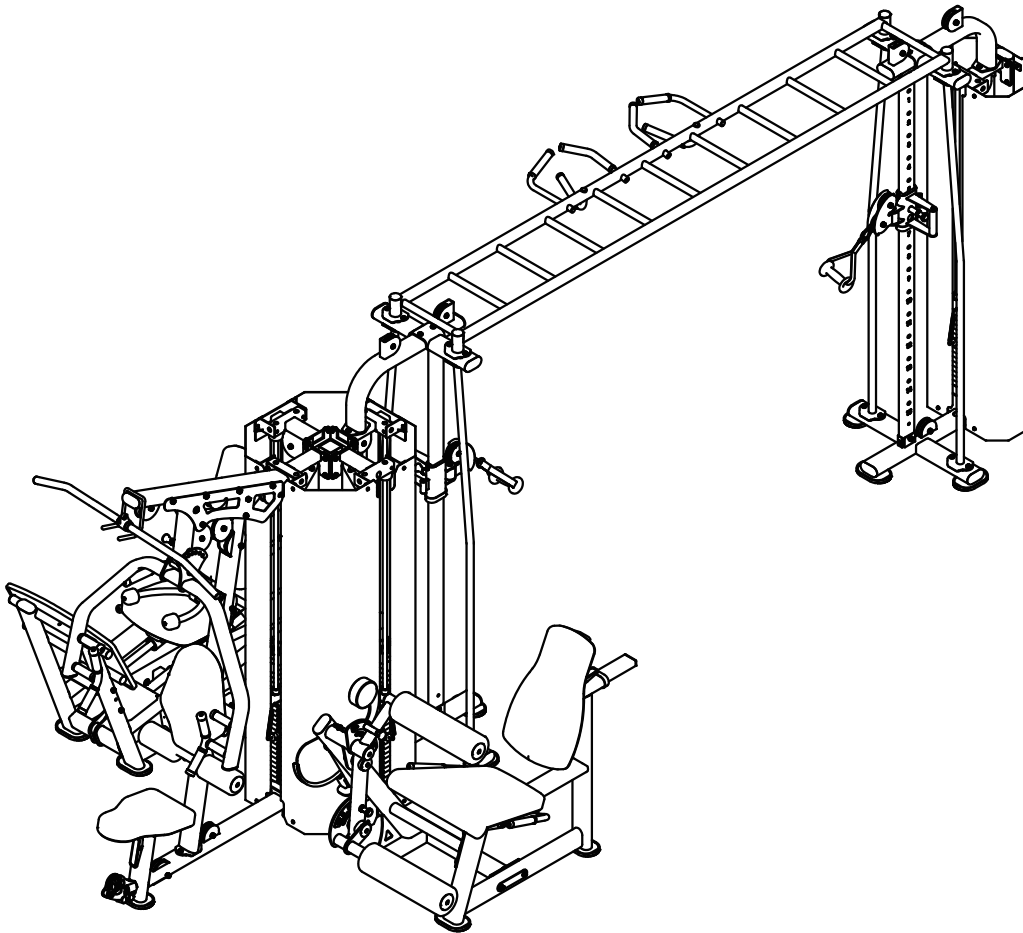


# MTI4000 Multi-GYM

## Owner's Manual



### CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

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## Important Safety Guidelines for Owners

Follow these guidelines to maintain proper working condition of the equipment:

**Important:** Do not modify the equipment or any of its parts, or permanently remove any part from the equipment. Do not use accessory attachments that are not recommended by ours as such attachments might cause injuries.

- Qualified technicians must perform all regular maintenance.
- Make sure that trainers, facility personnel, and maintenance technicians understand how to use the equipment, know important safety guidelines, and can recognize potential problems such as a worn cable or cracked weld.
- Strength training requires a significant focus by the facility and its staff to maintain the quality of the fitness environment. If possible, the facility should provide direct supervision of the fitness equipment at all times by people knowledgeable about the safe operation of the equipment and trained to recognize potential problems.
- Make sure the equipment is stable and placed on a solid, level surface. The equipment is designed to be freestanding; however, equipment can be bolted to the floor for extra stability. Consult a qualified general contractor for proper fastening methods.
- Make sure that the equipment is installed with enough free space for safe operation. With most equipment, the general rule is to allow about a 4-foot (1.2-meter) circle of space from the user's center. For Functional Training equipment, make sure that the operating space is large enough to allow the cables to be fully extended in all possible directions.
- Place an "out-of-order" sign on the equipment during maintenance of the equipment or the surrounding area. Users should never be allowed to operate the equipment until it has been inspected and works properly. If a piece of equipment needs service, keep it out of use until repaired.
- Whenever a weight can drop and hit a user, such as with an Olympic bench, We highly recommends that a helper or spotter be used.
- Do not place the equipment outdoors or on wet surfaces.

## Assembly Instructions

Assembly of the MX1116 takes about 60 minutes to complete. If this is the first time you have assembled this type of equipment, plan on allowing more time.

*Be careful to open boxes and assemble components in the sequence presented in this manual.*

**Note:** With so many assembled parts, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments.

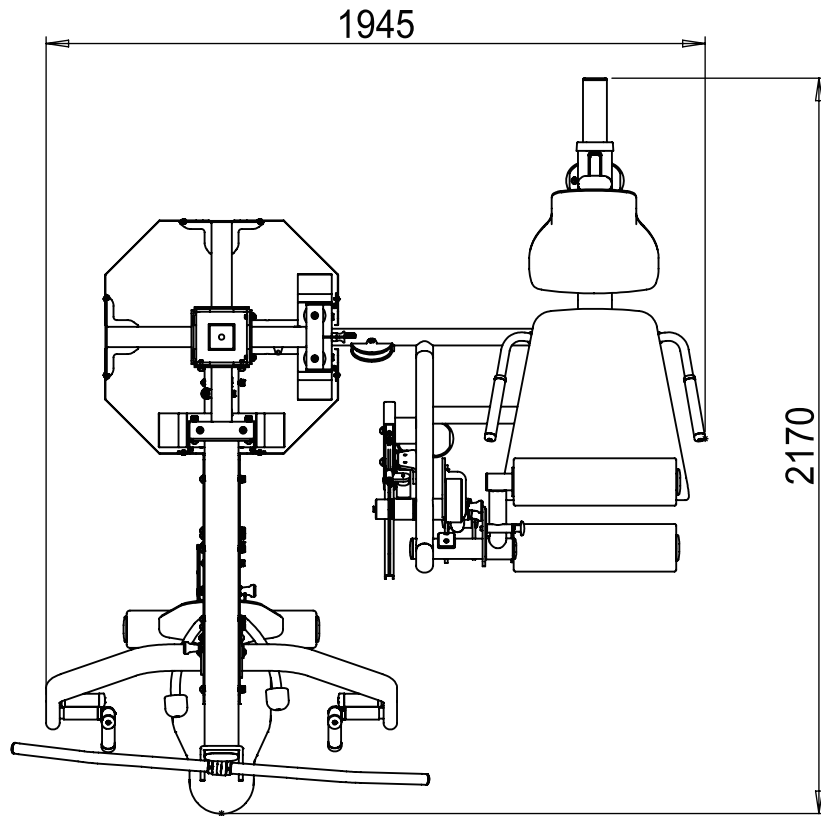
### Open the Box

Use wire cutters to open the box and remove the packing materials.

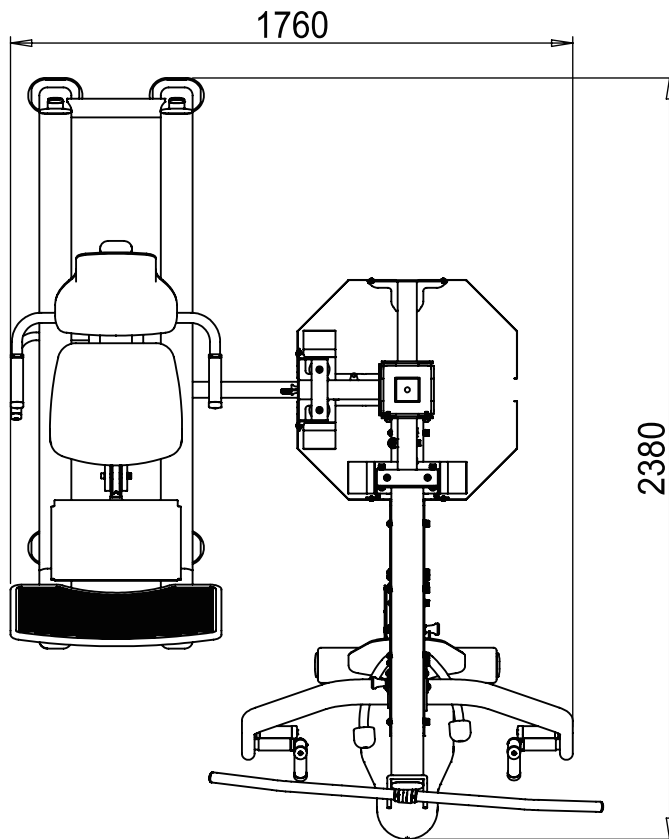
The illustration shows how the MX1116 will look when you have completed its assembly. The callouts identify specific pieces.



