



HIT FITNESS

HIT00736

HIT FITNESS ARES 2.0 MULTI GYM

USER MANUAL

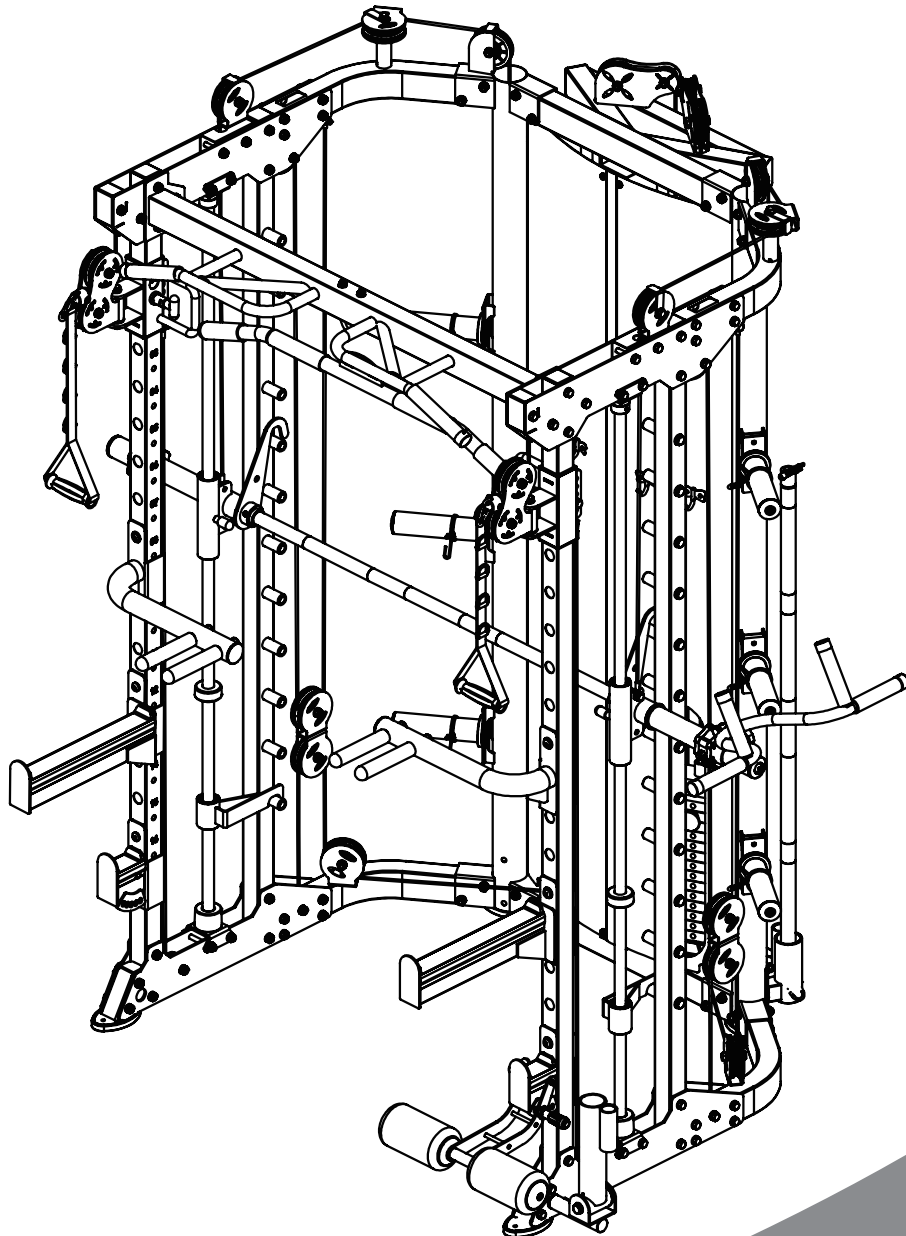


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Before starting ensure the floor is level and within + - 5mm, any more will result in the smith bar sitting un-even at rest. Ensure any uneven ground is packed up and level.

Spare parts list

No.	Description	Note	Qty.
1	connection tube		1
2	upright frame left		1
3	upright frame right		1
4	bending tube left		1
5	bending tube right		1
6	upper connection tube		1
7	upper bending tube right		1
8	upper bending tube left		1
9	hexagon bolt	M10*75	54
10	lock nut	M10	98
11	washer	Φ10	206
12	chin up bar		1
13	upper plate		4
14	pulley frame tube right		1
15	pulley frame tube left		1
16	upright tube		2
17	tube with hole right		1
18	tube with hole left		1
19	lower plate		4
20	sliding tube right		1
21	sliding tube left		1
22	foot tube cover		2
23	end tube		2
24	hexagon bolt	M10*80	14
25	bottom base		2
26	upper base		2
27	guide rod	Φ25*1850	2
28	lock sleeve		2
29	sliding sleeve		2
30	rubber pad with groove	Φ60*Φ26*45	2
31	safety hook right		1
32	safety hook left		1
33	hexagon bolt	M10*90	8
34	socket set screw	M8*10	2
35	end cap	Φ51*Φ42.5*36.6L	2

Spare parts list

No.	Description	Note	Qty.
36	check ring	Φ60*Φ48.5*27L	2
37	pipe	Φ50*310*T0.5	2
38	button head socket screw	M12*40	2
39	spring washer	M12	2
40	washer	Φ12	2
41	barbell rod		1
42	inner pipe	Φ48*298*2.5T	2
43	rubber pad	Φ60*Φ26*25	2
44	rubber pad	Φ60*Φ26*42	4
45	guide rod hollow	Φ25*1955	4
46	reinforcing plate		4
47	90KG weight stack	2 group	2
48	hexagon bolt	M10*20	8
49	wire	Φ5*2895mm	2
50	pulley	Φ95	20
51	pulley plate	20*96*T3	6
52	hexagon bolt	M10*45	14
53	hexagon bolt	M10*50	4
54	hexagon bolt	M10*25	7
55	weight		2
56	wire	Φ5*4095mm	2
57	"-" shaped pulley frame		2
58	pulley spacer sleeve	Φ20*10.5*L20.5	16
59	pulley	Φ50	6
60	wire		2
61	barbell plate holder		6
62	connection strap		1
63	shield left		1
64	shield right		1
65	hexagon bolt	M6*16	10
66	washer	Φ6	10
67	hook		4
68	"+" slotted countersunk head bolt	M4*12	8
69	lock nut	M4	8
70	hexagon bolt	M8*20	14

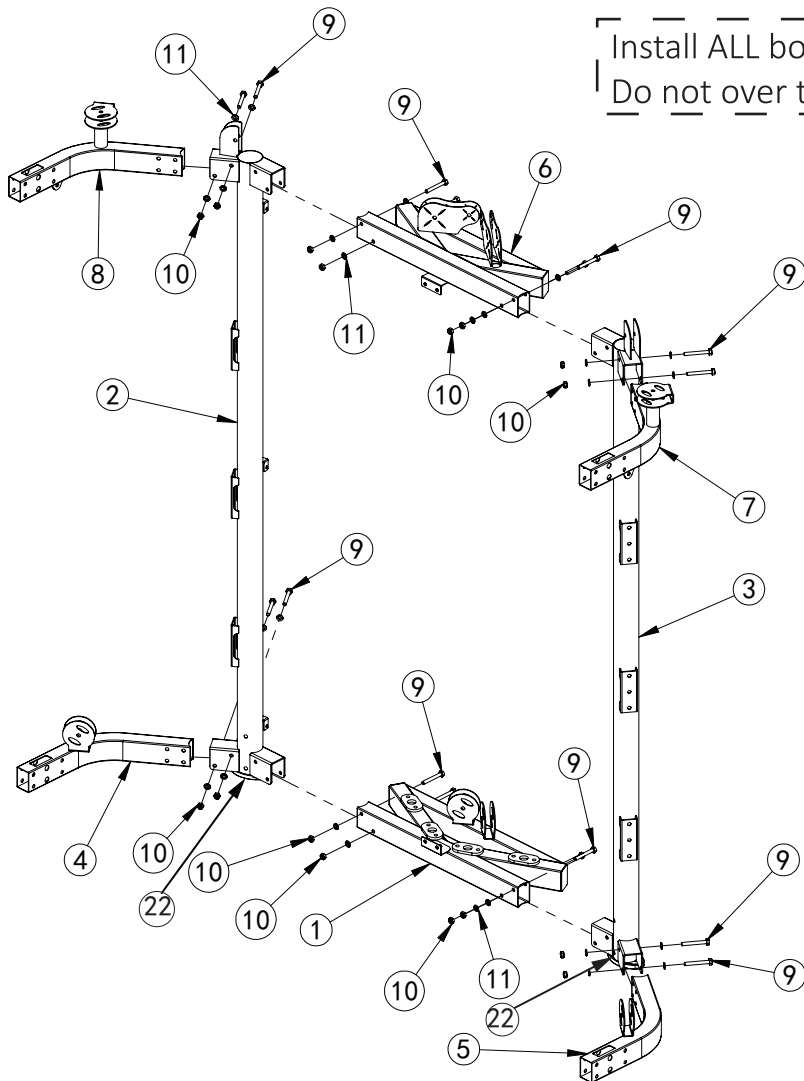
Spare parts list

No.	Description	Note	Qty.
71	washer	Φ8	14
72	core trainer		1
73	powder metallurgy sleeve	Φ33.2*Φ 29*Φ20*18	2
74	barbell rod cup		1
75	big washer	Φ25*Φ10*2.0	1
77	dip bar left		1
78	dip bar right		1
79	barbell rod holder right-rubber cover		1
80	barbell rod holder left-rubber cover		1
81	barbell rod holder short left		1
82	barbell rod holder short right		1
83	leg curl tube		1
84	long bar		1
85	ship rod		1
86	hand belt		2
87	pull lift device		1
88	T shape pin	Φ10*100	1
89	barbell clamp collar		2
90	selector rod		2
91	weight pin		2

