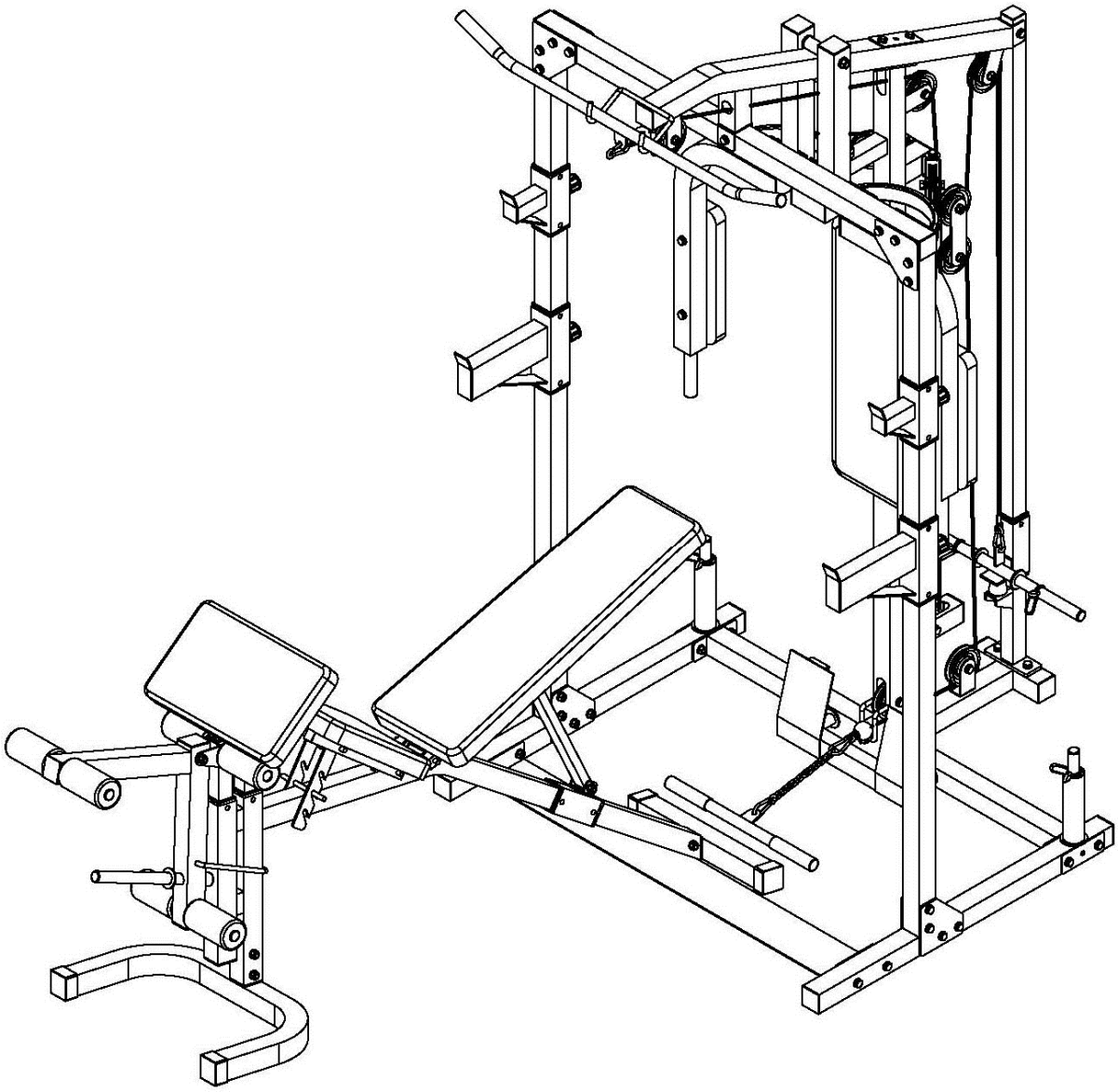
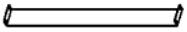
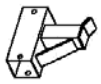
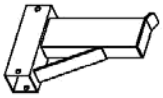
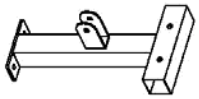
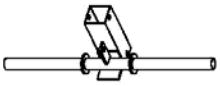
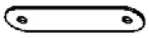
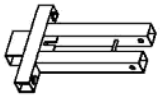
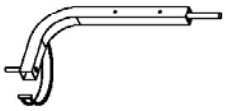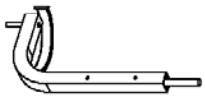
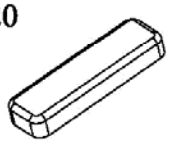
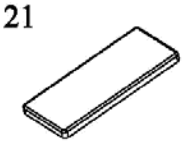
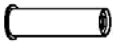
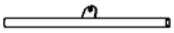
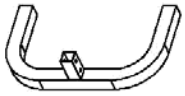
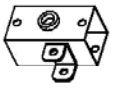
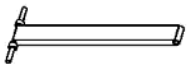
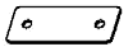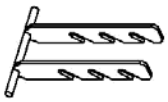
GORILLA SPORTS

HOME GYM

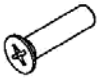
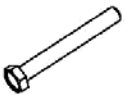
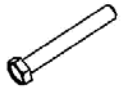
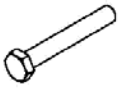
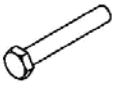
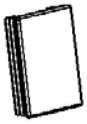
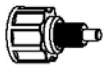
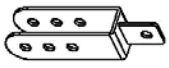
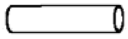
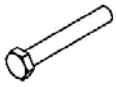
100909



GORILLA SPORTS

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6 	7 	8 	9 	10 
11 	12 	13 	14 	15 
16 	17 	18 	19 	20 
21 	22 	23	24 	25 
26 	27 	28 	29 	30 
31 	32 	33 	34	35 
36 	37 	38 	39 	40 
41	42	43	44	45
46	47	48	49	50

GORILLA SPORTS

51 	52 	53 	54 	55 
56 	57 	58 	59 	60 
61 	62 	63 	64 	65 
66 	67 	68 	69 	70 
71 	72 	73 	74	75 
76 	77 	78 	79 	80 
81 	82 	83 	84 	85 
86 	87 	88 	89 	90 
91	92	93		

GORILLA SPORTS

PART LIST

NUMBER	DESCRIPTION	QUANTITY
1	LEFT MAIN BASE FRAME	1
2	RIGHT MAIN BASE FRAME	1
3	CENTER MAIN BASE FRAME	1
4	FRONT MAIN BASE FRAME	1
5	UPRIGHT	2
6	SELF SPOTTER	2
7	BARBELL CRUTCH ASSEMBLY	2
8	TOP SUPPORTING FRAME	1
9	REAR BASE FRAME	1
10	CENTER UPRIGHT FRAME	1
11	GUIDE UPRIGHT	1
12	WEIGHT PLATE SLEEVE	1
13	TOP CROSS BEAM	1
14	DOUBLE PULLEY BRACKET	2
15	PULLEY BRACKET	2
16	PULLEY	11
17	BUTTERFLY FRAME	1
18	RIGHT BUTTERFLY ARM	1
19	LEFT BUTTERFLY ARM	1
20	ARM PAD	2
21	BACK PAD	1
22	OLYMPIC PLATE BAR	2
23	JOINT TUBE	1
24	LOCK NUT M12	2
25	LAT BAR	1
26	CURL BAR	1
27	CHAIN HOOK	6
28	MAIN BENCH FRAME	1
29	FRONT STABILZER	1
30	REAR STABILIZER	1
31	BACK CUSHION ADJUSTMENT BEAM	1
32	BRACKET ADJUSTMENT SUPPORT	1
33	JOINT PLATE	3
34	BACK CUSHION FRAME	2
35	BACK CUSHION	1
36	SEAT CUSHION FRAME	2
37	ADJUSTABLE SUPPORT	1
38	SEAT CUSHION	1
39	TRIANGULAR BOLT	2
40	WASHER 12	2

