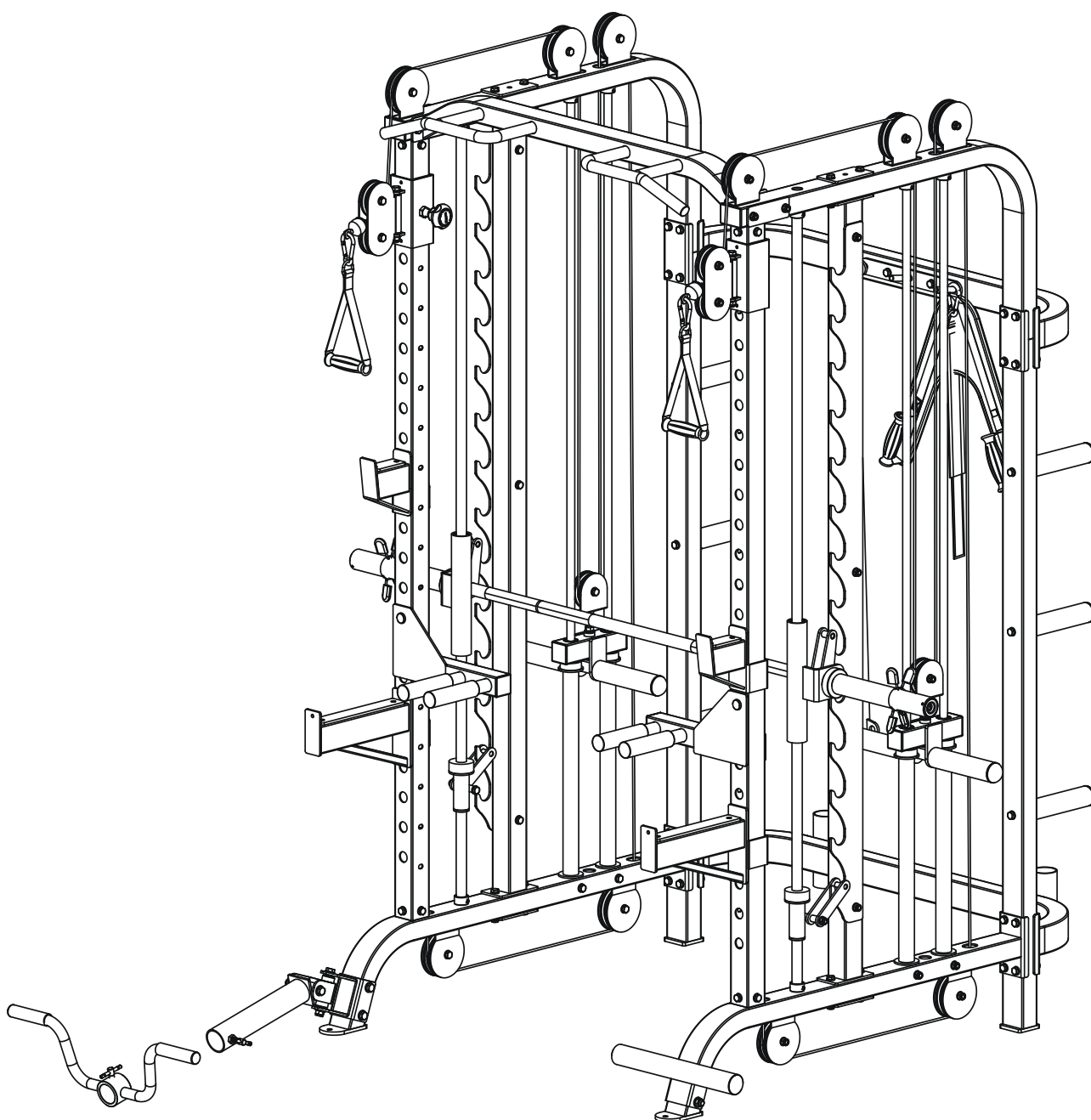


BODYWORX



EXPRESS MULTI-FUNCTIONAL TRAINER

**Model No:
LXT300**



**Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual**

Version A

Assembly Instructions

Before Your Begin

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once.
CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the bench near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly. Before exercise, check all nuts, bolts, screws and pop pins are in place and securely tightened.

Tools Required

Tools Required : Allen Wrench Set / Socket Wrench Set
Adjustable Wrench / Crescent Wrench
Rubber Mallet / Tape Measure

