

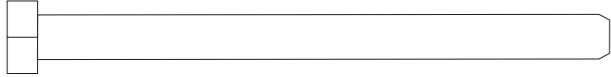
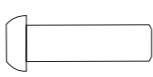

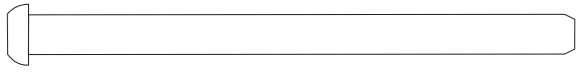
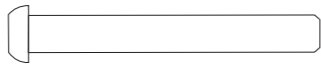

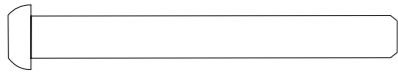
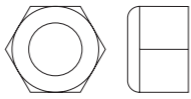

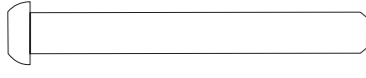





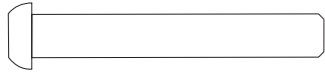
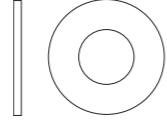

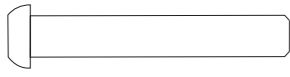

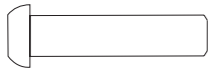
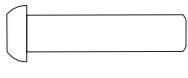
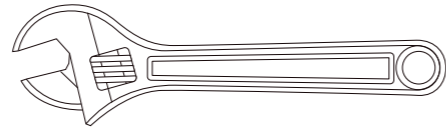


# ESSENTIAL HOME GYM


## ASSEMBLY MANUAL

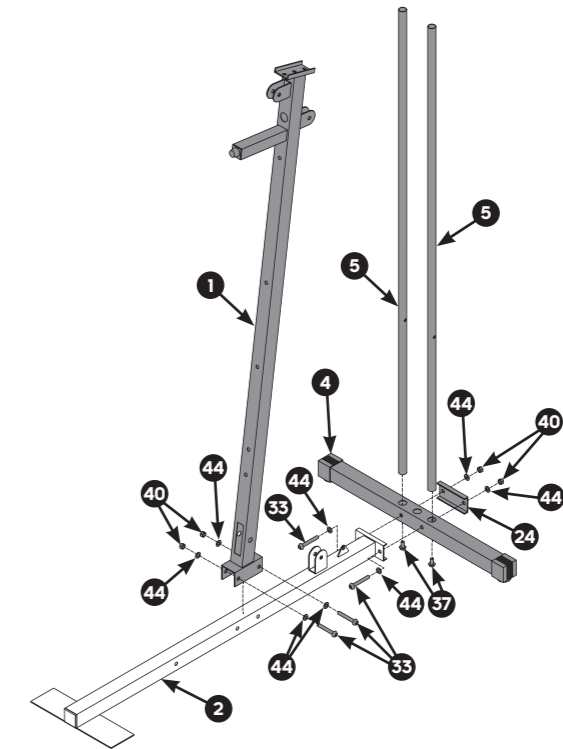


## HARDWARE PACK

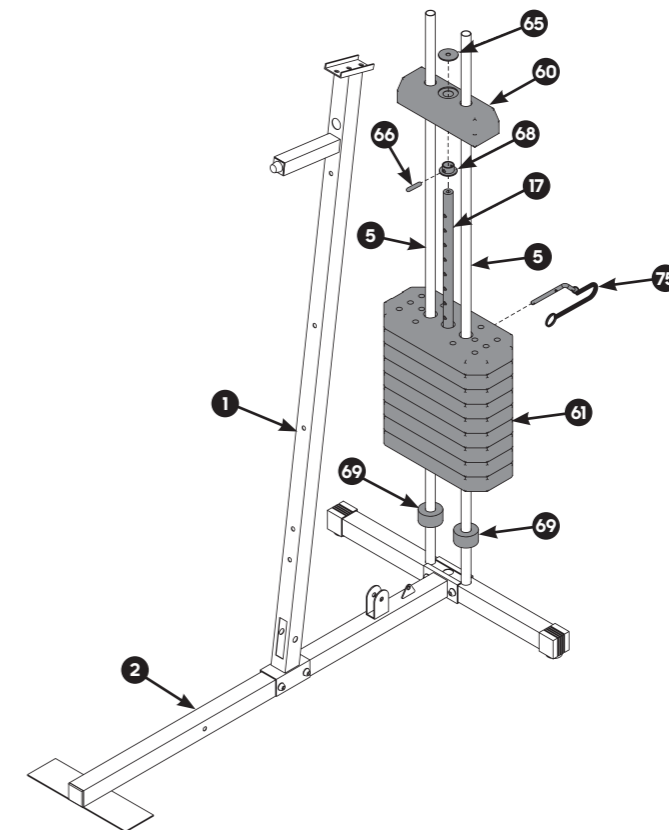
- |   |  |   |
|---|--|---|
| <br><b>28</b> M12 x 155mm Bolt<br>x1   | <br><b>37</b> M10 x 20mm Bolt<br>x4     | <br><b>43</b> M12 Ø 24mm Washer<br>x4        |
| <br><b>29</b> M10 x 145mm Bolt<br>x1   | <br><b>38</b> M8 x 65mm Bolt<br>x4     | <br><b>44</b> M10 Ø 20mm Washer<br>x62       |
| <br><b>30</b> M10 x 90mm Bolt<br>x3    | <br><b>39</b> M12 Nylon Locknut<br>x3   | <br><b>45</b> M8 Ø 15mm Washer<br>x4         |
| <br><b>31</b> M10 x 85mm Bolt<br>x2    | <br><b>40</b> M10 Nylon Locknut<br>x30 | <br><b>46</b> M10 Ø 20mm Curved<br>Washer x2 |
| <br><b>32</b> M10 x 75mm Bolt<br>x1  | <br><b>41</b> M10 Ø 19mm Nut<br>x2    | <br><b>47</b> Inner Washer #12.5<br>x6     |
| <br><b>33</b> M10 x 70mm Bolt<br>x10 | <br><b>42</b> M16 Washer<br>x2        | <br><b>48</b> Inner Washer #16.5<br>x4     |
| <br><b>34</b> M10 x 65mm Bolt<br>x2  | <br><b>77</b> Allen Wrench<br>x1     |   |
| <br><b>35</b> M10 x 45mm Bolt<br>x11 | <b>NOT INCLUDED</b>  |   |
| <br><b>36</b> M10 x 35mm Bolt<br>x2  | <br>Spanner<br>x1                    |   |

