

SKS-1

Multi Gym

USER MANUAL



CAUTION! Read all precautions and instructions in this manual before using this equipment.

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ASSEMBLY CAUTION

Please carefully read the following information before installation

Assembling requires at least two people

Do not tighten all screws before assembly is complete

Ensure that all accessories are complete. If not, please contact us via email



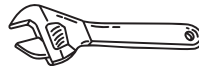
If you are missing any parts, or otherwise have any warranty issues, please contact us first.

Shortcut: A Lot of People Doing That Way

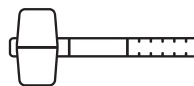
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

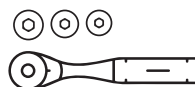
- Adjustable wrenches



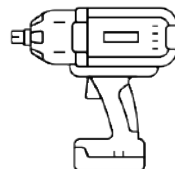
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



Choking hazard. Small parts-Please exercise caution if small children or pets are present.

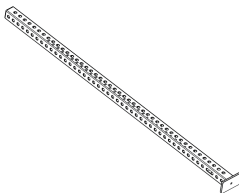
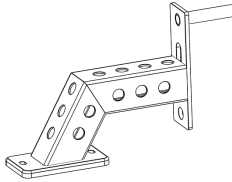
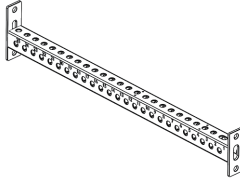
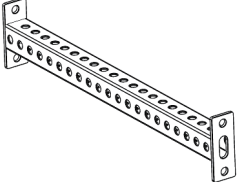
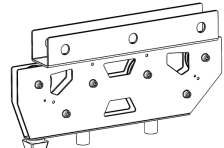
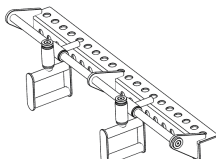
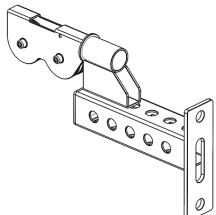
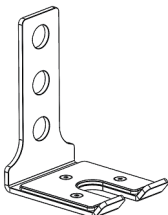
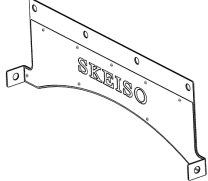
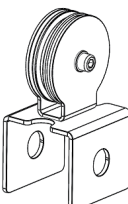
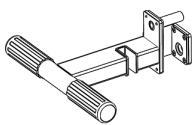
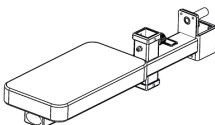
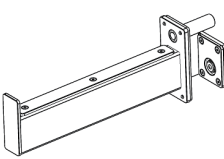
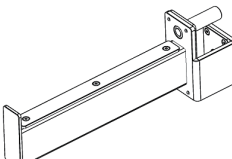
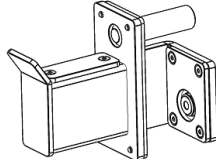
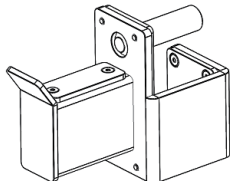
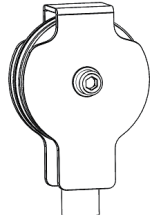
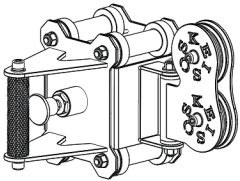
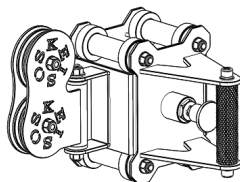
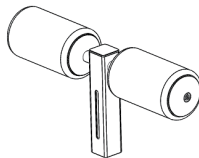


Sharp objects may be involved. Use precaution and protection.

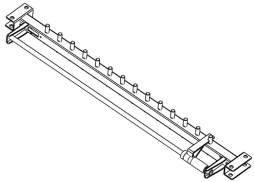
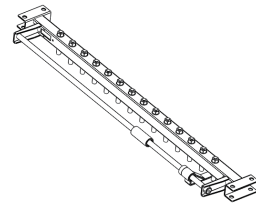
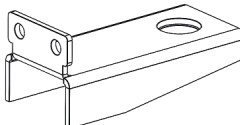
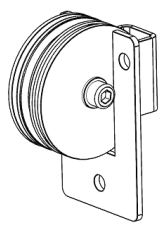
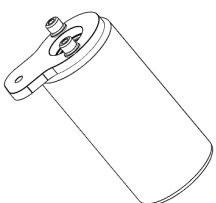
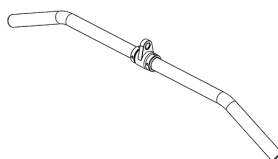
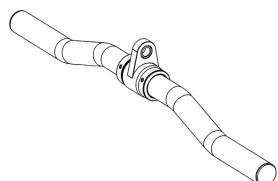
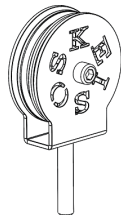
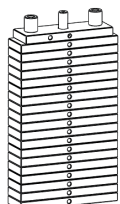
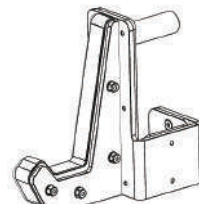
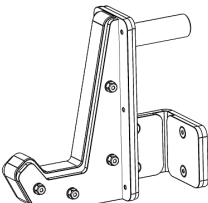
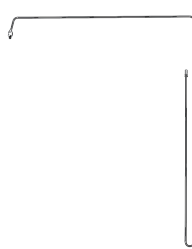
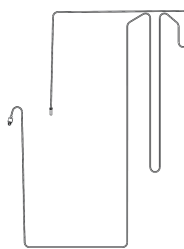
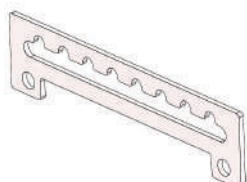
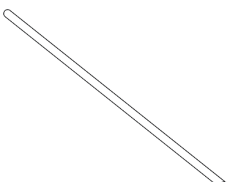
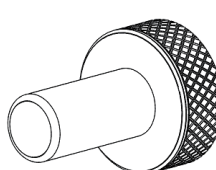
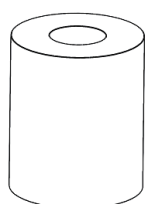


Heavy object. Use lifting aids and proper lifting techniques when moving

PARTS LIST 1

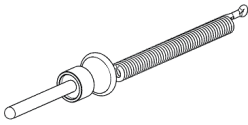
1 Column assembly 4PCS 	2 Foot assembly 2PCS 	3 Longitudinal beam welding group 4PCS 	4 Beam welding group 4PCS 
5 Pulley frame assembly 2PCS 	6 Pull-up assembly 1PC 	7 Upper connecting frame front assembly 2PCS 	8 Barbell hook assembly 2PCS 
9 Logo decoration assembly 1PC 	10 Pulley box assembly 10PCS 	11 Pedal support frame assembly 1PC 	12 Seat cushion support frame assembly 1PC 
13 Bumper assembly 1 1PC 	14 Bumper assembly 2 1PC 	15 Aogan hook rack assembly 1 1PC 	16 Aogan hook rack assembly 2 1PC 
17 Small moving pulley frame assembly 2PCS 	18 Slide frame assembly 1PC 	19 Slide frame assembly 1PC 	20 Leg press adjustment assembly 1PC 

PARTS LIST 2

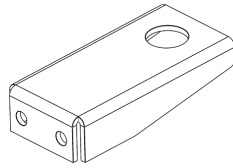
21 Left support assembly 1PC 	22 Right support assembly 1PC 	23 Slide bar lower support 2PCS 	24 Pulley assembly 4PCS 
25 Counterweight combination 2PCS 	26 Ginning bar assembly 1PC 	27 Long handle combination 1PC 	28 W-shaped handle combination 1PC 
29 Hanging pulley box assembly 2PCS 	30 Weight plate group 2PCS 	31 Aluminum alloy pull handle 2PCS 	32 Left hook assembly 1PC 
33 Right hook assembly 1PC 	34 Wire rope 1 2PCS 	35 Wire rope 2 2PCS 	36 Wire rope 3 2PCS 
37 Tooth plate 2PCS 	38 Guide rod 4PCS 	39 Latch assembly 2PCS 	40 Guide rod cushion 4PCS 

PARTS LIST 3

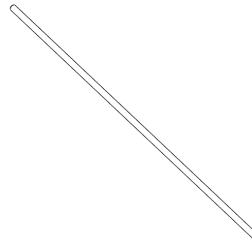
41 Aluminum weight pin
2PCS



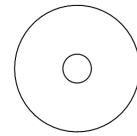
42 Counterweight slide bar mounting plate
2PCS



