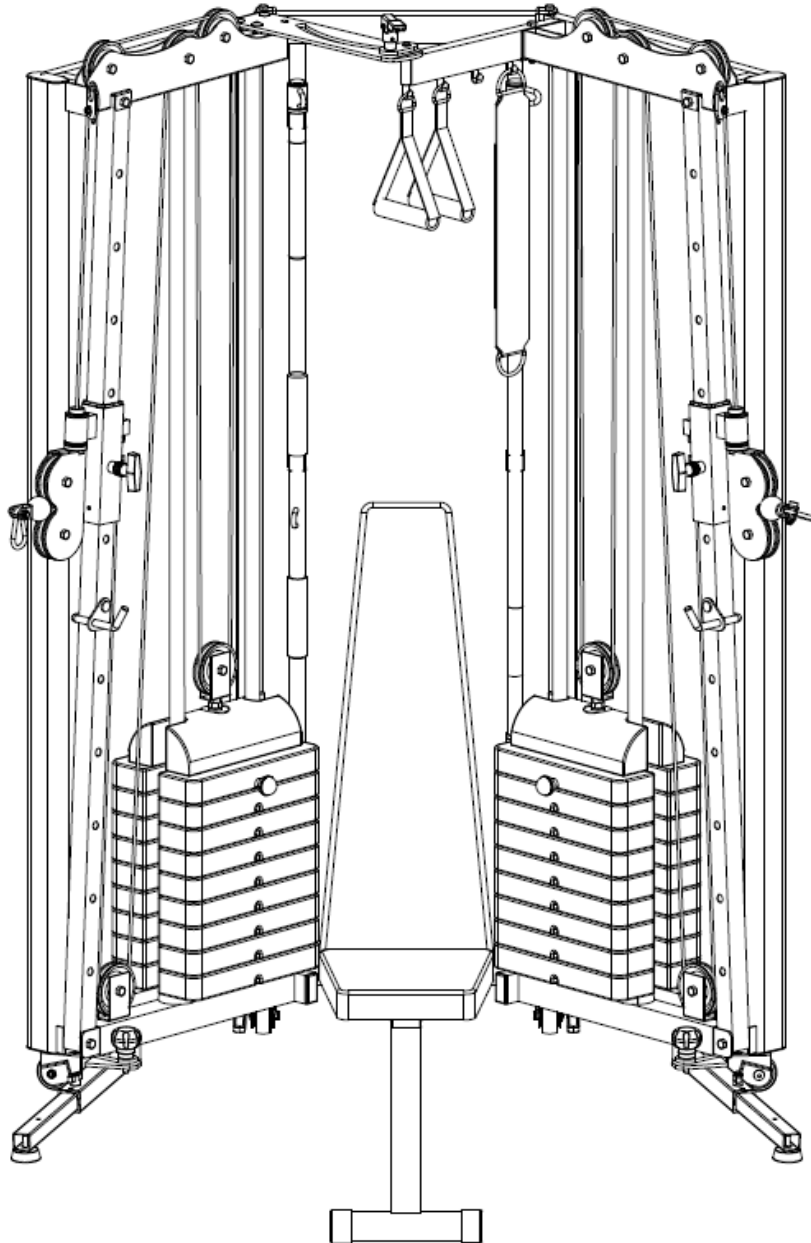


# PTX GYM—#

Folding Functional Trainer



**HealthCare International, Inc.**

PO Box 1509, Langley, WA 98260

[www.HciFitness.com](http://www.HciFitness.com) – [sales@hcifitness.com](mailto:sales@hcifitness.com)

P: (206) 739-5400 or (800) 398-9121



# **Table of Contents**

Safety Precautions .....	2
Pre-Assembly Note .....	3
Assembly Instructions .....	4
Storing the PTX Gym .....	11
Exercise Poster .....	13
Exploded Diagram .....	14
Parts List .....	15

## **Safety Precautions**

This product was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this table.

Also, please note the following **safety precautions**:

***Expand and Lock the Front and Rear Stabilizers on the PTX Gym before use. Check that the Stabilizers and Safety Latch are secure before each use of the PTX Gym***

1. Read all instructions carefully before using the table.
2. Consult your physician or other health care professional before beginning this or any type of exercise program.
3. Always wear proper exercise apparel when using the table.
4. If at any time you feel faint, light-headed, or dizzy while operating the table, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
5. Keep children and pets away from the table while in use.
6. Only one person can use the machine at a time.
7. Make sure your table is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use and retighten periodically.
8. Do not operate this or any exercise equipment if it is damaged.
9. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
10. Keep clothes, jewelry, or loose items away from moving parts.



### **Please note:**

**Maximum weight limit for the PTX Gym is 242 lbs (110 kg)**



### **WARNING**

**BEFORE BEGINNING ANY EXERCISE, PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PEOPLE WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE**

## USE OF THIS PRODUCT.

### **HCI Fitness PTX Gym– Folding Home Gym**

Thank you for your purchase of the **PTX Folding Home Gym** from HCI Fitness. We believe that you have purchased one of the highest quality and most affordable Folding Home Gym on the market today. Prior to using your new PTX Folding Home Gym please review the operator's manual and product tips to maximize your workout experience.

