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Fitvids 122.5LBS Home Gym Weight

Fitvids Home Gym Equipment Instruction Manual

Model: 122.5LBS Home Gym Weight

Introduction

Thank you for choosing the Fitvids Home Gym Equipment. This multifunctional full-body workout station is designed to provide a comprehensive strength training experience in the comfort of your home. Featuring a robust steel frame, a versatile pulley system, and a 122.5-pound weight stack, this equipment supports a wide range of exercises targeting various muscle groups. Please read this manual thoroughly before assembly and use to ensure safe and optimal operation.



Image: Fitvids All-in-One Home Gym Equipment for Full Body Workout, highlighting its versatility for over 35 efficient workouts and full body muscle training.

Important Safety Information

- Consult a physician before starting any exercise program.
- Read all instructions before assembling and using the equipment.
- Keep children and pets away from the equipment during use.
- Place the equipment on a solid, level surface with adequate clearance around it.
- Inspect the equipment for worn or loose parts before each use. Do not use if damaged.

- Ensure all bolts and nuts are securely tightened before use.
- Do not exceed the maximum user weight of 375 lbs or maximum total weight of 1000 lbs.
- Use proper form and controlled movements during exercises.

Product Overview

The Fitvids Home Gym Equipment is engineered for durability and versatility, allowing for a wide range of exercises to target major muscle groups. Key components include:

- **Heavy-Duty Engineering:** Industrial-grade 1.5" thick steel tubing and aircraft cables for maximum durability.
- **Pulley System:** High and low pulley system with 15 pulleys for smooth, fluid motion and comprehensive muscle engagement.
- **Weight Stack:** 122.5-pound vinyl weight stack, adjustable for all fitness levels.
- **Exercise Versatility:** Supports lat pulldowns, butterfly chest exercises, seated rowing, bicep curls, leg extensions, and more.
- **Space-Saving Design:** Compact dimensions (42"x 76"x 80") suitable for apartments, garages, and basements.



Image: Overview of the Fitvids Home Gym Equipment with key components labeled, including the long bar, push & clamp arm, weight stack, elbow cushion, backrest cushion, kick bar, seat cushion, and short bar.



Image: Dimensions of the Fitvids Home Gym Equipment, showing a height of 80 inches, width of 76 inches, and depth of 42 inches. The image also indicates the product ships in 5 boxes.

Setup Instructions

Carefully unpack all components and verify against the parts list provided in your packaging. Assembly typically requires 2-3 hours. All necessary tools are included.

Assembly Video Guide

Video: Detailed installation guide for the ARMAC Home Gym System. This video demonstrates step-by-step assembly of the frame, weight stack, pulleys, and various attachments.

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

1. **Step 1: Base Frame Assembly**
   Attach the main horizontal support bars to the vertical frame using M10*65 bolts and D10 washers. Ensure all connections are secure.

2. **Step 2: Vertical Support Installation**
   Secure the main vertical support posts to the base frame using M10*90 bolts, D10 washers, and M10 nuts.
3. **Step 3: Weight Stack Base**
   Install the weight stack base, ensuring the counterweight holes are facing downwards. Carefully stack the weight plates.
4. **Step 4: Seat and Backrest Assembly**
   Attach the seat and backrest cushions to their respective frames using M6*15 bolts and D6 washers.
5. **Step 5: Upper Frame and Pulley Bar**
   Mount the upper frame and the lat pulldown bar. Secure with M10*20 bolts and D10 washers.
6. **Step 6: Pulley System - Upper Wire Rope**
   Install the upper wire rope (F5-2525mm) by threading it through the designated pulleys. Secure the pulleys with M10*85 bolts and M10 nuts.
7. **Step 7: Pulley System - Back Wire Rope**
   Install the back wire rope (F4-2710mm) through its respective pulleys, securing with M10*85 bolts and M10 nuts.
8. **Step 8: Pulley System - Push Arm Wire Rope**
   Install the push arm wire rope (F2-2800mm) through the pulleys on the push arm mechanism. Secure with M10*45 bolts and M10 nuts.
9. **Step 9: Pulley System - Leg Kicking Wire Rope**
   Install the leg kicking wire rope (F3-3600mm) through the lower pulleys for leg exercises. Secure with M10*45 bolts and M10 nuts.
10. **Step 10: Pulley System - Lower Wire Rope**
    Install the lower wire rope (F1-3000mm) for seated rowing and other low-pulley exercises. Secure with M10*20 bolts and M10 nuts.
11. **Step 11: Cable Routing and Tensioning**
    Ensure all cables are correctly routed through the pulleys as shown in the video. Tighten all screws and bolts during assembly to ensure stability.
12. **Step 12: Attachments**
    Attach the various handles, bars, and ankle straps as needed for your workout.

