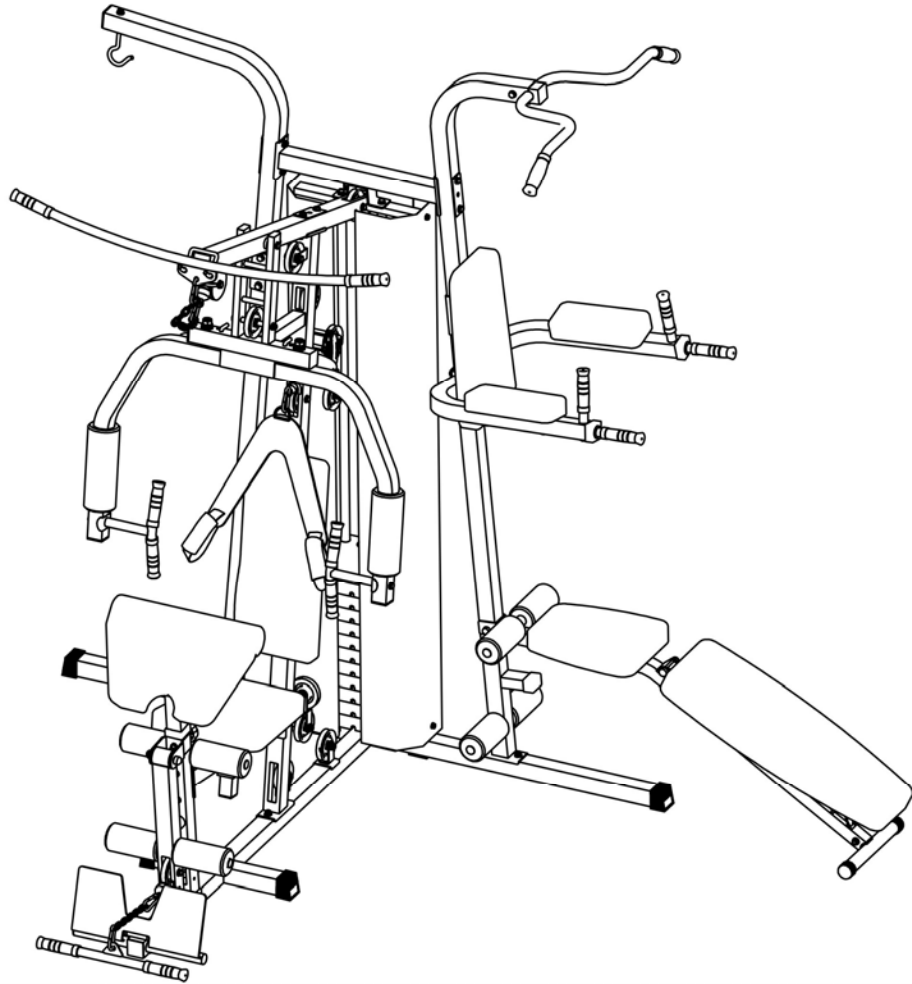


COSCO®

Home Gym-CHG 03



Owner's Manual

Content

Content -----	1
Safety precautions -----	2
Parts list -----	3-5
Assembly instruction -----	6-18
Maintenance -----	19



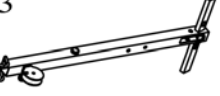

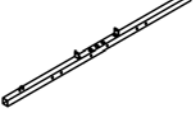

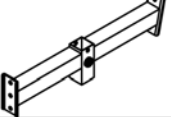

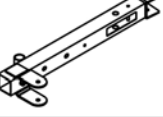
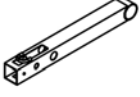
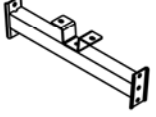

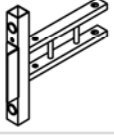

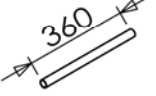
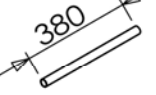






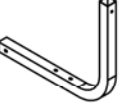





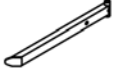












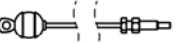
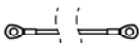
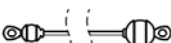









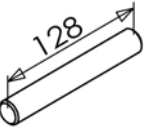

Safety Precautions

Safety First


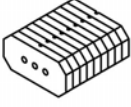
































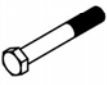










Regardless of how enthusiastic you may be about getting on your equipment and exercising, take the time to ensure that your safety is not jeopardized. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

1. Read, study and understand the Owner's Manual and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this product prior to use. Some of this information can be obtained in this Owner's Manual, as-well-as from your local retailer.
2. It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manuals and labels are available from your local retailer.
3. It is recommended that another person assist you with the assembly of this unit.
4. Consult with your physician before beginning any exercise program.
5. Use proper discretion when children are present.
6. Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
7. Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Do not attempt to lift more weight than you can control safely.
9. Inspect the machine for any sign of wear on parts, hardware becoming loose or cracks on welds. If a problem is found do not use or allow the machine to be used until the defective part is repaired or replaced.
10. You can use the WRENCH and the INNER HEX WRENCH to complete the assembly.

Part List

1 	2 	3 	4 	5 
6 	7 	8 	9 	10 
11 	12 	13 	14 	15 
16 	17 	18 	19 	20 
21 	22 	23 	24 	25 
26 	27 	28 	29 	30 
31 	32 	33 	34 	35 
36 	37 	38 	39 	40 
41 	42 	43 	44 	45 
46 	47 	48 	49 	50 
51 	52 	53 	54 	55 

Part List

56 	57 	58 	59 	60 
61 	62 	63 	64 	65 
66 	67 	68 	69 	70 
71 	72 	73 	74	75 
76 	77 	78 	79 	80 
81 	82 	83 	84 	85 
86 	87 	88 	89 	90 
91 	92 	93 	94 	95 
96 	97 	98 	99 	100 
101 	102	103	104	105
106	107	108	109	110