Bolt length measurement ruler



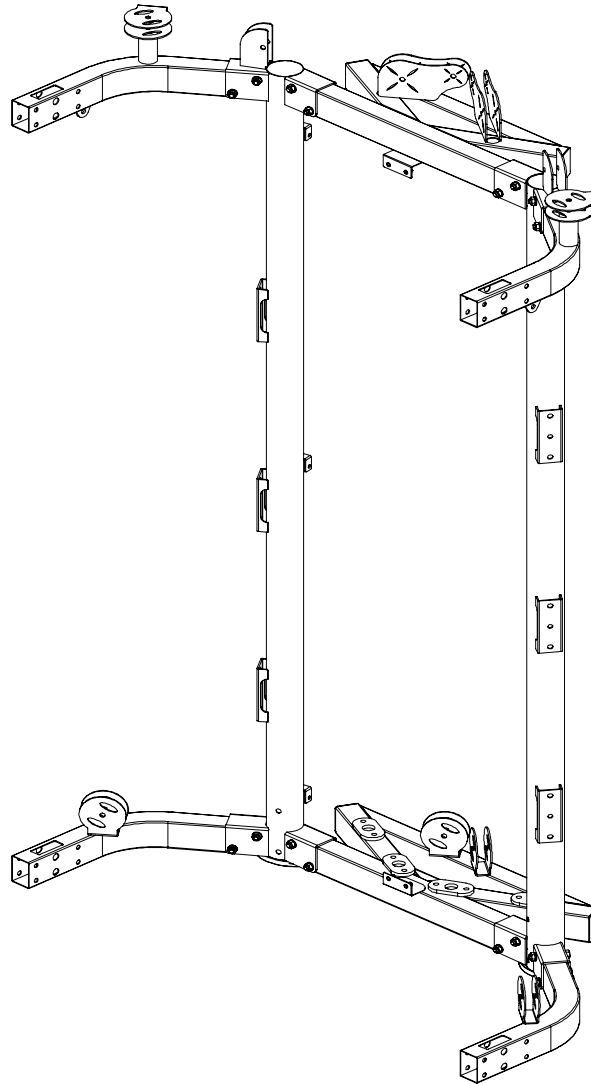
Assembly step (1) explosion drawing



Install ALL bolts/ nuts before tightening.
Do not over tighten.

No.	Description	Note	Qty.
1	connection tube		1
2	upright frame left		1
3	upright frame right		1
4	bending tube left		1
5	bending tube right		1
6	upper connection tube		1
7	upper bending tube right		1
8	upper bending tube left		1
9	hexagon bolt	M10*75	16
10	lock nut	M10	16
11	washer	Φ10	32
22	foot tube cover		2

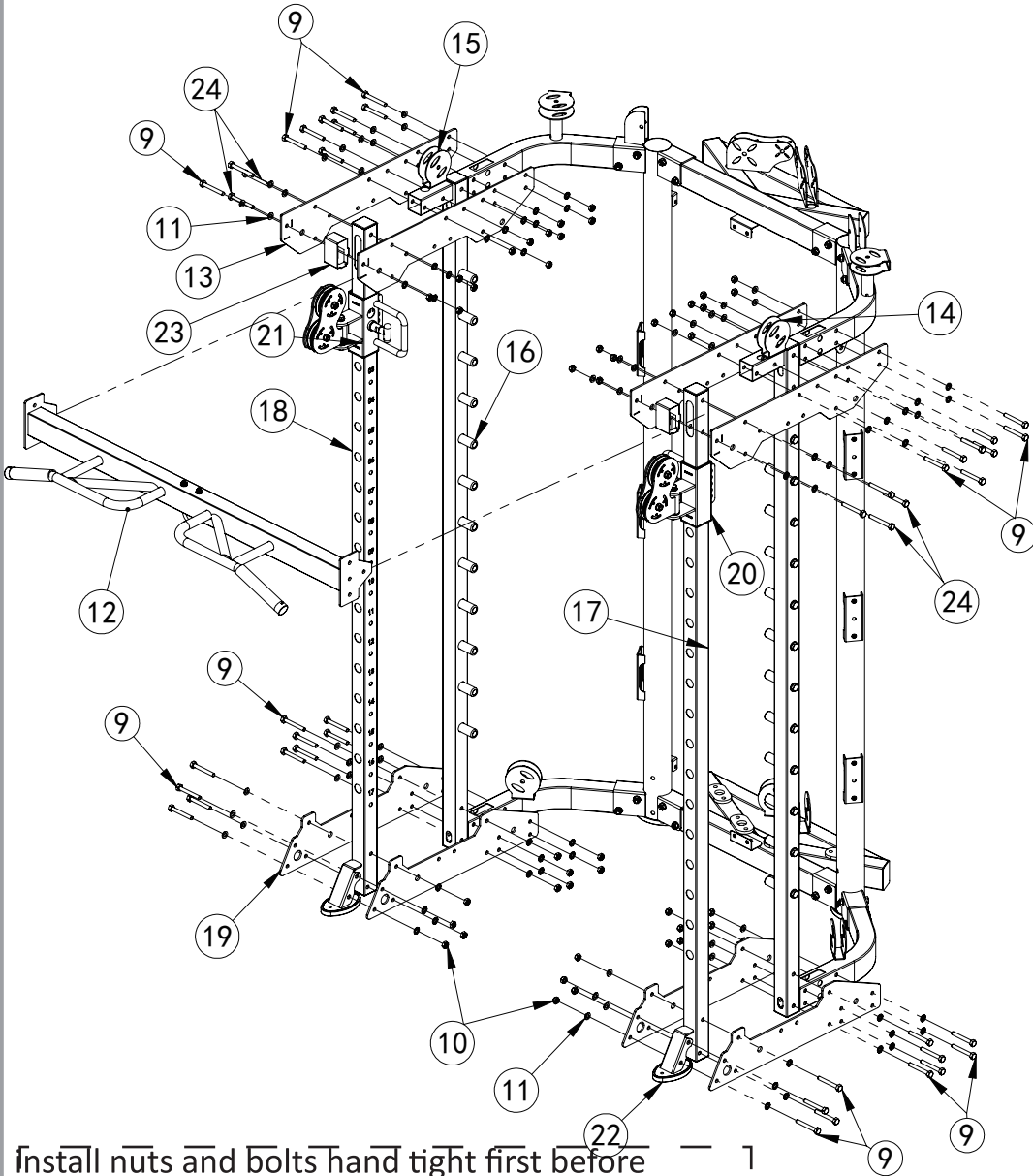
Assembly step (1) drawing



Assembly step (1) assembly instruction

- 1 Fix bending tube left-4 fastening on upright frame left-2 using M10x75 hexagon bolt-9, Φ 10 washer-11 and M10 lock nut-10
- 2 Fix bending tube right-5 fastening on upright frame right-3 using M10x75 hexagon bolt-9, Φ 10 washer-11 and M10 lock nut-10
- 3 Fix connection tube-1 fastening with bending tube left-4, bending tube right-5 using M10x75 hexagon bolt-9, Φ 10 washer-11 and M10 lock nut-10
- 4 Fix upper connection tube-6 fastening on upright frame using M10x75 hexagon bolt-9, Φ 10 washer-11 and M10 lock nut-10
- 5 Fix upper bending tube left-8 fastening on upright frame left-2 using M10x75 hexagon bolt-9, Φ 10 washer-11 and M10 lock nut-10
- 6 Fix upper bending tube right-7 fastening on upright frame right-3 using M10x75 hexagon bolt-9, Φ 10 washer-11 and M10 lock nut-10
- 7 Tighten all bolts and nuts before continuing.

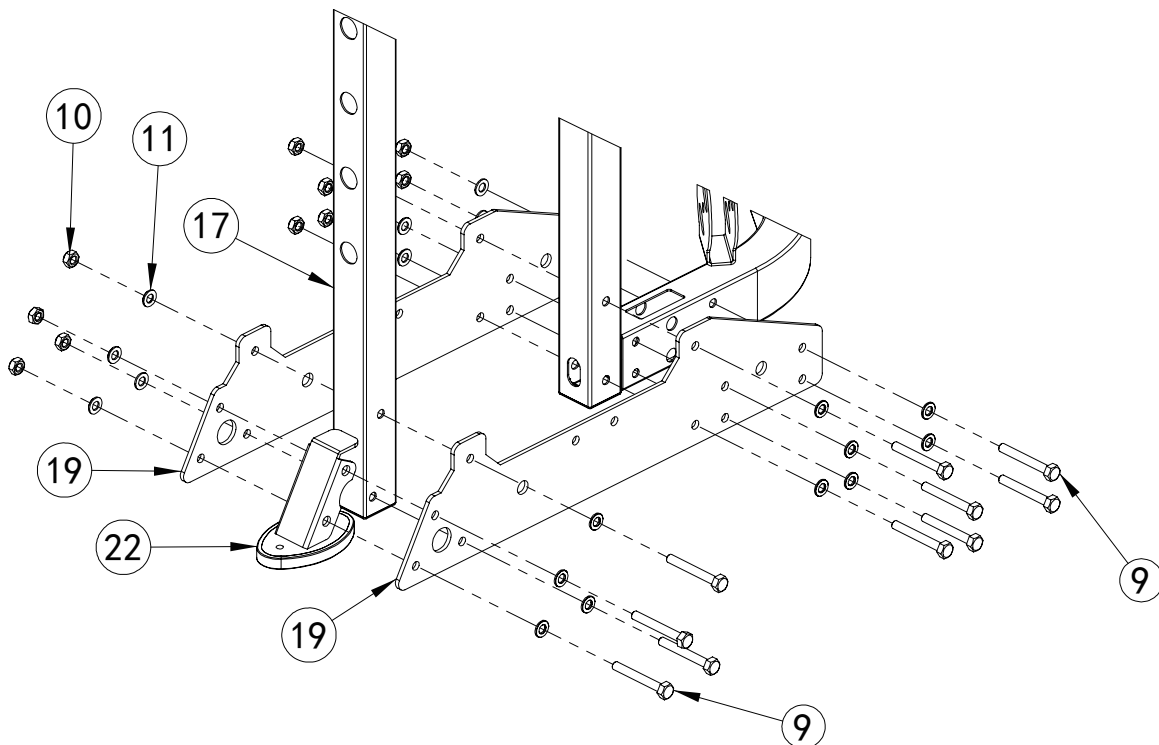
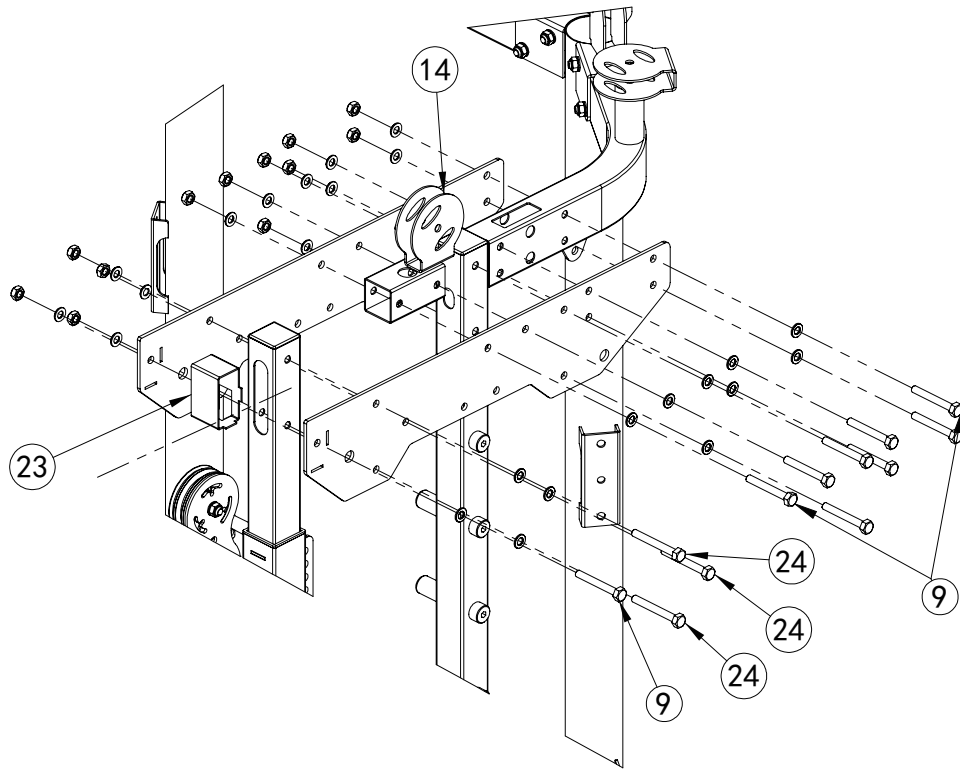
Assembly step (2) explosion drawing