*HealthCare International is a leading supplier and distributor of innovative products for Health, Wellness, Fitness & Active Aging. Visit our website – **[www.HCIFitness.com](http://www.HCIFitness.com)** for information on all of our products.*

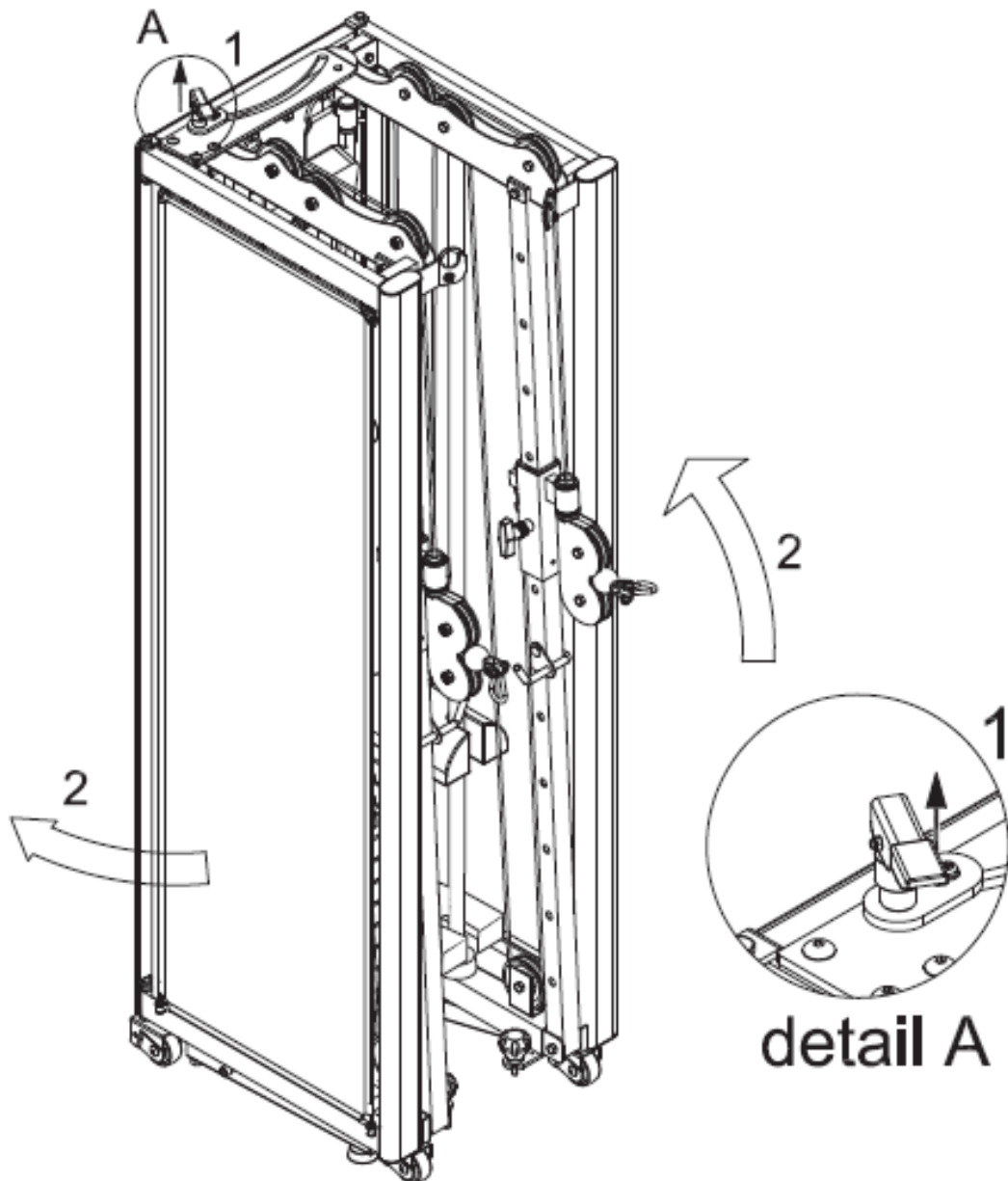
### **Pre-Assembly Note**

Before you start to assemble this unit, please note that some of the parts and screws needed for assembly are already in place on the unit.

If you need assistance during assembly or any parts are missing, please call us at 206-739-5400 or email us at [service@hcifitness.com](mailto:service@hcifitness.com).

## Assembly Instructions

*Be sure that the area is clear before assembling the PTX Gym.  
Only move the PTX Gym in the folded position with the top safety latch locked.*



