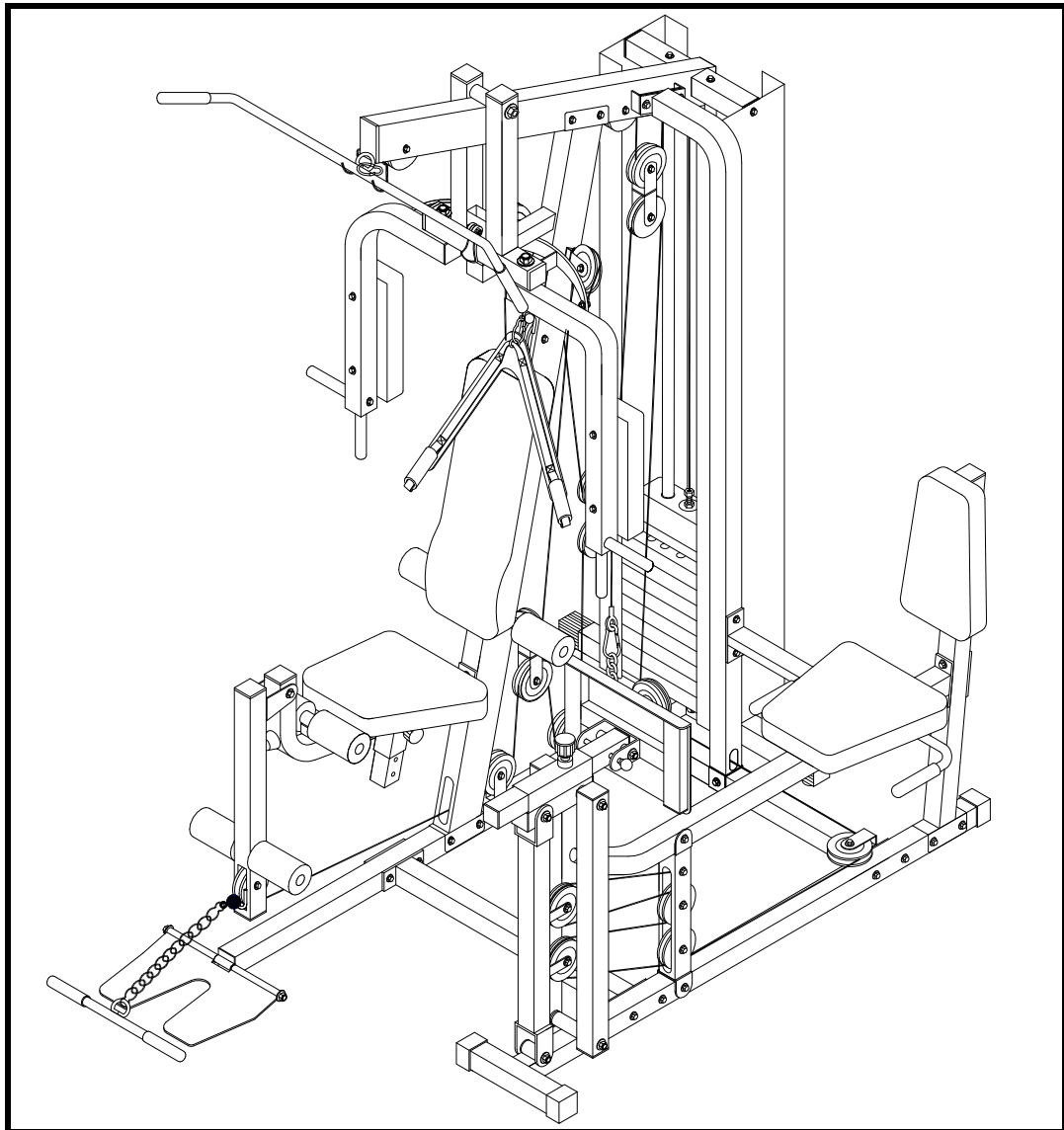




# HOME GYM with Leg Press

Model no. L8000LP



OWNER'S MANUAL



# Warranty Registration Form

Congratulations on purchasing your product, we at GPI believe that our product range is of the highest quality and represents great value for money.

We back our product range up with our industry leading warranty.

Please see below for the step by step instructions on how to register your product warranty online.



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## Step 1

### Visit our Website

Go to the GPI Sports website: [www.gpisports.com.au/warranty](http://www.gpisports.com.au/warranty)



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## Step 2

### Enter Purchase Information

Enter all purchase information including the serial number and proof of purchase which can be uploaded from this page



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## Step 3

### Call Our Toll Free Number

If a warranty service request is required on your product please call the toll free number - **1800 005 770**

