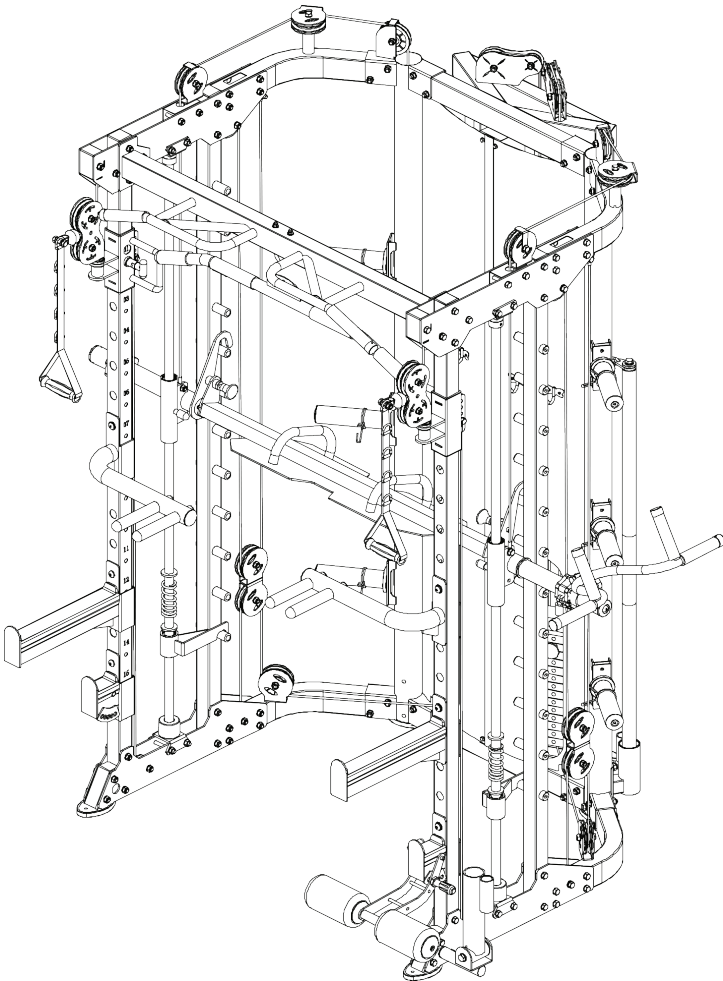


Installation Manual

rpm  power®

Kratos 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. For step-by-step assembly videos, exercise guides and product details, visit:

r p m C A R E



care.rmpower.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@rmpower.com



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RPM Power, Nenagh Rd, Thurles, Tipperary, E41 Y512 Ireland



@RPM Power



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We highly recommend watching the assembly video for this product, which can be found on the care.rmpower.com website.

PLEASE KEEP A COPY OF THIS MANUAL FOR FUTURE REFERENCE.

SPECIFICATIONS:

- Product weight: 395kg
- Steel thickness: 2mm
- Material: Powder-coated steel
- Weight stacks: 2 x 70kg (140kg total in 5kg increments)
- Rack frame dimensions: 214cm (W- Inc smith rail) x 225cm (H) x 130cm (D)
- Box dimensions: 226cm x 72cm x 40cm
- Dip station capacity: 200kg each station
- Pull-up bar capacity: 260kg
- Plate storage peg capacity: 200kg each peg
- Spotter arms: 260kg each arm
- Suitable for use with 2200mm and 2000mm Olympic barbells
- Suitable for use with 2" Olympic weight plates
- User age recommendation: 16 years+

Safety & Usage Guidelines for Kratos 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.rmpower.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 Kratos 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.rmpower.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 Kratos Multi-Gym comes with a 5-year home-use guarantee on non-wearable parts. 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 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.rmpower.com**. If you do not agree to these terms, please refrain from assembling, installing, or using our products.

ASSEMBLY INSTRUCTIONS

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	M10x75	54
10	lock nut	M10	100
11	washer	Φ10	210
12	washer	Φ10	1
13	chin up bar		4
14	upper plate		1
15	pulley frame tube right		1
16	pulley frame tube left		2
17	upright tube		1
18	tube with hole right		1
19	tube with hole left		4
20	lower plate		1
21	sliding tube right		1
22	sliding tube left		2
23	foot tube cover		2
24	end tube		14
25	hexagon bolt	M10x80	2
26	upper base		2
27	guide rod	Φ25x1850	2
28	lock sleeve		2
29	sliding sleeve		2
30	rubber pad with groove	Φ60xΦ26x45	2
31	safety hook right		1
32	safety hook left		1
33	hexagon bolt	M10x90	8
34	socket set screw	M8x10	2
35	end cap		2

Parts List

No.	Description	Note	Qty.
36	check ring		2
37	pipe	Φ50x310xT0.5	2
38	button head socket screw	M12x40	2
39	spring washer	Φ12	2
40	washer	Φ12	2
41	barbell rod		1
42	inner pipe	Φ48x298x2.5T	2
43	rubber pad	Φ60xΦ26x25	2
44	rubber pad	Φ60xΦ26x42	4
45	guide rod hollow	Φ25x1955	4
46	reinforcing plate		4
47	weight stack		2
48	hexagon bolt	M10x20	8
49	wire	Φ5x2745mm	2
50	pulley	Φ95	20
51	pulley plate		4
52	hexagon bolt	M10x45	14
53	hexagon bolt	M10x50	4
54	hexagon bolt	M10x25	7
55	weight		2
56	wire	Φ5x4095mm	2
57	"- " shaped pulley frame		2
58	pulley spacer sleeve	Φ20x10.5xL20.5	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	M6x16	10
66	washer	Φ6	10
67	hook		4
68	"+" slotted countersunk head bolt	M4x12	8
69	lock nut	M4	8
70	hexagon bolt	M8x20	12

Parts List

No.	Description	Note	Qty.
71	washer	Φ8	12
72	core trainer		1
73	powder metallurgy sleeve		2
74	barbell rod cup		1
75	big washer	Φ25x10x2.0	1
76	hexagon bolt	M10x95	2
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 right		1
83	long bar		1
84	ship rod		1
85	hand belt		2
86	pull lift device		1
87	T shape pin	Φ10x100	1
88	leg curl tube		1
89	barbell rod ring		2
90	selector rod		2
91	weight pin		2
92	footplate		1

