

WARRANTY INFORMATION

Our product is guaranteed to be free from quality and manufacturing defects for a period of 12 months.

If your product becomes defective during this period, Rebel Sport Limited will offer you either a replacement, credit or refund where a product is faulty; wrongly described; different from the sample shown to you or do not do what they are supposed to do.

This warranty will not cover substantially modified product; misuse or abuse of the product contrary to user instructions or packaging label; change of mind and normal wear and tear.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and failure does not amount to a major failure.

To claim the warranty, take the product to the front Service Desk of your nearest Rebel store. You will need to show receipt or other proof of purchase. Additional information may be required to process your claim. Should you not be able to provide proof of purchase with a receipt or bank statement, identification showing name, address and signature may be required to process your claim.

Any expenses relating to the return of your product to the store will normally have to be paid by you. For online store purchases, Rebel Sport Limited will pay for the return freight for any product assessed as having a major failure.

The benefits to the customer given by this warranty are in addition to other rights and remedies of the Australian Consumer Law in relation to the goods or services to which this warranty relates.

This warranty is provided by Rebel Sport Limited A.C.N.003 283 823, IBC Business Estate, Level 1,29-33 Carter St., Lidcombe, NSW 2141,Australia.Phone:1300 654 502.Email:orders@rebelsport.com.au.

AFFIX RECEIPT
(STAPLE HERE)



FILL OUT THIS CARD AND KEEP IT. IN THE EVENT THE PRODUCT DOES NOT PERFORM AS YOU EXPECT, TAKE THIS WITH YOU TO OUR STORE, TO HELP US RESPOND TO YOUR WARRANTY CLAIM.

Your name:

Phone / E-mail:

Store of purchase:

Purchase date:

Product name:

Model number:

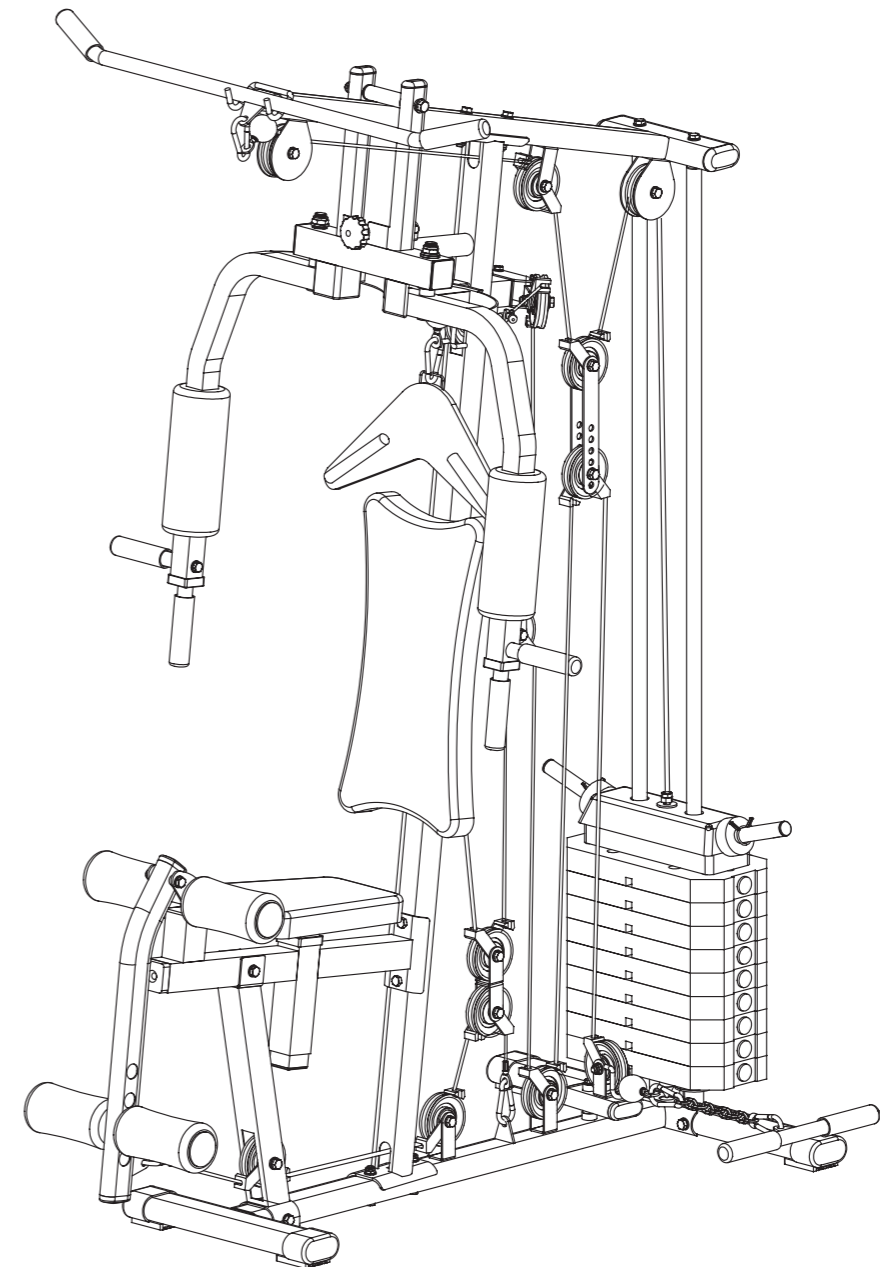
Batch Number:

Fault description:

Manufactured and packaged for
Rebel Sport Limited A.C.N 003 283 823
IBC Business Estate
Level 1, 29-33 Carter Street
Lidcombe NSW 2141, Australia
MADE IN CHINA



GS1 HOME GYM



USER MANUAL

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GS1 Home Gym

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WARNING

To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your device before using your device.

Model name: GS1

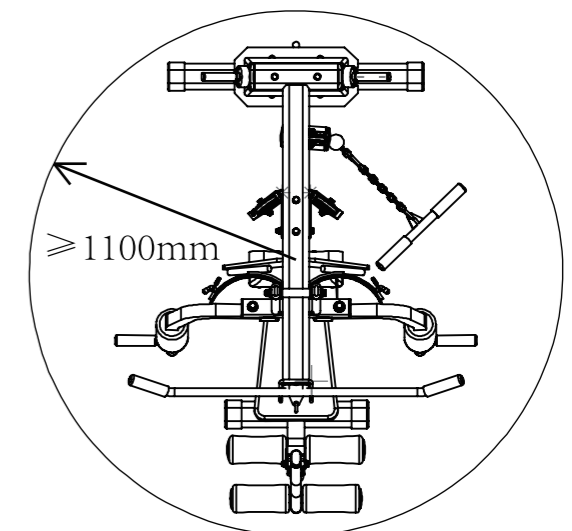
Batch number:

These details can be found on the underside of your product.

PRECAUTIONS

GS1 Home Gym

1. Read all the instructions in this manual before using the product. Keep this manual for the entire life of the product.
2. This device must be assembled by two or more adults.
3. It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
4. This product is intended for home use only. Do not use this product in any commercial, rental, or institutional setting.
5. Use this product indoors in a dry, dust free environment, on a flat hard floor. Ensure there is sufficient space to move around the equipment safely. Take precautions to protect vulnerable flooring.
6. The user is responsible for ensuring proper care and maintenance of the equipment. After the product has been assembled and prior to each use, check that the fasteners are properly tightened and that none are protruding. Regularly check the condition of the parts that are most susceptible to wear and tear.
7. Do not store this product in a damp place (e.g. edge of a pool, bathroom etc.).
8. Wear athletic shoes to protect your feet while exercising. Do not wear loose or baggy clothing, since it may get caught in the equipment. Take off all jewelry.
9. Put your hair up so that it does not get in the way during exercise.
10. If you feel any pain or if you become dizzy while exercising, stop immediately, rest and seek medical attention.
11. Keep children and pets away from the product at all times.
12. Before undertaking this exercise program, please be sure to consult with your doctor-particularly.
13. Do not attempt to repair this product yourself.
14. Any assembly/ disassembly of the product must be done with due regard to health safety.
15. Maximum user weight: 135 kg.
16. The maximum vinyl stack weights for exercises using is 50kg, the bull horn allows for extra 10kg weight increases.
17. Do not exceed the limits of the adjusting equipment.
18. While exercising, do not arch your back. Keep your back straight.
19. Replace defective components immediately and keep the equipment out of use until repair.
20. Injuries to health may result from incorrect or excessive training.
21. The equipment shall be properly leveled.
22. The free area shall be not less than 1.10 m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared. The free area and training area shall be illustrated with a dedicated figure.



