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### Sportsroyals Multi Gym 03

# Sportsroyals Home Gym Instruction Manual

## MODEL: MULTI GYM 03

Your complete guide to setting up, operating, and maintaining your Sportsroyals Home Gym.

## 1. Introduction

The Sportsroyals Home Gym is a multifunctional fitness equipment designed for full-body training. It features a 154LBS weight stack and a versatile pulley system, allowing for over 35 possible exercises including chest press, lat pulldown, low row, abs crunch, leg extension, and preacher curl.

Crafted from commercial-grade steel with a sturdy structure, this home gym ensures a stable and long-lasting fitness experience. The design prioritizes user comfort with thickened cushions and adjustable positions for the backrest, preacher curl pad, and butterfly arms.

This manual provides detailed instructions to ensure a safe and effective workout experience. Please read it thoroughly before assembly and use.



*Figure 1.1: Sportsroyals Home Gym - Main Unit*

# One-time Investment, Complete Home Gym

1 Machine Does the Work of 4 - Same Price, More Value



Figure 1.2: All-in-One Home Gym Capabilities

## 2. Safety Instructions

- Consult a physician before starting any exercise program.
- Always inspect the equipment for loose or damaged parts before each use. Do not use if any components are compromised.
- Ensure all bolts and nuts are securely tightened before and after each workout session.
- Use proper form and controlled movements during exercises to prevent injury.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum recommended user weight of 265 pounds.
- Place the gym on a flat, stable surface. Non-slip feet pads are included for added stability.

## 3. Parts List

Your Sportsroyals Home Gym is shipped in 4 packages. All components are clearly labeled and sorted by step for easy identification. Refer to the detailed installation instructions provided in the User Guide (PDF) for a complete list of parts and hardware.

For a step-by-step visual guide, please refer to the official installation video provided by Sportsroyals.



Figure 3.1: Hassle-Free Setup - Pre-Sorted Parts and Step-by-Step Manual

## 4. Setup

The Sportsroyals Home Gym is designed for hassle-free installation with detailed, user-friendly instructions and comprehensive step-by-step guidance. It is recommended to place the unit where it will be used, as it is very heavy once assembled.

### 4.1 Base Assembly

Begin by assembling the main base frame, ensuring all components are securely fastened. The sturdy structure and non-slip feet pads provide rock-solid stability.



Figure 4.1: Heavy-duty Steel & Rock-steady Base

## 4.2 Weight Stack Installation

Install the 154LBS weight stack. The weight plates are clearly labeled for easy adjustment to your desired resistance level.

