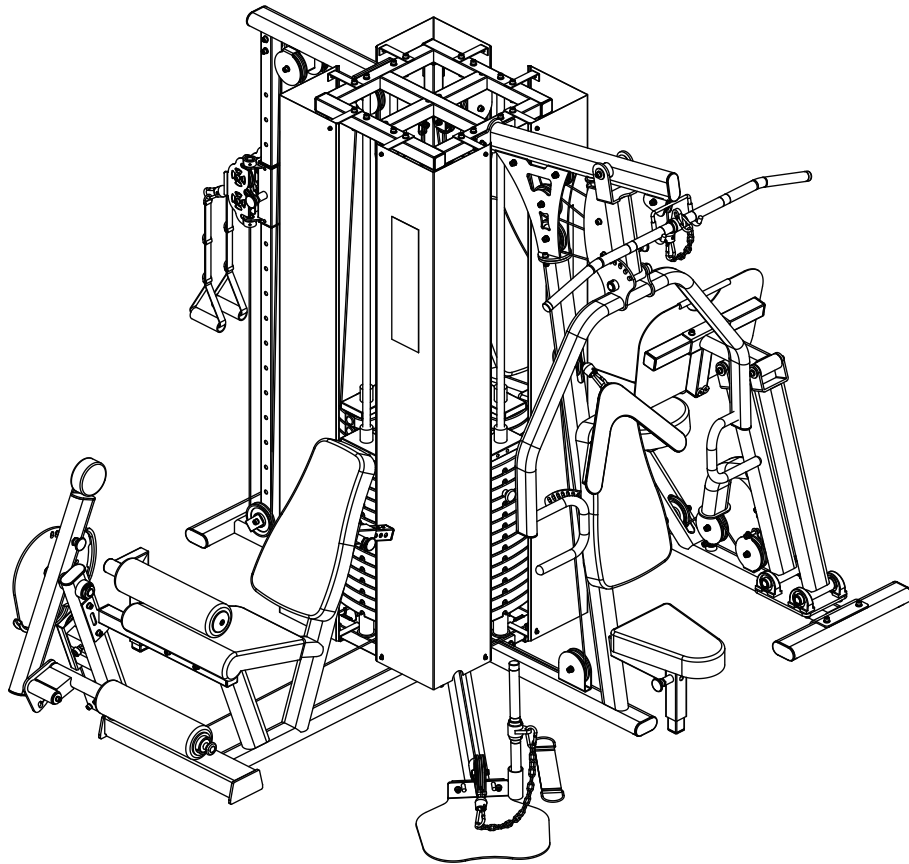


MS-54 Multi station
Metagenics Fitness Inc.



MS-54 Multi station

FM440P/S

FOUR WEIGHTWORK STATION



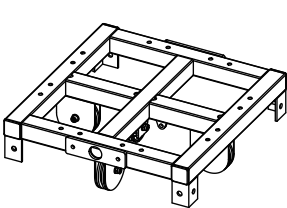
The company reserves the right to interpret and correct printing errors in the manual. Data changes due to product upgrades and improvements will not be notified without prior notice, and the changed content will be directly incorporated into the new version of the manual.

POINTS FOR ATTENTION

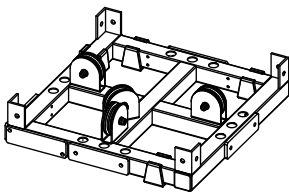
- 1.This equipment should be installed and used on a firm, flat and clean ground, not close to areas with water, nor can it be used outdoors. There should be a safety area of at least 1 meter around the equipment, and objects with edges and corners that may hurt people shouldn't be placed around the equipment.
- 2.The installation of this equipment requires the ground flatness deviation to be less than 3mm within 2 square meters.
- 3.This equipment is not suitable for children. Please keep children away from this equipment when using it. Adolescents should also use this equipment under the supervision of an adult. This equipment is not intended for use by persons who are incapacitated or have visual, auditory, or intellectual disabilities.
- 4.Please consult your trainer or doctor before exercising. Stop exercising immediately if you experience pain, weakness, dizziness, or any other discomfort.
- 5.Before using this equipment, please read all relevant instructions and labels. otherwise it may cause injury.
- 6.Be sure to conduct safety inspections before using the equipment. If you find a potential problem, please contact the staff at the gym or after-sales service immediately. Do not use the equipment and do not repair damaged or jammed equipment until you have verified that it is operating correctly.
- 7.If you do not know how to operate this equipment, please ask relevant personnel (such as fitness trainers, dealers) to demonstrate the use method and explain any safety matters.
- 8.Wear sportswear and sports shoes suitable for exercise, do not choose loose clothes. Remember not to wear slippers, leather shoes, high heels or bare feet to avoid safety problems.

POINTS FOR ATTENTION

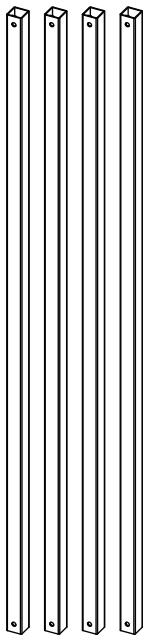
9. Don't push too hard or get too tired. Please choose the weight stacks reasonably and avoid using too heavy weight stacks, otherwise it may cause injury. Incorrect exercise and overtraining can cause harm to human health.
10. Never allow any objects to fall into or be inserted into any openings in the equipment.
11. When using the equipment, keep the head, limbs, fingers and hair away from all moving parts.
12. Never let weight stacks drop suddenly during exercise.
13. Make sure the selector pin is fully inserted. Use only the pins provided by the manufacturer. If you are not sure, please contact the relevant personnel of the gym or after-sales service.
14. Never embed weight stacks in raised positions. Never use the equipment if the top plate or weight stacks are embedded in a raised position. At this point, the facility's personnel or after-sales service personnel should be notified so that they can repair the equipment and ensure that the equipment is functioning properly.
15. This equipment is for its intended purpose only. Do not use accessories not recommended by the manufacturer, as such accessories may cause injury.
16. It can only be used in accordance with the provisions of this manual, and cannot be based on similar manuals of other manufacturers, nor can it be used to perform some functions that cannot be achieved.



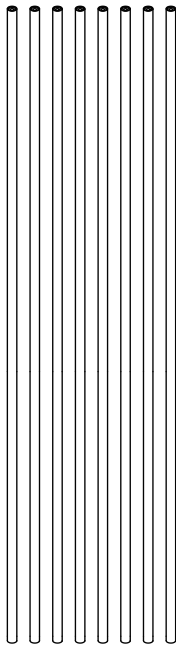
A x 1



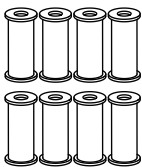
B x 1



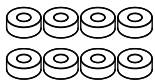
C x 4



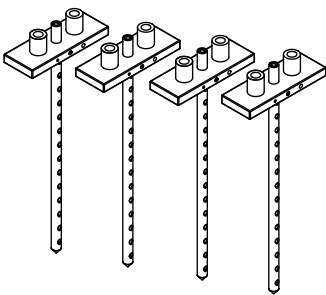
D x 8



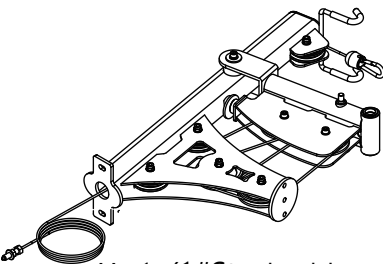
F x 8



G x 8



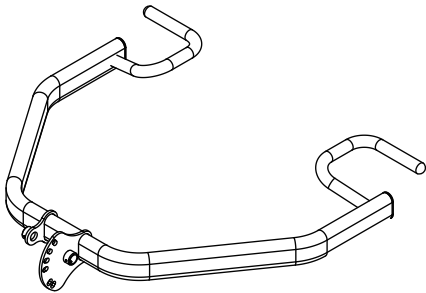
E x 4



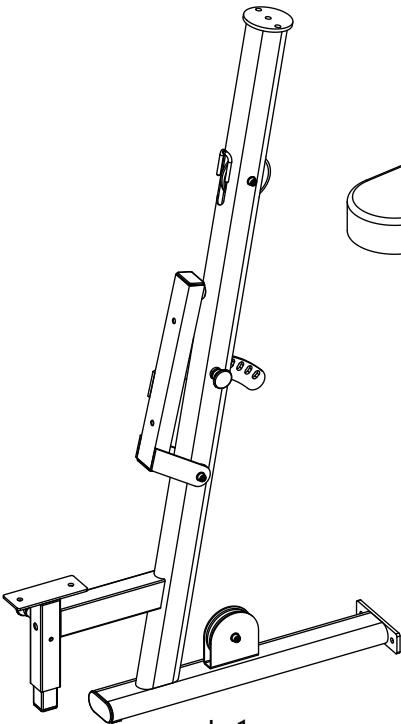
H x 1 (1#Steel cable pre-installed)



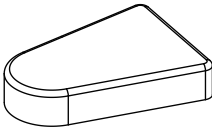
K x 1



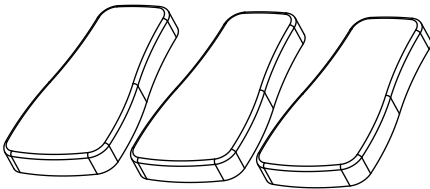
J x 1



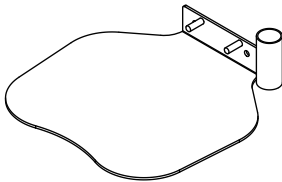
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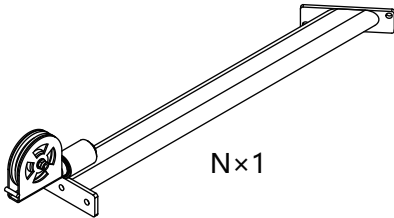
L x 1



M x 3



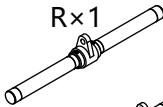
O x 1



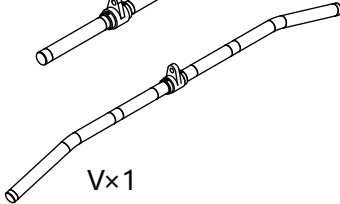
N x 1



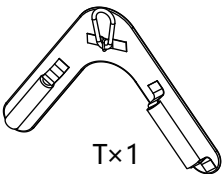
S x 1



R x 1



V x 1



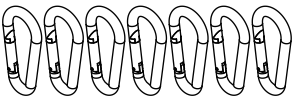
Tx1



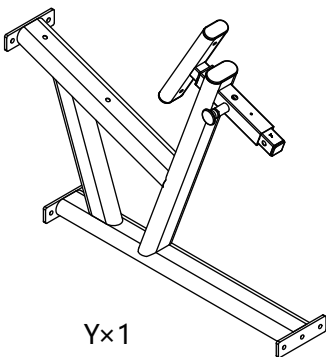
Ux1



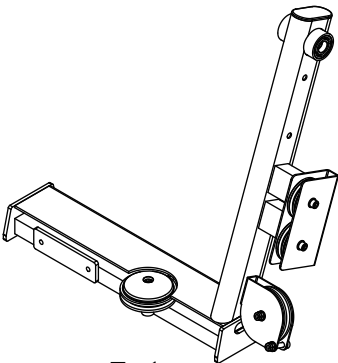
AZx1



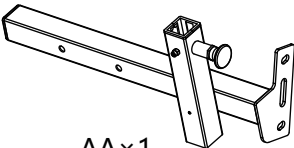
Xx7



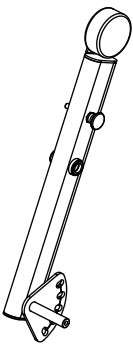
Yx1



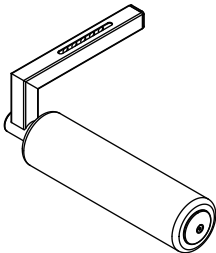
Zx1



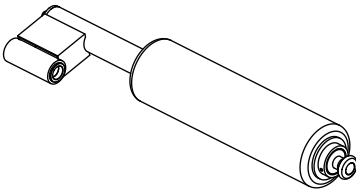
AAx1



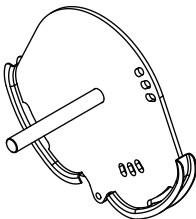
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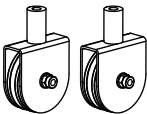
ACx1



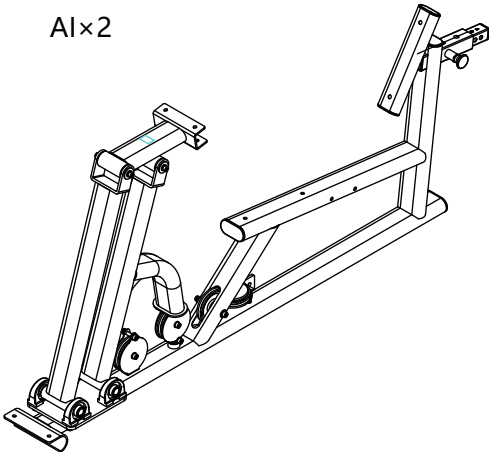
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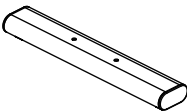
AEx1