## 01 HOME GYM ASSEMBLY STEPS

- 33** M10 x 70mm Bolt x4
  - 37** M10 x 20mm Bolt x2
  - 40** M10 Nylon Locknut x4
  - 44** M10 Washer x8
  - 77** Allen Wrench x1
  - Spanner x1
- 

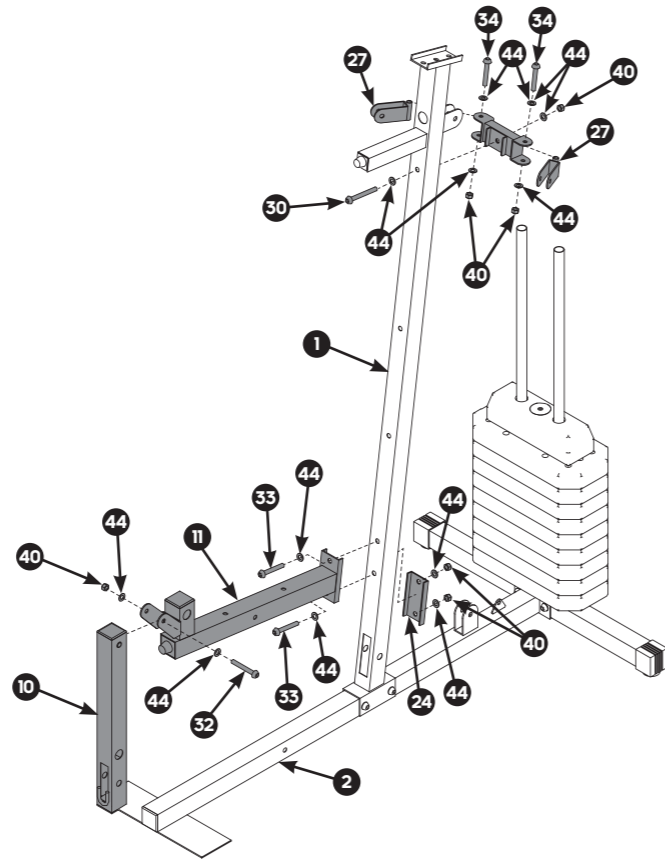


## 02



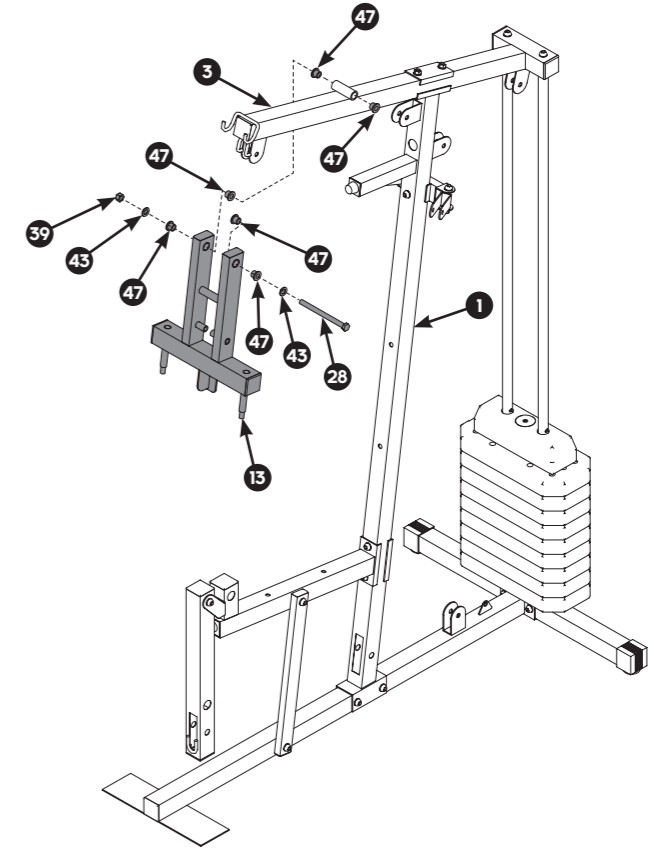
### 03

- 30** M10 x 90mm Bolt **x1**
- 32** M10 x 75mm Bolt **x1**
- 33** M10 x 70mm Bolt **x2**
- 34** M10 x 65mm Bolt **x2**
- 40** M10 Nylon Locknut **x6**
- 44** M10 Washer **x12**
- 77** Allen Wrench **x1**
- Spanner x1**



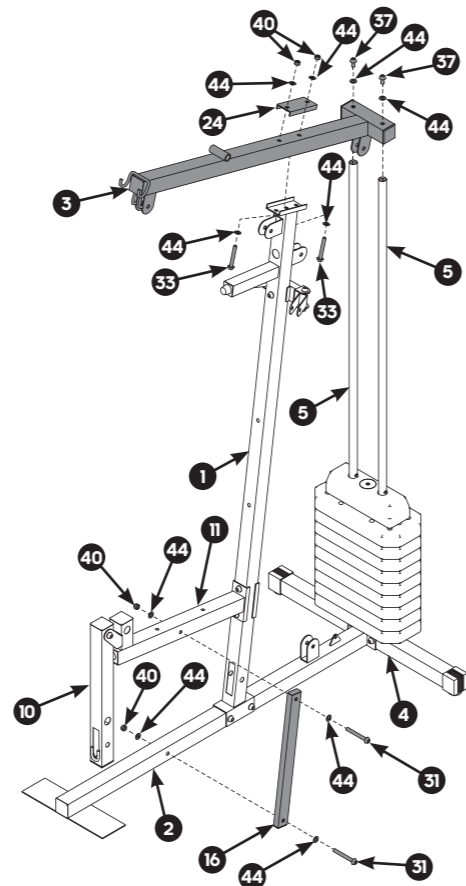
### 05

- 28** M12 x 155mm Bolt **x1**
- 39** M12 Nylon Locknut **x1**
- 43** M12 Ø 24mm Washer **x2**
- 47** Inner Washer #125 **x6**
- 77** Allen Wrench **x1**
- Spanner x1**



