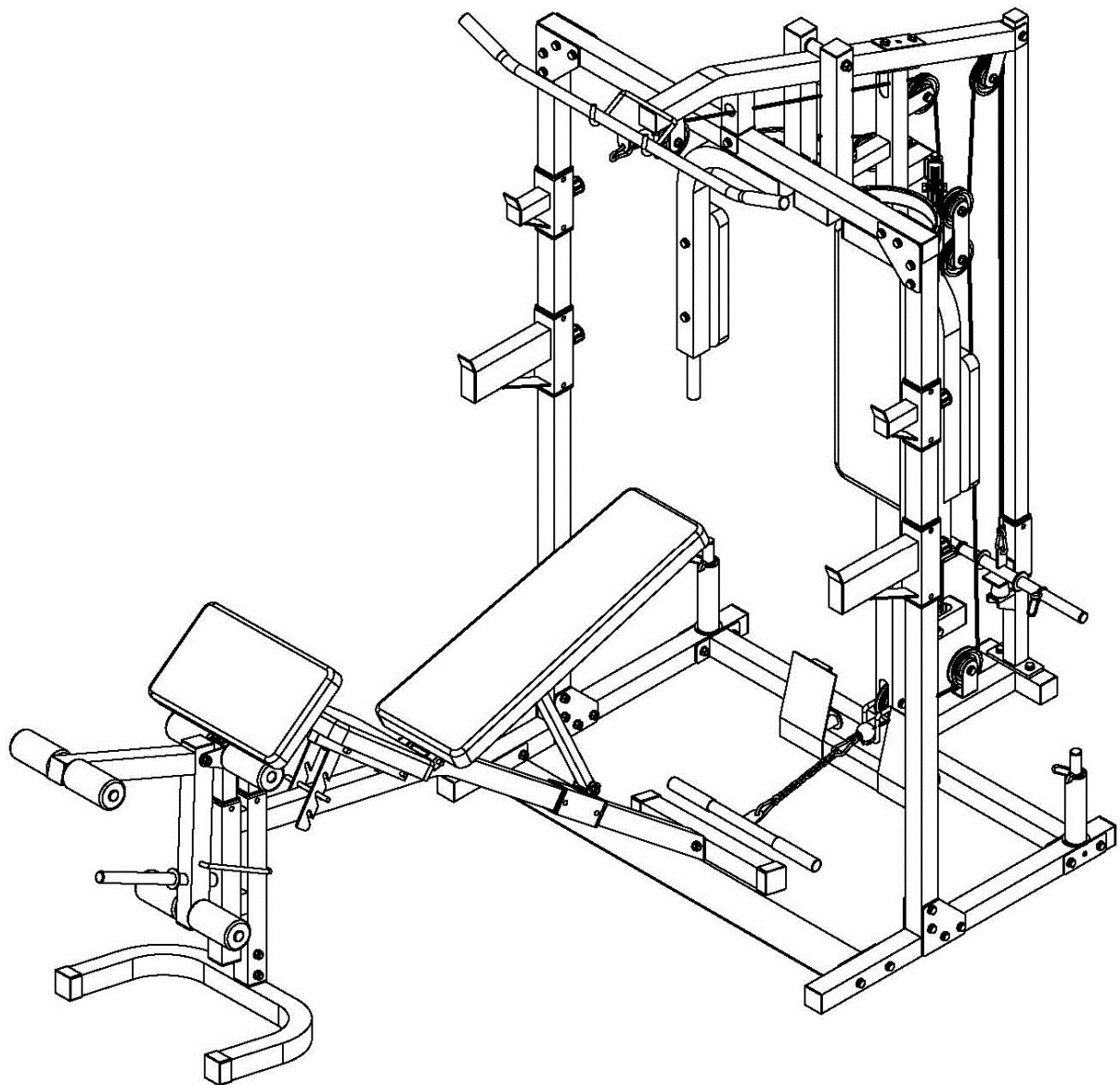


# GORILLA SPORTS

HOME GYM

100909



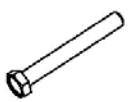
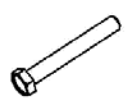
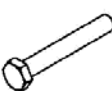
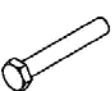
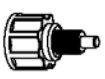
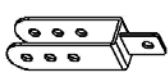
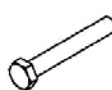
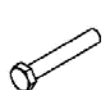
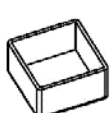
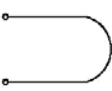
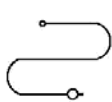
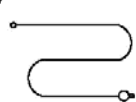


# GORILLA SPORTS

|        |        |        |        |        |
|--------|--------|--------|--------|--------|
| 1<br>  | 2<br>  | 3<br>  | 4<br>  | 5<br>  |
| 6<br>  | 7<br>  | 8<br>  | 9<br>  | 10<br> |
| 11<br> | 12<br> | 13<br> | 14<br> | 15<br> |
| 16<br> | 17<br> | 18<br> | 19<br> | 20<br> |
| 21<br> | 22<br> | 23<br> | 24<br> | 25<br> |
| 26<br> | 27<br> | 28<br> | 29<br> | 30<br> |
| 31<br> | 32<br> | 33<br> | 34<br> | 35<br> |
| 36<br> | 37<br> | 38<br> | 39<br> | 40<br> |
| 41<br> | 42<br> | 43<br> | 44<br> | 45<br> |
| 46<br> | 47<br> | 48<br> | 49<br> | 50<br> |



# GORILLA SPORTS

|                                                                                           |                                                                                           |                                                                                           |                                                                                            |                                                                                             |
|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| 51<br>   | 52<br>   | 53<br>   | 54<br>   | 55<br>   |
| 56<br>   | 57<br>   | 58<br>   | 59<br>   | 60<br>   |
| 61<br>   | 62<br>   | 63<br>   | 64<br>   | 65<br>   |
| 66<br>   | 67<br>   | 68<br>   | 69<br>   | 70<br>   |
| 71<br> | 72<br> | 73<br> | 74<br> | 75<br> |
| 76<br> | 77<br> | 78<br> | 79<br> | 80<br> |
| 81<br> | 82<br> | 83<br> | 84<br> | 85<br> |
| 86<br> | 87<br> | 88<br> | 89<br> | 90<br> |
| 91<br> | 92<br> | 93<br> |                                                                                            |                                                                                             |
|                                                                                           |                                                                                           |                                                                                           |                                                                                            |                                                                                             |



# GORILLA SPORTS

## PART LIST

| NUMBER | DESCRIPTION                  | QUANTITY |
|--------|------------------------------|----------|
| 1      | LEFT MAIN BASE FRAME         | 1        |
| 2      | RIGHT MAIN BASE FRAME        | 1        |
| 3      | CENTER MAIN BASE FRAME       | 1        |
| 4      | FRONT MAIN BASE FRAME        | 1        |
| 5      | UPRIGHT                      | 2        |
| 6      | SELF SPOTTER                 | 2        |
| 7      | BARBELL CRUTCH ASSEMBLY      | 2        |
| 8      | TOP SUPPORTING FRAME         | 1        |
| 9      | REAR BASE FRAME              | 1        |
| 10     | CENTER UPRIGHT FRAME         | 1        |
| 11     | GUIDE UPRIGHT                | 1        |
| 12     | WEIGHT PLATE SLEEVE          | 1        |
| 13     | TOP CROSS BEAM               | 1        |
| 14     | DOUBLE PULLEY BRACKET        | 2        |
| 15     | PULLEY BRACKET               | 2        |
| 16     | PULLEY                       | 11       |
| 17     | BUTTERFLY FRAME              | 1        |
| 18     | RIGHT BUTTERFLY ARM          | 1        |
| 19     | LEFT BUTTERFLY ARM           | 1        |
| 20     | ARM PAD                      | 2        |
| 21     | BACK PAD                     | 1        |
| 22     | OLYMPIC PLATE BAR            | 2        |
| 23     | JOINT TUBE                   | 1        |
| 24     | LOCK NUT M12                 | 2        |
| 25     | LAT BAR                      | 1        |
| 26     | CURL BAR                     | 1        |
| 27     | CHAIN HOOK                   | 6        |
| 28     | MAIN BENCH FRAME             | 1        |
| 29     | FRONT STABILIZER             | 1        |
| 30     | REAR STABILIZER              | 1        |
| 31     | BACK CUSHION ADJUSTMENT BEAM | 1        |
| 32     | BRACKET ADJUSTMENT SUPPORT   | 1        |
| 33     | JOINT PLATE                  | 3        |
| 34     | BACK CUSHION FRAME           | 2        |
| 35     | BACK CUSHION                 | 1        |
| 36     | SEAT CUSHION FRAME           | 2        |
| 37     | ADJUSTABLE SUPPORT           | 1        |
| 38     | SEAT CUSHION                 | 1        |
| 39     | TRIANGULAR BOLT              | 2        |
| 40     | WASHER 12                    | 2        |



