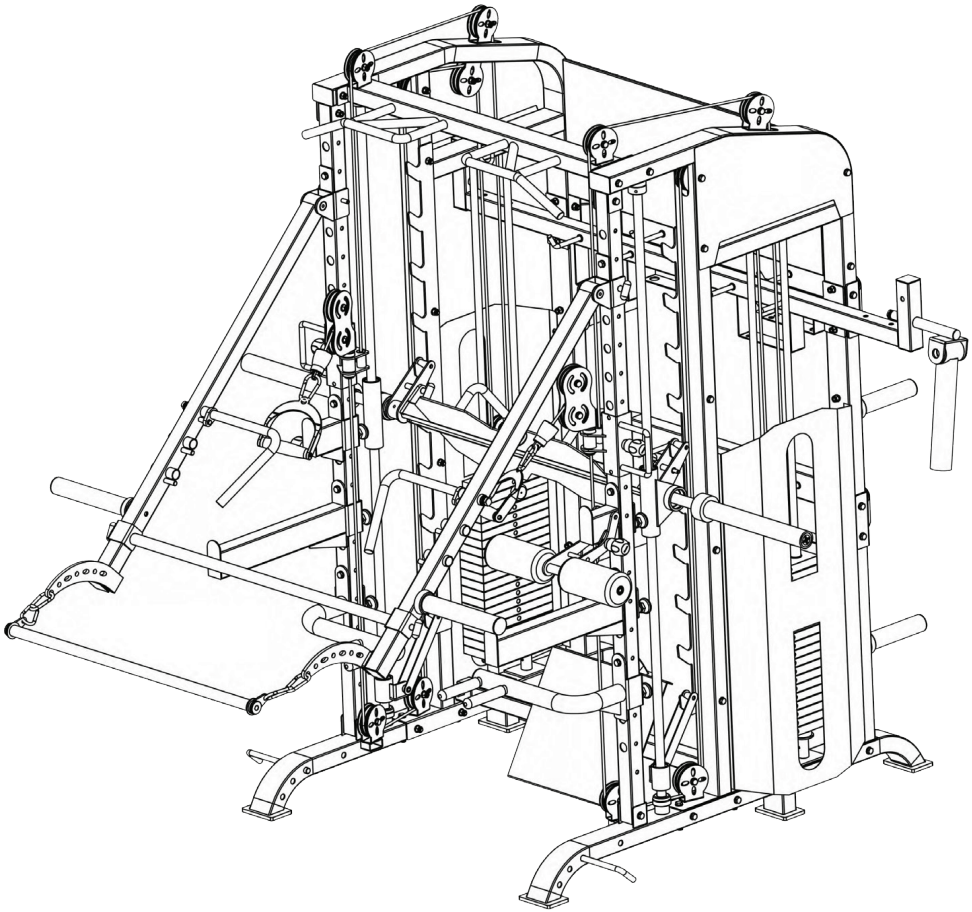
Installation Manual

rpm power®

Loki Multi-Gym



Thank you for choosing RPM Power! We appreciate your trust in our products and hope you enjoy using your new piece of equipment. **We recommend watching the assembly video for this product, which can be found on the care.rpmpower.com website.** For step-by-step assembly videos, exercise guides and product details, visit:

SCAN ME

care.rpmpower.com

If you have any questions or need assistance with assembly or usage, please don't hesitate to reach out to us via the contact details below. Our team will be happy to assist you:

info@rpmpower.com

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@RPM Power

@rpm_power

PLEASE KEEP A COPY OF THIS MANUAL FOR FUTURE REFERENCE.

PRODUCT SPECIFICATIONS:

Net product Weight: 450kg
Product size: 167cm (D) * 214cm (W) * 216cm (H)
Tube size: 50 * 50mm
3mm thick steel // 27mm inserts
Weight stacks: 130kg x 2 (260kg total in weight increments of 5kg)
J-hook weight capacity: 181.5kg
Spotter arms weight capacity: 226.7kg
Smith bar weight capacity: 272kg
Weight plate storage peg capacity: 100kg per peg
Pull-up bar weight capacity: 500kg
User age recommendation: 16 years+

Safety & Usage Guidelines for Loki Multi-Gym Rack

SAFETY

1. **Safety before use:**
   - ☐ **Inspect packaging upon arrival:** Before opening any package, inspect it for any visible damage or signs of tampering. If the packaging is damaged, contact RPM Power immediately.
   - ☐ **Remove and dispose of packaging correctly:** Leaving any product packaging lying around your home could potentially be a hazard to you and others. Packaging, such as plastic bags, can also present a choking hazard to small children and pets. It is your responsibility to remove and dispose of all packaging correctly. RPM Power is not liable for any injury or damage that may occur as a result of packaging misuse.

2. **Safety during assembly:**
   - ☐ **Read the user manual:** Always read and understand the user manual and instructions that come with the product. Familiarise yourself with the equipment's features and any specific safety precautions. Request help from another person if the product manual or assembly video suggests it or if you have any doubt that you may not be able to correctly and safely assemble the product by yourself.
   - ☐ **Be aware of any weight or age restrictions:** Take note of any age or weight restrictions associated with the product. Make sure the equipment is suitable for the intended user.
   - ☐ **Ensure the intended usage space is suitable:** Familiarise yourself with the product dimensions as well as any specific product requirements (e.g. recommended floor type, recommended ceiling height, etc.). You should only ever set up the product in a space that is safe and suitable for use. If the product needs to be attached or fixed to another surface, such as a wall, ensure that the surface area is sturdy enough to support the weight of the product and the user. Always check for piping and electrical wiring before drilling into any wall or flooring.
   - ☐ **Ensure flooring is suitable for use:** Proper flooring is paramount for user safety. Make sure that the flooring you use is level and free from any obstacles. Position heavy products correctly, so that they don't cause damage to your floor. Always use products on non-slip flooring only.
   - ☐ **Check for missing parts:** Ensure that all the components and parts listed in the manual are included in the product package. Contact RPM Power if anything is missing.
   - ☐ **Use proper tools:** Use the recommended tools and equipment specified in the manual for assembly. Do not use any makeshift tools that may compromise safety.
   - ☐ **Ask a friend:** If the product contains any parts that are heavy or difficult to handle, ask for assistance from a friend or family member to avoid straining yourself.

- [ ] **Clear your workspace:** Ensure you have a clear and well-lit workspace with enough room to move around while assembling the equipment. Ensure all parts are clearly laid out and remove any tripping hazards, such as packaging.
- [ ] **Follow the assembly instructions correctly:** Strictly follow the assembly instructions provided step by step. Do not skip any steps or rush through the process. If you are uncertain about any steps in the assembly process, do not proceed and instead reach out to us at RPM Power for assistance.
- [ ] **Be cautious with small parts:** Clearly categorise and lay out any small parts, so that they are accounted for during the assembly process. It is important to keep any small components like screws and bolts away from children and animals, as they can be a potential choking hazard.

3. Safety during use:

- [ ] **Warm up properly before exercising:** Always warm up before starting any exercise routine to prevent injuries from occurring.
- [ ] **Ensure you have enough space:** Before you use the product, ensure you have enough space around you to move freely without causing damage or harm to people, furniture or other surrounding elements.
- [ ] **Always wear suitable footwear and clothing:** Wear appropriate footwear designed for the specific activity and ensure shoes are properly laced or fastened. Do not wear loose clothing or jewellery which could potentially get caught in moving or sharp elements.
- [ ] **Supervise children and pets:** This product is not suitable for children. Ensure children and pets are supervised at all times when the machine is both idle and in use, and keep them away from any moving or sharp elements.
- [ ] **Follow weight limits:** Adhere to weight limits specified for the equipment to prevent overloading, potential structural damage or injury.
- [ ] **Follow age limits:** Adhere to age limits specified for the equipment to prevent injury to yourself or others.
- [ ] **Stay hydrated:** Drink plenty of water while exercising in order to stay hydrated.
- [ ] **Be aware of proper form:** Always do your research before attempting any exercise, particularly those involving barbells and weights. Practicing proper form is crucial to staying injury-free.
- [ ] **Know your own limits:** Do not push yourself beyond your physical capabilities. Start with appropriate exercise intensities and progress gradually.
- [ ] **Emergency procedures:** Familiarise yourself with emergency procedures and safety features on the equipment.
- [ ] **Be mindful of any heavy or sharp components:** Be careful when adjusting heavy objects, such as weight plates. Keep your fingers away from moving parts or sharp elements and watch your head when walking under the machine's frame.
- [ ] **Cool down after exercising:** Always remember to cool down and stretch properly after exercising. This will lower your chances of incurring injury after using the equipment.

