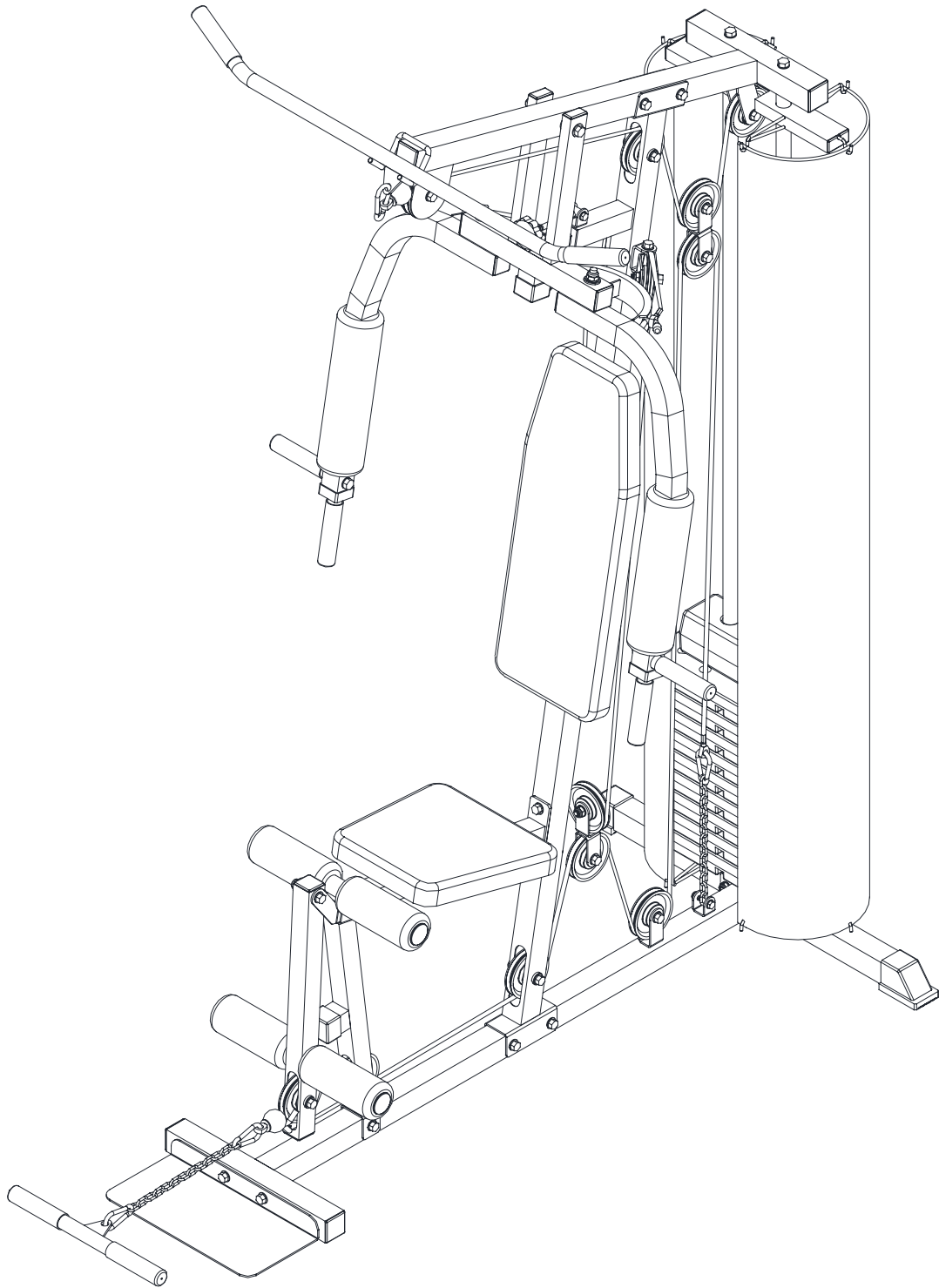


GYMSTICK™

HOME GYM 2.0 USER MANUAL



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.



Thank you for choosing Gymstick Home Gym 2.0. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

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NOTIFICATION!

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

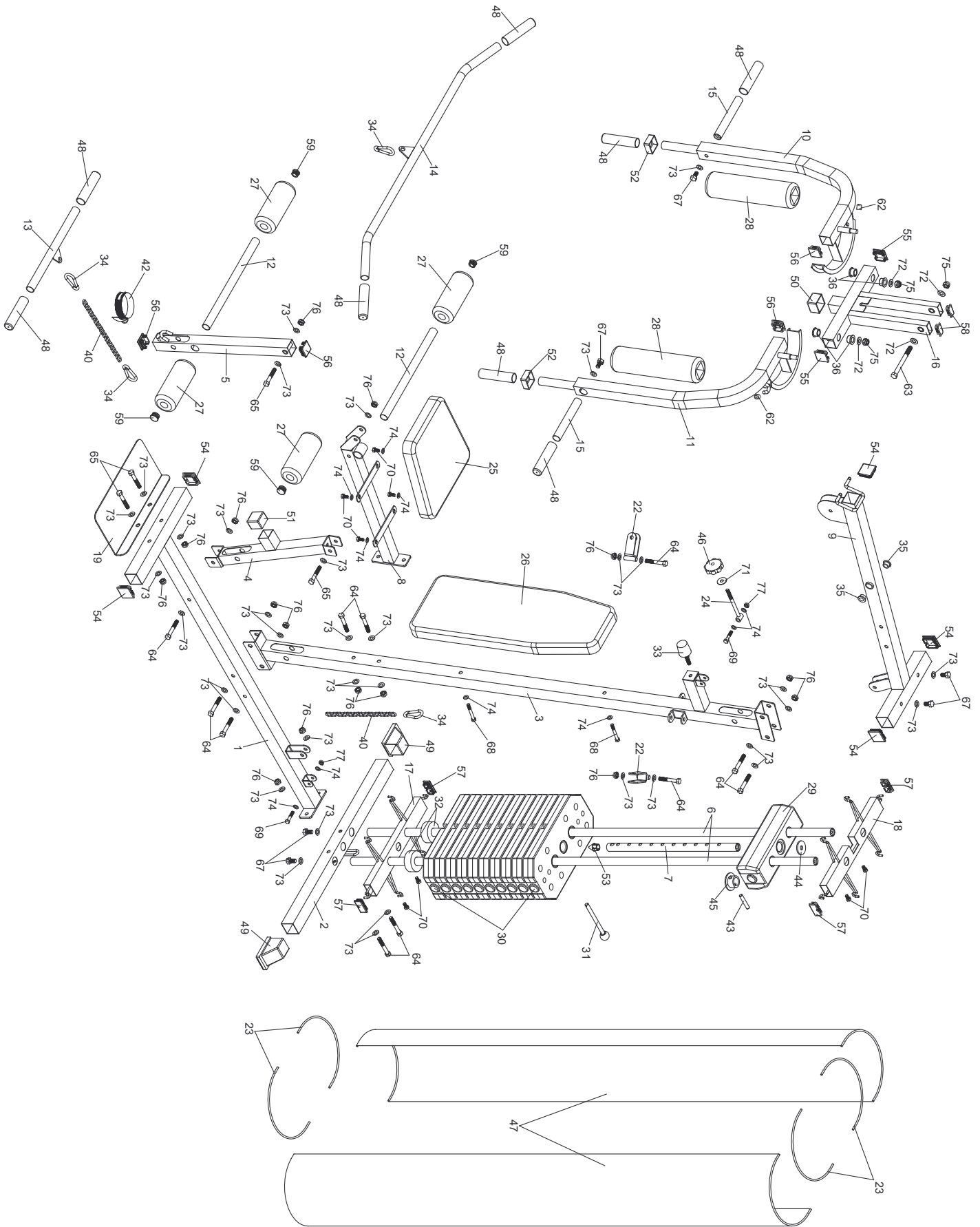
Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

1. This product is not a toy. Keep children and pets away from the machine at all times. Do not leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult Physician immediately.
4. Before beginning training, remove all within a radius of 2 meters from the machine. Do not place any sharp objects around the machine.
5. Position the machine on a clear, level surface away from water and moisture. It's suggested to place a mat under the unit to help keep the machine stable and to protect the floor.
6. Use the machine only for its intended use as described in this manual. Do not use any other accessories than the ones recommended by the manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the machine is in good and safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off. The defective components should be replaced immediately.
10. Never operate the machine if it is not functioning properly.
11. This machine can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
14. Before exercising, always do a warm-up and stretching first.
15. This machine is intended for home use only.
16. This machine must be assemble by an adult.
17. It's the responsibility of the owner to ensure that all users are properly informed as how to use this product safely.
18. Maximum user weight 110 kg.



