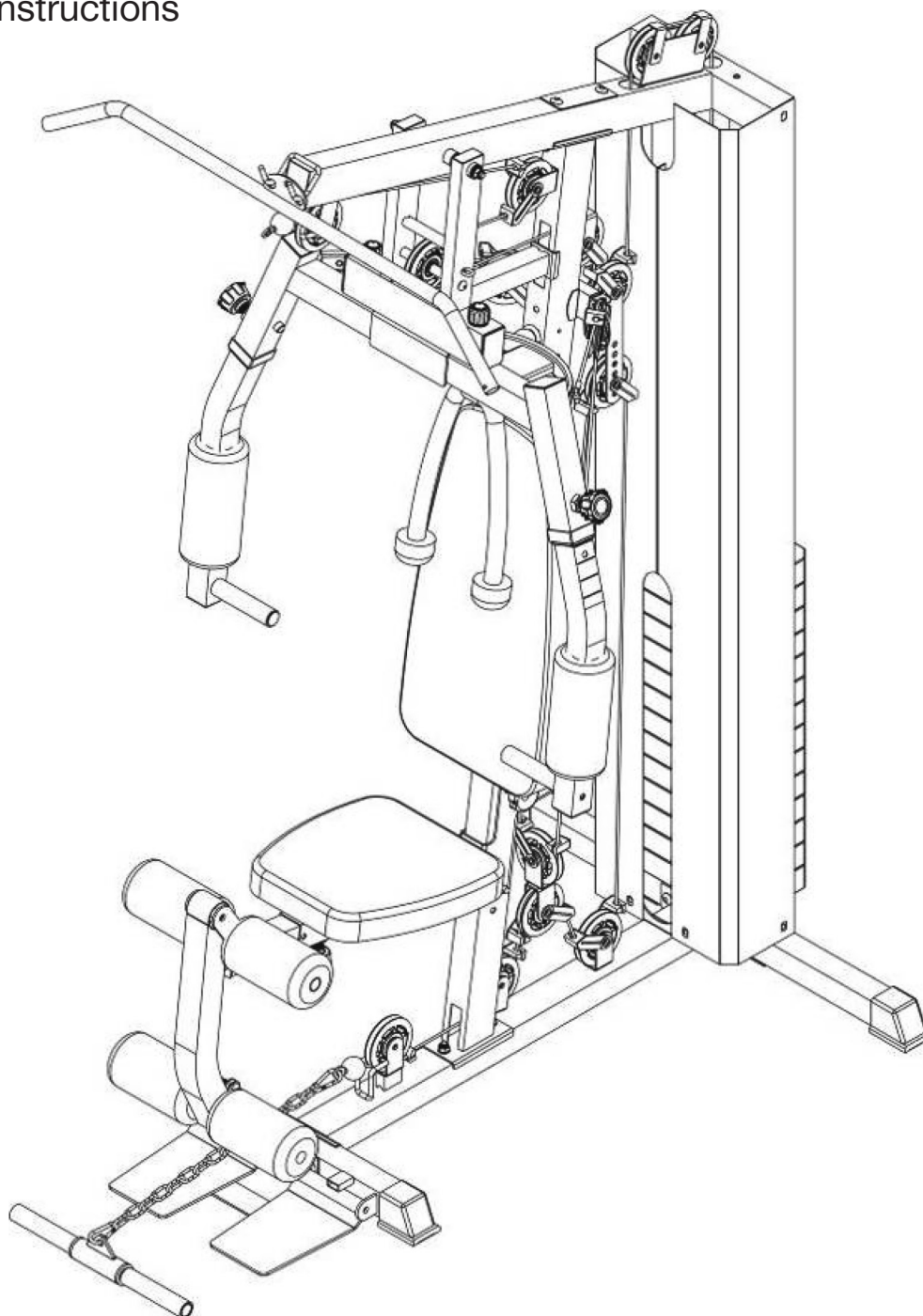


AMiLA®

# Home Gym DS915

(code: 91201)

Assembly instructions



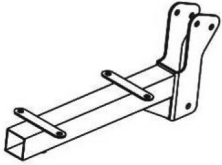
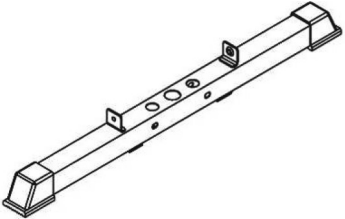
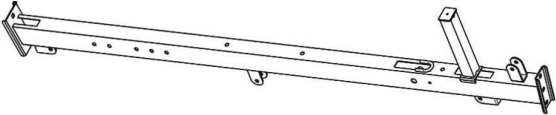
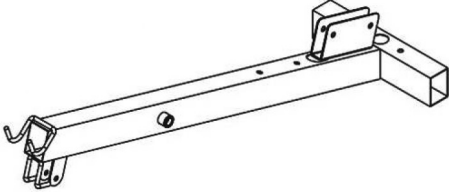
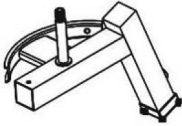
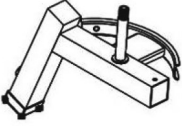
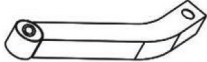
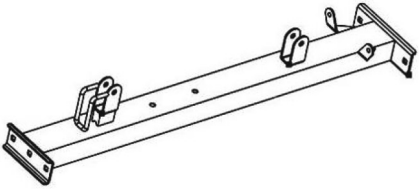
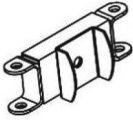
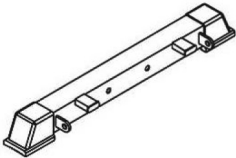
IN ORDER FOR THE WARRANTY TO BE VALID,  
PLEASE, BEFORE YOU BEGIN  
ASSEMBLING AND USING THE MACHINE,  
READ THIS INSTRUCTIONS.

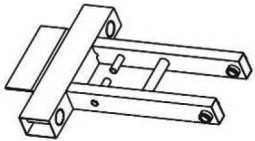
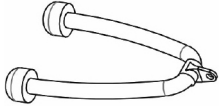

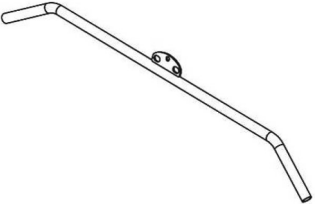
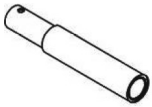



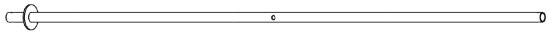


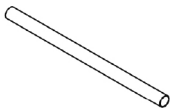
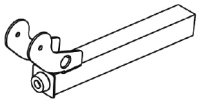

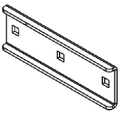
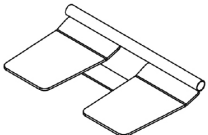
# HOME GYM DS915 ASSEMBLY INSTRUCTIONS (# 91201)




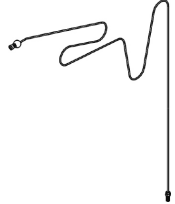


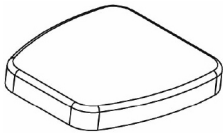
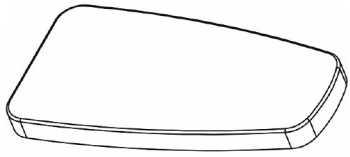
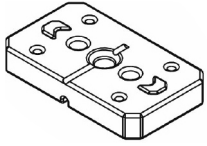



## SAFETY INSTRUCTIONS



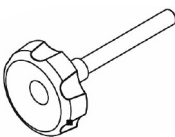


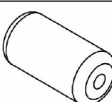











1. Read all instructions and perform warm up exercises before using this machine.
2. The home gym is a home fitness instrument, as well as an aerobic fitness instrument that can help you develop your cardio-respiratory functions.
3. Check all components before assembly/use and make sure everything is correct and ready for use.
4. The home gym should be placed on a perfectly flat surface and, as the surfaces are usually not flat, the use of a synthetic foam carpet or rug is recommended.
5. Consult your doctor about the level of effort you should reach. This is a must if you are over 45 years of age or have a previous medical history.
6. For your exercise to be effective, it must be done on a daily basis and for at least 20 minutes.
7. Before exercising, it is advised, in order not to injure any muscle, to do a warm-up on certain muscles. After the exercise you should also do some relaxation and stretching exercises.
8. Keep infants, young children and pets away from the home gym.
9. Keep your hands away from moving parts.
10. If the multi-instrument does not work properly, contact your supplier.
11. Do not use the product in an area where sprays, oxygen or other flammable materials/gases are stored.
12. Do not place objects in the openings.
13. Do not use outdoors.
14. Do not use the product for any purpose other than that recommended.
15. Always wear sneakers.
16. Do not exercise an hour before eating / Do not eat an hour before exercising.
17. If you feel unwell, dizzy, nauseous or anything else, stop exercising immediately and consult a doctor.