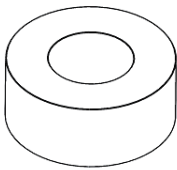
43 Guide shaft
2PCS



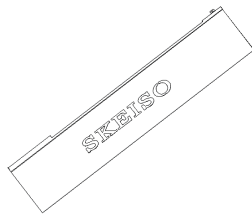
44 Large washer
4PCS



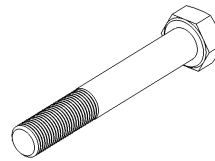
45 Rubber pad
2PCS



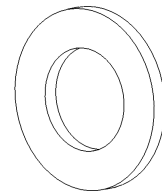
46 Shield
2PCS



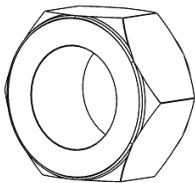
47 Hex Bolt M24*120
64PCS



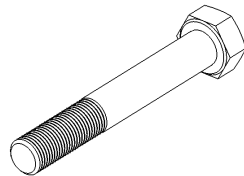
48 Washers Φ24
142PCS



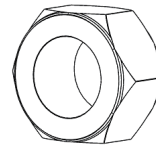
49 Nut M24
72PCS



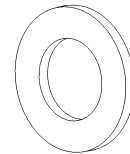
50 Hex Bolt M24*130
6PCS



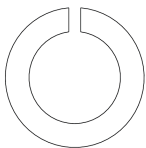
51 Nut M12
2PCS



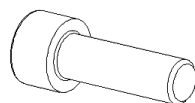
52 Washers Φ8
16PCS



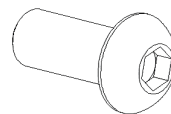
53 Φ8 Spring washer
12PCS



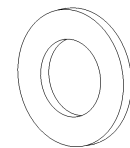
54 Hexagon socket head screws M8*20
8PCS



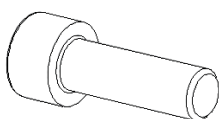
55 Hexagon socket pan head screws M6*15
4PCS



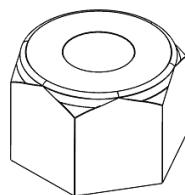
56 Washers Φ6
4PCS



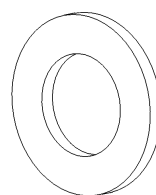
57 Hexagon socket head screws M8*25
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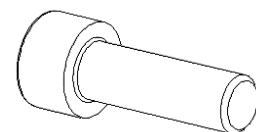
58 Nut M8
4PCS



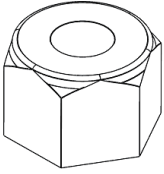
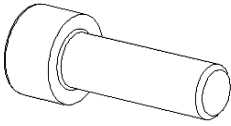
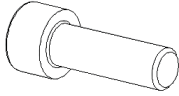
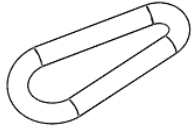
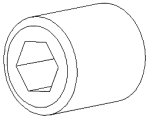
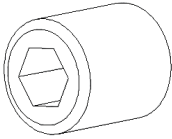
59 Washers Φ10
28PCS



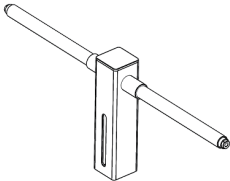
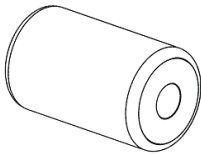
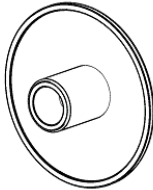
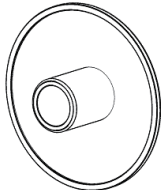
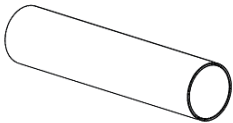
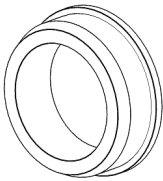
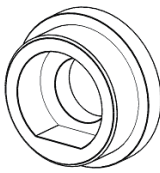
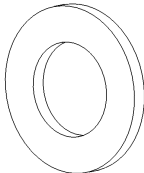
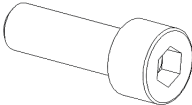
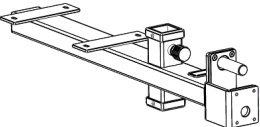
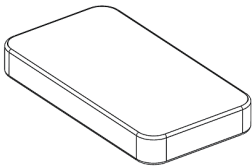
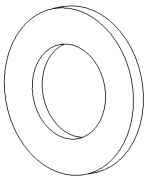
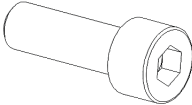
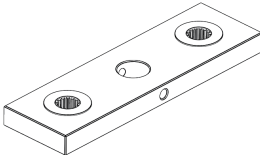
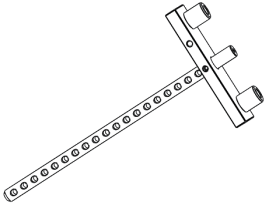
60 Hexagon socket head screws M10*95
8PCS



PARTS LIST 4

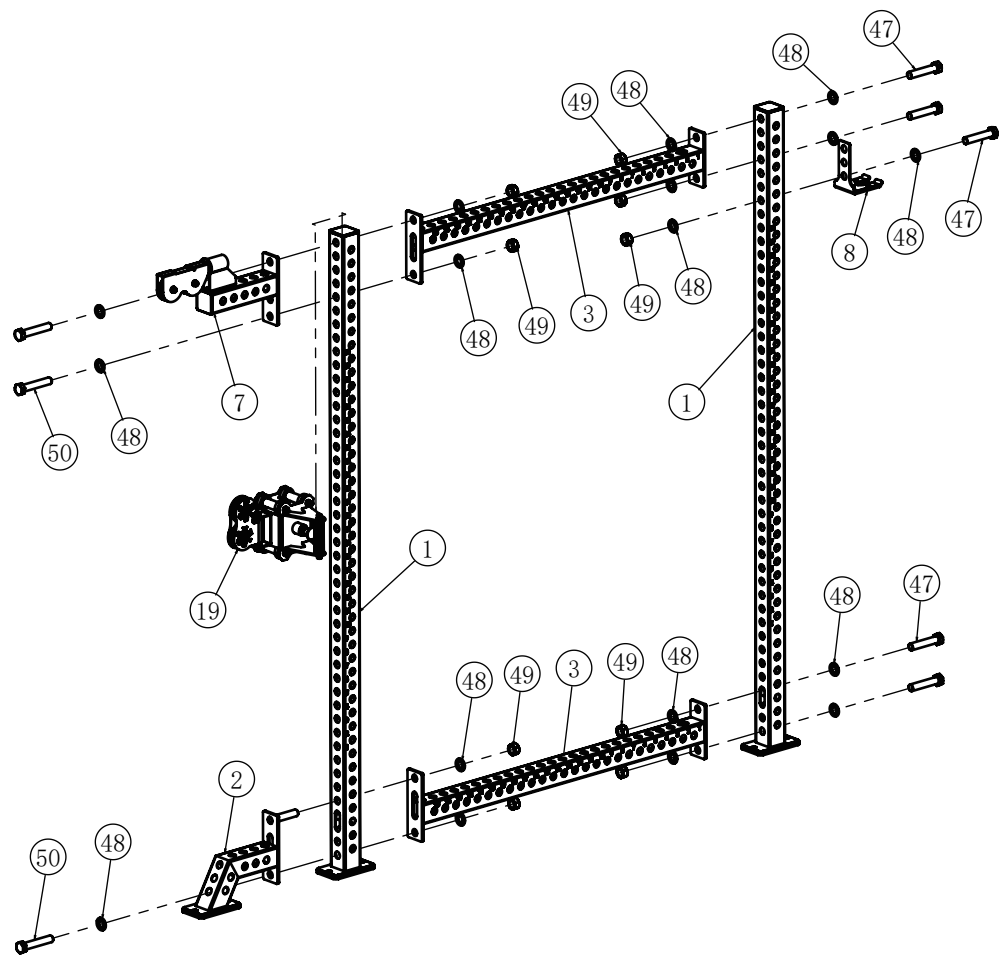
61 Nut M10 14PCS 	62 Hexagon socket head screws M10*100 6PCS 	63 Hexagon socket head screws M8*15 4PCS 	64 Safety hook 4PCS 
65 M8*8 Set screw 2PCS 	66 M8*10 Set screw 4PCS 		

Accessories Assembly List

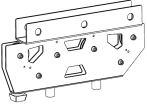
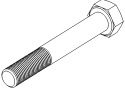
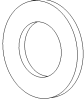
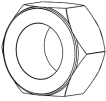
20.1 Adjustment slide frame assembly 1PC 	20.2 Short foam 2PCS 	20.3 Foam end cap 2PCS 	20.4 Foam end cap 2PCS 
20.5 Foam black tube 2PCS 	20.6 Foam insert 4PCS 	20.7 Anti-rotation sleeve 2PCS 	20.8 Washers Φ8 2PCS 
20.9 Hexagon socket head screws M8*25 2PCS 			
12.1 Cushion support frame assembly 1PC 	12.2 Cushion 1PC 	12.3 Washers Φ8 4PCS 	12.4 Hexagon socket head screws M8*25 4PCS 
30.1 Select chip assembly 38PCS 	30.2 Weighted title piece combination 2PCS 		