4. Safety through ongoing product maintenance:

- [ ] **Regularly check all parts are secure:** Any equipment with moving parts, such as bolts and screws, should be checked regularly for stability and tightness. Do not continue to exercise with a product if you find any parts are loose or unstable, as doing so may cause injury.
- [ ] **Do not ignore unusual sounds or “sticking” components:** If any parts are visually or audibly damaged or not functioning as they should be, cease using the product and get in touch with RPM Power for guidance. We will be happy to assist you and can provide you with spare parts for your equipment if available.
- [ ] **Familiarise yourself with maintenance procedures:** Take note of any maintenance requirements and continue to perform these over time. Product-specific maintenance recommendations will be outlined in the product manual or can be found on **https://care.rpmpower.com/.**

Additional safety guidelines for all multi-gym and squat racks:

Safety catches: Always use safety catches or spotter arms when lifting heavy weights. Adjust them to the appropriate height for your exercise to prevent injury in case you can't complete a lift.

Safety keys: If your product utilises safety keys, always ensure these are positioned correctly.

Weight limits: Do not exceed the weight limits specified for your power rack and its components. Overloading can damage the equipment or your floor.

Barbell and weight collars: Secure the barbell with appropriate weight collars to prevent weight plates from sliding during exercise. Ensure the bar is centered before lifting.

Commercial use: The Loki Multi-Gym is not suitable for commercial use and should be used in home settings only. If this product is used in a commercial setting of any kind, the warranty is no longer valid.

MAINTENANCE

Regular inspection: Conduct a visual inspection of the entire product before each use. Look for any signs of wear, damage or loose components. Address any issues immediately or contact RPM Power for support.

Tighten bolts and screws: Check and tighten all bolts, screws and nuts regularly. Pay particular attention to those used in critical areas like safety catches, bar holders and frame connections. Loose fasteners can compromise safety, so it is critical that they are all securely in place.

Cable inspection: Inspect cables and cable connections for fraying, kinks, or any signs of wear.
If you notice any issues, replace the cables immediately. Videos on cable replacement can be found on **https://care.rpmpower.com/.**

Weight stack maintenance: Clean the weight stack regularly and ensure that weight plates are securely attached. Check for any damage or signs of wear on weight stack components.

Cleaning: Keep the product clean by wiping it down regularly with a damp cloth to remove dust, sweat and any debris which may have accumulated over time. Avoid using abrasive cleaners that may damage the finish.

Lubrication: Apply a silicone-based lubricant to moving parts, such as pulleys, guide rods, and weight stack pins if you notice any parts are “squeaking” or “sticking”, or in general, not performing as they should. Lubrication helps maintain smooth movement and reduces wear.

Upholstery inspection: Examine any upholstery features on the product, such as seat cushions and backrests. Check for any tears, cracks, or signs of wear. Repair or replace damaged upholstery promptly.

Remember that proper maintenance is crucial not only for the longevity of your multi-gym power rack but also for the safety of users. Consistent upkeep will ensure that the equipment remains in good working condition and reduces the risk of accidents or injuries during workouts.

WARRANTY

The RPM Power Loki Multi-Gym comes with a 5 year home use guarantee. The guarantee period commences when the item has been delivered to the purchaser or user.

What is covered during the guarantee period?

- Malfunction defects that are a direct result of a manufacturing issue(s)
- Spare parts free of charge provided the purchaser can provide sufficient, timely evidence of missing/defective parts
- Products purchased directly through the RPM Power® website

RPM Power reserves the right to determine what constitutes manufacturing defects as well as wear and tear. A guarantee does not cover products for commercial use and is non-transferable to a third party.

LIABILITY DISCLAIMER

RPM Power strongly encourages the safe and proper use of our exercise machines, including this Loki Multi-Gym. Please read and follow all safety instructions and guidelines provided in this manual.
By assembling, installing, or using this product, the user acknowledges and agrees to the following:

Assumption of risk: The use of this exercise equipment involves inherent risks, including but not limited to the risk of injury or death. The user voluntarily assumes all risks associated with the assembly, installation, and use of our products.

Proper assembly and installation: The user acknowledges that proper assembly and installation are critical to the safety and functionality of the exercise equipment. It is the user's responsibility to follow the assembly and installation instructions provided in this manual accurately. Any errors or negligence in assembly and installation may result in injury or damage.

Proper use and supervision: RPM Power strongly recommends consulting a qualified fitness professional or physician before beginning any exercise programme with the this multi-gym. Users should always ensure they are in sufficient physical health before using the machine. Users should exercise caution and common sense when using the equipment. Users are responsible for ensuring proper supervision, especially when minors (16-18 years) or inexperienced individuals use the equipment.

Exclusion of liability: To the fullest extent permitted by applicable law, RPM Power disclaims all liability for any direct, indirect, incidental, consequential, special, or punitive damages, or any other loss or injury arising out of or in connection with the assembly, installation, or use of its products. This disclaimer includes but is not limited to injuries, property damage, or any other harm sustained while using the exercise equipment.

Limited warranty: RPM Power provides a limited warranty for its products, as outlined in the warranty section of this manual. Any claims under the warranty must be made in accordance with the terms and conditions specified therein.

By using RPM Power exercise machines, the user acknowledges and agrees to these terms and conditions. RPM Power reserves the right to modify or update this liability disclaimer at any time. It is the user's responsibility to review this disclaimer periodically for any changes on the **RPM Care website: care.rpmpower.com.** If you do not agree to these terms, please refrain from assembling, installing, or using our products.

ASSEMBLY INSTRUCTIONS

Parts List			
No.	Parts Name	Specification	Quantity
1	Hexagonal bolt	M10*100	22
2	Washer	Ø10	72
3	Hexagonal lock nut	M10	36
4	Hexagonal bolt	M10*80	14
5	Left frame	Assembly parts	1
6	Right frame	Assembly parts	1
7	Pull-up bar	Assembly parts	1
8	Rear connection weldment	Assembly parts	2
9	Accessory placement weldment	Assembly parts	1
10	Left chassis	Assembly parts	1
11	Right chassis	Assembly parts	1
12	Left sliding pulley system	Assembly parts	1
13	Right sliding pulley system	Assembly parts	1
14	Left vertical upright bar	Assembly parts	1
15	Right vertical upright bar	Assembly parts	1
16	Hexagonal bolt	M10*80	4
17	Hexagonal bolt	M10*100	6
18	Washer	Ø10	20
19	Lock nut	M10	10
20	Smith hook board	Assembly parts	2
21	Guiding rod lock sleeve	Assembly parts	2
22	Cushion	Inner Ø25	2
23	Decorative outer cardboard	Assembly parts	2
24	Outer circlip	Ø30	2
25	Inner circlip	Ø42	2
26	Deep groove ball bearing	Ø42*Ø30*7	2
27	Outer circlip	Ø30	2
28	Barbell hanging rod assembly	Assembly parts	2
29	Barbell spacer	Assembly parts	2

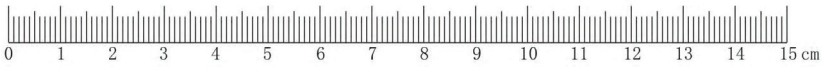
Parts List

30	Slide weldment	Assembly parts	2
31	Stainless steel guiding rod	Ø25*1870	2
32	Smith safety weldment-left	Assembly parts	1
33	Barbell	Ø30*2200	1
34	Smith hook weldment	Assembly parts	2
35	Smith safety weldment-right	Assembly parts	1
36	Guiding rod stainless steel	Ø20*1565	4
37	5kg weight plate	Assembly parts	2
38	10kg weight plate	Assembly parts	19
39	Cushion	Inner Ø20	4
40	Washer	Ø45*Ø21*3	4
41	Cushion tube	Ø30*62	4
42	Hexagonal bolt	M10*100.	6
43	Washer	Ø10	12
44	Lock nut	M10	6
45	Hexagonal bolt	M10*100	2
46	Washer	Ø10	4
47	Lock nut	M10	2
48	Upper guard board	Assembly parts	2
49	Rear guard board	Assembly parts	1
50	Pulley cable	Assembly parts	2
51	Rubber spacer	Assembly parts	2
52	Hexagonal lock rope head	Assembly parts	2
53	Buckle	Assembly parts	2
54	Bird handle	Assembly parts	2
55	Side panel	Assembly parts	2
56	Weight plate holder peg	Assembly parts	4
57	Hexagonal bolt	M12*70	8
58	Washer	Ø12	16
59	Lock nut	M12	8

