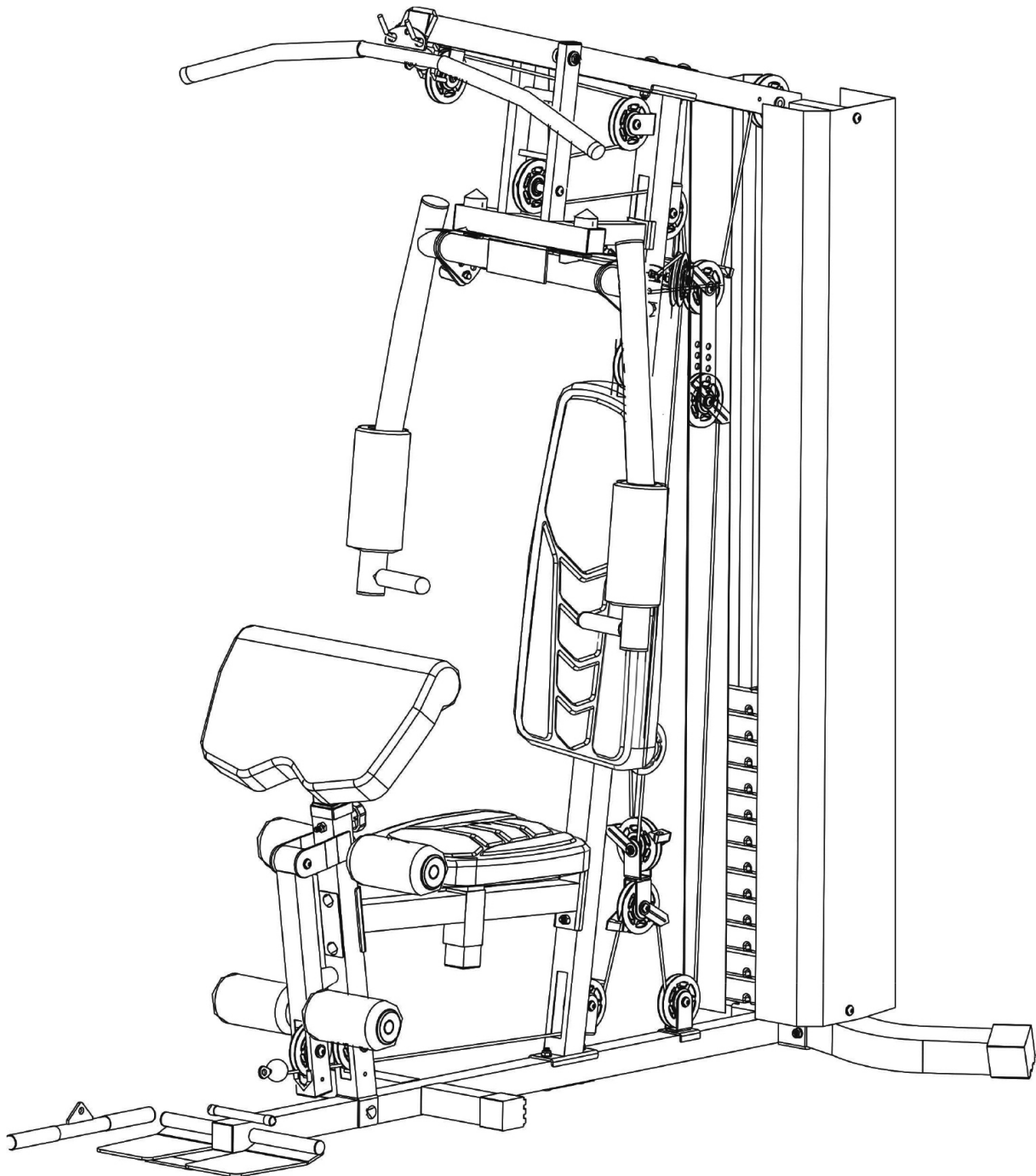


AMILA®

HOME GYM HG650

(code: 91209)

Assembly instructions



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

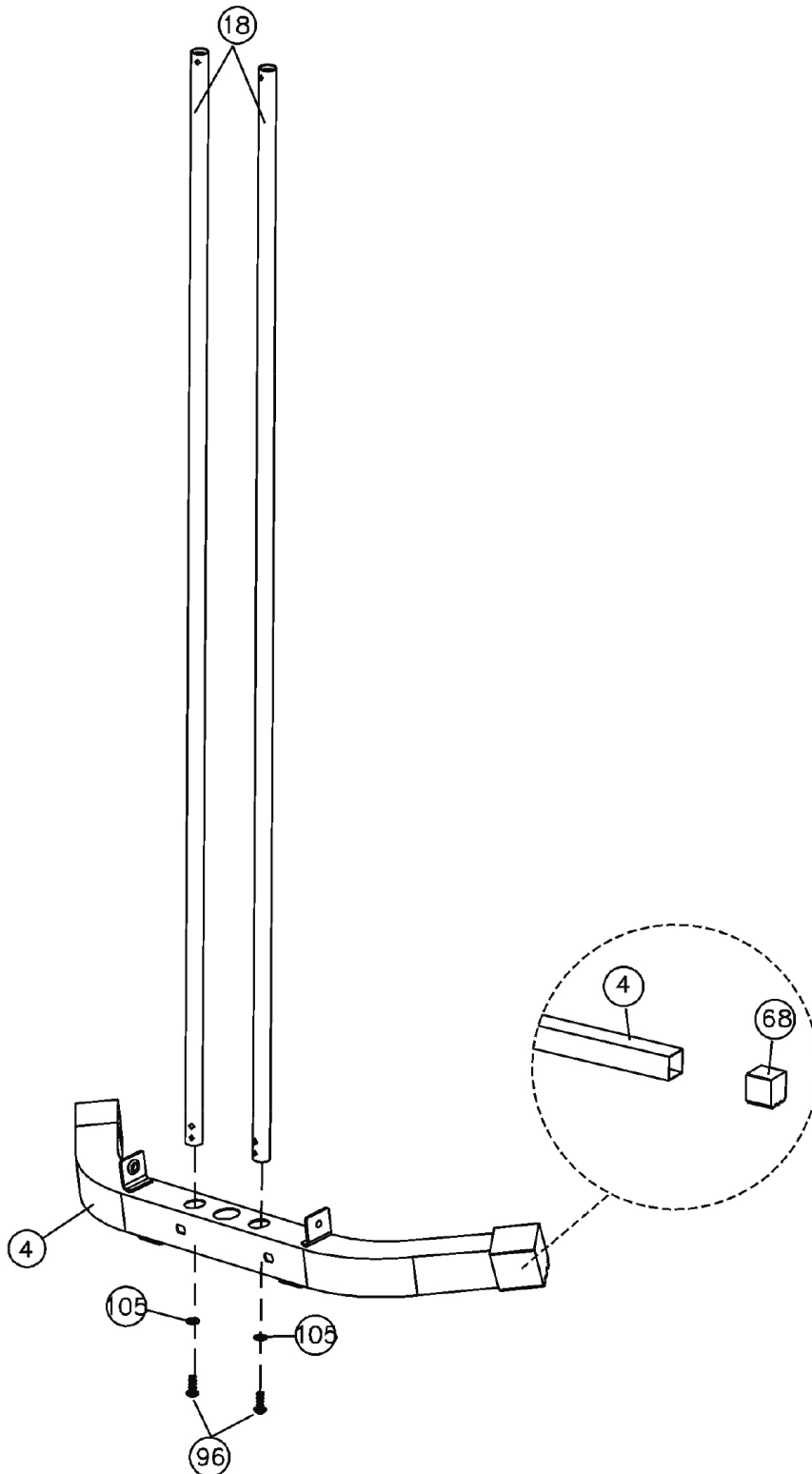
ASSEMBLY INSTRUCTIONS FOR HOME GYM #91209

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.

