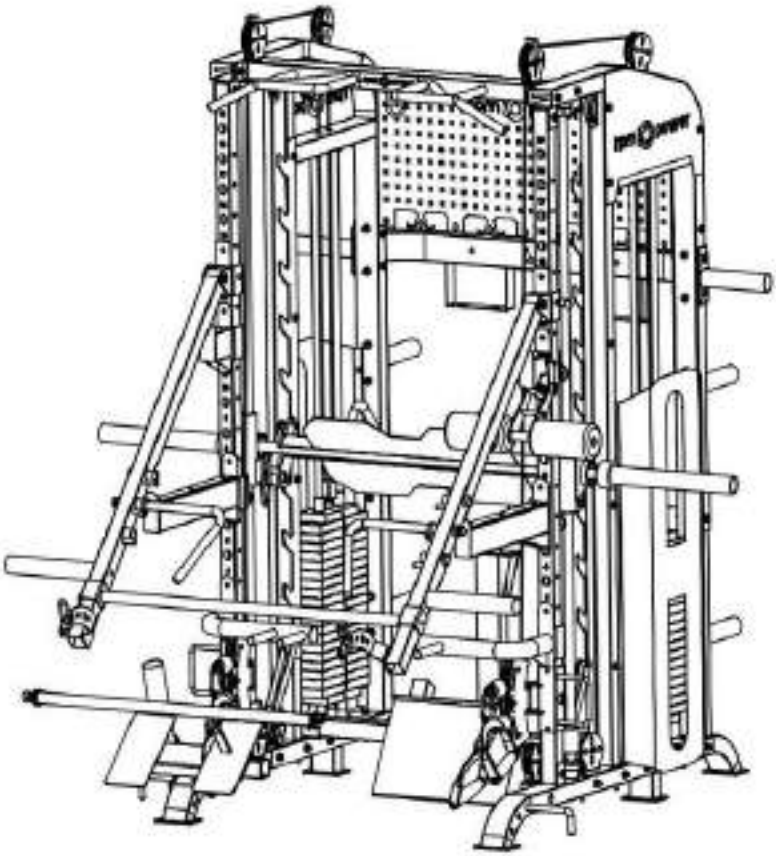
Installation Manual

rpm power®

Loki 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. We recommend watching the assembly video for this product, which can be found on the care.rpmpower.com website. For step-by-step assembly videos, exercise guides and product details, visit:

SCAN ME

care.rpmpower.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@rpmpower.com

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@RPM Power

@rpm_power

PLEASE KEEP A COPY OF THIS MANUAL FOR FUTURE REFERENCE.

PRODUCT SPECIFICATIONS:

Net product Weight: 575kgs
Product size: 167cm (D) * 214cm (W) * 216cm (H)
Tube size: 50 * 50mm
3mm thick steel // 27mm inserts
Weight stacks: 130kg x 2 (260kg total in weight increments of 5kg) J-hook weight capacity: 181.5kg
Spotter arms weight capacity: 226.7kg
Smith bar weight capacity: 272kg
Weight plate storage peg capacity: 100kg per peg
Pull-up bar weight capacity: 500kg
User age recommendation: 16 years+

Safety & Usage Guidelines for Loki 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. Familiarize 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: Familiarize 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 jewelry 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 always supervised 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 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: Familiarize 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.
- [ ] Familiarize 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.rpmpower.com/.

Additional safety guidelines for all multi-gym and squat racks:

Safetycatches: Always use safetycatches or spotterarms when liftingheavyweights. Adjustthemto 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 Loki 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 theentireproductbefore 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.rpmpower.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 Loki Multi-Gym comes witha5 yearhomeuseguarantee. 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 safeandproperuse of ourexercise machines, including this Loki 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 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.rpmpower.com. If you do not agree to these terms, please refrain from assembling, installing, or using our products.

ASSEMBLY INSTRUCTIONS

Parts List

No.	Parts Name	Specification	Quantity
1	Hexagonal bolt	M10*100	22
2	Washer	Ø10	72
3	Hexagonal lock nut	M10	36
4	Hexagonal bolt	M10*80	14
5	Left frame	Assembly parts	1
6	Right frame	Assembly parts	1
7	Pull-up bar	Assembly parts	1
8	Rear connection weldment	Assembly parts	1
9	Accessory placement weldment	Assembly parts	1
10	Left chassis	Assembly parts	1
11	Right chassis	Assembly parts	1
12	Left sliding pulley system	Assembly parts	1
13	Right sliding pulley system	Assembly parts	1
14	Left vertical upright bar	Assembly parts	1
15	Right vertical upright bar	Assembly parts	1
16	Hexagonal bolt	M10*80 M10*100	4
17	Hexagonal bolt	Ø10	6
18	Washer	M10	20
19	Lock nut	Assembly parts	10
20	Smith hook board	Assembly parts	2
21	Guiding rod lock sleeve	Inner Ø25	2
22	Cushion	Assembly parts	2
23	Decorative outer cardboard	Ø30	2
24	Outer circlip	Ø42	2
25	Inner circlip	Ø42*Ø30*7	2
26	Deep groove ball bearing	Ø30	2
27	Outer circlip	Assembly parts	2
28	Barbell hanging rod assembly	Assembly parts	2
29	Barbell spacer	Assembly parts	2
30	Hook bolt	Assembly parts	6

Parts List

30	Slide weldment	Assembly parts	2
31	Stainless steel guiding rod	Ø25*1870	2
32	Smith safety weldment-left	Assembly parts	1
33	Barbell	Ø30*2200	1
34	Smith hook weldment	Assembly parts	2
35	Smith safety weldment-right	Assembly parts	1
36	Guiding rod stainless steel	Ø20*1565	4
37	5kg weight plate	Assembly parts	2
38	10kg weight plate	Assembly parts	19
39	Cushion	Inner Ø20	4
40	Washer	Ø45*Ø21*3	4
41	Cushion tube	Ø30*62	4
42	Hexagonal bolt	M10*100	6
43	Washer	Ø10	12
44	Lock nut	M10	6
45	Hexagonal bolt	M10*100	2
46	Washer	Ø10	4
47	Lock nut	M10	2
48	Upper guard board	Assembly parts	2
49	Rear guard board	Assembly parts	1
50	Pulley cable	Assembly parts	2
51	Rubber spacer	Assembly parts	4
52	Hexagonal lock rope head	Assembly parts	4
53	Buckle	Assembly parts	4
54	Bird handle	Assembly parts	4
55	Side panel	Assembly parts	2
56	Weight plate holder peg	Assembly parts	6
57	Hexagonal bolt	M12*70	8
58	Washer	Ø12	16
59	Lock nut	M12	8

