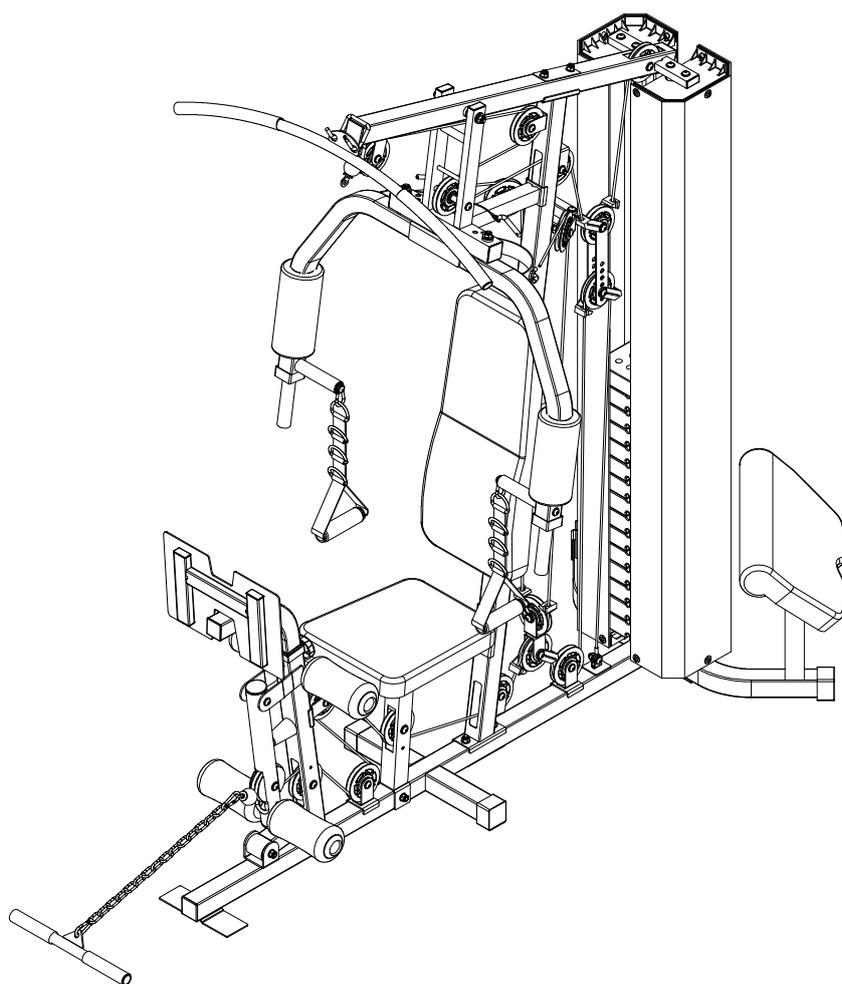


**SERIAL NO. JX3185-UK**

# V-fit



## **VIPER HOME GYM**

☎ **Call FREEPHONE 0800-3-101-202 for  
CUSTOMER SUPPORT (UK ONLY)**

If anything is wrong with your order, or if you have any questions or queries relating to the assembly or operation of this product, please get in touch by e-mail ([support@benysports.co.uk](mailto:support@benysports.co.uk)) or, by calling our FREEPHONE Number 0800-3-101-202 (for the UK)

or

+44 (0) 1535-637711 (outside the UK),  
so we have the opportunity to resolve any problems

# Contents

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*Protect the environment by not disposing of this product with household waste.*

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# General Information

## Quality

This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

## Questions

Should you encounter any difficulty with the assembly, operation or use of your exercise product or if you think that you may have parts missing, please **DO NOT** return it to your retailer but contact us first for help and advice, asking for **CUSTOMER SUPPORT**, by any of the following means.

Tel:- 0800 3 101 202 or  
+44 (0)1535 63711

Email:- [support@benysports.co.uk](mailto:support@benysports.co.uk)

Website:- [www.benysports.co.uk](http://www.benysports.co.uk)

**CUSTOMER SUPPORT** open from 9.00am to 4.30pm  
from Monday to Friday

Beny Sports Co. UK Ltd.  
Unit 8 Riparian Way,  
The Crossings Business Park,  
Cross Hills,  
West Yorkshire.  
BD20 7BW

## Queries

If you do have any queries, please ensure that you have the following information ready for our Customer Support Staff:

YOUR NAME  
YOUR ADDRESS  
YOUR PHONE NUMBER  
PRODUCT MAKE OR BRAND  
PRODUCT MODEL  
PRODUCT SERIAL NUMBER  
DATE OF PURCHASE  
NAME OF RETAILER  
PART NUMBERS REQUIRED

## Guarantee

This product is guaranteed for **DOMESTIC USE ONLY** for a period of **1 YEAR** from the original certified date of purchase. During this period we have the right to: -

- Provide parts for the purchaser to effect repair.
- Repair the product, returned to our warehouse (at the purchaser's cost).
- Replace the product if it is deemed (by us) to be economical to do so.

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse, defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product and in order for us to service any requirement for replacement parts or repairs, we will ask for proof of purchase. Failure to do so will result in any claim for replacement parts or repairs being refused.

This guarantee, (both given and implied) applies to the original purchaser only, is not transferable and will be invalidated if used outside of the above criteria.

This guarantee is valid only in the United Kingdom and Eire.

This does not affect your statutory rights as a consumer.

## Customer Support

Tel:- 0800 3 101 202 or  
+44 (0)1535 63711

Email:- [support@benysports.co.uk](mailto:support@benysports.co.uk)

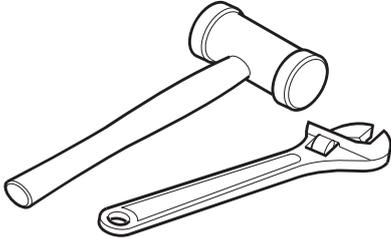
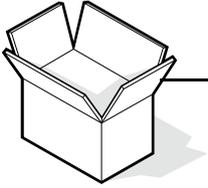
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Unit 8 Riparian Way,  
The Crossings Business Park,  
Cross Hills,  
West Yorkshire  
BD20 7BW

# Before you Start

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## **Tools**

*If required, most of our products are supplied with basic tools, which will enable you to successfully assemble your product. However, you may find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.*

## **Prepare the Work Area**

*It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.*

## **Work with a Friend**

*You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.*

## **Open the Carton.**

*Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.*

## **Unpack the Components**

*Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.*

*Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.*

*In any event, please do not return the product to your retailer before contacting us first.*



# Safety

*Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.*

- \* Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.*
- \* For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.*
- \* Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*
- \* Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- \* Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of damaging flooring or slipping in use.*
- \* Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*



## Warning

*If any part of your product becomes damaged, broken or badly worn do not use the equipment until the defective parts have been replaced*

## Storage and Use

*Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.*

## Weight Limit

*Your product is suitable for users weighing:  
264 LBS / 18.8 Stones / 120 KG or less.*

## Conformity

*This product conforms to:  
BS EN ISO 20957-1 and BS EN 957-2- HOME USE - Class (HC).  
It is NOT suitable for therapeutic purposes.*



# Exercising Information

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## **Beginning**

*How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you **MUST** start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.*

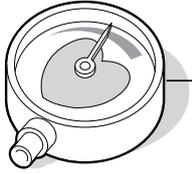
*Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.*

## **Aerobic Fitness**

*Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.*

*Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.*

*Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.*



# Exercising Information

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## Warm Up

A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

## Aerobic Exercise Session

Those new to exercise should exercise no more than every other day to start with.

As your fitness level increases, increase this to 2 in every 3 days.

When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.



### Note

Incorrect or excessive training may damage your health. Please read the exercise information first.

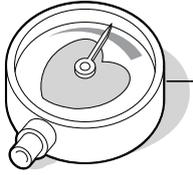
## Exercising in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.

## Target Zone

To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.



# Exercising Information

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## Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

### **Week 1 & 2**

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 4 minutes at 'A'  
Rest 1 minute  
Exercise 2 minutes at 'A'  
Exercise slowly 1 minute

---

### **Week 3 & 4**

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 5 minutes at 'A'  
Rest 1 minute  
Exercise 3 minutes at 'A'  
Exercise slowly 2 minutes

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### **Week 5 & 6**

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 6 minutes at 'A'  
Rest 1 minute  
Exercise 4 minutes at 'A'  
Exercise slowly 3 minutes

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### **Week 7 & 8**

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 5 minutes at 'A'  
Exercise 3 minutes at 'B'  
Exercise 2 minutes at 'A'  
Exercise slowly 1 minute  
Exercise 4 minutes at 'A'  
Exercise slowly 3 minutes

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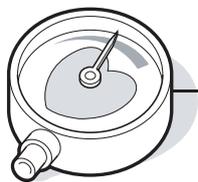
### **Week 9 & beyond**

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 5 minutes at 'A'  
Exercise 3 minutes at 'B'  
Exercise 2 minutes at 'A'  
Exercise slowly 1 minute  
Repeat entire cycle 2 or 3 times

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*This is only a suggested programme and may not suit every individual's needs.*



# Exercising Information

## Target Zone (con't)

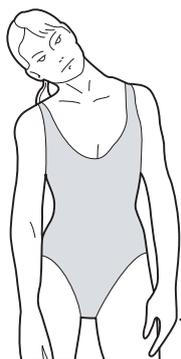
<b>USERS AGE</b>	<b>UNCONDITIONED TARGET ZONE - A</b>	<b>CONDITIONED TARGET ZONE - B</b>
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135

## Cool Down

*To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.*

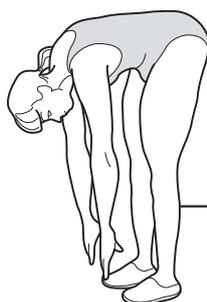
## Warm Up and Cool Down Exercises

*Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.*



### Head Roll

*Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.*

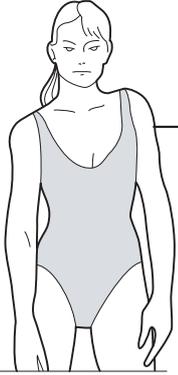


### Toe Touch

*Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.*

# Exercising Information

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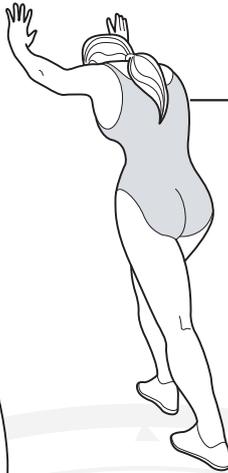


## Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder. Repeat 3 - 4 times.

## Calf / Achilles Stretch

Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg. Repeat 2 - 3 times.



## Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm. Repeat 3 - 4 times.

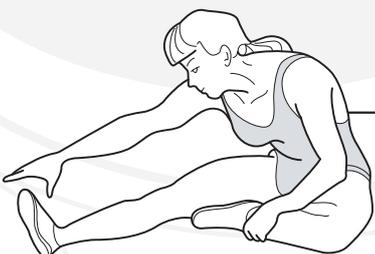
## Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.



## Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended. Repeat 2 - 3 times.





