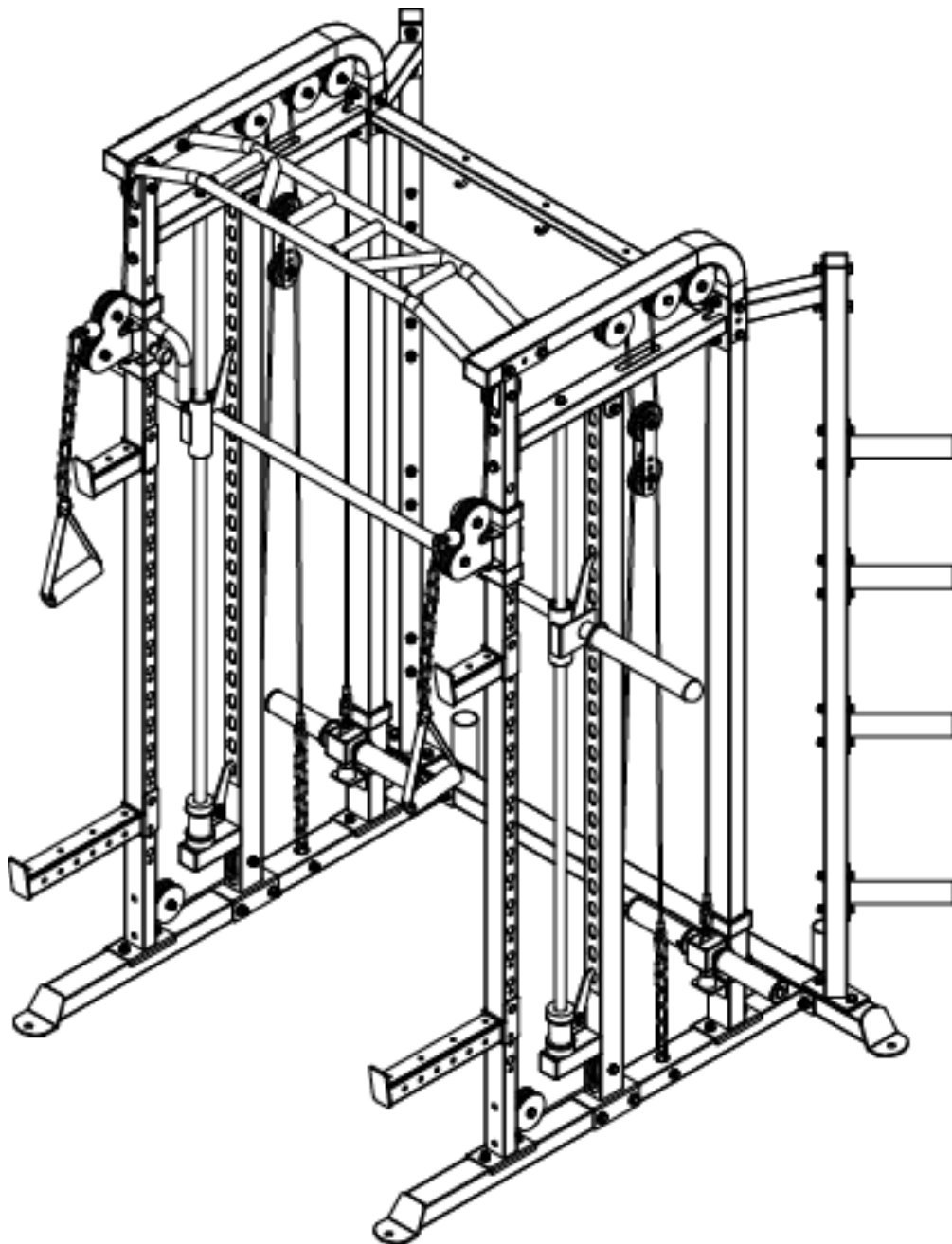


# GS10 Multi Station



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.

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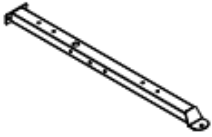
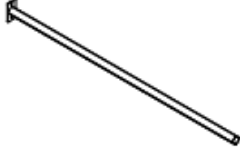

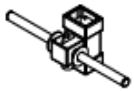
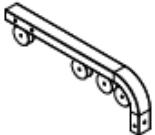




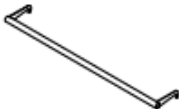



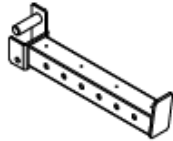





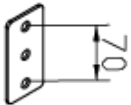
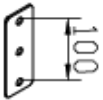
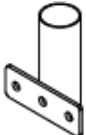




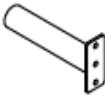
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# 1. IMPORTANT SAFETY INSTRUCTIONS



















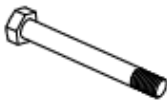

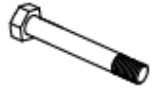















**WARNING** - Read all instructions before using this machine.

- 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.
- Disabled person 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.