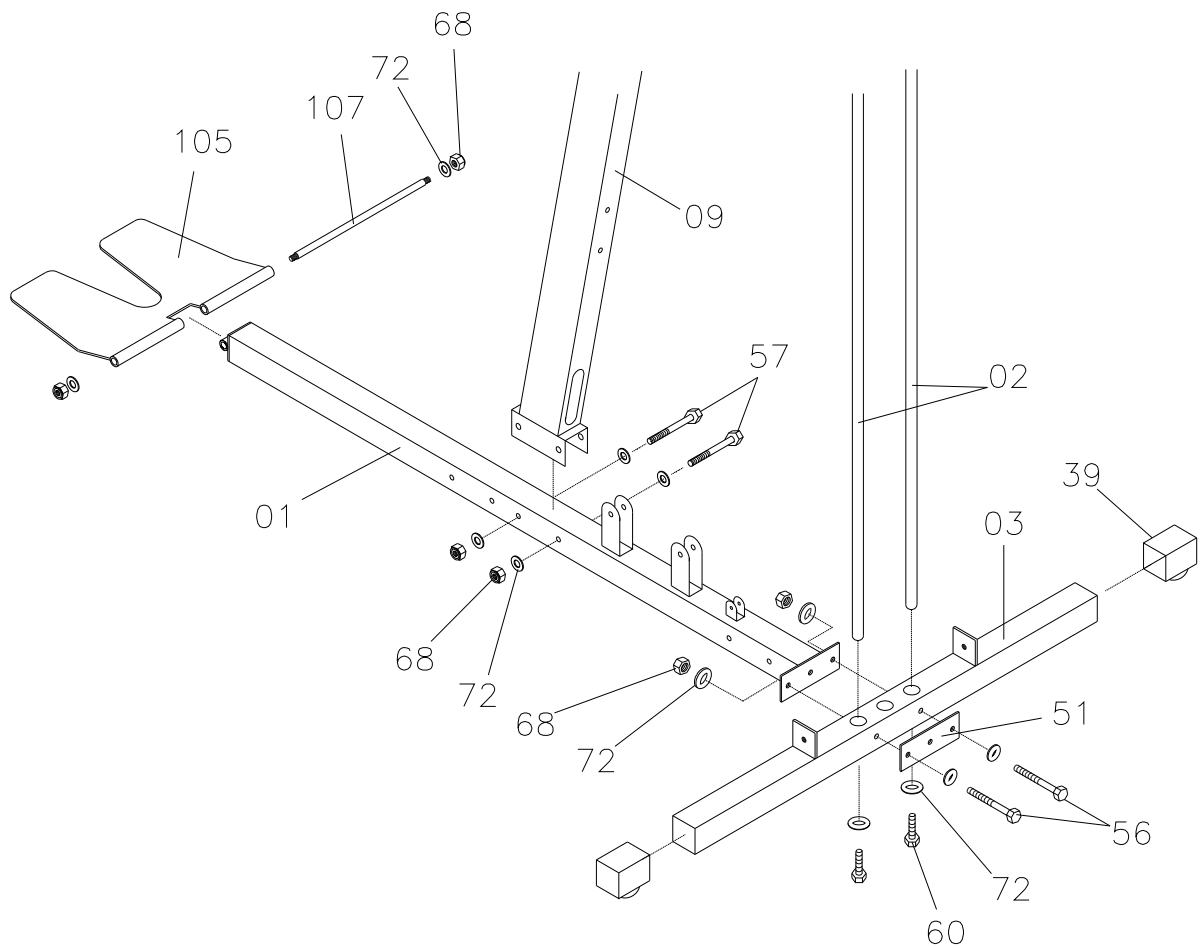
BODYCRAFT



01	02	03	04	05	06
07	08	09	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	43
44	45	46 ø10.5x56L	47 ø48xø13x3t	48	49
50	51	52	53	54 M12X80mm	55 M10X125MM
56 M10X75mm	57 M10X70mm	58 M10X45mm	59 M10X30mm	60 M10X25mm	61 M8X115MM
62 M8X60MM	63 M8X45mm	64 M8X15mm	65 M10	66 M16	67 M12
68 M10	69 M8	70 M16	71 M12	72 M10	73 M8
74	76	77	78	79	80
81	82	83	84	85	86
87	88	89	90	91	92 M8X65MM
93	94	95	96 M6X30mm	97 M6	98
99 M12X125mm	100 12mm	101	102	103	104
105	106	107	108	109 M10X65mm	110 M8X65MM

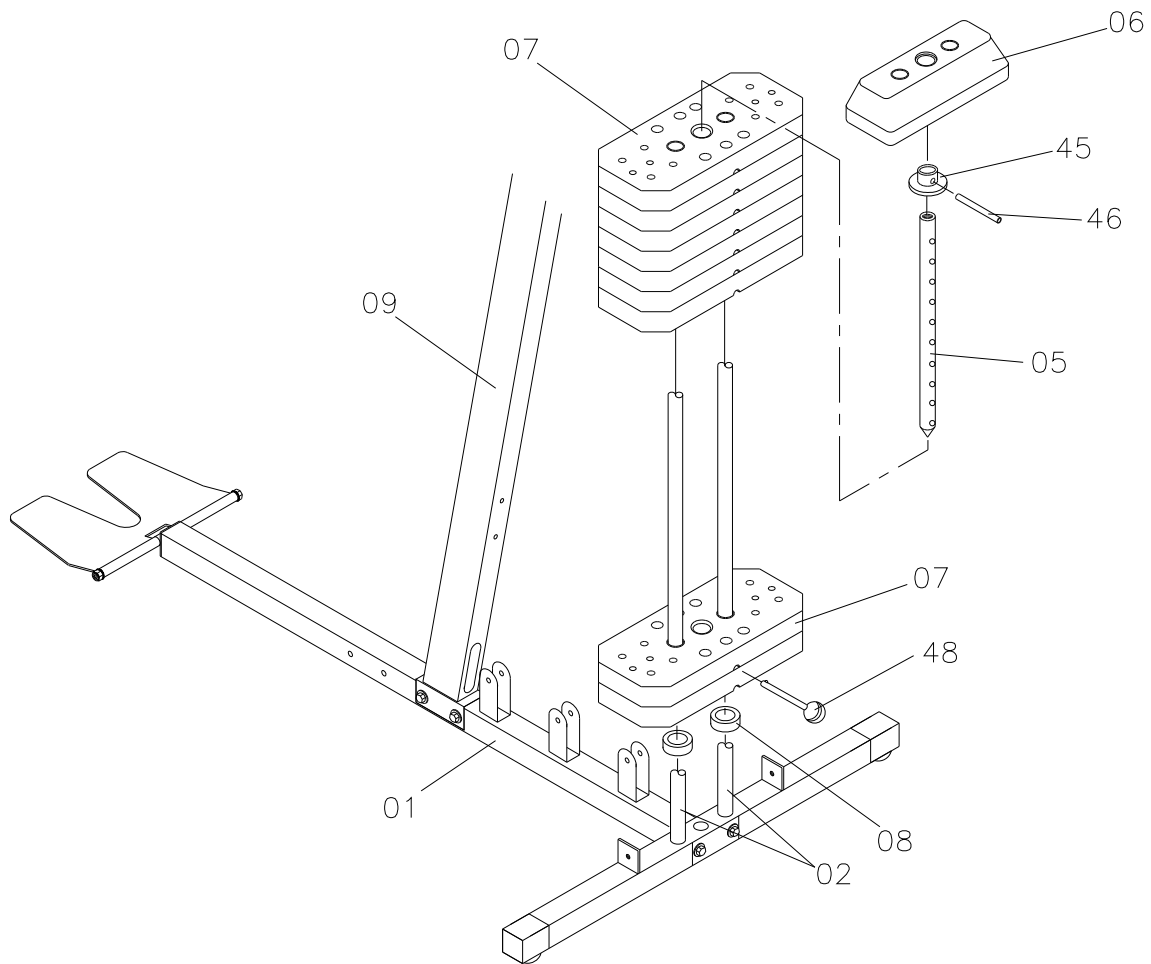
<b><u>PART LIST</u></b>		
<b>PART NO:</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>
1.	MAIN BASE	1
2.	GUIDE ROD	2
3.	LEFT BASE	1
4.	RIGHT BASE	1
5.	SELECTOR SHAFT	1
6.	TOP PLATE	1
7.	WEIGHT STACK	10
8.	RUBBER DOUNT	2
9.	VERTICAL BEAM	1
10.	TOP CROSS BEAM	1
11.	SEAT SUPPORT	1
12.	SEAT ASSEMBLY UNIT	1
13.	LEG EXTENSION/ARM CURL BAR	1
14.	PRESS BAR	1
15.	LEFT PEC DECK ARM	1
16.	RIGHT PEC DECK ARM	1
17.	PRESS PIN	1
18.	SEAT	2
19.	BACK SEAT	1
20.	PULLEY BLOCK	2
21.	FLOATING PULLEY BLOCK(A)	1
22.	FLOATING PULLEY BLOCK(B)	2
23.	WEIGHT STACK CABLE 2500MM	1
24.	PEC DEC CABLE 3010MM	1
25.	LEG EXTENSION CABLE 2600MM	1
26.	AB CRUNCH CABLE 6030MM	1
27.	CHAIN	3
28.	PEC DECK PAD	2
29.	LEG EXTENSION/CURL PAD	6
30.	LAT BAR	1
31.	CURL BAR	1
32.	PAD HOLDER	3
33.	HANDLE PIPE	2
34.	PULLEY	21
35.	HAND GRIP	10
36.	CHAIN HOOK	6
37.	RUBBER BUMPER	2
38.	PLASTIC BUSHING	14
39.	RUBBER END CAP	2
40.	RUBBER CAP	4
41.	50*50MM SQUARE END CAP	16
43.	25*50MM SQUARE END CAP	4
44.	25MM ROUND END CAP	6
45.	25MM ROUND BUSHING	1
46.	QUICK PIN	1
47.	OD48MM*ID13MM WASHER	1
48.	PIN FOR WEIGHT SATCK	1
49.	ADJUSTABLE POP PIN	2
50.	STEEL PLATE (LONG)	1
51.	STEEL PLATE (SHORT)	2
52.	OIL BUSHING 19MM	14
53.	PRESS BAR SHAFT	1
54.	M12*80MM HEX BOLT	1
55.	M10*125MM HEX BOLT	2
56.	M10*75MM HEX BOLT	6
57.	M10*70MM HEX BOLT	26

