



# ***PULLEY STATION PS4.0***

## **USER MANUAL**



### **NOTE!**

Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary and are subject to change without further notice.



GYMSTICK.COM

## BEFORE YOU BEGIN

Thank you for choosing Gymstick training equipment. We take great pride in producing this high-quality product and hope it will make you feel better and enjoy life to the fullest. Please read this manual in its entirety before beginning to use this product.



### IMPORTANT

Read all instructions carefully before using this product.  
Retain this owner's manual for future reference.



### WARNING

Read and follow all safety instructions carefully.  
Failure to follow safety instructions could result in serious injury.

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## SAFETY INSTRUCTIONS

Basic precautions should always be followed when using this machine. In order to ensure safe Read and follow all safety instructions included in this user manual. Failure to do so could result in serious injury.



### WARNING

Before using this product, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

1. This product is not a toy. Keep children and pets away from the machine at all times. Do not leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the machine without the presence of a qualified health care professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
4. Before beginning training, remove all objects within a radius of 2 meters from the machine. Do not place any sharp objects around the machine.
5. Position the machine on a clear, level surface away from water and moisture. It is suggested to place a mat under the unit to help keep the machine stable and to protect the floor.
6. Only use the machine for its intended purpose as described in this manual. Do not use any other accessories than the ones recommended by the manufacturer.
7. Assemble the machine exactly as in the description in this instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the machine is in good and safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible for wear and tear. Any defective components should be replaced immediately before using the machine.
10. Never operate the machine if it is not functioning properly.
11. This machine can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the machine. Wipe drops of sweat from the machine immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
14. Before exercising, always warm-up your body thoroughly by dynamic stretching our a warm-up routine.
15. This machine is intended for commercial and professional use.
16. This machine must be assembled by adults.
17. It is the responsibility of the owner to ensure that all users are properly informed as how to use this product safely.
18. Maximum load 110 kg.