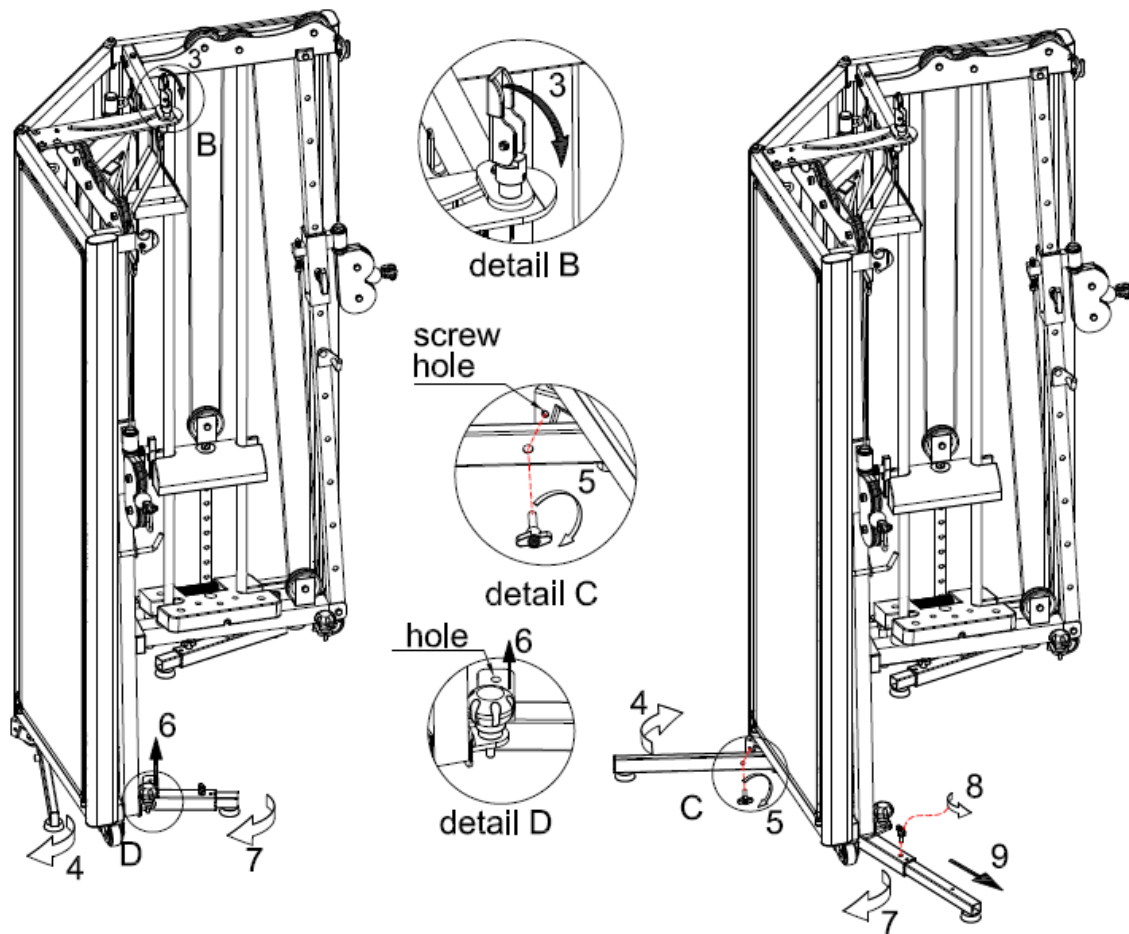
### **STEP 1:**

Locate pin #1, pull down on the handle lever to release the safety latch on the back of the Gym. (Reference item 1 and detail A)

**STEP 2:**

Slowly pull open each side of the PTX Gym until fully extended. (Reference item 2)

## Assembly Instructions



### **STEP 3:**

After opening the PTX Gym, secure the top locking lever and make sure it is locked in place. Make sure that the locking lever is secure before each use. (Reference item 3 and detail B)

### **STEP 4:**

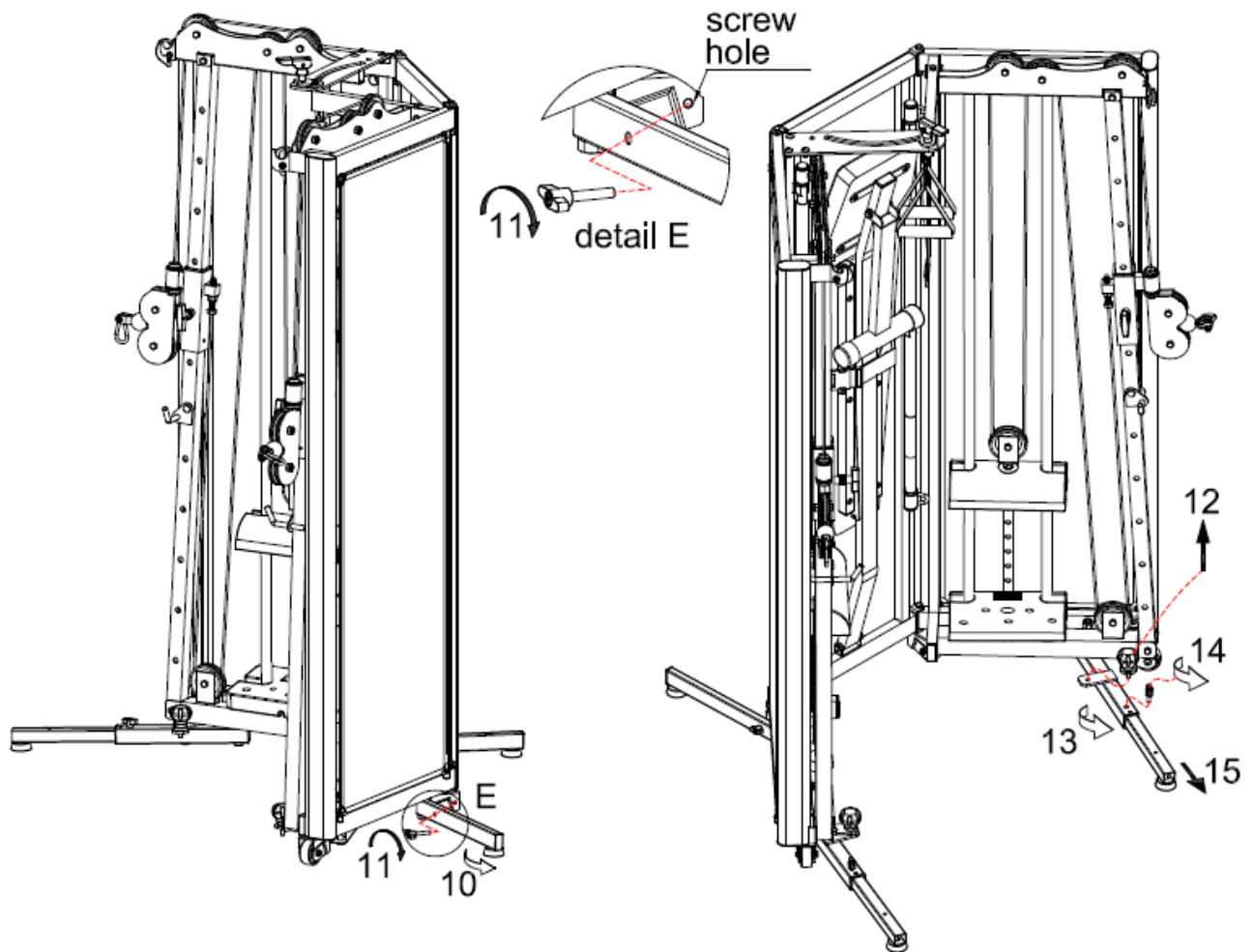
Pull out the left rear stabilizer (4) from beneath the weight stack. Aligned the holes and lock the pin in place. (5). (Reference item 4 and 5, and detail C)