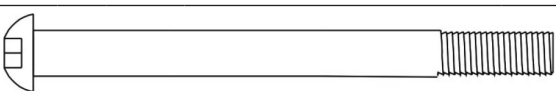
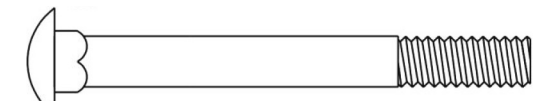
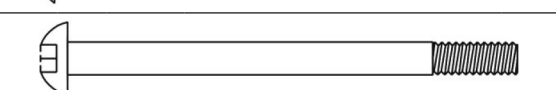
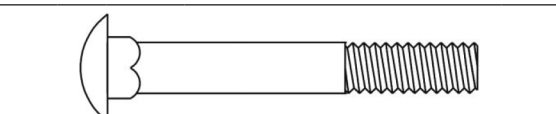
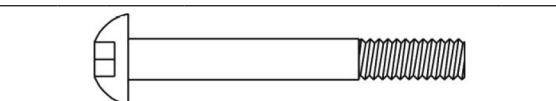
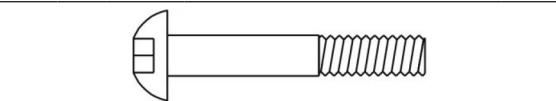

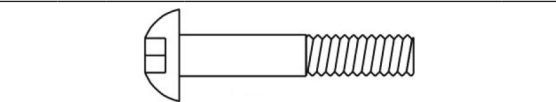

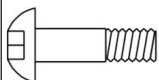
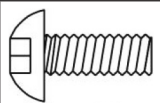
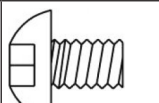
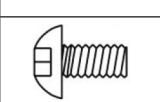
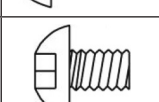
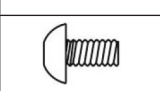
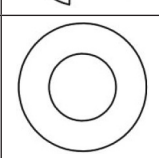
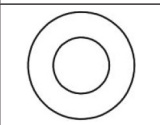
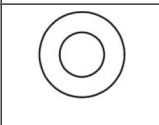


## COMPONENTS - PARTS

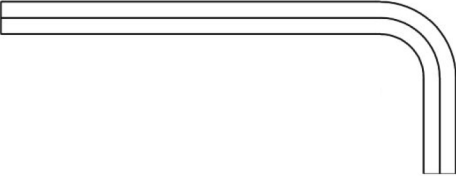


Drawing	#	PCS	Description
	1	1	Seat pad support
	2	1	Rear stabilizer
	3	1	Vertical tube
	4	1	Top horizontal tube
	5	1	Right butterfly arm receptacle
	6	1	Left butterfly arm receptacle
	7	1	Leg stretch tube
	8	1	Base
	9	1	Base for swivel pulley bracket
	10	1	Front stabilizer

Drawing	#	PCS	Description
	11	1	Front press frame
	12	1	Triceps rope
	13	1	Weight selector rod
	14	1	Long bar
	15	2	Handles
	16	2	Double floating pulley bracket
	17	1	Cross double floating pulley bracket
	18	2	Swivel pulley bracket
	20	2	Guide rods
	21	1	Right plate cover
	22	1	Left plate cover
	23	2	Foam roll axle
	24	1	Leg stretch tube support
	25	3	Small bracket
	26	1	Large bracket
	27	1	Leg press plate

Drawing	#	PCS	Description
	28	1	Leg press axle
	29	2	Butterfly arm
	30	2	Retainer
	31	1	Top cable, 3.530mm
	32	1	Lower cable, 3.370mm
	33	1	Butterfly cable, 3.020mm
	34	1	Seat pad
	35	1	Back pad
	37	15	Weight plates
	38	1	Weight selector
	39	3	Knob
	43	1	Long chain

Drawing	#	PCS	Description
	44	1	Short chain
	45	5	Hook
	46	1	Knob
	47	1	Safety pin
	49	4	Foam roll caps
	50	4	Small foam roll
	51	2	Big foam roll
	52	17	Pulleys
	70	1	Small bar
	73	30	End caps
	74	1	Single grip
	75	1	Ankle strap
	76	2	Safety loops
	101	2	Rubber rings
	102	19	Retainer
	103	19	Retainer bushing
	104	2	Bushing

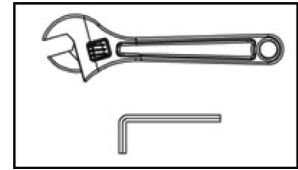
Drawing	#	Pcs	Description	Drawing	#	Pcs	Description
					41	1	Ø16×206×M10 axle
					53	1	M10×180 allen bolt
					54	1	M10×110 allen bolt
					63	2	M10×90 bolt
					60	2	M8×85 allen bolt
					64	6	M10×70 bolt
					56	3	M10×65 allen bolt
					61	14	M10×50 allen bolt
					42	1	Ø16×57×M12 axle
					57	2	M10×45 allen bolt
	36	1	M10×35 allen bolt		55	1	M10×28 allen bolt
	58	8	M10×25 allen bolt		65	2	M12×20 allen bolt
	62	6	M8×18 allen bolt		59	8	M10×16 allen bolt
	66	4	M5×10 bolt		71	2	Ø12 washer
	67	66	Ø10 washer		68	6	Ø8 washer
	72	4	M5 aircraft nut		69	32	M10 aircraft nut

Drawing	#	Pcs	Description	Drawing	#	Pcs	Description
	—	1	#5 allen wrench				
	—	1	#6 allen wrench				
	—	2	#8 allen wrench				

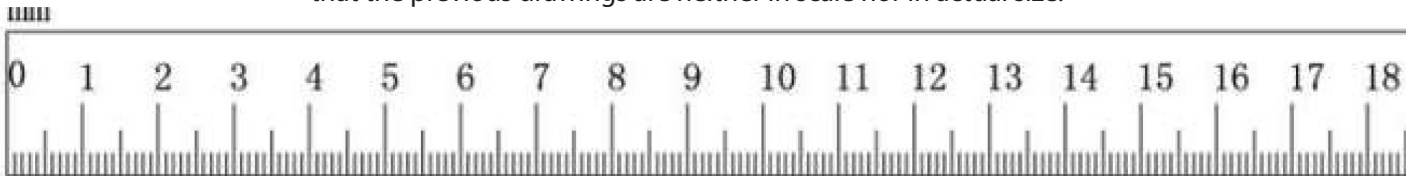


This drawing instructs you to just screw the bolts by hand, without tightening.

This means to tighten all screw and bolts firmly.



The ruler below can be used to count the dimensions of the bolts. Keep in mind that the previous drawings are neither in scale nor in actual size.

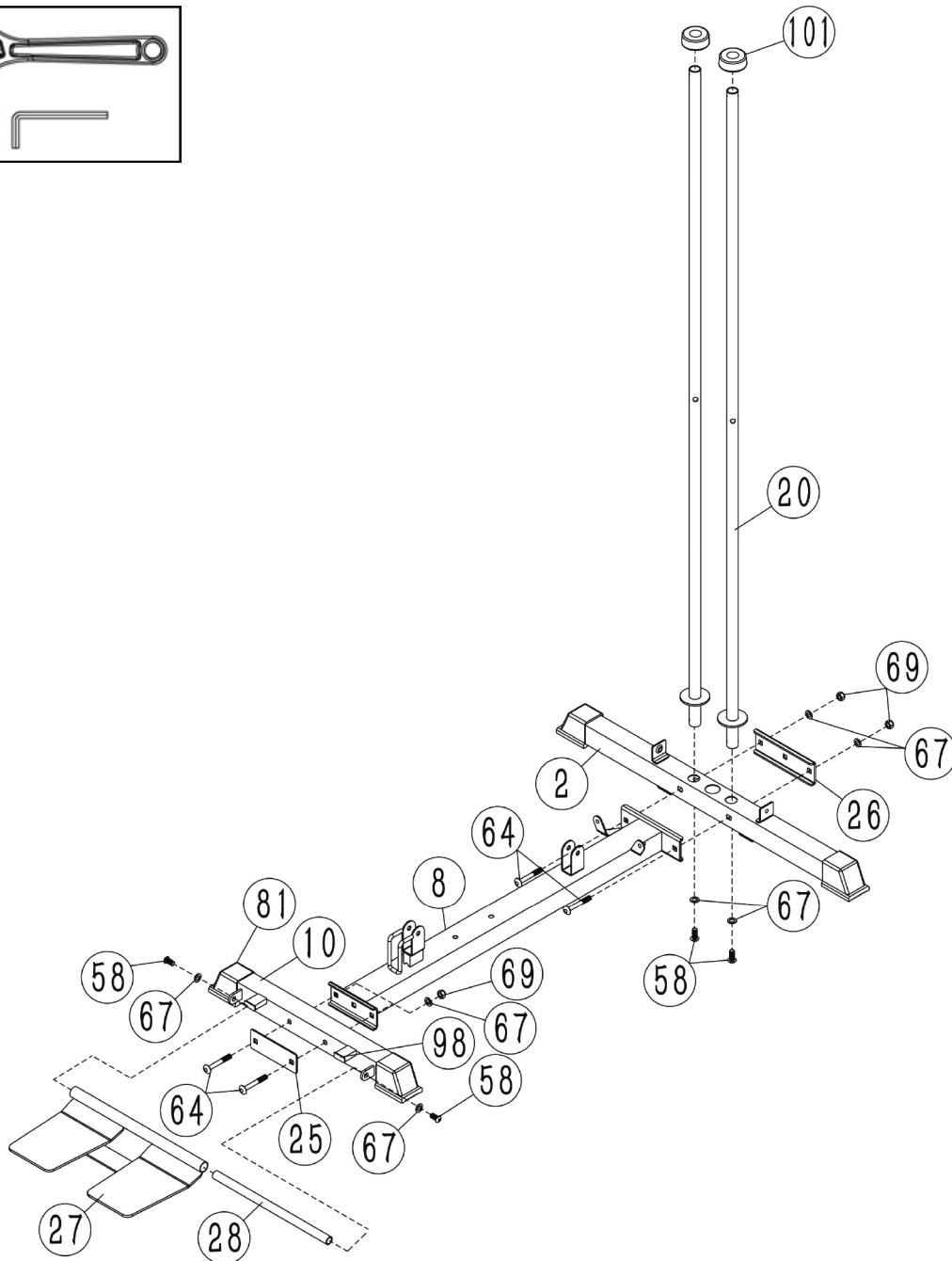
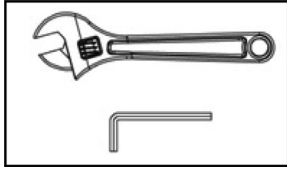