# Exercising Information

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## GETTING STARTED

*You will often read about terms referring to exercise that may be confusing. Below are some of the definitions that are regularly used.*

- Repetition - Commonly referred to as 'REPS'.  
This is a complete movement from start to finish.*
- Set - This is a complete number of consecutive repetitions.  
i.e. 1 set of 10 reps.*
- Speed of Motion - This is the relative speed of movement for each rep.  
Fast is considered as 1 rep / second. Medium is 1 rep / 2 seconds. Slow is 1 rep / 4 seconds.*
- Intensity - How 'hard' the exercise feels.  
Low Intensity = easy exercise. High Intensity = hard exercise.*

## TRAINING PROGRAMMES

*You will achieve fast results, gaining a trimmer, fitter body if you follow these general rules.*

- \* Exercise regularly - do not skip workouts as consistency is the first key to success.*
- \* Do not be afraid perspire a little. This is a sign that you are working your body hard enough to give fast results. You will find 'hard' exercise enjoyable.*
- \* Set yourself realistic goals. Do not be over-ambitious. Plan your workouts to concentrate on specific body areas. Start slowly and gradually increase the intensity, reps and sets.*

## BEGINNERS PROGRAMME

*This is a short suggested programme which we suggest you use for no more than 3 weeks, to be ideally performed every other day, but certainly not more than 4 times during the week.*

*This suggested routine is specifically for beginners or those who have not exercised for a considerable time. The programme is designed to provide general improvement in muscle tone, strength, flexibility and co-ordination.*

*As a beginner, you should start with no more than 2 sets of 6 exercises for the following reps on each of the Gym's training stations.*

**10 REPS - BENCH PRESS followed by LAT PULLDOWNS**  
**5 REPS - PEC DEC**  
**10 REPS - SHOULDER SHRUGS**  
**10 REPS - LEG EXTENSIONS followed by LEG CURLS**

- \* Your rest interval between each set of reps should be 1 minute.*
- \* You should perform 2 SETS of each exercise.*
- \* Your exercise pace should be SLOW to MEDIUM.*
- \* The resistance (weight) settings should be in positions 1 - 3.*
- \* This exercise programme should take you approximately 20 minutes.*
- \* Follow this exercise programme with 5 minutes of proper cool down exercises.*



# Exercising Information

## INTERMEDIATE EXERCISE

*This is a slightly longer programme which we suggest you use for the next 6 to 8 weeks, to be ideally performed not more than 5 times during the week.*

*This suggested routine is specifically for intermediate users or those that are familiar with exercise routines. The programme is designed to increase muscle definition, build strength, aid flexibility and co-ordination.*

*The increase in exercise intensity and speed of repetitions is key to your success at this stage. For intermediate exercise we recommend 3 - 4 sets of 8 exercises for the following reps on each of the Gym's training stations.*

**15 REPS - BENCH PRESS followed by LAT PULLDOWNS**

**10 REPS - PEC DEC**

**15 REPS - SHOULDER SHRUGS**

**15 REPS - LEG CURLS**

**15 REPS - LEG EXTENSIONS followed by ARM CURLS**

*\* Your rest interval between each set of reps should be 1 minute.*

*\* You should perform 3 - 4 SETS of each exercise.*

*\* Your exercise pace should be MEDIUM to FAST.*

*\* The resistance (weight) settings should be in positions 3 - 6.*

*\* This exercise programme should take you approximately 35 - 40 minutes.*

*\* Follow this exercise programme with 5 minutes of proper cool down exercises.*

## ADVANCED TRAINING

*This is an open-ended programme, ideally performed not more than 4 times during the week, preferably on alternate days.*

*This suggested routine is specifically for advanced users or those that are familiar with exercise routines. The programme is designed to increase muscle mass and build strength. The increase in exercise intensity, resistance levels and speed of repetitions is key to your on going success.*

*For advanced training we recommend 4 sets of the 9 exercises for the following reps on each of the Gym's training stations. However at this stage you may want to concentrate on specific body parts, so as you are now fully familiar with the workings of your Gym you should be able to structure an exercise programme to suit your own individual needs. Any specific advice should be sought through specialist books.*

**20 REPS - BENCH PRESS followed by LAT PULLDOWNS**

**15 REPS - PEC DEC**

**15 REPS - SHOULDER SHRUGS**

**15 REPS - LEG CURLS**

**20 REPS - LEG EXTENSIONS followed by ARM CURLS**

**15 REPS - FRONT KICKS**

**10 SLOW REPS - 2 SETS - SIT UPS**

*\* Your rest interval between each set of reps should be 1 minute.*

*\* You should perform 4 SETS of each exercise.*

*\* Your exercise pace should be MEDIUM to FAST.*

*\* The resistance (weight) settings should be in positions 4 - 8.*

*\* This exercise programme should take you approximately 40 - 50 minutes.*

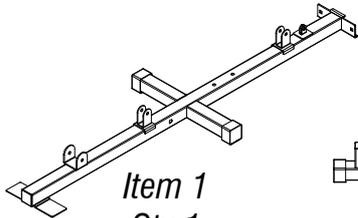
*\* Follow this exercise programme with 5 minutes of proper cool down exercises.*

# Assembly

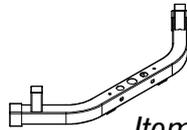


## MAJOR COMPONENT LIST

*These are all the accessories you will need to complete the assembly of your product.*



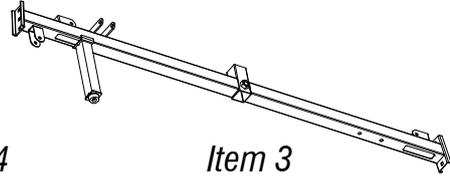
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*Qty 1*



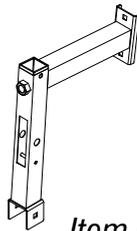
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*Item 3*  
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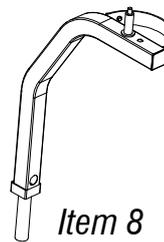
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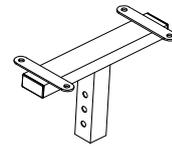
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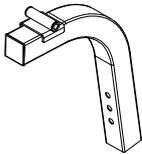
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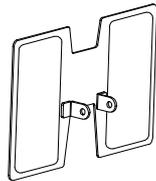
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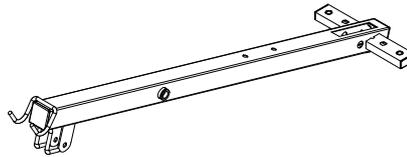
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*Item 10*  
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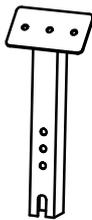
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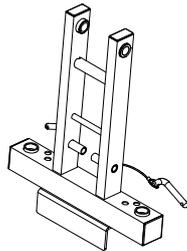
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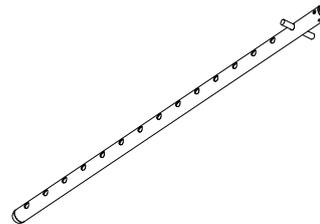
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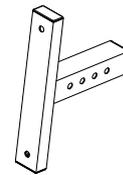
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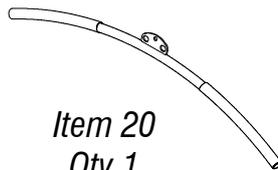
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*Item 18*  
*Qty 1*



*Item 19*  
*Qty 2*



*Item 20*  
*Qty 1*



*Item 21*  
*Qty 1*



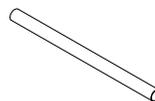
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*Item 23*  
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*Item 24*  
*Qty 3*



*Item 103*  
*Qty 2*



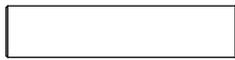
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# Assembly



## MAJOR COMPONENT LIST

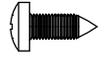
*These are all the accessories you will need to complete the assembly of your product.*



*Item 25  
Qty 1*



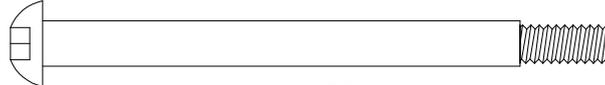
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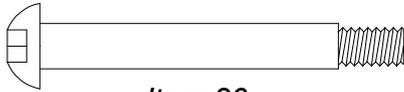
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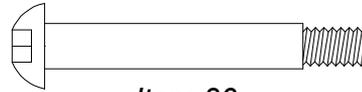
*Item 27  
Qty 9*



*Item 28  
Qty 1*



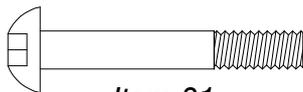
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Qty 1*



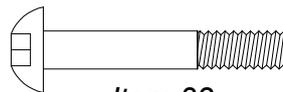
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Qty 1*



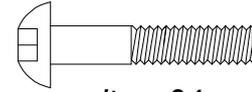
*Item 33  
Qty 4*



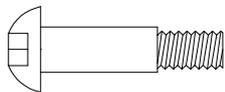
*Item 31  
Qty 5*



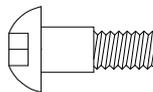
*Item 32  
Qty 1*



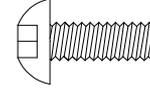
*Item 34  
Qty 2*



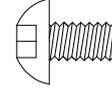
*Item 35  
Qty 9*



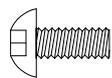
*Item 36  
Qty 3*



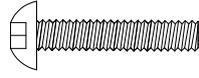
*Item 37  
Qty 8*



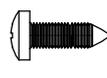
*Item 38  
Qty 2*



*Item 39  
Qty 6*



*Item 40  
Qty 2*



*Item 41  
Qty 12*



*Item 42  
Qty 12*



*Item 43  
Qty 8*



*Item 44  
Qty 63*



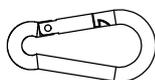
*Item 45  
Qty 4*



*Item 46  
Qty 36*



*Item 49  
Qty 2*



*Item 86  
Qty 5*



*Item 88  
Qty 1*

# Assembly



## MAJOR COMPONENT LIST

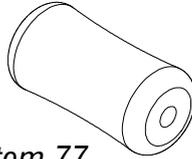
*These are all the accessories you will need to complete the assembly of your product.*



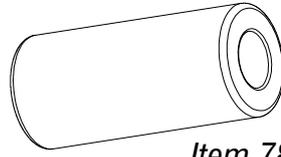
*Item 47*  
*Qty 4*



*Item 48*  
*Qty 2*



*Item 77*  
*Qty 4*



*Item 78*  
*Qty 2*



*Item 79*  
*Qty 18*



*Item 80*  
*Qty 8*



*Item 81*  
*Qty 8*



*Item 82*  
*Qty 2*



*Item 83*  
*Qty 2*



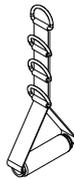
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*Qty 1*



*Item 85*  
*Qty 4*



*Item 86*  
*Qty 5*



*Item 87*  
*Qty 2*



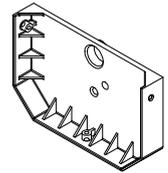
*Item 88*  
*Qty 1*



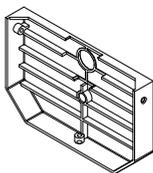
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*Qty 1*



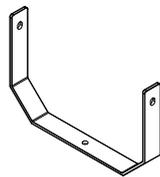
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*Qty 1*



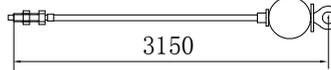
*Item 91*  
*Qty 2*



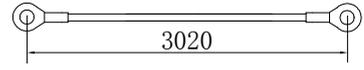
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*Qty 2*



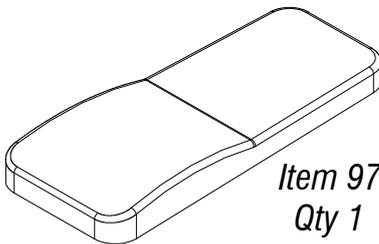
*Item 93*  
*Qty 4*



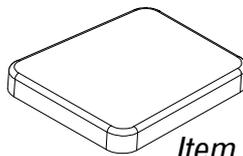
*Item 94*  
*Qty 1*



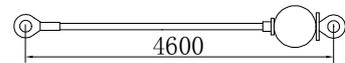
*Item 95*  
*Qty 1*



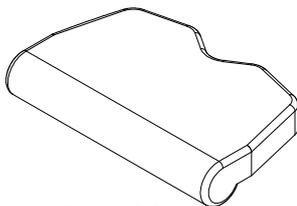
*Item 97*  
*Qty 1*



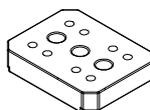
*Item 98*  
*Qty 1*



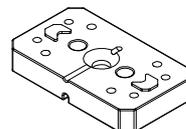
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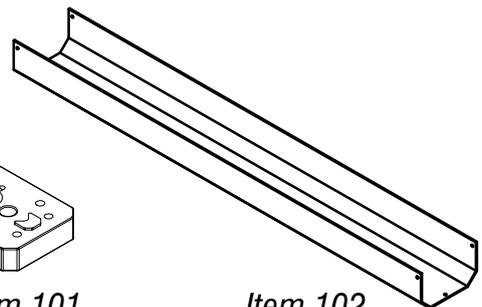
*Item 99*  
*Qty 1*



*Item 100*  
*Qty 1*



*Item 101*  
*Qty 14*



*Item 102*  
*Qty 2*

# Assembly



## **Beny Sports Co. UK Ltd**

Unit 8 Riparian Way,  
The Crossings Business Park,  
Cross Hills,  
West Yorkshire.  
BD20 7BW

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.