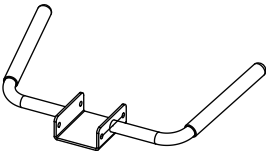
Alx2



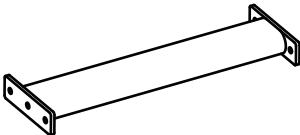
AJx1



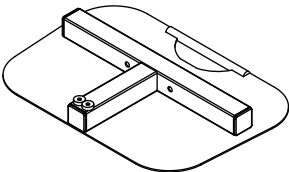
AKx1



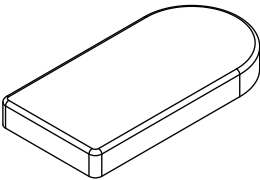
AMx1



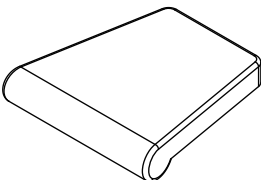
ALx1



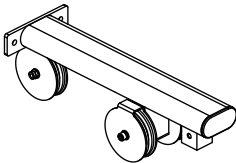
ANx1



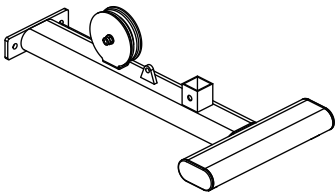
AOx1



APx1



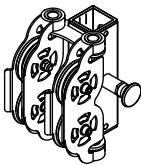
ASx1



ATx1



AUx1



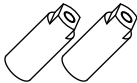
AVx1



AWx2



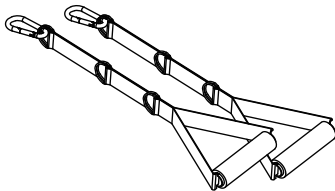
AXx2



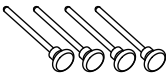
AYx2



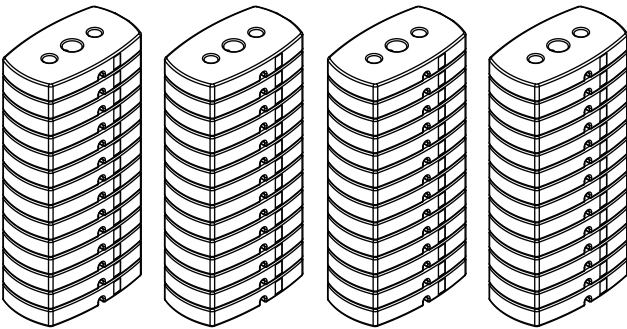
BDx1



BEx2



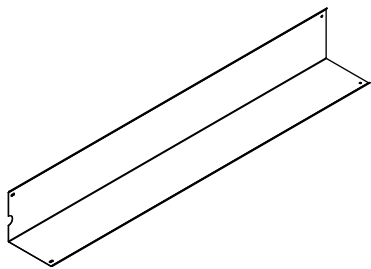
BGx4



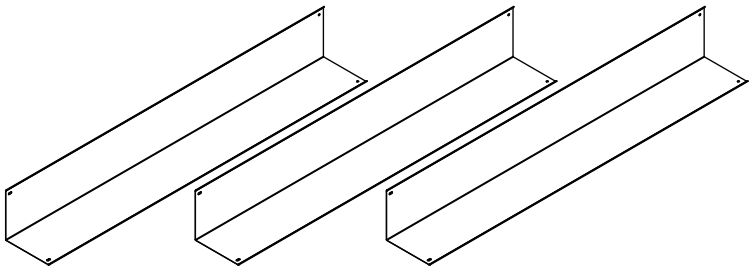
BFx56

5	KG
10	KG
15	KG
20	KG
25	KG
30	KG
35	KG
40	KG
45	KG
50	KG
55	KG
60	KG
65	KG
70	KG
75	KG

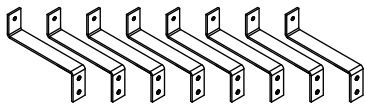
BHx4



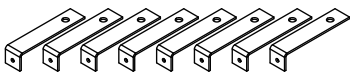
BI×1



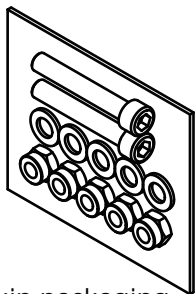
BJ×3



BL×8



BK×8



skin packaging



BM×1套



Q.2×1



AG.3×1



AH.4×1



AQ.5×1



AR.6×1



BA.7×1



BB.8×1



BC.9×1

NOTICE

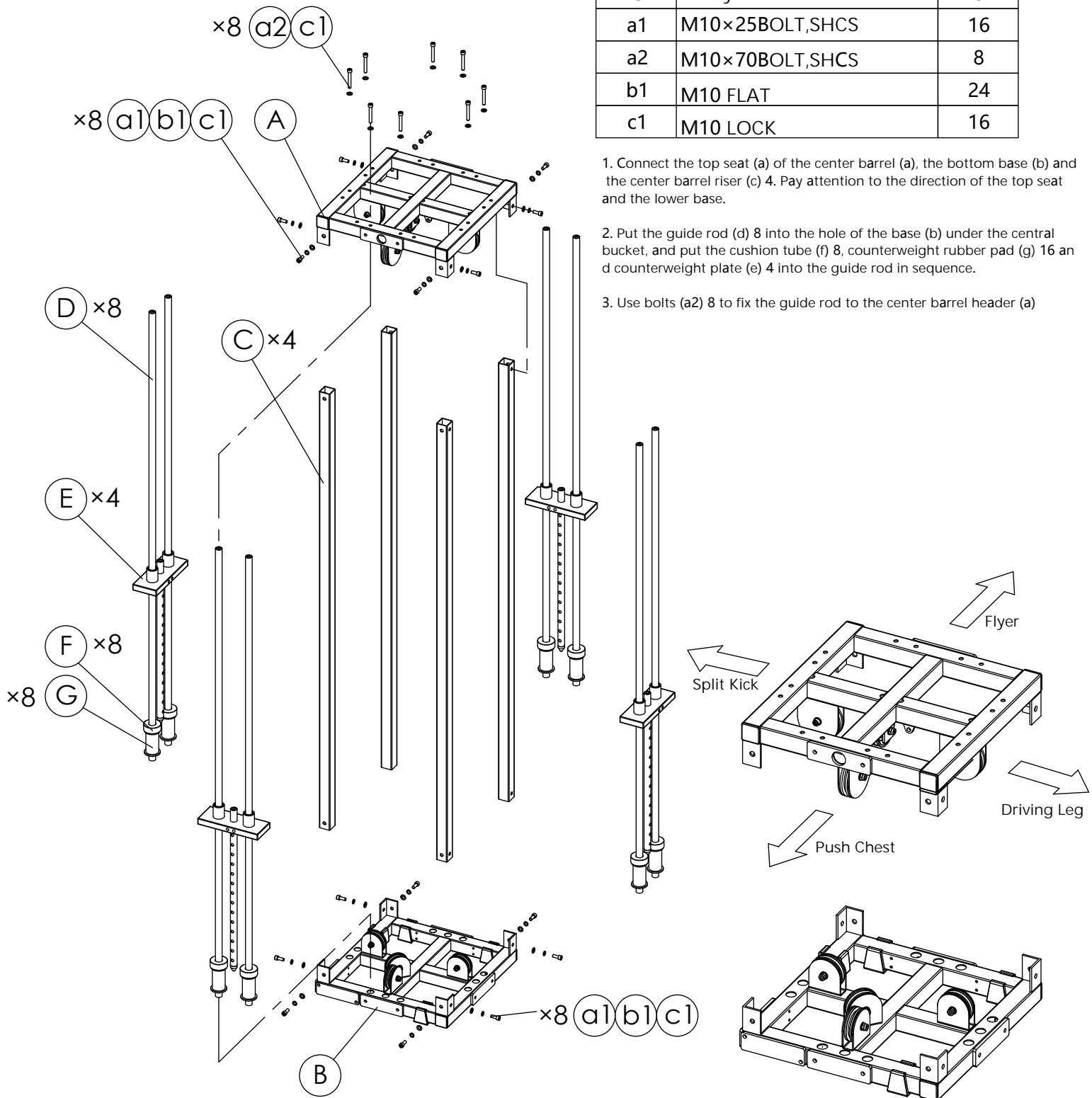
1. It is recommended that two or more people install together, otherwise it is prone to danger.
2. Read this manual carefully before installation. Installation according to this manual steps can speed up the installation speed and avoid installation errors.
3. Most of the nuts matched with the equipment are nylon anti-loose nuts, and the installation is sometimes slightly difficult to screw. In the specific installation, first use 50% force to install the bolts and nuts. After the device is basically assembled, please level the device and tighten all the nuts to ensure that the device is stable and firm.
4. Select the appropriate site before the installation to avoid moving again after the installation.

ITEM	NAME	QTY
A	Top seat on the center bucket	1
B	Center bucket under the base	1
C	Center barrel vertical pipe	4
D	Guide Rod	8
E	Top pressure plate	4
F	Mat executives	8
G	Heavy rubber mat	8
a1	M10×25BOLT,SHCS	16
a2	M10×70BOLT,SHCS	8
b1	M10 FLAT	24
c1	M10 LOCK	16

1. Connect the top seat (a) of the center barrel (a), the bottom base (b) and the center barrel riser (c) 4. Pay attention to the direction of the top seat and the lower base.

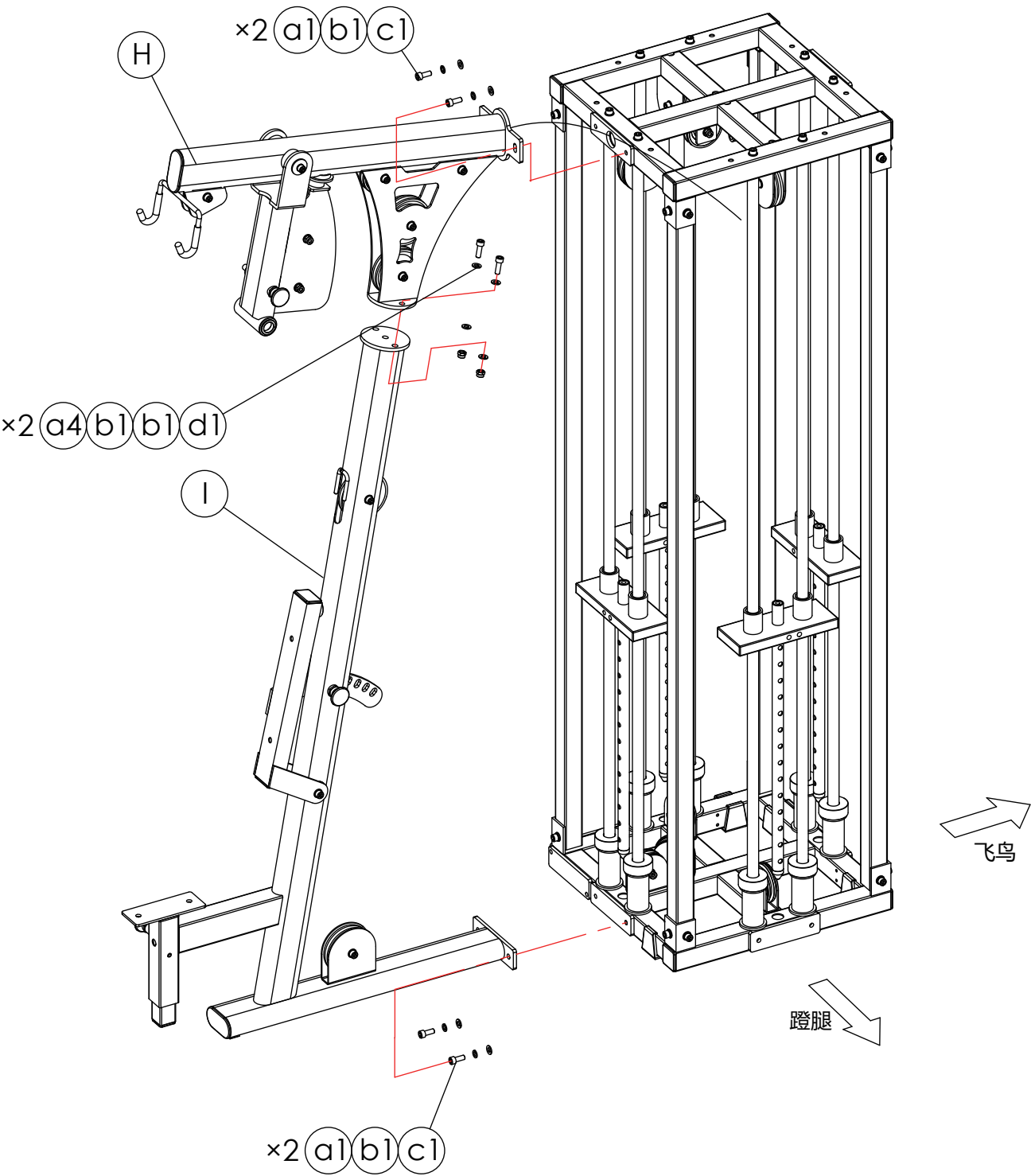
2. Put the guide rod (d) 8 into the hole of the base (b) under the central bucket, and put the cushion tube (f) 8, counterweight rubber pad (g) 16 and counterweight plate (e) 4 into the guide rod in sequence.

