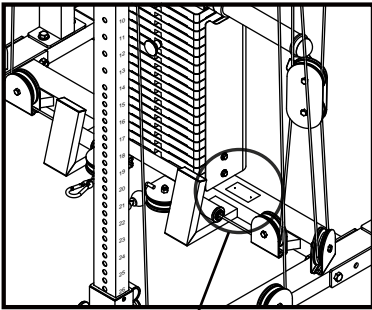


# ATTAIN

## SUPER GYM 1 OWNER'S MANUAL

### Serial Number Location



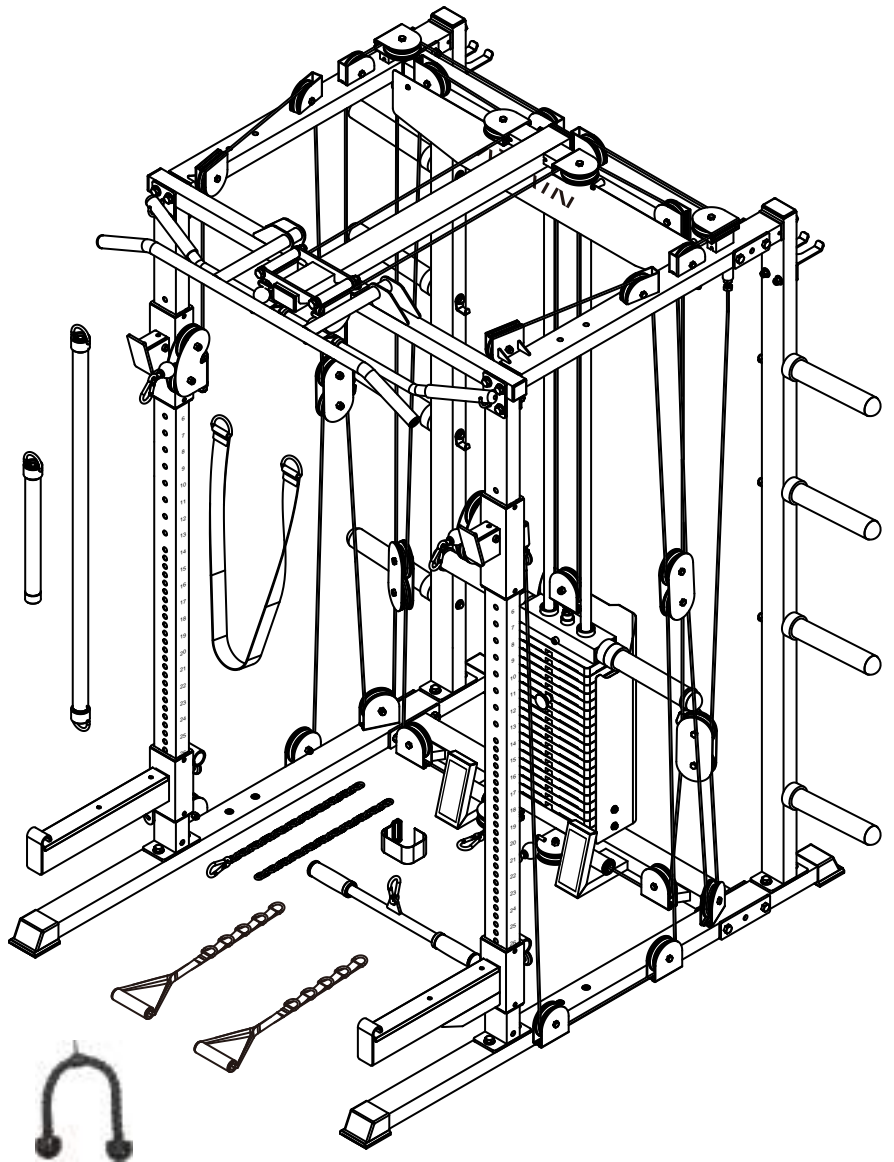
**ATTAIN**  
○ SERIAL ○  
1 2 3 4 5 6 7 8

Record your Serial number  
and purchase date here:

S/N \_\_\_\_\_

DATE: \_\_\_\_\_

DEALER: \_\_\_\_\_



Model No. SUPER GYM 1  
MK20761  
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 SUPER GYM 1**. The **ATTAIN FITNESS 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 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 SG1**. Keep this manual for future reference. If you have additional questions, please call your local **ATTAIN FITNESS** dealer.

[www.atainfitnessusa.com](http://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.

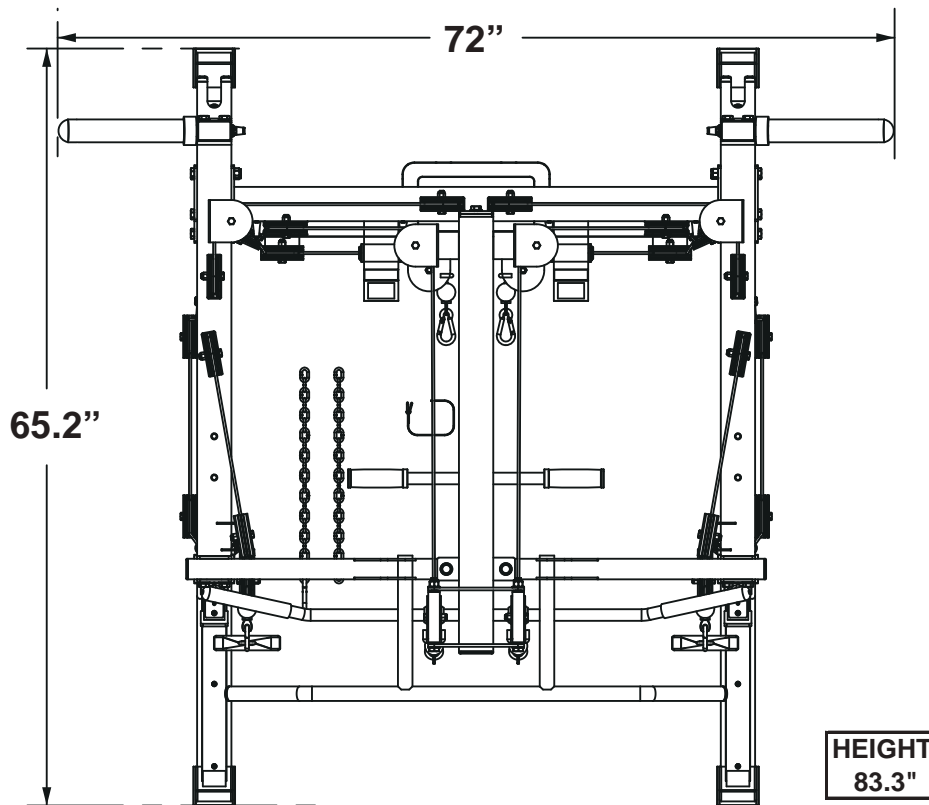
- 1. This product must be assembled on a flat, level surface to assure its proper function.**
- 2. Clean pads and frame on a regular basis. ATTAIN FITNESS recommends warm, soapy water. Do not use harsh or abrasive chemicals.**
- 3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.**
- 4. Keep children away from the ATTAIN FITNESS 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 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](mailto:info@atainfitnessusa.com).

[www.atainfitnessusa.com](http://www.atainfitnessusa.com)

## Gym Placement Planner

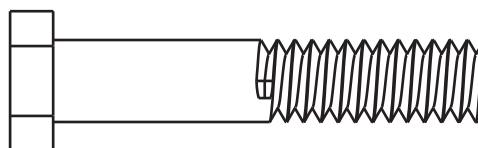


### Recommended Tools for Assembly

Ratchet  
9/16" Socket  
3/4" Socket  
9/16" Combination Wrench  
3/4" Combination Wrench  
Adjustable Wrench  
Rubber Mallet  
Metric Allen Key Set

### Important Notes and Tips:

1. Do not tighten bolts until instructed.
2. Two people are required for the safe assembly of this product.
3. Use window cleaner or water to assist with sliding roller pads on to tubes.
4. Apply silicone lubricant onto guide rods prior to weight plate installation.
5. Please allow plastic parts to acclimate to room temperature before installation or they may be damaged.
6. Carefully install plastic caps using a rubber mallet.
7. When measuring bolt lengths, only measure the shank, as shown below.



i.e. 2-1/4" Hex Bolt

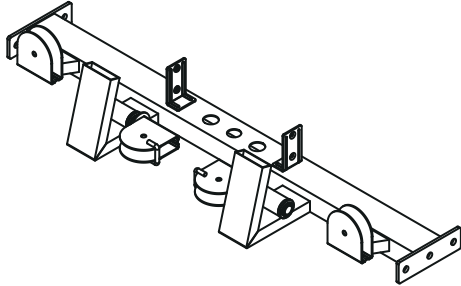


# SG1 PARTS LIST 1

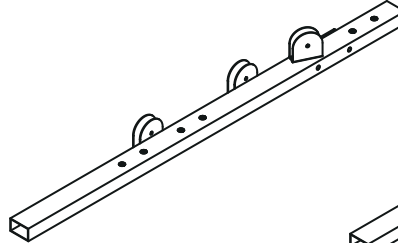


**NOTE:** If you are missing a listed part, it likely has been pre-installed in our factory for quality control purposes. Please continue with assembly.

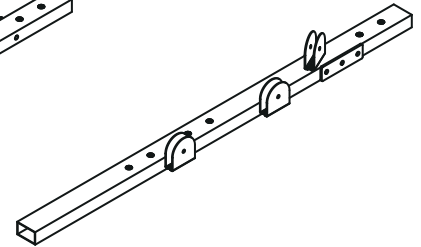
\*Parts images are not to scale.



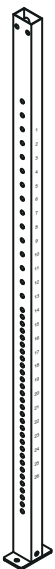
**(1) BASE FRAME**



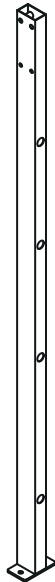
**(2L) LEFT  
BASE FRAME**



**(3R) RIGHT  
BASE FRAME**



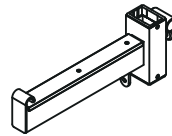
**(4) FRONT  
UPRIGHT  
FRAME X 2pcs**



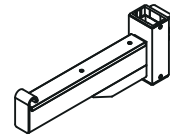
**(5) REAR  
UPRIGHT  
FRAME X 2pcs**



**(6) GUIDE  
ROD X 2pcs**



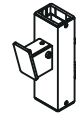
**(7L) LEFT  
SAFETY ARM**



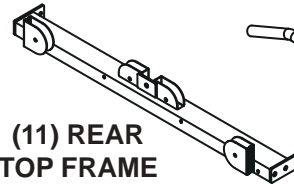
**(8R) RIGHT  
SAFETY ARM**



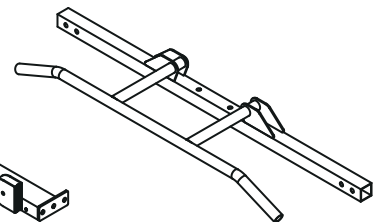
**(9L) LEFT  
PULLEY HEIGHT  
ADJUSTER**



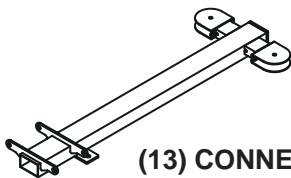
**(10R) RIGHT  
PULLEY HEIGHT  
ADJUSTER**



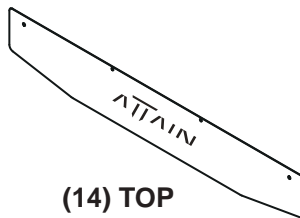
**(11) REAR  
TOP FRAME**



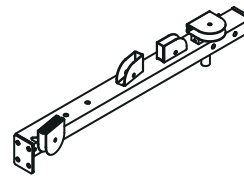
**(12) CHIN UP  
FRAME**



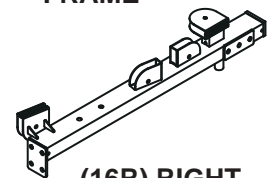
**(13) CONNECTOR  
TOP FRAME**



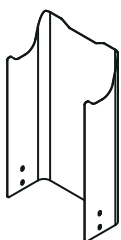
**(14) TOP  
PANEL**



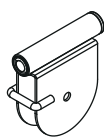
**(15L) LEFT  
TOP FRAME**



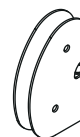
**(16R) RIGHT  
TOP FRAME**



**(17) STACK  
GUARDS**



**(18) TOP FRAME  
PULLEY BRACKET  
X 2pcs**



**(20) ROTATING PULLEY  
HOLDER X 2pcs**



**(21) PULLEY  
BLOCK**

# SG1 PARTS LIST 2



**NOTE:** If you are missing a listed part, it likely has been pre-installed in our factory for quality control purposes. Please continue with assembly.

\*Parts images are not to scale.



