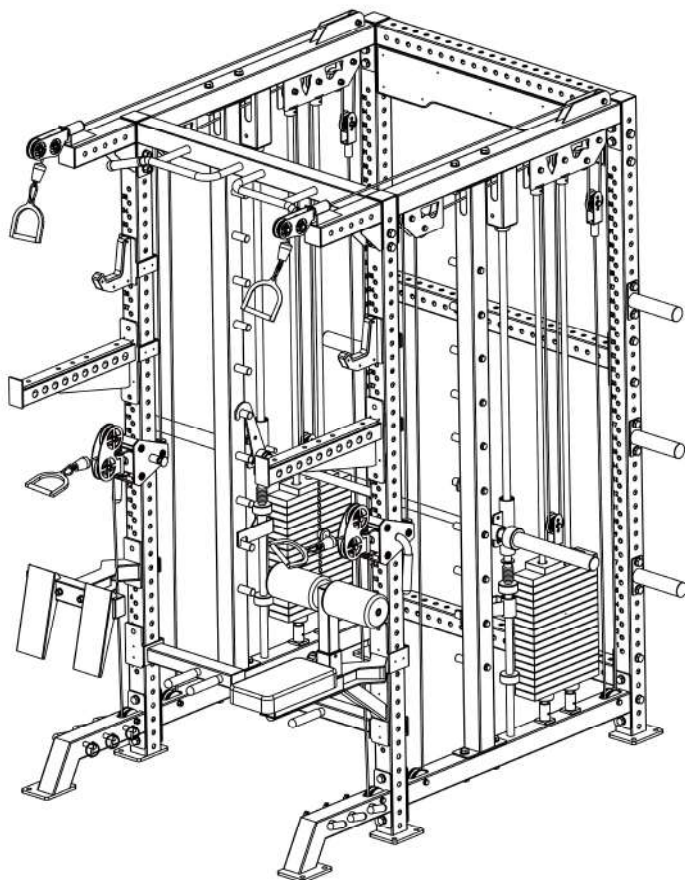


Installation Manual

rpm  power®

Tyr Multi-Gym Assembly Manual





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

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



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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: 550kg
- Material: Powder-coated steel
- Weight stacks: 2 x 130kg (260kg total in 5kg increments)
- Rack frame dimensions: 214cm (W- Inc smith rail) x 230cm (H) x 185cm (D)
- Dip station capacity: 200kg each
- Pull-up bar capacity: 250kg
- Plate storage peg capacity: 150kg each
- Spotter arm capacity: 400kg each
- J-hook capacity: 350kg each
- 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 Tyr 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 Tyr 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 Tyr 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-1

					
NO. 1	No.1 rope *2pcs	NO. 2	No.2 rope *2pcs	NO. 3	20 damping pad *4pcs
					
NO. 4	25 circular shock absorber *4pcs	NO. 5	26 increase the flat pad *2pcs	NO. 6	J hook left and right
					
NO. 7	pedal *1pc	NO. 8	Smith Barbell *1pc	NO. 9	Safety buckle *4pcs
					
NO. 10	Side bottom pipe *2pcs	NO. 11	latch *6pcs	NO. 12	Magnetic bolt *20pcs
					
NO. 13	Spring *2pcs	NO. 14	fall block *8pcs	NO. 15	Hanging guide rod *4pcs
					
NO. 16	Hanging group *6pcs	NO. 17	T tubule *2pcs	NO. 18	Vertical pulley systems left and right

Parts List-2

					
NO. 19	Pedal pendant group *1pc	NO. 20	Laba *4pcs	NO. 21	upright post Left and right 2
					
NO. 22	Weight plate *50pcs	NO. 23	Front bottom pipe Left and right	NO. 24	Upper tube *2pcs
					
NO. 25	Upper transverse tube *1pc	NO. 26	Upper pulley block *2pcs	NO. 27	Smith Safety Hook Left and right
					
