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Fitvids M750, M900, M950

Fitvids Multifunctional Home Gym System Instruction Manual

INTRODUCTION

This manual provides essential information for the safe and effective use of your Fitvids Multifunctional Home Gym System. Please read all instructions carefully before assembly and operation. This system is designed to provide a comprehensive full-body workout in a home environment.



BOX #1

Image: The Fitvids Home Gym System, illustrating a user engaged in a chest press exercise.

Safety Information

- **Consult a Physician:** Before starting any exercise program, consult with a healthcare professional.
- **Read Instructions:** Fully understand all assembly and operating instructions before using the equipment.
- **Proper Assembly:** Ensure all parts are correctly assembled and tightened according to the instructions. Do not use the equipment if any parts are loose or damaged.
- **Clearance Area:** Maintain a minimum of 2 feet (0.6 meters) of clear space around the equipment during use.
- **Supervision:** Children and individuals with physical limitations should be supervised when near the equipment.
- **Weight Limits:** Do not exceed the maximum user weight or weight stack capacity specified in the specifications section.
- **Inspect Before Use:** Before each workout, inspect cables, pulleys, and all moving parts for wear or damage. Replace worn parts immediately.
- **Proper Form:** Use proper exercise form to prevent injury. If you experience pain or discomfort, stop exercising immediately.

Package Contents

The Fitvids Home Gym System is delivered in multiple boxes. Please ensure all boxes for your specific model have arrived before beginning assembly. The contents vary by model:

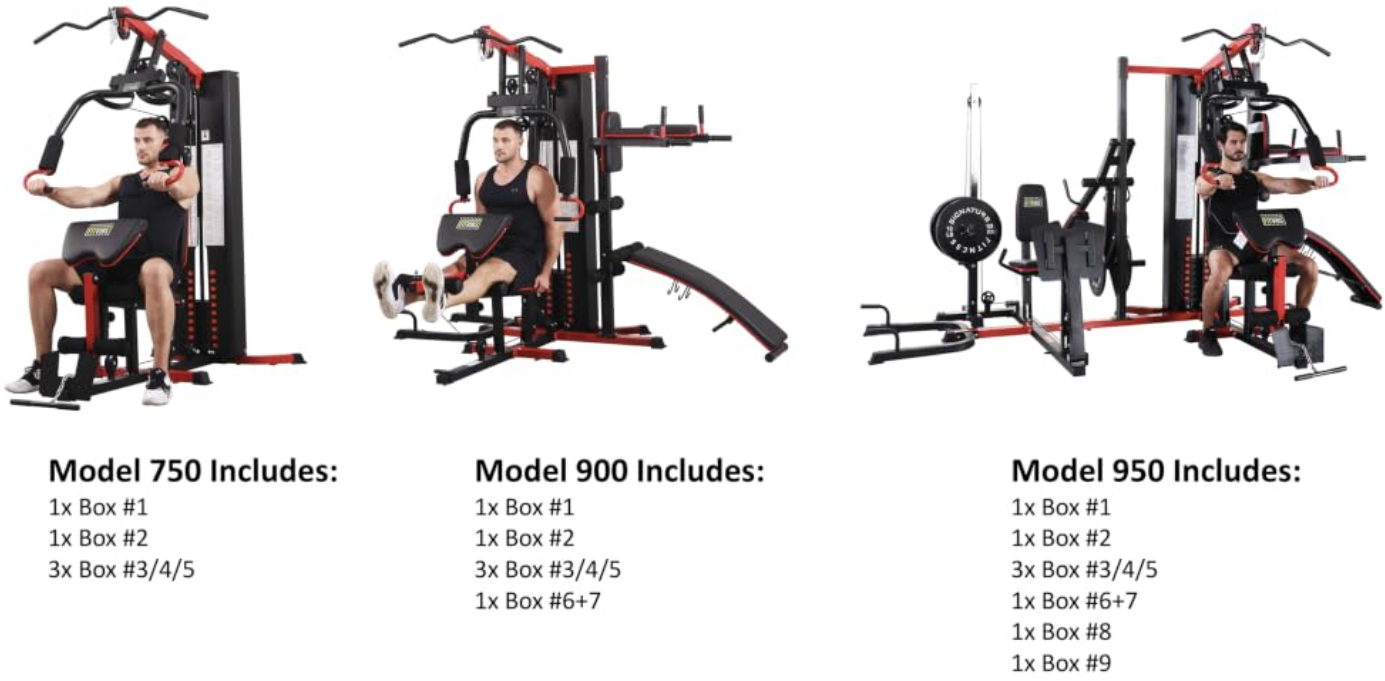


Image: Overview of Fitvids Home Gym System models (M750, M900, M950) and their corresponding box components.