# GORILLA SPORTS

| NUMBER | DESCRIPTION                  | QUANTITY |
|--------|------------------------------|----------|
| 41     | LEG LIFT HOLDER              | 1        |
| 42     | LEG LIFT FRAME               | 1        |
| 43     | LEG LIFT ROD                 | 3        |
| 44     | FORM PAD                     | 6        |
| 45     | PREACHER CURL CUSHION        | 1        |
| 46     | PREACHER CURL FRAME          | 1        |
| 47     | FOOT STEPPER                 | 1        |
| 48     | SUPPORT PLATE                | 8        |
| 49     | PRESS PIN                    | 1        |
| 50     | M12×190M/M SHAFT             | 1        |
| 51     | OIL BUSHING                  | 6        |
| 52     | KNOB                         | 1        |
| 53     | Φ25 ROUND CAP                | 1        |
| 54     | RUBBER STOPPER               | 2        |
| 55     | Φ25 ROUND PLASTIC PLUG       | 13       |
| 56     | 50 SQUARE PLASTIC CAP        | 21       |
| 57     | 50×Φ32 SQUARE BUSHING        | 2        |
| 58     | CROSS HEAD BOLT M10×45       | 2        |
| 59     | BOLT M10×75                  | 27       |
| 60     | BOLT M10×70                  | 7        |
| 61     | BOLT M10×65                  | 4        |
| 62     | BOLT M10×60                  | 1        |
| 63     | BOLT M10×45                  | 9        |
| 64     | BOLT M10×20                  | 4        |
| 65     | BOLT M8×40                   | 1        |
| 66     | BIG WASHER 10                | 2        |
| 67     | ALLEN BOLT M10×20            | 2        |
| 68     | 70×50 PLASTIC PLUGS          | 2        |
| 69     | 38 SCUARE PLASTIC PLUGS      | 2        |
| 70     | SPRING KNOB                  | 5        |
| 71     | BUSHING                      | 4        |
| 72     | ADJUSTABLE PULLEY BRACKET    | 1        |
| 73     | 60×50 SQUARE BUSHING (LARGE) | 10       |
| 74     | CHAIN                        | 2        |
| 75     | PVC GRIP                     | 6        |
| 76     | SPRING CLIP                  | 5        |
| 77     | BOLT M8×65                   | 6        |
| 78     | BOLT M6×40                   | 8        |
| 79     | BOLT M6×16                   | 2        |
| 80     | WASHER 6                     | 10       |
| 81     | WASHER 10                    | 98       |
| 82     | WASHER 8                     | 8        |
| 83     | NUT M10                      | 44       |



# GORILLA SPORTS

| NUMBER | DESCRIPTION               | QUANTITY |
|--------|---------------------------|----------|
| 89     | LOCK NUT M10              | 6        |
| 90     | CABLE WITH NO BALL 2.22M  | 1        |
| 91     | CABLE WITH ONE BALL 2.62M | 1        |
| 92     | CABLE WITH ONE BALL 3.28M | 1        |
| 93     | RECTANGULAR PLASTIC CAP   | 4        |

