HOME GYM MULTI STATION USER MANUAL

SKU: FIT-AOXIN-M7S-ABCD2E

***Olympic Weight Is Not Included**

CONTENTS

Contents 1
Safety Instruction 2
Product Overview 3
Parts List 4-9
Assembly Instruction 10-32
Daily Care & Maintenance 33

- Product may vary slightly from item pictured due to model upgrades.
- Please check the packing details before assembly, if there is any missing part, contact after-sales service department for support.
- Please read all instructions carefully before using the product. Retain this user manual for future reference.

Safety Instruction

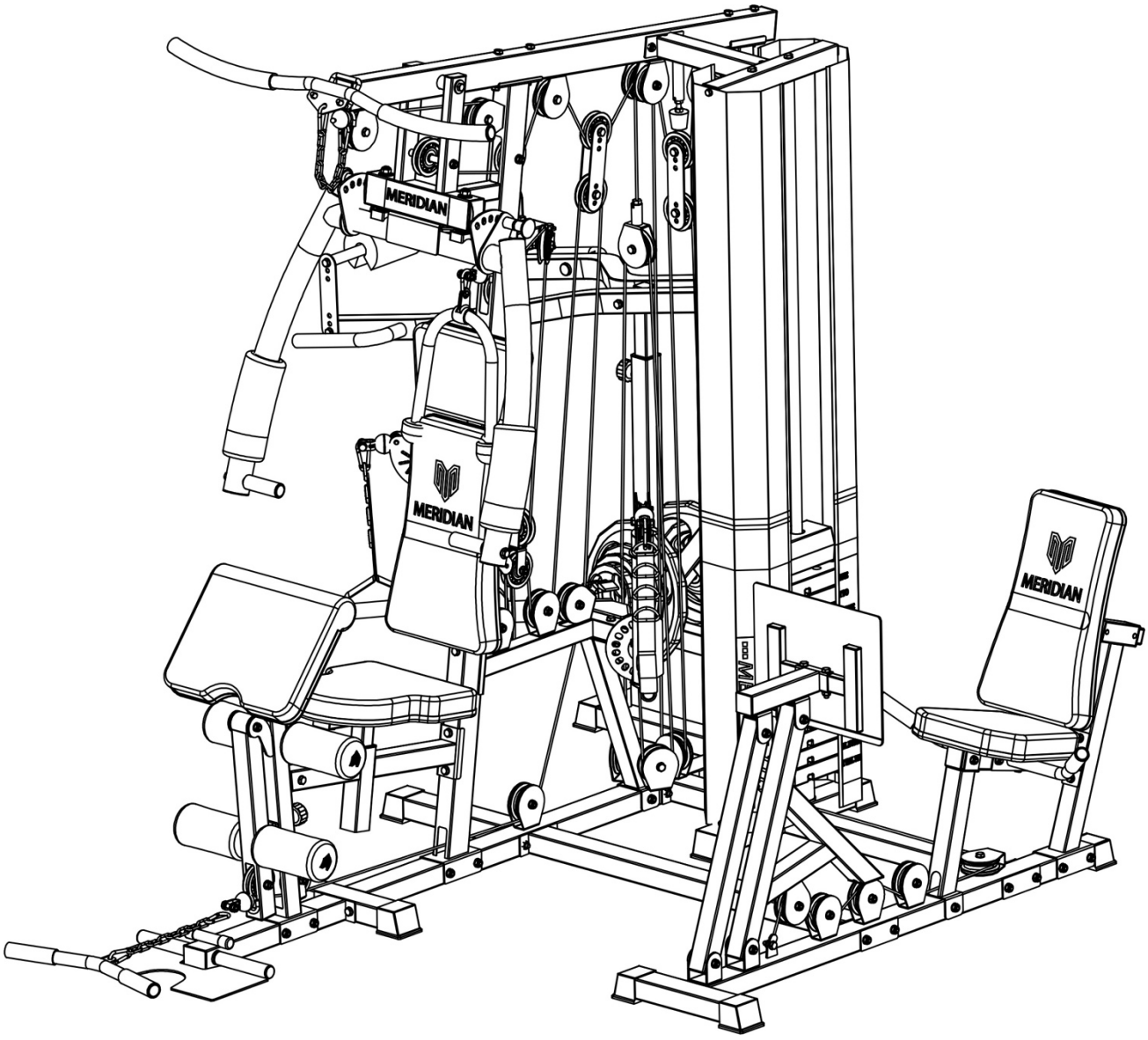
IMPORTANT SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your machine before using your machine. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Please read, understand manual and all warnings, test the usage before using the machine. It is the responsibility of the owner to ensure that all users of this machine are adequately informed of all warnings and precautions.
2. Retain this user manual for current and future reference, and make sure all warning labels are clear and complete.
3. This machine is recommended to be installed by at least two adults.
4. Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
5. Keep children and pets away and safe from the machine at all times.
6. Pulleys and cables should be checked for wear frequently and replaced as needed, so as to avoid any danger to you or the people around.
7. Wear appropriate exercise clothes while using the machine.
8. Inspect and properly tighten all parts of the machine regularly, especially ropes to avoid any injury. If something is wrong, stop using and contact our after-sales service department for support.
9. Required Tools: Spanner and Allen wrench

Product Overview

M7S



Executive Standard:*GB17498.1*

Parts List

No.	Part	Quantity	No.	Part	Quantity
1	Rear base frame	1	31	Foot plate	1
2	Front base frame	1	32	Round tube	1
3	Weight-plate base frame	1	33	Low row bar	1
4	Base junction plate	1	34	Main leg press pivot	1
5	Leg press base frame	1	35	Front leg press pivot	1
6	Side bottom frame	1	36	Foot plate frame	1
7	Front vertical frame	1	37	Foot plate	1
8	Rear vertical dual frame	1	38		
9	Top main frame	1	39	Lat bar	1
10	Rear end base frame	1	40	Butterfly connector	1
11	Top pulley frame	1	41	Left butterfly arm set	1
12	Low pulley frame	1	42	Right butterfly arm set	1
13	Low pulley support frame	1	43	Hand grip	2
14	(Low pulley) Free motion arm	2	44	Pulley U-clamp bracket	2
15	Rotatable bracket	2	45	Double pulley U-clamp bracket	1
16	Front leg press seat pad frame	1	46	Single pulley block	1
17	Rear leg press seat pad frame	1	47	Selector rod	1
18	Leg press seat pad frame	1	48	Pulley axle	2
19	Leg press seat adjustable frame	1	49	Adjustable joint plate	4
20	Left leg extension handle	1	50	Joint plate 11	4
21	Right leg extension handle	1	51	Pulley block	2
22			52	Bracket washer (for #15)	2
23			53	Axle collar	2
24	Leg press back seat frame	1	54	Pivot axle (for #40)	1
25	Guide rods	2	55	Φ17 Powdered metal bushing	6
26	Leg extension frame	1	56	Φ19 Powdered metal bushing	6
27	Leg extension connector	1	57	Back pad	2
28	Seat pad T-shaped frame	1	58	Head pad	1
29	Armrest pad frame	1	59	leg extension seat pad	1
30	Leg extension arm	1	60	Armrest pad	1

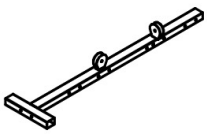
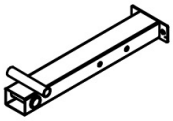
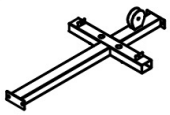
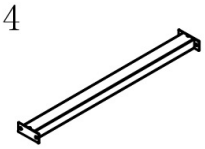
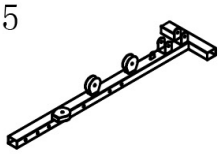
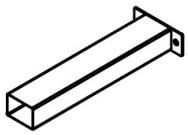
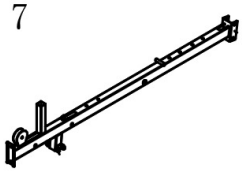
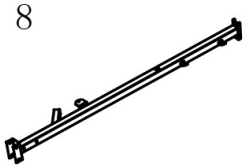
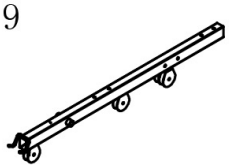
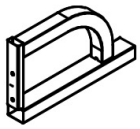
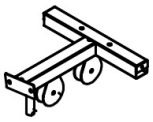
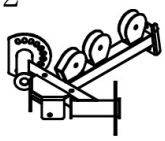
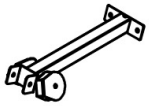
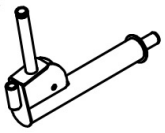
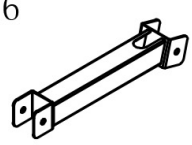
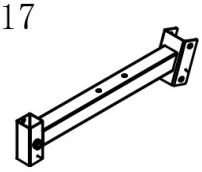
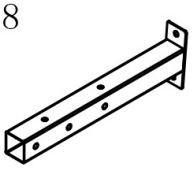
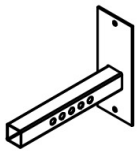
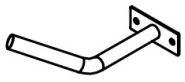
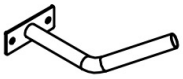
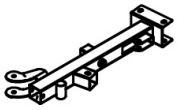
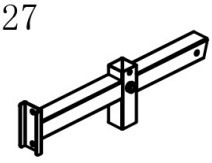
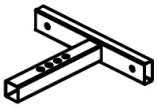
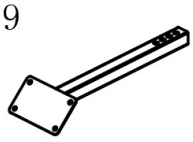
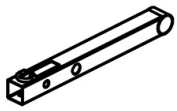
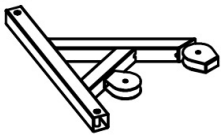
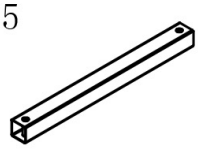
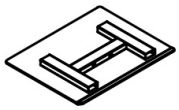
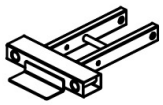
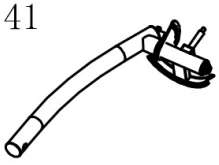
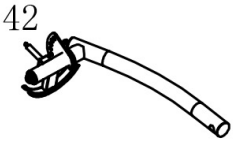
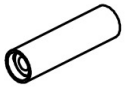
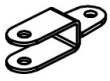
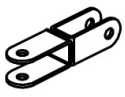
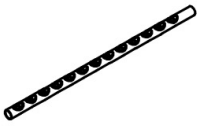
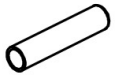
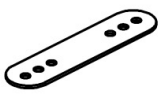
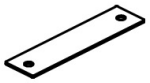
Parts List