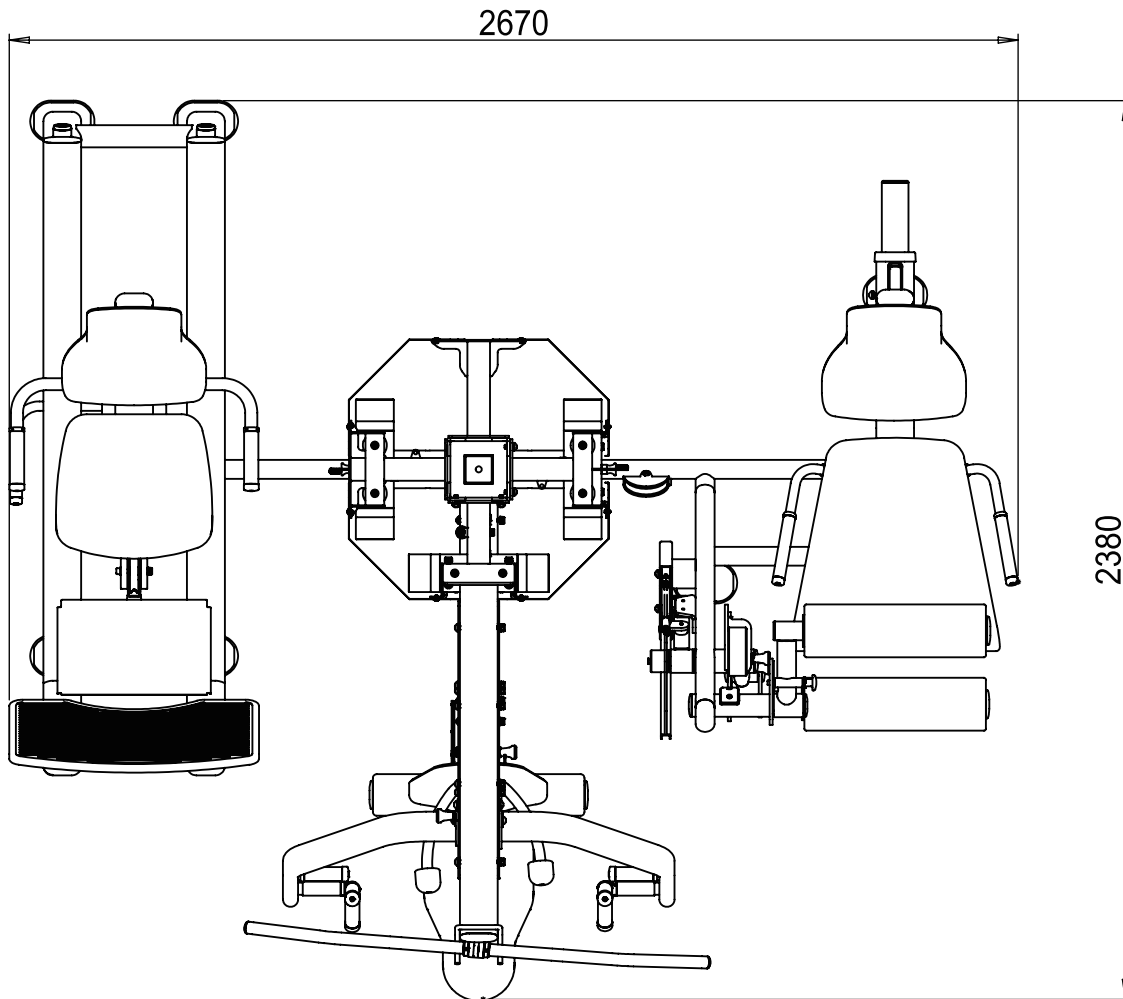
### MTI4001 FOOTPRINT



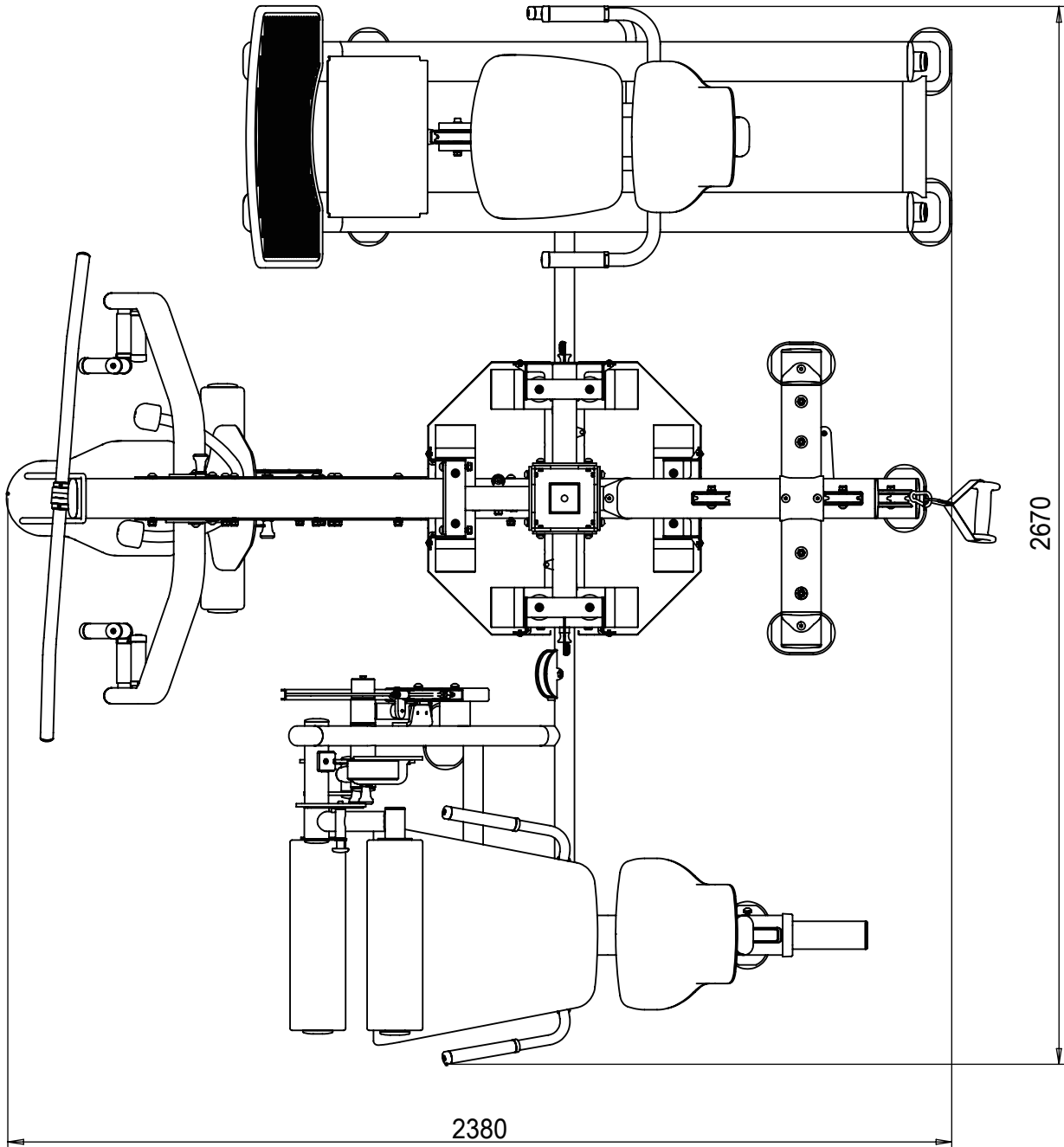
### MTI4002 FOOTPRINT



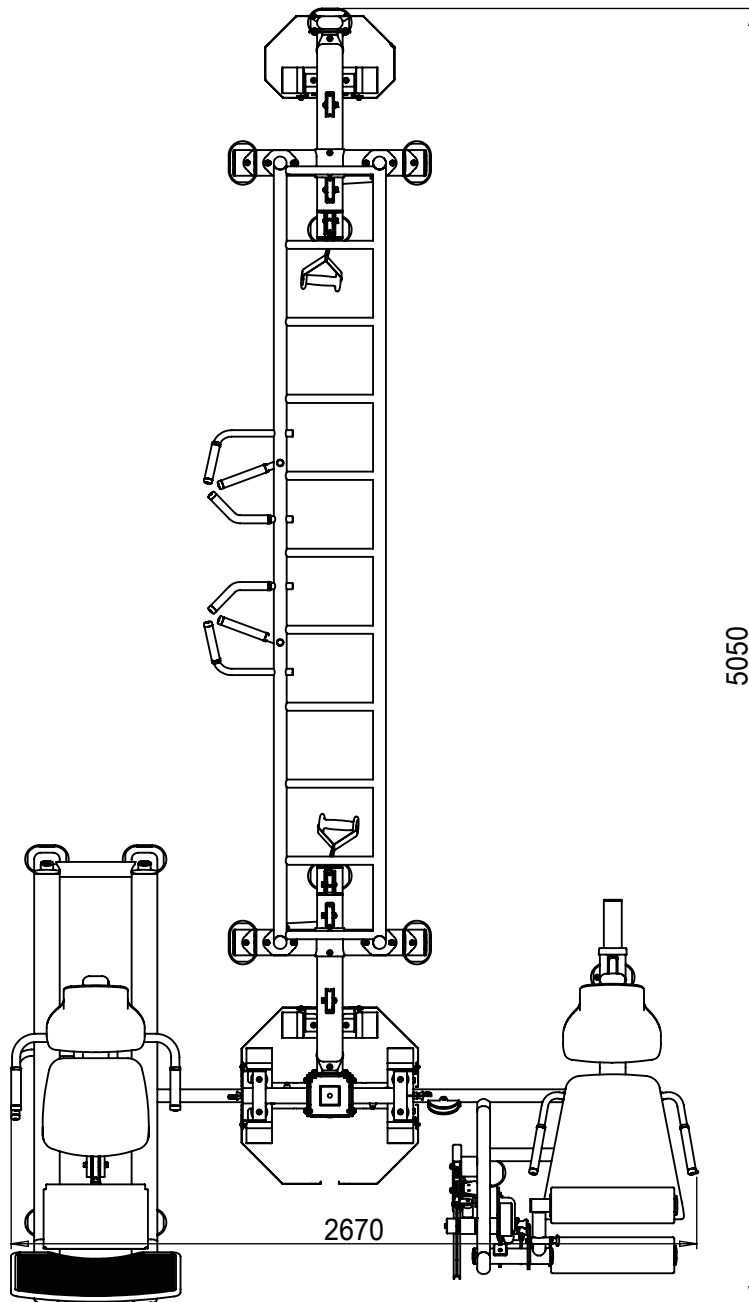
## MTI4005 FOOTPRINT



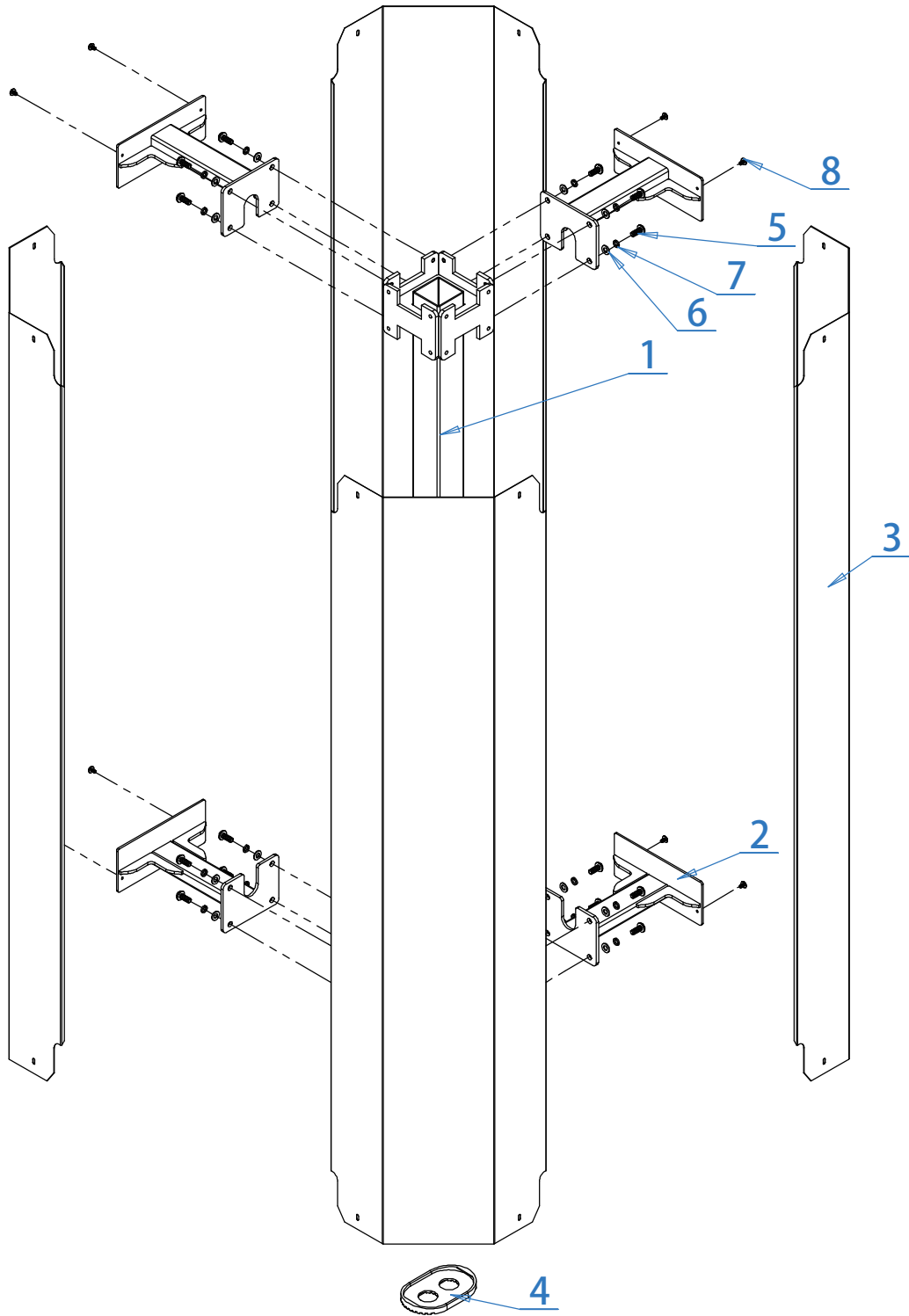
# MTI4009 FOOTPRINT



# MTI4016 FOOT PRINT



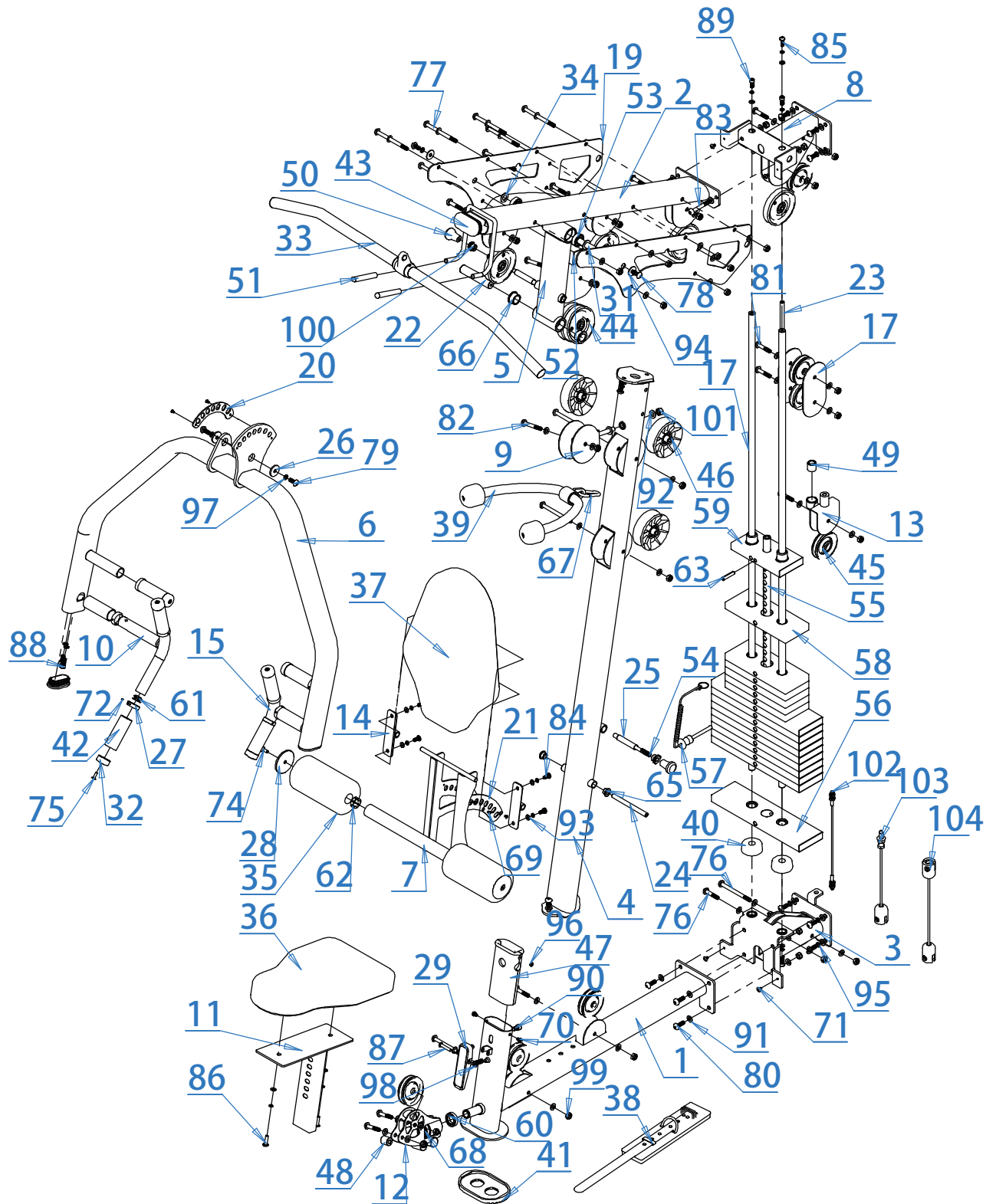
## Explode Drawing A Station



**A Station Part List**

ITEM NO.	DESCRIPTION	QTY
1	Main Frame	1
2	Connection Frame	4
3	Cover	4
4	Foot	1
5	Bolt	16
6	WASHER	16
7	Spring WASHER	16
8	Composite Screw	8

## Explode Drawing B Station

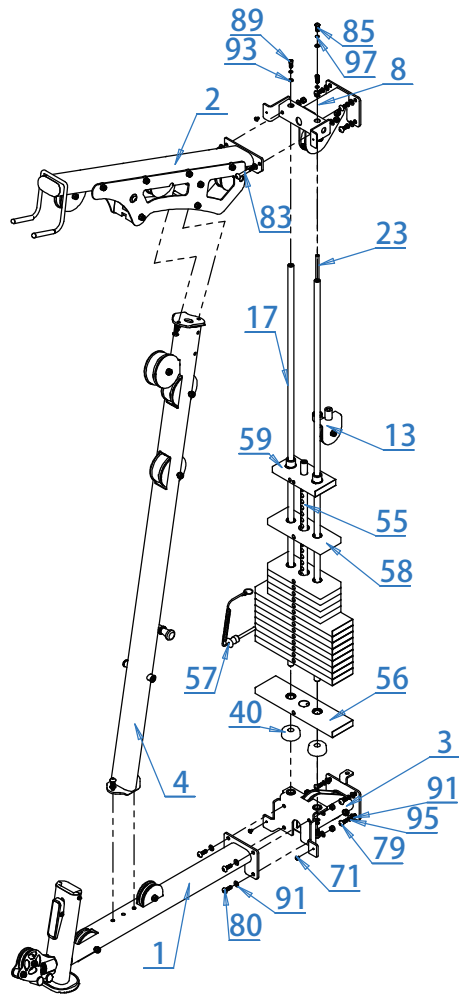


**B Station Part List**

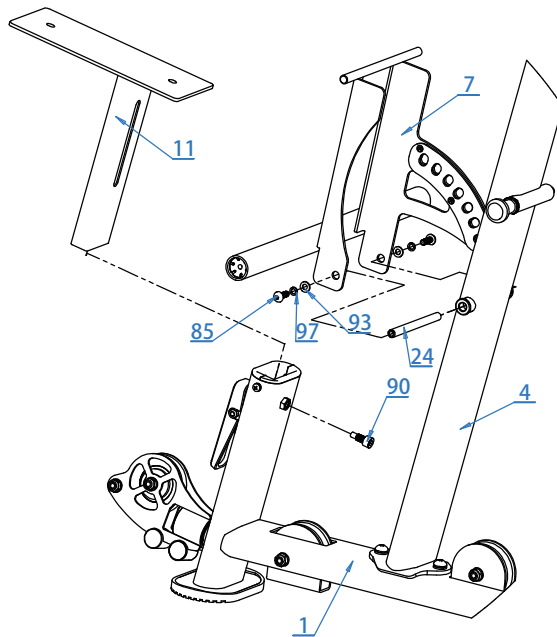
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Base Frame	1	53	Bearing	2
2	Lat Boom	1	54	Spring	2
3	Weight Base Frame	1	55	Weight Selector	1
4	Upright Frame	1	56	15-pound Weight	10
5	Connection Frame	1	57	Weight Pin	1
6	Arm Frame	1	58	10-pound Weight	6
7	ROLLER PAD Frame	1	59	Top Weight	1
8	Guide Frame	1	60	Bearing	2
9	Large Pulley Bracket	1	61	Nut, Spider	6
10	Right Handle Bracket	1	62	Nut, Spider	2
11	Seat Frame	1	63	Roll Pin	1
12	Pulley Bracket	1	64	Copper Bushing	6
