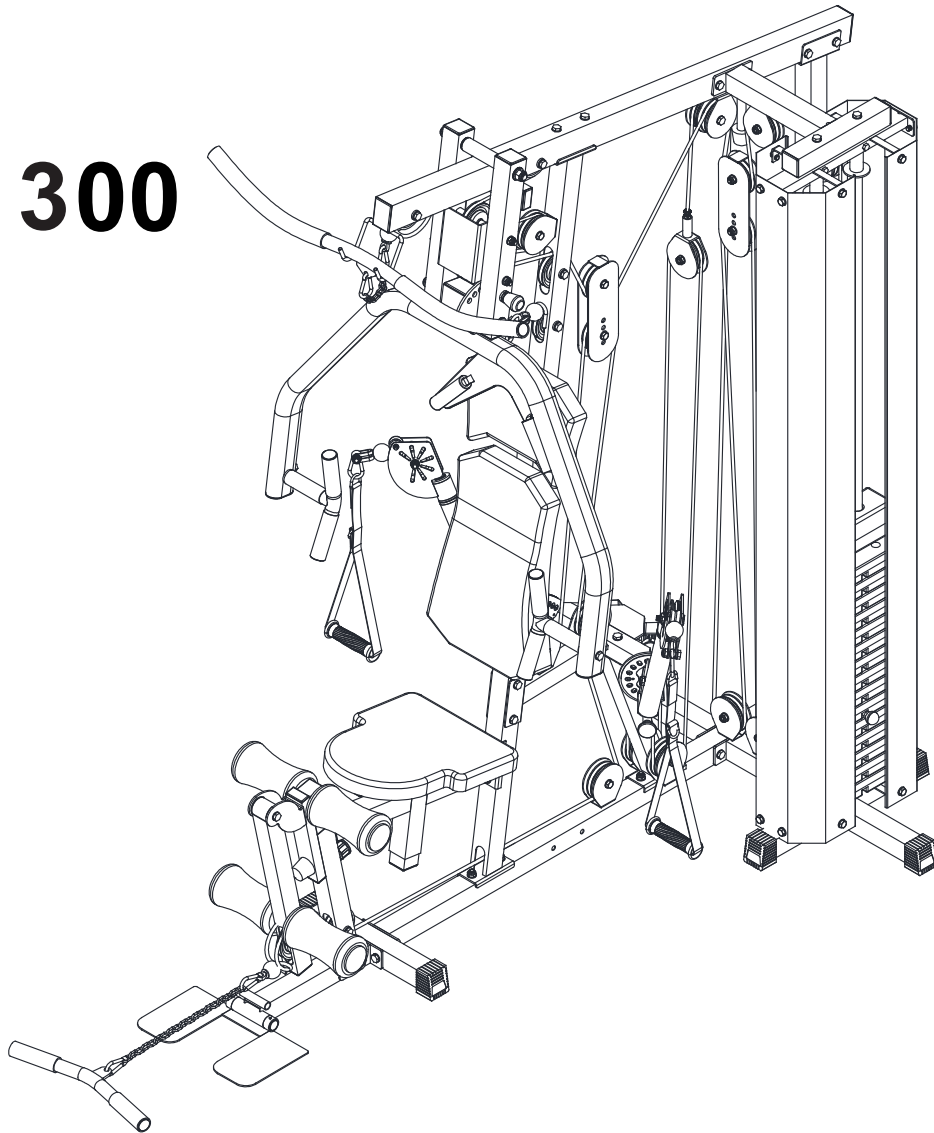


fuel

KS 300



User manual



WARNING! This multi gym is only intended for home use in accordance with the instructions in this user manual. Read it carefully before using the appliance and keep the manual for future use.

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WARNING!

This multi gym is for indoor, home use only.

Any other use will invalidate warranty and may result in serious injury or damage.

Before beginning using the multi gym or doing any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems. Read all instructions before using this multi gym.

IMPORTANT SAFETY INSTRUCTIONS

Please read these instructions carefully before using this product and retain this manual for future reference.

The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

NOTE THE FOLLOWING PRECAUTIONS BEFORE ASSEMBLING OR OPERATING THIS MULTI GYM:

1. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program.
2. Stop exercising if feeling faint, dizzy or experiencing pain and consult your physician.
3. Obtain instructions before using.
4. Read and understand the owner's manual and all warnings posted on the machine before using.
5. Keep all children (12 and under) away. Teenagers (13 and over) and disabled must be supervised.
6. Keep body and clothing free from and clear of all moving parts.
7. Use the machine only for the intended use. DO NOT modify the machine.
8. Inspect machine prior to use. DO NOT use if it appears damaged or inoperable.
9. Inspect all cables and connections prior to use. DO NOT use if any components are worn, frayed or damaged.
10. DO NOT attempt to fix a broken or jammed machine. Notify the distributor.
11. DO NOT use if guards are missing or damaged.
12. Be sure that the weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure seek assistance.
13. Never pin the weights in an elevated position. DO NOT use this machine if found in this condition. Seek assistance from the distributor.
14. DO NOT use dumbbells or other incremental weights, except those provided by the manufacturer.
15. Report any malfunctions, damage or repairs to the facility.
16. Replace any warning labels if damaged, worn or illegible.
17. DO NOT use this machine outdoors.
18. Only one person at a time should use the machine (max. capacity = 120 kg / 265 lb).
19. Pay attention that no fingers, other parts of the body or objects come into the range of moving parts of the machine.
20. Before using the machine, check if all nuts and bolts are securely tightened.
21. The safety of the machine can only be maintained if it is regularly examined for damage and/or wear and tear. If you find any defective components while assembling or checking the machine or if you hear any unusual noises coming from the machine stop immediately. Do not use the machine until the problem has been rectified.
22. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine.
23. Before using the machine, always do stretching exercises to properly warm up.

24. The multi-gym should be assembled on a clear, dry and level surface.
25. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the multi-gym in the assembly area to protect it from dirt.

WARNING DECAL

Warning decal indicates a potentially hazardous situation, which, if not avoided, could result in death or serious injury.

WARNING 

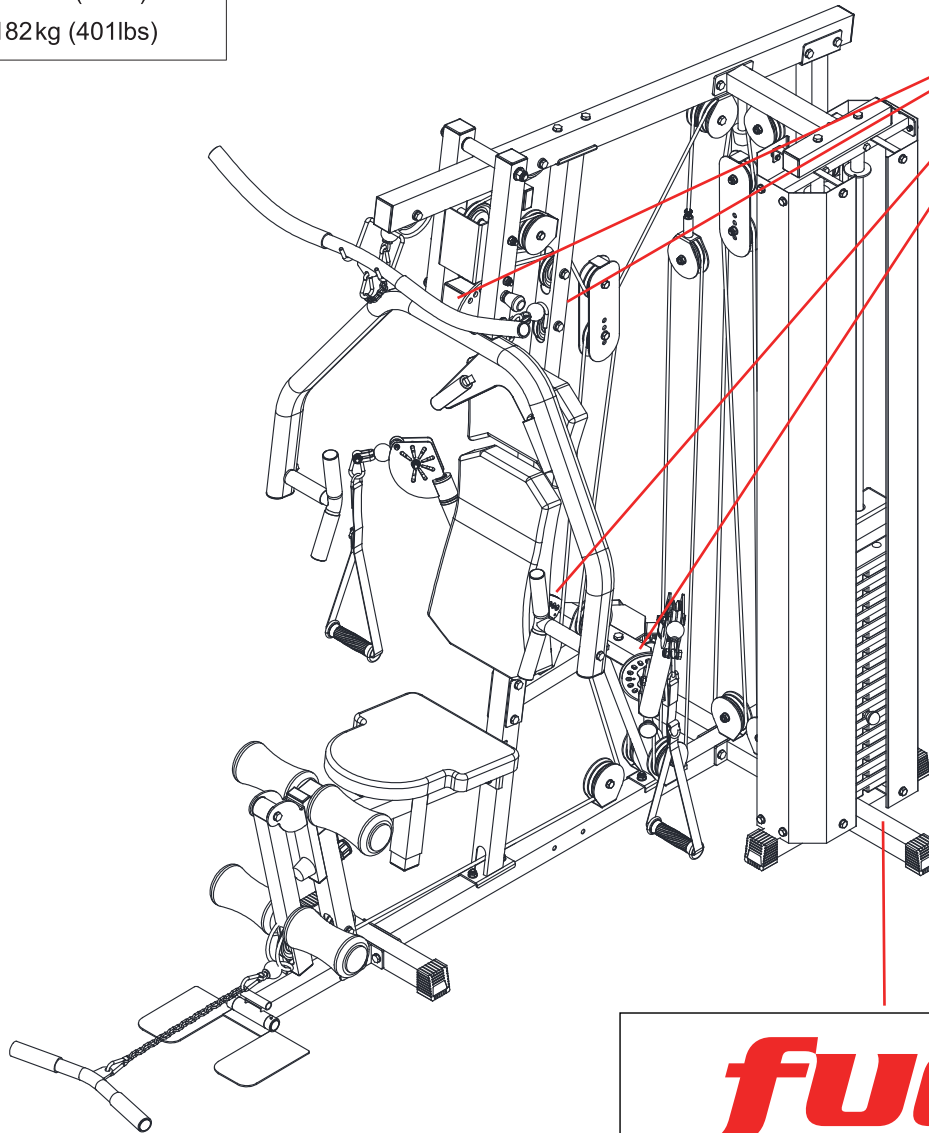
THE MANUFACTURER ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE OBTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

The product weighs 182kg (401lbs).
Safety standards: ISO 20957 - Class H (home use).

LABEL & WARNING DECAL PLACEMENT

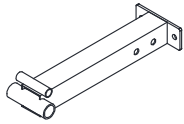
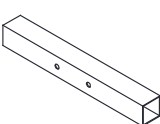
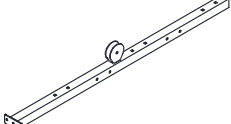
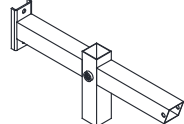
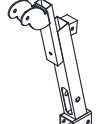
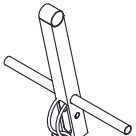
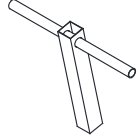
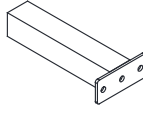
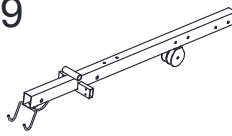

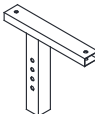
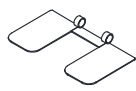

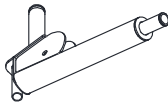
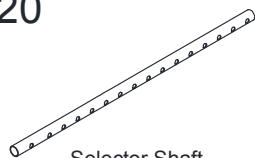
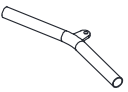
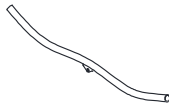
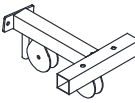
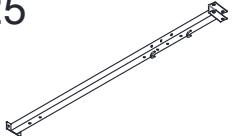

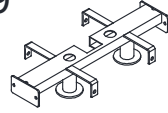
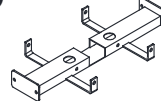
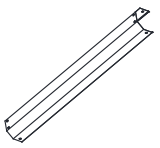
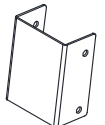





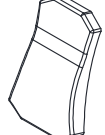
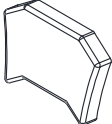
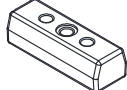

Length: 206cm (81.1")
 Width: 145 cm (57 ")
 Height: 204cm (80.3")
 Weight:182kg (401lbs)

WARNING
 Keep hands and fingers clear of this area.