No.	Part	Quantity	No.	Part	Quantity
61	Leg press seat pad	1	91	Φ25 Circlip	2
62			92	Φ8 Washer	18
63	Foam roller tube (440mml)	2	93	Φ10 Washer	196
64	Chain (280mml)	2	94	Φ12 Washer	4
65	Hoist hook	7	95	Φ10 Big washer	2
66	Handle strap (with buckles)	2	96	Φ12 Big washer	1
67	Tightening knob	4	97	Φ10 Arc washer	2
68	Pop pin (102mm)	1	98	M10 Nut	95
69	T-shaped knob	2	99	M12 Nut	3
70	Stabilizer bushing	1	100	M10x20 Socket hex bolt	2
71	(Leg extension) frame bushing (for #26)	2	101	M5x6 Hex bolt	4
72	Weight Plate Cushion	2	102	M8x16 Hex bolt	12
73	Pulley	40	103	M8x40 Hex bolt	2
74	F50*70 Foot cap	10	104	M8x70 Hex bolt	2
75	Φ 25 Guide rod bushing	2	105	M8x85 Hex bolt	2
76	Φ25 Foam Cap	4	106	M10x25 Hex bolt	13
77	Weight plate top cover	1	107	M10x45 Hex bolt	32
78	Weight plate	12	108	M10x65 Hex bolt	9
79	Ab strap	1	109	M10x70 Hex bolt	8
80	Buffer (for #11)	1	110	M10x75 Hex bolt	4
81	Stabilizer latch	1	111	M10x80 Hex bolt	2
82	L-shaped weight locking pin	1	112	M10x90 Hex bolt	30
83	Φ53xΦ90x245 L Foam roller	2	113	M10x135 Hex bolt	1
84	Φ25*Φ100*195L Foam roller	4	114	M10x170 Hex bolt	1
85	Lat pulldown cable (3790mml)	1	115	Φ30 Hole plug	2
86	Low row cable (5250mml)	1	116	M10x50 Hex bolt	2
87	Leg press cable (6650mml)	1	117	M10x105 Hex bolt	2
88	Low pulley cable (5470mml)	1	118	M10x195 Hex bolt	1
89	Butterfly cable (2165mml)	1	119	M10x200 Hex bolt	1
90	Weight stack shroud	2	120	Plastic barbell set	2

Parts List

No.	Part	Quantity	No.	Part	Quantity
121	Barbell collar	2	125	Squat adjustable frame (out)	1
122	Squat bar pad	1	126	Squat arm frame	2
123	Squat connector	1	127	Squat connecting rod	1
124	Squat adjustable frame (in)	1	128	Squat handle adjustable lever	2

Parts List

1 	2 	3 	4 	5 
6 	7 	8 	9 	10 
11 	12 	13 	14 	15
16 	17 	18 	19 	20 
21 	22	23	24	25
26 	27 	28 	29 	30 
31	32	33	34 	35 
36	37 	38	39	40 
41 	42 	43 	44 	45 
46	47 	48 	49 	50 

Parts List

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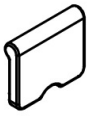
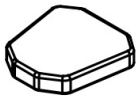
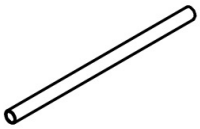
56	57	58	59	60 
61 	62	63 	64	65
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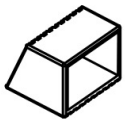
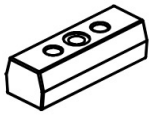
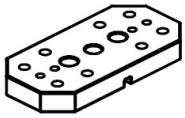
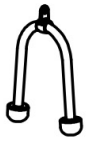
71	72	73	74 	75
76	77 	78 	79 	80
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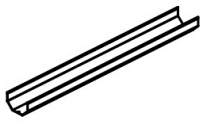
86	87	88	89	90 
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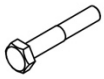
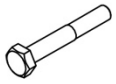
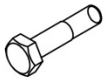
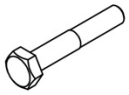
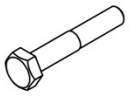
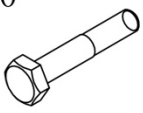
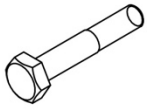
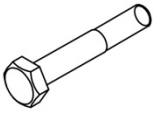
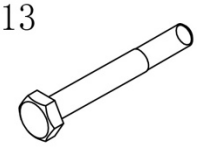
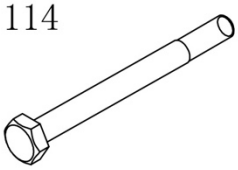
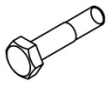
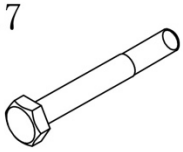
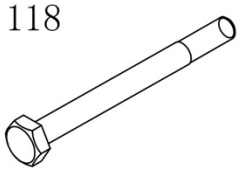
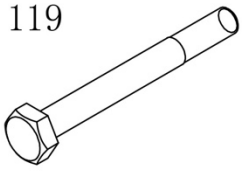
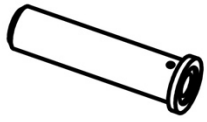
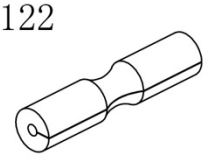
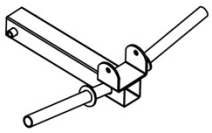
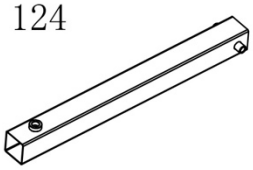
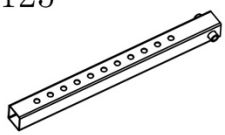
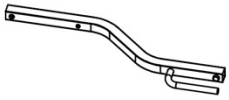
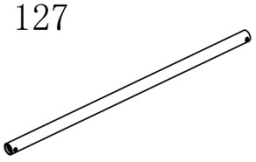
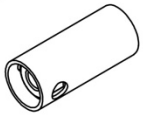
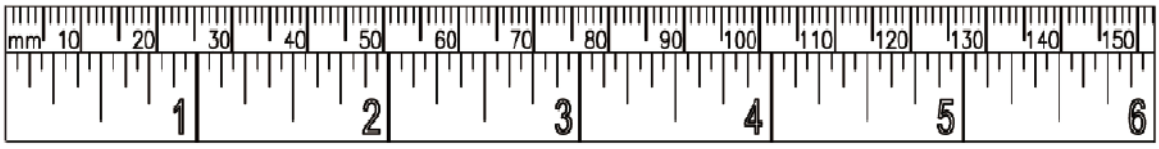
Parts List

101	102	103	104 	105 
106	107 	108 	109 	110 
111 	112 	113 	114 	115
116 	117 	118 	119 	120 
121	122 	123 	124 	125 
126 	127 	128 	129	130

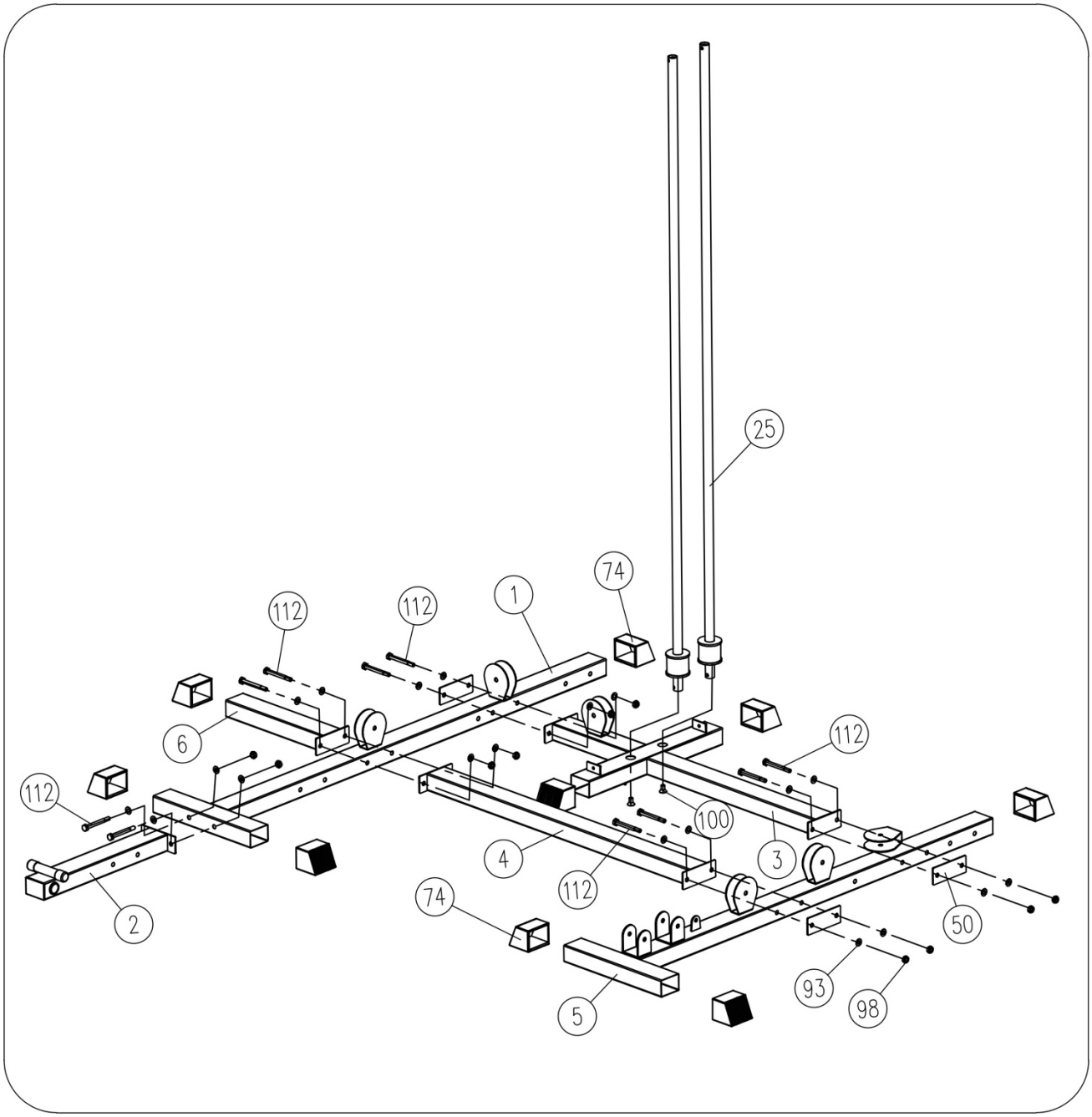


Assembly Instruction

Attention:

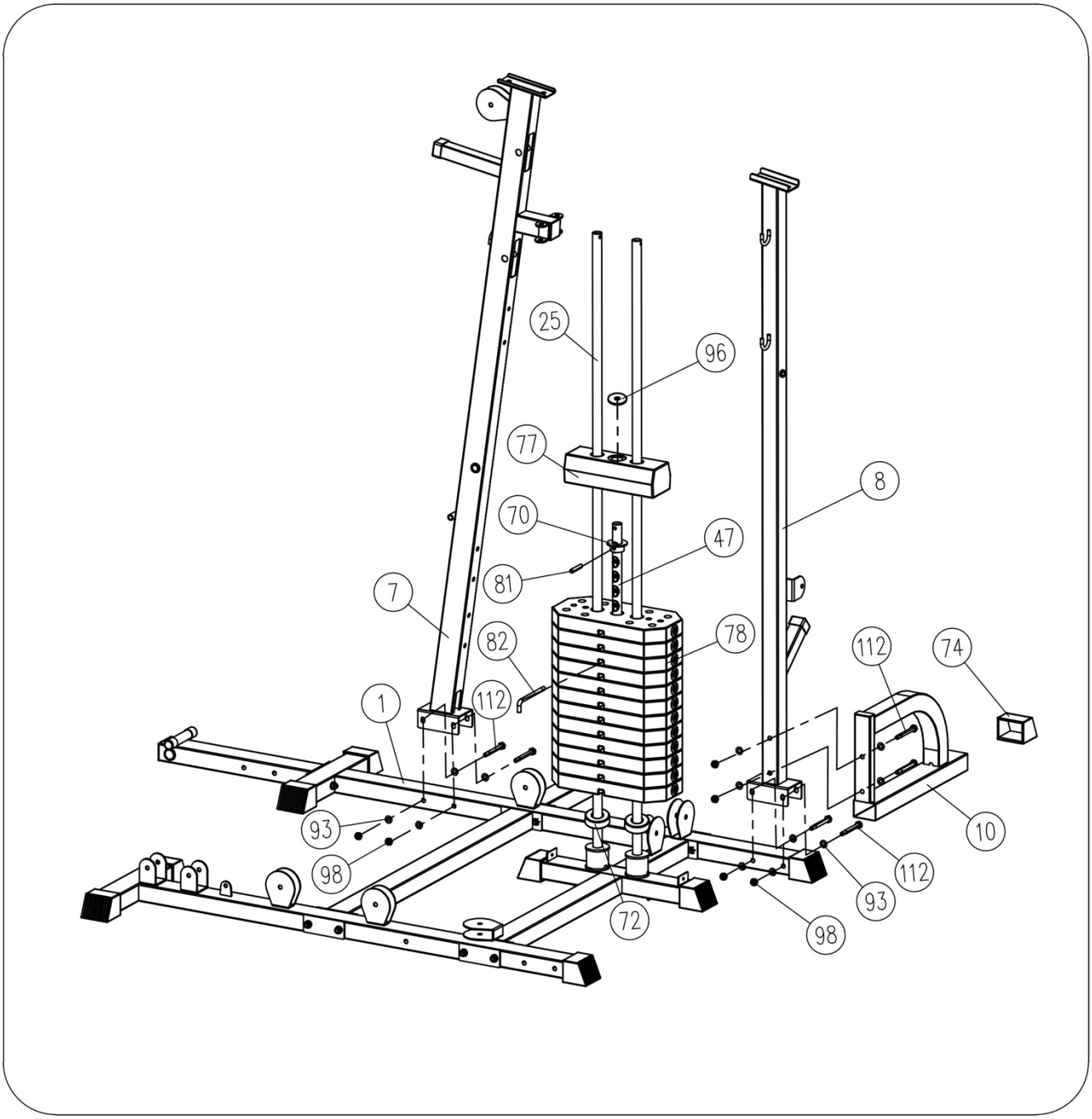
1. Put the washers to the two ends of bolts, unless any s
2. Finger tighten all bolts and nuts; do not spanner tighten firmly until this machine is fully assembled.
3. Some components have been well pre-assembled in cartons.
4. This machine is recommended to be installed by at least two adults.

Assembly Instruction



Picture 1:

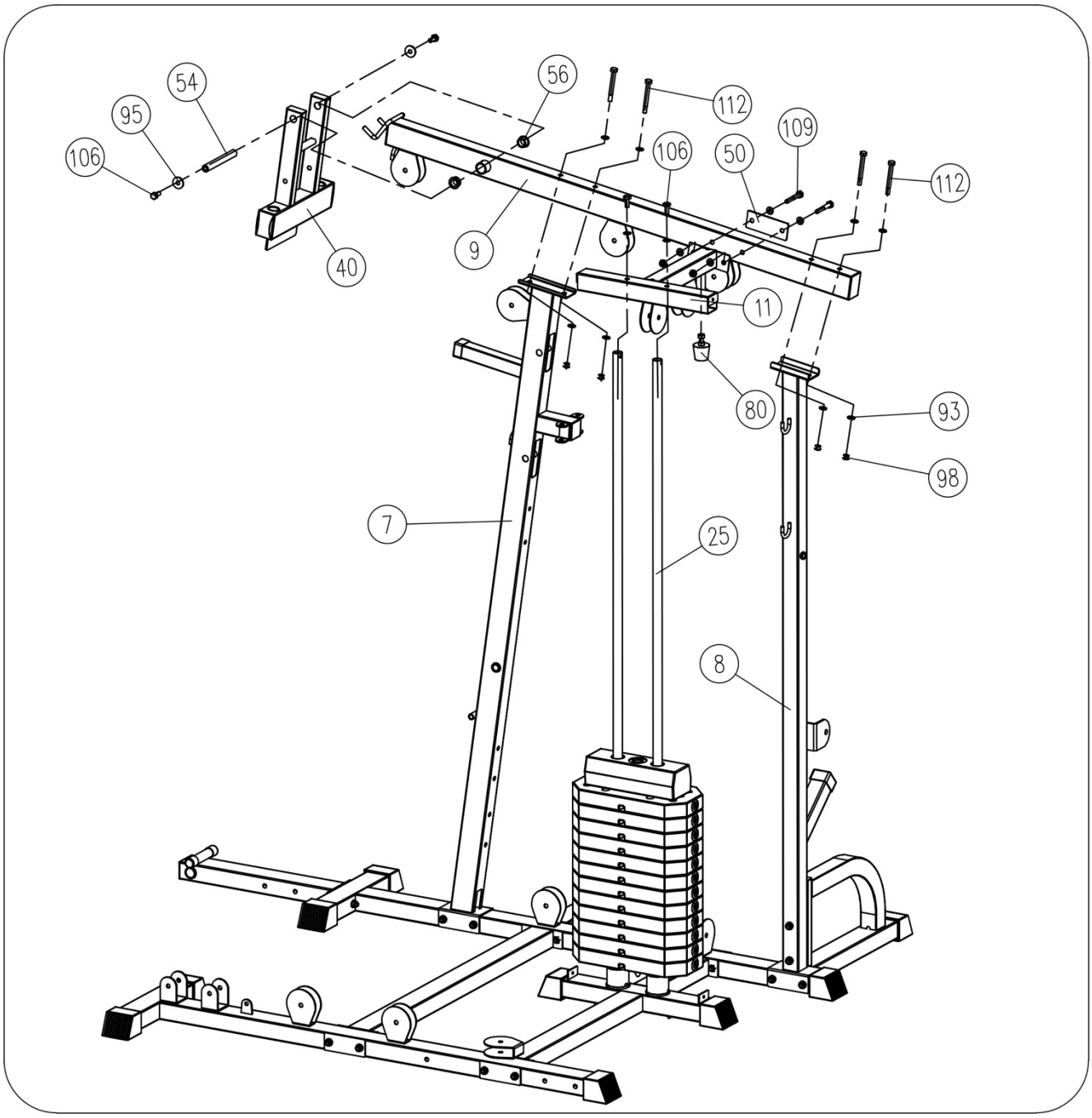
1. Attach 9 “F50x70 Foot Caps” (#74) respectively to the Rear Base Frame (#1), the Weight-plate Base Frame (#3), the Base Junction Plate (#4) and the Side Bottom Frame (#6)
2. Slide two Guide Rods (#25) into the holes of Weight-plate Base Frame (#3), tighten them by using M10x20 Socket hex bolt (#100).
3. Connect the Rear Base Frame (#1), Front Base Frame (#2), Weight-plate Base Frame (#3), Base Junction Plate (#4), Leg Press Base frame (#5), and the Side Bottom Frame (#6) all together as shown by using:
   - M10x90 Hex bolt (#112) x 10
   - Φ10 Washer (#93) x 20
   - M10 Nut (#98) x 10
   - Joint plate 11 (#50) x 3



Picture 2:

Picture 2:

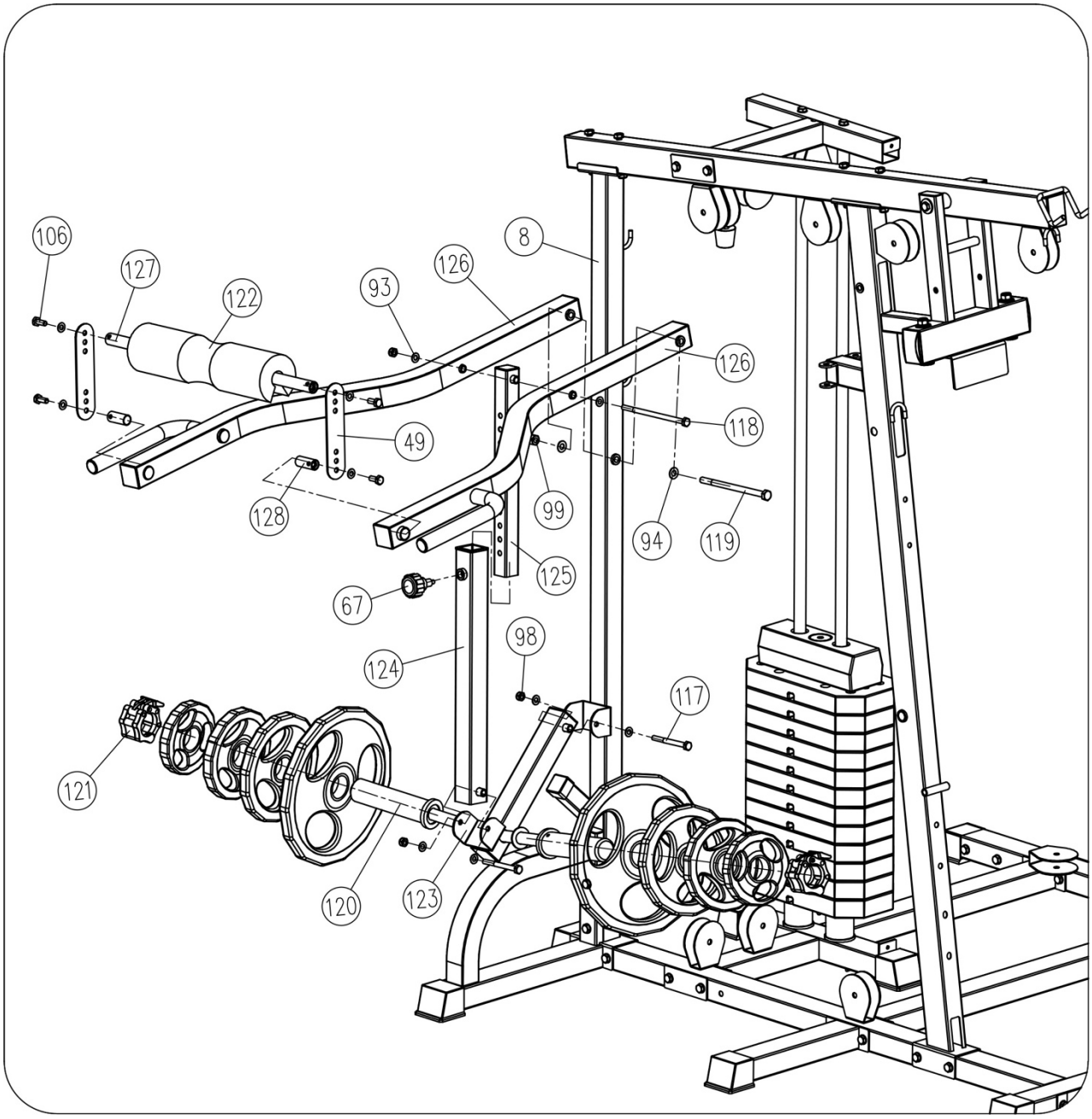
1. Attach both of Front Vertical Frame (#7) and Rear Vertical Dual Frame (#8) onto the Rear Base Frame (#1) by using:
   - M10x90 Hex bolt (#112) x 6
   - Φ10 Washer (#93) x 8
   - M10 Nut (#98) x 4
2. Attach a “F50x70 Foot Caps” (#74) to Rear End Base Frame (#10)
3. Attach Rear End Base Frame (#10) and Rear Vertical Dual Frame (#8) firmly by using:
   - M10x90 Hex bolt (#112) x 2
   - Φ10 Washer (#93) x 4
   - M10 Nut (#98) x 2
4. Slide two Weight Plate Cushions (#72) through the Guide Rods (#25), followed by 12 Weight Plate (#78). Make sure the holes on weight plate are facing down as shown.
5. Slide Stabilizer Bushing (#70) through Selector Rod (#47) with their holes aligned well, and insert Stabilizer Latch (#81) into the holes.
6. Then slide the Selector Rod (#47) into the top-middle hole of Weight Plate (#78), make sure the rod holes (#47) and weight plate holes (#78) are facing the same direction.
7. Slide Weight Plate Top Cover (#77) through the Guide Rods (#25) and Selector Rod (#47). Place Φ12 Big Washer (#96) on top of Weight Plate Top Cover (#77).



Picture 3:

Picture 3:

1. Attach Top Main Frame (#9) to Front Vertical Frame (#7) and Rear Vertical Dual Frame (#8) as shown by using:
   - M10x90 Hex bolt (#112) x 4
   - Φ10 Washer (#93) x 8
   - M10 Nut (#98) x 4
2. Attach Top Pulley Frame (#11) onto the two Guide Rods (#25), screw them firmly by using:
   - M10x25 Hex bolt (#106) x 2
   - Φ10 Washer (#93) x 2
3. Connect Top Pulley Frame (#11) and Top Main Frame (#9) closely by using:
   - Joint plate 11 (#50) x 1
   - M10x70 Hex bolt (#109) x 2
   - Φ10 Washer (#93) x 4
   - M10 Nut (#98) x 2
4. Screw Buffer (#80) under the Top Pulley Frame (#11).
5. Attach Butterfly Connector (#40) to Top Main Frame (#9) by using:
   - M10x25 Hex bolt (#106) x 2
   - Φ10 Big washer (#95) x 2
   - Φ19 Powdered metal bushing (#56) x 2


106
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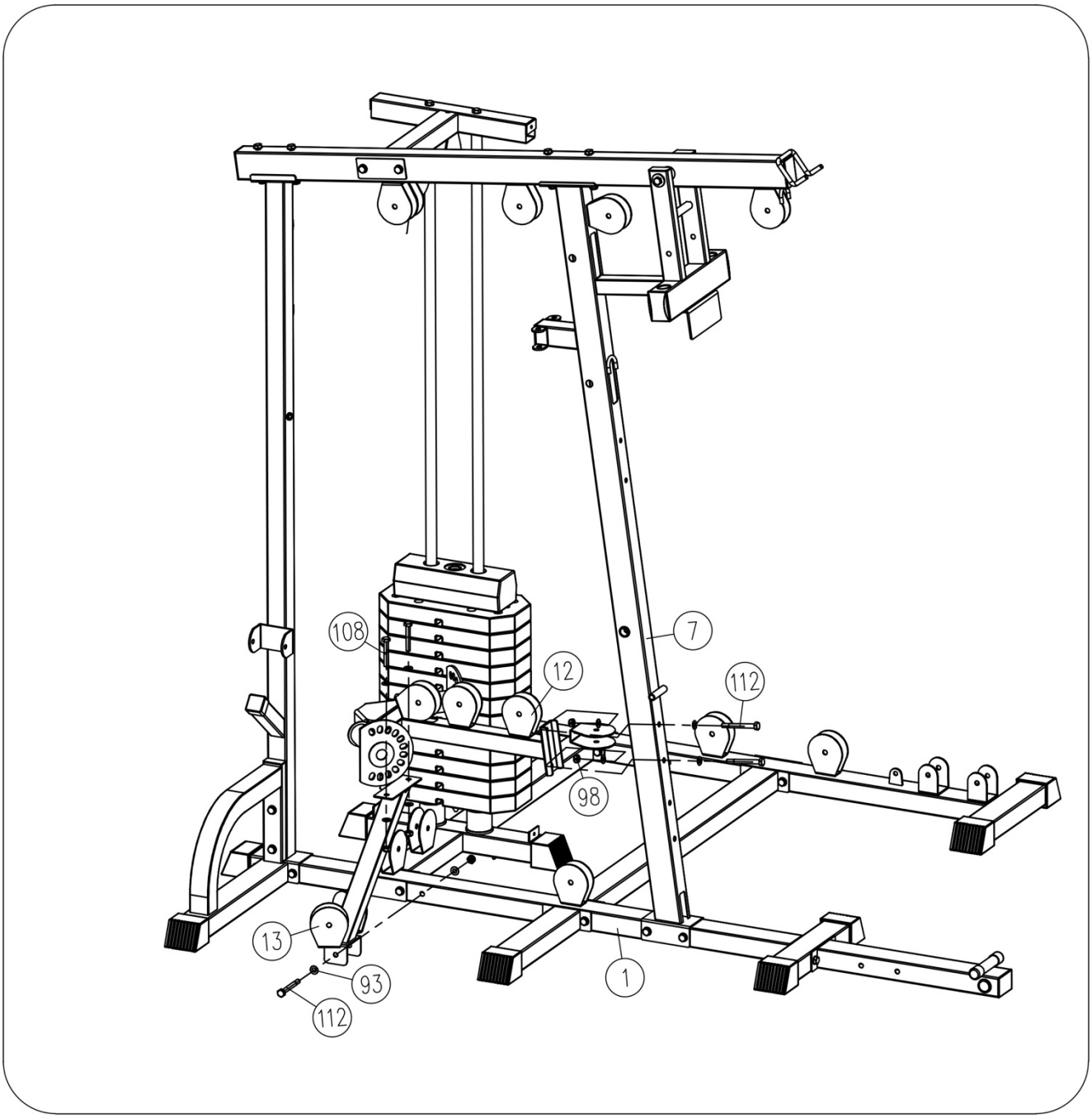
123

Picture 4:

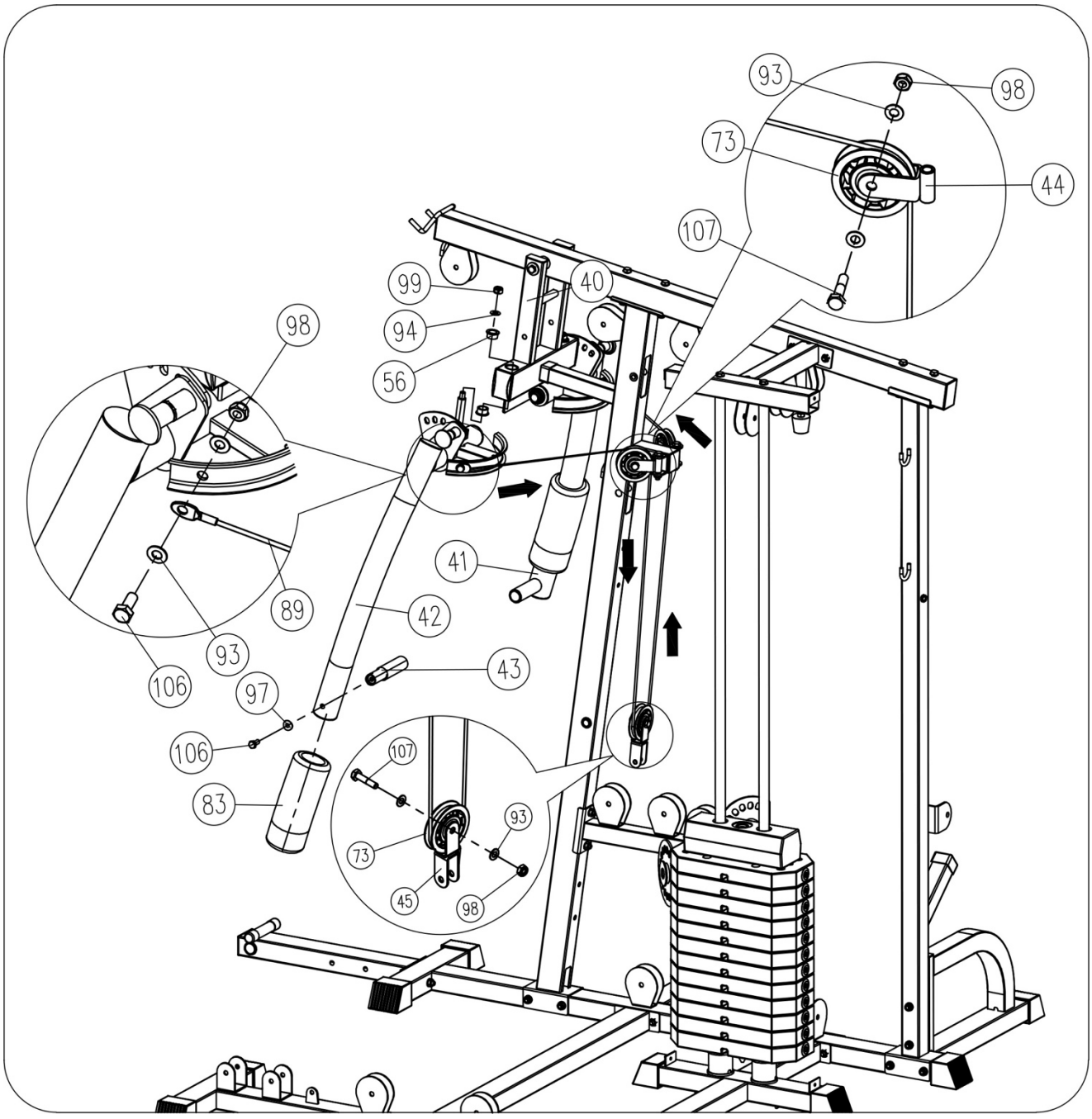
Picture 4:

1. Attach Squat Outside Adjustable Frame (#124) and Squat Connector (#123) to Rear Vertical Dual Frame (#8) by using:
   - M10x105 Hex bolt (#117) x 2
   - Φ10 Washer (#93) x 4
   - M10 Nut (#98) x 2
2. Slide two sets of Plastic Barbell (#120) through Squat Connector (#123), then slide Barbell Collars (#121) at the end of Plastic Barbell Set (#120).
3. Insert Squat Inside Adjustable Frame (#125) into the Squat Outside Adjustable Frame (#124), then screw Tightening Knob (#67) onto the latter (#124).
4. Attach two Squat Arm Frames (#126) to Rear Vertical Dual Frame (#8) by using:
   - M12x200 Hex bolt (#119) x 1
   - Φ12 Washer (#94) x 2
   - M12 Nut (#99) x 1
5. Then attach Squat Inside Adjustable Frame (#125) to the Squat Arm Frames (#126) by using:
   - M10x195 Hex bolt (#118) x 1
   - Φ10 Washer (#93) x 2
   - M10 Nut (#98) x 1
6. Attach two Adjustable Joint Plates (#49) to two Squat Handle Adjustable Levers (#128) respectively by using following parts, then insert the latter into Squat Arm Frame (#126)
   - M10x25 Hex bolt (#106) x 2
   - Φ10 Washer (#93) x 2
7. Attach the two Adjustable Joint Plates (#49) to Squat Connecting Rod (#127) firmly by using following part. Then place Squat Bar Pad (#122) on the rod (#127)
   - M10x25 Hex bolt (#106) x 2
   - Φ10 Washer (#93) x 2



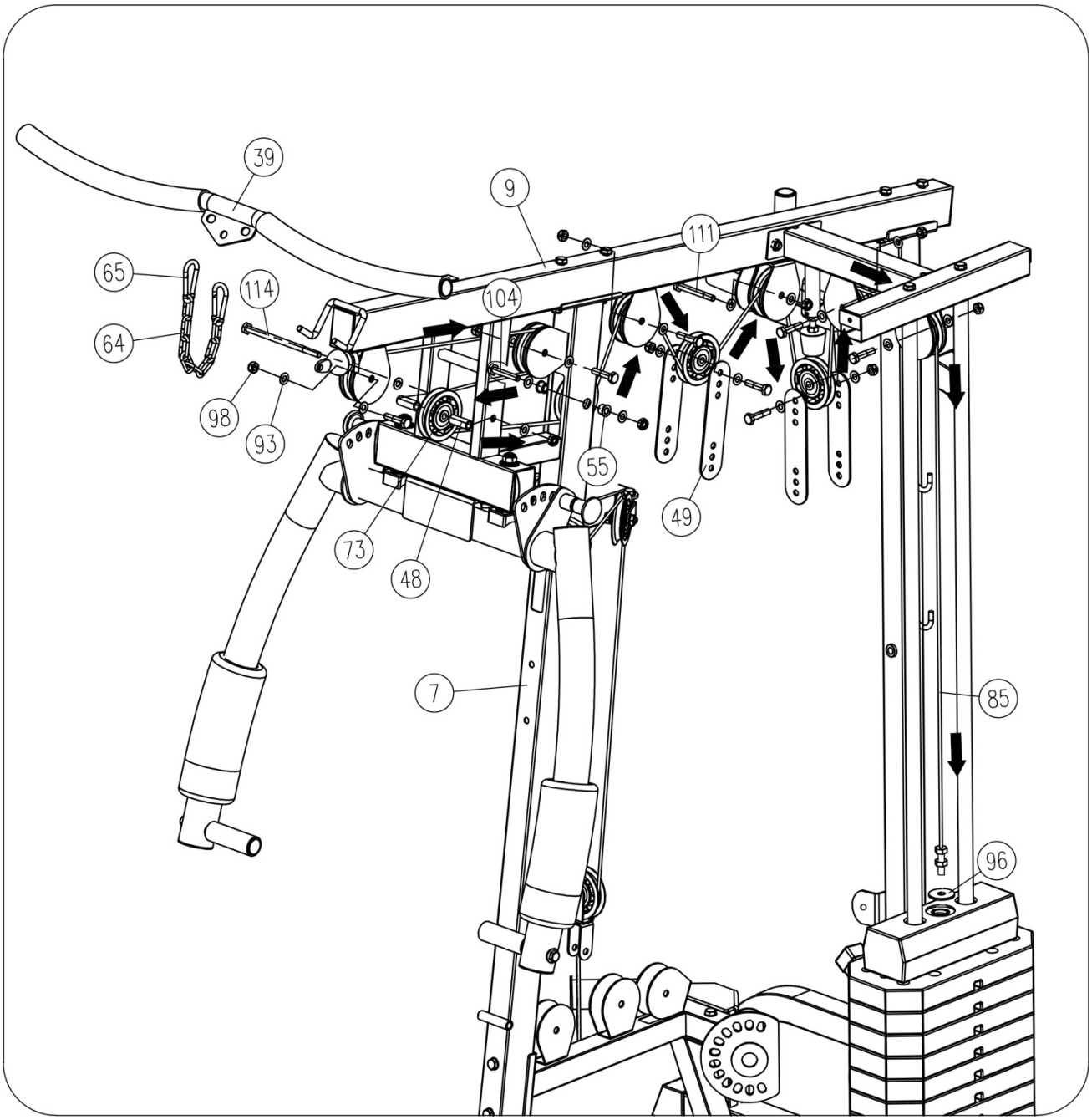
Picture 5:

1. Attach Low Pulley Support Frame (#13) on the Rear Base Frame (#1) by using:
   - M10x90 Hex bolt (#112) x 1
   - Φ10 Washer (#93) x 2
   - M10 Nut (#98) x 1
2. Attach Low Pulley Frame (#12) on the Front Vertical Frame (#7) by using:
   - M10x90 Hex bolt (#112) x 2
   - Φ10 Washer (#93) x 4
   - M10 Nut (#98) x 2
3. Connect Low Pulley Frame (#12) to its Support Frame (#13) tightly by using:
   - M10x65 Hex bolt (#108) x 2
   - Φ10 Washer (#93) x 4
   - M10 Nut (#98) x 2



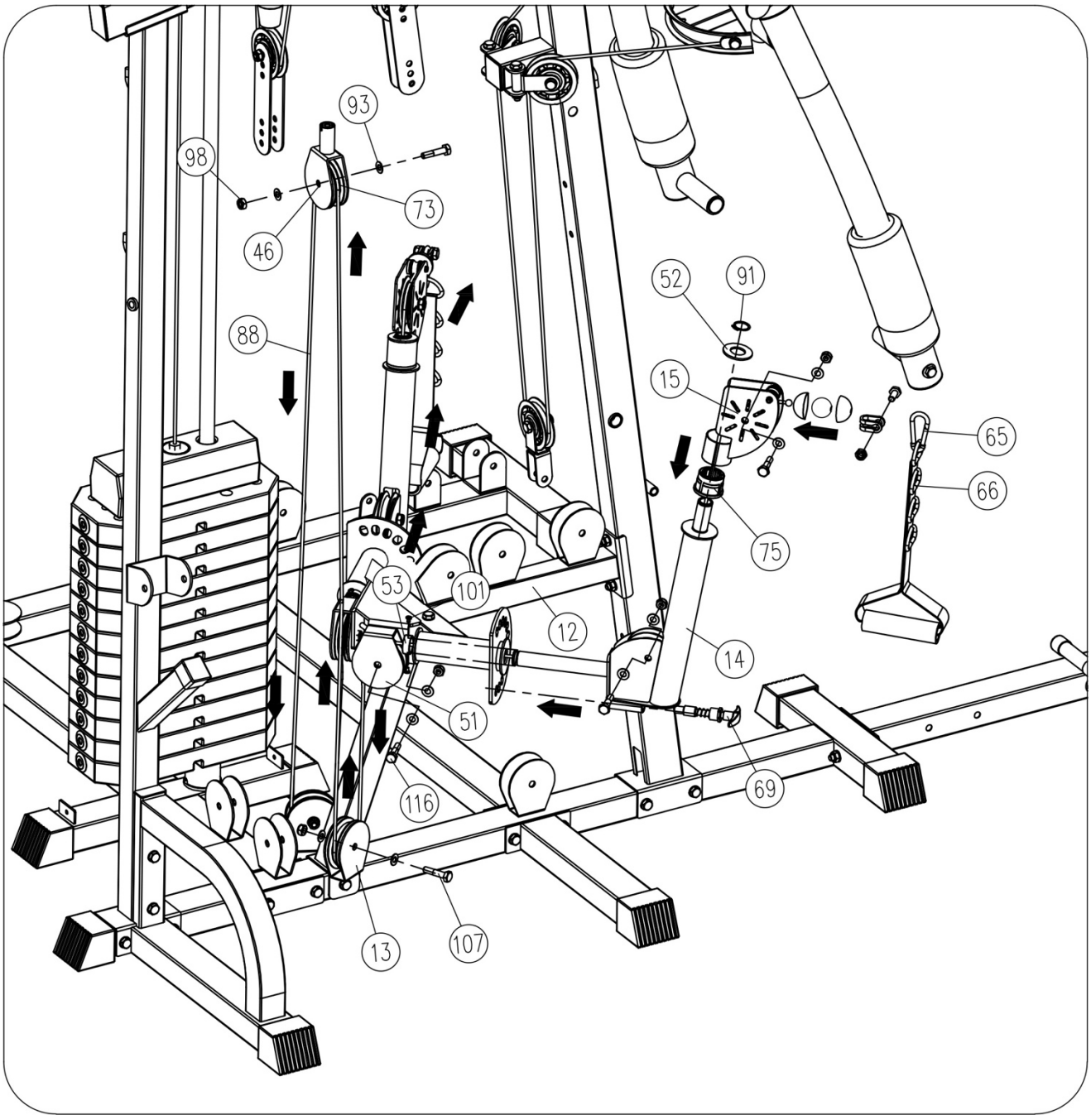
Picture 6: Butterfly Cable

1. Attach left (#41) and right (#42) Butterfly Arm Sets to Butterfly Connector (#40) by using:
   - Φ19 Powdered metal bushing (#56) x 4
   - Φ12 Washer (#94) x 2
   - M12 Nut (#99) x 2
2. Attach two Hand Grips (#43) to the left (#41) and right (#42) Butterfly Arm Sets by using:
   - M10x25 Hex bolt (#106) x 2
   - Φ10 Arc Washer (#97) x 2
3. Route Butterfly Cable (#89) (2165mml) over the left (#41) and right (#42) Butterfly Arm Sets as shown on Picture 6.



