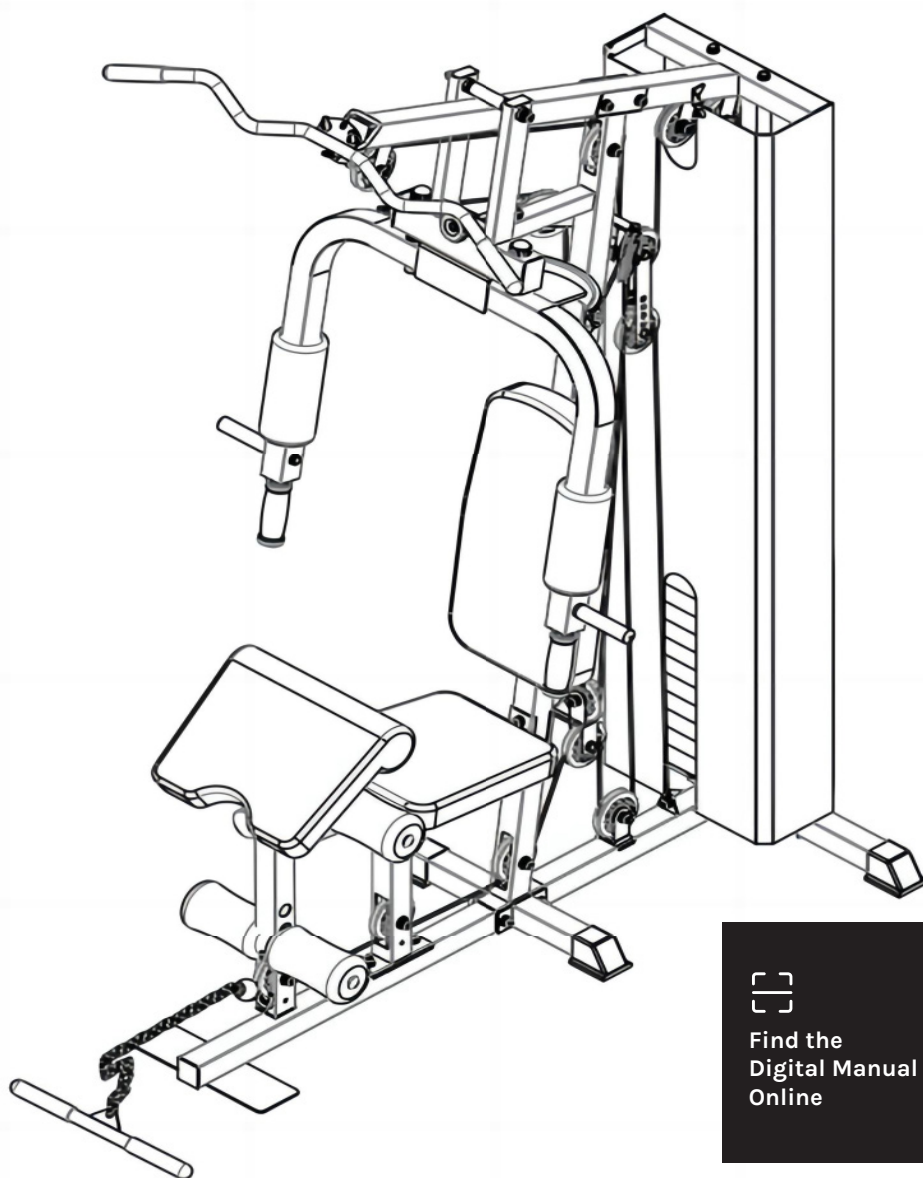


LSG

SSN90 Single Station

USER MANUAL



Find the
Digital Manual
Online



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



TABLE OF CONTENTS

I. Important Safety Instructions	03
II. Care Instructions	04
III. Exploded Diagram	05
IV. Parts List	06
V. Assembly Instructions	07
VI. Workout Guide	16
VII. Exercise Guide	17
VII. Warranty	19

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.
- 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.
- This equipment is designed for home use and is not suited for commercial or public gym use.
- The equipment is for indoor use, in a well ventilated room. Storing outdoors will expose it to humidity and moisture which can result in rust. Rust caused from exposure to elements is not included on our warranty.

II. CARE INSTRUCTIONS

- Lubricate moving joints with silicon spray after periods of usage.
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- The machine can be kept clean by wiping it down using dry cloth.
- Check and adjust the tension of wire rope on a regular basis.
- Regularly check all moving parts and make sure there are signs of wear and damage, if any the use of the device must be stopped immediately and contact our after-sales department.
- During inspection, it is necessary to make sure that all bolts and nuts are completely fixed. If any bolt or nut connection is loosened, please re-tighten.
- Check weld for cracks.
- Failure to perform daily maintenance may result in personal injury or equipment damage.



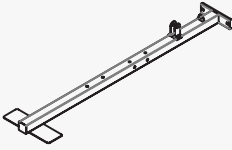
Caution: Please always check your chain links parts are fully tightened or clipped in properly before use as this may cause injury if the links are not screwed all the way or clipped properly.

III. PARTS LIST

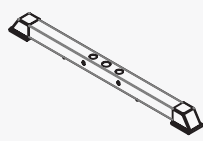
 Some items on this list may come pre-installed on your equipment. If you feel like you're missing anything, please double check your equipment.

Part No.	Description	Qty.	Part No.	Description	Qty.
1	Ground frame	1	34	Wire rope - 3880mm	1
2	Counterweight ground frame	1	35	Wire rope - 3100mm	1
3	Guide Rod	2	36	Preacher pad tube	1
4	Counterweights	12	37	Preacher pad	1
5	Counterweight head	1	38	Back cushions	1
6	Counterweight selection bar	1	39	Seat Cushion	1
7	Counterweight shock pads	2	40	Foam Tubes	2
8	Column	1	41	Foam	4
9	Small ground supports	2	42	M18 pull pin	1
10	Cushion support frame	1	43	170 Arc Connecting Plate	1
11	Cushion stand	1	44	110 Arc Connecting Plate	1
12	Leg extension shaft	1	45	Bolt M10X70	15
13	Leg extension post	1	46	Bolt M10X60	1
14	Top Tube	1	47	Bolt M10X45	9
15	Chest arm frame	1	48	Bolt M10X20	8
16	Push shaft	1	49	Bolt M8X65	4
17	Right chest arm	1	50	Bolt M8X16	2
18	Left chest arm	1	51	Bolt M6X35	2
19	Horizontal handles	2	52	M6 Locknut	2
20	Caps	2	53	10 Increase the Flat Pad	2
21	Screw sleeve	1	54	10 Flat Gasket	62
22	Knob nuts	1	55	M10 Locknut	29
23	Swing pulley frame	2	56	8 Flat Gasket	6
24	High pull handles	1	57	Bolt M10X75	2
25	Low-pull handles	1	58	Chest Arm Foams	2
26	Cross pulley frame	1	59	Upper fixing plate A	1
27	Adjustment tabs	2	60	Lower fixing plate A	1
28	Pulley	13	61	Bolts M8 * 16	6
29	6-section chain	1	62	Nut M8	6
30	15-section chain	1	63	Bolts M10 * 20	2
31	C-buckle	4	64	Cloth mesh cover	1
32	Pulley spacer	6	65	Upper fixing plate B	1
33	Wire rope - 2320mm	1	66	Lower fixing plate B	1

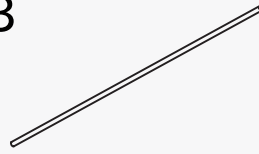
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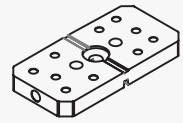
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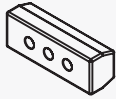
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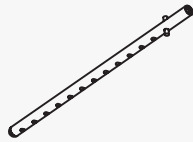
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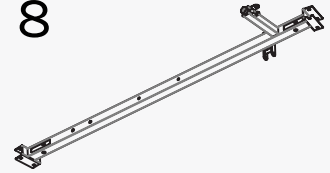
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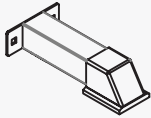
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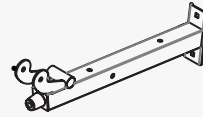
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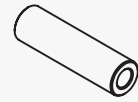
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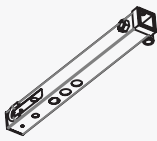
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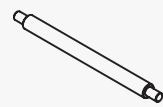
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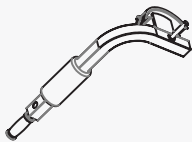
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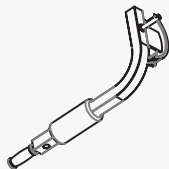
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17



