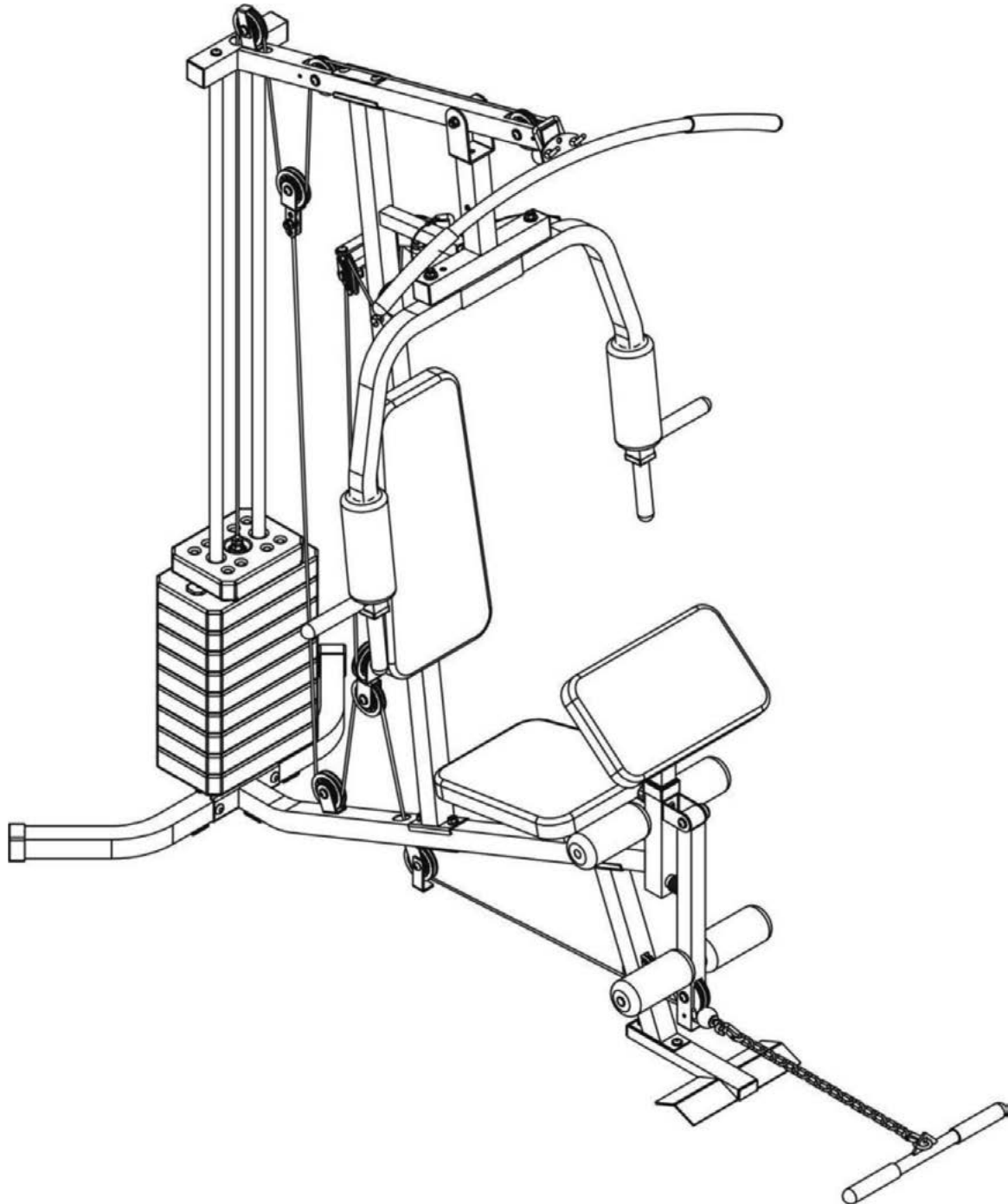


AMiLA®

# HOME GYM HG250

(code 91210)

Assembly instructions



Scan the code  
to view a short  
assembly video  
(Greek language)





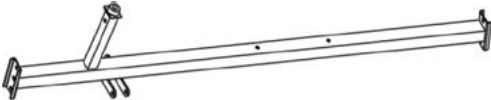
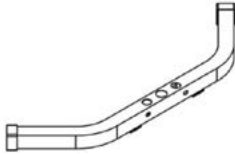
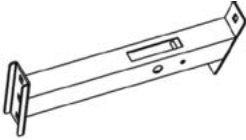
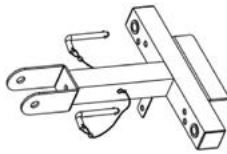
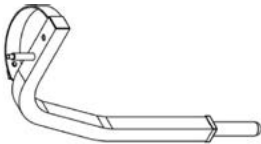
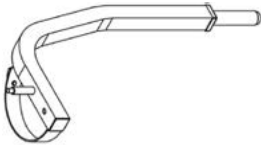






IN ORDER FOR THE WARRANTY TO BE VALID,  
PLEASE, BEFORE YOU BEGIN  
ASSEMBLING AND USING THE MACHINE,  
READ THIS INSTRUCTIONS.

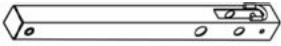
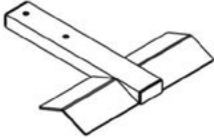


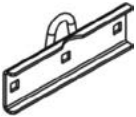


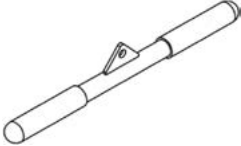






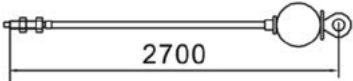
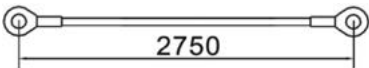
# ASSEMBLY INSTRUCTIONS FOR HOME GYM HG250

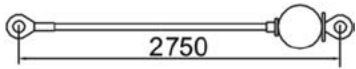


















## SAFETY INSTRUCTIONS


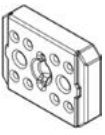
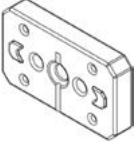





1. Read all instructions and warm-up before using this machine.
2. Check all parts before assembly/use and make sure they all are in perfect condition and ready for use..
3. This machine should be placed on an perfectly flat surface and, since such is not usually the case, the use of a mat or carpet 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.








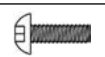











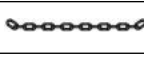



## PARTS LIST

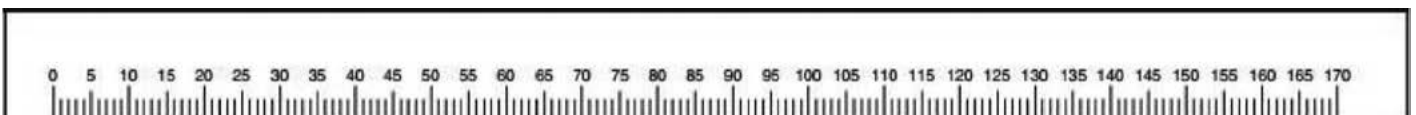
Drawing	#	Pcs	Description
	1	1	Base frame
	2	1	Upper frame
	3	1	Vertical frame
	4	1	Rear stabilizer
	5	1	Leg developer holder
	6	1	Front press base
	7	1	Right butterfly
	8	1	Left butterfly
	9	1	Preacher pad support
	10	1	Floating pulley bracket
	11	1	Angle double pulley bracket
	12	2	Swivel pulley bracket
	13	1	Selector rod
	14	1	Lat bar

Drawing	#	Pcs	Description
	15	1	Leg developer
	16	1	Front stabilizer
	17	2	Foam roll tube
	18	2	Guide rod
	19	1	Rear U-shaped bracket
	20	3	120mm Bracket
	22	2	L-shaped separation
	23	1	Pull bar
	24	1	Backrest pad
	25	1	Seat pad
	26	1	Preacher pad
	43	2	Seated press lock pin
	46	6	Pulley cover
	48	2	Ø25mm×31mm Bushing
	49	1	2700mm Upper cable
	50	1	2750mm Butterfly cable

Drawing	#	Pcs	Description
	51	1	2750mm Lower cable
	52	5	45mm End cap
	53	4	38mm End cap
	54	4	25x50mm End cap
	55	4	Ø19mm End cap
	56	2	Rear stabilizer end cap
	57	1	Ø37mm Rubber bumper
	58	2	Ø61mm Rubber bumper
	59	1	30mm Rubber bumper
	60	1	45mmx38mm Sleeve
	62	2	Ø22x11mm Pulley bushing
	63	6	Ø22x15mm Pulley bushing
	64	1	M10 Nut cap
	65	2	Ø26mmx38mm Hollow sleeve
	66	4	Front press handle Grip Ø25x130
	67	2	Lat pull handle grip
	68	1	Lock knob
	69	4	Ø17mm Foam roll
	70	2	Ø45mm Foam roll

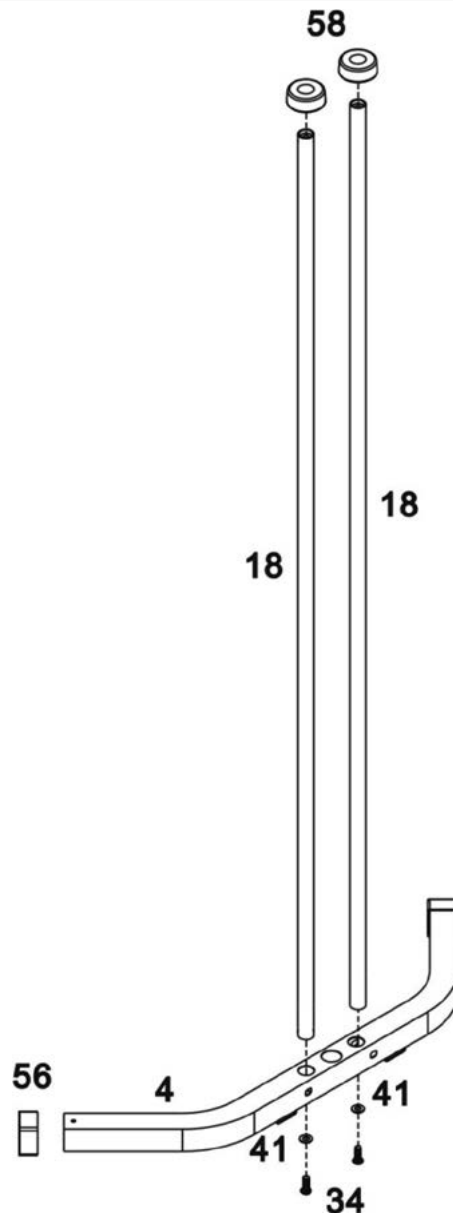
Drawing	#	Pcs	Description
	71	12	Ø78mm Pulley
	72	1	8lbs Select plate
	73	9	10lbs Weight plate
	74	1	Ø25mm End cap
	76	1	Ankle strap
	77	2	Front press handle
	78	2	Front press handle Grip Ø25×110
	79	8	Ø25mm End cap