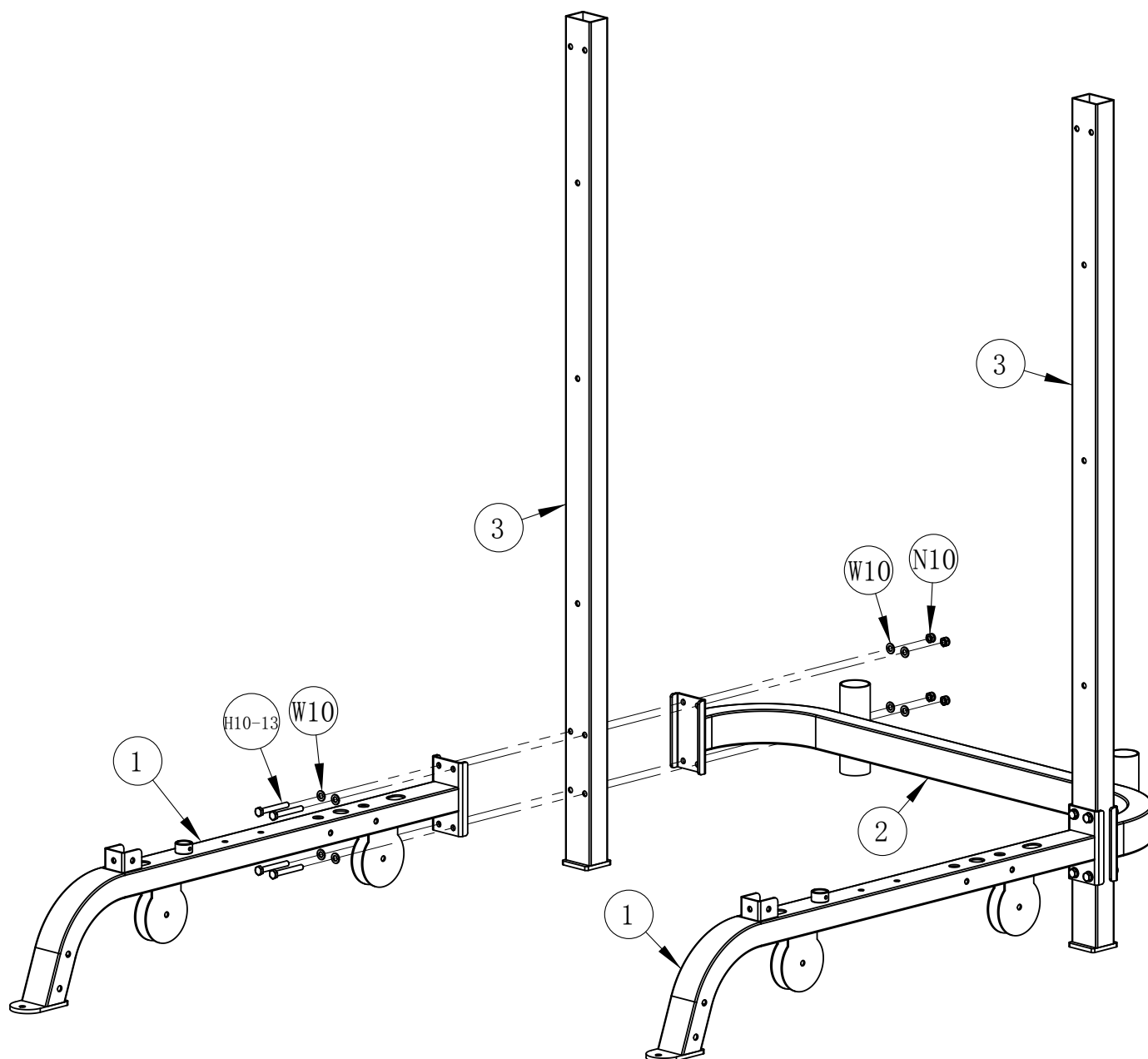
ASSEMBLY REQUIRES AT LEAST TWO PERSONS.

Note:

1. Only hand tighten all nuts and bolts until whole equipment assembled.
2. Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