3. Use bolts (a2) 8 to fix the guide rod to the center barrel header (a)



ITEM	NAME	QTY
H	CHEST PRESS TOP FRAME	1
I	CHEST PRESS UPRIGHT FRAME	1
a1	M10×25BOLT,SHCS	4
a4	M10×35BOLT,SHCS	2
b1	M10 FLAT	8
c1	M10 LOCK	4
d1	LOCK NUT M10	2

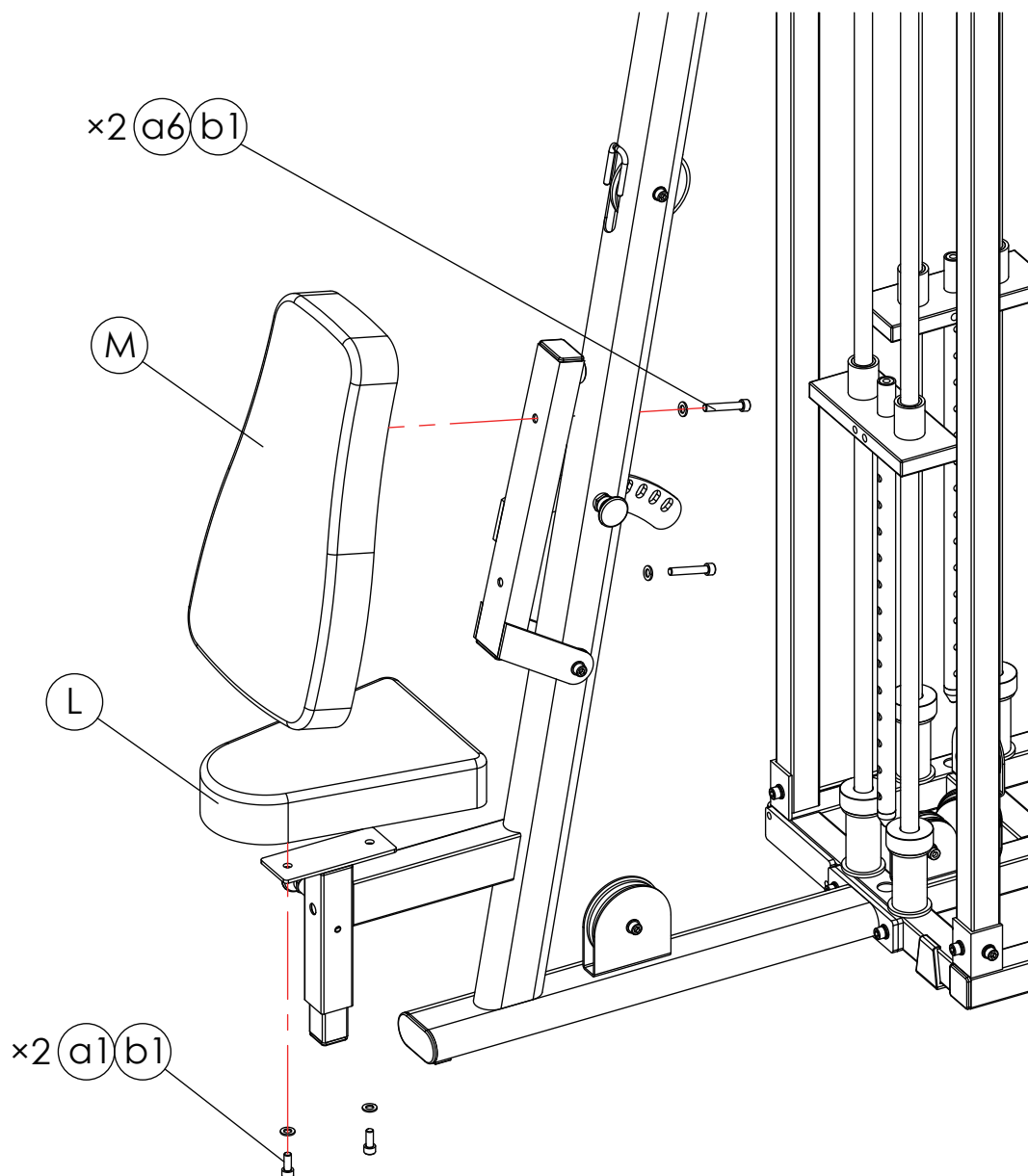
1. Use the bolt (a1) 4 to connect the top frame (h) with the main frame (i) with the central barrel, and the pre-installed steel cable of the top frame passes through the large hole of the central barrel.
2. Use bolts (a3) 2 to connect the upper top frame (h) and the main frame (i).



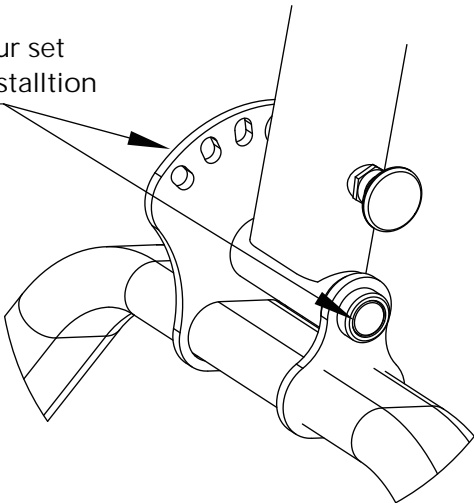
STEP3

ITEM	NAME	QTY
L	SEAT PAD	1
M	BACK PAD	1
a1	M10×25BOLT,SHCS	2
a6	M10×60BOLT,SHCS	2
b1	M10 FLAR	4

1. Connect the chest bearing cushion (l) to the rack with bolts (a1)
2. Connect the bolts (a6) 2 to the general back cushion (m) to the rack

