

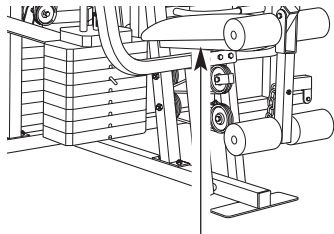
# GOLD'S GYM® XR60

## USER'S MANUAL

Model No. GGSY49230

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



Serial Number Decal (Under Seat)

### QUESTIONS?

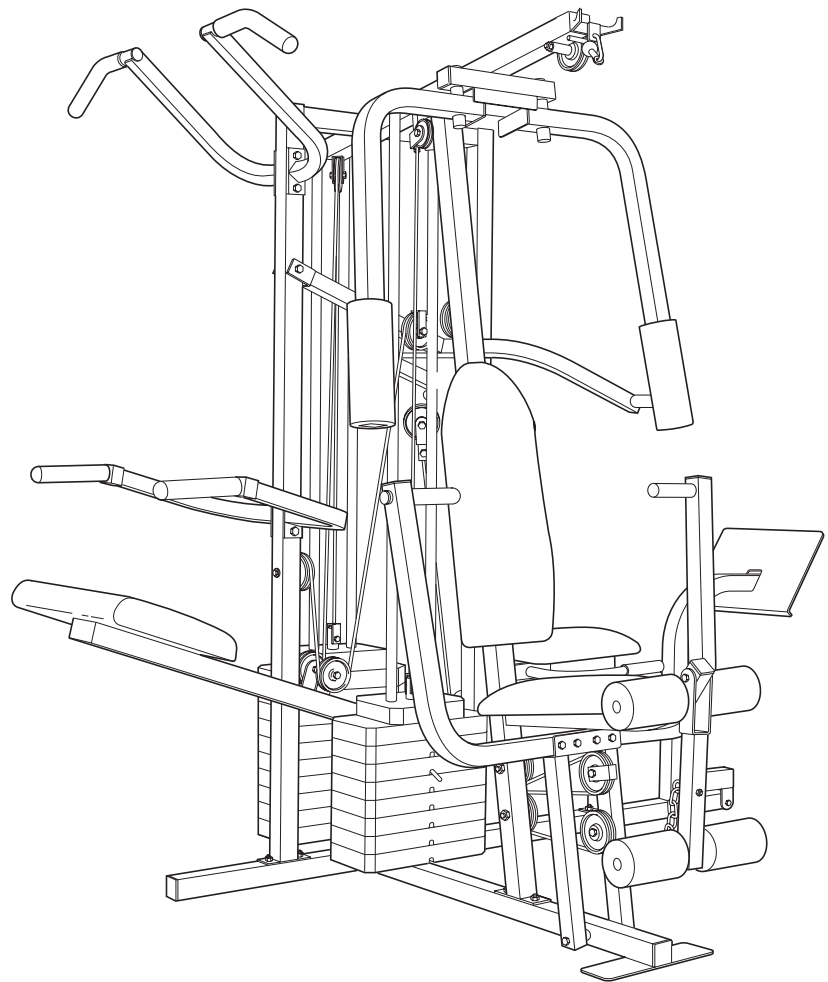
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

**CUSTOMER HOT LINE:**

**1-800-999-3756**

Mon.–Fri., 6 a.m.–6 p.m. MST



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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual.

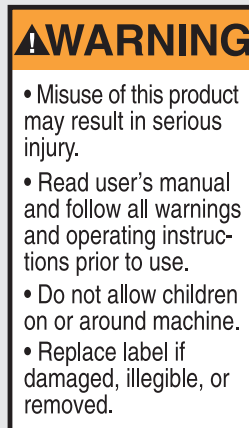
### CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight system.

1. Read all instructions in this manual and in the accompanying literature before using the weight system.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection.
9. The weight system is designed to support a maximum user weight of 300 pounds.
10. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
11. *Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.*
12. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
13. Never release the press arm, butterfly arms, military press arm, leg lever, leg press plate, lat bar or nylon strap when weights are raised. The weights will fall with great force.
14. Keep your hands away from the assist upright when the assist arm is being used. Your hand could become pinched between the assist upright and the assist arm.
15. Keep your hands away from the leg press upright when the military press arm is being used. Your hand could become pinched between the leg press upright and the military press arm.
16. Always be sure that your body weight is fully supported by the dip arms or the pull-up arms before kneeling on the assist arm. The assist arm can drop quickly when your body weight is placed on it.
17. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
18. The decals shown below have been placed on the weight system in the locations shown on page 3. If a decal is missing or illegible, call our toll-free Customer Hot Line at 1-800-999-3756 and order a free replacement decal. Apply the decal in the location shown.



Warning Decal 1



Warning Decal 2



Warning Decal 3

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

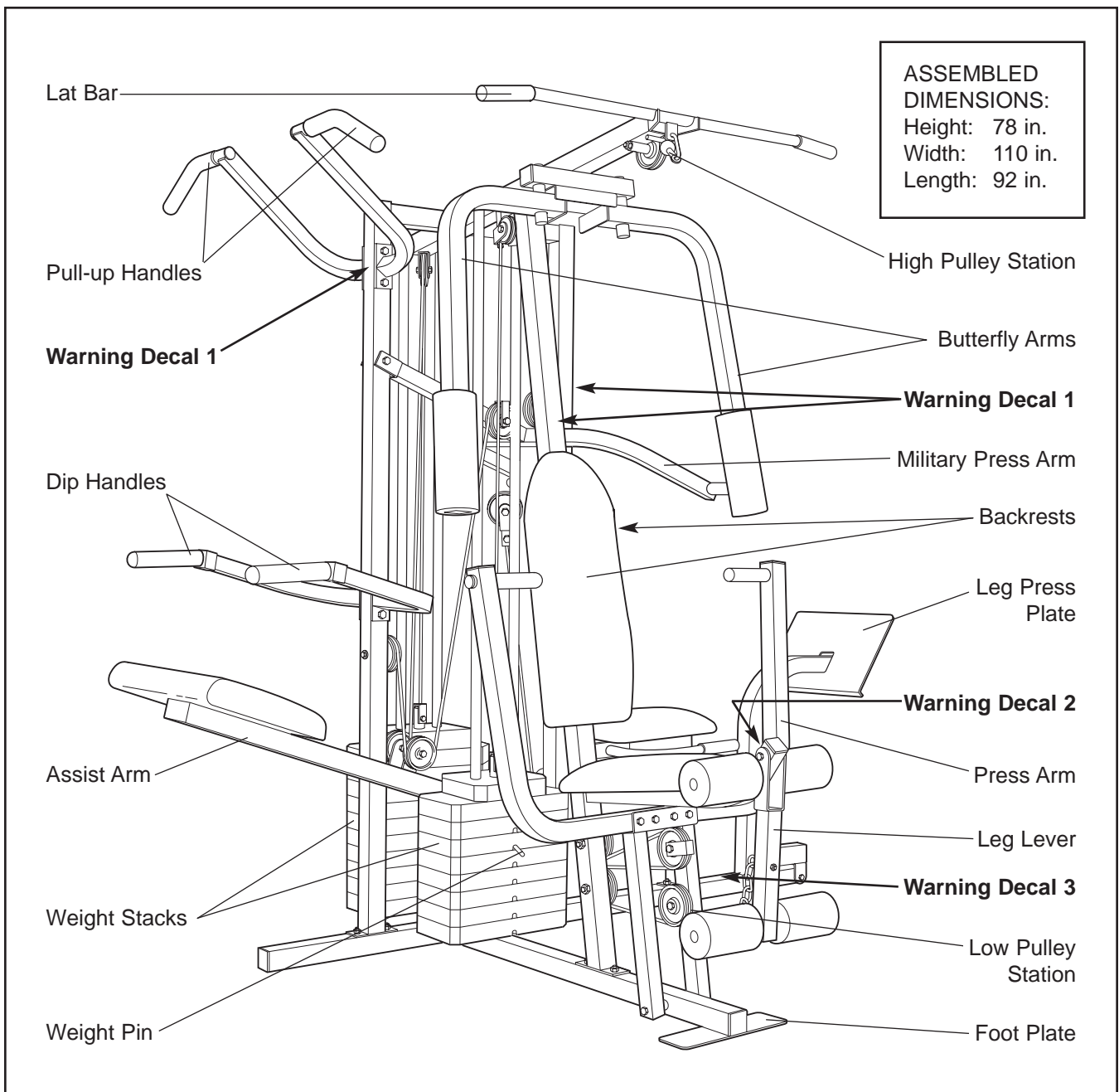
# BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM XR60 weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is GGSY49230. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

**For your benefit, read this manual carefully before using the weight system.** If you have additional

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.







# ASSEMBLY

**Before beginning assembly, carefully read the following information and instructions:**

- Place all parts of the weight system in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- The assembly is broken into four stages: 1) frame assembly, 2) arm assembly, 3) cable assembly, and 4) seat and backrest assembly. The hardware for each stage is packaged separately.
- Wait until you begin each assembly stage to open the parts bag labeled for that assembly stage.
- For help identifying the small parts used in assembly, **use the PART IDENTIFICATION CHART located in the center of this manual.**  
Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.

- As you assemble the weight system be sure that all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

**THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:**

- **Two (2) adjustable wrenches** 
- **One (1) standard screwdriver** 
- **One (1) phillips screwdriver** 
- **One (1) rubber mallet** 
- **Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.**

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

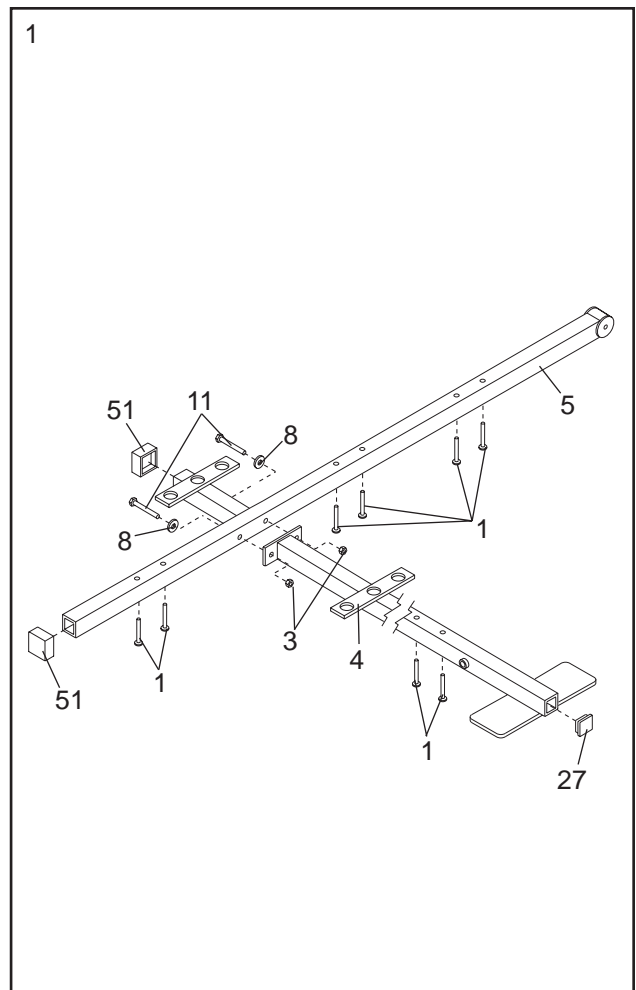
**Locate and open the parts bag labeled "FRAME ASSEMBLY."**

Press two 50mm Square Outer Caps (51) onto the Stabilizer (5). Press a 50mm Square Inner Cap (27) into the Base (4).