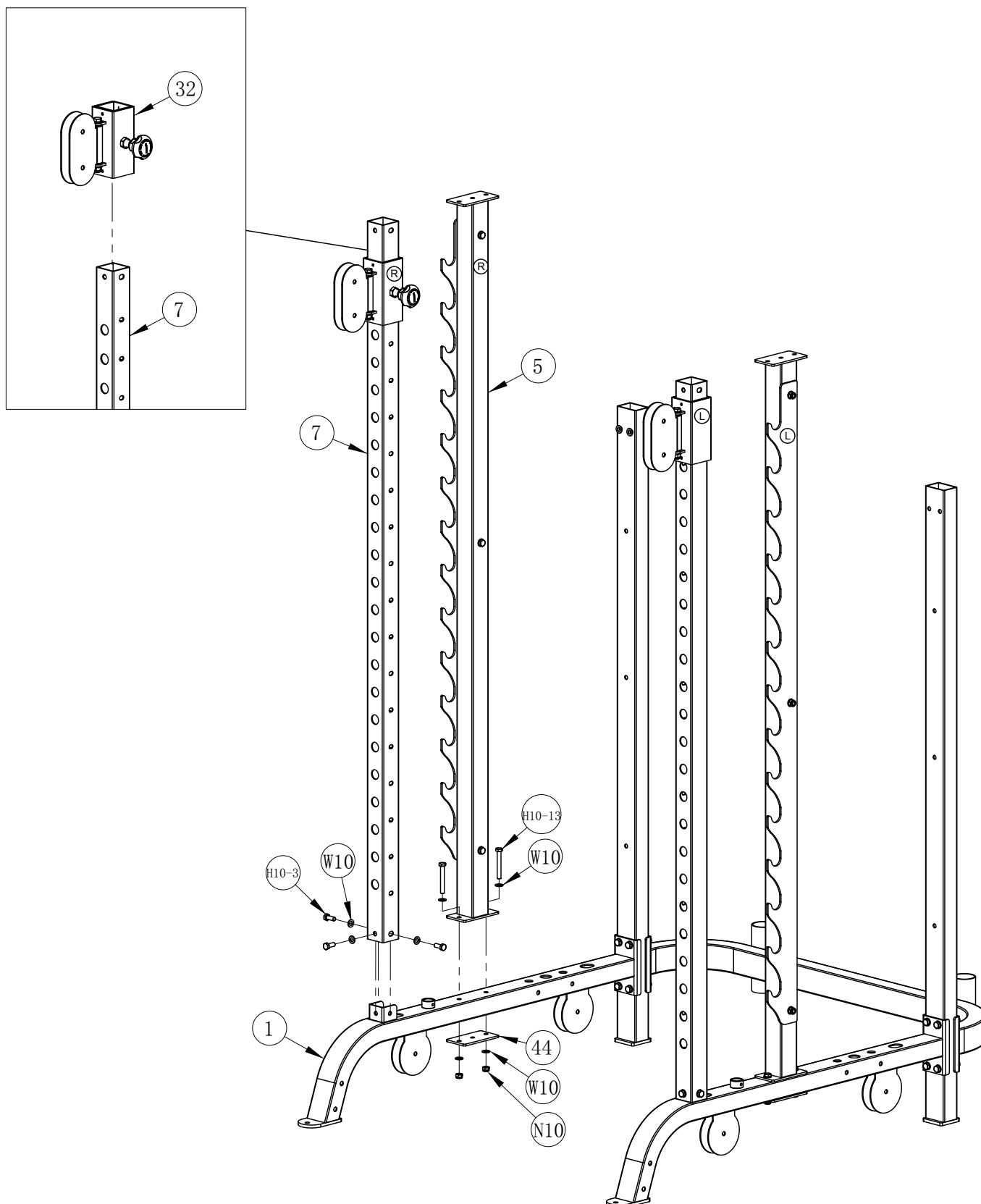
Assembly Instructions

STEP 1



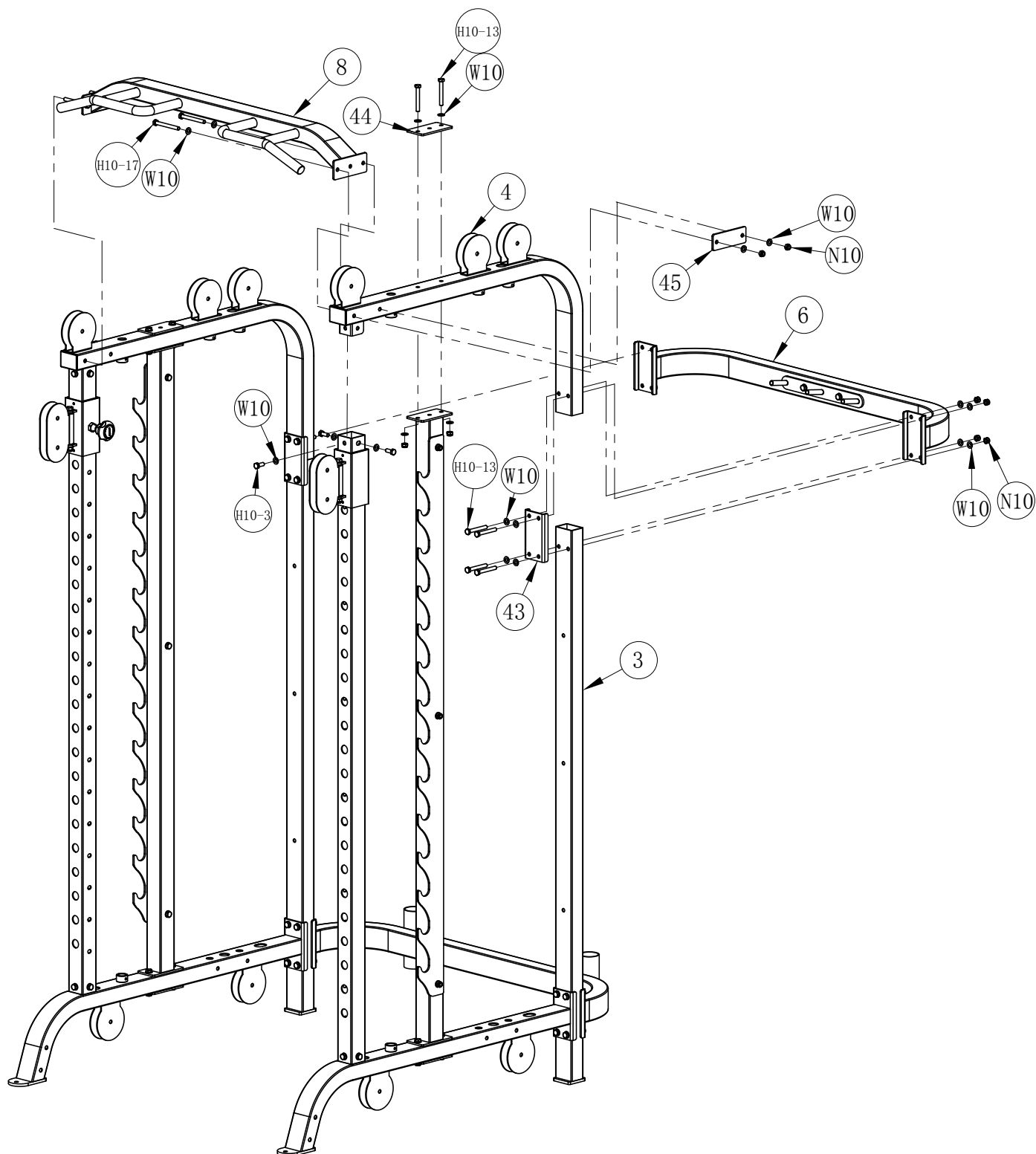
Assembly Instructions

STEP 2



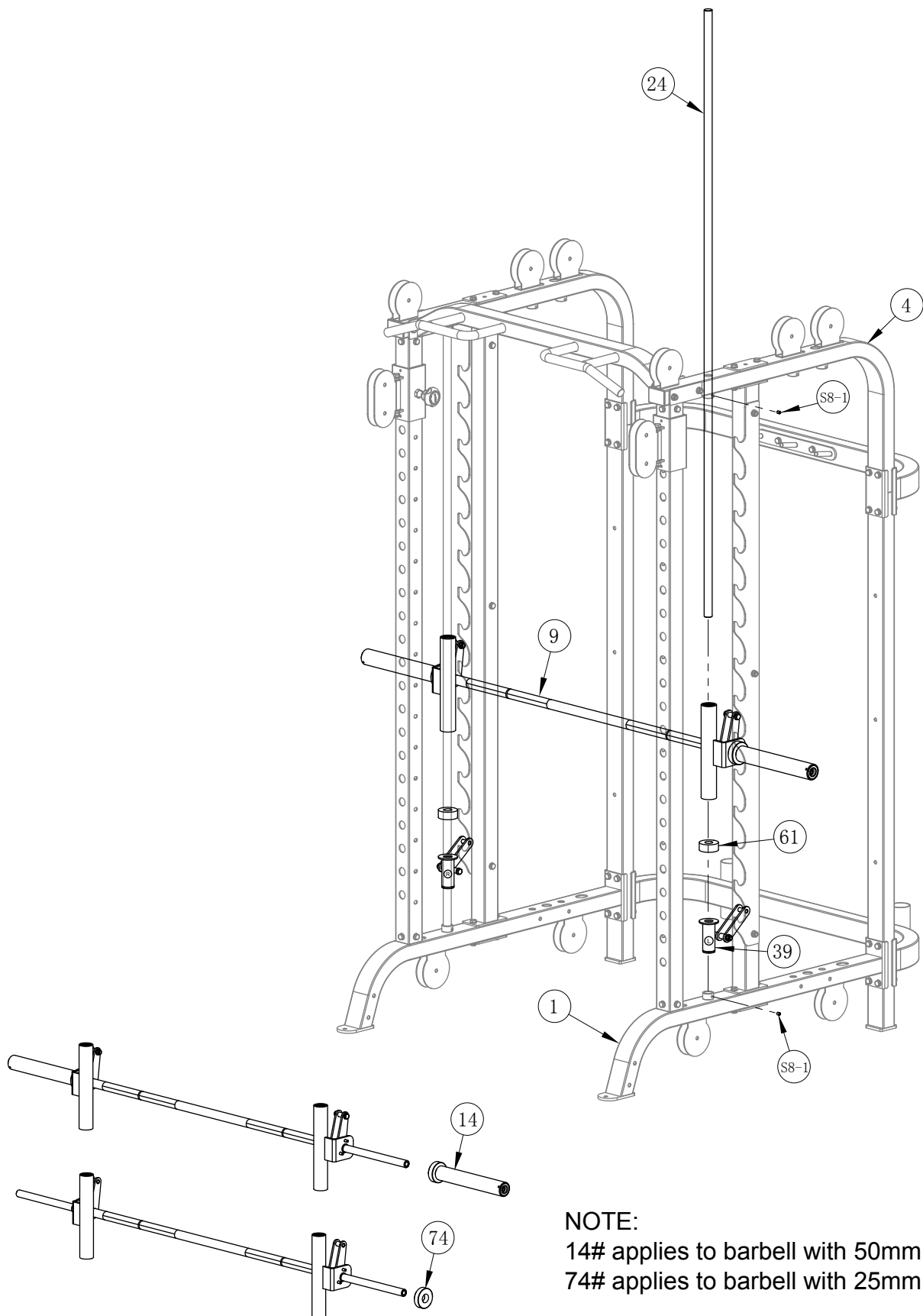
Assembly Instructions

STEP 3