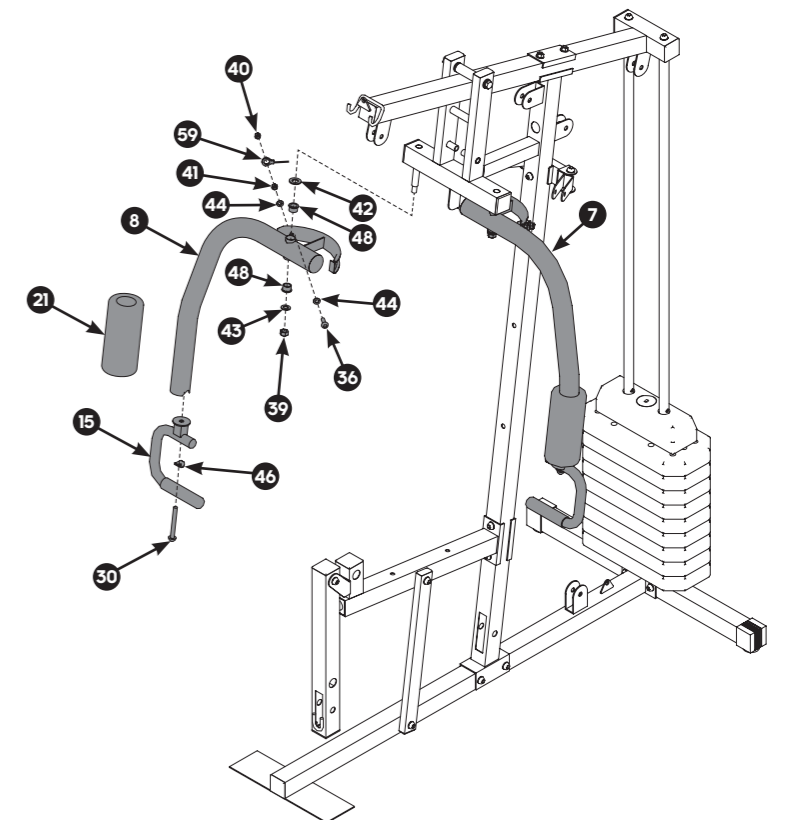
### 04

- 31** M10 x 85mm Bolt **x2**
- 33** M10 x 70mm Bolt **x2**
- 37** M10 x 20mm Bolt **x2**
- 40** M10 Nylon Locknut **x4**
- 44** M10 Washer **x10**
- 77** Allen Wrench **x1**
- Spanner x1**

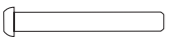





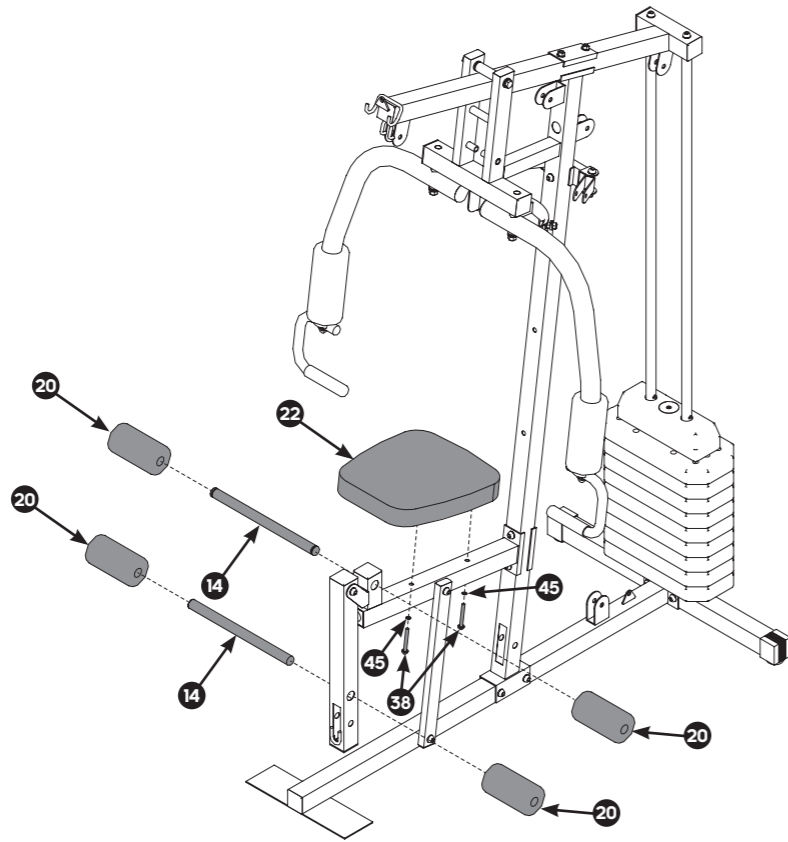
### 06

- 30** M10 x 90mm Bolt **x1**
- 36** M10 x 35mm Bolt **x1**
- 39** M12 Nylon Locknut **x1**
- 40** M10 Nylon Locknut **x1**
- 41** M10 Ø 19mm Nut **x1**
- 42** M16 Washer **x1**
- 43** M12 Ø 24mm Washer **x1**
- 44** M10 Ø 20mm Washer **x2**
- 46** M10 Ø 20mm Curved Washer **x1**
- 48** Inner Washer #165 **x2**
- 77** Allen Wrench **x1**
- Spanner x1**





