

# **MMT-500R**

**MULTI-MUSCLE TRAINER**

## **OWNER'S MANUAL**

## ASSEMBLY INSTRUCTIONS

Congratulations on your purchase of your new Multisports Home Gym.

Although we go to great lengths to ensure the quality of our products, occasionally errors or omissions occur.

Should you find either a defective or a missing part in this product, please contact us for a replacement at the following address or telephone number.

MULTISPORTS, INC. P.O. BOX 19574, HOUSTON, TX 77224

PH:(800) 877-0588, (713) 460-8188 FX:(713) 460-8180

Please provide the part number when requesting parts.

### WARRANTY GUIDELINES

The MULTISPORTS HOME GYMS are warranted to the original retail purchaser to be free from defects in materials and workmanship.

#### Time Period

Warranty coverage extends for the life of the product while owned by the original retail purchaser except exercise products sold for and used in a commercial or institutional setting are not covered by this warranty.

#### This warranty does not cover:

1. Any component on original equipment which carries a separate consumer warranty of the parts supplier.
2. Normal wear and tear.
3. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to following instructions or warning in owners manual.
4. Use of products in a manner for which they were not designed.
5. Use of any product in other than a home or residential setting unless otherwise noted in the owners manual.

#### Limitations

- ※The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether express or implied by operation of law or otherwise, including but not limited to any implied warranties of merchantability or fitness.
- ※MULTISPORTS, INC. shall in no event be liable for incidental or consequential losses, damages or expenses in connection with exercise products.
- ※MULTISPORTS liability therefore is expressly limited to the replacement of goods not complying with this warranty or, at MULTISPORTS or, at MULTISPORTS election, to the repayment of an amount equal to the purchase price of the exercise product in question.
- ※Some states do not permit the exclusion or limitation of implied warranties incidental or consequential damages, so the preceding limitations and exclusions may not apply to you.

#### Procedures

Warranty service will be performed by MULTISPORTS or the authorized MULTISPORTS fitness dealer from whom you bought the product. MULTISPORTS will have the option of either repair or replacement at no charge for any defective product. Transportation to and from the authorized MULTISPORTS fitness dealer is the responsibility of the purchaser.

#### The following procedures will apply:

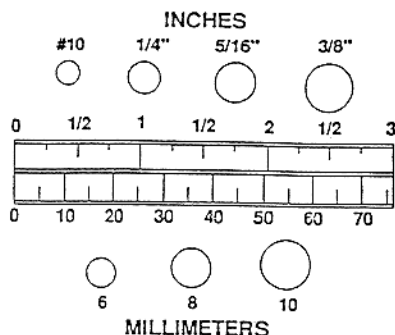
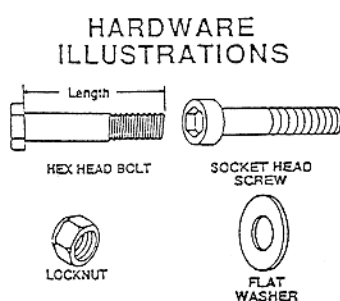
1. MULTISPORTS will replace any home gym frame that is structurally defective with a new frame or replace the unit with a unit equal or greater value. MULTISPORTS is not responsible for labor charges in replacing defective frames.
2. MULTISPORTS will have the option to either repair or replace a defective part or product. Dealer labor charges for installing replacement or repaired parts are not covered by this warranty.
3. If you elect to repair a defective product or part yourself or use the services of someone other than an authorized MULTISPORTS fitness dealer, or if you use a replacement part not supplied by MULTISPORTS, MULTISPORTS will not be liable for any defects of damage caused by the use of such unauthorized service or parts.
4. See you authorized MULTISPORTS fitness dealer for service, call 800-877-0588 for MULTISPORTS Customer Service Hotline between 8:30AM - 5:30PM CST, or write the Customer Service Department, MULTISPORTS, INC. P.O. BOX 19574, HOUSTON, TX 77224.
5. This warranty gives you specific legal rights and you may also have other rights which may vary from state to state.

## IMPORTANT SAFETY CONSIDERATIONS

TO AVOID INJURY AND/OR ACCIDENTS, READ AND FOLLOW THESE SIMPLE SAFETY RULES:

1. Do not allow children to play on or around home-gym unit.
2. Securely tighten all nuts and bolts and regularly check to insure that all bolts and nuts have not loosened.
3. With use, normal wear of components can be expected. Therefore, periodic inspection of moving components should be performed. Pay particular attention to areas of metal-to-metal contact such as quick-links and replace when noticeable wear occurs.
4. Do not try to remove weight selector pin while unit is in use.
5. Keep your hands away from path of cables and weight stacks or any other moving parts when unit is in use.
6. Be certain that pull pins and rods are fully inserted and quick-links are completely closed before using unit.
7. Be sure lat bar or curl bar is secured in lat bar holder with quick-link locked when not in use – **DO NOT ALLOW TO SUSPEND FROM CHAIN.**
8. Do not wear loose robes, gowns, long skirts, or jewelry such as necklaces, chains, rings, bracelets, etc. which could become entangled in moving parts.
9. Do not stand or kneel on seats – always sit or lay squarely centered.
10. Wear only rubber sole shoes. Hard sole or high heel shoes may cause user to slip or fall. **DO NOT USE BAREFOOTED OR WEARING SOCKS ONLY.**
11. **CONSULT WITH YOUR PHYSICIAN BEFORE USING THE ENCLOSED EXERCISE PROGRAM OR ANY OTHER MACHINE PROGRAM. SOME EXERCISES MAY BE MORE APPROPRIATE FOR YOU THAN OTHERS.**
12. **SHOULD YOU EXPERIENCE ANY IRREGULAR PHYSICAL CONDITIONS SUCH AS DIZZINESS, SEVERE MUSCLE OR JOINT PAIN, PAIN IN THE CHEST, OR SHOULD ANY OTHER SYMPTOMS APPEAR, STOP EXERCISING AND CONSULT WITH YOUR PHYSICIAN IMMEDIATELY.**