Install nuts and bolts hand tight first before tightening.

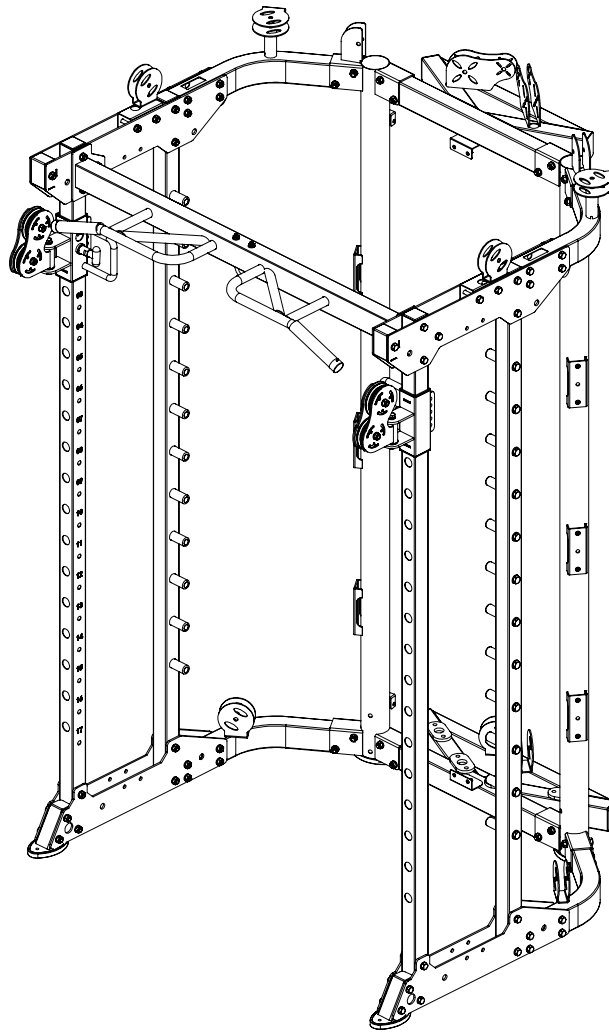
No.	Description	Note	Qty.	No.	Description	Note	Qty.
9	hexagon bolt	M10*75	38	17	tube with hole right		1
10	lock nut	M10	44	18	tube with hole left		1
11	washer	Φ10	88	19	lower plate		4
12	chin up bar		1	20	sliding tube right		1
13	upper plate		4	21	sliding tube left		1
14	pulley frame tube right		1	22	foot tube cover		2
15	pulley frame tube left		1	23	end tube		2
16	upright tube		2	24	hexagon bolt	M10*80	6

Assembly step (2) Enlarged View



Install nuts and bolts hand tight first before tightening.

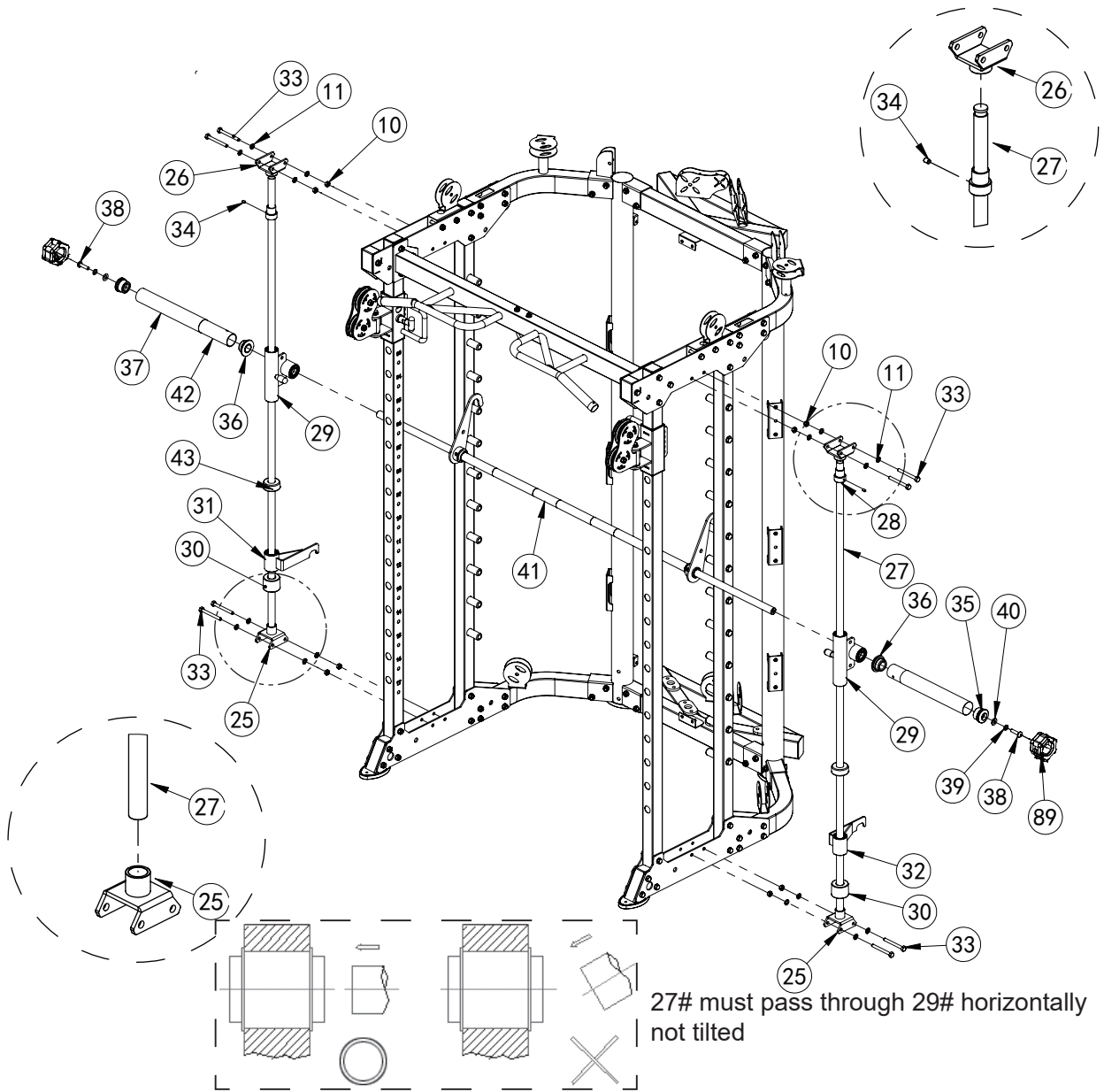
Assembly step (2) drawing



Assembly step (2) assembly instruction

- | | |
|---|---|
| 1 | Fix sliding tube left-21 on tube with hole left-18 |
| 2 | Fix sliding tube right-20 on tube with hole right-17 |
| 3 | Fix upright tube-16 and tube with hole left-18,tube with hole right-17 fastening on step-1 using M10x75 hexagon bolt-9, Φ 10 washer-11, M10 lock nut-10, upper plate-13 and lower plate-19 |
| 4 | Fix pulley frame tube right-14 and pulley frame tube left-15 fastening on upper plate-13 using M10x75 hexagon bolt-9, Φ 10 washer-11, M10 lock nut-10 |
| 5 | Fix end tube-23 fastening on upper plate-13 using M10x75 hexagon bolt-9, Φ 10 washer-11 and M10 lock nut-10 |
| 6 | Fix foot tube cover-22 fastening on lower plate-19 using M10x75 hexagon bolt-9, Φ 10 washer-11 and M10 lock nut-10 |
| 7 | Fix chin up bar-12 fastening on upper plate-13 using M10x80 hexagon bolt-24, Φ 10 washer-11 and M10 lock nut-10 |