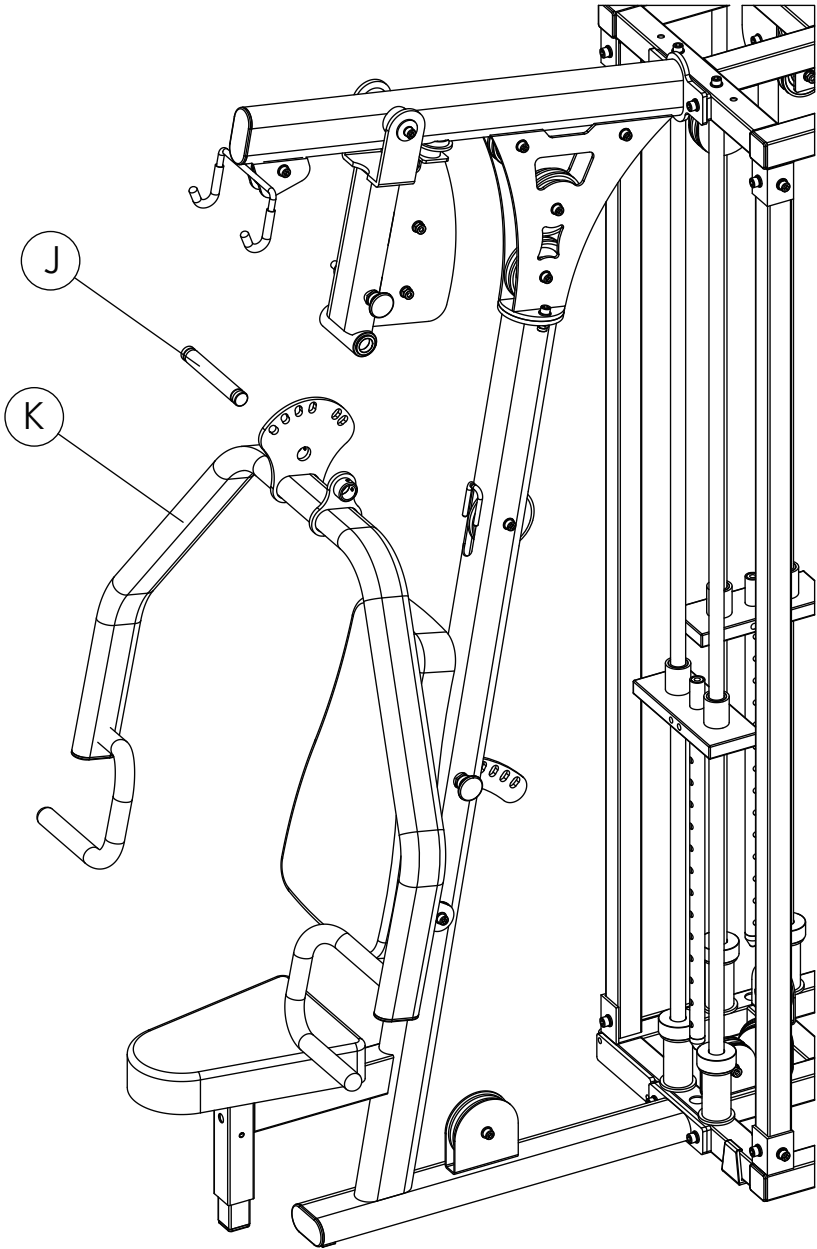


Tighten the four set screws after installation



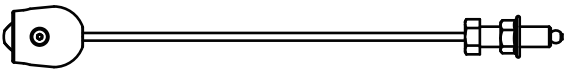
ITEM	NAME	QTY
J	AXLE	1
K	ASSY	1

1. Install the thrust arm (j), push the auxiliary shaft (k) through the sleeve, and the lock tightly sets the screw.

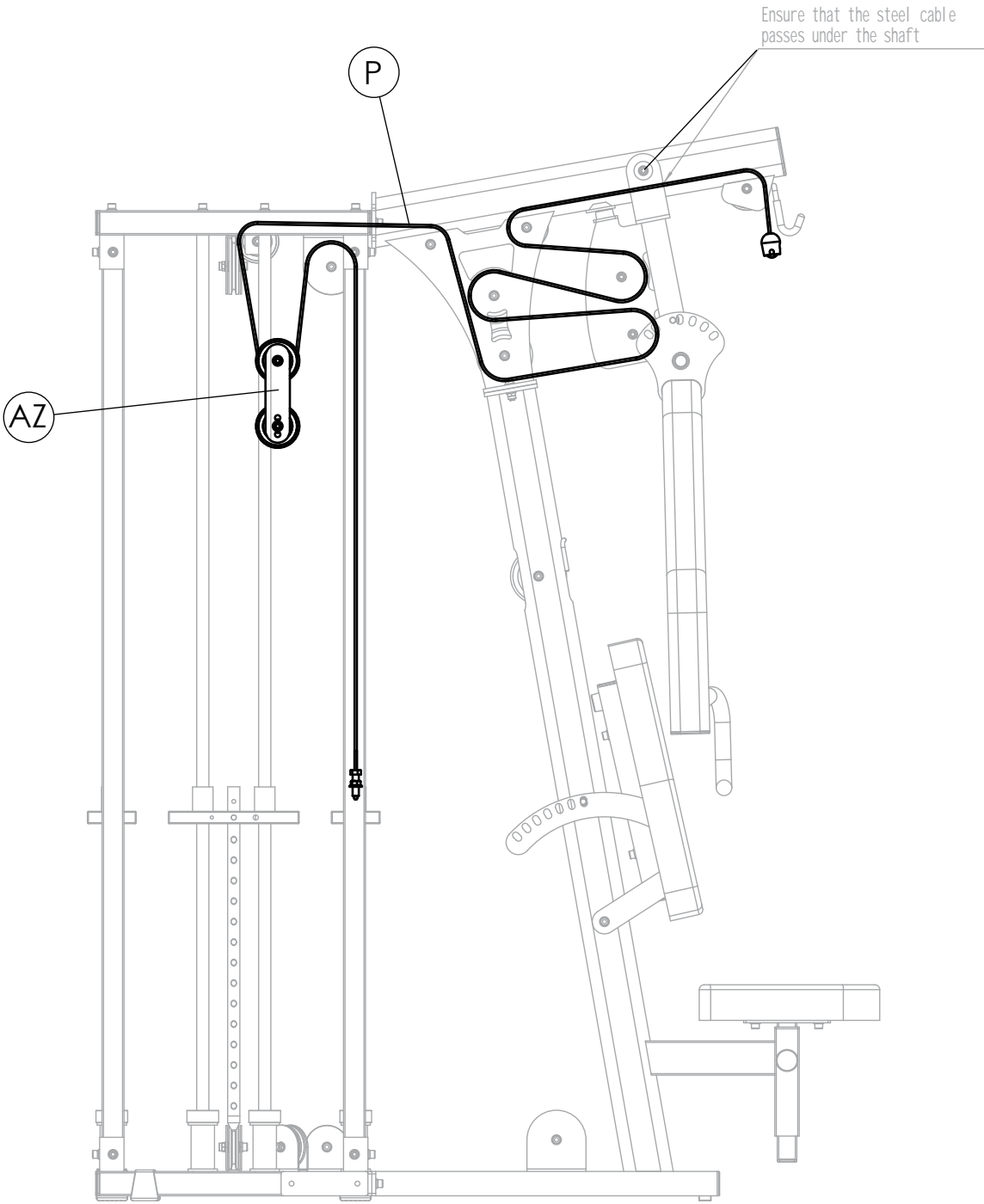


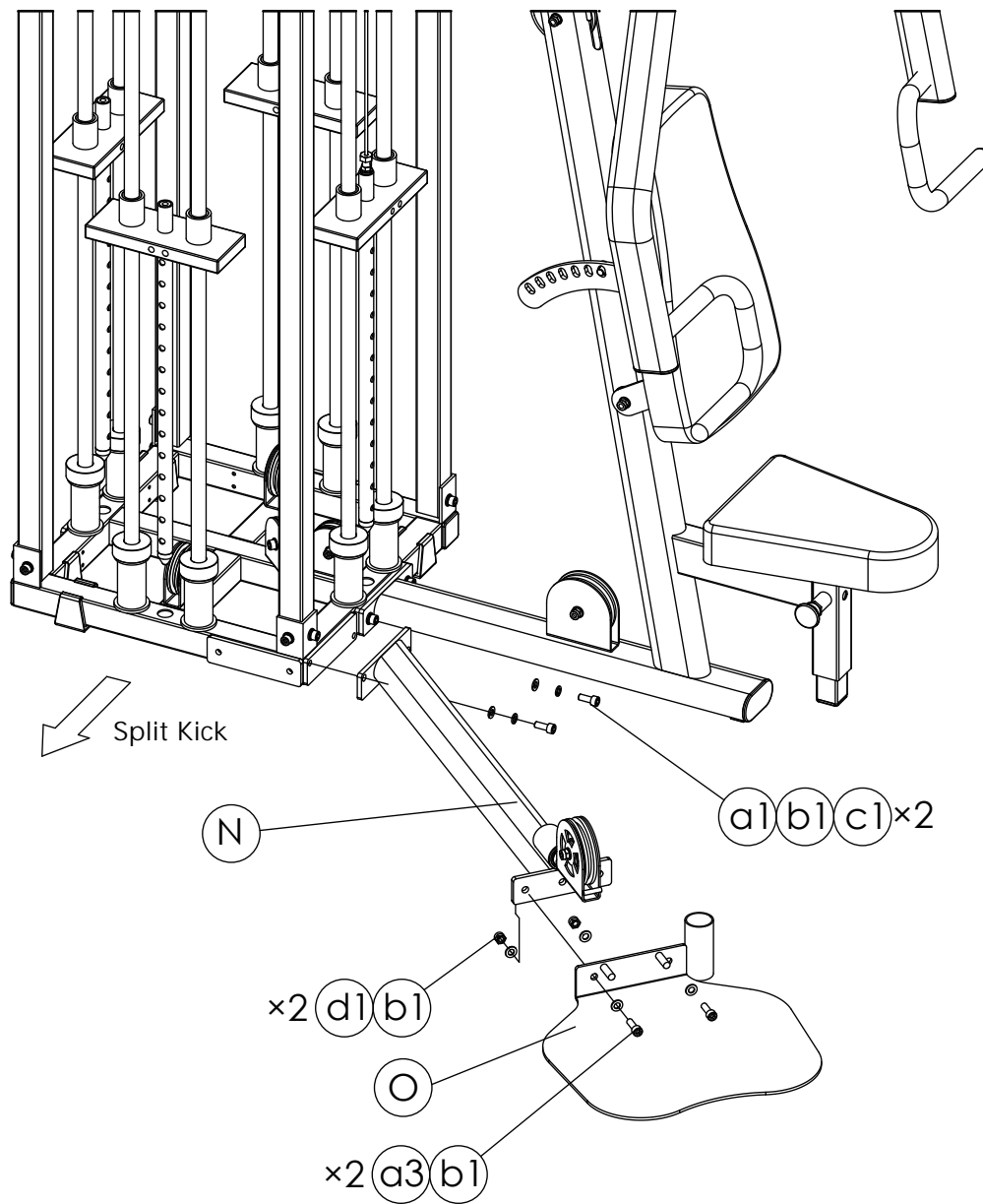
ITEM	NAME	QTY
P	1#CABLE	1
AZ	ASSY,FLOATING DUO PULLEY	1

CABLE1# L: 4590mm



1. Install the 1 # steel cable (P), bypass the double pulley frame (AZ), and reach the counterweight top pressing plate.



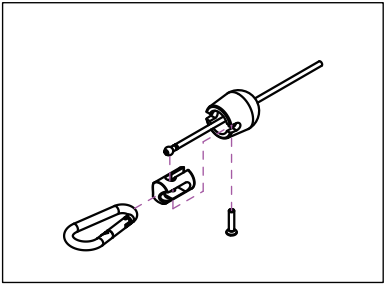


ITEM	NAME	QTY
N	LOW PULLEY	1
O	LOW PULLEY FOOT PLATE	1
a1	M10×25 BOLT,SHCS	2
a3	M10×30 BOLT,SHCS	2
b1	M10 FLAT	6
c1	M10 LOCK	2
d1	LOCK NUT M10	2

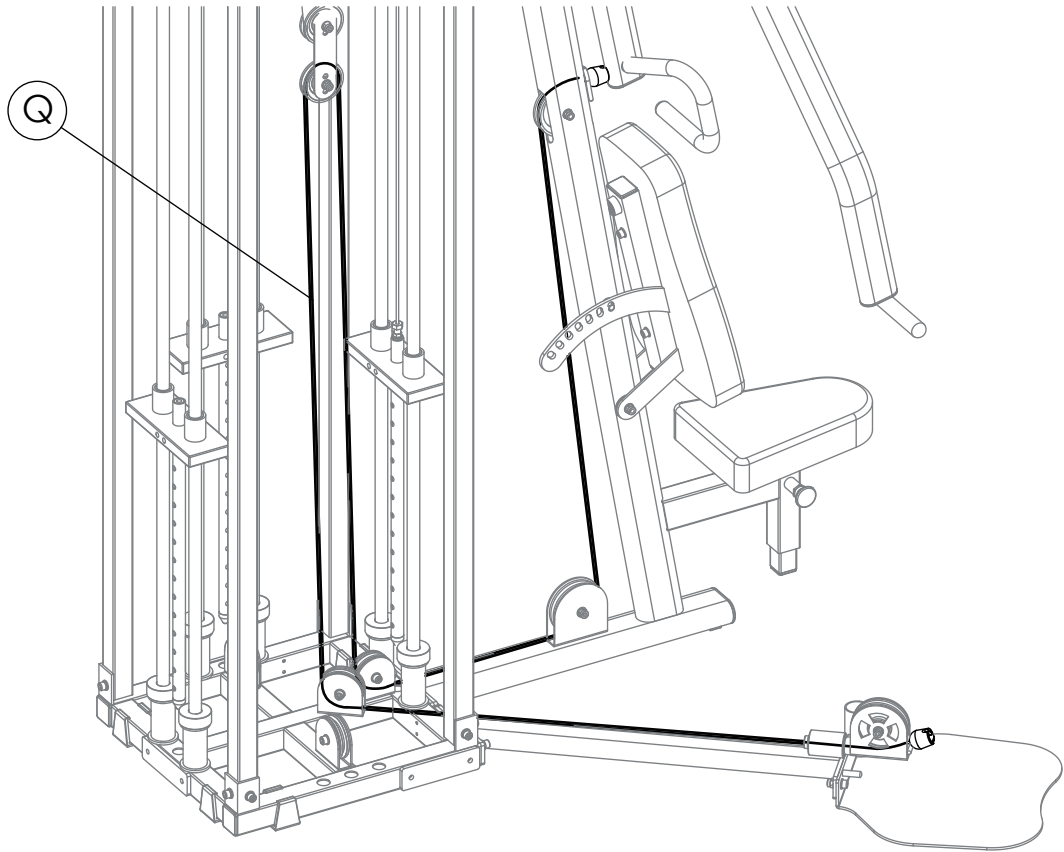
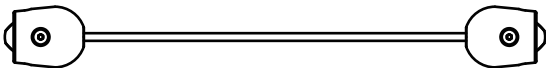
1. Use bolts (a1) × Connect the bottom pipe (N) in the fifth direction to the center barrel with bolts (a3) × 2. Connect the fifth directional pedal (O) and the fifth directional bottom pipe (N)

ITEM	NAME	QTY
Q	2#CABLE	1

1. Install the 2 # steel cable (Q) as shown in the figure, and disassemble the end assembly of the steel cable during installation, which helps to quickly install the steel cable.

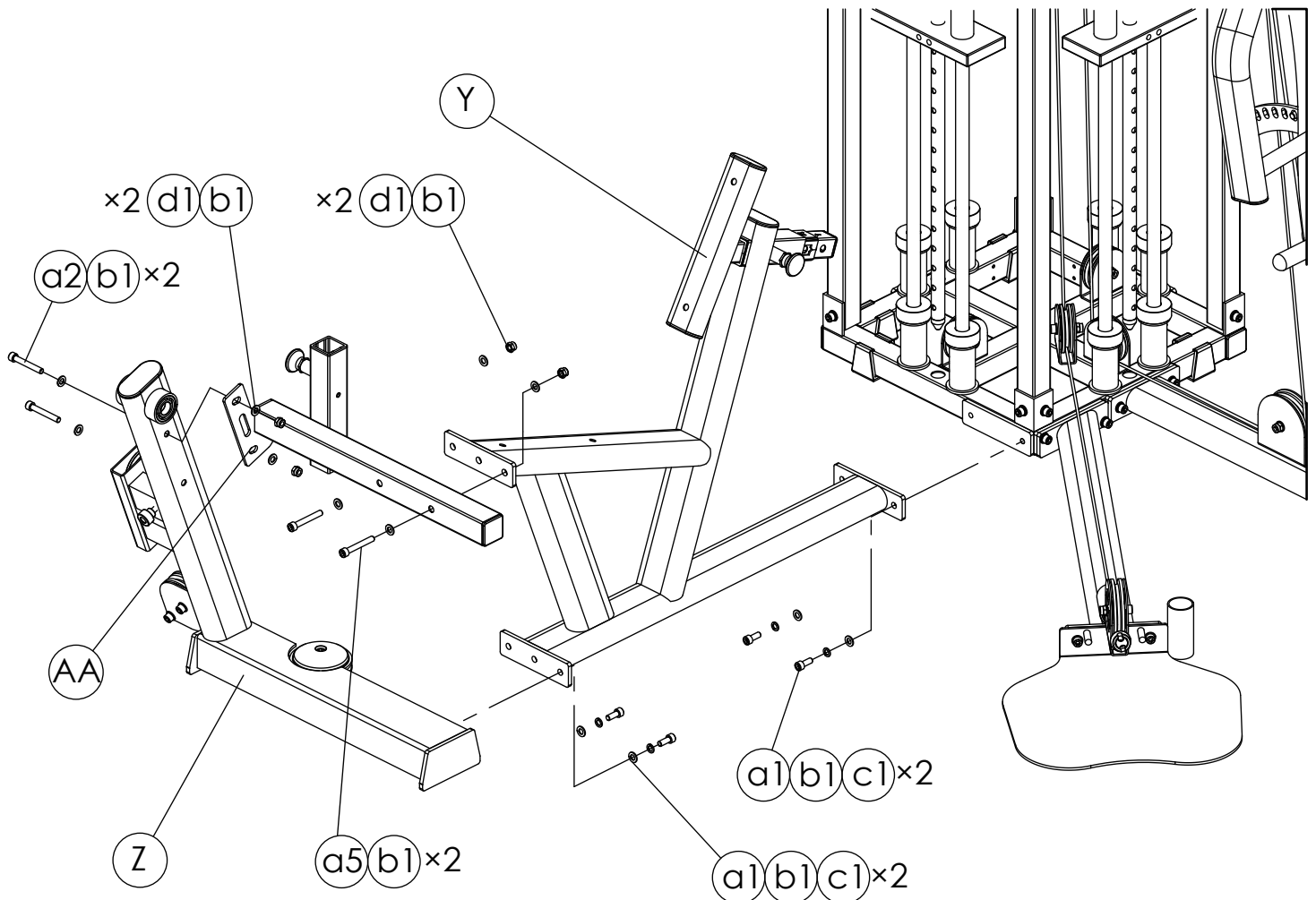


CABLE2# L: 6390mm



ITEM	NAME	QTY
Y	LEG STATION MAIN FRAME	1
Z	LEG STATION SIDE FRAME	1
AA	LEG STATION LINKAGE	1
a1	M10×25 BOLT,SHCS	4
a2	M10×70 BOLT,SHCS	2
a5	M10×75 BOLT,SHCS M10	4
b1	FLAT	12
c1	M10 LOCK	4
d1	LOCK NUT M10	4

1. Use bolts (a1) as shown in the figure to connect the main frame (Y) of the kick orientation and the central barrel, and use bolts (a1) to connect the main frame (Y) of the kick orientation and the auxiliary support of the kick orientation Frame (Z).
2. Use bolts (a2) to connect the main frame (Y) of the kick direction and the kick Leg support bracket (Z) and leg pressure sleeve (AA).



