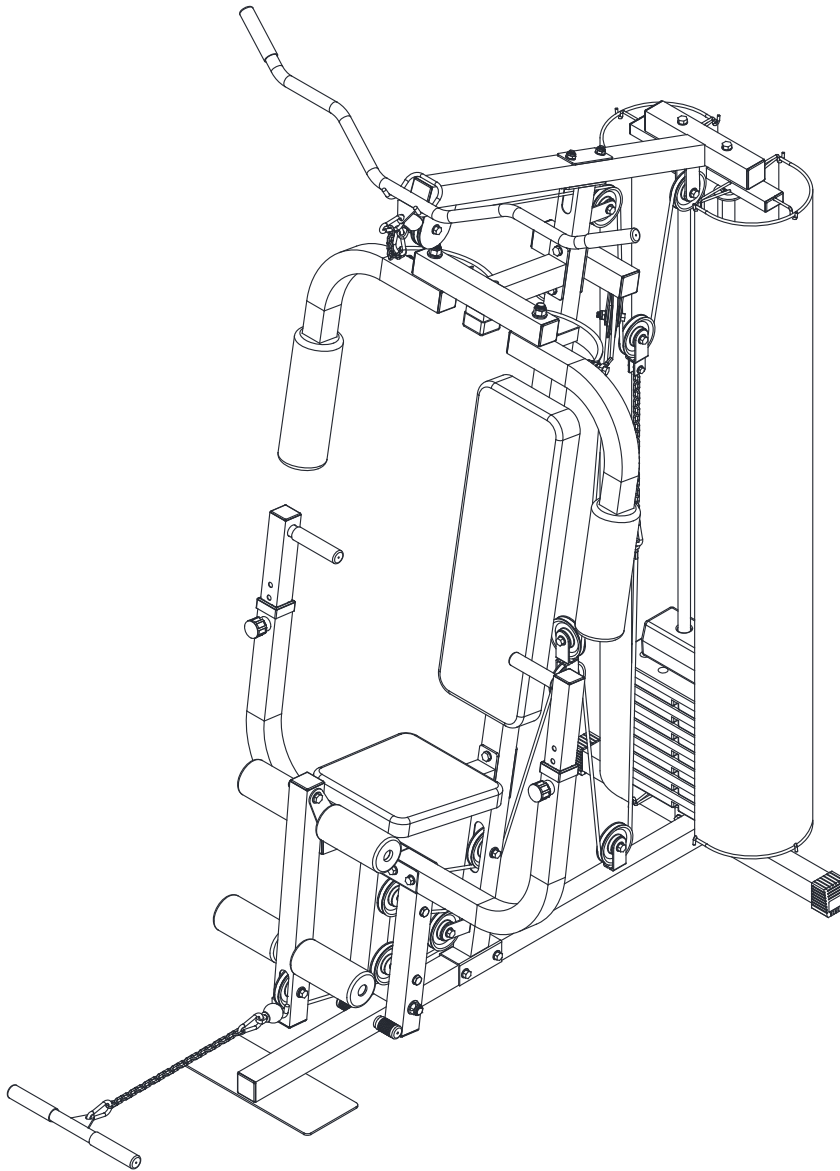


SERIAL NO. AB3138-UK

V-FIT-ST



Compact Upright Seated Gym CUG2

● 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) 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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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 637711
Email:- support@benysports.co.uk
Website: 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: -*

- a). Provide parts for the purchaser to effect repair.*
- b). Repair the product, returned to our warehouse (at the purchaser's cost).*
- c). 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.

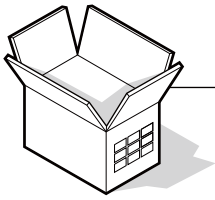
This does not affect your statutory rights as a consumer.

Customer Support

*Tel:- 0800 3 101 202 or
+44 (0) 1535 637711
Email:- support@benysports.co.uk
Website: www.benysports.co.uk*

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from Monday to Friday*

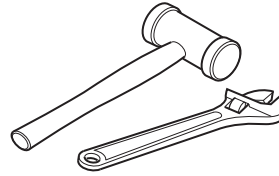
*Beny Sports Co. UK Ltd.
Unit 8 Riparian Way,
The Crossings Business Park,
Cross Hills,
West Yorkshire.
BD20 7BW*



Before You Start

Tools

To enable you to successfully assemble your product. You will require 2 x 14mm, 2 x 17mm and 2 x 19mm combination spanners, you may also 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. If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a children's toy.
- * 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 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.
- * Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.



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:
275LBS / 19.6 Stones / 125KG or less.

Conformity

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



Exercising Information

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.*

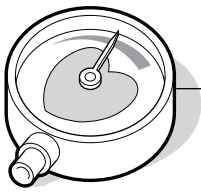
Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

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

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.

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.

USERS AGE (Years)	UNCONDITIONED TARGET ZONE - A (Beats per Minute)	CONDITIONED TARGET ZONE - B (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



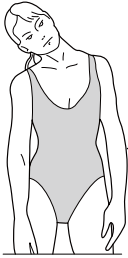
Exercising Information

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.

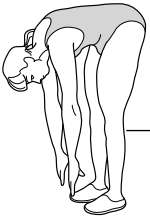
Warm Up and Cool Down Exercises

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.



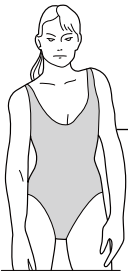
Head Roll

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.



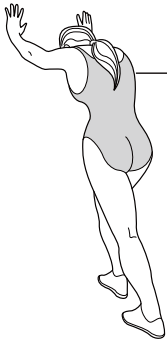
Toe Touch

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.



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.



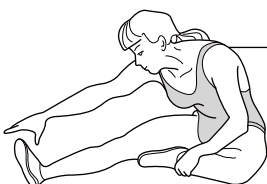
Side Stretch

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

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

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

Week 7 & 8

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

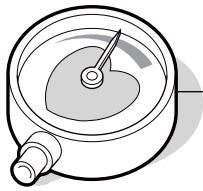
Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

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

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



Exercising Information

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.



Note

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

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.

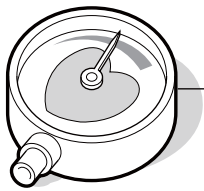
10 REPS - BENCH PRESS followed by LAT PULLDOWNS

5 REPS - PEC DEC

10 REPS - LOW PULLEY PULL UPS

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 - 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 - LOW PULLEY PULL UPS