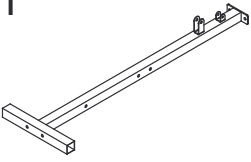
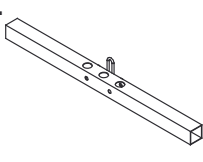
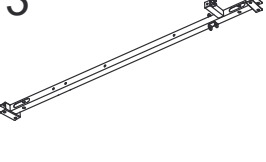
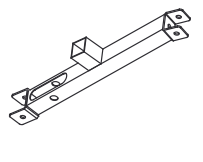
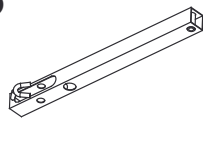
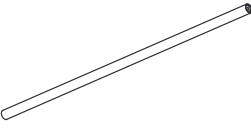
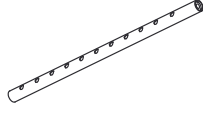
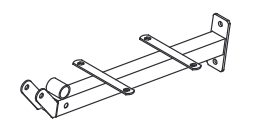
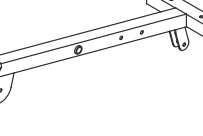
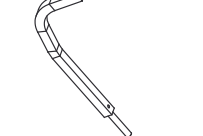
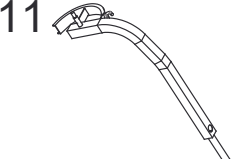
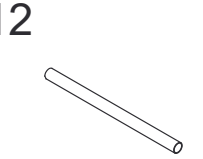
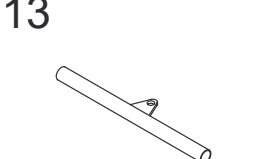
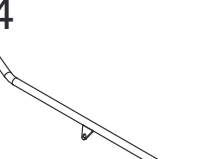
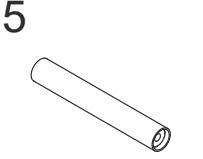
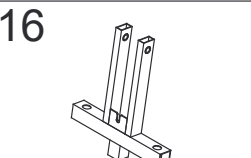
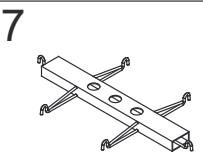
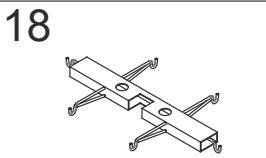
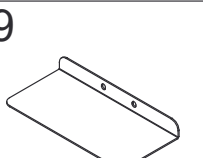
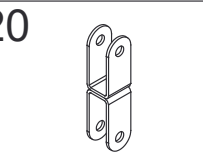
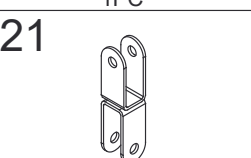
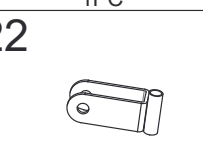
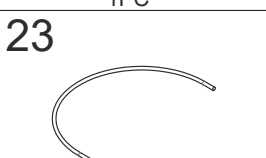
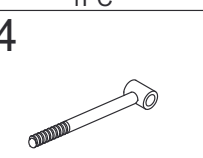
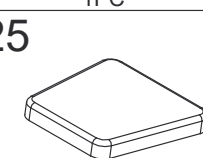
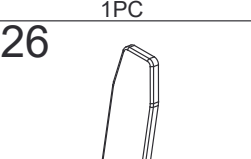
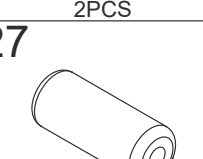
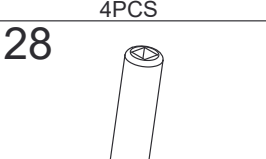
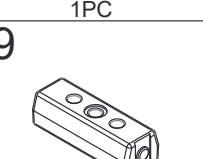
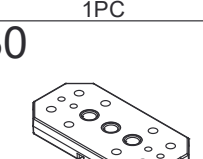
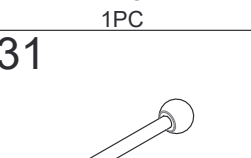
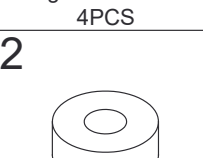
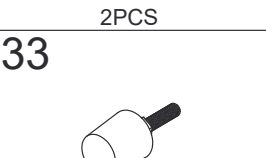
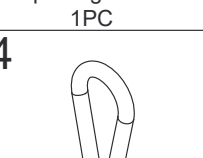
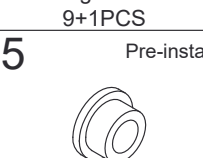
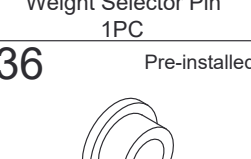
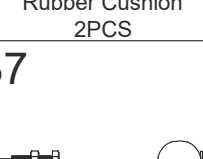
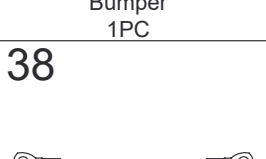
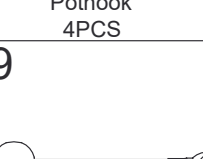
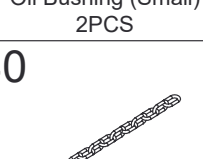
WARNING!

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.






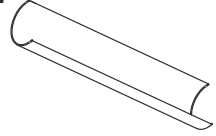

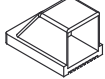
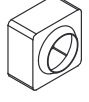

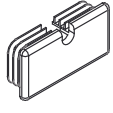




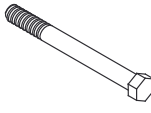

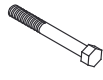






PARTS LIST

GYMSTICK™

<p>1</p>  <p>Front Base Frame 1PC</p>	<p>2</p>  <p>Back Base Frame 1PC</p>	<p>3</p>  <p>Main Frame 1PC</p>	<p>4</p>  <p>Front Support Frame 1PC</p>	<p>5</p>  <p>Leg Extension Frame 1PC</p>
<p>6</p>  <p>Weight Guide Tube 1PC</p>	<p>7</p>  <p>Selector Shaft 1PC</p>	<p>8</p>  <p>Seat Frame 1PC</p>	<p>9</p>  <p>Upper Cross Beam 1PC</p>	<p>10</p>  <p>Right Press Arm 1PC</p>
<p>11</p>  <p>Left Press Arm 1PC</p>	<p>12</p>  <p>Foam Tube 2PCS</p>	<p>13</p>  <p>Low Bar 1PC</p>	<p>14</p>  <p>Lat Bar 1PC</p>	<p>15</p>  <p>Handle Tube 2PCS</p>
<p>16</p>  <p>Press Bar 1PC</p>	<p>17</p>  <p>Lower Fixed Tube 1PC</p>	<p>18</p>  <p>Upper Fixed Tube 1PC</p>	<p>19</p>  <p>Base Plate 1PC</p>	<p>20</p>  <p>Pulley U 1PC</p>
<p>21</p>  <p>Reverse U 1PC</p>	<p>22</p>  <p>Single Pulley Block 2PCS</p>	<p>23</p>  <p>U-type Shaft 4PCS</p>	<p>24</p>  <p>Tobacco-pipe 1PC</p>	<p>25</p>  <p>Seat Cushion 1PC</p>
<p>26</p>  <p>Backrest Cushion 1PC</p>	<p>27</p>  <p>Leg Foam Roller 4PCS</p>	<p>28</p>  <p>Arm Foam Roller 2PCS</p>	<p>29</p>  <p>Top Weight Plate 1PC</p>	<p>30</p>  <p>Weight Plate 9+1PCS</p>
<p>31</p>  <p>Weight Selector Pin 1PC</p>	<p>32</p>  <p>Rubber Cushion 2PCS</p>	<p>33</p>  <p>Bumper 1PC</p>	<p>34</p>  <p>Pothook 4PCS</p>	<p>35 Pre-installed</p>  <p>Oil Bushing (Small) 2PCS</p>
<p>36 Pre-installed</p>  <p>Oil Bushing (Big) 4PCS</p>	<p>37</p>  <p>Upper Cable 1PC</p>	<p>38</p>  <p>Butterfly Cable 1PC</p>	<p>39</p>  <p>Lower Cable 1PC</p>	<p>40</p>  <p>Chain 2PCS</p>