Parts List

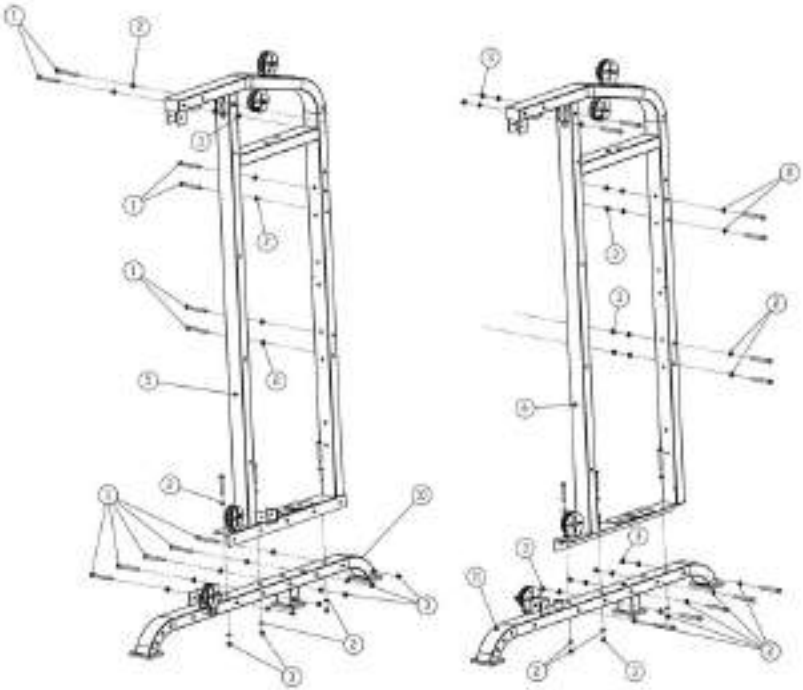
60	Hexagonal bolt	M12*100	4
61	Round headed bolts	Assembly parts	8
62	J- Hook left	Assembly parts	1
63	J – Hook right	Assembly parts	1
64	Spotter arm left	Assembly parts	2
65	Spotter arm right	Assembly parts	2
66	Dip station left	Assembly parts	1
67	Dip station right	Assembly parts	1
68	Jammer arm frame left	Assembly parts	1
69	Jammer arm frame right	Assembly parts	1
70	Jammer arm row bar	Assembly parts	1
71	Horizontal bar	Assembly parts	1
72	Footrest	Assembly parts	1
73	Elastic cord L-pin	Assembly parts	2
74	Footplate	Assembly parts	1
75	T-pin	Assembly parts	2
76	Landmine attachment	Assembly parts	1
77	Foot pedal	Assembly parts	1

T-pin

Boltlength Measurement Table

Securing nuts and bolts: Always add the first washer to the bolt; put the bolt through the bolt hole on the frame or element; add the second washer and secure everything in place with the locking nut.

Stage 1 - Main Frame



Visit **care.rpmpower.com** for the step-by-step assembly video

1. After unboxing your Loki Multi-Gym Rack, lay all the foundational pieces out clearly on the ground. The first step is to start with the left and right frames (parts 5 and 6). **Note:** You can identify which are the right and left pieces by ensuring that when the lower idler pulley is at the front end of the rack, the panel with the five holes beside it is facing inwards.

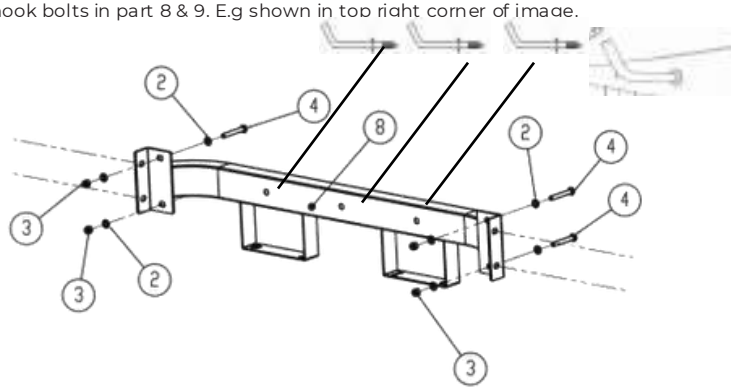
2. Lay both chassis (part 10 and 11) out on the floor. You can identify which chassis is which, by ensuring they are both positioned with the three bolt holes facing inwards and towards the front. The idler cable pulley system on the front of each chassis should also be positioned inside the rack.

3. With the help of another person, lift the left frame (part 5) onto the left chassis and secure it along the five bolt holes with M10*100 hexagonal bolts (part 1), washers (part 2) and hexagonal lock nuts (part 3). Do not tighten the bolts fully just yet.

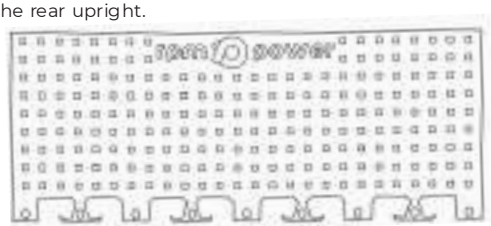
4. Repeat the same process with the right frame and chassis.

5. Using M10×70 hexagonal bolts (Part 4), M10×100 hexagonal bolts (Part 1), washers (Part 2), and lock nuts (Part 3), attach both rear connection weldments Part 8 & 9 to parts 5 & 6 right & left to the rear of the rack. Part 8 - 1st & 2nd holes on the side from the bottom of the rear vertical post. Part 9 - 3rd & 4th holes from the bottom and side. Secure all components together. Assistance from a second person may be helpful.

6. Add 3 hook bolts in part 8 & 9. E.g shown in top right corner of image.



7. Add back panel (part 49) M10×100 hexagonal bolts (Part 1), washers (Part 2), and lock nuts (Part 3) to connect both Right and Left sides together (parts 5 & 6) above parts 8 & 9, using the top two holes on the rear upright.



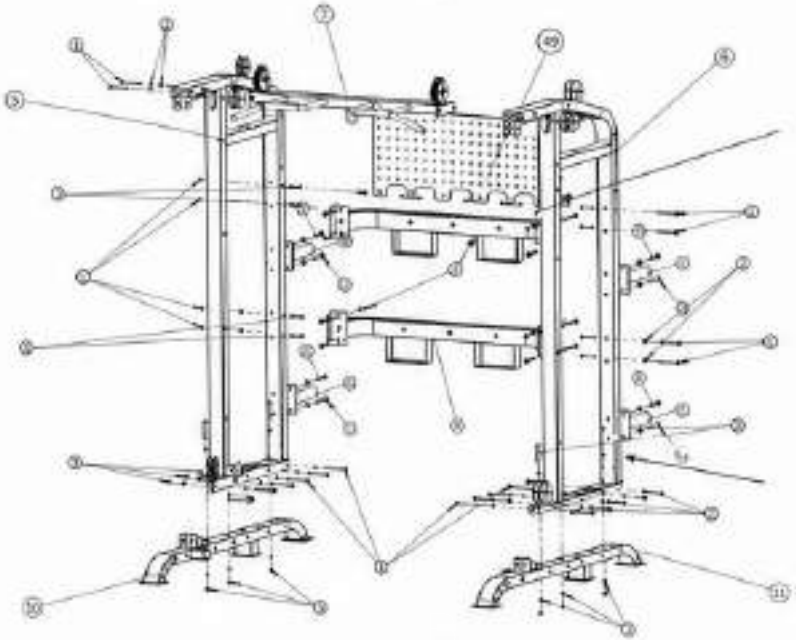
8. Do not tighten the bolts fully here: it's better to leave some flexibility for adding further parts to the rack. You can securely tighten all bolts at the end of the assembly process.

9. Finally, you need to insert the pull-up bar (part 7) inside the frame. Make sure the handles are slanting downwards and that the RPM POWER logo is not upside down. Use M10*100 hexagonal bolts (part 1), washers (part 2) and lock nuts (part 3) to secure the bar in place. Again, do not tighten the bolts fully here.