<b>PART NO:</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>
58.	M10*45MM      HEX BOLT	13
59.	M10*30MM      HEX BOLT	2
60.	M10*25MM      HEX BOLT	8
61.	M8*115MM      HEX BOLT	2
62.	M8*60MM        HEX BOLT	2
63.	M8*45MM        HEX BOLT	1
64.	M8*15MM        HEX BOLT	12
65.	M10              NUT	2
66.	M16    NYLON NUT	12
67.	M12    NYLON NUT	2
68.	M10    NYLON NUT	52
69.	M8     NYLON NUT	3
70.	M16    WASHER	12
71.	M12    WASHER	4
72.	M10    WASHER	112
73.	M8     WASHER	28
74.	SQUARE CAP $\psi$ 26x $\square$ 38 MM	2
76.	WEIGHT COVER	2
77.	ANKLE STRAPE	1
78.	TRICEPS STRAPE	1
79.	LEFT BASE	1
80.	LEFT UPRIGHT FRAME	1
81.	REAR SEAT FRAME	1
82.	SEAT FRAME SUPPORT	1
83.	LEG PRESS CONNECTOR (A)	1
84.	LEG PRESS CONNECTOR (B)	2
85.	LEG PRESS SUPPORT	1
86.	PEDAL	1
87.	PEDAL SUPPORT	1
88.	REAR BACK PAD	1
89.	PRESS BAR SHAFT $\varnothing$ 19*240MM	2
90.	PRESS BAR SHAFT $\varnothing$ 19*112MM	2
91.	45MM SQUARE END CAP	3
92.	M8*65MM      HEX BOLT	2
93.	RIGHT BACK BASE	1
94.	FASTENOR	1
95.	SPRING	1
96.	M6*30MM      HEX BOLT	1
97.	M6     NYLON NUT	1
98.	50*100MM SQUARE END CAP	1
99.	M12*125MM    HEX BOLT	1
100.	OIL BUSHING 12MM	2
101.	QUICK PIN	1
102.	SPRING WASHER	2
103.	RIGHT TOP CONNECTOR	1
104.	BACK SEAT TUBE	1
105.	PEDAL	1
106.	RUBBER BUMPER(SHORT)	1
107.	PRESS BAR SHAFT 10MM	1
108.	PAD HOLDER (LONG)	1
109.	M10*65MM      HEX BOLT	1
110.	M8*65MM      HEX BOLT	4



**STEP 01**

1. PLACE RUBBER END CAP (39) ONTO BOTH ENDS OF LEFT BASE (03).
2. INSERT GUIDE RODS (02) TO LEFT BASE (03) WITH M10\*25MM BOLT (60), M10 WASHER (72) AS SHOWN.
3. ATTACH MAIN BASE (01) TO LEFT BASE (03) USE STEEL PLATE (SHORT) (51) WITH M10\*75MM BOLT (56), M10 WASHER (72) AND M10 NYLON NUT (68) AS SHOWN.  
**FASTEN ALL BOLTS BY USING TOOL.**
4. ATTACH VERTICLE BEAM (09) TO MAIN BASE (01) WITH M10\*70MM BOLT (57), M10 WASHER (72) AND M10 NYLON NUT (68) AS SHOWN.
5. ATTACH PEDAL (105) ONTO MAIN BASE (01) WITH PRESS BAR SHAFT 10MM (107), M10 WASHER (72) AND M10 NYLON NUT (68) AS SHOWN.

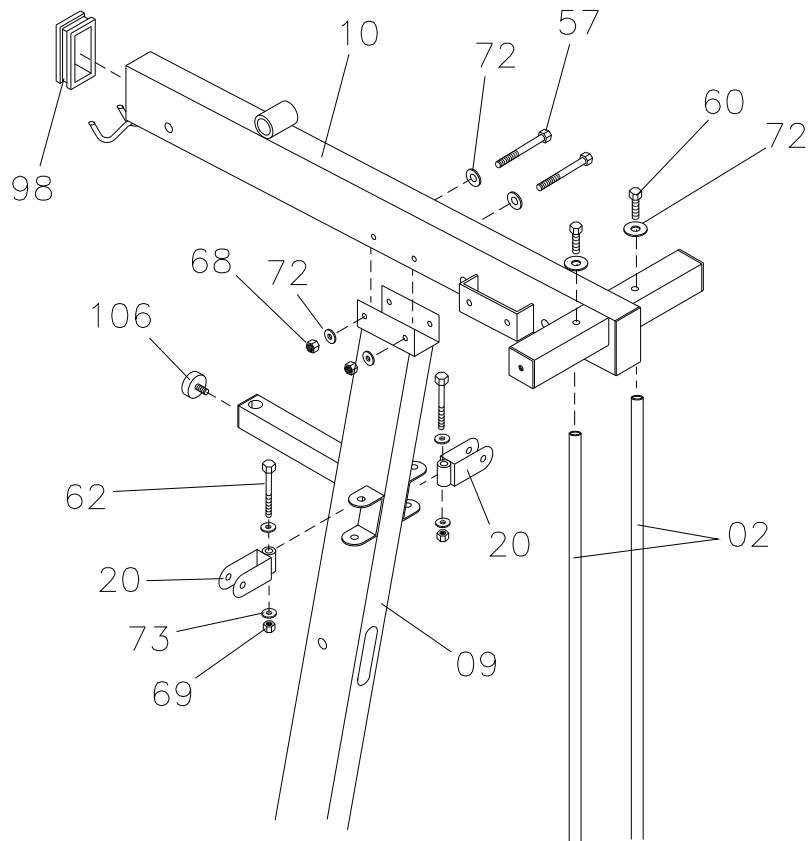


## STEP 02

1. ATTACH THE RUBBER DOUNT (08) ONTO THE GUIDE ROD (02).
2. SLIDE THE WEIGHT PLATE (07) AND TOP PLATE (06) OVER GUIDE ROD (02).