**On the next pages you will see many numbered parts that were not mentioned previously. All these parts are pre-installed from the factory and are included for the sole purpose to be able to identify them if you need to order replacements.**



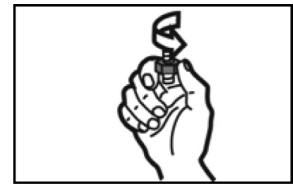
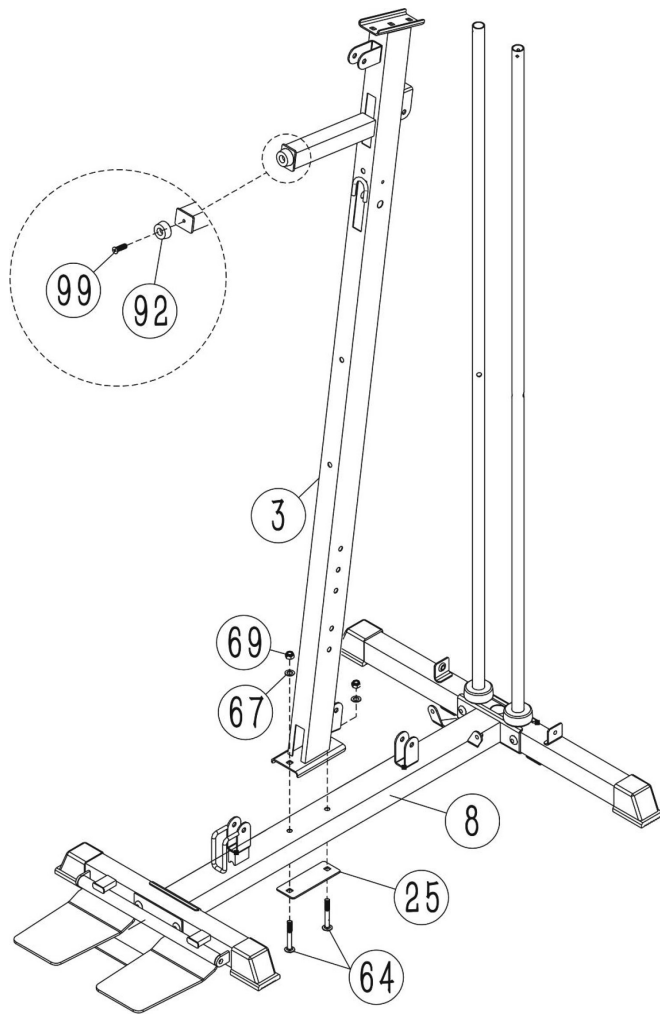
## ASSEMBLY INSTRUCTIONS

### Step 1



- 1) Place rubber rings (101) on the top of the guide rods (20) and push them all the way down.
- 2) Place the guide rods (20) in the holes of the rear stabilizer (2) and fasten them using allen bolts (58) and washers (67).
- 3) Connect the base (8) to the rear stabilizer (2) using a large bracket (26), bolts (64), washers (67) and nuts (69).
- 4) Connect the front stabilizer (10) to the base (8) using a small bracket (25), bolts (64), washers (67) and nuts (69).
- 5) Insert the leg press axle (28) in the hole of the leg press plate (27). Then align the axle (28) with the holes in the front part of the front stabilizer (10) and fasten it with bolts (58) and washers (67).

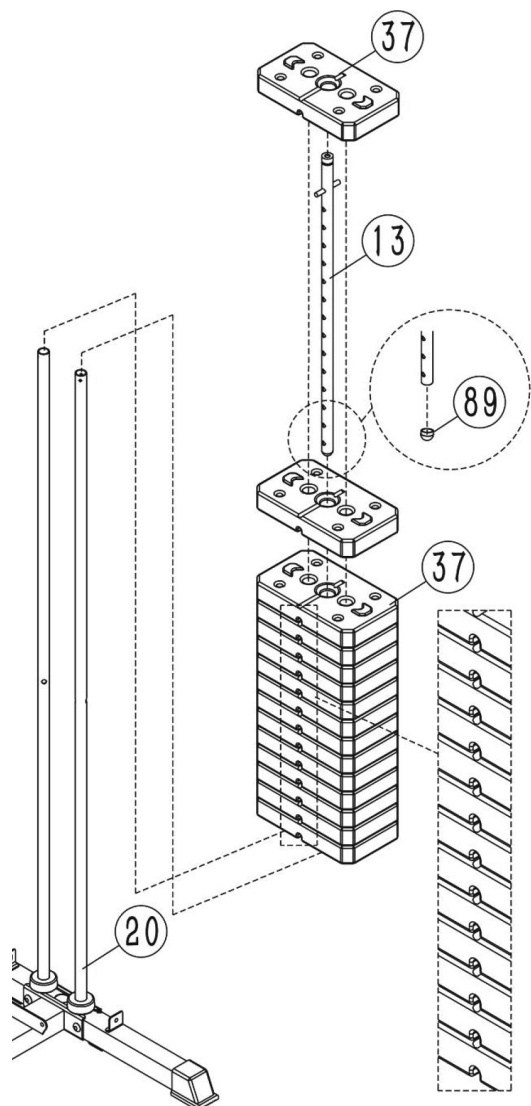
## Step 2



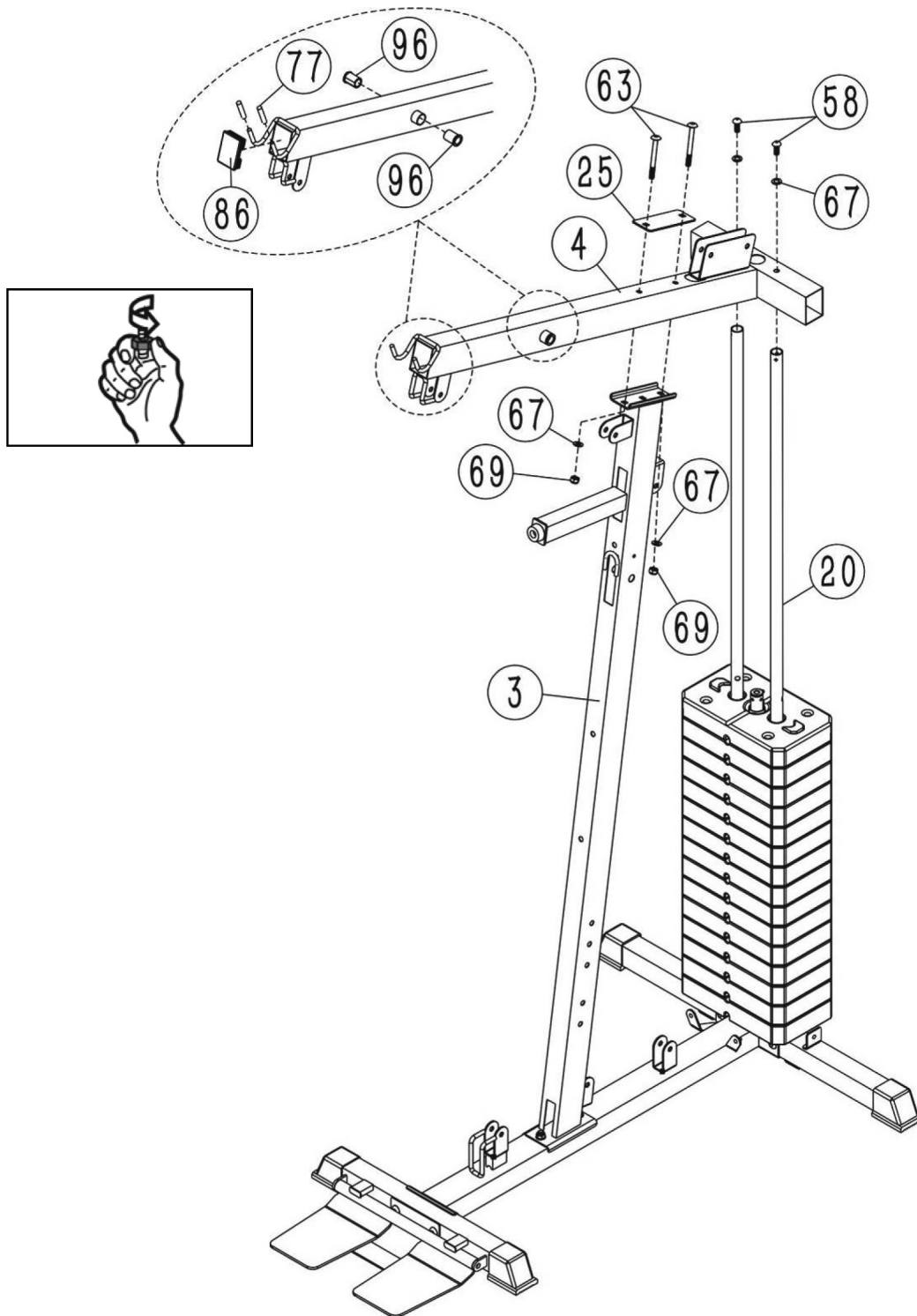
Connect the vertical tube (3) to the base (8) using small bracket (25), bolts (64), washers (67) and nuts (69).

## Step 3

Then slide all but one of the weight plates (37) over the guide rods (20), place the weight selector rod (13) in the center hole of the weight plates (37) and then place the remaining plate (37), making sure that all the holes which are on the bottom of the plates are facing to the front.

