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Fitvids Home Gym Equipment

Fitvids Multifunctional Home Gym Equipment Instruction Manual

Model: Home Gym Equipment | Brand: Fitvids

Product Overview

The Fitvids Multifunctional Home Gym Equipment with a 122.5 lbs weight stack is designed for comprehensive strength training in a home environment. It features heavy-duty steel construction, a versatile pulley system, and various exercise stations to target multiple muscle groups.

Setup and Assembly

This section provides detailed instructions for assembling your Fitvids Home Gym Equipment. It is recommended to have two people for assembly to ensure safety and ease of installation. Please ensure all parts are accounted for before beginning.

Unboxing and Part Identification

Your home gym equipment is packaged in 5 protective boxes. Please ensure you have received all packages before proceeding. Refer to the included parts list to identify each component.



Image Description: An exploded view diagram of the Fitvids Home Gym Equipment, showing all individual components laid out with corresponding numbers for identification. Key parts include the long bar, push & clamp arm, weight stack, leg exercise pedal, backrest cushion, kick bar, seat cushion, ankle strap, elbow cushion, and short bar.



Image Description: The Fitvids Home Gym Equipment shown with its overall dimensions (80"H x 79"W x 42"D) and an illustration of the five separate boxes it is shipped in.

Installation Video Guide

For a detailed step-by-step visual guide, please refer to the official installation video provided by the seller:

Video Description: A comprehensive 22-minute installation video demonstrating the assembly process for the Fitvids 122.5LBS Home Gym Equipment. The video guides users through each step of putting together the various components.

Key Assembly Steps (Refer to video for full details):

1. **Base Assembly:** Connect the main base frame components using the provided hardware. Ensure all connections are secure but do not fully tighten until instructed.
2. **Weight Stack Installation:** Carefully slide the 122.5 lbs vinyl weight plates onto the guide rods. Ensure correct orientation and placement of the selector rod.
3. **Upper Frame Attachment:** Secure the upper frame to the main vertical support.
4. **Seat and Backrest:** Attach the seat and backrest cushions to their respective supports.
5. **Leg Developer Assembly:** Assemble the leg exercise pedal and attach it to the main frame.

6. **Cable Routing:** Follow the detailed diagram for routing all cables through the pulleys. Correct cable routing is crucial for proper function.
7. **Final Tightening:** Once all components are in place and cables are routed, systematically tighten all bolts and nuts.

Operating Instructions

The Fitvids Home Gym offers a variety of exercises. Always ensure proper form and adjust settings to your fitness level. Consult a fitness professional for guidance on exercise techniques.

Adjusting Weight

The 122.5 lbs vinyl weight stack allows for easy adjustment of resistance. Simply insert the selector pin into the desired weight plate. Ensure the pin is fully engaged before starting your exercise.



Image Description: A close-up view of the 122.5 lbs weight stack, highlighting the numbered weight plates and the selector pin mechanism for adjusting resistance.

Exercise Versatility

This equipment supports a wide range of exercises targeting different muscle groups:

- **Chest Training:** Perform exercises like chest press and butterfly chest using the push & clamp arm.
- **Back Training:** Utilize the lat pulldown bar for lat pulldowns and the lower pulley for rowing simulations.
- **Arm Training:** Engage in bicep curls using the preacher curl pad and tricep extensions with the high pulley.
- **Leg Training:** The leg exercise pedal allows for leg presses and leg extensions.



Image Description: A split image showing a user demonstrating both leg press and leg extension exercises on the Fitvids Home Gym Equipment, highlighting the versatility of the leg station.



Image Description: A collage of images showing a user performing various exercises including preacher pad bicep curls, lat pulldowns/pull-overs, chest press, and chest exercises on the Fitvids Home Gym.

Maintenance

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

- **Inspect Cables:** Periodically check all aircraft cables for fraying, wear, or damage. Replace immediately if any damage is found.
- **Lubricate Pulleys:** Apply a silicone-based lubricant to all pulleys and guide rods to ensure smooth operation and prevent squeaking.
- **Check Fasteners:** Regularly inspect all bolts, nuts, and other fasteners to ensure they are tight. Tighten as necessary.
- **Clean Surfaces:** Wipe down all surfaces with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Cushion Care:** Inspect seat and backrest cushions for tears or excessive wear. Clean with a mild soap solution if needed.

Troubleshooting

If you encounter any issues with your home gym, refer to the following common troubleshooting tips:

- **Squeaking Noises:** Check all pulley wheels and guide rods. Lubricate with silicone spray. Ensure all bolts are tightened.
- **Rough Cable Movement:** Inspect cable routing to ensure it follows the correct path through all pulleys. Check for any obstructions or kinks in the cable.
- **Weight Plates Sticking:** Ensure guide rods are clean and lubricated. Check for any debris between weight plates.
- **Unstable Frame:** Verify that the equipment is placed on a flat, stable surface. Re-tighten all frame bolts.

If problems persist, contact Fitvids customer support for further assistance.

Specifications

Feature	Detail
Item Weight	87.54 Kilograms
Brand	Fitvids
Color	Black
Material	Metal
Product Dimensions	80"D x 79"W x 80"H
Tension Supported	122.5 lbs
Handle Type	Sponge
Strap Type	Cable/Pulley straps
Model Number	Home Gym Equipment
Included Components	Home Gym

Warranty and Support

The Fitvids Multifunctional Home Gym Equipment comes with a**2-Year Warranty**. For any warranty claims, technical support, or inquiries, please contact Fitvids customer support through your purchase platform or the official Fitvids website.

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