NUMBER	DESCRIPTION	QUANTITY
41	LEG LIFT HOLDER	1
42	LEG LIFT FRAME	1
43	LEG LIFT ROD	3
44	FORM PAD	6
45	PREACHER CURL CUSHION	1
46	PREACHER CURL FRAME	1
47	FOOT STEPPER	1
48	SUPPORT PLATE	8
49	PRESS PIN	1
50	M12×190M/M SHAFT	1
51	OIL BUSHING	6
52	KNOB	1
53	Φ25 ROUND CAP	1
54	RUBBER STOPPER	2
55	Φ25 ROUND PLASTIC PLUG	13
56	50 SQUARE PLASTIC CAP	21
57	50×Φ32 SQUARE BUSHING	2
58	CROSS HEAD BOLT M10×45	2
59	BOLT M10×75	27
60	BOLT M10×70	7
61	BOLT M10×65	4
62	BOLT M10×60	1
63	BOLT M10×45	9
64	BOLT M10×20	4
65	BOLT M8×40	1
66	BIG WASHER 10	2
67	ALLEN BOLT M10×20	2
68	70×50 PLASTIC PLUGS	2
69	38 SCUARE PLASTIC PLUGS	2
70	SPRING KNOB	5
71	BUSHING	4
72	ADJUSTABLE PULLEY BRACKET	1
73	60×50 SQUARE BUSHING (LARGE)	10
74	CHAIN	2
75	PVC GRIP	6
76	SPRING CLIP	5
77	BOLT M8×65	6
78	BOLT M6×40	8
79	BOLT M6×16	2
80	WASHER 6	10
81	WASHER 10	98
82	WASHER 8	8
83	NUT M10	44

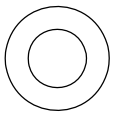
NUMBER	DESCRIPTION	QUANTITY
89	LOCK NUT M10	6
90	CABLE WITH NO BALL 2.22M	1
91	CABLE WITH ONE BALL 2.62M	1
92	CABLE WITH ONE BALL 3.28M	1
93	RECTANGULAR PLASTIC CAP	4