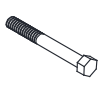




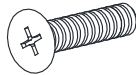



















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	UK CA	Sweatband.com Ltd	Class: H  Max 120kg
Fuel Fitness		KS300 Multi Gym	
ISO 20957		SN:	
Unit A, Park 40 Flanshaw Way Wakefield WF2 9LP			

CONTENTS CHECKLIST

1  Footplate Connector 1pc	2  Front Base Frame 1pc	3  Base Frame 1pc	4  Seat Support Frame 1pc	5  Front Support Frame 1pc
6  Leg Extension Frame 1pc	7  Foam Roller Bracket 1pc	8  Right Base Frame 1pc	9  Upper Cross Beam 1pc	10  Weight Guide Tube 2pcs
11  Left Connect Frame 1pc	12  Right Connect Frame 1pc	13  Seat Frame 1pc	14  Press Arm 1pc	15  Arm Bracket 1pc
16  Footplate 1pc	17  Footplate Fixed Tube 1pc	18  Arm Support Frame 1pc	19  Arm 2pcs	20  Selector Shaft 1pc
21  Lower Bar 1pc	22  Lat Bar 1pc	23  Top Fixing Bracket 1pc	24  Bottom Cross Connector 1pc	25  Rear Upright Frame 1pc
26  Support Frame 1pc	27  Rotational Pulley Block 2pcs	28  Backrest Frame 1pc	29  Upper Fixed Tube 1pc	30  Lower Fixed Tube 1pc
31  Safety Cover 2pcs	32  Pulley Cover 1pc	33  Single Pulley Block 1pc	34  Adjustable Pulley Block 2pcs	35  Pulley Block 4pcs
36  Cable U 3pcs	37  Steel Bushing(φ 16X φ 11) 4pcs	38  Steel Bushing(φ 10X φ 7) 2pcs	39  Seat Cushion 1pc	40  Backrest Cushion 1pc
41  Head Cushion 1pc	42  Leg Foam Roller 4pcs	43  Top Weight Plate 1pc	44  Weight Plate 15pcs	45  Upper Cable 1pc

<p>46</p>  <p>Arm Cable 1pc</p>	<p>47</p>  <p>Lower Cable 1pc</p>	<p>48</p>  <p>Connection Cable 1pc</p>	<p>49</p>  <p>Handle 3pcs</p>	<p>50</p>  <p>Spring 3pcs</p>
<p>51</p>  <p>Insert Pin (long) 2pcs</p>	<p>52</p>  <p>Insert Pin (short) 1pc</p>	<p>53</p>  <p>Chain(long) 1pc</p>	<p>54</p>  <p>Chain(short) 1pc</p>	<p>55</p>  <p>Pothook 7pcs</p>
<p>56</p>  <p>Selector Shaft Pin 1pc</p>	<p>57</p>  <p>Selector Shaft Bushing 1pc</p>	<p>58</p>  <p>Plastic Washer 1pc</p>	<p>59</p>  <p>Pulley 30pcs</p>	<p>60</p>  <p>Weight Selector Pin 1pc</p>
<p>61</p>  <p>Quick Knob(short) 2pcs</p>	<p>62</p>  <p>Quick Knob(long) 1pc</p>	<p>63</p>  <p>Oil Bushing 12pcs</p>	<p>64</p>  <p>Ankle Strap 1pc</p>	<p>65</p>  <p>AB Strap 1pc</p>
<p>66</p>  <p>Strap Handle 2pcs</p>	<p>67</p>  <p>Axle Collar 2pcs</p>	<p>68</p>  <p>Rubber Ring 4pcs</p>	<p>69</p>  <p>Buffer with Bolt 1pc</p>	<p>70</p>  <p>Rectangular Buffer 2pcs</p>
<p>71</p>  <p>Ring 2pcs</p>	<p>72</p>  <p>Plastic Bushing (∅ 50X∅ 11) 2pcs</p>	<p>73</p>  <p>25mm Round End Cap 4pcs</p>	<p>74</p>  <p>Roller 2pcs</p>	<p>75</p>  <p>∅ 32X125mm Handle Foam 6pcs</p>
<p>76</p>  <p>∅ 30X125mm Handle Foam 2pcs</p>	<p>77</p>  <p>∅ 30X425mm Handle Foam 2pcs</p>	<p>78</p>  <p>50mm Square End Cap 7pcs</p>	<p>79</p>  <p>Select Shaft End Cap 1pc</p>	<p>80</p>  <p>Plastic Bushing (∅ 45X∅ 26) 2pcs</p>
<p>81</p>  <p>Washer (∅ 45X∅ 26) 2pcs</p>	<p>82</p>  <p>Pulley Bushing (short) 2pcs</p>	<p>83</p>  <p>Pulley Bushing (long) 10pcs</p>	<p>84</p>  <p>50X100mm Square End Plug 1pc</p>	<p>85</p>  <p>50X70mm Square End Plug 2pcs</p>
<p>86</p>  <p>25X50mm Square End Plug 6pcs</p>	<p>87</p>  <p>50mm Square End Plug 6pcs</p>	<p>88</p>  <p>45mm Square End Plug 3pcs</p>	<p>89</p>  <p>25mm Square End Plug 2pcs</p>	<p>90</p>  <p>41.6X70mm Ellipse End Plug 2pcs</p>

<p>91</p>  <p>32mm Round End Plug 4pcs</p>	<p>92</p>  <p>30mm Round End Plug 4pcs</p>	<p>93</p>  <p>25mm Round End Plug 2pcs</p>	<p>94</p>  <p>Buffer 1pc</p>	<p>95</p>  <p>Buffer(small) 1pc</p>
<p>96</p>  <p>Shaft 2pcs</p>	<p>97</p>  <p>M10X235mm Hex Bolt 2pcs</p>	<p>98</p>  <p>M10X125mm Hex Bolt 1pc</p>	<p>99</p>  <p>M10X90mm Hex Bolt 4pcs</p>	<p>100</p>  <p>M10X85mm Hex Bolt 1pc</p>
<p>101</p>  <p>M10X75mm Hex Bolt 5pcs</p>	<p>102</p>  <p>M10X70mm Hex Bolt 13pcs</p>	<p>103</p>  <p>M10X65mm Hex Bolt 4pcs</p>	<p>104</p>  <p>Carriage Bolt M10X60mm 6pcs</p>	<p>105</p>  <p>M10X50mm Hex Bolt 6pcs</p>
<p>106</p>  <p>M10X45mm Hex Bolt 13pcs</p>	<p>107</p>  <p>M10X35mm Hex Bolt 5pcs</p>	<p>108</p>  <p>M10X25mm Bolt 4pcs</p>	<p>109</p>  <p>M10X65mm Bolt 1pc</p>	<p>110</p>  <p>M8X85mm Hex Bolt 2pcs</p>
<p>111</p>  <p>M8X40mm Hex Bolt 2pcs</p>	<p>112</p>  <p>M8X16mm Hex Bolt 22pcs</p>	<p>113</p>  <p>M6X45mm Hex Bolt 2pcs</p>	<p>114</p>  <p>Screw M6X6mm 4pcs</p>	<p>115</p>  <p>Screw M5X10mm 4pcs</p>
<p>116</p>  <p>Screw M5X5mm 2pcs</p>	<p>117</p>  <p>M16 Washer 4pcs</p>	<p>118</p>  <p>M10 Washer 111pcs</p>	<p>119</p>  <p>Washer (φ 28Xφ 10) 2pcs</p>	<p>120</p>  <p>M8 Washer 22pcs</p>
<p>121</p>  <p>M6 Washer 4pcs</p>	<p>122</p>  <p>M16 Nylon Nut 4pcs</p>	<p>123</p>  <p>M10 Nylon Nut 59pcs</p>	<p>124</p>  <p>M10 Nut 2pcs</p>	<p>125</p>  <p>M6 Nylon Nut 2pcs</p>
<p>126</p>  <p>Hole Plug 22pcs</p>	<p>127</p>  <p>Handle Tube 2pcs</p>	<p>128</p>  <p>M10X20mm Hex Bolt 2pcs</p>	<p>129</p>  <p>Arc Washer M10 2pcs</p>	

PARTS LIST

KEY NO.	DESCRIPTION	SPEC	QTY
1	Footplate Connector		1
2	Front Base Frame		1
3	Base Frame		1
4	Seat Support Frame		1
5	Front Support Frame		1
6	Leg Extension Frame		1
7	Foam Roller Bracket		1
8	Right Base Frame		1
9	Upper Cross Beam		1
10	Weight Guide Tube		2
11	Left Connect Frame		1
12	Right Connect Frame		1
13	Seat Frame		1
14	Press Arm		1
15	Arm Bracket		1
16	Footplate		1
17	Footplate Fixed Tube		1
18	Arm Support Frame		1
19	Arm		2
20	Selector Shaft		1
21	Lower Bar		1
22	Lat Bar		1
23	Top Fixing Bracket		1
24	Bottom Cross Connector		1
25	Rear Upright Frame		1
26	Support Frame		1
27	Rotational Pulley Block		2
28	Backrest Frame		1
29	Upper Fixed Tube		1
30	Lower Fixed Tube		1

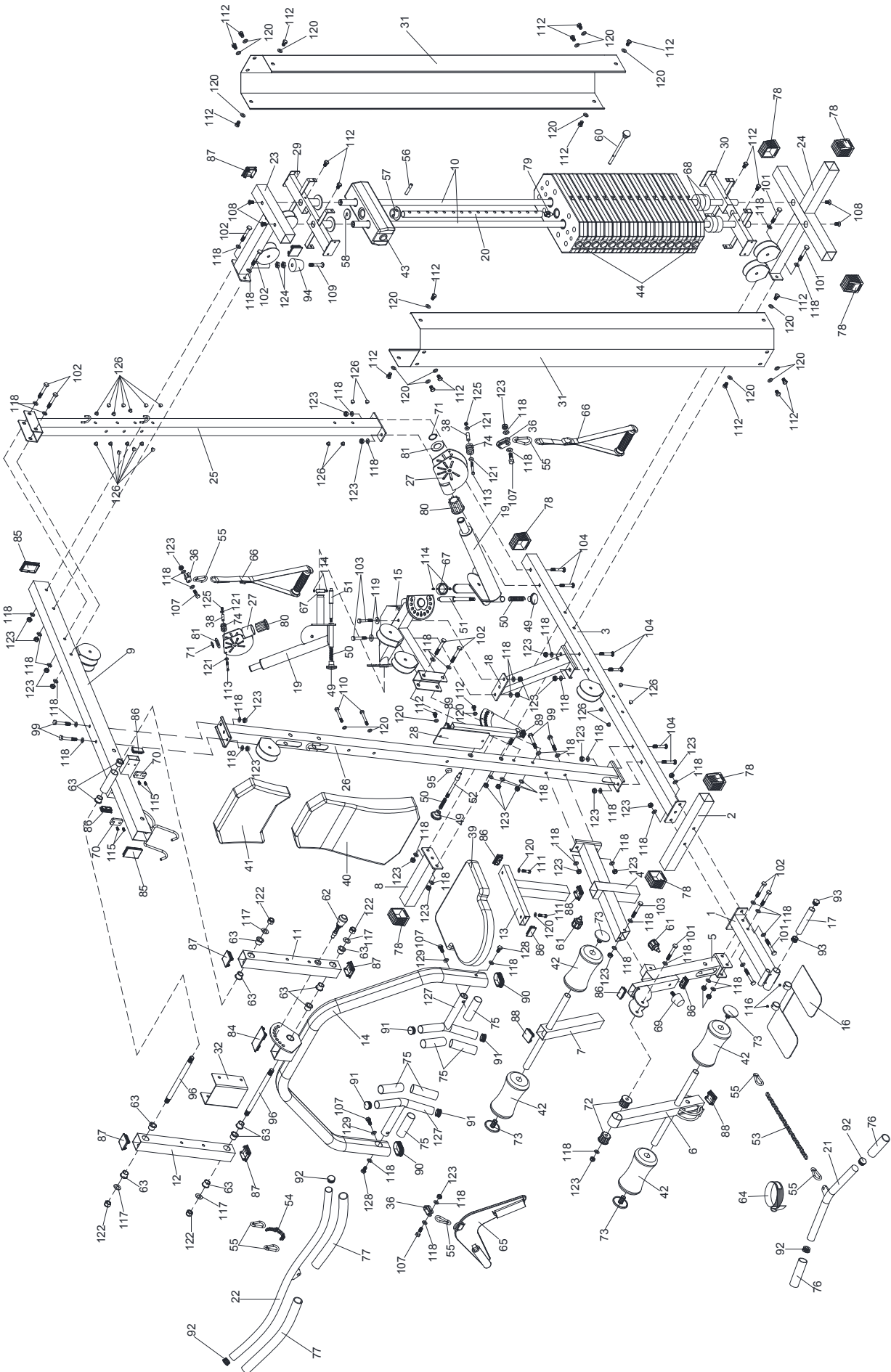
KEY NO.	DESCRIPTION	SPEC	QTY
31	Safety Cover		2
32	Pulley Cover		1
33	Single Pulley Block		1
34	Adjustable Pulley Block		1
35	Pulley Block		1
36	Cable U		1
37	Steel Bushing	∅ 16X ∅ 11	1
38	Steel Bushing	∅ 10X ∅ 7	1
39	Seat Cushion		1
40	Backrest Cushion		2
41	Head Cushion		1
42	Leg Foam Roller		1
43	Top Weight Plate		1
44	Weight Plate		1
45	Upper Cable		1
46	Arm Cable		1
47	Lower Cable		1
48	Connection Cable		1
49	Handle		2
50	Spring		1
51	Insert Pin	long	1
52	Insert Pin	short	1
53	Chain	long	1
54	Chain	short	1
55	Pothead		1
56	Selector Shaft Pin		1
57	Selector Shaft Bushing		2
58	Plastic Washer		1
59	Pulley		1
60	Weight Selector Pin		1

KEY NO.	DESCRIPTION	SPEC	QTY
61	Quick Knob	short	2
62	Quick Knob	long	1
63	Oil Bushing		12
64	Ankle Strap		1
65	AB Strap		1
66	Strap Handle		2
67	Axle Collar		2
68	Rubber Ring		4
69	Buffer With Bolt		1
70	Rectangular Buffer		2
71	Ring		2
72	Plastic Bushing	∅ 50X ∅ 11	2
73	Round End Cap	25mm	4
74	Roller		2
75	Handle Foam	∅ 32X125	6
76	Handle Foam	∅ 30X125	2
77	Handle Foam	∅ 30X425	2
78	Square End Cap	50mm	7
79	Select Shaft End Cap		1
80	Plastic Bushing	∅ 45X ∅ 26	2
81	Washer	∅ 45X ∅ 26	2
82	Pulley Bushing	short	2
83	Pulley Bushing	long	10
84	Square End Plug	50X100mm	1
85	Square End Plug	50X70mm	2
86	Square End Plug	25X50mm	6
87	Square End Plug	50mm	6
88	Square End Plug	45mm	3
89	Square End Plug	25mm	2
90	Ellipse End Plug	41.6X70mm	2

