

Goimu Z2

Goimu Chest Press Machine Model Z2 User Manual

Comprehensive instructions for assembly, operation, and maintenance.

1. IMPORTANT SAFETY INFORMATION

Before operating the Goimu Chest Press Machine Model Z2, please read and understand all instructions and warnings. Failure to follow these instructions 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.
- Use the machine on a flat, stable surface.
- Do not exceed the maximum weight capacities: 200 lbs per arm, 220 lbs per weight holder, 450 lbs bench capacity.
- Inspect the machine for worn or damaged parts before each workout. Do not use if any damage is found.
- Wear appropriate athletic attire and footwear.
- Perform exercises with controlled movements. Avoid sudden or jerky motions.

2. PACKAGE CONTENTS

Carefully unpack all components and verify that all parts are present. If any parts are missing or damaged, contact Goimu customer service immediately.

- Main Frame Components
- Adjustable Bench Assembly
- Independent Converging Arms (Left and Right)
- Weight Plate Holders (compatible with Ø 1" & 2" plates)
- Ankle Pad Assembly
- Hardware Kit (bolts, nuts, washers, tools)

- Instruction Book (this manual)

3. SETUP AND ASSEMBLY

Assembly requires two people. Follow the detailed steps provided in the included instruction book. Ensure you have adequate space for assembly and operation (61" L x 59" W x 30" H).

1. **Prepare the Area:** Clear a space of at least 61" L x 59" W x 30" H. Place all components on a clean, flat surface.
2. **Assemble the Base Frame:** Connect the main base components using the provided hardware. Ensure the U-shaped base is securely fastened for maximum stability.
3. **Attach the Bench:** Secure the adjustable bench to the main frame. Do not fully tighten bolts until all bench components are aligned.
4. **Install Converging Arms:** Attach the independent converging arms to the main frame. Pay attention to the bearing design for smooth movement.
5. **Mount Weight Holders and Ankle Pad:** Secure the weight plate holders and the ankle pad assembly.
6. **Final Tightening:** Once all components are in place and aligned, fully tighten all bolts and nuts. Do not overtighten.
7. **Initial Inspection:** Before first use, perform a thorough inspection to ensure all parts are correctly assembled and secure.



Image 1: Fully assembled Goimu Chest Press Machine Model Z2. This image shows the overall structure of the machine, including the red frame, black bench, and independent converging arms with weight plates.



Image 2: Dimensions of the Goimu Chest Press Machine Model Z2. This image illustrates the length, width, and height of the machine, indicating its footprint for home gym setup.

4. OPERATING INSTRUCTIONS

4.1 Adjustments

The Goimu Chest Press Machine offers multiple adjustment points to accommodate various exercises and user body types.

- **Bench Position:** The bench can be adjusted to flat, incline, or decline positions. There are 4 bench positions available. Adjust the bench by pulling the adjustment pin and moving the bench to the desired angle. Ensure the pin locks securely into place.
- **Arm Position:** The independent converging arms have 7 adjustable positions. Adjust the arm height by pulling the adjustment pin and moving the arms to the desired starting position. Ensure the pin locks securely.
- **Ankle Pad:** The ankle pad has 3 adjustable positions, useful for securing your legs during decline exercises like sit-ups.



Image 3: Adjustable settings for the Goimu Chest Press Machine. This image highlights the various adjustment points for the bench (4 positions) and the independent arms (7 positions), as well as the compatibility with 1" and 2" weight plates.

4.2 Loading Weight Plates

The weight plate holders are designed to accommodate both Ø 1" and Ø 2" weight plates. Load plates evenly on both arms to maintain balance and prevent injury. Do not exceed 200 lbs per arm or 220 lbs per weight holder.



Image 4: Weight capacity details for the Goimu Chest Press Machine. This image visually represents the maximum loading capacity for the arms (300 lbs shown, but manual states 200 lbs per arm) and the bench (450 lbs).

