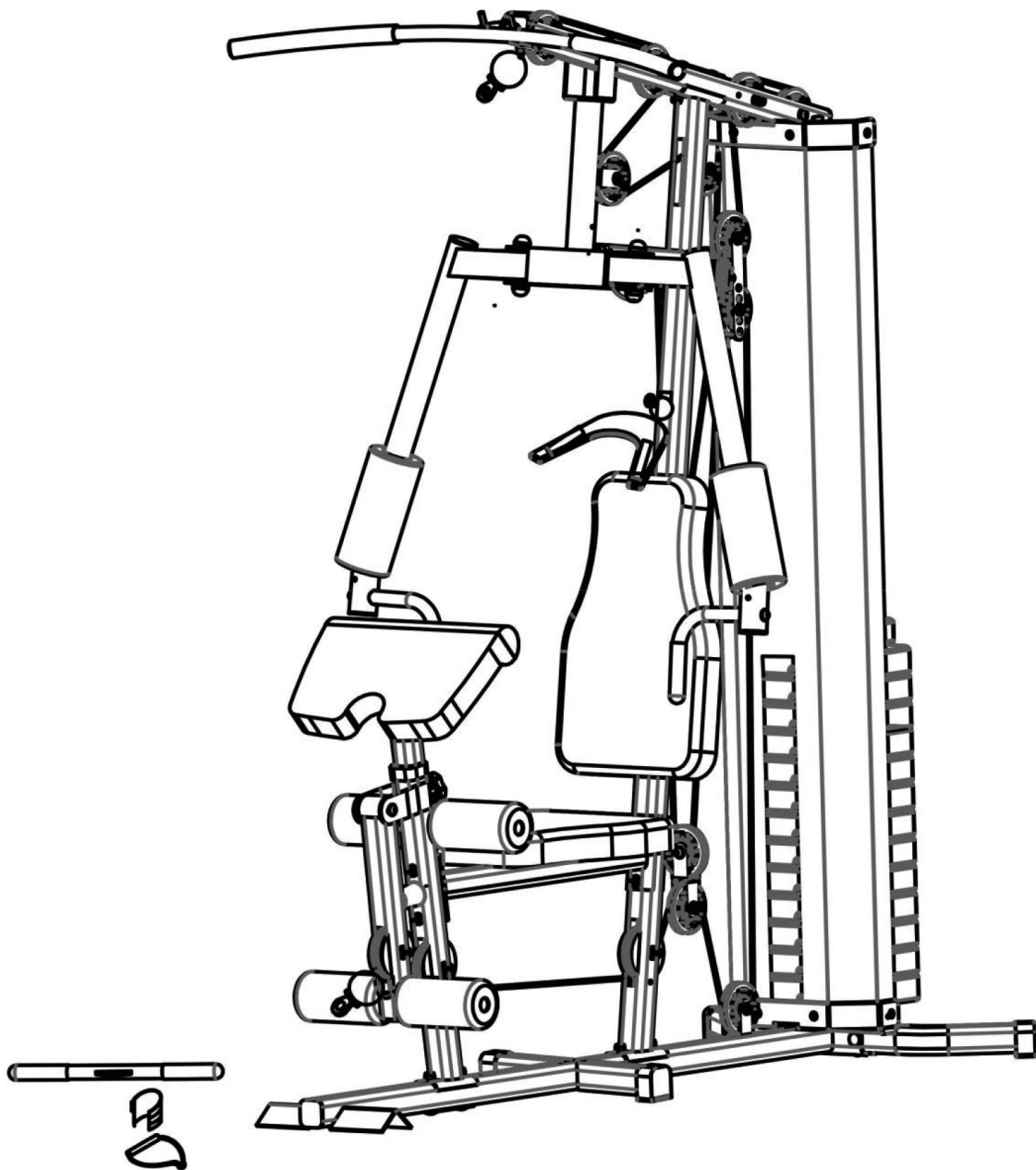


AMiLA®

# HOME GYM HG400

(code: 91208)

Assembly instructions




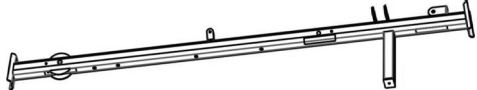
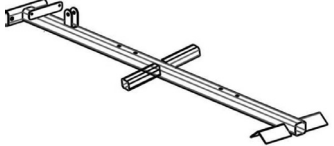
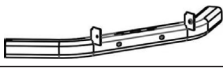
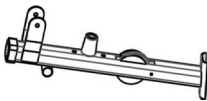


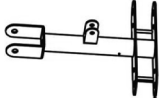
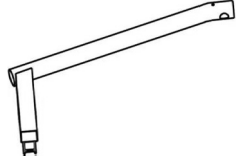






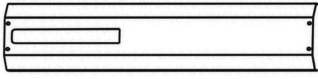


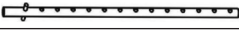

IN ORDER FOR THE WARRANTY TO BE VALID,  
PLEASE, BEFORE YOU BEGIN  
ASSEMBLING AND USING THE MACHINE,  
READ THIS INSTRUCTIONS.



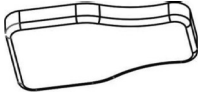











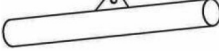




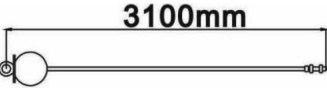
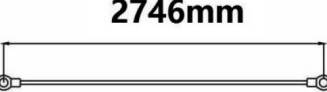
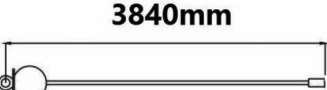
# ASSEMBLY INSTRUCTIONS FOR HOME GYM HG400







## SAFETY INSTRUCTIONS

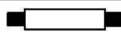
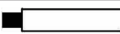

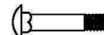
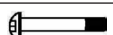


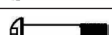










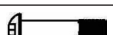




1. Read all instructions and warm-up before using this machine.
2. Check all parts before assembly/use and make sure they all are in perfect condition and ready for use..
3. This machine should be placed on an perfectly flat surface and, since such is not usually the case, the use of a mat or carpet is recommended.
4. Consult your doctor about the level of exerction you should reach. This is an absolute must if you are over 45 years of age or have a medical history.
5. For your exercise to be effective, it must be done on a daily basis and for at least 20 minutes.
6. Keet it away from infants, young children and pets.
7. Keep hands away from moving parts.
8. Before exercising, it is advised to warm-up, in order to not injure any of your muscles. Also, after your exercise, you should also do some stretching ald relaxation exercises.
9. Do not use outdoors.
10. Do not use the machine for any other purpose than the reccomended one.
11. Always wear sneakers.
12. Do not exercise one hour before eating; do not eat one hour before exercising.
13. If you feel unwell, dizzy, nauseous or anything else, stop exercising immediately and consult a doctor.

## PARTS LIST

Drawing	#	Pcs	Description
	1	1	Upper frame
	2	1	Front vertical frame
	3	1	Base frame
	4	1	Rear stabilizer
	5	1	Leg developer holder
	6	1	Seat pad support
	7	1	Leg developer
	8	1	Front press base
	9	1	Right butterfly
	10	1	Left butterfly
	11	2	Handle
	12	1	"U" shaped bracket
	13	1	Arm curl pad support
	14	2	Swivel pulley bracket
	15	1	Cross double floating pulley bracket
	16	1	Weight stack cover
	17	2	Guide rod
	18	1	lat bar
	19	1	Selector rod
	20	4	Bracket

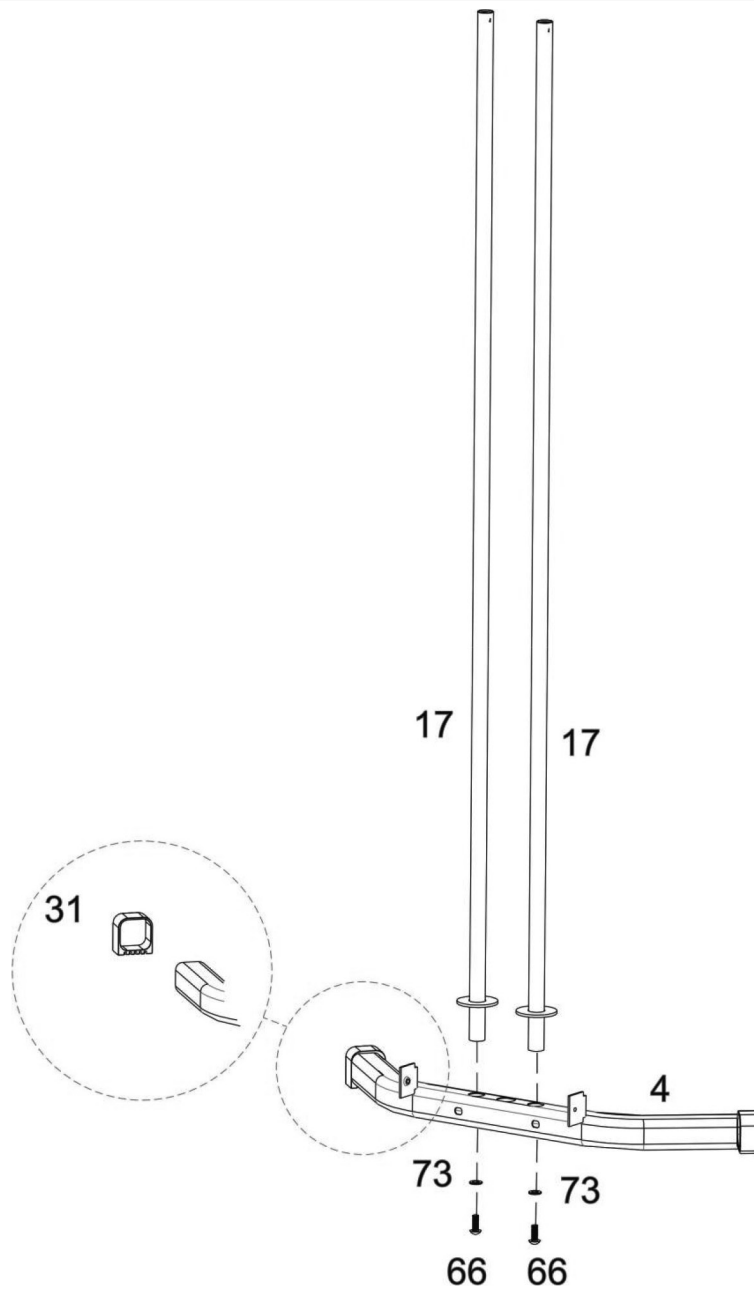
Drawing	#	Pcs	Description
	22	1	Kock knob
	23	2	Foam roll tube
	24	1	Backrest
	25	1	Seat pad
	26	1	Arm curl pad
	27	2	Foam roll
	28	4	Foam roll
	29	2	Weight stack cover bracket
	30	2	Double floating pulley bracket
	32	1	Selector pin
	33	2	15 joint chain
	34	5	Gourd hook
	35	1	Weight stem
	36	13	Weight plate
	39	1	Handle
	41	2	Rubber bumper
	42	18	Pulley
	43	16	Bushing
	47	1	Ankle strap
	48	1	3100mm upper cable
	49	1	2746mm butterfly cable
	50	1	3840mm lower cable