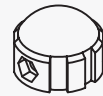
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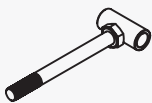
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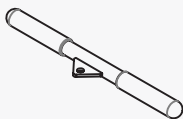
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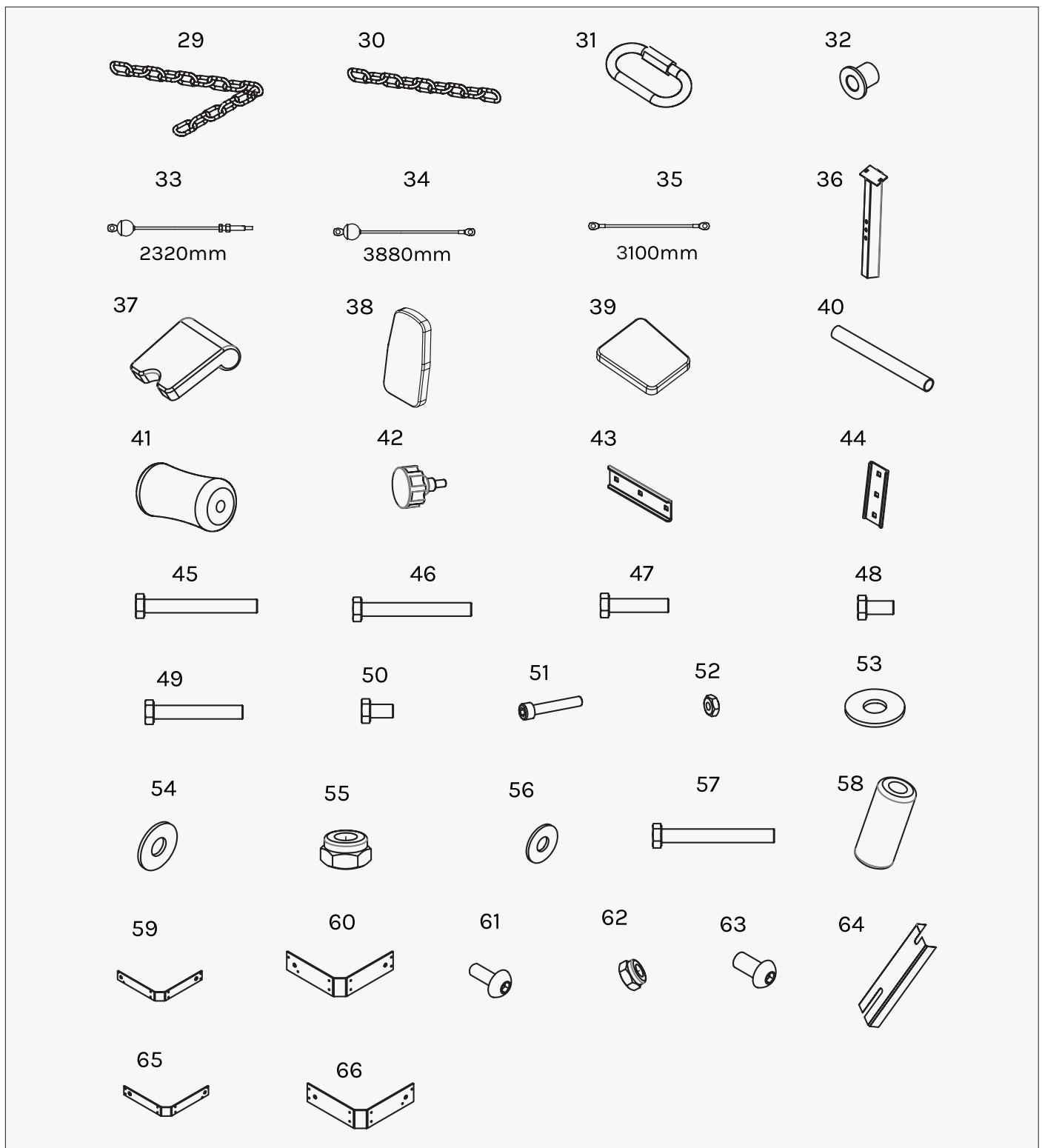


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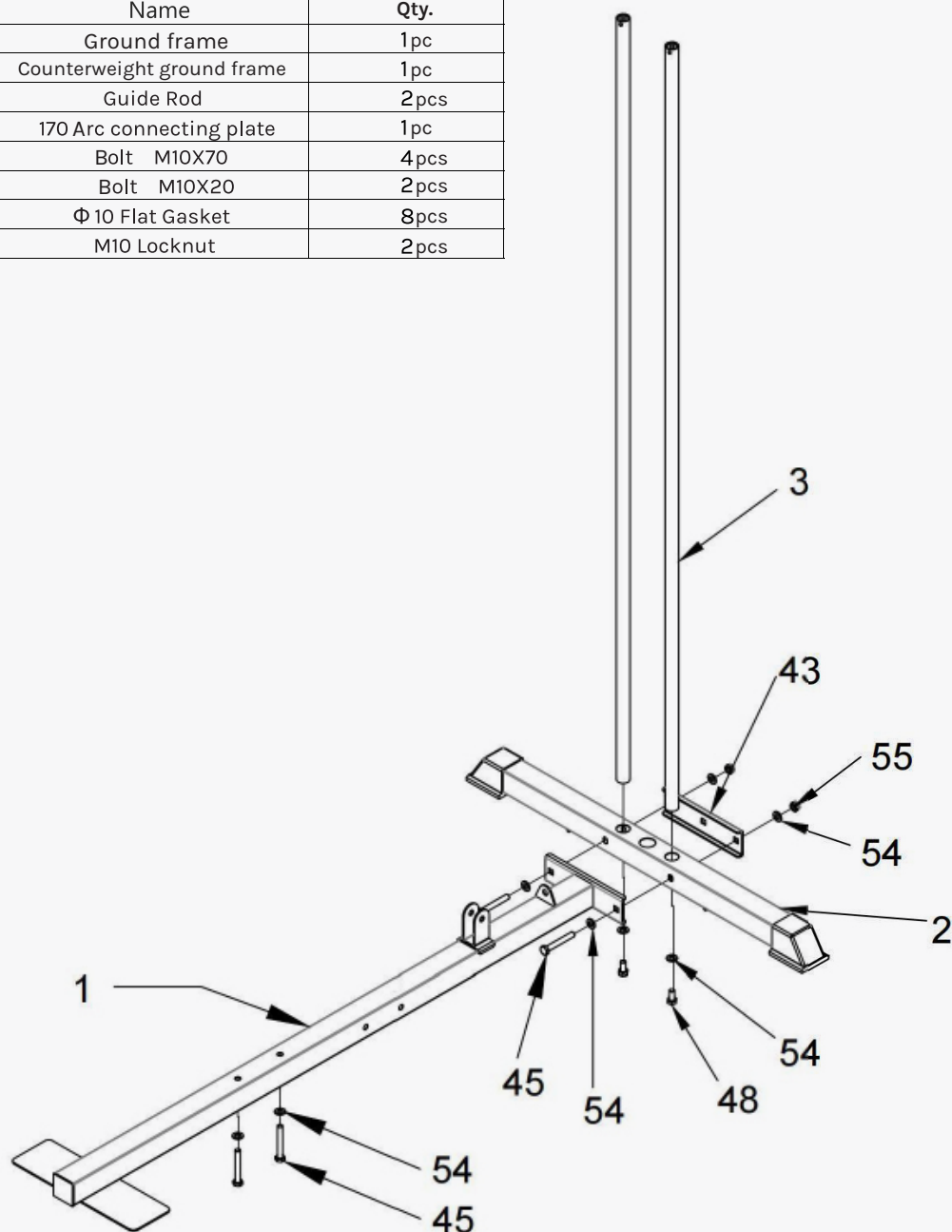


Assembly Guidelines

- Washers must be placed on both ends of the bolt—beneath the bolt head and under the nut—unless specified otherwise in the instructions.
- During preliminary assembly, tighten all bolts and nuts by hand only.
- Once the entire structure is assembled, use a wrench to securely tighten all connections.
- Some components may come pre-assembled from the factory.
- For safety and ease of installation, it is recommended that two or more people complete the assembly process.