### **STEP 5:**

Loosen the left front knob in detail D and pull out the front slide stabilizer. Align the hole with the knob and tighten the knob in place. (Reference item 7, 8 and 9)



## Assembly Instructions



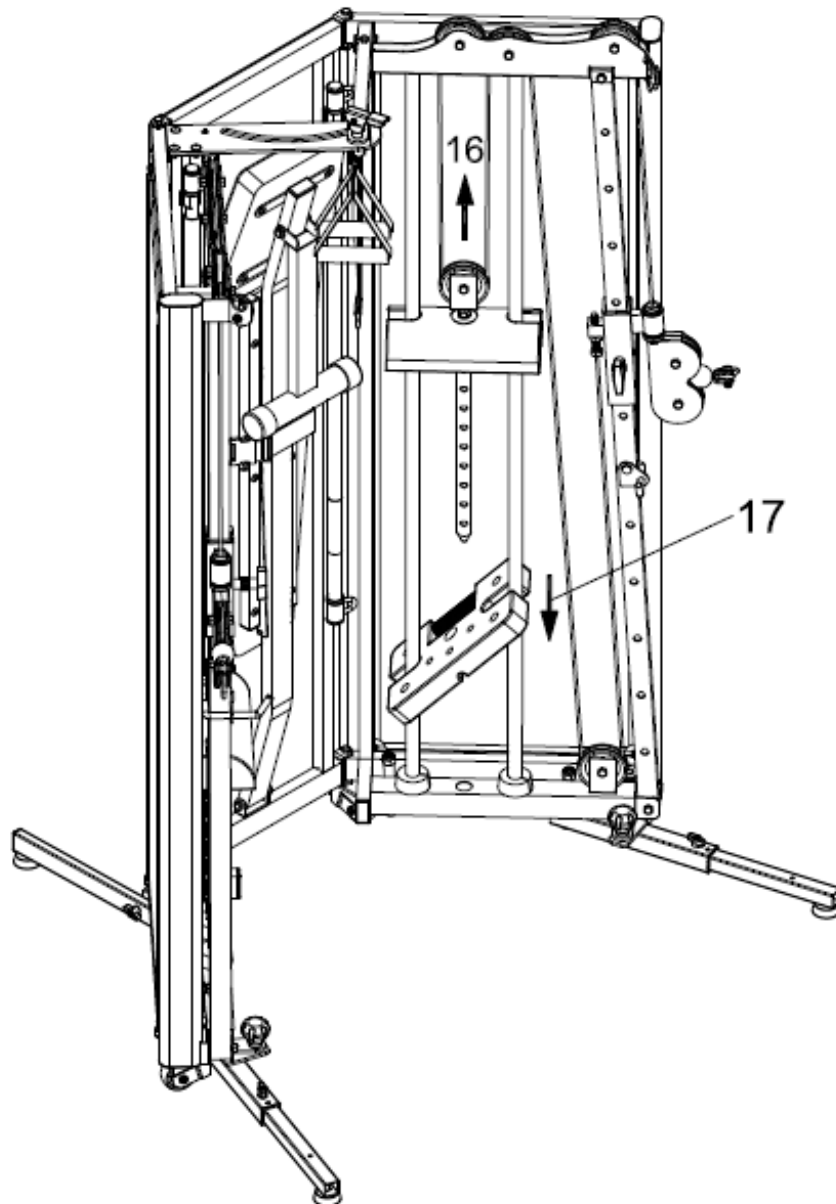
### **STEP 6:**

Pull out the right rear stabilizer (10) from beneath the weight stack. Aligned the holes and lock the pin in place. (11). (Reference item 10 and 11, and detail E)

### **STEP 7:**

Loosen the right front knob and pull out the front slide stabilizer. Align the hole with the knob and tighten the knob in place. (Reference item 12, 13, 15)

