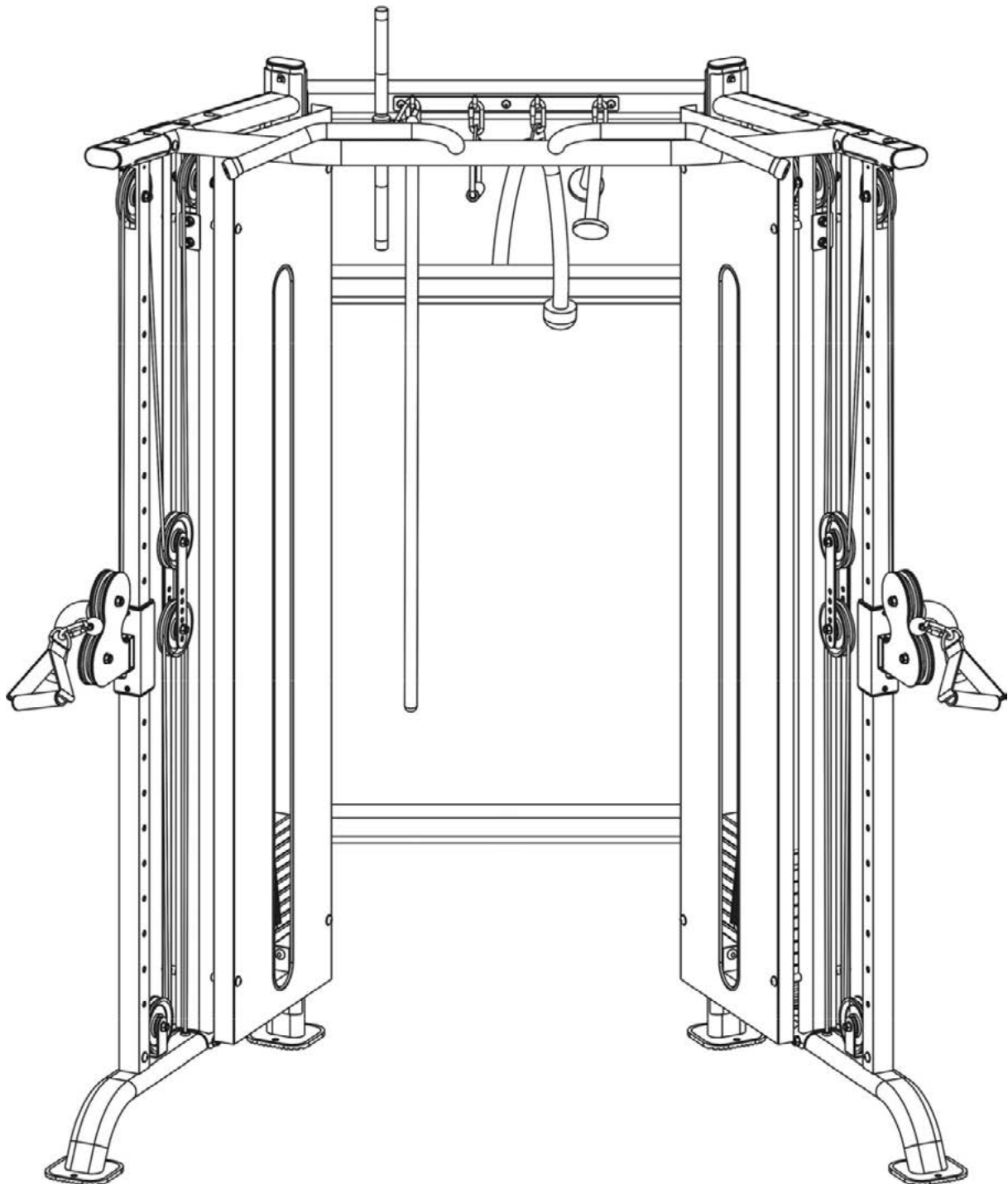


AMiLA®

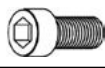

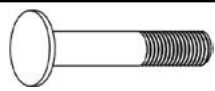

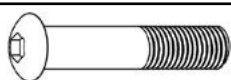



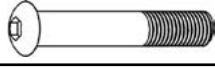








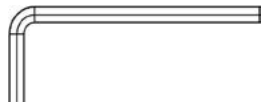

FUNCTIONAL TRAINER FT3100

(Code: 91640)

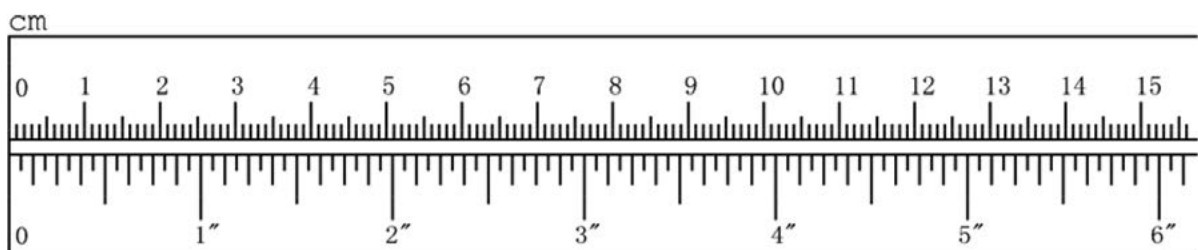
Assembly instructions




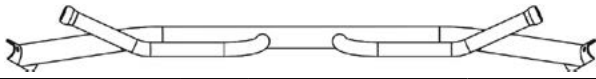



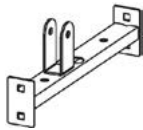


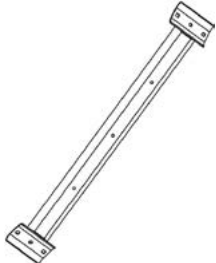
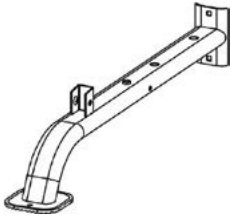
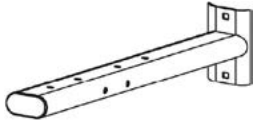
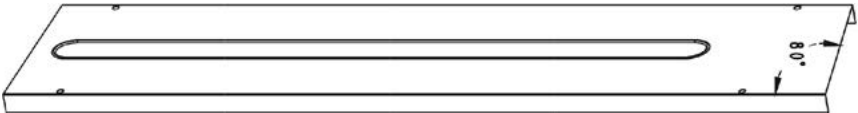
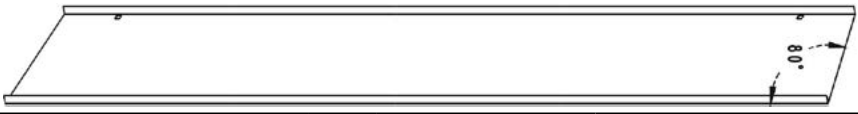

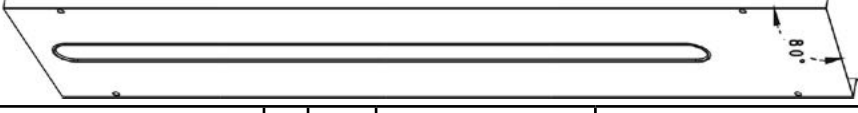










IN ORDER FOR THE WARRANTY TO BE VALID,
PLEASE, BEFORE YOU BEGIN
ASSEMBLING AND USING THE MACHINE,
READ THIS INSTRUCTIONS.





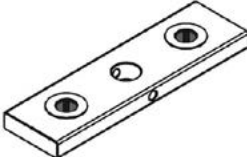
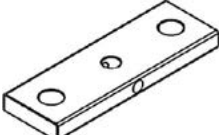
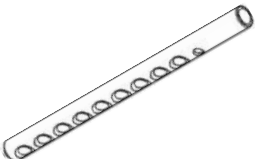



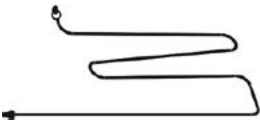
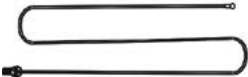
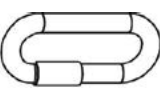



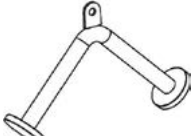

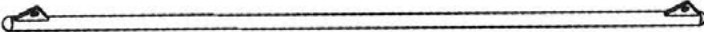
BOLTS, WASHERS AND NUTS							
#	PCS	DESCRIPTION	DRAWING				
36	4	M10x25mm Allen bolt		44	20	M10x16mm Allen bolt	
37	32	M10x60mm Carriage bolt		45	3	M8x55mm Allen bolt	
38	2	M10x90mm Allen bolt		46	6	Ø8mm Washer	
39	8	M10x100mm Allen bolt		47	3	M8 Aircraft nut	
40	2	M10x65mm Allen bolt		48	104	Ø10mm Washer	
41	6	M10x50mm Allen bolt		49	54	M10 Aircraft nut	
42	6	M10x45mm Allen bolt		50	4	Ø12mm Washer	
43	12	M10x25mm Allen bolt		51	1	M12 Aircraft nut	
—	3	#5, #6 & #8 Allen wrenches					

The above drawings are not in full size. Please use the ruler below in order to measure them and use the correct one for each assembly step.

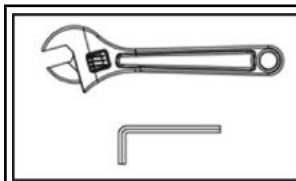


PARTS LIST			
#	PCS	DESCRIPTION	DRAWING
1	2	Rear Post	
4	2	Middle Support Frame	
5	2	Front Support Frame	
10	1	Chin up bar frame	
8	4	Guide Rod	

#	PCS	DESCRIPTION	DRAWING				
9	2	Guide Rod Holder		11	1	Hook Frame	
3	2	Lower Connecting Frame		7	1	Upper Connecting Frame	
2	2	Base Frame		6	2	Upper Frame	
16	1	Left Inside Weight Stack Cover					
17	1	Left Outside Weight Stack Cover					
18	1	Right Inside Weight Stack Cover					
19	1	Right Outside Weight Stack Cover					
12	1	Right Sliding Frame		20	6	L- Shaped Cable Protector	
13	1	Left Sliding Frame		21	10	Flat Bracket	
14	2	Cross Double Floating Pulley Bracket		25	4	Bracket	
15	4	Double Pulley Bracket		26	2	Arc Bracket	
23	8	Axle Ø16×M10×65		24	8	Axle Ø16×M10×35	

#	PCS	DESCRIPTION	DRAWING				
28	8	Rubber Bumper 40xØ20x15		27	4	Shock Spring Ø33xØ21xØ6 x70	
31	4	Weight Stem Guide Sleeve		33	2	Ø10x80 Magnet Pin	
29	18	5kg Selector Stem 90x320		30	2	4kg Selector Stem 90x270	
22	2	Selector Rod		67	3	15 Joints Chain	
34	16	Pulley Ø114		35	2	M18x1.5xØ12 T- Shaped Pin	
52	2	Upper Cable		53	2	Adjustment Cable	
66	12	C-Shaped Lock Ring Ø7x66		70	1	Triceps Rope/ double knobs	
68	2	Single Strap		69	2	D-Shaped Single Strap	
72	1	V-shaped Handle		73	1	Upright Handle	
71	1	Push-pull Bar					

ΕΙΚΟΝΙΔΙΑ ΣΥΝΑΡΜΟΛΟΓΗΣΗΣ ΕΚΑΣΤΟΥ ΒΗΜΑΤΟΣ



The icon indicates the spanner can be directly used to tighten and secure during assembly.