NO. 28	Smith guide rail *2pcs	NO. 29	Top plate *2pcs	NO. 30	Curved blind tube group Left and right
					
NO. 31	Lower fixing sleeve *4pcs	NO. 32	Leg press foam group *1pc	NO. 33	Pull-ups *1pc
					
NO. 34	Long protective bar Left and right	NO. 35	Intermediate column *2pcs	NO. 36	cushion *1pc

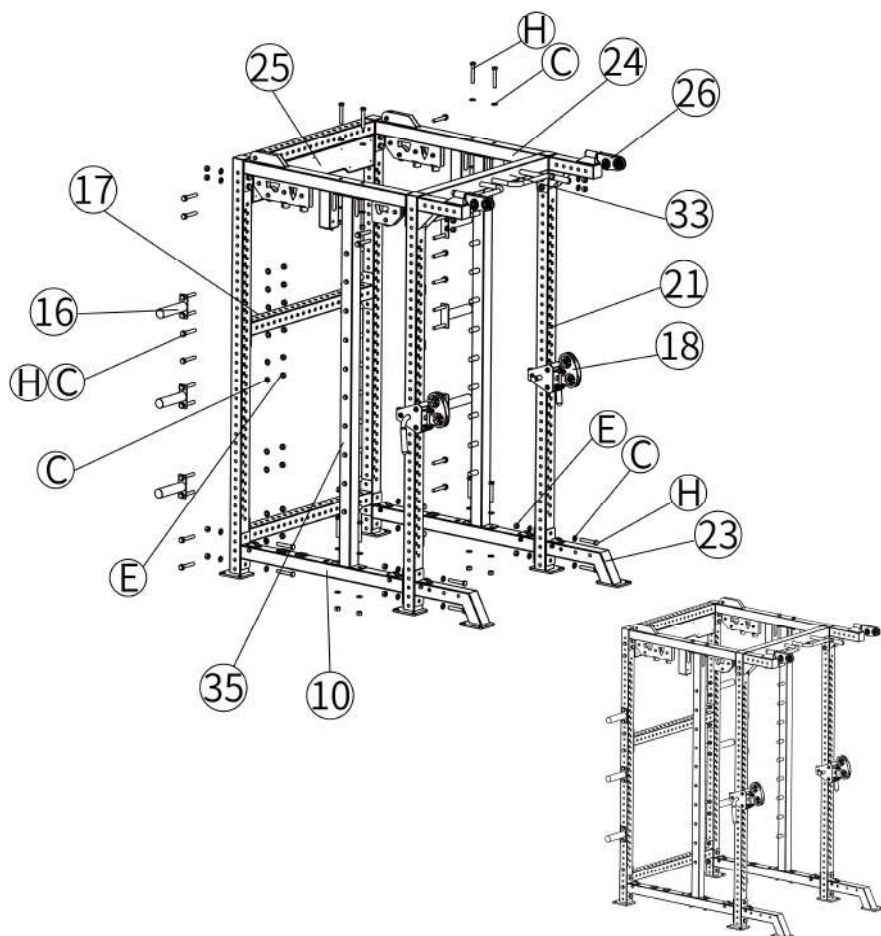
Parts List-2

					
NO.37	Cushion pendant group *1pc				
					
A	MB washer *2pcs	B	M12 washer *4pcs	C	M16 washer *104pcs
					
D	M12 nut *2pcs	E	M16nut *52pcs	F	M8X80 *2pcs
					
G	M12X70 *8pcs	H	M16X100 *52pcs		

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

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
1	C	M16 washer	104	21	upright post	4
	E	M16 nut	52	23	Front bottom pipe	2
	H	M16X100	52	24	Upper tube	2
	10	Side bottom pipe	2	25	Upper transverse tube	1
	16	Hanging group	6	26	Upper pulley block	2
	17	T tubule	2	33	Pull-ups	1
	18	Slider group	2	35	Intermediate column	2

