

## Life Line HG-002

# Life Line Fitness HG-002 Home Gym Machine User Manual

Model: HG-002 | Brand: Life Line

## 1. INTRODUCTION

The Life Line Fitness HG-002 Home Gym is designed to provide a comprehensive full-body workout experience within a home environment. This equipment allows users to target various muscle groups effectively. Its robust construction and space-saving design make it suitable for diverse fitness routines.

### Key Features:

- Heavy-duty CRC Steel Tube frame (2 inches) with powder coating for durability and corrosion resistance.
- 72kg weight stack (12 plates of 6kg each).
- Non-cable change design with easy-open pulley locks for accessory attachment.
- Supports full-body conditioning: back, chest, biceps, triceps, quadriceps, abdominals.
- Cushioned seat and padded foam rollers for comfort and support.
- Rubber foot caps for floor protection and stability.
- Includes bonus Sit-up Stand accessory.



Figure 1: Life Line Fitness HG-002 Home Gym Machine with included Sit-up Stand accessory.

## 2. SAFETY INFORMATION

Before operating this equipment, please read and understand all safety instructions. Failure to follow these instructions may result in injury.

- 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.
- Inspect cables, pulleys, and moving parts for wear or damage regularly. Do not use if damaged.
- Use the equipment on a flat, stable surface.
- Wear appropriate athletic attire and footwear.
- Do not exceed the maximum user weight recommendation of 120 kg.
- Perform warm-up exercises before and cool-down exercises after your workout.

- Stop exercising immediately if you feel pain, dizziness, or nausea.
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### **3. PACKAGE CONTENTS**

Verify that all components are present before proceeding with installation.

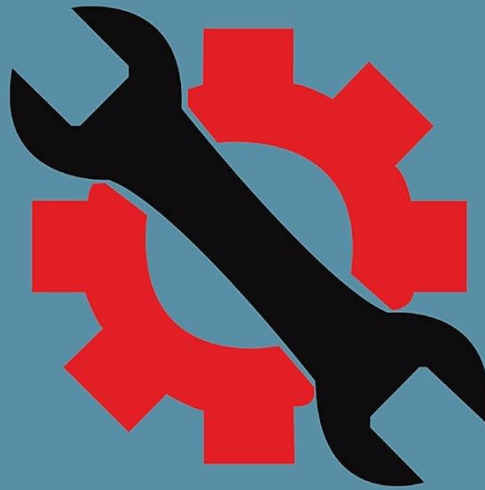
- Main Frame & Components of Home Gym
  - Weight Plates (72 kg total, 12 plates of 6 kg each)
  - Bonus Accessory: Sit-up Stand
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### **4. ASSEMBLY AND INSTALLATION**

This product includes free on-site installation service. It is highly recommended to utilize this professional service to ensure correct and safe assembly of the home gym machine.

For scheduled installation, please refer to the contact information provided by the seller or manufacturer. Installation services are typically available Monday to Saturday, 10:00 AM - 7:00 PM.

## On-Site Installation Included



**MON-SAT, 10:00 AM - 7:00 PM**



  +91 6280-246667

Figure 2: Information regarding the included on-site installation service.

If self-assembly is chosen (not recommended without prior experience), ensure all parts are correctly identified and assembled according to the detailed assembly manual provided separately with the product. Always use the correct tools and ensure all fasteners are tightened to specification.

### **5. COMPONENTS OVERVIEW**

Familiarize yourself with the main components of the HG-002 Home Gym:



Figure 3: Key components of the HG-002 Home Gym.

- **High Pulley Handle:** Used for exercises like Lat Pull-downs and Tricep Push-downs.
- **Chrome Rod:** Part of the pulley system, ensuring smooth cable movement.
- **Construction:** Heavy Duty 2"x2" CRC Steel Tube Frame, providing structural integrity.
- **Arm Rest:** Padded support for comfort during various exercises.
- **Comfy Back Cushion:** Ergonomically designed for back support during seated exercises.
- **72 KG PVC Weight Stack Plate:** Adjustable resistance for strength training.
- **Cable:** Galvanized Steel cable with nylon coating for durability and smooth operation.
- **Tricep/Bicep Rod:** Attachment point for specific arm exercises.
- **Foam Roller:** Provides cushioning and support for legs during leg exercises.
- **Foot Rest:** For standing bicep curls and stability during various exercises.

## 6. OPERATING INSTRUCTIONS

The HG-002 Home Gym offers a variety of exercises. Always ensure proper form and adjust weight according to your fitness level.



**LAT PULL DOWN**

**PEC DEC**

**SEATED ROWS**

**LEG EXTENSION**

**BENCH PRESS**

**TRICEP EXTENSION**

**SIDE KICK**

Figure 4: The HG-002 Home Gym supports multiple exercises including Lat Pull Down, Pec Dec, Seated Rows, Leg Extension, Bench Press, Tricep Extension, and Side Kick.

