

SPORTNOW A91-290V01BK

SPORTNOW Multifunction Fitness Station A91-290V01BK User Manual

Model: A91-290V01BK

1. SAFETY INFORMATION

Before using the SPORTNOW Multifunction Fitness Station, please read and understand all safety instructions. Failure to follow these instructions may result in serious injury.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Place the equipment on a flat, stable surface. Use a protective mat if necessary.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight capacity of 110 kg.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- Perform warm-up exercises before your workout and cool-down exercises afterward.

2. PRODUCT OVERVIEW

The SPORTNOW Multifunction Fitness Station is designed to provide a comprehensive full-body workout in the comfort of your home. It features a robust steel frame, comfortable PU padding, and a 65 kg adjustable weight stack, allowing for a wide range of exercises targeting various muscle groups.



This image displays the SPORTNOW Multifunction Fitness Station with a user engaged in bicep curls, highlighting its compact design and various exercise capabilities.

Key Features:

- **Versatile Exercise Options:** Suitable for lat pull downs, pec fly, chest press, leg extensions, preacher pad curls, sit-ups, lunges, and push-ups.
- **Adjustable Weight Stack:** Includes a 65 kg weight stack with adjustable difficulty to suit various fitness levels.
- **Ergonomic Design:** Features a height-adjustable arm curl pad, 9-level adjustable elbow pads, and a 4-height adjustable reclining sit-up bench for personalized comfort and fit.
- **Comfortable Padding:** Thick, padded seat and backrest ensure comfort during extended workouts.
- **Durable Construction:** Made with a sturdy steel frame and high-quality PU material for long-lasting use.

3. SETUP AND ASSEMBLY

The SPORTNOW Multifunction Fitness Station requires assembly. Please follow the detailed instructions provided in the separate assembly manual included with your product. Ensure all components are present before beginning

assembly.



This image shows the fitness station components distributed across three separate packages, informing users that delivery may occur in multiple shipments.

Important Assembly Notes:

- The product is delivered in **three separate packages**. These packages may arrive at different times. Please ensure you have received all packages before starting assembly.
- Lay out all parts and hardware in an organized manner before assembly.
- Do not fully tighten bolts until instructed to do so, or until the entire section is assembled.
- Two people are recommended for assembly to ensure safety and ease.
- Ensure adequate space around the equipment for safe operation and movement.

4. OPERATING INSTRUCTIONS

The SPORTNOW Multifunction Fitness Station offers a variety of exercises. Always ensure proper form and controlled movements to maximize effectiveness and prevent injury.

Adjustments:

- **Weight Stack:** Adjust the resistance by inserting the pin into the desired weight plate. The total weight stack is 65 kg.
- **Arm Curl Pad:** Adjust the height of the preacher curl pad to comfortably support your arms.
- **Elbow Pads:** The elbow pads for the dip station are adjustable to 9 levels.
- **Sit-up Bench:** The reclining sit-up bench can be adjusted to 4 different heights/angles.



This image shows the adjustment holes on the station's frame, which are used to modify the height and position of various components for personalized workouts.

SET DI PESI DA 65KG

Regolabile in base al proprio livello di allenamento

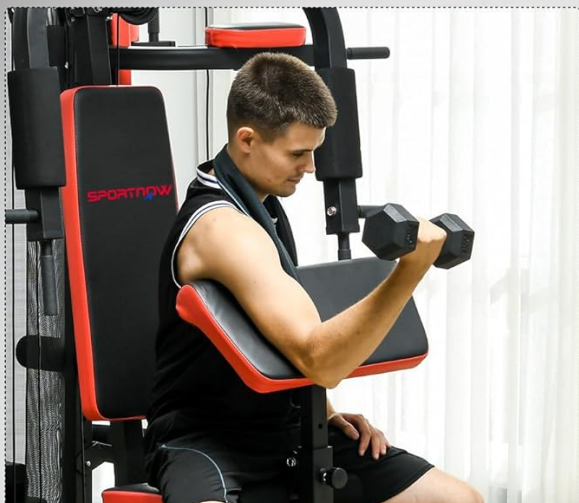


A close-up view of the 65 kg weight stack, demonstrating how the resistance can be adjusted to suit different training levels and exercises.

Exercise Guide:

Below are some of the exercises you can perform with your fitness station. Refer to the images for visual guidance.

STAZIONE FITNESS MULTIFUNZIONE - PARTE ANTERIORE



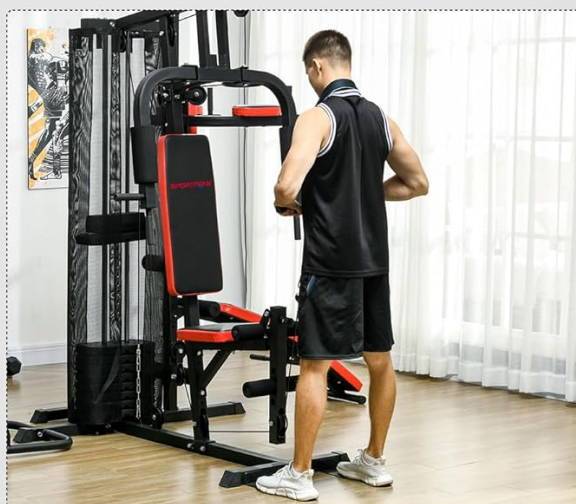
Supporto per preacher
curl a 4 livelli



Chest press e chest fly



Sollevamento delle gambe



Lat Pull Down

This image provides a detailed look at the front section of the fitness station, showcasing its versatility for exercises such as preacher curls (with 4-level support), chest press, chest fly, leg raises, and lat pull downs.