Drawing	#	Pcs	Description
	53	5	Ø50 end cap
	57	1	Single strap
	58	4	M10 aircraft nut cover
	61	8	Cable retainer
	80	4	End cap
	82	4	Bushing

Drawing	#	Pcs	Description	Drawing	#	Pcs	Description
	21	2	Butterfly axle		38	1	Front press base axle
	62	1	57mm swivel axle		63	10	M10x70mm carriage bolt
	64	12	M10x65mm allen bolt		65	2	M10x55 allen bolt
	66	6	M10x25mm allen bolt		67	6	M10x45mm allen bolt
	68	2	M10x20mm allen bolt		69	2	M8x70mm allen bolt
	70	6	M8x16mm allen bolt		71	8	M6x20mm allen bolt
	73	50	Ø10 washer		74	8	Ø8 washer
	75	10	Ø6 washer		76	6	Ø25 washer
	77	39	M10 aircraft nut		78	2	M6 aircraft nut
	83	4	M10x50mm allen bolt		84	1	M10x30mm allen bolt
	—	1	#4 allen wrench		—	1	#5 allen wrench
				—	2	#6 allen wrench	

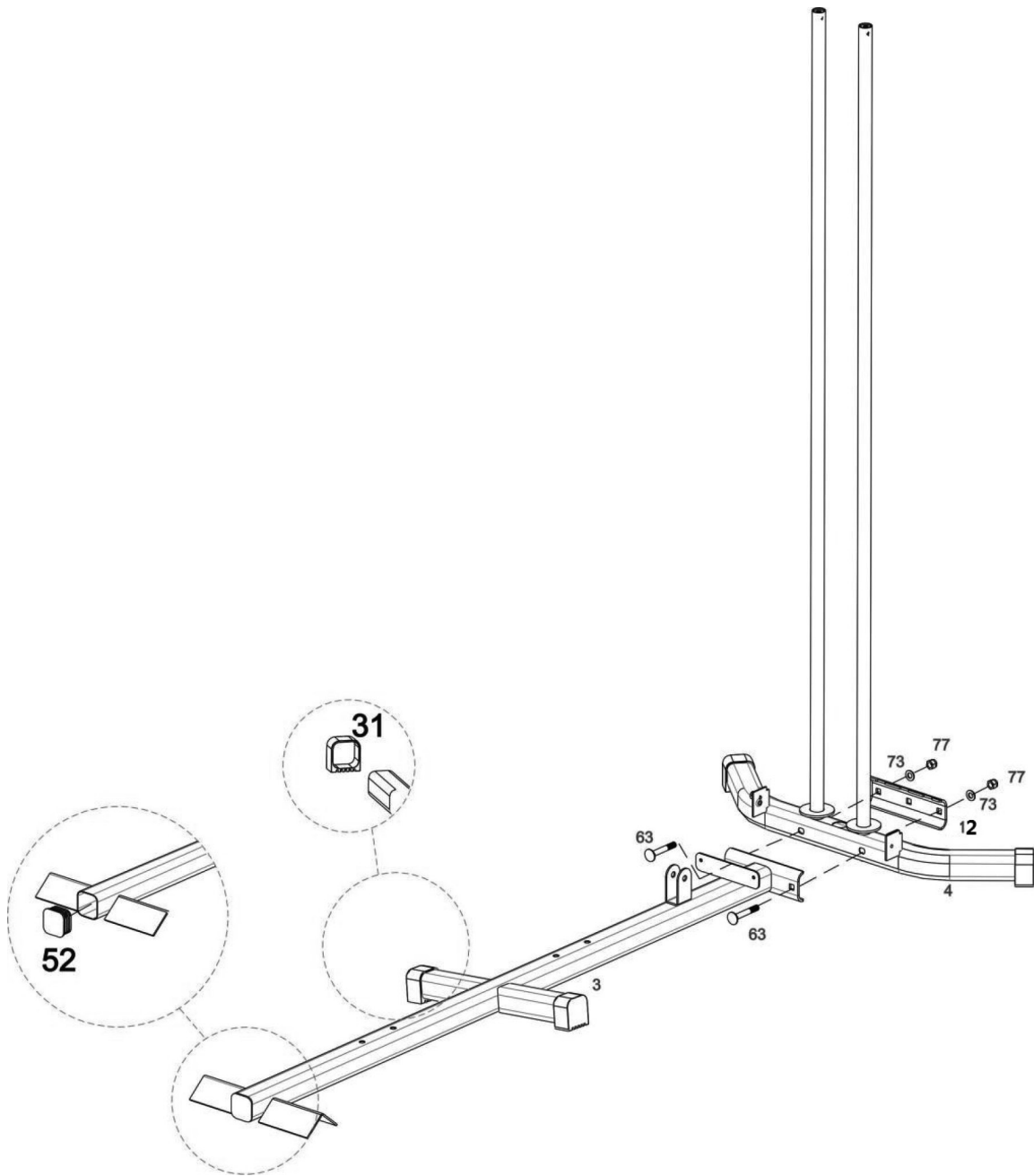
## ASSEMBLY

### Step 1



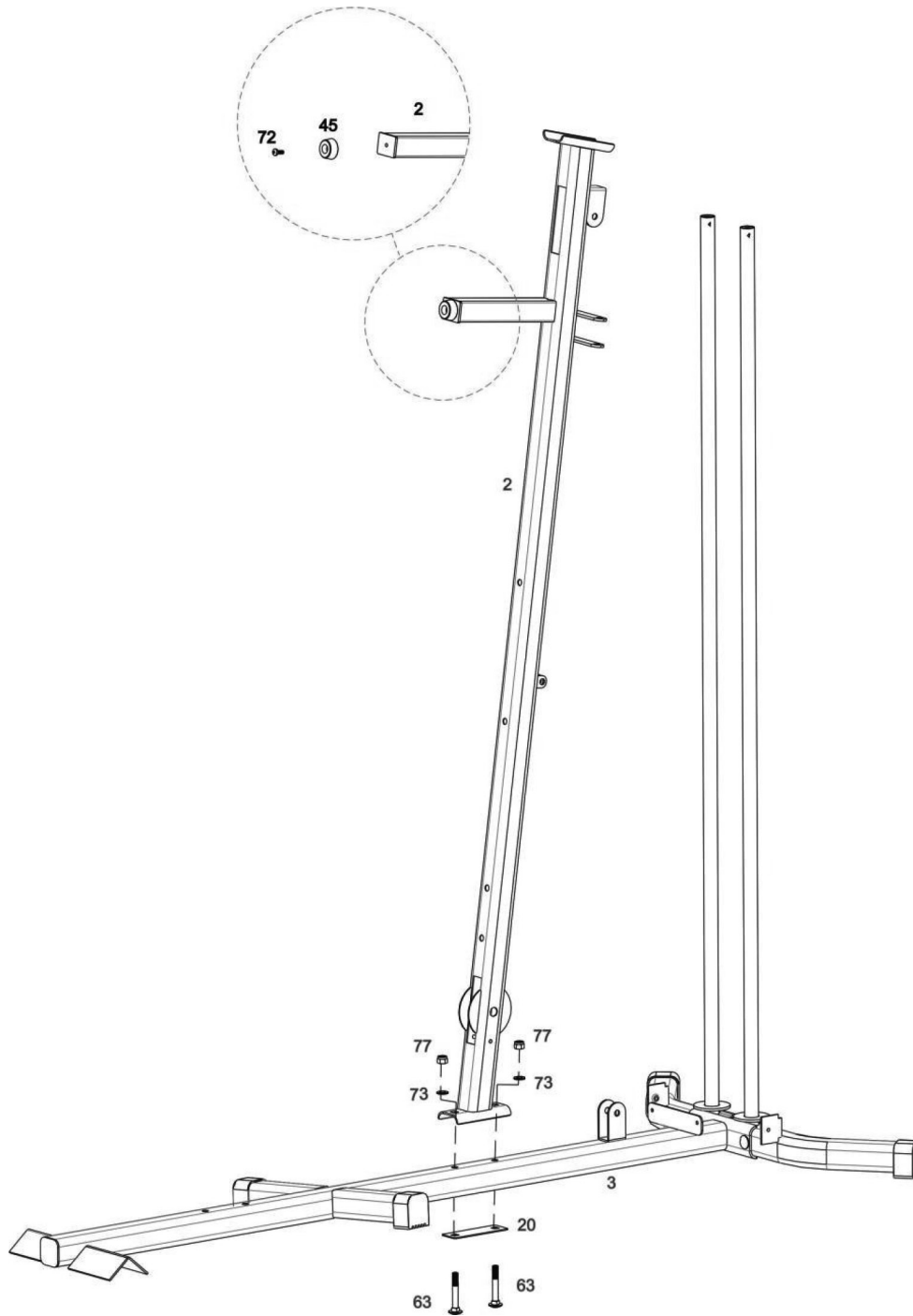
- 1) Insert 2 pcs guide rods (17) into the holes of the Rear Stabilizer (4) separately and tighten them with 2 pcs M10\*25 Allen Bolt (66) and 2 pcs Ø10 washers(73#).
- 2) **Notes:** Part "31" was pre-fitted in the factory already.