KEY NO.	DESCRIPTION	SPEC	QTY
91	Round End Plug	32mm	4
92	Round End Plug	30mm	4
93	Round End Plug	25mm	2
94	Buffer		1
95	Buffer	small	1
96	Shaft		2
97	Hex Bolt	M10X235mm	2
98	Hex Bolt	M10X125mm	1
99	Hex Bolt	M10X90mm	4
100	Hex Bolt	M10X85mm	1
101	Hex Bolt	M10X75mm	5
102	Hex Bolt	M10X70mm	13
103	Hex Bolt	M10X65mm	4
104	Carriage Bolt	M10X60mm	6
105	Hex Bolt	M10X50mm	6
106	Hex Bolt	M10X45mm	13
107	Hex Bolt	M10X35mm	5
108	Bolt	M10X25mm	4
109	Bolt	M10X65mm	1
110	Hex Bolt	M8X85mm	2
111	Hex Bolt	M8X40mm	2
112	Hex Bolt	M8X16mm	22
113	Hex Bolt	M6X45mm	2
114	Screw	M6X6mm	4
115	Screw	M5X10mm	4
116	Screw	M5X5mm	2
117	Washer	M16	4
118	Washer	M10	111
119	Washer	∅ 28X ∅ 10	2
120	Washer	M8	22

KEY NO.	DESCRIPTION	SPEC	QTY
121	Washer	M6	4
122	Nylon Nut	M16	4
123	Nylon Nut	M10	59
124	Nut	M10	2
125	Nylon Nut	M6	2
126	Hole Plug		22
127	Handle Tube		2
128	Hex Bolt	M10X20mm	2
129	Arc Washer	M10	2

EXPLODED DIAGRAM



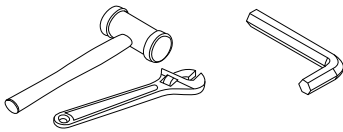
ASSEMBLY INSTRUCTIONS

Before beginning assembly, carefully read the following information and instructions:

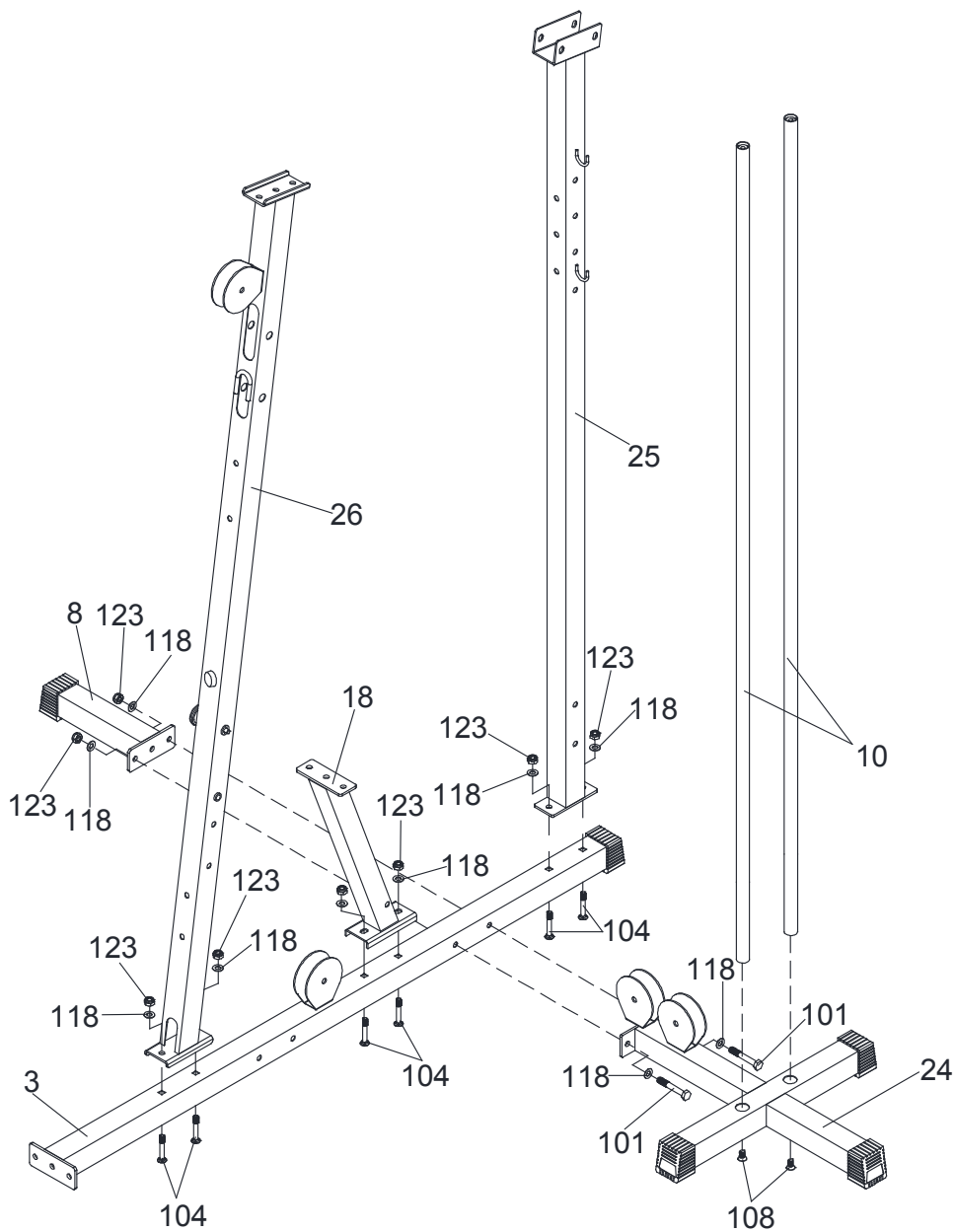
- Assembly requires two persons.
- Prepare your work area and ensure the product is assembled in a clean and uncluttered space.
- Place all parts in a cleared area and remove the packing materials.
- Familiarise yourself with the contents checklist and make sure that all parts are present and correct before you begin to assemble your multi gym.
- Do not dispose of the packing materials until assembly is completed.

Tools

Assembly requires the following combination spanners: 2 x 14mm, 2 x 17mm, 2 x 19mm, and an Allen key (5mm) (not included). Assembly may be more convenient if you have a soft-faced hammer and a multi-hex spanner tool

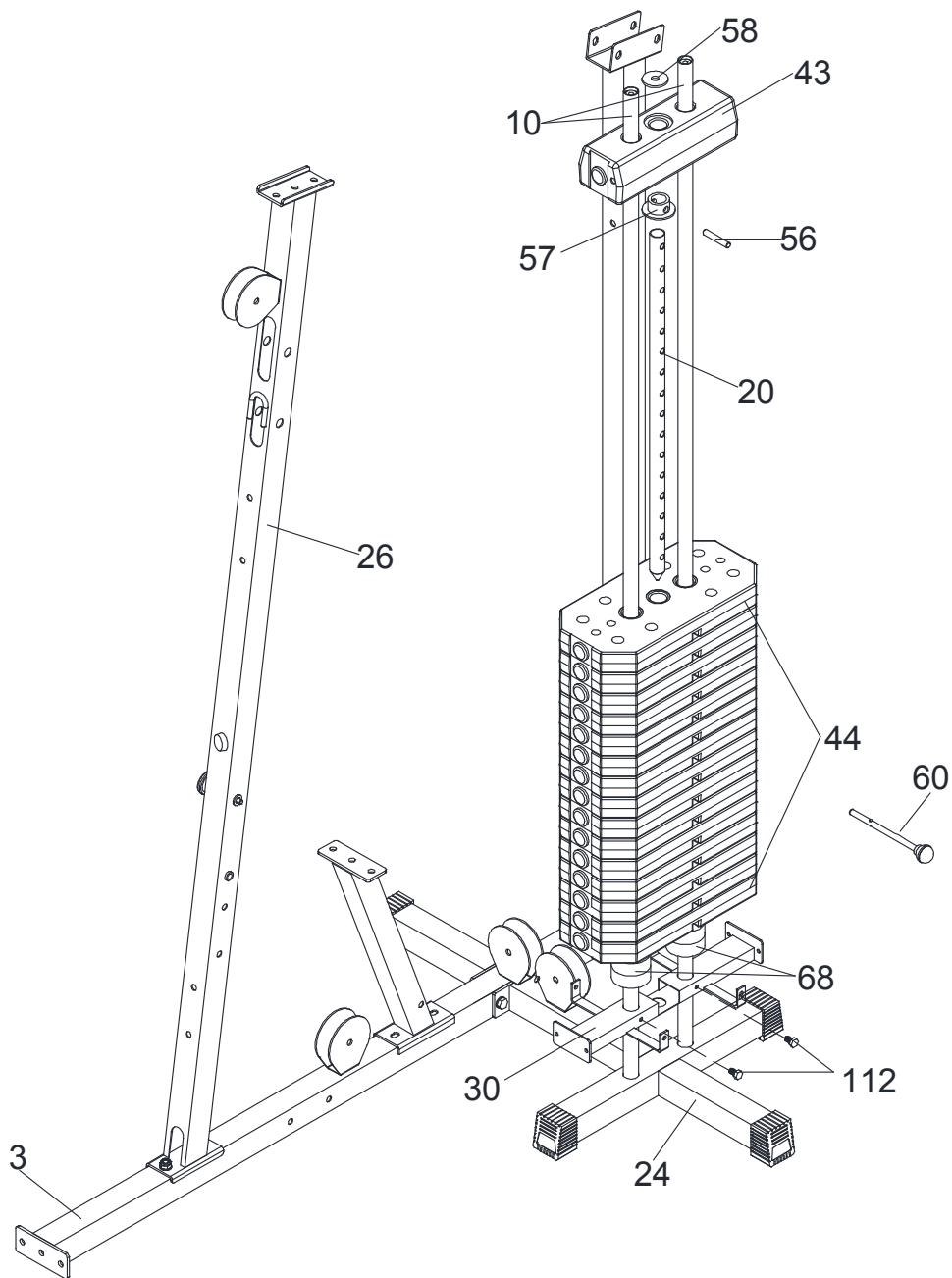


Step 1:



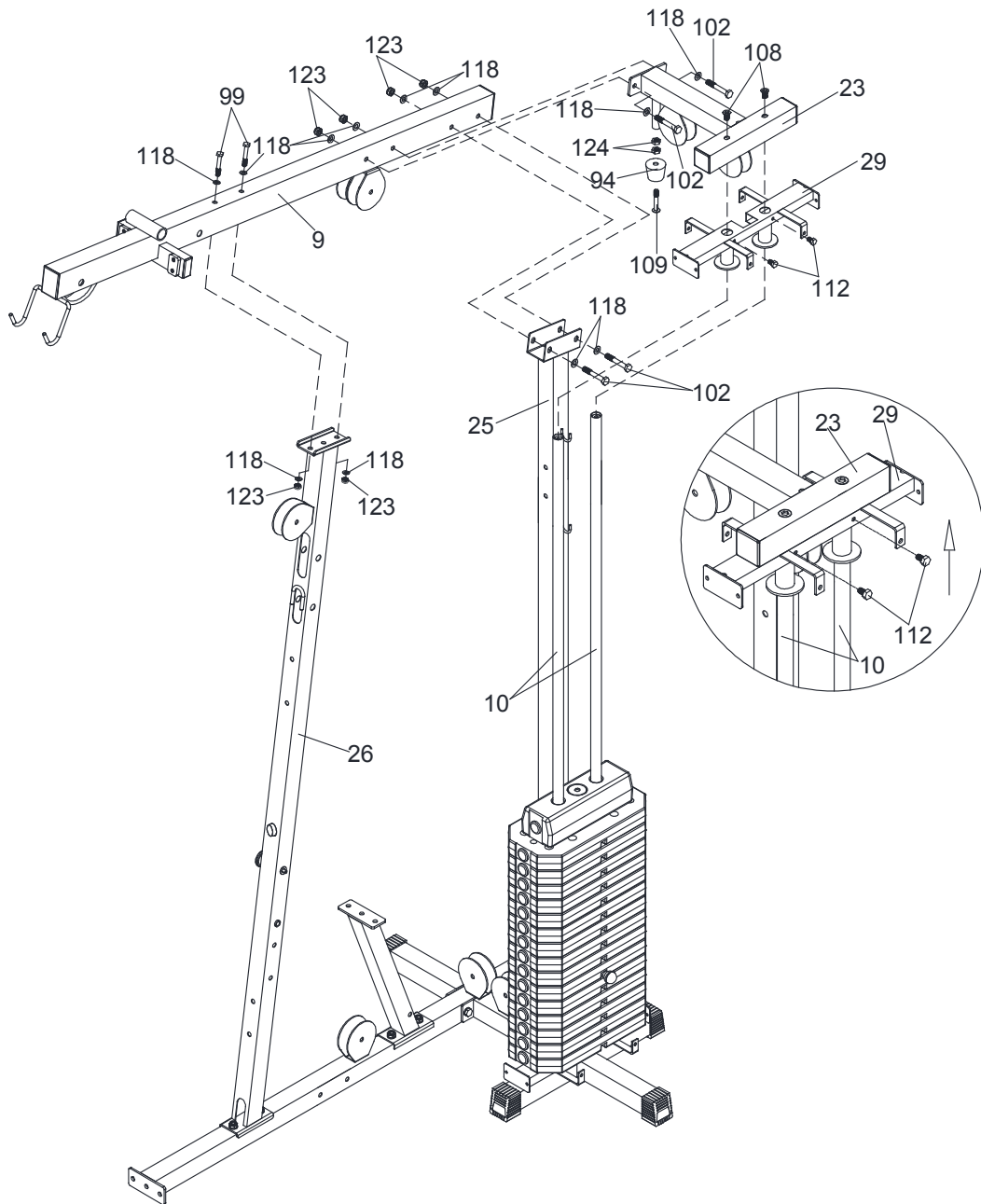
1. Remove two M10X25mm Bolts (108) from two Weight Guide Tubes (10).
2. Insert two Weight Guide Tubes (10) into the Bottom Cross Connector (24), using two M10X25mm Bolts (108).
3. Attach the Support Frame (26), the Arm Support Frame (18) and the Rear Upright Frame (25) to the Base Frame (3), using six M10X60mm Carriage Bolts (104), six M10 Washers (118) and six M10 Nylon Nuts (123).
4. Attach the Bottom Cross Connector (24) and the Right Base Frame (8) to the Base Frame (3), using two M10X75mm Hex Bolts (101), four M10 Washers (118) and two M10 Nylon Nuts (123).