Parts List

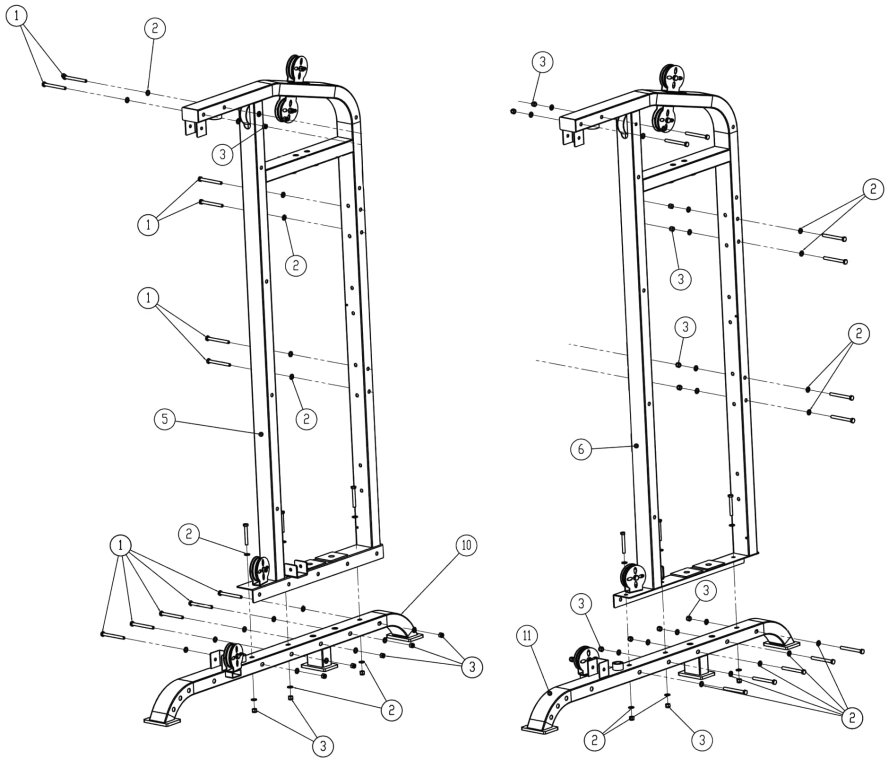
60	Hook assembly	Assembly parts	10
61	Lock nut	M10	10
62	Round-headed bolts	M8*15	8
63	J-hook left	Assembly parts	1
64	J-hook right	Assembly parts	1
65	Spotter arm left	Assembly parts	1
66	Spotter arm right	Assembly parts	1
67	Dip station left	Assembly parts	1
68	Dip station right	Assembly parts	1
69	Landmine attachment	Assembly parts	1
70	Jammer arm frame left	Assembly parts	1
71	Jammer arm frame right	Assembly parts	1
72	Jammer arm row bar	Assembly parts	1
73	Horizontal bar	Assembly parts	1
74	Footrest	Assembly parts	1
75	Elastic cord L-pin	Assembly parts	2
76	Footplate	Assembly parts	1
77	T-pin	Assembly parts	6

Bolt length Measurement Table



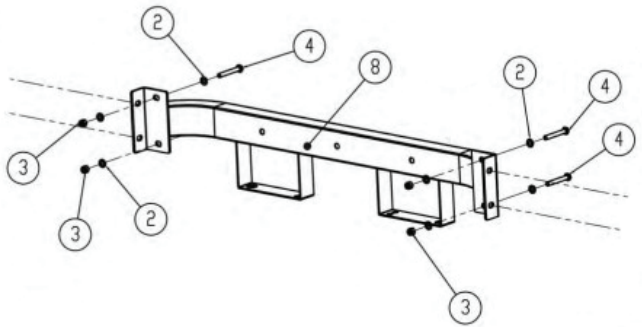
Securing nuts and bolts: Always add the first washer to the bolt; put the bolt through the bolt hole on the frame or element; add the second washer and secure everything in place with the locking nut.

Stage 1 - Main Frame

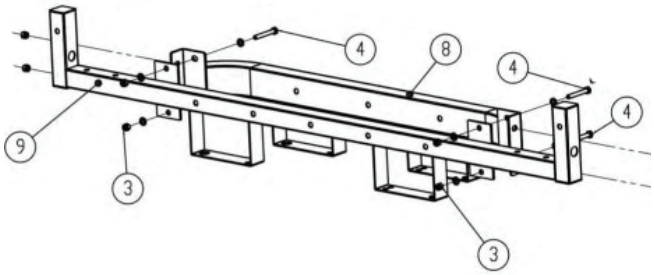


Visit **care.rpmpower.com** for the step-by-step assembly video

1. After unboxing your Loki Multi-Gym Rack, lay all of the foundational pieces out clearly on the ground. The first step is to start with the left and right frames (parts 5 and 6).
   Note: You can identify which are the right and left pieces by ensuring that when the lower idler pulley is at the front end of the rack, the panel with the five holes beside it is facing inwards.
2. Lay both of the chassis (part 10 and 11) out on the floor. You can identify which chassis is which, by ensuring they are both positioned with the three bolt holes facing inwards and towards the front. The idler cable pulley system on the front of each chassis should also be positioned inside the rack.
3. With the help of another person, lift the left frame (part 5) onto the left chassis and secure it along the five bolt holes with M10*100 hexagonal bolts (part 1), washers (part 2) and hexagonal lock nuts (part 3). Do not tighten the bolts fully just yet.
4. Repeat the same process with the right frame and chassis.

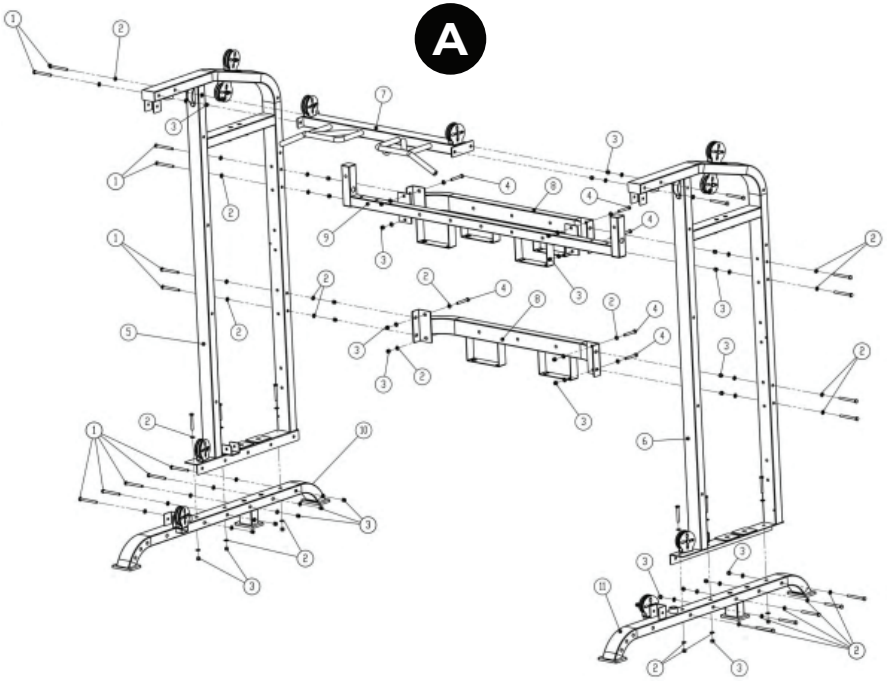


5. Next, Use M10*80 hexagonal bolts (part 4), M10*100 hexagonal bolts (part 1), washers (part 2) and lock nuts (part 3) to attach one of the rear connection weldments (part 8) to the inside of the frame. You may need a second person to help you here. Ensure the hooks are pointing upwards and the boxes are on the underside of the weldment.
   Note: This weldment should be secured to the third and fourth bolt hole from the bottom of the rack. The first two holes are for the weight plate storage peg, so attach this piece to the ones above it. Ensure the outer angle of the weldment is secured to the outside of the frame.