## 2. PARTS LIST

PART LIST			
 1	 2	 3	 4
1 PC	2 PCS	1 PC	1 PC
 5	 6	 7	 8
2 PCS	2 PCS	2 PCS	2 PCS
 9	 10	 11	 12
1 PC	2 PCS	1 PC	2 PCS
 13	 14	 15	 16
2 PCS	2 PCS	2 PCS	2 PCS
 17	 18	 19	 20
1 PC	1 PC	1 PC	2 PCS
 21	 22	 23	 24
2 PCS	2 PCS	2 PCS	2 PCS
L=1750mm		L=1779mm	
 25	 26	 27	 28
2 PCS	2 PCS	1 PC	8 PCS

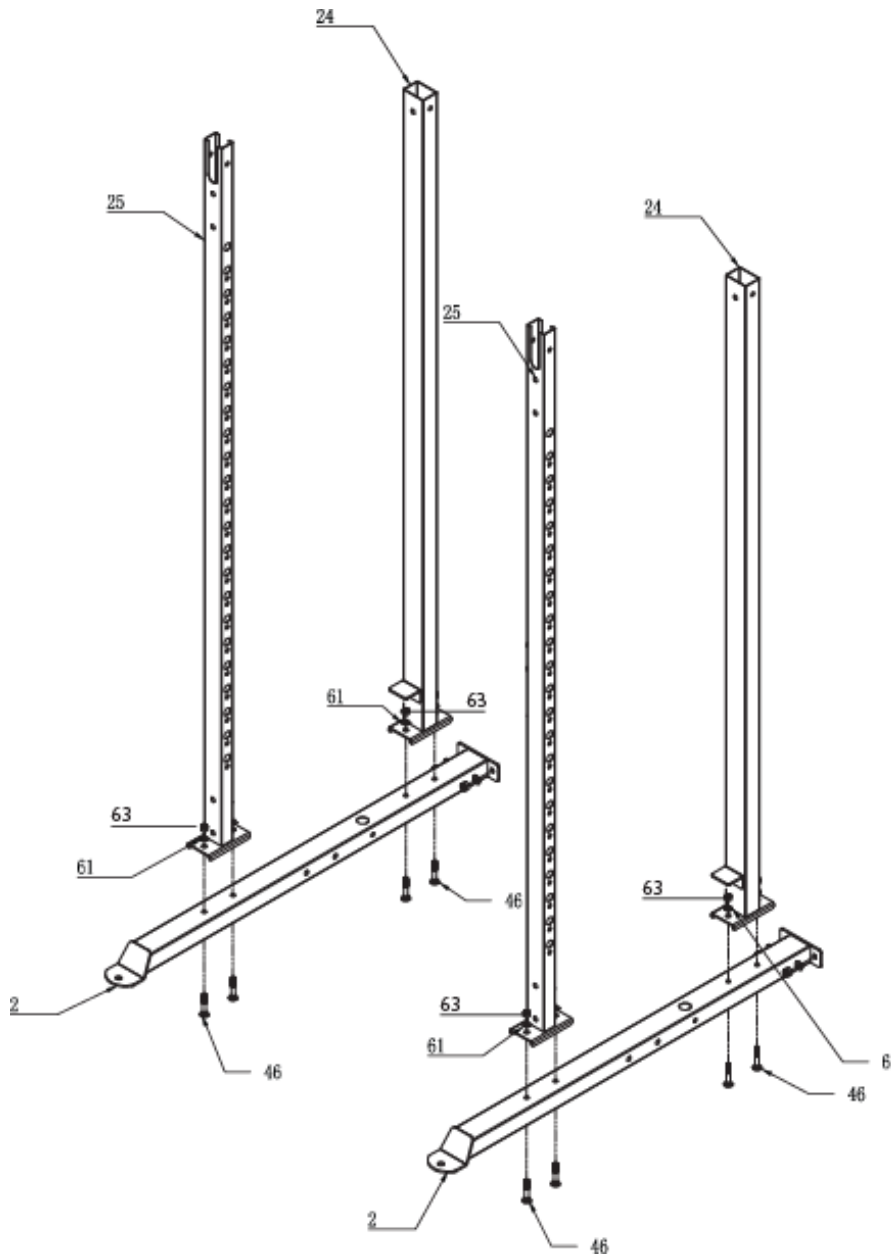
PART LIST

													
29	2 PCS	20	4 PCS	31	6 PCS	32	4 PCS						
													
33	4 PCS	34	6 PCS	35	6 PCS	36	2 PCS						
		PULLEY A $\phi 90$ 		PULLEY B $\phi 100$ 									
37	2 PCS	38	18 PCS	39	2 PCS	40	2 PCS						
L=4830mm		L=3830mm											
													
41	2 PCS	42	2 PCS	43	2 PCS	44	PCS						
M10*60 Bolt		M12*100 Bolt		M12*75 Bolt		M12*70 Bolt		M12*60 Bolt					
													
45	4 PCS	46	8 PCS	47	14 PCS	48	4 PCS	49	4 PCS	50	4 PCS		
M10*90 Bolt		M10*80 Bolt		M10*75 Bolt		M10*70 Bolt		M10*55 Bolt		M10*45 Bolt		M10*35 Bolt	
													
51	4 PCS	52	2 PCS	53	4 PCS	54	18 PCS	55	2 PCS	56	16 PCS	57	2 PCS
M10*25 Bolt		M10*20 Bolt		M10 Big Washer		M10 Washer		M12 Washer		M10 Nut		M12 Nut	
													