15 REPS - LEG CURLS

15 REPS - LEG EXTENSIONS

- * 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 - LOW PULLEY PULL UPS

15 REPS - LEG CURLS

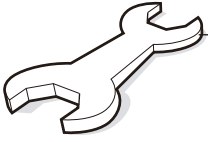
20 REPS - LEG EXTENSIONS

15 REPS - LEG PRESS

10 SLOW REPS - 2 SETS - SIT UPS

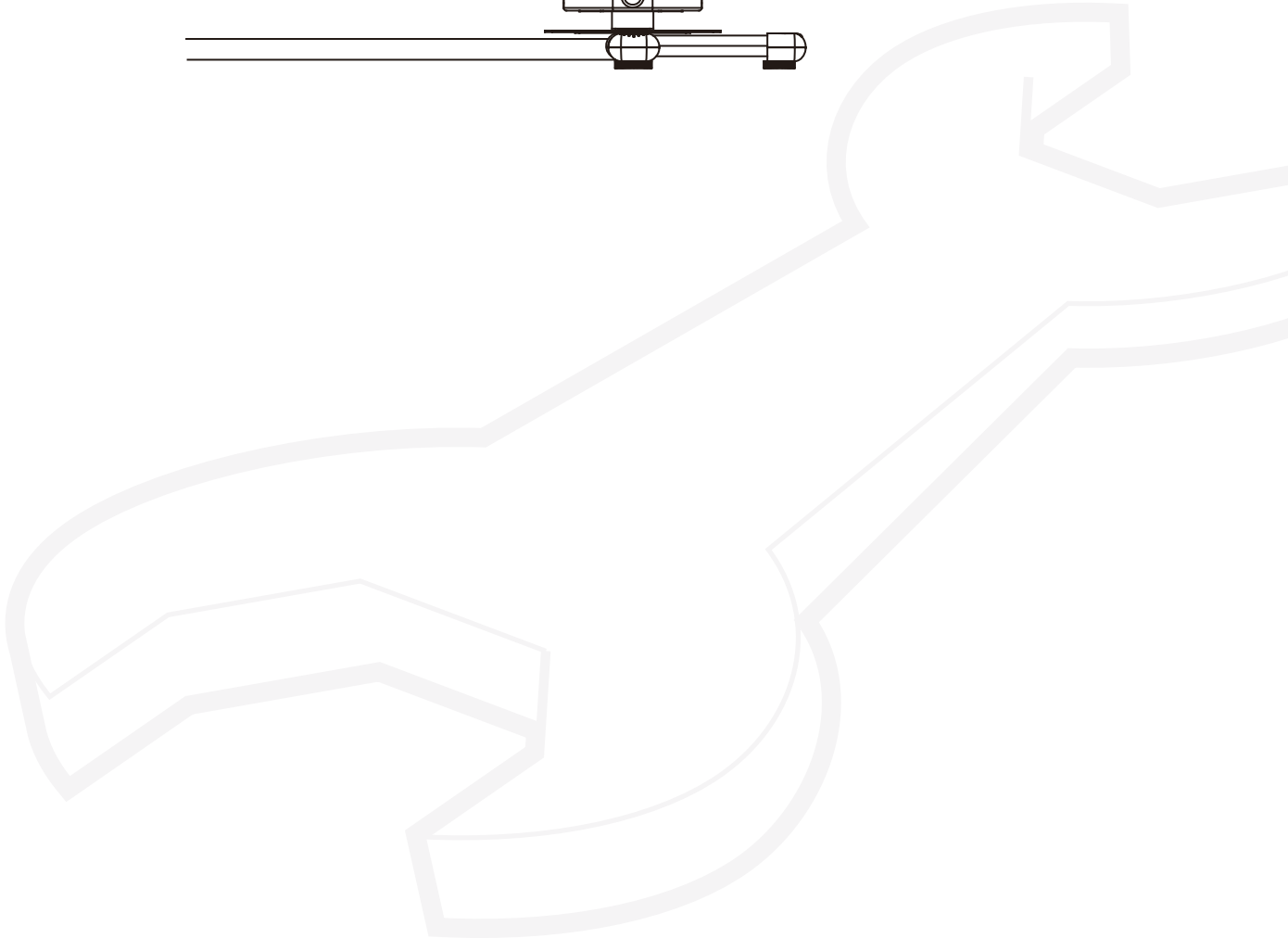
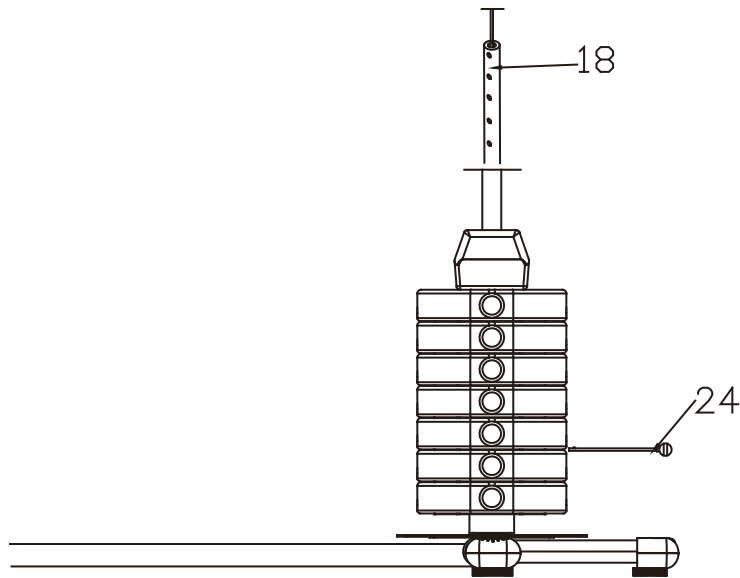
- * Your rest interval between each set of reps should be 1 minute.*
- * You should perform 4 SETS of each exercise.*
- * Your exercise pace should be MEDIUM to FAST.*
- * The resistance (weight) settings should be in positions 4 - 8.*
- * This exercise programme should take you approximately 40 - 50 minutes.*
- * Follow this exercise programme with 5 minutes of proper cool down exercises.*

Assembly

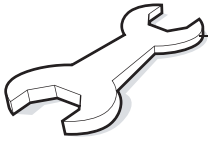


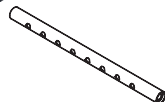
How to adjust the weight resistance on your gym

You can adjust the weight plates by inserting the Weight Selector Pin (24) into the desired hole on the Weight Selector Bar (18) between each weight plate.

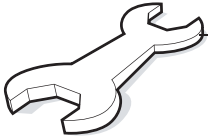


Assembly



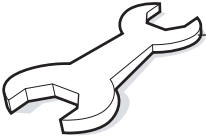
<p>1</p>  <p>Base Frame 1PC</p>	<p>2</p>  <p>Rear Frame Stabiliser 1PC</p>	<p>3</p>  <p>Leg Extension 1PC</p>	<p>4</p>  <p>Seat Support Frame 1PC</p>	<p>5</p>  <p>Pec Arm Support Frame 1PC</p>
<p>6</p>  <p>Fixed Pulley Tube 1PC</p>	<p>7</p>  <p>Upper Cross Beam 1PC</p>	<p>8</p>  <p>Main Upright Frame 1PC</p>	<p>9</p>  <p>Right Pec Arm 1PC</p>	<p>10</p>  <p>Left Pec Arm 1PC</p>
<p>11</p>  <p>Right Chest Press Frame 1PC</p>	<p>12</p>  <p>Left Chest Press Frame 1PC</p>	<p>13</p>  <p>Chest Press Handle 2PC</p>	<p>14</p>  <p>Lat Bar 1PC</p>	<p>15</p>  <p>Curl Bar 1PC</p>
<p>16</p>  <p>Leg Extension Pad Bar 2PC</p>	<p>17</p>  <p>Weight Guide Tube 2PC</p>	<p>18</p>  <p>Weight Selector Shaft 1PC</p>	<p>19</p>  <p>Single Pulley Bracket 1PC</p>	<p>20</p>  <p>Double Pulley Bracket 1PC</p>
<p>21</p>  <p>Lower Chest Press Frame 1PC</p>	<p>22</p>  <p>Steel Spacer Bush (OD\varnothing14mm x ID\varnothing11mm) 4PC</p>	<p>23</p>  <p>Lower Weight Cover Tube 1PC</p>	<p>24</p>  <p>Upper Weight Cover Tube 1PC</p>	<p>25</p>  <p>Weight Cover U Spring Support 4PC</p>
<p>26</p>  <p>Stop Block 2PC</p>	<p>27</p>  <p>Seat 1PC</p>	<p>28</p>  <p>Backrest 1PC</p>	<p>29</p>  <p>Leg Extension Foam Roller 4PC</p>	<p>30</p>  <p>Pec Arm Foam Roller 2PC</p>
<p>31</p>  <p>Ankle Strap 1PC</p>	<p>32</p>  <p>Weight Cover 2PC</p>	<p>33</p>  <p>Chest Press Handle Adjuster Knob 2PC</p>	<p>34</p>  <p>Chain(long) 2PC</p>	<p>35</p>  <p>Weight Plate 7PC</p>
<p>36</p>  <p>Crown Weight Plate 1PC</p>	<p>37</p>  <p>Weight Selector Shaft Pin 1PC</p>	<p>38</p>  <p>Flat Plastic Washer 1PC</p>	<p>39</p>  <p>Weight Selector Shaft Bush 1PC</p>	<p>40</p> <p>Pre-installed</p>  <p>Oil Bushing 6PC</p>
<p>41</p>  <p>Weight Cable (2380mm) 1PC</p>	<p>42</p>  <p>Pec Cable (2710mm) 1PC</p>	<p>43</p>  <p>Leg Cable (3000mm) 1PC</p>	<p>44</p>  <p>Carabina 5PC</p>	<p>45</p>  <p>Weight Selector Pin 1PC</p>

Assembly



<p>46</p>  <p>Rubber Weight Bumper 2PC</p>	<p>47</p>  <p>Pulley 14PC</p>	<p>48</p> <p>Pre-installed</p>  <p>Weight Selector Shaft End Cap 1PC</p>	<p>49</p>  <p>Pulley Oil Bush 4PC</p>	<p>50</p> <p>Pre-installed</p>  <p>Lat / Curl Bar Handgrip 6PC</p>	
<p>51</p>  <p>50mm Square Foot End Cap 2PC</p>	<p>52</p>  <p>50mm Square Rubber End Cap 1PC</p>	<p>53</p> <p>Pre-installed</p>  <p>50mm Square Tube Plug 17PC</p>	<p>54</p> <p>Pre-installed</p>  <p>45mm Square Tube Plug 2PC</p>	<p>55</p> <p>Pre-installed</p>  <p>50mm x 25mm Oblong Tube 4PC</p>	
<p>56</p> <p>Pre-installed</p>  <p>Ø25mm Ridged End Cap 2PC</p>	<p>57</p> <p>Pre-installed</p>  <p>Ø25mm Tube Plug 4PC</p>	<p>58</p> <p>Pre-installed</p>  <p>50mm Open Tube Insert 2PC</p>	<p>59</p>  <p>Press Frame Pivot Shaft 1PC</p>	<p>60</p>  <p>M12 x 75mm Hex Bolt 1PC</p>	
<p>61</p>  <p>M10 x 175mm Hex Bolt 2PC</p>	<p>62</p>  <p>M10 x 75mm Hex Bolt 2PC</p>	<p>63</p>  <p>M10 x 70mm Hex Bolt 14PC</p>	<p>64</p>  <p>M10 x 45mm Hex Bolt 9PC</p>	<p>64-1</p>  <p>M10 x 40mm Hex Bolt 1PC</p>	<p>65</p>  <p>M10 x 35mm Hex Bolt 2PC</p>
<p>66</p> <p>Pre-installed</p>  <p>M10 x 20mm Hex Bolt 4PC</p>	<p>67</p>  <p>M8 x 65mm Hex Bolt 2PC</p>	<p>68</p>  <p>M8 x 25mm Hex Bolt 1PC</p>	<p>69</p>  <p>M8 x 16mm Hex Bolt 8PC</p>	<p>70</p> <p>Pre-installed</p>  <p>M16 Flat Washer 4PC</p>	
<p>71</p>  <p>M12 Flat Washer 2PC</p>	<p>72</p> <p>Pre-installed</p>  <p>M10 Flat Washer 64PC</p>	<p>73</p>  <p>M8 Flat Washer 8PC</p>	<p>74</p> <p>Pre-installed</p>  <p>M16 Nylon Locknut 4PC</p>	<p>75</p>  <p>M12 Nylon Locknut 1PC</p>	
<p>76</p>  <p>M10 Nylon Locknut 30PC</p>	<p>77</p>  <p>M8 Nylon Locknut 1PC</p>	<p>78</p>  <p>M10 Plain Nut 2PC</p>	<p>79</p>  <p>M6 x 40mm Hex Bolt 2PC</p>	<p>80</p>  <p>M6 Curved Washer 4PC</p>	
<p>81</p>  <p>M6 Nylon Locknut 2PC</p>	<p>82</p>  <p>Chain(short) 1PC</p>				

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.

