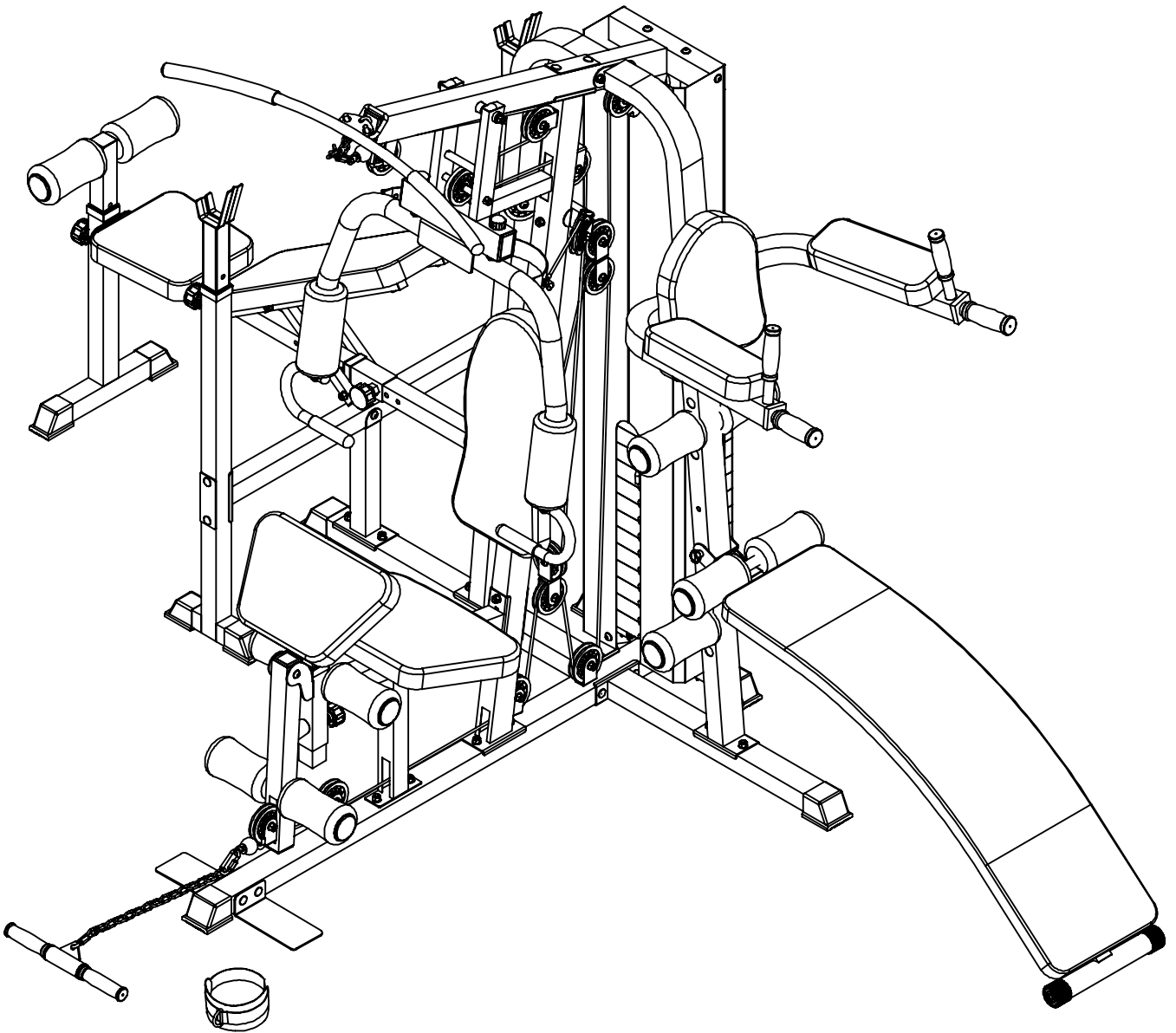


GS5 MULTI STATION OWNER'S MANUAL



Product may vary slightly from the item pictured due to model upgrades

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

TABLE OF CONTENTS

1.	IMPORTANT SAFETY INSTRUCTIONS	3
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1. IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this machine.

It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.

Please keep this manual with you at all times

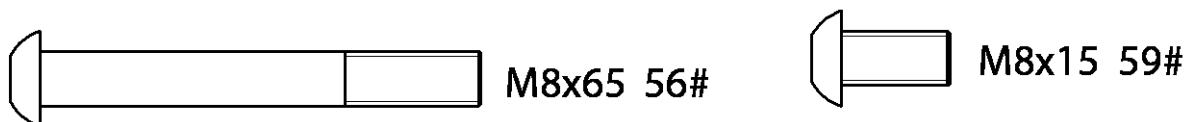
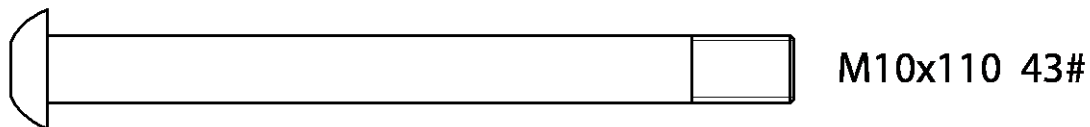
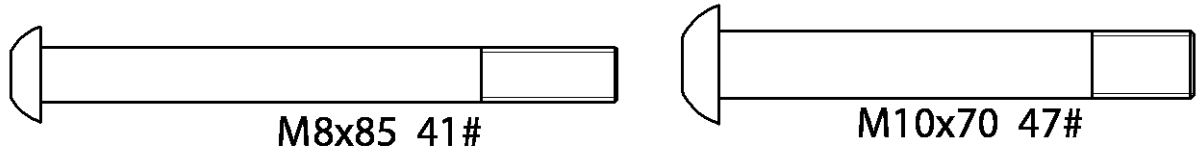
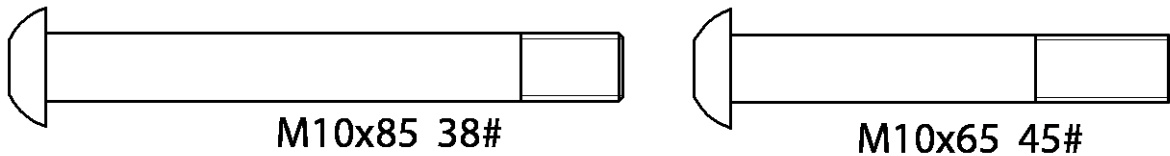
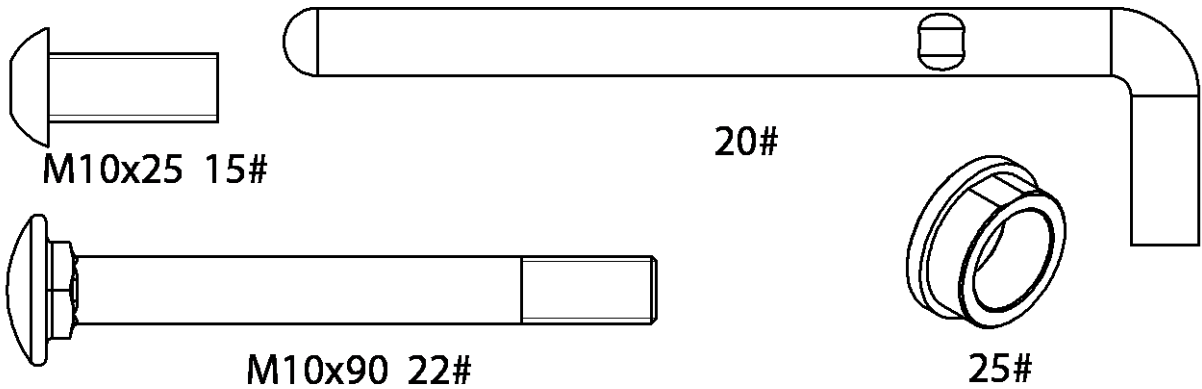
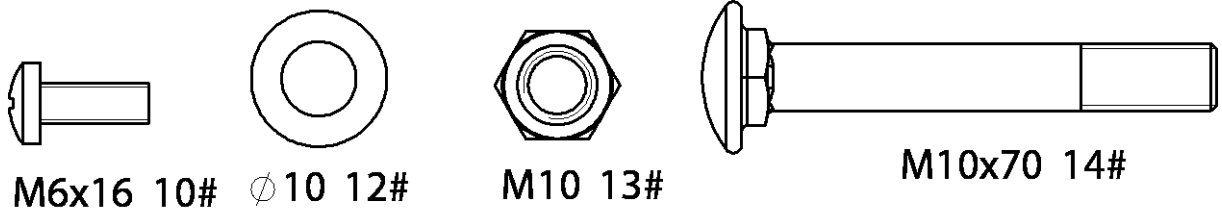
- a. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- b. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- c. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.
- d. Keep children and pets away from the equipment. This equipment is designed for adult use only.
- e. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 meters of free space around it.
- f. Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assembly, stop immediately. Do not use the equipment until the problem has been rectified.

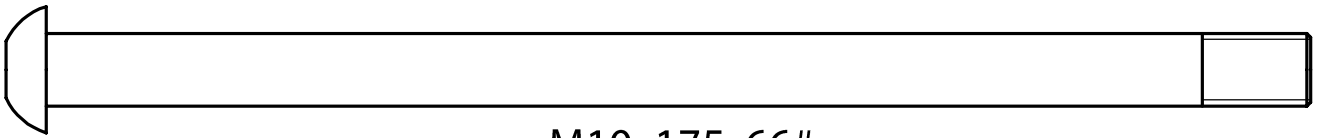
- g. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- h. This equipment is designed for indoor and family use only
- i. Care must be taken when lifting or moving the equipment so as not to injure your back.
- j. Always keep this instruction manual and assembly tools at hand for reference.
- k. The equipment is not suitable for therapeutic use.

