



HIT FITNESS

HIT00735

HIT FITNESS ATHENA 2.0 MULTI GYM

USER MANUAL

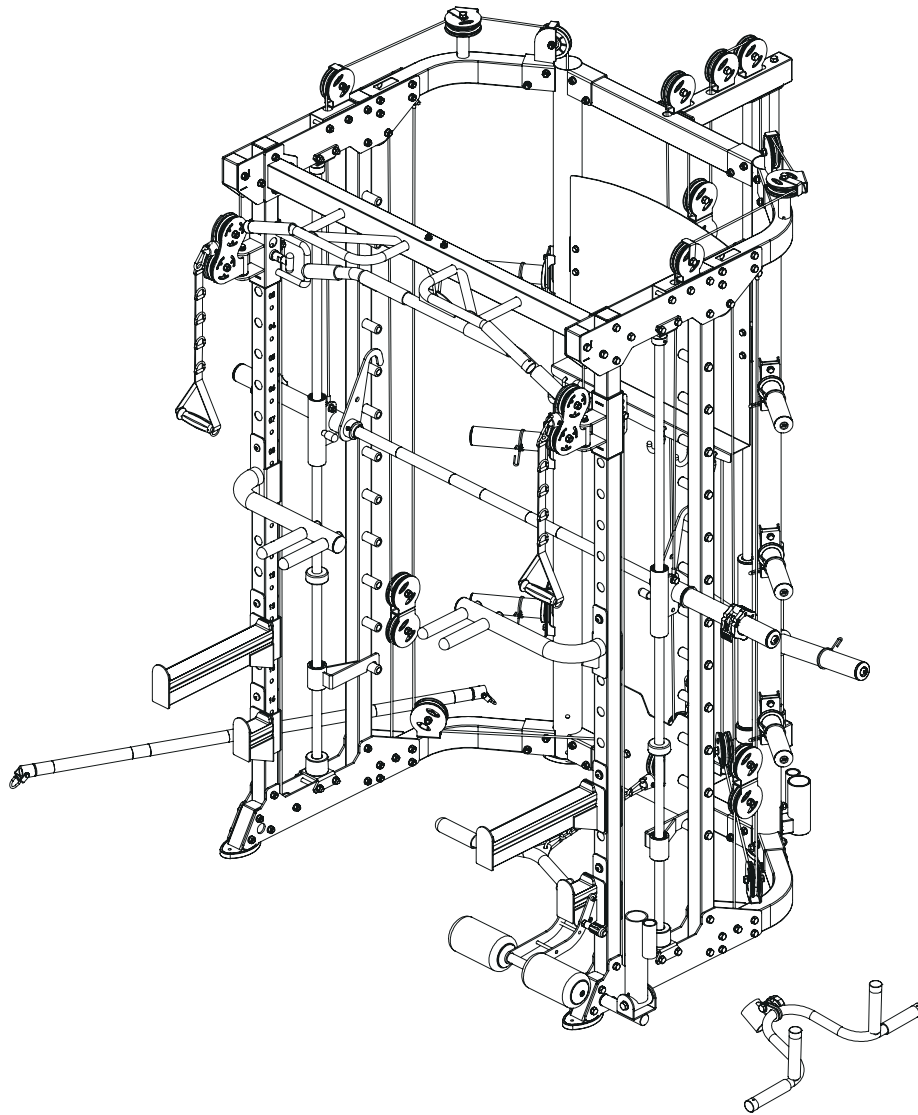


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Spare parts list

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	103
11	washer	Φ10	213
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	lower 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	4
35	end cap	Φ51*Φ 42.5*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	Φ12	6
40	washer	Φ12	6
41	barbell rod		1
42	inner pipe	Φ48*298*2.5T	2
43	rubber pad		2
44	upper connection tube short		1
45	lower connection tube		1
46	big sliding sleeve		1
47	guide rod hollow		2
48	rubber pad		2
49	hexagon bolt	M10*25	11
50	hexagon bolt	M10*95	1
51	hexagon bolt	M10*55	2
52	hexagon bolt	M12*30	4
53	double pulley bracket		1
55	back barbell plate holder		2
56	wire	Φ5*2745mm	2
57	pulley	Φ95	25
58	pulley plate	20*96*T3	6
59	hexagon bolt	M10*45	17
60	hexagon bolt	M10*50	4
61	weight		2
62	wire	Φ5*4740mm	1
63	"-" shaped pulley frame		3
64	short bar		1
65	footplate		1
66	chain + 2 snap hook		1
67	wire	Φ5*4185mm	2
68	pulley spacer sleeve	Φ20*10.5*L20.5	16
69	pulley frame		1
70	wire	Φ5*1705mm	1

Spare parts list

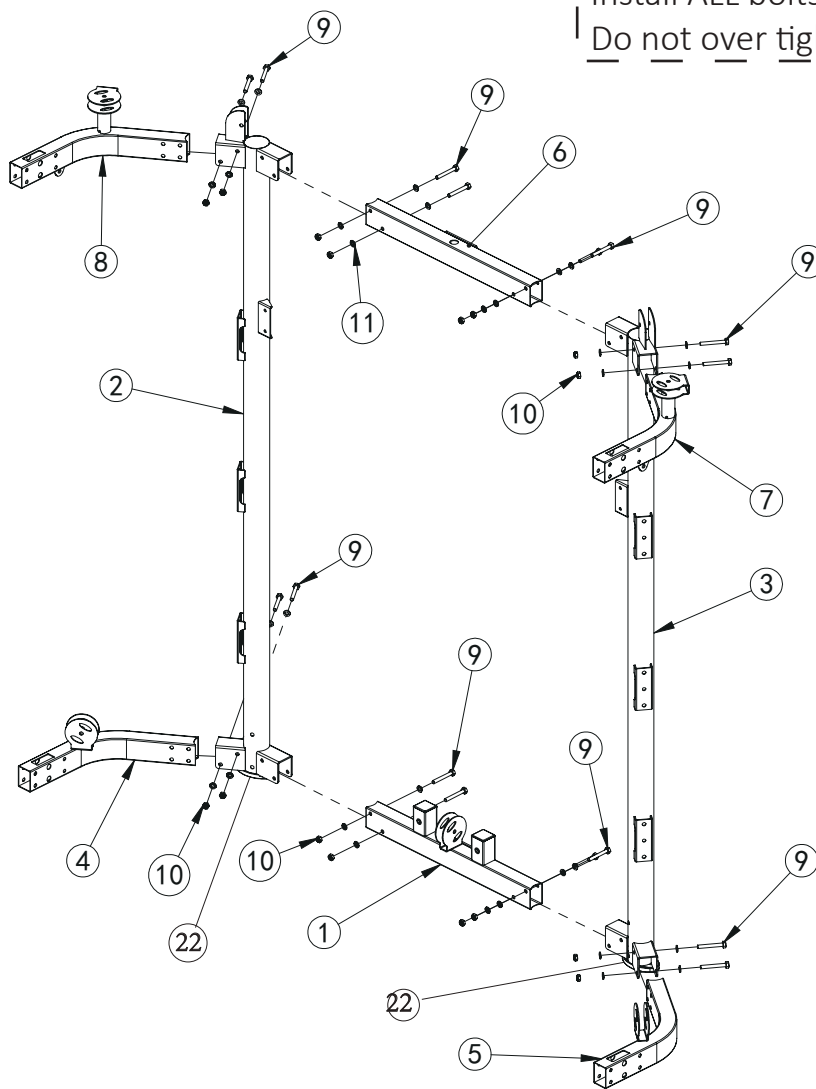
No.	Description	Note	Qty.
71	5 section chain + snap hook		1
72	wire	Φ5*9715mm	1
73	pulley	Φ50	4
74	shield		1
75	barbell plate holder		6
76	hexagon bolt	M8*20	18
77	washer	Φ8	22
78	lock nut	M8	4
79	core trainer		1
80	powder metallurgy sleeve	Φ33.2*Φ 29*Φ20*18	2
81	barbell rod cup		1
82	big washer	Φ25*10*2.0	1
83	dip bar left		1
84	dip bar right		1
85	barbell rod holder right		1
86	barbell rod holder left		1
87	barbell rod holder short left		1
88	barbell rod holder short right		1
89	barbell clamp collar		2
90	long bar		1
91	ship rod		1
92	hand belt		2
93	pull lift device		1
94	T shape pin	Φ10*100	1
95	leg curl tube		1

Bolt length measurement ruler



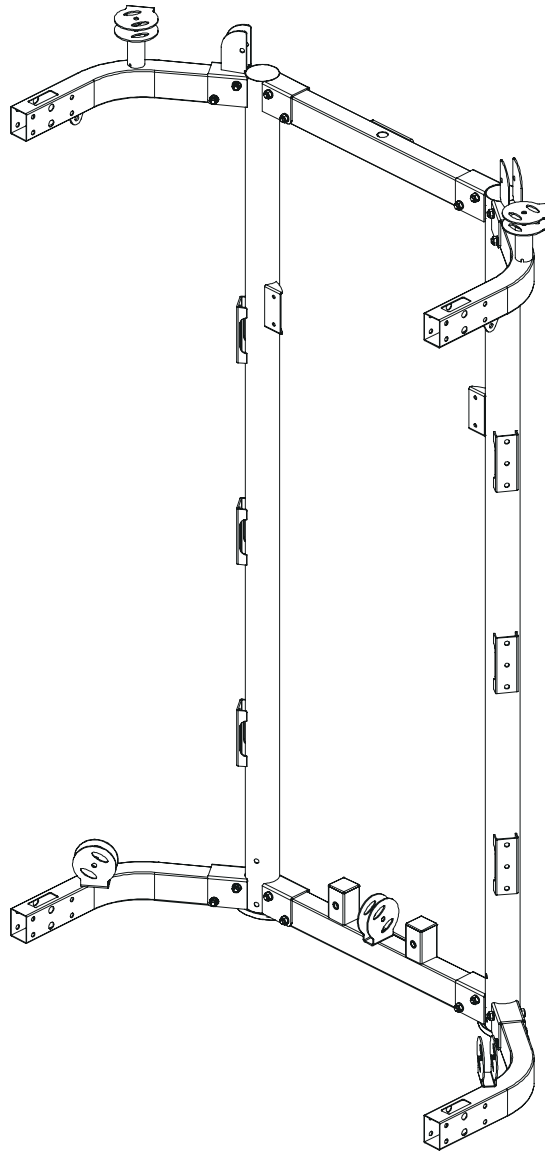
Assembly step (1) explosion drawing

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		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