13	Pulley Bracket	1	65	Copper Bushing	2
14	Backrest Frame	2	67	SNAP LINK,	5
15	Left Handle Bracket	1	68	Snap Ring	1
17	Weight Guide	2	69	Button Screw	6
18	Pulley Plate	2	70	Composite Screw	2
19	Plate	2	71	Composite Screw	4
20	Selector Plate	1	72	set screw	16
21	Selector Plate	1	74	Composite Blot	2
22	SHAFT, 25MM	1	75	Composite Blot	6
23	Weight Guide	1	76	Bolt	4
24	SHAFT, 12MM	1	77	Bolt	7
25	PIN, PULL	2	78	Bolt	2
26	Circular Plate	4	79	Bolt	14
27	Handgrip Collar	8	80	Bolt	6
28	CAP	2	81	Bolt	20
29	Adjustment Lever	1	82	Bolt	2
30	Chain	2	83	Bolt	2
31	SHAFT, 17MM	1	84	Bolt	4
32	Handgrip Cap	8	85	Bolt	4
33	Aluminum Lat Bar	1	86	Bolt	2
34	Circular Plate	2	87	Bolt	1
35	ROLLER PAD SHORT	2	88	Socket Bolt	4
36	PAD, CHEST	1	89	Socket Bolt	4
37	PAD, BACK	1	90	Stop Screw	1
38	Foot Cover	1	91	WASHER	86
39	Digging rope	1	92	WASHER	2
40	Lower Weight Bumper	4	93	WASHER	14
41	FOOT	1	94	WASHER	4
42	Handgrip	8	95	Spring Washier	23
43	Oval Cap	1	108	Nut	2
44	Pulley	7	97	Spring Washier	14
45	Pulley	8	98	Locknut	1
46	Pulley	3	99	Locknut	37
47	Base Bushing	1	102	Nut	2
48	SPACER	1	104	Locknut	1
49	SPACER	1	105	Cable	1
50	KNOB, POP PIN	2	106	Cable	1
51	GRIP	2	107	Cable	1
52	STOP	1			



