

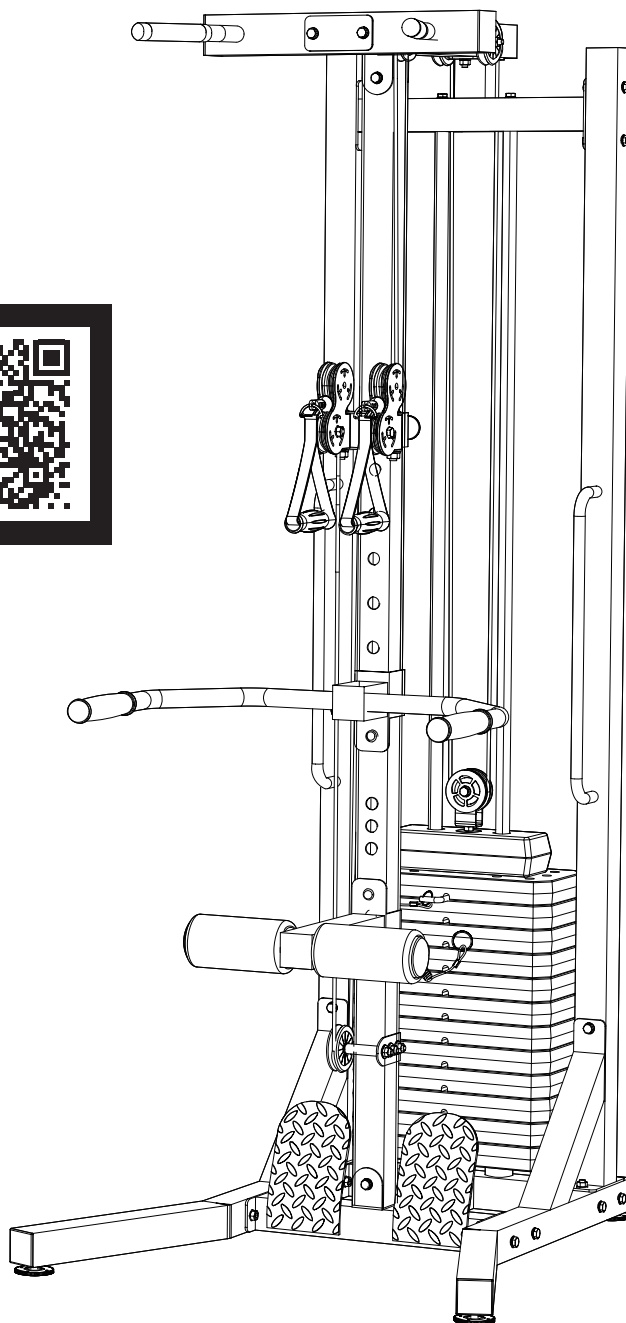


GST100 Functional Trainer

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. Parts List	04
III. Assembly Instructions	06
IV. Warranty	11

I. IMPORTANT SAFETY INSTRUCTIONS

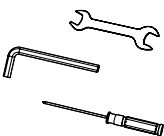


WARNING: Read all instructions before using this machine.

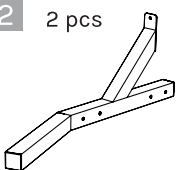
- This equipment is for home use only, not for commercial use.
- Install the product on a flat level surface.
- Place your unit on a solid, level surface when in use.
- Never allow children on or near the machine.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- 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