**GROOVED SIDE OF WEIGHT PLATES SHOULD FACE DOWN**

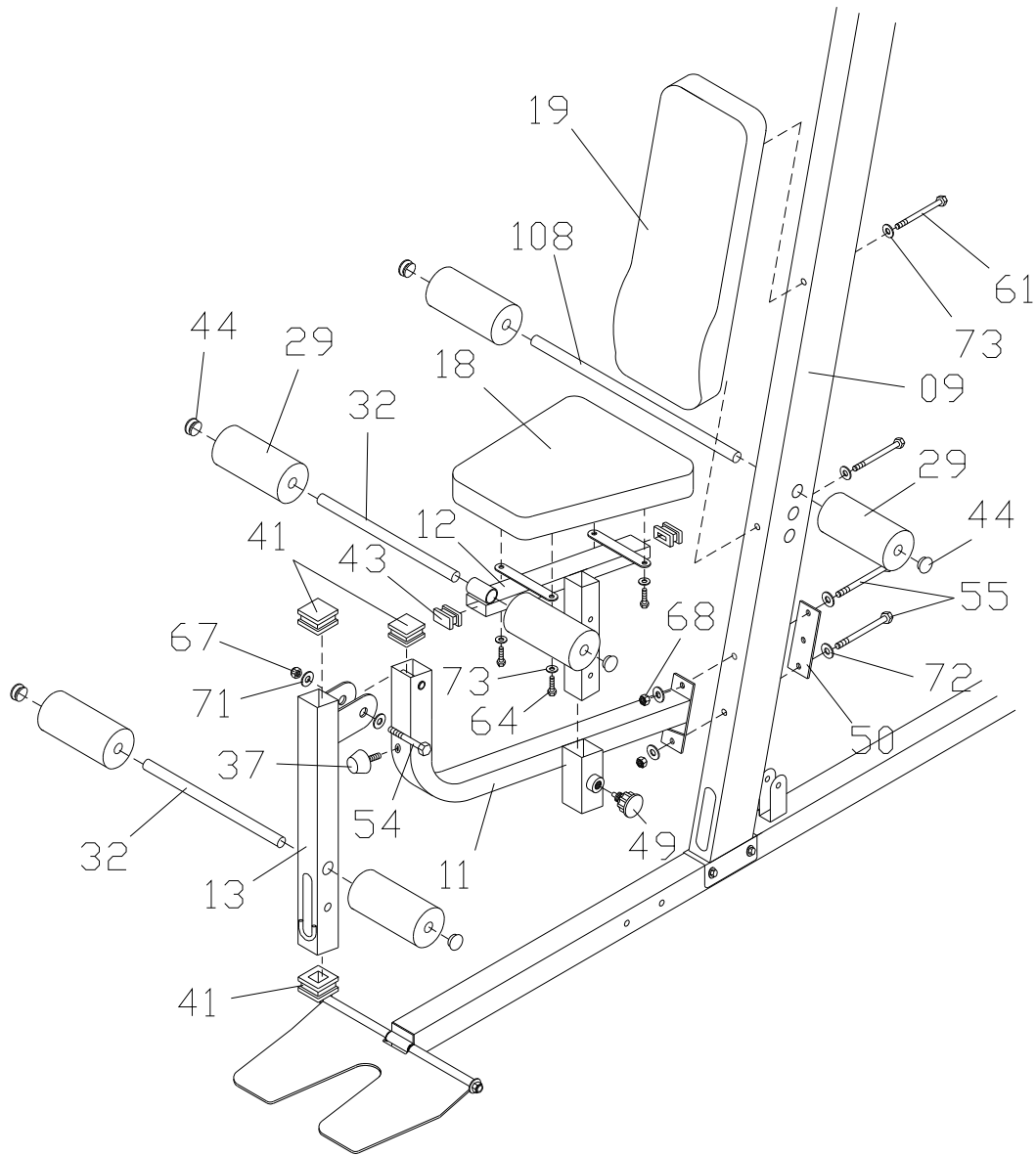
3. INSTALL 25MM ROUND BUSHING (45) INTO THE SELECTOR SHAFT (05). WITH PIN (46) THEN ATTACH THE SELECTOR SHAFT (05) INTO THE TOP PLATE (06) AS SHOWN.
4. PLACE 50MM SQUARE CAP (41) ONTO FRONT BASE (01).



**STEP 03**

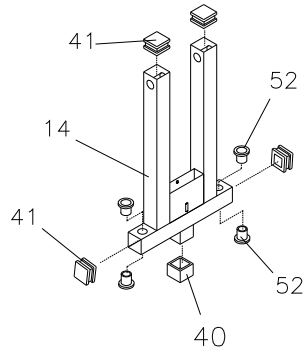
1. PLACE 50\*100MM SQUARE CAP (98) ONTO TOP CROSS BEAM (10).
2. ATTACH TOP CROSS BEAM (10) ONTO THE VERTICLE BEAM (09) WITH M10\*70MM BOLT (57), M10 WASHER (72) AND M10 NYLON NUT (68) AND CONNECT THE GUIDE RODS (02) TO THE TOP CROSS BEAM (10) AS SHOWN.
3. ATTACH RUBBER BUMPER (37) TO THE VERTICLE BEAM (09).
4. ATTACH PULLEY BLOCK (20) TO THE VERTICLE BEAM (09), USE M8\*60MM BOLT (62) WITH M8 WASHER (73) AND M8 NUTS (69).
5. PLACE RUBBER BUMPER (SHORT) (106) INTO VERTICLE BEAM (09)