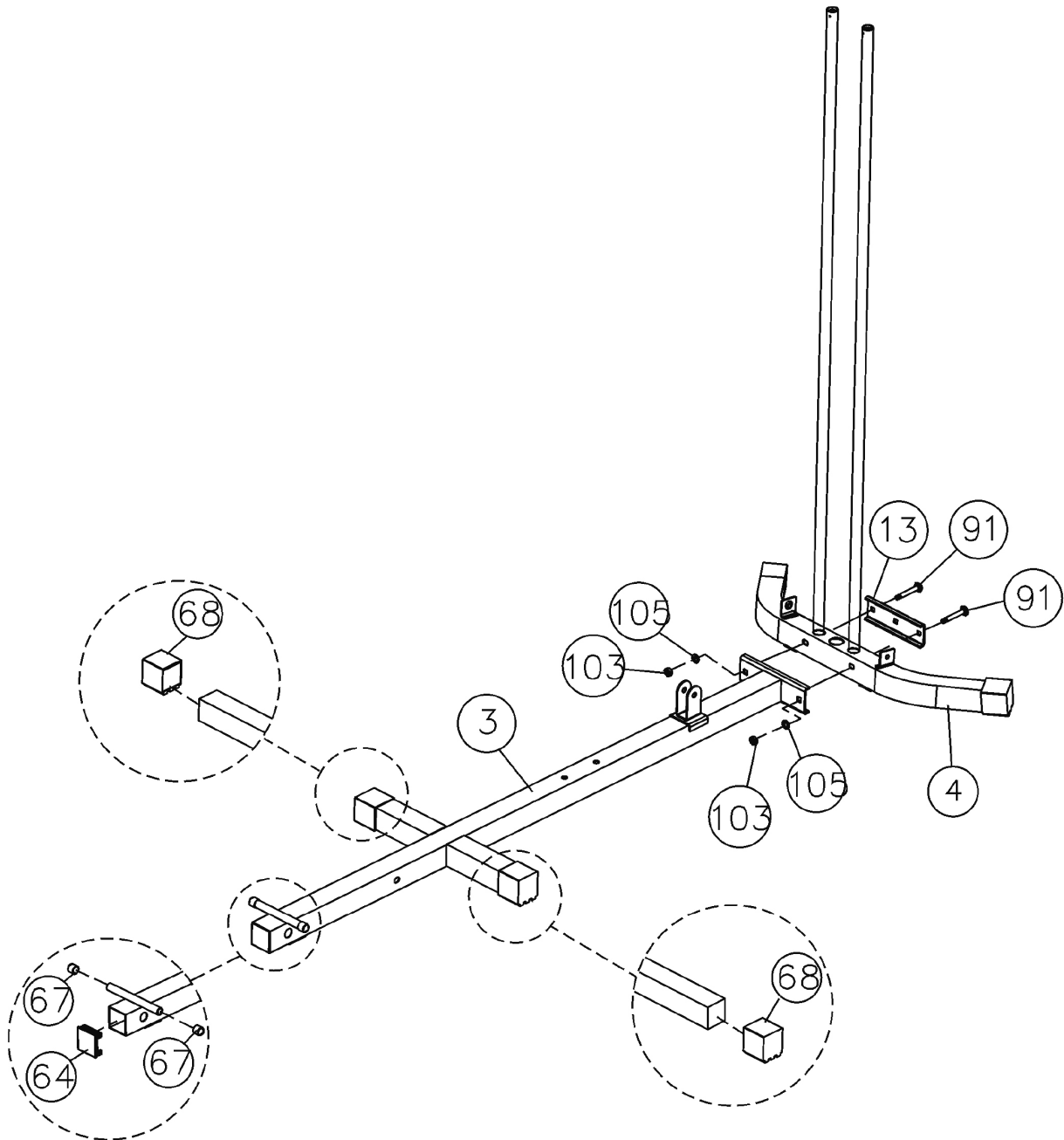
ASSEMBLY INSTRUCTIONS

Step 1



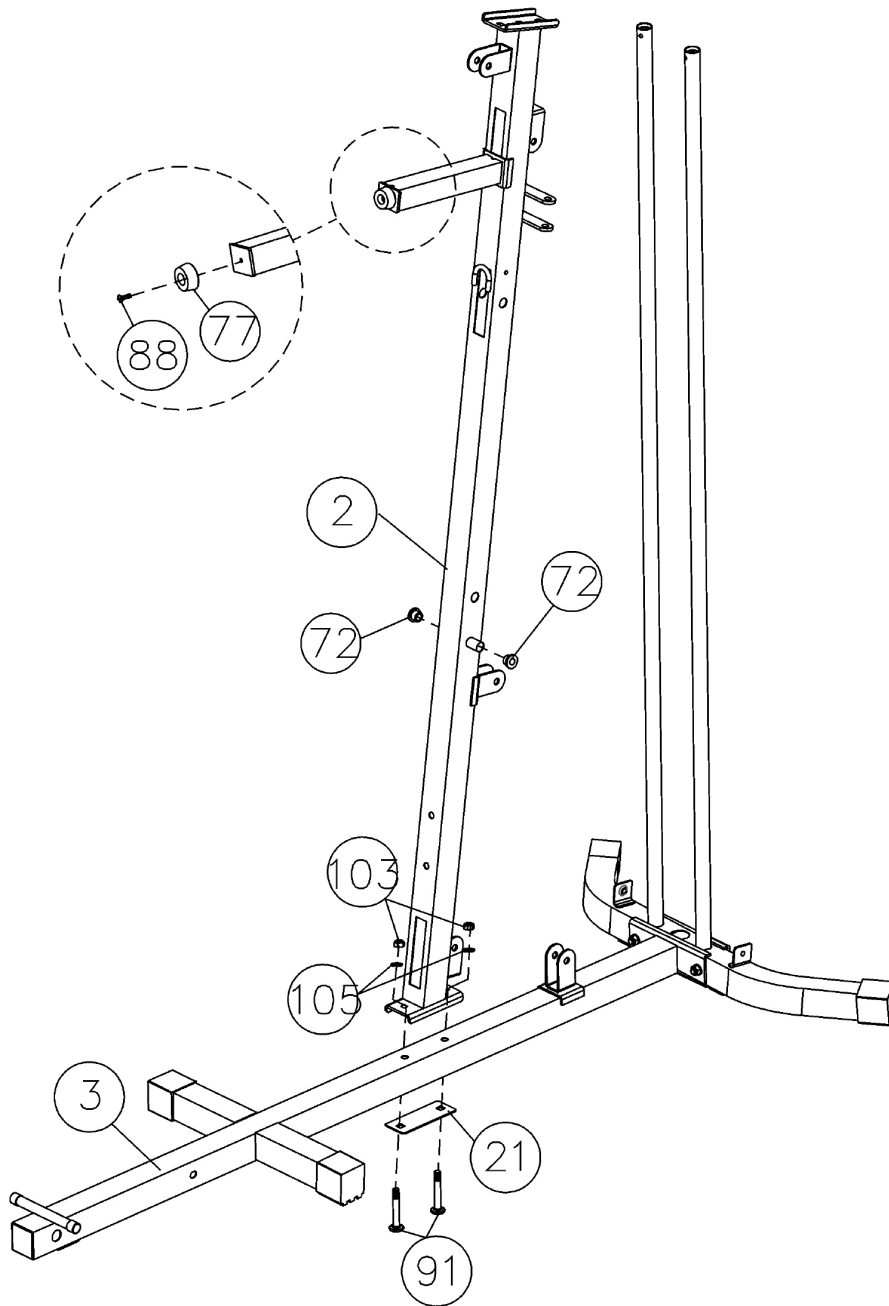
- 1) Insert the 2pcs guide rod (18) into the holes of the rear stabilizer (4). Carefully align the holes and secure them with 2pcs M10×25mm Allen bolt (96), 2pcs Ø10 washer (105).

Step 2



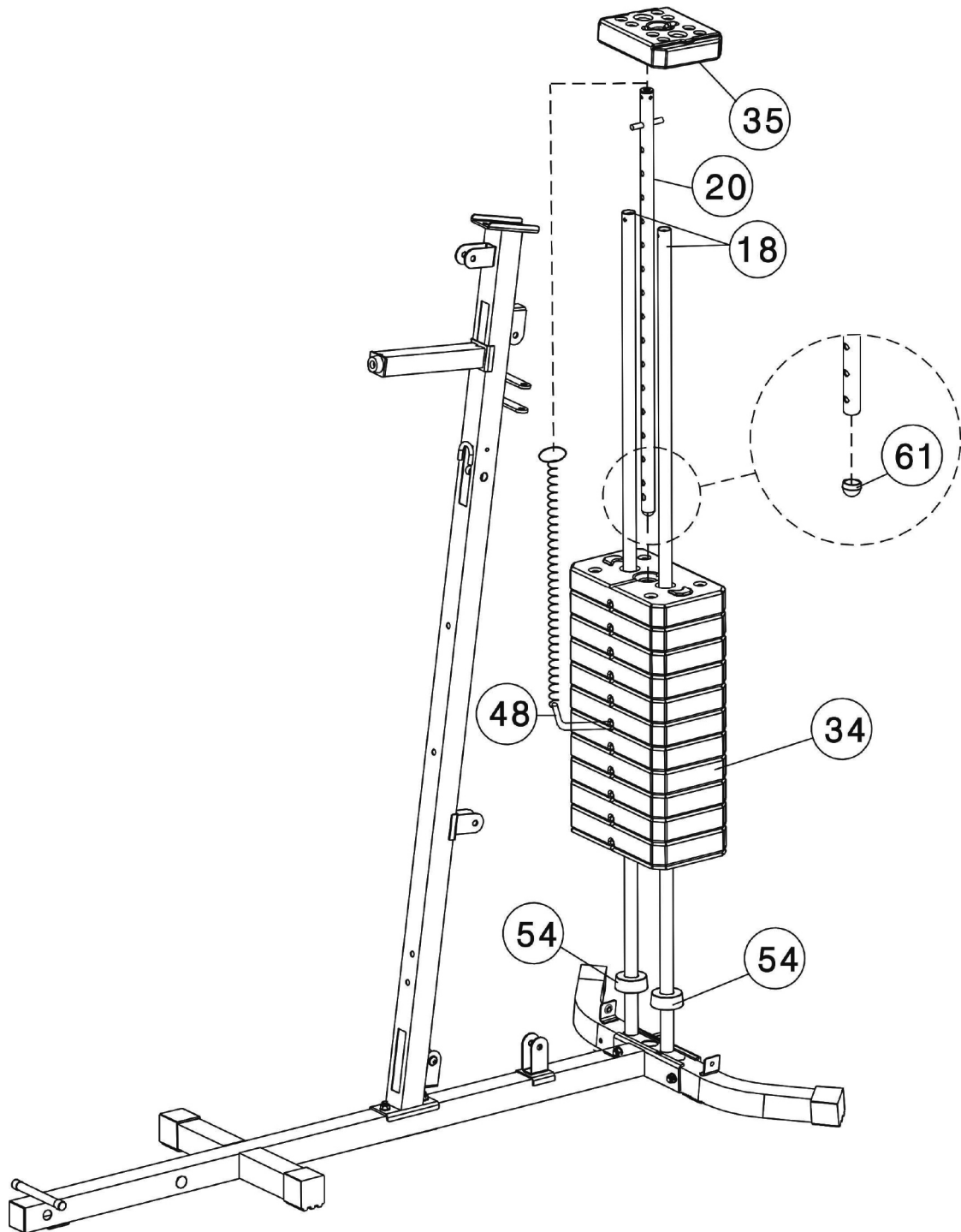
- 1) Attach the main base frame (3) to the rear stabilizer (4). Carefully align the holes and secure them with 2pcs M10x70mm Carriage bolt (91), 1pc bracket (13), 2pcs Ø10 washer (105) and 2pcs M10 Aircraft nuts (103).