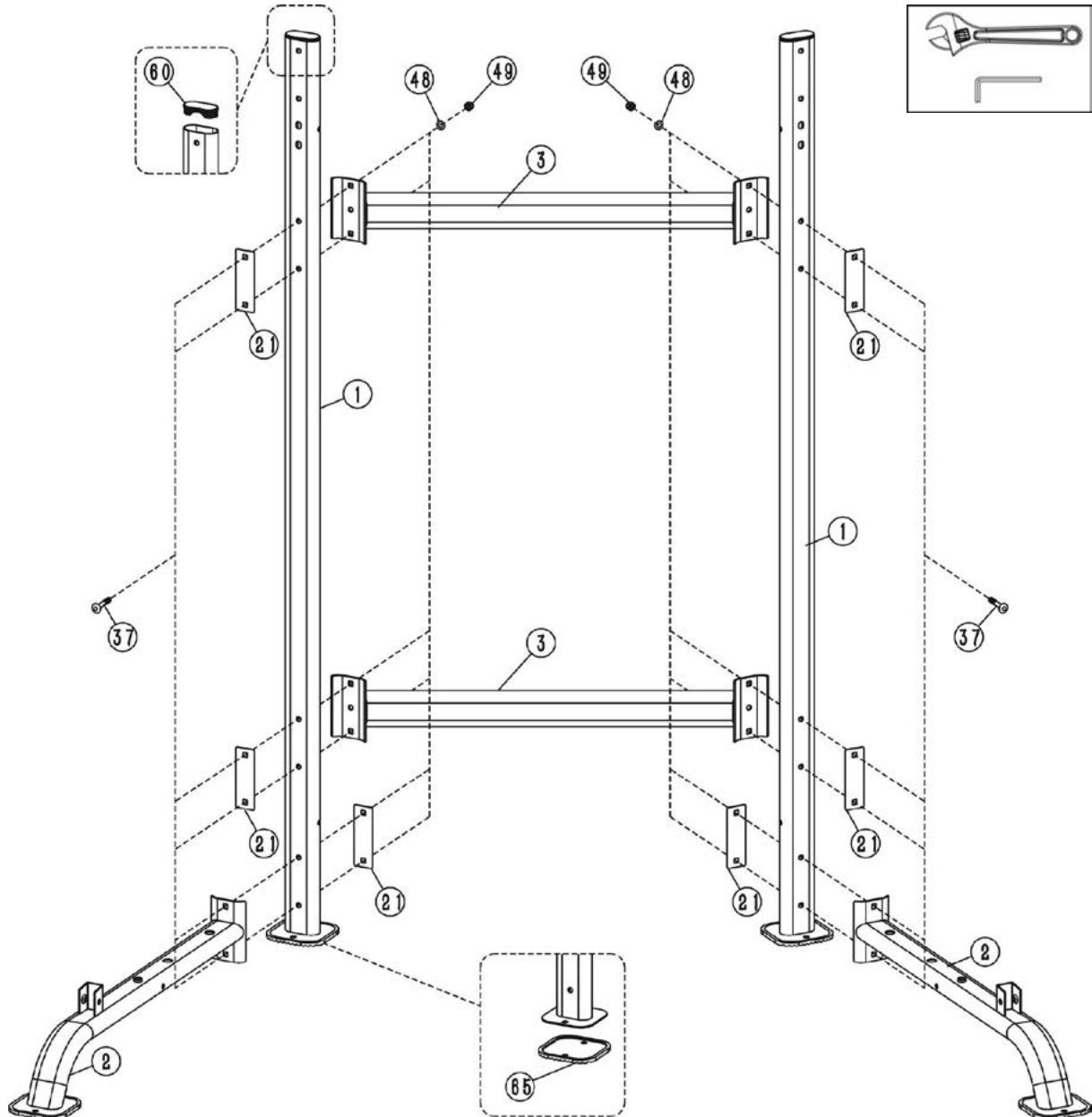


The icon indicates turn the bolt by hand during assembly, but do not tighten them so as not to affect next assembly step.

ASSEMBLY

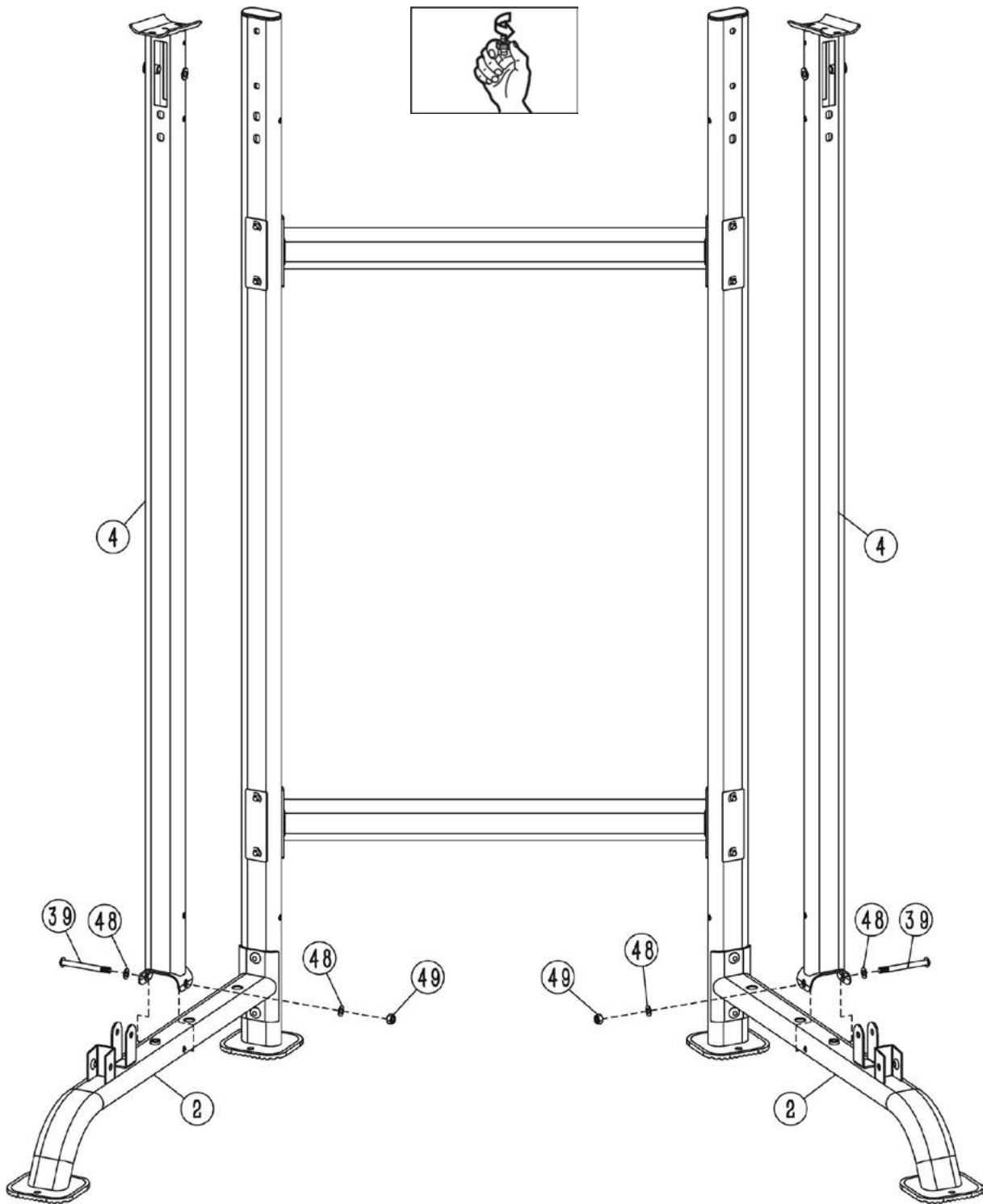
It is strongly recommended to assemble the equipment by two or more people, otherwise it may cause serious injury.

Step 1



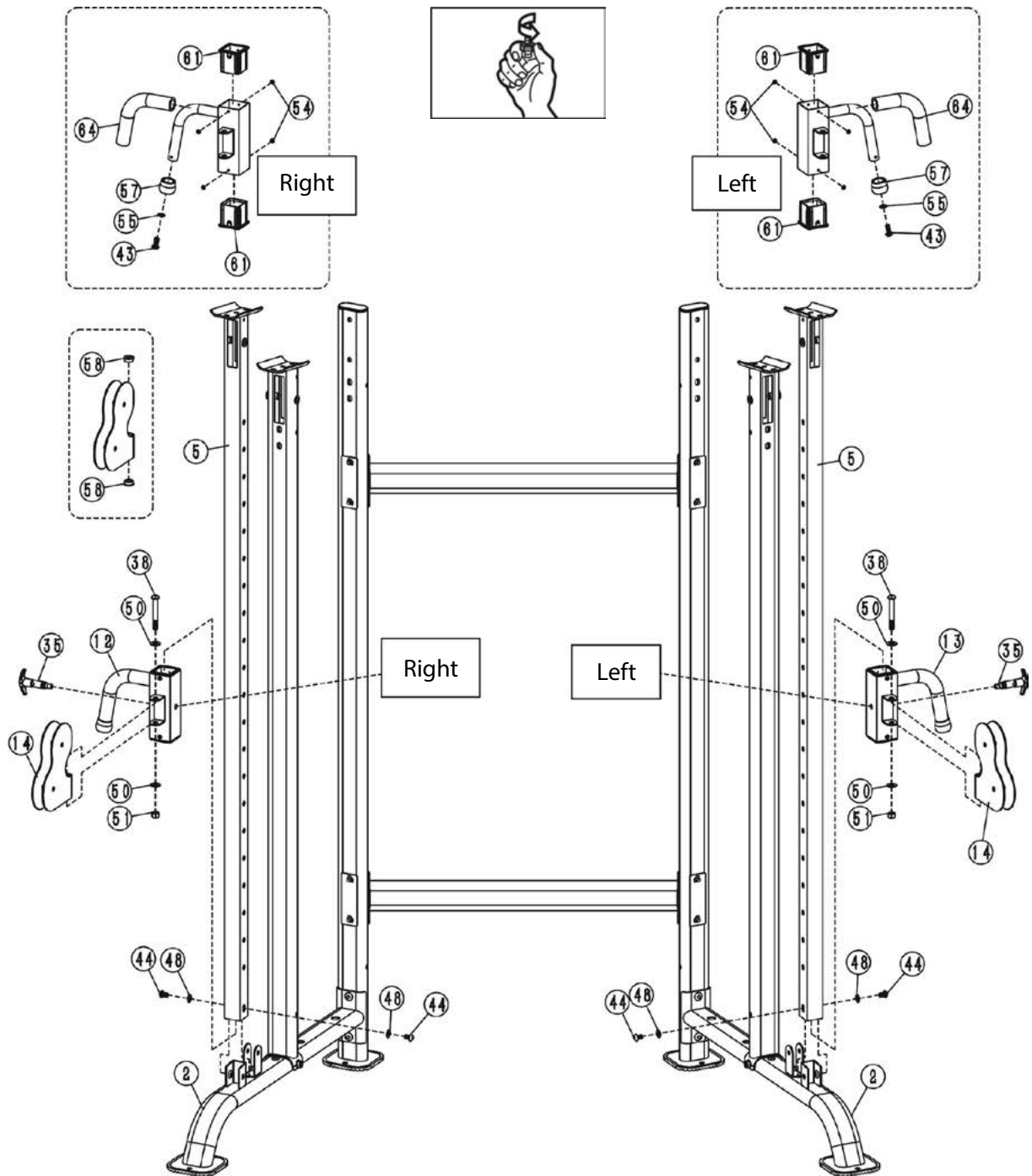
- Attach 2 x Base Frame (2) and 2 x Flat Bracket (21) to 2 x Rear Post (1) respectively using 2 x M10×60mm Carriage Bolts (37), 2 x \varnothing 10mm Washers (48) and 2 x M10 Aircraft Nuts (49).
- Attach 2 x Lower Connecting Frame (3) and 2 x Flat Bracket (21) to 2 x Rear Post (1) respectively using 4 x M10×60mm Carriage Bolts (37), 4 x \varnothing 10mm Washers (48) and 4 x M10 Aircraft Nuts (49).
- **Notes:** The parts #60 and #65 are pre-assembled.