## Step 2



- 1) Attach the Base Frame (3) to the Rear Stabilizer (4) as the diagram shows and tighten them with 2 pcs M10\*70 carriage bolt (63), 1 pc bracket (12), 2 pcs Ø10 washers (73) and 2 pcs M10 Aircraft nuts (77).
- 2) **Notes:** Parts "31" and "52" were pre-fitted in the factory already.

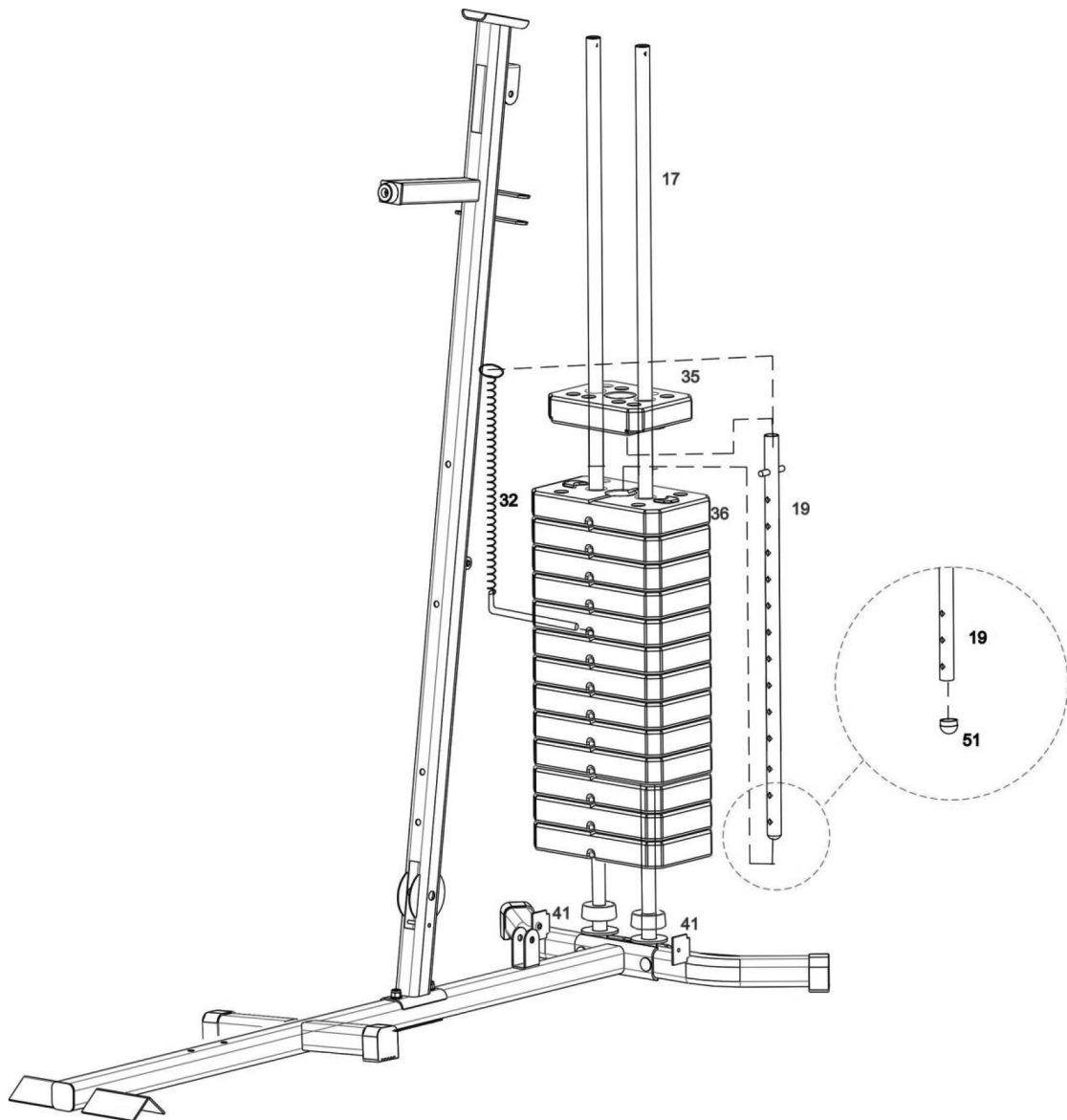
### Step 3



- 1) Attach the front vertical frame (2) onto the base frame (3). Carefully align the holes and secure them with M10\*70 carriage bolt (63), 1 pc bracket (20), 2 pcs Ø10 washers (73) and 2 pcs M10 Aircraft nuts (77).
- 2) **Notes:** Part "45" was pre-fitted in the factory already.