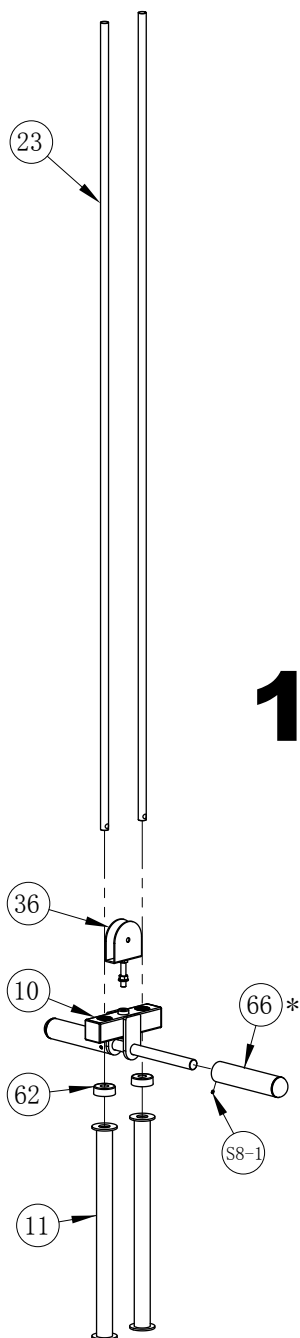
Assembly Instructions

STEP 4



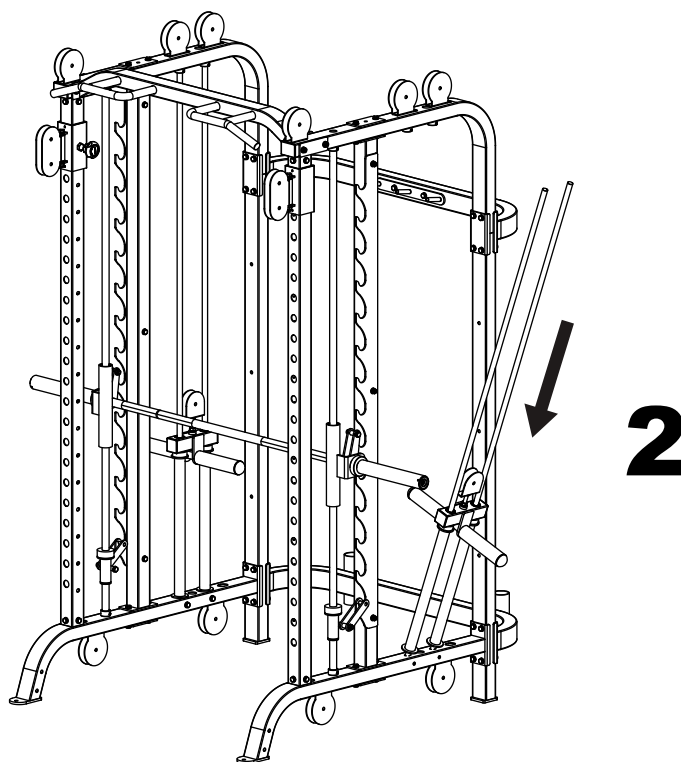
Assembly Instructions

STEP 5

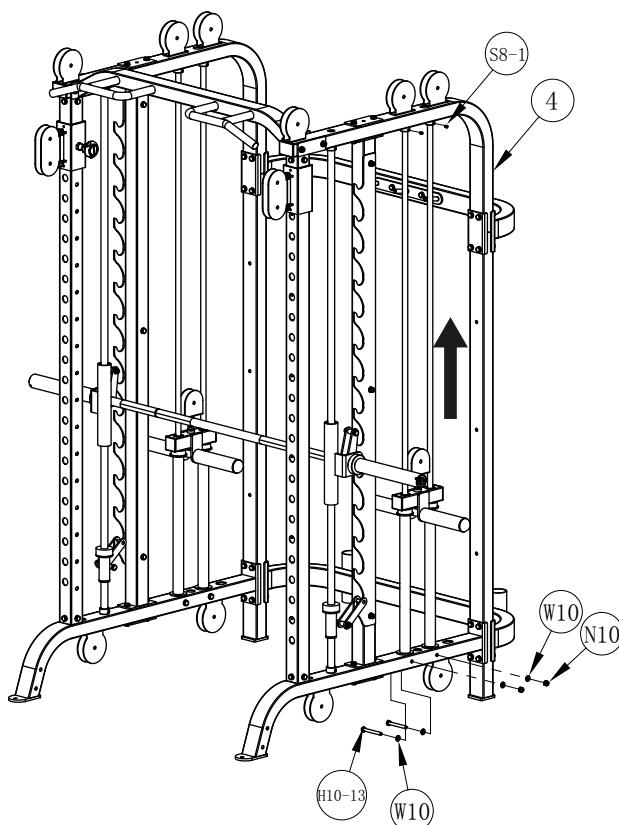


1

* 66# applies to barbell with 50mm hole.