Part List

Key No.	Description	Qty.	Key No.	Description	Qty.
1	Main Bottom Frame	1	52	Low Row Bar	1
2	Main Upright	1	53	Lat Bar	1
3	Top Beam	1	54	Solid Shaft	1
4	Guide Rod	2	55	Pulley	17
5	Rear Base	1	56	Top Weight Plate	1
6	Stabilization	1	57	Weight Stack	1
7	Seat Support	1	58	Weight Bushing	1
8	Seat Frame	1	59	Weight Pin	1
9	Front Upright	1	60	Weight Washer	1
10	Leg Extension Arm	1	61	Weight Selector Bar	1
11	Cross Beam	1	62	"L" Pin(110mm)	1
12	Arm Pad Support	1	63	Weight Buffer	2
13	Pec Mount	1	64	φ 80*160 Foam Roller	8
14	Foot Plate	1	65	φ 90*245 Foam Roller	2
15	Foot Plate Hollow Shaft	1	66	Plastic Head Bolt	1
16	Foam Roller Tube	4	67	Knob	1
17	Left Pec Arm	1	68	Nut Cap M10	4
18	Right Pec Arm	1	69	Round Plug φ 30	2
19	Right Side Down Upright	1	70	Snap Link	5
20	Left Side Down Upright	1	71	Coil Chain	2
21	Left Side Up Upright	1	72	"L" Pin(100mm)	2
22	Chin-Up Frame	1	73	Washer 16	2
23	Right Side Up Upright	1	74		
24	VKR Frame	1	75	Washer 12	2
25			76	Washer 10	93
26	Foot End Cap 50*50	5	77	Washer 8	12
27	Bench Foot Frame	1	78	Washer 6	16
28	Bench Main Frame	1	79	Pulley Bushing(plastic)	8
29	Bench Adjustment	1	80	Hex Socket Head Screw M10*25	2
30	Bench Backrest Support	1	81	Hex Bolt M10*16	2
31	Bench Backrest Pad	1	82	Hex Bolt M10*25	4
32	Bench Seat Pad	1	83	Hex Bolt M10*30	2
33	VKR Backrest Pad	1	84	Hex Bolt M10*45	12
34	VKR Arm Pad	1	85	Hex Bolt M10*50	1
35	Arm Curl Pad	1	86	Hex Bolt M10*65	6
36	Backrest Pad	1	87	Hex Bolt M10*70	17
37	Seat Pad	1	88	Hex Bolt M10*75	6
38	Pec Handlebar	2	89	Hex Bolt M10*80	1
39	Steel Bushing(45mm)	2	90	Hex Bolt M10*130	1
40	VKR Handlebar	2	91	Hex Bolt M12*80	1
41	Weight Stack Cover	2	92	Hex Bolt M6*16	16
42	Lat Cable	1	93	Hex Bolt M8*75	2
43	Pec Cable	1	94	Hex Bolt M8*65	6
44	Leg Cable	1	95	Hex Bolt M8*16	4
45	Flat Plate	4	96	Hex Bolt M8*12	2
46	"U" Plate	4	97	Square Neck Bolt M10*65	2
47	Cross Pulley Rack	1	98	Nylon Lock Nut M16	2
48	Pec Pulley Rack	1	99	Nylon Lock Nut M12	1
49	Pulley Plate	2	100	Nylon Lock Nut M10	47
50	Abdominal Strap	1	101	Hook	1
51	Ankle Strap	1	102		



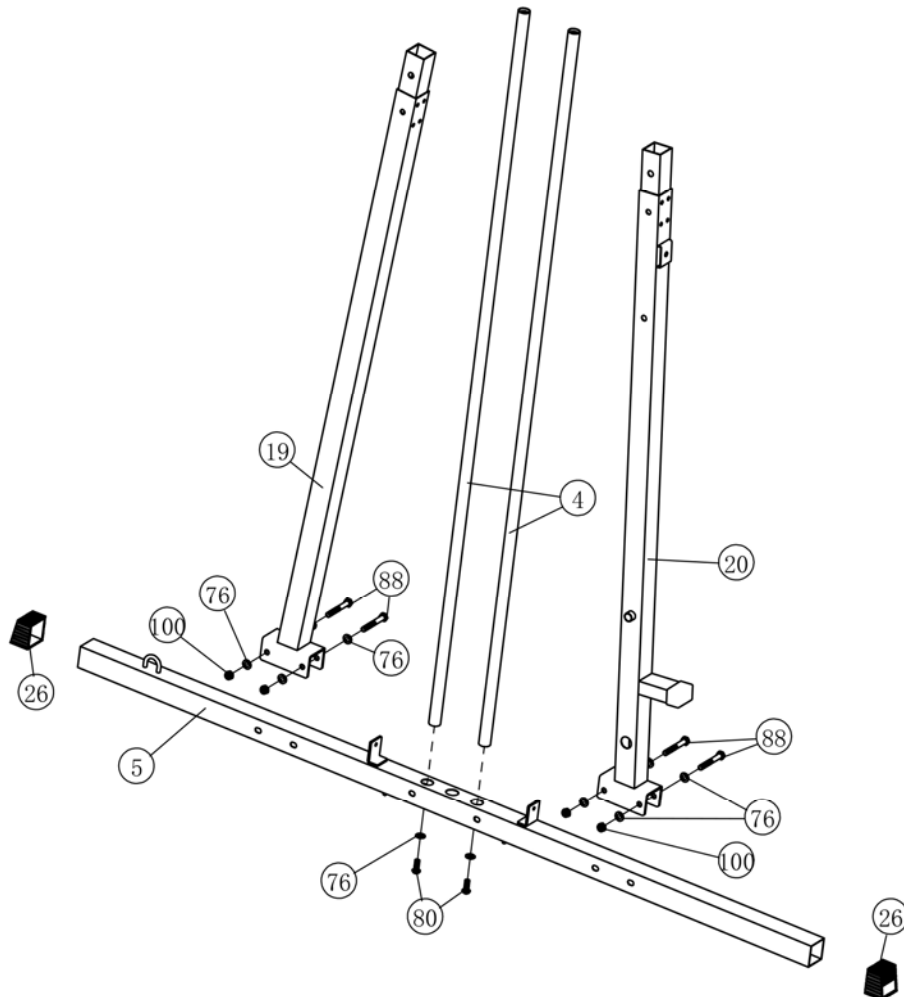
Assembly Instruction

Note:

1. Washer should be placed on both ends of all bolts (against the head of the bolt and against the nut) unless otherwise specified in these instructions.
2. Hand tighten all bolts on initial assembly and finally tighten with the wrench once the entire structure is erect.
3. Some parts may be pre-assembled at the factory.
4. Assembly requires the assistance of another person.

Step 1

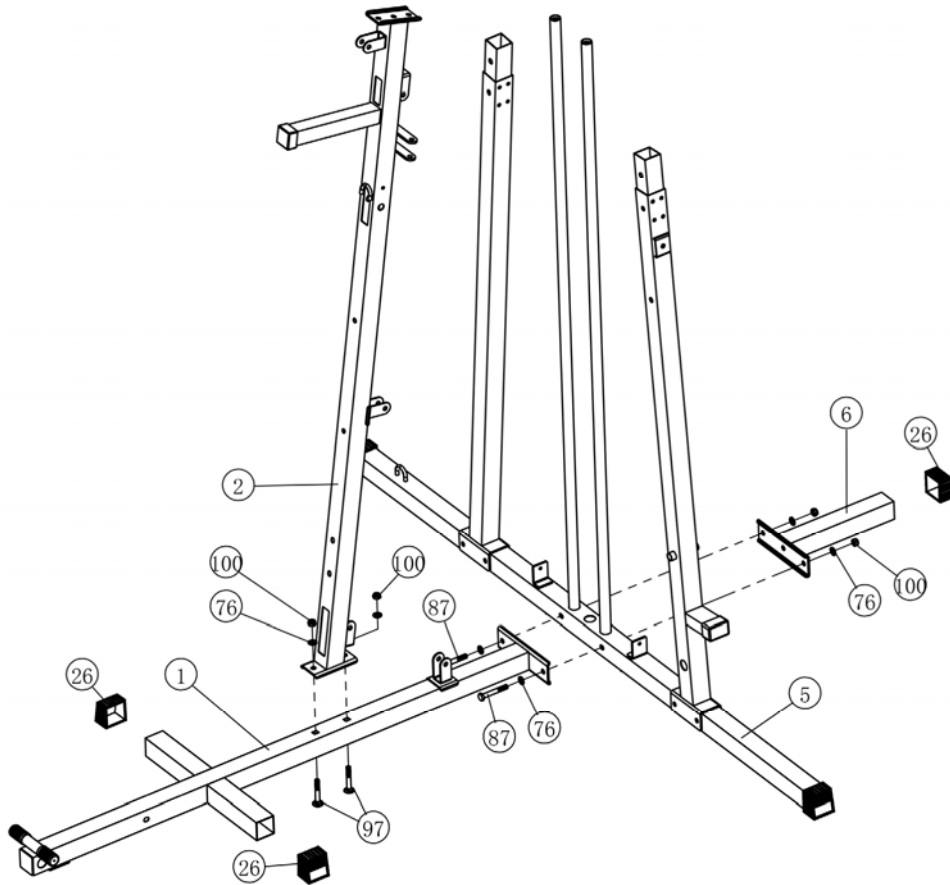
Key No.	Description	Qty.
76	Washer 10	10
80	Hex Socket Head Screw M10*25	2
88	Hex Bolt M10*75	4
100	Nylon Lock Nut M10	4



