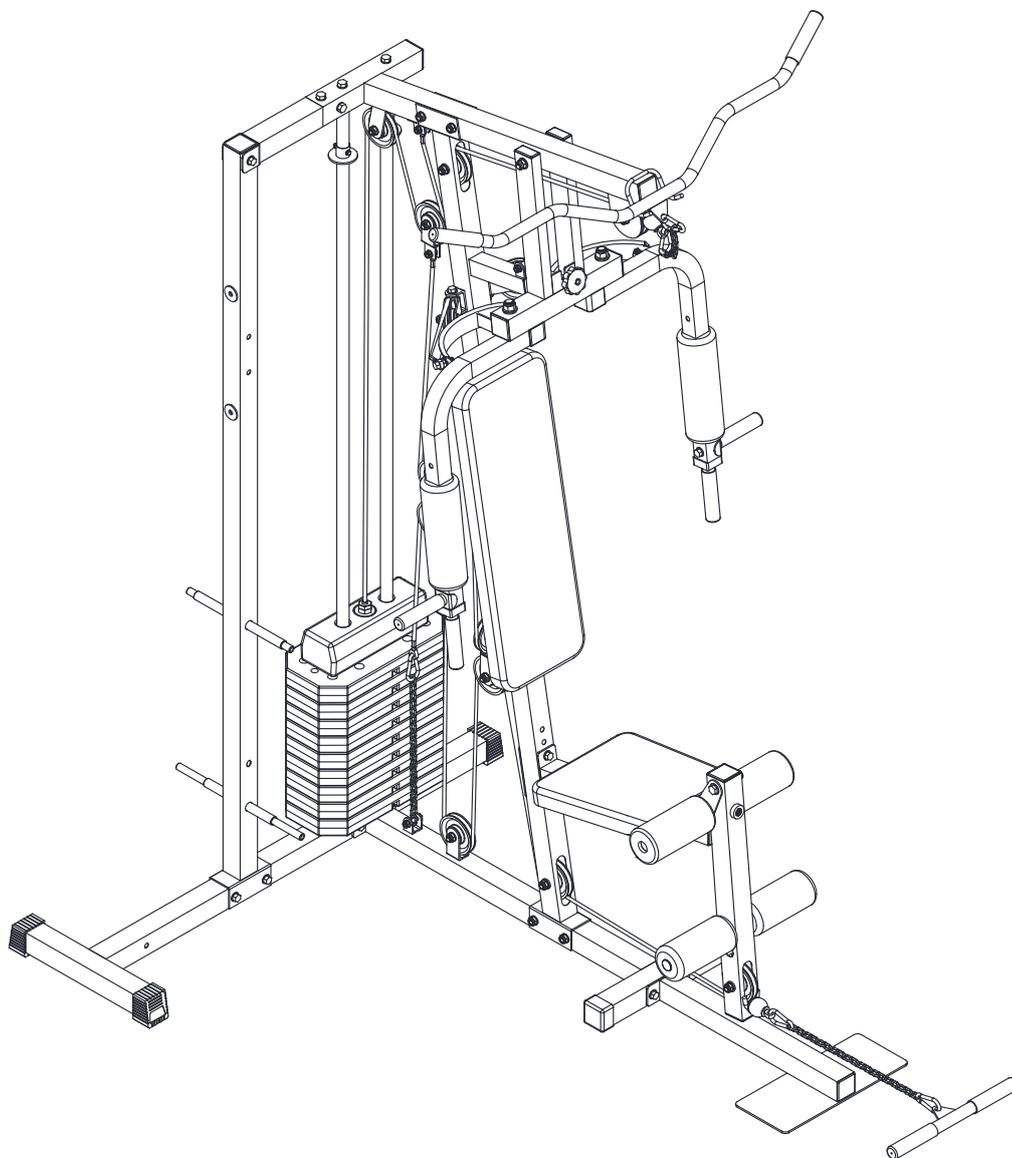


V-FIT-ST

SERIAL No. AB3113-UK



STG/09-2 HERCULEAN COMPACT ADDER 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) 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

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



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 V-fit 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

Beny Sports Co. UK Ltd. guarantee's its product range 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 will requirement for replacement parts or repairs, we will ask for proof of purchase. Failure to do so may 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.

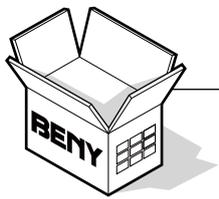
This does not affect your statutory rights as a consumer.

Customer Support

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+44 (0) 1535 637711
Email:- support@benysports.co.uk
Website: www.benysports.co.uk

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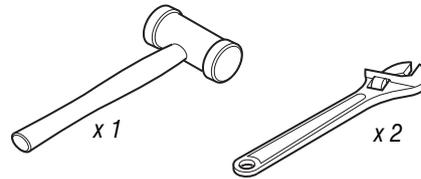
Beny Sports Co. UK Ltd.
Unit 8 Riparian Way,
The Crossings Business Park,
Cross Hills,
West Yorkshire.
BD20 7BW



Before You Start

Tools

We suggest below some tools which will enable you to successfully assemble your product.
1 x Soft Headed Hammer & 2 x Adjustable Spanners.



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 V-fit 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 V-fit product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- * Before use, always ensure that your V-fit 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.*



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 V-fit 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 V-fit product is suitable for users weighing:
275LBS / 19.6 Stones / 125KG or less.*

Conformity

*This V-fit product conforms to:
(BS EN 957) - PARTS 1 and 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.



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.

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



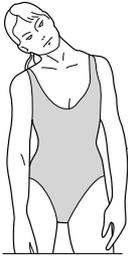
Exercising Information

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.

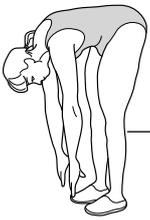
Warm Up and Cool Down Exercises

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.



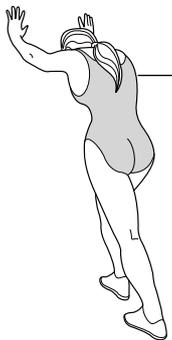
Toe Touch

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.



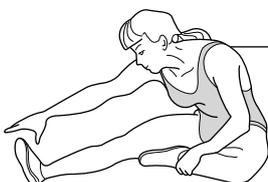
Side Stretch

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.



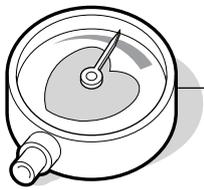
Inner Thigh Stretch

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

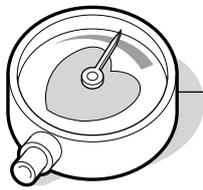
Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

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.

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.