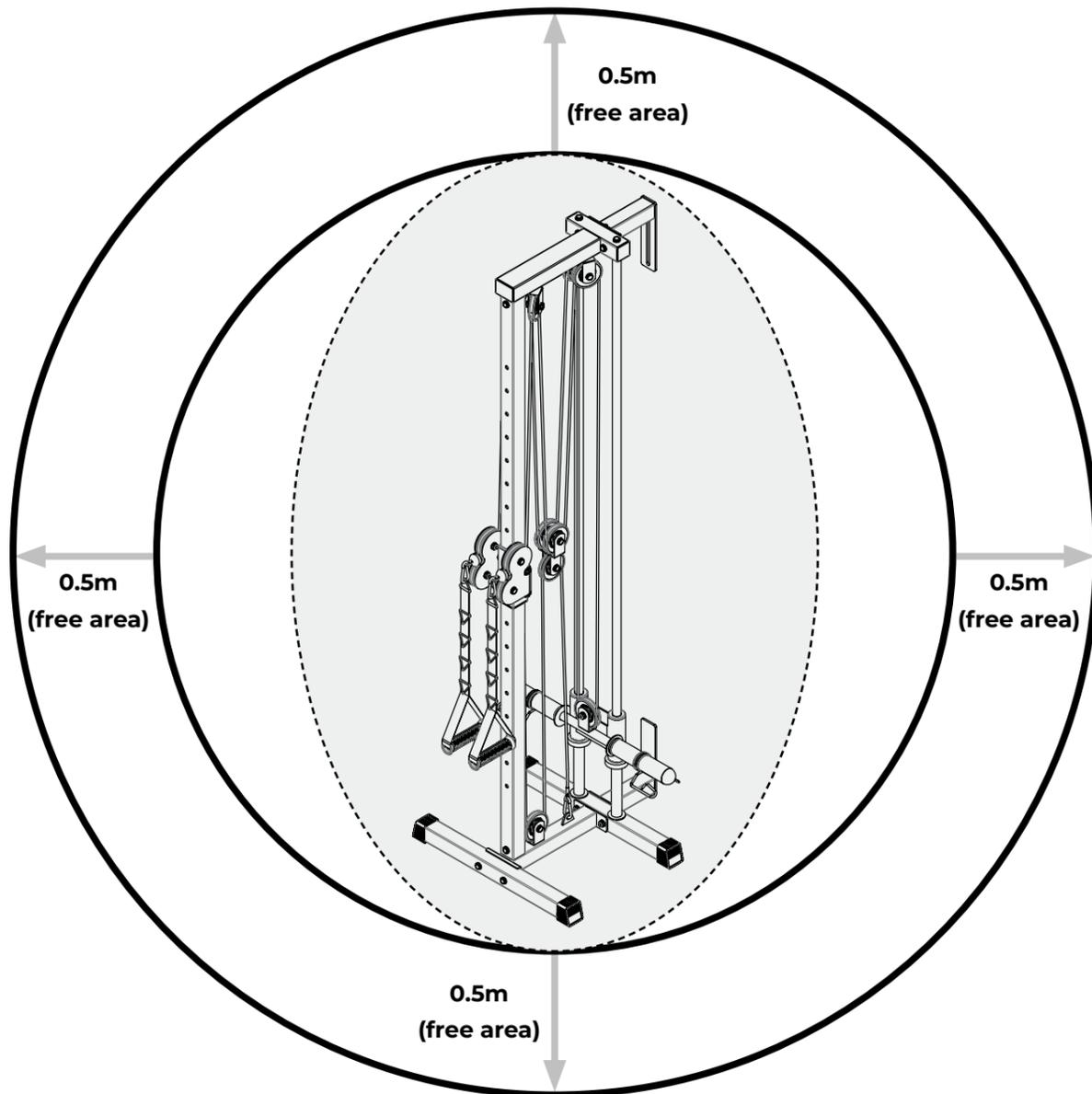
# SAFETY INSTRUCTIONS

Free area around the machine must be greater than 0.5 meters in each direction from where the machine is accessed. The area must also include a safe way for emergency dismount. Where equipment is positioned adjacent to each other, the value of the free area may be shared.



## IMPORTANT

Ensure a sufficient free area around the machine before using it.