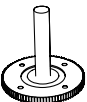
1 Tools



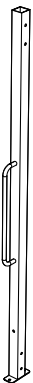
2 2 pcs



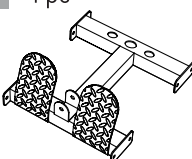
3 4 pcs



4 1 pc



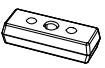
5 1 pc



6 1 pc



7 1 pc



8 1 pc

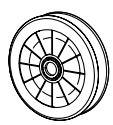


9 1 pc



Diameter 45mm/Inner Hole 11mm

10 5 pcs



11 2 pcs



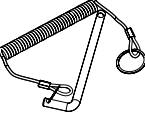
12 2 pcs



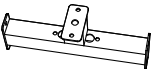
13 12 pcs



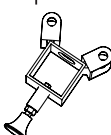
14 1 pcs



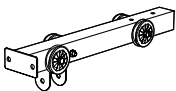
15 1 pc



16 1 pc



17 1 pc



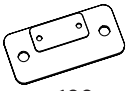
18 2 pcs



19 1 pc

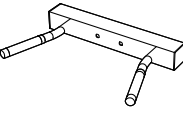


20 1 pc

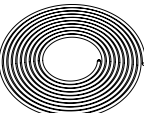


100mm

21 1 pc



22 1 pc



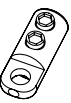
23 2 pcs



24 2 pcs



25 2 pcs



26 4 pcs



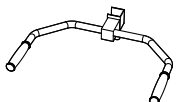
27 2 pcs



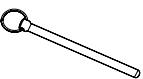
28 2 pcs
With 4x M5 screws



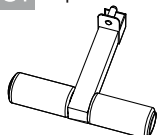
29 1 pc



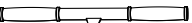
30 1 pc



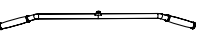
31 1 pc



32 1 pc



33 1 pc



Fasteners

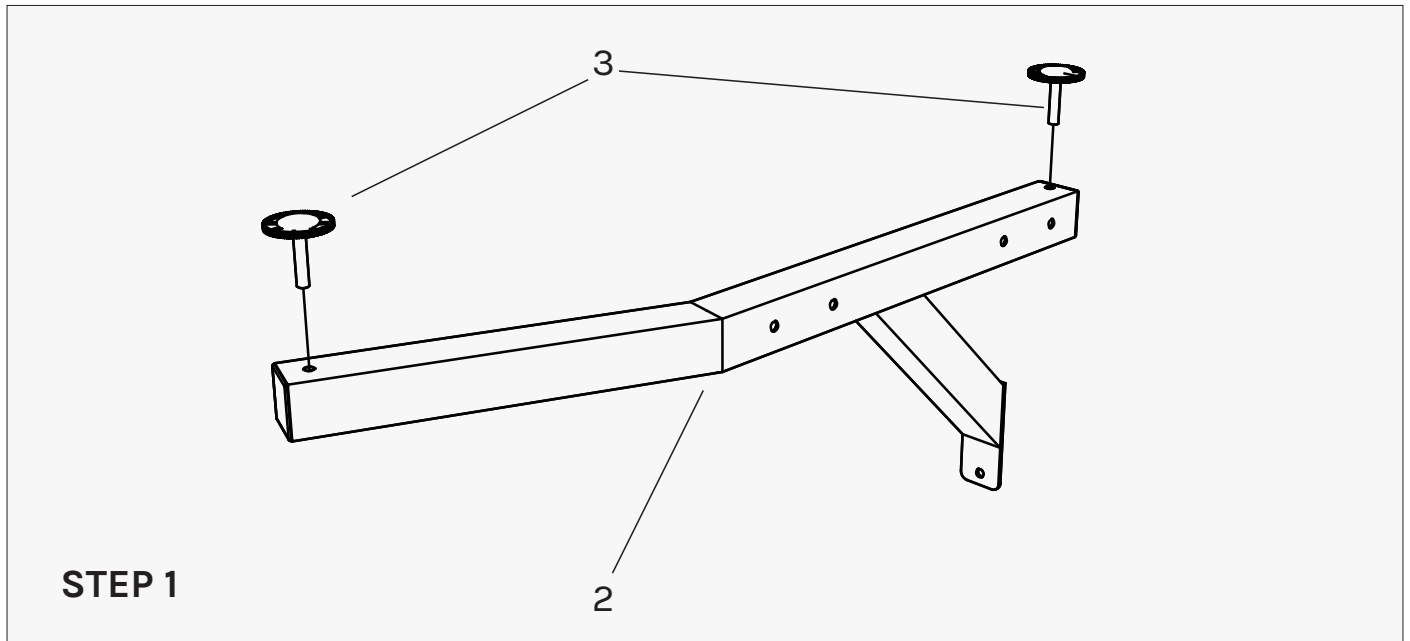
M10X70=12
M10X80=4
M10X90=8
M10X75=2
M10X45=5
M12X110=2