(22) DOUBLE CABLE  
RETAINER PLATE  
X 8pcs



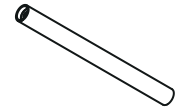
(23) LAT BAR  
BRACKET  
X 2pcs



(24) BRACKET  
X 2pcs



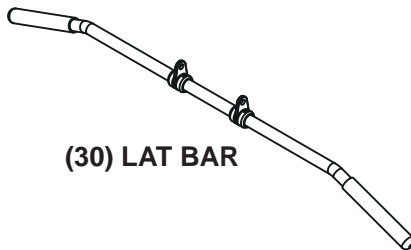
(25) WEIGHT  
HOLDER  
BRACKET  
X 6pcs



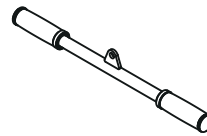
(28) LEVER  
SUPPORT ROD  
X 8pcs



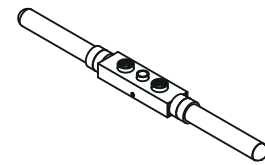
(29) SELECTOR  
ROD



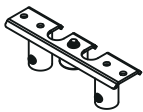
(30) LAT BAR



(31) CURL BAR



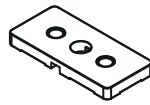
(32) TWO WAY  
TOP PLATE



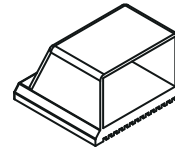
(33) TOP GUIDE  
ROD HOLDER



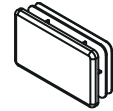
(34) STACK  
SPACER X 2pcs



(35) WEIGHT  
PLATE  
(150lbs QTY:14  
200lbs QTY:19)



(36) 75W X 45H  
END CAP X 4pcs



(37) 45 X 75mm  
PLUG X 3pcs



(38) 25 X 75mm  
PLUG X 2pcs



(39) 45mm SQ.  
PLUG X 2pcs



(44) PLASTIC GUIDE  
ROD HOLDER  
X 2pcs



(45) RUBBER  
CUSHION  
X 10pcs



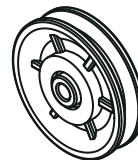
(48) 2" OLYMPIC  
SPRING  
X 2pcs



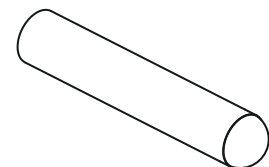
(51) PLASTIC  
STUDS X 4pcs



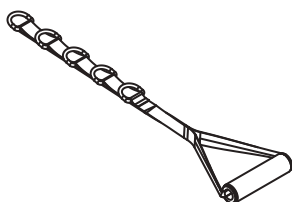
(59) SELECTOR  
PIN



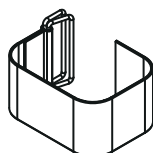
(62) PULLEY  
X 39pcs



(63) OLYMPIC  
ADAPTER  
SLEEVE  
X 8pcs



(67) MULTIPLE  
D-RING SINGLE  
HANDLE X 2pcs



(68) ANKLE  
STRAP



(69) SNAP HOOK  
X 8pcs



(70) CHAIN  
X 2pcs

# SG1 PARTS LIST 3



**NOTE:** If you are missing a listed part, it likely has been pre-installed in our factory for quality control purposes. Please continue with assembly.

\*Parts images are not to scale.



(71) PULLEY COLUMN CABLE



(74) HEAD OF CABLE  
X 3pcs



(72) TOP CABLE X 2pcs



(73) LOW CABLE X 2pcs



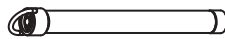
(113) NON SLIP  
X 2pcs



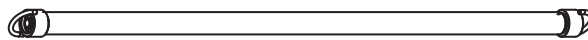
(102) TRICEP ROPE



(103) CHIN ASSIST  
STRAP

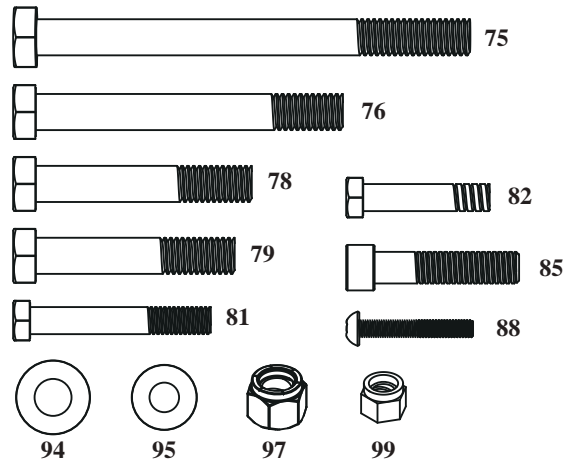


(104) SPORT BAR

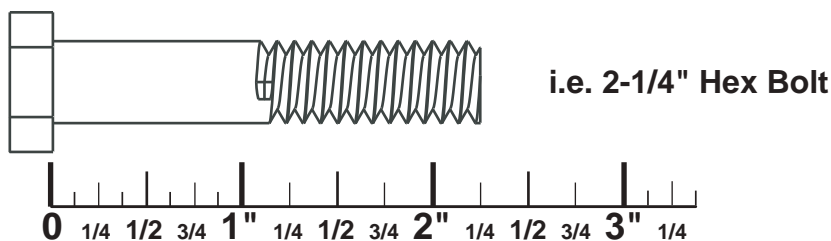


(105) LONG BAR

NO.	DESCRIPTION	QTY.
75	1/2" X 6" HEX BOLT	2
76	1/2" X 4-1/4" HEX BOLT	10
78	1/2" X 3" HEX BOLT	8
79	1/2" X 2-3/4" HEX BOLT	6
81	3/8" X 2-1/2" HEX BOLT	4
82	3/8" X 1-3/4" HEX BOLT	37
85	TOP PLATE BOLT	1
88	M6 X 40L HEX SOCKEN DOME BOLT	4
94	1/2" WASHER	42
95	3/8" WASHER	8
97	1/2" NYLON NUT	16
99	3/8" THICKER NYLON NUT	41

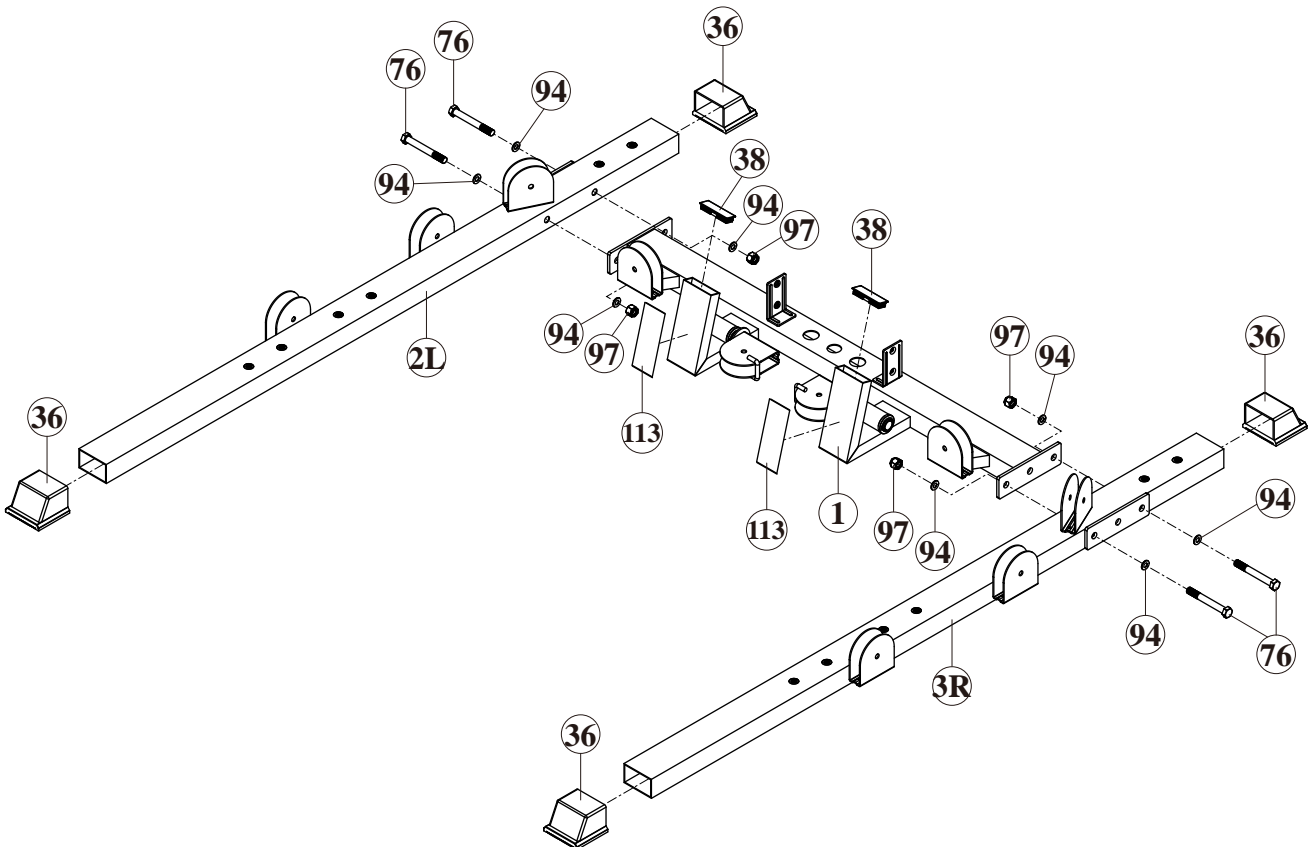


When measuring bolt lengths, only measure the shank.



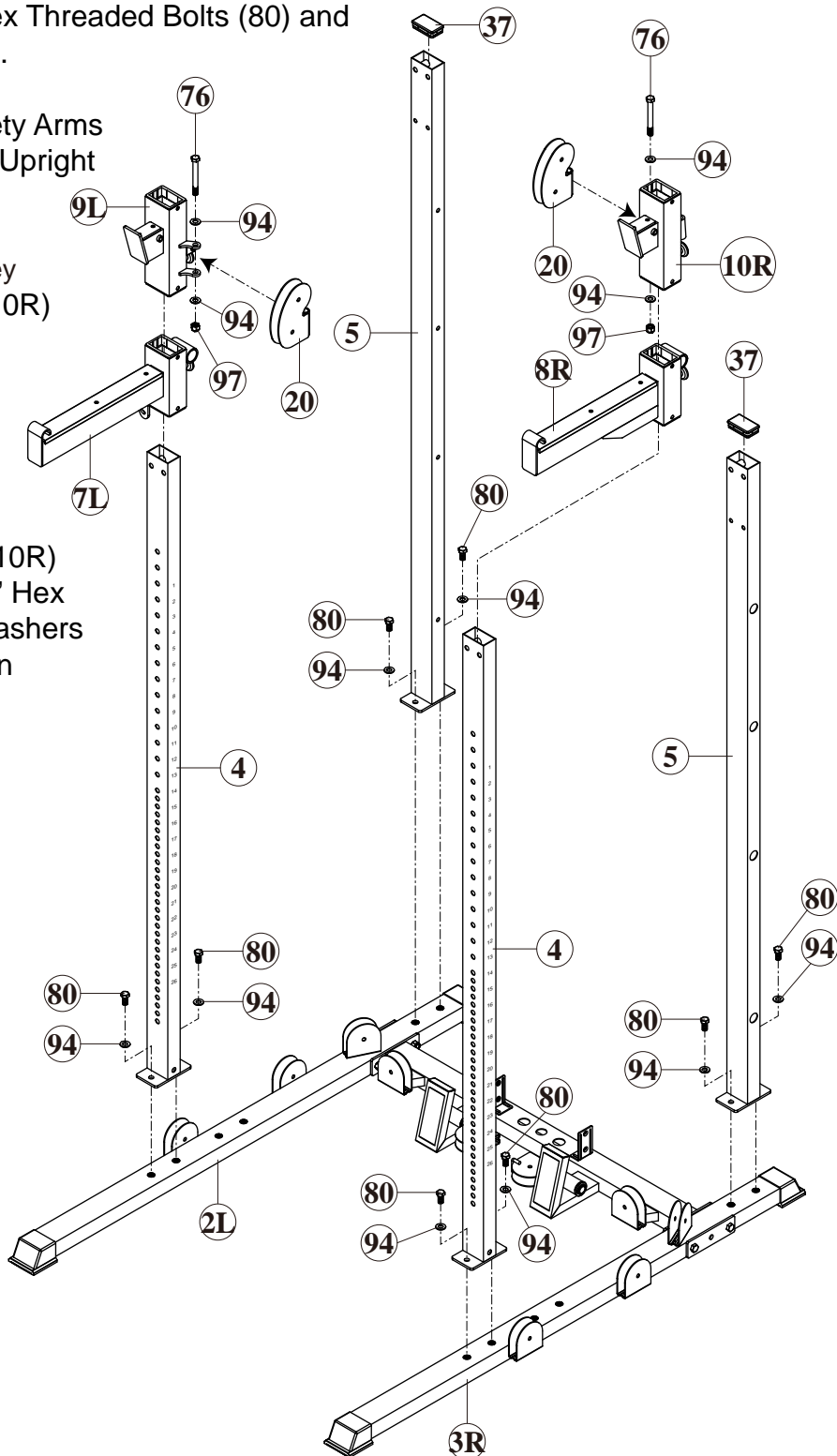
# STEP 1 Assemble Base Frame

1. Cap four 75W X 45H End Caps (36) to Left & Right Base Frame (2L & 3R).
2. Cap two 25 X 75mm Plugs (38) to Base Frame (1).
3. Please attach Left & Right Base Frame (2L & 3R) to the Base Frame (1) using four 1/2" X 4-1/4" Hex Bolts (76), eight 1/2" Washers (94) and four 1/2" Nylon Nuts (97).
4. Stick two Non Slips (113) to Base Frame (1).