GORILLA SPORTS

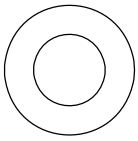
HARDWARE PACK



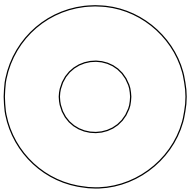
Washer 6 - 10PCS



Washer 8 - 8PCS



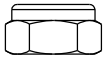
Washer 10 - 98PCS



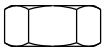
Washer 10 - 2PCS



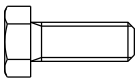
Lock Nut M8 - 1PC



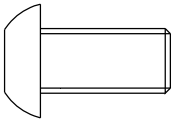
Lock Nut M10 - 6PCS



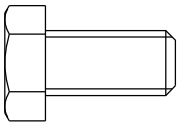
Nut M10 - 44PCS



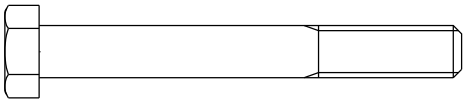
M6*16 - 2PCS



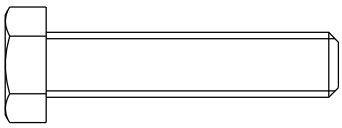
M10*20 - 2PCS



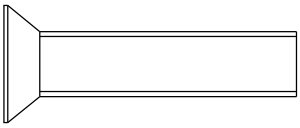
M10*20 - 4PCS



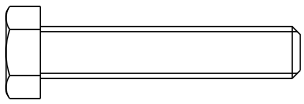
M8*65 - 6PCS



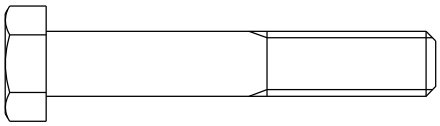
M10*45 - 9PCS



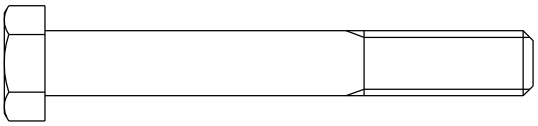
M10*45 - 2PCS



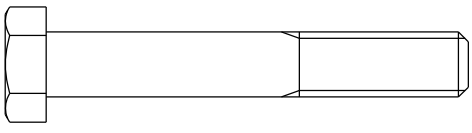
M8*40 - 1PC



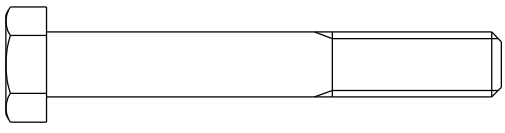
M10*60 - 1PC



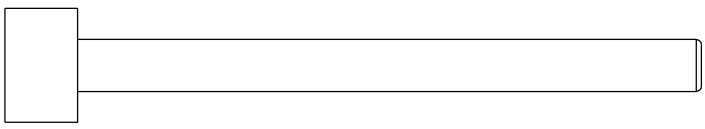
M10*75 - 27PCS



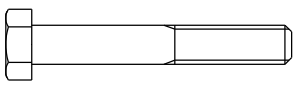
M10*65 - 4PCS



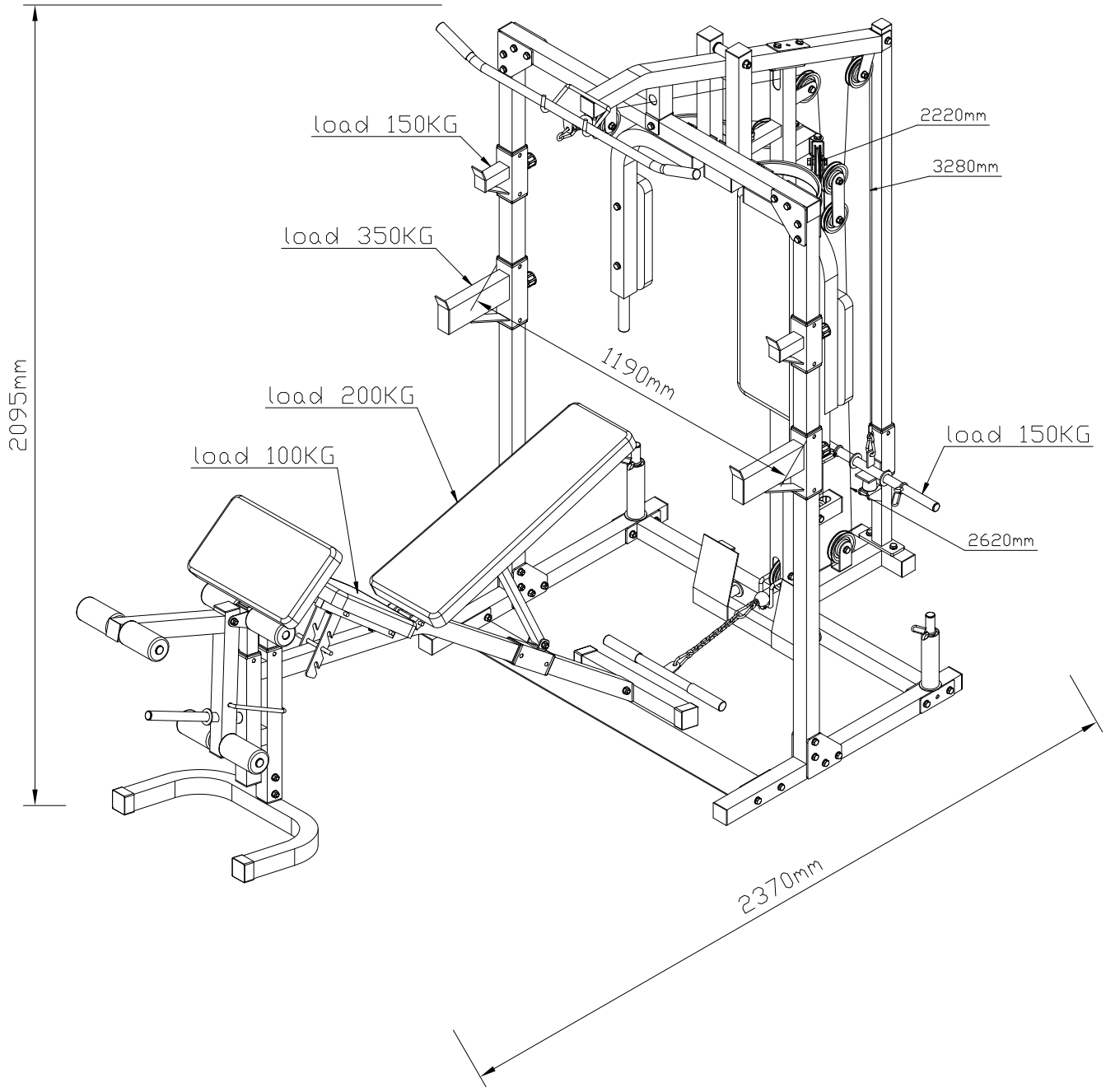
M10*70 - 7PCS



Lock Lever M10*130 - 1PC



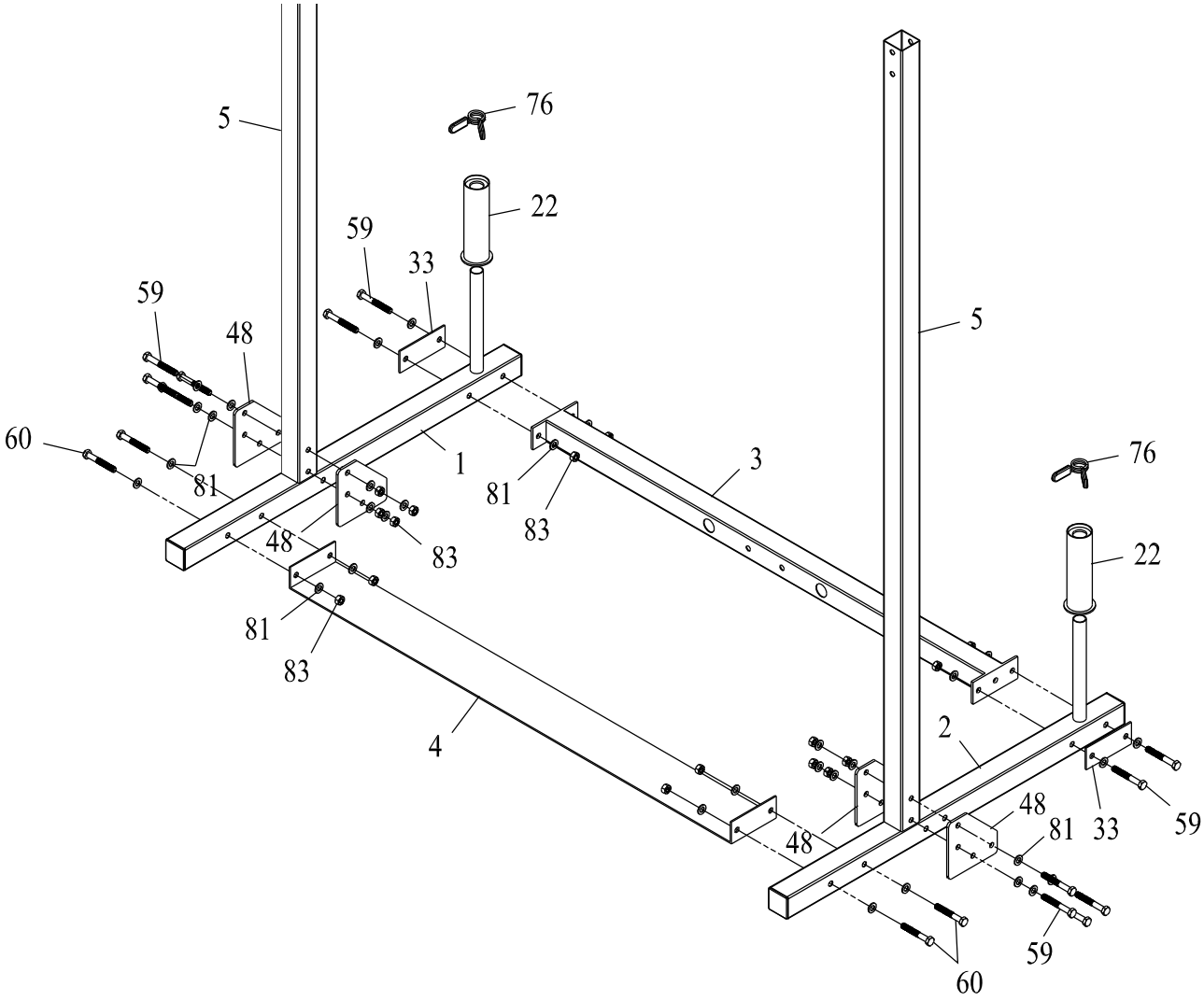
M6*40 - 8PCS

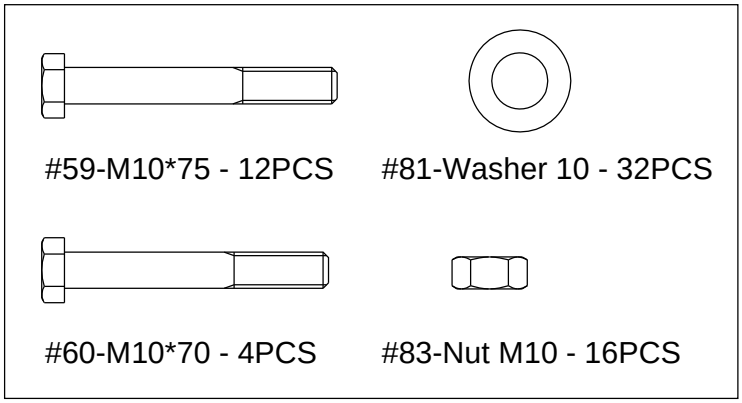


Maximum load 100KG

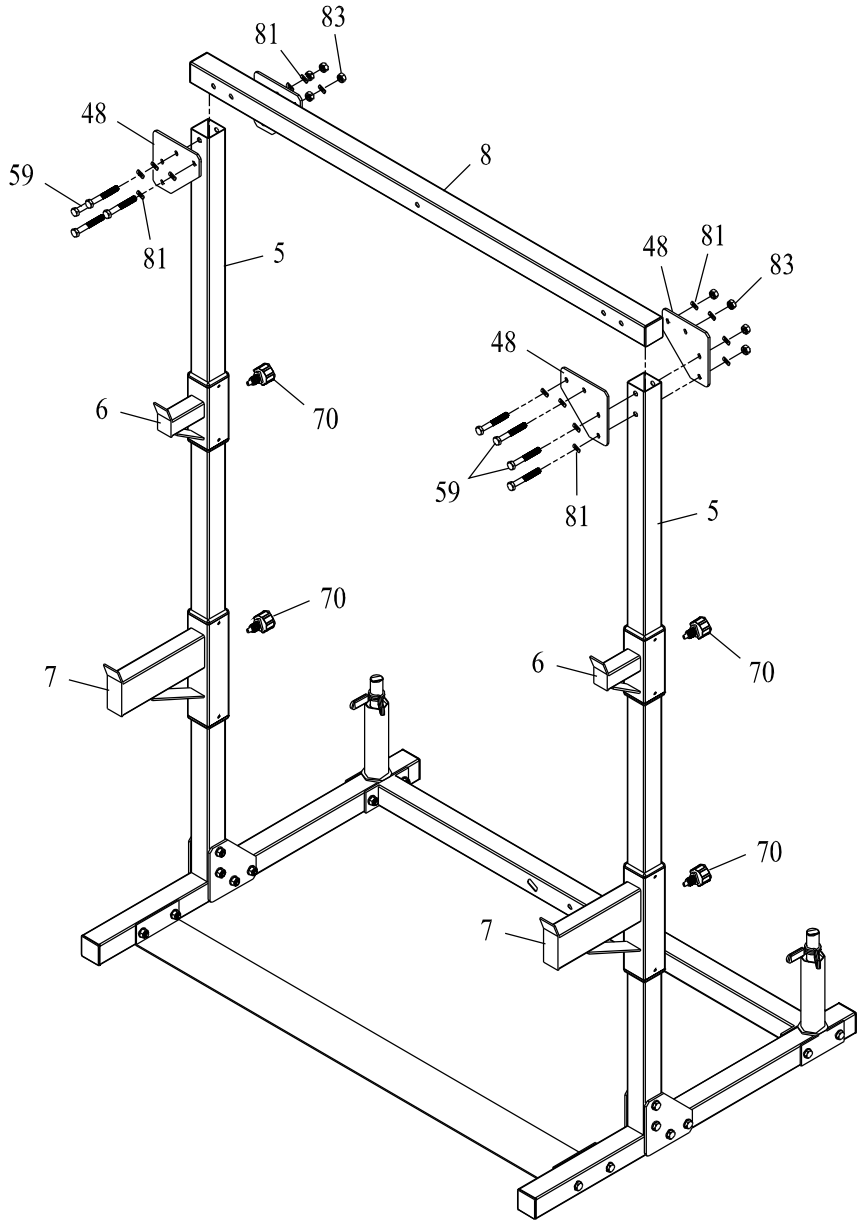
GORILLA SPORTS

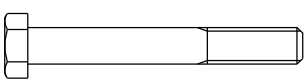
STEP 1A



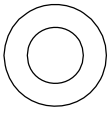


STEP 1B !