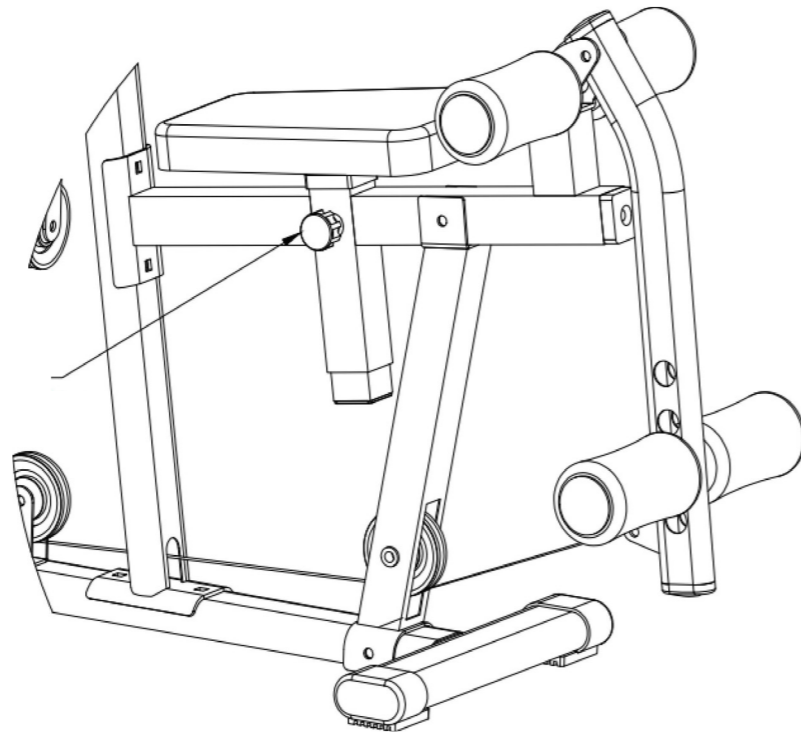
PRECAUTIONS

GS1 Home Gym

WARNING:

1. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. connection points, etc.
2. Pls replace defective components immediately and/or keep the equipment out of use until repaired;
3. Pls pay special attention to components most susceptible to wear.
4. The total mass is 105KG and the total surface area is 142 x 108cm.
5. Adjustable Area: Please adjust to the right position according to the exercise.

Please adjust to the right position according to the exercise

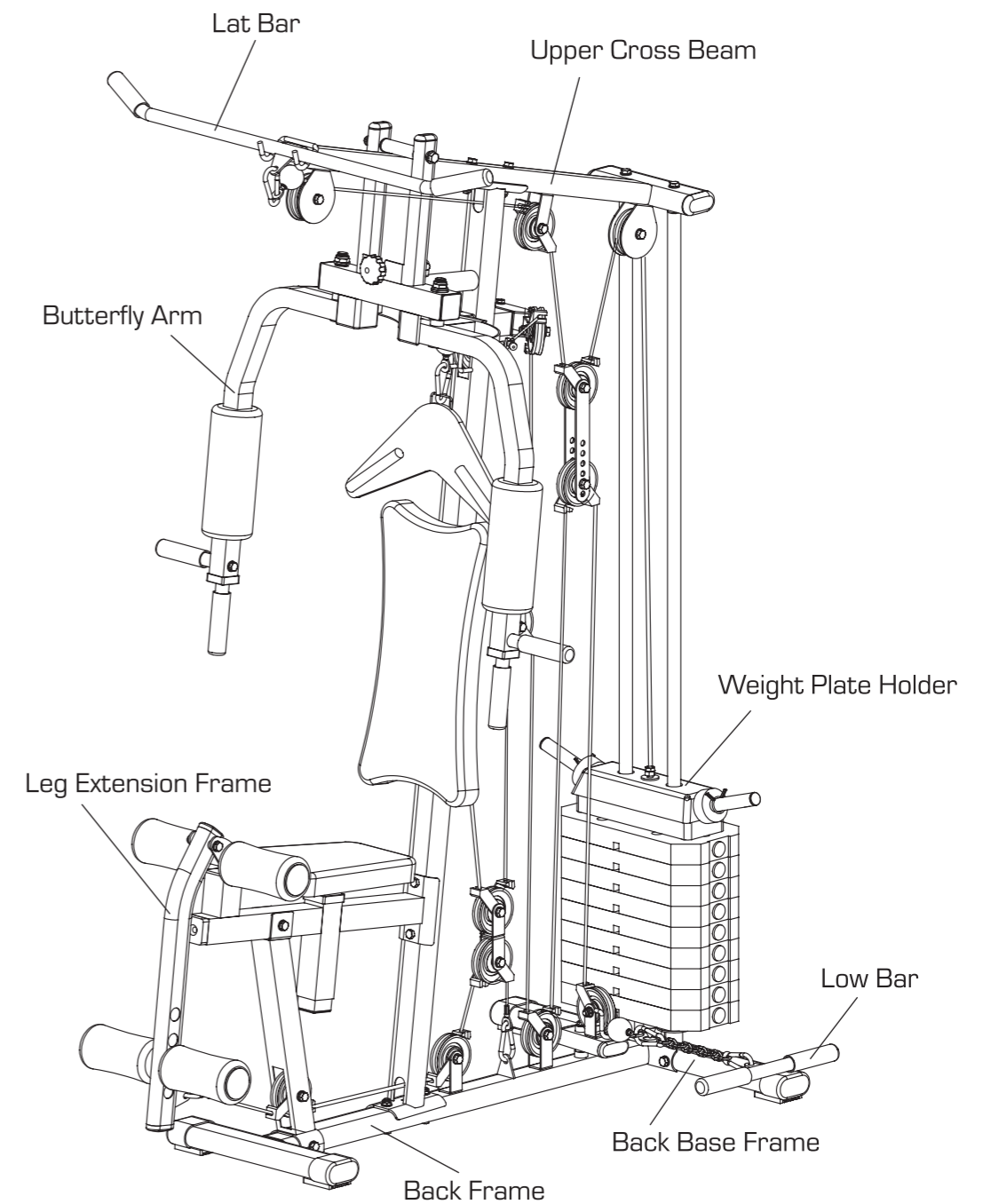


PRECAUTIONS

GS1 Home Gym

Thank you for selection our products. The home gym offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build muscle size and strength, or improve your cardiovascular system, the home gym will help you achieve the results you want.

For your benefit, read this manual carefully before using the home gym.



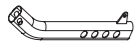
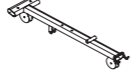


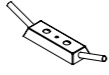




PART IDENTIFICATION CHART

GS1 Home Gym

Use the drawing below to identify small parts used in assembly.


IMPORTANT: If you cannot find a part in the hard ware kit, check to see if it has been reassembled.

Extra hardware may be included.