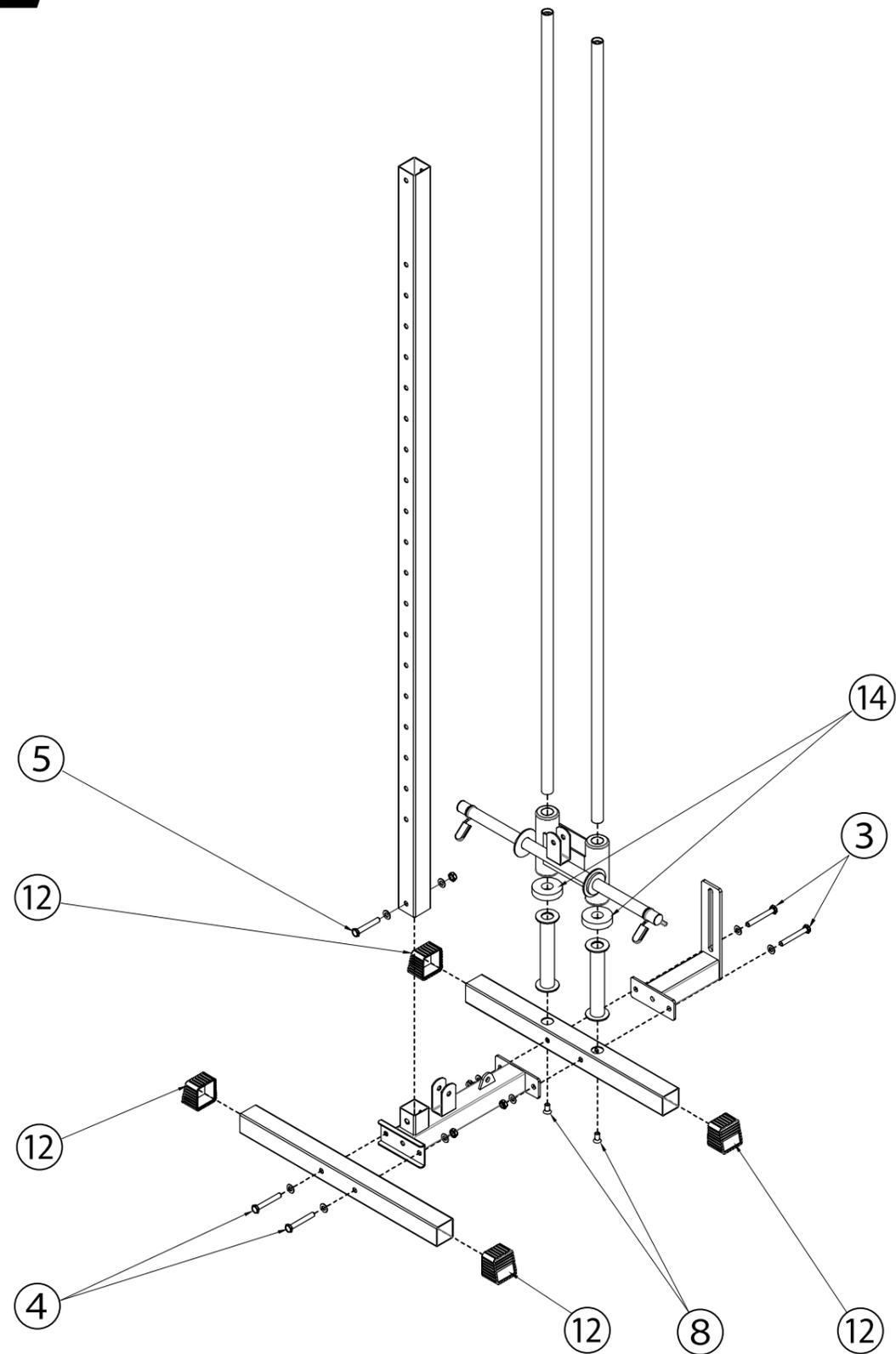


# HARDWARE PACKING LIST

#	PART NAME	QTY.	
1	M10x100 Bolt / Nut / Washer	2	
2	M10x80 Bolt / Nut / Washer	1	
3	M10x75 Bolt / Nut / Washer	2	
4	M10x70 Bolt / Nut / Washer	4	
5	M10x65 Bolt / Nut / Washer	2	
6	M10x45 Bolt / Nut / Washer	11	
7	M10x25 Bolt / Washer	2	
8	M10x20 Sunk Screw	2	
9	M10x80 Lag Bolt	4	
10	Steel Carabiner	3	
11	Pulley Adjustment Pin	1	
12	Foot Cover	4	
13	Pulley	13	
14	Ø25 Buffer Washer	2	
15	Spring Clip	2	