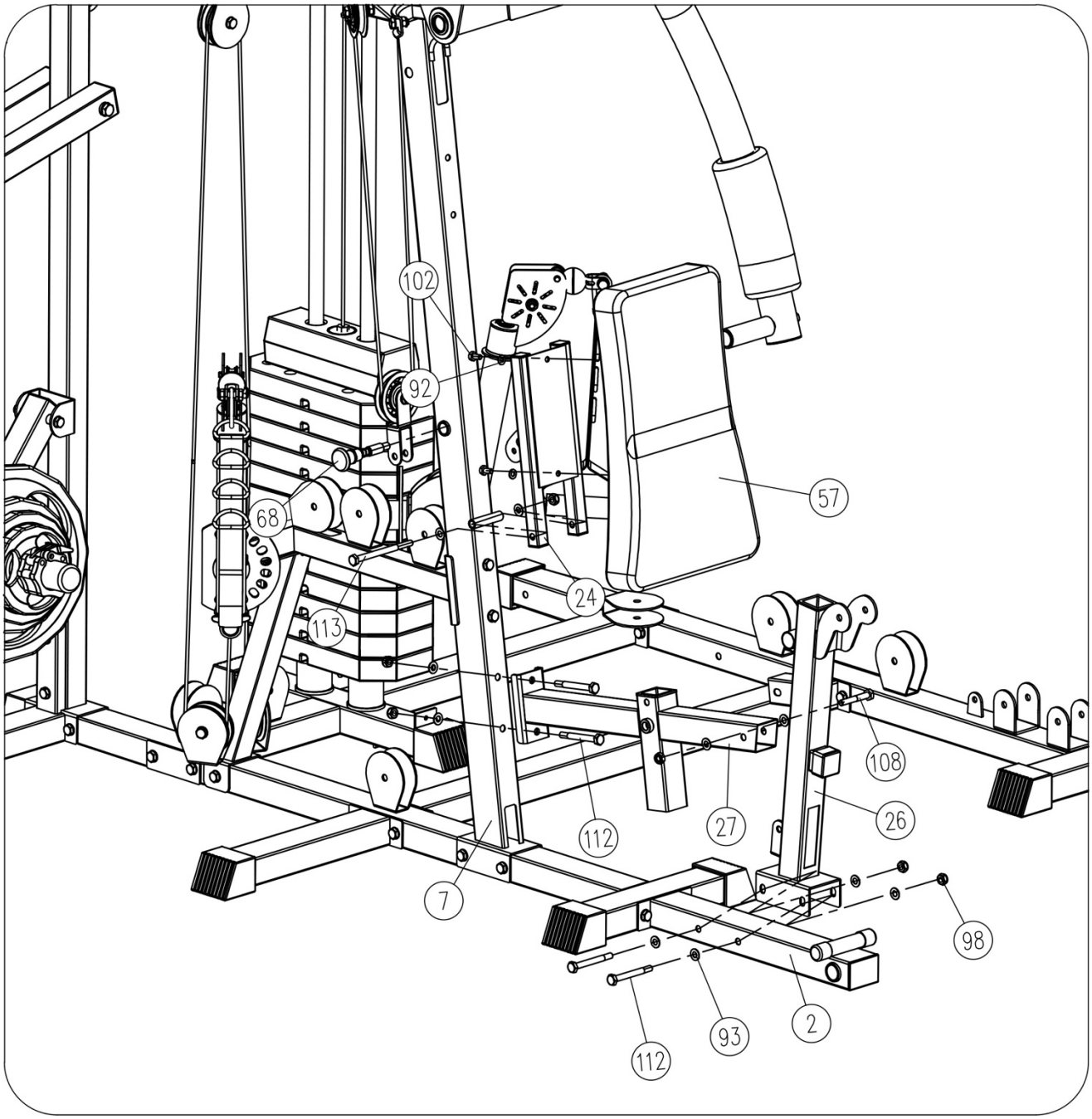
Picture 7: Lat Pulldown Cable

1. Route Lat Pulldown Cable (#85) (3790mml) around Pulleys (#73) as shown, ends at tightening with Selector Rod (#47).
2. Connect the Lat Bar (#39) and the head ball of Lat Pulldown Cable (#85) (3790mml) together by two hoist hooks (#65) and the chain (#64).



Picture 8: Low Pulley Cable

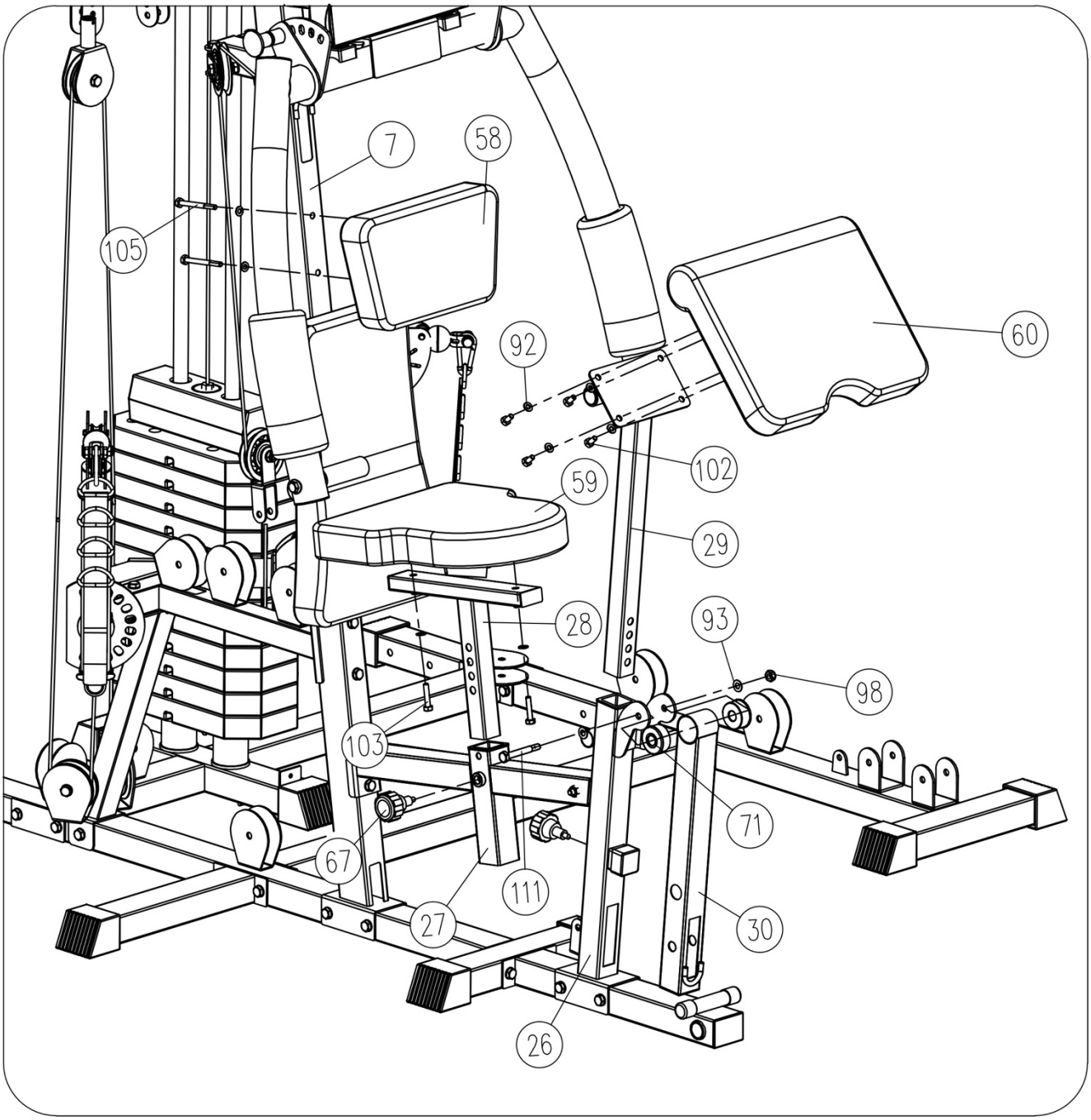
1. Route Low Pulley Cable (#88) (5470mml) successively through rotatable bracket (#15), Φ25 circlip (#91), bracket washer (#52), φ25 guide rod bushing (#75), free motion arm (#14), low pulley frame (#12), pulley block (#51), support frame (#13), single pulley block (#46) with pulley (#73).
2. Attach Free Motion Arm (#14) to Low Pulley Frame (#12) by using:
   - M5x6 Hex bolt (#101) x 2
   - T-shaped knob (#69) x 1
   - Axle collar (#53) x 1
3. Attach Rotatable Bracket (#15) onto Free Motion Arm (#14) by using Φ25 circlip (#91). Repeat the same step for the other side.
4. Connect two Handle Straps (with buckles) (#66) to the ball head of Low Pulley Cable (#88) (5470mml) by using two Hoist Hooks (#65).