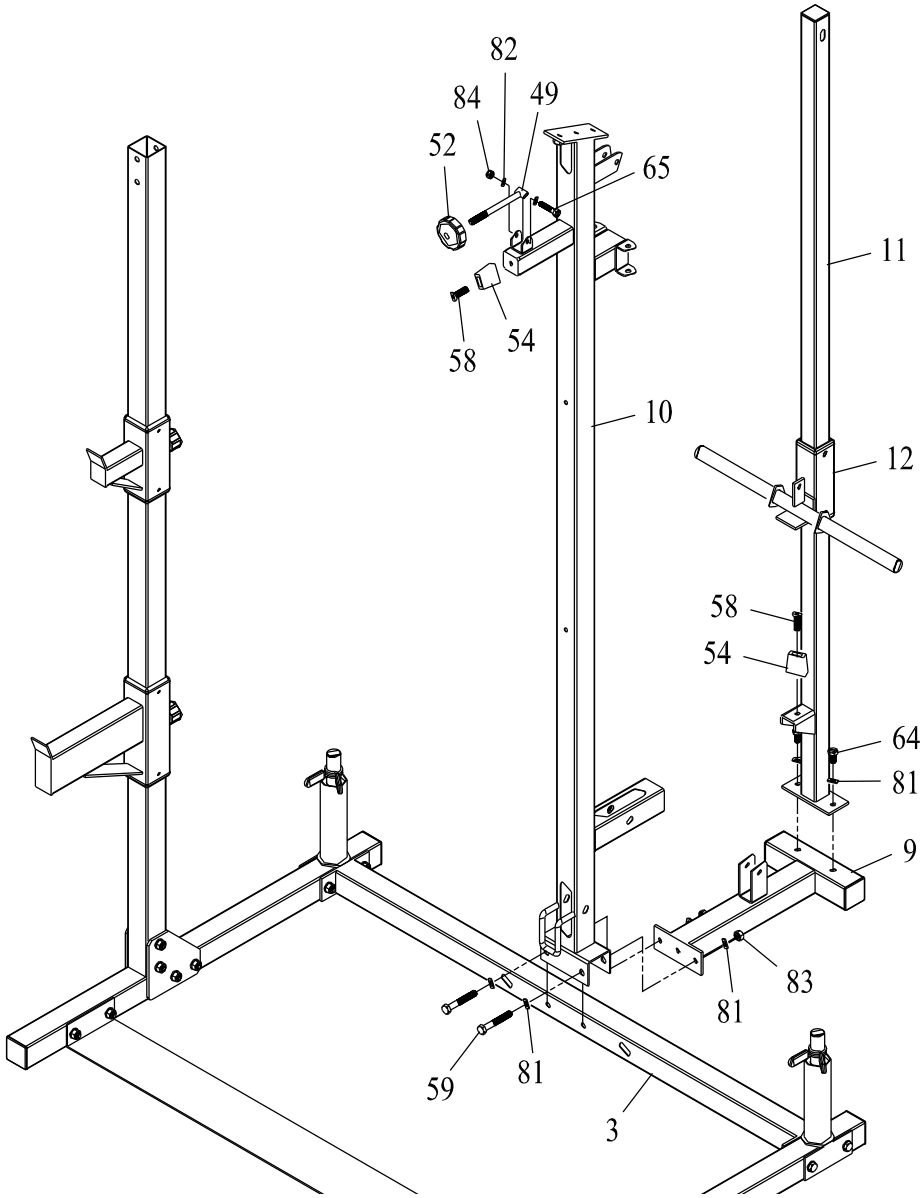
#59-M10*75 - 8PCS





#81-Washer 10 - 16PCS #83-Nut M10 - 8PCS

STEP 2A !

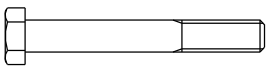




#65-M8*40 - 1PC



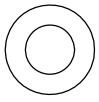
#64-M10*20 - 2PCS



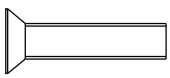
#59-M10*75 - 2PCS



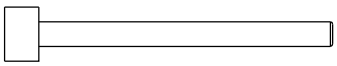
#82-Washer 8 - 2PCS



#81-Washer 10 - 6PCS



#58-M10*45 - 2PCS



#49-Lock Lever M10*130 - 1PC

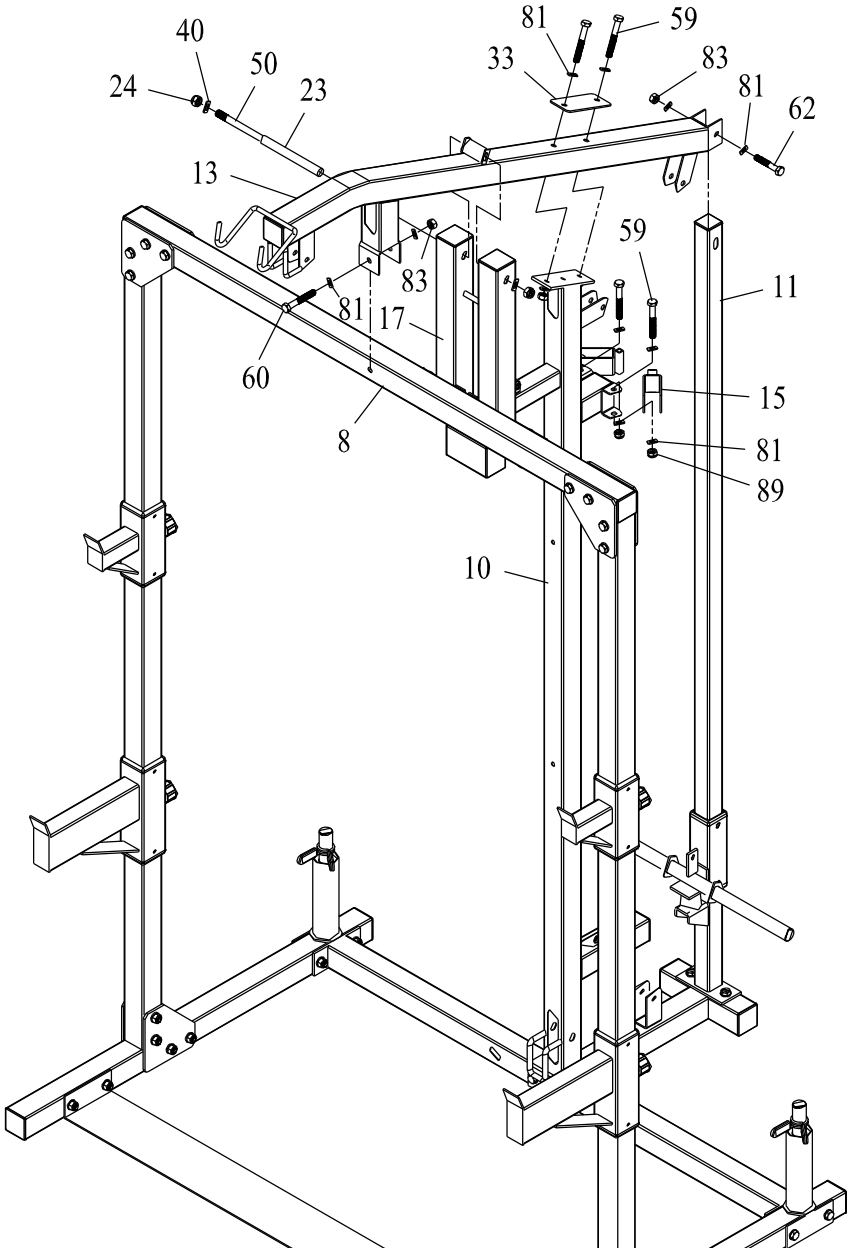


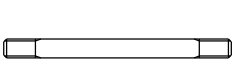
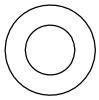
#84-Lock Nut M8 - 1PC



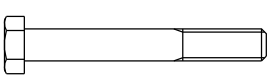
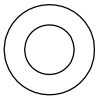
#83-Nut M10 - 2PCS

STEP 2B !