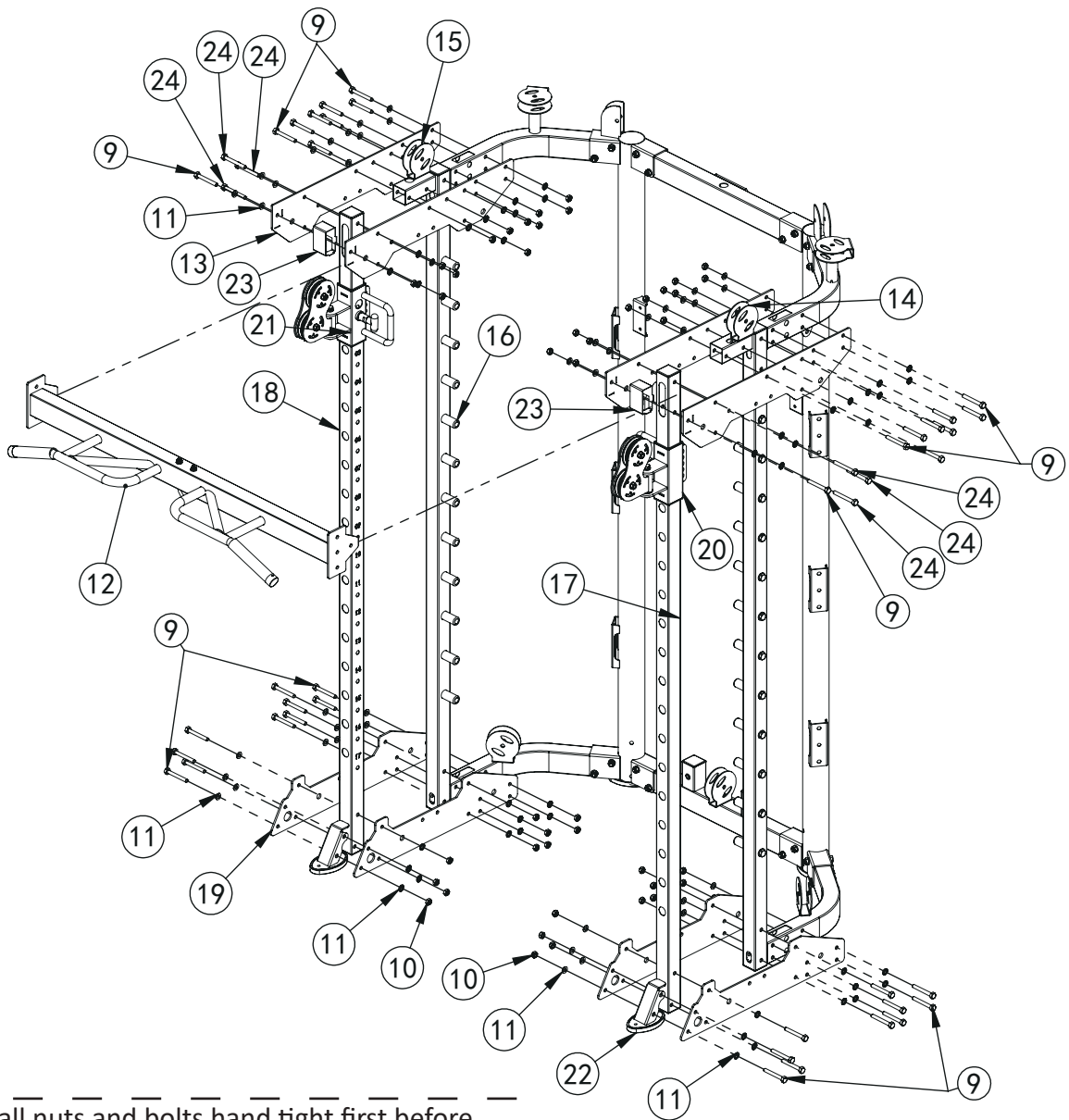
Assembly step (1) drawing



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 |

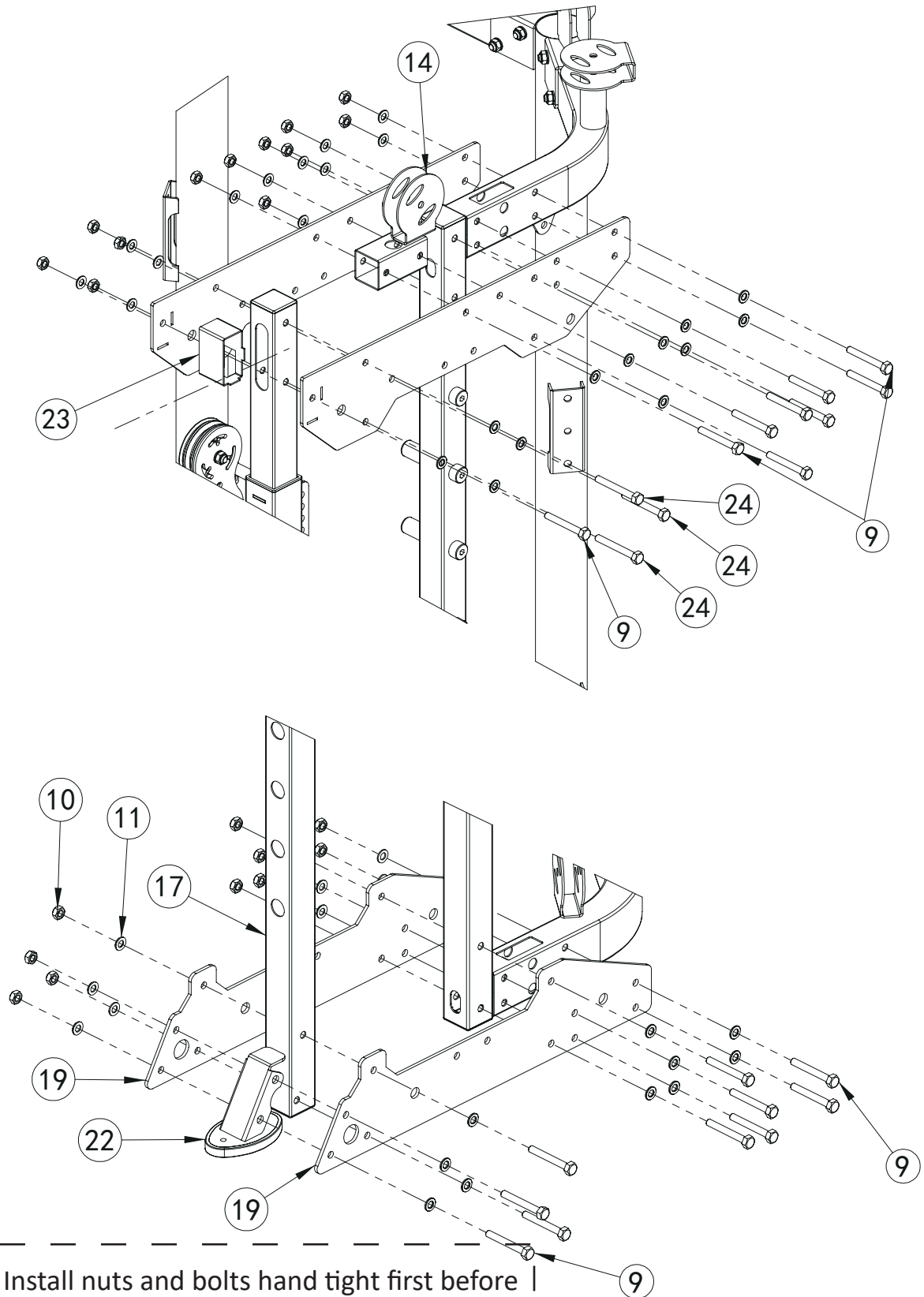
Assembly step (2) explosion drawing



Install nuts and bolts hand tight first before tightening.

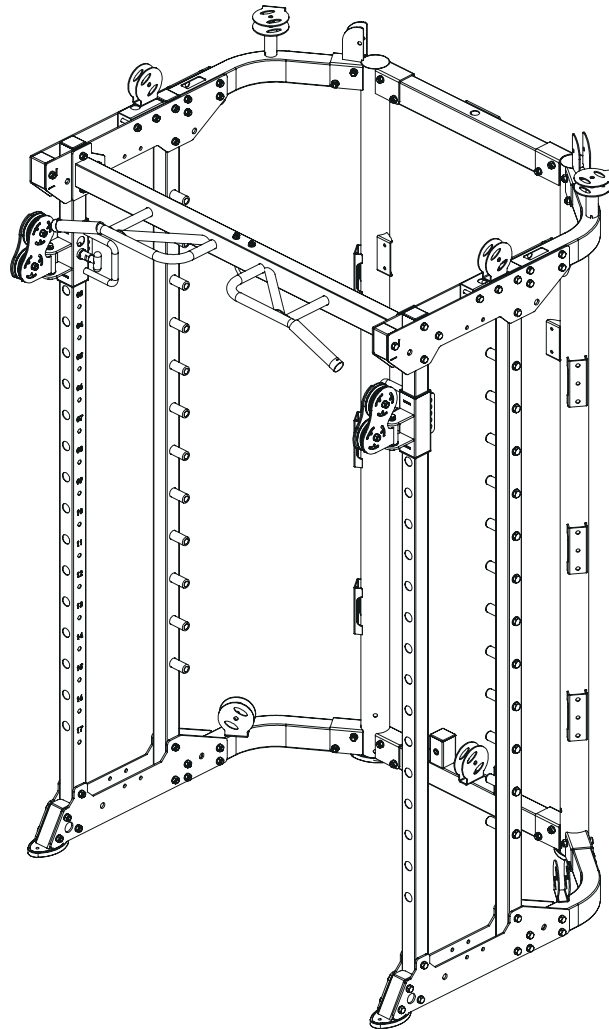
No.	Description	Note	Qty.	No.	Description	Note	Qty.
9	hexagon bolt	M10x75	38	17	tube with hole right		1
10	lock nut	M10	44	18	tube with hole left		1
11	washer	Φ10	88	19	lower plate		4
12	chin up bar		1	20	sliding tube right		1
13	upper plate		4	21	sliding tube left		1
14	pulley frame tube right		1	22	foot tube cover		2
15	pulley frame tube left		1	23	end tube		2
16	upright tube		2	24	hexagon bolt	M10x80	6

Assembly step (2) Enlarged View



Install nuts and bolts hand tight first before tightening.

