

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [SKY LAND](#) /

› [SKY LAND Multi-Function Home Gym 3 Station GM-8144 Instruction Manual](#)

SKY LAND GM-8144

SKY LAND Multi-Function Home Gym 3 Station GM-8144 Instruction Manual

Model: GM-8144 | Brand: SKY LAND

1. INTRODUCTION

Thank you for choosing the SKY LAND Multi-Function Home Gym 3 Station, Model GM-8144. This comprehensive fitness equipment is designed to provide a full-body workout experience in the comfort of your home. Constructed from high-quality, heavy-gauge steel, it offers durability and stability for intense training sessions. This manual provides essential information for the safe assembly, operation, and maintenance of your home gym. Please read it thoroughly before use.



Image 1.1: The SKY LAND Multi-Function Home Gym 3 Station, Model GM-8144, showcasing its compact design and various workout stations.

2. SAFETY INFORMATION

Your safety is paramount. Adhere to the following guidelines to prevent injury and ensure proper use of the equipment:

- Consult a physician before starting any exercise program.
- Read and understand all instructions in this manual before assembly or use.
- Keep children and pets away from the equipment during operation.
- Place the gym on a flat, stable surface with adequate clearance around it.
- Inspect all components for wear or damage before each use. Do not use if any parts are damaged.
- Ensure all bolts, nuts, and connections are securely tightened before and after each workout.
- Do not exceed the maximum weight recommendation of 72 kg for the weight stack.
- Wear appropriate athletic clothing and footwear.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.

3. PRODUCT OVERVIEW

The SKY LAND GM-8144 is a versatile 3-station home gym designed for comprehensive strength training. It includes a 71 kg weight stack and a smooth cable system for progressive resistance.