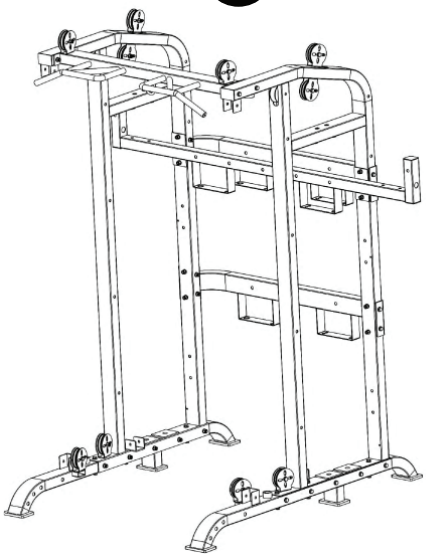


6. Next Use M10*80 hexagonal bolts (part 4), washers (part 2) and lock nuts (part 3) to attach the accessory placement weldment (part 9) to the rear of the rack. Before securing this element with bolts, attach the remaining rear connection weldment (part 8) to the other side of the rack and secure both pieces together, i.e. **the rack is sandwiched in between these two elements.** You may need assistance from a second person here to attach both pieces to the rack frame.
7. Do not tighten the bolts fully here: it's better to leave some flexibility for adding further parts to the rack. You can securely tighten all bolts at the end of the assembly process.
8. Finally, you need to insert the pull-up bar (part 7) inside the frame. Make sure the handles are slanting downwards and that the RPM POWER logo is not upside down. Use M10*100 hexagonal bolts (part 1), washers (part 2) and lock nuts (part 3) to secure the bar in place. Again, do not tighten the bolts fully here.
9. The rack should now look like diagram B in your manual and you can now move onto stage two.

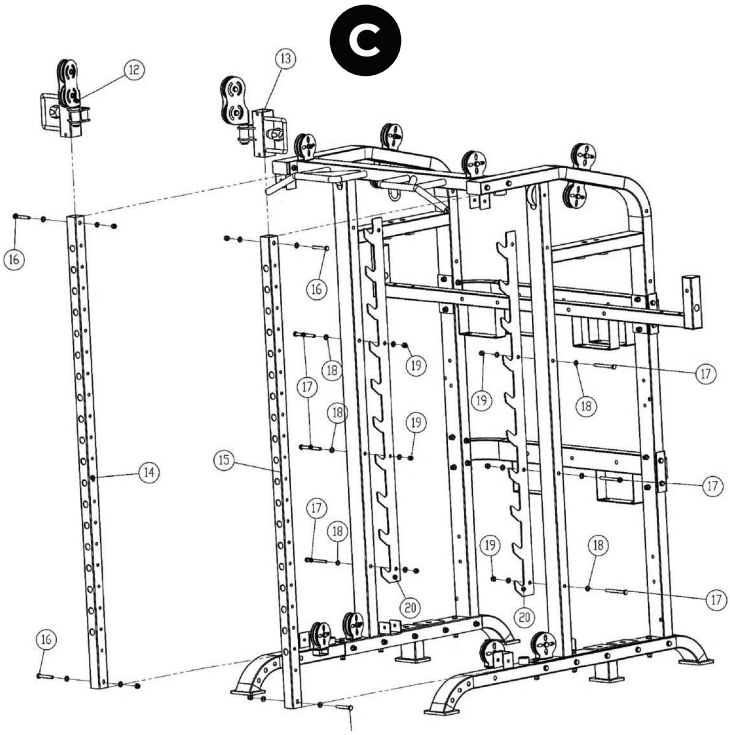
A



B



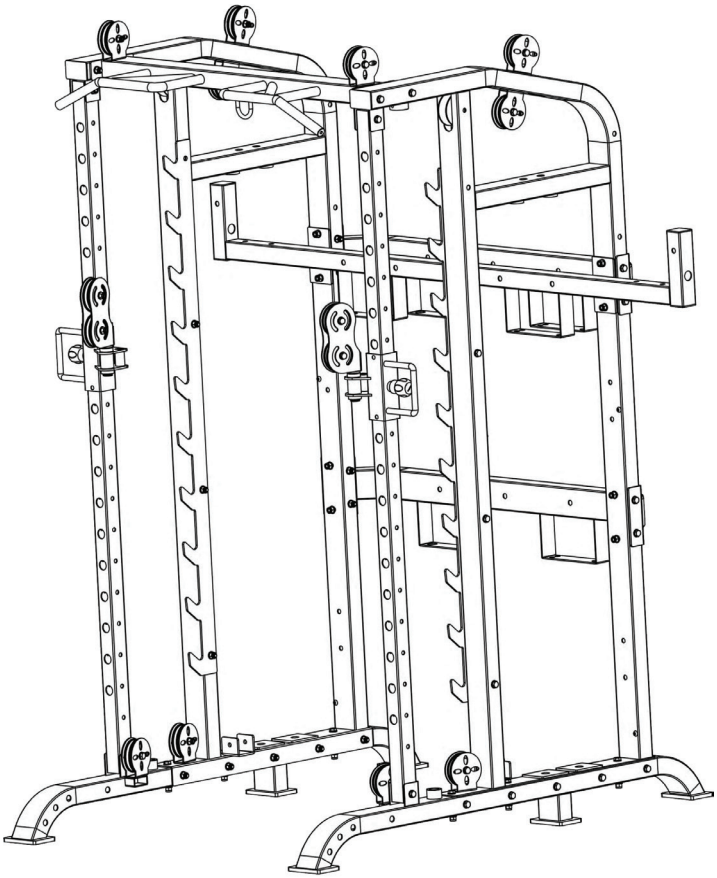
Stage 2 – Verticals



1. Stand one of the vertical upright bars (parts 14 and 15) with the numbers facing outwards. **Note:** To identify which bar is the left vertical upright, and which one the right, look at the holes on the back of the bar. The back of the bar has a number of larger and smaller holes. The smaller holes should always be closer to the inside of the rack.
2. Add the left sliding pulley system (part 12) to the left vertical upright. Again, ensuring the side with the numbers is facing outwards, open the red pull pin and slide the pulley system onto the bar. Ensure the red pull pin is positioned on the left.
3. Position the bottom and top of the vertical upright into the gaps within the rack frame.
4. Repeat this step with the right vertical upright and right sliding pulley system.
5. Next, use M10*100 bolts (part 17), washers (part 18) and lock nuts (part 19) to secure the top of the left and right vertical uprights in place.
6. To secure the lower ends of the left and right vertical upright bars is a little trickier. This is due to the cable pulley system blocking the inside of the bolt hole. One way to do this effectively is by securing a locking nut onto a spanner using a small strip of tape. Place the bolt and washer through the rack, holding the second washer in place with your finger. Secure the bolt in place with the spanner and twist the bolt with your left hand to tighten everything.

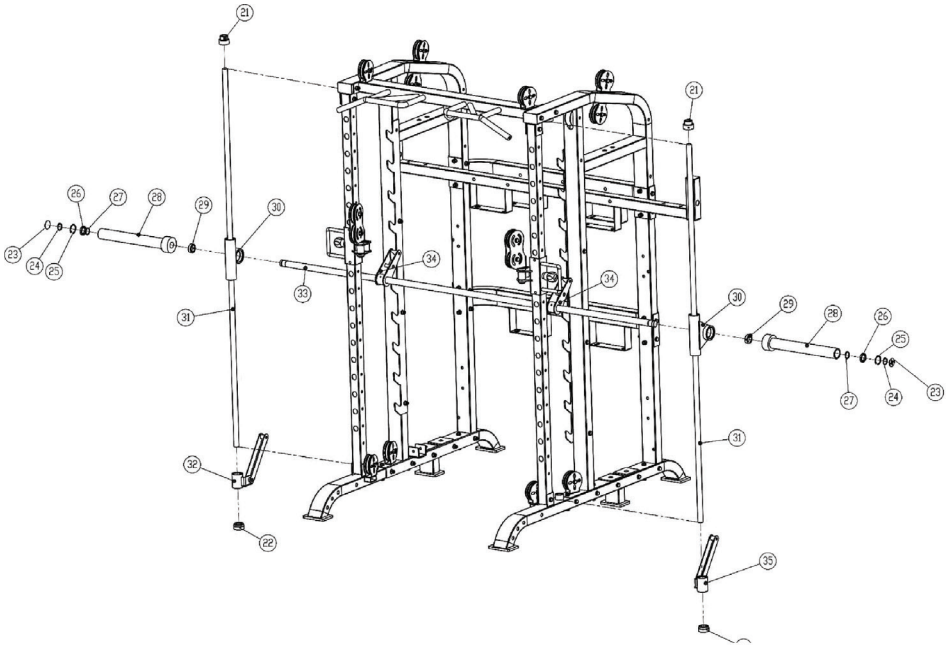
7. Repeat this step on the other side.
8. Once the uprights are installed, you can attach the Smith hooks. On the left side, insert the bolts through the rack and the Smith hook board (part 20). Use M10*100 hexagonal bolts (part 17), washers (part 18) and lock nuts (part 19). Only secure the three lowest bolts, as you will need to keep the top bolt hole free for a later step.
9. The frame should now look the same as diagram D in your manual.