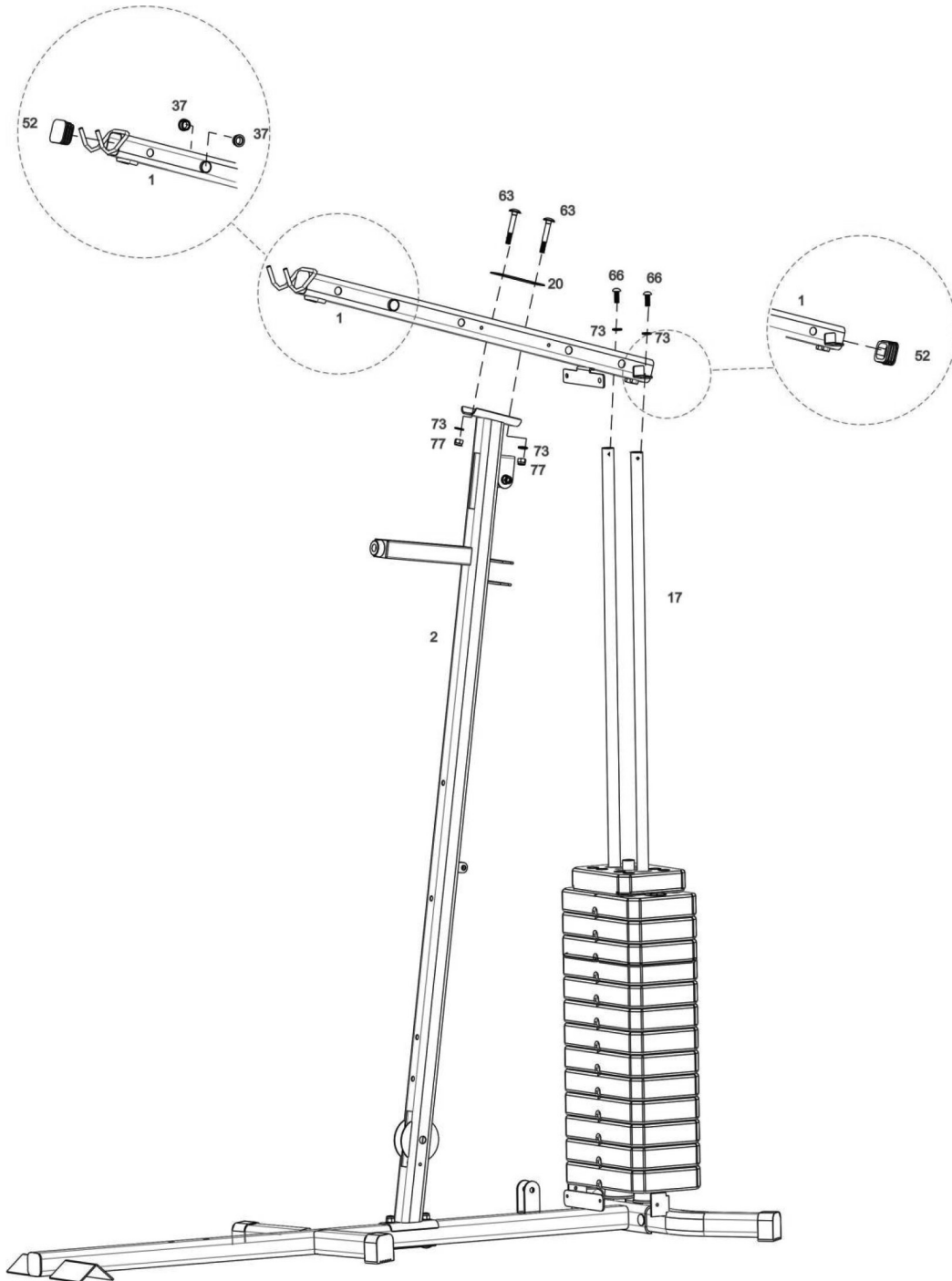


## Step 4



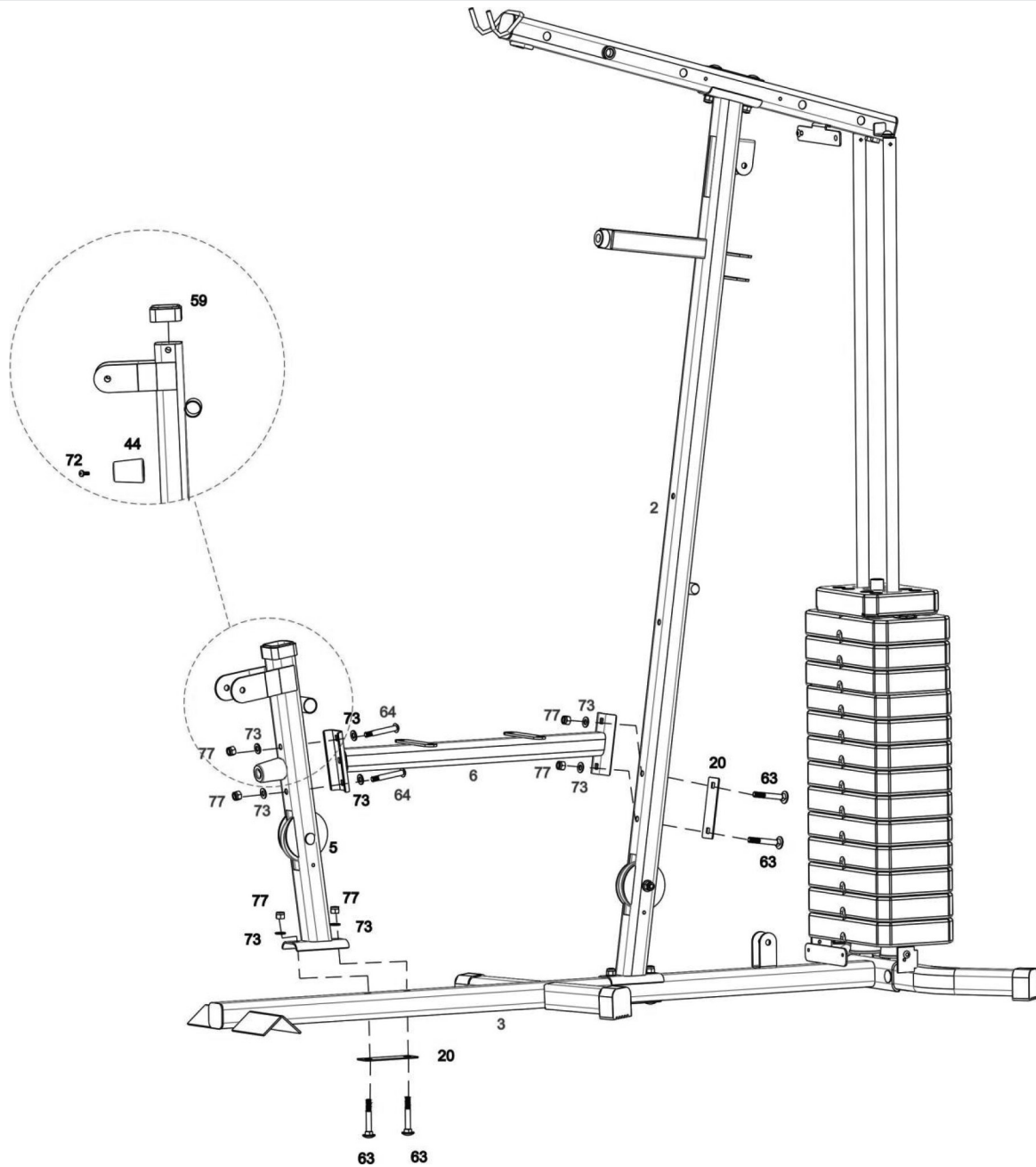
- 1) Place rubber bumpers (41) on the guide rods (17), inserting them from the top and pushing them all the way to the bottom. Place 13 pcs weight plate (36) along the guide rods (17) from the top to the bottom, insert the Selector Rod (19) into the center hole of the weight plates. And then place the weight stem (35) again. Select the desired weight with the selector pin (32) during the exercising.
- 2) **Notes:** Part "51" was pre-fitted in the factory already.

## Step 5



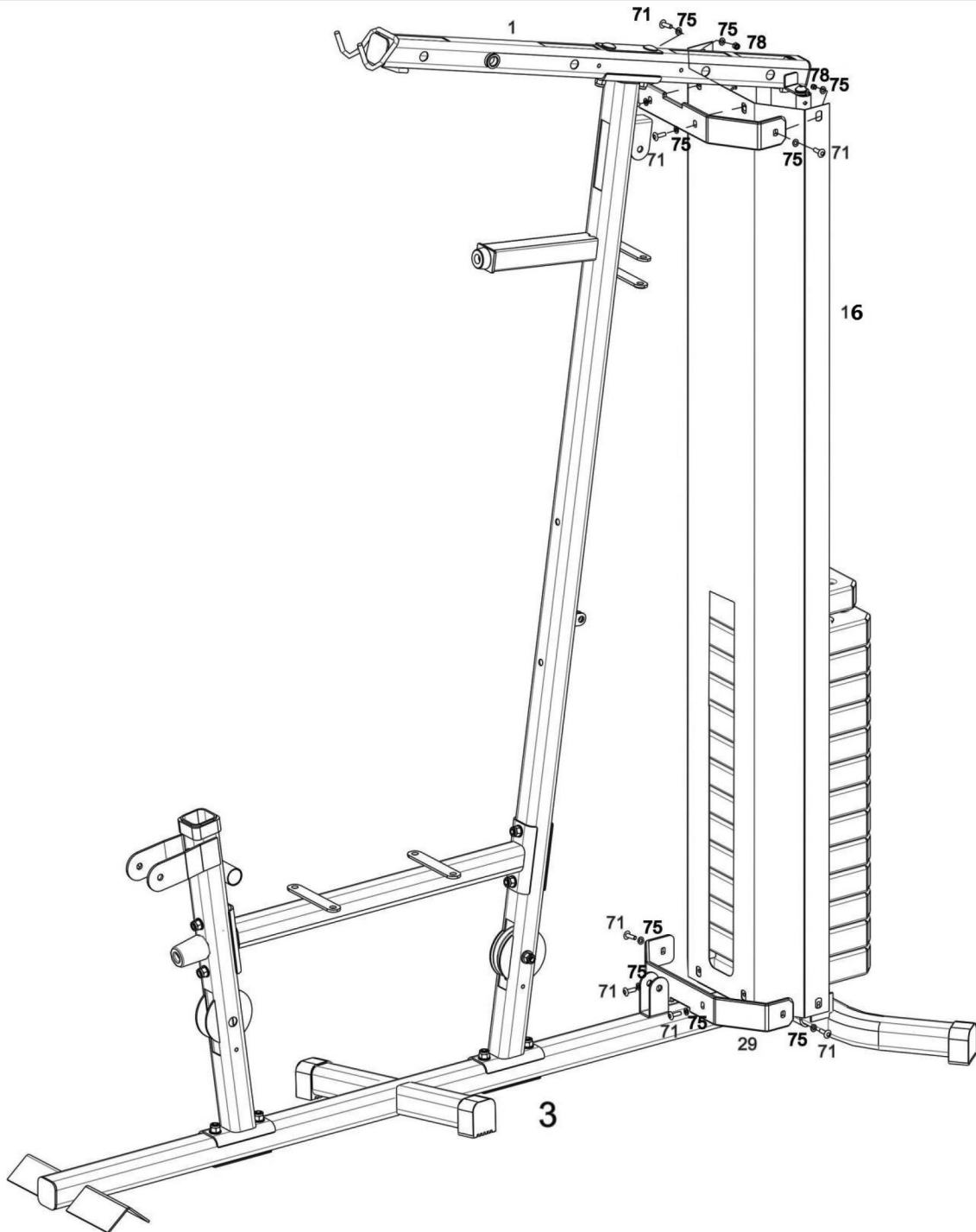
- 1) Place the Upper Frame (1) onto the Front Vertical Frame (2) and 2 pcs Guide Rod (17), align the holes and secure them with 2 pcs M10\*25 Allen Bolt (66), 2 pcs Ø10 washers (73), 2 pcs M10\*70 Carriage bolt (63), 1 pc bracket (20), 2 pcs Ø10 washers (73), 2 pcs M10 Aircraft nuts (77) .
- 2) **Notes:** Parts "37" and "52" were pre-fitted in the factory already.

## Step 6



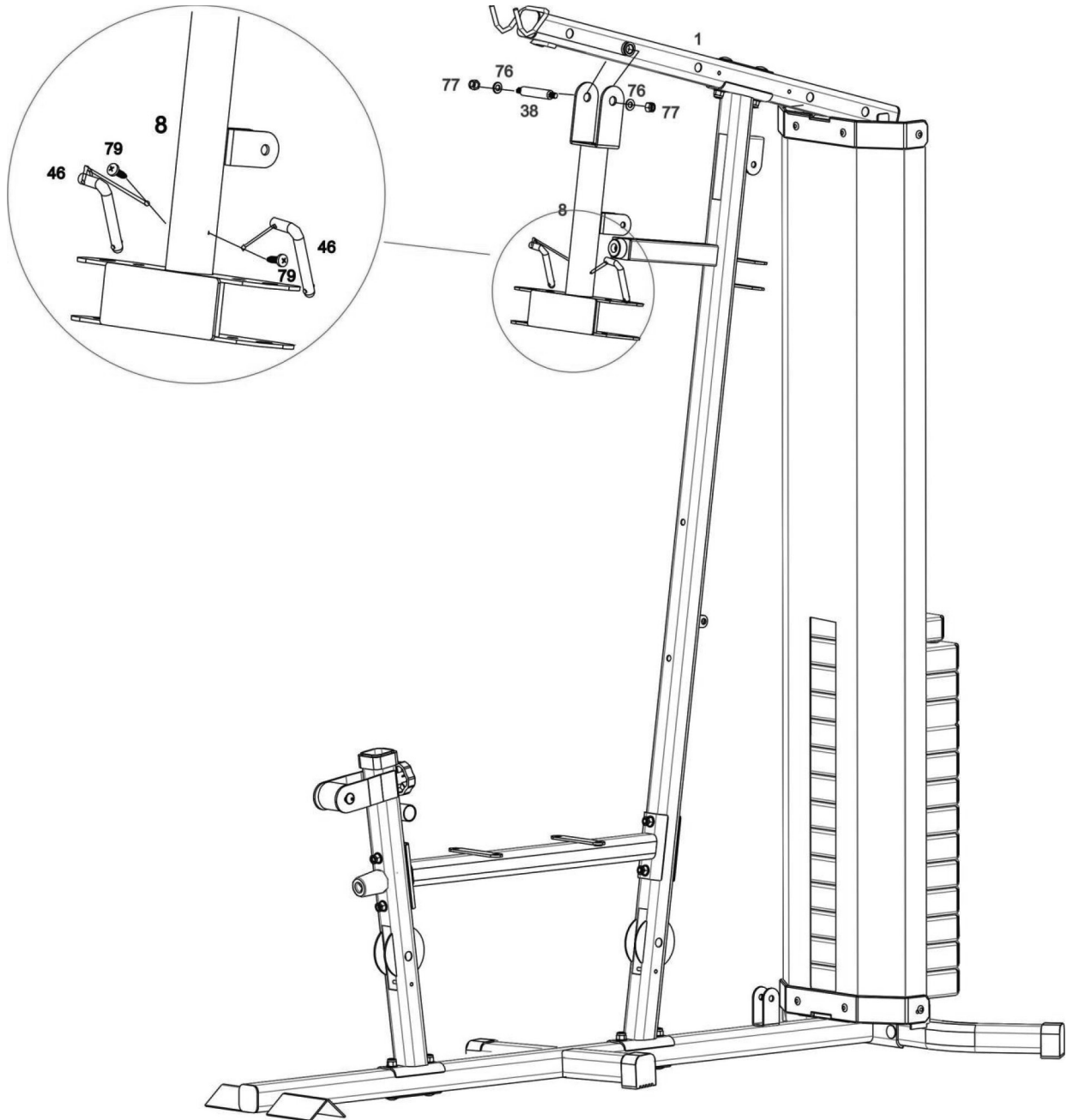
- 1) Attach the seat pad support (6) to the front vertical frame (2) and secure them with 2 pcs M10\*70 Carriage bolt (63), 1 pc bracket (20), 2 pcs Ø10 washers (73), 2 pcs M10 Aircraft nuts (77).
- 2) Attach the Leg developer Holder (5) onto the base frame, secure them with 2 pcs M10\*70 Carriage bolt (63), 1 pc bracket (20), 2 pcs Ø10 washers (73), 2 pcs M10 Aircraft nuts (77).
- 3) Attach the Leg Developer Holder (5) and another end of the seat pad support (6) together. Secure them with 2 pcs M10\*65 Allen Bolt (64), 4 pcs Ø10 washers (73) and 2 pcs M10 Aircraft nuts (77).
- 4) **Notes:** Parts "44" and "59" were pre-fitted in the factory already.

