

PROGRESSION
Fitness™

PX200 Gym Owner's Manual



SAFETY PRECAUTIONS

Safety first

Regardless of how enthusiastic you may be about getting on your equipment and exercising, take the time to ensure that your safety is not jeopardized. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

1. Read, study and understand the Manual and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this product prior to use. Some of the information can be obtained in this Manual, as well as from your local retailer.
2. It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manuals and labels are available from your local retailer.
3. It is recommended that another person assist you with the assembly of this unit.
4. You can use the WRENCH and the Allen Key to complete the assembly.
5. Consult your physician before starting any exercise program.
6. If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms, stop the exercise at once. CONSULT A PHYSICIAN IMMEDIATELY.
7. Keep hands, limbs and long hair well out of the way of moving parts.
8. Always wear appropriate workout clothes when exercising. DO NOT wear robes or other clothes that could become caught. Running or aerobic shoes are also required.
9. **WARNING:** The safety level of the equipment can be maintained only if it is examined regularly for damage and wear e.g., ropes, pulleys, connection points.
10. If you find any defective components, hardware becoming worn out or damaged (such as Connection Points) while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Replace the defective components. DO NOT Use the equipment until the problem has been rectified.
11. Our product is in compliance with EN957, CLASS H. Suitable for domestic, home use only.
12. **WARNING:** Max user's body weight is 120 kg / 264 lbs.
13. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
14. **WARNING:** Use the EQUIPMENT and start your training step by step, because injuries to health may result from incorrect or excessive training.
15. You can select suitable Weight as you can afford. DO NOT attempt to lift more weight than you can control safely.
16. **WARNING:** It is important for keeping unsupervised children and pets away from the EQUIPMENT all the time in order to avoid injuring them.
17. **WARNING:** Pregnant women are not advised to use the machine. Please consult your doctor prior to use.
18. **WARNING:** Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children can lead to situations or behaviors for which the training equipment is not intended.
19. **WARNING:** If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a children's toy.
20. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
21. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.
22. **WARNING:** If the floor is not stable, please level the uneven floor. The machine can be used only indoors. DO NOT use near water or outdoors.
23. **WARNING:** DO NOT leave any sharp object outside the machine after the adjustment.

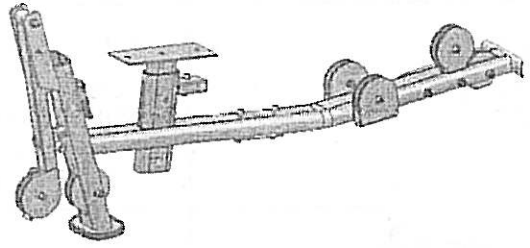
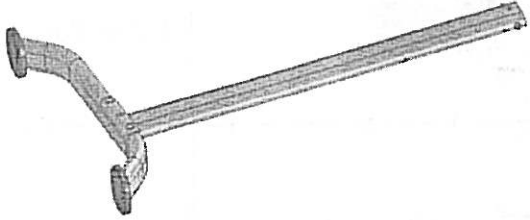
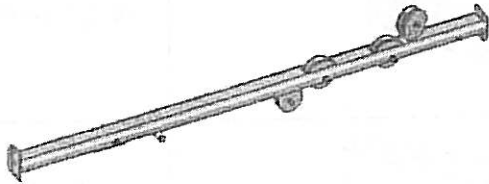
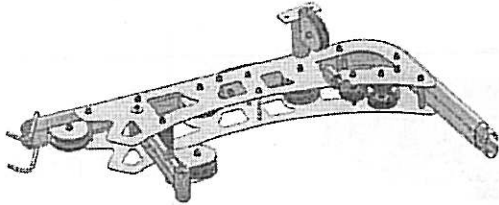
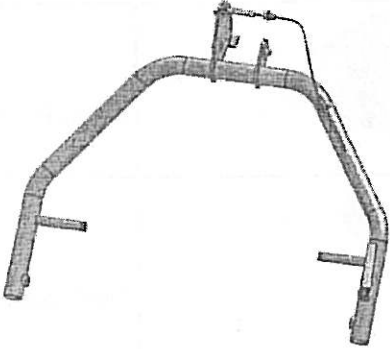
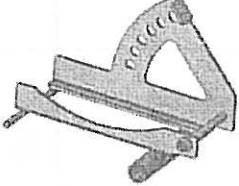
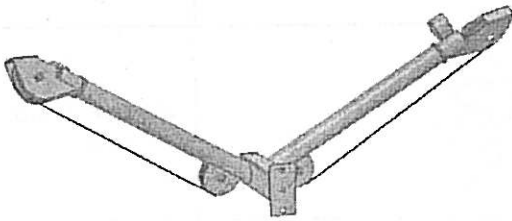
CONTENT

Important Safety Information.....	P3
Parts List.....	P4
Exploded View.....	P10
Assembly Instruction.....	P11
Before Use.....	P23
Training Guidelines.....	P24
Maintenance Information.....	P26

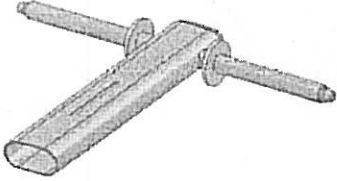
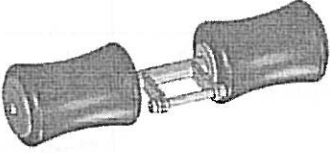
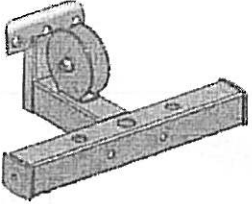
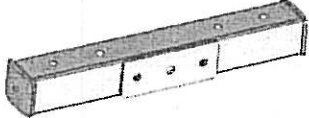
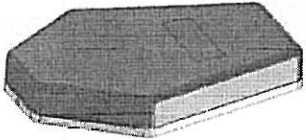
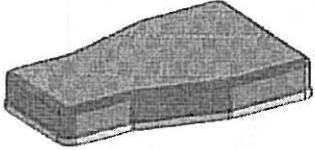
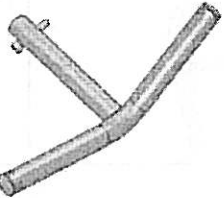

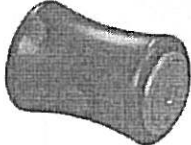


**IT'S IMPORTANT TO
READ THIS MANUAL
BEFORE YOU START
ANYTHING!**

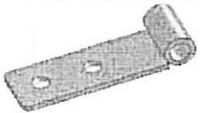

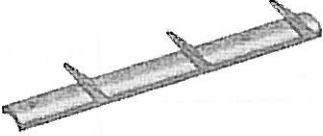
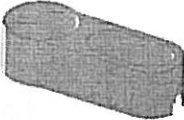
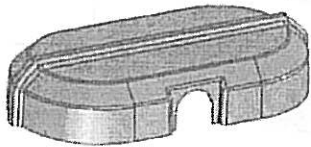


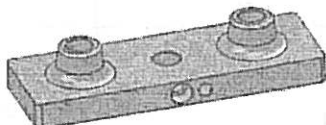
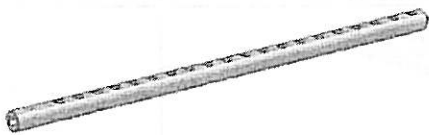
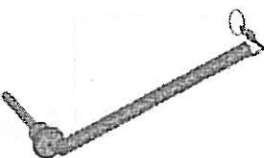
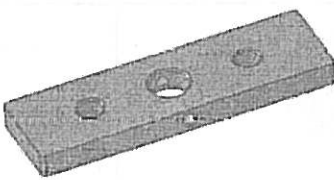
PART LIST

NO.	VIEW	DESCRIPTION	Q'TY
1		Main Frame	1
2		Rear Support	1
3		Main Support Column	1
4		Top Beam	1
5		Pec Dec Arm	1
6		Back Pad Support	1
7		Rear Butterfly (with String)	1

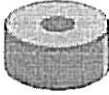



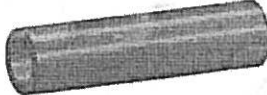
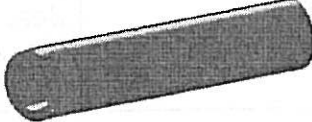


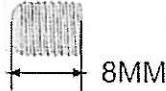
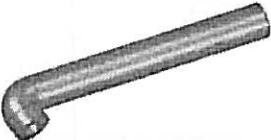
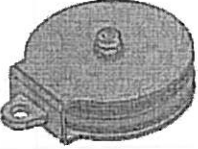
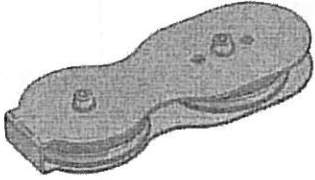
PART LIST

NO.	VIEW	DESCRIPTION	Q'TY
8		Upper Foam Support	1
9		Bottom Foam Support	1
10		Bottom Base	1
11		Top Connector	1
12		Back Pad	1
13		Seat Pad	1
14		Handlebar	2
15		Foam Tube	1
16		Foam Foot Roll w/vinyl	4

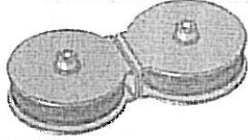
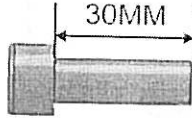
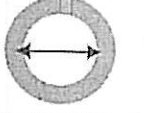
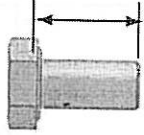
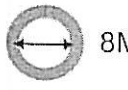
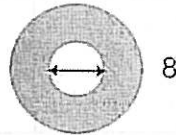
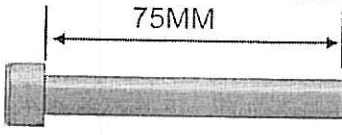
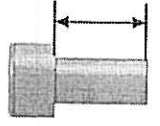
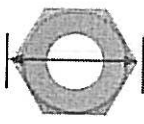
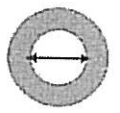
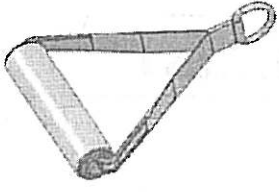
PART LIST

NO.	VIEW	DESCRIPTION	Q'TY
17		Back Pad Gemel	2
18		Axle	1
19		Clothes Hook	1
20		Cup Holder	1
21		Seat Pad	1
22		Safety Encloser	2
23		Guide Rod	2
24		Top Plate	1
25		Selector Bar	1
26		Selector Pin	1
27		Weight Plate	19