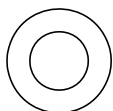


# GORILLA SPORTS

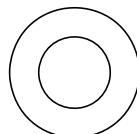
## HARDWARE PACK



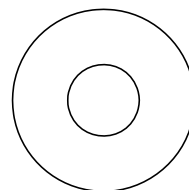
Washer 6 - 10PCS



Washer 8 - 8PCS



Washer 10 - 98PCS



Washer 10 - 2PCS



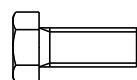
Lock Nut M8 - 1PC



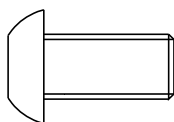
Lock Nut M10 - 6PCS



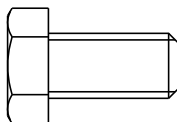
Nut M10 - 44PCS



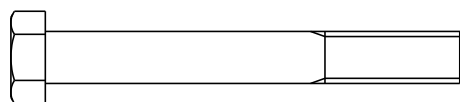
M6\*16 - 2PCS



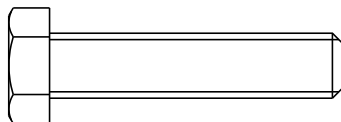
M10\*20 - 2PCS



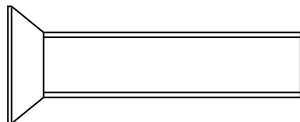
M10\*20 - 4PCS



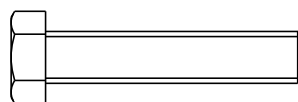
M8\*65 - 6PCS



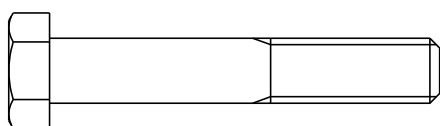
M10\*45 - 9PCS



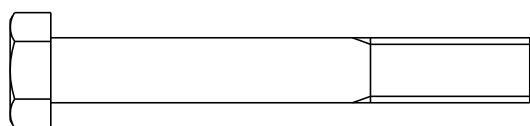
M10\*45 - 2PCS



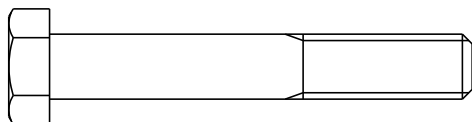
M8\*40 - 1PC



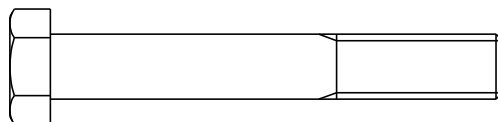
M10\*60 - 1PC



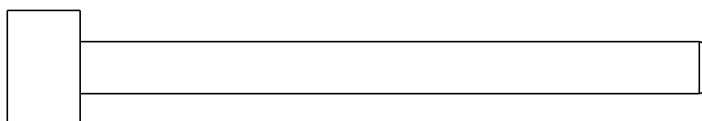
M10\*75 - 27PCS



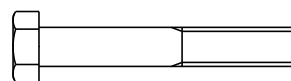
M10\*65 - 4PCS



M10\*70 - 7PCS



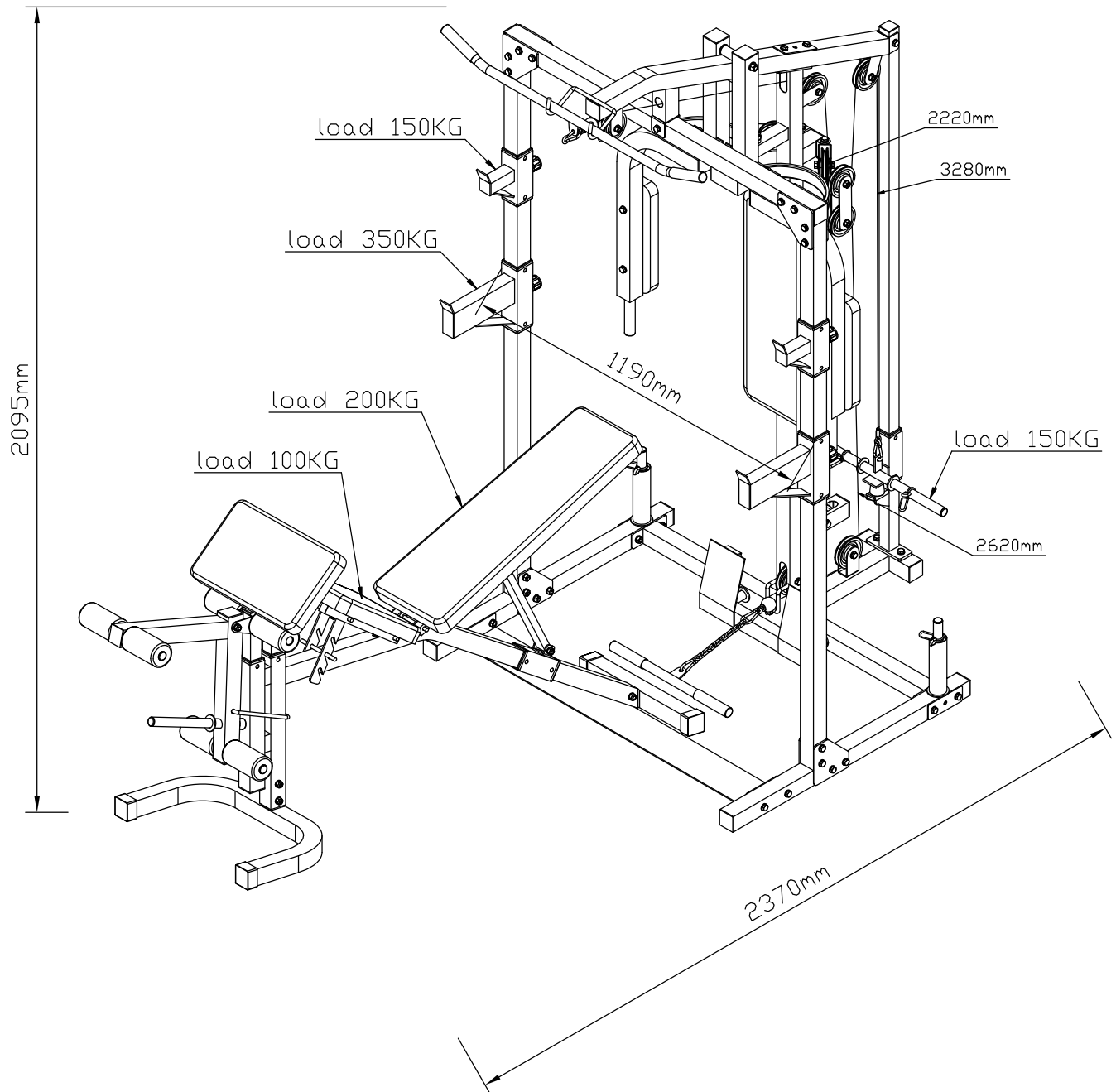
Lock Lever M10\*130 - 1PC



M6\*40 - 8PCS



# GORILLA SPORTS

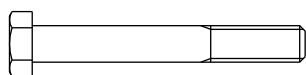
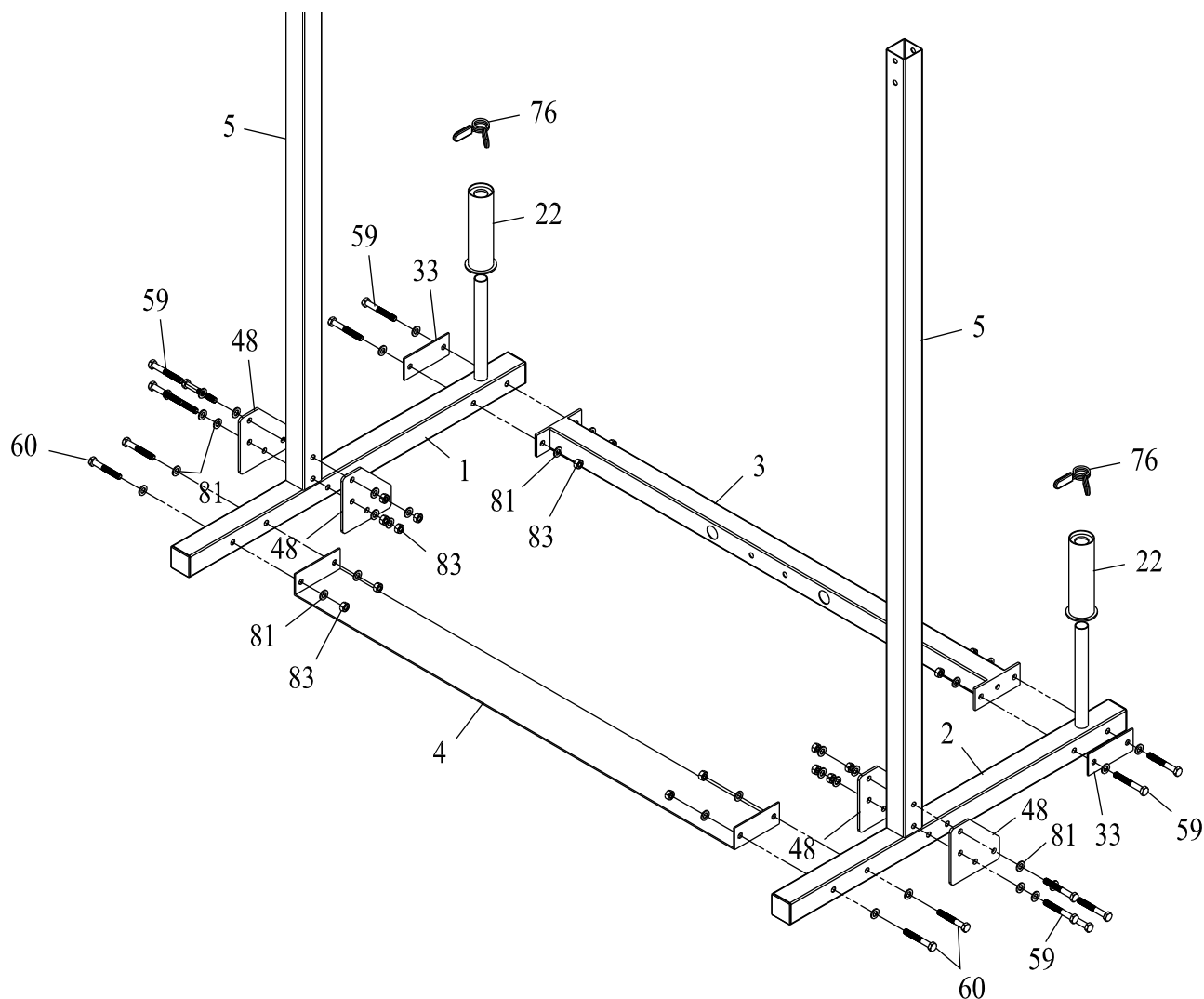


