

## GarveeLife Home Gym Pro D7

# GarveeLife Home Gym Machine System Pro D7 Instruction Manual

Model: Home Gym Pro D7

## 1. SAFETY INFORMATION

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Before using the GarveeLife Home Gym Machine System Pro D7, please read and understand all instructions in this manual. Failure to follow these instructions may result in 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, nuts, and connections are securely tightened before each use.
- Inspect the equipment for worn or damaged parts (cables, pulleys, frame) before each workout. Do not use if any damage is found.
- Use the equipment only on a level, stable surface.
- Maintain proper form during exercises to prevent injury.
- Do not exceed the maximum weight capacity of the machine (100 LBS weight stack).

## 2. PACKAGE CONTENTS

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The GarveeLife Home Gym Machine System Pro D7 is typically shipped in multiple boxes. Please ensure all packages have arrived and all components are present before beginning assembly. Refer to the packing list included in your shipment for a complete inventory.



Image: Overview of the GarveeLife Home Gym Machine System Pro D7, showing the main unit and included accessories like bars, chains, and carabiners.

Key components include:

- Main Frame Components (Q235 steel, 2x2 inch frame)
- 100 LBS Weight Stack
- Backrest and Seat Cushions
- Pulley System (PU cables with 7x19 steel wire core, PU pulleys with rolling bearings)
- Dual Function Arm Press Assembly
- Leg Extension/Curl Assembly

- Various Bars and Handles (e.g., lat bar, short bar, long bar)
- Assembly Hardware (bolts, nuts, washers)



Image: Diagram illustrating key components of the home gym, including the long bar, backrest cushion, push & clamp arm, seat cushion, 100LBS weight stack, kick bar, and short bar.

### 3. ASSEMBLY INSTRUCTIONS

Assembly of the GarveeLife Home Gym Machine System Pro D7 requires careful attention to detail. We recommend having at least one additional person assist you during the assembly process. Ensure you have all necessary tools ready before you begin.

- **Unpacking:** The product is shipped in 3 separate packages. Verify all boxes have arrived before proceeding.
- **Refer to the Included Manual:** A detailed step-by-step instruction manual is provided within the product packaging. Follow these instructions precisely.
- **Tools Required:** Ensure you have the appropriate wrenches, screwdrivers, and other tools as specified in the assembly manual.
- **Pulley and Cable System:** Pay close attention to the routing and attachment of the pulley and cable system. Incorrect installation can affect performance and safety. Ensure pulley wheels are not

overtightened and can spin freely.

- **Secure All Connections:** Double-check that all bolts, nuts, and fasteners are securely tightened upon completion of assembly.



Image: Illustration of the GarveeLife Home Gym's dimensions (57.5" x 29.5" x 80.5") and three shipping boxes, indicating multi-package delivery.

## 4. OPERATING INSTRUCTIONS

The GarveeLife Home Gym Machine System Pro D7 offers a variety of exercises for a full-body workout. Familiarize yourself with the machine's functions before beginning your routine.

### 4.1 Weight Stack Adjustment

The 100 LBS weight stack can be adjusted by inserting the selector pin into the desired weight plate. Ensure the pin is fully inserted before starting any exercise.

### 4.2 Dual Function Arm Press (Chest Press & Butterfly Chest)

This feature allows you to perform both chest press and butterfly chest exercises. A simple pull-out/push-in pin mechanism enables quick transitions between these two modes.

- **Chest Press:** Sit on the seat with your back against the backrest. Grip the handles and push forward, extending your arms.
- **Butterfly Chest:** Adjust the arm press to the butterfly position. Sit with your back against the backrest, place your forearms against the pads, and bring them together in front of your chest.



Image: Two individuals demonstrating the Chest Press and Butterfly exercises using the dual-function arm press on the home gym system.

### 4.3 Other Exercises

The versatile design of the Home Gym Pro D7 allows for a wide range of exercises targeting various muscle groups:

- **Lat Pulldown:** Use the lat bar attached to the upper pulley system to target your back muscles.
- **Low Row:** Attach a handle to the lower pulley system for seated rows, working your back and biceps.
- **Leg Extension:** Sit on the seat and place your shins behind the leg pads to work your quadriceps.
- **Back Extension:** Utilize specific attachments or positions to target lower back muscles.
- **Mid-Row:** Perform various rowing movements using the pulley system.
- **Biceps Curl:** Attach a short bar or curl bar to the lower pulley for bicep isolation exercises.