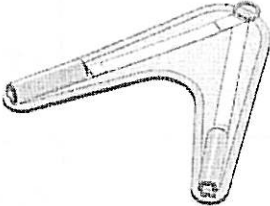
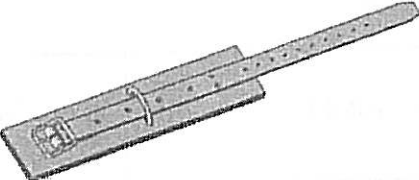
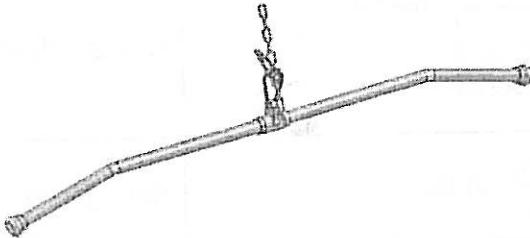

PART LIST

NO.	VIEW	DESCRIPTION	Q'TY
28		Bumper $\Phi 19$	2
29		Adjustable Screw M10X25	1
30		Adjustable Handle	1
31		Round Cap $\Phi 50$	2
32		Foam $\Phi 24 \times \Phi 30 \times 130$	4
33		Foam $\Phi 24 \times \Phi 30 \times 160$	4
34		Foam $\Phi 11 \times 266$	2
35		Lat Pin	1
36		Hex Socket Set Screw M6X8	1
37		Foam $\Phi 11 \times 230$	1
38		Single Pulley Rack	2
39		Adjustable Pulley Rack	1

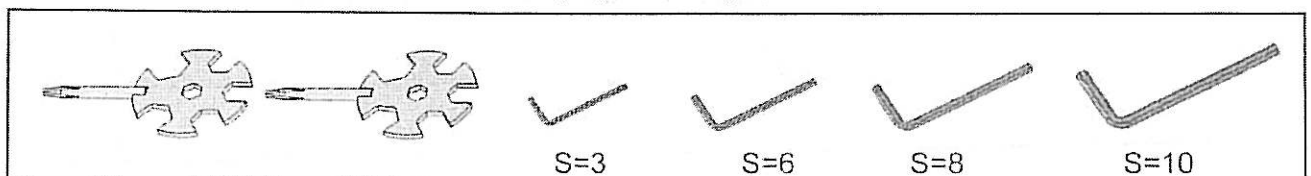
PART LIST

NO.	VIEW	DESCRIPTION	Q'TY
40		Parallel Pulley Rack	1
41		Hex Recessed Bolt M10X30	4
42		Spring Washer Φ 10	4
43		Hex Bolt M8X16	6
44		Spring Washer Φ 8	8
45		Arc Washer Φ 8	4
46		Hex Recessed Bolt M10X75	2
47		Hex Recessed Bolt M8X16	2
48		Nylon Lock Nut M10	2
49		Washer Φ 10	4
50		Foam Handle	2

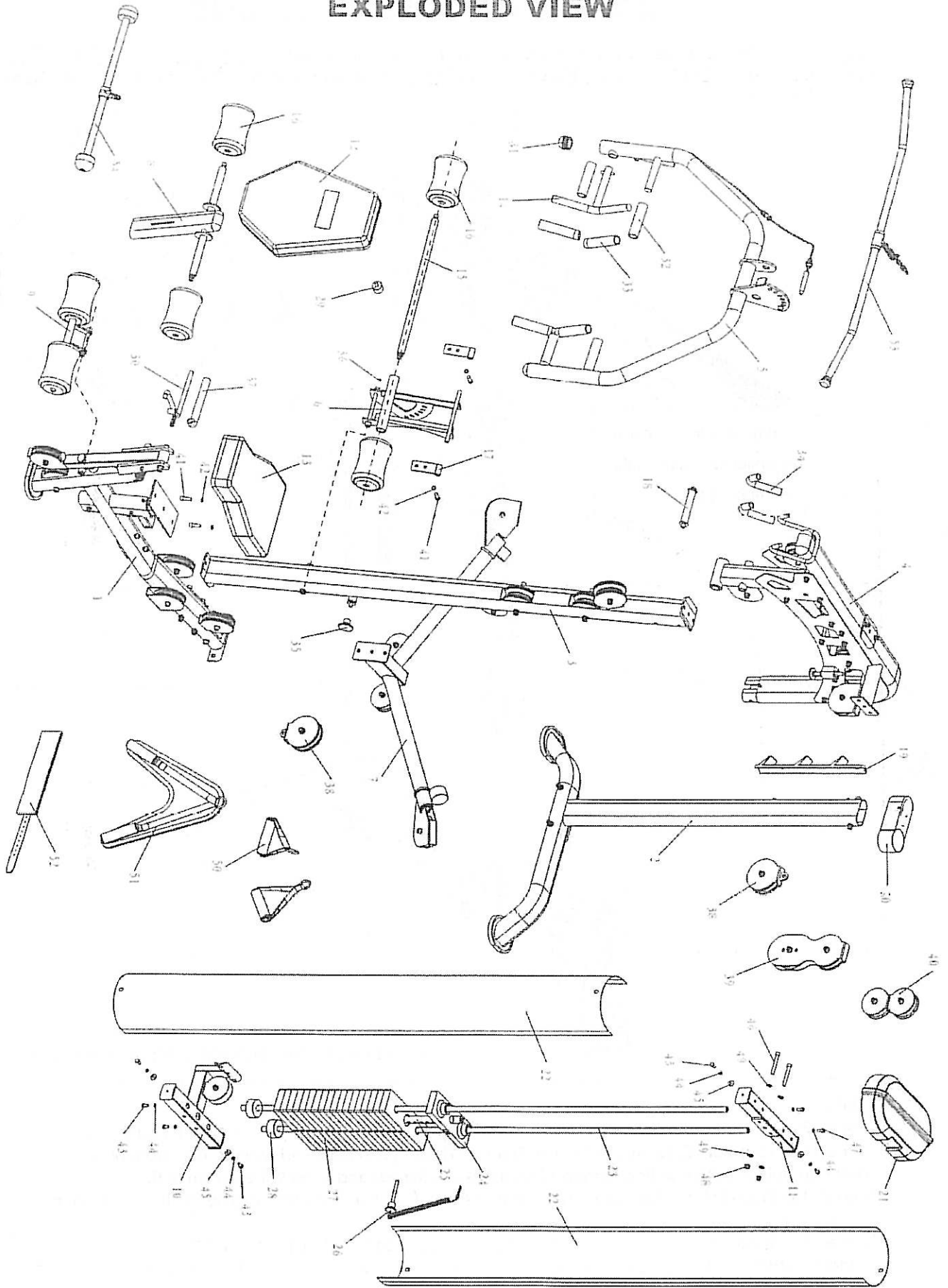
PART LIST

NO.	VIEW	DESCRIPTION	Q'TY
51		Shoulder Press Belt	1
52		Leg Extension Belt	1
53		Lat Bar	1
54		Low Row Bar	1

