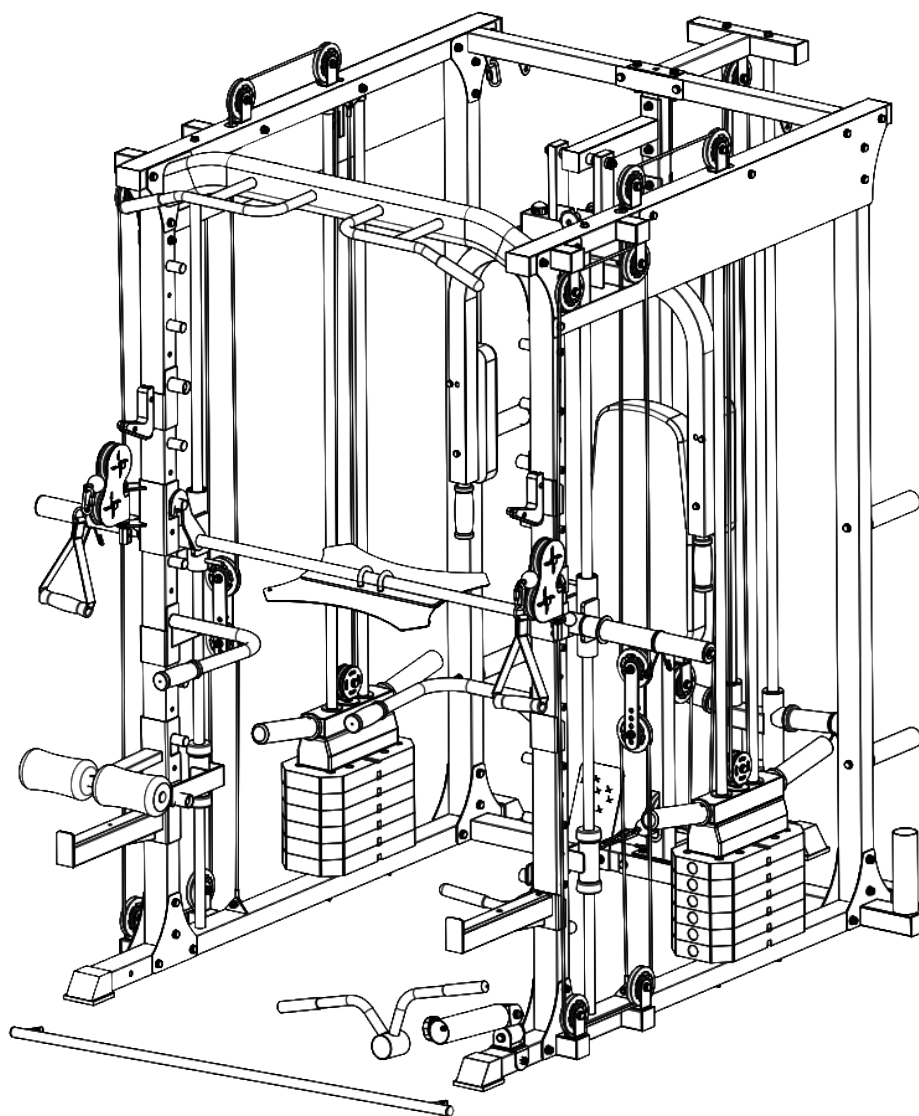


# LSG

## LG005 LSG GRK200 All-in-One Home Gym Station, Squat Rack, Smith Machine and Functional Trainer

### USER 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.**

**NOTE:**

This manual may be subject to updates or changes. Up to date manuals are available through our website at [www.lsgfitness.com.au](http://www.lsgfitness.com.au)



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# I. IMPORTANT SAFETY INSTRUCTIONS



**WARNING: Read all instructions before using this machine.**

- Install the product on a flat level surface.
- Place your unit on a solid, level surface when in use.
- Never allow children on or near the machine.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
- Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
- Only 1 person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- Do not use the machine near water or outdoors.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
- Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
- Do not place any sharp objects around the machine.
- Users with disabilities should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.
- A spotter is recommended during exercise.

# II. PARTS LIST

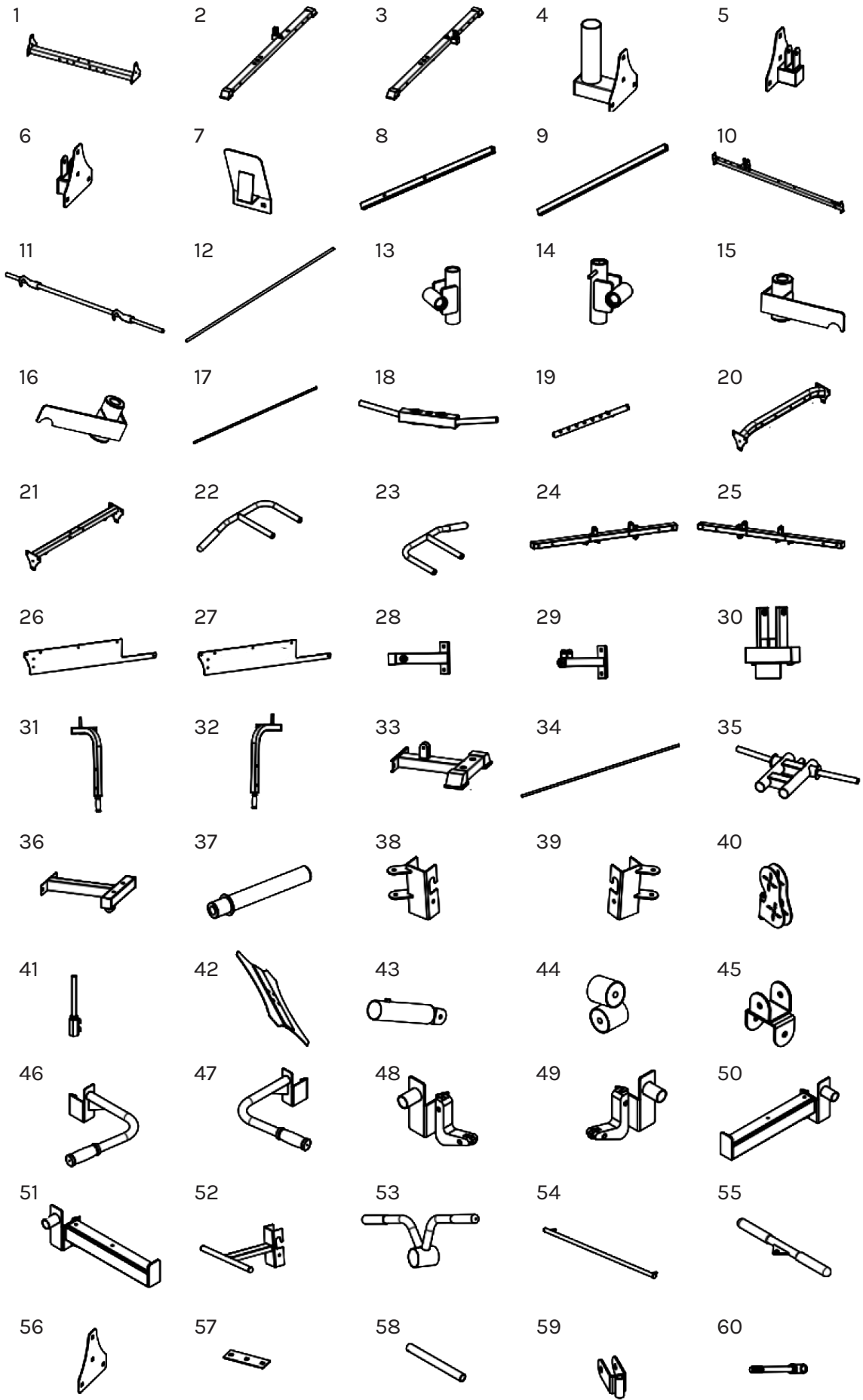
Key No.	Description	Qty.
1	Bottom Connecting Frame Welding Frame	1
2	Right Floor Frame	1
3	Left Floor Frame	1
4	Barbell Holder	1
5	Right Connecting Sheet Welding	2
6	The Left Connection Sheet is Welded Together	2
7	Foot Plate	2
8	Back Column Tube	2
9	Front Column Tube	2
10	Backrest Master Frame	1
11	Grip Rod Welding	1
12	Smith Bar Rail	2
13	Welded Sliding Sleeve Left	1
14	Welded Sliding Sleeve Right	1
15	Smith Safety Bar Left	1
16	Smith Safety Bar Right	1
17	Stainless Steel Guide Rod	4
18	Horizontal Pipe Welding of the Bell Plate	2
19	Selection Lever	2
20	Front Upper Beam Pipe Welding	1
21	The Rear Upper Connecting Frame	1
22	Chin Up Arm Right	1
23	Chin Up Arm Left	1
24	Upper Left Side Connecting Frame	1
25	Upper Right Side connecting Frame	1
26	Upper Right Decorative Board	1
27	Upper Left Decorative Board	1