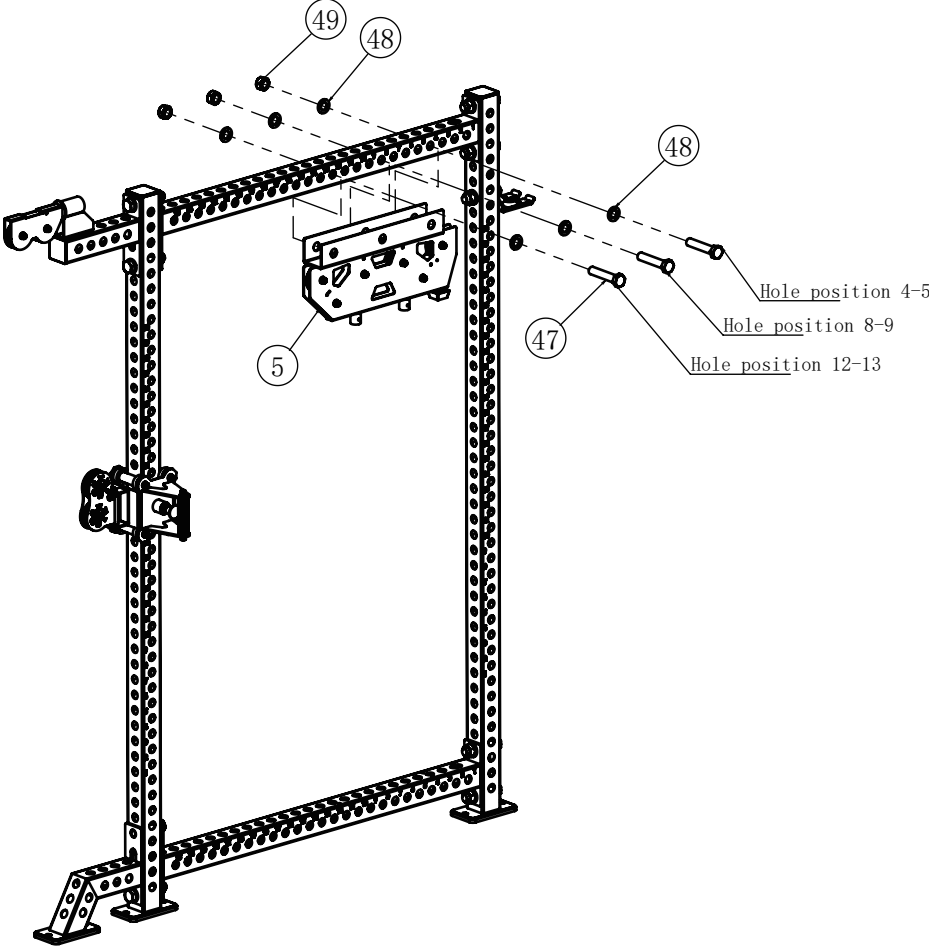
STEP: 1

1 Column assembly 2PCS	2 Foot assembly 1PC	3 Longitudinal beam welding group 2PCS	7 Upper connecting frame front assembly 1PC	8 Barbell hook assembly 1PC	19 Slide frame assembly 1PC
47 Hex Bolt M24*120 5PCS	50 Hex Bolt M24*130 3PCS	48 Washers $\Phi 24$ 17PCS	49 Nut M24 9PCS		



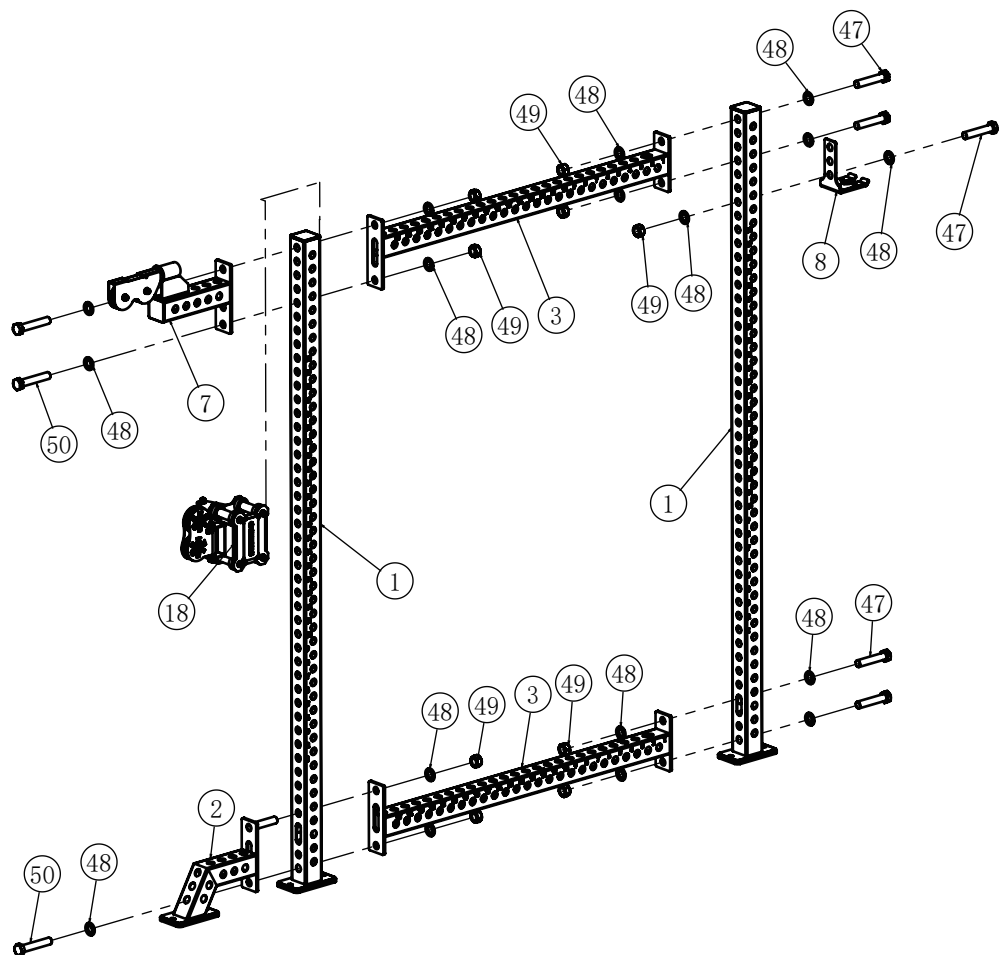
STEP: 2

5	Pulley frame assembly 1PC	47	Hex Bolt M24*120 3PCS	48	Washers $\Phi 24$ 6PCS	49	Nut M24 3PCS
							

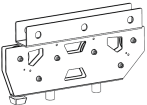
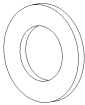
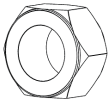


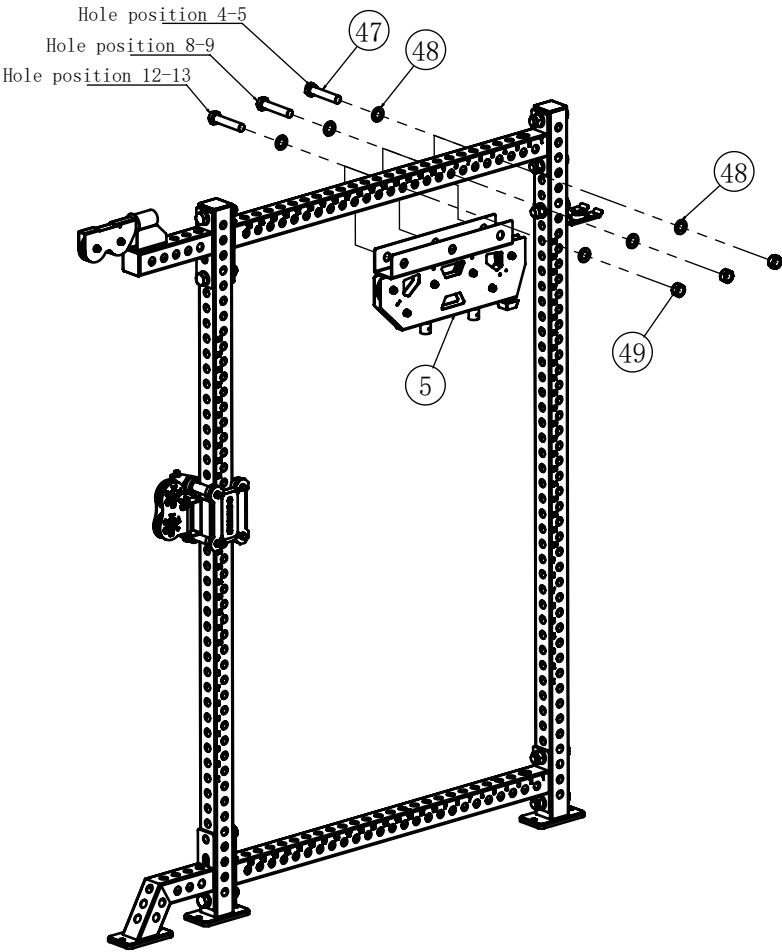
STEP: 3

1 Column assembly 2PCS	2 Foot assembly 1PC	3 Longitudinal beam welding group 2PCS	7 Upper connecting frame front assembly 1PC	8 Barbell hook assembly 1PC	18 Slide frame assembly 1PC
47 Hex Bolt M24*120 5PCS	50 Hex Bolt M24*130 3PCS	48 Washers $\Phi 24$ 17PCS	49 Nut M24 9PCS		

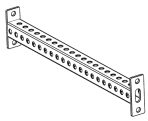
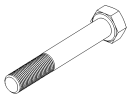
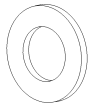
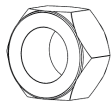