TOOL LIST



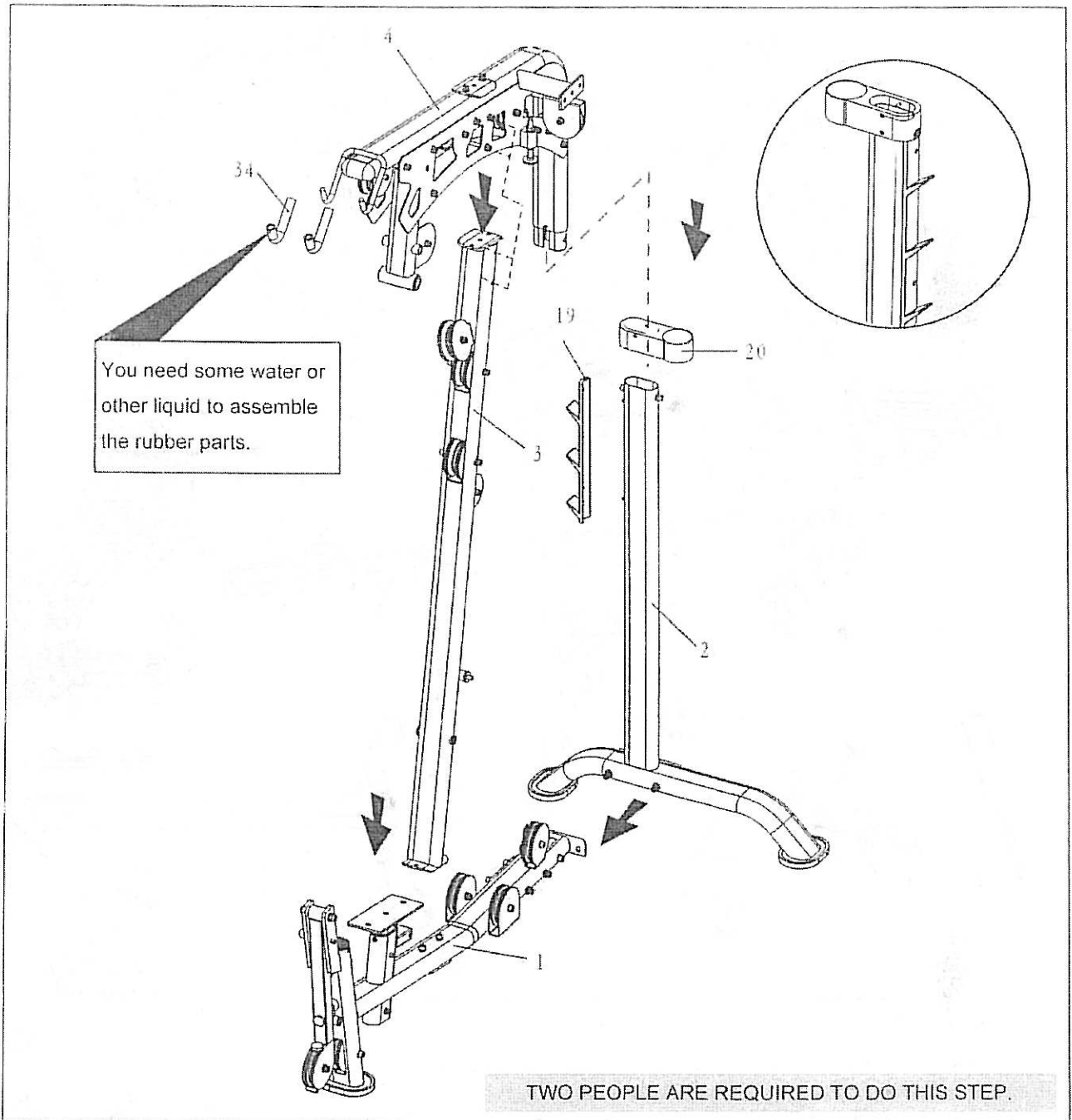
EXPLODED VIEW



ASSEMBLY INSTRUCTIONS



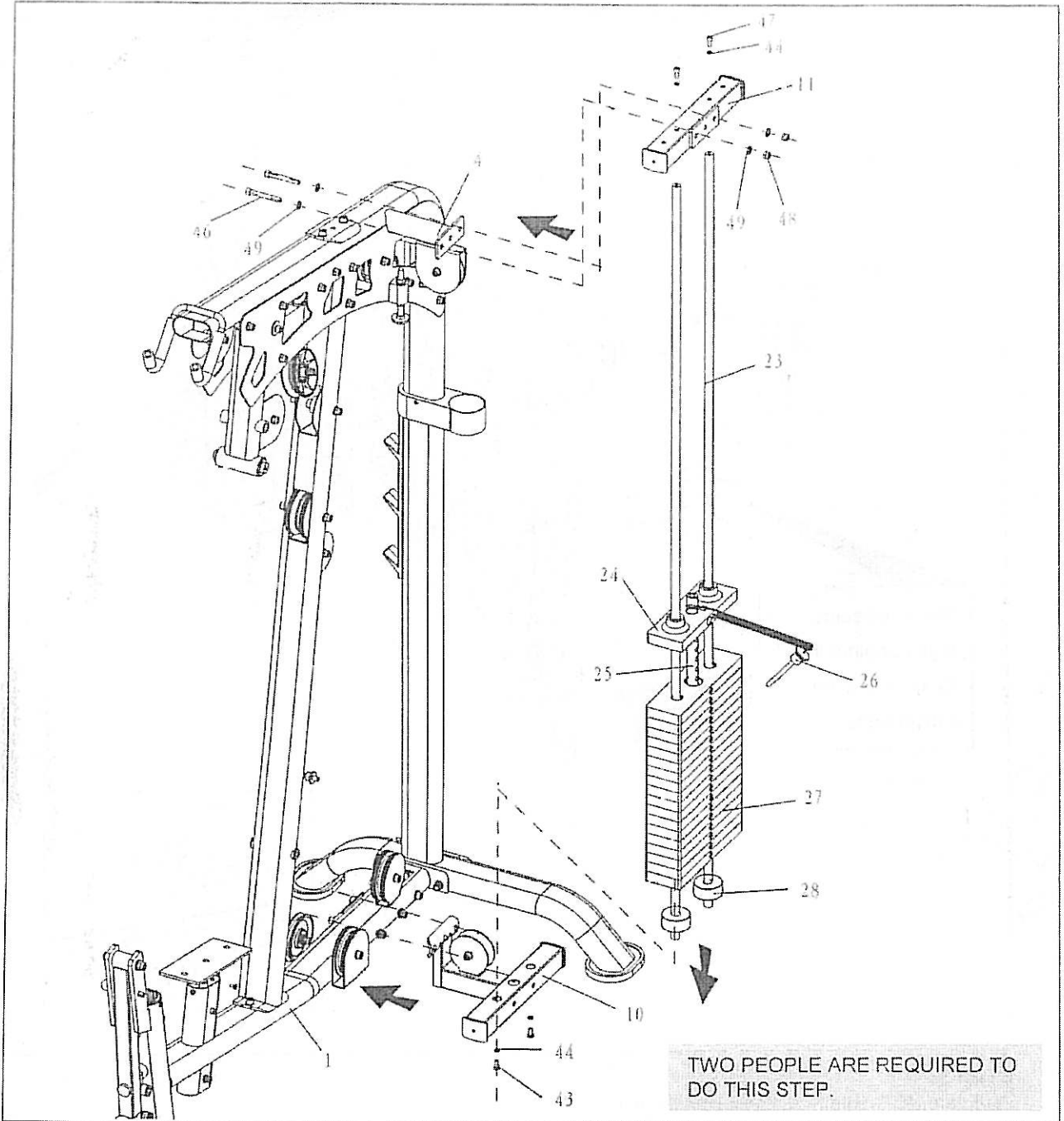
Open the Cartons, the Parts contain Bolts, Washers and Nuts needed during the assembly. First, unscrew the Bolts, Washers and Nuts, then connect the Parts and tighten them at last!



STEP 1:

- Connect Rear Support (#2) to Main Frame (#1) using two Bolts, four Washers and two Nuts from (#2).
- Connect Main Support Column (#3) to Main Frame (#1) using two Bolts and two Washers from (#1).
- Insert Cup Holder (#20) into Rear Support (#2) using two Screws and two Washers from (#2).
- Connect Top Beam (#4) to Main Support Column (#3) and Rear Support (#2) using five Bolts, ten Washers and five Nuts from (#2 & #4).
- Connect Cup Holder (#20) to Top Beam (#4) using one Screw and one Washer from (#4).
- Connect Clothes Hook (#19) to Rear Support (#2) using two Screws and two Washers from (#2).

ASSEMBLY INSTRUCTIONS



STEP 2:

Connect Bottom Base (#10) to Main Frame (#1) using two Bolts, four Washers and two Nuts from (#1).

Insert Guide Rods (#23-2pcs) into the receptacles located on the Bottom Base (#10) using Bolts (#43-2pcs) and Spring Washers (#44-2pcs).

Lubricate the Guide Rods with silicone or teflon lubricant, then slide Bumper (#28-2pcs) onto each Guide Rod, as shown above.

Carefully begin sliding the Weight Plates (#27-19pcs) over two Guide Rods.



Do not lift more than you can control safely. In addition, do not lift using only your back. It is recommended that when you are lifting, bend your knees and lift slowly with your back straight. Be sure that the weight is distributed over your knees or legs when lifting. Also, it is advisable to wear a well fitted lifting belt during heavy lifting.

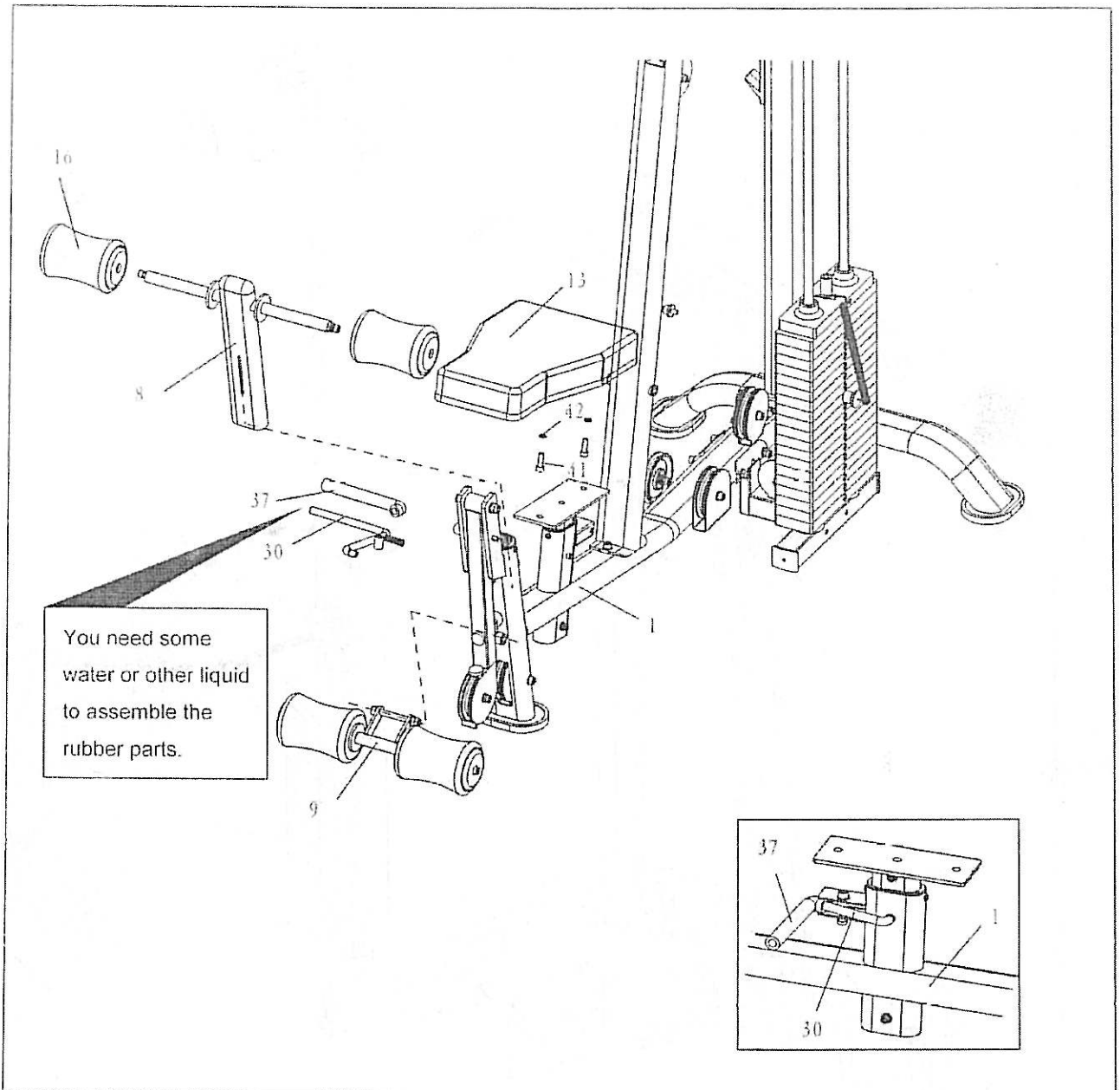
Slide the Top Plate/Selector Bar over the Guide Rods allowing it to come to rest on the completed Weight Plates.

Insert Selector Pin (#26) to load the suitable quantity of Weight Plates.

Connect Top Connector (#11) to Guide Rods (#23-2pcs) using Bolts (#47-2pcs) and Washers (#44-2pcs).

Connect Top Connector (#11) to Top Beam (#4) using Bolts (#46-2pcs), Washers (#49-4pcs) and Nuts (#48-2pcs).

ASSEMBLY INSTRUCTIONS



STEP 3:

Put Foam (#37) onto Adjustable Handle (#30).

Fix (#30) into position using one Bolt, two Washers and one Nut from Main Frame (#1).