Tel:- 0800 3 101 202 or

+44 (0)1535 637711

E-mail:- support@benysports.co.uk

CUSTOMER SUPPORT open from 9.00am to 4.30pm from Monday to Friday

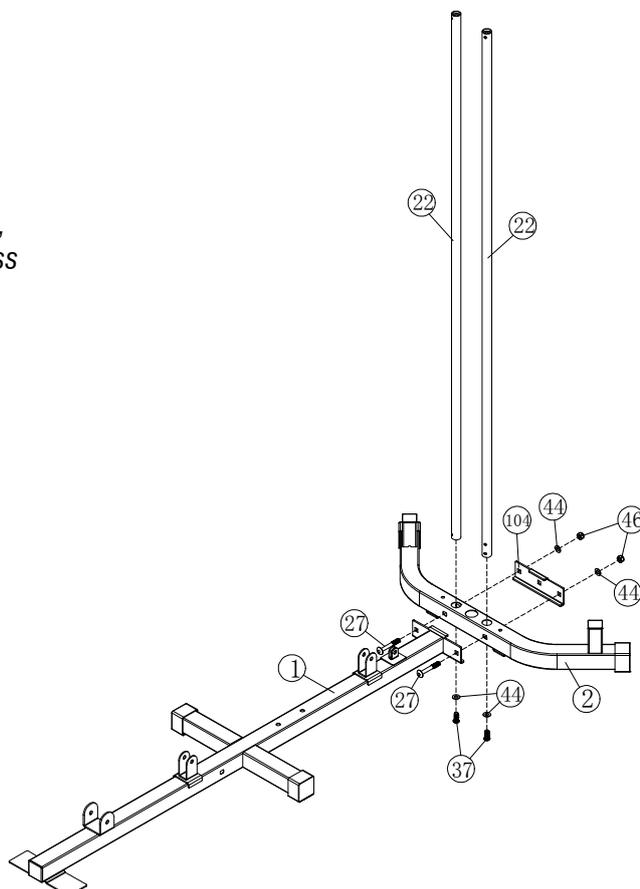
- 1.** Insert 2 pcs Weight Guide Rods (22) into the holes of the Rear Stabilizer (2) and secure them with 1 x M10 x 25mm Allen Bolt and 1 x Ø10mm Washer (44) for each Weight Guide Rod.

Attach the Base Frame (1) to the Rear Stabilizer (2) as the diagram shows and tighten them with 2pcs M10 x 70mm Carriage Bolts (27), 1 x Rear U-Shaped Bracket (104), 2 x Ø10mm Washers (44) and 2 x M10 Nylon Locknuts (46).



## **Note**

Do NOT FULLY TIGHTEN any Bolts, Nuts or Fittings at this stage unless specifically instructed to do so.



# Assembly

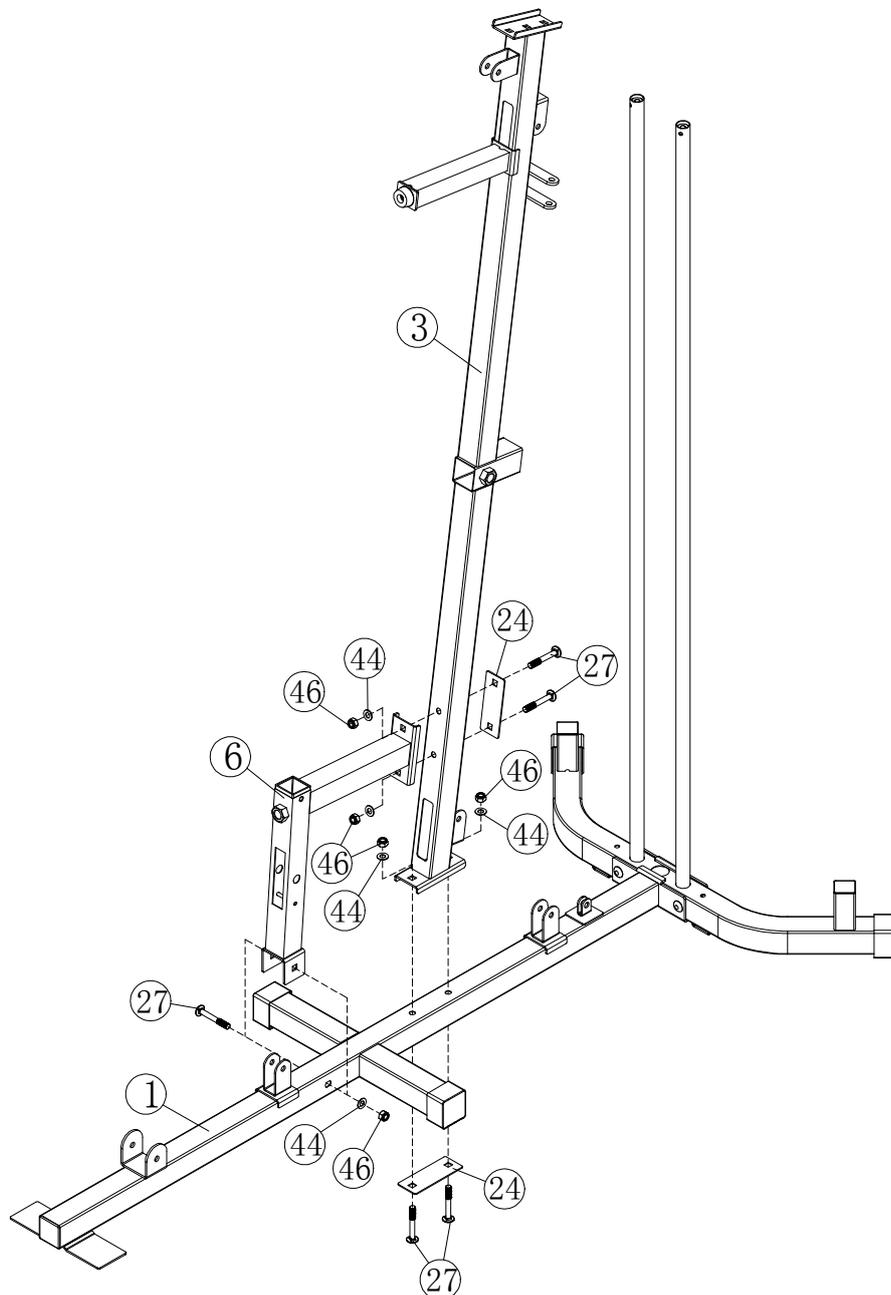


## 2.

A. Attach the Front Vertical Frame (3) onto the Base Frame (1), securing with 2 x M10 x 70mm Carriage Bolts (27), 1 x Bracket (24), 2 x Ø10mm Washers (44) and 2 x M10 Nylon Locknuts (46).

B. Attach the Seat Pad Support (6) to the Front Vertical Frame (3) and secure with 2 x M10 x 70mm Carriage Bolts (27), 1 x Bracket (24), 2 x Ø10mm Washers (44) and 2 x M10 Nylon Locknuts (46).

C. Secure the lower bracket to the Main Base Frame (1) with 1 x M10 x 70mm Carriage Bolt (27), 1 x Ø10mm Washer (44) and 1 x M10 Nylon Locknut (46).



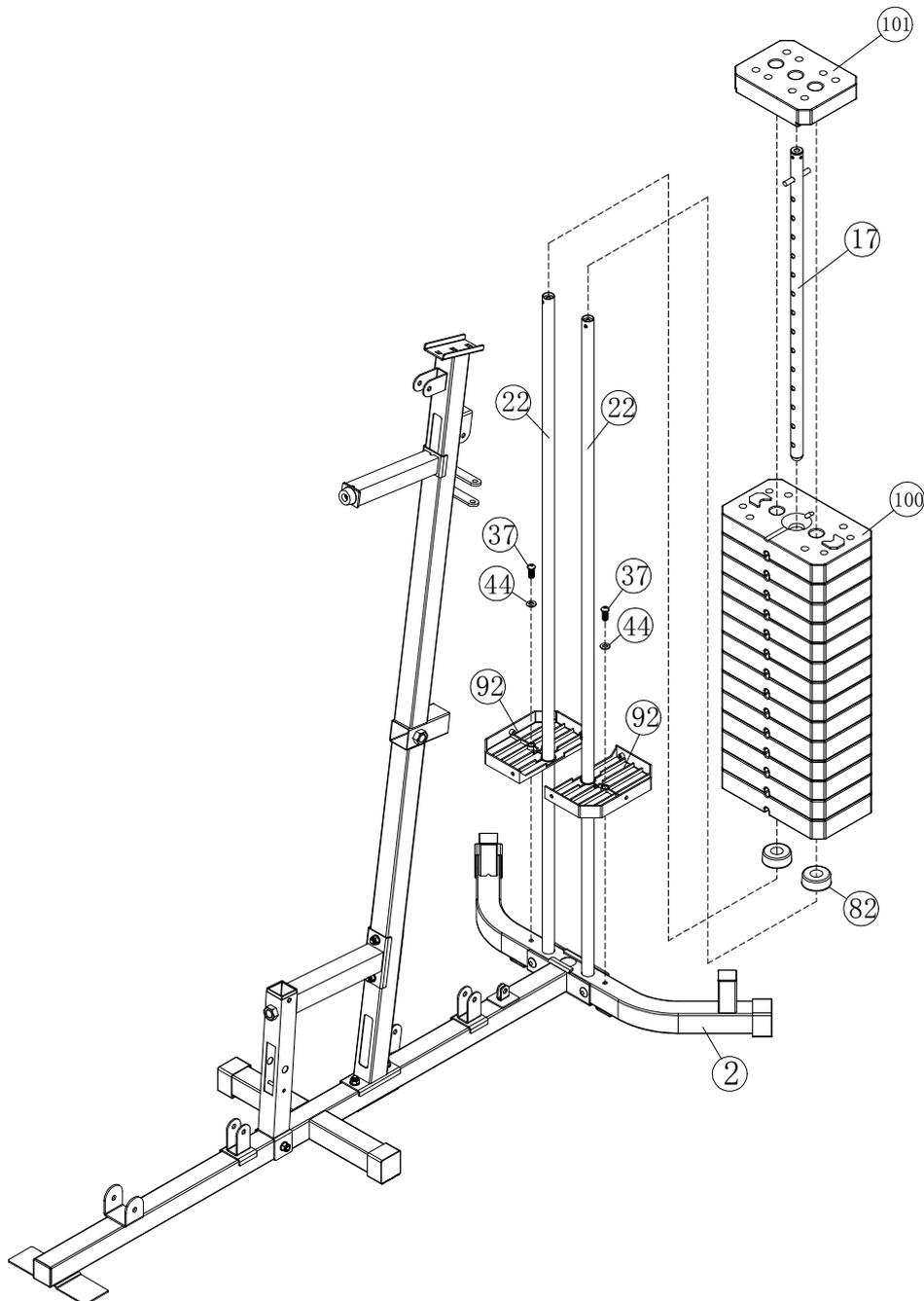
# Assembly



**3.** A. Slide the 2 x Weight Cover Bottom Brackets (92) onto the Weight Guide Rods (22) and secure them to the Rear Stabilizer (2) with 2 x M10 x 25mm Allen Bolts (37) and 2 x Ø10mm Washers (44).

B. Fit the 2 x Rubber Bumpers (82) to the Weight Guide Rods (22) then carefully slide the 14 Standard Weight Plates (100) down the Weight Guide Rods (22) with the Selector Holes facing down.

C. Insert the Selector Rod (17) into the top Standard Weight Plate and then fit the Crown Plate (101) on top.



# Assembly



**4.**

A. Slide the 2 x Weight Cover Upper Brackets (91) onto the weight Guide Rods (22) and then carefully lay the Upper Frame (12) onto the Front Vertical Frame (3), loosely securing with 2 x M10 x 70mm Carriage Bolts (27), 1 x Bracket (24), 2 x Ø10mm Washers (44) and 2 x M10 Nylon Locknuts (46).