# STEP 2 Assemble Upright Frame

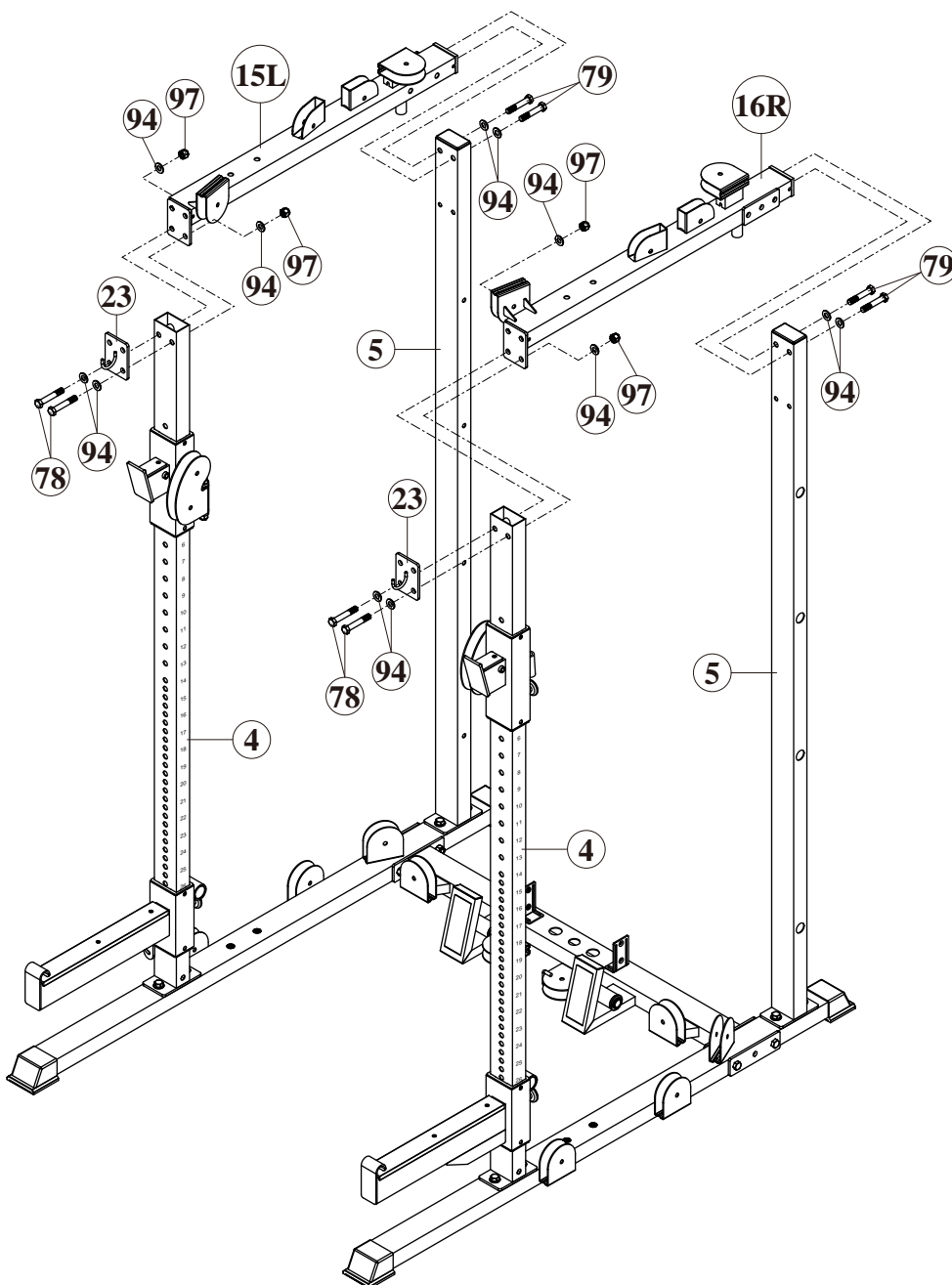
1. Cap two 45 X 75mm Plugs (37) to Rear Upright Frame (5). Please attach two Rear Upright Frames (5) to the Left & Right Base Frames (2L & 3R).using four 1/2" X 1" Hex Threaded Bolts (80) and four 1/2" Washers (94).
2. Attach two Front Upright Frames (4) to the Left & Right Base Frames (2L & 3R) using four 1/2" X 1" Hex Threaded Bolts (80) and four 1/2" Washers (94).
3. Slide Left & Right Safety Arms (7L & 8R) to the Front Upright Frame (4).
4. Slide Left & Right Pulley Height Adjusters (9L & 10R) to the Front Upright Frame (4).
5. Attach two Rotating Pulley Holders (20) to Left and Right Pulley Height Adjuster (9L & 10R) using two 1/2" X 4-1/4" Hex Bolts (76), four 1/2" Washers (94) and two 1/2" Nylon Nuts (97).





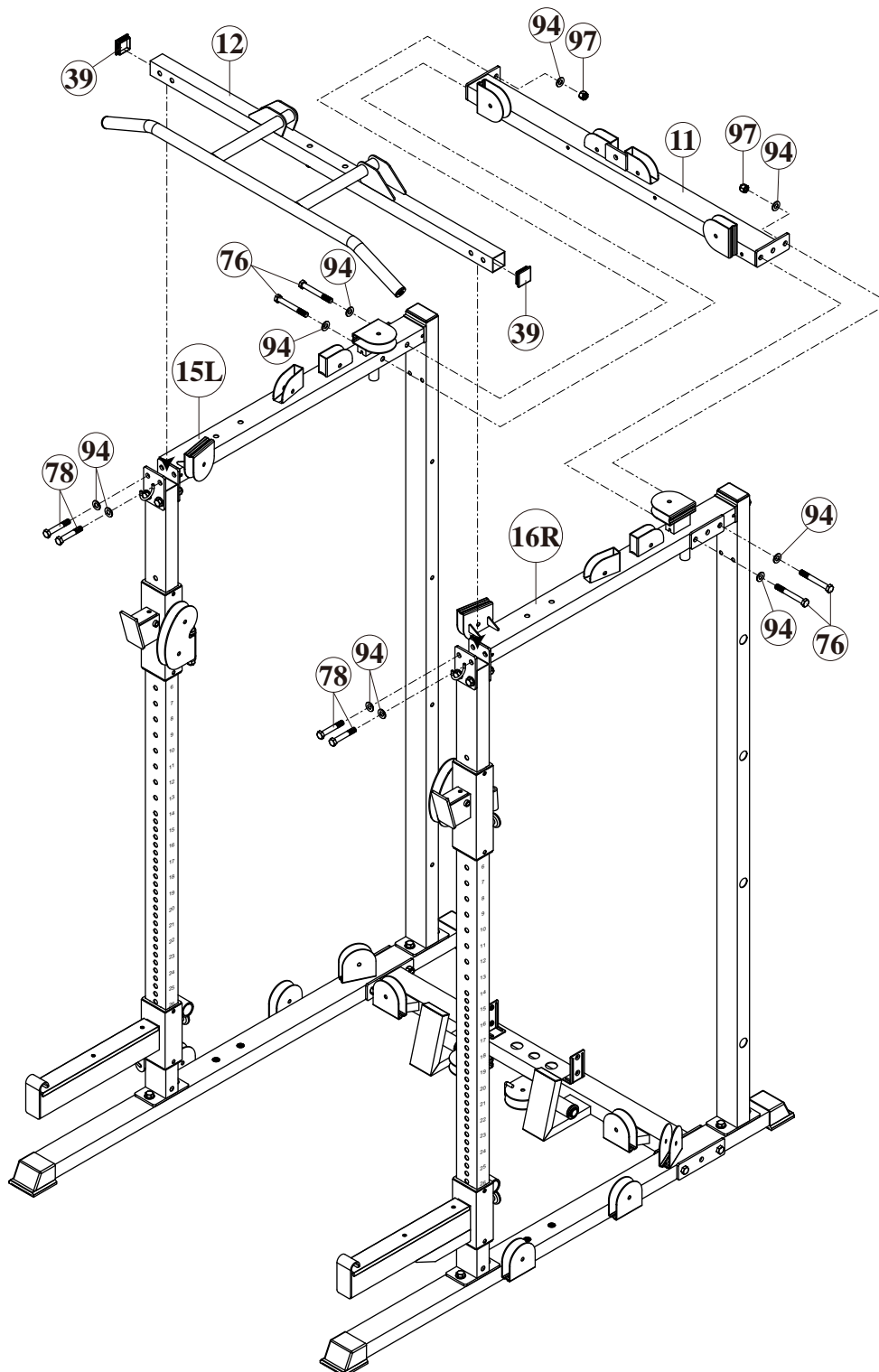
## STEP 3 Assemble Top Frame

1. Attach Lat Bar Bracket (23) to Front Upright Frame (4) and Left Top Frame (15L) using two 1/2" X 3" Hex Bolts (78), four 1/2" Washers (94) and two 1/2" Nylon Nuts (97). Attach Rear Upright Frame (5) to the Left Top Frame (15L) using two 1/2" X 2-3/4" Hex Bolts (79) and two 1/2" Washers (94).
2. Attach Lat Bar Bracket (23) to Front Upright Frame (4) and Right Top Frame (16R) using two 1/2" X 3" Hex Bolts (78), four 1/2" Washers (94) and two 1/2" Nylon Nuts (97). Attach Rear Upright Frame (5) to the Right Top Frame (16R) using two 1/2" X 2-3/4" Hex Bolts (79) and two 1/2" Washers (94).



## STEP 4 Assemble Rear Top Frame & Chin Up Frame

1. Cap two 45mm SQ. Plugs (39) to Chin Up Frame (12). Attach Chin Up Frame (12) to the Left & Right Top Frame (15L & 16R) using four 1/2" X 3" Hex Bolts (78) and four 1/2" Washers (94).
2. Attach Rear Top Frame (11) to the Left & Right Top Frame (15L & 16R) using four 1/2" X 4-1/4" Hex Bolts (76), six 1/2" Washers (94) and two 1/2" Nylon Nuts (97).

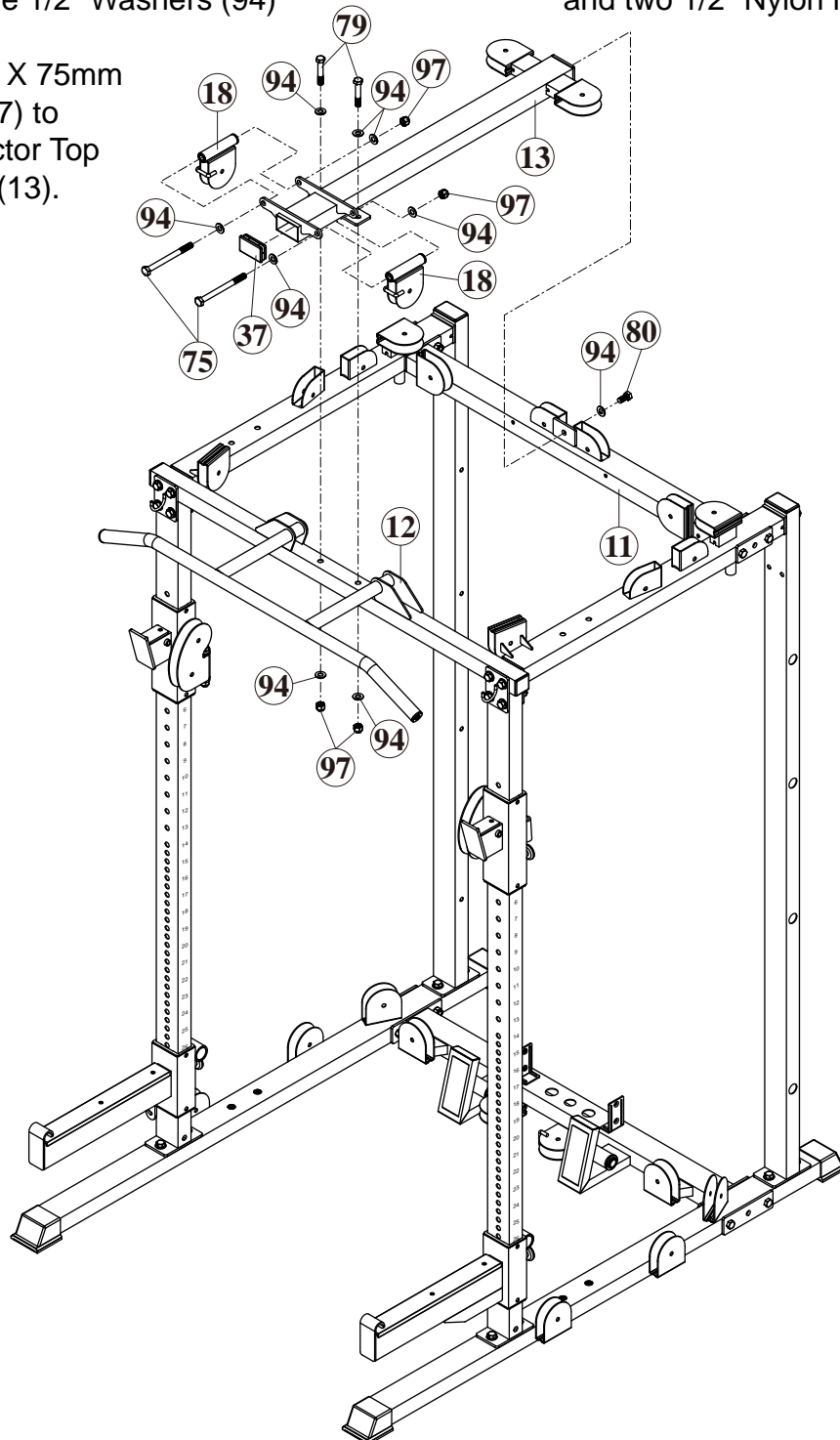


# STEP 5 Assemble Connector Top Frame

1. Attach two Top Frame Pulley Brackets (18) to the Connector Top Frame (13) using two 1/2" X 6" Hex Bolts (75), four 1/2" Washers (94) and two 1/2" Nylon Nuts (97).

