

## Aerofit AF 709

# Aerofit Home Gym AF 709 User Manual

Model: AF 709

## 1. IMPORTANT SAFETY INFORMATION

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Read all instructions carefully before assembling and using the Aerofit Home Gym AF 709. Keep this manual for future reference. Failure to follow these instructions can result in serious injury or equipment damage.

- Consult a physician before starting any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Keep children and pets away from the equipment during use.
- Use the equipment only on a level, stable surface.
- Do not exceed the maximum user weight of 120 Kgs.
- Do not exceed the maximum weight stack capacity of 150 LBS.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.

## 2. PRODUCT OVERVIEW

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The Aerofit Home Gym AF 709 is a versatile strength training system designed for comprehensive total-body workouts in the comfort of your home. It features a robust alloy steel construction and a 150 LBS selectorized weight stack.



Image of the Aerofit Home Gym AF 709, showcasing its overall structure and components.

### Key Features:

- **Premium Steel Construction:** Heavy-duty steel tubing with reinforced guard rods for durability and safety.

- **150-Pound Selectorized Weight Stack:** Customizable resistance with a safety lock to prevent unauthorized use.
- **Dual Action Press Arms:** Allows for chest press and vertical butterfly exercises, targeting biceps, triceps, and pectorals.
- **Convenient Home Gym Design:** Innovative structure combining arm and leg stations for a comprehensive total-body workout.
- **Metabolic Rate Increase:** Resistance training helps build lean muscle mass, burn calories, and increase metabolic rate.

### 3. ASSEMBLY AND SETUP

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Carefully unpack all components and ensure you have all parts before beginning assembly. It is recommended to have two people for assembly.

#### 3.1. What's in the Box:

- Home Gym set (main frame components)
- Weight Plates (150 LBS total)
- Handles
- Assembly hardware (bolts, nuts, washers, pins)
- Instruction Manual (this document)

#### 3.2. Assembly Steps (General):

1. **Preparation:** Clear a spacious area for assembly. Lay out all parts and hardware.
2. **Base Frame Assembly:** Connect the main base frame components using the provided bolts and nuts. Do not fully tighten until all major components are in place.
3. **Upright Support Installation:** Attach the vertical support beams to the base frame.
4. **Weight Stack Installation:** Carefully slide the weight plates onto the guide rods. Ensure the selector pin mechanism is correctly aligned.
5. **Pulley and Cable System:** Route the cables through the pulleys as illustrated in the assembly diagram (refer to separate assembly sheet if provided). Ensure cables are not twisted.
6. **Dual Action Press Arms:** Attach the press arms to the main frame, ensuring smooth movement.
7. **Accessory Attachment:** Connect handles and other accessories.
8. **Final Tightening:** Once all components are in place and aligned, securely tighten all bolts and nuts.
9. **Safety Check:** Perform a thorough check of all connections and test the movement of all parts before first use.

### 4. OPERATING INSTRUCTIONS

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The Aerofit Home Gym AF 709 allows for a variety of exercises. Always warm up before your workout and cool down afterwards.

#### 4.1. Adjusting Weight Resistance:

To adjust the weight, insert the selector pin into the desired weight plate in the stack. Ensure the pin is fully inserted through the plate and the guide rod for secure operation. The weight stack has a safety lock to

prevent unauthorized use; ensure it is disengaged before selecting weight.

## 4.2. Using the Dual Action Press Arms:

The dual-action press arms can be used for both chest press and vertical butterfly exercises. A simple remove/insertion of a pin typically changes the function. Refer to the specific mechanism on your unit for detailed instructions.

- **Chest Press:** Sit on the seat with your back firmly against the backrest. Grasp the handles with an overhand grip. Push forward, extending your arms, then slowly return to the starting position.
- **Vertical Butterfly:** Adjust the arms to the butterfly position. Sit with your back against the pad. Bring the handles together in front of your chest, squeezing your pectoral muscles, then slowly return.

## 4.3. General Exercise Guidelines:

- Maintain proper form throughout each exercise.
- Control the movement; avoid jerky motions.
- Breathe steadily: exhale during exertion, inhale during release.
- Start with lighter weights to master form before increasing resistance.

## 5. MAINTENANCE

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Regular maintenance ensures the longevity and safe operation of your Aerofit Home Gym AF 709.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically inspect all cables, pulleys, bolts, and nuts for wear, damage, or looseness.
- **Lubrication:** Apply a silicone-based lubricant to guide rods and pivot points as needed to ensure smooth operation. Do not use oil-based lubricants.
- **Cable Check:** Check cables for fraying or kinks. Replace damaged cables immediately.
- **Storage:** Store the equipment in a dry, clean environment away from direct sunlight and extreme temperatures.

## 6. TROUBLESHOOTING

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

- **Squeaking Noises:**
  - Check for loose bolts and tighten them.
  - Lubricate guide rods and pivot points with silicone spray.
  - Inspect pulleys for debris or wear.
- **Rough Cable Movement:**
  - Ensure cables are properly routed through all pulleys.
  - Check for frayed or damaged cables that may need replacement.
  - Lubricate guide rods.
- **Weight Stack Sticking:**

- Ensure the selector pin is fully inserted and not bent.
  - Clean and lubricate the guide rods.
  - Check for any obstructions between weight plates.
- **Unstable Equipment:**
    - Ensure the equipment is on a level surface.
    - Check and tighten all assembly bolts and nuts.

If problems persist, contact Aerofit customer support.

## 7. SPECIFICATIONS

Feature	Specification
Brand	Aerofit
Model	AF 709
Colour	Black
Material	Alloy Steel
Tension Level / Supported	150 lbs
Maximum User Weight Recommendation	120 Kilograms
Handle Type	Fixed Handle
Strap Type	Fixed
Unit Count	1.00 Count

## 8. WARRANTY AND SUPPORT

### 8.1. Warranty Information:

The Aerofit Home Gym AF 709 comes with a **6 months warranty on cables** from the date of purchase. This warranty covers manufacturing defects under normal use. Please retain your proof of purchase for warranty claims. The warranty does not cover damage due to misuse, neglect, or unauthorized modifications.

### 8.2. Customer Support:

For technical assistance, spare parts, or warranty claims, please contact Aerofit customer support. Refer to the Aerofit official website or your purchase documentation for contact details.

*Note: Always provide your product model (AF 709) and purchase details when contacting support.*