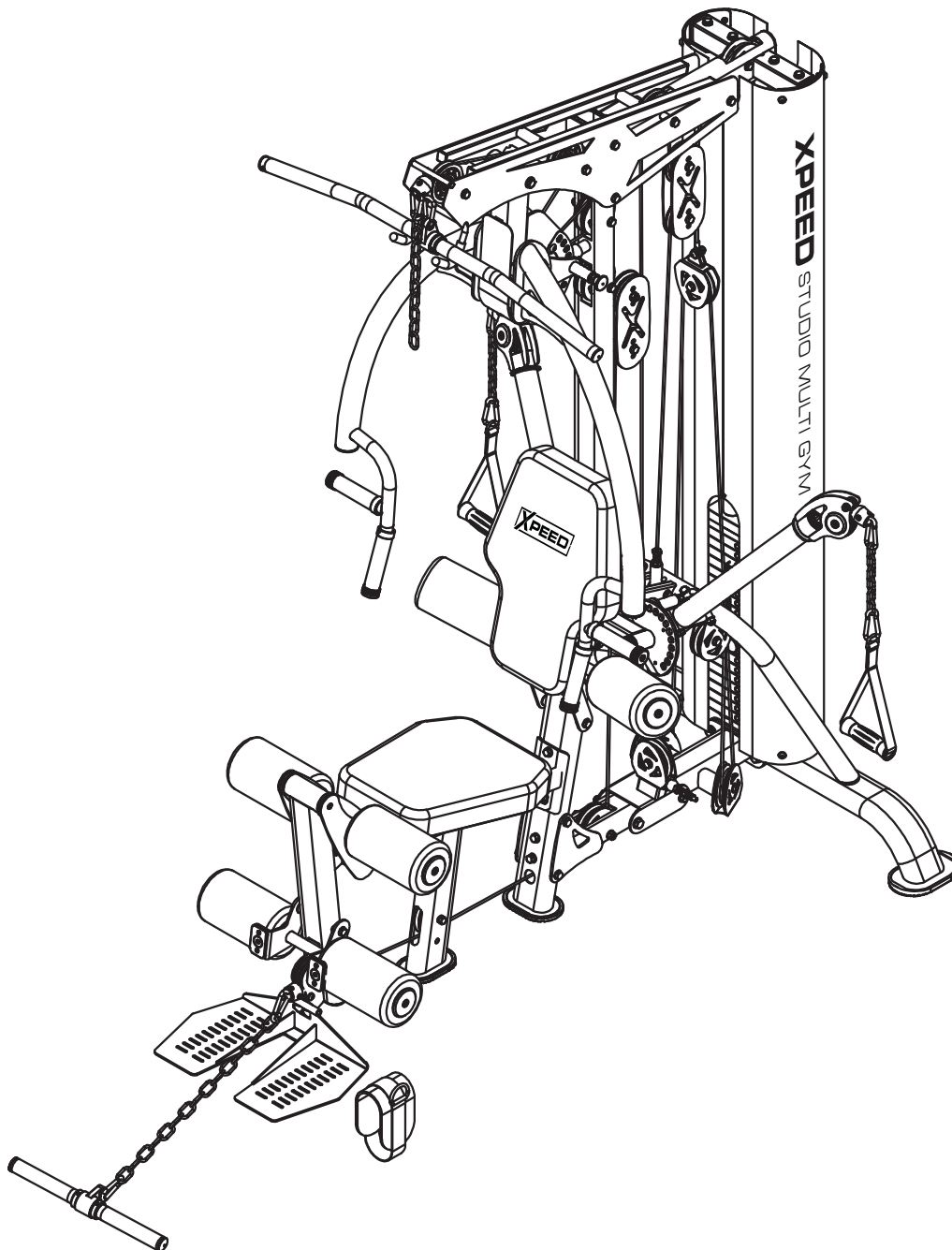


XPEED STUDIO MULTI GYM

ASSEMBLY MANUAL



CAUTION

Read all precautions and instructions in this manual
before using the equipment

20240906-V2.0



WELCOME TO THE XPEED FAMILY!

Congratulations on your purchase of the Xpeed Studio Multi Gym. You've made an excellent choice to advance your fitness journey and build a better body. Before you begin assembling your new equipment, please read through this manual carefully. Your safety is our top priority and adhering to these guidelines will ensure a smooth and secure assembly process.

SCAN HERE FOR TRAINING TIPS,
WORKOUTS AND MORE.

<https://qrco.de/xpeed-studio-multi-gym-exercises>



IMPORTANT

SAFETY & PRECAUTIONS

The Xpeed Studio Multi Gym is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment such as this. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

Keep children and pets away from the machine at all times. **DO NOT** leave children unattended in the same room with the machine.

Only one person at a time should use the machine.

If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout immediately and consult your GP.

Position the machine on a clear, level surface. **DO NOT** use the machine near water or outdoors.

Keep hands away from all moving parts.

Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.

Use the machine only for its intended purpose as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.

Do not place any sharp objects around the machine.

Disabled persons should not use the machine without a qualified person or physician in attendance.

Always perform stretching exercises to properly warm up before using the machine.

Never operate the machine if it is not functioning properly.

IMPORTANT ASSEMBLY INFORMATION

Tools Required for Assembling the Bench: Adjustable Wrench and Allen Wrench.

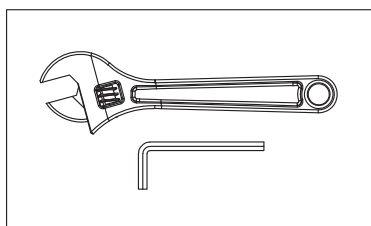
NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.

Ensure Carriage Bolts are inserted through the **SQUARE** holes on components that need to be assembled. Attach washer only to end of the Carriage Bolt.

Use Allen Bolts or Hex Bolts inserted through the **ROUND** hole on components that need to be assembled.

Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed.

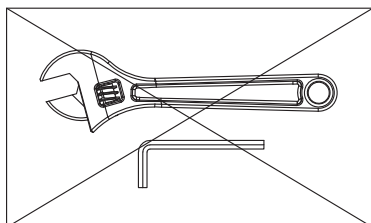
FASTENING NUTS & BOLTS



Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.

NOTE: Do not over tighten any component with pivoting function.

Make sure all pivoting components are able to move freely.



Do not tighten all Nuts and Bolts in this step.

WARRANTY INFORMATION

This Xpeed Studio Multi Gym comes with a 5 year structural Warranty, along with 2 year cover on all cables and pulleys and moving parts and a 1 year warranty on upholstery. This warranty applies to the original owners of the Xpeed Studio Multi Gym and does not cover second-hand equipment or re-sold equipment. Xpeed Warrants that Cables and pulleys will be free from defects in the material or workmanship for 2 years. During this period if faults occur, Xpeed will repair or replace these faults at no charge to the owner. Repairs or replacements will need to be approved by Xpeed and performed by an accredited technician unless otherwise stated by Xpeed.

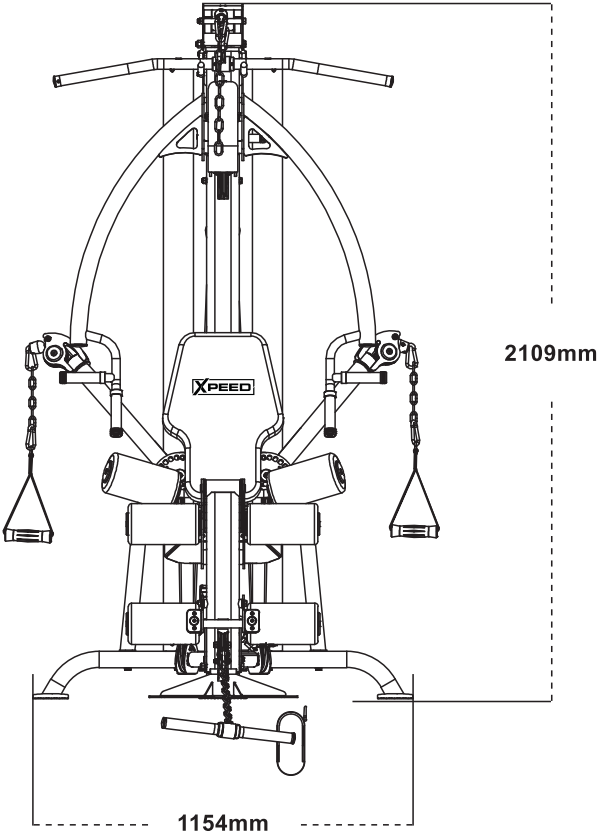
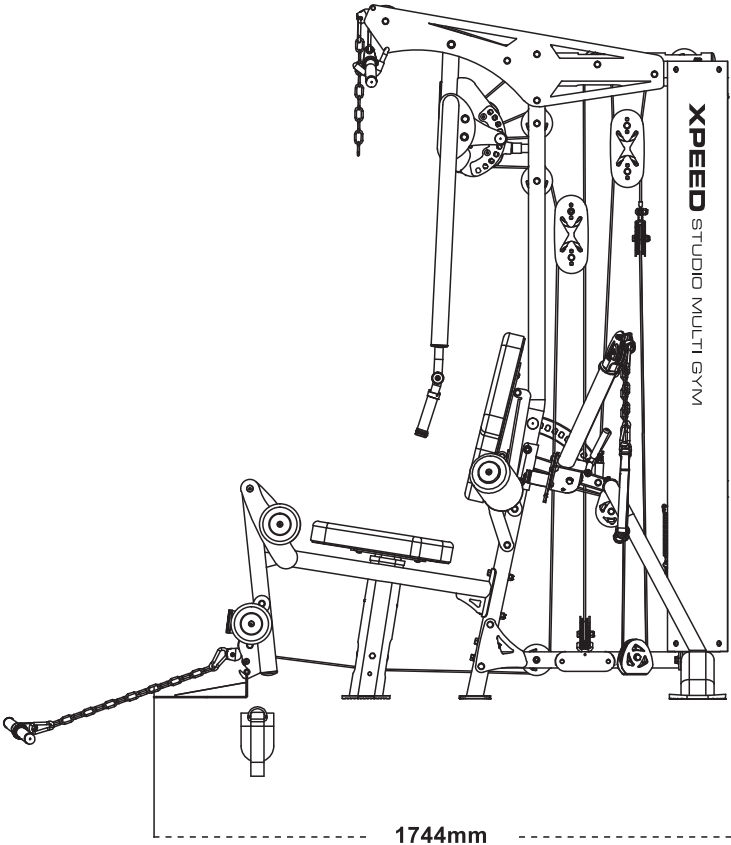
Xpeed recommends having this unit assembled by an accredited technician otherwise warranty will be void if faults occur due to misassembly. Any faults that occur due to alterations, misapplications or any damages that occur in freight or transport of this unit are not covered under the Xpeed Warranty.

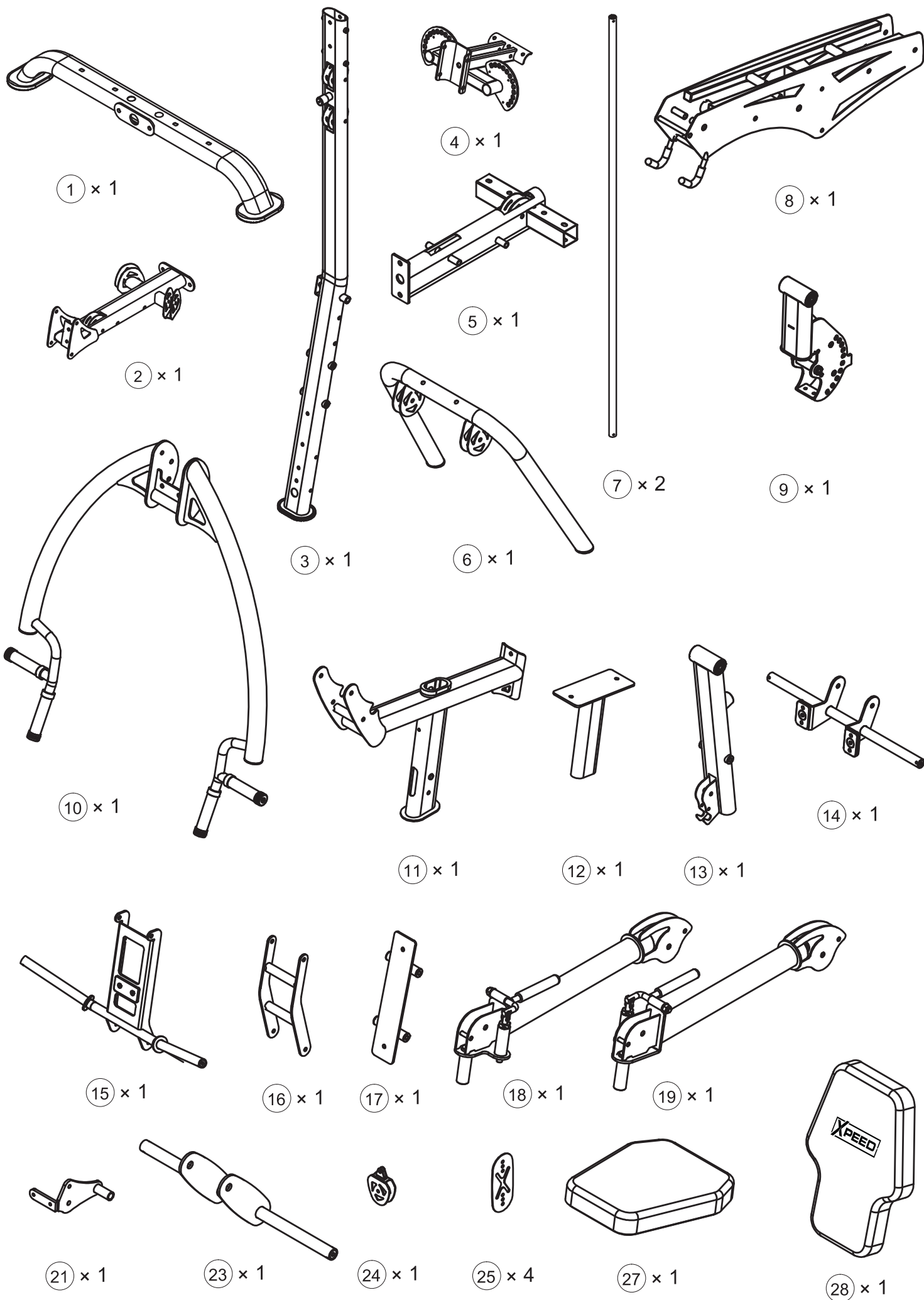
This warranty does not cover the use or failure of equipment in commercial facilities or for commercial applications, in this instance, repairs costs will be at the expense of the user.