## Assembly Instructions



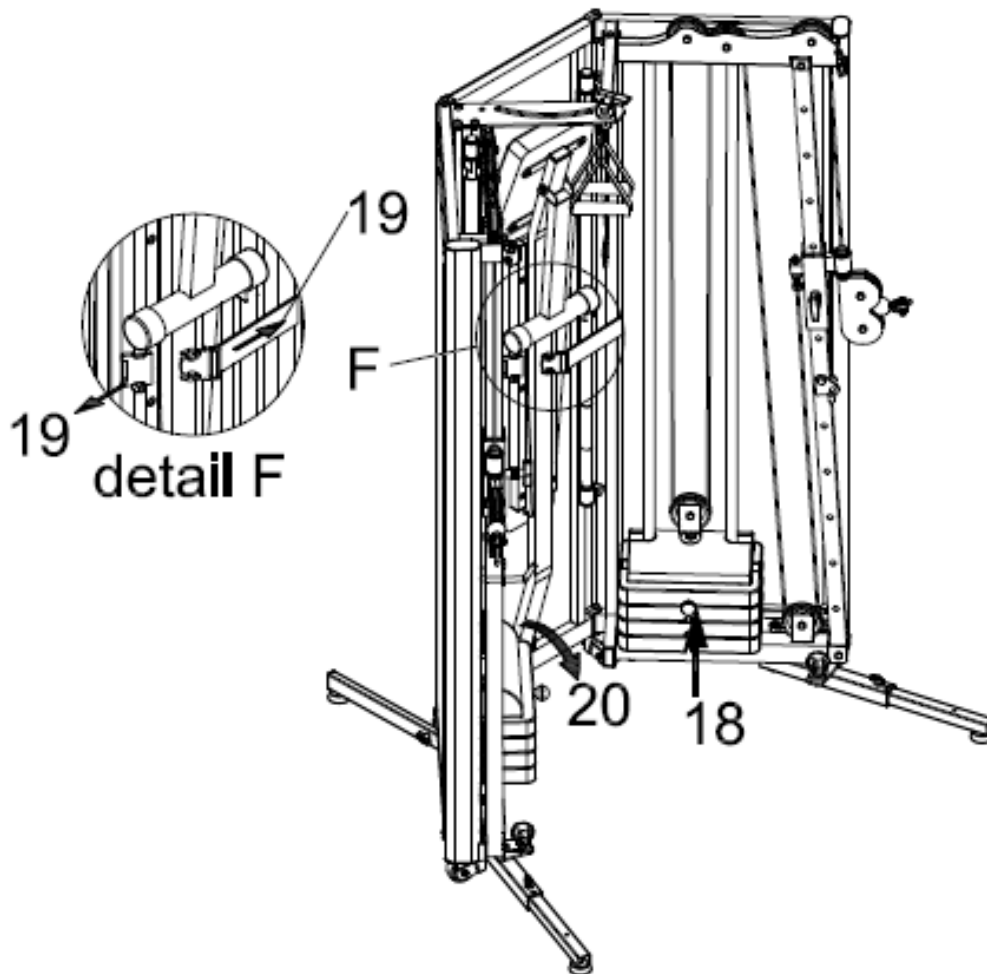
### **STEP 8:**

You can now add the removable weights to the weight stack. (Reference item 16 and 17)

***Please note that the weights can be removed and used as dumbbells for free weight training.***

***Each Weight is 10 lbs.***

## Assembly Instructions



### **STEP 9:**

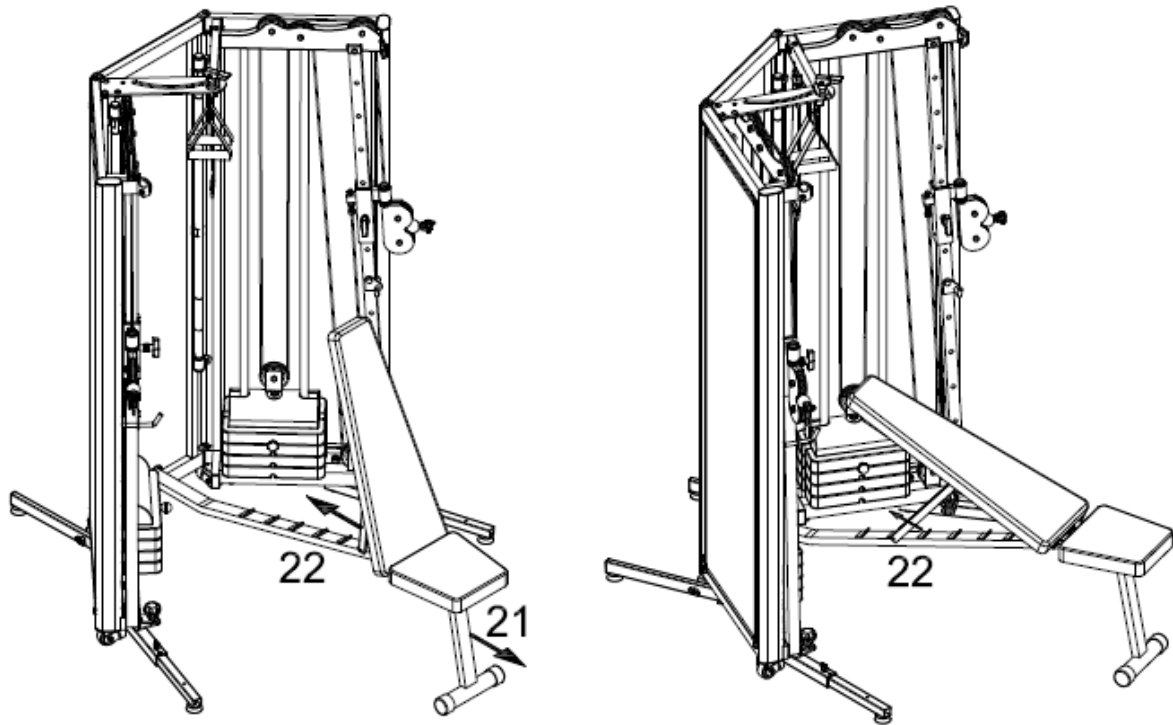
Insert the weight stack pin into the weight stack to select the desired weight.  
(Reference item 18)

***Caution: Be sure that the area is clear and to hold the bench before unlocking the bench from the PTX Gym***

### **STEP 10:**

To lower the bench, hold the bench and then unlock the belt and put down the bench support frame. (Reference item 19, item 20 and detail F)

## Assembly Instructions



### **STEP 11:**

To use the bench, unclip it from the stored position. As you bring it down, extend the front support tube. (Reference step 10 on page 8, item 21)