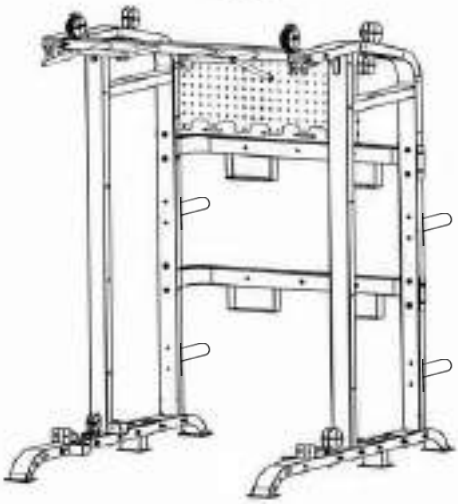
10. Add (part 56) the weight plate storage pegs to the back uprights, they are placed in the 1st & 2nd, 5th & 6TH holes up from the bottom of the rack on the rear face of the upright x2. Use M10*70 bolts (part 17), washers (part 18) and lock nuts (part 19) to secure

11. The rack should now look like diagram B in your manual, and you can now move onto stage two.

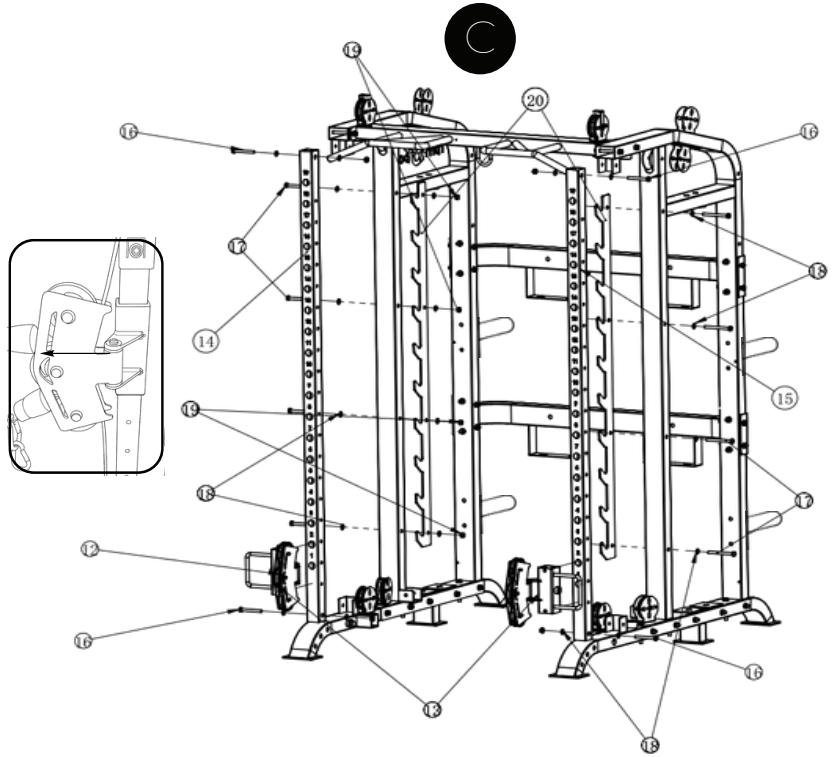
A



B



Stage 2 – Verticals

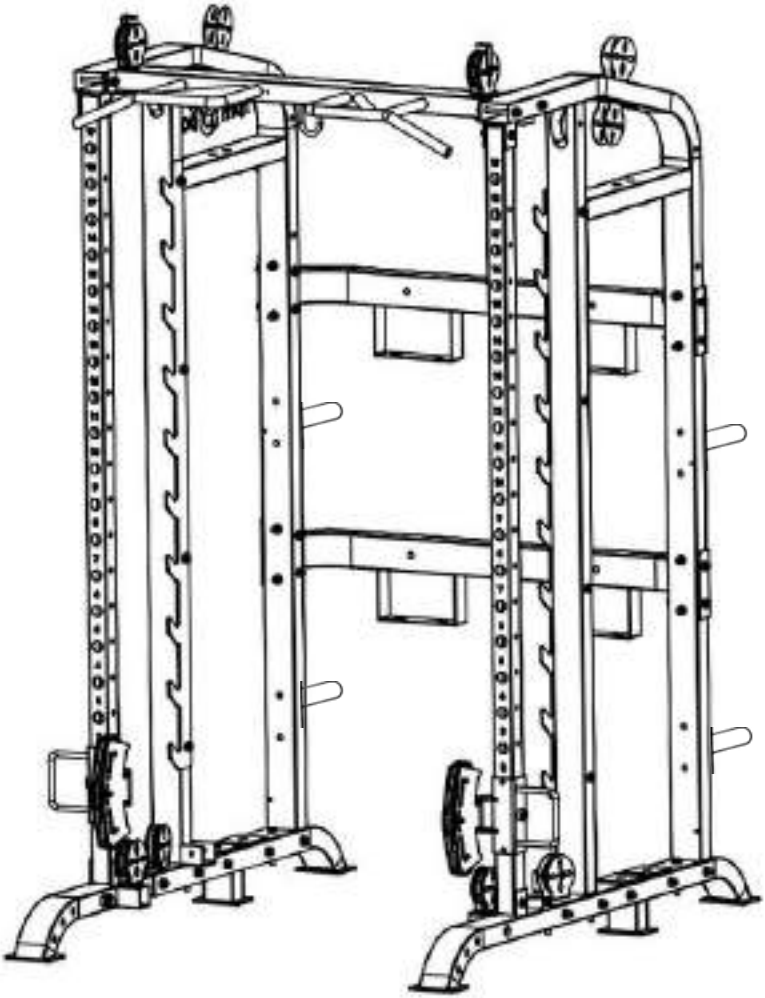


1. Stand one of the vertical upright bars (parts 14 and 15) with the numbers facing outwards. Note: To identify which bar is the left vertical upright, and which one the right, look at the holes on the back of the bar. The back of the bar has a number of larger and smaller holes. The smaller holes should always be closer to the inside of the rack.
2. Add the left sliding pulley system (part 12) to the left vertical upright. Again, ensuring the side with the numbers is facing outwards, open the pull pin and slide the pulley system onto the bar. Ensure the pull pin is positioned on the left. The pulley bracket should be positioned in the front inside corner of the upright as shown in the image to the side of the diagram (see the angle of the plate holding the pulley bracket)..
3. Position the bottom and top of the vertical upright into the gaps within the rack frame.
4. Repeat this step with the right vertical upright and right sliding pulley system.
5. Next, use M10*70 bolts (part 17), washers (part 18) and lock nuts (part 19) to secure the top of the left and right vertical uprights in place.
6. To secure the lower ends of the left and right vertical upright bars is a little trickier. This is due to the cable pulley system blocking the inside of the bolt hole. One way to do this effectively is by securing a locking nut onto a spanner using a small strip of tape. Place the bolt and washer through the rack, holding the second washer in place with your finger. Secure the bolt in place with the spanner and twist the bolt with your left hand to tighten everything.