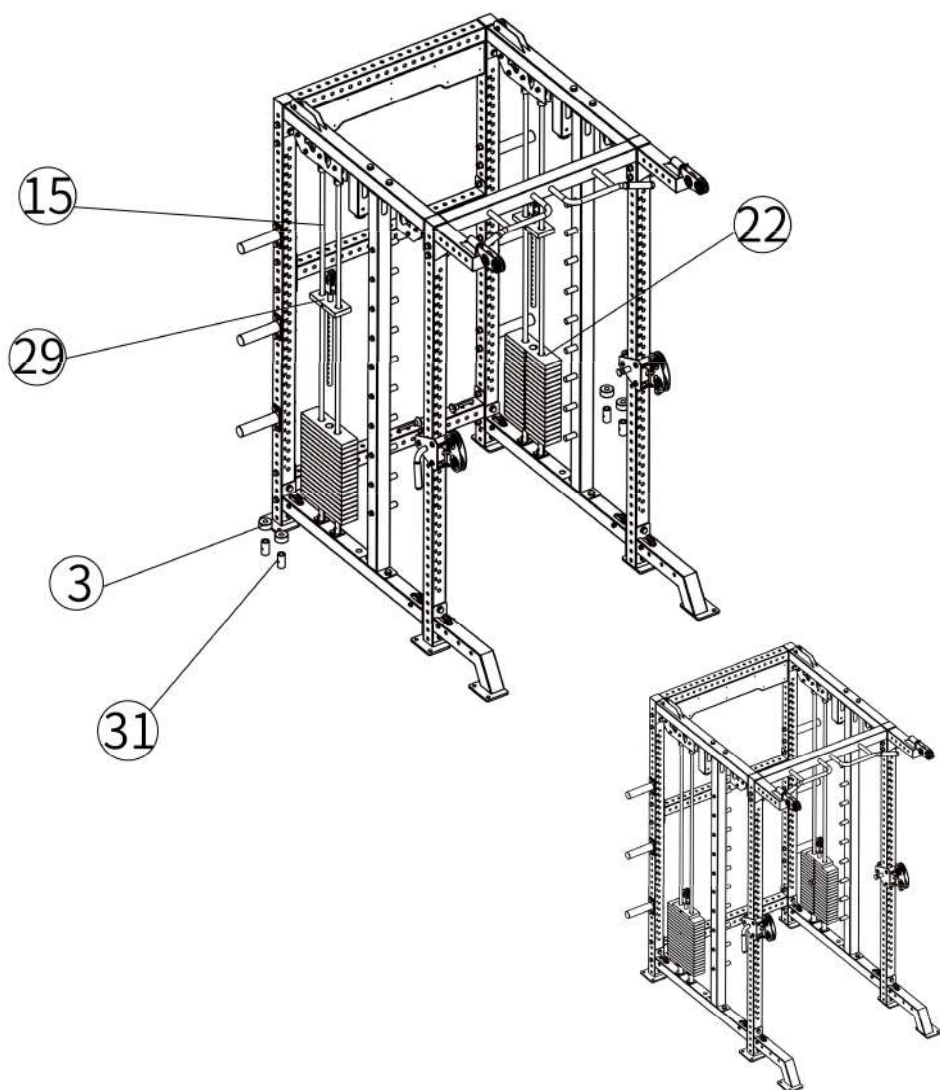


1. Lay all parts out on the floor and refer to the accompanying instruction manual to ensure you have all pieces required for assembly.
2. **Assemble Frame Base:**
 - Attach two rear upright posts (Part 21) to a rear tubule (Part 17) using M16x100 bolts in the 2nd and 5th holes from the bottom.
 - Connect a side bottom pipe (Part 10) using M16x100 bolts through the bottom and 4th holes. Secure with washers and nuts (Parts C & E). Do not fully tighten. Repeat this step on the opposite side.
 - Connect the front two rear upright posts (Parts 21) to the side bottom pipes (Parts 10) with bolts M16x100.
 - Then connect the front bottom pipes (Parts 23) to the upright posts (Parts 21) with bolts M16x100.
 - Position the second rear tubule (Part 17) around the "26" mark and secure with M16x100 bolts.
 - Do not fully tighten bolts at this point as the frame needs to remain flexible for further assembly steps.
3. **Install Intermediate Columns:**
 - Attach intermediate columns (Part 35) to the centre holes on the side bottom pipes (Part 10) using M16x100 bolts, washers, and nuts (Parts C & E).
 - Ensure:
 - The oblong hole is at the top.
 - Smaller holes face outward.
 - Larger holes face inward for Smith bar hooks.
4. **Add Smith Bar Hooks:**

Insert each hook into the large holes of the intermediate columns and secure with bolts, washers, and nuts. Tighten securely with a drill, ratchet, or spanner. If these hooks are pre-assembled on the intermediate columns, ensure all bolts are fully tightened.
5. **Assemble Top Frame:**
 - Ensure vertical pulley systems (Parts 18) are installed on the front upright posts (21) before proceeding.