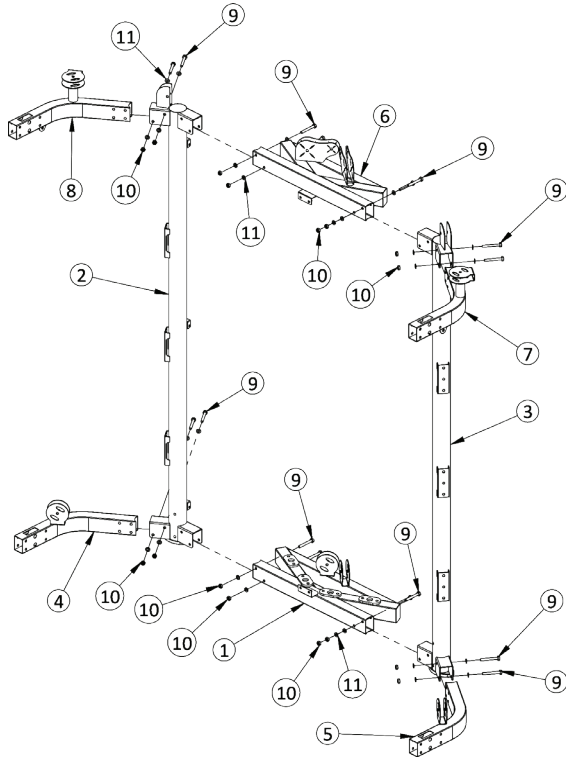
Bolt length Measurement Table



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

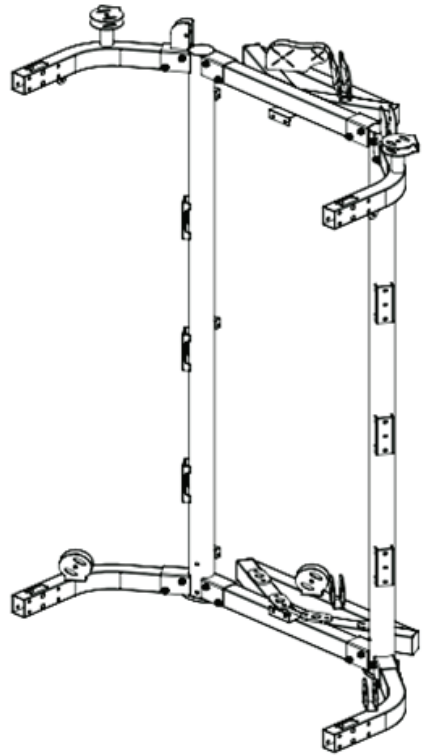
Visit care.rmpower.com for the step-by-step assembly video



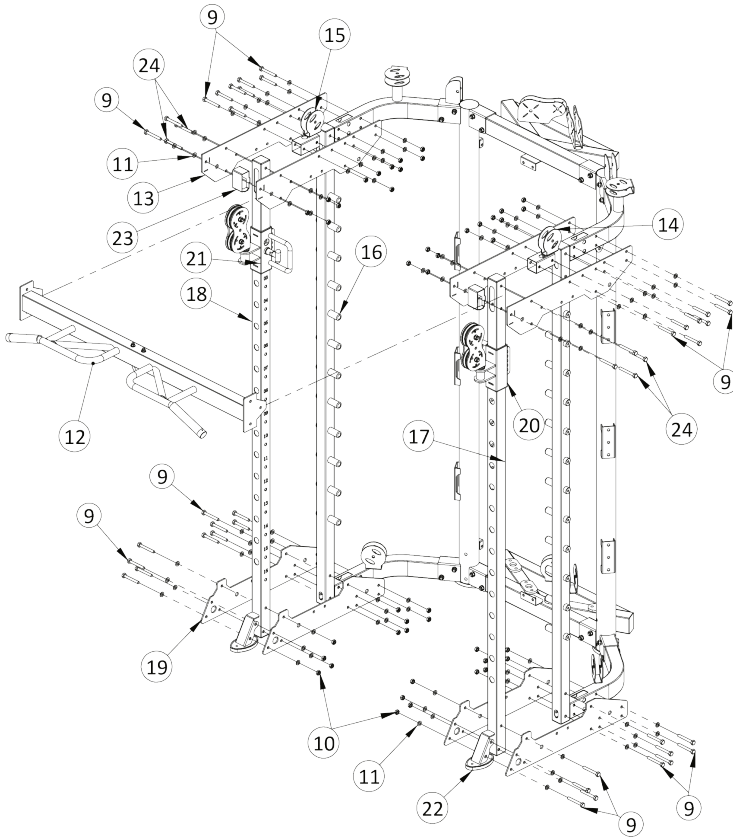
Parts required:

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	M10x75	16
10	lock nut	M10	16
11	washer	Φ10	32