Xpeed reserves the right to provide reconditioned parts and/or to request a return and repair existing defective components on the Xpeed product.

To learn more about the warranty process, please visit **xpeed.com.au**.

ASSEMBLED DIMENSIONS







29 × 1



31 × 1



36 × 1



37 × 2



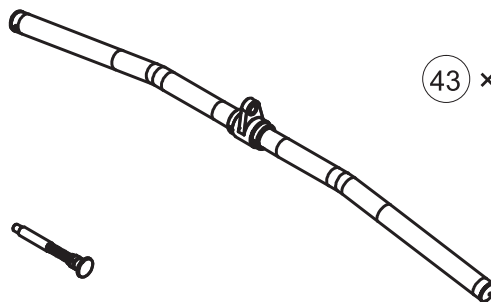
38 × 1



39 × 1



40 × 1



42 × 1



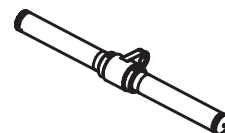
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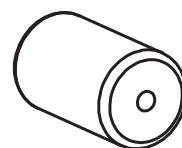
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49 × 1



43 × 1



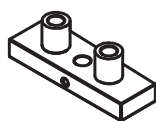
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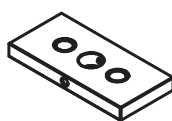
52 × 2



53 × 1



54 × 1



55 × 19



56 × 1



57 × 1



58 × 2



59 × 1



60 × 2



61 × 1



62 × 1



63 × 8



65 × 3



66 × 5



67 × 20



76 × 1



83 × 2



136 × 1



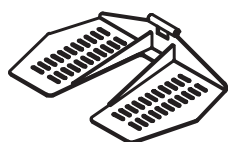
87 × 6



86 × 6



88 × 4



125 × 1



128 × 2



132 × 2



133 × 2



134 × 4



135 × 1



137 × 2



139 × 1



140 × 1



29 × 1



31 × 1



36 × 1



37 × 2



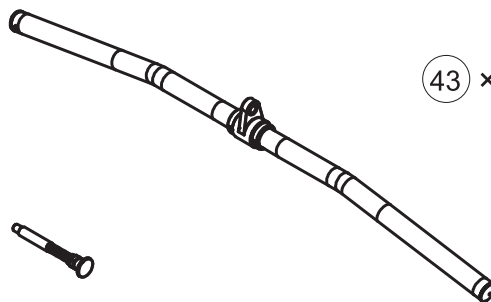
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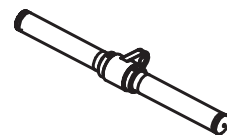
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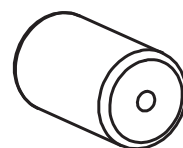
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49 × 1



43 × 1



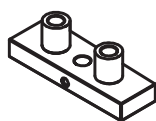
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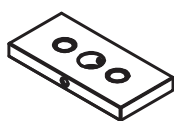
52 × 2



53 × 1



54 × 1



55 × 19



56 × 1



57 × 1



58 × 2



59 × 1



60 × 2



61 × 1



62 × 1



63 × 8



65 × 3



66 × 5



67 × 20



76 × 1



83 × 2



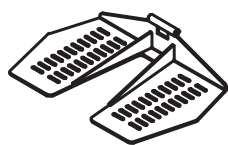
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86 × 6



88 × 4



125 × 1



128 × 2



132 × 2



133 × 2



134 × 4



135 × 1



136 × 1



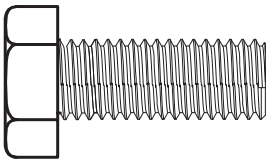
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139 × 1



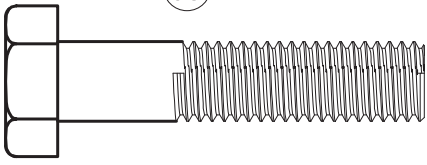
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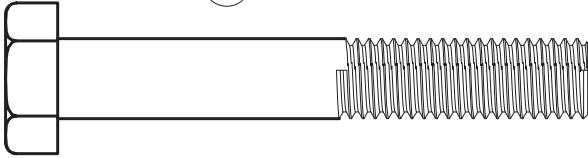
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34 × 2

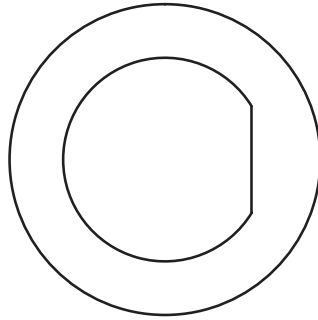
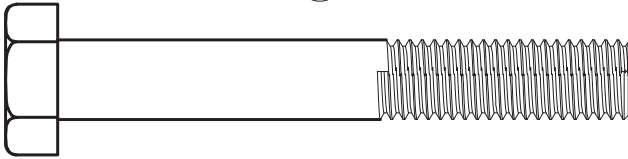


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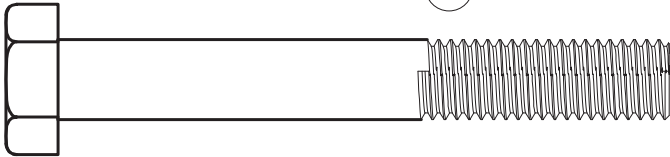


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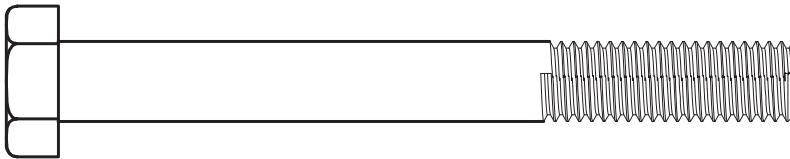
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101 × 5

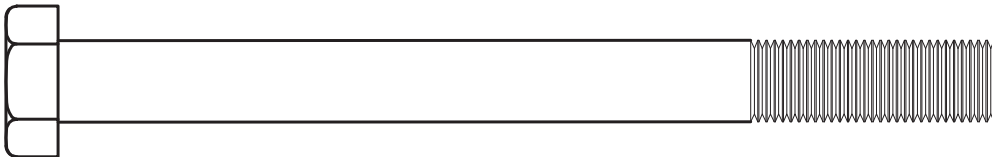


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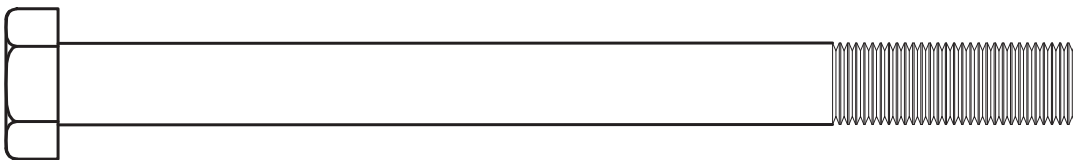


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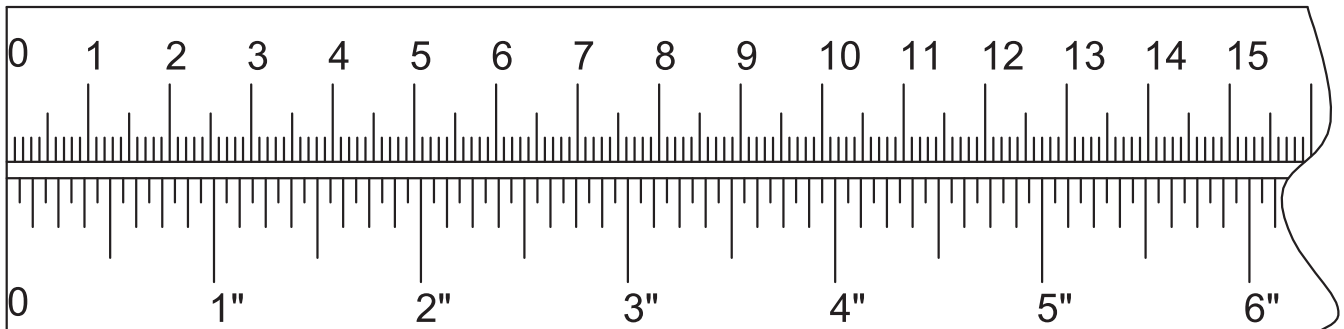


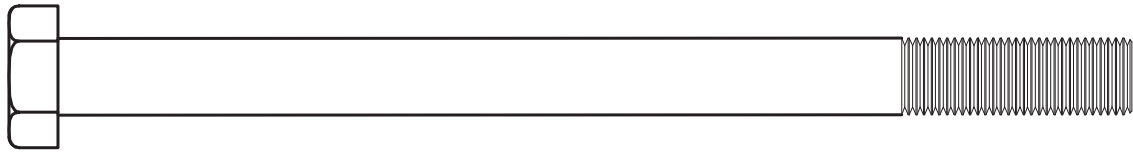
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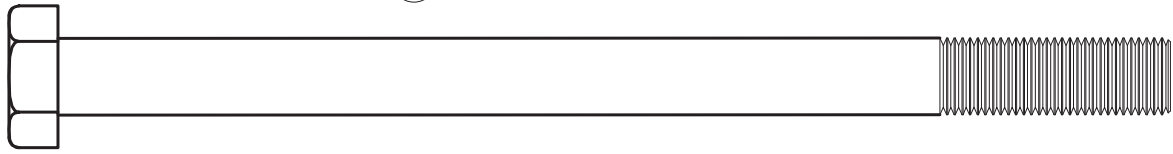
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mm

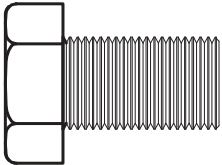




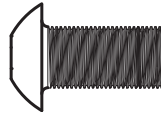
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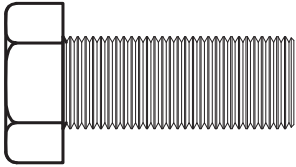
107 × 5



108 × 1



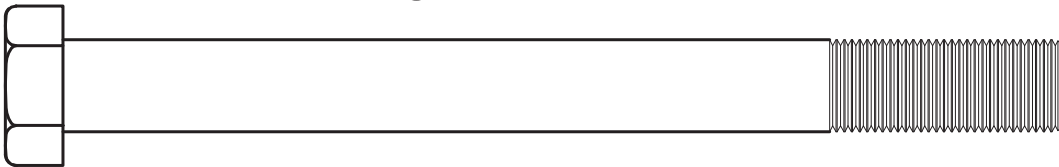
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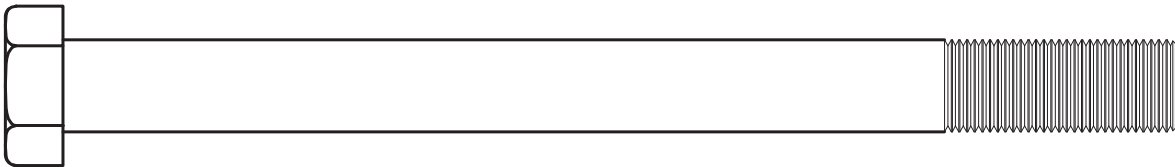
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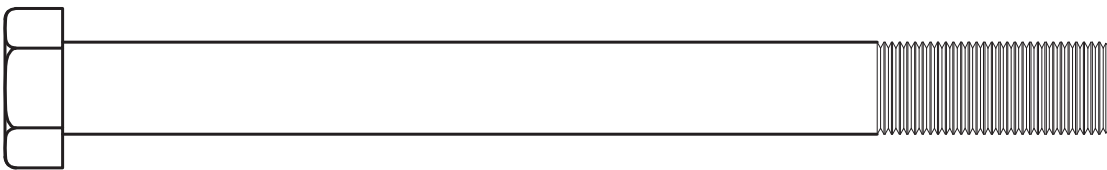
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110 × 2