Insert six M8 x 65mm Carriage Bolts (1) up through the Stabilizer (5). Insert two M8 x 65mm Carriage Bolts up through the Base (4).

Attach the Base (4) to the Stabilizer (5) with two M8 x 70mm Bolts (11), two M8 Washers (8), and two M8 Nylon Locknuts (3). **Do not tighten the Nylon Locknuts yet.**

## FRAME ASSEMBLY

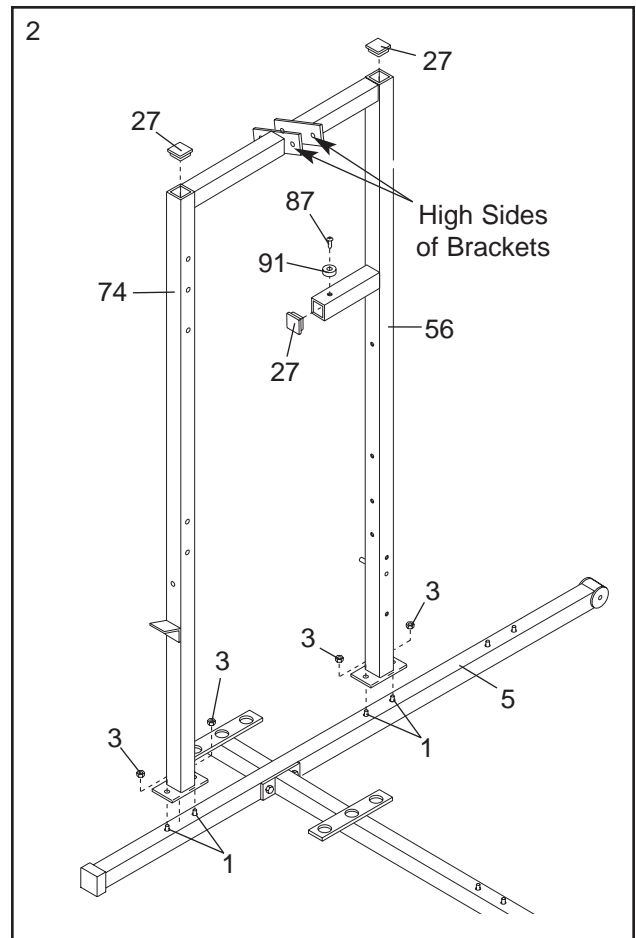


## FRAME ASSEMBLY

- Slide the Assist Upright (74) and the Leg Press Upright (56) onto the indicated M8 x 65mm Carriage Bolts (1) in the Stabilizer (5). **The high side of the brackets on the Assist Upright and Leg Press Upright should be on the side shown.** Hand tighten four M8 Nylon Locknuts (3) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**

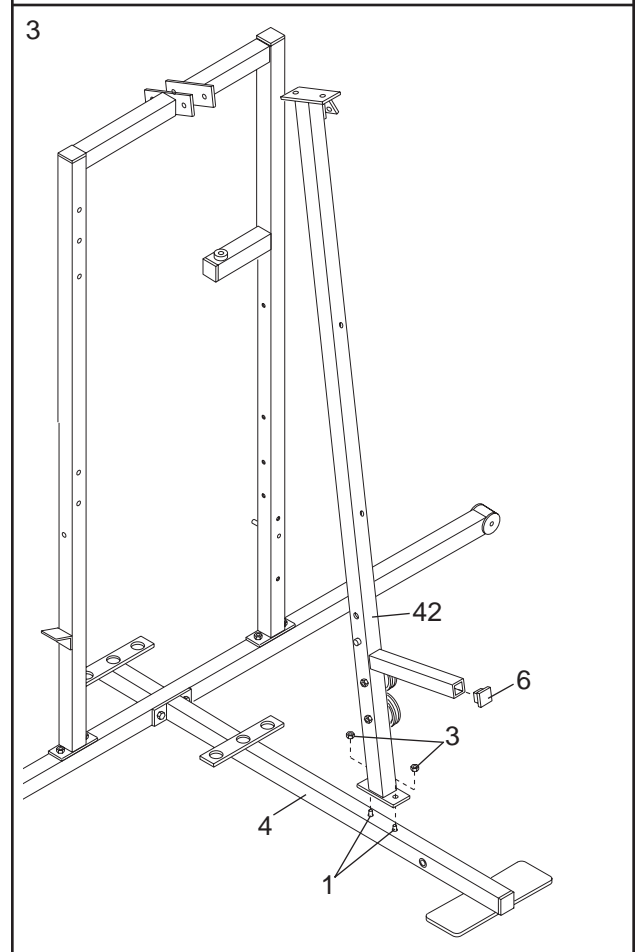
Press two 50mm Square Inner Caps (27) into the Leg Press Upright (56). Press a 50mm Square Inner Cap into the Assist Upright (74).

Attach the Rubber Bumper (91) to the Leg Press Upright (56) with the M4 x 16mm Self-tapping Screw (87).



- Slide the Front Upright (42) onto the M8 x 65mm Carriage Bolts (1) in the Base (4). Hand tighten an M8 Nylon Locknut (3) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**

Press a 25mm Square Inner Cap (6) into the Front Upright (42).



- Press a 50mm Square Inner Cap (27) into the end of the Top Frame (55). Press a 45mm Square Inner Cap (44) into each end of the crossbar on the Top Frame. Press two 25mm Inner Caps (113) into the top of the crossbar.

Attach the Top Frame (55) to the Assist Upright (74) and the Leg Press Upright (56) with two M8 x 70mm Bolts (11) and two M8 Nylon Locknuts (3).

Attach the Top Frame (55) to the Front Upright (42) with two M8 x 70mm Bolts (11), two M8 Washers (8), and two M8 Nylon Locknuts (3).

**Do not tighten the M8 Nylon Locknuts (3) yet.**

- Slide the Rear Seat Frame (100) onto the indicated M8 x 65mm Carriage Bolts (1) in the Stabilizer (5). Hand tighten two M8 Nylon Locknuts (3) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**

Attach the other end of the Rear Seat Frame (100) to the Leg Press Upright (56) with two M8 x 70mm Bolts (11), two M8 Washers (8), and two M8 Nylon Locknuts (3).

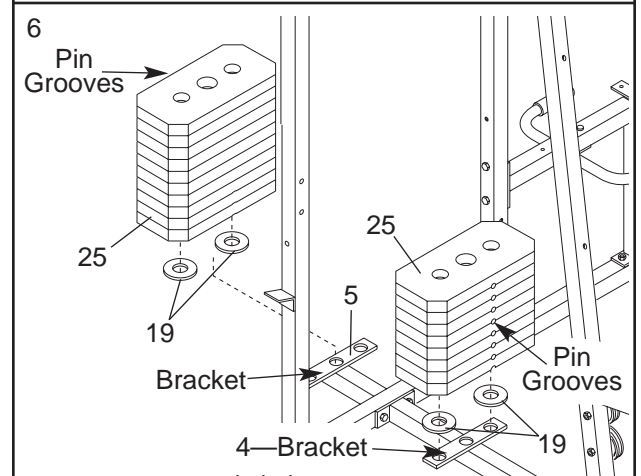
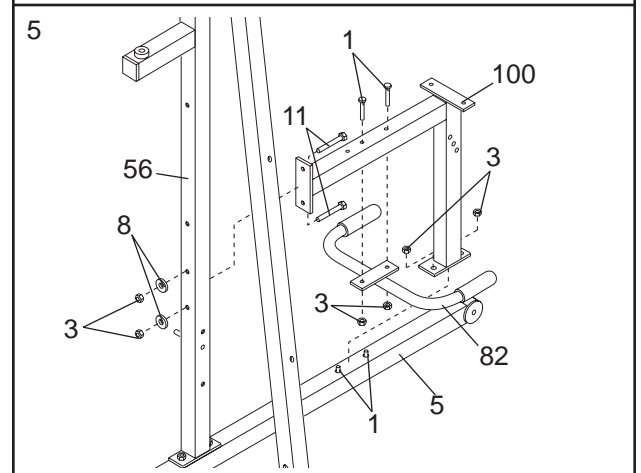
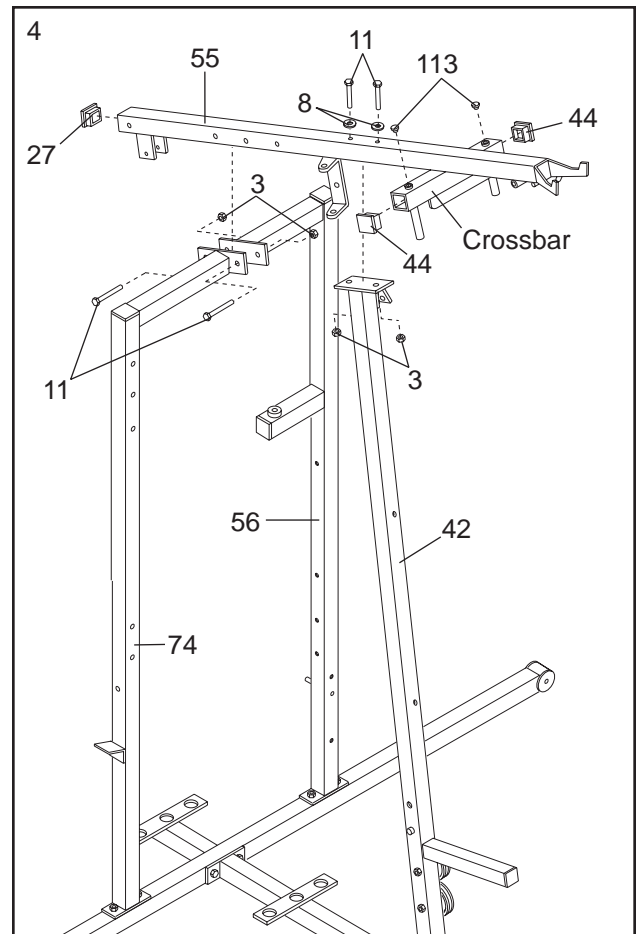
Attach the Handle (82) to the Rear Seat Frame (100) with two M8 x 65mm Carriage Bolts (1) and two M8 Nylon Locknuts (3).