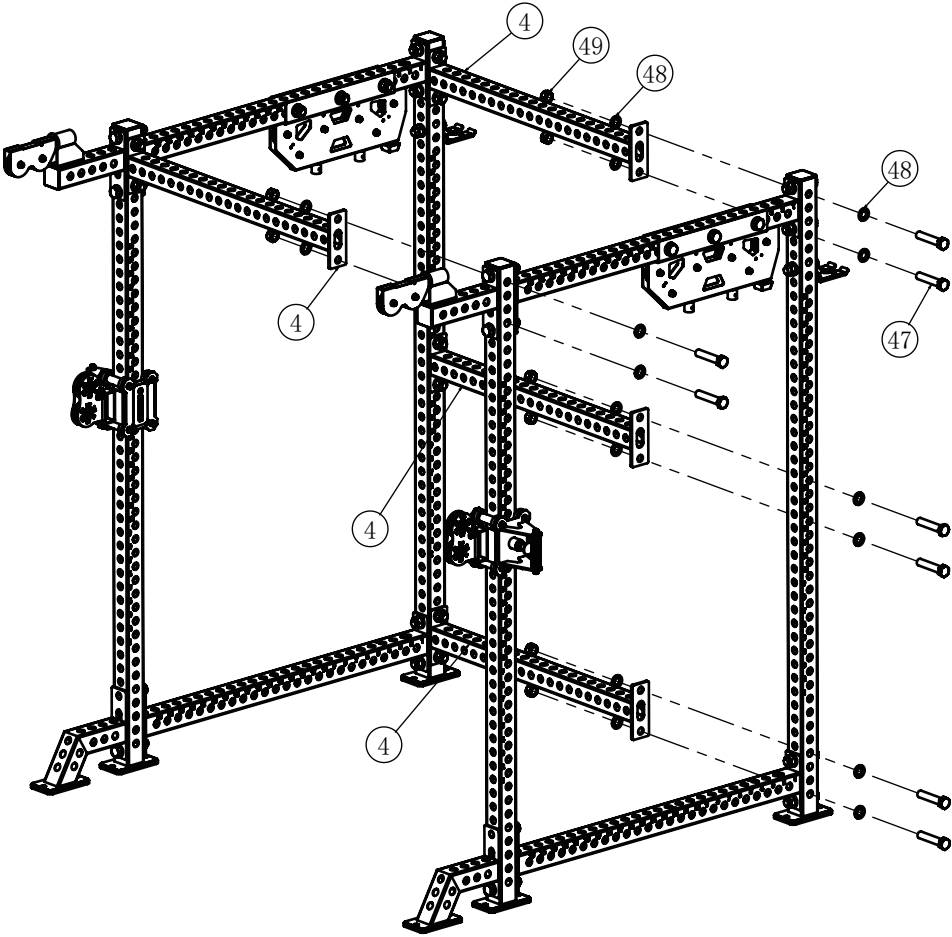
STEP: 4

5	Pulley frame assembly 1PC	47	Hex Bolt M24*120 3PCS	48	Washers $\Phi 24$ 6PCS	49	Nut M24 3PCS
							

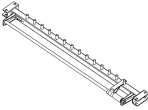
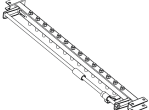
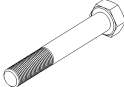
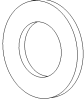
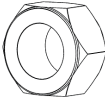


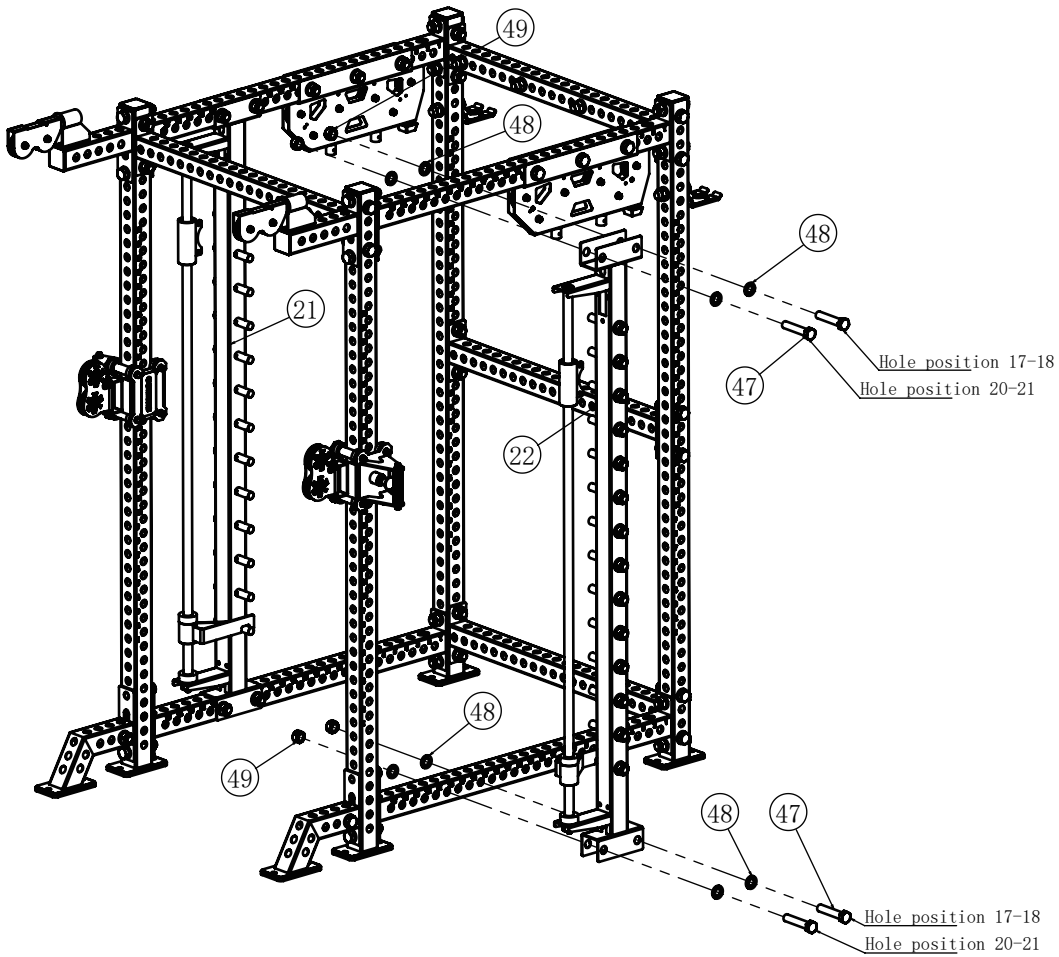
STEP: 5

4	Pulley frame assembly 4PCS	47	Hex Bolt M24*120 16PCS	48	Washers $\Phi 24$ 32PCS	49	Nut M24 16PCS
							

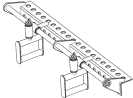
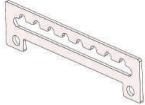
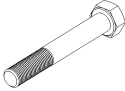
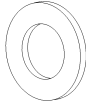
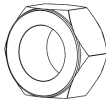


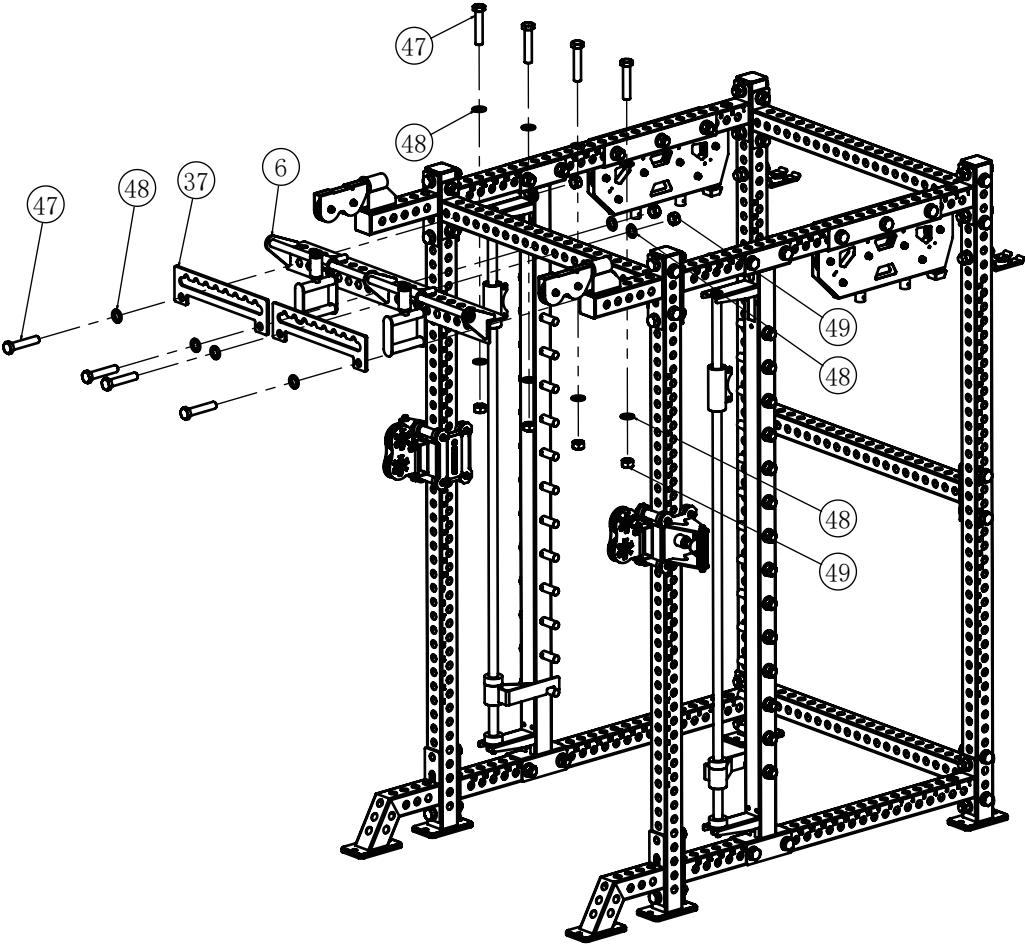
STEP: 6

21	Left support assembly 1PC	22	Right support assembly 1PC	47	Hex Bolt M24*120 8PCS	48	Washers $\Phi 24$ 16PCS	49	Nut M24 8PCS
									