IV. ASSEMBLY INSTRUCTIONS

No.	Name	Qty.
1	Ground frame	1pc
2	Counterweight ground frame	1pc
3	Guide Rod	2pcs
43	170 Arc connecting plate	1pc
45	Bolt M10X70	4pcs
48	Bolt M10X20	2pcs
54	Φ 10 Flat Gasket	8pcs
55	M10 Locknut	2pcs



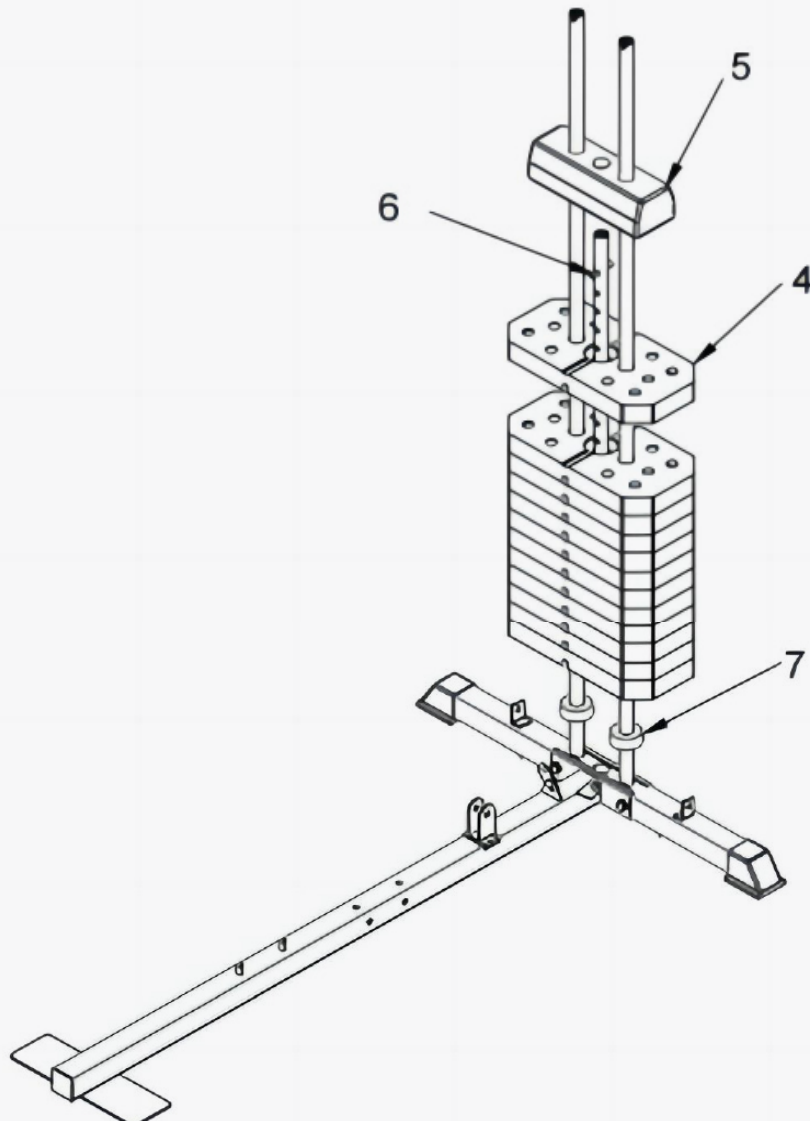
STEP 1

1. Insert the Guide Rods (3) into the designated holes in the Counterweight Ground Frame. Secure using M10x20 Bolts (48) and Flat Gasket on one side of bolt (54).

2. Position the Ground Frame (1) and Counterweight Ground Frame (2) as shown. Then align the 170 Arc Connecting Plate (43) between the two frames and use M10x70 Bolts (45), Flat Gaskets on both sides (54), and M10 Lock nuts (55) to secure the 3 parts together.

3. Pre-install M10x70 Bolt (45) and Flat Gasket (54) under Ground Frame (1) as pictured.

No.	Name	Qty.
4	Counterweights	12 pcs
5	Counterweight head	1pc
6	Counterweight selection bar	1pc
7	Counterweight shock pads	2 pcs

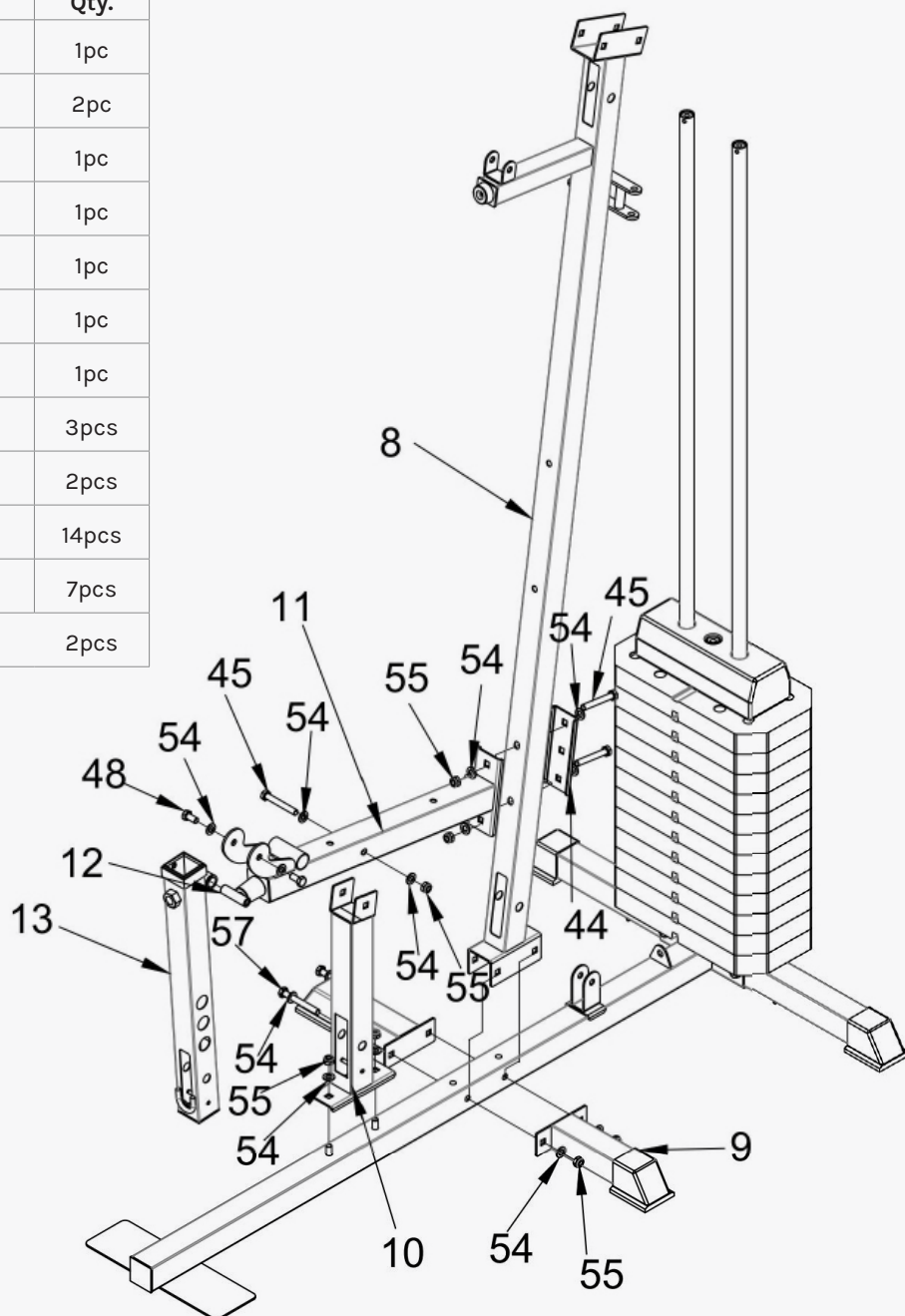


STEP 2

Important: When stacking the counterweights, the semi-circle pin hole should face downwards.