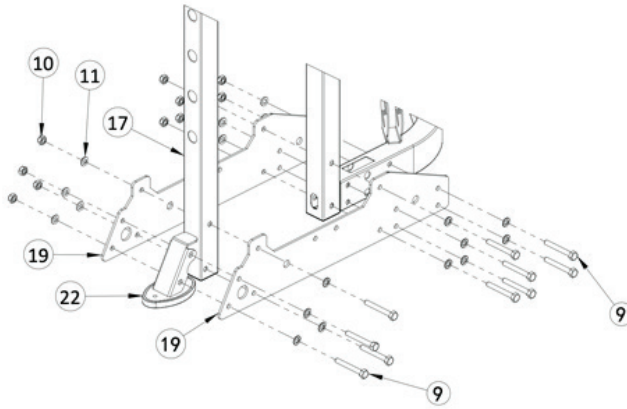
1. After unboxing your Kratos Multi-Gym Rack, lay all of the foundational pieces out clearly on the ground. We recommend inserting the two counter-balance weights into each of the tube uprights (2 and 3) before assembling the rack. This is particularly advisable if you have limited ceiling height.
2. This step is fully outlined in our assembly video:
 - Six cables are included with this rack: 2 short, 2 medium-length and 2 long cables. Take one of the shorter cables and screw it into the counterweight.
 - Tighten the top nut with a spanner first, then secure and tighten the lower nut.
 - Now place the counterweight into the left upright frame (2). Get another person to stand the frame upright.
 - Repeat this step with the right upright frame (3).
3. Insert the connection tube (1) into the right-side opening of the left upright (2). Secure the pieces together using the M10x75 hexagon bolt, $\Phi 10$ washer and M10 lock nut (9-11). Do not tighten the bolts fully, as this leaves room for any changes to be made later.
4. Connect the left bending tube (4) with the left side of the upright frame (2) and secure it with the same nuts, bolts and washers. Again, do not tighten the bolts fully.
5. Repeat this process on the right side of the rack with parts 3 and 5.
6. Next, connect part 8 (left upper bending tube) to the top of the rack frame. Part 8 will have a small metal eye on the under left side. Align two of the holes inside the rack and secure it in place with M10x75 hexagon bolt, $\Phi 10$ washer and M10 lock nut (9-11). Repeat this step on the other side with part 7, the right upper bending tube.
7. Now, you need to connect the left and right sides of the frame together with the upper connection tube (6). Secure everything in place with the bolts, washers and nuts (9-11). Be sure not to tighten the bolts fully.



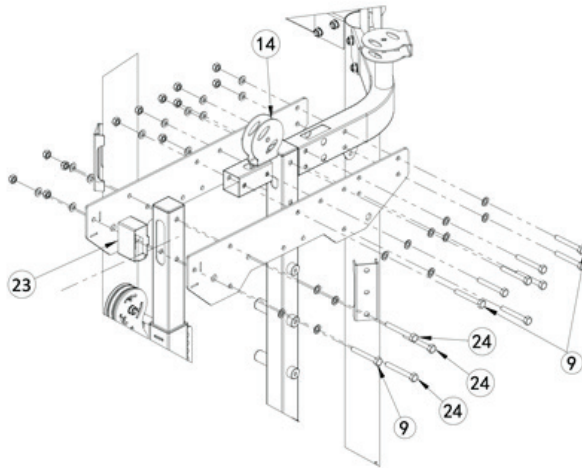
Stage 2 – Verticals



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



1. Two sets of **lower** plates (19) are included in the setup. The square end of the plate should always be facing outwards and the four holes at the back should align with the pulley casing at the base of the rack. Align the two plates with the rack and secure them in place with M10x75 hexagon bolts, $\Phi 10$ washers and M10 lock nuts (9-11). Repeat this entire process on the other side of the rack.



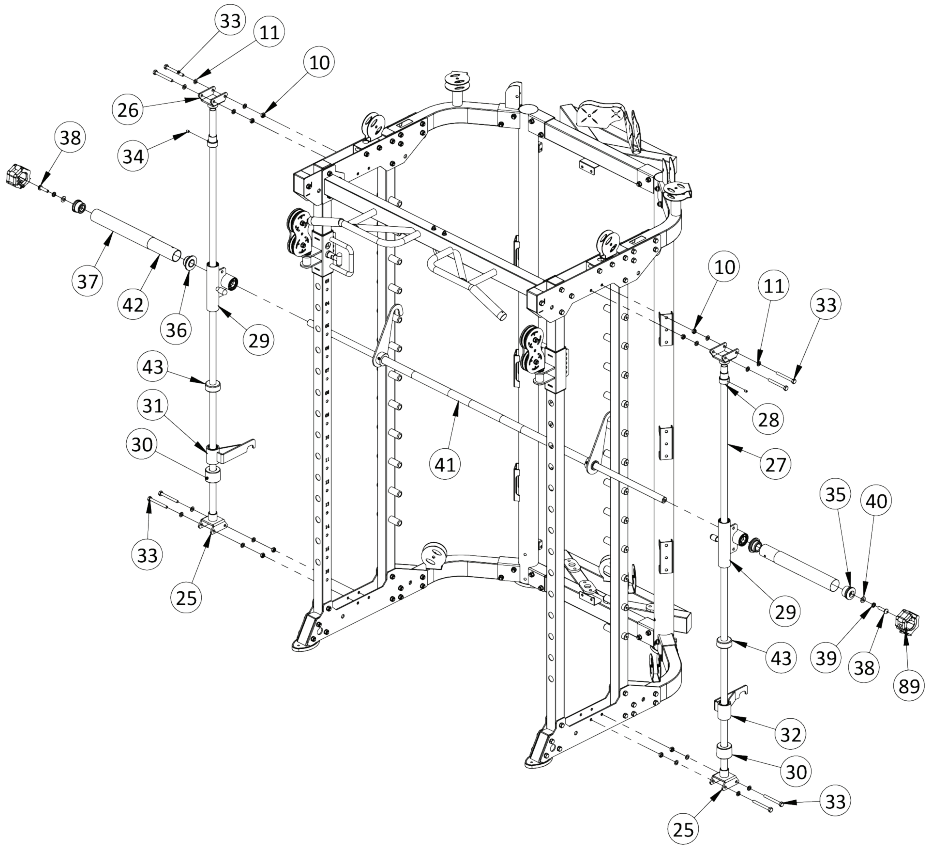
2. Two sets of **upper** plates (13) are included. The completely straight side should be at the top and the side with two straight slits should be to the front. Align the four holes on the upper plate with the upper frame of the rack. Slide the bolt through the top hole on the plate and through the rack. Position the second plate on the other side of the bolt. Secure both plates in place with bolts, nuts and washers, parts 9-11. Repeat this step on the other side of the rack.
3. The rack should now stand firmly in place.
4. Now we move on to assembling the vertical uprights of the Smith machine. The upright tubes of the Smith Machine (16) come with pre-installed pins: please ensure all of these pins are securely in place before continuing with the assembly process.

