

everfit

INSTRUCTION



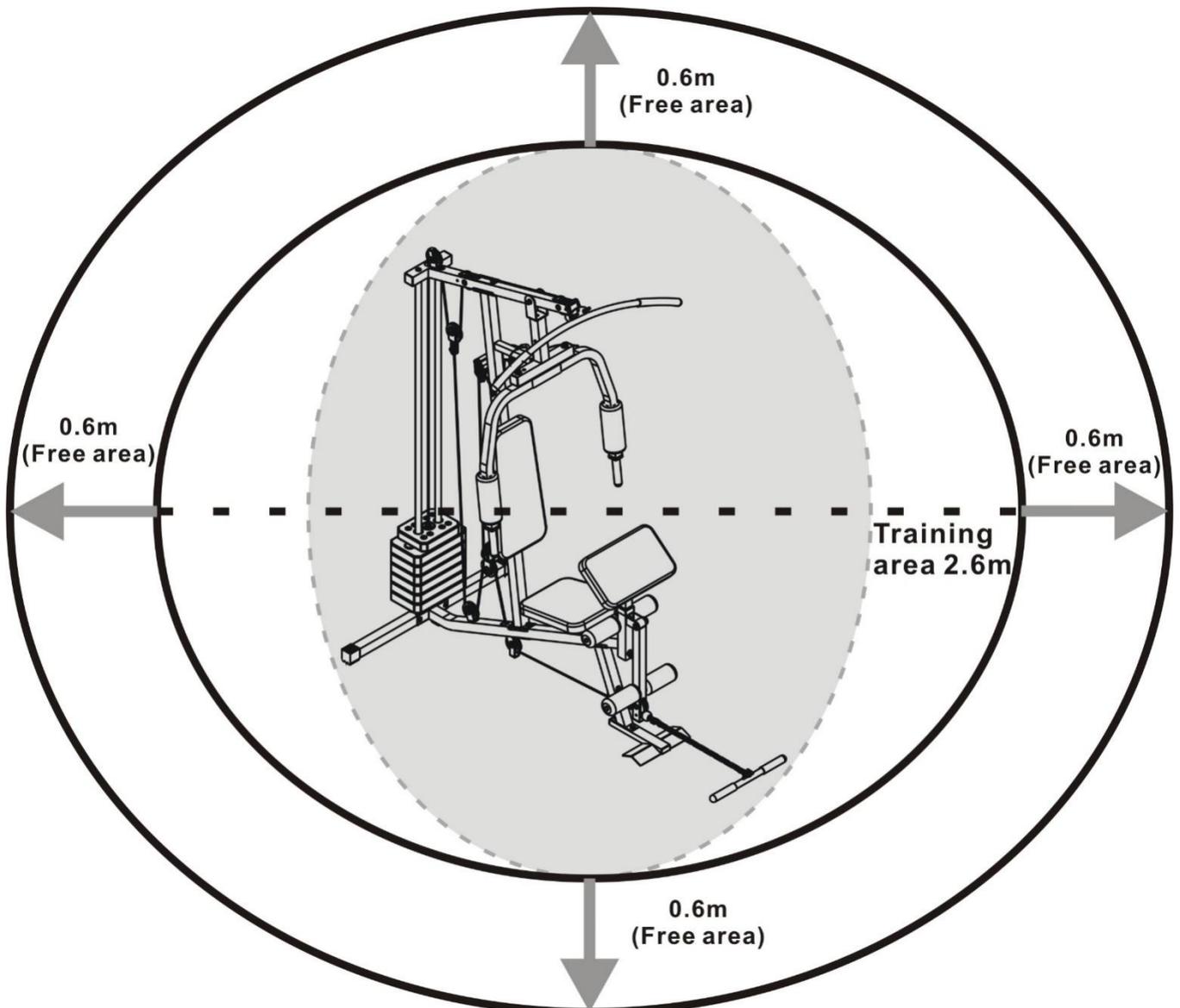
MSK | 500





Safety Information

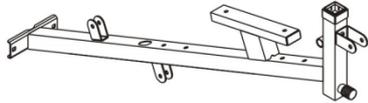
- Free area shall be not less than 0.6m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared. Keep unsupervised children away from the equipment.



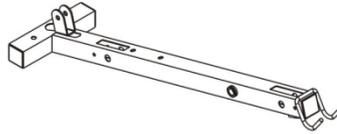
Components - Parts

Please check you have all parts listed below

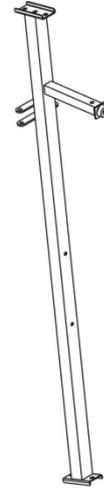
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting us regarding any missing components.



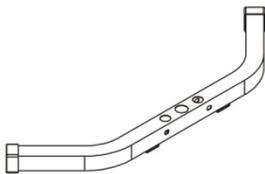
1. Base frame × 1



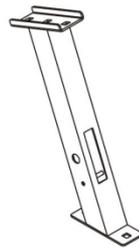
2. Upper frame × 1



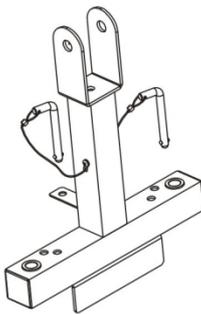
3. Vertical frame × 1



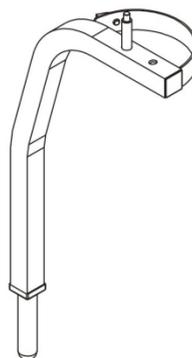
4. Rear stabilizer × 1



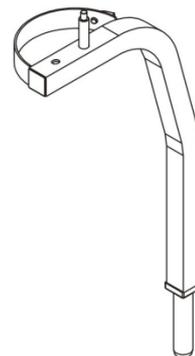
5. Leg developer holder × 1



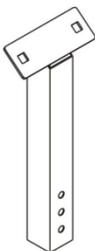
6. Front press base × 1



7. Right butterfly × 1



8. Left butterfly × 1



9. Preacher pad support × 1



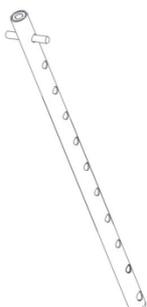
10. Floating pulley bracket × 1



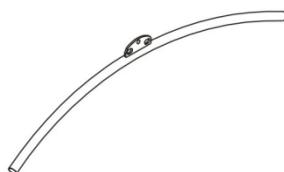
11. Angle double pulley bracket × 1



12. Swivel pulley bracket × 2



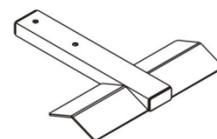
13. Select rod × 1



14. Lat bar × 1



15. Leg developer × 1

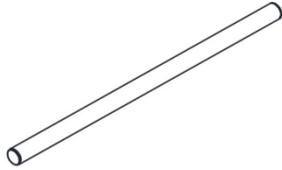


16. Front stabilizer × 1

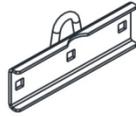
Components - Parts

Please check you have all parts listed below

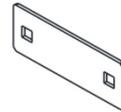
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting us regarding any missing components.



17. Foam roll tube × 2



19. Rear U-shaped bracket × 1

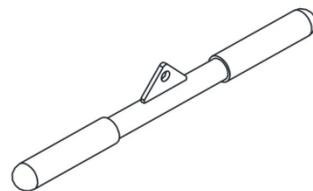


20. 120mm Bracket × 3

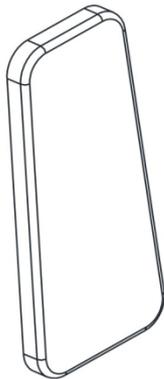


22. L-shaped separation blade × 2

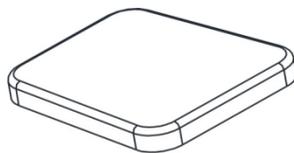
18. Guide rod × 2 →



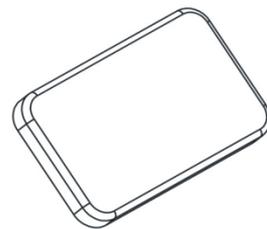
23. Pull bar × 1



24. Backrest pad × 1



25. Seat pad × 1



26. Preacher pad × 1



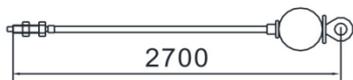
43. Seated press lock pin × 2



46. Pulley cover × 6



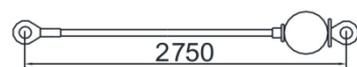
48. Ø25mm × 31mm Bushing × 2



49. 2700mm Upper cable × 1



50. 2750mm Butterfly cable × 1

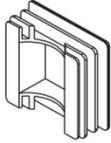


51. 2750mm Lower cable × 1

Components - Parts

Please check you have all parts listed below

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting us regarding any missing components.



52. 45mm End cap × 5



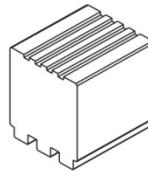
53. 38mm End cap × 4



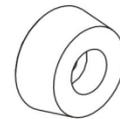
54. 25× 50mm
End cap × 4



55. Ø19mm End
cap × 4



56. Rear stabilizer end
cap × 2



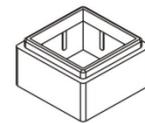
57. Ø37mm
Rubber bumper × 1



58. Ø61mm Rubber
bumper × 2



59. 30mm Rubber
bumper × 1



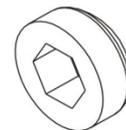
60. 45mm × 38mm
Sleeve × 1



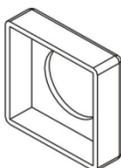
62. Ø22 × 11mm
Pulley bushing × 2



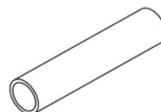
63. Ø22 × 15mm
Pulley bushing × 6



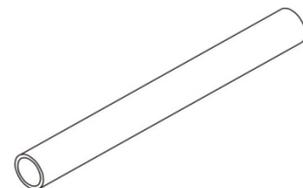
64. M10 Nut cap × 1



65. Ø26mm × 38mm
Hollow sleeve × 2



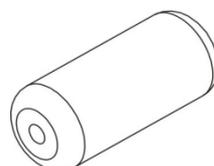
66. Front press handle
Grip Ø25×130 × 4



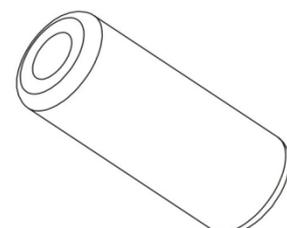
67. Lat pull handle grip × 2



68. Lock knob × 1



69. Ø17mm Foam
roll × 4



70. Ø45mm Foam roll × 2

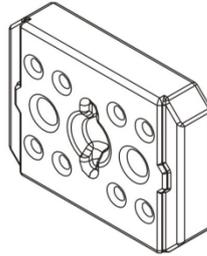
Components - Parts

Please check you have all parts listed below

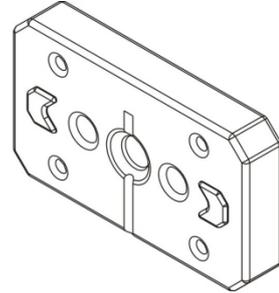
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting us regarding any missing components.