2. Attach Connector Top Frame (13) to Chin Up Frame (12) and Rear Top Frame (11) using two 1/2" X 2-3/4" Hex Bolts (79), one 1/2" X 1" Hex Threaded Bolt (80), five 1/2" Washers (94) and two 1/2" Nylon Nuts (97).

3. Cap 45 X 75mm Plug (37) to Connector Top Frame (13).



## STEP 6 Assemble Guide Rods & Weight Plate



### IMPORTANT

*If you have 19 Weight Plates, DO NOT install the two Stack Spacers (34), See figure 2 & 3 below.*

**Before beginning Step 6, please read the following and refer to Figures 2 and 3 on the next page.**

#### **150 lb Stacks**

- If you have **14** Weight Plates (35) per stack, install the Stack Spacers (34) onto each of the Guide Rods (6). Fig. 2  
14 piece weight plates & top plate = TOTAL 150 lbs stack.

#### **200 lb Stacks**

- If you have **19** Weight Plates (35) per stack, DISCARD the Stack Spacers (34), see Fig. 3  
19 piece weight plates & top plate = TOTAL 200 lbs stack.

1. Assembly the Two Way Top Plate (32) to the the Selector Rod (29) using one Top Plate Bolt (85). **TIGHTEN** the Top Plate Bolt (85) at this time.
2. Install each of the Plastic Guide Rod Holders (44) into the Base Frame (1), and insert the Guide Rods (6).

**NOTE:** When installing the Weight Plates (35), make certain that each plate is oriented with selector hole opening on the bottom and facing forward.

3. Make two Guide Rods (6) angled slightly forward. If you have 19 pieces of Weight Plates (35) discard the Stack Spacers (34), and refer to Figure 2. for the proper configuration; if you have 14 pieces of Weight Plates (35), then refer to Figure 1. for the correct configuration. Slide two Rubber Cushions (45) and the Weight Plates (35) one at a time onto the Guide Rods (6).
4. Attach Top Guide Rod Holder (33) onto the Guide Rods (6) and return the Guide Rods (6) to the upright position. Then attach Top Guide Rod Holder (33) to Rear Top Frame (11) using two 5/16" X 5/8" Hex Socken Dome Bolts (87). Tighten the two 5/16" X 1/4" Inner Hex Screws (93) to the Guide Rods (6).

# STEP 6 Assemble Guide Rods & Weight Plate

Fig 1.

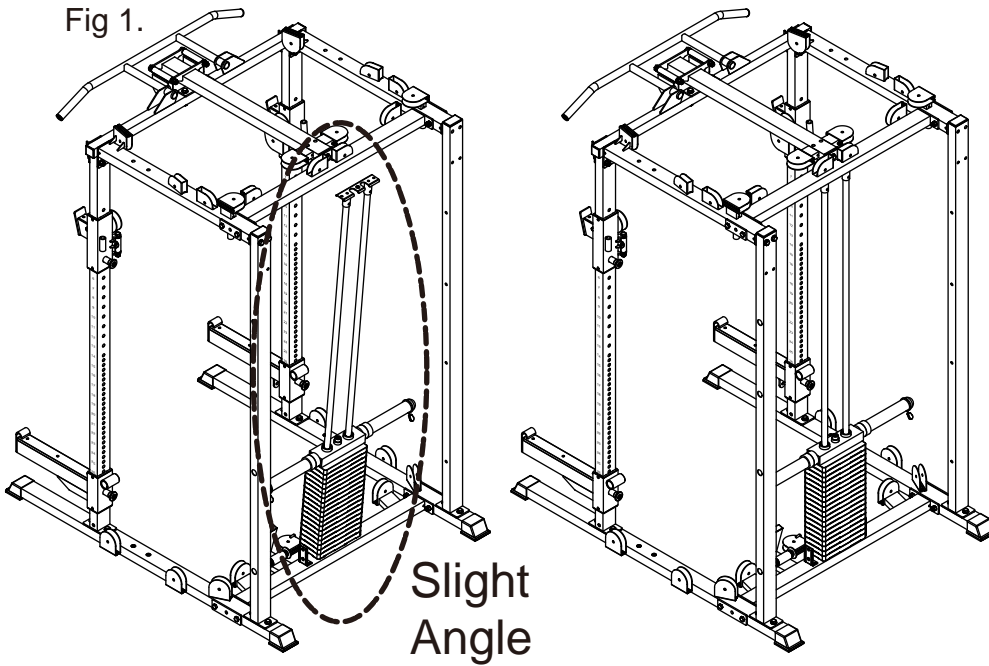
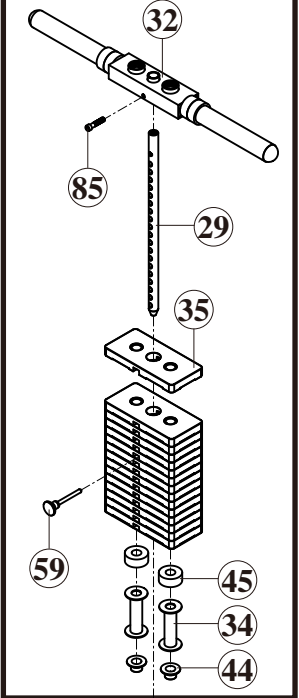
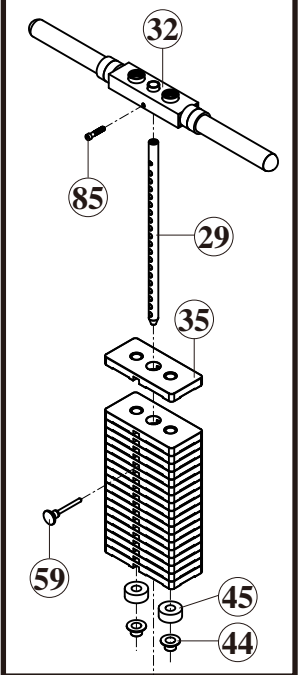