D



Stage 3 – Smith Bar

E

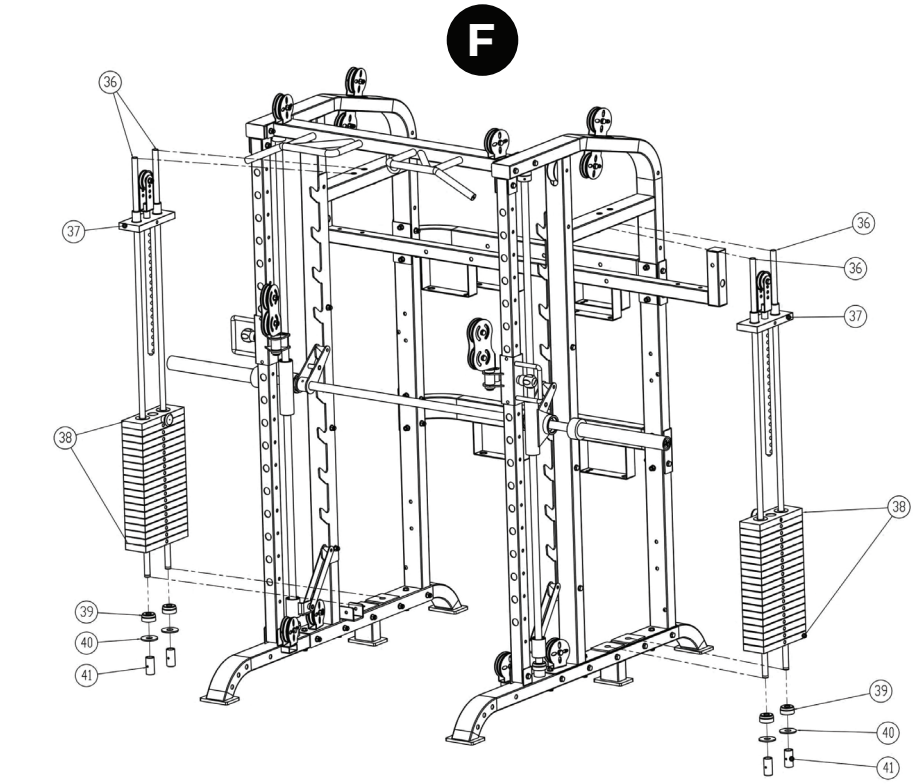


Once these attachments are secure, it's time to add the Smith bar mechanism. This is made up of a horizontal Smith bar and two vertical stainless-steel rods.

1. Lay the barbell (part 33) on the ground. In most cases, the barbell will come with the Smith bar hook weldments (part 34) already attached to it. If these parts are not already attached, simply slide them onto the barbell.
   Note: It's important that the hook weldments are positioned correctly. Make sure that they are sitting at equal distances from the outside of the barbell end and that the small screws in the middle of each weldment are aligned with each other.
2. Lift the barbell into the rack frame by hooking it in place on the hook board. Ask another person to help you if needed.
3. Add the right Smith bar safety weldment (part 35) to the rack by sitting it on a hook under the Smith barbell. Do the same with the left Smith bar safety weldment (part 32). The idea is that all of the pieces: the rod cushion, the safety weldment and the barbell hook weldment line up, so that the stainless steel rod can be inserted through them.
4. Taking one of the rod cushions (part 22), place it on top of the insert in the base of the rack.

5. Next, take one of the stainless-steel guide rods (part 31) and guide it through the Smith bar hook weldment. If you are limited on ceiling space, you can drop the barbell down to the lowest hook in the Smith board.
6. Tilt the guide bar slightly, so that the top end is outside of the rack frame and slide it downwards into the Smith bar hook weldment, ensuring it comes out the other end.
7. Repeat this step on the other side.
8. From here, you need to lift the Smith barbell upwards and secure it onto a higher hook. Ideally a second person would help you here.
9. Lift the guide rod upwards and slide the Smith bar safety weldment onto the end of it. **Note:** Make sure that the safety weldment is in an L-shape with the end of the "L" facing outwards from the rack.
10. Hold the safety weldment in place on the guide rod and attach the cushion (part 22) to the end of the rod. Lower the rod into the base insert and secure it fully.
11. Now take the guiding rod lock sleeve (part 21) and slide it over the top end of the guide rod. Insert the guide rod into the insert located in the top of the rack frame.
12. Unlike the bottom cushion, the lock sleeve has a small screw that needs to be tightened with an Allen key in order to secure everything in place. This screw will need to be inserted and tightened on both sides of the guide rod.
13. Repeat this process on the other side of the rack.
14. The ends of the barbell should now align with the slide weldments (parts 30) on the guide rod. Assemble the ends of the barbell using a combination of parts 23-29 as shown in diagram E in the manual.