Assembly step (3) explosion drawing



No.	Description	Note	Qty.	No.	Description	Note	Qty.
10	lock nut	M10	8	34	socket set socket set	M8x10	2
11	washer	Φ10	16	35	end cap	Φ51*Φ42.5*36.6L	2
25	lower base		2	36	check ring	Φ60*Φ48.5*27L	2
26	upper base		2	37	pipe	Φ50*310*T0.5	2
27	guide rod	Φ25*1850	2	38	button head socket	M12x40	2
28	lock sleeve		2	39	spring washer	Φ12	2
29	sliding sleeve		2	40	washer	Φ12	2
30	rubber pad with groove	Φ60*Φ26*45	2	41	barbell rod		1
31	safety hook right		1	42	inner pipe	Φ48*298*2.5T	2
32	safety hook left		1	43	rubber pad	Φ60*Φ26*25	2
33	hexagon bolt	M10*90	8	89	barbell clamp collar		2

Assembly step (3) drawing



Installation
order
picture



UP

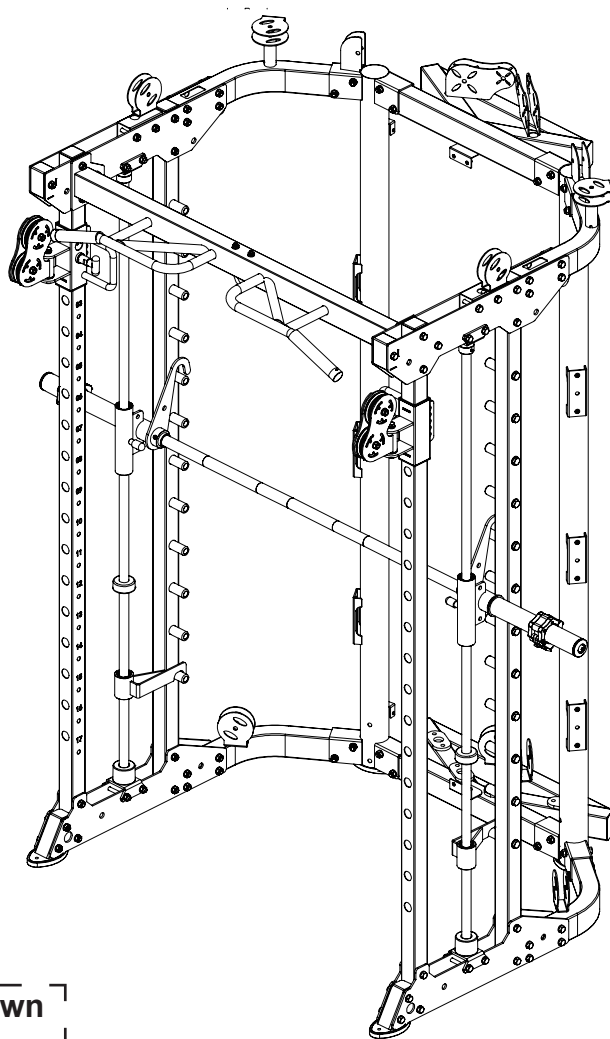
Down



UP



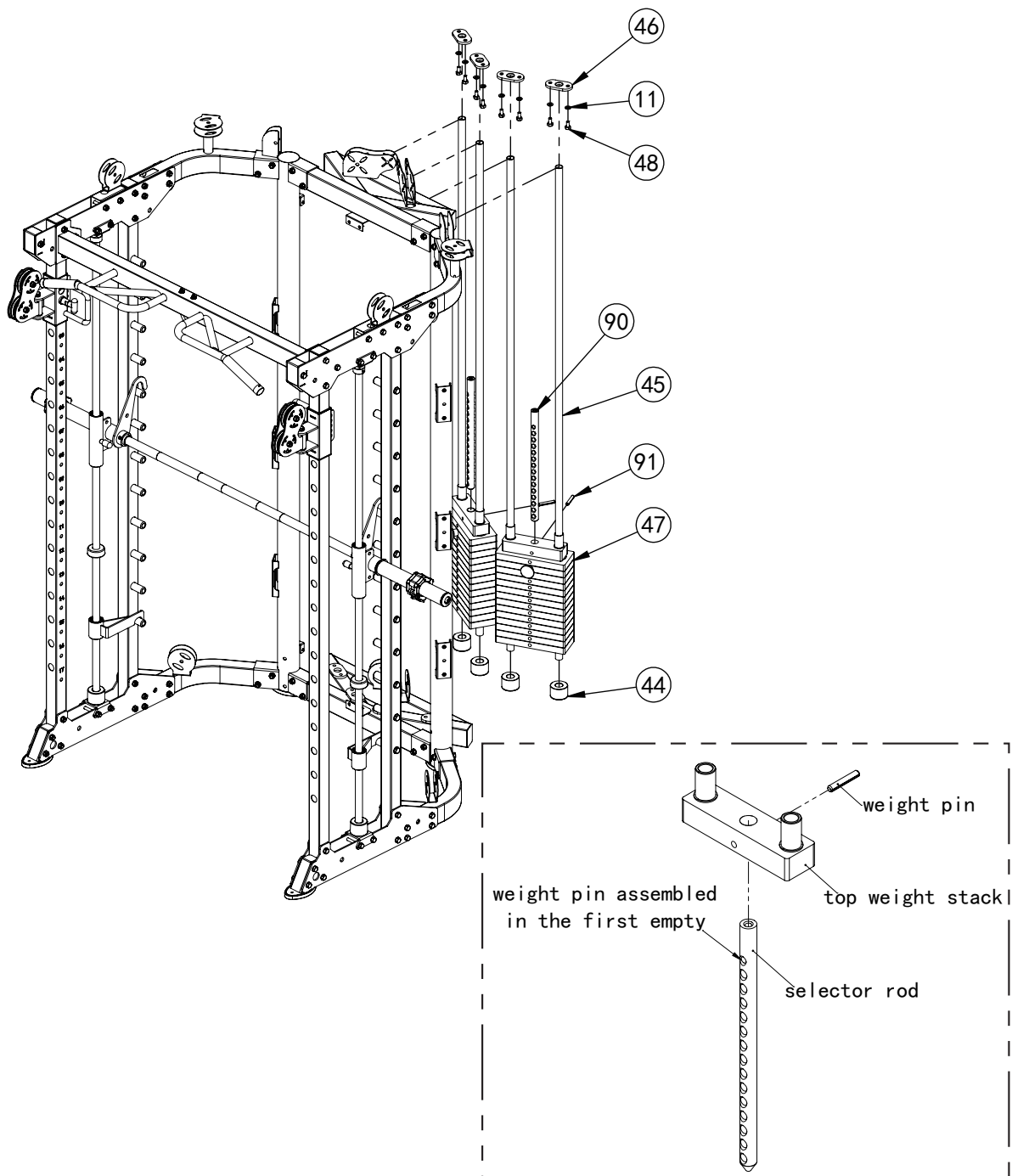
Down



Assembly step (3) assembly instruction

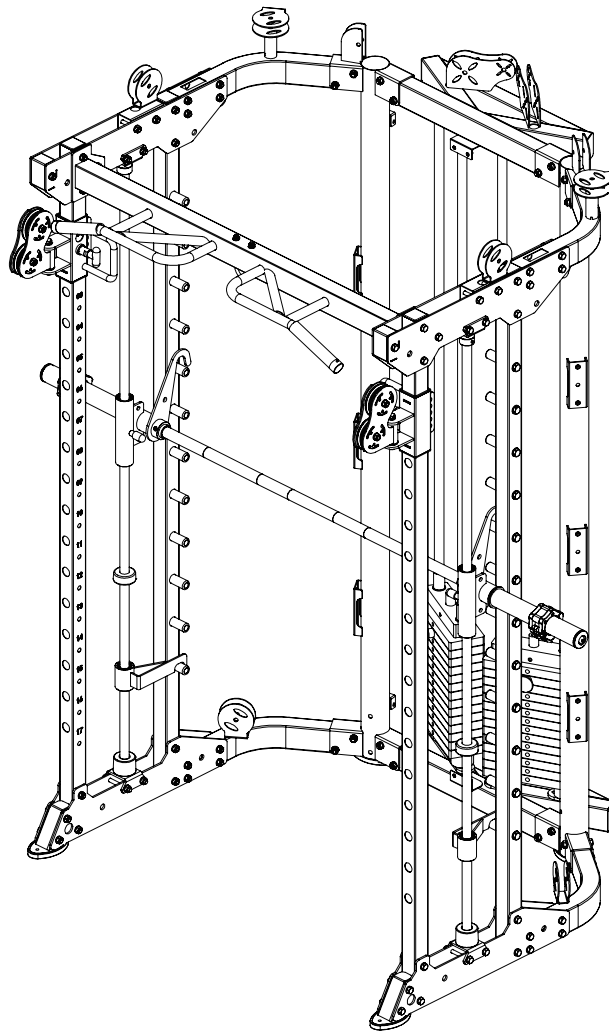
- 1 Fix lower base-25 fastening on lower plate using M10x90 hexagon bolt-33, $\Phi 10$ washer-11 and M10 lock nut-10
- 2 Fix upper frame-26 fastening on upper plate using M10x90 hexagon bolt-33, $\Phi 10$ washer-11 and M10 lock nut-10
- 3 Guide rod-27 in turn through lock sleeve-28, bearing frame-29, rubber block-43, safety hook left-32 and rubber block with groove-30 fastening on base using M8x10 screw-34
- 4 Barbell rod-41 in turn through bearing frame-29, check ring-36, inner pipe-42, pipe-37 and end cap-35 fastening using M12x40 button head socket screw-38, $\Phi 12$ spring washer-39 and $\Phi 12$ washer-40, then fit on barbell clamp collar-89
- 5 Guide rod in turn through lock sleeve-28, bearing frame-29, rubber block-43, safety hook right-31 and rubber block with groove-30 fastening on base using M8x10 screw-34

Assembly step (4) explosion drawing



No.	Description	Note	Qty.
11	washer	Φ10	8
44	rubber pad	Φ60*Φ26*42	4
45	guide rod hollow	Φ25*1955	4
46	reinforcing plate		4
47	weight stack		2
48	hexagon bolt	M10*20	8
90	selector rod		2
91	weight pin		2

