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› SPORTNOW Multi-Station Home Gym Machine A91-482V00RD User Manual

SPORTNOW A91-482V00RD

SPORTNOW Multi-Station Home Gym Machine A91-482V00RD User Manual

Model: A91-482V00RD | Brand: SPORTNOW

1. INTRODUCTION

Thank you for choosing the SPORTNOW Multi-Station Home Gym Machine. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read it thoroughly before use and keep it for future reference.

This versatile machine is designed to provide a complete body workout, targeting chest, back, arms, and legs, making it ideal for home use.



Image: The SPORTNOW Multi-Station Home Gym Machine, showcasing its compact design and a user engaging in a chest press exercise.

2. SAFETY INFORMATION

WARNING: Before starting any exercise program, consult your physician. This is especially important for individuals over the age of 35 or those with pre-existing health problems. Read all instructions before using this equipment.

- Ensure all bolts and nuts are securely tightened before each use.
- Place the machine on a flat, stable surface. Use a protective mat if necessary.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum user weight capacity of 120 kg (264 lbs).
- Do not exceed the maximum weight plate load of 60 kg (132 lbs) per side.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.

- Perform a warm-up before and a cool-down after each workout session.

3. PACKAGE CONTENTS

Verify that all components are present before assembly. If any parts are missing or damaged, contact customer support.

- Main Frame Components
- Padded Seat and Backrest
- Removable Preacher Curl Pad
- High Pulley System
- Low Pulley System
- Chest Press / Butterfly Arms
- Leg Extension / Curl Attachment
- Pull-down Bar
- Low Row Bar
- Assembly Hardware (bolts, nuts, washers, pins)
- User Manual

Note: Weight plates (25mm and 50mm compatible) are not included.

4. SETUP AND ASSEMBLY

Assembly requires two people. Clear a spacious area and lay out all components. Refer to the included assembly diagram for detailed steps.

1. **Unpack Components:** Carefully remove all parts from the packaging and check against the parts list.
2. **Assemble Base Frame:** Connect the main base frame components using the provided bolts and nuts. Do not fully tighten until all major components are in place.
3. **Install Uprights:** Attach the vertical uprights to the base frame.
4. **Mount Pulleys and Cables:** Follow the cable routing diagram carefully to install the high and low pulley systems. Ensure cables are properly seated in all pulleys and secured with retaining clips.
5. **Attach Seat and Backrest:** Secure the padded seat and backrest to the frame.
6. **Install Exercise Stations:** Attach the chest press/butterfly arms, leg extension/curl attachment, and preacher curl pad.
7. **Final Tightening:** Once all components are assembled, go back and securely tighten all bolts and nuts.
8. **Stability Check:** Ensure the machine is stable and does not wobble. Adjust non-slip feet if necessary.