Maximum load 100KG

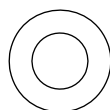


# GORILLA SPORTS

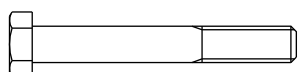
## STEP 1A



#59-M10\*75 - 12PCS



#81-Washer 10 - 32PCS



#60-M10\*70 - 4PCS

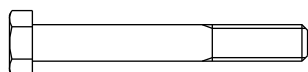
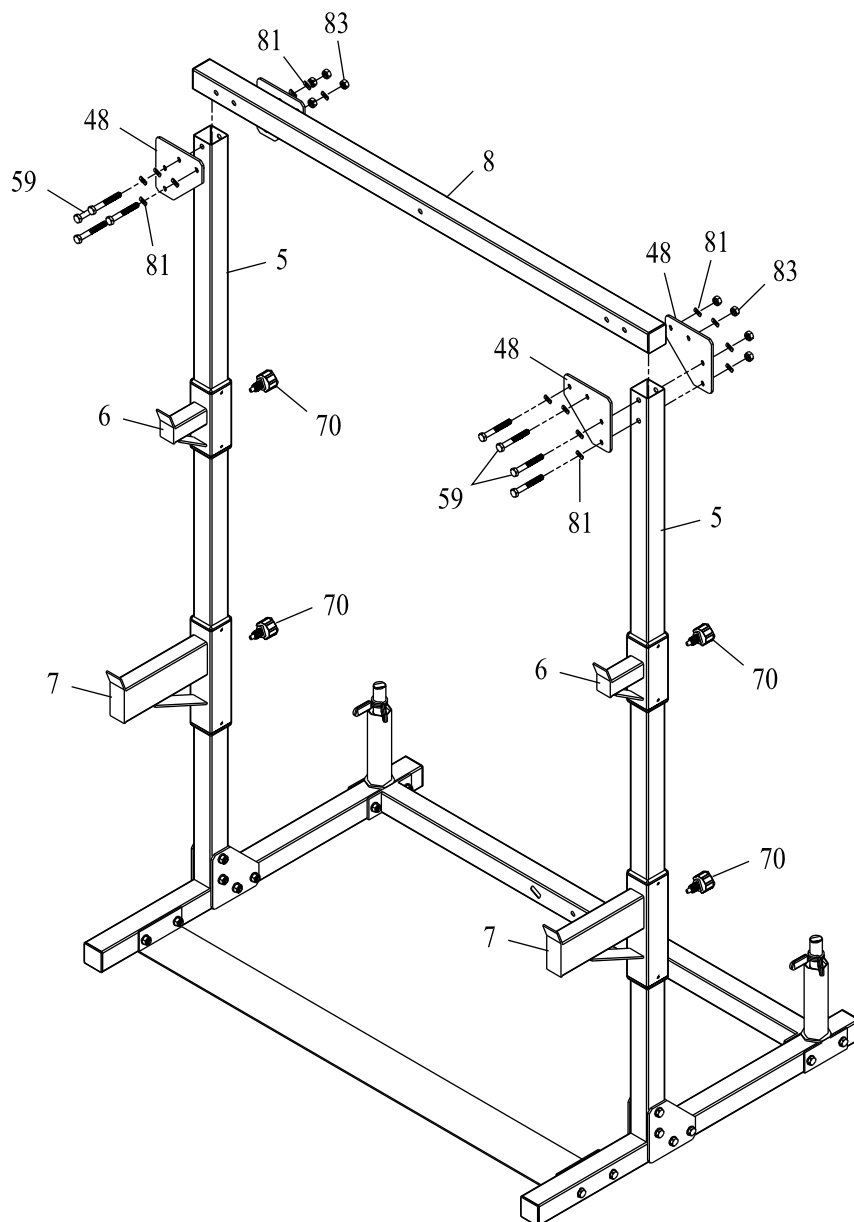


#83-Nut M10 - 16PCS

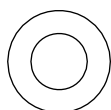


# GORILLA SPORTS

## STEP 1B !



#59-M10\*75 - 8PCS



#81-Washer 10 - 16PCS

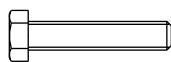
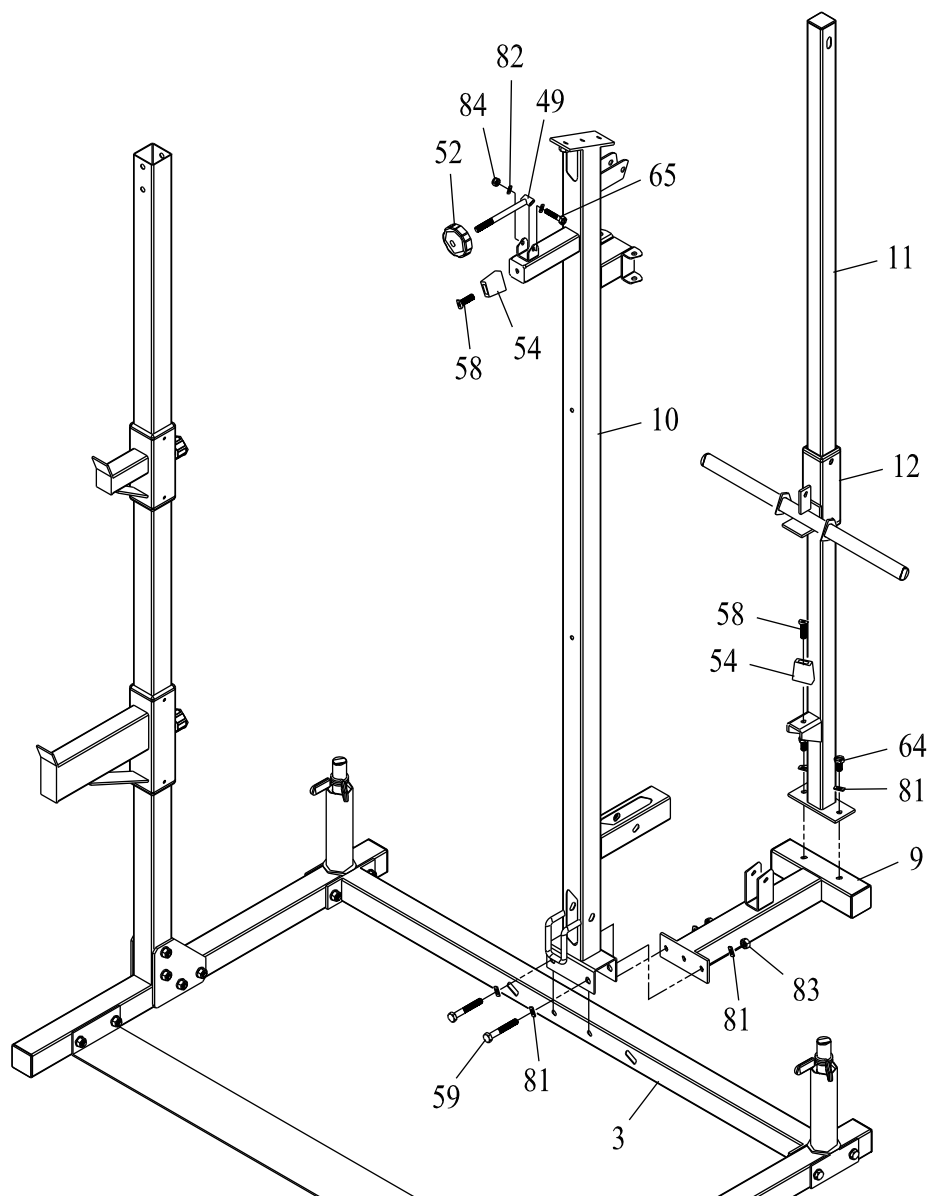


#83-Nut M10 - 8PCS

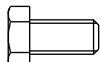


# GORILLA SPORTS

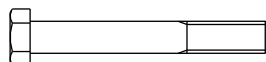
## STEP 2A !