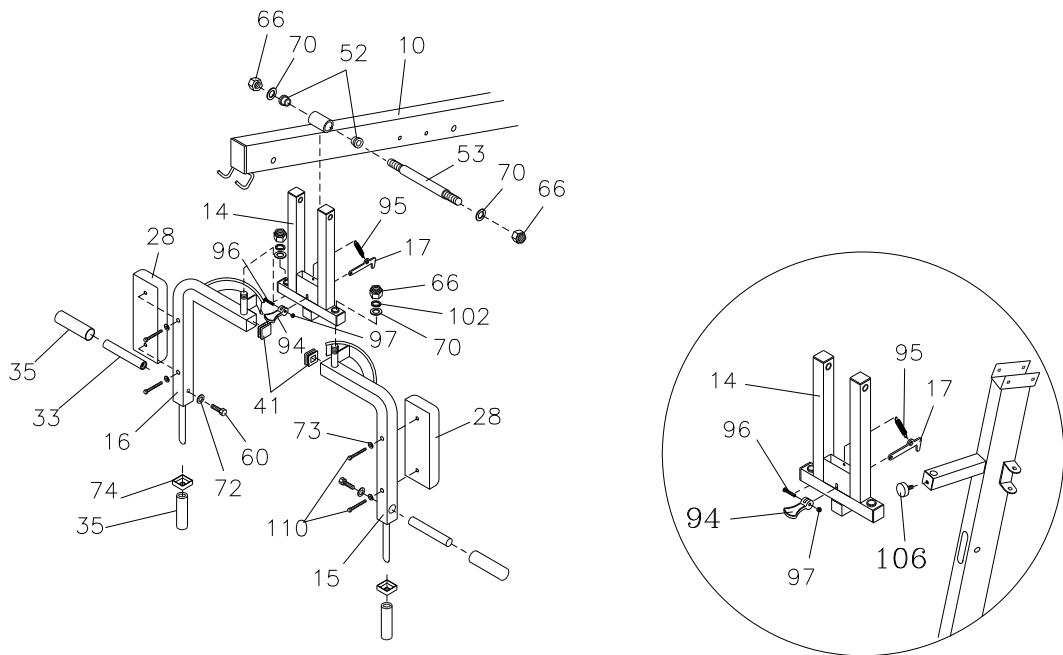
**STEP 04**

1. PLACE 50MM SQUARE CAP (41) ONTO BOTH ENDS OF LEG EXTENSION /ARM CURL BAR (13).
2. ATTACH SEAT SUPPORT (11) TO VERTICLE BEAM (09), WITH STEEL PLATE (50) M10\*125MM BOLT (55), M10 WASHERS (72), AND M10 NYLON NUT (68).
3. ATTACH SEAT ASSEMBLY UNIT (12) TO SEAT SUPPORT (11) AS SHOWN.
4. ATTACH LEG EXTENSION /ARM CURL BAR (13) TO SEAT SUPPORT (11).
5. ATTACH BACK SEAT (19) TO VERTICLE BEAM (09) AS SHOWN.
6. ATTACH SEAT (18) TO SEAT ASSEMBLY UNIT (12) AS SHOWN.
7. SLIDE PAD HOLDERS (32) INTO THE HOLE PROVIDED.
8. SLIDE PAD HOLDER (LONG) (108) INTO THE HOLE OF VERTICLE BEAM (09).
9. SLIDE LEG EXTENSION/CURL PADS (29) ONTO PAD HOLDERS (32).
10. PLACE 25MM ROUND CAP (44) ONTO PAD HOLDERS (32).



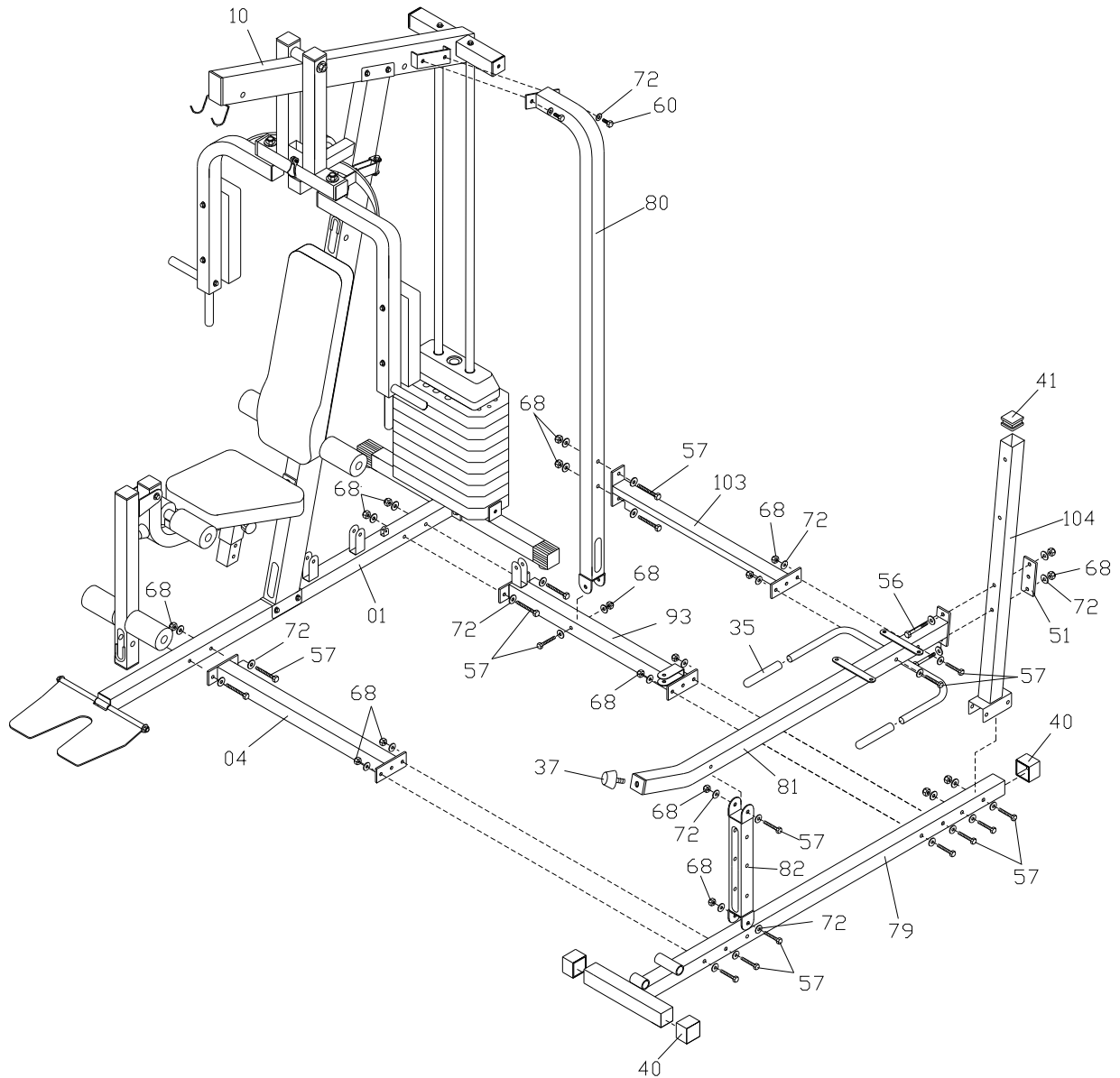
### STEP 05

1. PLACE 50MM SQUARE CAP (41) INTO BOTH ENDS OF PRESS BAR (14).
1. INSTALL OIL BUSHING (52) INTO THE PRESS BAR (14).
2. RUBBER CAP (40) TO PRESS BAR (14) AS SHOWN.