**Tighten all Nylon Locknuts used in steps 1-5.**

- Set two Weight Bumpers (19) on the bracket on the Base (4) as shown. Set two Weight Bumpers (19) on the bracket on the Stabilizer (5). **Make sure the flat side of the Bumpers are on the bottom.**

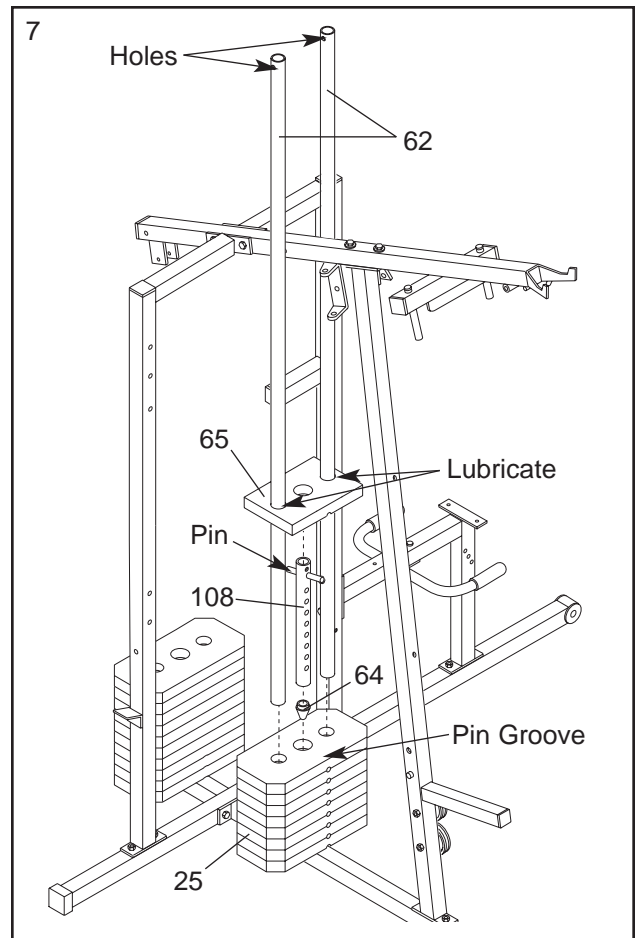
Stack ten Weights (25) onto the bracket on the Stabilizer (5). Stack eight Weights onto the bracket on the Base (4). **Be sure that the pin grooves are all on the same side of each stack of Weights.**

**Be careful not to tip either stack of Weights (25) until step 8 is complete.**



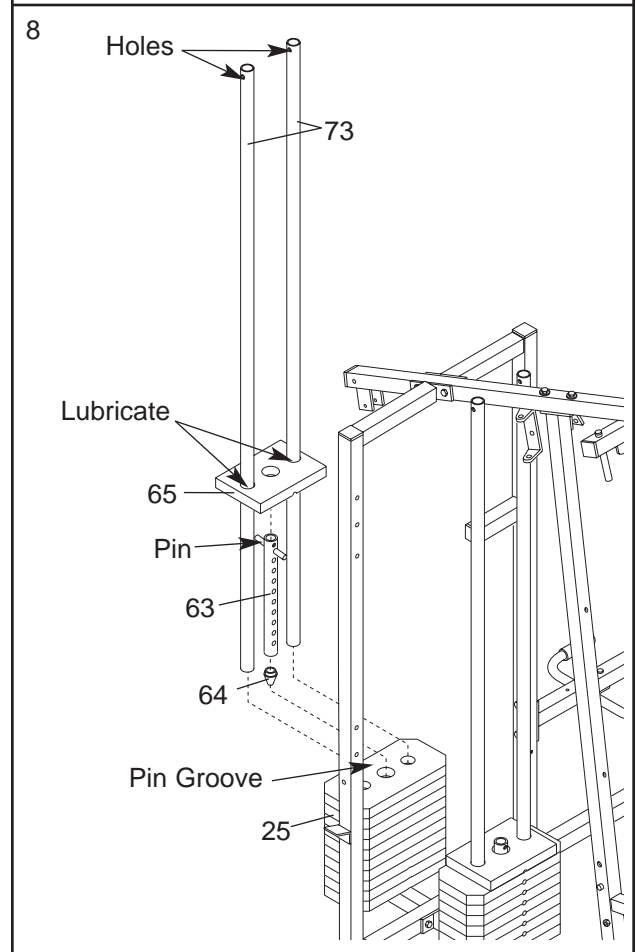
7. Press a Weight Tube Bumper (64) into the end of the Short Weight Tube (108). Insert the Weight Tube into the front stack of Weights (25). **Be sure that the pin on the Weight Tube is sitting in the pin groove in the top Weight.**

Lubricate the inside of the holes in a Top Weight (65). Set the Top Weight onto the front stack of Weights (25). Insert both Long Weight Guides (62) into the stack of Weights. **Be sure that the holes in the Weight Guides are at the top, as shown.**



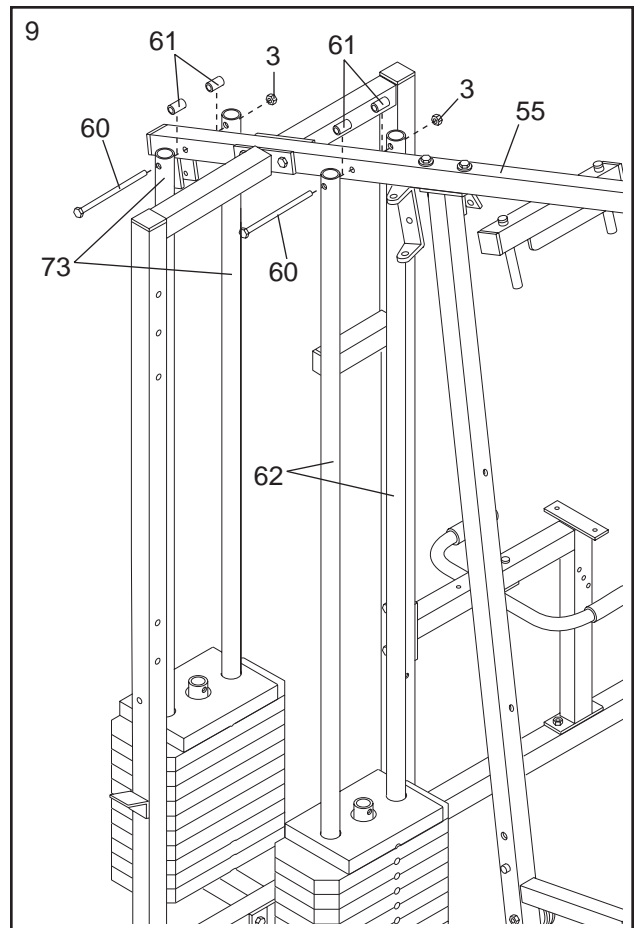
8. Press a Weight Tube Bumper (64) into the end of the Long Weight Tube (63). Insert the Weight Tube into the rear stack of Weights (25). **Be sure that the pin on the Weight Tube is sitting in the pin groove in the top Weight.**

Lubricate the inside of the holes in the other Top Weight (65). Set the Top Weight onto the rear stack of Weights (25). Insert both Short Weight Guides (73) into the stack of Weights. **Be sure that the holes in the Weight Guides are at the top, as shown.**



- Attach the upper ends of the Short Weight Guides (73) to the Top Frame (55) with an M8 x 150mm Bolt (60), two 19.5mm Spacers (61), and an M8 Nylon Locknut (3).

Attach the upper ends of the Long Weight Guides (62) to the Top Frame (55) in the same manner.

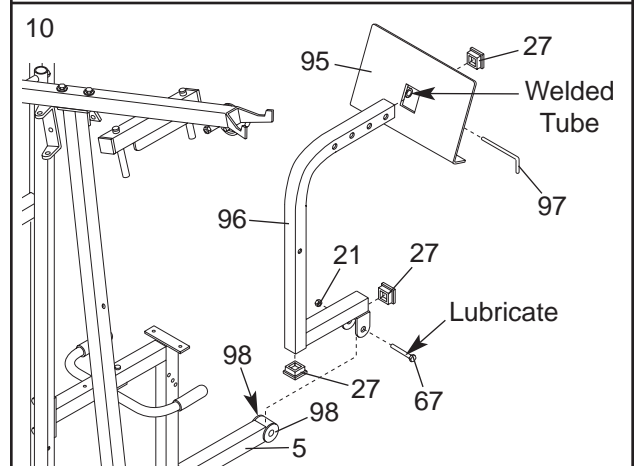


- Locate and open the parts bag labeled “ARM ASSEMBLY.”

Make sure there is a Bushing (98) in each side of the Stabilizer (5). Press three 50mm Square Inner Caps (27) into the ends of the Leg Press Arm (96).

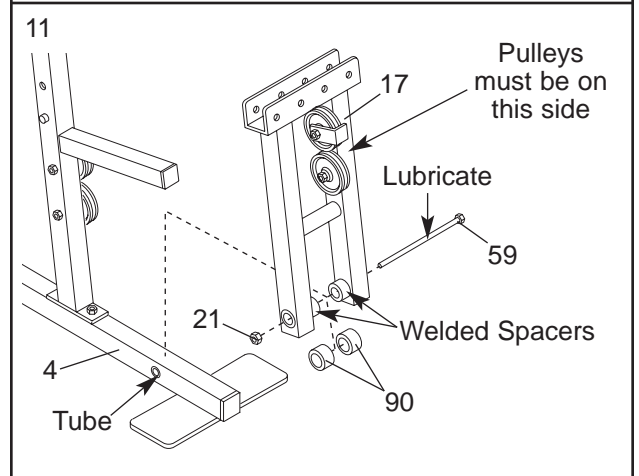
Lubricate an M10 x 80mm Bolt (67) with grease. Attach the Leg Press Arm (96) to the Stabilizer (5) with the Bolt and an M10 Nylon Locknut (21). **Do not overtighten the Locknut; the Leg Press Arm must be able to pivot freely.**

Align the welded tubes on the Leg Press Plate (95) with a set of holes in the Leg Press Arm (96). Attach the Leg Press Plate to the Leg Press Arm with the Press Pin (97).