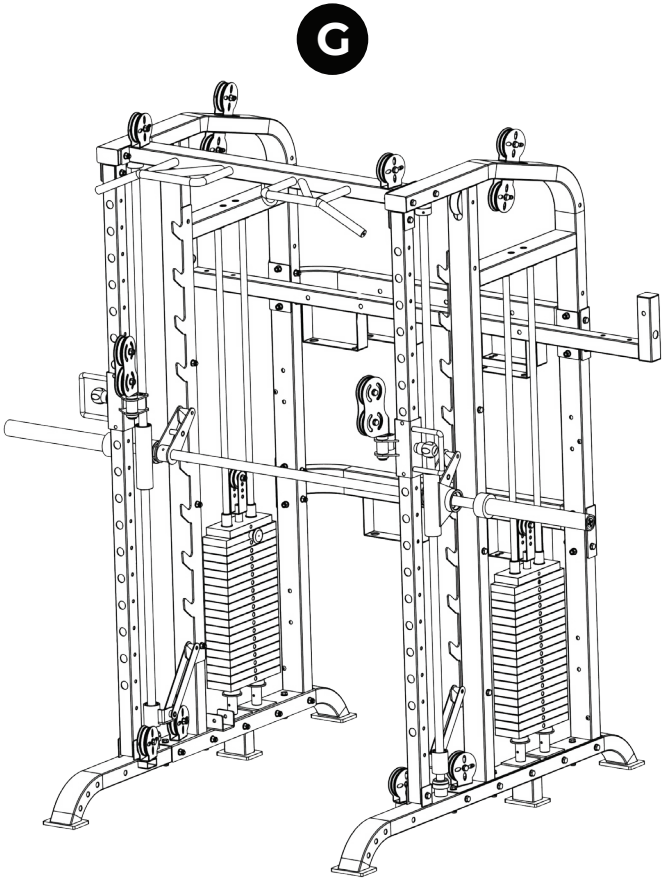
Stage 4 – Weight Stacks



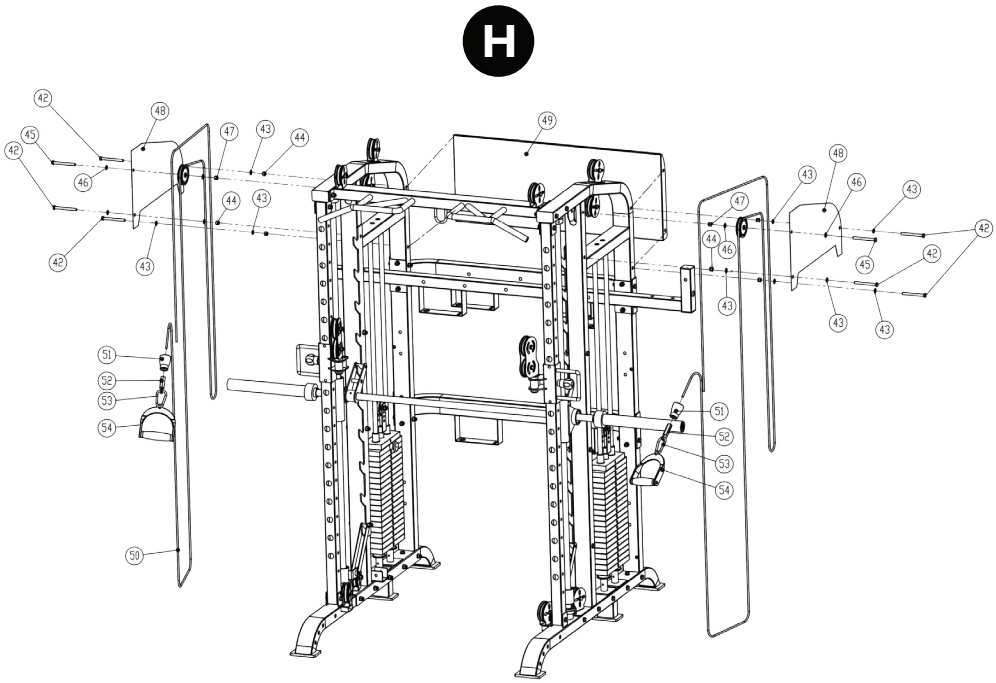
Now it's time to move on to assembling the two weight stacks.

1. Place two guide rods (part 36) over the holes on the base of the rack where the weight stack should be. Place one cushion tube (part 41), a metal washer (part 40) and a rubber cushion (part 39) under each guide rod.
2. Secure the internal screws inside parts 41 with an Allen key, but only tighten them half way – the rods still need to be somewhat moveable in order to add the weight stack plates in the next step.
3. You will need a second person to assist you with the weight stack plates. Hold both guide rods and gently pull them towards you, so they are no longer aligned with the rack and have just enough space for a weight plate to be lowered over them.
4. Start with one of the 10kg weight plates available (parts 38). Be sure to set aside parts 37, the smaller 5kg weight plates, as these must sit at the very top of the weight stacks.
5. Get a second person to lower one 10kg weight plate at a time over the guide rods. Make sure to lower each plate slowly and carefully to the bottom of the weight stack. Finish the weight stack by adding the final small weight plate (part 37).

6. Once you have finished assembling the weight stack, grab one of the guide rods and pull it upwards into the insert directly above it. Hold the rod in place while you tighten the screws at the bottom of the rod with an Allen key.
7. Do the same with the second guide rod.
8. Repeat this entire process with the weight stack on the other side of the rack.
9. Once both weight stacks are set up, stick weight labels on each individual plate. The smallest plates is 5kg, while every other plate is 10kg. Make sure to sticker from top to bottom, lightest to heaviest.
10. To complete this stage, screw the idler pulleys into the tops of the weight stacks and tighten them with a spanner. Ensure the idler pulley wheels are positioned perfectly straight inside the weight stack.



Stage 5 – Cable System



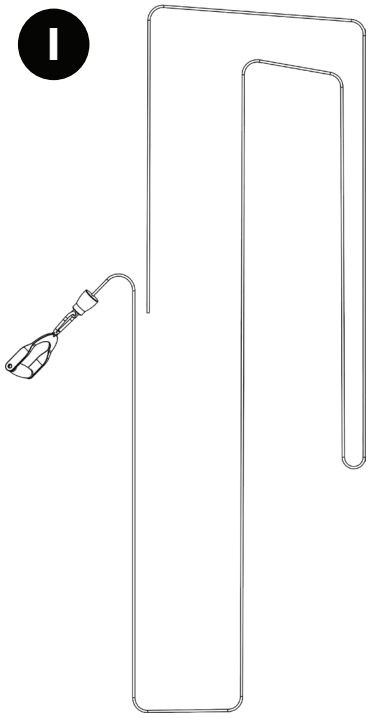
The next stage is to insert the cable (part 50) into the idler cable pulleys located at the front of the rack. Start on the right side of the rack.

1. Guide the bare end of the cable through the middle of the idler pulleys and downwards through the small gap at the back.
2. From there, pull the cable downwards to the idler pulley at the base of the rack. Insert the cable under this pulley before guiding it across and under the pulley directly behind it.
3. Following this, guide the cable upwards and through the idler pulley located at the top of the rack, then through the pulley directly behind this one.
4. Just above the weight stack are two holes in the rack frame. If you are standing inside the rack, insert the cable into the right hole.
5. Bring the cable down towards the base of the rack again.
6. Guide it through the underside of the idler pulley sitting on top of the weight stack.
7. From here, bring the cable upwards again and this time through the left hole in the rack.
8. Keep the cable left of the next idler pulley and then guide it over the pulley wheel sitting above this one.
   Note: Always ensure that the cable is sitting snuggly inside the groove of each idler pulley wheel.

9. Pull the cable over towards the highest idler pulley on the rack and guide it over it.
10. Finally, bring the cable back down to the front pulley system where you started. Behind this pulley system is the end bracket into which the cable can be inserted.

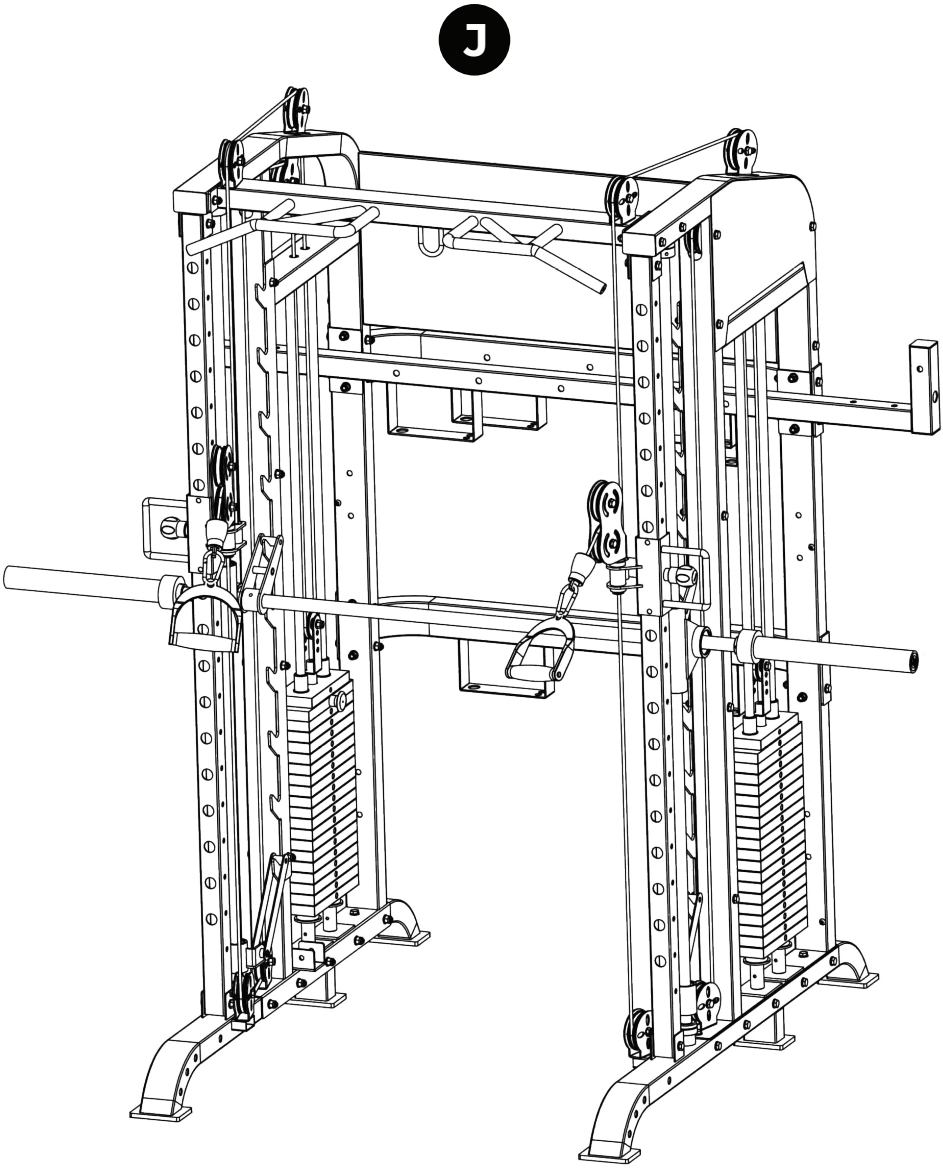
> **Don't pull the cable too tight** so that it starts to lift the first few plates on the weight stack when you insert it into the front pulley system. You can even insert the weight stack pin into a higher weight plate to prevent this from happening.
>
> **Ensure the cable is not too loose either,** and hold it inside the bracket while you double check that the cable is taunt and sitting neatly inside each idler pulley wheel that it runs through. Only once you are certain the cable is in the right place should you tighten the two screws on the bracket with an Allen key.