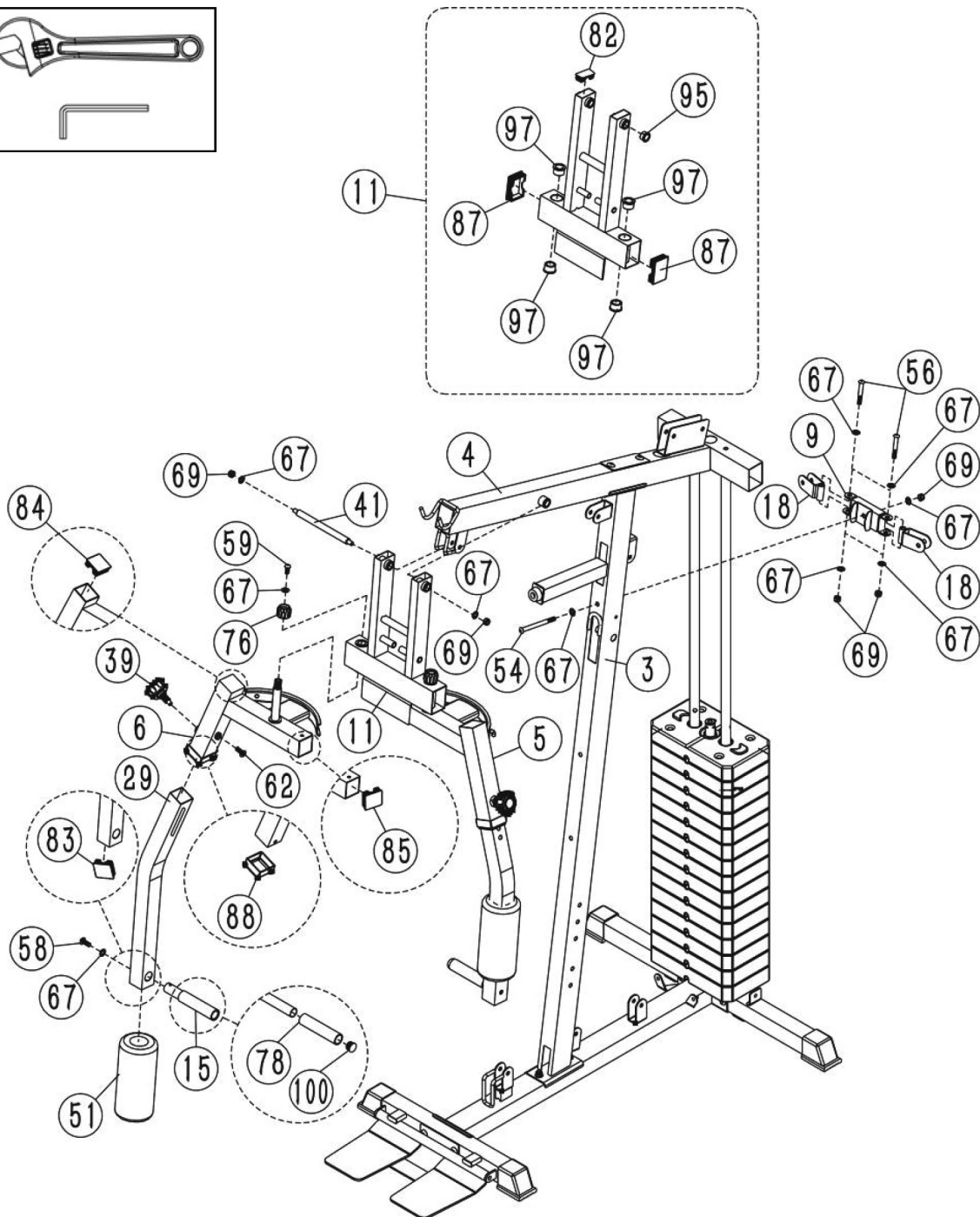
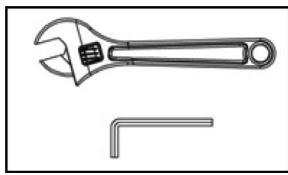


## Step 4



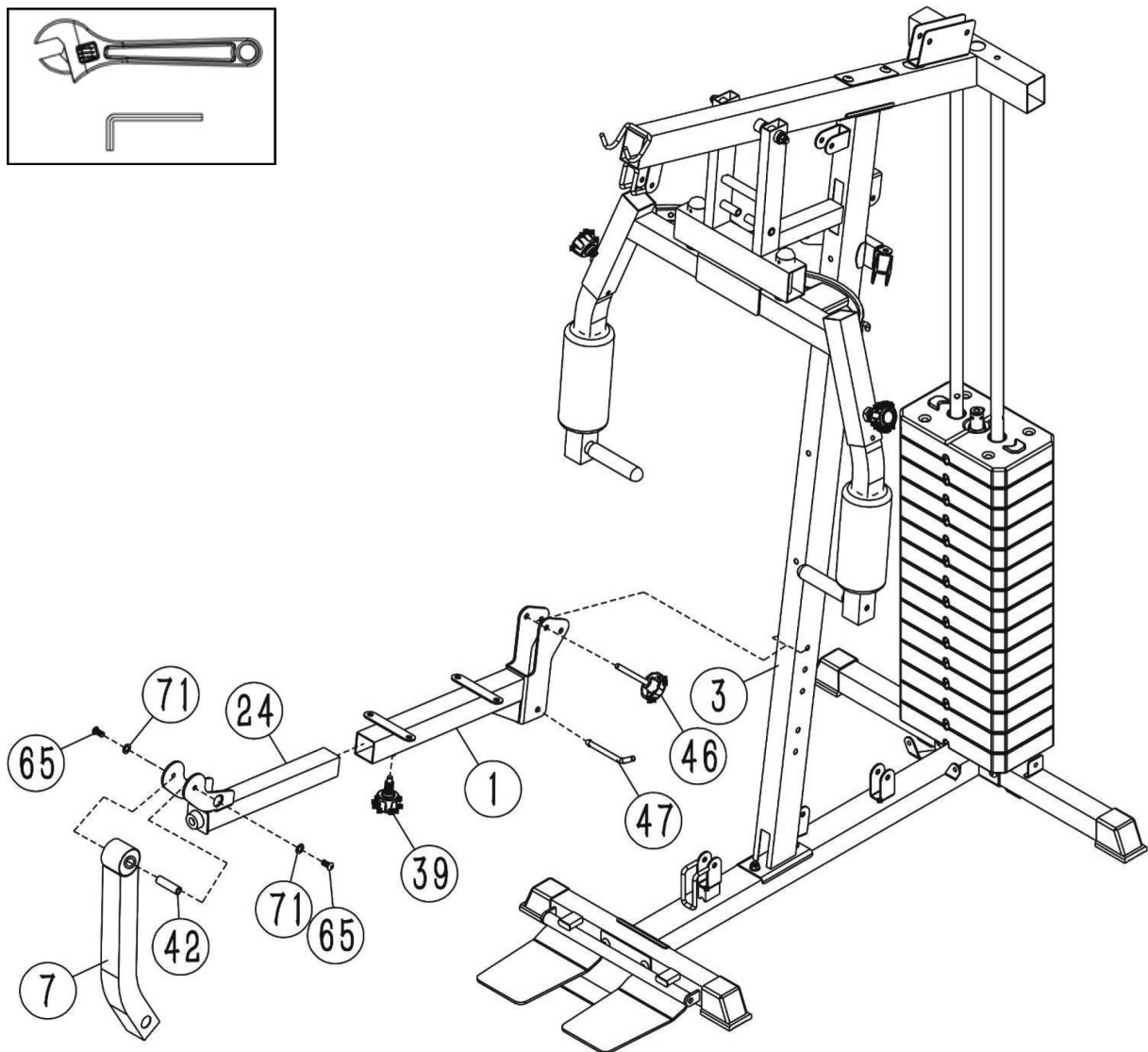
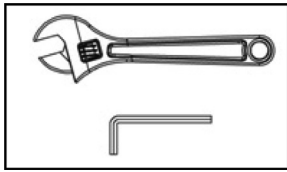
Place the top horizontal tube (4) on the vertical tube (3) and the guide rods (20) and fasten it using bolts (58) and washers (67) on its back, while at the connection with the vertical tube use a small bracket (25), bolts (63), washers (67) and nuts (69).