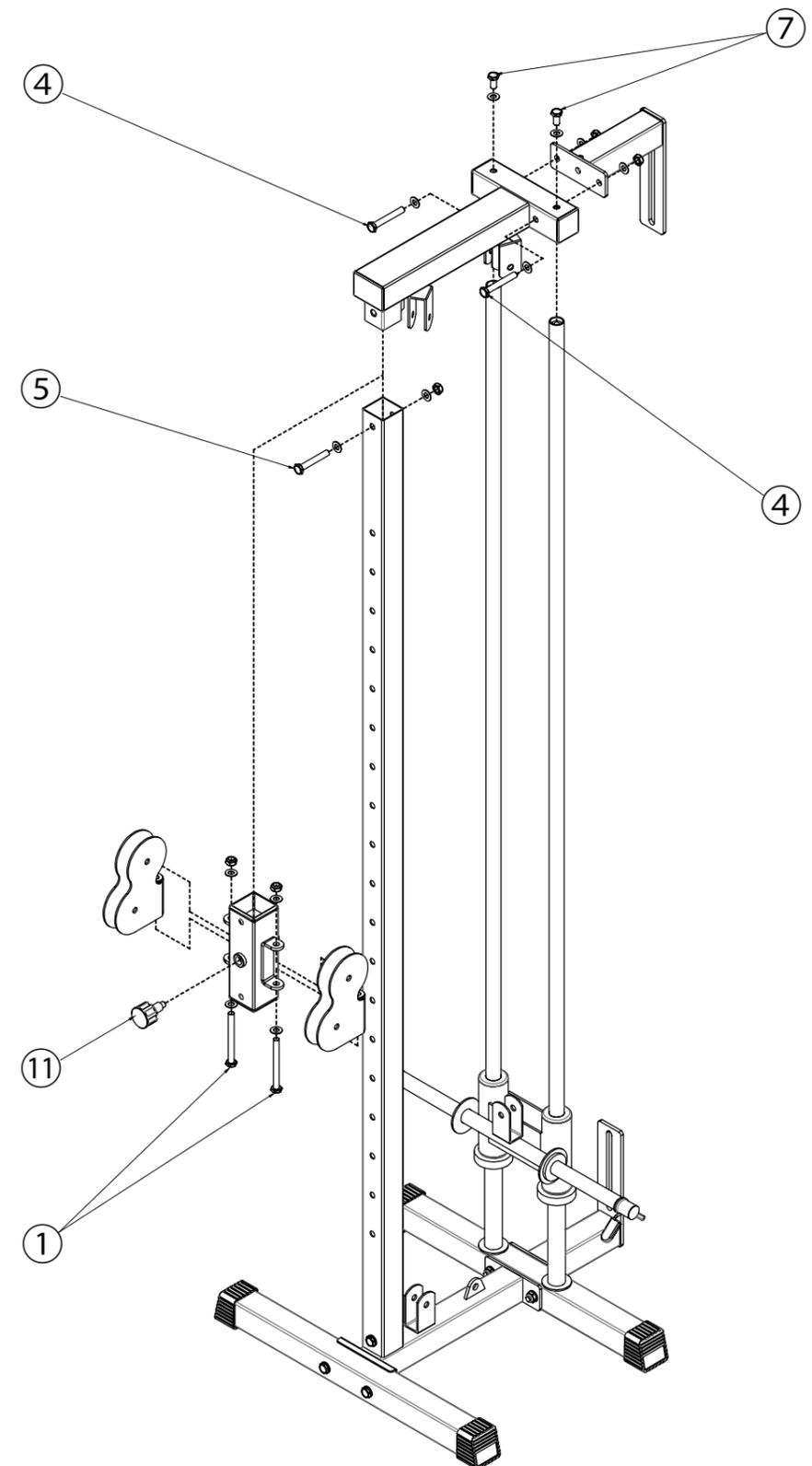
# ASSEMBLY

## STEP 1.