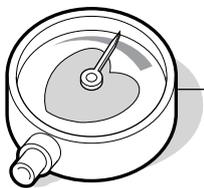
10 REPS - BENCH PRESS followed by LAT PULLDOWNS

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

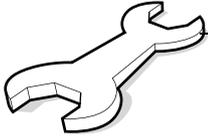
20 REPS - LEG EXTENSIONS followed by ARM CURLS

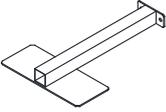
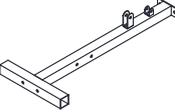
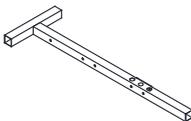
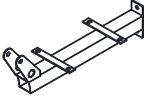
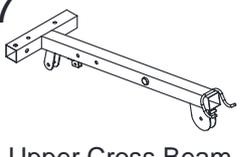
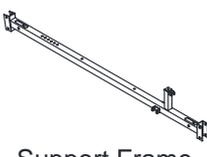
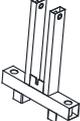
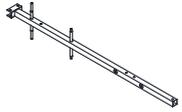
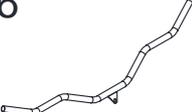
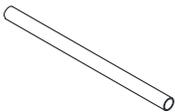
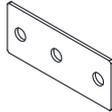
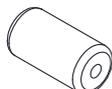
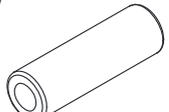
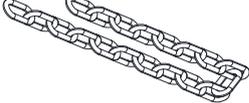
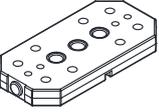
15 REPS - FRONT KICKS

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.

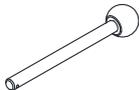
Assembly



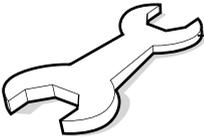
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<p>6</p>  <p>Selector Shaft 1PC</p>	<p>7</p>  <p>Upper Cross Beam 1PC</p>	<p>8</p>  <p>Support Frame 1PC</p>	<p>9</p>  <p>Right Butterfly Arm 1PC</p>	<p>10</p>  <p>Left Butterfly Arm 1PC</p>
<p>11</p>  <p>Press Bar 1PC</p>	<p>12</p>  <p>Rear Upright Frame 1PC</p>	<p>13</p>  <p>Connect Frame 1PC</p>	<p>14</p>  <p>Handle Tube 2PCS</p>	<p>15</p>  <p>Weight Guide Tube 2PCS</p>
<p>16</p>  <p>Lat Bar 1PC</p>	<p>17</p>  <p>Low Bar 1PC</p>	<p>18</p>  <p>Leg Unit Tube 2PCS</p>	<p>19</p>  <p>Stop Block 2PCS</p>	<p>20</p>  <p>Pulley Block 1PC</p>
<p>21</p>  <p>Pulley U 1PC</p>	<p>22</p>  <p>Reverse U 1PC</p>	<p>23</p>  <p>Single Pulley Block 2PCS</p>	<p>24</p>  <p>Press Frame Lock Bolt 1PC</p>	<p>25</p>  <p>Plate 1PC</p>
<p>26</p>  <p>Seat Cushion 1PC</p>	<p>27</p>  <p>Backrest Cushion 1PC</p>	<p>28</p>  <p>Ankle Strap 1PC</p>	<p>29</p>  <p>Leg Foam Roller 4PCS</p>	<p>30</p>  <p>Arm Foam Roller 2PCS</p>
<p>31 Pre-installed</p>  <p>Press Frame Lock Knob 1PC</p>	<p>32</p>  <p>Chain (long) 2PCS</p>	<p>33 Pre-installed</p>  <p>Oil Bushing (big) 4PCS</p>	<p>34 Pre-installed</p>  <p>Oil Bushing (small) 2PCS</p>	<p>35</p>  <p>Press Frame Stop Adjuster 1PC</p>
<p>36</p>  <p>Weight Plate 9PCS</p>	<p>37</p>  <p>Top Weight Plate 1PC</p>	<p>38</p>  <p>Selector Shaft Pin 1PC</p>	<p>39</p>  <p>Plastic Washer 1PC</p>	<p>40</p>  <p>Selector Shaft Bushing 1PC</p>

Assembly



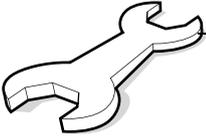
<p>41</p>  <p>Weight Selector Pin 1PC</p>	<p>42</p>  <p>Pulley 13PCS</p>	<p>43</p>  <p>Rubber Cushion 2PCS</p>	<p>44</p>  <p>Carabina 5PCS</p>	<p>45</p>  <p>Pulley Bushing 6PCS</p>
<p>46</p>  <p>Cable 2PCS</p>	<p>47</p>  <p>Weight Cable 1PC</p>	<p>48</p>  <p>Butterfly Cable 1PC</p>	<p>49</p>  <p>Chain(short) 1PC</p>	<p>50</p>  <p>Mid-empty Square Plug (∅38X∅26mm) 2PCS</p>
<p>51</p> <p>Pre-installed</p>  <p>25mm Round End Plug 4PCS</p>	<p>52</p> <p>Pre-installed</p>  <p>Bumper Cap 2pcs</p>	<p>53</p> <p>Pre-installed</p>  <p>25X50mm Square End Plug 2PCS</p>	<p>54</p> <p>Pre-installed</p>  <p>Select Shaft End Cap 1PC</p>	<p>55</p> <p>Pre-installed</p>  <p>38mm Square End Plug 2PCS</p>
<p>56</p> <p>Pre-installed 6PCS</p>  <p>Handle Grip 8PCS</p>	<p>57</p>  <p>50mm Square Foot End Cap 3PCS</p>	<p>58</p>  <p>50mm Square End Cap 2PCS</p>	<p>59</p> <p>Pre-installed</p>  <p>50mm Square End Plug 9PCS</p>	<p>60</p>  <p>M12X135mm Hex Bolt 1PC</p>
<p>61</p>  <p>M12X75mm Hex Bolt 1PC</p>	<p>62</p>  <p>M10X75mm Hex Bolt 2PCS</p>	<p>63</p>  <p>M10X70mm Hex Bolt 14PCS</p>	<p>64</p>  <p>M10X65mm Hex Bolt 2PCS</p>	<p>65</p>  <p>M10X50mm Hex Bolt 2PCS</p>
<p>66</p>  <p>M10X45mm Hex Bolt 9PCS</p>	<p>67</p>  <p>M10X40mm Hex Bolt 1PC</p>	<p>68</p>  <p>M10X35mm Hex Bolt 2PCS</p>	<p>69</p> <p>Pre-installed 4PCS</p>  <p>M10X20mm Hex Bolt 7PCS</p>	<p>70</p>  <p>M8X65mm Hex Bolt 2PCS</p>
<p>71</p>  <p>M8X40mm Hex Bolt 1PC</p>	<p>72</p>  <p>M8X25mm Hex Bolt 3PCS</p>	<p>73</p>  <p>M8X16mm Hex Bolt 4PCS</p>	<p>74</p>  <p>M6X40mm Hex Bolt 2PCS</p>	<p>75</p> <p>Pre-installed</p>  <p>Washer M16 2PCS</p>
<p>76</p>  <p>Washer M12 4PCS</p>	<p>77</p> <p>Pre-installed 4PCS</p>  <p>Washer M10 69PCS</p>	<p>78</p>  <p>Washer M8 14PCS</p>	<p>79</p>  <p>M6 Arc Washer 4PCS</p>	<p>80</p> <p>Pre-installed</p>  <p>Washer ∅30X∅10 1PC</p>