58	2 PCS	59	8 PCS	60	2 PCS	61	114 PCS	62	52 PCS	63	56 PCS	64	26 PCS

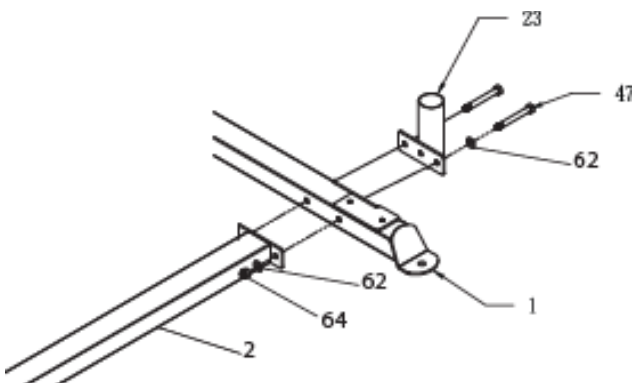
### 3. ASSEMBLY INSTRUCTIONS

#### STEP 1

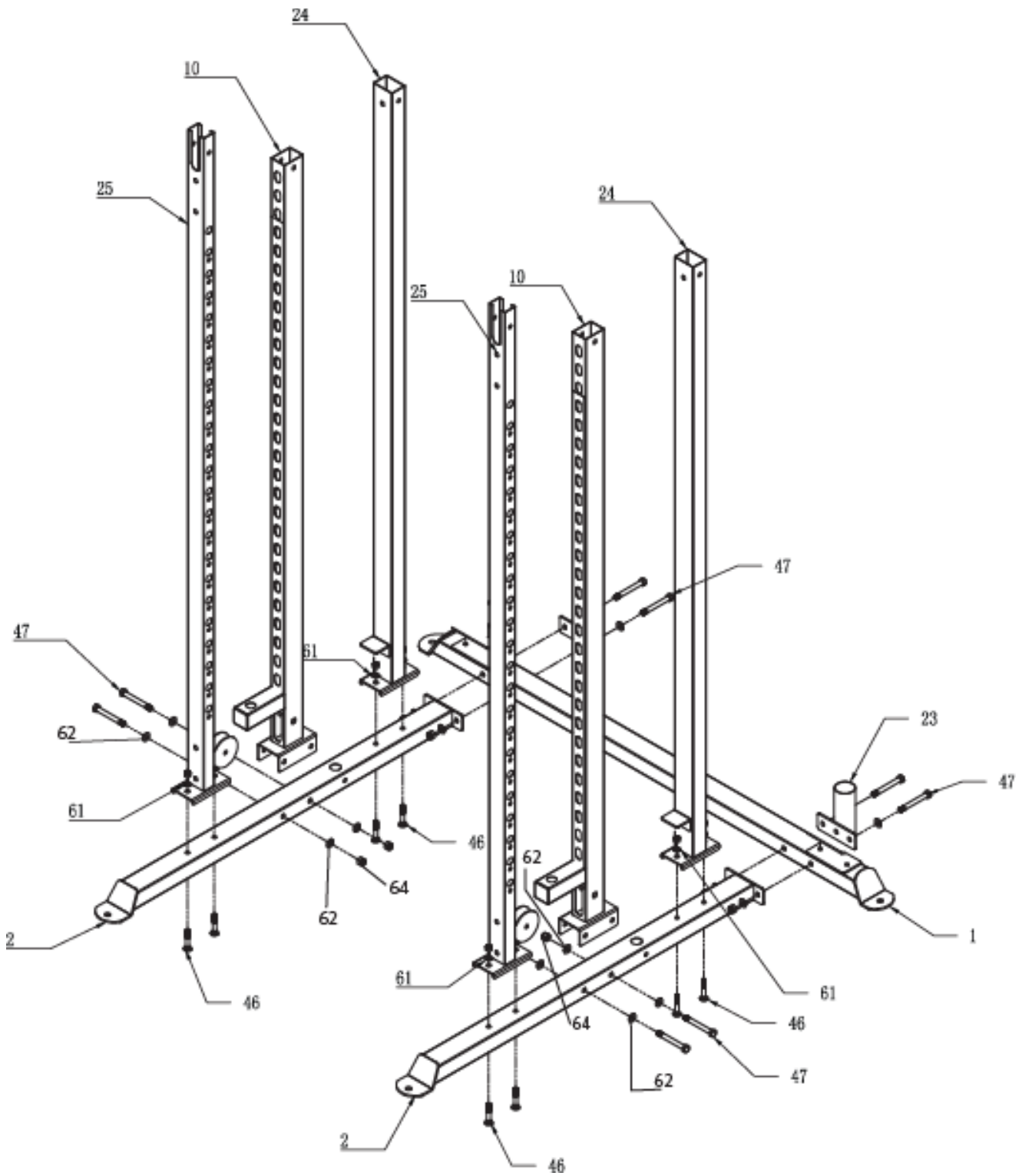
1. With bolt (46) M10 X60, gasket  $\Phi$  10 (61), and nut (63) M10, assemble the parts (24 & 25) to the part (2).