3.1 Main Components

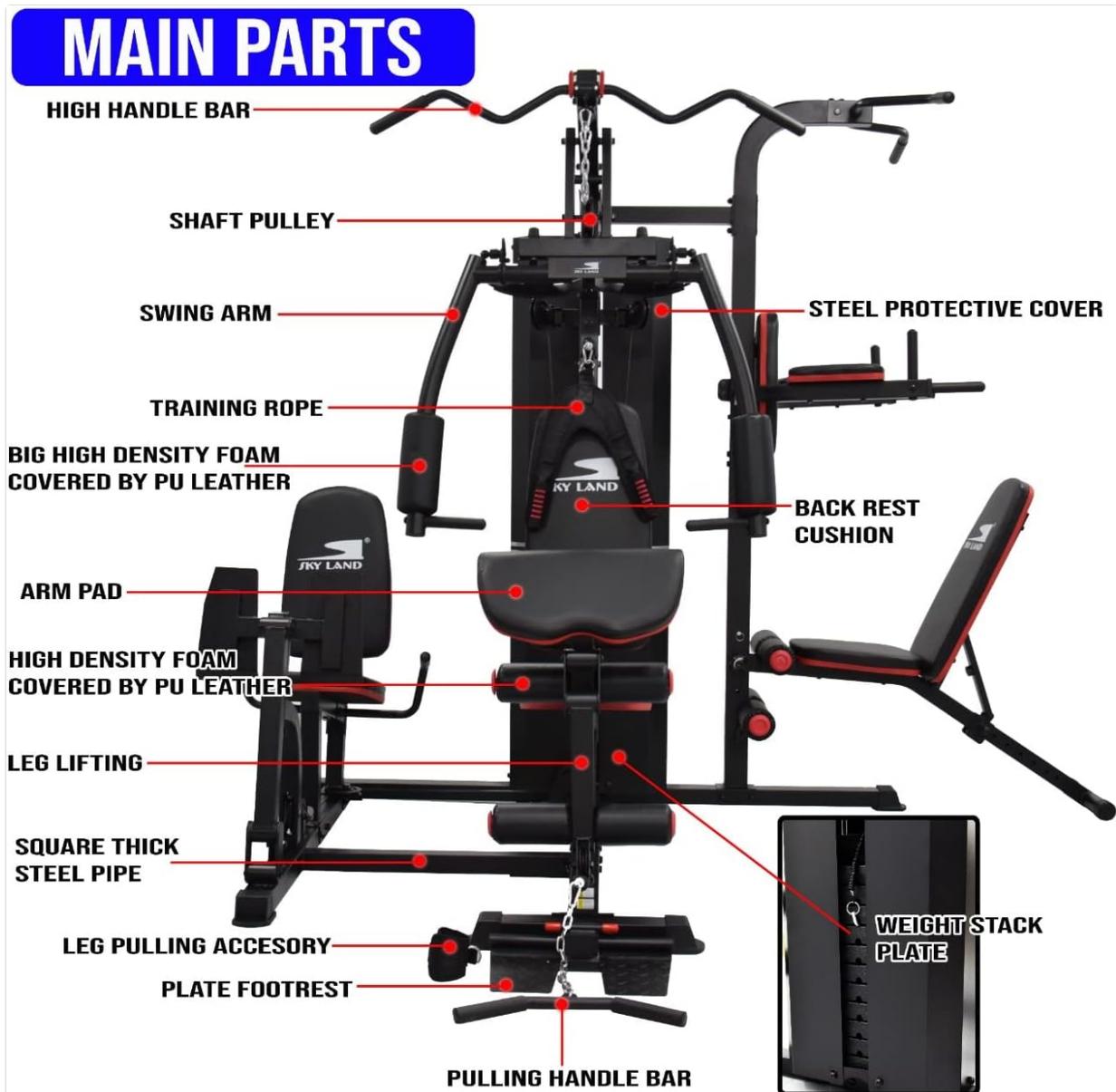


Image 3.1: Detailed diagram illustrating the main parts of the home gym, including the high handle bar, shaft pulley, swing arm, training rope, high-density foam cushions, leg lifting mechanism, square thick steel pipe, leg pulling accessory, plate footrest, pulling handle bar, steel protective cover, back rest cushion, and weight stack plate.