Assembly



81 Pre-installed  Nylon Nut M16 2PCS	82  Nylon Nut M12 2PCS	83  Nylon Nut M10 30PCS	84  Nylon Nut M8 4PCS	85  M6 Nylon Nut 2PCS
86  Nut M10 2PCS				

Assembly



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

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

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 open from 9.00am to 4.30pm
from Monday to Friday

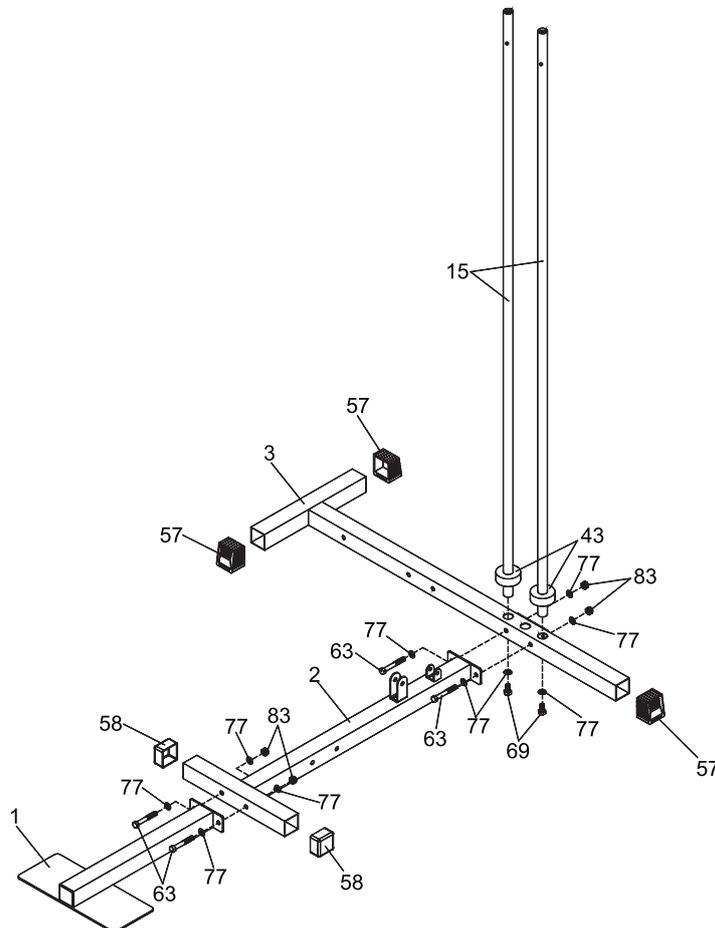


Note

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

1.

1. Attach two 50mm Square End Caps (58) to the Base Frame (2). Attach three 50mm Square Foot End Caps (57) to the Back Base Frame (3).
2. Remove the M10 x 20mm Hex Bolts (69) and M10 Washers (77) from the bottom of both Weight Guide Tubes (15).
3. Insert the Weight Guide Tubes (15) into the Back Base Frame (3), refitting the two M10 x 20mm Hex Bolts (69) and two M10 Washers (77) previously removed.
4. Attach the Front Base Frame (1) to the Base Frame (2), using two M10 x 70mm Hex Bolts (63), four M10 Washers (77) and two M10 Nylon Nuts (83).
5. Attach the Base Frame (2) to the Back Base Frame (3), using two M10 x 70mm Hex Bolts (63), four M10 Washers (77) and two M10 Nylon Nuts (83).
6. Slide two Rubber Cushions (43) onto the Weight Guide Tubes (15).

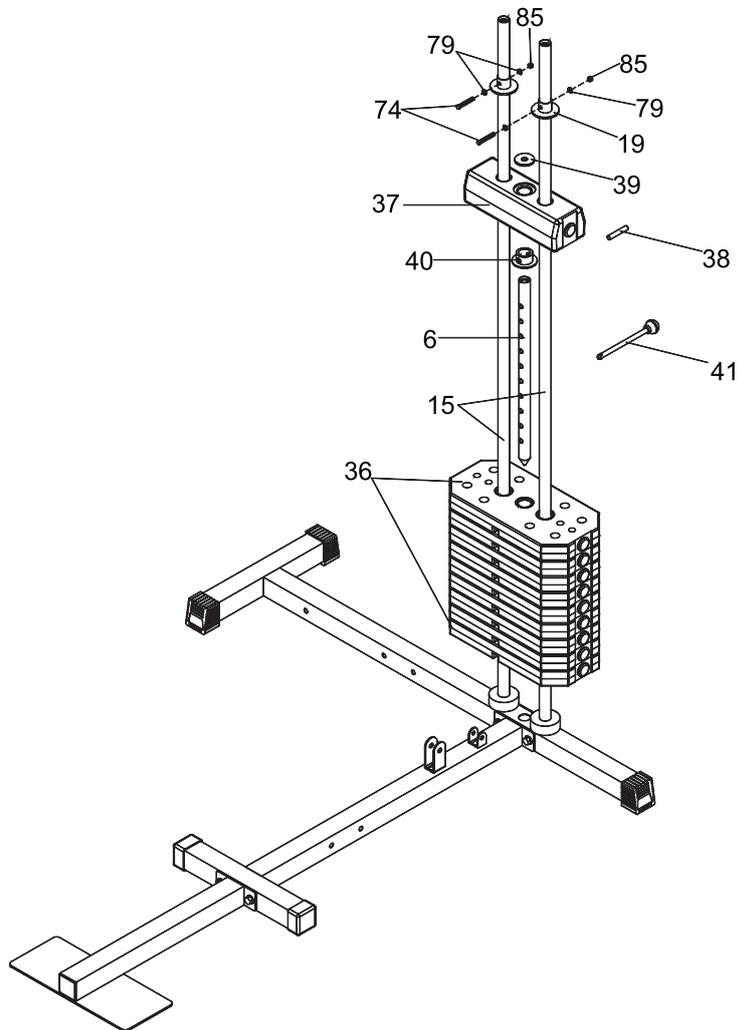


Assembly

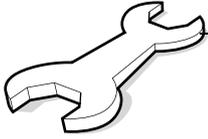


2.

1. Slide nine Weight Plates (36) carefully down the Weight Guide Tubes (15).
2. Fit the Selector Shaft Bushing (40) to the Selector Shaft (6) at the first open hole, locating with the Selector Shaft Pin (38).
3. Insert the Selector Shaft (6) into the centre hole of the Weight Plates (36).
4. Slide the Top Weight Plate (37) down the Weight Guide Tubes (15) then insert the Weight Selector Pin (41) into the hole of the desired weight.
5. Place the Plastic Washer (39) on the Selector Shaft (6) in the Top Weight Plate (37).
6. Attach two Stop Blocks (19) to the small holes drilled near the top of the Weight Guide Tubes (15), using two M6x40mm Hex Bolts (74), four M6 Arc Washers (79) and two M6 Nylon Nuts (85).