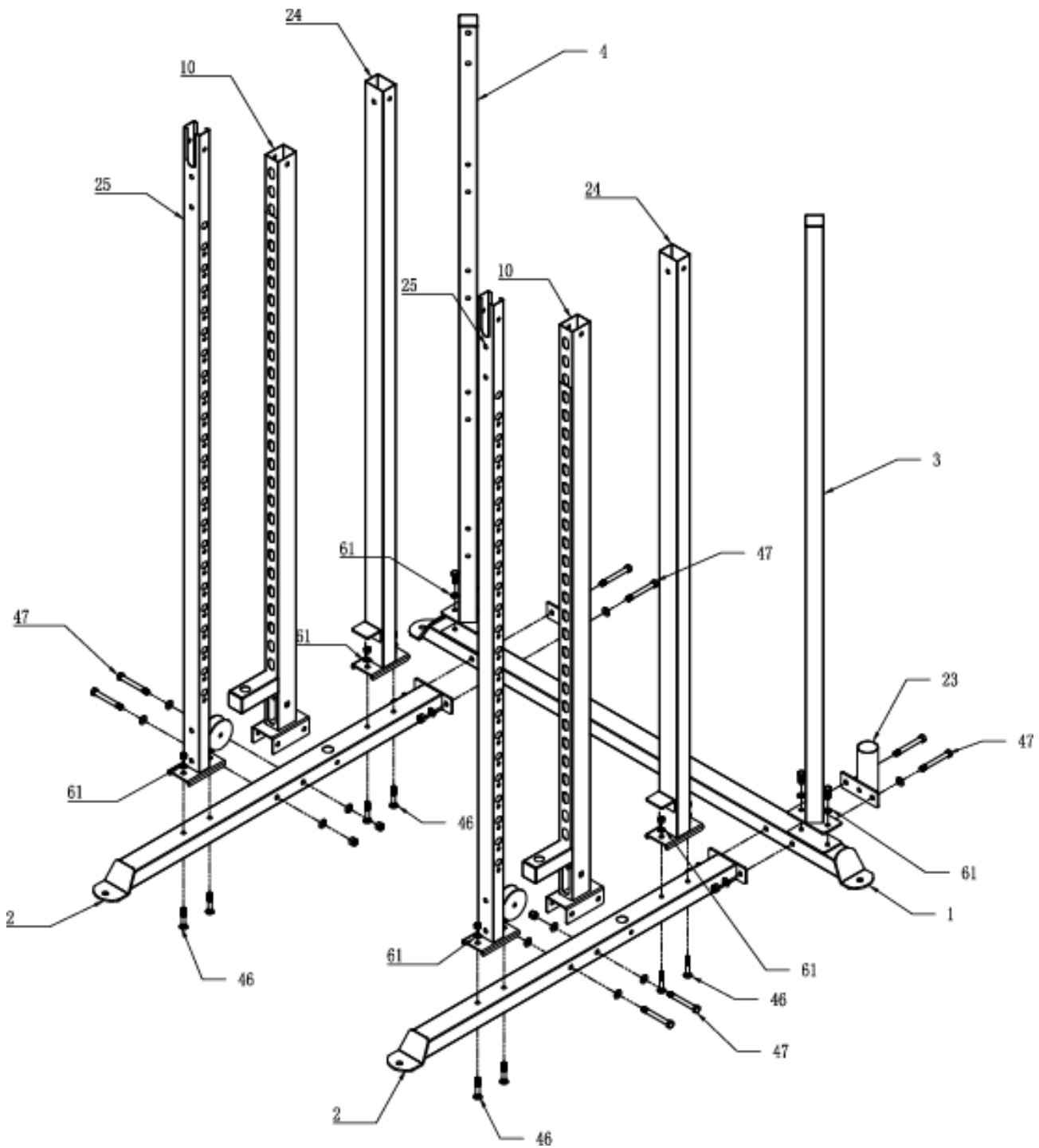
2. With bolt (47) M12X100, gasket (62)  $\Phi$  12, and nut (64) M12, assemble the parts (2 & 23) to the part (1); Repeat on other side.



3. With bolt (47) M12X100, gasket (62)  $\Phi$  12, and nut (64) M12, assemble the part (10) to part (2);



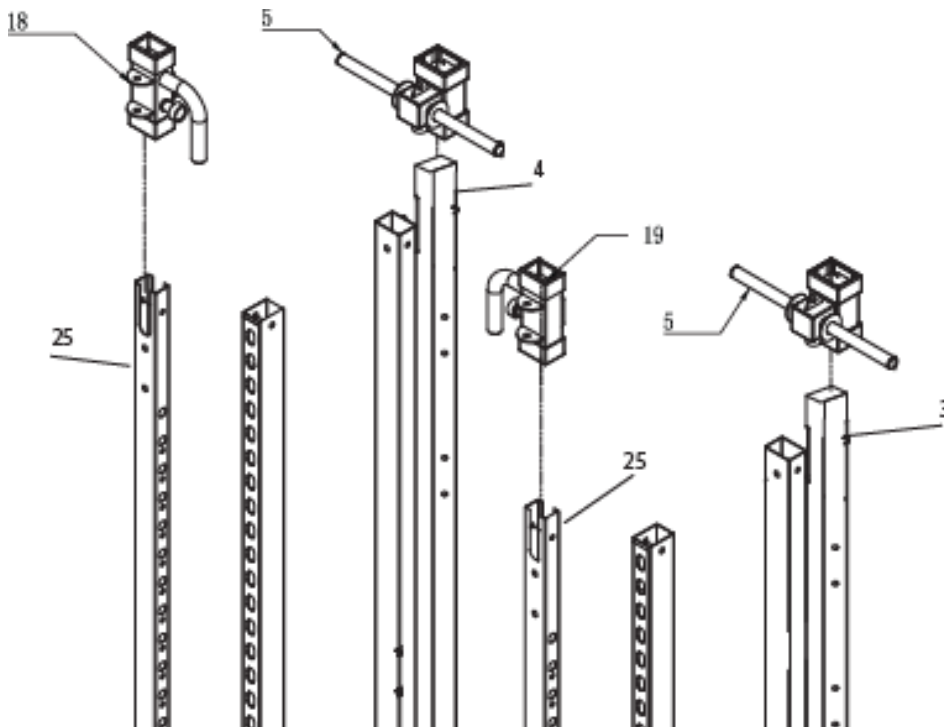
4. With bolt (59) and gasket  $\Phi$  10 (61), assemble the left & right column (3 & 4) to the part (1).