# 10+ WORKOUT VERSATILITY

## FAR BEYOND WHAT IS SHOWN

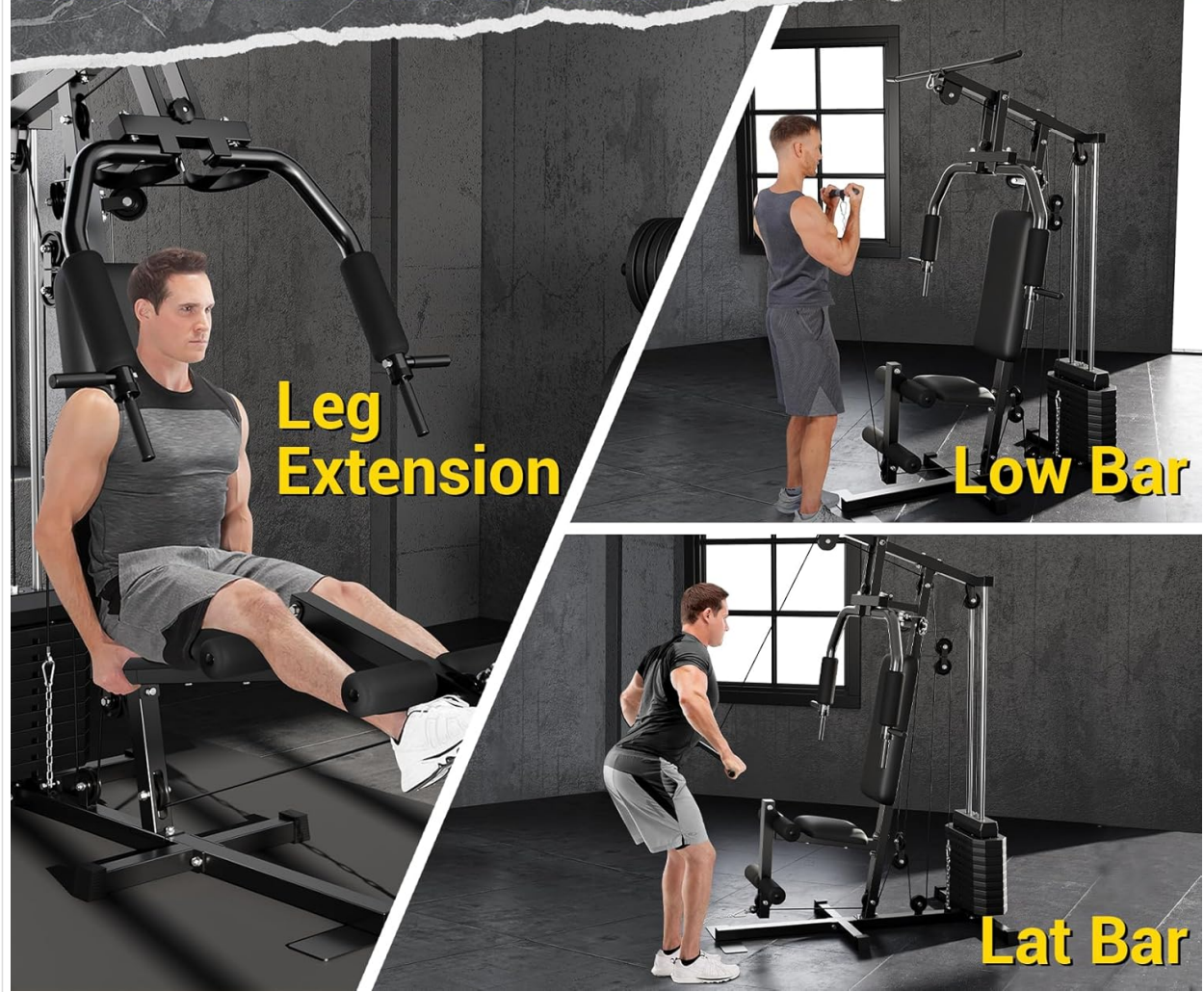


Image: Three separate panels showing individuals performing Leg Extension, Low Bar (biceps curl), and Lat Bar (lat pulldown) exercises on the GarveeLife Home Gym.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your GarveeLife Home Gym Machine System Pro D7.

- **Daily Inspection:** Before each use, visually inspect all cables, pulleys, and connection points for any signs of wear, fraying, or damage.
- **Weekly Check:** Verify that all bolts, nuts, and fasteners are tight. Retighten if necessary.
- **Cleaning:** Wipe down the frame, cushions, and handles with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Lubrication:** Periodically apply a silicone-based lubricant to the guide rods of the weight stack and any moving pivot points to ensure smooth operation and prevent rust.
- **Cable and Pulley Care:** Ensure cables run smoothly through pulleys. The PU pulley system with rolling bearings is designed for low noise and smooth movement. If you notice any resistance or unusual noise, inspect the pulleys and cables for obstructions or damage.

## 6. TROUBLESHOOTING

This section addresses common issues you might encounter with your home gym system.

- **Excessive Noise During Operation:**

*Possible Cause:* Loose fasteners, dry guide rods, or damaged pulleys/cables.

*Solution:* Check and tighten all bolts. Lubricate weight stack guide rods. Inspect pulleys and cables for wear or damage. The PU pulley system is designed for quiet operation; persistent noise may indicate an issue.

- **Rough or Sticking Movement:**

*Possible Cause:* Lack of lubrication, misaligned cables, or damaged components.

*Solution:* Lubricate guide rods. Verify cable routing according to the assembly manual. Inspect pulleys for smooth rotation.

- **Missing or Damaged Parts:**

*Solution:* If you receive your product with missing or damaged parts, please contact customer support immediately using the information provided in your package.

## 7. SPECIFICATIONS

Feature	Specification
Brand	GarveeLife
Model	Home Gym Pro D7 (HomeGymD7021)
Dimensions (L x W x H)	57.7" x 29.5" x 80.5"
Item Weight	91 Pounds
Weight Stack	100 LBS
Material	Carbon Steel (Q235 steel, 2"x2" frame, 1.5mm thickness)
Pulley System	PU cables (7x19 steel wire), PU pulleys with rolling bearings
Color	BLACK pro
UPC	199641915320

# **PREMIUM QUALITY CONSTRUCTION**



**Heavy Duty Steel**



**Stainless Steel Rope**



Image: Detailed view of the home gym's construction, highlighting the 2"x2" heavy-duty steel frame and stainless steel rope for durability.

# UPGRADED PULLEY SYSTEM



Image: Detailed view of the upgraded pulley system, showing 7x19 steel wire, rolling bearings for smooth and silent operation, PU reinforced pulleys, and commercial-grade PU cables for wear resistance.

## 8. WARRANTY AND SUPPORT

GarveeLife provides a 1-year after-sales service for the Home Gym Machine System Pro D7.

- **Warranty Coverage:** The warranty covers manufacturing defects and issues arising from normal use for one year from the date of purchase.
- **Contact Support:** For any questions, assistance with assembly, missing parts, or warranty claims, please refer to the phone and email contact information included in your product package.