7. Repeat this step on the other side.

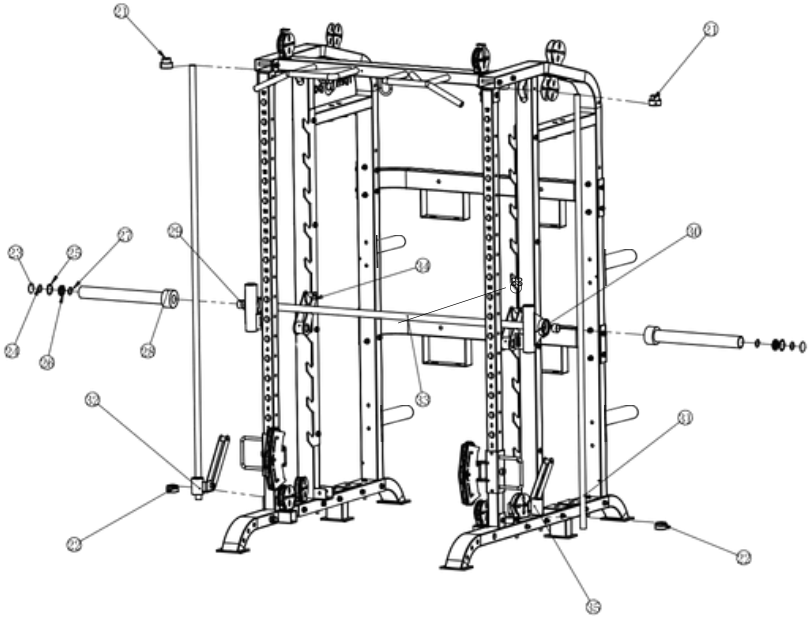
8. Once the uprights are installed, you can attach the Smith hooks. On the left side, insert the bolts through the rack and the Smith hook board (part 20). Use M10*100 hexagonal bolts (part 17), washers (part 18) and lock nuts (part 19). Only secure the three lowest bolts, as you will need to keep the top bolt hole free for a later step.

D



Stage 3 – Smith Bar

E



Once these attachments are secure, it's time to add the Smith bar mechanism. This is made up of a horizontal Smith bar and two vertical stainless-steel rods.

1.8m smith bar:

Stage 3 – Smith Bar Steps

1. Verify the Smith bar hook weldments (34) are attached. If not, slide them onto the barbell.
2. Place the Smith barbell (33) across the inside of rack where you intend to put it into position. 2.
3. Keep the collars slightly more to one side so that part 30 the housing for the guide rods may be inside the rack on one side and outside on the other side.
4. Gently feed both guide rods (part 31) through the holes without forcing or knocking out the bearings.
5. Install the Guide rod lock sleeves (Part 21), Right & left Smith bar safety/spotter weldment (Part 35) (Part 32) & rubber Cushions (Part 22) on to the guide rod.
6. Ensure - The small set screws on each weldment face the same direction and align with each other. Make sure the housing for the guide rods (Part30) are nearside to the front of the rack and the cable attachment plate is at the bottom of this. (look closely at the image).
7. Grip the guide rod with one hand above the bearings between your top hand and the top of the bearing should be part no. 21.
8. Beneath the bearings you will have a rubber cushion a safety hook and another rubber cushion above your grip on the bottom.
9. Having a second person assist is recommended - Lift the barbell into the rack from the side
10. Form an "L" shape with the safety hooks on both sides, short leg of the "L" pointing inside of the rack.
11. Both people grip around the centre of the guide rods, place both bottom ends of the guide rods into the guide-rod insert at the base of the rack on each side. This may take some adjusting It is best to make sure the hook weldments are loose during this step.
12. Hang the smith bar temporarily on the hooks of the hook board and then securely tighten the top with part no 21 inserting into the upper frame insert.
13. Tighten the lock sleeve set screw with an Allen key (Repeat on the other side).
14. Make sure Both weldments are the same distance from the ends of the collars on the bar.

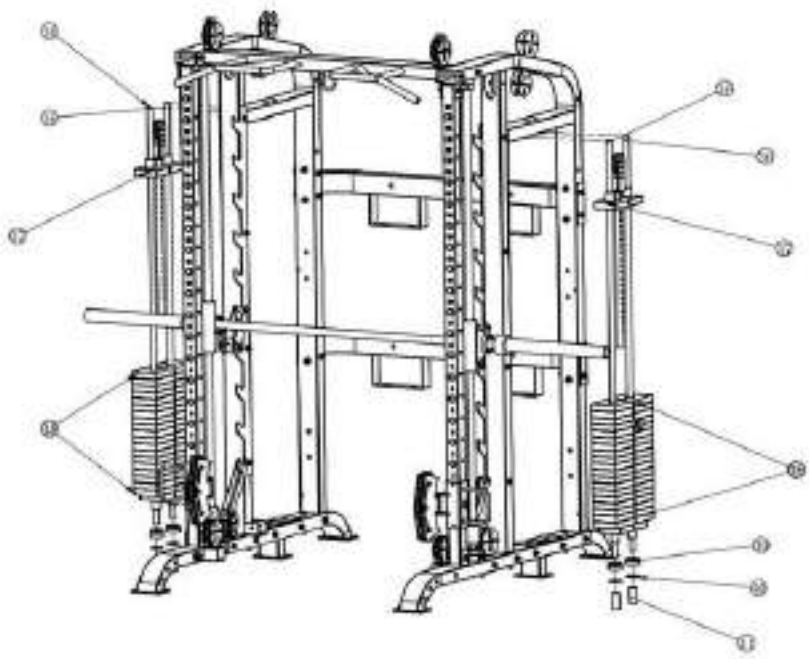
Note: you may need to Tilt the guide rod slightly outward at the top and continue feeding it through until it enters the bottom of the weldment.

Before Final Tightening check that:

- The ends of the barbell should now be equal distance to parts 30.
- Parts 23–29 are assembled according to Diagram E in the manual.
- Both guide rods are perfectly vertical & the barbell moves smoothly up and down.
- Both hook weldments are positioned symmetrically.
- The safety weldments face outward correctly.
- Ensure all hardware is tightened securely, all lock sleeves set screws etc.

Stage 4 – Weight Stacks

F

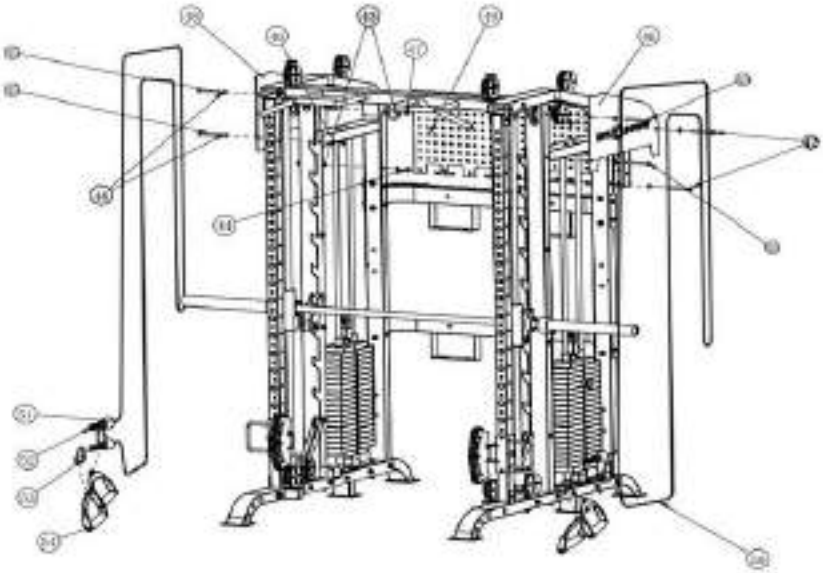


Now it's time to move on to assembling the two weight stacks.