Step 3



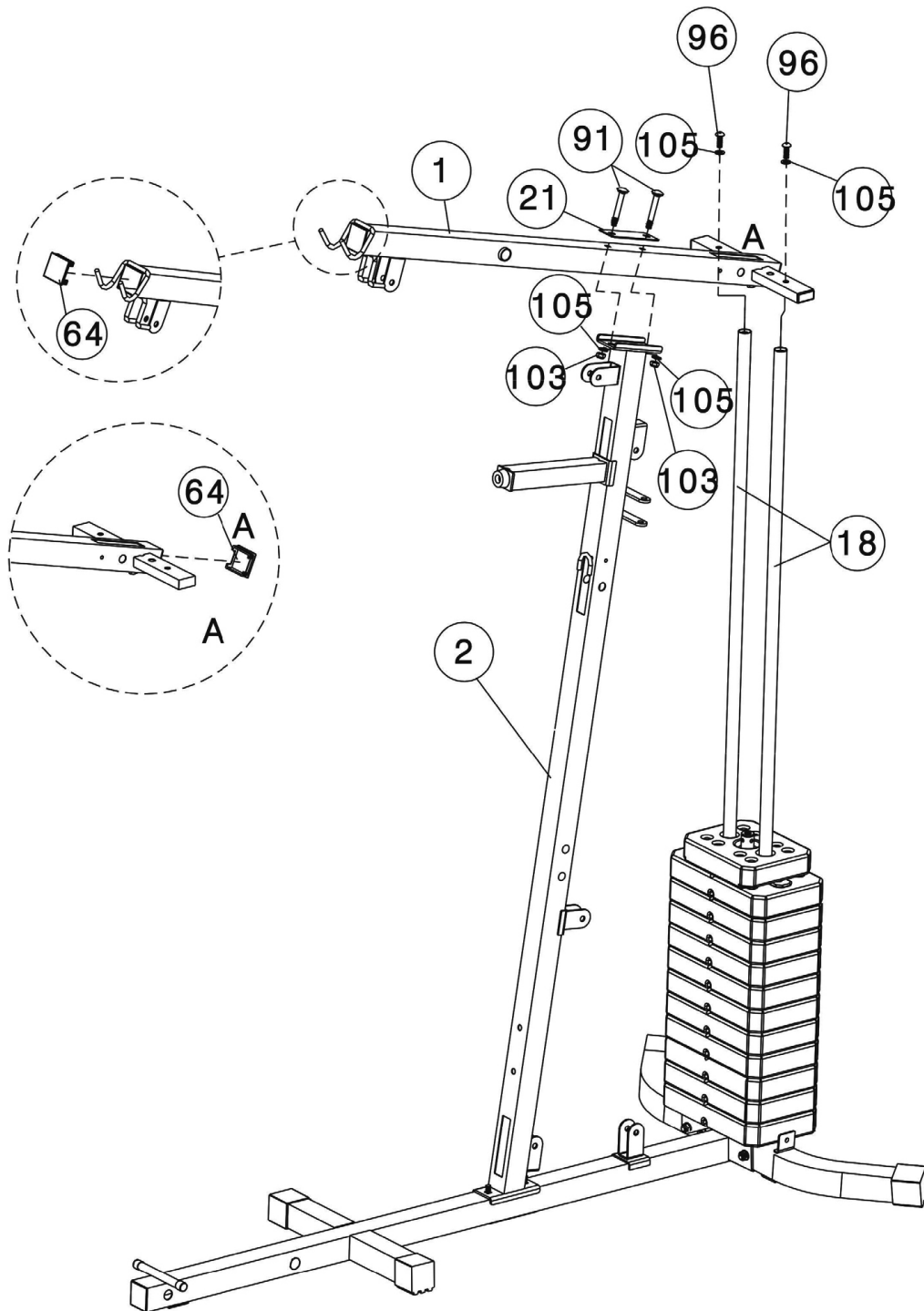
- 1) Place the front vertical frame (2) onto the main base frame (3) and secure them with 2pcs M10*70 Carriage bolt (91), 1pc bracket (21), 2pcs Ø10 washer (105) and 2pcs M10 Aircraft nut (103).

Step 4



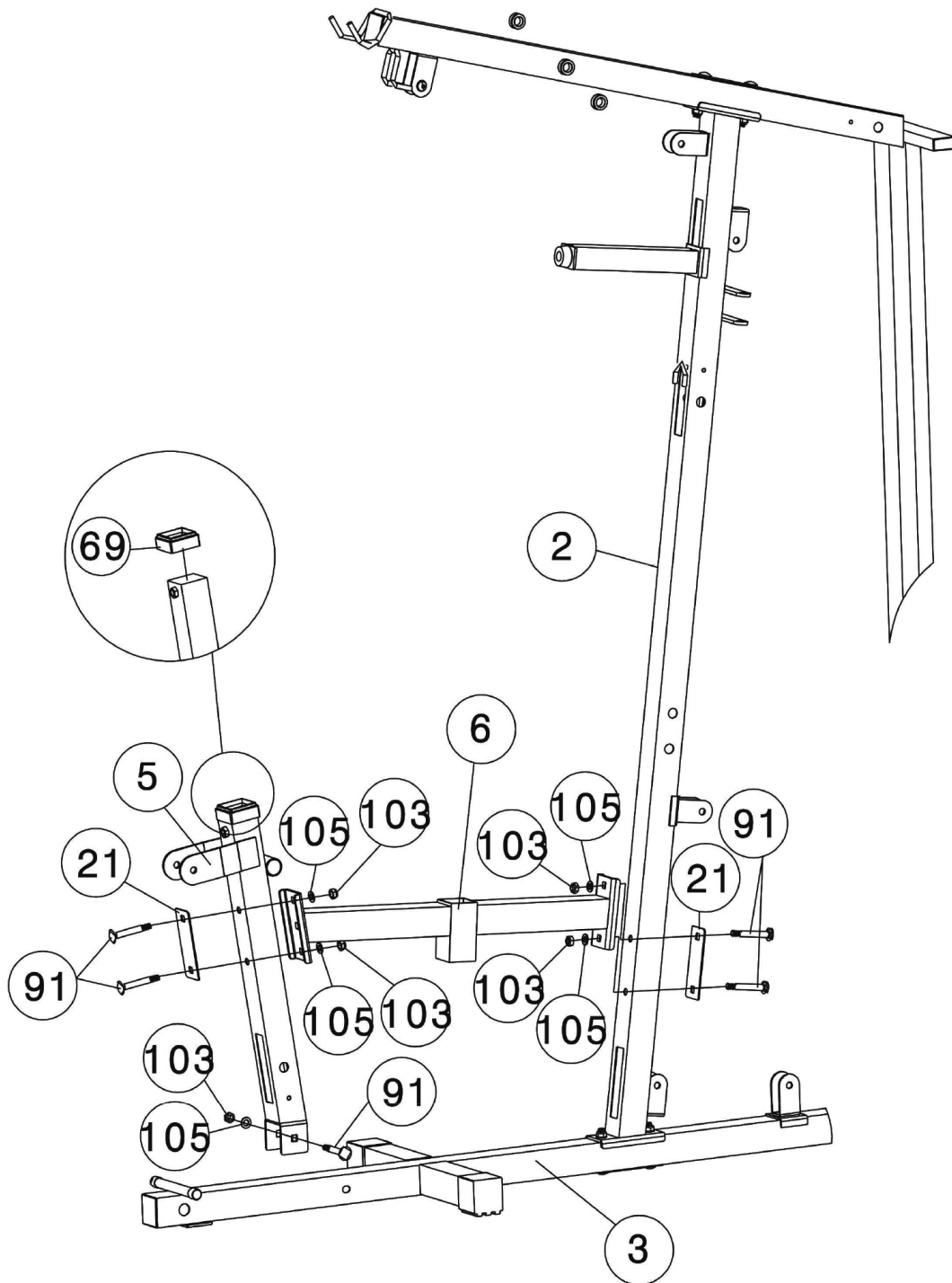
- 1) Slide two rubber bumper (54) down along the guide rods (18). Then place 11 pcs 10LBS weight plate (34) along the guide rods. Make sure all the grooves face front and downwards. Insert the selector rod (20) into the center hole and place 1pc weight stem (35) again. Select the desired weight with the L shape Lock pin (48).