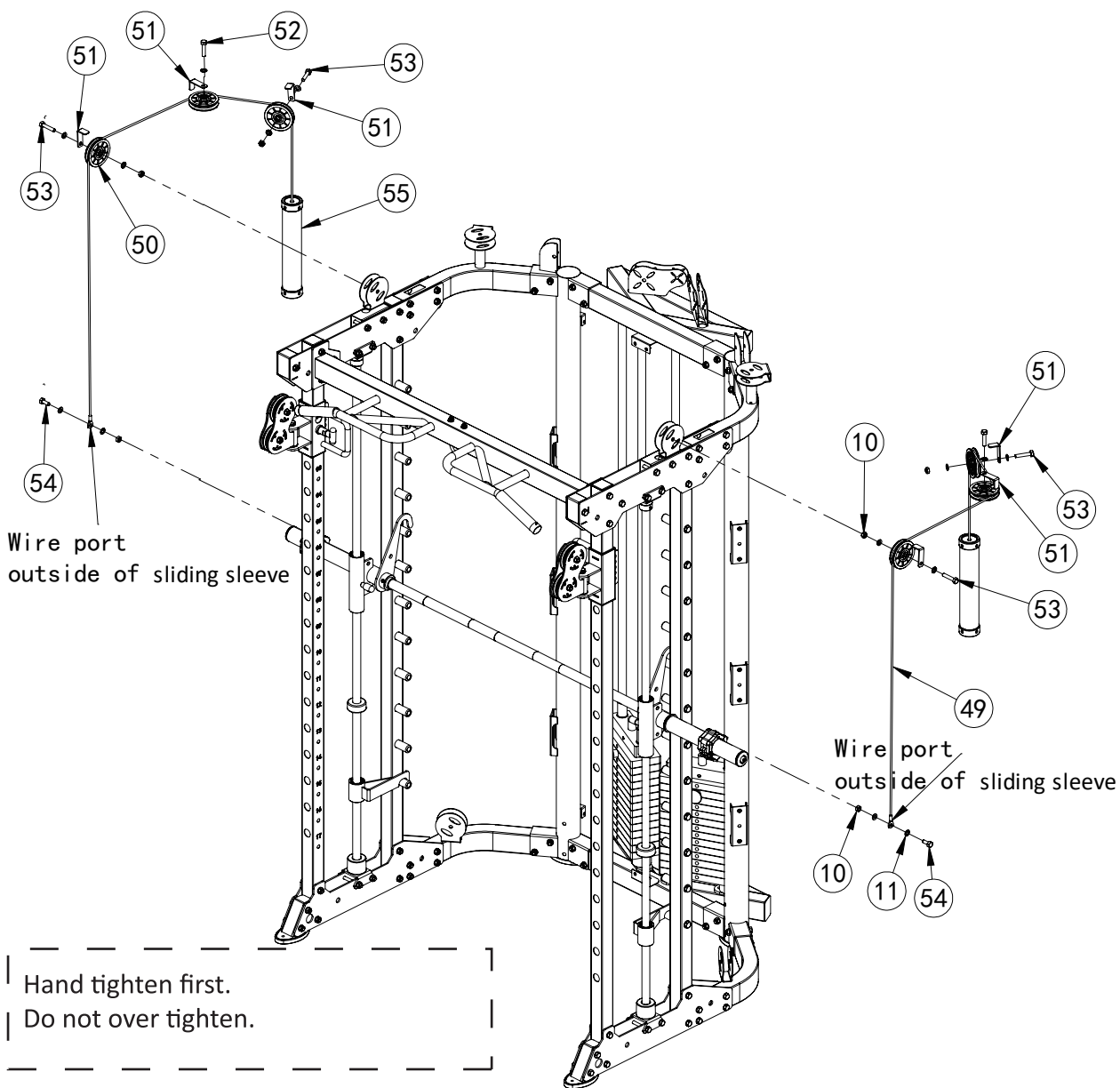
Assembly step (4) drawing



Assembly step (4) assembly instruction

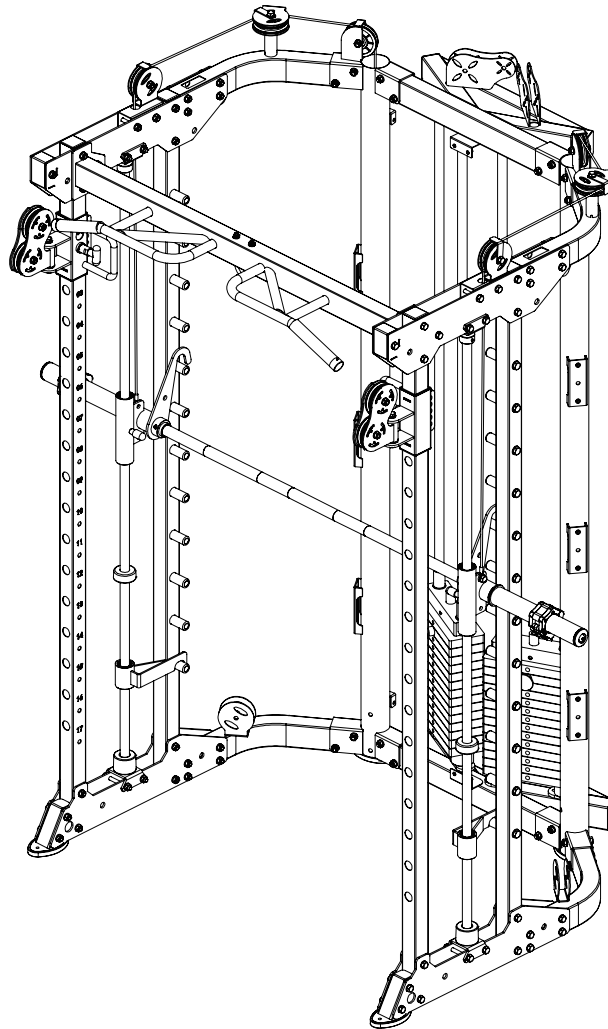
- 1 Fix weight pin-91 fastening on selector rod-90
- 2 Guide rod hollow-45 in turn through rubber block-44, weight plate-47, reinforcing plate-46 .Fix reinforcing plate-46 on upper connection tube-6 using M10*20 hexagon bolt-48,Φ10 washer-11.

Assembly step (5) explosion drawing



No.	Description	Note	Qty.
10	lock nut	M10	6
11	washer	Φ10	14
49	wire	Φ5x2745mm	2
50	pulley	Φ95	6
51	pulley plate		6
52	hexagon bolt	M10x45	2
53	hexagon bolt	M10x50	4
54	hexagon bolt	M10x25	2
55	weight		2

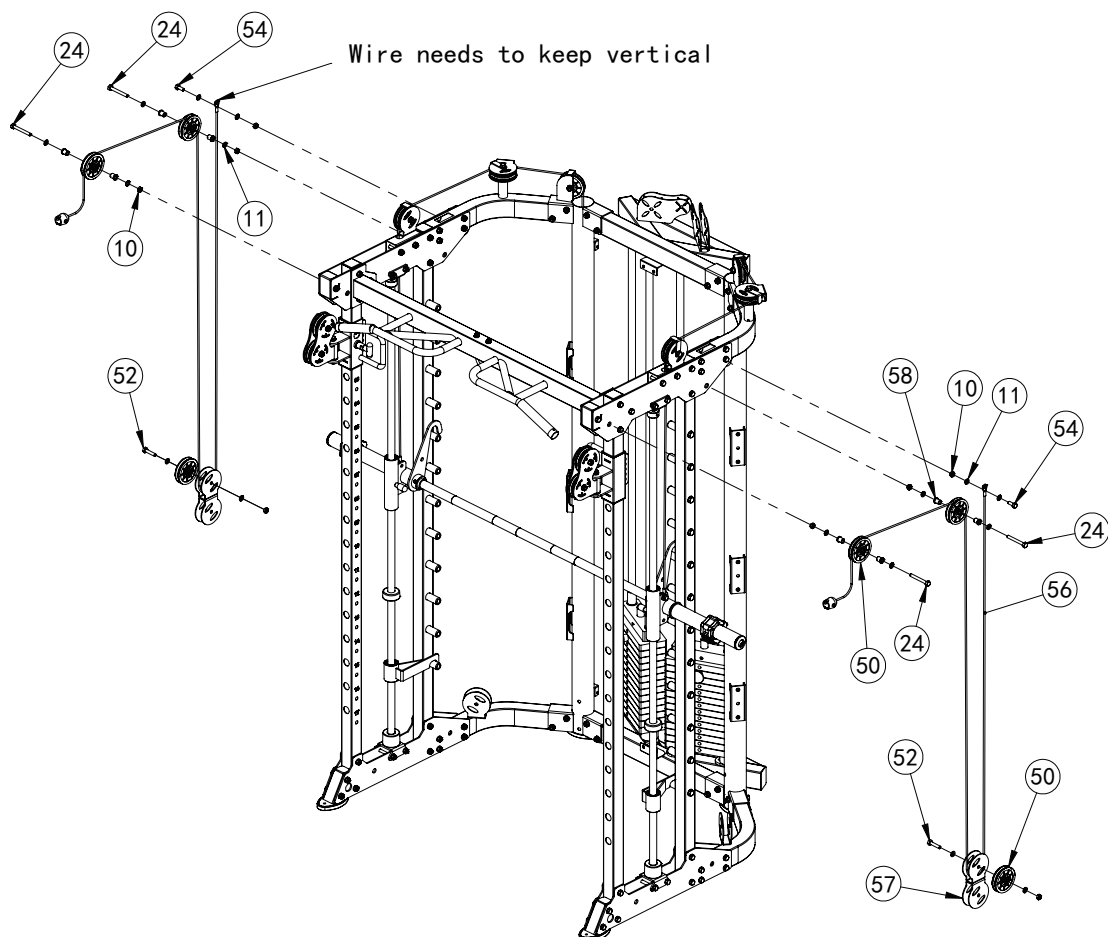
Assembly step (5) drawing



Assembly step (5) assembly instruction

- | | |
|---|--|
| 1 | Connect wire-49 with weight-55, put them into upring frame |
| 2 | Fix pulley-50 fastening on upper bending tube using M10x50 hexagon bolt-53, pulley plate-51, $\Phi 10$ washer-11 and M10 lock nut-10 |
| 3 | Fix pulley-50 fastening on upper bending tube using M10x45 hexagon bolt-52, $\Phi 10$ washer-11 and M10 lock nut-10 |
| 4 | Fix wire-49 fastening on sliding sleeve outside using M10x25 hexagon bolt-54, $\Phi 10$ washer-11 and M10 lock nut-10 |