71. Ø78mm Pulley
× 12



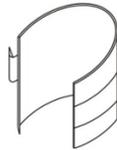
72. 8LBS Select
plate × 1



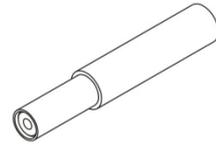
73. 10LBS Weight
plate × 9



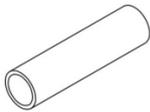
74. Ø25mm End cap × 1



76. Ankle strap × 1



77. Front press handle × 2



78. Front press handle
Grip Ø25×110 × 2

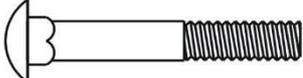
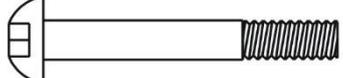
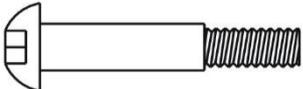
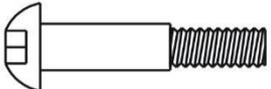
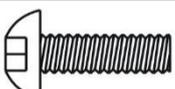
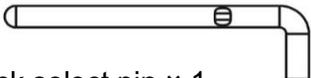
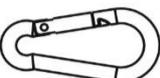
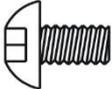


79. Ø25mm End cap × 8

Components - Fixings

Please check you have all fixings listed below

Note: The quantities below are the correct amount to complete the assembly. In some cases more hardware may be supplied than is actually required. Some of the smaller components may be pre-fitted to the larger components.

<p>21  M10 × 103mm Axle ×</p>	<p>27  M10 × 65mm Carriage bolt × 8</p>	<p>28  M10 × 65mm Allen bolt × 2</p>
<p>29  M10 × 60mm Allen bolt × 4</p>	<p>30  M10 × 55mm Allen bolt × 1</p>	<p>31  M10 × 42mm Allen bolt × 2</p>
<p>32  M10 × 40mm Allen bolt × 6</p>	<p>33  M10 × 30mm Allen bolt × 1</p>	<p>34  M10 × 25mm Allen bolt × 6</p>
<p>35  M8 × 60mm Allen bolt × 2</p>	<p>36  M8 × 18mm Allen bolt × 2</p>	<p>37  M6 × 16mm Phillips screw × 1</p>
<p>38  ST4.8 Phillips screw × 2</p>	<p>39  Ø25 x Ø 11 × 1.5 Washer × 4</p>	<p>40  Ø 8mm Washer × 6</p>
<p>41  Ø10 Washer × 40</p>	<p>42  M10 Aircraft nut × 28</p>	<p>44  Stack select pin × 1</p>
<p>45  6# Clip hook × 2</p>	<p>47  15 Joint chain × 1</p>	<p>61  M8 × 40mm Allen bolt × 2</p>
<p>75  M10 × 16mm Allen bolt × 2</p>	<p> Allen Key 5、6mm</p>	

Ruler - Use this ruler to help correctly identify the hardware

0 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75 80 85 90 95 100 105 110 115 120 125 130 135 140 145 150 155 160 165 170

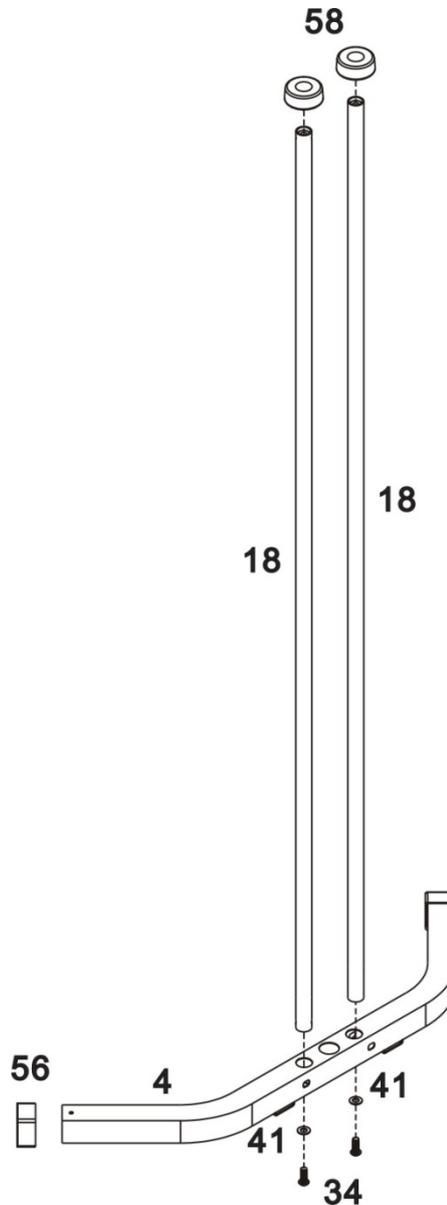
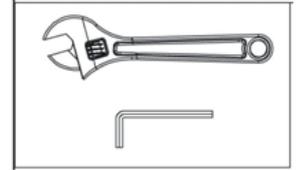
Assembly instructions

Step 1

a. Insert the Guide rods (18) into the holes on the Rear stabilizer (4). Fix using 2 x M10 x 25mm Allen bolts (34) and 2 x Ø10mm Washers (41).

b. Slide 2 x Ø61mm Rubber bumpers (58) down onto Guide rods (18).

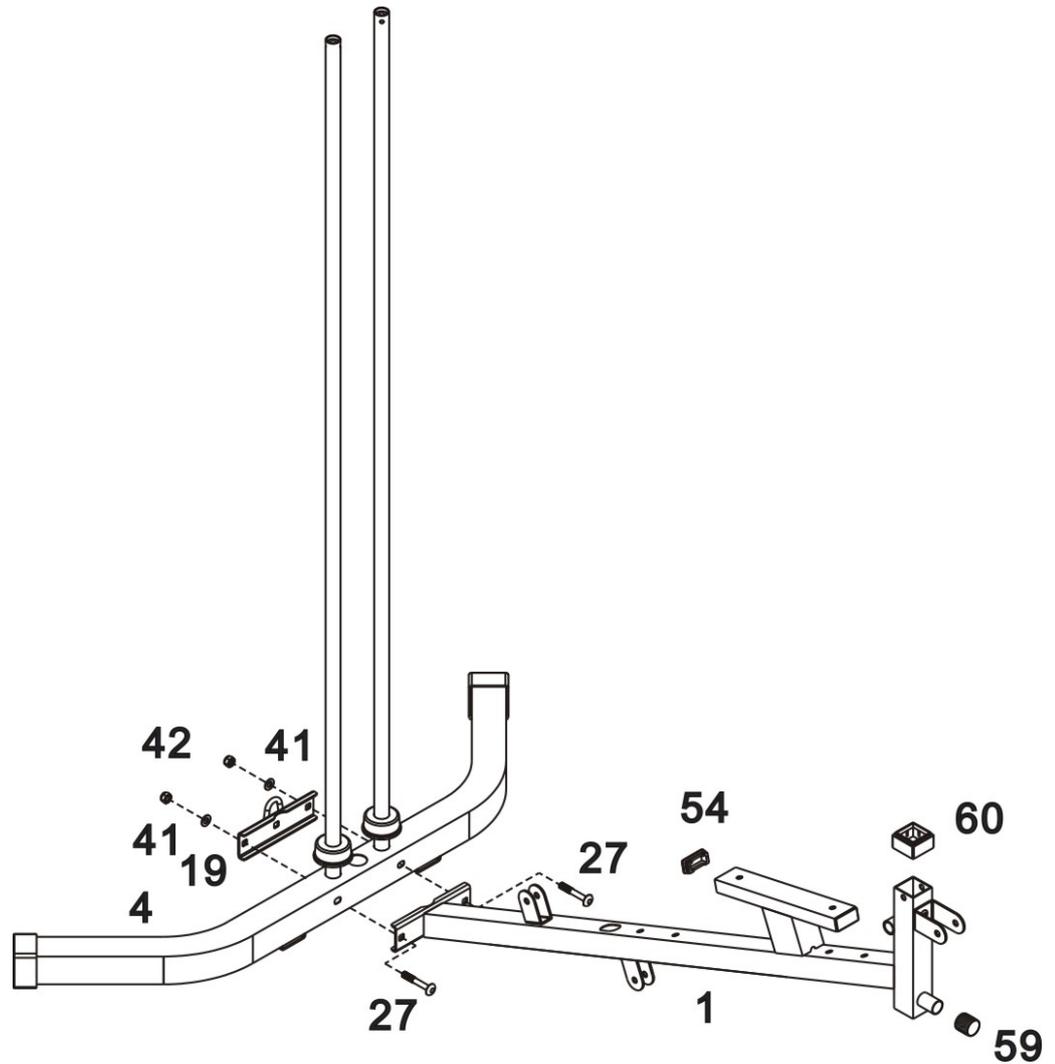
Note: (56) was fixed in the factory.



Assembly instructions

Step 2

Attach the Base frame (1) to the Rear stabilizer (4). Fix using 2 x M10x 65mm Carriage bolts (27), the Rear U-shaped bracket (19), 2 x Ø10mm Washers (41) and 2 x M10 Aircraft nuts (42).