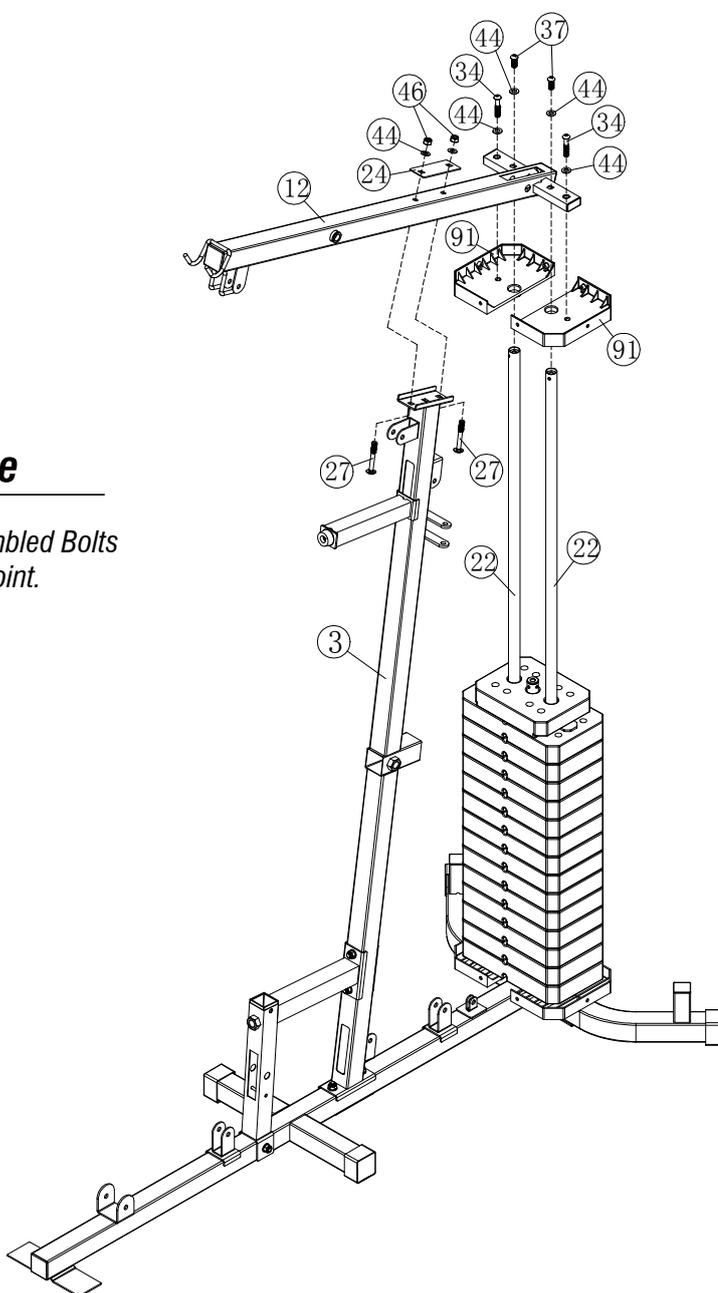
B. Secure the top fitting of the Weight Guide Rods (22) to the Upper Frame (12) with 2 x M10 x 25mm Allen Bolts (37) and 2 x Ø10mm Washers (44).

C. Attach the 2 x Weight Cover Upper Brackets (91) to the underside of the Upper Frame (12) using 2 x M10 x 50mm Allen Bolts (34) and 2 x Ø10mm Washers (44).



## Note

Tighten ALL assembled Bolts and Nuts at this point.

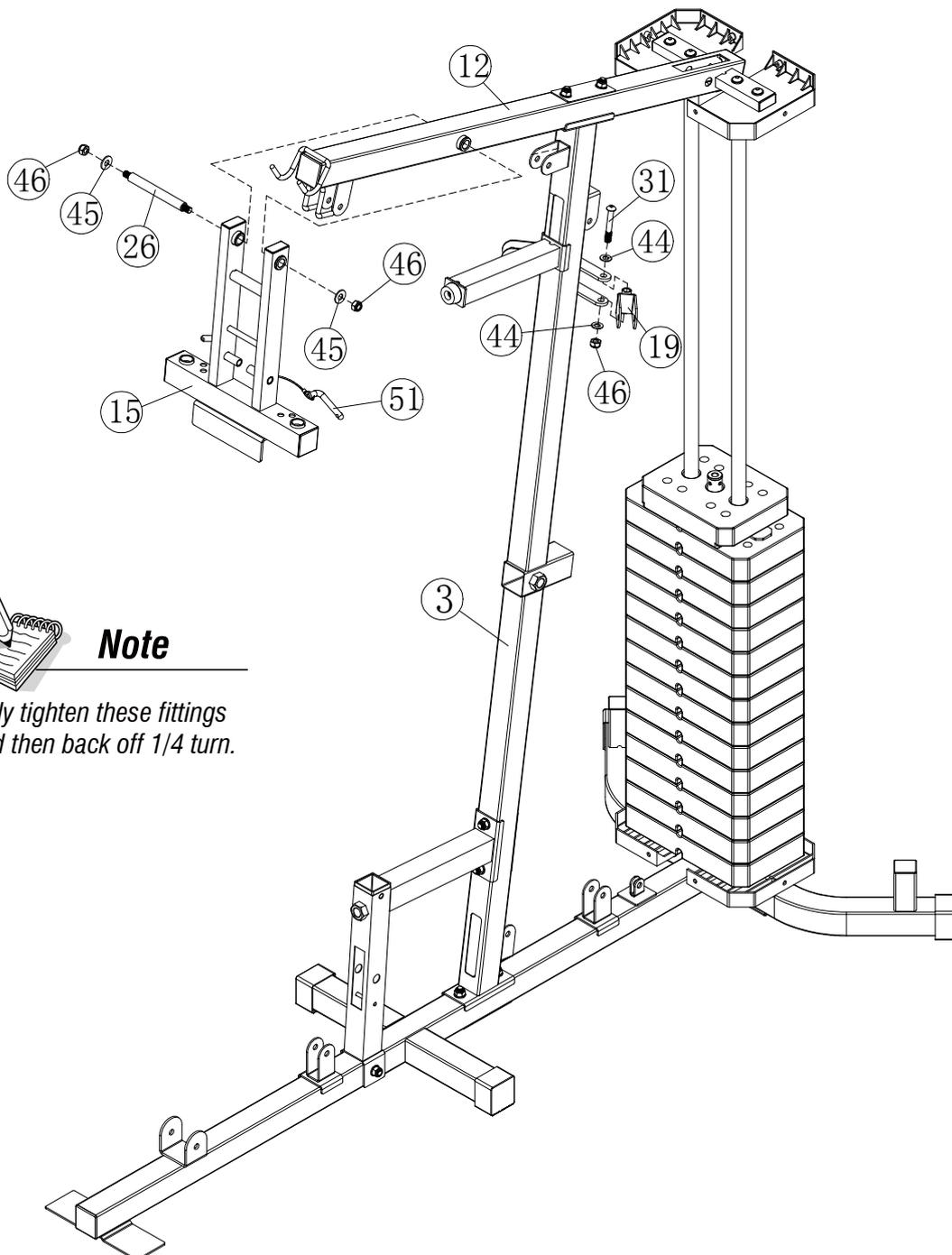


# Assembly



**5.** A. Attach the Front Press Frame (15) to the Upper Frame (12) using 1 x Axle (26), 2 x  $\text{\O}25\text{mm}$  x 10mm ID washers (45) and 2 x M10 Nylon Locknuts (46).

B. Attach the 2 x Swivel Pulley Brackets (19) to the welded supports on the rear of the Front Vertical Frame (3) using 1 x M10 x 65mm Allen Bolt (31), 2 x  $\text{\O}10\text{mm}$  Washers (44) and 1 x M10 Nylon Locknut (46) for each side.



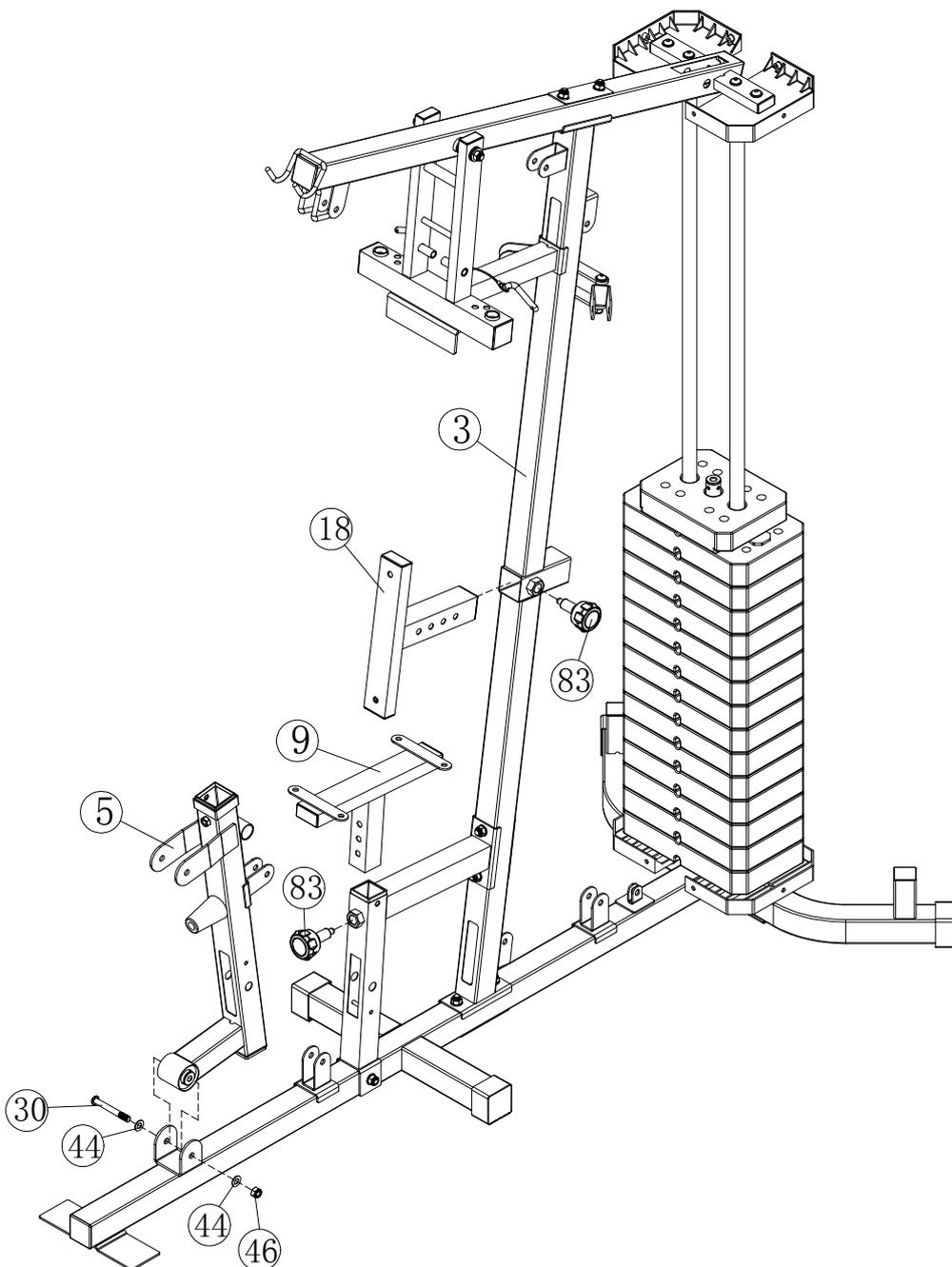
## Note

Fully tighten these fittings and then back off 1/4 turn.