Step 2



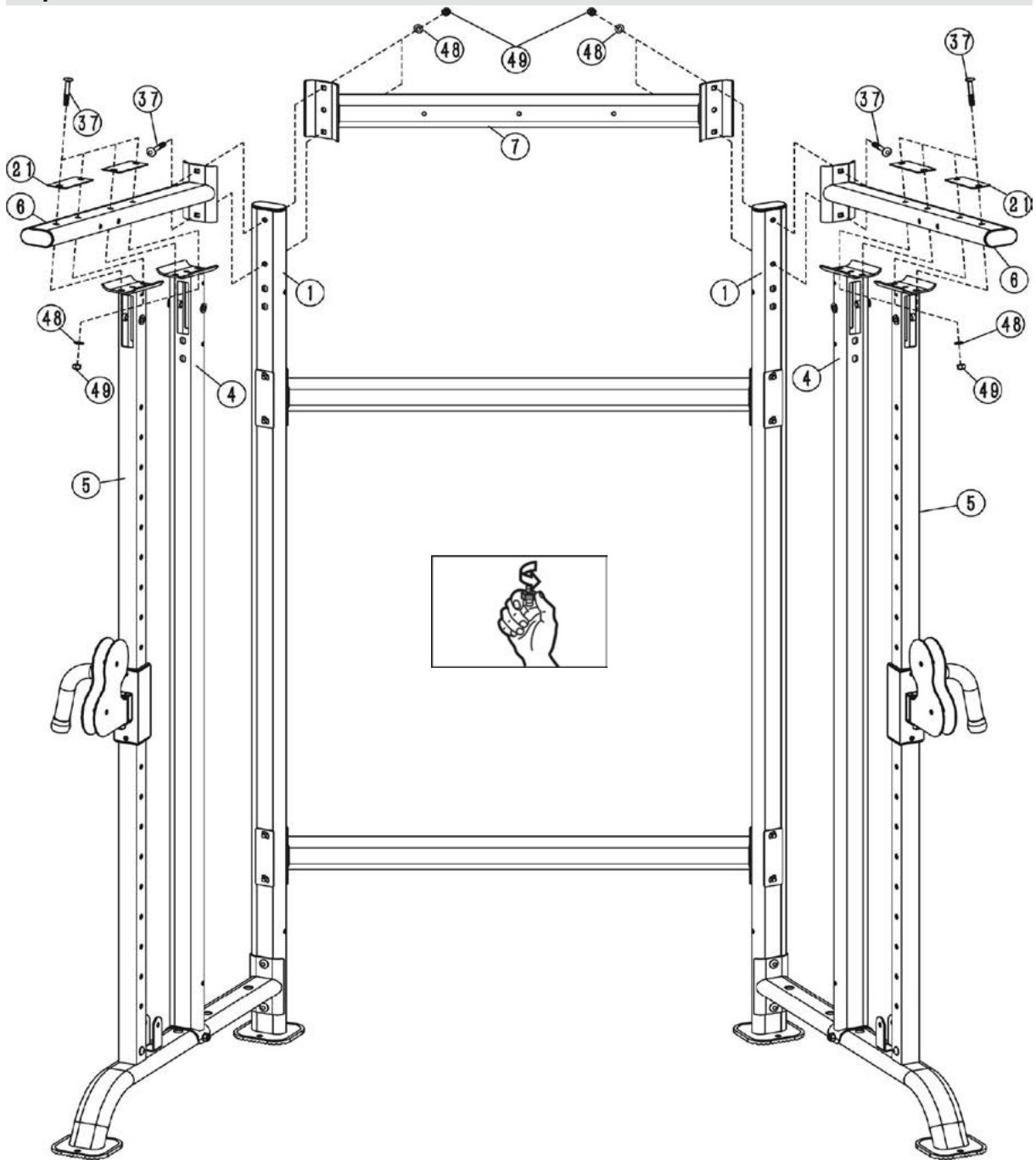
- Attach 2 x Middle Support Frame (4) to 2 x Base Frame (2) respectively using 2 x M10×100mm Allen Bolts (39), 2 x Ø10mm Washers (48) and 2 x M10 Aircraft Nuts (49).

Step 3



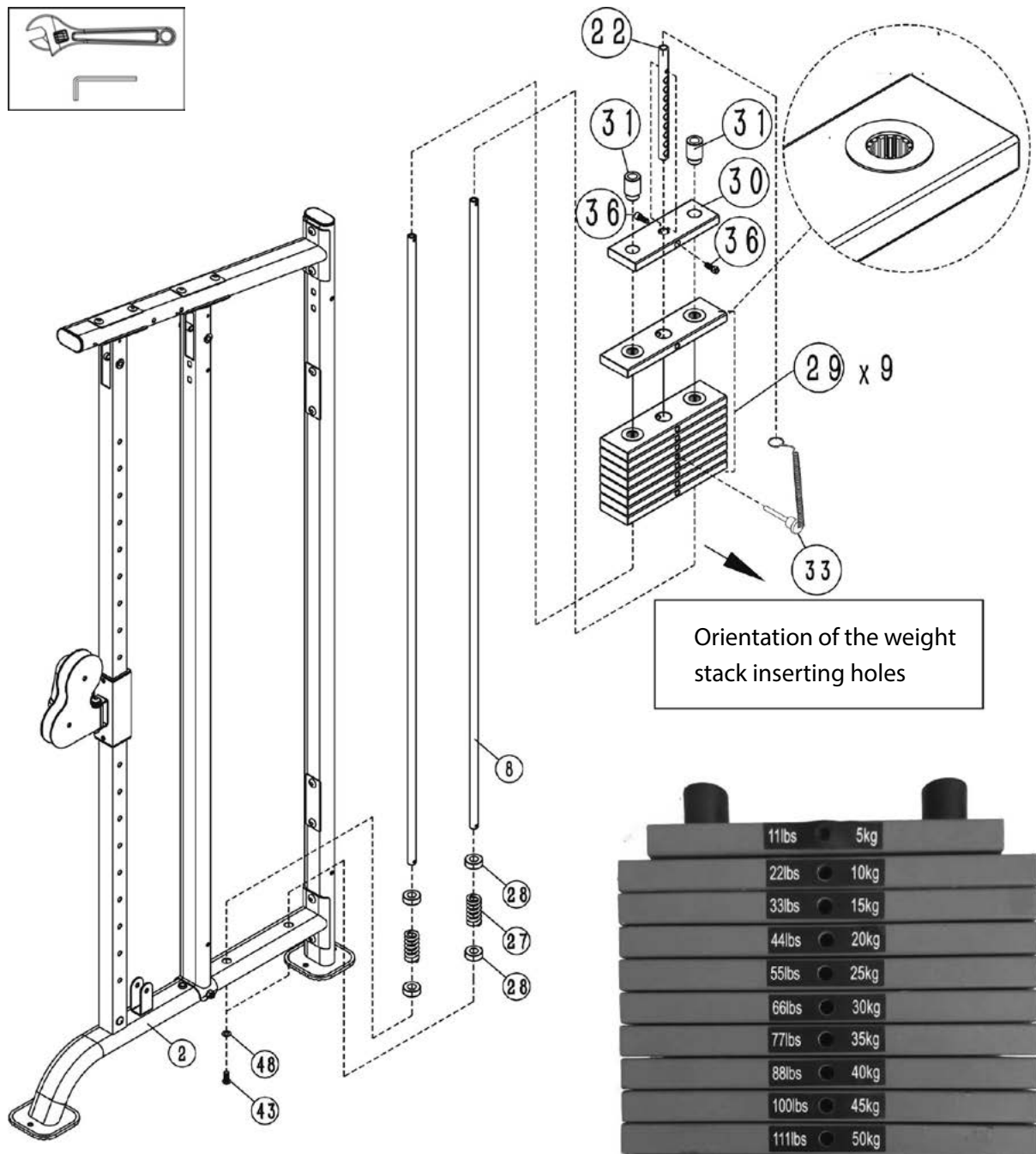
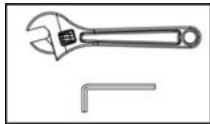
- Put 2 x Front Support Frame (5) through the L & R Sliding Frames (12, 13) and respectively screw 1 x M18x1.5xØ12 T-shaped Pin (35) in the bolts of the L & R Sliding Frame (12, 13), then secure the M18x1.5xØ12 T-shaped Pin (35) to facilitate the L & R Sliding Frame (12) are adjustable on the Front Support Frame (5).
- Put the U-shaped brackets of 2 x Base Frame (2) through 2 x Front Support Frame (5) respectively, and then fix 2 x Front Support Frame (5) to 2 x Base Frame (2) respectively using 2 x M10x16 Allen Bolts (44) and 2 x Ø10mm Washers (48).
- Fix 2 x Double Floating Pulley Bracket (14) to the L & R Sliding Frame (12, 13) using 1 x M12x90mm Allen Bolts (38), 2 x Ø12mm Washers (50) and 1 x M12 Aircraft Nut (51).
- **Notes:** Parts #43, #54, #55, #57, #58, #61 and #64 are pre-assembled.