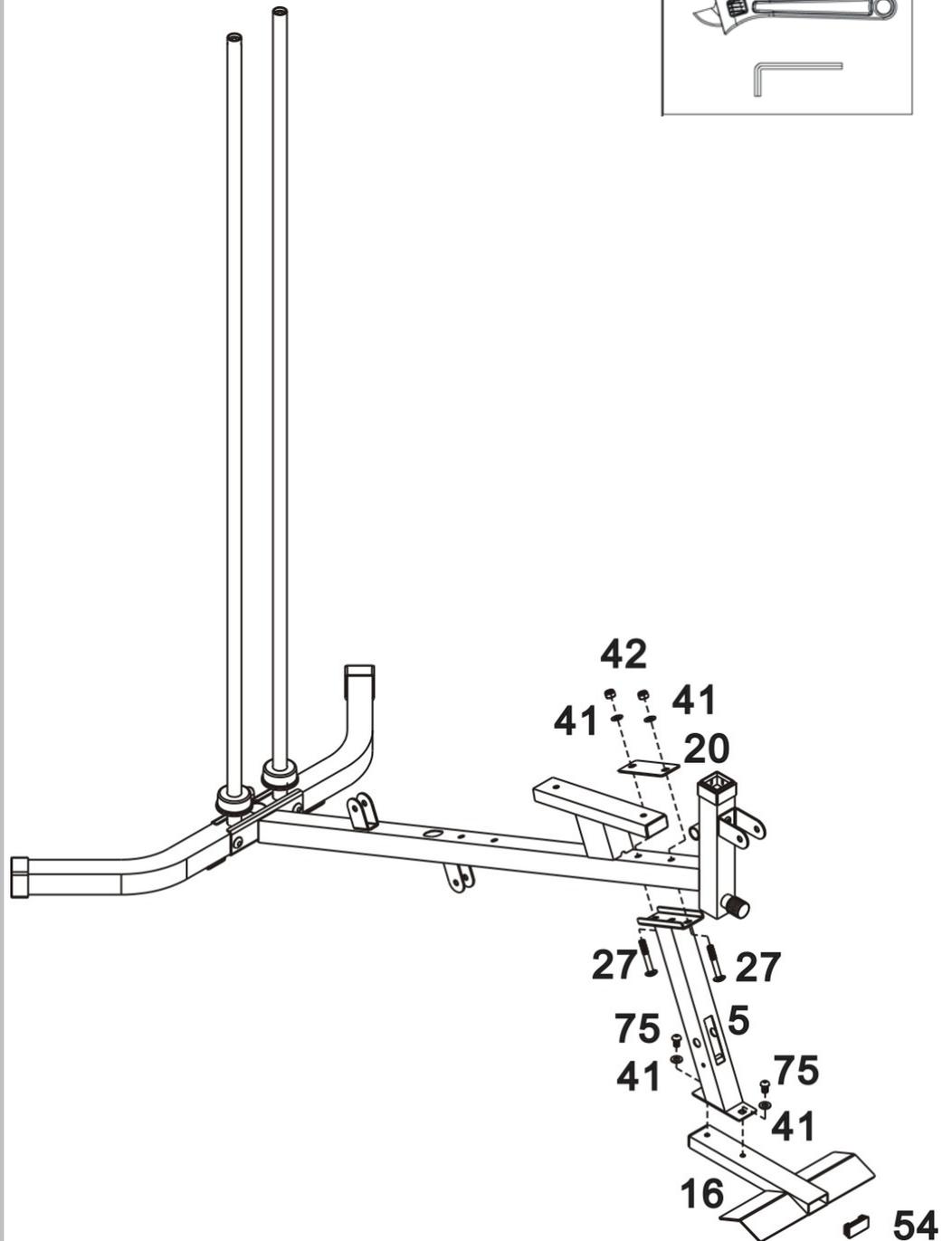
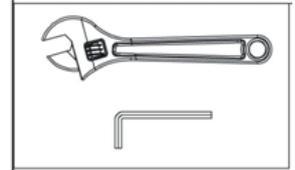
Assembly instructions

Step 3

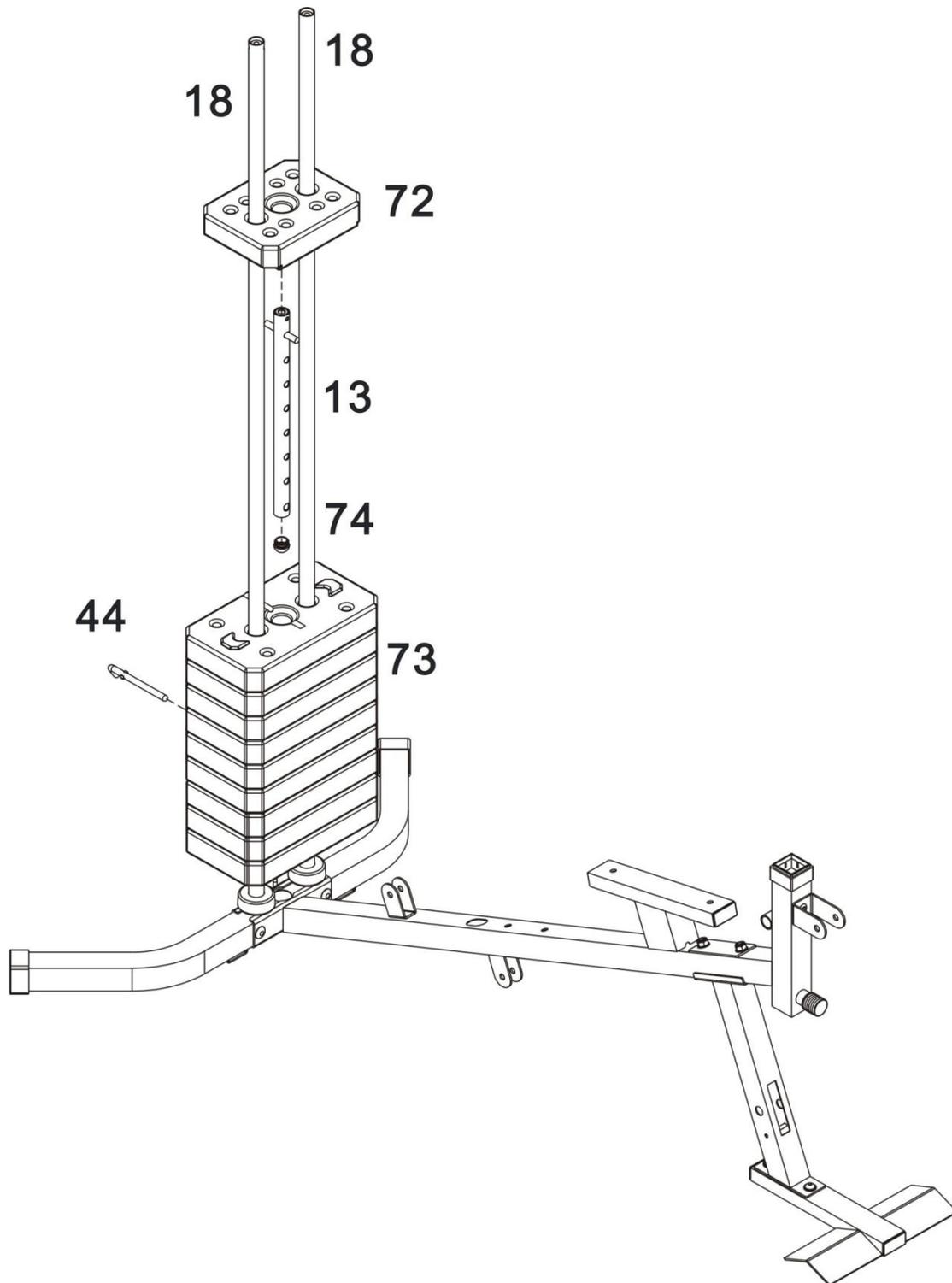
a. Attach the Front stabilizer (16) to the Leg developer holder (5), fix using 2 x M10 x 16mm Allen bolts (75), 2 x Ø10mm Washers (41).

b. Attach the Leg developer holder (5) to the Base frame (1) fix using 120mm Bracket (20), 2 x M10 x 65mm Carriage bolts (27), 2 x Ø10mm Washers (41) and 2 x M10 Aircraft Nuts (42).

Note: (54) was fixed in the factory.