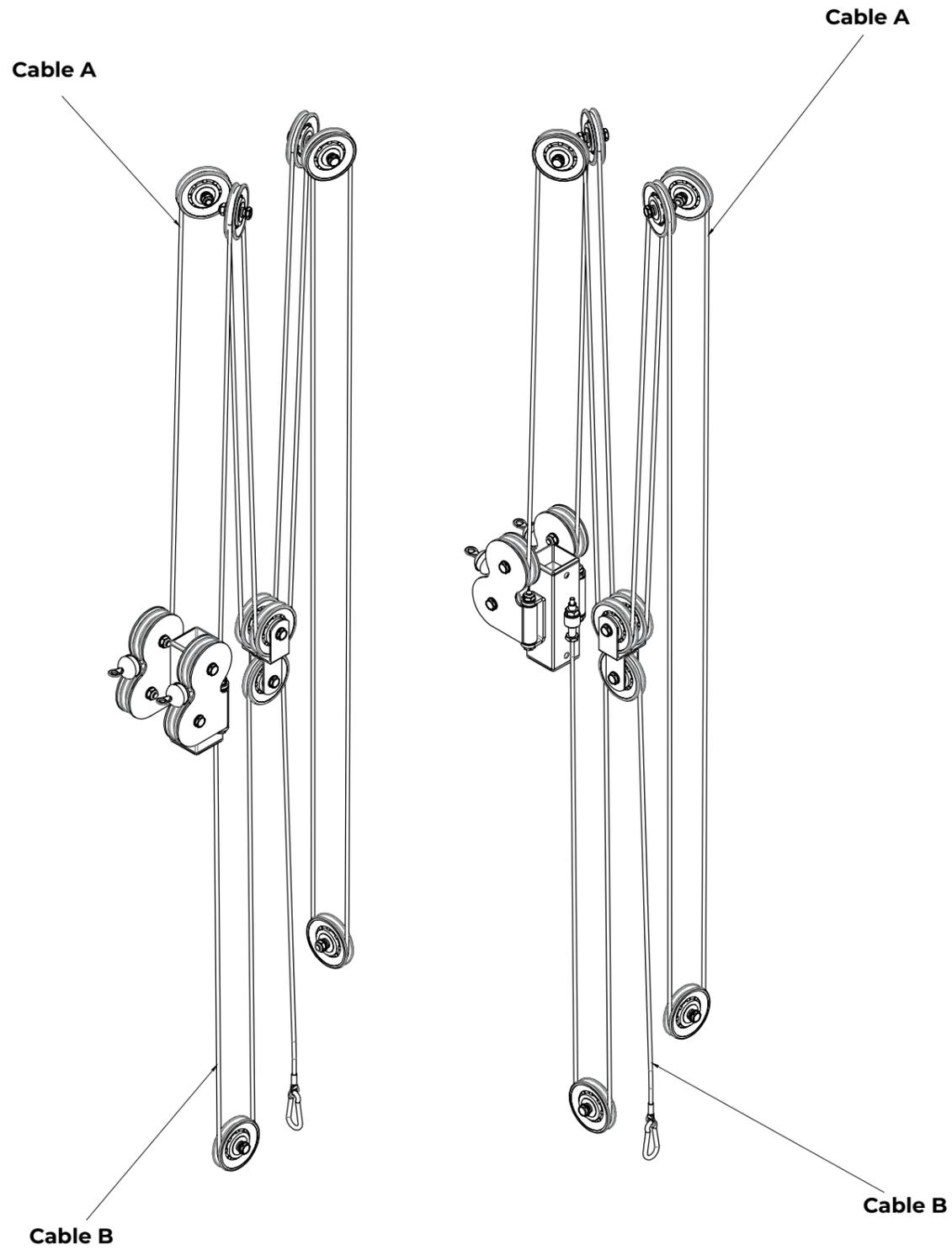
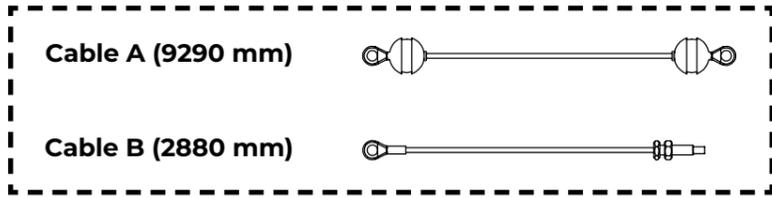
# ASSEMBLY

