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**HOMCOM ITA91-1320631**

# HOMCOM Multifunction Home Gym Instruction Manual

Model: ITA91-1320631

## 1. INTRODUCTION

This manual provides essential information for the safe and effective assembly, operation, and maintenance of your HOMCOM Multifunction Home Gym. Please read this manual thoroughly before initial use and retain it for future reference. This home gym is designed to offer a comprehensive full-body workout, targeting various muscle groups through multiple exercise options.



Image 1.1: The HOMCOM Multifunction Home Gym in a home setting, demonstrating a user performing a chest press exercise.

## 2. SAFETY INFORMATION

Always consult with a healthcare professional before starting any new exercise program. Failure to follow these safety instructions may result in serious injury.

- Ensure all bolts and nuts are securely tightened before each use.
- Keep children and pets away from the equipment during operation.
- Place the gym on a flat, stable surface. Use a protective mat if necessary.
- Do not exceed the maximum user weight capacity of 120 kg (264 lbs).
- Recommended user height for optimal use is 160-200 cm (5'3" - 6'7").
- Wear appropriate athletic clothing and footwear.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.

- Perform warm-up exercises before and cool-down stretches after each workout.
- Inspect the equipment for any signs of wear or damage before each use. Do not use if damaged.

### 3. PACKAGE CONTENTS

Please refer to the packaging list provided with your product for a complete and detailed list of all included components and hardware. Verify that all parts are present and undamaged before proceeding with assembly.

### 4. ASSEMBLY AND SETUP

Assembly requires careful attention to detail. It is recommended to have two people for assembly. Follow the step-by-step instructions provided in the separate assembly manual. Ensure all connections are secure and stable.

#### 4.1. Structural Overview



Image 4.1: The robust steel frame construction of the HOMCOM home gym, highlighting its durability and stability. Features a 5x5 cm steel frame and high-strength steel ropes.



Image 4.2: Close-up view of the 5x5 cm resistant steel frame, demonstrating the anti-slip texture of the material.

## 4.2. Dimensions and Space Requirements

Ensure you have adequate space for the gym and for safe movement during exercises.

- Overall Dimensions: 148 cm (L) x 108 cm (W) x 207 cm (H)
- Backrest Dimensions: 68 cm (L) x 27 cm (W) x 4 cm (Thickness)



Image 4.3: Diagram illustrating the overall dimensions of the HOMCOM Multifunction Home Gym, including length, width, and height measurements.



Image 4.4: Overview of key training parameters and adjustable components, such as preacher pad height (63-83 cm) and lat pull down distance (90 cm).

## 5. OPERATING INSTRUCTIONS (EXERCISE GUIDE)

The HOMCOM Multifunction Home Gym offers a variety of exercises for a full-body workout. Adjust the weight stack and machine components according to your fitness level and the specific exercise.

### 5.1. Adjustable Weight Stack

The gym features a 45 kg (99 lbs) weight stack, composed of 9 plates of 4.6 kg each and 1 block of 3.6 kg. Adjust the weight by inserting the pin into the desired weight plate.



Image 5.1: The adjustable 45 kg weight stack, showing individual plates and the mechanism for selecting desired resistance.



Image 5.2: Close-up view of the 45 kg weight stack, indicating the weight of each plate and the total weight capacity.

## 5.2. Exercise Options

This gym supports over 35 workout types. Below are some key exercises:

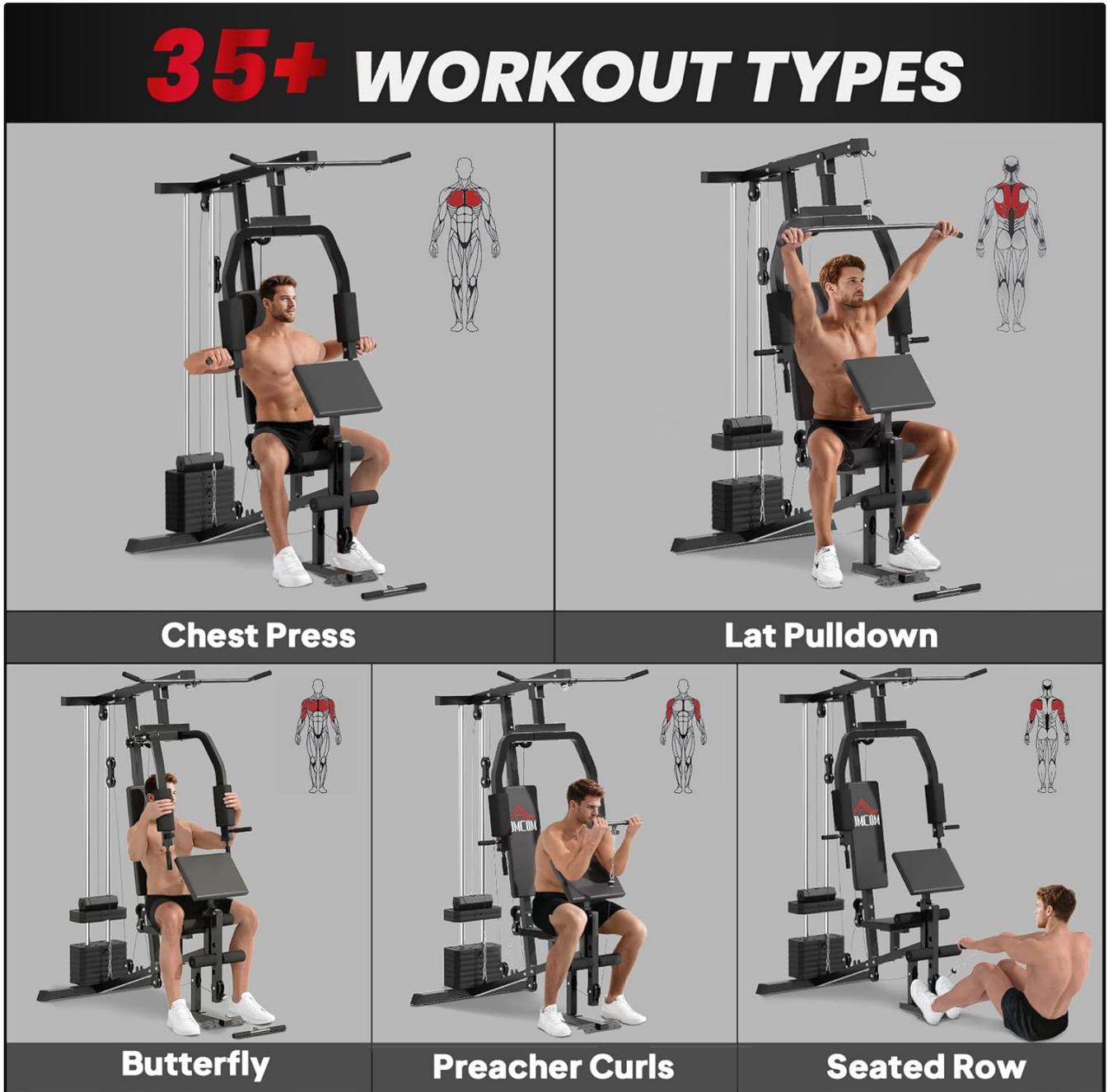


Image 5.3: Visual guide showcasing multiple exercises including Chest Press, Lat Pulldown, Butterfly, Preacher Curls, and Seated Row.