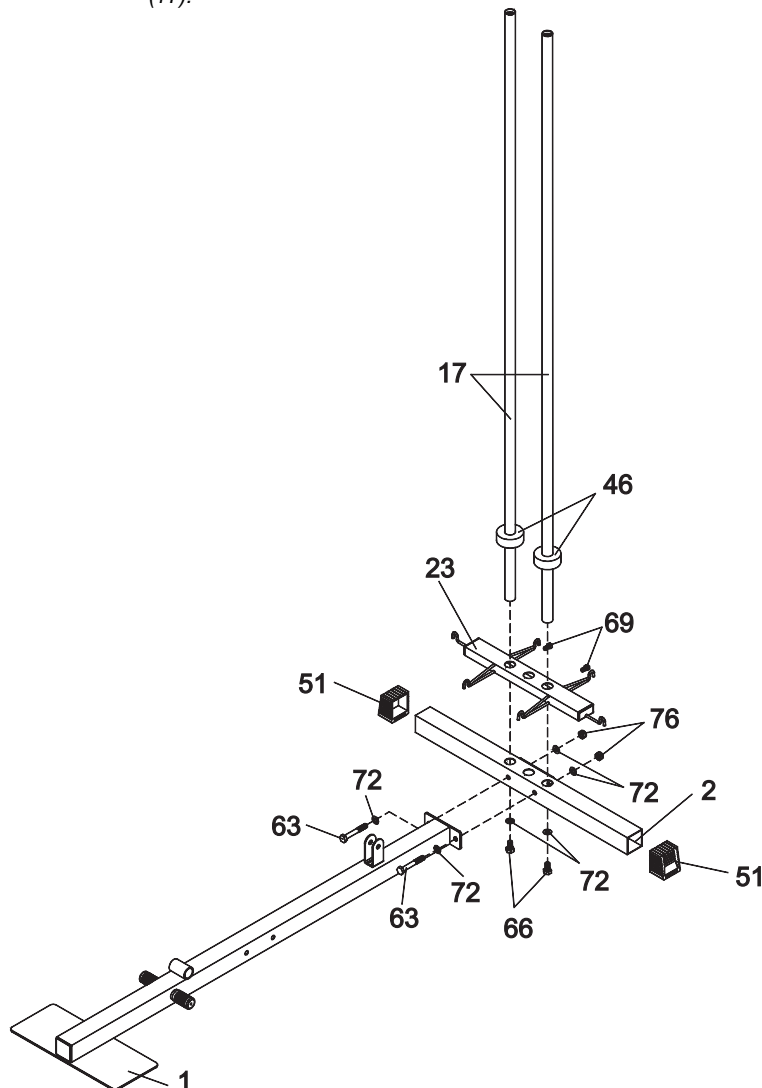
Tel:- 0800 3 101 202 or
+44 (0) 1535 637711

Email:- support@benysports.co.uk

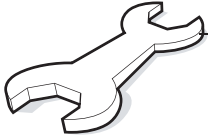
CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday

1.

1. Attach two 50mm Square Foot End Caps (51) to the Rear Frame Stabiliser (2).
2. Remove two M10 x 20mm Hex Bolts (66) and two M10 Washers (72) from each Weight Guide Tube (17).
3. Insert two Weight Guide Tubes (17) into the Rear Frame Stabiliser (2), using two M10 x 20mm Hex Bolts (66) and two M10 Washers (72).
4. Attach the Base Frame (1) to the Rear Frame Stabiliser (2), using two M10 x 70mm Hex Bolts (63), four M10 Washers (72) and two M10 Nylon Locknuts (76).
5. Slide the Lower Weight Cover Tube (23) onto two Weight Guide Tubes (17) and secure using two M8 x 16mm Hex Bolts (69).
6. Slide two Rubber Weight Bumpers (46) onto two Weight Guide Tubes (17).

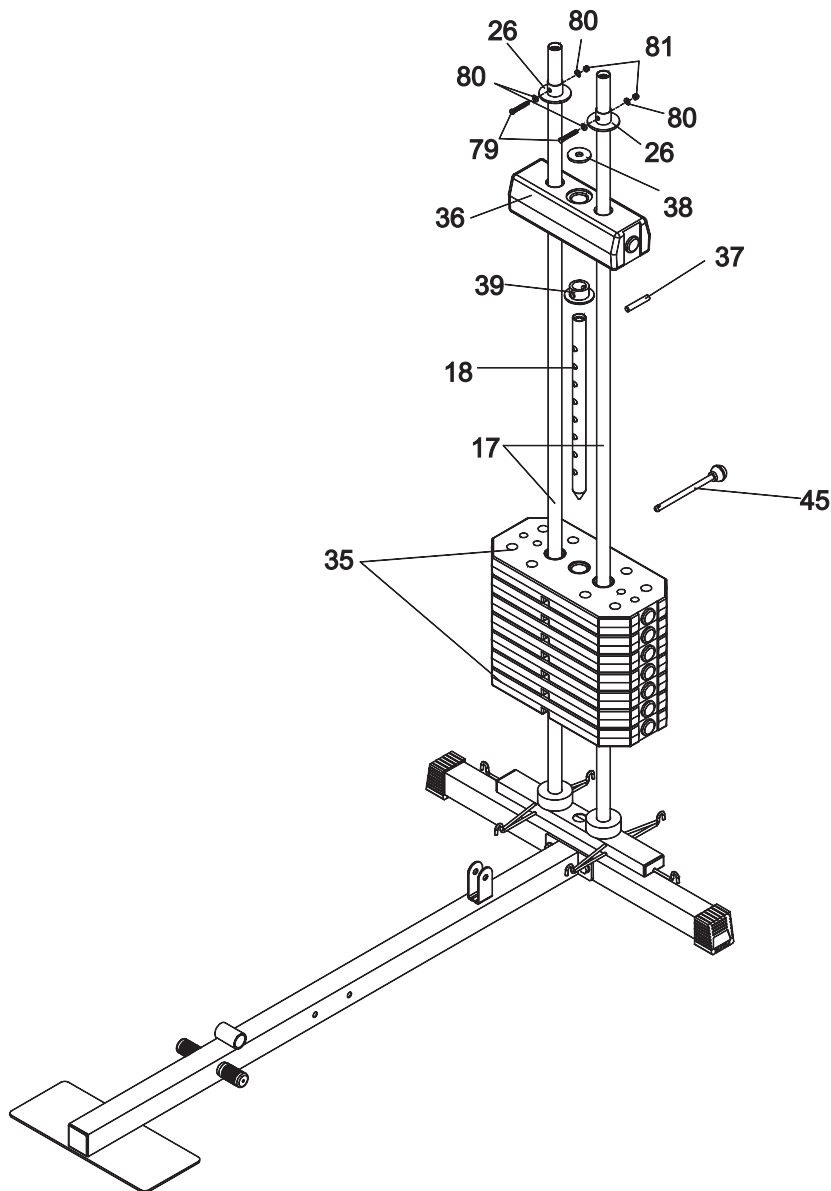


Assembly

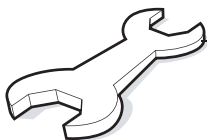


2.

1. Slide seven Weight Plates (35) down the Weight Guide Tube (17).
2. Slide the Weight Selector Shaft Bush (39) down the Weight Selector Shaft (18) to the first open hole and fix in place with Weight Selector Shaft Pin (37)
3. Insert the Weight Selector Shaft (18) into hole of the Weight Plate (35).
4. Slide the Top Weight Plate (36) down the Weight Guide Tube (17), insert the Weight Selector Pin (45) into hole of desire weight.
5. Place the Weight Selector Shaft Pin Flat Plastic Washer (38) on the Crown Weight Plate (36).
6. Attach two Stop Blocks (26) to the Weight Guide Tube (17), using two M6 x 40mm Hex Bolts (79), four M6 Curved Washers (80) and two M6 Nylon Locknuts (81).