## Step 7



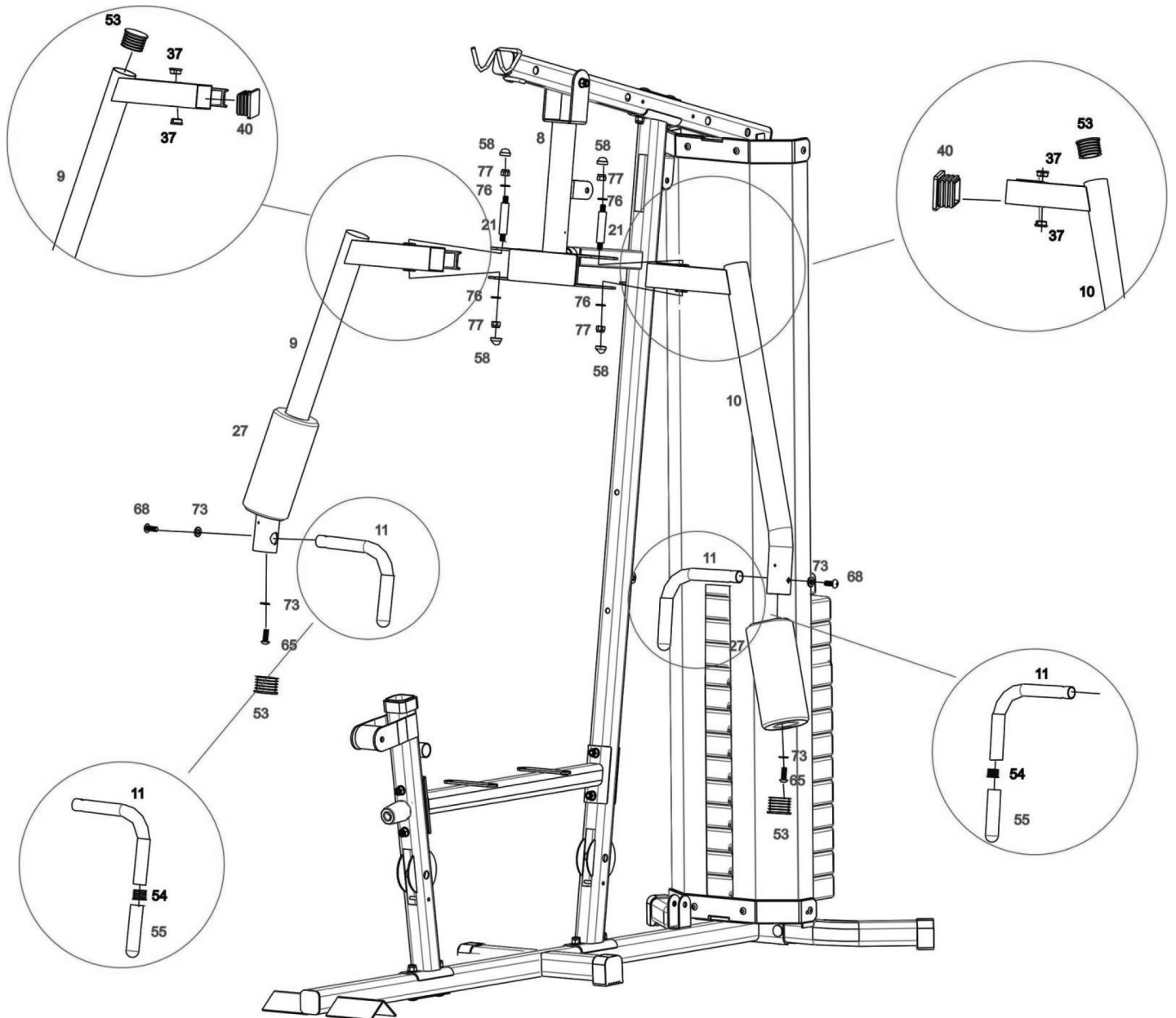
- 1) Attach the Weight Stack Cover (16) and 2 pcs Weight stack Bracket (29) as the diagram shows. Secure them with 8 pcs M6x20mm Allen Bolt (71), 10 pcs Ø6 washers (75) and 2 pcs M6 Allen Bolt (78).

## Step 8



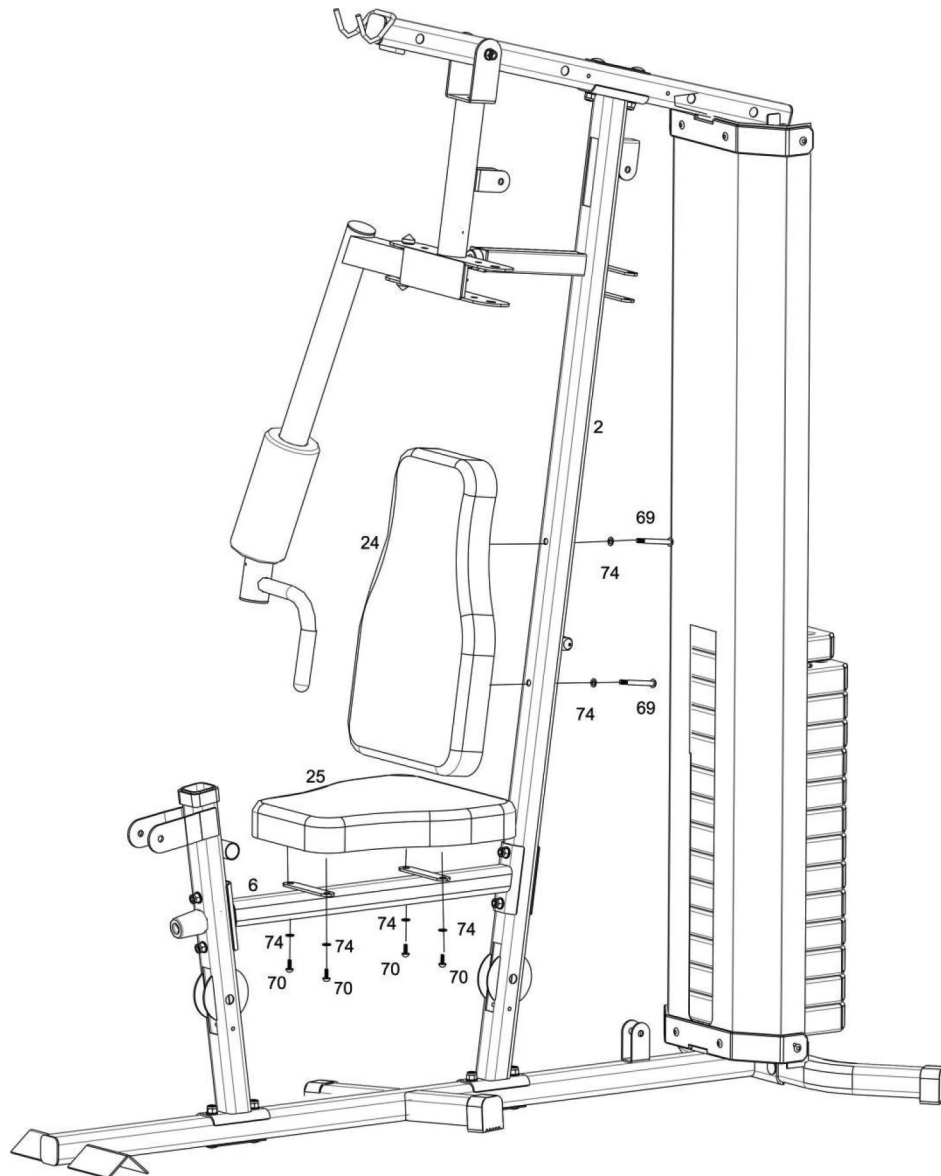
- 1) Attach the Front Press Frame (8) to the Upper Frame (1). Secure them with 1 pc axle (38), 2pcs  $\text{\O}10$  washer (76) and 2 pcs M10 Aircraft nut (77).
- 2) **Notes:** Part "46" was pre-fitted in the factory already.

## Step 9



- 1) Attach the Right butterfly (9) to the front press base (8). Secure them together with 1pc butterfly axle (21), 2 pcs  $\text{\O}10$  washer (76), 2 pcs M10 Aircraft nut (77) and 2 pcs nut cover (58).
- 2) Push 1pc butterfly foam roll (27) as the diagram shows. Attach the handle (11) into the hole of the butterfly and secure them with 1 pc M10 $\times$ 55 Allen Bolt (65), 1 pc M10 $\times$ 20 Allen Bolt (68) and 2 pcs  $\text{\O}10$  washer (73).
- 3) Repeat the same way to install the left butterfly.
- 4) **Notes:** Parts "37", "40", 53, "54" and "55" were pre-fitted in the factory already.