Drawing	#	Pcs	Description	Drawing	#	Pcs	Description
	21	1	M10×103mm Axle		27	8	M10×65mm Carriage bolt
	28	2	M10×65mm Allen bolt		29	4	M10×60mm Allen bolt
	30	1	M10×55mm Allen bolt		31	2	M10×42mm Allen bolt
	32	6	M10×40mm Allen bolt		33	1	M10×30mm Allen bolt
	34	6	M10×25mm Allen bolt		35	2	M8×60mm Allen bolt
	36	2	M8×18mm Allen bolt		37	1	M6×16mm Phillips screw
	38	2	ST4.8 Phillips screw		39	4	Ø25×Ø11×1.5 Washer
	40	6	Ø8mm Washer		41	40	Ø10 Washer
	42	28	M10 Aircraft nut		44	1	Stack select pin
	45	2	6# Clip hook		47	1	15 Joint chain
	61	2	M8×40mm Allen bolt		75	2	M10×16mm Allen bolt
		—	Allen Keys #5 & #6				



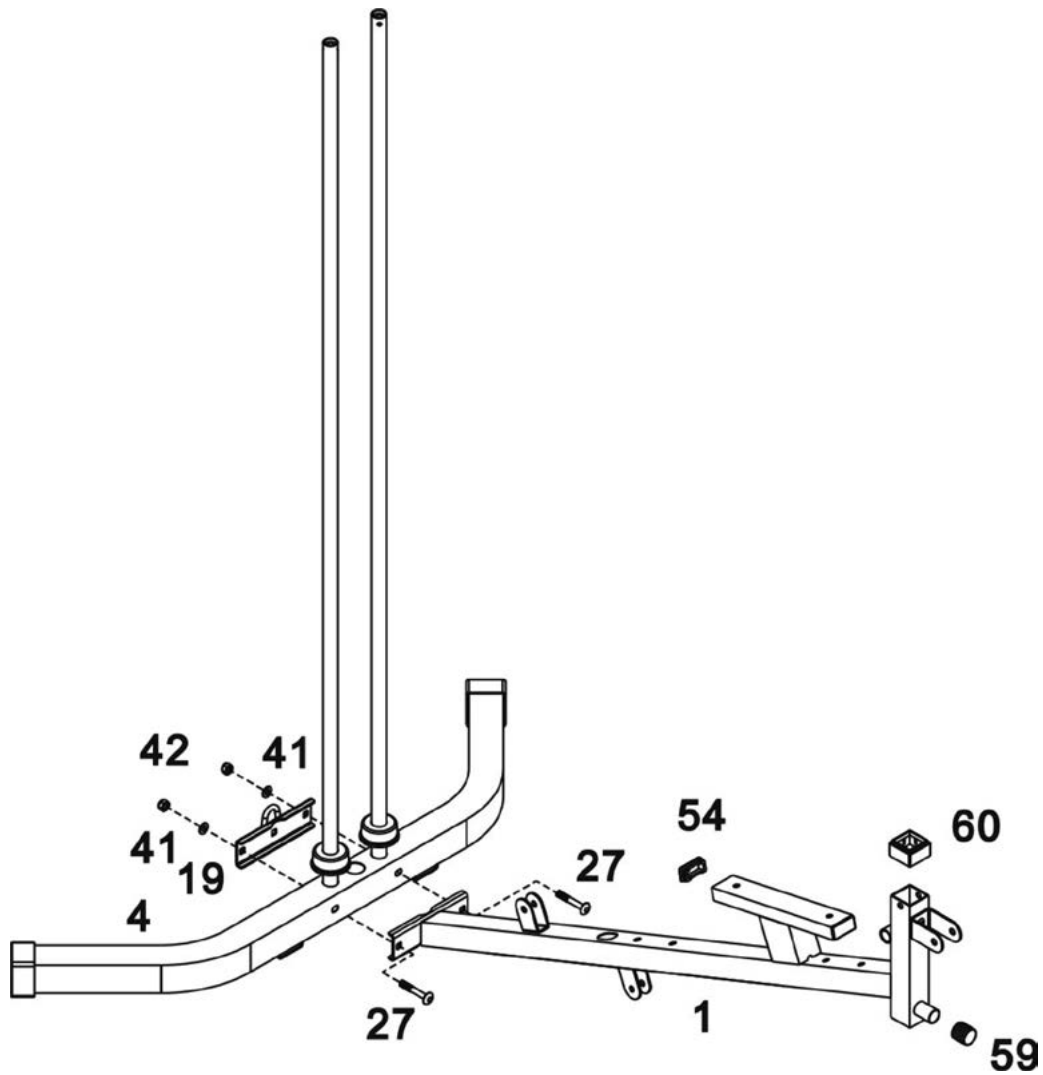
## ASSEMBLY INSTRUCTIONS

### Step 1



- 1) Insert the Guide rods (18) into the holes on the Rear stabilizer (4). Fix using 2 x M10x25mm Allen bolts (34) and 2 x Ø10mm Washers (41).
- 2) Slide 2 x Ø61mm Rubber bumpers (58) down onto Guide rods (18).
- 3) **Note:** The Rear stabilizer end caps (56) were fixed in the factory.

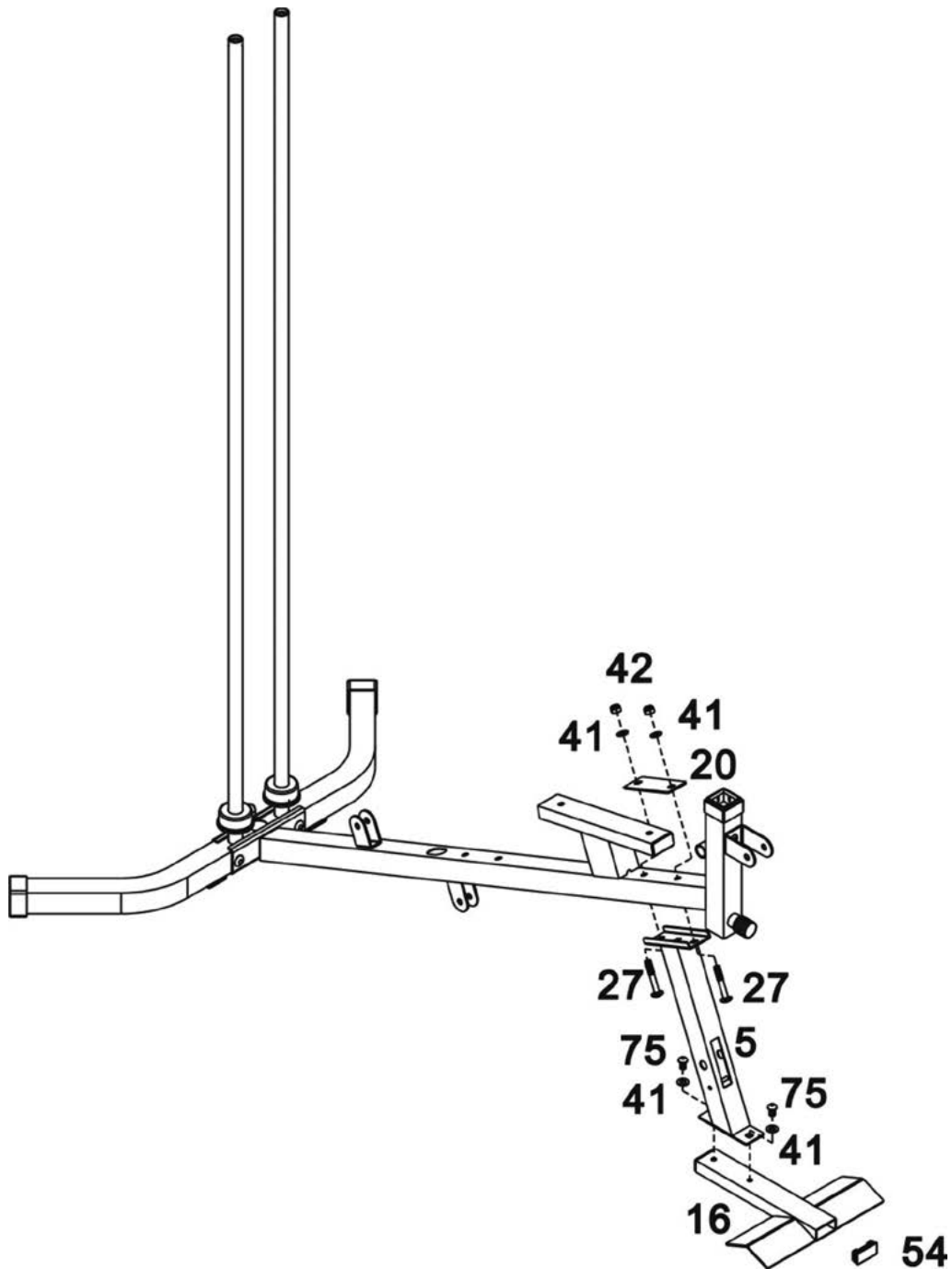
## Step 2



- 1) Attach the Base frame (1) to the Rear stabilizer (4). Fix using 2 x M10x65mm Carriage bolts (27), the Rear U-shaped bracket (19), 2 x Ø10mm Washers (41) and 2 x M10 Aircraft nuts (42).
- 2) **Note:** The 25×50mm End cap (54), 45mm×38mm Sleeve (60) and 30mm Rubber bumper (59) were fixed in the factory.