 01 Leg Extension Frame 1PC	 02 Seat Cushion Frame 1PC	 03 Seat Support Frame 1PC	 04 Base Frame 1PC	 05 Vertical Frame 1PC
 06 Back Base Frame 1PC	 07 Low Bar Seat 1PC	 08 Low Bar 1PC	 09 Upper Cross Beam 1PC	 10 Lat Bar 1PC
 11 Right Butterfly Arm 1PC	 12 Butterfly Arm Mount 1PC	 13 Left Butterfly Arm 1PC	 14 Handle Tube 2PCS	 15 Foam Tube (Long) 1PC
 16 Foam Tube (Short) 1PC	 17 Single Pulley Block 2PCS	 18 Pulley U 1PC	 19 Reverse U 1PC	 20 Selector Shaft 1PC
 21 Weight Guide Tube 2PCS	 22 Cable Adjustment 2PCS	 23 Weight Plate Holder 1PC	 24 Cushion Assembly 1PC	 25 Quick Clip 2PCS
 26 Top Weight Plate 1PC	 27 Weight Plate 9PCS	 28 Arm Foam Roller 2PCS	 29 Leg Foam Roller 4PCS	 30 Hand Grip 8PCS
 31 AB Strap Cable 1PC	 32 Low Cable (Long) 1PC	 33 Butterfly Cable (Short) 1PC	 34 Upper Cable 1PC	 35 Chain 1PC
 36 Pothook 6PCS	 37 Rubber Ring 4PCS	 38 Plastic Washer 1PC	 39 Selector Shaft Bushing 1PC	 40 Selector Shaft Pin 1PC
 41 Weight Selector Pin 1PC	 42 Select Shaft End Cap 1PC	 43 Tobacco-pipe 1PC	 44 Bumper 1PC	 45 Plum Blossom Nut 1PC

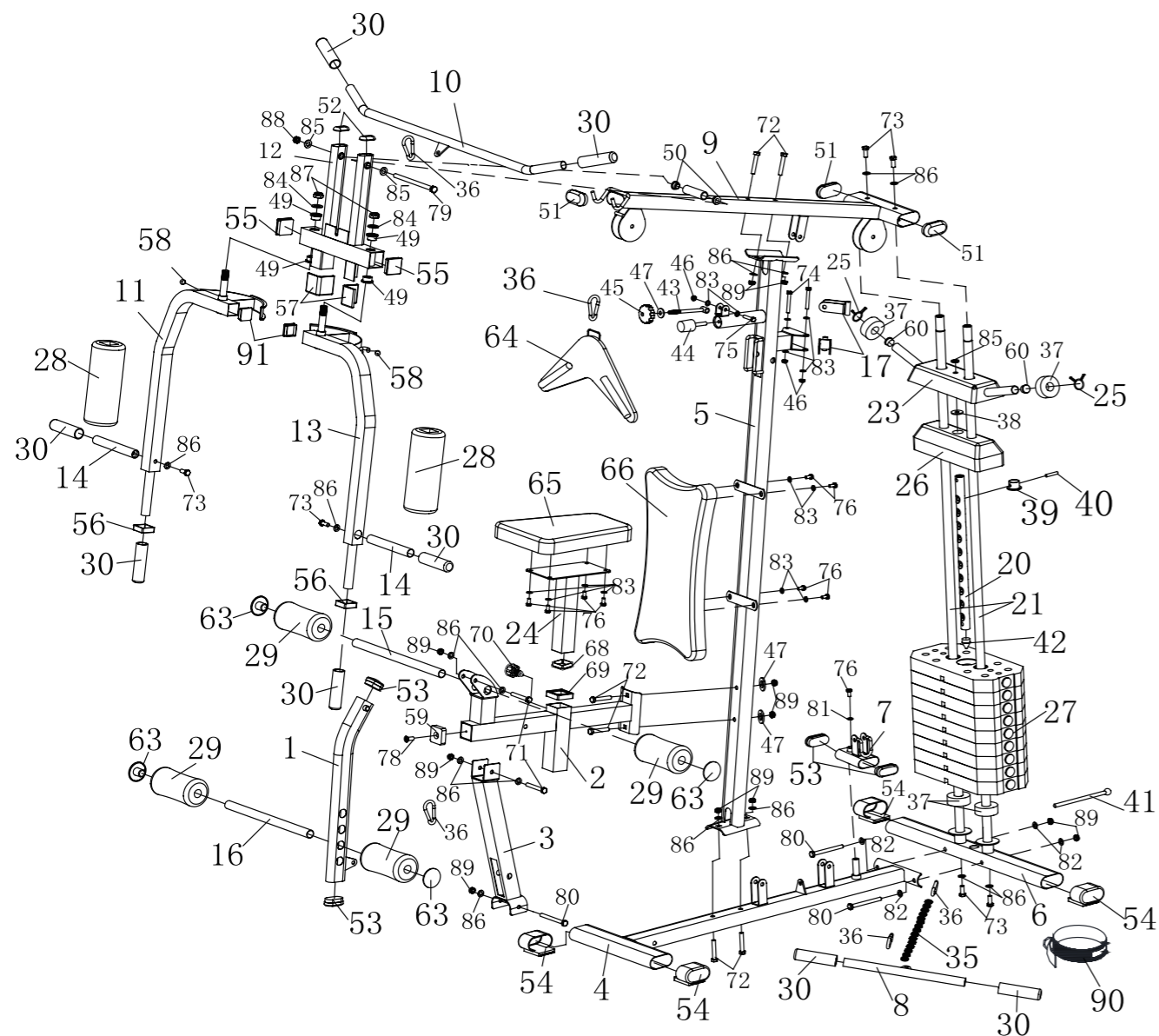
PART IDENTIFICATION CHART

GS1 Home Gym

 46 M8 Nylon Nut 3PCS	 47 Wash (Φ30 x Φ10) 3PCS	 48 Pulley 16PCS	 49 Oil Bushing (Big) 4PCS	 50 Oil Bushing (Small) 2PCS
 51 Oval End Plug (40 x 80mm) 3PCS	 52 Oval End Plug (25 x 50mm) 2PCS	 53 Oval End Plug (30 x 60mm) 4PCS	 54 Foot Sleeve 4PCS	 55 Square End Plug 2PCS
 56 Hollow Sleeve 2PCS	 57 Bumper Cap 2PCS	 58 Plastic Cover 2PCS	 59 Oval Bumper 1PC	 60 25mm Round End Plug 2PCS
 61 Short Bushing 2PCS	 62 Long Bushing 2PCS	 63 25mm Round End Cap 4PCS	 64 AB Strap 1PC	 65 Seat Cushion 1PC
 66 Backrest Cushion 1PC	 67 Pulley Hook 26PCS	 68 45mm Square End Plug 1PC	 69 Sleeve 1PC	 70 Knob 1PC
 71 M10 x 75mm Hex Bolt 3PCS	 72 M10 x 60mm Hex Bolt 6PCS	 73 M10 x 25mm Hex Bolt 6PCS	 74 M8 x 60mm Hex Bolt 2PCS	 75 M8 x 40mm Hex Bolt 1PC
 76 M8 x 16mm Hex Bolt 9PCS	 77 M10 x 48mm Hex Bolt 14PCS	 78 Bolt (M10 x 25mm) 1PC	 79 M12 x 175mm Hex Bolt 1PC	 80 M10 x 100mm Hex Bolt 4PCS
 81 Washer (Φ28 x Φ8) 1PC	 82 Arc Washer 4PCS	 83 M8 Washer 14PCS	 84 M16 Washer 2PCS	 85 M12 Washer 3PCS
 86 M10 Washer 49PCS	 87 M16 Nylon Nut 2PCS	 88 M12 Nylon Nut 1PC	 89 M10 Nylon Nut 28PCS	 90 Ankle Strap 1PC
 91 38mm Square End Plug 2PCS				

EXPLODED VIEW DRAWING

GS1 Home Gym




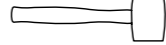
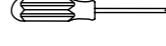

Note: For some parts maybe not shown in this exploded drawing, please find them in cable assembly instruction on page 12.