### **STEP 12:**

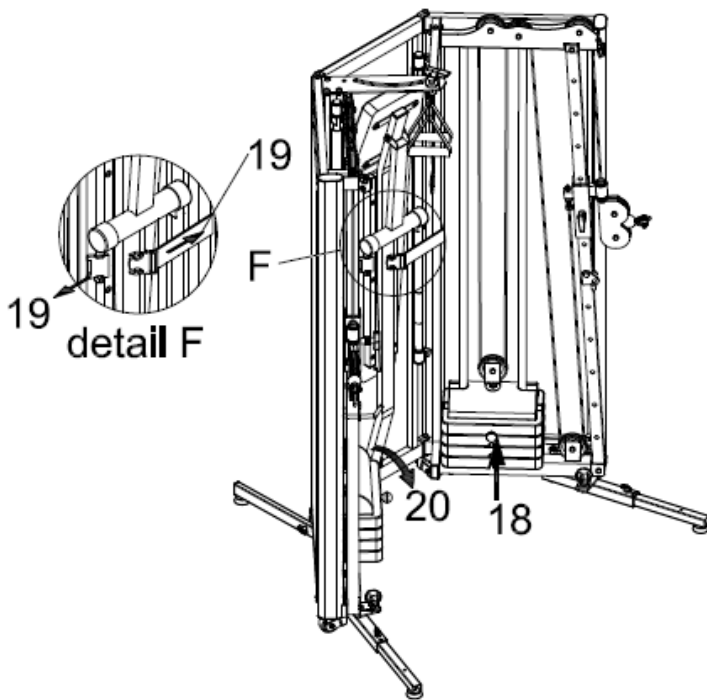
To adjust the bench, lift the seat back and secure the seat back support tube in the desired position. (Reference item 22)

**Congratulations your PTX Gym is now ready to use!**

***Be sure to check that all locking connections are made and secure before each use.***

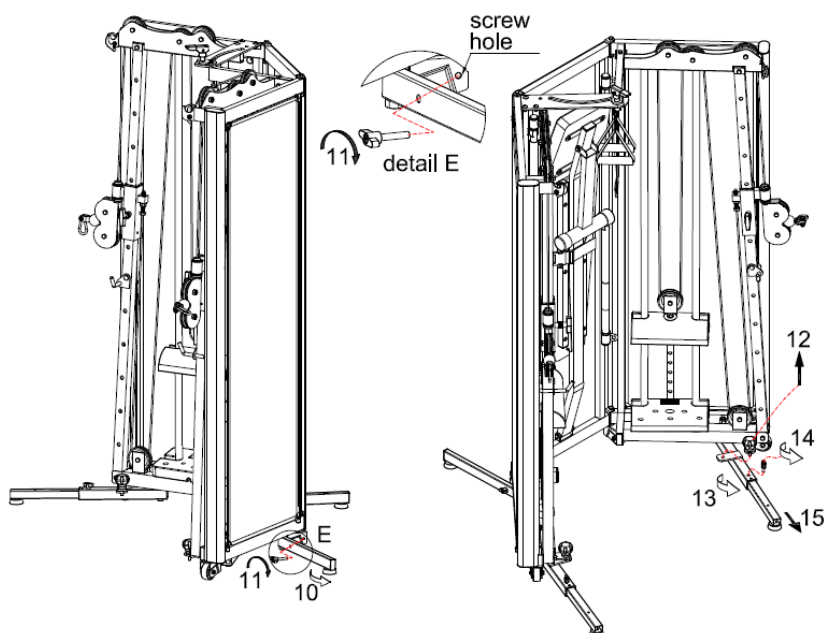
## Storing the PTX Gym

*Be sure that the area is clear before folding the PTX Gym into the stored position.*



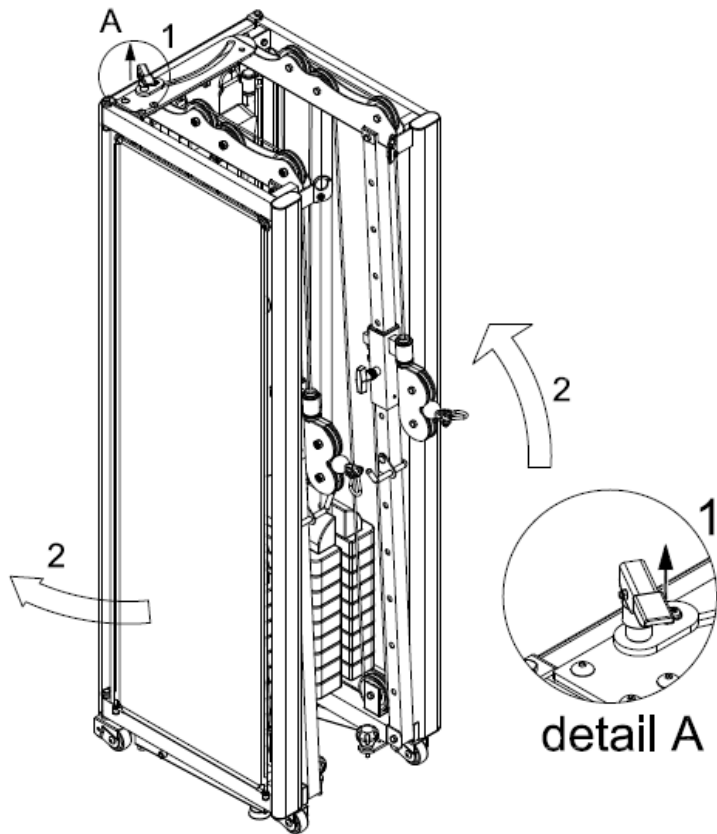
### **STEP 1:**

Fold the bench into the stored position. Lower the seat back into the flat position then lift the bench and lock the bench in place. (Reference detail F)



### **STEP 2:**

One side at a time release the locking pins for the leg stabilizers and move the leg stabilizers back into the stored position under the PTX Gym.