3.2 Power Tower & Adjustable Weight Bench (Attachment A)

PARTS ATTACHMENT A

POWER TOWER & ADJUSTABLE WEIGHT BENCH

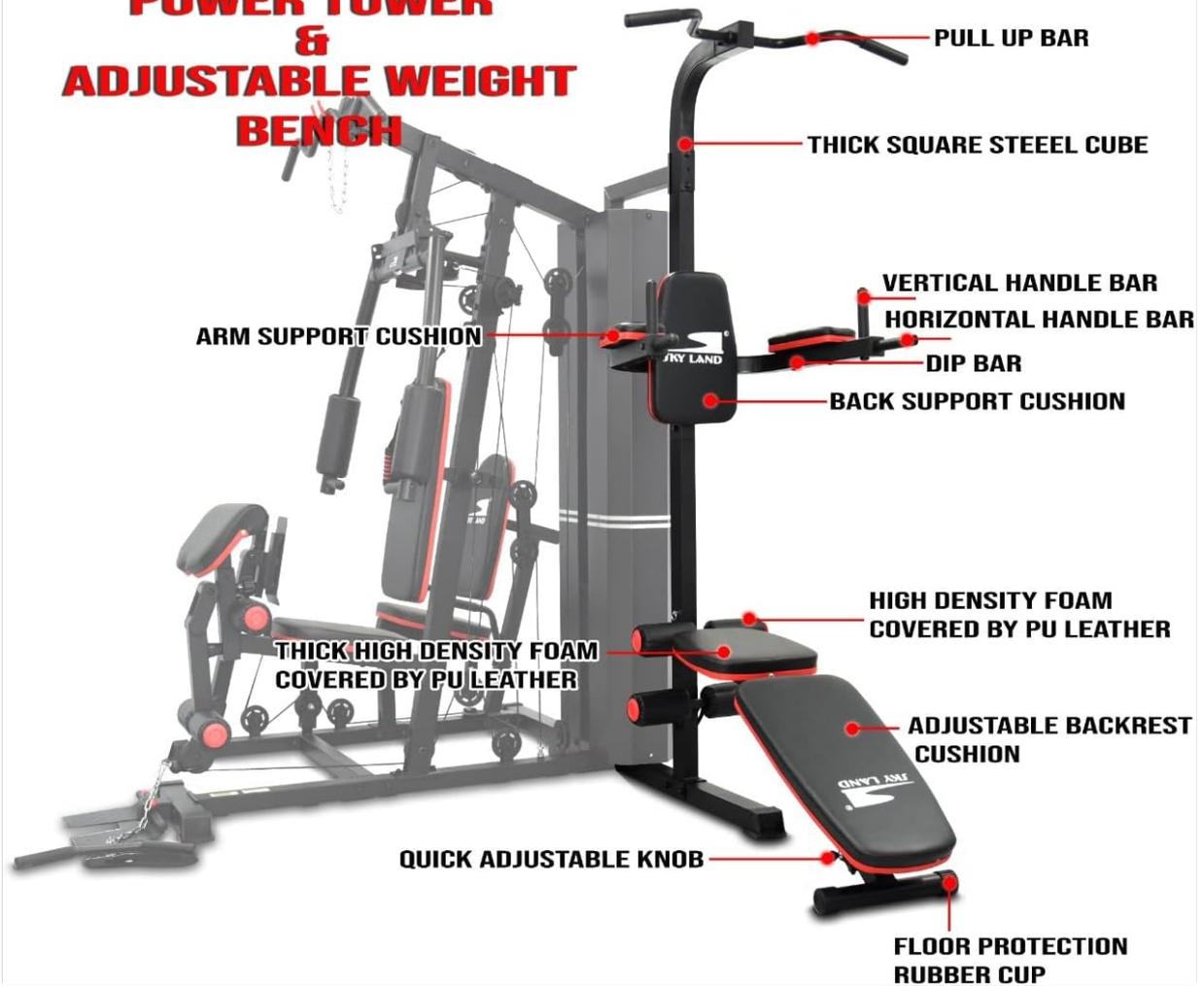


Image 3.2: This diagram highlights Attachment A, featuring the Power Tower with a pull-up bar, thick square steel cube, vertical and horizontal handle bars, dip bar, back support cushion, arm support cushion, high-density foam covered by PU leather, an adjustable backrest cushion, quick adjustable knob, and floor protection rubber cups.

3.3 Leg Press Attachment (Attachment B)

PARTS ATTACHMENT B

LEG PRESS



Image 3.3: This diagram shows Attachment B, the Leg Press station, which includes an adjustable backrest cushion, plate footrest, curve tube handle, thick seat cushion, thick square steel tube, shaft pulley, and floor protection rubber cup.

3.4 Included Attachments

- Lat Bar
- Silver Bar
- Ankle Strap
- Tricep Rope
- Single Strap

4. SETUP AND ASSEMBLY

Assembly of the SKY LAND GM-8144 requires careful attention and time. It is recommended to have at least two people for assembly. Follow the detailed instructions provided in the separate assembly guide (not included in this document) that came with your product. Ensure you have all parts before beginning.

4.1 Key Adjustments

The gym features several adjustable components to customize your workout:

- **Adjustable Training Bench:** The backrest can be adjusted up to 7 levels to accommodate various exercises and user preferences.



Image 4.1: The training bench offers 7 levels of backrest adjustment for versatile workouts.

- **Arm Pad and Leg Extension:** Both the arm pad and leg support feature thick foam pads wrapped in PU leather and are adjustable for comfort and proper exercise form.

TRAINING BENCH

Adjustable back rest up to

7 - LEVEL



Image 4.2: Illustration of the adjustable arm pad and leg extension, designed for user comfort and exercise customization.

- **Arm Press:** The multi-functional arm press offers 3 front/back adjustments to suit different arm lengths and exercise variations.

