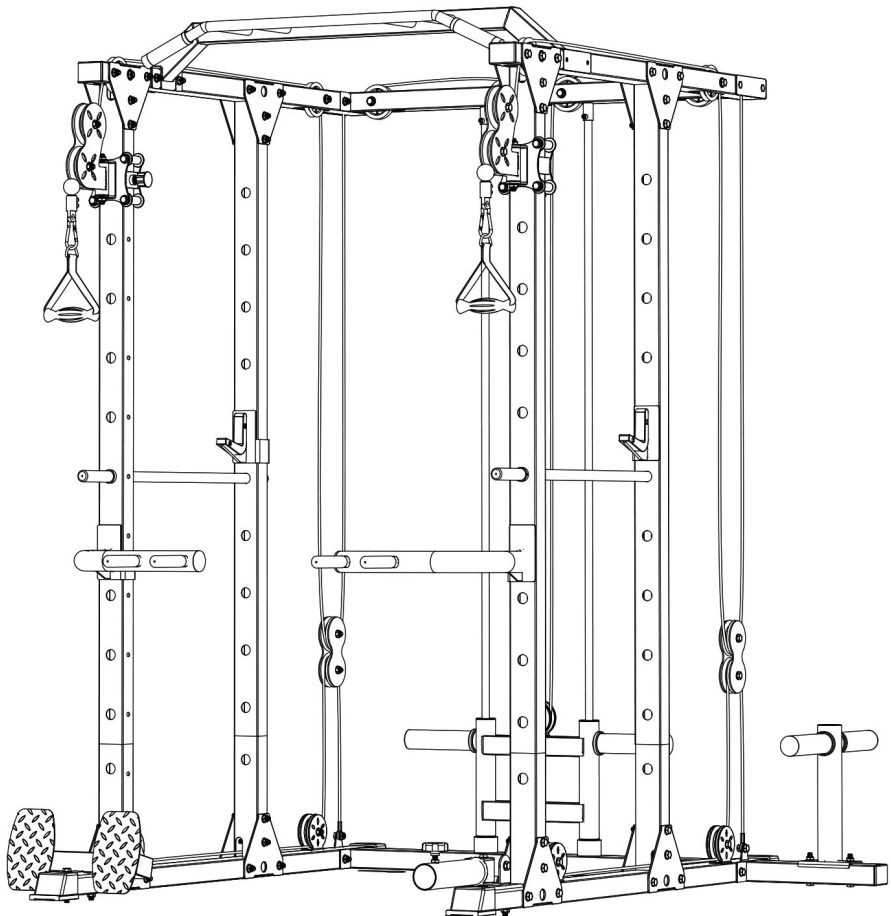


# Installation Manual

rpm  power®

## Crossover 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:

rpm CARE



**[care.rmpower.com](https://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](mailto:info@rmpower.com)



+353 504 23969



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



@RPM Power



@rpm\_power

**We highly recommend watching the assembly video for this product, which can be found on the [care.rmpower.com](https://care.rmpower.com) website.**

**PLEASE KEEP A COPY OF THIS MANUAL FOR FUTURE REFERENCE.**

## **SPECIFICATIONS:**

Product weight: 68kg

Product size: 160cm (D) \* 160cm (W) \* 214cm (H)

Number of vertical bar adjustment positions: 11

Vertical bar adjustment position intervals: 15cm

J-hook: 12cm (outer length) / 3cm (inner width) / 8cm (inner length)

Plate storage peg: 20cm length

Lower foot plate (one side): 37cm W x 20cm H

Dip station bar: 38cm L

Lifting method: Plate-loaded

Multi-gym weight capacity: 250kg

Multi-gym cable system weight capacity: 120kg

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 Crossover Multi-Gym**

### **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:

- ☐ **Ensure all bolts are checked for tightness and subsequently tightened where needed before each 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/>.
- ☐ **Ensure all bolts are regularly checked for tightness and subsequently tightened where needed.**

## 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 Crossover Multi-Gym Bar 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.

**Exercising:** Always ensure you are aware of proper technique and form before performing any exercise with this product. Never exercise in a compromising position, i.e. where there is a risk of falling into or on the product, or exercising in a way which may cause injury.

## 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 Crossover Multi-Gym Bar comes with a 2-year home-use guarantee on non-wearable parts and a 1-year home-use guarantee on 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.