Picture 9:

Picture 9:

1. Attach Leg Extension Connector (#27) to Front Vertical Frame (#7) by using:
   - M10x90 Hex bolt (#112) x 2
   - Φ10 Washer (#93) x 4
   - M10 Nut (#98) x 2
2. Attach Leg Extension Frame (#26) to Front Base Frame (#2) by using:
   - M10x90 Hex bolt (#112) x 2
   - Φ10 Washer (#93) x 4
   - M10 Nut (#98) x 2
3. Attach Leg Press Back Seat Frame (#24) to Front Vertical Frame (#7) by using:
   - M10x135 Hex bolt (#113) x 1
   - Φ10 Washer (#93) x 2
   - M10 Nut (#98) x 1
4. Attach Back pad (#57) to Back Seat Frame (#24) by using:
   - M8x16 Hex bolt (#102) x 2
   - Φ8 Washer (#92) x 2



Picture 10:

Picture 10:

1. Place two frame bushings (#71) on the Leg Extension Arm (#30) as shown, then connect them to the Leg Extension Frame (#26) by using:
   - M10x80 Hex bolt (#111) x 1
   - Φ10 Washer (#93) x 2
   - M10 Nut (#98) x 1

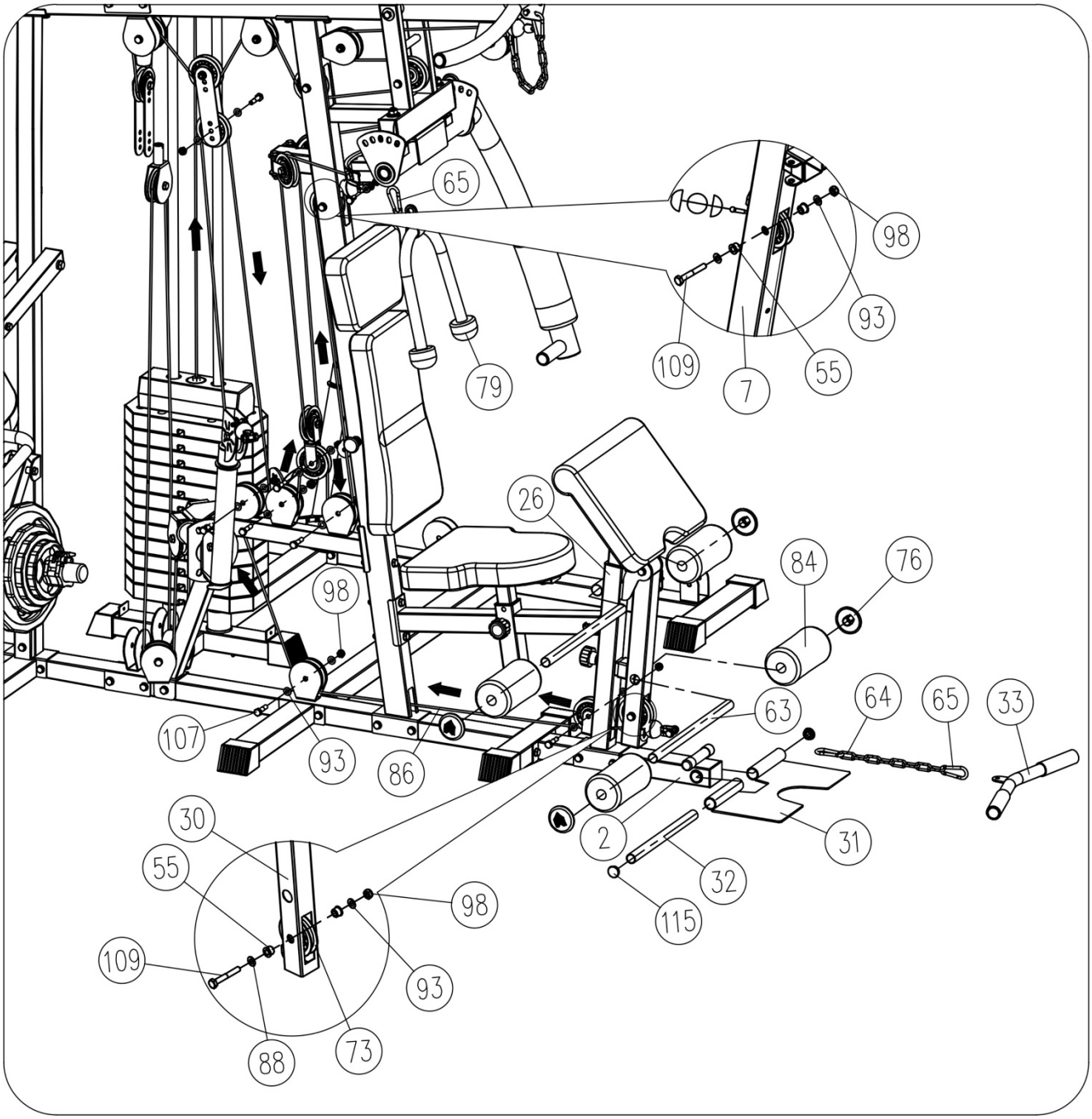
2. Attach Armrest pad (#60) to Armrest Pad Frame (#29) by using:
   - M8x16 Hex bolt (#102) x 4
   - Φ8 Washer (#92) x 4

   Then insert Armrest Pad Frame (#29) into the Leg Extension Frame (#26) with Tightening Knob (#67) screwed on.

3. Attach Leg Extension Seat Pad (#59) onto T-shaped Frame (#28) by using:
   - M8x40 Hex bolt (#103) x 2
   - Φ8 Washer (#92) x 2

   Then insert the onto T-shaped Frame (#28) into the Leg Extension Connector (#27) with Tightening Knob (#67) screwed on.

4. Attach Head Pad (#58) onto the Front Vertical Frame (#7) by using:
   - M8x85 Hex bolt (#105) x 2
   - Φ8 Washer (#92) x 2

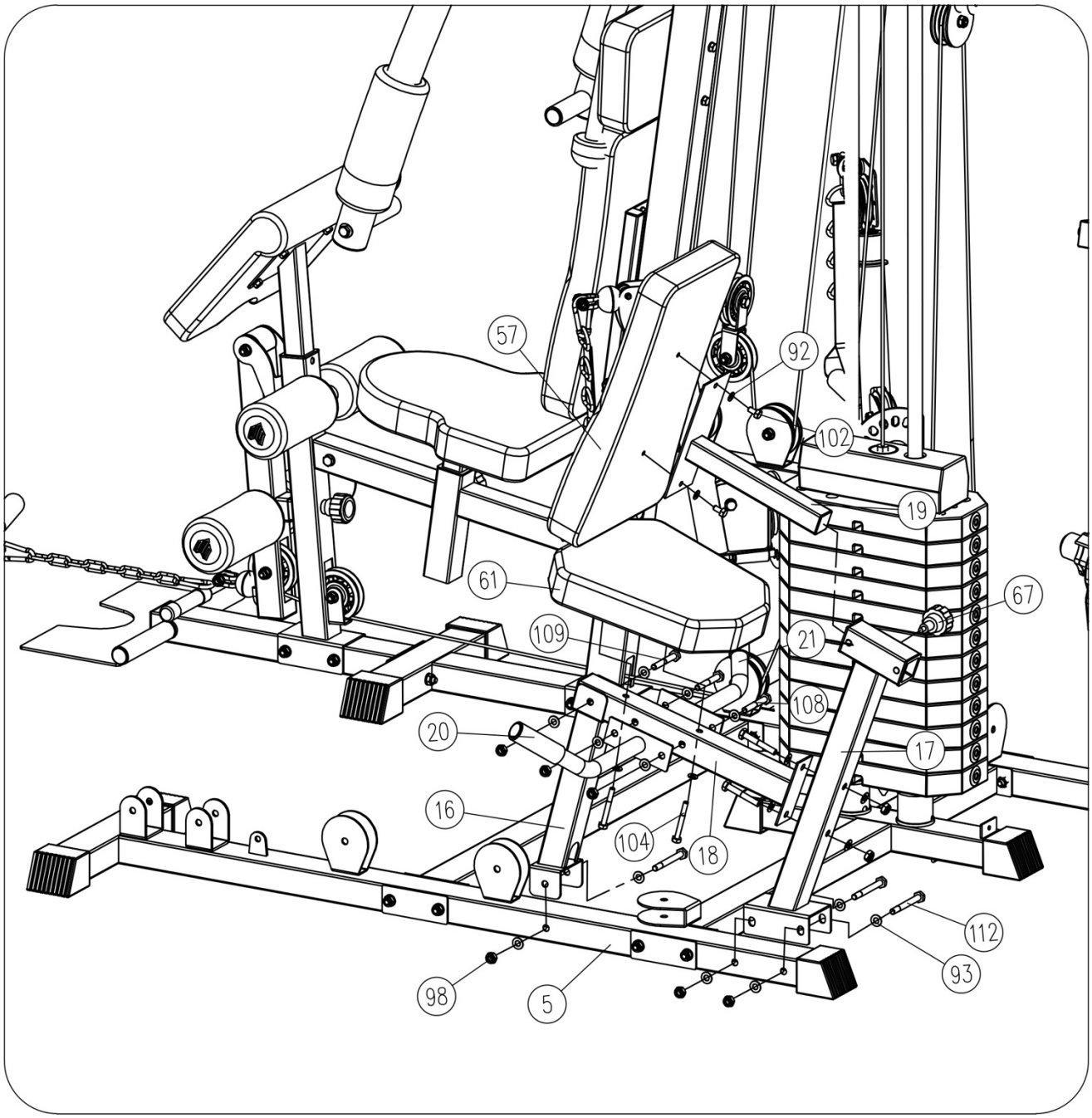


Picture 11: Low Row Cable

Picture 11

1. Twist off one end of Route Low Row Cable (#86) (5250mml), route the cable through while fixing the pulleys (#73) as shown. Then hang Ab Strap (#79) on the upper end of this cable (#86) by using a Hoist Hook (#65)
2. Attach Foot Plate (#31) to the Front Base Frame (#2) by using Round Tube (#32), end with two Φ30 Hole Plugs (#115) at two sides respectively. Then connect the Low Row Bar (#33) to the end of this cable (#86) by using two hoist hooks (#65) and a chain (#64).
3. Slide two Foam Roller Tubes (#63) (440mml) respectively through the Leg Extension Arm (#30) and Leg Extension Frame (#26), followed by sliding four Foam Rollers (#84) respectively through each side of these Foam Roller Tubes (#63), end with plugging four Foam Caps (#76).