 - With assistance, place one upper tube (Part 24) onto the intermediate column, aligning it with the bolt holes.
 - Secure to the intermediate columns using M16x100 bolts, nuts, and washers. Do not fully tighten.
 - Use the shorter M12x70 bolts to secure the upper tube to the rear frame. Do not fully tighten.
 - Secure the upper pulley block (Part 26) to the front upright post using M16x100 bolts, nuts, and washers.
 - Mirror all assembly steps on the opposite side of the frame.
 - Attach the traverse tube (Part 25) to the inside of the rear frame using M16x100 bolts, nuts, and washers. Ensure the logo faces inward.
 - Secure the pull-up bar (Parts 33) to the front of the upper frame in the same way.
 - Tighten all bolts securely using a drill, ratchet, or spanner.
6. **Install Plate Storage Pegs:**
 - Attach three plate storage pegs (Part 16) to each rear upright post (Part 21) around marks 6, 18, and 29. Ensure there's enough clearance for large weight plates.

Stage 2 - Weight Stacks

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
2	3	20 damping pad	4	31	Lower fixing sleeve	4
	15	Hanging guide rod	4			
	22	Weight plate	50			
	29	Head piece	2			



1. Prepare for Stack:

- Place two lowering fixing sleeves (Part 31) into the grooves on the side bottom pipes (Parts 10).
- Ensure the metal screws are aligned parallel, i.e. facing inside and outside the frame.
- Position one damping pad (Part 3) on top of each sleeve.
- Carefully insert the two hanging guide rods (Parts 15) through the damping pads and sleeves. (The hanging rods are not the steel rods with the bevelled grooves at one end – these are for the Smith bar.)
- One person should hold the rods upright while another assembles the weight stack.