1. Slide the Counterweight Shock Pads (7) onto the base of each Guide Rod (installed in Step 1).
2. Carefully stack all Counterweights (4) onto the Guide Rods, aligning the holes with the rods for a smooth fit.
3. Insert the Counterweight Selection Bar (6) through the center hole of the counterweights. Ensure it passes through each weight smoothly and aligns vertically.
4. Position the Counterweight Head (5) on top of the stack, ensuring it fits securely over the Guide Rods and the selection bar.

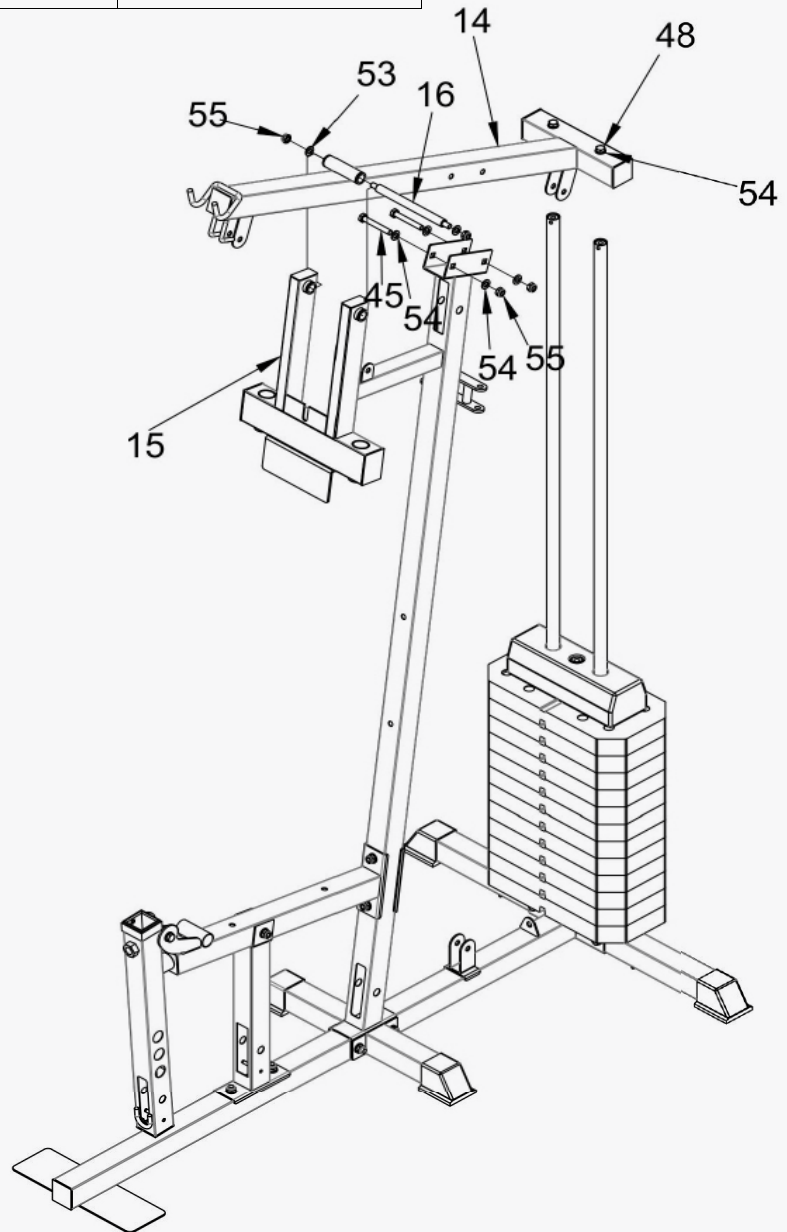
No.	Name	Qty.
8	Column	1pc
9	Small ground supports	2pc
10	Cushion support frame	1pc
11	Cushion stand	1pc
12	Leg extension shaft	1pc
13	Leg extension post	1pc
44	Φ 110 Arc connecting plate	1pc
45	Bolt 10x70	3pcs
48	Bolt 10x20	2pcs
54	10 Flat Gasket	14pcs
55	M10 Locknut	7pcs
57	Bolt 10x75	2pcs



STEP 3

1. Place the Column (8) vertically onto the Ground Frame (1) and Small Ground Supports (9) on each side. Secure with M10x75 Bolts (57), Flat Gaskets on both sides (54), and M10 Lock nuts (55). Ensure gaskets are placed on both sides of each bolt.
2. Fix the Cushion Support Frame (10) vertically onto the Ground Frame pre-installed bolts from step 1 and add Flat Gaskets (54), and Lock nuts (55) to secure.
3. Align the Cushion Stand (11) to the mounting points of the Cushion Support Frame (10) and Column (8). Secure to Column (8) using 110 Arc Connecting Plate (44), M10x70 Bolts (45), Flat Gaskets on both sides (54), and Lock nuts (55). Next secure to Cushion Support Frame (10) using M10x70 Bolts (45), Flat Gaskets on both sides (54), and Lock nuts (55).
4. Insert the Leg Extension Shaft (12) into the designated holes in the Leg Extension Post (13) and align to the bolt hole on Cushion Stand (11). Secure the Leg Extension Shaft and Post with M10x20 Bolts (48) and Flat Gaskets on both sides (54).
5. Make sure all bolts are first hand-tightened for alignment, then firmly secured with a wrench.

No.	Name	Qty.
14	Top Tube	1pc
15	Chest arm frame	1pc
16	Push shaft	1pc
45	Bolt 10X70	2 pcs
48	Bolt 10X20	2 pcs
53	Φ10 Increase the Flat Pad	2 pcs
54	Φ 10 Flat Gasket	6 pcs
55	M10 Locknut	4 pcs

