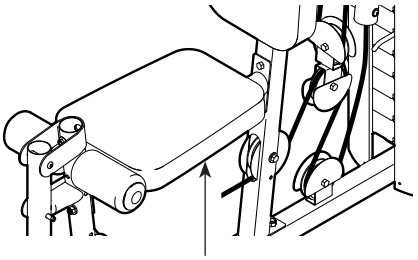
GOLD'S GYM®
XRS 50

getgoldsgym.com

Model No. GGSY24618.0
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal
(under the seat)

ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to my.getgoldsgym.com.

CUSTOMER CARE

For service at any time, go to getgoldsgym.com/service.

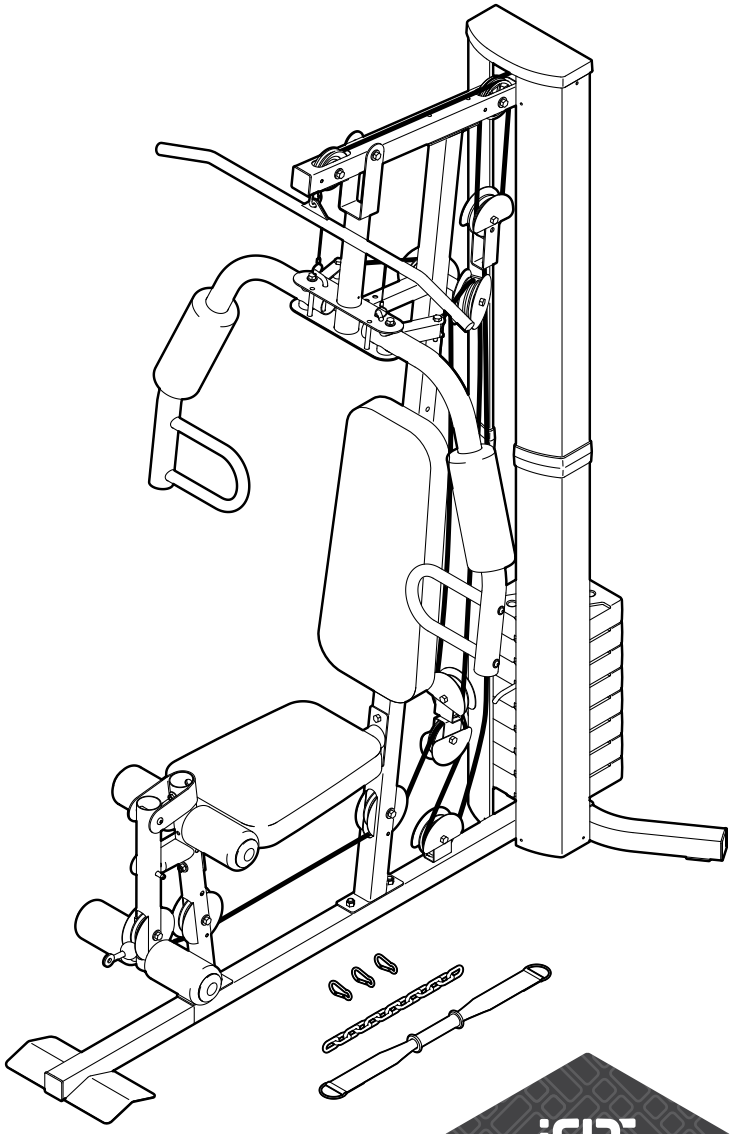
Or call 1-877-776-4777
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



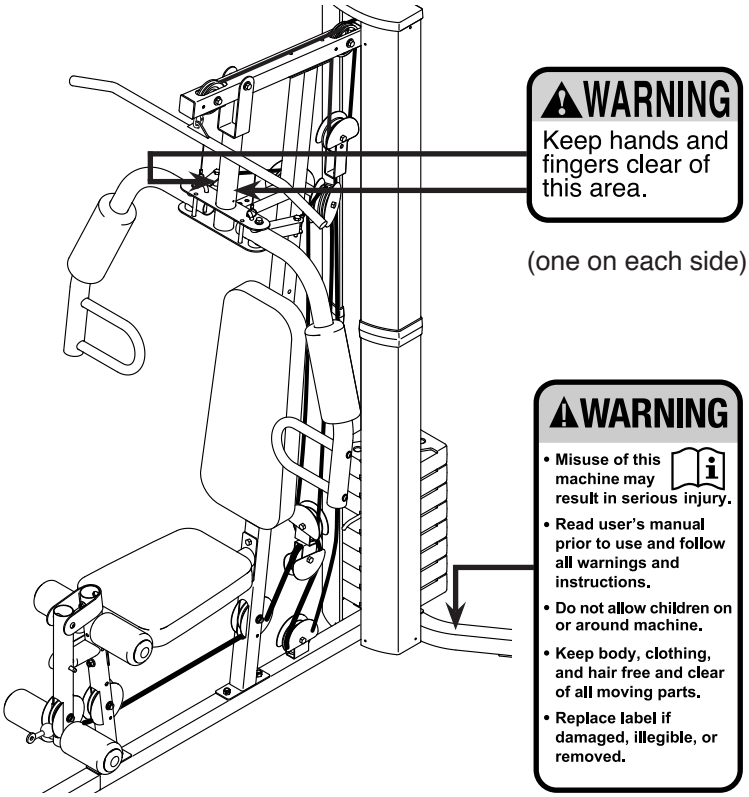
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TABLE OF CONTENTS

WARNING DECAL PLACEMENT 2
IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 5
PART IDENTIFICATION CHART 6
ASSEMBLY 8
ADJUSTMENT 25
WEIGHT RESISTANCE CHART 27
MAINTENANCE 28
CABLE DIAGRAM 29
EXERCISE GUIDELINES 31
PART LIST 33
EXPLODED DRAWING 34
ORDERING REPLACEMENT PARTS . . . . . Back Cover
LIMITED WARRANTY . . . . . Back Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



GOLD'S GYM is a registered trademark of Gold's Gym International, Inc.
This product is manufactured and distributed under license from Gold's Gym International, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight system before using your weight system. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.**
2. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
3. **The weight system is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the weight system by someone responsible for their safety.**
4. **Use the weight system only as described in this manual.**
5. **The weight system is intended for home use only. Do not use the weight system in a commercial, rental, or institutional setting.**
6. **Keep the weight system indoors, away from moisture and dust. Do not put the weight system in a garage or covered patio, or near water.**
7. **Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.**
8. **Inspect and properly tighten all parts each time the weight system is used. Replace any worn parts immediately.**
9. **Keep children under age 13 and pets away from the weight system at all times.**
10. **The weight system should not be used by persons weighing more than 300 lbs. (136 kg).**
11. **Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on the weight system. Always wear athletic shoes for foot protection.**
12. **Keep hands and feet away from moving parts.**
13. **Always secure the weight stack with the lock pin and the lock after exercising to prevent unauthorized use of the weight system (see LOCKING THE WEIGHT STACK on page 25).**
14. **Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on the pulleys.**
15. **Always stand on the foot plate when performing an exercise that could cause the weight system to tip.**
16. **Never release the arms, leg lever, lat bar, or handle strap while weights are raised. The weights will fall with great force.**
17. **Always disconnect the lat bar from the weight system when performing an exercise that does not require the lat bar.**
18. **Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.**

PROTECT

YOUR FITNESS EQUIPMENT WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
$0.00 to $1000.00	$199.99	$289.99
$1001.00 to $1500.00	$259.99	$379.99
$1501.00 to $2500.00	$339.99	$489.99
(Bikes/Systems Only) $0.00 to $2500.00	$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
$0.00 to $300.00	$29.99	$39.99	$59.99
$301.00 to $1000.00	$89.99	$119.99	$149.99
$1001.00 to $2000.00	$109.99	$139.99	$179.99
$2001.00 to $3000.00	$179.99	$209.99	$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please call Customer Care at 1-800-677-3838.
Or, visit us online at www.utserv.com.

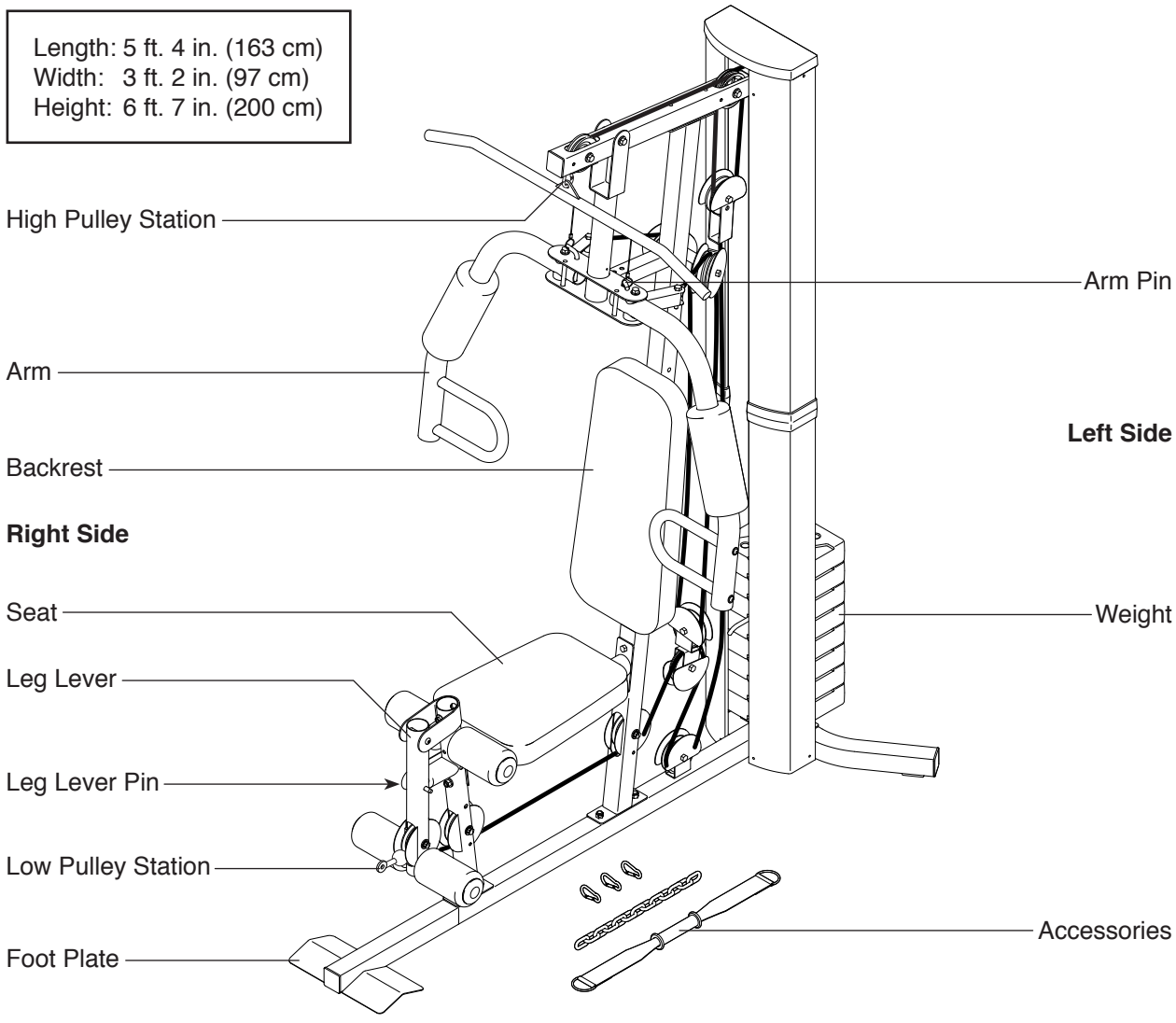
UTS
UNIVERSAL TECHNICAL SERVICES

BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM® XRS 50 weight system. The weight system 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 dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight system. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

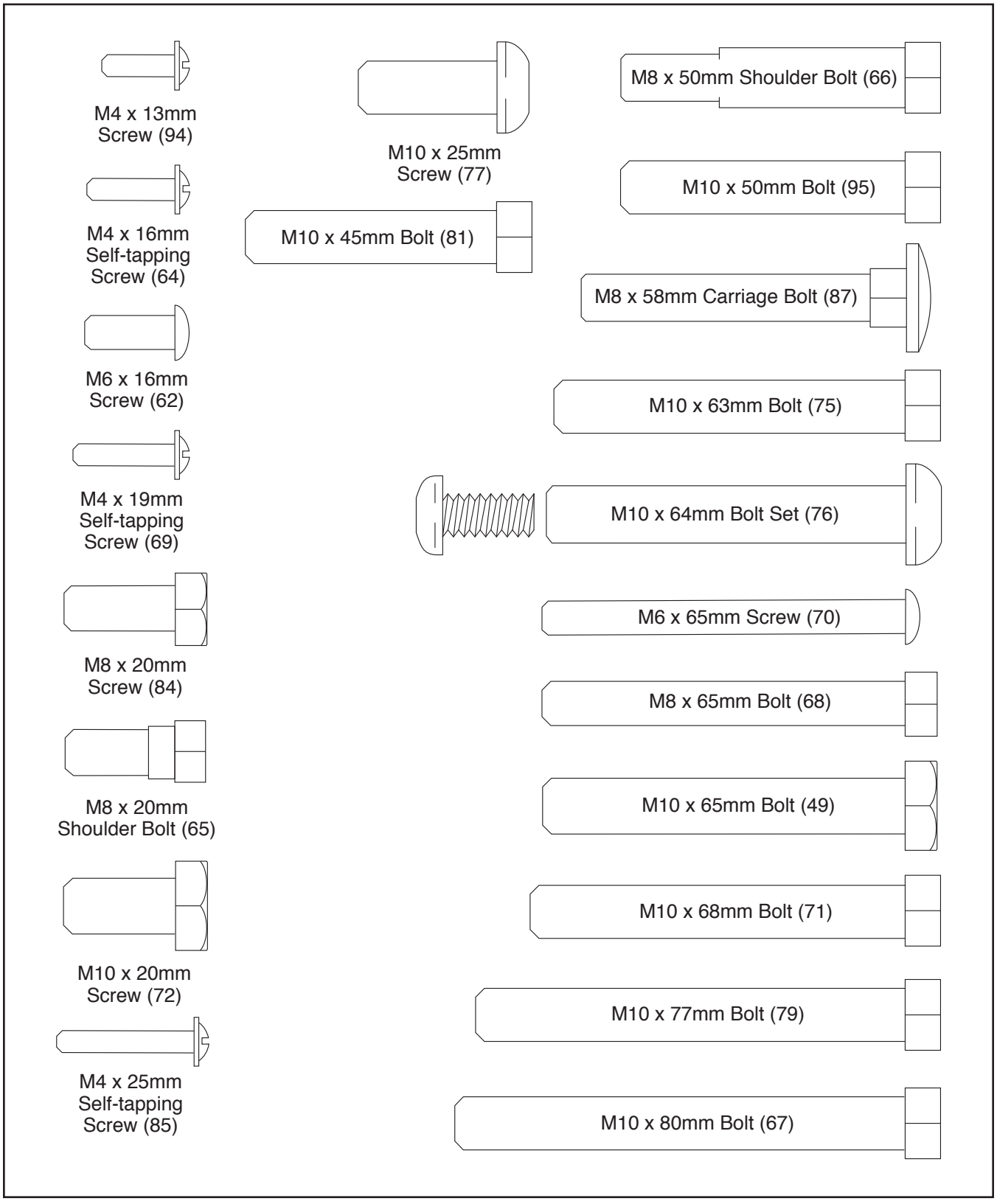
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

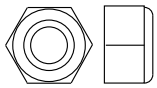


Note: The terms "right side" and "left side" are used relative to a person sitting on the seat; they do not refer to right and left on the drawings in this manual.