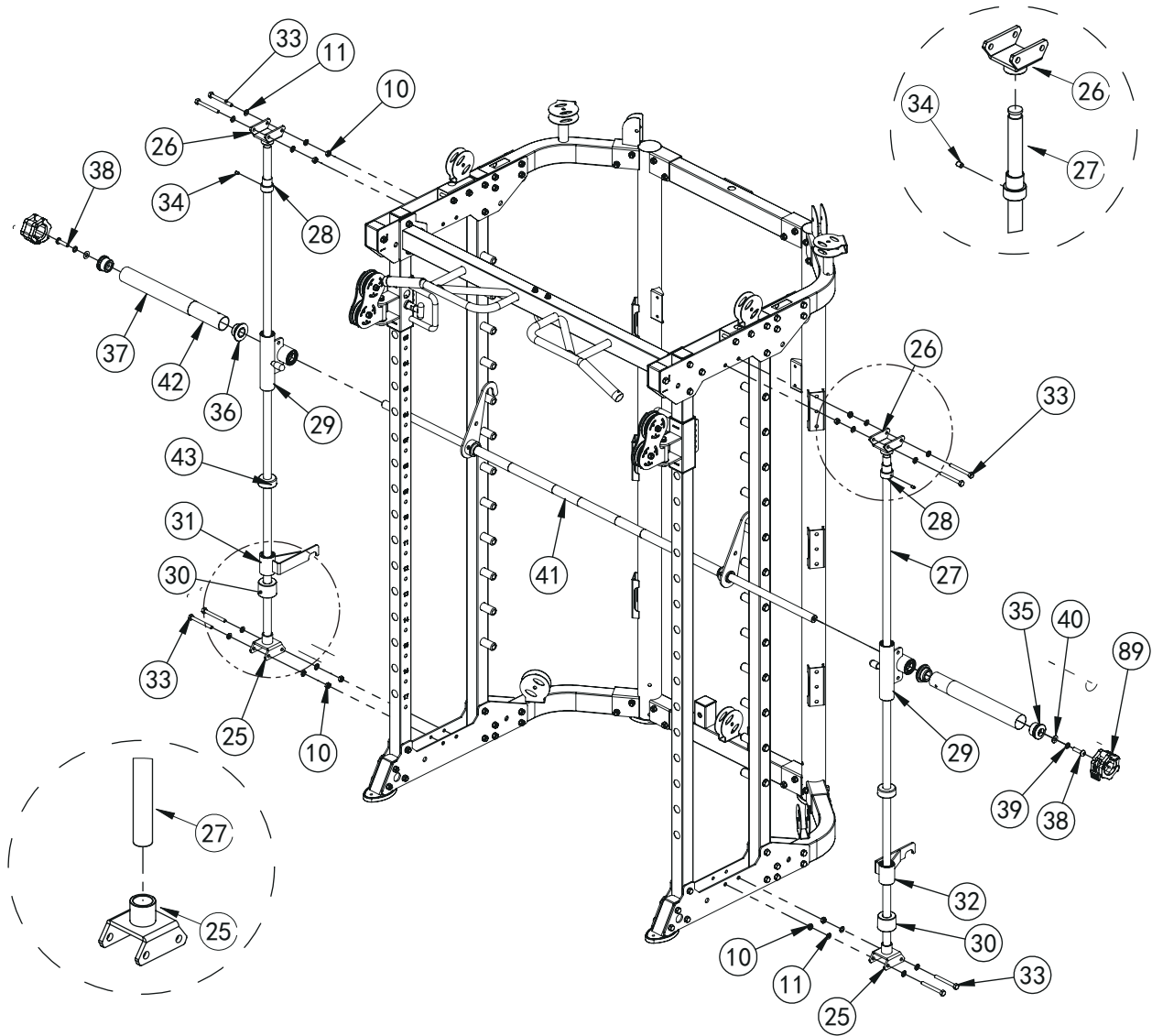
Assembly step (2) drawing



Assembly step (2) assembly instruction

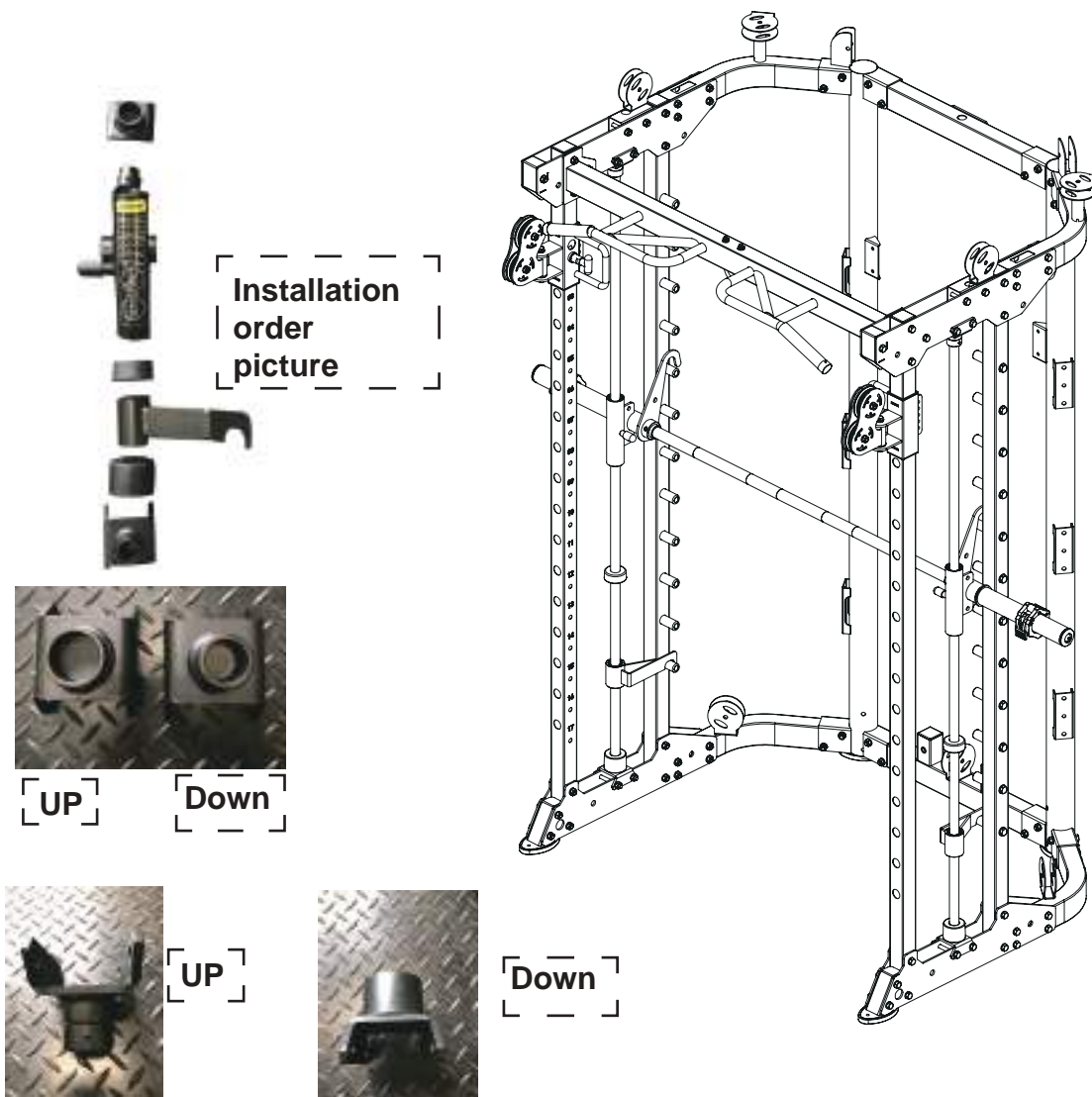
- 1 Fix sliding tube left-21 on tube with hole left-18.
- 2 Fix sliding tube right-20 on tube with hole right-17.
- 3 Fix upright tube-16 and tube with hole left-18 and tube with hole right-17 fastening on step-1 using M10x75 hexagon bolt-9, Φ 10 gasket-11, M10 lock nut-10, upper plate-13 and lower plate-19.
- 4 Fix pulley frame tube right-14 fastening on upper plate-13 using M10x75 hexagon bolt-9, Φ 10 gasket-11 and M10 lock nut-10.
- 5 Fix end tube-23 fastening on upper plate-13 using M10x75 hexagon bolt-9, Φ 10 gasket-11 and M10 lock nut-10
- 6 Fix foot tube cover-22 fastening on lower plate-19 using M10x75 hexagon bolt-9, Φ 10 gasket-11 and M10 lock nut-10.
- 7 Fix chin up bar-12 fastening on upper plate-13 using M10x80 hexagon bolt-24, Φ 10 gasket-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 screw	M8*10	2
11	washer	Φ10	16	35	end cap	Φ51*Φ 42.5*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	M12*40	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

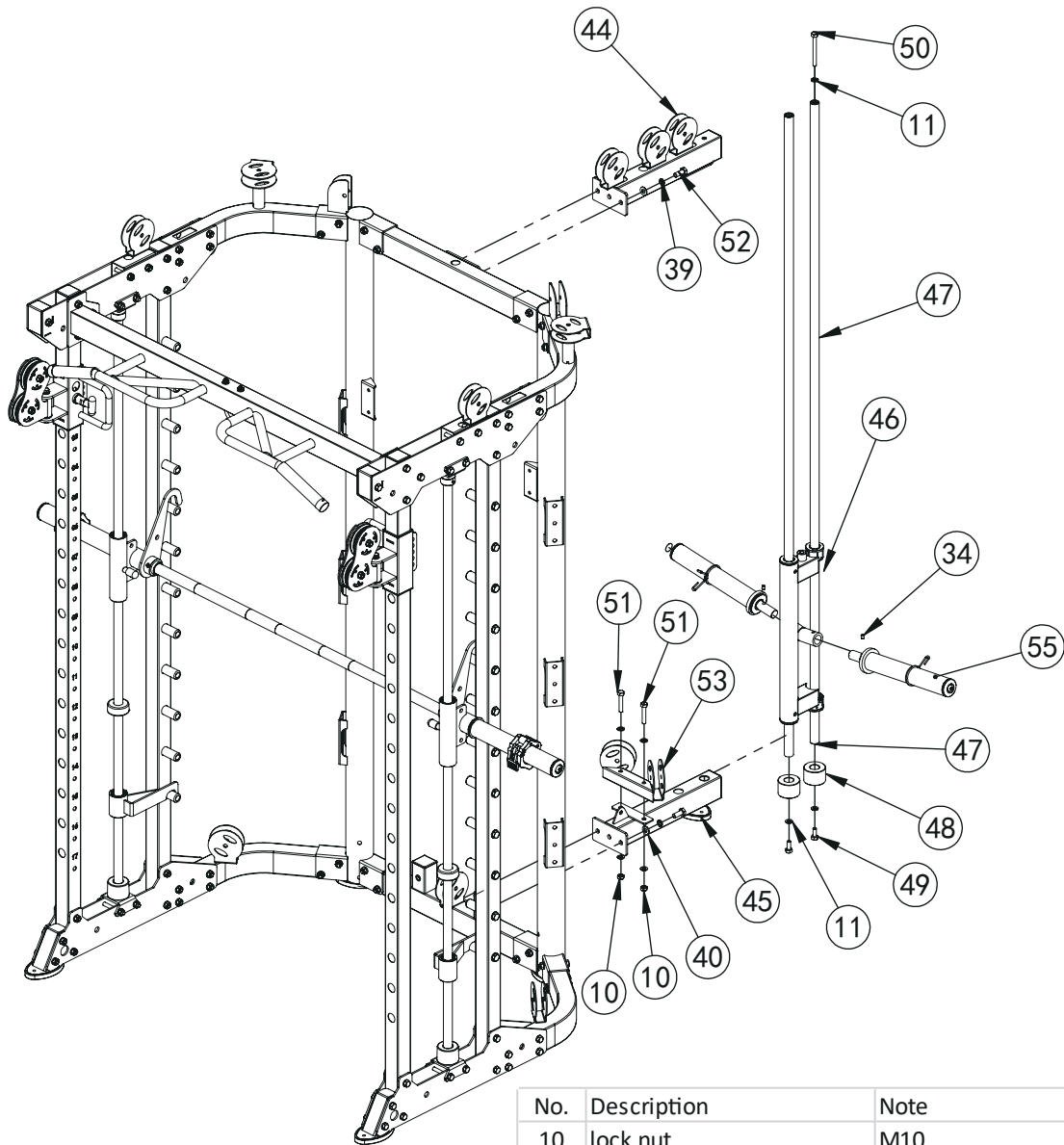
Assembly step (3) drawing



Assembly step (3) assembly instruction

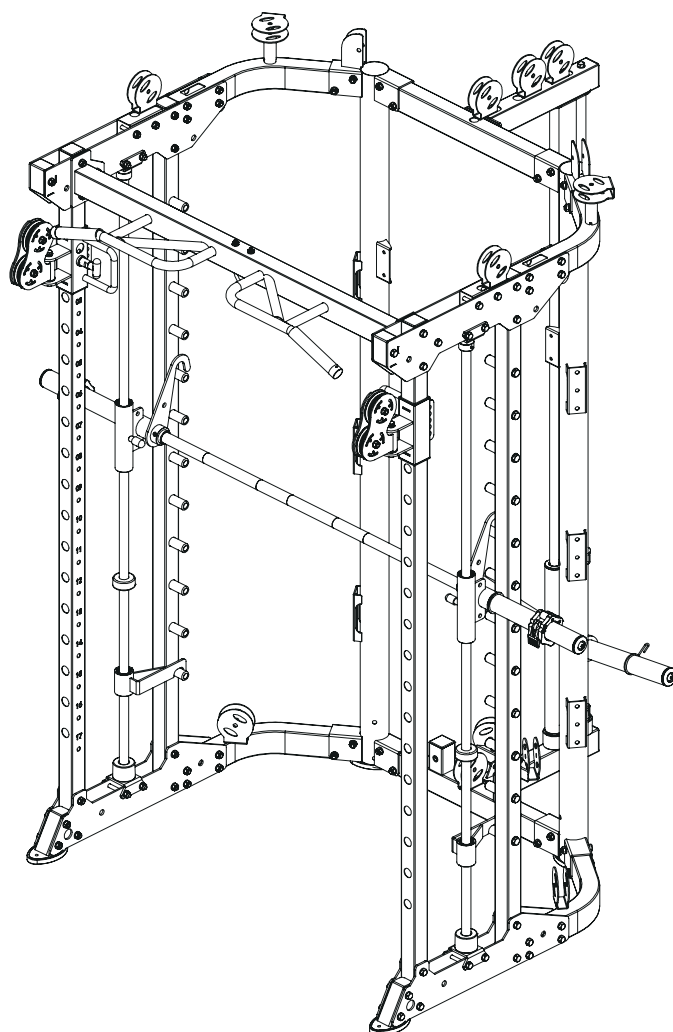
1	Fix lower base-25 fastening on lower plate using M10x90 hexagon bolt-33, Φ 10 washer-11 and M10 lock nut-10
2	Fix upper base-26 fastening on upper plate using M10x90 hexagon bolt-33, Φ 10 washer-11 and M10 lock nut-10
3	Guide rod in turn through lock sleeve-28, sliding sleeve-29, rubber pad-43, safety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