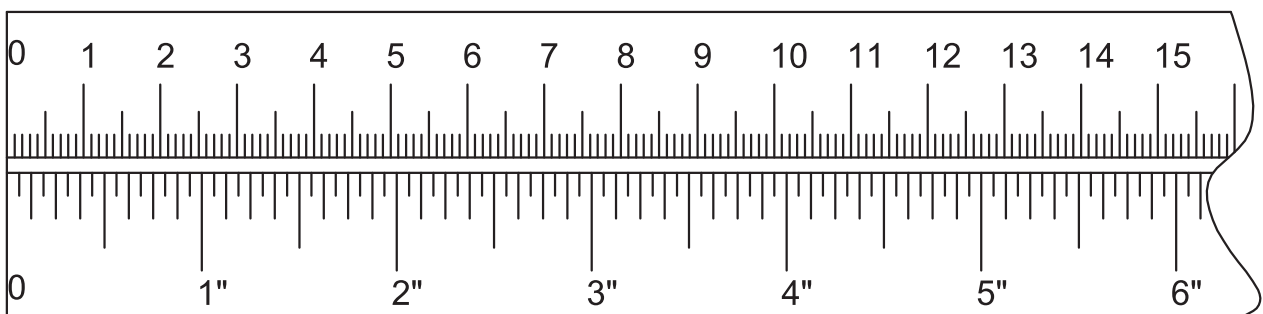


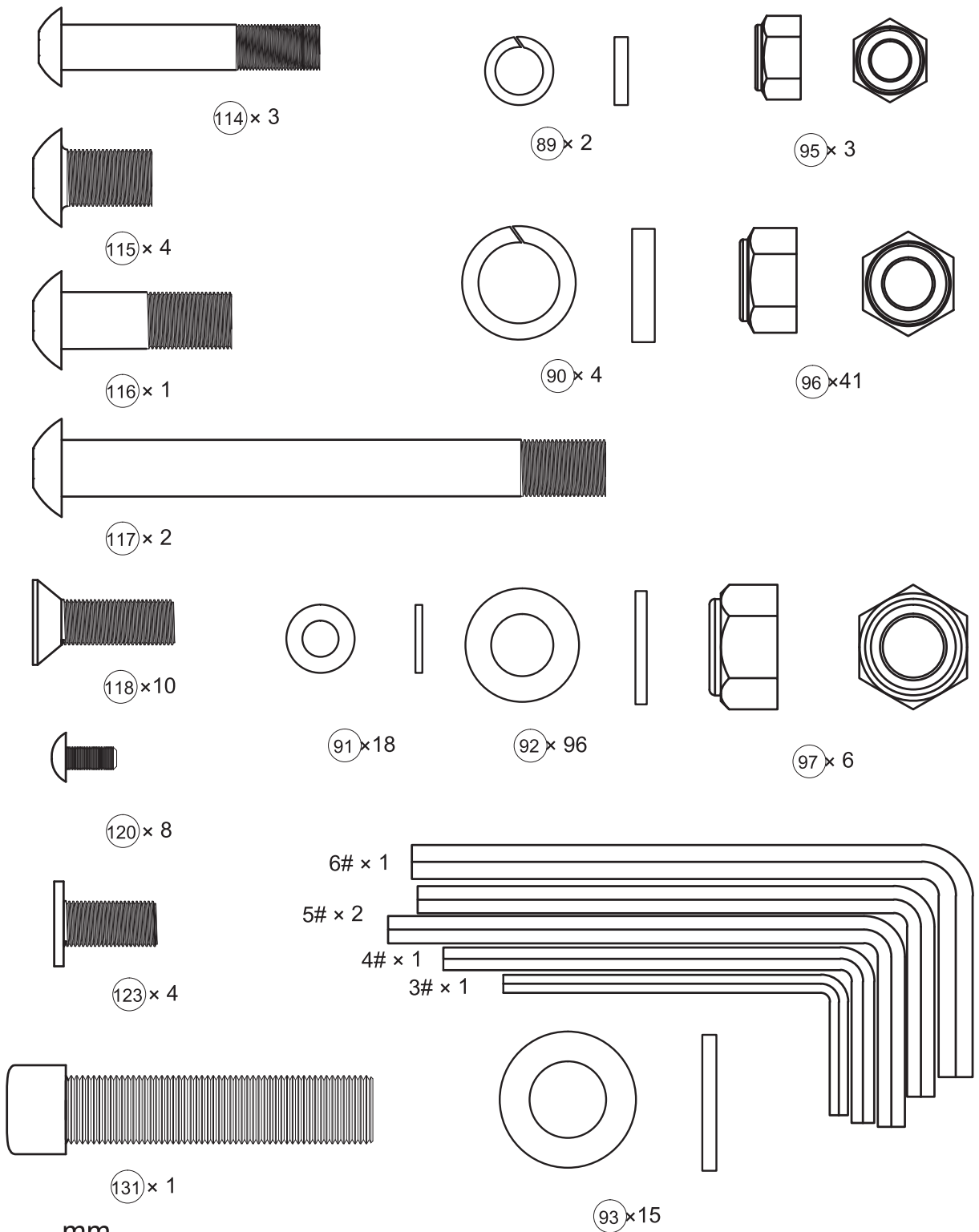
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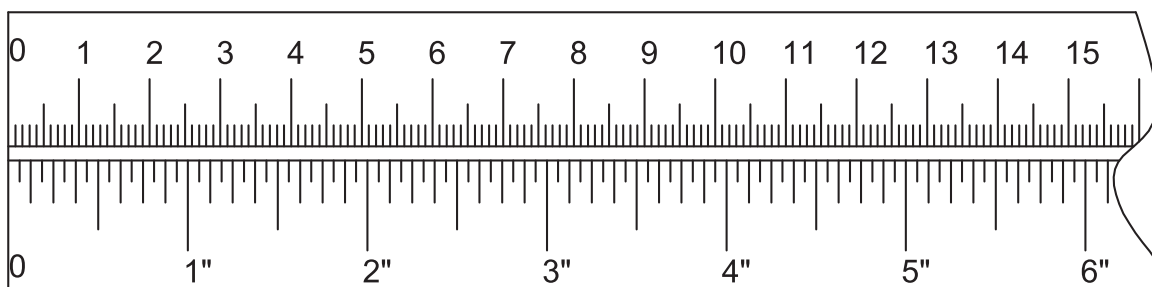
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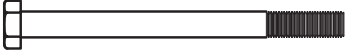
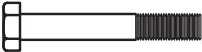
mm

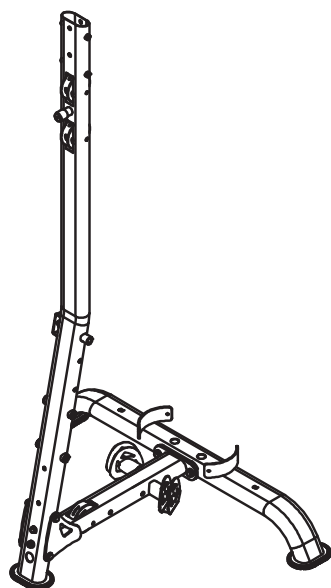
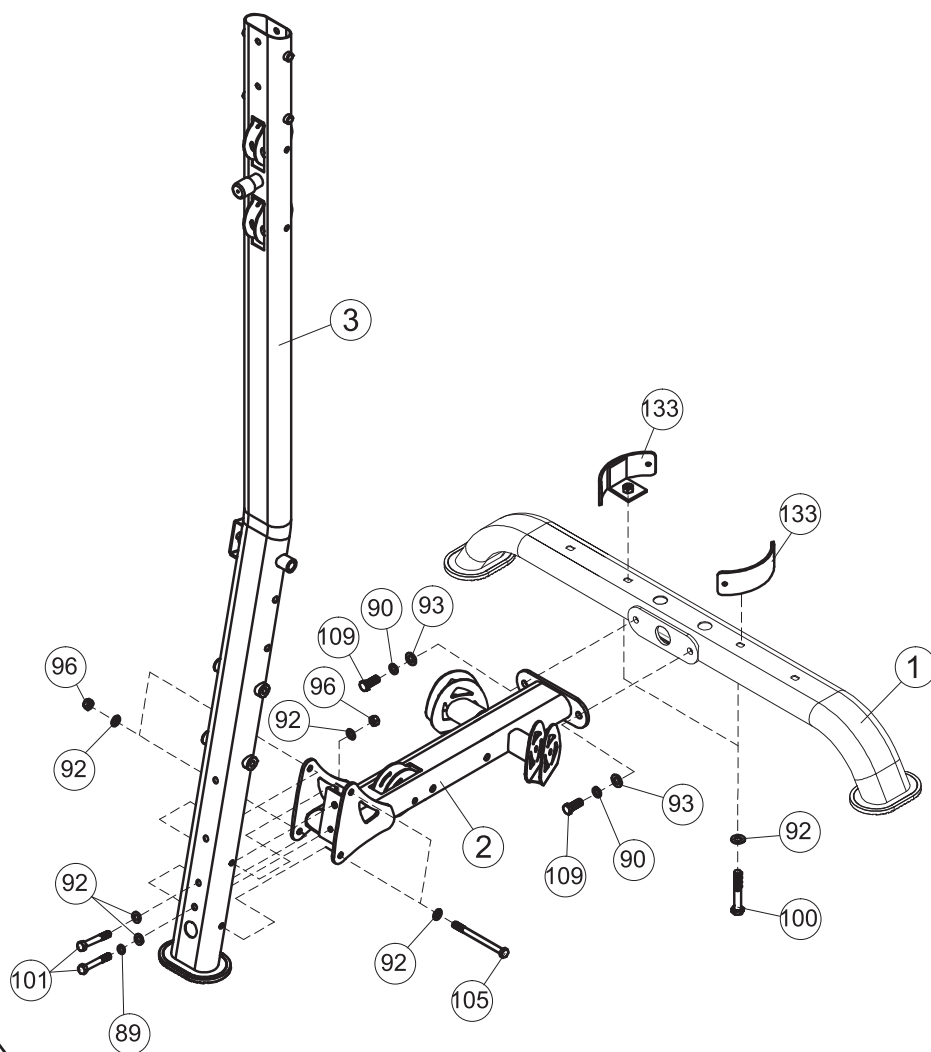
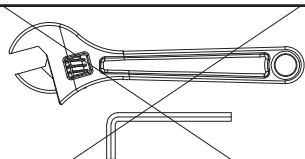