# 11+1 Weight Stack

8-154LBS Full Range For Beginner To Pro

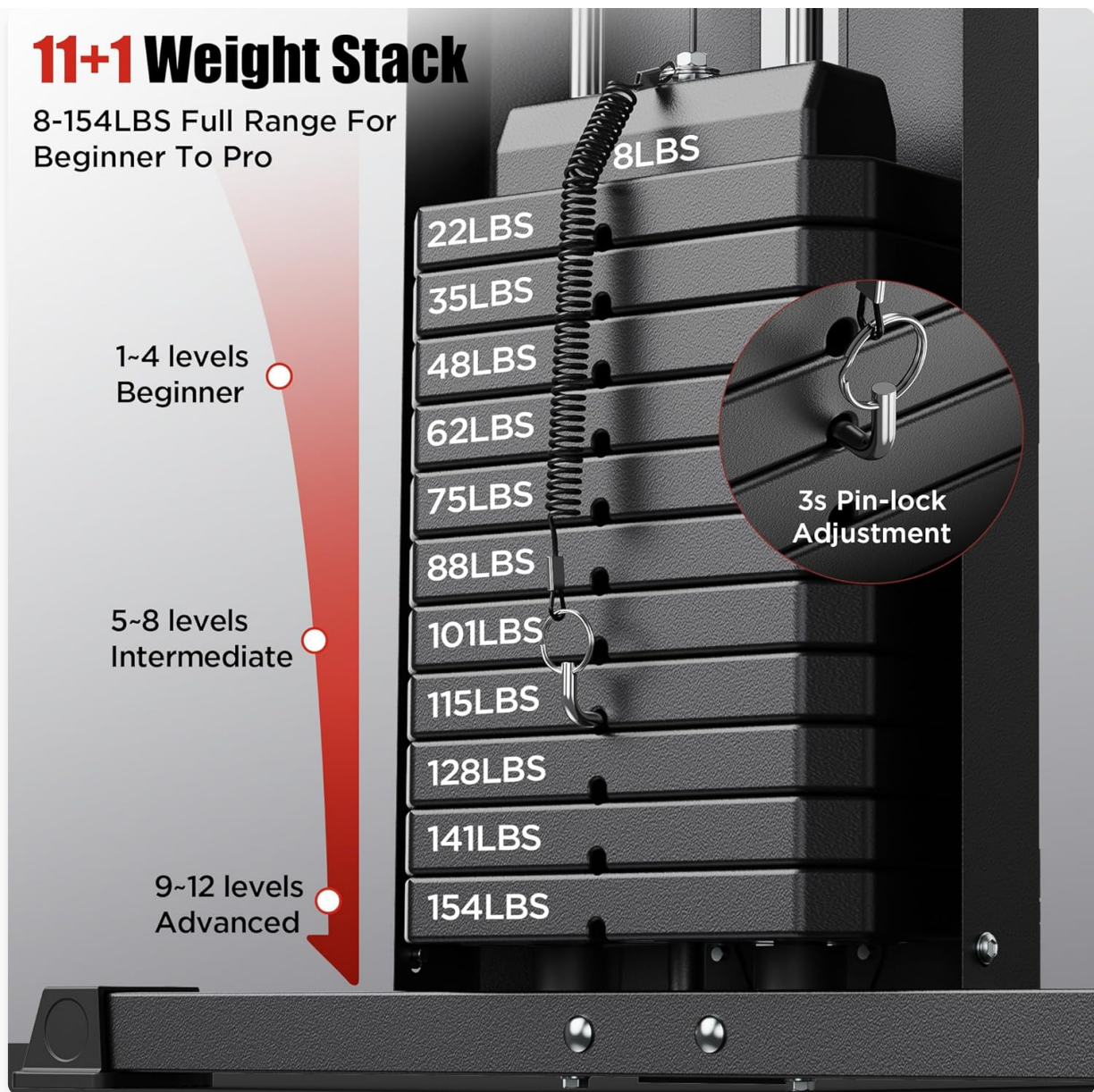


Figure 4.2: 11+1 Weight Stack for varied resistance

## 4.3 Cable Assembly

Follow the detailed instructions for assembling the pulley system and cables. This is a crucial step for smooth and quiet operation.

*Video 4.1: Official Sportsroyals video demonstrating cable assembly.*

## 4.4 Adjustments for Height and Shape

The backrest, preacher curl pad, and butterfly arms feature 3 adjustable positions to accommodate a variety of heights and preferences. Ensure all adjustments are locked in place before use.

# Adjust to Your Height & Shape

HEIGHT RECOMMENDED: NOT HIGHER THAN 6'3"

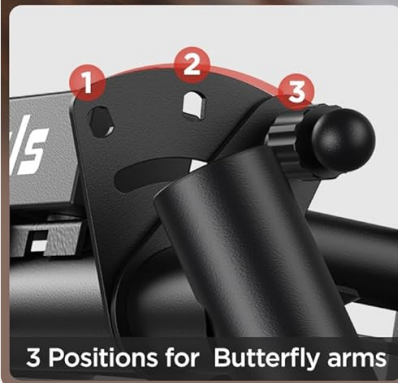


Figure 4.3: Adjustable components for personalized fit

## 4.5 Space Requirements

The compact design of the Sportsroyals Home Gym requires approximately 20 sq. ft. of space, making it apartment-friendly and suitable for various home environments.