Step 2:



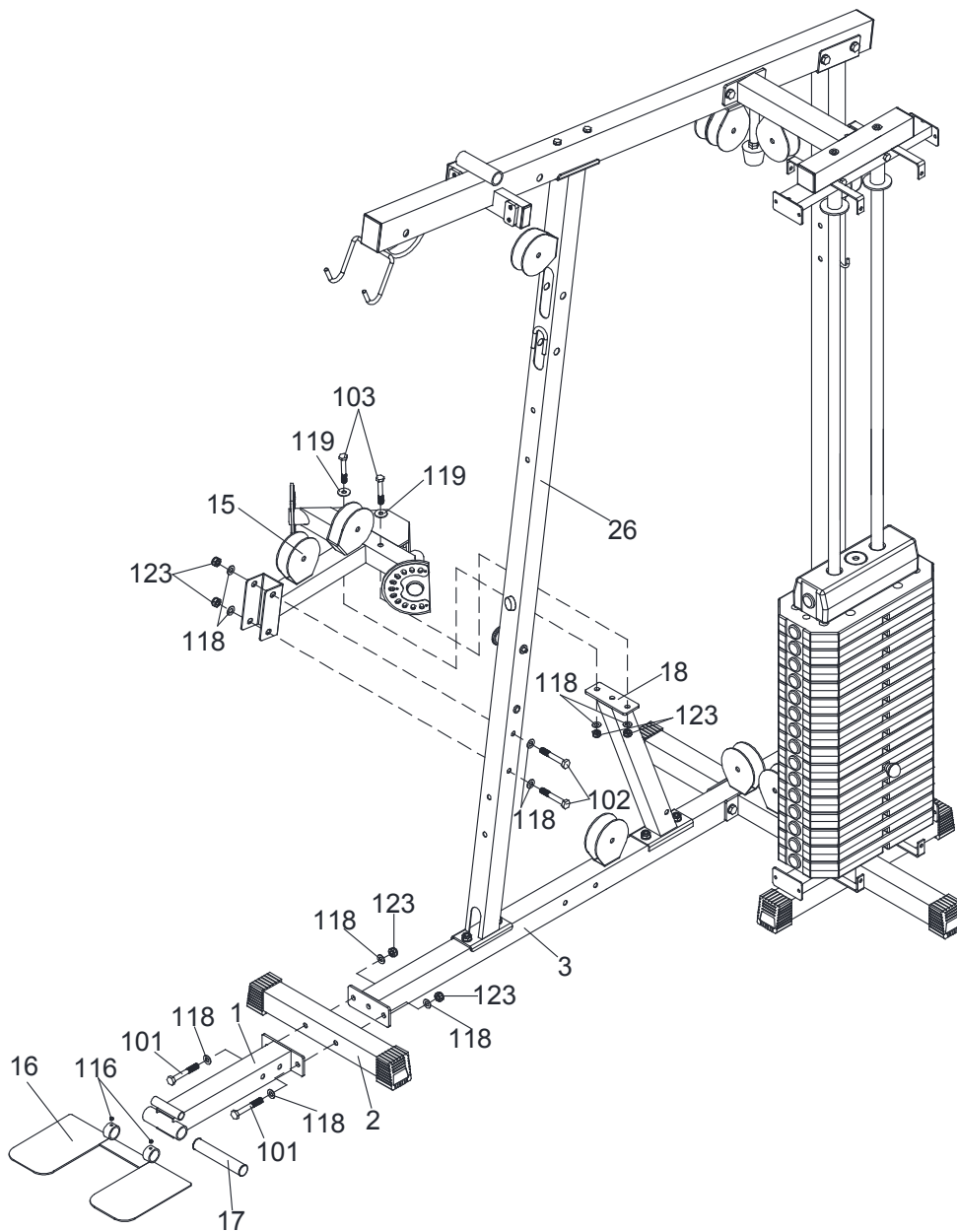
1. Attach the Lower Fixed Tube (30) to the Weight Guide Tube (10), using two M8X16mm Hex Bolts (112), and be close to the Bottom Cross Connector (24).
2. Slide four Rubber Rings (68) onto two Weight Guide Tubes (10).
3. Slide fifteen Weight Plates (44) down two Weight Guide Tubes (10).
4. Slide the Selector Shaft Bushing (57) down the Selector Shaft (20) at first hole fix with the Selector Shaft Pin (56).
5. Insert the Selector Shaft (20) into hole of the Weight Plate (44).
6. Slide the Top Weight Plate (43) down the Selector Shaft (20). Insert the Weight Selector Pin (60) into hole of desired Weight.
7. Put the Plastic Washer (58) on the Top Weight Plate (43).

Step 3:



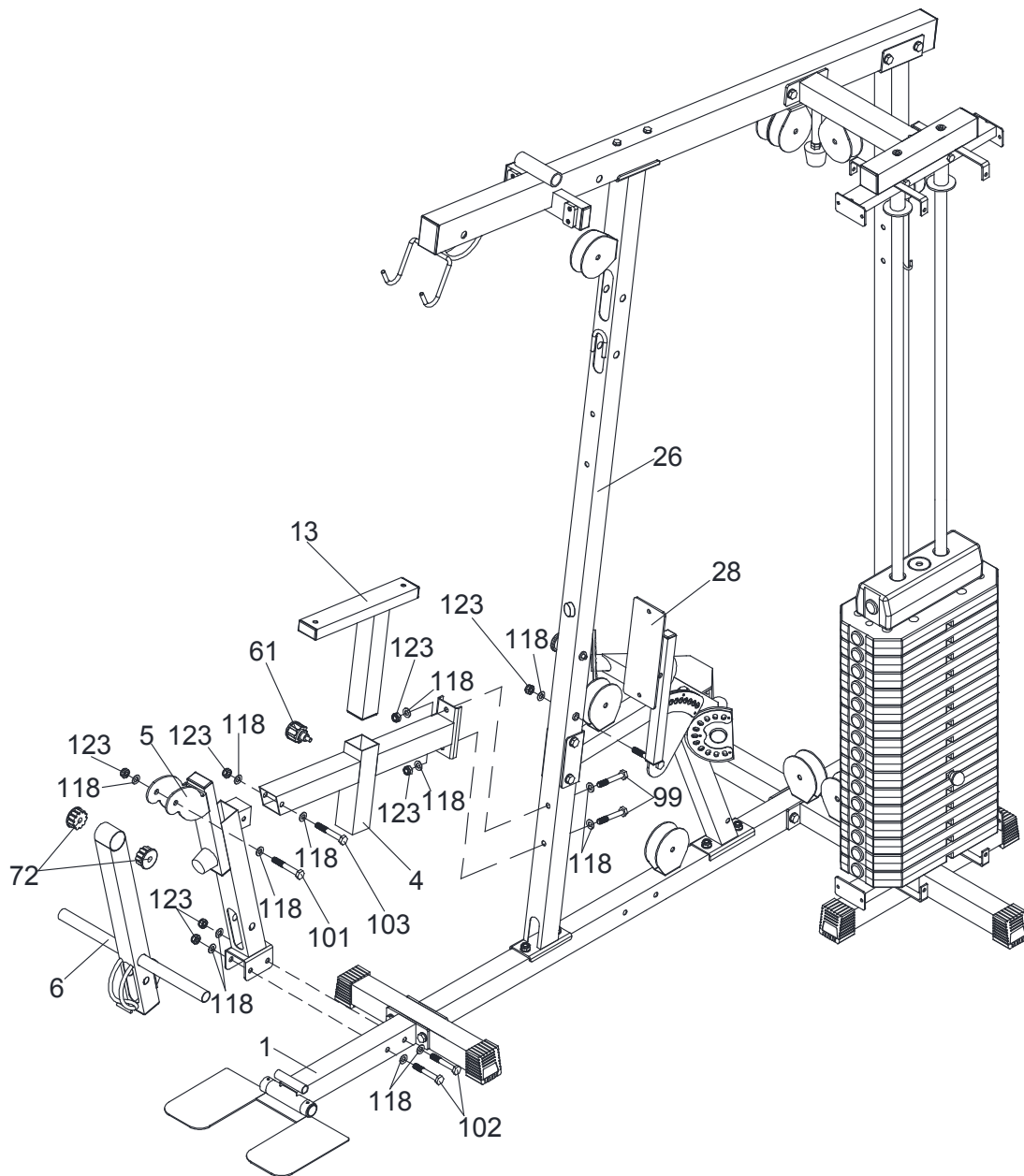
1. Attach the Upper Cross Beam (9) to the Rear Upright Frame (25), using two M10X70mm Hex Bolts (102), four M10 Washers (118) and two M10 Nylon Nuts (123).
2. Attach the Upper Cross Beam (9) to the Support Frame (26), using two M10X90mm Hex Bolts (99), four M10 Washers (118) and two M10 Nylon Nuts (123).
3. Attach the Upper Fixed Tube (29) to the Weight Guide Tube (10), using two M8X16mm Hex Bolts (112).
4. Attach the Buffer (94) to the Top Fixing Bracket (23), using one M10X65mm Bolt (109) and two M10 Nuts (124).
5. Remove two M10X25mm Bolts (108) from two Weight Guide Tubes (10).
6. Attach the Top Fixing Bracket (23) to the Weight Guide Tube (10), using two M10X25mm Bolts(108).
Note: Attach the Upper Fixed Tube (29) to the Weight Guide Tube (10), and be Close to the Top Fixing Bracket (23).
7. Attach the Top Fixing Bracket (23) to the Upper Cross Beam (9), using two M10X70mm Hex Bolts (102), four M10 Washers (118) and two M10 Nylon Nuts (123).

Step 4:



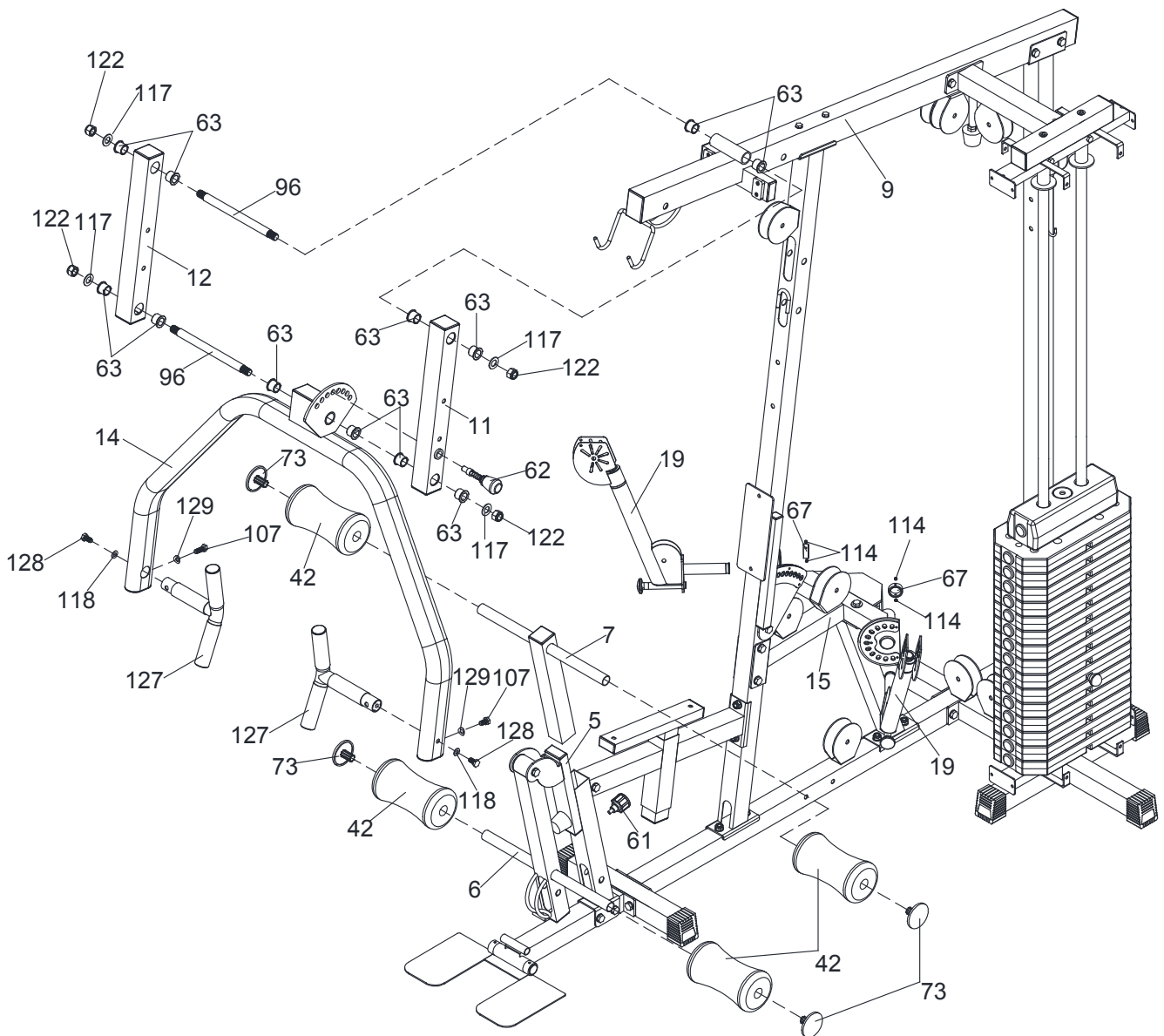
1. Attach the Footplate Connector (1) and the Front Base Frame (2) to the Base Frame (3), using two M10X75mm Hex Bolts (101), four M10 Washers (118) and two M10 Nylon Nuts (123).
2. Attach the Footplate (16) to the Footplate Connector (1), using the Footplate Fixed Tube (17) and two M5X5 Screws (116).
3. Attach the Arm Bracket (15) to the Support Frame (26), using two M10X70mm Hex Bolts (102), four M10 Washers (118) and two M10 Nylon Nuts (123).
4. Attach the Arm Bracket (15) to the Arm Support Frame (18), using two M10X65mm Hex Bolts (103), two Washers ($\varnothing 28 \times \varnothing 10$) (119), two M10 Washers (118) and two M10 Nylon Nuts (123).