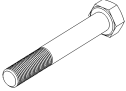
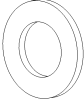
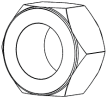


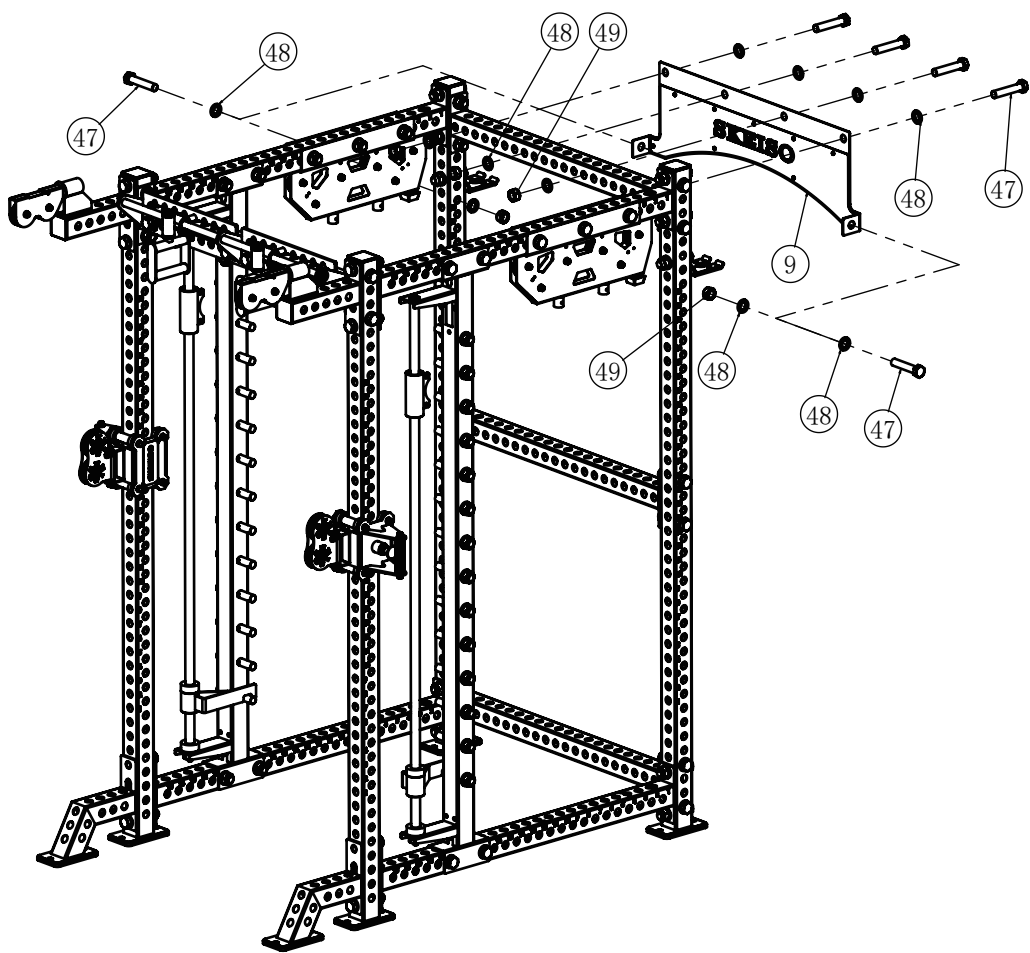
STEP: 7

6	Pull-up assembly 1PC	37	Tooth plate 2PCS	47	Hex Bolt M24*120 8PCS	48	Washers $\Phi 24$ 16PCS	49	Nut M24 8PCS
									

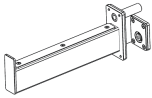
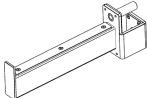
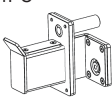
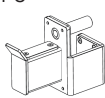


