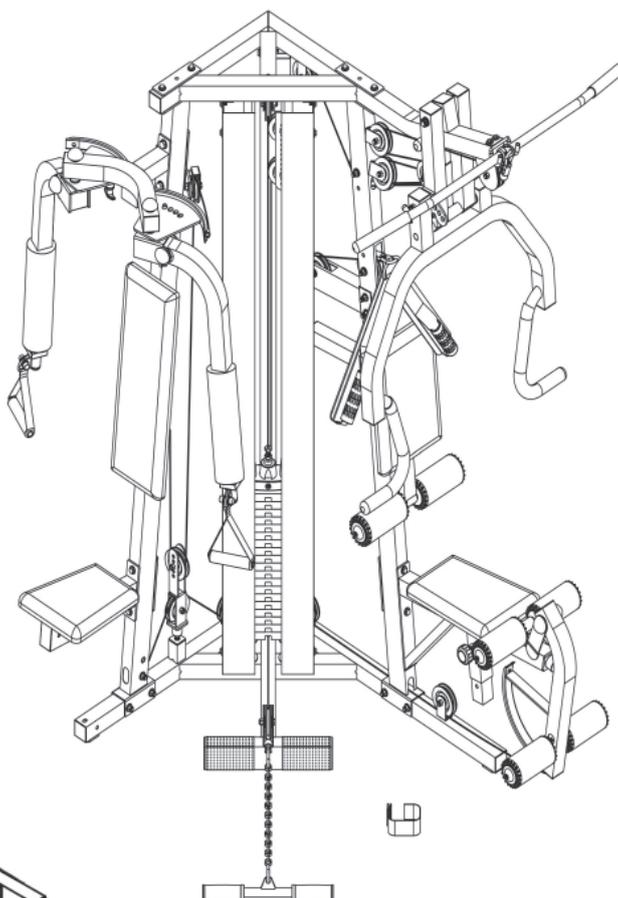
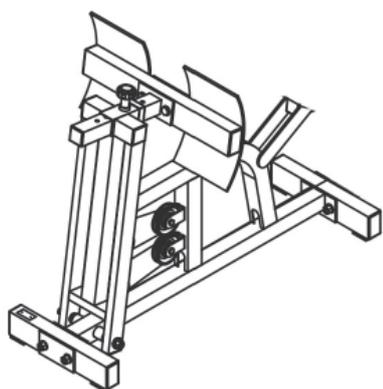


BODYCRAFT

Assembly and Operating Instructions



Art. No. SW-95.0201



Art. No. SW-95.0203



max. 130 kg



~ 220 Min. 



 218/35 kg

L 182 | W 160 | H 206

FSSW950201.01.01

Multi-gym Galena

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Dear customer,

Thank you for choosing BodyCraft training equipment. BodyCraft equipment inspires with its multifunctionality and excellent workmanship and is one of the highest quality fitness equipment for home use in terms of innovation and technology. BodyCraft weight stations, for example, offer a very wide range of exercise possibilities. This ranges from traditional strength training such as bench presses to rehabilitation exercises and workouts for complex sports such as golf, tennis or badminton.

Further information can be found at www.fitshop.com.

Intended Use

The equipment may only be used for its intended purpose.

The equipment is only suitable for home use. The equipment is not suitable for semi-professional (e.g. hospitals, associations, hotels, schools, etc.) and commercial or professional use (e.g. fitness studios).

Disclaimer

BODYCRAFT

BodyCraft® is a registered brand of the company Fitness Authority Industrial Co., LTD. All rights reserved. Any use of this trademark without the explicit written permission of Fitness Authority Industrial Co., LTD is prohibited.

Product and manual are subject to change. Technical data can be changed without advance notice.

ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.

Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.



This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

The use classes explain the intended use of the training device.

Use classes

Class S (studio): professional and/or commercial use.

These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

Class H (home use): use at home.

These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The following safety instructions may appear in this manual:

► **ATTENTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

⚠ **CAUTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

⚠ **WARNING**

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

⚠ **DANGER**

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

ⓘ **NOTICE**

This notice indicates further useful information.

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

1.1 Technical Data

Weight and Dimensions

Packaging dimensions (L x W x H) and article weight (gross, incl. packaging) approx.:

Box 1:	202 cm x 51.7 cm x 14.6 cm	50.7 kg
Box 2:	121.3 cm x 104.1 cm x 24.1 cm	84.9 kg
Box 3:	188 cm x 18.1 cm x 12 cm	12.2 kg

Weight plates (5 x 4.5 kg):	27 cm x 14 cm x 13 cm	23 kg
2x Weight plates (7 x 4.5 kg):	28 cm x 19 cm x 15 cm	33 kg

Total article weight (gross, incl. packaging) approx.:	236.8 kg
Article weight (net, without packaging) approx.:	218 kg
Set-up dimensions (L x W x H) approx.:	182 cm x 160 cm x 206 cm

Use class: H

Cables and Pulleys

Weight stack:	1 (90 kg)
Weight plates:	19 + 1 (4.5 kg)
Transmission ratio:	1:1 (one sided butterfly 2:1)
Cable material:	Steel
Cover material:	Nylon
Pulley size:	90 mm

Maximum user weight: 130 kg

Optional Leg Press

Packaging dimensions (L x W x H) approx.:	101.6 cm x 50.8 cm x 19.4cm
Set-up dimensions (L x W x H) approx.:	126 cm x 61 cm x 82 cm

Article weight (gross, incl. packaging) approx.:	37.7 kg
Article weight (net, excl. packaging) approx.:	34.2 kg

Transmission ratio: 1:2

1.2 Personal Safety

DANGER

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.
- + The owner must communicate all warnings and instructions to the user.

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.
- + Always start each workout with a light warm-up and end with a cool-down phase.
- + Using the machine as a support during stretching exercises or attaching resistance bands, ropes or other accessories to it, may cause injuries.

CAUTION

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.
- + The weights should remain in the user's field of vision during the entire exercise to prevent danger to third parties.

ATTENTION

- + Do not insert any objects of any kind into the openings of the device.

1.3 Set-Up Place

WARNING

- + Do not place the equipment in main corridors or escape routes.

CAUTION

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.
- + If your device is to be mounted on the wall/ceiling, make sure that you use the appropriate assembly material to avoid possible damages or personal injuries. The contractual partner accepts no liability for this.

ATTENTION

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
- + A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.
- + For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.

2.1 General Instructions



DANGER

- + Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.



WARNING

- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



CAUTION

- + Ensure to have sufficient room for movement in each direction during assembly.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.



ATTENTION

- + To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.



NOTICE

- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

2.2 Scope of Delivery

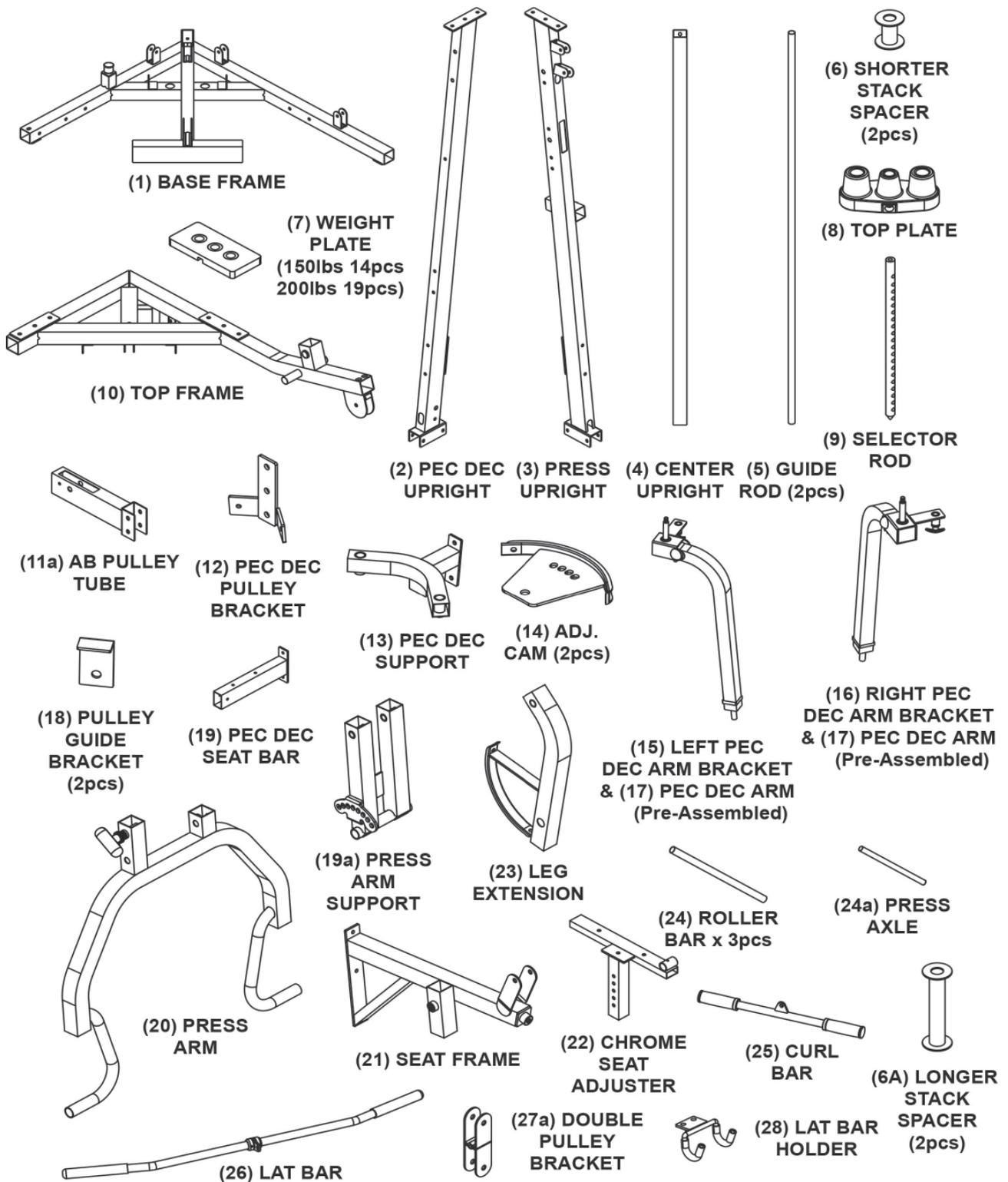
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.



CAUTION

- If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

2.2.1 Multi-gym





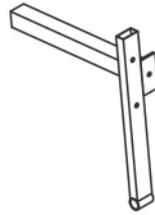
(27) BUSHING OF HAND GRIP
(61) SINGLE HANDLE
(2pcs)



(29) FLOATING PULLEY BLOCK



(29a) ADJ. PULLEY BLOCK



(30a) CHROME BACK ADJUSTER



(31) 60mm SQ. END PLUG
(2pcs)



(32) 50mm SQ. END PLUG
(13pcs)



(32a) 45mm SQ. END PLUG



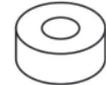
(34) 45 X 75mm RECT. END PLUG
(4pcs)



(35) 1" X 2" RECT. END PLUG
(3pcs)



(36) 1-1/4" ROUND END PLUG
(2pcs)



(38) RUBBER CUSHION
(2pcs)



(44) LINK



(50) NONSLIP
(2pcs)



(39) RUBBER STOPPER



(41) KNOB
(2pcs)



(42) MAGNETIC SELECTOR PIN



(43) CLIP
(4pcs)



(49) PULLY
(24pcs)



(45a) TOP CABLE



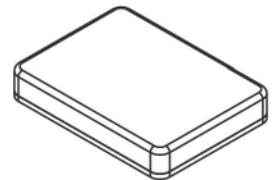
(46a) PEC DEC CABLE



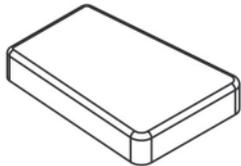
(48a) LOWER CABLE



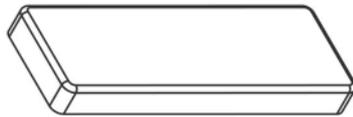
(94a) AB CABLE



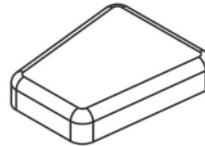
(51) PRESS BACK PAD (SMALLER)



(52) PRESS SEAT PAD (LARGER)



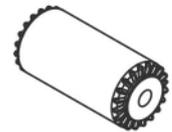
(53) PEC DEC BACK PAD (LARGER)



(54) PEC DEC SEAT PAD (SMALLER)



(59) 4" X 14" FOAM PAD
(2pcs)



(60) 4" X 8" FOAM PAD & (106) COVER OF FOAM PAD
(6pcs)



(61) SINGLE HANDLE



(62) ANKLE STRAP



(63) AB CRUNCH STRAP



(64) 1" ID BUSHING
(4pcs)



(68) 3/8" ID X 10mm BUSHING
(6pcs)



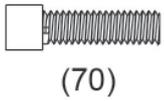
(93) CAP FOR 1/2" NUT
(4pcs)



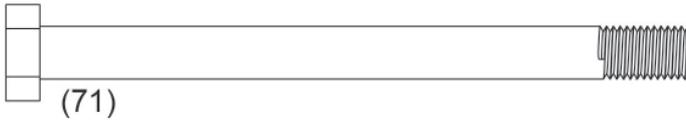
(108) PLASTIC WASHER
(6pcs)



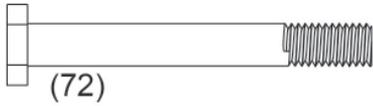
(109) PLASTIC COVER
(6pcs)



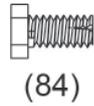
(70)



(71)



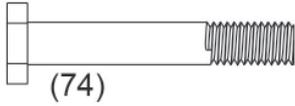
(72)



(84)



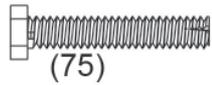
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(74)



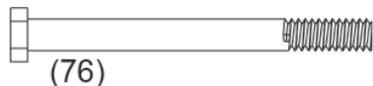
(85)



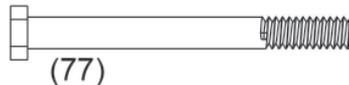
(75)



(86)



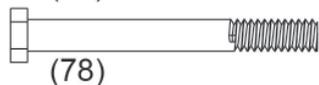
(76)



(77)



(87)



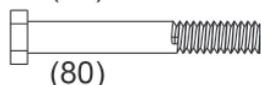
(78)



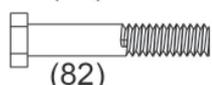
(79)



(88)



(80)



(82)