## HARDWARE ILLUSTRATIONS



## HARDWARE PARTS LIST

NO.	Q'TY	PART NAME	WHERE USED
A	8	3/8" x 3 1/4" (82 mm) Long Hex Head Bolt	Double Flange Connections
B	8	3/8" x 3" (75 mm) Long Hex Head Bolt	Single Flange Connections
C	3	3/8" x 2 3/4" (70 mm) Long Hex Head Bolt	Pulleys( #56a)
D	15	3/8" x 2 1/4" (56 mm) Long Hex Head Bolt	Pulleys( #56)
E1	8	3/8" x 1 1/2" (40 mm) Long Hex Head Bolt	Back Pads/ Tapered Seat To Mount
F1	4	3/8" x 4 1/8" (105 mm) Long Hex Head Bolt	Top Support, Press Unit Seat Support
F2	2	3/8" x 5 1/4" (135 mm) Long Hex Head Bolt	Press Unit Inside Pulley
G	3	3/8" x 1" (25 mm) Long Hex Head Bolt	2 Butterfly, 1 Press Arm Mid Support
H	6	8 mm x 25 mm Hex Head Bolt	U Shape Handles, Guide Rod Top Mount
I	6	1/2" Nylon Locknut	Many
J	43	3/8" Nylon Locknut	Many
L	2	5/8" Flat Washer	2 Butterfly Under Bushing
M	6	1/2" Flat Washer	4 Press Arm, 2 Butterfly
N	89	3/8" Flat Washer	Many
O	4	8 mm Flat Washer	
R	1	7/16" x 1 1/2" Long Socket Screw	Already Mounted To Pin
Z	1	Workout Chart	
BB	8	Brass Bushing	4 Press Arm, 4 Butterfly
IB	2	Iron Bushing	2 Leg-Lift
BIB	4	Brass/ Iron Bushing	4 Butterfly

## PARTS LIST

NO.	Q'TY	DESCRIPTION	USE	FIG	BOX/CONTENTS				
					1	2	3	4	5
1	7	Rubber Feet Caps	Cover Base Tube	1,2		7			
2m	1	Base Center Support	Base-Frame	1	1				
3m	1	Guide Rod Bottom Mount	Base-Frame	1	1				
4	2	Press Unit/Butterfly Base Support	Base-Frame	1	2				
6m	1	Butterfly Upright Support	Butterfly –Frame	1	1				
7m	1	Press Arm Upright Support	Press Arm –Frame	2	1				
7s	1	Back Pad Mount(Longer)	Press Unit	3			1		
7t	1	Back Pad Mount(Shorter)	Butterfly Unit	3			1		
8m	1	Top Support	Top –Frame	2			1		
9m	1	Butterfly Mount Bracket	Butterfly Station	2			1		
10m	1	Butterfly Seat Support	Butterfly Station	2	1				
10a	2	Seat Support Plates	Press/Butterfly Unit	2,3			2		
11	2	Threaded Rubber Stopper	Press Unit	2,3		2			
12m	1	Press Unit Seat Support	Press Unit	3			1		
13m	1	Leg-Lift	Press Unit	3			1		
14	1	2 1/4" x 5/8" Steel Shaft	Leg-Lift	3		1			
16m	2	20 1/2" x 10" x 2" Back Pads	Press/Butterfly Unit	3		2			
17	1	12 1/4" x 8" Tapered Seat	Butterfly Unit	4		1			
18	1	Butterfly Seat Mount	Butterfly Unit	4			1		
20	1	15" x 11 1/2" Tapered Seat	Press Unit	4		1			
21m	1	Press Seat Mount	Press Unit	4			1		
22	4	Adjusting Pull Pins	Press/Butterfly Unit	3,4		4			
22a	1	Pull Pins	Press Unit	5		1			
23m	1	Press Arm	Press Unit	5		1			
23a	1	Range Of Motion Bracket	Press Unit	5		1			
24a	1	10 1/4" x 1/2" Axle	Press Unit	5		1			
24b	1	6 1/4" x 1/2" Axle	Press Unit	5		1			
25a	2	U Shape Handles	Press Unit	5		2			
26	4	Handles(Small)	All Stations	7,10		4			
26b	2	21 1/8" x 1" Hand Grips	Press Unit	5		2			
28	2	Rubber Donuts	Weight Stacks	6		2			
29	2	71 3/4" x 1" Guide Rods	Weight Stacks	6	2				
33m	1	Guide Rod Top Mount	Weight Stacks	6		1			

**PARTS LIST**

NO.	Q'TY	DESCRIPTION	USE	FIG	BOX/CONTENTS				
					1	2	3	4	5
37m	1	Right Hand Butterfly Arm	Butterfly	7		1			
38m	1	Left Hand Butterfly Arm	Butterfly	7		1			
46	1	U Shaped Lock Pin	Press Unit	8		1			
47	3	16" Chrome Tube	Press Unit	8		3			
47a	6	7" x 4" Foam Roller Pads	Press Unit	8		6			
51	1	Safety Strap	Leg –Lift	8		1			
51a	2	5 mm x 10 mm Phillips Screws	Leg –Lift	8		2			
52	1	194 3/4" Cable-Ball/Screw	Upper Cable	9-1		1			
53	1	168 3/8" Cable-Ball/Eye	Lower Cable	9-1		1			
54	1	98 1/2" Cable- Eye / Eye	Butterfly Cable	9-1		1			
55	1	77" Cable- 1" Ball / Eye	AB Crunch Cable	9-1		1			
56	17	4" Ball Bearing Nylon Pulleys	Throughout	9,9-1		17			
56a	3	4" Ball Bearing Nylon Pulleys W/Flat Side	Press Unit	9,9-1		3			
56b	6	Nylon Pulley Spacer	Press Unit	9		6			
57a	1	Cross Double Pulley Mount	Cable System	9-1			1		
58	2	Double Pulley Mount	Cable System	9-1			2		
59a	1	Macro Cable Adjuster W/Double Hook	Cable System	9-1			1		
60	4	Nylon Pulley Spacer	Press Unit	9		4			
61	1	Lat Bar	With Exercises	10			1		
62	1	16 1/2" Curl Bar	With Exercises	10			1		
63	11	2" Square Plugs	Exposed Tubes	Many		11			
63a	2	1" x 2" Rectangular Plugs	Exposed Tubes	5		2			
64	2	1 1/2" Square Plugs	Exposed Tubes	1		2			
64a	4	1 3/4" Square Plugs	Exposed Tubes	3,4		4			
65	6	1" Round Plugs	Exposed Tubes	8		6			
66	2	Handy Wrenches				2			
67	4	Quick-Link	With Exercises			4			
68	1	19" Chain	With Exercises			1			
69	1	Ankle Cuff	With Exercises			1			
70	1	Foam Handle W/Strap	With Exercises			1			
73	1	2" x 3" Rectangular Plugs	Top Support	10		1			
74	1	Abdominal Strap	With Exercises	10		4			
75	1	Assembly Instruction				1			
76	1	L Type Cable Protection Plate	Cable System	9-1		1			

## FIGURE 1

Step 1 – Lay out all base pieces as shown.