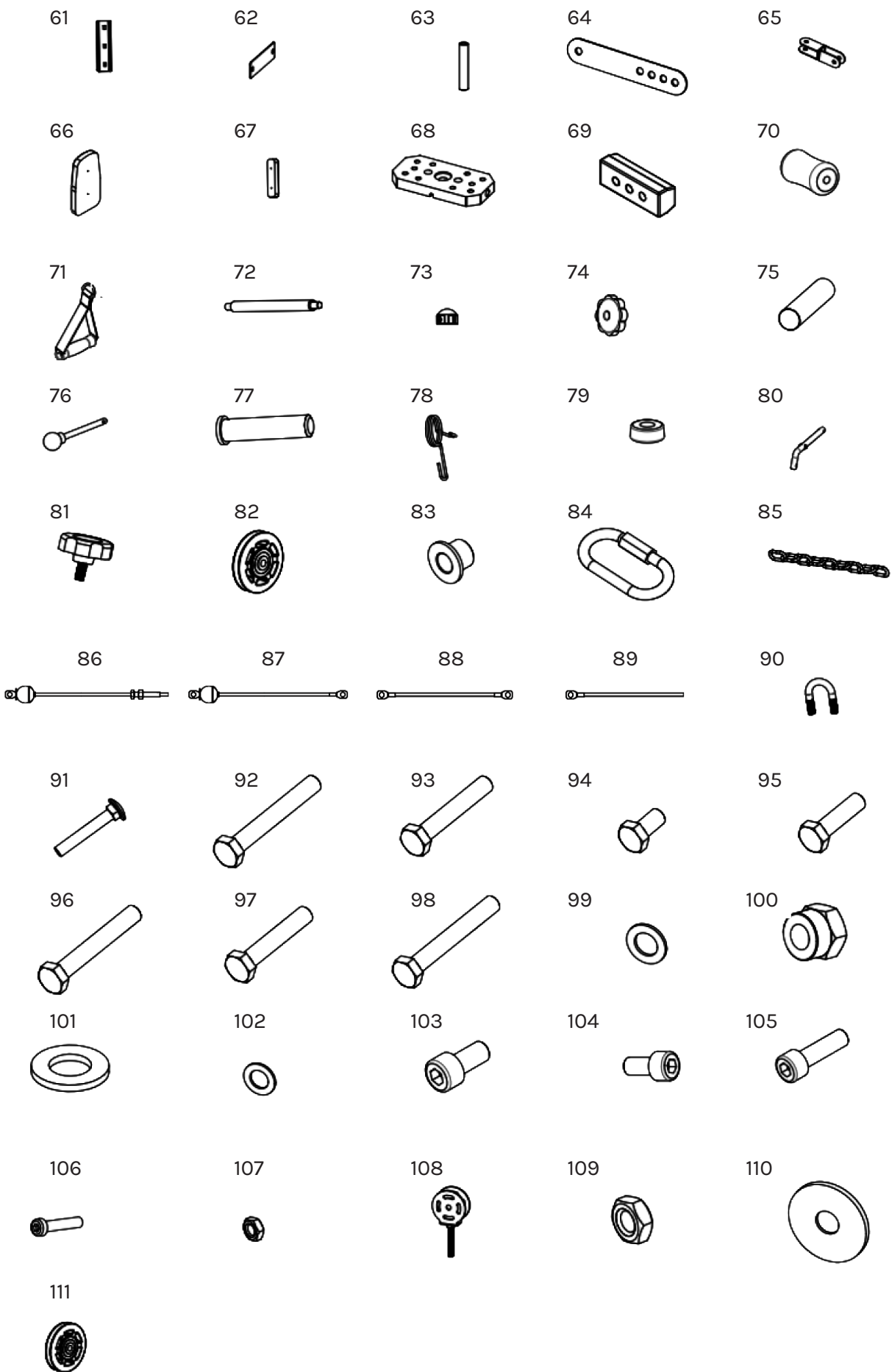
Key No.	Description	Qty.
28	Top Joint Frame	1
29	Connect the Support Frame	1
30	Front Press Base	1
31	Right Butterfly Arm	1
32	Left Butterfly Arm	1
33	Rear Weight Base Frame	1
34	Guide Rod	2
35	Counter-balanced Carriage	1
36	Weight Stack Upper Frame	1
37	Barbell Sleeve	2
38	Left Adjustment U Base Welding	1
39	Right Adjust U Base Welding	1
40	Bird Pulley Box Welding Joint	2
41	The Rope Buckle Silk	2
42	Pattern Plate Welding	1
43	Landmine Post	1
44	Landmine Connecting Shaft	1
45	Double U Seat Welding	1
46	Dip Handle Left	1
47	Dip Handle Right	1
48	J-Hook	1
49	J-Hook	1
50	Long Safety Bar Left	1
51	Long Safety Bar Right	1
52	Leg Movement Frame	1
53	Landmine Post Handle	1
54	Long Pull Rod Welding	1
55	Straight Bar Attachment	1
56	Fixed Plate	3
57	110 Flat Connecting Sheets	2



Key No.	Description	Qty.
58	The Sleeve Hanging Rod is Welded	4
59	Pulley Block	2
60	Screw Sleeve Welding	1
61	110 Curved Connecting Plate	2
62	170 Flat Connecting Sheets	2
63	Inside the Casing	2
64	Slider Adjustment Sheet	4
65	Cross Pulley Block	1
66	Back Cushion	1
67	Elbow Rest	2
68	Weight Stacks	12
69	Counterweight	2
70	Foam	2
71	Handle Attachment	2
72	Even Frame Shaft	1
73	Nut Cap	2
74	M10 Nut Knob	1
75	25 Short Light Axis	20
76	Ball Pin	3
77	Sleeve	10
78	Spring Collars	8
79	Large Shock Absorber Pad	10
80	Weight Stack Pin	2
81	M10 Knob	1
82	Pulley	27
83	Pulley Spacer	2
84	Type C Buckle	8

Key No.	Description	Qty.
85	Chain	3
86	Wire Rope (1) 4600mm	1
87	Wire Rope (2) 6580mm	2
88	Steel Wire Rope (3) 2895mm	1
89	Steel Wire Rope (4) 3420mm	2
90	U Bolt	2
91	Bug Bolt M10X70	2
92	Bolt M10X90	43
93	Bolt M10X70	13
94	Bolt M10X20	16
95	Bolt M10X45	26
96	Bolt M10X80	2
97	Bolt, M10X60	1
98	Bolt M8X65	6
99	Ø10 Washer	190
100	M10 Loose Nut	95
101	Ø10 Enlarged Flat Gasket	4
102	Ø8 Washer	6
103	Round Head Inner Bolt M10X16 (Pre-installed on Part 75)	20
104	Inner Bolt M8X16	4
105	Round Inner Bolt M8X40	4
106	Inner Bolt M6X35	2
107	M6 Nut	2
108	Small Single Pulley Block	2
109	M12 Nut	2
110	Large Gasket	2
111	Small Pulley	2