ASSEMBLY STEP

GS1 Home Gym

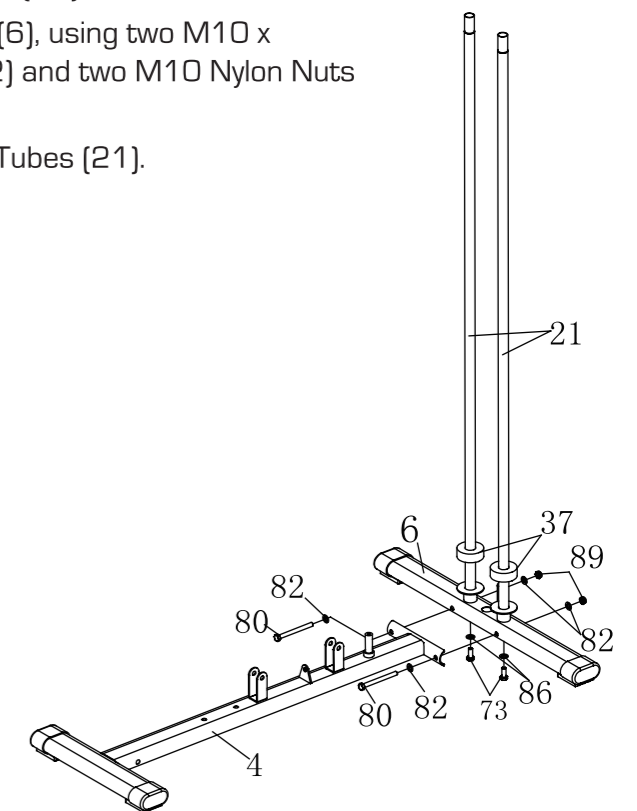
Note: Don't tighten the locknuts and bolts before fully assembled.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.
- The following tools (not included) may be required for assembly:

- | | |
|--------------------------|---|
| two adjustable wrenches |  |
| one rubber mallet |  |
| one standard screwdriver |  |
| one Phillips screwdriver |  |

STEP 1

1. Remove two M10 x 25mm Hex Bolt (73) and two M10 Washers (86), from two Weight Guide Tubes (21).
2. Insert two Weight Guide Tubes (21) into the Back Base Frame (6), using two M10 x 25mm Hex Bolts (73) and two M10 Washers (86).
3. Attach the Base Frame (4) to the Back Base Frame (6), using two M10 x 100mm Hex Bolts (80), four M10 Arc Washers (82) and two M10 Nylon Nuts (89).
4. Slide two Rubber Rings (37) onto two Weight Guide Tubes (21).

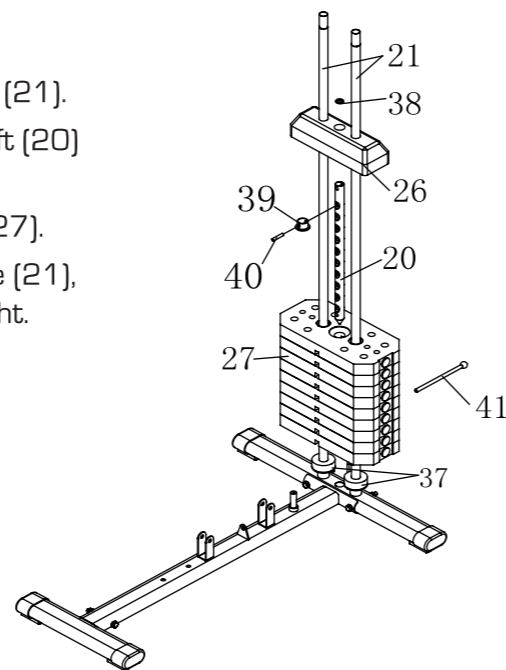


ASSEMBLY STEP

GS1 Home Gym

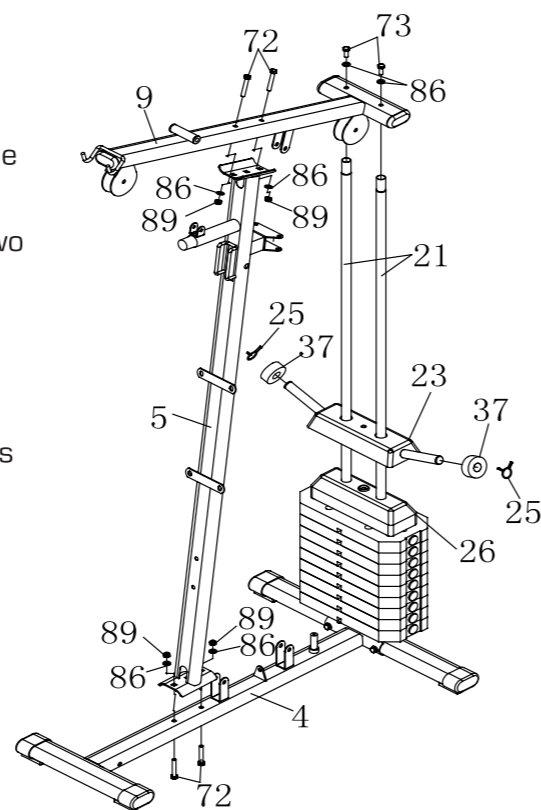
STEP 2

1. Slide nine Weight Plates [27] down two Weight Guide Tubes [21].
2. Slide the Selector Shaft Bushing [39] down the Selector Shaft [20] at first hole fix with the Selector Shaft Pin [40].
3. Insert the Selector Shaft [20] into hole of the Weight Plate [27].
4. Slide the Top Weight Plate [26] down the Weight Guide Tube [21], insert the Weight Selector Pin [41] into hole of desired weight.
5. Put the Plastic Washer [38] onto the Top Weight Plate [26].



STEP 3

1. Slide the Weight Plate Holder [23] down two Weight Guide Tubes [21] and cover the Top Weight Plate [26].
2. Slide two Rubber Rings [37] and two Quick Clips [25] onto the Weight Plate Holder [23].
3. Attach the Vertical Frame [5] to the Base Frame [4] using two M10 x 60mm Hex Bolts [72], two M10 Washers [86] and two M10 Nylon Nuts [89].
4. Remove two M10 x 25mm Hex Bolts [73] and two M10 Washers [80] from two Weight Guide Tubes [21].
5. Attach the Upper Cross Beam [9] to two Weight Guide Tubes [21], using two M10 x 25mm Hex Bolts [73] and two M10 Washers [86].
6. Attach the Upper Cross Beam [9] to the Vertical Frame [5], using two M10 x 60mm Hex Bolts [72], two M10 Washers [86] and two M10 Nylon Nuts [89].

