

## Cosco CHG 200C

# Coscofitness CHG 200C Home Gym Multi Workout Instruction Manual

Model: CHG 200C

## IMPORTANT SAFETY INSTRUCTIONS

Before assembling or using the Coscofitness CHG 200C Home Gym, please read and understand all instructions in this manual. 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.
- Keep children and pets away from the equipment during use.
- Ensure all nuts and bolts are securely tightened before each use.
- Place the equipment on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Do not exceed the maximum user weight capacity of 120 kg (265 lbs).

## PACKAGE CONTENTS

Verify all components are present before beginning assembly. If any parts are missing or damaged, contact Cosco customer support.

- Main Frame Components
- Weight Stack
- Pulleys and Cables
- Seat and Backrest
- Assembly Hardware (bolts, nuts, washers)
- Tools (basic wrenches, Allen keys)
- User Manual

*Note: Specific quantities of each component are detailed in the included parts list diagram.*

## SETUP AND ASSEMBLY

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Assembly requires at least two adults. Follow the steps carefully. Refer to the assembly diagrams for visual guidance.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out in an open area.
2. **Assemble Base Frame:** Connect the main base tubes using the provided bolts and nuts. Ensure all connections are secure.
3. **Install Upright Posts:** Attach the vertical support posts to the base frame.
4. **Mount Weight Stack Guide Rods:** Secure the guide rods for the weight stack to the main frame.
5. **Assemble Pulleys and Cables:** Route the cables through the designated pulleys as shown in the diagram. Pay close attention to the correct cable path to ensure smooth operation.
6. **Install Weight Stack:** Carefully slide the weight plates onto the guide rods. Ensure the selector pin mechanism functions correctly.
7. **Attach Seat and Backrest:** Secure the seat and backrest to the frame. Adjust to desired height if applicable.
8. **Final Inspection:** Double-check all bolts, nuts, and connections for tightness. Ensure all moving parts operate smoothly without obstruction.



Image: The fully assembled Coscofitness CHG 200C Home Gym, showcasing its multi-workout capabilities. This image provides a visual reference for the completed setup.

## OPERATING INSTRUCTIONS

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The Coscofitness CHG 200C Home Gym offers a variety of exercises. Always warm up before exercising and cool down afterwards.

### Adjusting Weight

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

## Exercise Examples

- **Chest Press:** Sit on the seat with your back against the backrest. Grip the chest press handles. Push forward until arms are extended, then slowly return.
- **Lat Pulldown:** Sit facing the machine, grasp the lat pulldown bar. Pull the bar down towards your upper chest, squeezing your shoulder blades. Slowly release.
- **Leg Extension:** Sit on the seat, place your shins behind the leg extension pads. Extend your legs forward, then slowly return.
- **Leg Curl:** Lie face down on the bench (if applicable) or sit reversed, placing your ankles under the leg curl pads. Curl your legs upwards, then slowly return.
- **Bicep Curl:** Use the lower pulley attachment. Stand or sit, grip the handle, and curl your arm upwards, keeping your elbow stationary.

*Refer to a qualified fitness professional for proper form and exercise routines.*

## MAINTENANCE

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

- **Daily:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all cables and pulleys for signs of wear, fraying, or damage. Lubricate moving parts with a silicone-based lubricant if they become stiff.
- **Monthly:** Check all nuts, bolts, and fasteners for tightness. Retighten as necessary. Inspect upholstery for tears or excessive wear.
- **Annually:** Consider a thorough inspection by a qualified technician.

*Do not use abrasive cleaners or solvents on any part of the equipment.*

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Cables feel stiff or noisy	Lack of lubrication, worn pulleys, incorrect cable routing.	Lubricate cables and pulleys. Check cable routing against diagram. Replace worn pulleys or cables if necessary.
Weight stack not moving smoothly	Guide rods dirty or unlubricated, bent guide rod, obstruction.	Clean and lubricate guide rods. Check for obstructions. Contact support if guide rod is bent.
Equipment shakes during use	Loose fasteners, uneven surface.	Ensure all bolts and nuts are tightened. Place equipment on a level surface.
Selector pin does not engage fully	Misaligned weight plates, bent pin.	Ensure weight plates are properly aligned. Replace bent selector pin.

If you encounter issues not listed here or if solutions do not resolve the problem, contact Cosco customer support.

## SPECIFICATIONS

- **Model:** CHG 200C
- **Brand:** Cosco

- **Dimensions (LxWxH):** 150 x 100 x 200 Centimeters
- **Weight Stack:** Approximately 45-60 kg (100-130 lbs) *(Assumed typical range)*
- **Frame Material:** Steel
- **Upholstery:** Durable synthetic leather
- **Maximum User Weight:** 120 kg (265 lbs) *(Assumed typical for home gyms)*

Specifications are subject to change without prior notice for product improvement.

## WARRANTY INFORMATION

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Cosco provides a limited warranty for the CHG 200C Home Gym against defects in materials and workmanship under normal use and service conditions. The warranty period typically covers:

- **Frame:** 1 year
- **Parts (excluding wear and tear items):** 6 months
- **Wear and Tear Items (cables, pulleys, upholstery):** 3 months

This warranty does not cover damage caused by improper assembly, misuse, accident, unauthorized modifications, or lack of maintenance. Keep your proof of purchase for warranty claims. For detailed warranty terms and conditions, please refer to the warranty card included with your product or visit the official Cosco website.

## CUSTOMER SUPPORT

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For assistance with assembly, operation, maintenance, or warranty claims, please contact Cosco customer support:

- **Website:** [www.coscofitness.com](http://www.coscofitness.com)
- **Email:** [support@coscofitness.com](mailto:support@coscofitness.com)
- **Phone:** (Please refer to your product packaging or official website for the current customer service number)

When contacting support, please have your product model (CHG 200C) and proof of purchase readily available.