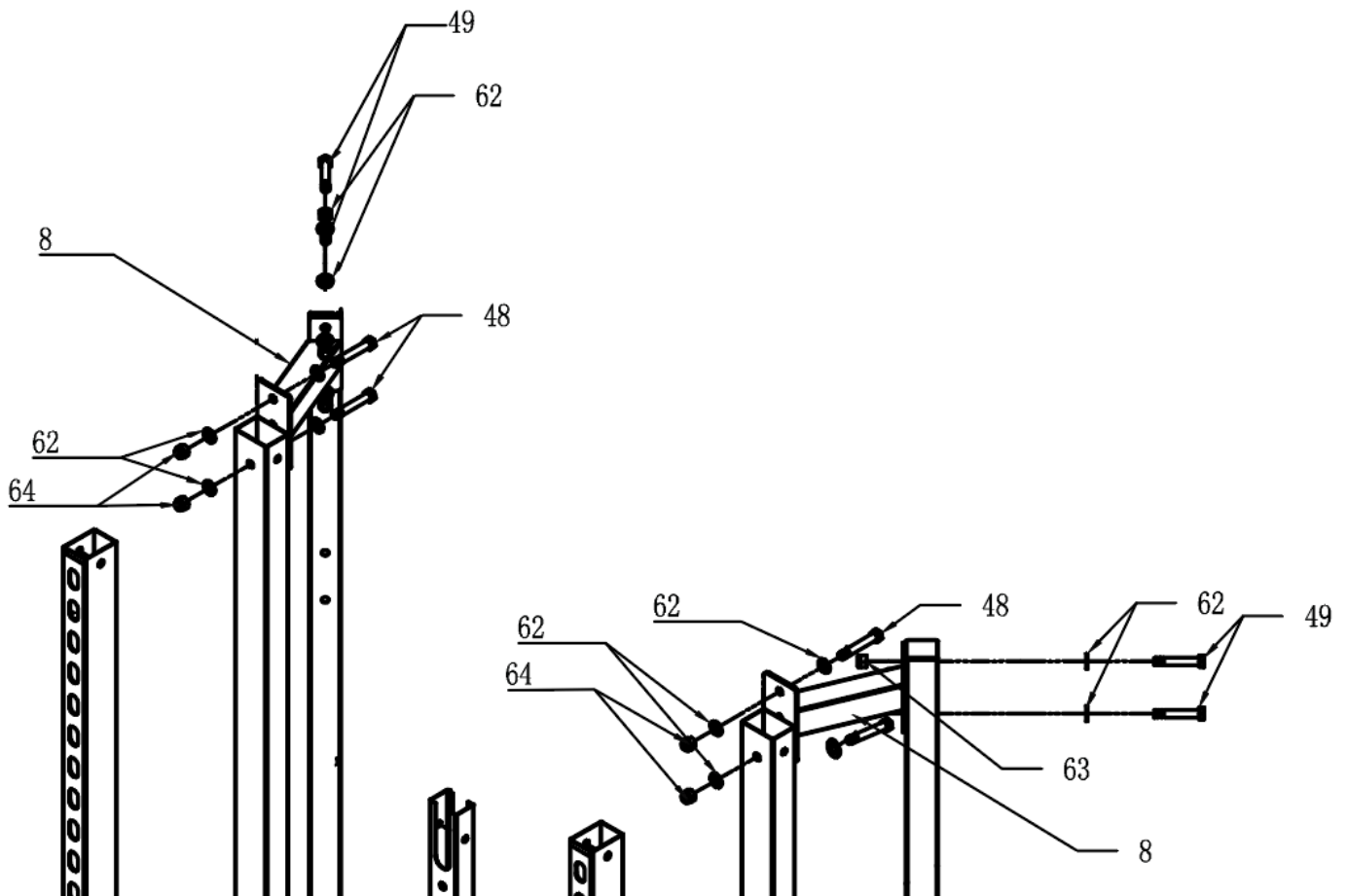


## STEP 2

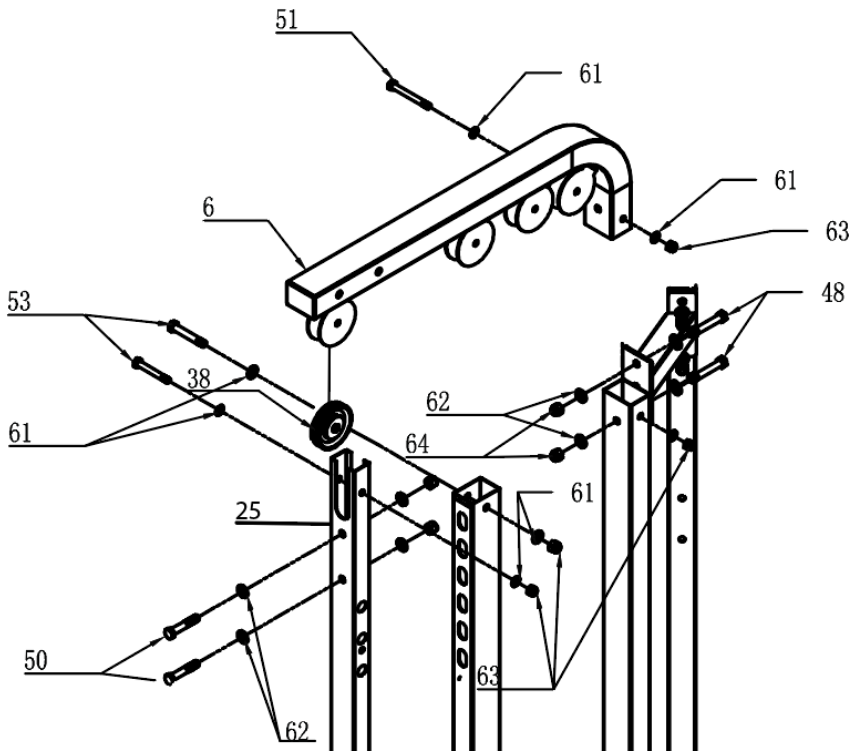
1. Insert the adjusting handle (18 & 19) into the front column (25) (pay attention to the direction); Slide (5) is set on the rear column (4 & 3), (pay attention to the direction as shown).