Note: Wrench tighten the bolt (80)

Assembly Instruction

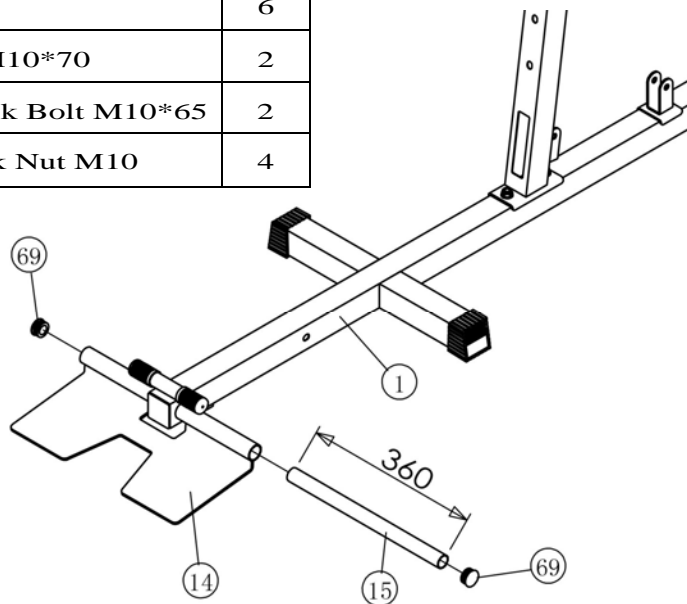
Step 2



Note: Wrench tighten the bolt (87)

Key No.	Description	Qty.
69	Round Plug ϕ 30	2
76	Washer 10	6
87	Hex Bolt M10*70	2
97	Square Neck Bolt M10*65	2
100	Nylon Lock Nut M10	4

Step 3

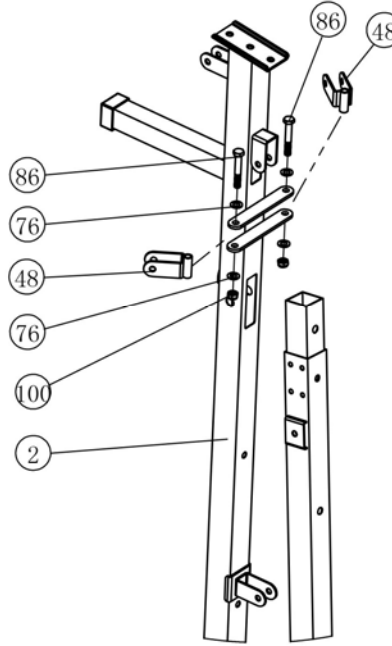


Assembly Instruction

Step 4

NOTE:

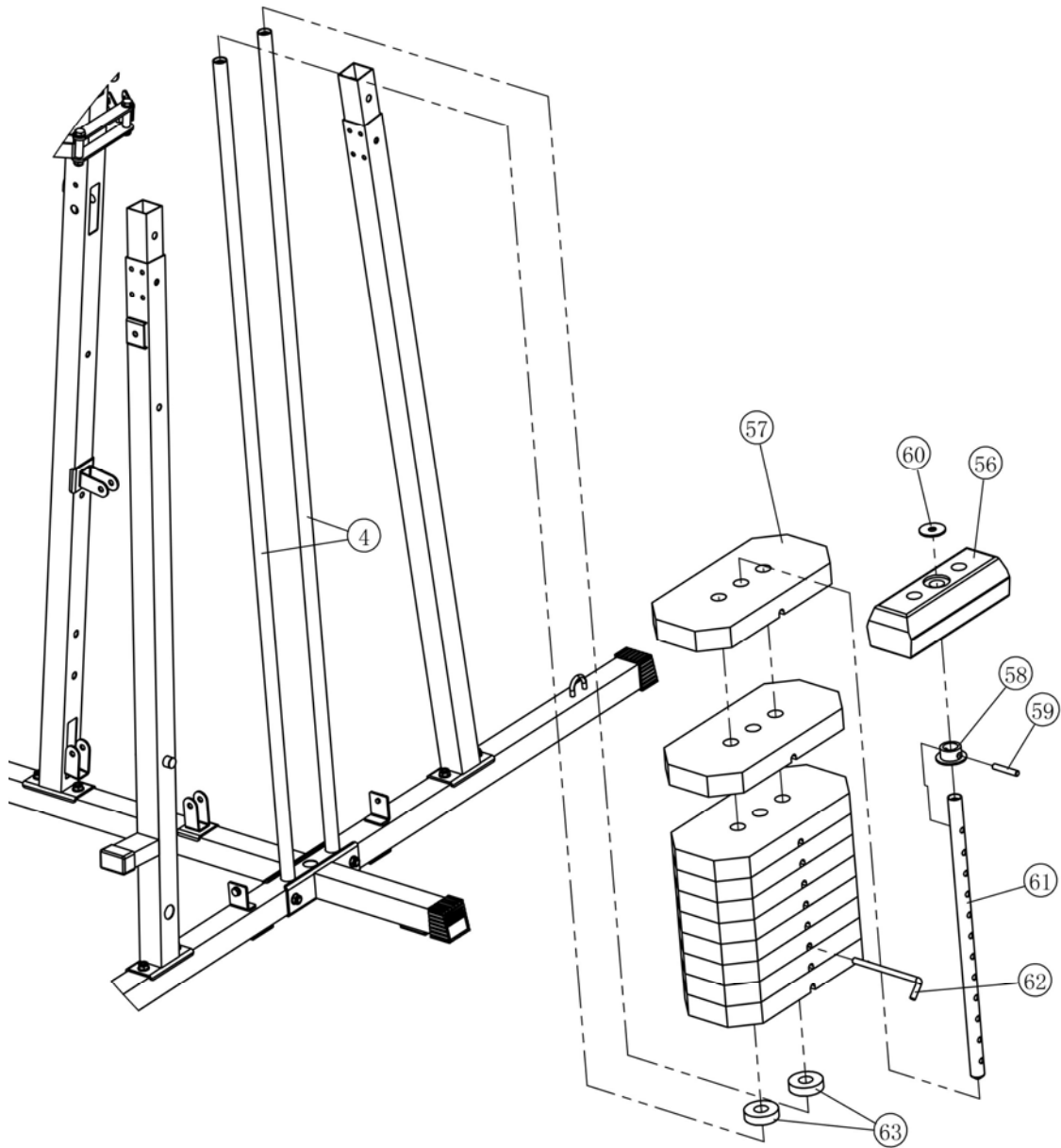
Wrench tighten bolt (#86) then loosen nut just enough for parts(#48) to pivot freely



Key No.	Description	Qty.
76	Washer 10	4
86	Hex Bolt M10*65	2
100	Nylon Lock Nut M10	2

