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› JELENS H11 Home Gym Equipment User Manual

JELENS H11

JELENS H11 Home Gym Equipment User Manual

Model: H11

1. INTRODUCTION

Thank you for choosing the JELENS H11 Home Gym Equipment. This multifunctional workout station is designed to provide a comprehensive full-body training experience within the comfort of your home. Featuring a 150LBS weight stack and an advanced pulley system, the H11 allows for a wide range of exercises targeting various muscle groups. This manual provides essential information for safe assembly, operation, maintenance, and troubleshooting to ensure optimal performance and longevity of your equipment.

2. SAFETY INFORMATION

Before assembling or using your JELENS H11 Home Gym, please read and understand all instructions in this manual. Failure to follow these guidelines may result in serious injury or damage to the equipment.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Ensure all bolts and nuts are securely tightened before each use.
- Inspect cables, pulleys, and all moving parts regularly for signs of wear or damage. Do not use the equipment if any part is damaged.
- Use the equipment only on a flat, stable surface.
- Do not exceed the maximum user weight or weight capacity of the machine.
- Wear appropriate athletic attire and footwear during workouts.
- Perform exercises with controlled movements; avoid sudden jerking motions.

3. PACKAGE CONTENTS

Your JELENS H11 Home Gym is shipped in three separate boxes. Please verify that all components are present and undamaged before beginning assembly. Refer to the detailed parts list provided in the accompanying assembly guide for specific item counts.