Step 2 – Push on rubber caps(No. 1) on all exposed tube ends.

Step 3 – Attach one base end support(No. 4) to base center support(No. 2m).  
(Careful: attach to end with pulley housing farthest from end.)  
Use 3" bolts(B) with washers(N) and hex nuts(J).

Step 4 – Attach guide rod bottom mount(No. 3m) to base center support(No. 2m).  
Use 3" bolts(B) with washers(N) and hex nuts(J).

Step 5 – Attach butterfly upright support(No. 6m) and one base end support(No. 4) to base center support(No. 2m). Use 3 1/4" bolts(A), washers(N) and hex nuts(J). Slide bolts through from outside of butterfly upright support.

Step 6 – Push on 1 1/2" square plugs(No. 64) and 2" square plug(No. 63) to butterfly upright support now or later.

**LIGHTLY TIGHTEN BOLTS SO THERE IS SOME PLAY(FLEX) IN UNIT.**

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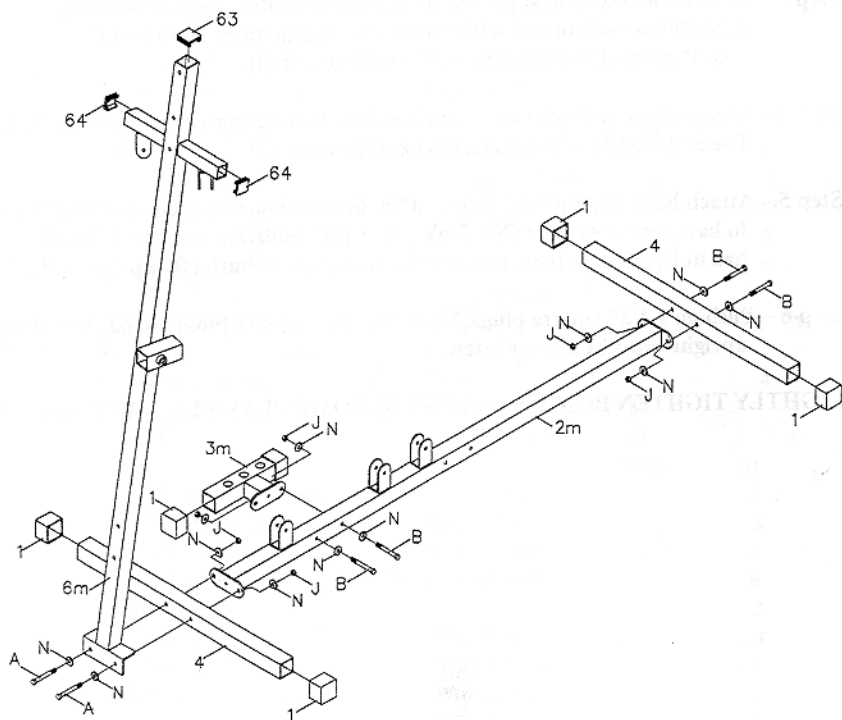


FIGURE 1



**FIGURE 2**

- Step 1 – Attach press arm upright support (No. 7m) to base using 3 1/4" bolts(A), washers(N) and hex nuts(J).
- Step 2 – Attach top support (No. 8m) to press arm upright support (No. 7m), using 4 1/8" bolts(F1), washers(N) and hex nuts(J).
- Step 3 – Attach top support (No. 8m) to butterfly upright support (No. 6m) in the top bolt only using 3" bolt(B), washers(N) and hex nuts(J). Push bolt in from outside - hand tighten only.
- Step 4 – Attach butterfly mount bracket(No. 9m) to butterfly upright support and top support. Using 3 1/4" bolt(A) & 3" bolt(B) through support and support plate with washers(N) and hex nuts(J).
- Step 5 – Attach butterfly seat support (No. 10m) to butterfly upright support(No. 6m) using 3 1/4" bolts(A) through support and seat support plate(No. 10a) with washers(N) and hex nuts(J).
- Step 6 – Attach stopper(No. 11) into press unit upright support as shown.
- Step 7 – Push in 2" square plugs(No. 63) and rubber cap(No. 1) to butterfly mount bracket(No. 9m) now or later.

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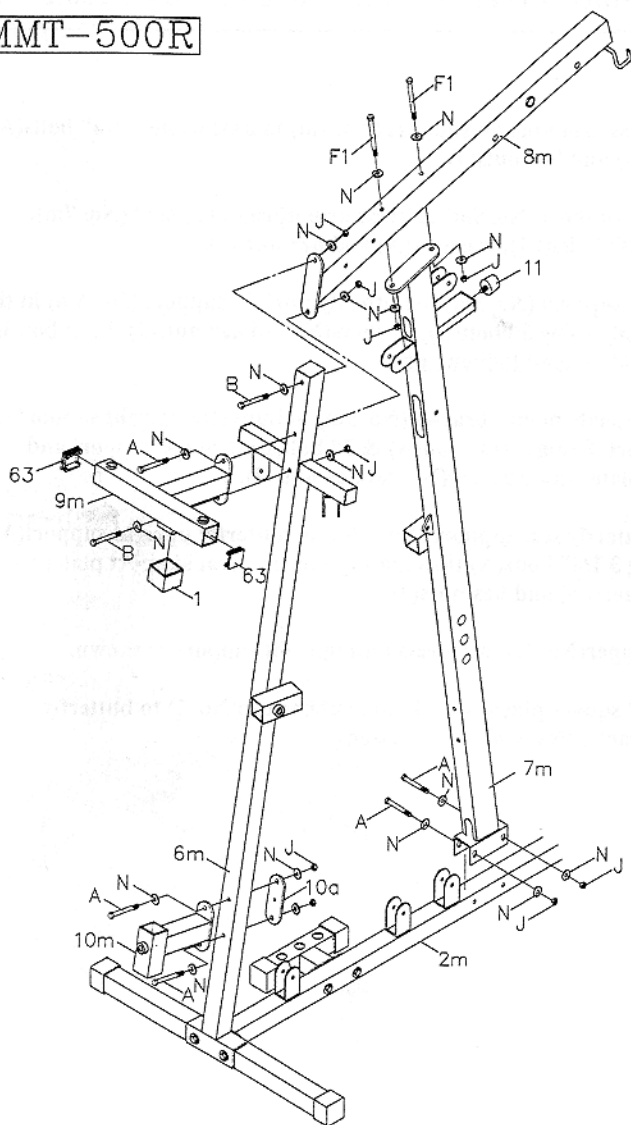