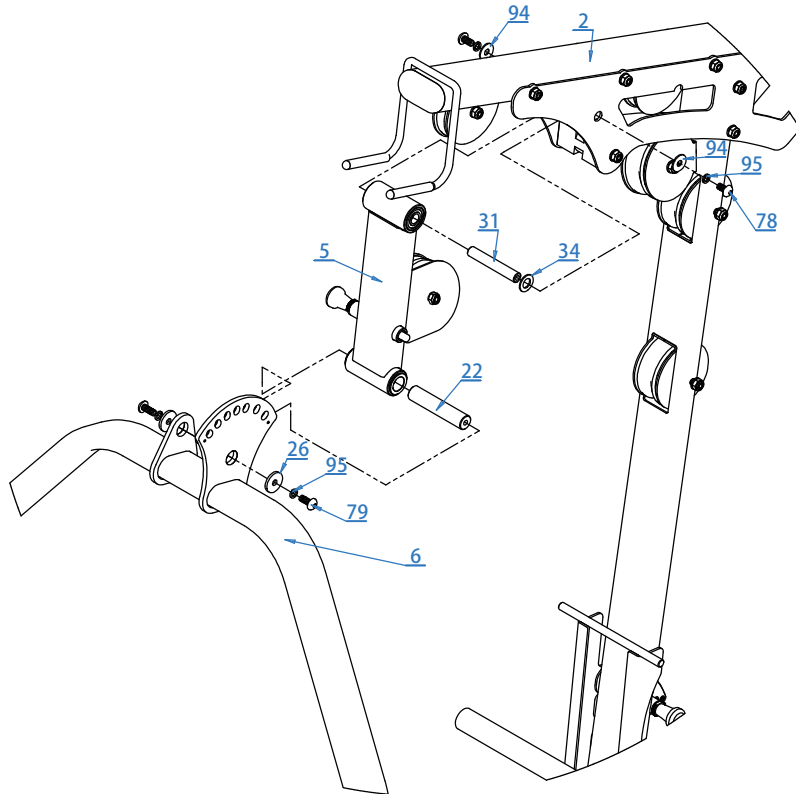
### MTI4000 B Station Step1



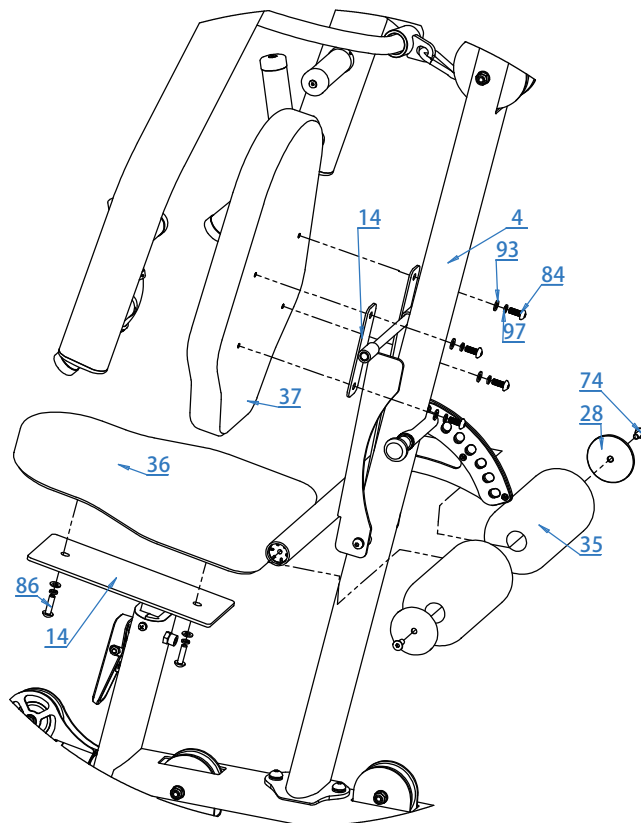
### STEP2



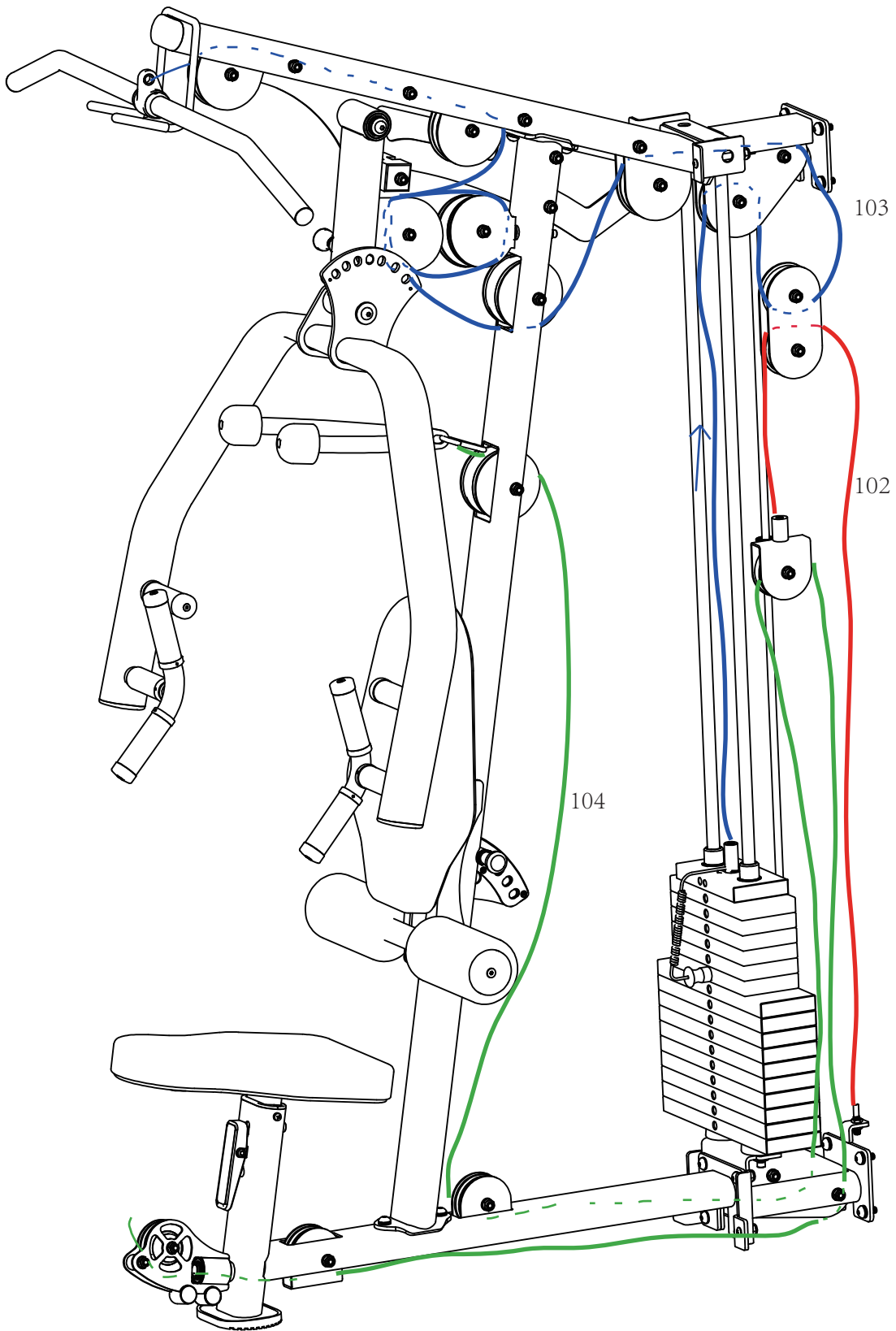
### STEP3



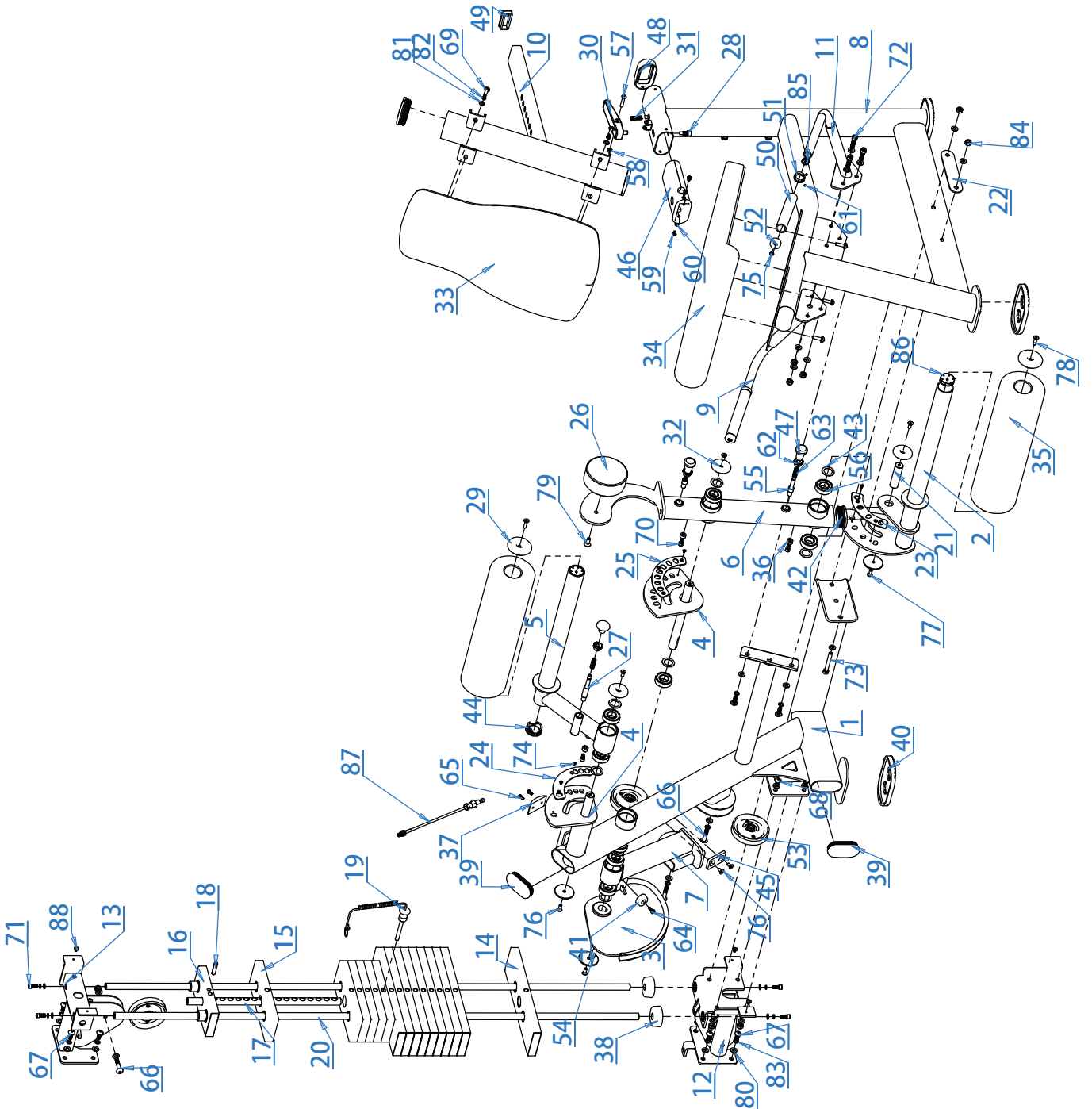
### STEP4



## MTI4000 B Station Cable



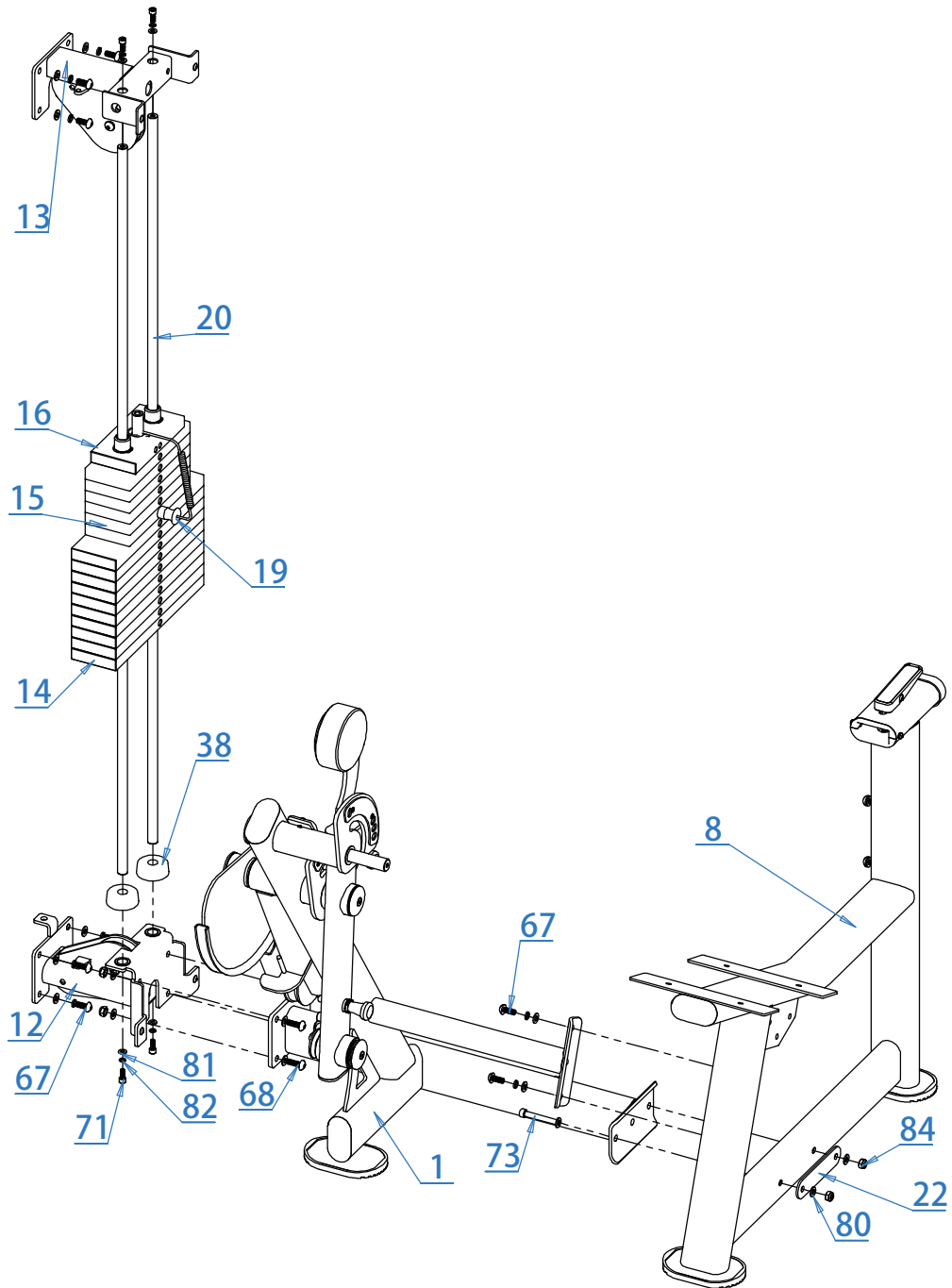
# Explode Drawing C Station



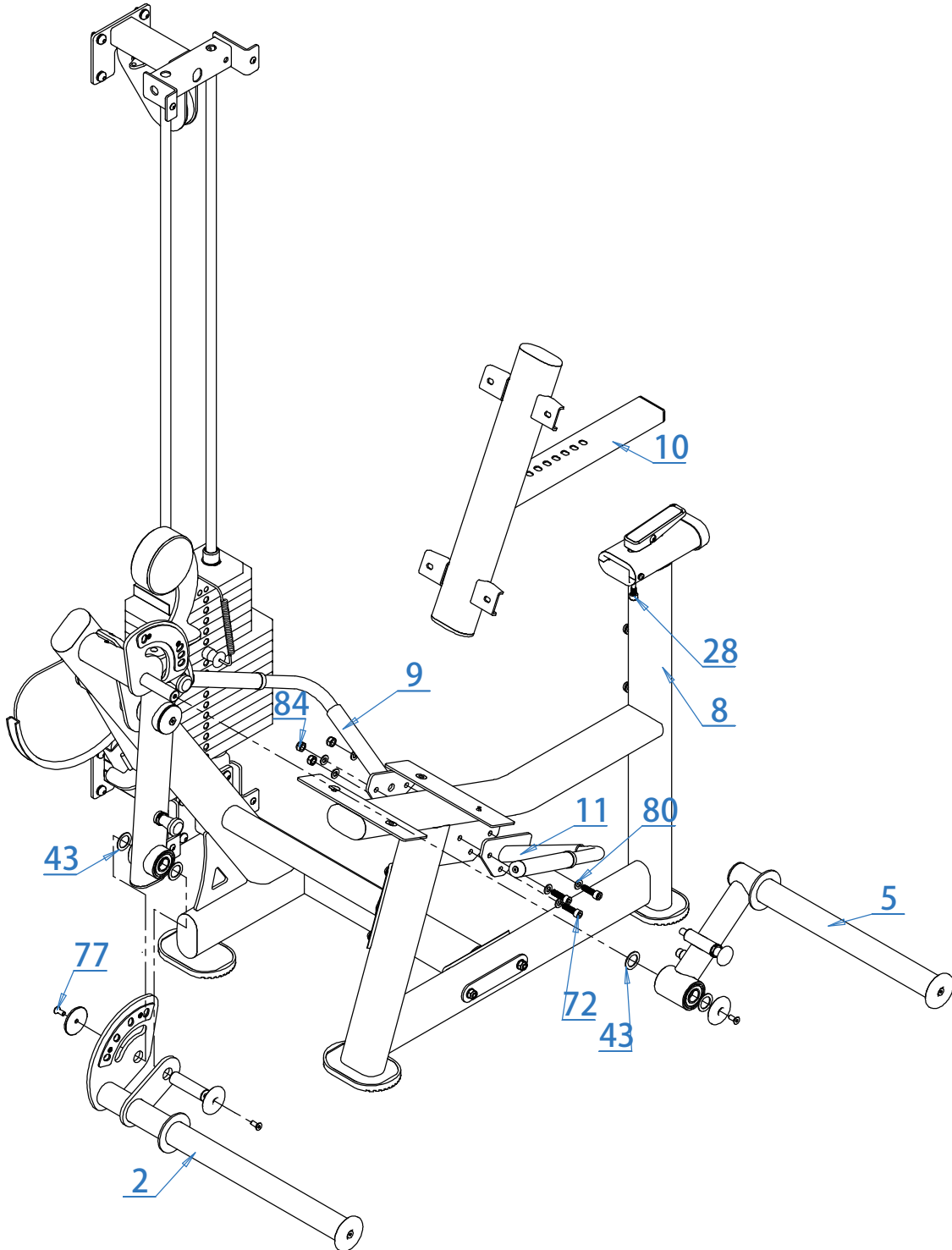
## C Station Part List

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Middle Bracket	1	45	Bumper	1
2	ROLLER PAD Frame	1	46	Base Bushing	1
3	Cam	1	47	KNOB, POP PIN	3
4	Adjust Frame	1	48	Base Bushing	1
5	Pivot Leg	1	49	CAP	1
6	Pivot Arm	1	50	Handgrip	1
7	Pulley Swing Frame	1	51	Handgrip Collar	1
8	Seat Frame	1	52	Handgrip Cap	1
9	Right Handle Bracket	1	53	Pulley	5
10	Backrest Frame	1	54	Flat key	5
11	Left Handle Bracket	1	55	PIN, PULL	2
12	Weight Base Frame	1	56	Bearing	10
13	Guide Frame	1	57	Bolt	1
14	15-pound Weight	10	58	Locknut	1
15	10-pound Weight	6	59	Composite Screw	2