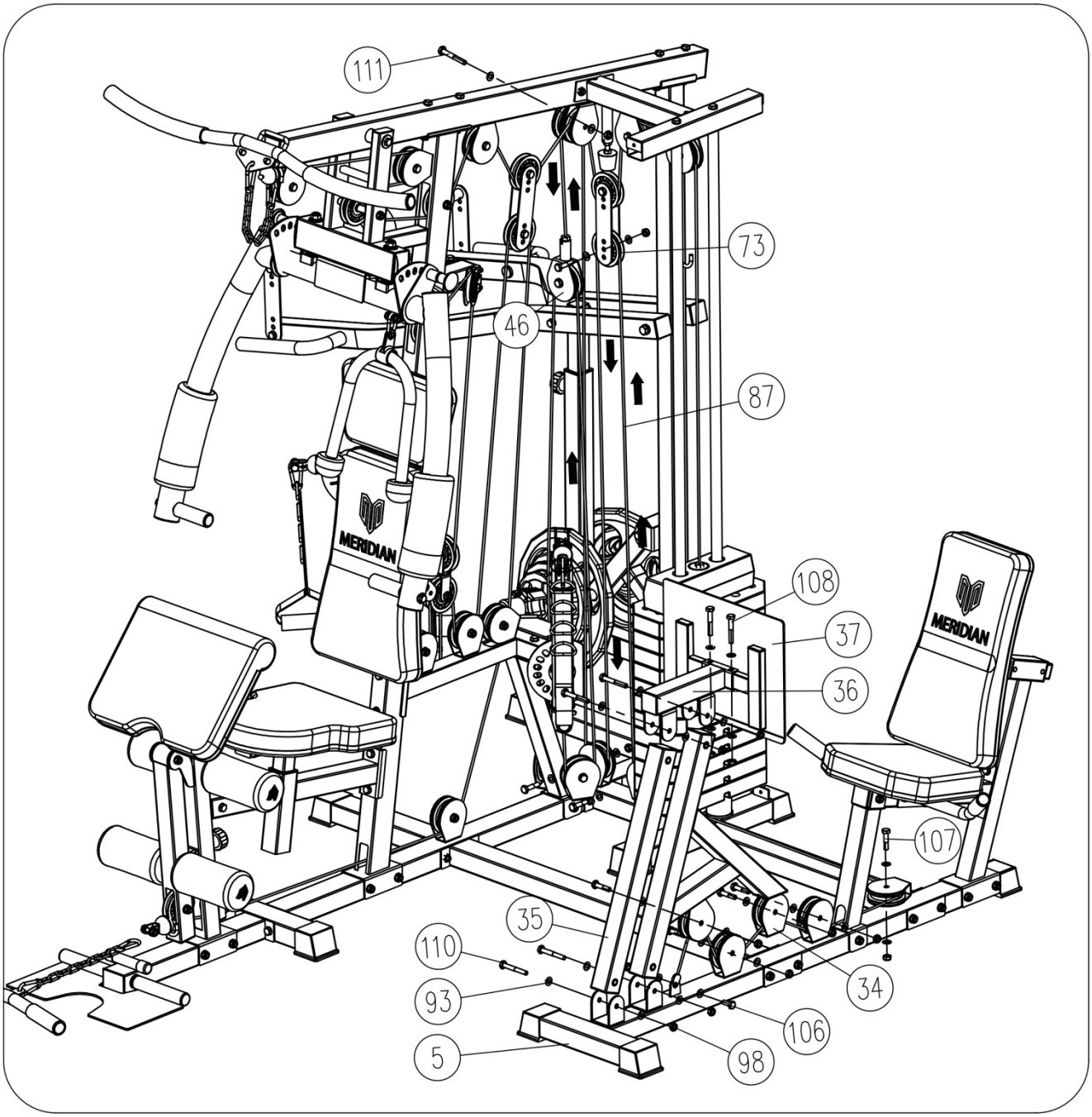
- **Friendly Reminder:** Please check whether the cable is tight enough or not. If it is slightly loose, it could be adjusted by changing the screw-in length at the end head of Lat Pulldown Cable (#85, 3790mml). If it is very loose, it could also be adjusted by changing the hole on the Adjustable Joint Plate (#49) where pulley is fixed.



Picture 12:

Picture 12:

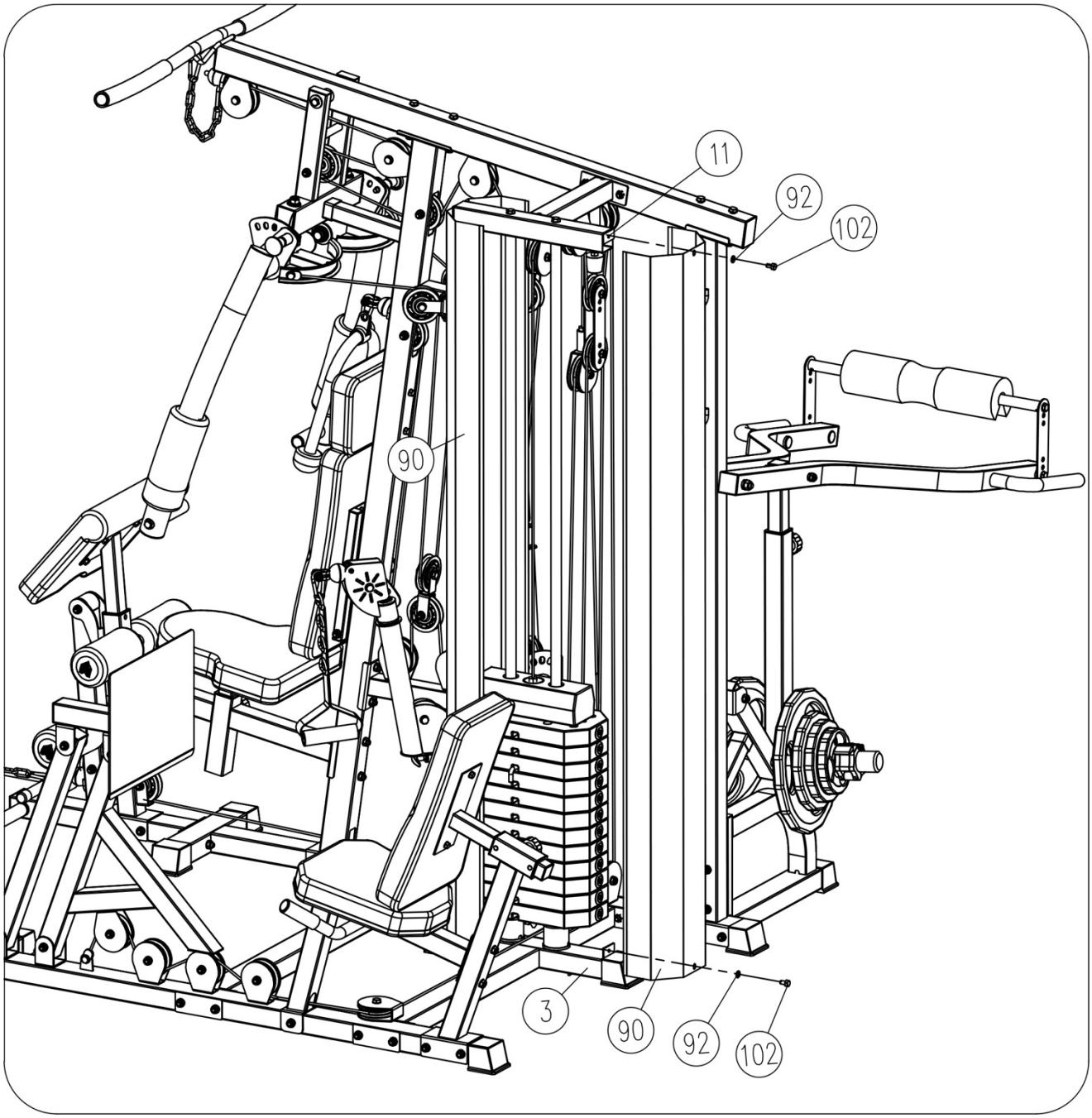
1. Attach both of Front Leg Press Seat Pad Frame (#16) and Rear Leg Press Seat Pad Frame (#17) on the Base Frame (#5) by using:
   - M10x90 Hex bolt (#112) x 3
   - Φ10 Washer (#93) x 6
   - M10 Nut (#98) x 3
2. Attach Leg Press Seat Pad Frame (#18) to the Front Seat Pad Frame (#16) and Rear Seat Pad Frame (#17) by using:
   - M10x65 Hex bolt (#108) x 2
   - M10x70 Hex bolt (#109) x 1
   - Φ10 Washer (#93) x 6
   - M10 Nut (#98) x 3
3. Attach the Handles (#20 & #21) to Leg Press Seat Pad Frame (#18) by using:
   - M10x70 Hex bolt (#109) x 2
   - Φ10 Washer (#93) x 4
   - M10 Nut (#98) x 2
4. Then insert Seat Adjustable Frame (#19) into Rear Seat Pad Frame (#17) with Tightening Knob (#67) screwed on.
5. Attach Leg Press Seat Pad (#61) on Seat Pad Frame (#18) by using:
   - M8x70 Hex bolt (#104) x 2
   - Φ8 Washer (#92) x 2
6. Attach Back Pad (#57) on Seat Adjustable Frame (#19) by using:
   - M8x16 Hex bolt (#102) x 2
   - Φ8 Washer (#92) x 2



Picture 13: Leg Press Cable

Picture 13:

1. Attach all of Main Leg Press Pivot (#34), Front Leg Press Pivot (#35) and Foot Plate Frame (#36) on Leg Press Base Frame (#5) by using:
   - M10x75 Hex bolt (#110) x 4
   - Φ10 Washer (#93) x 8
   - M10 Nut (#98) x 4
2. Attach Foot Plate (#37) on the Foot Plate Frame (#36) firmly by using:
   - M10x65 Hex bolt (#108) x 2
   - Φ10 Washer (#93) x 4
   - M10 Nut (#98) x 2
3. Attach one end of Leg Press Cable (#87) (6650mml) to the Leg Press Base Frame (#5), and attach the other end to the Single Pulley Block (#46) by using:
   - M10x25 Hex bolt (#106) x 1
   - M10x45 Hex bolt (#107) x 8
   - M10x80 Hex bolt (#111) x 1
   - Φ10 Washer (#93) x 20
   - M10 Nut (#98) x 10
   - Pulleys (#73) x 9



Picture 14:

1. Attach two Weight Stack Shroud (#90) on the Weight-plate Base Frame (#3) and under the Top Pulley Frame (#11) by using:
   - M8x16 Hex bolt (#102) x 4
   - Φ8 Washer (#92) x 4

Finally:

1. Please tighten all bolts and nuts firmly by spanner, not by hand.
2. Now the whole machine has been assembled completely.
3. Make sure to check all pulleys and cables before using your machine.
4. Please adjust cables according to actual situation at the beginning.

Daily Care & Maintenance

Maintenance:

Your home gym is designed to be reliable and easy to use. In order to extend the service life of the machine, its components must be lubricated on time. Lubrication has been done before the machine leaving factory, but after a certain period of usage, lubrication and maintenance must be carried on especially on the weight plate guide rods.

*Note: It is **forbidden** to use machinery oil and grease, otherwise after days of expo sure, an oil can turn in to more of a honing compound than a lubricating medium caused by tiny dust particles from the air. **Sewing machine oil** is recommended.*

1. Cables are wearable items. It is your responsibility to prevent unexpected breakage. Cable inspection should be performed daily. Inspect all cables and pulleys, and the area near the fitting at each end of each cable. Replace any damaged or worn cable immediately. Do not allow the machine to be used until these are replaced.
2. Please check or adjust cables tension regularly.
3. All parts and functions should be checked regularly to ensure correct operation.
4. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, please contact our after-sales service for support.
5. If any worn or unexpected breakage, please stop using machine immediately and contact our after-sales service for support.
6. During inspection, please make sure all bolts and nuts are tightened firmly.
7. Remember to check and make sure all welds are crack-free.
8. Failure daily care and maintenance may lead to injury on people or equipment damage.