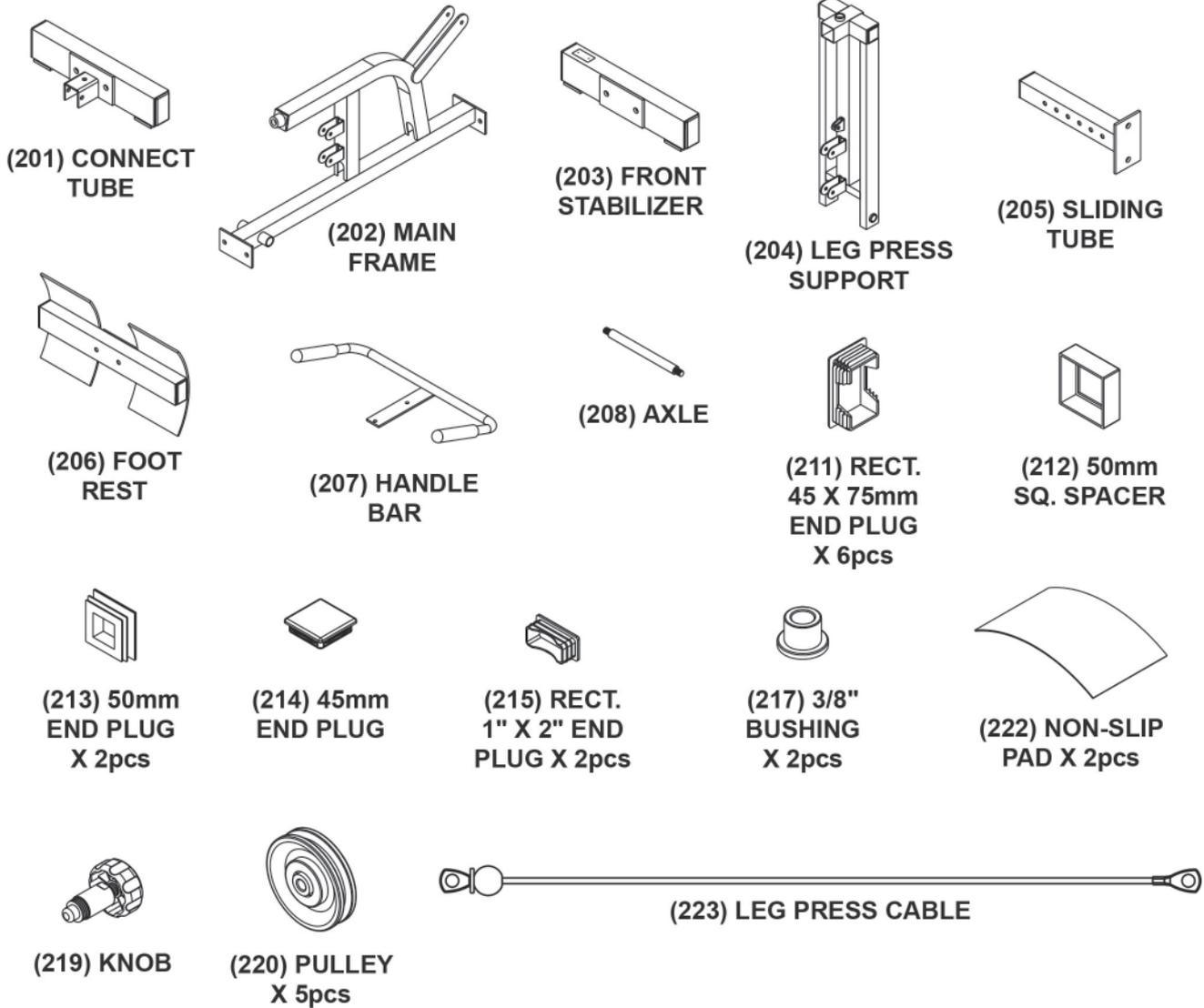
(89)

NO	DESCRIPTION	QTY
70	7/16" X 1-1/2" TOP PLATE BOLT	1
71	5/8" X 7-1/2" HEX HEAD BOLT	1
72	1/2" X 4-1/4" HEX HEAD BOLT	2
74	1/2" X 3-1/4" HEX HEAD BOLT	1
75	3/8" X 1-3/4" HEX THREADED BOLT	4
76	3/8" X 4" HEX HEAD BOLT	4
77	3/8" X 3-3/4" HEX HEAD BOLT	4
78	3/8" X 3-1/8" HEX HEAD BOLT	4
79	3/8" X 2-3/4" HEAX HEAD BOLT	10
80	3/8" X 2-1/2" HEX HEAD BOLT	1
82	3/8" X 1-3/4" HEX HEAD BOLT	19
84	3/8" X 3/4" HEX THREADED BOLT	6
85	5/8" NYLON NUT	1
86	1/2" NYLON NUT	3
87	3/8" NYLON NUT	40
88	5/8" WASHER	2
89	1/2" WASHER	6
90	3/8" WASHER	52

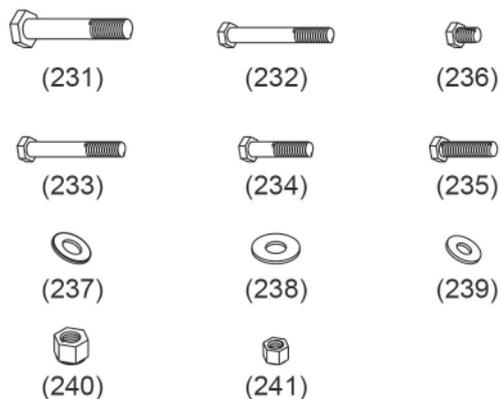
2.2.2 Leg Press (Optional)

① NOTICE

Please note that the leg press is an optional addition to the Galena multi-gym. The leg press is not included in the scope of delivery of the multi-gym and must be purchased separately.



NO	DESCRIPTION	QTY
231	1/2" X 3" HEX HEAD BOLT	6
232	3/8" X 3" HEX HEAD BOLT	1
233	3/8" X 2-3/4" HEX HEAD BOLT	1
234	3/8" X 1-3/4" HEX HEAD BOLT	4
235	3/8" X 1-1/2" HEX HEAD BOLT	1
236	3/8" X 1/2" HEX HEAD BOLT	3
237	1/2" WASHER(LARGER)	2
238	1/2" WASHER	12
239	3/8" WASHER	9
240	1/2" NYLON NUT	8
241	3/8" NYLON NUT	7



2.3 Assembly: Multi-gym

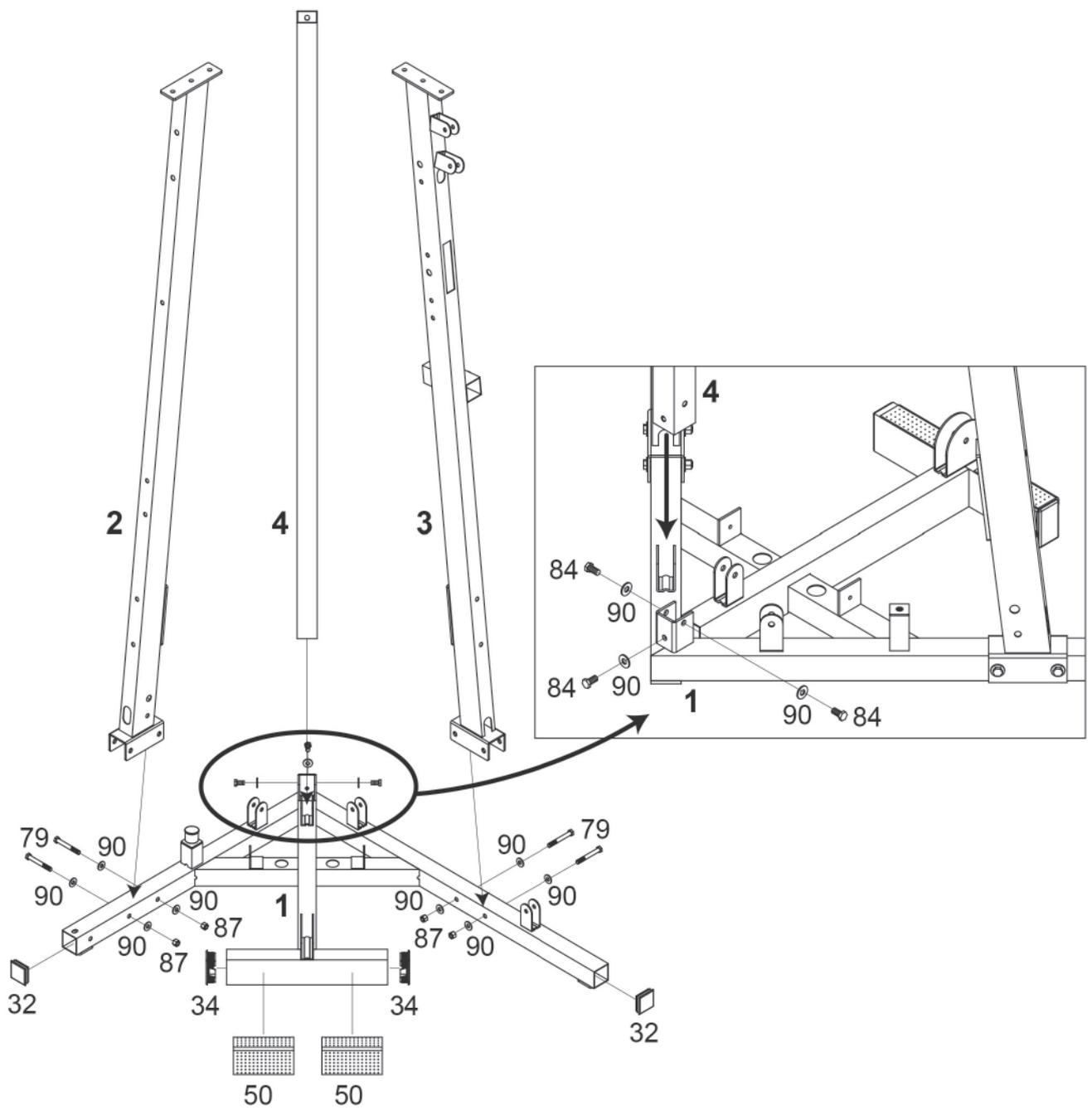
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

① NOTICE

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

Step 1: Assembly of the Uprights and Base Frame

1. Mount the pec dec upright (2) to the base frame (1) with two bolts (79), four washers (90) and two nuts (87).
2. Mount the press upright (3) to the base frame (1) with two bolts (79), four washers (90) and two nuts (87).
3. Mount the center upright (4) to the base frame (1) with three bolts (84) and three washers (90).
4. Attach two non-slip mats (50) to the base frame (1).



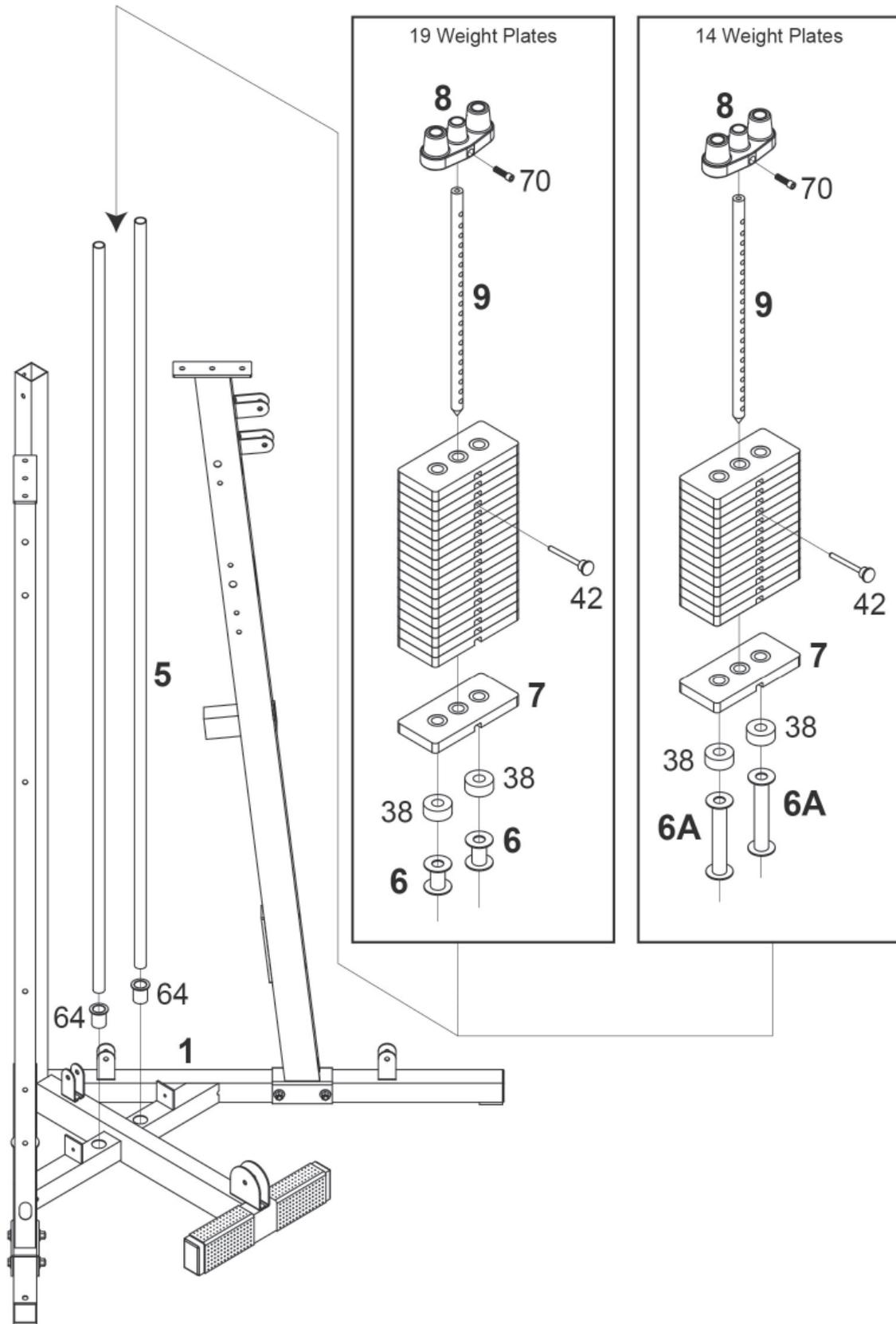
Step 2: Assembly of the Weight Stack

1. Insert two bushings (64) into the base frame (1).
2. Insert the guide rods (5) into the base frame (1).
3. Slide on the shorter stack spacers (6) and rubber cushions (38) onto the guide rods (5).

► **ATTENTION**

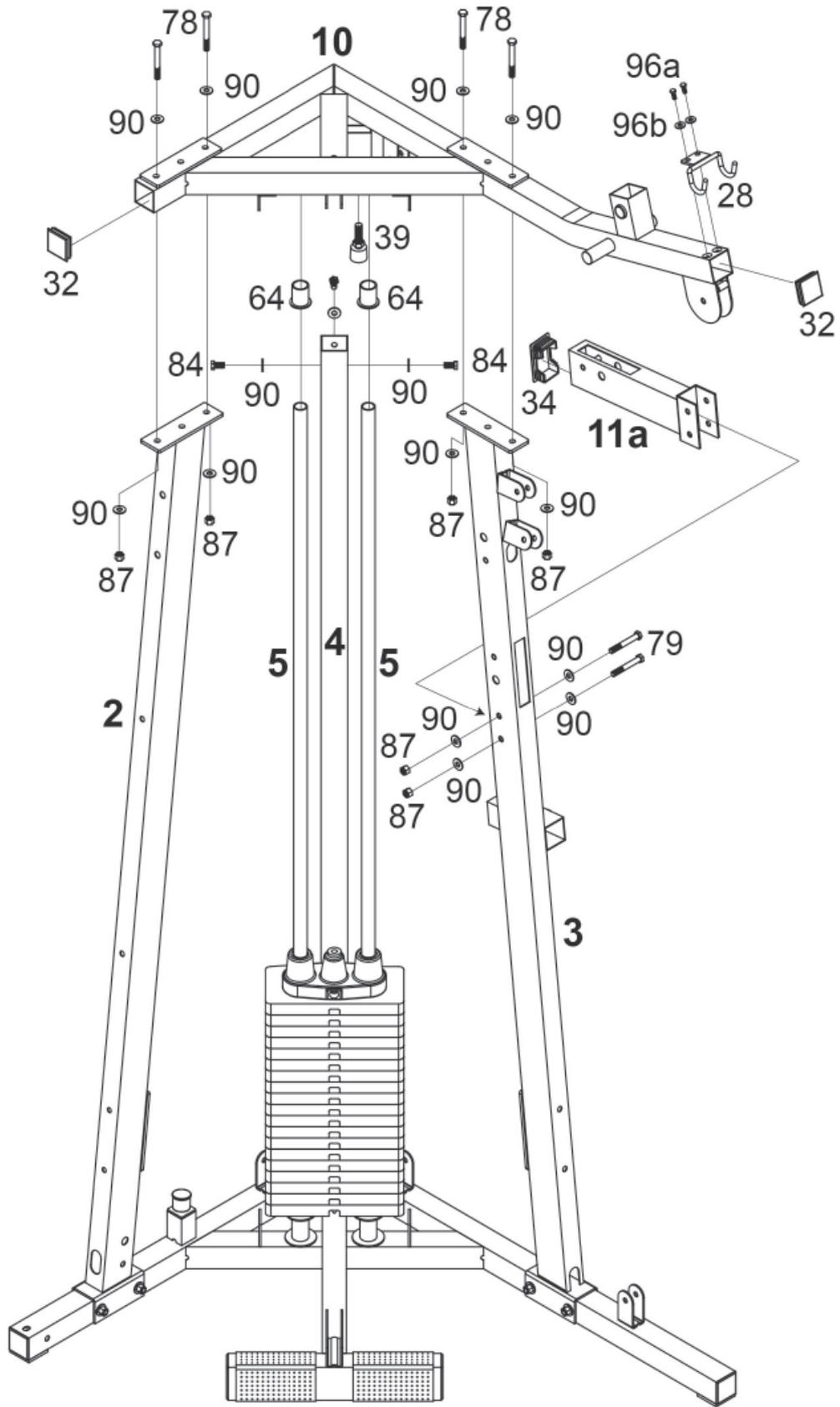
The shorter stack spacers (6) are used if you have purchased the machine with a 90 kg weight stack. The longer stack spacers (6A) should only be used if you have purchased the machine with a 67.5 kg weight stack.