Assembly step (4) explosion drawing



No.	Description	Note	Qty.
10	lock nut	M10	2
11	washer	Φ10	7
39	spring washer	Φ12	4
40	washer	Φ12	4
44	upper connection tube		1
45	lower connection tube		1
46	big sliding sleeve		1
47	guide rod hollow		2
48	rubber pad		2
49	hexagon bolt	M10*25	2
50	hexagon bolt	M10*95	1
51	hexagon bolt	M10*55	2
52	hexagon bolt	M12*30	4
53	double pulley bracket		1
34	socket set screw	M8*10	2
55	back barbell plate holder		2

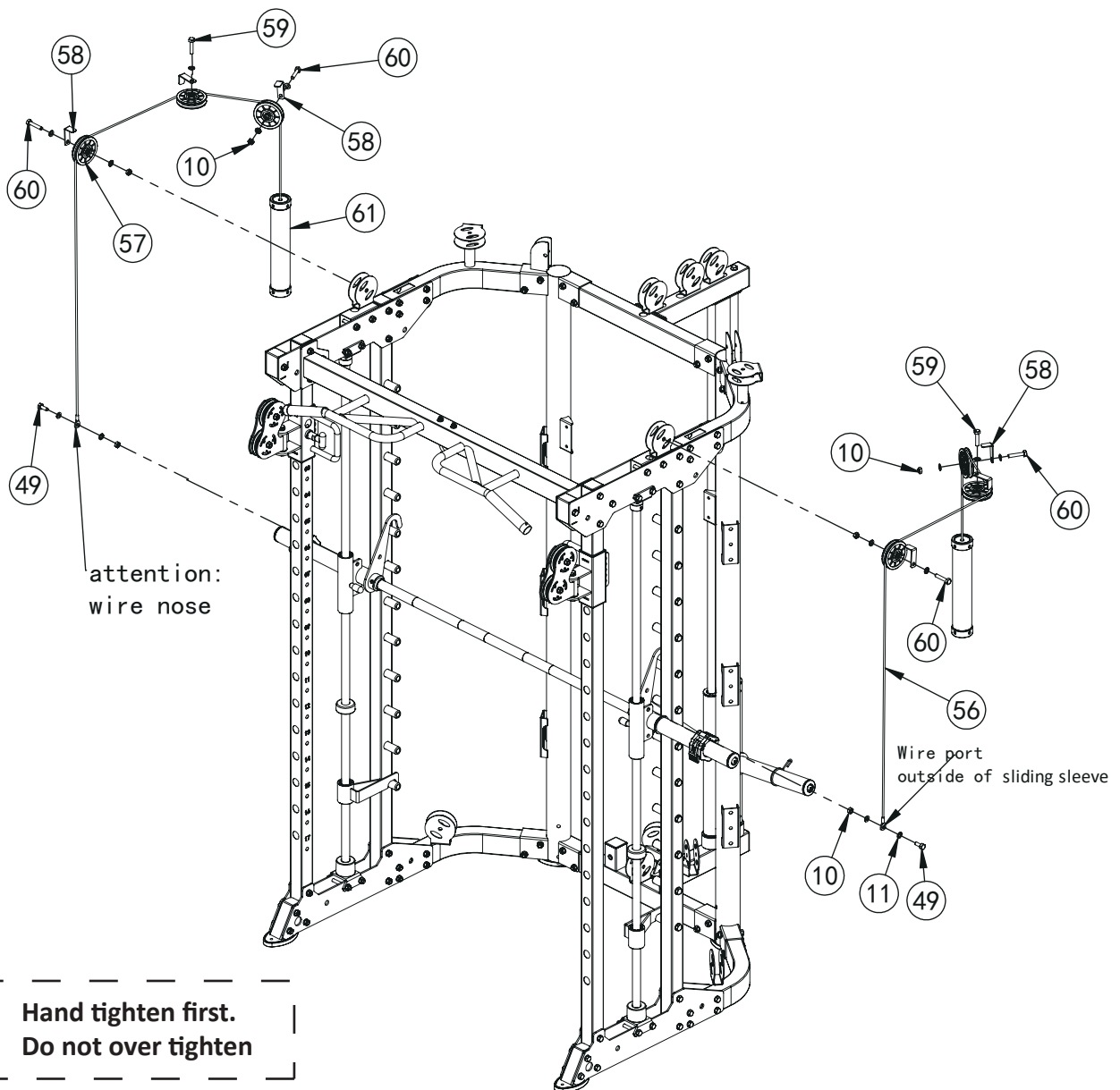
Assembly step (4) drawing



Assembly step (4) assembly instruction

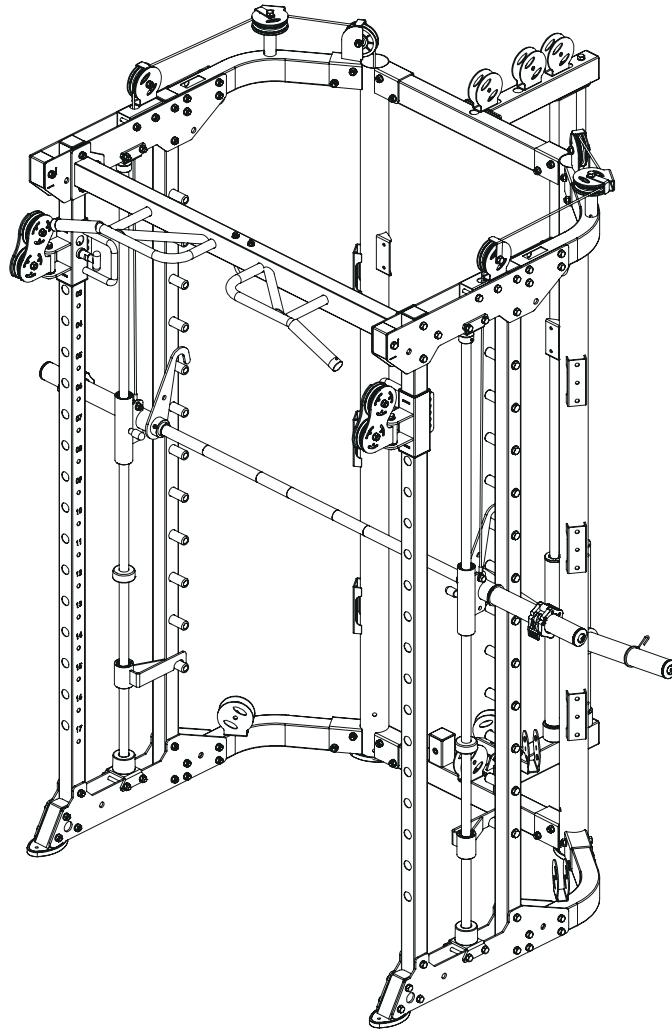
- | | |
|---|---|
| 1 | Fix upper connection tube short-44 fastening on main frame using M12x30 hexagon bolt-52, Φ 12 spring washer-39 and Φ 12 washer-40 |
| 2 | Fix lower connection tube-45 fastening on main frame using M12x30 hexagon bolt-52, Φ 12 spring washer-39 and Φ 12 washer-40 |
| 3 | Fix double pulley bracket-53 fastening on double pulley bracket-45 using M10x55 hexagon bolt-51, Φ 10 washer-11 and M10 lock nut-10 |
| 4 | Guide rod hollow-47 in turn through big sliding sleeve-46, rubber pad-48 fastening using M10x95 hexagon bolt-50, Φ 10 washer-11 and M10x25 hexagon bolt-49 |
| 5 | Fix back barbell plate holder-55 fastening on big sliding sleeve-46 using M8x10 socket set screw-34 |

Assembly step (5) explosion drawing



No.	Description	Note	Qty.
10	lock nut	M10	6
11	washer	Φ10	14
49	hexagon bolt	M10*25	2
56	wire	Φ5*2745mm	2
57	pulley	Φ95	6
58	pulley plate		6
59	hexagon bolt	M10*45	2
60	hexagon bolt	M10*50	4
61	weight		2

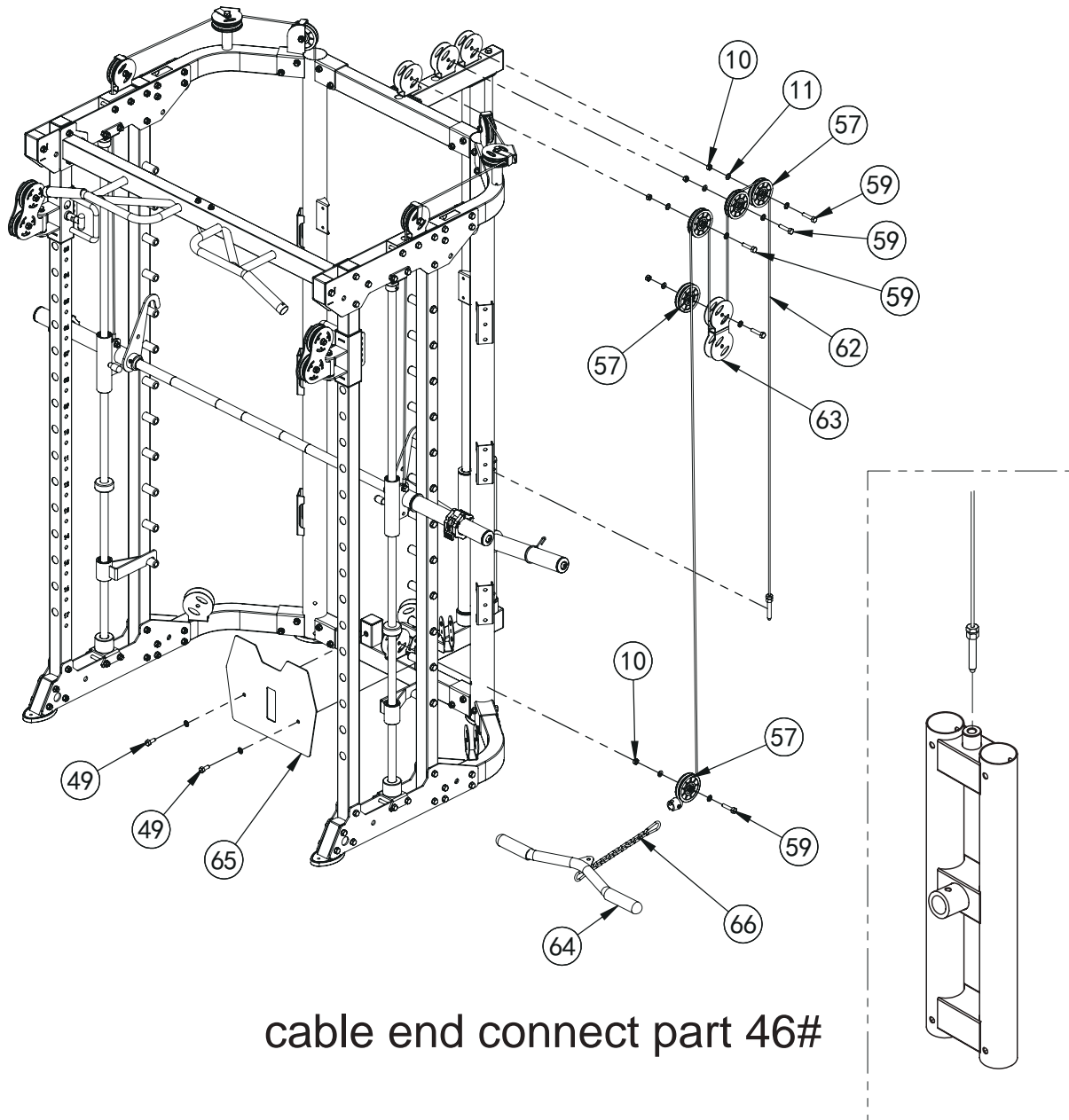
Assembly step (5) drawing



Assembly step (5) assembly instruction

- | | |
|---|--|
| 1 | Connect wire-56 with weight-61, put them into upright frame |
| 2 | Fix pulley-57 fastening on upper bending tube using M10x50 hexagon bolt-60, pulley plate-58, Φ 10 washer-11 and M10 lock nut-10 |
| 3 | Fix pulley-57 fastening on upper bending tube using M10x45 hexagon bolt-59, pulley plate-58 |
| 4 | Fix wire-56 fastening on sliding sleeve outside using M10x25 hexagon bolt-49, Φ 10 washer-11 and M10 lock nut-10 |