Assembly Instruction

Step 5

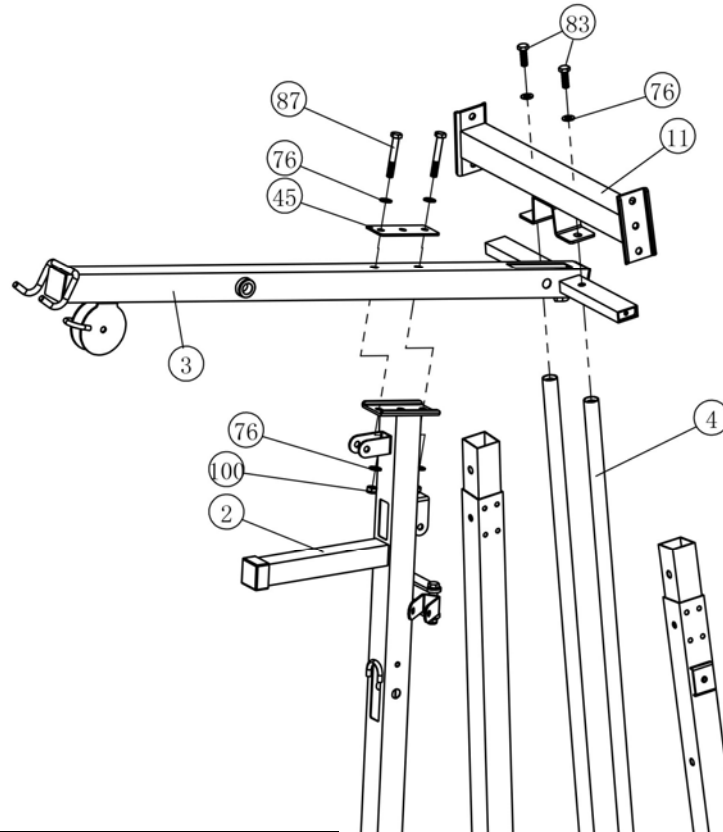


Note: Carefully slide the Weight Plates (57) one by one onto the guide rods, do not lift more than you can control safely.

Key No.	Description	Qty.
58	Weight Bushing	1
59	Weight Pin(Φ 10*55)	1
60	Weight Washer	1
62	“L” Pin(110mm)	1
63	Weight Buffer	2

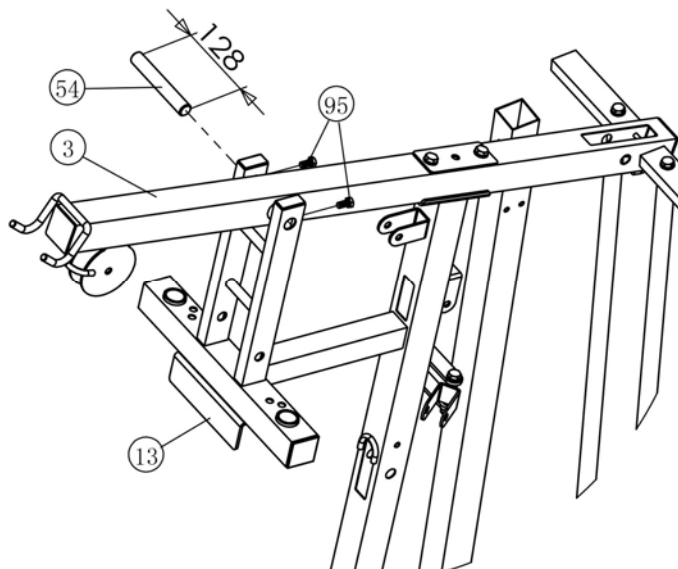
Assembly Instruction

Step 6



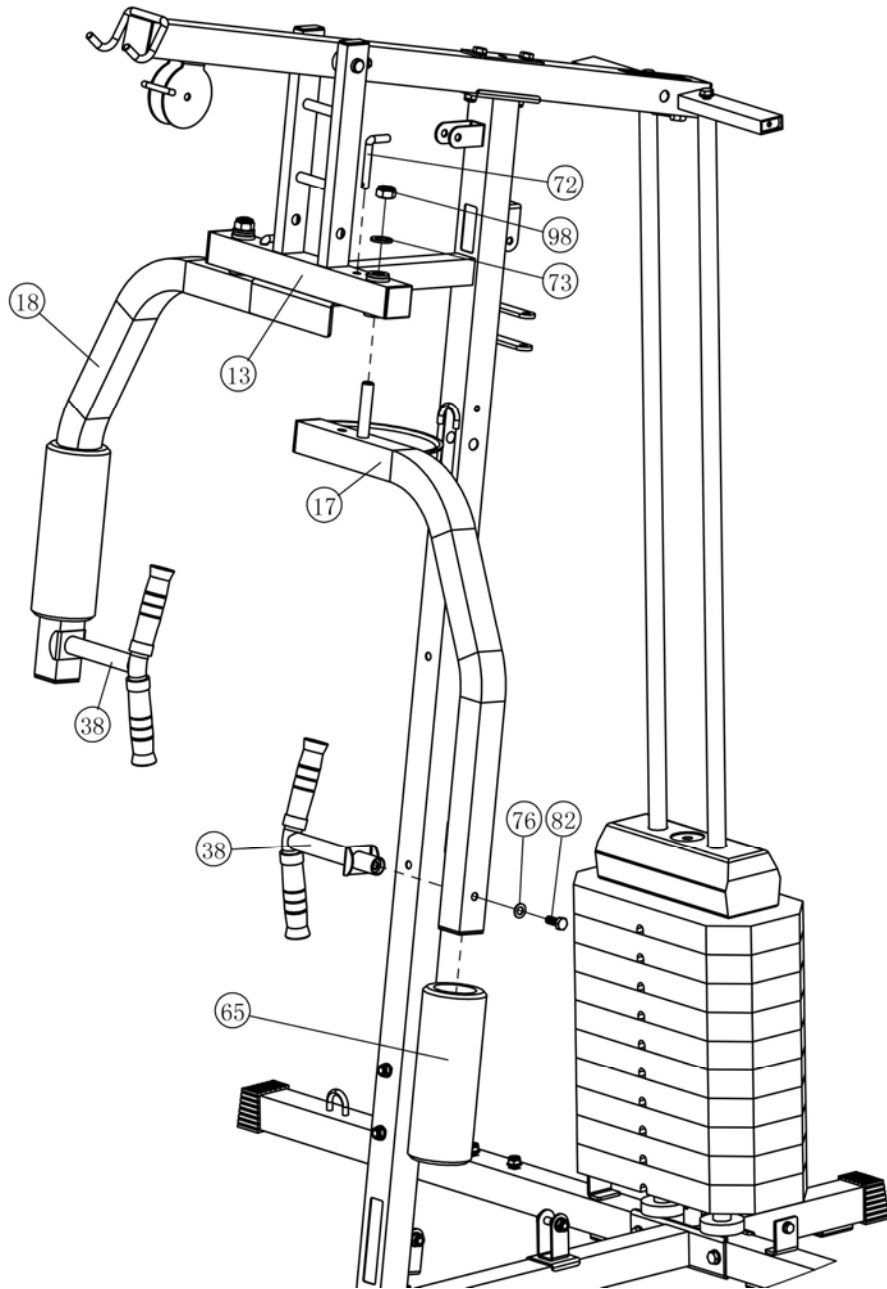
Key No.	Description	Qty.
76	Washer 10	6
83	Hex Bolt M10*30	2
87	Hex Bolt M10*70	2
95	Hex Bolt M8*16	2
100	Nylon Lock Nut M10	2