Assembly instructions



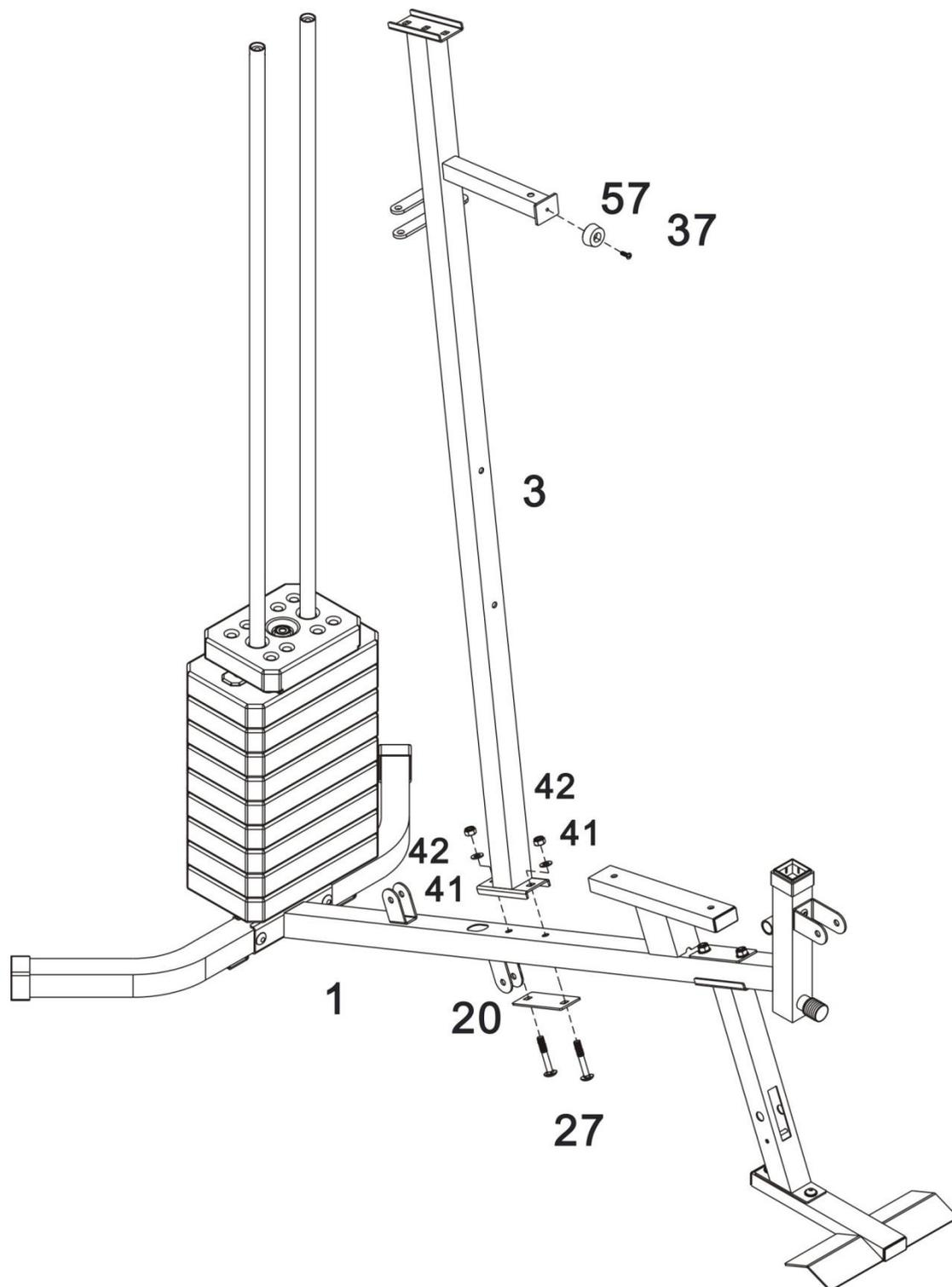
Step 4

a. Carefully slide 9x 10LBS Weight plates (73) down Guide rods (18), insert the Select rod (13) into the Weight plates (73), and then slide 1 x 8LBS Select plate (72) down Guide rods (18)

b. Select the desired training weight by inserting the Stack select pin (44) into the deep grooves under the Weight plates and into the Select rod.

Note: (74) was fixed in the factory.

Assembly instructions

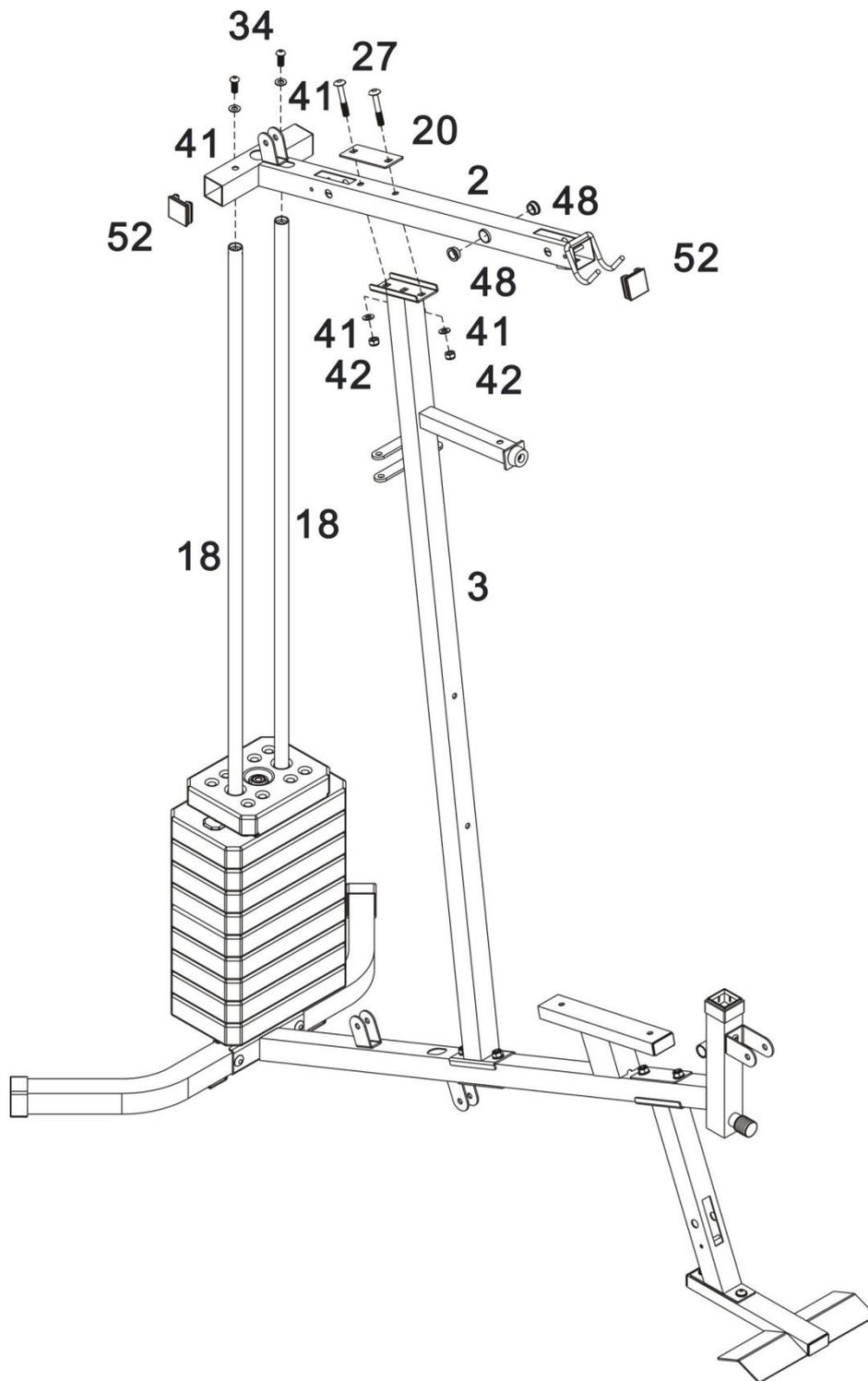


Step 5

Attach the Vertical frame (3) to the Base frame (1). Fix using 2 x M10 x 65mm Carriage bolts (27), 120mm Bracket (20), 2 x Ø10mm Washers (41) and 2 x M10 Aircraft nuts (42).

Note: (37/57) was fixed in the factory.

Assembly instructions



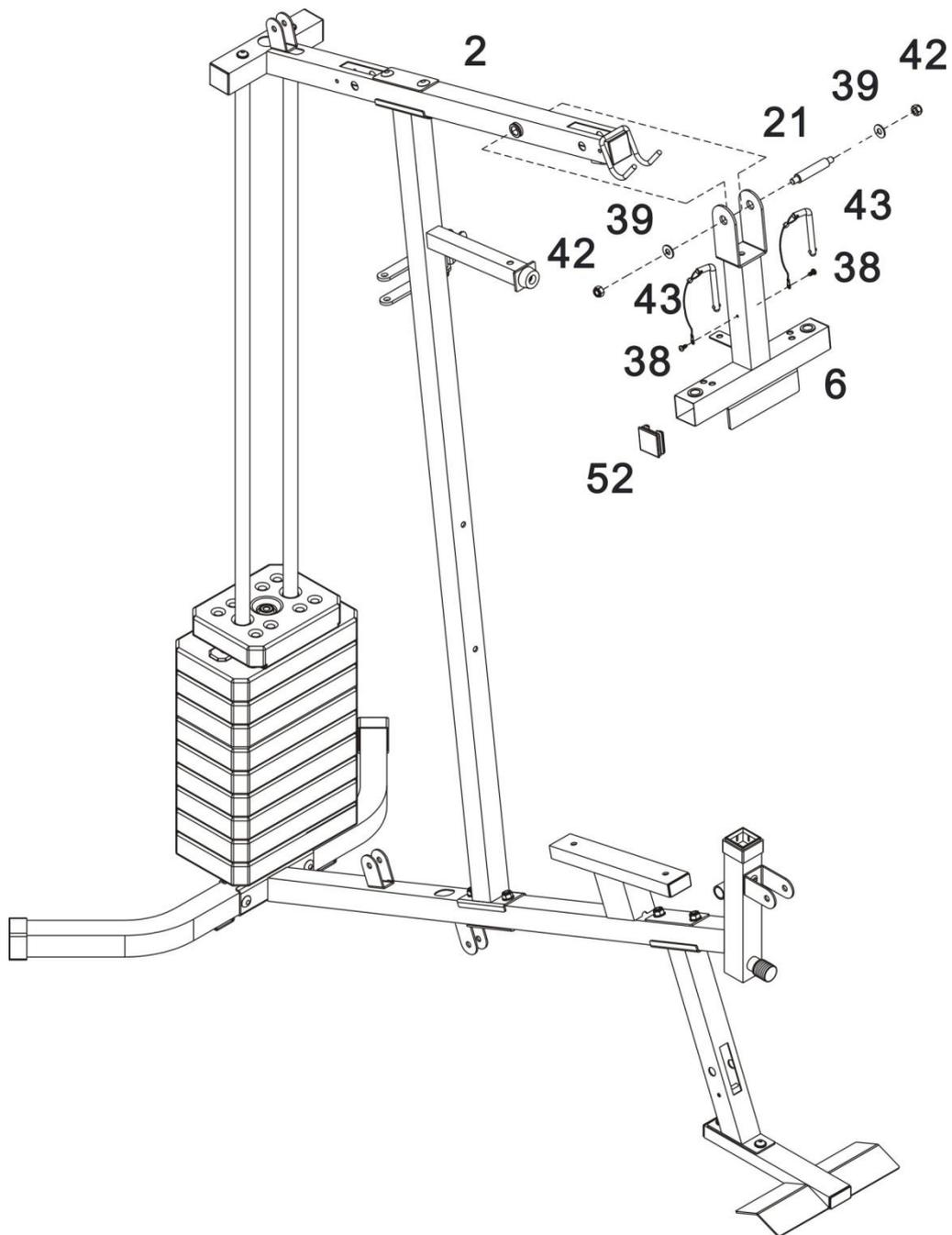
Step 6

a. Attach Upper frame (2) to Guide rods (18) fix using 2 x M10 x 25mm Allen bolts (34) and 2 x Ø10mm Washers (41).

b. Attach Upper frame (2) to the Vertical frame (3) fix using 2 x M10 x 65mm Carriage bolts (27), 120mm Bracket (20), 2 x Ø10mm Washers (41) and 2 x M10 Aircraft nuts (42),

Note: (52/48) was fixed in the factory.