- Press a 22mm Plastic Bushing (90) onto each welded spacer on the Press Frame (17). Slide the Press Frame into place onto the Base (4). **Note: This will be a tight fit; the Plastic Bushings should fit snugly over the ends of the indicated tube in the Base. Make sure that the pulleys are on the side shown.**

Lubricate the M10 x 198mm Bolt (59) with grease. Attach the Press Frame (17) to the Base (4) with the Bolt and an M10 Nylon Locknut (21). **Do not overtighten the Locknut; the Press Frame must be able to pivot easily.**

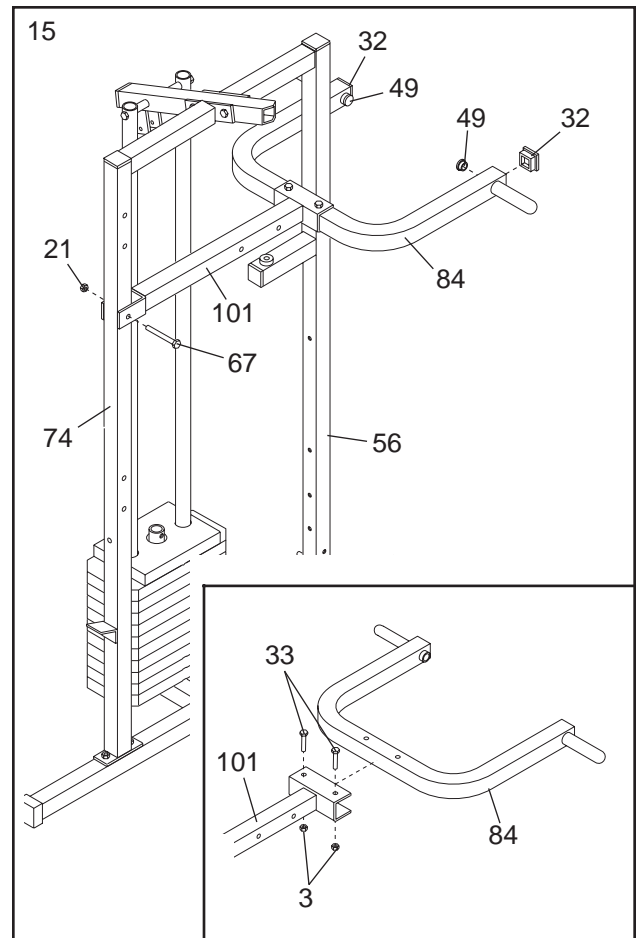




15. **See the inset drawing.** Attach the Military Press Arm (84) to the Pivot Arm (101) with two M8 x 55mm Bolts (33) and two M8 Nylon Locknuts (3).

Press two 38mm Square Inner Caps (32) into the Military Press Arm (84). Press two 25mm Round Inner Caps (49) into the Military Press Arm.

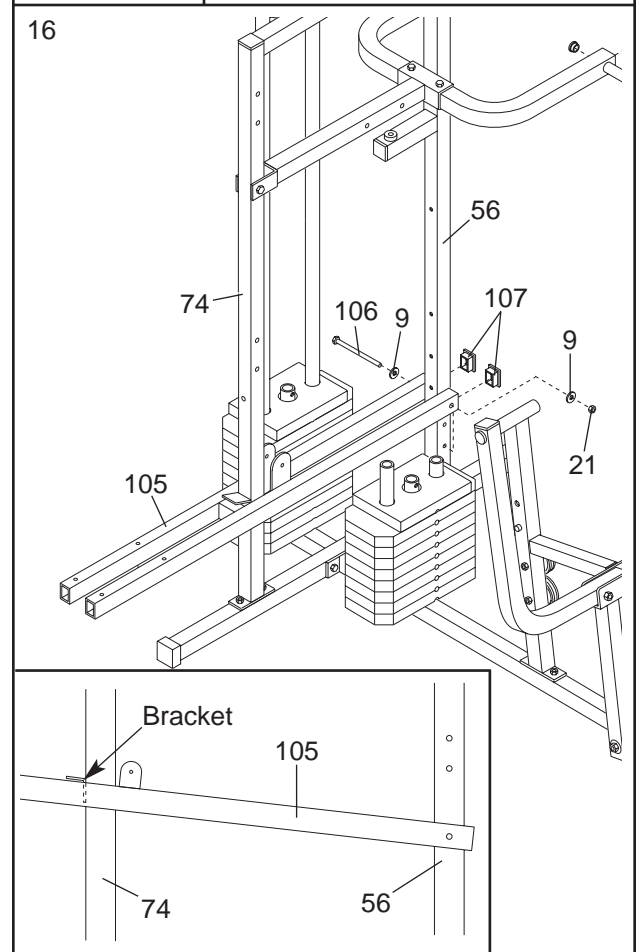
Attach the Pivot Arm (101) to the Assist Upright (74) with an M10 x 80mm Bolt (67) and an M10 Nylon Locknut (21). **Do not overtighten the Locknut; the Pivot Arm must be able to pivot easily.**



16. Press two 25mm x 50mm Inner Caps (107) into the Assist Arm (105).

Attach the Assist Arm (105) to the Leg Press Upright (56) with an M10 x 150mm Bolt (106), two M10 Washers (9), and an M10 Nylon Locknut (21). **Do not overtighten the Locknut; the Assist Arm must be able to pivot easily.**

**Note: (See the inset drawing.) The Assist Arm must be attached to the lowest hole in the Leg Press Upright (56). The Assist Arm must also be below the welded bracket on the Assist Upright (74).**



- Attach the Left Pull-up Arm (75) and the Right Pull-up Arm (77) to the Assist Upright (74) with two M8 x 70mm Bolts (11) and two M8 Nylon Locknuts (3).

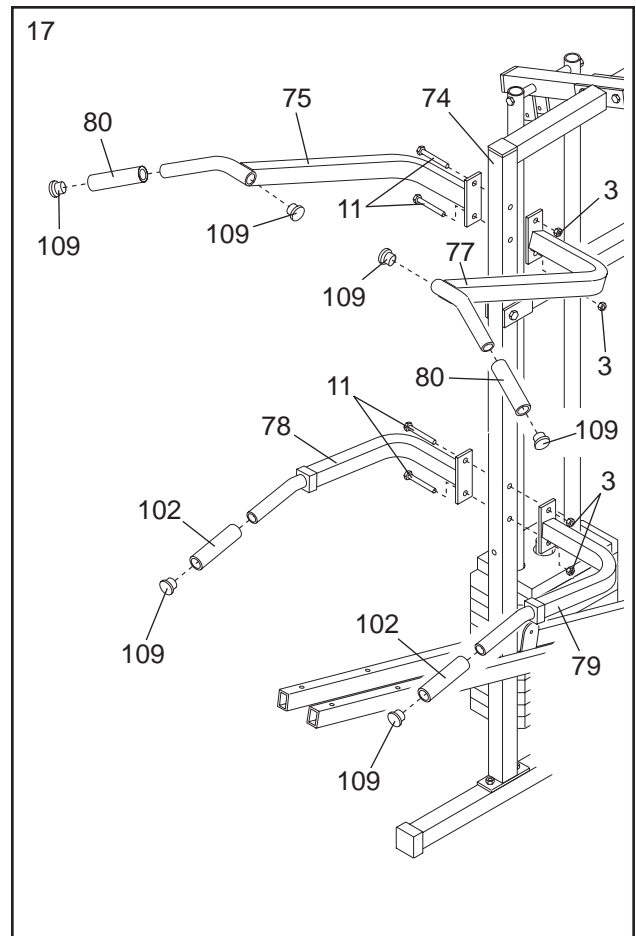
Attach the Left Dip Arm (78) and the Right Dip Arm (79) to the Assist Upright (74) with two M8 x70mm Bolts (11) and two M8 Nylon Locknuts (3).

Wet the end of the Left Pull-up Arm (75) with soapy water. Slide a Long Handgrip (80) onto the Left Pull-up Arm.

**Slide a Long Handgrip onto the Right Pull-up Arm (77) in the same manner. Slide a Short Handgrip (102) onto the Left Dip Arm (78), and onto the Right Dip Arm (79) in the same manner.**

Press four 32mm Round Inner Caps (109) into the Left and Right Pull-up Arms (75, 77).

Press two 32mm Round Inner Caps (109) into the Left and Right Dip Arms (78, 79).

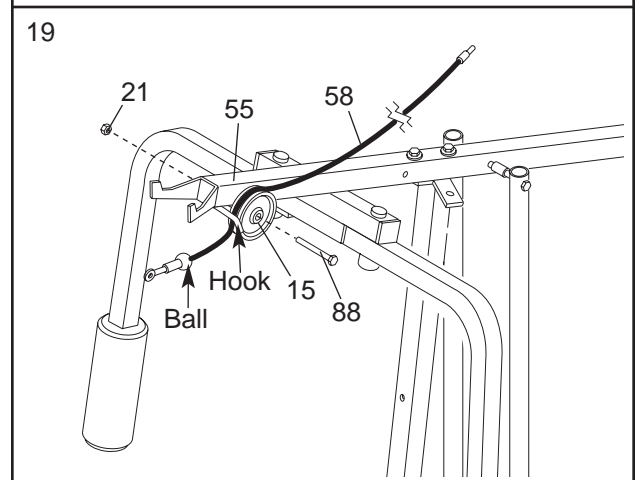
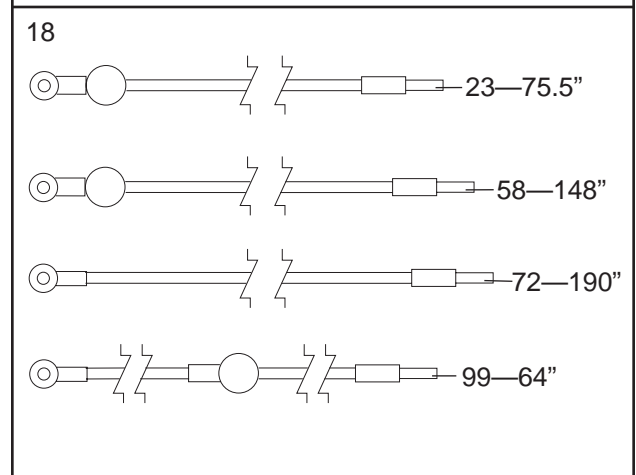


- Locate and open the pulley bag and the parts bags labeled "CABLE ASSEMBLY."**

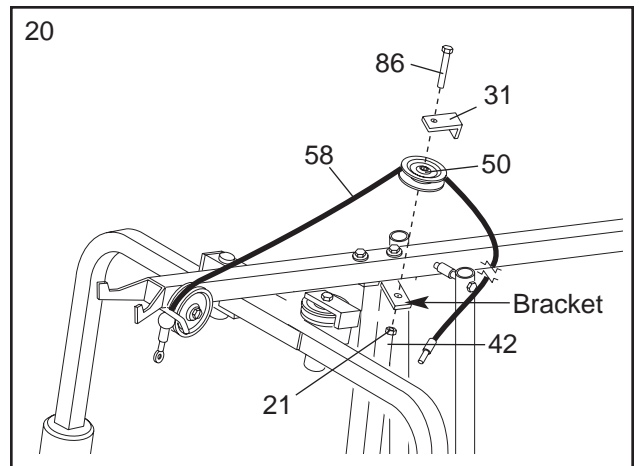
During steps 19 through 39, refer to the CABLE DIAGRAMS on pages 26–27 of this manual to verify proper cable routing. Before beginning this section, fully unwind the four cables. Identify the four cables by comparing the lengths and ends of the cables. The approximate length of each cable is listed after the key number in the drawing.