16	Top Weight	1	60	Nut	2
17	Weight Selector	1	61	set screw	4
18	Roll Pin	1	62	Nut	3
19	Weight Pin	1	63	Spring	3
20	Weight Guide	2	64	Composite Screw	1
21	SHAFT, 25MM	1	65	Composite Screw	2
22	Plate	1	66	Bolt	5
23	Selector Plate	1	67	Bolt	10
24	Selector Plate	1	68	Bolt	4
25	Selector Plate	1	69	Bolt	8
26	Balance Weight	1	70	Socket Bolt	3
27	PIN, PULL	1	71	Socket Bolt	4
28	Bolt M10	1	72	Socket Bolt	3
29	CAP $\varphi$ 75	2	73	Socket Bolt	2
30	Adjustment Lever	1	74	buntersunk head screw	7
31	Spring	1	75	hexagon socket screw	2
32	CAP $\varphi$ 60	6	76	hexagon socket screw	6
33	PAD, BACK	1	77	hexagon socket screw	6
34	PAD, SEAT	1	78	hexagon socket screw	2
35	ROLLER PAD SHORT	2	79	Blot	1
36	Bumper	3	80	WASHER	14
37	Bumper	1	81	WASHER	12
38	Lower Weight Bumper	4	82	Spring Washer	12
39	Oval Cap	5	83	Spring Washer	14
40	FOOT	3	84	Locknut	11
41	Bumper	1	85	Nut, Spider	2
42	CAP	1	86	Nut, Spider	2
43	Plate	7	87	Cable	1
44	CAP	1	88	screw	4