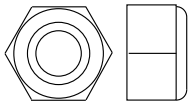
PART IDENTIFICATION CHART

Use the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: If a part is not in the hardware kit, check to see if it has been preattached.**

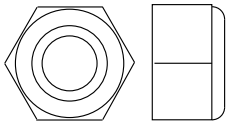




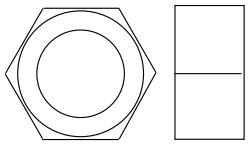
M6 Locknut
(33)



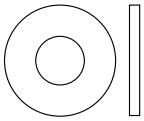
M8 Locknut
(58)



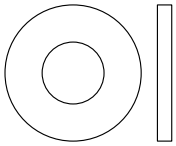
M10 Locknut
(56)



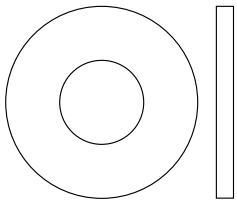
M12 Nut (13)



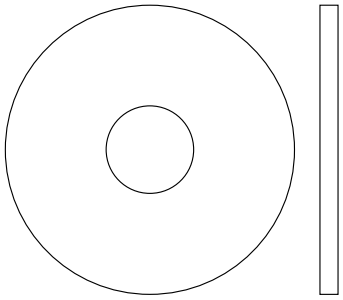
M6 Washer
(82)



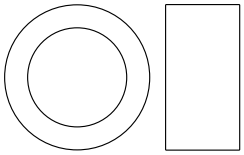
M8 Washer (59)



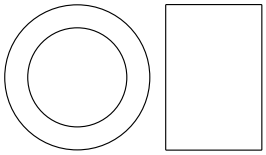
M10 Washer (57)



Large Washer (17)



10mm Spacer (61)



13mm Spacer (52)

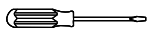
ASSEMBLY

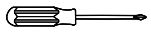
- To hire an authorized service technician to assemble the weight system, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its weight and size, assemble the weight system in the location where it will be used. Make sure that there is enough clearance to walk around the weight system.
- **Place all parts in a cleared area and remove the packing materials.** Do not dispose of the packing materials until assembly is finished.
- For help identifying small parts, see page 6.

- The following tools (not included) may be required for assembly:

two adjustable wrenches 

one rubber mallet 

one standard screwdriver 

one Phillips screwdriver 

Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

The Four Stages of the Assembly Process

Frame Assembly—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

Arm Assembly—During this stage you will assemble the arms and the leg lever.

Cable Assembly—During this stage you will attach the cables and pulleys that connect the arms to the weights.

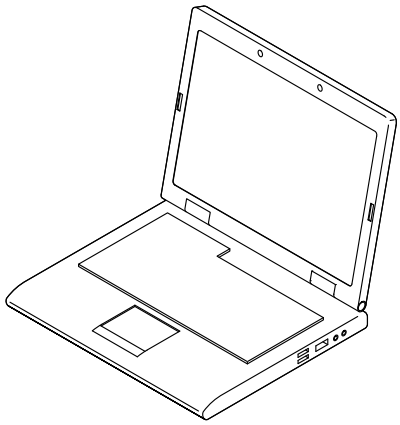
Seat Assembly—During the final stage you will assemble the seat and the backrest.

1. **Go to my.getgoldsgym.com on your computer and register your product.**

   - documents your ownership
   - activates your warranty
   - ensures priority customer support if assistance is ever needed

   Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.

1



Frame Assembly

2. **To make assembly easier, read the information on page 8. Before you begin, make sure that you have:**

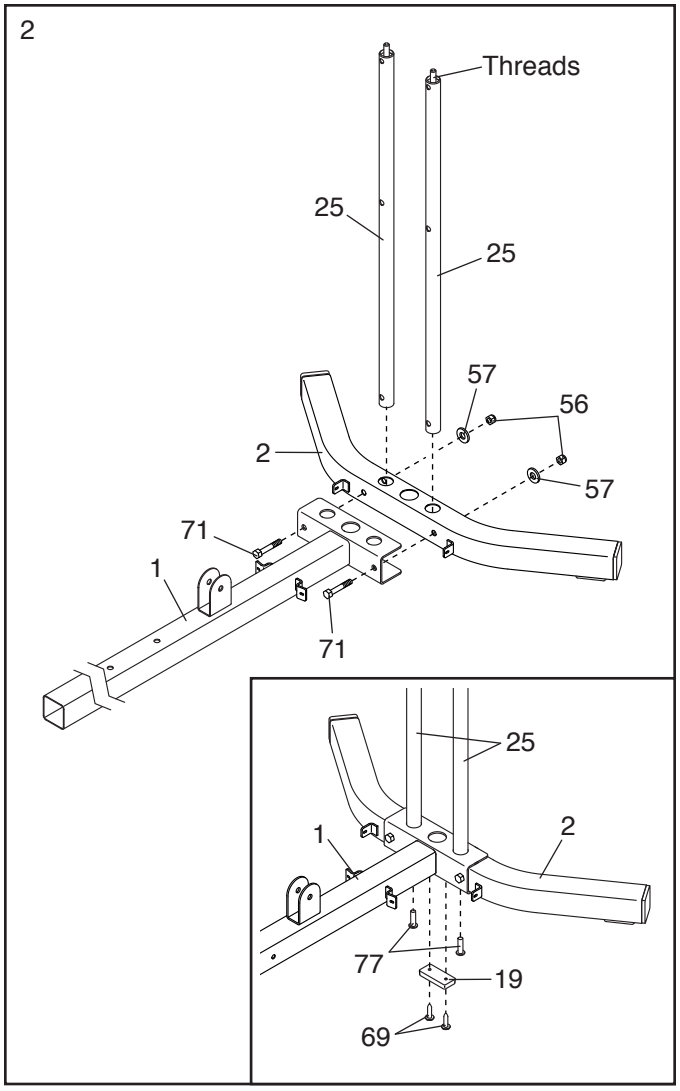
   - **removed the packaging materials from all of the parts**
   - **placed all of the parts near you in a clear area**
   - **located the included grease packet**

   Identify the two Lower Weight Guides (25), which have threaded upper ends.

   Attach the Lower Weight Guides (25) and the Stabilizer (2) to the Base (1) with two M10 x 68mm Bolts (71), two M10 Washers (57), and two M10 Locknuts (56). **Do not tighten the Locknuts yet.**

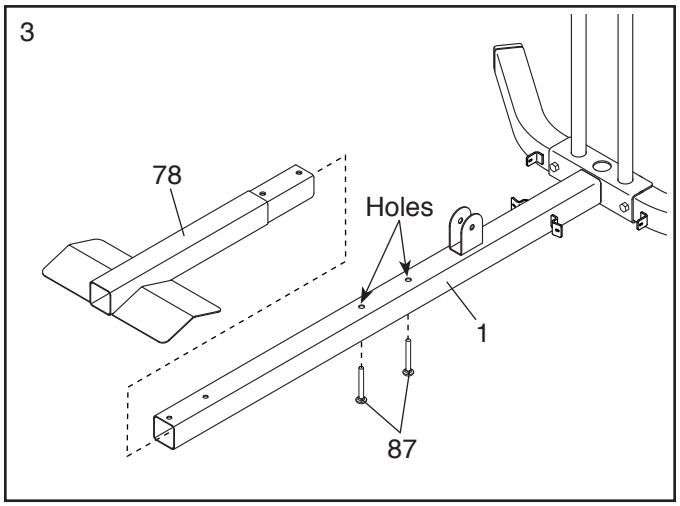
   See the inset drawing. Insert two M10 x 25mm Screws (77) upward into the Base (1) and into the Stabilizer (2), and tighten the Screws into the Lower Weight Guides (25).

   Then, attach the Base Foot (19) to the Base (1) with two M4 x 19mm Self-tapping Screws (69).



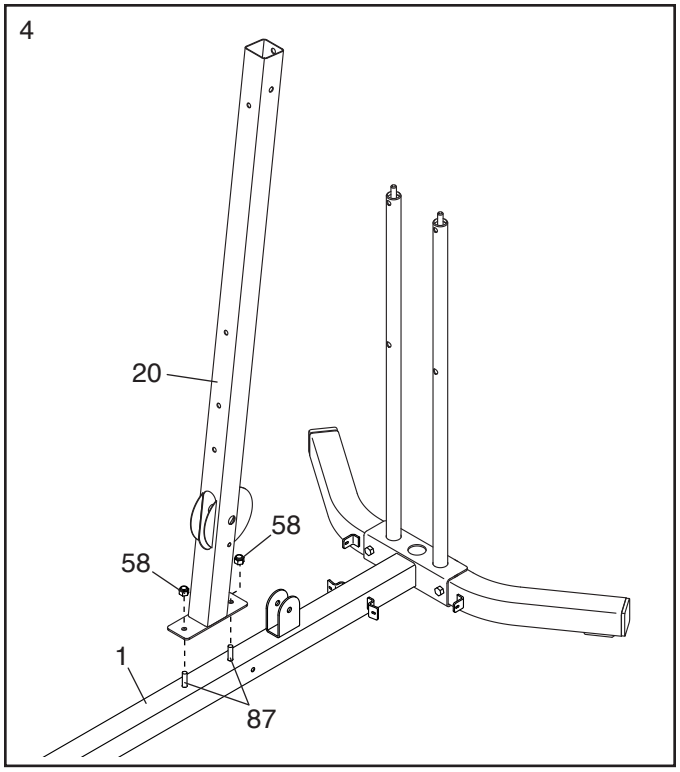
3. Insert the Front Base (78) into the Base (1). Note: The Front Base will be attached in step 6.

   Then, insert two M8 x 58mm Carriage Bolts (87) upward into the indicated holes in the Base (1). Note: Carriage Bolts will be used in the next step.



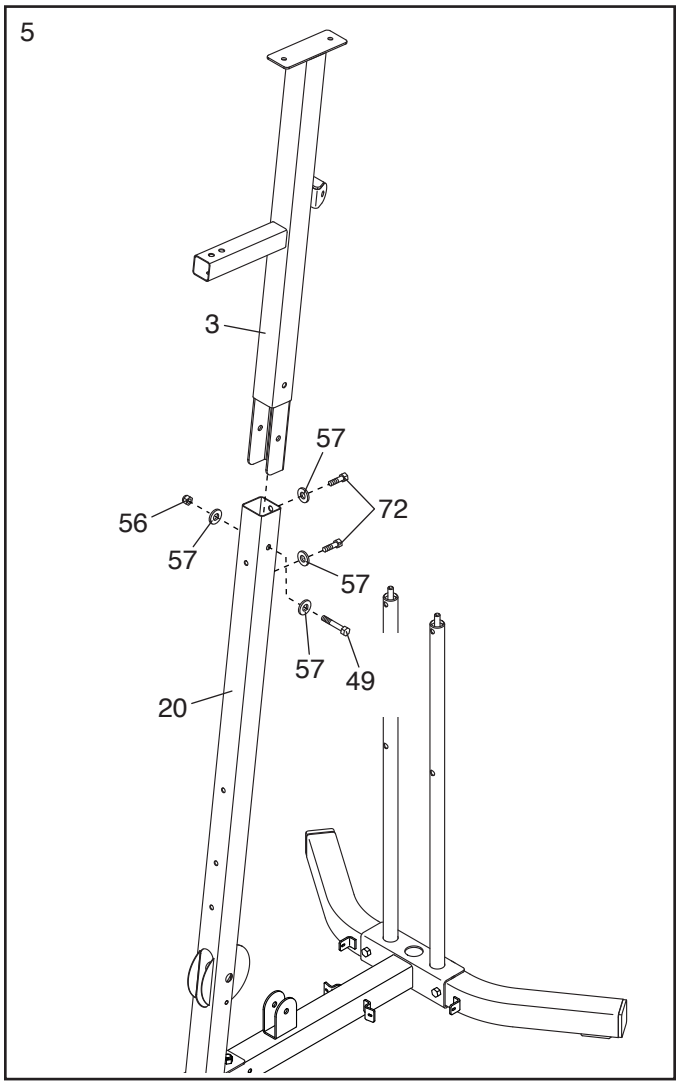
4. Orient the Lower Upright (20) as shown.

   Attach the Lower Upright (20) to the Base (1) with the two indicated M8 x 58mm Carriage Bolts (87) and two M8 Locknuts (58). **Do not tighten the Locknuts yet.**



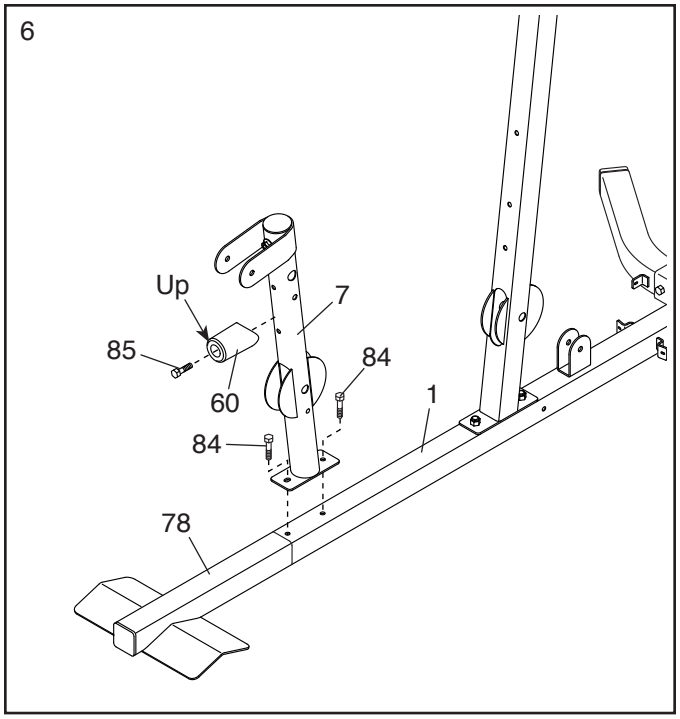
5. Orient the Upper Upright (3) as shown.

