

SHUA G5205

SHUA Multi Gym 4-Stations Trainer G5205 User Manual

Model: G5205

INTRODUCTION

This manual provides essential information for the safe and effective use of your SHUA Multi Gym 4-Stations Trainer G5205. Please read all instructions carefully before assembly and operation to ensure proper function and to prevent injury. Keep this manual for future reference.

SAFETY INFORMATION

Before beginning any exercise program, consult with a physician. It is imperative to understand and follow all safety warnings and instructions to prevent injury. Failure to do so may result in serious injury or death.

- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Inspect the equipment for worn or damaged parts before each workout. Do not use if any components are damaged.
- Keep children and pets away from the equipment during operation.
- Use the equipment only on a level, stable surface.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum weight recommendation of 120 Kilograms.
- Perform exercises with controlled movements. Avoid sudden or jerky motions.

SETUP

Careful assembly is crucial for the safety and performance of your multi-gym. Follow the provided assembly instructions (not included in this document) meticulously. Ensure all components are correctly oriented and securely fastened.



Figure 1: Front view of the SHUA Multi Gym G5205, illustrating its overall structure and various stations.

Placement

Place the multi-gym on a flat, stable surface. Ensure there is adequate space around the equipment for safe operation and movement. A minimum of 1 meter (3 feet) clearance on all sides is recommended.

OPERATING INSTRUCTIONS

The SHUA Multi Gym G5205 offers multiple stations for a comprehensive full-body workout. Familiarize yourself with each station before use.



Figure 2: Angled view of the multi-gym, highlighting the various exercise stations and their configurations.

Adjustments

Many components of the multi-gym are adjustable to accommodate different user heights and exercise requirements. Always ensure adjustment pins are fully engaged and locking mechanisms are secure before starting an exercise.

Exercise Stations

- **Chest Press:** Adjust the seat and backrest to align your chest with the handles. Push forward with controlled motion.
- **Pec Fly:** Position yourself with your back against the pad. Bring the handles together in front of your chest, focusing on pectoral muscle contraction.
- **Lat Pull Down:** Sit on the seat and grasp the lat bar. Pull the bar down towards your upper chest, engaging your back muscles.
- **Squatting:** Utilize the designated squat station for lower body exercises. Ensure proper form and balance.
- **Parallel Bars:** Use the parallel bars for dips and other bodyweight exercises. Maintain a stable grip.



Figure 3: Side view of the multi-gym, showing the cable routing and various attachment points for exercises.