Step 5:



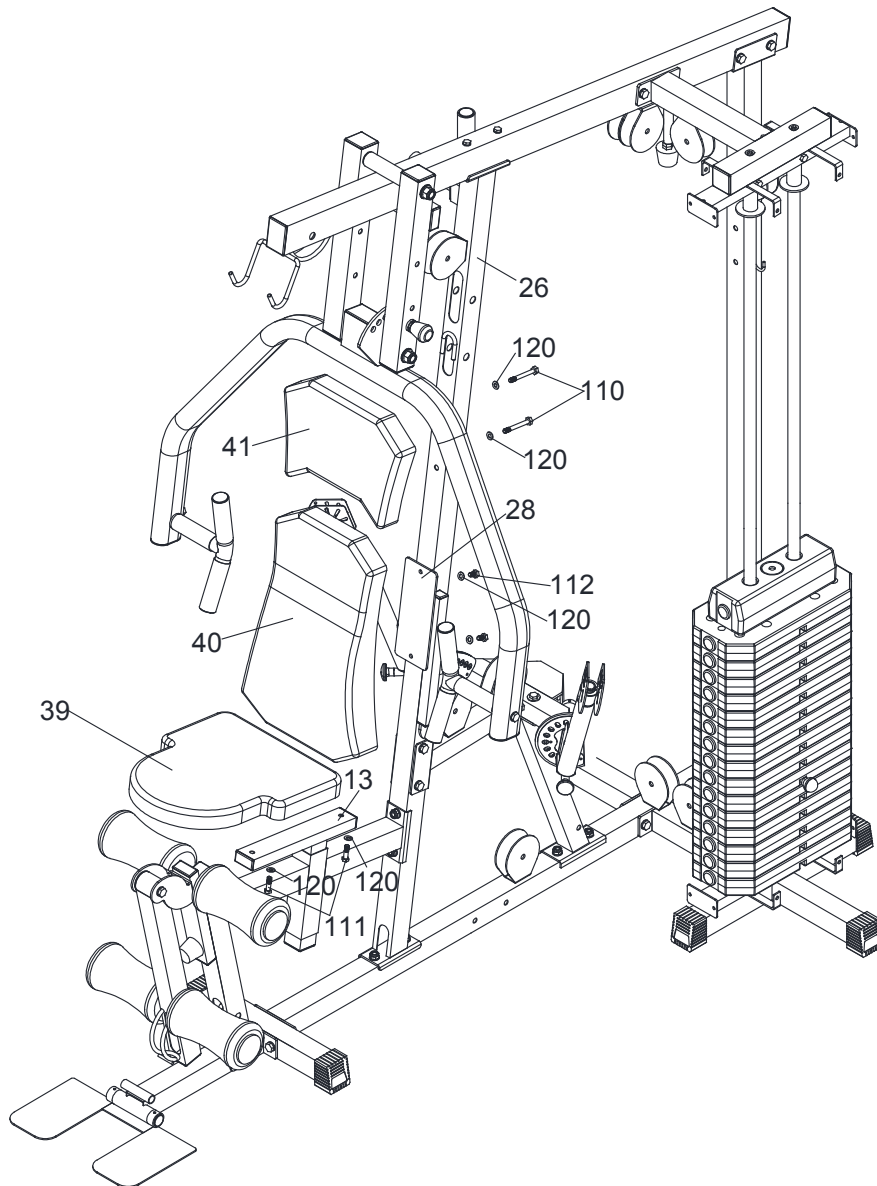
1. Attach the Backrest Frame (28) to the Support Frame (26), using one M10 Washer (118), one M10 Nylon Nut (123).
2. Attach the Seat Support Frame (4) to the Support Frame (26), using two M10X90mm Hex Bolts (99), four M10 Washers (118) and two M10 Nylon Nuts (123).
3. Attach the Front Support Frame (5) to the Seat Support Frame (4), using one M10X65mm Hex Bolt (103), two M10 Washers (118) and one M10 Nylon Nut (123).
4. Attach the Front Support Frame (5) to the Footplate Connector (1), using two M10X70mm Hex Bolts (102), four M10 Washers (118) and two M10 Nylon Nuts (123).
5. Attach the Leg Extension Frame (6) to the Front Support Frame (5), using two Plastic Bushing ($\varnothing 50 \times \varnothing 11$) (72), one M10X75mm Hex Bolt (101), two M10 Washers (118) and one M10 Nylon Nut (123).
6. Insert the Seat Frame (13) into the Seat Support Frame (4), using one Quick Knob (short) (61).

Step 6:



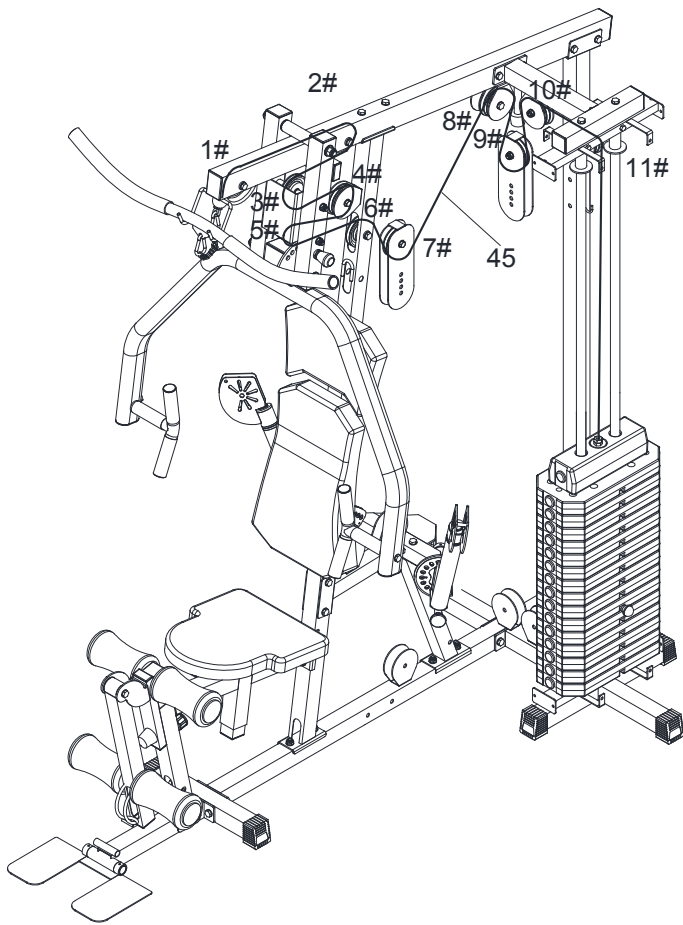
1. Attach two Arms (19) to the Arm Bracket (15), using two Axle Collars (67) and four M6X6mm Screws (114).
2. Attach the Left and Right Connect Frame (11&12) to the Upper Cross Beam (9), using six Oil Bushings (big) (63), one Shaft (96), two M16 Washers (117) and two M16 Nylon Nuts (122).
3. Attach the Press Arm (14) to the Left and Right Connect Frame (11&12), using six Oil Bushings (big) (63), one Shaft (96), two M16 Washers (117) and two M16 Nylon Nuts (122).
4. Insert the Quick Knob (long) (62) through the single hole on the Press Arm (14) to any one of the holes on the fan-type plate.
5. Insert the Handle Tubes (127) into the Press Arm (14), using two M10X20mm Hex Bolts (128), two M10 Washers (118), two M10X35mm (107) and two M10 Arc Washers (129).
6. Insert the Foam Roller Bracket (7) into the Front Support Frame (5), using one Quick Knob (short) (61).
7. Slide four Leg Foam Rollers (42) onto the Leg Extension Frame (6) and the Foam Roller Bracket (7), then tap four 25mm Round End Caps (73) into the Leg Extension Frame (6) and the Foam Roller Bracket (7).

Step 7:

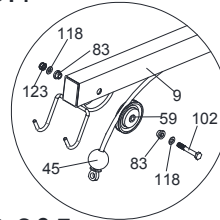


1. Attach the Head Cushion (41) to the Support Frame (26), using two M8X85mm Hex Bolts (110) and two M8 Washers (120).
2. Attach the Backrest Cushion (40) to the Backrest Frame (28), using two M8X16mm Hex Bolts (112) and two M8 Washers (120).
3. Attach the Seat Cushion (39) to the Seat Frame (13), using two M8X40mm Hex Bolts (111) and two M8 Washers (120).

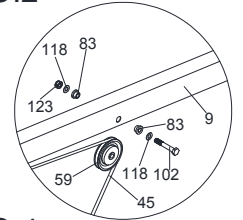
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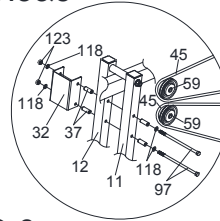
NO.1



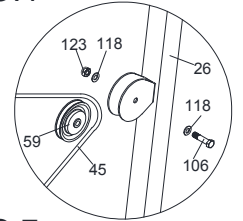
NO.2



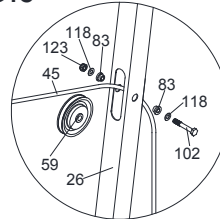
NO.3&5



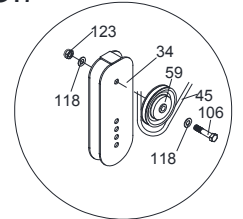
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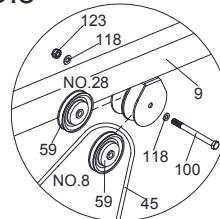
NO.6



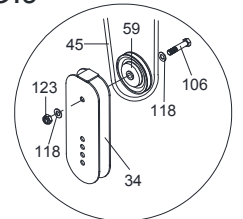
NO.7



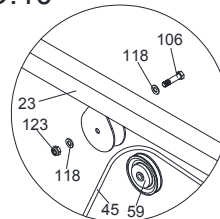
NO.8



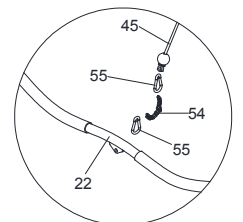
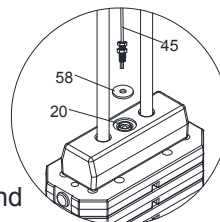
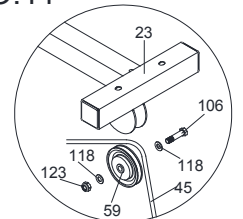
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NO.10

