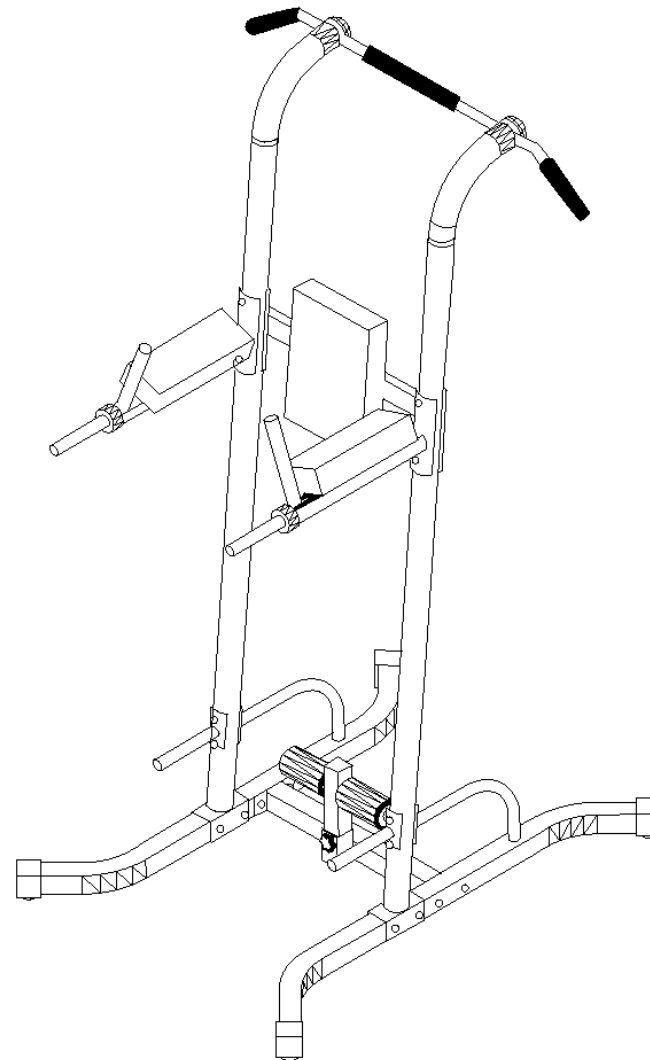


XODUS
FM-G3006

**MULTI-EX TOWER
Owner's Manual**



Distributed & Serviced by:
CAP BARBELL, INC.
P.O. BOX 42213, HOUSTON
TEXAS 77242-2213
Tel: 1-877-227-0955
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E-mail: service@capbarbell.com

IMPORTANT SAFETY NOTICE

PRE CAUTIONS

This exercise machine is built with safety in mind. However certain precautions apply whenever you operate a piece of exercise equipment.

Be sure to read the entire manual before you assemble or operate your machine. Please note the following safety precautions:

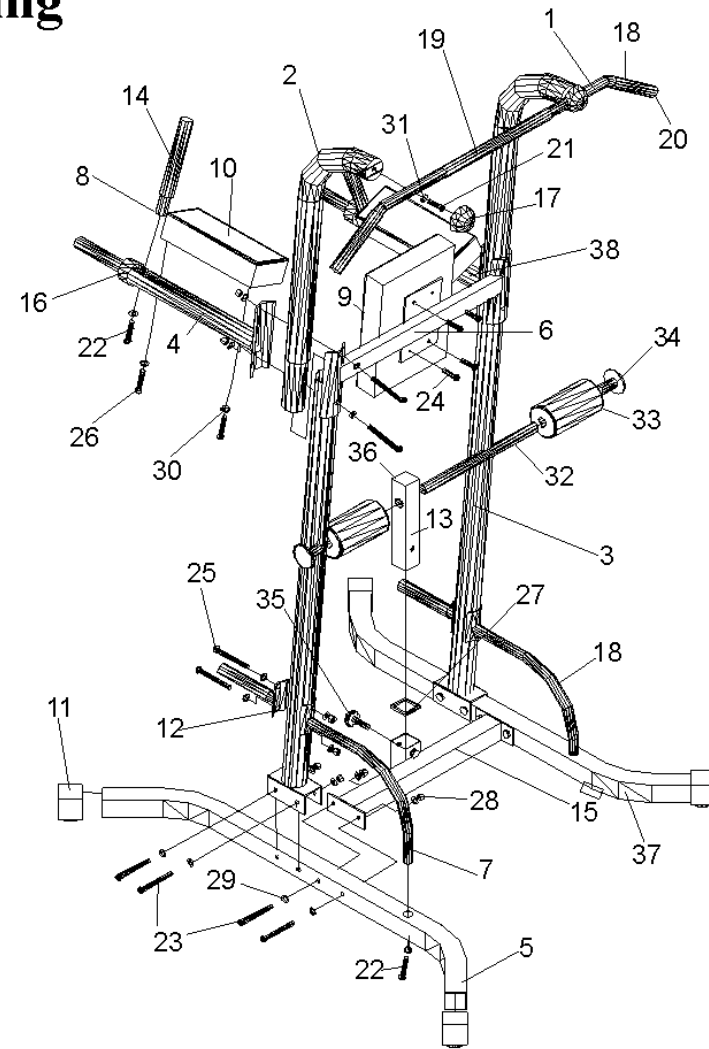
1. Keep children and pets away from this machine at all times. **DO NOT** leave children unattended in the same room with this machine.
2. Only one person at a time should use this machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
4. Position this machine on a clear, leveled surface. **DO NOT** use this machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are required when using this machine.
7. **DO NOT** use attachments not recommended by the manufacturer.
8. **DO NOT** place any sharp object around the machine.
9. Disabled person should not use this machine without a qualified person or physician in attendance.
10. Always do warm up and stretching exercises before using this machine.
11. Never operate this machine if it is not functioning properly.
12. To prevent any cardiovascular and muscular injury and excite the capacity of the machine, we recommend the user gradually increase the weight on the machine.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. CAP BARBELL, INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

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MULTI-EX TOWER

Assembly Drawing





MULTI-EX TOWER Parts list

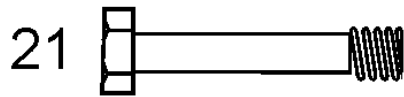
No.	Part No.	Description	Qty	Pre-assembled
1	PFMG3006-01	Lat Bar	1	No
2	PFMG3006-02	Upright Supports For Lat	2	No
3	PFMG3006-03	Upright Supports For Dip	2	No
4	PFMG3006-04	Right Dip Handle Arm	1	No
5	PFMG3006-05	Right Base Leg	1	No
6	PFMG3006-06	VKR Cross Support	1	No
7	PFMG3006-07	Curved Supports	2	No
8	PFMG3006-08	VKR Handles	2	No
9	PFMG3006-09	Padded Back Support	1	No
10	PFMG3006-10	Arm Pads	2	No
11	PFM2007-09	Rubber End Caps	4	Yes
12	PFMG3006-11	Foot Supports	2	No
13	PFMG3006-12	Foam Roller Support	1	No
14	PFM2007-08	Rubber Hand Grips	6	Yes
15	PFMG3006-13	Center Cross Support	1	No
16	PFMG3006-14	Dip Handle Bushings	2	Yes
17	PFM3141-16	Globe Plastic Caps #60	2	No
18	PFM2006-18	Foam Paddings	4	Yes
19	PFM2006-19	Long Foam Padding	1	Yes

No.	Part No.	Description	Qty	Pre-assembled
20	PRK1-03	Round End Cap #25	2	Yes
21	PFM2230-06	Bolts M10*50	2	No
22	PRK3B-03	Bolts M10*20	4	No
23	PRK1B-06	Bolts M10*70	8	No
24	PFM2006-23	Bolt M6*15	4	No
25	PFM2101-23	Bolt M10*80	8	No
26	PFM2006-25	Bolts M8*65	4	No
27	PFM2007-11	Plastic Bushing 50*44	1	Yes
28	PRK1-05	Nut M10	16	No
29	PRK1-06	Washers #10	34	No
30	PFM2006-27	Washers #8	4	No
31	PFM2006-28	Curved Washers #10	2	No
32	PFM2101-17	Foam Roller Post	1	No
33	PFM2002-03	Foam Rollers#95*23*160	2	No
34	PFM2002-04	Foam Roller End Caps	2	No
35	PFM2101-32	Knob Bolt M10*55	1	No
36	PFM2007-15	Plastic Cap 44*44	1	Yes
37	PFMG3006-15	Left Base Leg	1	No
38	PFMG3006-16	Left Dip Handle Arm	1	No



MULTI-EX TOWER Hardware List

FM-G3006



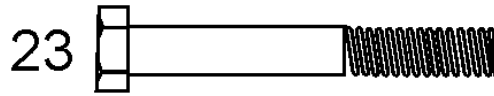
21

M10x50
2pcs.



