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SPORTNOW A91-290V00BK

SPORTNOW Multi-Station Home Gym

Instruction Manual - Model A91-290V00BK

1. INTRODUCTION AND SAFETY INFORMATION

Thank you for choosing the SPORTNOW Multi-Station Home Gym. This manual provides essential information for the safe assembly, operation, and maintenance of your fitness equipment. Please read this manual thoroughly before assembly or use to ensure proper function and to prevent injury.

Important Safety Precautions:

- Always consult with 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.
- Place the equipment on a flat, stable surface. Use a protective mat if necessary.
- Wear appropriate exercise clothing and footwear.
- Do not use the equipment if any parts are damaged or worn. Contact customer support for replacement parts.
- Do not exceed the maximum user weight capacity of 110 kg (242 lbs).
- Perform warm-up exercises before your workout and cool-down exercises afterward.

2. PRODUCT COMPONENTS

The SPORTNOW Multi-Station Home Gym (Model A91-290V00BK) includes the following main components. Please verify all parts are present before beginning assembly.

- Main Frame Structure (various steel sections)
- Weight Stack (45 kg total, individual plates)
- Pulleys and High-Resistance Steel Cables
- Adjustable Seat and Backrest Pads
- Arm Flexion Pad (Preacher Curl Pad)
- Leg Extension/Curl Attachment
- Chest Press/Fly Arms

- High Pulley Bar
- Pull-up Bar
- Dip Station Handles
- Push-up Stands
- Decline Abdominal Bench (4-position adjustable)
- Assembly Hardware (bolts, nuts, washers, pins)
- Instruction Manual



Image 2.1: Overview of the SPORTNOW Multi-Station Home Gym.

Empacado en 5 paquetes separados

Cada uno con su número de seguimiento,
puede llegar en un momento diferente

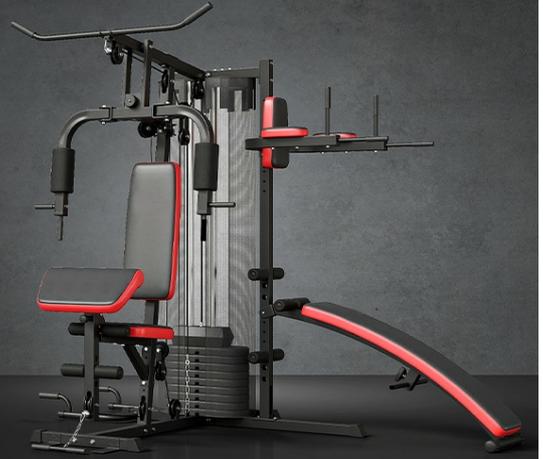


Image 2.2: The product is shipped in 5 separate packages. These may arrive at different times.

3. SETUP AND ASSEMBLY

Assembly of the SPORTNOW Multi-Station Home Gym requires careful attention to detail. It is recommended that two adults assemble the equipment. Ensure you have sufficient space and all tools required (not included, typically wrenches and screwdrivers).

General Assembly Steps:

1. **Unpack and Identify Parts:** Carefully remove all components from the packaging. Lay them out and compare them against the parts list provided in the separate assembly guide (included in the box).
2. **Assemble the Main Frame:** Begin by connecting the base frames and upright supports. Do not fully tighten bolts until instructed, as some flexibility may be needed for subsequent steps.
3. **Install Pulleys and Cables:** Follow the cable routing diagram precisely. Incorrect cable routing can lead to equipment malfunction and injury. Ensure all pulleys move freely.
4. **Attach Weight Stack:** Carefully install the weight plates onto the guide rods. Ensure the selector pin mechanism functions correctly.
5. **Mount Attachments:** Secure the seat, backrest, arm flexion pad, leg extension, chest press/fly arms, pull-up bar, dip station, and push-up stands according to the diagrams.
6. **Final Tightening:** Once all components are in place, systematically tighten all bolts and nuts. Double-check every connection for security.
7. **Functionality Check:** Before first use, perform a full range of motion check on all stations without weight. Ensure smooth operation and no obstructions.

Note: Detailed, step-by-step assembly instructions with diagrams are provided in a separate manual included with your product. Refer to that document for specific part numbers and assembly sequences.

4. OPERATING INSTRUCTIONS AND EXERCISES

The SPORTNOW Multi-Station Home Gym offers a versatile range of exercises for a full-body workout. Adjust the weight stack using the selector pin to your desired resistance level. Always start with a lighter weight to familiarize yourself with the movement.