5. The top side of each upright tube will have a small oblong-shaped hole, while the bottom side has a circular hole. Slide one upright tube (16) through the upper and lower plates which you have already fixed to the rack frame.
6. Fix the tube to the base of the frame using bolts, nuts and washers (9-11) and repeat this step on the other side of the frame. Do not tighten the bolts fully.
7. In the same way, you should now fix the tube (16) to the top of the frame using bolts, nuts and washers (9-11). Repeat this step on the other side of the frame, again, do not tighten the bolts fully.
8. Locate parts 14 and 15, the left and right pulley frames. You can see that the pulleys are positioned slightly off-centre on their frame. When placing these pulley frames onto the rack, ensure that the pulley is positioned at the back and that the offset is on the inside of the rack.
9. Place the left pulley on top of the rack frame and secure it in place with bolts, nuts and washers (9-11). Do not tighten the bolts fully. Repeat this step on the right side of the rack.
10. The vertical uprights, i.e. (the left and right tubes with holes and numbers – parts 17 and 18) sit just in front of the Smith machine uprights. The numbers on the steel upright should be facing inwards on the rack.
11. Place the cable sliding tube (21) over the left vertical upright (18). Pull out the pin and position it on the upright in a way where the small hole on the sliding tube will display the number. To adjust the cable sliding tube, simply pull out the pin and slide. Once in position, twist the pin to secure it.
12. Position the vertical upright into the rack. The oblong shaped hole should be at the top of the rack and the upright should align with the top of the lower plates. At the base only, secure the vertical upright into place with the bolts, nuts and washers (9-11). Don't secure the verticals at the top of the rack yet, as we will need these holes free for a later step.
13. Now you can attach the 2 x foot tube covers (22) to the base of the rack. Ensure the rubber base is securely placed underneath each foot cover and, getting another person to help you if needed, gently lift the rack and slide the first foot cover under it. Secure it with bolts, nuts and washers (9-11). Repeat this process on the other side of the rack.

Adding these foot covers is an important step in the assembly process. Once these are securely in position, the rack will be level and you can now go about tightening all bolts.

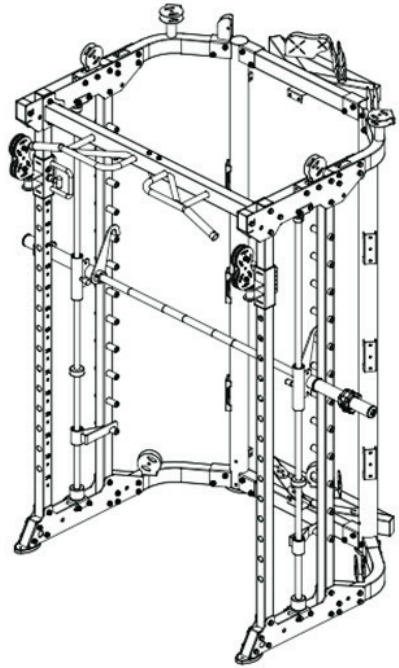
14. Next, you need to attach the pull-up/chin-up bar (12). The bolts on the pull-up bar go through the steel vertical upright inside the rack frame. Ensure you have all bolts to hand (3 x hex bolts, parts 24) as well as the washers and nuts (10 and 11). Ideally, another person would help you with this step. Lift the pull-up bar and secure it to the rack on both sides.

Stage 3 – Smith Bar



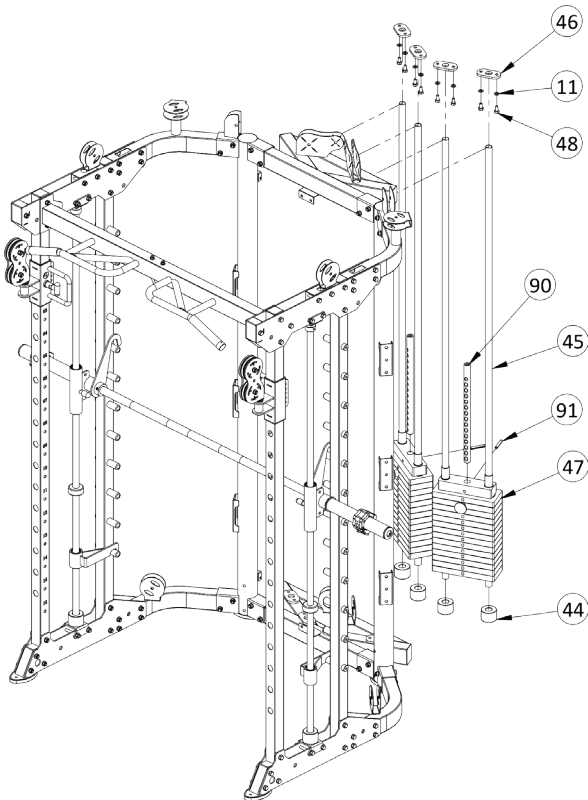
No.	Description	Note	Qty.	No.	Description	Note	Qty.
10	lock nut	M10	8	34	socket set screw	M8x10	2
11	washer	Φ10	16	35	end cap		2
25	lower base		2	36	check ring		2
26	upper base		2	37	pipe	Φ50x310xT0.5	2
27	guide rod	Φ25x1850	2	38	button head socket screw	M12x40	2
28	lock sleeve		2	39	spring washer	Φ12	2
29	sliding sleeve		2	40	washer	Φ12	2
30	rubber pad with groove	Φ60xΦ26x45	2	41	barbell rod		1
31	safety hook right		1	42	inner pipe	Φ48x298x2.5T	2
32	safety hook left		1	43	rubber pad	Φ60xΦ26x25	2
33	hexagon bolt	M10x90	8	89	barbell rod ring		2

1. Now it's time to assemble the Smith Machine. Two lower (25) and two upper (26) bases come with this rack. The base with the smaller hole will go at the base of the rack. Secure it to the base of the rack between both vertical bars with hexagon bolts (33), lock nuts (10) and washers (11). Do not tighten the bolts fully.
2. Repeat on the other side.
3. Take the Smith guide rod (part 41) and place it inside the rack frame by hooking it on one of the lower rungs.
4. Kratos comes with 6 x steel bars called guide rods; two shorter solid guide rods for the Smith Machine (27) and two longer hollow guide rods for the weight stacks (45). Take one of the shorter steel guide rods (27) and place it through the hook sleeve and into the lower base element that you just secured to the rack.