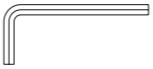



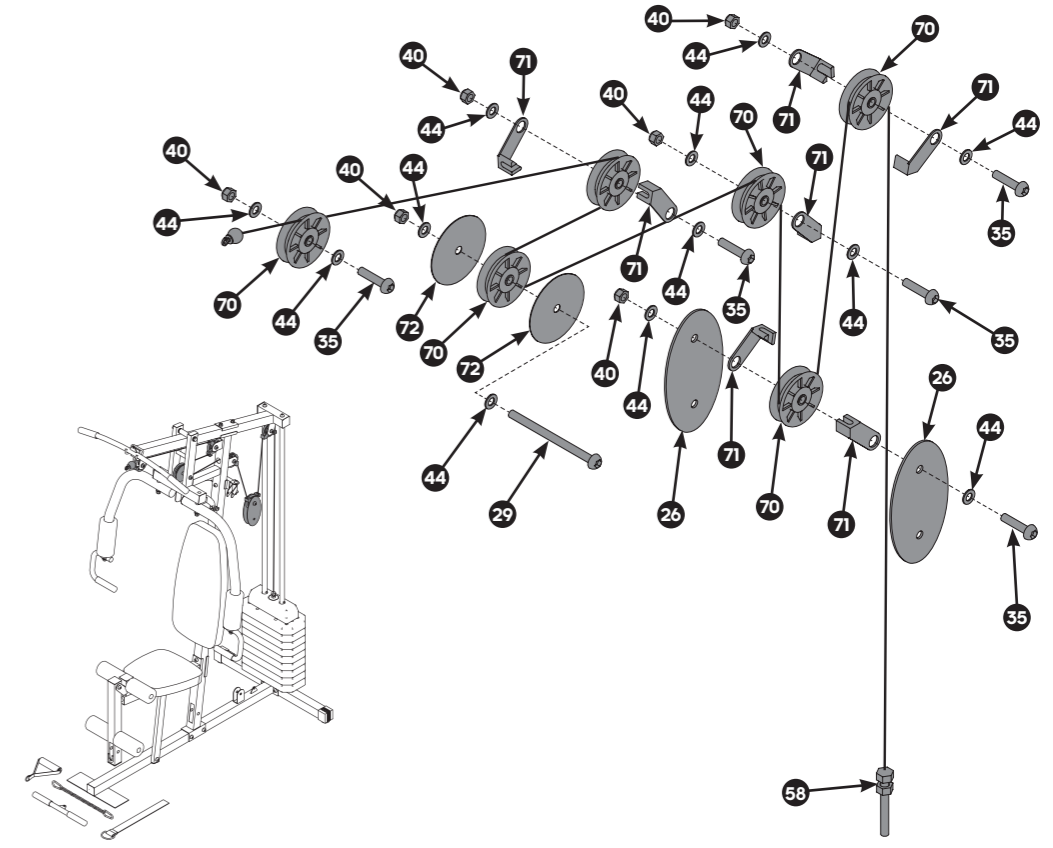
# 07

- 38** M8 x 65mm Bolt **x2**  

- 45** M8 Ø 15mm Washer **x2**  

- 77** Allen Wrench **x1**  

- Spanner x1**  








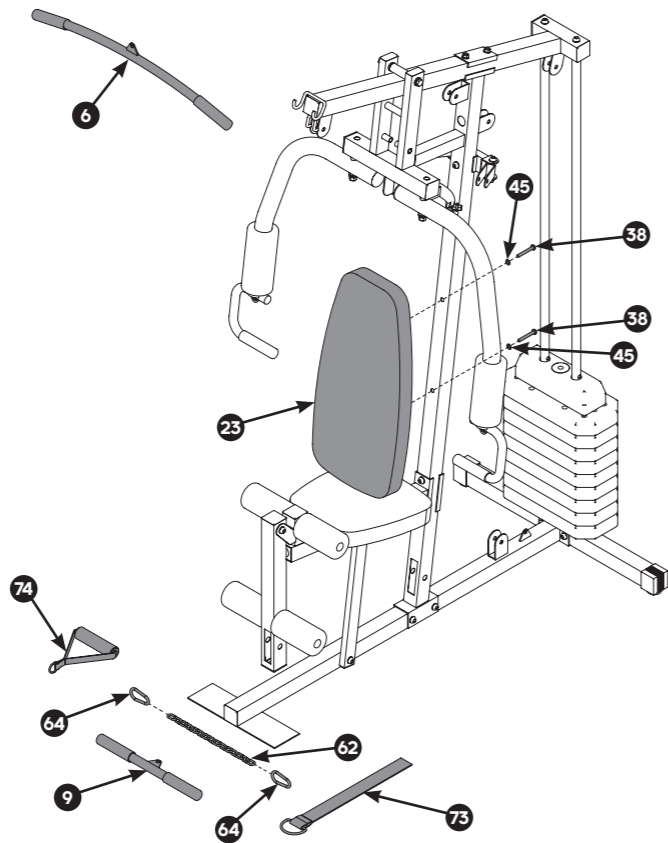
# 09

- 29** M10 x 145mm Bolt **x1**  

- 35** M10 x 45mm Bolt **x5**  