## STEP 2.



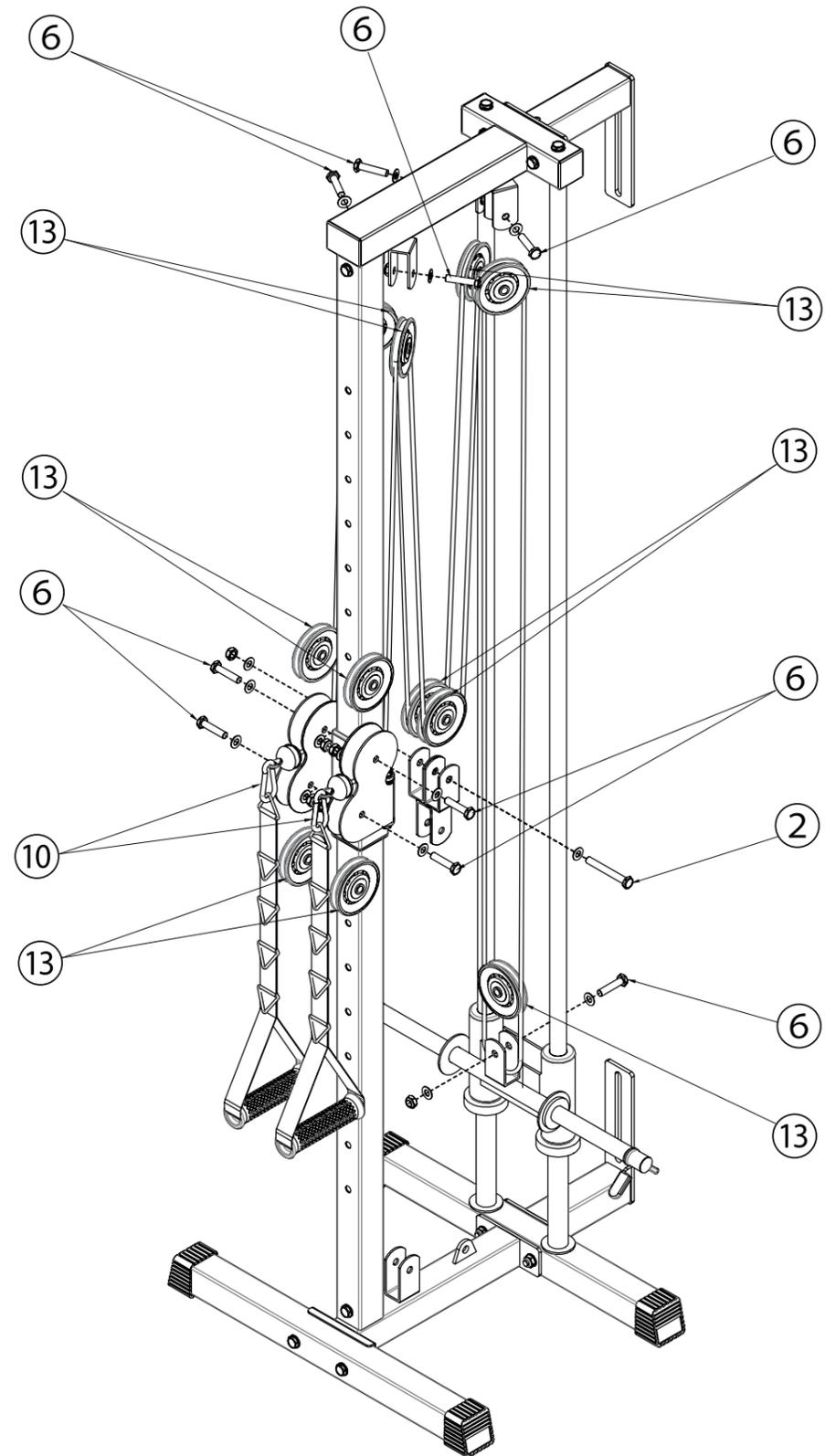
# ASSEMBLY

## STEP 3.