2. Build Weight Stack:

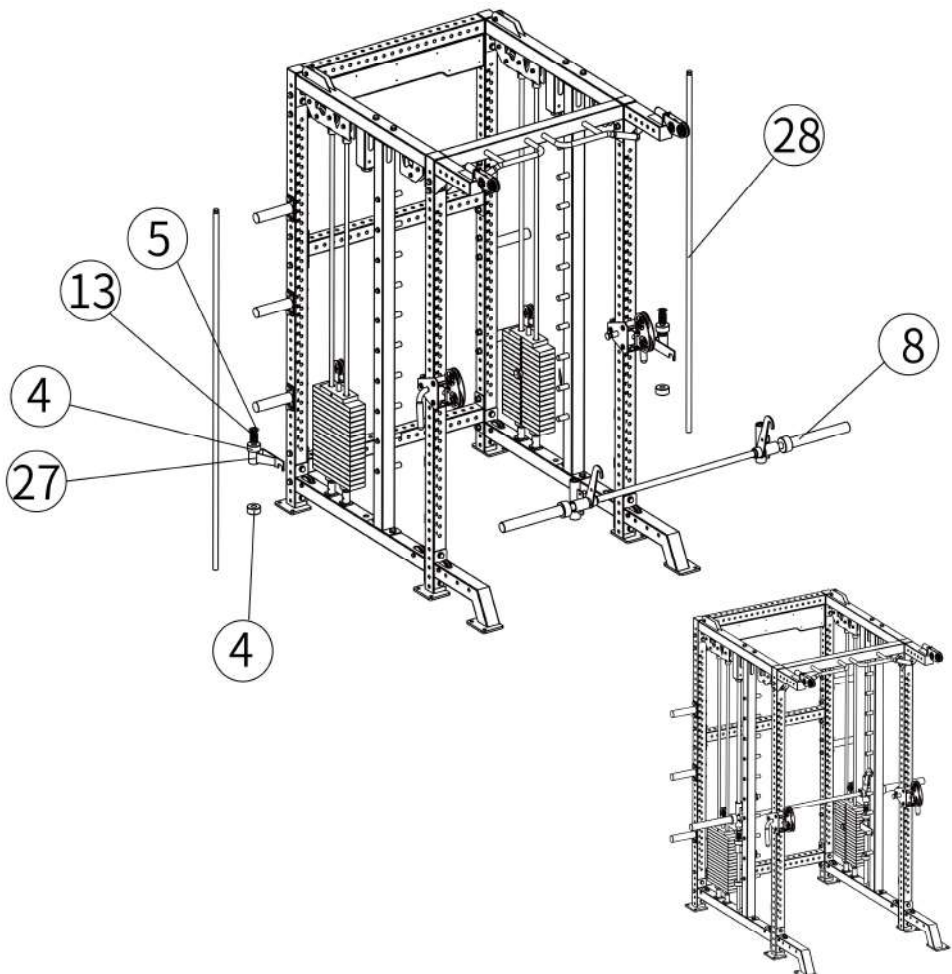
- Starting with the first plate:
 - Ensure plastic inserts face up and the small hole faces the inside of the rack.
 - Lower each plate onto the guide rods carefully.
 - Each stack contains 25 x 5kg plates (excluding final top plate (Part 29)).
- Finish by placing the top plate (Part 29) onto the guide rods and insert the selector pin into the stack.
- Apply stickers to each weight plate, either before or after stacking, making sure the heaviest plates are at the bottom.

3. Secure the Stack:

- Push the guide rods upward and insert them into the sleeves on the upper frame.
- With assistance, keep the rods steady and tighten the internal screws with an Allen key to lock them in place.
- Tighten the screws on the guide rods under the stack in the same way.

Stage 3 – Smith Machine

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
3	4	25 circular shock absorber	4	13	spring	2
	5	26 increase the flat pad	2	27	Smith protection hook	2
	8	Aogan Formation	1			
	12	Magnetic bolt	2			



1. Assemble Guide Rails:

- The Smith Machine can be assembled directly inside the rack frame or separately on the floor with help to lift it into place.
- Insert one Smith guide rail (Part 28) into the sleeve on the Smith barbell (Part 8), with the grooved end at the top. Insert it carefully and straight.
- On the same guide rail, slide on the following in order:
 - Flat pad (Part 5)
 - Spring (Part 13)
 - Rubber absorber (Part 4)
- Use lubricant like WD40 if needed.
- Add the Smith safety hook (Part 27), then a second rubber absorber (Part 4).
- Follow the same process to assemble the second guide rail.

2. Position the Smith Machine:

- With assistance, lift the Smith Machine into the rack frame if built on the floor.
- Ensure:
 - Both Smith safety hooks face inward.
 - Extended plates on the sleeves face outward.
 - Equal spacing between hooks and barbell ends for balance.