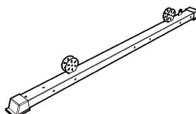
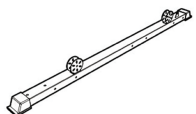
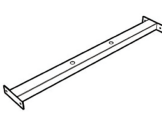
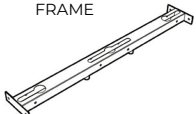
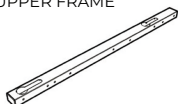
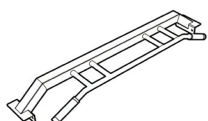
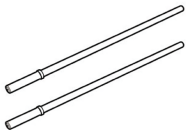
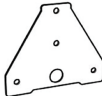
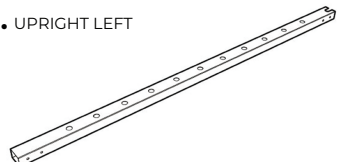
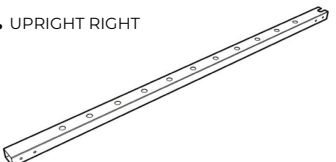
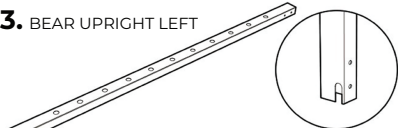
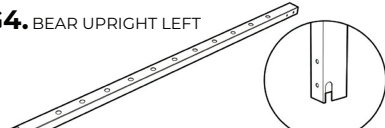
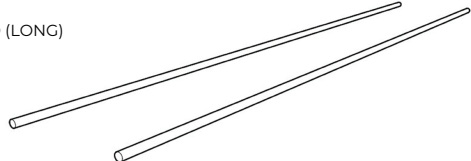

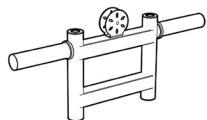
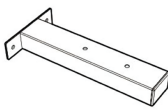
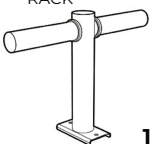
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**Limited warranty:** RPM Power provides a limited warranty for its products, as outlined in the warranty section of this manual. Any claims under the warranty must be made in accordance with the terms and conditions specified therein.

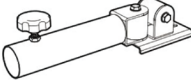
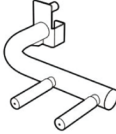
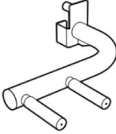
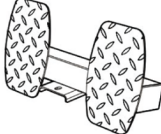

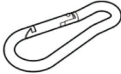
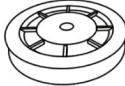
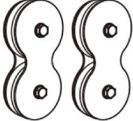
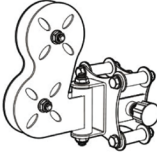

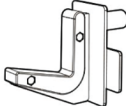
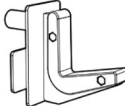

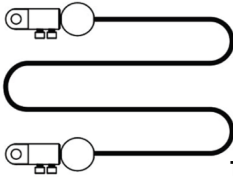
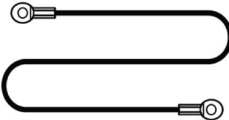
By using RPM Power exercise machines, the user acknowledges and agrees to these terms and conditions. RPM Power reserves the right to modify or update this liability disclaimer at any time. It is the user's responsibility to review this disclaimer periodically for any changes on the **RPM Care website: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

# ASSEMBLY INSTRUCTIONS






## PARTS LIST

<b>A1. BASE LEFT</b>  <b>1pc</b>	<b>A2. BASE RIGHT</b>  <b>1pc</b>	<b>B. BEAR CROSS BASE</b>  <b>1pc</b>	<b>C. UPPER CROSS FRAME</b>  <b>1pc</b>
<b>D1. D2. UPPER FRAME</b>  <b>2pcs</b>	<b>E. PULL-UP FRAME</b>  <b>1pc</b>	<b>W. BAR CATCH</b>  <b>1pair</b>	<b>V. FIXED PIECE</b>  <b>16pcs</b>
<b>G1. UPRIGHT LEFT</b>  <b>1pc</b>	<b>G2. UPRIGHT RIGHT</b>  <b>1pc</b>		
<b>G3. BEAR UPRIGHT LEFT</b>  <b>1pc</b>	<b>G4. BEAR UPRIGHT LEFT</b>  <b>1pc</b>		
<b>H. GUIDE ROD (LONG)</b>  <b>1pair</b>			
<b>I. SHOCK PAD</b>  <b>1pair</b>	<b>J. WEIGHT FRAME</b>  <b>1pc</b>	<b>K1. WEIGHT STORAGE RACK BASE</b>  <b>1pc</b>	<b>K2. WEIGHT STORAGE RACK</b>  <b>1pc</b>