Step 4



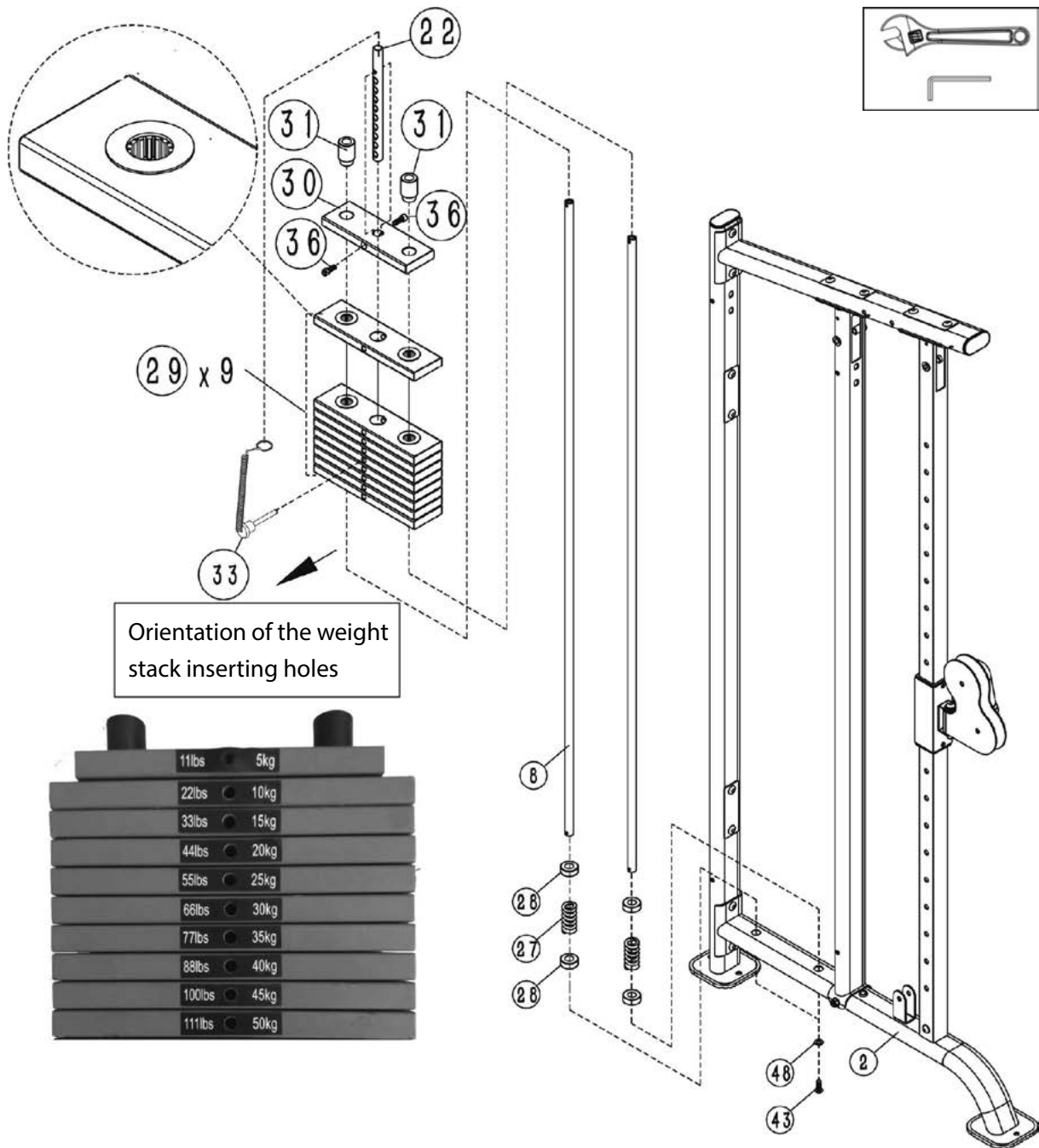
- Attach 2 x Upper Frames (6) and 2 x Flat Brackets (21) to 2 x Middle Support Frame (4) and Front Support Frame (5) respectively using 4 x M10×60mm Carriage Bolts (37), 4 x Ø10mm Washers (48) and 4 x M10 Aircraft Nuts (49).
- Connect 1 x Upper Connecting Frame (7) to 2 x Rear Post (1) and 2 x Upper Frame (6) using 4 x M10×60mm Carriage Bolts (37), 4 x Ø10mm Washers (48) and 4 x M10 Aircraft Nuts (49).

Step 5



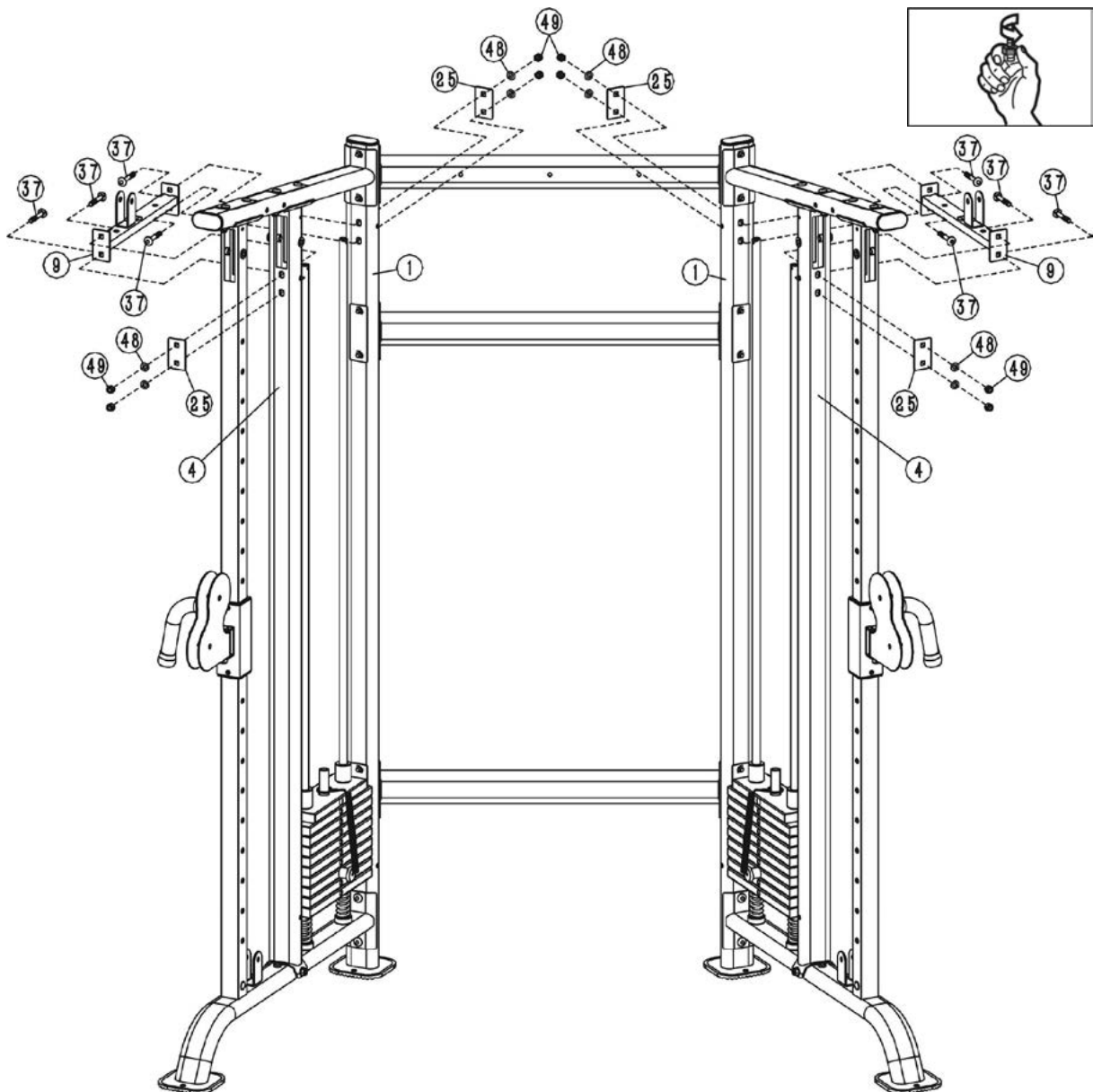
- Fix 2 x Guide Rods (8) to the right Base Frame (2) using 2 x M10×25mm Allen Bolts (43).
- Put the Guide Rod (8) through 1 x Rubber Bumper (28), 1 x Shock Spring (27) and 1 x Rubber Bumper (28) sequentially.
- Put the Guide Rod (8) through the 5kg Selector Stem (29).
- Respectively put 2 x Weight Stem Guiding Sleeve (31) into the 4kg Selector Stem (30), insert the Selector Rod (22) into the 4kg Selector Stem (30), screw 2 x M10×25mm Allen Bolts (36) in the 4kg Selector Stem (30) and fix the Selector Rod (22).
- Put the Guide Rod (8) through the 4kg Selector Stem (30).
- Stick the weight sticker (32) as shown in the diagram, from top to bottom sticking 5kg, 10kg, 15kg, 20kg, 25kg, 30kg, 35kg, 40kg, 45kg, 50kg.

Step 6



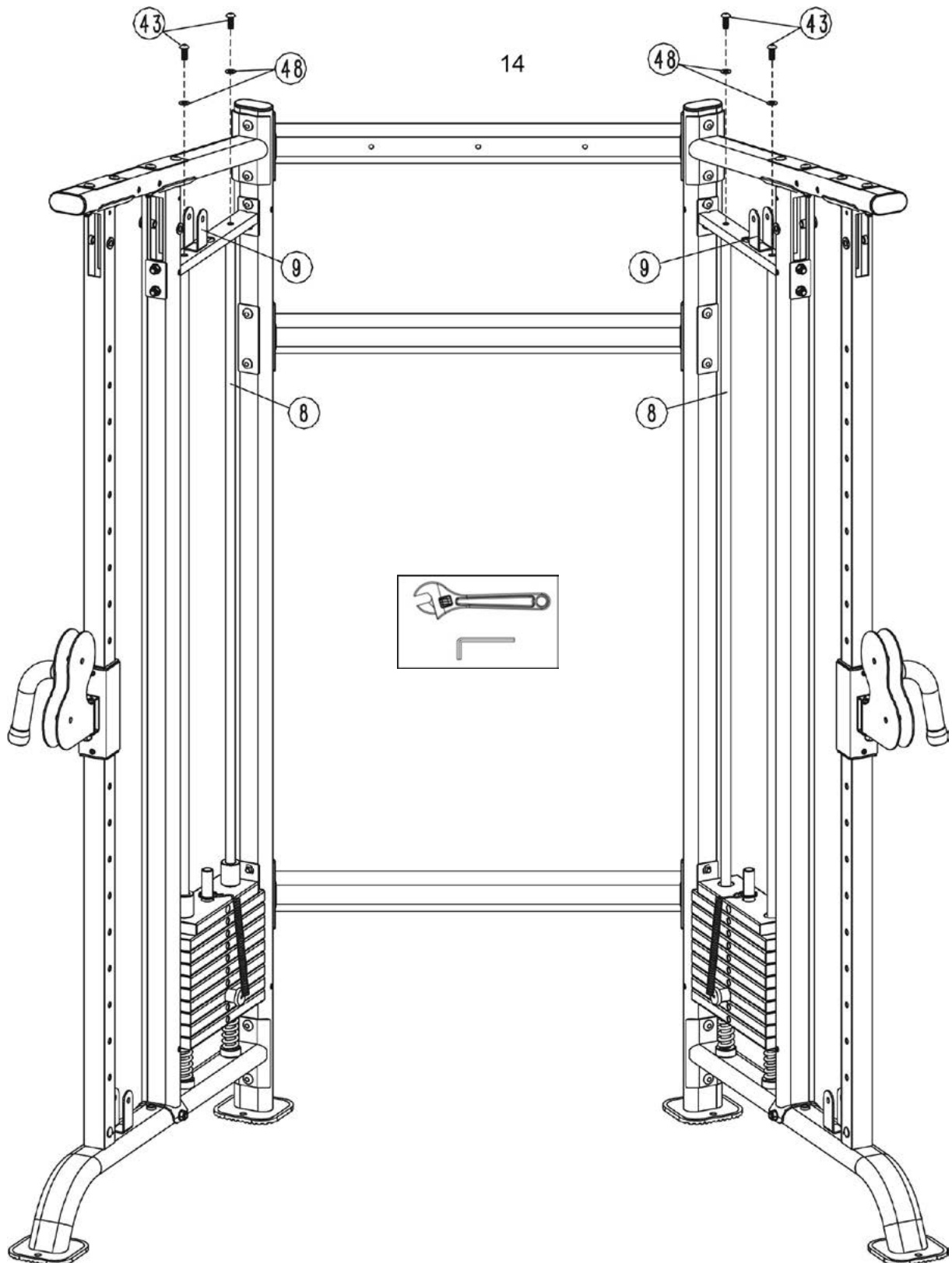
- Repeat Step 5 to assemble the left weight stack.

