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Fitvids 122LBS

Fitvids 122LBS Home Gym Equipment Instruction Manual

Model: 122LBS

1. Important Safety Information

Read all instructions carefully before assembling and using the Fitvids Home Gym Equipment. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure all parts are securely tightened before each use.
- Keep children and pets away from the equipment during use.
- Place the equipment on a flat, stable surface.
- Inspect cables, pulleys, and moving parts regularly for wear or damage. Replace worn components immediately.
- Do not exceed the maximum weight capacity of the equipment.

2. Product Overview

The Fitvids 122LBS Home Gym Equipment is a multifunctional station designed for full-body strength training. It features a robust steel frame, a 122.5 LBS weight stack, and a versatile pulley system to target various muscle groups.

Key Components



Figure 2.1: Overview of the Fitvids Home Gym with labeled components.

- **Long Bar:** For lat pulldowns and other upper body exercises.
- **Push & Clamp Arm:** Used for chest press and butterfly exercises.
- **122.5 LBS Weight Stack:** Adjustable resistance for various exercises.
- **Elbow Cushion:** Provides support during bicep curls.
- **Backrest Cushion:** Ergonomic support for seated exercises.
- **Kick Bar:** For leg extension and curl exercises.
- **Seat Cushion:** Adjustable for user comfort and proper form.
- **Short Bar:** For various cable exercises.



Figure 2.2: The Fitvids Home Gym Equipment, showcasing its compact design.

3. Setup and Assembly

The Fitvids Home Gym Equipment is packaged in 5 protective boxes. Please ensure all packages are received before beginning assembly. Tools for assembly are included.

Assembly Steps

1. Unpack all components and verify against the parts list in the included manual.
2. Assemble the base frame, ensuring all bolts are finger-tight initially.
3. Attach the main vertical support and weight stack guide rods.
4. Install the weight stack plates, ensuring correct orientation.

5. Mount the seat and backrest cushions.
6. Install the pulley system cables, following the detailed threading diagrams provided in the manual.
7. Attach all accessory bars and handles.
8. Once all components are in place, tighten all bolts securely.

Assembly Video Guide

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Video 3.1: Detailed installation video for the Fitvids Home Gym Equipment. This video provides step-by-step visual guidance for assembling the machine, including connecting parts, installing the weight stack, and threading the cables. It is recommended to watch this video carefully during assembly.



Figure 3.2: Dimensions of the assembled Fitvids Home Gym Equipment: 42"D x 76"W x 80"H.

4. 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 comfortable resistance level.

Adjusting the Weight Stack

To adjust the resistance, insert the selector pin into the desired weight plate. The weight stack ranges up to 122.5 LBS.



Figure 4.1: The 122.5 LBS weight stack with selector pin for resistance adjustment.

Exercise Stations

- **Lat Pulldown:** Use the long bar attached to the upper pulley. Sit with knees secured under the pads and pull the bar down to your chest.
- **Chest Press/Butterfly:** Utilize the push & clamp arms. Adjust the seat for proper alignment with your chest.
- **Bicep Curls:** Use the elbow cushion and a suitable handle attached to the lower pulley.

- **Seated Rowing:** Attach the short bar or a V-bar to the lower pulley. Sit on the floor or bench with feet on the footplate and pull towards your torso.
- **Leg Extension/Curl:** Use the kick bar. For extensions, sit on the seat and extend your legs. For curls, lie face down on the bench (if applicable) or use the attachment in a standing position.



Figure 4.2: Quick adjust label and training action diagram for exercise guidance.



Figure 4.3: Demonstrations of chest press and bicep curl exercises.



Figure 4.4: Demonstration of seated rowing exercise.



Figure 4.5: Leg training zone, illustrating leg extension and leg press exercises.



Figure 4.6: Chest training zone, highlighting adjustable seats and breathable leather foam for comfort.



Figure 4.7: Arm training zone, featuring the preacher curl pad for efficient bicep training.



Figure 4.8: Back training zone, showing the stable foot plate and top hook design for various back exercises.

5. Maintenance

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

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically apply a silicone-based lubricant to the guide rods of the weight stack for smooth operation.
- **Inspection:** Regularly check all nuts, bolts, and connections for tightness. Ensure cables and pulleys are free from fraying or damage.
- **Storage:** Store the equipment in a dry, temperate environment away from direct sunlight or extreme temperatures.



Figure 5.1: Details of the home gym construction, including heavy-duty steel, weight plates, shock-absorbing foot pads, and reversible rowing pedals.



Figure 5.2: Close-up details of critical components: steel pivot pulleys, high-strength steel rope, breathable thick cushion, and anti-slip handle.

6. Troubleshooting

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

Problem	Possible Cause	Solution
Rough movement of weight stack	Lack of lubrication on guide rods; debris.	Clean guide rods and apply silicone lubricant.
Loose components	Nuts or bolts have loosened over time.	Inspect and tighten all nuts and bolts.
Cable fraying or damage	Normal wear and tear; improper routing.	Discontinue use immediately. Replace damaged cables. Ensure cables are correctly routed through pulleys.

7. Specifications

- **Brand:** Fitvids
- **Model:** 122LBS Home Gym
- **Product Dimensions:** 42"D x 76"W x 80"H
- **Weight Stack:** 122.5 LBS
- **Material:** Industrial-grade 1.5" thick steel tubing
- **Cables:** Nylon-coated aircraft cables (1000lb test)
- **Handle Type:** Sponge handle
- **Strap Type:** Cable/Pulley straps

8. Warranty and Support

The Fitvids Home Gym Equipment comes with a**2-Year Warranty**. For warranty claims, technical support, or replacement parts, please contact Fitvids customer service through your original purchase platform or visit the official Fitvids website.

For additional information and products, visit the Fitvids Store.

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