## PARTS LIST

<b>L. WEIGHT ROD SLEEVE</b>  <b>1pc</b>	<b>M1. HANDLEBAR LEFT</b>  <b>1pc</b>	<b>M2. HANDLEBAR RIGHT</b>  <b>1pc</b>	<b>N. PEDALS</b>  <b>1pc</b>
<b>O. CABLE HANDLEBAR</b>  <b>2pcs</b>	<b>P. CLIP</b>  <b>2pcs</b>	<b>Q. PULLEY</b>  <b>10pcs</b>	<b>S. MOVING PULLEY</b>  <b>1pair</b>
<b>R1. PULLEY SLIDING SLEEVE LEFT</b>  <b>1pc</b>	<b>R2. PULLEY SLIDING SLEEVE RIGHT</b>  <b>1pc</b>	<b>X1. J HOOK LEFT</b>  <b>1pc</b>	<b>X2. J HOOK RIGHT</b>  <b>1pc</b>
<b>T. KAVA</b>  <b>5pcs</b>	<b>U. CABLE A</b>  <b>1pc</b>		<b>V. CABLE B</b>  <b>2pcs</b>

## HARDWARE LIST

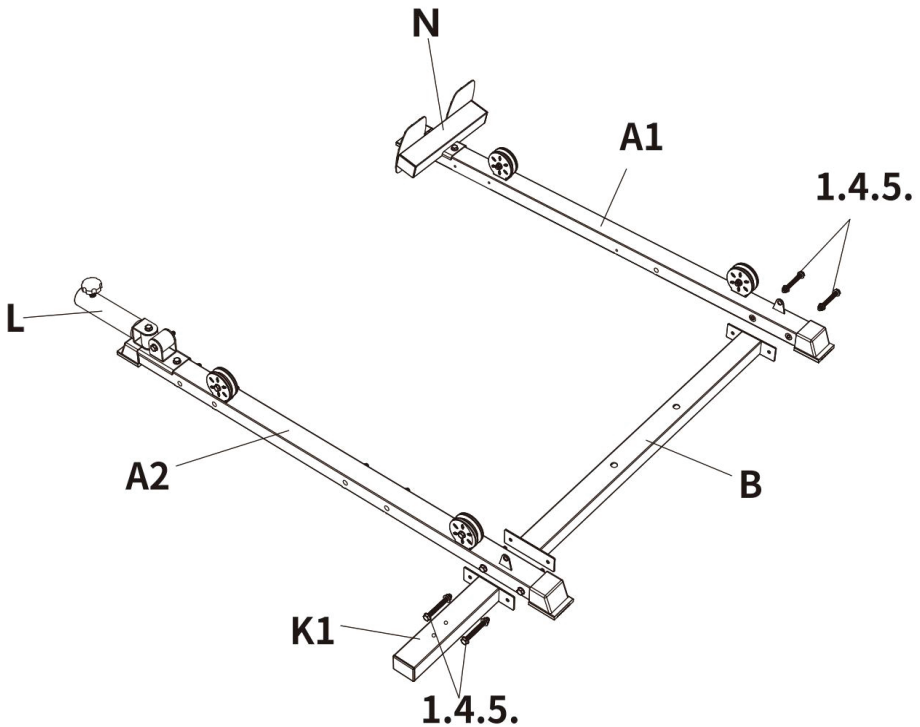
<b>Note:</b> <b>Pulleys and screws are pre-installed on fittings</b>		<b>1. BOLT (M10*90)</b>  <b>54pcs</b>
<b>2. BOLT (M10*70)</b>  <b>13pcs</b>	<b>3. BOLT (M10*25)</b>  <b>4pcs</b>	<b>4. WASHER (M10)</b>  <b>142pcs</b>
		<b>5. WASHER (M10)</b>  <b>71pcs</b>