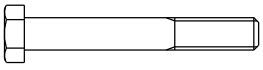
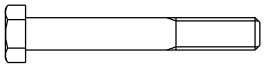



#50-M12*190 - 1PC #40-Washer 12 - 2PCS #24-Lock Nut M12 - 2PCS

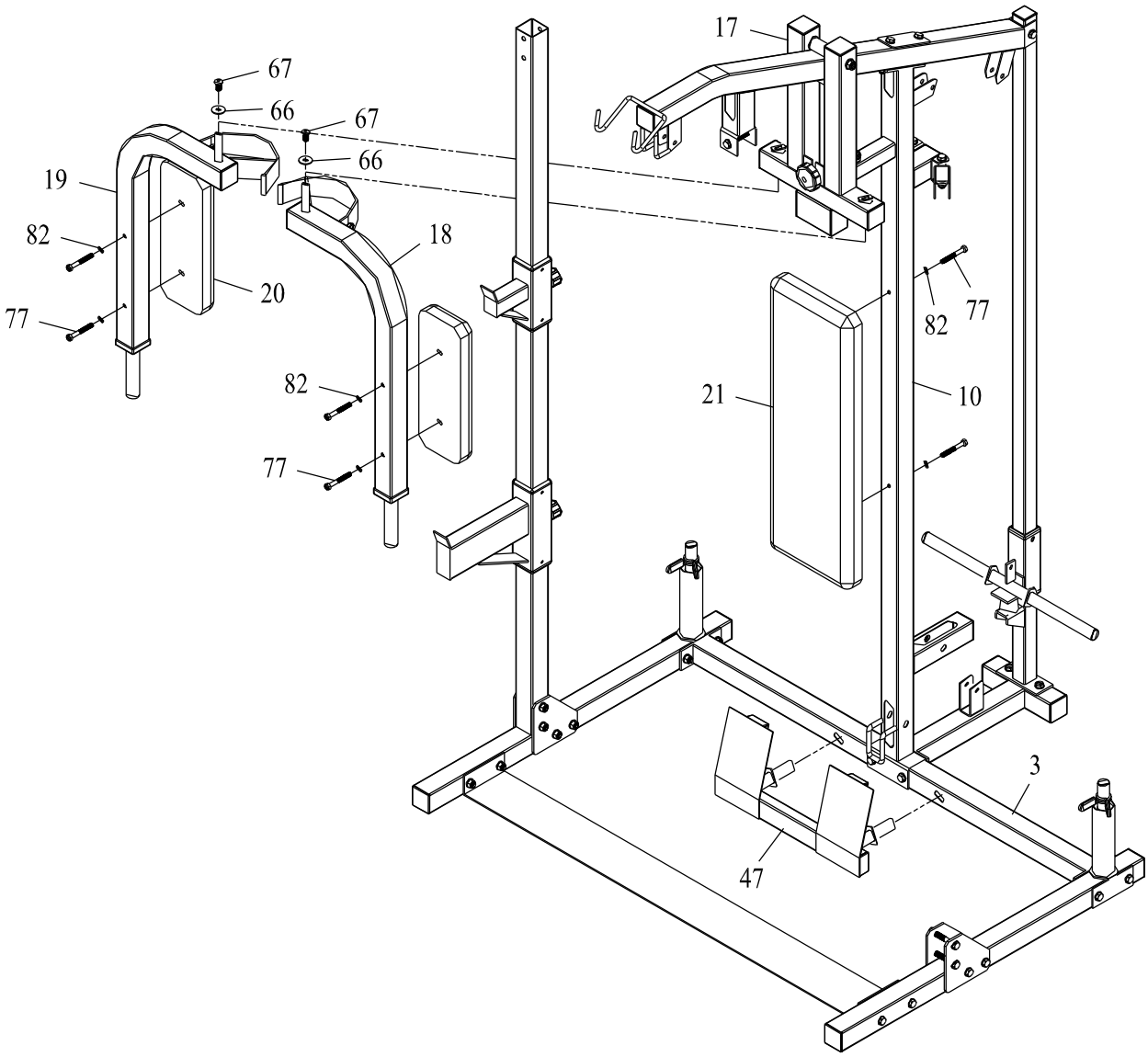

#59-M10*75 - 4PCS #81-Washer 10 - 12PCS #83-Nut M10 - 4PCS

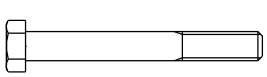




#60-M10*70 - 1PC #62-M10*60 - 1PC #89-Lock Nut M10 - 2PCS

GORILLA SPORTS

STEP 3 !