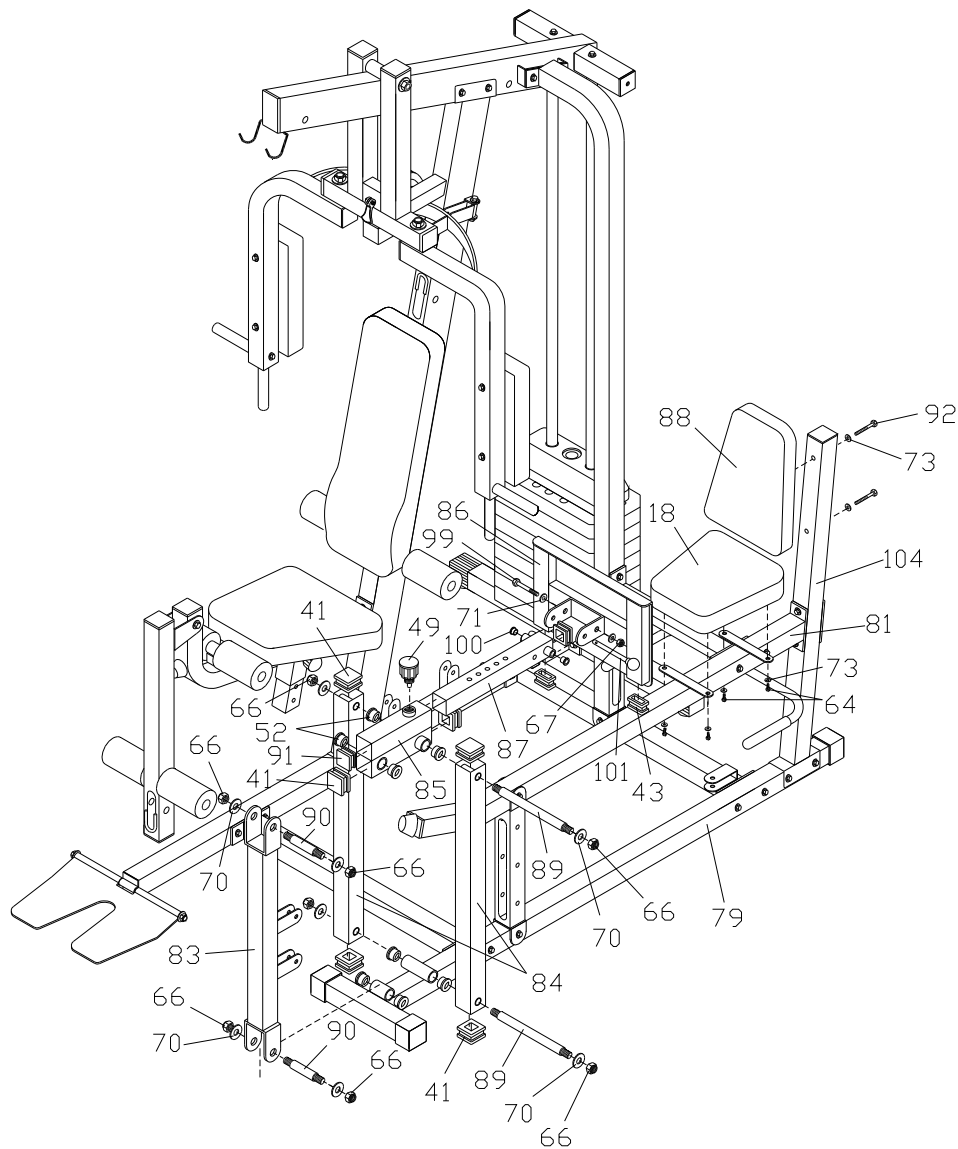
### STEP 06

1. ATTACH PRESS BAR (14) TO TOP CROSS BEAM (10) WITH PRESS BAR SHAFT (53) AND OIL BUSHING (52) M16 WASHER (70) M16 NYLON NUT (66) AS SHOWN.
  2. ATTACH PEC DEC PAD (28) ONTO PEC DEC ARM (15&16) WITH M8\*65MM BOLT (110) M8 WASHER (73) AS SHOWN.
  3. ATTACH HANDLE PIPE (33) AND HAND GRIP (35) TO PEC DEC ARM (15&16) WITH M10 BOLT (60), M10 WASHER (72) AS SHOWN.
  4. INSTALL PEC DEC ARM (15&16) TO PRESS BAR (14) WITH M16 WASHER (70) SPRING WASHER (102) AND M16 NYLON NUT (66) AS SHOWN.
  5. PLACE PRESS PIN (17) INTO PRESS BAR (14) USE FASTENOR (94) WITH M6\*30MM BOLT (96) M6 NYLON NUT (97) AND SPRING (95) AS SHOWN.
- TO SWITCH THE FASTENOR (94) ON TIGHT POSITION FOR DOING PEC DECK AND ON LOOSEN POSITION FOR DOING CHEST PRESS. MAKE SURE TO ADJUST THE PRESS PIN (17) TIGHTLY BY ADJUSING THE SHORT RUBBER BUMPER (106) BEFORE USE IT.**