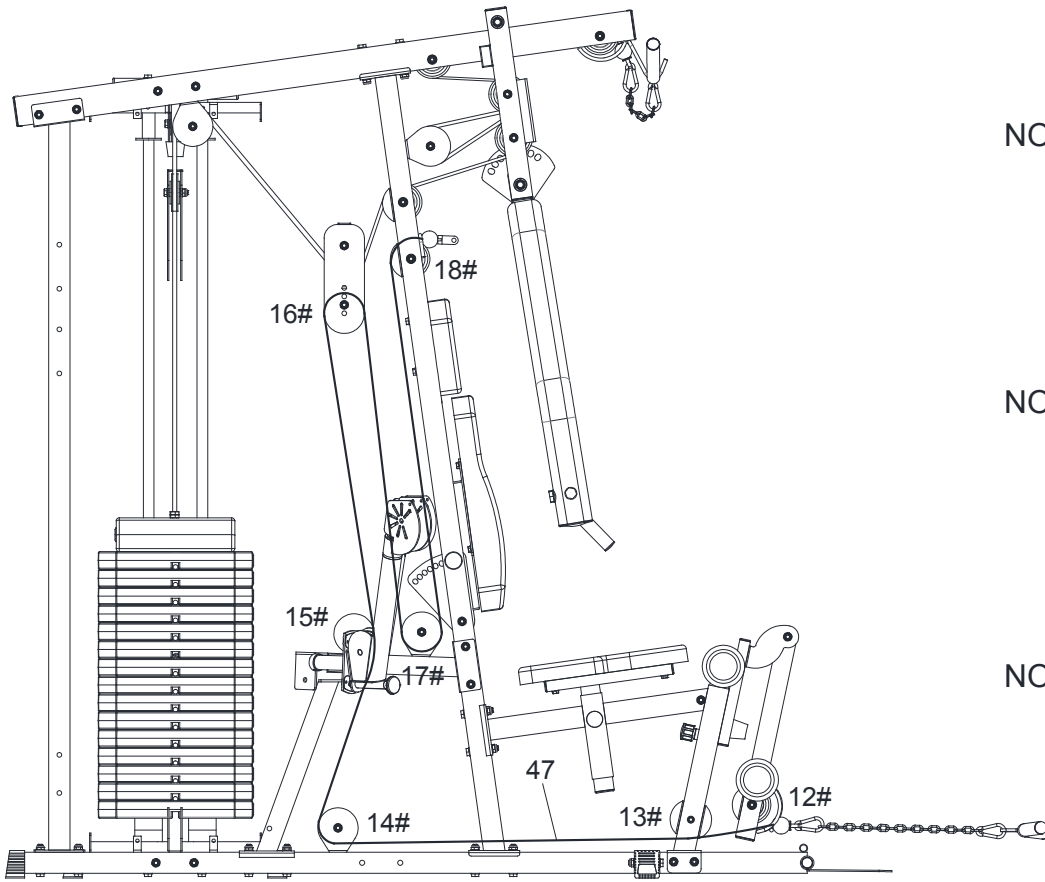


NO.11

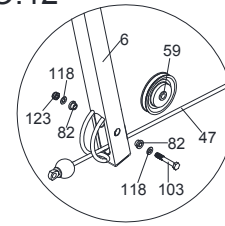


1. Start with Upper Cable (45)
 - a). With Upper Cable (45) in groove of Pulley (59), thread Upper Cable (45) through Upper Cross Beam (9) .
 - b). Install Pulley NO.1&2 (59) and four Plastic Bushing (long) (83) to Upper Cross Beam (9), using two M10X70mm Hex Bolts (102), four M10 Washers (118) and two M10 Nylon Nuts (123).
 - c). Install Pulley NO.3 & NO.5 (59), four Steel Bushings ($\varnothing 16 \times \varnothing 11$) (37) and Pulley Cover (32) to between of Left and Right Connect Frames (11&12) , using two M10X235mm Hex Bolt (97), four M10 Washers (118) and four M10 Nylon Nuts (123).
 - d). Install Pulley NO.4 (59) to Support Frame (26), using one M10X45mm Hex Bolt (106), two M10 Washers (118) and one M10 Nylon Nut (123).
 - e). Install Pulley NO.6 (59) and two Plastic Bushing (long) (83) to Support Frame (26), using one M10X70mm Hex Bolt (102), two M10 Washers (118) and one M10 Nylon Nut (123).
 - f). Install Pulley NO.7 (59) to Adjustable Pulley Block (34), using one M10X45mm Hex Bolt (106), two M10 Washers (118) and one M10 Nylon Nut (123).
 - g). Install two Pulleys NO.8 (59) to Upper Cross Beam (9), using one M10X85mm Hex Bolt (100), two M10 Washers (118) and one M10 Nylon Nut (123).
 - h). Install Pulley NO.9 (59) to Adjustable Pulley Block (34), using one M10X45mm Hex Bolt (106), two M10 Washers (118) and one M10 Nylon Nut (123).
 - i). Install Pulley NO.10&11 (59) to Top Fixing Bracket (23), using two M10X45mm Hex Bolts (106), four M10 Washers (118) and two M10 Nylon Nuts (123).
 - j). Attach the bolt end of Upper Cable (45) to Select Shaft (20) with Plastic Washer (58).
 - k). Attach the Lat Bar (22) to the other end of Upper Cable (45), using two Pothooks (55) and one Chain (short) (54).

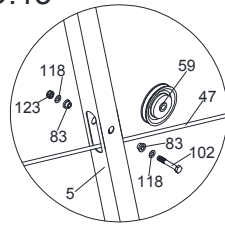
Step 9:



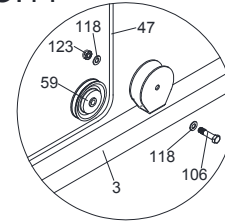
NO.12



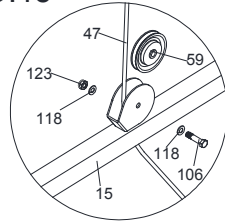
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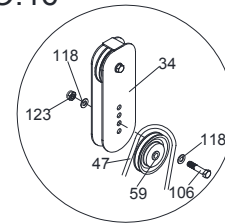
NO.14



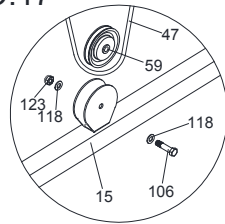
NO.15



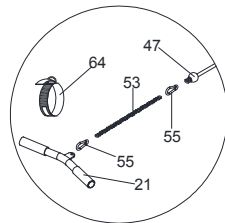
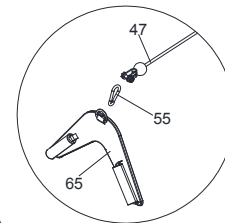
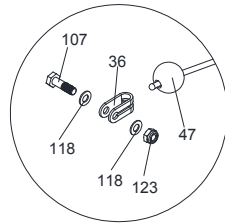
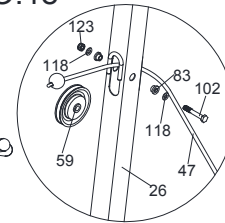
NO.16



NO.17



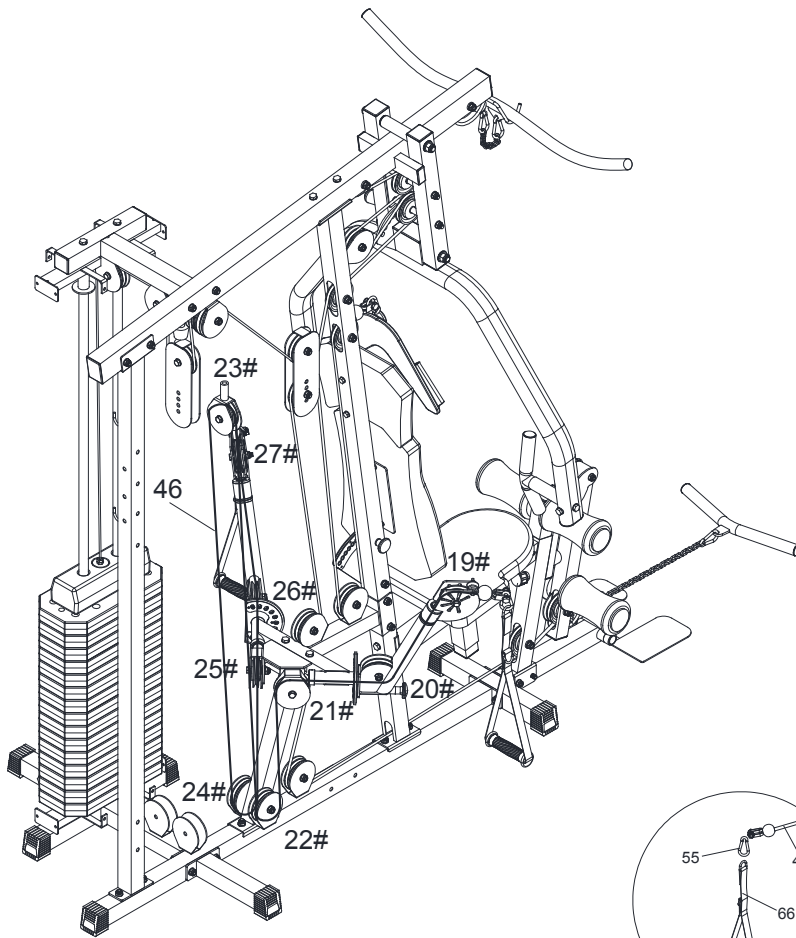
NO.18



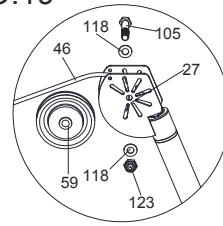
2. Assembly Lower Cable (47)

- With Lower Cable (47) in groove of Pulley (59) through Leg Extension Frame (6).
- Install Pulley NO.12 (59) and two Plastic Bushing (short) (82) to Leg Extension Frame (6), using one M10X65mm Hex Bolt (103), two M10 Washers (118) and one M10 Nylon Nut (123).
- Install Pulley NO.13 (59) and two Plastic Bushing (long) (83) to Front Support Frame (5), using one M10X70mm Hex Bolt (102), two M10 Washers (118) and one M10 Nylon Nut (123).
- Install Pulley NO.14 (59) to Base Frame (3), using one M10X45mm Hex Bolt (106), two M10 Washers (118) and one M10 Nylon Nut (123).
- Install Pulley NO.15 (59) to Arm Bracket (15), using one M10X45mm Hex Bolt (106), two M10 Washers (118) and one M10 Nylon Nut (123).
- Install Pulley NO.16 (59) to Adjustable Pulley Block (34), using one M10X45mm Hex Bolt (106), two M10 Washers (118) and one M10 Nylon Nut (123).
- Install Pulley NO.17 (59) to Arm Bracket (15), using one M10X45mm Hex Bolt (106), two M10 Washers (118) and one M10 Nylon Nut (123).
- Install Pulley NO.18 (59) and two Plastic Bushing (long) (83) to Support Frame (26), using one M10X70mm Hex Bolt (102), two M10 Washers (118) and one M10 Nylon Nut (123).
- Attach Cable U (36) to the ball end of Cable (47), then attach one M10X35mm Hex Bolt (107), two M10 Washers (118) and one M10 Nylon Nut (123) to Cable U (36).
- Attach the AB Strap (65) to the end of Lower Cable (47), using one Pothook (55).
- Attach the Lower Bar (21) or the Ankle Strap (64) to the other end of Lower Cable (47), using two Pothooks (55) and one Chain(long) (53).

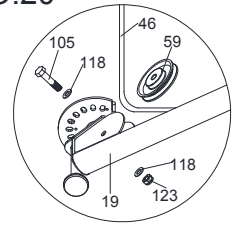
Step 10:



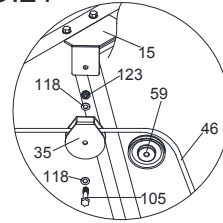
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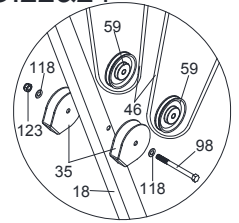
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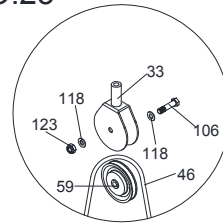
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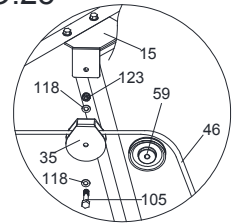
NO.22&24



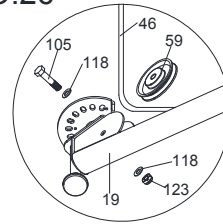
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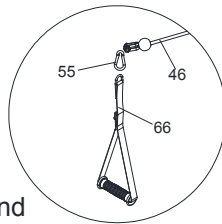
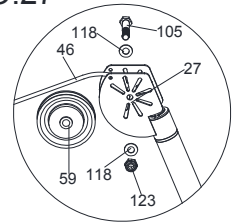
NO.25



NO.26



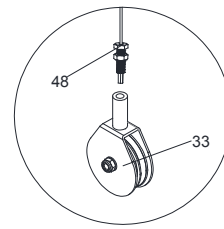
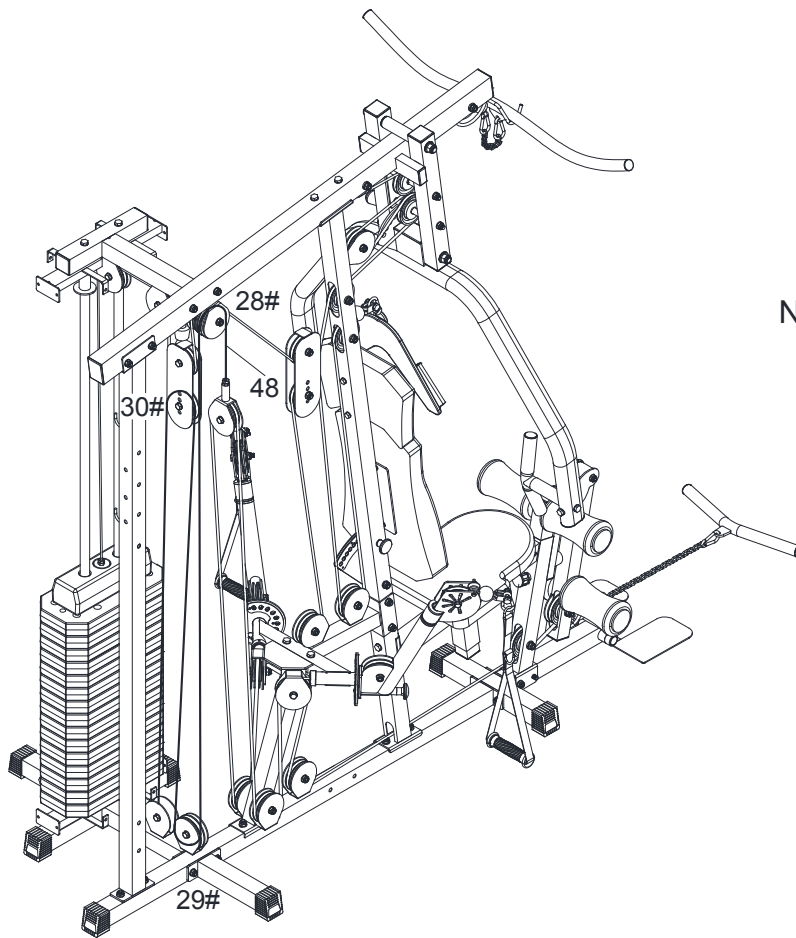
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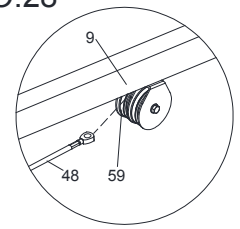
3. Assembly Arm Cable (46)