Step 5



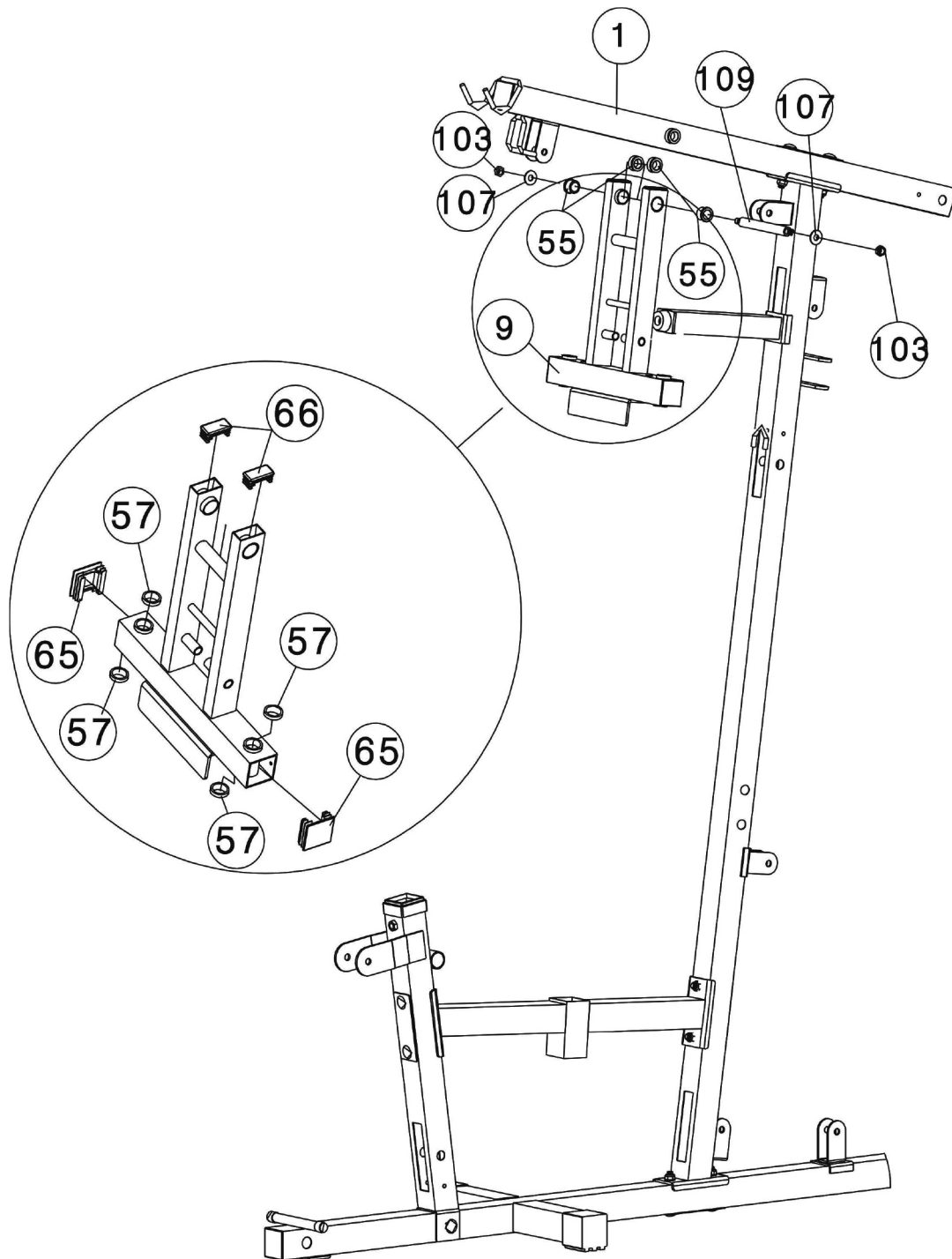
- 1) Attach the upper frame (1) onto the front vertical frame (2) and two Guide rods (18#).
- 2) Fix the upper frame (2) using 2pcs M10x70mm Carriage Bolts (91), 1pc Bracket (21), 4pcs Ø10mm Washers (105), 2pcs M10 Aircraft nuts (103) and 2pcs M10*25 Allen bolt (96).

Step 6



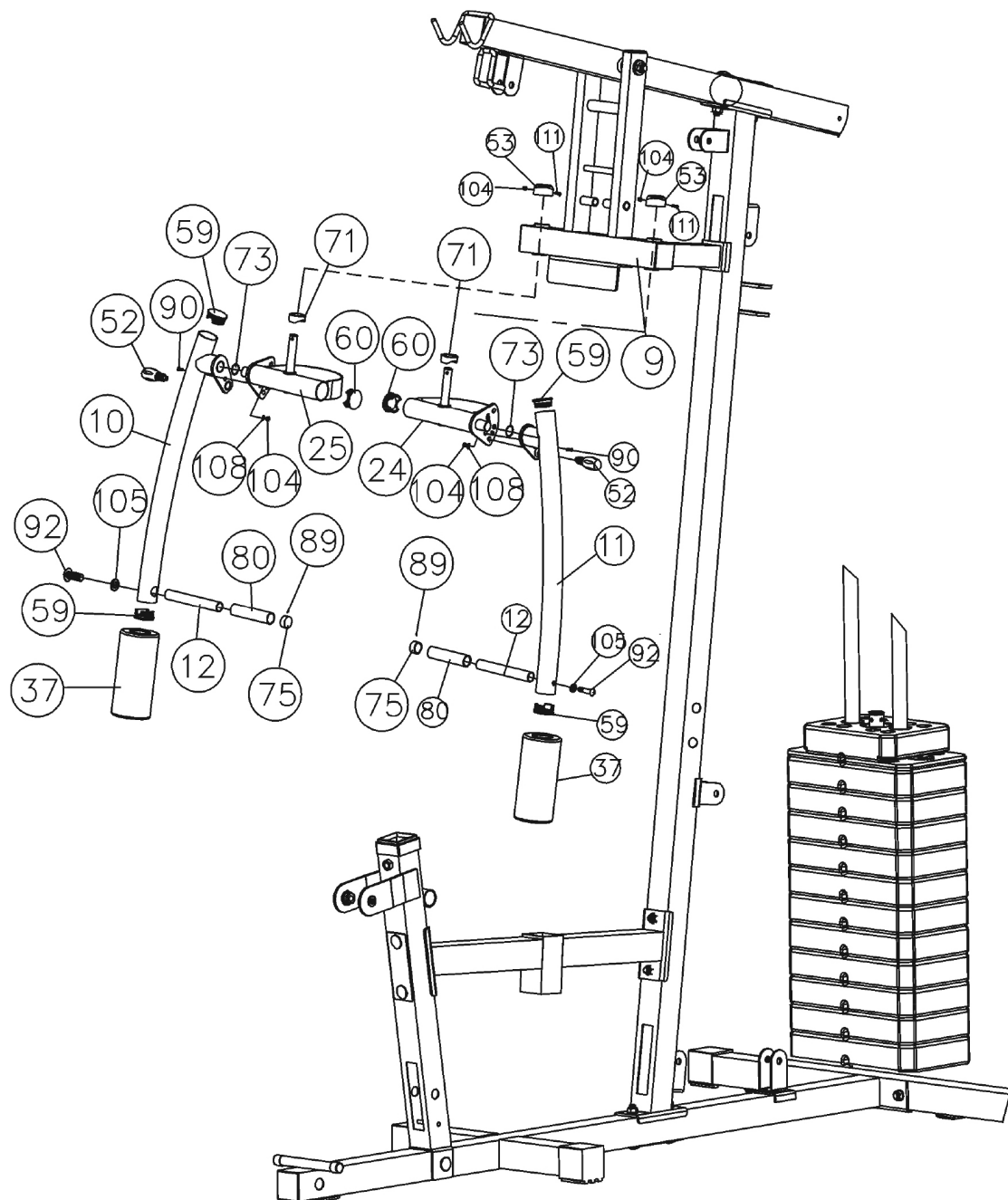
- 1) Attach the seat pad support (6) to the front vertical frame (2) and secure them together with 2pcs M10x70mm Carriage bolt (91), 1pc bracket (21), 2pcs Ø10 washer (105) and 2pcs M10 Aircraft nut (103).
- 2) Attach the leg developer holder (5) as the diagram shows and secure it with the main base frame (3) and seat pad support (6) with 3pcs M10*70 Carriage bolt (91), 1pc bracket (21), 3pc Ø10 washer (105) and 3pc M10 Aircraft nut (103).