11. Tighten the screws with an Allen key.
12. Once complete, use a spanner to fully secure the locking nut under the bracket.
13. The exact same process can be repeated on the left side of the rack.
14. Finish this process by securing the handle attachments.

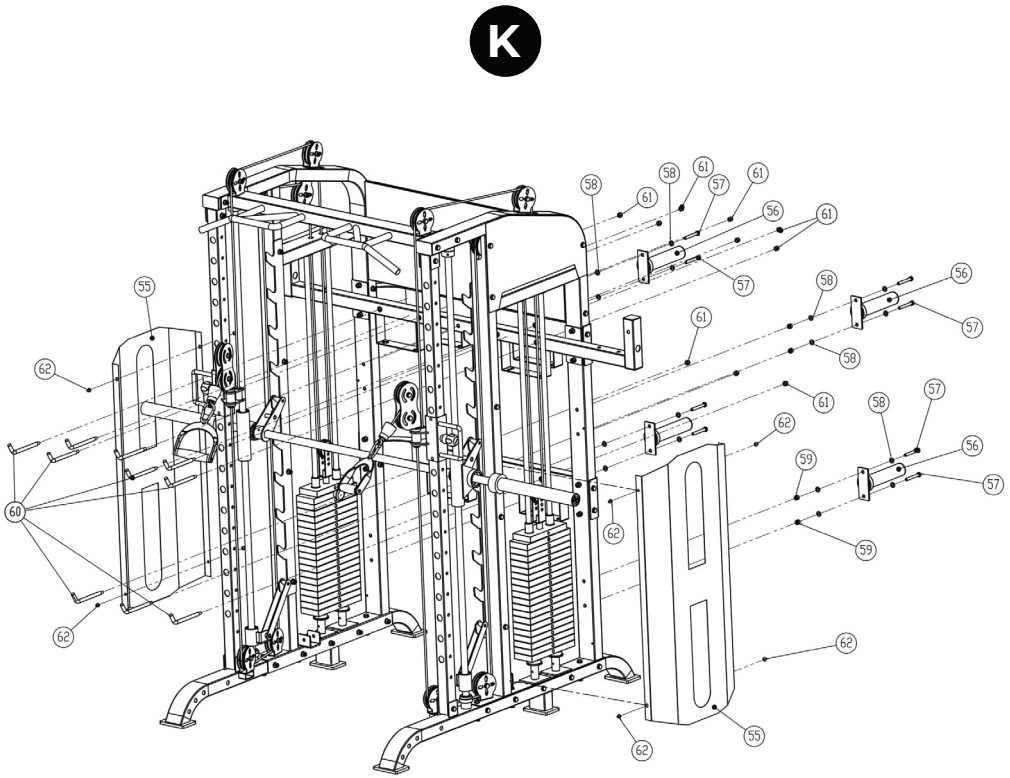


Once the cable is fully in place, you need to attach the upper and rear guard boards (parts 48 and 49 respectively).

15. Secure these to the frame using screws, washers and bolts (parts 42-44). One of the bolts goes through the Smith hook board, which is why you would have left this bolt hole free in stage 2.