   Insert the Upper Upright (3) into the Lower Upright (20). Attach the Upper Upright with an M10 x 65mm Bolt (49), two M10 x 20mm Screws (72), four M10 Washers (57), and an M10 Locknut (56). **Do not tighten the Locknut yet.**



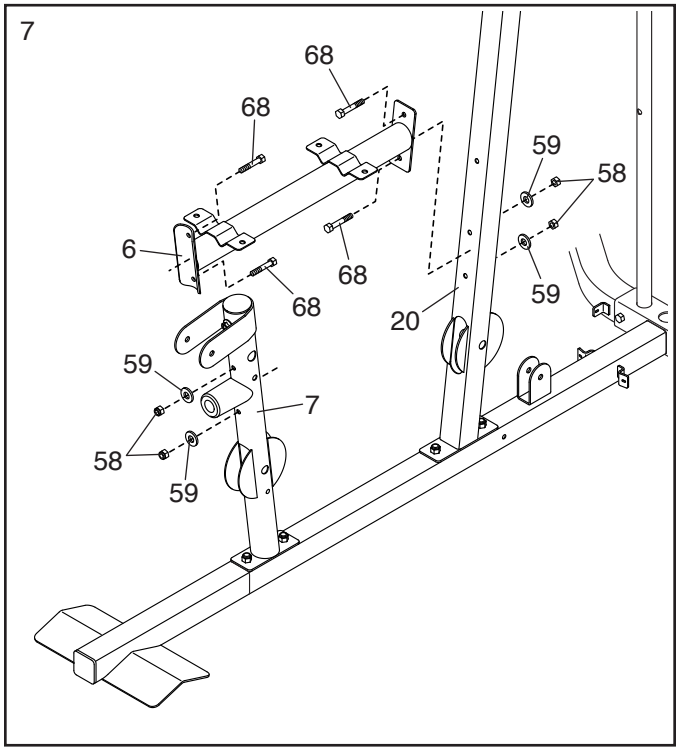
6. Attach the Front Leg (7) to the Base (1) and the Front Base (78) with two M8 x 20mm Screws (84). **Do not tighten the Screws yet.**

   Next, hold the Leg Bumper (60) against the Front Leg (7); **orient the Leg Bumper so that the indicated end is pointing upward.** Attach the Leg Bumper with an M4 x 25mm Self-tapping Screw (85).



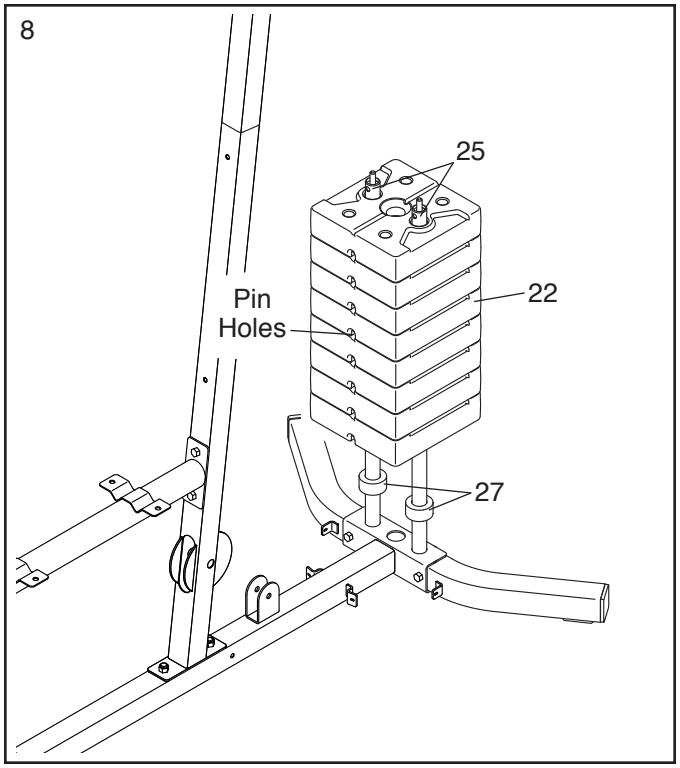
7. Attach the Seat Frame (6) to the Lower Upright (20) with two M8 x 65mm Bolts (68), two M8 Washers (59), and two M8 Locknuts (58). **Do not tighten the Locknuts yet.**

   Attach the Seat Frame (6) to the Front Leg (7) in the same way.



8. Slide the two Weight Bumpers (27) onto the Lower Weight Guides (25).

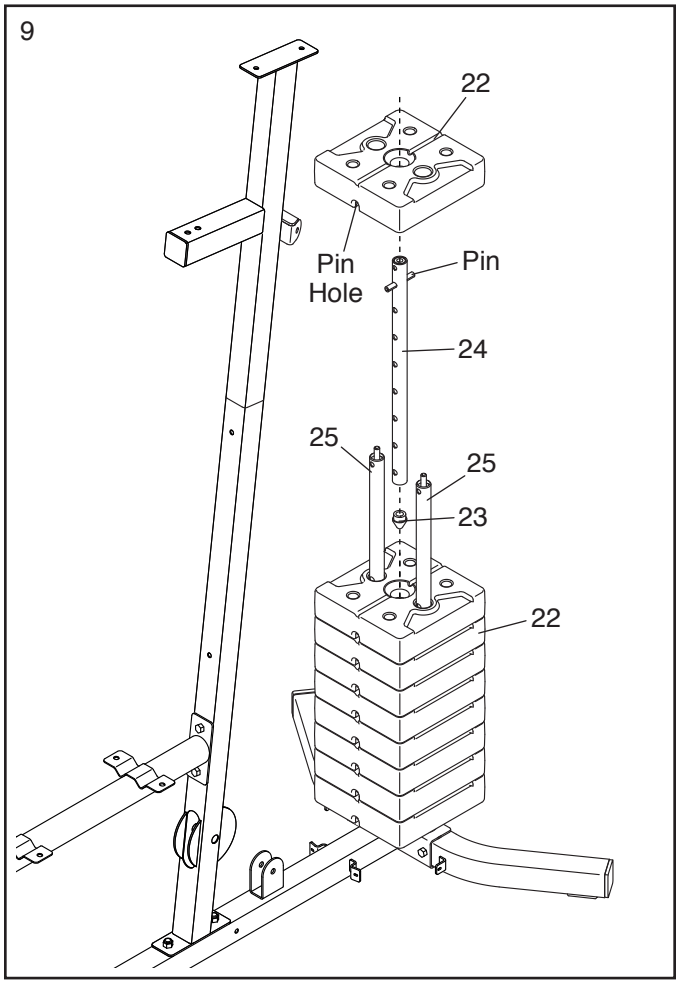
   Next, orient **eight** Weights (22) so that the pin holes are in the position shown, and slide the Weights onto the Lower Weight Guides (25).



9. Insert the Weight Selector Cap (23) into the Weight Selector (24).

   Next, orient the Weight Selector (24) so that the pin is in the position shown, and insert the Weight Selector into the eight Weights (22).

   Orient the remaining Weight (22) so that the pin hole is in the position shown, and slide the Weight onto the Lower Weight Guides (25).



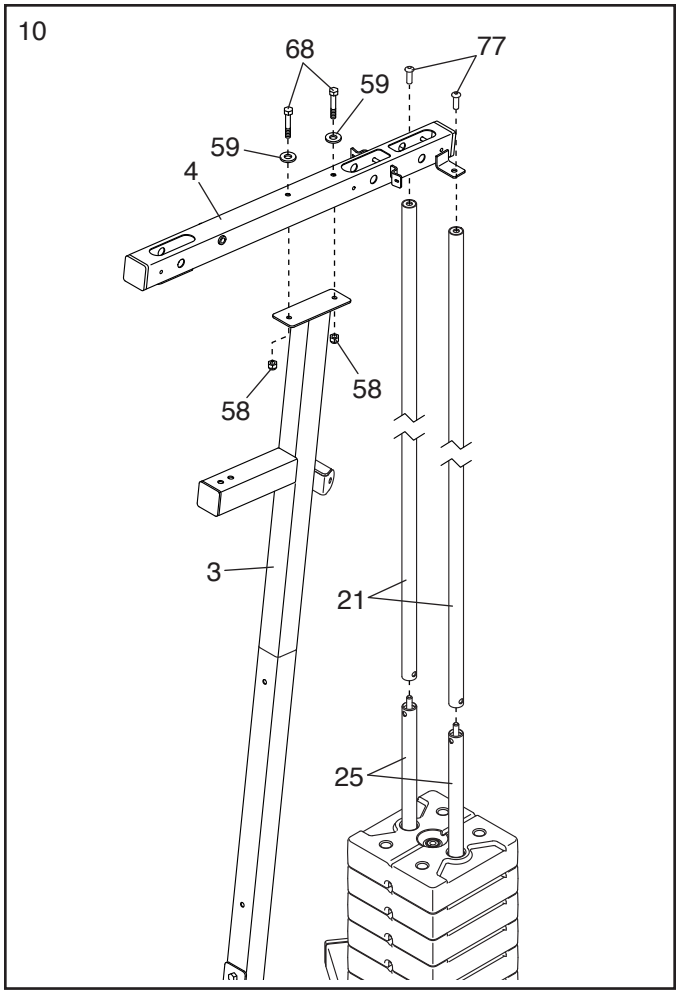
10. Tighten the two Upper Weight Guides (21) onto the Lower Weight Guides (25).

    Next, attach the Top Frame (4) to the Upper Upright (3) with two M8 x 65mm Bolts (68), two M8 Washers (59), and two M8 Locknuts (58). **Do not tighten the Locknuts yet.**

    Next, attach the Top Frame (4) to the Upper Weight Guides (21) with two M10 x 25mm Screws (77).

    Then, tighten the two M8 Locknuts (58).

    See steps 2, 4, 5, 6, and 7. Tighten the M10 Locknuts (56), the M8 Locknuts (58), and the M8 x 20mm Screws (84) used in these steps.

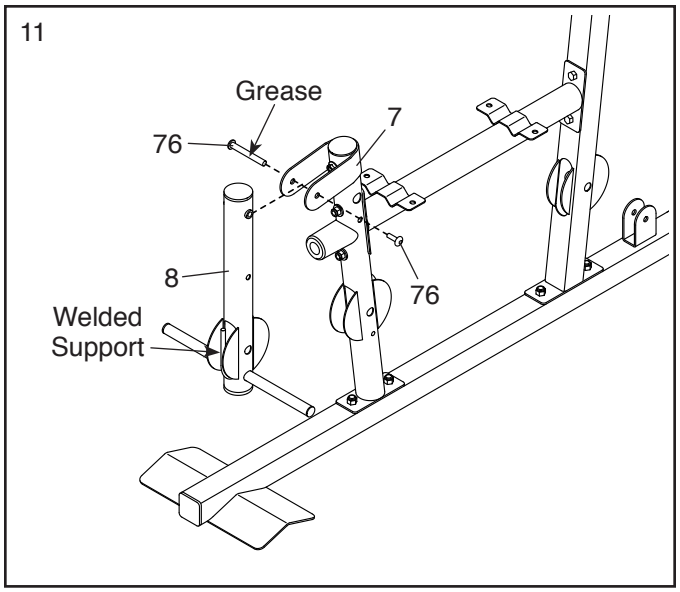


Arm Assembly

11. Apply grease to the barrel of an M10 x 64mm Bolt Set (76).

    Orient the Leg Lever (8) so that the welded support is on the side shown.

    Attach the Leg Lever (8) to the Front Leg (7) with the M10 x 64mm Bolt Set (76). **Make sure that the barrel of the Bolt Set is inserted through both sides of the bracket on the Front Leg.**

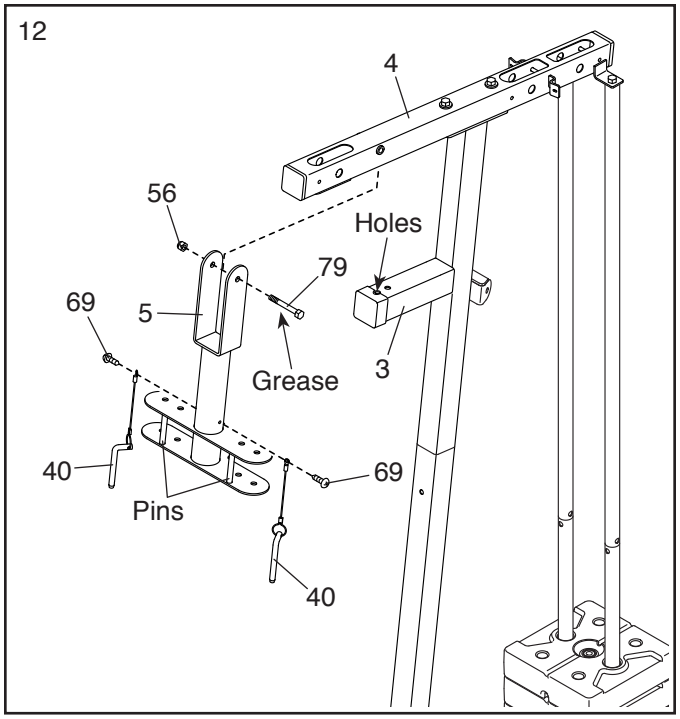


12. Apply grease to an M10 x 77mm Bolt (79).

Orient the Pivot Frame (5) so that the welded pins are on the side shown. Attach the Pivot Frame to the Top Frame (4) with the M10 x 77mm Bolt (79) and an M10 Locknut (56). **Do not overtighten the Locknut; the Pivot Frame must pivot easily.**

Attach the two Arm Pins (40) to the Pivot Frame (5) with two M4 x 19mm Self-tapping Screws (69).

Insert the Arm Pins (40) into the two holes in the Upper Upright (3).