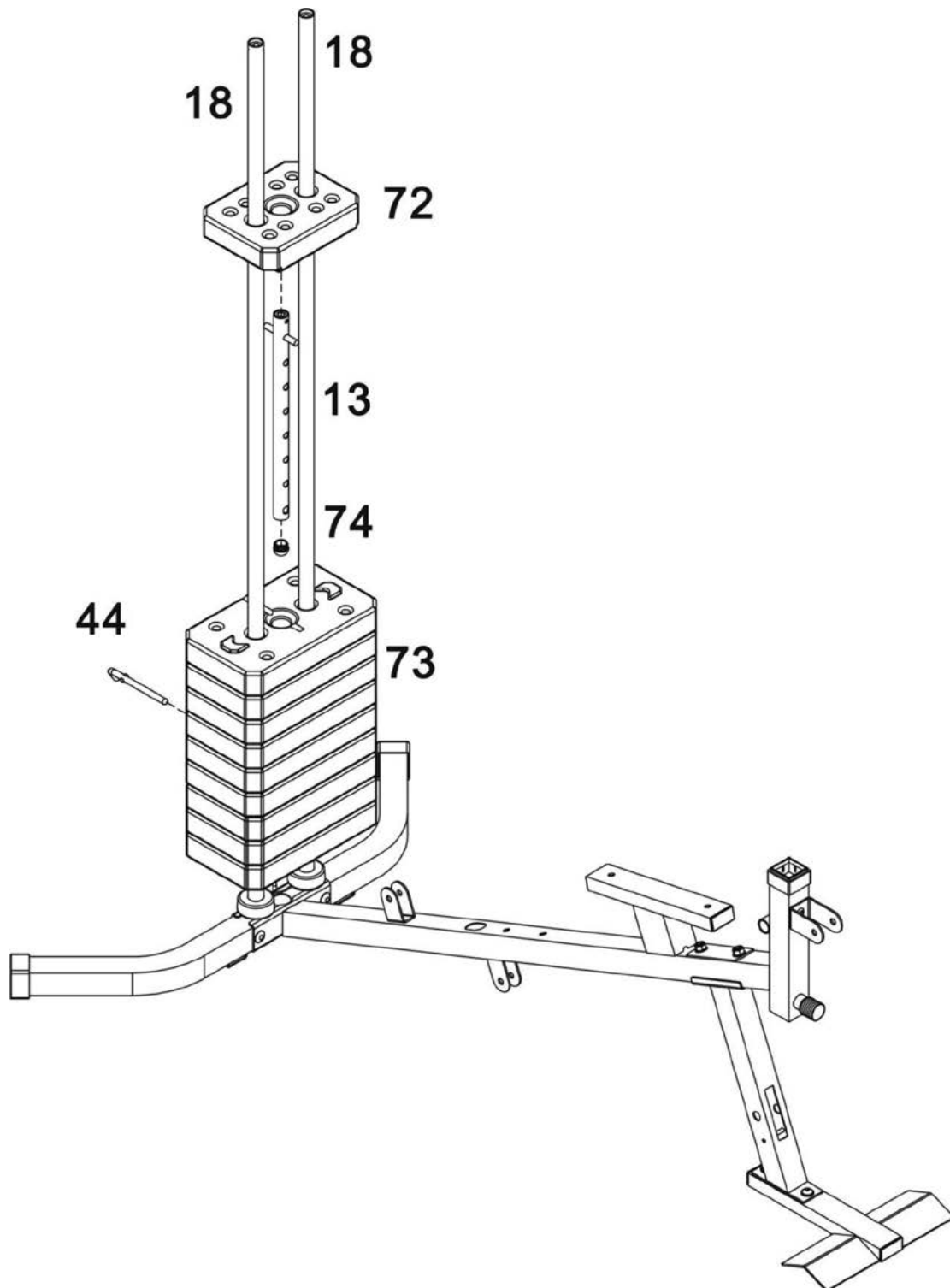


### Step 3



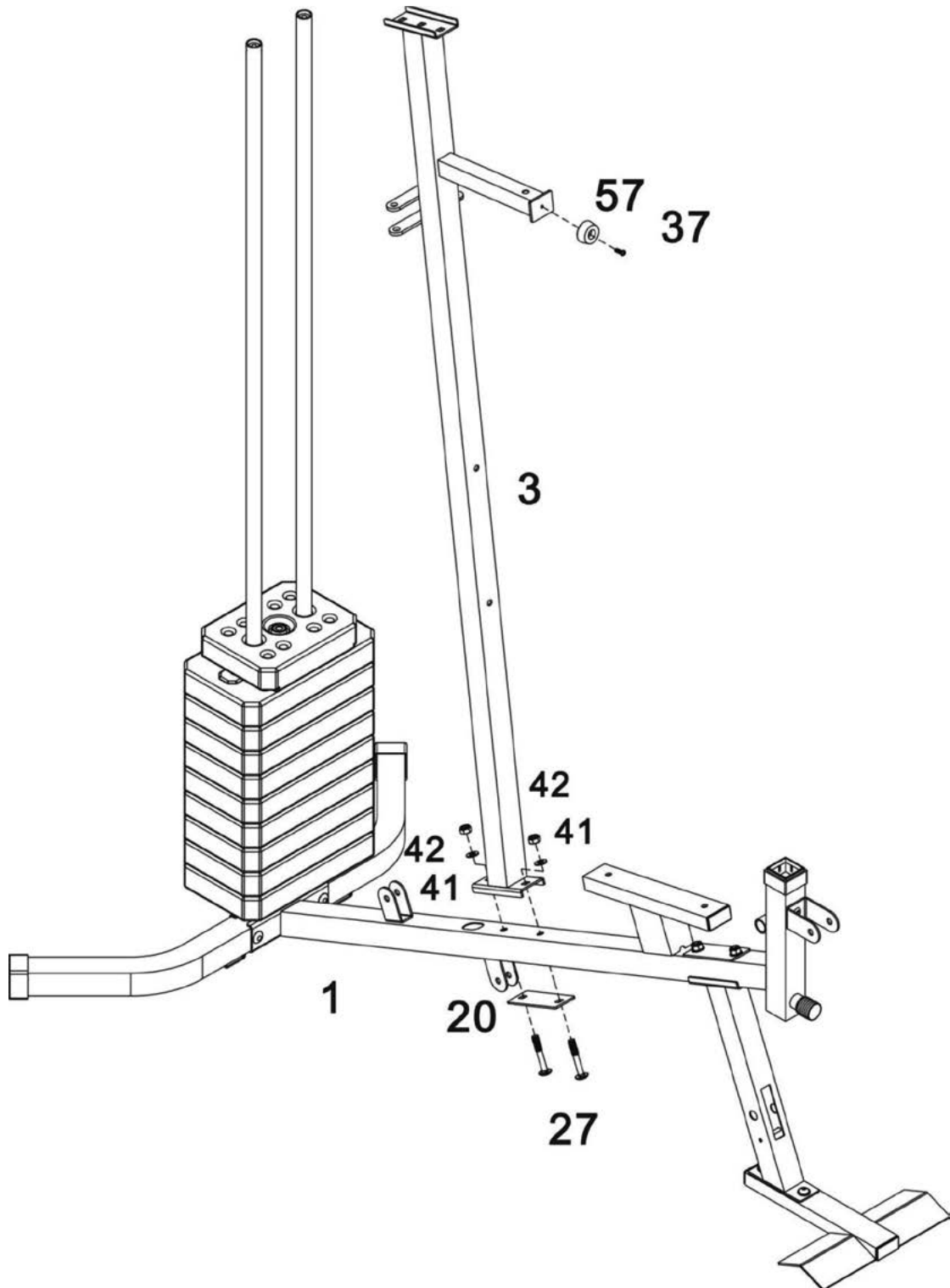
- 1) Attach the Front stabilizer (16) to the Leg developer holder (5), fix using 2 x M10x16mm Allen bolts (75), 2 x Ø10mm Washers (41).
- 2) Attach the Leg developer holder (5) to the Base frame (1), fix using 120mm Bracket (20), 2 x M10x65mm Carriage bolts (27), 2 x Ø10mm Washers (41) and 2 x M10 Aircraft Nuts (42).
- 3) **Note:** The 25x50mm End cap (56) was fixed in the factory.