Step 7



Assembly Instruction

Step 8



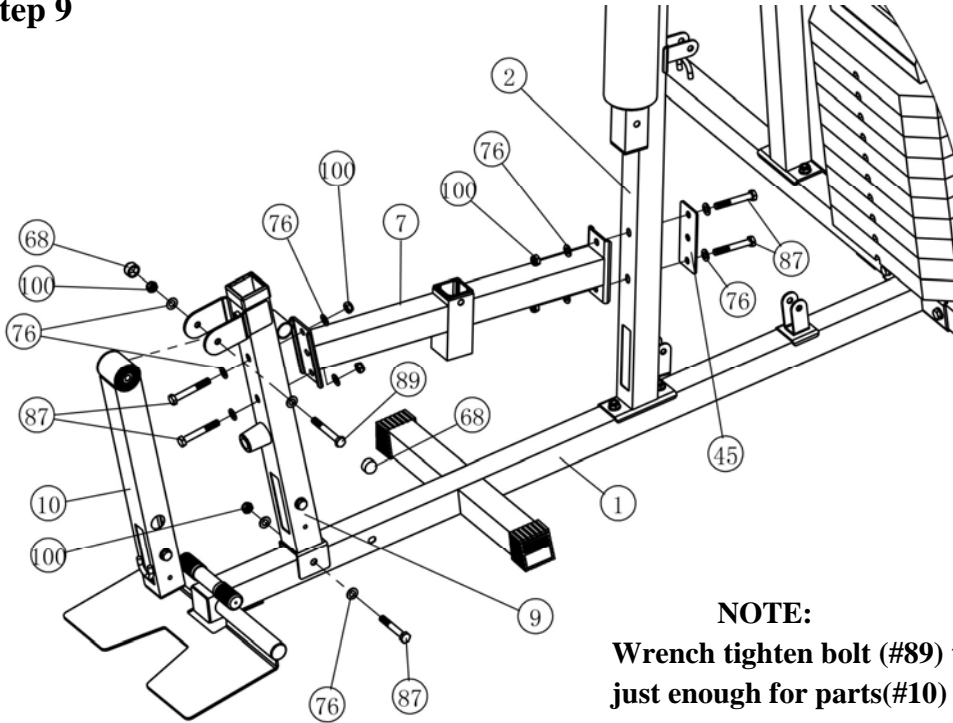
NOTE:

Wrench tighten Nut (#98) then loosen just enough for parts (#17, #18) to pivot freely.

Key No.	Description	Qty.
65	φ 90*245 Foam Roller	2
72	“L” Pin(100mm)	2
73	Washer 16	2
82	Hex Bolt M10*25	2
98	Nylon Lock Nut M16	2

Assembly Instruction

Step 9

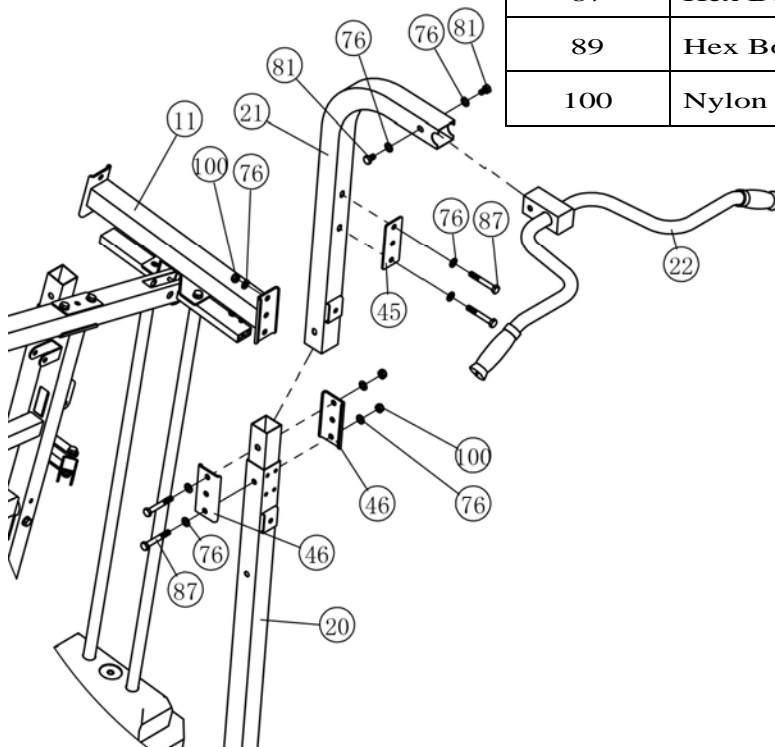


NOTE:

Wrench tighten bolt (#89) then loosen nut just enough for parts(#10) to pivot freely.

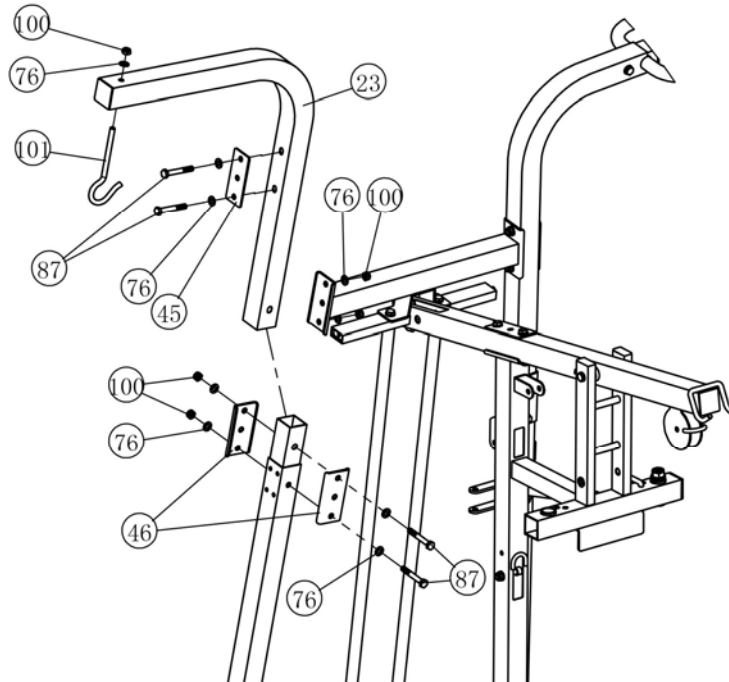
Key No.	Description	Qty.
68	Nut Cap M10	2
76	Washer 10	22
81	Hex Bolt M10*16	2
87	Hex Bolt M10*70	9
89	Hex Bolt M10*80	1
100	Nylon Lock Nut M10	10