Step 7



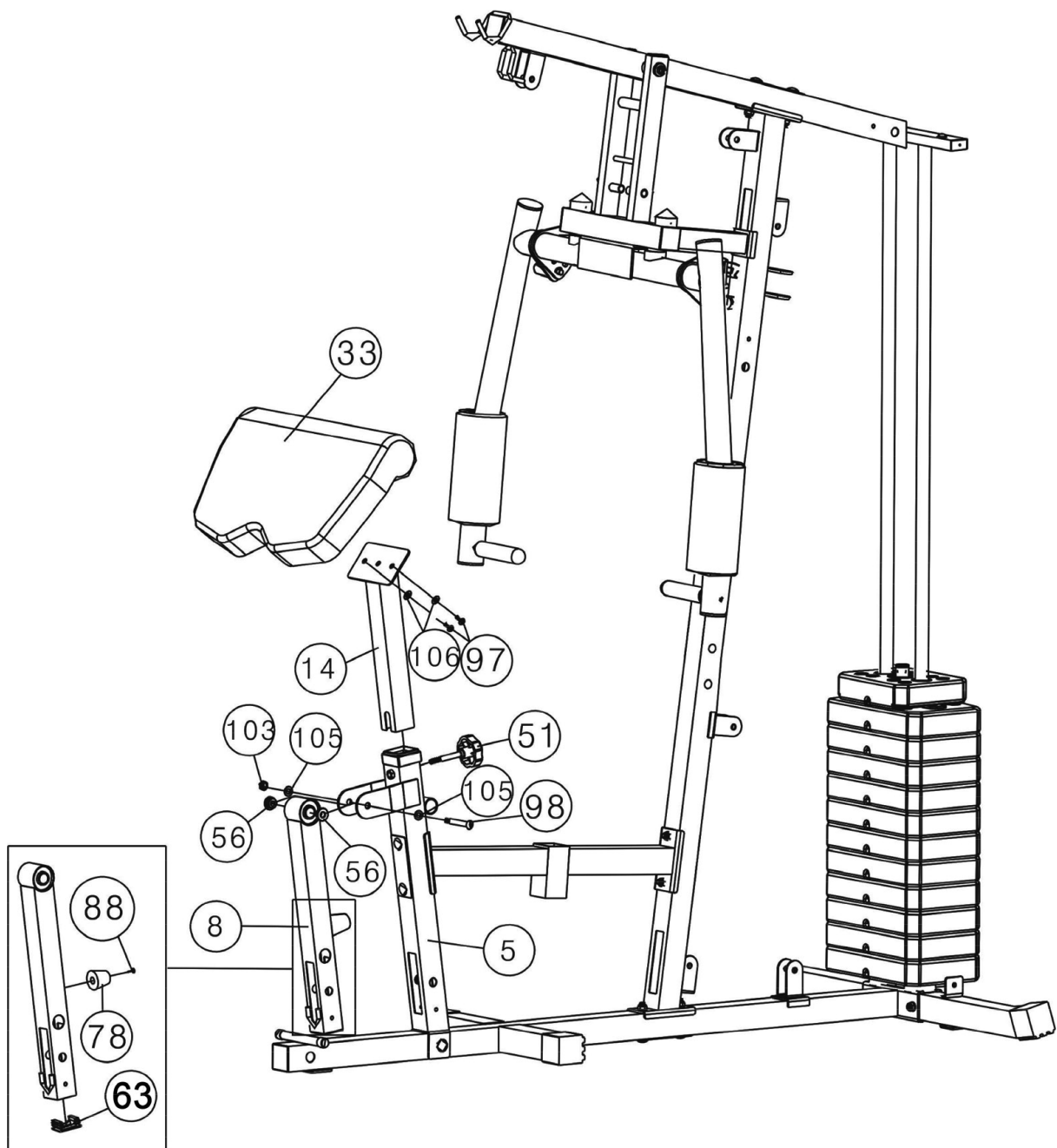
- 1) Attach the front press base (9) to the upper frame (1) and secure them together with 2pcs M10 Aircraft nut (103), 2pcs big washer (107) and 1pc axle (109).

Step 8



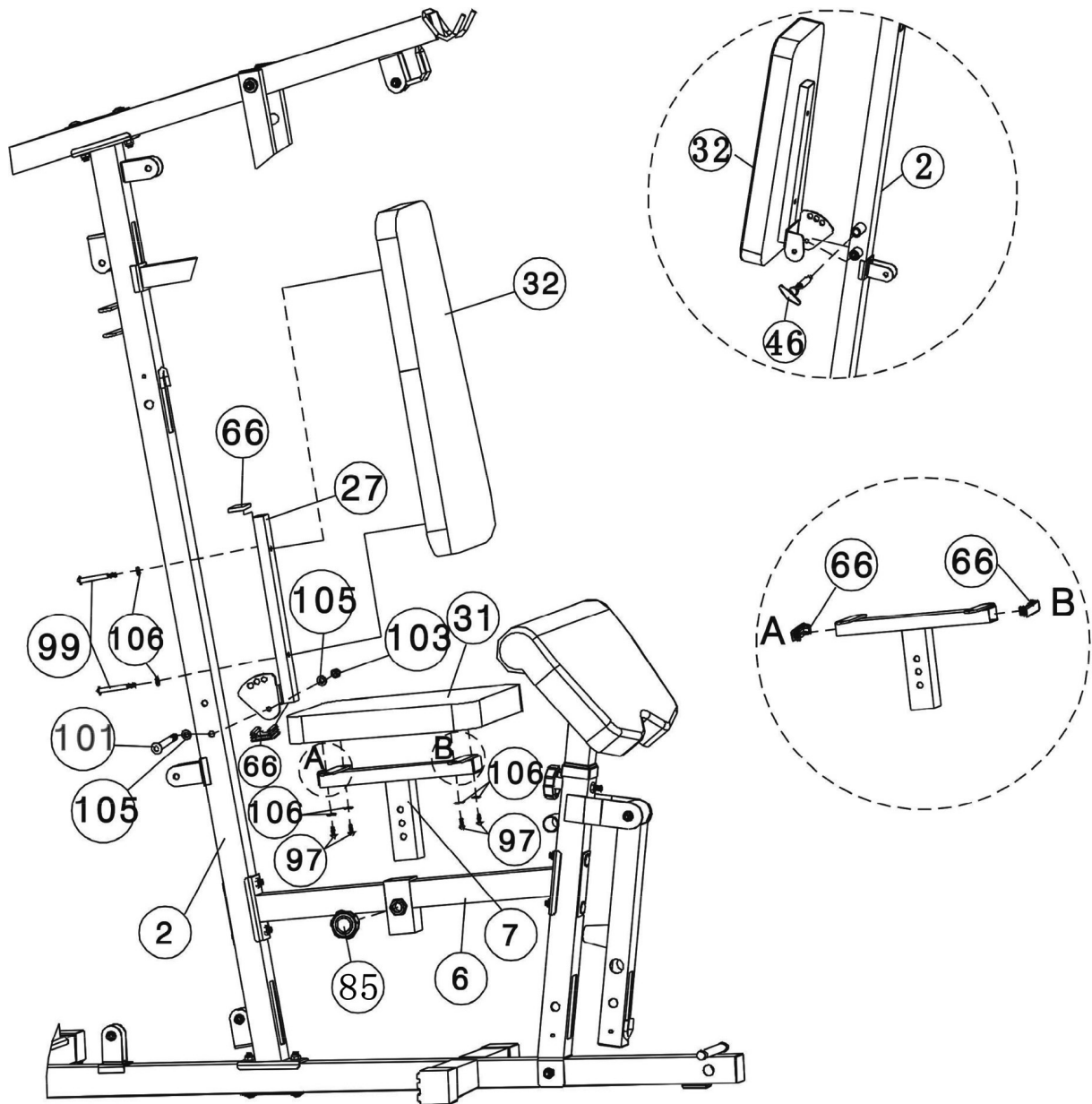
- 1) Attach the right butterfly adjustment (25) through the hole of the front press base and secure it with 1pc spacer (71), cover (53), 1pc M6 Aircraft nut (104) and 1pc M6*33 Allen bolt (111).
- 2) Attach the right butterfly (10) to the right butterfly adjustment (25) and secure them together 1pc M8×23 Allen bolt (90), 2pcs plastic washer (73) and 1pc Ø6 washer (106) and 1pc M6 Aircraft nut (104). You can select the desired butterfly position with the lock pin (52).
- 3) Attach the foam roll (37) as the diagram shows and secure the handle bar (12) with 1pc M10*20 Allen bolt (92) and 1pc Ø10 washer (105).
- 4) Use the same way to install the left ones.