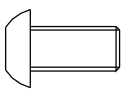




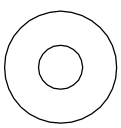
#77-M8*65 - 6PCS



#82-Washer 8 - 6PCS

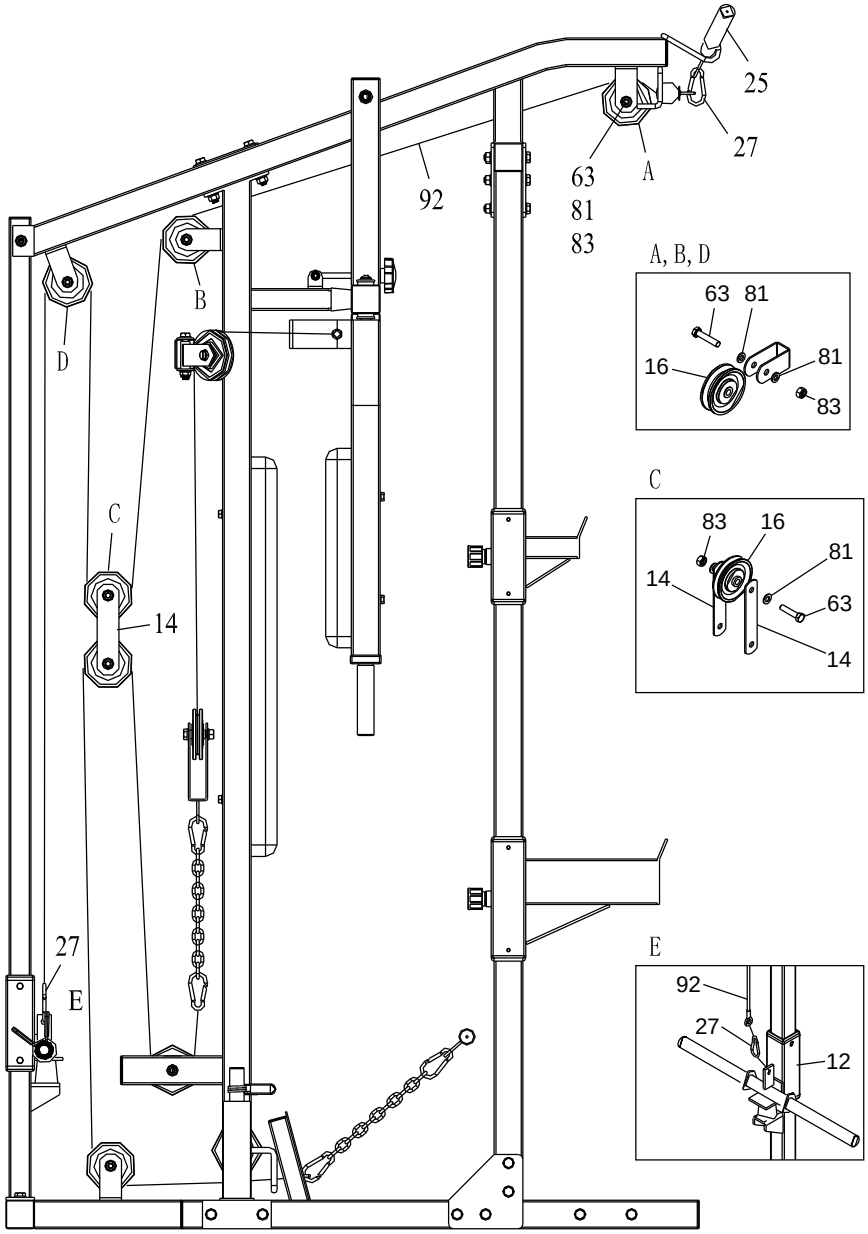


#67-M10*20 - 2PCS

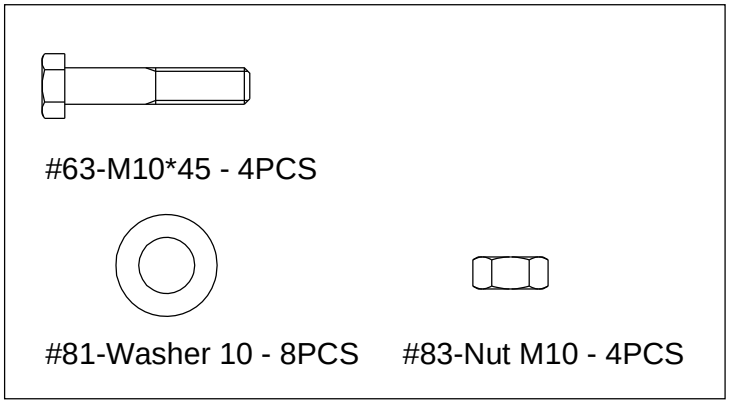


#66-Big Washer 10 - 2PCS

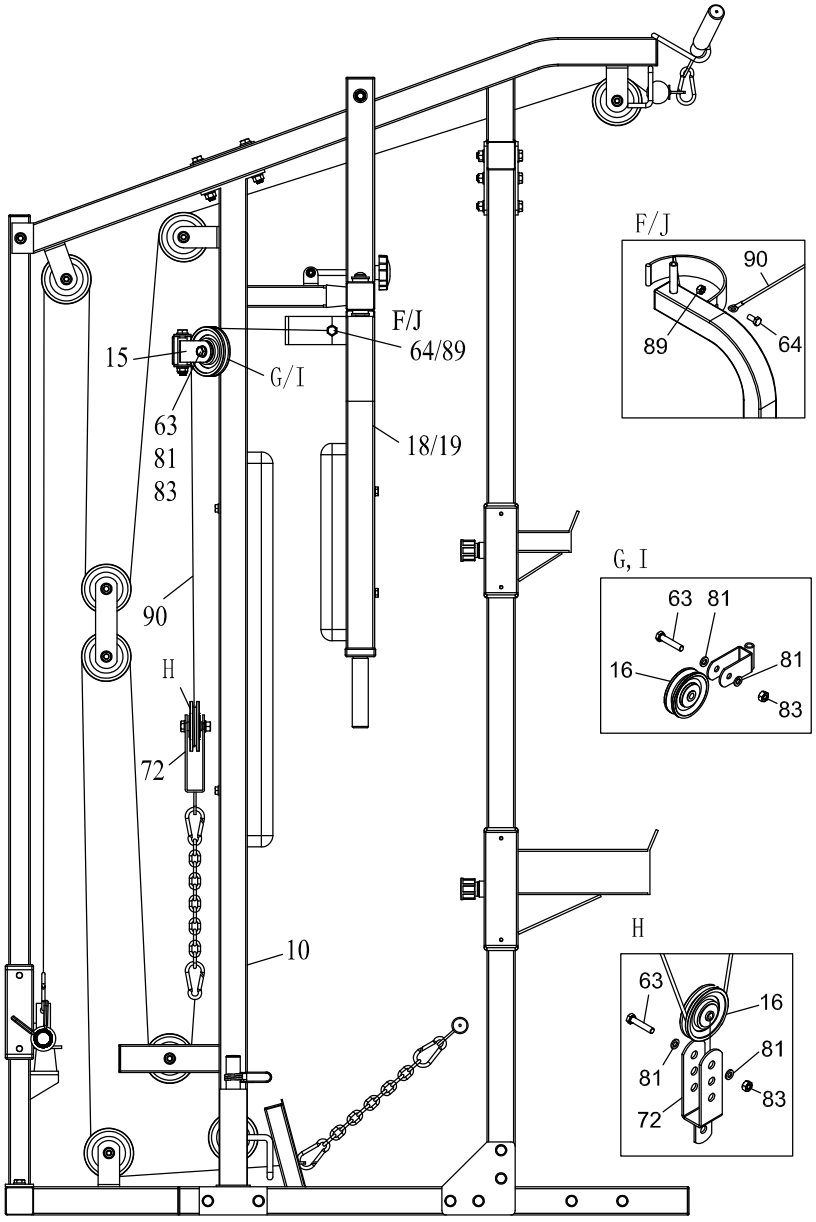
STEP 4A



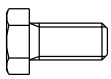
#92: A→ B→ C→ D→ E



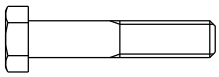
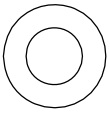
STEP 4B !