Key Exercise Stations:

- **High Pulley (Lat Pulldown):** Targets back muscles. Sit facing the machine, grasp the bar, and pull down towards your chest.
- **Leg Extension:** Works quadriceps. Sit on the seat, place shins under the pad, and extend legs forward.
- **Chest Press:** Engages chest, shoulders, and triceps. Sit with back against the pad, grasp handles, and push forward.
- **Chest Fly:** Isolates chest muscles. Sit with back against the pad, place forearms against the pads, and bring them together in front of you.
- **Arm Flexion Pad (Preacher Curl):** For biceps. Rest arms on the pad, grasp the curl bar (not included, typically), and curl upwards. The pad is height-adjustable.
- **Decline Abdominal Bench:** For core exercises. Adjust the bench to one of 4 positions for varied intensity.
- **Pull-up Bar:** For upper body and back strength. Grasp the bar with an overhand or underhand grip and pull your body up.
- **Dip Station:** For triceps and chest. Use the parallel handles to perform dips.
- **Push-up Stands:** For deeper push-ups, engaging chest, shoulders, and triceps.

MULTIESTACIÓN - PARTE FRONTAL



Polea



Elevación de piernas



Press de banca o vuelo



Soporte de 4 niveles para Curl

Image 4.1: Demonstrations of exercises performed from the front of the multi-station gym.



Image 4.2: Demonstrations of exercises performed from the right side of the multi-station gym.

MULTIESTACIÓN - LADO IZQUIERDO



Image 4.3: Demonstration of push-ups using the integrated stands on the left side.



Image 4.4: The adjustable weight stack provides up to 45 kg of resistance.



Image 4.5: The system features smooth pulleys and high-resistance steel cables for durable and fluid operation.

5. MAINTENANCE AND CARE

Regular maintenance ensures the longevity and safe operation of your SPORTNOW Multi-Station Home Gym.

Maintenance Schedule:

- **After Each Use:** Wipe down all padded surfaces and handles with a damp cloth to remove sweat and dirt. Use a mild, non-abrasive cleaner if necessary.
- **Weekly:** Inspect all cables for fraying or wear. Check all bolts, nuts, and pins for tightness. Tighten any loose fasteners.
- **Monthly:** Lubricate moving parts, such as pulley axles and guide rods, with a silicone-based lubricant. Avoid oil-based lubricants that can attract dust.
- **Annually:** Perform a thorough inspection of the entire frame for any signs of structural damage or corrosion. Replace any worn or damaged parts immediately.

Warning: Do not attempt to repair damaged cables or structural components yourself. Contact customer support for professional advice or replacement parts.

6. TROUBLESHOOTING

If you encounter any issues with your multi-station home gym, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Squeaking or grinding noise during operation	Lack of lubrication, loose fasteners, worn pulleys	Lubricate moving parts. Check and tighten all fasteners. Inspect pulleys for wear and replace if necessary.
Cable feels rough or sticky	Dirt accumulation, cable fraying, misaligned pulleys	Clean cables and pulleys. Inspect for fraying; replace cable if damaged. Ensure pulleys are correctly aligned.

Problem	Possible Cause	Solution
Weight stack not moving smoothly	Guide rods dirty or unlubricated, bent selector pin	Clean and lubricate guide rods. Ensure selector pin is straight and fully inserted.
Equipment feels unstable	Uneven floor, loose frame bolts	Ensure equipment is on a level surface. Check and tighten all frame bolts.

If the problem persists after attempting these solutions, please contact customer support.

7. PRODUCT SPECIFICATIONS

Detailed technical specifications for the SPORTNOW Multi-Station Home Gym (Model A91-290V00BK):

- **Model Number:** A91-290V00BK
- **Overall Dimensions (LxWxH):** 225 cm x 175 cm x 200 cm (88.6 in x 68.9 in x 78.7 in)
- **Product Weight:** 117.5 kg (259 lbs)
- **Maximum User Weight Capacity:** 110 kg (242 lbs)
- **Weight Stack:** 45 kg (99 lbs)
- **Material:** Alloy Steel
- **Color:** Black with Red accents
- **Origin:** China



Image 7.1: Dimensional overview of the multi-station home gym.



Image 7.2: The robust frame is constructed from 5x5 cm strong alloy steel.

8. WARRANTY INFORMATION

SPORTNOW products are manufactured to high-quality standards. This product comes with a standard manufacturer's warranty against defects in materials and workmanship under normal use. The warranty period typically covers 1 year from the date of purchase. Please retain your proof of purchase for warranty claims.

The warranty does not cover:

- Damage caused by improper assembly or installation.
- Damage resulting from misuse, abuse, neglect, or accidents.
- Normal wear and tear, including cosmetic damage.
- Unauthorized repairs or modifications.

For specific warranty terms and conditions, please refer to the warranty card included with your product or contact SPORTNOW customer support.

9. CUSTOMER SUPPORT

If you have any questions, require assistance with assembly, or need to report a missing or damaged part, please contact SPORTNOW customer support. Our team is available to help you.

Contact Information:

- **Website:** Visit the official SPORTNOW website for FAQs and support resources.
- **Email:** Refer to your product packaging or warranty card for customer service email.
- **Phone:** Refer to your product packaging or warranty card for customer service phone number.

When contacting support, please have your model number (A91-290V00BK) and proof of purchase readily available.