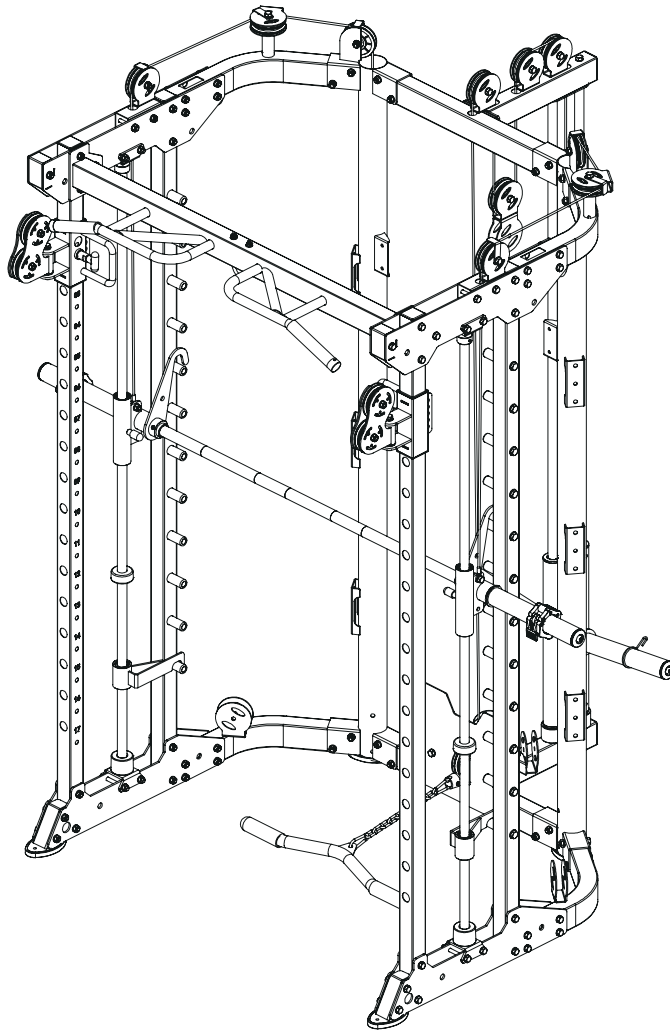
Assembly step (6) explosion drawing



cable end connect part 46#

No.	Description	Note	Qty.
10	lock nut	M10	5
11	washer	Φ10	12
49	hexagon bolt	M10*25	2
57	pulley	Φ95	5
59	hexagon bolt	M10*45	5
62	wire	Φ5*4740mm	1
63	"- " shaped pulley frame		1
64	short bar		1
65	footplate		1
66	chain + 2 snap hook		1

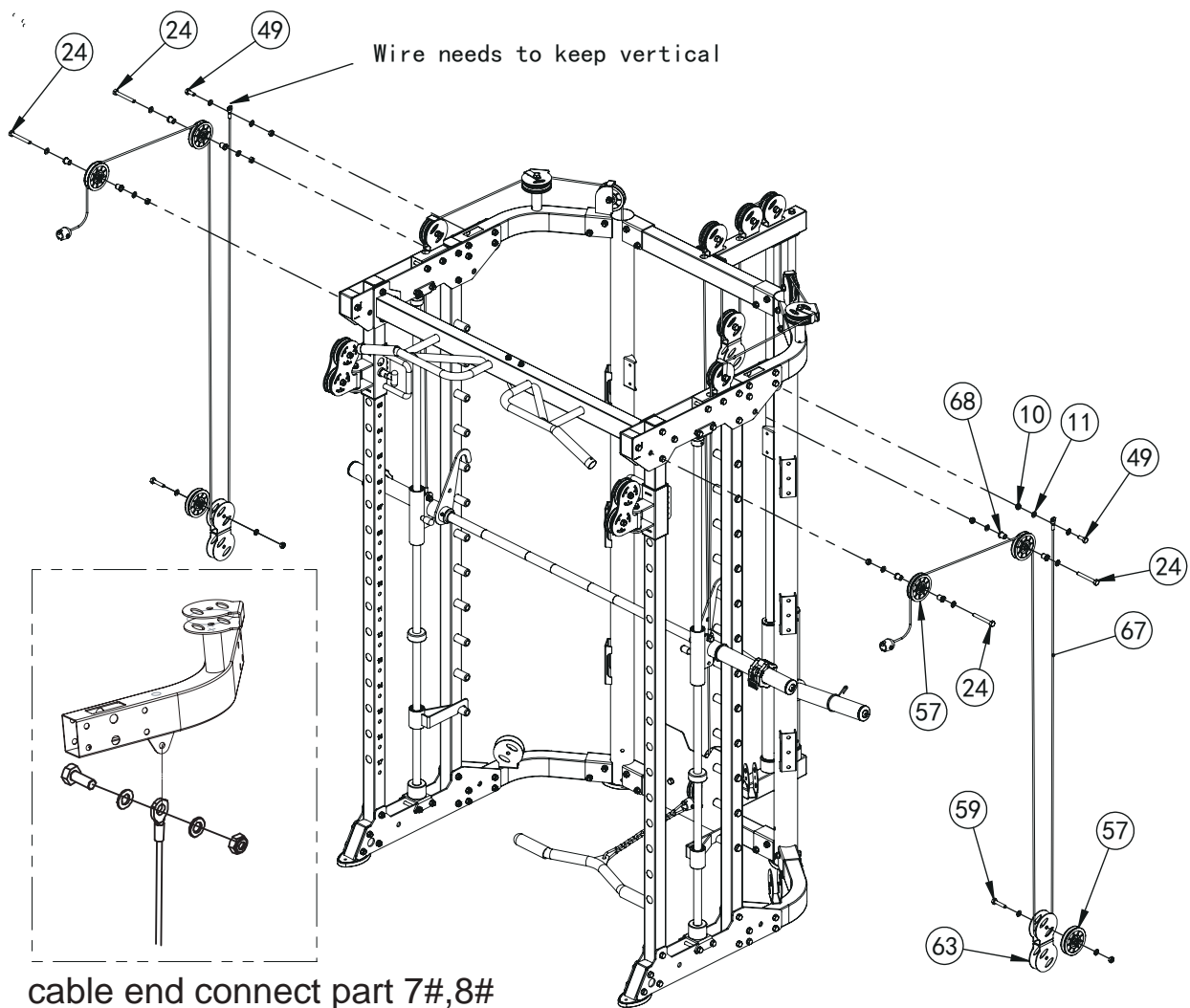
Assembly step (6) drawing



Assembly step (6) assembly instruction

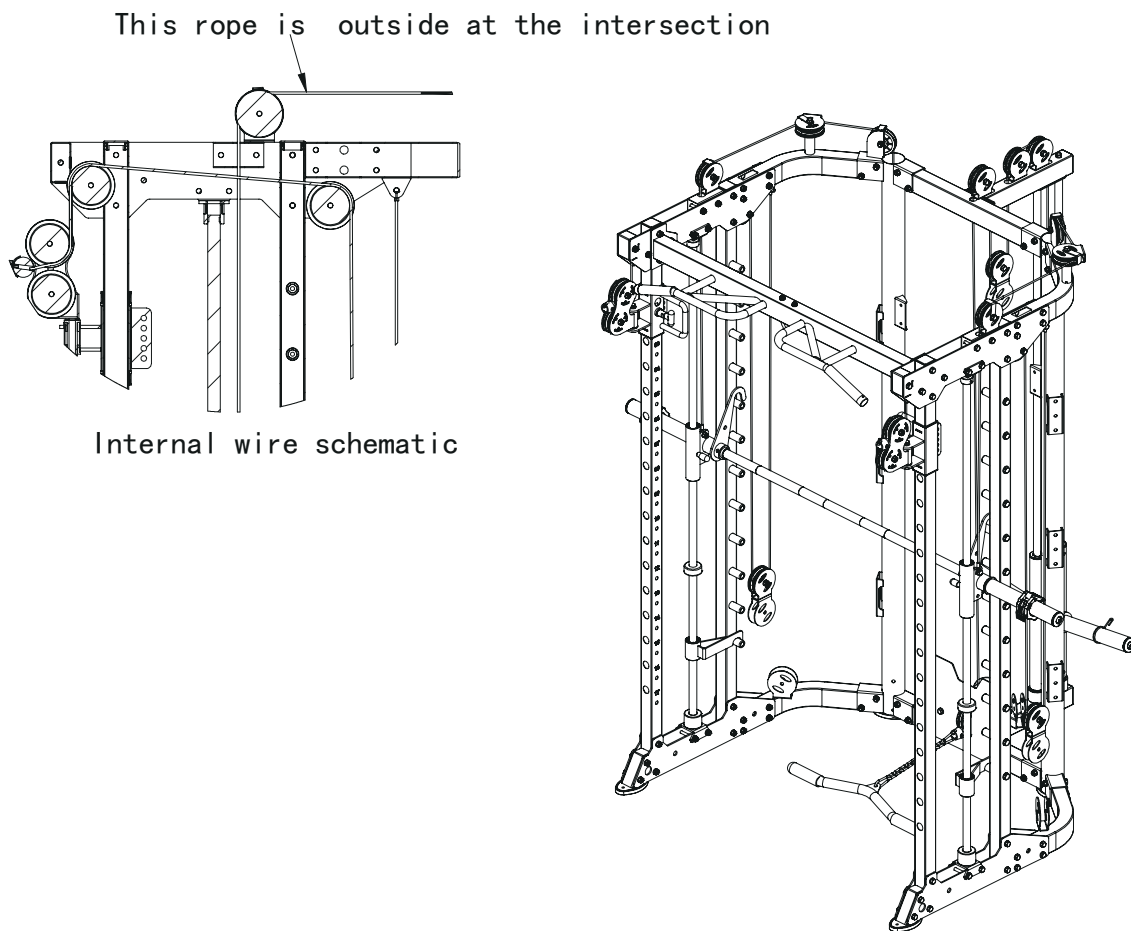
1	As shown in the figure fix pulley-57 on main machine and "-" shaped pulley frame-63 using M10*45 hexagon bolt-59,Φ10 washer-11, M10 lock nut-10.
2	As shown in the figure through wire-62.
3	Connect short bar-64 to wire using chain + 2 snap hook-66.
4	Fix footplate-65 on main frame using M10*25 hexagon bolt-49,Φ10 washer-11.