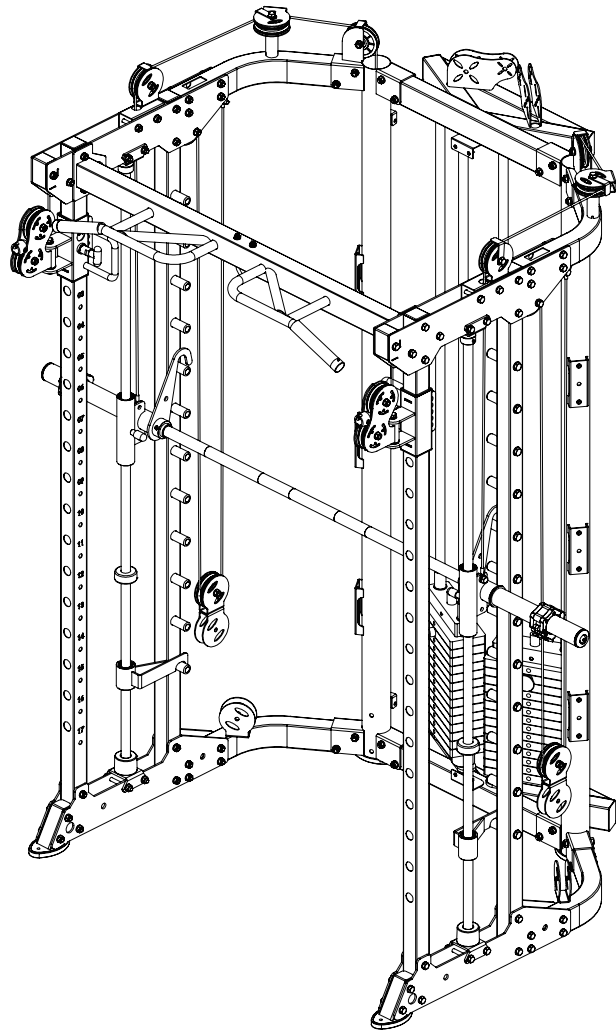
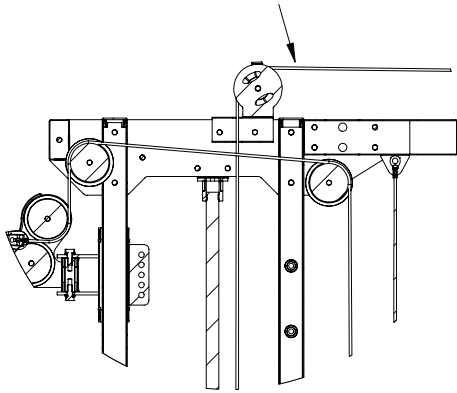
Assembly step (6) explosion drawing



No.	Description	Note	Qty.
10	lock nut	M10	8
11	washer	Φ10	16
24	hexagon bolt	M10x80	4
50	pulley	Φ95	6
52	hexagon bolt	M10x45	2
54	hexagon bolt	M10x25	2
56	wire	Φ5x4185mm	2
57	"-" shape pulley frame		2
58	pulley spacer sleeve	Φ20x10.5xL20.5	8

Assembly step (6) drawing

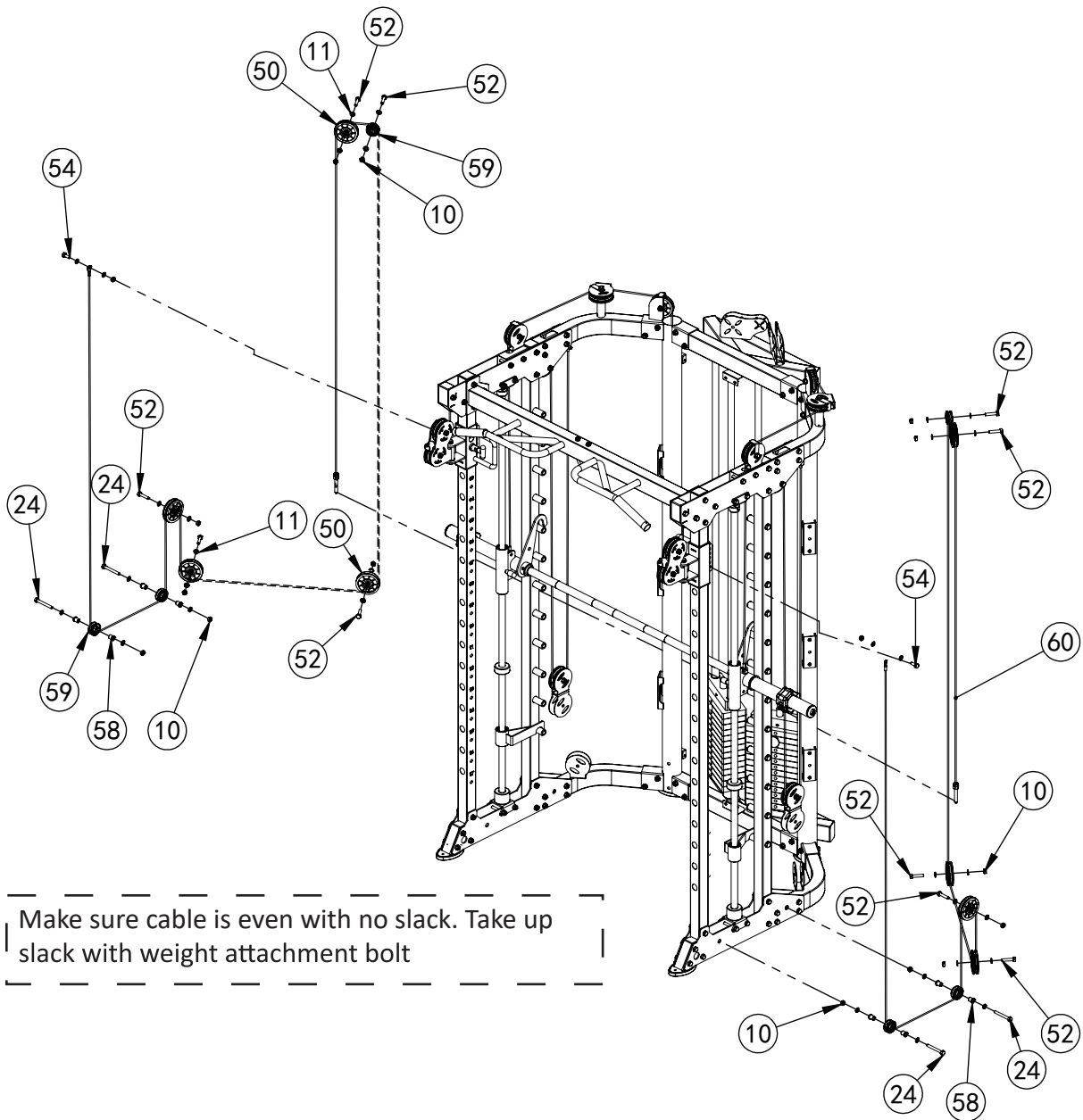
Internal wire schematic



Assembly step (6) assembly instruction

- 1 To feed cable through frame.
- 2 As the shown in the figure fix pulley-50 fastening on upper plate using M10x80 hexagon bolt-24, $\Phi 10$ washer-11 and M10 lock nut-10 and pulley spacer sleeve-58
- 3 Fix pulley-50 fastening on "—" shape pulley frame-57 using M10x45 hexagon bolt-52, $\Phi 10$ washer-11 and M10 lock nut-10
- 4 As the shown in the figure put the wire-56 using M10x45 hexagon bolt-52, $\Phi 10$ washer-11 and M10 lock nut-10 fastening on bending tube, careful to keep the cable vertical

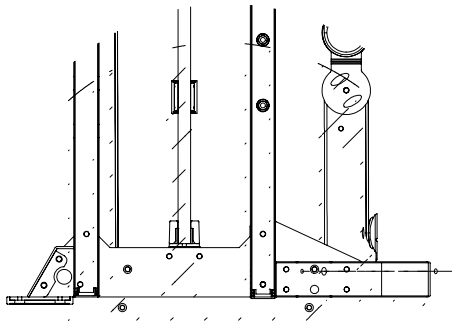
Assembly step (7) explosion drawing



Make sure cable is even with no slack. Take up slack with weight attachment bolt

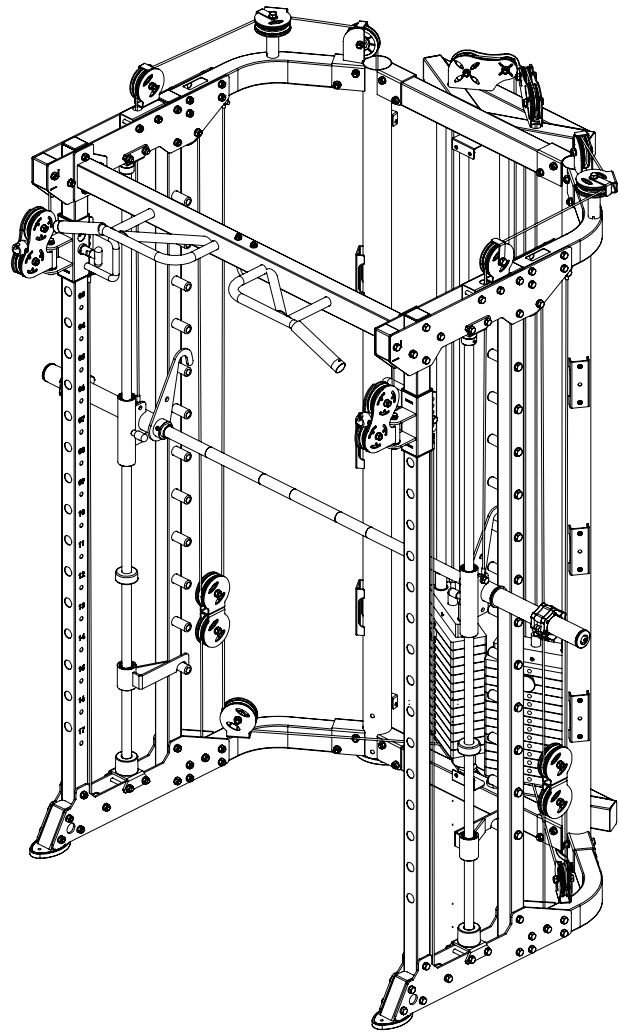
No.	Description	Note	Qty.
24	hexagon bolt	M10x80	4
10	lock nut	M10	16
11	washer	Φ10	32
50	pulley	Φ95	8
52	hexagon bolt	M10x45	10
54	hexagon bolt	M10x25	2
58	pulley spacer sleeve	Φ20x10.5xL20.5	8
59	pulley	Φ50	6
60	wire	Φ5*7195mm	2