Step 9



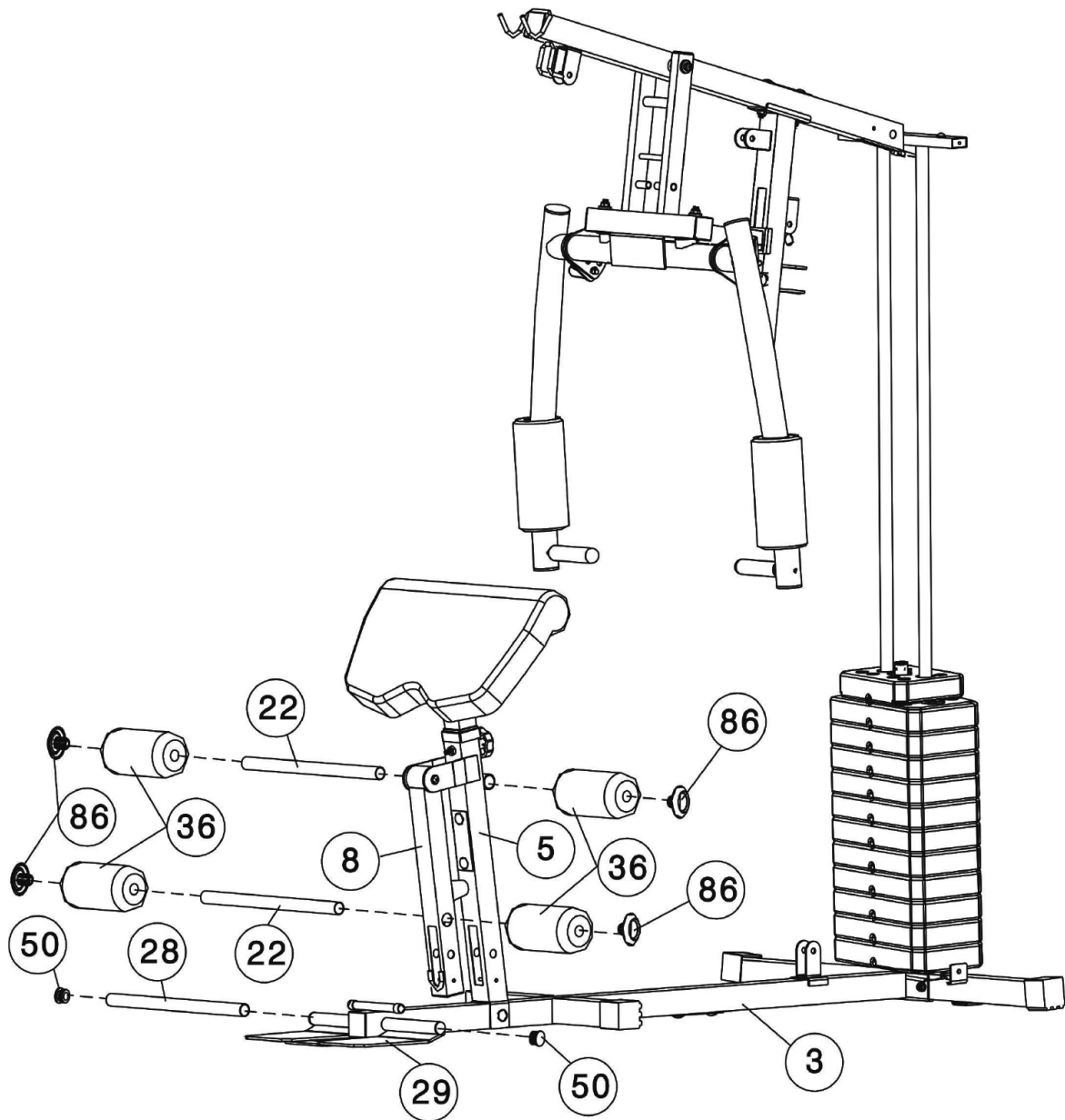
- 1) Attach the arm curl pad (33) to the arm curl pad support (14) and secure them with 2pcs M8x16 Allen bolt (97) and 2pcs Ø8 washer (106). Insert the arm curl pad support into the opening of the leg developer holder and select the desired height with the lock knob (51).
- 2) Attach the leg developer (8) to the leg developer holder (5) and secure them with 1pc M10*80 Allen bolt (98), 2pcs Ø10 washer (105), 2pcs bushing (56) and 1 pc M10 Aircraft nut (103).

Step 10



- 1) Attach the seat pad (31) onto the seat pad adjustment frame (7) and secure them with 4pcs M8×16 Allen bolt (97) and 4pcs Ø8 washer (106). Insert the seat pad adjustment frame (7) into the hole and select the desired height with the lock knob (85).
- 2) Attach the backrest pad support (27) to the front vertical frame with M10*110 Allen bolt (101), 2pcs Ø10 washer (105) and M10 Aircraft nut (103).
- 3) Attach the backrest pad (32) to the backrest pad support (27) and secure them with 2pcs M8*40 Allen bolt (99) and 2pcs Ø8 washer (106).

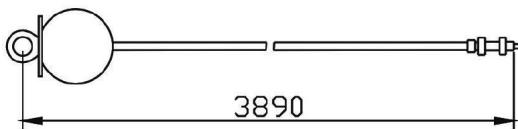
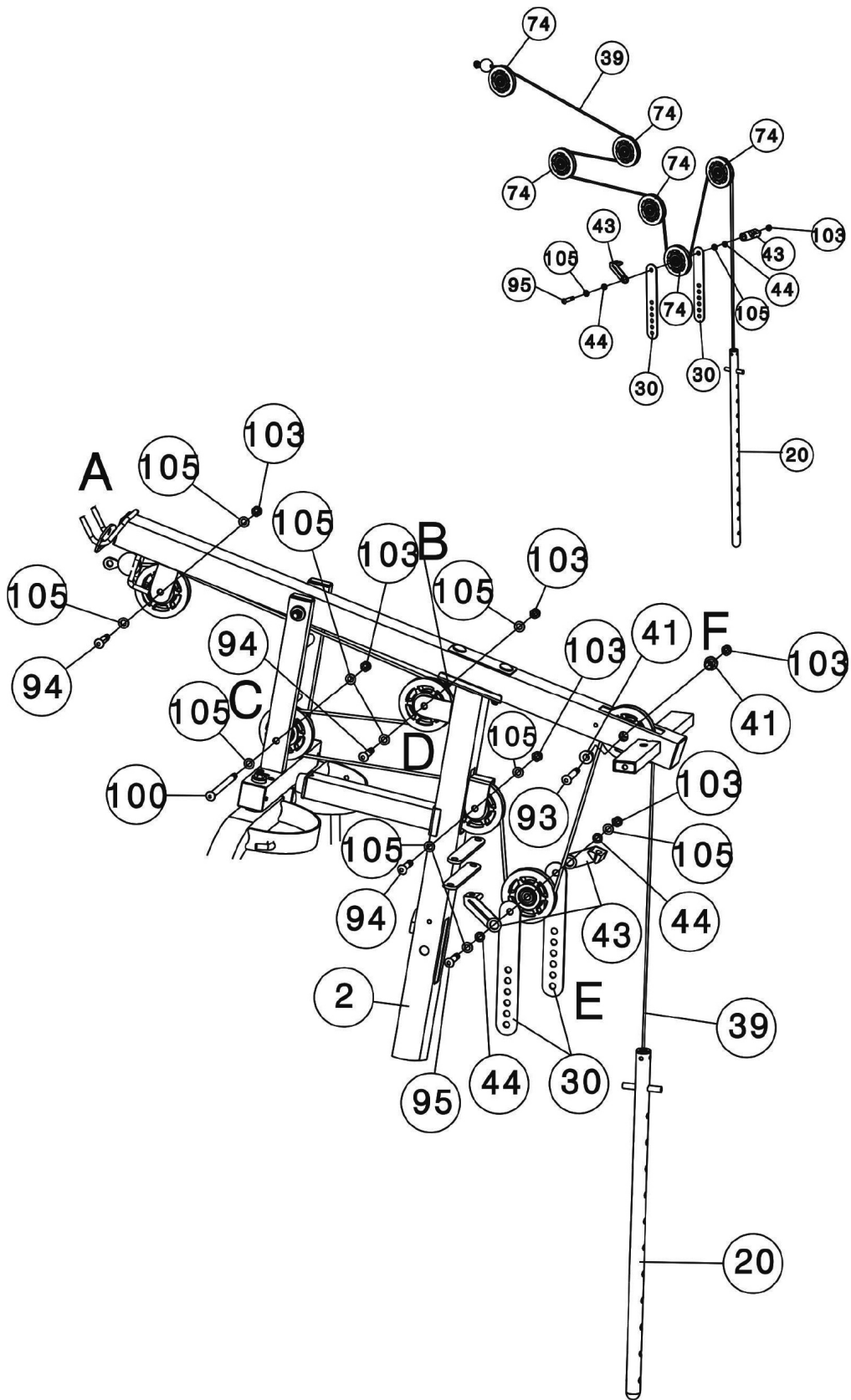
Step 11



- 1) Attach the 2pcs foam roll tube (22) into the holes as the diagram shows and attach the 4pcs foam roll (36) and 4pcs end cap (86) at both ends.
- 2) Secure the foot plate (29) with the foot plate tube (28) and then attach the end caps (50) at both ends.