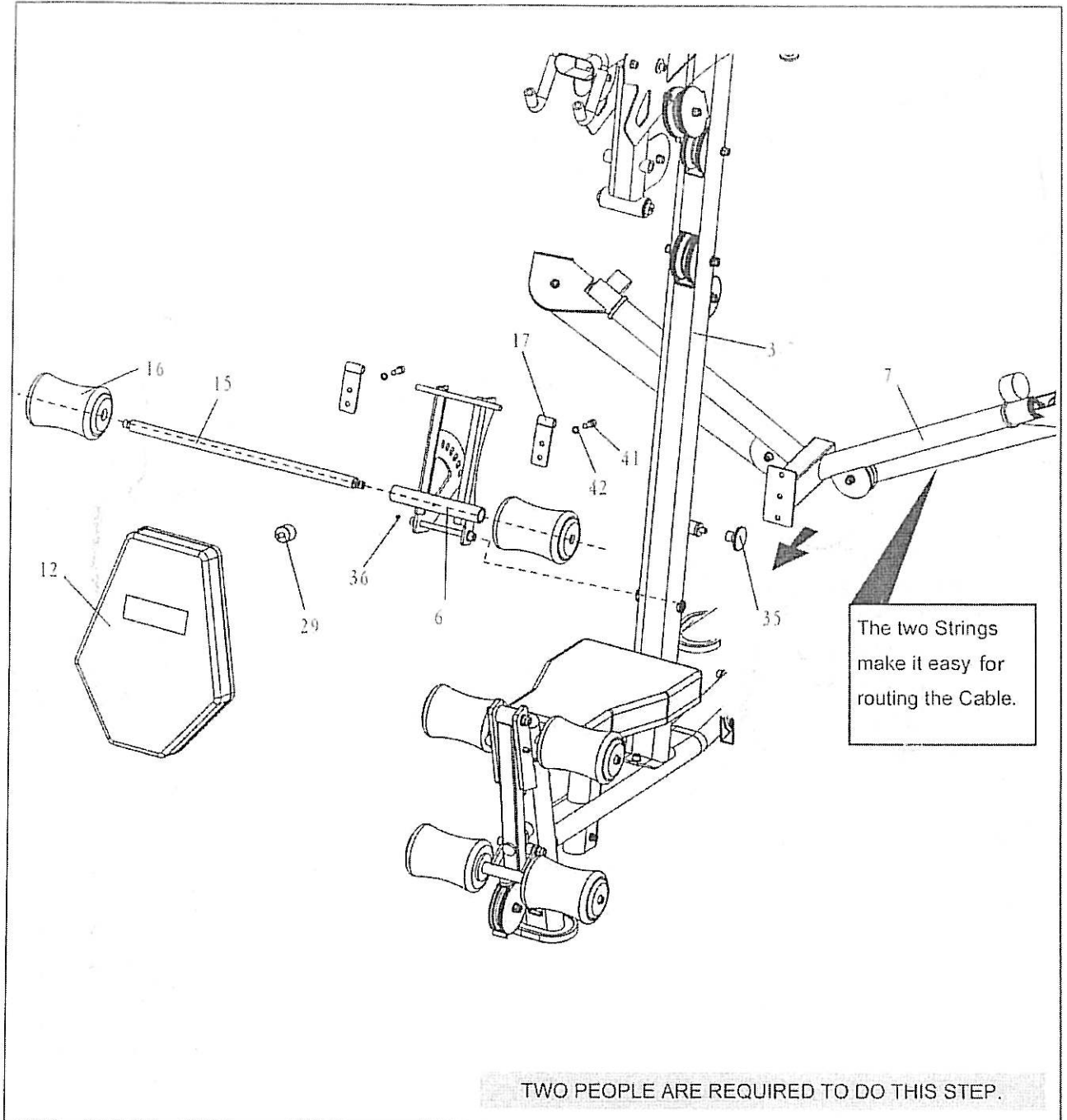
Connect Seat Pad (#13) to (#1) using Bolts (#41-2pcs) and Spring Washers (#42-2pcs).

Connect Bottom Foam Support (#9) to (#1) using one Bolt, two Washers and one Nut from (#9).

[As shown in the detailed drawing.] Fix Upper Foam Support (#8) into position as shown.

Put two Foams (#16) onto two sides of (#8) using two Bolts and two Washers from (#8).

ASSEMBLY INSTRUCTIONS



STEP 4:

Connect Back Pad Support (#6) to Main Support Column (#3) using one Bolt, two Washers and one Nut from (#6).

Fix Lat Pin (#35) into position and select suitable hole of (#6)

Insert Foam Tube (#15) into hole of (#6) using one Screw (#36).

Put two Foams (#16) onto two sides of (#15) using two Bolts and two Washers from (#15).

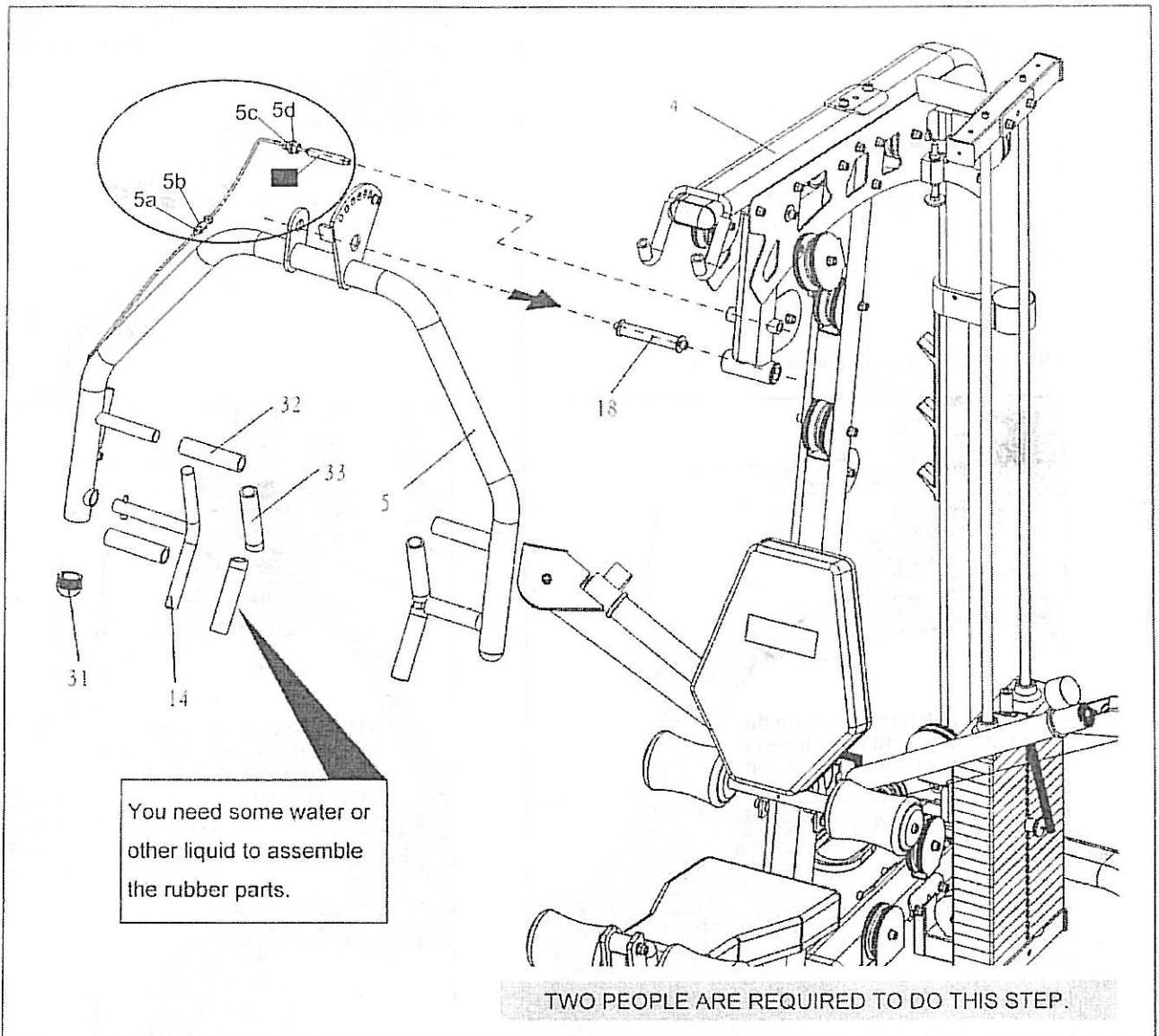
Insert Back Pad Gemels (#17-2pcs) into (#6).

Screw Adjustable Screw (#29) into Back Pad (#12).

Connect Back Pad (#12) to Gemels (#17-2pcs) using Bolts (#41-2pcs) and Spring Washers (#42-2pcs).

Connect Rear Butterfly (#7) to Main Support Column (#3) using two Bolts and two Washers from (#3).

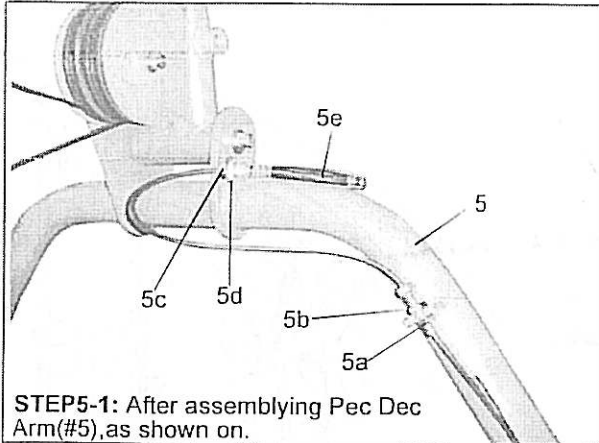
ASSEMBLY INSTRUCTIONS



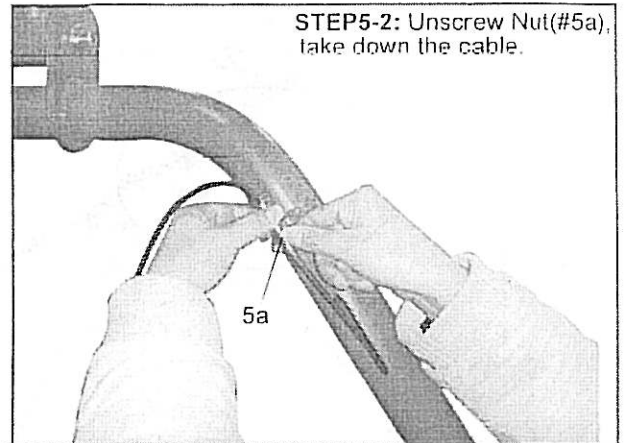
STEP 5:

- Connect Pec Dec Arm (#5) to Top Beam (#4) using Axle (#18). Then insert Pin into hole of (#4).
- Put Foams (#32-2pcs) onto two sides of (#5).
- Put Foams (#33-4pcs) and Foams (#32-2pcs) onto Handlebars (#14-2pcs).
- Fix Handlebars (#14-2pcs) into two sides of (#5) using two Bolts and two Washers from (#14).
- Insert Round Caps (#31-2pcs) into end of (#5).