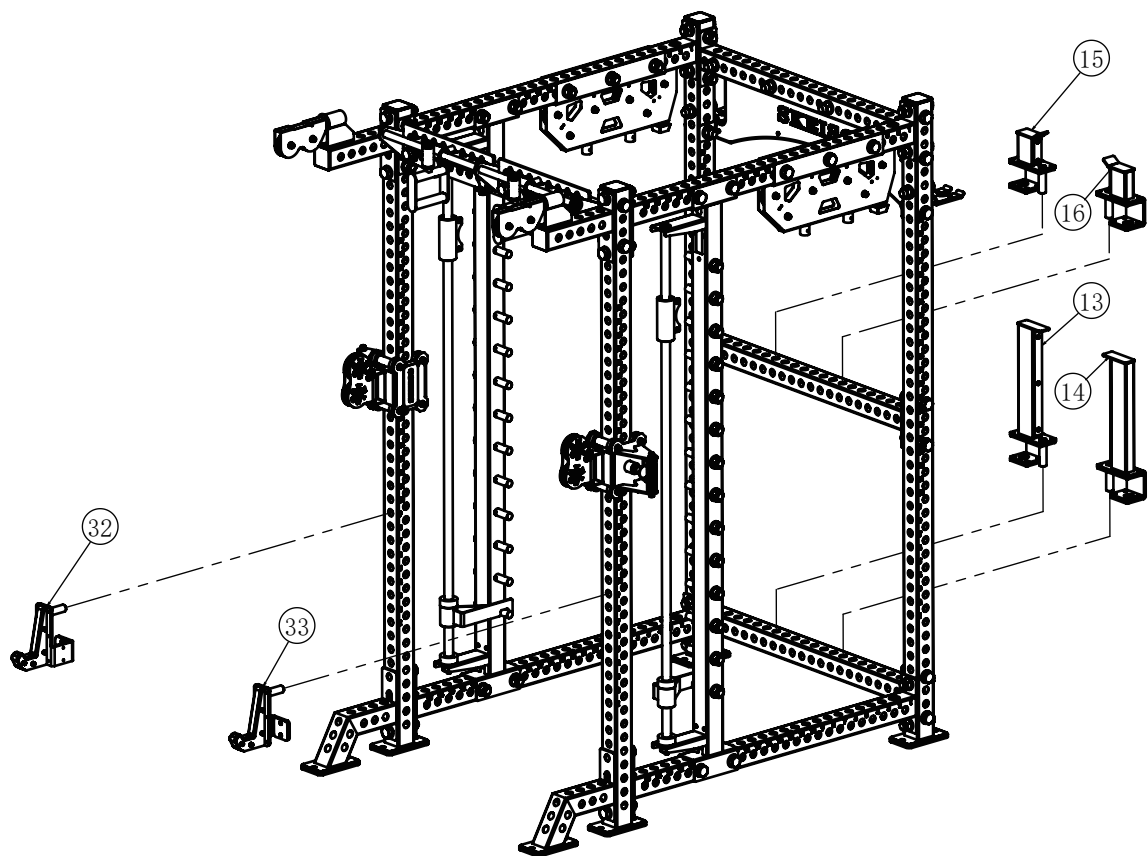
STEP: 8

9	Logo decoration assembly 1PC	47	Hex Bolt M24*120 6PCS	48	Washers $\Phi 24$ 12PCS	49	Nut M24 6PCS
							



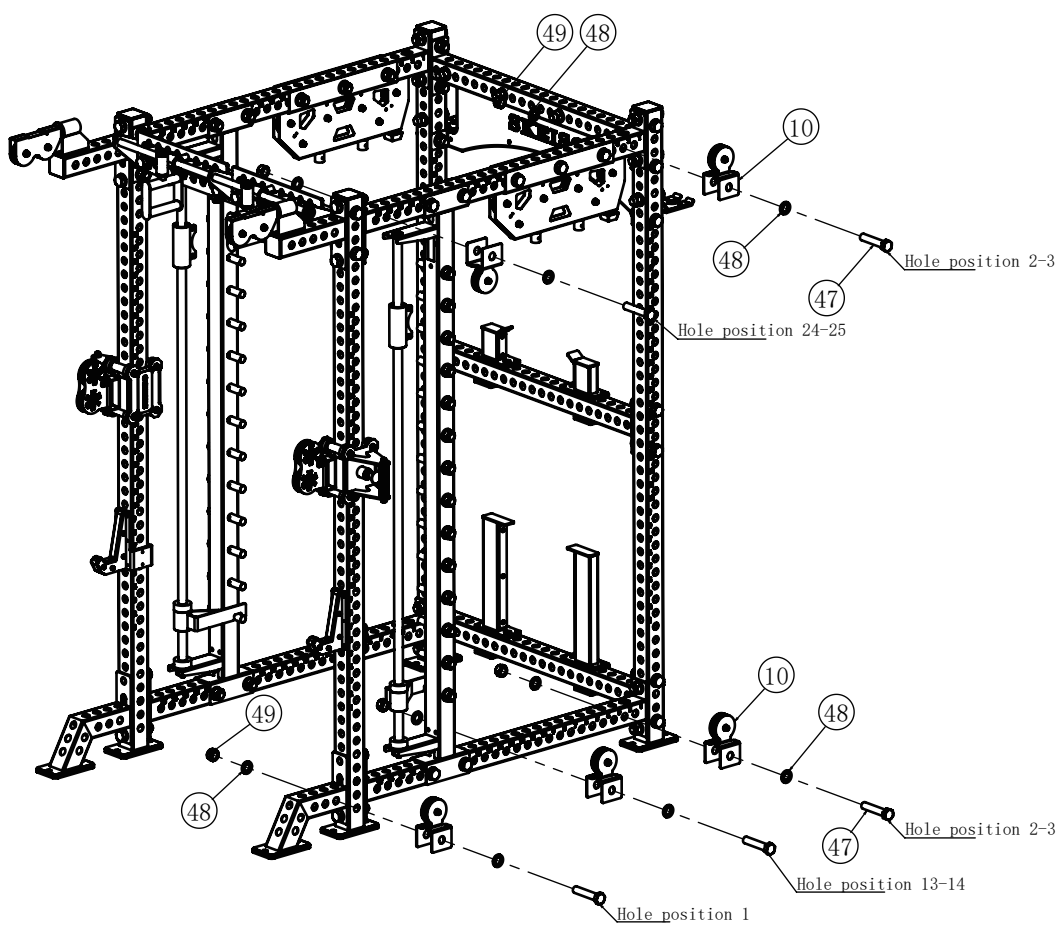
STEP: 9

13 Bumper assembly 1 1PC	14 Bumper assembly 2 1PC	15 Aogan hook rack assembly 1 1PC	16 Aogan hook rack assembly 2 1PC	32 Left hook assembly 1PC	33 Right hook assembly 1PC
					

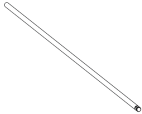
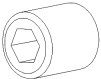


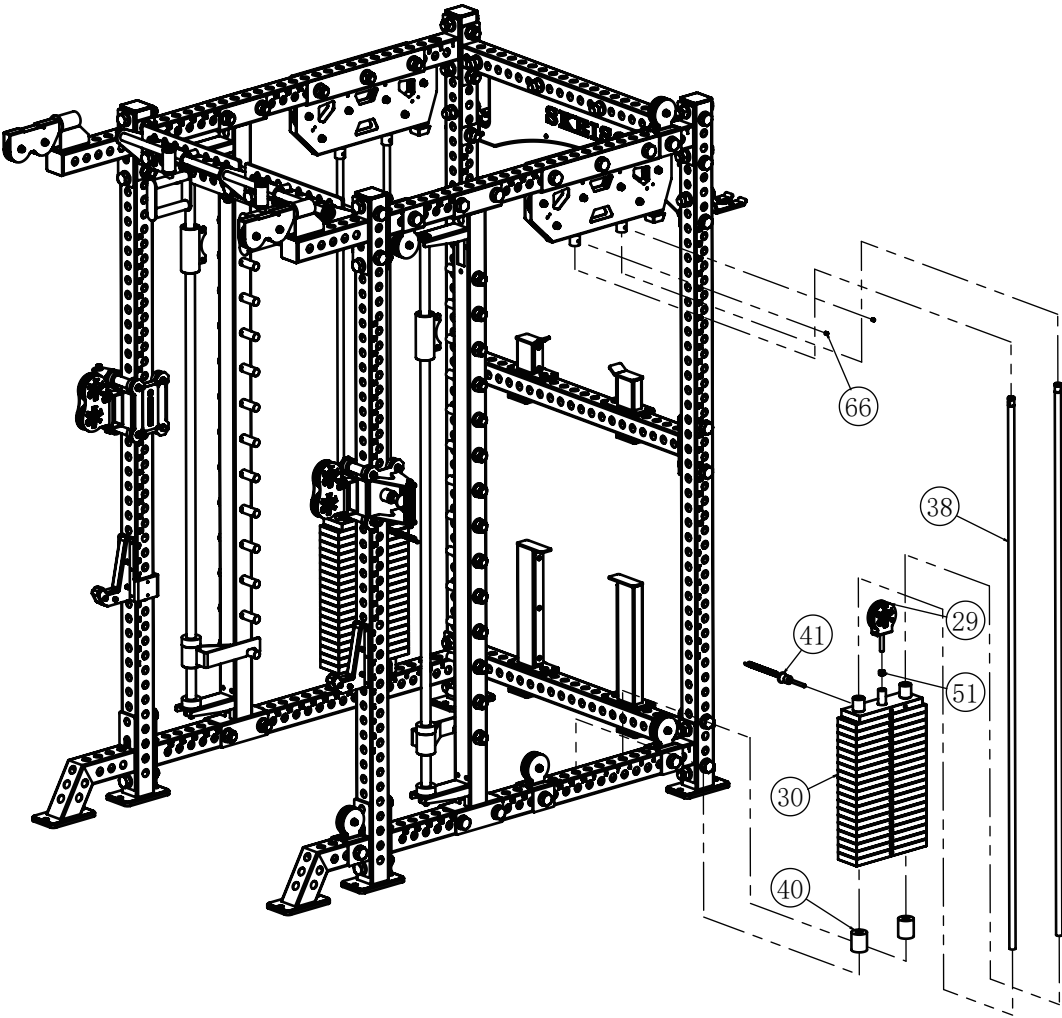
STEP: 10

10 Pulley box assembly 10PCS	47 Hex Bolt M24*120 10PCS	48 Washers $\Phi 24$ 20PCS	49 Nut M24 10PCS
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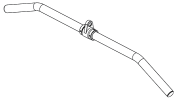
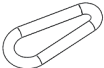


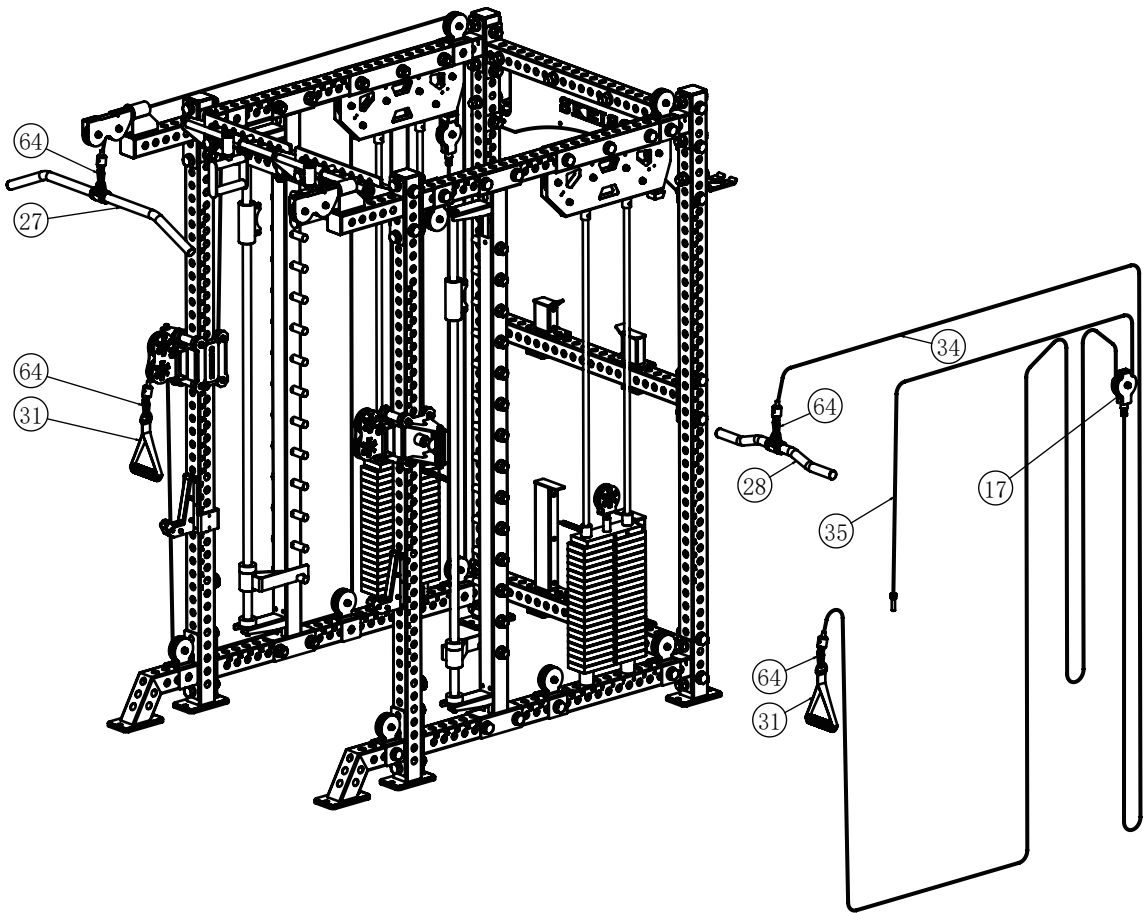
STEP: 11

30 Weight plate group 2PCS	29 Hanging pulley box assembly 2PCS	41 Aluminum weight pin 2PCS	38 Guide rod 4PCS	40 Guide rod cushion 4PCS	51 Nut M12 2PCS
					