#90: F→ G→ H→ I→ J

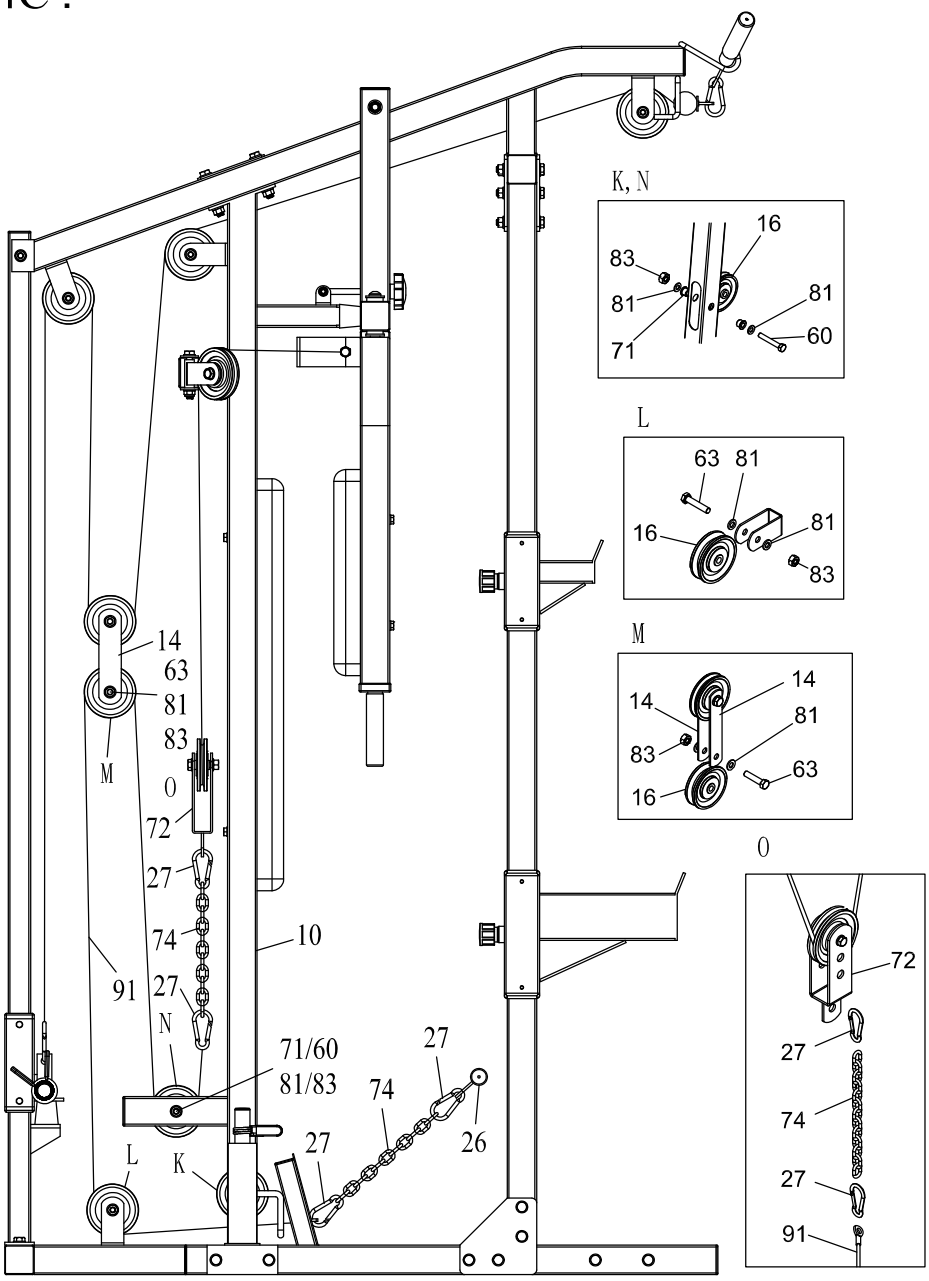



#64-M10*20 - 2PCS #89-Lock Nut M10 - 2PCS

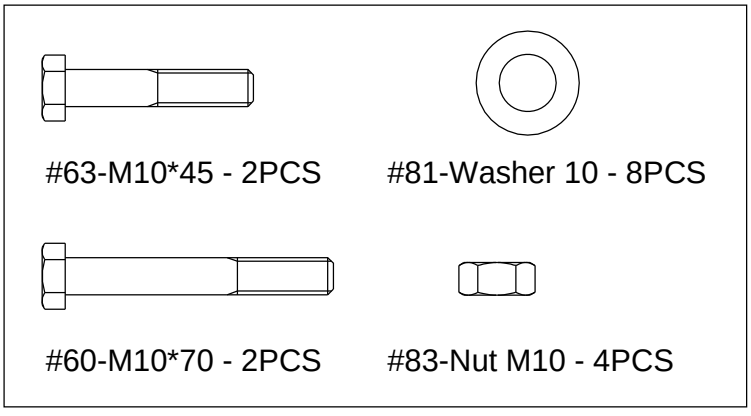




#63-M10*45 - 3PCS #81-Washer 10 - 6PCS #83-Nut M10 - 3PCS

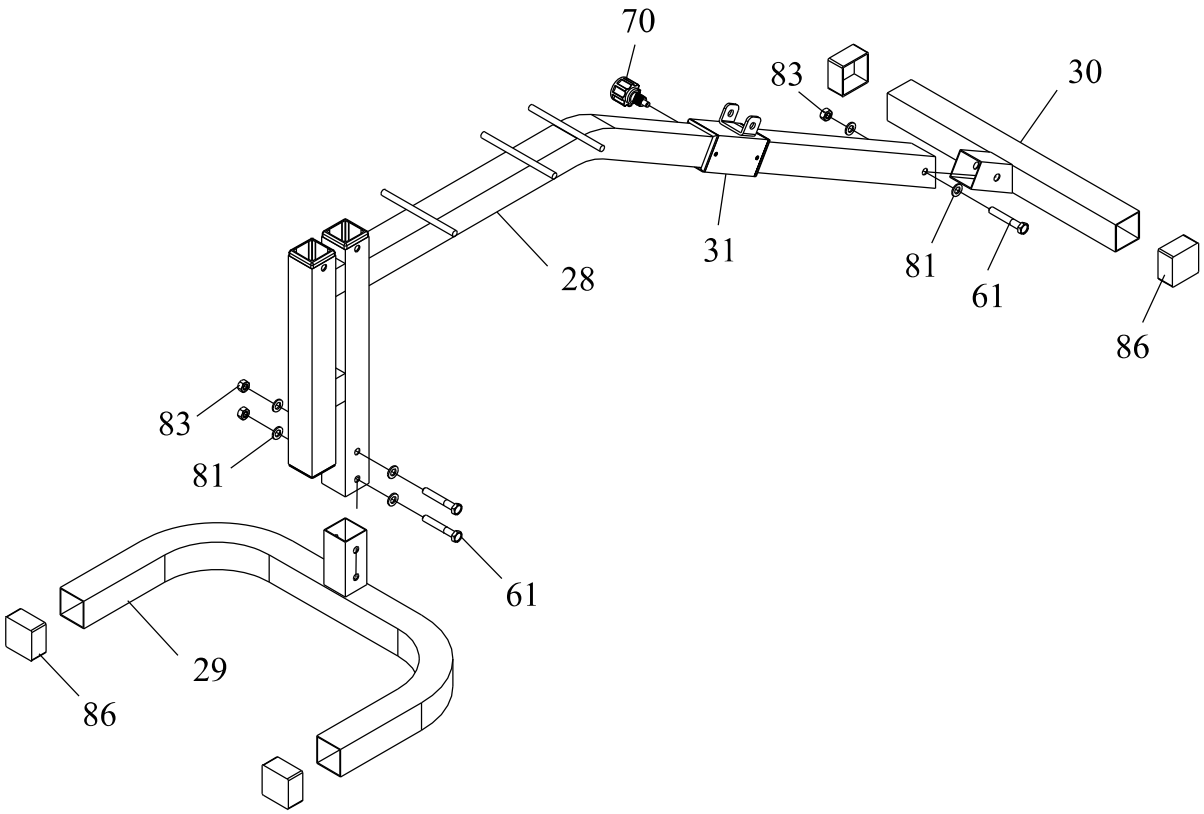
STEP 4C !

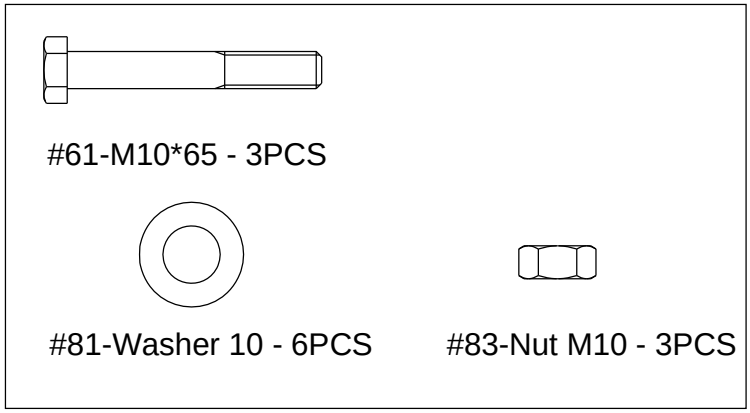


#91: K→ L→ M→ N→ 0

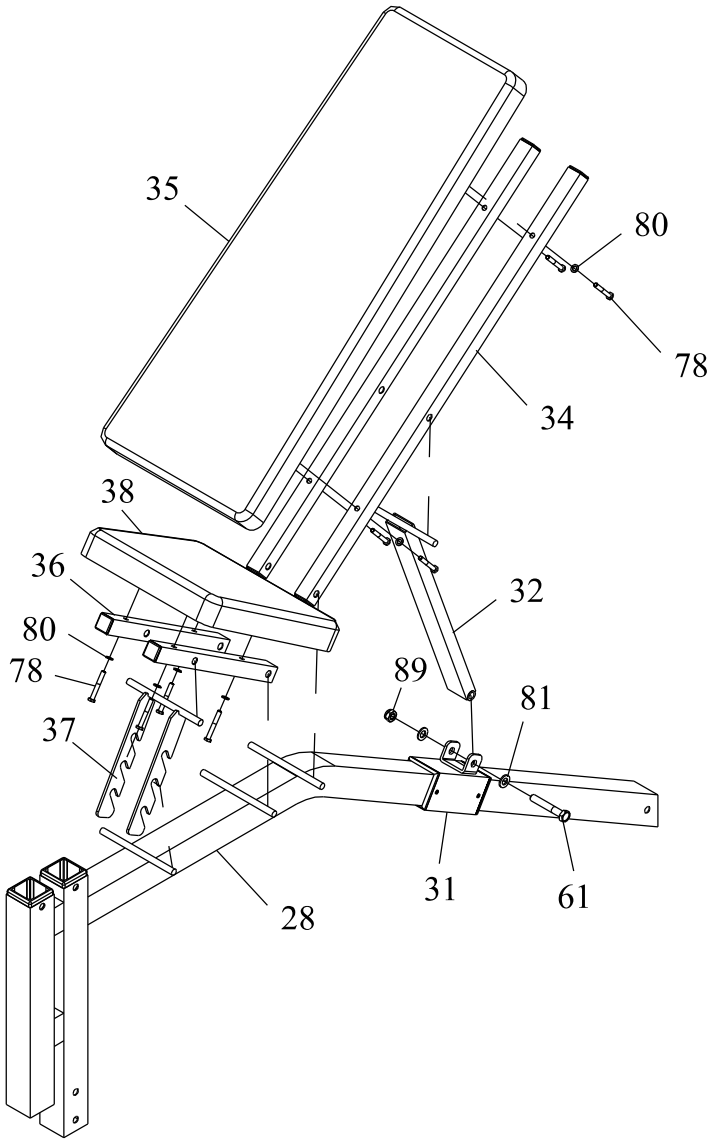


STEP 5 !


70
83
30
28
31
81
61
86
83
81
61
29
86


#61-M10*65 - 3PCS
#81-Washer 10 - 6PCS
#83-Nut M10 - 3PCS

STEP 6 !