#### Step 4



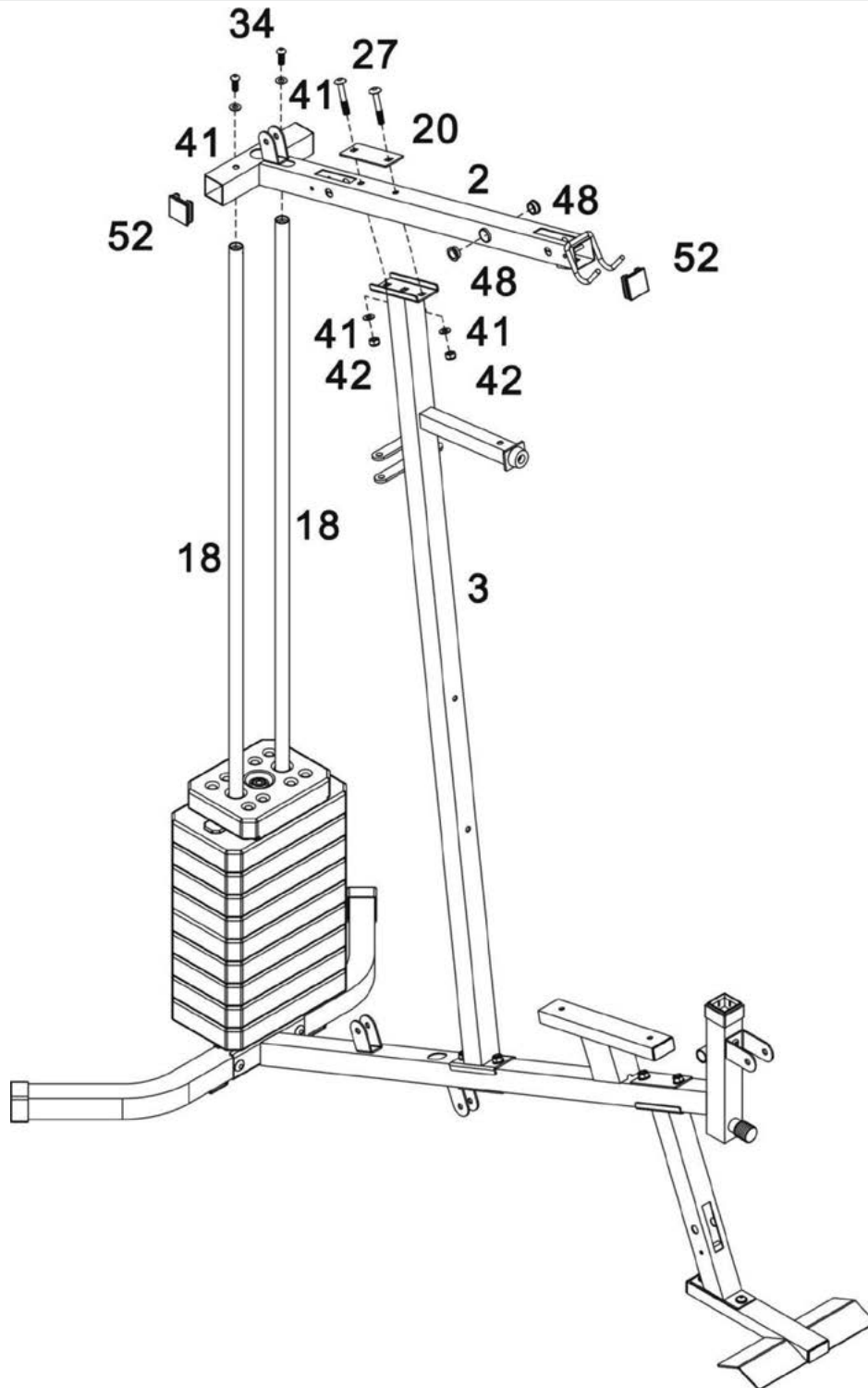
- 1) Carefully slide 9 x 10lbs Weight plates (73) down Guide rods (18), insert the Select rod (13) into the Weight plates (73) and then slide 1 x 8lbs Select plate (72) down Guide rods (18).
- 2) Select the desired training weight by inserting the Stack select pin (44) into the deep grooves under the Weight plates and into the Select rod.
- 3) **Note:** The Ø25mm End cap (74) was fixed in the factory.

## Step 5



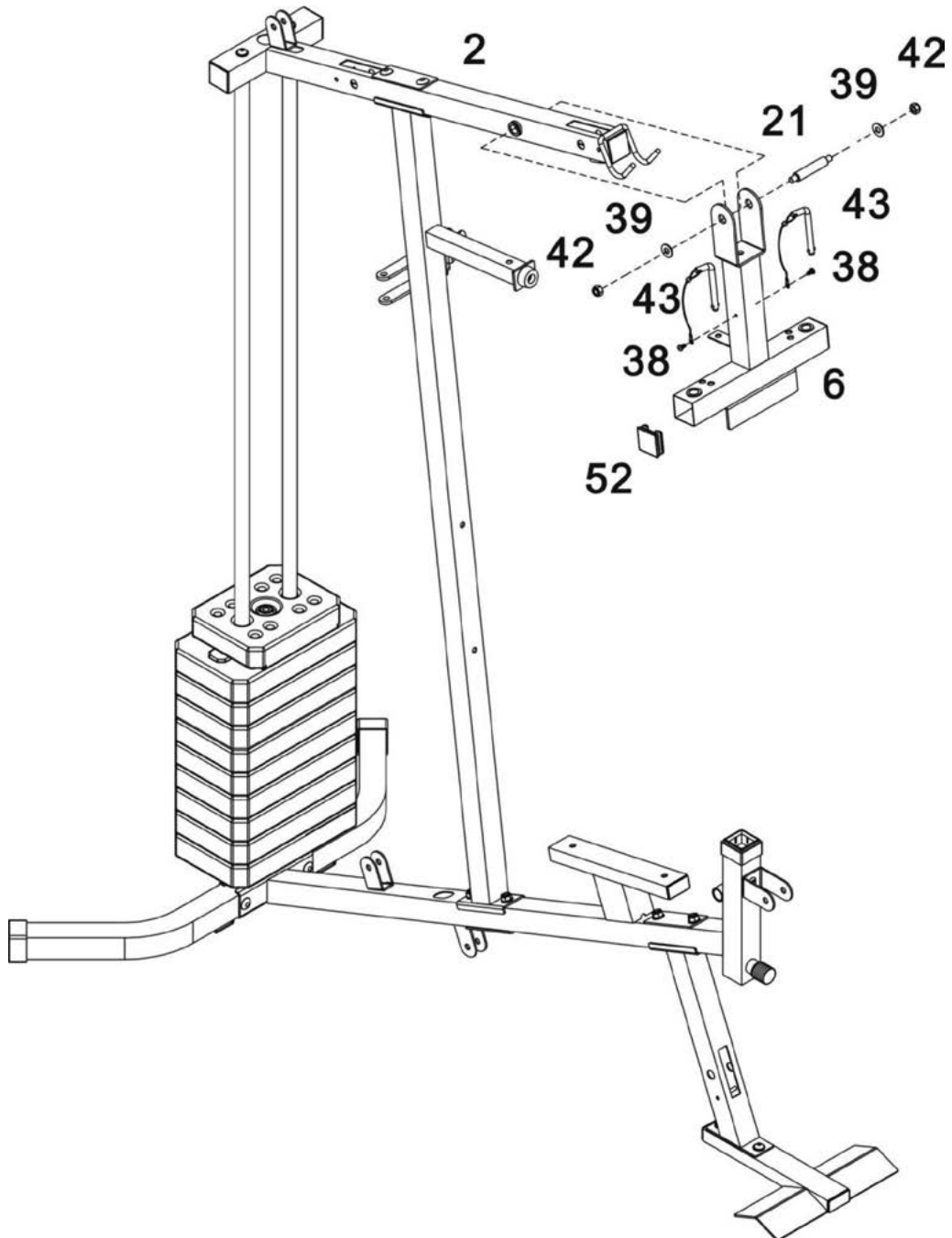
- 1) Attach the Vertical frame (3) to the Base frame (1). Fix using 2 x M10x65mm Carriage bolts (27), 120mm Bracket (20), 2 x Ø10mm Washers (41) and 2 x M10 Aircraft nuts (42).
- 2) **Note:** The M6x16mm Phillips screw (37) and Ø37mm Rubber bumper (57) were fixed in the factory.

## Step 6



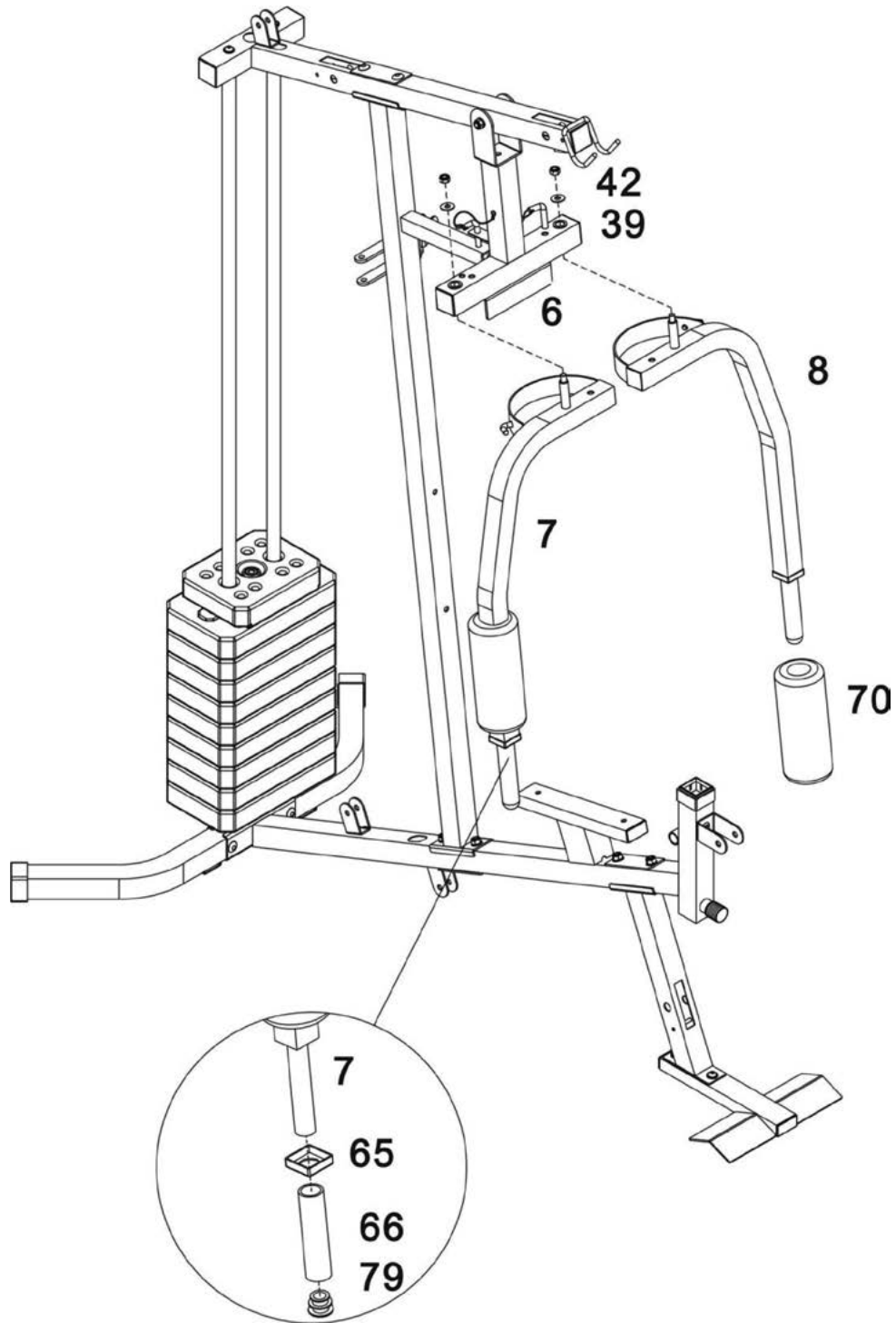
- 1) Attach Upper frame (2) to the Guide rods (18), fix using 2 x M10x25mm Allen bolts (34) and 2 x Ø10mm Washers (41).
- 2) Attach Upper frame (2) to the Vertical frame (3), fix using 2 x M10x65mm Carriage bolts (27), 120mm Bracket (20), 2 x Ø10mm Washers (41) and 2 x M10 Aircraft nuts (42).
- 3) **Note:** The Ø25mmx31mm Bushings (48) and 45mm End caps (52) were fixed in the factory.