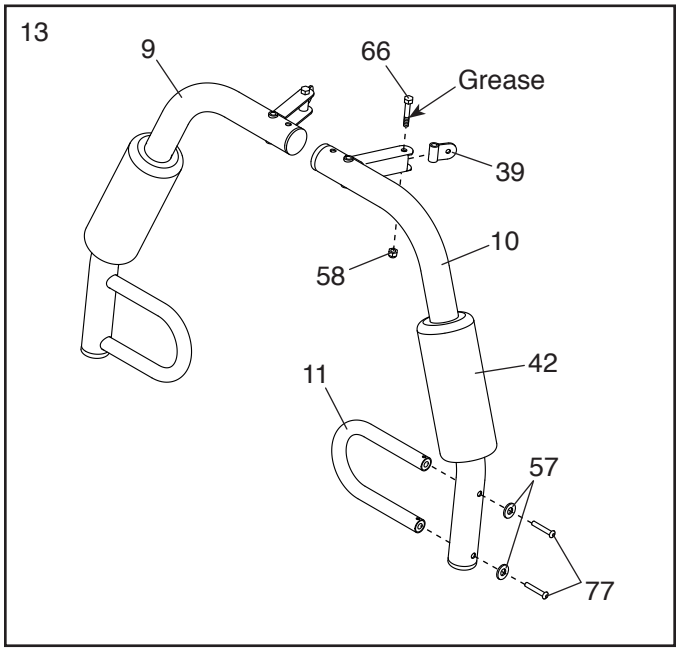
13. Apply grease to an M8 x 50mm Shoulder Bolt (66).

Attach a Cable Pivot (39) to the Left Arm (10) with the M8 x 50mm Shoulder Bolt (66) and an M8 Locknut (58).

Next, wet the inside of a Large Foam Pad (42) with soapy water. Slide the Large Foam Pad onto the Left Arm (10).

Then, attach a Handle (11) to the Left Arm (10) with two M10 x 25mm Screws (77) and two M10 Washers (57).

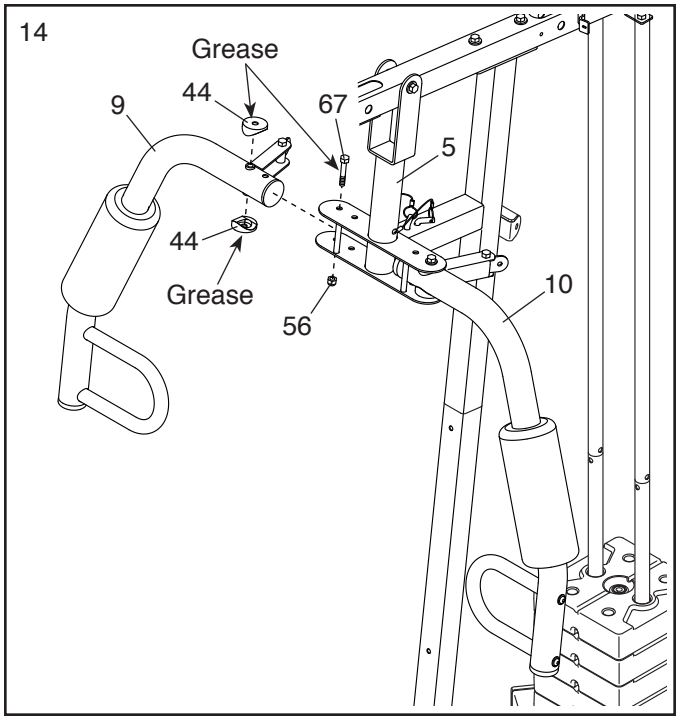
Assemble the Right Arm (9) in the same way.



14. Apply grease to an M10 x 80mm Bolt (67) and to two Arm Bushings (44).

    Attach the Right Arm (9) to the Pivot Frame (5) with the M10 x 80mm Bolt (67), the two Arm Bushings (44), and an M10 Locknut (56). **Do not overtighten the Locknut; the Right Arm must pivot easily.**

    Attach the Left Arm (10) to the Pivot Frame (5) in the same way.



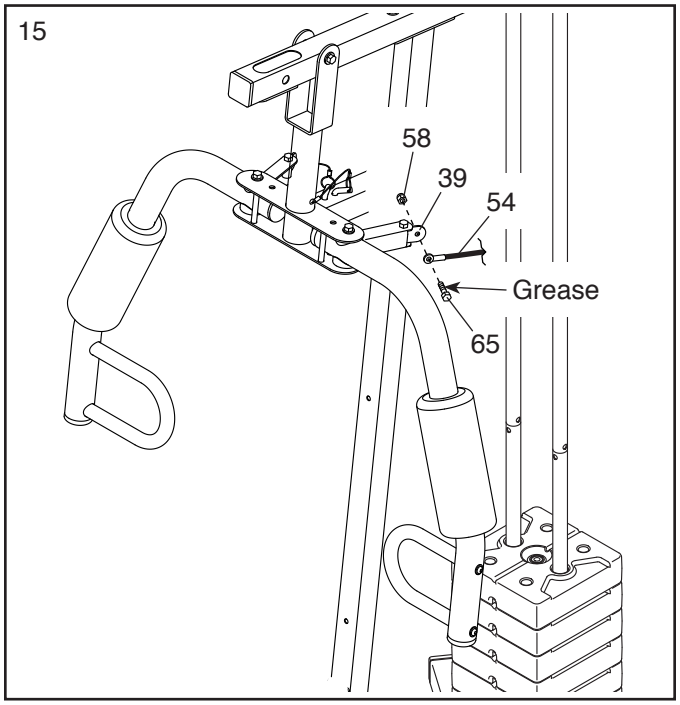
Cable Assembly

15. **IMPORTANT: See the CABLE DIAGRAM on page 29. Cut along the dotted line, and lay the CABLE DIAGRAM beside this manual for reference while you assemble the cables and the pulleys.**

    Identify the Arm Cable (54).

    Apply grease to an M8 x 20mm Shoulder Bolt (65).

    Attach the Arm Cable (54) to the indicated Cable Pivot (39) with the M8 x 20mm Shoulder Bolt (65) and an M8 Locknut (58).



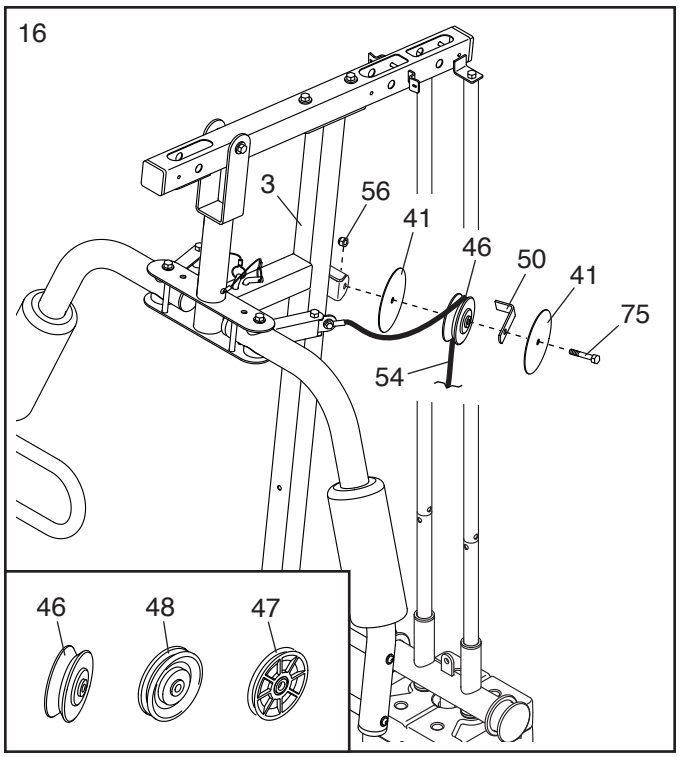
16. **IMPORTANT: Identify the two V-pulleys (46), the nine Pulleys (48), and the two Thin Pulleys (47).**

Tip: It may be helpful to refer to the EXPLODED DRAWING near the end of this manual to identify the locations of the pulleys.

Route the Arm Cable (54) over a V-pulley (46).

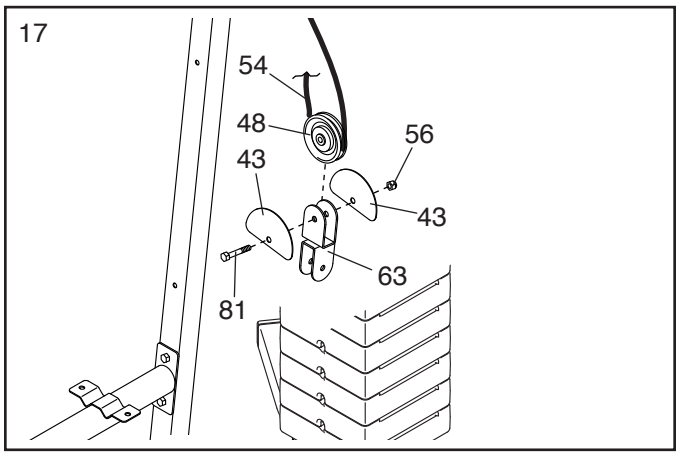
Attach the V-pulley (46), a Cable Trap (50), and two Full Guards (41) to the Upper Upright (3) with an M10 x 63mm Bolt (75) and an M10 Locknut (56).

Make sure that the Large Cable Trap (50) is oriented to hold the Arm Cable (54) in the groove of the V-pulley (46).



17. Route the Arm Cable (54) under a Pulley (48).

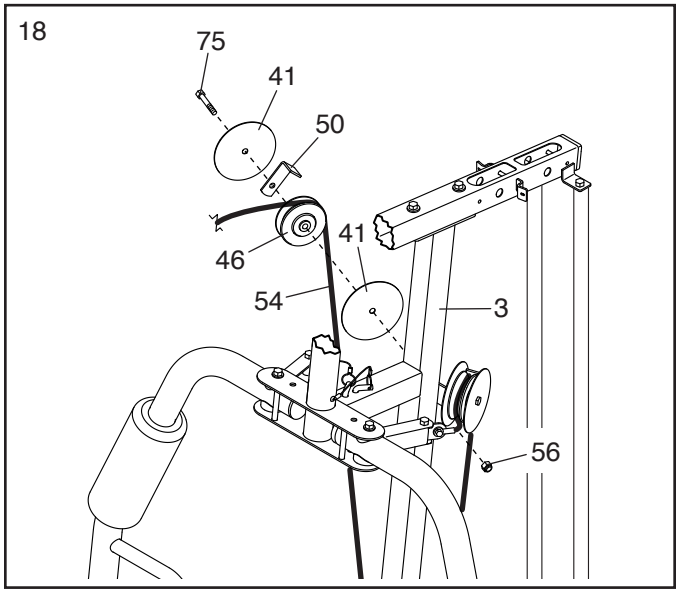
Attach the Pulley (48) and two Half Guards (43) to the Double U-bracket (63) with an M10 x 45mm Bolt (81) and an M10 Locknut (56). **Make sure that the Half Guards are on the outside of the Double U-bracket as shown.**



18. Route the Arm Cable (54) over a V-pulley (46).

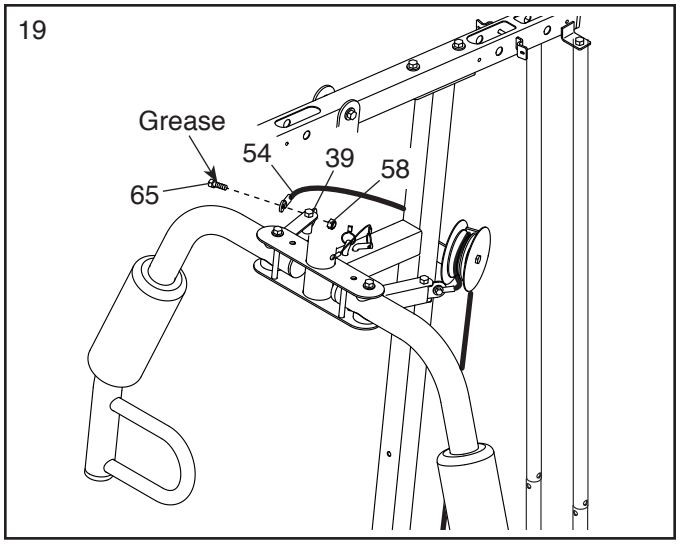
Attach the V-pulley (46), a Cable Trap (50), and two Full Guards (41) to the Upper Upright (3) with an M10 x 63mm Bolt (75) and an M10 Locknut (56).

Make sure that the Cable Trap (50) is oriented to hold the Arm Cable (54) in the groove of the V-pulley (46).



19. Apply grease to an M8 x 20mm Shoulder Bolt (65).

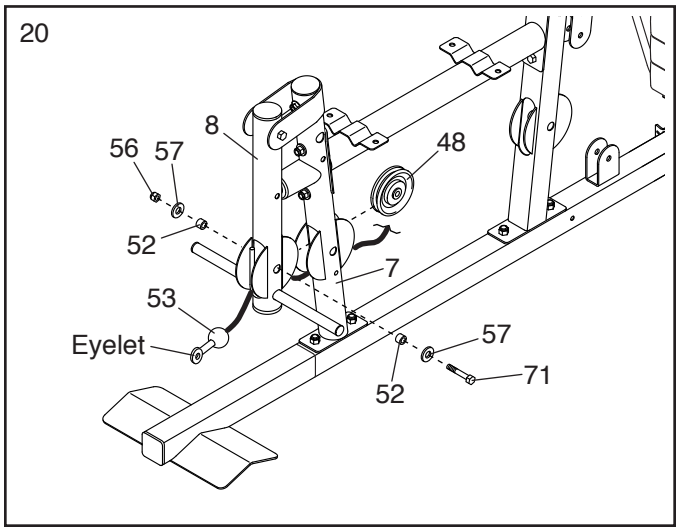
Attach the Arm Cable (54) to the indicated Cable Pivot (39) with the M8 x 20mm Shoulder Bolt (65) and an M8 Locknut (58).



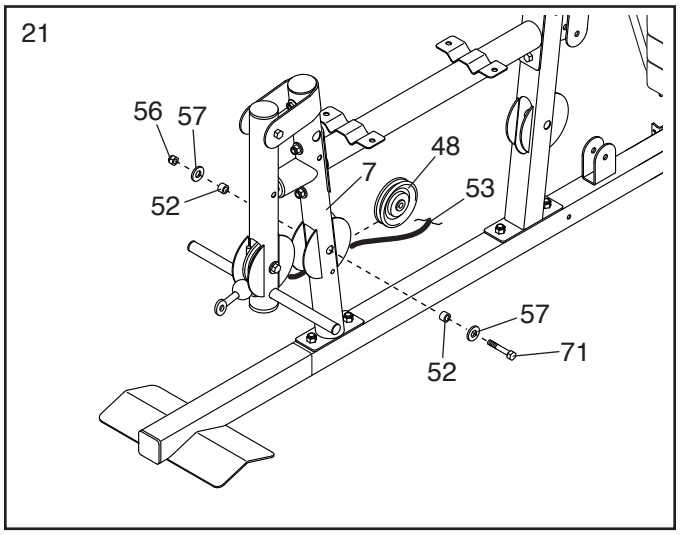
20. **See the CABLE DIAGRAM. Identify the Low Cable (53).**

Route the Low Cable (53) through the Leg Lever (8) and the Front Leg (7). **Make sure that the eyelet end of the Low Cable is in the location shown.**

Attach a Pulley (48) inside the Leg Lever (8), above the Low Cable (53), with an M10 x 68mm Bolt (71), two M10 Washers (57), two 13mm Spacers (52), and an M10 Locknut (56).

