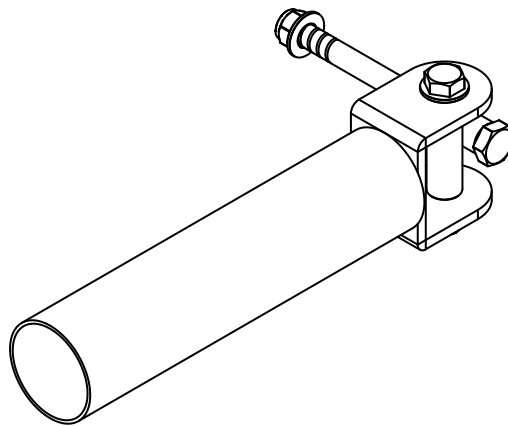




**LANDMINE FOR
SUPER GYM 1
OWNER'S MANUAL**



**Model No. LANDMINE FOR SG1
MK20766
ATTAIN FITNESS**

**Fitness Authority Industrial Co., LTD.
No. 15, Xiangxue Rd., Dali Dist.,
Taichung City 41275, Taiwan.**

Congratulations and Thank You!

Thank you for selecting the **ATTAIN FITNESS LANDMINE FOR SUPER GYM 1**. The **ATTAIN FITNESS LANDMINE FOR SG1** offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **ATTAIN FITNESS LANDMINE FOR SG1** will help you achieve the results you want. For your safety and benefit, read this manual and the accompanying literature before using the **ATTAIN FITNESS LANDMINE FOR SG1**. Keep this manual for future reference. If you have additional questions, please call your local ATTAIN FITNESS dealer.

www.atainfitnessusa.com

Important Safety Notes

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. ATTAIN FITNESS assumes no responsibility for personal injury or property damage sustained by or through use of this product.

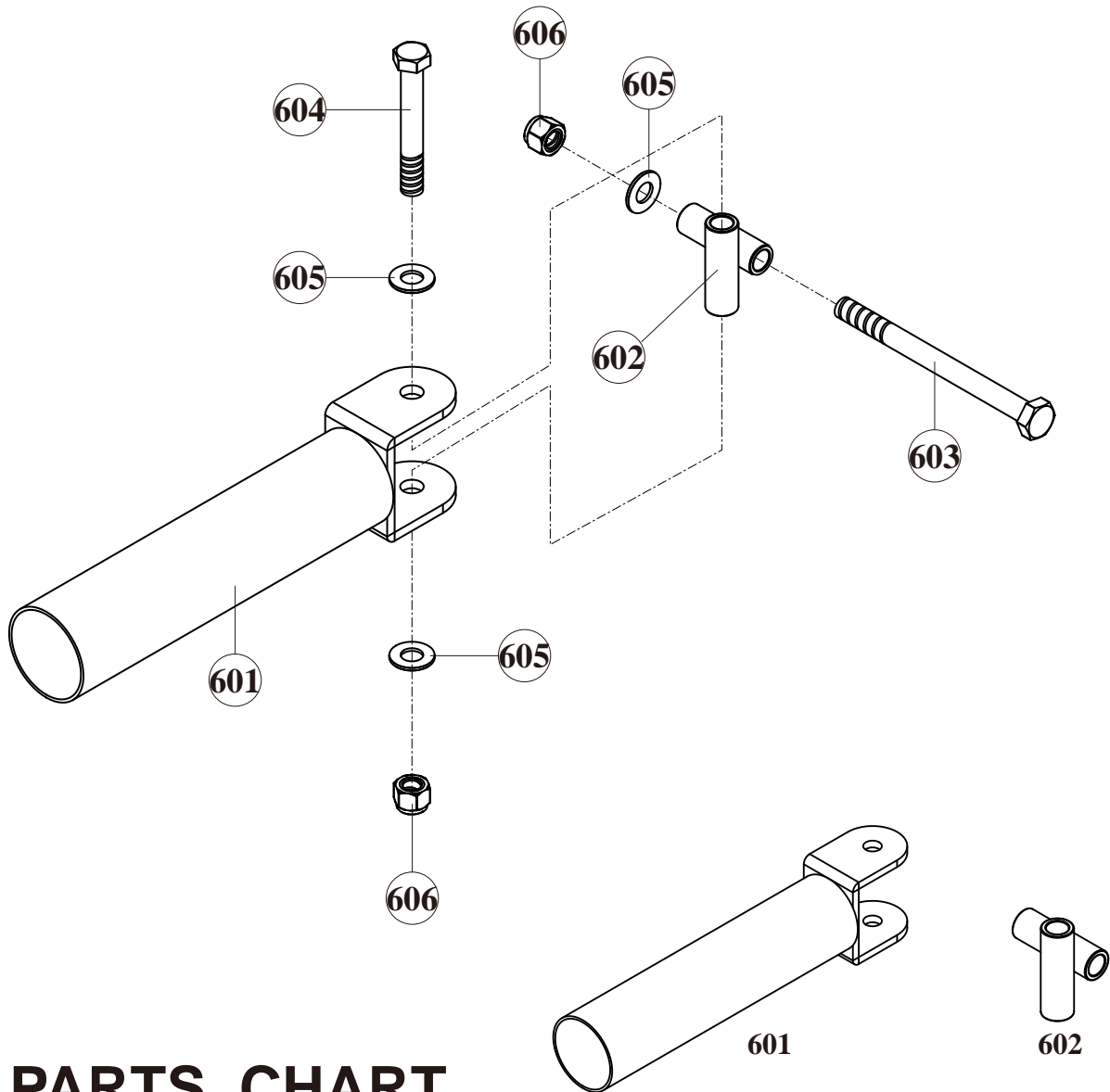
- 1. This product must be assembled on a flat, level surface to assure its proper function.**
- 2. Clean pads and frame on a regular basis. ATTAIN FITNESS recommends warm, soapy water. Do not use harsh or abrasive chemicals.**
- 3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.**
- 4. Keep children away from the ATTAIN FITNESS LANDMINE FOR SG1 at all times.**
- 5. Keep your hands away from cables and pulleys during operation.**
- 6. Keep your hands away from moving parts other than the designated handles.**
- 7. Make certain all cables are seated within the pulleys before every use.**
- 8. Exercise with care to avoid injury.**
- 9. If you are unsure about the proper use of the ATTAIN FITNESS LANDMINE FOR SG1, call your local ATTAIN FITNESS dealer or our customer service department.**