- 40** M10 Nylon Locknut **x6**  

- 44** M10 Ø 20mm Washer **x12**  

- 77** Allen Wrench **x1**  

- Spanner x1**  





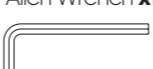



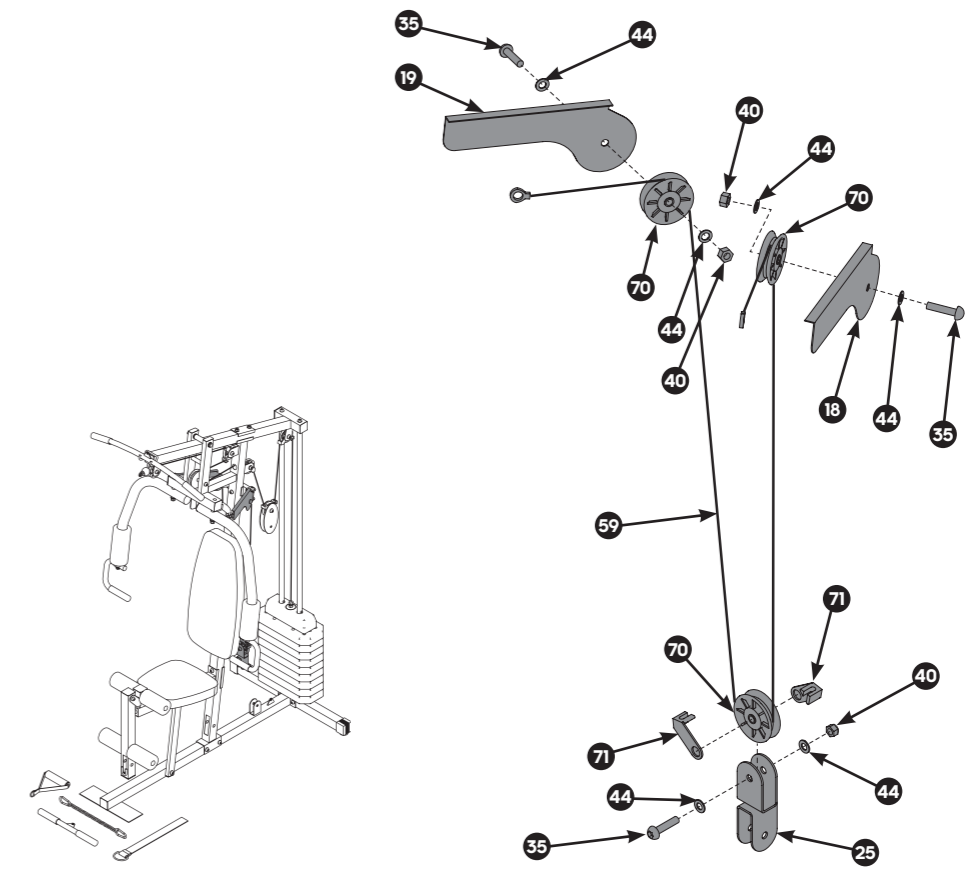
# 08

- 38** M8 x 65mm Bolt **x2**  

- 45** M8 Ø 15mm Washer **x2**  

- 77** Allen Wrench **x1**  

- Spanner x1**  