PARTS LIST

GYMSTICK™

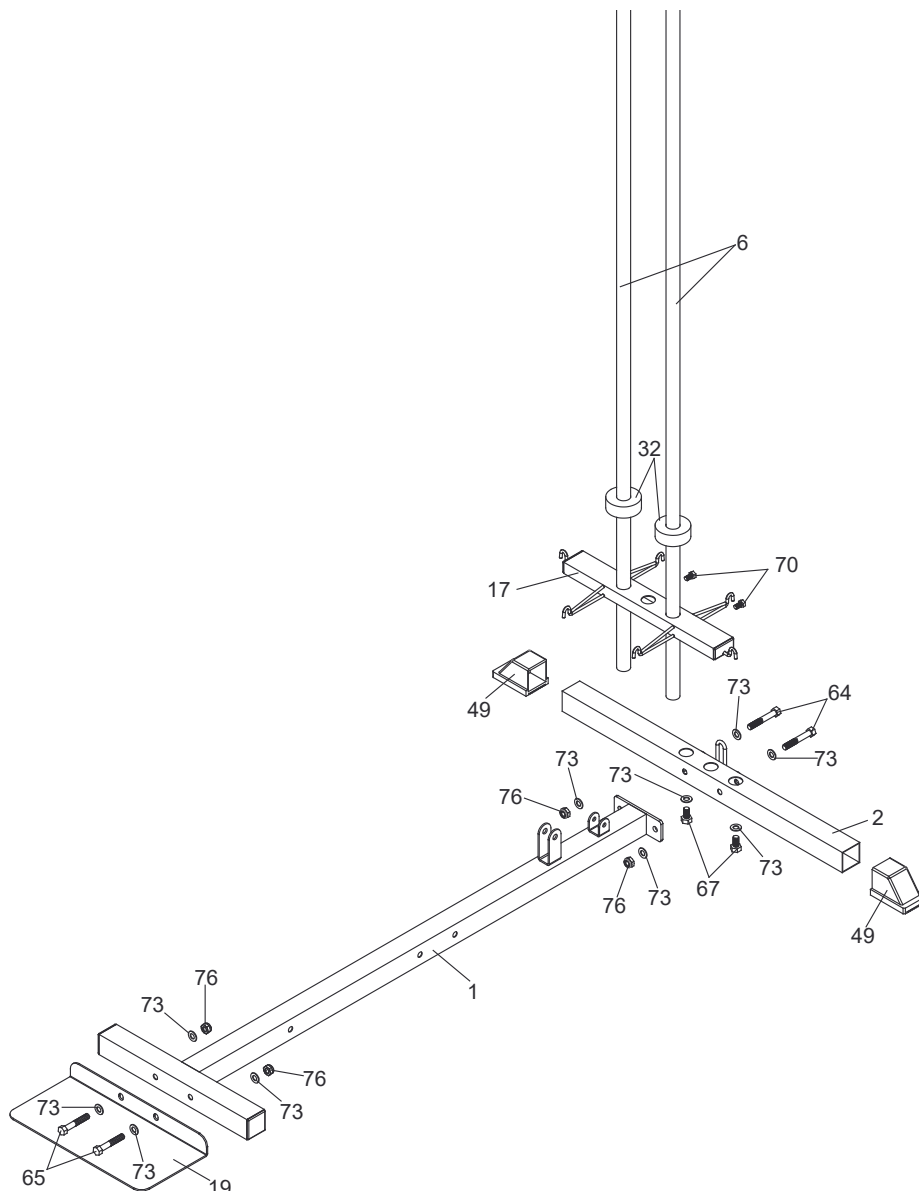
<p>41</p>  <p>Pulley 13PCS</p>	<p>42</p>  <p>Ankle Strap 1PC</p>	<p>43</p>  <p>Selector Shaft Pin 1PC</p>	<p>44</p>  <p>Plastic Washer 1PC</p>	<p>45</p>  <p>Selector Shaft Bushing 1PC</p>
<p>46 Pre-installed</p>  <p>Plum Blossom Nut 1PC</p>	<p>47</p>  <p>Safety Cover 2PCS</p>	<p>48 Pre-installed 6PCS</p>  <p>Handle Grip 8PCS</p>	<p>49</p>  <p>45mm Square Foot End Cap 2PCS</p>	<p>50 Pre-installed</p>  <p>38mm Square End Cap (Big) 1PC</p>
<p>51 Pre-installed</p>  <p>38mm Square End Cap (Small) 1PC</p>	<p>52</p>  <p>Mid-empty Plug (38X26) 2PCS</p>	<p>53 Pre-installed</p>  <p>Select Shaft End Cap 1PC</p>	<p>54 Pre-installed</p>  <p>45mm Square End Plug 5PCS</p>	<p>55 Pre-installed</p>  <p>40mm Square End Plug 2PCS</p>
<p>56 Pre-installed</p>  <p>38mm Square End Plug 4PCS</p>	<p>57 Pre-installed</p>  <p>25X50mm Square End Plug 4PCS</p>	<p>58 Pre-installed</p>  <p>20X40mm Square End Plug 2PCS</p>	<p>59 Pre-installed</p>  <p>25mm Round End Cap 4PCS</p>	<p>60</p>  <p>Pulley Bushing (short) 4PCS</p>
<p>61</p>  <p>Pulley Bushing (long) 4PCS</p>	<p>62</p>  <p>Plastic Cover 2PCS</p>	<p>63</p>  <p>M12X120mm Hex Bolt 1PC</p>	<p>64</p>  <p>M10X65mm Hex Bolt 13PCS</p>	<p>65</p>  <p>M10X60mm Hex Bolt 6PCS</p>
<p>66</p>  <p>M10X45mm Hex Bolt 9PCS</p>	<p>67 Pre-installed</p>  <p>M10X20mm Hex Bolt 6PCS</p>	<p>68</p>  <p>M8X65mm Hex Bolt 2PCS</p>	<p>69</p>  <p>M8X40mm Hex Bolt 2PCS</p>	<p>70</p>  <p>M8X15mm Hex Bolt 8PCS</p>
<p>71 Pre-installed</p>  <p>Washer $\varnothing 30 \times \varnothing 10$ 1PC</p>	<p>72 Pre-installed 2PCS</p>  <p>Washer M12 4PCS</p>	<p>73 Pre-installed 6PCS</p>  <p>Washer M10 62PCS</p>	<p>74</p>  <p>Washer M8 10PCS</p>	<p>75 Pre-installed 2PCS</p>  <p>Nylon Nut M12 3PCS</p>
<p>76</p>  <p>Nylon Nut M10 28PCS</p>	<p>77</p>  <p>Nylon Nut M8 2PCS</p>			

PRIOR TO ASSEMBLY

- Remove components from the box and verify that all the listed parts were supplied.
- It will take two people to assemble this product.
- Hand tighten bolts and nylon until machine is fully assembled.

STEP 1

1. Attach two 45mm Square Foot End Caps (49) to the Back Base Frame (2).
2. Remove two M10X20mm Hex Bolts (67) and two M10 Washers (73) from Weight Guide Tube (6).
3. Insert Weight Guide Tube (6) into the Back Base Frame (2), using two M10X20mm Hex Bolts (67) and two M10 Washers (73).
4. Attach the Front Base Frame (1) to the Base Frame (2), using two M10X65mm Hex Bolts (64), four M10 Washers (73) and two M10 Nylon Nuts (76).
5. Attach the Base Plate (19) to the Front Base Frame (1), using two M10X60mm Hex Bolts (65), four M10 Washers (73) and two M10 Nylon Nuts (76).
6. Slide Lower Fixed Tube (17) onto Weight Guide Tube (6), using two M8X15mm Hex Bolts (70).
7. Slide two Rubber Cushions (32) onto Weight Guide Tube (6).