4. Mount the top plate (8) to the selector rod (9) with the top plate bolt (70).
5. Carefully slide the weight plates (7) one by one onto the guide rods (5).
6. Slide the top plate (8) onto the guide rods (5).
7. Insert the selector rod (9) into the center hole of the weight stack (7).
8. Insert the magnetic select pin (42) into the weight stack (7).



Step 3: Assembly of the Top Frame

1. Insert two bushings (64) into the holes of the top frame (10).
2. Place the top frame (10) onto the guide rods (5) and the center upright (4).
3. Mount the top frame (10) to the center upright (4) with three bolts (84) and three washers (90).
4. Mount the pec dec upright (2) and press upright (3) to the top frame (10) with two bolts (78), four washers (90) and two nuts (87) each. Make sure that the top frame (10) is evenly placed on the center upright (4), press upright (3) and pec dec upright (2).
5. Attach two square end plugs (32) to the top frame (10).
6. Mount the ab pulley tube (11a) to the press upright (3) with two bolts (79), four washers (90) and two nuts (87).



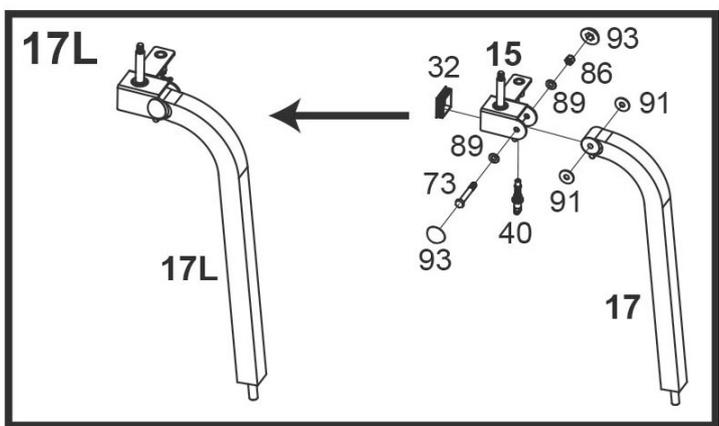
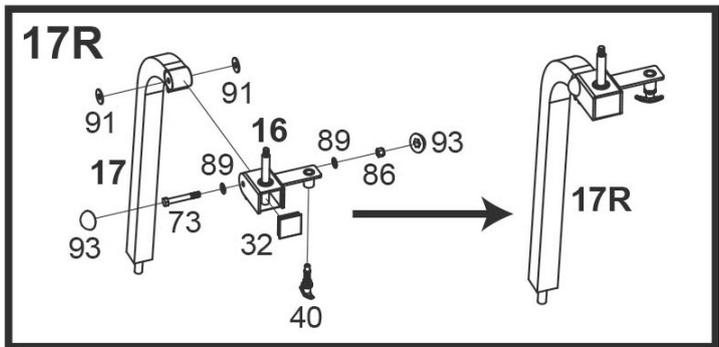
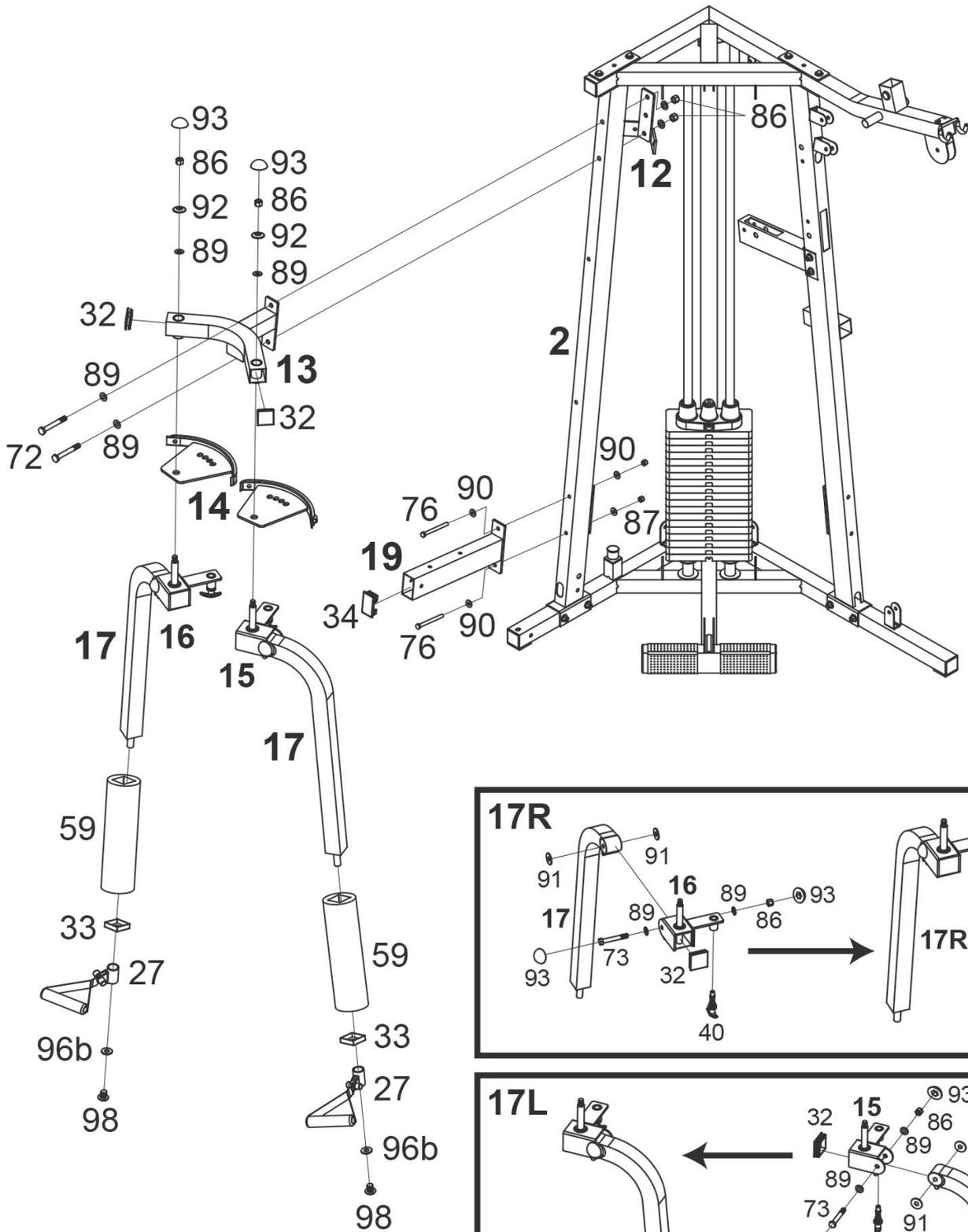
Step 4: Assembly of the Pec Dec Station

1. Mount the pec dec support (13) and the pec dec pulley bracket (12) to the pec dec upright (2) with two bolts (72), two washers (89) and two nuts (86).
2. Attach two square end plugs (32) to the pec dec support (13).
3. Slide the adj. cam (14) onto the axle of the right pec dec arm bracket (16).
4. Then thread the axle of the right pec dec arm bracket (16) through the hole on the pec dec support (13) and attach with one washer (89), one spring washer (92) and one nut (86).

ⓘ NOTICE

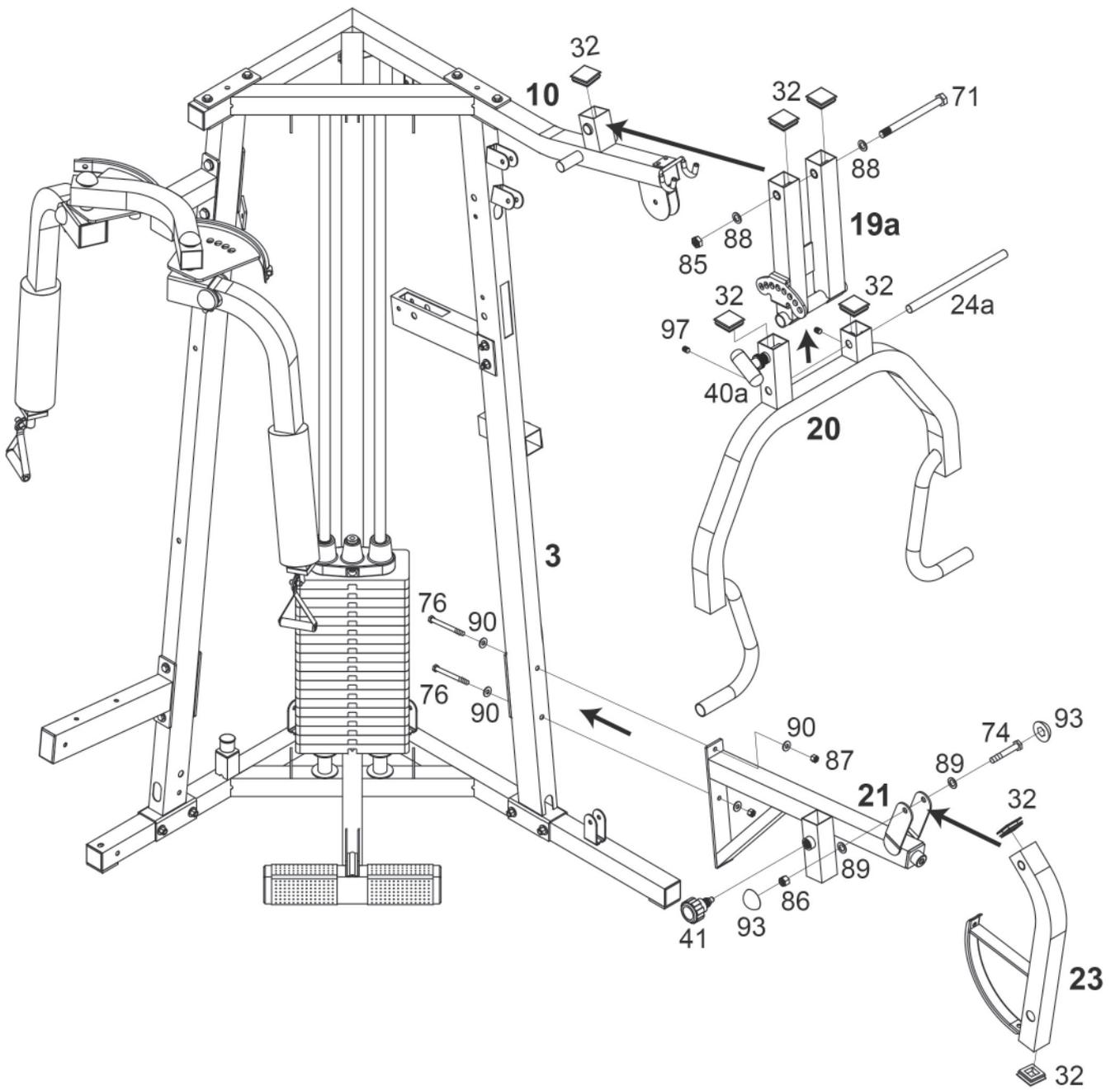
Do not fasten the nut (86) too tight. The arm (17) is supposed to move freely. If not, loosen the nut slightly.

5. Attach a plastic cap (93) on top of the nut (86).
6. Repeat the steps 3-5 with the other pec dec arm (17).
7. Moisten the the inside of the foam pads (59) with water and slide them onto the pec dec arms (17).
8. Mount one cap (33) and one bushing of hand grip (27) to the bottom of the pec dec arms (17) with one screw (98) and one washer (96b) each.
9. Mount the pec dec seat bar (19) to the pec dec upright (2) with two bolts (76), four washers (90) and two nuts (87).



Step 5: Assembly of the Arm Press Station

1. Mount the press arm support (19a) to the top frame (10) with one bolt (71), two washers (88) and one nut (85).
2. Insert one plug (32) into the top frame (10) and two plugs (32) into the press arm support (19a).
3. Mount the press arm (20) to the press arm support (19a) with the press axle (24a).
4. Tighten the pre-installed screw (97) on the back of the press arm (20). Make sure the red pop pin (40a) is engaged in one of the adjustment holes on the press arm support (19a).
5. Insert two plugs (32) into the press arm (20).
6. Mount the press seat frame (21) to the press upright (3) with two bolts (76), four washers (90) and two nuts (87).
7. Mount the leg extension (23) to the seat frame (21) with one bolt (74), two washers (89) and one nut (86).
8. Place one cap (93) on the bolt (74) and nut (86) respectively.
9. Insert two caps (32) into the leg extension (23).



Step 6: Assembly of the Top Cable

► ATTENTION

The pulleys must be assembled simultaneously while passing the cable.

1. Insert the hook end of the top cable (45a) into the pulley slot in the front of the top frame (10) and pass the cable (45a) over pulley T1 back to T2 on the press upright (3).
2. Pass the cable (45a) over the pulleys T2 and T3, under T4 and over T5.
3. Pass the cable (45a) under T6 and over T7 (mounted in the top frame (10)).
4. Attach pulley T8 to the top hole of the floating pulley block (29) and pass the cable (45a) under T8 and over the pulleys T9 and T10.
5. Screw the threaded end of the cable (45a) into the top plate (8) at least 1/3 and fix with the locking nut.