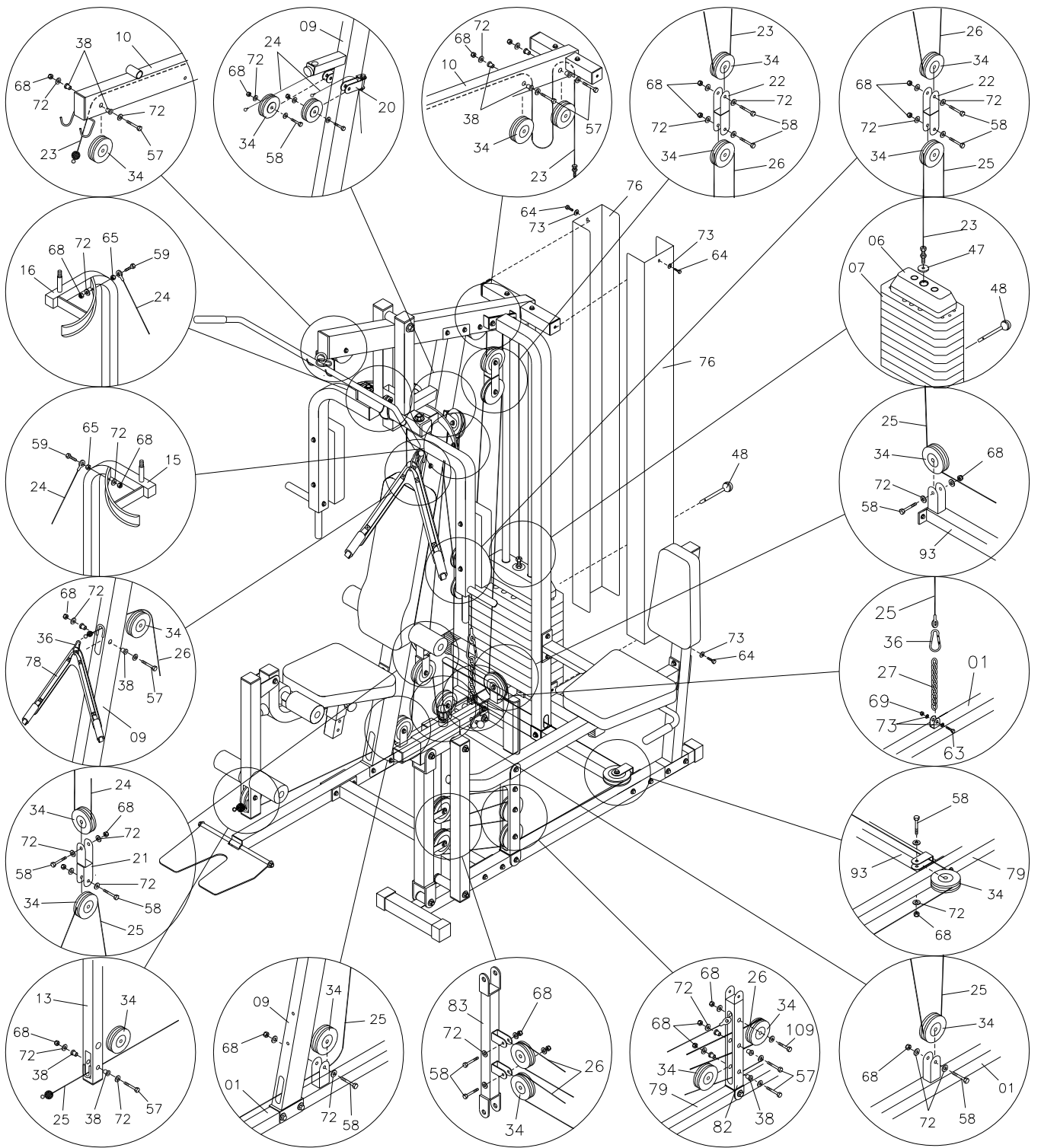
**STEP 07**

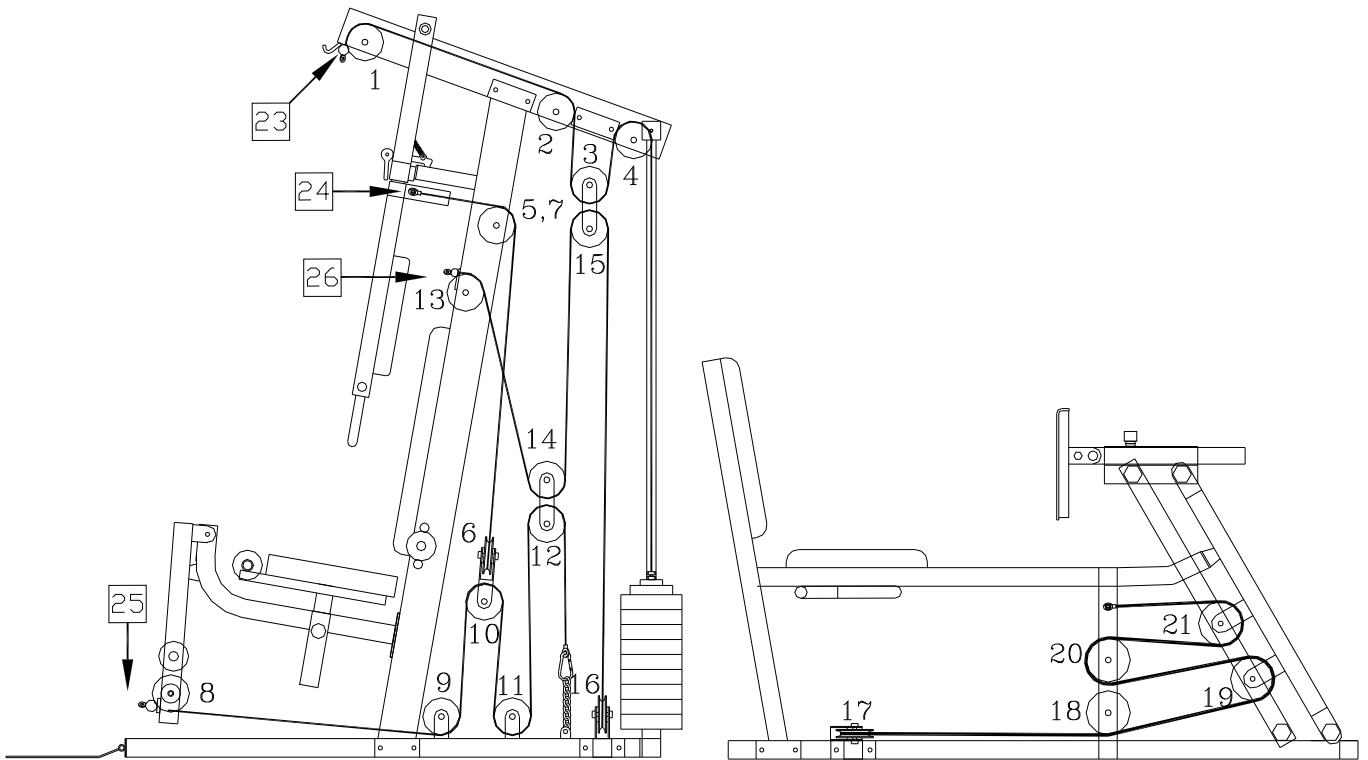
1. PLACE RUBBER CAP (40) ONTO BOTH ENDS OF LEFT BASE (79).
2. ATTACH RIGHT BASE (04) AND RIGHT BACK BASE (93) ONTO LEFT BASE (79) AND MAIN BASE (01) USE WITH M10\*70MM BOLT (57), M10 WASHER (72) AND M10 NYLON NUT (68) AS SHOWN.
3. ATTACH LEFT UPRIGHT FRAME (80) ONTO RIGHT BACK BASE (93) AND TOP CROSS BEAM (10) AS SHOWN.
4. ATTACH SEAT FRAME SUPPORT (82) TO LEFT BASE (79).
5. ATTACH BACK SEAT TUBE (104) ONTO LEFT BASE (79). USE WITH M10\*70MM BOLT (57), M10 WASHER (72) AND M10 NYLON NUT (68).
6. ATTACH REAR SEAT FRAME (81) ONTO THE SEAT FRAME SUPPORT (82) THEN, ATTACH THE OTHER END TO BACK SEAT TUBE (104), AS SHOWN.
7. SECURE RUBBER STOPPER (37) ON THE REAR SEAT FRAME (81).
8. ATTACH HAND GRIP (35) TO REAR SEAT FRAME (81) AS SHOWN.



**STEP 08**

1. PLACE 50MM SQUARE END CAP (41) TO BOTH ENDS OF LEG PRESS CONNECTOR (84) AND LEG PRESS SUPPORT (85) AS SHOWN.
2. INSTALL OIL BUSHING (52) INTO THE LEFT BASE (79) AND LEG PRESS SUPPORT (85) AS SHOWN.
3. ATTACH LEG PRESS CONNECTOR (83,84), TO THE LEFT BASE (79), AND LEG PRESS SUPPORT (85) SECURE PRESS BAR SHAFT (89,90), M16 WASHERS (70), AND M16 NUTS (66) AS SHOWN.
4. PLACE 2PCS 25\*50MM SQUARE END CAP (43) AND 45MM SQUARE END CAP (91) ONTO PEDAL (86) AS SHOWN.
5. INSTALL PEDAL SUPPORT (87) INTO PEDAL (86) WITH M12\*125MM BOLT (56), M12 WASHER (71) M12 NYLON NUT (67) AND QUICK PIN (101) AS SHOWN.
6. ATTACH PEDAL SUPPORT (87) TO LEG PRESS SUPPORT (85) SECURE WITH ADJUSTABLE POP PIN (49) AS SHOWN.
7. ATTACH REAR BACK PAD (88) TO BACK SEAT TUBE (104).
8. ATTACH SEAT (18) TO REAR SEAT FRAME (81) AS SHOWN.