#65-M8\*40 - 1PC



#64-M10\*20 - 2PCS



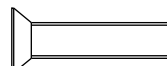
#59-M10\*75 - 2PCS



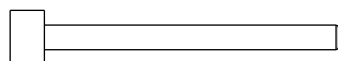
#82-Washer 8 - 2PCS



#81-Washer 10 - 6PCS



#58-M10\*45 - 2PCS



#49-Lock Lever M10\*130 - 1PC



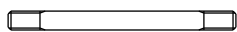
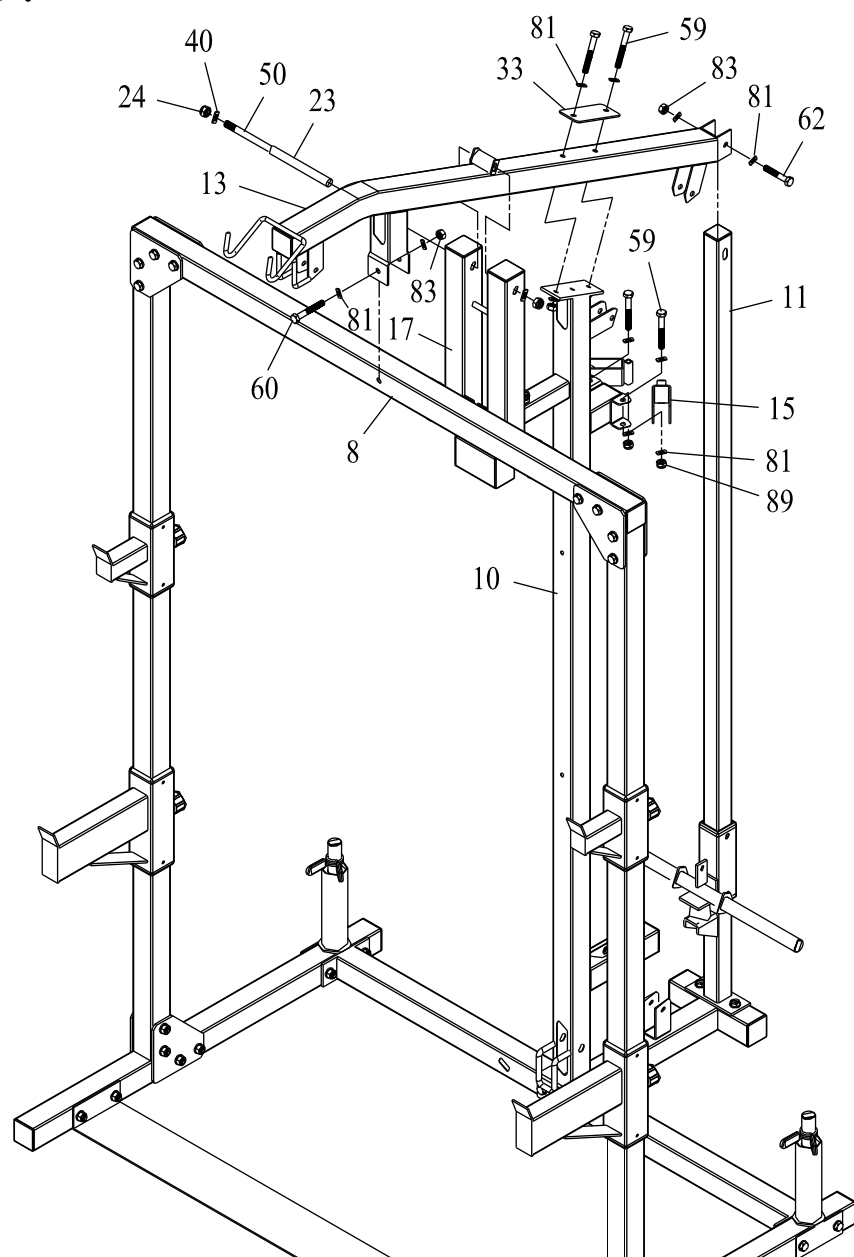
#84-Lock Nut M8 - 1PC



#83-Nut M10 - 2PCS



## STEP 2B !



#50-M12\*190 - 1PC



#40-Washer 12 - 2PCS



#24-Lock Nut M12 - 2PCS



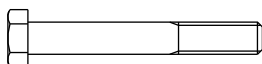
#59-M10\*75 - 4PCS



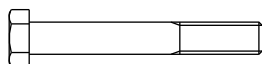
#81-Washer 10 - 12PCS



#83-Nut M10 - 4PCS



#60-M10\*70 - 1PC



#62-M10\*60 - 1PC



#89-Lock Nut M10 - 2PCS



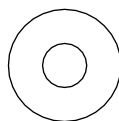
This exploded perspective view illustrates the assembly of a mechanical device. The main frame consists of two vertical rails (10) connected by a base (3) and a top crossbar (17). A large rectangular panel (21) is mounted on the rails. Various components are shown in their relative positions for assembly, including:
 

- Top rail components (17, 18, 19, 20) with fasteners (66, 67).
- Side rail components (18, 20) with fasteners (82, 77).
- A central panel (21) with fasteners (82, 77).
- Base components (3, 47) with fasteners (82, 77).

 Dashed lines indicate the alignment and assembly path for several of the components.



