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Garvee 5hk-YoZWV2eAgTG-QqMTNC

Garvee Home Gym Equipment Machine D2 Black User Manual

Model: 5hk-YoZWV2eAgTG-QqMTNC

1. Introduction

This manual provides essential information for the safe and effective use of your Garvee Home Gym Equipment Machine D2 Black. It covers assembly, operation, maintenance, and safety guidelines. Please read this manual thoroughly before operating the equipment and retain it for future reference.

2. Safety Information

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Keep children and pets away from the equipment during operation.
- Use the equipment on a flat, stable surface.
- Wear appropriate athletic clothing and footwear.
- Do not exceed the maximum weight capacity of the machine.
- Stop exercising immediately if you feel pain, dizziness, or nausea.

3. Package Contents

Verify that all components are present before beginning assembly:

- Home Gym Machine Frame and Components
- User Manual
- Preacher Curl Pad
- Leg Developer
- Abdominal Band
- Ankle Strap
- Assembly Hardware (bolts, nuts, washers, etc.)

4. Specifications

Feature	Detail
Brand	Garvee
Model Number	5hk-YoZWV2eAgTG-QqMTNC
Color	D2 Black
Material	Carbon Steel (Q235 steel with chrome plating)
Product Dimensions (D x W x H)	76.96" x 40.94" x 84.25"
Item Weight	82.2 Pounds
Weight Stack	150 LBS (9+1 weight plates)
Pulley System	PU cables (7x19 steel wire), PU pulleys with rolling bearings
Adjustable Settings	Seat (3 levels), Arm Pad (6 levels), Leg Pedal (6 levels), Back Pad (5 levels)



Figure 1: Garvee Home Gym Machine D2 Black with key dimensions.

5. Setup and Assembly

The Garvee Home Gym Equipment Machine requires assembly. Detailed installation instructions are included in the package. It is recommended to have two people for assembly. Ensure you have adequate space and all components listed in Section 3 before starting.

The machine may arrive in multiple packages on different dates. Please ensure all boxes have been received before

beginning assembly.

6. Operating Instructions

6.1 Training Zones Overview

The Garvee Home Gym Machine offers multiple training zones for a full-body workout:

- **Lat Pulldown Training Zone:** For back and latissimus dorsi exercises.
- **Mid Pulldown Training Zone:** Targets mid-back muscles.
- **Butterfly Arm Training Zone:** For chest and pectoral muscle development.
- **Leg Press Zone:** Engages quadriceps, hamstrings, and glutes.
- **Leg Extension Zone:** Isolates quadriceps muscles.
- **Low Pulldown Zone:** Versatile for various pulling exercises, including rows and bicep curls.