Operating Instructions

The Fitvids Home Gym offers a wide array of exercises. Always select an appropriate weight and maintain proper form to prevent injury. Adjust the seat and backrest for comfort and optimal exercise range.

Exercise Demonstrations

Video: Demonstration of various exercises possible with the ROBORE Home Gym System, including chest press, butterfly exercise, lat pulldown, bicep curl, leg extension, seated rowing, and core training.

Common Exercises:

- **Chest Press:** Sit on the seat, grasp the handles, and push forward to engage chest muscles.
- **Butterfly Exercise:** Adjust the push & clamp arms, sit facing the machine, and bring the arms together in a controlled motion.
- **Lat Pulldown:** Use the long bar attached to the upper pulley. Sit facing the machine and pull the bar down towards your chest.
- **Bicep Curl:** Attach the short bar to the lower pulley. Sit on the seat, rest your arms on the elbow cushion, and curl the bar upwards.
- **Standing Curl Pull:** Attach the short bar to the lower pulley. Stand on the foot plate and perform curls.
- **Leg Extension:** Sit on the seat, place your shins behind the leg pads, and extend your legs forward.
- **Seated Rowing:** Attach the short bar to the lower pulley. Sit on the floor or foot plate, brace your feet, and pull the bar

towards your torso.

- **Core Training:** Utilize the head harness attachment with the upper pulley for neck and core strengthening exercises.



Image: A user demonstrating chest press and butterfly exercises on the Fitvids Home Gym, showcasing the adjustable arms for varied chest workouts.



Image: A user performing seated rowing, demonstrating the use of the lower pulley system for back and arm engagement.

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 to ensure smooth movement.
- **Cable Inspection:** Regularly check all cables and pulleys for signs of wear, fraying, or damage. Replace any damaged components immediately.
- **Bolt Tightness:** Periodically check and tighten all bolts and nuts to ensure the stability and safety of the frame.
- **Pad Condition:** Inspect seat and backrest pads for tears or excessive wear.

Troubleshooting

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

- **Rough Pulley Movement:** Check if cables are properly routed through all pulleys. Ensure pulleys are clean and free of debris. Lubricate guide rods if necessary.
- **Unstable Frame:** Verify that all assembly bolts and nuts are securely tightened. Ensure the equipment is on a level surface.
- **Weight Stack Sticking:** Ensure guide rods are clean and lubricated. Check for any obstructions between weight plates.
- **Excessive Noise:** Inspect all moving parts for proper alignment and lubrication. Tighten any loose connections.

If problems persist, please contact customer support for assistance.

Specifications

Feature	Detail
Brand	Fitvids
Model Name	122.5LBS Home Gym Weight, Regular
Item Weight	77.2 Pounds
Material	Metal
Color	Black
Tension Level	122.5 lbs
Item Package Dimensions (L x W x H)	74 x 20 x 17 inches
Handle Type	Sponge handle
Included Components	Home Gym
UPC	840517405956

Warranty & Support

This Fitvids Home Gym Equipment comes with a **2-Year Warranty**. For any questions, technical support, or warranty claims, please refer to the customer support information provided at the point of purchase or visit the official Fitvids website.

Customer Support is available to assist with any product-related inquiries.

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