FIGURE 2

**FIGURE 3**

- Step 1 – Attach press unit seat support (No. 12m) to press arm upright support (No. 7m) with 4 1/8" bolts(F1) through seat support plate(No. 10a) using washers(N) and hex nuts(J). Push bolts through from inside.
- Step 2 – Attach leg lift(No. 13m) to press unit seat support (No. 12m) with 3 1/4" bolt (A) and steel shaft(No. 14) inside metal bushing with washers(N) and hex nut(J).
- Step 3 – Attach threaded rubber stopper(No. 11) into hole under leg raise unit on press unit seat support (No. 12m).
- Step 4 – Attach 20 1/2" x 10" back pad(No. 16m) to back pad mount(No. 7s) with 1 1/2" bolts(E1) and washers(N). Slide back pad mount into press unit upright support and secure by screwing adjusting pull pin(No. 22) into press unit upright support.
- Step 5 – Attach 20 1/2" x 10" back pad(No. 16m) to back pad mount(No. 7t) with 1 1/2" bolts(E1) and washers(N). Slide back pad mount into butterfly upright support and secure by screwing adjusting pull pin(No. 22) into butterfly upright support.
- Step 6 – Push on 2" square plugs(No. 63) to exposed end of leg lift ; and 1 3/4" square plugs(No. 64a) to exposed end of back pad mounts now or later.

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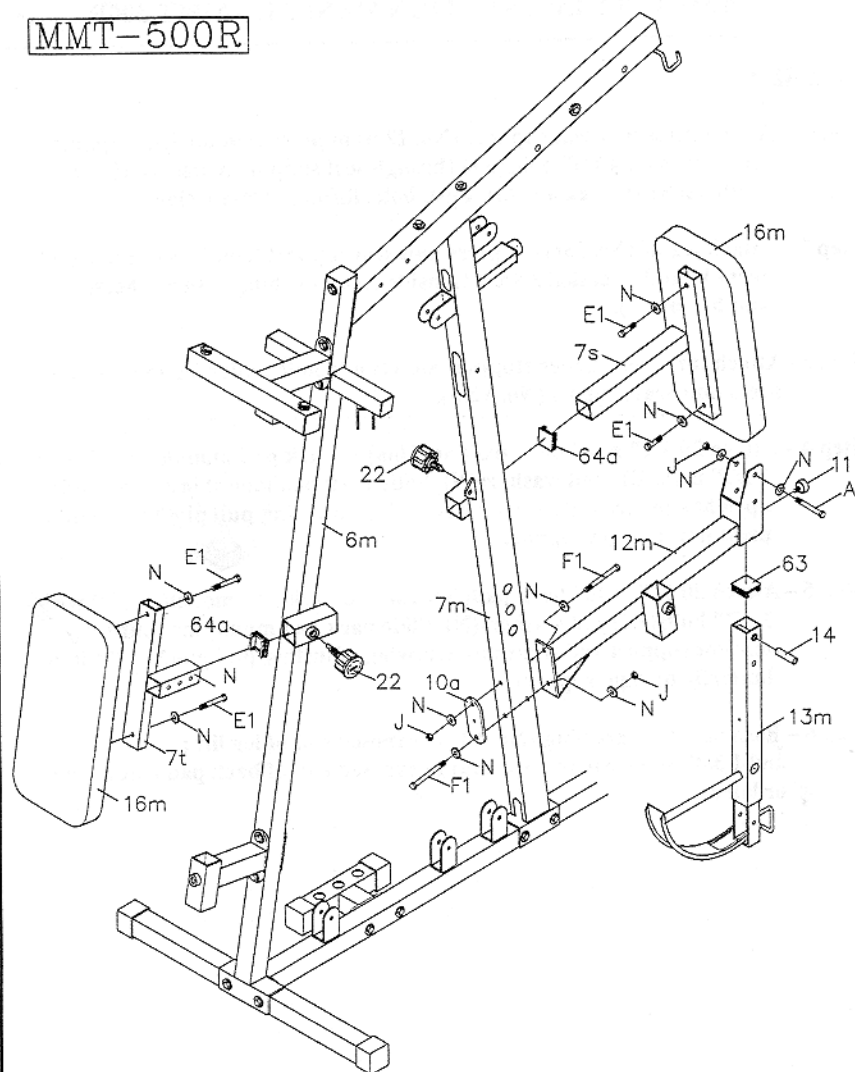


FIGURE 3

**FIGURE 4**

- Step 1 – Attach 12 1/4" x 8" tapered seat(No. 17) to butterfly seat mount(No. 18) (wide side to back) using 1 1/2" bolts(E1) and washers(N). Drop into seat support (No. 10m).
- Step 2 – Attach 15" x 11 1/2" tapered seat(No. 20) to press unit seat mount(No. 21m) (wide side to back) using 1 1/2" bolts(E1) and washers(N). Drop into seat support (No. 12m).
- Step 3 – Attach seat adjusting pull pins(No. 22) into seat supports.
- Step 4 – Push on 2" square plug(No. 63) into press unit seat mount(No. 21m); And 1 3/4" square plugs(No. 64a) to exposed end of seat mounts now or later.