# ASSEMBLY

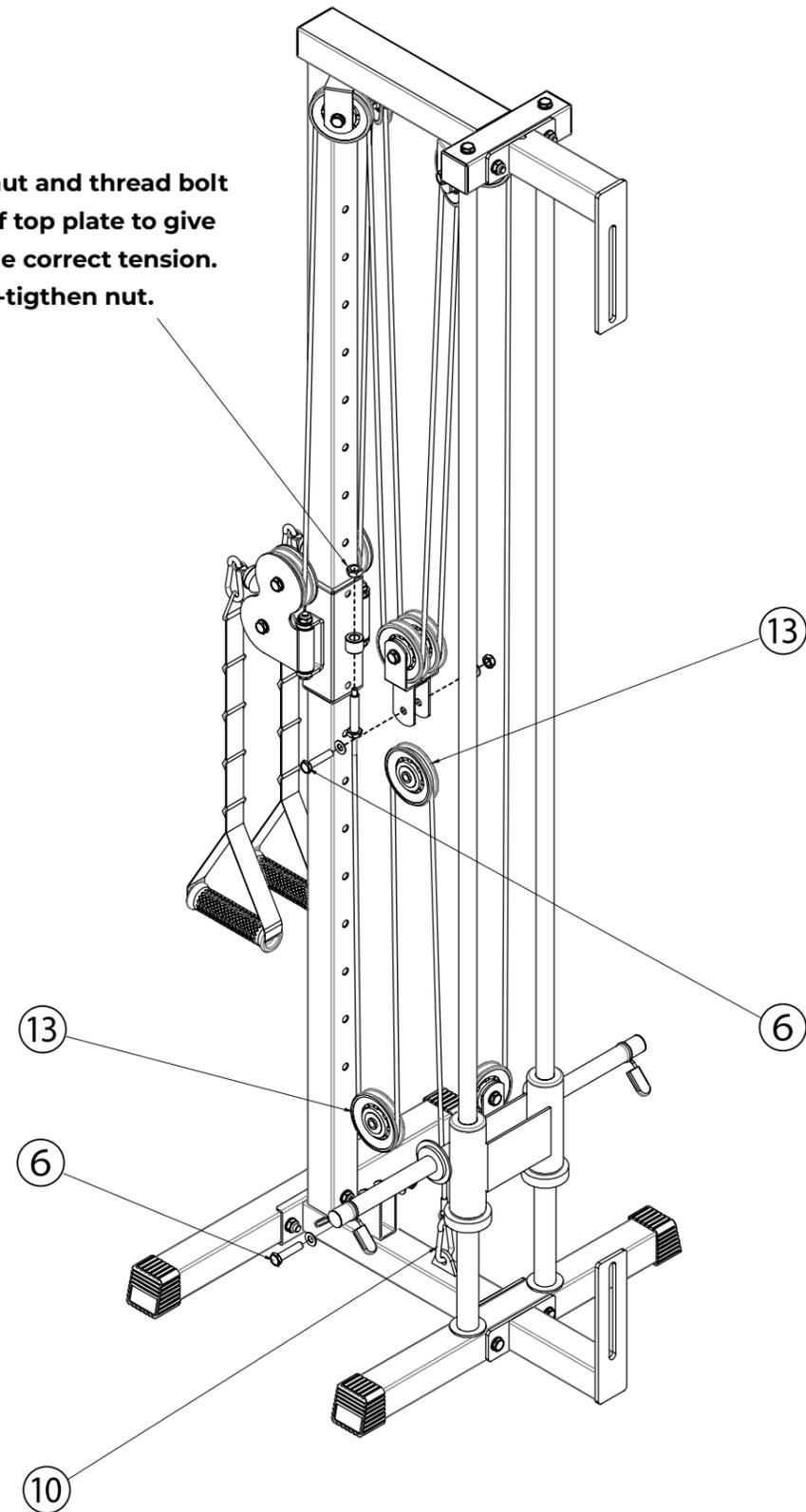
## STEP 4.