3. Secure the Guide Rails:

- Hook the Smith barbell onto the rail at a level point.
- Insert the bottom of each guide rail into the holes in front of the weight stacks.
- Raise each guide rail to insert the grooved end snugly into the top frame holes.
- Secure with screws using an Allen key.

4. Tighten Smith Hooks:

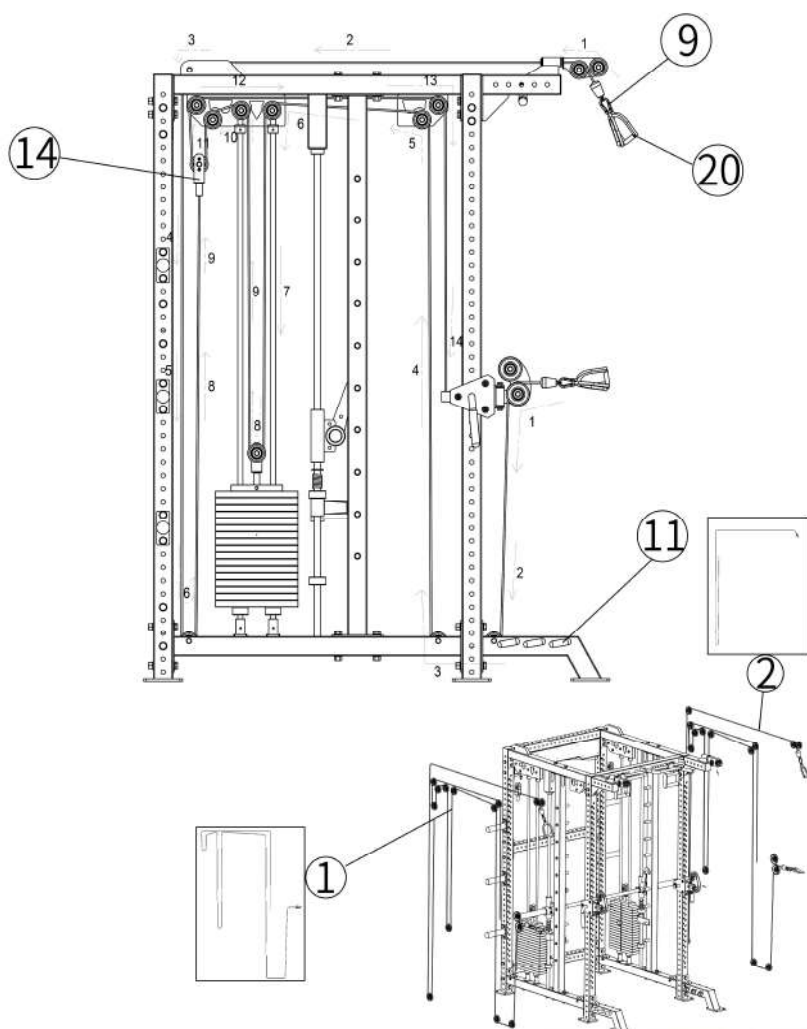
- Ensure hooks (on Part 8) are flush with the ends of the barbell and engage smoothly with the rail.
- Tighten these hooks securely with an Allen key.

5. Test the Smith Machine:

- Move the Smith barbell up and down the guide rails and test racking at different levels to ensure smooth and secure function.

Stage 4 – Cable System

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
4	1	No.1 rope		14	fall block	2
	2	No.2 rope		20	Laba	2
	9	Safety buckle	4			
	11	latch	6			



The Tyr Multi-Gym includes two long cables (**Weight Stack Pulley Cable System**) and two short cables (**Front Pulley Cable System**).

Weight Stack Pulley Cable System (longer cable)

1. Secure the cable end:

- Secure the bolt end of the cable to the back of the cable sliding system (Part 18). Do not tighten fully yet.