## Step 7



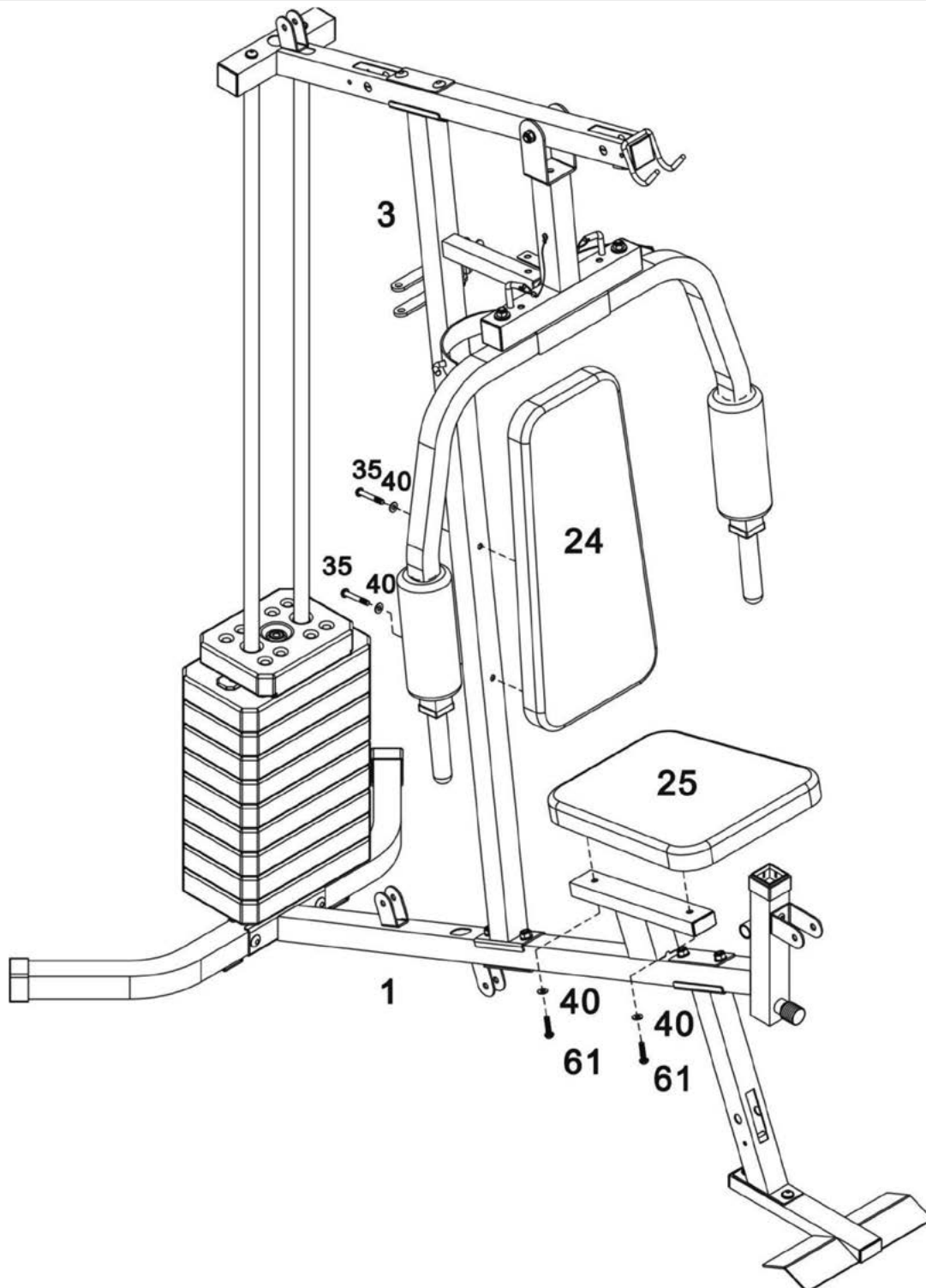
- 1) Attach the Front press base (6) to the Upper frame (2) using the M10x103mm Axle (21). Secure using 2 x Ø25xØ11x1.5 Washers (39) and 2 x M10 Aircraft nuts (42).
- 2) **Note:** The Seated press lock pins (43), ST4.8 Phillips screws (38) and 45mm End caps (52) were fixed in the factory.

## Step 8



- 1) Attach the 'pivots' on the Right and Left Butterfly's (7 & 8) to the Front press base (6) using 2 x  $\text{Ø}25 \times \text{Ø}11 \times 1.5$  Washers (39) and 2 x M10 Aircraft nuts (42).
- 2) Slide the 2 x  $\text{Ø}45\text{mm}$  Foam rolls (70) over the end of the Butterfly's (7 & 8).
- 3) **Note:** The  $\text{Ø}26\text{mm} \times 38\text{mm}$  Hollow sleeves (65), Front press handle Grips  $\text{Ø}25 \times 130$  (66) and  $\text{Ø}25\text{mm}$  End caps (79) were fixed in the factory.

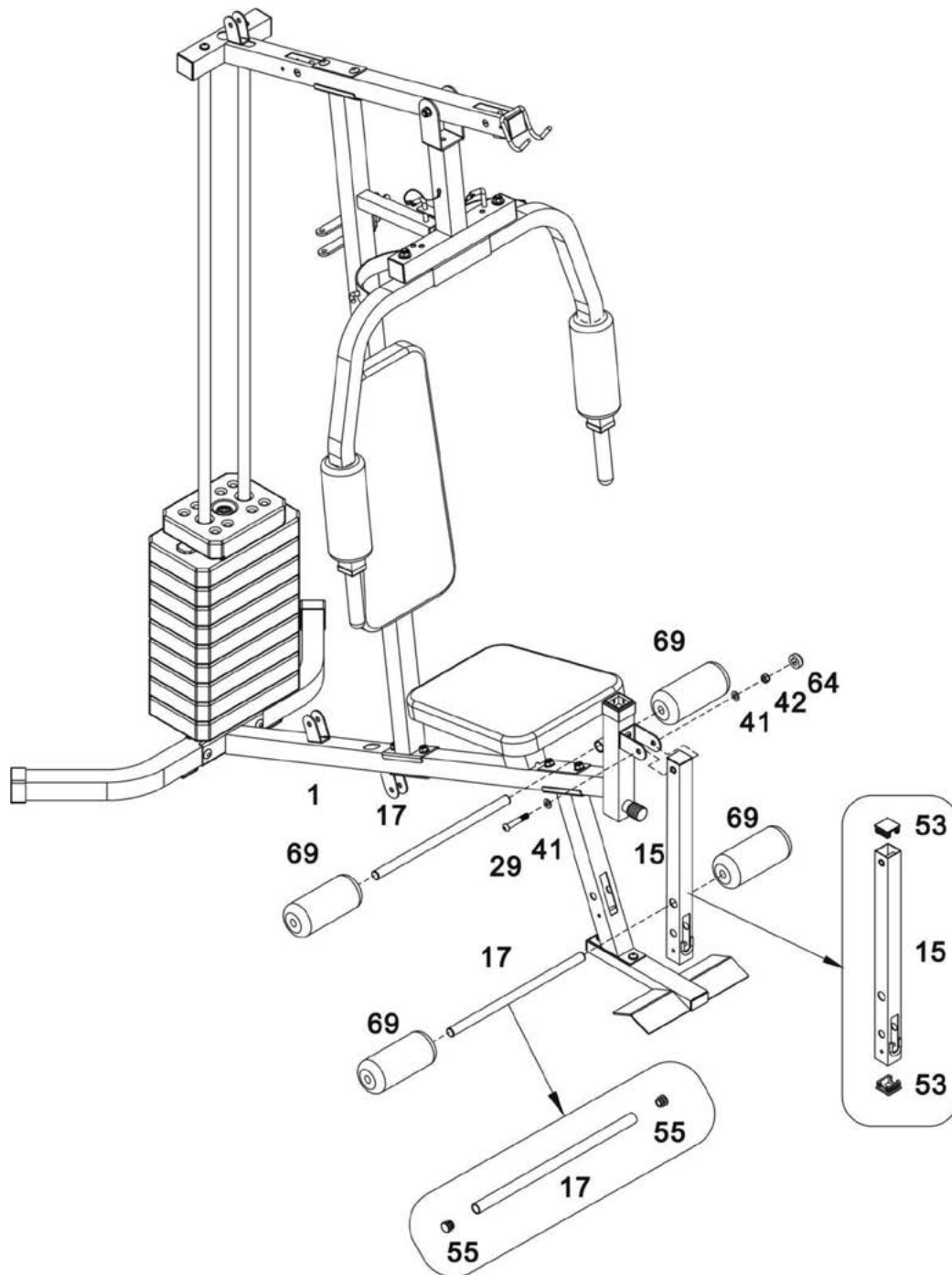
## Step 9



- 1) Attach the Backrest pad (24) to the Vertical frame (3) using 2 x M8x60mm Allen bolts (35) and 2 x Ø8mm Washers (40).
- 2) Attach the Seat pad (25) to the Base frame (1) using 2 x M8x40mm Allen bolts (61) and 2 x Ø8mm Washers (40).