ITEM	NAME	QTY
AB	ADJUSTMENT ARM	1
AC	LEG PRESSURE TUBE	1
AD	ANKLE PAD FRAME	1
AE	ADJUSTMENT CAM	1
AF	ALUMINUM ALLOY HOOP	1
AP	SEAT PAD	1
M	BACK PAD	1
a1	M10×25 BOLT,SHCS	1
a2	M10×70BOLT,SHCS	2
a6	M10×60BOLT,SHCS	2
b1	M10 FLAT	4
b2	Ø38*Ø11*3t CHROME WASHER	1
c1	M10 Spring pad	1

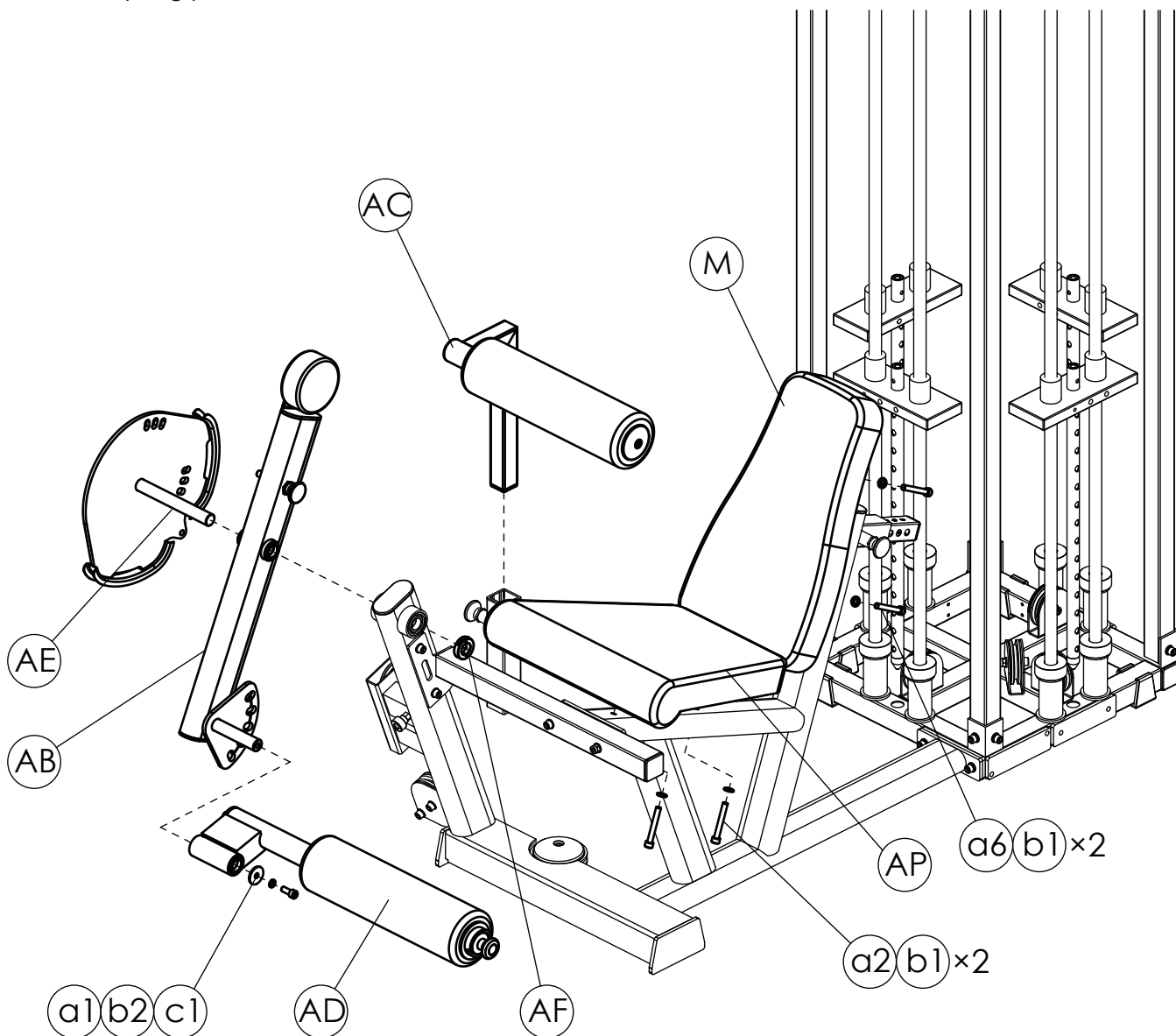
1. As shown in the figure, the turntable (AE) passes through the holes of the kick tube (AB) and the main frame of the kick orientation, and is fixed with an aluminum alloy hoop (AF).

2. Connect the sponge ball tube (AD) to the kick tube (AB) with bolts (a1)

3. Insert the leg pressing tube (AC) into the leg pressing sleeve (AA)

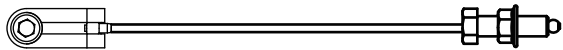
4. Use bolts (a2) and bolts (a6) to seat the back cushion (M) and kick leg separately

Pad (ZZ) connected to rack

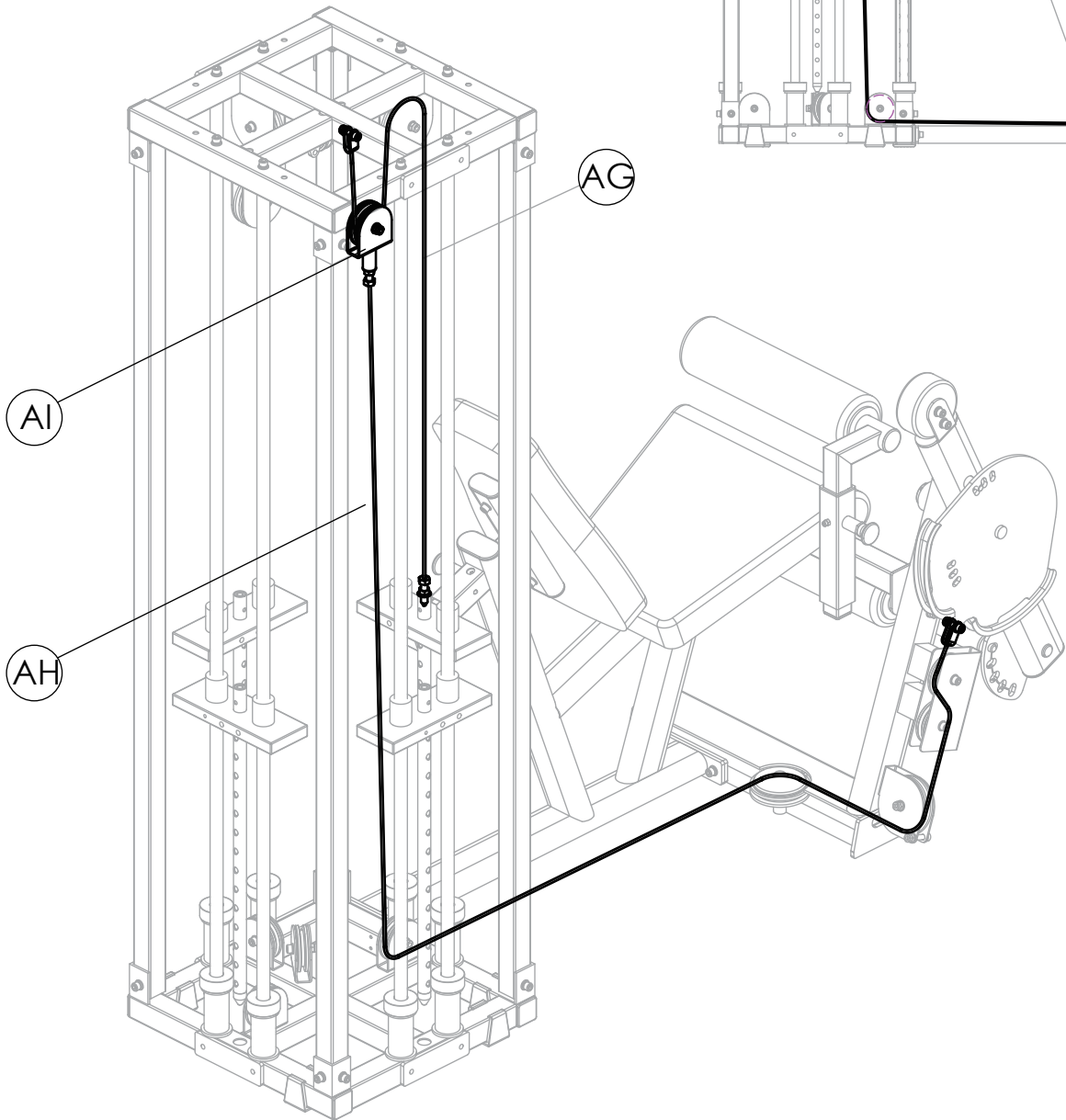
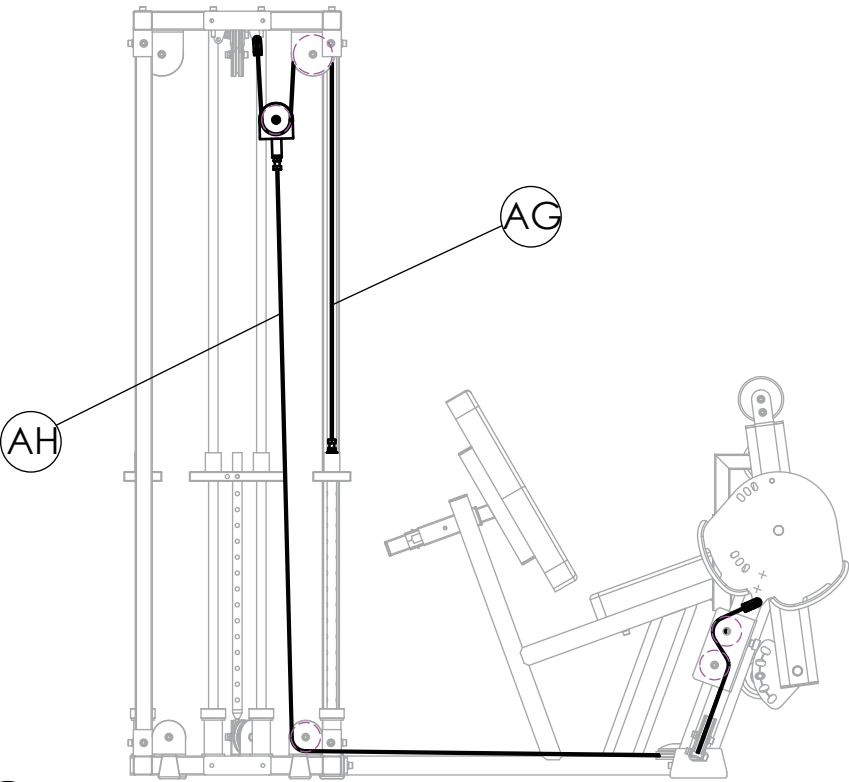
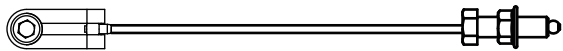