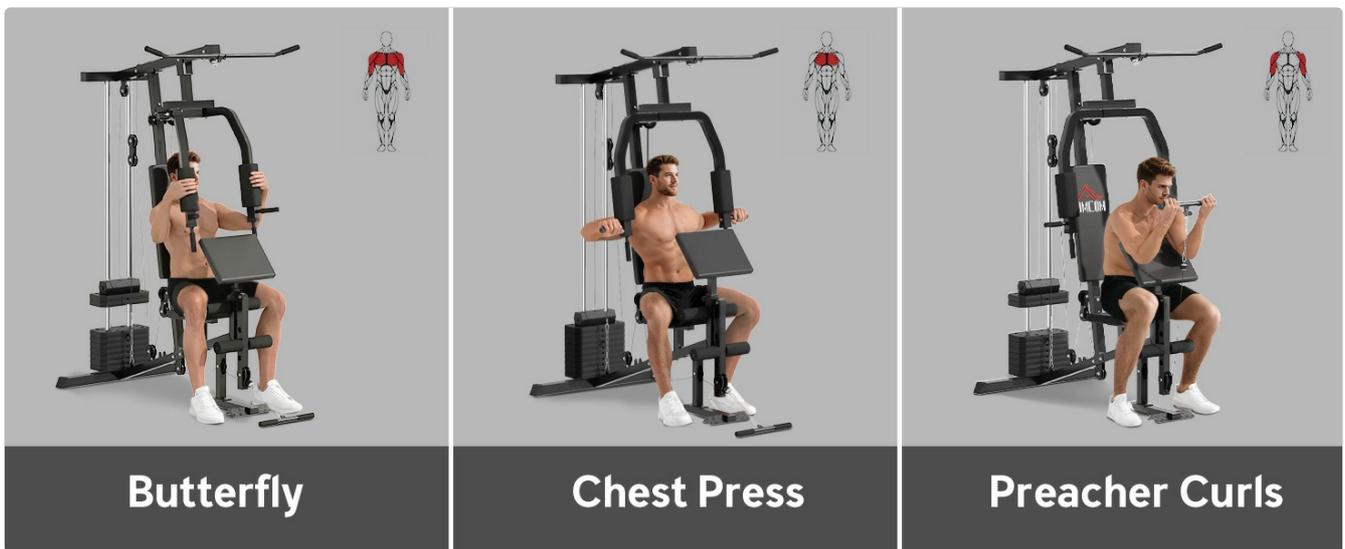


Image 5.4: Sequence of demonstrations showing correct form for Butterfly, Chest Press, and Preacher Curls exercises.