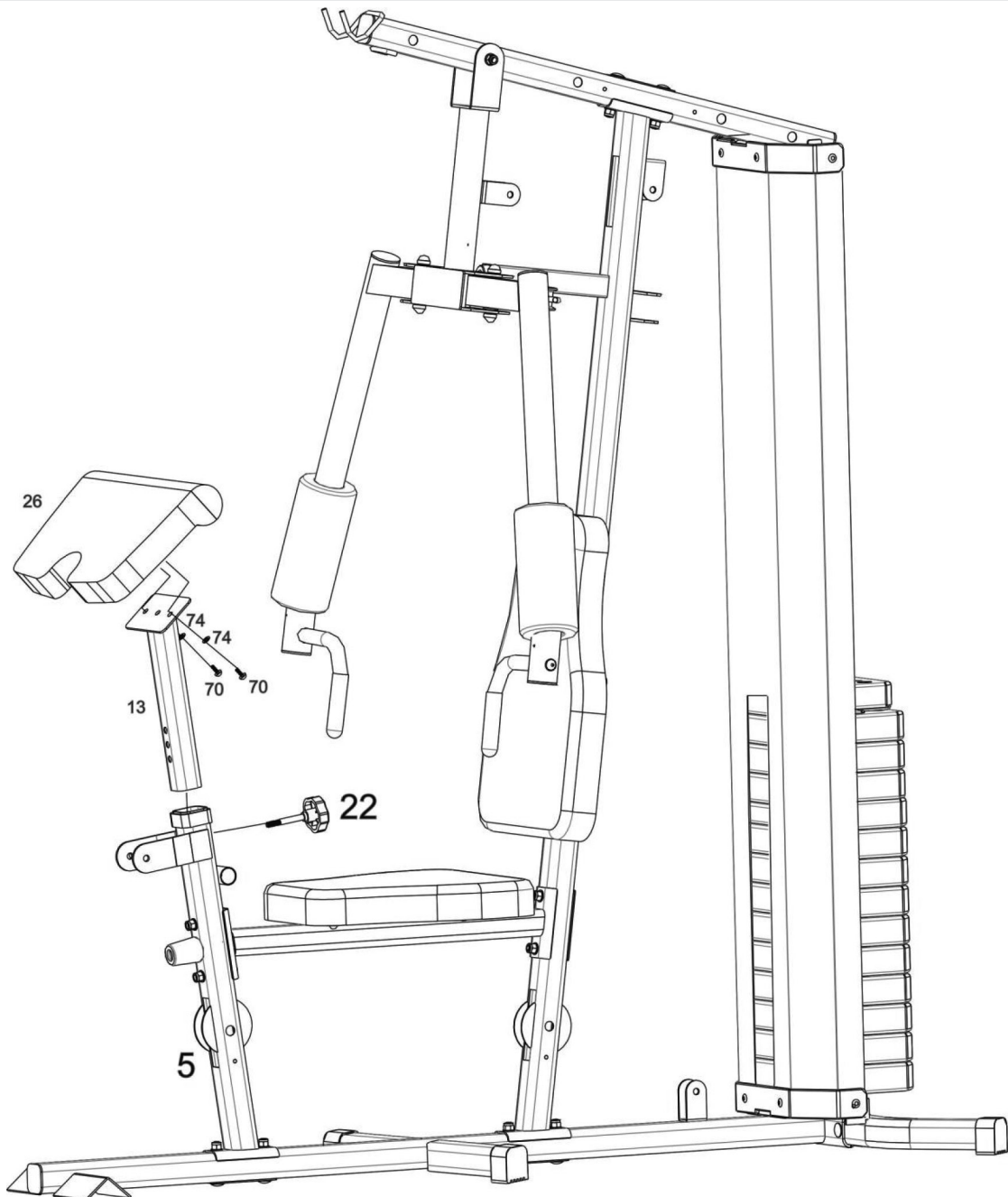
## Step 10



- 1) Attach the seat pad (25) onto the seat pad support and secure it with 4 pcs M8×16 Allen Bolt (70), 4 pcs Ø8 washer (74).
- 2) Attach the backrest pad (24) to the front vertical frame (2). Secure it with 2 pcs M8×70 Allen Bolt (69) and 2 pcs Ø8 washer (74).



