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Fitvids Home Gym

Fitvids 160 lbs Multifunctional Home Gym Equipment User Manual

Model: Home Gym

Important Safety Information

Before operating the Fitvids Multifunctional Home Gym Equipment, please read and understand all instructions and warnings. Keep this manual for future reference.

- Ensure all bolts and nuts are securely tightened before each use.
- Maximum user weight capacity: 375 lbs. Maximum total weight capacity: 1000 lbs.
- Inspect cables, pulleys, and all moving parts for wear or damage before each workout. Do not use if any components are compromised.
- Keep children and pets away from the equipment during operation.
- Consult a physician before starting any exercise program.
- Use the equipment on a flat, stable surface.

Product Overview

The Fitvids Multifunctional Home Gym Equipment is designed for full-body workouts, featuring a 160 lbs vinyl weight stack and a versatile pulley system. It supports various strength training exercises including lat pulldowns, leg presses, butterfly chest exercises, and more.



Figure 1: Overview of the Fitvids Home Gym Equipment.

Key Components:



Figure 2: Labeled diagram of the main components. Refer to the assembly guide for a complete parts list.

- **Long Bar:** Used for lat pulldowns and other upper body exercises.
- **Push & Clamp Arm:** For chest press and butterfly exercises.
- **160LB Weight Stack:** Adjustable resistance for various exercises.
- **Leg Exercise Pedal:** For leg press and leg extension workouts.
- **Backrest Cushion:** Provides support during exercises.
- **Kick Bar:** Used with the leg exercise pedal.
- **Seat Cushion:** Adjustable for user comfort and exercise positioning.
- **Ankle Strap:** Detachable accessory for leg exercises.
- **Elbow Cushion:** Provides support for bicep curls.
- **Short Bar:** Used for low pulley exercises.

Setup and Assembly

The Fitvids Home Gym Equipment is delivered in 5 protective boxes. Please ensure all packages have been received before beginning assembly. Tools and a video guide are included to assist with the process.
It is recommended to lay out all parts and organize them according to the provided parts list in the physical manual. The assembly instructions categorize parts into 'Packing details A' and 'Packing details B' for easier identification.

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Video 1: Assembly overview of the Home Gym Equipment. This video demonstrates the assembly process and highlights the organization of parts and tools.

Space Requirements:

The assembled dimensions of the equipment are approximately 43" (width) x 79" (length) x 80" (height). Ensure you have adequate space for both the equipment and safe operation.



Figure 3: Equipment dimensions for planning installation space.

Construction Details:

The frame is constructed from industrial-grade 1.5" thick steel tubing, complemented by nylon-coated aircraft cables and steel pivot pulleys for smooth and durable operation.



Figure 4: Illustration of the heavy-duty steel construction, high-strength steel rope, and steel pivot pulleys.

Operating Instructions

The Fitvids Home Gym offers a variety of exercises targeting different muscle groups. Always ensure proper form and adjust the weight stack to a suitable resistance level.

Adjustments:

Customize your workout experience by adjusting the seat cushion (3 levels), arm pad (6 levels), back pad (5 levels), and leg pedal (5 levels) to your optimal position for comfort and exercise effectiveness.



Figure 5: Diagram illustrating the adjustable seat cushion, arm pad, back pad, and leg pedal.

Weight Selection:

The equipment features a 160 lbs vinyl weight stack. To adjust the resistance, insert the selector pin into the desired weight plate. Ensure the pin is fully engaged before starting your exercise.



Figure 6: Close-up of the 160 lbs weight stack with selector pin.

Exercise Zones:

The Fitvids Home Gym is designed to target major muscle groups through dedicated training zones:

- **Leg Training Zone:** Perform leg extensions and leg presses using the ergonomic leg developer.
- **Chest Training Zone:** Engage your chest muscles with butterfly exercises and chest presses.
- **Arm Training Zone:** Utilize the preacher curl pad for effective bicep curls.
- **Back Training Zone:** Execute lat pulldowns and rowing simulations for comprehensive back development.



Figure 7: Demonstrations of leg extension and leg press exercises.



Figure 8: Demonstrations of chest press and butterfly exercises.

Figure 9: Demonstration of bicep curls using the preacher curl bench.



Figure 10: Demonstrations of rowing and lat pulldown exercises.

Maintenance

Regular maintenance ensures the longevity and safe operation of your Fitvids Home Gym Equipment.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and connections for tightness. Tighten as necessary.
- **Cables and Pulleys:** Inspect the nylon-coated aircraft cables and steel pivot pulleys for any signs of wear, fraying, or damage. Ensure smooth movement. Lubricate pulleys if needed.
- **Upholstery:** Check seat and backrest cushions for tears or excessive wear.
- **Weight Stack:** Ensure the weight stack moves freely and the selector pin engages properly.

Troubleshooting

If you encounter any issues with your Fitvids Home Gym, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Cables appear too short or are not functioning correctly.	Incorrect cable routing during assembly or manufacturing variance.	Review the assembly instructions carefully for correct cable routing. If the issue persists, contact customer support.
Weight stack pin is loose or falls out.	Pin not fully engaged, or a manufacturing defect in the pin/weight plate holes.	Ensure the selector pin is fully inserted into the desired weight plate. If it remains loose, contact customer support for a replacement pin.
Unstable seat or leg press.	Loose bolts or incorrect assembly of the seat/leg press components.	Check and tighten all bolts securing the seat and leg press. Ensure all components are installed according to the manual.
Pulley cable fraying.	Wear and tear, improper cable routing, or sharp edges on pulleys/frame.	Immediately cease use. Inspect the cable path for obstructions or sharp edges. Contact customer support for a replacement cable.
Missing parts during assembly.	Packaging error.	Verify all boxes have been received. Refer to the parts list in the manual and contact customer support with details of the missing components.

Specifications

Feature	Detail
Brand	Fitvids
Model Name	Home Gym Equipment
Item Weight	77.16 Pounds
Package Weight	152.86 Kilograms
Item Package Dimensions (L x W x H)	76 x 38 x 9 inches
Color	Black
Material	Metal

Feature	Detail
Handle Type	Sponge
Tension Level	160 lbs (Weight Stack)
Suggested Users	Unisex-adult

Warranty and Support

The Fitvids Home Gym Equipment comes with a **2-Year Warranty** as described in the product specifications.
For warranty claims, technical assistance, or to order replacement parts, please refer to the contact information provided with your product packaging or visit the official Fitvids website. Ensure you have your purchase details and model number readily available.

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