PILA DI PESI REGOLABILE

Consentire 50 kg per lato



This diagram demonstrates three key exercises: Lat Pulldown, Seated Row, and Pull Ups, showing how to target different muscle

groups using the station's various attachments.

Per piastre da 25 mm



Per piastre da 50 mm

50KG

This diagram illustrates how to perform Triceps Extensions and Crossover Fly exercises, demonstrating the versatility of the cable system for arm and chest workouts.

STAZIONE FITNESS MULTIFUNZIONE - LATO DESTRO



This image focuses on the right side of the fitness station, demonstrating features like the integrated dip stand, elbow pads with 9 adjustment levels, and a sit-up bench that can be reclined to 4 different heights.

STAZIONE FITNESS MULTIFUNZIONE - LATO SINISTRO

Stand per push up



This image highlights the left side of the fitness station, specifically showing the built-in push-up stand, which allows for effective bodyweight exercises.

- **Lat Pull Down:** Sit on the bench, grasp the lat bar with an overhand grip, and pull it down towards your upper chest.
- **Chest Press / Pec Fly:** Adjust the arms for either chest press (pushing forward) or pec fly (bringing arms together in front of you).
- **Leg Extension:** Sit on the bench, place your shins behind the leg pad, and extend your legs forward.
- **Preacher Pad Curl:** Use the adjustable preacher curl pad to isolate your biceps for curls.
- **Sit-ups:** Use the reclining sit-up bench for abdominal exercises, adjusting the angle for varying difficulty.
- **Dip Stand:** Utilize the integrated dip handles for triceps and chest dips.
- **Push-up Stand:** Use the floor-level push-up handles for deeper and more stable push-ups.
- **Seated Row:** Attach a handle to the lower pulley and perform seated rows to target your back muscles.
- **Triceps Extension:** Use the cable system for various triceps extension exercises.

- **Crossover Fly:** Utilize the cable system for chest crossover fly movements.

Always maintain a slow and controlled pace. Avoid jerky movements. Breathe out during the exertion phase and in during the recovery phase.

5. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your fitness station.

- **Daily:** Wipe down the equipment with a damp cloth after each use to remove sweat and dirt.
- **Weekly:** Inspect all cables, pulleys, and moving parts for signs of wear or damage.
- **Monthly:** Check all nuts and bolts for tightness. Tighten any loose fasteners.
- **Lubrication:** Apply a silicone-based lubricant to moving parts and pivot points as needed to ensure smooth operation.
- **Storage:** Store the equipment in a dry, clean environment away from direct sunlight and extreme temperatures.



This image details the smooth pulley system and high-resistance steel cables, essential components for the station's cable-based

exercises, ensuring fluid movement and durability.

Do not use abrasive cleaners or solvents, as these can damage the finish and components.

6. TROUBLESHOOTING

If you encounter any issues with your fitness station, refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
Squeaking or grinding noise	Loose bolts, dry pivot points, worn pulleys	Tighten all bolts. Lubricate pivot points and pulleys with silicone spray. Inspect pulleys for damage.
Cable sticking or rough movement	Cable friction, misaligned pulleys, damaged cable	Lubricate cables and pulleys. Check cable routing for proper alignment. Inspect cable for fraying; replace if damaged.
Unstable equipment	Uneven surface, loose frame connections	Ensure equipment is on a level surface. Tighten all frame bolts.
Weight plates not moving smoothly	Guide rods dirty or dry, misaligned plates	Clean and lubricate guide rods. Check for any obstructions or misaligned plates.

If the issue persists after attempting these solutions, please contact customer support.

7. SPECIFICATIONS

Feature	Detail
Model Number	A91-290V01BK
Overall Dimensions (L x W x H)	225 cm x 175 cm x 200 cm
Item Weight	24 kg
Total Weight Stack	65 kg
Maximum Recommended User Weight	110 kg
Material	Steel, PU
Color	Black
Arm Curl Pad Adjustment	4 levels
Elbow Pad Adjustment	9 levels
Sit-up Bench Adjustment	4 levels
Included Components	Backrest, Seat (and other components for the full station)

This diagram illustrates the overall dimensions of the fitness station, measuring 225 cm in length, 175 cm in width, and 200 cm in height. Specific measurements for the seat and backrest are also provided for reference.

8. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or visit the official SPORTNOW website. If you require technical assistance, have questions about assembly, or need to report a missing/damaged part, please contact SPORTNOW customer support directly.

Contact information can typically be found on the product packaging, the official brand website, or through your retailer's customer service portal.