Assembly



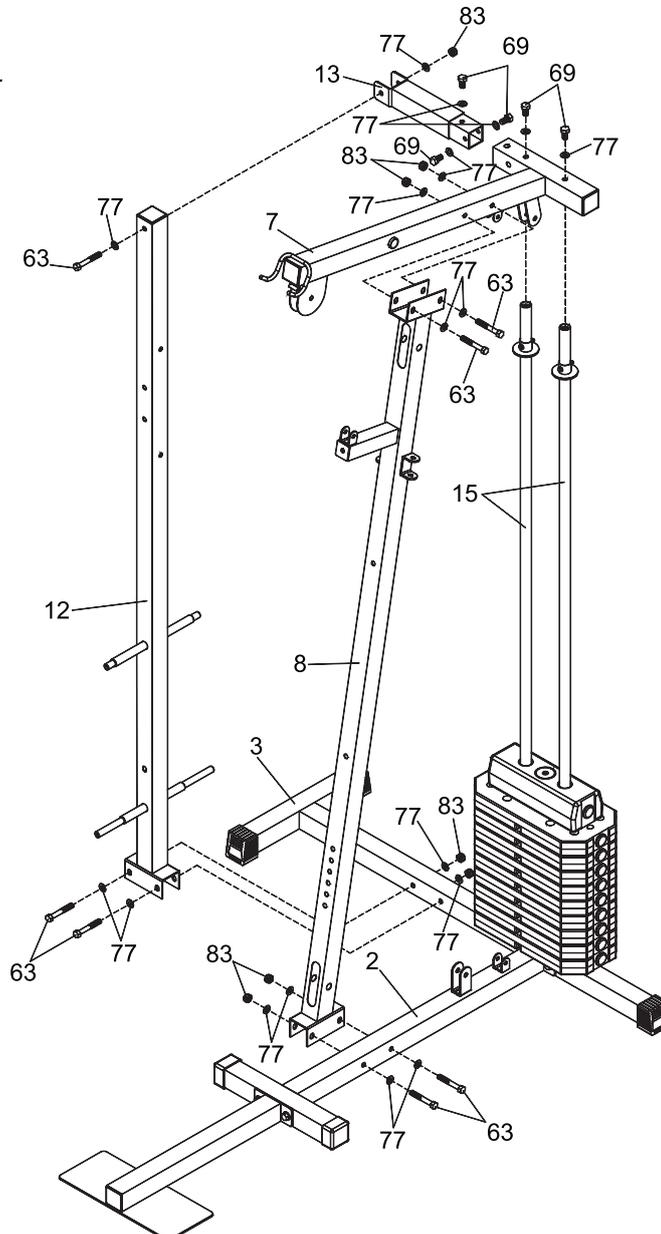
3.

1. Attach the Support Frame (8) to the Base Frame (2), using two M10 x 70mm Hex Bolts (63), four M10 Washers (77) and two M10 Nylon Nuts (83).
2. Remove the two M10x20mm Hex Bolts (69) and two M10 Washers (77) from the top of both Weight Guide Tubes (15).
3. Attach the Upper Cross Beam (7) to the Weight Guide Tubes (15), using the two M10 x 20mm Hex Bolts (69) and two M10 Washers (77) previously removed.
4. Attach the Upper Cross Beam (7) to the Support Frame (8), using two M10 x 70mm Hex Bolts (63), four M10 Washers (77) and two M10 Nylon Nuts (83).
5. Attach the Connect Frame (13) to the Upper Cross Beam (7), using three M10 x 20mm Hex Bolts (69) and three M10 Washers (77).
6. Attach the Rear Upright Frame (12) to the Back Base Frame (3) and the Connect Frame (13), using three M10 x 70mm Hex Bolts (63), six M10 Washers (77) and three M10 Nylon Nuts (83).



Note

Please assemble the Rear Upright Frame (12) with the large welded support washers (near the top) facing outwards.



Assembly



5.



Note

Fully tighten the 2 x M16 Nylon Nuts (81) then "back off" 1/4 turn to ensure smooth movement of the Pec Arms.



Note

Upper holes in the Pec Arms (9) are for alternative fitment of the Handle Tubes (14) which can be fitted either inside or outside of the Pec Arm tubes.

NOTE: 4 x Oil Bushing (big) (33) have been pre-installed onto the Right & Left Butterfly Arms (9 & 10).

1. Remove the two top Oil Bushing (big) (33), two M16 Washers (75) and two M16 Nylon Nuts (81).

2. Attach the Right & Left Butterfly Arms (9 & 10) to the Press Bar (11), refitting the four Oil Bushing (big) (33), two M16 Washers (75) and two M16 Nylon Nuts (81).

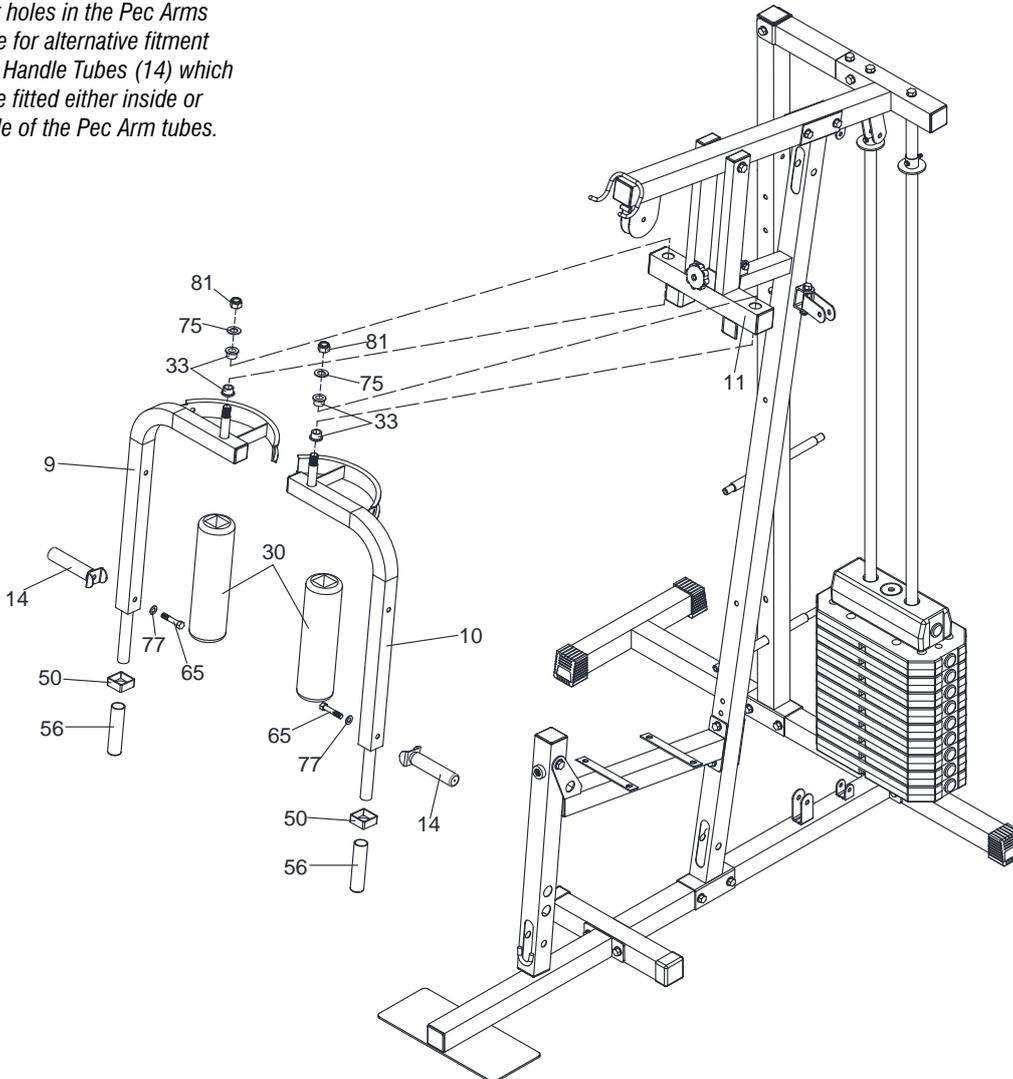
NOTE: Tighten securely to remove excess slack but ensure free-movement.