4.3 Exercise Modes

The independent converging arms provide a fixed range of motion, enhancing safety and muscle development. The machine supports various upper body and core exercises.

- **Incline Bench Press:** Adjust the bench to an incline position. Lie on the bench with your feet flat on the floor. Grip the handles and press the weight upwards in a controlled motion.
- **Flat Bench Press:** Adjust the bench to a flat position. Lie on the bench, grip the handles, and press the weight upwards.
- **Shoulder Press:** Adjust the bench to an upright position. Sit on the bench, grip the handles, and press the weight overhead.
- **Sit-ups (Decline):** Adjust the bench to a decline position and secure your feet under the ankle pads. Perform sit-ups for abdominal training.

VARIOUS TRAINING MODE



Image 5: Illustrations of various training modes. This image displays four different exercises that can be performed on the machine: Incline Bench Press, Bench Press, Shoulder Press, and Sit-ups.

INDEPENDENTLY LEVERAGE ARMS

Enhance Chest Muscle Development

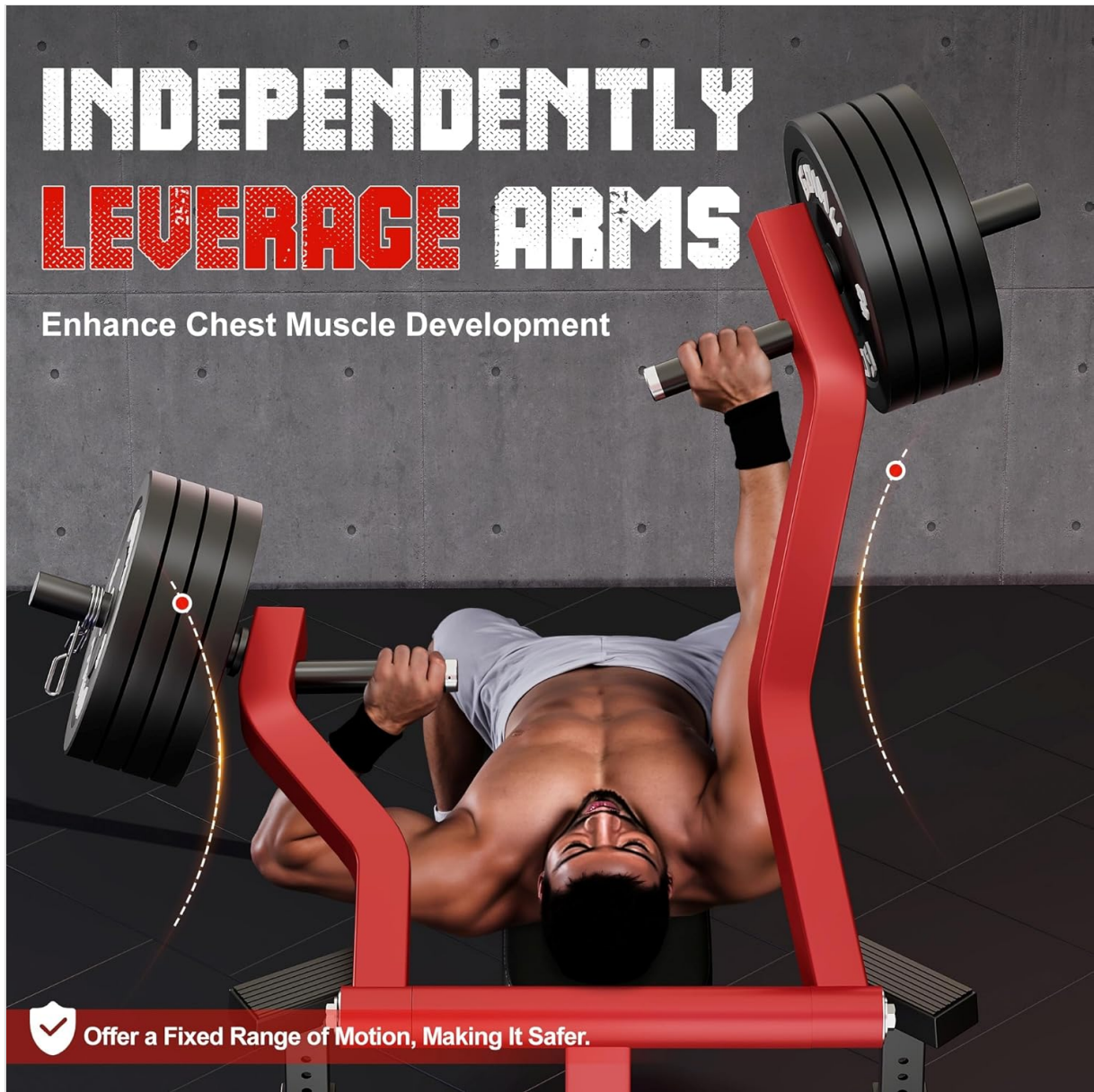


Image 6: User demonstrating the independent leverage arms during a chest press. This image shows a user engaging the independent arms for chest muscle development, highlighting the fixed range of motion for safety.



Image 7: User performing an exercise, highlighting the bearing design for smooth movement. This image emphasizes the smooth operation of the arms, contributing to balanced muscle development.



Image 8: User performing decline sit-ups, showcasing the additional support feet. This image demonstrates the machine's capability for abdominal workouts in a decline position, with added support for stability.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Goimu Chest Press Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The bearings are designed for smoothness. If any squeaking or stiffness occurs, apply a small amount of silicone-based lubricant to moving joints.
- **Storage:** When not in use, store the machine in a dry, clean environment. The machine features a space-saving fold type dimension of 40" L x 35.8" W x 49.6" H.