**IMPORTANT: While assembling the cables, do not overtighten the bolts and nuts attaching the pulleys. The pulleys must be able to turn freely.**

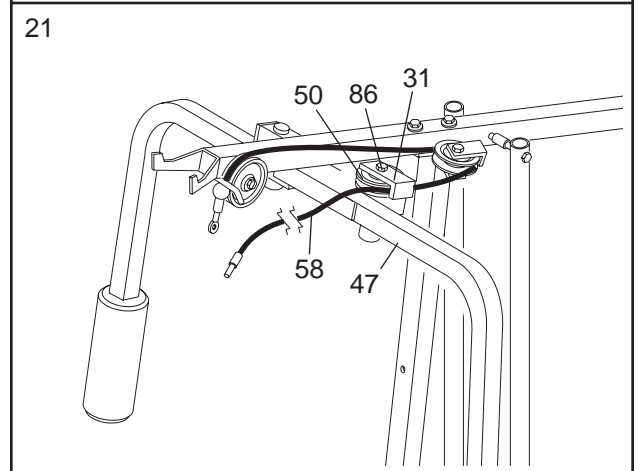
- Locate the High Cable (58).** Wrap the High Cable around a 90mm Pulley (15). Attach the Pulley to the Top Frame (55) with an M10 x 95mm Bolt (88) and an M10 Nylon Locknut (21). **Be sure that the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the hook.**



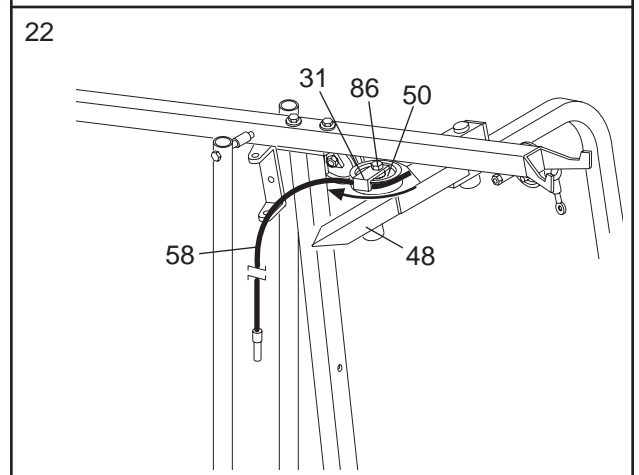
20. Wrap the High Cable (58) around a “V”-Pulley (50). Attach the Pulley and a Long Cable Trap (31) to the indicated bracket on the Front Upright (42) with an M10 x 58mm Bolt (86) and an M10 Nylon Locknut (21). **Be sure that the Long Cable Trap is positioned to hold the Cable in place.**



21. Route the High Cable (58) around the “V”-Pulley (50) on the Left Arm (47). **Be sure that the Cable is in the groove of the Pulley and that the Long Cable Trap (31) is positioned to hold the Cable in place.** Tighten the M10 x 55mm Bolt (86) and the M10 Nylon Locknut (not shown).

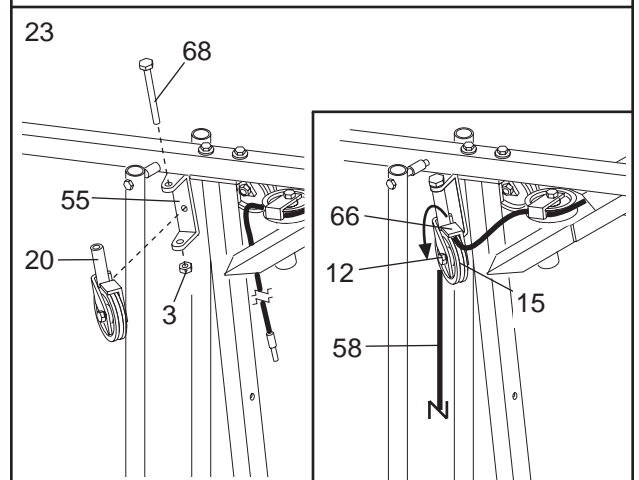


22. Route the High Cable (58) around the “V”-Pulley (50) on the Right Arm (48). **Be sure that the Cable is in the groove of the Pulley and that the Long Cable Trap (31) is turned to hold the Cable in place.** Tighten the M10 x 58mm Bolt (86) and the M10 Nylon Locknut (not shown).



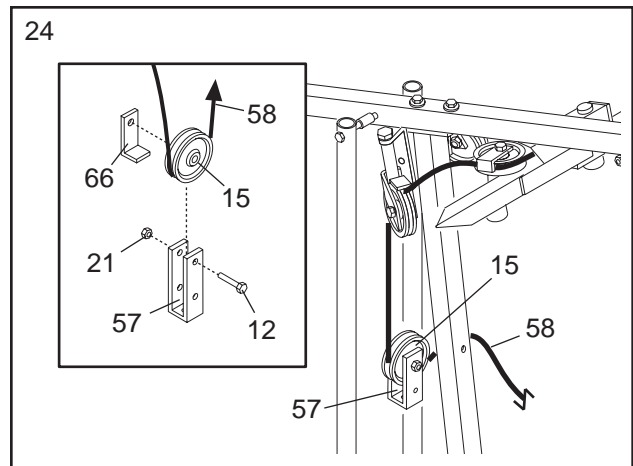
23. Attach the Pulley Bracket (20) to the Top Frame (55) with the M8 x 120mm Bolt (68) and an M8 Nylon Locknut (3). **Do not over-tighten the Nylon Locknut; the Pulley Bracket must be able to move freely.**

**See the inset drawing.** Route the High Cable (58) around the 90mm Pulley (15) attached to the Pulley Bracket (20). Tighten the M10 x 50mm Bolt (12) and an M10 Nylon Locknut (not shown). **Be sure that the Cable is in the groove of the Pulley and that the Cable Trap (66) is turned to hold the Cable in place.**



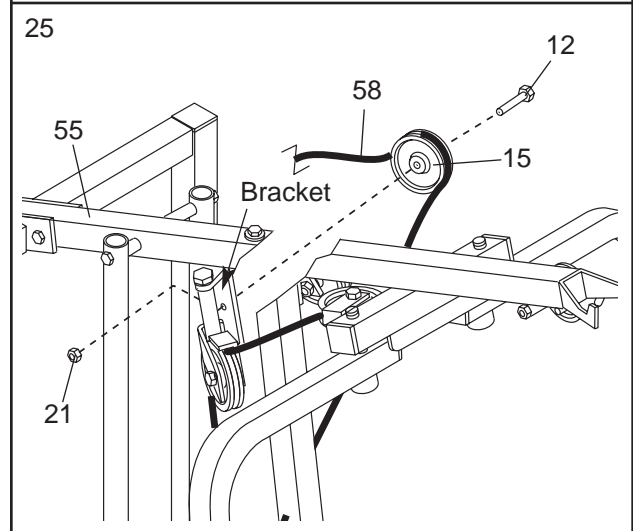
24. **See the inset drawing.** Attach a 90mm Pulley (15) and a Cable Trap (66) to the upper hole in a Long “U”-Bracket (57) with an M10 x 50mm Bolt (12) and an M10 Nylon Locknut (21). **Be sure that the Cable Trap is inside the Long “U”-Bracket. Note: This may come pre-assembled.**

Route the High Cable (58) through the Long “U”-Bracket (57) and around the 90mm Pulley (15) shown in the inset drawing. **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**



25. Wrap the High Cable (58) around a 90mm Pulley (15). Attach the Pulley to the bracket on the Top Frame (55) with an M10 x 50mm Bolt (12) and an M10 Nylon Locknut (21). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**

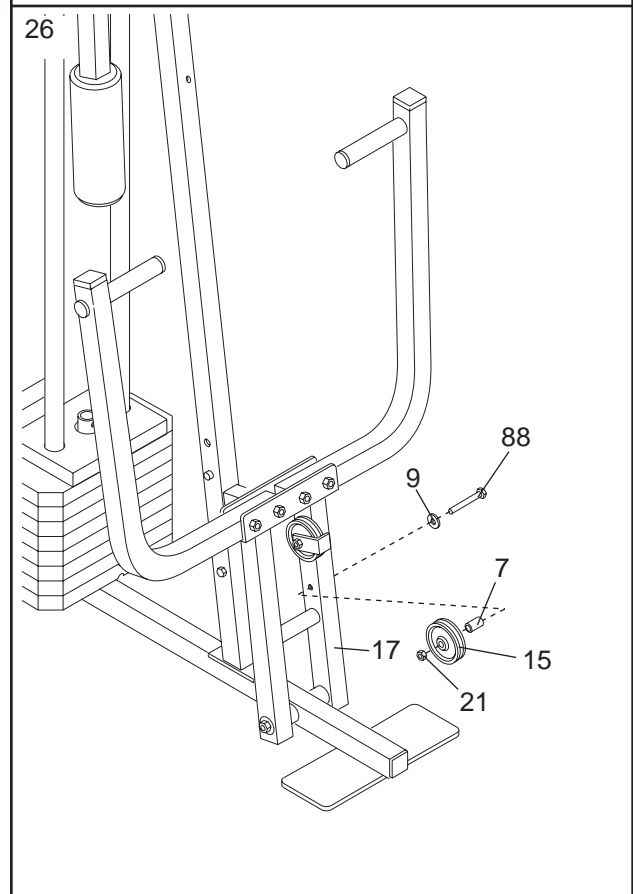
**Note: The High Cable assembly will be completed in step 32.**



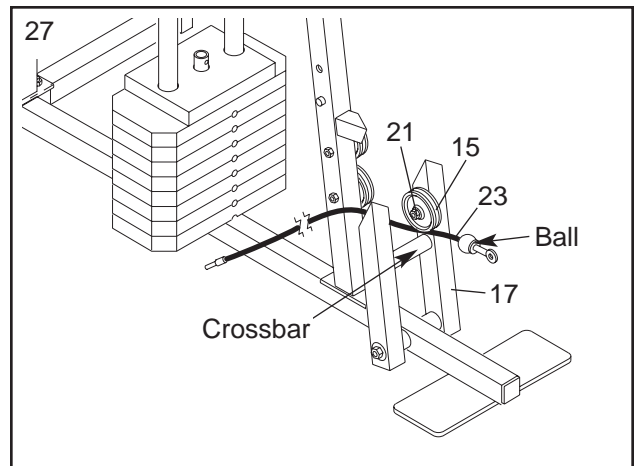
26. **Note: The following assembly steps show how to complete the assembly of several pre-attached parts.**