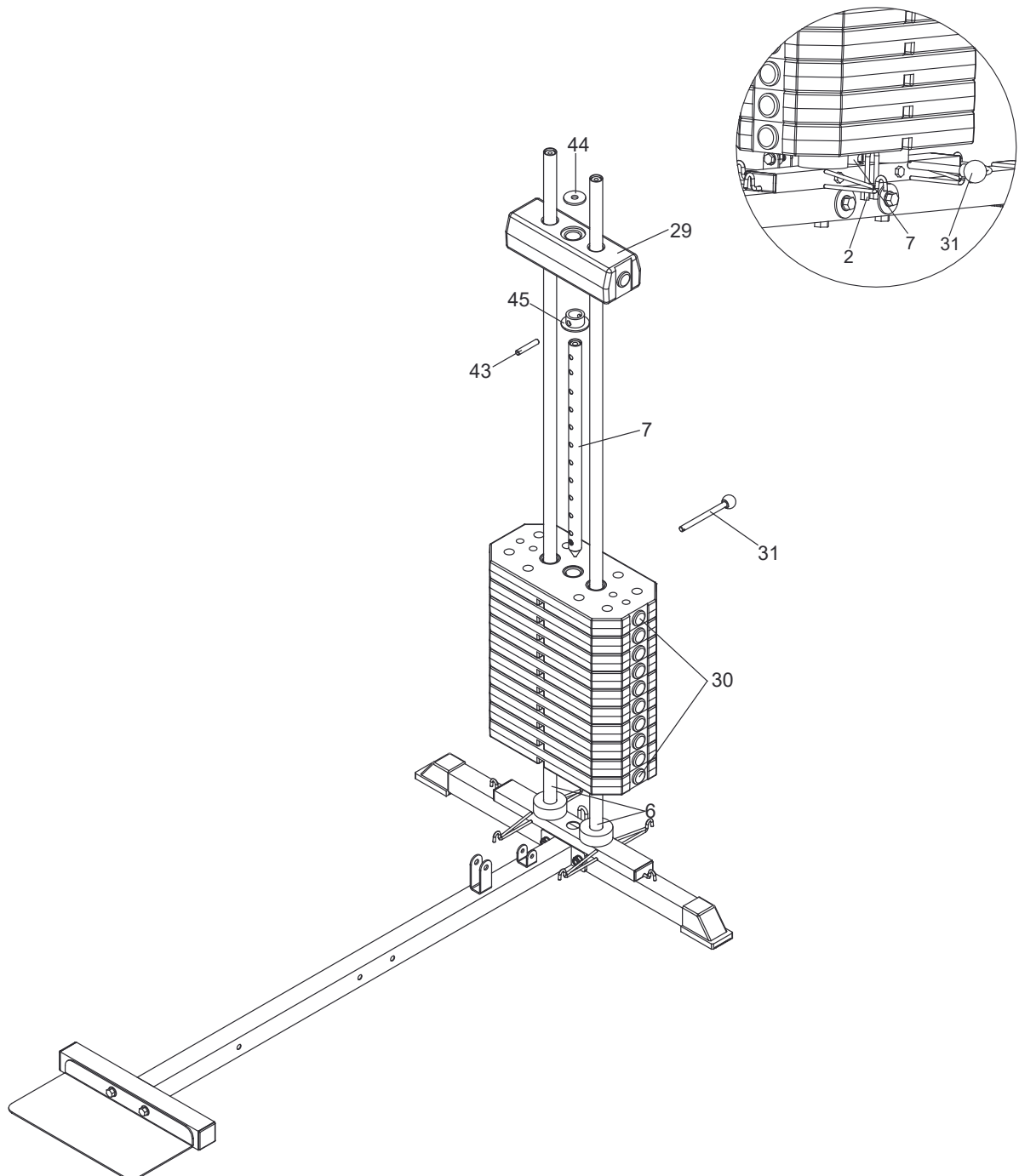


STEP 2

1. Slide ten Weight Plates (30) down the Weight Guide Tube (6).
2. Slide the Selector Shaft Bushing (45) down the Selector Shaft (7) at first hole fix with Selector Shaft Pin (43).
3. Insert the Selector Shaft (7) into hole of the Weight Plate (30).
4. Slide the Top Weight Plate (29) down the Weight Guide Tube (6), insert the Weight Selector Pin (31) into hole of desire weight.
5. Put the Plastic Washer (44) on the Top Weight Plate (29).



When not moving, insert the Weight Selector Pin (31) into the selector shaft (7) through the fixing hook.