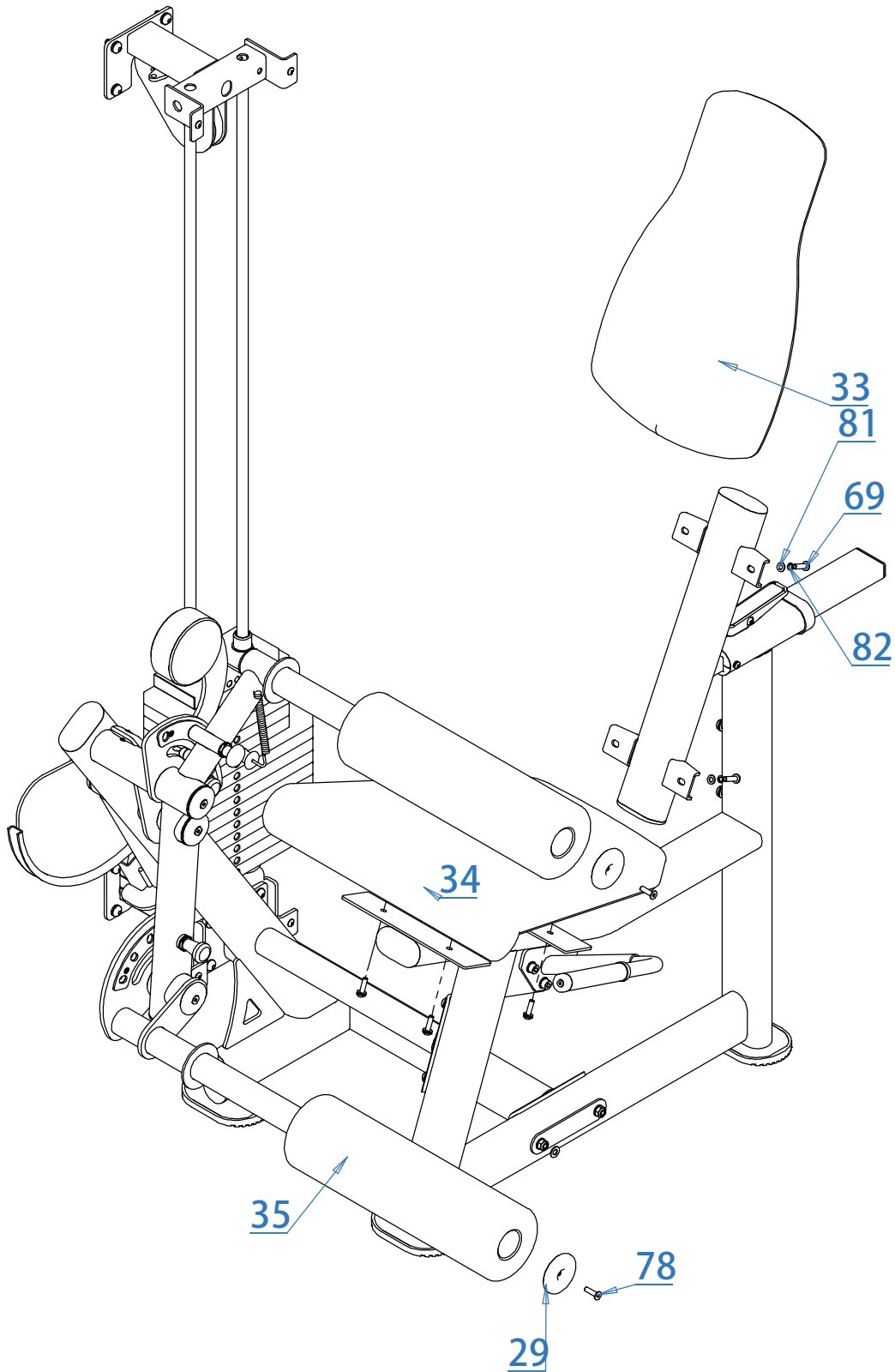
# MTI4000C STEP1



## MTI4000C STEP2

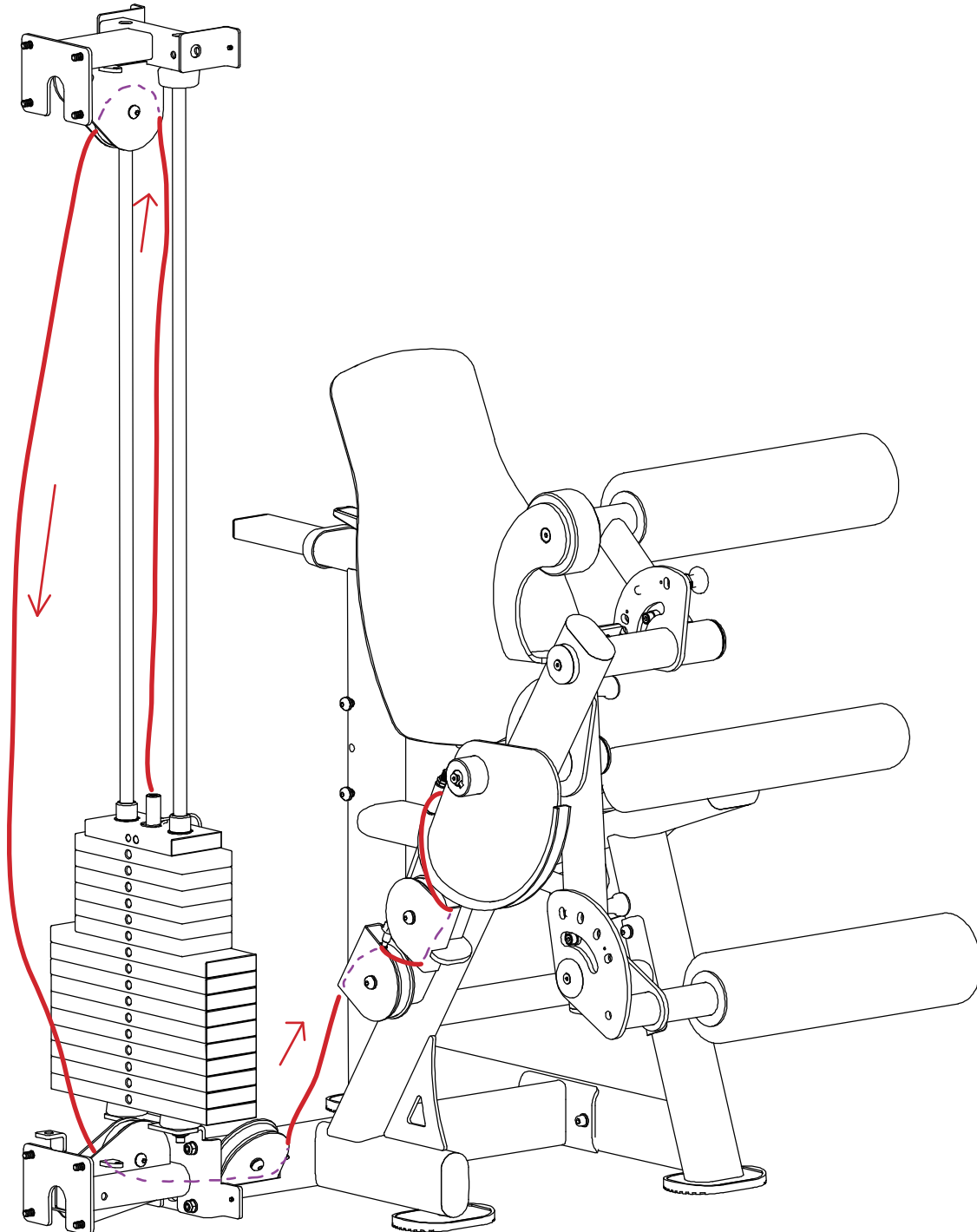


MTI4000C STEP3

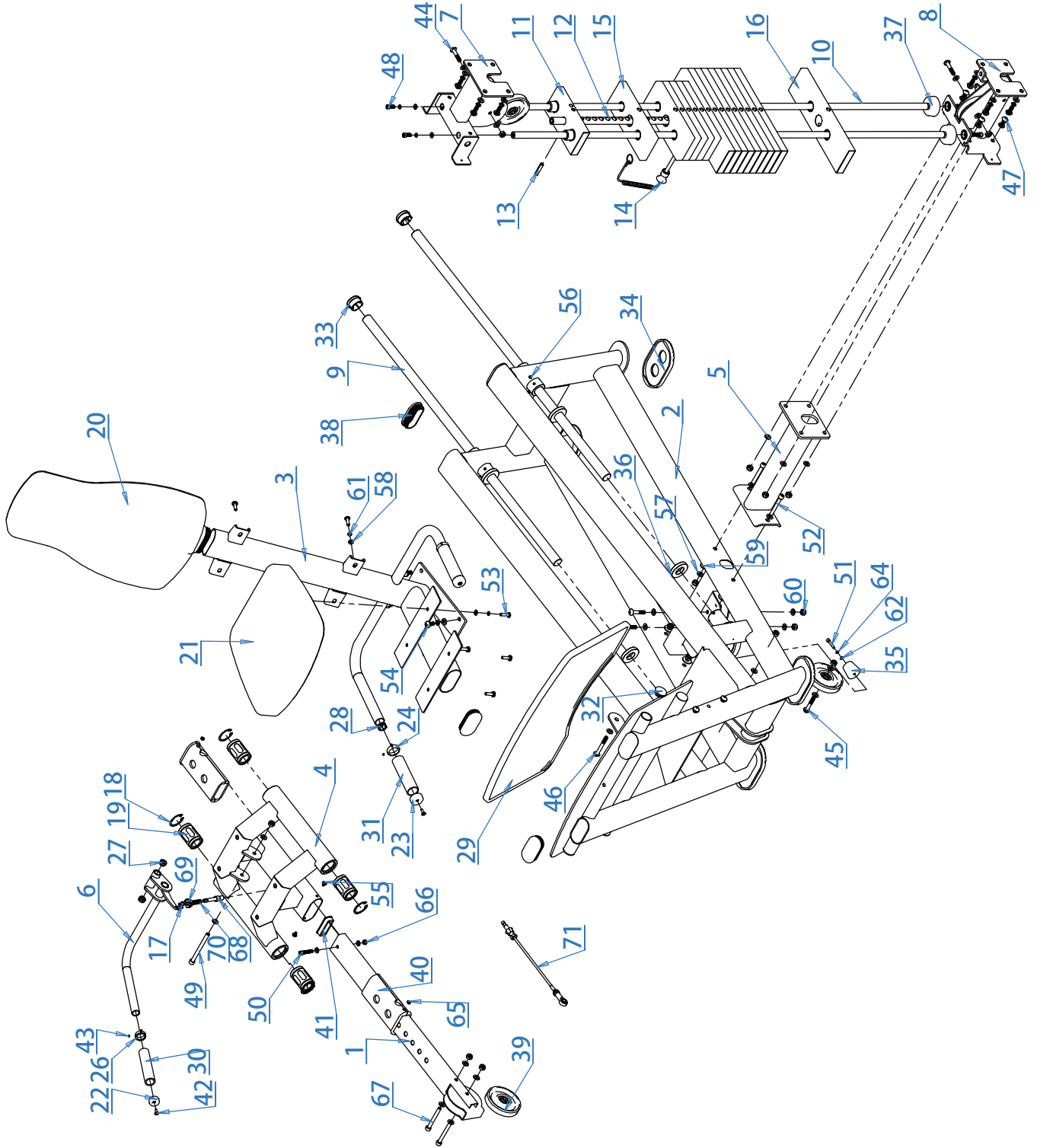




## MTI4000 C Station Cable



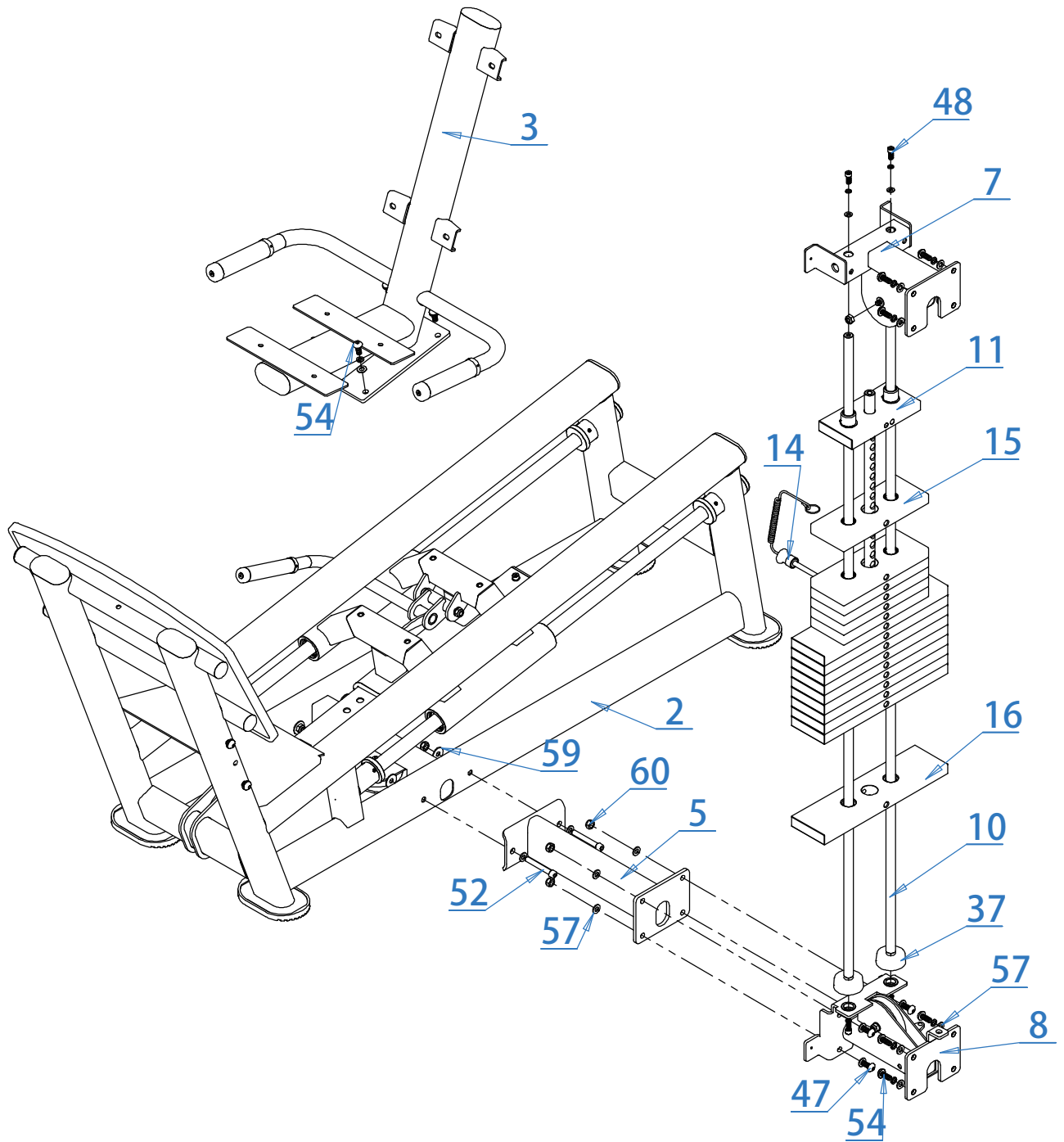
# Explode Drawing D Station



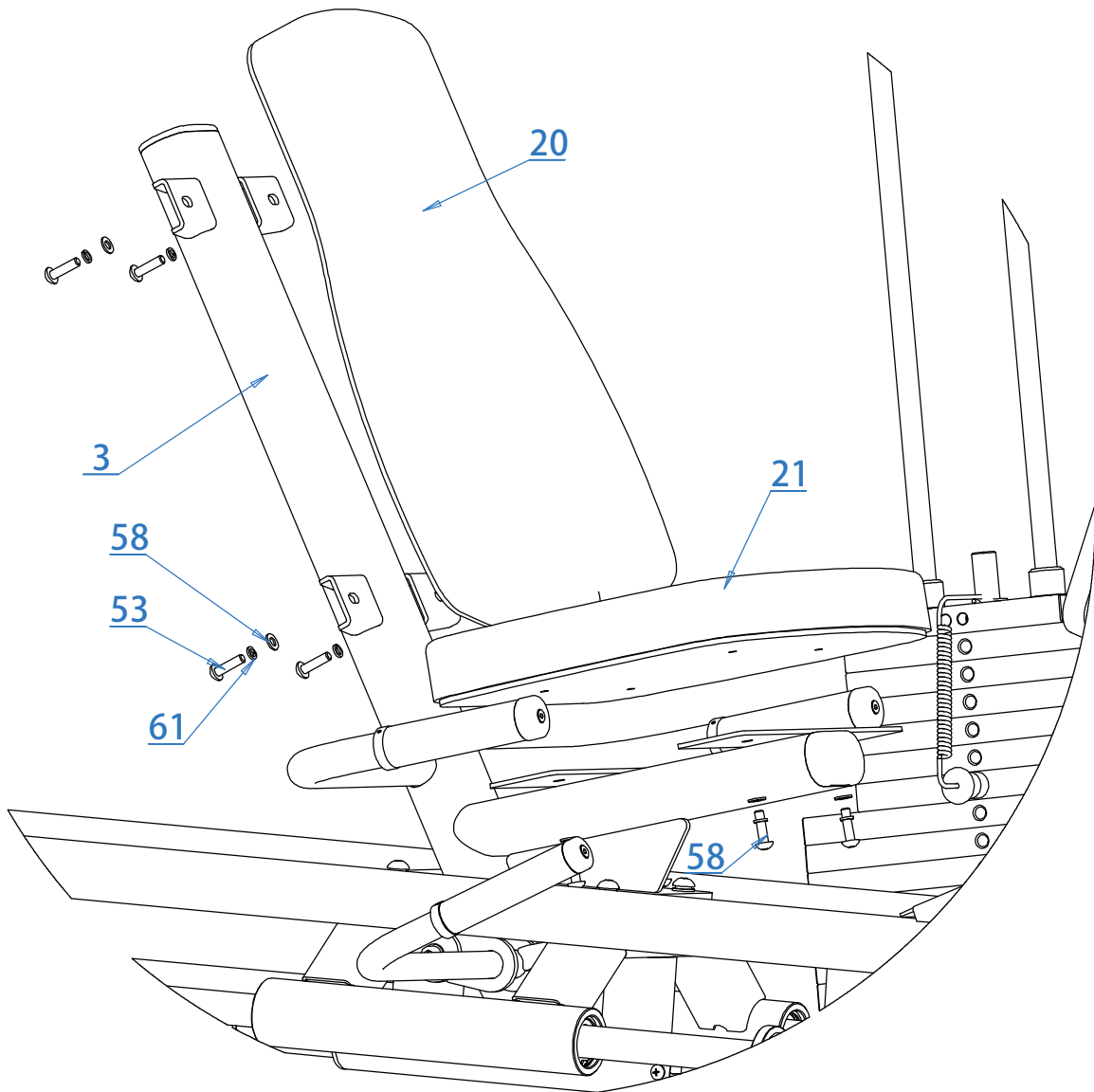
**D Station Part List**

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Adjust Frame	1	37	Bumper	4
2	<b>Main Frame</b>	1	38	CAP	6
3	<b>Seat Frame</b>	1	39	Pulley	5
4	<b>Sliding Frame</b>	1	40	Base Bushing	2
5	Connecting Rack	1	41	CAP	1
6	Adjust Handle	1	42	Hexagon socket screw	2
7	Guide Frame	1	43	set screw	4
8	Weight Base Frame	1	44	Bolt	5
9	Guide	2	44	Bolt	5
10	Weight Guide	2	46	Bolt	2
11	Top Weight	1	47	Bolt	4
12	Weight Selector	1	48	Socket Bolt	4
13	Roll Pin	1	49	Socket Bolt	1
14	Weight Pin	1	50	Socket Bolt	1
15	10-pound Weight	6	51	Socket Bolt	1
16	15-pound Weight	10	52	Socket Bolt	2
17	Chain joint	1	53	Bolt	8
18	Snap Ring	4	54	Bolt	14
19	Linear bearing	4	55	Composite Screw	4
20	PAD, BACK	1	56	set screw	8
21	PAD, SEAT	1	57	WASHER	34
22	Handgrip Cap	1	58	WASHER	14
23	Handgrip Cap	1	59	BIG WASHER	4
24	Handgrip Collar	1	60	Locknut	15
25	Nut, Spider	1	61	Spring WASHER	12
26	Handgrip Collar	1	62	WASHER	1
27	Copper Bushing	2	63	Spring WASHER	6
28	Nut, Spider	1	64	Spring WASHER	1
29	Foot pad	1	65	Nut	4
30	Handgrip	1	66	Locknut	1
31	Handgrip	1	67	Socket Bolt	2
32	CAP	4	68	PIN, PULL	1
33	CAP	2	69	Nut	1
34	FOOT	4	70	Spring	1
35	Bumper	1	71	Cable	1