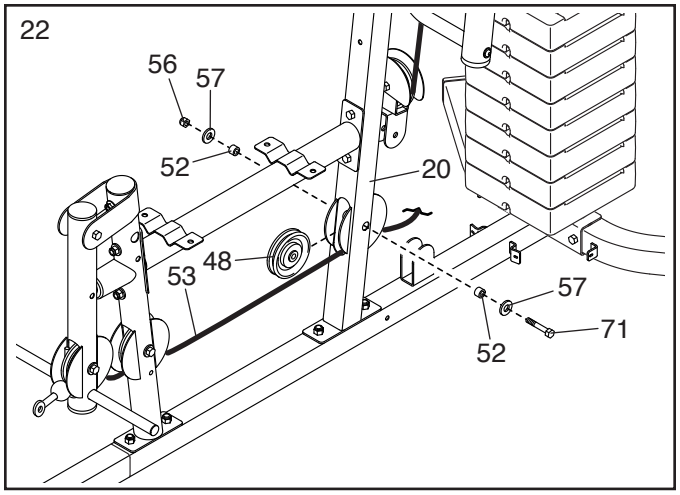


21. Attach a Pulley (48) inside the Front Leg (7), above the Low Cable (53), with an M10 x 68mm Bolt (71), two M10 Washers (57), two 13mm Spacers (52), and an M10 Locknut (56).



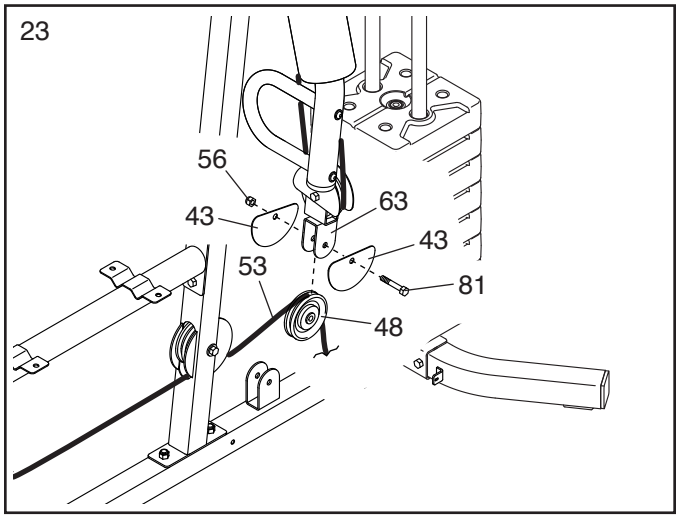
22. Route the Low Cable (53) under a Pulley (48) and through the Lower Upright (20).

    Attach the Pulley (48) inside the Lower Upright (20) with an M10 x 68mm Bolt (71), two M10 Washers (57), two 13mm Spacers (52), and an M10 Locknut (56).



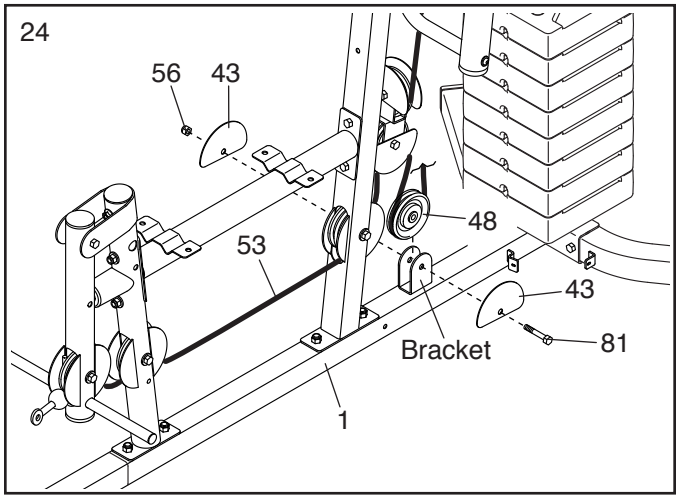
23. Route the Low Cable (53) over a Pulley (48).

    Attach the Pulley (48) and two Half Guards (43) to the Double U-bracket (63) with an M10 x 45mm Bolt (81) and an M10 Locknut (56). **Make sure that the Half Guards are on the outside of the Double U-bracket as shown.**



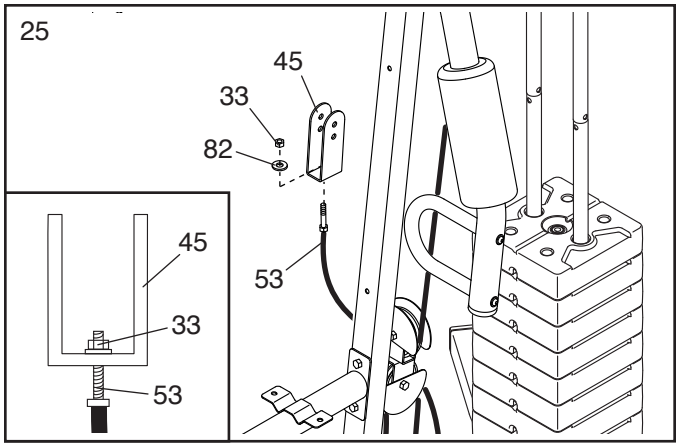
24. Route the Low Cable (53) under a Pulley (48).

    Attach the Pulley (48) and two Half Guards (43) to the Base (1) with an M10 x 45mm Bolt (81) and an M10 Locknut (56). **Make sure that the Half Guards are on the outside of the bracket as shown.**



25. Attach the Low Cable (53) to the U-bracket (45) with an M6 Washer (82) and an M6 Locknut (33).

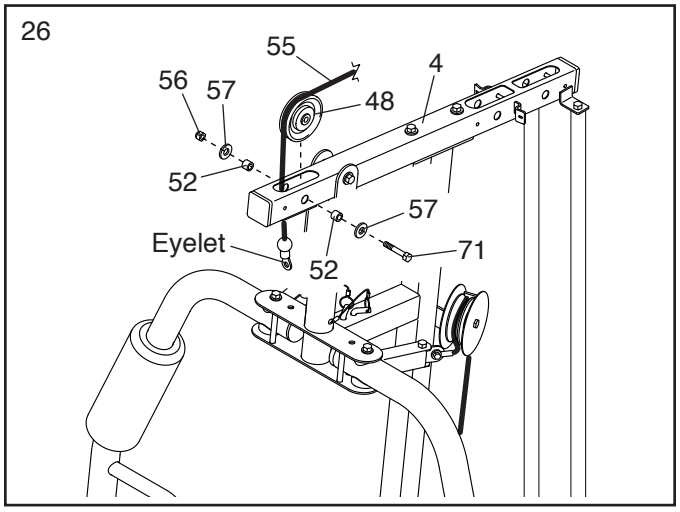
See the inset drawing. Do not overtighten the M6 Locknut (33); it should be threaded onto the end of the Low Cable (53) so that only two threads are showing above the Locknut.



26. **See the CABLE DIAGRAM. Identify the High Cable (55).**

Route the High Cable (55) upward through the Top Frame (4) and over a Pulley (48). **Make sure that the eyelet end of the High Cable is in the location shown.**

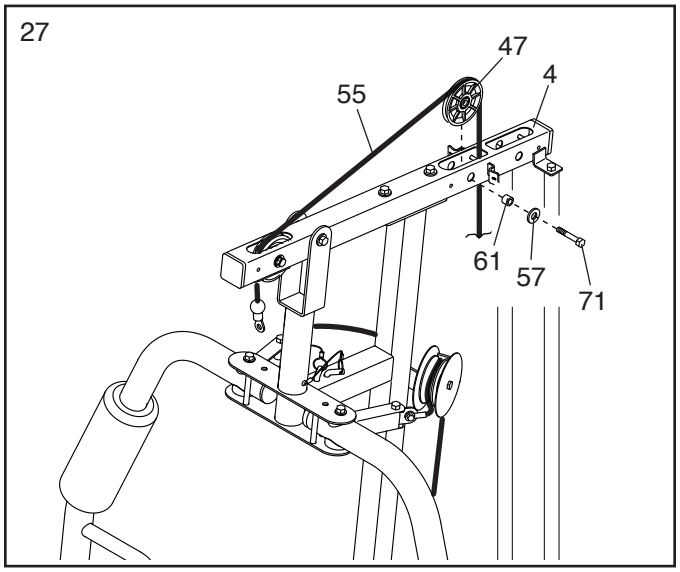
Attach the Pulley (48) inside the Top Frame (4) with an M10 x 68mm Bolt (71), two M10 Washers (57), two 13mm Spacers (52), and an M10 Locknut (56).



27. Route the High Cable (55) over a Thin Pulley (47) and downward through the Top Frame (4).

Attach the Thin Pulley (47) inside the Top Frame (4) with an M10 x 68mm Bolt (71), an M10 Washer (57), and a 10mm Spacer (61). **Make sure that the Thin Pulley does not fall out of the Top Frame while you complete steps 28 and 29.**

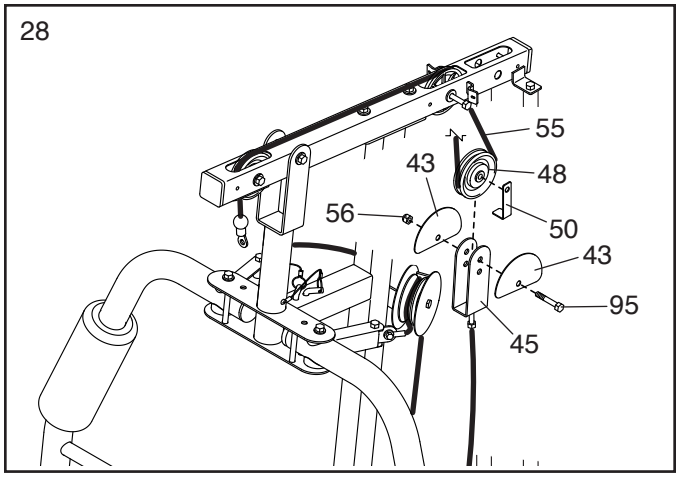
Note: Another Thin Pulley (not shown) will be installed inside the Top Frame (4) with the same M10 x 68mm Bolt (71) in step 29.



28. Wrap the High Cable (55) under a Pulley (48).

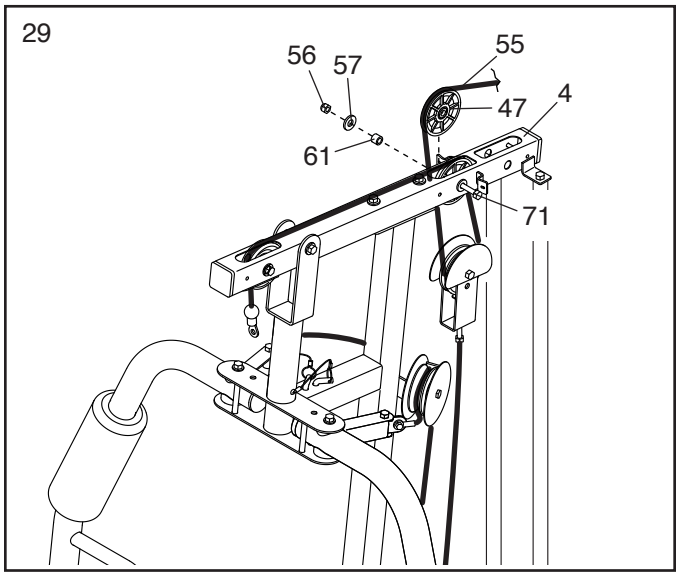
Attach the Pulley (48), a Cable Trap (50), and two Half Guards (43) to the upper hole in the U-bracket (45) with an M10 x 50mm Bolt (95) and an M10 Locknut (56).

Make sure that the Cable Trap (50) is oriented to hold the High Cable (55) in the groove of the Pulley (48) and that the Half Guards (43) are on the outside of the U-bracket (45).



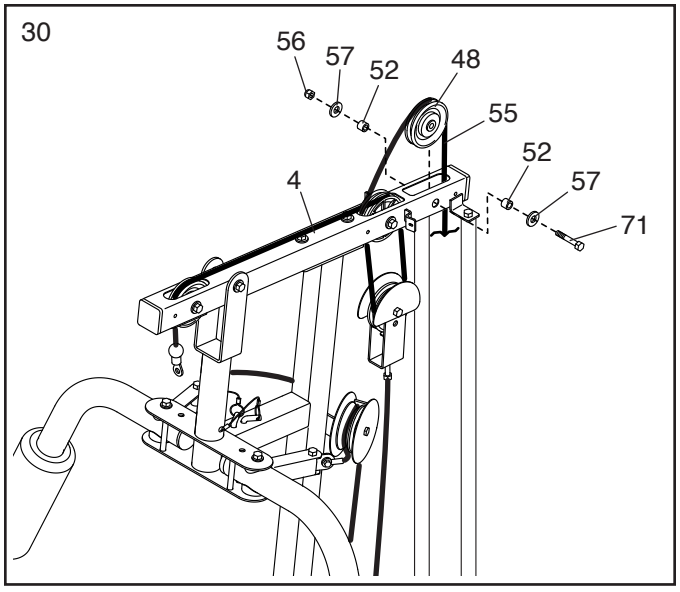
29. Route the High Cable (55) upward through the Top Frame (4) and over a Thin Pulley (47).

Attach the Thin Pulley (47) inside the Top Frame (4) with the M10 x 68mm Bolt (71) used in step 27, a 10mm Spacer (61), an M10 Washer (57), and an M10 Locknut (56).



30. Route the High Cable (55) over a Pulley (48) and downward through the Top Frame (4).

Attach the Pulley (48) inside the Top Frame (4) with an M10 x 68mm Bolt (71), two M10 Washers (57), two 13mm Spacers (52), and an M10 Locknut (56).