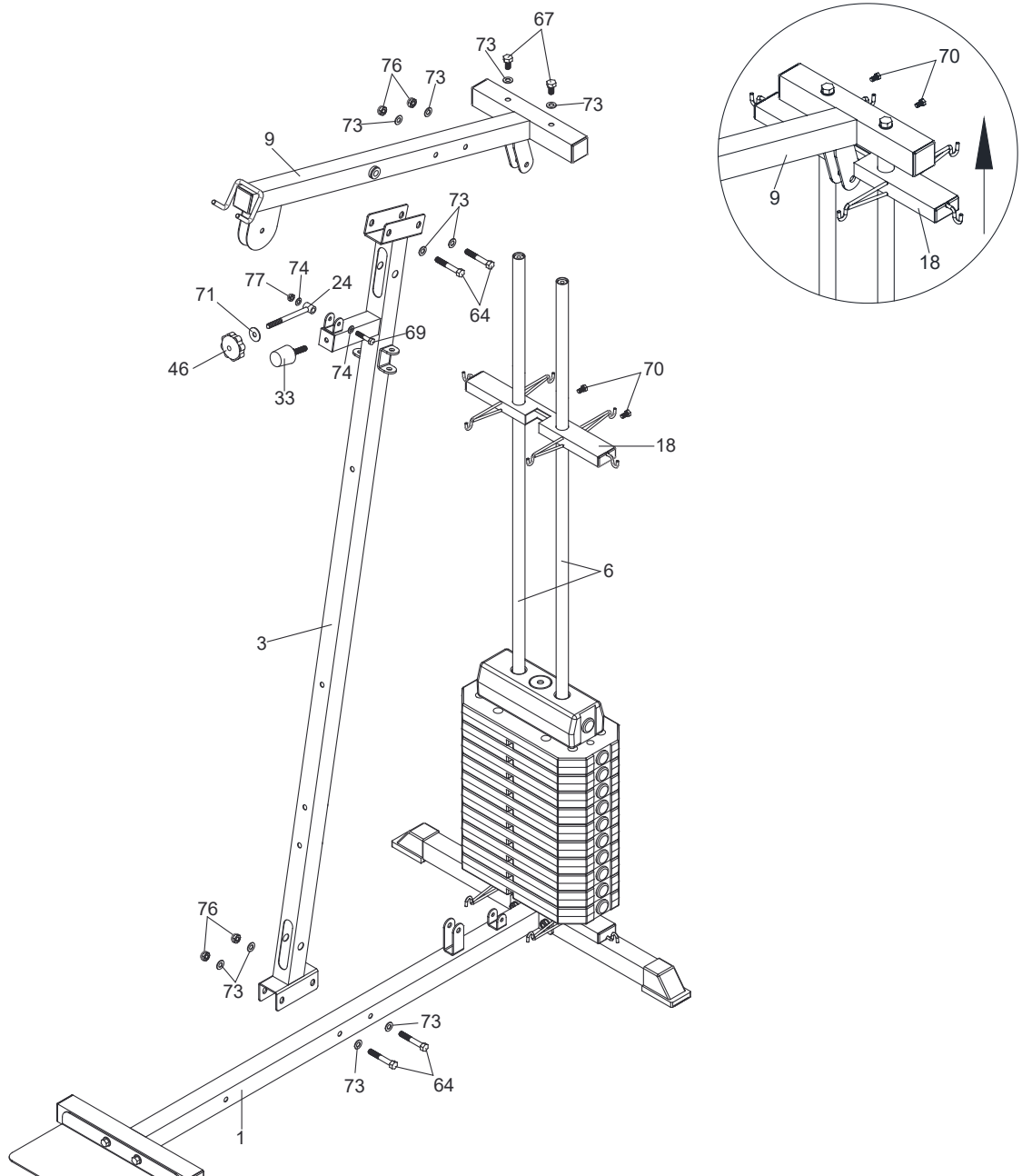


STEP 3

1. Attach the Bumper (33) to the Main Frame (3).
2. Attach the Main Frame (3) to the Front Base Frame (1), using two M10X65mm Hex Bolts (64), four M10 Washers (73) and two M10 Nylon Nuts (76).
3. Remove two M10X20mm Hex Bolts (67) and two M10 Washers (73) from Weight Guide Tube (6).
4. Slide Upper Fixed Tube (18) onto Weight Guide Tube (6), using two M8X15mm Hex Bolts (70).
5. Attach the Upper Cross Beam (9) to the Weight Guide Tubes (6), using M10X20mm Hex Bolts (67) and two M10 Washers (73).
6. Attach the Upper Cross Beam (9) to the Main Frame (3), using two M10X65mm Hex Bolts (64), four M10 Washers (73) and two M10 Nylon Nuts (76).
7. Attach the Tobacco-pipe (24) to the Main Frame (3), using one M8X40mm Hex Bolt (69), two M8 Washers (74) and one M8 Nylon Nut (77).
8. Slide the Washer (30X10) (71) and Plum Blossom Nut (46) onto the Tobacco-pipe (24).



Attach the Upper Fixed Tube (18) to the Weight Guide Tube (6), and be close to the Upper Cross Beam (9).

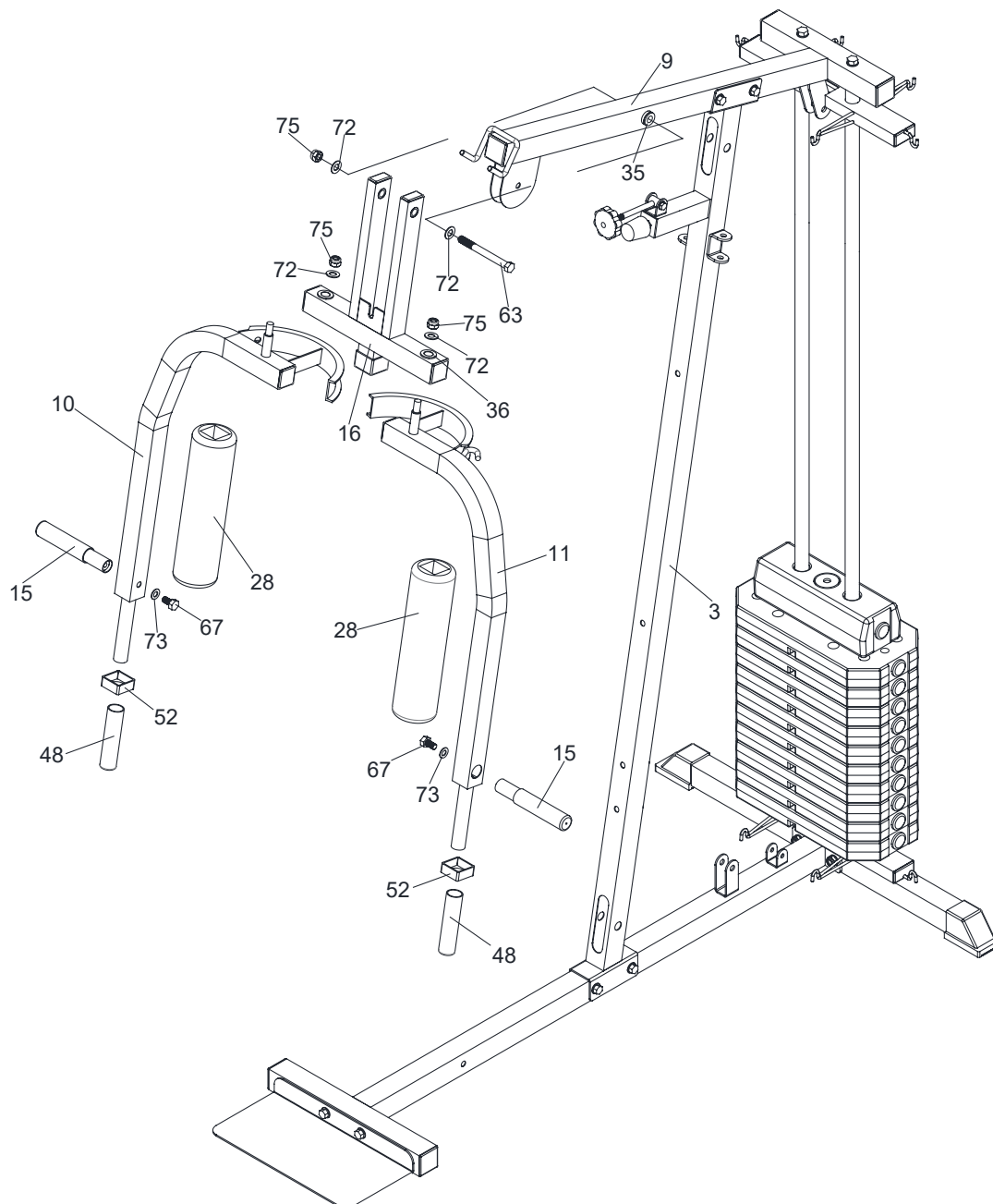


STEP 4



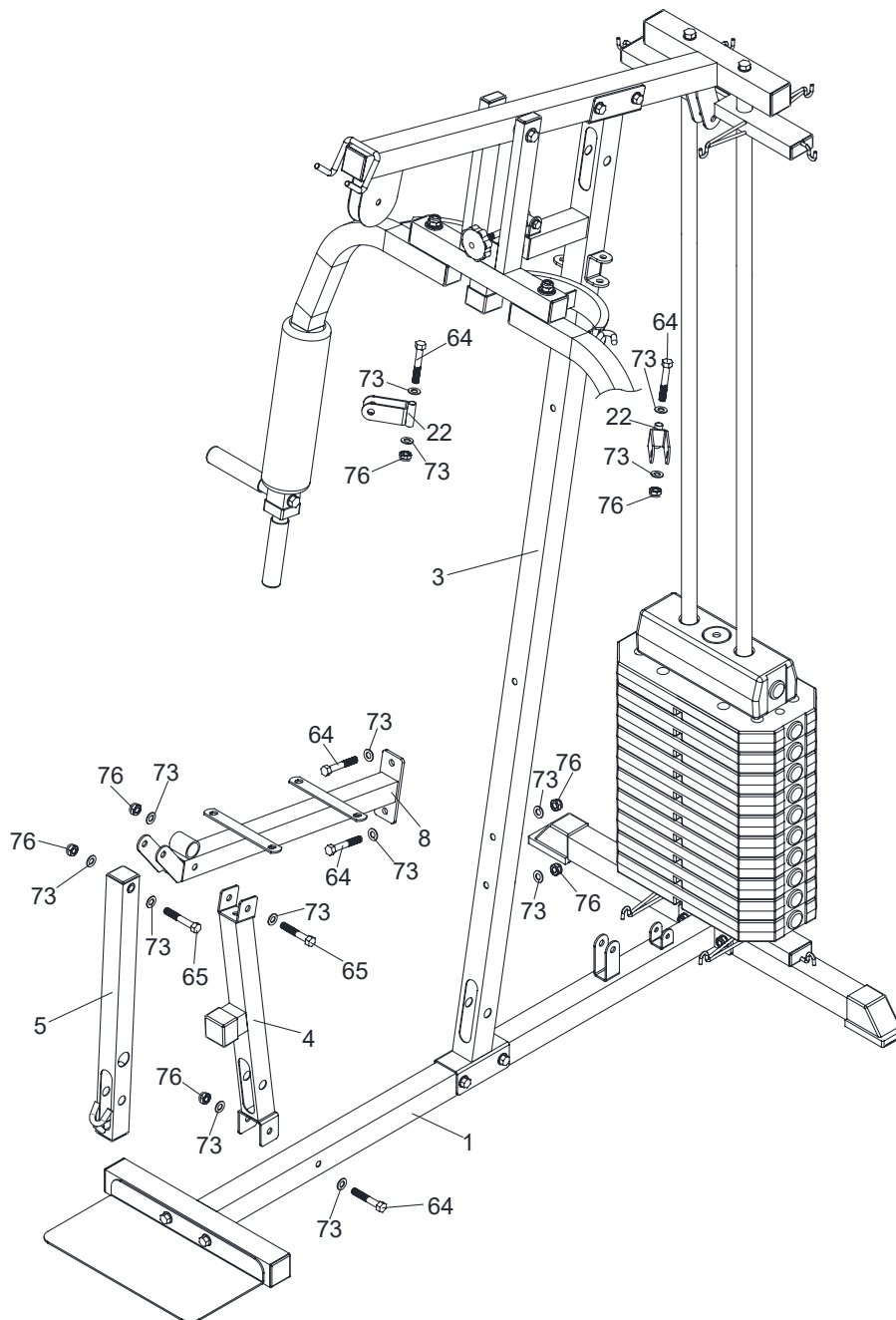
Oil Bushing (small) (35) have been pre-assembled into Upper Cross Beam (9). Oil Bushing (big) (36) have been pre-assembled into Right & Left Press Arm (10 & 11).