Assembly



3.

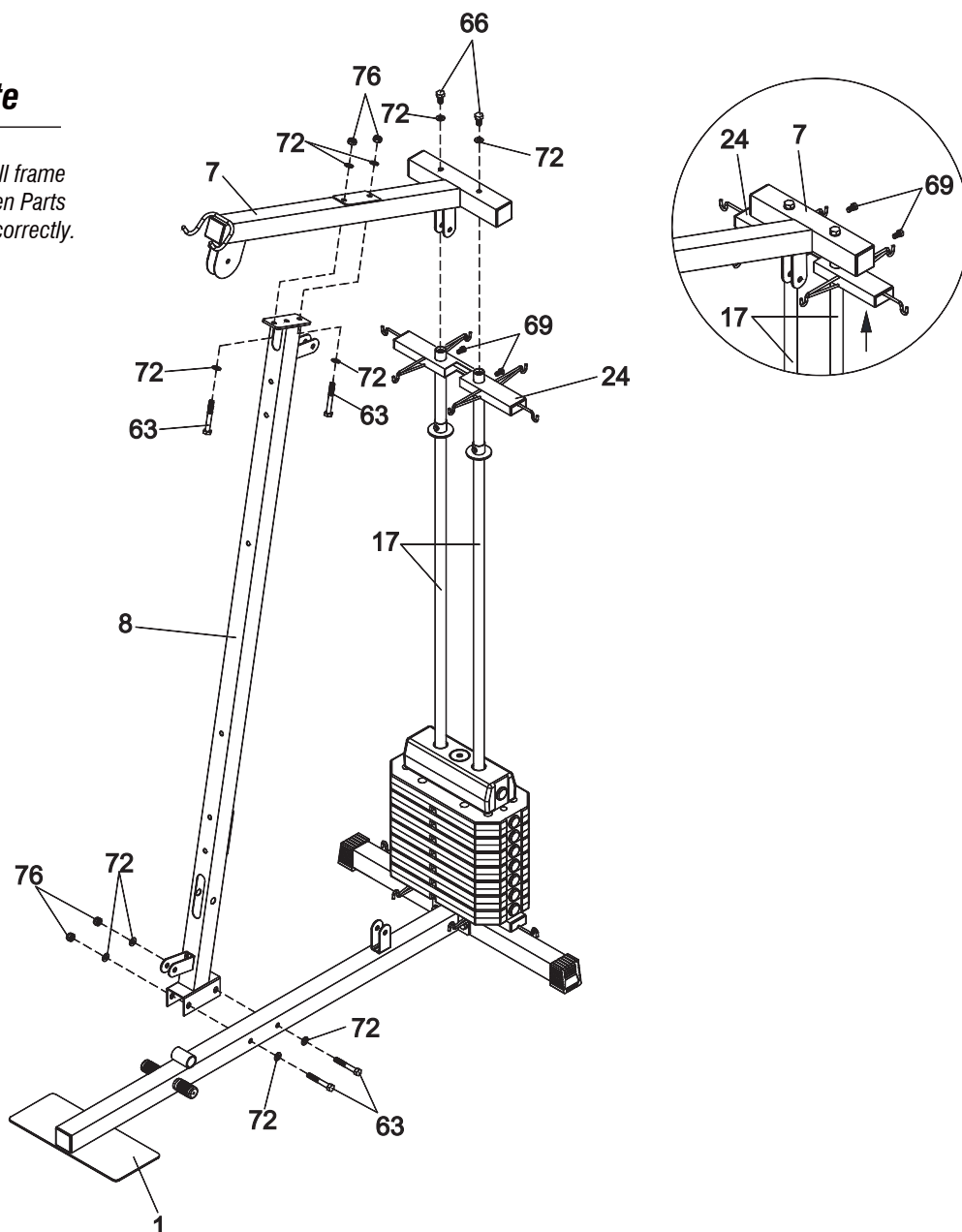
1. Remove the prefitted 2 x M8 x 16mm Hex Bolts (69) and then loosely attach the Weight Cover Tube (24) to the Weight Guide Tubes (17).
2. Attach the Main Upright Frame (8) to the Base Frame (1), using two M10 x 70mm Hex Bolts (63), four M10 Flat Washers (72) and two M10 Nylon Nuts (76).
3. Remove two M10 x 20mm Hex Bolts (66) and two M10 Flat Washers (72) from Weight Guide Tube (17).
4. Attach the Upper Cross Beam (7) to the Weight Guide Tubes (17), using M10 x 20mm Hex Bolts (66) and two M10 Flat Washers (72).
5. Attach the Upper Cross Beam (7) to the Main Upright Frame (8), using two M10 x 70mm Hex Bolts (63), four M10 Flat Washers (72) and two M10 Nylon Nuts (76).

Note: Slide the Upper Weight Cover Tube (24) to its highest point and re-fasten the two M8 X 16mm Hex Bolts (69).

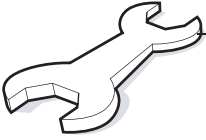


Note

Only fully tighten all frame nuts and bolts when Parts 7 and 8 are fitted correctly.



Assembly

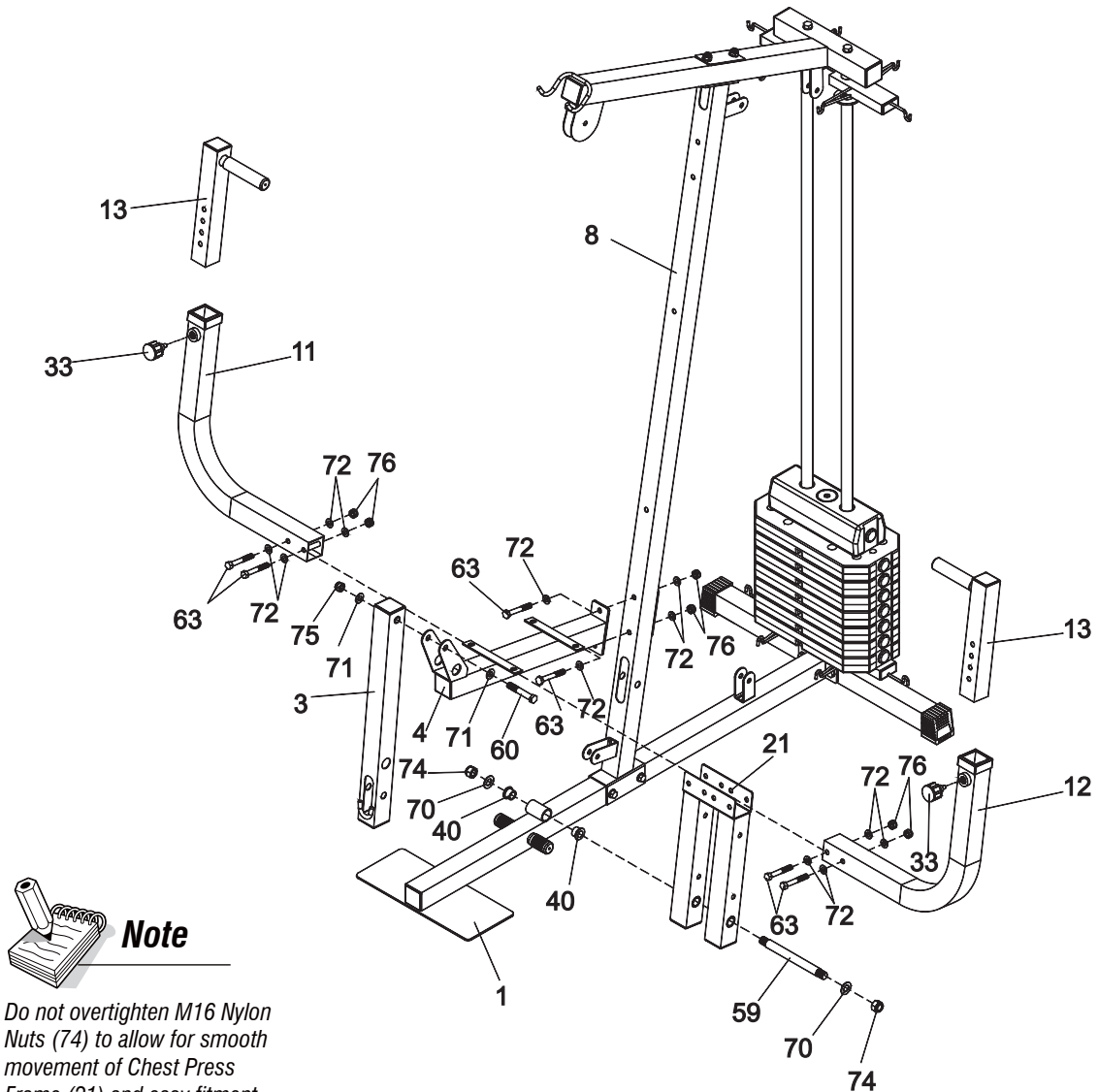


4.

