Instructions for Use – Gymleco Strength Equipment

General instructions for use, safety and maintenance for all Gymleco strength equipment

Last updated: November 2026 · Version 1.1

1. About these instructions for use

These instructions for use apply to all Gymleco strength equipment: selectorised machines (with weight stack), plate-loaded machines (loaded with weight plates), cable and multi-station machines, racks, rigs, weight benches, free-standing training stations, wall- and ceiling-mounted equipment and accessories for strength training, as well as to lockers and locker units. For treadmills and other electrically powered equipment, the operating instructions specific to that equipment apply.

Read these instructions for use in full, together with the technical data sheet of the respective machine, before you set up, use or maintain the machine. The data sheet contains the machine-specific information such as dimensions, machine weight and weight stack.

Keep these instructions for use and the data sheet for future reference. Pass both on if the machine is handed over to a third party. Operators of training facilities ensure that the instructions are accessible to all persons who use, supervise or maintain the machine.

2. Manufacturer and contact

Manufacturer: Fitness Trade Europe AB (Gymleco), Klargöringsvägen 4, 635 06 Eskilstuna, Schweden · info@gymleco.se · +46 (0)8 500 052 08

Seller and contact for Austria, Switzerland, Liechtenstein and Slovenia: Bodyfit Handels KG, Wiener Straße 190, 4020 Linz, Österreich · info@bodyfit-shop.at · +43 5356 90990

If you have questions, damage or need spare parts, please contact Bodyfit Handels KG. Please have the article number of the machine to hand (see rating plate or data sheet).

3. Intended use

Gymleco strength equipment is intended for strength training by adults in dry indoor rooms, in private settings as well as in gyms, hotels, clubs, companies and therapy facilities. Each machine may only be used for the exercises for which it is built.

In particular, the following do not constitute intended use:

- use outdoors, in damp rooms or in extreme heat or cold,
- climbing, standing or sitting on machine parts that are not designed for this,
- use by several persons at the same time, unless the machine is expressly built for this (e.g. multi-station machines with several training stations),
- conversions or modifications to the machine and the fitting of accessories that have not been approved,
- use as a lifting, pulling or fastening device.

In training facilities, the operator regulates access, instruction and supervision. The extent and type of supervision depend on the users, for example on their age, experience and state of health.

4. Safety instructions and warnings

Read and observe all instructions and warning labels on the machine. Do not remove any warning labels. Damaged or illegible labels must be replaced.

Before training

- Before each use, check that the seat, pads, stops, bolts, pins and locking devices are firmly in place and that cables, belts, pulleys and handles are undamaged.
- Do not use a machine that is damaged or not working properly. Mark it as out of service and inform the operator or Bodyfit.

- Before training, adjust the machine correctly to your body size (see section 7).
- Wear suitable sportswear and sturdy, non-slip footwear. Loose clothing, jewellery and long hair must not get caught in moving parts.
- Warm up before training, for example with a considerably lower weight.

During training

- Never reach into moving parts, cable guides, pulleys or the area of the weight stack.
- Keep children and pets away from the machine. Moving parts are a particular danger to children. Adolescents may only train under the supervision of an adult who has been instructed in the use of the machine.
- Perform all movements in a controlled manner. Never let weights, lever arms or the weight stack drop or spring back uncontrolled.
- Avoid fully locking out your joints under load.
- Only train with free weights or heavy loads with a training partner (spotter) or with the safety supports provided.
- Never exceed the maximum load of the machine (see section 6).

Health

- If you have pre-existing conditions, after injuries or operations, during pregnancy or after a long break from training, seek medical advice before training.
- Stop training immediately if pain, dizziness, nausea, shortness of breath or pressure in the chest occur.
- Incorrect or excessive training can damage your health.

5. Delivery, transport and installation

Delivery and transport

Gymleco strength equipment is generally delivered pre-assembled. Machines that are delivered partially disassembled may only be assembled by competent persons. When doing so, follow the assembly instructions of the manufacturer or of Bodyfit.

Strength machines are heavy (for machine weight, see data sheet) and can tip over during transport. Only transport machines with suitable equipment (e.g. pallet truck, furniture dolly) and with a sufficient number of people. Never lift the machine by its cables, handles, pads or moving parts.

Installation location

- Only set up the machine in dry, adequately ventilated indoor rooms.
- The floor must be level, firm and have sufficient load-bearing capacity. Check the load-bearing capacity of the floor, particularly on upper storeys; machine weight plus weights plus user.
- The machine must stand stably, be secured against tipping and must not wobble. If the machine is moved later, check its stability again.
- Racks, rigs, tall machines and machines with a pull-up bar must be anchored to the floor or wall if this is specified in the data sheet or if the machine could tip over under load. The anchoring must be suitable for the respective surface and be carried out professionally.
- Plan a clear area around each machine: the entire range of movement at maximum setting (e.g. fully extended lever arms) plus a safety clearance of at least 0.6 m on all accessible sides. The clear areas of adjacent machines may overlap. Escape routes must be kept clear.
- Protect sensitive floors with a suitable floor protection mat.

Wall- and ceiling-mounted equipment

This includes, for example, wall bars, wall-mounted dip handles, pegboards, climbing ropes, gymnastic rings, punching bags and wall ball targets.

- Have the equipment installed only by competent persons.
- Only fix the equipment to walls and ceilings with sufficient load-bearing capacity, for example made of concrete or solid brick. Lightweight walls (e.g. plasterboard) and suspended ceilings are not suitable without a suitable substructure.
- Use wall plugs and screws that are suitable for the respective surface and the forces that occur, and use all intended fixing points. Also check whether any supplied fixings are suitable for your surface.