66 M8*10 Set screw 4PCS					
					

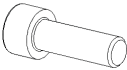


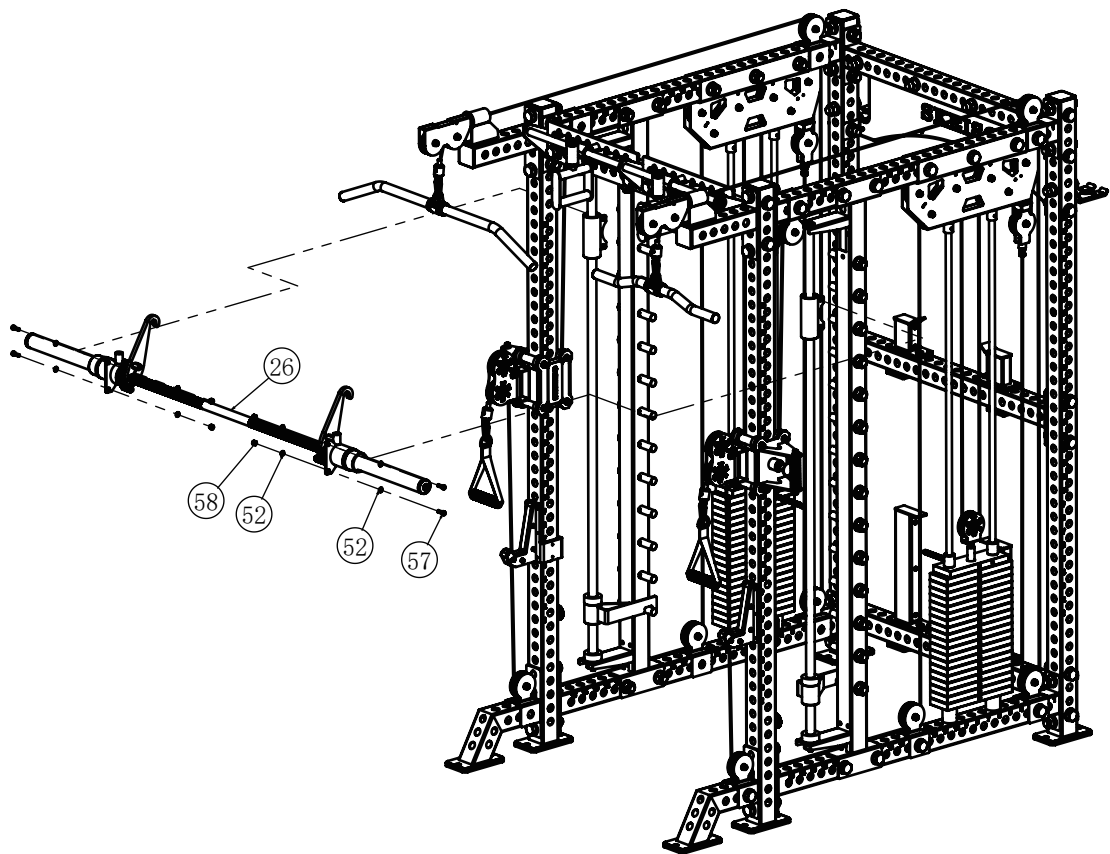
STEP: 12

17 Small moving pulley frame assembly 2PCS	27 Long handle combination 1PC	28 W-shaped handle combination 1PC	31 Aluminum alloy pull handle 2PCS	34 Wire rope 1 2PCS	35 Wire rope 2 2PCS
					
64 Safety hook 4PCS					
					



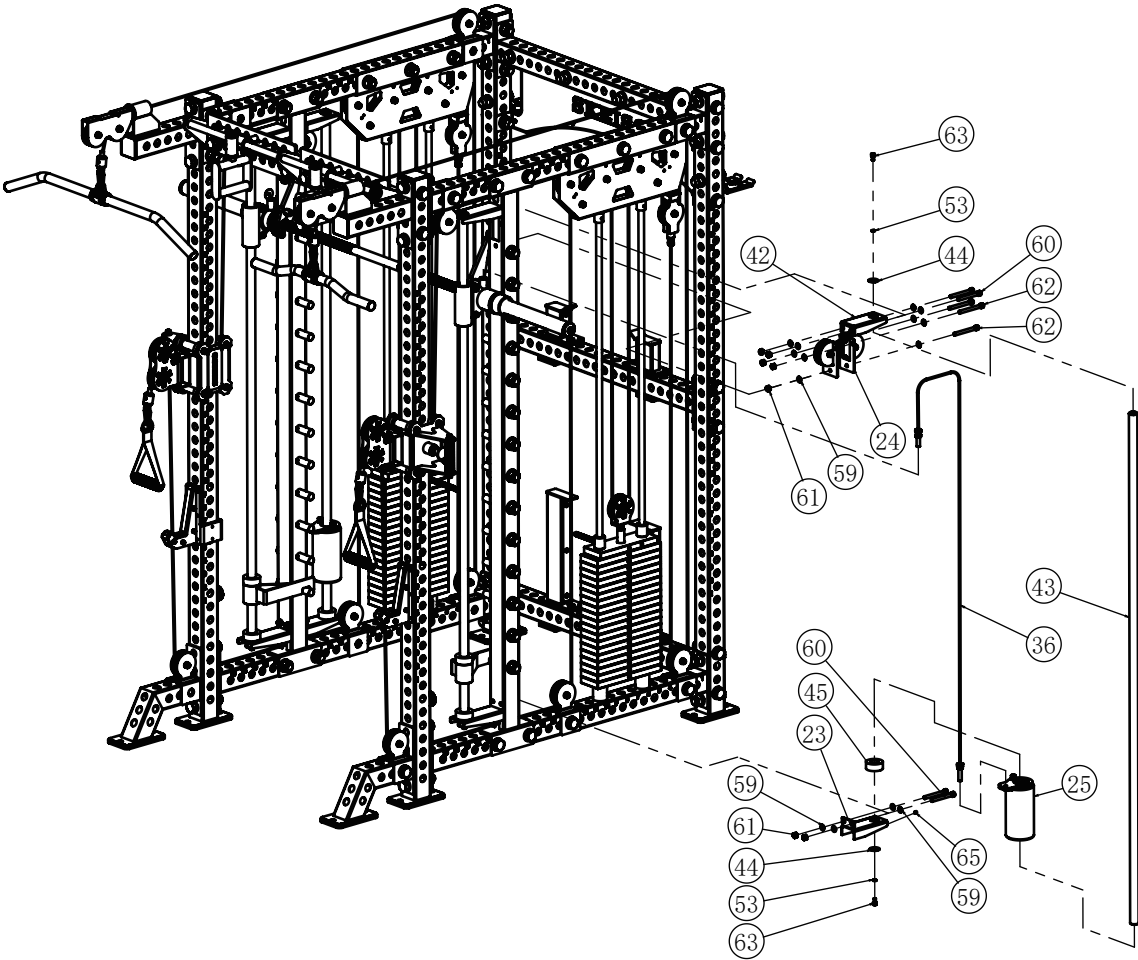
STEP: 13

26 Ginning bar assembly 1PC	57 Hexagon socket head screws M8*25 4PCS	52 Washers $\Phi 8$ 8PCS	58 Nut M8 4PCS
			

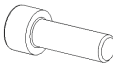
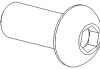