1. Attach the Seat Support Frame (4) to the Main Upright Frame (8), using two M10 x 70mm Hex Bolts (63), four M10 Flat Washers (72) and two M10 Nylon Nuts (76).
2. Attach the Leg Extension (3) to the Seat Support Frame (4), using one M12 x 75mm Hex Bolt (60), two M12 Flat Washers (71) and one M12 Nylon Nut (75).

Note: Oil Bushing (40) have been Pre-installed into the Base Frame (1).

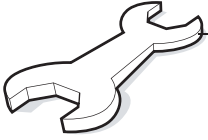
3. Lower the Chest Press Frame (21). Using the one Press Frame Pivot Shaft (59), two M16 Flat Washers (70) and two M16 Nylon Nuts (74).
4. Attach the Right & Left Chest Press Frames (11 & 12) to the Lower Chest Press Frame (21), using four M10 x 70mm Hex Bolts (63), eight M10 Flat Washers (72) and four M10 Nylon Nuts (76).
5. Insert the Chest Press Handles (13) into the Right & Left Chest Press Frames (11 & 12) and secure at the desired height using the Chest Press Handle Adjuster Knobs (33).



Note

Do not overtighten M16 Nylon Nuts (74) to allow for smooth movement of Chest Press Frame (21) and easy fitment of Pulleys on P22 Fig. 3c

Assembly



5.

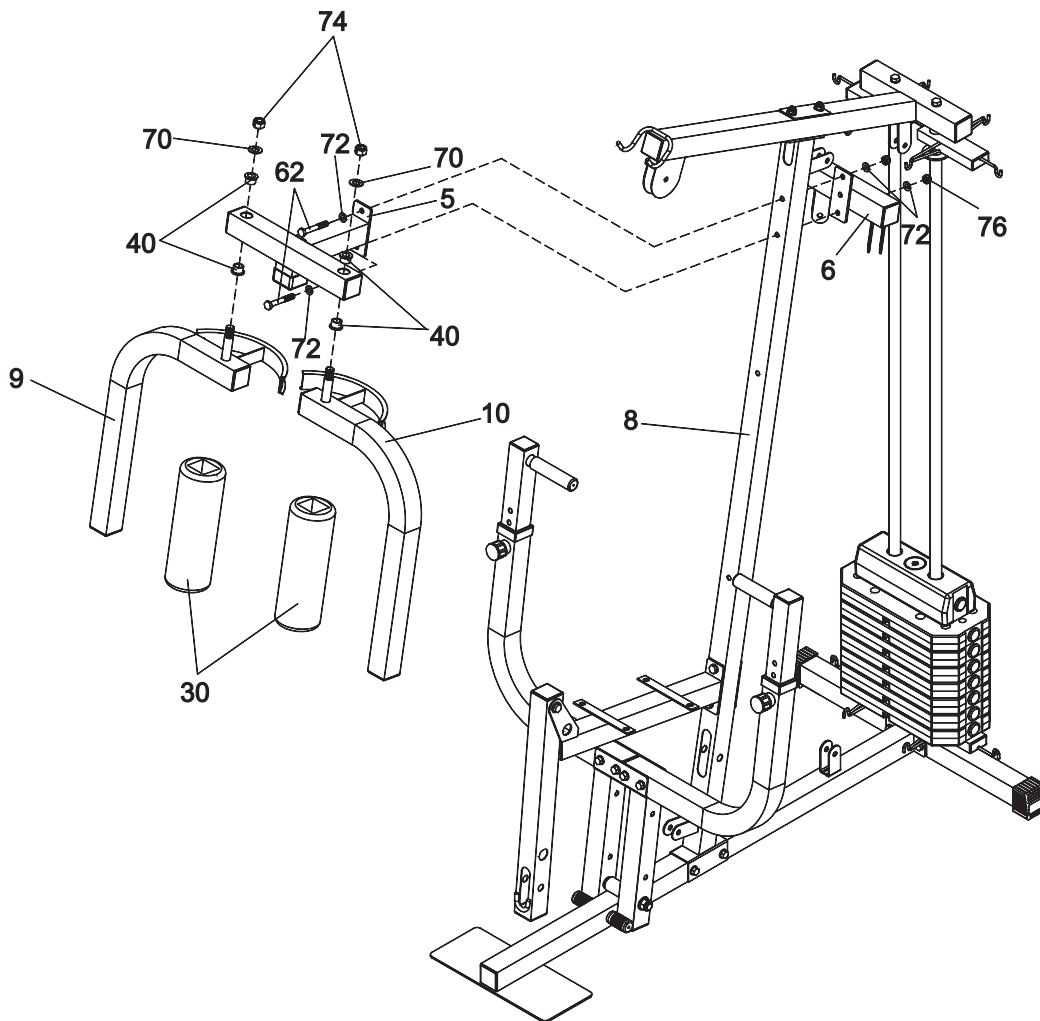
Note: Oil Bushing (40) have been pre-installed onto the Right & Left Pec Arms (9 & 10).

1. Attach the Pec Arm Support Frame (5) and the Fixed Pulley Tube (6) to the Main Upright Frame (8) using two M10 x 75mm Hex Bolts (62), four M10 Flat Washers (72) and two M10 Nylon Nuts (76).
2. Remove two Oil Bushing (40), two M16 Flat Washers (70) and two M16 Nylon Nuts (74).
3. Attach the Right & Left Pec Arms (9 & 10) to the Pec Arm Support Frame (5) using four Oil Bushing (40), two M16 Flat Washers (70) and two M16 Nylon Nuts (74).
4. Slide two Pec Arm Foam Rollers (30) onto the Right & Left Pec Arms (9 & 10).

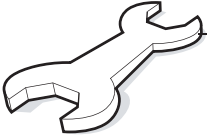


Note

Fully tighten the 2 x M16 Nylon Nuts (74) then "back off" 1/4 turn to ensure smooth movement of the Pec Arms.

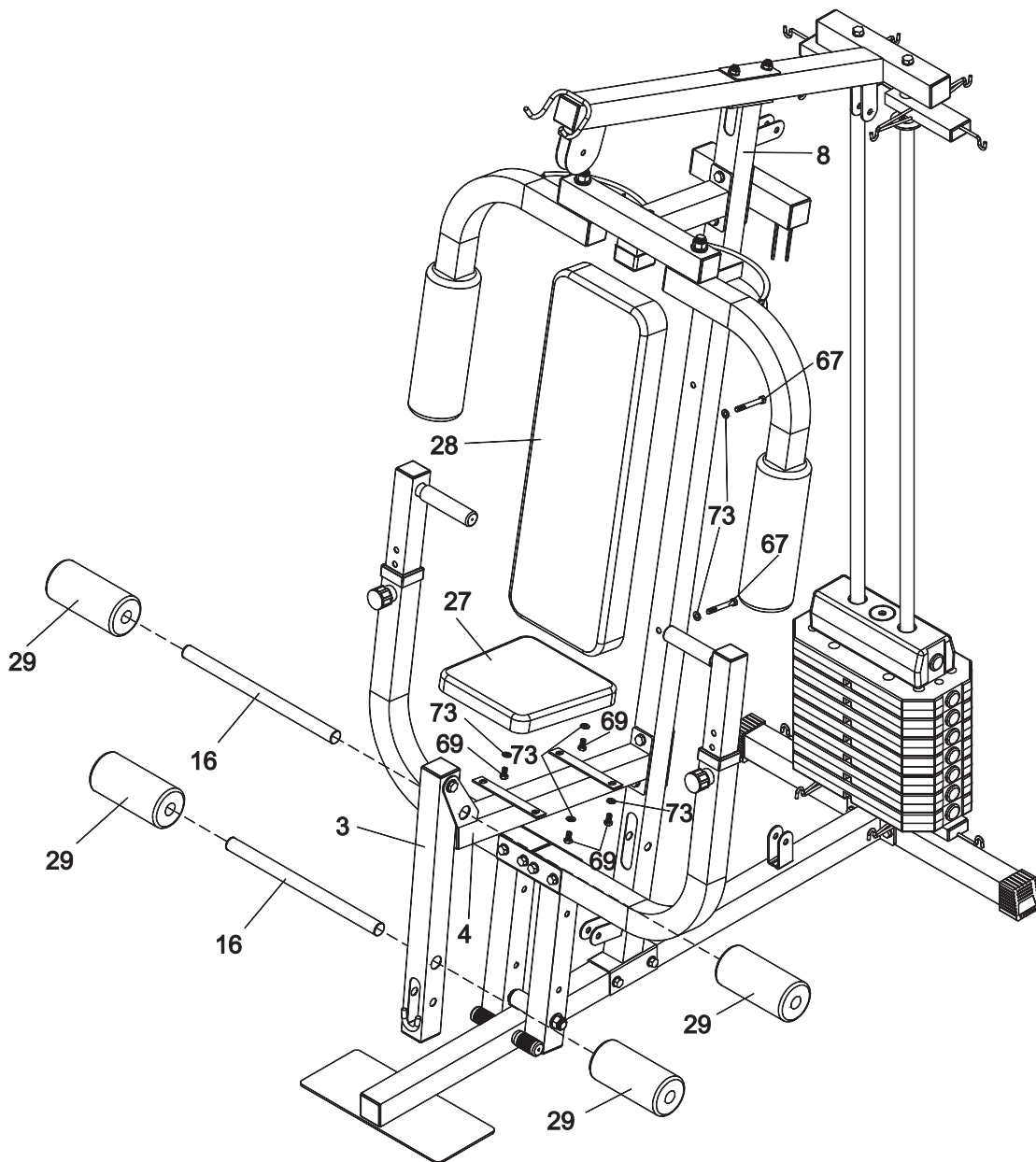


Assembly



6.