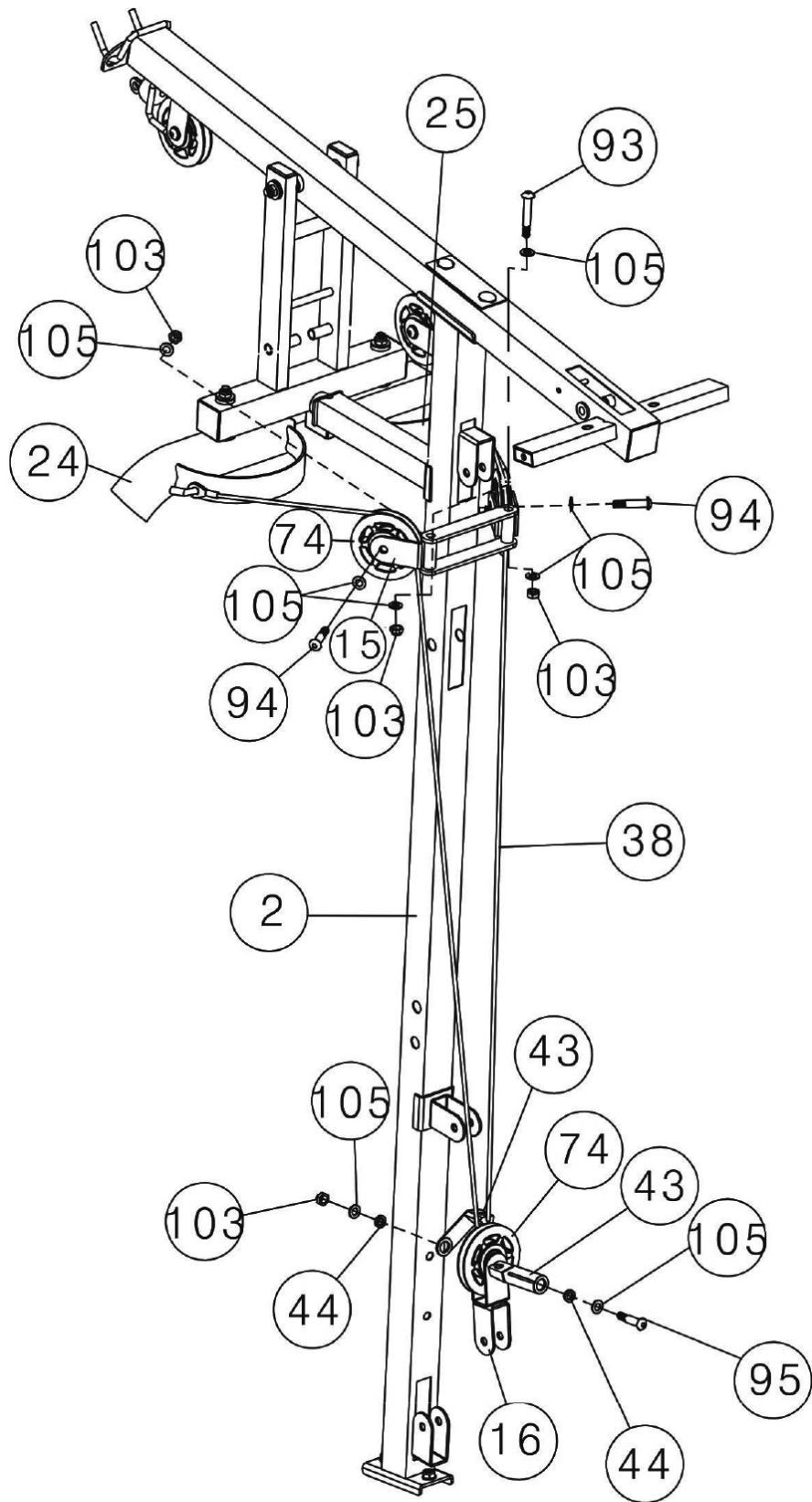
Step 12

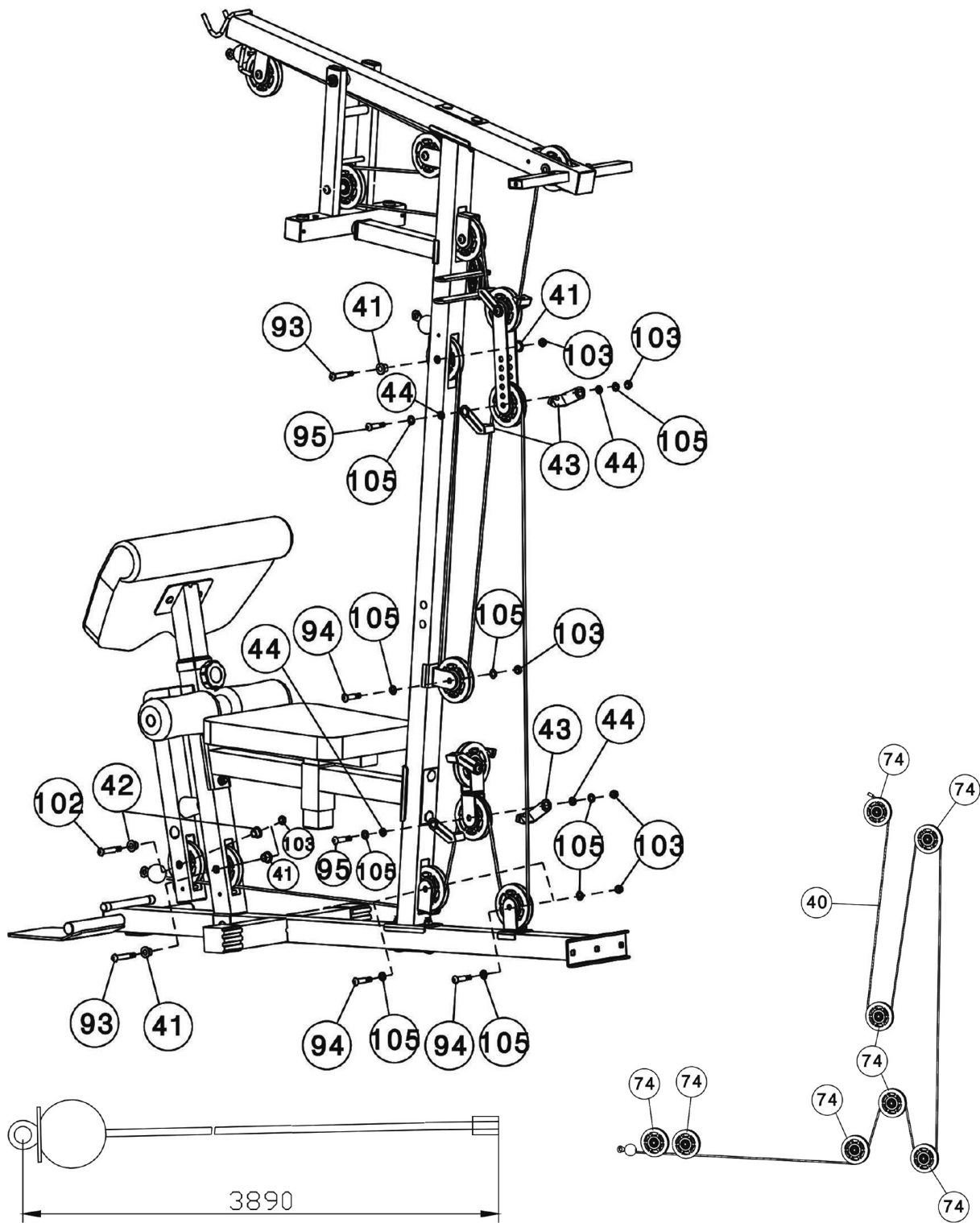
- 1) Attach the 3890mm Upper cable (39) through the opening of the upper frame. Make sure the ball stopper should be in front of the upper frame. Place 1pc Pulley (74) below the cable and secure the 1st pulley using 1pc M10×45 Allen bolt (94), 2pcs Ø10 washer (105) and 1pc M10 Aircraft nut (103).
- 2) 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 front. Place the 3rd pulley below the cable and secure it with 1pc M10×160 Allen bolt (100), 2pcs Ø10 washer (105) and 1pc M10 Aircraft nut (103).
- 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 "1".
- 5) Draw the cable around the pulley and downwards. Place the 5th pulley below the cable. Secure the pulley with 1pc M10*50 Allen bolt (95), 2pcs Ø10 washer (105), 2pcs bushing (44), double floating pulley bracket (30), 2 retainers and 1pc M10 Aircraft nut (103).
- 6) Draw the cable around the pulley and upwards. Place the 6th pulley below the cable and secure it with 1pc M10*65 Allen bolt (93), 2pcs bushing (41) and 1pc M10 Aircraft nut (103).
- 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.



Step13

- 1) Attach the end of the 3070 MM butterfly cable (38) to the hook.
- 2) Attach the 2pcs swivel pulley bracket (15) as the diagram shows and secure it with 1 pc M10×65mm allen bolt (93), 2pcs Ø10 washer (105), 1pc M10 aircraft nut (103).
- 3) Place the pulley below the cable. Secure the pulley to the swivel pulley bracket with 1pc M10x45 Allen bolt (94), 2pcs Ø10 washer (105) and 1pc M10 Aircraft nut (103).
- 4) Draw the cable around the pulley and downwards. Place 1pc pulley (74) onto the cable. Secure the pulley with cross double floating pulley bracket (16) together with the 1pc M10×50 Allen bolt (95), 2pcs Ø10 washer (105), 2pcs cable retainer (43), 2 pcs bushing (44) and 1pc M10 aircraft nut (103).
- 5) Draw the cable around the pulley and upwards. Install another pulley with the same way in above "2" and then repeat "1".