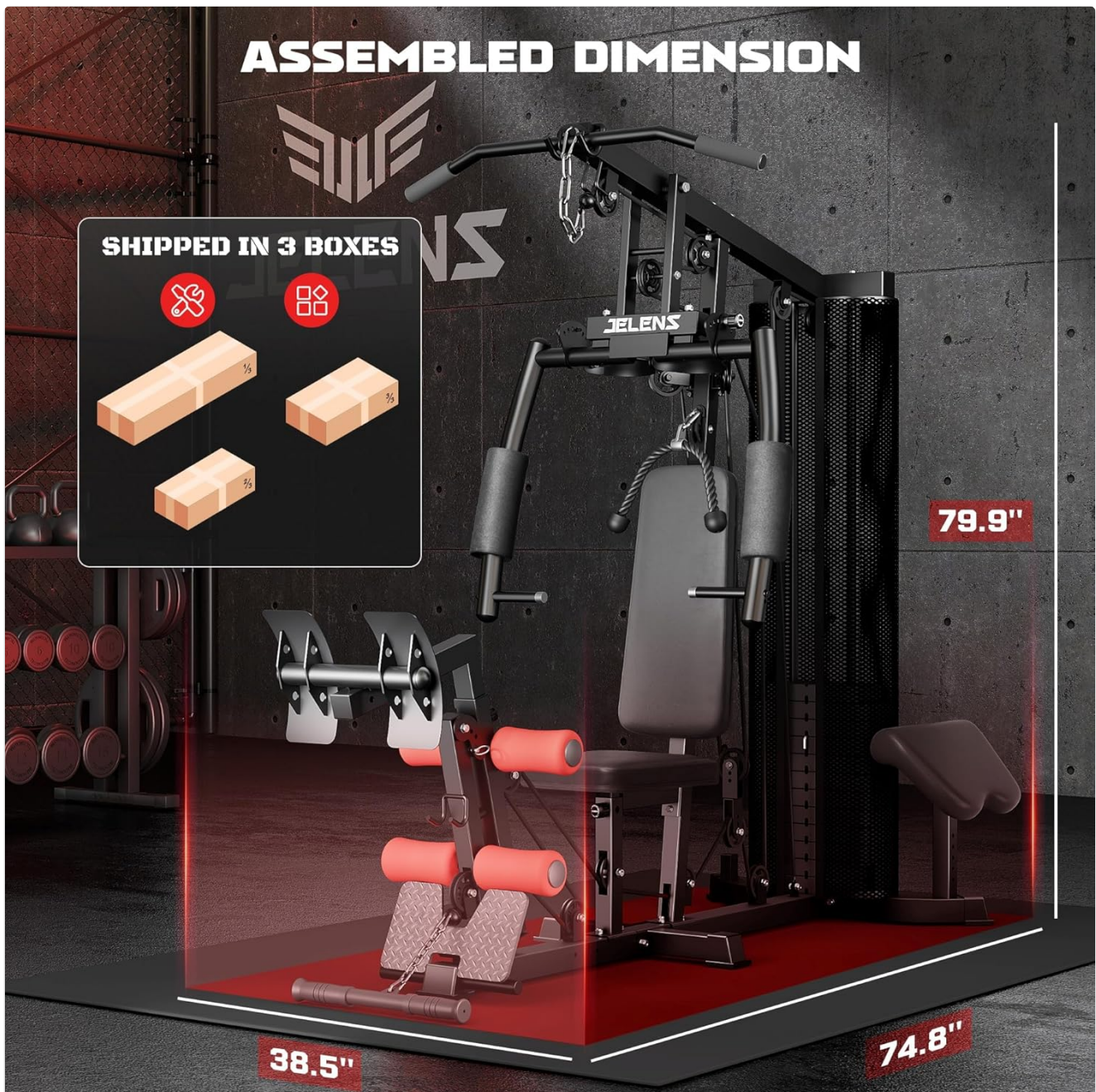


Image: The JELENS H11 Home Gym is shipped in three boxes, and its assembled dimensions are 74.8"D x 38.5"W x 79.9"H.

4. SETUP AND ASSEMBLY

The JELENS H11 Home Gym is designed for straightforward assembly. Detailed, step-by-step instructions with diagrams are provided in the separate assembly manual included with your purchase. It is recommended to have at least two people for assembly due to the size and weight of some components.

- Unpack all components and lay them out in an organized manner.
- Identify all hardware using the provided hardware pack and diagrams.
- Follow the numerical sequence of steps in the assembly manual carefully.
- Ensure all connections are secure but do not fully tighten bolts until instructed, as some adjustments may be needed.



Image: Visual representation of the four main assembly stages for the JELENS H11 Home Gym.

5. OPERATING INSTRUCTIONS

The JELENS H11 Home Gym offers versatile training options. Familiarize yourself with its adjustable features and various exercise capabilities.

5.1. Adjustments

- **Seat Cushion Height:** The height of the seat cushion can be adjusted to accommodate different user heights and exercise requirements.
- **Leg Extension Pedal Position:** Adjust the position of the leg extension pedal for comfortable and effective leg workouts.
- **Butterfly Arms:** The butterfly arms are adjustable in five levels, allowing you to target different chest and back muscles effectively.
- **Weight Stack:** The 150LBS weight stack consists of 11+1 plates, allowing you to customize your resistance level by inserting the pin into the desired weight plate.

PERSONALIZED ADVANCED DESIGN



Image: The JELENS H11 Home Gym features adjustable components, including the arm pad and six positions for the butterfly arms, to personalize your workout.



Image: The 150LBS weight stack allows for quick and easy adjustment of resistance levels by selecting one of the 11+1 weight plates.

5.2. Pulley System

The H11 Home Gym is equipped with three pulley systems (high, medium, and low) to facilitate a wide range of exercises. The steel shaft pulleys and polished high-strength steel wire rope ensure smooth and stable operation, minimizing noise during your workout.

EXCELLENT DURABILITY & STURDINESS



Image: Key components of the JELENS H11 Home Gym, including the sturdy steel rope, thickened steel frame, and steel pivot pulleys, contribute to its excellent durability and sturdiness.