Step 7



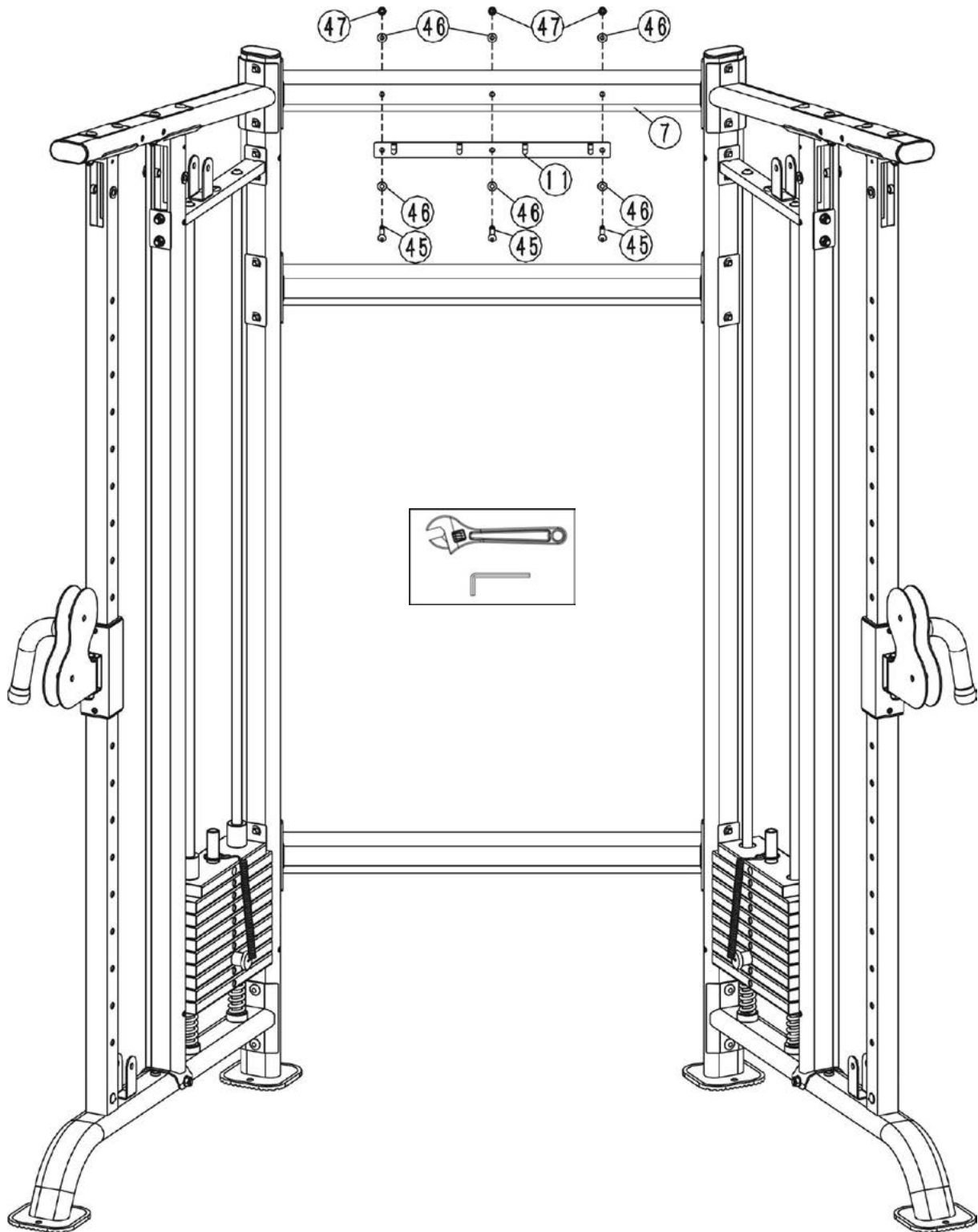
- Put left and right Guide Rod (8) through 2 x Guide Rod Holder (9).
- Fix the 2 x Guide Rod Holder (9) to the middle between the L & R Middle Support Frame (4) and the Rear Post (1) using 4 x M10x60mm Carriage Bolts (37), 4 x Ø10mm Washers (48), 4 x M10 Aircraft Nuts (49) and 2 x Bracket (25).

Step 8



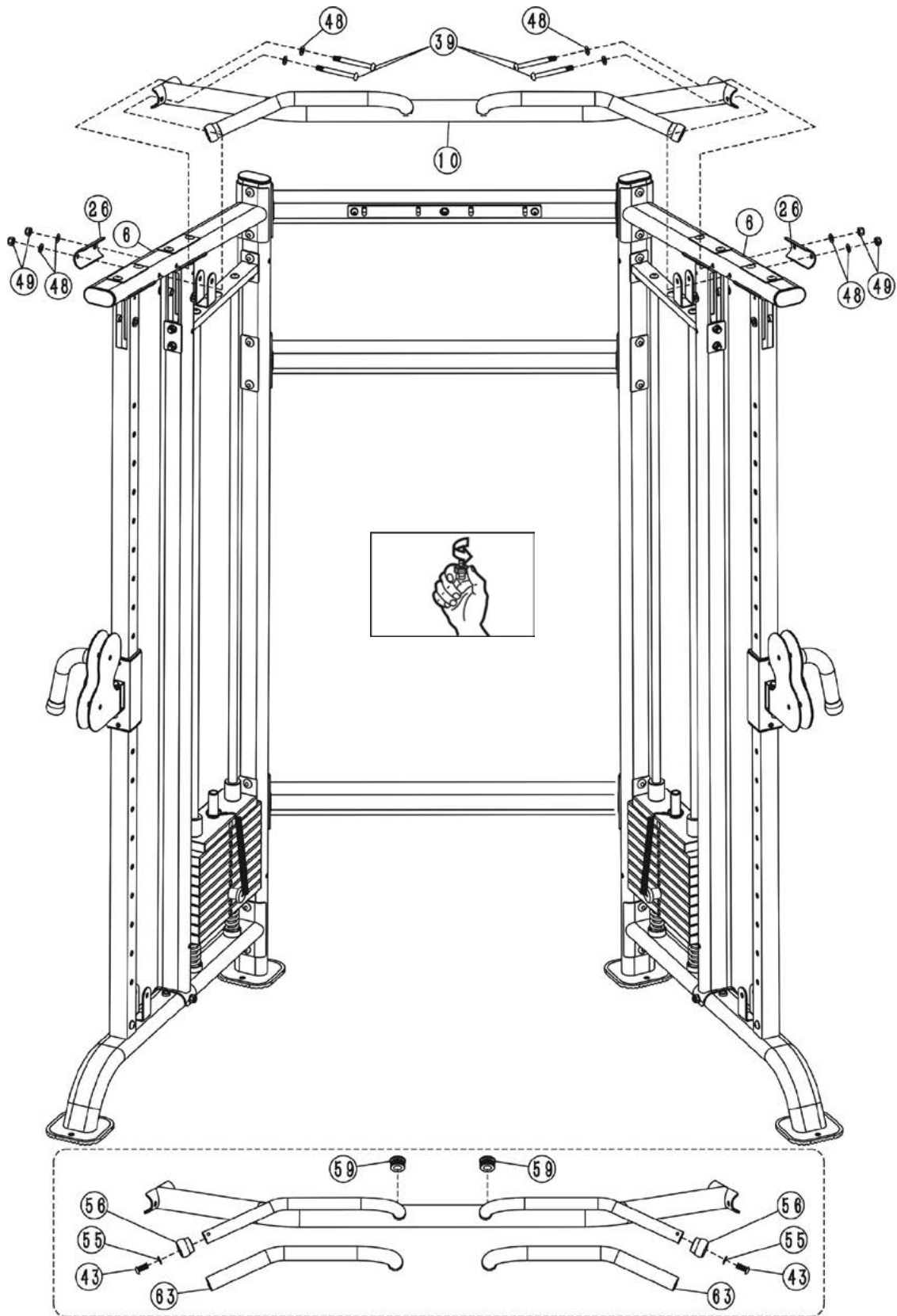
- Fix the left and right Guide Rod Holder (9) to the Guide Rod (8) respectively using 2 x M10×25mm Allen Bolts (43) and 1 x Ø10mm Washer (48).