5. Gather the rubber pad with groove (30), the left safety hook (32), the spring washer (39), the rubber pad (42), and the two metal washers. Starting on the left side, lift the base of the guide rod upwards and in the following order, place one rubber pad, one washer, one spring, another washer, the left safety hook and finally, the rubber washer with groove onto the guide rod, before placing it back into the base.
6. Now slide the socket set screw (34) over the top of the guide rod.
7. Secure the upper base (26) just above the guide rod at the top of the rack frame with hex bolts (33), nuts (10) and washers (11).
8. From here, lift the socket set screw to the top of the guide rod and secure both into the upper base. Tighten the socket screw on both sides with an Allen key.
9. Repeat this process on the right side of the rack.

Stage 4 – Weight Stacks

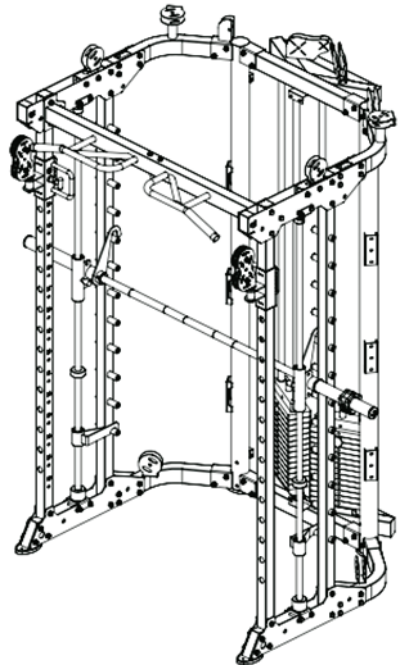


No.	Description	Note	Qty.
11	washer	Φ10	8
44	rubber pad	Φ60xΦ26x42	4
45	guide rod hollow	Φ25x1955	4
46	reinforcing plate		4
47	weight stack		2
48	hexagon bolt	M10x20	8
90	selector rod		2
91	weight pin		2

- 1 Now it's time to assemble the two weight stacks. Align the four rubber pads (44), along the bolt holes on the lower connection tube (1).
2. Take one of the four hollow guide rods (45) and place it through the first rubber pad (44) on the lower connection tube. Get another person to help you hold the rods upright if needed.
3. You can either stick the weight labels onto the weight stack plates now, or, once they are assembled in the stack. Be aware that the plastic ring around the hole in the weight plate needs to be facing upwards when you stick the label. The small hole on the side needs to face out front, as the weight stack pin will go in here. Start by stacking the weight plates in order close to the rack, this will make assembling the weight stacks easier.

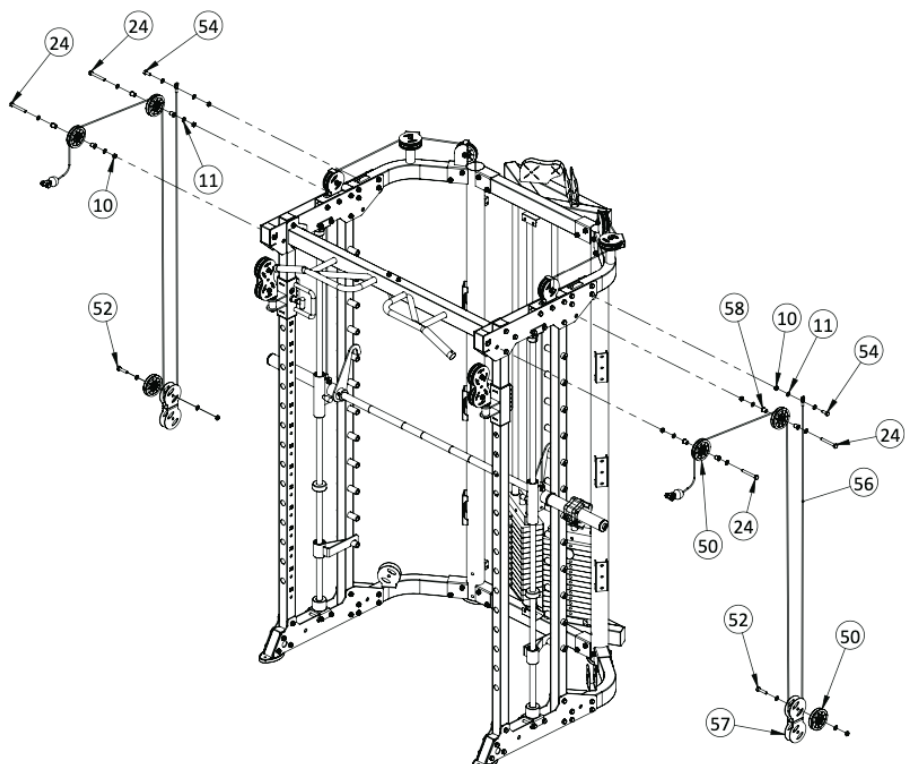
Note: The inner plastic rings on the weight stacks can fall out easily. This is an intentional design, you simply need to pop the ring back in if this happens.

4. Grab the first weight plate with both hands and slowly lower it over the two right guide rods. Repeat this process with the rest of the plates. This process can be done by one person, but is much easier with two people. Each stack is made of 13 x 10kg weight plates, which should sit neatly on top of one another.
5. The weight stack selector rod (90) should already be attached to the single 5kg weight plate. Slide this over the guide rods in the same way, so that it sits on top of the weight stack.
6. Once the stack is complete, lower a reinforcing plate (46) over each guide rod. Let one reinforcing plate rest on top of the stack, but keep the other lifted and secure it to the rack frame with hex bolts (48) and washers (11). Secure the second reinforcing plate in the same way.
7. Repeat this entire process with the second weight stack.
8. Now that the weight stacks are in place, it's time to tighten all of the bolts on the frame. You can use a drill, ratchet, or spanner to tighten the bolts.