2. CARE INSTRUCTIONS

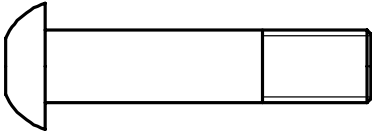
- a. Lubricate moving joints with grease after periods of usage
- b. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects
- c. The machine can be kept clean by wiping it down using dry cloth

3. PARTS LIST

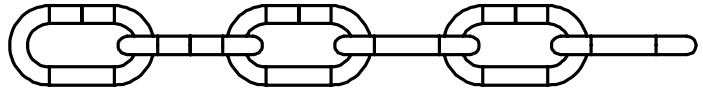




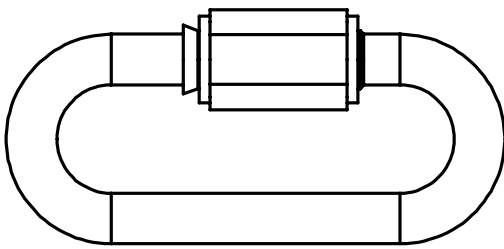
M10x175 66#



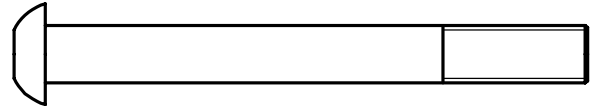
M10x45 67#



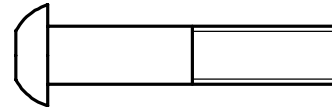
72#



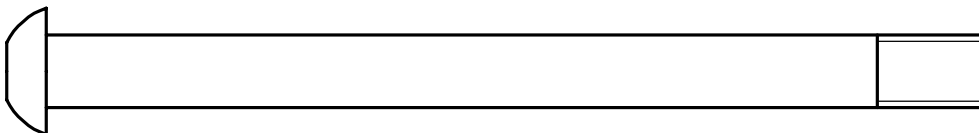
73#



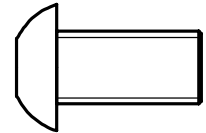
M8x75 87#



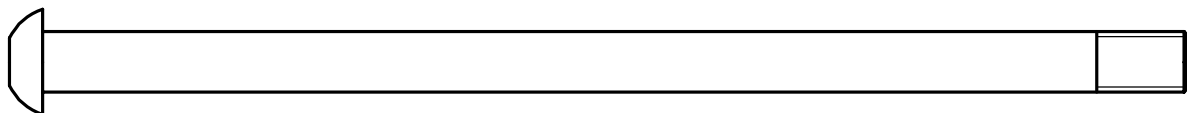
M8x40 109#



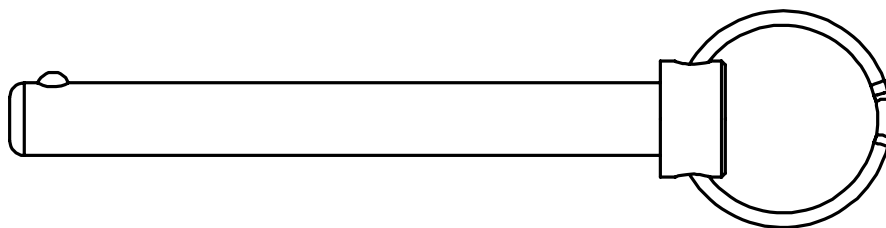
M10x130 110#



M10x20 108#



M10x190 111#



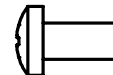
112#



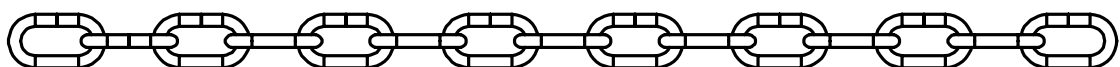
∅5 115#



M5 116#



M5x10 117#



123#

4. ASSEMBLY INSTRUCTIONS

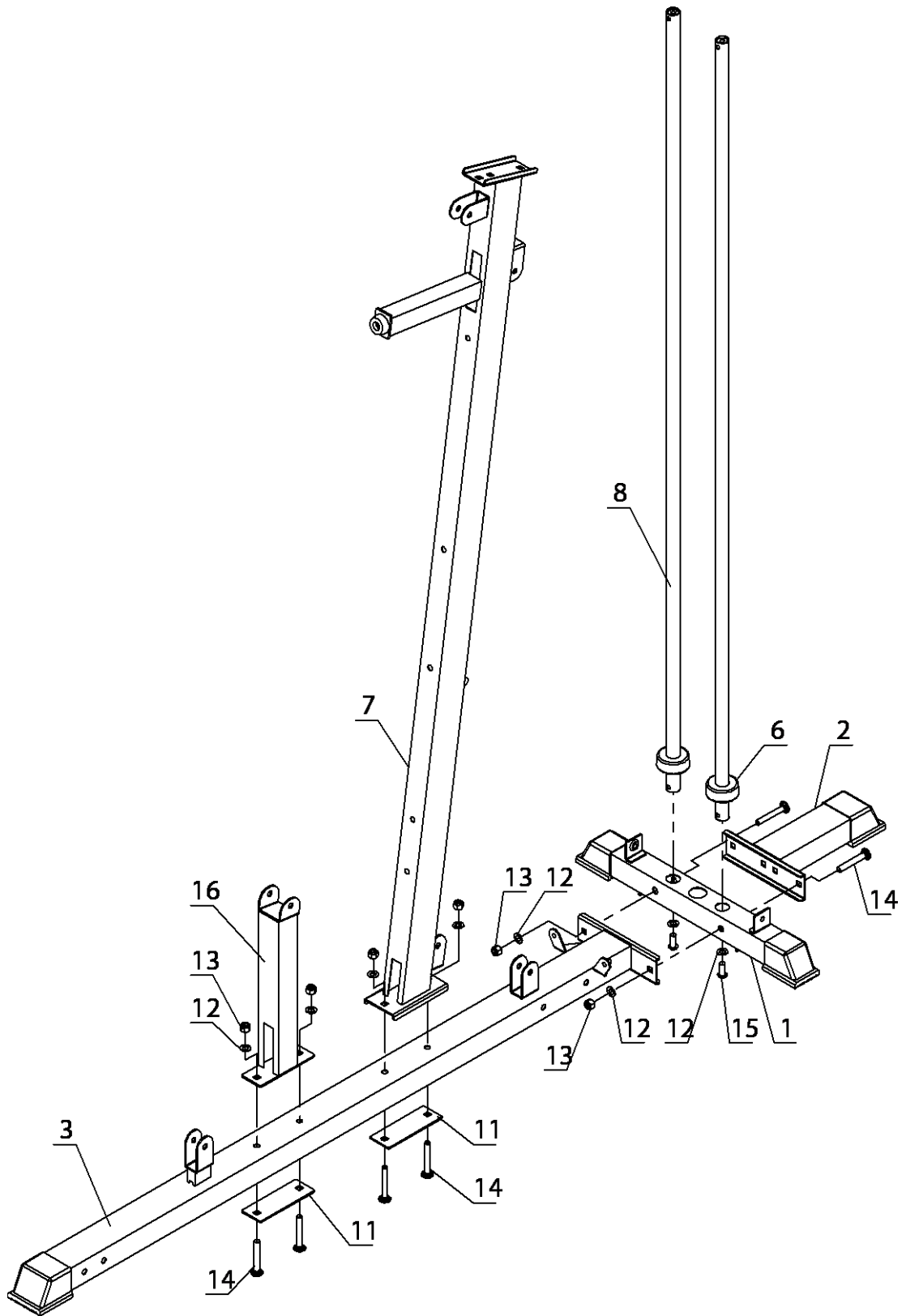
STEP 1:

- 1) Slide both Guide Rods (8#) through the Cushions (6#). Attach these to Ground Piece (1#)
 - Use 2 x Pan Head Screw M10x25 (15#) and 2 x Φ 10 Washer (12#)

- 2) Connect parts (1#), (2#) and (3#).
 - Use 2 x Screw Carriage M10x70 (14#), 2 x Φ 10 Washer (12#) and 2 x M10 Lock-Nut (13#)

- 3) Connect the Vertical Beam (7#) and Plate (11#) to Ground Piece (3#)
 - Use 2 x Screw Carriage M10x70 (14#), 2 x Φ 10 Washer (12#) and 2 x M10 Lock-Nut (13#)

- 4) Connect the Reinforcing Pipe (16#), and Plate (11#) to Ground Piece (3#)
 - Use 2 x Screw Carriage M10x70 (14#), 2 x Φ 10 Washer (12 #) and 2 x M10 Lock-Nut (13#)

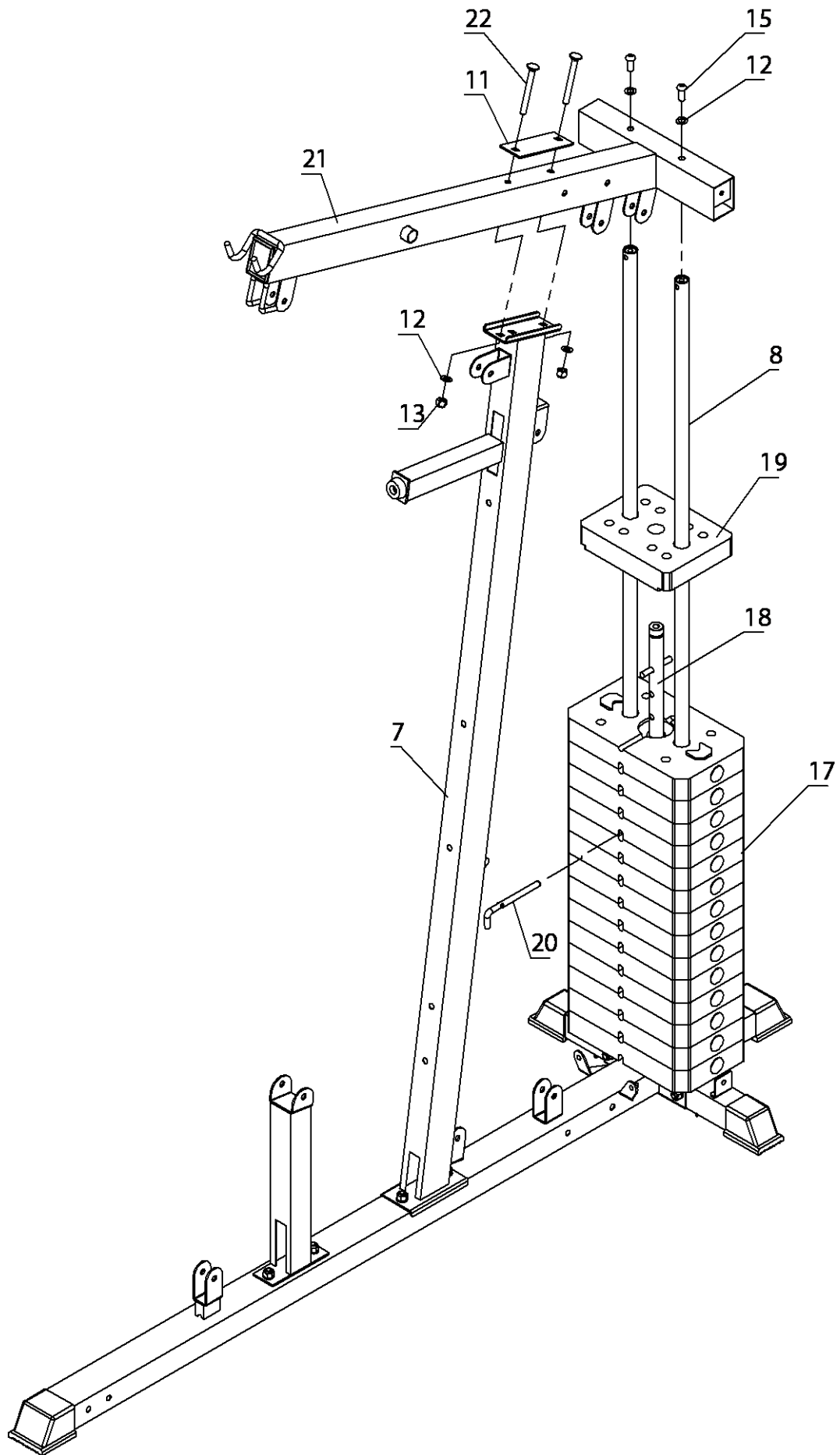


STEP 2:

- 1) Place 14 Weights (17#) into the Guide Rods (8#) in order. Insert Shaft Lever (18#) into the middle hole, then Weight (#19) on top.
 - Use L-pin (20#) to select a desired Weight (17#).