5.3. Exercise Examples

The JELENS H11 Home Gym supports a variety of exercises for a full-body workout. Here are some examples:

- **Chest Flies / Chest Press:** Utilize the butterfly arms for chest development.
- **Lat Pulldown:** Target your back muscles using the high pulley system.
- **Seated Row:** Engage your back and biceps with the low pulley system.
- **Leg Extension / Leg Stretches:** Work your quadriceps using the leg extension attachment.
- **Calf Training:** Perform calf raises for lower leg strength.
- **Back Extension:** Strengthen your lower back.
- **Bicep Curl:** Use the preacher curl pad and low pulley for bicep isolation.
- **Oblique Crunch:** Target abdominal muscles.

BUTTERFLY ARM TRAININGZONE



6-LEVEL ADJUSTMENT

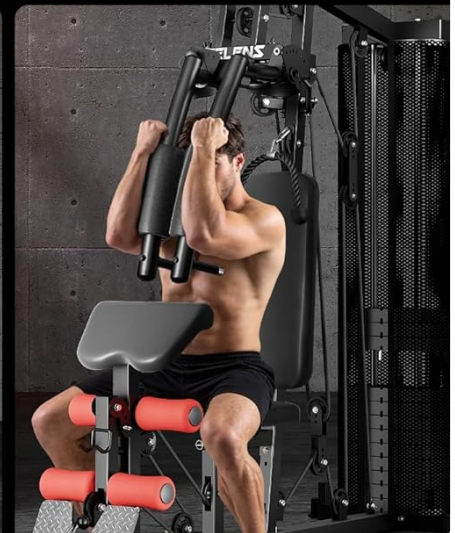


Image: The butterfly arm training zone on the JELENS H11 Home Gym allows for 6-level adjustment, enabling effective chest fly exercises.



Image: Various exercises possible with the JELENS H11 Home Gym, including Lat Pulldown, Leg Extension, Seated Rowing, and Oblique Crunches.

5.4. Official Product Video

Watch the official product video for a visual demonstration of the JELENS H11 Home Gym's features and exercise capabilities.

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Video: An official demonstration of the JELENS H11 Home Gym Equipment, showcasing its various functions and exercises.

6. MAINTENANCE

Regular maintenance is crucial for the safe and efficient operation of your JELENS H11 Home Gym. Follow these guidelines to prolong the life of your equipment:

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Cable and Pulley Inspection:** Periodically check all cables for fraying, kinks, or excessive wear. Ensure pulleys

rotate smoothly and are free of debris.

- **Fastener Check:** Regularly inspect all nuts, bolts, and other fasteners to ensure they are tight. Tighten as necessary.
- **Lubrication:** Apply a silicone-based lubricant to guide rods and moving parts as needed to maintain smooth operation.
- **Storage:** Store the equipment in a dry, clean environment away from extreme temperatures and direct sunlight.

7. TROUBLESHOOTING

If you encounter any issues with your JELENS H11 Home Gym, refer to the common problems and solutions below. If the problem persists, contact our professional service team.

Problem	Possible Cause	Solution
Noisy operation	Loose fasteners, dry guide rods, worn pulleys	Tighten all bolts. Lubricate guide rods. Inspect and replace worn pulleys if necessary.
Weight stack sticking	Dust/debris on guide rods, insufficient lubrication	Clean guide rods thoroughly. Apply silicone lubricant.
Cables feel rough or frayed	Wear and tear, improper routing	Immediately cease use. Inspect cable routing. Contact customer service for replacement cables.

8. SPECIFICATIONS

- **Model Name:** H11
- **Brand:** JELENS
- **Product Dimensions (LxWxH):** 74.8" x 38.5" x 79.9"
- **Weight Stack:** 150 LBS
- **Material:** Alloy Steel
- **Strap Type:** Cable/Pulley straps
- **Included Components:** Home Gym Equipment, User Manual

9. WARRANTY AND SUPPORT

JELENS stands behind the quality of its products. Your H11 Home Gym Equipment comes with a **1-year warranty** from the date of purchase, covering manufacturing defects.

For any questions, technical assistance, or warranty claims, please contact our professional after-sales service team. We are committed to providing prompt and helpful support to ensure your satisfaction.

Please refer to your purchase documentation or the JELENS official website for specific contact information.