Step 9



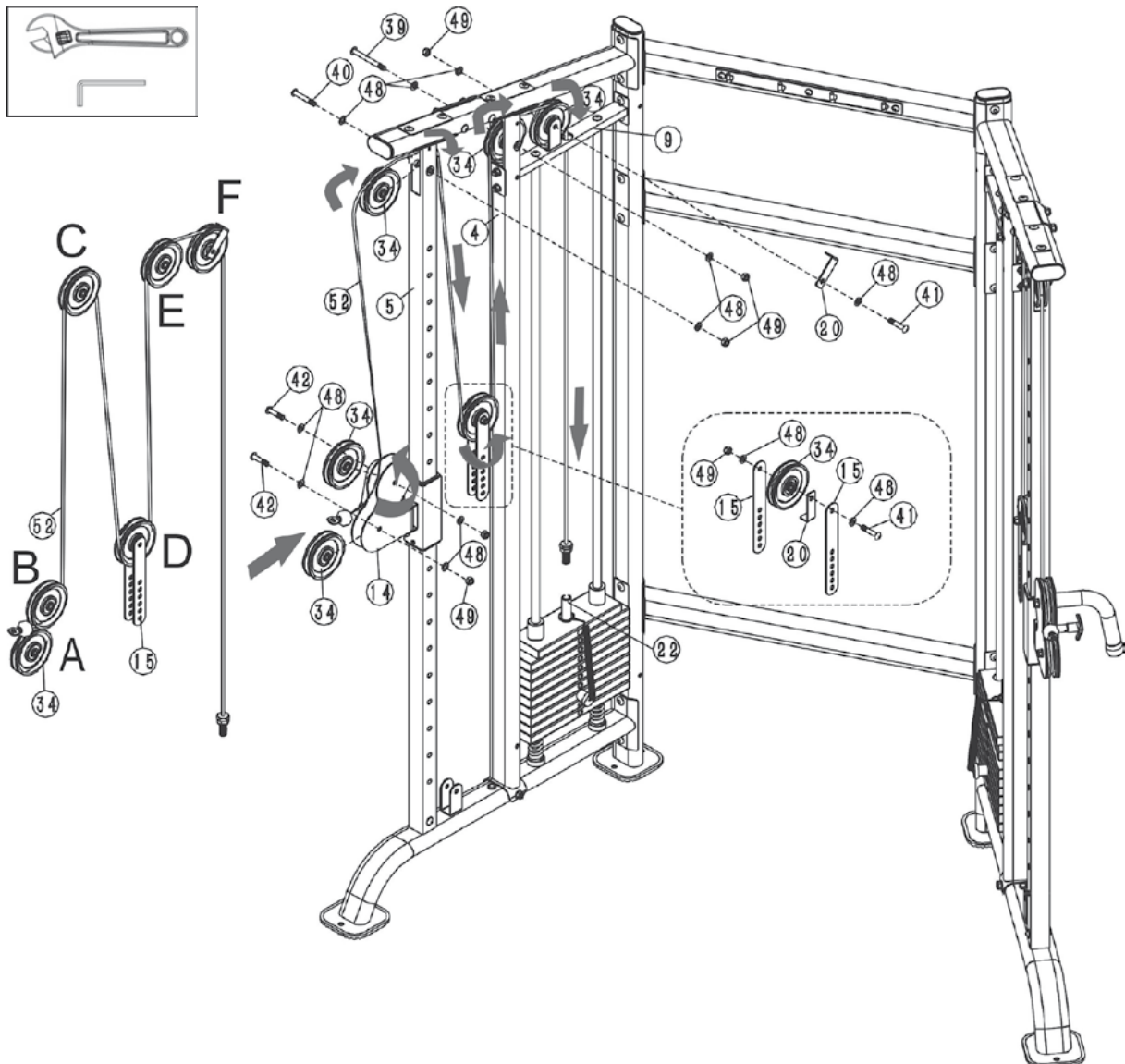
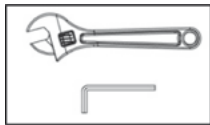
- Attach the Hook Frame (11) to the Upper Connecting Frame (7) using 3 x M8x55mm Allen Bolts (45), 6 x Ø8mm Washers (46) and 3 x M8 Aircraft Nuts (47).

Step 10



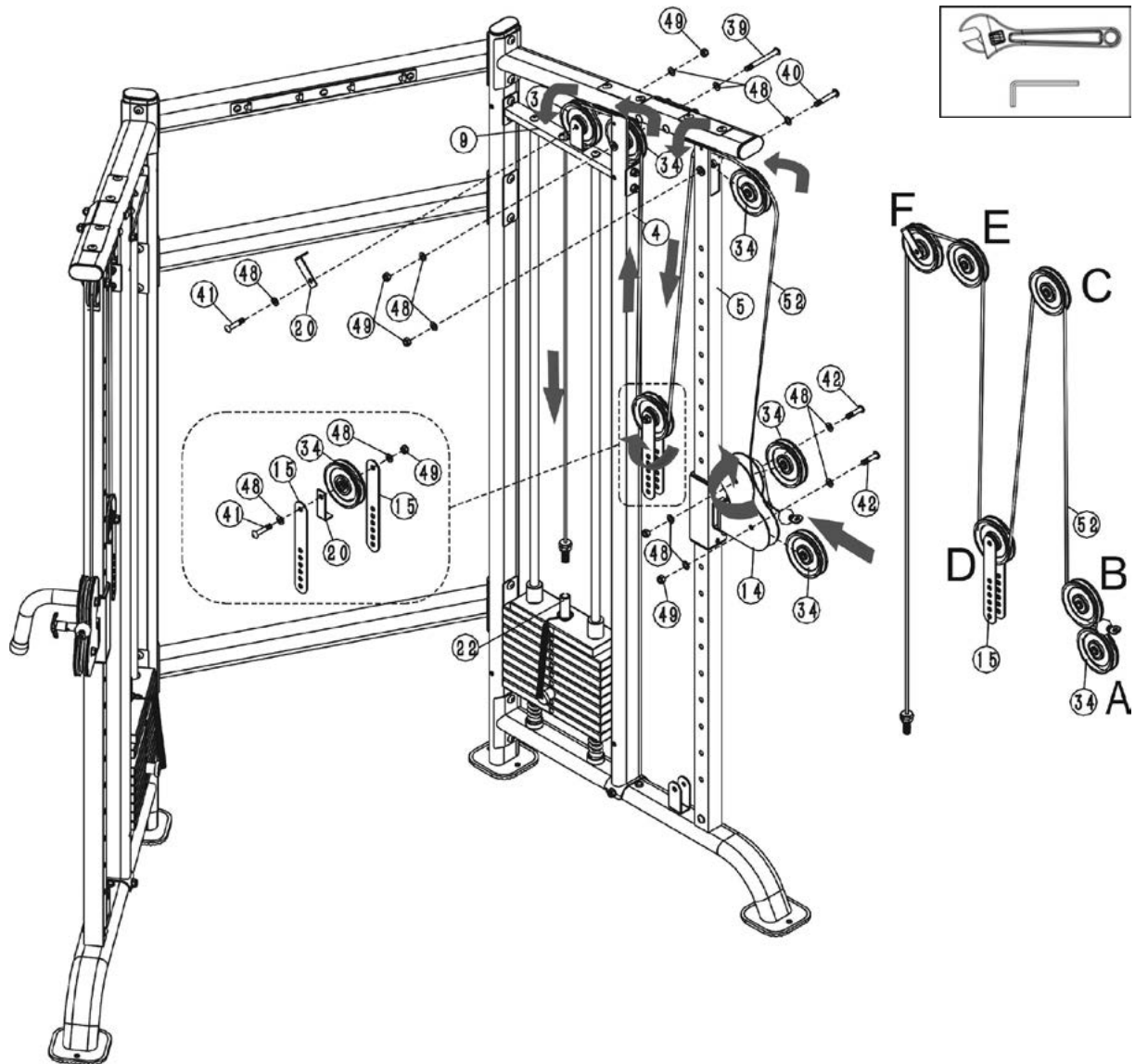
- Attach the Chin up bar Frame (10) to the middle of the 2 x Upper Frame (6) using 8 x Ø10mm Washers (48), 4 x M10 Aircraft Nut (49), 4 x M10×100mm Allen Bolts (39) and 2 x Arc Bracket (26).
- **Notes** Parts #43, #55, #56, #59 & #63 are pre-assembled.

Step 11



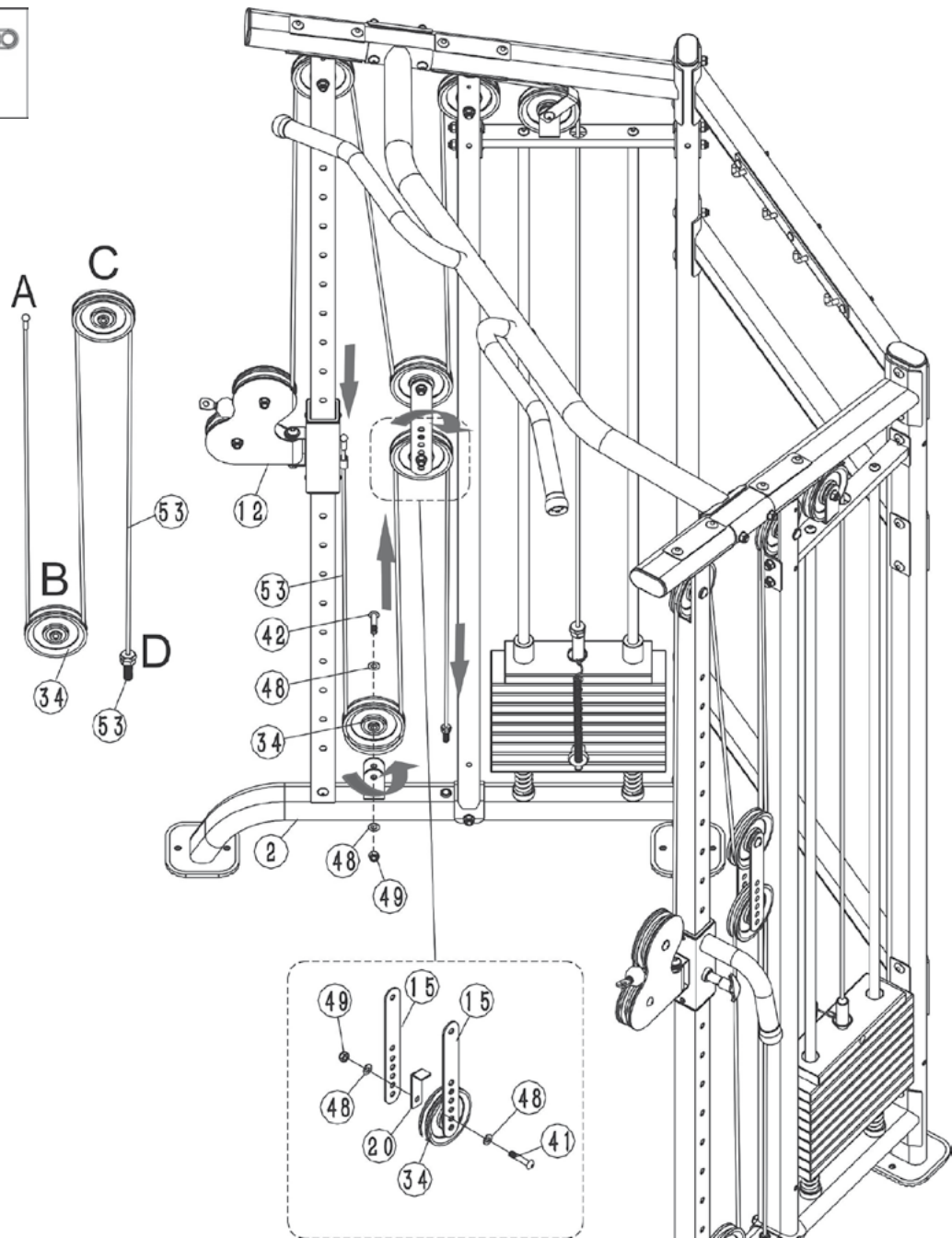
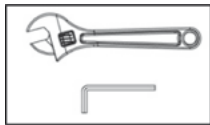
- Find out the end with threaded head of the Upper Cable (52) as shown in the diagram, thread the end in sequence through the long notch on the right side of the Front Support Frame (5), Middle Support Frame (4) and Guide Rod Holder (9), and finally screw it into the Selector Rod (22).
- Connect the **Pulleys A & B** (34) and Upper Cable (52) to the Right Sliding Frame (12) using 1 x M10×45 Allen Bolt (42), 2 x Ø10mm Washers (48) and 1 x M10 Aircraft Nut (49), and ensure the cable in pulley groove.
- Connect the **Pulley C** (34) and Upper Cable (52) to the Front Support Frame (5) using 1 x M10×65 Allen Bolt (40), 2 x Ø10mm Washers (48) and 1 x M10 Aircraft Nut (49), and ensure the cable in pulley groove.
- Connect the **Pulley D** (34) and Upper Cable (52) to the 2 x Double Pulley Bracket (15) and 1 x LShaped Cable Protector (20) using 1 x M10×50 Allen Bolt (41), 2 x Ø10mm Washers (48) and 1 x M10 Aircraft Nut (49) and ensure the cable in pulley groove.
- Fix the **Pulley E** (34) and Upper Cable (52) to the Middle Support Frame (4) 1 x M10×100 Allen Bolt (39), 2 x Ø10mm Washers (48) and 1 x M10 Aircraft Nut (49), and ensure the cable in pulley groove.
- Connect the **Pulley F** (34) and Upper Cable (52) to 1 x L- Shaped Cable Protector (20) and Guide Rod Holder (9) using 1 x M10×50mm Allen Bolt (41), 2 x Ø10mm Washers (48) and 1 x M10 Aircraft Nut (49), and ensure the cable in pulley groove.