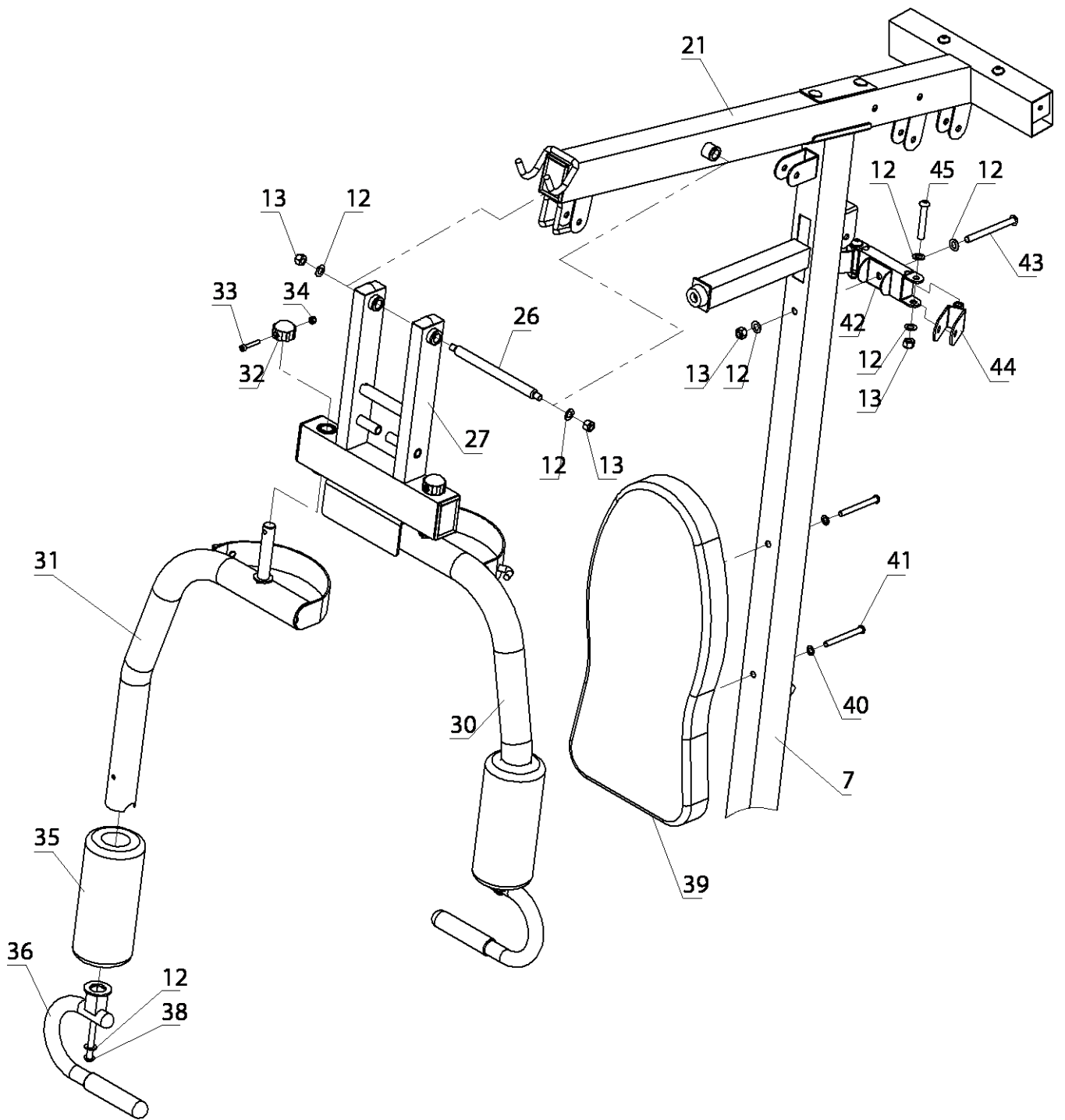
- 2) Connect Beam (21#) to the Guide Rods (8#)
 - Use with 2 x Pan Head Screw M10x25 (15#) and 2 x Φ 10 Gasket (#12)

- 3) Connect Vertical Beam (7#) and Plate (11#) to Beam (21#)
 - Use 2 x Screw Carriage Bolt M10x90 (22#), 2 x Φ 10 Washer (12 #) and 2 x Lock-Nut M10 (13#).



STEP 3:

- 1) Connect Frame (27#) to Beam (21#), with Long Axis (26#)
 - Use 2 Φ 10 Washer (12#) and 2 (13#) M10 lock-nut.
- 2) Place 2 x Foam (35#) onto the Fly Arms (30#, 31#).
- 3) Connect 2 x Handles (36#) to the Fly Arms (30#, 31#).
 - Use 2 x Pan Head Screw M10x85 (38#)
- 4) Connect the Fly Arms (30#, 31#) onto Frame (27#).
 - Use 2 x Cylinder Head Screw M6x35 (33#), 2 x Blocks (32#) and 2 x M6 Lock-Nut (34#)
- 5) Connect the Pulley Bracket (42#) to Vertical Beam (7#)
 - Use 1 x Pan Head Screw M10x110 (43#), 2 x Φ 10 Washer (12#) and 1 M10 Lock-Nut (13#)
- 6) Connect the Block (44#) to the Pulley Bracket (42#)
 - Use 2 x Pan Head Bolt M10x65 (45#), 4 x Φ 10 Washer (12#) and 2 x M10 Lock-Nut (13#)

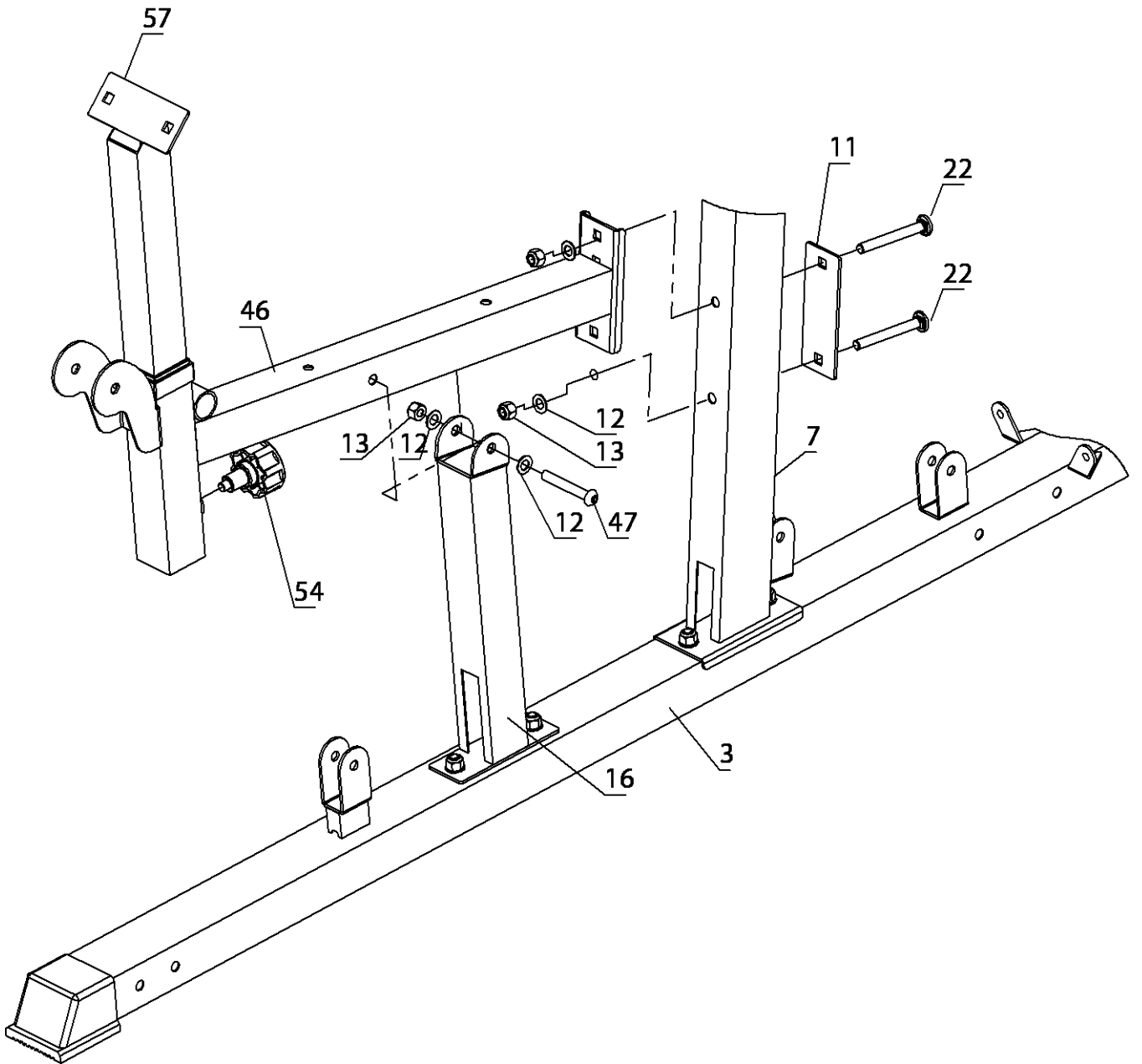


STEP 4:

- 1) Attach Seat Cushion Frame (46#) and Plate (11#) to the Vertical Beam (7#).
 - Use 2 x Screw Carriage M10x90 (22#), 2 x Φ 10 Washer (12#) and 2 x M10 Lock-Nut (13#).