# Save More Space for Your Home

Apartment-friendly  $\approx$  One Rowing Machine Footprint

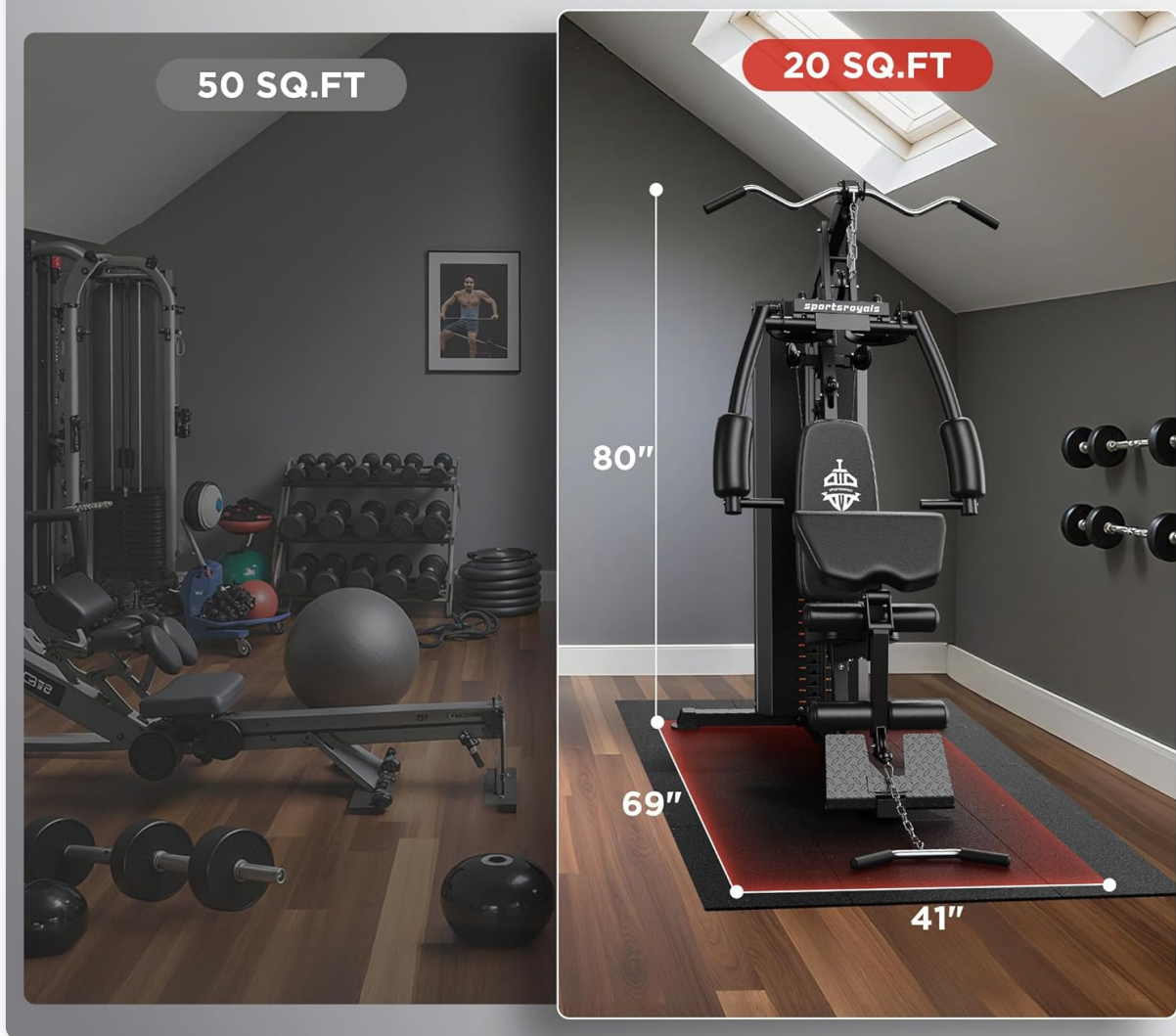


Figure 4.4: Compact footprint for home use

## 5. Operating Instructions

The Sportsroyals Home Gym offers a comprehensive workout experience with capabilities for chest press, lat pulldown, low row, abs band, leg extension, preacher curl, core training, calf training, back extension, and mid-row. Always ensure proper form and controlled movements.

### 5.1 Exercise Overview

# Total-Body Muscle Training Station

30+ Workouts Anytime, Anywhere – Switch in Seconds



Figure 5.1: Various exercises possible with the home gym

## 5.2 Diverse Workouts

Explore the full range of exercises possible with your home gym. The pulley system allows for smooth transitions between different movements, making it ideal for supersets and drop sets.

*Video 5.1: Official Sportsroyals video demonstrating diverse workouts.*

## 5.3 Comprehensive Training

This home gym provides a comprehensive training solution for all major muscle groups. Adapt to your evolving strength levels effortlessly with the built-in 154LBS weight stack.

*Video 5.2: Official Sportsroyals video showcasing various exercises and the 154LB weight stack.*

## 6. Maintenance

- Regularly wipe down the equipment with a damp cloth after each use to prevent sweat buildup and maintain hygiene.
- Periodically check all nuts, bolts, and moving parts for tightness. Tighten as necessary to ensure safety and stability.

- Inspect cables and pulleys for any signs of wear or damage. Replace worn components immediately.
- Lubricate moving parts as recommended in the detailed user guide to ensure smooth operation.

## 7. Troubleshooting

- **Squeaking Noises:** Check for loose bolts or components. Apply a small amount of lubricant to moving parts if necessary.
- **Cable Issues:** Ensure cables are properly routed through all pulleys and are not frayed or damaged. Refer to the assembly video for correct cable routing.
- **Weight Stack Sticking:** Check for any obstructions in the weight stack guide rods. Ensure the weight pin is fully inserted.
- **Unstable Unit:** Verify that the gym is placed on a flat surface and all base bolts are securely tightened.

## 8. Specifications

Feature	Detail
Brand	Sportsroyals
Model Name	GYM-03
Product Dimensions	69"D x 41"W x 80"H
Item Weight	108 Pounds
Material	Alloy Steel
Color	Black
Maximum Weight Recommendation	265 Pounds
Weight Stack	154 LBS
Included Components	Weight Cover, Upper, Mid & Lower Pulley System, Top and Bottom bars, Elbow cushion, Ankle strap, Single handle, Ab Crunch, 154LB Weight Stack, Chain, Installation instruction

## 9. Warranty & Support

The Sportsroyals Home Gym comes with a 2-Year Warranty. For any queries, concerns, or assistance with logistics, setup, or accessories, please do not hesitate to reach out to our customer support team.

Our customer support team is available to assist you throughout the process. Refer to the contact information provided in your purchase documentation or on the official Sportsroyals website.

# 24/7 Online Support

Logistics, Setup & Accessories –  
We Respond Fast



**4-Box** Part-by-Part  
Shipment



All packages may arrive  
on **different days**



Figure 9.1: 24/7 Online Support for your convenience