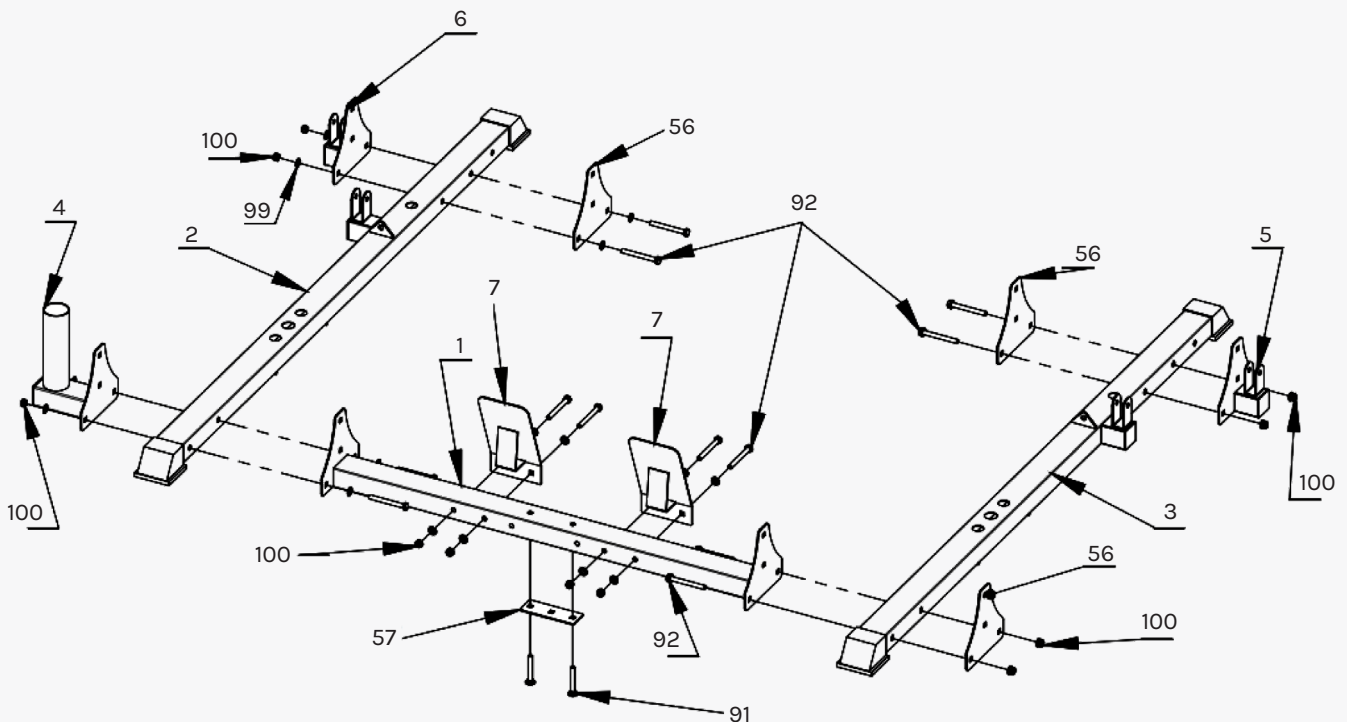
# III. ASSEMBLY INSTRUCTIONS



## IMPORTANT NOTE:

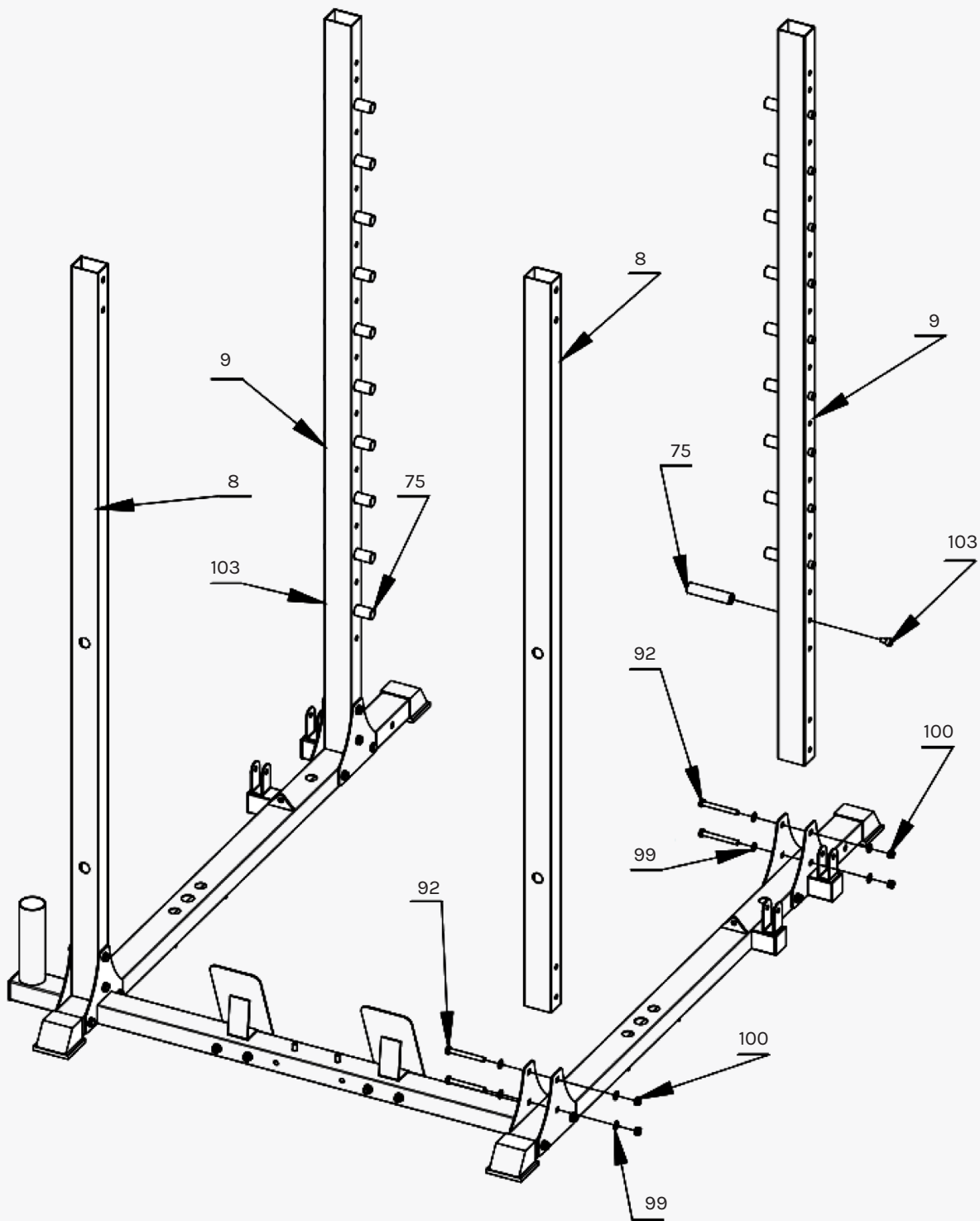
1. The washers should be placed at both ends of the bolt (anti-bolt head and nut), unless otherwise specified.
2. Preliminary assembly is to tighten all bolts and nuts by hand and tighten with wrench for complete assembly.
3. Some spare parts have been pre-assembled by the factory.
4. This product is recommended to be installed with 2 people.

### STEP 1



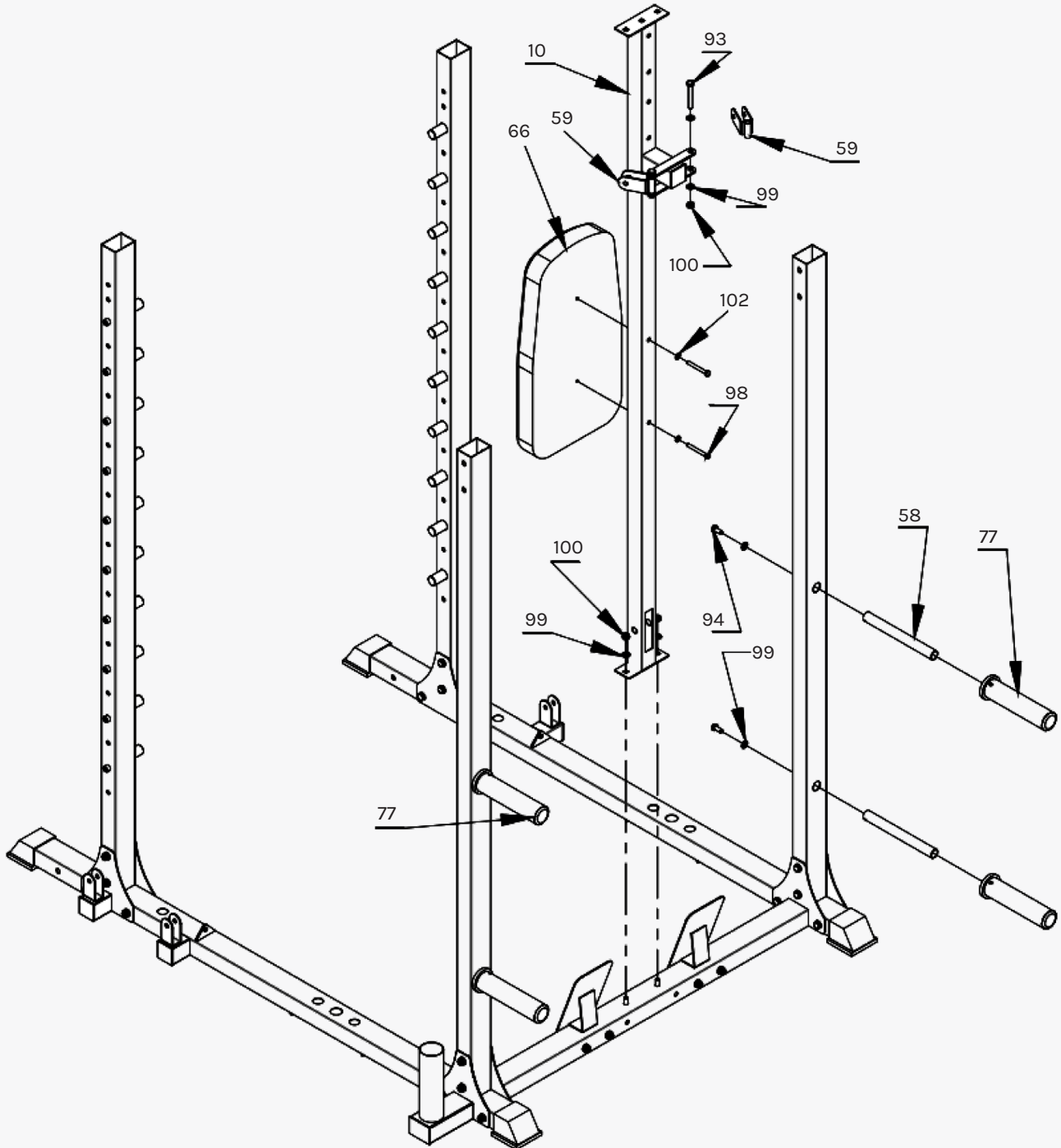
1. Preinstall the bolts (#91) and flat joints (#57) are under (#1).
2. Place (#2) and (#3) on both sides of (#1) according to the drawing, then (#4) and (#56) on the outside. Secure them with bolts (#92), flat spacer (#99) and nuts (#100).
3. Place (#6) and (#56) on both sides of (#2) and secure with bolts (#92), flat spacers (#99) and nuts (#100).
4. Place (#5) and (#56) on both sides of (#3) and secure with bolts (#92), flat spacer (#99) and nuts (#100).
5. Place (#7) on the side of (#1) as shown and secure with bolts (#92), flat spacers (#99), and nuts (#100).

