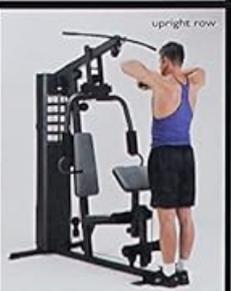
lateral chest cable cross



shoulder raise



lateral shoulder raise



upright row



shoulder shrug

Always warm-up and cool-down before starting your strength training. 10-15 minutes of stretching and cardiovascular exercise is recommended. Holding your breath while lifting may limit the flow of oxygen to your brain causing dizziness or unconsciousness. Exhale when starting your exercise maneuver, inhale when returning to the starting position.

LEGS, GLUTES AND HIPS

ABS



leg extension



leg curl



inner thigh



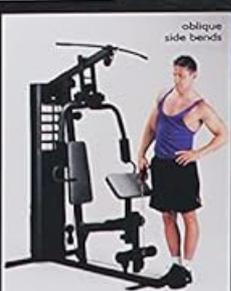
outer thigh



leg kick back



abdominal crunch



oblique side bends

VARIABLE EXERCISE PROGRAMS

what are your fitness goals?

strength/mass	tone/definition	general health
3-5 sets	3-5 sets	3-5 sets
5-8 repetitions	9-15 repetitions	10-15 repetitions
70%-80% *(MW)	40%-70% *(MW)	40%-70% *(MW)

*(MW)= Maximum Weight
a percentage of the maximum weight you can lift
by performing a single repetition

- > Rest one minute between sets, two to three minutes for more advanced routines.
- > Maintain proper form and body positioning as you perform each exercise through its complete range of motion.

Figure 5.3: Comprehensive exercise chart demonstrating various workouts for different muscle groups using the GM-1825.

Common Exercises Include:

- **Chest:** Seated Bench Press, Pec Fly, Chest Press
- **Back:** Lat Pulldown, Seated Rows, Pull Ups, Chin Ups

- **Shoulders:** Shoulder Press, Upright Row
- **Arms:** Bicep Curl, Preacher Curl, Tricep Pushdown
- **Legs & Glutes:** Leg Extension, Leg Curl, Inner Thigh, Outer Thigh, Leg Kick Back
- **Abs:** Ab Crunch, Oblique Crunch

The unit features a U-shape handle design for pectoral muscles, superior soft foam rolls for comfort, and high-grade rubber floor grips for stability.