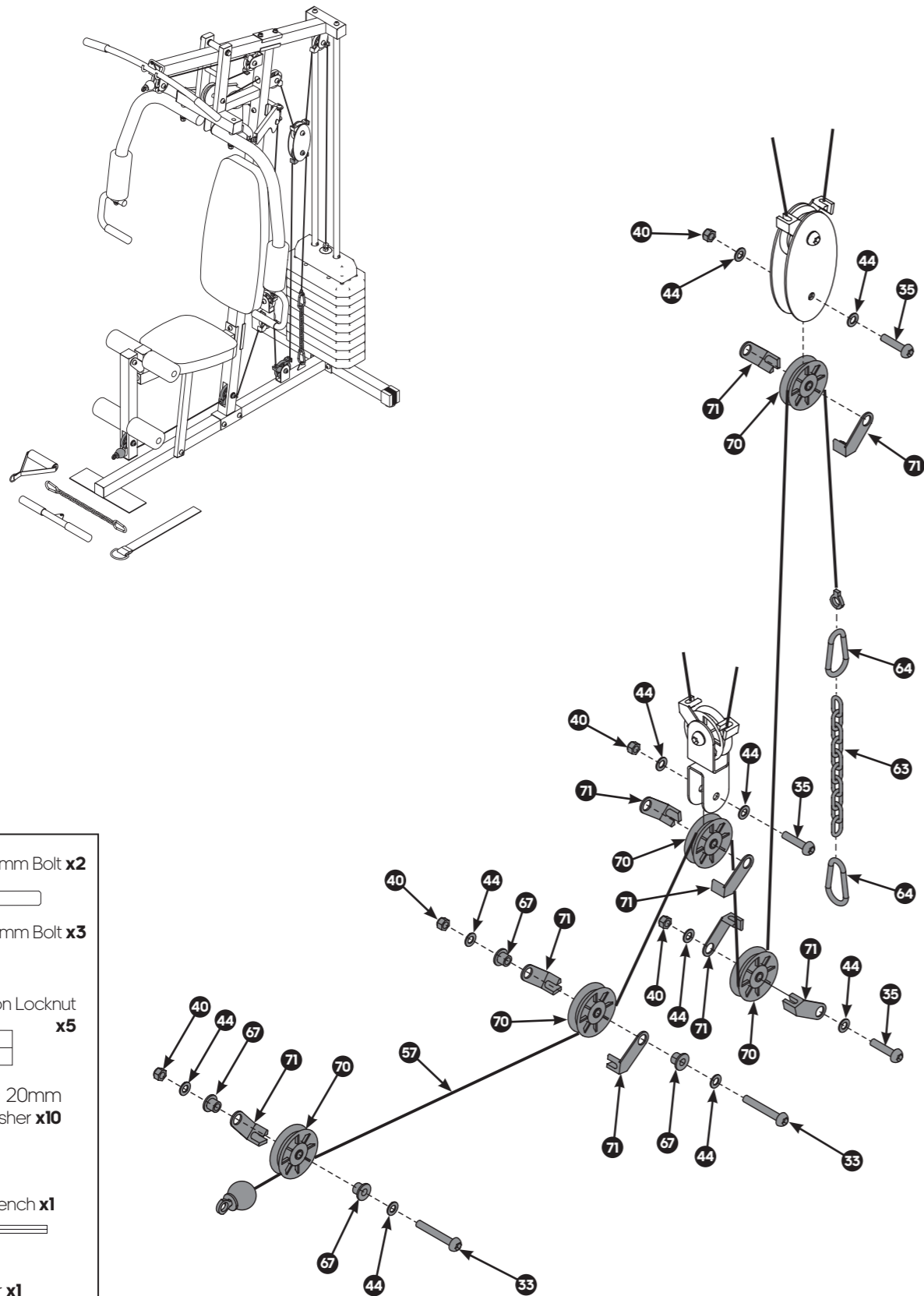






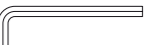

# 10

- 35** M10 x 45mm Bolt **x3**  

- 40** M10 Nylon Locknut **x3**  

- 44** M10 Ø 20mm Washer **x6**  

- 77** Allen Wrench **x1**  

- Spanner x1**  




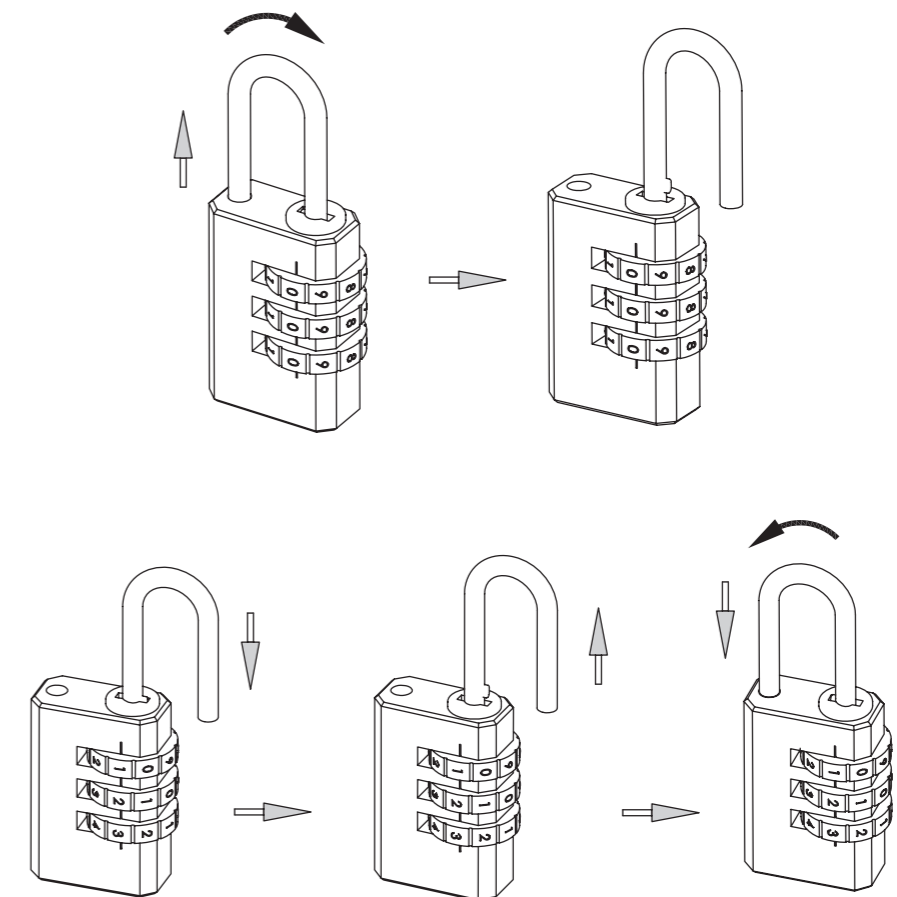
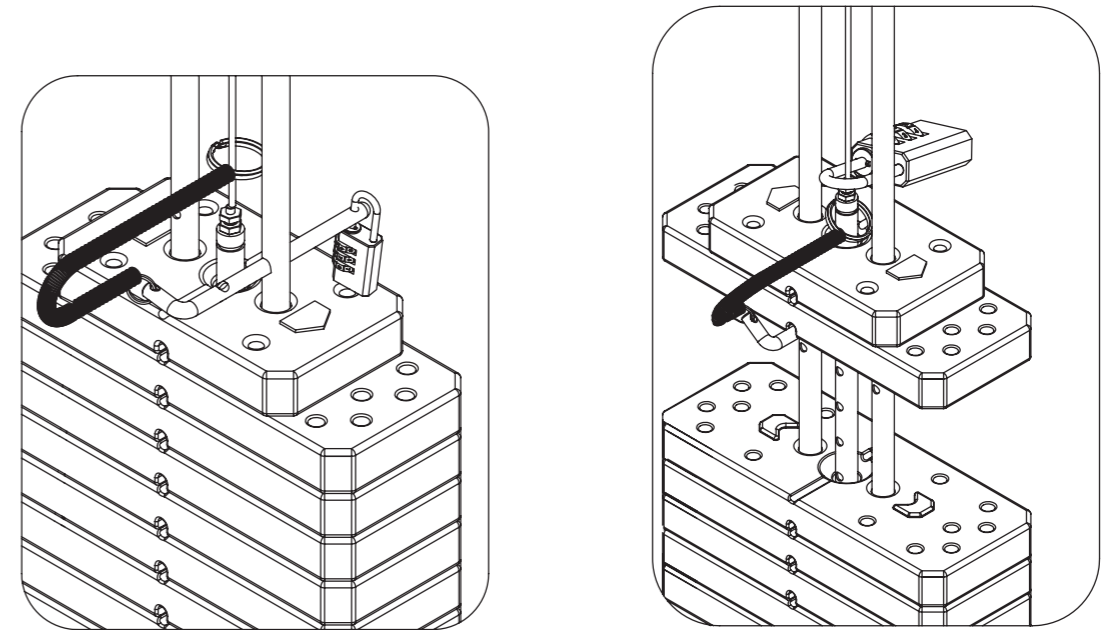
# 11