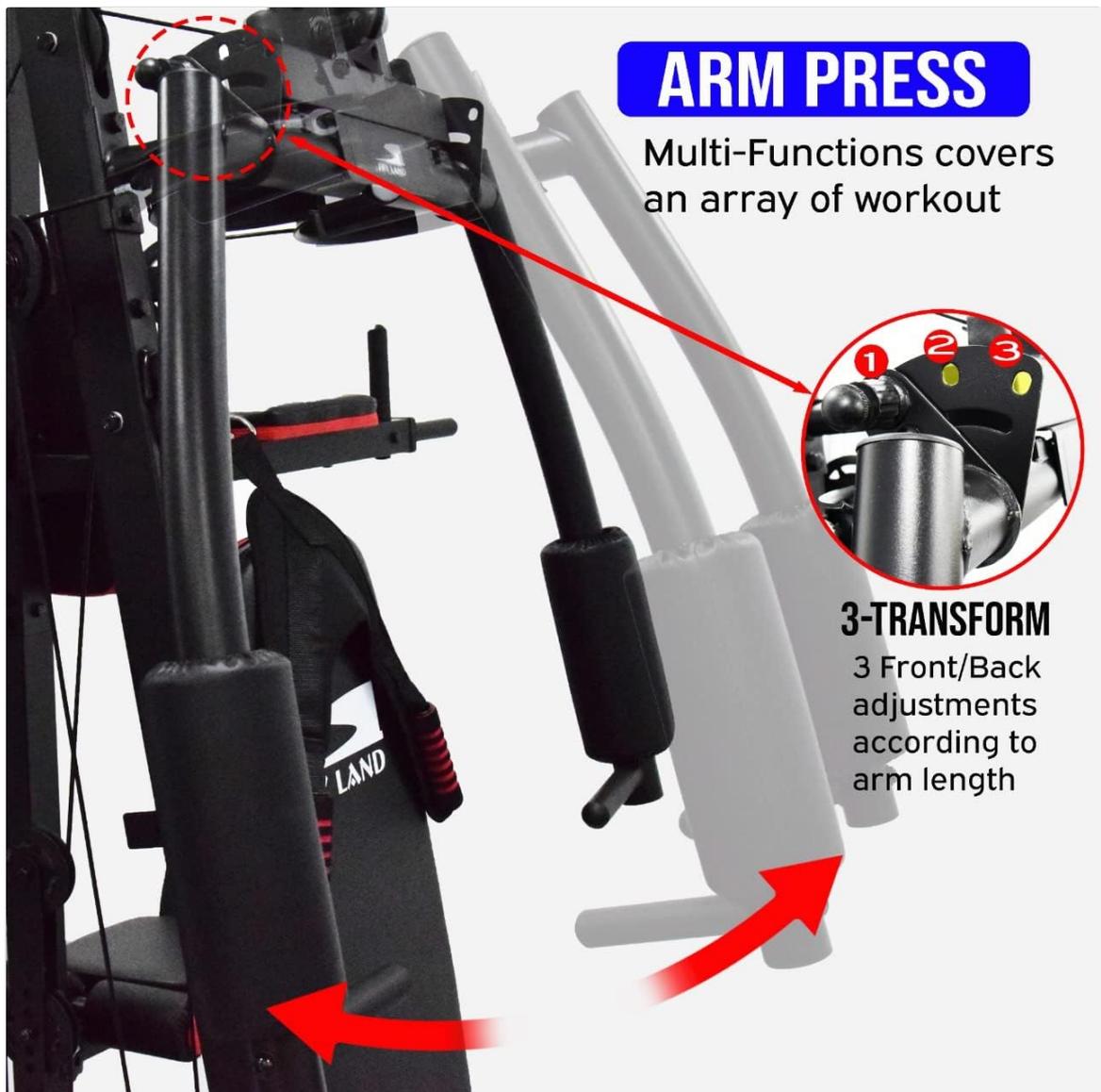


Image 4.3: The arm press mechanism showing its 3-transform adjustment capability for optimal arm length fit.

After assembly, double-check all connections and ensure the weight stack moves smoothly without obstruction.

5. OPERATING INSTRUCTIONS

The SKY LAND GM-8144 allows for a wide range of exercises targeting various muscle groups. The 71 kg weight stack provides adjustable resistance. To change the weight, insert the selector pin into the desired weight plate. Ensure the pin is fully inserted before beginning your exercise.

5.1 Exercise Examples

This gym supports over 30 upper and lower body exercises. Below are some examples:



Image 5.1: Illustrations for Chest Press, Pec Fly, Seated Row, and Wide-Grip Seated Pulldown.