Step 12



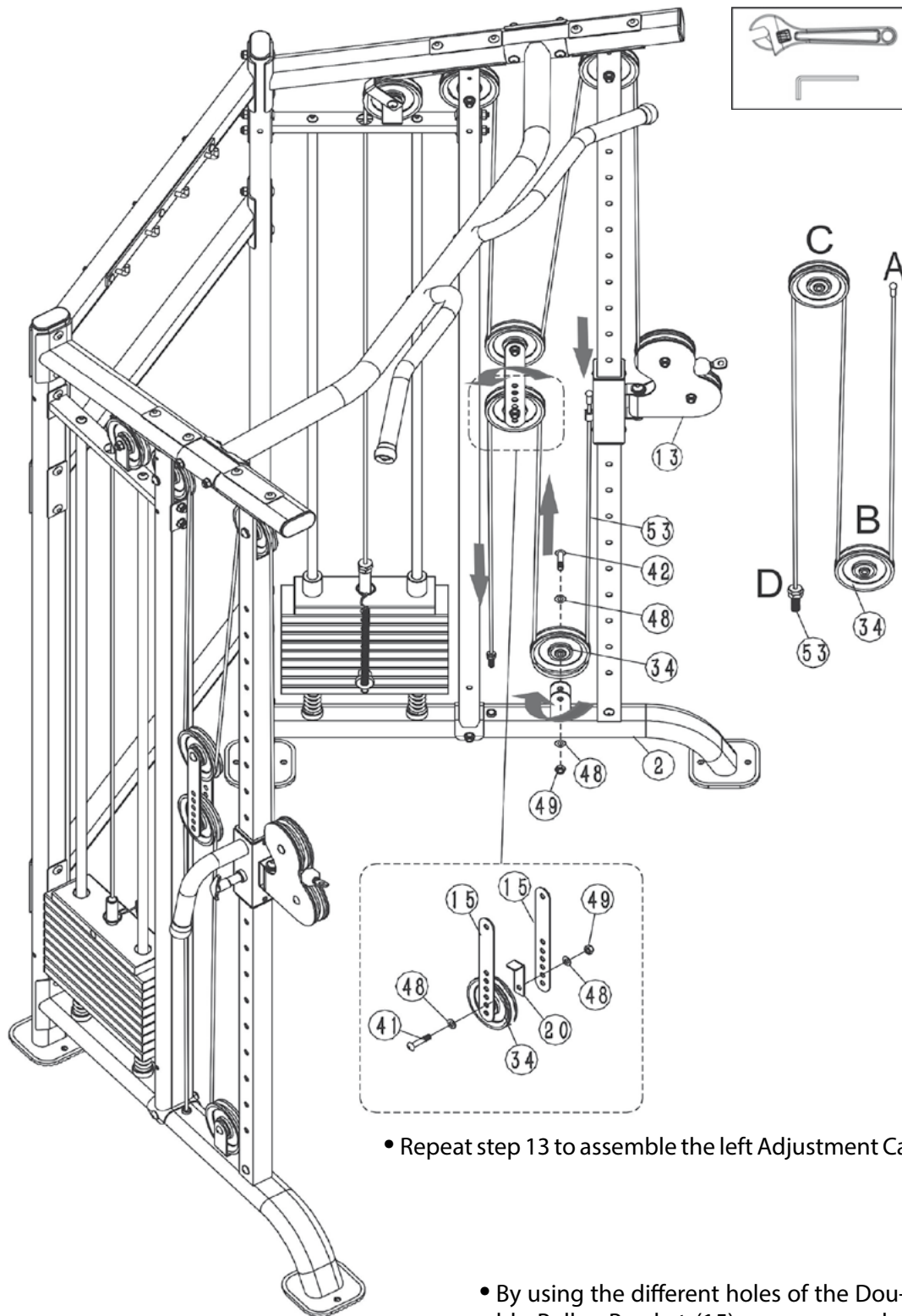
- Repeat the step 11 to assemble the left Upper Cable (52).

Step 13



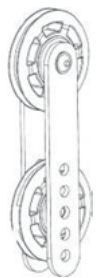
- Put the End **A** of the Adjustment Cable (53) through the sleeve on the right side of the Right Sliding Frame (12) as shown in the diagram, then screw the End **D** in the nut on the Base Frame (2).
- Connect the Pulley **B** (34) and Adjustment Cable (53) to the Base Frame (2) using 1 x M10×45mm Allen Bolt (42), 2 x Ø10mm Washers (48) and 1 x M10 Aircraft Nut (49), and ensure the cable in the pulley groove.
- Connect the Pulley **C** (34) and Adjustment Cable (53) to 1 x L- Shaped Cable Protector (20) and 2 x Double Pulley Bracket (15) using 1 x M10×50mm Allen Bolt (41), 2 x Ø10mm Washers (48) and 1 x M10 Aircraft Nut (49).
- Cable tension can be adjusted by the End **D** of the Adjustment Cable (53).

Step 14

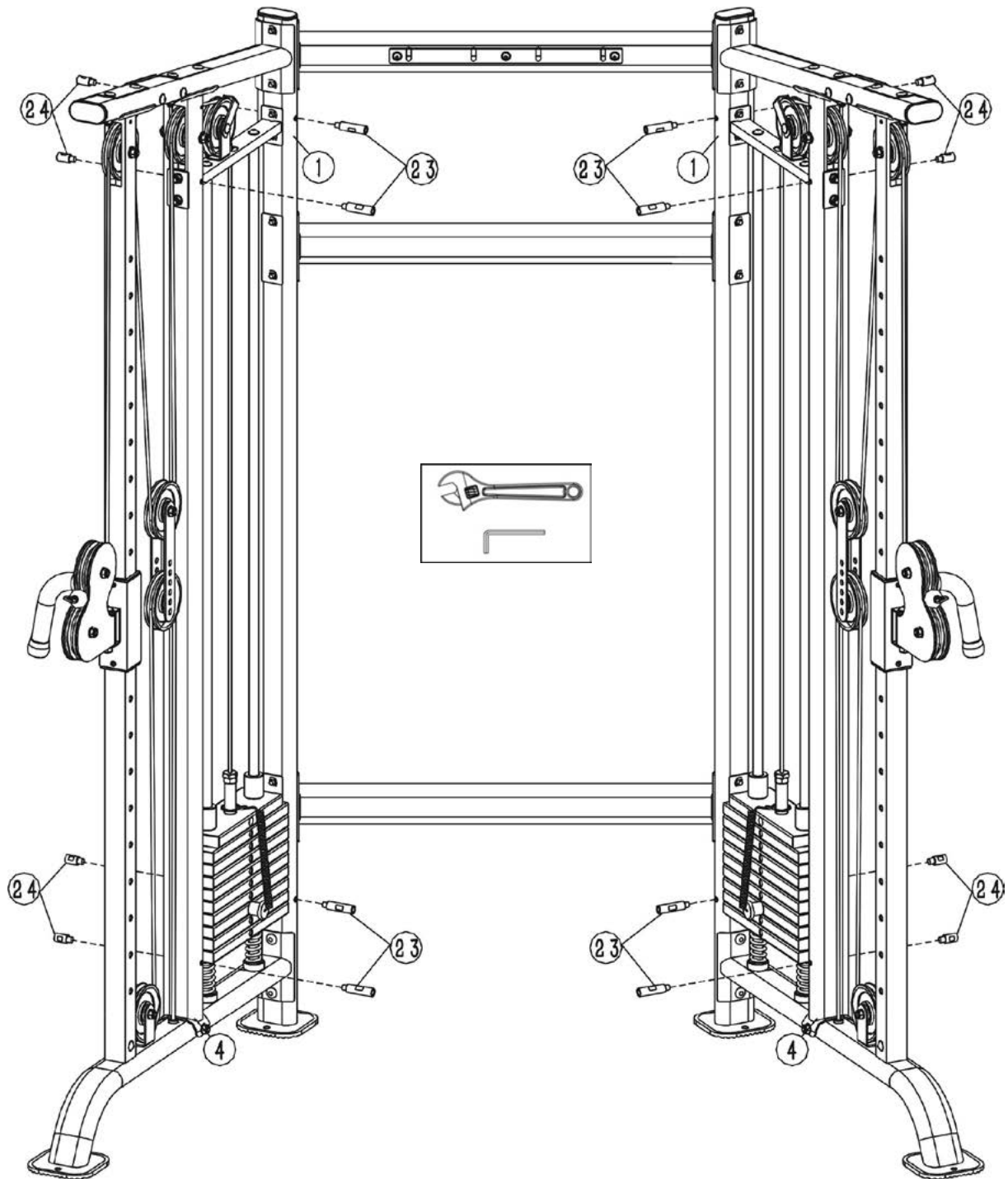


- Repeat step 13 to assemble the left Adjustment Cable (53).

- By using the different holes of the Double Pulley Bracket (15), you may make bigger adjustments of the cable's tension, simply by placing the bottom pulley on a lower or higher hole.