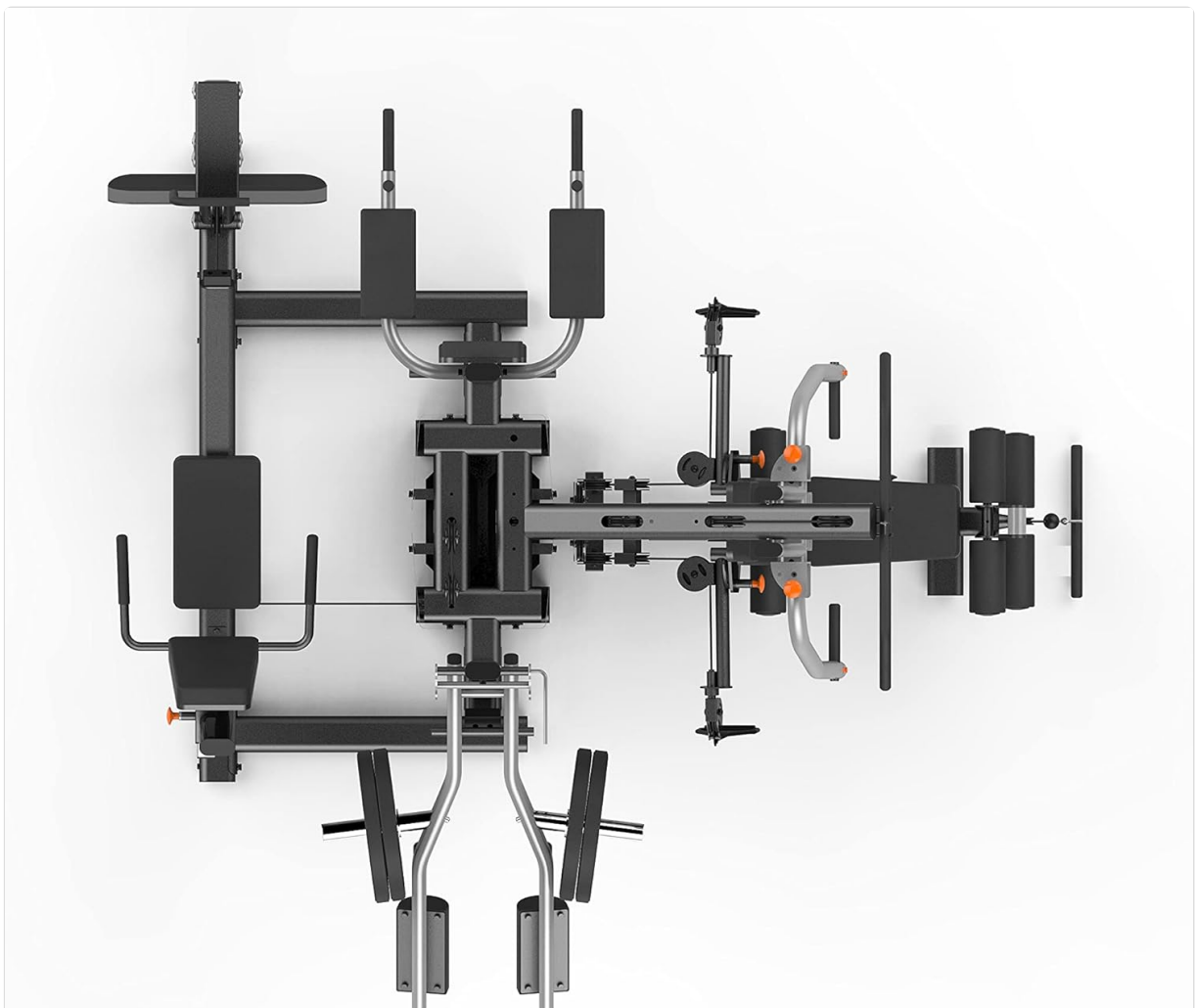


Figure 4: Top-down view of the multi-gym, providing a clear perspective of its footprint and layout.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your SHUA Multi Gym.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically apply a silicone-based lubricant to moving parts, such as guide rods and pivot points, to ensure smooth operation.
- **Inspection:** Regularly check all cables, pulleys, and upholstery for signs of wear, fraying, or damage. Replace worn parts immediately. Ensure all nuts and bolts remain tight.

TROUBLESHOOTING

If you encounter issues with your multi-gym, refer to the following common troubleshooting tips:

- **Squeaking or Noise:** Check for loose bolts or components. Apply lubricant to moving parts as described in the Maintenance section.
- **Resistance Issues:** Ensure weight stacks are moving freely and not obstructed. Check cable tension and pulley alignment.
- **Unstable Equipment:** Verify the multi-gym is on a level surface. Adjust leveling feet if present. Ensure all assembly bolts are tightened.

For issues not resolved by these steps, please contact SHUA customer support.

SPECIFICATIONS

Attribute	Value
Brand Name	SHUA
Model	G5205
Item Weight	249.95 Kilograms
Color	silver-tone
Material	Steel, Iron
Handle Type	Fixed Handle
Maximum Weight Recommendation	120 Kilograms
Global Trade Identification Number	06224010771109

WARRANTY AND SUPPORT

SHUA products are manufactured to high-quality standards. For specific warranty details, please refer to the warranty card included with your purchase or visit the official SHUA website. For technical support, replacement parts, or any inquiries, please contact SHUA customer service through their official channels.