#82-Washer 8 - 6PCS

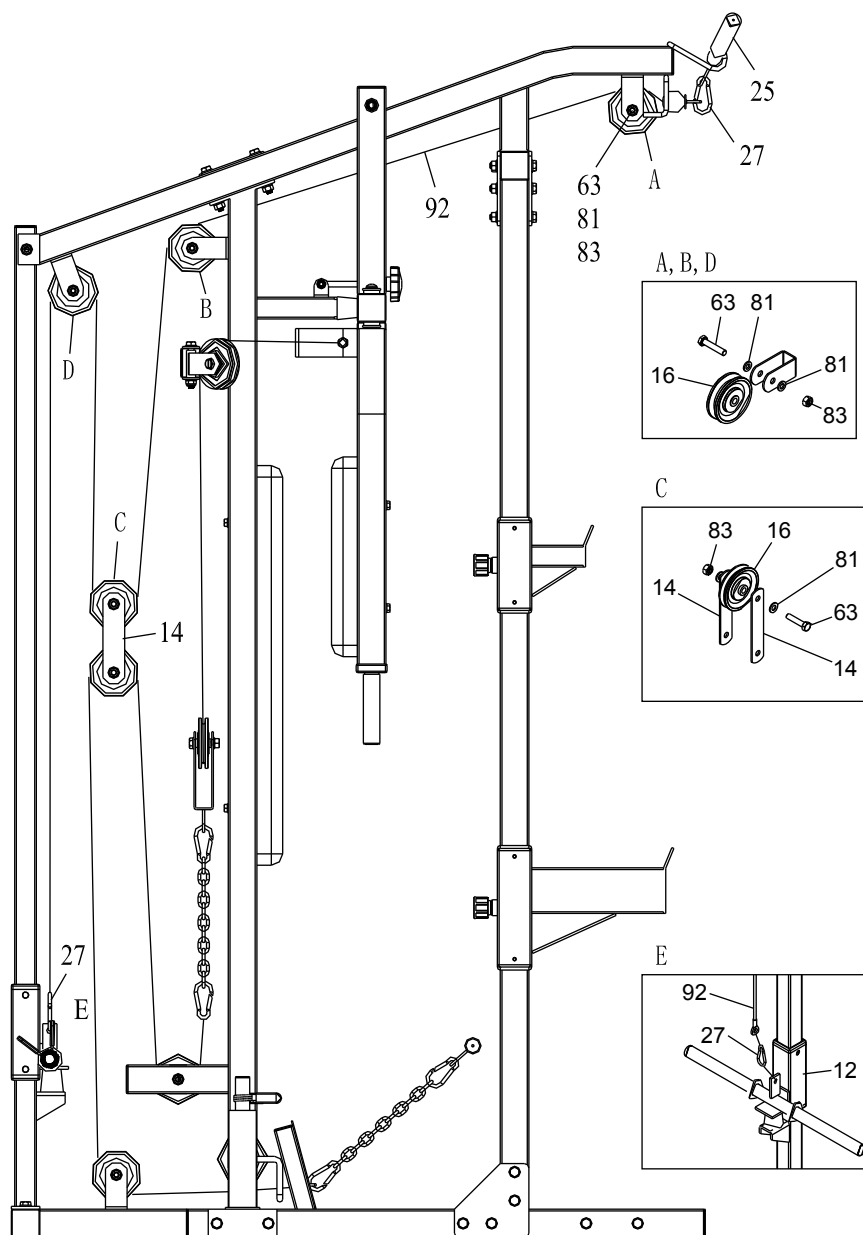


#66-Big Washer 10 - 2PCS

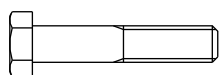


# GORILLA SPORTS

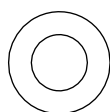
## STEP 4A



#92: A → B → C → D → E



#63-M10\*45 - 4PCS



#81-Washer 10 - 8PCS

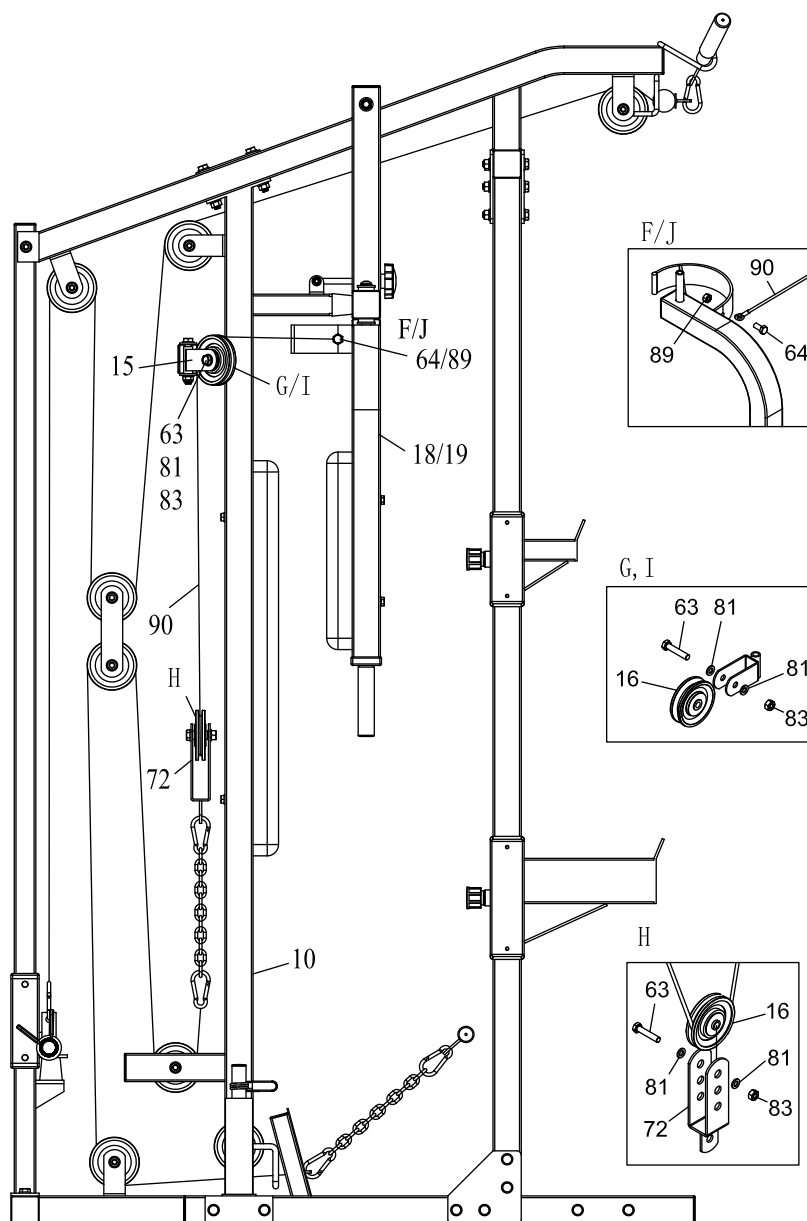


#83-Nut M10 - 4PCS

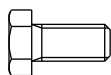


# GORILLA SPORTS

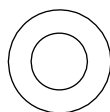
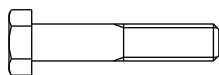
## STEP 4B !



#90: F→G→H→I→J



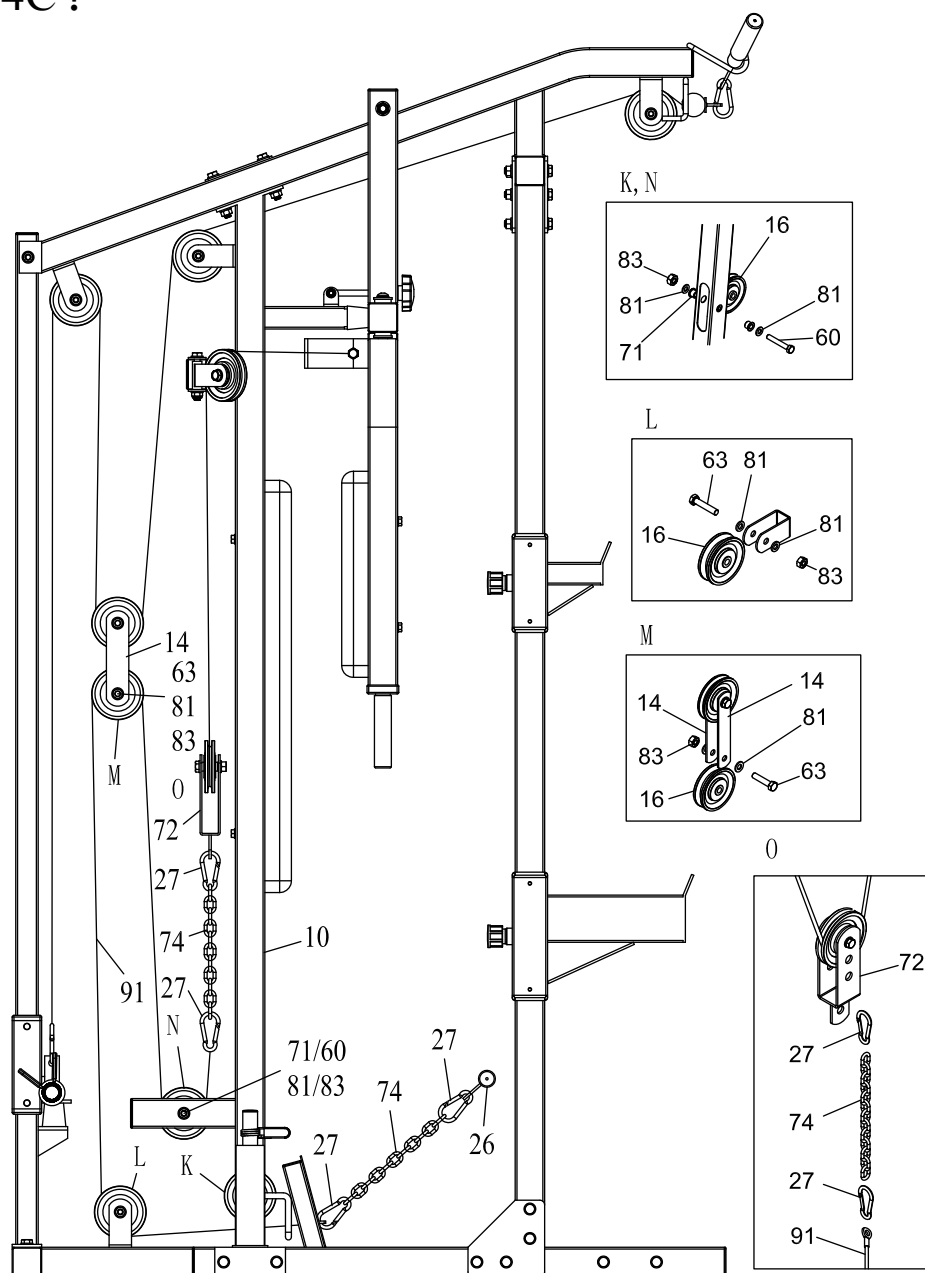
#64-M10\*20 - 2PCS #89-Lock Nut M10 - 2PCS



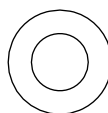
#63-M10\*45 - 3PCS #81-Washer 10 - 6PCS #83-Nut M10 - 3PCS