## Bolt length Measurement Table



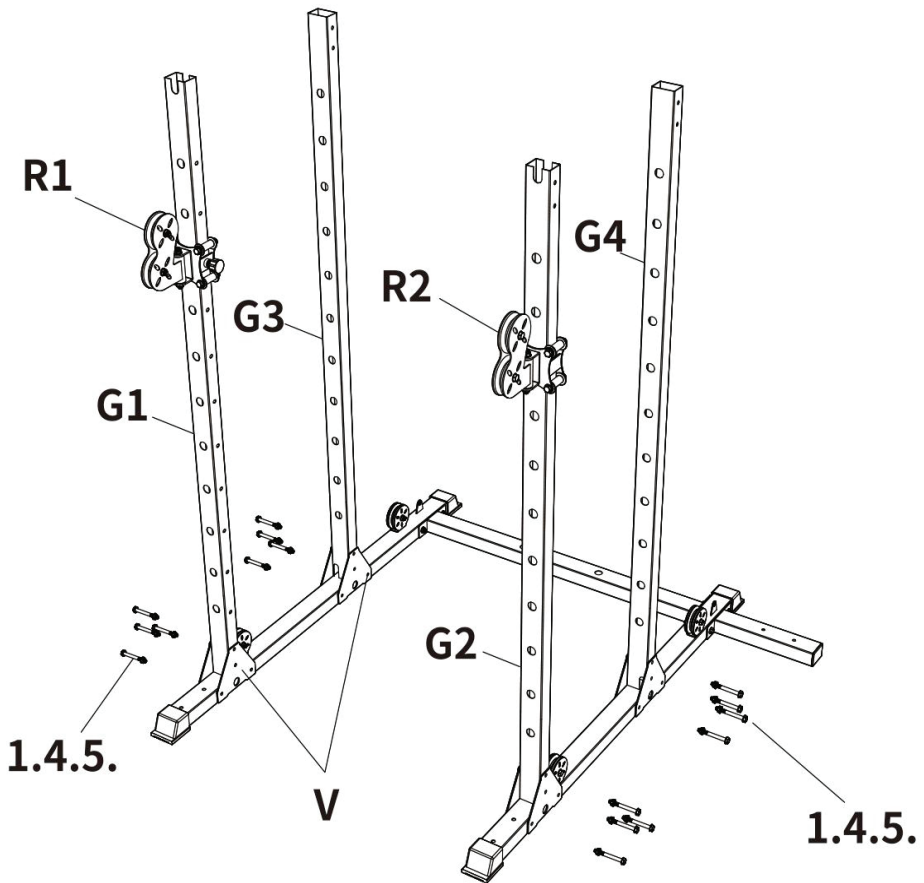
# Stage 1 - Main Frame

Visit [care.rpmpower.com](https://care.rpmpower.com) for the step-by-step assembly video



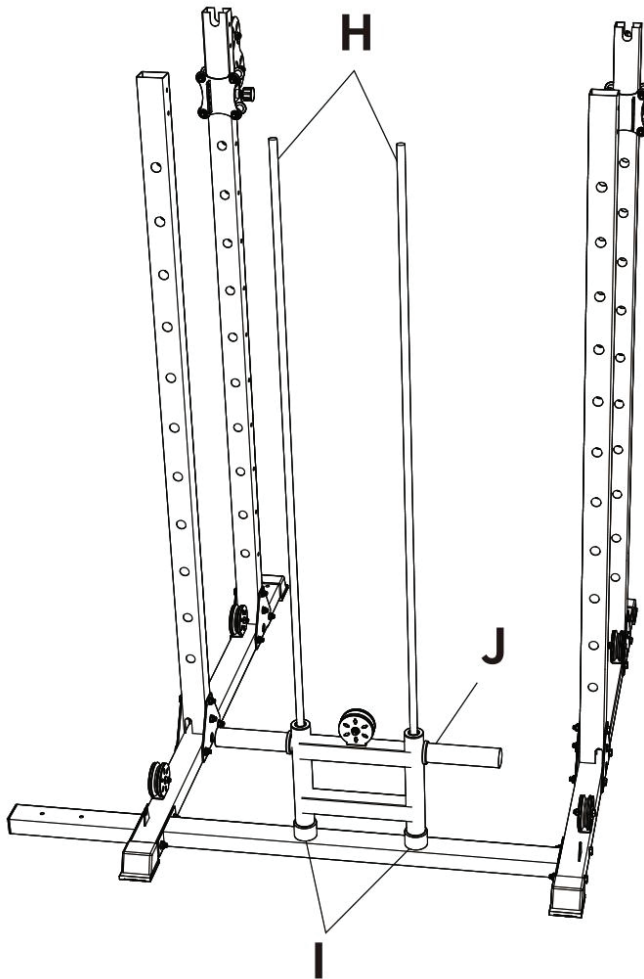
1. After unboxing your Crossover Multi-Gym, lay all of the foundational pieces out clearly on the ground. Required tools: Spanners (sizes 17 and 14), an impact driver, or suitable wrenches.
2. Lay the two base frame tubes (part A1 and A2) and the rear cross base (part B) on the ground.
3. Gather bolts M10x90mm (part 1). Use a measuring tape to measure bolts if you are unsure of their sizing.
4. Insert the bolts to connect part K1 to the base frame parts A2 and B. Connect the other end of part B to part A1 with the same bolts.
5. Secure everything in place using washers (part 4) and nuts (part 5).
6. Tighten all bolts halfway—do not fully tighten at this stage.
7. On the inside of the rack base frame, there are points with two bolt holes close together.
8. Take two of the backplates (part V) and align the two bolt holes at the sides with the holes on either side of the idler pulley on the rack frame.
9. Hold the plates in place using the bolts M10x90mm (part 1), washers (part 4) and nuts (part 5).
10. Use bolts M10x90mm (part 1), washers (part 4) and nuts (part 5) to hold two further plates in place at the other two bolt holes in the rear rack base.
11. Repeat this step on the other side of the rack base.
12. Leave bolts only partially tightened for adjustment.