The 15mm Spacer (7) has been pre-attached to the Press Frame (17) for shipping purposes. Remove the M10 Nylon Locknut (21), the Spacer, and the 90mm Pulley (15) from the M10 x 95mm Bolt (88). **Do not remove the Bolt; the Bolt has been shown removed for part identification.**

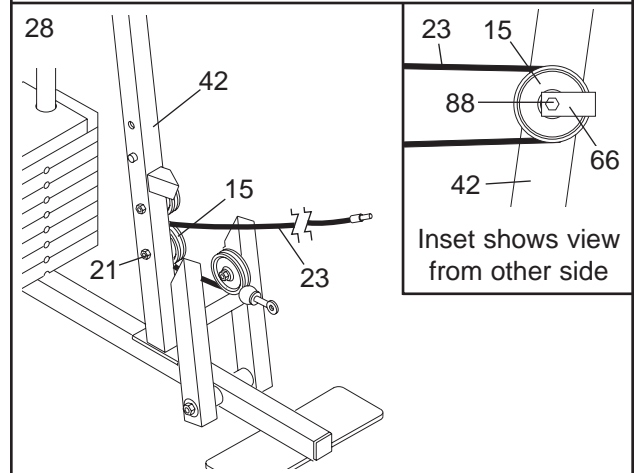
Slide the 15mm Spacer (7) back onto the M10 x 95mm Bolt (88).



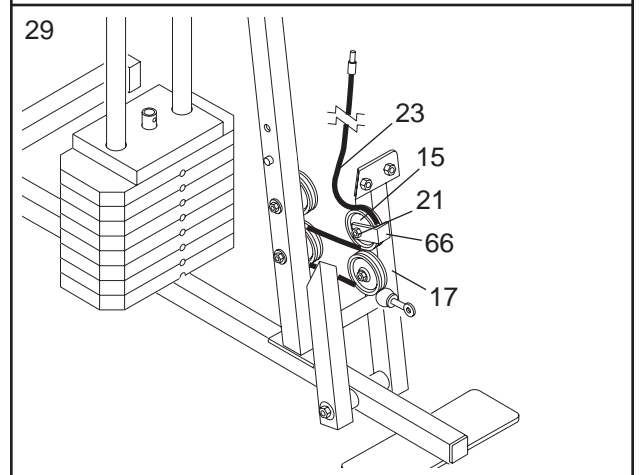
27. **Locate the Low Cable (23).** Route the Low Cable under a 90mm Pulley (15). Attach the Pulley to the M10 x 95mm Bolt (not shown) in the Press Frame (17) with an M10 Nylon Locknut (21). **Be sure that the end of the Cable with the ball is on the indicated side of the Press Frame and that the Cable is between the Pulley and the crossbar on the Press Frame.**



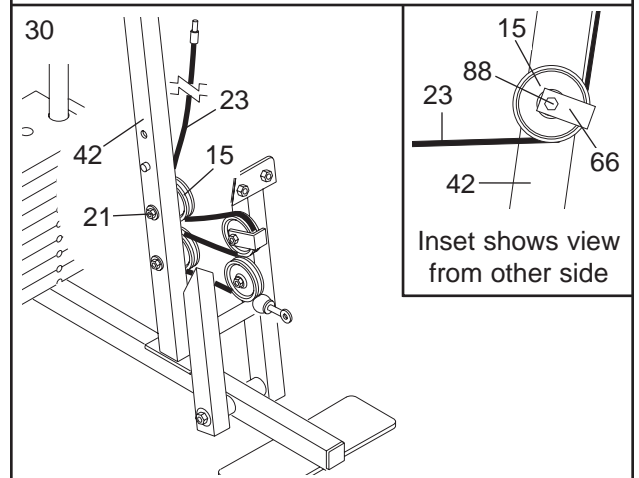
28. Remove the 90mm Pulley (15) from the lower hole in the Front Upright (42). Wrap the Low Cable (23) around the Pulley and reattach the Pulley to the Front Upright with an M10 x 95mm Bolt (88) and an M10 Nylon Locknut (21). **See the inset drawing. Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.**



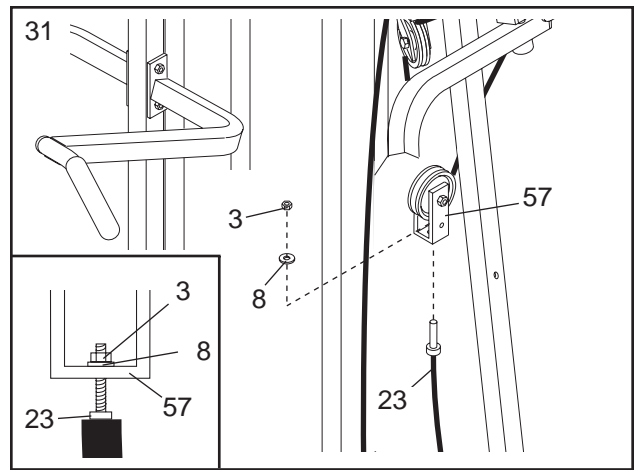
29. Route the Low Cable (23) around the 90mm Pulley (15) attached to the upper hole in the Press Frame (17). **Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the M10 Nylon Locknut (21) and the M10 x 85mm Bolt (not shown).



30. Remove the indicated 90mm Pulley (15) from the Front Upright (42). Wrap the Low Cable (23) around the Pulley and reattach the Pulley and Cable Trap (66) to the upper hole in the Front Upright with an M10 x 95mm Bolt (88) and an M10 Nylon Locknut (21). **See the inset drawing. Be sure that the Cable Trap is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.**

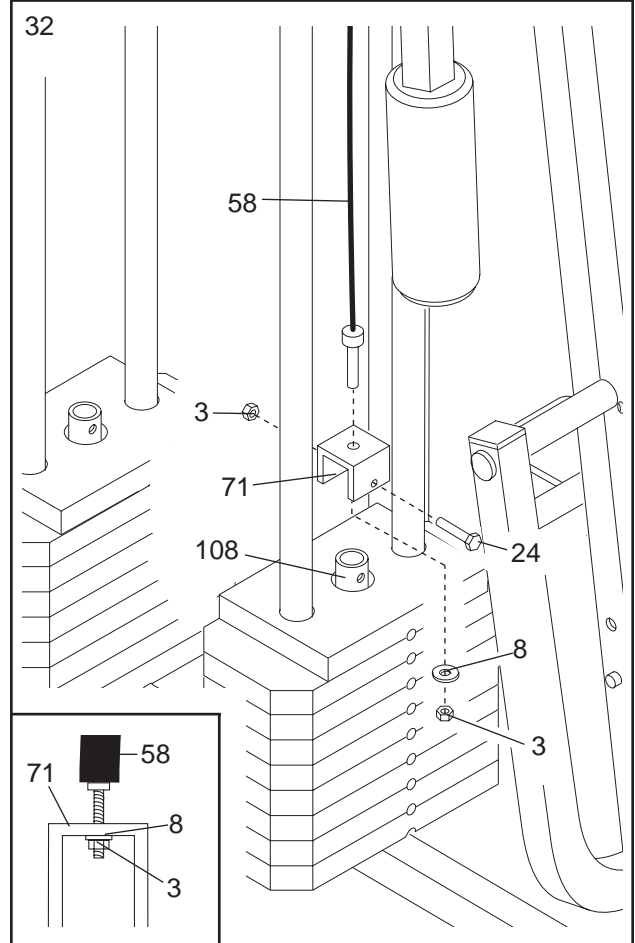


31. Attach the end of the Low Cable (23) to the Long “U”-Bracket (57) with an M8 Nylon Locknut (3) and an M8 Washer (8). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable so only a couple of threads are showing above the Nylon Locknut, as shown in the inset drawing.**



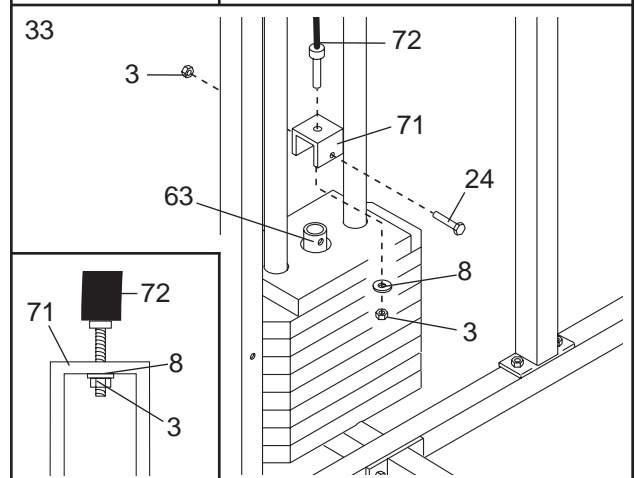
32. Attach the High Cable (58) to a Small “U”-Bracket (71) with an M8 Washer (8) and an M8 Nylon Locknut (3). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.**

Attach the Small “U”-Bracket (71) to the Short Weight Tube (108) with an M8 x 45mm Bolt (24) and an M8 Nylon Locknut (3).



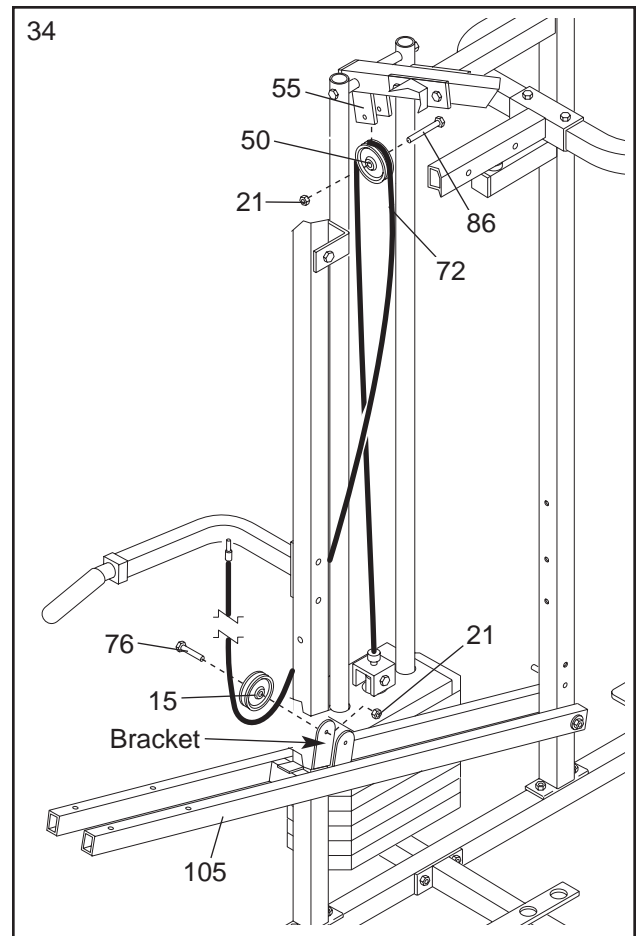
33. **Locate the Military Press Cable (72).** Attach the Military Press Cable to the other Small “U”-Bracket (71) with an M8 Washer (8) and an M8 Nylon Locknut (3). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.**

Attach the Small “U”-Bracket (71) to the Long Weight Tube (63) with an M8 x 45mm Bolt (24) and an M8 Nylon Locknut (3).