ITEM	NAME	QTY
AG	3#CABLE	1
AH	4#CABLE	1
AI	3.5IN FLOATING PULLEY	1

CABLE3# L: 2445mm



CABLE4# L: 3090mm



1. Connect the leg connection pipe (AL) to the center barrel with bolts (a1) as shown in the figure

2. Use bolts (a3) to connect the pedal leg connecting tube (AL) to the pedal leg orientation

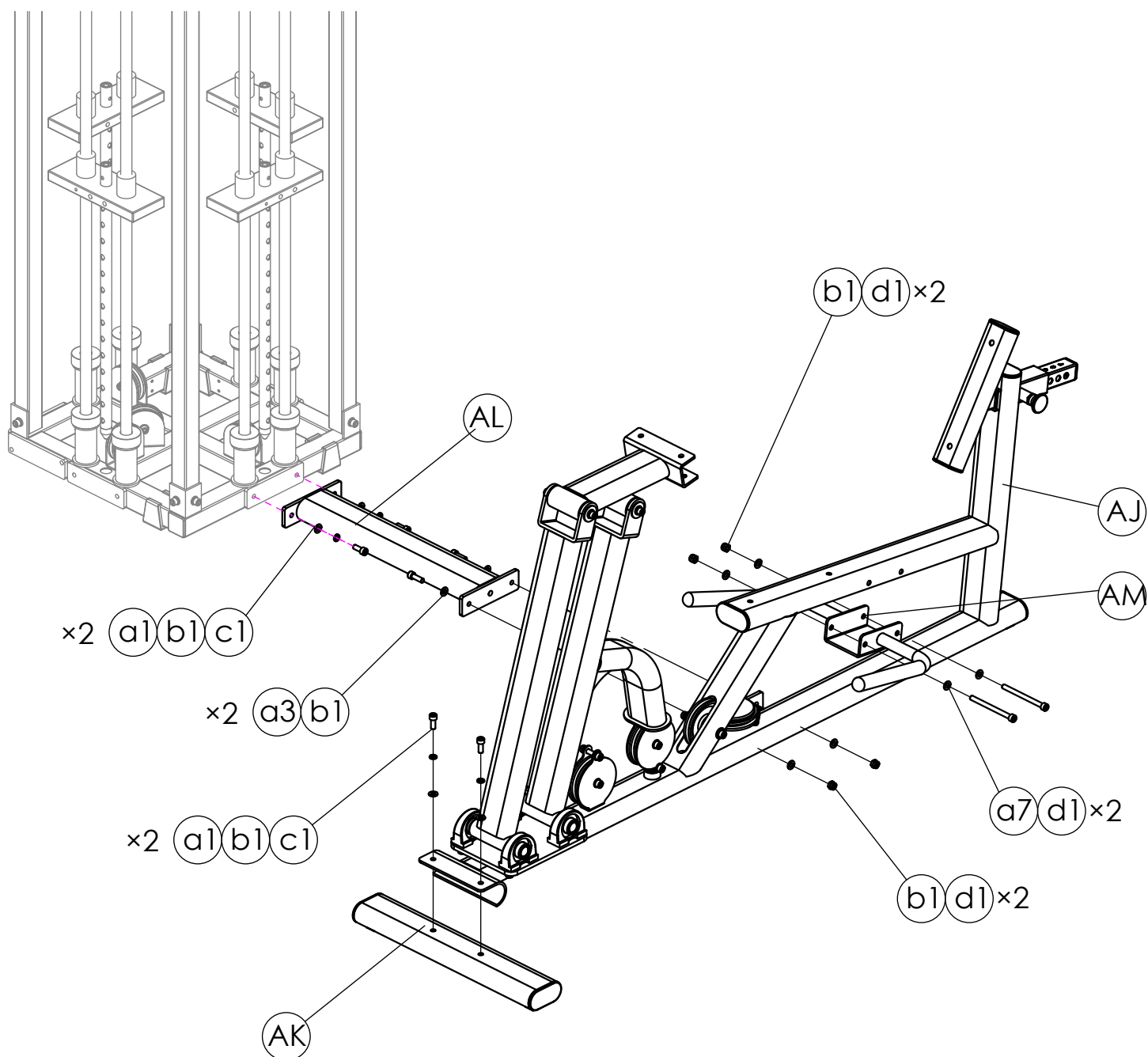
AJ connection

3. Connect the pedal handle (AM) to the pedal orientation main frame (AJ) with bolts (a7)

4. Use bolts (a1) to align the pedal bottom tube (AK) with the pedal position

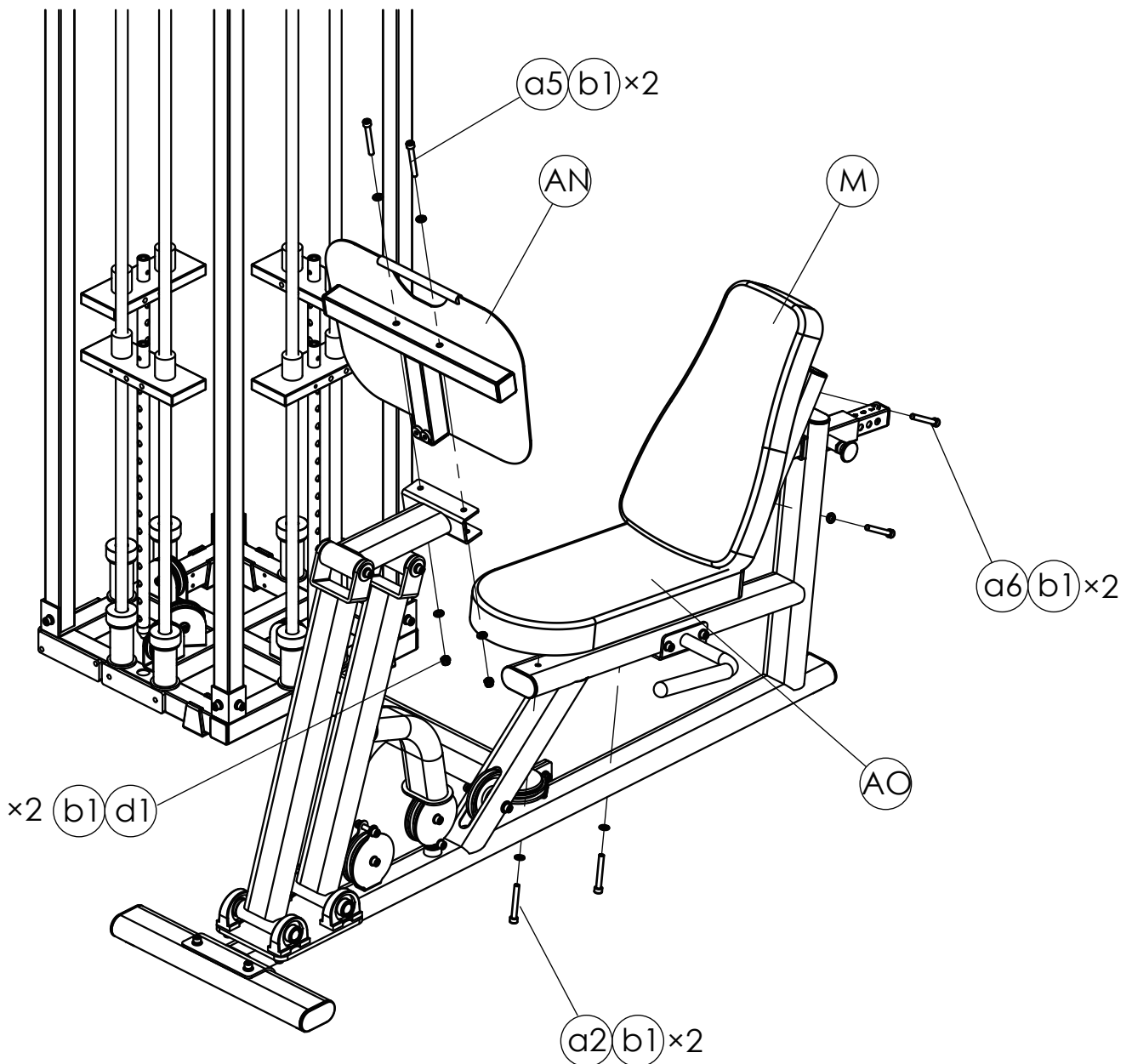
AJ connection

ITEM	NAME	QTY
AJ	LEG PRESS MAIN FRAME	1
AK	LEG PRESS FRONT FRAME	1
AL	LEG PRESS ATTACH	1
AM	HANDLE	1
a1	M10×25 BOLT SHCS	4
a3	M10×30 BOLT SHCS	2
a7	M10×125 BOLT SHCS	2
b1	M10 FLAT	12
c1	M10 LOCK	4
d1	LOCK NUT M10	4

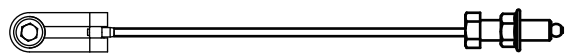


1. Use bolts (a5) as shown in the figure to connect the main frame of the pedal position to the pedal (AN) of the pedal
2. Use bolts (a2) to connect the pedal seat cushion (AO) to the pedal orientation main frame
3. Use bolts (a6) to connect the universal back cushion (M) to the main frame of the pedal position

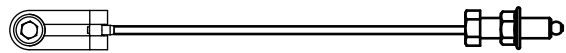
ITEM	NAME	QTY
AN	LEG PRESS PLATE	1
AO	SEAT PAD	1
M	BACK PAD	1
a5	M10×75 BOLT,SHCS	2
a2	M10×70 BOLT,SHCS	2
a6	M10×60 BOLT,SHCS	2
b1	M10 FLAT	8
d1	LOCK NUTM10	2



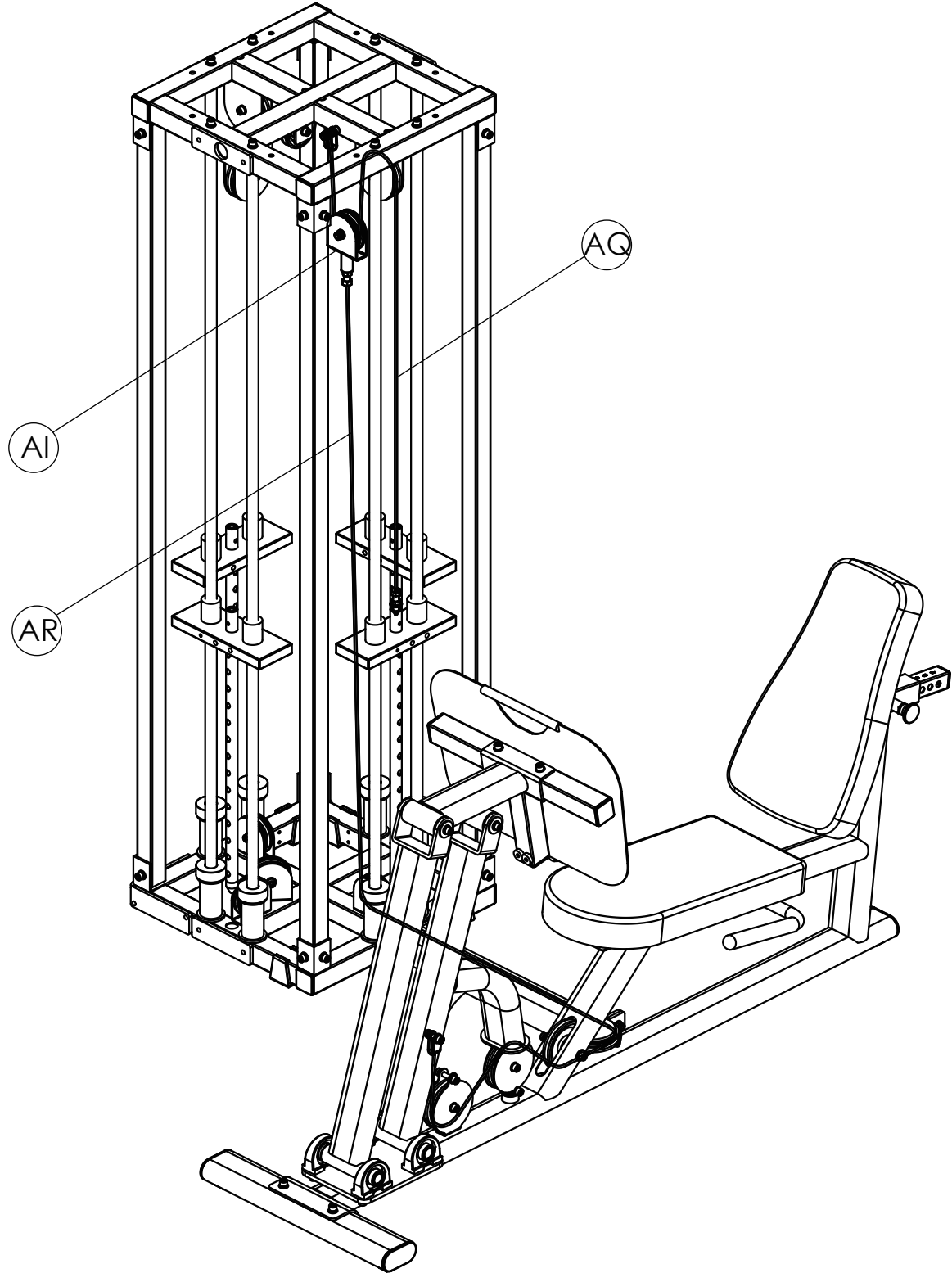
CABLE5# L: 2230mm



CABLE6# L: 2990mm

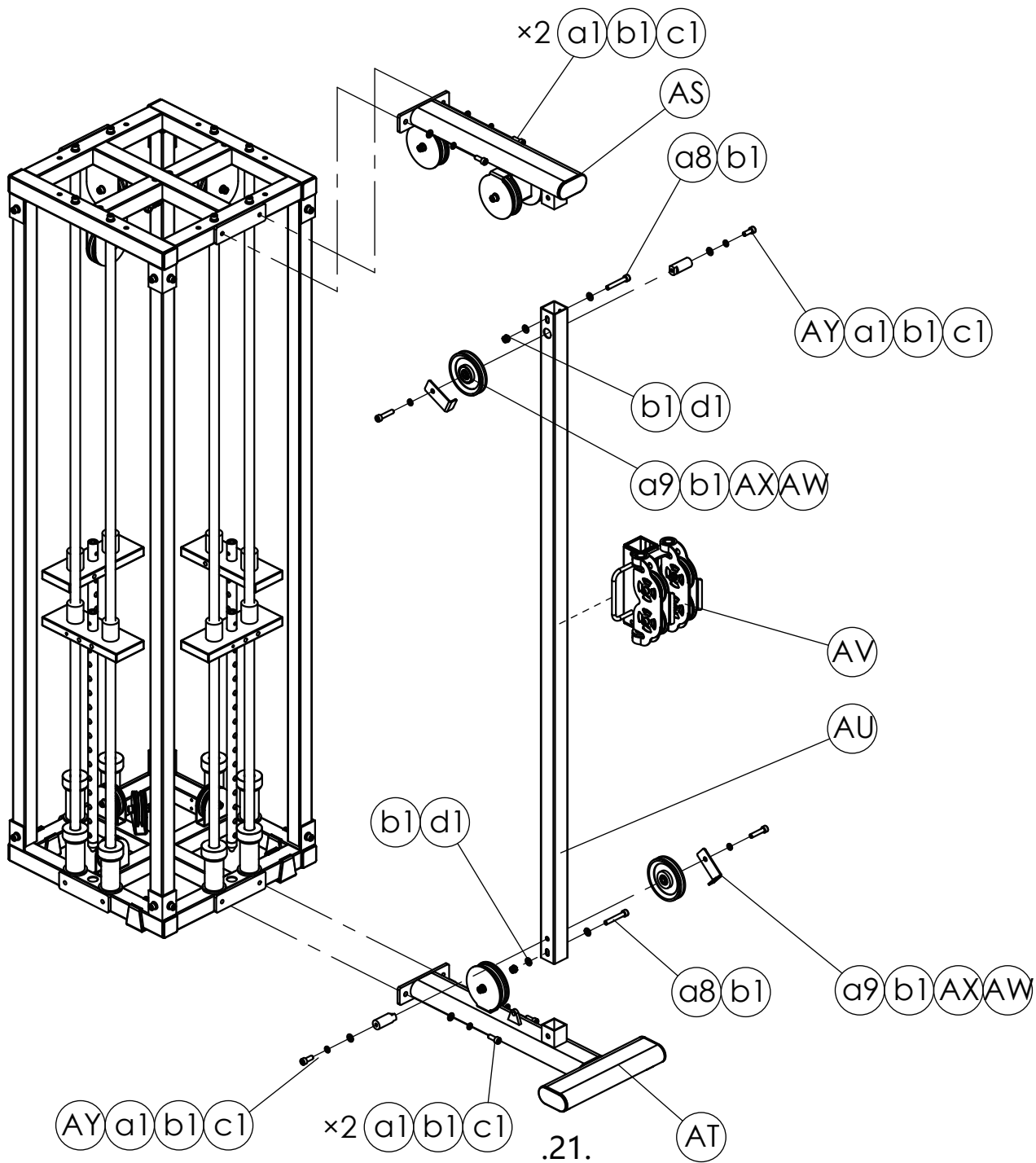


ITEM	NAME	QTY
AQ	5#CABLE	1
AR	6#CABLE	1
AI	3.5IN FLOATING PULLEY	1



ITEM	NAME	QTY
AS	CABLE COLUMN TOP FRAME	1
AT	CABLE COLUMN BOTTOM FRAME	1
AU	COLUMN	1
AV	PULLEY HOUSING	1
AW	4.5IN PULLEY	2
AX	PULLEY COLUMN	2
AY	CABLE RETAINER BRACKET	2

ITEM	NAME	QTY
a8	M10×65 BOLT,SHCS	2
a9	M10×50 BOLT,SHCS	2
a1	M10×25 BOLT,SHCS	6
b1	M10 FLAT	12
c1	M10 SPRING PAD	8
d1	LOCK NUT M10	2

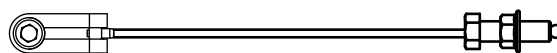


ITEM	NAME	QTY
BA	7#CABLE	1
BB	8#CABLE	1
BC	9#CABLE	1
BD	4.5IN PULLEY	1
BE	HANDLE,NYLON STRAP	2
X	CHAIN	2

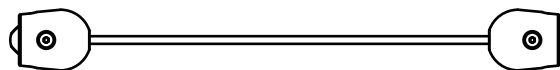
1. Install the 7 #, 8 #, and 9 # steel cables as shown in the figure.