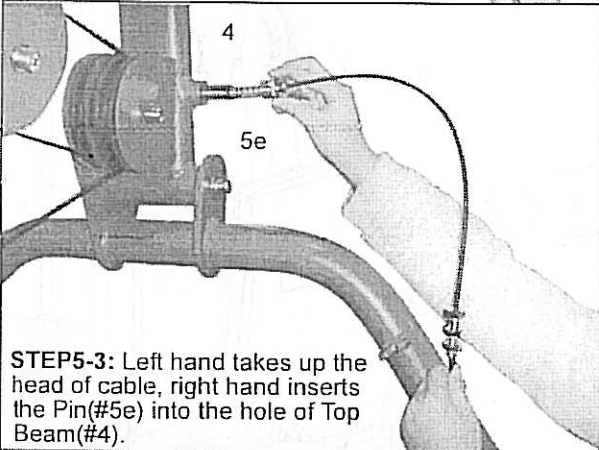
ASSEMBLY INSTRUCTIONS



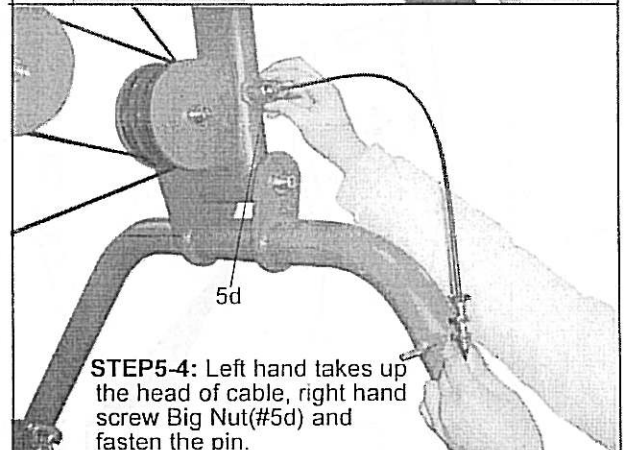
STEP5-1: After assembling Pec Dec Arm(#5), as shown on.



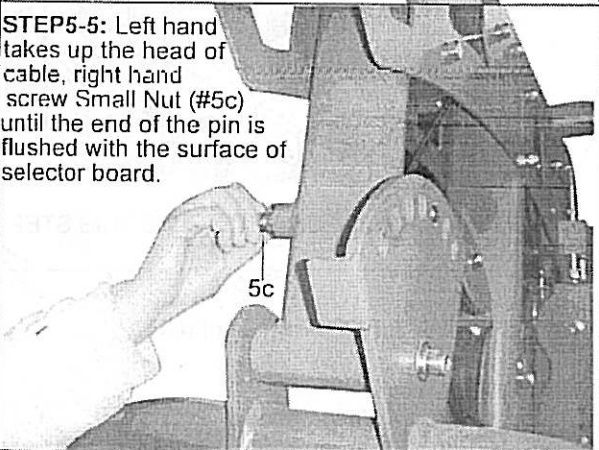
STEP5-2: Unscrew Nut(#5a), take down the cable.



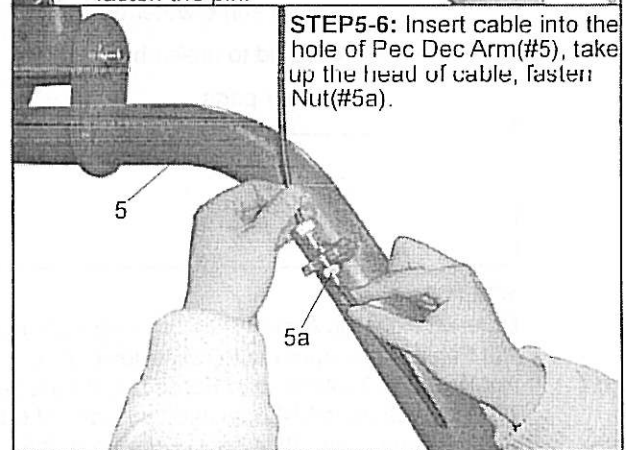
STEP5-3: Left hand takes up the head of cable, right hand inserts the Pin(#5e) into the hole of Top Beam(#4).



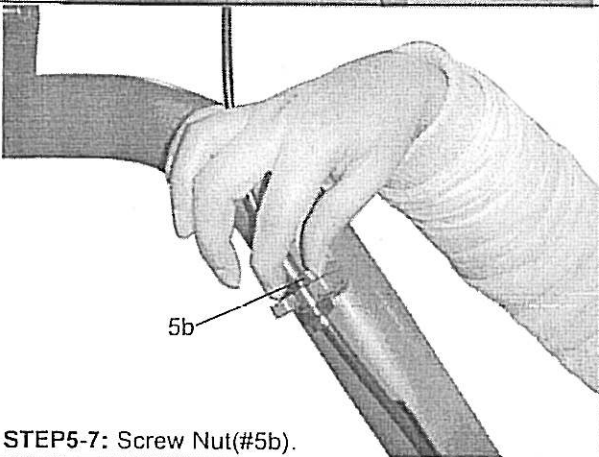
STEP5-4: Left hand takes up the head of cable, right hand screw Big Nut(#5d) and fasten the pin.



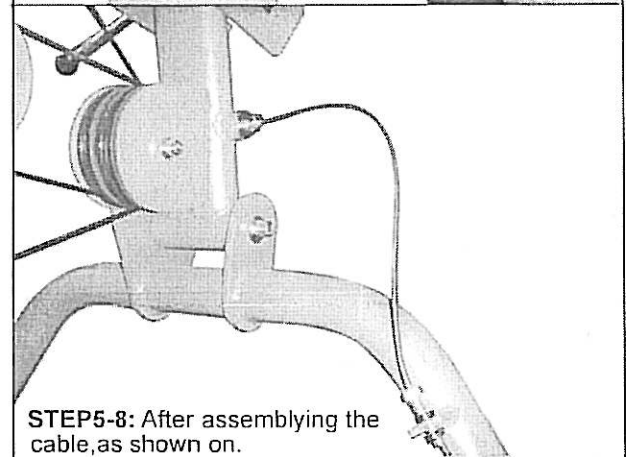
STEP5-5: Left hand takes up the head of cable, right hand screw Small Nut (#5c) until the end of the pin is flushed with the surface of selector board.



STEP5-6: Insert cable into the hole of Pec Dec Arm(#5), take up the head of cable, fasten Nut(#5a).



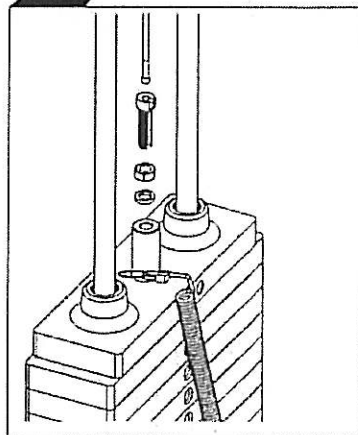
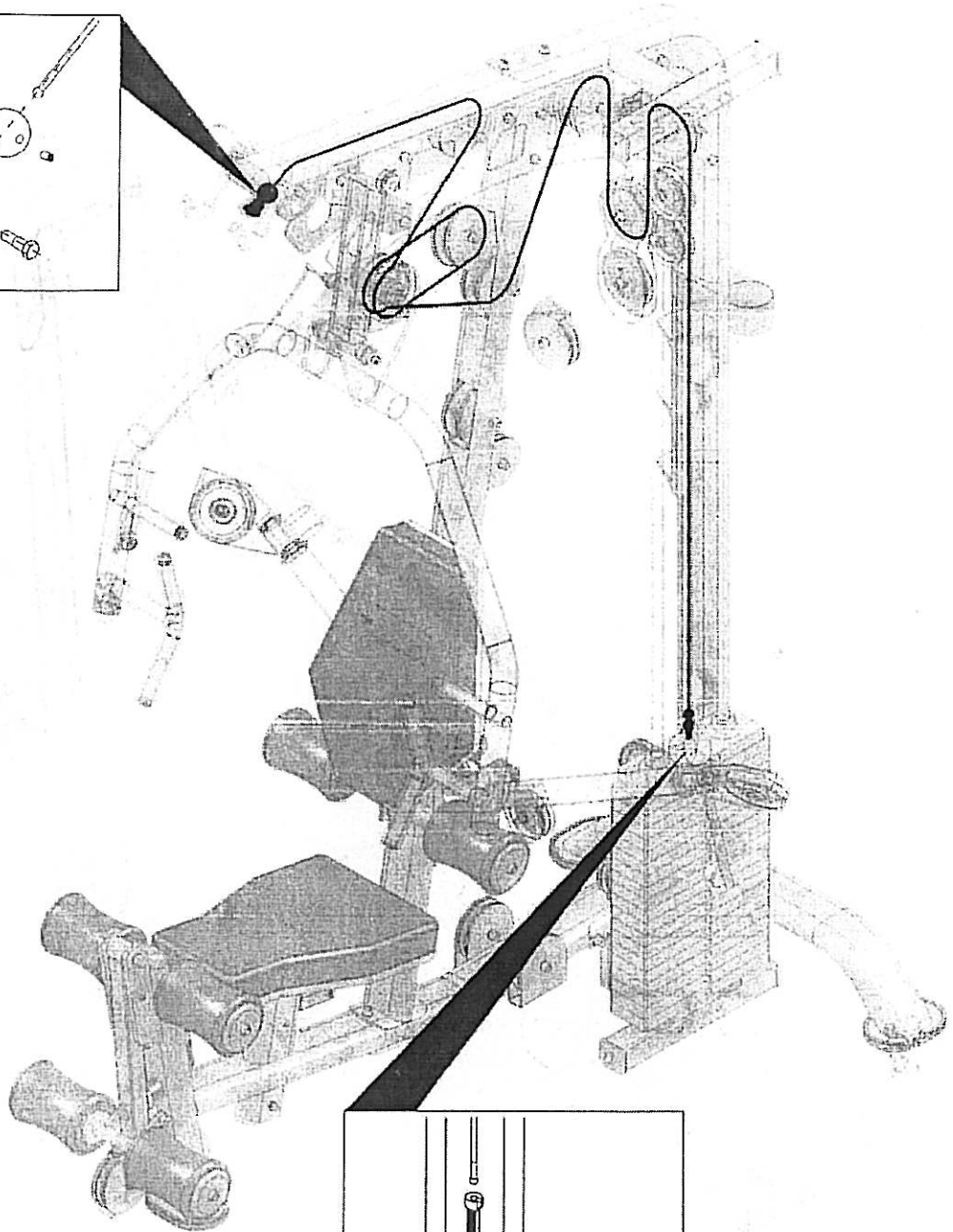
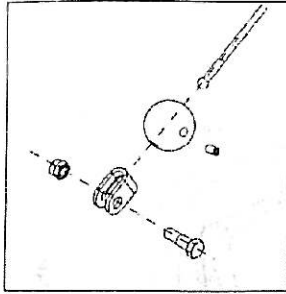
STEP5-7: Screw Nut(#5b).