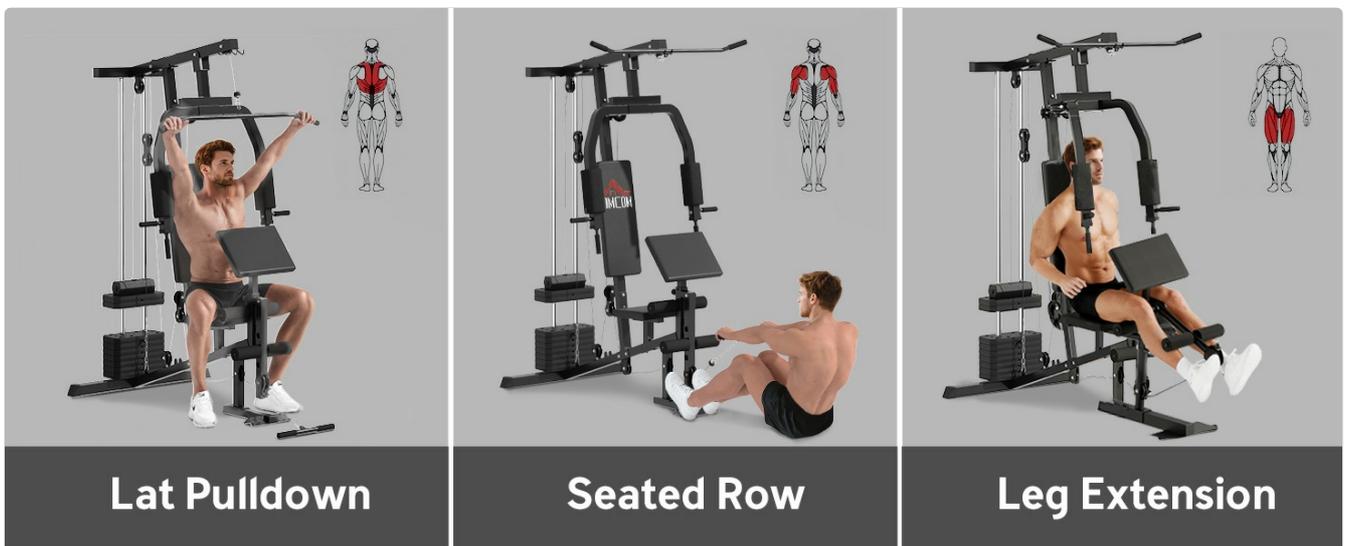


Image 5.5: Instructional panels demonstrating correct form for Lat Pulldown, Seated Row, and Leg Extension exercises.

- **Chest Press / Chest Fly (Butterfly):** Utilize the dual function arm station for chest exercises. Adjust the handles for either pressing or flying movements.
- **Lat Pulldown:** Use the upper pulley system with the lat bar to target your back muscles.
- **Arm Flexions (Preacher Curls):** Attach the short bar to the lower pulley and use the preacher curl pad to isolate your biceps.
- **Leg Extension:** The comfortable leg extender with adjustable angle (0-90°) allows for effective quadriceps training.
- **Seated Row:** Attach the short bar or V-bar to the lower pulley and sit on the bench to perform seated rows for back development.

### 5.3. Instructional Video

Video 5.1: A short demonstration video showcasing various exercises and features of the HOMCOM Multifunction Home Gym, including chest press, leg extension, lat pulldown, and preacher curls.

## 6. MAINTENANCE

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

- Wipe down the equipment with a damp cloth after each use to remove sweat and dust.
- Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten as needed.
- Inspect cables and pulleys for fraying or damage. Replace worn parts immediately.
- Lubricate moving parts as recommended by the manufacturer (if applicable).
- Store the gym in a dry, clean environment away from direct sunlight and extreme temperatures.

## 7. TROUBLESHOOTING

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

- **Squeaking Noises:** Check for loose bolts or parts that may need lubrication. Apply a silicone-based lubricant to moving joints and pulleys.
- **Cable Snagging:** Inspect the cable path for obstructions or misaligned pulleys. Ensure cables are properly seated in all grooves.
- **Unstable Frame:** Verify that the gym is placed on a level surface. Check and tighten all frame bolts.
- **Weight Plates Sticking:** Ensure the guide rods are clean and free of debris. Lightly lubricate the guide rods if necessary.

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

## 8. SPECIFICATIONS

<b>Model Number</b>	ITA91-1320631
<b>Brand</b>	HOMCOM
<b>Material</b>	Steel Alloy, Polyurethane
<b>Overall Dimensions (L x W x H)</b>	148 cm x 108 cm x 207 cm (58.3" x 42.5" x 81.5")
<b>Backrest Dimensions (L x W x T)</b>	68 cm x 27 cm x 4 cm (26.8" x 10.6" x 1.6")
<b>Weight Stack</b>	45 kg (9 x 4.6 kg plates + 1 x 3.6 kg block)
<b>Maximum Recommended User Weight</b>	120 kg (264 lbs)
<b>Recommended User Height</b>	160-200 cm (5'3" - 6'7")
<b>Item Weight</b>	89 kg (196 lbs)
<b>Handle Type</b>	Foam/Rubber Grip

## 9. WARRANTY AND SUPPORT

Your HOMCOM Multifunction Home Gym is covered by a warranty. Please refer to your purchase documentation for specific warranty terms and conditions. For customer support, replacement parts, or further assistance, please

contact the seller, AOSOM, directly. They offer specialized customer assistance and a return policy within 30 days of receipt.

You can find more information about HOMCOM products and support on their official brand store [HOMCOM Brand Store](#).