Assembly step (7) explosion drawing



No.	Description	Note	Qty.
10	lock nut	M10	8
11	washer	Φ10	16
24	hexagon bolt	M10*80	4
49	hexagon bolt	M10*25	2
57	pulley	Φ95	6
59	hexagon bolt	M10*45	2
63	"-" shaped pulley frame		2
67	wire	Φ5*4185mm	2
68	pulley spacer sleeve	Φ20*10.5*L20.5	8

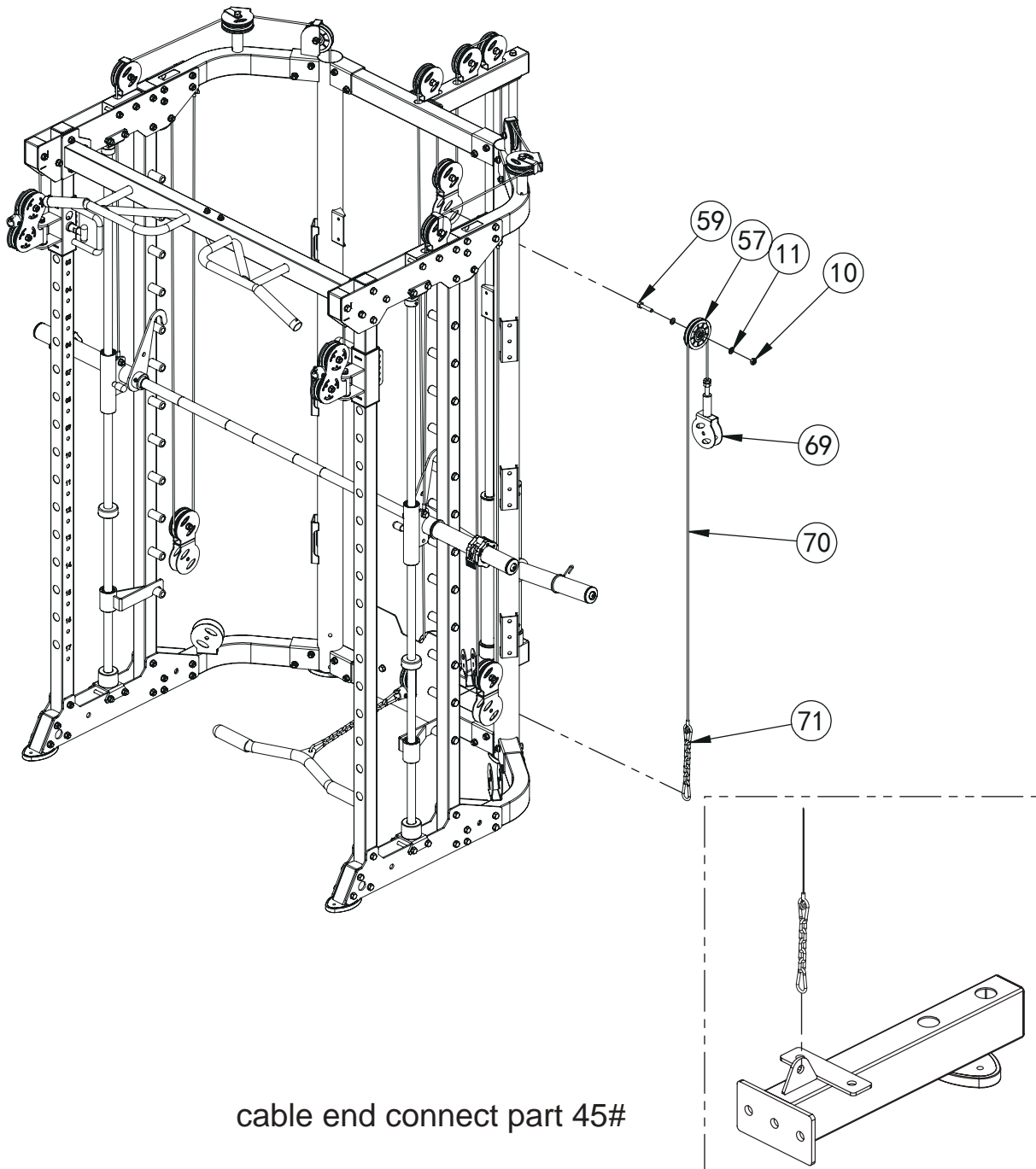
Assembly step (7) drawing



Assembly step (7) assembly instruction

- | | |
|---|---|
| 1 | As the shown in the figure fix pulley-57 fastening on upper plate using M10x80 hexagon bolt-24, Φ 10 washer-11 and M10 lock nut-10 and pulley spacer sleeve-68 |
| 2 | Fix pulley-57 fastening on "-" shape pulley frame-63 using M10x45 hexagon bolt-59, Φ 10 washer-11 and M10 lock nut-10 |
| 3 | As the shown in the figure put the wire-67 using M10x45 hexagon bolt-59, Φ 10 washer-11 and M10 lock nut-10 fastening on bending tube, careful to keep the wire vertical |

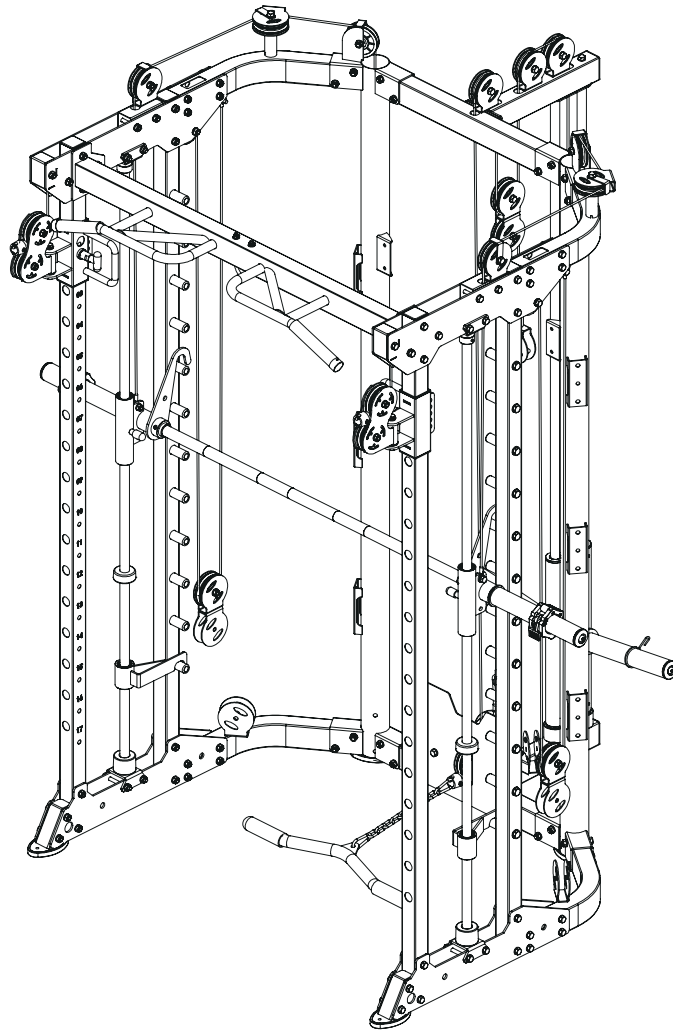
Assembly step (8) explosion drawing



cable end connect part 45#

No.	Description	Note	Qty.
10	lock nut	M10	1
11	washer	Φ10	2
57	pulley	Φ95	1
59	hexagon bolt	M10*45	1
69	pulley frame		1
70	wire	Φ5*1705mm	1
71	5 section chain + snap hook		1

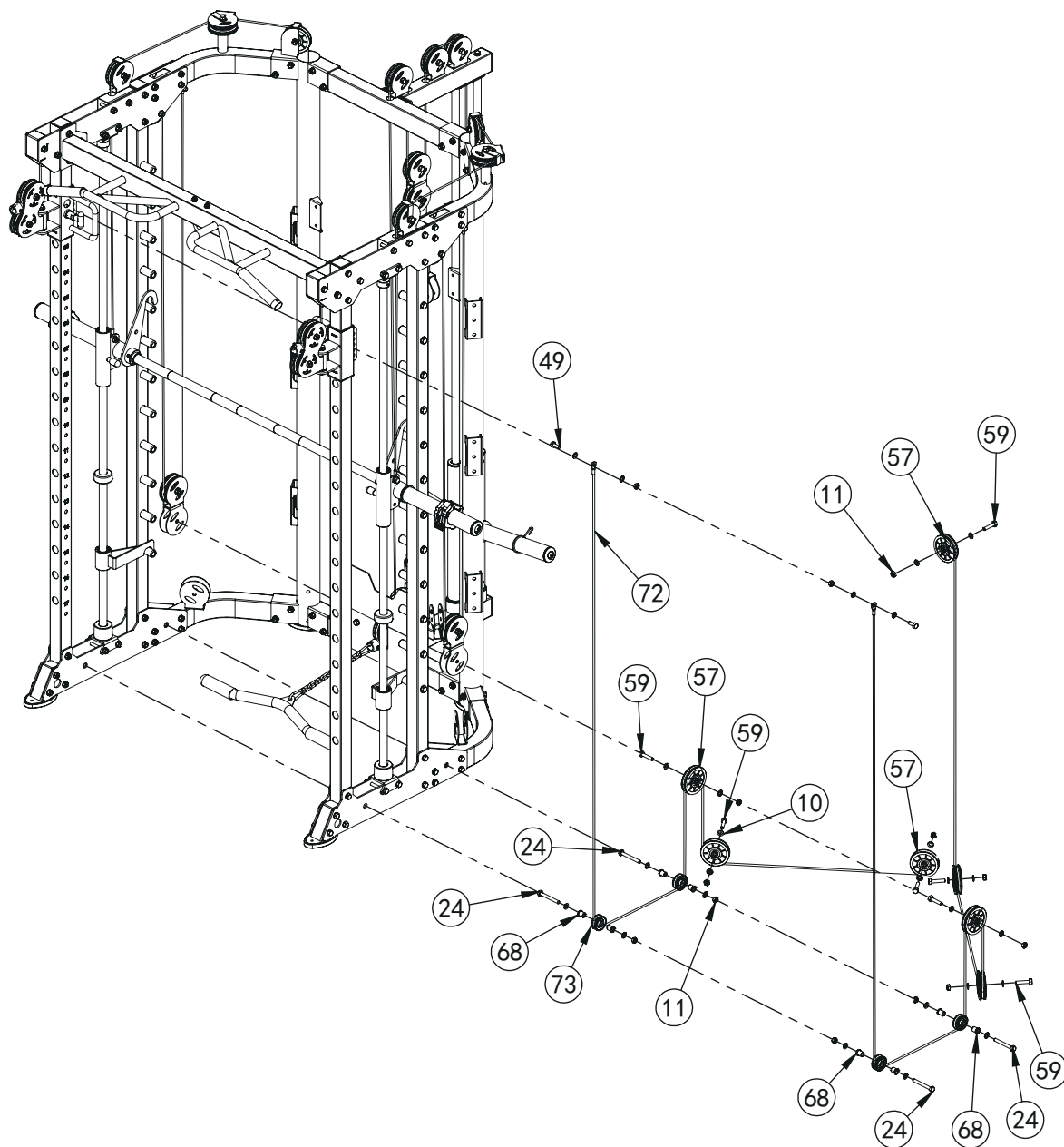
Assembly step (8) drawing



Assembly step (8) assembly instruction

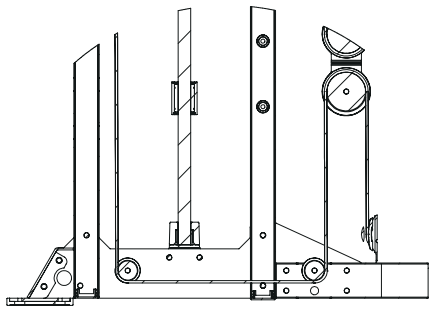
- 1 Fix pulley-57 fastening on "—" shape pulley frame-63 using M10x45 hexagon bolt-59, Φ 10 washer-11 and M10 lock nut-10
- 2 As the shown in the figure connect wire-70, pulley frame-69 and 5 section chain + snap hook-71 on the main frame