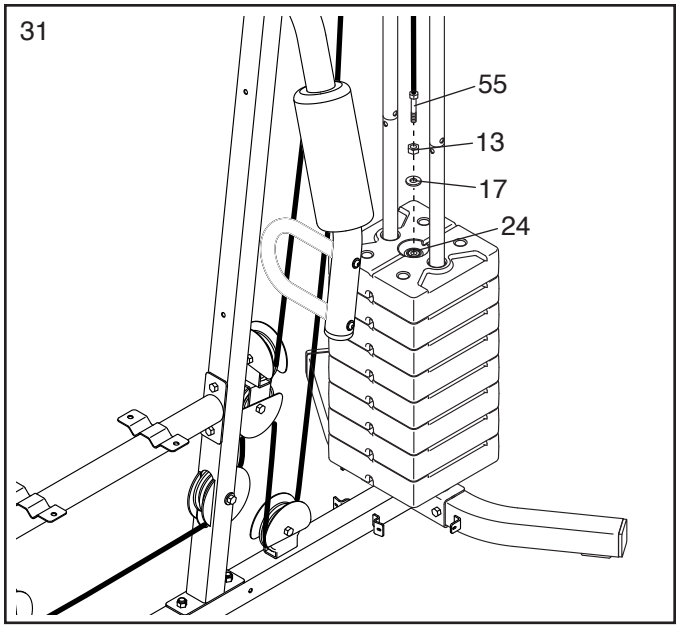
31. Thread an M12 Nut (13) all of the way onto the end of the High Cable (55).

    Next, place a Large Washer (17) on top of the Weight Selector (24).

    Tighten the High Cable (55) into the Weight Selector (24) until all of the slack is removed from the cables.

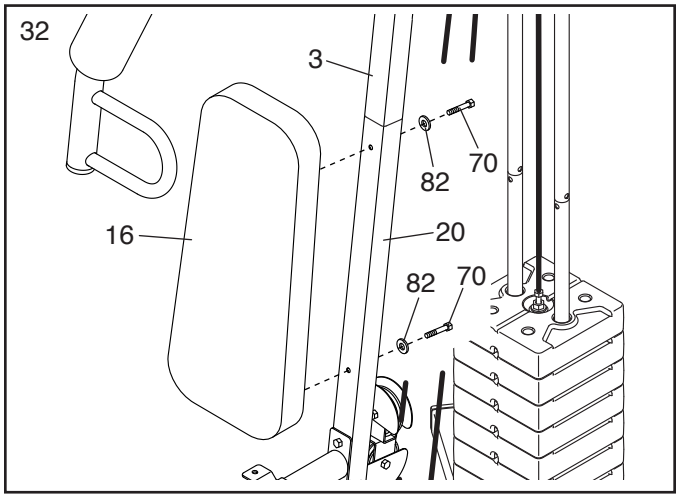
    Then, tighten the M12 Nut (13) against the Large Washer (17).

    Tip: If the High Cable (55) does not reach to the Weight Selector (24), see step 25. If more than two threads of the Low Cable (53) are showing above the M6 Locknut (33), adjust the Locknut so that only two threads of the Low Cable are showing.



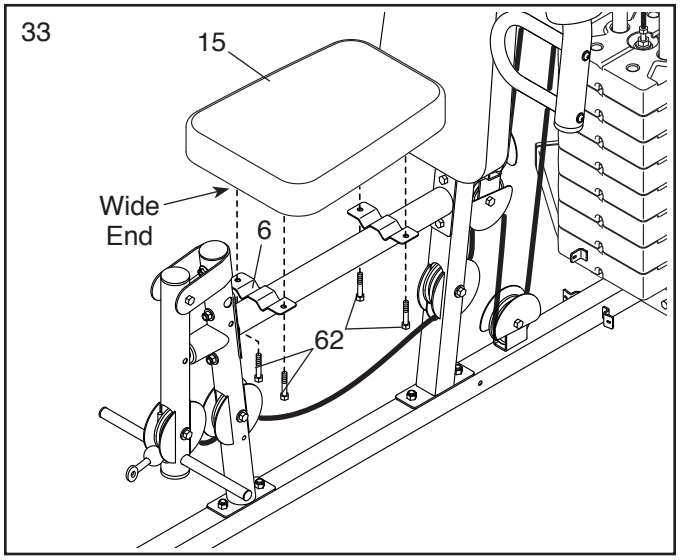
Seat Assembly

32. Attach the Backrest (16) to the Lower Upright (20) and the Upper Upright (3) with two M6 x 65mm Screws (70) and two M6 Washers (82).



33. Orient the Seat (15) so that the wide end is in the location shown.

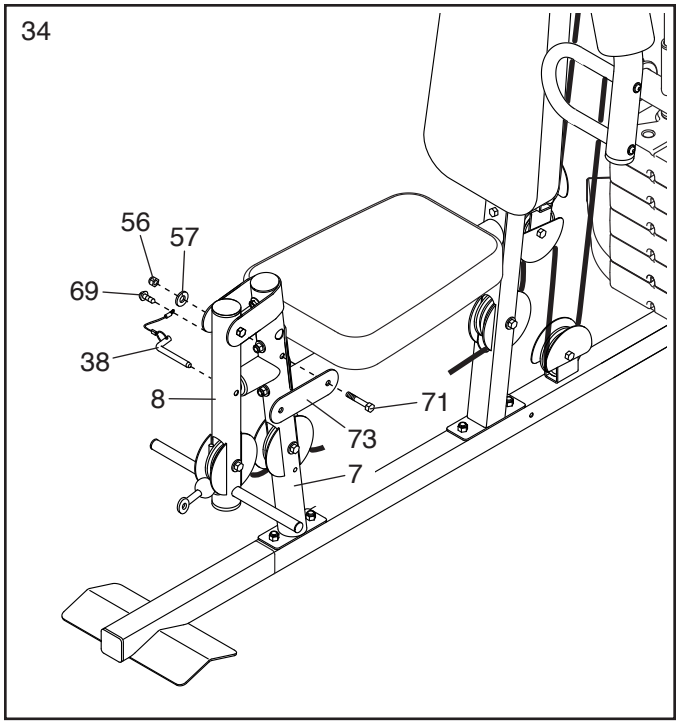
    Attach the Seat (15) to the Seat Frame (6) with four M6 x 16mm Screws (62).



34. Attach the Lock Plate (73) to the Front Leg (7) with an M10 x 68mm Bolt (71), an M10 Washer (57), and an M10 Locknut (56). **Do not over-tighten the Locknut; the Lock Plate must pivot easily.**

Next, attach the Leg Lever Pin (38) to the Front Leg (7) with an M4 x 19mm Self-tapping Screw (69).

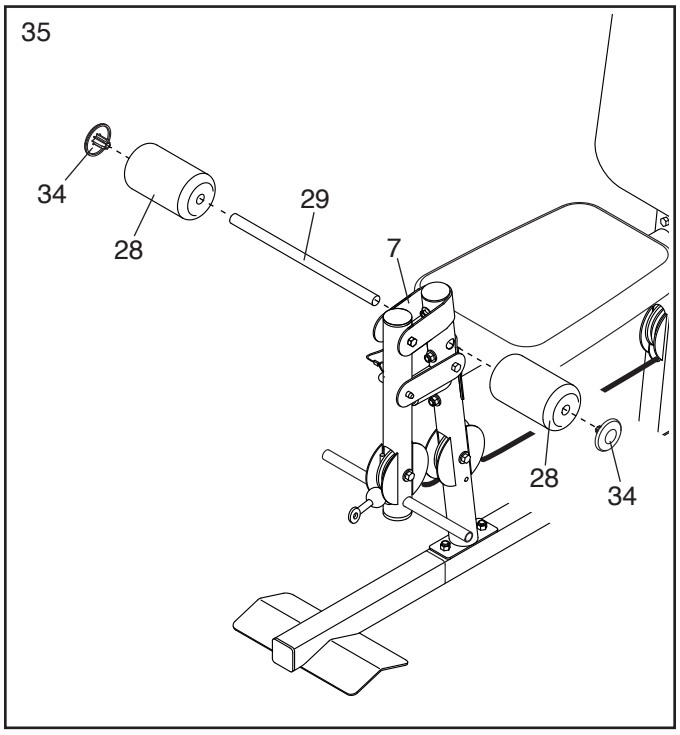
Then, insert the Leg Lever Pin (38) through the Leg Lever (8) and the Lock Plate (73).



35. Insert the Pad Tube (29) into the Front Leg (7).

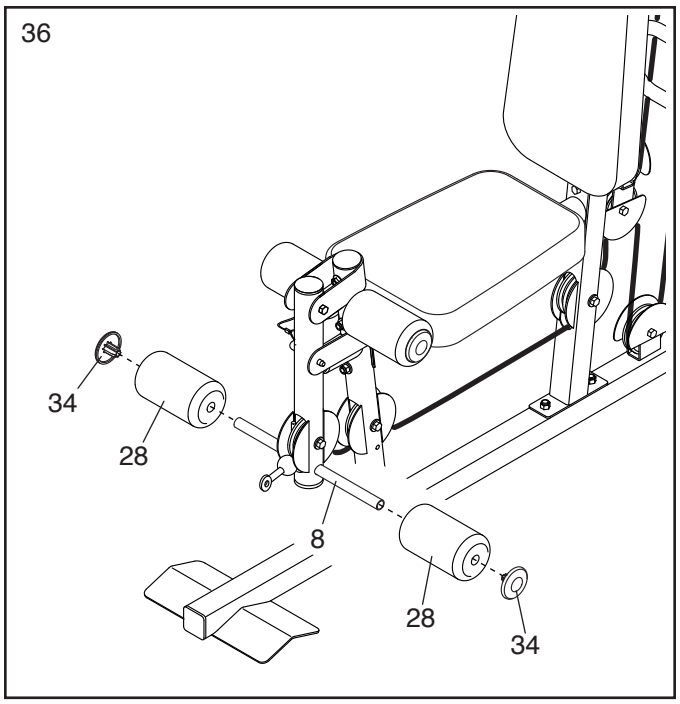
Next, slide a Small Foam Pad (28) onto each end of the Pad Tube (29).

Then, press a Pad Cap (34) into each Small Foam Pad (28).



36. Slide a Small Foam Pad (28) onto each pad tube on the Leg Lever (8).

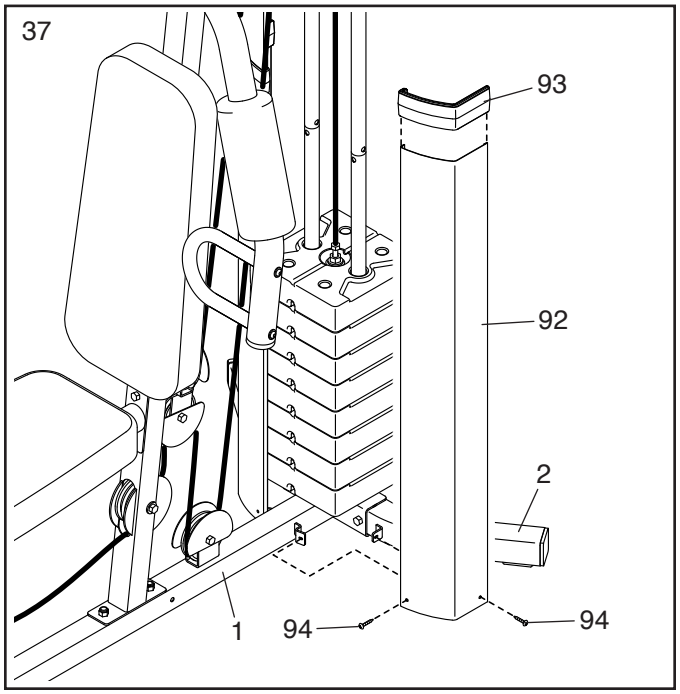
Then, press a Pad Cap (34) into each Small Foam Pad (28).



37. Press a Shroud Connector (93) onto the Left Lower Shroud (92).

Then, attach the Left Lower Shroud (92) to the Base (1) and the Stabilizer (2) with two M4 x 13mm Screws (94). **Do not tighten the Screws yet.**

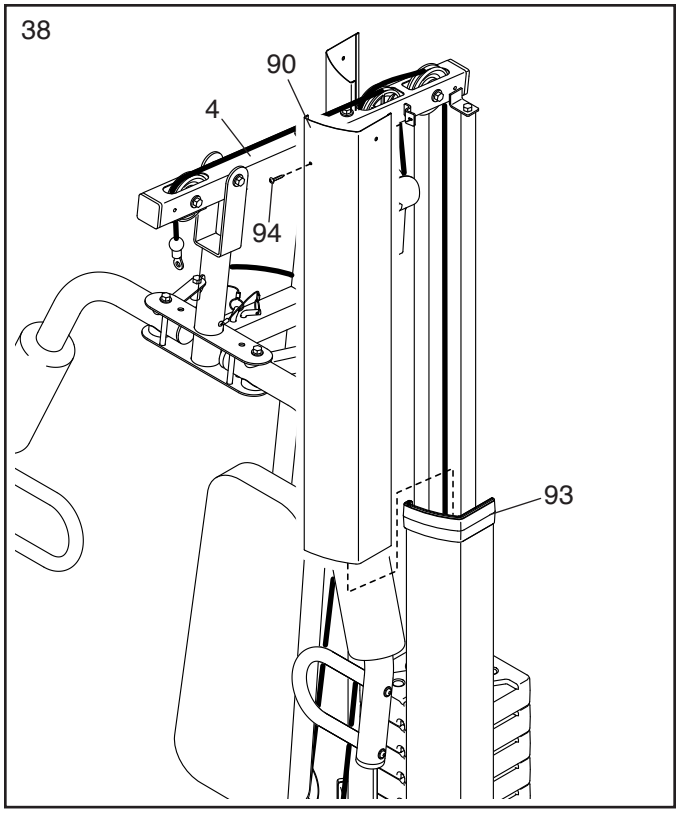
Repeat this step on the other side of the weight system.



38. Press the Left Upper Shroud (90) into the Shroud Connector (93).

Then, attach the Left Upper Shroud (90) to the Top Frame (4) with an M4 x 13mm Screw (94). **Do not tighten the Screw yet.**

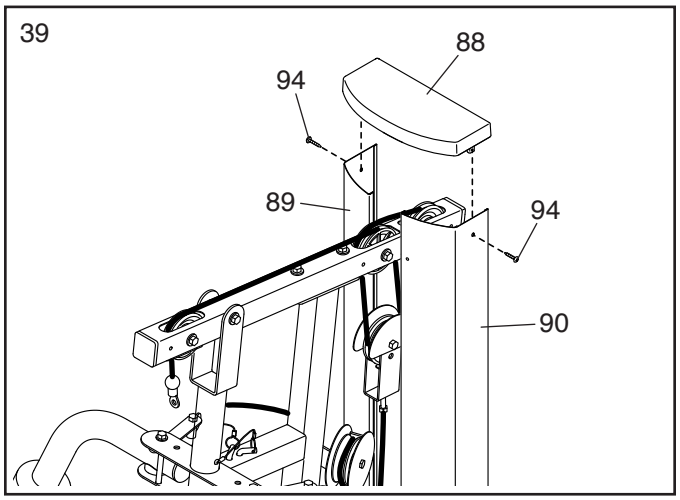
Repeat this step on the other side of the weight system.