Fasteners

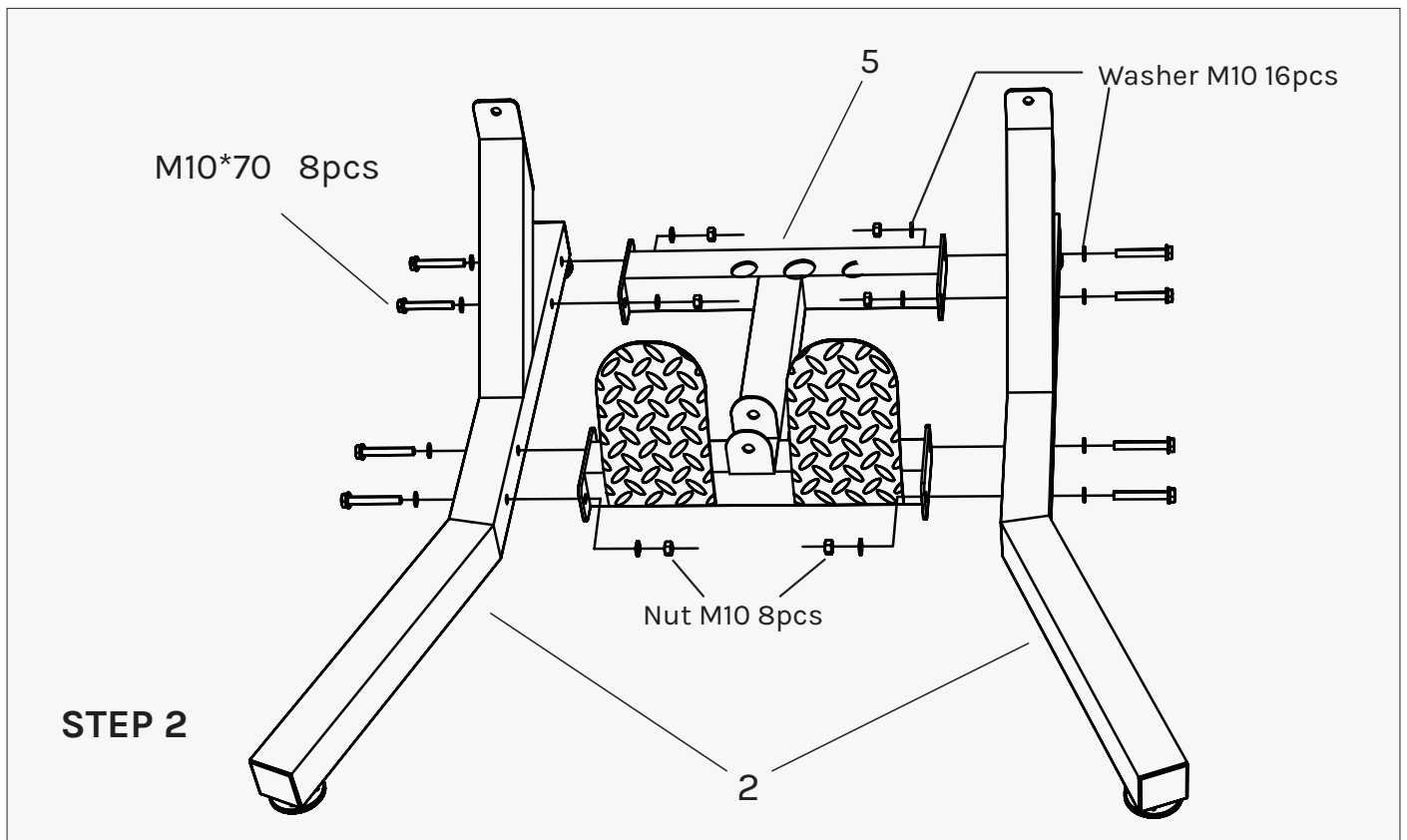
	Nut	Washer
M10	29	62
M12	2	4

III. ASSEMBLY INSTRUCTIONS

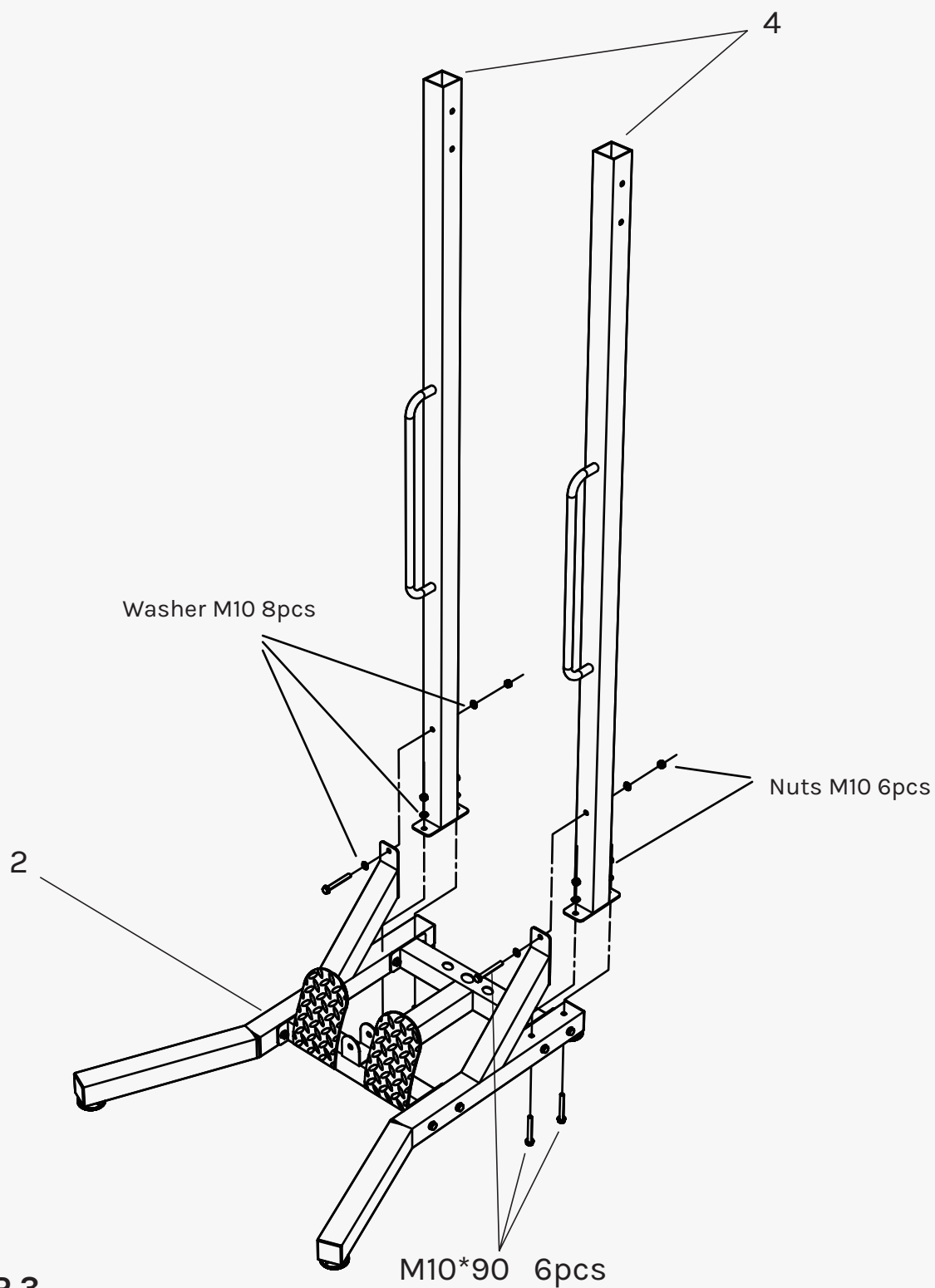
1. Unless otherwise stated, place washers on both ends of each bolt.
2. When connecting parts, hand tighten all bolts first, then fully tighten them at the end of the step.
3. Before use, ensure all bolts are fully tightened and the installation is complete.