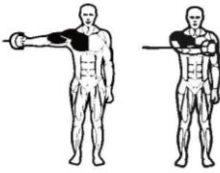
**STEP 3:**

Release the top safety lock and fold the PTX Gym together. Relock the top safety lock in detail A immediately after closing the PTX Gym.

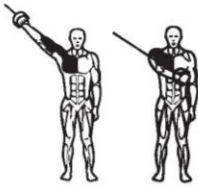
***Be sure that the top safety lock is in the locked position before moving the PTX Gym***

# Exercise Poster

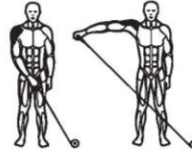
# PTXGYM



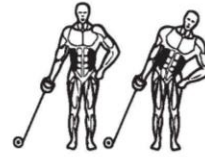
**LATERAL CROSSOVER**



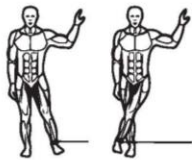
**PECTORAL CROSSOVER**



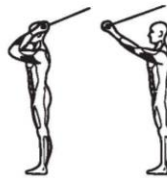
**DELTOID RAISE**



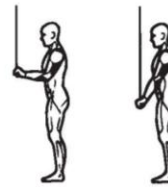
**SIDE BEND**



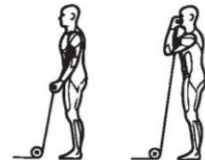
**STANDING INNER THIGH**



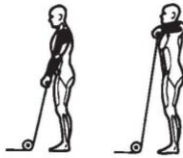
**STANDING TRICEPS EXTENSION**



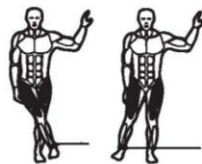
**TRICEPS PUSHDOWN**



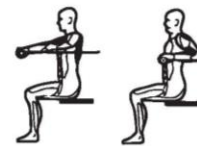
**STANDING ARM CURL**



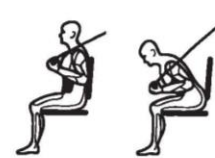
**UPRIGHT ROW**



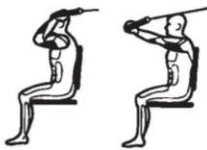
**STANDING OUTER THIGH**



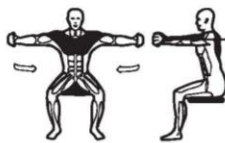
**SEATED MID-ROW**



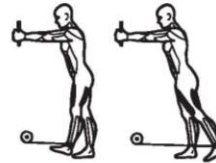
**AB CRUNCH**



**SEATED TRICEPS EXTENSION**



**PECTORAL CONTRACTOR**



**BACK KICK**



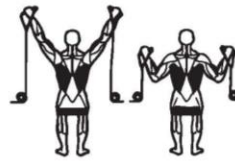
**SHOULDER PRESS**



**INCLINE CHEST PRESS**



**LAT PULLDOWN**

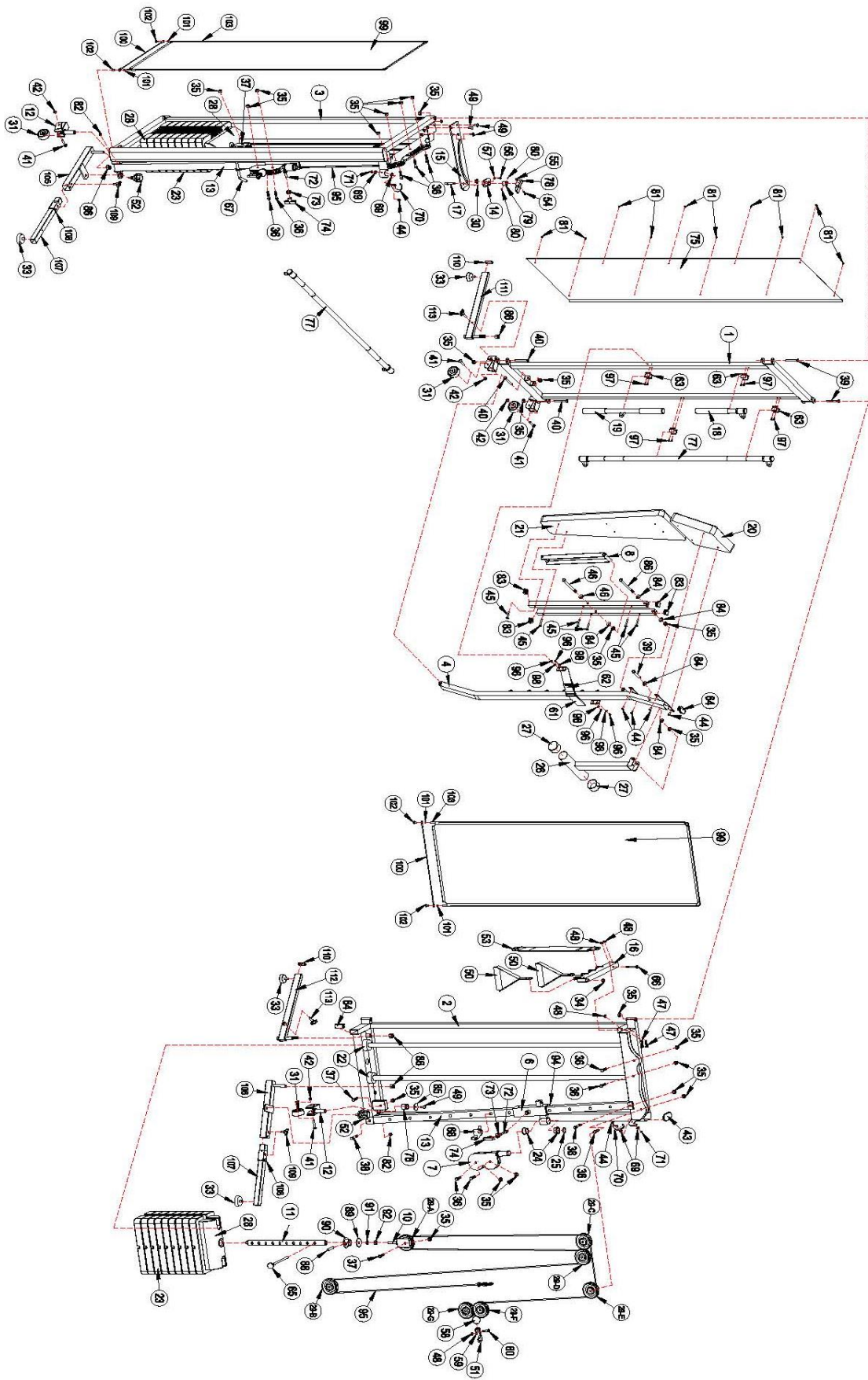


**SHOULDER PRESS**



**FLAT CHEST PRESS**

# Exploded Diagram





## Parts List

No	Description	Q'TY	No	Description	Q'TY
1	Middle Frame	1	31	63 Pulley	4
2	Right Frame (with Mesh)	1	33	Knob	4
3	Left Frame (with Mesh)	1	34	Plastic Wash 38X13	1
4	Bench Support Frame	1	35	3-8 teeth Nylon Nut	24
5	Height Adjustable Tube(Left)	1	36	Hexagonal bolt 38L	10
6	Height Adjustable Tube(Right)	1	37	Hexagonal bolt 35L	4
7	Wheel Moving Tube	2	38	Hexagonal bolt x55L	4
8	Bench Cushion Support Frame	1	39	Hexagonal bolt 70L	3
9	Bench Angle Adjust Support Frame	2	40	Hexagonal bolt x75L	3
10	Wheel U Screw	2	41	Inner hexagon bolt M8X45L	4