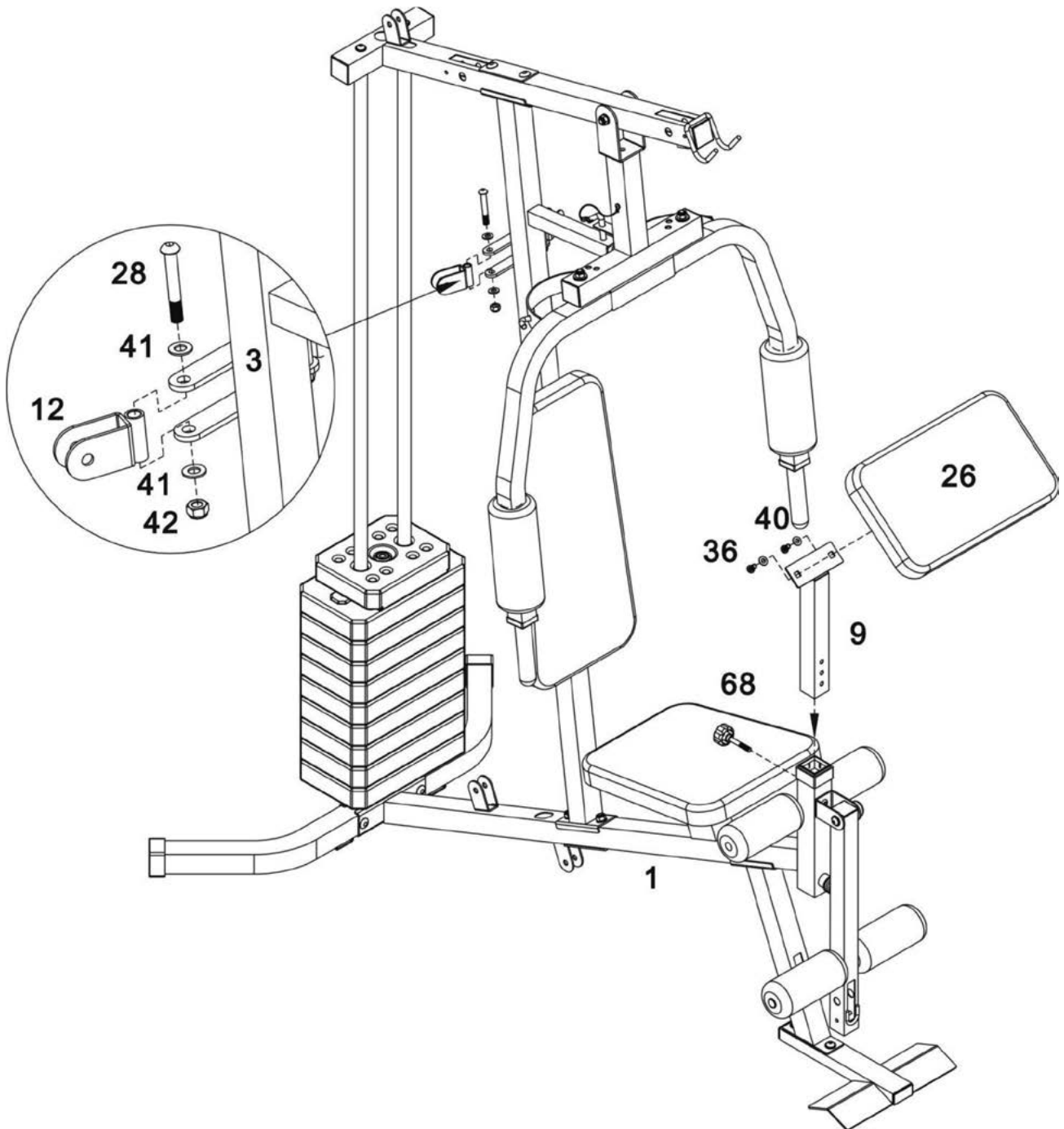
## Step 10



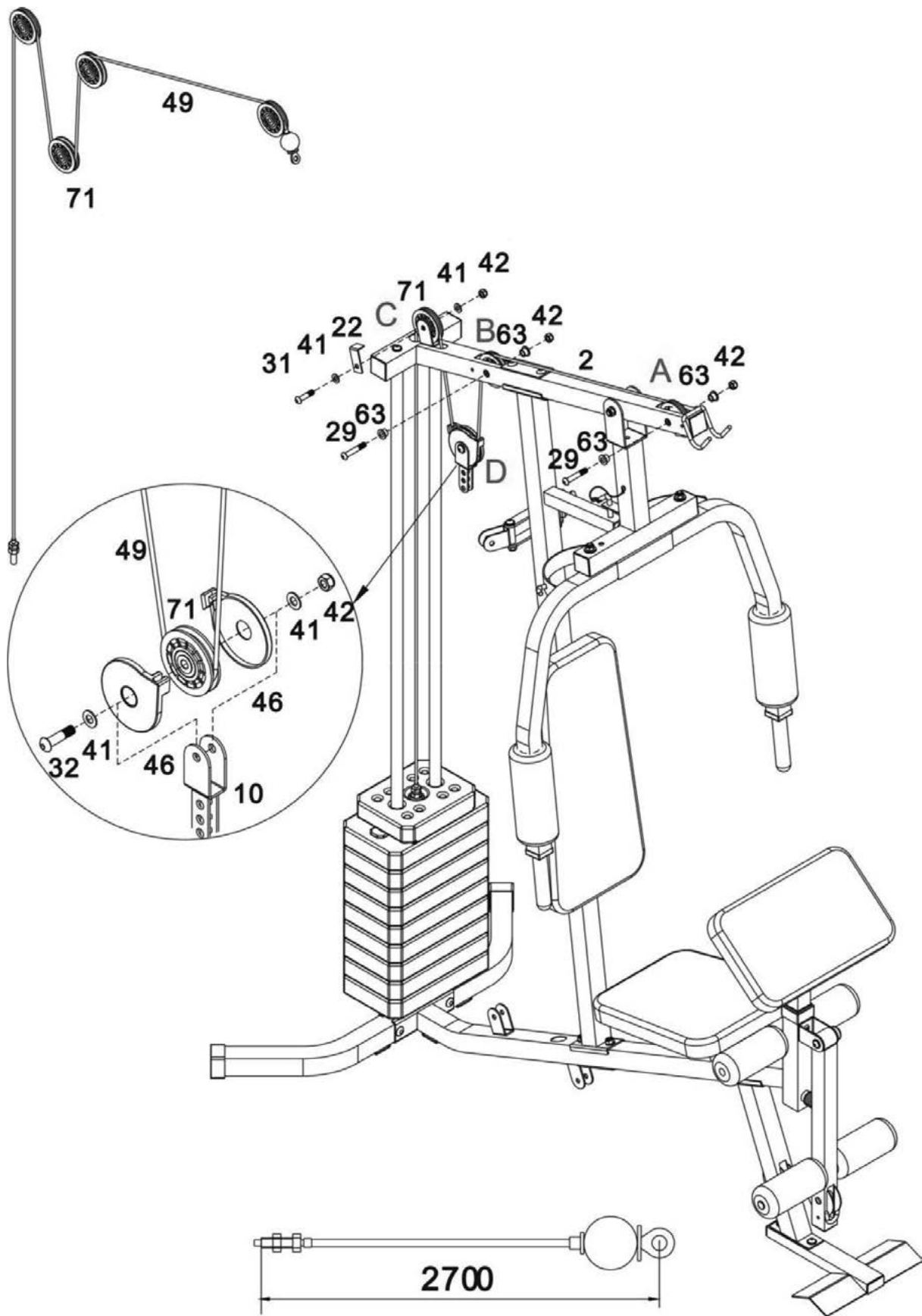
- 1) Slide the Foam roll tube (17) into the hole on the Base frame (1). Push 2 x Ø17mm Foam rolls (69) onto each side of the Foam roll tube (17).
- 2) Attach the Leg developer (15) to the Base frame (1) using M10x60mm Allen bolts (29) and 2 x Ø10mm Washers (41), M10 Aircraft nut (42) and M10 Nut cap (64).
- 3) Slide the Foam roll tube (17) into the hole on the Leg developer (15). Push 2 x Ø17mm Foam rolls (69) onto each side of the Foam roll tube (17).
- 3) **Note:** The 38mm End caps (53) and Ø19mm End caps (55) were fixed in the factory.