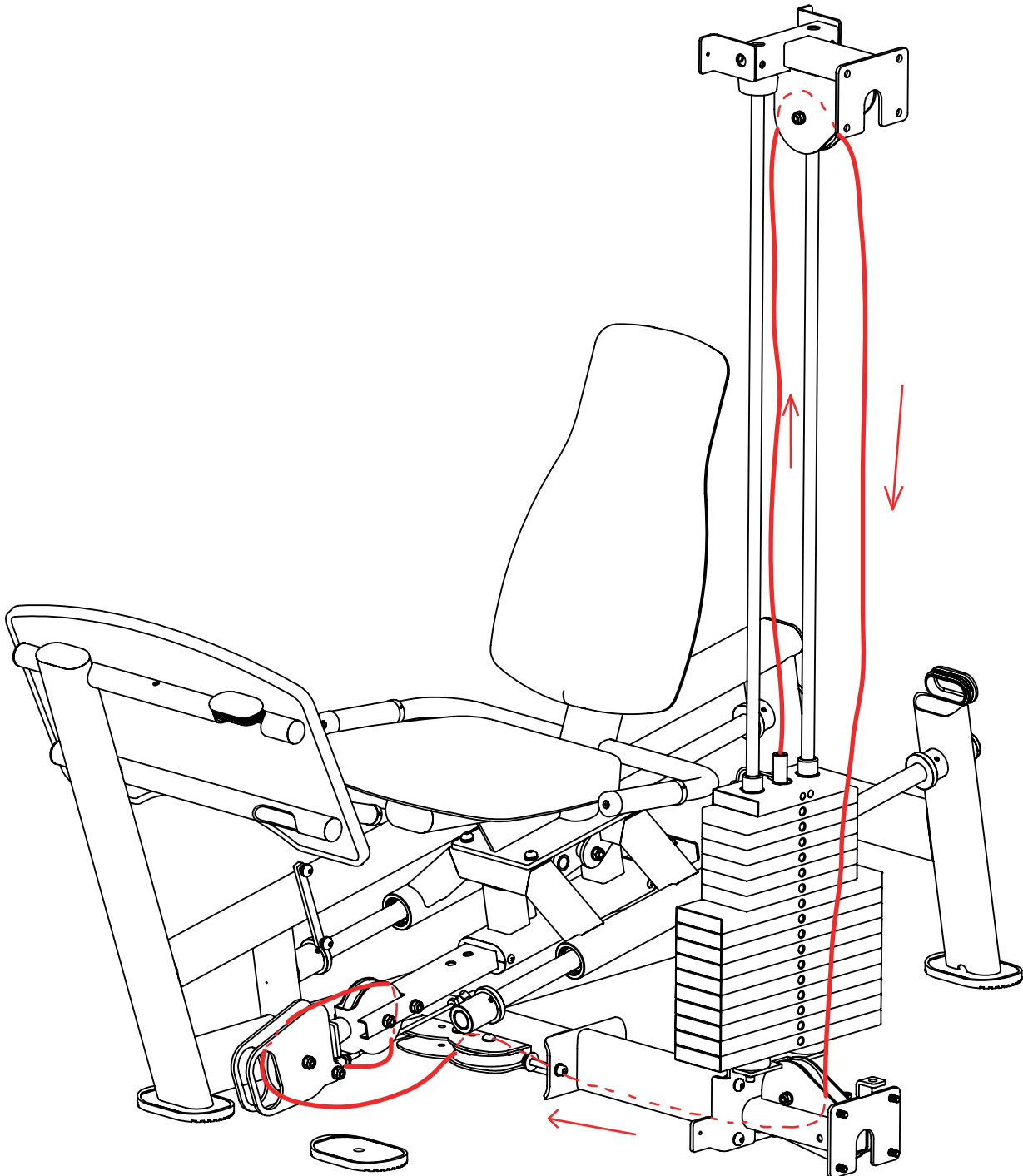
MTI4000D STEP1



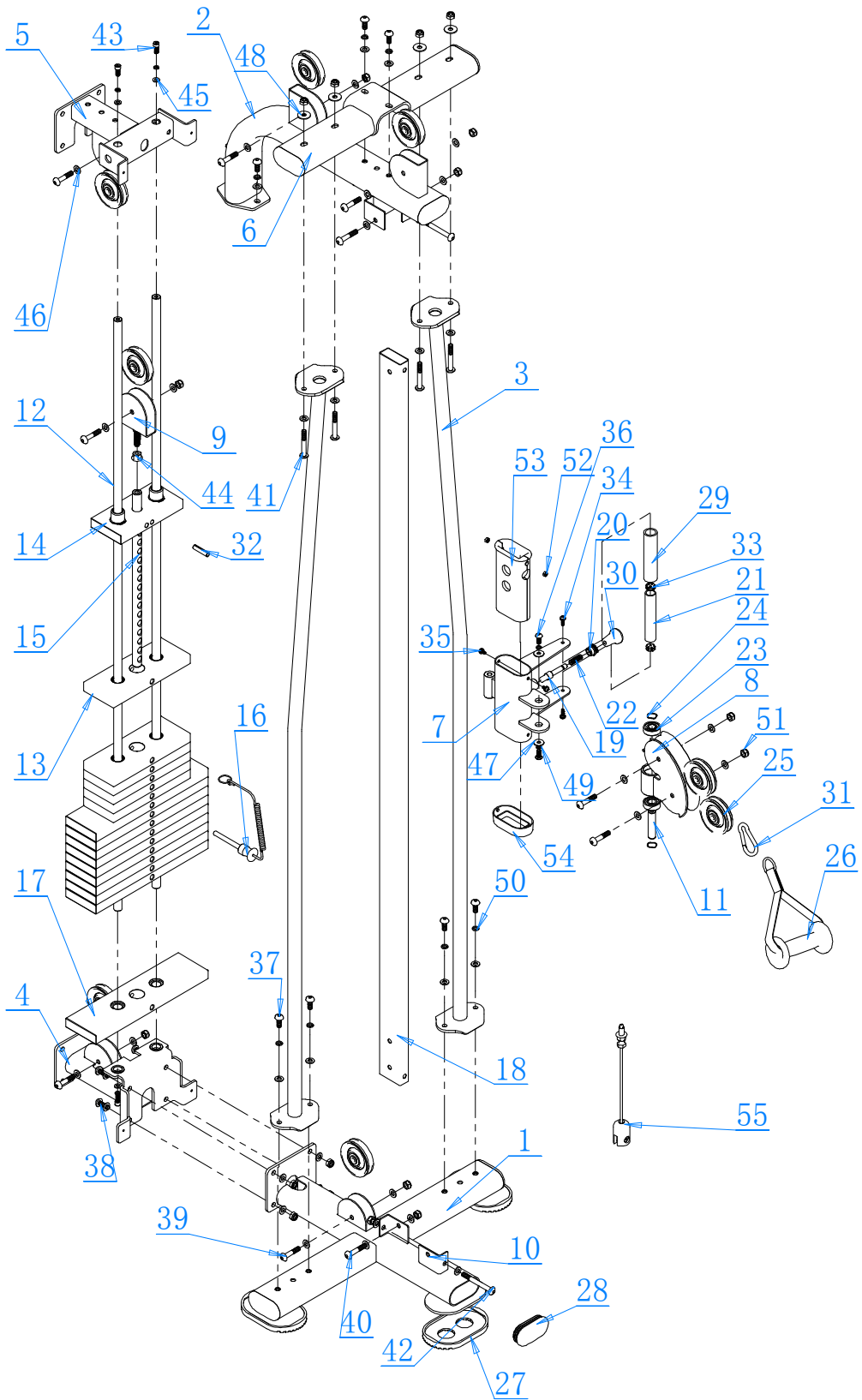
MTI4000D STEP2



## MTI4000 D Station Cable



## Explode Drawing E Station

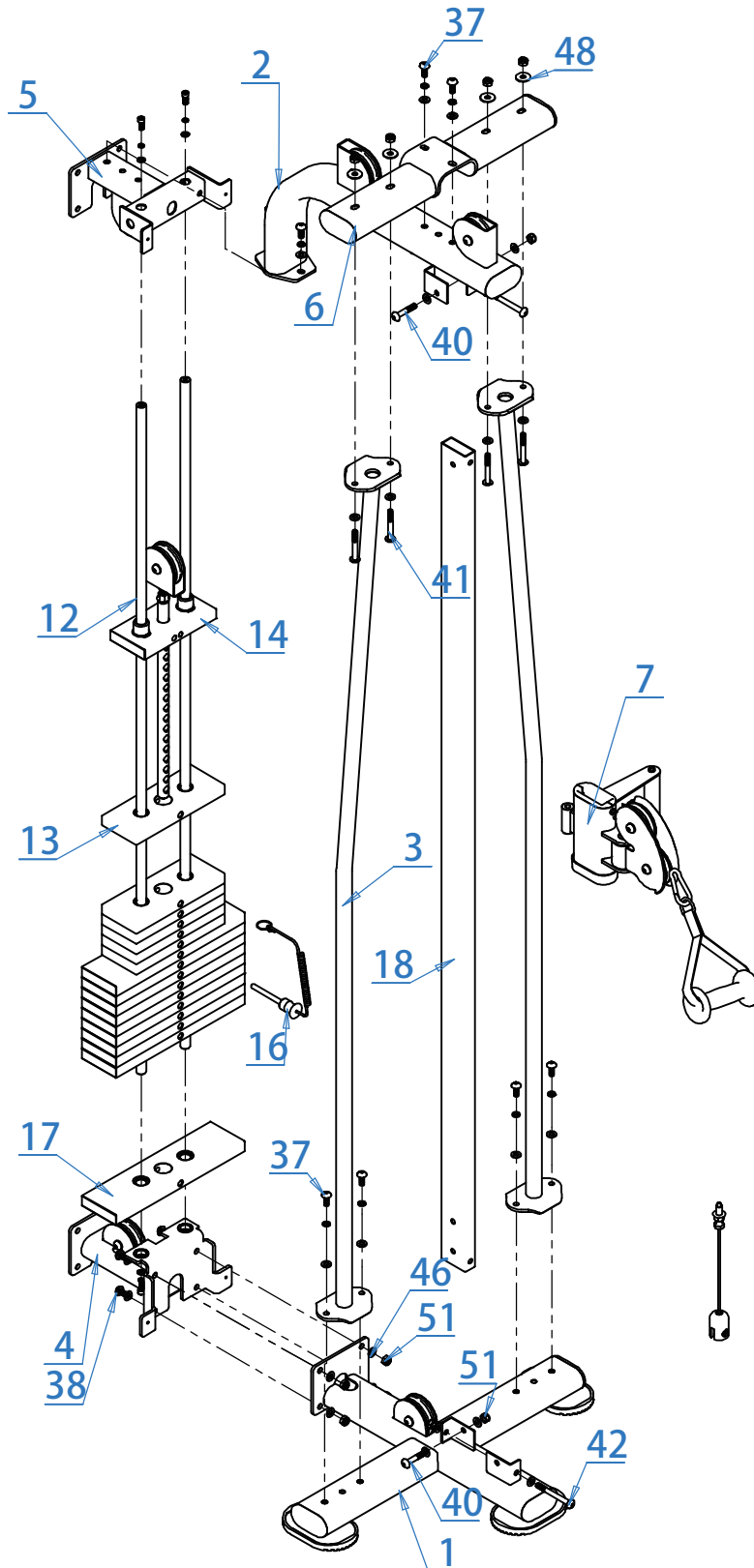


## E Station Part List

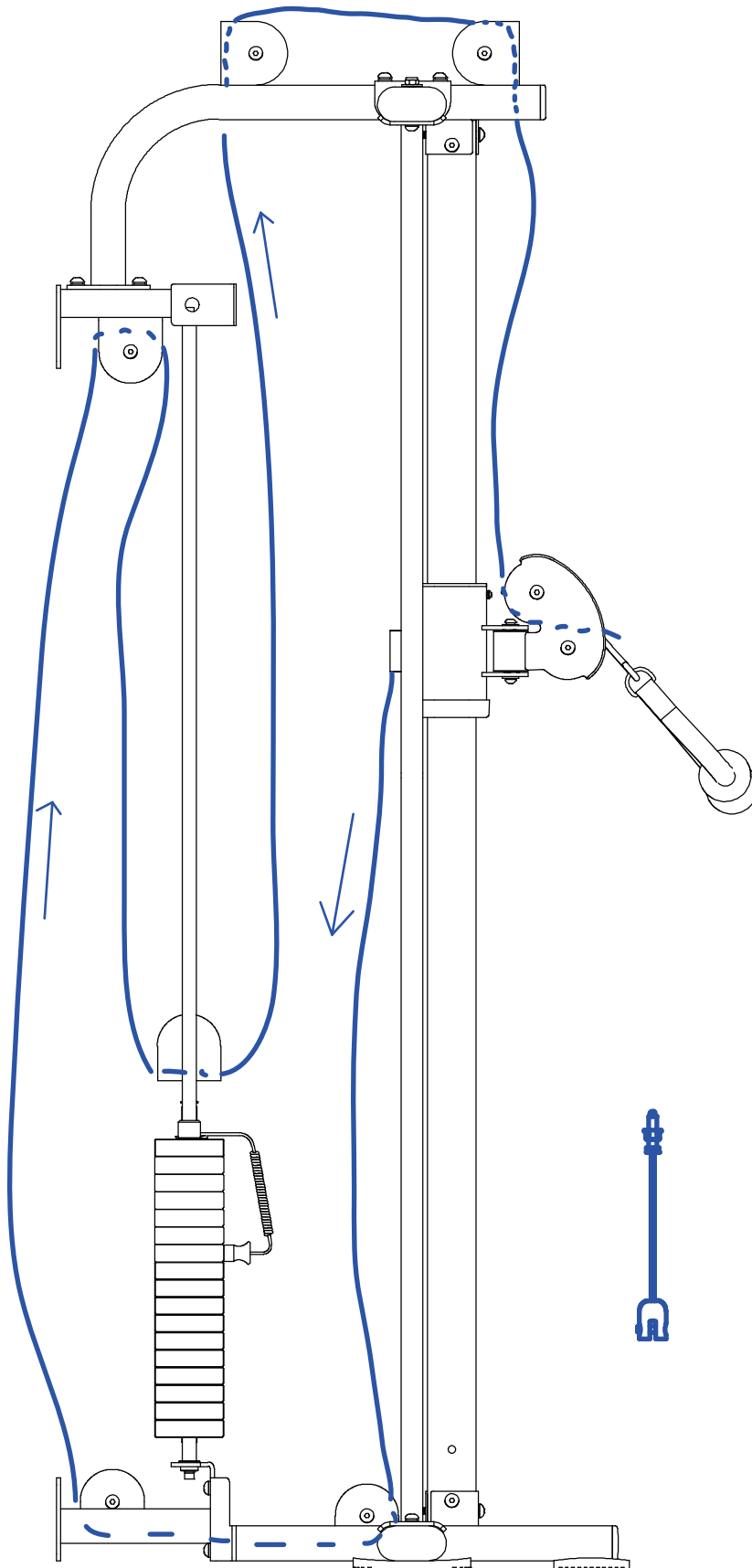
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Main Base Frame	1	29	Handgrip	1
2	Lat Boom	1	30	KNOB, POP PIN	1
3	Handle Bracket	2	31	SNAP LINK,	1
4	Weight Base Frame	1	32	Roll Pin	1
5	Guide Frame	1	33	Nut, Spider	2
6	Connecting frame	1	34	Composite Screw	2
7	Sliding Frame	1	35	Composite Screw	2
8	SWIVEL PULLEY	1	36	Bolt	2
9	Pulley Rack	1	37	Bolt	8
10	Plate	2	38	Bolt	4
11	SHAFT, 17MM	1	39	Bolt	8
12	Weight Guide	2	40	Bolt	2
13	10-pound Weight	6	41	Bolt	4
14	Top Weight	1	42	Bolt	2
15	Weight Selector	1	43	Socket Bolt	4
16	Weight Pin	1	44	Flange Nut	1
17	15-pound Weight	10	45	WASHER	4
18	Adjust Tube	1	46	WASHER	40
19	PIN, PULL	1	47	Big WASHER	2
20	Nut M20	1	48	Big WASHER	4
21	Handle Tube	1	49	Spring Washier	6
22	Spring	1	50	Spring Washier	8
23	Bearing	2	51	Locknut	20
24	Wavy Washer	2	52	Nut	2
25	Pulley	8	53	Cable	2
26	SHORT STRAP	1	54	Base Bushing	1
27	Foot	3	55	Base Bushing	1
28	Oval Cap	6			



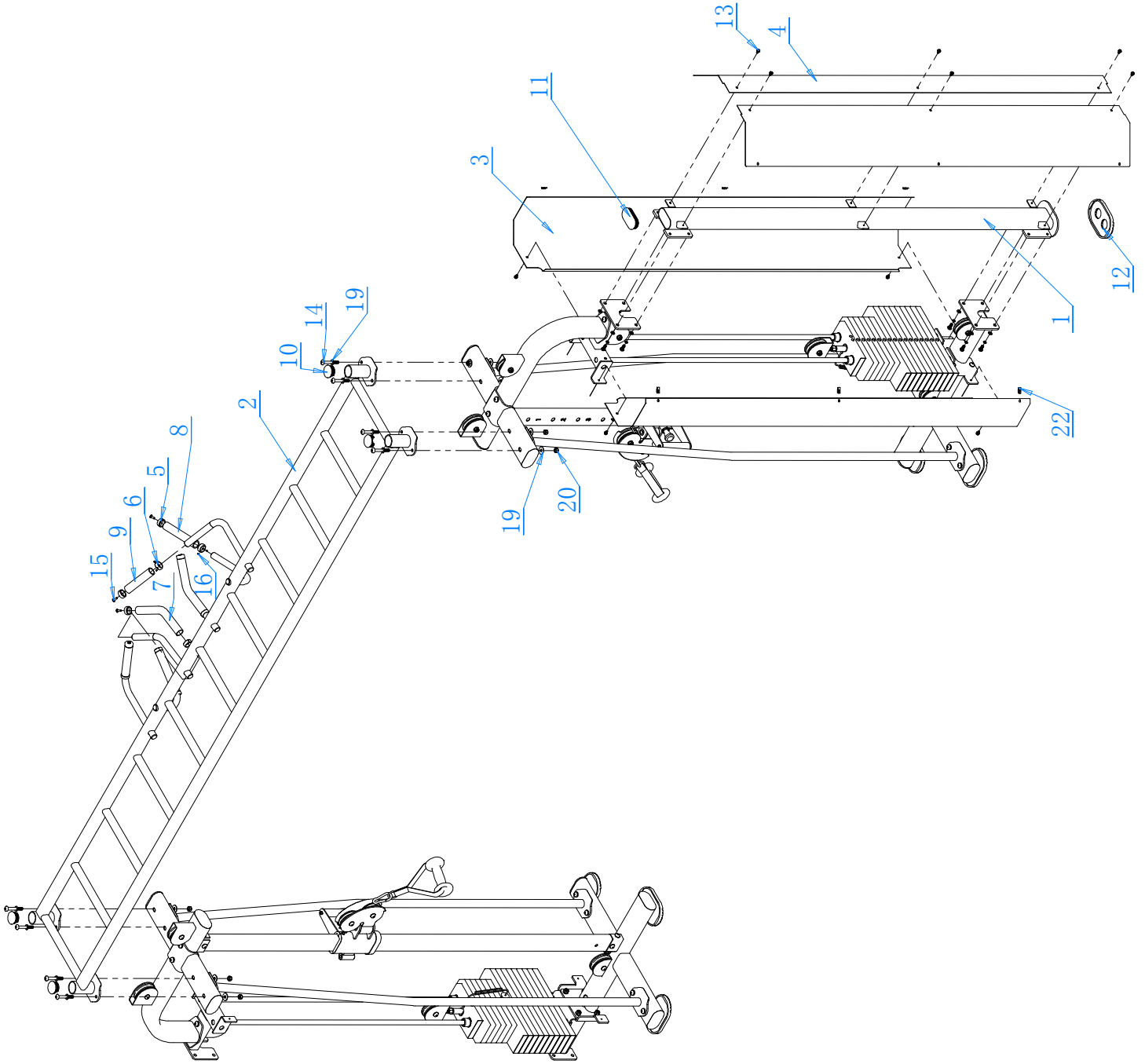
MTI4000E STEP1



## MTI4000 E Station Cable



# Explode Drawing H Station



## H Station Part List

ITEM NO.	DESCRIPTION	QTY
1	Main Frame	1
2	Cross beam frame	1
3	Cover	1
4	Plate	1
5	Handgrip Cap	6
6	Handgrip Collar	6
7	Handgrip	2
8	Handgrip	2
9	Handgrip	2
10	CAP $\varphi$ 50	4
11	Oval Cap	1
12	FOOT	1
13	Composite Screw	16
14	Bolt	8
15	Hexagon socket screw	6
16	Set Screw	12
17	Blot	8
18	WASHER	8
19	WASHER	16
20	Locknut	8
21	Spring WASHER	8
22	Clip Nut	6

## Daily Inspection

You will need to do the following tasks each day to maintain the equipment and keep it operating smoothly and safely. Each of these tasks is covered in this section. You should perform those tasks that are appropriate for the equipment you are maintaining, and skip those tasks that do not apply.

- Inspect cables and end connections for wear.
- Clean and inspect equipment frames.
- Check warning labels and Instruction placards for readability.
- Clean any upholstery on the equipment.
- Inspect pads for wear.

### Clean Upholstery

Clean upholstery daily with a mild soap and water solution in a spray bottle. Lightly spray upholstered surfaces and wipe dry with a clean cloth. Cleaning upholstery daily removes surface dirt and perspiration.

**Important:** *To clean the upholstery, do not use cleaning products that have any of these ingredients: solvents, alcohol, ammonia, and petroleum. Use a mild detergent-based cleaner instead.*

### Inspect Pads for Wear

Inspect pads for cracks in the upholstery, loose staples, and loose mounting bolts. Replace pads as needed (refer to Obtaining Service to purchase new pads).

### Clean and Inspect Frames

Clean frames daily with a mild soap and water solution in a spray bottle. Wipe the equipment down with a damp cloth and dry completely. Be sure to wipe down both painted parts and chrome parts. Cleaning frames daily removes any grease and dirt.

For chrome parts, use a commercial chrome cleaner to restore and maintain the luster.

As you clean, inspect the frames for cracks, rust, or other damage. Make sure welds are solid and fasteners are properly secured.