## STEP 2



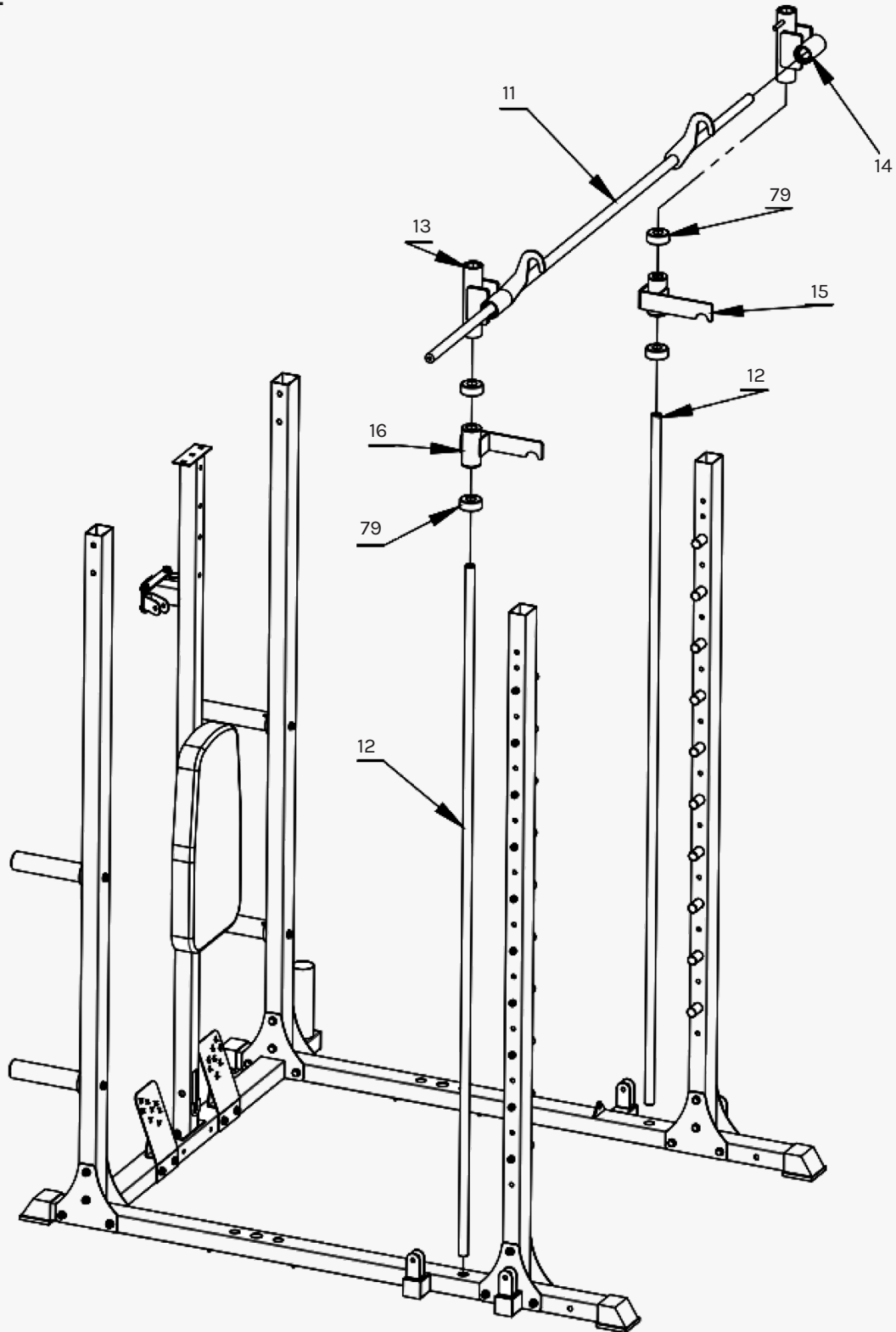
1. Install (#8) and (#9) onto (#3) according to the drawing and secure with bolts (#92), flat spacer (#99) and nuts (#100).
2. Secure (#75) and (#103) on (#9) according to the drawing. (Part #103 is pre-installed on #75).
3. Repeat the same steps with the other side.

### STEP 3



1. Install (#10) on (#1) according to the drawing, and secure with flat spacer (#99), nut (#100) and the pre-installed bolt (#91).
2. Place (#66) on (#10) and secure with bolts (#98) and flat pads (#102).
3. Place (#59) on (#10) as shown in the figure and secure with bolts (#93), flat spacer (#99) and nut (#100).
4. Place (#58) in (#8) as shown and tighten with bolts (#94) and flat spacers (#99). Secure the sleeve (#77) onto part (#58).

## STEP 4

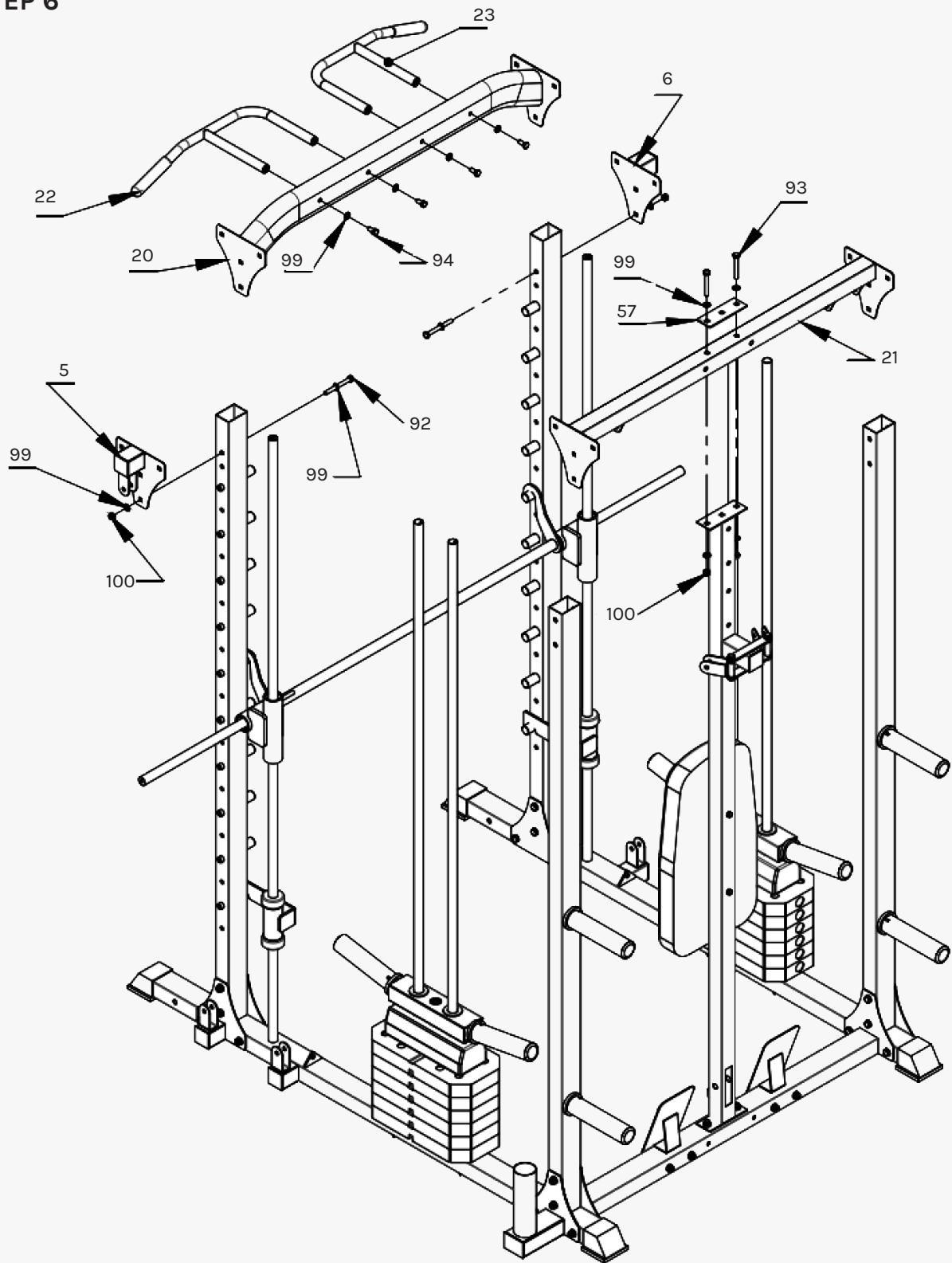


1. Place (#11) into part (#13) and (#14) as shown above.
2. Set (#79), (#16), (#79) and (#13) into (#12) in order as pictured and do the same for the other side.
3. Once you have set (#12) into (#13) and (#14) according to the drawing, insert the lower end of (#12) into the (#2) and (#3) frame holes.