1. Attach the Press Bar (16) to the Upper Cross Beam (9), using one M12X120mm Hex Bolt (63), two M12 Washers (72) and one M12 Nylon Nut (75).
2. Remove two Oil Bushing (big) (36), two M12 Washers (72) and two M12 Nylon Nuts (75).
3. Attach the Right & Left Press Arm (10 & 11) to the Press Bar (16), using four Oil Bushing (big) (36), two M12 Washers (72) and two M12 Nylon Nuts (75).
4. Slide two Arm Foam Rollers (28) onto the Right & Left Press Arm (10&11).
5. Remove two M10X20mm Hex Bolts (67) and two M10 Washers (73) from Handle Tube (15).
6. Attach the Handle Tube (15) to the Right & Left Press Arm (10&11), using two M10X20mm Hex Bolts (67) and two M10 Washers (73).
7. Slide two Mid-empty Plugs (38X26) (52) and two Handle Grips (48) onto the Right & Left Press Arm (10&11).



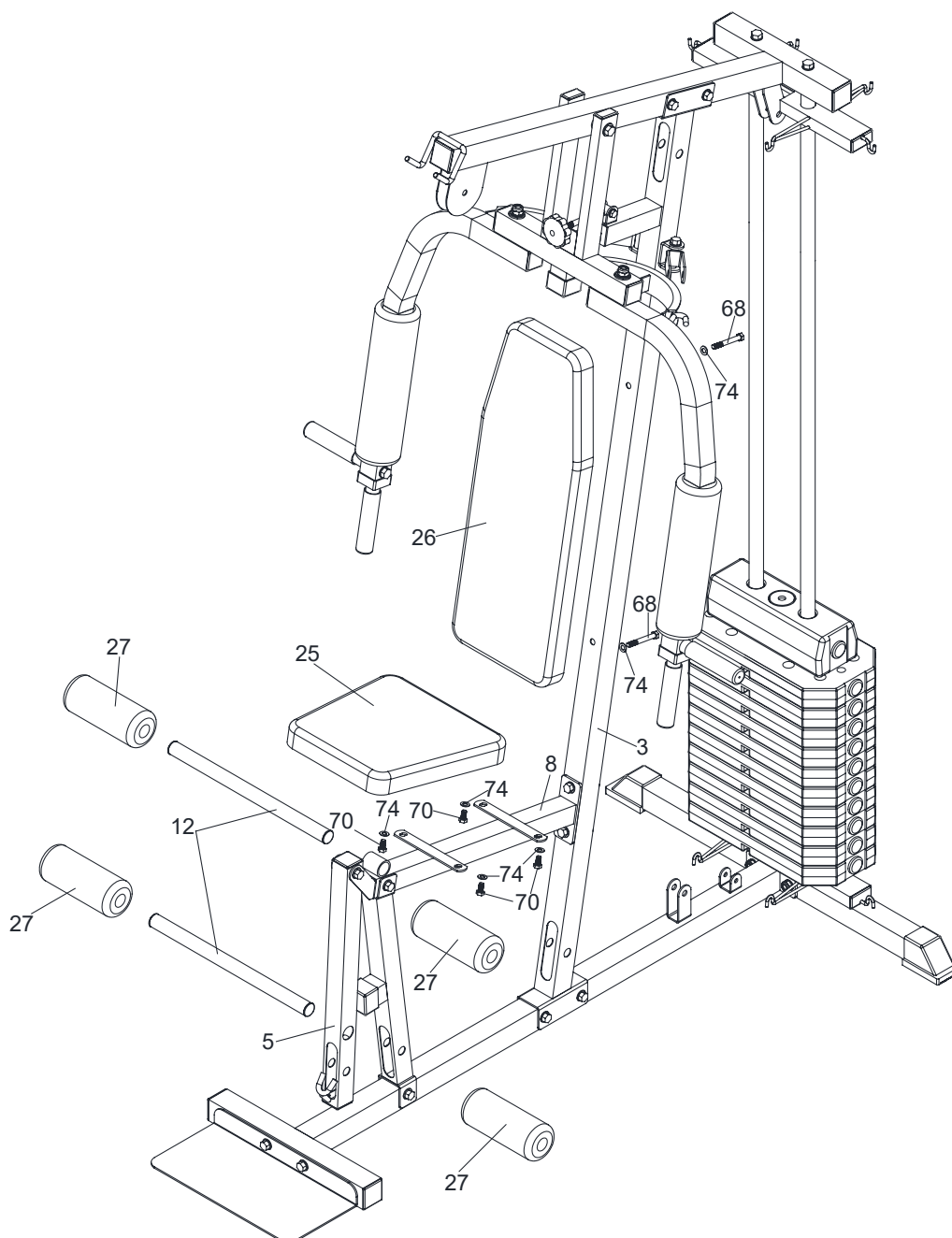
STEP 5

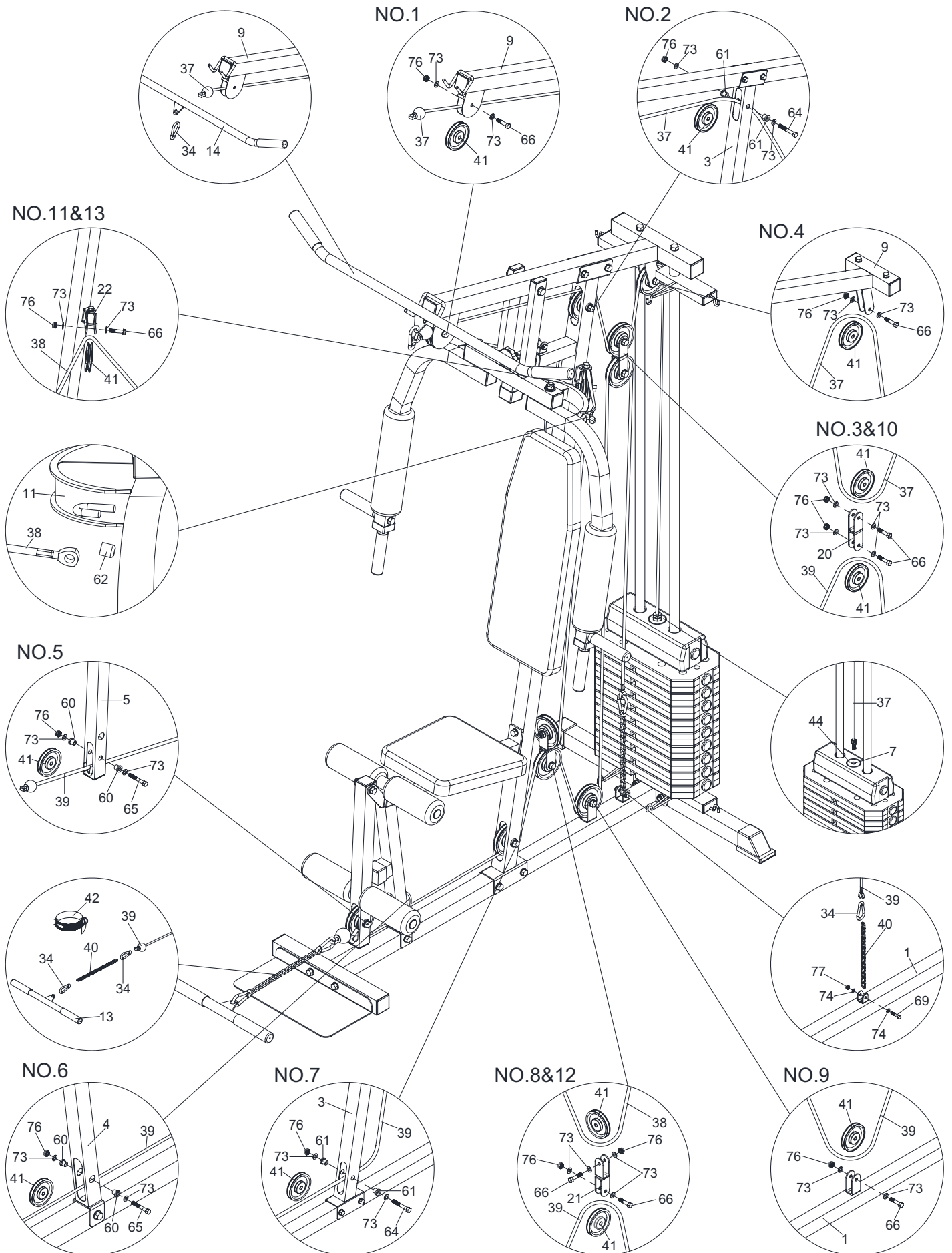
1. Attach the Seat Frame (8) to the Main Frame (3), using two M10X65mm Hex Bolts (64), four M10 Washers (73) and two M10 Nylon Nuts (76).
2. Attach the Front Support Frame (4) to the Front Base Frame (1), using one M10X65mm Hex Bolt (64), two M10 Washers (73) and one M10 Nylon Nut (76).
3. Attach the Front Support Frame (4) to the Seat Frame (8), using one M10X60mm Hex Bolt (65), two M10 Washers (73) and one M10 Nylon Nut (76).
4. Attach the Leg Extension Frame (5) to the Seat Frame (8), using one M10X60mm Hex Bolt (65), two M10 Washers (73) and one M10 Nylon Nut (76).