2. Route the Cable Through the Frame:

- Feed the cable through the upper frame pulley wheel.
- Guide it through the oblong holes in the incremental column and Smith bar holder.
- Continue over the pulley wheels in the upper rear frame (above the weight stack).
- Pull the cable straight down, ensuring it stays untangled and well-seated in the pulleys.
- Run it under the wheel in the **pulley fall block** (Part 14), then leave the block on the ground.
- Route the cable back up and over the upper rear pulley, over the center wheel, and down under the wheel at the top of the weight stack (Part 29).
- Loop the cable back up again, through the next upper pulley, and return it through the oblong holes.
- Feed it over the lower of the two pulley wheels in the front upper frame and then bring it down to the base of the frame.

3. Pulley Wheels in Base Frame:

- Remove both pulley wheels (the one in front of and behind the front upright post (Parts 21)) from the base frame using a drill, ratchet, or spanner.
- Pass the cable through the gap behind the upright post, into the post hole, and out through the front base hole (where the second pulley was).
- Replace the pulley wheels, ensuring the cable is seated in each groove.
- Retighten bolts and nuts securely.

4. Create Cable Slack:

- Lift the top plate of the weight stack and insert the pin into a top plate to relieve tension on the cable.

5. Finish Cable Routing:

- Feed the cable end between the two pulleys in the front slider system (part 18).

6. Secure the Cable End:

- Slide the cable through the **rubber stopper**, then the **metal locking system** with the karabiner.
- Push the cable fully into the locking system.
- Tighten the bolts in the following order using an Allen key:
 - First bolt
 - Middle bolt
 - Final bolt
- Tighten these very firmly to ensure cable is gripped securely. Regular checks and retightening of these bolts are essential.
- To finish, push the locking mechanism into the rubber stopper.

7. Final Cable Checks:

- Tighten all elements.
- Move the weight stack pin to the bottom weight plate.
- Pull the cable end to ensure it is fully secure.
- Ensure the cable is seated correctly in each pulley wheel.
- Repeat the entire process for the second long cable on the opposite side of the rack.

Front Pulley Cable System (shorter cable)

1. Secure to Fall Block:

- Take one of the short cables and screw its end into the bottom of the fall block which should now be suspended from the first cable.
- Do not tighten this fully yet.

2. Route Cable Through Base:

- Remove the pulley wheel from the base of the rack.
- Sit the cable in the groove beneath where the wheel was, then replace the pulley wheel over it so the cable runs through the groove.

3. Create Cable Slack:

- Lift the top plate of the weight stack and insert the pin into one of the top plates. This relieves tension and gives more flexibility during cable routing.

4. Guide Cable to Dual Pulley:

- Run the cable upwards toward the pulley at the top of the frame.
- From there, route it across the frame and into the **dual pulley system** at the front of the rack.
- Pull the cable out from the center opening of the dual pulley.

5. Secure Cable End:

- Slide the cable through the **rubber stopper**, then the **metal locking system** with the karabiner.
- Push the cable fully into the locking system.
- Tighten the bolts in the following order using an Allen key:
 - First bolt
 - Middle bolt
 - Final bolt
- Tighten these very firmly to ensure cable is gripped securely. Regular checks and retightening of these bolts are essential.
- To finish, push the locking mechanism into the rubber stopper.