3. Slide two Arm Foam Rollers (30) onto the Right & Left Butterfly Arms (9 & 10).

4. Attach the Handle Tube (14) to the Right & Left Butterfly Arms (9 & 10), using two M10x50mm Hex Bolts (65) and two M10 Washers (77).

NOTE: These can be fitted into either the Upper or Lower and either Inside or Outside locations on the Butterfly Arms (9 & 10) to allow for Wide or Narrow Grip exercises.

5. Slide two Mid-empty Square Plugs (50) and two Handle Grips (56) onto the Right & Left Butterfly Arms (9 & 10).



Assembly



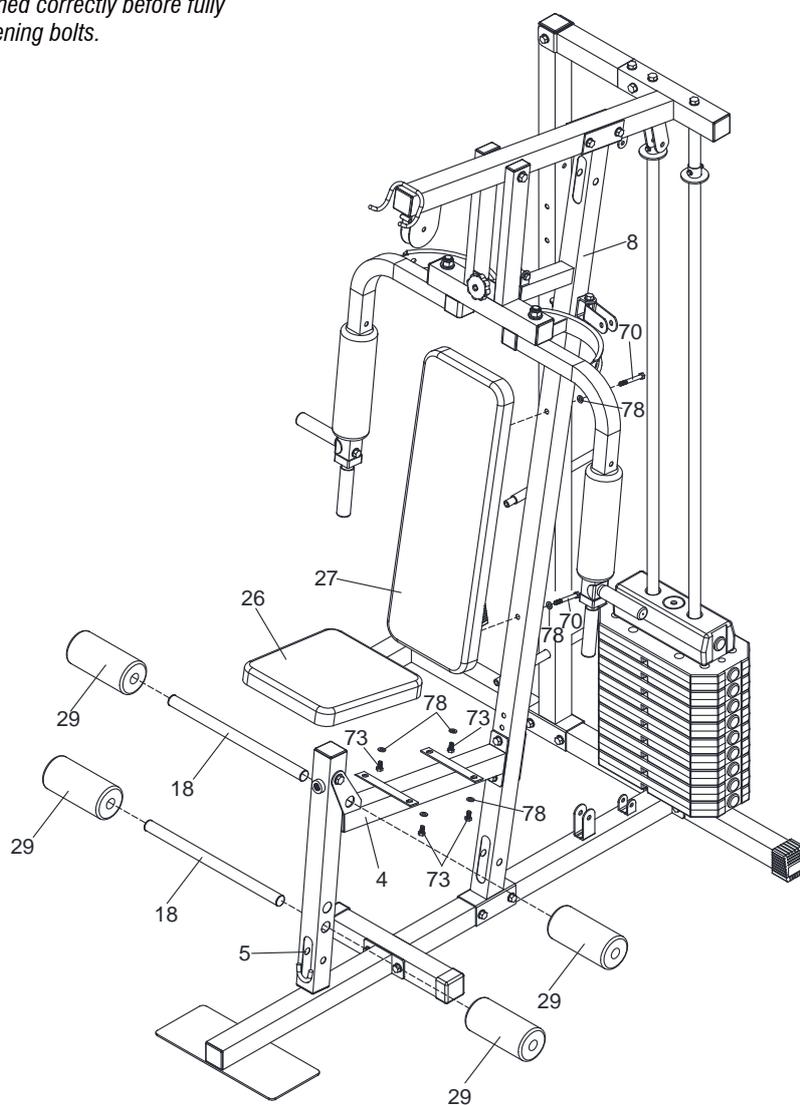
6.

1. Insert two Leg Unit Tubes (18) into the Leg Extension Frame (5) and the Seat Base Frame (4).
2. Slide four Leg Foam Rollers (29) onto the Leg Unit Tubes (18).
3. Attach the Backrest Cushion (27) to the Support Frame (8), using the two M8x65mm Hex Bolts (70) and two M8 Washers (78).
4. Attach the Seat Cushion (26) to the Seat Base Frame (4), using four M8x16mm Hex Bolts (73) and four M8 Washers (78) ensuring that the Seat Cushion (26) is lined up straight before fully tightening.



Note

Ensure Seat Cushion (26) is aligned correctly before fully tightening bolts.