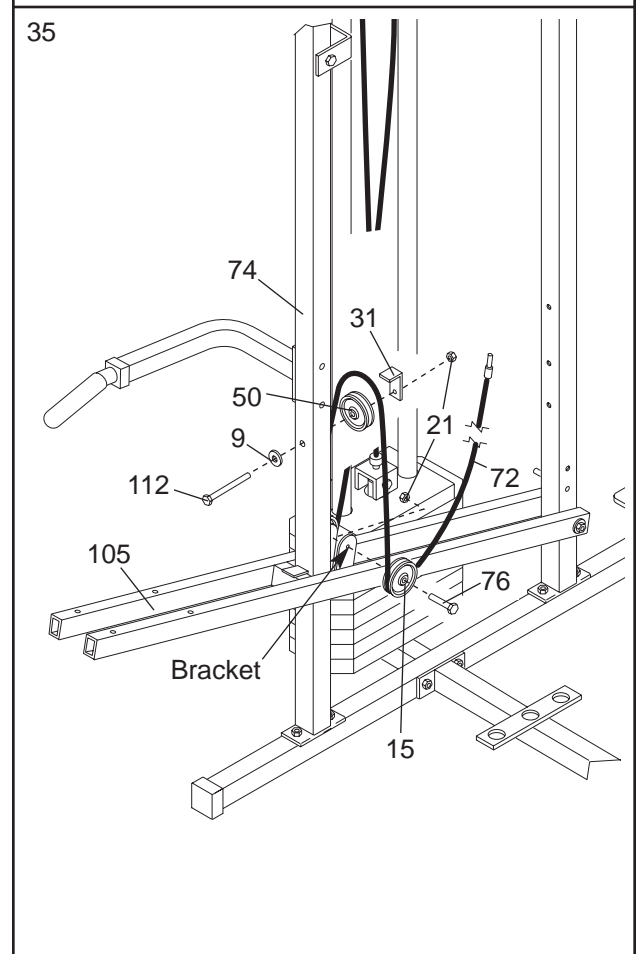
34. Wrap the Military Press Cable (72) around a "V"-Pulley (50). Attach the Pulley to the Top Frame (55) with an M10 x 58mm Bolt (86) and an M10 Nylon Locknut (21).

Wrap the Military Press Cable (72) around a 90mm Pulley (15). Attach the Pulley to the indicated bracket on the Assist Arm (105) with an M10 x 45mm Bolt (76) and an M10 Nylon Locknut (21). **Be sure that the Cable is between the Pulley and the Assist Arm and that the Cable and Pulley move smoothly.**



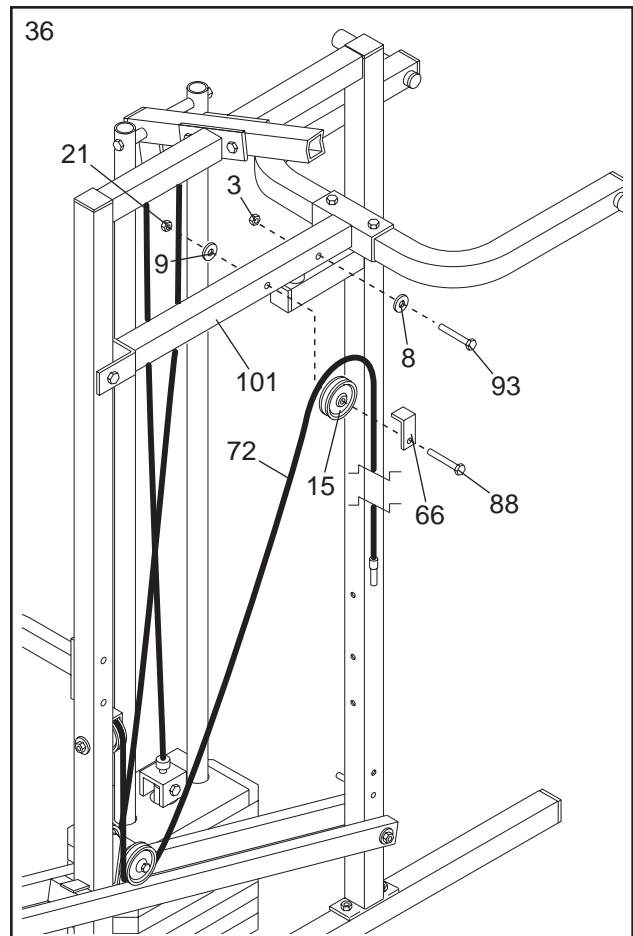
35. Wrap the Military Press Cable (72) around a "V"-Pulley (50). Attach the Pulley and a Long Cable Trap (31) to the Assist Upright (74) with an M10 x 105mm Bolt (112), an M10 Washer (9), and an M10 Nylon Locknut (21). **Be sure that the Long Cable Trap is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.**

Wrap the Military Press Cable (72) around a 90mm Pulley (15). Attach the Pulley to the other bracket on the Assist Arm (105) with an M10 x 45mm Bolt (76) and an M10 Nylon Locknut (21). **Be sure that the Cable is between the Pulley and the Assist Arm and that the Cable and Pulley move smoothly.**



36. Slide an M8 Washer (8) onto an M8 x 75mm Bolt (93). Insert the Bolt through the indicated hole in the Pivot Arm (101). **The Bolt must be inserted from the side shown.** Fully tighten an M8 Nylon Locknut (3) onto the Bolt.

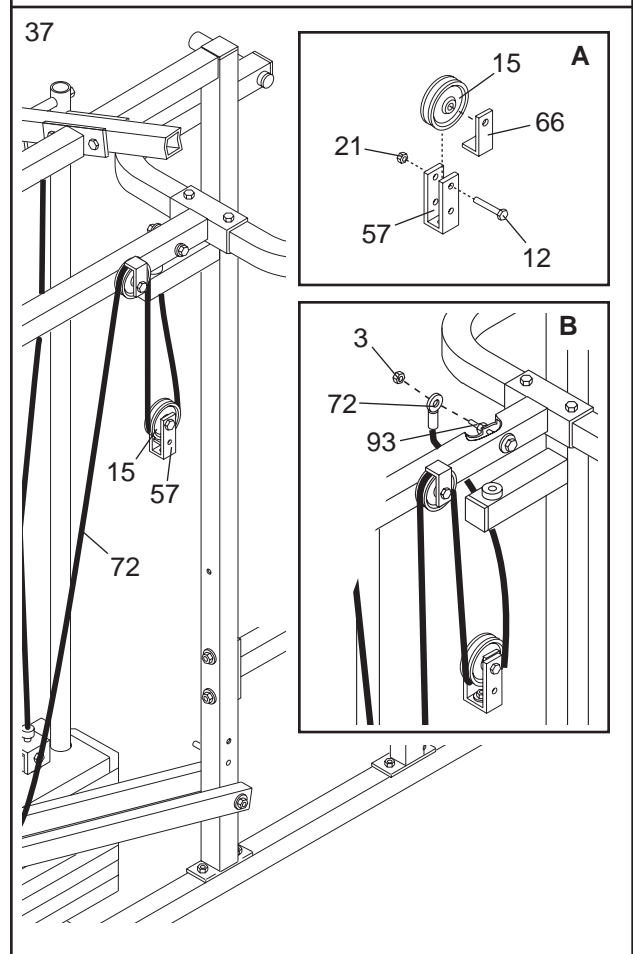
Wrap the Military Press Cable (72) around a 90mm Pulley (15). Attach the Pulley and a Cable Trap (66) to the Pivot Arm (101) with the M10 x 95mm Bolt (88), an M10 Washer (9), and an M10 Nylon Locknut (21). **Be sure that the Pulley is on the side shown and that the Cable Trap is positioned to hold the Cable in place.**



37. **See inset drawing A.** Attach a 90mm Pulley (15) and a Cable Trap (66) to the upper hole in a Long "U"-Bracket (57) with an M10 x 50mm Bolt (12) and an M10 Nylon Locknut (21). **Be sure that the Cable Trap is inside the Long "U"-Bracket. Note: This may come pre-assembled.**

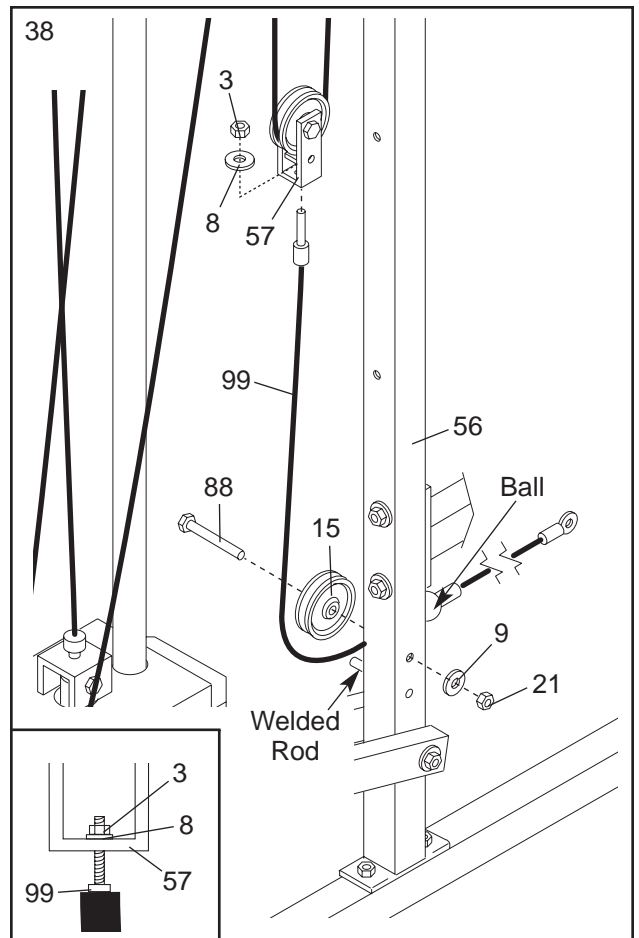
Route the Military Press Cable (72) through the Long "U"-Bracket (57) and around the 90mm Pulley (15). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**

