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› [SKY LAND Home Gym Station GM-8149 Multi-functional Fitness Equipment User Manual](#)

SKY LAND GM-8149

SKY LAND Home Gym Station GM-8149 User Manual

Model: **GM-8149** | Brand: **SKY LAND**

INTRODUCTION

Thank you for choosing the SKY LAND Home Gym Station GM-8149. This multi-functional fitness equipment is designed to provide a comprehensive full-body workout in the comfort of your home. Featuring a robust steel frame, a 69kg weight stack, and a smooth cable system, the GM-8149 supports a wide range of strength training exercises. Please read this manual thoroughly before assembly and operation to ensure safe and effective use of your new home gym.

IMPORTANT SAFETY INFORMATION

To reduce the risk of serious injury, please read and follow all warnings and instructions before using this equipment.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the equipment on a flat, stable surface with adequate clearance around it.
- Inspect the equipment for worn or loose parts before each use. Do not use if any components are damaged.
- Ensure all bolts and nuts are securely tightened before use.
- Use proper form and controlled movements during exercises. Do not overexert yourself.
- The maximum user weight for this equipment is 200 kg.
- Wear appropriate exercise attire and footwear.

PACKAGE CONTENTS

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

- Main Frame Components (various steel tubes and supports)
- Weight Stack (9 x 7kg plates + 1 x 6kg plate, total 69kg)
- Padded Seat and Backrest
- Cable and Pulley System
- Leg Rest and Arm Pad

- L-shaped Handles
- Accessories: Wide Grip Seat Bar, Lat Pull-Down Bar, Preacher Curl Pad
- Hardware Kit (bolts, nuts, washers, tools)
- Assembly Instructions Diagram