Assembly step (7) drawing



Internal wire schematic

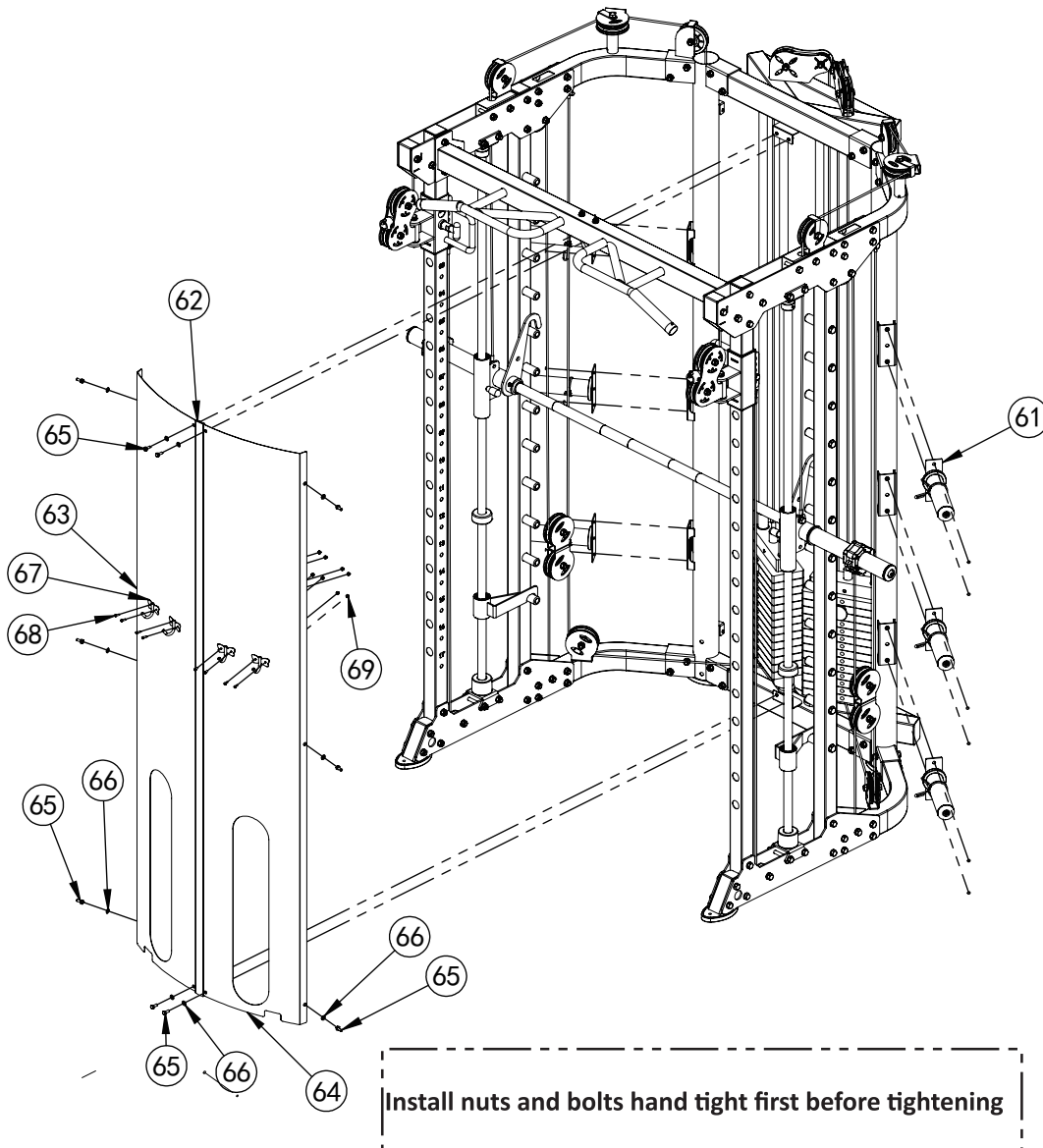
hand tighten all nuts and bolts first
before tightening.



Assembly step (7) assembly instruction

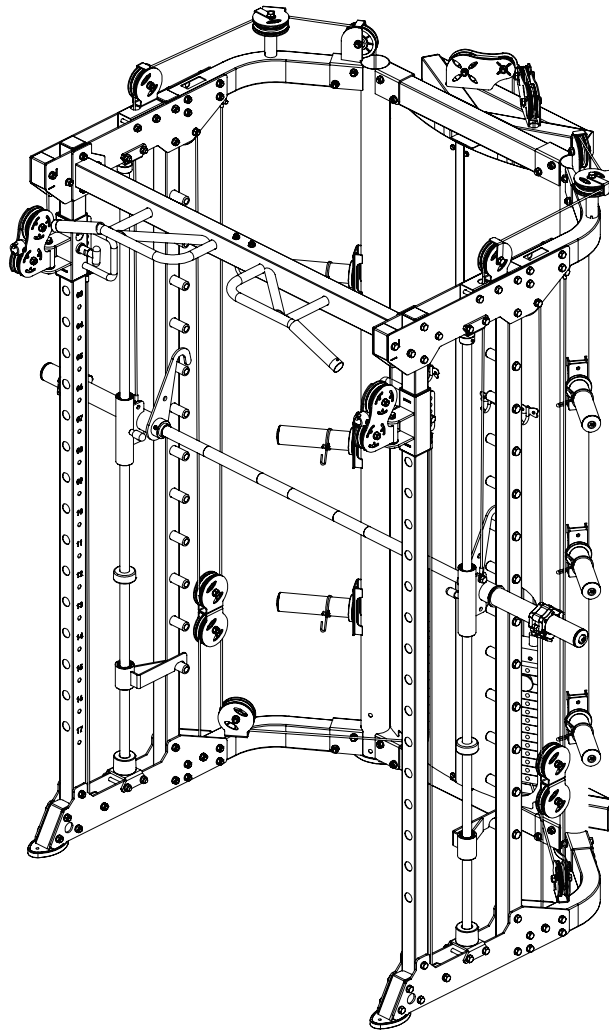
- 1 Make sure cable is even with no slack.
- 2 Fix pulley-50 fastening on "—" shape pulley frame-57 using M10x45 hexagon bolt-52, $\Phi 10$ washer-11 and M10 lock nut-10
- 3 Fix pulley-50 fastening on lower plate using M10x80 hexagon bolt-24, $\Phi 10$ washer-11 and M10 lock nut-10 and pulley spacer sleeve-58
- 4 Fix pulley-50 fastening on lower bending tube using M10x45 hexagon bolt-52, $\Phi 10$ washer-11 and M10 lock nut-10
- 5 As the shown in the figure put the cable-60 on the machine

Assembly step (8) explosion drawing



No.	Description	Note	Qty.
61	barbell plate holder		6
62	connection strap		1
63	shield left		1
64	shield right		1
65	hexagon bolt	M6*16	10
66	washer	Φ6	10
67	hook		4
68	"+"slotted countersunk head bolt	M4*12	8
69	lock nut	M4	8
70	hexagon bolt	M8*20	12
71	washer	Φ8	12