1. Install 2x part (3) onto the 2x part (2).

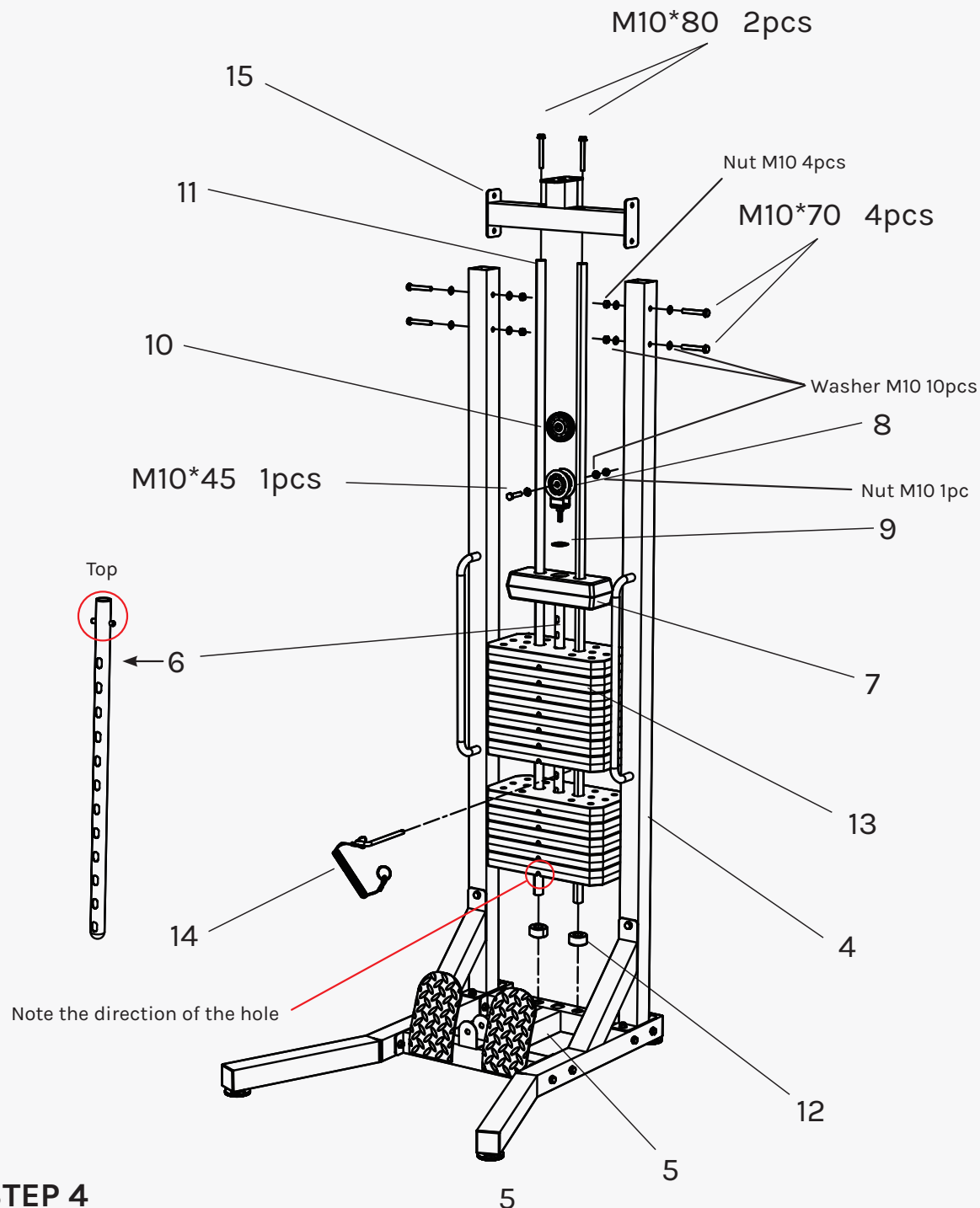


1. Install 1x part (5) in between the 2x part (2) using a total of 8x bolts M10x70, 16x washers M10 and 8x nuts M10.