### STEP 4C !



#91:  $K \rightarrow L \rightarrow M \rightarrow N \rightarrow O$



#63-M10\*45 - 2PCS

#81-Washer 10 - 8PCS



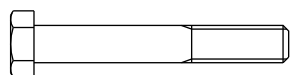
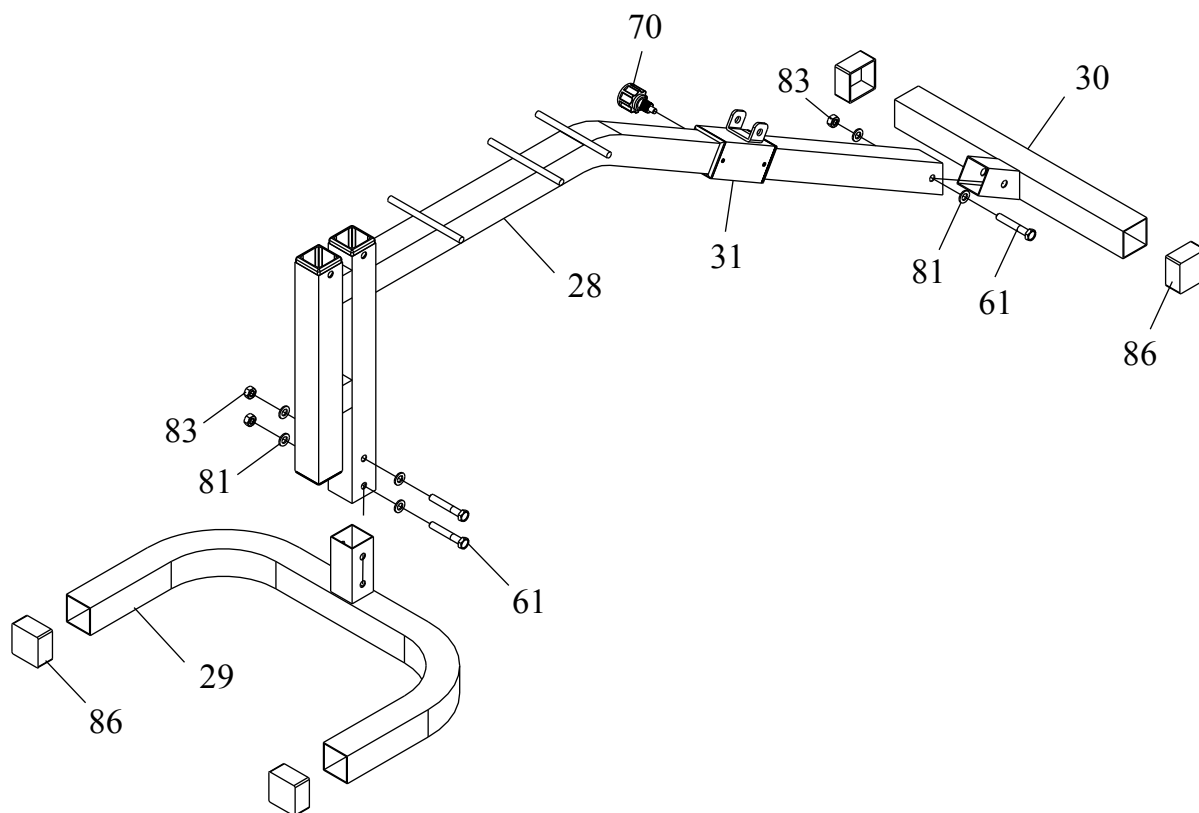
#60-M10\*70 - 2PCS

#83-Nut M10 - 4PCS

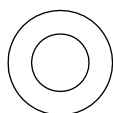


# GORILLA SPORTS

STEP 5 !



#61-M10\*65 - 3PCS



#81-Washer 10 - 6PCS

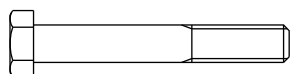
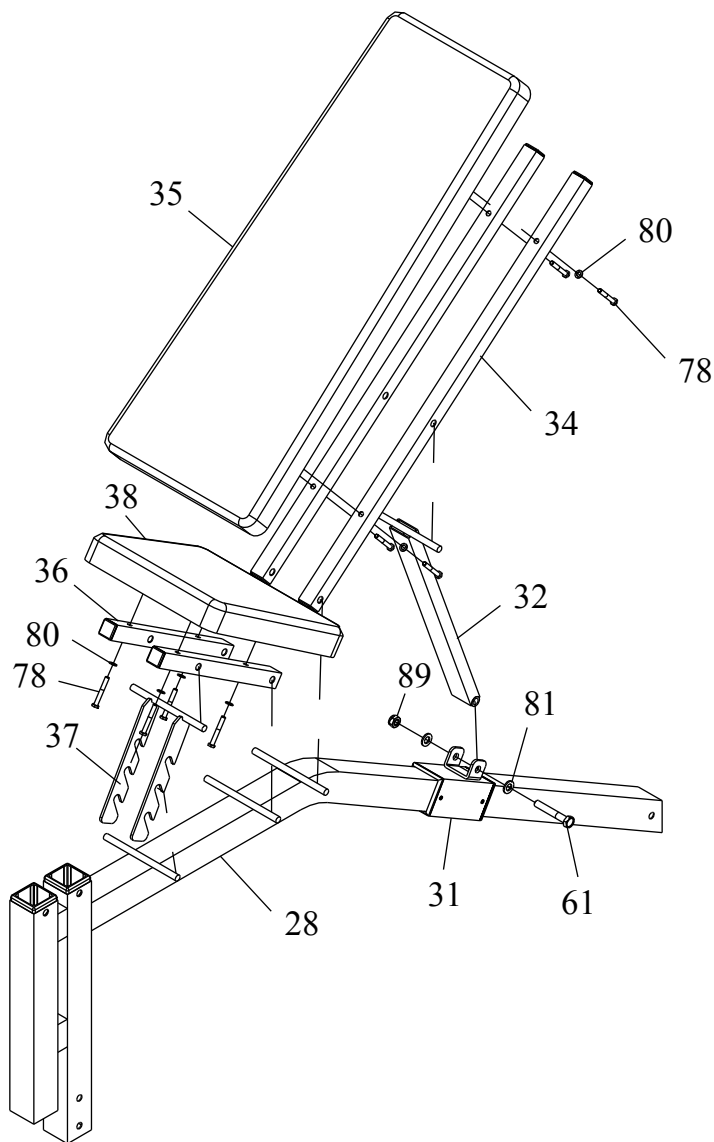


#83-Nut M10 - 3PCS



# GORILLA SPORTS

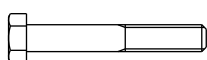
STEP 6!



#61-M10\*65 - 1PC



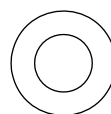
#89-Lock Nut M10 - 1PC



#78-M6\*40 - 8PCS



#80-Washer 6 - 8PCS

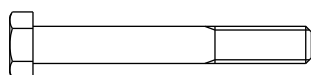
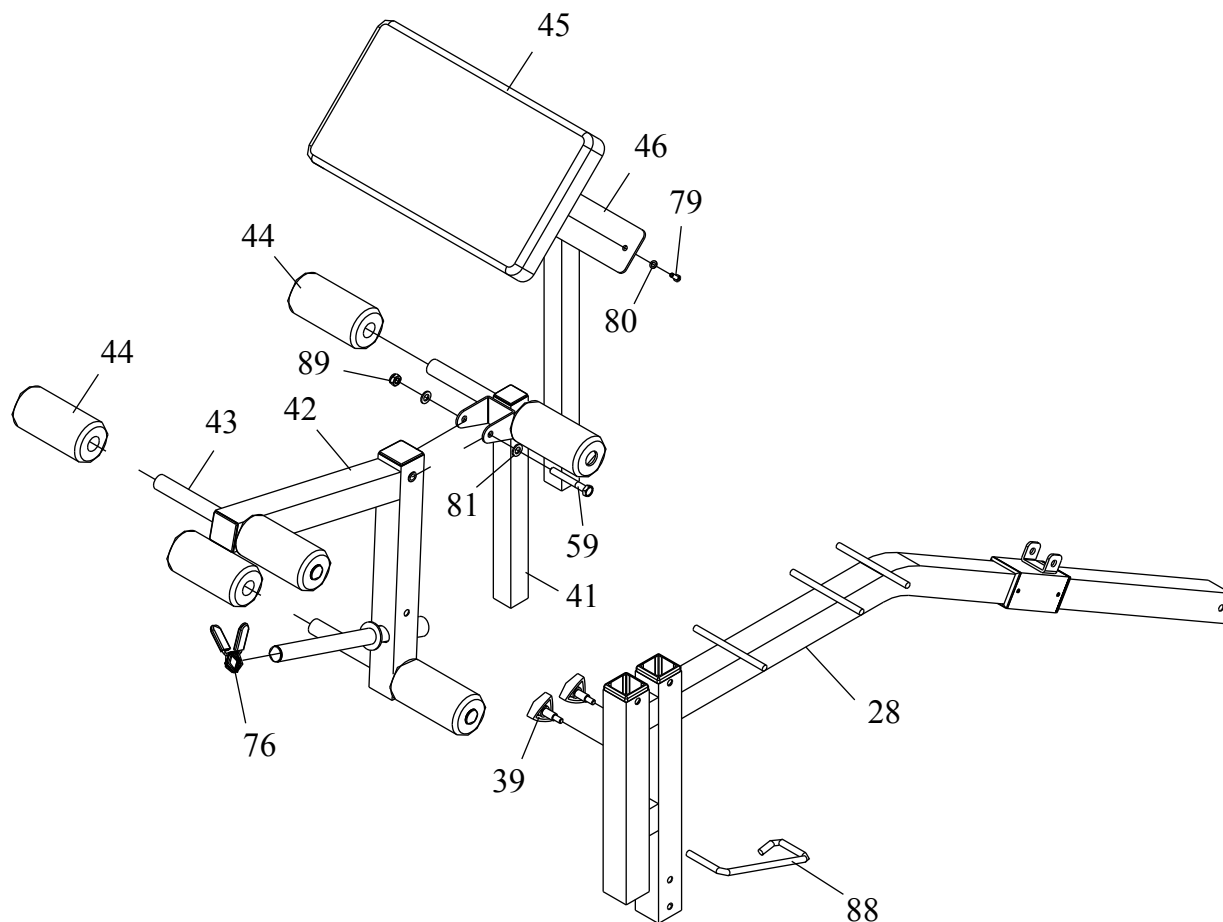