39. Press the Shroud Cover (88) onto the Right and Left Upper Shrouds (89, 90).

Attach the Shroud Cover (88) to the Right and Left Upper Shrouds (89, 90) with two M4 x 13mm Screws (94).

See steps 37 and 38. Tighten the M4 x 13mm Screws (94) used in these steps.



40. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on the following page.

Before using the weight system, pull each cable a few times to make sure that the cables move smoothly around the pulleys. If one of the cables does not move smoothly, find and correct the problem.

IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 29 for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See MAINTENANCE on page 28.

ADJUSTMENT

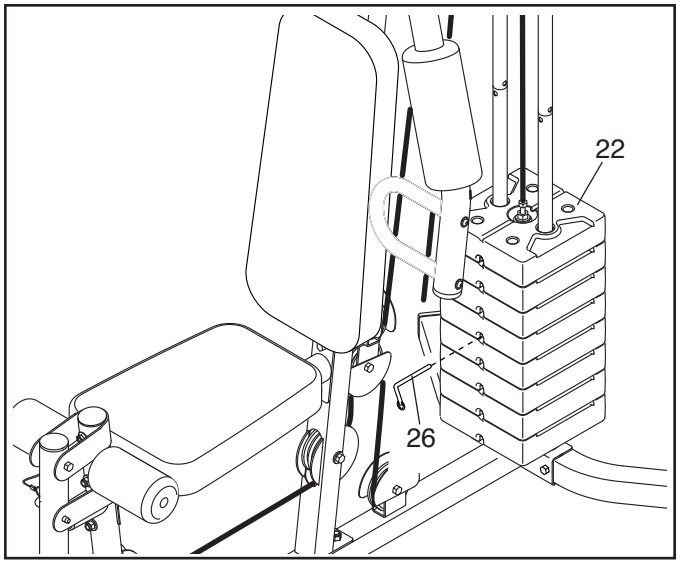
This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 31 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure that all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.

CHANGING THE WEIGHT SETTING OF THE WEIGHT STACK

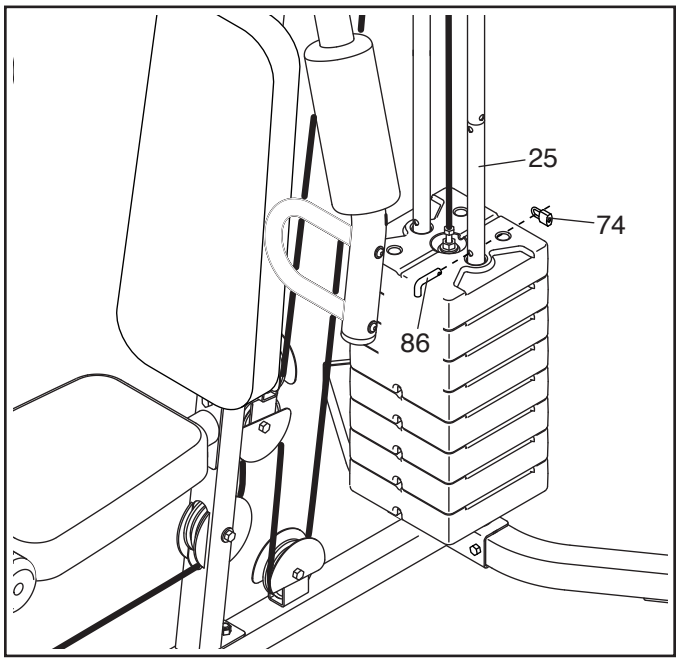
To change the weight setting of the weight stack, insert the Weight Pin (26) under the desired Weight (22) until the bent end of the Weight Pin touches the Weight. Then, turn the bent end downward.

Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting (see the WEIGHT RESISTANCE CHART on page 27).



LOCKING THE WEIGHT STACK

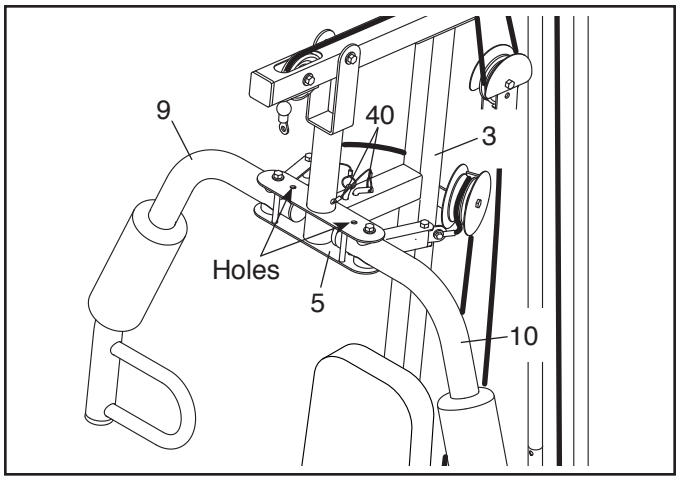
To lock the weight stack after each workout, insert the Lock Pin (86) through one of the Lower Weight Guides (25), and secure the Lock (74) to the Lock Pin.



CONVERTING THE ARMS

To use the Arms (9, 10) as butterfly arms, insert the two Arm Pins (40) into the holes in the Upper Upright (3) as shown.

To use the Arms (9, 10) as press arms, insert the two Arm Pins (40) into the holes in the Pivot Frame (5) and into the holes in the Arms.

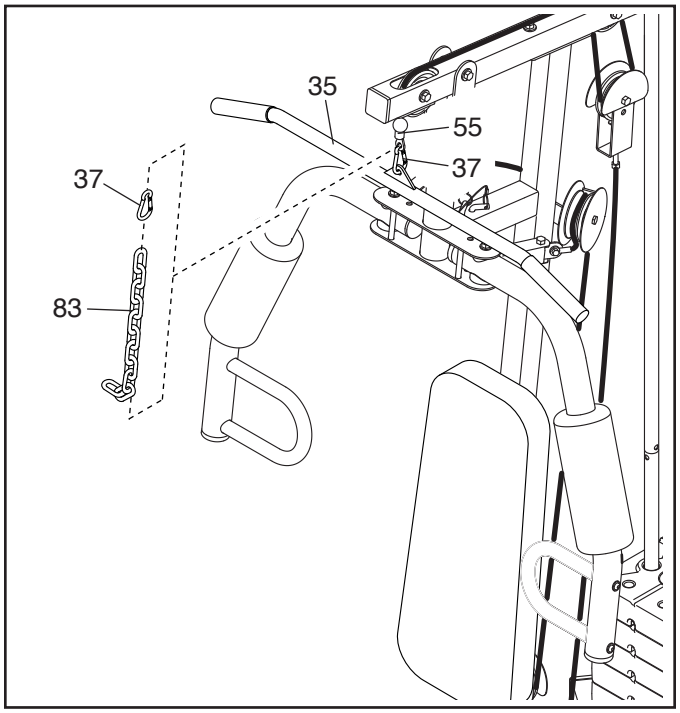


ATTACHING THE ACCESSORIES

Attach the Lat Bar (35) to the High Cable (55) at the high pulley station with a Cable Clip (37).

For some exercises, attach the Chain (83) between the Lat Bar (35) and the High Cable (55) with two Cable Clips (37). **Adjust the length of the Chain between the Lat Bar and the High Cable so that the Lat Bar is in the correct starting position for the exercise to be performed.**

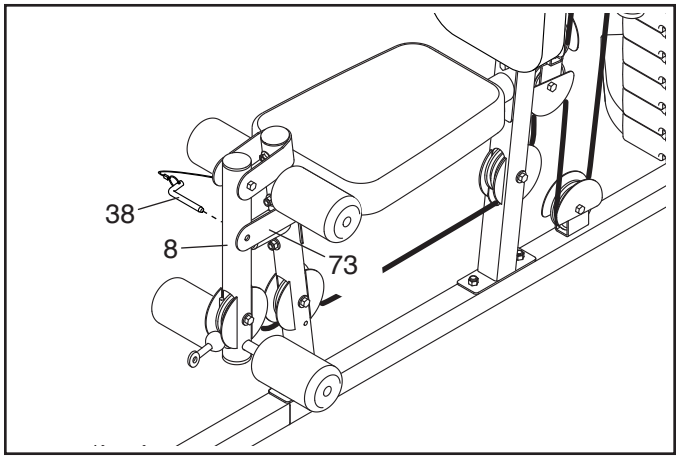
The Lat Bar (35) or the Handle Strap (not shown) can be attached at either pulley station in the same way. Always engage the Lock Plate (not shown) when using the low pulley station (see USING THE LEG LEVER below).



USING THE LEG LEVER

To use the Leg Lever (8), pull the Leg Lever Pin (38) out of the Leg Lever and the Lock Plate (73).

To use the low pulley station, insert the Leg Lever Pin (38) fully into the Leg Lever (8) and the Lock Plate (73).



WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance at each exercise station. The numbers in the left column refer to the 12.5-lb. weights. **Note: The weight resistance shown for the butterfly arm station is for each arm. The actual resistance at each station may vary due to differences in individual weights as well as friction between the cables, pulleys, and weight guides.**

WEIGHT RESISTANCE					
WEIGHT	**BUTTERFLY ARM (lbs.)**	**PRESS ARM (lbs.)**	**HIGH PULLEY (lbs.)**	**LEG LEVER (lbs.)**	**LOW PULLEY (lbs.)**
1	22	33	17	45	40
2	33	62	31	66	64
3	44	87	46	113	94
4	54	105	59	135	116
5	67	129	73	156	144
6	78	158	86	188	172
7	90	176	102	225	205
8	103	202	118	251	228
9	115	224	130	280	265

Note: 1 lb. = 0.45 kg

MAINTENANCE

Make sure that all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. To clean the weight system, use a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight system.**

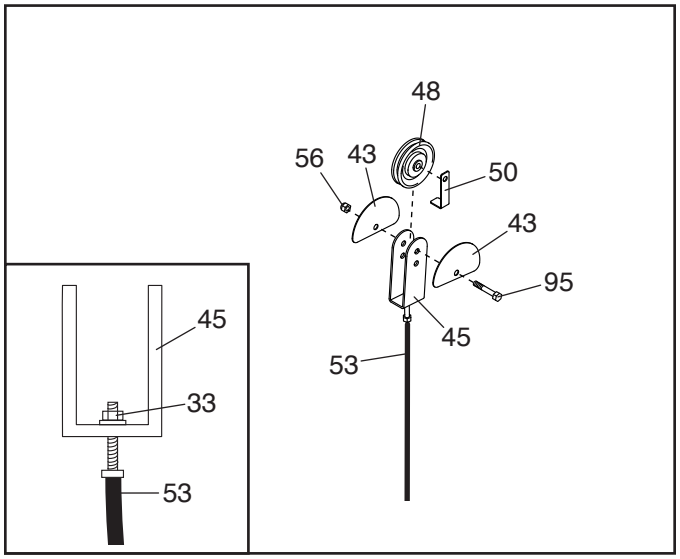
TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from the cables in three ways:

See the inset drawing. Tighten the M6 Locknut (33) that connects the Low Cable (53) to the U-bracket (45).

To further tighten the cables, remove the M10 Locknut (56) and the M10 x 50mm Bolt (95) from the two Half Guards (43), the U-bracket (45), the Cable Trap (50), and the Pulley (48).

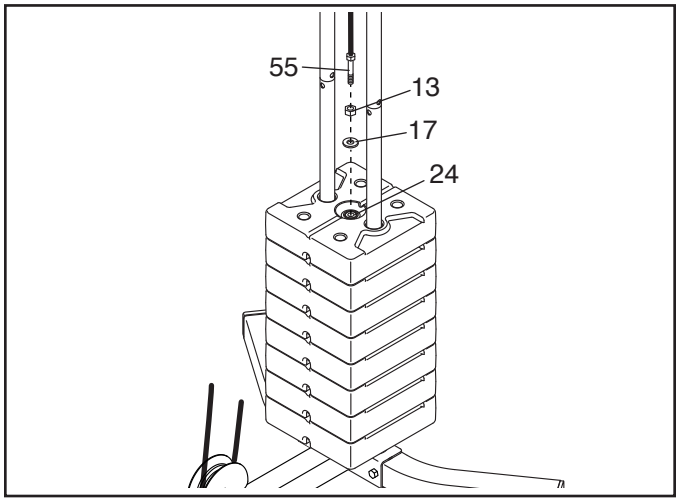
Reattach the Pulley (48), Cable Trap (50), and Half Guards (43) to the other hole in the U-bracket (45). **Make sure that the Cable Trap is in the proper position and that the Low Cable (53) and the Pulley move smoothly.**



If there is still slack in the cables, loosen the M12 Nut (13) on the High Cable (55).

Next, tighten the High Cable (55) into the Weight Selector (24) until the slack is removed from the High Cable.