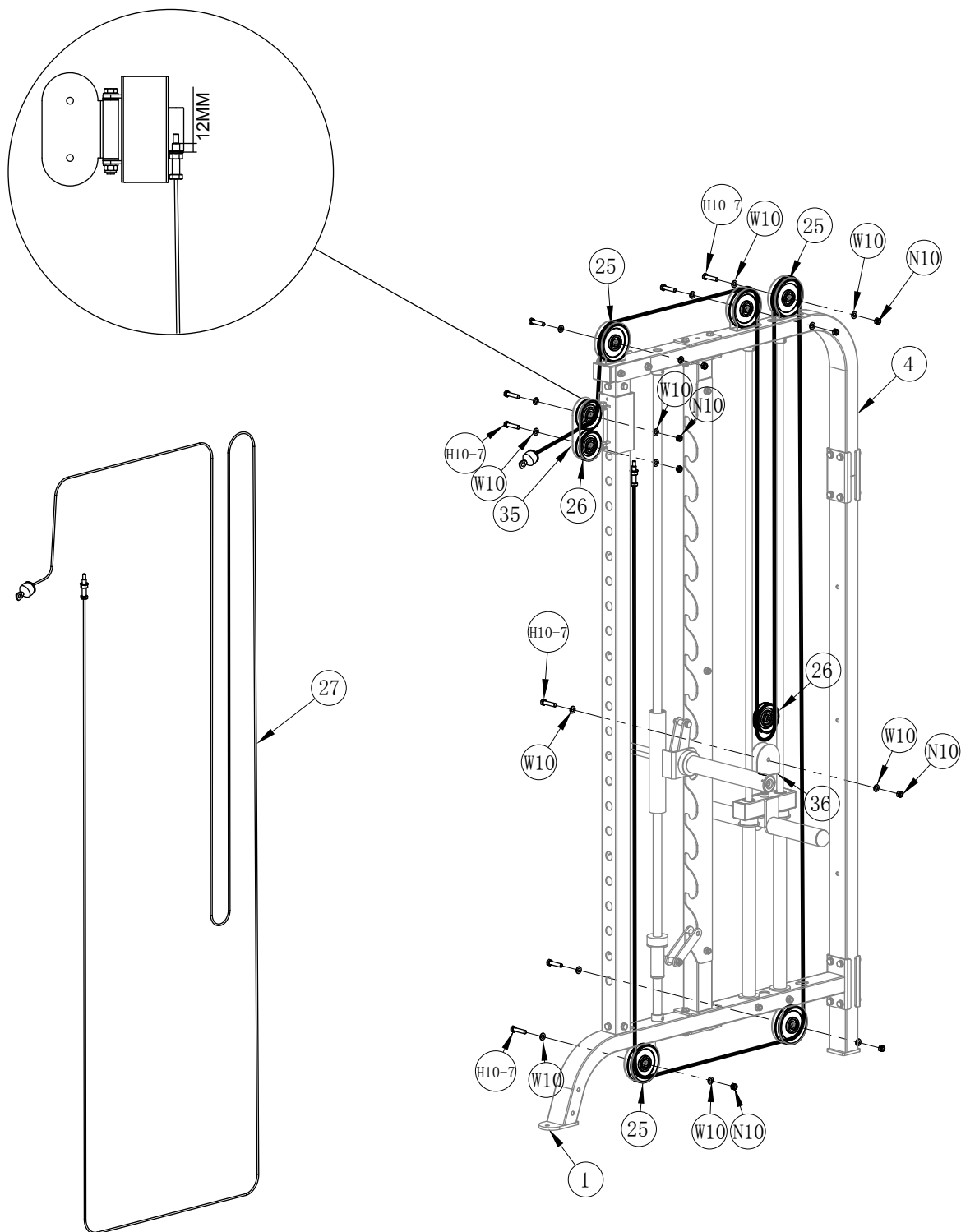
2



3

Assembly Instructions

STEP 6



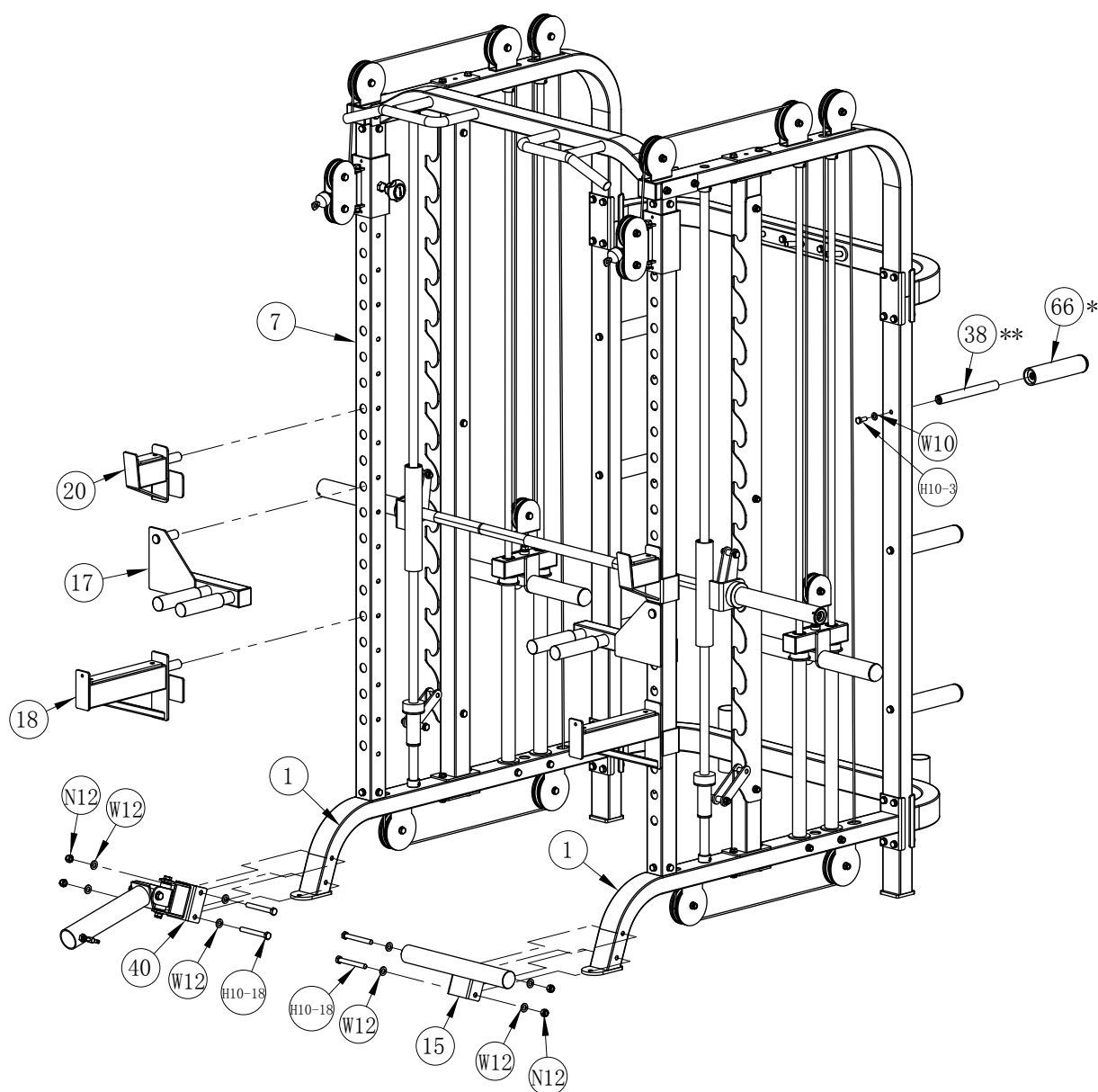