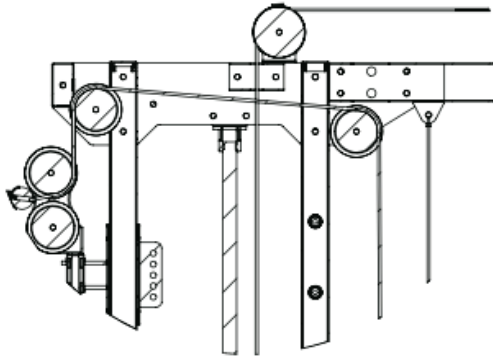
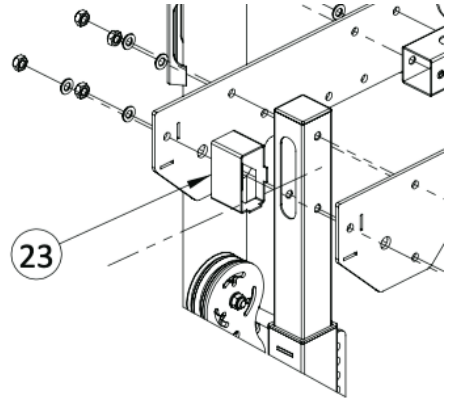
Stage 5 – Cable System

Front Cable System



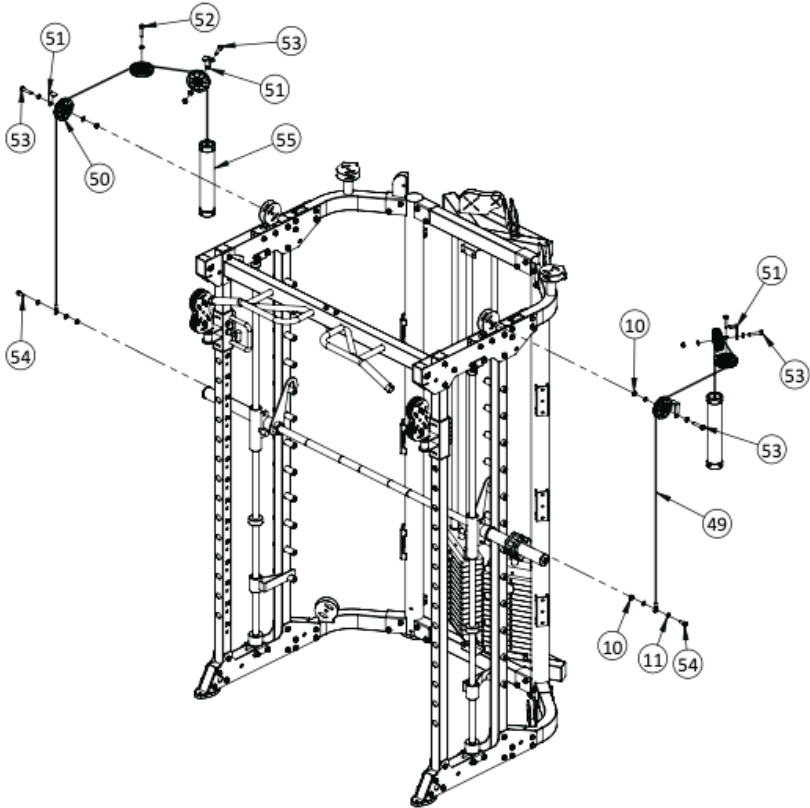
No.	Description	Note	Qty.
10	lock nut	M10	8
11	washer	Φ10	16
24	hexagon bolt	M10x80	4
50	pulley	Φ95	6
52	hexagon bolt	M10x45	2
54	hexagon bolt	M10x25	2
56	wire	Φ5x4095mm	2
57	"-" shaped pulley frame		2
58	pulley spacer sleeve	Φ20x10.5xL20.5	8

1. Start by attaching the end tubes (23) to the upper rack frame. Push the tube into the frame with the cut out facing inside the rack. Use slight force with a hammer if needed to align the bolt holes. Secure it in place using hex bolt (9), nut (10) and washer (11). Repeat this step on the right side of the rack.
2. Next, attach the two larger pulleys (50) just below the end tubes on the left and right sides. Secure both in place with hex bolts (54), nuts (11) washers (10) and the plastic spacers provided (51).
3. At the rear of the rack, attach the medium-sized pulleys (50) to the left and right sides with hex bolt (53), nut (11) washer (10).
4. At the base of the rack, you will eventually need to attach one of the smaller pulleys (50) – however, you should run the cable system through here before doing so.



5. To start on the cable system: Unravel the cable with the metal clip at the end (56).
6. Insert the cable end with the metal eyelet into the centre of the dual cable pulley system on the left upright.
7. Feed the cable upwards through the top pulley. The cable may become damaged during use if it is sitting on any of the bolts, so use your fingers to guide it between the bolts.
8. Pull the cable out of the rack and place the end through the centre of the loose dual pulley (57).
9. Fix the end of the cable through the hanging eyelet on the upper rack frame, securing it with a hex bolt (54), nut (11) washer (10).