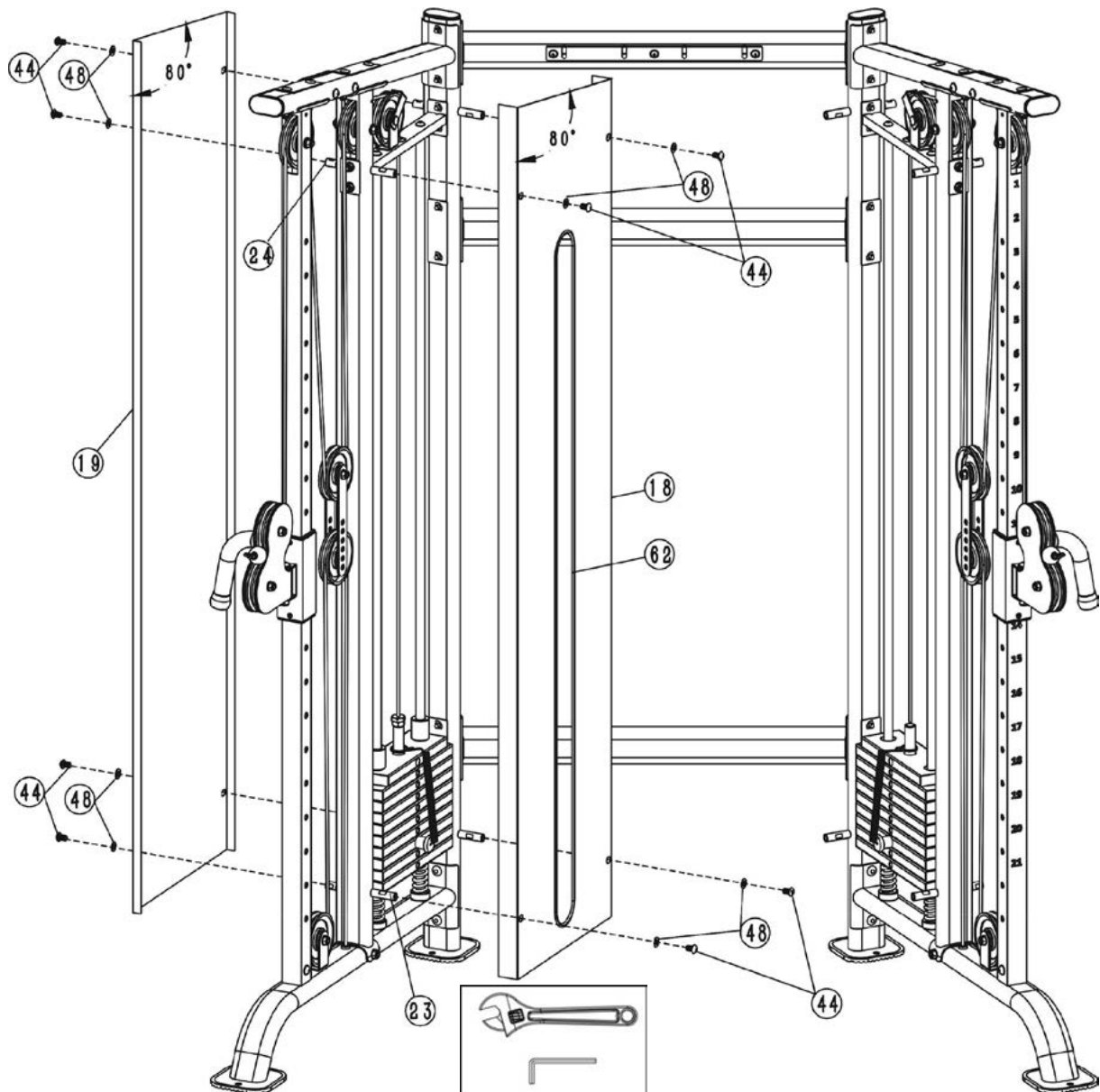


Step 15



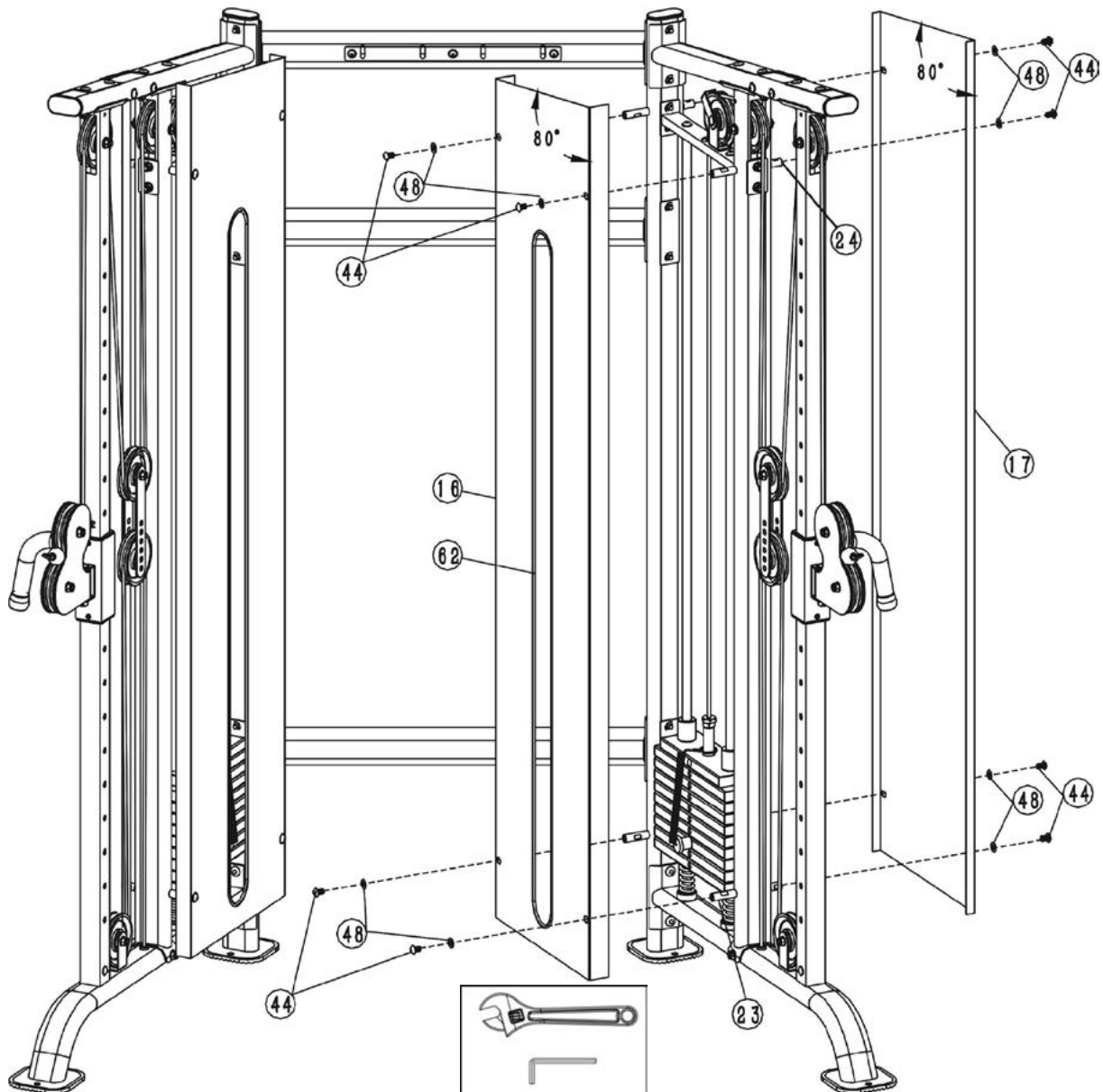
- Respectively attach 8 x $\text{Ø}16 \times \text{M}10 \times 65$ Axle (23) to the inside of the 2 x Rear Post (1) and 2 x Middle Support Frame (4).
- Respectively attach 8 x $\text{Ø}16 \times \text{M}10 \times 35$ Axle (24) to the outside of the 2 x Rear Post (1) and 2 x Middle Support Frame (4).

Step 16



- Fix the Right Inside Weight Stack Cover (18) to 4 x $\text{Ø}16 \times \text{M}10 \times 65$ Axle (23) using 4 x M10 \times 16mm Allen Bolts (44) and 4 x $\text{Ø}10$ mm Washers (48).
- Fix the Right Outside Weight Stack Cover (16) to 4 x $\text{Ø}16 \times \text{M}10 \times 35$ Axle (24) using 4 x M10 \times 16mm Allen Bolts (44) and 4 x $\text{Ø}10$ mm Washers (48).
- **Note:** Part #62 is pre-assembled.

Step 17



- Fix the Left Inside Weight Stack Cover (16) to 4 x $\text{Ø}16 \times \text{M}10 \times 65$ Axle (23) using 4 x M10 \times 16mm Allen Bolts (44) and 4 x $\text{Ø}10$ mm Washers (48).
- Fix the Left Outside Weight Stack Cover (17) to 4 x $\text{Ø}16 \times \text{M}10 \times 35$ Axle (24) using 4 x M10 \times 16mm Allen Bolts (44) and 4 x $\text{Ø}10$ mm Washers (48).
- **Note:** Part #62 is pre-assembled.

WARM-UP EXERCISES

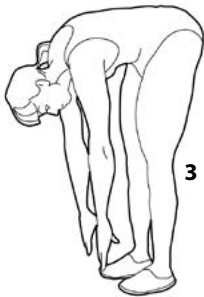
A proper workout consists of warm-up, aerobic exercise and relaxation. Repeat the program 2 or, preferably, 3 times a week, relaxing one day in between. After a few months you will be able to increase the frequency of your workouts to 4 or 5 times per week. Warming up should be a key part of your exercise, something not to be missed. It prepares your body for more strenuous exercises by warming and stretching your muscles, increasing blood circulation and heart rate and sending more oxygen to your muscles. Repeat these exercises after your workout to minimize muscle soreness. We suggest the following exercises:



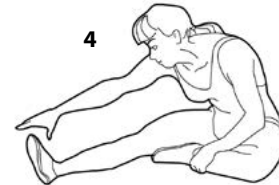
1. Quadriceps stretch: Lean against the wall using your right hand while bending your left leg backwards and holding it with the other hand. Try to bend the leg as much as you can. Hold this position for 15 seconds. Repeat for the right leg.



2. Adductor exercise: Sit down pulling your feet towards you, knees bent and the soles pressed together. Then use your elbows to press your knees towards the floor. Perform 15 repetitions.



3. Touch the toes: Bend your waist slowly forward with your knees slightly bent and your hands trying to grip the toes. Hold this position for 15 seconds.



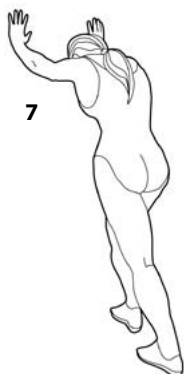
4. Biceps exercise: Sit with your right leg outstretched towards the front and the left one tucked in with the sole touching the right leg. Lean forward trying to grab the toes of the outstretched foot. Perform 15 repetitions. Rest for a while and repeat with the other leg outstretched.



5. Neck stretching (Head rolling): Tilt your head to the right, feeling the stretching of the left side of the neck. Then tilt your head towards the other side. Finally, tilt the head once forward and once backwards.



6. Shoulder lift: Raise your right shoulder as close as you can to your ear. Repeat with the left shoulder. This exercise should be performed at a slow pace.



7. Tension of the Achilles tendon: This exercise is performed by leaning on a wall, which you press with your hands. The right foot should be bent at the knee and the left one stretched backwards, the soles of both feet touching the ground. Repeat the exercise by reversing the feet.



8. Side stretching: Stretch your hands upwards and try to lift your left outstretched hand as high as possible, so that you feel your left side being pulled. Repeat for the right hand.

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