mm



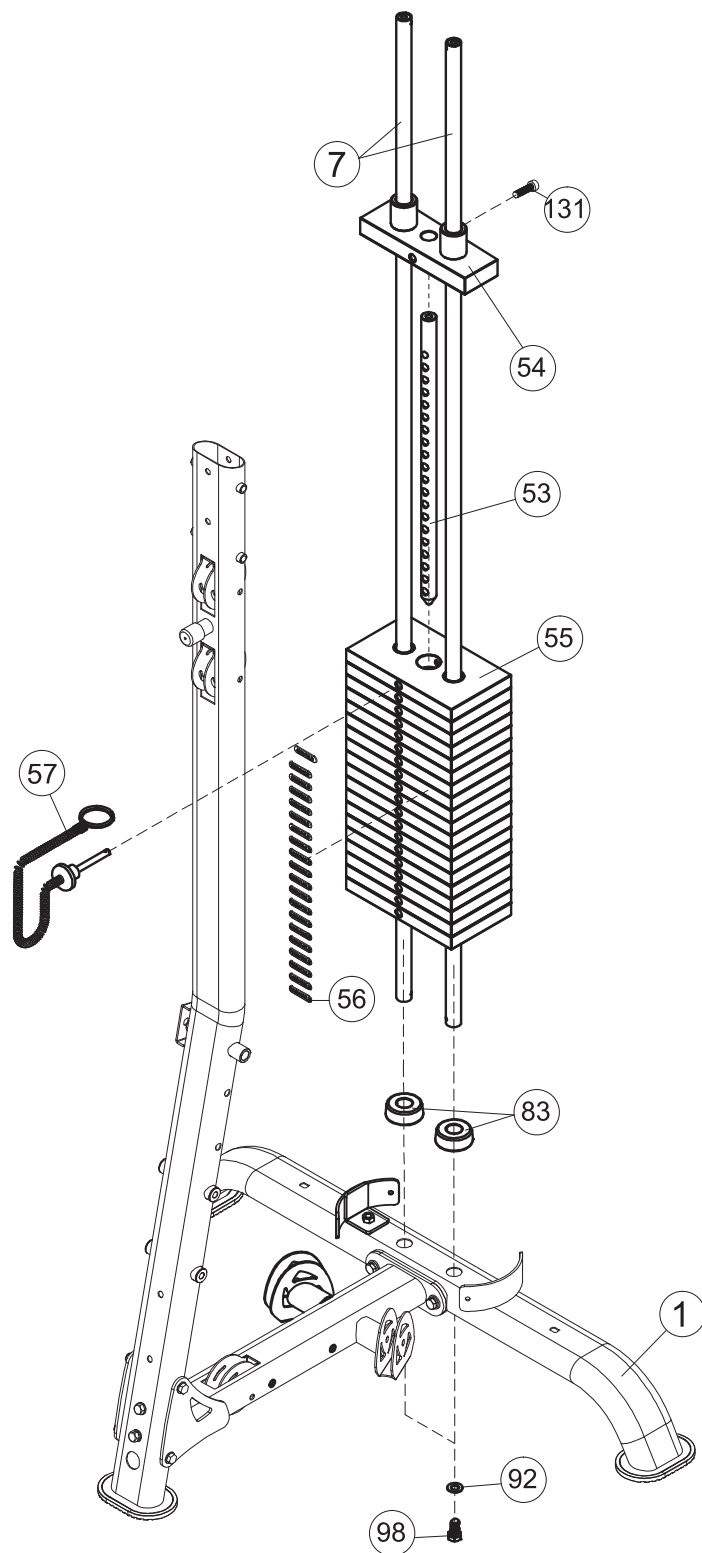
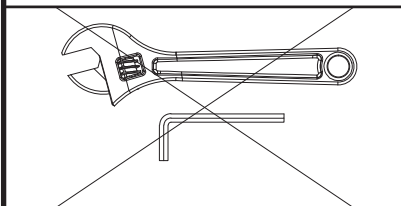
- 105  x2 M10x125 90  x2 Ø12 89  x1 Ø10
 101  x2 M10x70 93  x2 Ø12 92  x9 Ø10
 100  x2 M10x65 109  x2 M12x30 96  x3 M10

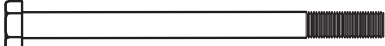


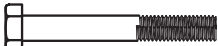
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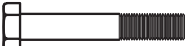
(92)  | ×2 Ø10

(131)  ×1 M10×55



106  ×2 M10×140

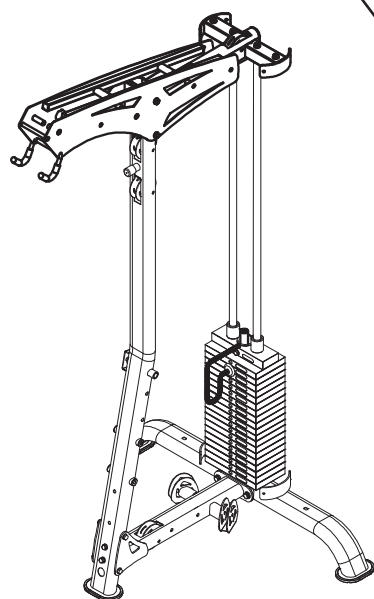
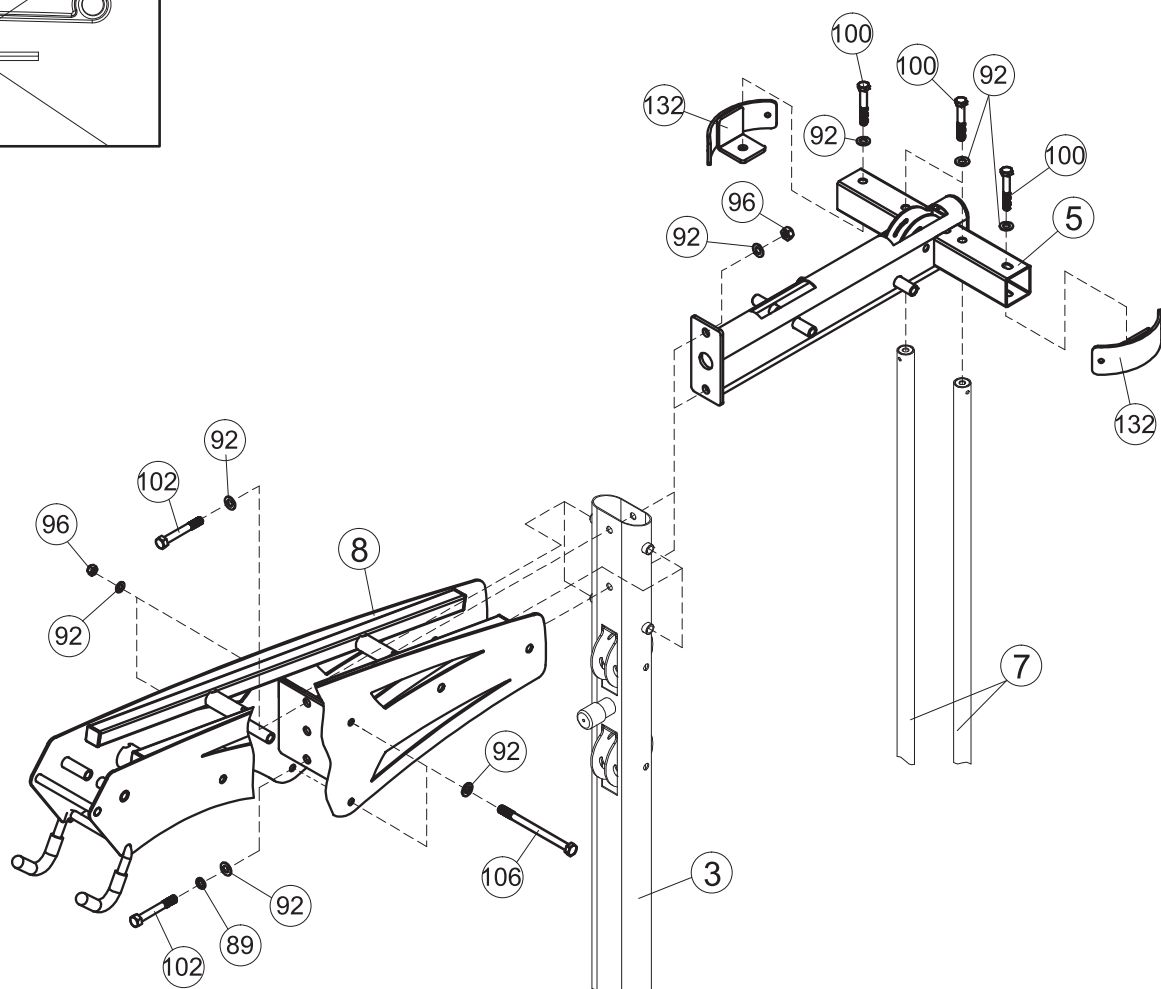
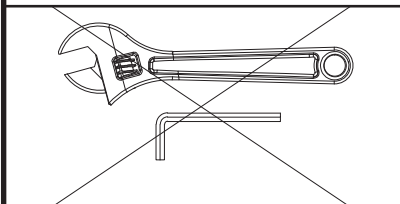
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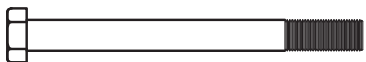
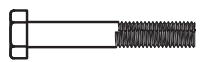
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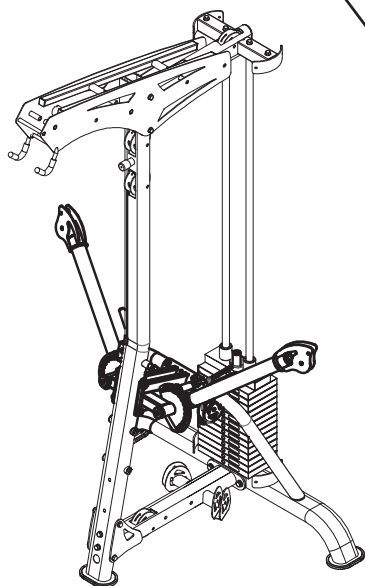
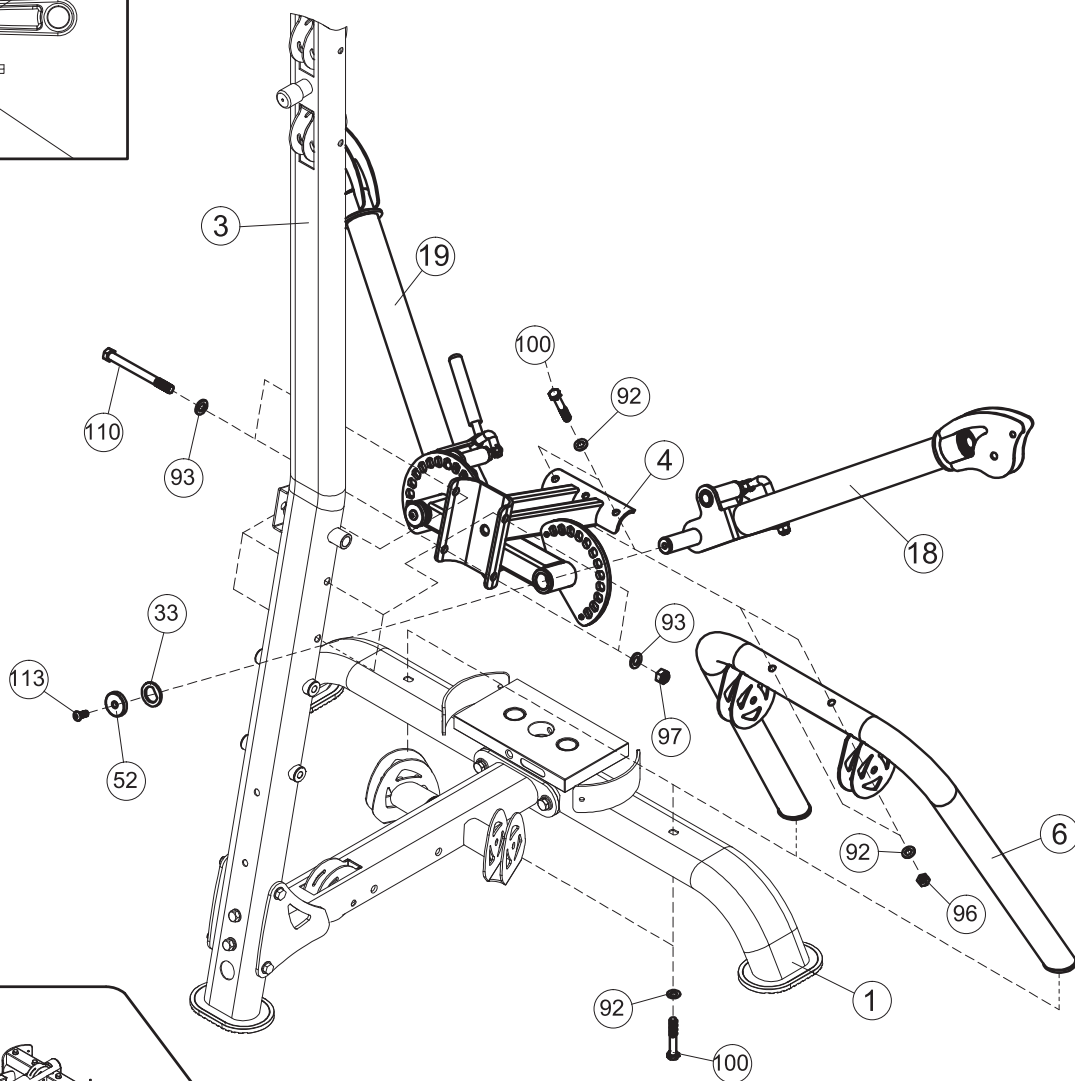
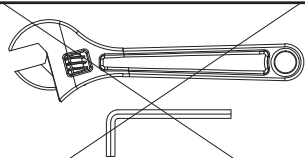
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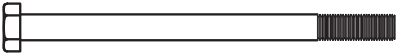
92  ×11 Ø10