- 2) Connect the Seat Cushion Frame (46#) to Reinforcing Pipe (16#).
 - Use 1 x Pan Head Screw M10x70 (47#), 2 x Φ 10 Washer (12#) and 1 x M10 Lock-Nut (13#).

- 3) Slide the Arm Frame (57#) into the Seat Cushion Frame (46#) with Spring Pull Pin (54#).



STEP 5:

- 1) Connect the Seat Cushion (55#) to the Seat Cushion Frame (46#).
 - Use 2 x Pan Head Screw M8x65 (56#) and 2 x Φ 8 Washer (40#).

- 2) Connect Arm Pad (58#) to the Arm Frame (57#).
 - Use 2 x Pan Head Screw M8x15 (59#) and 2 x Φ 8 Washer (40#).

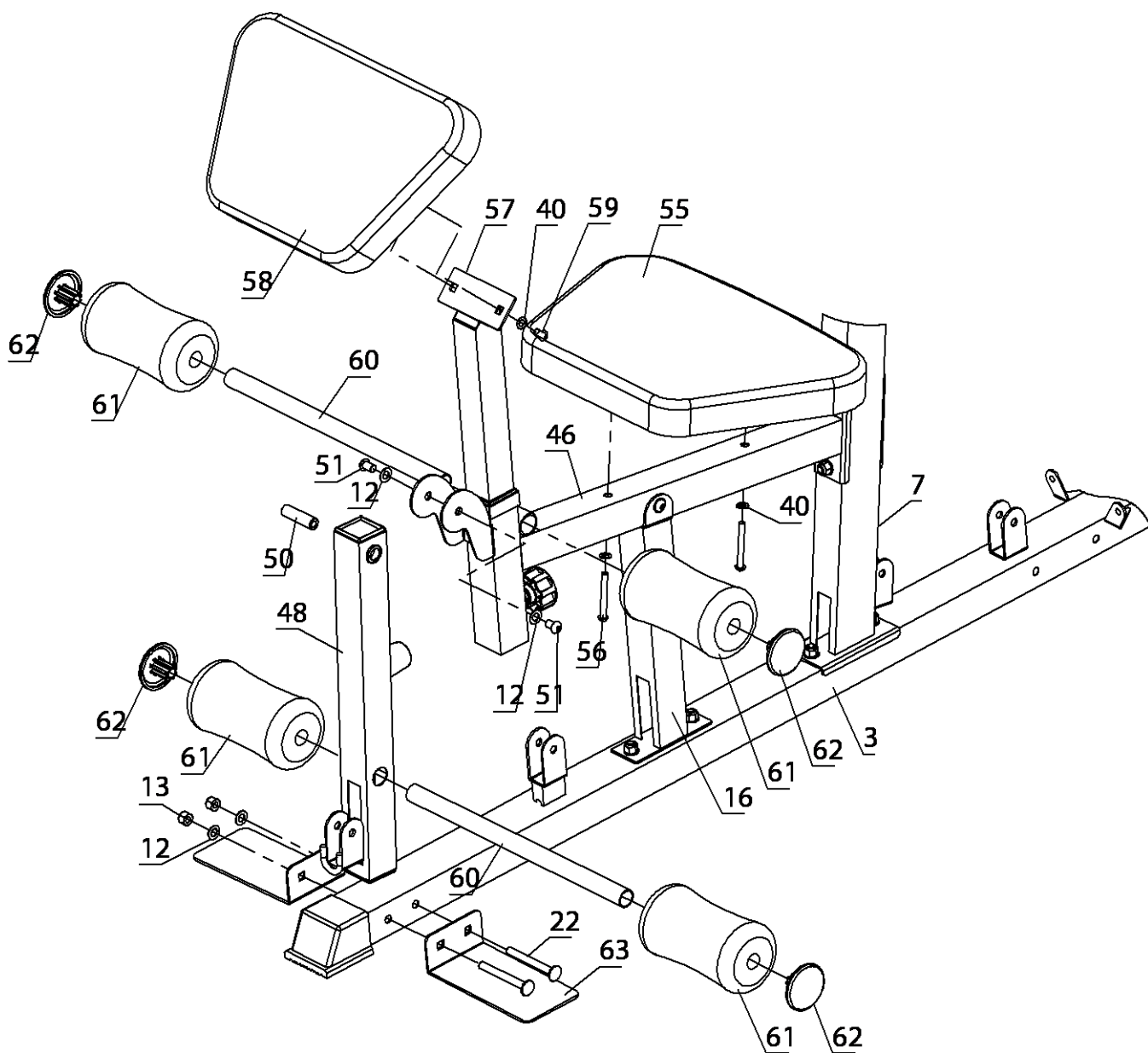
- 3) Insert 1 Tube (60#) through the hole on Swing Piece (48#)

- 4) Insert 1 Tube (60#) through the sleeve on Frame piece (46#)

- 5) Attach 4 leg Foam (61#) sets at both ends of each Tube (60#). Then attach 4 Foam pipe plug (62#).

- 6) Connect the 2 x Foot Pedals (63#) to the Ground Piece (3#).
 - Use 2 x Screw Carriage M10x90 (22#), 2 x Φ 10 Washer (12#), and 2 x M10 Lock-Nut (13#)

- 7) Connect the Swing Piece (48#) to the Seat Cushion Frame (46#).
 - Use 2 x Pan Head Screw M10x16 (51#), 2 x Φ 10 Washer (12#) and Axis (50#)

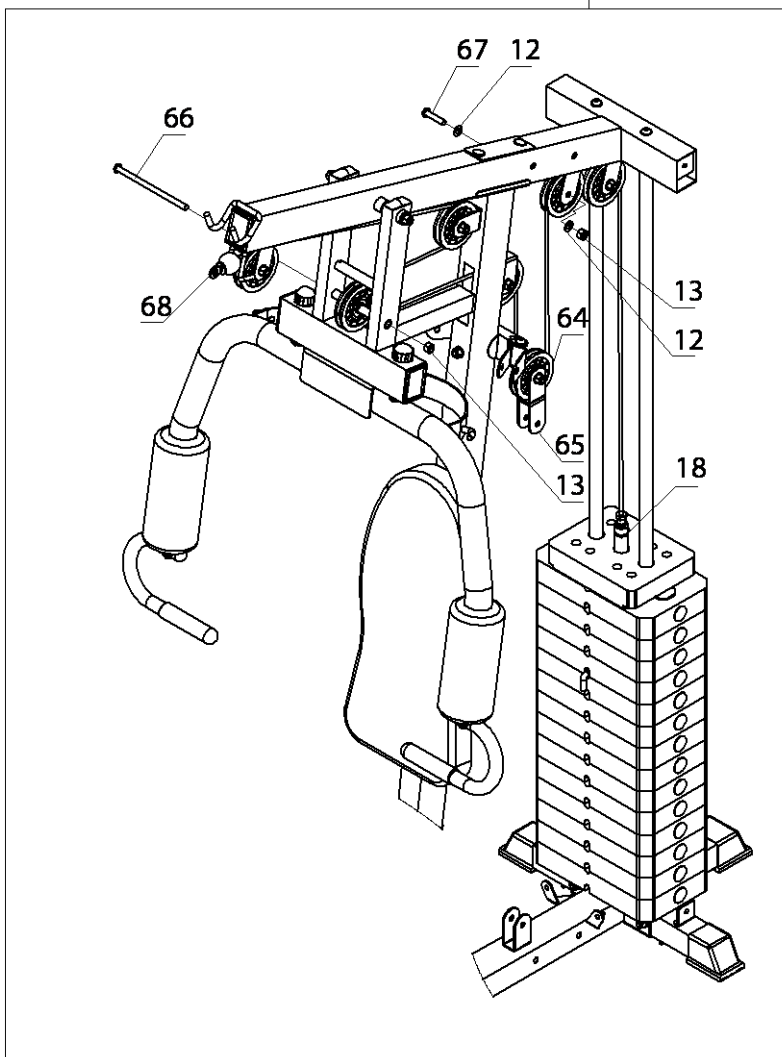
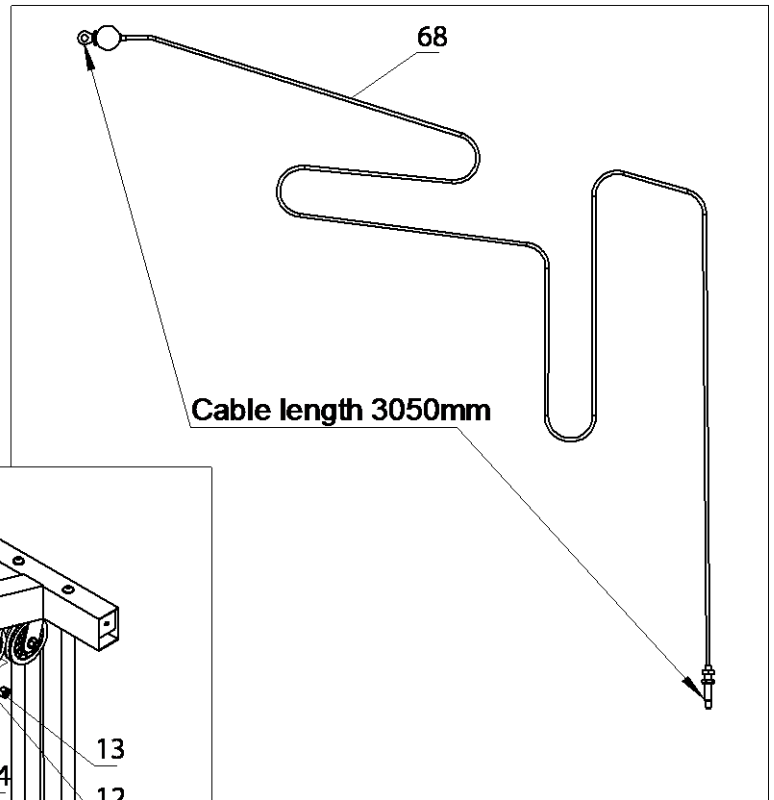


STEP 6:

1) Thread the High Wire (68#), through to the Shaft Lever (18#) as per the below diagram