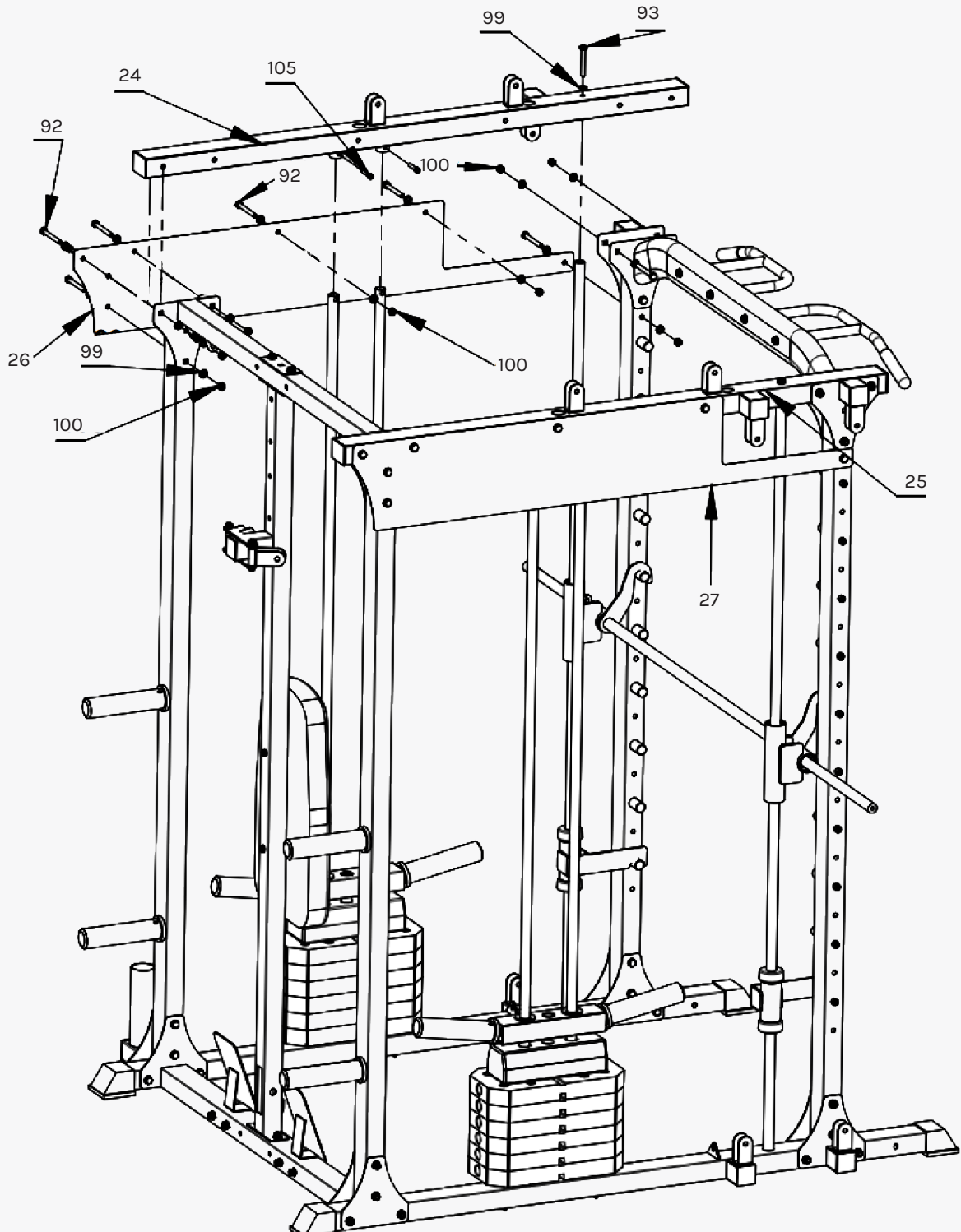


## STEP 6



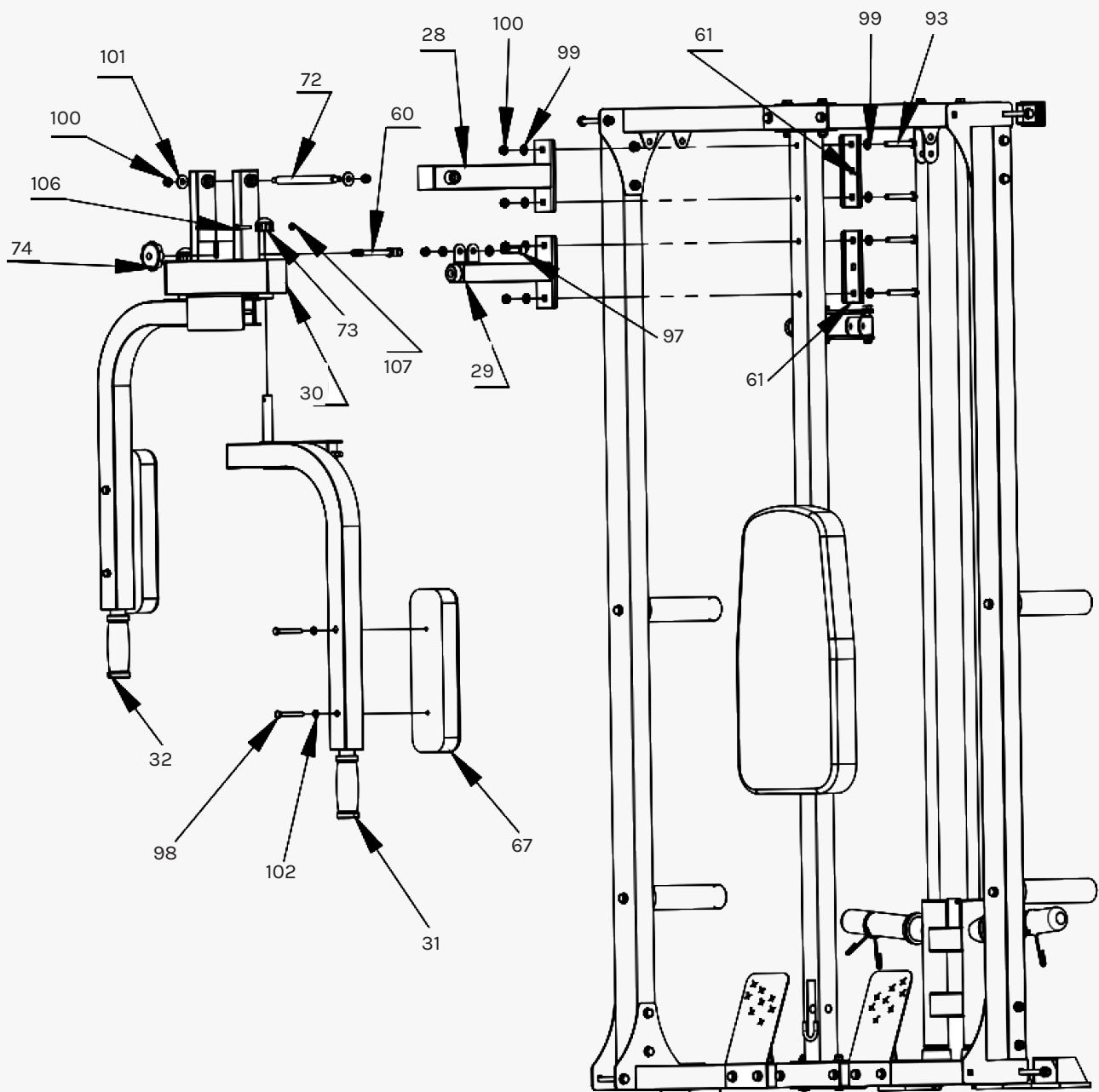
1. Place (#21) onto (#10) as shown and secure with bolts (#93), flat pads (#99), nuts (#100).
2. Install (#22) and (#23) onto (#20) as shown and secure them with bolt (#94) and flat spacers (#99).
3. Place the installed (#20) as shown in the figure. Then place (#5) and (#6) on both sides of the posts, and tighten with bolts (#92), flat spacer (#99) and nuts (#100).