96  ×3 M10



- | | | | | | | | | |
|-------|---|----|---------|------|---|---|---|-----|
| (110) |  | ×2 | M12×130 | (92) |  | × | 6 | Ø10 |
| (100) |  | ×4 | M10×65 | (33) |  | × | 2 | |
| (113) |  | ×2 | M 8×25 | (96) |  | × | 2 | M10 |
| | | | | (97) |  | × | 2 | M12 |



⑩⑦  ×4 M10×145

⑩⑧  ×2 M 8×20

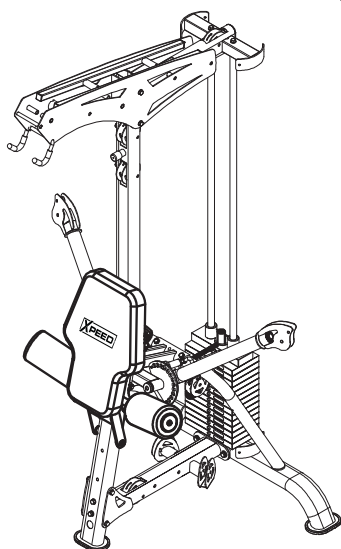
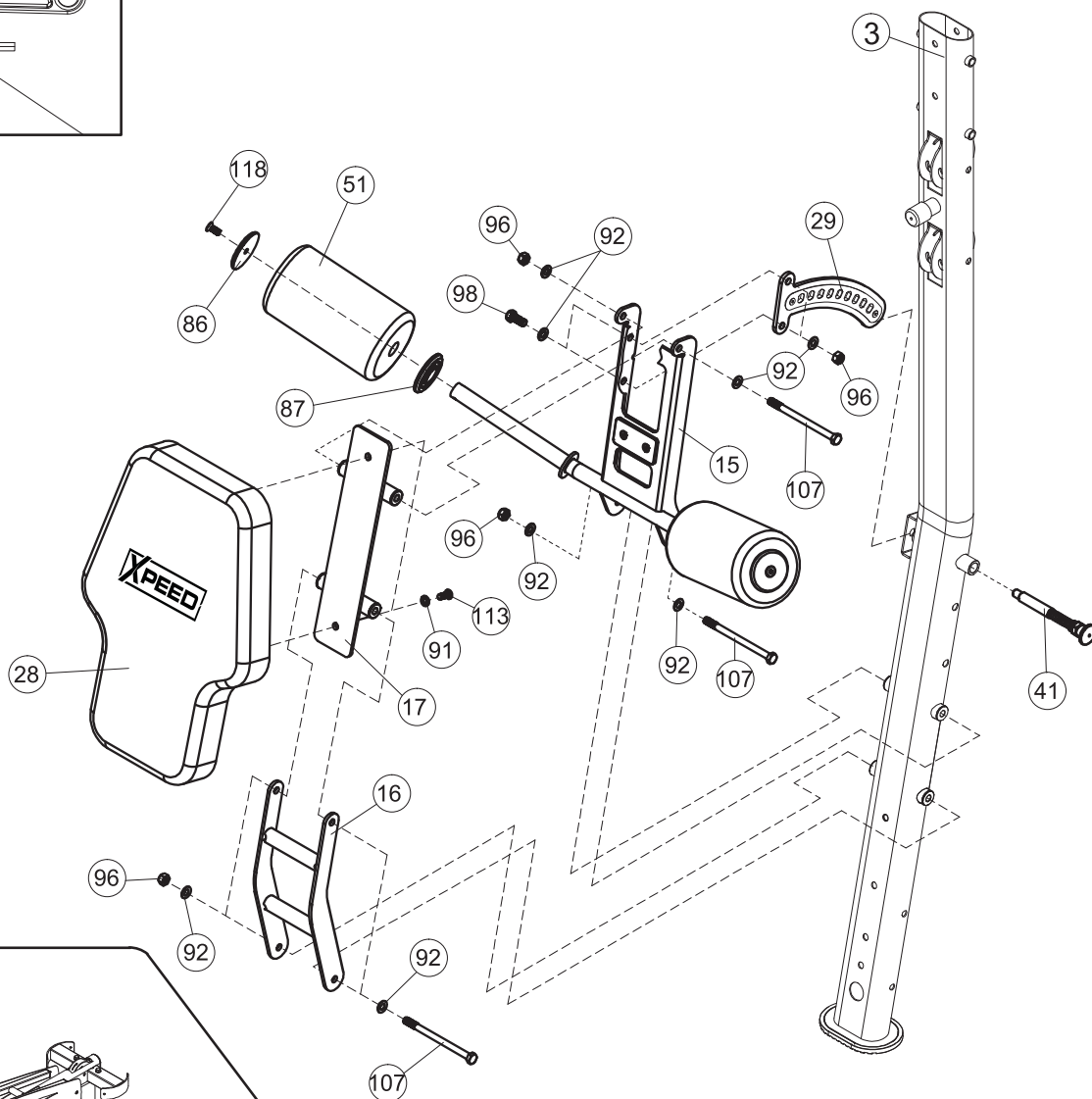
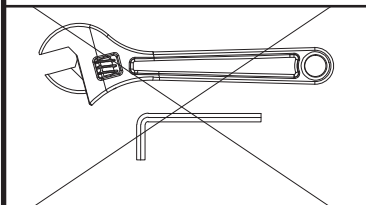
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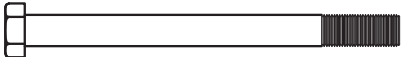
⑨①  ×2 Ø8

⑨②  ×12 Ø10

⑩③  ×2 M 8×25

⑨⑥  ×6 M10



(111)  ×2 M12×145

108  ×1 M12×20

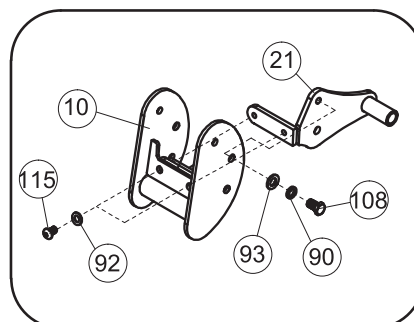
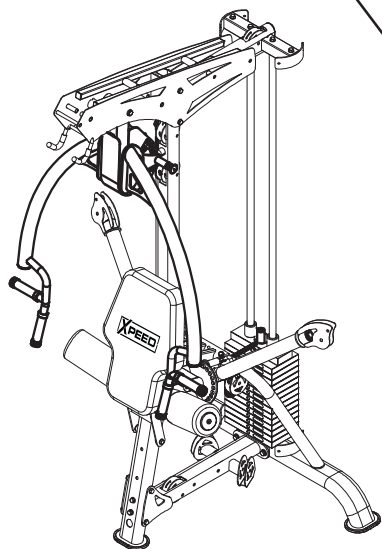
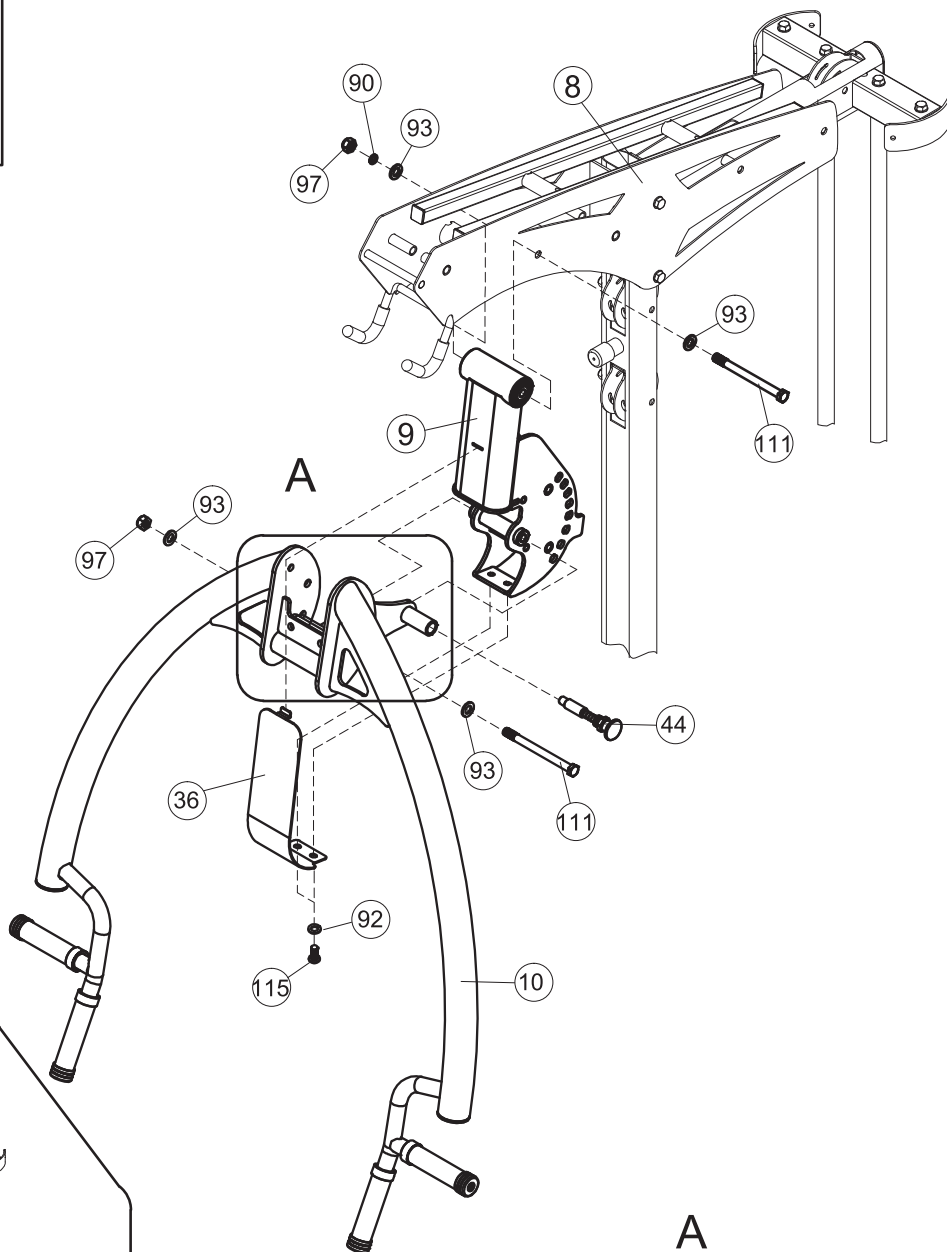
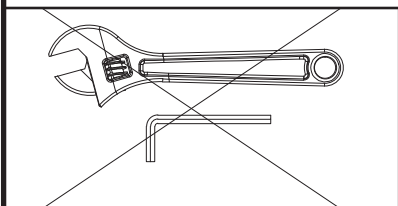
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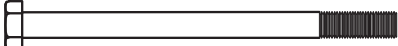
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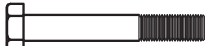
(115)  ×4 M10×16