Assembly instructions

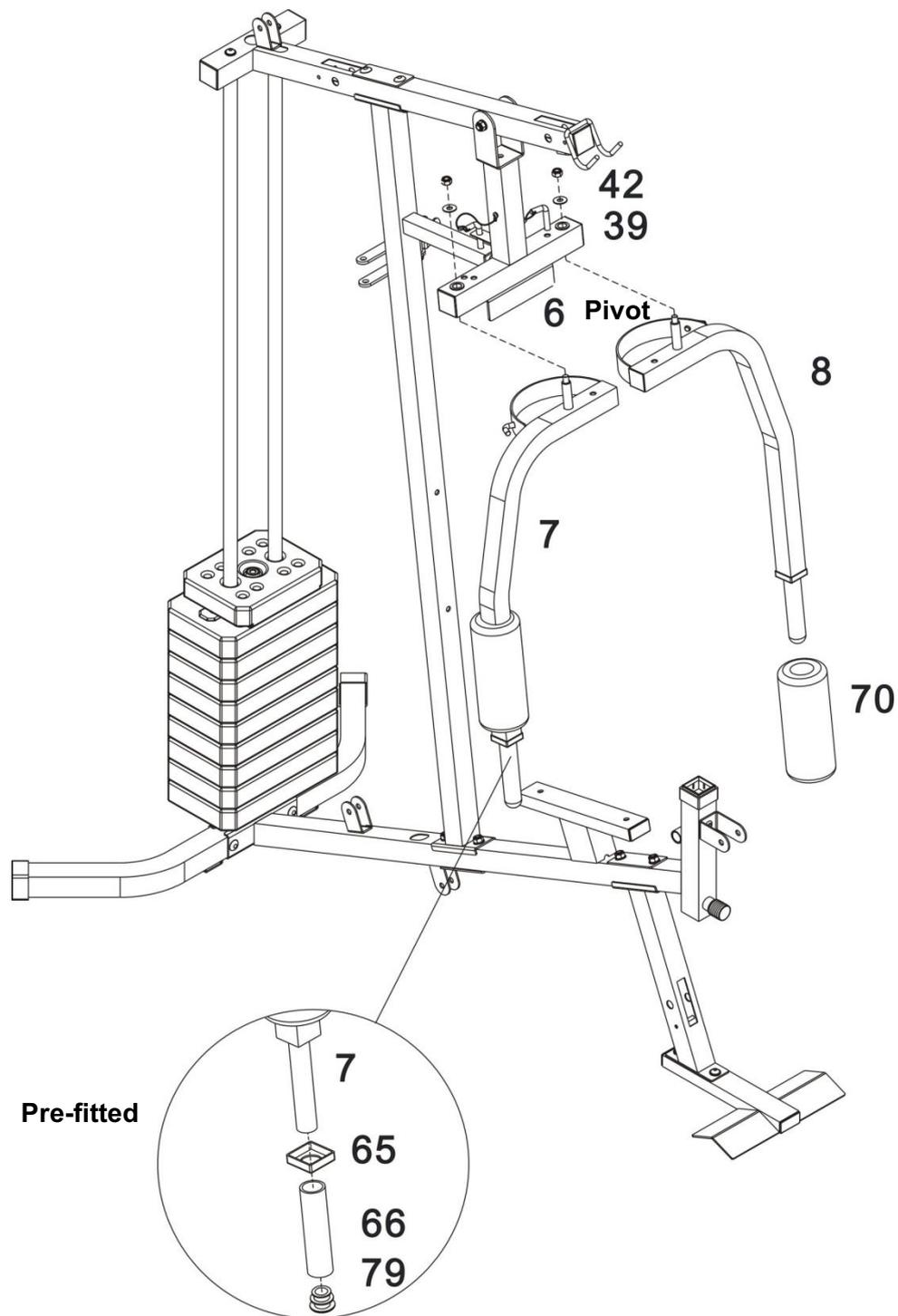


Step 7

Attach the Front press base (6) to the Upper frame (2) using the M10 x 103mm Axle (21). Secure using 2 x Ø25 x Ø11x1.5 Washers (39) and 2 x M10 Aircraft nuts (42).

Note: (38/43/52) were fixed in the factory.

Assembly instructions



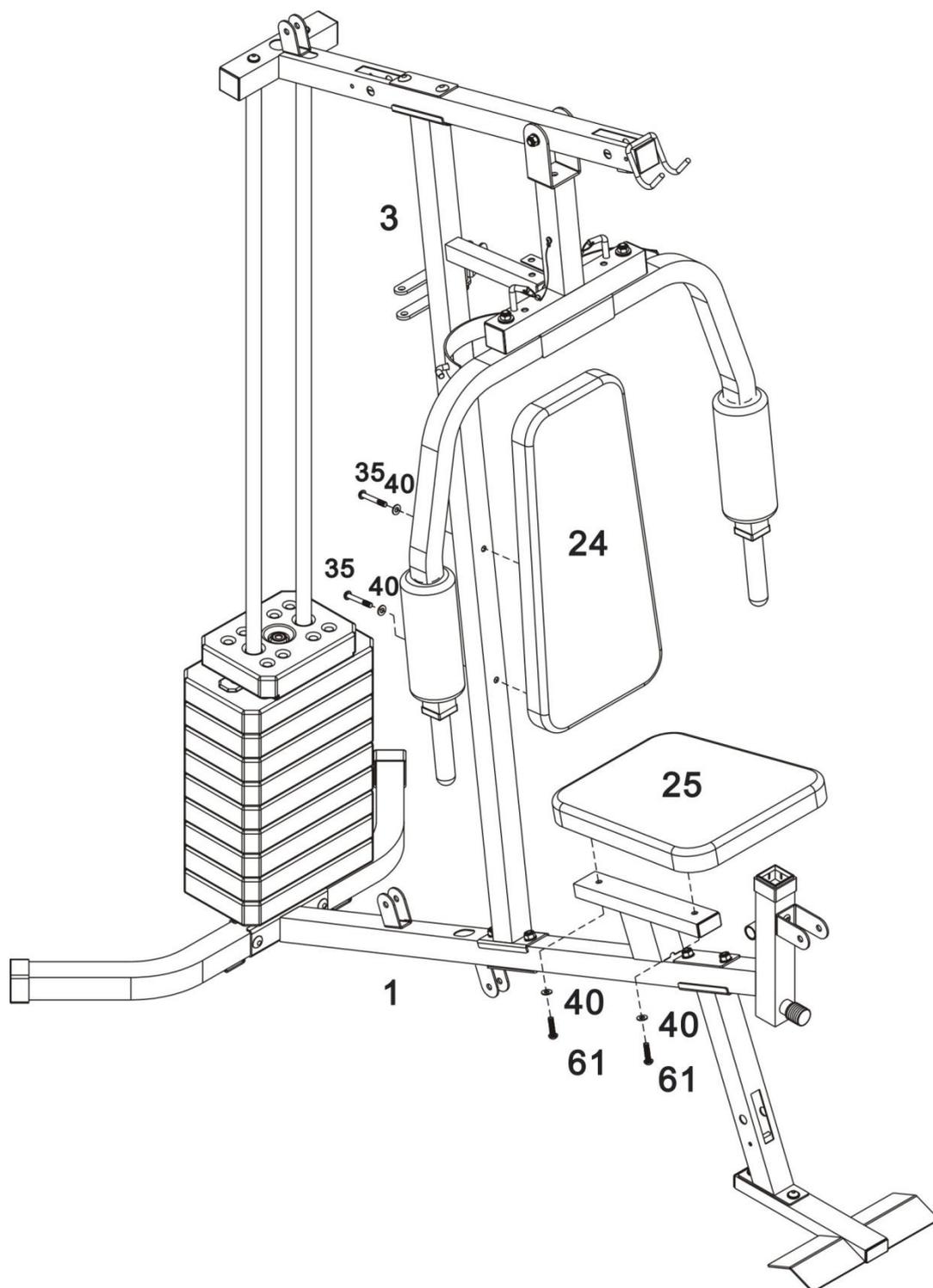
Step 8

a. Attach the 'pivots' on the Right and Left Butterfly's (7 & 8) to the Front press base (6) using 2 x Ø25 x Ø11 x 1.5 Washers (39) and 2 x M10 Aircraft nuts (42).

b. Slide the 2 x Ø45mm Foam rolls (70) over the end of the Butterfly's (7 & 8).

Note: (65/66) were fixed in the factory.