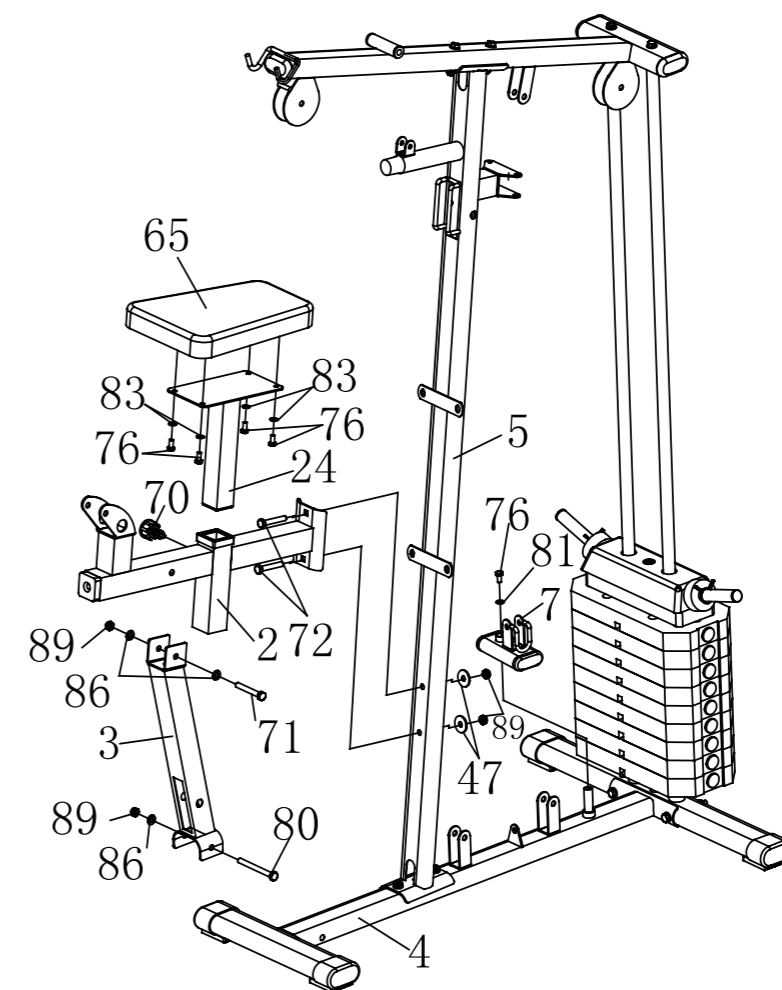


ASSEMBLY STEP

GS1 Home Gym

STEP 4

1. Attach the Seat Support Frame [3] to the Base Frame [4], using one M10 x 100mm Hex Bolt [80], one M10 Washer [86] and one M10 Nylon Nut [89].
2. Attach the Seat Cushion Frame [2] to the Vertical Frame [5], using two M10 x 60mm Hex Bolts [72], two Washers [47] and two M10 Nylon Nuts [89].
3. Attach the Seat Cushion Frame [2] to the Seat Support Frame [3], using one M10 X75mm Hex Bolt [71], two M10 Washers [86] and one M10 Nylon Nut [89].
4. Attach the Low Bar Seat [7] to the Base Frame [4], using one $\varnothing 25 \times \varnothing 8$ Washer [81] and one M8 x 16mm Hex Bolt [76].
5. Attach the Seat Cushion [65] to the Cushion Assembly [24], using four M8 x 16mm Hex Bolts [76] and four M8 Washers [83].
6. Slide the Cushion Assembly [24] down the Seat Cushion Frame [2]. Insert the Knob [70] into hole of the desired high.



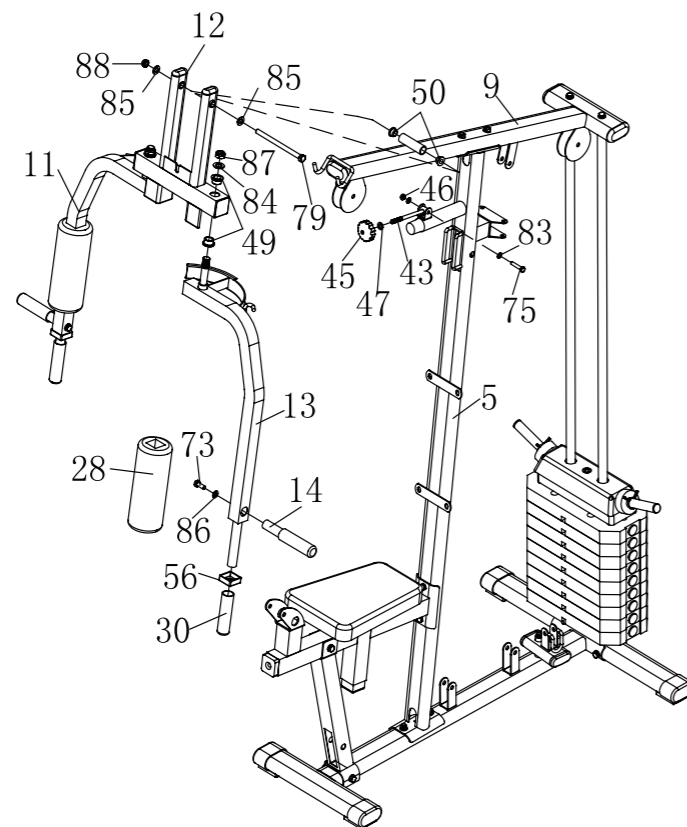
ASSEMBLY STEP

GS1 Home Gym

STEP 5

NOTE: Oil Bushing (small) [50] have been Pre-assembled into the Upper Cross Beam [9].

1. Attach the Butterfly Arm Mount [12] to the Upper Cross Beam [9], using one M12 x 175mm Hex Bolt [79], two M12 Washers [85] and one M12 Nylon Nut [88].
2. Remove one M116 Washer [84] and one M16 Nylon Nut [87] from the Left Butterfly Arm [13].
3. Tap two Oil Bushing [big] [49] into the Butterfly Arm Mount [12].
4. Attach the Left Butterfly Arm [13] to the Butterfly Arm Mount [12], using one M16 Washer [84] and one M16 Nylon Nut [87].
5. Slide one Arm Foam Roller [28] onto the Left Butterfly Arm [13], then slide one Middle-empty Plug [56] and one Hand Grip [30] onto the Left Butterfly Arm [13].
6. Remove one M10 x 25mm Hex Bolt [73] and one M10 Washer [86] from the Handle Tube [14].
7. Insert the Handle Tube [14] into the Left Butterfly Arm [13] using one M10 x 25mm Hex Bolt [73] and one M10 Washer [82].
8. Assembly the Right Butterfly Arm [11] with the same method.
9. Attach the Tobacco-pipe [43] to the Vertical Frame [5], using one M8 x 40mm Hex Bolt [75], two M8 Washers [83] and one M8 Nylon Nut [46].
10. Slide one $\varnothing 30 \times \varnothing 10$ Washer [47] and one Plum Blossom Nut [45] onto the Tobacco-pipe [43].