2. Steel cable 9 # is a limiting steel cable to prevent pulley rotation, which passes through the hole on the 4.5 inch suspension pulley frame (BD) during installation

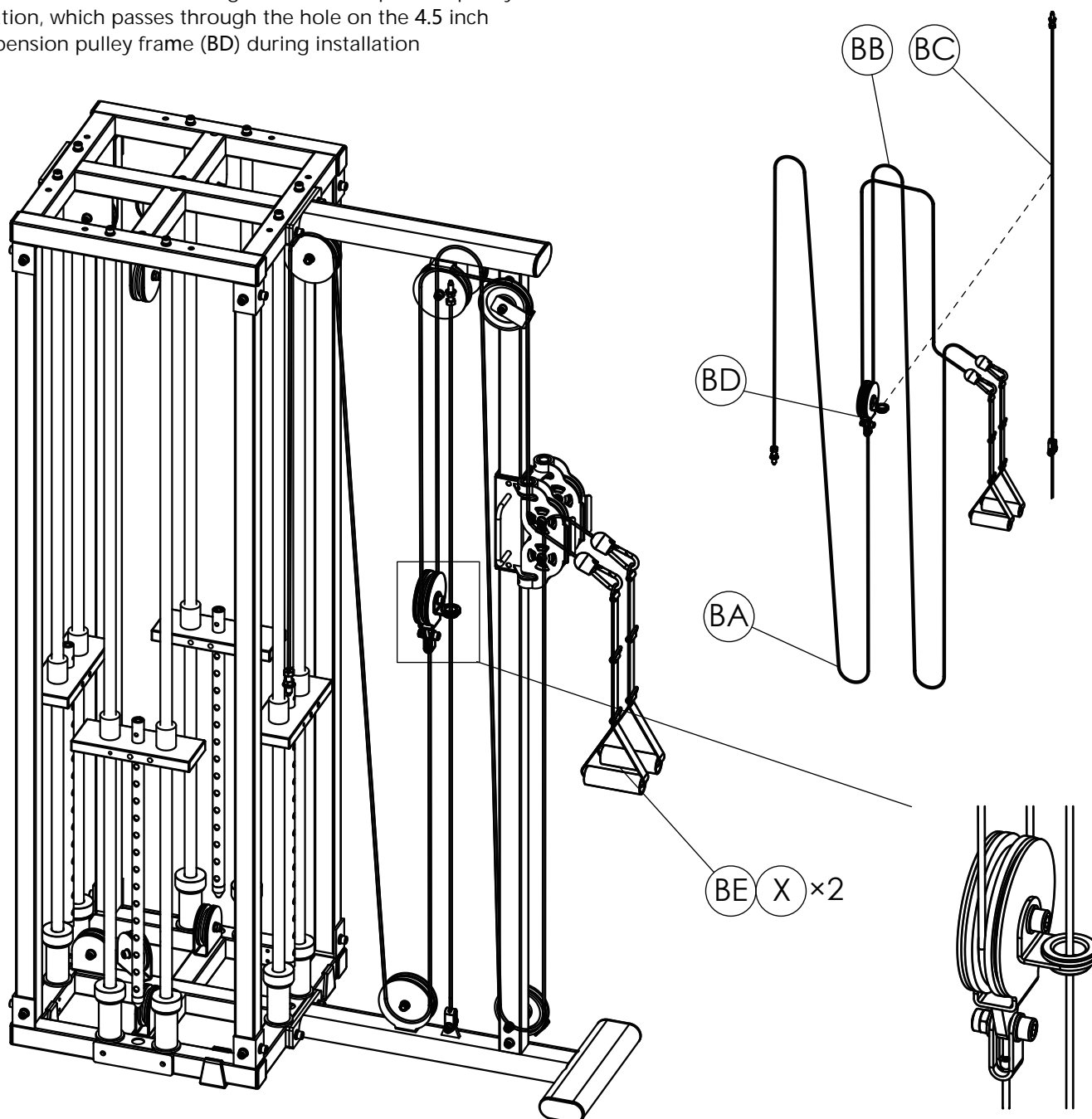
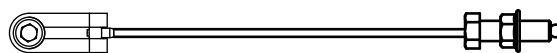
CABLE7# L:3470mm



CABLE8# L: 7400mm



CABLE9# L: 1790mm

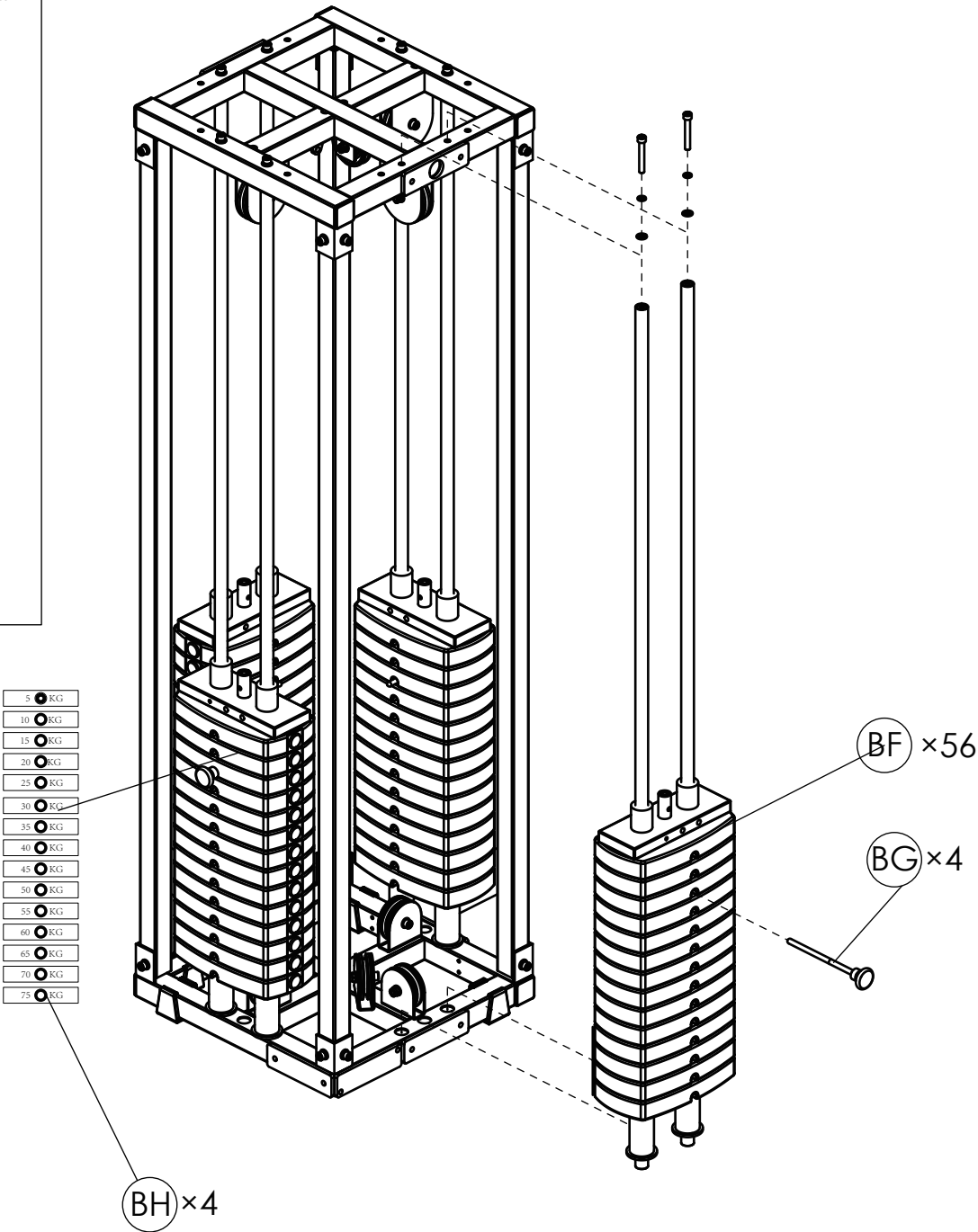
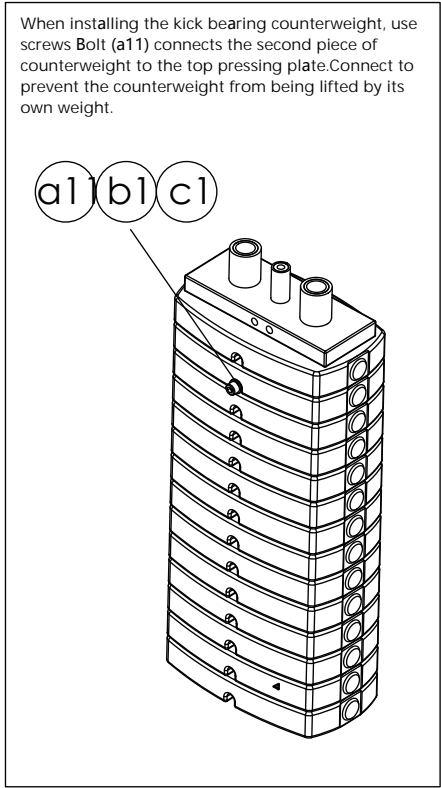


STEP16

1. Install the counterweight block. During installation, remove the top bolt of the guide rod and remove the top pressure plate from the guide rod.
2. Slide the counterweight block along the guide rod, with 14 counterweight pieces (BF) in each group
3. Install and reset the top pressing plate, and lock the top bolt of the guide rod

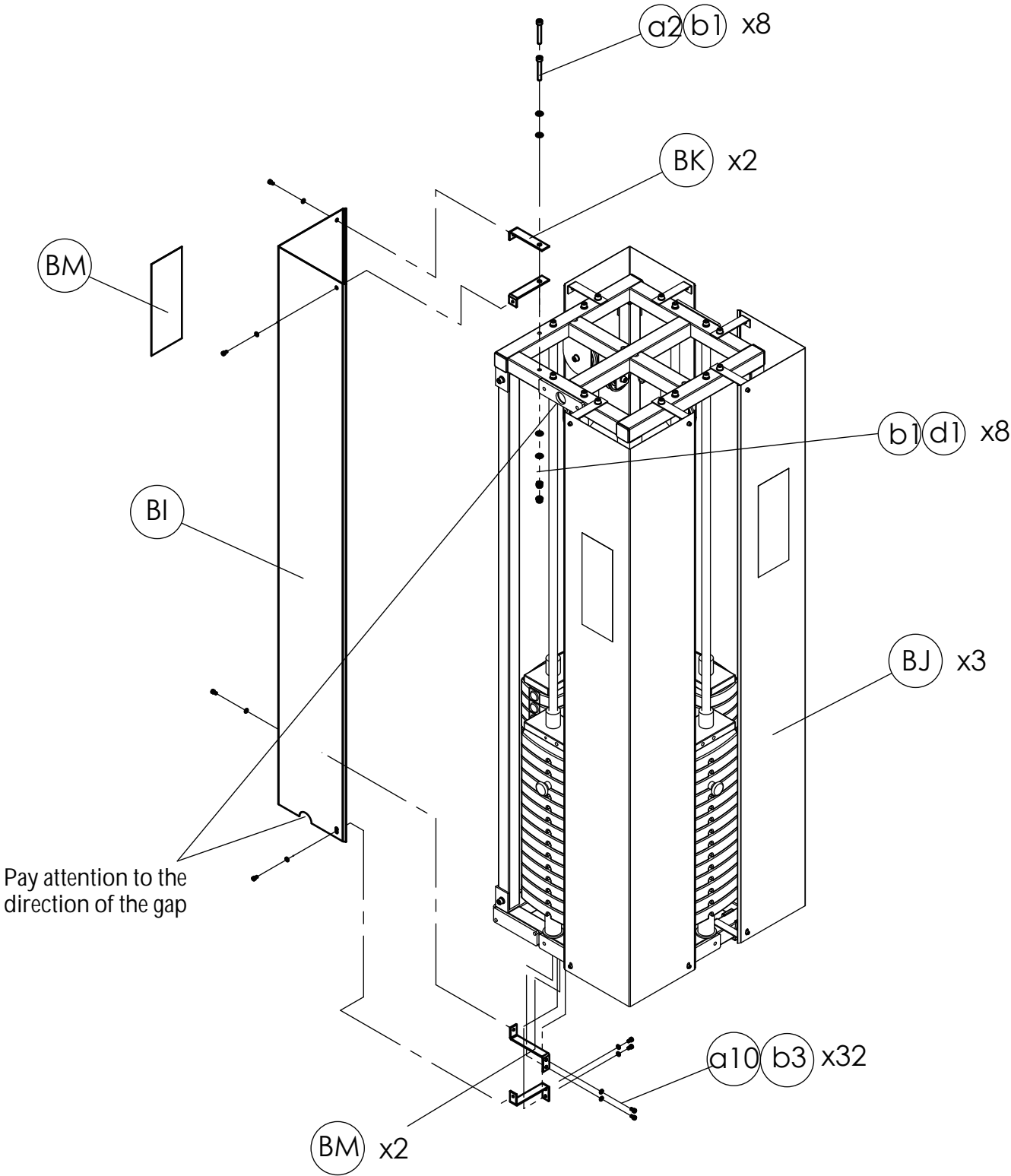
ITEM	NAME	QTY
BF	5KG WEIGHT PLATE	56
BG	ROD	4
BH	NUMBER STICKER	4
a11	M10×170 BOLT,SHCS	1
b1	M10 FLAT	2
d1	LOCK NUT,M10	1