Fig 2.  
14 Weight Plates

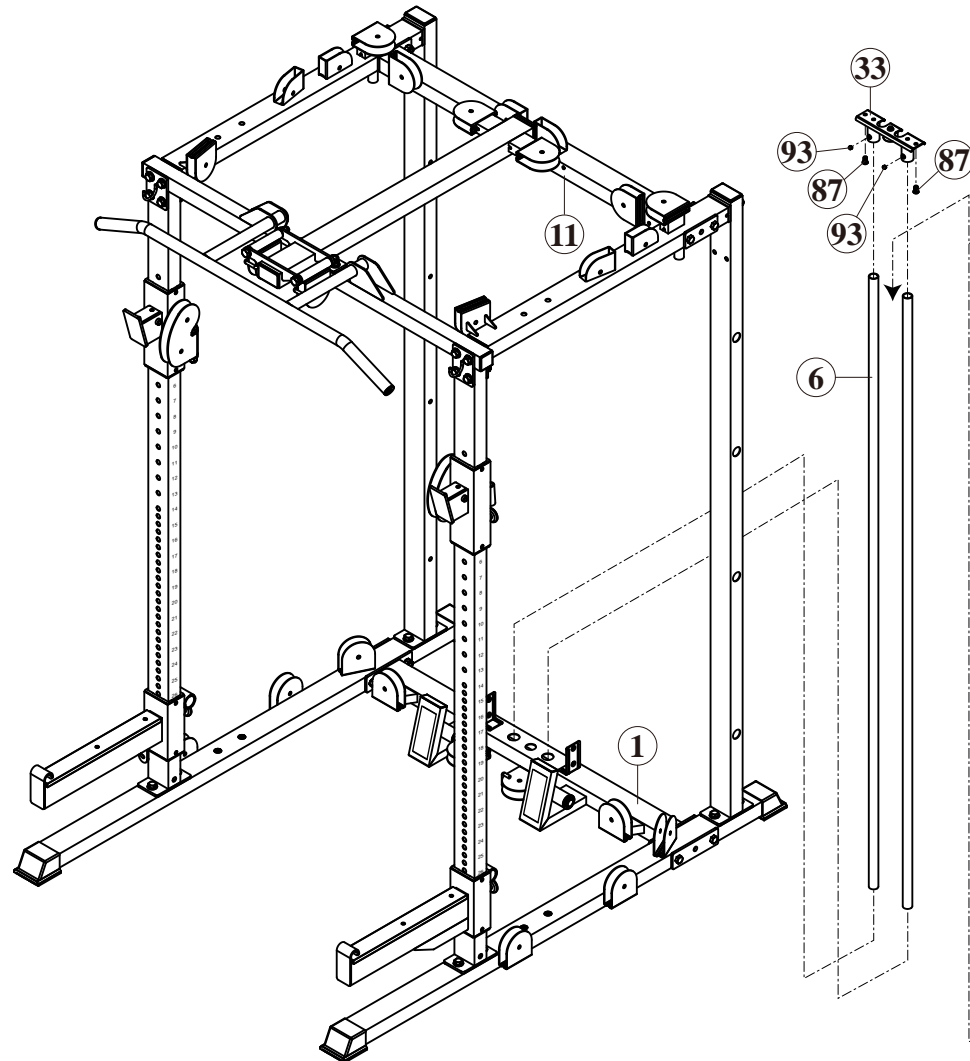


150 lbs stack

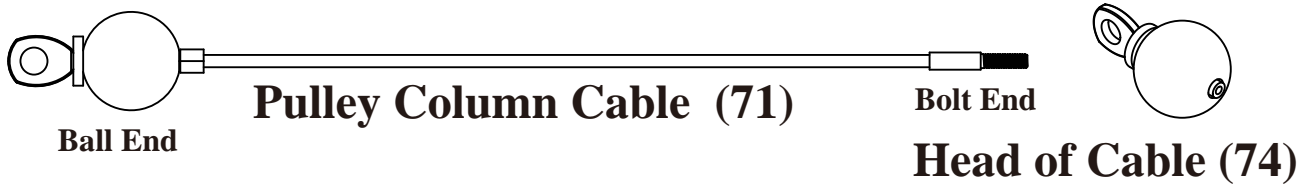
Fig 3.  
19 Weight Plates



200 lbs stack



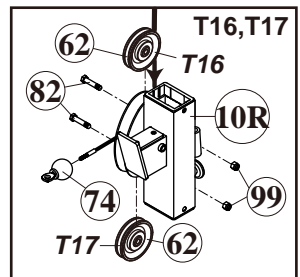
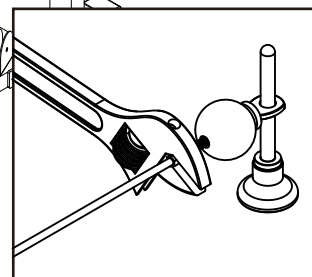
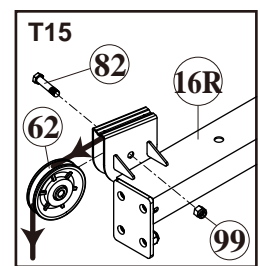
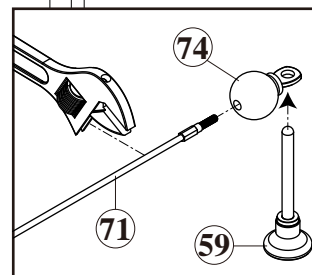
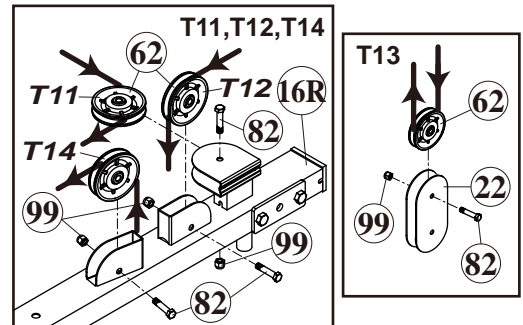
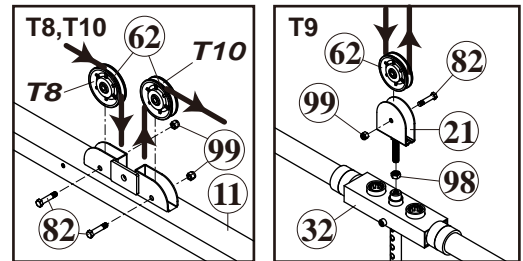
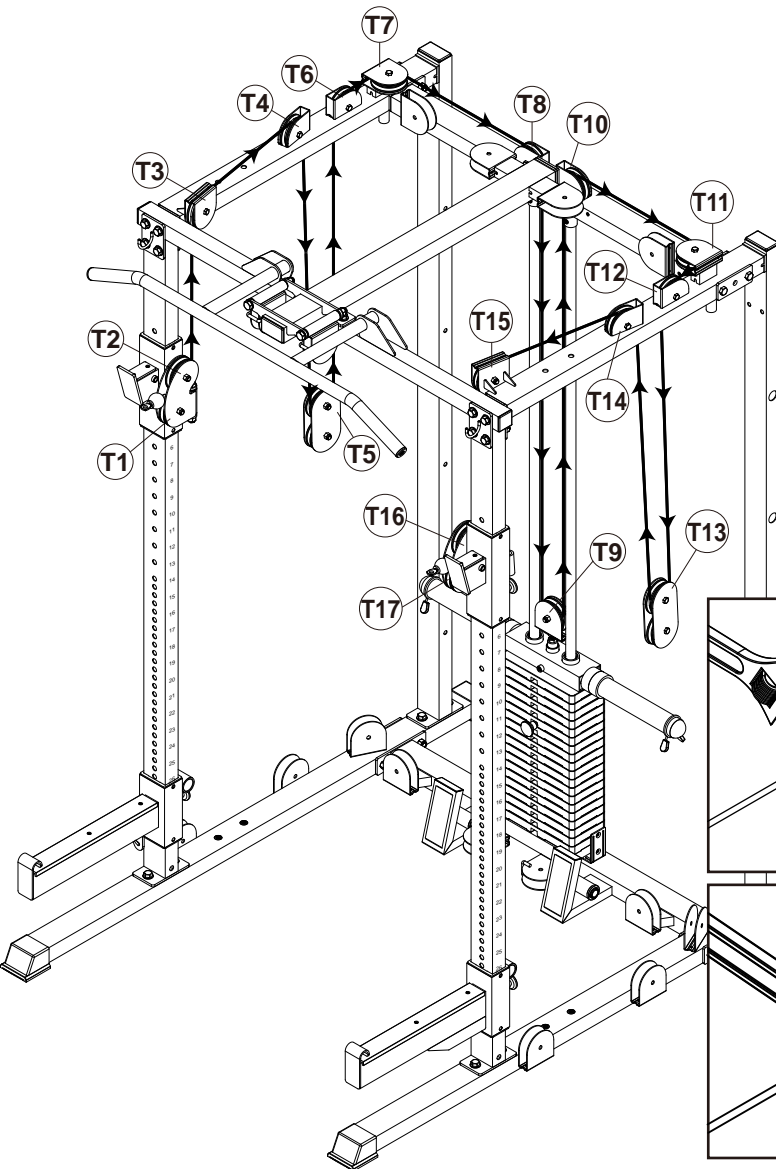
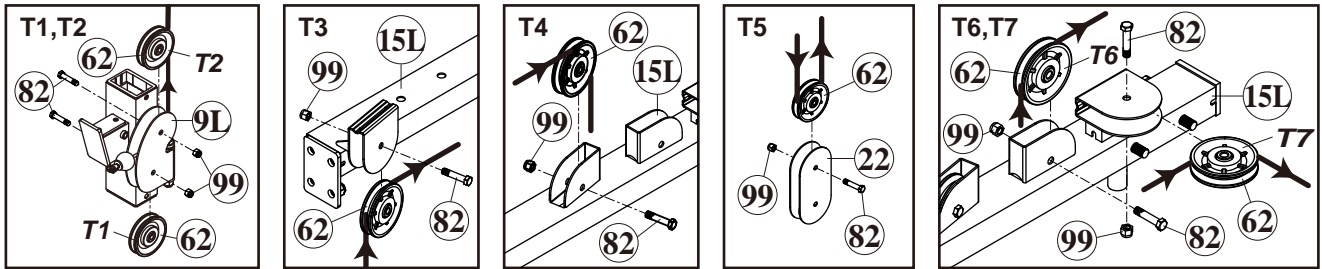
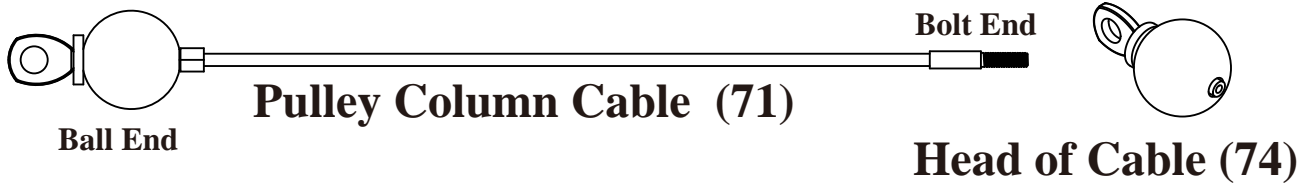
# STEP 7 Assemble Pulley Column Cable



Simultaneously assemble cables and pulleys.

1. Refer to T1 & T2. Mount two Pulleys (62) using two 3/8" X 1-3/4" Hex Bolts (82) and two 3/8" Thicker Nylon Nuts (99) to the pulley holder of Left Pulley Height Adjuster (9L). Insert the Bolt End of Pulley Column Cable (71) into Left Pulley Height Adjuster (9L) and pull it out upwards.
2. Refer to T3 & T4. Mount a Pulley (62) using 3/8" X 1-3/4" Hex Bolt (82) and 3/8" Thicker Nylon Nut (99) to Left Top Frame (15L).
3. Refer to T5. Mount a Pulley (62) using 3/8" X 1-3/4" Hex Bolt (82) and 3/8" Thicker Nylon Nut (99) to two Double Cable Retainer Plates (22), and route Pulley Column Cable (71) along underneath the pulley.
4. Refer to T6 & T7. Mount a Pulley (62) using 3/8" X 1-3/4" Hex Bolt (82) and 3/8" Thicker Nylon Nut (99) to Left Top Frame (15L).
5. Refer to T8. Mount a Pulley (62) using 3/8" X 1-3/4" Hex Bolt (82) and 3/8" Thicker Nylon Nut (99) to Rear Top Frame (11).
6. Refer to T9. Place 1/2" Nut (98) onto Two Way Top Plate (32), thread Pulley Block (21) into Selector Rod (29) a minimum of 1/3 of the way and screw 1/2" Nut (98) downwards. Mount a Pulley (62) using 3/8" X 1-3/4" Hex Bolt (82) and 3/8" Thicker Nylon Nut (99) to Pulley Block (21).
7. Refer to T10. Mount a Pulley (62) using 3/8" X 1-3/4" Hex Bolt (82) and 3/8" Thicker Nylon Nut (99) to Rear Top Frame (11).
8. Refer to T11 & T12. Mount a Pulley (62) using 3/8" X 1-3/4" Hex Bolt (82) and 3/8" Thicker Nylon Nut (99) to Right Top Frame (16R).
9. Refer to T13. Mount a Pulley (62) using 3/8" X 1-3/4" Hex Bolt (82) and 3/8" Thicker Nylon Nut (99) to two Double Cable Retainer Plates (22), and route Pulley Column Cable (71) along underneath the pulley.
10. Refer to T14 & T15. Mount a Pulley (62) using 3/8" X 1-3/4" Hex Bolt (82) and 3/8" Thicker Nylon Nut (99) to Right Top Frame (16R).
11. Refer to T16 & T17. Mount two Pulleys (62) using two 3/8" X 1-3/4" Hex Bolts (82) and two 3/8" Thicker Nylon Nuts (99) to the pulley holder of Right Pulley Height Adjuster (10R). Continue routing Pulley Column Cable (71) downwards and pull it out between two pulleys. Attach Head of Cable (74) to the Bolt End of Pulley Column Cable (71).

# STEP 7 Assemble Pulley Column Cable



## STEP 8 Assemble Top Cable

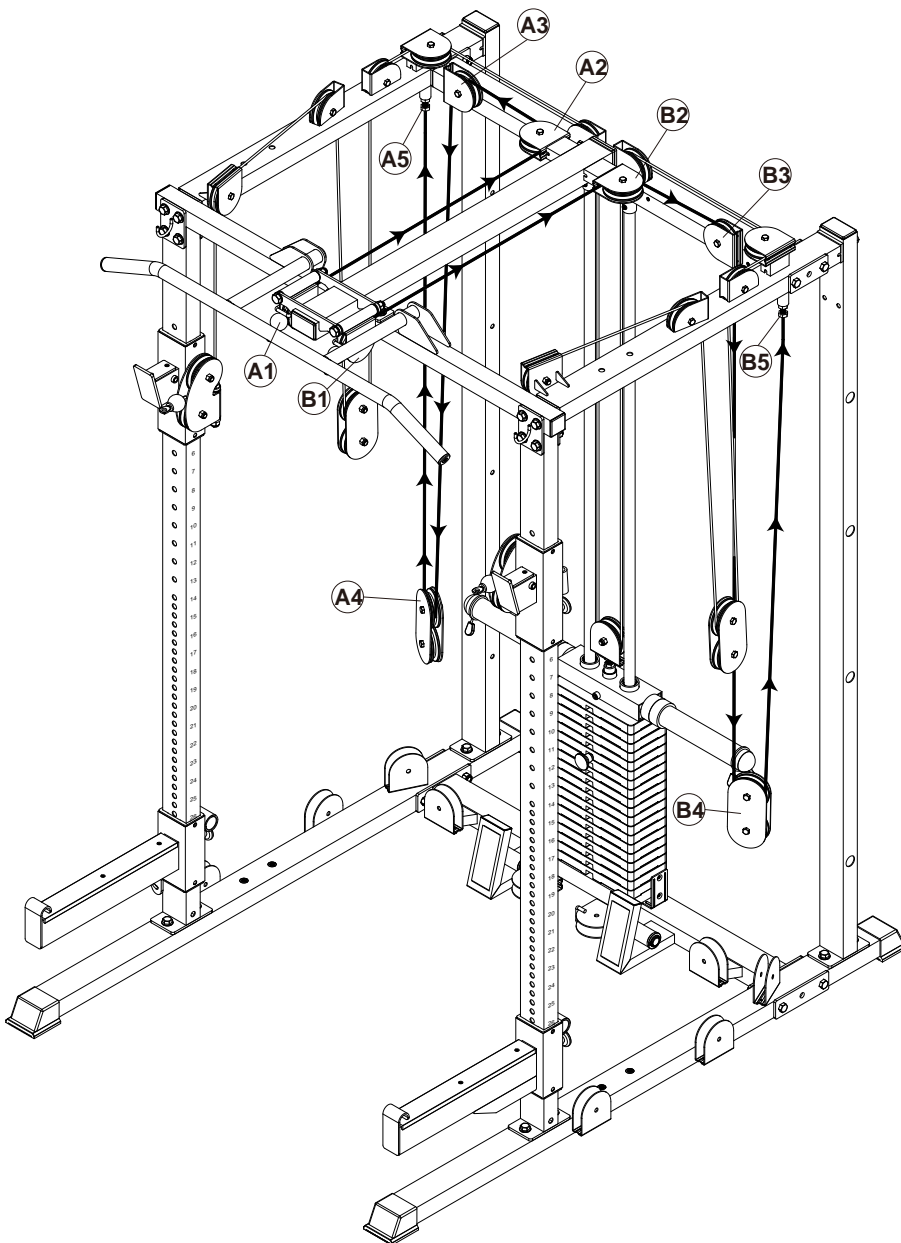
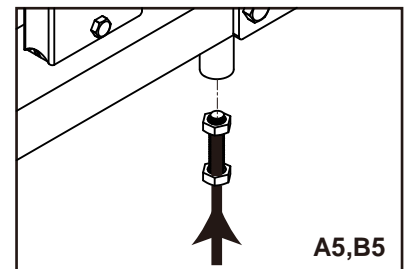
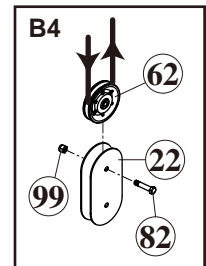
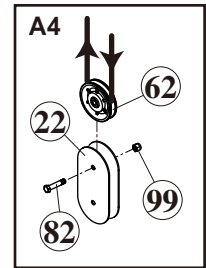
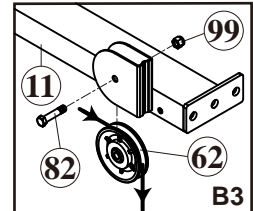
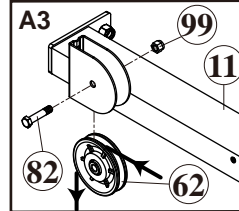
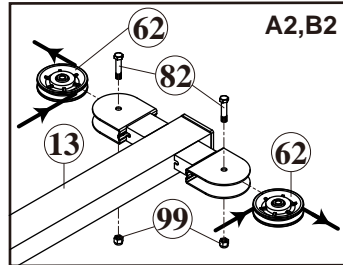
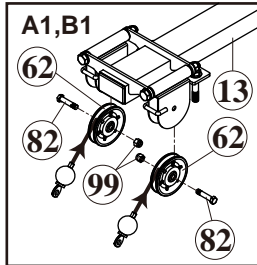


Simultaneously assemble cables and pulleys.