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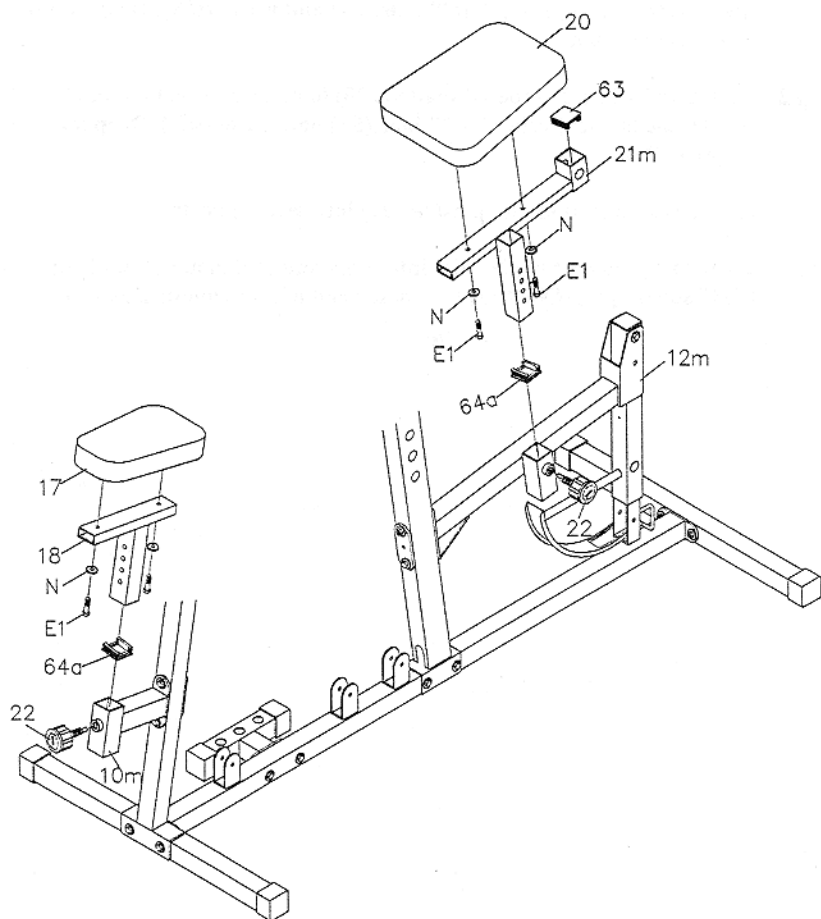


FIGURE 4

**FIGURE 5**

- Step 1 – Attach press arm(No. 23m) to Range Of Motion Bracket(No. 23a) using 1/2" x 10 1/4" axle(No. 24a), 1/2" washers(M) and 1/2" hex nuts(I). Attach the press arm pull pin(No. 22a) into press arm. Set the pin into the center hole position on the press arm R.O.M. Bracket (No. 23a).
- Step 2 – Hang the R.O.M. Bracket(No. 23a) from top support(No. 8m), using 1/2" x 6 1/4" axle(No. 24b), 1/2" washers(M) and 1/2" hex nuts(I) through the press arm R.O.M. Bracket. Tighten the two axles so that the unit swings freely without any wobbling.
- Step 3 – Slide hand grips(No. 26b) onto handle (No. 25a) with 8mm x 25mm bolts(H) and washers(O) – with 12mm wrench, tighten.
- Step 4 – Push on 2" square plugs(No. 63) into press arm (No. 23m) and push on 1" x 2" rectangular plugs(No. 63a) into press arm (No. 23m) unit.

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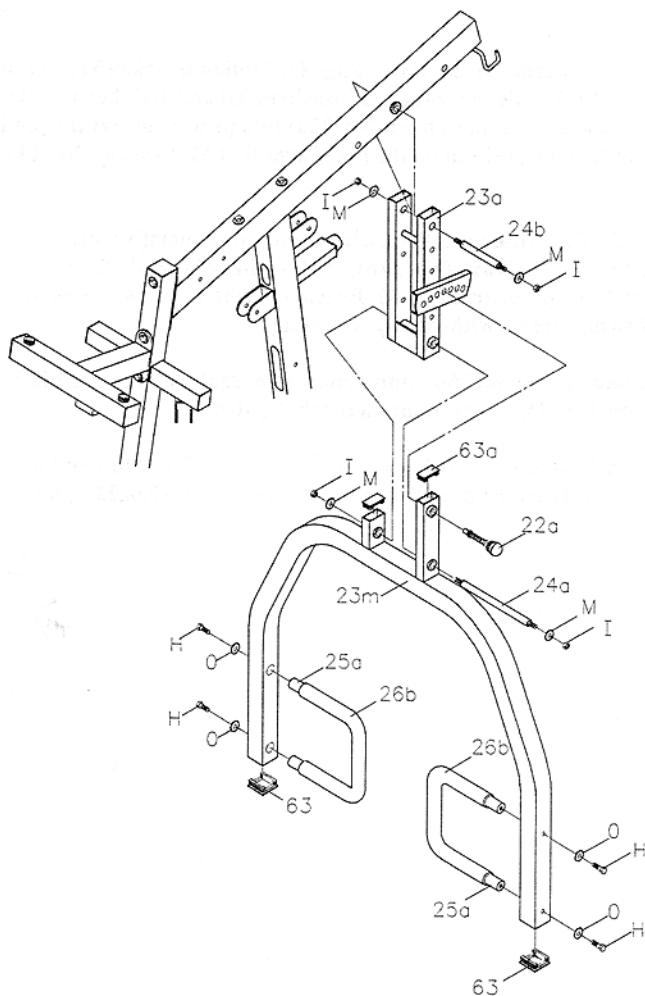


FIGURE 5



**FIGURE 6**

**Step 1 – Place rubber donuts(No. 28) on guide rod bottom mount (No. 3m) over outside holes (one on each side).**

**Step 2 – Set 1" x 71 3/4" guide rods(No. 29) through donuts down into guide rod bottom mount (No. 3m).**

**Step 3 – Slowly slide(one at a time) 19 weight stack plates from top of guide rods – with selector slot side facing out.**