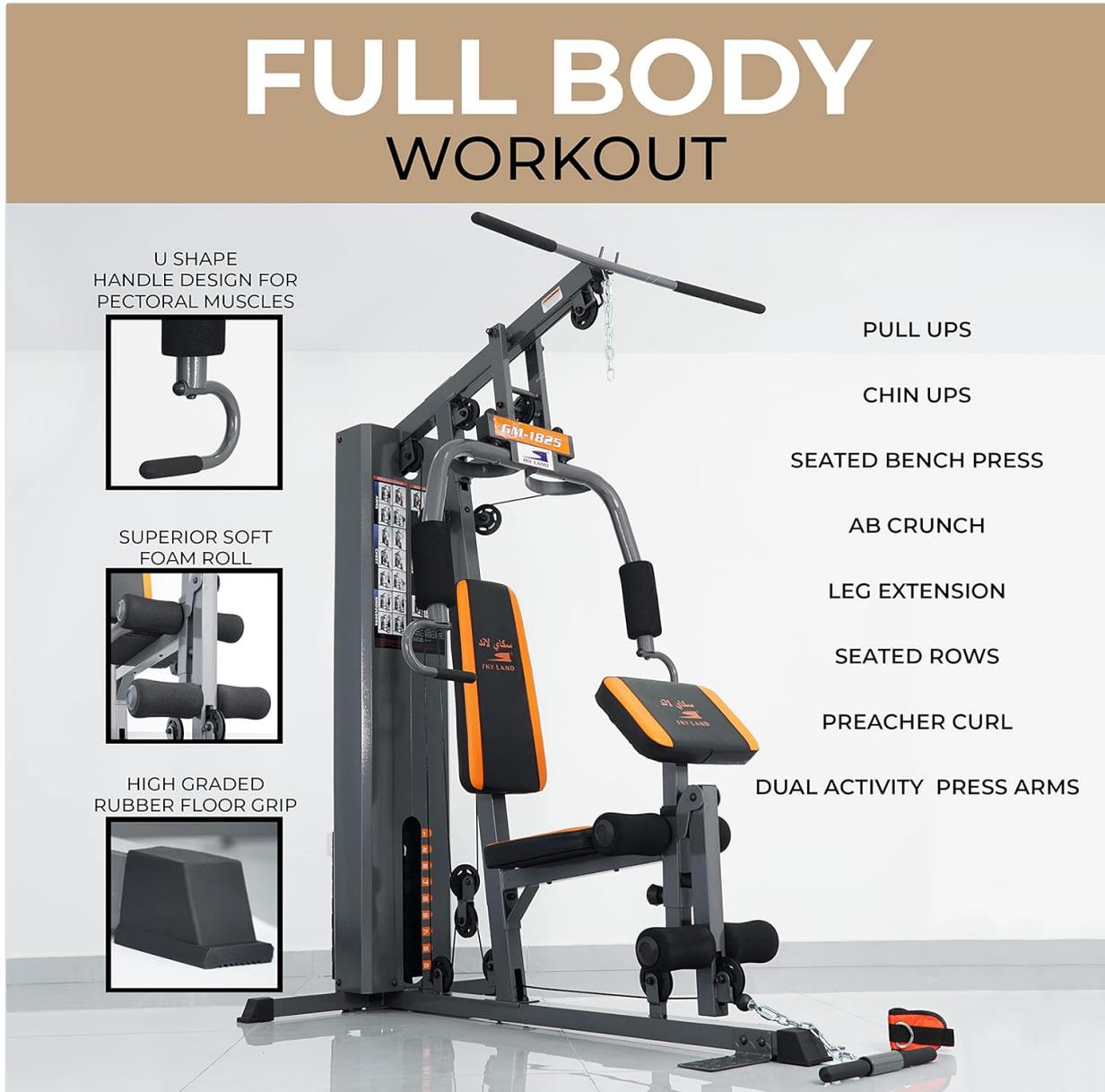


Figure 5.4: Features for a full-body workout, including the U-shape handle, soft foam rolls, and high-grade rubber floor grips.

6. 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. Avoid abrasive cleaners.
- **Cable Inspection:** Periodically check all cables for fraying, kinks, or damage. Replace any worn cables immediately.
- **Pulley Inspection:** Ensure all pulleys rotate freely and are not obstructed.

- **Fastener Check:** Regularly inspect all bolts, nuts, and pins to ensure they are tight. Tighten if necessary.
- **Lubrication:** Apply a silicone-based lubricant to guide rods and moving parts as needed to ensure smooth operation and prevent friction.

7. Troubleshooting

If you encounter issues with your GM-1825 Home Gym, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Squeaking or grinding noise	Lack of lubrication, loose fasteners, worn pulleys	Lubricate moving parts, tighten fasteners, inspect and replace pulleys if worn.
Rough cable movement	Frayed cable, misaligned pulley, dirty guide rods	Inspect and replace cable, check pulley alignment, clean and lubricate guide rods.
Weight stack sticking	Dirty guide rods, bent guide rod, misaligned weight plates	Clean and lubricate guide rods, ensure weight plates are properly aligned.
Unstable unit	Uneven floor, loose fasteners	Move to a level surface, tighten all assembly fasteners.

If the problem persists, please contact customer support.

8. Specifications

Model Number	GM-1825
Brand	SKY LAND
Style	Home Gym Station (One Station)
Material Type	Aluminum (Frame is heavy-duty steel)
Color	Black/Orange
Product Dimensions (D x W x H)	166 x 107 x 204 cm
Item Weight	107.7 Kilograms
Weight Stack	97 lbs (approx. 44 kg) dead weight stacks, concrete vinyl plates
Tension Supported	2000 pounds
Maximum Weight Recommendation	2000 Pounds
Cable Tensile Strength	2000 lbs aircraft cables

Frame Construction	50x70mm heavy duty construction tube
Handle Type	Fixed Handle
Department	Unisex-Adult

9. Warranty and Support

For warranty information or technical support, please refer to the documentation provided at the time of purchase or contact your retailer/manufacturer directly. Keep your proof of purchase for any warranty claims.