## Step 5



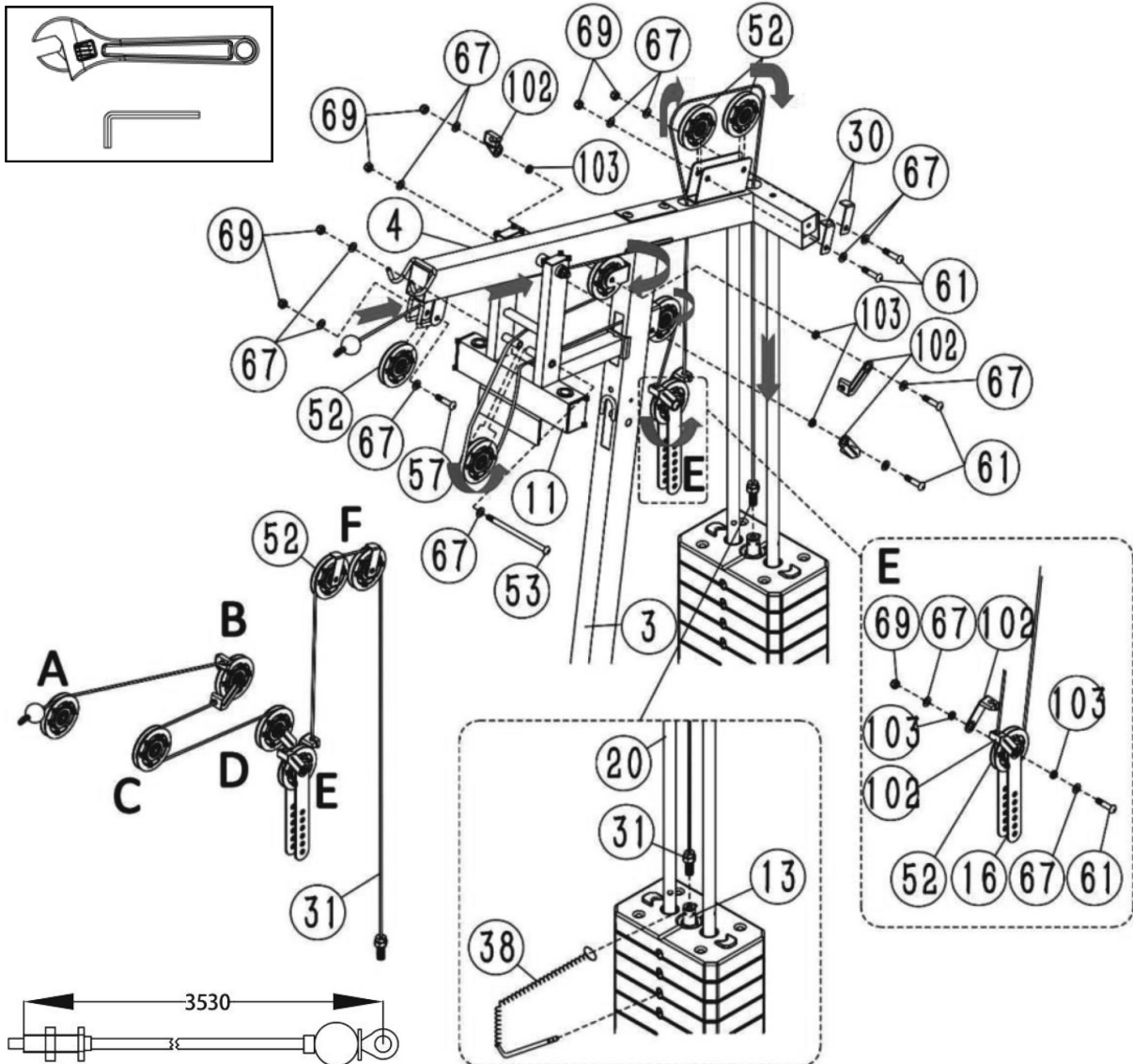
- 1) On the back of the vertical tube (3) fasten the base for swivel pulley bracket (9), using a bolt (54), 2 washers (69) and a nut (69). Then, at each side of the base (9) fasten swivel pulley brackets (18) using one bolt (56), 2 washers (67) and on nut (69) on each side.
- 2) Fasten the front press frame (11) to the top horizontal tube (4) using an axle (41), 2 washers (67) and 2 nuts (69).
- 3) Attach the butterfly arm receptacles (5 & 6) to the front press frame (11) using safety loops (76), washers (67) and bolts (59).
- 4) Attach the butterfly arms (29) to their receptacles (5 & 6) using knobs (39), adjusting them to the desired height.
- 5) Push big foam rolls (51) on the butterfly arms (29) and then attach handles (15), which you fasten using washers (67) and bolts (58).

## Step 6



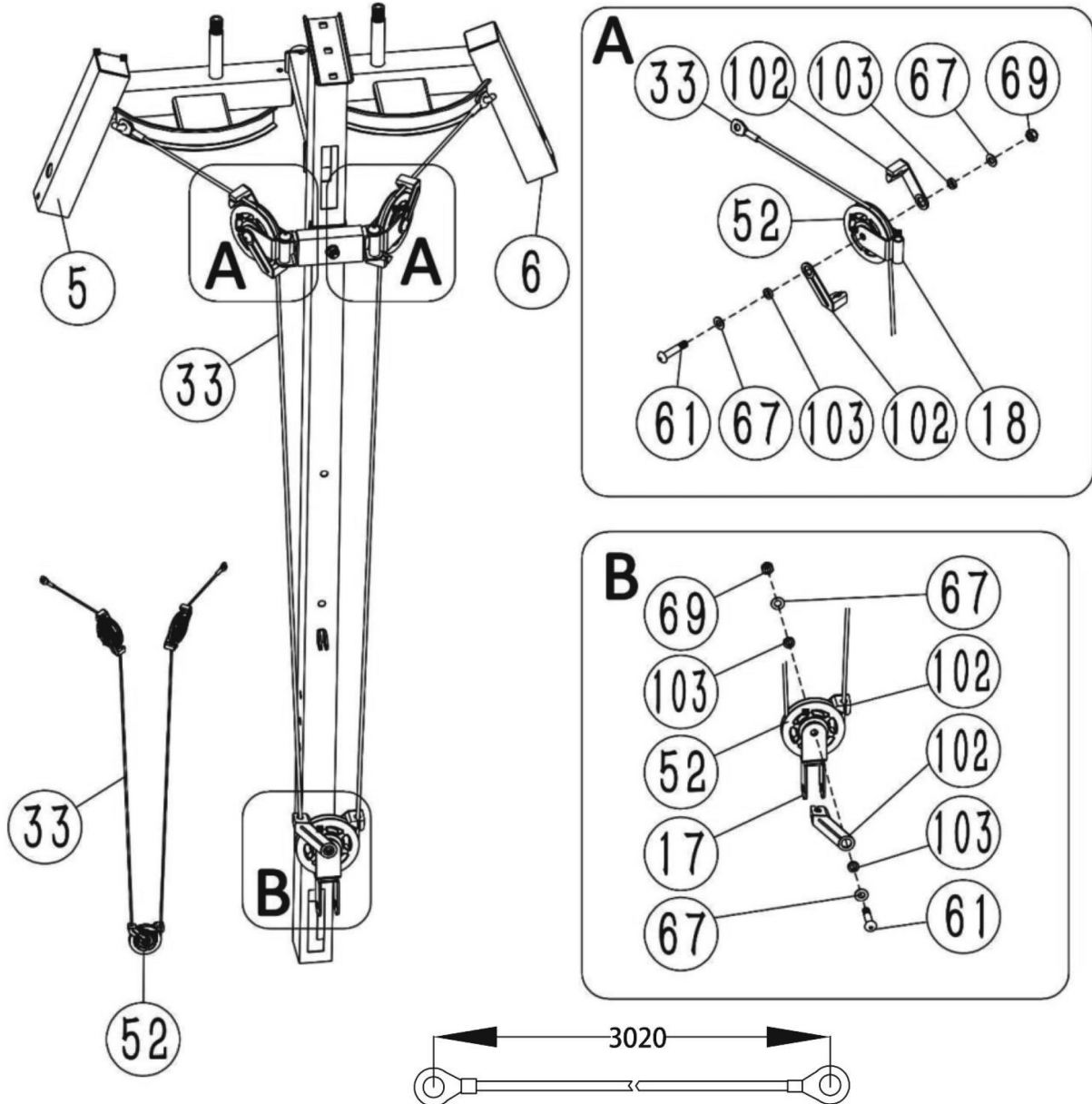
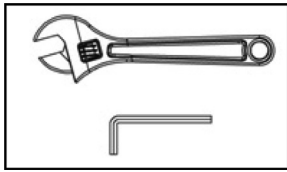
- 1) Attach the seat pad support (1) to the vertical tube (3) using a knob (46) and safety pin (47).
- 2) Attach the leg stretch tube support (24) to the seat pad support (1) with a knob (39).
- 3) Attach the leg stretch tube (7) to its support (24) using an axle (42), 2 washers (71) and 2 bolts (65).