**Step 4 – Slowly slide top plate with selector rod from top of guide rods.**

**Step 5 – Slide guide rod top mount (No. 33m) over guide rods.**

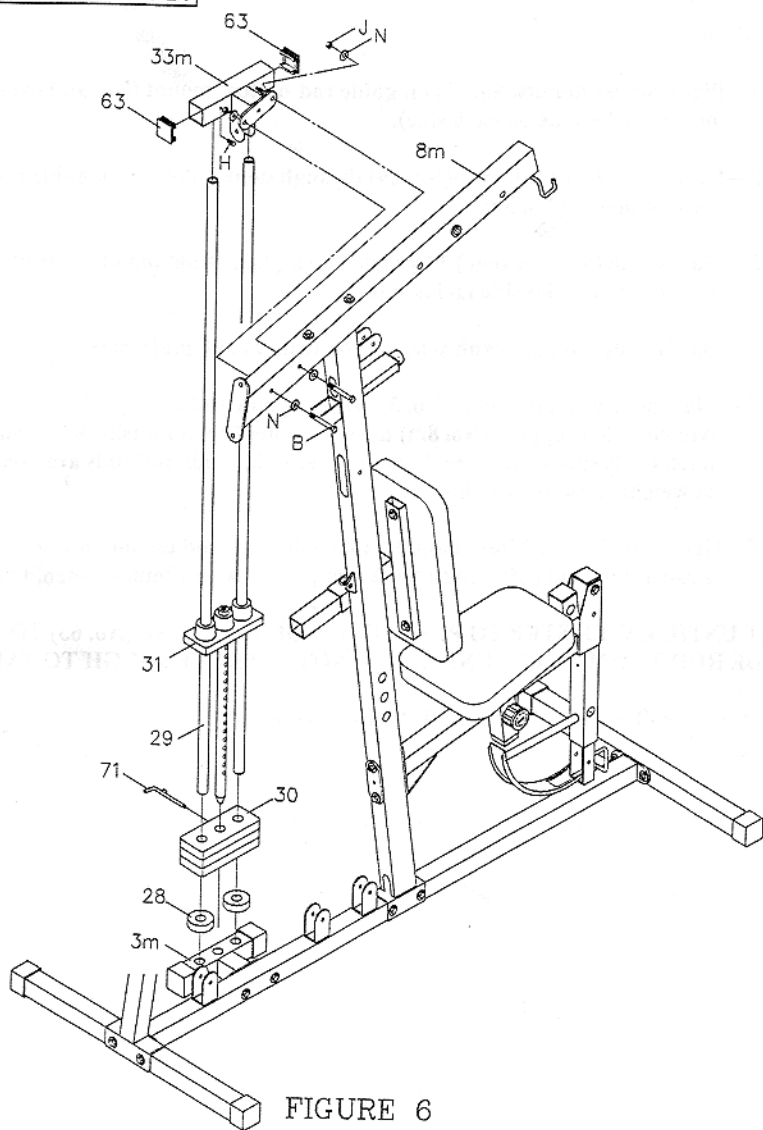
**Attach to top support (No. 8m) using 3" bolts(B) with washers(N) and hex nuts(J). Be sure mount are "seated" over guide rods and rods are "seated" in weight stack and donuts.**

**Step 6 – Gently use 8mm x 25mm bolts(H) through guide rod top mount( no washers) to hold guide rods(No. 29) in place – with 12mm wrench, tighten.**

**WAIT UNTIL LATER STEP TO PUSH ON 2" SQUARE PLUGS(No. 63) TO GUIDE ROD TOP MOUNT – UNIT STILL NOT STABLE ENOUGH TO TAKE PRESSURE.**

**DO NOT LEAVE UNATTENDED AT THIS STAGE.**

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**FIGURE 7**

Step 1 – Slide 5/8" big hole washer(L) over screw pin of right butterfly arm(No.37m) and attach butterfly arm to butterfly mount bracket(No. 9m) by lifting pin through brass bushing. Use 1/2" washer(M) and 1/2" hex nut(I) to fasten. (with 3/4" wrench). **TIGHTEN DOWN SO THAT BUTTERFLY MOVES FREELY WITH NO WOBBLING.**

Step 2 – Repeat for other left butterfly arm(No. 38m).

Step 3 – Push on 2" square plugs(No. 63) to exposed end of arms.

**FIGURE 8**

Step 1 – Slide three 16" chrome tubes (No. 47) on leg lift(No. 13m) and press arm upright support (No. 7m) as shown.

Step 2 – Slide 4" x 7" foam rollers(No. 47a) on chrome tubes as shown.

Step 3 – Push 1" round plugs(No. 65) onto exposed ends of tubes.

Step 4 – Attach safety strap(No. 51) to leg lift(No. 13m) and press unit seat support (No. 12m) with 5mm x 10mm Phillips screws(No. 51a), tighten.

Step 5 – Insert U shaped lock pin (No. 46) to lockdown leg lift.

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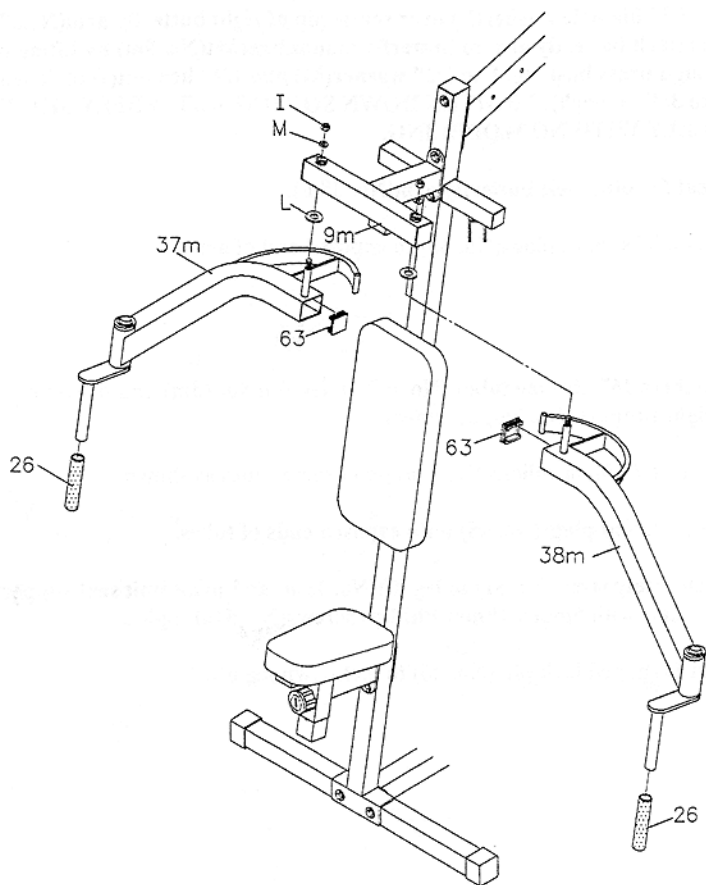