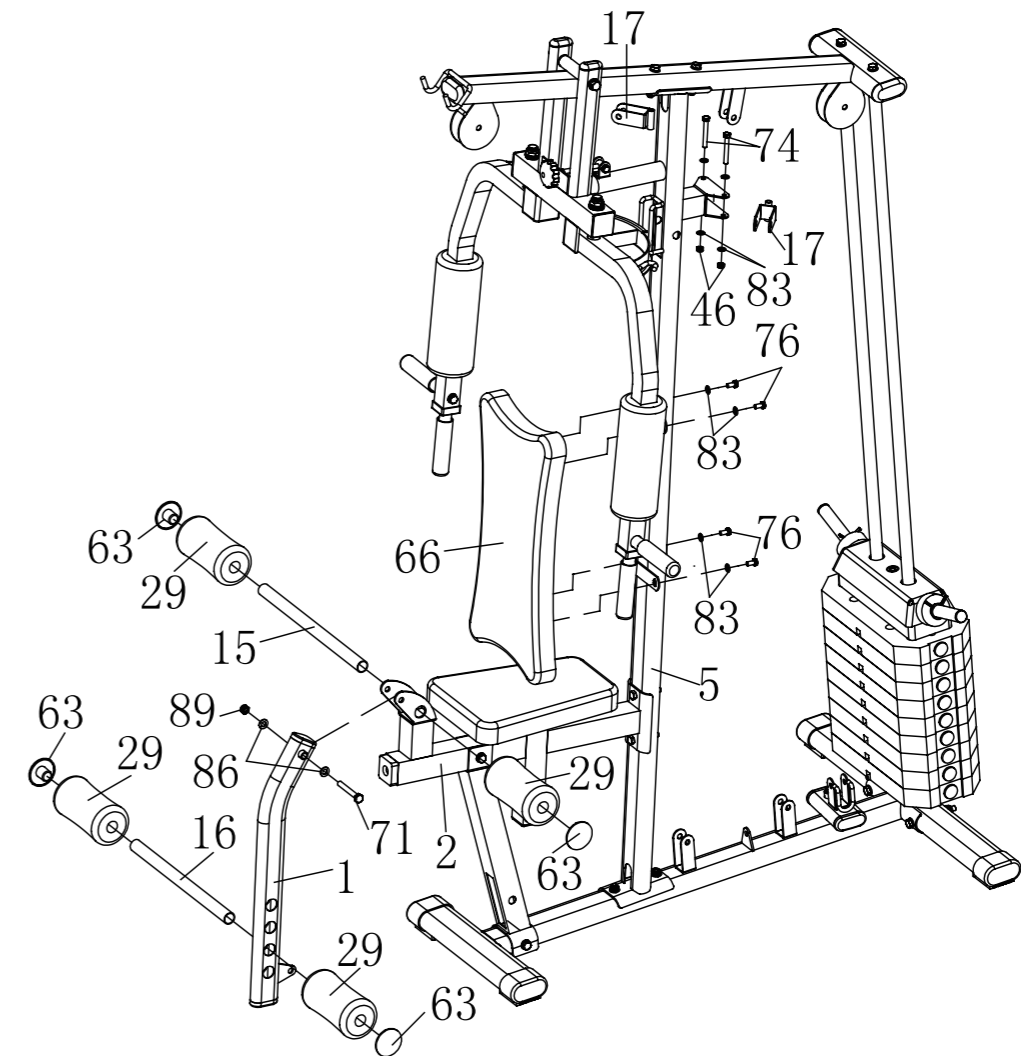


ASSEMBLY STEP

GS1 Home Gym

STEP 6

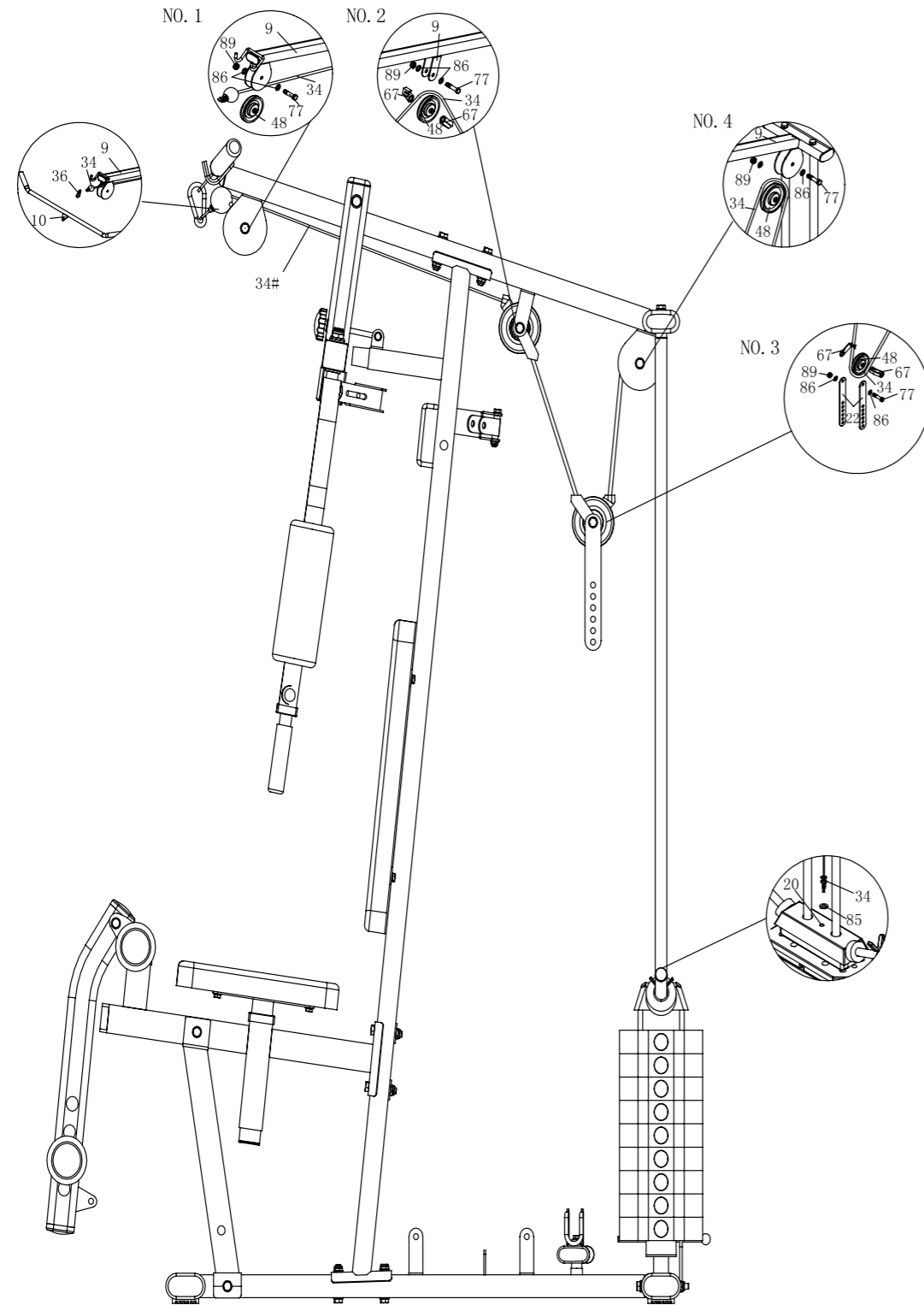
1. Attach the Backrest Cushion [66] to the Vertical Frame [5], using four M8 x 16mm Hex Bolts [76] and four M8 Washers [83].
2. Attach the Leg Extension Frame [1] to the Seat Cushion Frame [2], using one M10 x 75mm Hex Bolt [71], two M10 Washers [86] and one M10 Nylon Nut [89].
3. Insert the Foam Tube (long) [15] into the Seat Cushion Frame [2], then insert the Foam Tube (short) [16] into the Leg Extension Frame [1].
4. Slide four Leg Foam Rollers [29] onto two Foam Tubes [15&16]. Then tap four 25mm Round End Caps [63] into the two Foam Tubes [15&16].
5. Attach two Single Pulley Blocks [17] to the Vertical Frame [5], using two M8 x 60mm Hex Bolts [74], four M8 Washers [83] and two M8 Nylon Nuts [46].



ASSEMBLY STEP

GS1 Home Gym

STEP 7



ASSEMBLY STEP

GS1 Home Gym

NOTE: Please with cable in groove of each pulley during the assembly.