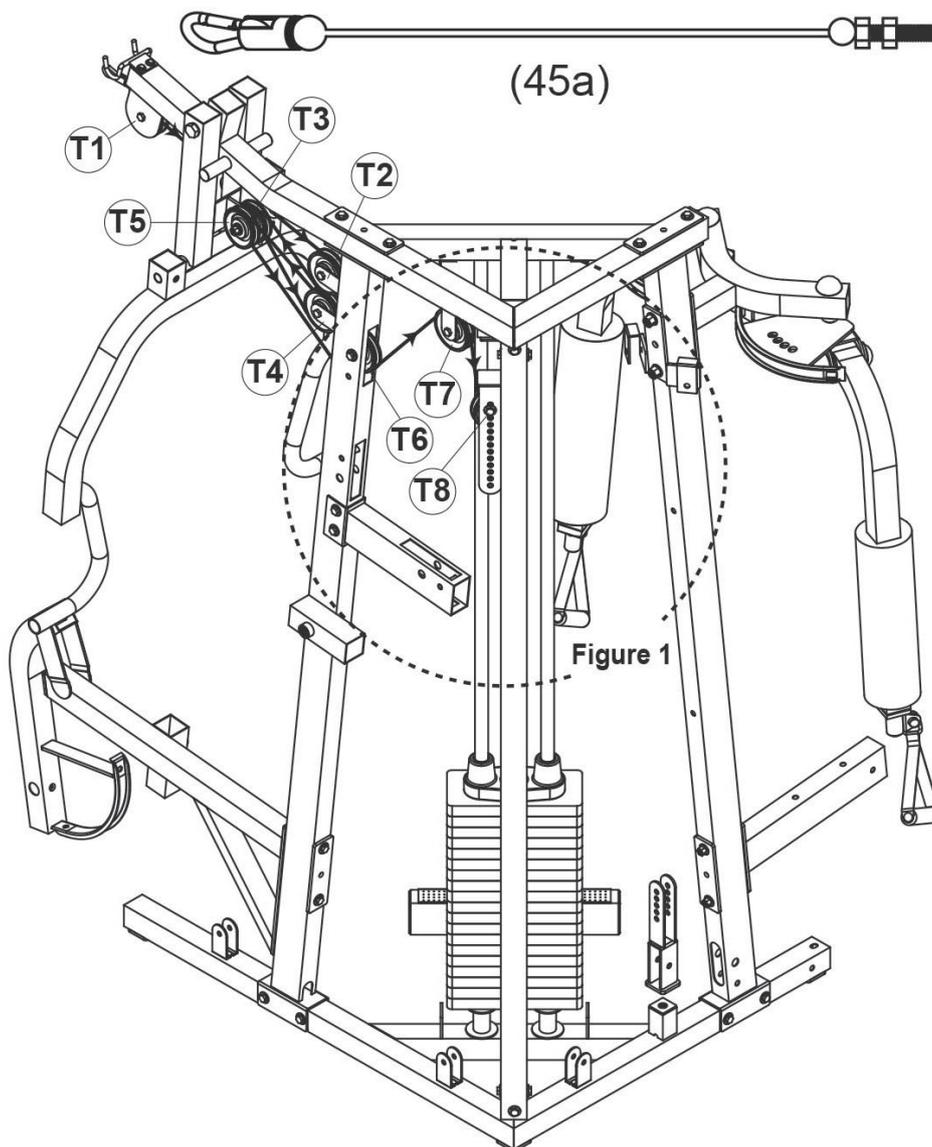
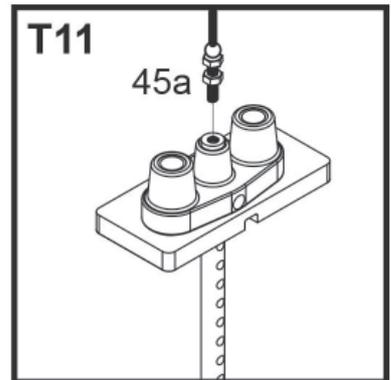
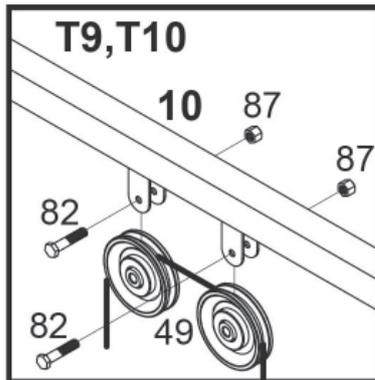
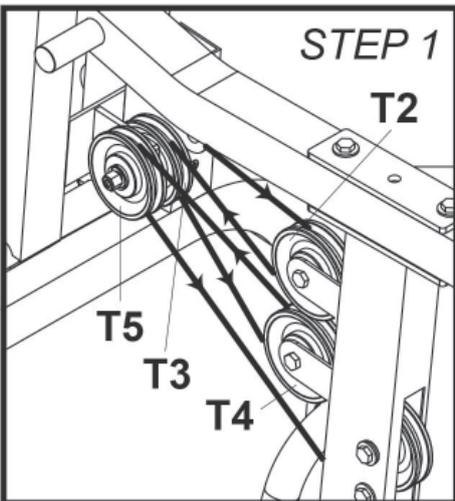
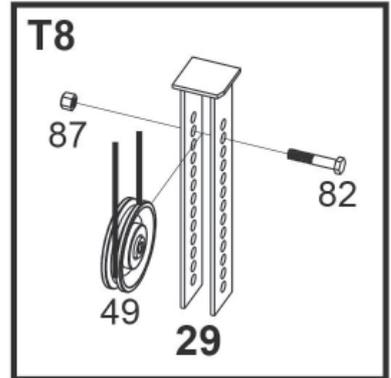
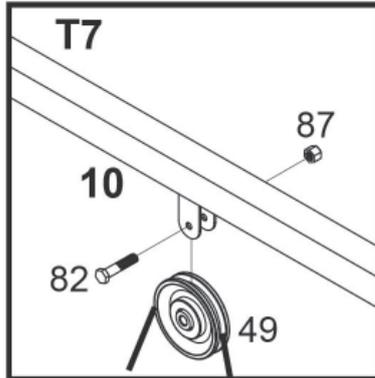
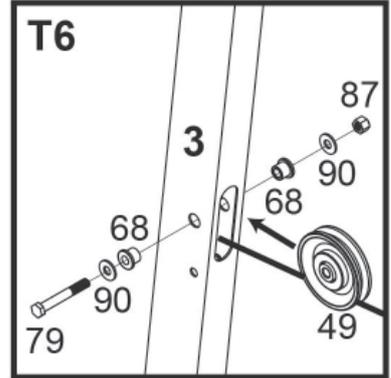
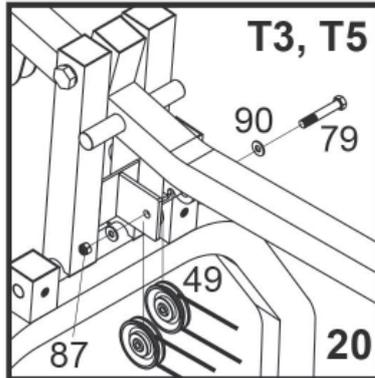
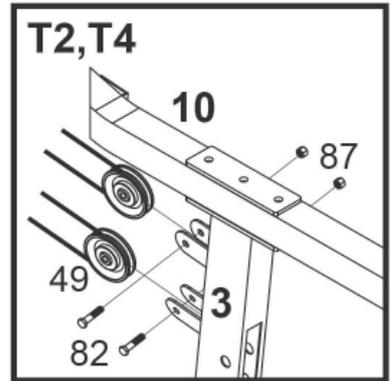
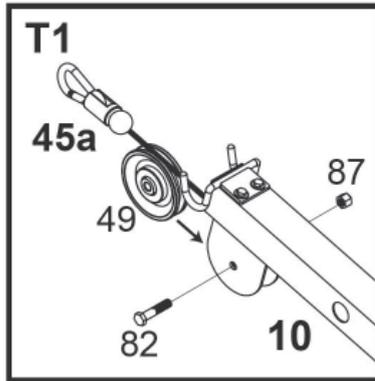
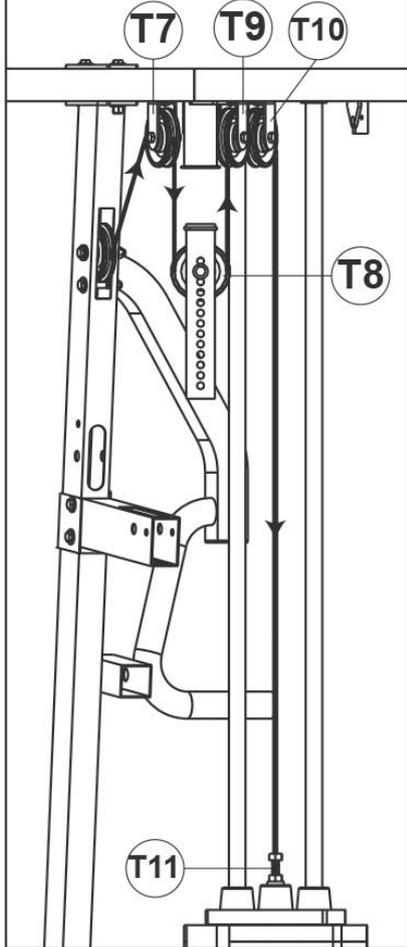


Figure 1



Step 7: Assembly of the Pec Dec Cable

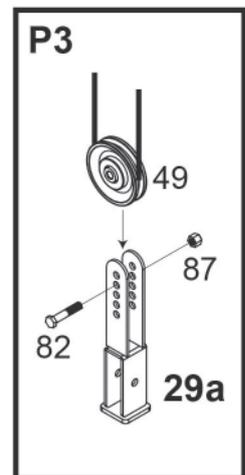
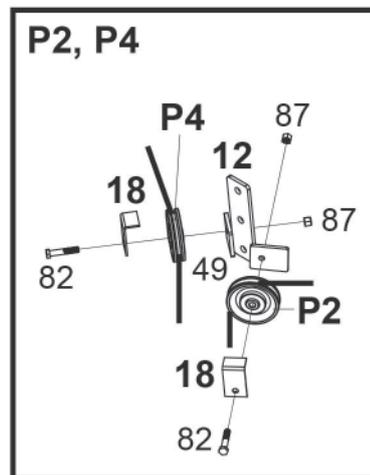
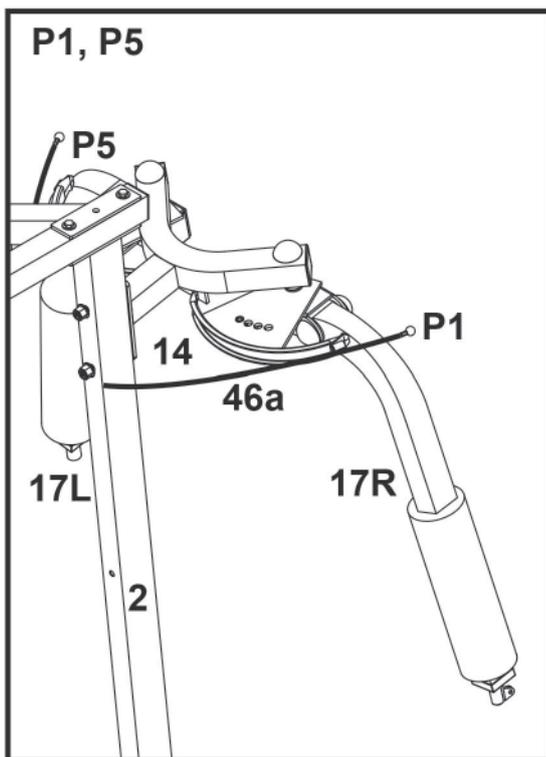
► ATTENTION

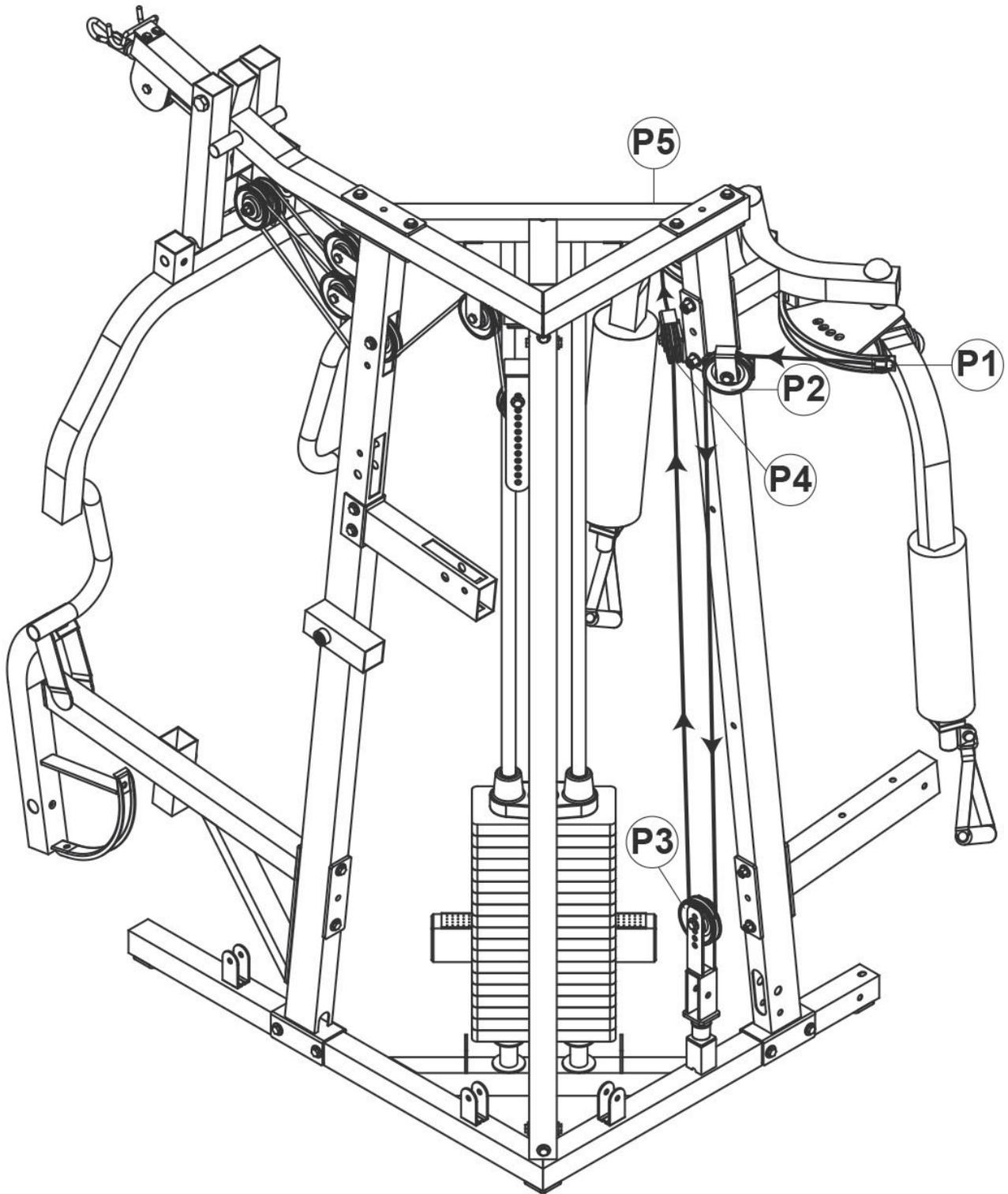
The pulleys must be assembled simultaneously while passing the cable.

1. Loosely attach the pulleys P2 and P4 and the pulley guide brackets (18) to the pec dec pulley bracket (12) with one bolt (82) and one nut (87) each.
2. Insert one end of the pec dec cable (46a) into the right adj. cam (14).
3. Route the cable (46a) as shown over the pulley, behind the pec dec upright (2), over the pulley and insert the other cable end into the left adj. cam (14).
4. Place pulley P3 over the pec dec cable (46a).
5. Attach the adj. pulley block (29a) to the pulley P3 with one bolt (82) and one nut (87) and let the pulley block (29a) dangle behind the pec dec upright (2).
6. Tighten the bolts.

► ATTENTION

Make sure the pulley guide bracket (18) does not rub on the cable throughout the entire range of motion.