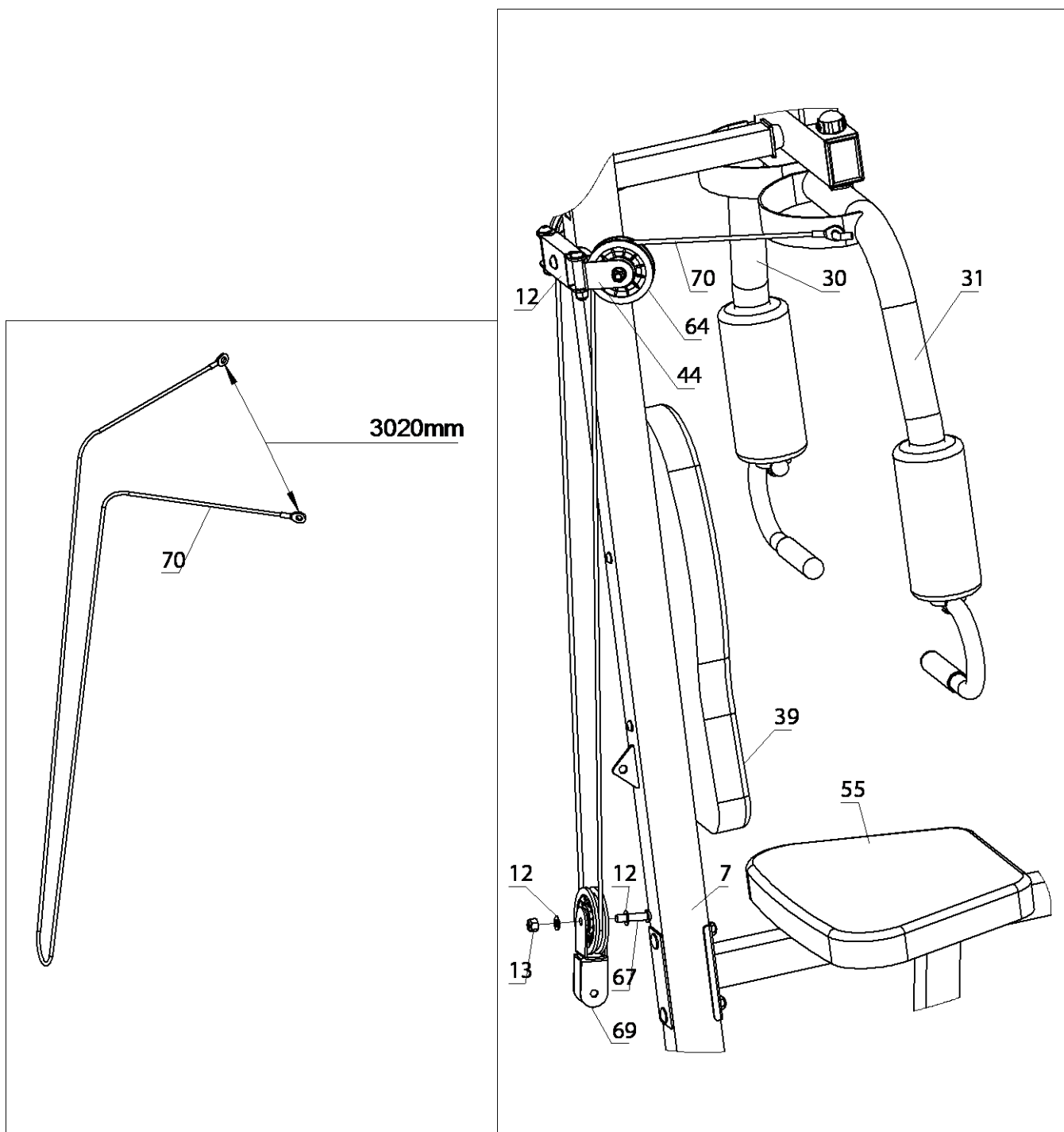
Use:

- 7 x pulley (64#)
- 6 x Allen pan head screw M10x45 (67#)
- 1 x Allen pan head screw M10x175 (66#)
- 10 x Washer Φ 10 (12#)
- 7 x M10 lock-nut 1 (13#)
- 1 x Wheel Rack (65#)



STEP 7:

- 1) Attach Fly Wire (70#) onto both ends of the Fly Arms (30#, 31#).
 - Use a Roller Frame (69#), 3 x Pulley (64#), 3 x Allen Screw M10x45 (67#), 6 x Φ 10 Washer (12#), 3 M10 Lock-Nut (13#),

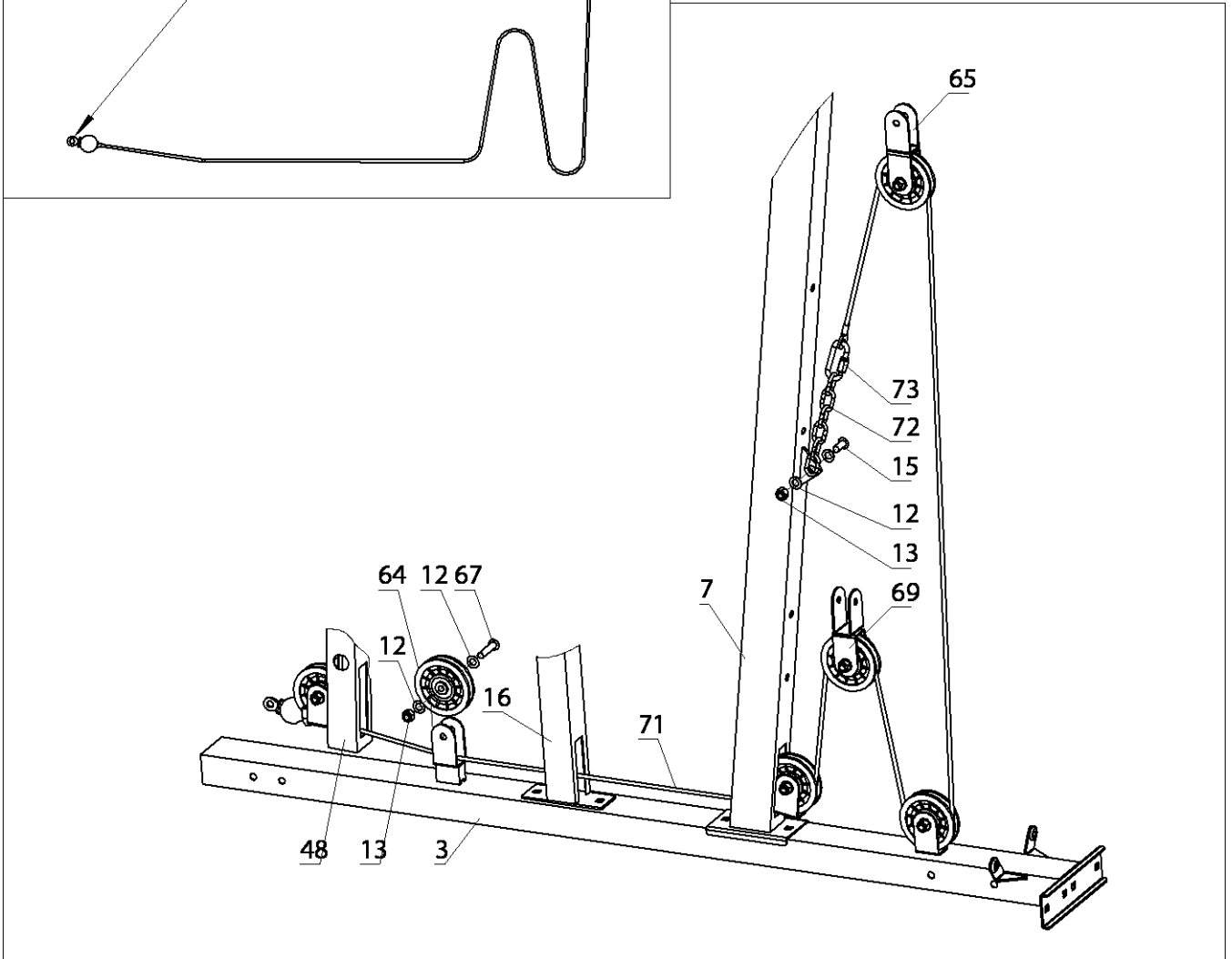
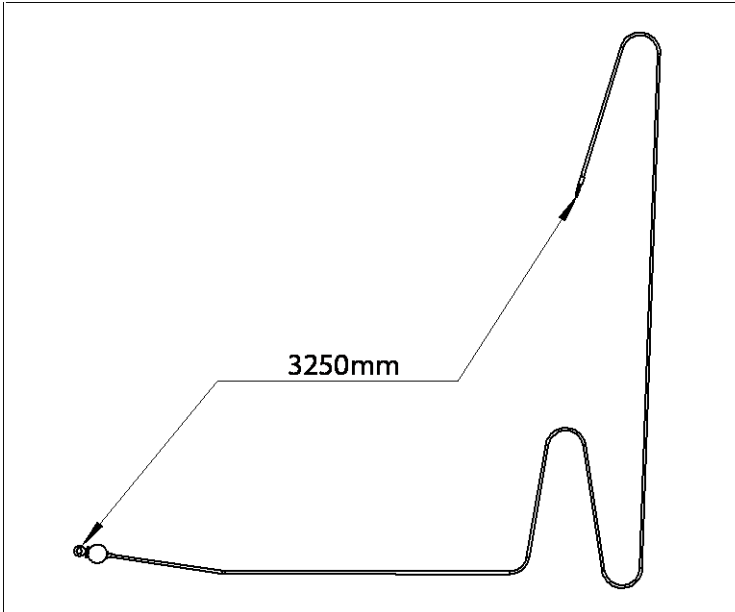


STEP 8:

1) Attach the Low Wire (71#) as per the below diagram.

Use:

- 6 x Pulley (64#)
- 6 x Allen Screw M10x45 (67#)
- 1 x Pan Head Screw M10x25 (15#)
- 14 x Φ 10 Washer (#12)
- 7 x M10 Lock-Nut (#13)
- 1 x C Shape Buckle (73#)
- 1 x 6 Ring Chain (72#)



STEP 9:

- 1) Connect Support Tube (74#) and Tube (78#) to Bed Frame (75#)
 - Use 4 x Screw Carriage M10x70 (14#), 4 x Washer Φ 10 (12#), 4 x M10 Lock-Nut (13#) and 2 x Plate (11#).