Step 10



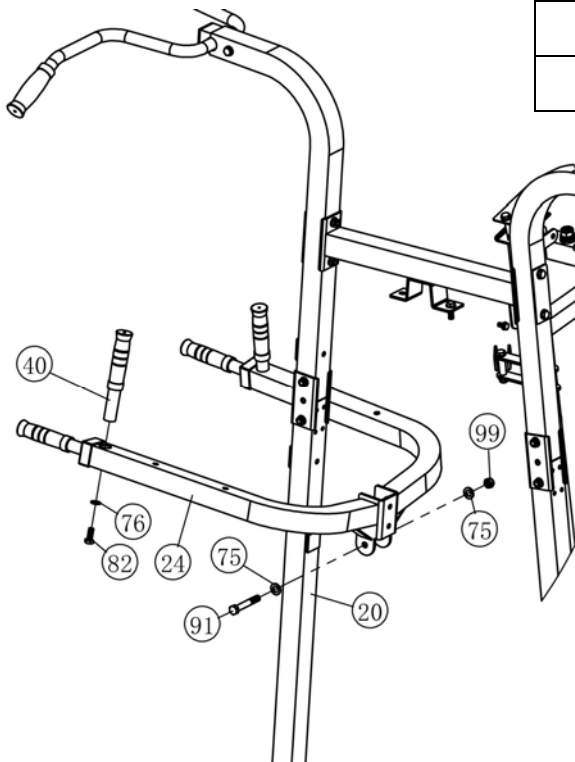
Assembly Instruction

Step 11



Key No.	Description	Qty.
75	Washer 12	2
76	Washer 10	11
82	Hex Bolt M10*25	2
87	Hex Bolt M10*70	4
91	Hex Bolt M12*80	1
99	Nylon Lock Nut M12	1
100	Nylon Lock Nut M10	5

Step 12



NOTE:

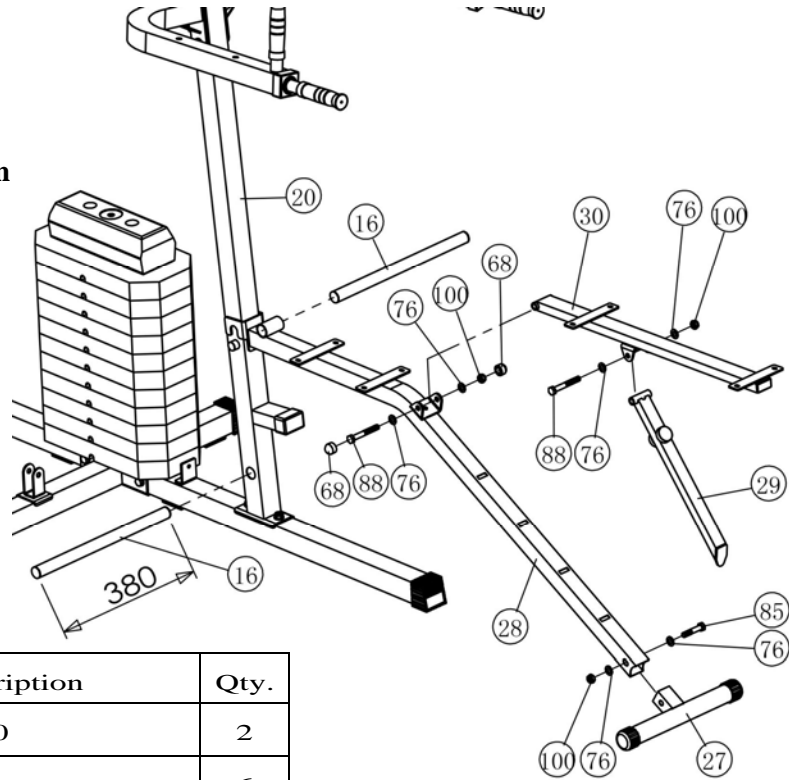
Wrench tighten bolt (#91) then loosen nut just enough for parts (#24) to pivot freely

Assembly Instruction

Step 13

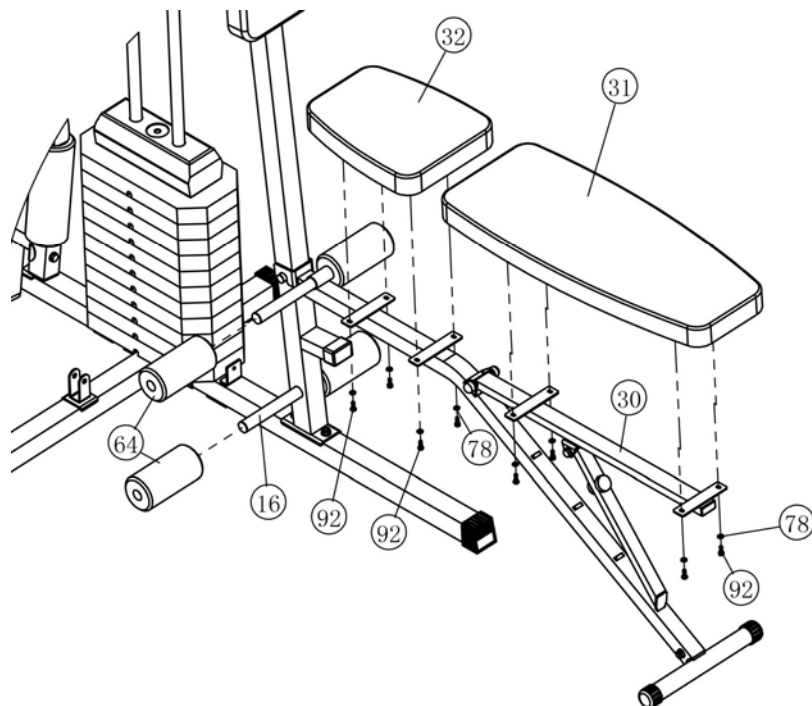
NOTE:

Wrench tighten bolt (#88) then loosen nut just enough for parts (#29, #30) to pivot freely



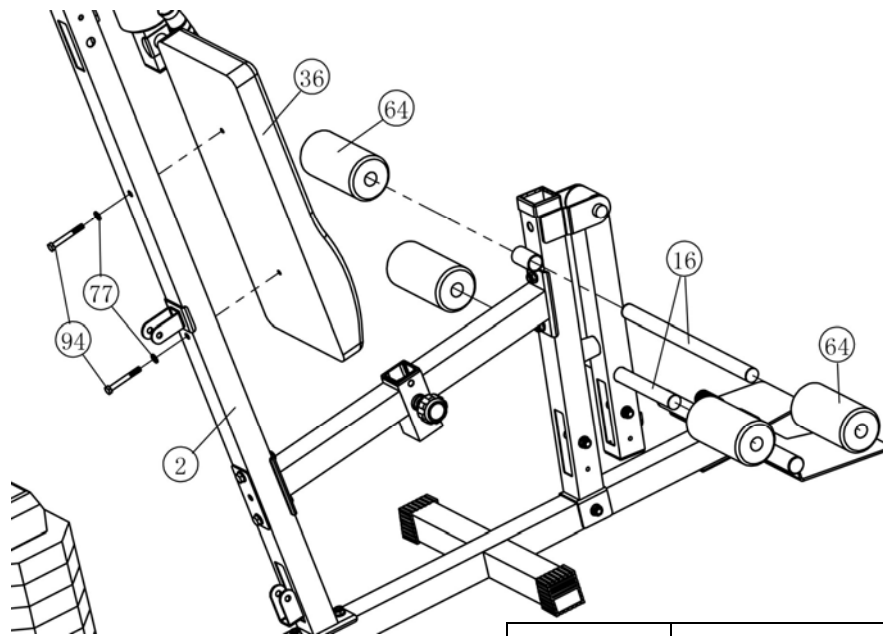
Key No.	Description	Qty.
68	Nut Cap M10	2
76	Washer 10	6
78	Washer 6	8
85	Hex Bolt M10*50	1
88	Hex Bolt M10*75	2
92	Hex Bolt M6*16	8
100	Nylon Lock Nut M10	2