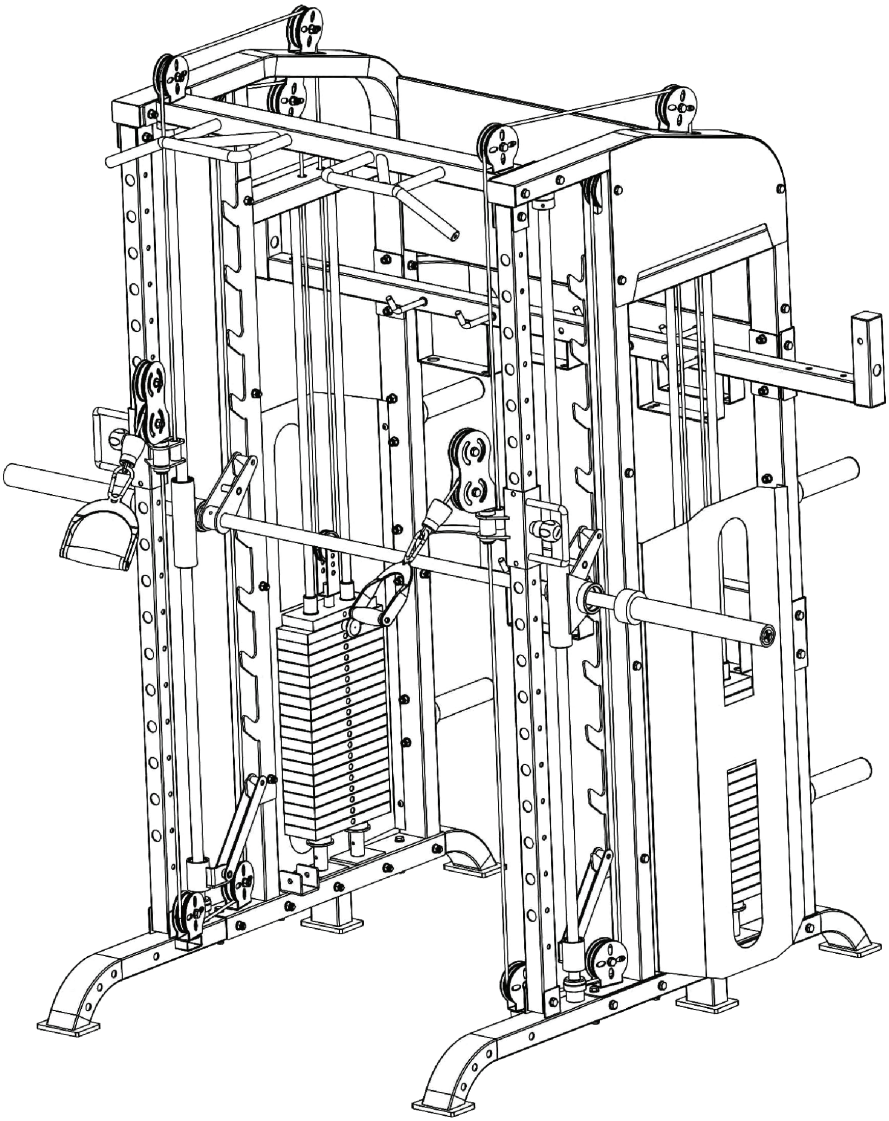
Stage 6 – Side Panels/Weight Pegs



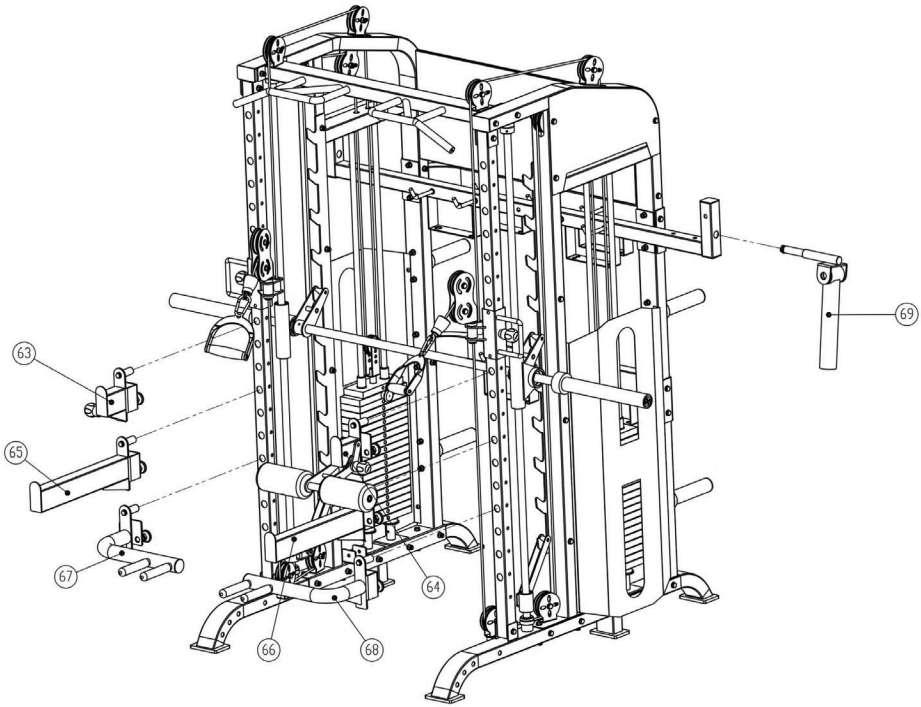
Now it's time to attach the weight plate holder pegs (parts 56) and the two included side panels (parts 55) to the rack. These sit directly in front of the weight stacks.

1. Attach the 4 weight plate pegs to the rear of the rack frame using M12*70 outer hexagonal bolts (parts 57), washers (part 58) and M12 lock nuts (part 59).
2. Align the bolt holes in the right side panel (part 55) with the inside frame of the rack. Use the rounded-headed bolts (parts 62) to secure the panel in place.
3. Repeat this step on the left side of the rack.

L



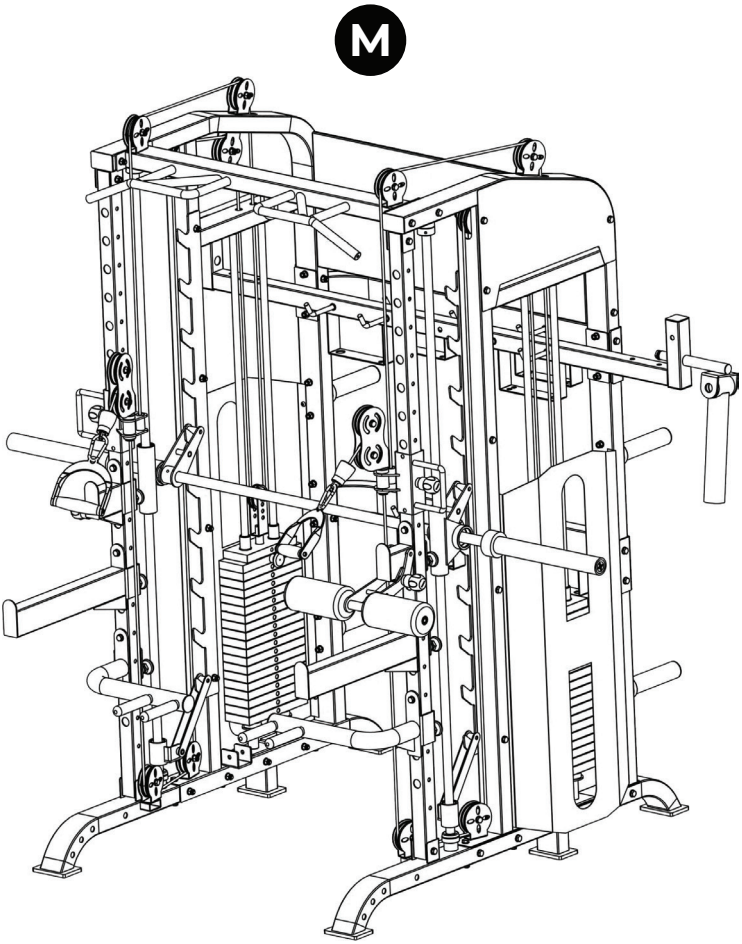
Stage 7 – Training Attachments

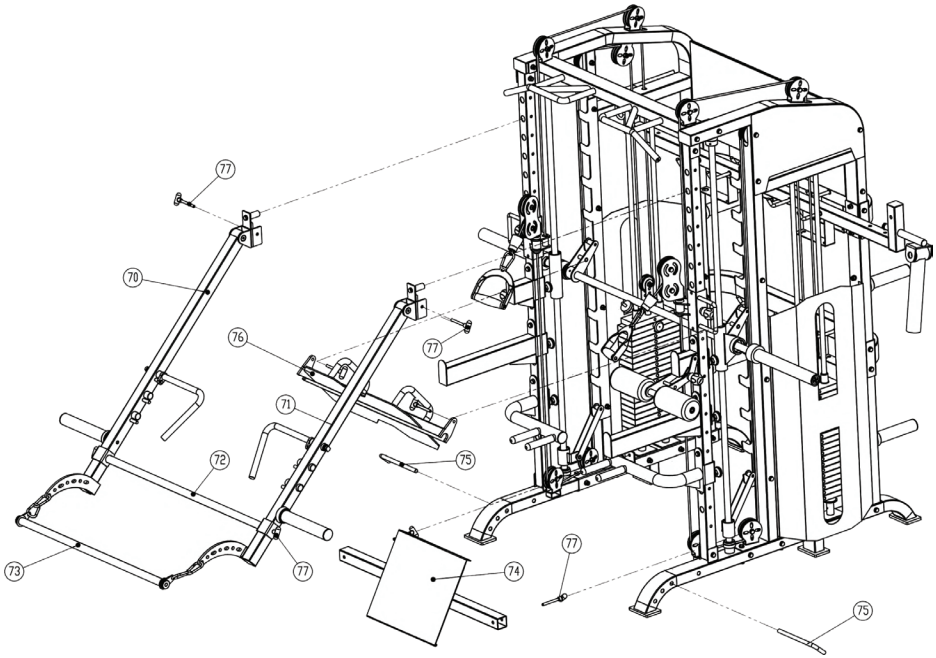


Your rack is almost ready, all that's left is to secure each training attachment to the machine.

1. First, let's start with the landmine attachment. This attachment needs to be secured to the back of the rack (part 9). Hold the locking ring in place with your finger, slide the attachment into the rack frame. It should click into place once fully secured.
2. Next, you can add the jammer arms (parts 70 and 71 – diagram N). The plate holder should always be pointing in the direction of outside the rack, not inside. The top of the jammer arm simply slides into one of the holes in the vertical upright. Which hole you put it in exactly will depend on your training preferences and goals. Secure the jammer arm with the locking pin. **Note:** Each jammer arm is fitted with spacers on the back. You can adjust the spacer if needed depending on how you want it to sit against the rack.
3. Repeat this step on the other side of the rack.
4. The row bar (part 72) included simply clips onto the jammer arms. Align the bar over two holes of the same height on the jammer arms and secure each side with a safety pin.
5. Next you can add the footrest (part 74). The footrest bar aligns inside the rack on each side. Secure it in place on either side with safety pins.

6. Another attachment included with the Loki Multi-Gym is the barbell footplate (part 76). This footplate can simply be placed over the barbell, tilted and secured by inserting safety pins through the aligned holes. The sides of the footplate feature a straight and a slightly curved side. The curved side should always be facing towards you when you attach the footplate to the barbell.
7. Two spotter arms (parts 65 and 66) with locking pins are also included with Loki. These are simple to secure to the rack. Align the spotter arm with the hole in the vertical, ensuring you place it on from the outside of the rack. Pull the pin back and slot the arm into place. The pin will drop down automatically into the hole once it is secure.
8. You can attach the included dip bars (parts 67 and 68) to your rack in the same way. Coming from the outside of the rack, pull back the pin, align the dip bar and lock it into place.





Your Loki Multi-Gym Rack is now ready for use!

Important notes:

- Before exercising with this piece of equipment, please ensure that all bolts and screws are securely tightened and that all pieces are stable.
- All safety pins can be stored at the back of the rack.
- Always use the numbers on the vertical upright to keep both spotter arms at the same height on the rack and ensure your barbell remains secure.
- Remember to maintain your equipment by regularly checking the tightness of parts and ensuring the cables are in good condition, free from wear and damage. As a general rule of thumb, we recommend replacing the cables in your multi-gym once every one to two years, or more regularly depending on usage frequency.