

INTRODUCTION

Congratulations on purchasing the Hometrack-Home Gym . This uni- uely designed exercising system was designed to provide users with an effective yet low Impact at home workout . The Hometrack-Home- Gym non-slip pedals, comfort fit handlebar and sturdy stretching ru- ber bands, gives users the safe and low impact work out in the co- mfort on their home.

The unit's non-slip legs keeps the machine stable and secure during each workout. The Hometrack-Home Gym was designed with 5 major functions: exercise, strengthen, tone muscles and joints, as well as to enhance the movement coordination of the upper and lower limbs:

1. The handlebar exercise helps to gently enhance mobility to your shoulders, elbows and wrists.
2. The iso-stretching exercise with the rubber bands helps to strength- en and tone your arms, chest and back.
3. The sliding movement of the pedals activates your joints and the muscles of your legs to enhance blood flow and stimulate your muscles.
4. The lifting of the pedals sideways helps to exercise your quadriceps and buttocks.
5. Using the handlebar and pedals at the same time will develop better upper and lower limb movement coordination and strengthen your muscles.

IMPORTANT SAFETY INFORMATION

Please carefully read the following information before using the product.

1. CAUTION: Before assembling or using your Hometrack-Home Gym , it is important and recommended that each user read the user guide completely before beginning. The user guide will show you how to properly assemble your Hometrack-Home Gym , maintain your device and provide recommendation on how to achieve effective and safe workout. It is recommended that you keep this user guide for future reference.
2. Your health may be affected due to excessive or incorrect use of your Home track-Home Gym . It is recommended that you visit your physician before beginning any workout program as they will advise what is best for your health.
3. People suffering from heart diseases or those who have not been allowed to perform physical activities should not use this unit unless they obtain a medical permission by your physician.
4. To avoid potential injury, use caution when lifting or moving the Hometrack-Home Gym .
5. Should you feel dizzy, with nausea or with other abnormal symptoms, please stop your activity and seek immediate medical attention.
6. People suffering from injuries or recovering from a surgery should not use Hometrack-Home Gym unless they receive permission from their physician.
7. This device is not intended for therapeutic purposes.
8. It is recommended that you wear adequate sporting garments when using the device.
9. It is important that you stay hydrated both during and after exercising.
10. When assembling your Hometrack-Home Gym , ONLY use recommended tools and instructions to assemble the parts of the unit.
11. Make sure all bolts, nuts and connectors are properly adjusted before using the device for the first time.
12. Before using your Hometrack-Home Gym , make sure that is p- laced on a steady and dry surface. Make sure the surrounding area is clear of any objects that may harm you during your exercise. We sug- gest placing it on a carpet for greater traction.
13. Always use Hometrack-Home Gym seated on a comfortable a- nd steady chair. The image of the product may vary.
14. Immediately after each training session, please clean and remove the drops of sweat from the Hometrack-Home Gym . When cleaning y- our Hometrack-Home Gym , do not use ANY harsh cleansers. Soap and water ONLY.
15. If the device is not working properly, please discontinue use to avoid any injury or misuse.
16. Hometrack-Home Gym is intended for indoor use only. Please do not use the unit outdoors as weather conditions may affect the unit's performance. Keep away from water and humidity.
17. The device is not intended for children. Do not use if you are under the age of 21 years old.
18. The maximum weight limit for Hometrack-Home Gym users s- hould not exceed 265 pounds

ASSEMBLY INSTRUCTIONS

Lower Part Assembly

1. Remove the bolts from the support tubes (2 and 2A) and insert the steel bar. Fix them with the same bolts previously removed.



2. Insert the frame (1) into the rear support and (2). Repeat the procedure with the opposite end and adjust it with the bolts (12) and lock washers (18) use both, the open end wrench and the Allen wrench.



Note: Make sure the loop for the stretching rubber bands is facing outwards.



EXERCISES

Now you are ready to enjoy the benefits of exercising with your Home- track-Home Gym . Keep in mind that if you consistently follow the re- commended training exercises , you will start to look better and feel better too! We suggest you to train at least three times a week using your Hometrack-Home Gym . It is also recommended that you record your d- aily activity and exercises as a great way to track your progress. Because Hometrack-Home Gym is so versatile and is easily adjustable, you target which areas of your body you would like to focus on every day.

Recommended movements for the lower part of your body

SLIDING:
This exercise will provide you with mobility to your joints, inner and lateral muscles of your legs.

- Sit down on a chair and place your feet on the pedals.

- Softly slide your feet alternately backwards and frontwards.

- Smoothly slide both feet back and forth.



EXERCISES

- Turn your forearms and pull the rubber bands alternately



- Hold the rubber bands and take them to your chest while moving your elbows to the sides while bending them



We strongly recommend finishing exercising with cool-down movements in order to avoid future injuries. Warm up exercises can also be performed for this purpose.