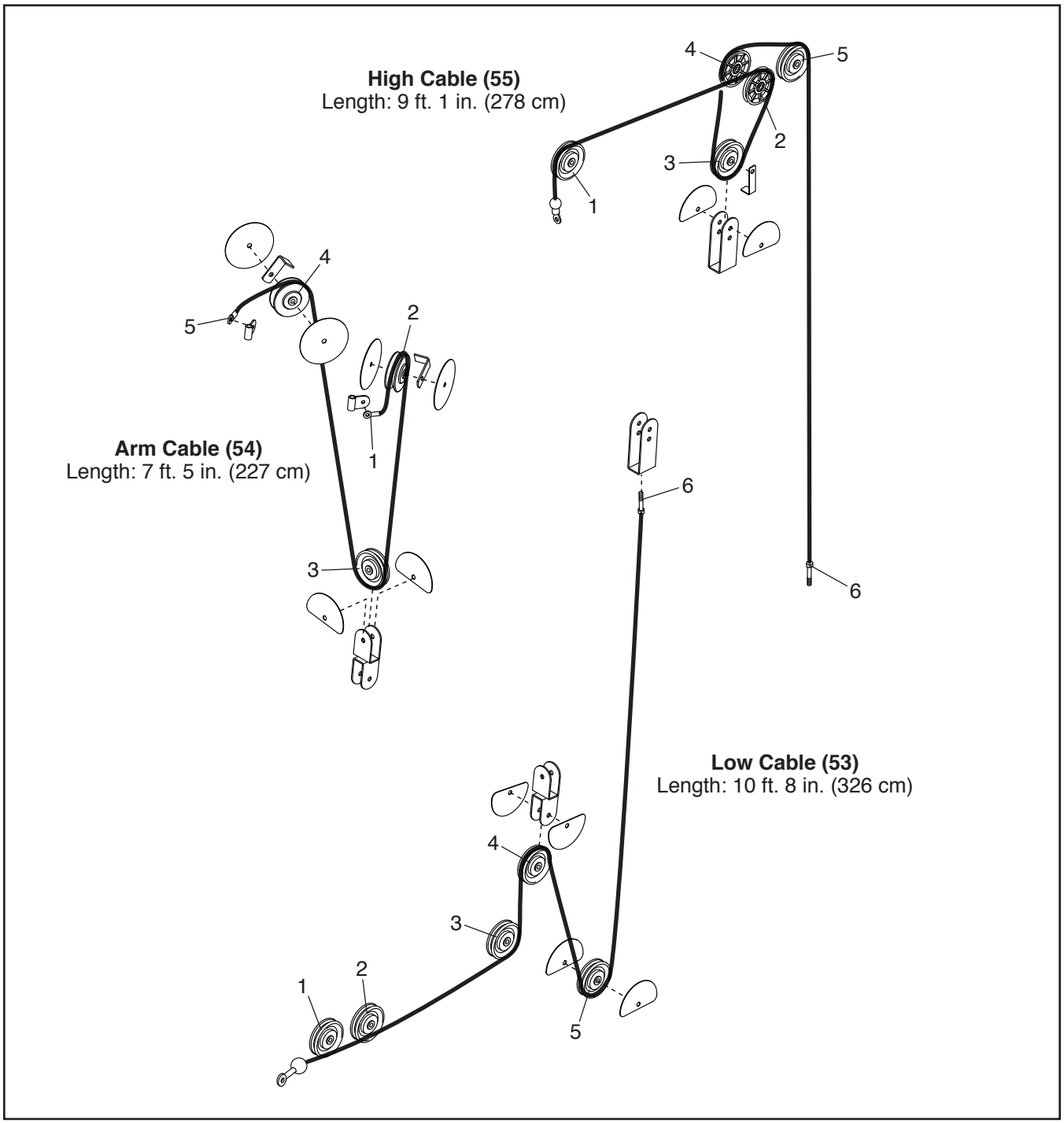
Then, retighten the M12 Nut (13) against the Large Washer (17).



Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and reinstall it. If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

CABLE DIAGRAM

The diagram below shows the proper routing of the cables. The numbers in each drawing show the proper route of that cable. Cut along the dotted line, and refer to this diagram while you assemble the cables and the pulleys. If the cables and the pulleys are not assembled correctly, the weight system will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables. After you assemble the weight system, save this diagram with this manual for future reference.**



NOTES

EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:
- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training—Combine strength training and aerobic exercise by following this type of program:
- Strength training workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:
- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength
Date:
___/___/___

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic
Date:
___/___/___

Exercise	Time	Distance	Speed

Strength
Date:
___/___/___

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic
Date:
___/___/___

Exercise	Time	Distance	Speed

Strength
Date:
___/___/___

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic
Date:
___/___/___

Exercise	Time	Distance	Speed

PART LIST

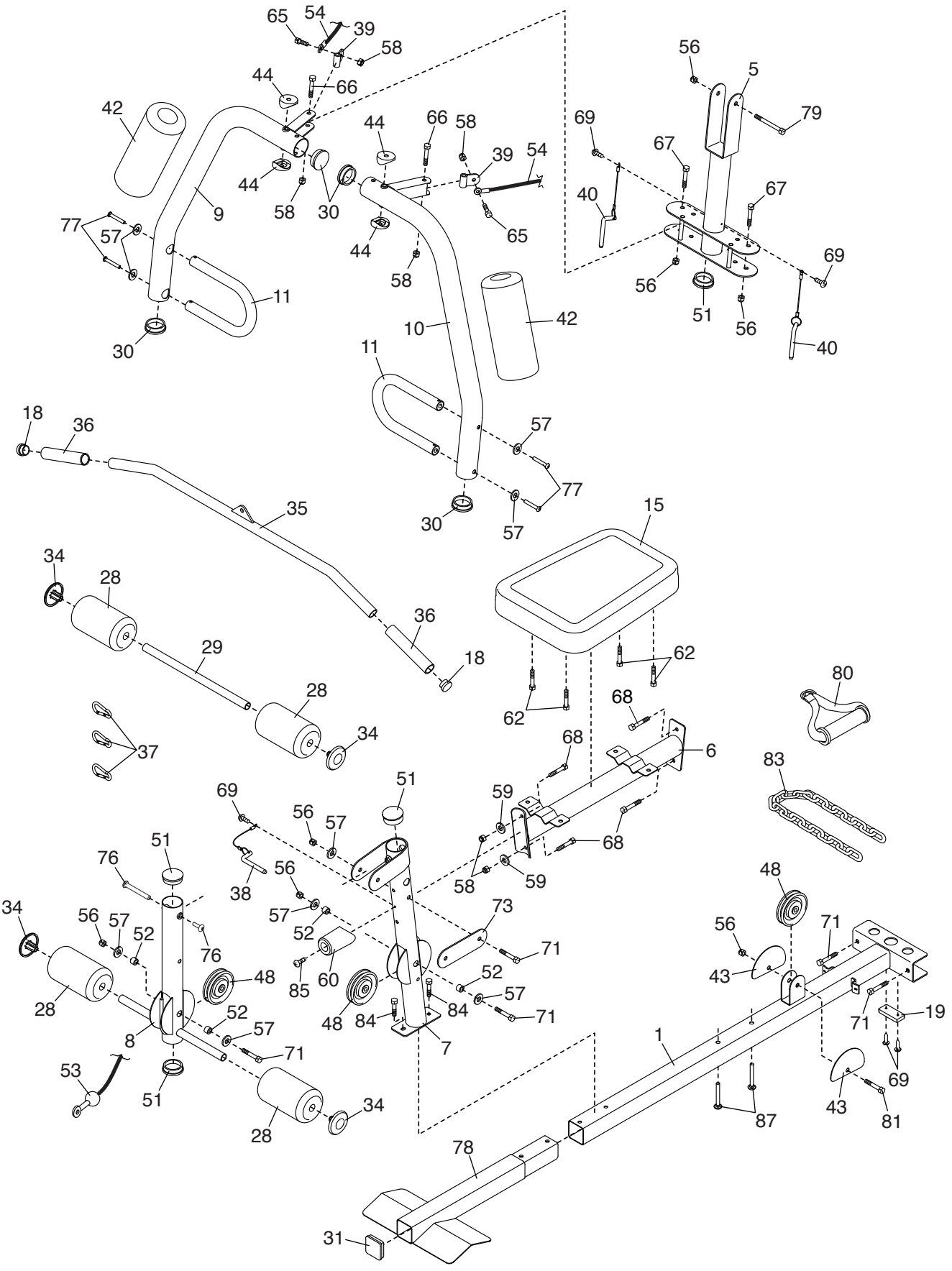
Model No. GGSY24618.0 R0118A

Key No.	Qty.	Description
1	1	Base
2	1	Stabilizer
3	1	Upper Upright
4	1	Top Frame
5	1	Pivot Frame
6	1	Seat Frame
7	1	Front Leg
8	1	Leg Lever
9	1	Right Arm
10	1	Left Arm
11	2	Handle
12	1	Square Plate
13	1	M12 Nut
14	2	Stabilizer Foot
15	1	Seat
16	1	Backrest
17	1	Large Washer
18	2	Lat Bar Cap
19	1	Base Foot
20	1	Lower Upright
21	2	Upper Weight Guide
22	9	Weight
23	1	Weight Selector Cap
24	1	Weight Selector
25	2	Lower Weight Guide
26	1	Weight Pin
27	2	Weight Bumper
28	4	Small Foam Pad
29	1	Pad Tube
30	4	50mm x 2mm Round Inner Cap
31	5	50mm Square Inner Cap
32	1	38mm Square Outer Cap
33	1	M6 Locknut
34	4	Pad Cap
35	1	Lat Bar
36	2	Handgrip
37	3	Cable Clip
38	1	Leg Lever Pin
39	2	Cable Pivot
40	2	Arm Pin
41	4	Full Guard
42	2	Large Foam Pad
43	8	Half Guard
44	4	Arm Bushing
45	1	U-bracket
46	2	V-pulley
47	2	Thin Pulley
48	9	Pulley
49	1	M10 x 65mm Bolt
50	3	Cable Trap
51	4	50mm x 1.5mm Round Inner Cap
52	10	13mm Spacer
53	1	Low Cable
54	1	Arm Cable
55	1	High Cable
56	19	M10 Locknut
57	23	M10 Washer
58	12	M8 Locknut
59	6	M8 Washer
60	1	Leg Bumper
61	2	10mm Spacer
62	4	M6 x 16mm Screw
63	1	Double U-bracket
64	4	M4 x 16mm Self-tapping Screw
65	2	M8 x 20mm Shoulder Bolt
66	2	M8 x 50mm Shoulder Bolt
67	2	M10 x 80mm Bolt
68	6	M8 x 65mm Bolt
69	5	M4 x 19mm Self-tapping Screw
70	2	M6 x 65mm Screw
71	9	M10 x 68mm Bolt
72	2	M10 x 20mm Screw
73	1	Lock Plate
74	1	Lock
75	2	M10 x 63mm Bolt
76	1	M10 x 64mm Bolt Set
77	8	M10 x 25mm Screw
78	1	Front Base
79	1	M10 x 77mm Bolt
80	1	Handle Strap
81	3	M10 x 45mm Bolt
82	3	M6 Washer
83	1	Chain
84	2	M8 x 20mm Screw
85	1	M4 x 25mm Self-tapping Screw
86	1	Lock Pin
87	2	M8 x 58mm Carriage Bolt
88	1	Shroud Cover
89	1	Right Upper Shroud
90	1	Left Upper Shroud
91	1	Right Lower Shroud
92	1	Left Lower Shroud
93	2	Shroud Connector
94	8	M4 x 13mm Screw
95	1	M10 x 50mm Bolt
*	–	User's Manual
*	–	Exercise Guide
*	–	Grease Packet
*	–	Assembly Tool

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

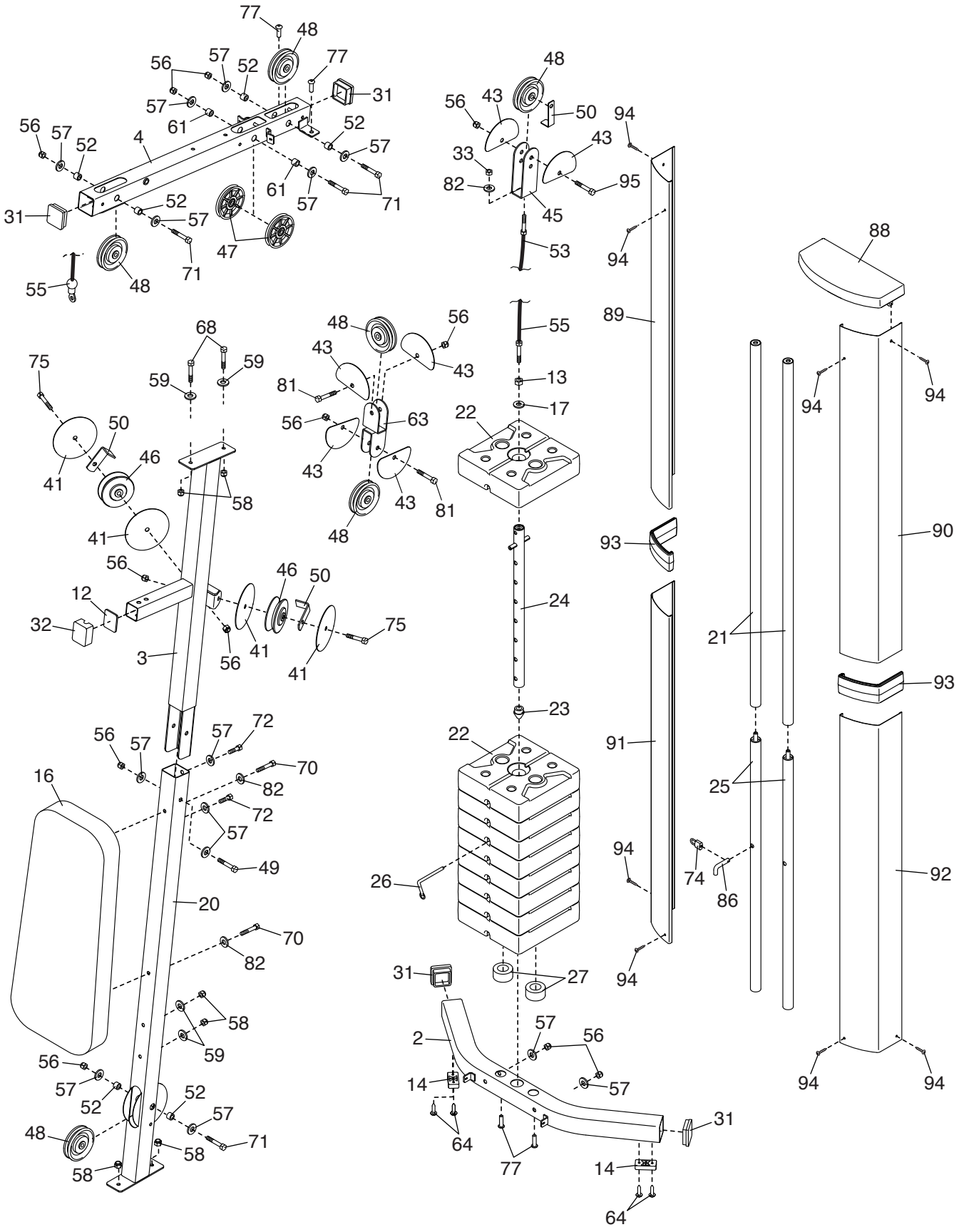
EXPLODED DRAWING A

Model No. GGSY24618.0 R0118A



EXPLODED DRAWING B

Model No. GGSY24618.0 R0118A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if all instructions and warnings in this manual are not followed, (4) if the product is abused or improperly or abnormally used, or (5) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer. This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 399551 R0118A

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