## Stage 2 – Verticals



1. There are two types of vertical upright bars included in the rack. The rear vertical columns (part G3 and G4) have small cut outs at one end, while the front columns (parts G1 and G2) do not.
2. Place one back vertical column (part G4) between the rear right backplates and secure it in place with the bolts. Again, do not tighten everything fully as this leaves room for adaptation later. Get another person to assist if needed.
3. Now take the front right vertical upright bar (part G2). Place it between the front plates.
4. Slide the pulley system (part R2) onto the vertical bar and lock it into place with the pull-pin. Ensure the top idler pulley wheel is facing upwards.
5. Secure the vertical column (part G2) between the front backplates in place with bolts M10x90mm (part 1), washers (part 4) and nuts (part 5). Again, do not tighten everything fully yet.
6. Repeat this process with the two vertical uprights on the other side of the rack.
7. The base of your multi-gym is now complete.

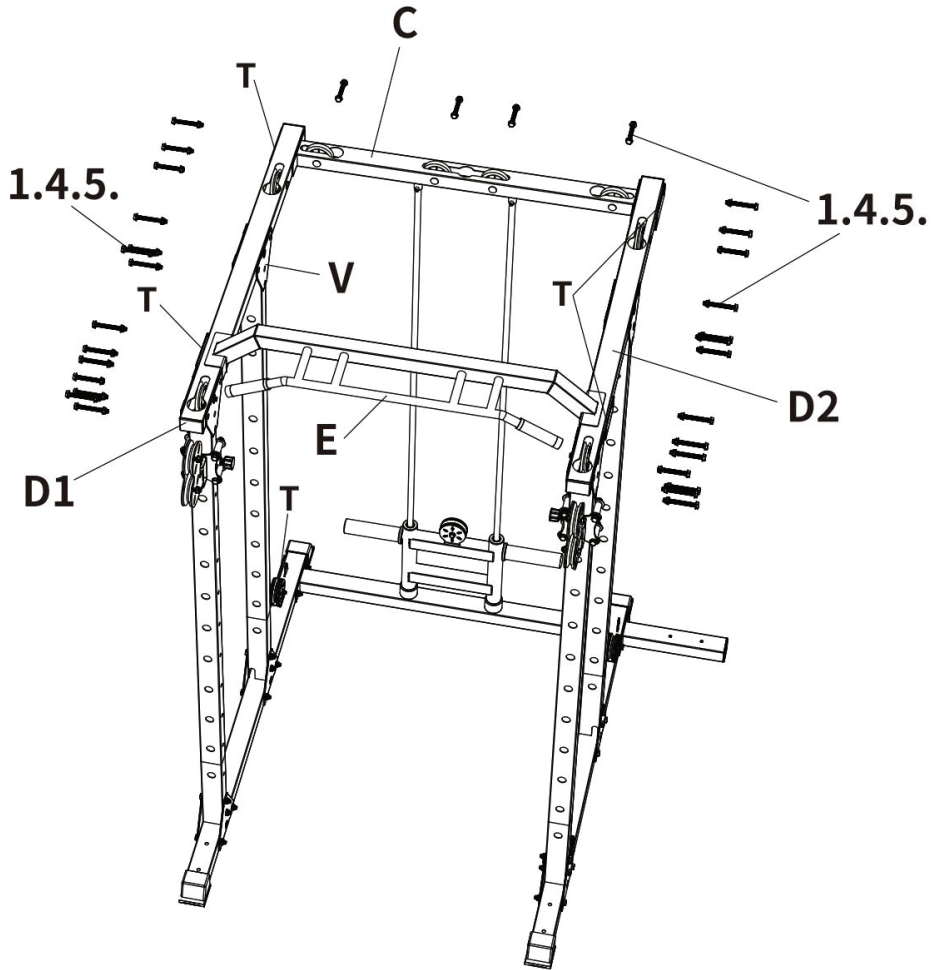
## Stage 3 – Plate-Loading System



1. The next step is to assemble the plate-loading system.
2. Gather the two rubber shock pads (part I) and position them on the onto the rear centre frame of the multi-gym. Place the weight frame, part J, onto the rubber washers.
3. Now take the two long guide rods, part H. Ensure the hole on each guide tube remains at the top. Insert each tube into the weight frame, so that they go through both it and the rubber washers and into the holes in the rack frame. The structure will be fragile, however if done correctly, it should remain upright without being held in place.