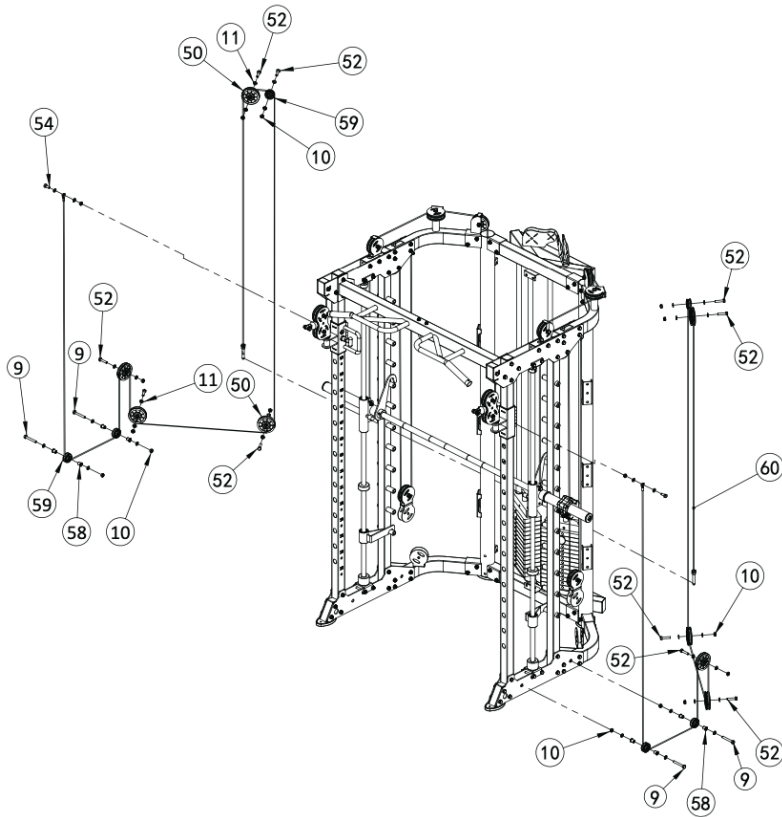
Counterweight Cable System



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

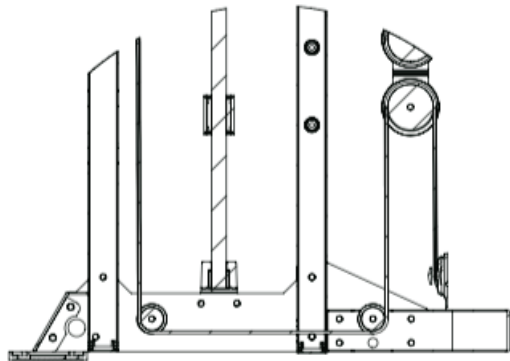
1. In one of the first steps of assembly, we attached the cable (49) to the counterweight and placed the counterweight in the rear rack tube. Now it's time to connect this cable system.
2. Run the cable over the top pulley and through the back of the horizontal pulley. Continue to run it over and down the front of the next pulley, ensuring to keep the cable running between bolts in the frame.
3. Secure the cable in place on the Smith bar with hex bolt (54), nut (11) washer (10).
4. Repeat this process on the other side of the rack.

Weight Stack Cable System



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		2

1. Unravel the two weight stack cables (part 60). These are the cables with the bolt at one end.
2. Screw the end with the bolt into the top of the left weight stack. Tighten the top nut and secure the counter bolt. You can lengthen or shorten the cable by loosening and retightening these bolts.
3. Taking the other end of the cable, insert it into the small hole at the rear of the rack frame. Pull the cable upwards and through the two pulleys at the top of the rack.
4. Guide the cable down and under the pulley located at the back of the stack, then subsequently run it underneath the weight stack itself.
5. Guide the cable over to and underneath the pulley at the base of the rack.
6. Guide the cable upwards through the centre of the dual pulley that is currently “hanging” from cable 56.
7. From here, run the cable into the base of the rack and pull it out just before you reach the steel vertical.



8. Now you can insert the pulley (50) into the base using hex bolt (52), nut (10) and washer (11).
9. Insert the pulley (59) into the base using hex bolt (9), nut (10), plastic spacer (58) and washer (11). Ensure the cable is sitting in the groove of both pulleys.

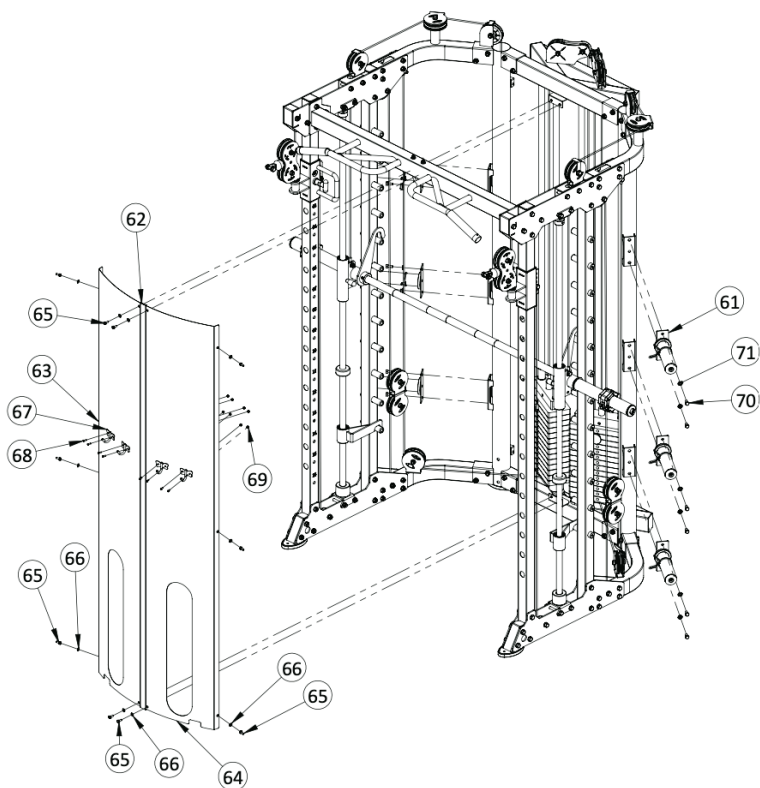
10. Next secure the end of the cable to one of the five holes on the cable adjustment. Which of the five holes you secure it to depends on the cable. You want the cable to be taut and not pulled too tight. Secure the cable with hex bolt (54), nut (10) and washer (11). Tighten all bolts with a spanner, ratchet or drill.
11. Repeat this step on the other side of the rack.

Three types of cable attachments come with the Kratos Multi-Gym: 1 x short lat-pull-down bar, 1 x curved lat-pull-down bar and 2 x handles. You can simply clip these onto the rack cable system via the included karabiners.

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 taut 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 bolts.