STEP5-8: After assembling the cable, as shown on.

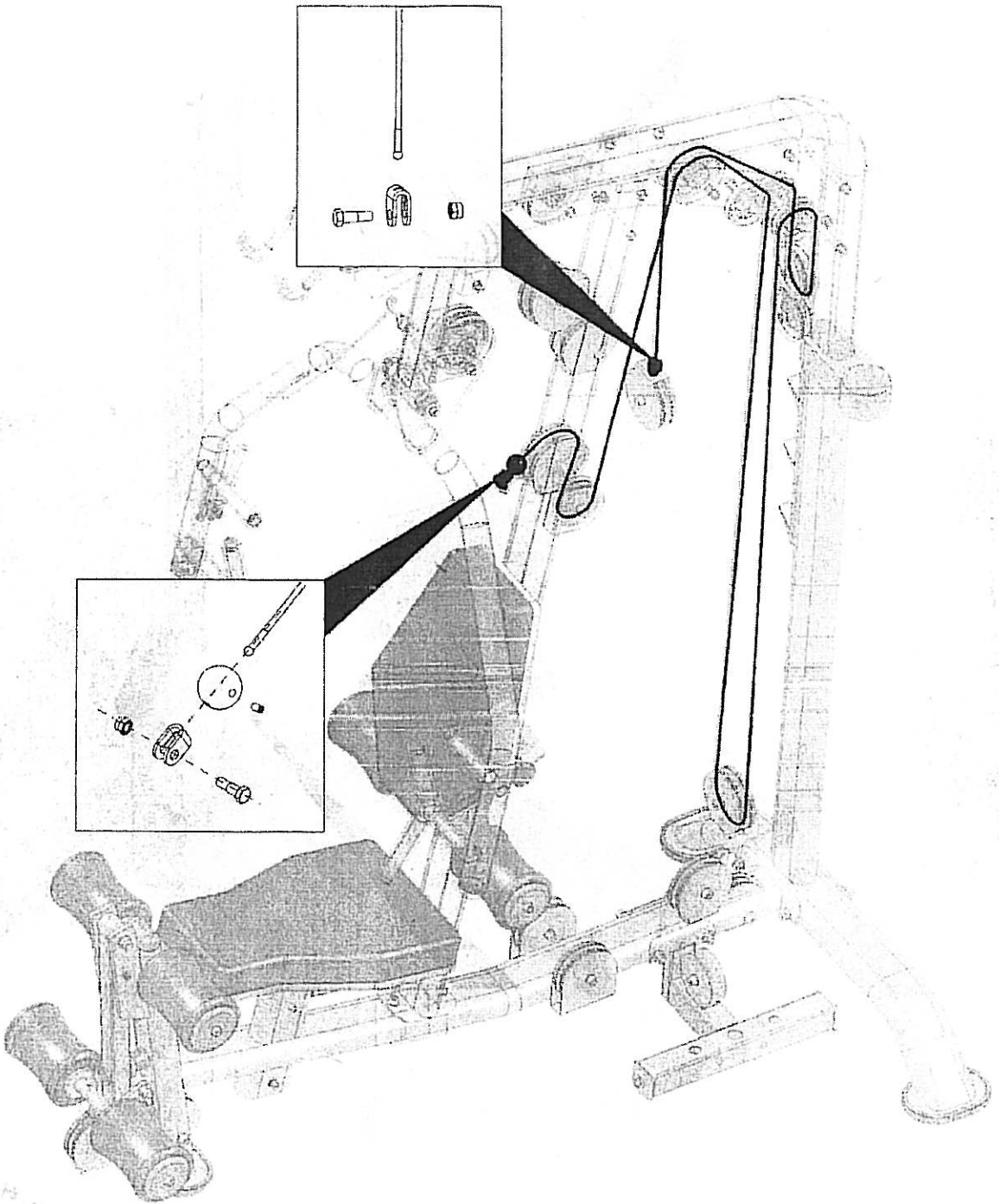
ASSEMBLY INSTRUCTIONS

#1 CABLE GUIDELINES



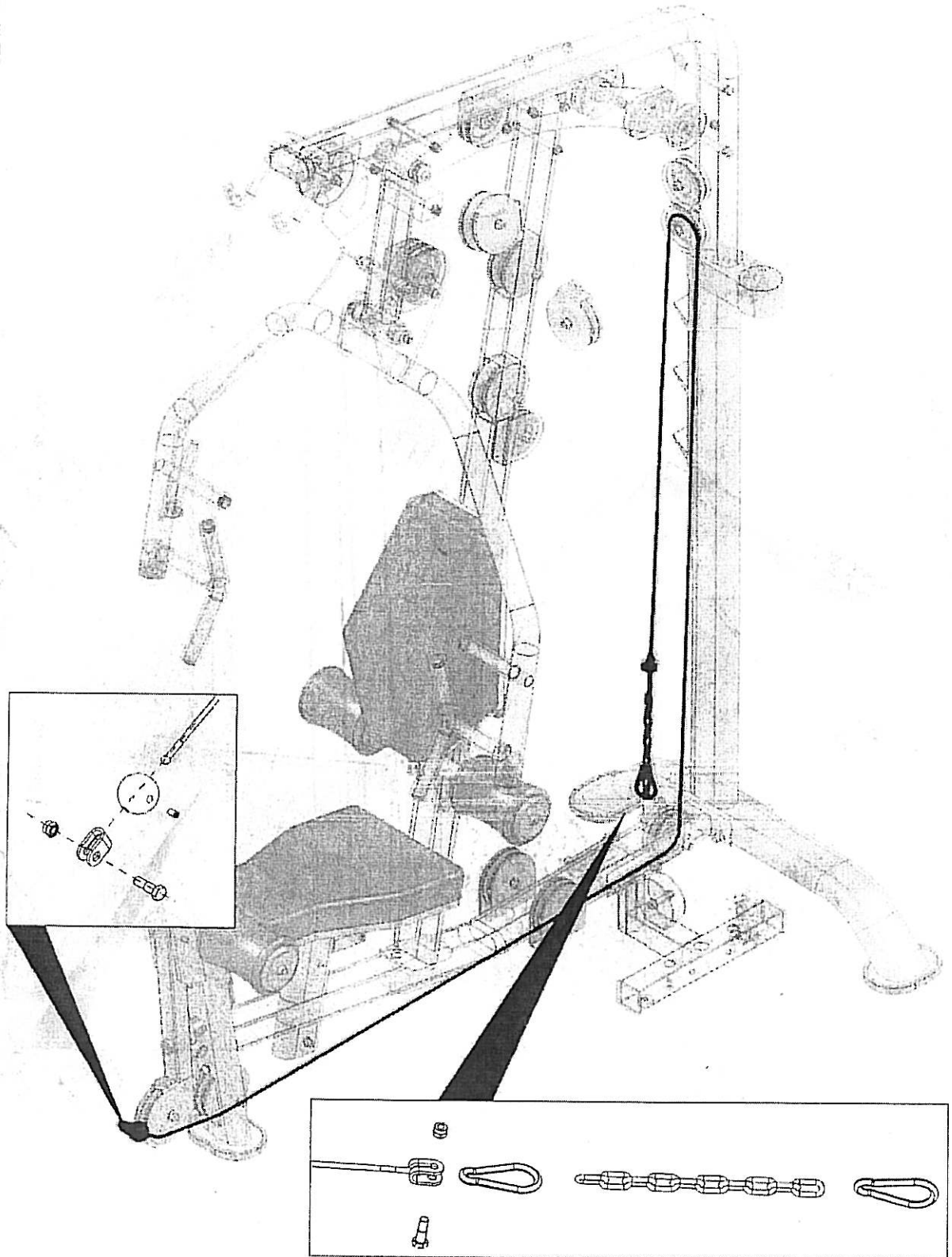
ASSEMBLY INSTRUCTIONS

#2 CABLE GUIDELINES



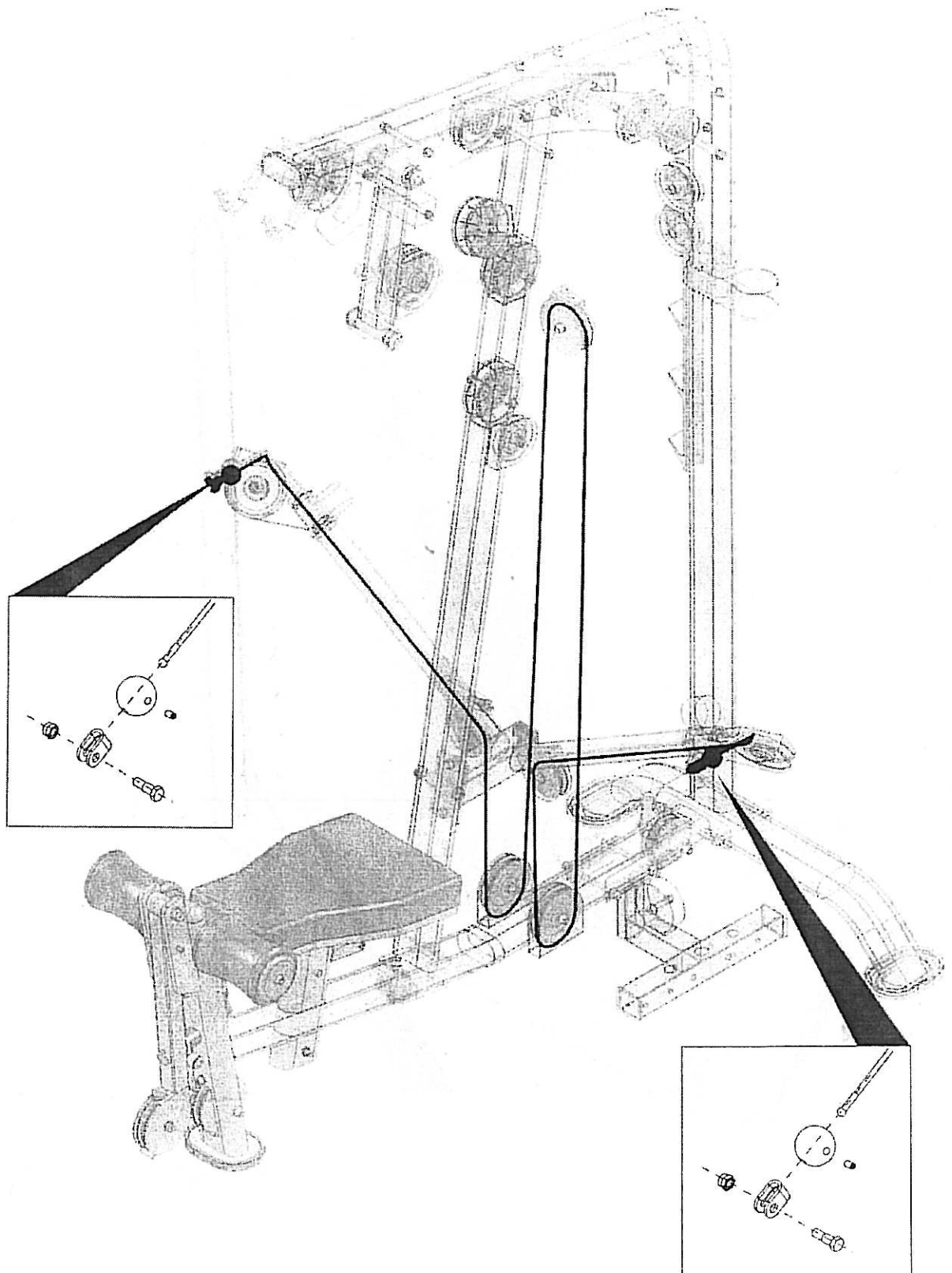
ASSEMBLY INSTRUCTIONS

#3 CABLE GUIDELINES



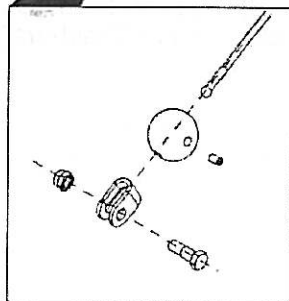
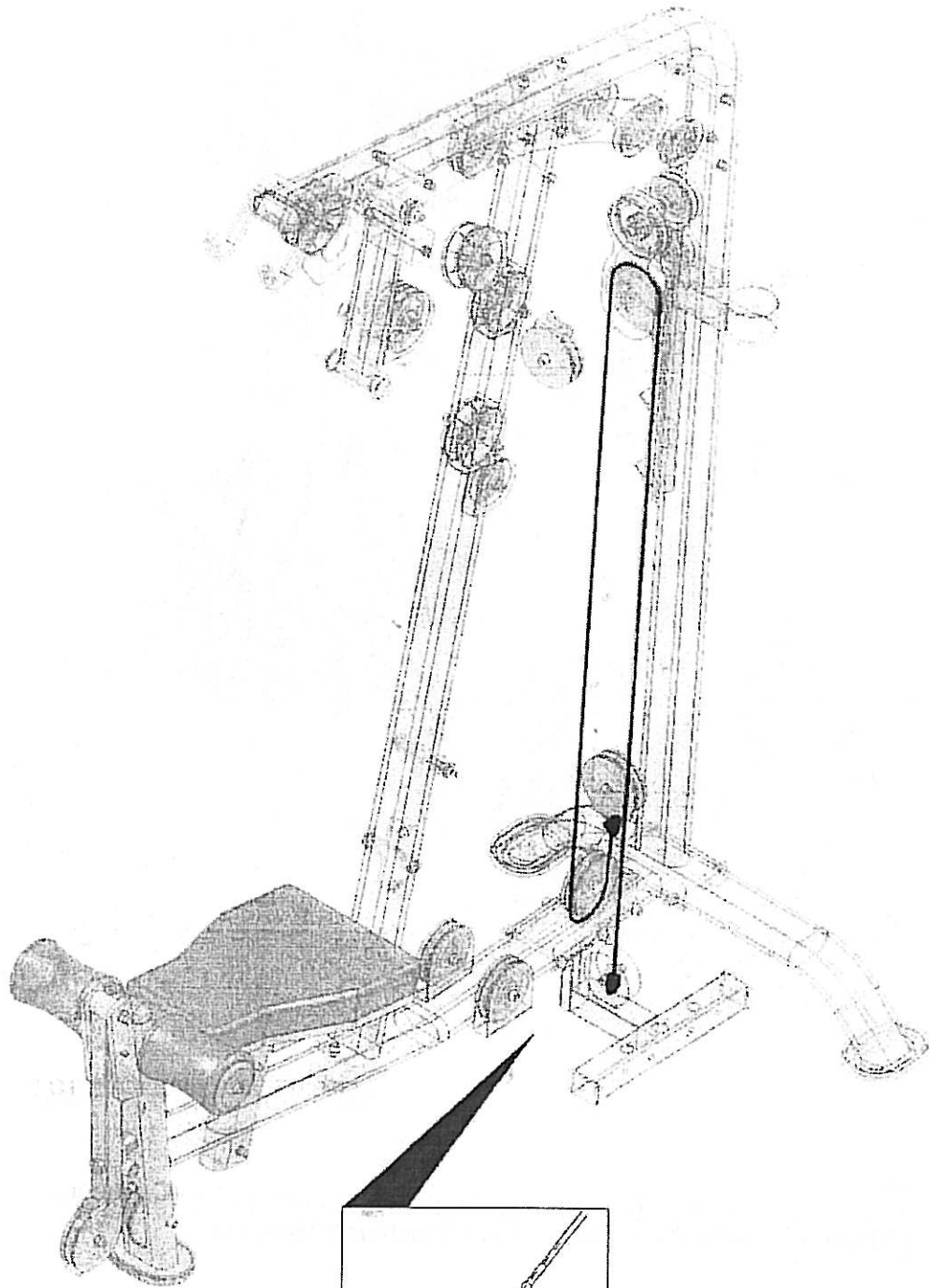
ASSEMBLY INSTRUCTIONS

#4 CABLE GUIDELINES

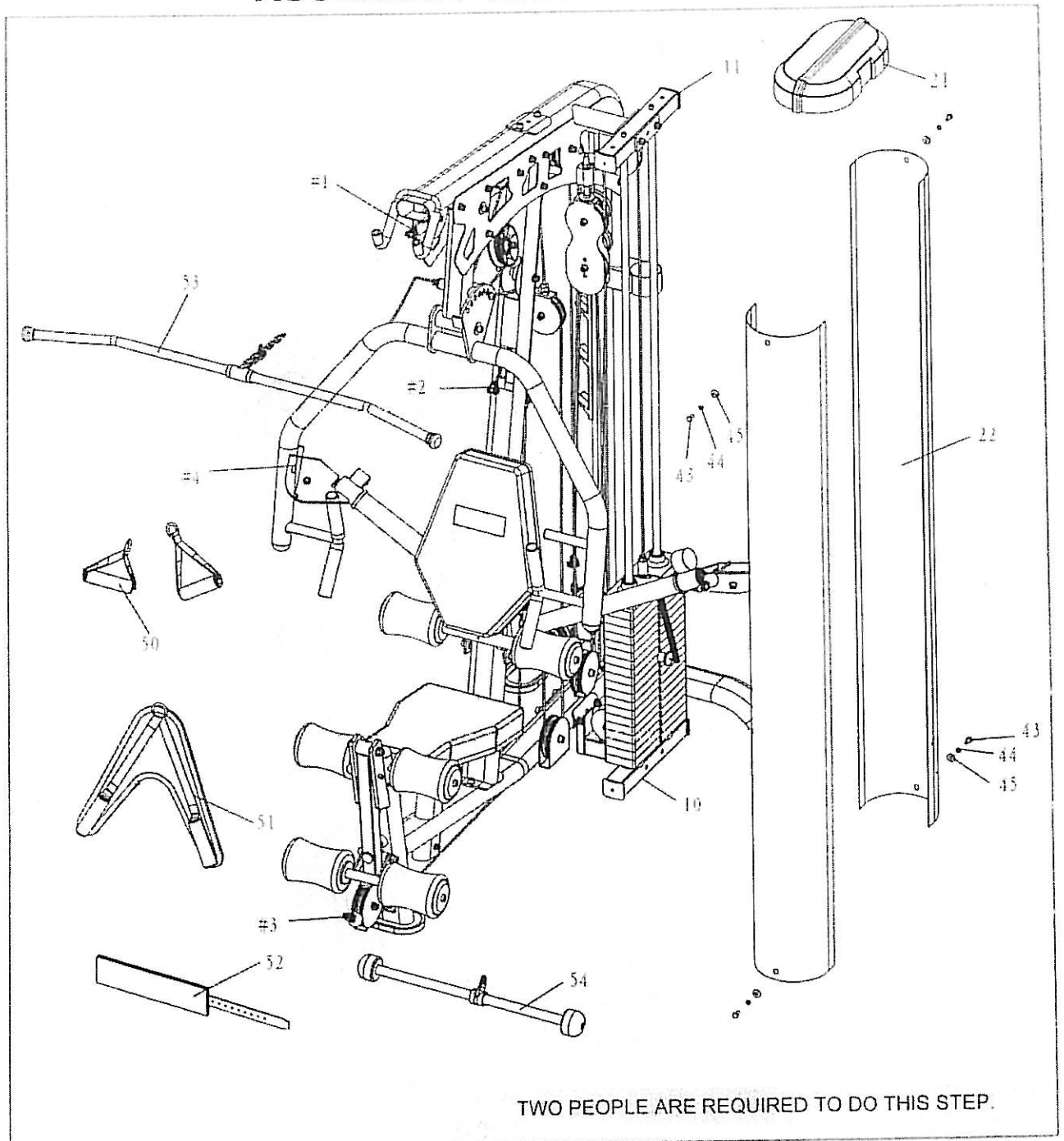


ASSEMBLY INSTRUCTIONS

#5 CABLE GUIDELINES



ASSEMBLY INSTRUCTIONS



TWO PEOPLE ARE REQUIRED TO DO THIS STEP.

STEP 6:

Connect Safety Encloser (#22-2pcs) to Bottom Base (#10) and Top Connector (#11) using Bolts (#43-4pcs), Washers (#44-4pcs) and Arc Washers(#45-4pcs).

Fix Top Cover into position.

Connect Lat Bar (#53) to Cable (#1).

Connect Foam Handles (#50-2pcs) to Cable (#4).

Connect Shoulder Press Belt (#51) to Cable (#2).

Connect Leg Extension Belt (#52) or Low Row Bar (#54) to Cable (#3).

BEFORE USE

Using this Machine will provide you with several benefits. It will improve your physical fitness, tone your muscles and, in conjunction with a calorie-controlled diet, help lose your weight.