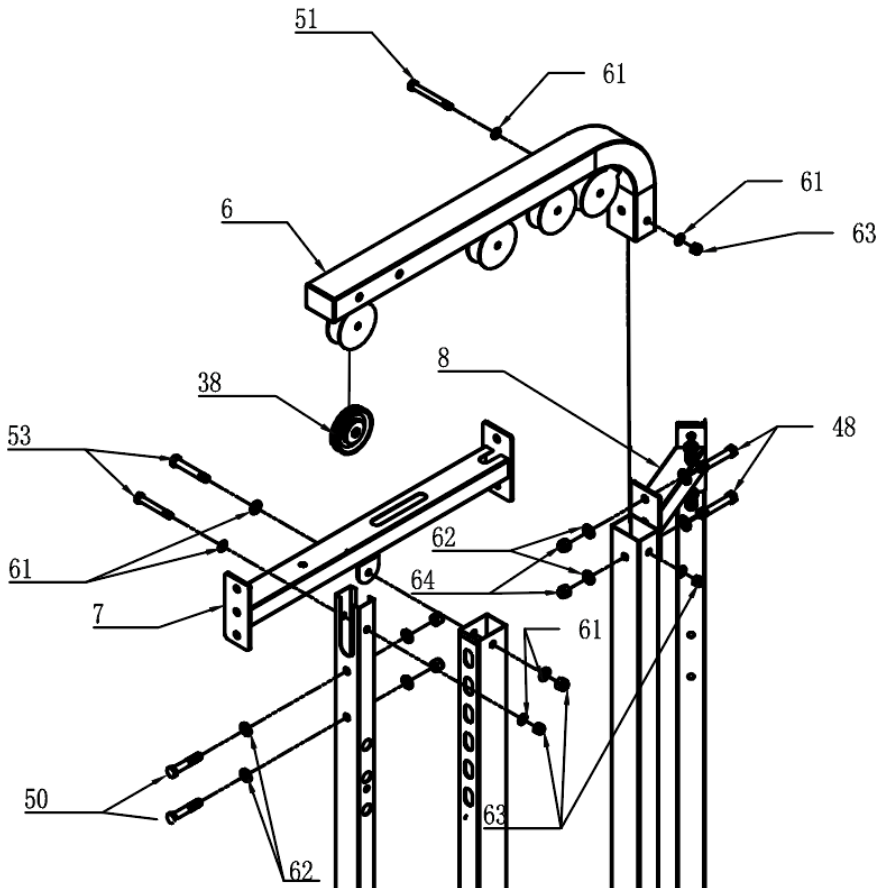
2. With bolt (49) M12X70, gasket (62)  $\Phi$ 12, and nut (64) M12, assemble one end of the part (8) to the upper part (3 & 4) respectively as shown. The other end will need to be assembled later in step 4.



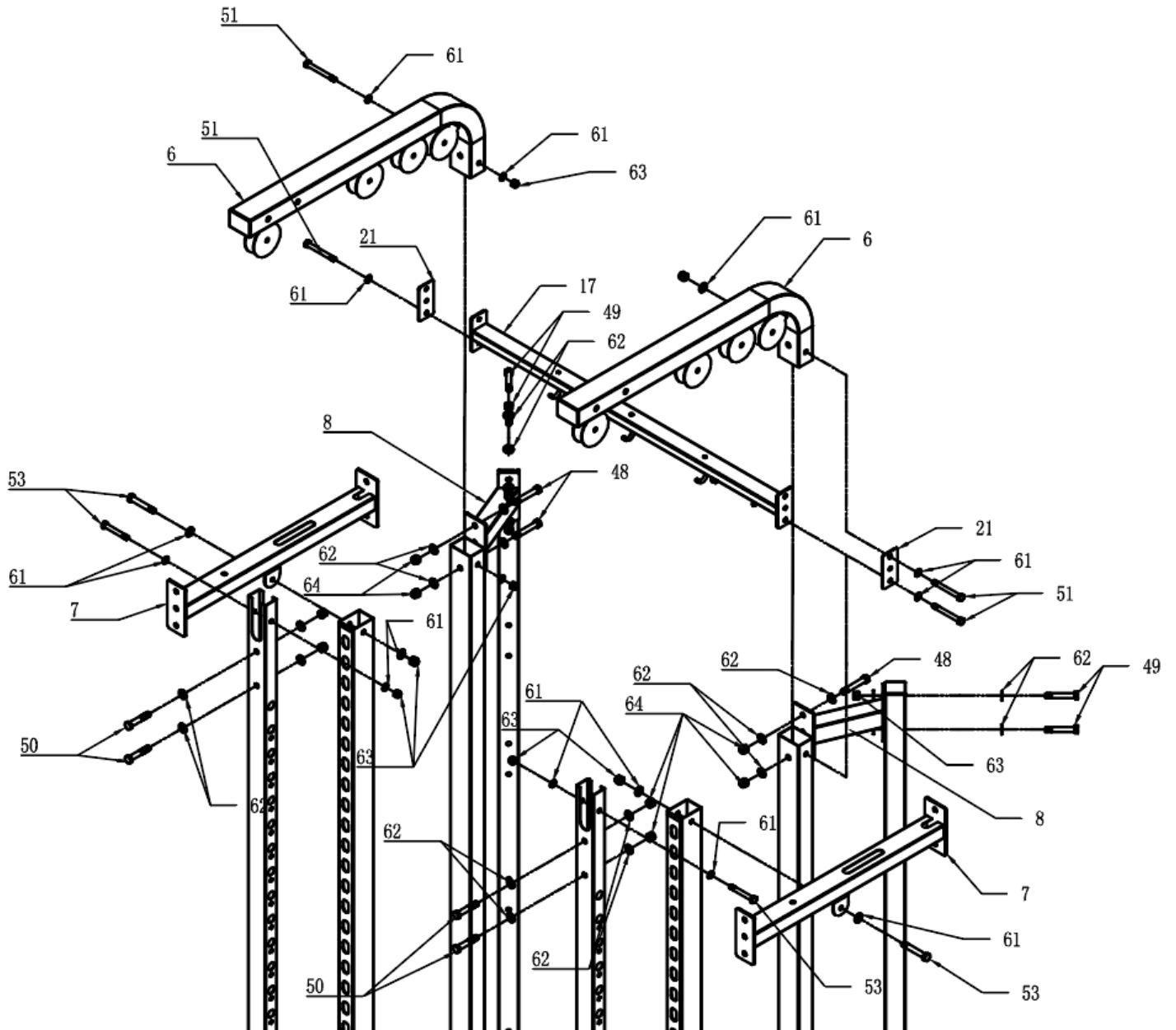
3. Insert the pulley (38) into the part (6) (as shown); insert the pulley bracket at the top of the part (6) into the groove on the top of the part (25). Connect them with bolt (53) M10X75, gasket  $\Phi$  10 (61), and nut (63) M10. Repeat on other side.