PARTS INCLUDED

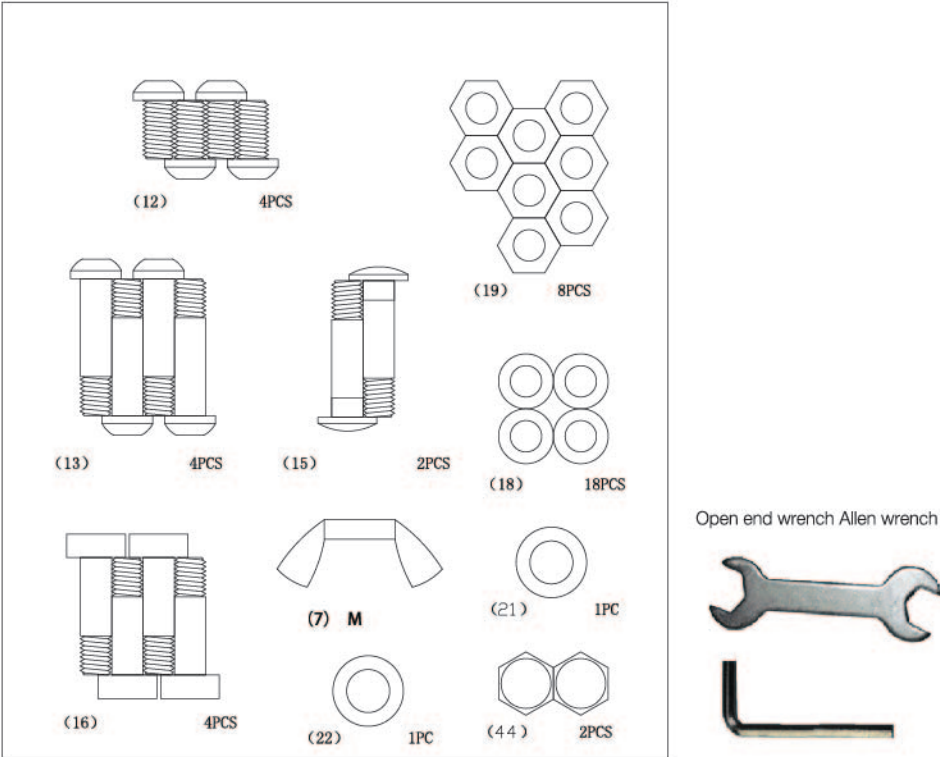
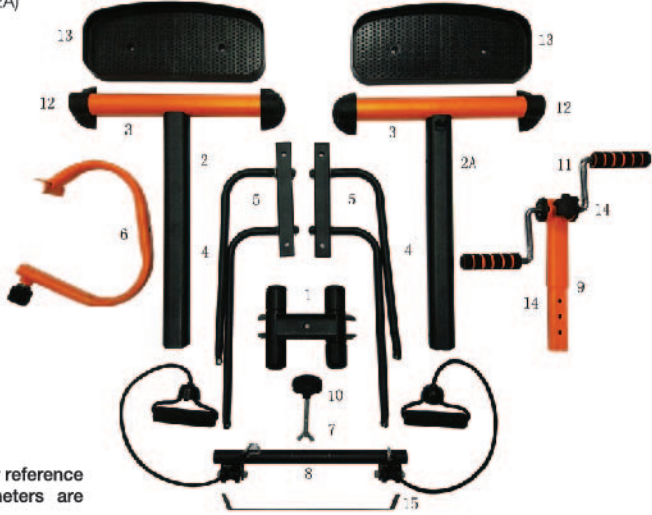


DIAGRAM OF PRE-ASSEMBLED PARTS

Once you open your Hometrack-Home Gym box you will see your product pre-assembled as shown in the illustration below.

- 1 Frame
- 2 Rear support tube
- 2A Tube with a loop for the stretching rubber bands
- 3 Base bars already attached to the support tubes (2 and 2A)
- 4 Swing tubes
- 5 Backpedals
- 6 Handlebar and roller strip holding tube
- 7 Wing nut
- 8 Roller strip and stretching rubber bands
- 9 Handlebar height adjustment tube
- 10 Frame Knob
- 11 Handlebar knob
- 12 Non-slip rubbers assembled to the base bars
- 13 Non-slip pedals
- 14 Handlebar
- 15 Steel bar



NOTE: The images and diagrams in this manual are for reference only. The actual appearance and technical parameters are subject to change without previous notice.

ASSEMBLY INSTRUCTIONS

Upper Part Assembly

5. Once the lower part of the Hometrack-Home Gym is assembled, add the handlebar and roller strip holding tube (8) by using the frame knob (10) and the lock washer (22), fix it properly with the wing nut (7).



6. Place the roller strip and stretching rubber bands (8) on the handlebar and roller strip holding tube (8), affix them properly with the bolts (15) and nuts (44), use the open end wrench. Repeat the procedure with the other non-slip pedal.

Note: Make sure the rollers where the rubber band pass through are facing towards the inner side of the roller strip holding tube curve



7. Insert the handlebar height adjustment tube (9), into the handlebar and roller strip holding tube (8) and hold with the knob and select the desired height.



8. Finally hook the stretching rubber bands to the loop of the tube (2A).



9. In case you wish to remove the upper part, reverse the process.

EXERCISES

Types of movements for the upper part of your body
Should you need to complement your exercise, fix the upper part of the gym.

EXERCISE FOR THE ARMS:
Adjust the level of intensity by turning the handlebar knob (11). Place your hands on the handles and start rotating.



Mixed exercises: The activity of the handlebar along with the pedals simultaneously helps developing better limb coordination. Place your feet on the pedals and your hands on the handlebar. Start exercising by moving your legs and arms simultaneously.

Exercises with stretching rubber bands: They will help you to strengthen your arms, chest, abdomen and back.

Note: in order to have greater stability, it is extremely important that when exercising your arms, especially with the stretching rubber bands, your feet are always on the pedals

- Place your feet on the pedals



- Hold the rubber bands



- Stretch both rubber bands simultaneously towards you and place a bit of pressure on the pedals



- Pull the rubber bands alternately



- Turn your forearms and pull the rubber bands towards you at the same time