1. Place two guide rods (part 36) inside the holes on the base of the rack where the weight stack should be. Place one cushion tube (part 41), a metal washer (part 40) and a rubber cushion (part 39) at the bottom of each guide rod.
2. Secure the internal screws inside parts 41 with an Allen key but only tighten them halfway – the rods still need to be somewhat moveable to add the weight stack plates in the next step.
3. You will need a second person to assist you with the weight stack plates. Hold both guide rods and gently pull them towards you, so they are no longer aligned with the rack and have just enough space for a weight plate to be lowered over them.
4. Start with the 5kg weight plates (parts 38). Get a second person to lower the weight plate at a time over the guide rods with the plastic bushing inserts facing up.
5. Make sure to lower each plate slowly and carefully to the bottom of the weight stack. Finish the weight stack by adding the final small weight plate (part 37).
6. Once you have finished assembling the weight stack, grab one of the guide rods and pull it upwards into the insert directly above it. Hold the rod in place while you tighten the screws at the bottom of the rod with an Allen key. Repeat this entire process with the rest of the guide rods.
7. Once both weight stacks are set up, stick weight labels on each individual plate. Make sure to sticker from top to bottom, lightest to heaviest.
8. To complete this stage, screw the idler pulleys into the tops of the weight stacks and tighten them with a spanner. Ensure the idler pulley wheels are positioned perfectly straight inside the weight stack.

Stage 5 – Cable System

H



The next stage is to insert the cable (part 50) into the pulley carriage located at the front of the rack.

1. Guide the bare end of the cable through the middle pulley & the bottom pulley on part 12/13, downwards through the small gap at the back to the pulley at the front base of the rack. Run the cable under this pulley before guiding it across and under the pulley directly behind it.
2. Following this, guide the cable upwards and through the pulley located at the top of the rack where the smith hook plate is, then through the pulley directly behind this one above the front weight stack rod.
3. Just above the weight stack are two holes in the rack frame. If you are standing inside the rack, insert the cable through the hole nearest the front of the rack. Guide the cable down through the underside of the pulley sitting on top of the weight stack, then upwards through the other hole in the frame.
4. Guide the cable continuously up through the top of the frame and over the pulley sitting on top of the back of the rack.
5. Run the cable over the highest pulley on the rack and guide it back down to the front pulley system where you started, guide the cable end behind the top pulley in parts 12/13 and through the middle of the top and middle pulleys to the front.
6. Tip: pull the bare end cable out away from the rack until the weight pin in the stack has fully emerged, then place the selector pin in the second plate this will generate a lot of cable slack for you to work with.
7. Place the rubber sleeve onto the cable and follow with the hexagonal lock end, ensure the cable is pushed up to its max in this lock end.

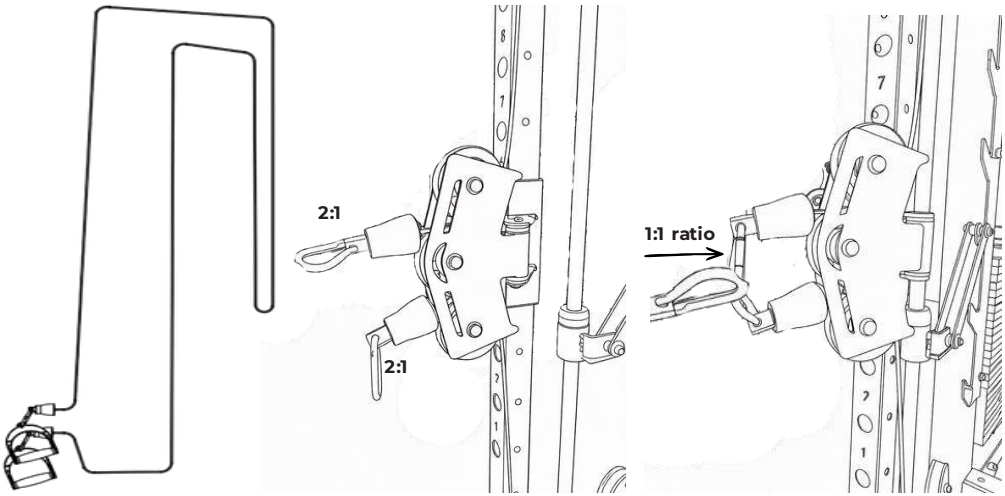
8. Then tighten the grub screws from the top end then the middle and then the one closest to the pulley. (Use Allen key provided).
9. Return the top weight plate down to the stack and place in a mid to full weight stack, then if you have some place some silicone spray/lubricant inside the rubber sleeve this should easily slide the rubber sleeve over the lock end.

Note: Always ensure that the cable is sitting inside the groove of each pulley wheel.

Repeat the process on the other side and finish this process by securing the handle attachments.

Ensure the cable is not too loose or tight & double check that the cable is sitting neatly inside each pulley wheel that it runs through.

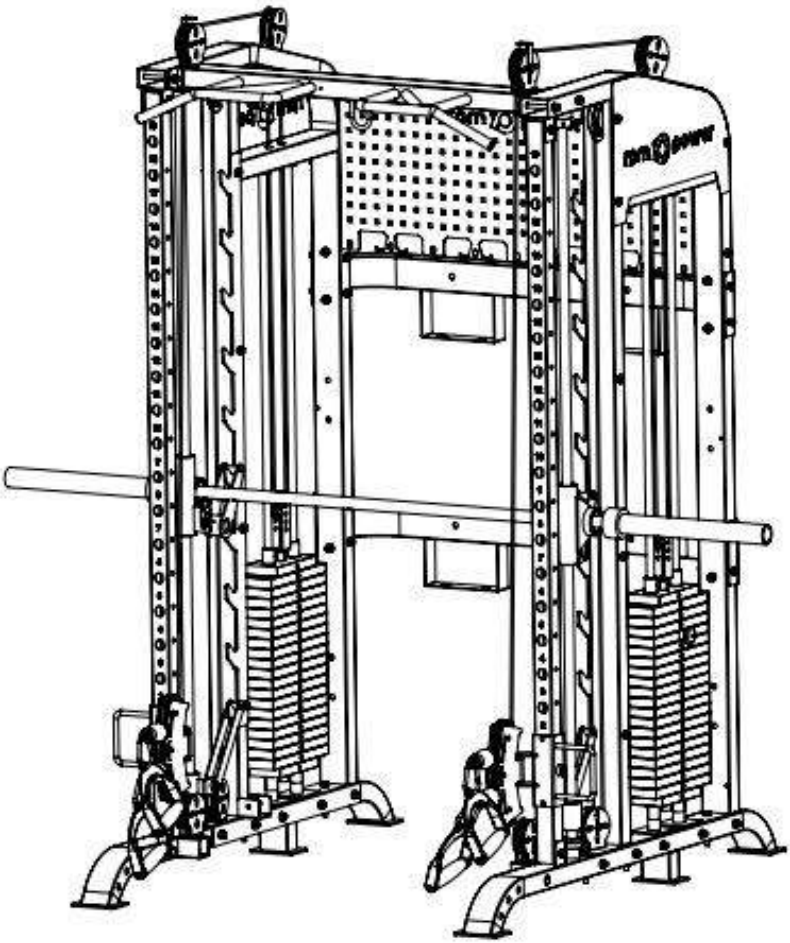
1:1 ratio resistance is achieved when combining both 2:1 cable ends together, for best results use an additional clip examples shown in image below.