Assembly Instructions

STEP 7

NOTE:

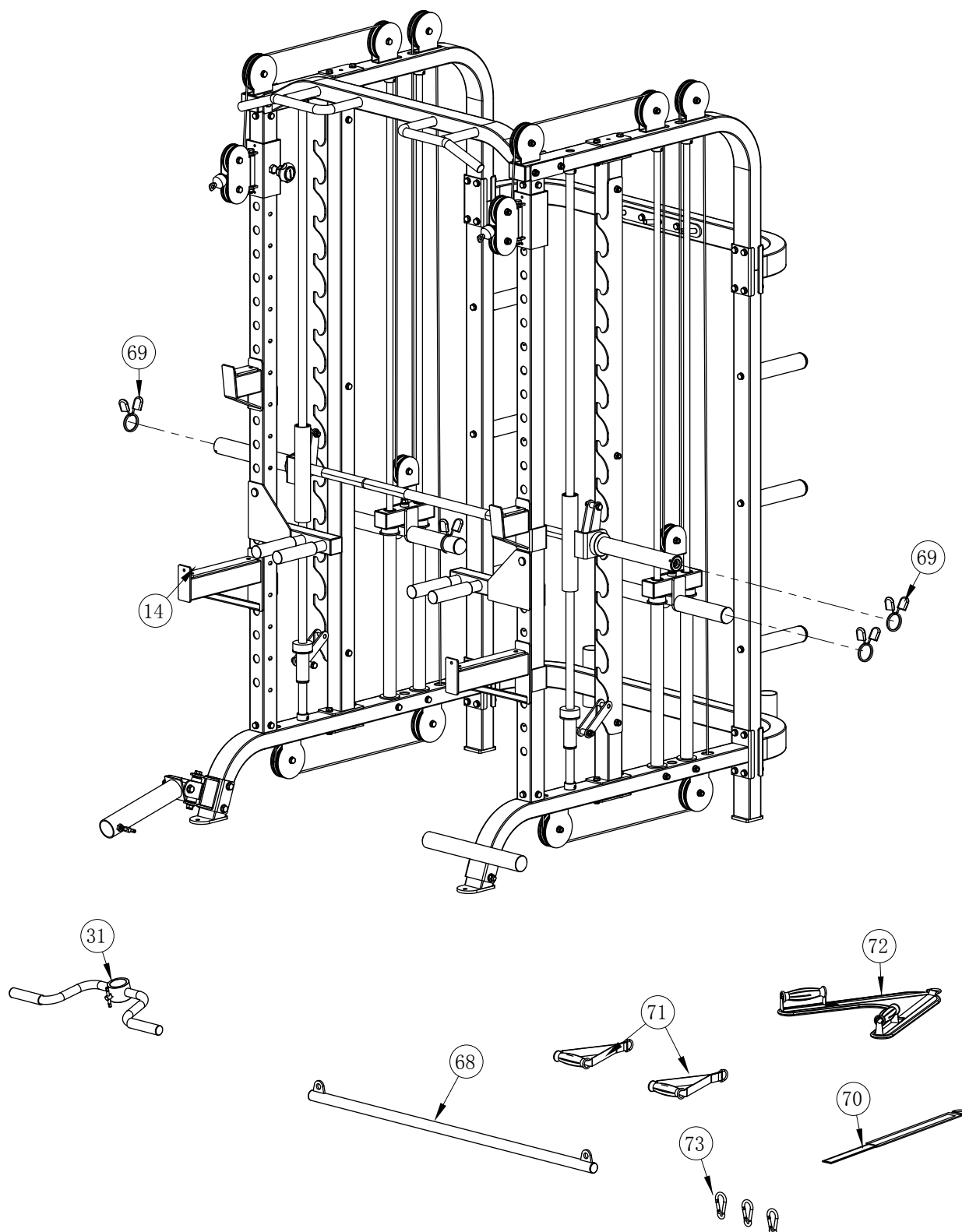
* 66# applies to barbell with 50mm hole.