22

M10x20
4pcs.



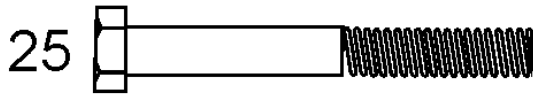
23

M10x70
8pcs.



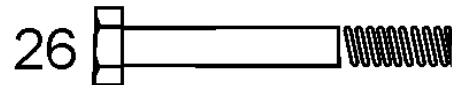
24

M6x15
4pcs.



25

M10x80
8pcs.



26

M8x65
4pcs.



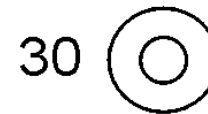
28

M10 Nut
16pcs.



29

Washer
23mm (Φ10)
DIA for M10
34pcs.



30

Washer
20mm (Φ8)
DIA for M8
4pcs.



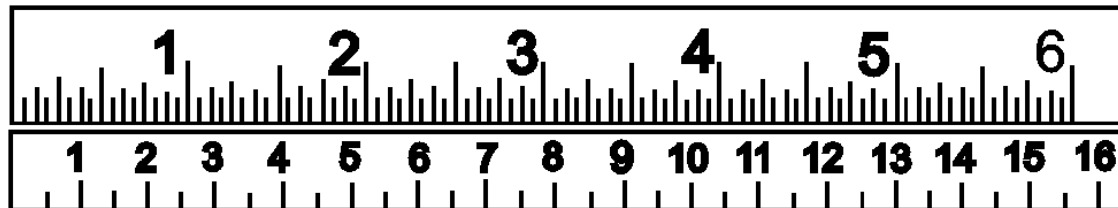
31

Curved Washer
23mm (Φ10)
DIA for M10
2pcs.

Note:

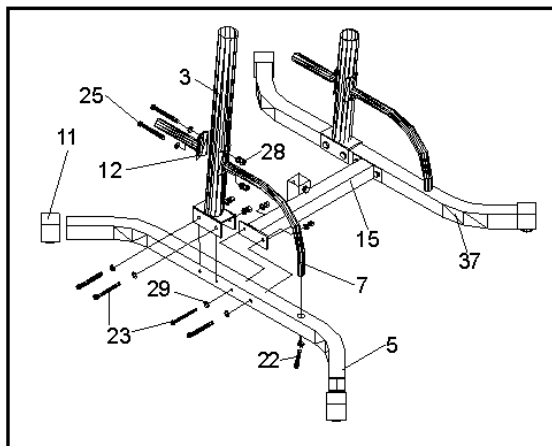
An Allen Wrench has been provided for machine assembling.
If you have any question, or find there are missing or damaged parts,
we guarantee you complete satisfaction through direct assistance from our
Customer Service Center. We will provide immediate assistance to you.