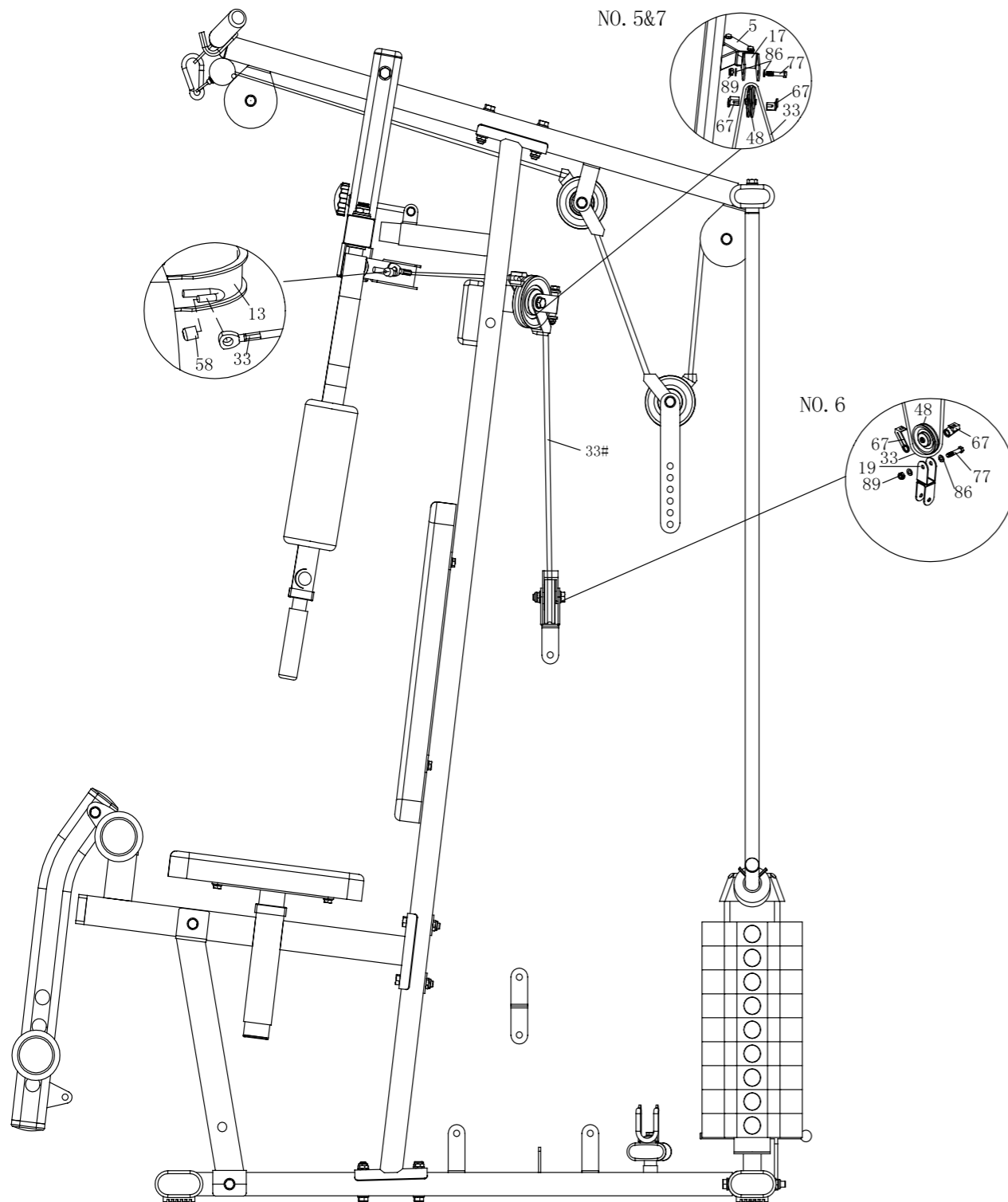
Start with the Upper Cable [34]

- Insert Pulley NO.1 (48) to Upper Cross Beam (9), using one M10 x 48mm Hex Bolt (77), two M10 Washers (86) and one M10 Nylon Nut (89).
- Install Pulley NO.2 (48) and two Pulley Hooks (67) to Upper Cross Beam (9), using one M10 x 48mm Hex Bolt (77), two M10 Washers (86) and one M10 Nylon Nut (89).
- Install Pulley NO.4 (48) to Upper Cross Beam (9), using one M10 x 48mm Hex Bolt (77), two M10 Washers (86) and one M10 Nylon Nut (89).
- Install Pulley NO.3 (48) and two Pulley Hooks (67) to two Pulley Patches (22), using one M10 x 48mm Hex Bolt (77), two M10 Washers (86) and one M10 Nylon Nut (89).
- Attach the bolt end of Upper Cable (34) to Selector Shaft (20) with one M12 Washer (85).
- Attach the Lat Bar (10) to the other end of Upper Cable (34), using one Pothook (36).

ASSEMBLY STEP

GS1 Home Gym

STEP 8



ASSEMBLY STEP

GS1 Home Gym

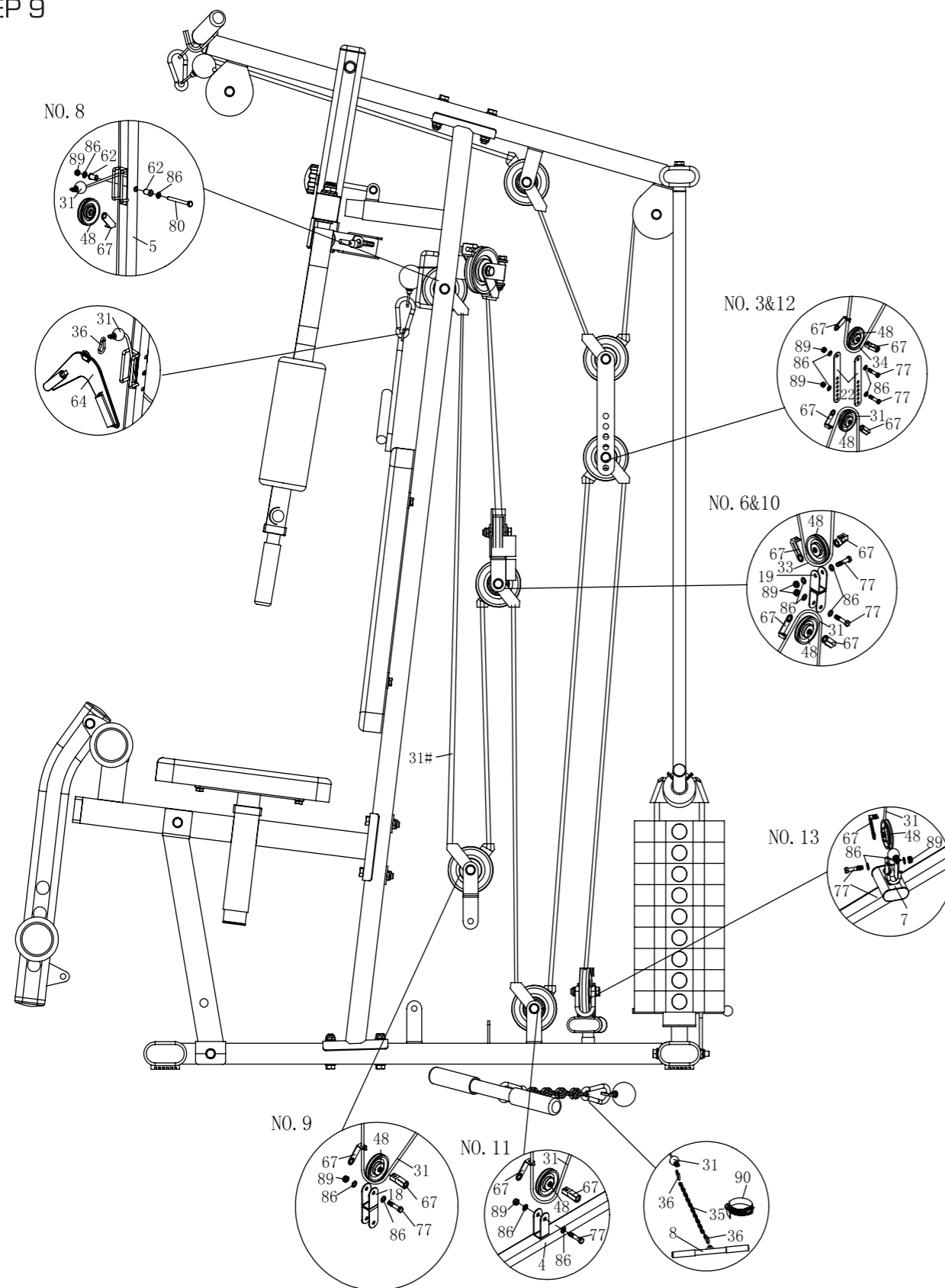
Assembly the Butterfly Cable (short) (33)

- Attach both ends of Butterfly Cable (short) (33) to Left Butterfly Arm (13) and Right Butterfly Arm (11), using two Plastic Covers (58).
- Install Pulley NO.5&7 (48) and four Pulley Hooks (67) to two Single Pulley Blocks (17), using two M10 x 48mm Hex Bolts (77), four M10 Washers (86) and two M10 Nylon Nuts (89).
- Install Pulley NO.6 (48) and two Pulley Hooks (67) to Reverse U (19), using one M10 x 48mm Hex Bolt (77), two M10 Washers (86) and one M10 Nylon Nut (89).