QUESTIONS?

As a quality exercise equipment supplier, we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or ATTAIN FITNESS at +1 877-551-7484 and info@atainfitnessusa.com.

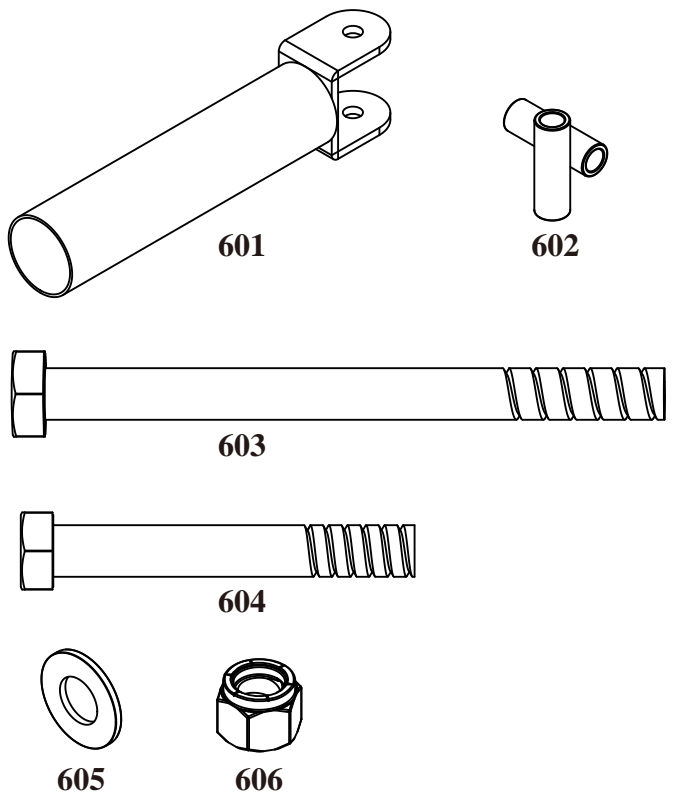
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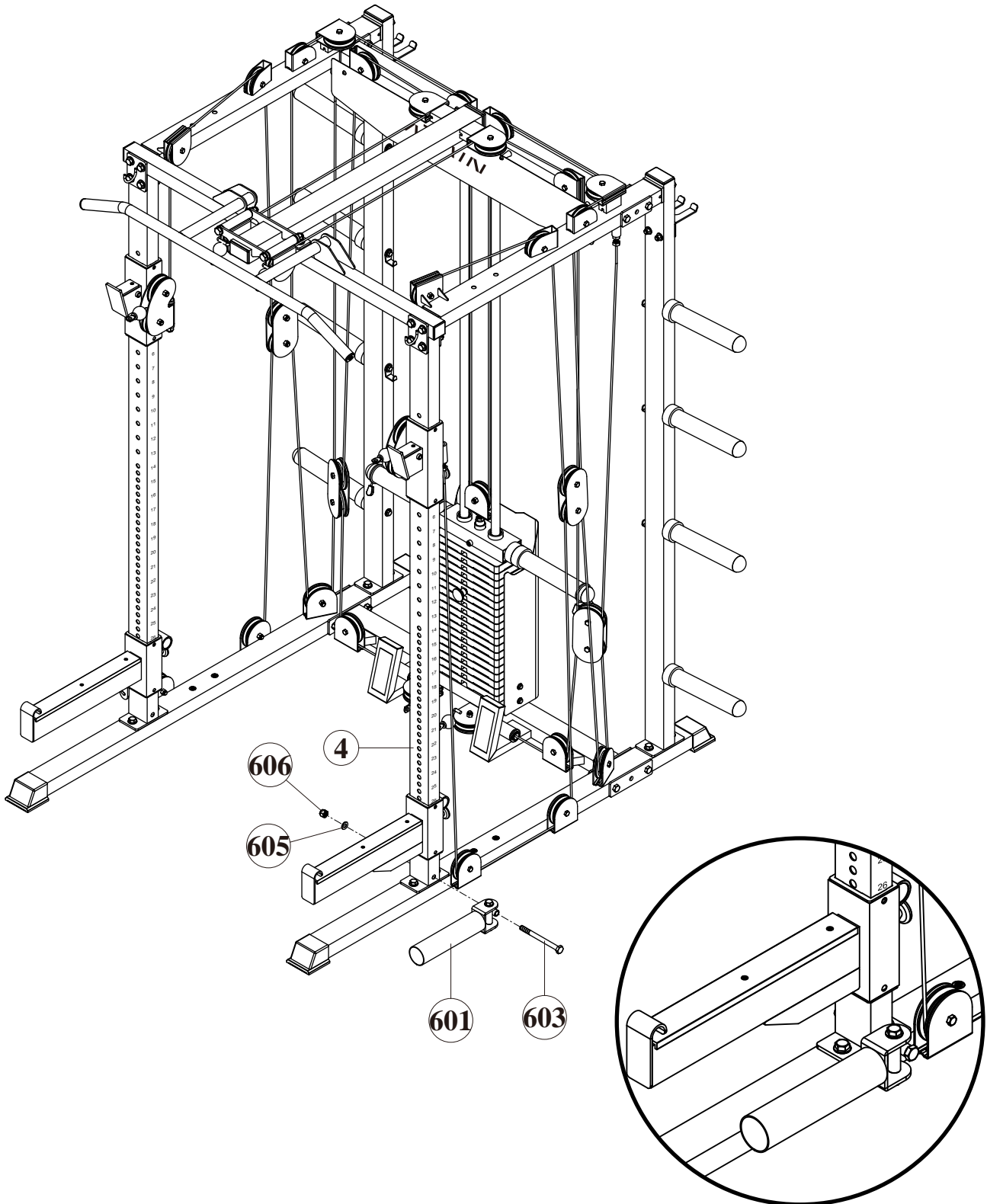
PARTS CHART

NO.	DESCRIPTION	QTY.
601	HANDLE BAR	1
602	BRACKET	1
603	1/2" X 6" HEX BOLT	1
604	1/2" X 3-1/2" HEX BOLT	1
605	1/2" WASHER	3
606	1/2" NYLON NUT	2



STEP 1

1. Attach Handle Bar (601) to the Front Upright Frame (4) using one 1/2" X 6" Hex Bolt (603), one 1/2" Washer (605) and one 1/2" Nylon Nut (606).



Assembly is complete! Please take the following steps before using the gym:

1. Make certain all bolts are tightened securely.
2. Make certain all cables are seated into all pulley grooves. A cable rubbing against steel will peel the nylon coating, voiding warranty and resulting in a need for replacement.
3. Be aware the cables can loosen and slightly stretch upon initial use.
4. For better performance, apply a household lubricant (such as silicone) to any adjustable areas and to the **Guide Rods (6)**.
5. Enjoy many years of a Fit Lifestyle.

Thank you for purchasing the ATTAIN FITNESS LANDMINE FOR SUPER GYM 1! If you have questions or comments, please contact our customer service department at +1 877-551-7484 and info@attainfitnessusa.com. www.attainfitnessusa.com