5. Attach the two Single Pulley Blocks (22) to the Main Frame (3), using two M10X65mm Hex Bolts (64), four M10 Washers (73) and two M10 Nylon Nuts (76).

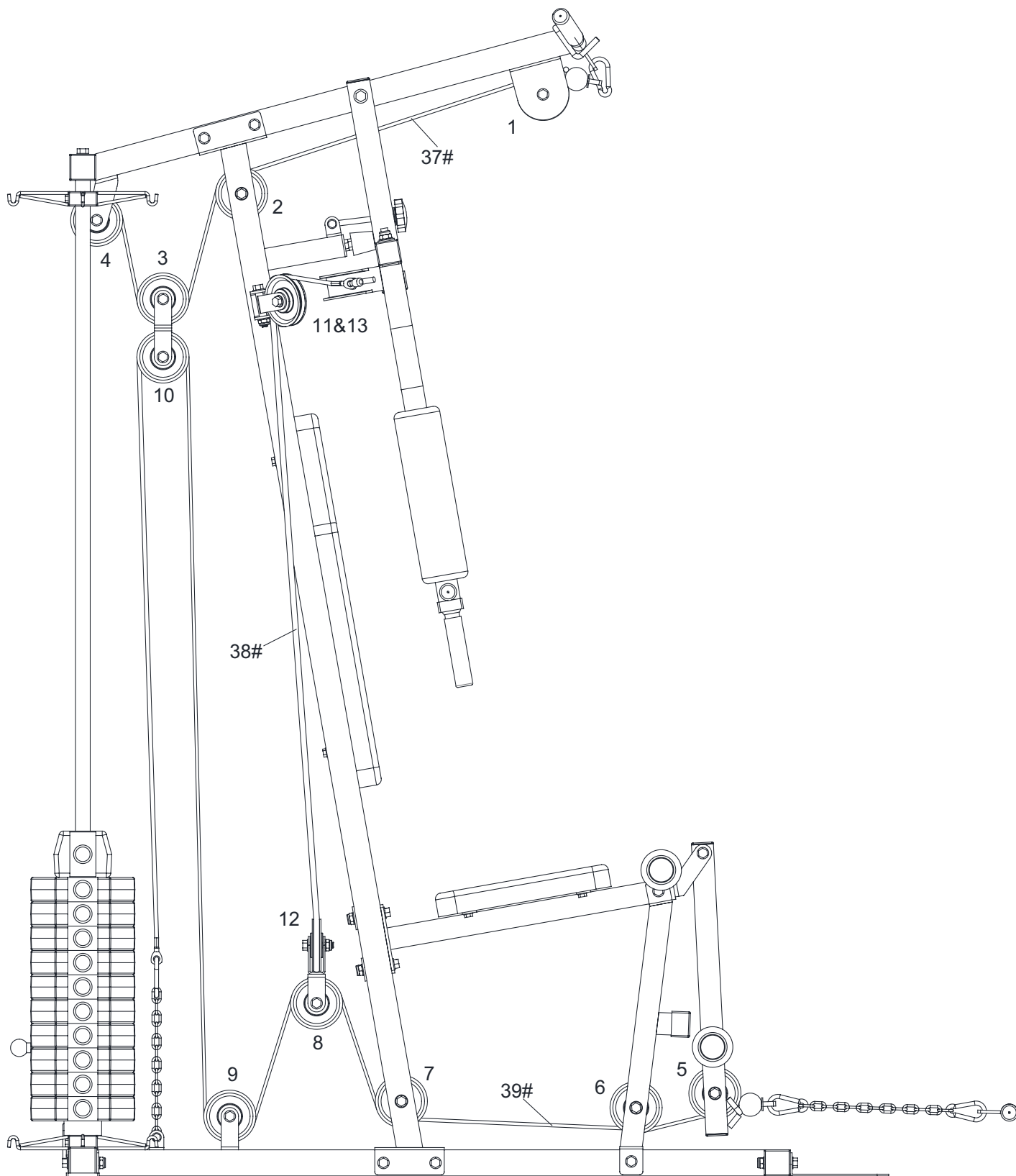


STEP 6

1. Insert two Foam Tubes (12) into the Leg Extension Frame (5) and Seat Frame (8).
2. Slide four Leg Foam Rollers (27) onto the Foam Tubes (12).
3. Attach the Backrest Cushion (26) to the Main Frame (3), using two M8X65mm Hex Bolts (68) and two M8 Washers (74).
4. Attach the Seat Cushion (25) to the Seat Frame (8), using four M8X15mm Hex Bolts (70) and four M8 Washers (74).







37



Upper Cable
(3750mm)

38



Butterfly Cable
(2720mm)

39



Lower Cable
(2330mm)

STEP 7

1. Start with the Upper Cable (37)

- a) With Upper Cable (37) in groove of Pulley (41), thread cable (37) through Upper Cross Beam (9).
- b) Install Pulley No.1 (41) to Upper Cross Beam (9), using one M10X45mm Hex Bolt (66), two M10 Washers (73) and one M10 Nylon Nut (76).
- c) Install Pulley No.2 (41) and two Pulley Bushings (long) (61) to Main Frame (3), using one M10X65mm Hex Bolt (64), two M10 Washers (73) and one M10 Nylon Nut (76).
- d) Install Pulley No.4 (41) to Upper Cross Beam (9), using one M10X45mm Hex Bolt (66), two M10 Washers (73) and one M10 Nylon Nut (76).
- e) Attach the bolt end of Upper Cable (37) to Selector Shaft (7) with Plastic Washer (44).
- f) Install Pulley No.3 (41) to Pulley U (20), using one M10X45mm Hex Bolt (66), two M10 Washers (73) and one M10 Nylon Nut (76).
- g) Attach the Lat Bar (14) to the other end of Upper Cable (37), using one Pothook (34).