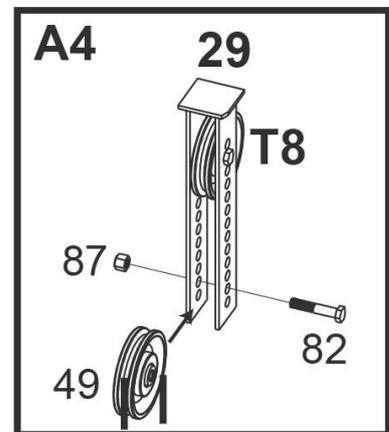
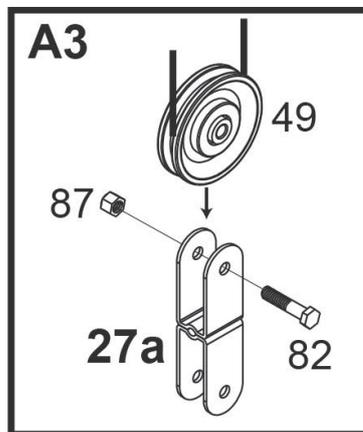
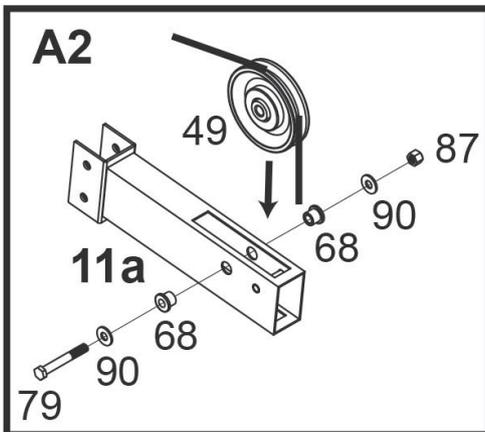
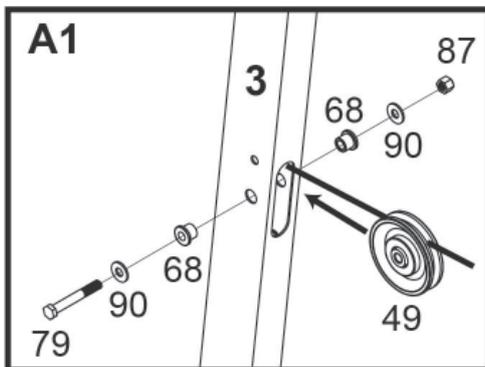


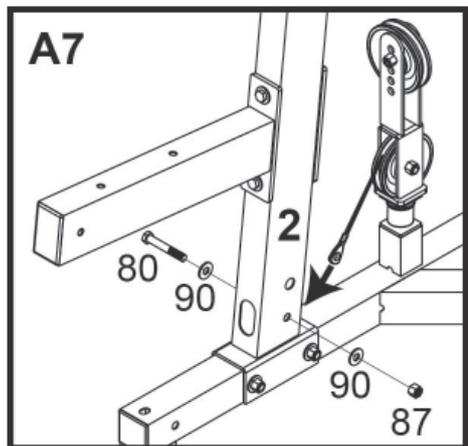
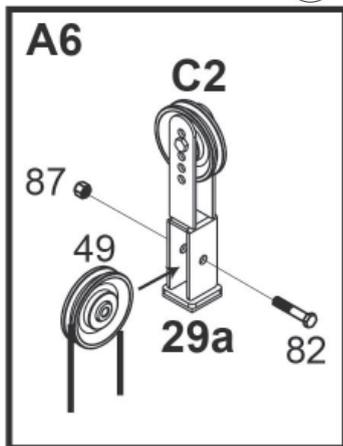
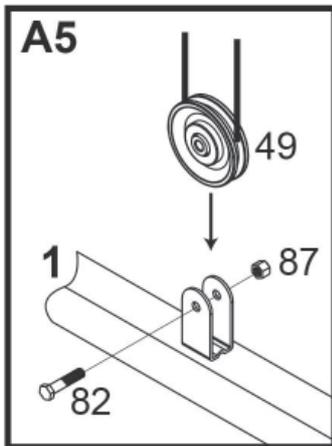
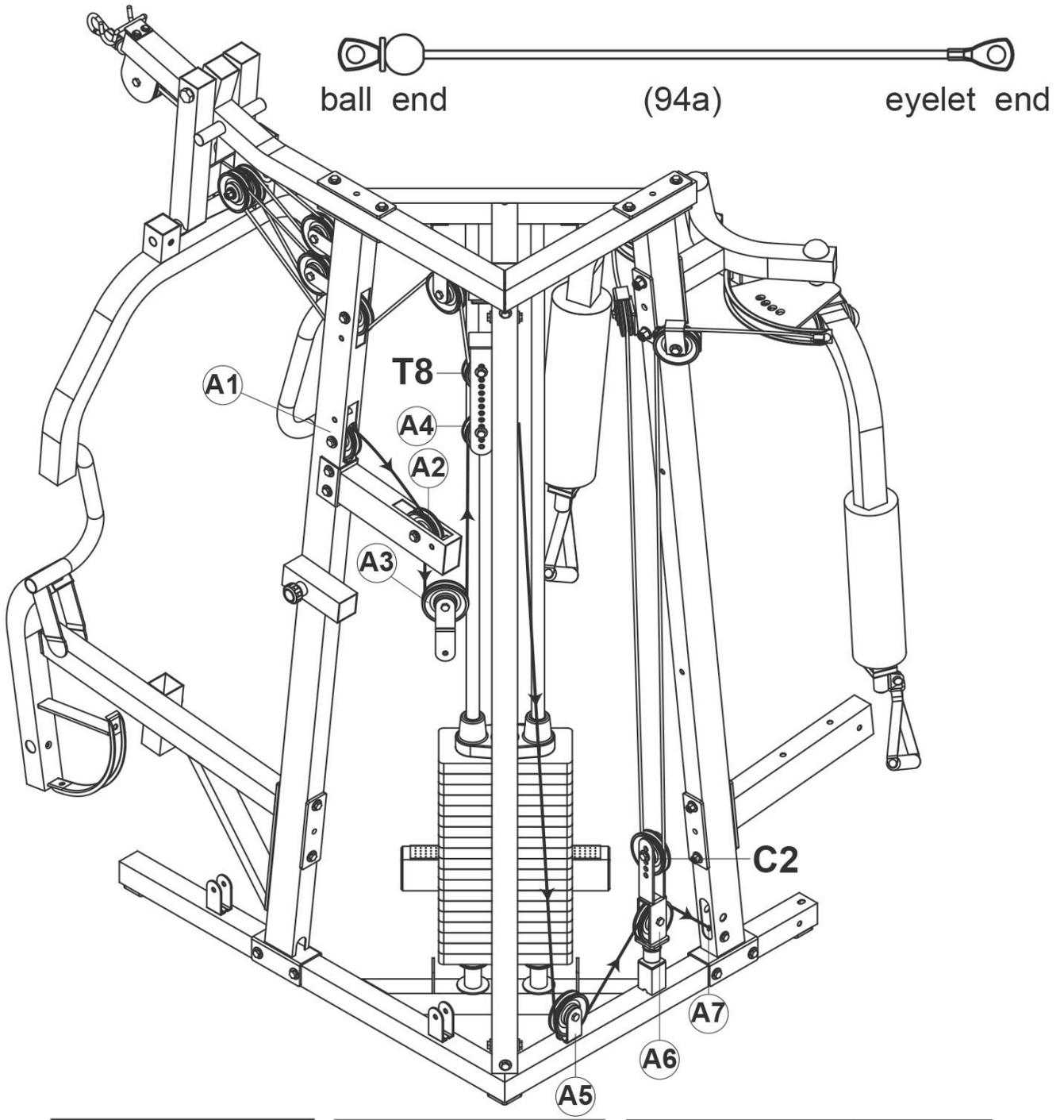
Step 8: Assembly of the Ab Cable

ⓘ NOTICE

- + The pulleys must be assembled simultaneously while passing the cable.
- + Do not use this cable if you purchased the optional leg press. In that case, the leg press cable is installed here instead. Refer to the instructions for the leg press assembly and cable routing instead.

1. Pass the ball end of the ab cable (94a) through the slot in the press upright (3).
2. Mount a pulley (49) inside the slot with one bolt (79), two washers (90), two bushings (68) and one nut (87) [fig. A1]. Make sure the cable (94a) runs over the pulley.
3. Repeat the procedure for step 2 with the ab pulley tube (11a) [fig. A2].
4. Pass the cable (94a) further down and around pulley A3 mounted inside the double pulley bracket (27a) [fig. A3].
5. Pass the cable (94a) over the pulley (T8) mounted in the adjustable floating pulley block (29) [fig. A4].
6. Pass the cable (94a) under the pulley (49) mounted at the base frame (1) [fig. A5].
7. Pass the cable (94a) over the pulley (49) mounted at the bottom of the adj. pulley block (29a) [fig. A6].
8. Attach the eyelet end of the cable (94a) to the slot in the pec dec upright (2) with one bolt (80), two washers (90) and one nut (87) [fig. A7].



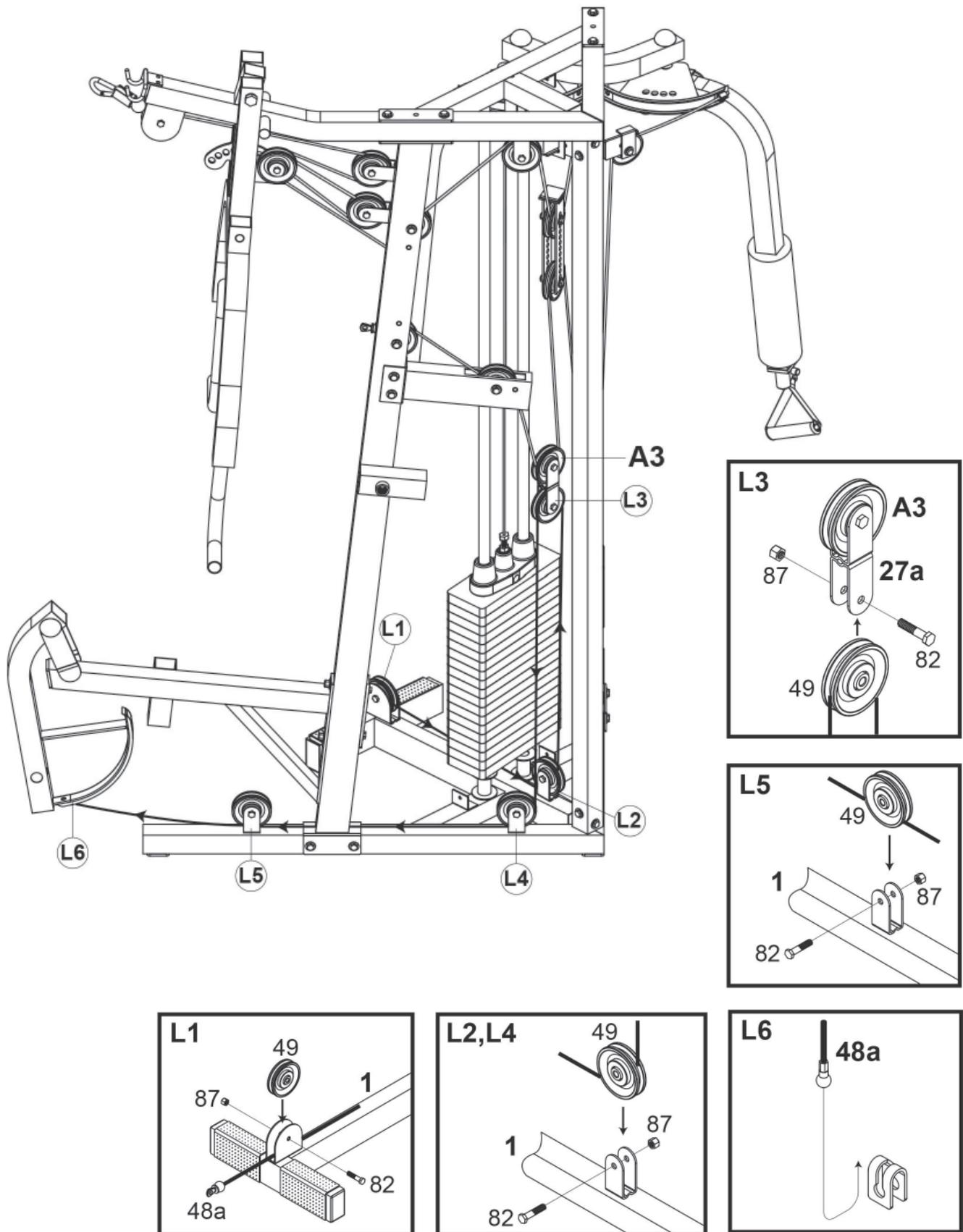
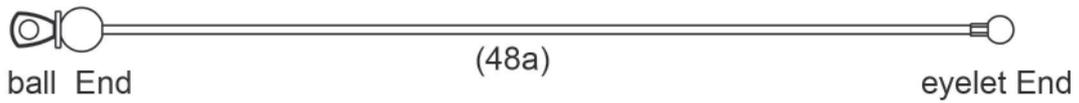