# Assembly



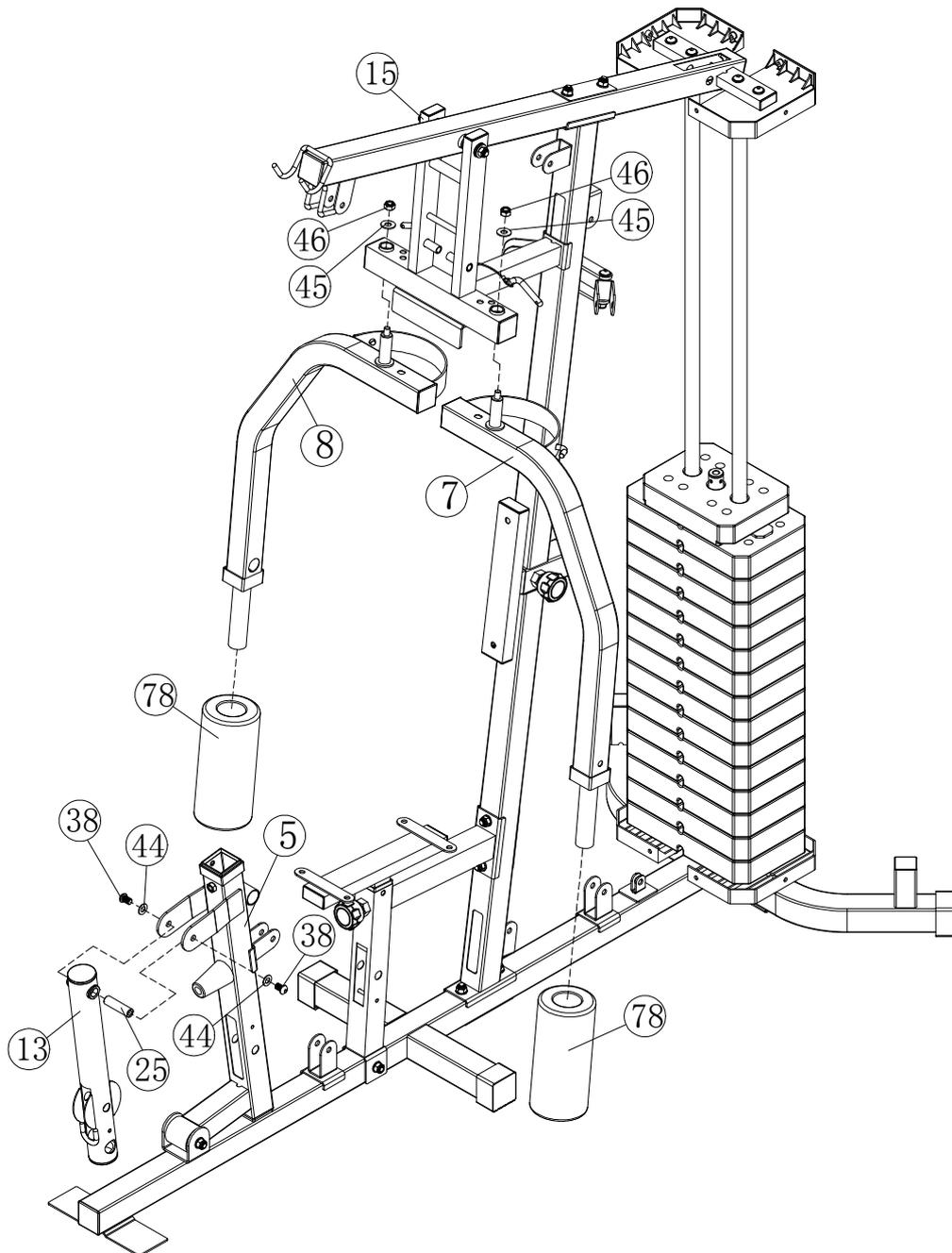
- 6.** A. Attach the Front Support Frame (5) onto the Main Base Frame (1) securing with 1 x M10 x 80mm Carriage Bolt (3), 2 x Ø10mm Washers (44) and 1 x M10 Nylon Locknut (46).
- B. Insert the Seat Pad Adjustment Support (9) into the top of the Seat Pad Support (6) and set at the desired height using the Twist-Lock Knob (83).
- C. Insert the Backrest Pad Support (18) into the free hole in the Front Vertical Frame (3) and set at the desired position using the remaining Twist-Lock Knob (83).



# Assembly



- 7.** A. Attach the Left Butterfly Frame (7) to the Front Press Frame (15) using 1 x  $\text{\O}25\text{mm}$  x 10mm ID Washer (45) and 1 x M10 Nylon Locknut (46). Repeat the operation for the Right Butterfly Frame (8).
- B. Push a  $\text{\O}50\text{mm}$  x 220mm Butterfly Foam Roller onto each arm.
- C. Attach the Leg Developer (13) to the Front Support Frame (5) using the 1 x  $\text{\O}16\text{mm}$  x M10 Swivel Axle (25), 2 x M10 x 16mm Allen Bolts (38) and 2 x  $\text{\O}10\text{mm}$  Washers (44).

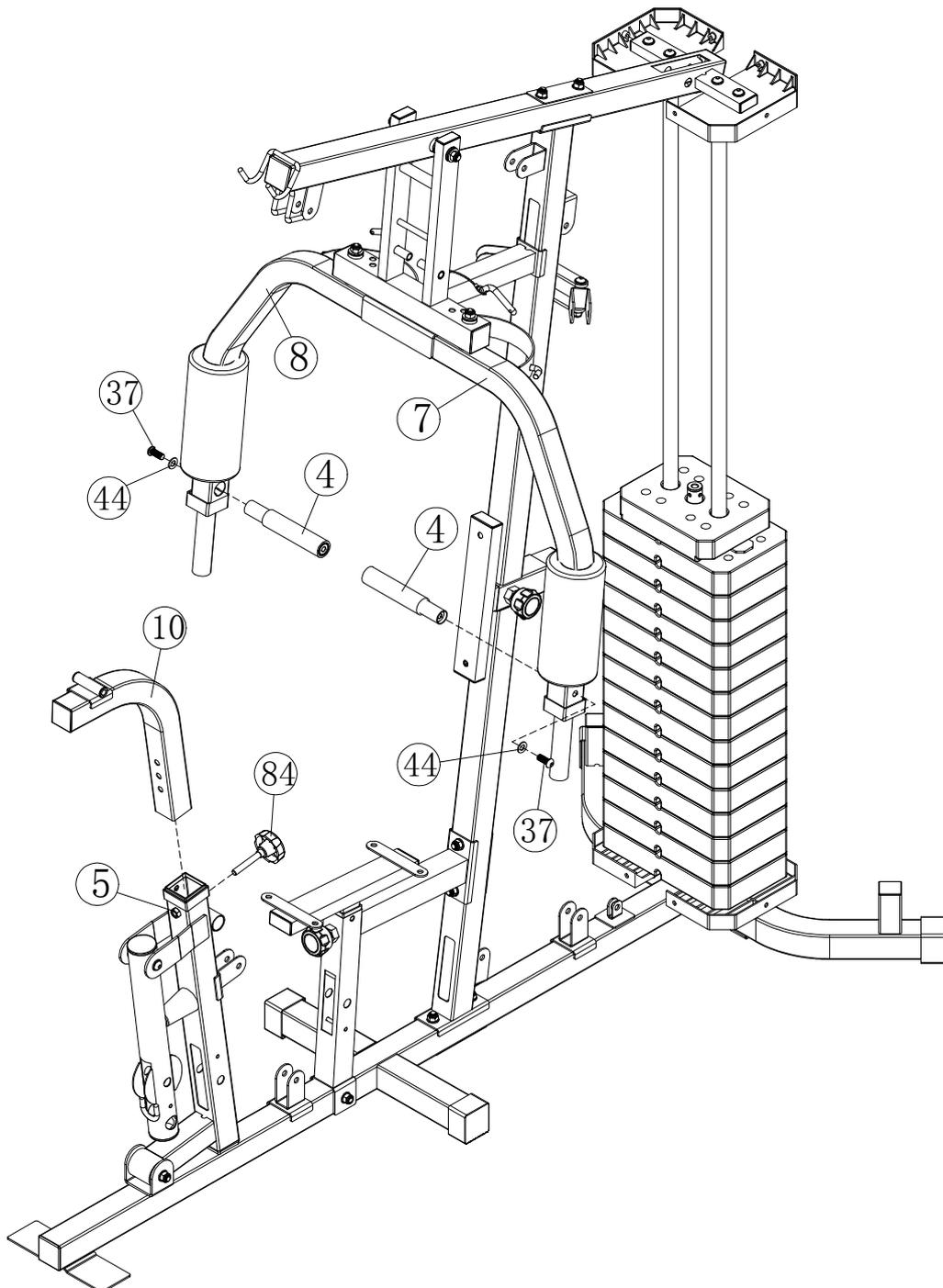


# Assembly



- 8.** A. Fit the 2 x Press Handles (4) into the Butterfly Frame Arms (7 & 8), securing using 1 x M10 x 25mm Allen Bolt and 1 x Ø10mm Washer (44) for each Handle.

B. Insert the Leg Press Frame (10) into the open hole in the top of the Front Support Frame (5) and secure at the desired height using the M10 x 65mm Lock Knob (84).



# Assembly

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**9.** *To fit all Cables to your Viper Home Gym please follow the text in conjunction with the illustrations on Pages 24 - 28*

*A. Feed the threaded bolt end of the 3150mm long Upper Cable (94) through the opening in the front of the Upper Frame (12). Position 1 x Pulley (79) below the Cable and secure to the Upper Frame (12) using 1 x M10 x 45mm Allen Bolt (35), 2 x Ø10mm Washers (44) and 1 x M10 Nylon Locknut (46).*

*B. Draw the Cable backwards placing a 2nd Pulley beneath and secure to the next welded bracket using the same components as in A above.*

*C. Route the Cable around the 2nd Pulley towards the front of the Frame and fit the 3rd Pulley using 1 x M10 x 140mm Allen Bolt (28), 2 x Ø10mm Washers (44) and 1 x M10 Nylon Locknut (46).*

*D. Continue routing the Cable as per the illustration and fit the 4th Pulley to the Frame using the same components as in A above.*

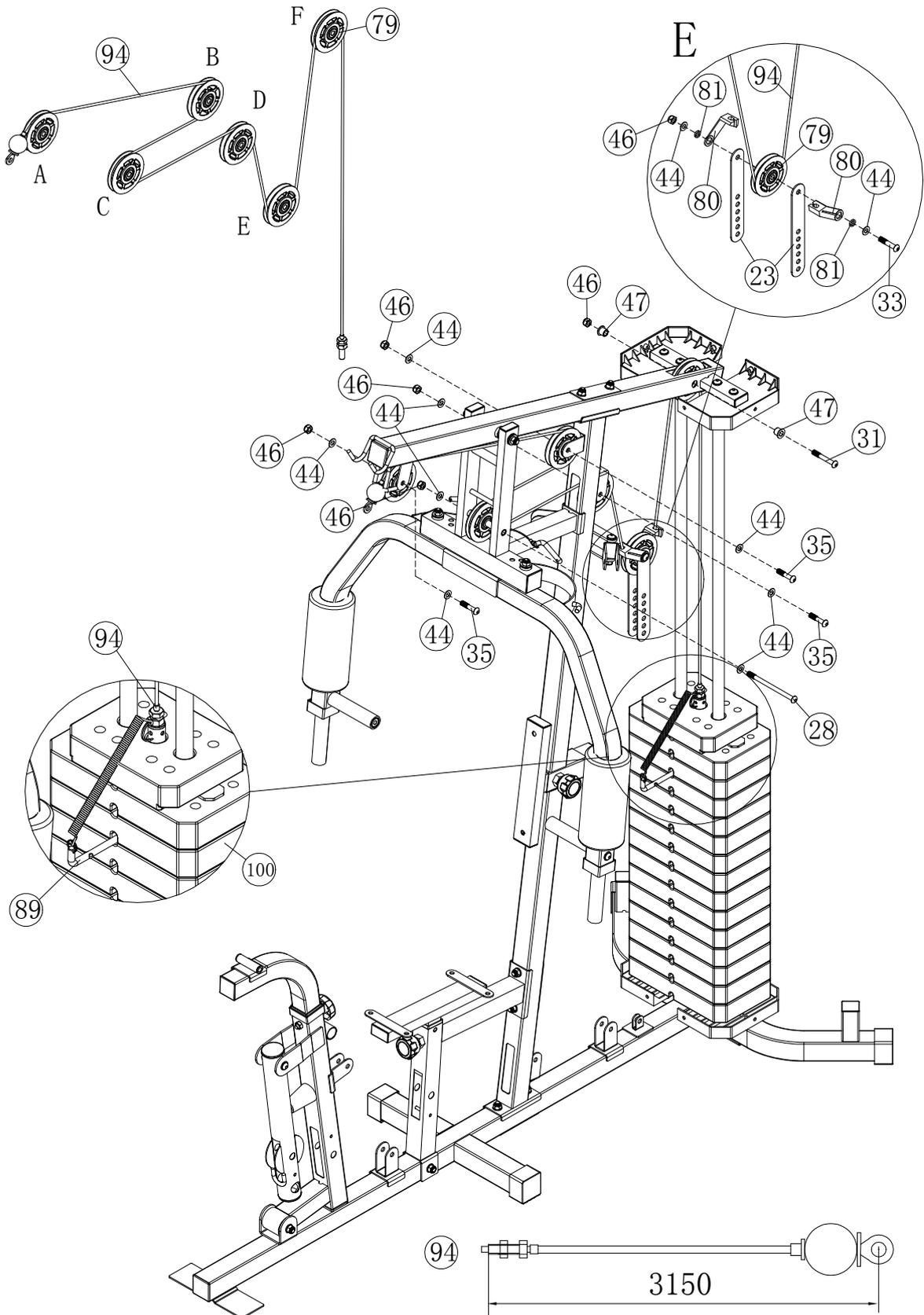
*E. Guide the Cable around and down, securing the 5th Pulley into the Double Floating Pulley Bracket (23) with 1 x M10 x 50mm Allen Bolt (33), 2 x Ø10mm Washers (44), 2 x Bushing (81), 2 x Cable Retainers (80) and 1 x M10 Nylon Locknut (46).*