## Step 11

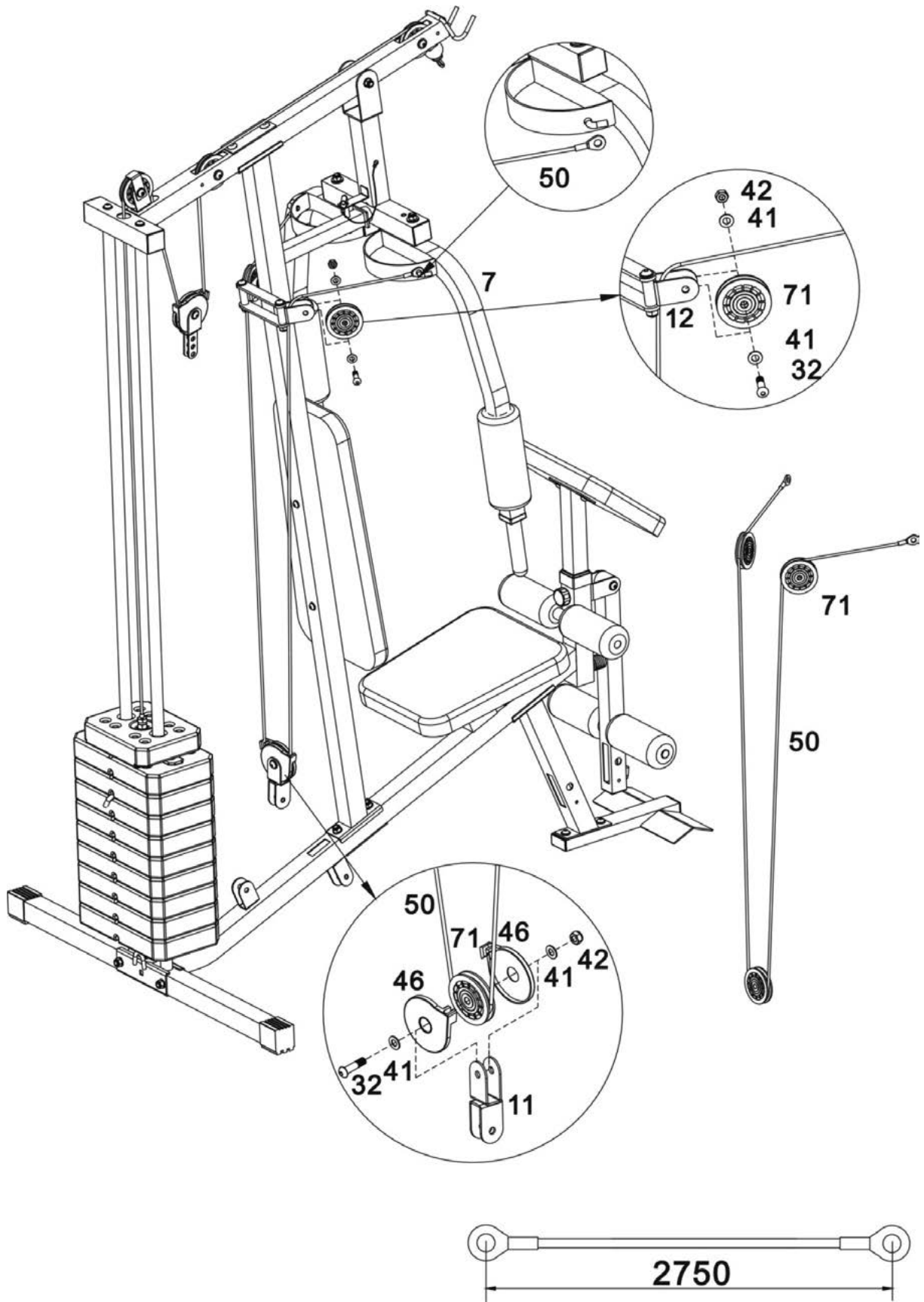


- 1) Attach the Preacher pad (26) to the Preacher pad stand (9). Secure using 2 x M8x18mm Allen bolts (36) and 2 x Ø8mm Washers (40).
- 2) Insert the Preacher pad assembly into the Base frame (1). Select the desired height and secure using the Lock knob (68).
- 3) Attach 2 x Swivel pulley brackets (12) to the two sides of open bracket on the Vertical frame (3). Fix using 2 x M10x65mm Allen bolts (28), 4 x Ø10mm Washers (41) and 2 x M10 Aircraft nuts (42).



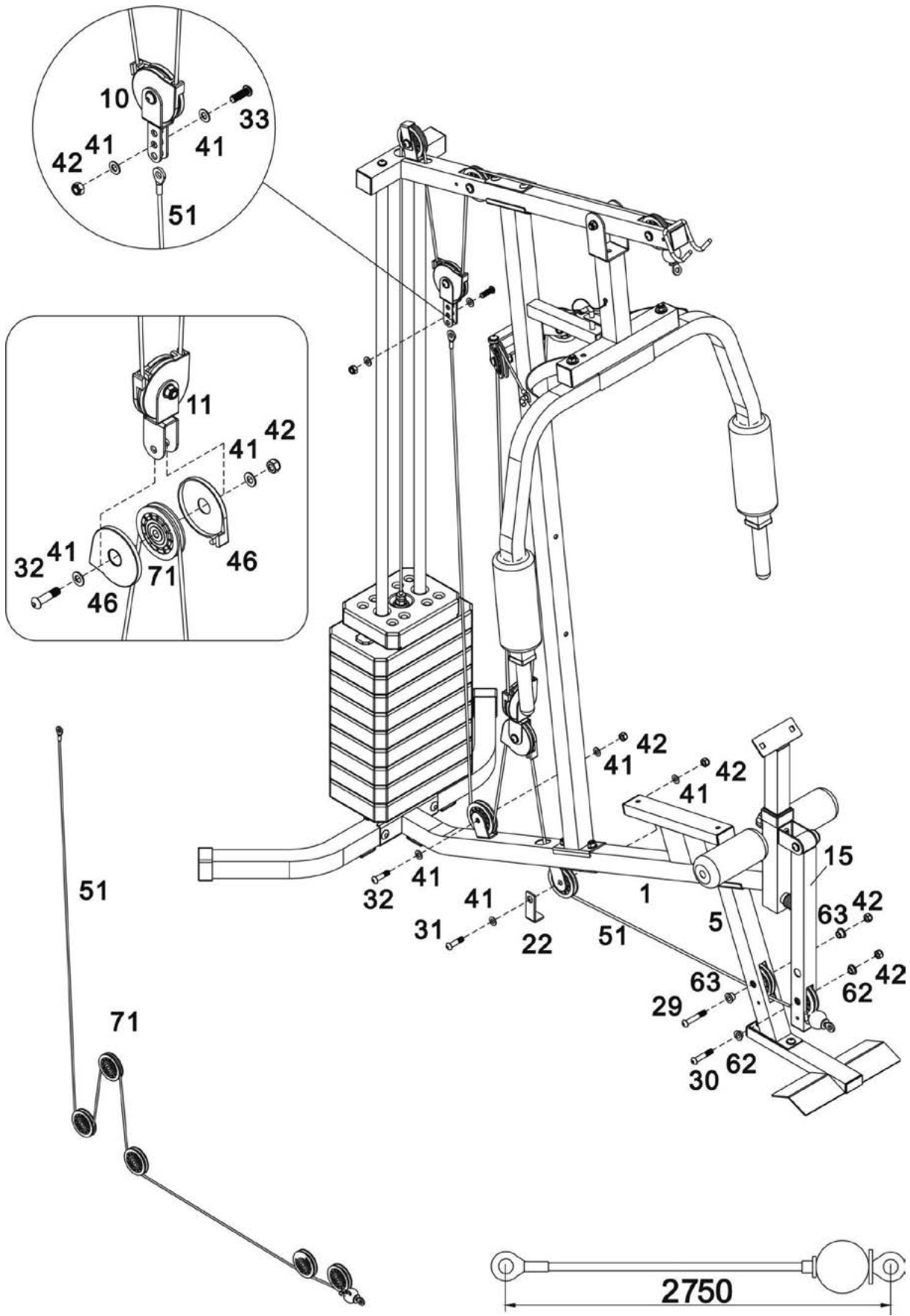
## **Step 12**

- 1) Feed the bolt end of the 2700mm Upper cable (49) up through opening in Upper frame (2). Insert  $\text{\O}22 \times 15\text{mm}$  Pulley bushings (63) into holes and attach 1st Pulley (71) using M10 x 60mm Allen bolt (29) and M10 Aircraft nut (42).
- 2) Repeat procedure for 2nd Pulley, feeding cable up through opening in Upper frame (1).
- 3) Attach 3rd Pulley to Upper frame (2) using a M10 x 42mm Allen bolt (31), 2 x  $\text{\O}10\text{mm}$  Washers (41), M10 Aircraft nut (42) and 1 x L-Shaped separation blade (22).
- 4) Place 4th Pulley (71) onto the cable and fit Pulley covers (46) over Pulley and cable. Attach Pulley assembly to Floating pulley bracket (10) using a M10x40mm Allen bolt (32), 2 x  $\text{\O}10\text{mm}$  Washers (41) and M10 Aircraft nut (42).