# ASSEMBLY

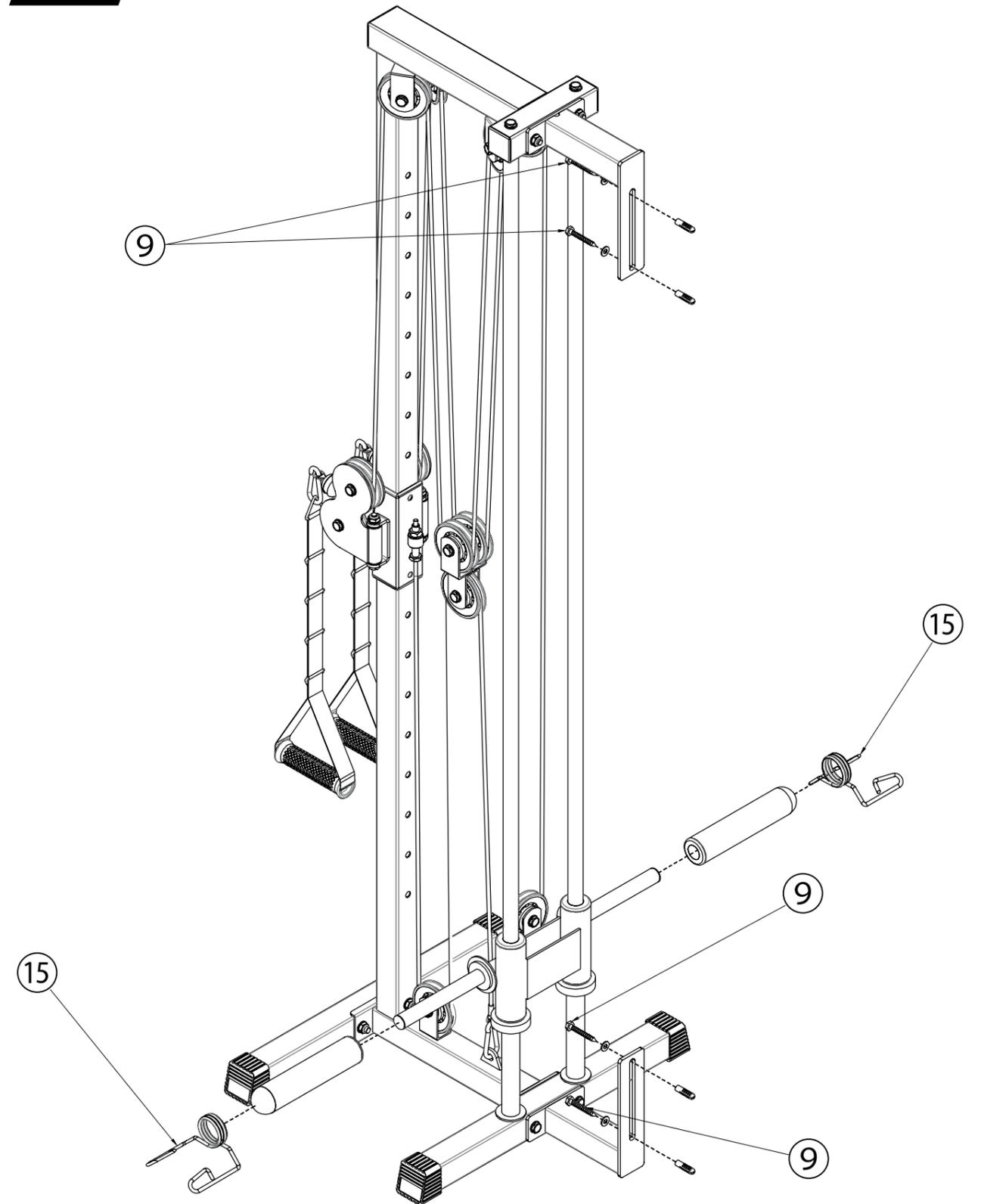
## STEP 5.

Loosen nut and thread bolt in/out of top plate to give the cable correct tension.  
Re-tighten nut.



# ASSEMBLY

## STEP 6.



## WARM-UP & COOL DOWN

Exercise in any form is one of the best things you can do for your overall health. A good exercise program consists of a warm-up, the actual workout and a cool down.

Strength training is a training form that causes your muscles to contract against an outside resistance. The resistance can be from weight machines, medicine balls, resistance bands, dumbbells or from your own body. Strength training is an essential part of the exercise routine process. It helps you to tone, build and strengthen muscles, improve joint flexibility and maintain a healthy body.

The warm-up is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

Cool down at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.



### HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your



### SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



### SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

## WARM-UP & COOL DOWN



### QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your glute as possible. Hold for 15 counts and repeat with left foot.



### INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



### TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.



### HAMSTRING STRETCH

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



### CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

## **IMPLIED WARRANTY**

The importer of this product assures that this device is manufactured with high quality materials. The implied warranty is valid for 1 (one) year, beginning from the date of purchase. The guarantee is valid for professional use.

### **The warranty applies to the following parts:**

- Frame
- All parts included in the original delivery

### **The warranty does not apply to the following parts:**

- Wearing parts (e.g. cushions, bearings, cables, pulleys, etc.)

### **The warranty does not cover:**

- Incorrect installation
- Damage caused externally
- Use of unauthorised service partners
- Failure to carry out regular maintenance and servicing
- Improper use and handling of the equipment
- Improper storage of the equipment
- Non-compliance of the operating instructions

## **MANUFACTURED FOR**

Gymstick International Oy  
Ratavartijankatu 11  
15170 Lahti, FINLAND

## **DISCLAIMER**

The manufacturer and its associates and partners have no liability, obligation or responsibility to any person or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.



Products marked with these symbols must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide more information on the matter.