## Step 7



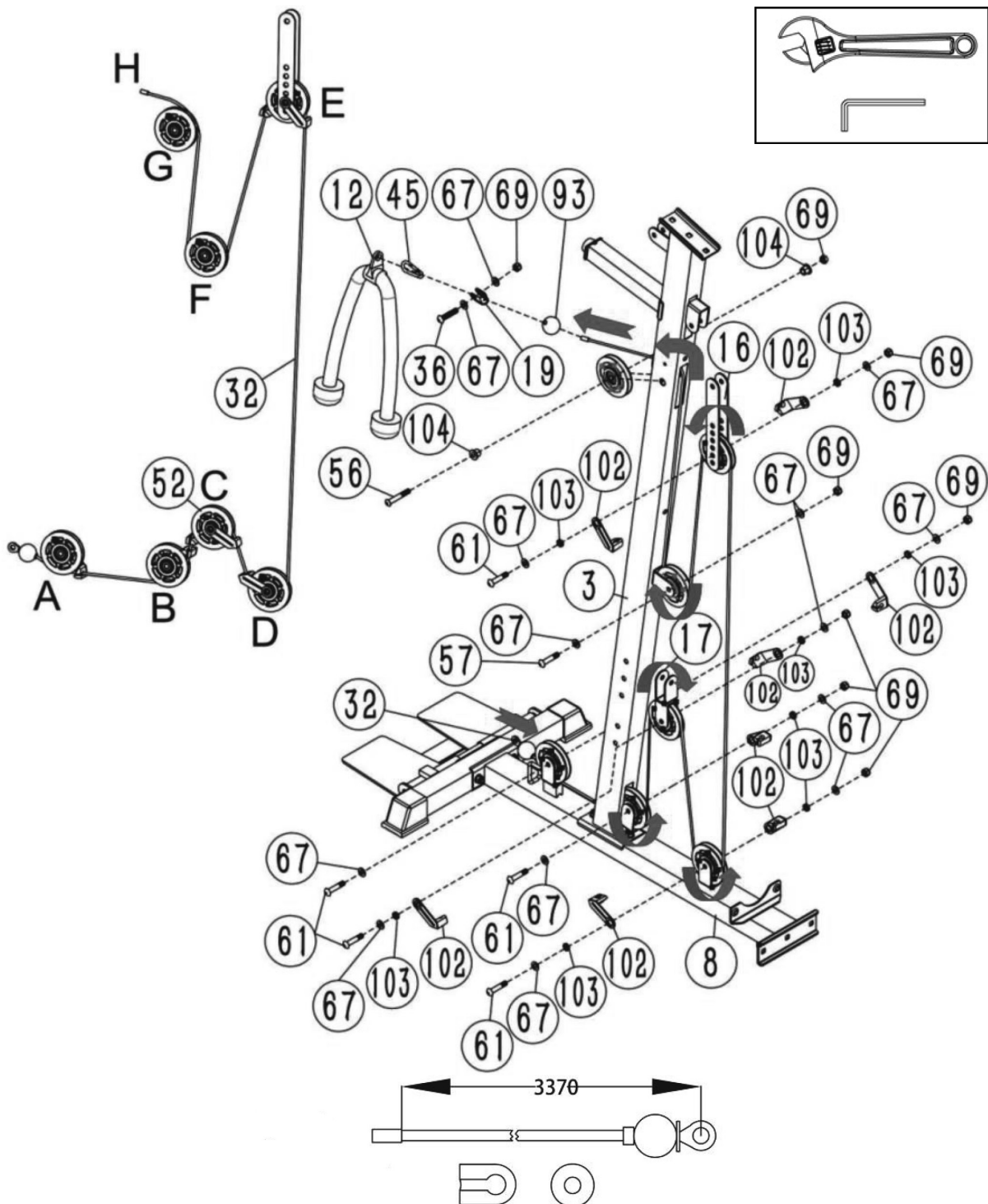
- 1) Feed the bolt end of the upper cable (31) through the opening of the front end of the top horizontal tube (4). Place a pulley (52) under the cable and fasten it with bolt (57), 2 washers (67) and a nut (69) (Fig. "A").
- 2) Draw the cable backwards and place the second pulley (52), securing her with a bolt (61), nut (69), 2 washers (67), 2 retainers (102) and 2 retainer bushings (103) (Fig. "B").
- 3) Draw the cable towards the front and place the third pulley (52), securing her with a bolt (53), 2 washers (67) and a nut (69) (Fig. "C").
- 4) Draw the cable backwards and place the fourth pulley (52), securing her with a bolt (61), 2 washers (67), nut (69), a retainer (102) and a retainer bushing (103) (Fig. "D").
- 5) Draw the cable downwards and place the fifth pulley (52), securing her on a double floating pulley bracket (16) with 2 retainers (102), 2 retainer bushings (103), bolt (61), 2 washers (67) and nut (69) (Fig. "E").
- 6) Draw the cable upwards and place 2 pulleys (52) on the back of the top horizontal tube (4), securing them with 2 bolts (61), 4 washers (67), 2 retainers (30) and 2 nuts (69) (Fig. "F").
- 7) Finally, draw the cable downwards and screw its end to the weight selector rod (13), after placing the ring of the weight selector (38).

## Step 8



- 1) Attach the ends of the butterfly cable (33) to the hooks on the back of the butterfly arm receptacles (5 & 6).
- 2) Draw the cable backwards and place pulleys (52) on the swivel pulley brackets (18) using a bolt (61), a nut (69), 2 washers (67), 2 retainers (102) and 2 retainer bushings per pulley (103) (Fig. "A").
- 3) Draw the cable downwards and place a pulley (52) on a cross double floating pulley bracket (17) using a bolt (61), a nut (69), 2 washers (67), 2 retainers (102) and 2 retainer bushings (103) (Fig. "B").

## Step 9

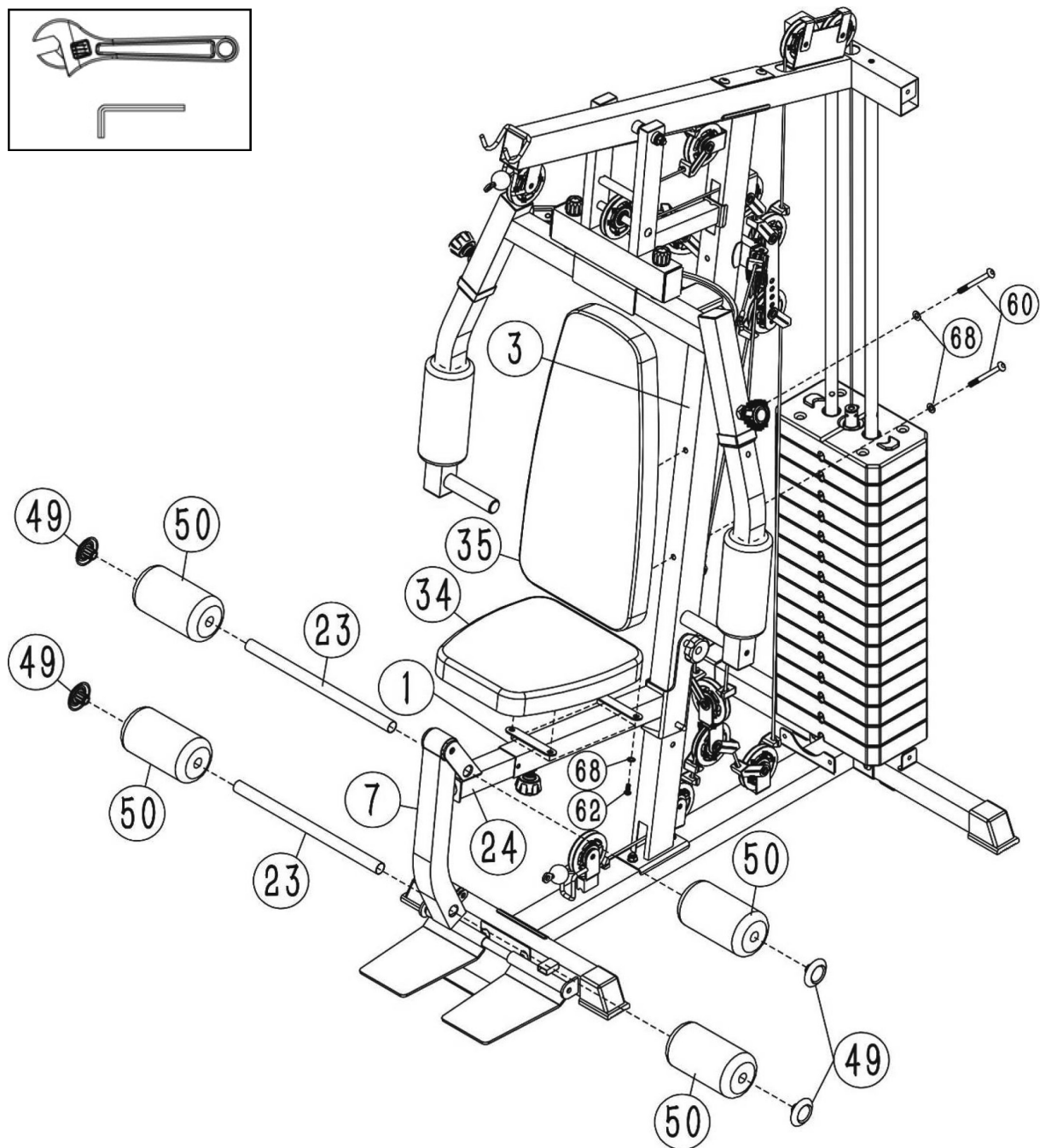
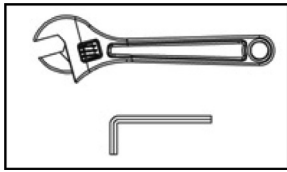


- 1) Place the lower cable (32) in the front part of the base (8). Place a pulley (52) over the cable and secure it with a bolt (61), 2 washers (67), nut (69), retainer (102) and retainer bushing (103) (Fig. "A").
- 2) Draw the cable backwards to the vertical tube (3) and place another pulley (52) under the cable and secure it with a bolt (61), 2 washers (67), nut (69), retainer (102) and retainer bushing (103) (Fig. "B").
- 3) Go upwards and place a third pulley (52) on the bottom part of the cross double floating pulley bracket (see Step 8, fig. B) and secure it with a bolt (61), 2 washers (67), nut (69), 2 retainers (102) and 2 retainer bushings (103) (Fig. "C").