FIGURE 7

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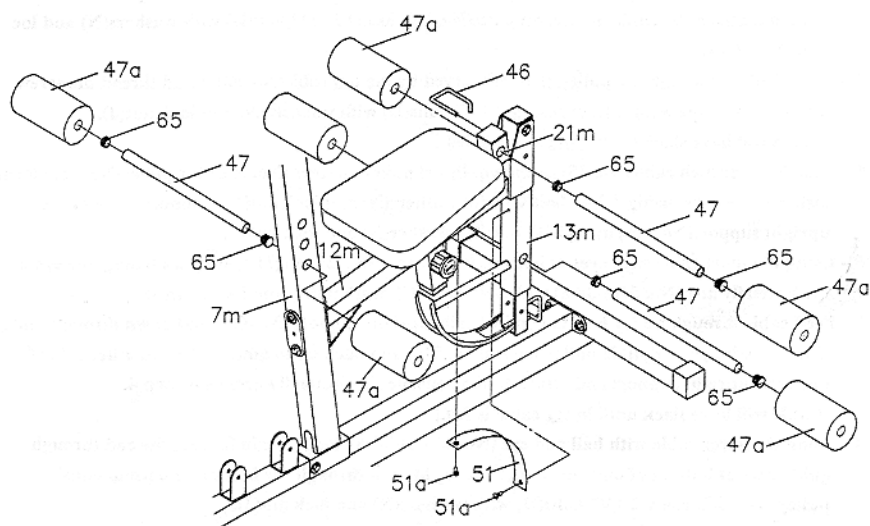


FIGURE 8

**FIGURE 9, 9-1**

- Step 1 – Using the longest cable with screw on one end and ball at other end(No.52 – 194 3/4" long) begin feeding screw end through the top support(No. 8m) of machine. Insert pulley spacers(No. 56b) into the tube. While holding pulley(No. 56a) in place, insert 2 3/4" bolt(C) with washers(N) and lock nut(J).
- Step 2 – Route cable through top support to second pulley(No. 56a), insert pulley spacers(No. 56b) into the tube. While holding pulley(No. 56a) in place, insert 2 3/4" bolt(C) with washers(N) and lock nut(J).
- Step 3 – Continue feeding as shown always inserting pulleys needed. Use pulley spacers(No. 60) for the pulleys(No. 56), insert 5 1/4" bolts(F2) with washers(N) and lock nut(J) between press and arm unit. and attach the cable protection plate(No. 76), insert 2 1/4" bolt(D) with washers(N) and lock nut(J) as shown.
- Step 4 – After feeding through the pulleys(No. 56) served by the top cable(No. 52), hand thread the screw into the top of the weight stack, using 2 1/4" bolts(D) with washers(N) and lock nut(J).  
[Cable will have slack until lower cable is fed.]
- Step 5 – Attach AB crunch cable(No. 55) as shown. Insert pulley spacers (No. 56b) for pulley(No. 56a) located inside of the tube, using 2 3/4" bolt(C) with washers(N) and lock nut(J). Connect cable to press arm upright support(No. 7m) using 3/4" bolt(G), washer(N) and lock nut(J).
- Step 6 – Using the short cable with eyes at both ends (No. 54 – 98 1/2" long) begin by attaching one eye to the butterfly arm(No. 37m-38m) with 3/4" bolts(G), washers(N) and lock nuts(J).
- Step 7 – Feed cable through pulley housing on butterfly upright support (No. 6m) and down through pulleys (No. 56), with cross double pulley mount(No. 57a) and back up to other pulley on other side of butterfly upright support and attach to the opposite side butterfly arm as in step 4.  
[Cable will have slack until lower cable is fed.]
- Step 8 – Using the lower cable with ball and eye (No. 53 – 168 3/8" long), begin feeding the end through guide wire at bottom of machine under the leg lift and through the first three bottom housing. Insert pulleys(No. 56), using 2 1/4" bolts(D) with washers(N) and lock nut(J).
- Step 9 – Continue feeding up to the double pulley mount(No. 58) used with the top cable and feed through bottom of housing, Insert pulleys(No. 56), using 2 1/4" bolts(D) with washers(N) and lock nut(J).
- Step 10 – Feed back down and under last pulley on base, Insert pulleys(No. 56), using 2 1/4" bolts(D) with washers(N) and lock nut(J). Run cable eye down and feed through cross double pulley mount (No. 57a) and onto the macro adjuster hook(No. 59a – R.Hand thread), then L.Hand thread hook onto base center support(No. 2m).
- Step 11 – Tighten the screw end of the upper cable(No. 52) to the weight stack while setting the tension on the other cables with the macro adjuster(No. 59a). When properly adjusted, all cables should be tight.

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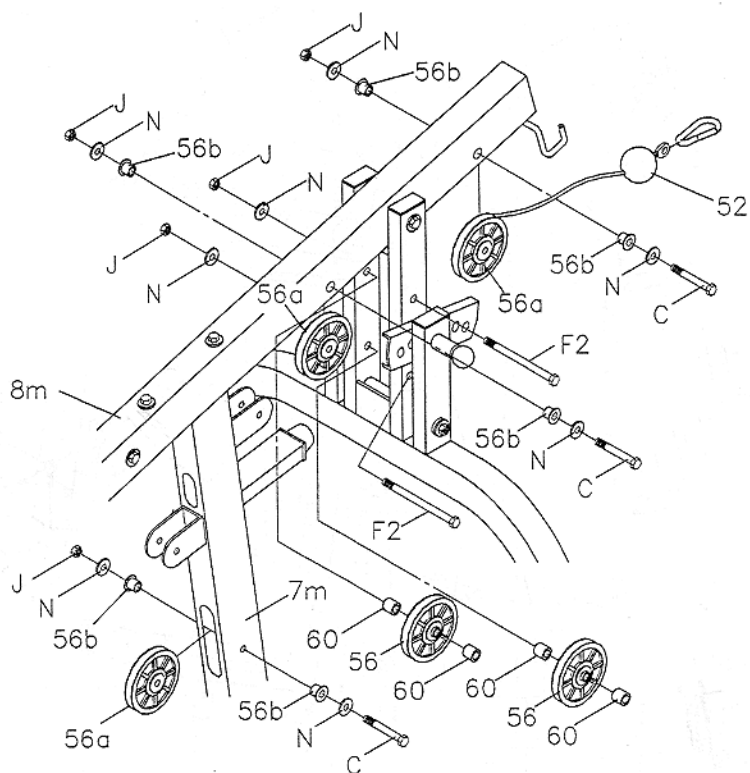