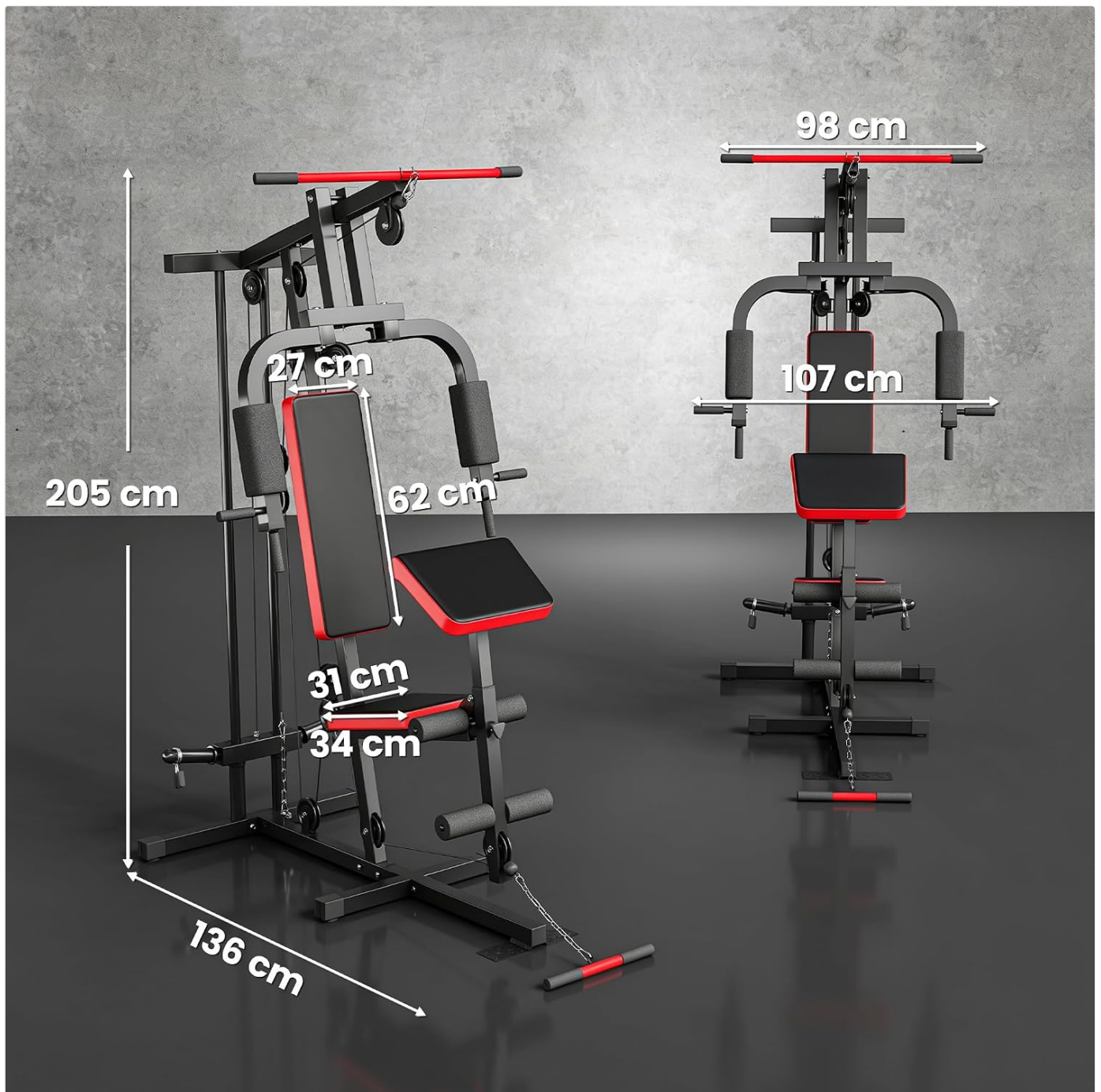


Image: Detailed dimensions of the multi-station gym, including height, width, and depth measurements for planning your space.

CONSTRUCCIÓN SÓLIDA



Image: Illustration of the robust construction, featuring high-load cables and a 5x5 cm steel frame, ensuring durability and safety.

5. OPERATING INSTRUCTIONS (EXERCISES)

This multi-station gym offers a variety of exercises. Always start with light weights to familiarize yourself with the movements. Adjust the preacher curl pad height (62.5-75 cm) for optimal arm alignment.



6 Alturas Ajustables

62,5-75 cm

Pies Antideslizantes

DISEÑADO PARA EL MÁXIMO CONFORT
Ajustable para diferentes longitudes de brazos y ejercicios

Image: The adjustable preacher curl pad, showing 6 height settings from 62.5 to 75 cm, and the non-slip feet for stability.

5.1. Weight Plate Loading

The machine is compatible with both 25 mm and 50 mm diameter weight plates (not included). Load plates onto the designated weight horns. The maximum load capacity is 60 kg per side.

INTENSIDAD DE ENTRENAMIENTO PERSONALIZABLE



Image: Detail of the weight plate loading system, indicating compatibility with 2.5 cm and 5 cm diameter plates and a maximum load of 30 kg per side.

5.2. Available Exercises

The SPORTNOW Multi-Station Home Gym allows for a comprehensive range of exercises:

- **Chest Press:** Targets chest muscles. Sit with your back against the pad, grasp the handles, and push forward.
- **Butterfly Flies:** Isolates chest muscles. Sit with your back against the pad, place forearms against the pads, and bring them together in front of you.
- **High Pull-down (Lat Pulldown):** Works back muscles. Sit facing the machine, grasp the pull-down bar, and pull it down to your upper chest.
- **Low Row:** Targets middle back muscles. Sit on the floor or bench, place feet on footrests, grasp the low row bar, and pull towards your abdomen.
- **Bicep Curl:** Focuses on biceps. Use the preacher curl pad and a suitable attachment (e.g., low row bar) to perform curls.