Image 5.2: Illustrations for Close-Grip Seated Pulldown, Preacher Curl, Seated Leg Extension, and Standing Leg Curl.

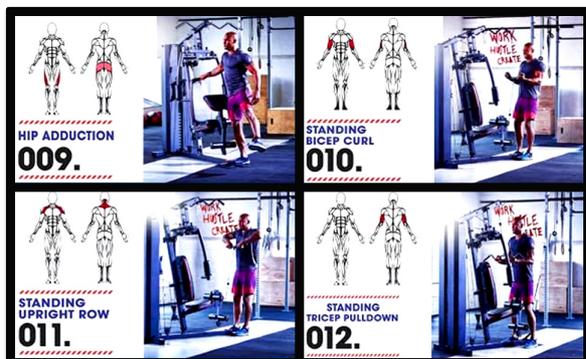


Image 5.3: Illustrations for Hip Adduction, Standing Bicep Curl, Standing Upright Row, and Standing Tricep Pulldown.

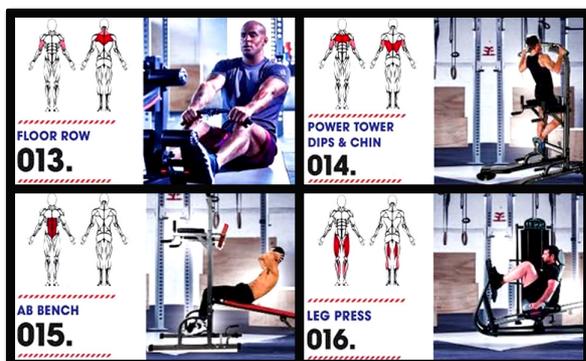


Image 5.4: Illustrations for Floor Row, Power Tower Dips & Chin, Ab Bench, and Leg Press.

Always maintain proper form and controlled movements during exercises. Avoid sudden jerks or dropping

weights. If unsure about proper technique, seek guidance from a certified fitness professional.

6. MAINTENANCE

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

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Bolt and Nut Check:** Periodically check all bolts, nuts, and fasteners to ensure they are tight. Tighten any loose connections.
- **Cable and Pulley Inspection:** Regularly inspect cables for fraying, kinks, or wear. Check pulleys for smooth operation and ensure they are free of debris. Replace worn cables immediately.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving parts, such as guide rods for the weight stack, if movement becomes stiff or noisy.
- **Storage:** Store the gym in a dry, climate-controlled environment to prevent rust and material degradation.

7. TROUBLESHOOTING

If you encounter issues with your SKY LAND GM-8144, refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
Squeaking or grinding noise during use	Loose bolts, lack of lubrication, worn pulleys/cables	Tighten all bolts. Lubricate moving parts. Inspect and replace worn components.
Weight stack not moving smoothly	Guide rods are dirty or dry, selector pin not fully inserted, obstruction	Clean and lubricate guide rods. Ensure selector pin is fully engaged. Check for any obstructions.
Unstable frame	Uneven floor, loose frame bolts	Ensure the gym is on a level surface. Tighten all frame bolts.
Cable fraying or damage	Wear and tear, improper routing	Immediately cease use and replace the damaged cable. Ensure cables are correctly routed through pulleys.

If the problem persists or you encounter an issue not listed here, please contact SKY LAND customer support.

8. SPECIFICATIONS

Feature	Detail
Model Number	GM-8144

Feature	Detail
Material	Steel
Color	Black
Product Dimensions (L x W x H)	280 x 215.5 x 220 cm
Item Weight	200 kg
Weight Stack	71 kg
Maximum Weight Recommendation	72 kg
Handle Type	Fixed Handle
Batteries Included?	No

9. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or visit the official SKY LAND website. If you require technical assistance, replacement parts, or have any questions regarding your GM-8144 home gym, please contact SKY LAND customer support through their official channels. Keep your purchase receipt as proof of purchase for warranty claims.

SKY LAND Customer Support: Please refer to the contact information provided on the product packaging or the manufacturer's official website.