(97)   ×2 M12

(92)  | ×4 Ø10



107  ×1 M10×145

101  ×2 M10×70

113  ×2 M 8×25

118  × 4 M 8×20

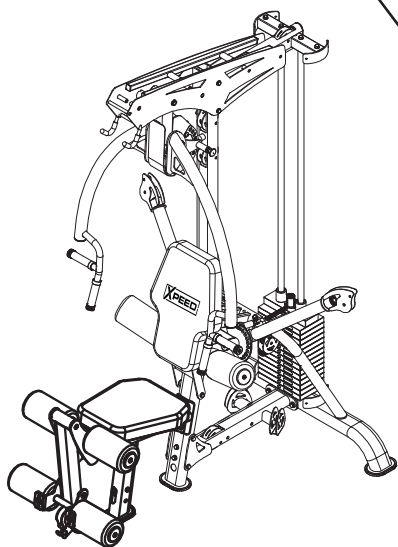
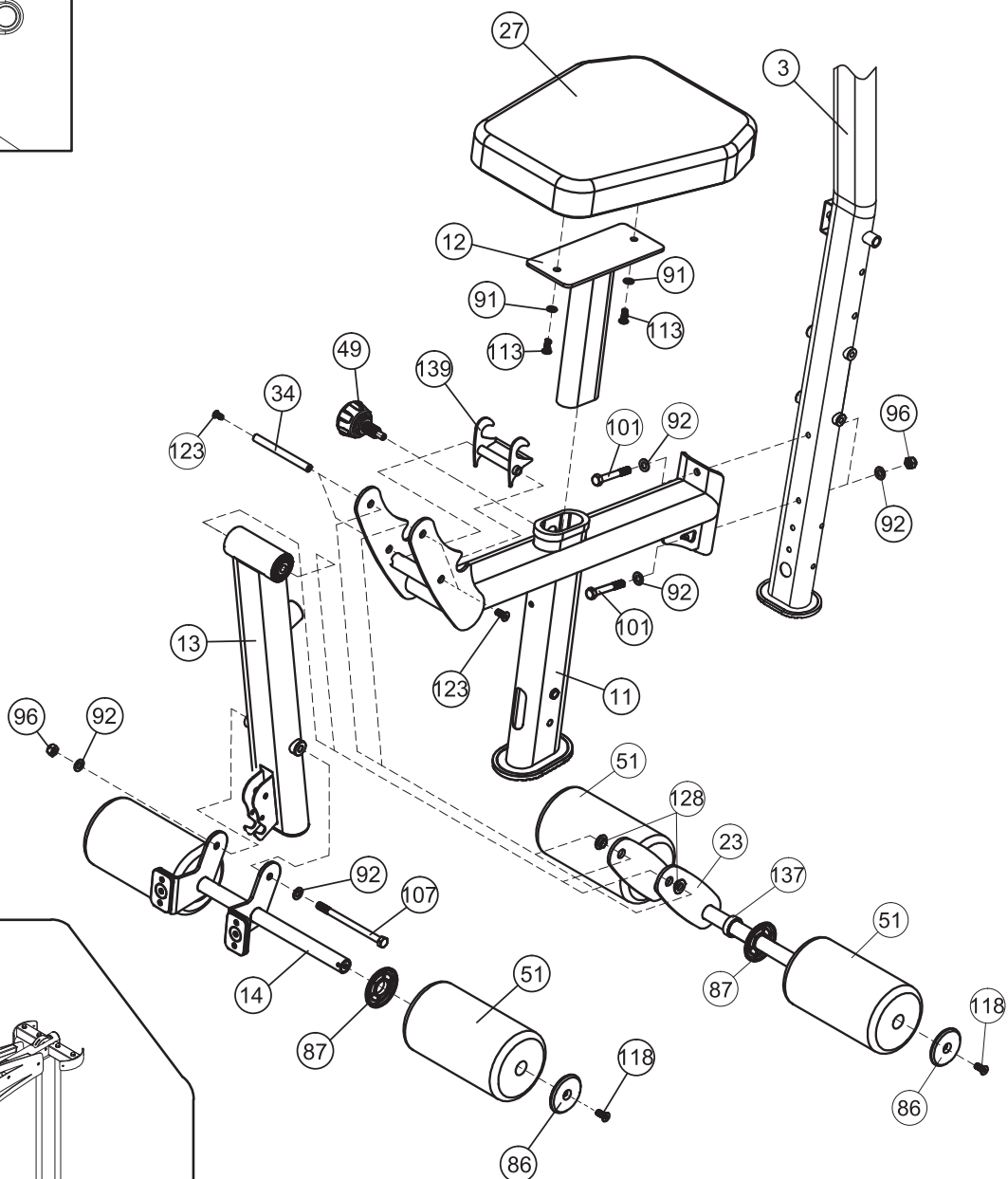
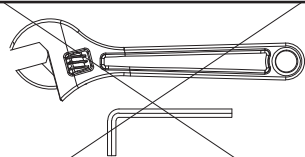
123  ×4 Ø20×M 8×12

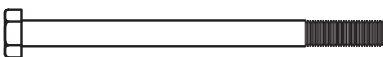
34  ×2 Φ12×124×M8

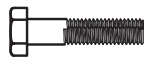
92  ×6 Ø10

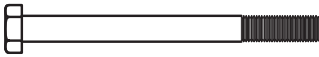
96  ×3 M10

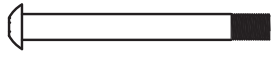
91  ×2 Ø8



106  ×4 M10×140

99  ×2 M10×45

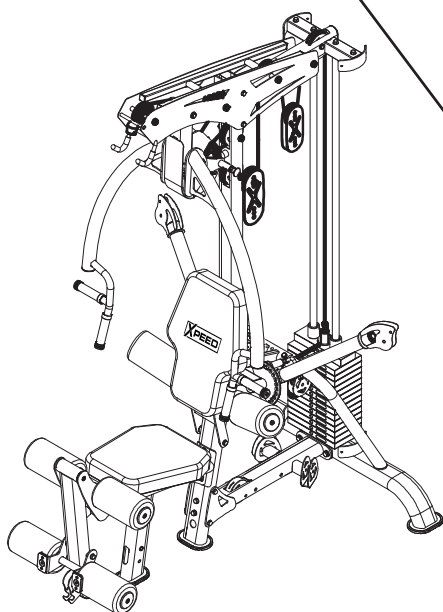
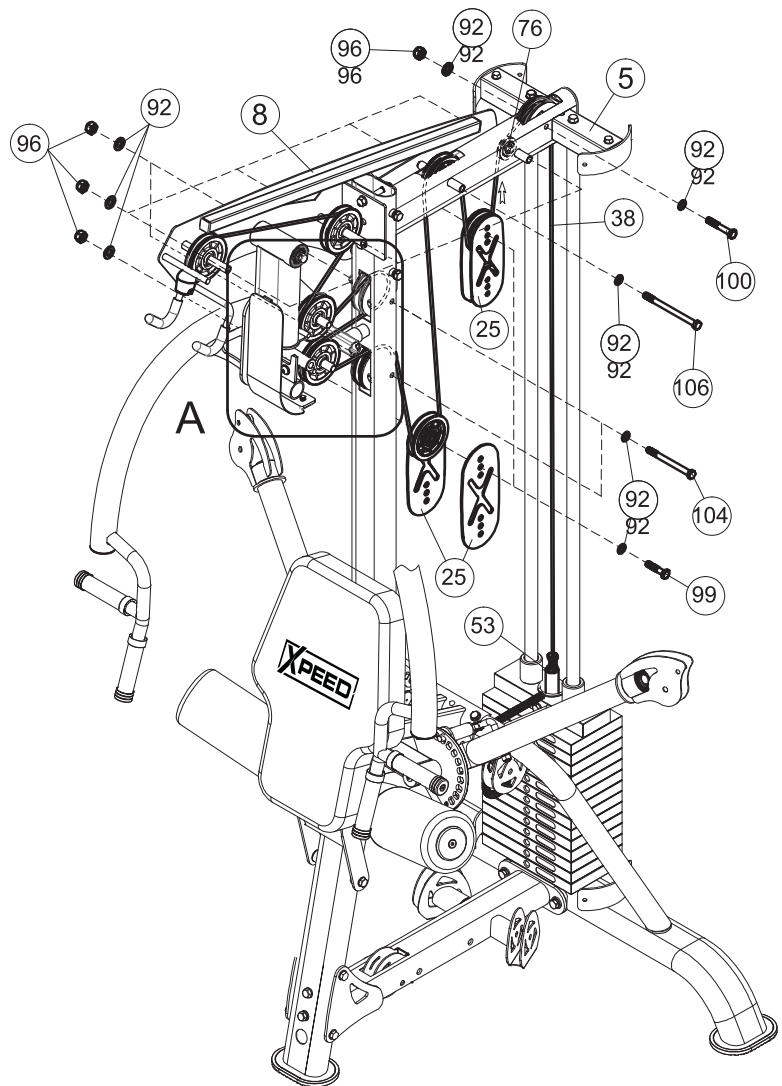
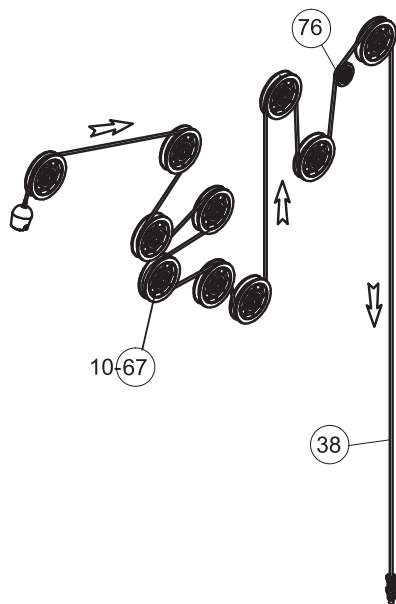
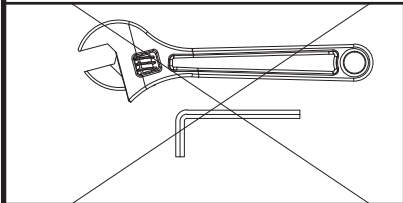
104  ×2 M10×115

117  ×2 M10×95

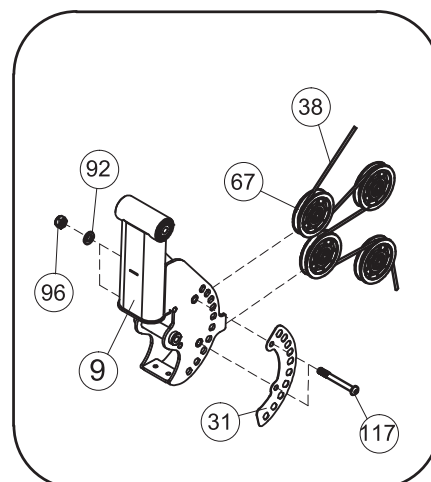
100  ×1 M10×65

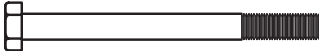
92  ×20 Ø10

96  ×11 M10

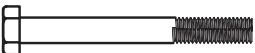


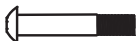
A



104  ×1 M10×115

116  ×1 M10×30

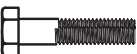
103  ×1 M10×90

114  ×1 M8×45

101  ×1 M10×70

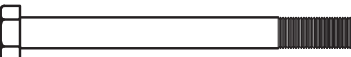
92  ×14 Ø10

96  ×8 M10

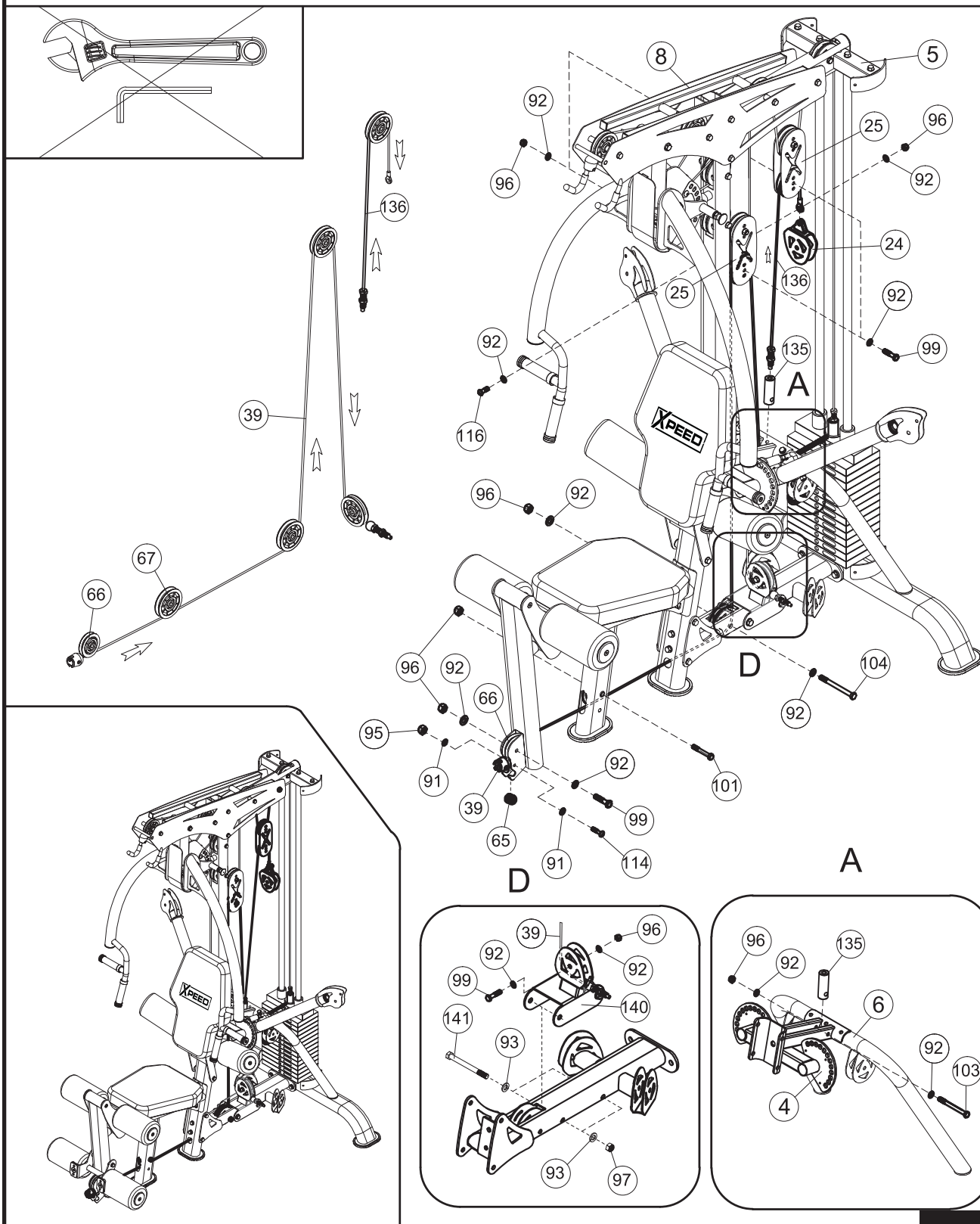
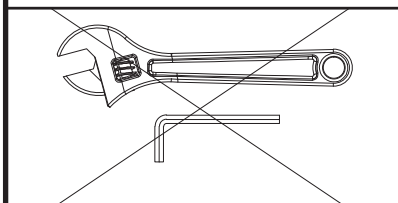
99  ×4 M10×45

