Fitvids Full Body Workout Machine

Fitvids Home Gym Equipment User Manual

Model: Full Body Workout Machine

1. Introduction

Thank you for choosing the Fitvids Home Gym Equipment. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read all instructions carefully before use to ensure proper function and to prevent injury.

1.1 Safety Warnings

- Always consult with 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.
- Place the equipment on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity for this equipment is 500 lbs.
- The weight stack has a maximum tension level of 1000 lbs.

2. Product Overview

The Fitvids Home Gym Equipment is a multifunctional full-body workout station designed for strength training. It features a robust alloy steel frame, a 160 lb weight stack, and a 15-pulley system for smooth operation across various exercises.

2.1 Dimensions

The assembled dimensions of the equipment are approximately 79 inches (Depth) x 43 inches (Width) x 80 inches (Height).



Figure 2.1: Product dimensions (79"D x 43"W x 80"H) and indication of 5 package boxes.

2.2 Key Components

The gym system includes a 160 lb vinyl weight stack, a detachable rod, sponge handles, calf blocks, and ankle straps. The construction features industrial-grade 1.5-inch thick steel tubing and nylon-coated aircraft cables (1000 lb test) for durability.



Figure 2.2: Labeled diagram of the home gym components, including long bar, push & clamp arm, weight stack, leg exercise pedal, backrest cushion, kick bar, seat cushion, ankle strap, elbow cushion, and short bar.



Figure 2.3: Details of the solid construction, highlighting 1.5mm thickened steel, high-strength steel rope, and steel pivot pulleys.

3. Assembly Instructions

The Fitvids Home Gym Equipment is packaged in 5 protective boxes. Please ensure you have received all packages before beginning assembly. Tools and detailed installation instructions are included. It is recommended to lay out all parts before starting. Assembly may take several hours.

3.1 Unboxing and Preparation

- Open all 5 boxes and carefully remove all components.
- Verify that all parts listed in the included parts diagram are present and undamaged.
- Organize parts by their labels to simplify the assembly process.
- Ensure you have adequate space for assembly, approximately 80"H x 43"W x 79"D.

3.2 Step-by-Step Assembly

Follow the detailed instructions provided in the included installation manual. The process involves connecting

various frame components, installing the pulley system, attaching the weight stack, and securing all cushions and accessories.

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Video 3.1: An instructional video demonstrating the assembly process for the home gym equipment. This video provides visual guidance to help with installation.

4. Operation Guide

The Fitvids Home Gym Equipment allows for a wide range of exercises targeting various muscle groups. The 15-pulley system ensures smooth transitions between exercises.

4.1 Weight Stack Adjustment

To adjust the resistance, insert the selector pin into the desired weight plate on the 160 lb weight stack. Ensure the pin is fully inserted before beginning your exercise.



Figure 4.1: The 160 lb weight stack, showing the numbered plates and the selector pin for adjusting resistance.

4.2 Seat Adjustment

The seat cushion is adjustable to accommodate different user heights and exercise requirements. Refer to your assembly manual for specific instructions on how to adjust the seat height.



Figure 4.2: The adjustable seat cushion, demonstrating its vertical adjustment capability for ergonomic support.

4.3 Exercise Examples

This machine supports exercises for approximately 80% of muscle groups, including back, arms, chest, and legs. Below are examples of common exercises:

- **Lat Pulldowns/Pull-overs:** Use the long bar attachment with the upper pulley system.
- **Chest Press/Butterfly Chest:** Utilize the push & clamp arm for chest exercises.
- **Leg Press/Leg Extension:** Attach the calf blocks and ankle straps to the lower pulley system.
- **Bicep Curls:** Use the detachable rod or sponge handles with the preacher curl pad.
- **Seated Rowing:** Use the lower pulley system with the appropriate handle attachment and foot plate.



Figure 4.3: Demonstrations of Leg Press and Leg Extension exercises using the lower body attachments.



Figure 4.4: Demonstrations of various upper body exercises including Preacher Pad Bicep Curls, Lat Pulldown/Pull-over, Chest Press, and Chest Exercise.

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Video 4.1: A video showcasing the multifunctional capabilities of the home gym equipment, demonstrating various exercises for different muscle groups.

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Video 4.2: A video demonstrating various exercises that can be performed on the home gym, including lat pulldowns and chest presses.

5. Maintenance

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

5.1 Cleaning

- Wipe down the equipment with a damp cloth after each use to remove sweat and dust.

- Avoid using abrasive cleaners or solvents that could damage the finish or upholstery.

5.2 Inspection

- Periodically check all bolts, nuts, and connections to ensure they are tight. Tighten as necessary.
- Inspect cables and pulleys for any signs of wear, fraying, or damage. Replace worn parts immediately.
- Ensure the weight stack pin engages properly and securely.
- Lubricate moving parts as recommended in the detailed assembly manual, if applicable.

6. Troubleshooting

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

Problem	Possible Cause	Solution
Equipment feels unstable or wobbly	Loose bolts or uneven surface	Check and tighten all bolts and nuts. Ensure the equipment is on a flat, level surface.
Rough or noisy pulley operation	Worn cables, dry pulleys, or debris	Inspect cables for wear; replace if necessary. Clean pulleys and apply lubricant if recommended.
Weight stack pin does not engage	Misalignment or obstruction	Ensure the weight plates are properly aligned. Check for any debris obstructing the pinhole.

7. Specifications

Feature	Detail
Brand	Fitvids
Model Number	Full Body Workout Machine
Color	Black
Material	Alloy Steel
Product Dimensions (D x W x H)	79" x 43" x 80"
Weight Stack	160 lbs (Vinyl)
Maximum User Weight	500 lbs
Tension Supported	1000 lbs (Cable/Pulley system)
Included Components	Full body workout machine, installation instructions, tools
UPC	840517409282

8. Warranty and Support

8.1 Warranty Information

The Fitvids Home Gym Equipment comes with a 2-Year Warranty. Please retain your proof of purchase for warranty claims.

8.2 Customer Support

For any questions, assistance with assembly, or to report missing/damaged parts, please contact Fitvids customer support. Refer to the contact information provided with your product packaging or visit the official Fitvids website.

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