Assembly instructions

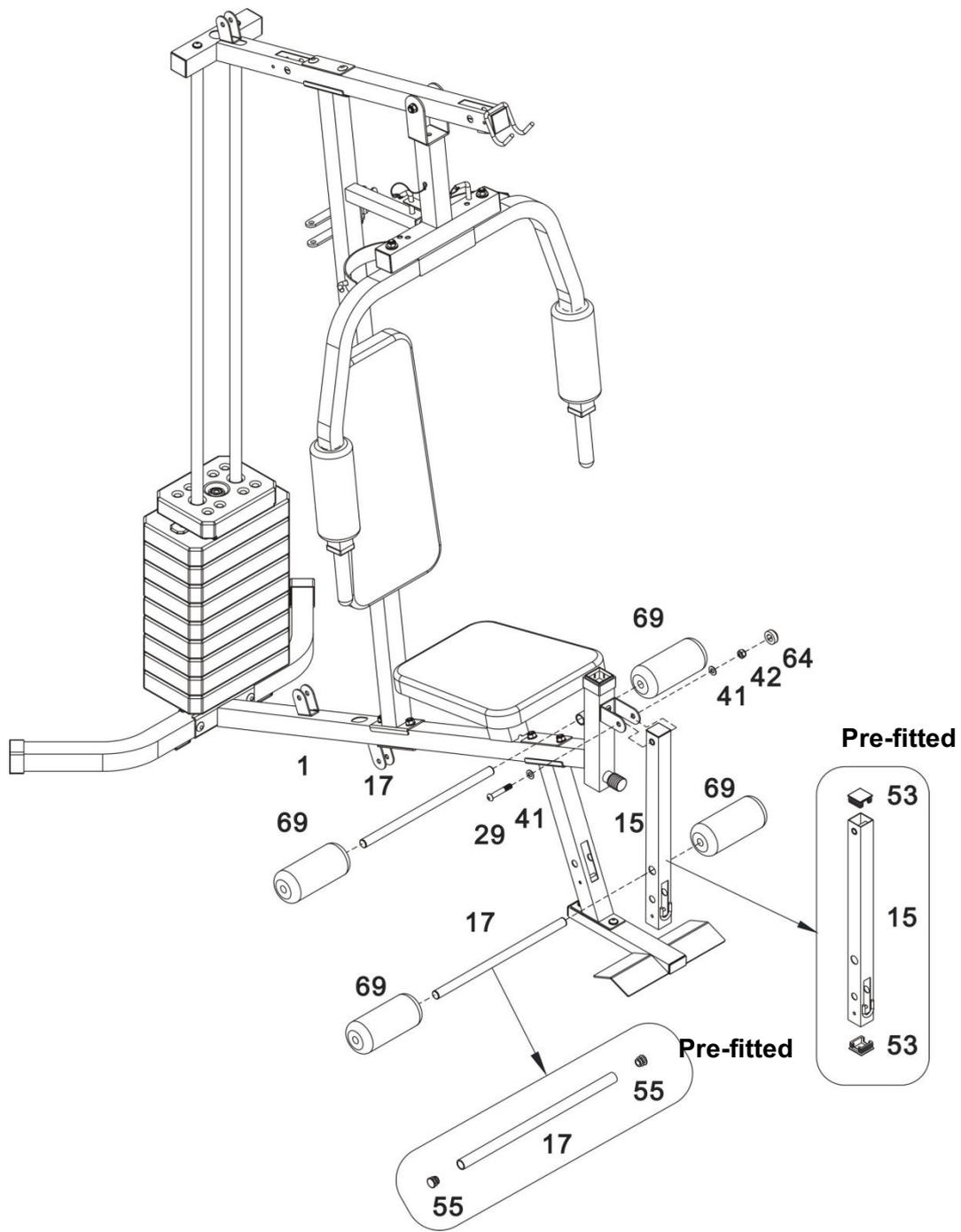


Step 9

a. Attach the Backrest pad (24) to the Vertical frame (3) using 2 x M8 x 60mm Allen bolts (35) and 2 x Ø8mm Washers (40).

b. Attach the Seat pad (25) to the Base frame (1) using 2 x M8 x 40mm Allen bolts (61) and 2 x Ø8mm Washers (40).

Assembly instructions



Step 10

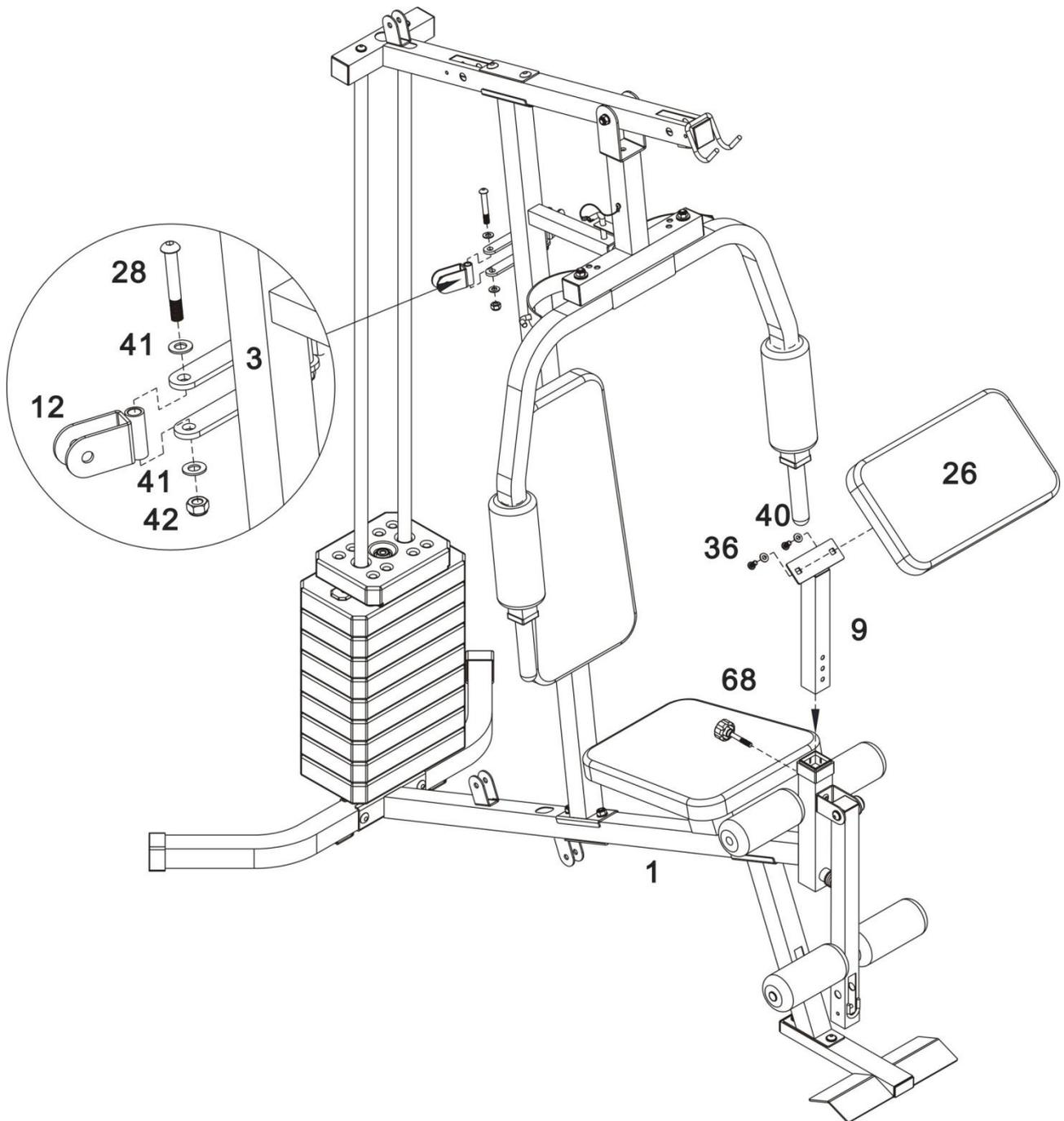
a. Slide the Foam roll tube (17) into the hole on the Base frame (1). Push 2 x Ø17mm Foam rolls (69) onto each side of the Foam roll tube (17).

b. Attach the Leg developer (15) to the Base frame (1) using M10 x 60mm Allen bolts (29) and 2 x Ø10mm Washers (41), M10 Aircraft nut (42) and M10 Nut cap (64).

c. Slide the Foam roll tube (17) into the hole on the Leg developer (15). Push 2 x Ø17mm Foam rolls (69) onto each side of the Foam roll tube (17).

Note: (53/55) were fixed in the factory.

Assembly instructions



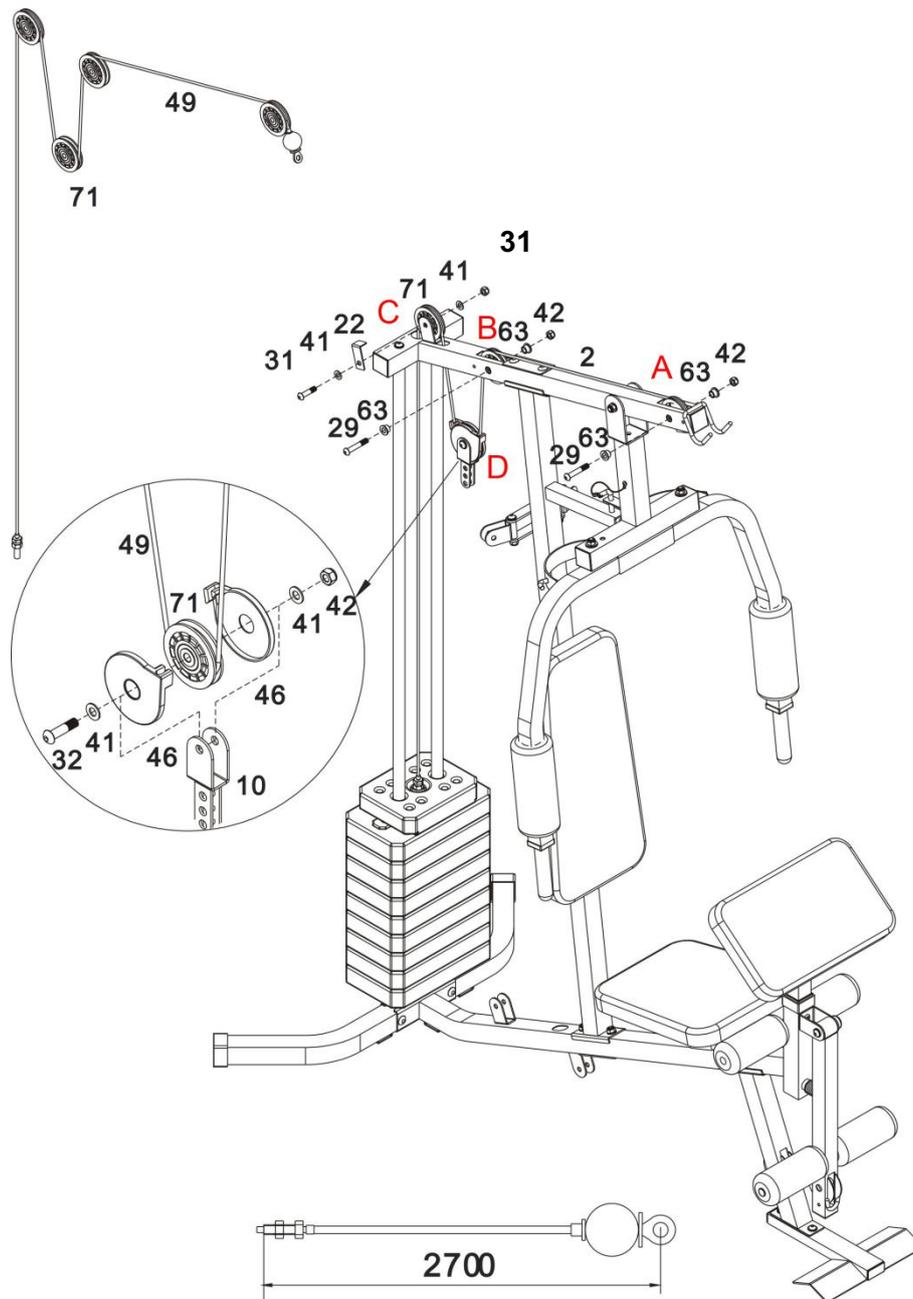
Step 11

a. Attach the Preacher pad (26) to the Preacher pad stand (9). Secure using 2 x M8 x 18mm Allen bolts (36) and 2 x Ø8mm Washers (40).