Step 9: Assembly of the Lower Cable

► **ATTENTION**

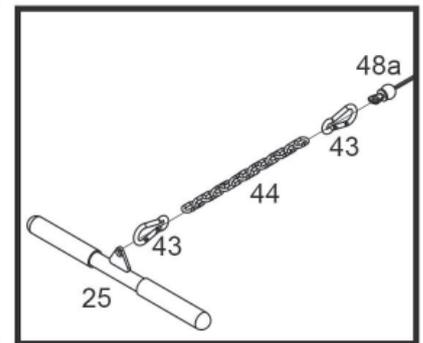
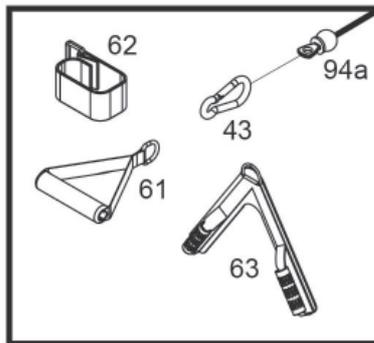
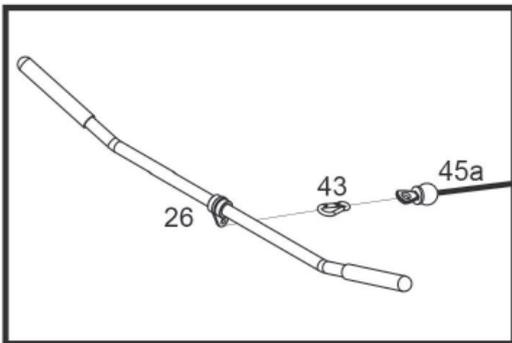
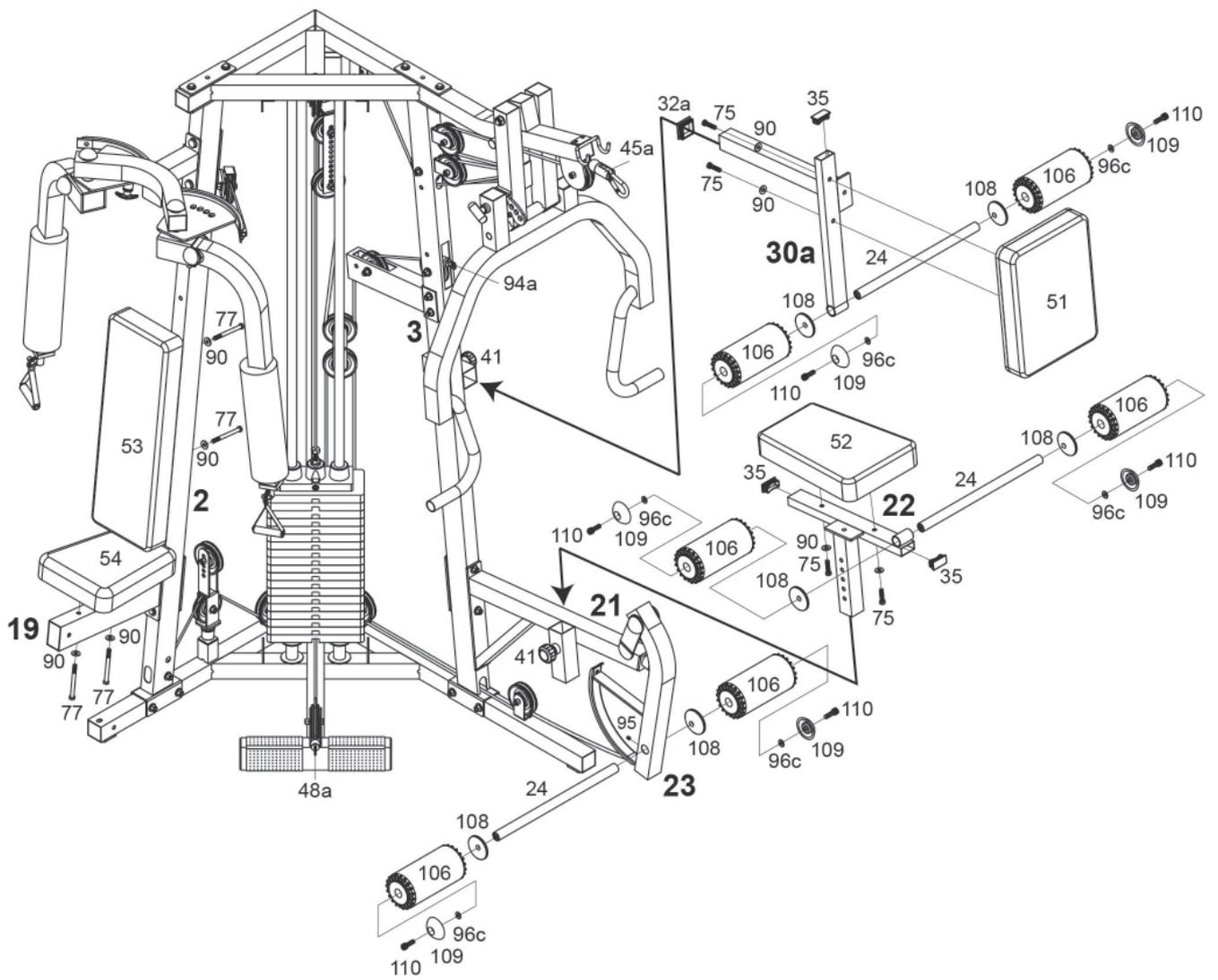
The pulleys must be assembled simultaneously while passing the cable.

1. Insert the ball end of the lower cable (48a) and pass the cable under the pulley (49) [L1].
2. Pass the cable (48a) under the pulley (49) [L2].
3. Pass the cable (48a) over the lower pulley (49) [L3] mounted in the double pulley bracket (27a).
4. Pass the cable (48a) under the pulleys (49) [L4, L5].
5. Attach the eyelet end of the cable (48a) under the cam of the leg extension (23) and through the bracket of the foot rest [L6].



Step 10: Assembly of the Pads and Accessories

1. Attach one rectangular end plug (35) to the top of the chrome back adjuster (30a).
2. Mount the smaller press back pad (51) to the chrome back adjuster (30a) with two bolts (75) and two washers (90).
3. Insert a roller bar (24) through the bottom of the chrome back adjuster (30a).
4. Moisten two covered foam pads (106) with water and slide them onto the roller bar (24).
5. Fix the covered foam pads (106) to the roller bar (24) with one screw (110), one washer (96c), one plastic cover (109) and one plastic washer (108) each.
6. Slide the chrome back adjuster (30a) through the bracket on the press upright (3) and lock it in place with the knob (41).
7. Attach one square end plug (32a) to the back of the chrome back adjuster (30a).
8. Mount the larger press seat pad (52) to the chrome seat adjuster (22) with two bolts (75) and two washers (90).
9. Attach two rectangular end plugs (35) to the front and rear of the chrome seat adjuster (22).
10. Insert a roller bar (24) through the front of the chrome seat adjuster (22).
11. Moisten two covered foam pads (106) with water and slide them onto the roller bar (24).
12. Mount the covered foam pads (106) to the roller bar (24) with one screw (110), one washer (96c), one plastic cover (109) and one plastic washer (108) each.
13. Insert a roller bar (24) through the front of the leg extension (23).
14. Moisten two covered foam pads (106) with water and slide them onto the roller bar (24).
15. Mount the covered foam pads (106) to the roller bar (24) with one screw (110), one washer (96c), one plastic cover (109) and one plastic washer (108) each.
16. Slide the chrome seat adjuster (22) into the seat frame (21) and lock it in place with the knob (41).
17. Mount the larger pec dec back pad (53) to the pec dec upright (2) with two bolts (77) and two washers (90).
18. Mount the smaller pec dec seat pad (54) to the pec dec seat bar (19) with two bolts (77) and two washers (90).
19. The interchangeable accessories (26, 61, 63, 25) can be attached to the different cable ends with a hook (43) and/or chain (44) as shown in the drawings.



Step 11: Adjustment of the Cables

After assembly of the cables, the length of the cables might need adjustment. The cables should be tightened to the point just before the top plate lifts off the weight stack. If the top plate is not resting on the weight stack, you must add length. If the cables are too loose, you must shorten them. There are several adjustment points depending on the extent of the adjustment.

Minor Adjustments

If only minor adjustments need to be made, you can adjust the screw end on the top cable (attached to the top plate).



CAUTION

Due to safety purposes, the cable must be screwed in at least 1/3.

Once you are done with the adjustments, lock the cable into place using the jam nut.

Larger Adjustments

Larger adjustments are made at the floating pulley block (29) and adj. pulley block (29a).

Floating pulley block (29)

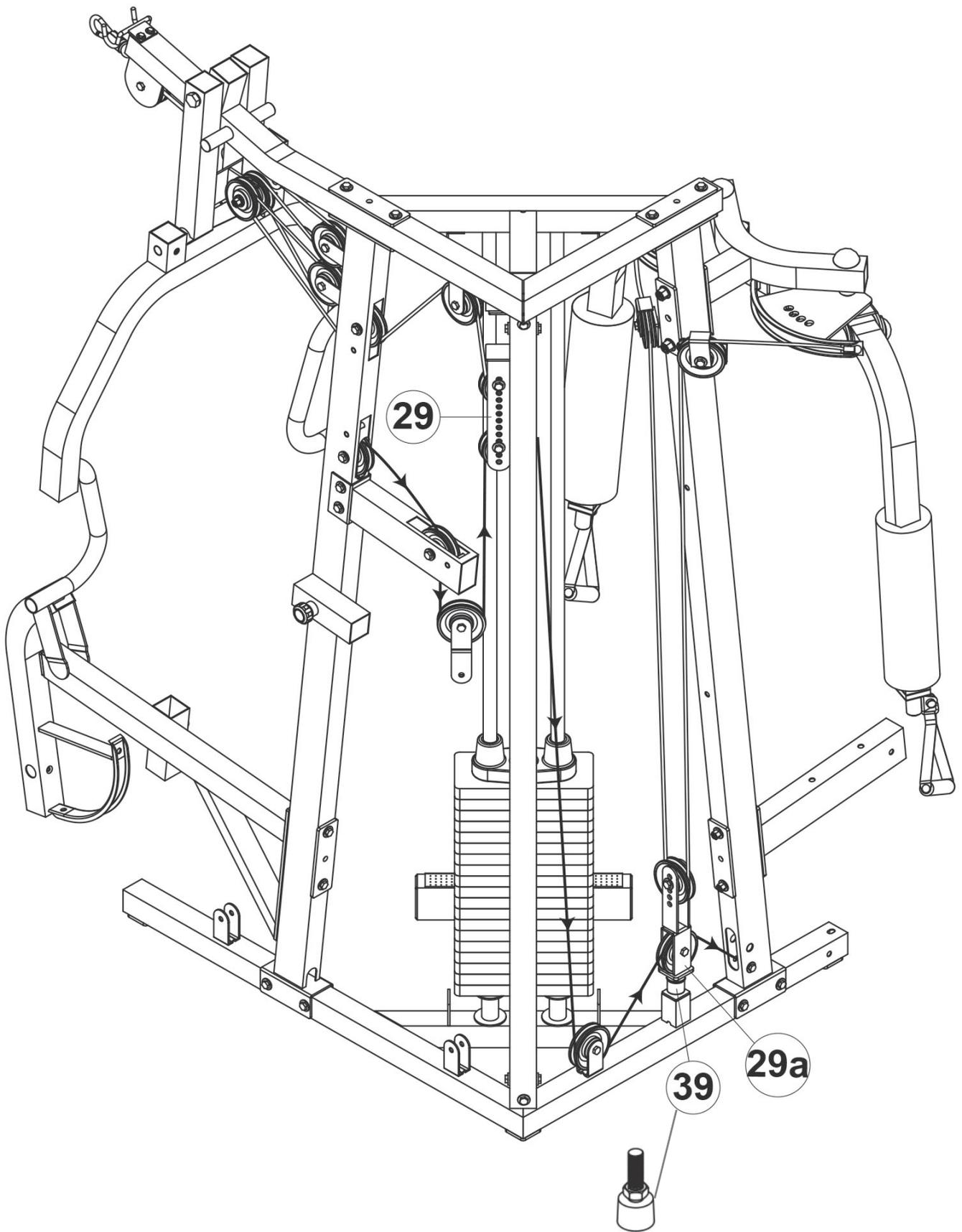
1. Loosen the bolt (82) and nut (87).
2. To shorten the length of the cable, move the lower pulley towards the centre (more tension).
3. To add length to the cable, move the lower pulley downwards (less tension).
4. Reattach the bolt (82) and nut (87).

Adj. pulley block (29a)

1. Loosen the bolt (82) and nut (87).
2. To shorten the length of the cable, move the upper pulley downwards (more tension).
3. To add length to the cable, move the upper pulley upwards (less tension).
4. Reattach the bolt (82) and nut (87).

Once the cables have been adjusted, the rubber stoppers (39) must also be adjusted to prevent the cables from slacking.

One stopper is placed at the top frame where it touches the floating pulley block (29) and the other is placed at the base frame just below the adj. pulley block (29a). Tighten the rubber stoppers (39).

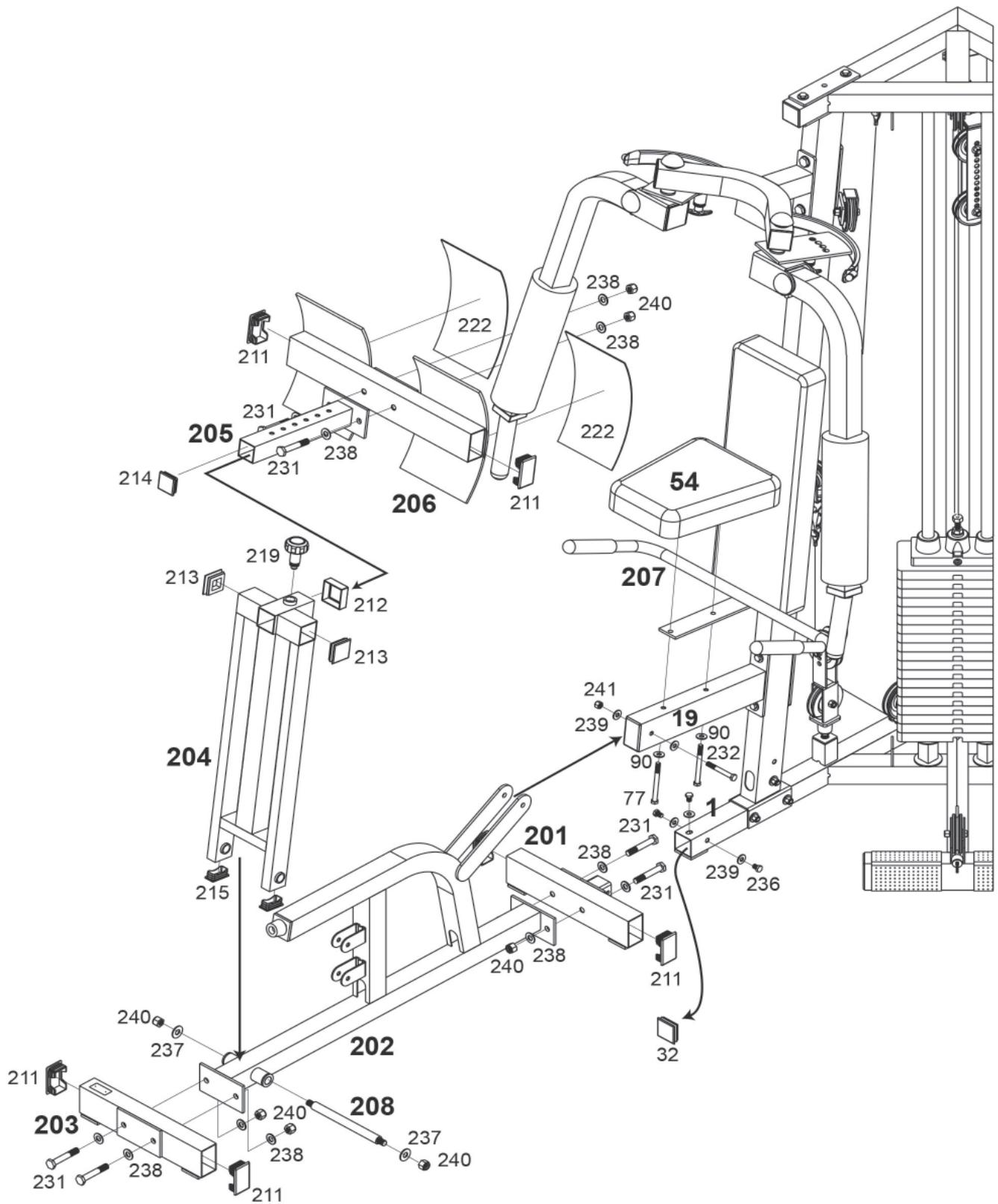


2.4 Assembly: Leg Press

The leg press is an optional addition to the Galena multi-gym. The leg press is not included in the scope of delivery and must be purchased separately. The leg press can only be used with the Galena multi-gym. Contact your dealer for more information.

Step 1: Assembly of the Leg Press

1. Remove the 50 mm end plug (32) from the base frame (1).
2. Remove the pec dec seat pad (54) from the pec dec seat bar (19) by loosening the bolts (77) and washers (90).
3. Attach two rect. 45x75 end plugs (211) to the connect tube (201).
4. Attach the connect tube (201) to the base frame (1) with three bolts (236) and three washers (239).
5. Attach the main frame (202) to the connect tube (201) with two bolts (231), four washers (238) and two nylon nuts (240).
6. Attach the main frame (202) to the pec dec seat bar (19) with one bolt (232), two washers (239) and one nylon nut (241).
7. Attach two end plugs (211) to the front stabilizer (203).
8. Attach the front stabilizer (203) to the main frame (202) with two bolts (231), four washers (238) and two nylon nuts (240).
9. Attach two end plugs (213) and two rect. end plugs (215) to the leg press support (204).
10. Attach the leg press support (204) to the main frame (202) with one axle (208), two washers (237) and two nylon nuts (240).
11. Attach the foot rest (206) to the sliding tube (205) with two bolts (231), four washers (238) and two nylon nuts (240).
12. Insert the sliding tube (205) into the leg press support (204) and lock it in place with the knob (219). Make sure the knob (219) engages in one of the holes.
13. Attach one square spacer (212) and one end plug (214) to the sliding tube (205).
14. Attach two non-slip pads (222) to the foot rest (206).
15. First place the handle bar (207) and then the pec dec seat pad (54) onto the pec dec seat bar (19) and attach the handle bar (207) and the pec dec seat pad (54) to the pec dec seat bar (19) with the previously removed bolts (77) and washers (90).