** 38# applies to barbell with 25mm hole.



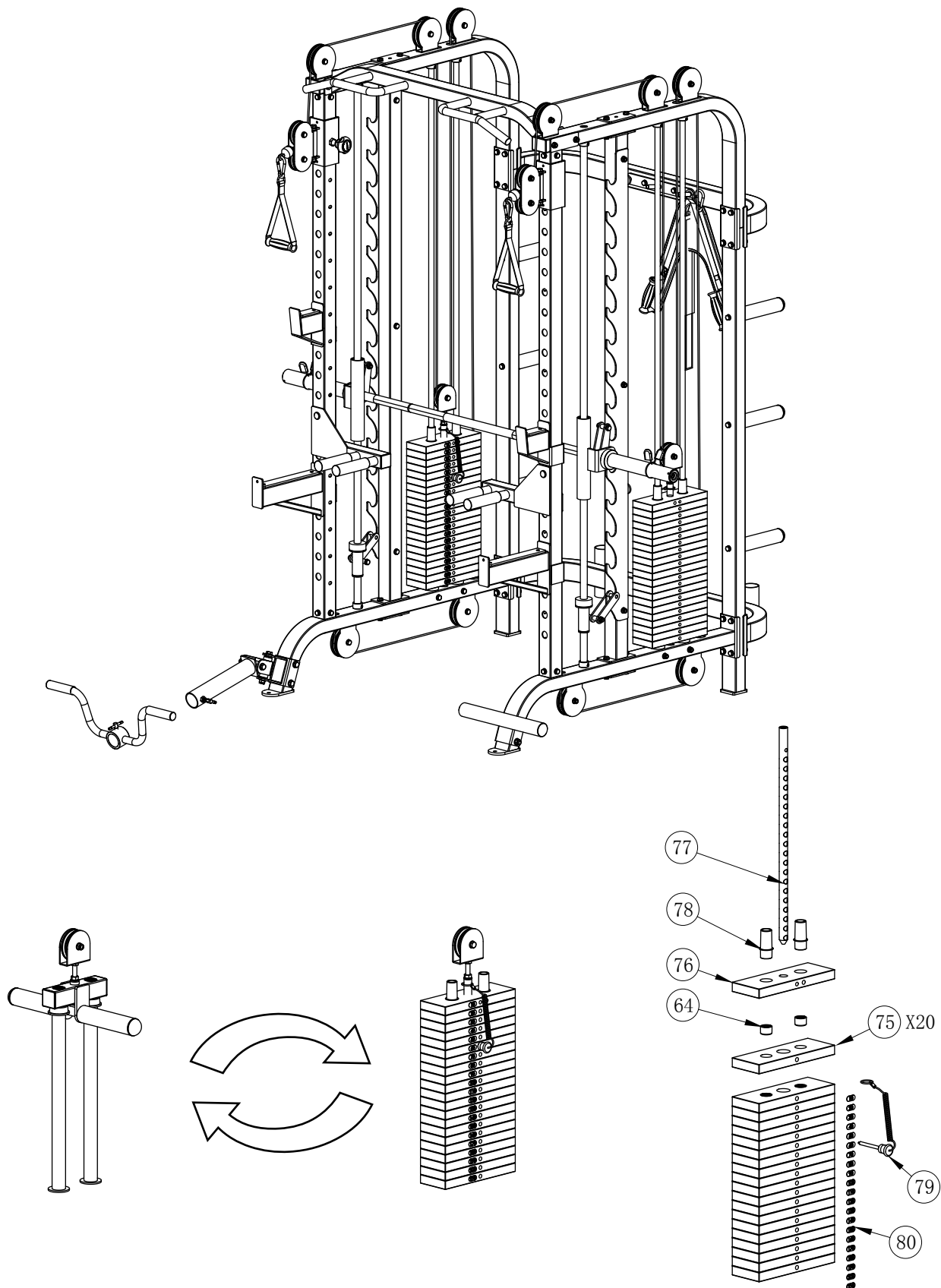
Assembly Instructions

STEP 8



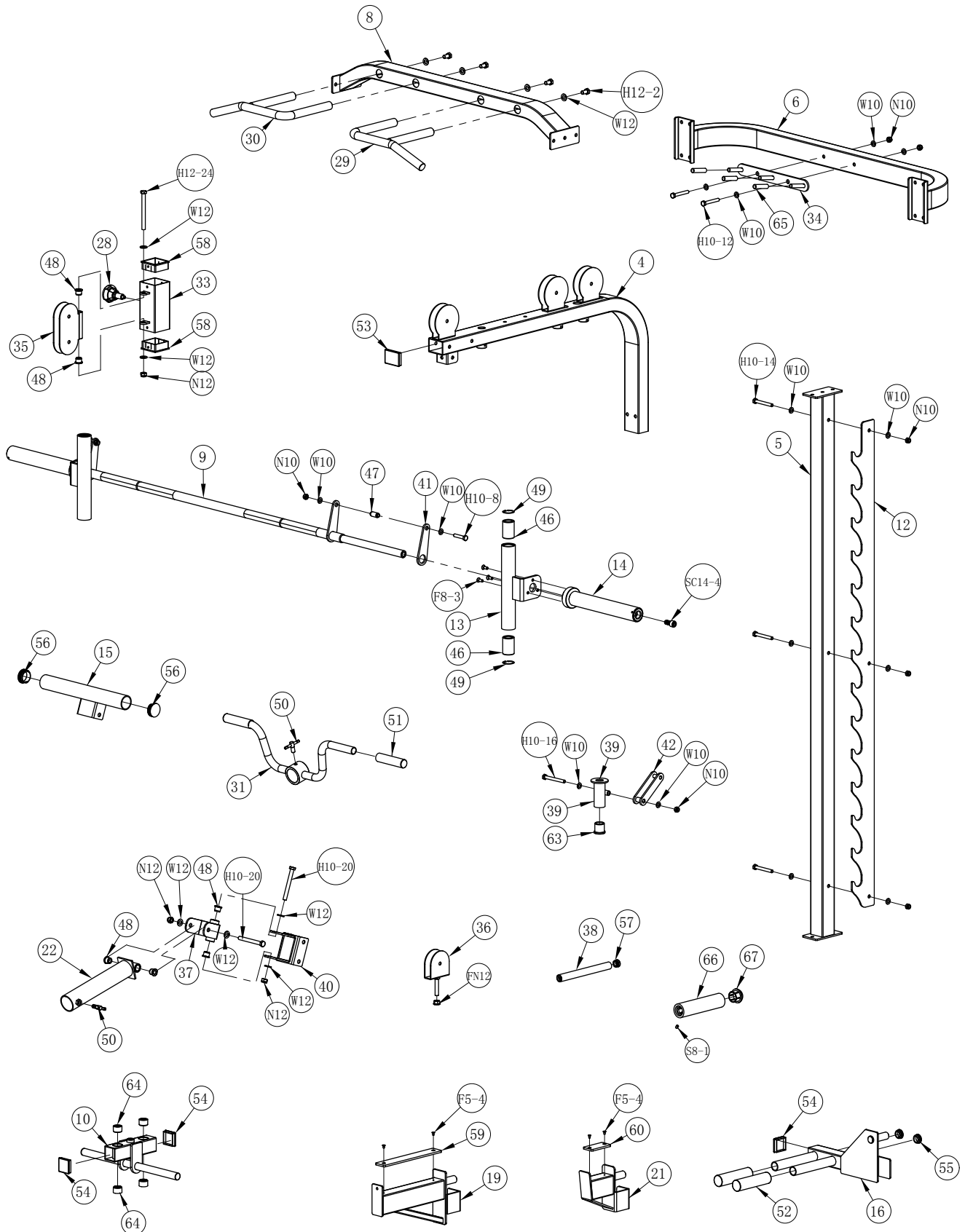
Assembly Instructions

R9



Assembly Instructions

PRE-ASSEMBLED



Assembly Instructions

PART LIST

PART#	DESCRIPTION	QTY	REMARK
1	Base Frame	2	
2	Bottom Linking Frame	1	
3	Main Upright Frame	2	
4	Upper Elbow Frame	2	
5	Side Upright Frame	2	
6	Upper Linking Frame	1	
7	Front Upright Tube	2	
8	Top Frame	1	
9	Barbell Rod	1	
10	Barbell Hanging Frame	2	*Only for R7
11	Weight Support	4	*Only for R7
12	Hang Plate	2	Pre-assembled
13	Guide Tube Frame	2	Pre-assembled
14	Olympic Bushing	2	Pre-assembled
15	Foot Tube	1	
16	Left Parallel Bar Frame	1	
17	Right Parallel Bar Frame	1	
18	Right Safety Frame	1	
19	Left Safety Frame	1	
20	Right Hook Frame	1	
21	Left Hook Frame	1	
22	Swivel Tube	1	Pre-assembled
23	Guide Rod	4	
24	Front Guide Rod	2	
25	114 Pulley	10	
26	89 Pulley	6	
27	Cable	2	
28	Pull Pin	2	Pre-assembled
29	Left Handle	1	Pre-assembled
30	Right Handle	1	Pre-assembled
31	Handle Frame	1	
32	Right Lat Bushing	1	
33	Left Lat Bushing	1	
34	Acc Plate	1	Pre-assembled
35	Pulley Housing	2	Pre-assembled
36	Pulley Mount Assembly	2	
37	Swivel U Frame	1	Pre-assembled
38	Barbell Tube	6	
39	Safety Tube	2	
40	U Frame	1	Pre-assembled
41	Hook Plate	2	Pre-assembled
42	Safety Hook	2	Pre-assembled
43	Plate 50*70	2	
44	Plate 30*70	4	
45	Plate 50*40	2	
46	Linear Bearing	4	Pre-assembled
47	Spacer	2	Pre-assembled
48	Bushing	8	Pre-assembled
49	Retaining Ring	4	Pre-assembled
50	Cross Bolt	2	Pre-assembled
51	GripD25	2	Pre-assembled
52	GripD32	4	Pre-assembled

Assembly Instructions

PART LIST

PART#	DESCRIPTION	QTY	REMARK