2:1

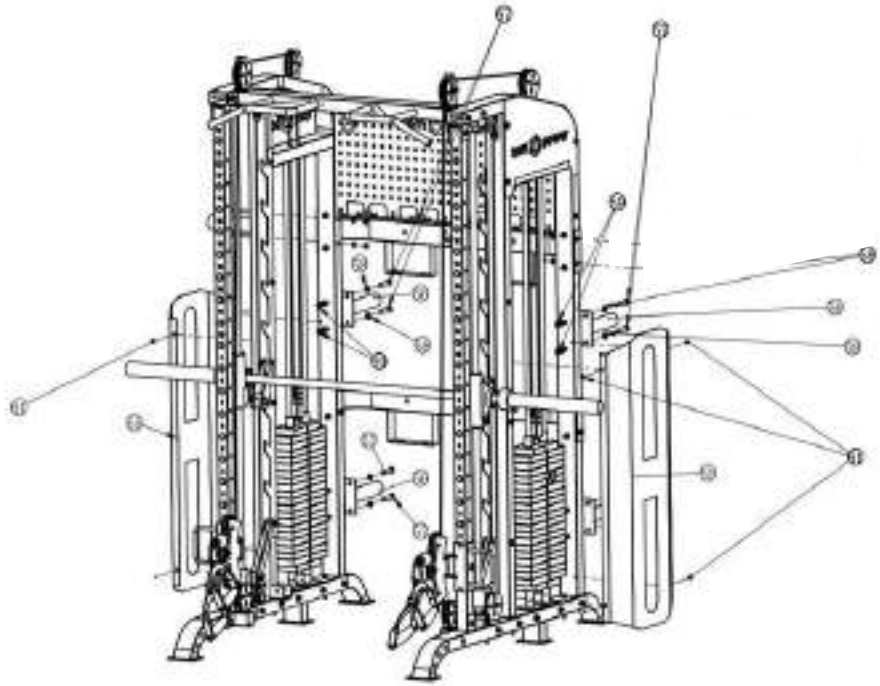
Once the cable is fully in place, you need to attach the upper guard boards (parts 48). Secure these to the frame using screws, washers and bolts (parts 42-44). One of the bolts goes through the Smith hook board, which is why you would have left this bolt hole free in stage 2.

J



Stage 6 – Side Panels

K



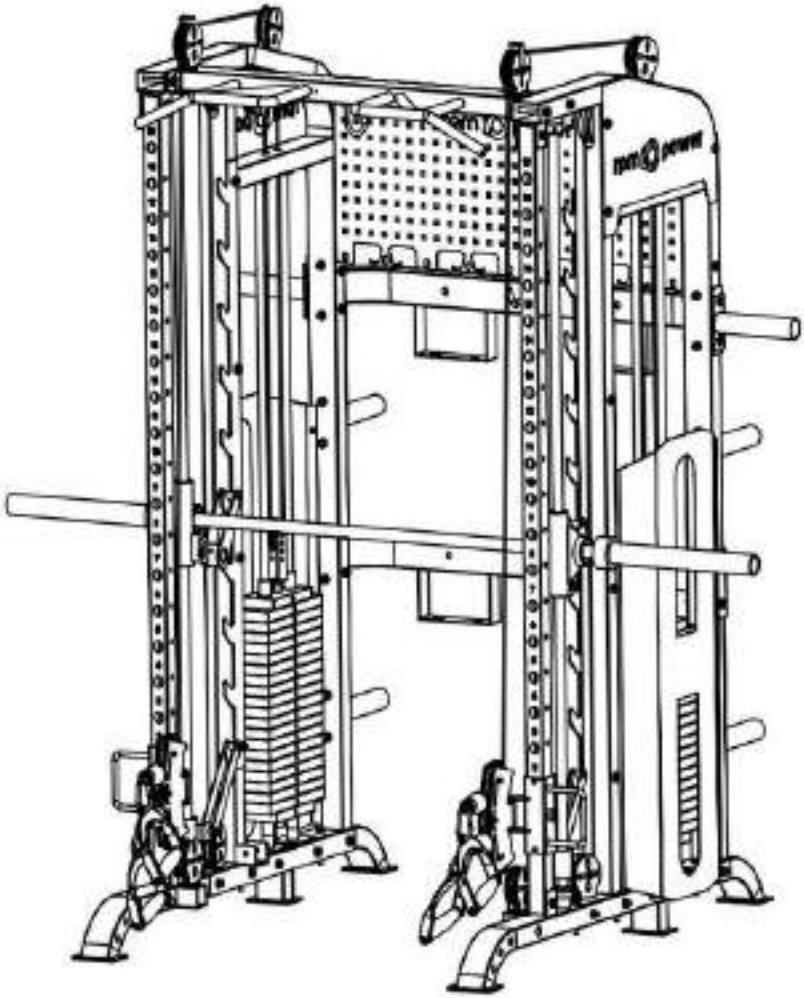
1. Now it's time to attach the two included side panels (parts 55) to the rack. These sit directly in front of the weight stacks.

2. Align the bolt holes in the right-side panel (part 55) with the inside frame of the rack.

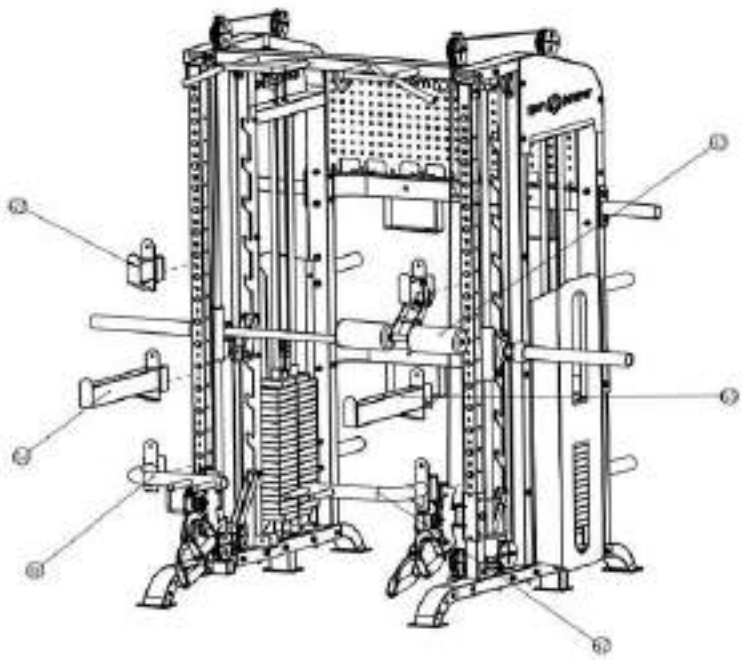
3. Use the rounded-headed bolts (parts 62) to secure the panel in place.

Repeat this step on the left side of the rack.

L



Stage 7 – Training Attachments



Your rack is almost ready, now let's secure each training attachment to the machine.