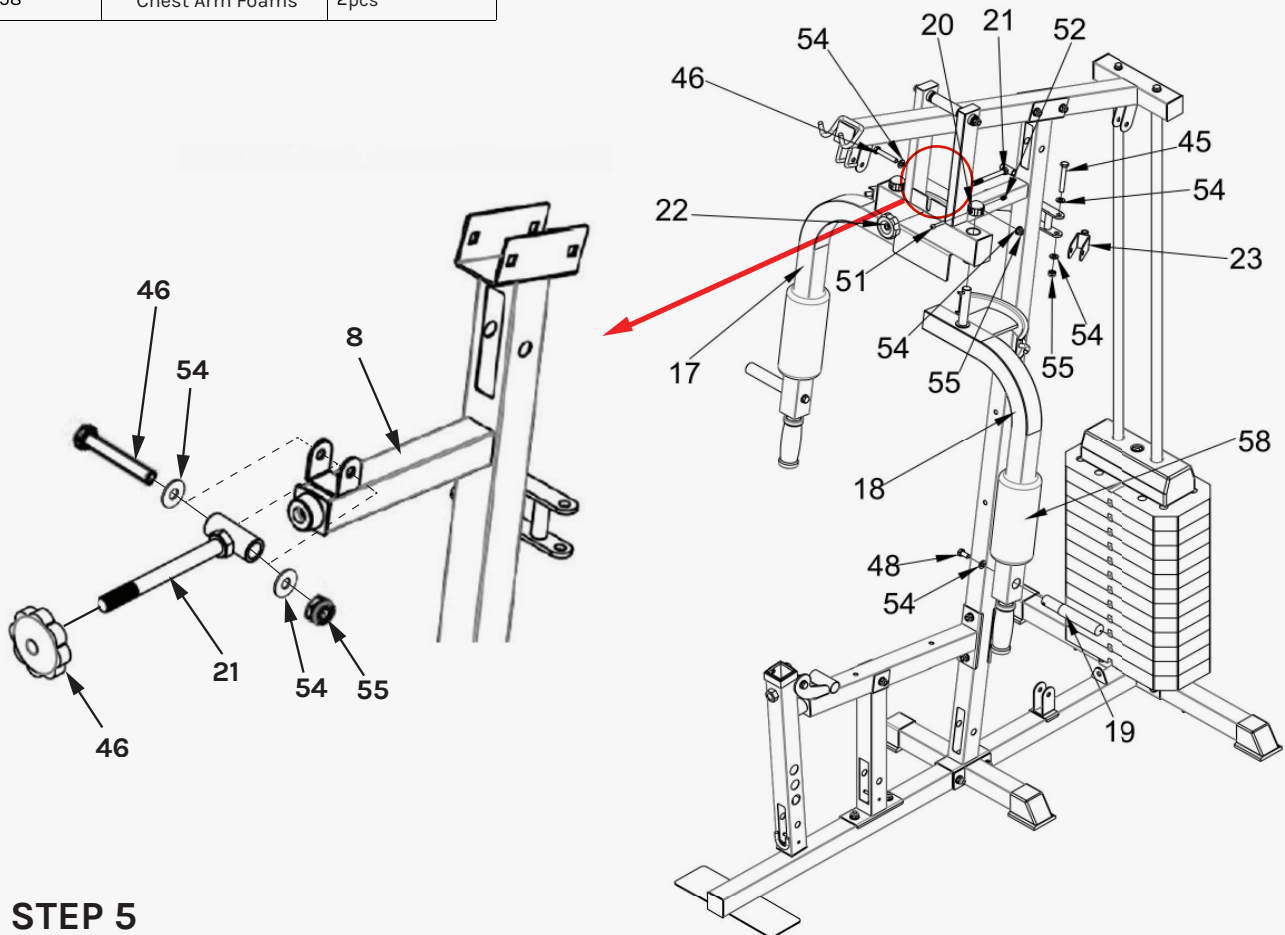


STEP 4

1. Align the Top Tube (14) on top of the Column and the Guide Rods. Secure to the Column using M10x70 Bolts (45), Flat Gaskets on both sides (54), and Lock nuts (55).

2. Place the Push Shaft (16) into the shaft of Top Tube (14), as pictured. Then place Chest Arm Frame on the outside of the shafts and secure using Flat Pads (53) and Flat Gaskets (54) on both sides.

No.	Name	Number	Qty.	Name	Qty.
17	Right chest arm	1pc	23	Swing pulley frame	2 pcs
18	Left chest arm	1pc	45	Bolt M 10X70	2 pcs
19	Horizontal handles	2pcs	46	Bolt M 10X60	1 pc
20	Caps	2pcs	48	Bolt M 10X20	2 pcs
21	Screw sleeve	1pc	51	Bolt M 6X35	2 pcs
22	Knob nuts	1pc	52	M6 Locknut	2 pcs
55	M10 Locknut	2pcs	54	Φ 10 Flat Gasket	6 pcs
58	Chest Arm Foams	2pcs			



STEP 5

1. Attach the Right Chest Arm (17) and Left Chest Arm (18) to the Fly Arm Frame. Secure on each arm with Caps (20) M6x35 Bolts (51) and M6 Lock nuts (52).
2. Refer to zoom image: Place Screw Sleeves (21) in between the bolt holes on Column 8, insert the M10x60 Bolts (46), Flat Gaskets (54) and M10 Lock nut (55). Flat Gaskets go on both sides.
3. Fit the Knob Nuts (22) into position of Screw Sleeves (21) and tighten
4. Insert the Horizontal Handles (19) into the Chest Arms (L/R) and secure using M10x20 Bolts (48) and Flat Gaskets (54). Flat Gaskets on one side only.
5. Align the bolt holes for Swing Pulley Frame (23) to the back of Column (8) as pictured and secure using M10x70 Bolt (45), Flat Gaskets (54) and M10 Lock nut (55). Flat Gaskets go on both sides.

Important:

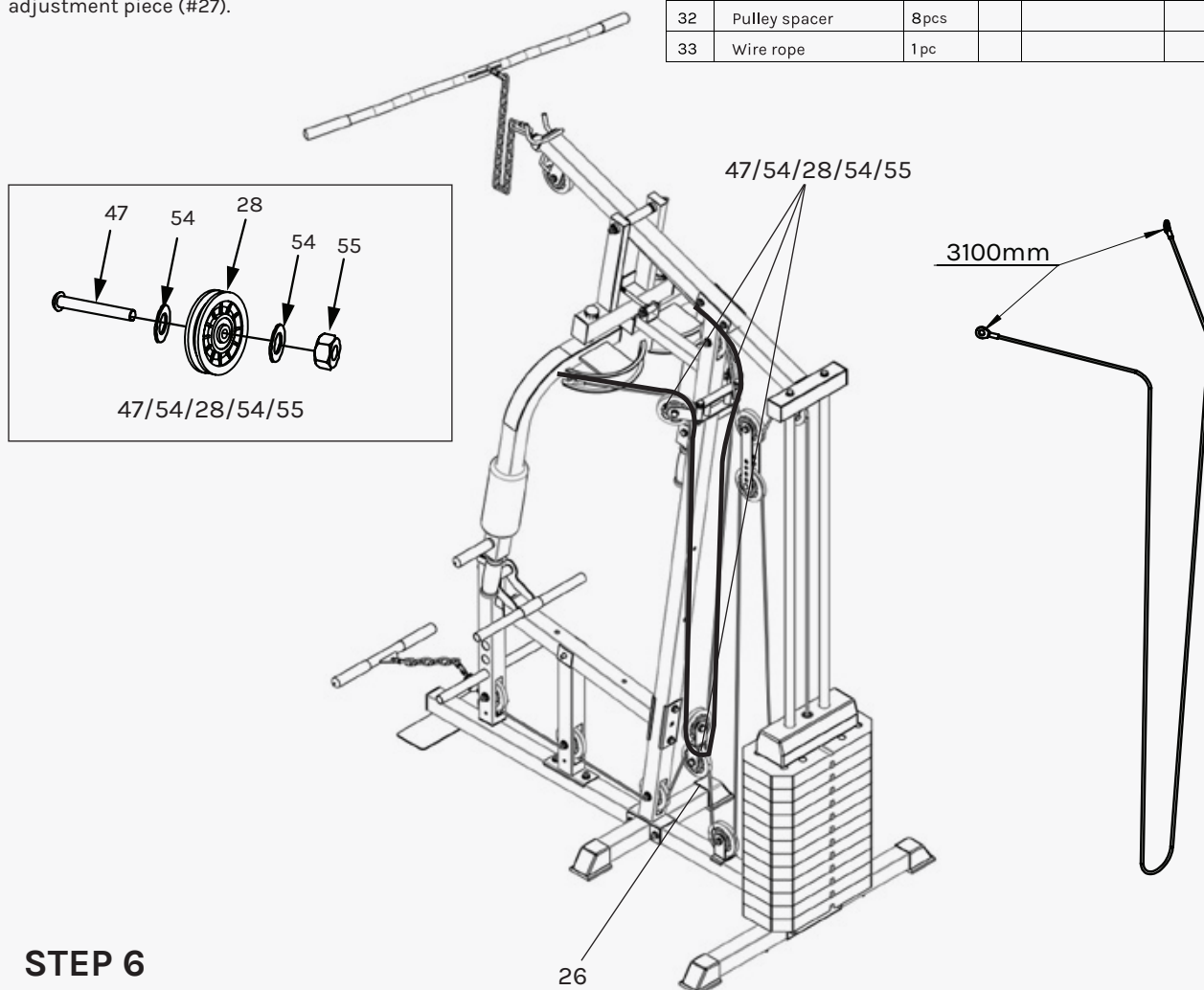
- Always thread the wire rope through the correct path before installing the pulleys. This ensures smooth operation and prevents misalignment.

- After assembling the entire unit, inspect the wire rope for proper tension.

- If the wire rope is slightly loose, tighten the lower bolt of the high-tension wire rope (#33) to adjust.

- If the wire rope is very loose, reposition the pulley by adjusting the installation hole on the pulley adjustment piece (#27).