1. Insert two Leg Extension Pad Bars (16) into the Leg Extension (3) and the Seat Support Frame (4)
2. Slide four Leg Extension Foam Roller (29) onto the Leg Extension Pad Bars (16).
3. Attach the Backrest (28) to the Main Upright Frame (8), using two M8 x 65mm Hex Bolts (67) and two M8 Flat Washers (73).
4. Attach the Seat (27) to the Seat Support Frame (4), using four M8 x 16mm Hex Bolts (69) and four M8 Flat Washers (73).



Assembly

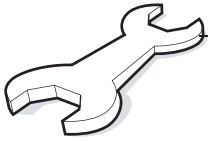


Fig.1a & g

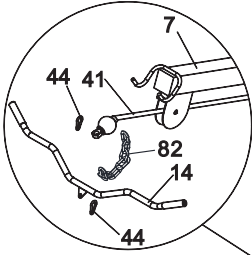


Fig.1b

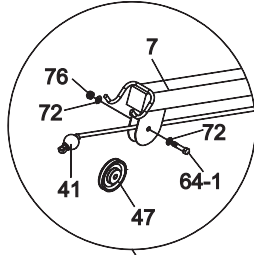


Fig.1c

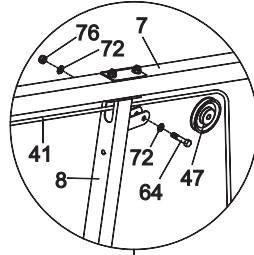


Fig.1d

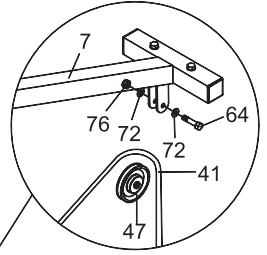


Fig.2b

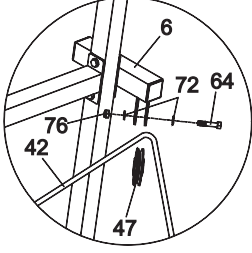


Fig.1e & 3h

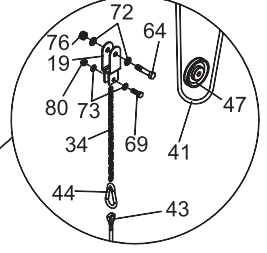


Fig.2a

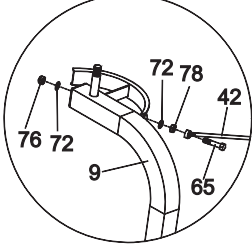


Fig.1f

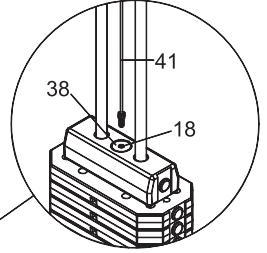


Fig.2c & 3f

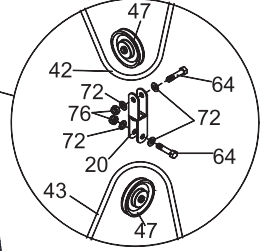


Fig.3i

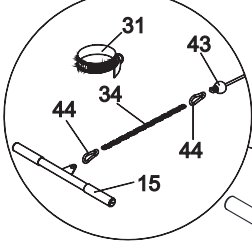


Fig.3g

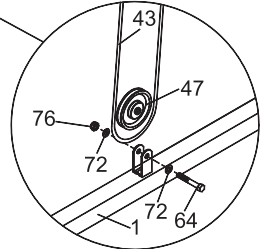


Fig.3a & b

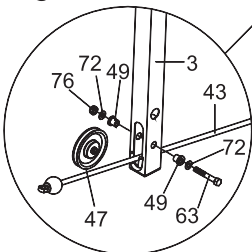


Fig.3c

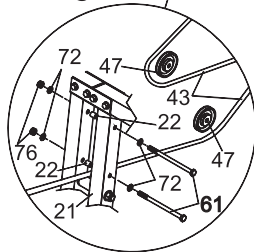


Fig.3d

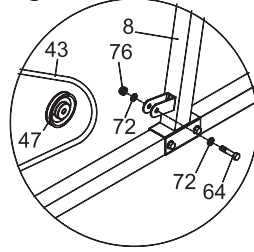
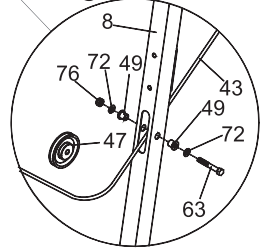
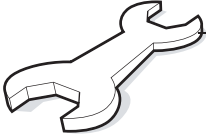


Fig.3e



Assembly



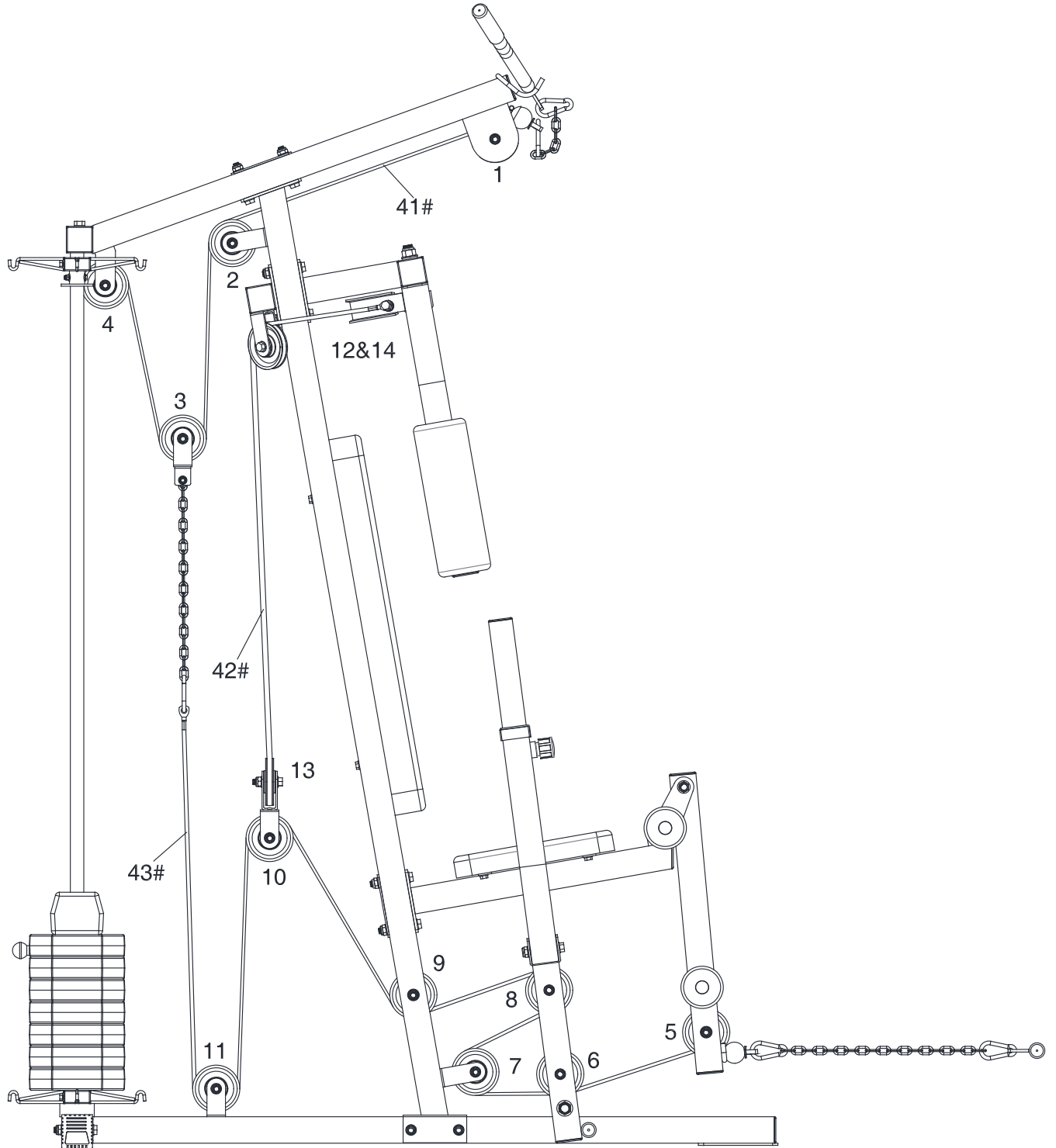
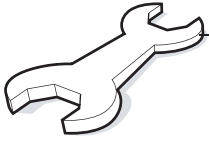
7.