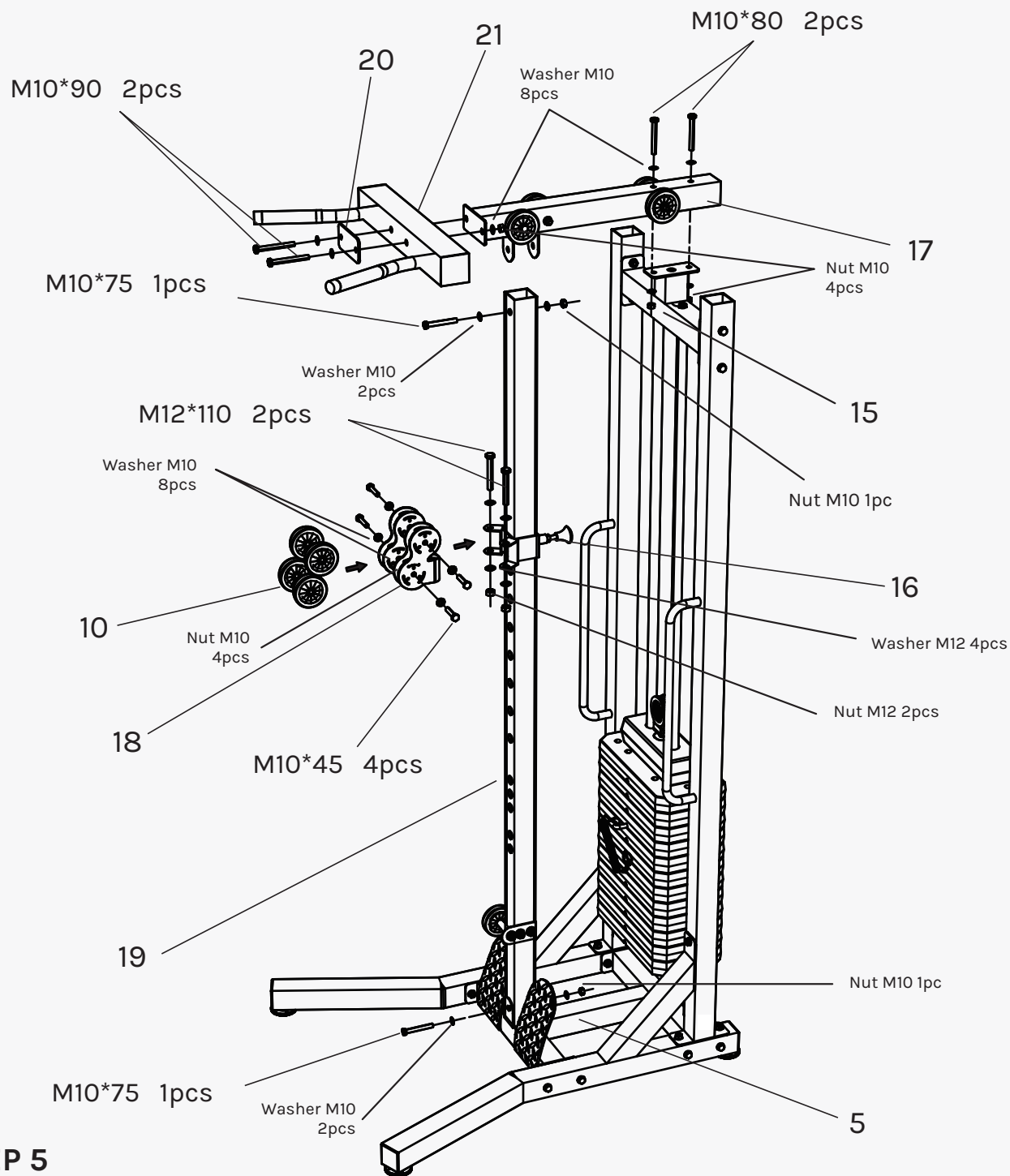
STEP 3

1. Align the bolt holes of 2x part (4) onto part (2) and fix each side with 3x bolts M10x90, 4x washers M10 and 3x nuts M10.