### **Step 13**

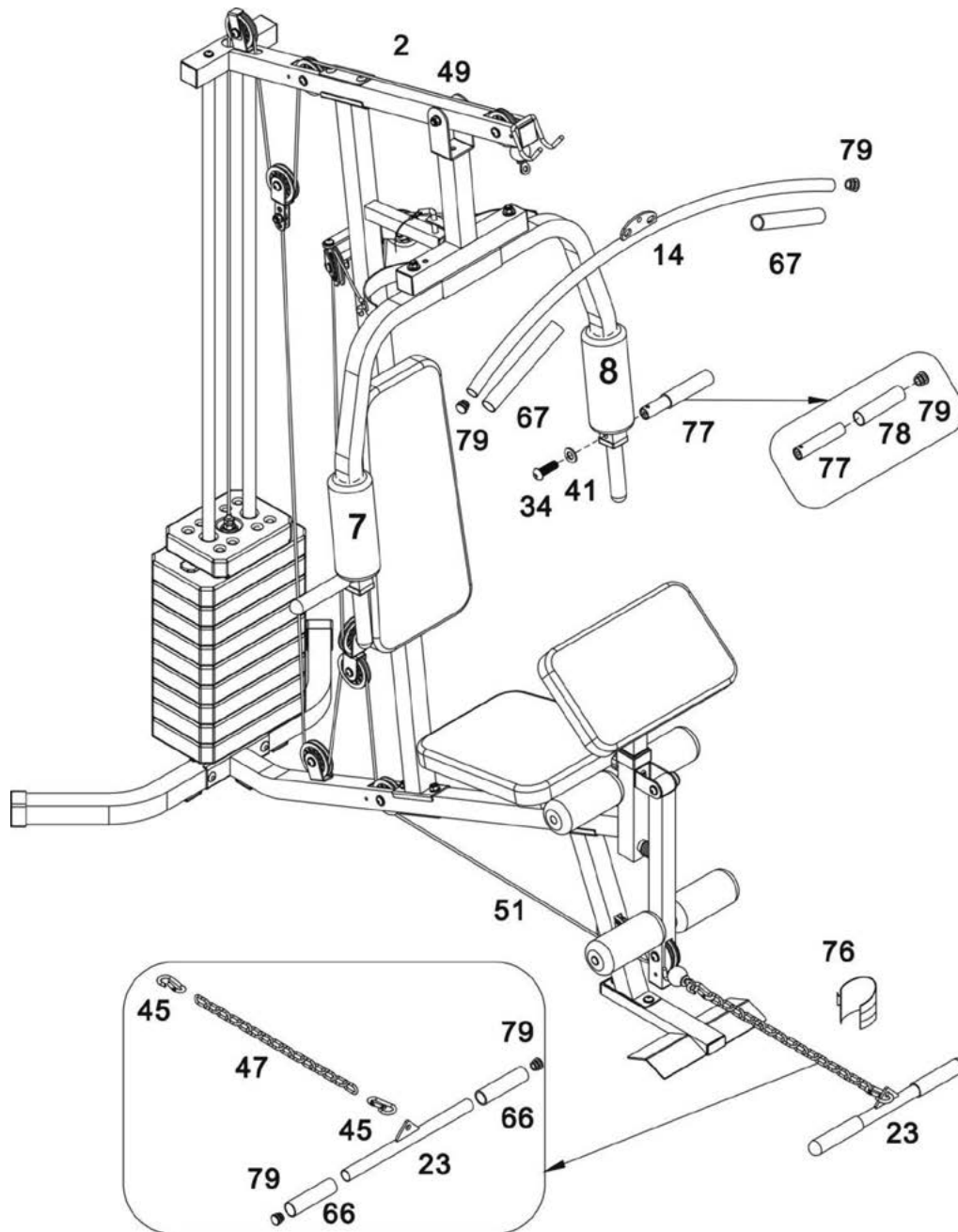
- 1) Hook one end of the 2750mm Butterfly cable (50) to Right butterfly (7). Place a Ø77mm Pulley (71) under the cable, position the pulley into the Swivel pulley brackets (12). Fix using M10x40mm Allen bolts (32), 2 x Ø10mm Washers (41) and M10 Aircraft nut (42).
- 2) Repeat "1" to attach the left side.
- 3) Place a Ø77mm Pulley (71) onto the cable and fit Pulley covers (46) over Pulley and cable. Attach Pulley assembly to Angle double pulley bracket (11) using M10x40mm Allen bolt (32), 2 x Ø10mm Washers (41) and M10 Aircraft nut (42).



## **Step 14**

- 1) Feed the loop end of 2750mm Lower cable (51) through opening in the Leg developer (15). Insert 2 x Ø22x11mm Pulley bushings (62) into holes and attach 1st Pulley using M10 x 53mm Allen bolt (30) and M10 Aircraft nut (42).
- 2) Insert 2 x Ø22x15mm Pulley bushings (63) into holes and attach 2nd Pulley using M10x60mm Allen bolt (29) and M10 Aircraft nut (42).
- 3) Attach 3rd Pulley to Base frame (1) using a M10x42mm Allen bolt (31), 2 x Ø10mm Washers (41), M10 Aircraft nut (42) and 1 x L-Shaped separation blade (22).
- 4) Place 4th Pulley onto the cable and fit Pulley covers (46) over Pulley and cable. Attach Pulley assembly to the other end of the Angled double pulley bracket (11) using M10x40mm Allen bolt (32), 2 x Ø10mm Washers (41) and M10 Aircraft nut (42).
- 5) Attach 5th Pulley to Base frame (1) using M10x40mm Allen bolt (32), 2 x Ø10mm Washers (41) and M10 Aircraft nut (42).
- 6) Secure the end of the Lower cable (51) to the Floating pulley bracket (10) using M10x30mm Allen bolt (33), 2 x Ø10mm Washers (41) and M10 Aircraft nut (42).

## Step 15



- 1) Attach the Lat bar (14) onto the Upper frame (2) hooks.
- 2) Connect the Pull bar (23) to the end of Lower cable (51) using 2 x Clip hooks (45) and 15 Joint chain (47).
- 3) Attach 2 x Front press handle (77) to the Right/Left butterfly (7&8). Fix using 2 x M10x25mm Allen bolt (34) and 2 x Ø10mm Washers (41).
- 4) **Note:** The Front press handle Grips Ø25×130 (66), Lat pull handle grips (67), Front press handle Grips Ø25×110 (78) and Ø25mm End caps (79) were fixed in the factory.



## EXERCISE GUIDE

### Seated Bench Press

#### Developing the Pectoralis

Select the desired weight. Sit facing away from the equipment with your back against back pad. Grasp Front press handles. Push Front press handles away from your body to full extension. Return to the start position in a slow and controlled manner and repeat the exercise.

**Beginners:** 10 Reps with light weights

**Intermediate:** 10 Reps / 3 sets

**Advanced:** 10 Reps / 4 sets with gradually increasing weights



### Pectoral Fly

#### Developing the Pectoralis

Select the desired weight. Sit facing away from the equipment with your back against back pad. Place forearms on fly pads. Rotate your arms forward as far as possible, by contracting from your chest. Return to the start position in a slow and controlled manner and repeat the exercise.

**Beginners:** 10 Reps with light weights

**Intermediate:** 10 Reps / 3 sets

**Advanced:** 10 Reps / 4 sets with gradually increasing weights



### Seated Preacher Curl

#### Developing the Biceps

Select the desired weight. Adjust Preacher pad to desired height. Attach 'Pull bar' and chain to Lower pulley using Clip hooks. Position upper arms on Preacher pad. Grasp Pull bar with palms facing up. Curl bar upwards by pivoting from the elbow. Return to the start position in a slow and controlled manner and repeat the Exercise.

**Beginners:** 10 Reps with light weights

**Intermediate:** 10 Reps / 3 sets

**Advanced:** 10 Reps / 4 sets with gradually increasing weights



### **Standing Biceps Curl**

#### **Developing the Biceps**

Select the desired weight. Attach 'Pull bar' and chain to Lower pulley using Clip hooks. Stand over the lower pulley positioning feet on front foot plate. Grasp 'Pull bar' with palms facing up. With elbows at your side and arms fully extended, curl Pull bar upwards by pivoting from the elbows. Return to the start position in a slow and controlled manner and repeat the exercise.

**Beginners:** 10 Reps with light weights

**Intermediate:** 20 Reps with light weights

**Advanced:** 20 Reps / 2-4 sets with gradually increasing weights



### **Outer Leg Kick**

#### **Developing the Outer Thigh**

Select the desired weight. Wrap 'Ankle strap' around leg to be exercised. Attach Ankle strap to Lower pulley using Clip hooks. Stand beside Lower pulley, placing leg to be exercised (the outer leg), slightly in front of the other. Kick leg out to your side, pivoting only from the hip. Return to the start position in a slow and controlled manner and repeat the exercise.

**Beginners:** 10 Reps with light weights

**Intermediate:** 20 Reps with light weights

**Advanced:** 20 Reps / 2-4 sets with gradually increasing weights



### **High Pulley Ab Crunch**

#### **Developing the Abs / Core**

Select the desired weight. Attach 'Lat bar' to Upper pulley. Sit facing away from the equipment, locking your legs into Foam rolls for support. Grasp 'Lat bar' using a narrow grip with Lat bar behind your head. Holding position steady, lean your torso forward and pull-in with your abs. Avoid over-stretching your back and keep the tension in your abs. Return to the start position in a slow and controlled manner and repeat the exercise.

**Beginners:** 10 Reps with light weights

**Intermediate:** 10 Reps / 3 sets

**Advanced:** 10 Reps / 4 sets with gradually increasing weights



### **Seated Leg Extension**

#### **Developing the Quadriceps**

Select the desired weight. Position back of your knees on top of Foam rolls. Position top of your ankles against lower Foam rolls. Extend your legs forward, pivoting from the knees, to full extension. Return to the start position in a slow and controlled manner and repeat the exercise.

**Beginners:** 10 Reps with light weights

**Intermediate:** 10 Reps / 3 sets

**Advanced:** 10 Reps / 4 sets with gradually increasing weights



### **Inner Leg Kick**

#### **Developing the Inner Thigh**

Select the desired weight. Wrap 'Ankle strap' around leg to be exercised. Attach Ankle strap to Lower pulley using Clip hooks. Stand beside Lower pulley, feet shoulder width apart and leg to be exercised, next to pulley. Kick towards front of leg not being exercised, pivoting only from the hip. Return to the start position in a slow and controlled manner and repeat the exercise.

**Beginners:** 10 Reps with light weights

**Intermediate:** 20 Reps with light weights

**Advanced:** 20 Reps / 2-4 sets with gradually increasing weights



## WARM-UP EXERCISES

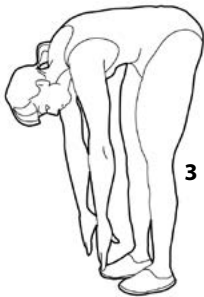
A proper workout consists of warm-up, aerobic exercise and relaxation. Repeat the program 2 or, preferably, 3 times a week, relaxing one day in between. After a few months you will be able to increase the frequency of your workouts to 4 or 5 times per week. Warming up should be a key part of your exercise,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



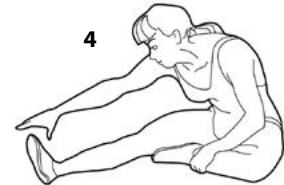
**1. Quadriceps stretch:** Lean against the wall using your right hand while bending your left leg backwards and holding it with the other hand. Try to bend the leg as much as you can. Hold this position for 15 seconds. Repeat for the right leg.



**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.



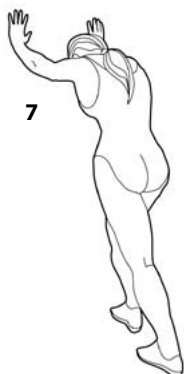
**4. Biceps exercise:** Sit with your right leg outstretched towards the front and the left one tucked in with the sole touching the right leg. Lean forward trying to grab the toes of the outstretched foot. Perform 15 repetitions. Rest for a while and repeat with the other leg outstretched.



**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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