b. Insert the Preacher pad assembly into the Base frame (1). Select the desired height and secure using the Lock knob (68).

c. Attach 2 x Swivel pulley brackets (12) to the two sides of open bracket on the Vertical frame (3). Fix using 2 x M10 x 65mm Allen bolts (28), 4 x Ø10mm Washers (41) and 2 x M10 Aircraft nuts (42).

Assembly instructions

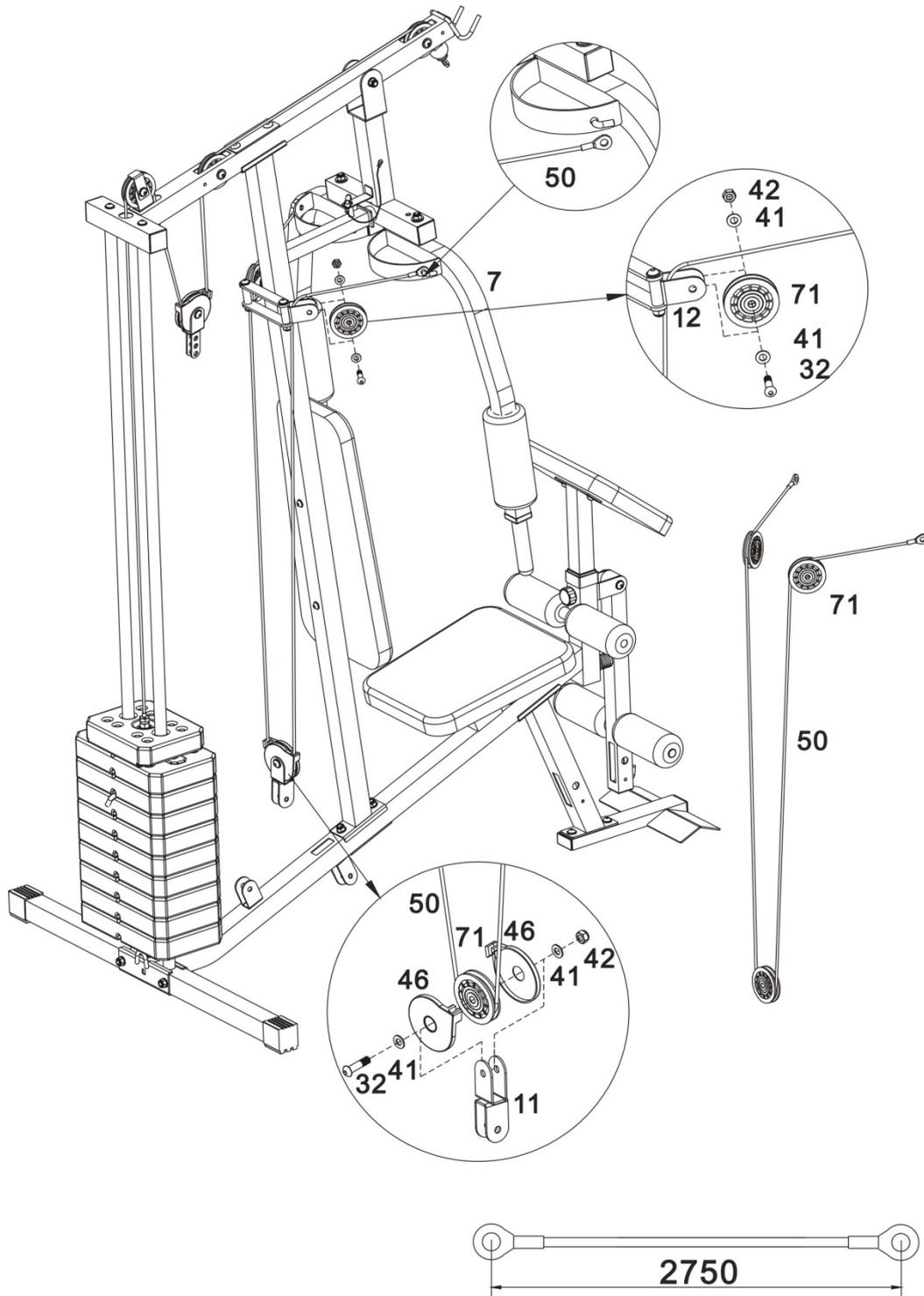


Step 12

Important: Study and follow the diagram carefully.

- Feed the bolt end of the 2700mm Upper cable (49) up through opening in Upper frame (2). Insert $\text{Ø}22 \times 15\text{mm}$ Pulley bushings (63) into holes and attach 1st Pulley (71) using M10 x 60mm Allen bolt (29) and M10 Aircraft nut (42).
- Repeat procedure for 2nd Pulley, feeding cable up through opening in Upper frame (1).
- Attach 3rd Pulley to Upper frame (2) using a M10 x 42mm Allen bolt (31), 2 x $\text{Ø}10\text{mm}$ Washers (41), M10 Aircraft nut (42) and 1 x L-Shaped separation blade (22).
- Place 4th Pulley (71) onto the cable and fit Pulley covers (46) over Pulley and cable. Attach Pulley assembly to Floating pulley bracket (10) using a M10 x 40mm Allen bolt (32), 2 x $\text{Ø}10\text{mm}$ Washers (41) and M10 Aircraft nut (42).

Assembly instructions



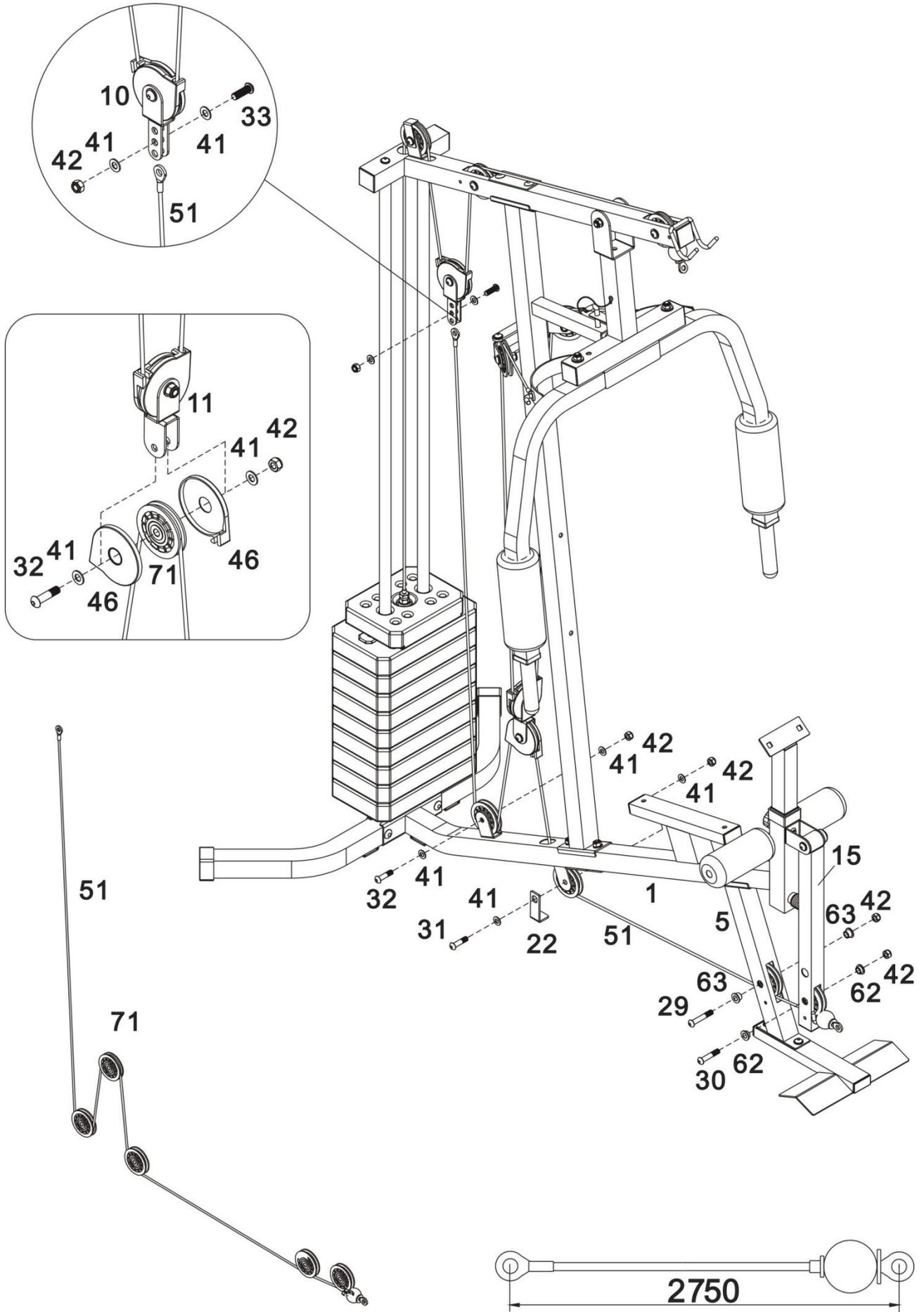
Step 13

a. Hook one end of the 2750mm Butterfly cable (50) to Right butterfly (7). Place a Ø77mm Pulley (71) under the cable, position the pulley into the Swivel pulley brackets (12). Fix using M10 x 40mm Allen bolts (32), 2 x Ø10mm Washers (41) and M10 Aircraft nut (42).

b. Repeat "a" to attach the left side.

c. Place a Ø77mm Pulley (71) onto the cable and fit Pulley covers (46) over Pulley and cable. Attach Pulley assembly to Angle double pulley bracket (11) using M10 x 40mm Allen bolt (32), 2 x Ø10mm Washers (41) and M10 Aircraft nut (42).