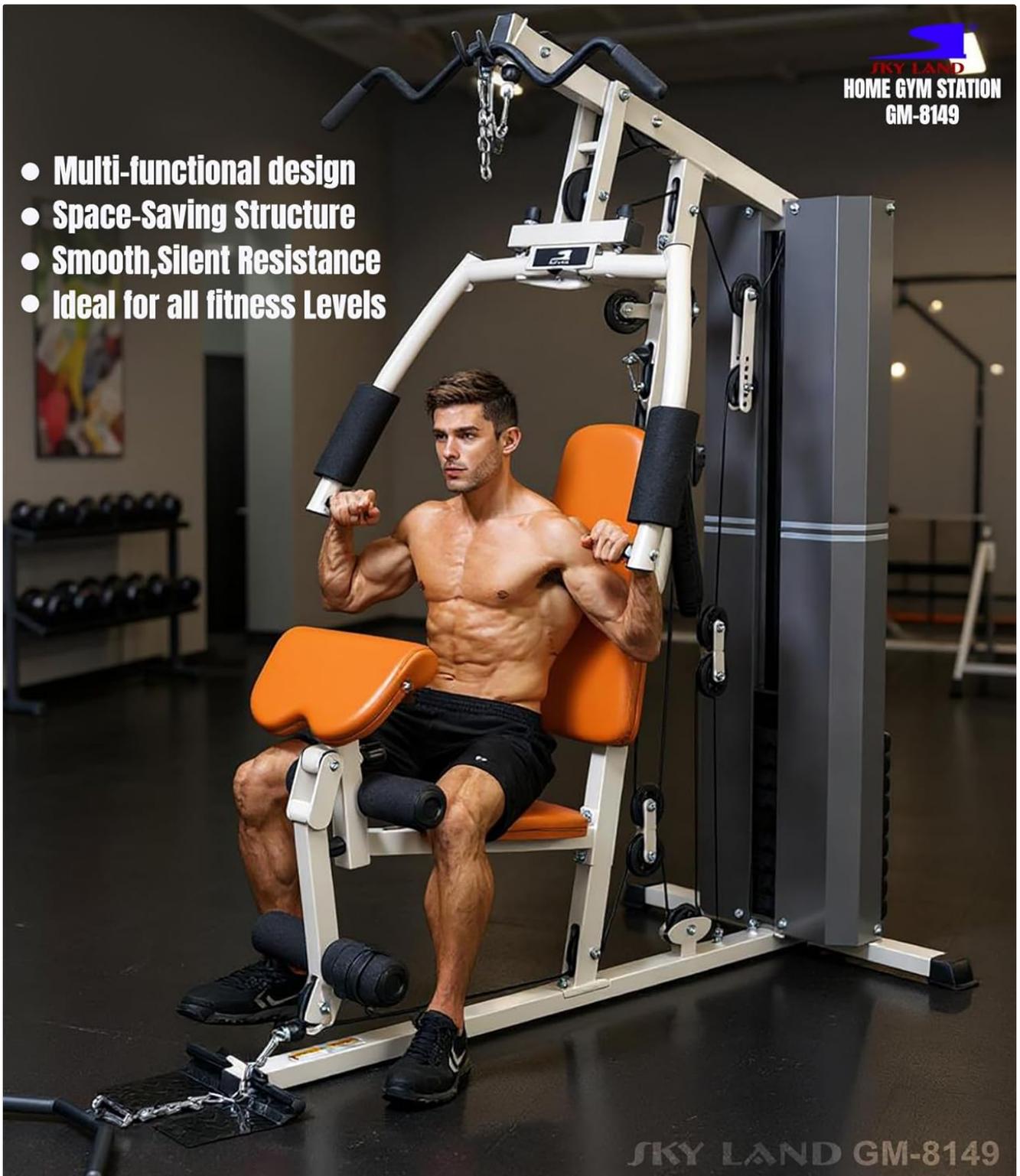
SETUP AND ASSEMBLY INSTRUCTIONS

Assembly typically requires two people and can take several hours. Follow the included assembly diagram carefully. If you encounter difficulties, especially with the cable system, refer to the detailed diagrams or contact SKY LAND customer support.

1. **Unpack and Organize:** Lay out all components and hardware. Compare with the parts list to ensure everything is present.
2. **Assemble Base Frame:** Connect the main base supports and uprights using the provided bolts and nuts. Do not fully tighten until all major frame components are in place.
3. **Install Seat and Backrest:** Attach the padded seat and backrest to the frame. Adjust for comfort if adjustable.
4. **Mount Weight Stack:** Carefully install the weight plates into the designated stack area. Ensure the guide rods are properly aligned.
5. **Route Cable System:** This is a critical step. Follow the cable routing diagram precisely, ensuring cables pass through all pulleys correctly. Incorrect routing can lead to malfunction or damage. Ensure pulleys move smoothly.
6. **Attach Accessories:** Secure the leg rest, arm pad, and various handles/bars.
7. **Final Tightening and Inspection:** Once all components are assembled, go back and securely tighten all bolts and nuts. Check all moving parts, especially the cables and pulleys, for smooth operation and proper alignment.

SKY LAND
HOME GYM STATION
GM-8149

- **Multi-functional design**
- **Space-Saving Structure**
- **Smooth, Silent Resistance**
- **Ideal for all fitness Levels**



SKY LAND GM-8149

Image 1: Fully assembled SKY LAND Home Gym Station GM-8149, demonstrating a user performing bicep curls. This image highlights the multi-functional design and compact footprint of the equipment.



Image 2: A user engaging in lat pulldowns on the SKY LAND Home Gym Station GM-8149, showcasing the upper body workout capabilities and the comfortable foam pads on the handles.

OPERATING INSTRUCTIONS & EXERCISE GUIDE

The SKY LAND GM-8149 offers a variety of exercises for a full-body workout. Always warm up before exercising and cool down afterwards.

Adjusting Weight Resistance

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

Common Exercises

- **Lat Pulldowns:** Sit facing the machine, grasp the lat pulldown bar with an overhand grip. Pull the bar down to your upper chest, squeezing your shoulder blades.
- **Bench Press:** Sit on the bench, grasp the press handles. Push forward, extending your arms, then slowly return to the starting position.

- **Leg Extensions:** Sit on the seat, place your shins behind the leg pad. Extend your legs forward, contracting your quadriceps.
- **Bicep Curls:** Use the preacher curl pad and the lower cable attachment. Curl the bar upwards, focusing on your biceps.
- **Seated Rows:** Use the lower cable attachment and a suitable handle. Sit with feet on the footplates, pull the handle towards your abdomen, squeezing your back muscles.
- **Abdominal Crunches:** Use the upper cable attachment and a rope handle. Kneel facing away from the machine, pull the rope down towards your hips, engaging your core.