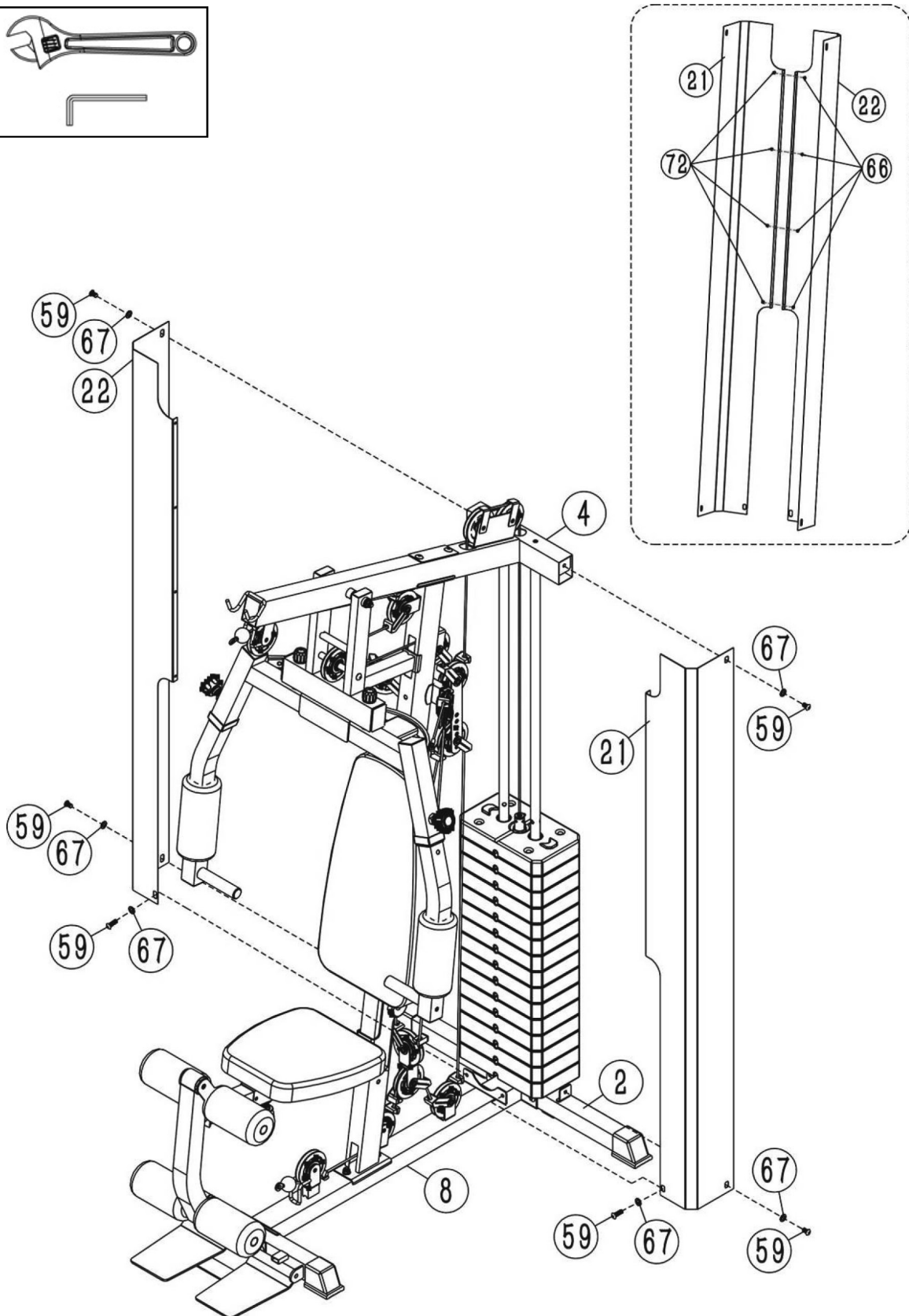
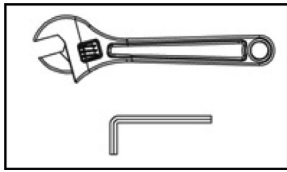
- 4) Next go downwards, towards the back of the base (8) and place a fourth pulley (52) at the receptacle and secure it with a bolt (61), 2 washers (67), nut (69), 2 retainers (102) and 2 retainer bushings (103) (Fig. "D").
- 5) At "Step 7", No. 5 (Fig. "E") you placed a pulley which is left hanging. At the bottom of this pulley you can secure another. There you are supposed to secure the fifth pulley (52), with the cable running over it, and secure it with a bolt (61), 2 washers (67), nut (69), 2 retainers (102) and 2 retainer bushings (103) (Fig. "E"). NOTE: There are many holes where you can secure this pulley. Choose the one that gives the proper tension to the cable. By changing holes you can adjust the tension of the cables.
- 6) Go downwards, on the back side of the vertical tube (3) and place the 6th pulley (52), securing it with a bolt (57), nut (69) and 2 washers (67) (Fig. "F").
- 7) Draw the cable upwards and place a pulley (52) in the slot of the vertical tube (3), securing it with a bolt (56), nut (69) and 2 washers (104) (Fig. "G").
- 8) Finally, place a ball (93) on the cable, add hook (45) by means of a bolt (36), nut (69) and 2 washers (67) and connect the tricep's rope (12) (Fig. "H").

## Step 10



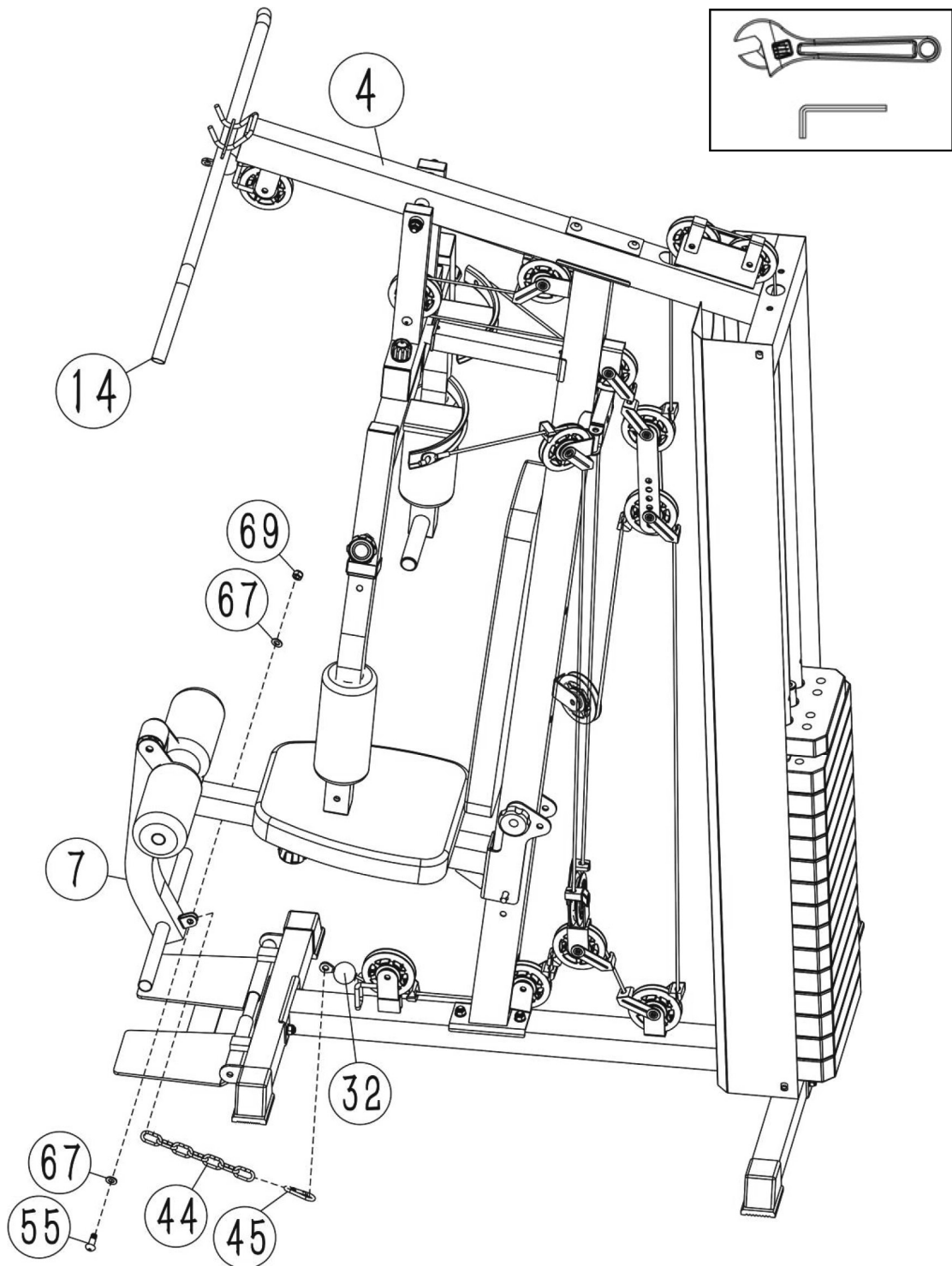
- 1) Secure the back pad (35) to the vertical tube (3) using bolts (60) and washers(68).
- 2) Secure the seat pad (34) on the seat pad support (1) using bolts (62) and washers (68).
- 3) Insert axles (23) in the holes of the leg stretch tube (7) and its support (24), push small foam rolls (50) on the axles and place caps (49).

## Step 11



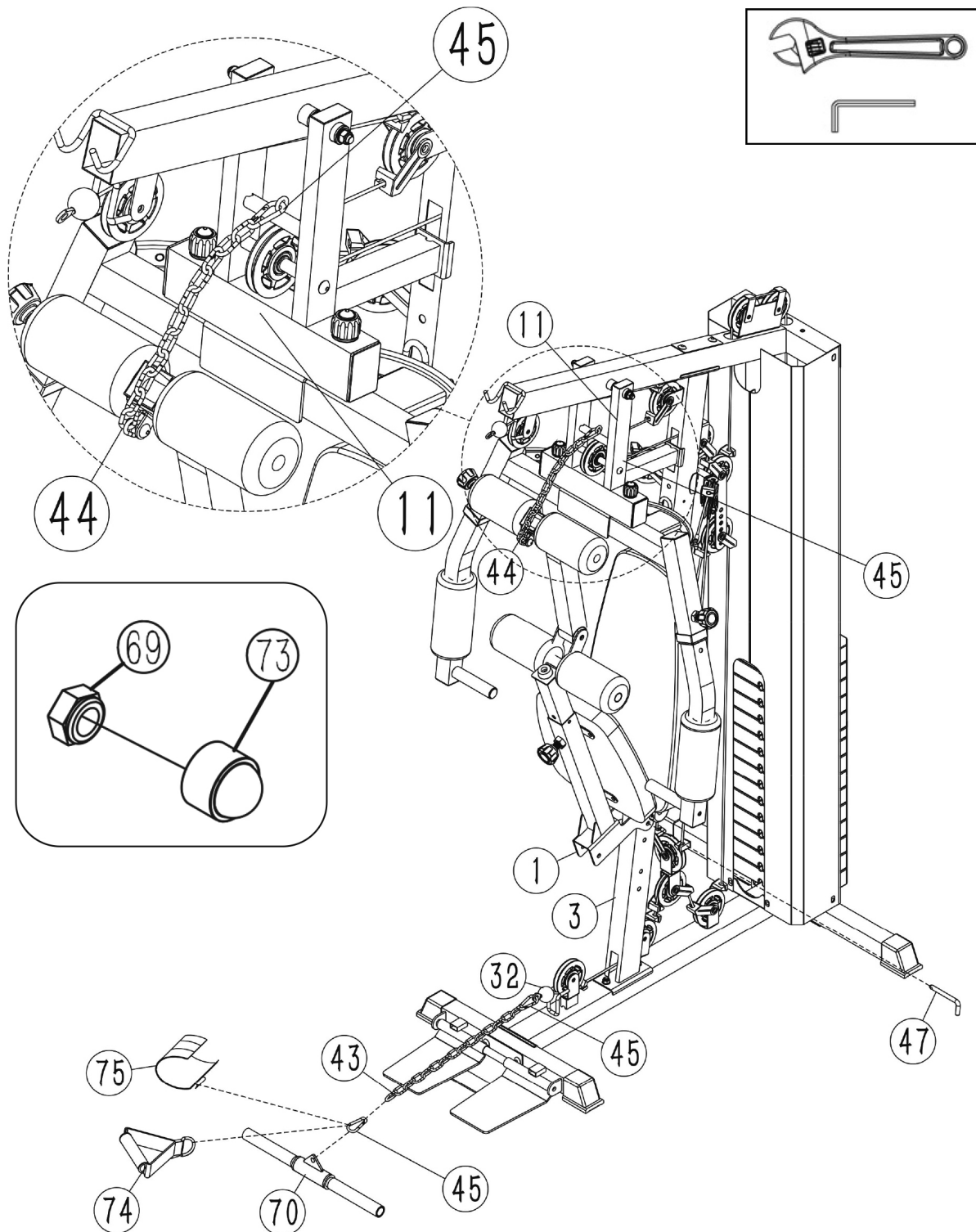
- 1) Secure the plate covers (21 & 22) to the rear stabilizer (2), base (8) and top horizontal tube(4) using 6 bolts (59) and 6 washers (67).
- 2) Secure the plate covers (21 & 22) to each other with 4 bolts (66) and 5 nuts (72).