## Stage 4 – Top Frame

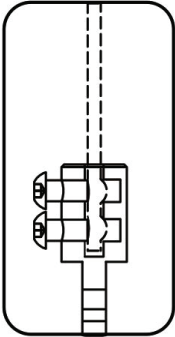


1. For the top frame, let's start with the upper frames (parts D1 and D2). These frames each have pulley wheels at either end. Place the side of the frame with the wheel closest to the end of the tube at the front of the rack frame.
2. Carefully lay one upper frame on top of the vertical uprights. The front pulley wheel should sit directly over the front upright. Ensure the structure is secure and balanced before removing your hands.
3. As you did not fully tighten the bolts on the frame earlier, it should be flexible enough to align with holes on the upper frame.
4. Position two fixed plates on either side of the upper frame and secure everything together using 5 bolts M10x90mm (part 1), washers (part 4) and nuts (part 5).
5. Repeat the process and secure the rear of the upper bracing tube to the rear vertical upright.
6. Repeat this entire step on the other side of the rack frame.

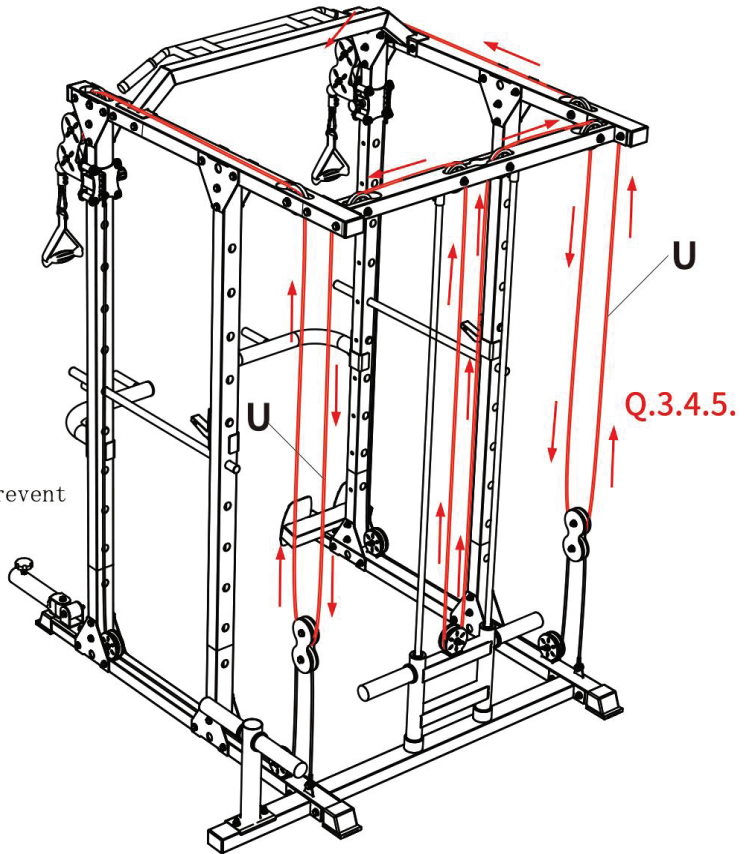
7. Next, take the upper cross frame (part C). The two tubular holes should face downwards, as these will connect to the guide rails on the plate-loading system. Ensure the side with the logo and hooks is facing towards the front.
8. Position the upper cross frame over the guide rails, ensuring the holes are in alignment. Get another person to hold this in place, and with a kava plate (part T) on the outside of the rack frame, secure everything in place using bolts M10x90mm (part 1), washers (part 4) and nuts (part 5).
9. Gather the two bolts which have a head compatible with an Allen key and using the Allen key, insert them into the holes at the top of the guide rails. You may need to lift the rail upwards to align the holes correctly.
10. The final piece of the top frame is the pull-up bar (part E). Gather bolts M10x90mm (part 1), washers (part 4) and nuts (part 5) and two kava plates (parts T).
11. Place the pull-up bar on top of the vertical uprights at the front carefully. Get another person to assist you. They should hold it in place while you secure it in place on the main frame with the bolts ensuring a kava plate is positioned again on the outside of the frame.
12. Now that the frame is fully assembled, it's time to secure all bolts in place. You can use a 90-degree angle ruler or a spirit level to ensure the rack frame is completely straight. Start by first tightening the bolts on the back plates at the base of the frame before moving to the higher bolts.