2. Assemble the Butterfly Cable (38)

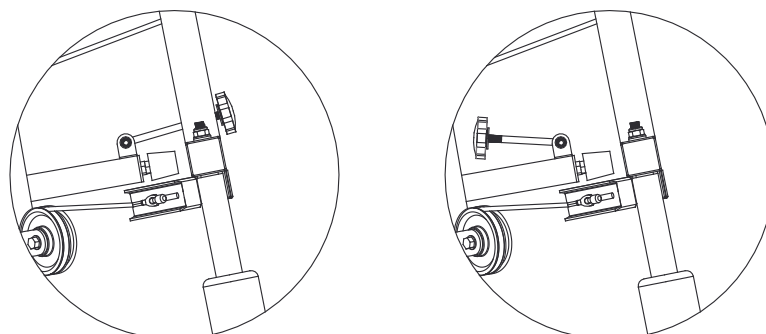
- a) Attach the both ends of Butterfly Cable (38) to Right & Left Press Arm (10 & 11), using two Plastic Covers (62).
- b) Install Pulley No.11&13 (41) to two Single Pulley Blocks (22), using two M10X45mm Hex Bolts (66), four M10 Washers (73) and two M10 Nylon Nuts (76).
- c) Install Pulley No.12 (41) to Reverse U (21), using one M10X45mm Hex Bolt (66), two M10 Washers (73) and one M10 Nylon Nut (76).

3. Assemble the Lower Cable (39)

- a) With the Lower Cable (39) in groove of Pulley (41) through Leg Extension Frame (5).
- b) Install Pulley No.5 (41) and two Pulley Bushings (short) (60) to Leg Extension Frame (5), using one M10X60mm Hex Bolt (65), two M10 Washers (73) and one M10 Nylon Nut (76).
- c) Install Pulley No.6 (41) and two Pulley Bushings (short) (60) to Front Support Frame (4), using one M10X60mm Hex Bolt (65), two M10 Washers (73) and one M10 Nylon Nut (76).
- d) Install Pulley No.7 (41) and two Pulley Bushings (long) (61) to Main Frame (3), using one M10X65mm Hex Bolt (64), two M10 Washers (73) and one M10 Nylon Nut (76).
- e) Install Pulley No.8 (41) to Reverse U (21), using one M10X45mm Hex Bolt (66), two M10 Washers (73) and one M10 Nylon Nut (76).
- f) Install Pulley No.9 (41) to Front Base Frame (1), using one M10X45mm Hex Bolt (66), two M10 Washers (73) and one M10 Nylon Nut (76).
- g) Install Pulley No.10 (41) to Pulley U (20), using one M10X45mm Hex Bolt (66), two M10 Washers (73) and one M10 Nylon Nut (76).
- h) Attach the end of Lower Cable (39) to Front Base Frame (1), using one Chain (40) and one Pothooks (34), one M8X40mm Hex Bolt (69), two M8 Washers (74) and one M8 Nylon Nut (77).
- i) Attach Low Bar (13) on Ankle or Ankle Strap (42) to the other end of Lower Cable (39), using one Chain (40) and two Pothooks (34).

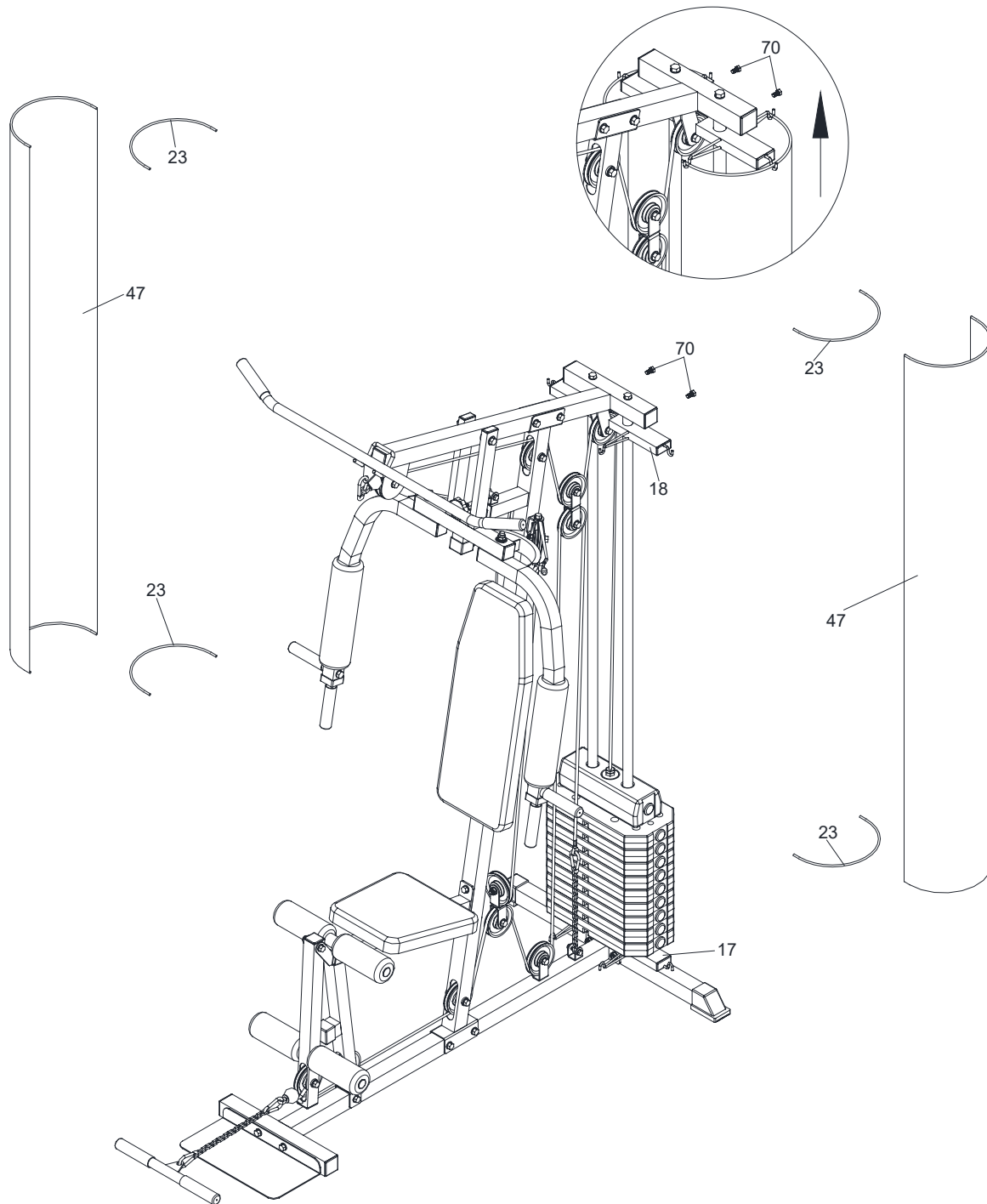


When the Butterfly Arm Push forward action, need release "Tobacco-pipe".



STEP 8

1. Remove two M8X15mm Hex Bolts (70) from Upper Fixed Tube (18).
2. Insert the U-type Shaft (23) into the both up and down ends of the Safety Cover (47).
3. Attach the Safety Cover (47) to the Lower Fixed Tube (17).
4. Attach the Safety Cover (47) to the Upper Fixed Tube (18), and rise the Upper Fixed Tube (18) to tighten the Safety Cover (47), and then M8X15mm Hex Bolts (70) to fix the Upper Fixed Tube (18) the Weight Guide Tube (6).



CARE AND STORAGE

After each exercise, ensure that the machine is wiped down and any sweat is removed from the unit. The machine can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents.

Store the machine in a clean and dry indoor environment away from children. Keep out of direct sunlight.

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to 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.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.



HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



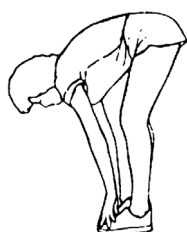
QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.



INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.



HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

The importer of this product assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty for wear parts is valid for 1 year and for frame 3 years, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame, chain, pulley wheels, cables and cushions.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Operating environment: The device is intended only for indoor home use.

Manufactured for:

Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND

DISCLAIMER:

The manufacturer and its associates and partners have no liability, obligation or responsibility to any persons or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.

For your own safety be sure that you read all the instructions in this manual before using this product!



Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.