- 2) Connect the Tube (76#) to Frame (77#)
 - Use 2 x Screw Carriage M10x70 (14#), 2 x Washer Φ 10 (12#), 2 x M10 Lock-Nut (13#), 1 x Plate (11#)

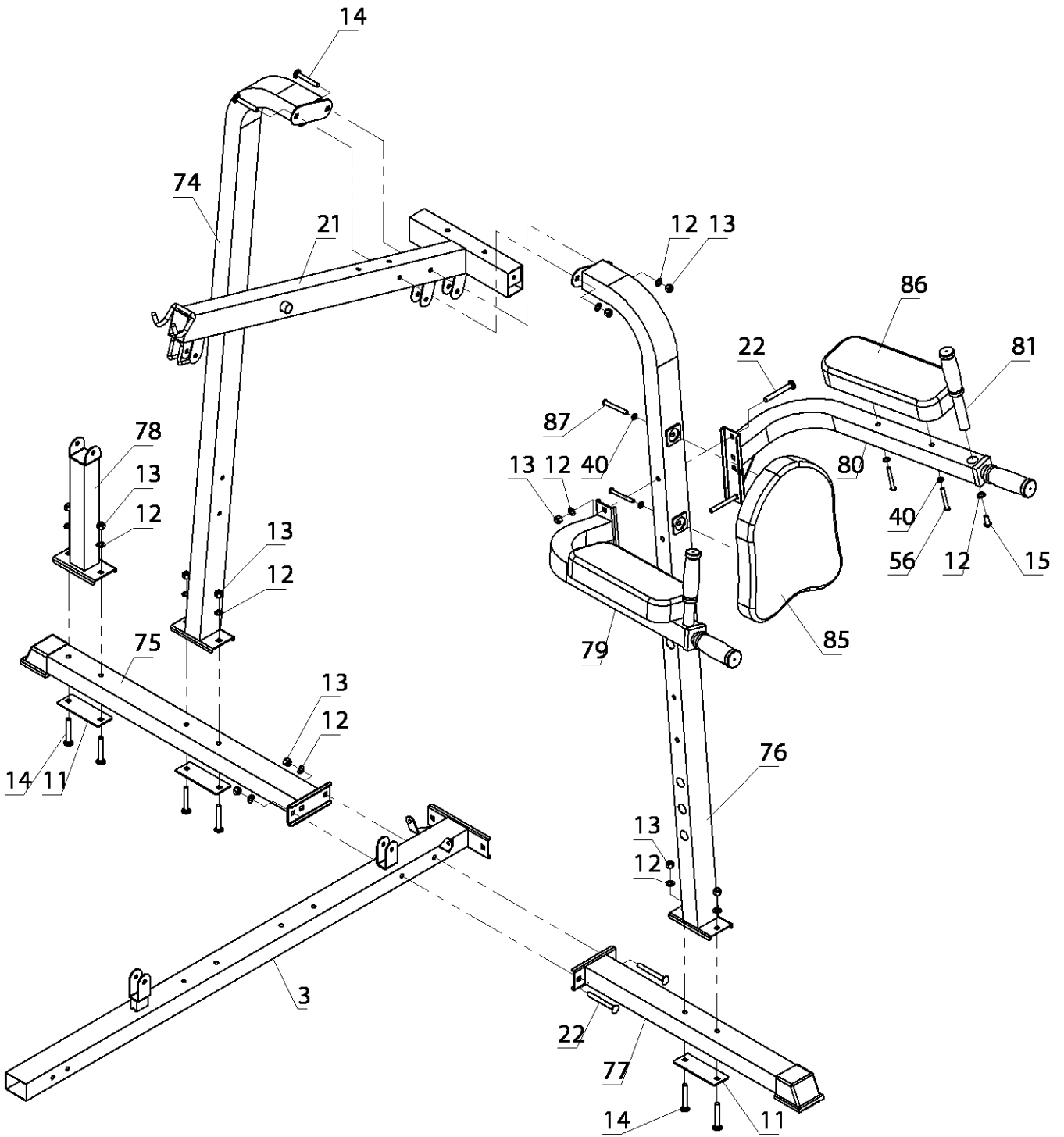
- 3) Connect (75#) and (77#) to Ground Piece (#3)
 - Use 2 x Screw Carriage M10x90 (22#), 2 Washer Φ 10 (12#), 2 x M10 Lock-Nut (13#)

- 4) Attach Support Tube (74#) and Support Tube (76#) to Beam (21#)
 - Use 2 x Screw-Carriage M10x70 (14#), 2 x Washer Φ 10 (12#), 2 x M10 Lock-Nut (13#)

- 5) Connect the two tubes (79#, 80#) to the Support Tube (76#)
 - Use 2 x Screw Carriage M10x90 (22#), 2 x Washer Φ 10 (12#), 2 x M10 Lock-Nut (13#)

- 6) Attach the Cushion (85#) to Support Tube (76#)
 - Use 2 x Bolts M8x75 (87#), 2 x Washer Φ 8 (40#)

- 7) Connect the two Arm Cushions (86#) with Tubes (79#, 80#)
 - Use 4 x Pan Head Screw M8x65 (56#), 4 x Washer Φ 8 (40#),



STEP 10:

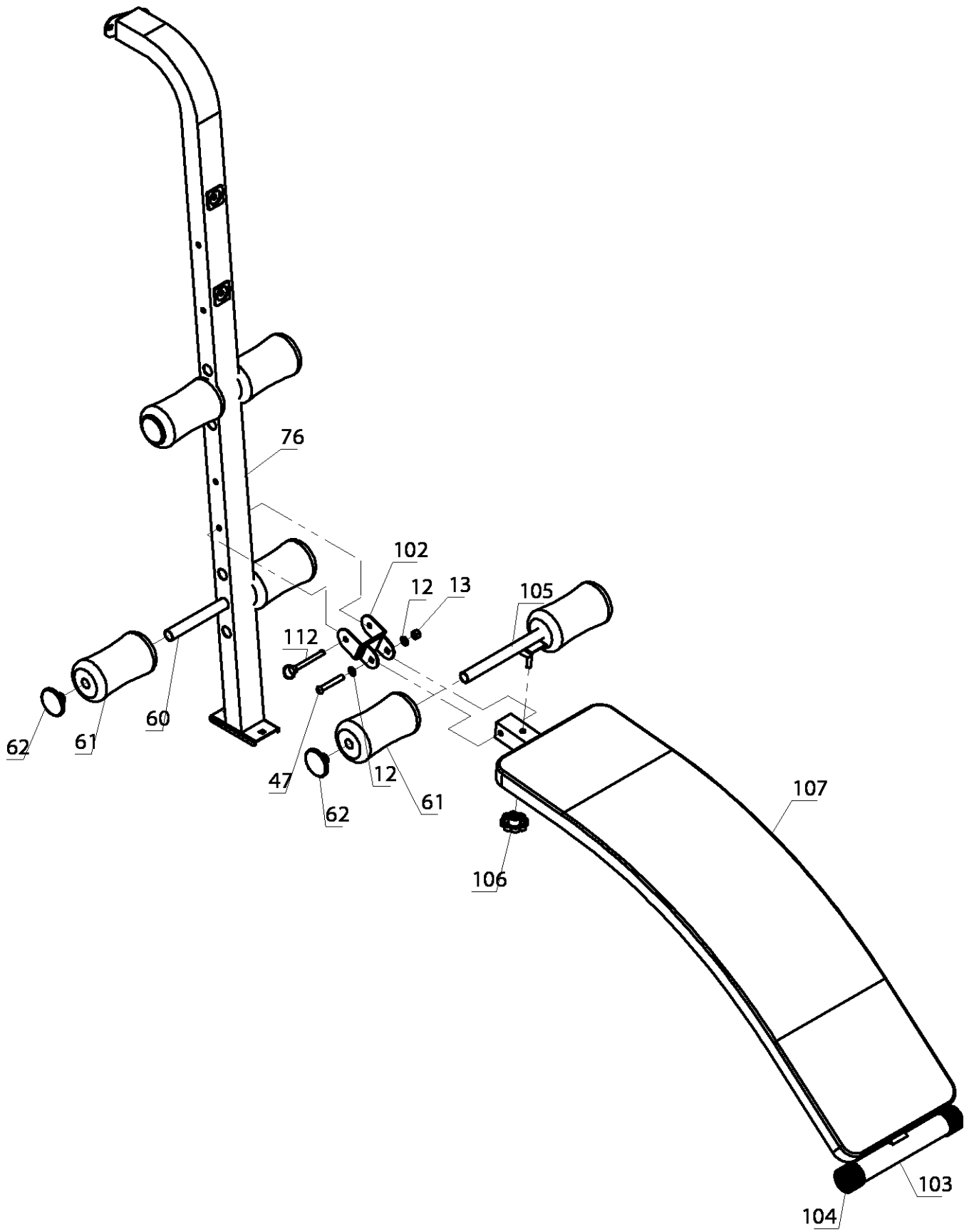
- 1) Attach the Board Connectors (102#) to the parallel bar Support Tube (76#)
 - Use Bolt Combination (112#)

- 2) Attach the Frame (103#) to the plate fitting (102#)
 - Use 1 x Pan Head Bolt M10x70 (47#), 2 x Washer Φ 10 (12#), 1 x Lock-Nut M10 (13#)

- 3) Insert Foam Pipe (105#) through Frame (103#)
 - Use 1 x M10 Knob Lock (106#).

- 4) Place 2 x Foams (61#) onto the Foam Pipe (105#)
 - Use 2 x Mushroom Cap (62#).

- 5) Insert the 2 Foam tubes (60#) through the Tube (76#). Then attach Foams (61#) and Mushroom caps (62#).