Model M750: Includes 1x Box #1, 1x Box #2, 3x Box #3/4/5.

Model M900: Includes 1x Box #1, 1x Box #2, 3x Box #3/4/5, 1x Box #6+7.

Model M950: Includes 1x Box #1, 1x Box #2, 3x Box #3/4/5, 1x Box #6+7, 1x Box #8, 1x Box #9.

Each box contains specific components necessary for assembly. It is recommended to open all boxes and organize parts before starting assembly.

Setup and Assembly

Assembly of the Fitvids Home Gym System requires careful attention to detail. It is advisable to have assistance during certain steps due to the size and weight of components. Ensure you have adequate space for assembly.

General Assembly Tips:

- Unpack all boxes and lay out components, grouping similar parts.
- Refer to the included pictorial guide for step-by-step instructions.
- Hardware for each step is typically packaged separately and labeled.
- Use your own 17mm wrench if available for better leverage on lock nuts.
- Pay close attention to cable and pulley routing diagrams to avoid errors.

Assembly Video Guide:

For visual assistance with assembly, please refer to the official assembly video:

Video: Official assembly guide for the Signature Fitness Multifunctional Home Gym System M750. This video demonstrates the step-by-step process of putting together the gym system, including component identification and cable routing.

Operating Instructions

The Fitvids Home Gym System offers a variety of exercises targeting different muscle groups. Familiarize yourself with the machine's functions before beginning your workout.

Adjusting Weight Stack:

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

Key Exercise Stations:

- **Chest Press/Fly Station:** Used for targeting chest muscles. Adjust the handles for either pressing or fly movements.



Image: A user demonstrating the chest press exercise on the home gym system.

- **Leg Extension/Curl Station:** For working quadriceps and hamstrings. Adjust the leg pads for comfort and proper alignment.



Image: A user demonstrating the leg extension exercise on the home gym system.

- **Lat Pulldown/Low Row:** Utilize the upper and lower pulleys with various attachments for back, arm, and shoulder exercises.

Video: Demonstration of various exercises possible with the Fitvids Home Gym System, including lat pulldowns and other cable exercises.

Always ensure proper posture and controlled movements during exercises. Do not drop weights or allow them to slam.

Maintenance

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

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Cable Inspection:** Periodically check all cables for fraying, kinks, or wear. Replace damaged cables immediately.
- **Pulley Inspection:** Ensure all pulleys rotate freely and are not obstructed. Clean any debris from around the pulleys.
- **Fastener Check:** Regularly inspect all nuts, bolts, and fasteners to ensure they are tight. Tighten as necessary.
- **Lubrication:** Apply a silicone-based lubricant to guide rods and moving parts as needed to ensure smooth operation.

Troubleshooting

This section addresses common issues you might encounter with your Fitvids Home Gym System.

- **Missing Parts:** If you discover missing components during assembly, carefully review the package contents list for your specific model. Contact customer support with a detailed list of missing items.
- **Unclear Instructions:** If the pictorial guide is difficult to follow, refer to the official assembly video provided in the Setup section for a visual walkthrough.
- **Leaky Weights:** If any weight plates are leaking a substance, discontinue use of the affected plates immediately and contact customer support for replacement.
- **Rough Cable Movement:** Check cables for proper routing through all pulleys. Ensure pulleys are clean and lubricated. Inspect cables for damage.
- **Unstable Frame:** Verify that all bolts and fasteners are securely tightened. Ensure the gym system is placed on a level surface.

Specifications

Feature	Detail
Brand	Fitvids
Material	Alloy Steel
Color	Black/Red
Item Weight	36.29 Kilograms (for Box #1)
Tension Level/Supported	400 pounds or more
Maximum Weight Recommendation	400 Pounds
Included Components	Home Gym Box (specific boxes vary by model)
UPC	810133182029

Warranty

The Fitvids Multifunctional Home Gym System comes with a**2-year manufacturer's warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims. For specific terms and conditions, refer to the warranty documentation included with your product or contact customer support.

Support

For assistance with assembly, missing parts, or any other product-related inquiries, please contact Fitvids customer support. While direct contact information is not always readily available, we recommend the following steps:

- **Retailer Support:** Contact the retailer from whom you purchased the product. They may be able to provide direct support or connect you with the manufacturer.
- **Manufacturer Website:** Visit the official Fitvids website for potential contact information, FAQs, or support resources.
- **Email/Phone:** Look for customer service email addresses or phone numbers on the product packaging or in any included documentation.

When contacting support, please have your product model number (M750, M900, or M950) and proof of purchase ready.

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Model number, symptoms, what you tried, or the section of the manual you are using.

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