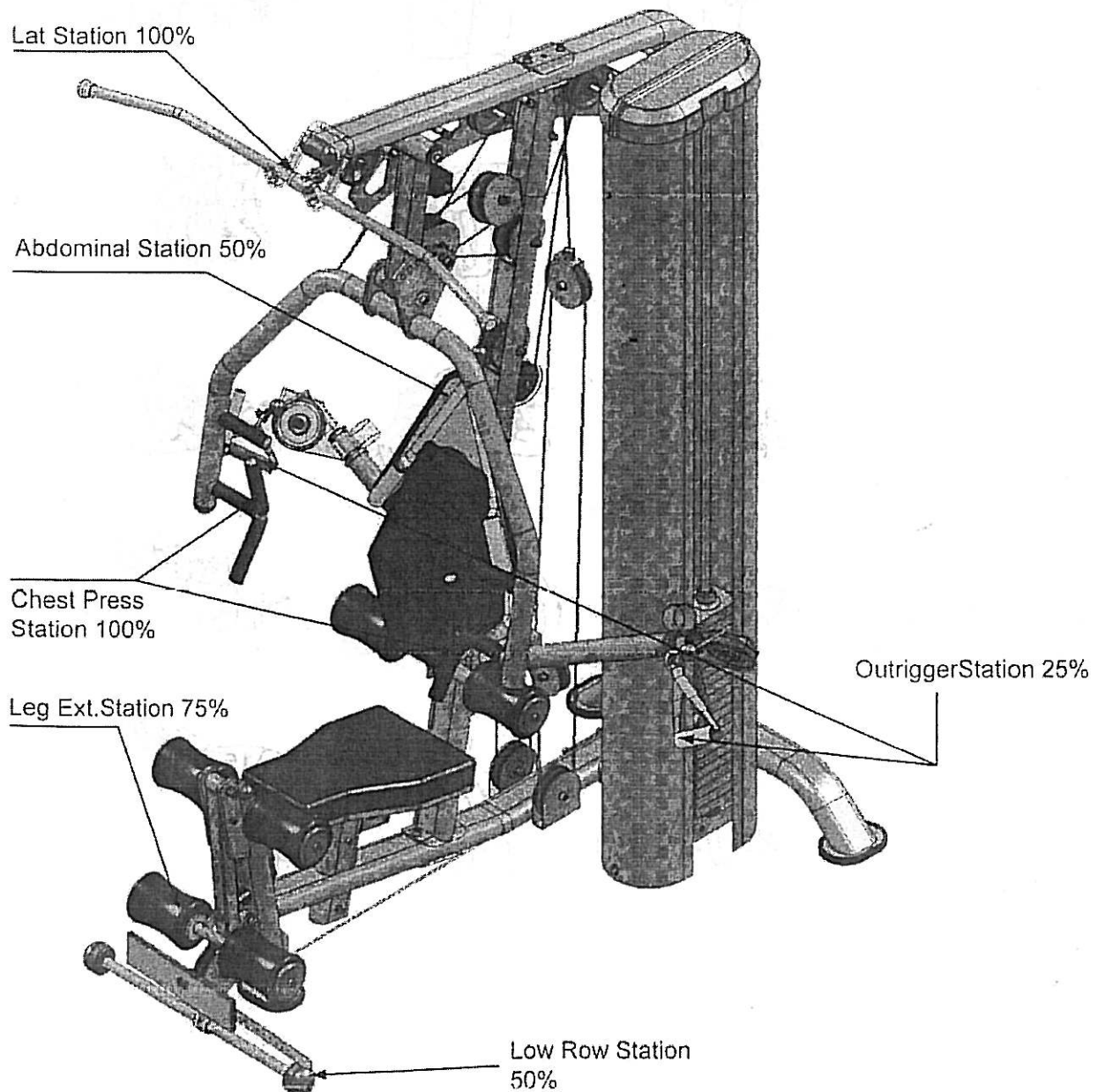
The stages help get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds. Do not force or jerk your muscles into a stretch. If it hurts, STOP.



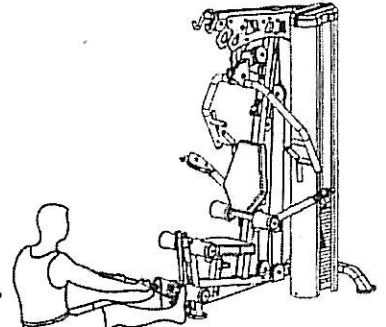
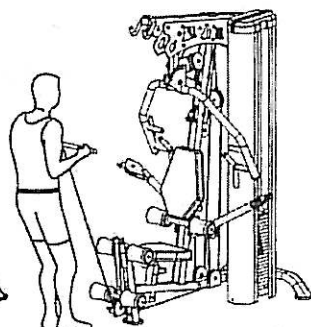
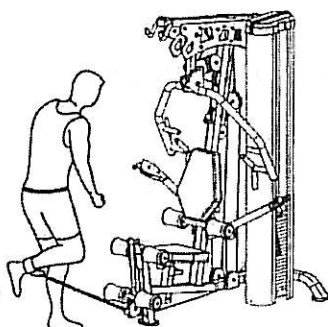
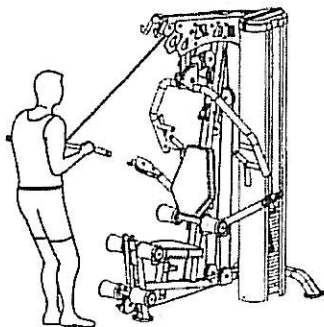
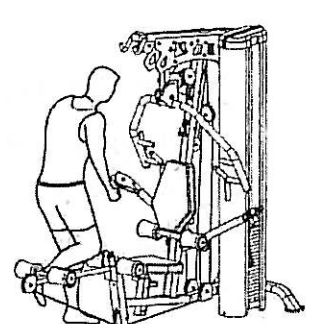
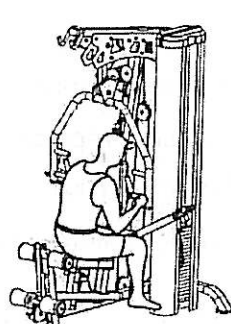
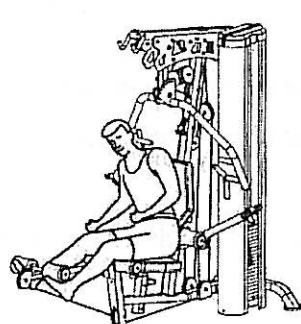
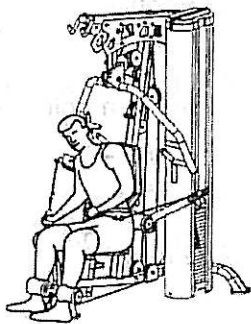
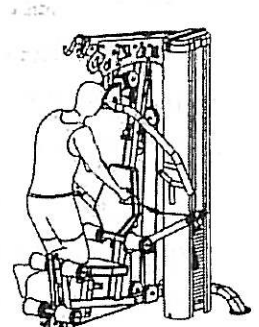
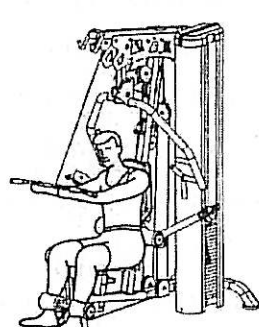
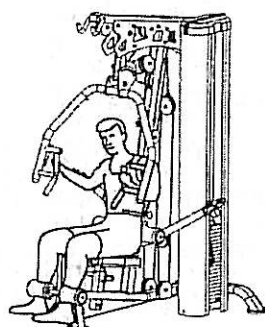
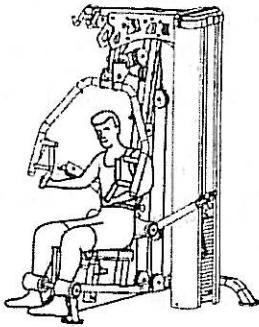
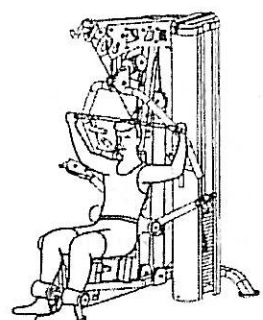
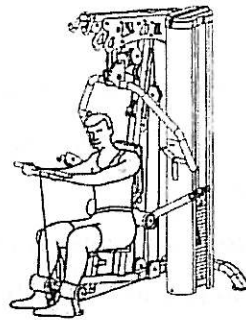
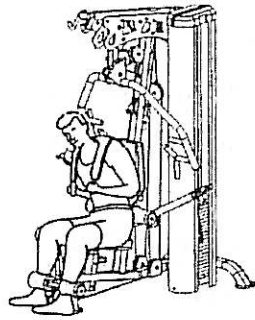
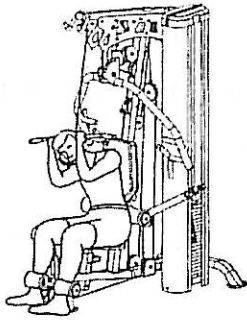
TRAINING GUIDELINES

WEIGHT PERCENTAGE

- Please ensure all Bolts are in place securely fastened.
- Ensure all Cables are properly routed and in good condition.
- To test that Cables are running smoothly through Pulleys, select a light Weight and test each station.



TRAINING GUIDELINES



MAINTENANCE INFORMATION

Maintenance Information

1. Lubrication of all moving parts is essential to the longevity and optimal performance of your Machine. Initial lubrication of some parts of your gym have been done at the factory, but the weight stack guide rods must be lubricated at the time of assembly. We recommend a clear aerosol, silicone or teflon spray.

Note: Do not use oil based lubricants as they will attract dust, dirt and grime, and will eventually gum up and erode bushings and sealed bearings.

2. All pulleys and bushings should be checked regularly for signs of wear.

3. Check and adjust cable tension periodically as it will maintain proper anatomical function.

4. Periodically check all moving parts, upholstery and grips for signs of wear or damage. If there is a problem or replacement part which is necessary, STOP USING THE EQUIPMENT and immediately contact your local retailer. Replace parts using only genuine parts.

5. As needed, upholstery may be cleaned with a mild solution of soap and water. Regular use of a vinyl treatment will add to the life and appearance of your upholstery.

6. All chrome plated surfaces should be cleaned regularly to prolong the life and luster of the finish. Wipe machine down with a damp cloth and dry thoroughly each day. At least once a week your chrome equipment should be polished with a commercial grade or automotive type chrome polish.

7. When checking the bolts and nuts, be sure they are all fully fastened. If there is a bolt or nut that continuously loosens obtain a replacement through your local retailer.

8. Check welds to be free of cracks.

9. Failure to perform routine maintenance could result in personal injury and/or equipment damage.

Toll Free: 1-866-978-1999