Assembly

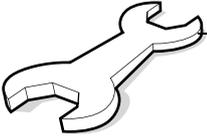


Fig.1a/b

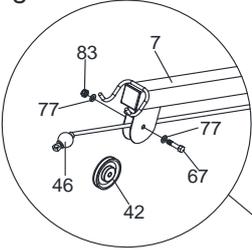


Fig.1c

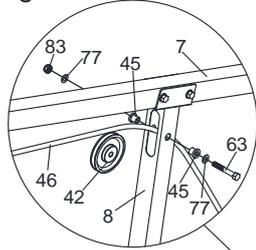


Fig.2a

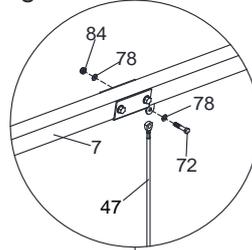


Fig.2c

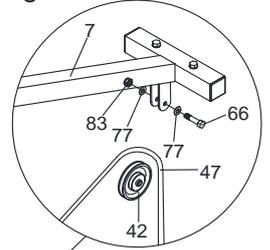


Fig.1f

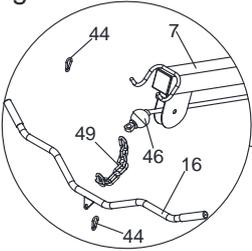


Fig.1e & Fig.2b

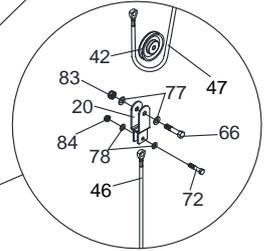


Fig.3b

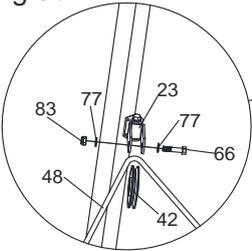


Fig.1d & Fig.4f

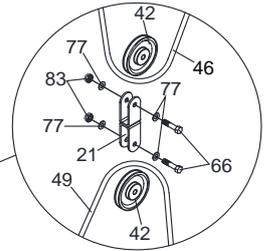


Fig.3a

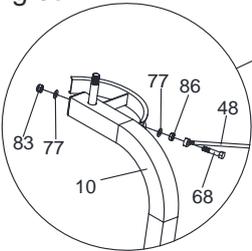


Fig.2d

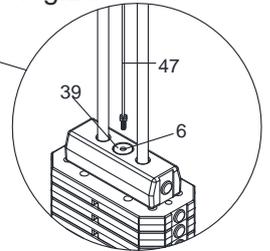


Fig.4a/b

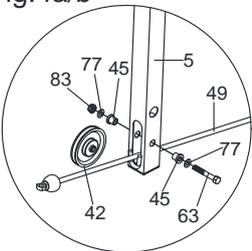


Fig.4g

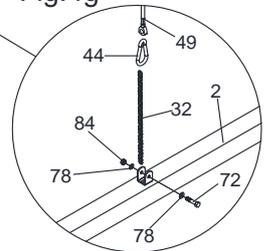


Fig.4h

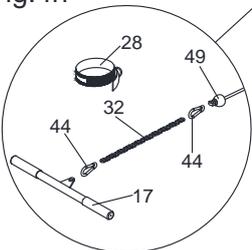


Fig.4c

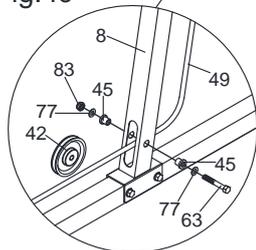


Fig.3c & Fig.4d

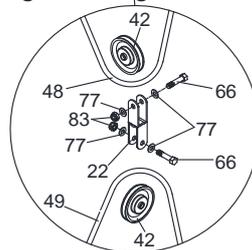
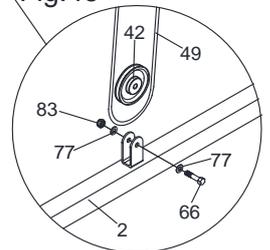


Fig.4e



Assembly



7.

1. Start with one of the two Cables (46). Please refer to related figures on page 22.
 - a. With the Cable (46) in groove of Pulley (42) through Upper Cross Beam (7).
 - b. Install Pulley (42) to Upper Cross Beam (7), using one M10x40mm Hex Bolt (67), two M10 Washers (77) and one M10 Nylon Nut (83).
 - c. Install Pulley (42) and two Pulley Bushings (45) to Support Frame (8), using one M10 x 70mm Hex Bolt (63), two M10 Washers (77) and one M10 Nylon Nut (83).
 - d. Install Pulley (42) to Pulley U (21), using one M10 x 45mm Hex Bolt (66), two M10 Washers (77) and one M10 Nylon Nut (83).
 - e. Attach the bolt end of Cable (46) to Pulley Block (20), using one M8 x 25mm Hex Bolt (72), two M8 Washers (78) and one M8 Nylon Nut (84).
 - f. Attach the Lat Bar (16) to the eyelet end of Cable (46) using two Carabinas (44) and Chain (short) (49).

2. Assemble the Weight Cable (47). Please refer to related figures on page 22.
 - a. Attach the eyelet end of the Weight Cable (47) to Upper Cross Beam (7), using one M8 x 25mm Hex Bolt (72), two M8 Washers (78) and one M8 Nylon Nut (84).
 - b. Install Pulley (42) to Pulley Block (20), using one M10 x 45mm Hex Bolt (66), two M10 Washers (77) and one M10 Nylon Nut (83).
 - c. Install Pulley (42) to Upper Cross Beam (7), using one M10 x 45mm Hex Bolt (66), two M10 Washers (77) and one M10 Nylon Nut (83).
 - d. Attach the threaded bolt end of the Weight Cable (47) to Selector Shaft (6) with Plastic Washer (39). Tighten securely but do not overtighten.

3. Assemble the Butterfly Cable (48). Please refer to related figures on page 22.
 - a. Attach both ends of Butterfly Cable (48) to Right & Left Butterfly Arm (9 & 10), using the two M10 x 35mm Hex Bolts (68), two M10 Nuts (86), four M10 Washers (77) and two M10 Nylon Nuts (83).
 - b. Install Pulleys (42) to the Single Pulley Block (23), using two M10 x 45mm Hex Bolts (66), four M10 Washers (77) and two M10 Nylon Nuts (83).
 - c. Install Pulley (42) to Reverse U (22), using one M10 x 45mm Hex Bolt (66), two M10 Washers (77) and one M10 Nylon Nut (83).

4. Assemble the remaining Cable (46). Please refer to related figures on page 22.
 - a. With the Cable (46) in groove of Pulley (42) through Leg Extension Frame (5).
 - b. Install Pulley (42) and two Pulley Bushings (45) to Leg Extension Frame (5), using one M10 x 70mm Hex Bolt (63), two M10 Washers (77) and one M10 Nylon Nut (83).
 - c. Install Pulley (42) and two Pulley Bushings (45) to Support Frame (8), using one M10 x 70mm Hex Bolt (63), two M10 Washers (77) and one M10 Nylon Nut (83).
 - d. Install Pulley (42) to Reverse U (22), using one M10 x 45mm Hex Bolt (66), two M10 Washers (77) and one M10 Nylon Nut (83).
 - e. Install Pulley (42) to Base Frame (2), using one M10 x 45mm Hex Bolt (66), two M10 Washers (77) and one M10 Nylon Nut (83).
 - f. Install Pulley (42) to Pulley U (21), using one M10 x 45mm Hex Bolt (66), two M10 Washers (77) and one M10 Nylon Nut (83).
 - g. Attach the eyelet end of Cable (46) to Base Frame (2), using one Chain (long) (32), one Carabiner (44), one M8 x 25mm Hex Bolt (72), two M8 Washers (78) and one M8 Nylon Nut (84).
 - h. Attach Low Bar (17) or Ankle Strap (28) to the other end of Cable (46), using one Chain (long) (32) and two Carabinas (44).