Optional:
10LB iron weight plate x 76piece

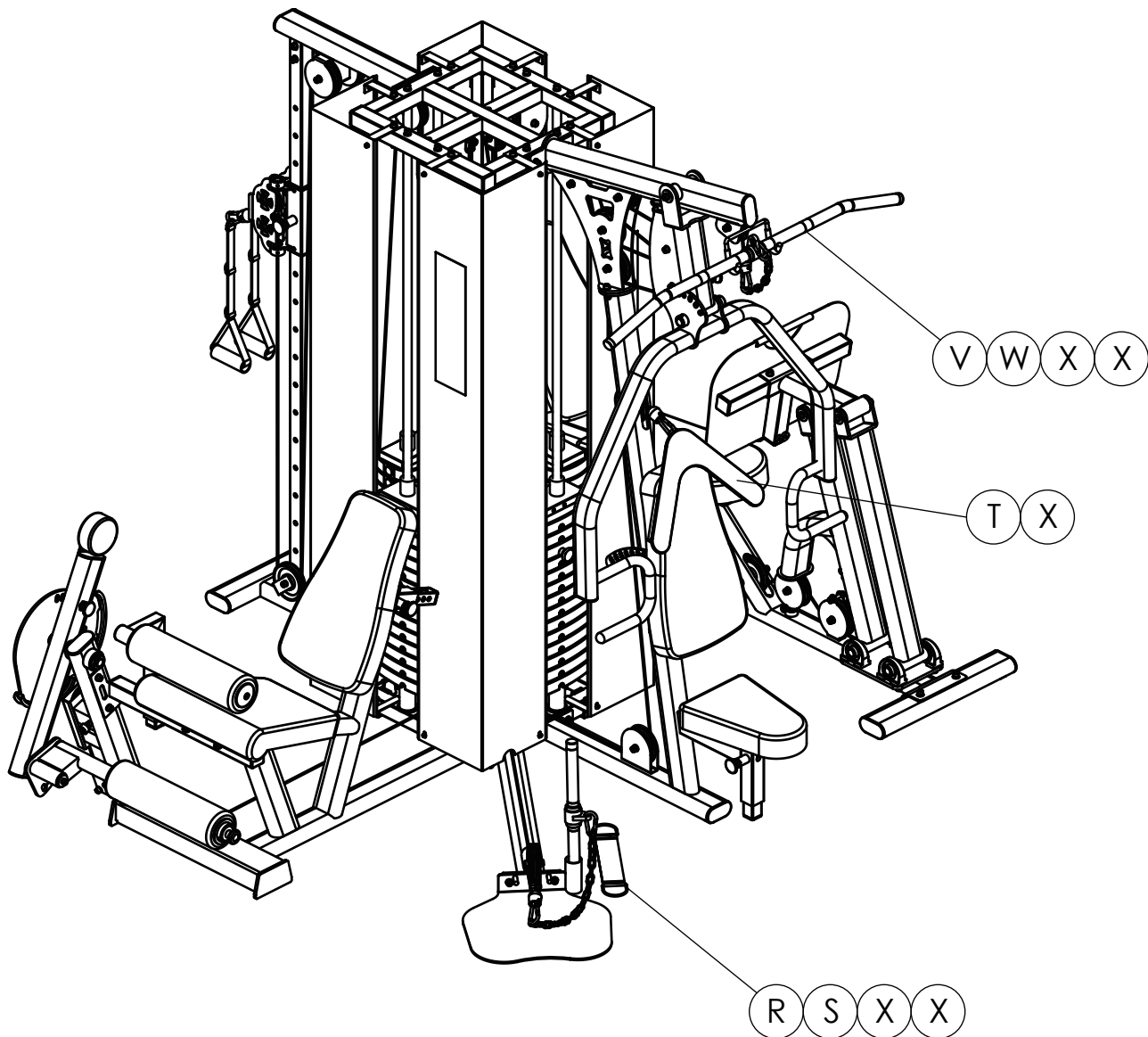


ITEM	NAME	QTY
BI	FRONT SHROUD	1
BJ	REAR SHROUD	3
BK	TOP SHROUD HOLDER	8
BL	BOTTOM SHROUD HOLDER	8
BM	TRAINING DIAGRAM	1

ITEM	NAME	QTY
a2	M10×70 BOLT,SHCS	8
a10	M6×15 BOLT,SHCS	32
b1	M10 FLAT	16
b3	M6 FLAT	32
d1	LOCK NUT,M10	8



ITEM	NAME	QTY
R	Straight pull rod	1
S	Chain 18 sections	3
T	Triangle shoulder strap	8
U	Ankle joint band	8
V	High tension rod	1
W	Chain 8 sections	1
X	Splay buckle	5



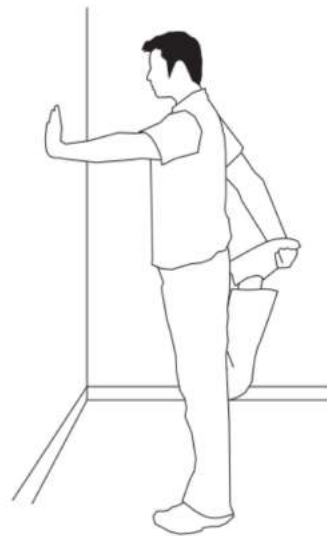
WARM UP GUIDE

Tips:

Warm up exercise can make the body in a proper state of exercise, improve the toughness of muscles and ligaments, lubricate joints, reduce the probability of sports injuries, and prevent cramps, sprains and other problems.



1.Calf muscle stretching Standing near the wall, the left foot is about 45cm away from the wall, and the right foot is about 30cm behind the left foot. Lean forward and put your hands against the wall. Keep your heels flat for 15 seconds. Make sure you do not bounce when stretching. Repeat the other side.



2.Quadriceps extension

Hold your hand against the wall to maintain balance, and hold your left ankle with your left hand for 15 seconds. Repeat the other side.



3.Sitting hamstring and lower back muscle extension.Sit on the floor with your legs together, straight forward. Don't hold your knees tight. Reach your fingers to your toes for 15 seconds. Make sure you do not bounce when stretching. Sit up straight again and repeat the stretch.

MAINTENANCE

1. Check whether the screws and bolts are loose.

-Check whether the screws and bolts are loose and inspect them for damage such as cracks, bad threads, corrosion or rust. Fasteners may loosen during normal use. Check all nuts, bolts, screws and other fasteners to ensure they are tight and installed correctly.

-Check whether there are cracks in the facing material of the gasket, replace pads as needed.

Note: It is recommended to use matching cushion of the original factory, which will be more comfortable.

2. Clean and inspect the rack regularly

-Clean the rack with a spray containing a neutral soapy water solution to remove grease and dirt from the surface. Wipe the device with a damp cloth and allow it to air dry thoroughly. Make sure to wipe painted parts and chrome parts.

-To restore and maintain the gloss of chrome parts, please use commercial chrome cleaner.

-When cleaning, check the frame for cracks, rust or other damage. Make sure the solder joints are secure and the fasteners are properly seated.





(NOTE: When cleaning finish materials, do not use cleaners that contain any of the following: solvents, alcohol, ammonia, or petroleum. Instead, use a neutral detergent).

3. Check the wire rope and the end connection

-Wire ropes, pulleys, fasteners and other related accessories should be carefully checked regularly. Once the wire rope is found to be obviously worn, please replace it with the repair parts provided by our company immediately. Wire ropes will wear and fail under heavy use conditions. Sudden failure of a worn wire rope can cause serious injury to the user.

-The wire rope and the end connection should be checked every day, and if damaged, replace it immediately. Check for tangled or frayed wire rope, damaged wire rope coating, and damaged wire rope terminals. In particular, check for wear at the terminals of the wire rope and near the pulley.

Note: If the wire rope is damaged, it must be replaced immediately to avoid injury to the user. **Some obvious damage characteristics of wire rope are shown in the following figure:**

FEATURES	AS THE PICTURE SHOWS
Inner wires exposed	
Z Type	
Wave	
Different thickness	

MAINTENANCE

-In addition to checking for damage to the wire ropes and end connections, make sure each wire rope is properly adjusted and secured on top of the weight stacks. Check rope pulleys, end connections and end fittings to ensure all connections are secure, adjust rope tension as needed. Make sure that the wire rope bolt has at least 15mm connect to the selector rod or spherical plain bearing, and that the lock nut is tightened.

4.Clean and lubricate the fixed head of the wire rope.

-Check the cable glands to ensure that the shoulder bolts are secure. If the wire rope fixing head is noisy, please lubricate it with silicone oil spray.

Note: Never use petroleum lubricants.

5.Clean and lubricate the guide rod (AT1)

-Keep the exposed part of the guide rod clean. Use a dry cloth to wipe off any dirt or grease that has accumulated on the guide. Remove the guard from the machine to inspect, clean and lubricate the guides (see Guard Removal).

-Spray a thin layer of silicone oil spray to lubricate the exposed part of the guide rod. Spray the cloth with silicone oil spray and wipe the guide rod with the cloth. Be careful when spraying lubricant to avoid soiling carpets and clothing.

CAUTION: Never attempt to lubricate the guide rods while the equipment is in use. Please remove all weight stacks before lubricating the guide rod in the counterweight area. Avoid the lubricant dripping on the weight stacks, causing the weight stack to shake during use, and the force will be uneven, which will cause serious injury.

Note: Never use petroleum lubricants. These lubricants often cause a rapid build-up of dirt and hair on the weight stack, potentially causing the weight stacks to stick together.

6.Check the pulley

- Inspect each pulley for damage, such as small cracks, nicks or missing parts. Broken pulley surfaces will cause serious damage to the wire rope, so it should be replaced as soon as it shows signs of wear or damage.

-Make sure the wheels can turn freely when the device is in use. Check whether each pulley swings too much from side to side, which is often a sign of broken bearings or loose fixing bolts. If you notice excessive sway, remove the pulley, check the bearings and replace the entire pulley if necessary.

7.Check the weight stacks and counterweight pins

-Please use only the additional weight stacks and counterweight pins provided by our company.

-Inspect all weights for metal burrs or damage. Wipe off dirt and dust from the guides with a damp cloth as needed. Make sure that the counterweight pins can be fully inserted and remain on each weight stack.

MAINTENANCE

8. Inspect and lubricate bearings and bushings

- Inspect copper bushings, straight bushings or nylon bushings for excessive wear or damage, and replace as soon as possible if damaged. If the surface of the guide rod is rusted, use high-quality steel wool for polishing.
- A small amount of silicone spray lubricant is recommended to lubricate these sleeves that often support the rotating shaft. Start by spraying it directly on the revolving shaft, then turn the revolving shaft completely for a few turns. Be careful when using spray lubricant to prevent soiling of carpets and clothing, and wipe off any excess lubricant with a cloth.
- The sealed bearing is in a sealed state, not in contact with the external environment, and does not require lubrication, but when cleaning the equipment, it is necessary to wipe the rotating shaft and the outer surface of the bearing with a cloth to prevent the accumulation of dust and sweat.

Note: Never use petroleum lubricants. If the guide rods are regularly lubricated, the bushings will work as designed. Otherwise the guide rod may corrode, causing the bearing to block or seize, allowing the guide rod to slide out of the slot. Once rust or oxidation marks are found on the surface of the guide rod, it must be treated immediately.

9. Check and lubricate the back pad adjustment mechanism

- The backrest adjustment mechanism requires little maintenance. However, since backrest safety is very important to exercise safety, the backrest adjustment lever should be checked regularly to see if it can become stuck while in use.
- To test if the backrest adjustment lever needs lubrication, adjust the backrest slightly while pressing and releasing the adjustment lever. The adjustment lever should snap in easily. If the adjustment lever is stuck, lubricate its pivot pin with silicone oil spray. Wipe off any excess lubricant with a cloth.

10. Check the frame and movable arm

- Check it for cracks, peeling paint or rust. Refinish dull and peeling areas as needed. Replace any components that show significant wear.

NOTE: Check the frame for cracks, especially the junctions. If any cracks are found, out of use the equipment, and it should be repaired by a maintenance technician.

- To remove rust from the surface of the rack, gently rub off with fine-grained wet/dry sandpaper or fine-grained steel wool. Please use a neutral car waxing product to keep the finish glossy.
- To maintain powder-coated and chrome-plated parts, use a mild detergent to remove light dirt and grime. For heavy dirt and grease removal and polishing, use a premium car polish. If some scratches and blemishes cannot be removed with the above methods, use a fine-grit cleaner. Never use solvents, paint thinners, acetone or nail polish removers.

MAINTENANCE

12. Lubricate the spring pin

-Pull the ejector pin to its limit and spray a small amount of silicone oil spray. Wipe off any excess lubricant with a cloth.

Note: Pulling the ejector pin may cause the device to change position suddenly. To avoid injury, keep your hands and head away from moving parts.

-Test the pin for proper operation and insertion into each adjustment hole.

13. Check and lubricate the spring pins

-Remove the spring pin assembly after loosening the top cover, spray a small amount of silicone oil spray on the spring and pin, then reinstall the entire assembly. Tighten the pin cover. Wipe off any excess lubricant with a cloth.

Note: Pulling the ejector pin may cause the device to change position suddenly. To avoid injury, keep your hands and head away from moving parts.