6. Final Cable Checks:

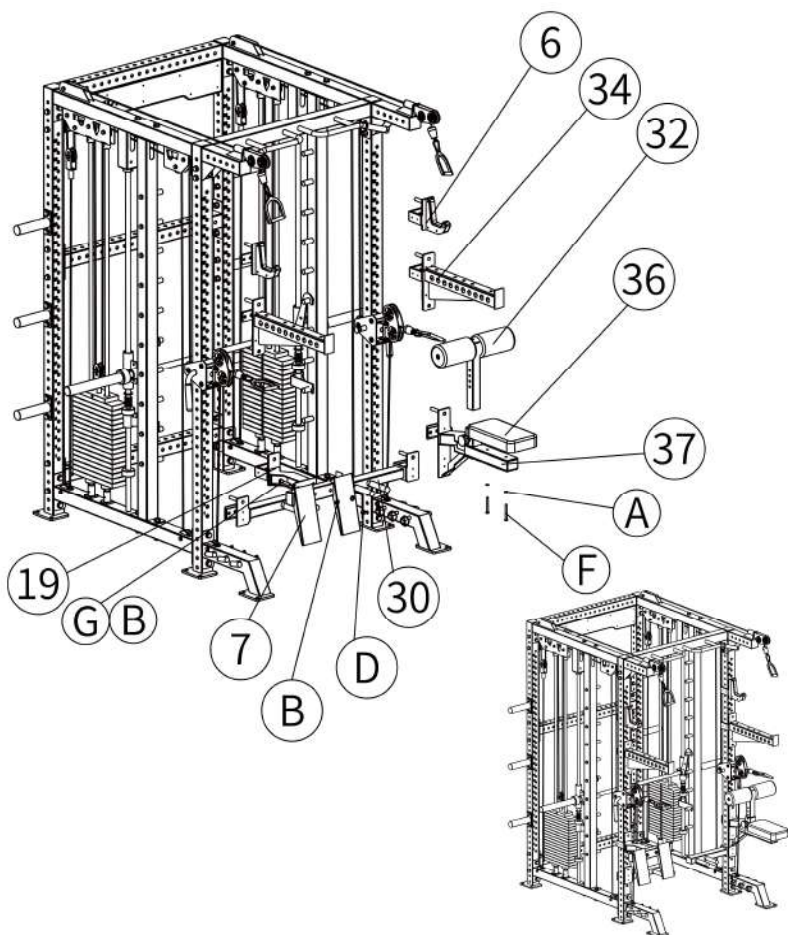
- Tighten all elements.
- Move the weight stack pin to the bottom weight plate.
- Pull the cable end to ensure it is fully secure.
- Ensure the cable is seated correctly in each pulley wheel.
- Repeat the entire process for the second short cable on the opposite side of the rack.

Adjusting Cable Tension (If Needed):

- If there is slack on any of the cables then you can do the following:
 - Adjust the pulley on the **weight stack** to the lowest position.
 - Adjust the pulley wheel on the **fall block** to the lowest position.

Stage 5 – Attachments

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
5	A	M8 washer	2	19	Pedal pendant group	1
	B	M12 washer	4	30	Curved blind tube group	2
	D	M12 nut	2	32	Leg press foam group	1
	F	M8X80	2	34	Long protective bar	2
	G	M12X70	2	36	cushion	1
	6	J hook	2	37	Cushion pendant group	1
	7	pedal	1			



Many attachments have a jagged design to allow cables to pass through it safely. Always ensure the cable passes through all elements in this way and that an attachment is never in a position where the cable may rub against it and become damaged.

Footplate

1. Slide the footplate holder into the upright post at level 3 or higher and twist to lock it in place.
2. Attach the footplate to the holder using bolts, washers, and nuts.
3. Tighten all fixings securely.

Dip Bars

- Slide and twist the two dip bars into the vertical rack frame at your desired height. Ensure they are level.

Spotter Arms & J-Hooks

- Install spotter arms and J-hooks by sliding and twisting them into the frame, just like the dip bars.
- Store spotter arms can be stored upright at the rear base of the rack.
- J-hooks can be stored on the rear center bar.

Lat Pull-Down Seat

1. Attach the seat to its holder using two long screws.
2. Attach the knee pad by pulling the pin, inserting the pad, then releasing the pin to lock.

Cable Attachments

- Clip any cable attachments into place using the provided karabiners.

Resistance Band Pegs

- Position the band pegs along the base of the frame.
- Secure them using the locking key.

Your Tyr 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 dual attachments 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.