4. With bolt (50) M12X60, gasket (62)  $\Phi$ 12 and nut (64) M12, assemble the part (7) to the part (25). Use bolt (53) M10X75, gasket  $\Phi$ 10 (61) and nut (63) M10 to connect them to the part (10). At last, with bolt (48) M12X75, gasket (62)  $\Phi$  12 and nut (64) M12, assemble the parts (7 & 8) to the parts (6 & 24). Repeat on other side.

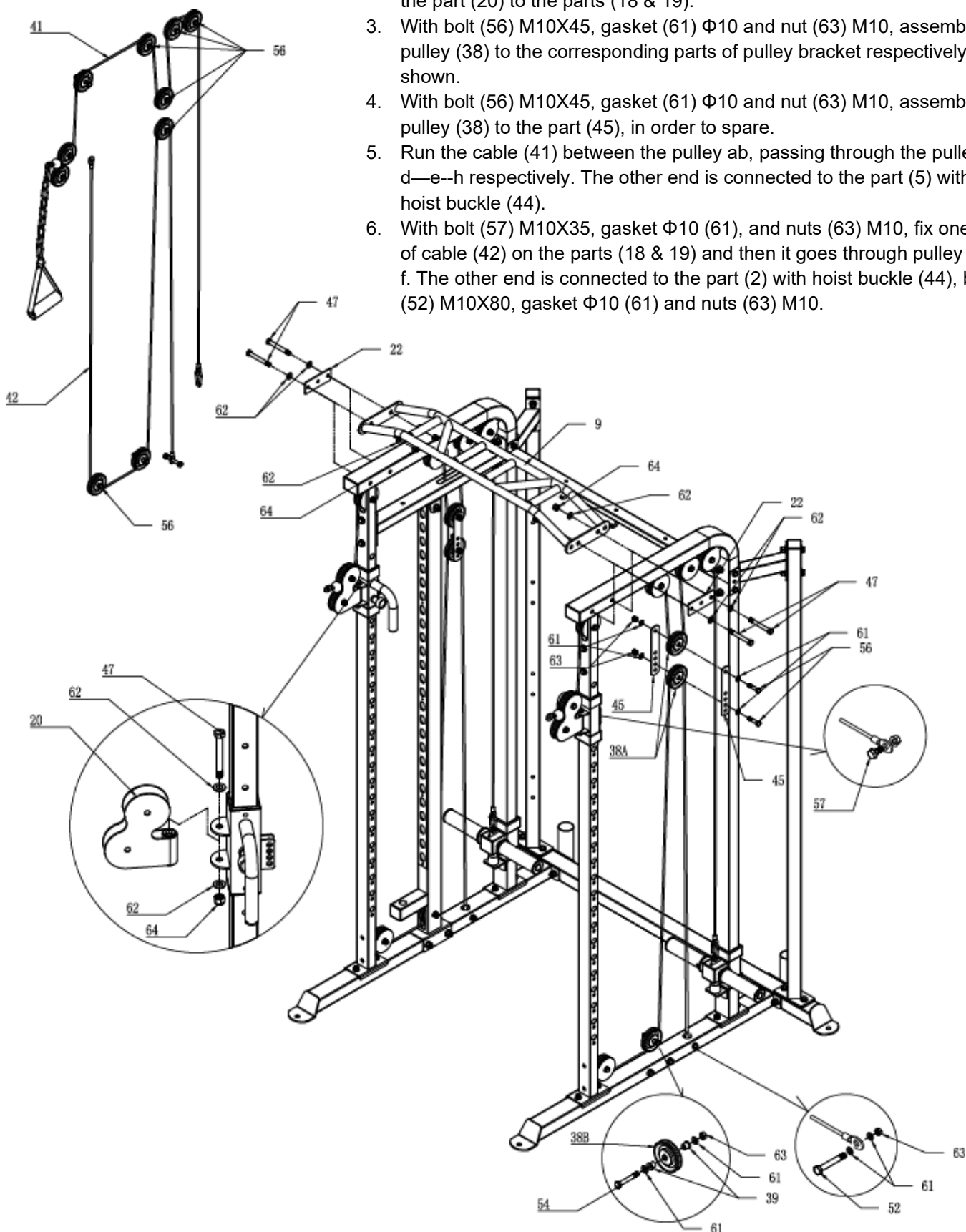


5. With bolt (51) M10X90, gasket  $\Phi$  10 (61) and nut (63) M10, assemble the parts (21 & 17) to the parts (6 & 24).

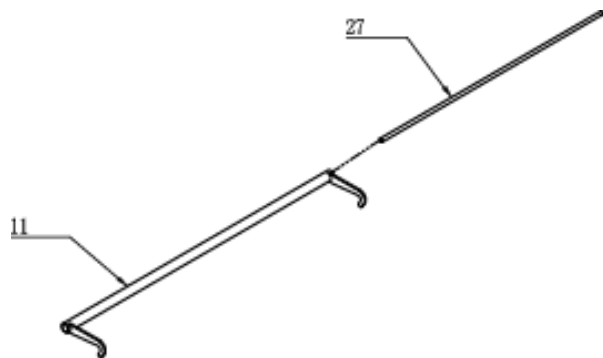


### STEP 3

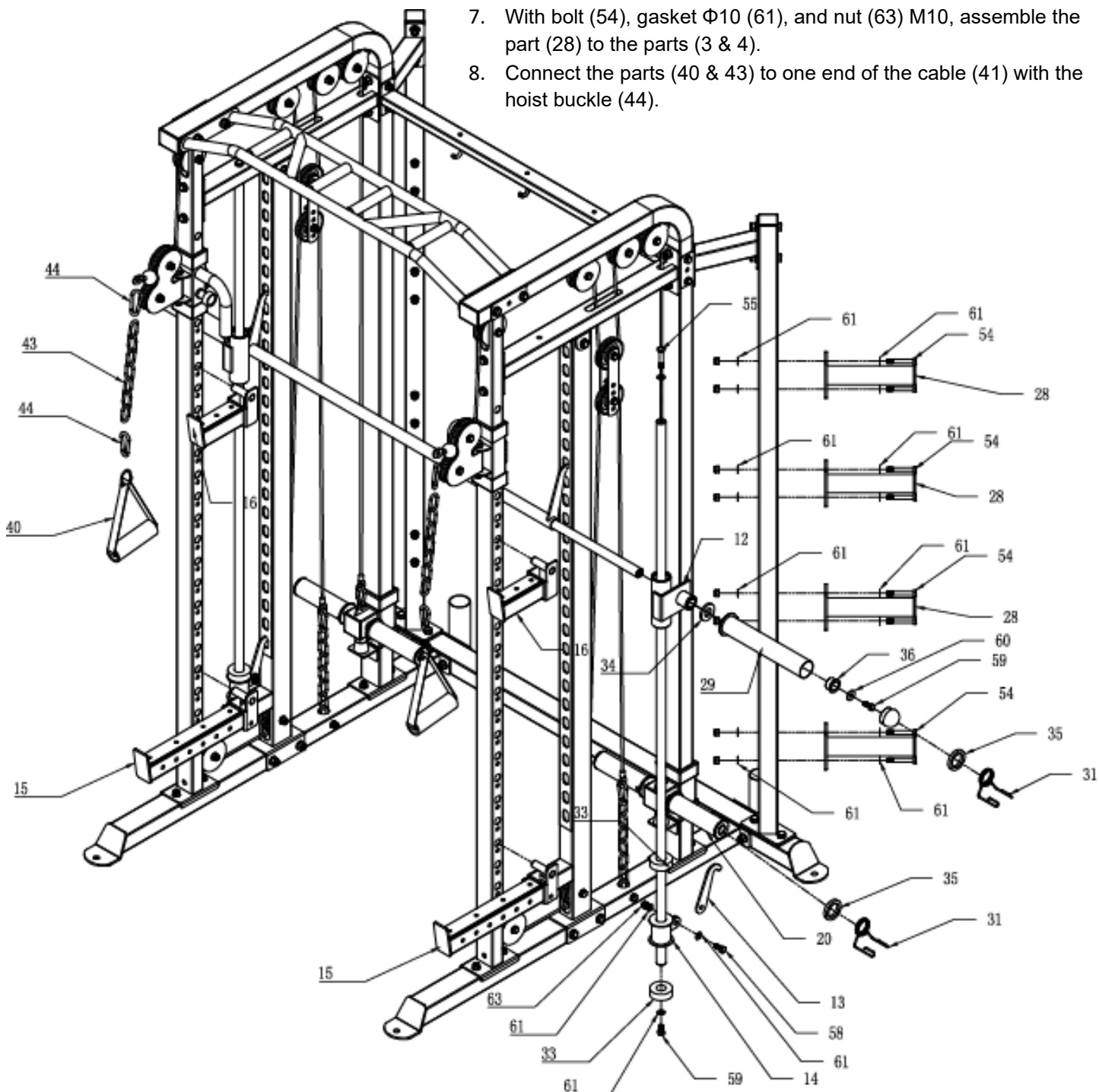
1. With bolt (47) M12X100, gasket (62)  $\Phi$ 12 and nut (64) M12, assemble the parts (22 & 9) to the part (6).
2. With bolt (47) M12X100, gasket (62)  $\Phi$ 12 and nut (64) M12, assemble the part (20) to the parts (18 & 19).
3. With bolt (56) M10X45, gasket (61)  $\Phi$ 10 and nut (63) M10, assemble the pulley (38) to the corresponding parts of pulley bracket respectively as shown.
4. With bolt (56) M10X45, gasket (61)  $\Phi$ 10 and nut (63) M10, assemble the pulley (38) to the part (45), in order to spare.
5. Run the cable (41) between the pulley ab, passing through the pulley c--d--e--h respectively. The other end is connected to the part (5) with the hoist buckle (44).