- Take the forces during training into account when fixing the equipment: swinging, jumping, climbing or striking produces forces that are a multiple of the body weight.
- Before drilling, check that there are no electricity, gas or water lines in the area of the drill holes.
- Provide sufficient clear space and suitable fall protection, for example floor mats, below and next to climbing ropes, rings, wall bars and pull-up handles. Hang rings and ropes so that the head and feet do not strike the floor, wall or ceiling during the exercise.
- Check the fixing for visible loosening before each use and for tightness at least once a month. Loose or damaged fixings must be repaired immediately; the equipment must not be used until then.

Free-standing training stations

The instructions on the installation location apply to stations such as leg raise, dip and pull-up stations. Stations with dip or pull-up handles can tip over under load, especially during swinging exercises. Anchor them to the floor or wall if they do not stand securely even when loaded at the outer edge.

Lockers, locker units and bases

Lockers and locker units are tall and narrow. They can tip over, especially when doors are open, when they are unevenly loaded or when someone holds on to them or pulls themselves up on them.

- Before use, secure each locker against tipping by fixing it to the wall or firmly to adjacent lockers and the base. The fixing must be suitable for the surface and be carried out professionally.
- Place lockers on a level, firm floor. Compensate for unevenness so that the locker does not wobble and the doors close properly.
- Firmly connect lockers that stand on a base or a base with bench to the base. The bench is for sitting only; do not stand or climb on it.
- Do not climb on lockers, do not hang on open doors and do not place heavy or loose objects on top of the locker.
- Do not overload the compartments and store heavy items at the bottom.
- Check doors, hinges, locks and the anti-tip fixing regularly and repair any damage immediately.

6. Maximum load

- Maximum load: the frame and construction of Gymleco strength machines can withstand considerably higher loads than the weight stack and weight plate holders. The permissible load is therefore determined by the weight stack or the weight plate holder (see data sheet). The manufacturer does not state a separate maximum user weight. If you have a very high body weight, please contact Bodyfit before first use.
- Selectorised machines may only be used with the factory-fitted weight stack (for weight, see data sheet). Do not hang or place any additional weights on them.
- Plate-loaded machines, racks and benches: the maximum additional load is stated in the data sheet. If no value is given there, ask Bodyfit before training with heavy loads.
- The weights stated on weight stacks and weight plates are guide values. The force actually acting depends on the gear ratio of the machine and may differ from them.

7. Adjustment and use

Setting the weight on the weight stack

- Only set the weight when the weight stack is fully lowered and at rest.
- Insert the selector pin fully into the desired weight plate. Only use the original Gymleco selector pin.
- Never insert the pin into a raised weight plate and never train with a partially inserted pin.

Adjusting the seat, pads and lever arms

- Adjust the seat, backrest, roller pads and lever arms so that the pivot point of the machine is aligned with the axis of the joint being trained.
- Adjustments with pop pins (spring-loaded locking pins) must engage audibly and fully. Check that they are firmly in place by shaking them gently before you load the machine.
- Never adjust the machine under load.

Plate-loaded machines and racks

- Load and unload weight plates as evenly as possible on both sides and secure them with suitable collars.

- In racks, set safety supports and safety arms to a height just below the lowest point of your movement.
- After training, store weight plates and bars on the storage holders provided.

Cable machines and handles

- Before training, check that the handle or strap is securely attached to the snap hook and that the snap hook is closed.
- Do not let go of handles while the cable is under load.

8. Care and maintenance

The safety of the machine is only maintained if it is regularly checked for damage and wear. Cables, belts, pulleys, bearings, pads and handles are particularly prone to wear. In training facilities, the operator is responsible for the regular inspections; we recommend recording the inspections in writing.

Interval	What
Before each use	Visual check: check cables, belts, pulleys, handles, bolts, pins, locking devices and pads for damage and that they are firmly in place
Weekly	Clean pads and handles; remove dust and dirt from guide rods and weight stack
Monthly	Check that screws and nuts are firmly in place and retighten them if necessary; check cables for kinks, crushing, broken strands and wear; check that pulleys and snap hooks function correctly; check that wall and ceiling fixings and the anti-tip fixing of lockers are secure
Annually	Thorough inspection of the entire machine by a competent person; check stability and anchoring

- Clean the frame and pads only with a damp cloth and a mild cleaning agent. Do not use harsh, abrasive or solvent-based agents. Dry the surfaces afterwards.
- Remove sweat from the pads after each training session.
- Keep guide rods clean and dry. Only lubricate machine parts as specified by the manufacturer or by Bodyfit.
- Cables with kinks, crushing or broken strands as well as damaged belts, pulleys or snap hooks must be replaced immediately. Until then, the machine must not be used.
- Only use original Gymleco spare parts. Repairs that go beyond cleaning and retightening screws may only be carried out by competent persons.

9. Faults and damage

In the event of damage, unusual noises, jerky movements or loose parts, stop training immediately. Secure the machine against further use and contact Bodyfit Handels KG (contact details in section 2).

10. Disposal

At the end of its service life, do not dispose of the machine with household waste. Gymleco strength equipment consists mainly of steel and is readily recyclable. Separate metal parts, plastics and pads and take them to a recycling centre or a specialist waste disposal company. Dispose of the packaging separately by material via the local collection system.

11. Guarantee and statutory warranty

The statutory warranty and the guarantee conditions of Gymleco or Bodyfit Handels KG apply. You can find the guarantee conditions at gymleco.at/pages/verkaufergarantie. Details, including guarantee exclusions, are governed by these guarantee conditions.