Assembly step (9) explosion drawing



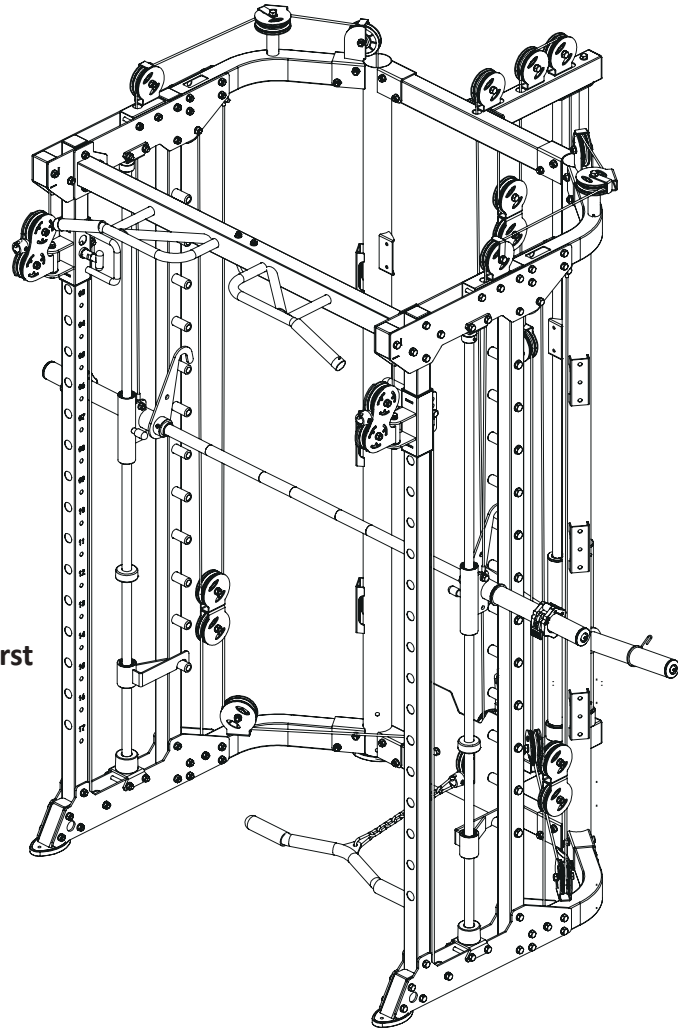
No.	Description	Note	Qty.
10	lock nut	M10	13
11	washer	Φ10	26
24	hexagon bolt	M10*80	4
49	hexagon bolt	M10*25	2
57	pulley	Φ95	7
59	hexagon bolt	M10*45	7
68	pulley spacer sleeve	Φ20*10.5*L20.5	8
72	wire	Φ5*9715mm	1
73	pulley	Φ50	4

Assembly step (9) drawing



Internal wire schematic

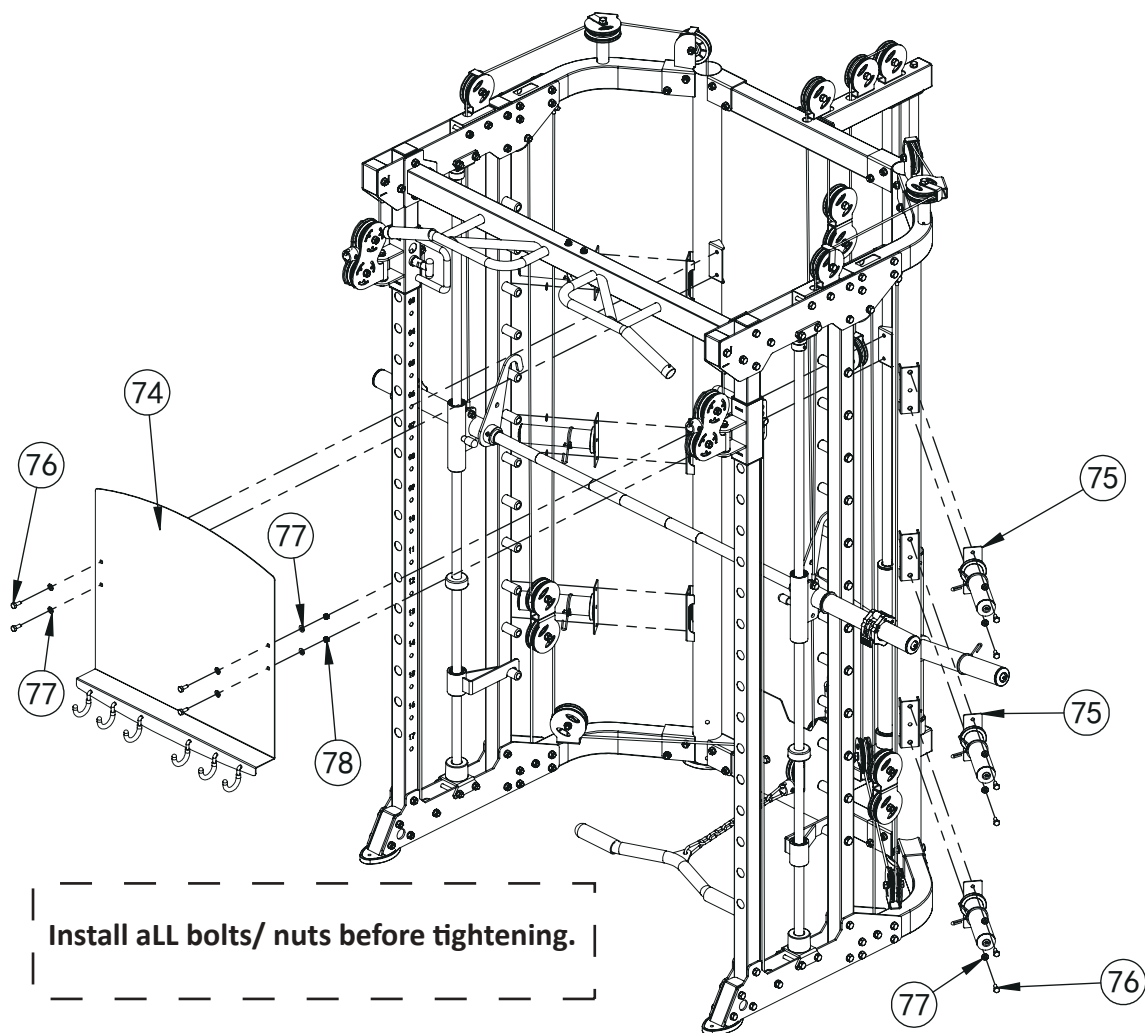
**Hand tighten all nuts and bolts first
before tightening**



Assembly step (9) assembly instruction

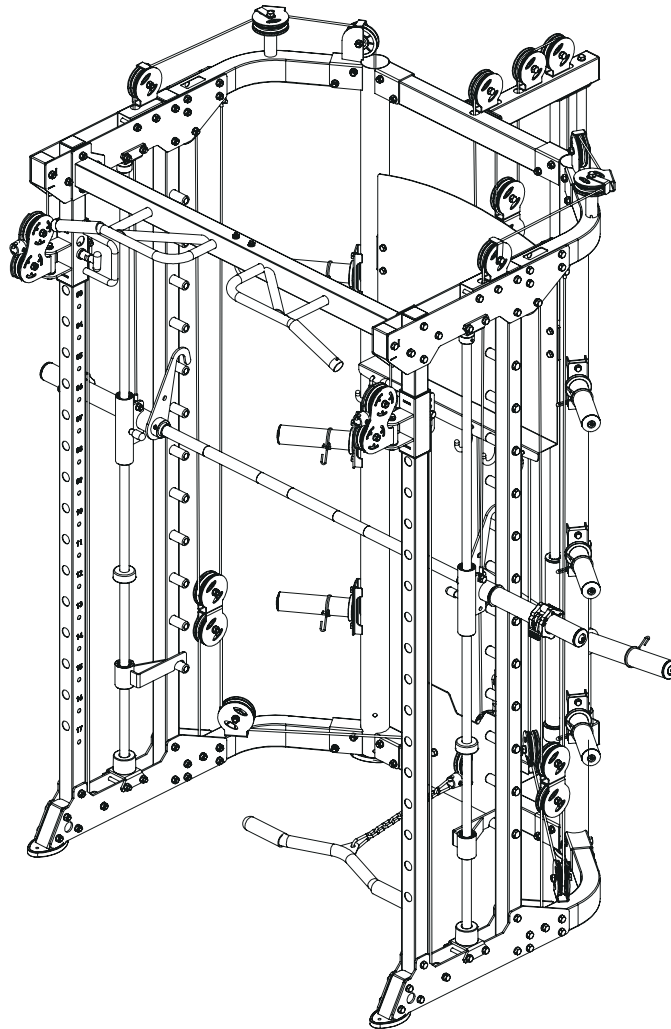
- 1 Fix pulley-57 fastening on main frame using M10x45 hexagon bolt-59, Φ 10 washer-11 and M10 lock nut-10
- 2 Fix pulley-73 fastening on lower plate using M10x80 hexagon bolt-24, Φ 10 washer-11 and M10 lock nut-10 and pulley spacer sleeve-68
- 3 As the shown in the figure put the wire-72 on the machine

Assembly step (10) explosion drawing



No.	Description	Note	Qty.
74	shield		1
75	barbell plate holder		6
76	hexagon bolt	M8x20	16
77	washer	Φ8	20
78	lock nut	M8	4