1. *Weight Cable (41).*
 - a). *Start with the Weight Cable (41) set in the groove of Pulley (47) through the Upper Cross Beam (7).*
 - b). *Install Pulley No.1 (47) to the Upper Cross Beam (7), using one M10 x 40mm Hex Bolt (64-1), two M10 Flat Washers (72) and one M10 Nylon Locknut (76).*
 - c). *Install Pulley No.2 (47) to the Main Upright Frame (8), using one M10 x 45mm Hex Bolt (64), two M10 Flat Washers (72) and one M10 Nylon Locknut (76).*
 - d). *Install Pulley No.4 (47) to the Upper Cross Beam (7), using one M10 x 45mm Hex Bolt (64), two M10 Flat Washers (72) and one M10 Nylon Locknut (76).*
 - e). *Install Pulley No.3 (47) to the Single Pulley Bracket (19), using one M10 x 45mm Hex Bolt (64), two M10 Flat Washers (72) and one M10 Nylon Locknut (76).*
 - f). *Attach the threaded end of the Weight Cable (41) to Selector Shaft (18) with Plastic Washer (38).*
 - g). *Attach the Lat Bar (14) to the other end of the Weight Cable (41) using one Carabina Clip (44).*

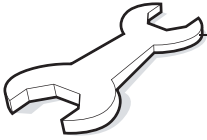
2. *Assemble the Pec Cable (42).*
 - a). *Attach both ends of the Pec Cable (42) to the Right & Left Pec Arms (9 & 10), using two M10 x 35mm Hex Bolts (65), two M10 Plain Nuts (78), four M10 Flat Washers (72) securing with two M10 Nylon Locknuts (76).*
 - b). *Install Pulley Nos. 12 & 14 (47) to the Fixed Pulley Tube (6), using two M10 x 45mm Hex Bolts (64), four M10 Flat Washers (72) and two M10 Nylon Locknuts (76).*
 - c). *Install Pulley No.13 (47) to the Double Pulley Bracket (20), using one M10 x 45mm Hex Bolt (64), two M10 Flat Washers (72) and one M10 Nylon Locknut (76).*

3. *Assemble the Leg Cable (43).*
 - a). *With the Leg Cable (43) set in the groove of Pulley (47) through the Leg Extension (3).*
 - b). *Install Pulley No.5 (47) and two Pulley Oil Bushes (49) to the Leg Extension (3), using one M10 x 70mm Hex Bolt (63), two M10 Flat Washers (72) and one M10 Nylon Locknut (76).*
 - c). *Install Pulley Nos.6 & 8 (47) and four Steel Spacer Bushes (22) to the Lower Chest Press Frame (21), using two M10 x 175mm Hex Bolts (61), four M10 Flat Washers (72) and two M10 Nylon Locknuts (76).*
 - d). *Install Pulley No.7 (47) to the Main Upright Frame (8), using one M10 x 45mm Hex Bolt (64), two M10 Flat Washers (72) and one M10 Nylon Locknut (76).*
 - e). *Install Pulley No.9 (47) and two Pulley Oil Bushes (49) to the Main Upright Frame (8), using one M10 x 70mm Hex Bolt (63), two M10 Flat Washers (72) and one M10 Nylon Locknut (76).*
 - f). *Install Pulley No.10 (47) to the Double Pulley Bracket (20), using one M10 x 45mm Hex Bolt (64), two M10 Flat Washers (72) and one M10 Nylon Locknut (76).*
 - g). *Install Pulley No.11 (47) to the Base Frame (1), using one M10 x 45mm Hex Bolt (64), two M10 Flat Washers (72) and one M10 Nylon Locknut (76).*
 - h). *Attach the end of the Leg Cable (43) to the Single Pulley Bracket (19), using one Chain (34), one Carabina Clip (44), one M8 x 25mm Hex Bolt (68), two M8 Flat Washers (73) and one M8 Nylon Locknut (77).*
 - i). *Attach the Curl Bar (15) or Ankle Strap (31) to the other end of the Leg Cable (43), using one Chain (34) and two Carabina Clips (44).*