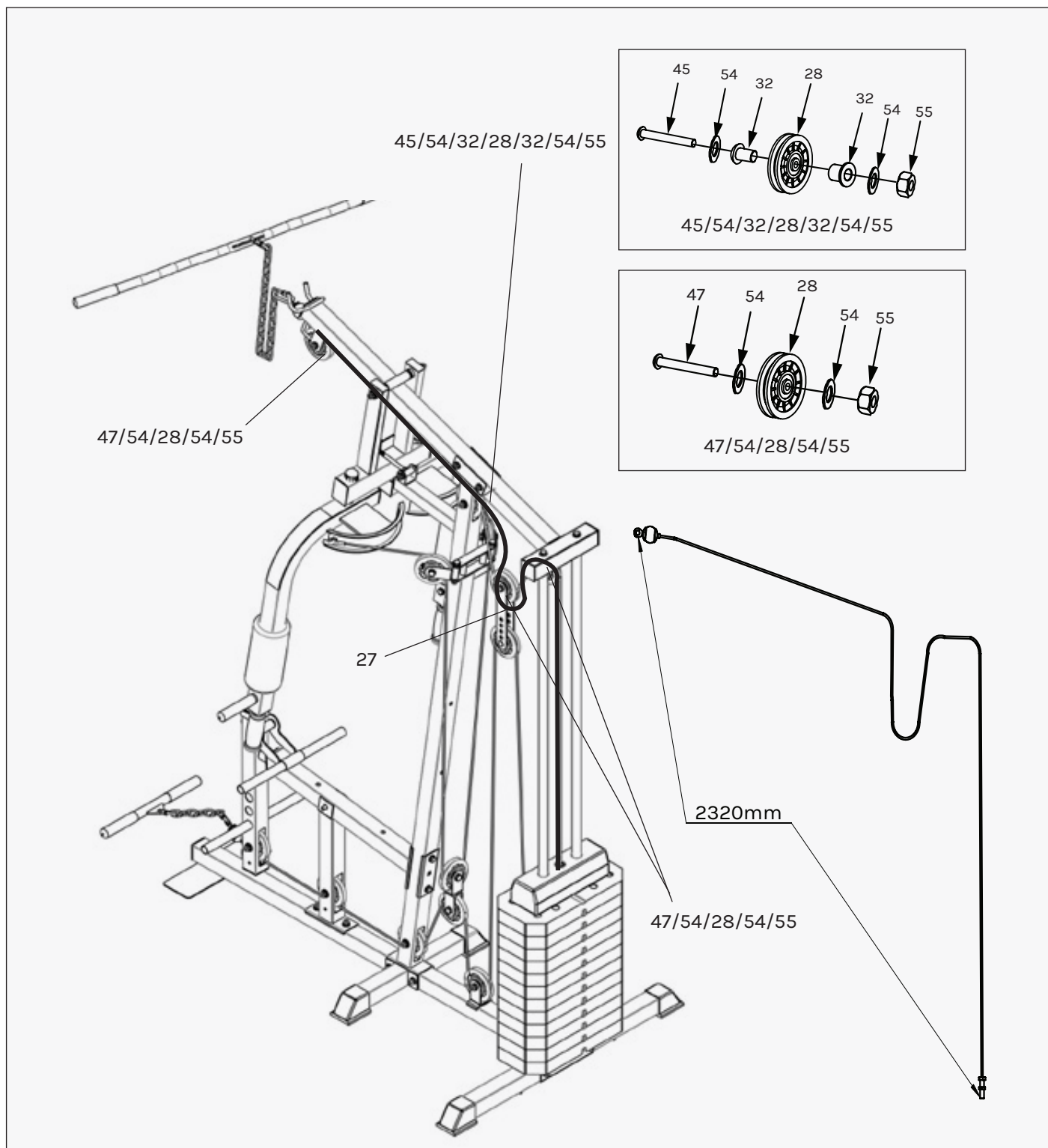
No.	Name	Qty.	No.	Name	Qty.
24	High pull handles	1 pc	34	Wire rope	1 pc
25	Low-pull handles	1 pc	35	Wire rope	1 pc
27	Adjustment Tabs	2 pcs	45	Bolt 10X70	4 pcs
28	Pulley	13 pcs	47	Bolt 10X45	9 pcs
29	15-section chain	1 pc	54	Φ 10 Flat Gasket	26 pcs
30	6-section chain	1 pc	55	M10 Locknut	13 pcs
31	C-buckle	4 pcs	48	Bolt 10X20	1 pc
32	Pulley spacer	8 pcs			
33	Wire rope	1 pc			

**STEP 6**

Add the cables directions image to show how they are routed. See Word doc file as example.

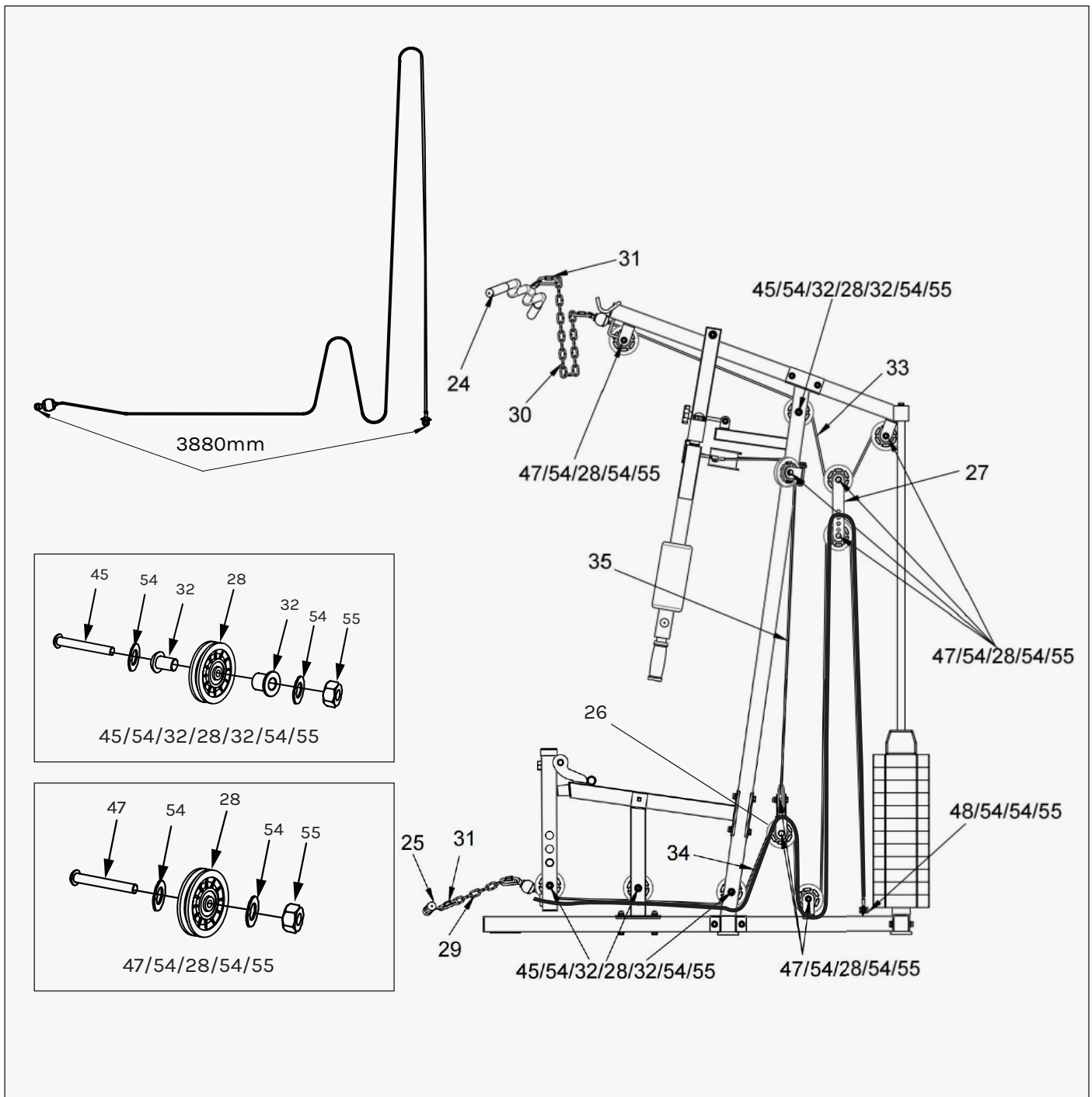
Cable 35

1. On the back of the chest arms there is a hook on each arm. Hook the cable on the right arm first.
2. Place the cable onto the Pulley (28) then into the pulley frame on Column (8) and secure with 10x45 Bolt (47), Flat Gasket on each side (54) and Lock nut (55).
3. Next, attach cable to the pulley and pulley to Cross Pulley Frame (26). Secure using 10x45 Bolt (47), Flat Gasket on each side (54) and Lock nut (55). Leave this to hang, the bottom part will connect to Cable 34.
4. Repeat step 1 and 2.