*F. Guide the Cable round the 5th Pulley and up towards the top of the Upper Frame and fit the 6th Pulley to the Frame using 1 x M10 x 65mm Allen Bolt (31), 2 x Ø22 x 13mm Bushing (47) and 1 x M10 Nylon Locknut (46).*

*G. Pull the Cable down towards the Selector Rod (17) and screw the threaded bolt on the end of this Cable fully into the top of the Selector Rod.*

*Use the L-shaped Weight Plate Selector Pin (89) to adjust to your desired exercise weight.*

# Assembly



# Assembly

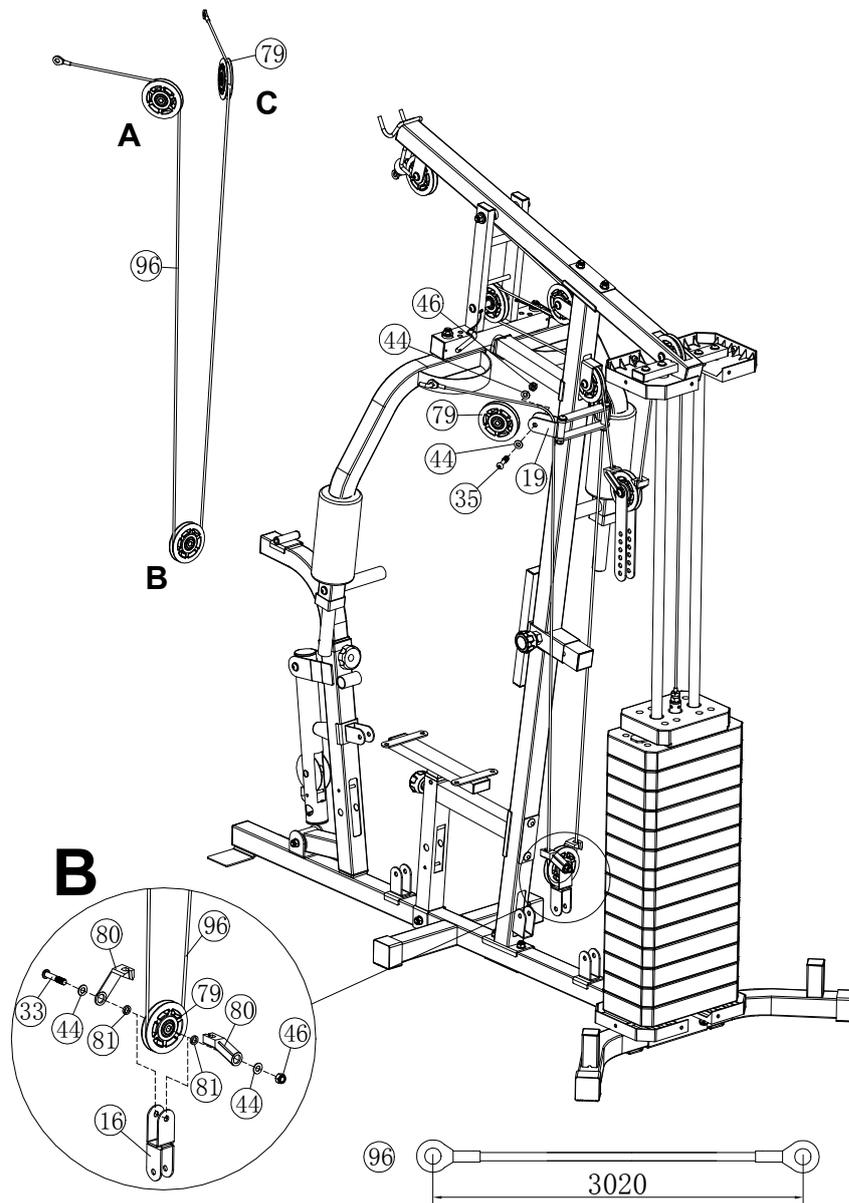


## 10.

A. Attach the end of the 3020mm long Butterfly Cable (79) to the hook on the rear of the Left Butterfly Arm (7) then route over a Pulley (79) which should then be secured into the Swivel Pulley Bracket (19) on that side using 1 x M10 x 45mm Allen Bolt (35), 2 x Ø10mm Washers (44) and 1 x M10 Nylon Locknut (46).

B. Guide the Cable down and place a Pulley (79) onto the Cable, securing this into the Cross Double Floating Pulley Bracket (16) using 1 x M10 x 50mm Allen Bolt (33), 2 x Ø10mm Washers (44), 2 x Bushing (81), 2 x Cable Retainers (80) and 1 x M10 Nylon Locknut (46).

C. Route the Cable back up towards the Right Butterfly Arm hook and secure a further Pulley into the remaining Swivel Pulley Bracket (19) on that side using 1 x M10 x 45mm Allen Bolt (35), 2 x Ø10mm Washers (44) and 1 x M10 Nylon Locknut (46).



# Assembly

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## 11.

A. Pass the 4600mm long Lower Cable (95) through the opening in the Leg Developer (13). Lay a Pulley onto this Cable and secure into the Frame using 1 x M10 x 65mm Allen Bolt (31), 2 x Ø22mm x 15mm Bushing (47) and 1 x M10 Nylon Locknut (46).

B. Pull the Cable backwards, place the 2nd Pulley below it and secure using the same components as in A above.

C. Guide the Cable around the Pulley and towards the back of the Frame. Place the 3rd Pulley onto the Cable and secure 1 x M10 x 45mm Allen Bolt (35), 2 x Ø10mm Washers (44) and 1 x M10 Nylon Locknut (46).

D. Repeat with the same components for the 4th Pulley.

E. Guide the Cable around the Pulley and downwards. Place the 5th Pulley onto the Cable and secure with 1 x M10 x 60mm Allen Bolt (32), 2 x Ø22mm x 13 Bushing (48) and 1 x M10 Nylon Locknut (46).

F. Draw the Cable around the Pulley then place the 6th Pulley onto the Cable and secure 1 x M10 x 45mm Allen Bolt (35), 2 x Ø10mm Washers (44) and 1 x M10 Nylon Locknut (46).

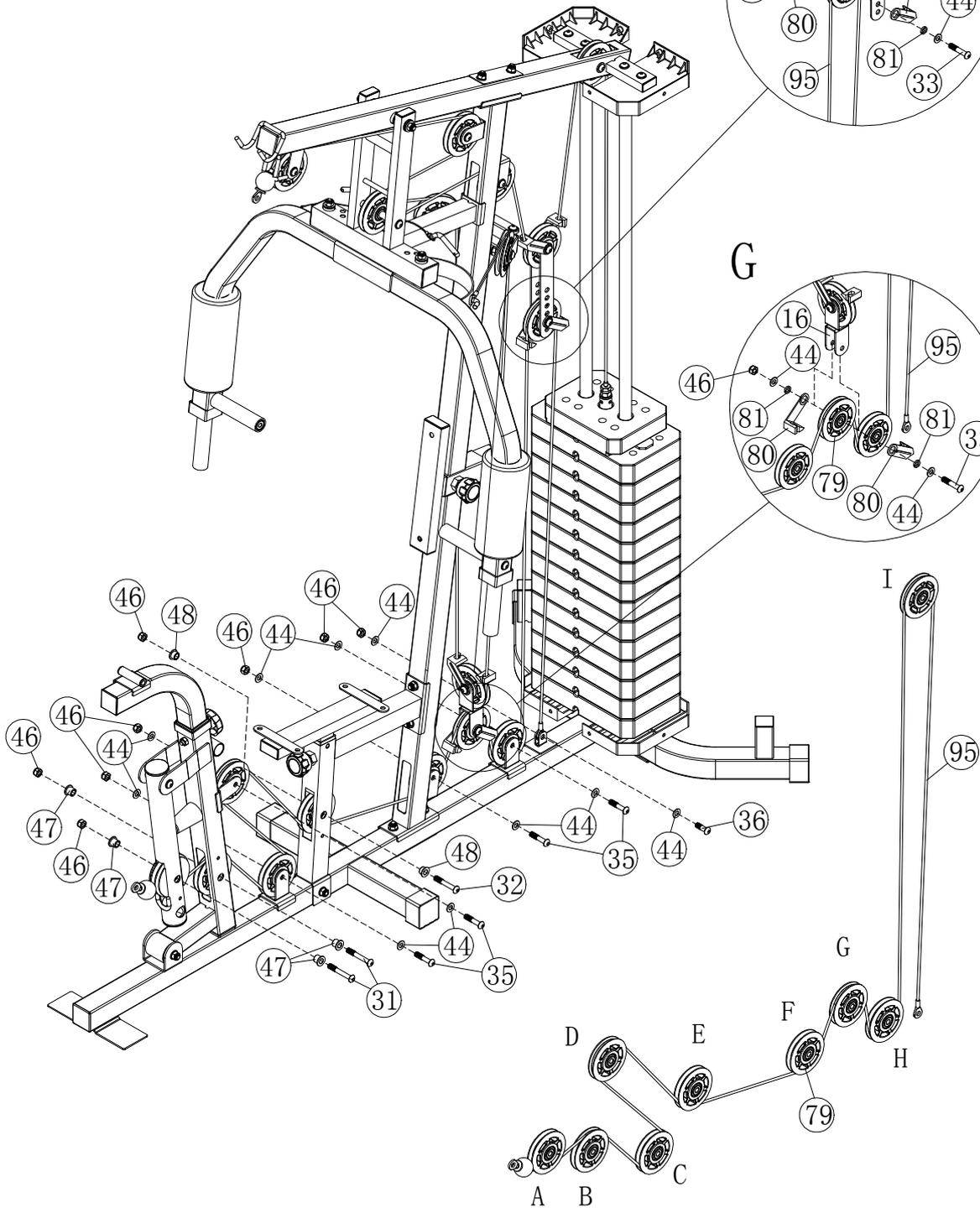
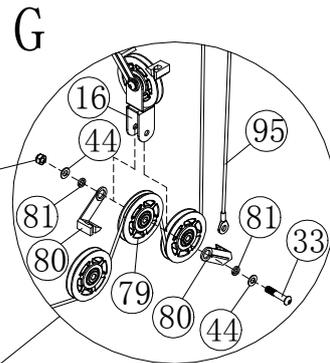
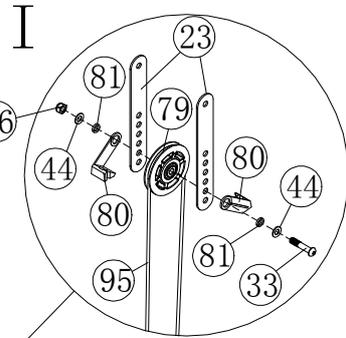
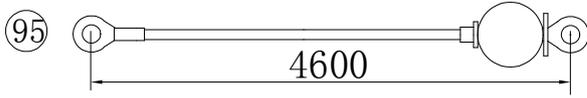
G. Guide the Cable around the Pulley, placing the 7th Pulley underneath then securing this into the Cross Double Floating Pulley Bracket (16) using 1 x M10 x 50mm Allen Bolt (33), 2 x Ø10mm Washers (44), 2 x Bushing (81), 2 x Cable Retainers (80) and 1 x M10 Nylon Locknut (46).

H. Continue routing the Cable as per the drawing placing the 8th Pulley onto the Cable and securing with 1 x M10 x 45mm Allen Bolt (35), 2 x Ø10mm Washers (44) and 1 x M10 Nylon Locknut (46).