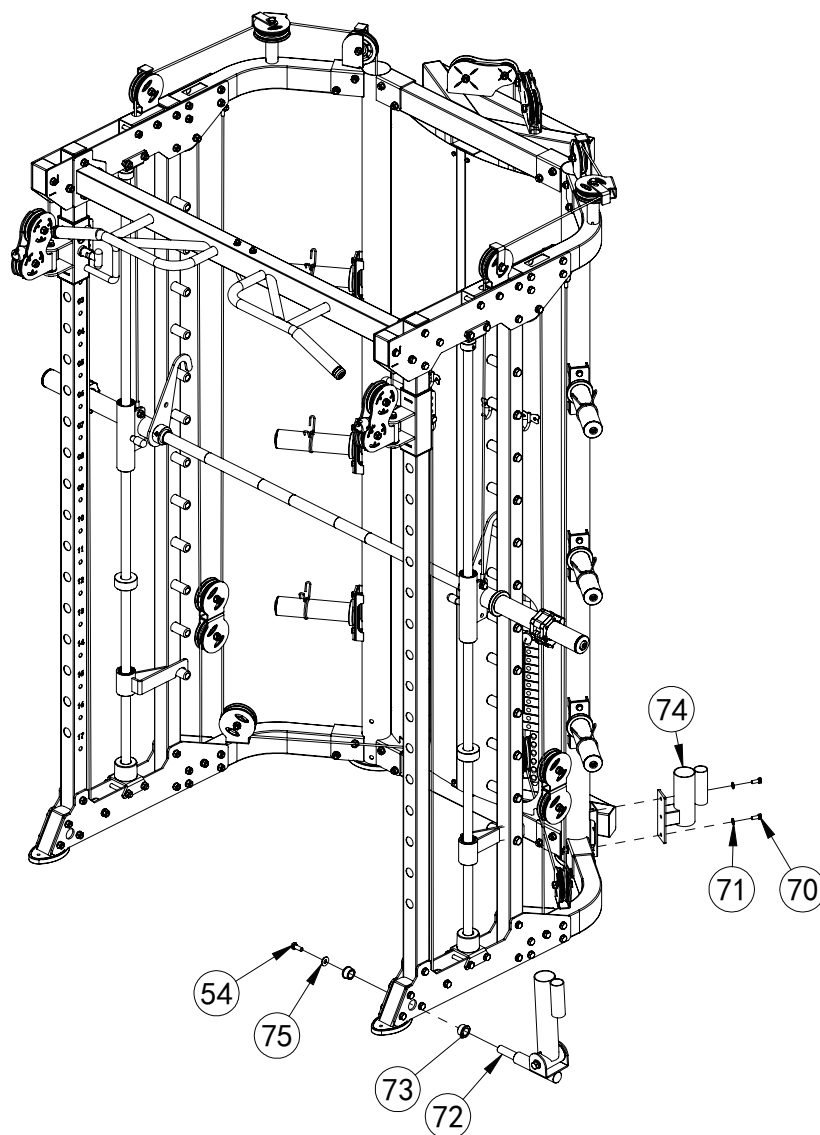
Assembly step (8) drawing



Assembly step (8) assembly instruction

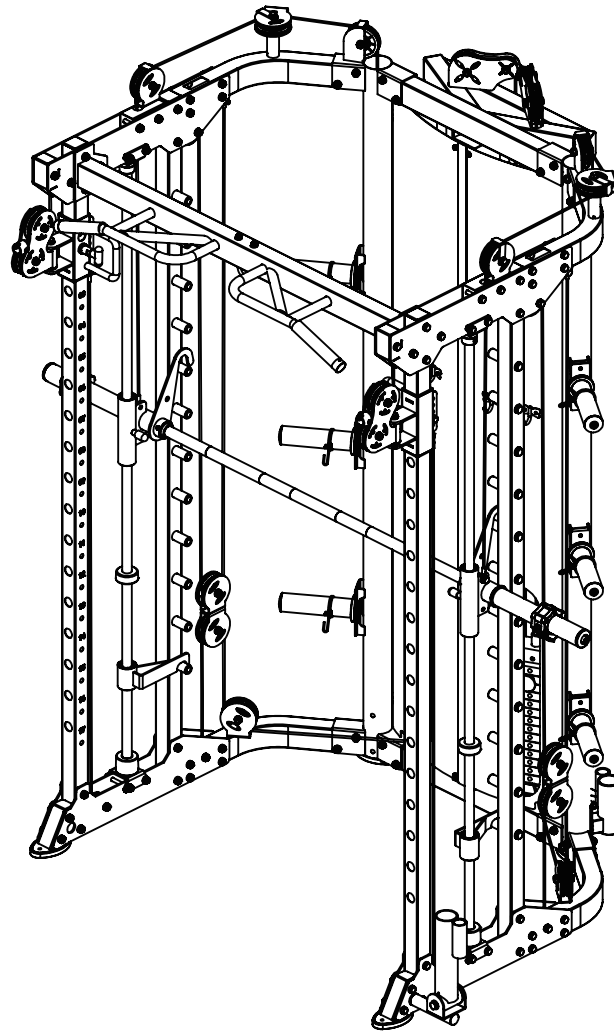
1	Connect shield left-63, connection strap-62 and shield right-64.
2	Fix hook-67 fastening on shield using "+"slotted countersunk head bolt-68 and M4 lock nut-69.
3	Fix shield fastening on main frame using M6x16 hexagon bolt-65, $\Phi 6$ washer-66.
4	Fix barbell plate holder-61 on main frame using M8x20 hexagon bolt-70, $\Phi 8$ washer-71.

Assembly step (9) explosion drawing



No.	Description	Note	Qty.
72	core trainer		1
74	barbell rod cup		1
73	powder metallurgy sleeve		2
75	big washer	$\Phi 25*10*2.0$	1
54	hexagon bolt	M10*25	1
70	hexagon bolt	M8*20	2
71	washer	$\Phi 8$	2

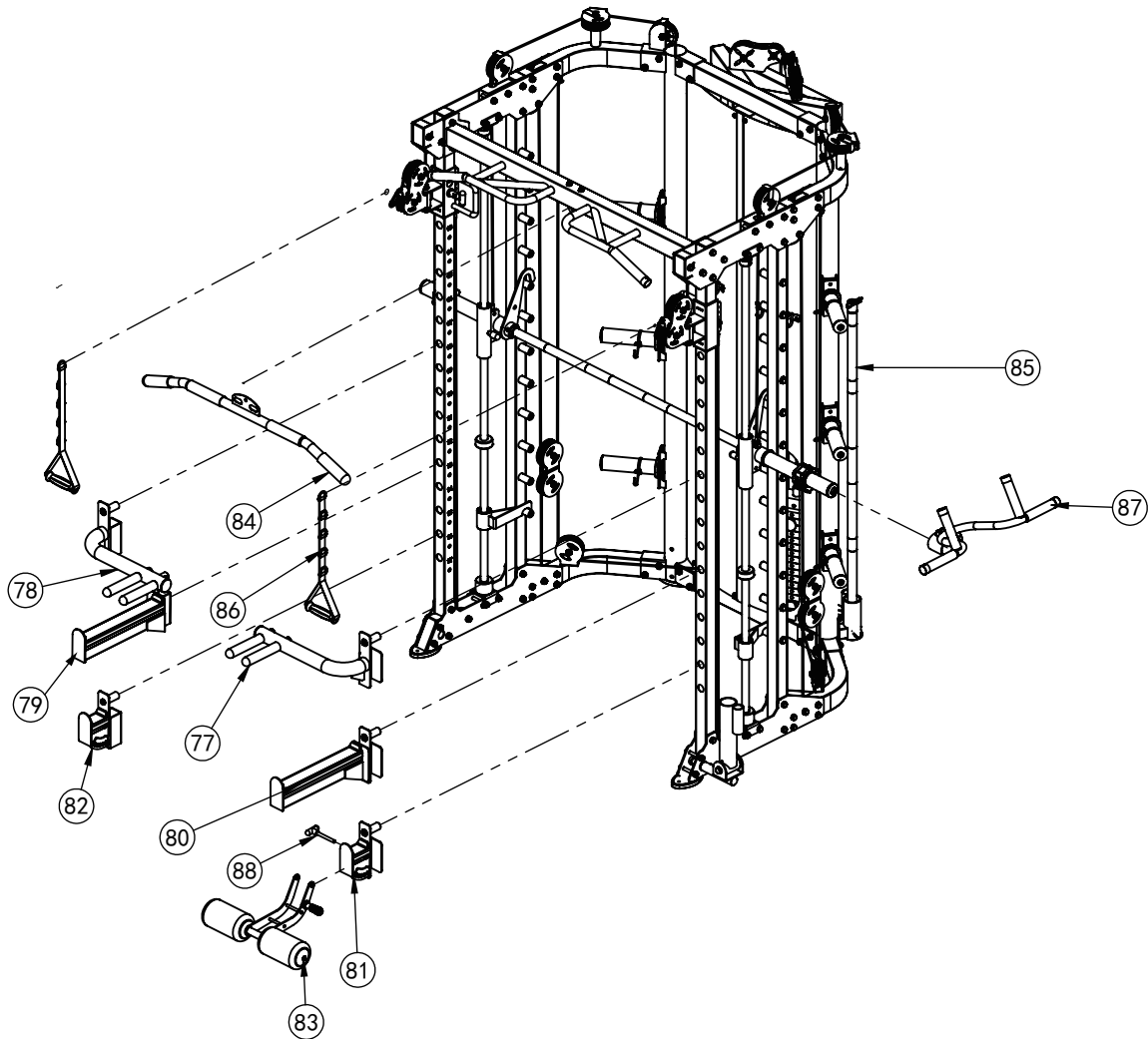
Assembly step (9) drawing



Assembly step (9) assembly instruction

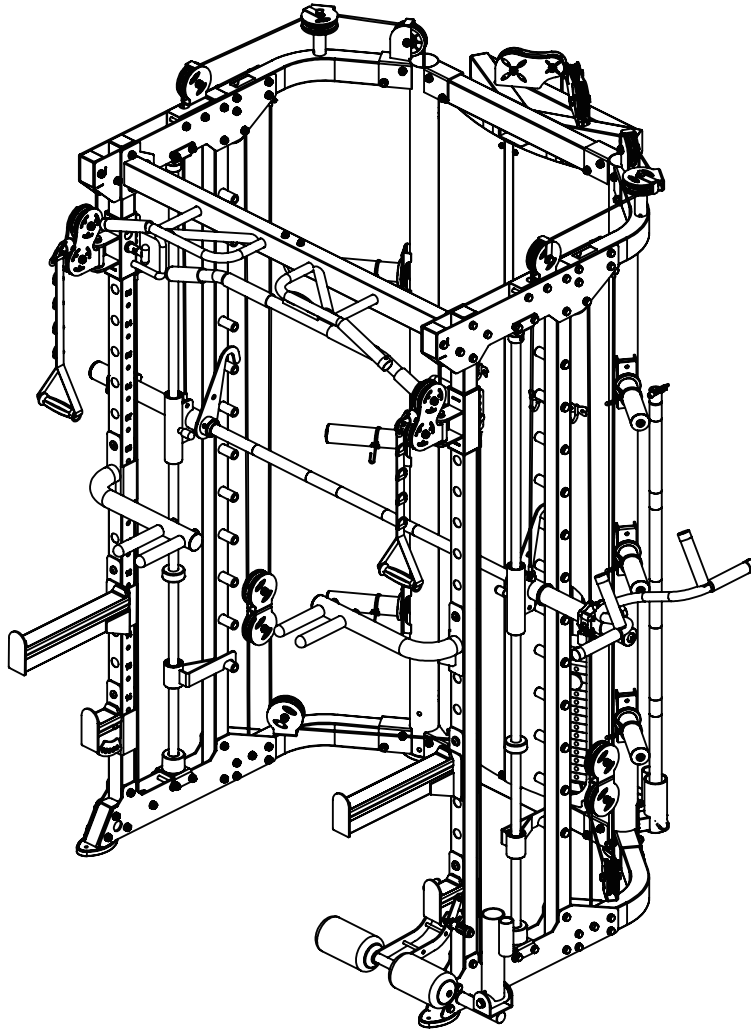
- | | |
|---|--|
| 1 | Fix core trainer-72 fastening on main frame using M10x25 hexagon bolt-54, $\Phi 10$ big washer-75 and powder metallurgy sleeve-73. |
| 2 | Fix barbell rod cup-74 fastening on upright frame using M8*20 hexagon bolt-70, $\Phi 8$ washer-71. |

Assembly step (10) explosion drawing



No.	Description	Note	Qty.
77	dip bar left		1
78	dip bar right		1
79	barbell rod holder right		1
80	barbell rod holder left		1
81	barbell rod holder short left		1
82	barbell rod holder short		1
83	leg curl tube		1
84	long bar		1
85	ship rod		1
86	hand belt		2
87	pull lift device		1
88	T shape pin	Φ10*100	1

Assembly step (10) drawing



Assembly step (10) assembly instruction

- | | |
|---|--|
| 1 | Connect leg curl tube-83 and barbell rod holder short left-81 using T shape pin-88 |
| 2 | Put the attached part on the machine |