6. With bolt (57) M10X35, gasket  $\Phi$ 10 (61), and nuts (63) M10, fix one end of cable (42) on the parts (18 & 19) and then it goes through pulley i-- j-- f. The other end is connected to the part (2) with hoist buckle (44), bolt (52) M10X80, gasket  $\Phi$ 10 (61) and nuts (63) M10.



## STEP 4



1. Insert the parts (33), (14), (33) and (12) into the part (26) in sequence from top to bottom.
2. With bolt (59) M10X20, bolt (55) M10X55 and gasket  $\Phi$ 10 (61), assemble the part (26) to the parts (7 & 10), as shown.
3. Hang the part (11) into the hole of the part (10).
4. Insert the part (27) into the holes of the parts (12), (11) and (12) successively, and go through the hole at the other end.
5. The parts (34) and (29) are successively set on both ends of the part (27).
6. Set the part (36) on the top of the part (27), then use bolt (59), and gaskets (60) to fix. Finally cover the part (37) on the part (29).
7. With bolt (54), gasket  $\Phi$ 10 (61), and nut (63) M10, assemble the part (28) to the parts (3 & 4).
8. Connect the parts (40 & 43) to one end of the cable (41) with the hoist buckle (44).



## 4. 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:

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

### **Warranty and Support:**

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

For all warranty or support related enquiries an email must be sent to lodge a support case in our system.