## Weekly Inspection

This section covers the tasks you should do each week to maintain the equipment. Choose the appropriate tasks for your equipment, depending on what you are maintaining:

- Condition and deep clean upholstery.
- Clean and lubricate cable rod ends.
- Clean and lubricate guide rods.
- Inspect cables, connections, and tension.
- Inspect cable handle attachments.
- Inspect pulleys.
- Inspect each weight stack and selector pin.
- Inspect and lubricate bearings and bushings.
- Check seat adjustment and test pop pins.

### Clean Upholstery

Clean upholstery daily with a mild soap and water solution in a spray bottle. Lightly spray upholstered surfaces and wipe dry with a clean cloth. Cleaning upholstery daily removes surface dirt and perspiration.

**Important:** *To clean the upholstery, do not use cleaning products that have any of these ingredients: solvents, alcohol, ammonia, and petroleum. Use a mild detergent-based cleaner instead.*

### Clean and Lubricate Cable Rod Ends

Check cable rod ends to ensure the shoulder bolt is secure. If cable rod ends are noisy, you can lubricate them with a silicone spray lubricant. Spray the lubricant onto the joint where the spherical portion is enclosed in the outer housing. Wipe off any excess lubricant with a rag.

### Clean and Lubricate Guide Rods

Inspect the exposed areas of the guide rods for cleanliness. Using a dry cloth, wipe any buildup of dirt or grease from the rods.

Lubricate the exposed areas of the guide rods by applying a light coat of a silicone spray lubricant. Spray the silicone lubricant on a rag and then wipe the guide rods with the rag. Be careful with any lubricant spray; it can stain carpet and clothing.

**CAUTION:** Do not attempt to lubricate the guide rods when the equipment is in use. Attempting to lubricate between the weight plates without completely disassembling the stack will result in serious injury.

**Important:** Do not use petroleum-based lubricants or motor oil.

These lubricants tend to cause a rapid buildup of dirt and hair on the weight plates, which can cause the plates to stick together.

## Monthly Inspection

Each month, the following tasks should be performed to maintain the equipment. Choose the appropriate tasks based on what you are maintaining.

- Inspect frames and movement arms.
- Lubricate pop pins.
- Check and lubricate ratcheting seat lever
- Inspect all fasteners.

### Inspect Frames and Movement Arms

Inspect frames and movement arms monthly for proper function and integrity. Check for cracks, chipped paint, or rust.

Touch up dings and chips in the paint as needed. Replace any component at first signs of wear.

Inspect frames for cracks particularly at the joints. If any cracks are found, immediately take the equipment out of service, and repair it using a qualified maintenance technician. Refer to Important Safety Guidelines and Obtaining Service).

To remove surface rust from the frame, rub lightly with a fine wet/dry sand paper or fine steel wool. Maintain paint luster with an application of a mild automotive wax product.

To maintain the powder coated and chrome parts, use a mild detergent-based cleaner for light dirt and grime removal.

For removing heavier dirt and grease and for polishing, use a good car polish. For scuffs and marks that are not removed by the above methods, use a soft scrub cleanser. Do not use solvents, lacquer thinner, acetone, or finger nail polish remover.