I. Route the Cable up and over the 9th Pulley that is fitted into the Double Floating Pulley Bracket (23) with 1 x M10 x 50mm Allen Bolt (33), 2 x Ø10mm Washers (44), 2 x Bushing (81), 2 x Cable Retainers (80) and 1 x M10 Nylon Locknut (46).

J. Pull the Cable down and secure the end to the welded Bracket on the Main Base Frame (1) with 1 x M10 x 28mm Allen Bolt (36), 2 x Ø10mm Washers (44) and 1 x M10 Nylon Locknut (46).

# Assembly



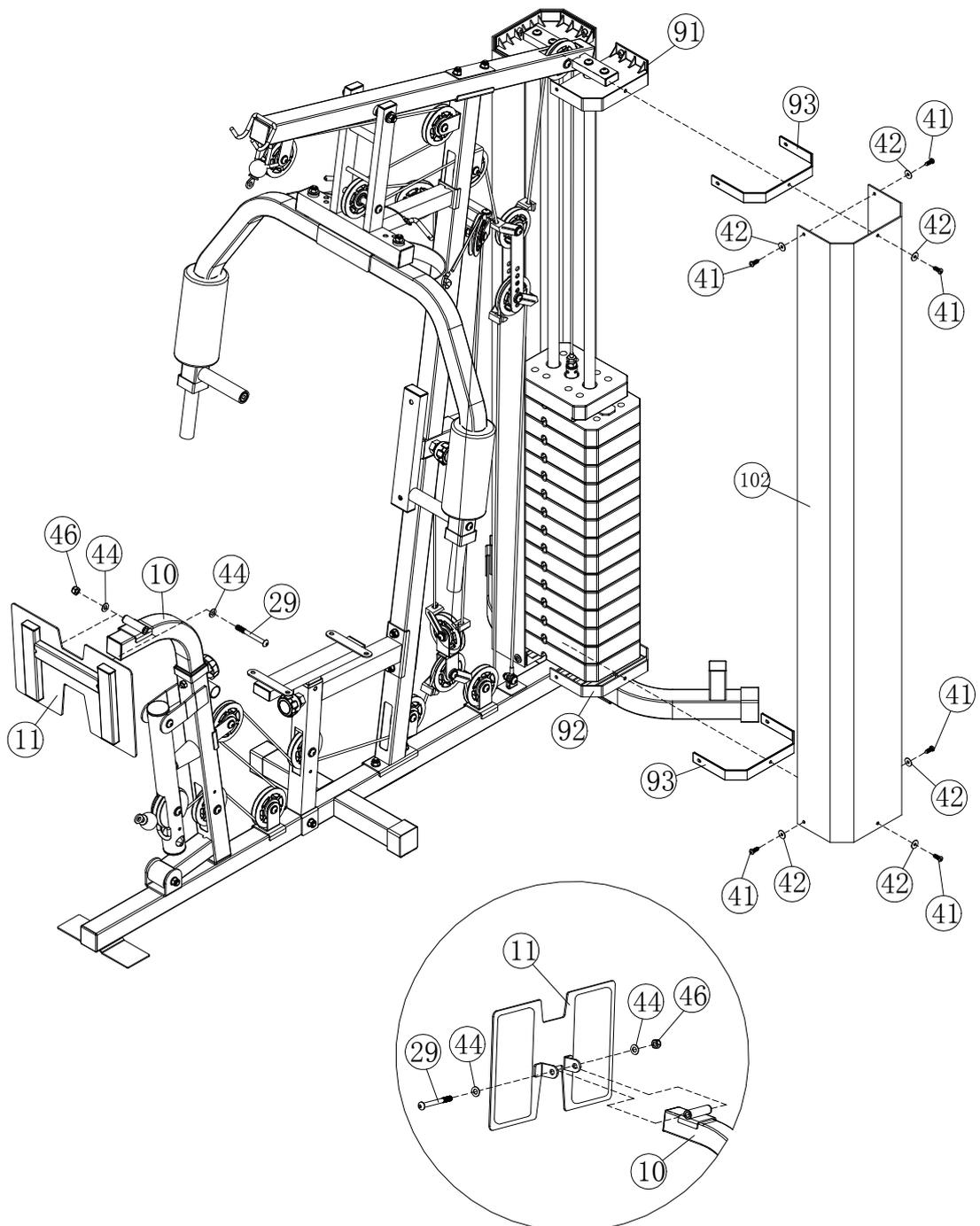
# Assembly



## 12.

A. Attach the Leg Press Footplate (11) to the Leg Press Frame (10) using 1 x M10 x 90mm Allen Bolt 2 x Ø10mm Washer (44) and 1 x M10 Nylon Locknut (46).

B. Fit the Weight Plate Covers (102) to the Weight Cover Upper and Bottom Brackets (91 & 92) using 2 x Weight Cover External Brackets (93) secured in place with 6 x ST6 x 20mm Philips Screws and 6 x Ø6mm Washers (42) for either side.



# Assembly



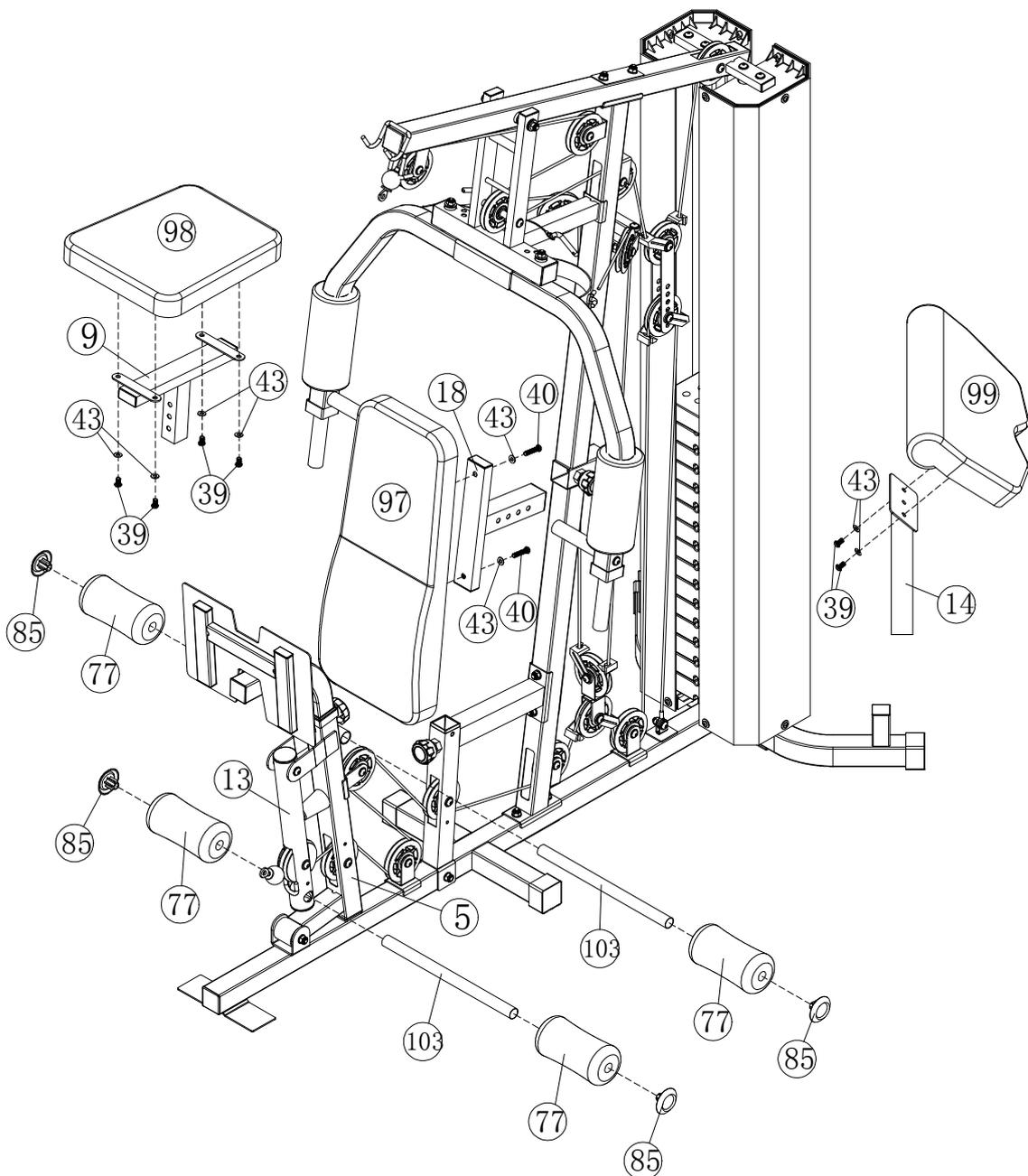
## 13.

A. Attach the Seat Pad (98) to the Seat Pad Adjustment Support (9) using 4 x M8 x 18mm Allen Bolts (39) and 4 x Ø8mm Washers (43) to secure.

B. Fit the Backrest Pad (97) to the Backrest Pad Support (18) using 2 x M8 x 40mm Allen Bolts (40) and 2 x Ø8mm Washers (43).

C. Assemble the Arm Curl Pad (99) to the Arm Curl Pad Support (14) with 2 x M8 x 18mm Allen Bolts (39) and 2 x Ø8mm Washers (43).

D. Slide the 2 x Leg Developer Foam Roller Tubes (103) into the free holes in the Leg Developer (13). Fit the 4 x Ø22mm x 175mm Foam Rollers with 4 x Ø25mm End Knobs (85).



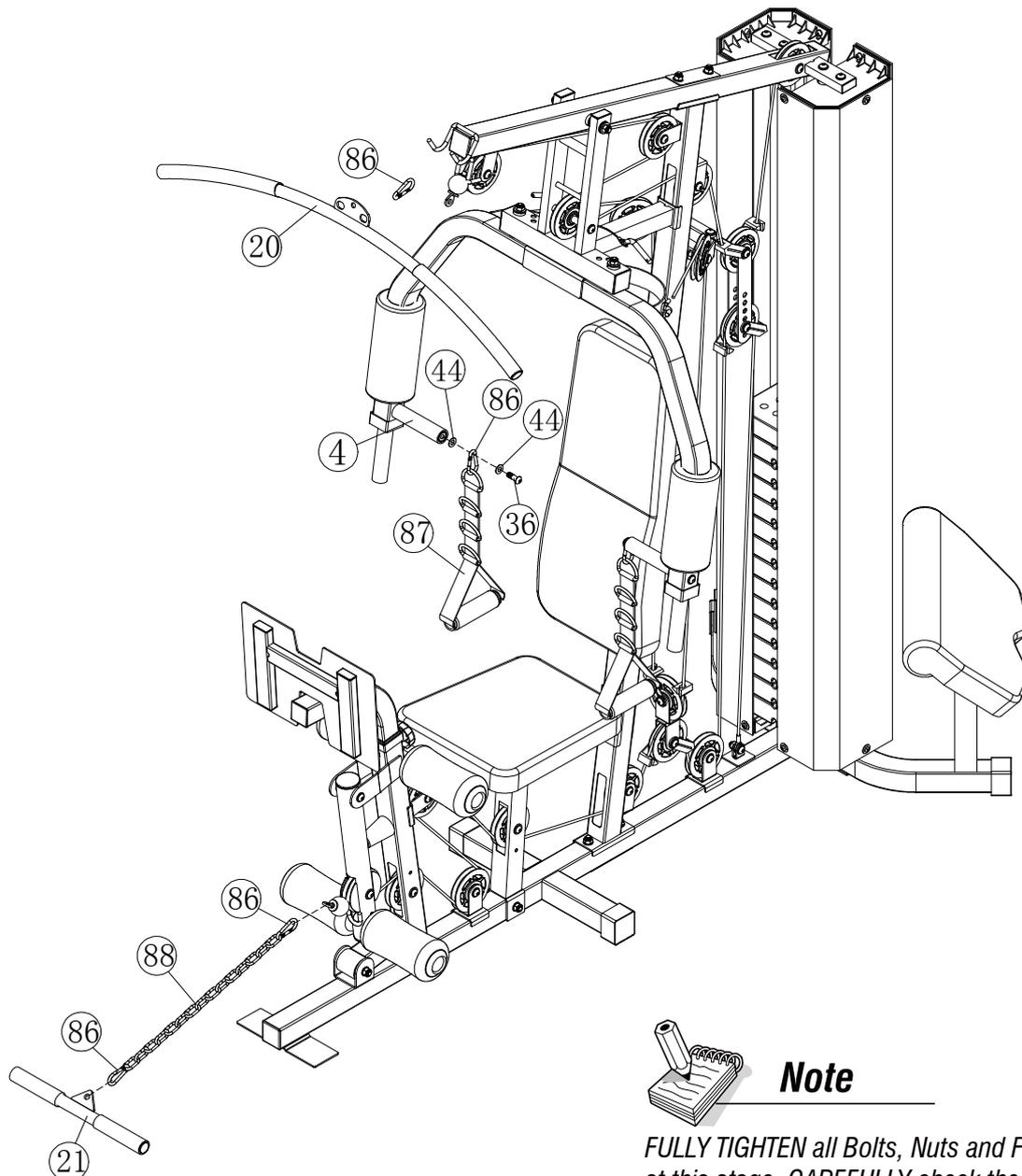
# Assembly



## 14.

Attach the Curl Bar (21) to the end of the Lower Cable (95) using the Chain (88) and 2 x Carabina Clips (86).