## STEP 7



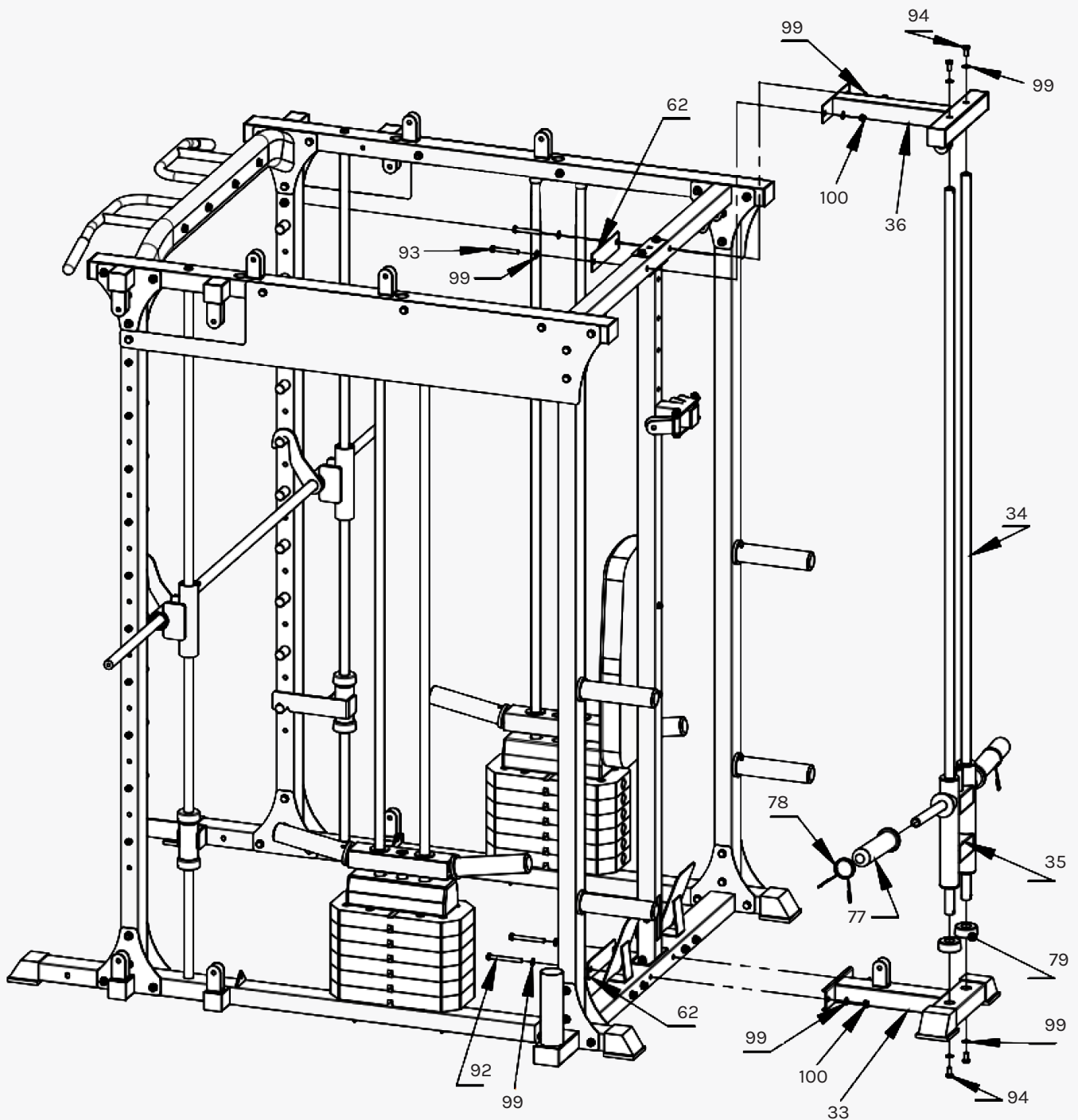
1. According to the diagram, first insert (#24) onto (#17) and on both sides (#8) and (#9), and (#20) with bolts (#92), flat washer (#99), nut (#100). Then use bolts (#105) to fix on (#17) and use bolts (#93) and flat washers (#99) to fix onto (#12) at the top of the frame.
2. Place (#26) outside (#24) and secure with bolts (#92), flat pads (#99) and nuts (#100).
3. Repeat the same on the other with part (#25) and (#27).

## STEP 8



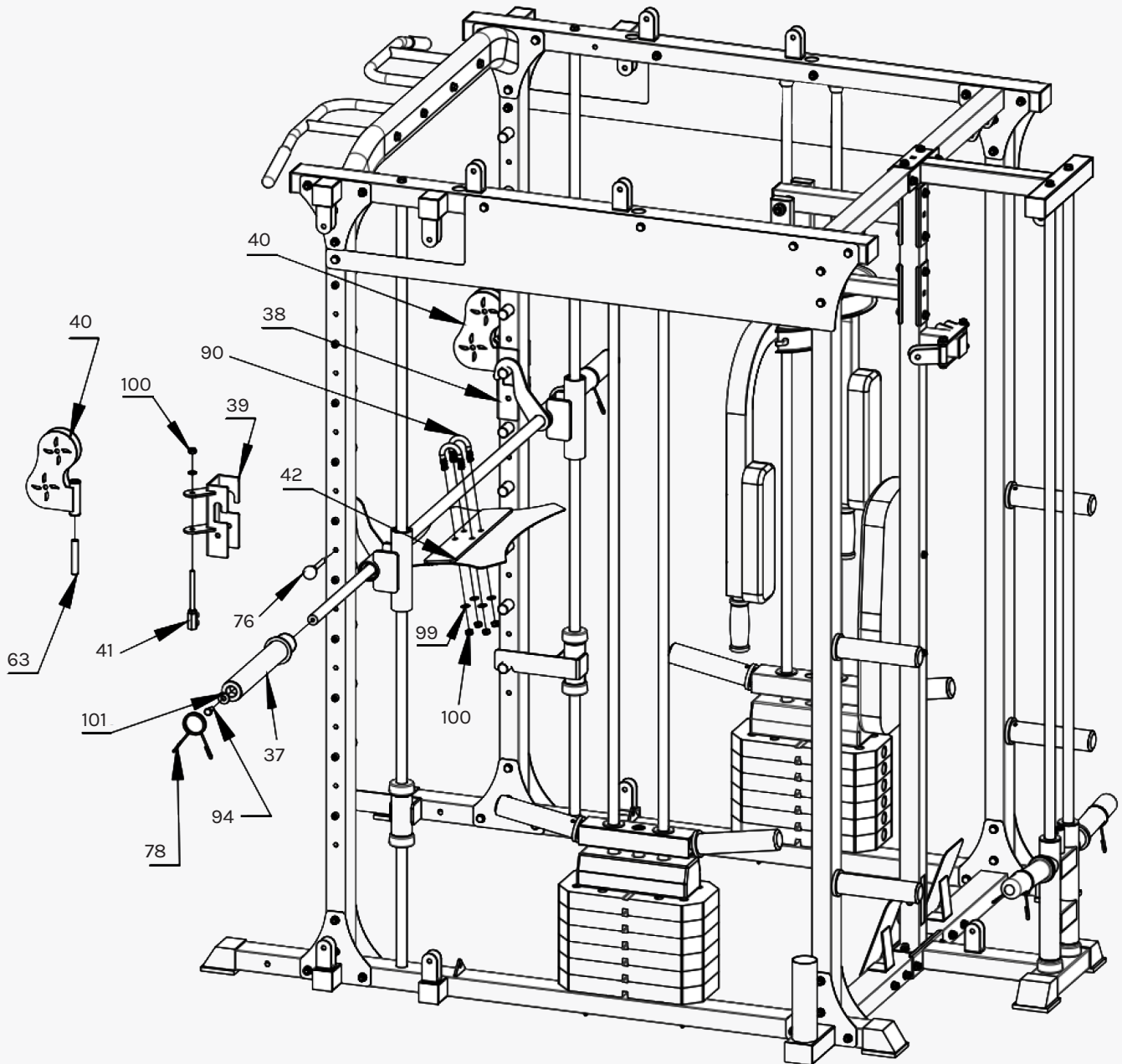
1. Place (#28) and (#29) in the front of (#10) and (#61) (at the back of #10) and secure with bolts (#93), flat pads (#99), nuts (#100).
2. Place (#30) on both sides of (#28) as shown and feed through (#72) into the hole, then tighten with flat spacer (#101) and nut (#100).
3. Place (#60) to the inside of (#29) as shown and tighten through (#72) with bolts (#97), flat spacers (#99) and nuts (#100). Then screw on (#74).
4. Insert (#31) into (#30) as shown in the figure, cover (#73) and fasten with bolts (#106) and nuts (#107).
5. Then use bolts (#98) and flat washers (#102) to secure (#67) on (#31).
6. Repeat on the other side.

## STEP 9



1. Place (#34) in (#33) as shown and tighten with bolts (#94) and flat spacers (#99).
2. Install (#33) to the (#1) side and tighten with (#62), bolts (#92), flat spacers (#99), and nuts (#100).
3. Set (#34) into (#79) and (#35). Attach sleeve (#77) to (#35) and place (#78) on the sleeve.
4. Install (#36) onto (#34) and secure with bolts (#94), flat spacers (#99).
5. Secure the other side to (#21), using (#62) and tighten with bolts (#93), flat spacers (#99) and nut (#100).