# Stage 5 – Cable System

## Long Cable System



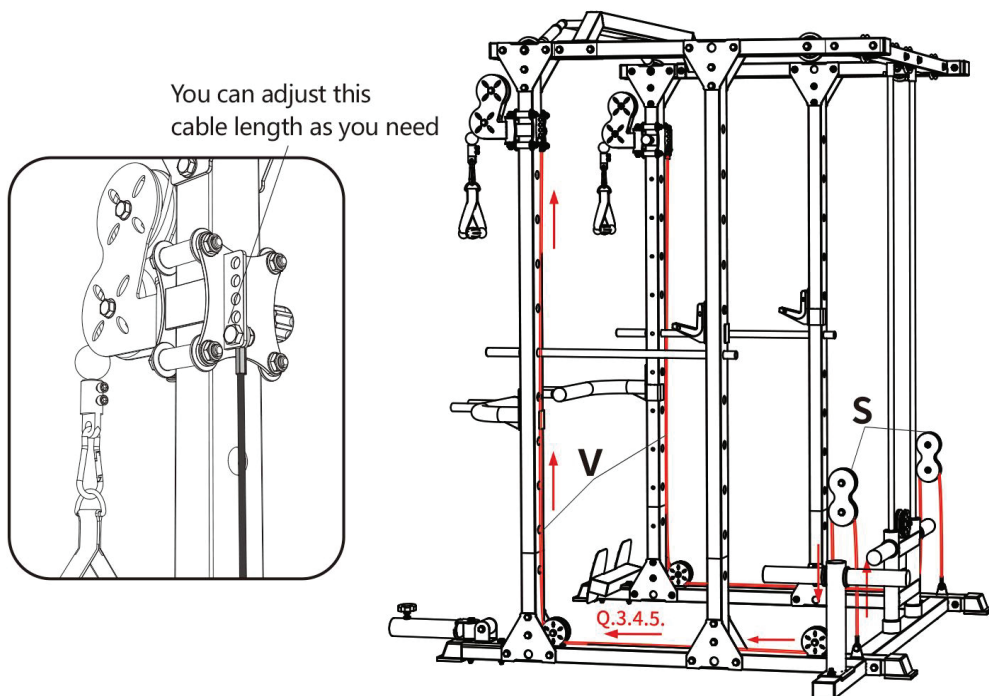
The rope must be locked tightly to prevent it from falling off



1. Moving onto the cable system, we will begin with the longer of the two cables variations (part U). Use an Allen key to completely remove the carabiner end piece from the cable.
2. Unravel the cable completely and taking the naked end, start by guiding it through the adjustable pulley system on the vertical upright.
3. Bring it upwards, through the space in the top frame. Always ensure the cable is sitting neatly inside the groove of each pulley wheel it passes through.
4. Guide the cable across the top frame and down into the pulley wheel sitting at the rear of the frame.
5. You will find two moving pulleys (part 8) in the set up. Take one and guide the cable through the two wheels.

6. Carefully leave the moving pulley suspended in the air and continue to guide the cable upwards and through the next pulley wheel at the rear of the rack frame. Run the cable across the rear frame and down into the middle of the two pulley wheels located at the centre of the frame. Bring the cable all the way down until it reaches the counterweight slider.
7. Run it under the pulley wheel on the slider and back up to the second wheel at the centre of the top rear frame.
8. Reverse the process and guide the cable to the next pulley wheel at the corner of the top frame.
9. Run it down through this pulley wheel towards the base. From here, insert the cable into the next moving pulley. Leave this suspended as you run the cable up towards the top frame again, through the back rear pulley and across the frame to the front of the rack.
10. Now insert it into the front pulley wheel and into the middle of the two wheels on the adjustable system.
11. Reattach the carabiner to the end of the cable again. Start with the washer, followed by the metal plate, spacer and cable end piece. It is very important that the cable is inserted all the way into the metal end piece and is securely tightly in place by fully tightening the bolts. You cannot damage the cable here, so please ensure these bolts are extremely secure.
12. Make sure both hanging moving pulleys are level with each other on either side of the rack.