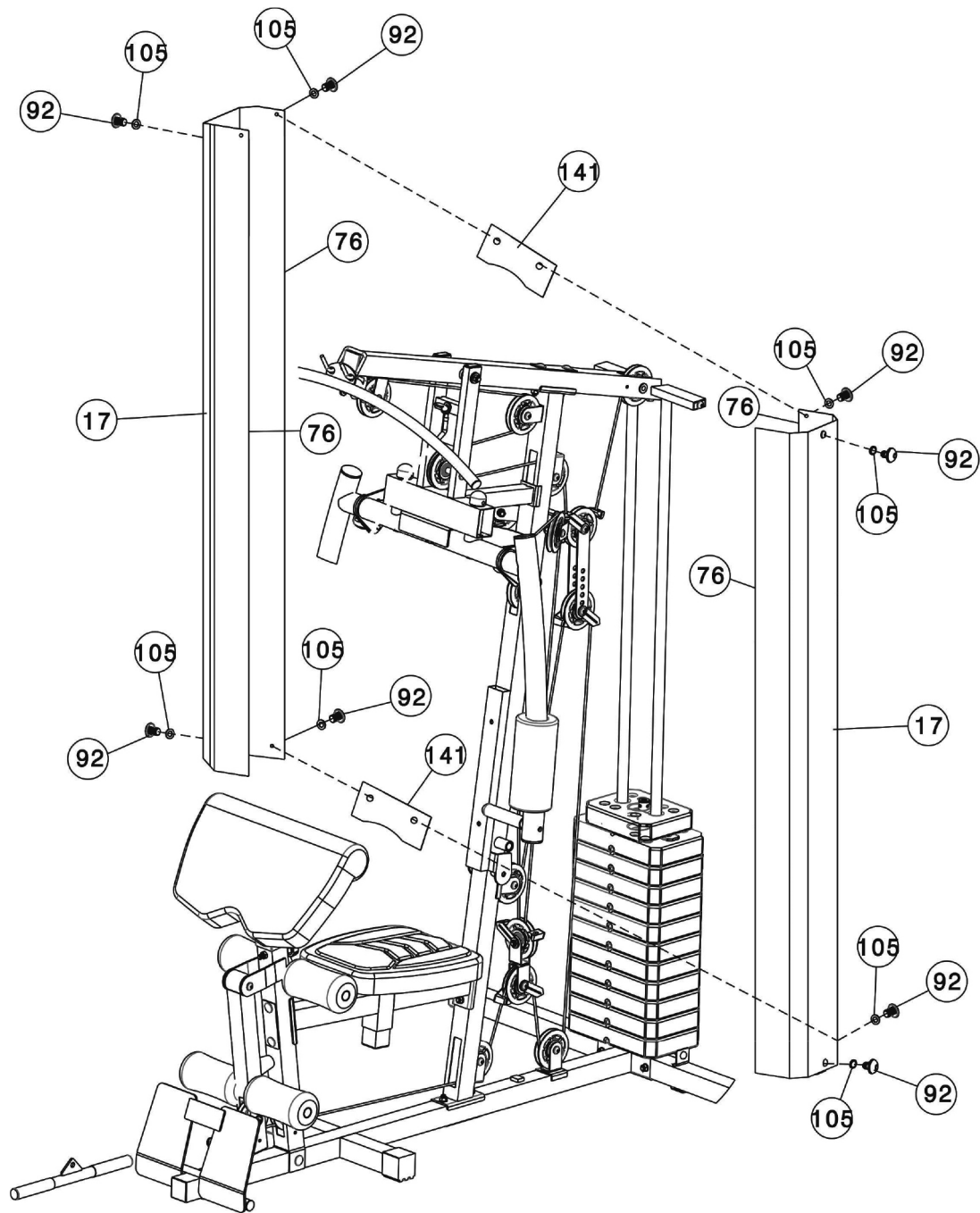




Step 14

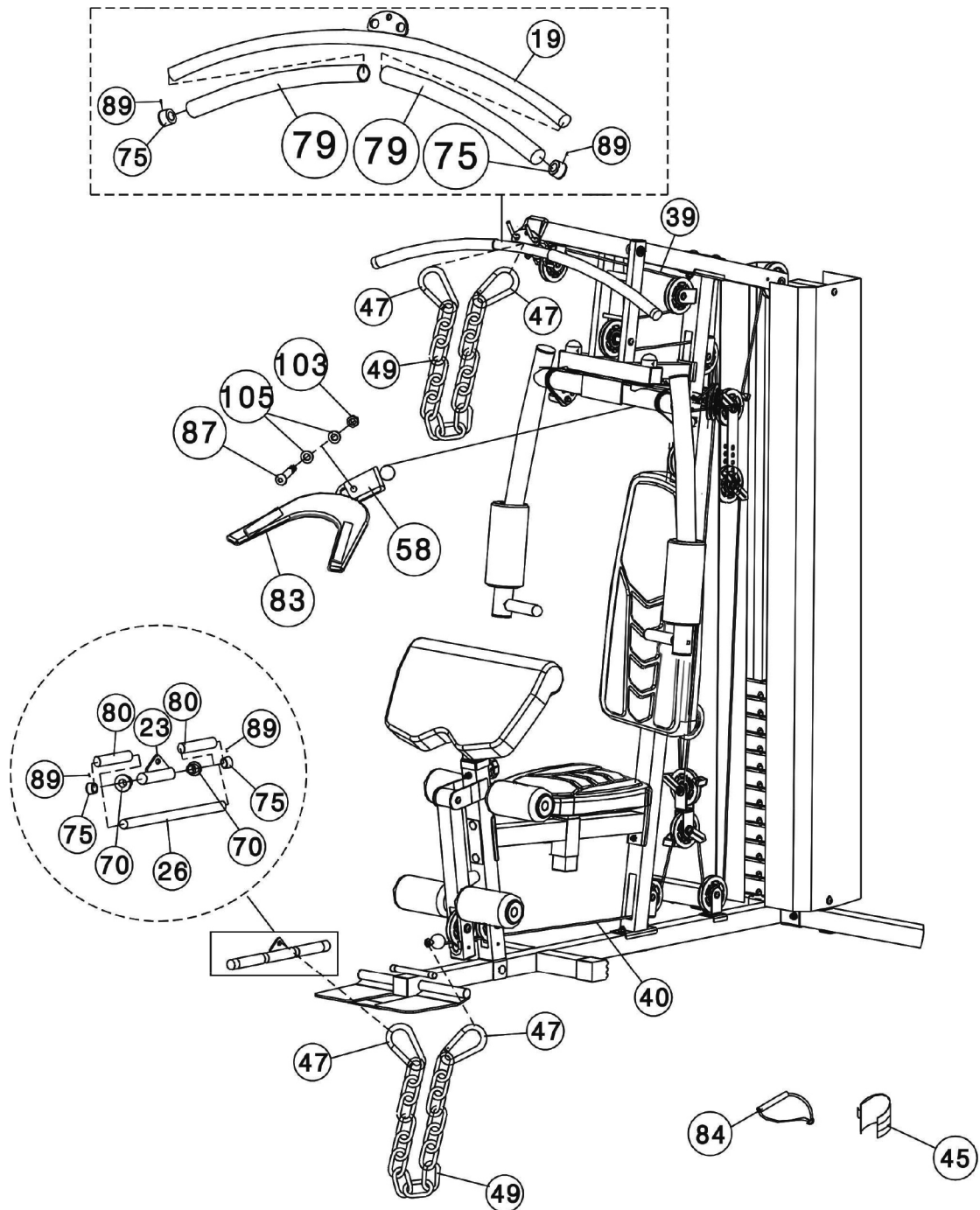
- 1) Attach the end of 3890MM lower cable (136) through the opening of the leg developer. Place 1pc pulley onto the cable. Secure it with 1pc M10x60 Allen bolt (102), 2pcs bushing (42) and 1pc M10 Aircraft nut (103).
- 2) Draw the cable backwards, place 1pc pulley onto the cable, secure it with 1pc M10x65 Allen bolt (93), 2pcs bushing (41) and 1pc M10 Aircraft nut (103).
- 3) Draw the cable backwards, place 1 pc pulley onto the cable, secure the pulley with 1pc M10x45 Allen bolt (94), 2pcs Ø10 washer (105) and 1pc M10 Aircraft nut (103).
- 4) Draw the cable around the pulley and upwards. Place 1pc pulley onto the cable, secure it with 1pc M10*50 Allen bolt (95), 2pcs Ø10 washer (105), 2pcs bushing (44), 2pcs cable retainer (43) and 1pc M10 Aircraft nut (103).
- 5) Draw the cable around the pulley and downwards. Place 1pc pulley onto the cable. Secure it in the same way as in "3".
- 6) Draw the cable around the pulley and upwards. Place 10pc pulley below the cable. Secure it with the double floating pulley bracket with the same way in STEP 14 "5".
- 7) Draw the cable around the pulley and downwards, place 1pc pulley onto the cable. Secure it with 1pc M10*45 Allen bolt (94), 2pcs Ø10 washer (105) and 1pc M10 Aircraft nut (103).
- 8) Draw the cable around the pulley and upwards and reach the opening of the front vertical frame. Place 1pc pulley below the cable and secure it in the same way as in "2".

Step 15



- 1) Attach the 2pcs weight stack cover (17) as the diagram shows, secure them with 8pcs M10*20 Allen bolt (92), 8pcs Ø10 washer (105) and 2 pcs bracket (141).

Step 16



- 1) Attach the lat bar (19) to the hook as the diagram shows with 2pcs (47) and 1pc Chain (49).
- 2) Attach the to the end of the lower cable with the same way.
- 3) Attach the abdominal strap (83) as the diagram shows to another end of the lower cable (40) with 1pc M10x30 Allen bolt (87), 2pcs Ø10 washer (105), 1pc M10 Aircraft nut (105) and 1pc buckle (58).

WARM-UP EXERCISES

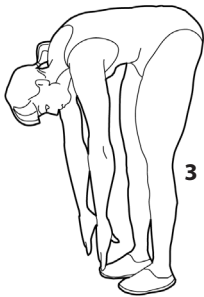
A proper workout consists of warm-up, aerobic exercise and relaxation. Repeat the program 2 or, preferably, 3 times a week, relaxing one day in between. After a few months you will be able to increase the frequency of your workouts to 4 or 5 times per week. Warming up should be a key part of your exercise,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



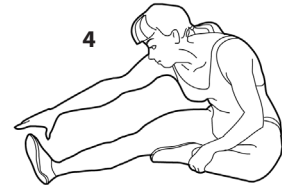
1. Quadriceps stretch: Lean against the wall using your right hand while bending your left leg backwards and holding it with the other hand. Try to bend the leg as much as you can. Hold this position for 15 seconds. Repeat for the right leg.



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.



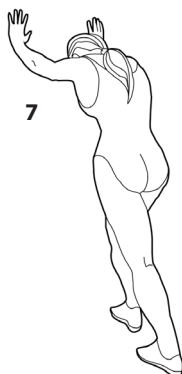
4. Biceps exercise: Sit with your right leg outstretched towards the front and the left one tucked in with the sole touching the right leg. Lean forward trying to grab the toes of the outstretched foot. Perform 15 repetitions. Rest for a while and repeat with the other leg outstretched.



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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