FIGURE 9

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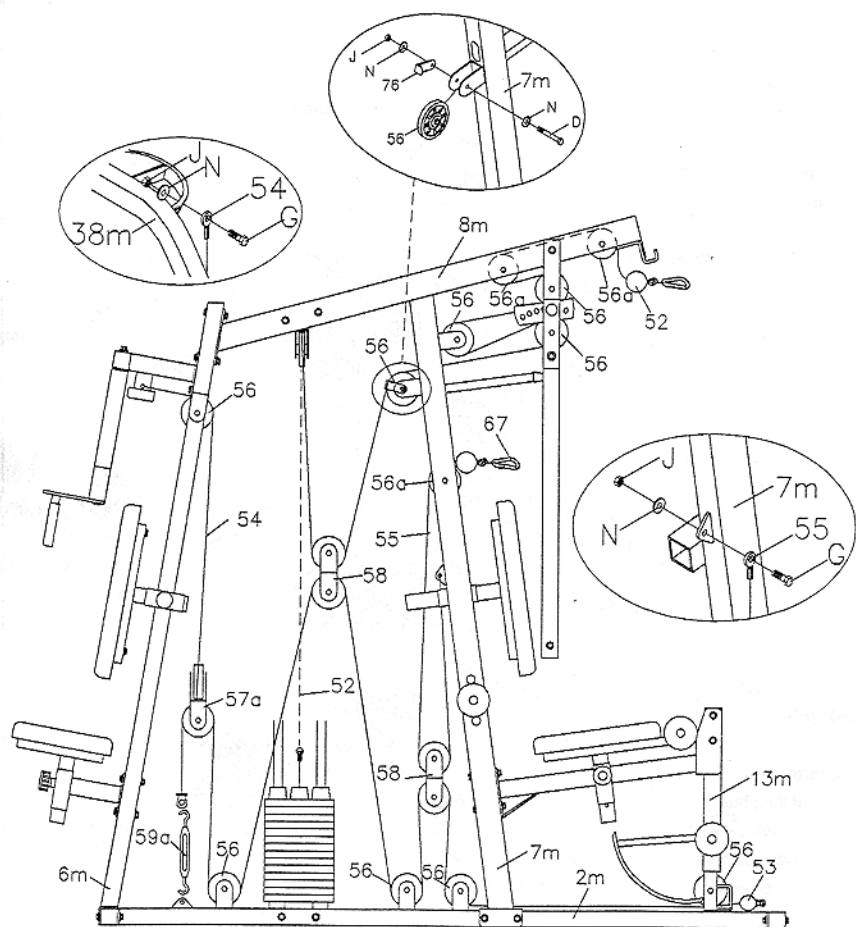


FIGURE 9-1



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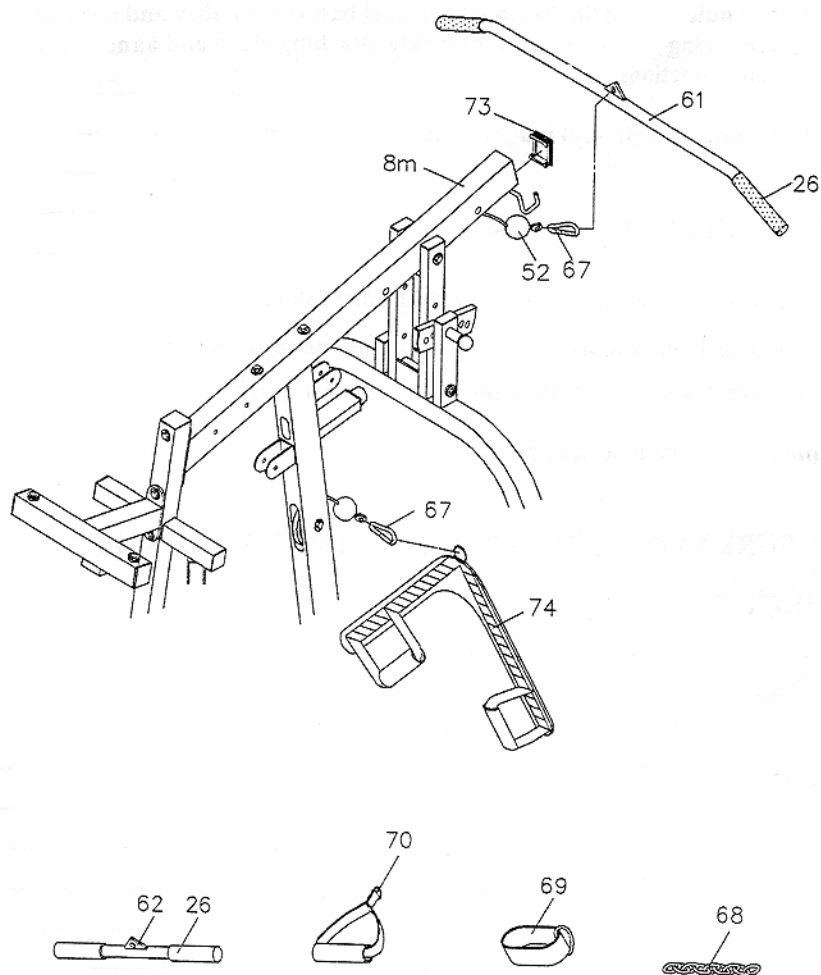


FIGURE 10

**FIGURE 10**

Step 1 – Push handles(No. 26) on lat bar(No. 61) and 16 1/2" curl bar(No. 62).

Step 2 – Attach quick-links(No. 67) to lat bar, curl bar, lower pulley and one end of remaining chain(No. 68) for quickly attaching chain and handles for various functions.

Step 3 –Push remaining (if any) plugs on exposed tube ends.

**ADDITIONAL ACCESSORY ITEMS**

\*Place weight stack stickers on plates to right side of slots

beginning with 10 on top plate, and 200 on bottom plate of each stack.

\*Insert selector pin to weight stack slots at the desired weight.

\*Push pin in and turn to lock in place.

**MAKE SURE EVERYTHING IS TIGHT, REVIEW ALL SAFETY INSTRUCTIONS.**