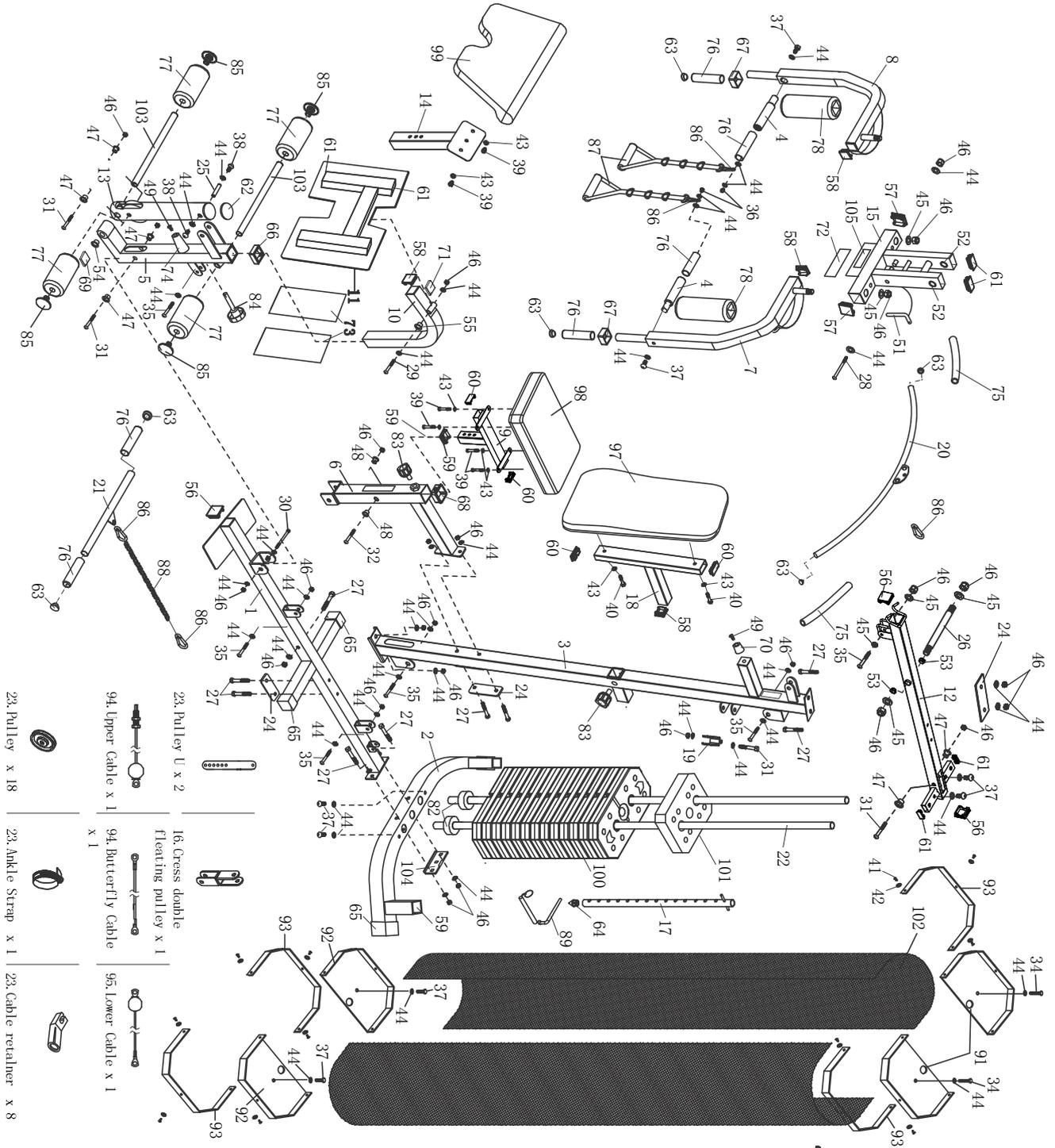
Clip the Lat Bar (20) to the Upper Cable (94) using 1 x Carabina Clip (86) and locating it in position on the hooked bracket at the front of the Upper Frame (12).



### Note

**FULLY TIGHTEN** all Bolts, Nuts and Fittings at this stage. **CAREFULLY** check the security of all Pulleys and Cables ensuring they are all able to turn freely when not under load and that the Cables are running in the centre of the Pulleys. Your V-fit Viper Home Gym is now ready for use.

# Assembly



# Assembly



## PARTS LIST

<b>PART No.</b>	<b>DESCRIPTION</b>	<b>QTY</b>
1	Main Base Frame	1
2	Rear Stabilizer	1
3	Front Vertical Frame	1
4	Press Handle Ø25 x 175mm	2
5	Front Support Frame	1
6	Seat Pad Support	1
7	Left Butterfly Frame	1
8	Right Butterfly Frame	1
9	Seat Pad Adjustment Support	1
10	Leg Press Frame	1
11	Foot Plate	1
12	Upper Frame	1
13	Leg Developer	1
14	Arm Curl Pad Support	1
15	Front Press Base	1
16	Cross Double Floating Pulley	1
17	Selector Rod	1
18	Backrest Pad Support	1
19	Swivel Pulley Bracket	2
20	Lat Bar	1
21	Curl Bar	1
22	Weight Guide Rod	2
23	Pulley Bracket	2
24	Bracket	3
25	Ø16 x 57 x M10 Swivel Axle	1
26	Ø16 x 158 x M10 Swivel Axle	1
27	M10 x 70mm Carriage Bolt	9
28	M10 x 140mm Allen Bolt	1
29	M10 x 90mm Allen Bolt	1
30	M10 x 80mm Allen Bolt	1
31	M10 x 65mm Allen Bolt	5
32	M10 x 60mm Allen Bolt	1
33	M10 x 50mm Allen Bolt	4
34	M10 x 30mm Allen Bolt	2
35	M10 x 45mm Allen Bolt	9
36	M10 x 28mm Allen Bolt	3
37	M10 x 25mm Allen Bolt	8
38	M10 x 16mm Allen Bolt	2
39	M10 x 18mm Allen Bolt	6
40	M10 x 40mm Allen Bolt	2
41	ST6 x 20mm Philips Head Screw	12
42	Ø6 Washer	12
43	Ø8 Washer	8
44	Ø10 Washer	61
45	Ø25 Washer	4
46	M10 Nylon Locknut	36
47	Ø22 x 15mm Bushing	6
48	Ø22 x 13mm Bushing	2
49	M6 x 16mm Philips Headed Bolt	2
50	ST4.8 x 15mm Philips Headed Screw	4
51	L Shape Pin Ø10 x 85 x 35	2
52	Bushing Ø25 x Ø22 x Ø16 x 10	4
53	Bushing Ø25 x Ø22 x Ø16 x 28	2
54	Bushing Ø25 x Ø20 x Ø9.9 x 10	2
55	Bushing Ø18 x Ø10 x 12	2
56	Ø50 x 1.5 End Cap	3
57	Ø45 x 2.0 End Cap	2
58	Ø45 x 1.5 End Cap	4
59	Ø38 x 1.5 End Cap	3
60	Ø25 x 50 x 1.5 End Cap	4
61	Ø20 x 40 x 1.5 End Cap	8
62	Ø50 x 1.5 End Cap	2
63	Ø25 x 1.5 End Cap	6
64	Ø25 x 2.0 End Cap	1
65	Ø50 End Cap	4
66	Ø50 x Ø45 Sleeve	1
67	Ø50 x Ø26 Sleeve	2
68	Ø45 x Ø38 Sleeve	1
69	48mm Square Rubber Bumper	1
70	Rubber Bumper	1
71	40mm Square Rubber Bumper	1
72	40mm x 160mm Anti-Slip Pad	1
73	230mm x 120mm Sticker	2
74	44mm x 64mm Oblong Rubber Bumper	1
75	Ø25 x 460mm Handgrip	2
76	Ø25 x 130mm Handgrip	6

# Assembly



## PARTS LIST

<b>PART No.</b>	<b>DESCRIPTION</b>	<b>QTY</b>
77	Ø22 x 175mm Foam Roller	4
78	Ø50 x 220mm Butterfly Foam Roller	2
79	Ø97 x Pulley	18
80	Cable Retainer	8
81	Bushing	8
82	Rubber Bumper	2
83	Twist Lock Knob	2
84	M10 x 65mm Lock Knob	1
85	Ø25 x 1.2 End Knob	4
86	Carabina Clip	5
87	Accessory Handle-Strap	2
88	Chain	1
89	Weight Plate Selector Pin	1
90	Ankle Strap	1
91	Weight Cover Upper Bracket	2
92	Weight Cover Bottom Bracket	2
93	Weight Cover External Bracket	4
94	Upper Cable 3150mm	1
95	Lower Cable 4600mm	1
96	Butterfly Cable 3020mm	1
97	Backrest Pad	1
98	Seat Pad	1
99	Arm Curl Preacher Pad	1
100	Standard Weight Plate	14
101	Crown Weight Plate	1
102	Weight Plate Cover	2
103	Leg Developer Roller Tube	2
104	Rear U-Shaped Bracket	1

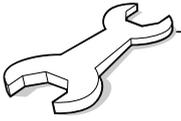


### Note

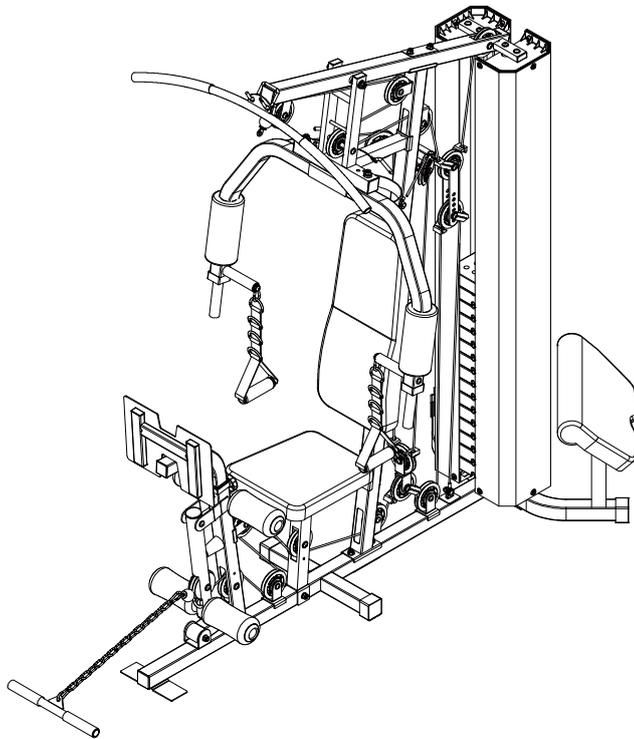
Some of the above accessories are pre-fitted to the master component. They may not be supplied separately

# ***Note***

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# V-fit



## **Beny Sports Co. UK Ltd.**

*Unit 8 Riparian Way,  
The Crossings Business Park,  
Cross Hills,  
West Yorkshire  
BD20 7BW*

## **CUSTOMER SUPPORT**

*Open from 9.00am to 4.30pm from Monday to Friday*



*Tel: **FREEPHONE** (in the UK) 0800 3 101 202  
or  
+44 (0) 1535 637711 (outside the UK)*



*E-mail: [support@benysports.co.uk](mailto:support@benysports.co.uk)*



*Website: [www.benysports.co.uk](http://www.benysports.co.uk)*