1. First, let's start with the landmine attachment. This attachment needs to be secured to the back of the rack (part 9). Hold the locking ring in place with your finger, slide the attachment into the rack frame. It should click into place once fully secured.

2. Next, you can add the jammer arms (parts 70 and 71 – diagram N). The plate holder should always be pointing in the direction of outside the rack, not inside. The top of the jammer arm simply slides into one of the holes in the vertical upright. Which hole you put it in exactly will depend on your training preferences and goals. Secure the jammer arm with the locking pin.

   Note: Each jammer arm is fitted with spacers on the back end. You can adjust the spacer if needed depending on how you want it to sit against the rack.

3. Repeat this step on the other side of the rack.

4. The row bar (handle) (part 72) included simply clips onto the jammer arms. Align the bar over two holes of the same height on the jammer arms and secure each side with a safety pin.

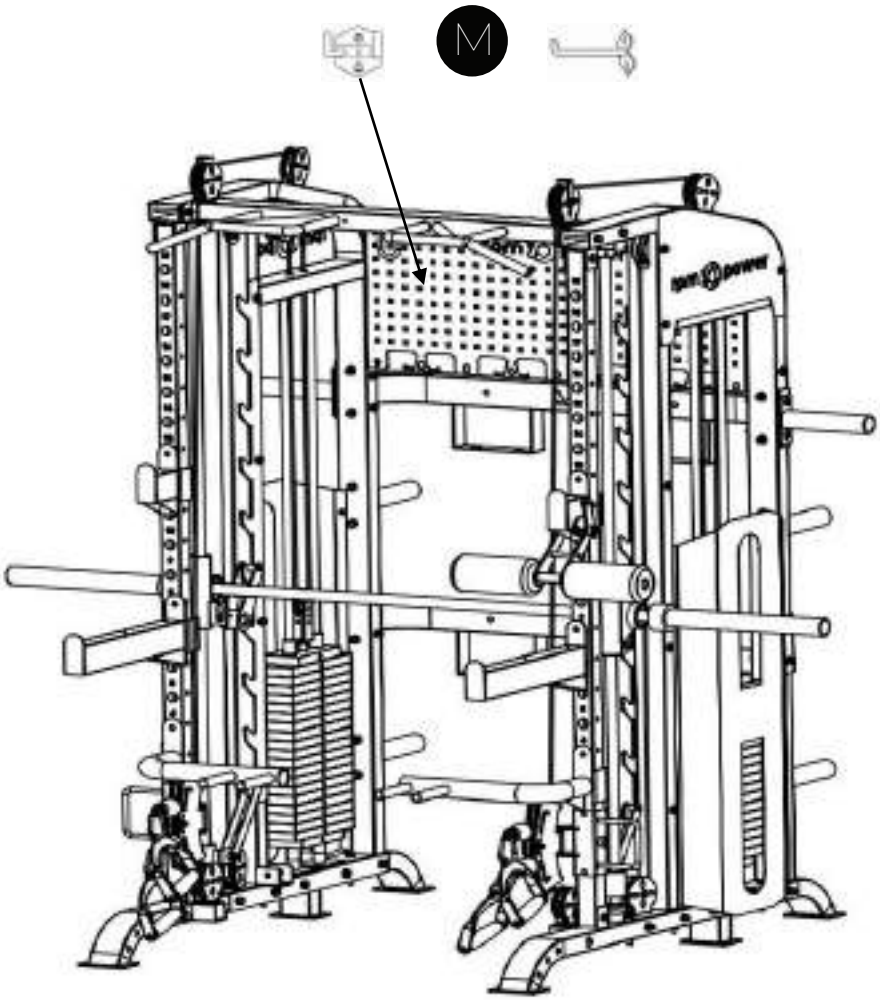
5. Next you can add the footrest (part 74). The footrest bar aligns inside the rack on each side. Secure it in place on either side with safety pins.

6.Another attachment included with the Loki Multi-Gym is the barbell leg press footplate (part 76). This footplate can simply be placed over the barbell, tilted and secured by inserting safety pins through the aligned holes. The sides of the footplate feature a straight and a slightly curved side. The curved side should always be facing towards you when you attach the footplate to the barbell.

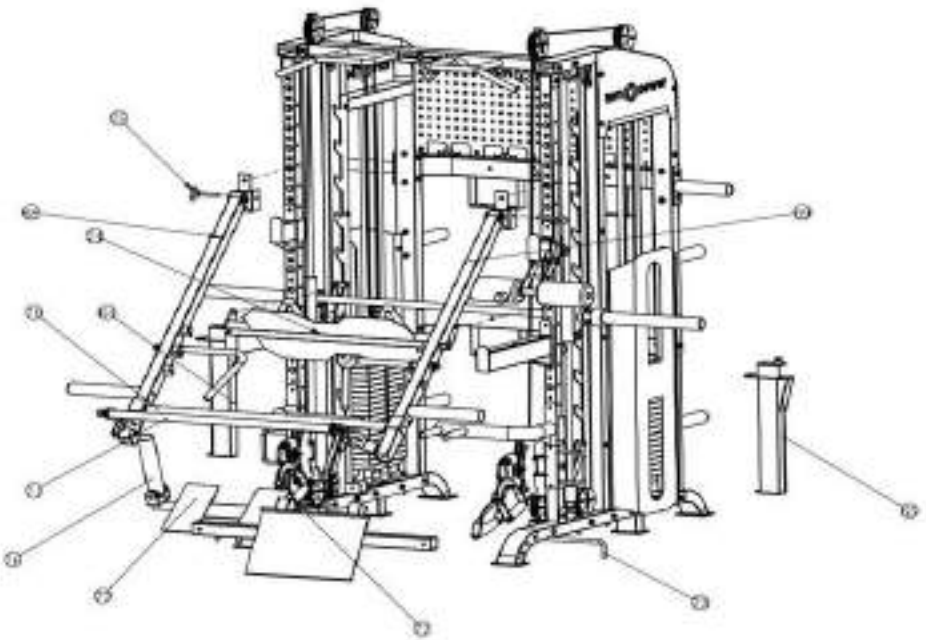
7.Two spotter arms (parts 65 and 66) with locking pins are also included with Loki. These are simple to secure to the rack. Align the spotter arm with the hole in the vertical, ensuring you place it on from the outside of the rack. Pull the pin back and slot the arm into place. The pin will drop down automatically into the hole once it is secure.

8.You can attach the included dip bars (parts 67 and 68) to your rack in the same way. Coming from the outside of the rack, pull back the pin, align the dip bar and lock it into place.

9. You can place the cable attachment hooks shown below into part 49 the storage back board..



N

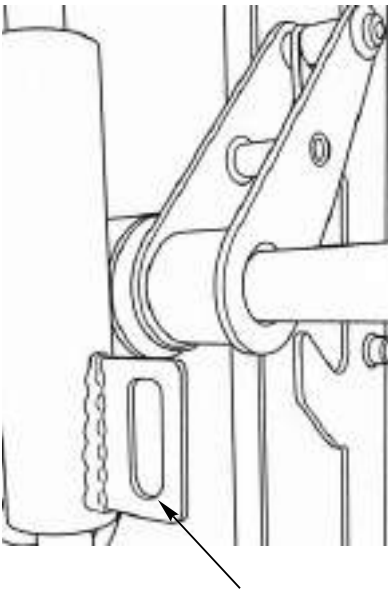


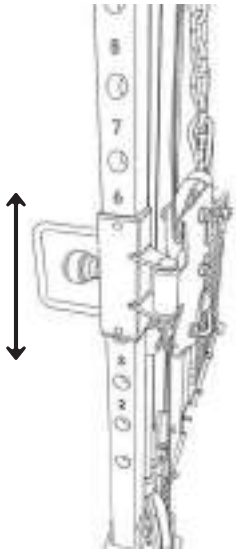
Important notes:

- Before exercising with this piece of equipment, please ensure that all bolts and screws are securely tightened and that all pieces are stable.
- All safety pins can be stored at the back of the rack.
- Always use the numbers on the vertical upright to keep both spotter arms 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 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.