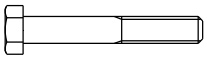




#61-M10*65 - 1PC



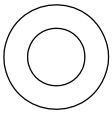
#89-Lock Nut M10 - 1PC



#78-M6*40 - 8PCS

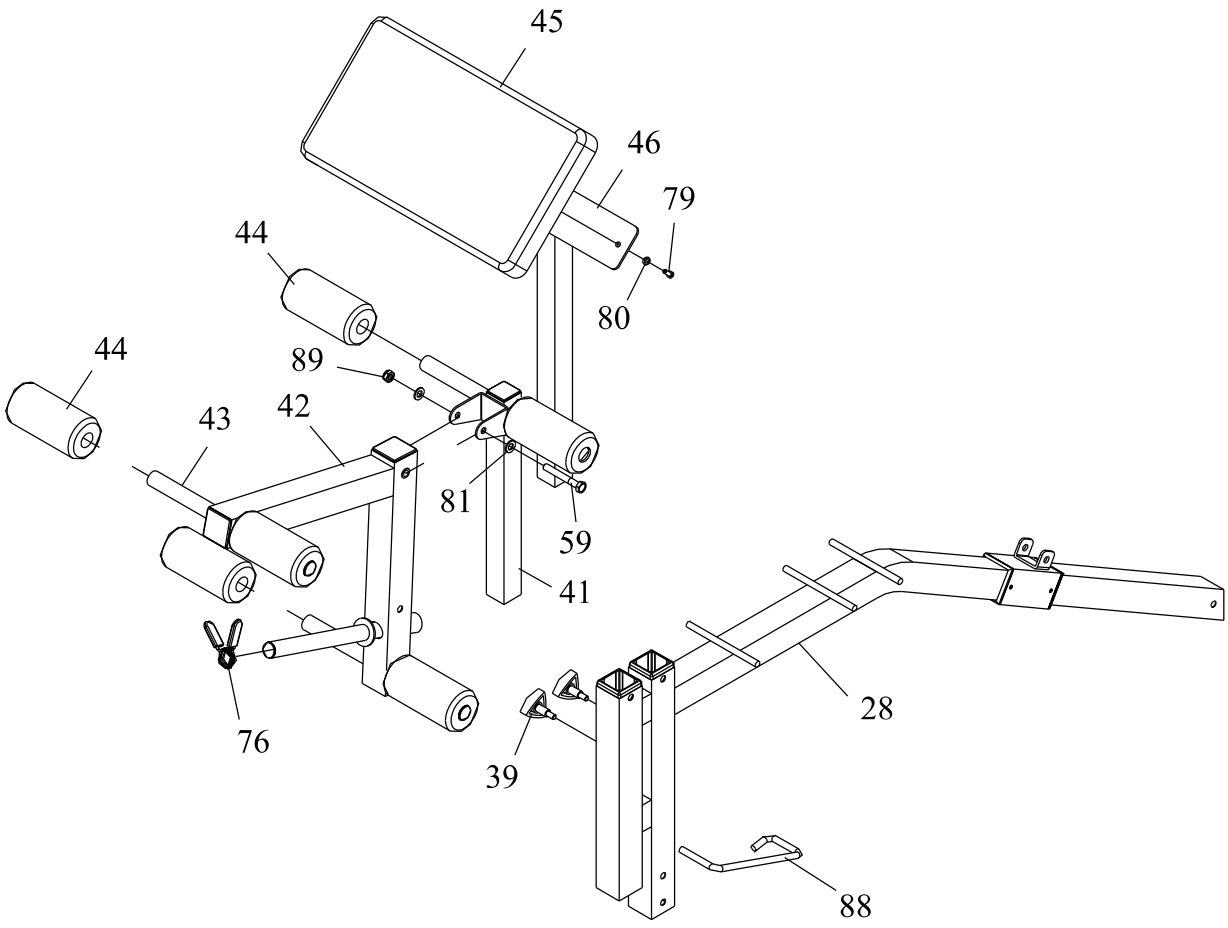


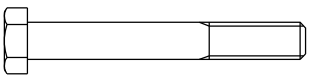
#80-Washer 6 - 8PCS



#81-Washer 10 - 2PCS

STEP 7 !

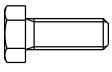




#59-M10*75 - 1PC



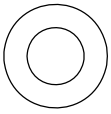
#89-Lock Nut M10 - 1PC



#79-M6*16 - 2PCS



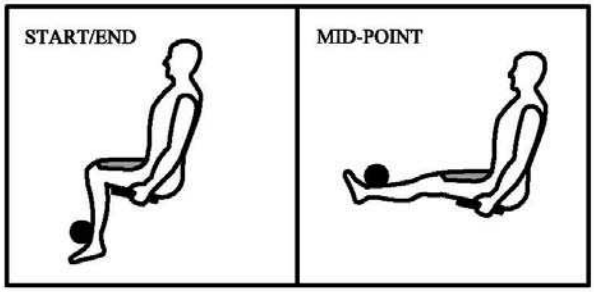
#80-Washer 6 - 2PCS



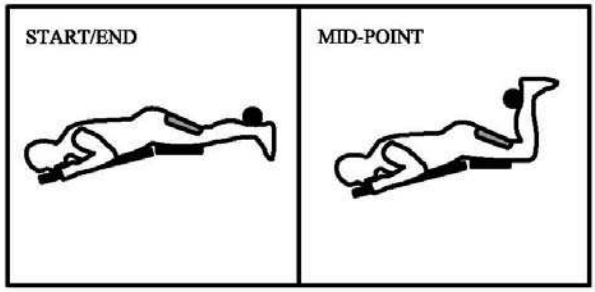
#81-Washer 10 - 2PCS

GORILLA SPORTS

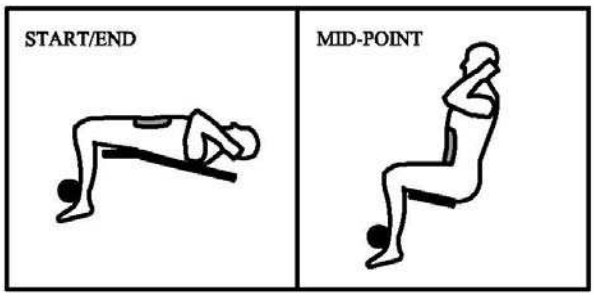
EXERCISES



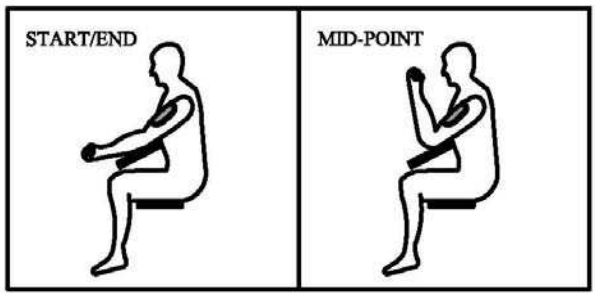
LEG EXTENSIONS



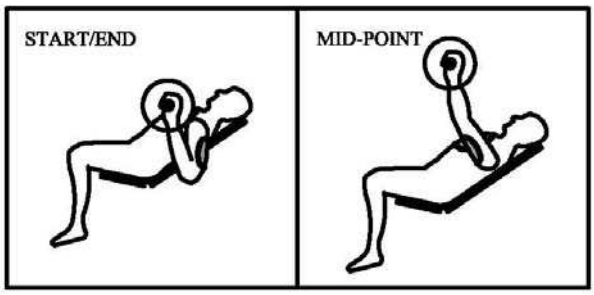
LEG CURLS



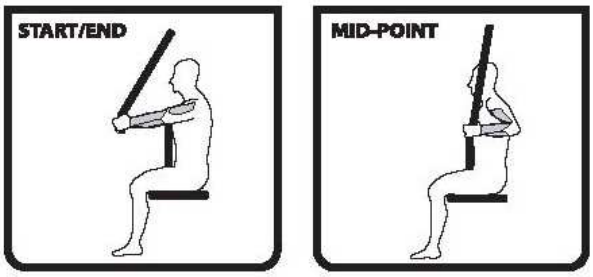
SIT-UPS



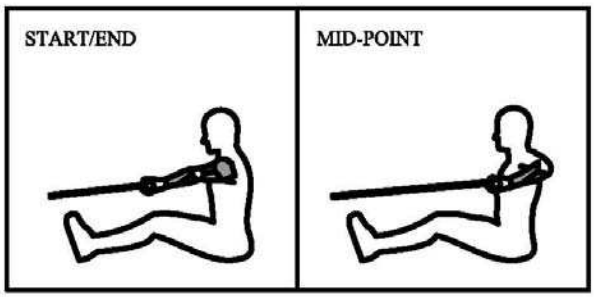
ARM CURL



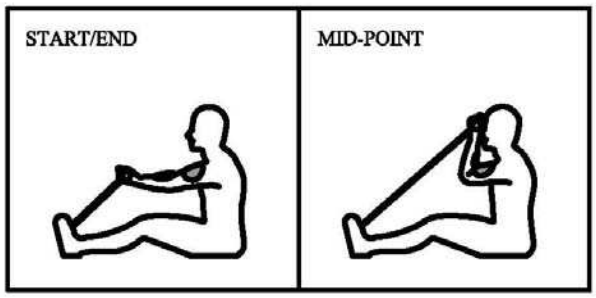
BENCH PRESS



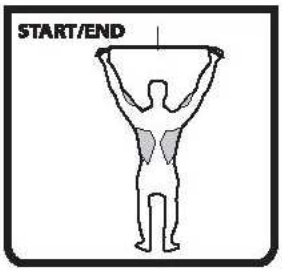
SEATED MID ROW

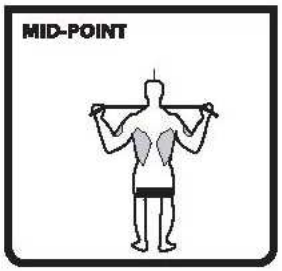


RALLY PULL SHOULDER

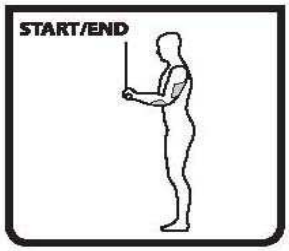


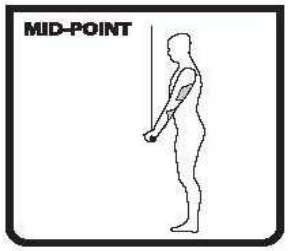
SEADED CURLS





LAT PULL DOWN





TRICEP PUSH DOWN