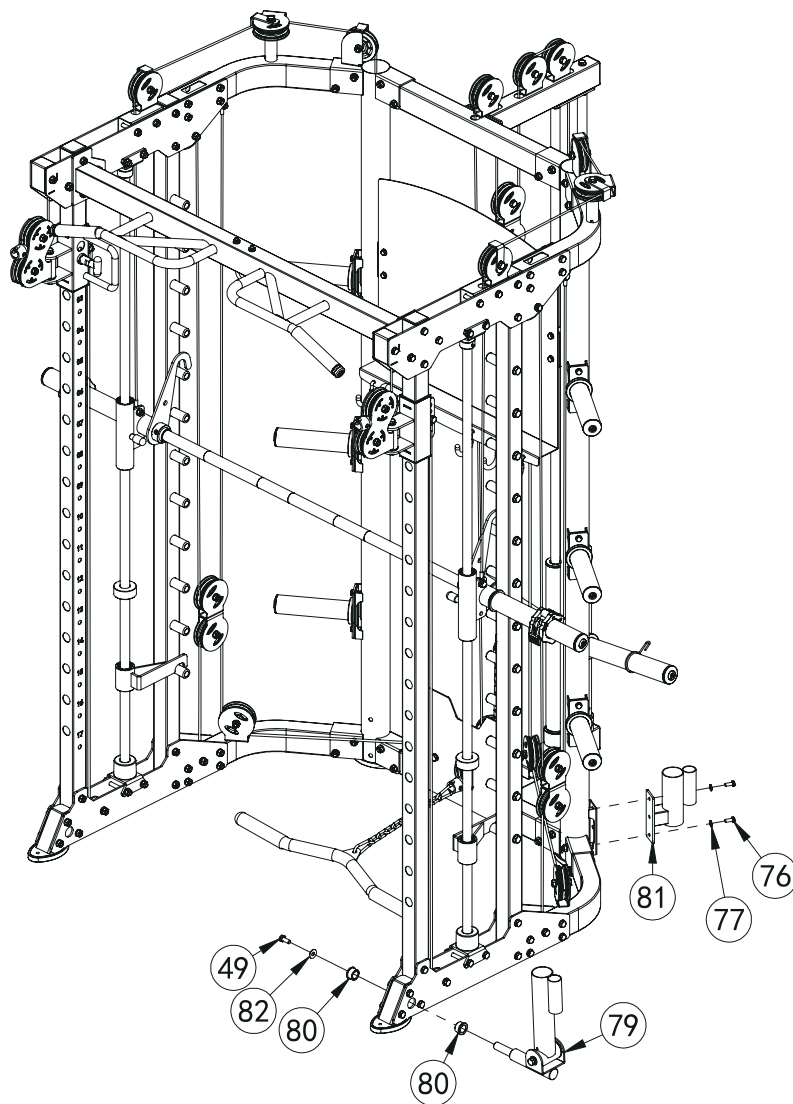
Assembly step (10) drawing



Assembly step (10) assembly instruction

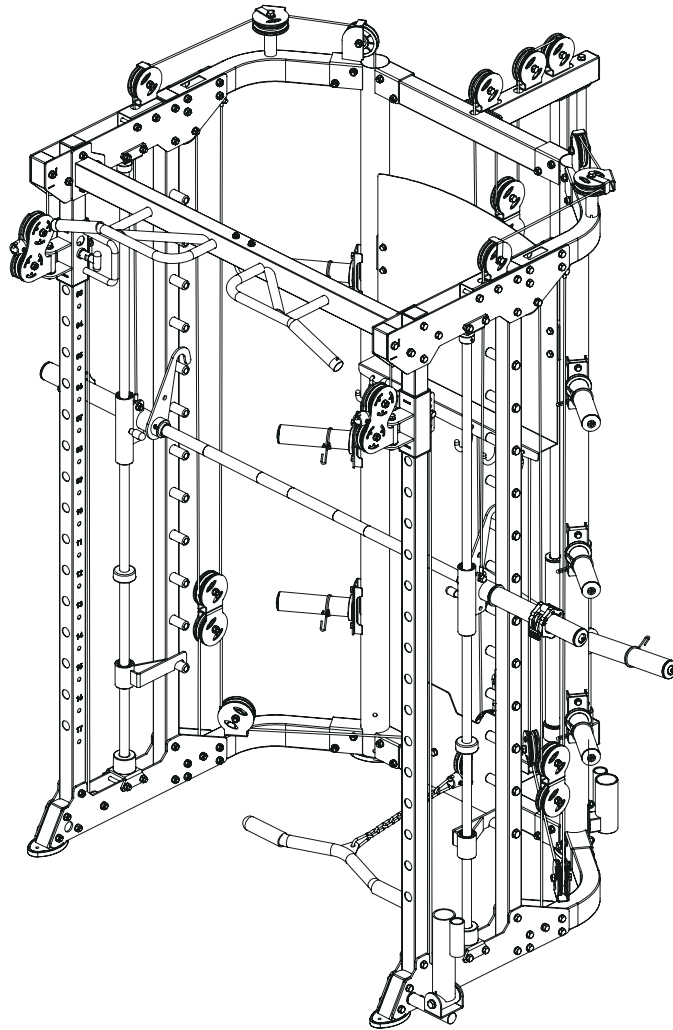
- | | |
|---|--|
| 1 | Fix shield-74 fastening on main frame using M8x20 hexagon bolt-76, Φ 8 washer-77 and M8 lock nut-78 |
| 2 | Fix barbell plate holder-75 on main frame using M8x20 hexagon bolt-76, Φ 8 washer-77 |

Assembly step (11) explosion drawing



No.	Description	Note	Qty.
49	hexagon bolt	M10*25	1
76	hexagon bolt	M8*20	2
77	washer	Φ8	2
79	core trainer		1
80	powder metallurgy sleeve	Φ33.2*Φ 29*Φ20*18	2
81	barbell rod cup		1
82	big washer	Φ25*10*2.0	1

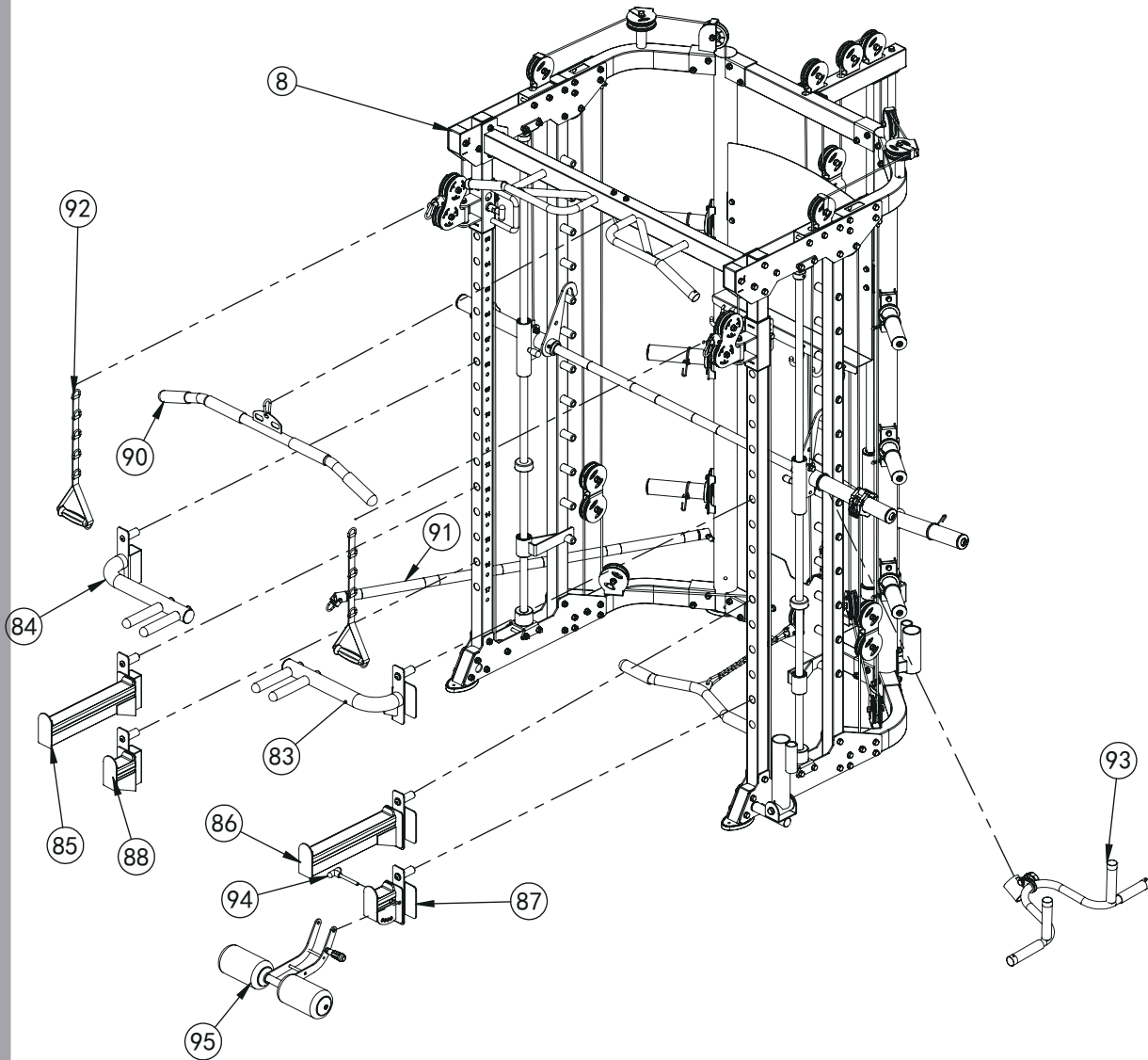
Assembly step (11) drawing



Assembly step (11) assembly instruction

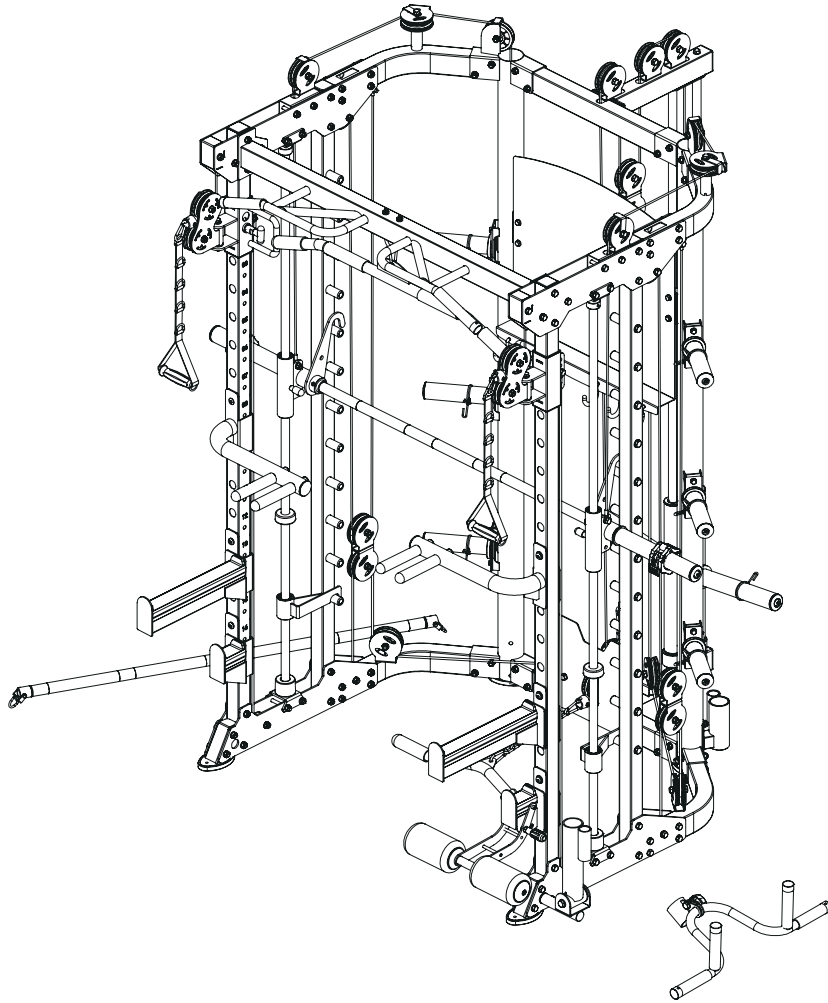
- | | |
|---|--|
| 1 | Fix core trainer-79 fastening on main frame using M10x25 hexagon bolt-49, Φ 10 big gasket-82 and powder metallurgy sleeve-80. |
| 2 | Fix barbell rod cup-81 on upright frame using M8*20 hexagon bolt-76, Φ 8 washer-77. |

Assembly step (12) explosion drawing



No.	Description	Note	Qty.
83	dip bar left		1
84	dip bar right		1
85	barbell rod holder right		1
86	barbell rod holder left		1
87	barbell rod holder short left		1
88	barbell rod holder short right		1
90	long bar		1
91	ship rod		1
92	hand belt		2
93	pull lift device		1
94	T shape pin	Φ10*100	1
95	leg curl tube		1

Assembly step (12) drawing



Assembly step (12) assembly instruction

- 1 Connect leg curl tube-95 and barbell rod holder short left-87 using T shape pin-94
- 2 Put the attached part on the machine