ASSEMBLY STEP

GS1 Home Gym

STEP 9



ASSEMBLY STEP

GS1 Home Gym

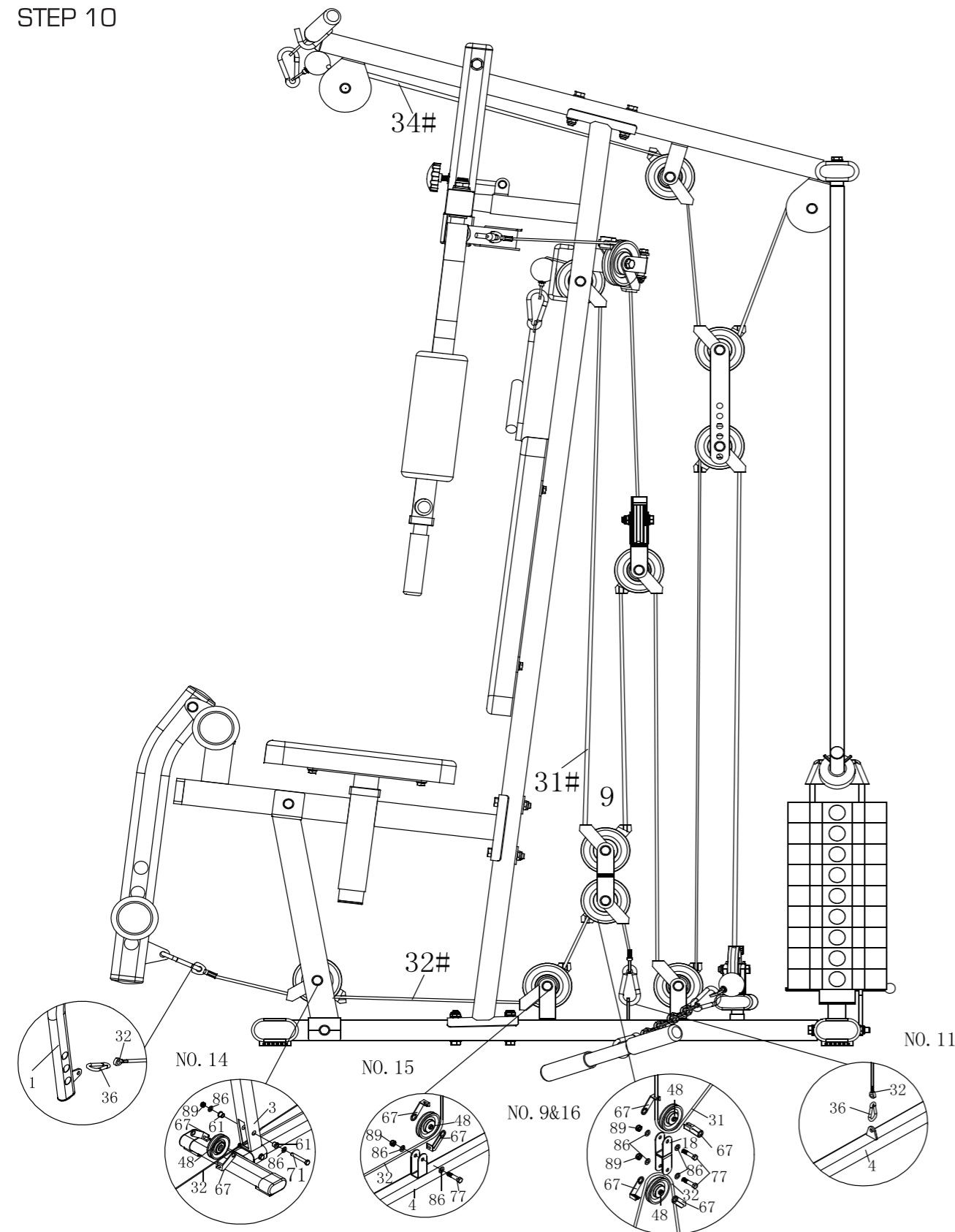
Assembly the AB Strap Cable (31)

- Insert Pulley NO.8 (48), one Pulley Hook (67) and two Long Bushing (62) to Vertical Frame (5), using one M10 x 100mm Hex Bolt (80), two M10 Washers (86) and one M10 Nylon Nut (89).
- Install Pulley NO.9 (48) and two Pulley Hooks (67) to Pulley U (18), using one M10 x 48mm Hex Bolt (77), two M10 Washers (86) and one M10 Nylon Nut (89).
- Install Pulley NO.10 (48) and two Pulley Hooks (67) to Reverse U (19), using one M10 x 48mm Hex Bolt (77), two M10 Washers (86) and one M10 Nylon Nut (89).
- Install Pulley NO.11 (48) and two Pulley Hooks (67) to Base Frame (4), using one M10 x 48mm Hex Bolt (77), two M10 Washers (86) and one M10 Nylon Nut (89).
- Install Pulley NO.12 (48) and two Pulley Hooks (67) to two Pulley Patches (22), using one M10 x 48mm Hex Bolt (77), two M10 Washers (86) and one M10 Nylon Nut (89).
- Install Pulley NO.13 (48) and one Pulley Hooks (67) to Low Bar Seat (7), using one M10 x 48mm Hex Bolt (77), two M10 Washers (86) and one M10 Nylon Nut (89).
- Attach the AB Strap Cable (64) to the end of AB Strap Cable (31), using one Pothooks (36).
- Attach Low Bar (8) or Ankle Strap (90) to the other end of AB Strap Cable (31), using two Pothooks (36) and one Chain (35).

ASSEMBLY STEP

GS1 Home Gym

STEP 10

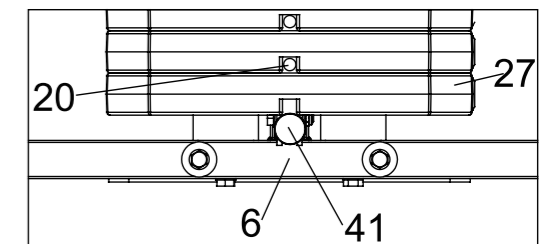
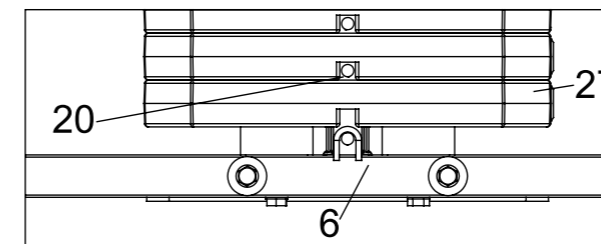


ASSEMBLY STEP

GS1 Home Gym

Assembly the Lower Cable (long) [32]

- Attach the end of Lower Cable (long) [32] to Leg Extension Frame [1], using one Pothook [36].
- Install Pulley NO.14 [48], two Short Bushing [61] and two Pulley Hooks [67] to Base Frame [4], using one M10 x 75mm Hex Bolt [71], two M10 Washers [86] and one M10 Nylon Nut [89].
- Install Pulley NO.15 [48] and two Pulley Hooks [67] to Base Frame [4], using one M10 x 48mm Hex Bolt [77], two M10 Washers [86] and one M10 Nylon Nut [89].
- Install Pulley NO.16 [48] and two Pulley Hooks [67] to Pulley U [18], using one M10 x 48mm Hex Bolt [77], two M10 Washers [86] and one M10 Nylon Nut [89].
- Attach the other end of Lower Cable (long) [32] to Base Frame [4], using one Pothook [36].



Safety Note: When your home gym is not in use, ensure the Weight Selector Pin [41] is located through the welded loop on the back of the Base Frame and into the Selector Shaft [20]. This will lock the Weights in place.

Note: Make sure that all parts are properly tightened before you use the machine.