STEP 11:

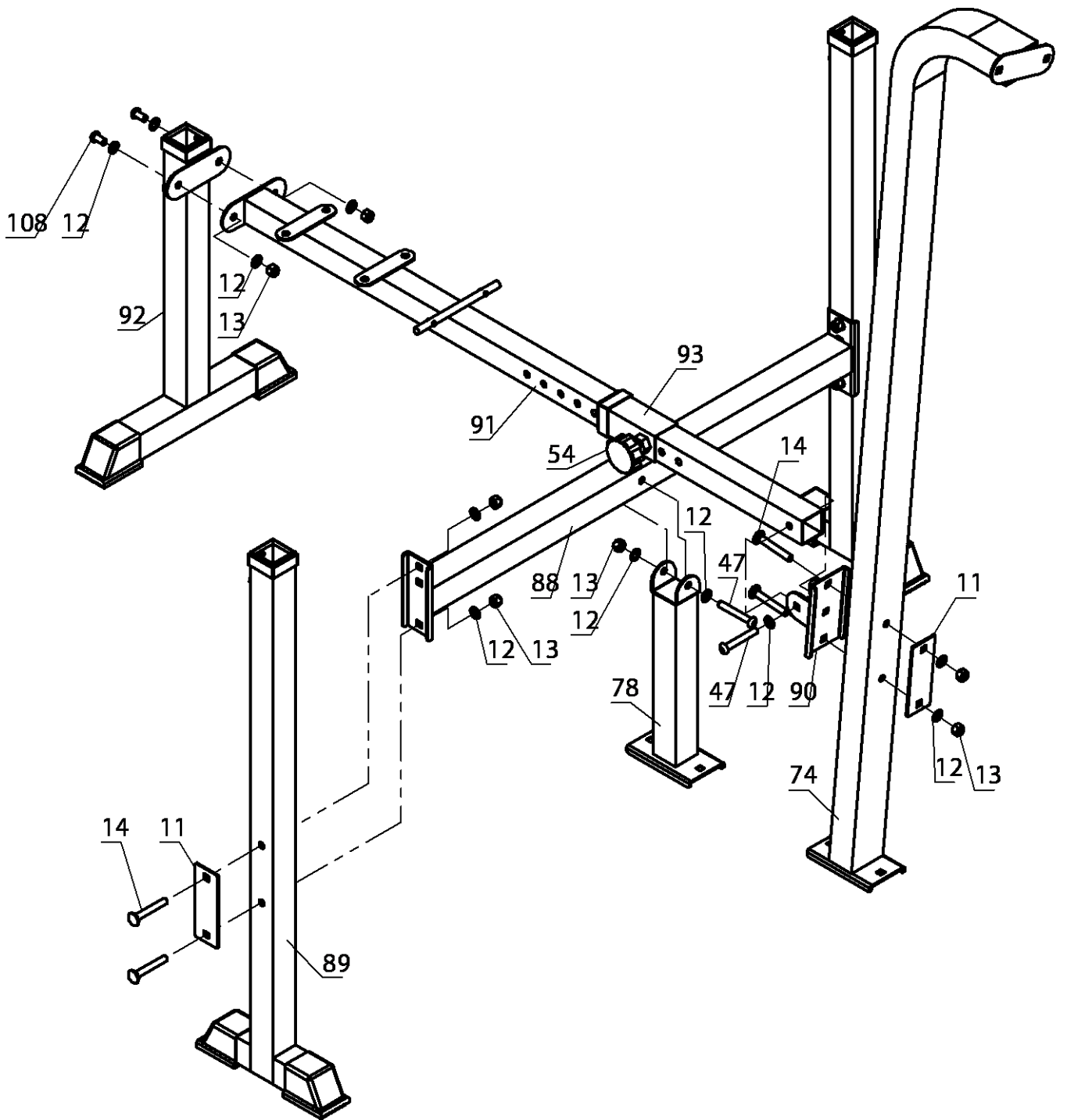
- 1) Connect the pipe (78#) and post (88#).
 - Use 1 x Pan Head Bolt M10x70 (47#), 2 x Washer Φ 10 (12#), 1 x Lock-Nut M10 (13#).

- 2) Connect the Post (88#) and 2 x Tube (89#).
 - Use 4 x Screw Carriage M10x70 (14#), 4 x Washer Φ 10 (12#), 4 x Lock-Nut M10 (13#), and 2 x Plate (#11).

- 3) Connect fittings (90#) and weight lifting Support Tube (74#).
 - Use 2 Screw Carriage M10x70 (14#), 2 Washer Φ 10 (12#) and 2 Lock-Nut M10 (13#), a fixed plate (11#).

- 4) Connect Frame (91#) with Fitting (90#).
 - Insert the Spring Pin (125#) into sliding Tube (93#)
 - Slide Tube (93#) over Frame (91#)
 - Use 1 Pan Head Screw M10x70 (47#), 2 Washer Φ 10 (12#), 1 Lock-Nut M10 (13#).

- 5) Connect Riser (92#) and Frame (91#)
 - Use 2 Pan Head Bolt M10 x 20 (108#), 4 Washer Φ 10 (12#) and 2 Lock-Nut M10 (13#) ,



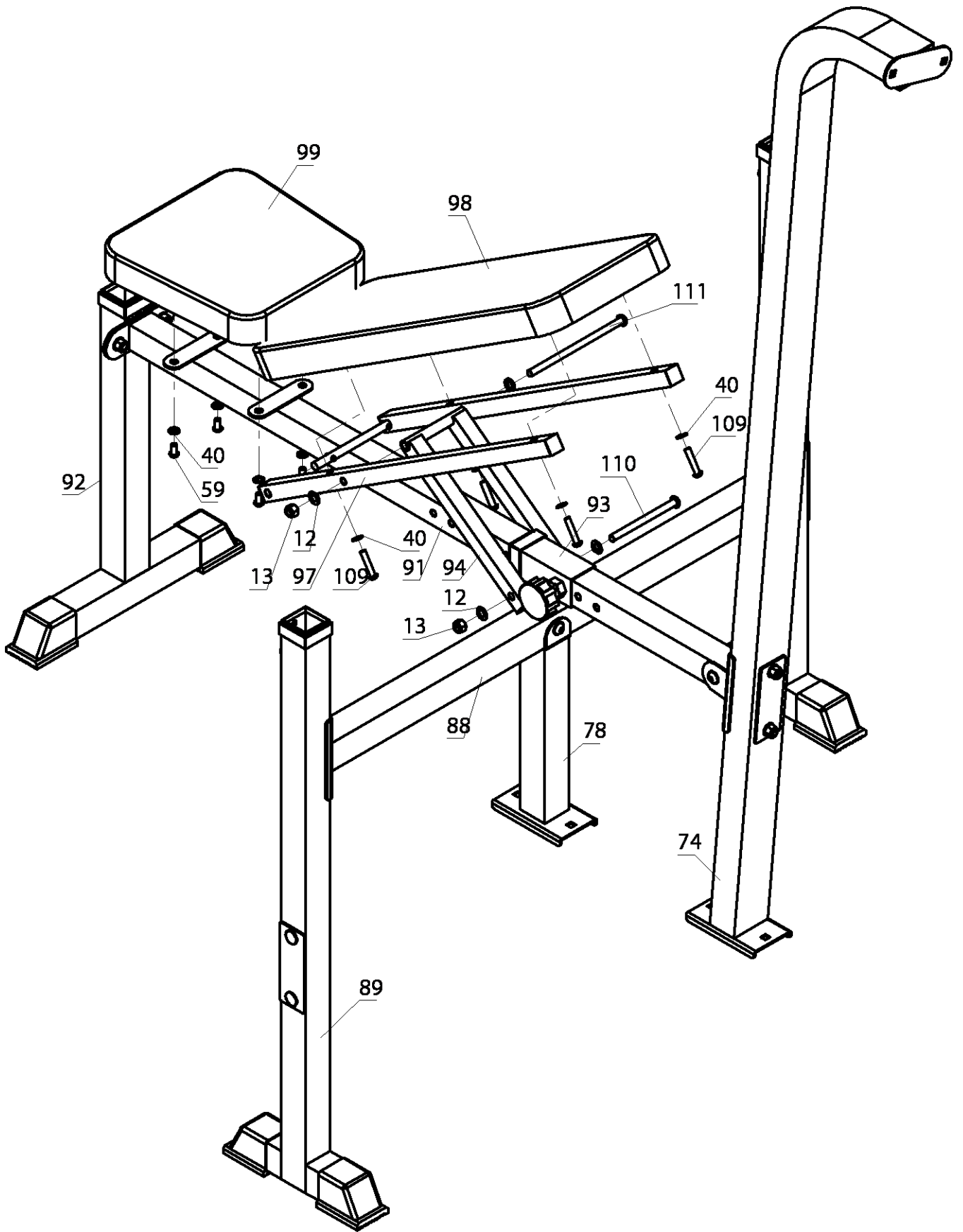
STEP 12:

- 1) Connect the Tube (94#) to the sliding Tube (93#)
 - Use 1 Pan Head Bolt M10x130 (110#), 2 Washer Φ 10 (12#), 1 x Lock-Nut M10 (13#).

- 2) Attach the 2 Pipes (97#) to the round steel of Frame (91#) and connect with Tube (94#).
 - Use 1 x Bolt M10x190 (111#), 2 x Washer Φ 10 (12#), 1x Lock-Nut M10 (13#)

- 3) Connect Cushion (98#) with Pipe (97#)
 - Use 4 x Bolt M8x40 (109#), 4 Washer Φ 8 (40#).

- 4) Connect the Seat Cushion (99#) with the Frame (91#).
 - Use 4 Pan Head Screw M8x15 (59#), 4 x Washer Φ 8 (40#),