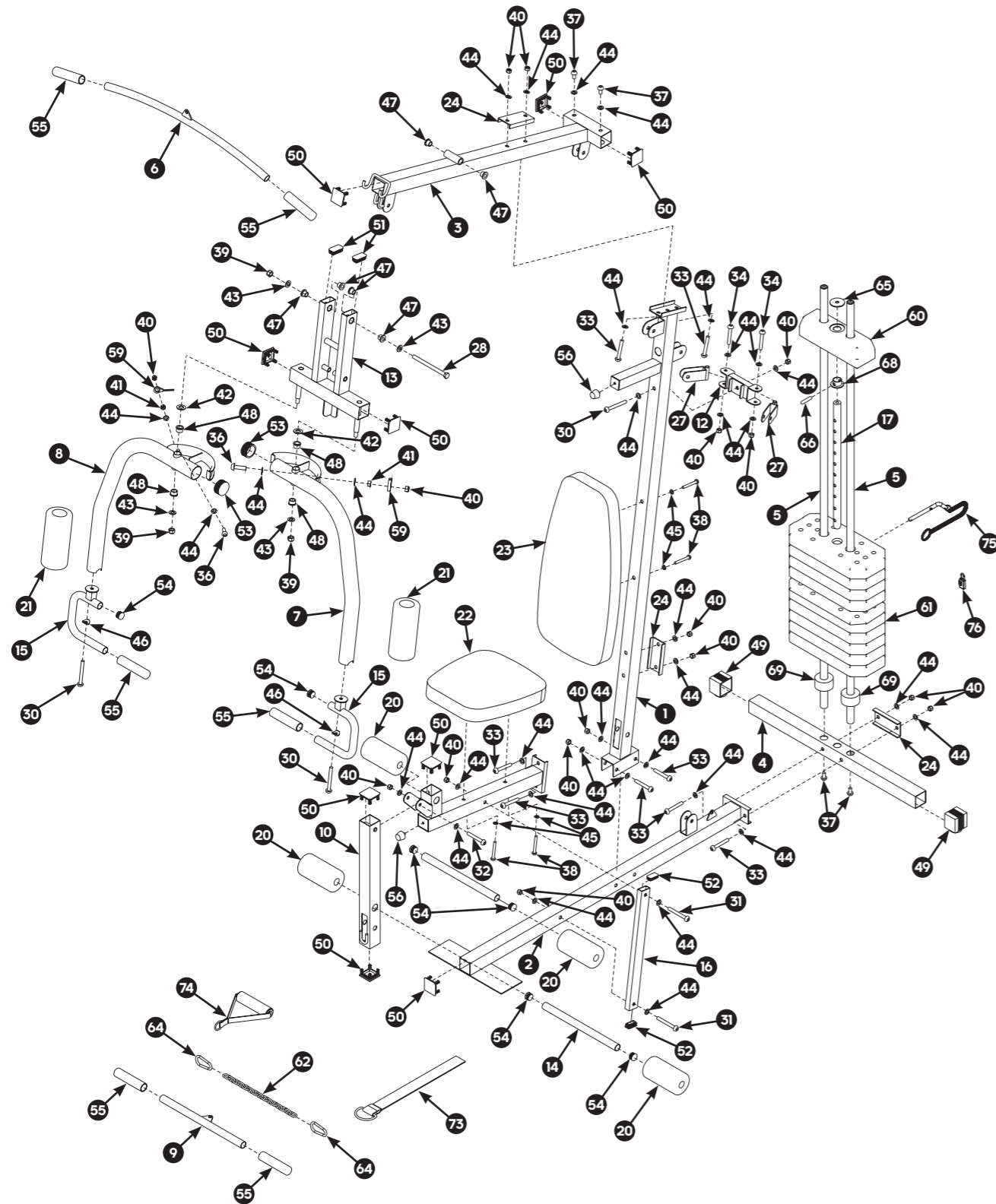
- 33** M10 x 70mm Bolt **x2**  

- 35** M10 x 45mm Bolt **x3**  

- 40** M10 Nylon Locknut **x5**  

- 44** M10 Ø 20mm Washer **x10**  

- 77** Allen Wrench **x1**  

- Spanner x1**  


## LOCK SYSTEM

When the essential home gym is not in use, attach the safety lock (76) provided to the weight selector pin (75).



## EXPLODED VIEW



## USER INFORMATION

This product is suitable for user's weight of **120kg.**



Product Registration and Support  
 Enregistrement et support du produit  
 Productregistratie en ondersteuning  
 Registro de productos y soporte  
 Registro de produto e suporte  
 Регистрация и поддержка продукта  
 製品の登録とサポート

مع دلال او جت نم لاي ج ست

产品注册和技术支持  
 제품 등록 및 지원

[WWW.ADIDASHARDWARE.COM/PRODUCT-SUPPORT](http://WWW.ADIDASHARDWARE.COM/PRODUCT-SUPPORT)

## PARTS LIST

No.	Part No.	Description	QTY	Pre-assembled
1	FM-ADH45KG-1	Front Vertical Frame	1	NO
2	FM-ADH45KG-2	Base Frame	1	NO
3	FM-ADH45KG-3	Top Frame	1	NO
4	FM-ADH45KG-4	Horizontal Beam	1	NO
5	FM-ADH45KG-5	Guide Rod	2	NO
6	FM-ADH45KG-6	Lat Bar	1	NO
7	FM-ADH45KG-7	Left Arm	1	NO
8	FM-ADH45KG-8	Right Arm	1	NO
9	FM-ADH45KG-9	Short Bar	1	NO
10	FM-ADH45KG-10	Leg Extension	1	NO
11	FM-ADH45KG-11	Seat Support	1	NO
12	FM-ADH45KG-12	Pulley Immobility Tube	1	NO
13	FM-ADH45KG-13	Press Arm Junction	1	NO
14	FM-ADH45KG-14	Foam Roller Tube	2	NO
15	FM-ADH45KG-15	Press/Fly Handle	2	NO
16	FM-ADH45KG-16	Cushion Support Tube	1	NO
17	FM-ADH45KG-17	Selector Shaft	1	NO
18	FM-ADH45KG-18	Left Safeguard Cover	1	NO
19	FM-ADH45KG-19	Right Safeguard Cover	1	NO
20	PFMH1005-20	Foam Roll	4	NO
21	PFMH1005-21	Foam Arm Rest	2	NO
22	FM-ADH45KG-20	Seat Rest	1	NO
23	FM-ADH45KG-21	Back Cushion	1	NO
24	FM-ADH45KG-22	Enforcements	3	NO
25	FM-ADH45KG-23	Swivel Pulley Bracket	1	NO
26	FM-ADH45KG-24	Pulley Panel	2	NO
27	FM-ADH45KG-25	Pulley Bracket C	2	NO
28	FM-ADH45KG-26	M12 x 155mm Bolt	1	NO
29	PFMH1005-29	M10 x 145mm Bolt	1	NO
30	PFM6105-27	M10 x 90mm Bolt	3	NO
31	PFM6105-28	M10 x 85mm Bolt	2	NO
32	PFM2101-23	M10 x 75mm Bolt	1	NO
33	PRK1B-06	M10 x 70mm Bolt	10	NO
34	PFM2240-22	M10 x 65mm Bolt	2	NO
35	PFM2005-29	M10 x 45mm Bolt	11	NO
36	PFMH1001-41	M10 x 35mm Bolt	2	NO
37	PFM404-18	M10 x 20mm Bolt	4	NO
38	PFMH1005-32	M8 x 65mm Bolt	4	NO
39	PRK3E-04	M12 Nylon Locknut	3	NO
40	PRK1-05	M10 Nylon Locknut	30	NO
41	PFMH1001-37	M10 Ø 19mm Nut	2	NO