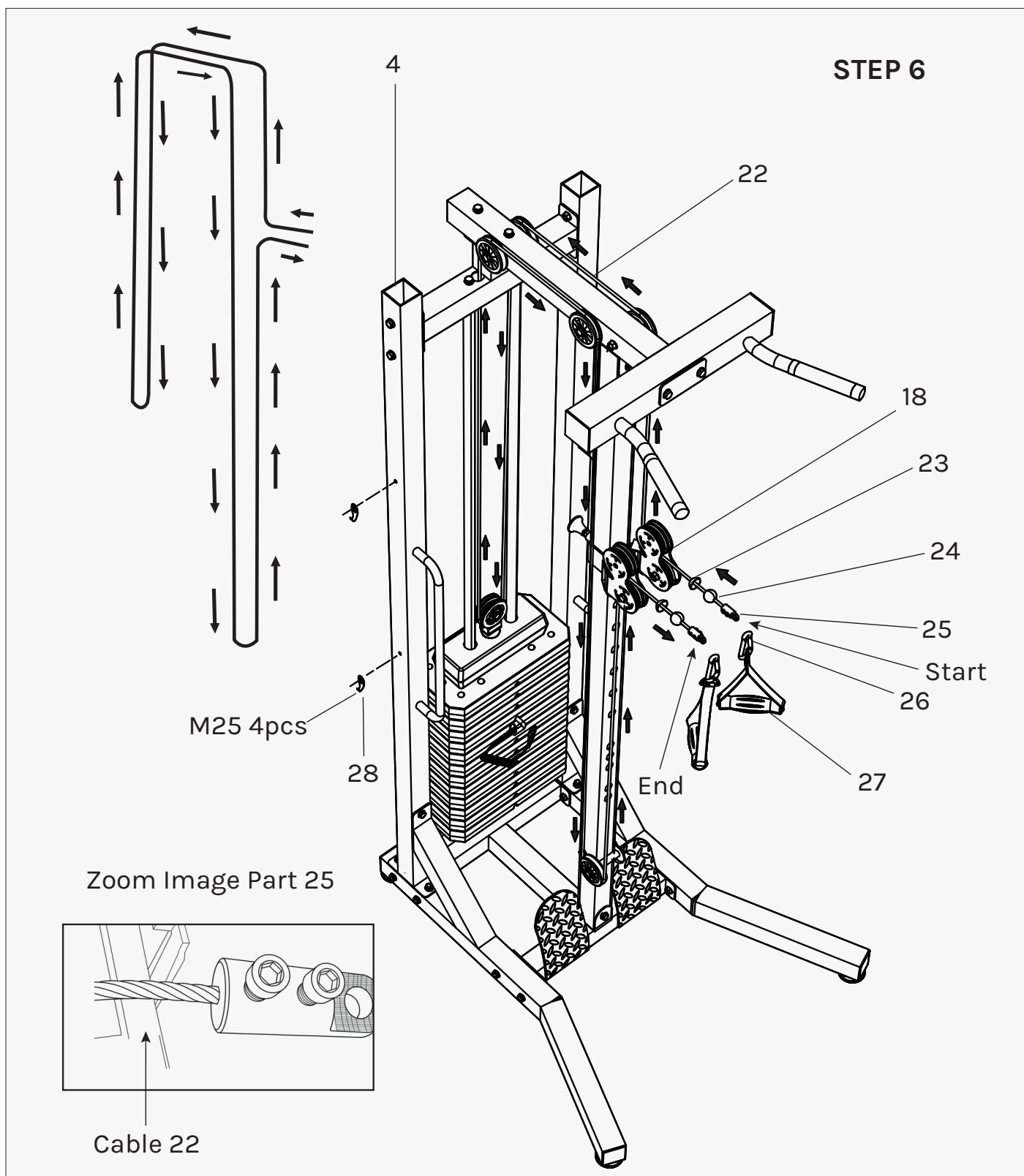
STEP 4

1. Place the 2x rods (11) with the 2x bumpers (12) to the 2x outer holes on part (5).
2. Stack the larger plates (13) as pictured. Note the direction of the hole.
3. Place the weight selector rod (6) into the middle hole of the frame then place the weight selector rod (6) into the middle hole of the frame. Place the smaller plate (7) on top. The top of the rod has 2x small post coming out the sides, make sure this part is slotted into the gaps of the small plate.
4. Place part (9) and tighten pulley frame (8) into the middle rod (6).
5. Place a pulley (10) into the pulley frame (8) and secure using 1x bolt M10x45, 2x washers M10 and 1x nut M10.
6. Place part (15) and aligning together on the 2x rods (11). Secure the 2x rods (11) to part (15) using 2x bolts M10x80.
7. Align the bolt holes of part (15) to the 2x columns (4) and secure on each side using 2x bolts M10x70, 4x washers M10 and 2x nuts M10.



