

Pro Power Multi Gym Assembly Manual

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Connect the Main Base (1) and the Rear Stabiliser together using 2 x M10 x 65mm Hex Bolts (29), 4 x M10 Flat Washers (38) and 2 x M10 Nylon Locknuts (35). 3). Lay the Footplate (18) onto the front of the Main Base and lock in position with the Footplate Lock Pin (43). 4).

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Pro power multi gym instructions pdf

Pro has been carefully designed to require minimum maintenance. ® To ensure this, we recommend that you do the following: Keep your Perfect Multi-Gym Pro clean. ® Wipe sweat, dust or other residue off the Connecting Bar, Handlebar and Left and Right Assembly Bar with a soft, clean cloth after each use.

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This is the instruction manual for the Argos Product PRO FITNESS 50KG HOME GYM (237/4693) in PDF format. Product support is also available.

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Assembly instructions Step 1 a. Insert the Guide rods (18) into the holes on the Rear stabilizer (4). Fix using 2 x M10 x 25mm Allen bolts (64) and 2 x Ø10mm Washers (75). b. Slide 2 x Ø61mm Rubber bumpers (44) down onto Guide rods (18). Page 10: Assembly Instructions Assembly instructions Step 2 Attach the Base frame (1) to the Rear stabilizer (4).

ARGOS PRO FITNESS ASSEMBLY & USER INSTRUCTIONS Pdf ...

Pro Power Multi Gym (option with row machine) Multi Gym - Great condition. this item can be dismantled ready for collection or can be transported with out dismantling t. there are no assembly instructions, however i have pics of how it goes together and i will label each section leaving the bolts in each section and p.

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