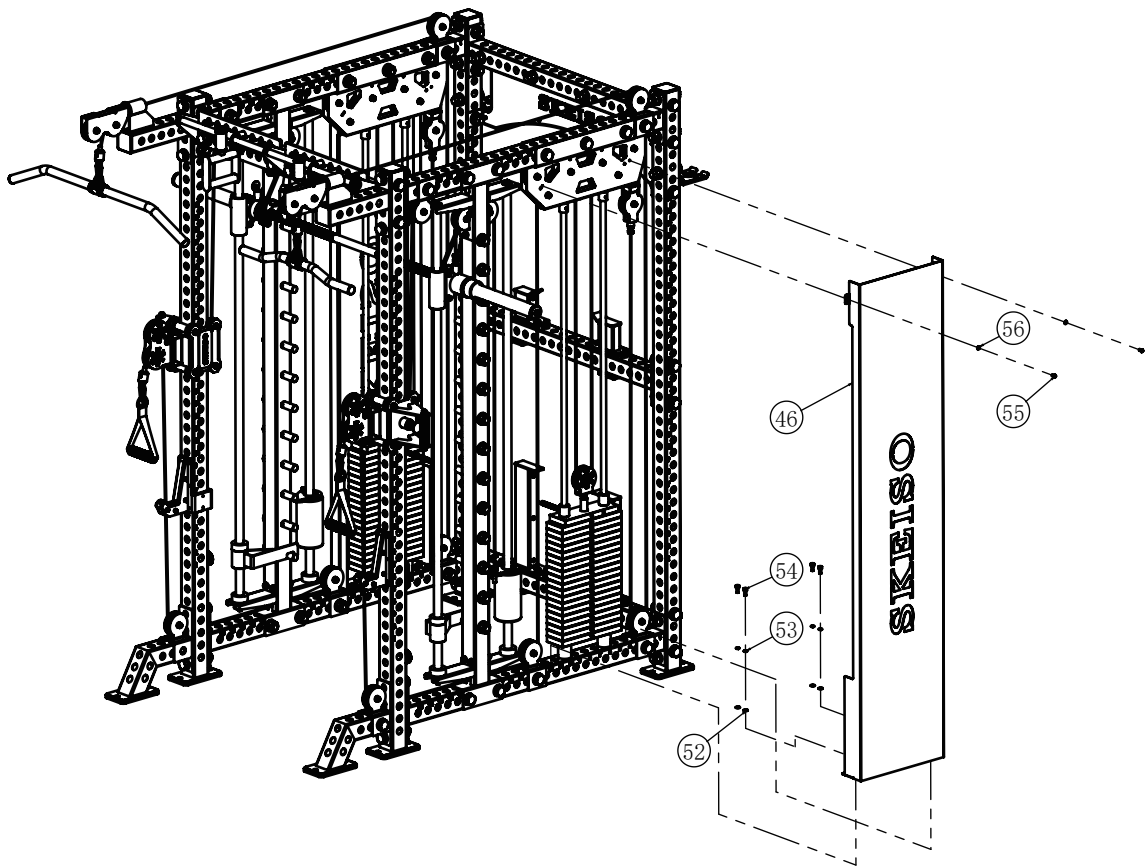
STEP: 14

23 Slide bar lower support 2PCS	24 Pulley assembly 4PCS	25 Counterweight combination 2PCS	36 Wire rope 3 2PCS	42 Counterweight slide bar mounting plate 2PCS	43 Guide shaft 2PCS
44 Large washer 4PCS	45 Rubber pad 2PCS	53 $\Phi 8$ Spring washer 4PCS	59 Washers $\Phi 10$ 28PCS	60 Hexagon socket head screws M10*95 8PCS	61 Nut M10 14PCS
62 Hexagon socket head screws M10*100 6PCS	63 Hexagon socket head screws M8*15 4PCS	65 M8*8 Set screw 2PCS			

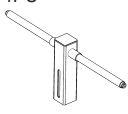
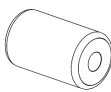
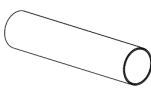
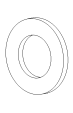
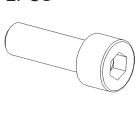


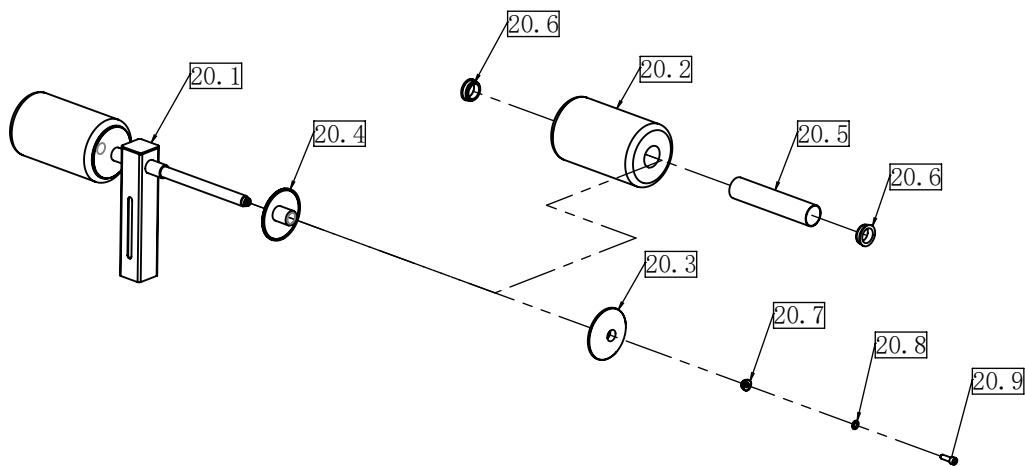
STEP: 15

46 Shield 2PCS	52 Washers $\Phi 8$ 8PCS	53 $\Phi 8$ Spring washer 8PCS	54 Hexagon socket head screws M8*20 8PCS	55 Hexagon socket pan head screws M6*15 4PCS	56 Washers $\Phi 6$ 4PCS
					



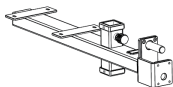
Accessories Installation STEP: 1

20.1 Adjustment slide frame assembly 1PC	20.2 Short foam 2PCS	20.3 Foam end cap 2PCS	20.4 Foam end cap 2PCS	20.5 Foam black tube 2PCS	20.6 Foam insert 4PCS
					
20.7 Anti-rotation sleeve 2PCS	20.8 Washers $\Phi 8$ 2PCS	20.9 Hexagon socket head screws M8*25 2PCS			
					

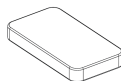


Accessories Installation STEP: 2

12.1 Cushion support
frame assembly
1PC



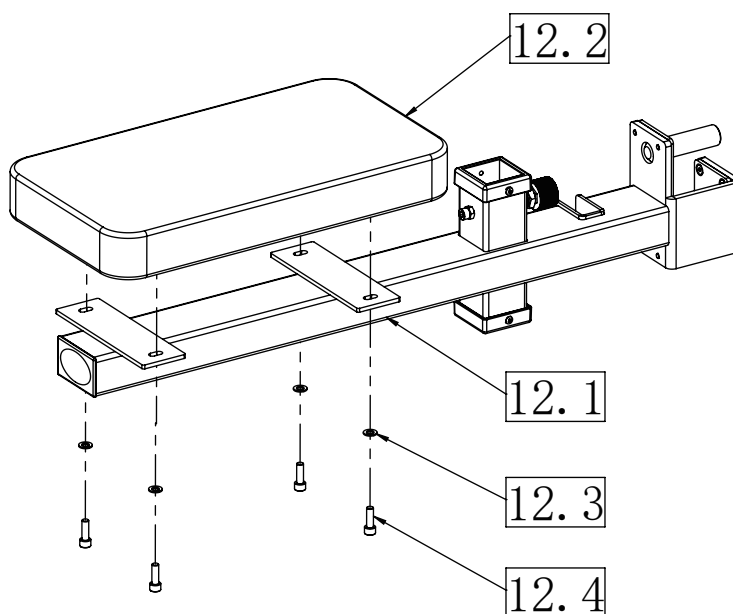
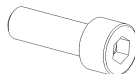
12.2 Cushion
1PC



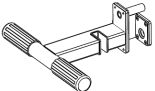
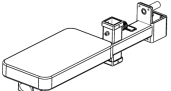
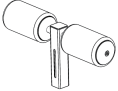
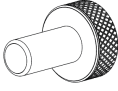
12.3 Washers $\Phi 8$
4PCS

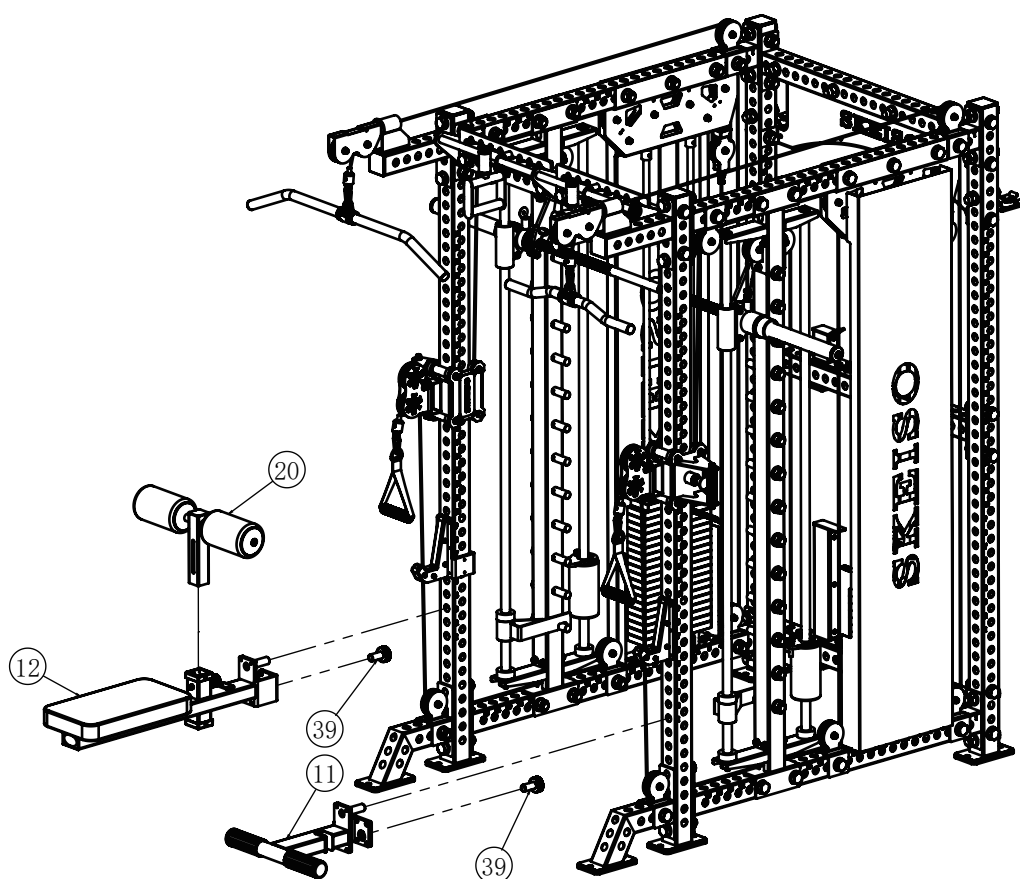


12.4 Hexagon socket head
screws M8*25
4PCS



Accessories Installation STEP: 3

11 Pedal support frame assembly 1PC	12 Pedal support frame assembly 1PC	20 Leg press adjustment assembly 1PC	39 Latch assembly 2PCS
			



SKEISO