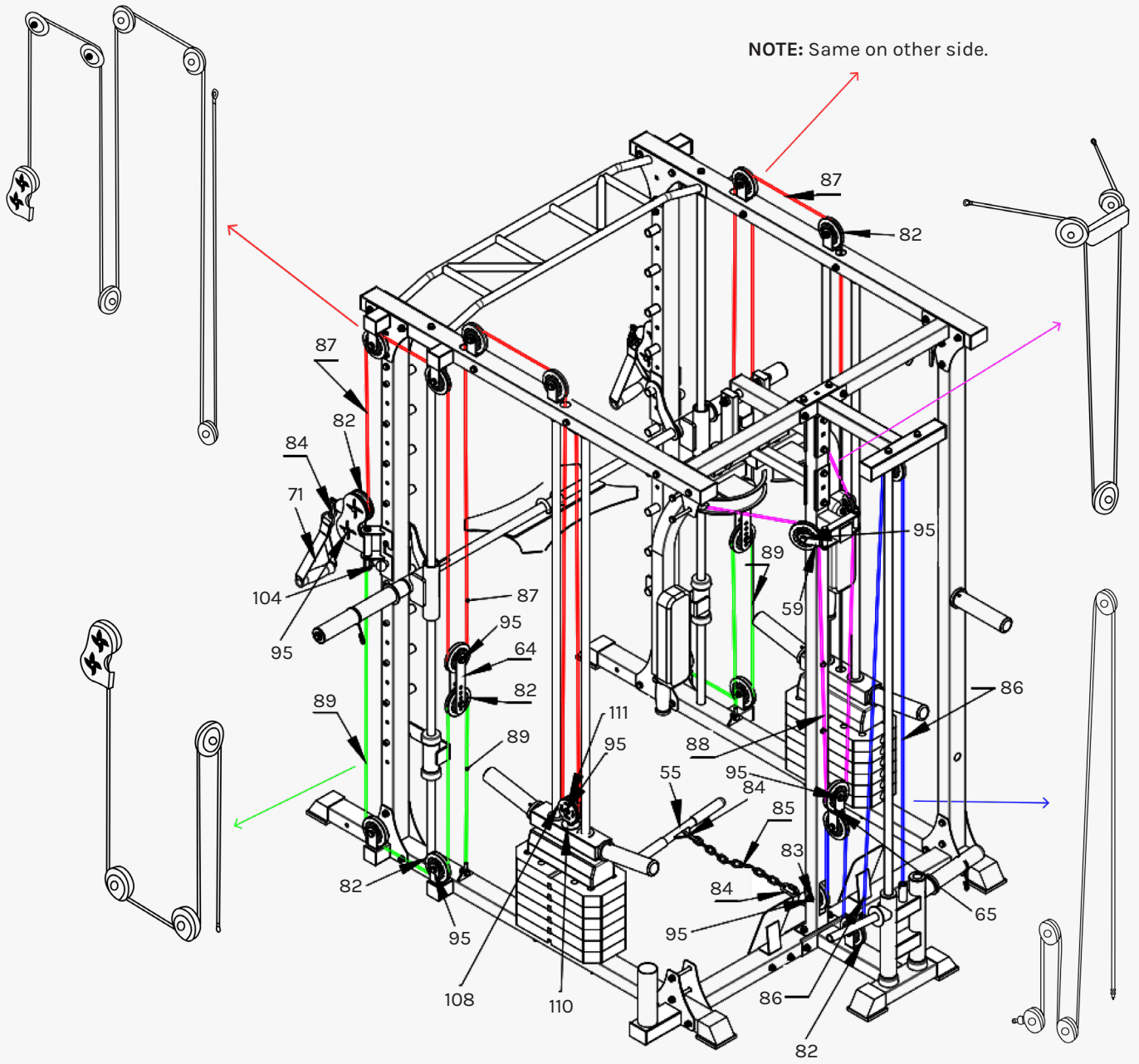
## STEP 10



1. According to the diagram, hang (#39) to the appropriate position.
2. Place (#63) into (#40) and secure it to (#39) using (#41), flat pad (#99), nut (#100). Repeat the same on the other side.
3. Install (#37) onto (#11) and secure with bolts (#94) and flat spacer (#101). Place the collars (#78) onto (#37). Repeat on the other side.
4. Place (#42) to (#11) bar in the figure and secure with (#90) U-bolt, flat gasket (#99) and nut (#100).

# STEP 11

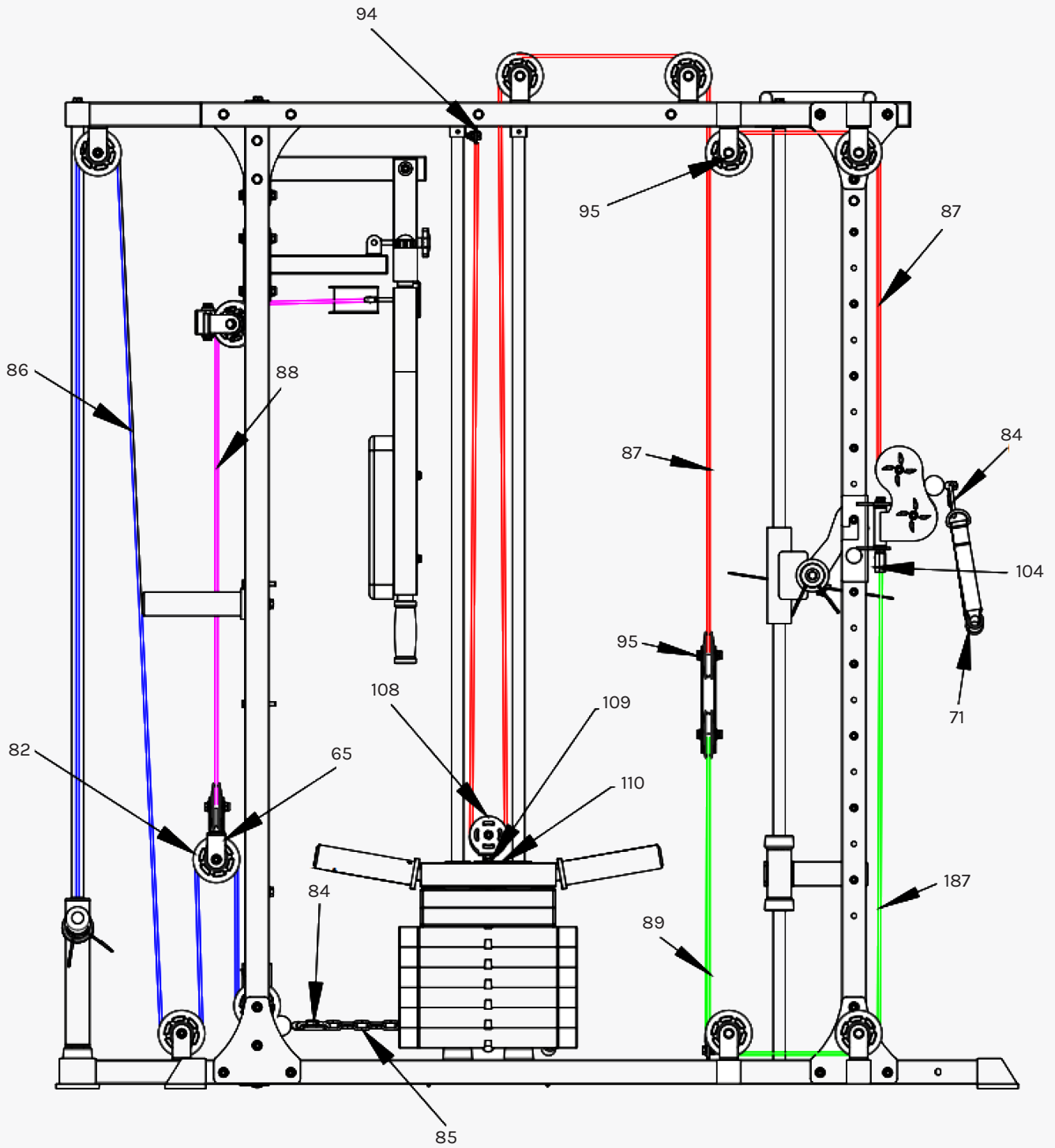
NOTE: Same on other side.