- Run the end of Arm Cable (46) through Arm (19) and Rotational Pulley Block (27).
- Install Pulley NO.19 (59) to Rotational Pulley Block (27), using one M10X50mm Hex Bolt (105), two M10 Washers (118) and one M10 Nylon Nut (123).
- Insert Steel Bushing ($\varnothing 10 \times \varnothing 7$) (38) into Roller (74), then attach Roller (74) to Rotational Pulley Block (27), using one M6X45mm Hex Bolt (113), two M6 Washers (121) and one M6 Nylon Nuts (126).
- Attach Cable U (36) to the ball end of Arm Cable (46), then attach one M10X35mm Hex Bolt (107), two M10 Washers (118) and one M10 Nylon Nut (123) to Cable U (36).
- Install Pulley NO.20 (59) to Arm (19), using one M10X50mm Hex Bolt (105), two M10 Washers (118) and one M10 Nylon Nut (123).
- Install Pulley NO.21 (59) and Pulley Block (35) to Arm Bracket (15), using one M10X50mm Hex Bolt (105), two M10 Washers (118) and one M10 Nylon Nut (123).
- Install Pulley NO.22&24 (59) and two Pulley Blocks (35) to Arm Support Frame (18), using one M10X125mm Hex Bolt (98), two M10 Washers (118) and one M10 Nylon Nut (123).
- Install Pulley NO.23 (59) to Single Pulley Block (33), using one M10X45mm Hex Bolt (106), two M10 Washers (118) and one M10 Nylon Nut (123).
- Install Pulley NO.25 (59) and Pulley Block (35) to Arm Bracket (15), using one M10X50mm Hex Bolt (105), two M10 Washers (118) and one M10 Nylon Nut (123).
- Install Pulley NO.26 (59) to Arm (19), using one M10X50mm Hex Bolt (105), two M10 Washers (118) and one M10 Nylon Nut (123).
- Install Pulley NO.27 (59) to Rotational Pulley Block (27), using one M10X50mm Hex Bolt (105), two M10 Washers (118) and one M10 Nylon Nut (123).
- Insert Steel Bushing ($\varnothing 10 \times \varnothing 7$) (38) into Roller (74), then attach Roller (74) to Rotational Pulley Block (27), using one M6X45mm Hex Bolt (113), two M6 Washers (121) and one M6 Nylon Nuts (126).
- Attach Cable U (36) to the ball end of Arm Cable (46), then attach one M10X35mm Hex Bolt (107), two M10 Washers (118) and one M10 Nylon Nut (123) to Cable U (36).
- Attach two Strap Handles (66) to both ends of the Arm Cable (46), using two Pothooks (55).

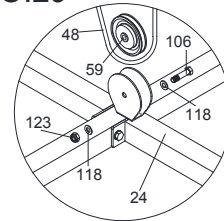
Step 11:



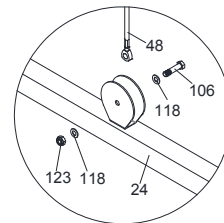
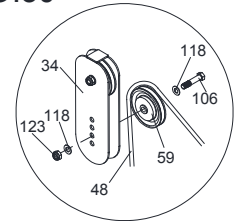
NO.28



NO.29



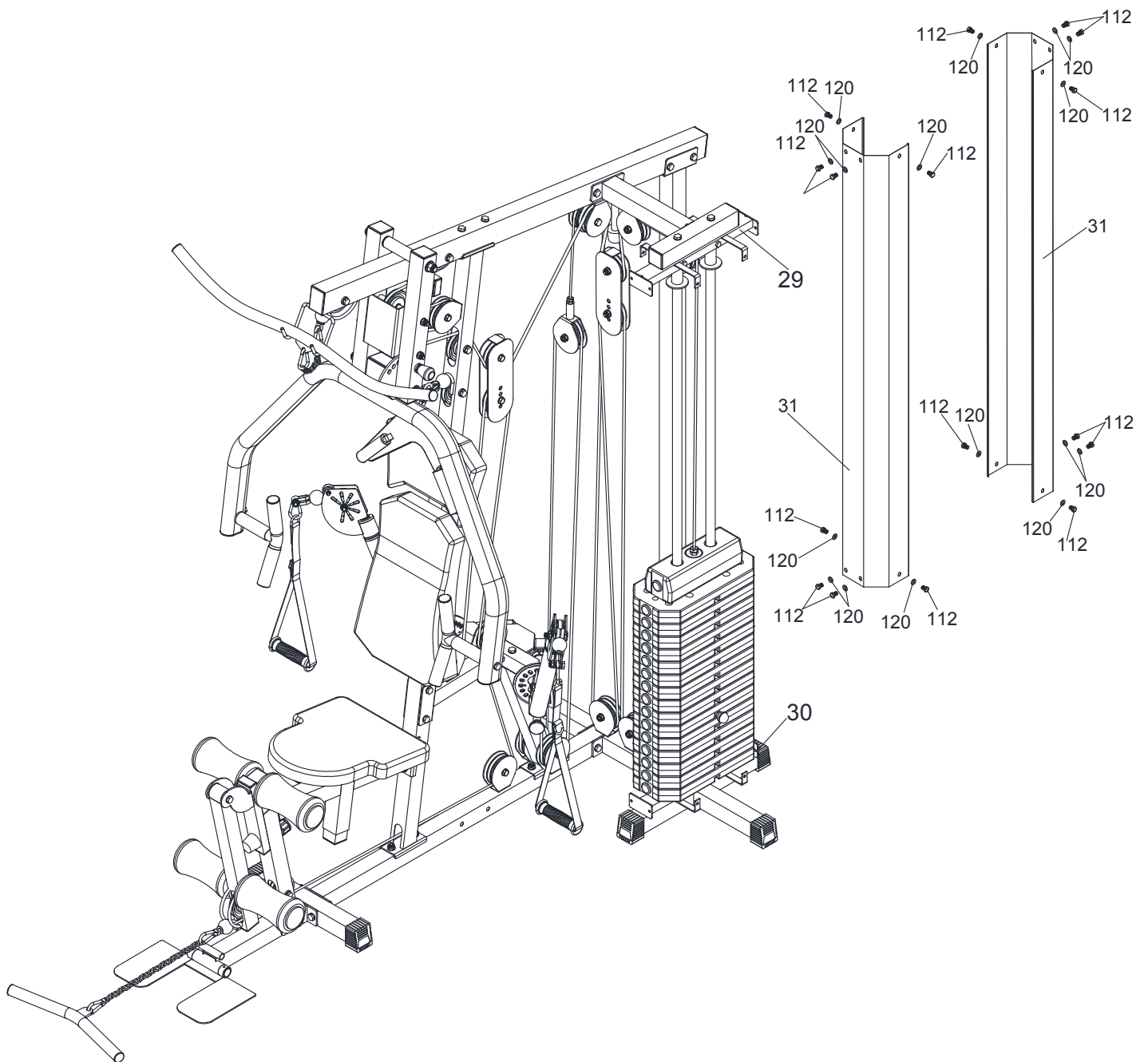
NO.30



4. Assembly Connection Cable (48)

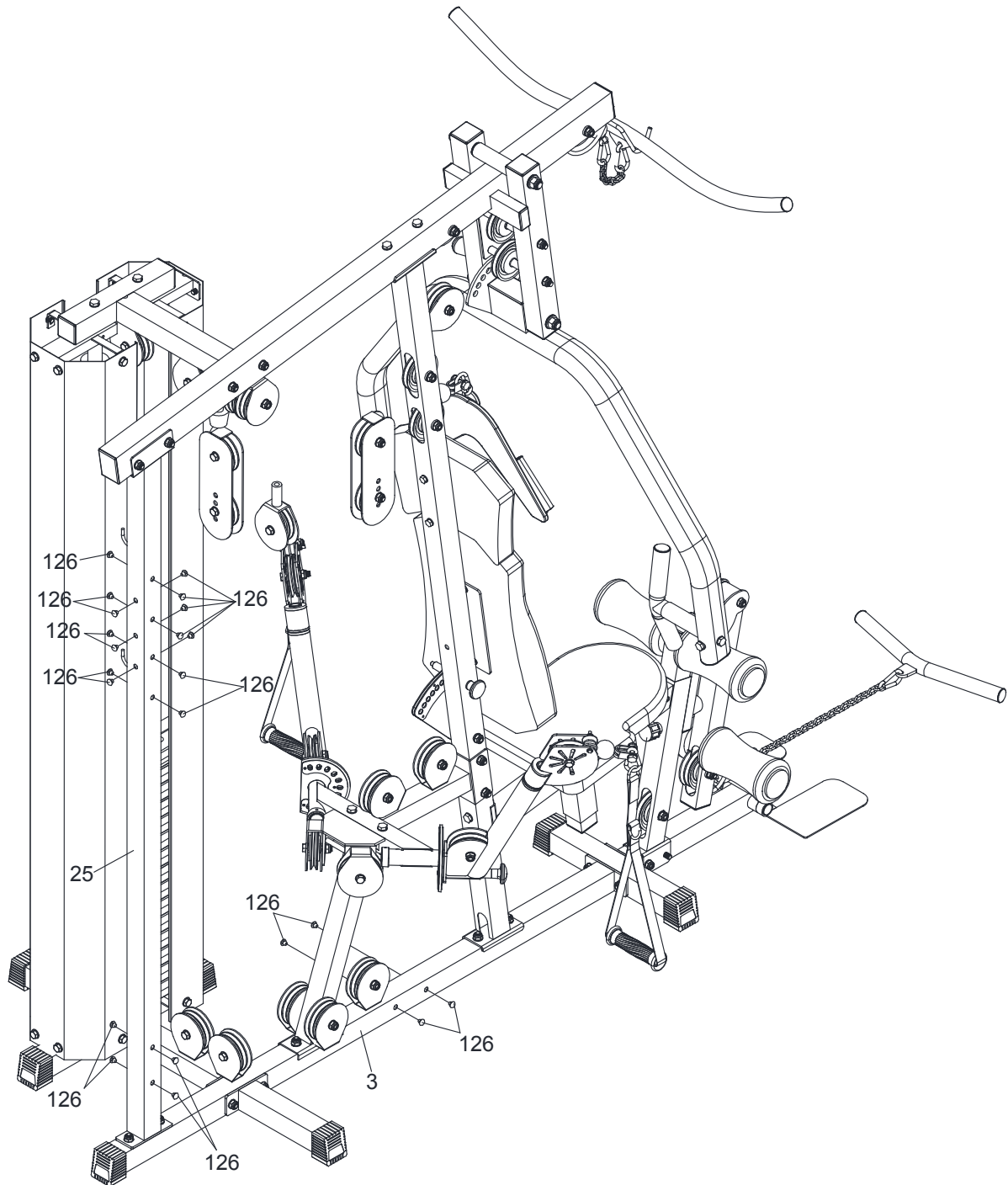
- Attach the bolt end of Connection Cable (48) to Single Pulley Block (33).
- Let the other end of Connection Cable (48) go through the Pulley NO.28 (59).
- Install Pulley NO.29 (59) to Bottom Cross Connector (24), using one M10X45mm Hex Bolt (106), two M10 Washers (118) and one M10 Nylon Nut (123).
- Install Pulley NO.30 (59) to Adjustable Pulley Block (34), using one M10X45mm Hex Bolt (106), two M10 Washers (118) and one M10 Nylon Nut (123).
- Attach the other end of Connection Cable (48) to Bottom Cross Connector (24), using one M10X45mm Hex Bolt (106), two M10 Washers (118) and one M10 Nylon Nut (123).

Step 12:



1. Attach the Safety Cover (31) to the Upper Fixed Tube(29) and the Lower Fixed Tube (30), using sixteen M8X16mm Hex Bolts (112) and sixteen M8 Washers (120).

Step 13:



1. Attach twenty-two Hole Plugs (126) to the Base Frame (3) and the Rear Upright Frame (25).



ATTENTION!

Make sure all screws are all firmly tightened after all parts have been installed.

TECHNICAL SPECIFICATIONS

Importer / Distributor	Sweatband.com Ltd Unit A, Park 40 Flanshaw Way Wakefield WF2 9LP
Item	KS300
Max. user weight	120 kg (265 lb)
Standard/Norm	ISO 20957
Country of origin	Made in China

CARE AND MAINTENANCE

Wipe surfaces dry following each training session. Do not use any solvents-clean only with a damp cloth.

Item	Time Frame	Instructions
Belt & Cable	Daily	Make sure terminals of cables are fixed securely.
Upholstery	Daily	Make sure Upholstery clean and without broken..
Bolts & Screw	Daily	Make sure joints of frames are fixed securely
Weight Stacks	Every two weeks	To spread grease or silicon on posts of weight stacks every 2 weeks if it moves not smoothly.
Movement part	Every two weeks	To spread grease or silicon on contact surface of all moving parts every 2 weeks if they move not smoothly (To much grease or silicon may cause splashes and dirt).
Frame	Every month	To make sure security of all joints.
Machine	As Needed	Regularly checking the condition of fasteners, cables and belt are needed.