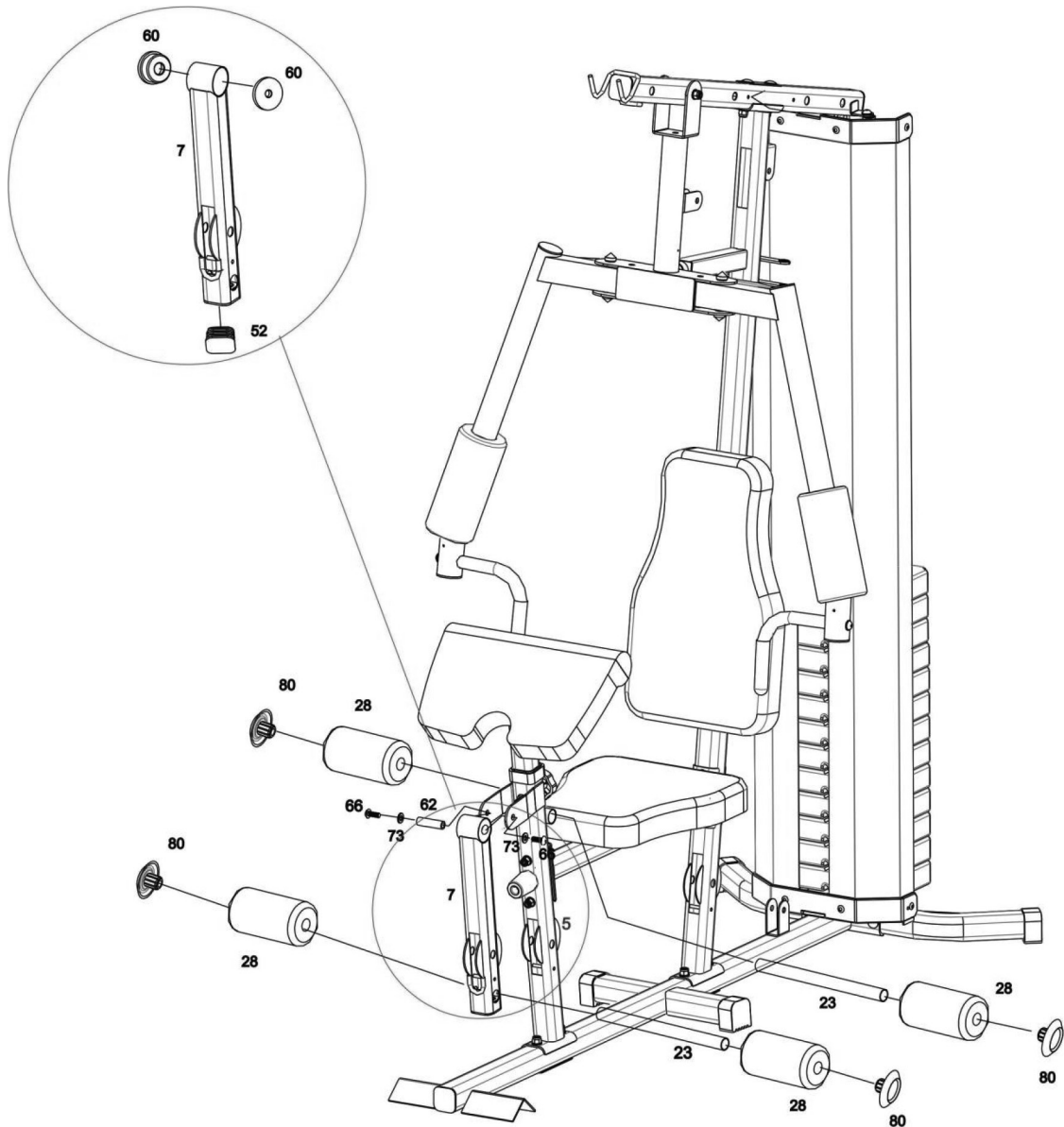
## Step 11



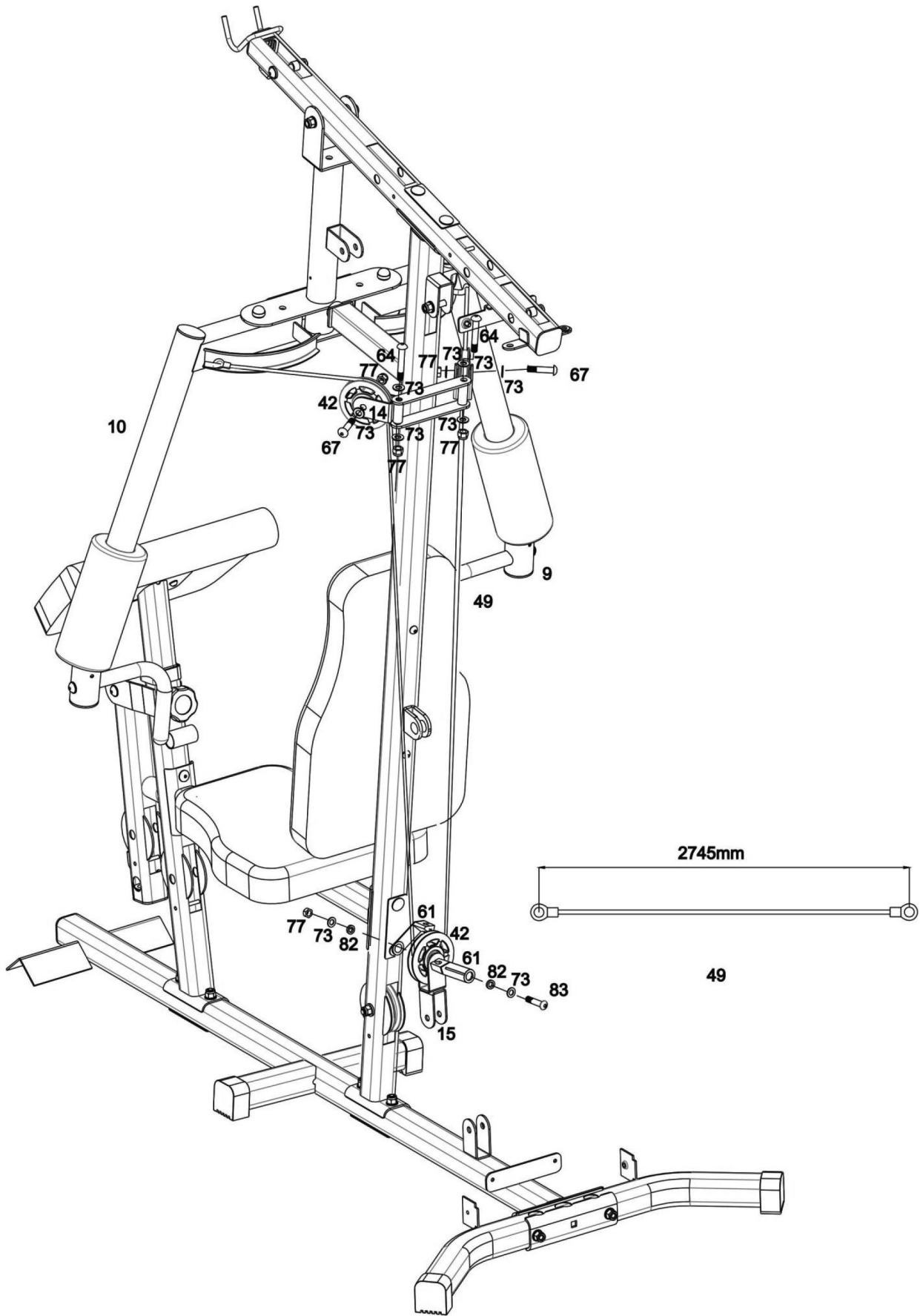
- 1) Attach the Arm Curl Pad support (13) into the Leg Developer Holder and select the desired height with 1 pc Lock Knob (22).
- 2) Attach the Arm curl pad (26) to the support and secure it with 2 pcs M8×16 Allen Bolt (70) and 2 pcs Ø8 washer (74).



## Step 12

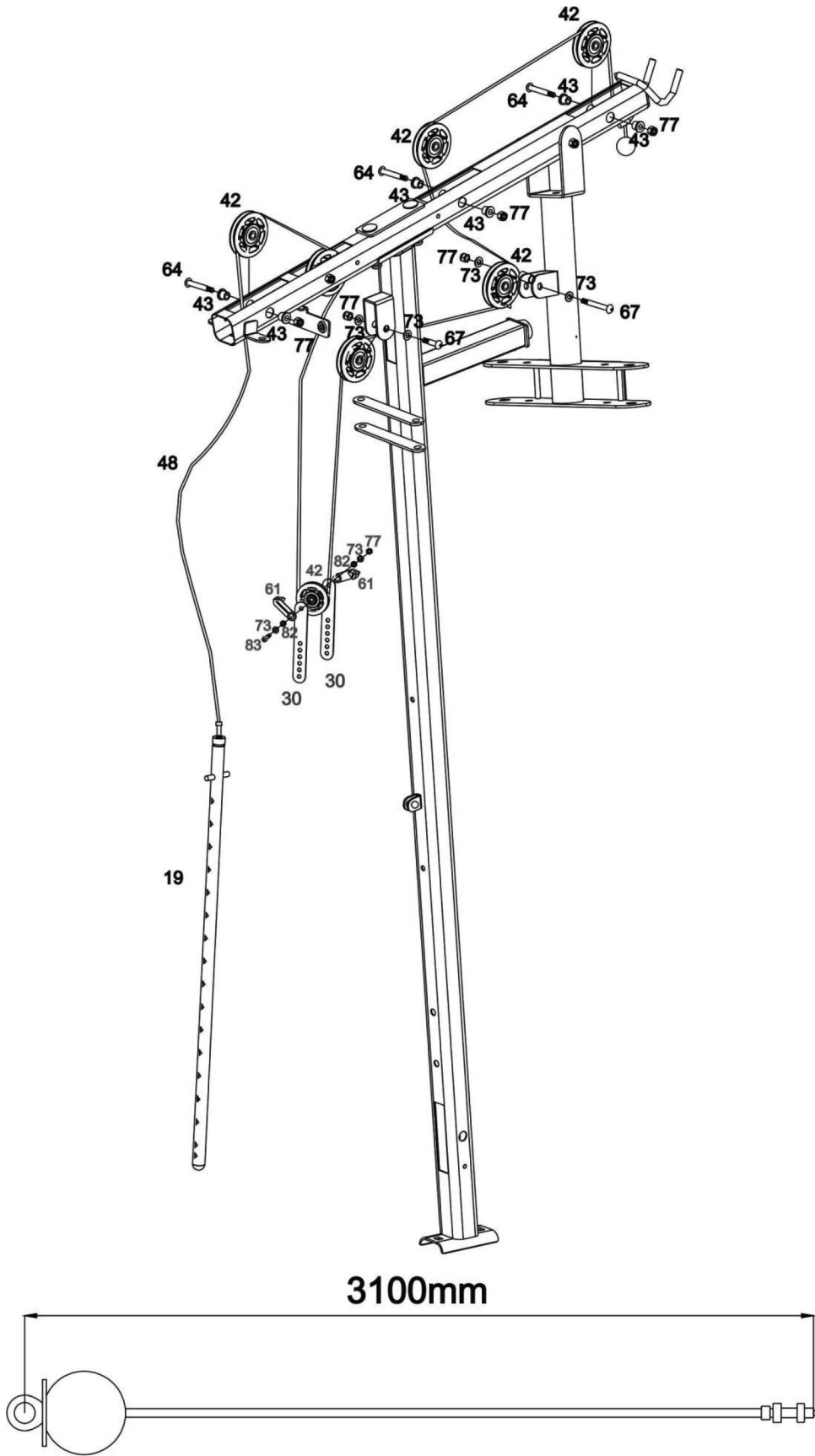


- 1) Attach the Leg Developer (7) to the bracket and secure it with 1 pc Axle (62), 2 pcs  $\text{\O}10$  washer (73), 2 pcs M10 $\times$ 25 Allen Bolt (66).
- 2) Insert the 2 pcs Foam Roll tube (23) as the diagram shows, and push 4 pcs foam roll (28) from both ends and then push 4 pcs End Cap (80) again.
- 3) **Notes:** Parts "52" and "60" were pre-fitted in the factory already.



### **Step 13**

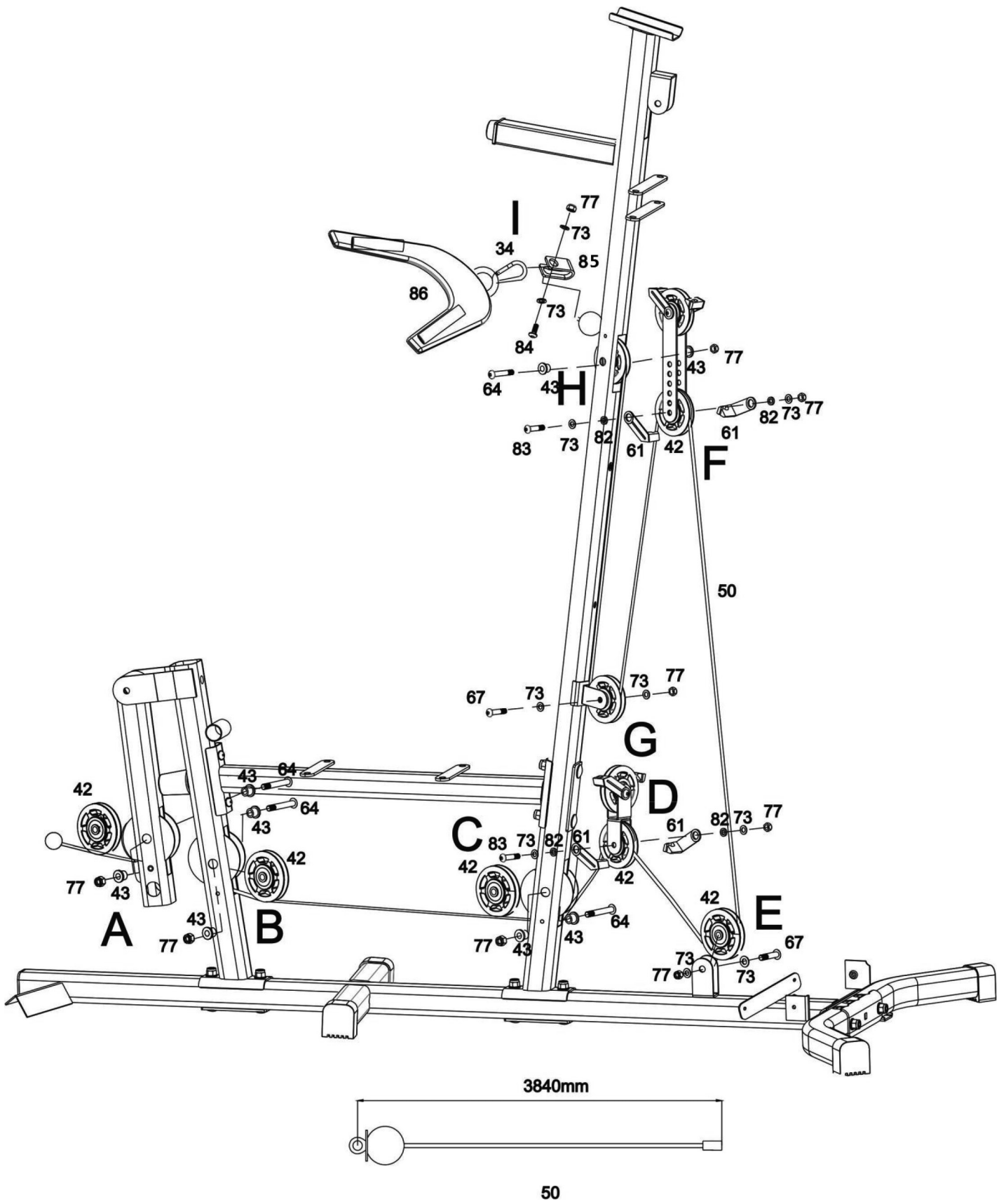
- 1) Attach the swivel pulley bracket (14) to the support as the diagram shows and secure it with 1pc M10\*65 Allen Bolt (64), 2 pcs Ø10 washer (73) and 1 pc M10 Aircraft nut (77).
- 2) Attach the end of the 2745 MM butterfly cable (49) to the hook and place 1 pc pulley (42) below the cable, secure the pulley to the swivel pulley bracket (14) with 1 pc M10X45 Allen bolt (67), 2 pcs Ø10 washer (73) and 1 pc M10 Aircraft nut (77).
- 3) Draw the cable around the pulley and downwards. Place 1 pc pulley (42) onto the cable, secure the pulley with cross double floating pulley bracket (15) together with the 1 pc M10\*50 Allen Bolt (83), 2 pcs Ø10 washers (73), bushing (82), 2 pcs retainer (61) and 1 pc M10 Aircraft nut (77).
- 4) Draw the cable around the pulley and upwards. Install another pulley with the same way in above "1" and "2".