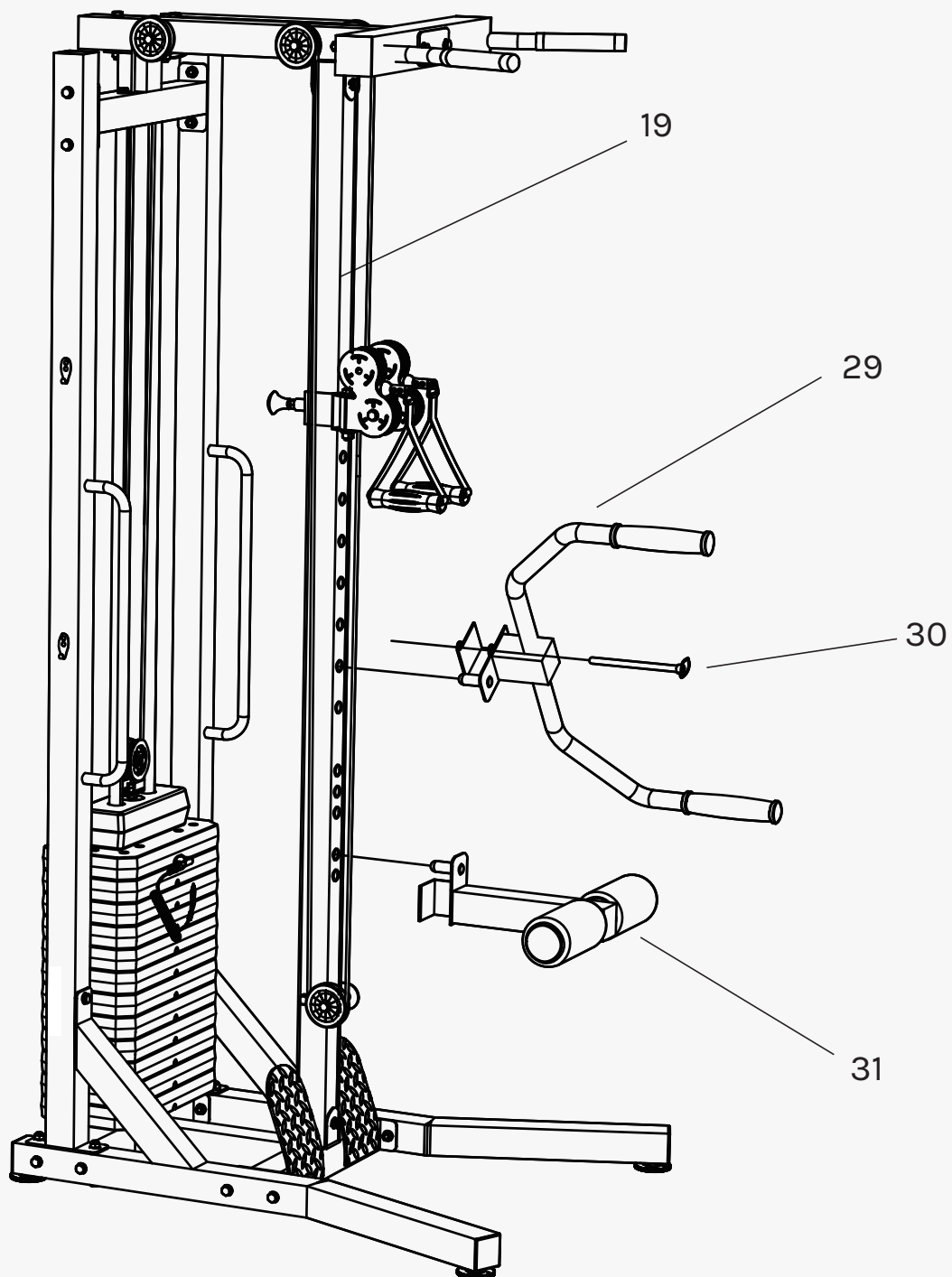
STEP 5

1. Place the part (16) onto the column (19) as pictured and lock with the pin to hold in place. Next, connect the column (19) to the base (5) and secure using 1x bolt M10x75, 2x washers M10 and 1x nut M10.
2. Connect the chin up handles (21) to the part (17) using 1x connecting plate (20), 2x bolts M10x90, 4x washers M10 and 2x nuts M10.
3. Connect the part (17) to the top of frame (19) using 1x bolt M10x75, 2x washers M10 and 1x nut M10.
4. Align the bolt hole of part (17) to the top of part (15) and secure using 2x bolts M10x80, 4x washers M10 and 2x nuts M10.
5. Place the pulleys (10) into the pulley frames (18) and secure for each pulley, 1x bolt M10x45, 2x washers M10 and 1x nut M10.
6. Place a pulley frame (18) into the mounting bracket on part (16) and secure using 1x bolt M12x110, 2x washers M12 and Nut M12. Repeat for the other side.



1. From the starting point, feed one end of the cable (22) into the pulley at the front.
2. On the starting end of the cable (22) add part (23), (24) and then secure the cable to part (25). Note: Screws are pre-installed to part 25. Make sure to feed the cable all the way in and tightened the 2x screws with allen key (see zoom image).
3. Continue to route the cables into the pulleys as per diagram.
4. Once you have reached the end point, add part (23), (24) and secure the cable to (25) (same as step 2).
5. Clip the strap handles (27) to part (25).
6. Attach the 2x hooks (28) to column (4) and secure with the 4x M5 screws.

Warning: Before use, check all bolts are fully tightened to avoid injury.



STEP 7

ACCESSORIES

Dip Attachment (29)

1. Slip the dip attachment into the holes of the column (19) then add the pin (30) to lock into place.

Leg Foam (31)

1. Slip the leg foam into the holes of the column (19).

IV. 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:
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.

SECURITY SUPPORT INFORMATION

Reporting

To report a cyber security issue, please email support@gflgroup.com.au with product details and a description of the issue.

We will acknowledge receipt and provide updates as it is investigated.

Device Support Period

This product will receive security updates for a minimum of 12 months from the date of purchase.



WWW.LSGFITNESS.COM.AU