- **Leg Extension:** Strengthens quadriceps. Sit on the seat, place shins behind the leg pads, and extend your legs forward.
- **Leg Curl:** Works hamstrings. Lie face down (or sit reversed), place ankles under the leg pads, and curl your legs backward.

ESTACIÓN DE ENTRENAMIENTO COMPLETO



Prensa de Pecho



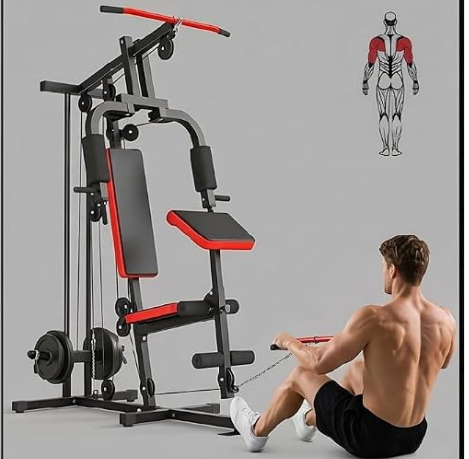
Jalón al Pecho



Extensión de Piernas



Curl Predicador



Remo Bajo

Image: Visual guide demonstrating key exercises: Chest Press, Lat Pulldown, Leg Extension, Preacher Curl, and Low Row, with muscle group highlights.



Image: A user performing an exercise, with labels pointing to the pull-down bar and double-action arms, emphasizing efficient muscle engagement.



Image: A user demonstrating the leg extension exercise, targeting the quadriceps muscles.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your multi-station gym.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically apply a silicone-based lubricant to moving parts, such as pulley axles and guide rods, to ensure smooth operation.
- **Cable Inspection:** Regularly inspect all cables for fraying, kinks, or wear. Replace damaged cables immediately.
- **Hardware Check:** Every few weeks, check all bolts, nuts, and pins to ensure they are tight. Retighten as needed.
- **Pad Condition:** Inspect the seat, backrest, and preacher curl pads for tears or excessive wear.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Squeaking or grinding noise during use.	Lack of lubrication on moving parts or loose hardware.	Lubricate pulley axles and guide rods. Check and tighten all bolts and nuts.
Cables feel rough or sticky.	Cables are dry or dirty, or misaligned in pulleys.	Clean cables and pulleys. Apply silicone lubricant to cables. Ensure cables are correctly routed.
Machine wobbles during exercise.	Uneven floor surface or loose frame bolts.	Adjust non-slip feet to level the machine. Tighten all frame bolts.
Difficulty adjusting preacher curl pad.	Adjustment pin is stuck or mechanism is dirty.	Clean the adjustment mechanism. Apply a small amount of lubricant if needed. Ensure the pin is fully disengaged before attempting to adjust.

8. SPECIFICATIONS

Feature	Detail
Model Number	A91-482V00RD
Brand	SPORTNOW
Product Dimensions (L x W x H)	107 cm x 136 cm x 205 cm
Product Weight	46.5 kg
Max User Weight Capacity	120 kg
Max Weight Plate Load (per side)	60 kg
Compatible Weight Plate Diameters	25 mm and 50 mm
Material	Alloy Steel, PU
Color	Black and Red
Preacher Curl Pad Adjustment	6 heights (62.5 cm - 75 cm)
Included Components	Pull-down Bar, Pulley, Preacher Curl Pad
Country of Origin	China

9. WARRANTY AND SUPPORT

Warranty: This product comes with a **3-year warranty** from the date of purchase, covering manufacturing defects. Please retain your proof of purchase for warranty claims.

Exclusions: The warranty does not cover normal wear and tear, damage due to improper assembly or use, lack of maintenance, or unauthorized modifications.

Customer Support: For assembly assistance, missing parts, troubleshooting, or warranty inquiries, please contact your

retailer or the manufacturer, SPANISH AOSOM. Refer to your purchase documentation for contact details.
For more information, visit the [SPORTNOW Brand Store](#).