### Adjusting Weight:

To adjust the resistance, insert the selector pin into the desired weight plate in the stack. Ensure the pin is fully inserted before beginning your exercise.

### Common Exercises:

- **Lat Pull-down:** Sit facing the machine, grasp the high pulley handle with an overhand grip. Pull the bar down to your upper chest, squeezing your shoulder blades. Slowly return to the starting position.
- **Pec Dec (Butterfly):** Sit with your back against the pad, grasp the handles. Bring the handles together in front of your chest, squeezing your pectoral muscles. Slowly return to the starting position.
- **Seated Rows (Low Pulley Row):** Attach a handle to the low pulley. Sit on the floor or bench with feet on the footrests, grasp the handle. Pull the handle towards your abdomen, squeezing your shoulder blades. Slowly

extend your arms back.

- **Leg Extension:** Sit on the seat, place your shins under the foam rollers. Extend your legs fully, contracting your quadriceps. Slowly lower the weight.
- **Bench Press (Chest Press):** Adjust the arm press handles. Sit on the seat, grasp the handles. Push the handles forward, extending your arms. Slowly return to the starting position.
- **Tricep Extension:** Attach the tricep rod to the high pulley. Stand facing the machine, grasp the rod with an overhand grip. Extend your arms downwards, contracting your triceps. Slowly return to the starting position.
- **Bicep Curls (Preacher Curls):** Use the removable arm curl attachment. Sit or stand, place your arms on the pad, grasp the bar. Curl the bar upwards, contracting your biceps. Slowly lower the weight.

Always maintain controlled movements and avoid sudden jerks. Breathe out during the exertion phase and breathe in during the recovery phase.

## 7. MAINTENANCE

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

- **Cleaning:** Wipe down the machine, especially handles and padded areas, with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe with a clean, dry cloth.
- **Inspection:** Periodically check all nuts, bolts, and fasteners for tightness. Tighten any loose components.
- **Cable and Pulley Check:** Inspect cables for fraying, kinks, or wear. Ensure pulleys move freely and are not obstructed. Replace worn parts immediately.
- **Lubrication:** Apply a silicone-based lubricant to guide rods and moving parts as needed to ensure smooth operation. Avoid oil-based lubricants on cables.
- **Storage:** Store the machine in a dry, clean environment away from direct sunlight and extreme temperatures.

## 8. TROUBLESHOOTING

If you encounter issues with your HG-002 Home Gym, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Squeaking or grinding noise during operation	Lack of lubrication, loose fasteners, worn pulleys	Lubricate guide rods and pivot points. Check and tighten all fasteners. Inspect pulleys for wear.
Cable feels rough or sticky	Friction, dirt in pulley, damaged cable coating	Clean pulleys. Inspect cable for damage; replace if necessary.
Weight plates not moving smoothly	Guide rods are dirty or dry, bent guide rod	Clean and lubricate guide rods. If bent, contact customer support for replacement.
Machine feels unstable	Uneven surface, loose frame bolts	Ensure machine is on a flat, level surface. Check and tighten all frame bolts.

If the problem persists or if you encounter issues not listed here, please contact customer support.

## 9. SPECIFICATIONS

<b>Feature</b>	<b>Detail</b>
Model	HG-002
Brand	Life Line
Frame Material	Heavy Duty CRC Steel Tube (2 inches), Powder Coated
Weight Stack	72 kg (12 plates x 6 kg each)
Total Machine Weight	121 kg
Maximum User Weight Recommendation	120 kg
Product Dimensions (LxWxH)	175 x 111 x 210 Centimeters (69 x 44 x 83 Inches approx.)
Cable Type	Galvanised Steel with Nylon Coating
Included Accessories	Lat Pull-down Rod, Tricep Rod, Ankle Strap, Sit-up Stand
Color	Silver, Black



Figure 5: Approximate dimensions of the HG-002 Home Gym.

## 10. WARRANTY AND SUPPORT

### Warranty Information:

The Life Line Fitness HG-002 Home Gym comes with a 1-year warranty applicable on the frame of the product from the date of purchase. This warranty covers manufacturing defects in the frame. Please retain your proof of purchase for warranty claims.

### Customer Support:

For any queries, technical assistance, or warranty claims, please contact Lifeline Industries directly.

- **Manufacturer:** Lifeline Industries
- **Address:** E-310, Phase 8 A, Industrial Area, Mohali, Punjab
- **Contact Number:** 6280246667
- **Website:** [www.lifelinefitness.in](http://www.lifelinefitness.in)



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