Assembly instructions



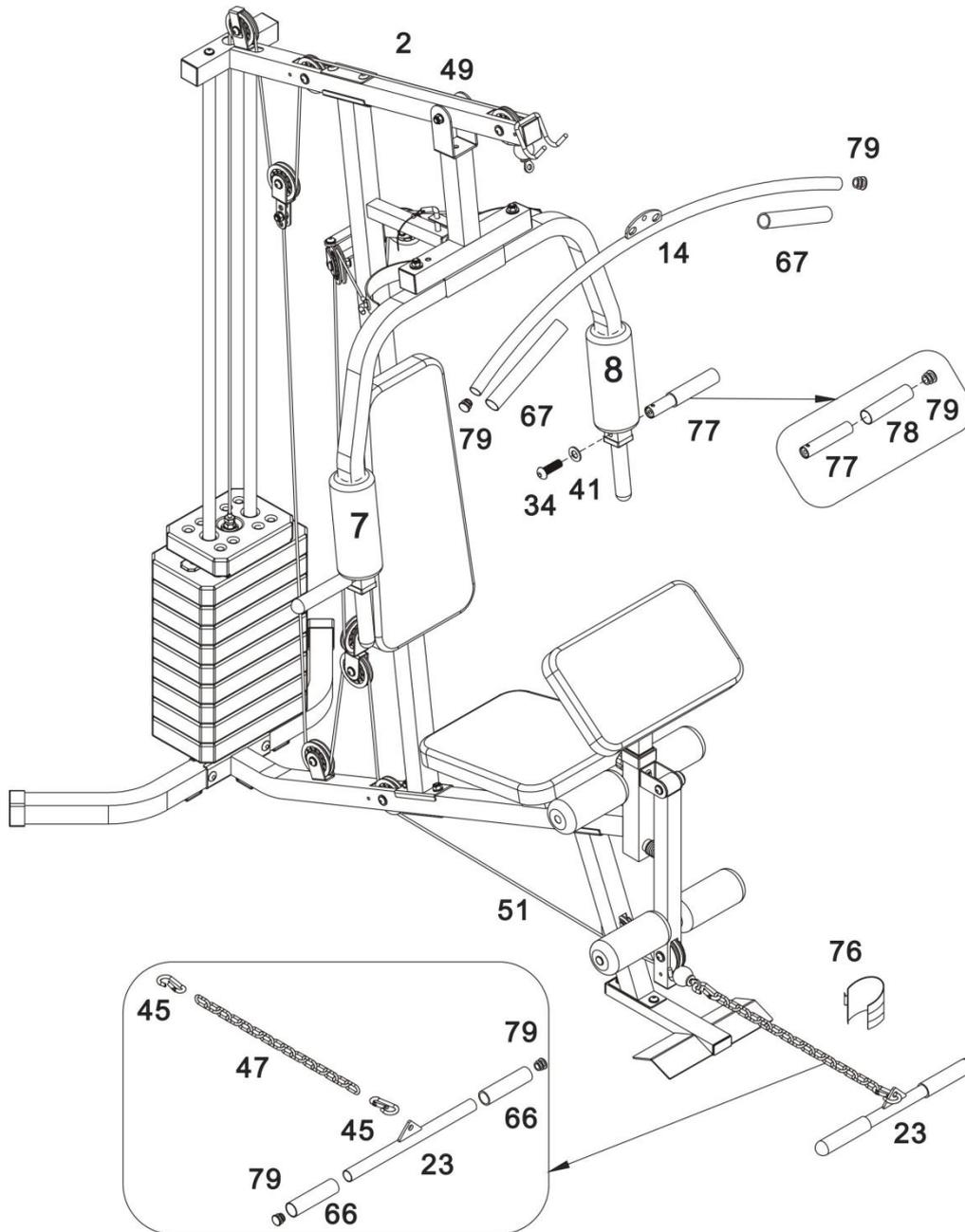
Assembly instructions

Step 14

Important: Study and follow the diagram carefully.

- a. Feed the loop end of 2750mm Lower cable **(51)** through opening in the Leg developer **(15)**. Insert 2 x $\text{Ø}22$ x 11mm Pulley bushings **(62)** into holes and attach 1st Pulley using M10 x 53mm Allen bolt **(30)** and M10 Aircraft nut **(42)**.
- b. Insert 2 x $\text{Ø}22$ x 15mm Pulley bushings **(63)** into holes and attach 2nd Pulley using M10 x 60mm Allen bolt **(29)** and M10 Aircraft nut **(42)**.
- c. Attach 3rd Pulley to Base frame **(1)** using a M10 x 42mm Allen bolt **(31)**, 2 x $\text{Ø}10$ mm Washers **(41)**, M10 Aircraft nut **(42)** and 1 x L-Shaped separation blade **(22)**.
- d. Place 4th Pulley onto the cable and fit Pulley covers **(46)** over Pulley and cable. Attach Pulley assembly to the other end of the Angled double pulley bracket **(11)** using M10 x 40mm Allen bolt **(32)**, 2 x $\text{Ø}10$ mm Washers **(41)** and M10 Aircraft nut **(42)**.
- e. Attach 5th Pulley to Base frame **(1)** using M10 x 40mm Allen bolt **(32)**, 2 x $\text{Ø}10$ mm Washers **(41)** and M10 Aircraft nut **(42)**.
- f. Secure the end of the Lower cable **(51)** to the Floating pulley bracket **(10)** using M10 x 30mm Allen bolt **(33)**, 2 x $\text{Ø}10$ mm Washers **(41)** and M10 Aircraft nut **(42)**.

Assembly instructions



Step 15

Important: Now fully tighten the fixings ensuring that all of the pulleys and brackets can move freely.

Attach the Lat bar (14) onto the Upper frame (2) hooks.

Connect the Pull bar (23) to the end of Lower cable (51) using 2 x Clip hooks (45) and 15 Joint chain (47).

Attach 2 x Front press handle (77) to the Right/Left butterfly (7&8). Fix using 2 x M10 x 25mm Allen bolt (34) and 2 x Ø10mm Washers (41).

Note: (66/67) was fixed in the factory.

Exploded Parts List

Part	Description	Qty.	Part	Description	Qty.
1	Base frame	1	22	L-Shaped separation blade	2
2	Upper frame	1	23	Pull bar	1
3	Vertical frame	1	24	Backrest pad	1
4	Rear stabilizer	1	25	Seat pad	1
5	Leg developer holder	1	26	Preacher pad	1
6	Front press base	1	27	M10 x 65mm Carriage bolt	8
7	Right butterfly	1	28	M10 x 65mm Allen bolt	2
8	Left butterfly	1	29	M10 x 60mm Allen bolt	4
9	Preacher pad support	1	30	M10 x 55mm Allen bolt	1
10	Floating pulley bracket	1	31	M10 x 42mm Allen bolt	2
11	Angle double pulley bracket	1	32	M10 x 40mm Allen bolt	6
12	Swivel pulley bracket	2	33	M10 x 30mm Allen bolt	1
13	Select rod	1	34	M10 x 25mm Allen bolt	6
14	Lat bar	1	35	M8 x 60mm Allen bolt	2
15	Leg developer	1	36	M8 x 18mm Allen bolt	2
16	Front stabilizer	1	37	M6 x16mm Phillips screw	1
17	Foam roll tube	2	38	ST4.8 Philips screw	2
18	Guide rod	2	39	Ø25 x Ø11 x 1.5 Washer	4
19	Rear U-shaped bracket	1	40	Ø8mm Washer	6
20	120mm Bracket	3	41	Ø10mm Washer	40
21	M10 x 95mm Axle	1	42	M10 Aircraft nut	28

Exploded Parts List

43	Seated press lock pin	2	62	Ø22mm x 11mm Pulley bushing	2
44	Stack select pin	1	63	Ø22mm x 15mm Pulley bushing	6
45	6# Clip hook	2	64	M10 Nut cap	1
46	Pulley cover	6	65	Ø26mm x 38mm Hollow sleeve	2
47	15 Joint chain	1	66	Front press handle grip Ø25×130	4
48	Ø25mm ×31mm Bushing	2	67	Lat pull handle grip	2
49	2700mm Upper cable	1	68	Lock knob	1
50	2750mm Butterfly cable	1	69	Ø17mm Foam roll	4
51	2750mm Lower cable	1	70	Ø45mm Foam roll	2
52	45mm End cap	5	71	Ø77mm pulley	12
53	38mm End cap	4	72	8LBS Select plate	1
54	25×50mm End cap	4	73	10LBS Weight plate	9
55	Ø19mm End cap	4	74	Ø25mm End cap	1
56	Rear stabilizer end cap	2	75	M10×16mm Allen Bolt	2
57	Ø37mm Rubber bumper	1	76	Ankle strap	1
58	Ø61mm Rubber bumper	2	77	Front press handle	2
59	30mm Rubber bumper	1	78	Front press handle grip Ø25×110	2
60	45mm x 38mm Sleeve	1	79	Ø25mm End cap	8
61	M8 x 40mm Allen bolt	2			



GARLANDO SPA

Via Regione Piemonte, 32 - Zona Industriale D1

15068 - Pozzolo Formigaro (AL) - Italy

www.everfit.it - info@everfit.it