## Step 12



- 1) Connect the short chain (44) to the lower cable (32) using a hook (45).
- 2) Connect the other end of the chain (44) to the leg stretch tube (7) using a bolt (55), 2 washers (67) and a nut (69).
- 3) Place the long bar (14) on the hooks on the front of the top horizontal bar (4). In order to use the bar, you must use a hook (45) to connect it to a chain and a second hook to connect to the cable.

## Step 13

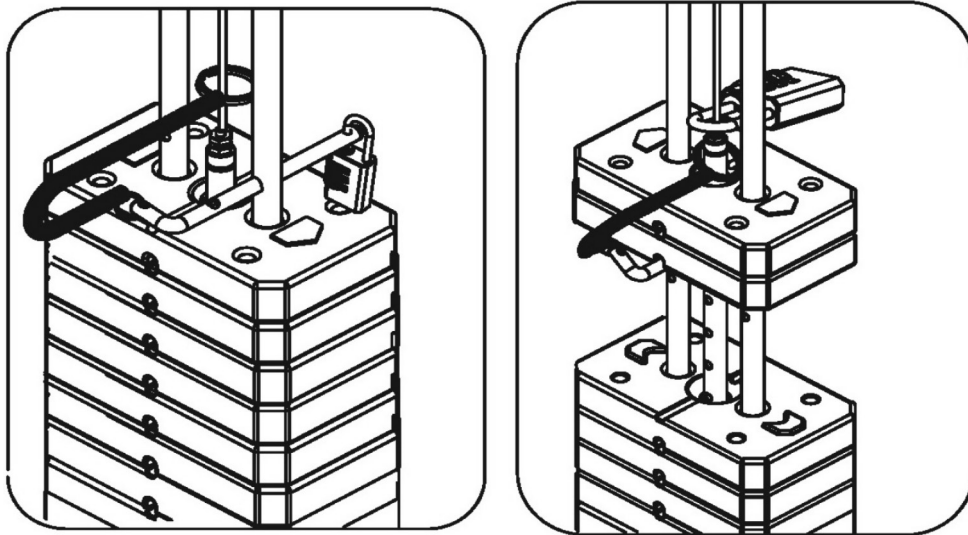


- 1) In order to use the short bar (70), the single grip (74) or the ankle strap (75), disconnect the short chain (44) from the lower cable (32) by using the hook (45). Remove the safety pin (47). Kift the seat until the safety pin (47) can be inserted in the hole next to the knob, securing the seat in a raised position. Additionally, using the hook (45) which is at one end of the chain (44), connect the chain to the ring on the upper part of the front press frame (11).
- 2) You can now connect the lower cable (32) to the other accessories (70, 74 & 75) with other hooks (45) and the big chain (43).

### Using the padlock

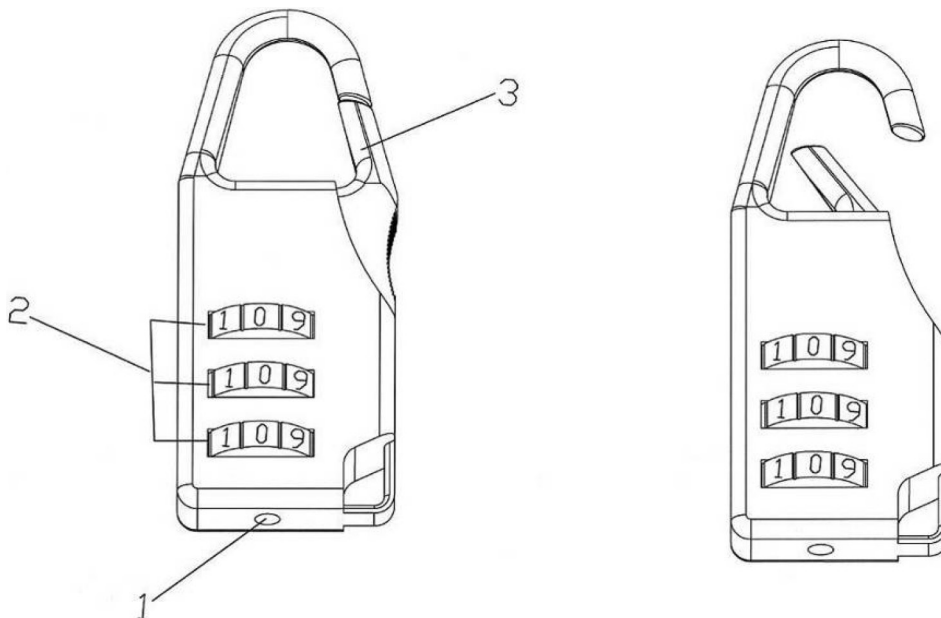
After your workout, insert the weight selector (38) in the hole of a guide rod (20) and secure it with the padlock, making the home gym unusable and eliminating the risk of unsupervised kids getting injured.

When you workout, you may hook the padlock on the cable for safekeeping.



The default code of the padlock is "000". It is advised to change it as follows:

1. Keep the button on the bottom (1) pressed.
2. At the same time, change the middle digit of the combination (2) to the desired one.
3. Release the button (1).
4. Repeat the previous steps for the 1st and 3rd digits of the combination.



## WARM-UP EXERCISES

A proper workout consists of warm-up, aerobic exercise and relaxation. Repeat the program 2 or, preferably, 3 times a week, relaxing one day in between. After a few months you will be able to increase the frequency of your workouts to 4 or 5 times per week. Warming up should be a key part of your exercise, something not to be missed. It prepares your body for more strenuous exercises by warming and stretching your muscles, increasing blood circulation and heart rate and sending more oxygen to your muscles. Repeat these exercises after your workout to minimize muscle soreness. We suggest the following exercises:

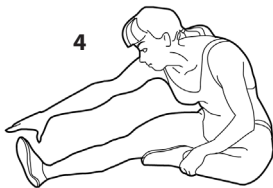
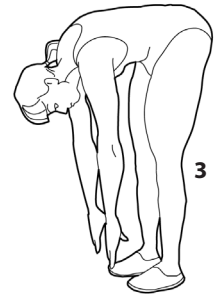


**1. Quadriceps stretch:** Lean against the wall using your right hand while bending your left leg backwards and holding it with the other hand. Try to bend the leg as much as you can. Hold this position for 15 seconds. Repeat for the right leg.



**2. Adductor exercise:** Sit down pulling your feet towards you, knees bent and the soles pressed together. Then use your elbows to press your knees towards the floor. Perform 15 repetitions.

**3. Touch the toes:** Bend your waist slowly forward with your knees slightly bent and your hands trying to grip the toes. Hold this position for 15 seconds.



**4. Biceps exercise:** Sit with your right leg outstretched towards the front and the left one tucked in with the sole touching the right leg. Lean forward trying to grab the toes of the outstretched foot. Perform 15 repetitions. Rest for a while and repeat with the other leg outstretched.

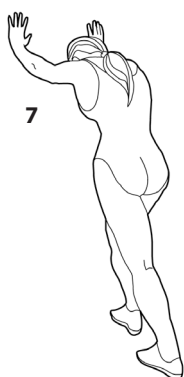
**5. Neck stretching (Head rolling):** Tilt your head to the right, feeling the stretching of the left side of the neck. Then tilt your head towards the other side. Finally, tilt the head once forward and once backwards.



**6. Shoulder lift:** Raise your right shoulder as close as you can to your ear. Repeat with the left shoulder. This exercise should be performed at a slow pace.



**7. Tension of the Achilles tendon:** This exercise is performed by leaning on a wall, which you press with your hands. The right foot should be bent at the knee and the left one stretched backwards, the soles of both feet touching the ground. Repeat the exercise by reversing the feet.



**8. Side stretching:** Stretch your hands upwards and try to lift your left outstretched hand as high as possible, so that you feel your left side being pulled. Repeat for the right hand.





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