Cable 33

1. Start from the ball end of the cable, place the cable to the Pulley (28) then into the pulley frame and lock it using 10x45 Bolt (47), Flat Gasket on each side (54) and Lock nut (55).
2. Moving to the next pulley frame at the top bar, add the cable to Pulley (28) and secure using 10x70 Bolt (45), Flat Gasket on each side (54), Pulley Spacers (32) on each side and Lock nut (55).
3. This next pulley will hang in the middle, add Pulley (28) in between Adjustment Tabs (27) and secure using 10x45 Bolt (47), Flat Gasket on each side (54) and Lock nut (55). Bottom section will be installed later for Cable 34.
4. Moving back up to the final top pulley frame, insert Pulley (28) and secure using 10x45 Bolt (47), Flat Gasket on each side (54) and Lock nut (55).
5. Finally, install the end of the cable to the Counterweight Selection Bar (6).



Cable 34

1. Starting from the ball end, feed the cable into Pulley (28), then place the Pulley (28) and secure using 10x70 Bolt (45), Flat Gasket on each side (54), Pulley Spacers (32) on each side and Lock nut (55).
2. Repeat the same steps for the next 2 pulleys.
3. Feed the cable into the hanging Cross Pulley Frame (26) and secure Pulley (28) using 10x45 Bolt (47), Flat Gasket on each side (54) and Lock nut (55).
4. Place the cable into the bottom pulley frame and secure Pulley (28) using 10x45 Bolt (47), Flat Gasket on each side (54) and Lock nut (55).
5. Feed the cable to the final Pulley (28) on the Adjustment Tabs (27). Adjust the tightness of the cables, you do not want the cables too loose as this can go off track and damage cables.
6. Once you have determined the adjustment hole, secure using 10x45 Bolt (47), Flat Gasket on each side (54) and Lock nut (55).
7. Move the cable back down to secure at the ground frame using 10x20 Bolt (48), Flat Gasket (54) on both sides and Lock nut (55).

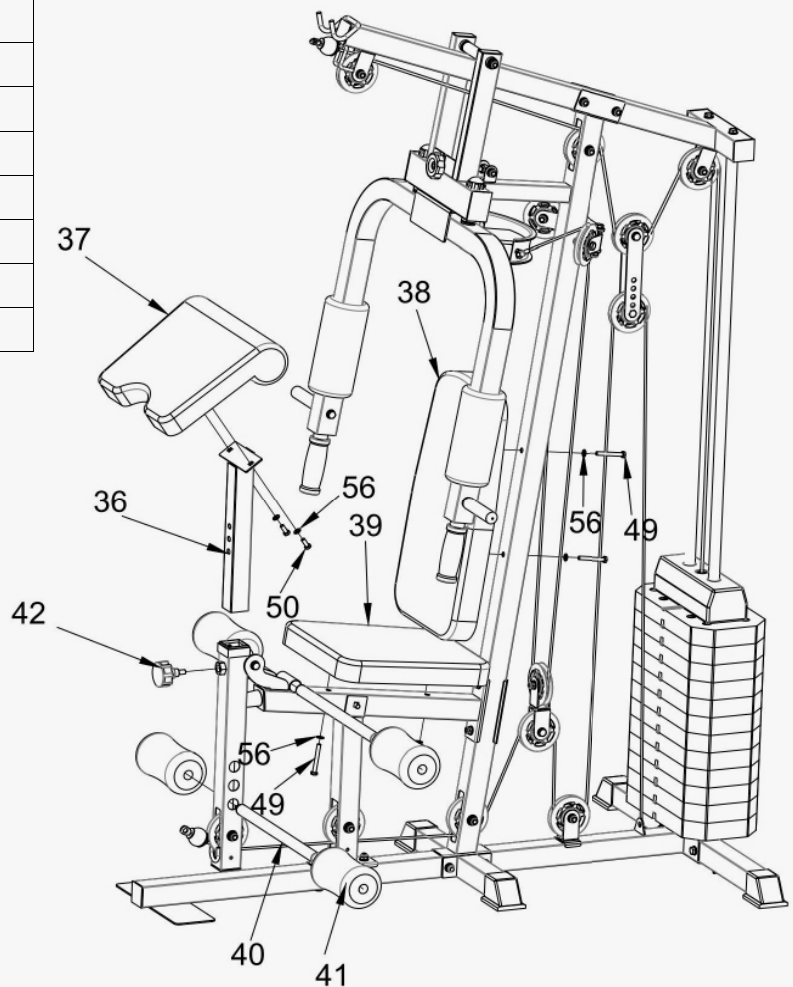
Cable Attachments

1. Attach the C-buckle (31) to ball end of cable 33 and cable 34. Chain (29 & 30) can be attached to C-buckle for more range of motion or can be attached directly to the handles.

2. Attach C-buckle (31) to the accessories High Pull Handles (24) and Low Pull Handles (25) then to chain if your want a longer cable reach.

Important: Ensure your C-buckle is fully locked during exercise as failure to secure the buckle can result in injury.

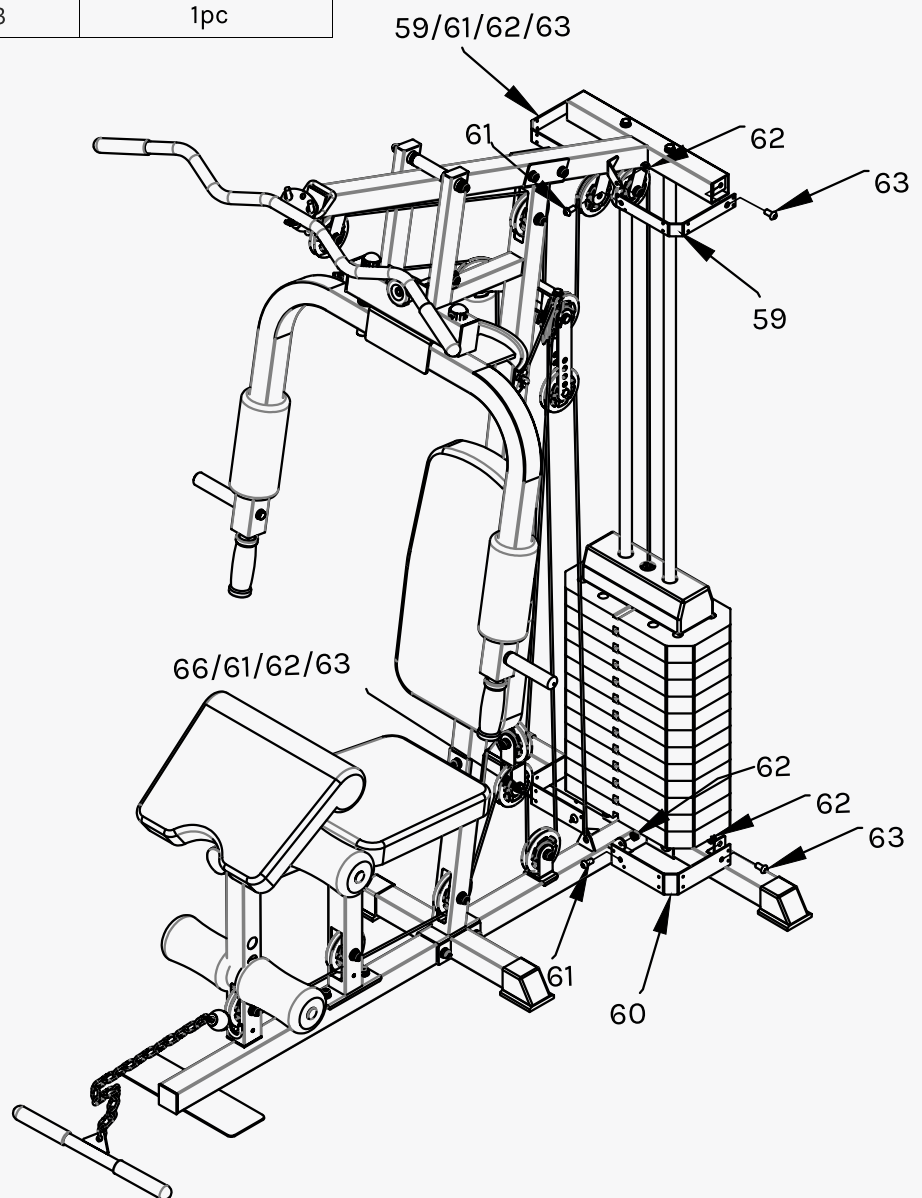
No.	Name	Qty.
36	Elbow pad tube	1pc
37	Elbow pads	1pc
38	Back cushions	1pc
39	Cushion	1pc
40	Foam tubes	2pcs
41	Foam	4pcs
42	M18 pull pin	1pc
49	bolt M8X65	4pcs
50	bolt M8X16	2pcs
56	Φ 8 Flat Gasket	6pcs



STEP 7

1. Insert the Preacher Pad Tube (36) into the Leg Extension Shaft. Secure with M18 Pull Pin (42). Height can be changed for user.
2. Attach the Preacher Pad (37) to the top of the Elbow Pad Tube using M8x16 Bolts (50) and Flat Gaskets (56). Ensure the pad is facing forward and is properly aligned before tightening.
3. Mount the Back Cushion (38) vertically onto the back support frame using M8x65 Bolts (49) and Flat Gaskets (56). Hand-tighten all bolts first, then securely fasten once aligned.
4. Place the Seat Cushion (39) onto the seat support. Fix it in place using M8x65 Bolts (49) and Flat Gaskets (56).
5. Insert the Foam Tubes (40) - one through the seat support and the other on the Leg Extension Shaft to your preferred height. Next place the Foams (41) on both sides. Ensure a snug fit so the foam stays securely in place.