53	Inner Cap 50*70	2	Pre-assembled
54	Inner Cap 50*50	6	Pre-assembled
55	Inner Cap D32	4	Pre-assembled
56	Inner Cap D50	2	Pre-assembled
57	Inner Cap D25	6	Pre-assembled
58	Plastic Bushing	4	Pre-assembled
59	Plastic Plate 1	2	
60	Plastic Plate 2	2	
61	Rubber Buffer 1	2	
62	Rubber Buffer 2	4	
63	Plastic Bushing	2	Pre-assembled
64	Weight Bushing	8	Pre-assembled
65	Plastic Cover	3	Pre-assembled
66	Olympic Tube	10/6	*6Pcs for R9
67	Olympic Tube Cap	10	Pre-assembled
68	Lat Bar	1	
69	Spring Clip	6	
70	Ankle Strap	1	
71	Strap Handle	2	
72	AB Strap	1	
73	Clip	3	
74	Spacer	2	
75	10lbs Weight Stack	40	*Only for R9
76	10lbs Weight Stack Head	2	*Only for R9
77	Slector	2	*Only for R9
78	Weight Stack Head Bushing	4	*Only for R9
79	Weight Pin	2	*Only for R9
80	Weight Lable	2	*Only for R9
S8-1	Socket Set Screw M8x10	18	Pre-assembled
F5-4	Flat Head Bolt M5x10	8	Pre-assembled
F8-3	Flat Head Bolt M8x20	6	Pre-assembled
SC14-4	Socket Cap Bolt M14x28	2	Pre-assembled
H10-3	Hex Head Bolt M10x25	18	
H10-7	Hex Head Bolt M10x45	16	
H10-8	Hex Head Bolt M10x50	2	Pre-assembled
H10-12	Hex Head Bolt M10x70	2	Pre-assembled
H10-13	Hex Head Bolt M10x75	24	
H10-14	Hex Head Bolt M10x80	6	Pre-assembled
H10-15	Hex Head Bolt M10x85	4	
H10-16	Hex Head Bolt M10x90	2	Pre-assembled
H10-17	Hex Head Bolt M10x95	4	
H10-18	Hex Head Bolt M10x100	4	
H10-20	Hex Head Bolt M10x110	2	Pre-assembled
H12-2	Hex Head Bolt M12x20	4	Pre-assembled
H12-24	Hex Head Bolt M12x130	2	Pre-assembled
W10	Washer M10	138	
W12	Washer M12	20	
N10	Nut M10	60	
N12	Nut M12	8	
FN12	Flang Nut M12	2	Pre-assembled



Model No: LXT300

To register your warranty, please go to
www.gpisports.com.au

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