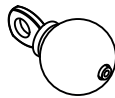
1. Refer to A1. Mount a Pulley (62) using 3/8" X 1-3/4" Hex Bolt (82) and 3/8" Thicker Nylon Nut (99) to the pulley bracket of Connector Top Frame (13). Insert the Bolt End of Top Cable (72) into Connector Top Frame (13) and pull it out towards.
2. Refer to A2. Mount a Pulley (62) using 3/8" X 1-3/4" Hex Bolt (82) and 3/8" Thicker Nylon Nut (99) to Connector Top Frame (13).
3. Refer to A3. Mount a Pulley (62) using 3/8" X 1-3/4" Hex Bolt (82) and 3/8" Thicker Nylon Nut (99) to Rear Top Frame (11).
4. Refer to A4. Mount a Pulley (62) using 3/8" X 1-3/4" Hex Bolt (82) and 3/8" Thicker Nylon Nut (99) to two Double Cable Retainer Plates (22), and route Top Cable (72) along underneath the pulley.
5. Refer to A5. Guide Top Cable (72) upwards and thread the Bolt End of Top Cable (72) into Left Top Frame (15L).
6. Perform the same procedure for the right side.



# STEP 8 Assemble Top Cable



## STEP 9 Assemble Low Cable

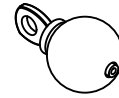


### Head of Cable (74)

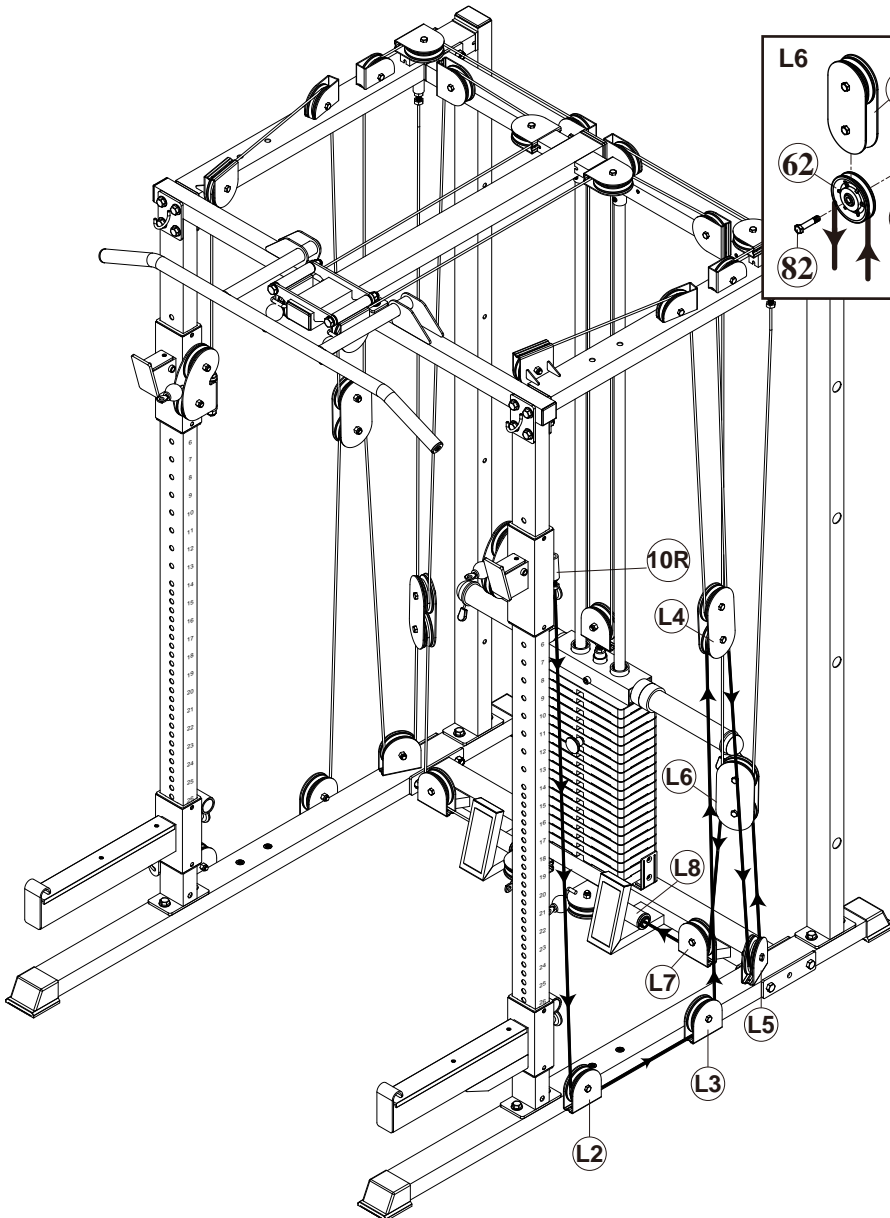
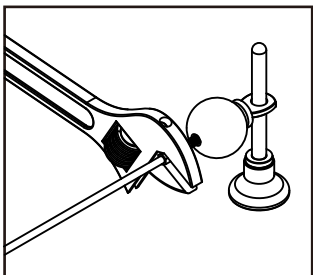
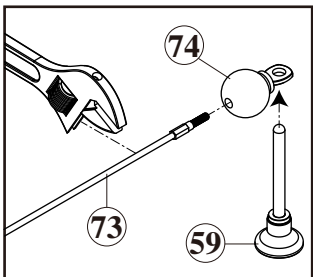
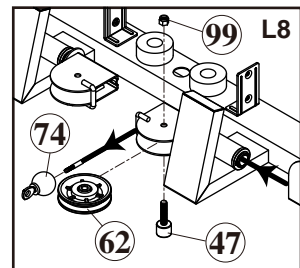
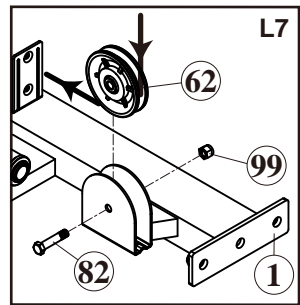
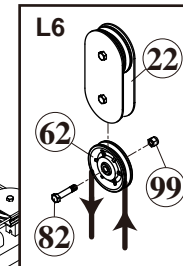
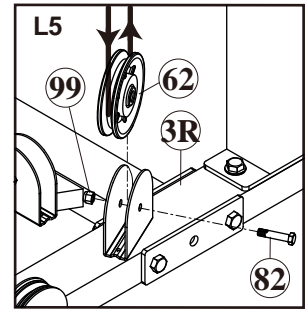
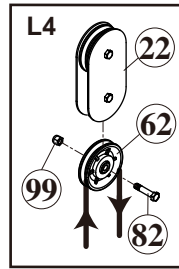
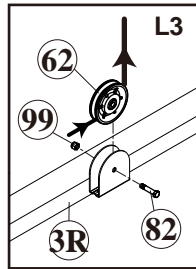
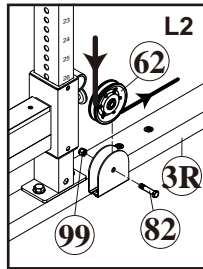
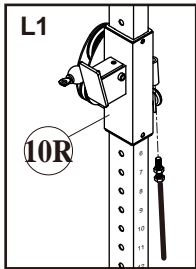
Simultaneously assemble cables and pulleys.

1. Refer to L1. Thread the threaded bolt end of Low Cable (73) into Right Pulley Height Adjuster (10R).
2. Refer to L2 & L3. Mount a Pulley (62) using 3/8" X 1-3/4" Hex Bolt (82) and 3/8" Thicker Nylon Nut (99) to Right Base Frame (3R).
3. Refer to L4. Mount a Pulley (62) using 3/8" X 1-3/4" Hex Bolt (82) and 3/8" Thicker Nylon Nut (99) to two Double Cable Retainer Plates (22), and route Low Cable (73) along above the pulley.
4. Refer to L5. Mount a Pulley (62) using 3/8" X 1-3/4" Hex Bolt (82) and 3/8" Thicker Nylon Nut (99) to Right Base Frame (3R).
5. Refer to L6. Mount a Pulley (62) using 3/8" X 1-3/4" Hex Bolt (82) and 3/8" Thicker Nylon Nut (99) to two Double Cable Retainer Plates (22), and route Low Cable (73) along above the pulley.
6. Refer to L7. Mount a Pulley (62) using 3/8" X 1-3/4" Hex Bolt (82) and 3/8" Thicker Nylon Nut (99) to Base Frame (1).
7. Refer to L8. Mount a Pulley (62) using 3/8" X 1-1/2" Knob (47) and 3/8" Thinner Nylon Nut (116) to the pulley bracket of Base Frame (1). Continue routing Low Cable (73) over and pull it out towards. Attach Head of Cable (74) to the Bolt End of Low Cable (73).
8. Perform the same procedure for the left side.

# STEP 9 Assemble Low Cable

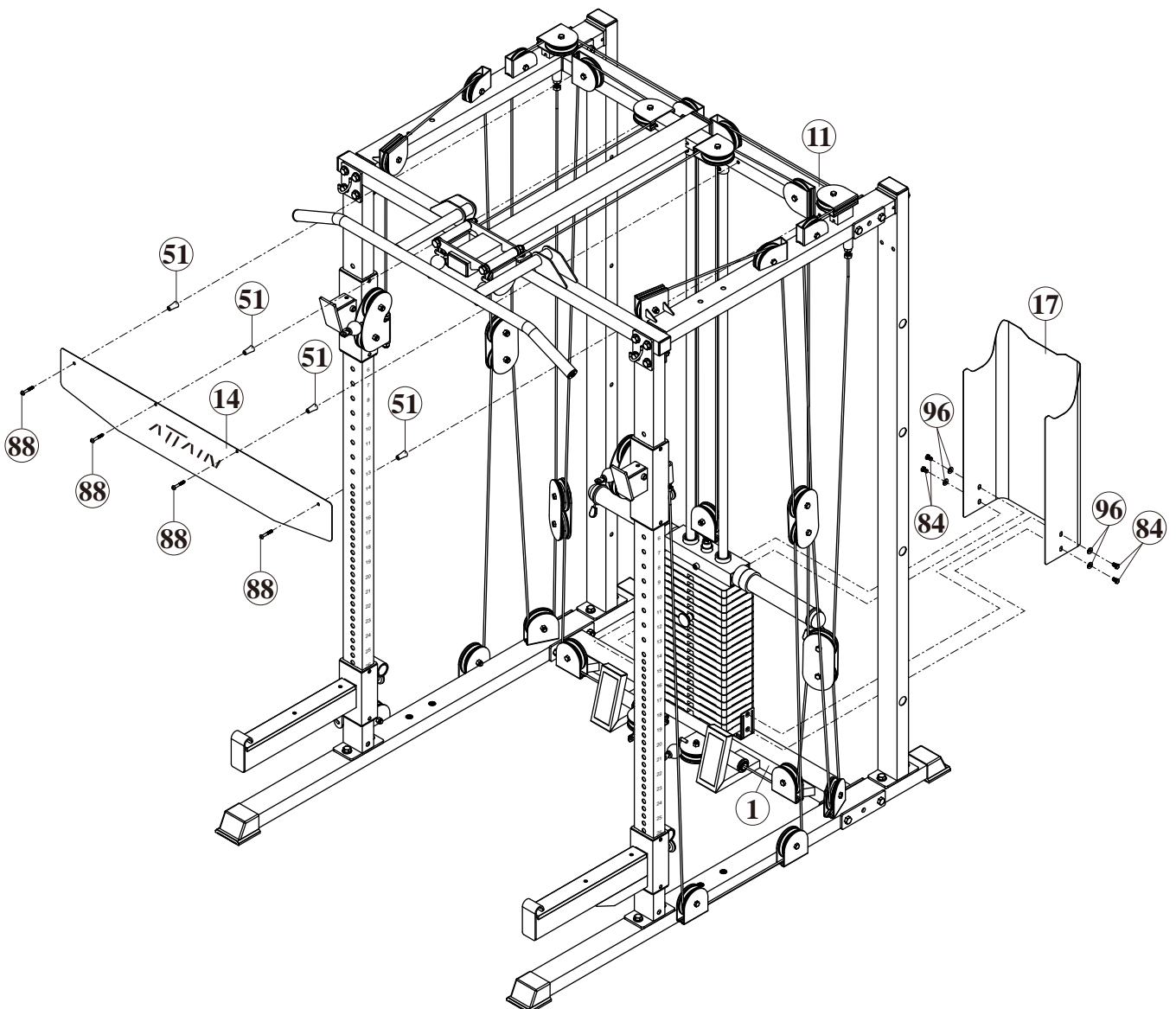


Head of Cable (74)