Make certain all cables are seated into all pulley grooves. A cable rubbing against steel will peel the nylon coating, voiding warranty and resulting in a need for replacement.

Pre-stretch the cables. Put the Weight Selector Pin in the bottom hole on the weight stack. Pull on the cables with force, helping remove any kinks and providing any initial cable stretch.

Be aware the cables can loosen and slightly stretch upon initial use. The cables should be adjusted as tight as possible,

For better performance, apply a household lubricant (such as silicone) to any adjustable areas and to the Guide Rods

## ---CABLE ASSEMBLY---

### 1. START WITH WEIGHT STACK CABLE 2500MM (23)

START BY THREADING END OF THE CABLE WITHOUT THE BALL OVER INTO PULLEY NO.1, OVER PULLEY NO.2, DOWN AND AROUND PULLEY NO.3 IN FLOATING PULLEY LOCK, UP AND OVER PULLEY NO.4 DOWN AND ATTACH TO WEIGHT STACK WITH M12 BOLT AS SHOWN.

### 2. CONNECT THE PEC DEC CABLE 3010MM (24)

TAKE PEC DEC CABLE ONE END TO PEC DEC ARM AS PICTURED IN PEC DEC ASSEMBLY, USING M10\*30MM HEX BOLT (59), M10 NUT (65), M10 WASHER (72) AND M10 NYLON NUT (68) TO SECURE CABLE TO ASSEMBLY, THEN THREAD THE OTHER END OF CABLE OVER PULLEY NO.5, DOWN AND AROUND PULLEY NO.6, IN PEC DEC PULLEY BLOCK (22) UP AND OVER PULLEY NO.7, USING M10\*30MM HEX BOLT (59), M10 NUT (65), M10 WASHER (72) AND M10 NYLON NUT (68) TO SECURE CABLE TO ASSEMBLY.

### 3. START THE LEG EXTENSION CABLE 2600MM (25)

START BY THREADING THE END OF THE CABLE WITHOUT THE BALL UNDER PULLEY NO.8, UNDER PULLEY NO.9, UP AND AROUND PULLEY NO.10, IN FLOATING PULLEY BLOCK, DOWN AND UNDER PULLEY NO.11, UP AND AROUND PULLEY NO.12, IN FLOATING PULLEY LOCK, DOWN ONTO MAIN BASE (01) USING CHAIN HOOK AND CHAIN TO END OF CABLE. USING 8\*45MM HEX BOLT (63) M8 WASHER (73) AND M8 NYLON NUT (69) TO SECURE CABLE AS SHOWN.

### 4. START WITH THE AB CRUNCH CABLE 6030MM (26)

START BY THREADING THE END OF THE CABLE WITHOUT THE BALL OVER INTO PULLEY NO.13, DOWN AND AROUND PULLEY NO.14, IN FLOATING PULLEY LOCK, UP AND AROUND PULLEY NO.15, IN FLOATING PULLEY LOCK, INTO UNDER PULLEY NO.16, INTO AND AROUND PULLEY NO.17, INTO FRONT PULLEY NO.18, UP AND AROUND PULLEY NO.19, INTO BACK AND AROUND PULLEY NO.20, INTO FRONT AND AROUND PULLEY NO.21 USING 10\*65MM HEX BOLT (109) M10 WASHER (72) AND M8 NYLON NUT (68) TO SECURE CABLE AS SHOWN.

**NOTE:** IF YOU FIND THAT THE CABLES ARE NOT LONG ENOUGH, USE THE SHORT EXERCISE CHAIN AS AN EXTENSION WITH CHAIN HOOK AS CONNECTORS.

INSTALL WEIGHT COVER (76) TO TOP CROSS BEAM (10) AND LEFT BASE (03). SECURE USING M8\*15MM BOLTS (64), M8 WASHER (73) AS SHOWN.

ATTACH HAND GRIP (35) TO LAT BAR (30) AND CURL BAR (31).

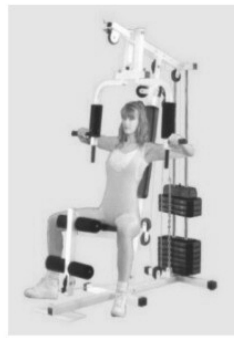
※ **WARNING:** MAKE SURE ALL CABLES DO NOT RUN OUT OF TRACK FROM ANY OF PULLEYS WHILE YOU ARE IN USE EVERYTIME.



ABDOMINAL CRUNCH



ARM CURL



BENCH PRESS



BUTTERFLY



CHEST CABLE CROSS



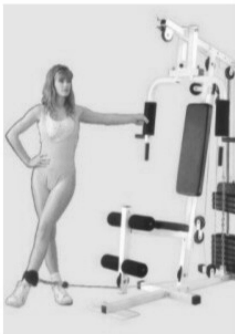
FRONT SHOULDER RAISE



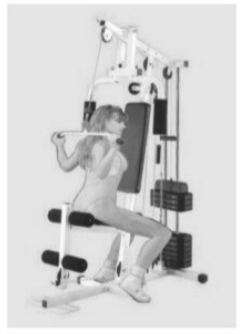
MID ROW



FRONTAL LAT ROW



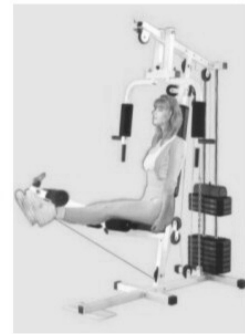
INNER THIGH KICK



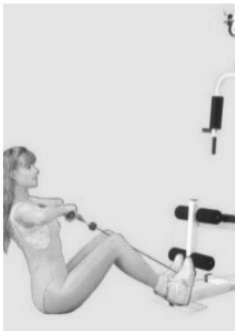
LAT PULL DOWN



LEG CURL



LEG EXTENSION



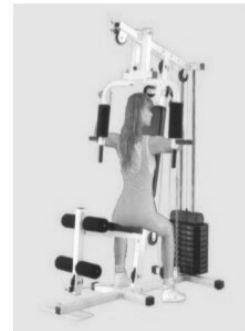
LOW ROW



MILITARY PRESS



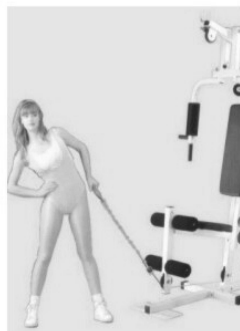
OUTER THIGH KICK



REAR DELT FLIES



SHOULDER SHRUG



SIDE BEND



TRICEP PUSH DOWN



UP RIGHT ROW





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