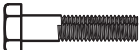
91  ×2 Ø8

95  ×1 M8

141  ×2 M12×135

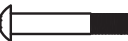
97  ×2 M12⁹³  ×4 Ø12



99  ×7 M10×45

91  ×4 Ø8

95  ×2 M 8

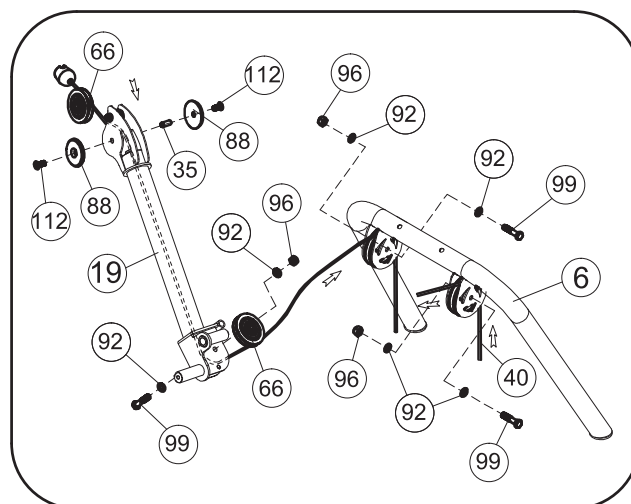
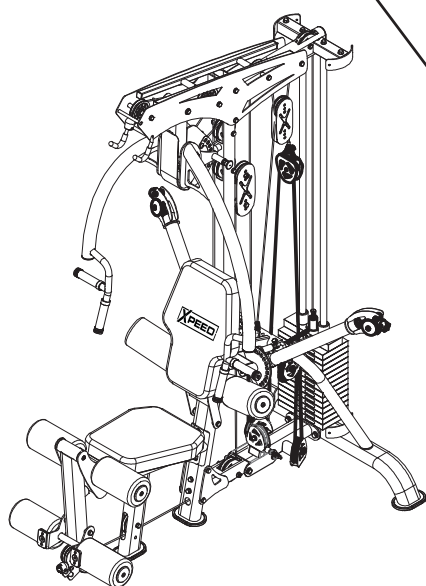
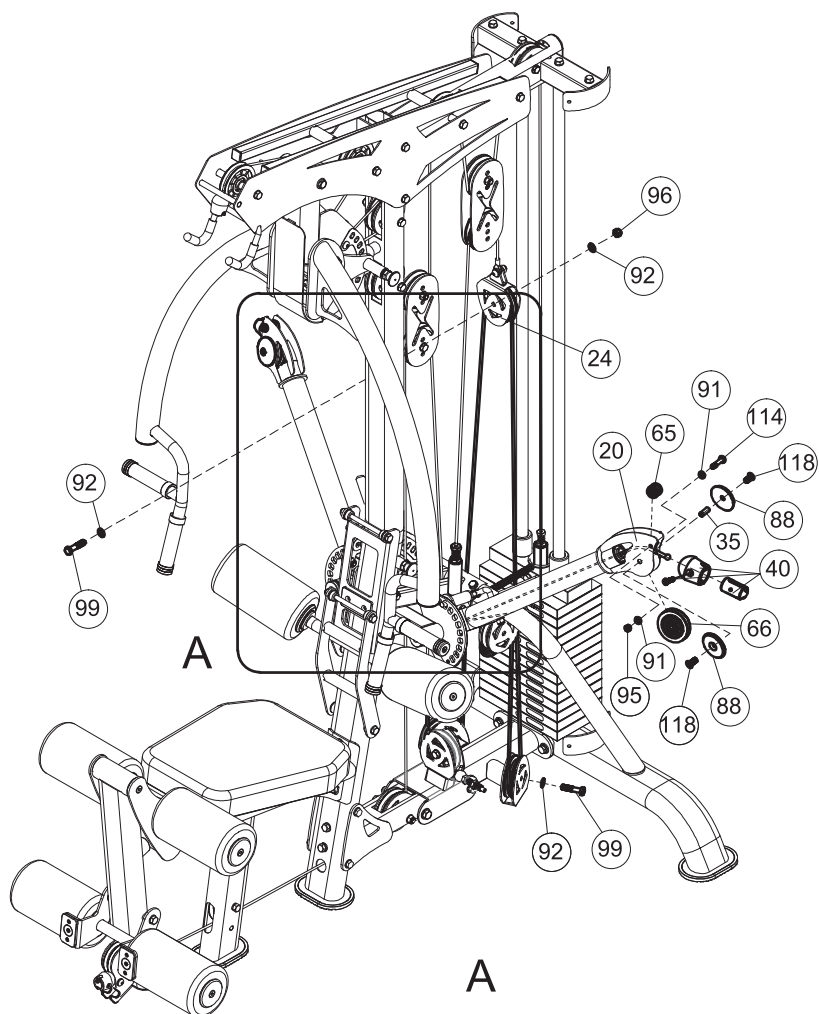
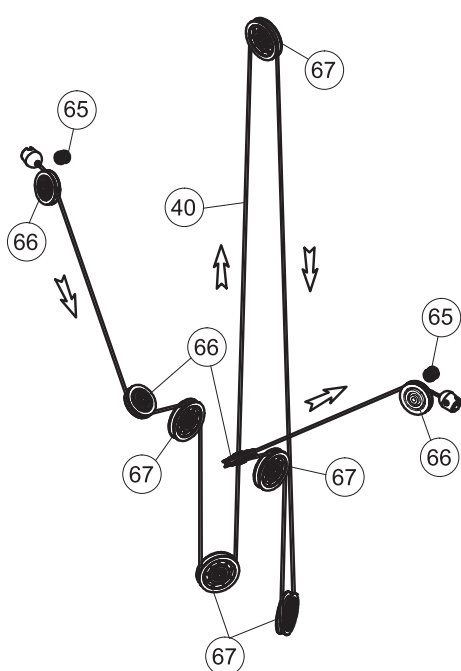
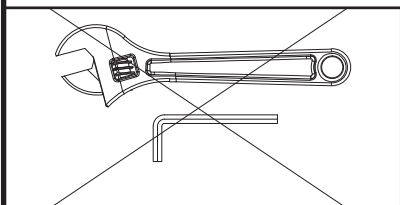
114  ×2 M8×45