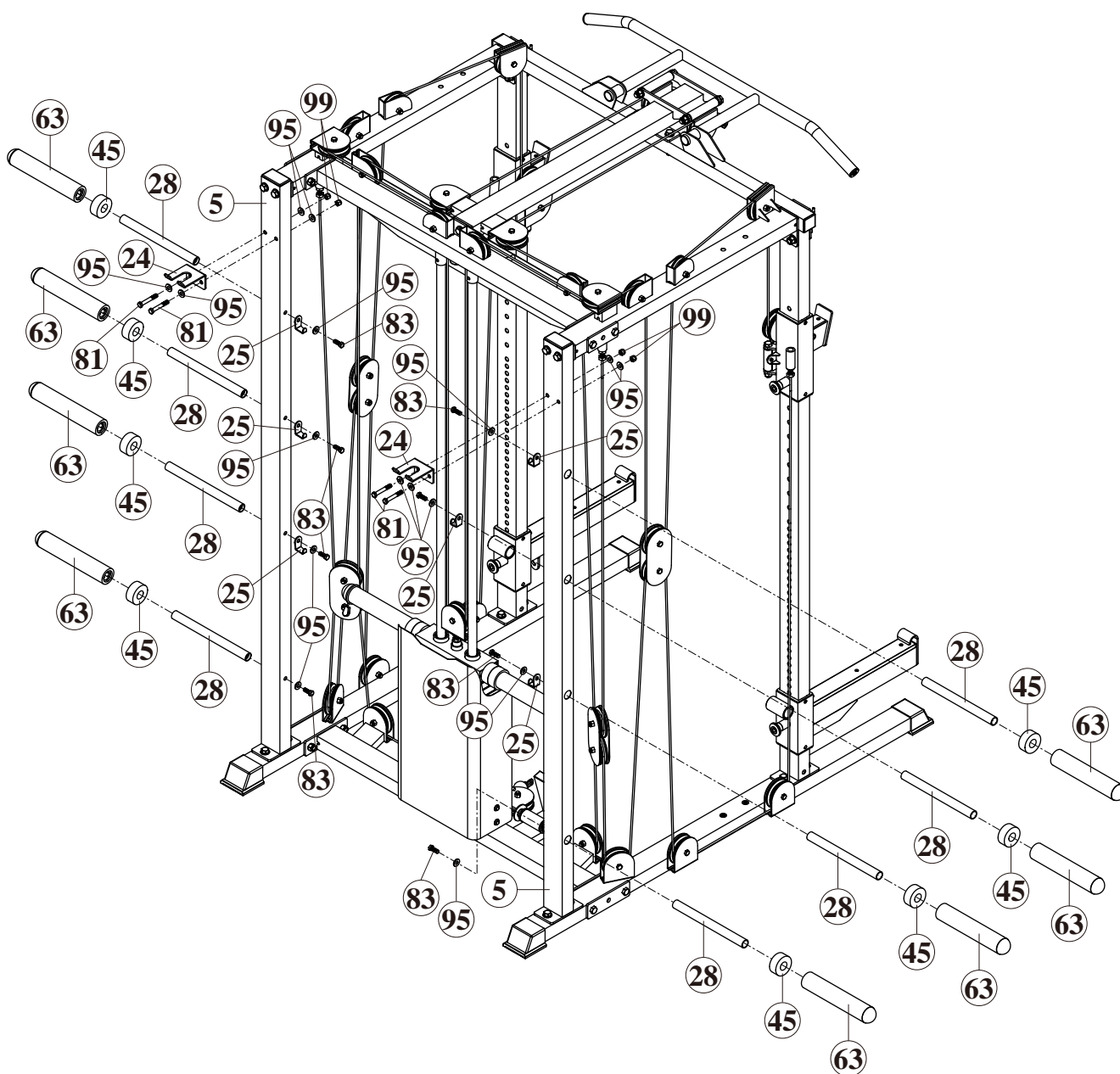
## STEP 10 Assemble Top Panel & Stack Guard

1. Attach Top Panel (14) to the Rear Top Frame (11) using four M6 X 40L Hex Socken Dome Bolts (88) and four Plastic Studs (51).
2. Attach Stack Guards (17) to the Base Frame (1) using four 5/16" X 1/2" Hex Threaded Bolts (84) and four 5/16" Washers (96).



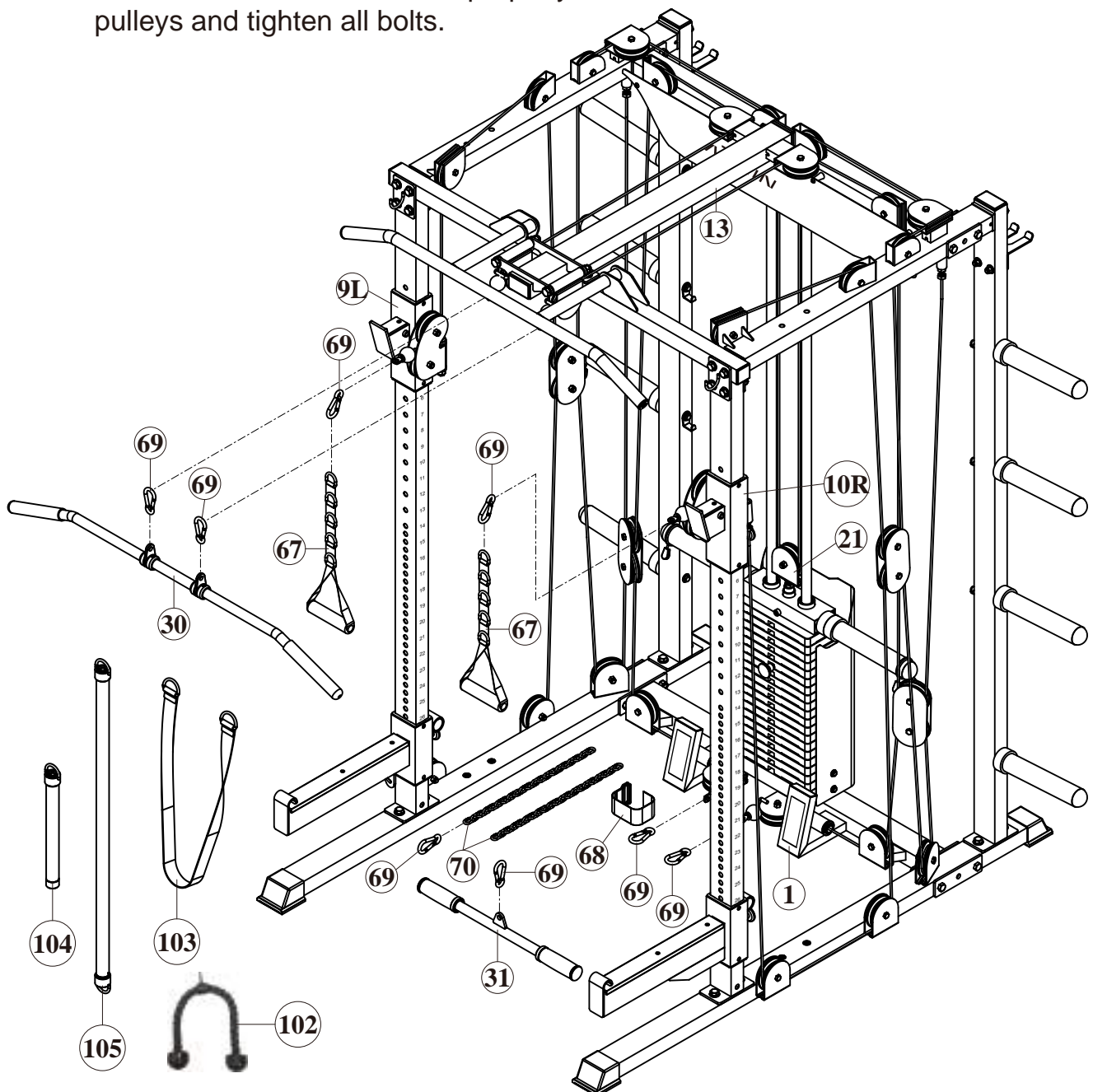
# STEP 11 Assemble Olympic Adapter Sleeve

1. Attach eight Lever Support Rods (28), eight Rubber Cushions (45) and eight Olympic Adapter Sleeves (63) to each side of Rear Upright Frame (5) using six Weight Holder Brackets (25), eight 3/8" Washers (95) and eight 3/8" X 1" Hex Threaded Bolts (83).
2. Attach Bracket (24) to each side of Rear Upright Frame (5) using four 3/8" X 2-1/2" Hex Bolts (81), eight 3/8" Washers (95) and four 3/8" Thicker Nylon Nuts (99).

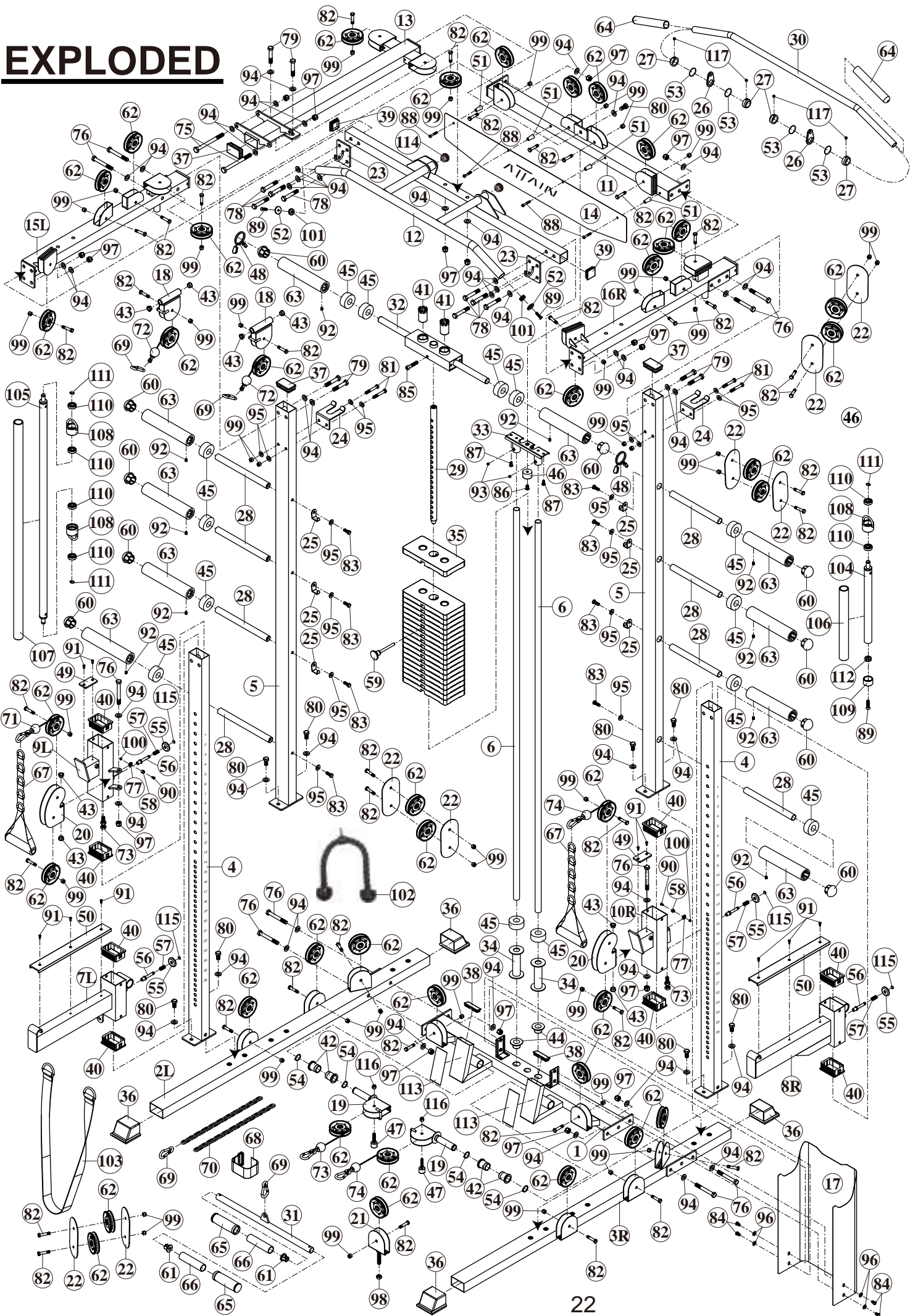


## STEP 12 Accessories Placement

1. Remove all slack in the cables by adjusting the Cable Bolts on the Left & Right Pulley Height Adjusters (9L & 10R), and the Pulley Block (21) located on the Top Plates of the stack. Tighten all Jam-Nuts when finished. The Cable Bolts and Pulley Block (21) should not be able to rotate when tightened.
2. Attach Lat Bar (30) to Snap Hooks (69) on Top Cable (72) as shown.
3. Attach Curl Bar (31) to Snap Hooks (69) on Low Cable (73) as shown.
4. Attach two Multiple D-ring Single Handles (67) to Snap Hooks (69) on Pulley Column Cable (71) as shown.
5. Make sure that all cables are properly seated in all of the pulleys and tighten all bolts.