Note

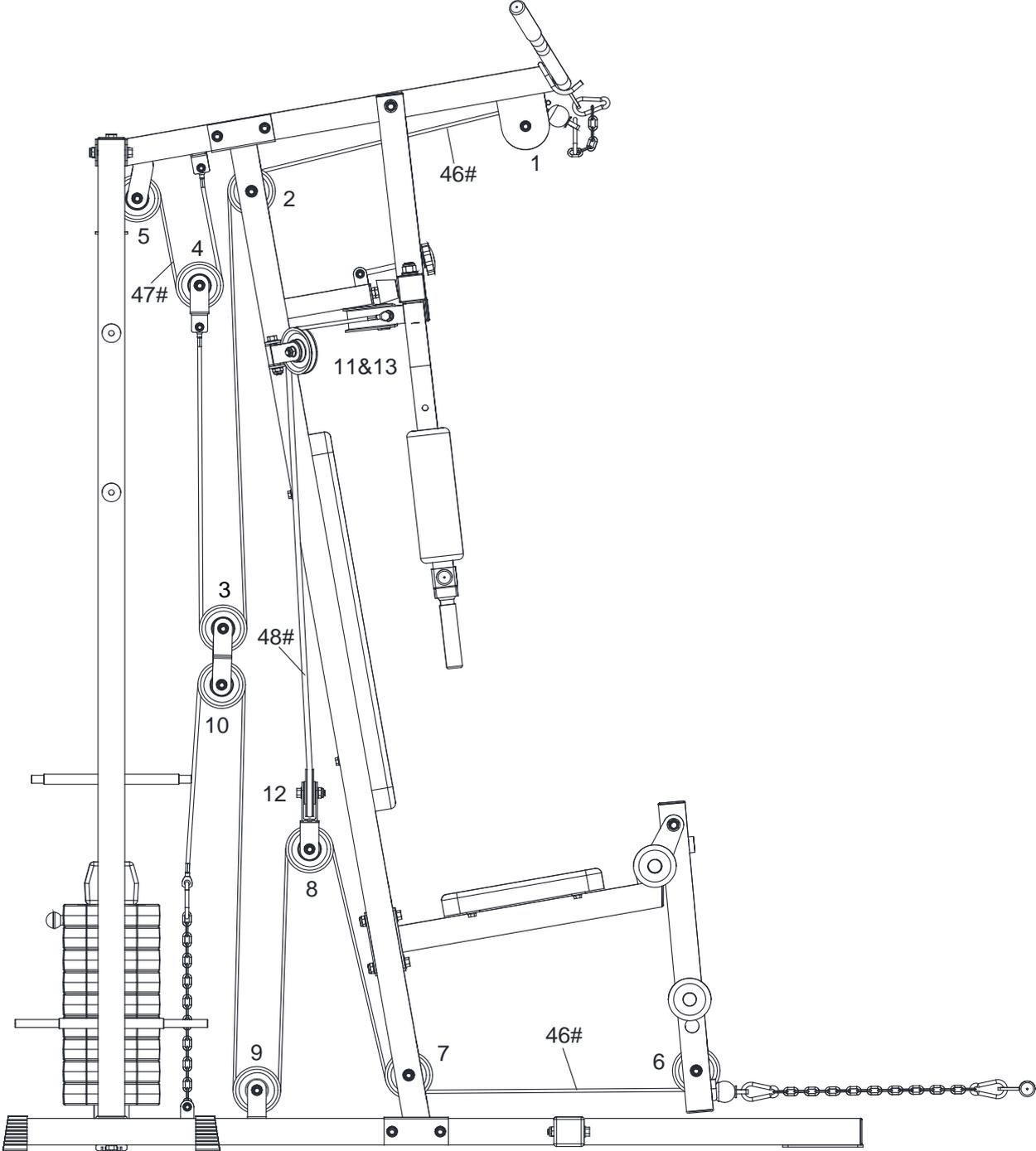
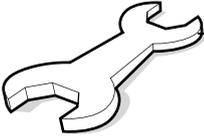
Do not overtighten any of the Pulleys during assembly. Ensure that they are free to move, but not loose and that the fixing bolts and nuts are secure.



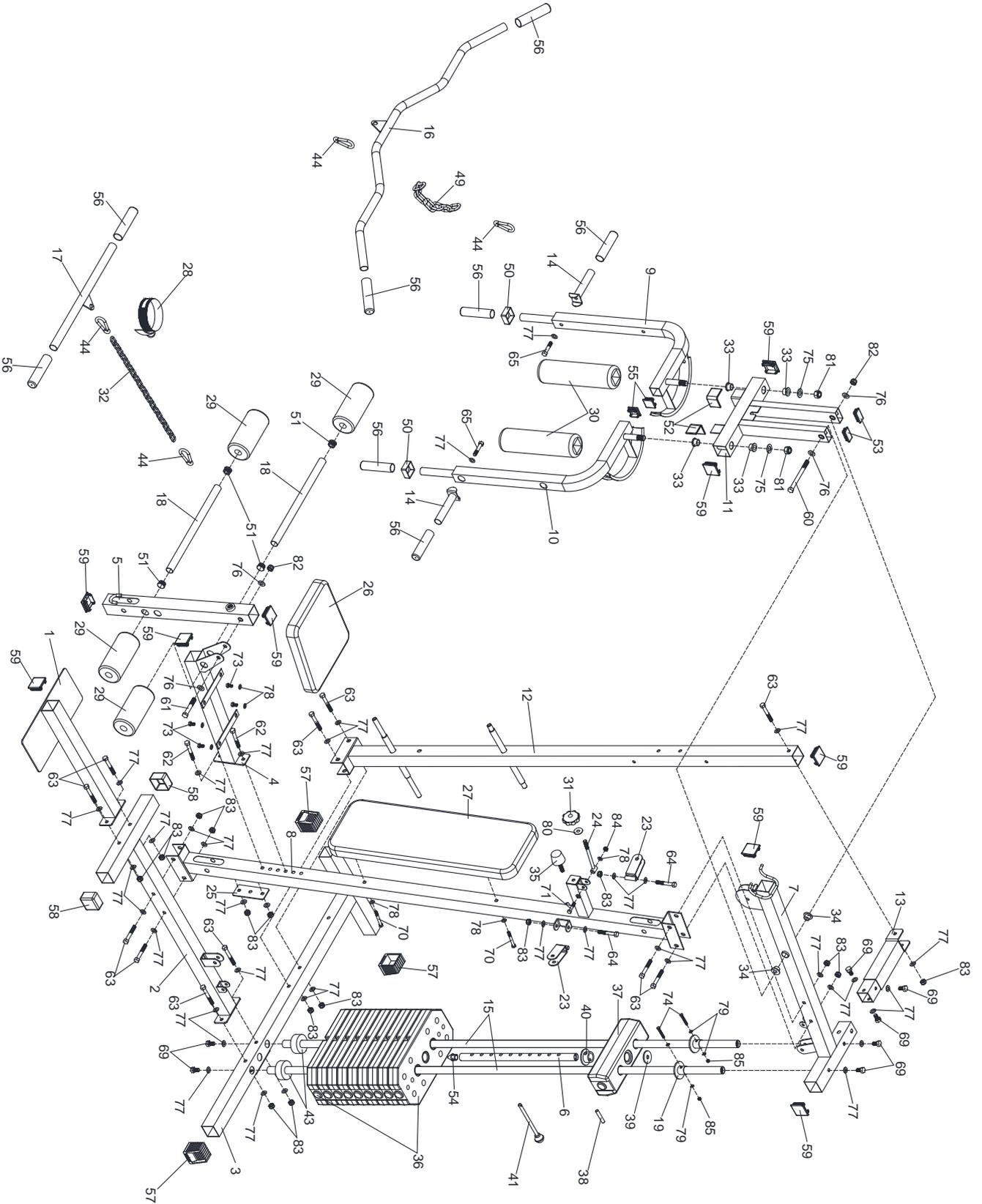
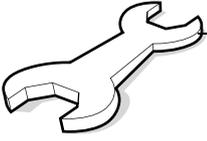
Note