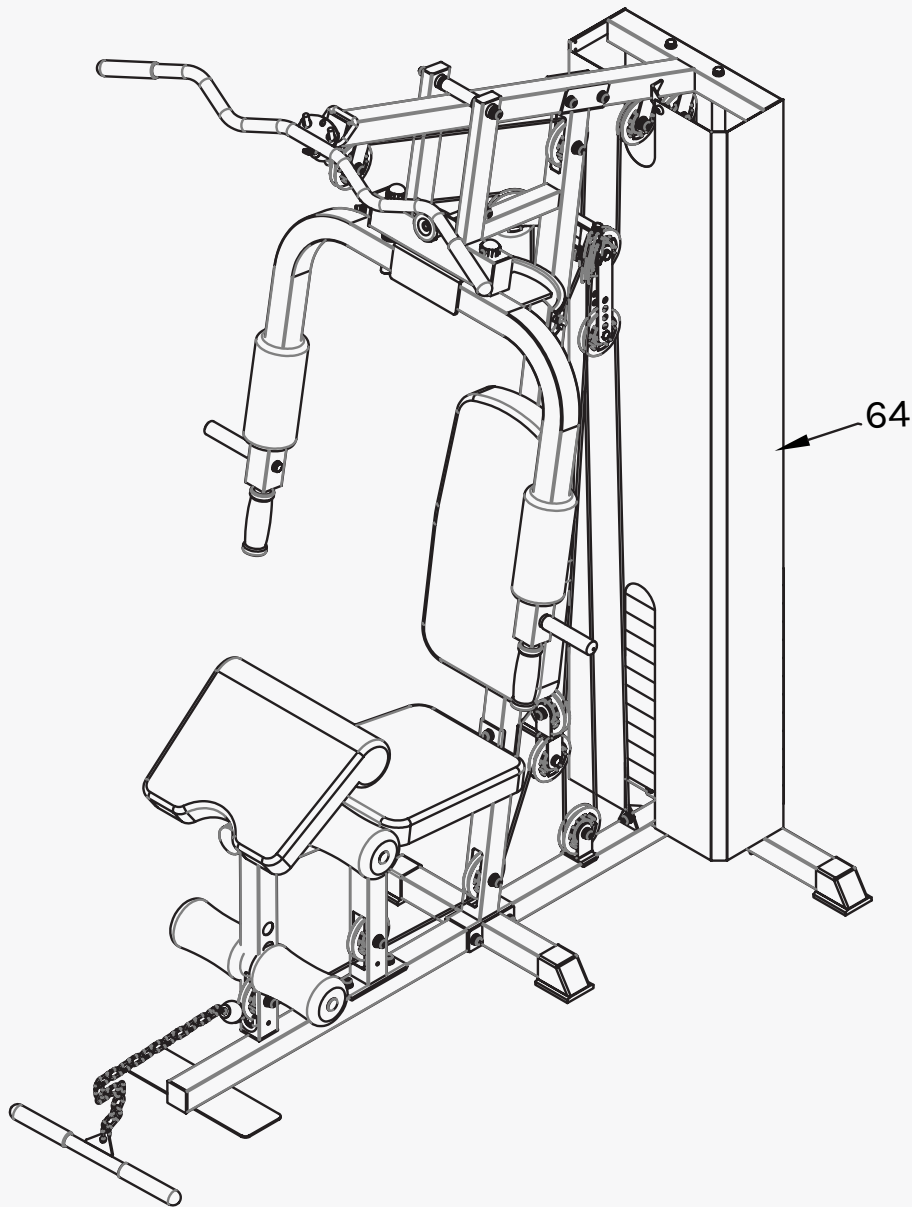
NO.	Name	Qty.
59	Upper fixing plate A	1pc
60	Lower fixing plate A	1pc
61	Bolts M8*16	6pcs
62	Nut M8	6pcs
63	Bolts M10*20	2pcs
64	Cloth mesh cover	1pc
65	Upper fixing plate B	1pc
66	Lower fixing plate B	1pc



STEP 8

1. Secure Lower Fixing Plate A (60) using Bolts M8*16 (61) and Nut M8 (62) for front side and from side view use Bolt M10*20 (63) and Nut M8 (62). Repeat the same on the other side for Lower Fixing Plate B (66).

2. Secure the Upper Fixing Plate A (59) using Bolts M8*16 (61) and Nut M8 (62) for front side and from side view use Bolt M10*20 (63) and Nut M8 (62). Repeat the same on the other side for Upper Fixing Plate B (65).



STEP 9

1. Align and place on the cover (64).

Please tighten all bolts and nuts securely using a wrench.

Your equipment is now fully assembled.

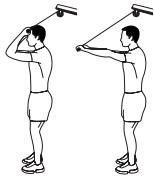
- Before use, ensure that all pulleys and wire ropes are correctly routed and securely fastened.
- During initial use, monitor the tension of the wire rope. Adjust as needed based on the actual operating condition for optimal performance and safety.

VI. WORKOUT GUIDE

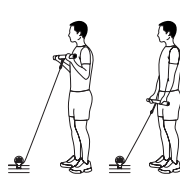
BICEPS & TRICEPS



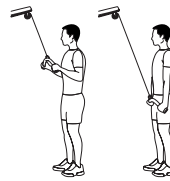
STANDING TRICEP EXTENSION



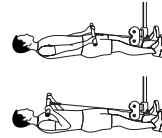
STANDING BICEP CABLE CURL



TRICEP PUSHDOWN



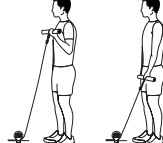
LYING CABLE CURL



CABLE PREACHER CURL



SINGLE CURL



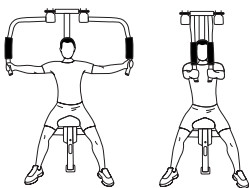
REVERSE CABLE CURL



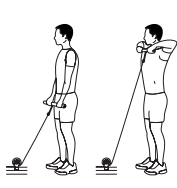
CHEST & SHOULDERS



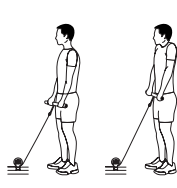
CHEST FLY



UPRIGHT ROW



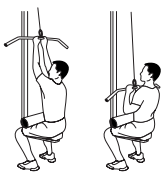
CABLE SHRUG



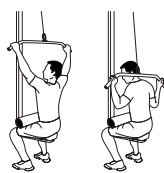
CORE & BACK



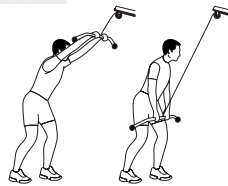
OVERHAND CABLE PULLDOWNS



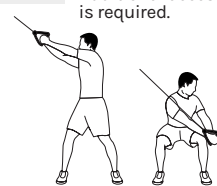
WIDEGRIP PULLDOWN BEHIND NECK



ROPE STRAIGHT ARM PULLDOWN



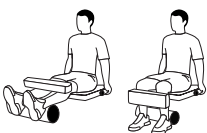
STANDING CABLE WOOD CHOP
*Additional accessory is required.



LEGS



LEG EXTENSION



VII. 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:

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

WARRANTY AND SUPPORT

Please email us at 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.



WWW.LSGFITNESS.COM.AU