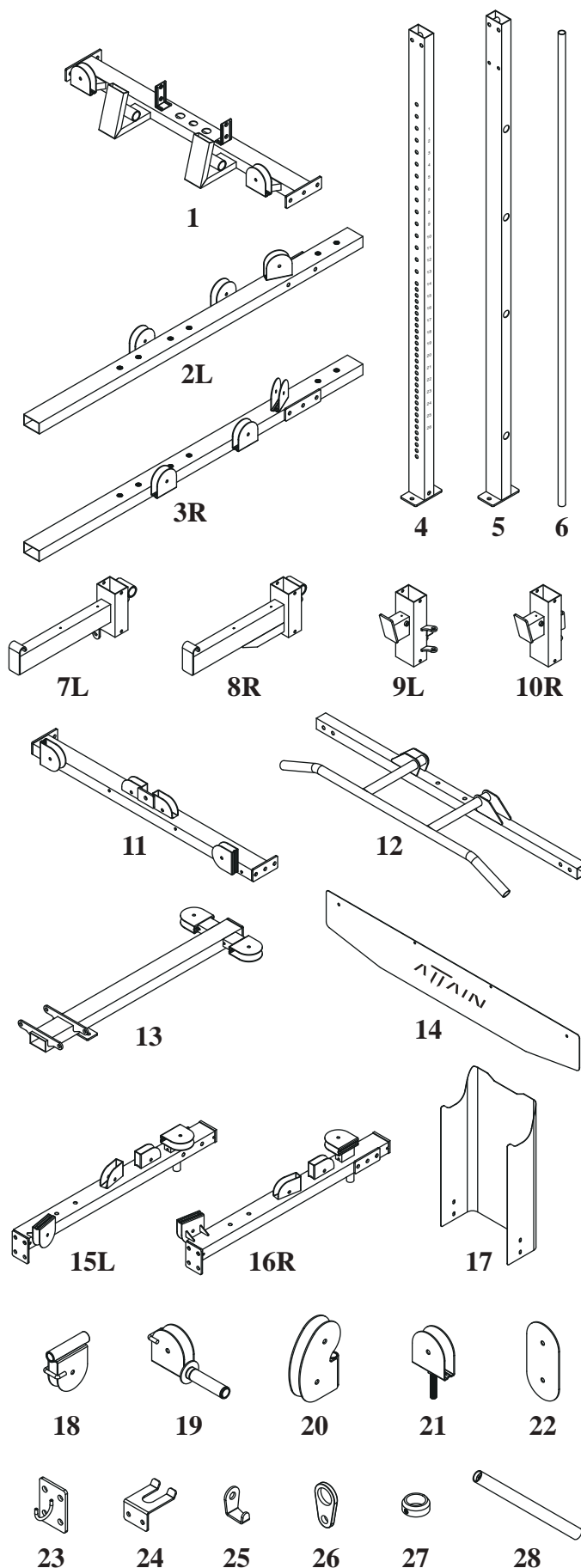


# EXPLODED



# COMPLETE PARTS CHART

NO.	DESCRIPTION	QTY.
1	BASE FRAME	1
2L	LEFT BASE FRAME	1
3R	RIGHT BASE FRAME	1
4	FRONT UPRIGHT FRAME	2
5	REAR UPRIGHT FRAME	2
6	GUIDE ROD	2
7L	LEFT SAFETY ARM	1
8R	RIGHT SAFETY ARM	1
9L	LEFT PULLEY HEIGHT ADJUSTER	1
10R	RIGHT PULLEY HEIGHT ADJUSTER	1
11	REAR TOP FRAME	1
12	CHIN UP FRAME	1
13	CONNECTOR TOP FRAME	1
14	TOP PANEL	1
15L	LEFT TOP FRAME	1
16R	RIGHT TOP FRAME	1
17	STACK GUARDS	1
18	TOP FRAME PULLEY BRACKET	2
19	LOW CABLE PULLEY BRACKET	2
20	ROTATING PULLEY HOLDER	2
21	PULLEY BLOCK	1
22	DOUBLE CABLE RETAINER PLATE	8
23	LAT BAR BRACKET	2
24	BRACKET	2
25	WEIGHT HOLDER BRACKET	6
26	HOOK PLATE	2
27	AXLE COLLAR	4
28	LEVER SUPPORT ROD	8

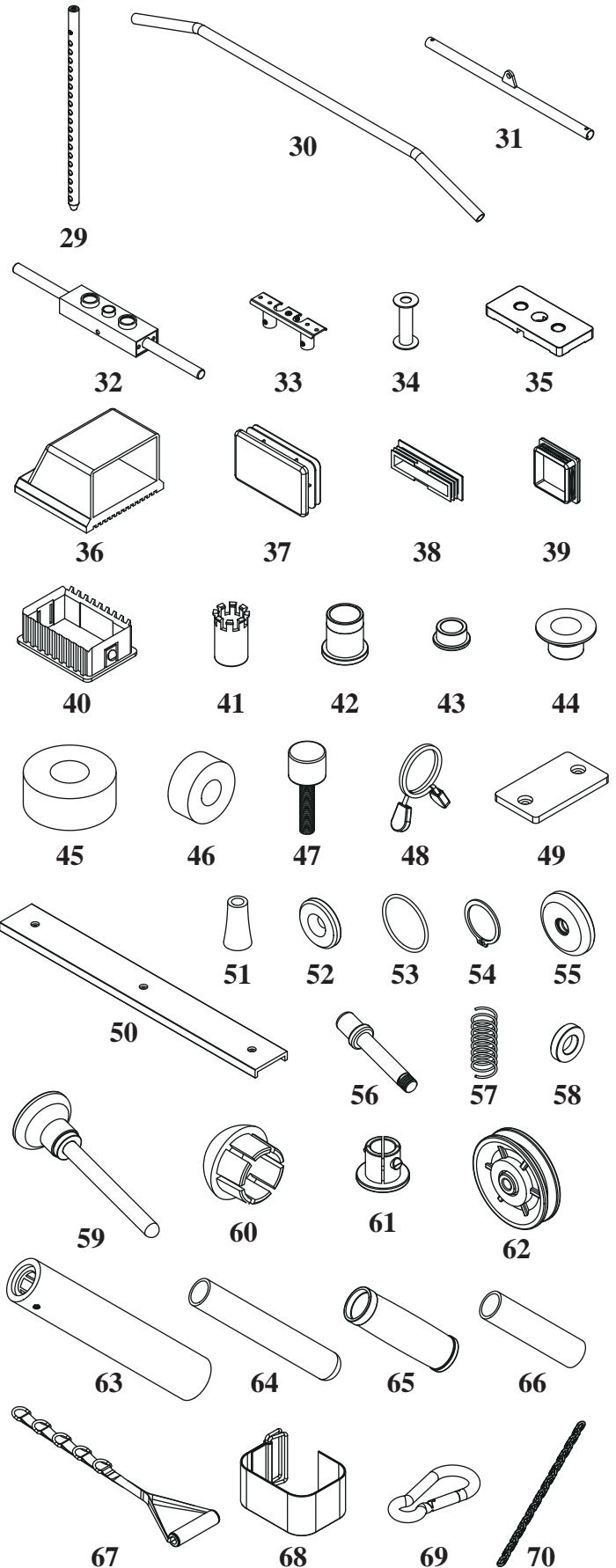


\*Parts images are not to scale.



# COMPLETE PARTS CHART

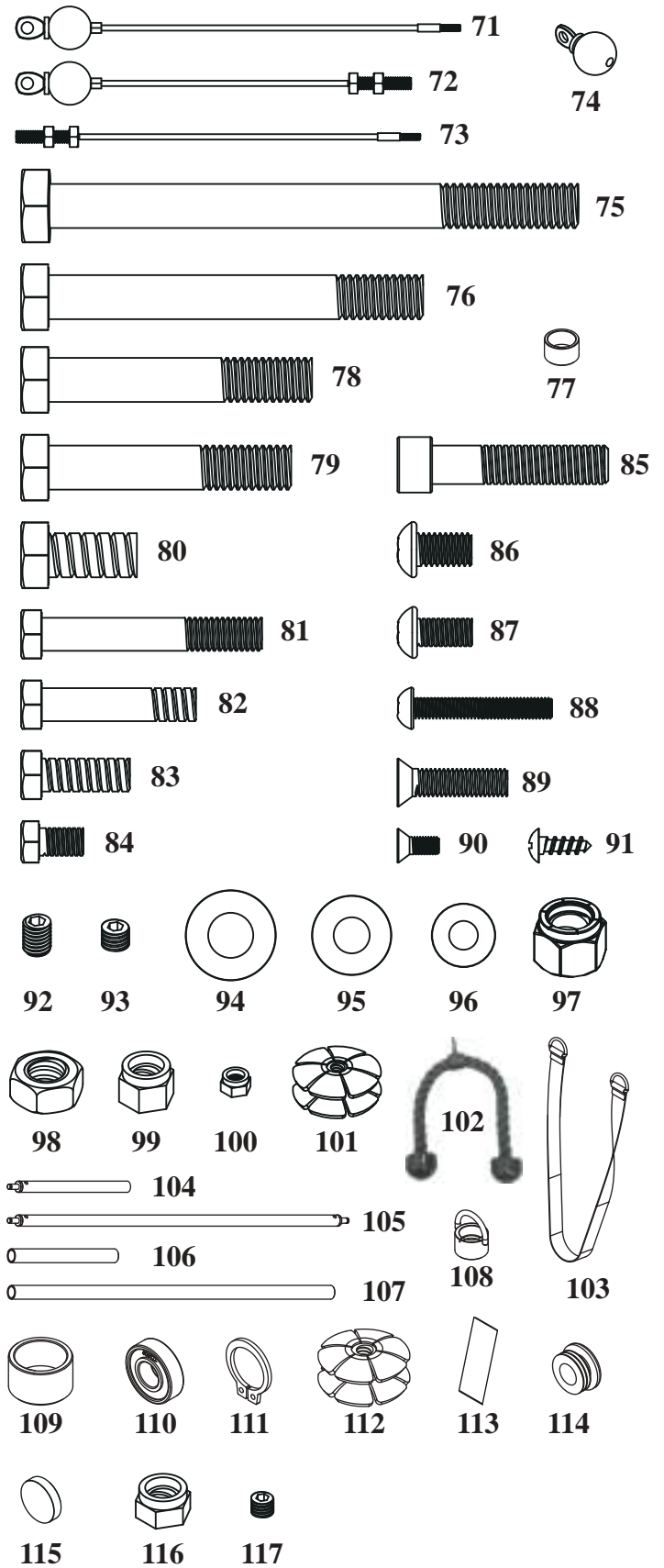
NO.	DESCRIPTION	QTY.
29	SELECTOR ROD	1
30	LAT BAR	1
31	CURL BAR	1
32	TWO WAY TOP PLATE	1
33	TOP GUIDE ROD HOLDER	1
34	STACK SPACER	2
35	10 LB. WEIGHT PLATE	19
36	75W X 45H END CAP	4
37	45 X 75mm PLUG	3
38	25 X 75mm PLUG	2
39	45mm SQ. PLUG	2
40	HOLLOW PLUG	8
41	1" BUSHING FOR TWO WAY TOP PLATE	2
42	1" BUSHING	4
43	1/2" ID BUSHING	8
44	PLASTIC GUIDE ROD HOLDER	2
45	RUBBER CUSHION	14
46	RUBBER DONUT	1
47	3/8" X 1-1/2L KNOB	2
48	2" OLYMPIC SPRING	2
49	STEEL PLATE	2
50	BUMPER	2
51	PLASTIC STUDS	4
52	ALUMINUM WASHER	2
53	1" ID SEAL RINGLET	4
54	SPRING CLIP	4
55	STOPPER	4
56	PIN BOLT	4
57	SPRING	4
58	MAGNET	2
59	SELECTOR PIN	1
60	ROUND PLUG	10
61	1" T SHAPE END PLUG	2
62	PULLEY	39
63	OLYMPIC ADAPTER SLEEVE	10
64	1" X 200mm ROUND HAND GRIP	2
65	1-1/4" HAND GRIP	2
66	1-1/4" X 135mm ROUND HAND GRIP	2
67	MULTIPLE D-RING SINGLE HANDLE	2
68	ANKLE STRAP	1
69	SNAP HOOK	8
70	CHAIN	2



\*Parts images are not to scale.

# COMPLETE PARTS CHART

NO.	DESCRIPTION	QTY.
71	PULLEY COLUMN CABLE	1
72	TOP CABLE	2
73	LOW CABLE	2
74	HEAD OF CABLE	3
75	1/2" X 6" HEX BOLT	2
76	1/2" X 4-1/4" HEX BOLT	10
77	PLASTIC COVER	2
78	1/2" X 3" HEX BOLT	8
79	1/2" X 2-3/4" HEX BOLT	6
80	1/2" X 1" HEX THREADED BOLT	9
81	3/8" X 2-1/2" HEX BOLT	4
82	3/8" X 1-3/4" HEX BOLT	37
83	3/8" X 1" HEX THREADED BOLT	8
84	5/16" X 1/2" HEX THREADED BOLT	4
85	TOP PLATE BOLT	1
86	3/8" X 1" HEX SOCKEN DOME BOLT	1
87	5/16" X 5/8" HEX SOCKEN DOME BOLT	2
88	M6 X 40L HEX SOCKEN DOME BOLT	4
89	5/16" X 1-1/4" SCREW	3
90	M5 SCREW	2
91	M5 TAPPING SCREW	10
92	5/16" X 3/8" INNER HEX SCREW	10
93	5/16" X 1/4" INNER HEX SCREW	2
94	1/2" WASHER	51
95	3/8" WASHER	16
96	5/16" WASHER	4
97	1/2" NYLON NUT	16
98	1/2" NUT	1
99	3/8" THICKER NYLON NUT	41
100	M5 NYLON NUT	2
101	5/16" LARGER NUT	2
102	TRICEP ROPE	1
103	CHIN ASSIST STRAP	1
104	SPORT BAR	1
105	LONG BAR	1
106	1" X 295L FOAM GRIP	1
107	1" X 900L FOAM GRIP	1
108	SPORT BAR COLLAR	3
109	SPACER	1
110	BEARING	6
111	C - RING	3
112	5/16" SMALLER NUT	1
113	NON SLIP	2
114	1-1/4" ROUNG PLUG	2
115	BUTTON CAP	4
116	3/8" THINER NYLON NUT	2
117	M6 X 6mm INNER HEX SCREW	4



\*Parts images are not to scale.

**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 SUPER GYM 1! If you have questions or comments, please contact our customer service department at +1 877-551-7484 and [info@attainfitnessusa.com](mailto:info@attainfitnessusa.com). [www.attainfitnessusa.com](http://www.attainfitnessusa.com)**