Please pre-load the Cabling System when fully assembled by using the Chain (32) to remove all Cable slack by selecting the most appropriate link.

Assembly



Assembly



Assembly



MASTER PARTS & ACCESSORY LIST

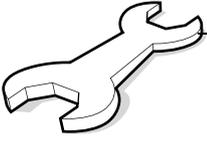
PART No.	DESCRIPTION	QTY			
1	Front Base Frame	1	49	Chain (short)	1
2	Base Frame	1	50	Mid-empty Square Plug (ϕ 38 x ϕ 26mm)	2
3	Back Base Frame	1	51	25mm Round End Plug	4
4	Seat Base Frame	1	52	Bumper Cap	2
5	Leg Extension Frame	1	53	25 x 50mm Square End Plug	2
6	Selector Shaft	1	54	Select Shaft End Cap	1
7	Upper Cross Beam	1	55	38mm Square End Plug	2
8	Support Frame	1	56	Handle Grip	8
9	Right Butterfly Arm	1	57	50mm Square Foot End Cap	3
10	Left Butterfly Arm	1	58	50mm Square End Cap	2
11	Press Bar	1	59	50mm Square End Plug	9
12	Rear Upright Frame	1	60	M12 x 135mm Hex Bolt	1
13	Connect Frame	1	61	M12 x 75mm Hex Bolt	1
14	Handle Tube	2	62	M10 x 75mm Hex Bolt	2
15	Weight Guide Tube	2	63	M10 x 70mm Hex Bolt	14
16	Lat Bar	1	64	M10 x 65mm Hex Bolt	2
17	Low Bar	1	65	M10 x 50mm Hex Bolt	2
18	Leg Unit Tube	2	66	M10 x 45mm Hex Bolt	9
19	Stop Block	2	67	M10 x 40mm Hex Bolt	1
20	Pulley Block	1	68	M10 x 35mm Hex Bolt	2
21	Pulley U	1	69	M10 x 20mm Hex Bolt	7
22	Reverse U	1	70	M8 x 65mm Hex Bolt	2
23	Single Pulley Block	2	71	M8 x 40mm Hex Bolt	1
24	Press Frame Lock Bolt	1	72	M8 x 25mm Hex Bolt	3
25	Plate	1	73	M8 x 16mm Hex Bolt	4
26	Seat Cushion	1	74	M6 x 40mm Hex Bolt	2
27	Backrest Cushion	1	75	Washer M16	2
28	Ankle Strap	1	76	Washer M12	4
29	Leg Foam Roller	4	77	Washer M10	69
30	Arm Foam Roller	2	78	Washer M8	14
31	Press Frame Lock Knob	1	79	M6 Arc Washer	4
32	Chain	2	80	Washer ϕ 30X ϕ 10	1
33	Oil Bushing (big)	4	81	Nylon Nut M16	2
34	Oil Bushing (small)	2	82	Nylon Nut M12	2
35	Bumper	1	83	Nylon Nut M10	30
36	Weight Plate	9	84	Nylon Nut M8	4
37	Top Weight Plate	1	85	M6 Nylon Nut	2
38	Selector Shaft Pin	1	86	Nut M10	2
39	Plastic Washer	1	87	M12 x 135mm Hex Bolt	1
40	Selector Shaft Bushing	1			
41	Weight Selector Pin	1			
42	Pulley	13			
43	Rubber Cushion	2			
44	Carabiner	4			
45	Pulley Bushing	6			
46	Cable	2			
47	Weigh Cable	1			
48	Butterfly Cable	1			



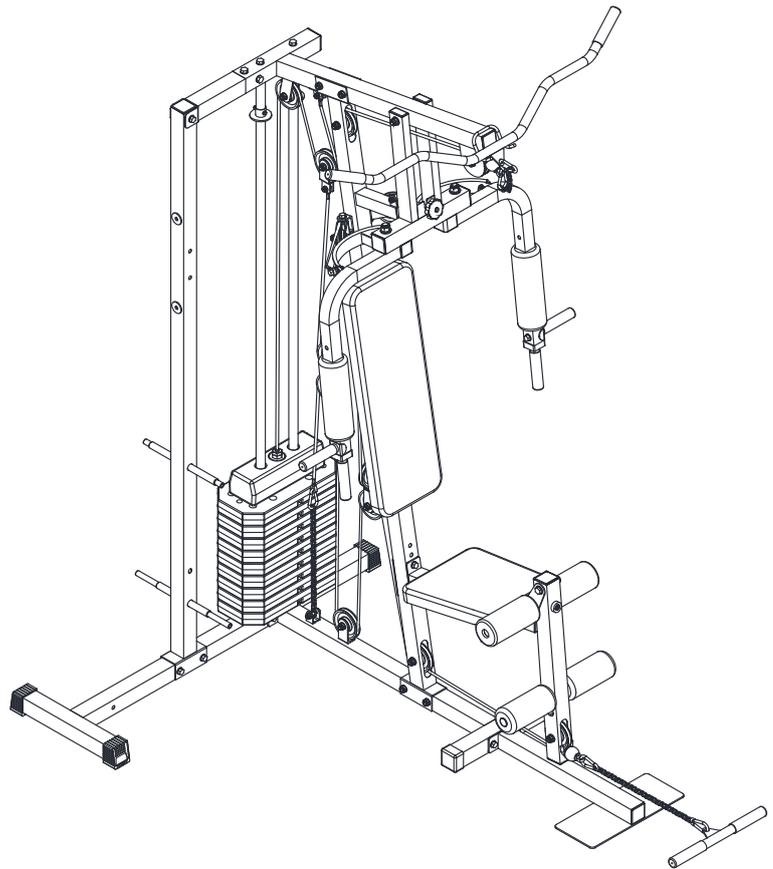
Note

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

Note



V-FIT-ST



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