#81-Washer 10 - 2PCS



# GORILLA SPORTS

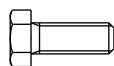
## STEP 7!



#59-M10\*75 - 1PC



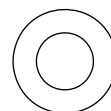
#89-Lock Nut M10 - 1PC



#79-M6\*16 - 2PCS



#80-Washer 6 - 2PCS

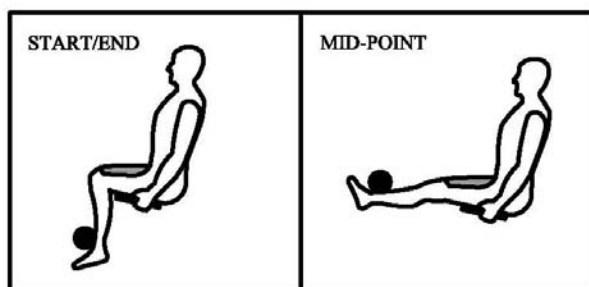


#81-Washer 10 - 2PCS

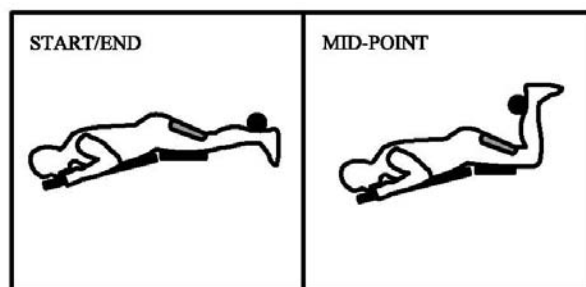


# GORILLA SPORTS

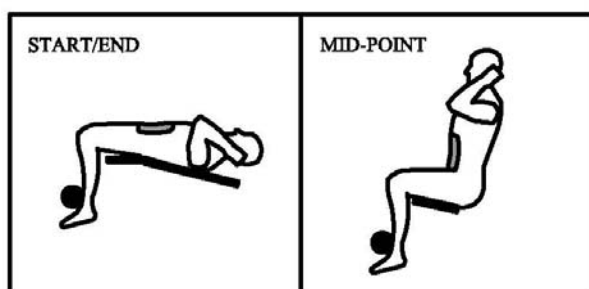
## EXERCISES



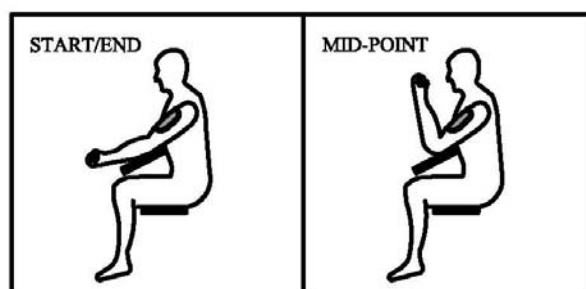
LEG EXTENSIONS



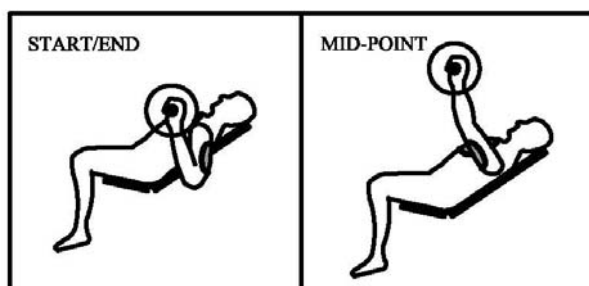
LEG CURLS



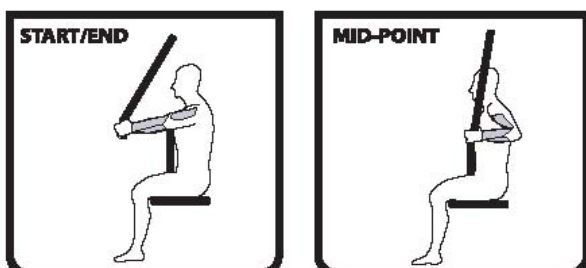
SIT-UPS



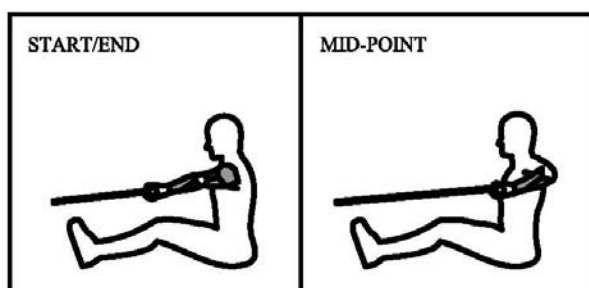
ARM CURL



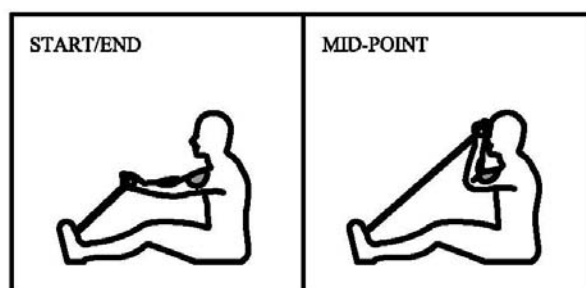
BENCH PRESS



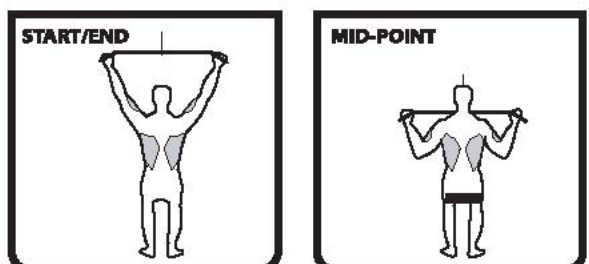
SEATED MID ROW



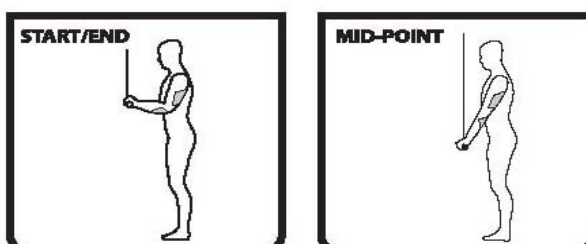
RALLY PULL SHOULDER



SEATED CURLS



LAT PULL DOWN



TRICEP PUSH DOWN