Step 2: Assembly of the Leg Press Cable

① NOTICE

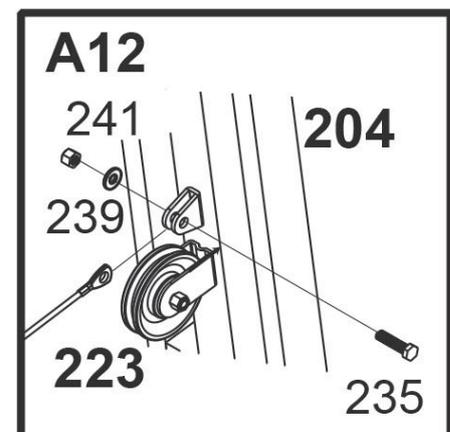
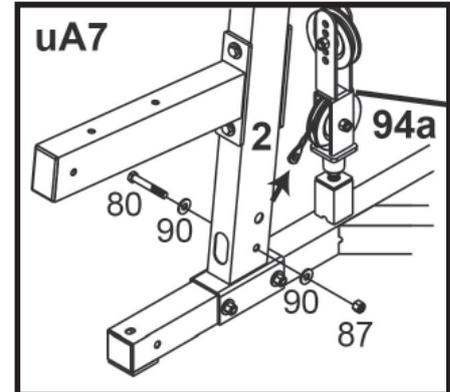
If the pulleys (49) were previously assembled, they might need to be removed first and re-assembled during cable routing.

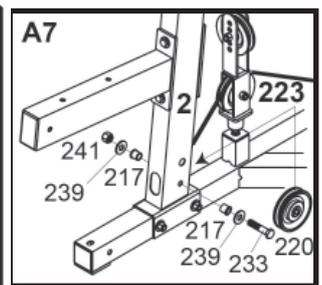
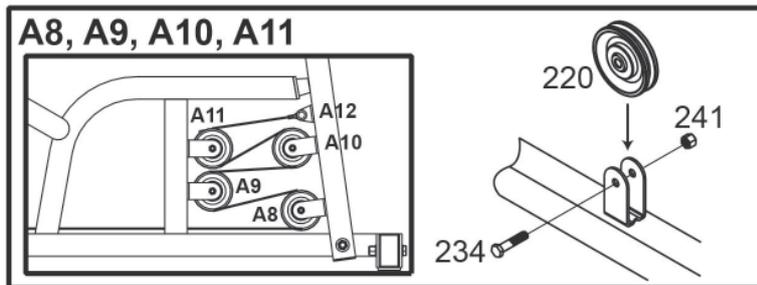
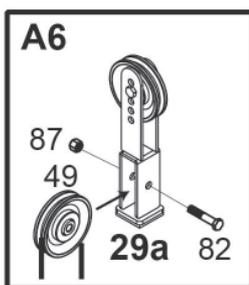
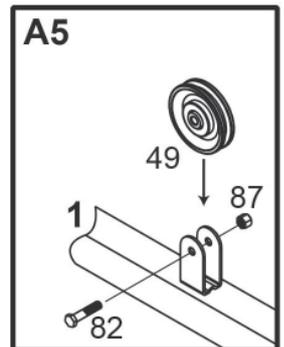
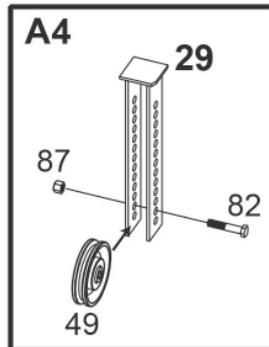
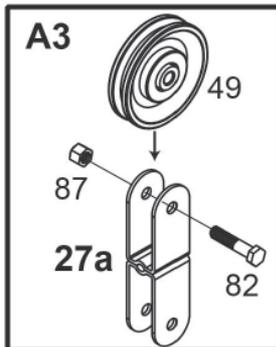
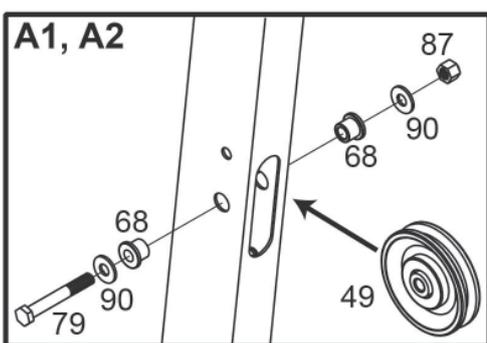
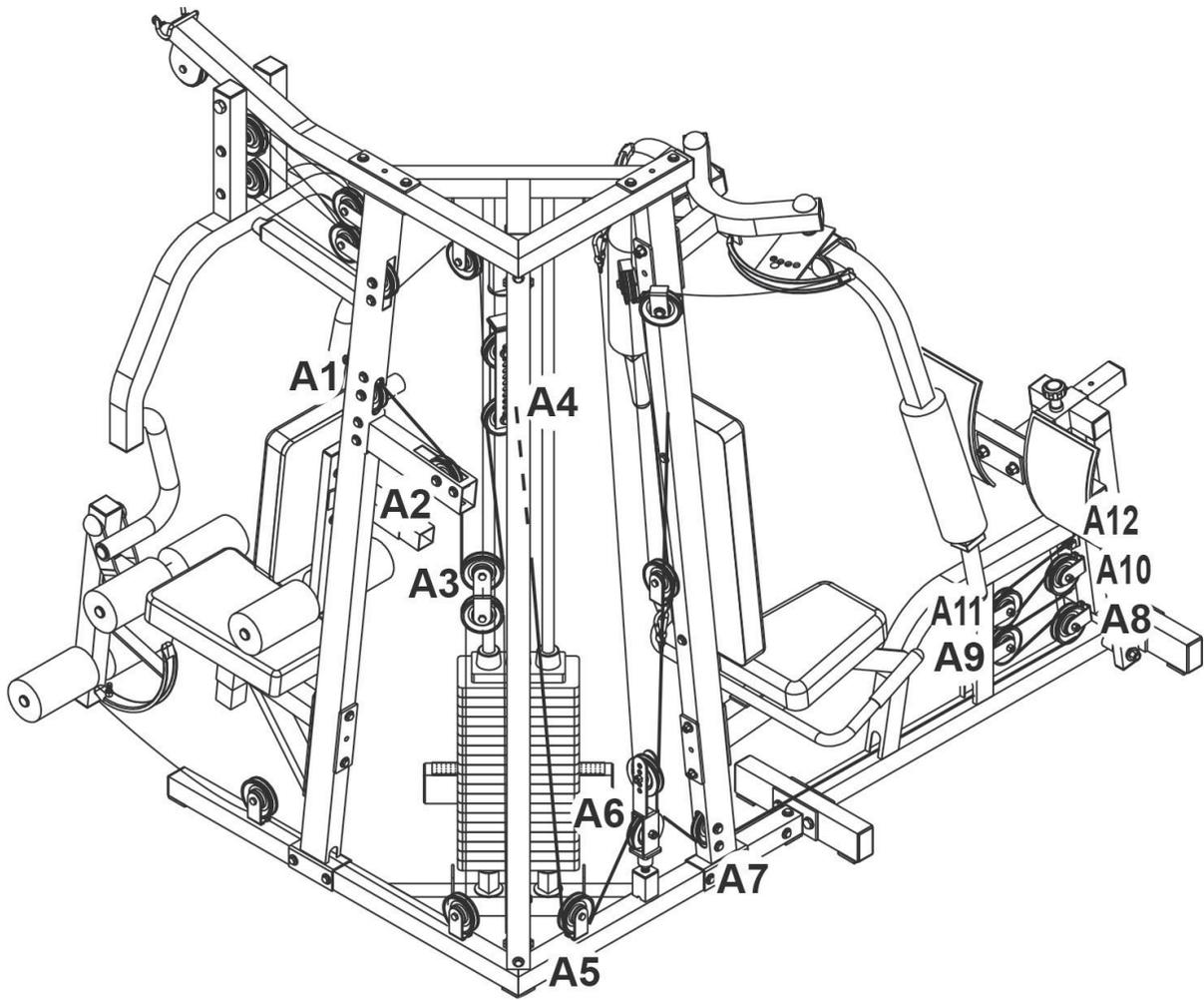
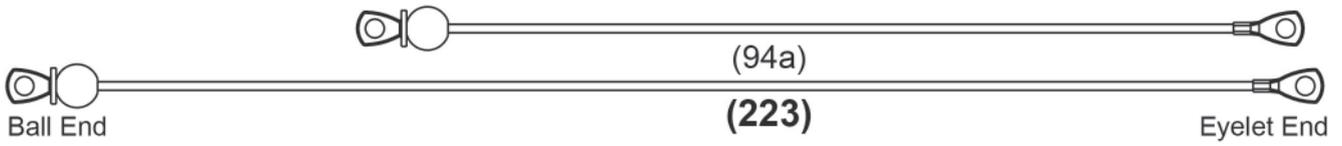
1. If previously installed, completely remove the ab cable (94a) by unscrewing the bolt (80) [fig. uA7].
2. Insert the ball end of the leg press cable (223) into the slot in front of the press upright (3) and pass the cable (223) over the pulleys A1 and A2.
3. Pass the cable (223) down and under pulley A3 and up over pulley A4.
4. Pass the cable (223) down and under pulley A5 and over A6.

① NOTICE

For the positions A7, A8, A9, A10 and A11, the pulleys (220) are assembled as shown simultaneously during cable routing.

5. Pass the cable (223) under pulley A7 and A8, over A9, under A10 and over A11.
6. Insert the eyelet end of the cable (223) into the bracket of the leg press support (204) and secure with one bolt (235), one washer (239) and one nylon nut (241) [fig. A12].





3.1 General Instructions



WARNING

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.



ATTENTION

- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

4.1 General Instructions



WARNING

- + Do not make any improper changes to the equipment.



CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

4.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Grinding noises	Cables or pulleys do not run smoothly or are damaged	+ Visual inspection of the cable routing or the pulley guide + If damaged, replace the defective part
Weight hanging in the air	Cable tensioned too tight	Readjust cable tension
Cable without tension	Cable too loose	+ Check cable routing + Readjust cable tension
Squeaking & cracking noises	Screw connections loosened or too tight	+ Check or lubricate screw connections* + Check cable routing
Unit wobbles	+ Uneven ground + Loose screw connections	+ Align unit + Tighten screw connections
Heavy draught	+ Weight holders/guide rods too dry + Faulty cable routing	+ Lubricate guide rods* + Check cable routing

* With a grease-free silicone oil or silicone spray.

4.3 Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly
Cables	C	I	
Screw connections		I	
Pulleys and cable routing		I	
Slide rails/Guide rods		I	
Weights			I
Cushions	C	I	
Legend: C = clean; I = inspect			

5 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an recycling centre. Further information can be obtained from your local authority's recycling service.



The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

6 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For training equipment like smith machines, weight benches or racks this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat but it could be also **additional weights, handles, foot straps** for leg exercises or **triceps ropes**. For some smith machines, there are also optional add-ons such as **leg presses** that make your workout even more intense and comprehensive.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Alternatively, you can use the QR-code provided. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



floor mat



chest strap



triceps rope



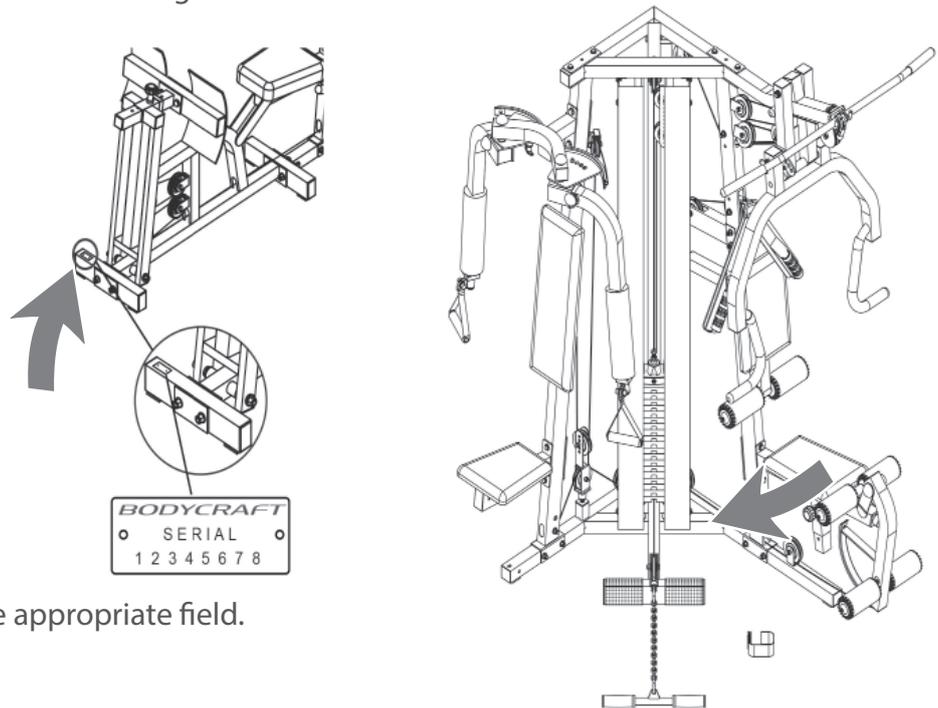
weight block extension

7.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 9 of this operating manual.

NOTICE

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.



Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

Article Number:

7.2 Parts List: Multi-gym

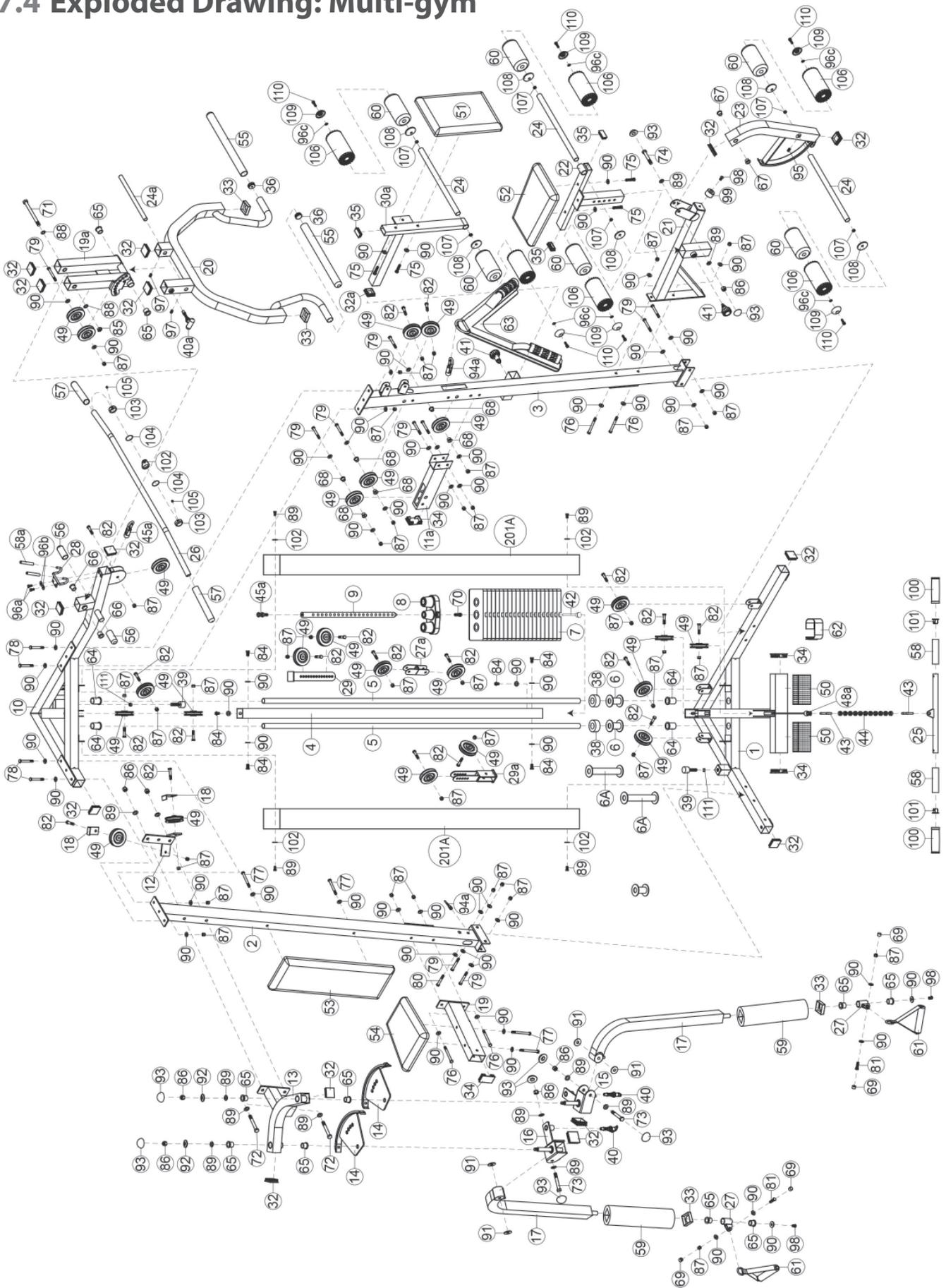
No.	Name	Qty.	No.	Name	Qty.
1	BASE FRAME	1	27	BUSHING OF HAND GRIP (pre-assembled)	2
2	PEC DEC UPRIGHT	1	27a	DOUBLE PULLEY BRACKET	1
3	PRESS UPRIGHT	1	28	LAT BAR HOLDER	1
4	CENTER UPRIGHT	1	29	FLOATING PULLEY BLOCK	1
5	GUIDE ROD	2	29a	ADJ PULLEY BLOCK	1
6	SHORTER STACK SPACER	2	30a	CHROME BACK ADJUSTER	1
6A	LONGER STACK SPACER	2	31	60mm SQUARE END PLUG	2
7	WEIGHT PLATE (150LBS)	14	32	50mm SQUARE END PLUG	13
7	WEIGHT PLATE (200LBS)	19	32a	45mm SQUARE END PLUG	1
8	TOP PLATE	1	33	50mm SQUARE END CAP	4
9	SELECTOR ROD	1	34	45 X 75mm RECT. END PLUG	4
10	TOP FRAME	1	35	1" X 2" RECT. END PLUG	3
11a	AB PULLEY TUBE	1	36	1-1/4" ROUND END PLUG	2
12	PEC DEC PULLEY BRACKET	1	38	RUBBER CUSHION	2
13	PEC DEC SUPPORT	1	39	RUBBER STOPPER	2
14	ADJ. CAM	2	40	POP PIN	2
15	LEFT PEC DEC ARM BRACKET (pre-assembled)	1	40a	RED POP PIN	1
16	RIGHT PEC DEC ARM BRACKET	1	41	KNOB	2
17	PEC DEC ARM	2	42	MAGNETIC SELECTOR	1
18	PULLEY GUIDE BRACKET	2	43	CLIP	4
19	PEC DEC SEAT BAR	1	44	LINK	1
19a	PRESS ARM SUPPORT	1	45a	TOP CABLE	1
20	PRESS ARM	1	46a	PEC DEC CABLE	1
21	SEAT FRAME	1	48a	LOWER CABLE	1
22	CHROME SEAT ADJUSTER	1	49	PULLEY	24
23	LEG EXTENSION	1	50	NONSLIP	2
24	ROLLER BAR	3	51	PRESS BACK PAD (SMALLER)	1
24a	PRESS AXLE	1	52	PRESS SEAT PAD (LARGER)	1
25	CURL BAR	1	53	PEC DEC BACK PAD (LARGER)	1
26	LAT BAR	1	54	PEC DEC SEAT PAD (SMALLER)	1

55	1-1/4" HAND GRIP(LONGER)	2	84	3/8" X 3/4" HEX THREADED BOLT	6
56	1" X 70mm HAND GRIP	2			
57	1" X 200mm ROUND HAND GRIP	2	85	5/8" NYLON NUT	1
			86	1/2" NYLON NUT	7
58	1-1/4" X 140mm ROUND HAND GRIP	2	87	3/8" NYLON NUT	42
			88	5/8" WASHER	2
58a	LAT BAR HOLDER COVER	2	89	1/2" WASHER	12
59	4" X 14" FOAM PAD	2	90	3/8" WASHER	58
60	4" X 8" FOAM PAD	6	91	1/2" TEFLON WASHER	4
61	SINGLE HANDLE	3	92	1/2" SPRING WASHER	2
62	ANKLE STRAP	1	93	CAP FOR 1/2" NUT	8
63	AB CRUNCH	1	94a	AB CABLE	1
64	1" ID BUSHING	4	95	5/16" X 1/2" INNER HEX SCREW	1
65	3/4" ID BUSHING	10			
66	5/8" ID BUSHING	2	96a	5/16" X 1/2" HEX HEAD BOLT	2
67	1/2" ID BUSHING	2	96b	5/16" SMALLER WASHER	2
68	3/8" ID X 10mm BUSHING	6	96c	5/16" LARGER WASHER	6
69	CAP FOR 3/8" NUT	4	97	3/8" X 3/4" INNER HEX SCREW	2
70	7/16" X 1-1/2" TOP PLATE BOLT	1	98	3/8" X 5/8" SET SCREW	3
71	5/8" X 7-1/2" HEX HEAD BOLT	1	99	BUMPER	1
72	1/2" X 4-1/4" HEX HEAD BOLT	2	100	1-1/4" HAND GRIP	2
73	1/2" X 3-1/2" HEX HEAD BOLT	2	101	1" T SHAPE END PLUG	2
74	1/2" X 3-1/4" HEX HEAD BOLT	1	102	HOOK PLATE	1
75	3/8" X 1-3/4" HEX THREADED BOLT	4	103	COLLAR	2
			104	SEALING RING	2
76	3/8" X 4" HEX HEAD BOLT	4	105	M6 INNER HEX SCREW	2
77	3/8" X 3-3/4" HEX HEAD BOLT	4	106	COVER OF FOAM PAD	6
78	3/8" X 3-1/8" HEX HEAD BOLT	4	107	5/16" NUT	6
79	3/8" X 2-3/4" HEAX HEAD BOLT	10	108	PLASTIC WASHER	6
			109	PLASTIC COVER	6
80	3/8" X 2-1/2" HEX HEAD BOLT	1	110	5/16" X 1-1/4" SUNKEN HEAD SCREW	6
81	3/8" X 1-1/4" HEX THREADED BOLT	2			
82	3/8" X 1-3/4" HEX HEAD BOLT	19	111	1/2" NUT	2

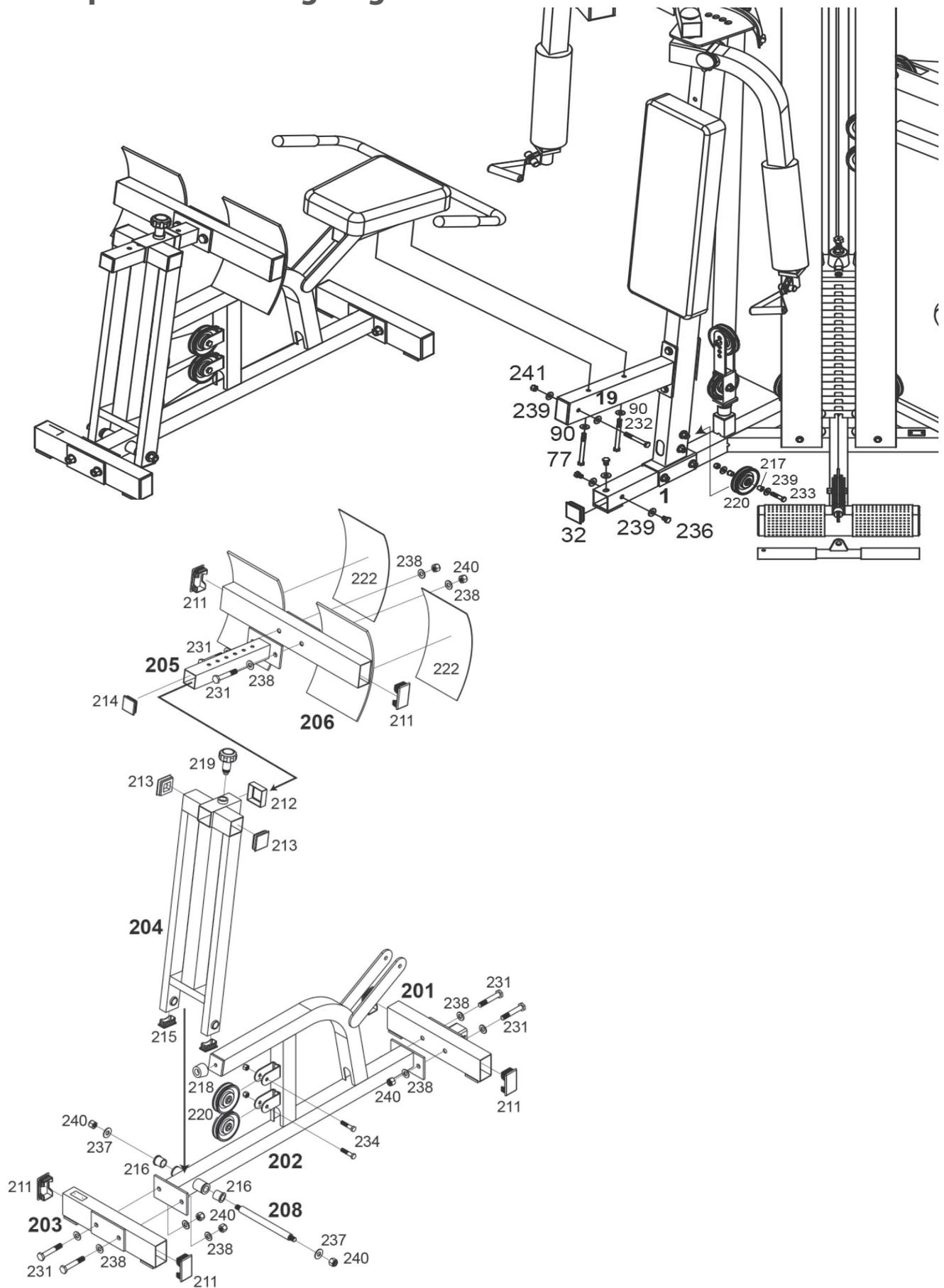
7.3 Parts List: Leg Press

No.	Name	Qty.	No.	Name	Qty.
201	Connect tube	1	219	Knob	1
202	Main frame	1	220	Pulley	5
203	Front stabilizer	1	221	Hand grip	2
204	Leg press support	1	222	Non-slip pad	2
205	Sliding tube	1	223	Leg press cable	1
206	Foot rest	1	231	1/2" x 3" hex head bolt	6
207	Handle bar	1	232	3/8" x 3" hex head bolt	1
208	Axle	1	233	3/8" x 2-3/4" hex head bolt	1
211	Rect. 45 x 75 end plug	6	234	3/8" x 1-3/4" hex head bolt	4
212	50 sq. spacer	1	235	3/8" x 1-1/2" hex head bolt	1
213	50 end plug	2	236	3/8" x 1/2" hex head bolt	3
214	45 end plug	1	237	1/2" washer (larger)	2
215	Rect. 1" x 2" end plug	2	238	1/2" washer	12
216	3/4" bushing	2	239	3/8" washer	17
217	3/8" bushing	2	240	1/2" nylon nut	8
218	Rubber stopper	1	241	3/8" nylon nut	7

7.4 Exploded Drawing: Multi-gym



7.5 Exploded Drawing: Leg Press



Products from BodyCraft® are subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

Error Descriptions

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

Your statutory rights are not affected.

Warrantee

The warrantee is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

Warranty period

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

Repair Costs

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warrantee personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

The terms of use are defined as follows:

- + Home use: solely for private use in private households up to 3 hours per day
- + Semi-professional use: up to 6 hours per day (e. g. rehabilitation centres, hotels, clubs, company gyms)
- + Professional use: more than 6 hours per day (e. g. commercial gyms)

Warranty Service

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

Warranty Conditions

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

- + misuse or improper handling
- + environmental influences (moisture, heat, electrical surge, dust, etc.)
- + failure to follow the current safety measures for the equipment
- + failure to follow the operating instructions
- + use of force (e. g. hitting, kicking, falling)
- + interventions which were not carried out by one of our authorized service centres
- + unauthorised repair attempts

Proof of Purchase and Serial Number

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.

Service outside of the Warranty Period

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

Communication

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

DE	DK	UK
<p>TECHNIK</p> <p> +49 4621 4210-900</p> <p> +49 4621 4210-698</p> <p> technik@fitshop.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p>SERVICE</p> <p> 0800 20 20277 (kostenlos)</p> <p> 04621 4210 - 0</p> <p> info@fitshop.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita</p>	<p>TEKNIK OG SERVICE</p> <p> 80 90 16 50</p> <p>+49 4621 4210-945</p> <p> info@fitshop.dk</p> <p> Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7</p> <p>FR</p> <p>TECHNIQUE & SERVICE</p> <p> +33 (0) 189 530984</p> <p>+49 4621 42 10 933</p> <p> info@fitshop.fr</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4</p>	<p>CUSTOMER SUPPORT</p> <p> 00800 2020 2772</p> <p>+494621 4210 944</p> <p> info@fitshop.co.uk</p> <p> You can find the opening hours on our homepage: https://stg.fit/statitic</p> <p>BE</p> <p>TECHNIQUE & SERVICE</p> <p> 02 732 46 77</p> <p>+49 4621 4210 933</p> <p> info@fitshop.be</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8</p>
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<p>TECNOLOGÍA Y SERVICIOS</p> <p> 911 238 029</p> <p> info@fitshop.es</p> <p> Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5</p>	<p>TECHNISCHE DIENST & SERVICE</p> <p> +31 172 619961</p> <p> service@fitshop.nl</p> <p> De openingstijden vindt u op onze homepage: https://stg.fit/statit3</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p> +49 4621 4210-944</p> <p> service-int@fitshop.de</p> <p> You can find the opening hours on our homepage: https://stg.fit/statita</p>
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<p>DZIAŁ TECHNICZNY I SERWIS</p> <p> 22 307 43 21</p> <p>+49 4621 42 10-948</p> <p> info@fitshop.pl</p> <p> Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6</p>	<p>TECHNIK & SERVICE</p> <p> 0800 20 20277 (Freecall)</p> <p>+49 4621 42 10-0</p> <p> info@fitshop.at</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb</p>	<p>TECHNIK & SERVICE</p> <p> 0800 202 027</p> <p>+49 4621 42 10-0</p> <p> info@fitshop.ch</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9</p>

Please find a detailed overview including address and opening hours for all stores of the Fitshop Group in Germany and abroad on the following website:

www.fitshop.com/en/stores

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Fitshop is Europe's largest specialist store for home fitness equipment with currently over 70 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

Fitshop offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

Visit us also on our social media platforms or our blog!

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Notes

Notes

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