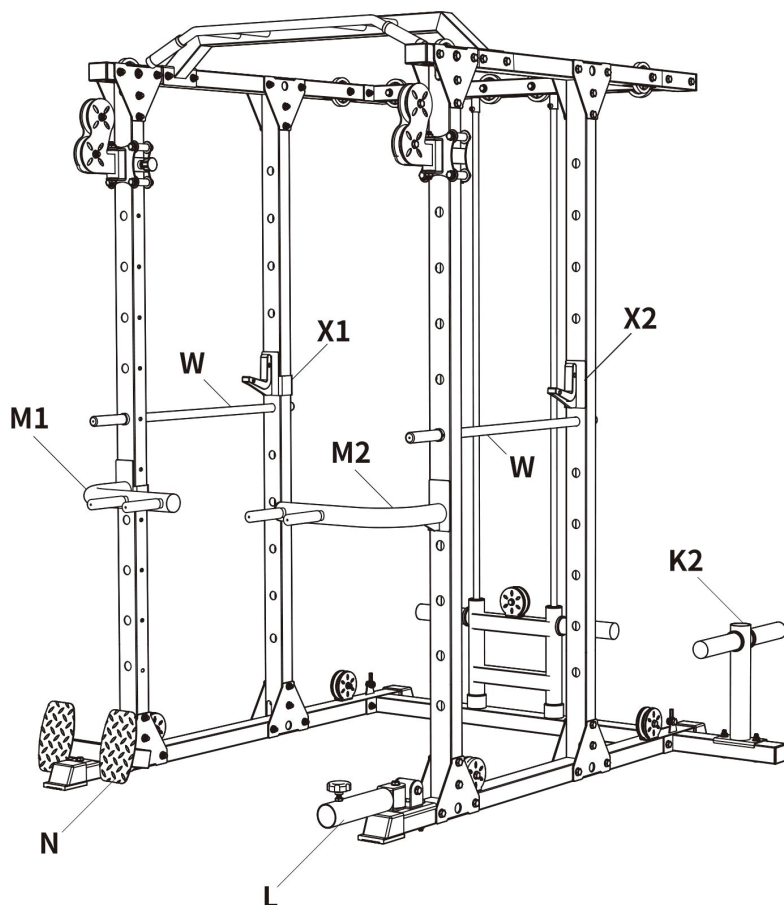
## Short Cable System



1. Next, fully unwind the second cable.
2. Taking bolt M10x25 (part 3), a washer (part 4) and a nut (part 5), secure the end of the cable to the small anchor point at the rear base of the rack frame.
3. Start by running the cable up through the suspended moving pulley and let it sit on the lower pulley wheel. Pull the cable all the way through.
4. Run the cable under the back pulley wheel and through the holes in the rear vertical upright.
5. From here, run it under the pulley wheel behind the front vertical upright and into the back of the adjustable pulley system. Tighten the bolts loosely here, as we will need to adjust the cable before tightening them fully.
6. Repeat this entire process with the second short cable on the other side of the rack. Again, do not fully tighten the bolts where the cable meets the adjustable pulley system.
7. You will know these two cables have the correct amount of tension if you lightly pull on one cable and it raises the weight frame – i.e. the plate-loading system – slightly off the ground. Tighten the cables in place fully with the Allen key.

Three types of cable attachments come with the Crossover 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 carabiners.

## Stage 6 - Attachments



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

### **Weight Plate Holders**

Now it's time to add the weight plate storage pegs. Secure the weight storage (part K2) to the side of the rack base using M10X90 bolts and washers.

### **Footplate**

The footplate, part N, can be fixed to either side of the front of the rack frame. Position it so that the bolt holes align and secure it in place with bolts, nuts and washers.

### **Landmine Attachment**

The landmine attachment (part L) can be fixed to either side of the front of the rack frame. Position it so that the bolt holes align and secure it in place with bolts, nuts and washers.

## Safety Bars

The two safety catch bars (parts W) can be inserted into any holes along the inner rack frame. Ensure they are always level before use. Push them in fully and secure them in place with the spring clip.

## J-Hooks

The two J-hooks (parts X1 and X2) can simply be attached to the main frame by slotting them into the holes on the vertical uprights and twisting.

## Dip Bars

Similarly, the two dip bars (parts M1 and M2) can be attached by slotting them into the holes on the vertical uprights and twisting.

For safe use, always ensure that attachment pairs are level to each other on the rack frame.

## Cable Attachments

There are four cable attachments included with this multi-gym: 2 handles, 1 straight bar and 1 lat-pull-down bar. You can attach these to the cable system by clipping them onto the carabiners.

## Final Assembly Check

1. **Tighten all bolts** securely.
2. **Ensure all cables are correctly positioned** in pulley grooves.
3. **Verify the stability** of all attachments and components.
4. **Check the cable bolts** regularly for security.

Your Crossover Multi-Gym 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.
- 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.