48

### **Step 14**

- 1) Feed the bolt end of the 3100mm Upper cable (48) up through opening in Upper frame. Place 1 pc Pulley (42) below the cable and secure the 1st pulley using 1 pc M10×65 Allen bolt (64), 2 pcs Bushing (43) and 1 pc M10 Aircraft nut (77).
- 2) Draw the cable backwards and place the 2nd pulley below the cable. Secure the pulley in the same way as in "1".
- 3) Draw the cable around the pulley and towards the front. Place the 3rd pulley below the cable and secure it with 1 pc M10×45 Allen bolt (67), 2 pcs Ø10 washers (73) and 1 pc M10 Aircraft nut (77).
- 4) Draw the cable around the pulley and backwards. Place the 4th pulley below the cable and secure it in the same way as in "3".
- 5) Draw the cable around the pulley and downwards. Place the 5th pulley onto the cable. Secure the pulley with double floating pulley bracket (30) together with 1 pc M10\*50 Allen Bolt (83), 2 pcs Ø10 washers (73), 2 pcs bushing (82), 2 pcs retainer (61) and 1 pc M10 Aircraft nut (77).
- 6) Draw the cable around the pulley and upwards. Place the 2 pulleys below the cable and secure them in the same way as in "1".
- 7) Draw the cable around the pulley and downwards, thread the end of the upper cable to the top opening of the selector rod at least 5 laps to keep safe.

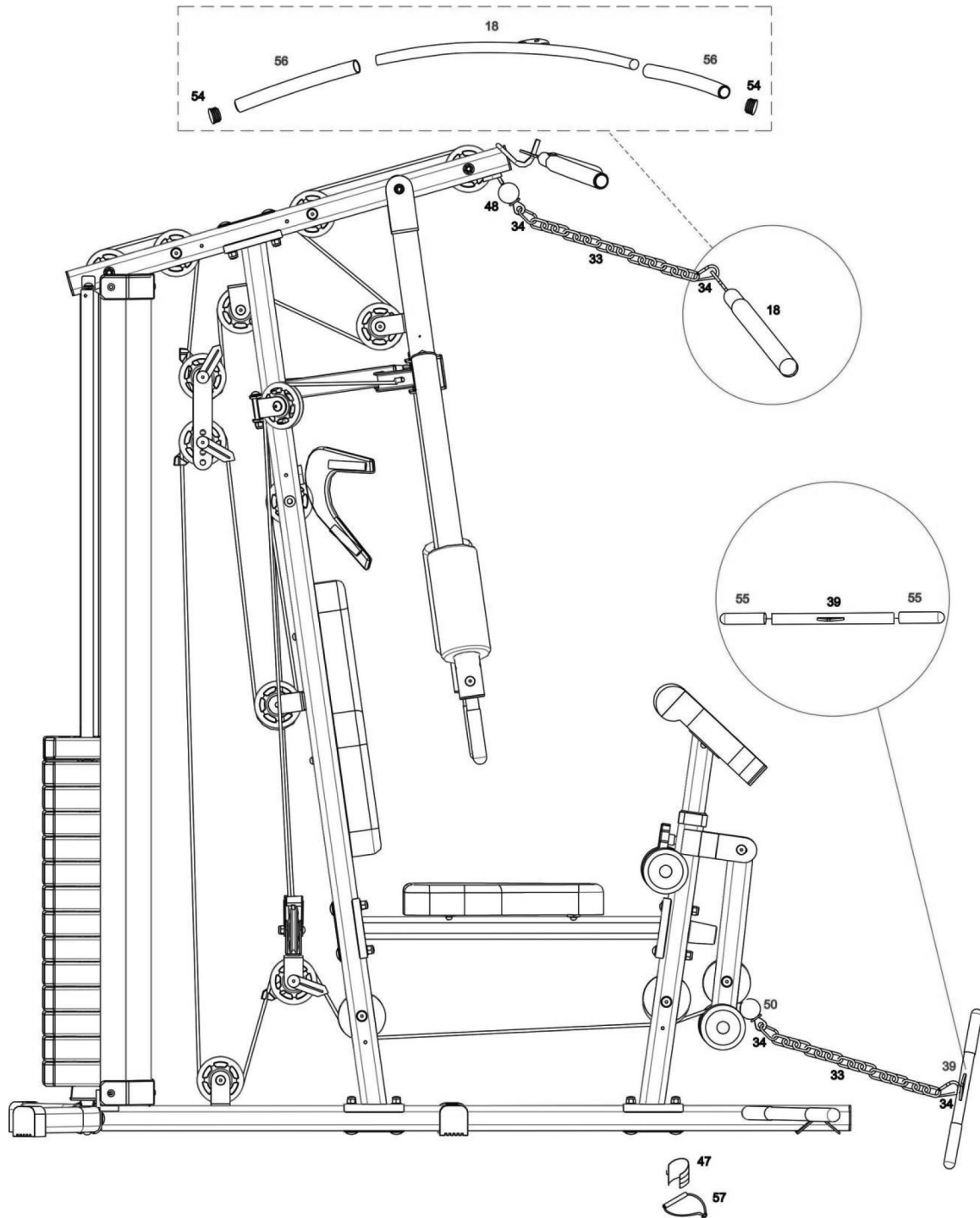


### **Step 15**

- 1) Attach the 3840 mm lower cable (50) through the opening of the leg developer, place 1st pulley onto the cable and secure the pulley with 1 pc M10X65 Allen bolt (64), 2 pcs Bushing (43) and 1pc M10 Aircraft nut (77).
- 2) Draw the cable backwards and place the 2nd pulley onto it. Secure the pulley in the same way as in "1".
- 3) Draw the cable backwards again and place 3rd pulley onto it. Secure the pulley in the same way as in "1".
- 4) Draw the cable around the pulley and place the 4th pulley below the cable. Secure the pulley in the way as in STEP 13 procedure "3".
- 5) Draw the cable around the pulley and downwards. Place the 5th pulley onto the cable and secure the pulley with 1 pc M10\*45 Allen Bolt (67), 2 pcs Ø10 washers(73#) and 1 pc M10 aircraft nut (77).
- 6) Draw the cable around the pulley and upwards. Place the 6th pulley below the cable and secure the pulley in the same way as in STEP 14 procedure "5".
- 7) Draw the cable around the pulley and reach the U shape Bracket. Secure the pulley in the same way as in "5".
- 8) Draw the cable around and upwards until it reaches the opening of the front vertical frame, place 1 pc pulley under the cable and secure it in the same way as in "3".
- 9) Attach the buckle (85) to the end of the lower cable and secure it with 1 pc M10\*30 Allen bolt (84), 2 pcs Ø10 washers (73) and 1 pc M10 aircraft nut (77).
- 10) Attach the abdominal strap (86) to the buckle with C-clip (34).



## Step 16



- 1) Attach the lat bar (18) to the end of upper cable with 1 pc 15 joint Chain (33) and 2 pcs Gourd hook (34).
- 2) Attach the handle (39) to the end of the lower cable with 1 pc 15 joint Chain (33) and 2 pcs Gourd hook (34).
- 3) **Notes:** Parts "54", "55" and "56" were pre-fitted in the factory already.



## WARM-UP EXERCISES

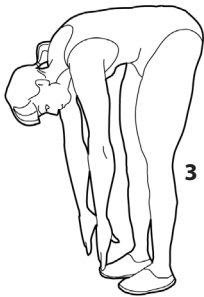
A proper workout consists of warm-up, aerobic exercise and relaxation. Repeat the program 2 or, preferably, 3 times a week, relaxing one day in between. After a few months you will be able to increase the frequency of your workouts to 4 or 5 times per week. Warming up should be a key part of your exercise, 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:



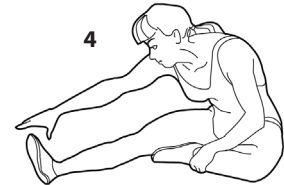
**1. Quadriceps stretch:** Lean against the wall using your right hand while bending your left leg backwards and holding it with the other hand. Try to bend the leg as much as you can. Hold this position for 15 seconds. Repeat for the right leg.



**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.



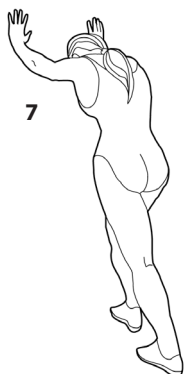
**4. Biceps exercise:** Sit with your right leg outstretched towards the front and the left one tucked in with the sole touching the right leg. Lean forward trying to grab the toes of the outstretched foot. Perform 15 repetitions. Rest for a while and repeat with the other leg outstretched.



**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.



Distributed by **ELDICO SPORT SA**  
eMail: [support@eldico.gr](mailto:support@eldico.gr) • Web Site: [eldico.gr](http://eldico.gr)