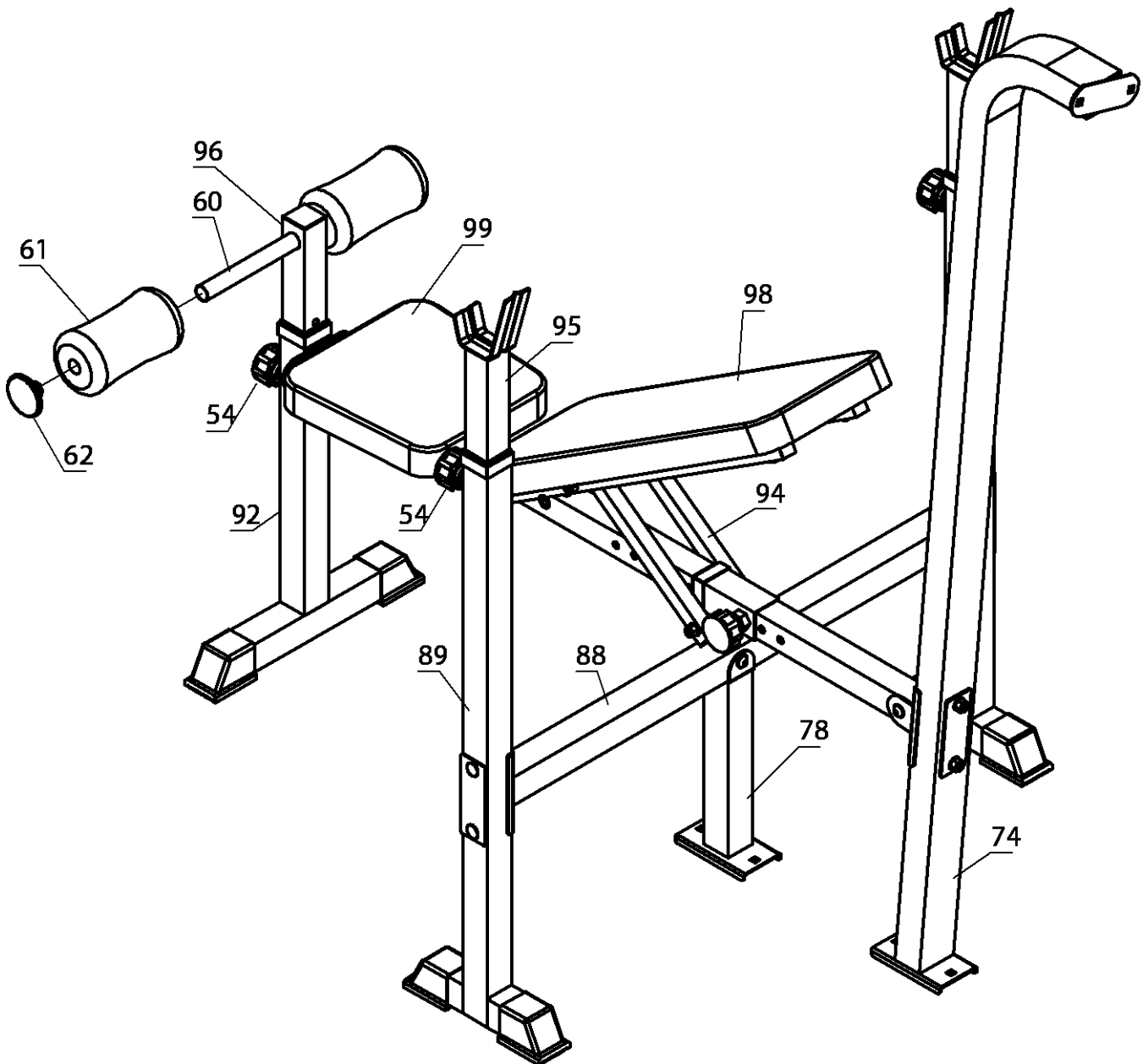


STEP 13:

- 1) Insert Tube (95#) into Tube (89#)

- 2) Screw the Spring Pull Pin (54#) and insert Piper (96#) into Riser (92#). Then attach the Foam Tube (60#) onto Tube (96#).

- 3) Place 2 x Foam (61#) set into the Foam Tube (60#) at both ends. Then attach 2 x Mushroom Cap (62#)



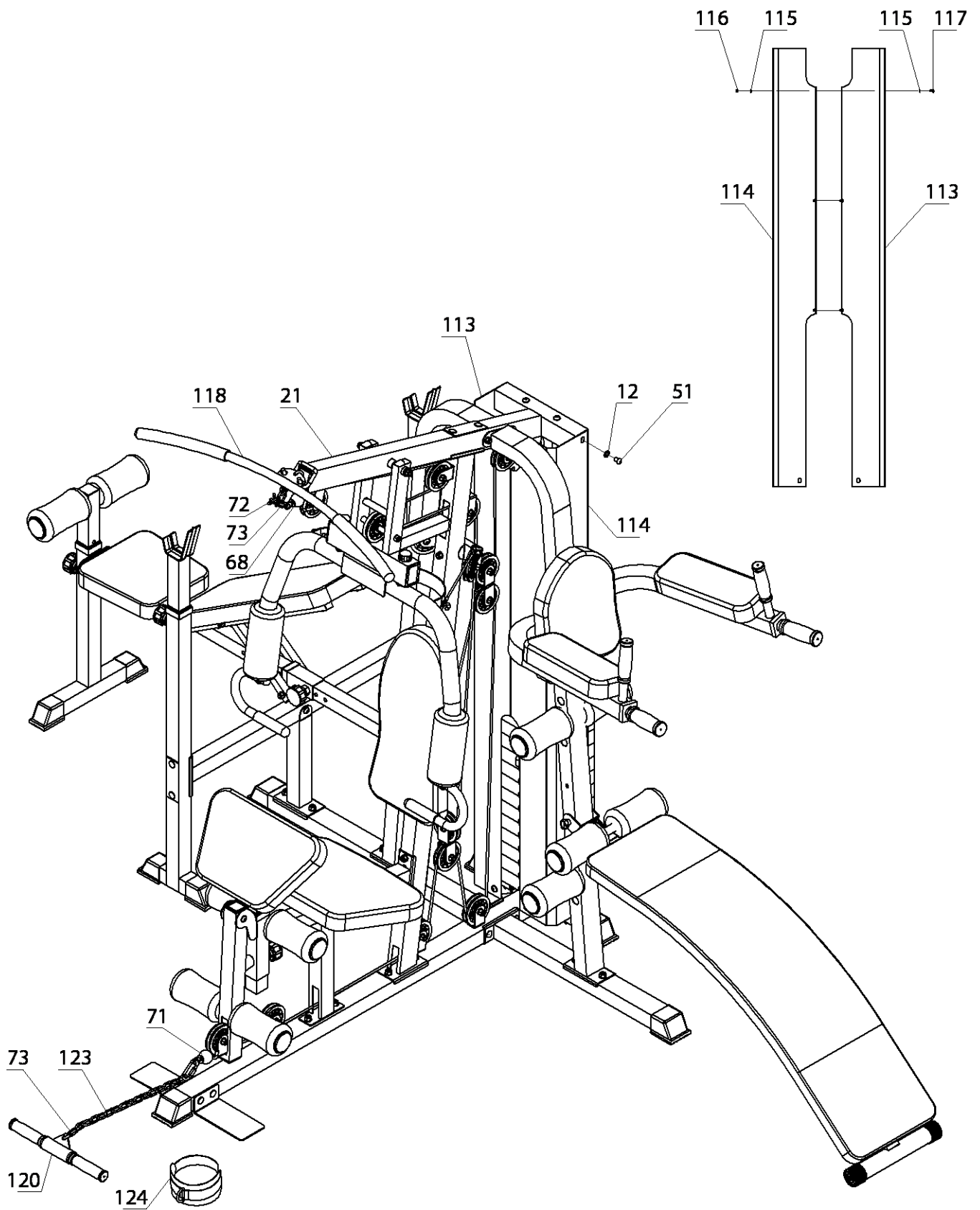
STEP 14:

- 1) Connect Left and Right Covers (113#, 114#)
 - Use 3 x Bolt M5X10 (117#), 3 x M5 Lock-Nut (116#), 3 x Washer Φ 5 (115#),

- 2) Attach the Cover Assembly (113#, 114#) to the Ground Piece (1#, 3#) and Beams (21#).
 - Use 6 x Pan Head Screw M10x16 (51#) and 6 x Washer Φ 10 (12#)

- 3) Connect High Wire (68#)
 - Use 2 x C Shape Buckles (73#) and 1 x 6 Ring Chain (72#) to attach Lat Pulldown Bar (118#)
 - The Lat Pulldown Bar (118#) can be placed on Beam (21#) when not in use.

- 4) Connect (71#) with Handle (120#)
 - Using 2 C Shape Buckle (73#) and 1 x 15 Ring Chain (123#)



5. PARTS LIST

#	Description	Spec	Qty
1	Ground piece		1
2	Ground piece		1
3	Ground piece		1
4	Pipe set	50 x70	4
5	Tube set		8
6	Cushion		2
7	Vertical beam		1
8	Guide rod		2
9	Rubber cushion	Φ38 x Φ 32	1
10	Bolt	M6x16	2
11	Plate		10
12	Washer	Φ10	102
13	Lock-nut	M10	60
14	Screw carriage	M10 x 70	20
15	Pan head screw	M10x25	7
16	Reinforcing pipe		1
17	Weights		14
18	Shaft Lever		1
19	Weight		1
20	L-pin		1
21	Beam		1
22	Screw carriage	M10 x 90	10
23	Pipe		3
24	Pipe	Φ 25	3
25	Powder liner	Φ 25 x3	8
26	Long axis		1
27	Frame		1
28	Pipe	Φ50 x25	2
29	Bush		2
30	Left Fly Arm		1
31	Right Fly Arm		1
32	Blocks		2
33	Cylinder head screw	M6 x 35	2
34	Lock-nut	M6	2
35	Foam		2
36	Handles		2
37	Tube sets		2
38	Pan head screw	M10 x 85	2
39	Back cushion		1
40	Washer	Φ 8	26

#	Description	Spec	Qty
41	Bolts	M8x85	2
42	Pulley bracket		1
43	Pan head screw	M10 x 110	1
44	Block		2
45	Pan head bolt	M10 x 65	2
46	Seat cushion frame		1
47	Pan head screw	M10 x 70	4
48	Swing		1
49	Pipe		2
50	Axis		1
51	Pan head screw	M10 x 16	8
52	Cushion		1
53	Tube set		5
54	Spring pull pin		4
55	Seat cushion		1
56	Pan head screw	M8 x 65	6
57	Arm frame		1
58	Arm pad		1
59	Pan head screw	M8 x 15	12
60	Foam tube		5
61	Foams		12
62	Mushroom cap		12
63	Feet		2
64	Pulley		16
65	Wheel rack		1
66	Allen screw	M10 x 175	1
67	Allen screw	M10 x 45	15
68	High Wire	3050mm	1
69	Roller frame		1
70	Fly Wire	3020mm	1
71	Low wire	3250mm	1
72	6 Ring chain		2
73	C shape buckle		5
74	Support tube		1
75	Bed frame		1
76	Tube		1
77	Frame		1
78	Tube		1
79	Tube		1
80	Tube		1

#	Description	Spec	Qty
81	Pipe welded		2
82	Square set		2
83	Tube set		4
84	Tube set		2
85	Cushions		1
86	Arm cushions		2
87	Bolts	M8x75	2
88	Post		1
89	Tube		2
90	Fitting		1
91	Frame		1
92	Riser		1
93	Tube		1
94	Tube		1
95	Tube		2
96	Pipe		1
97	Pipe		2
98	Cushion		1
99	Seat cushion		1
100	Tube set		6
101	Tube set		1
102	Board connectors		1
103	Frame		1
104	Round pipe sets		2
105	Foam pipe		1
106	Knob lock	M10	1
107	Arc pad		1
108	Bolt	M10 x 20	2
109	Bolt	M8x40	4
110	Bolt	M10 x 130	1
111	Bolt	M10 x 190	1
112	Bolt combination		1
113	Left Cover		1
114	Right Cover		1
115	Washer	Φ 5	6
116	Lock-Nut	M5	3
117	Bolt	M5X10	3
118	Lat pulldown bar		1
119	Handle set		2
120	Handle		1

#	Description	Spec	Qty
121	Small handle		1
122	Bushing	Φ 38 x5	2
123	15 Ring Chain		1
124	Bushing assembly		1
125	Spring pin	M16x1.5	1

6. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au

Please visit our website to view our full warranty terms and conditions:

<http://www.lifespanfitness.com.au/warranty-repairs>

Warranty and Support:

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries an email must be sent before contacting us via other means.

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