Step 14

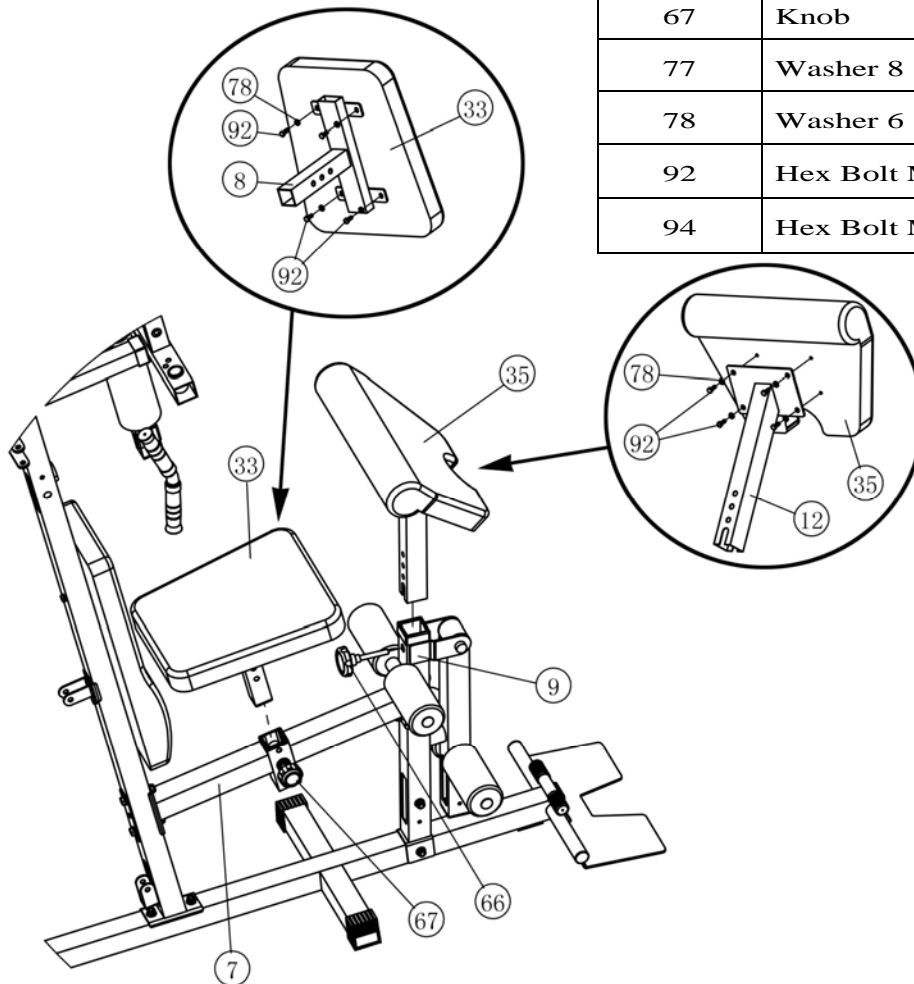


Assembly Instruction

Step 15



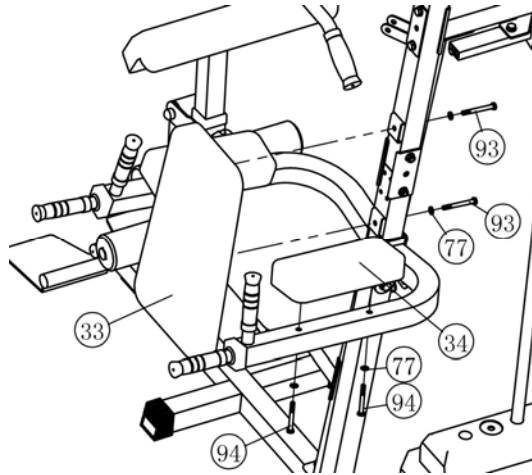
Step 16



Key No.	Description	Qty.
64	Foam Roller	4
66	Plastic Head Bolt	1
67	Knob	1
77	Washer 8	2
78	Washer 6	8
92	Hex Bolt M6*16	8
94	Hex Bolt M8*65	2

Assembly Instruction

Step 17



Key No.	Description	Qty.
77	Washer 8	6
93	Hex Bolt M8*75	2
94	Hex Bolt M8*65	4

Step 18

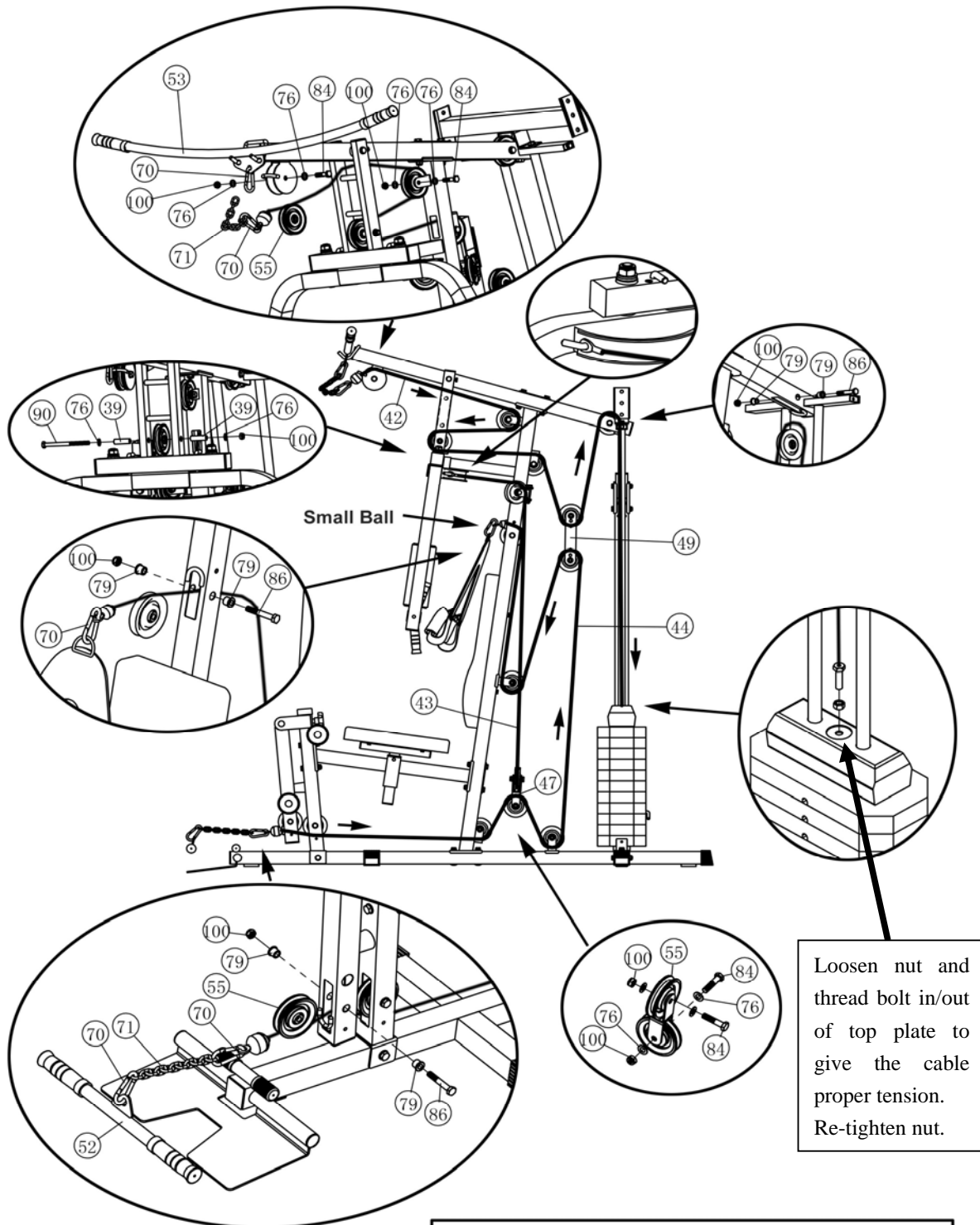
CABLE DIAGRAMS

After the Machine is assembled, check whether the cable is tensioned. (At correct tension, there should be a gap of 3-5mm between the Top Plate and the Weight Stack).