6. TROUBLESHOOTING

If you encounter any issues with your Goimu Chest Press Machine, refer to the following common solutions:

Problem	Possible Cause	Solution
Machine feels unstable or wobbly.	Loose bolts or uneven surface.	Ensure all assembly bolts are securely tightened. Move the machine to a flat, level surface.
Squeaking noise during operation.	Lack of lubrication on moving parts or loose connections.	Apply silicone-based lubricant to pivot points and bearings. Check and tighten any loose bolts.
Adjustment pins do not lock securely.	Obstruction in the adjustment hole or damaged pin.	Clear any debris from the adjustment holes. If the pin is damaged, contact customer service for a replacement.
Weight plates do not fit.	Incorrect plate size.	Ensure weight plates are either Ø 1" or Ø 2".

If the problem persists, please contact Goimu customer service.

7. SPECIFICATIONS

Model Name: Z2

Brand: Goimu

Material: Alloy Steel

Overall Dimensions (L x W x H): 61" x 59" x 30"

Folded Dimensions (L x W x H): 40" x 35.8" x 49.6" (Space-saving type)

Maximum Weight Capacity (Bench): 450 lbs

Maximum Weight Capacity (Per Arm): 200 lbs

Maximum Weight Capacity (Per Weight Holder): 220 lbs

Weight Plate Compatibility: Ø 1" & 2" plates

Adjustable Bench Positions: 4 (Flat, Incline, Decline)

Adjustable Arm Positions: 7

Adjustable Ankle Pad Positions: 3

Color: Red pro

8. WARRANTY AND CUSTOMER SUPPORT

Warranty: The Goimu Chest Press Machine Model Z2 comes with a 1-year warranty from the date of purchase. This warranty covers manufacturing defects and material flaws under normal use. It does not cover damage due to misuse, accidents, or unauthorized modifications.

Customer Support: For any questions, concerns, or assistance with your product, please contact Goimu customer service. We are committed to providing a satisfactory reply within 24 hours.

Please refer to your purchase documentation for specific contact details or visit the official Goimu store online.

Thank you for choosing Goimu.