Tips & set up for New Loki 2.0 features

Safety & Tips



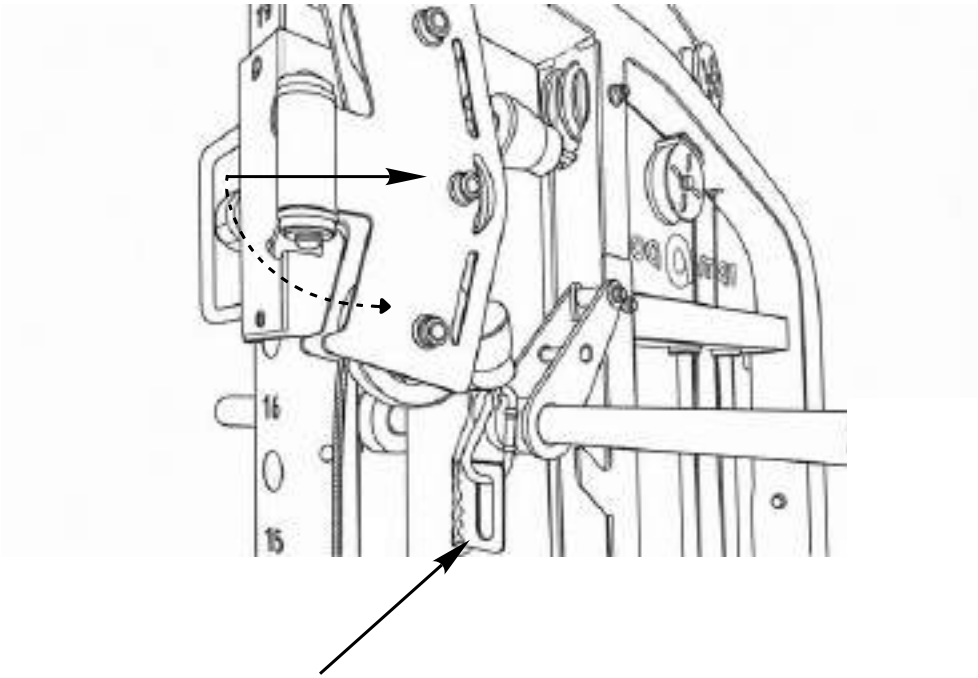


Your Loki Multi-Gym Rack is now ready for use!

Important notes:

- Before attaching the cable system to the smith bar ensure the bar is racked on the safety hooks.
- Use an even weight load on both sides of the bar.
- Take note of height adjustments on both pulley carriages and smith bar positioning for own reference with different exercises.
- When using plate and cable loads or just plate loading, ensure to use safety spotters.
- Using chain for loading resistance from below allows the user to adjust the slack with ease in combination with setting the height adjustable carriage to their choosing.
- When the bar is loaded from below, the user can rack the smith bar onto the safety hooks while still under tension from the cables. This is usually at the top of the rep with the plates elevated in the pin stack., to reset the tension adjust the height of the pulley carriage up to the point where the weight plate is returned to its starting position.

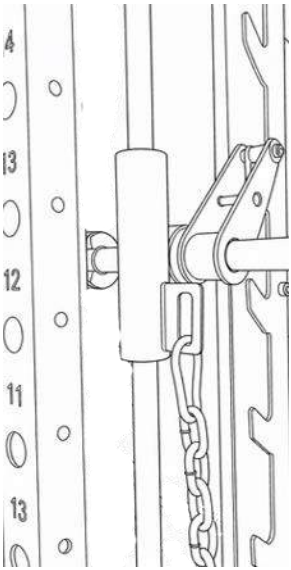
P

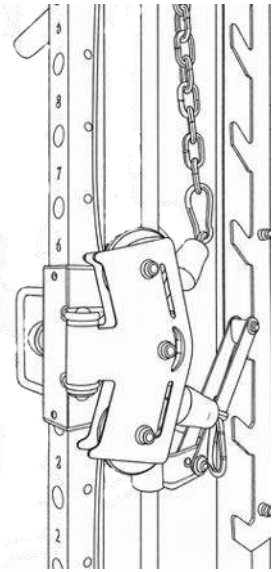


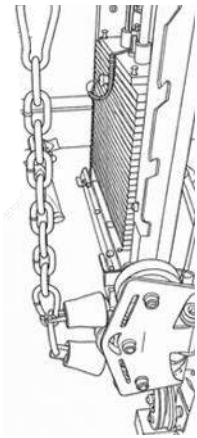
Cable loaded/resisted smith machine function for pull down

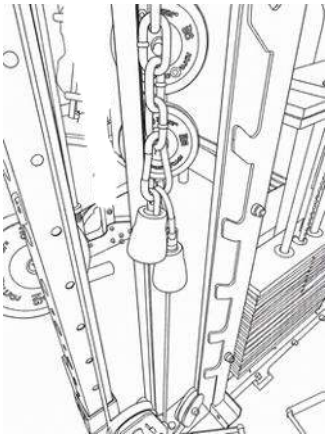
- Set height adjustable pulley carriage above the smith rail
- rotate pulley bracket part 12 towards the back of the rack/ smith rail.
- clip the carabiner to the plate attached on the smith rail.
- follow all these steps on the opposite side
- For Lat pulldown E.g., account for the -20kg of the smith bar from the weight selected in the pin stacks.
- Use the cable clip(s) on the bracket for the loading the smith bar from above.
- Use the numbers on the vertical upright to keep both Pulley carriages at the same height.

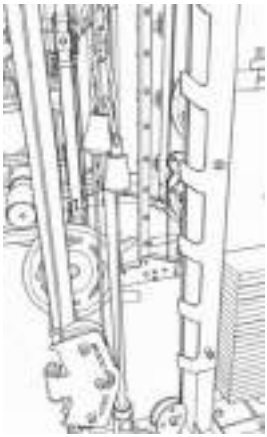
EXAMPLES OF 1;1 & 2:1 cable resistance applied to the smith rail











Cable loaded/resisted smith machine function for upwards resistance or downwards resistance on the linear bearings.

- Set height adjustable pulley carriage above the smith rail for pulling down and below for pushing up.
- clip the carabiner to the plate attached on the smith rail and then clip the cable end closest to the plate for 2:1 each side or 1:1 if you use the configuration of 3 clips shown on the bottom images.
- Use the numbers on the vertical upright to keep both Pulley carriages at the same height, but also to keep track of the desired height for the bar and pulley.
- You can plate and cable load the smith bar at the same time, for example you can get deeper range of motion with lighter than usual weight plates loaded on the bar & set the height of the pulley carriage to a desired height in where there will be slack on the cable system using the chain, when you reach a desired height in the range of motion the cable resistance will then activate.