If the Cable is slightly loose, adjust it by tightening the Bolt at the top of the weight stack, or screw the M12 nut clockwise, as shown in figure.

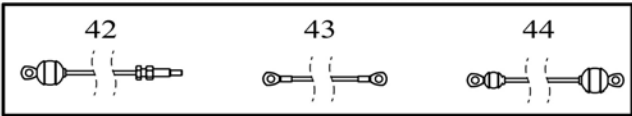
If the Cable is very loose, adjust the Pulley to lower position on Pulley plate (#49)

Assembly Instruction



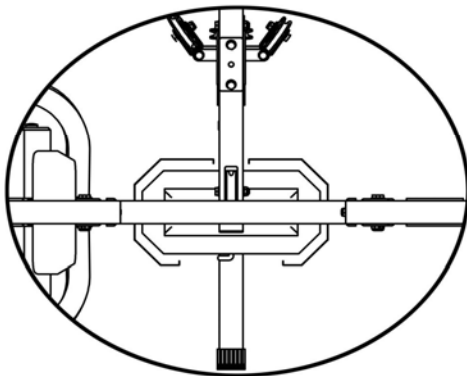
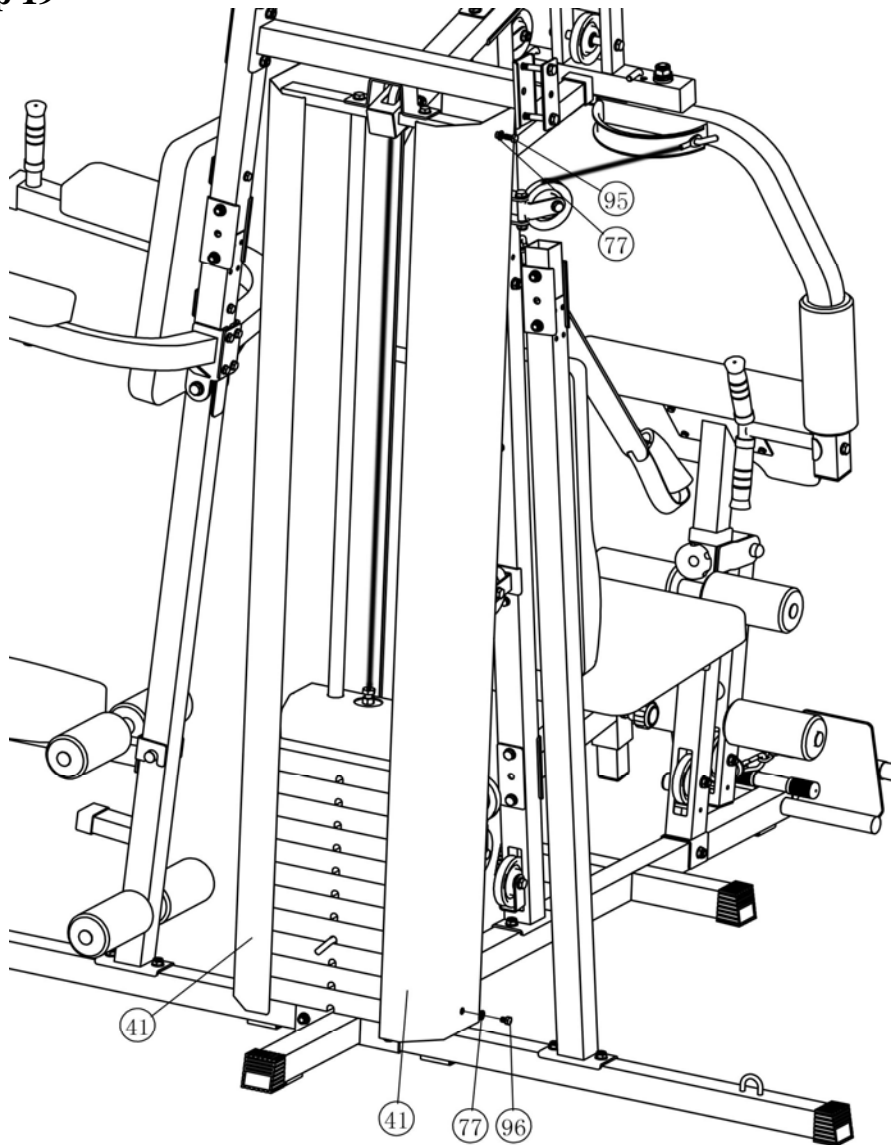
Small Ball

Loosen nut and thread bolt in/out of top plate to give the cable proper tension. Re-tighten nut.



Assembly Instruction

Step 19



Key No.	Description	Qty.
77	Washer 8	4
95	Hex Bolt M8*16	2
96	Hex Bolt M8*12	2

Wrench tighten all bolts and nuts.

Your Home Gym should now be fully assembled.

Please check that all bolts are tight and cables are seated correctly on all pulleys before use.

Adjustments to the cables may need to be made during the first session of use.

Maintenance

Maintenance Information

1. Lubrication of all moving parts is essential to the longevity and optimal performance of your Machine. Initial lubrication of some parts of your gym has been done at the factory, but the weight stack guide rods must be lubricated at the time of assembly. We recommend a clear aerosol, silicone or Teflon spray.

Note: Do not use oil based lubricants as they will attract dust, dirt and grime, and will eventually gum up and erode bushings and sealed bearings.

2. All pulleys and bushings should be checked regularly for signs of wear.

3. Check and adjust cable tension periodically as it will maintain proper anatomical function.

4. Periodically check all moving parts, upholstery and grips for signs of wear or damage. If there is a problem or replacement part which is necessary, STOP USING THE EQUIPMENT and immediately contact your local retailer. Replace parts using only genuine parts.

5. As needed, upholstery may be cleaned with a mild solution of soap and water. Regular use of a vinyl treatment will add to the life and appearance of your upholstery.

6. All chrome plated surfaces should be cleaned regularly to prolong the life and luster of the finish. Wipe machine down with a damp cloth and dry thoroughly each day. At least once a week your chrome equipment should be polished with a commercial grade or automotive type chrome polish.

7. When checking the bolts and nuts, be sure they are all fully fastened. If there is a bolt or nut that continuously loosens obtain a replacement through your local retailer.

8. Check welds to be free of cracks.

9. Failure to perform routine maintenance could result in personal injury and/or equipment damage.