## PARTS LIST / CONTINUED

No.	Part No.	Description	QTY	Pre-assembled
42	PFMH1005-36	M16 Washer	2	NO
43	PRK3E-05	M12 Ø 24mm Washer	4	NO
44	PRK1-06	M10 Ø 20mm Washer	62	NO
45	PFM2006-27	M8 Ø 16mm Washer	4	NO
46	PFM2006-28	M10 Ø 20mm Curved Washer	2	NO
47	PFMH1001-46	Inner Washer Ø 12.5mm	6	NO
48	PFMH1005-37	Inner Washer Ø 16.5mm	4	NO
49	PRK13-04	50mm Square End Cap	2	YES
50	PRK3-05	50mm Square Inner Cap	9	YES
51	PFMH1005-39	25*50 Square Plastic Cap	2	YES
52	FM-ADH45KG-27	20*40 Square Plastic Cap	2	YES
53	PFM2004-09	50mm Round Inner Cap	2	YES
54	PRK1-03	25mm Round Inner Cap	6	YES
55	PFM2007-08	25 x 130mm Handle	6	YES
56	PFMH1005-40	Cushion	2	YES
57	FM-ADH45KG-28	Bottom Cable	1	NO
58	FM-ADH45KG-29	Top Cable	1	NO
59	FM-ADH45KG-30	Chest Fly Cable	1	NO
60	FM-ADH45KG-31	Top Plate	1	NO
61	FM-ADH45KG-32	10lb Weight Stack	9	NO
62	PFMADH6100-67	Chain 15-link	1	NO
63	PFMADH6100-68	Chain 10-link	1	NO
64	PFM2241-12	Snap Hook	4	NO
65	PFMH1001-43	Washer	1	NO
66	PFMH1001-44	Top Plate Pin	1	NO
67	PFMS80-13	Top Hat Bush	4	NO
68	PFMH1001-45	Plastic Cap	1	NO
69	PFMH1007A-34	Rubber Bumper	2	NO
70	PFMG3008-13	Pulley Wheel	14	NO
71	PFMH1007A-30	Pulley Guide Sleeve	18	NO
72	PFMADH6100-58	Pulley With Cover	2	NO
73	PFMAD615-34	Ankle Strap	1	NO
74	PFMAD615-35	Single Handle	1	NO
75	PFMADH6100-36	Weight Selector Pin	1	NO
76	PFMADH6100-63	Combination Lock	1	NO
77	PFALLEN	Allen Wrench 6x6mm	1	NO



# ESSENTIAL HOME GYM

## ASSEMBLY MANUAL

For product information or service please contact:

**UK:** RFE Europa Ltd. 8 Clarendon Drive, Wymbush, Milton Keynes, MK8 8ED.

Customer Service: Tel: +44 (0)800 440 2459 Email: [techsupport@rfeinternational.com](mailto:techsupport@rfeinternational.com)

**Europe:** [serviceeuropa@rfeinternational.com](mailto:serviceeuropa@rfeinternational.com)

**Spain:** [serviciotecnico@rfeinternational.com](mailto:serviciotecnico@rfeinternational.com)

**APAC** (excluding Australia): RFE Asia Pacific, 2608-1609, 1 Hung To Road, Kwun Tong, Kowloon, Hong Kong. Email: [techsupportapac@rfeinternational.com](mailto:techsupportapac@rfeinternational.com)

**Australia:** [techsupportaustralia@rfeinternational.com](mailto:techsupportaustralia@rfeinternational.com)

**USA:** RFE Sporting Goods Inc., 1300 Smith Road, STE 104, Austin, Texas, 78721, USA.

Customer Service: Tel: +1 (800) 215 6216 Email: [techsupportusa@rfeinternational.com](mailto:techsupportusa@rfeinternational.com)



La **garantía ARGENTRADE SRL** cubre todo defecto o falla que pudiera producirse en el producto como consecuencia de partes estructurales que demuestren haber resultado defectuosas **durante los primeros 6 (seis) meses a partir de la fecha de compra.**

Quedan excluidos de la garantía daños provocados por accidentes, golpes o uso indebido del producto (abuso de la función o de la resistencia técnica indicada).

Se asegura la reparación del mismo en un plazo que no puede exceder los **60 (sesenta) días a partir de la fecha** de la solicitud de la reparación, ampliable por razones de fuerza mayor.

## BENEFICIOS

- Nuestros centros de servicio autorizado le validarán la garantía de 6 (seis) meses al presentar el recibo que prueba su compra en un vendedor autorizado.
- Por favor, guarde ese recibo como prueba de su compra. Deberá presentarlo para obtener el servicio incluido en nuestra garantía de **6 (seis) meses.**

## LA GARANTÍA DE 6 (seis) meses NO INCLUYE

- Deterioro resultado del desgaste normal, accidental o por negligencia. Por favor, lea el manual de instrucciones para el mantenimiento de su equipo.
- Equipos comprados a vendedores no autorizados por **ARGENTRADE.**
- Reparaciones realizadas por un tercero no autorizado.

Si necesita realizar cualquier tipo de reparación, por favor, póngase en contacto con un agente del servicio técnico autorizado a través de **Tel: 0810-345-0447** o por mail a [sat@argentrade.net](mailto:sat@argentrade.net) / [postventa@argentrade.net](mailto:postventa@argentrade.net)

**Para hacer efectiva dicha garantía es absolutamente imprescindible exhibir la factura de compra del producto.**

**ARGENTRADE se reserva el derecho de determinar si está en conformidad con los términos y las condiciones de la garantía de 6 meses. La misma se aplica y tiene validez solamente en el país de compra.**

En caso de necesitar repuestos o asesoramiento, dirigirse a:

Calle 514 Nº 2050 (1901) Ringuelet - La Plata - Bs.As. Tel: 0810-345-0447

Información del producto o su uso: [sat@argentrade.net](mailto:sat@argentrade.net) / [postventa@argentrade.net](mailto:postventa@argentrade.net)