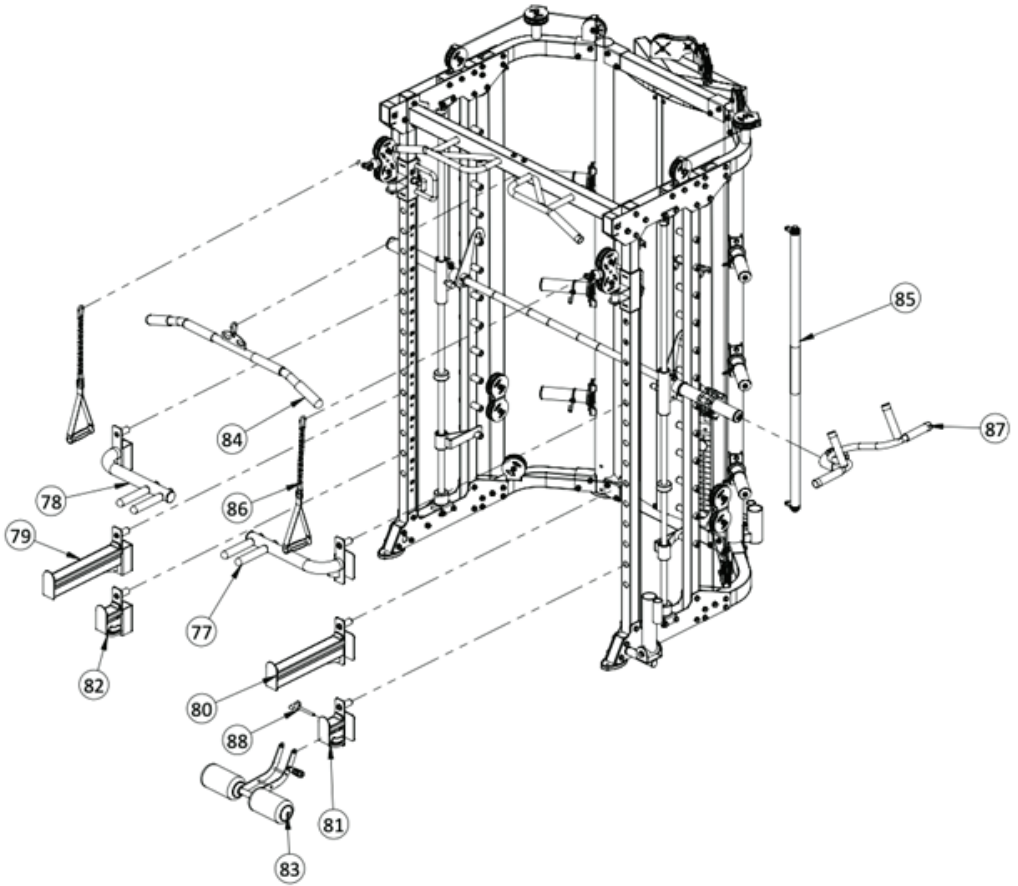
Stage 6 – Rear Panels



No.	Description	Note	Qty.
61	barbell plate holder		6
62	connection strap		1
63	shield left		1
64	shield right		1
65	hexagon bolt	M6x16	10
66	washer	Φ6	10
67	hook		4
68	"+" slotted countersunk head bolt	M4x12	8
69	lock nut	M4	8
70	hexagon bolt	M8x20	12
71	washer	Φ8	12

1. One rear panel comes with this set-up. Attach the four hooks (67) to the front of the panel with bolts (68) and lock nut (69).
2. Position the panel inside the rack, just in front of the weight stacks.
3. Gather hex bolts (65) and washers (66). Lift the panel into the frame of the rack. Use an Allen key to secure it in place at the top and bottom with the bolts and washers. (Ensure the cables run through the square cut-outs in the panel.)
4. Get behind the panel to secure the lower side of it to the rack.
5. Again, behind the panel, secure the bolts at the middle side and at the top.
6. Tighten all bolts.

Stage 7 - Additional Elements



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 right		1

No.	Description	Note	Qty.
83	long bar		1
84	ship rod		1
85	hand belt		2
86	pull lift device		1
87	T shape pin	Φ10x100	1
88	leg curl tube		1

There are a number of attachments included with the Kratos Multi-Gym:

• **Weight Plate Holders**

There are 6 x weight plate storage pegs with Kratos. If you place a peg against a level surface, you can see it tilts very slightly. Secure each peg onto the rack frame, placing three on each side, and ensure that they tilt slightly upwards. Use bolts (70) and washers (71) to secure them in place. Tighten all bolts with a spanner, ratchet or drill.

• **Barbell Holder**

Use two hex bolts (76), lock nuts (10) and washers (11) to attach the barbell holder (74) to the rear of the rack.

• **Landmine Attachment**

You can position the landmine attachment (72) on either the right or left side of the rack. Slide the circular end into the hole on the rack frame and secure it with the spacer (73) on the other side. Insert the safety pin into the spacer to keep the attachment in place.

• **Footplate**

Next, you can attach the footplate. Ensure the slightly longer tube is positioned facing inwards and the shorter half of the plate is at the base. Push the steel rod through the right footplate, through the rack base and finally through the left footplate. You may need to lift the rack to position the bar in place. Secure the rod with a hex bolt and washer.

• **J-hooks**

Kratos includes two J-hooks; one, however, doubles as a lat pull-down support. You can combine or separate these two pieces using the hex bolt, washer and nut and the locking pin. Position the J-hook onto the rack simply by sliding it into the vertical frame.

• **Spotter Arms**

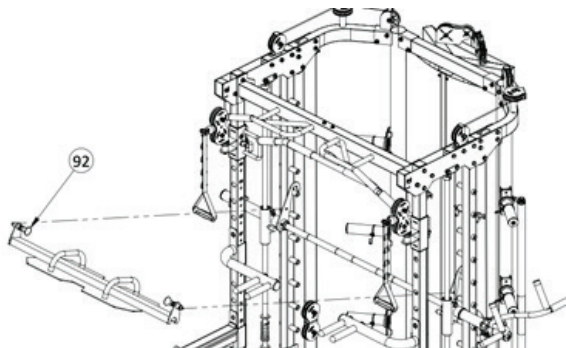
Two spotter arms come with Kratos. You can position them onto the rack in the same way as the J-hook, simply by sliding it into the vertical frame.

• **Dip Bars**

The two dip bars can be positioned onto the vertical frame in the same way as the spotter arms and J-hooks.

• **Leg Press Plate**

The leg press plate has one slanted and one straight side. The slanted side should always be positioned towards the rear of the rack. Align the plate with the small lip on the Smith bar. Pull the pins out, twist the plate and lock it into place. To remove the plate, pull the pins out, twist the plate and lift it off the bar.



Your Kratos 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 on the hooks at the back of the rack.
- Always use the numbers on the vertical upright to keep both spotter arms and J-hooks 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.