Assembly

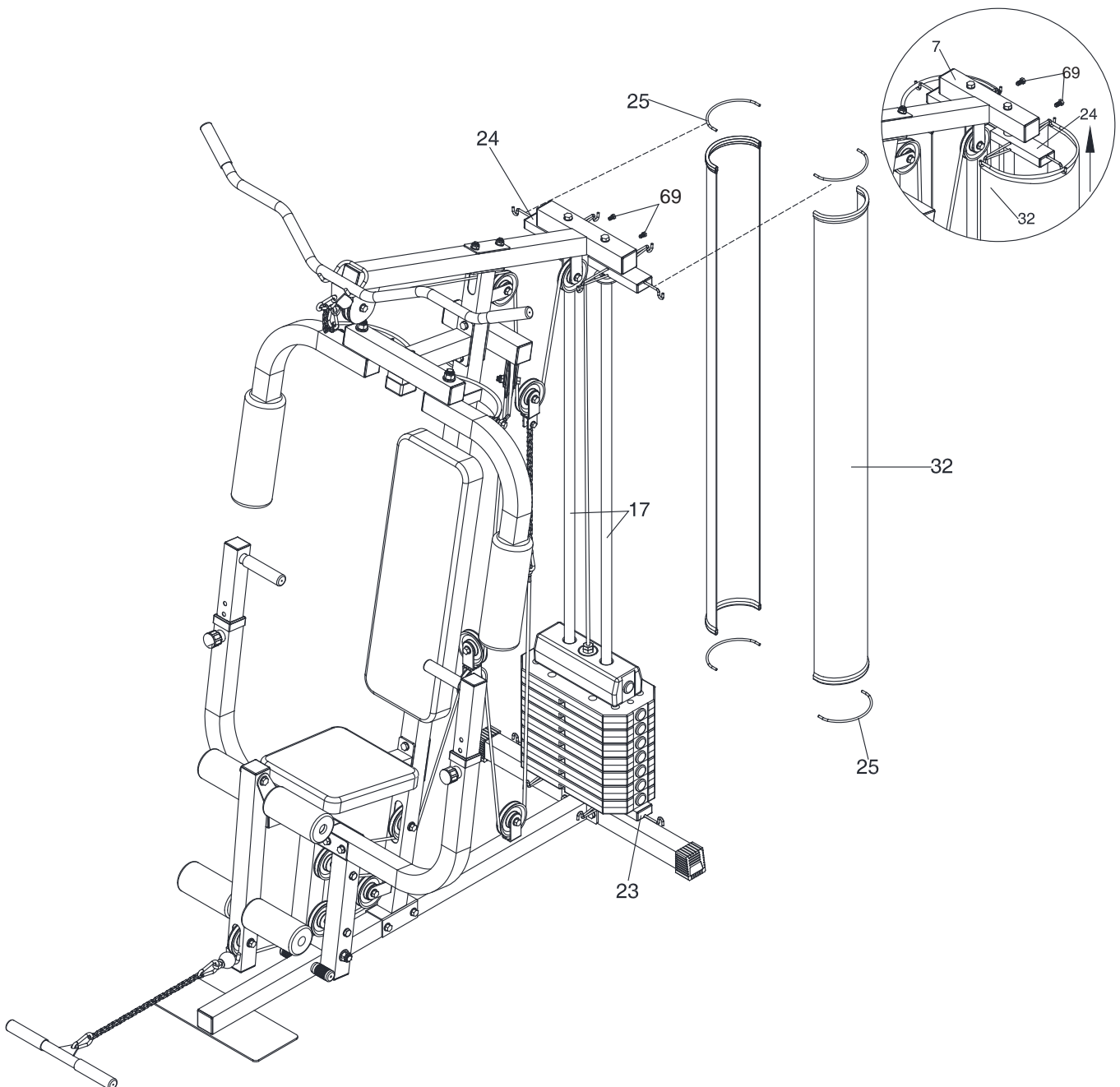


Assembly

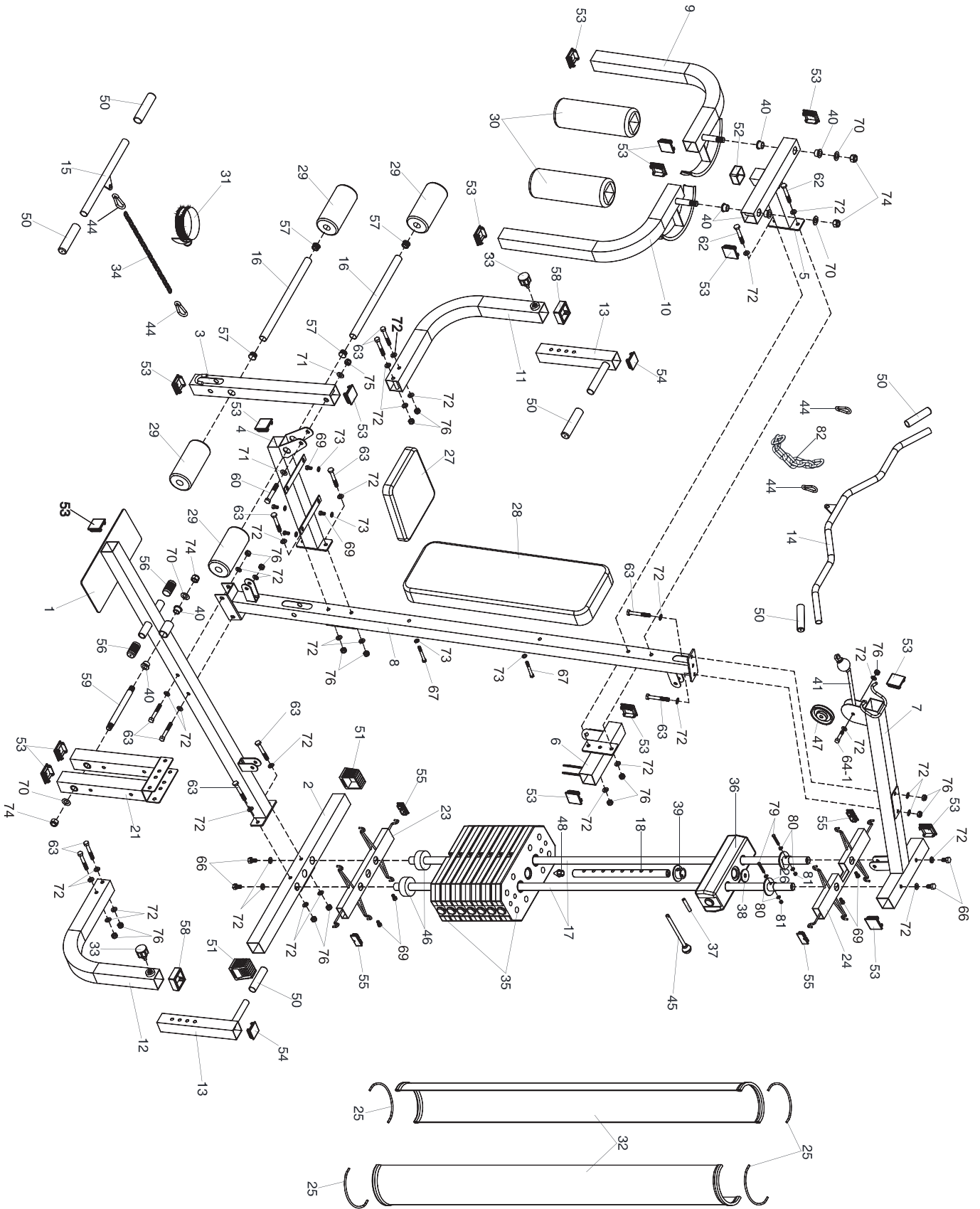
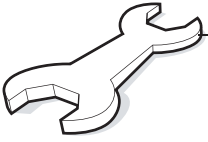


8.

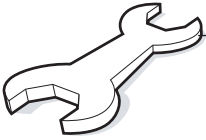
1. Insert a Weight Cover U Spring Support (25) into the upper and lower seams of both Weight Covers (32).
2. Connect the Weight Cover U Spring Supports (25) to the Lower and Upper Weight Cover Tubes (23 & 24). Stretch the Covers tight and finally secure by tightening the two upper M8 x 16mm Hex Bolts (69) onto the Weight Guide Tubes (17).



Assembly



Assembly



MASTER PARTS & ACCESSORY LIST

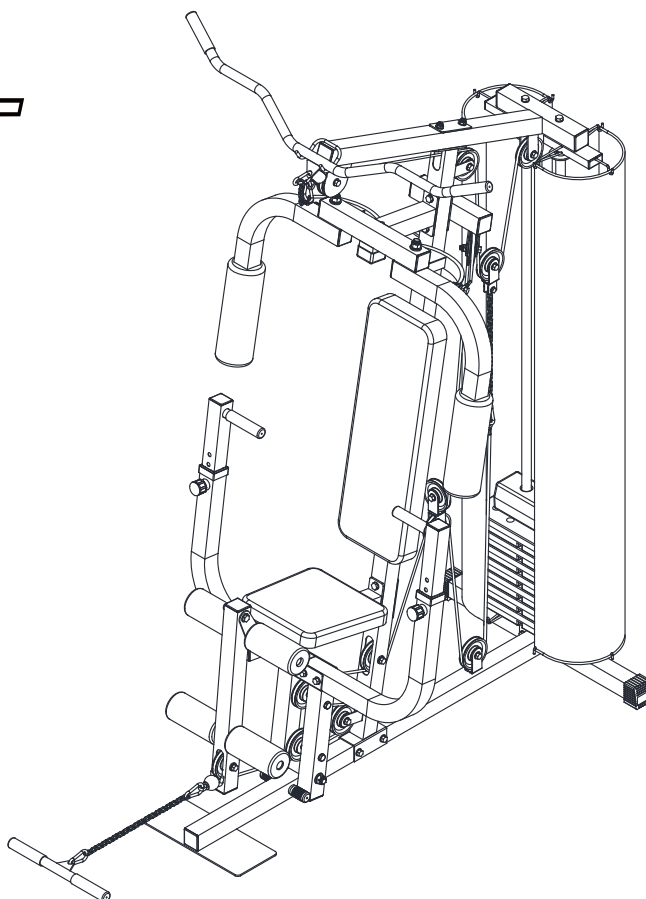
PART No.	DESCRIPTION	QTY
1	Base Frame	1
2	Rear Frame Stabiliser	1
3	Leg Extension	1
4	Seat Support Frame	1
5	Pec Arm Support Frame	1
6	Fixed Pulley Tube	1
7	Upper Cross Beam	1
8	Main Upright Frame	1
9	Right Pec Arm	1
10	Left Pec Arm	1
11	Right Chest Press Frame	1
12	Left Chest Press Frame	1
13	Chest Press Handle	2
14	Lat Bar	1
15	Curl Bar	1
16	Leg Extension Pad Bar	2
17	Weight Guide Tube	2
18	Weight Selector Shaft	1
19	Single Pulley Bracket	1
20	Double Pulley Bracket	1
21	Lower Chest Press Frame	1
22	Steel Spacer Bush (OD \varnothing 14mm x ID \varnothing 11mm)	4
23	Lower Weight Cover Tube	1
24	Upper Weight Cover Tube	1
25	Weight Cover U Spring Support	4
26	Stop Block	2
27	Seat	1
28	Backrest	1
29	Leg Extension Foam Roller	4
30	Pec Arm Foam Roller	2
31	Ankle Strap	1
32	Weight Cover	2
33	Chest Press Handle Adjuster Knob	2
34	Chain (long)	2
35	Weight Plate	7
36	Crown Weight Plate	1
37	Weight Selector Shaft Pin	1
38	Weight Selector Shaft Pin Flat Plastic Washer	1
39	Weight Selector Shaft Bush	1
40	Oil Bushing (PRE-INSTALLED)	6
41	Weight Cable (2380mm)	1
42	Pec Cable (2710mm)	1
43	Leg Cable (3000mm)	1
44	Carabina	5
45	Weight Selector Pin	1
46	Rubber Weight Bumper	2
47	Pulley	14
48	Weight Selector Shaft End Cap (PRE-INSTALLED)	1
49	Pulley Oil Bush	4
50	Lat / Curl Bar Handgrip (PRE-INSTALLED)	4
51	50mm Square Foot End Cap	2
52	50mm Square Rubber End Cap	1
53	50mm Square Tube Plug (PRE-INSTALLED)	17
54	45mm Square Tube Plug (PRE-INSTALLED)	2
55	50mm x 25mm Oblong Tube Plug (PRE-INSTALLED)	4
56	\varnothing 25mm Ridged End Cap (PRE-INSTALLED)	2
57	\varnothing 25mm Tube Plug (PRE-INSTALLED)	4
58	50mm Open Tube Insert (PRE-INSTALLED)	2
59	Press Frame Pivot Shaft	1
60	M12 x 75mm Hex Bolt	1
61	M10 x 175mm Hex Bolt	2
62	M10 x 75mm Hex Bolt	2
63	M10 x 70mm Hex Bolt	14
64	M10 x 45mm Hex Bolt	9
64-1	M10 x 40mm Hex Bolt	1
65	M10 x 35mm Hex Bolt	2
66	M10 x 20mm Hex Bolt (PRE-INSTALLED)	4
67	M8 x 65mm Hex Bolt	2
68	M8 x 25mm Hex Bolt	1
69	M8 x 16mm Hex Bolt	8
70	M16 Flat Washer (PRE-INSTALLED)	4
71	M12 Flat Washer	2
72	M10 Flat Washer (4 PCS PRE-INSTALLED)	64
73	M8 Flat Washer	8
74	M16 Nylon Locknut (PRE-INSTALLED)	4
75	M12 Nylon Locknut	1
76	M10 Nylon Locknut	30
77	M8 Nylon Locknut	1
78	M10 Plain Nut	2
79	M6 x 40mm Hex Bolt	2
80	M6 Curved Washer	4
81	M6 Nylon Locknut	2
82	Chain (short)	1



Note

Note text as per the attached file to the master component. They may not be supplied separately.

V-FIT-ST



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Cross Hills,
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BD20 7BW*

CUSTOMER SUPPORT

Open from 9.00am to 4.30pm from Monday to Friday



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E-mail: support@benysports.co.uk



Website: www.benysports.co.uk