**!** NOTE: Be sure to install the wire rope before installing the pulley.

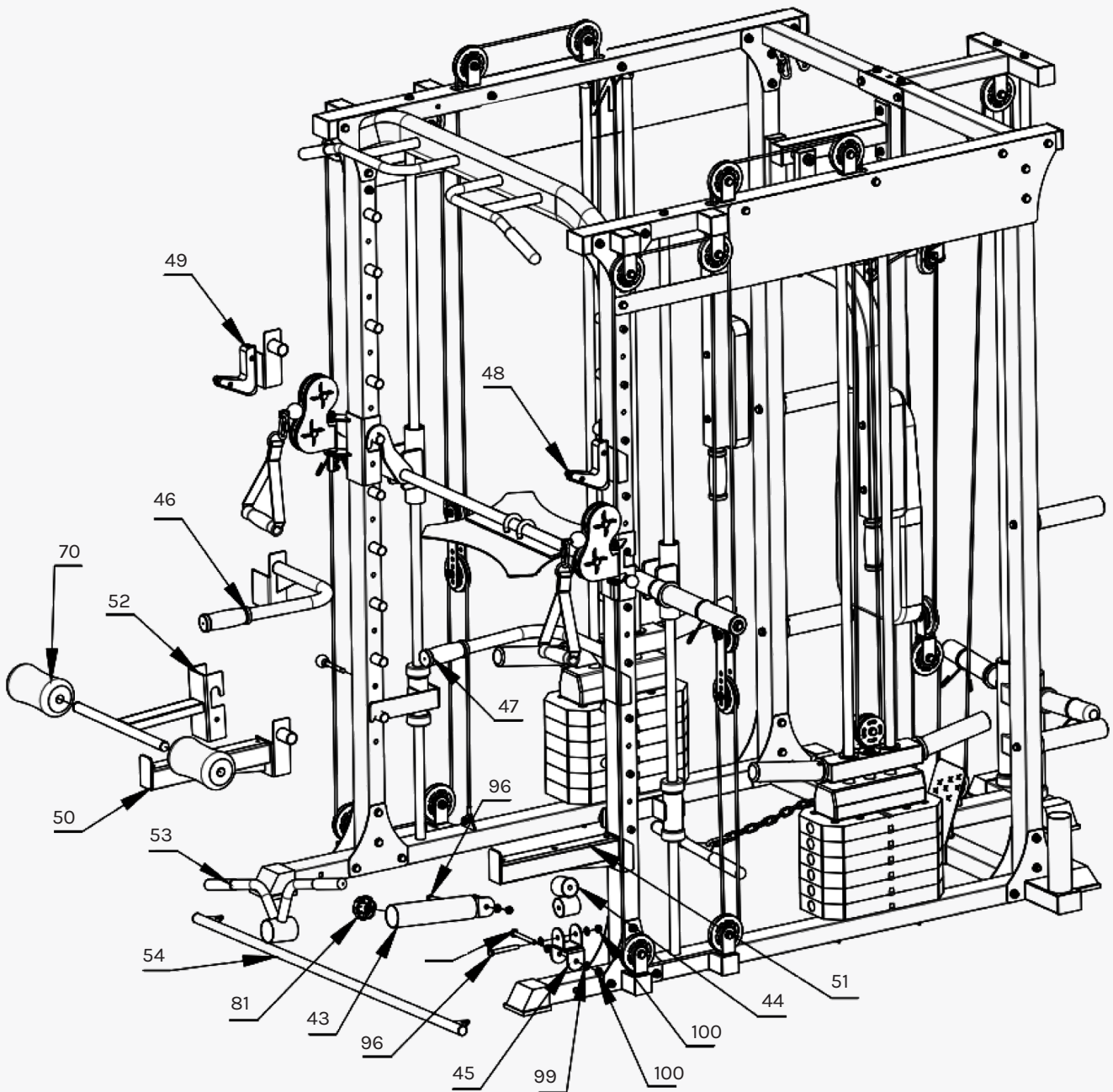


## STEP 12



**!** **NOTE:** Be sure to install the wire rope before installing the pulley.

## STEP 13



1. Place (#45) on (#3) and secure with bolts (#92), flat pads (#99), nuts (#100).
2. Then place (#44) on (#45) and (#43) on (#44) with bolts (#96), flat spacers (#99) and nut (#100). Finally screw (#81) into (#43).
3. Attach (#46), (#49) and (#50) to (#9) and the same as on the other side. You can remove the (#46) dip handles when not in use.
4. Attach (#52) to (#9), fix with (#76) ball pin and install (#70) on both sides. This can be removed when not in use.



# IV. EXERCISE GUIDE

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## ⚠ PLEASE NOTE:

Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

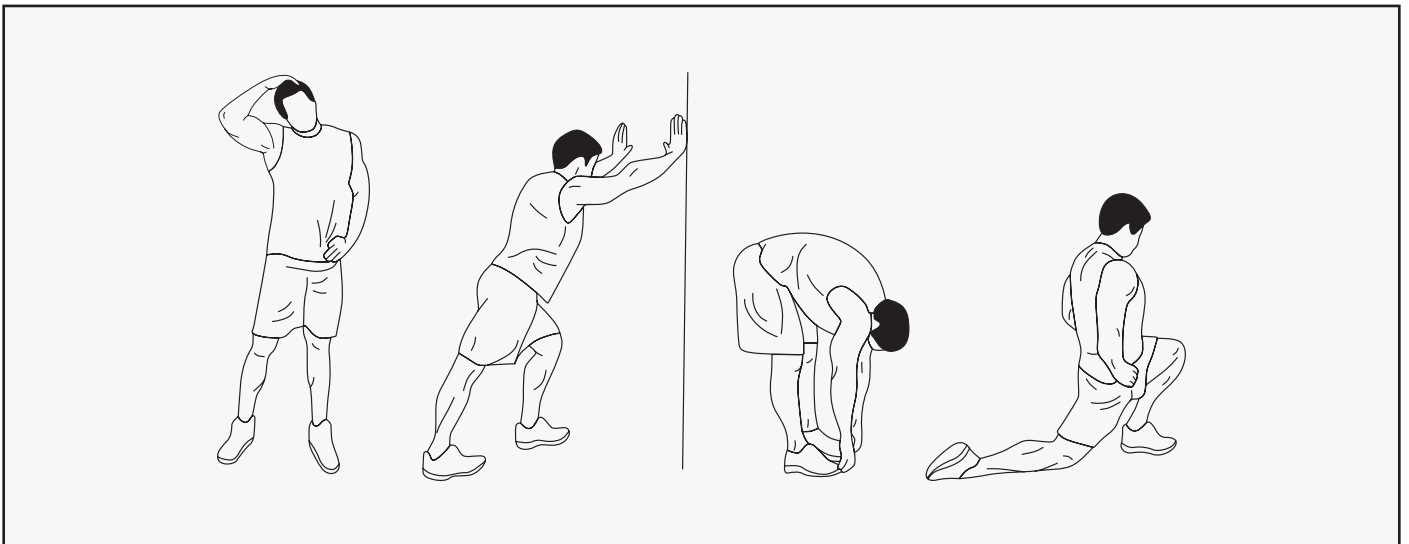
The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

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Exercise is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



## WARM UP

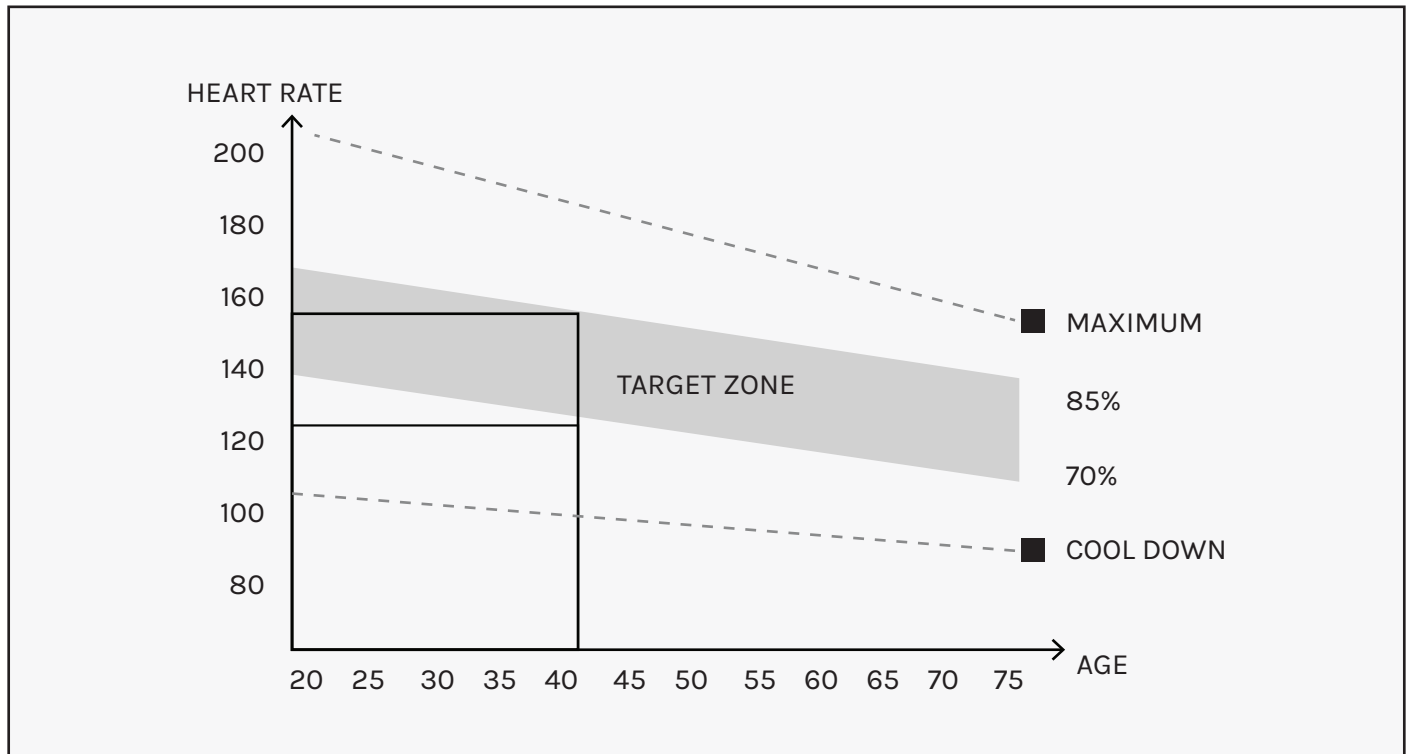
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

## COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

## WORKOUT GUIDELINES



! This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

# V. 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](http://www.consumerlaw.gov.au).

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

<https://www.lsgfitness.com.au/pages/warranty>

## WARRANTY AND SUPPORT

Please email us at [support@lsgfitness.com.au](mailto:support@lsgfitness.com.au) for all warranty or support issues.

For all warranty or support related enquiries, please lodge a support ticket first by sending us an email.

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[WWW.LSGFITNESS.COM.AU](http://WWW.LSGFITNESS.COM.AU)