STRETCHING GUIDE

Tips For Stretching

- Begin with small mobility exercises of all the joints e.g. simply rotate your ankles, bend your knees and roll your hips. Gradually make the movements larger and faster. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.
- Always warm up the body before stretching as this increases blood flow around the body, creating warmth which makes the muscles suppler.
- Start with your legs, and steadily work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles from tightening up.
- Stretch at least three times a week to maintain flexibility.

Warm-Up And Cool-Down

A successful cardio-vascular exercise program consists of a full-body warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warm-up

The purpose of warming up is to prepare your body for exercise and to minimise injuries. Warm up for five minutes before strength-training or exercising aerobically. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running on the spot. Try to incorporate moves that take the joints through their full range of motion.

Stretching

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretching develops flexibility and reduces muscles soreness.

Stretches should be held for 15 to 30 seconds.

DO NOT BOUNCE OR OVER-STRETCH. Take your time on each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.



Side Stretch



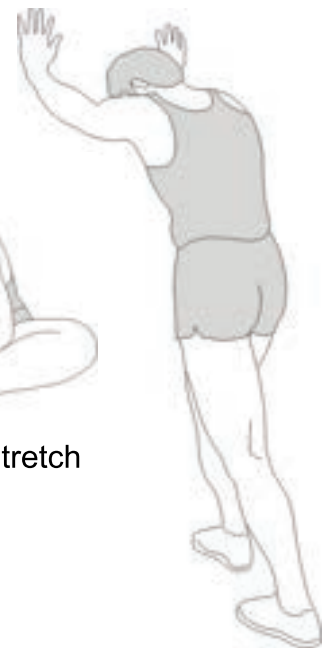
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

Always remember to check with your physician before starting any exercise program.

COOL-DOWN

The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate, allows blood to return to the heart and helps to prevent muscle soreness caused by the build-up of lactic acid in the muscles.

EXERCISE INFORMATION

AEROBIC EXERCISE

Aerobic exercise is any type of cardiovascular conditioning.

It improves the fitness of your lungs and heart - your body's most important muscle.

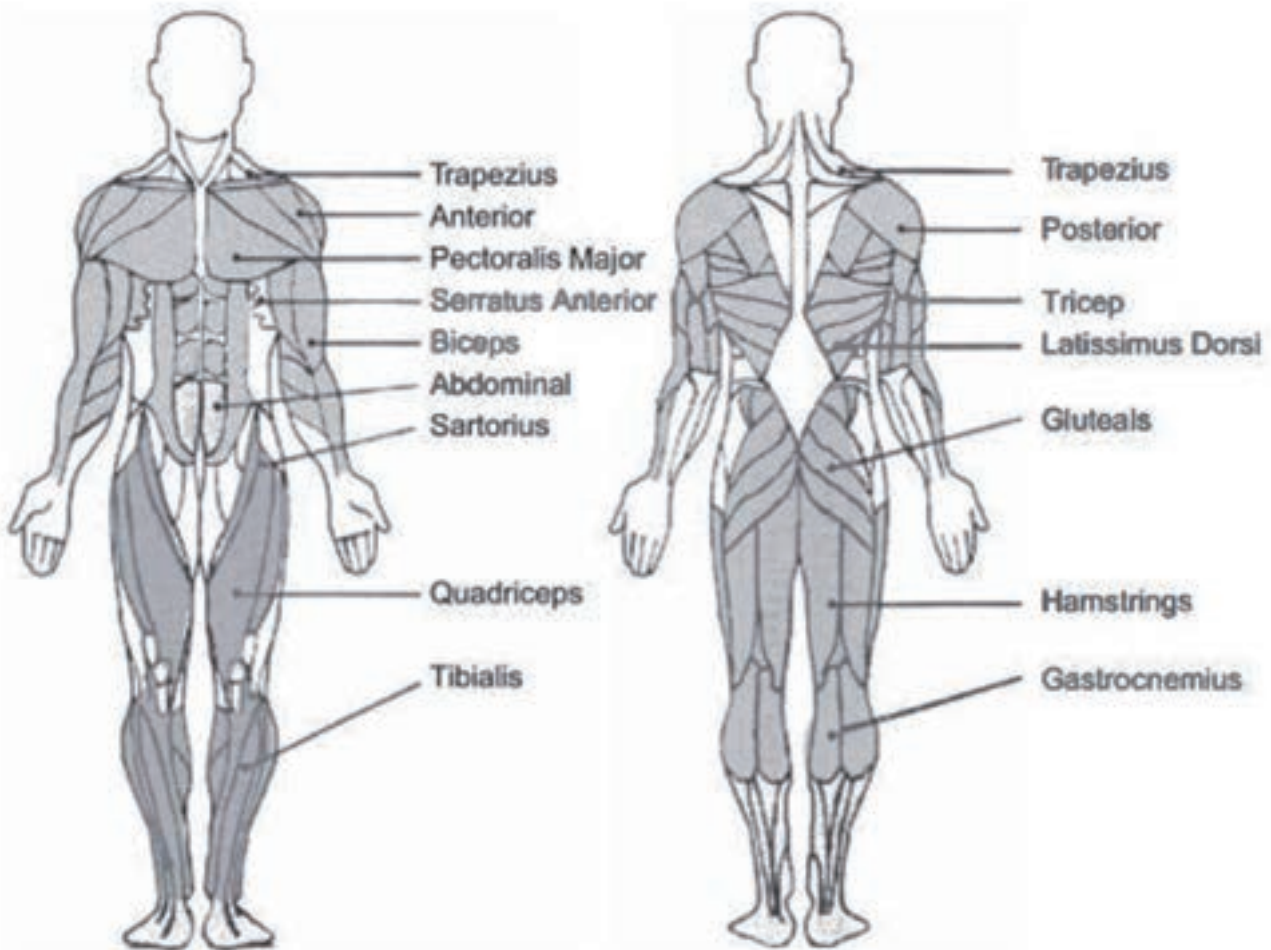
A program of regular aerobic exercise can help you avoid serious health problems, accelerate weight loss, and improve muscle strength. To get the best results from your exercise and create a balanced fitness program, aerobic conditioning should be mixed with strength training and flexibility exercises.

WEIGHT TRAINING

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount of reps. And as always consult your physician before beginning any exercise program.

MUSCLE CHART

The exercise routine that is performed on the equipment will develop the upper and lower body muscle groups. These muscle groups are highlighted on the muscle chart below.



CUSTOMER SUPPORT

Should you require any assistance regarding this product, we are here to help. Please gather the following information and then contact us using the details on this page:

- Serial No. - This can be found on a label on the product itself
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue or defect

Important

Please retain your sales receipt as our Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase. Further warranty information can be found on the next page.

				
		Sweatband.com Ltd	Class: H	 Max 120kg
Fuel Fitness		KS300 Multi Gym		
ISO 20957		SN:		
Unit A, Park 40 Flanshaw Way Wakefield WF2 9LP				

The best way to contact us is via the website:
www.sweatband.com/pages/contact-us

Sweatband.com Ltd
 Unit A, Park 40
 Flanshaw Way
 Wakefield
 WF2 9LP

Email: support@sweatband.com

MANUFACTURER'S WARRANTY

Fuel Fitness warrants this product to be free of defects of material and workmanship, under normal use and conditions, for a period of 2 years from the date of the original purchase.

Terms

The warranty does not cover:

1. Normal Wear and Tear
2. Any modifications to upgrade this product from its original state
3. For any use other than as described in the user manual
4. Damage resulting from:
 - a) Transport
 - b) Abuse, misuse, failure to follow instructions or improper or abnormal use
 - c) Non-home use - including commercial, professional, or rental purposes.
 - d) Repairs not provided by Fuel Fitness.
 - e) Accidents, lightning, water, fire, or any other causes beyond the control of Fuel Fitness.
 - f) Improper location including, but not limited to, humid, dusty, uninsulated locations or outdoor environments

Fuel Fitness is not responsible or liable for direct, indirect, or consequential losses arising out of or in connection with the use of this product or damages with respect to any loss of property, revenue, profits, enjoyment or use, nor for any costs of removal or installation of this product.

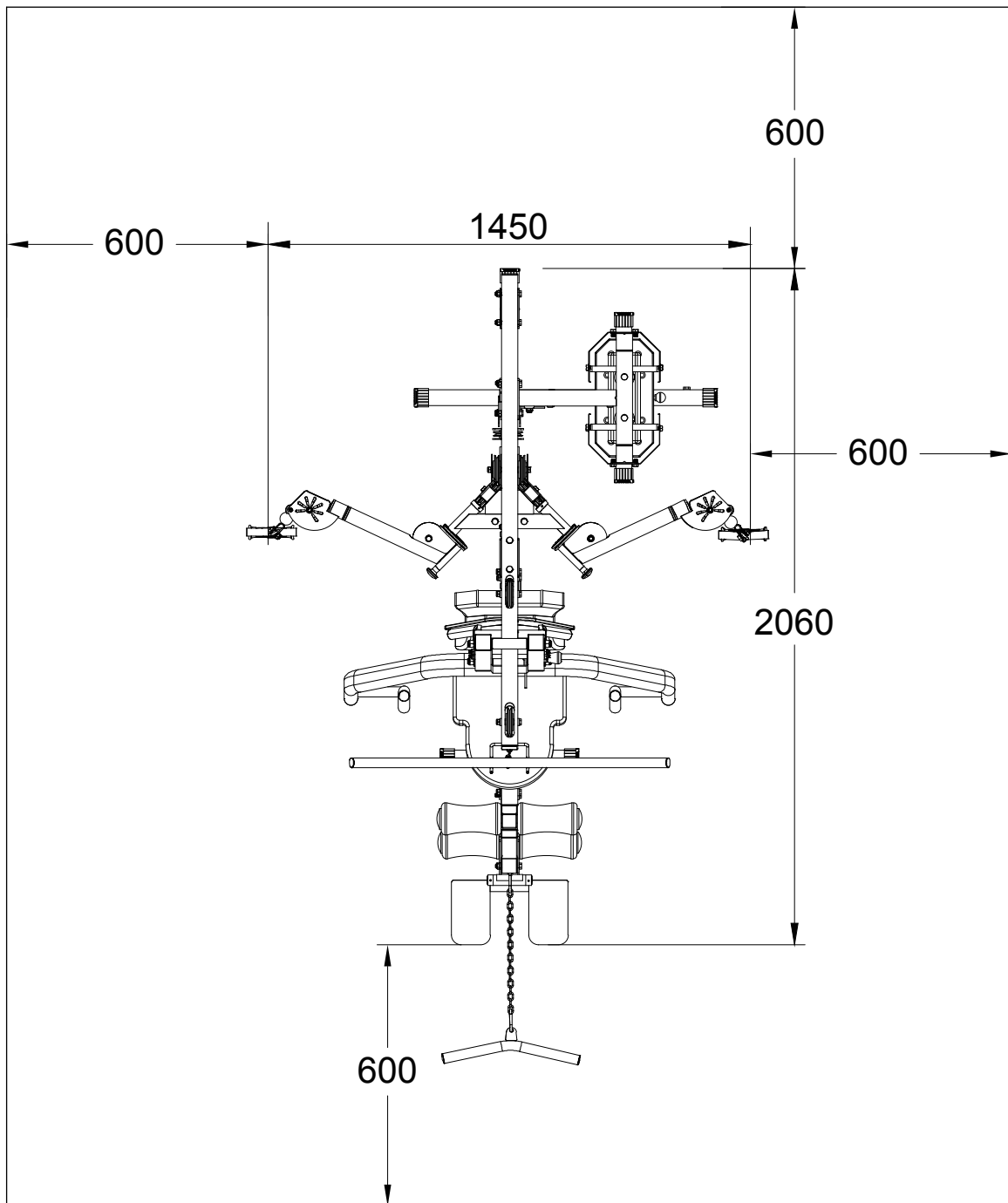
This warranty covers products purchased brand new inside the United Kingdom.

In the event of the machine requiring a repair, this may need to be performed at a Fuel Fitness authorized repair center.

This warranty is in addition to and does not in any way affect your statutory rights.

SPACE REQUIREMENTS

The live area shall be not less than 600mm (23.62") greater than the training area in the directions from which the equipment is accessed. The live area must also include the area for emergency dismount.



BEFORE USE

In order to be stable, the equipment must be set level on a rigid floor before you use it for the first time.

Warning: This equipment should always be used on a level surface. Using the equipment when it is not level on the floor may cause damage. Please make sure your equipment is not wobbling before working out.

Exercising Form

- Ensure joints remain soft and movements are carried out in a smooth and continuous way.
- Avoid using 'momentum' and instead focus on the muscles you are working.
- Use full range of movement for each repetition performed.
- Do not hold breath whilst training, instead exhale on the hardest phase of the exercise and inhale on the easier phase.

Choosing Your Weights

Start with a weight you can perform 10 repetitions without crossing the line from 'challenged' to 'struggle'. If you cannot maintain correct technique, the weight is too heavy! Gradually increase the weight as you become stronger and more practiced.

Distributed by :

Sweatband.com Ltd

Unit A, Park 40

Flanshaw Way

Wakefield

WF2 9LP

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Email : support@sweatband.com

www.sweatband.com