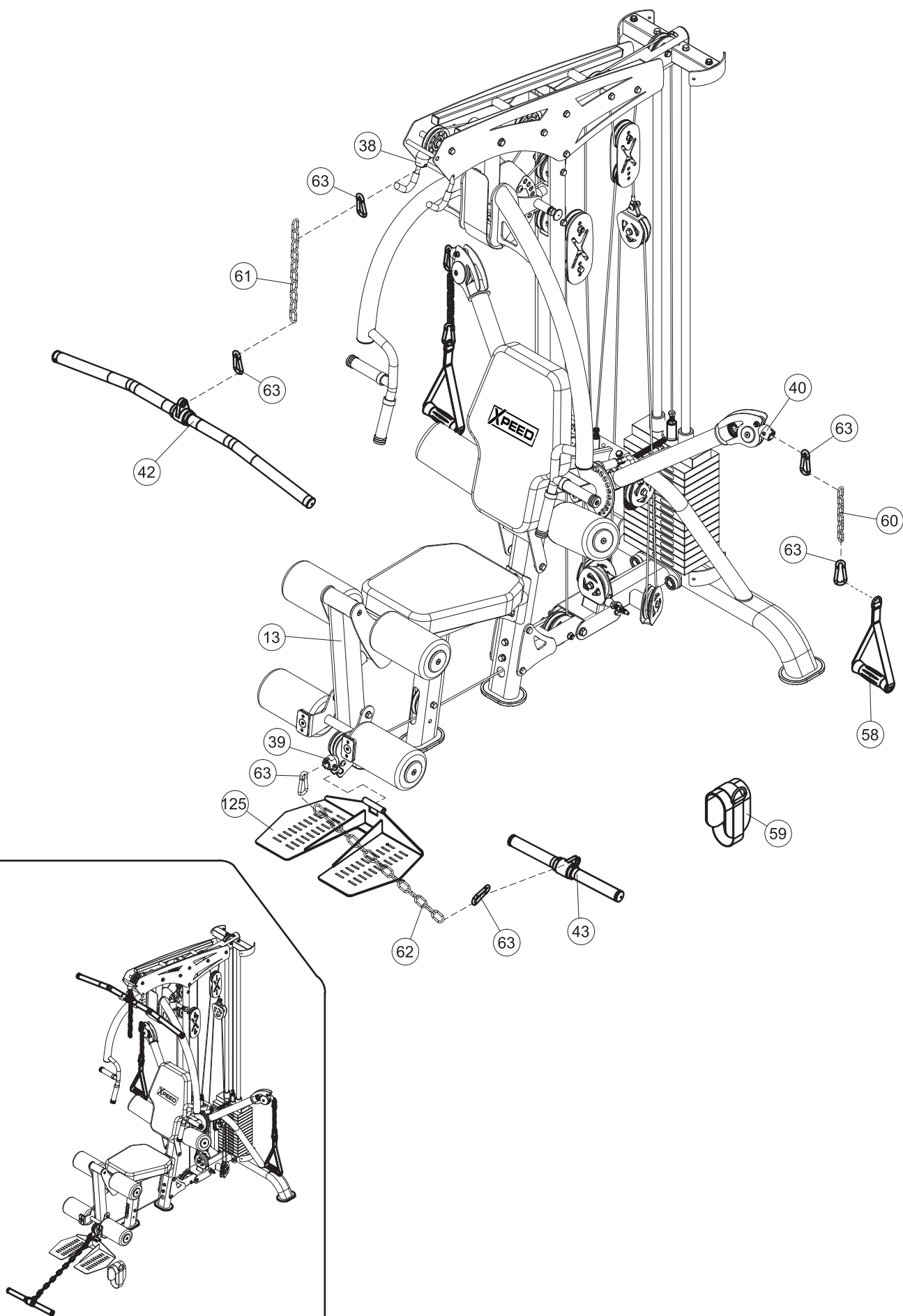
92  ×12 Ø10

96  ×5 M10

118  ×4 M8×20

35  × 2 Ø10×30×M8

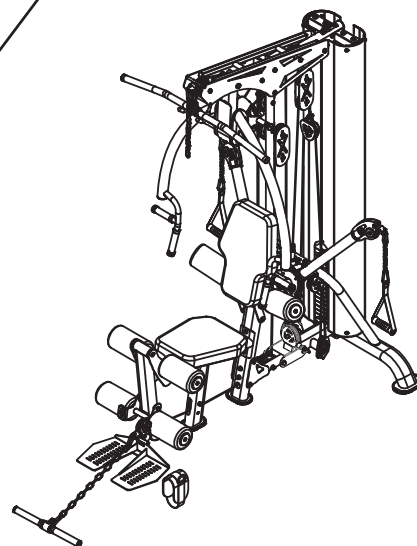
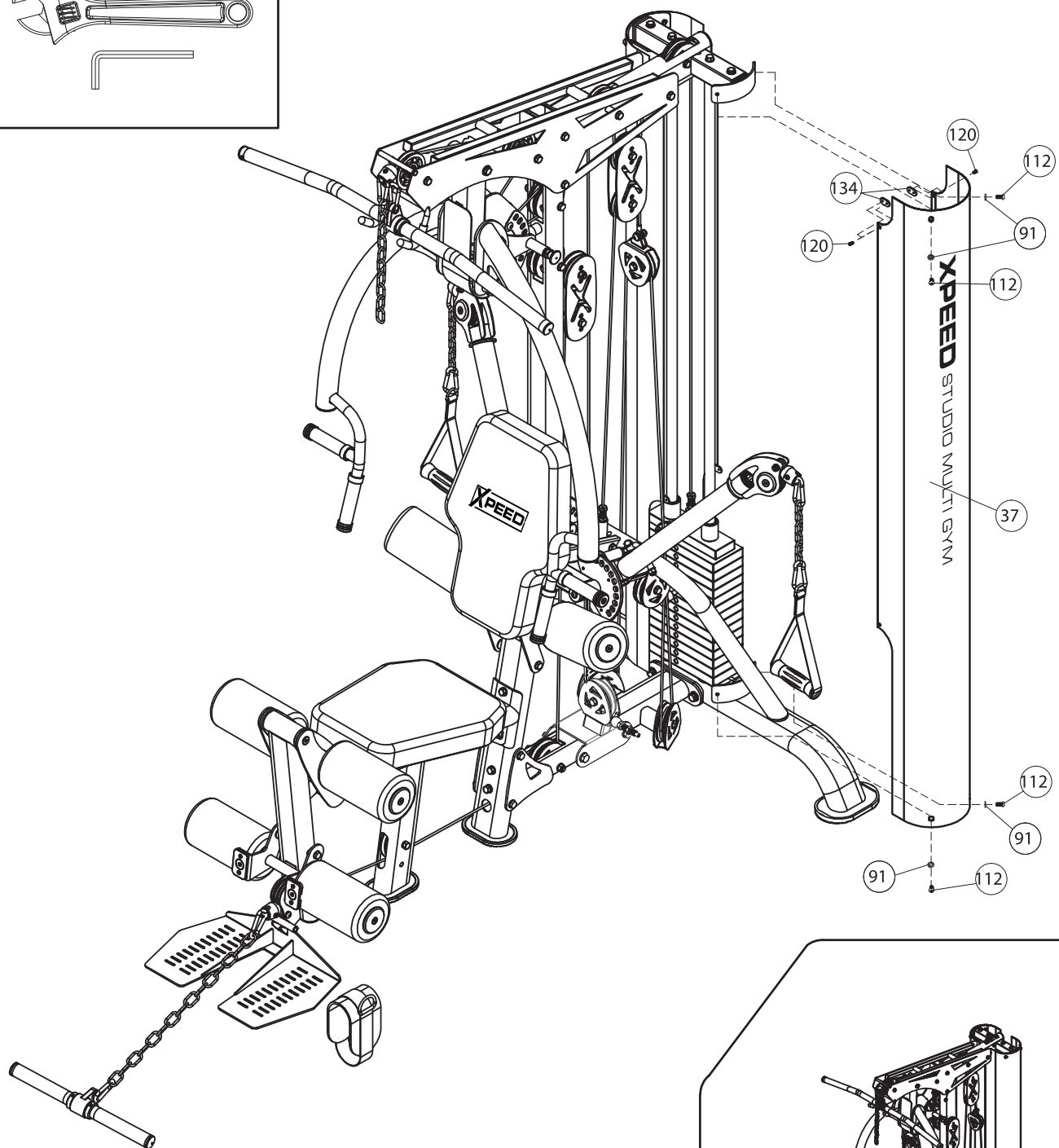
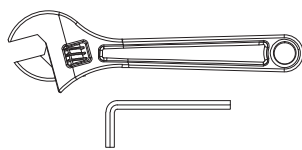




112  x8 M8x16

120  x8 M4x6

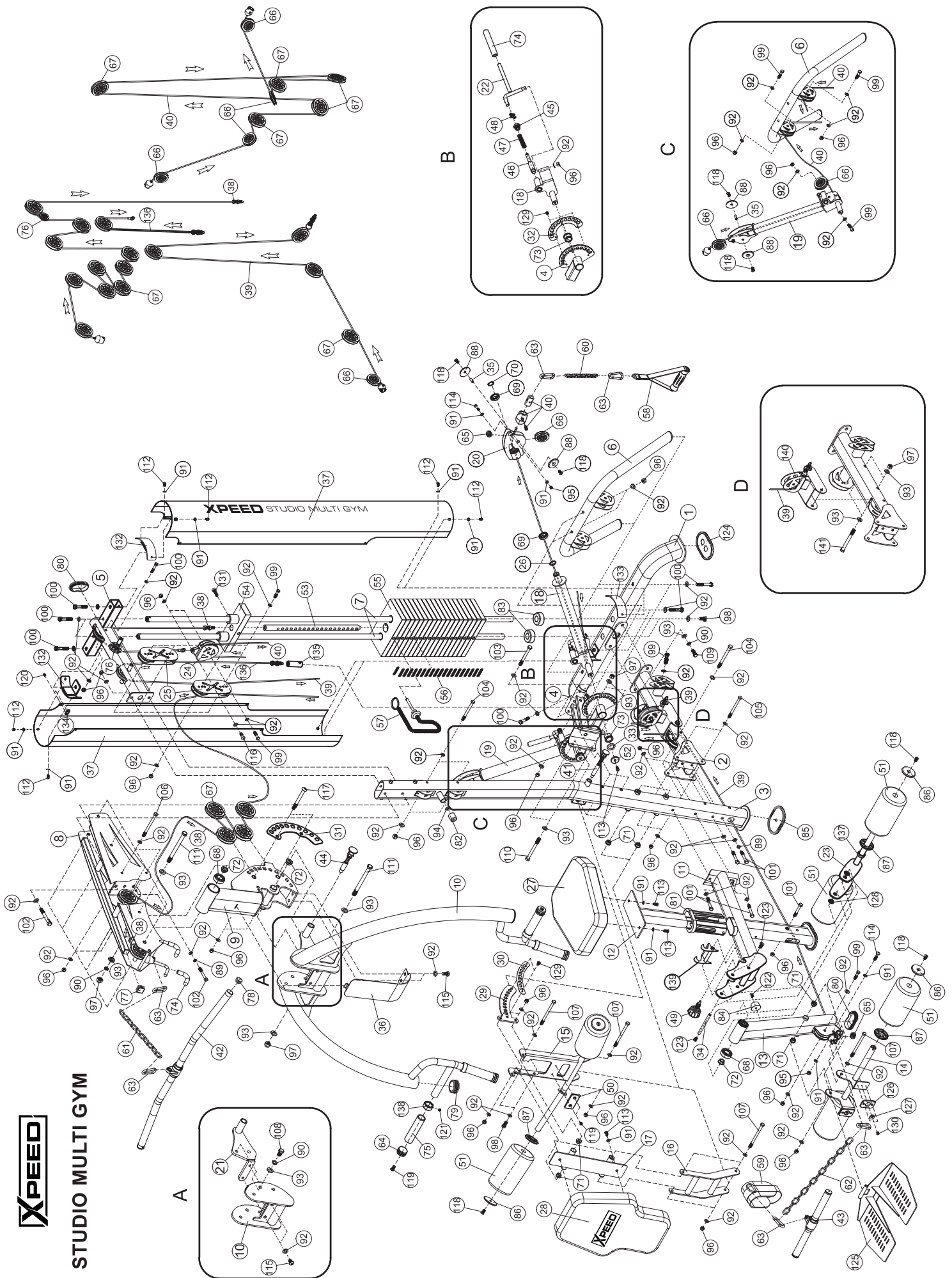
91  | x8 Ø8



STAGE 12



STUDIO MULTI GYM



PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Frame Rear		1
2	Base Frame Front		1
3	Stand Vertical Frame Front		1
4	Butterfly Support		1
5	Upper Frame		1
6	Support Rear		1
7	Guide Rod Rear		2
8	Top Frame		1
9	Front Press Base		1
10	Front Press		1
11	Support Front		1
12	Seat Support		1
13	Leg Developer		1
14	Foam Frame		1
15	Top Connecting Frame		1
16	Base Connecting Frame		1
17	Backrest Support		1
18	Butterfly L		1
19	Butterfly R		1
20	Pulley Case		2
21	Front Press Base		1
22	Adjustable Shiver Bar		2
23	Foam Rod		1
24	Pulley Bracket		1
25	Adjustable Pulley Bracket	236x101x3	4
26	Bushing	Ø30xØ25.5x3	2
27	Seat Pad	360x250x430x65	1
28	Backrest Board	366x520x65	1
29	Adjustable Backrest Board	R290xR240x6	1
30	Decorative Plate	R287xR243x1.5	1
31	Decorative Plate	R125xR80x1.5	1
32	Decorative Plate	R85xR45x1.5	2
33	D Washer	Ø38x3	2
34	Silk Shaft	Ø12x131xM8	2
35	Silk Shaft	Ø10x30xM8	2
36	Front Cover	272x107x90x2	1
37	Weight Stack Cover	1793xR91.5x1	2
38	Upper Cable	L=4305	1
39	Connectable Cable	L=3580	1
40	Butterfly Cable	L=5600	1
41	Lock Knob		1
42	Lat Bar		1
43	Shiver Bar		1
44	Lock Knob		1
45	Cover Cap	21xM18x1.5x18	2
46	Pin Axle	Ø16x106	2
47	Spring	Ø12.4xØ1.2x38.2	2
48	Chain Joint	08A(12.7)	2
49	Lock Knob	M18xØ10	1
50	Rack Liner	90x45x5	1
51	Foam Roll	Ø125xØ22x215	6
52	Bar End	Ø38xØ9x8	2
53	Selector Rod	Ø25x563 (19+1)	1
54	Top Weight Plate	230x65x72	1
55	Weight Plate	250x100x25.4 (10LB)	19
56	Weight Plate Sticker	10LB - 200LB	1
57	Weight Selector Pin		1
58	Nylon Strap Iso-Handle	L=245mm	2
59	Ankle Strap		1
60	6-Joint Chain	6	2
61	10-Joint Chain	10	1
62	15-Joint Chain	15	1
63	Hook	Ø8	8
64	Decorative	Ø37.5x6.5x19	4
65	Wheel	Ø27x24	3
66	Small Pulley with Bearing	Ø72xØ10	5
67	Pulley	Ø96	20
68	Bearing	6004	4
69	Bearing	61905	4

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
70	Hole Circlip	25	2
71	Brushing	Ø25xØ10.5x12	10
72	Brushing	Ø25xØ20Ø12.2x10	6
73	Brushing	Ø38xØ34xØ25x22	4
74	Handle	Ø20x114	4
75	Handle	Ø27.5x3x135	4
76	Small Pulley with Bearing	Ø50xØ10	1
77	End Cap	■ 25	4
78	End Cap	Ø32	4
79	End Cap	Ø50	2
80	End Cap	PT50x100	2
81	Slide Guide	PT50x100/PT40x80x147	1
82	Rubber Stopper	Ø30xØ25x30	1
83	Rubber Stopper	Ø62xØ24.5x25	4
84	Rubber Stopper	Ø45x40	1
85	Floor End Cap	PT145x95x9	4
86	Foam Baffle	Ø68x5.7	6
87	Foam Inner Baffle	Ø70xØ26x9.5	6
88	End Cover	Ø50x5.7	4
89	Spring Washer	10/336HV	2
90	Spring Washer	12	4
91	Washer	8	18
92	Washer	10	98
93	Washer	12	15
94	Washer	Ø25x11x2	1
95	Nut	M8	3
96	Nut	M10	43
97	Nut	M12	6
98	HEX Bolt	M10x25	4
99	HEX Bolt	M10x45	13
100	HEX Bolt	M10x65	11
101	HEX Bolt	M10x70	5
103	HEX Bolt	M10x75	2
103	HEX Bolt	M10x90	1
104	HEX Bolt	M10x115	3
105	HEX Bolt	M10x125	2
106	HEX Bolt	M10x140	6
107	HEX Bolt	M10x145	5
108	HEX Bolt	M12x20	1
109	HEX Bolt	M12x30	2
110	HEX Bolt	M12x130	2
111	HEX Bolt	M12x145	2
112	Allen Bolt	M8x16	8
113	Allen Bolt	M8x25	6
114	Allen Bolt	M8x45	3
115	Allen Bolt	M10x16	4
116	Allen Bolt	M10x30	1
117	Allen Bolt	M10x95	2
118	Hexagon Socket Countersunk Head Screws	M8x20	10
119	Hexagon Socket Countersunk Head Screws	M6x10	6
120	Philips Screw	M4x6	8
121	Set Screw	M6x6	4
122	Philips Screw	M6x16	1
123	Allen Bolt	Ø20xM8x12	4
124	Floor End Cap	PT170x107x15	2
125	Foot Plate		1
126	Rack Liner	70x45x5	2
127	Magnet	Ø25xØ5x4	2
128	Bushing	Ø25xØ16x12.2x5	2
129	Philips Screw	M5x12	8
130	Philips Screw	M4x10	6
131	Allen Bolt	M10x55	1
132	Upper Frame		2
133	Lower Frame		2
134	Plate	30x14x3xM4	4
135	Regulating Shaft	Ø25x75	1
136	Cable	L=1180	1
137	Spacer Sleeve	Ø30x2x8	2
138	Retaining Ring	Ø38xØ29.2x14.5xM6	4

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
139	Locking Frame		1
140	Pulley Bracket		1
141	HEX Bolt	M12x135	2
	Allen Wrench	6#	1
	Allen Wrench	5#	2
	Allen Wrench	4#	1
	Allen Wrench	3#	1