INCHES



CENTIMETERS

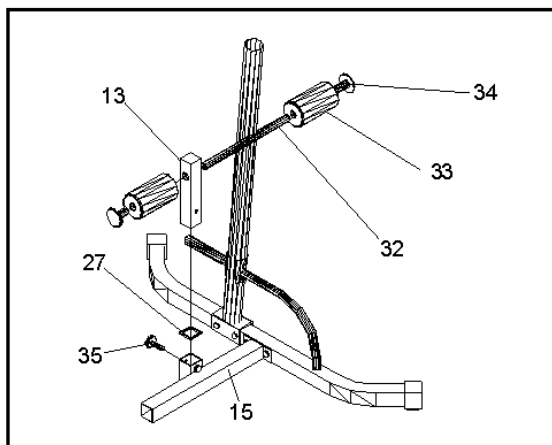
Assembling Procedures



Procedure 1

- Place the two **Base Legs**(5)&(37) on the ground according to the position shown on the picture.
- Insert **Curved Support**(7) into the hole on the **Base Leg**. Secure it with one **Bolt**(22) for each side.
 - Connect **Center Cross Support**(15) to catch **Base Leg** by using two **Bolts**(23), four **Washers**(29) and two **Nuts**(28) for each side.
 - Connect one **Upright Support For Dip**(3) to catch **Base Leg** by two **Bolts**(23), four **Washers**(29) two **Nuts**(28) for each side.
 - Connect one **Foot Support**(12) and one **Curved support**(7) with **Upright Support For Dip**. Secure them with two **Bolts**(25), four **Washers**(29), and two **Nuts**(28) for each side.
 - Push four **Plastic Caps**(11) to the end tube of **Base Leg**.

Tighten the bolts by hand only. Do not use wrenches in this step.



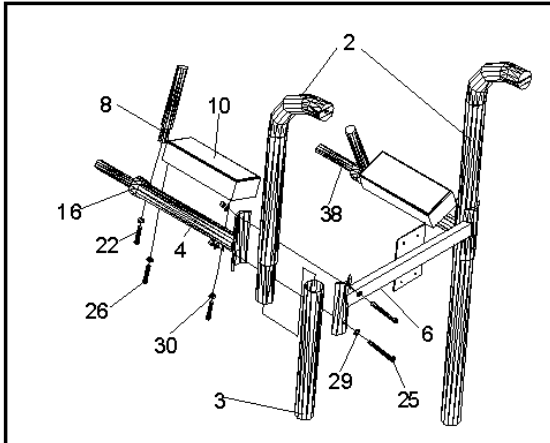
Procedure 2

- Insert **Plastic Bushing**(27) and **Foam Roller Support**(13) into the hole on the **Center Cross Support**(15). Secure it with a **Knob Bolt**(35).
- Insert **Foam Roller Post**(32) halfway into the hole on the **Foam Roller Support**(13). Push two **Foam Rollers**(33), two **Plastic Caps**(34) onto the **Foam Roller Post** from both sides.

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for more quality Cap Barbell's products

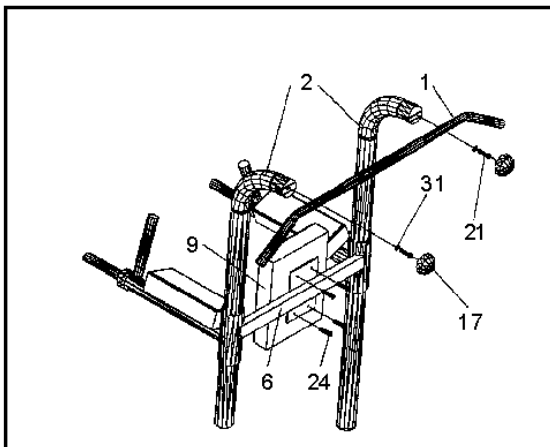
Assembling Procedures

Procedure 3



- A) Slide one **Upright Support For Lat(2)** onto each **Upright Support For Dips(3)** so that the angled parts at the top for the Lat are on the same side as the push-up bars.
- B) Connect **Right Dip handle Arm (4)** to each set of **Upright Support For Dip and Lat(2)&(3)**. Connect **VKR Cross Support(6)** on the other side. Secure them with two **Bolts(25)**, four **Washers(29)** and two **Nuts(28)** for each side.
- C) Connect one **VKR Handle(8)** into each **Dip Handle Arm (4)&(38)** by using one **Bolt(22)** and one **Washer(29)** for each side.
- D) Connect one **Arm Pad(10)** to each **Dip Handle Arm(4)&(38)** by using two **Bolts(26)**, two **Washers(30)** for each side.

Tighten the bolts by hand only. Do not use wrenches in this step.



Procedure 4

- A) Connect **Lat Bar(1)** into the **Upright Supports For Lat(2)** by Using two **Bolts(21)** and two **Curved Washer(31)**.
- B) Push two **Globe Plastic Caps(17)** to the end of **Upright Supports For Lat(2)**.
- C) Connect **Padded Back Support(9)** to the bracket on the **VKR Cross Support(6)** by using four **Bolts(24)**.

Firmly tighten all the bolts with the wrenches in the machine.