Always maintain control of the weight throughout the entire range of motion. Avoid dropping the weight stack.

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 for fraying or wear. Check all pulleys for smooth rotation.
- **Monthly:** Check all bolts and nuts for tightness. Retighten as necessary. Lubricate moving parts, especially guide rods and pivot points, with a silicone-based lubricant.
- **Upholstery Care:** Clean padded surfaces with mild soap and water. Avoid harsh chemicals.

DURABLE & QUIET PULLEYS

For Smooth, Long-Lasting Home Workouts



**Heavy Duty
Gym Cables**

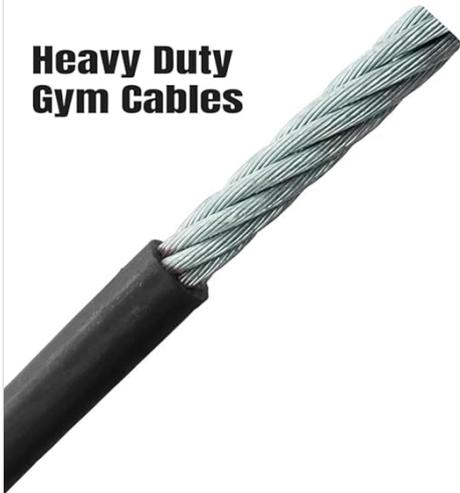


Image 3: A detailed view of the durable and quiet pulleys and heavy-duty gym cables, essential components for the smooth and long-lasting operation of the SKY LAND Home Gym Station GM-8149.



Image 4: This image highlights the comfortable foam pads and cushions on the SKY LAND Home Gym Station GM-8149, designed for user comfort during workouts.

ULTIMATE COMFOR PADDING

High-Density Foam



Durable Upholstery



Image 5: A close-up showing the ultimate comfort padding made of high-density foam and the durable upholstery used on the SKY LAND Home Gym Station GM-8149, ensuring both comfort and longevity.

TROUBLESHOOTING

If you encounter issues with your home gym, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Noisy operation / Squeaking	Lack of lubrication on moving parts or pulleys.	Apply silicone-based lubricant to guide rods and pulley axles.
Rough cable movement	Incorrect cable routing or worn pulleys.	Check cable routing against the diagram. Inspect pulleys for damage and replace if necessary.
Loose parts / Instability	Bolts and nuts have loosened over time.	Inspect and retighten all bolts and nuts.

Problem	Possible Cause	Solution
Weight stack not moving freely	Guide rods are dirty or bent, or selector pin is not fully inserted.	Clean and lubricate guide rods. Ensure selector pin is fully engaged. If rods are bent, contact support.

If the problem persists after attempting these solutions, please contact SKY LAND customer support for further assistance.

PRODUCT SPECIFICATIONS

Feature	Detail
Model Number	GM-8149
Brand	SKY LAND
Item Weight	127 kg
Material	Plastic, Alloy Steel, Rust-resistant Steel, Rubber
Product Dimensions (D x W x H)	180 cm x 97 cm x 205 cm
Tension Level	130 lbs
Resistance Level	130 lbs
Handle Type	Foam
Belt Type	Cable/Pulley
Weight Stack	69 kg (9 x 7kg + 1 x 6kg plates)
Max User Weight	200 kg
Country of Origin	China

WARRANTY INFORMATION

This product comes with a standard manufacturer's warranty against defects in materials and workmanship. The specific terms and duration of the warranty may vary by region. Please retain your proof of purchase for warranty claims. For detailed warranty information, refer to the documentation included with your product or contact SKY LAND customer support.

CUSTOMER SUPPORT

If you have any questions, require assistance with assembly, or need to report a missing/damaged part, please contact SKY LAND customer support. Our team is available to help you with any product-related inquiries.

Please have your model number (GM-8149) and proof of purchase ready when contacting support.

For contact details, please refer to the packaging or the official SKY LAND website.