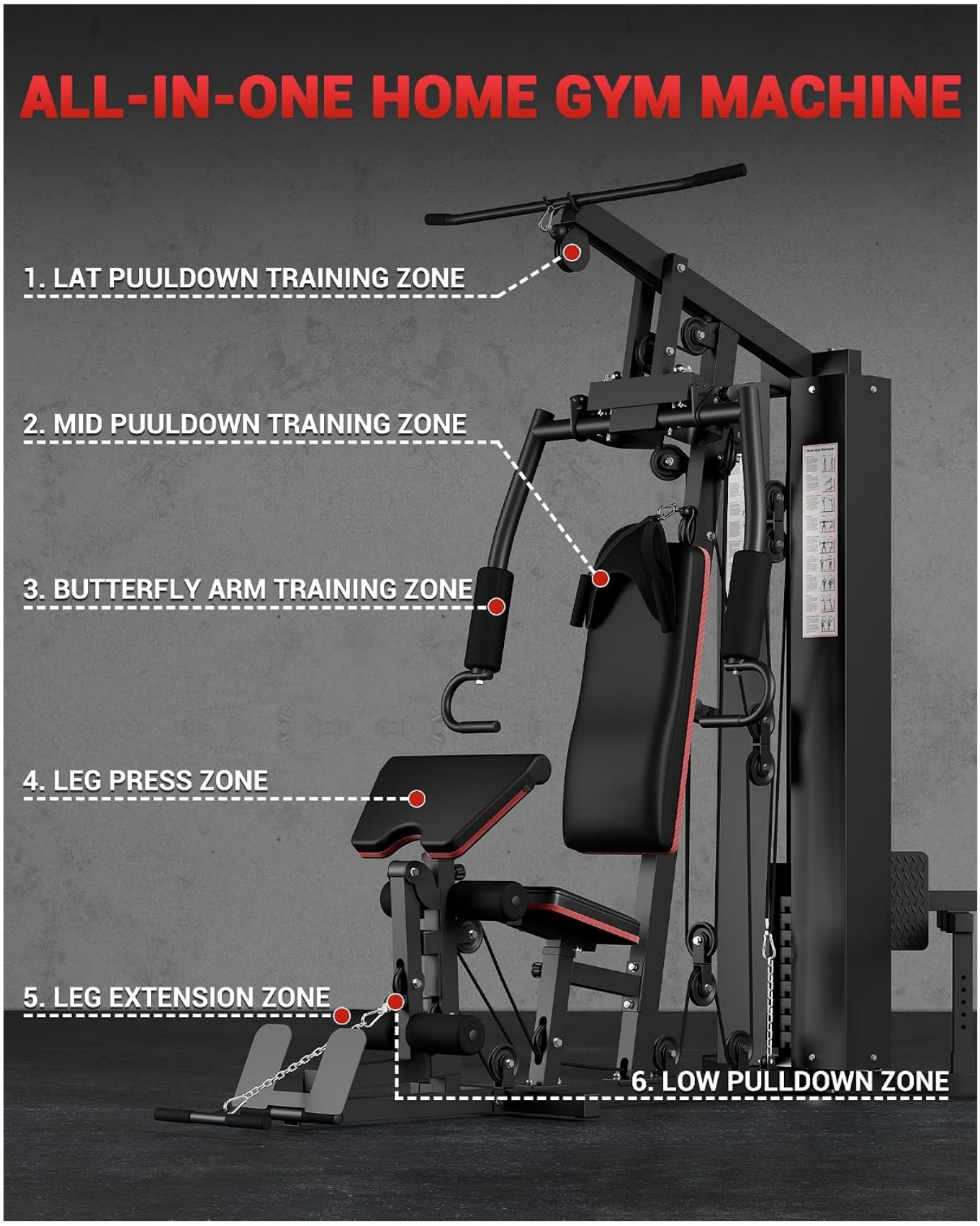

Figure 2: Overview of the Garvee Home Gym Machine's training zones.

6.2 Weight Adjustment

The machine is equipped with 9+1 weight plates, totaling 150 LBS. To adjust the resistance, insert the selector pin into the desired weight plate. Ensure the pin is fully engaged before starting your exercise.



Figure 3: Weight plate adjustment mechanism.

6.3 Adjustable Settings

Customize the machine to your body and exercise needs using the following adjustments:

- **Seat Cushion:** 3 adjustable levels for optimal height.
- **Arm Pad (Preacher Curl):** 6 adjustable levels for bicep and tricep exercises.
- **Leg Pedal (Leg Developer):** 6 adjustable levels to accommodate different leg lengths.

- **Back Pad:** 5 adjustable levels for proper back support during various exercises.



Figure 4: Adjustable components for personalized fit.

6.4 Pulley System

The machine features a smooth pulley system with durable PU cables constructed from 7x19 steel wire. The pulleys are crafted from PU material and include rolling bearings, ensuring smooth movement and low noise during operation.



Figure 5: Details of the smooth and durable pulley system.

6.5 Exercise Demonstrations

The Garvee Home Gym Machine supports a variety of exercises for different muscle groups:

Leg Training

Utilize the leg developer and ankle strap for exercises targeting the lower body, such as leg extensions and leg curls.



Figure 6: Examples of leg training exercises.

Arms and Core Training

Target arm and abdominal muscles with exercises like bicep curls using the low pulldown and core exercises with the abdominal band.



Figure 7: Examples of arm and core training exercises.

Chest and Back Training

Perform chest presses, butterfly chest exercises, and lat pulldowns to work your chest and back muscles.



Figure 8: Examples of chest and back training exercises.

Video Demonstration

▶ **Watch video online**

Garvee Home Gym Machine Buyer Show

Video 1: A demonstration of various exercises that can be performed on the Garvee Home Gym Machine, showcasing its versatility for a full-body workout.

7. Maintenance

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Regularly inspect all cables, pulleys, bolts, and nuts for wear, damage, or looseness. Tighten any loose fasteners.
- **Lubrication:** Periodically apply a silicone-based lubricant to moving parts and guide rods to ensure smooth operation and prevent friction.
- **Storage:** Store the machine in a dry, clean environment away from direct sunlight and extreme temperatures.

8. Troubleshooting

- **Squeaking Noises:** Check for loose bolts or components. Lubricate moving parts, especially pulleys and guide rods.
- **Rough Cable Movement:** Inspect cables for fraying or damage. Ensure pulleys are clean and lubricated.
- **Unstable Machine:** Verify that the machine is placed on a level surface and all feet are making contact. Tighten all assembly bolts.
- **Weight Plate Sticking:** Ensure the selector pin is fully inserted and not bent. Clean any debris from the weight plate holes and guide rods.

9. Warranty and Support

Garvee provides a 1-year after-sales service for this product. For any questions, concerns, or warranty claims, please contact Garvee customer support using the phone and email information provided in the product packaging. Please have your model number (5hk-YoZWV2eAgTG-QqMTNC) and purchase date ready when contacting support.

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