11	Weight Disc. Guide Pin	2	42	Nylon Nut M8	4
12	Moving wheel set	2	43	Oval End Cap 40X80	4
13	Guide Rod-1661L	2	44	Cross flat head screws M6X15L	6
14	Pull Pin Set	1	45	Cross flat head screws M6X40L	6
15	Hinge	1	46	Hexagonal bolt 140L	2
16	Folding Mounting Plate	1	47	Cross flat head screws M8X35L	2
17	Pull Pin	1	48	Nylon Nut M8	8
18	Short Handle Bar	1	49	Cross flat head screws M8X20L	5
19	Low Pull Set	1	50	Handle	2
20	Seat Cushion	1	51	Hook	2
21	Back Cushion	1	52	Knob	2
22	Cushion Stopper	4	53	Foot Pad	1
23	Weight Disc.	18	54	Screw M4X25	1
24	Copper Bushings	4	55	Nylon Nut M4	1
25	C Ring25.4	2	56	Screw M6X15L	1
26	Bench Support Frame	1	57	Wash 6X13X1T	1
27	Tube 50	2	58	Ball Cushion	2
28	Weight Disc. Top	2	59	Cable Stopper U	2
29A	90 Pulley	2	60	Screw for Cable	2
29B	90 Pulley	2	61	Male magic tap 50	1
29C	90 Pulley	2	62	Female magic tap 50	1
29D	90 Pulley	2	63	Insert part	4
29E	90 Pulley	2	64	End Cap 25X50	3
29F	90 Pulley	2	65	Ball head Pin	2
29G	90 Pulley	2	66	Hexagonal bolt M8x65L	1
30	Bushing	1	67	Hanger set-A	1

## **Parts List**

No	Description	Q'TY	No	Description	Q'TY
68	Hanger set-B	1	91	Spring Wash	2
69	Washer 6X16X1.5t	4	92	1-2 teeth Nuts	2
70	Safety Hook	2	94	Insert Part 50-38	2
71	Nylon Nut M6	2	95	Cable Set for GYM	2
72	Pull Pin	2	96	Tapping screw M4X15L	4
73	Nut	2	97	Phillips screw M4-15L	8
74	T-knob	2	98	Flat Wash 6X12X2T	2
75	Back Metal Cover	1	99	Mesh cover	4
76	Bushing-19.3x(25.35x31)x(25+4)-JCA001	4	100	Cable(470L)	2
77	Lat Pull Bar 3mm	2	101	Hexagonal screws M5	4
78	Cam Pull Pin with Dipping	1	102	Locking Nut	4
79	Flange fixed Nut	1	103	Cable (3695L)	2
80	Set Screw M4X5	2	105	Stabilizer Set-Left	1
81	Sink Nut M4X10L	10	106	Stabilizer Set-Right	1
82	3/8 teeth Nut	2	107	Slide Stabilizer	2
83	25.4 End Cap	4	108	Insert Part 30-38	2
84	Flat Wash 10x22x2T	6	109	Knob(20L)	2
85	Flat Wash 8x38x2T	2	110	End Cap 20x40	2
86	1-2 teeth Nylon Nut	4	111	Rear Stabilizer-Left	1
88	Bolt 10.5x56L	2	112	Rear Stabilizer-Right	1
89	Flat Wash 13x47.5x3T	2	113	Knob(40L)	2
90	Plastic Parts	2			