**See inset drawing B.** Slide the end of the Military Press Cable (72) onto the end of the indicated M8 x 75mm Bolt (93). Thread another M8 Nylon Locknut (3) onto the Bolt. **Do not fully tighten the second Locknut. There must be room between the two Locknuts for the end of the Cable to pivot.**



38. **Locate the Leg Press Cable (99).** Attach the end of the Leg Press Cable to the Long “U”-Bracket (57) with an M8 Nylon Locknut (3) and an M8 Washer (8). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.**

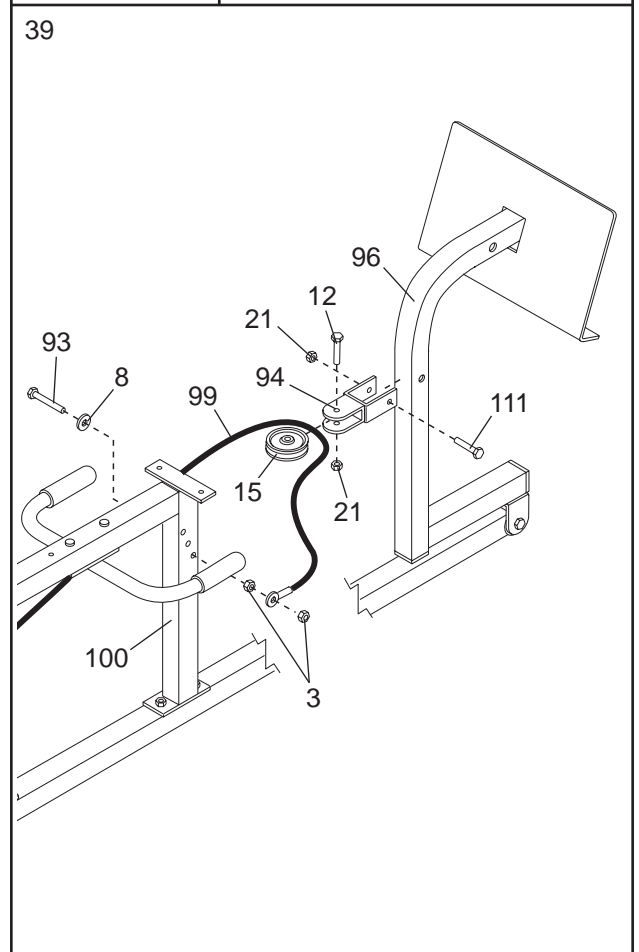
Wrap the Leg Press Cable (99) around a 90mm Pulley (15). Attach the Pulley to the Leg Press Upright (56) with an M10 x 95mm Bolt (88), an M10 Washer (9), and an M10 Nylon Locknut (21). **The ball on the Cable must be on the indicated side of the Pulley. Be sure that the Cable and Pulley move smoothly and that the Cable is between the Pulley and the welded rod.**



39. Attach the Press Bracket (94) to the Leg Press Arm (96) with an M10 x 75mm Bolt (111) and an M10 Nylon Locknut (21).

Wrap the Leg Press Cable (99) around a 90mm Pulley (15). Attach the Pulley to the Press Bracket (94) with an M10 x 50mm Bolt (12) and an M10 Nylon Locknut (21).

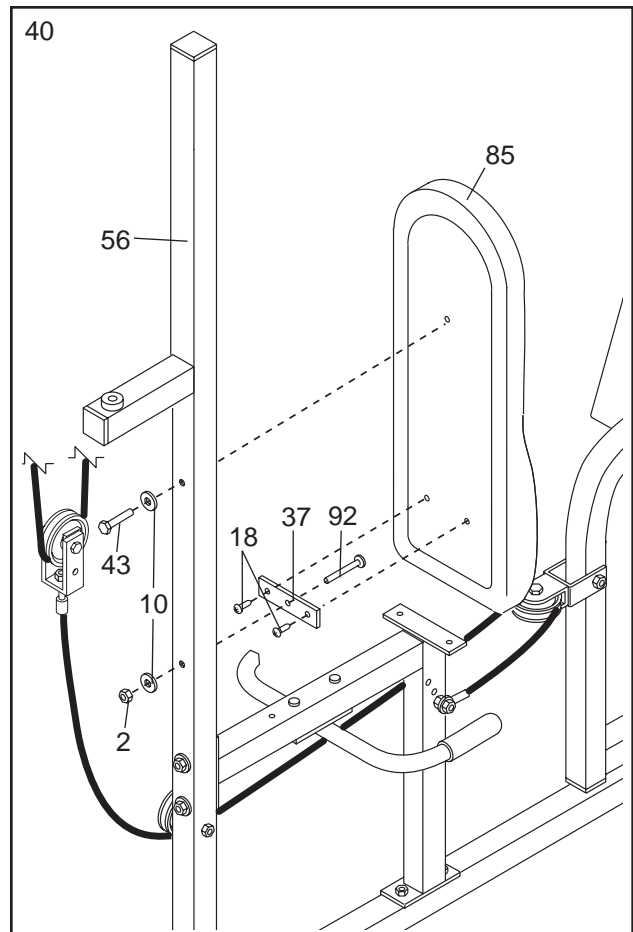
Slide an M8 Washer (8) onto an M8 x 75mm Bolt (93). Insert the Bolt through the lowest hole in the Rear Seat Frame (100) from the indicated side. **Note: The three holes are for cable adjustment.** Tighten an M8 Nylon Locknut (3) onto the Bolt. Slide the end of the Leg Press Cable (99) onto the end of the Bolt. Thread another M8 Nylon Locknut onto the Bolt. **Do not fully tighten the second Locknut. There must be room between the two bolts for the end of the Cable to pivot.**



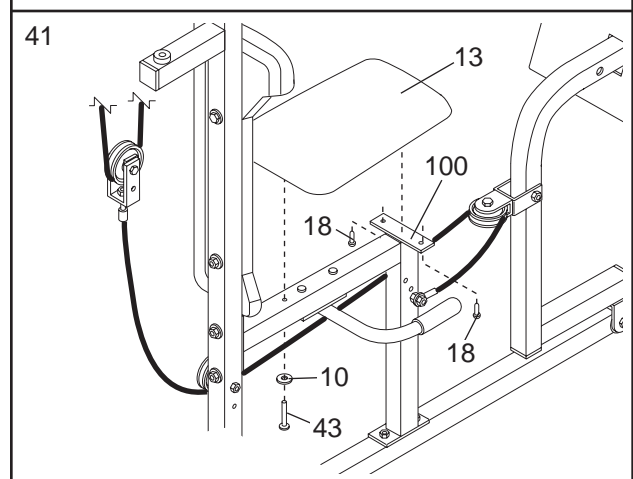
40. **Locate and open the parts bag labeled "SEAT ASSEMBLY."**

Insert an M6 x 60mm Carriage Bolt (92) through the center hole in a Seat Plate (37). Attach the Seat Plate to the Rear Backrest (85) with two M6 x 16mm Screws (18).

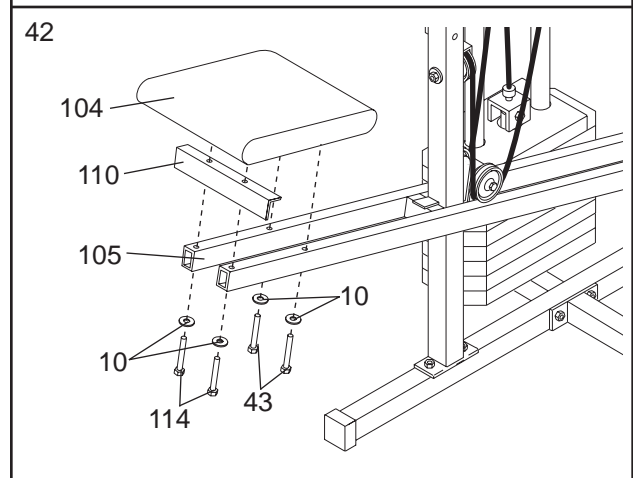
Insert the M6 x 60mm Carriage Bolt (92) through the indicated hole in the Leg Press Upright (56). Tighten an M6 Nylon Locknut (2) with an M6 Washer (10) onto the Carriage Bolt. Attach the top of the Rear Backrest (85) to the Leg Press Upright with an M6 x 65mm Screw (43) and another M6 Washer.



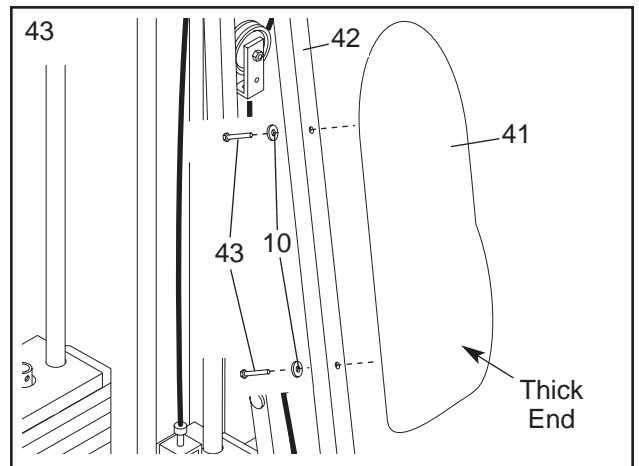
41. Attach one end of a Seat (13) to the Rear Seat Frame (100) with two M6 x 16mm Screws (18). Attach the other end of the Seat to the Rear Seat Frame with an M6 Washer (10) and an M6 x 65mm Screw (43).



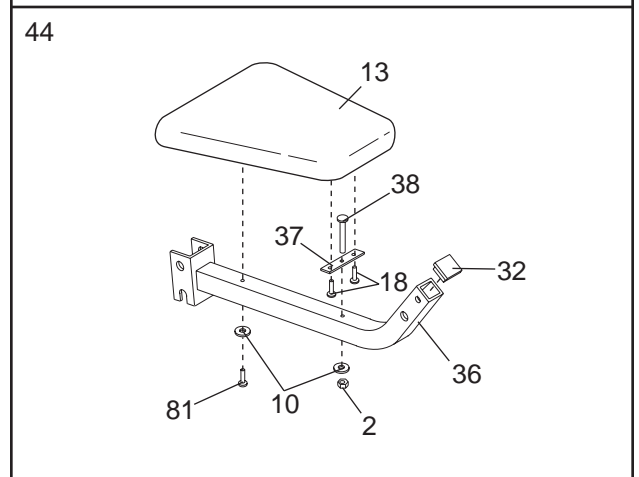
42. Attach the Assist Seat (104) and the Angle Bracket (110) to the Assist Arm (105) with four M6 Washers (10), two M6 x 70mm Screws (114), and two M6 x 65mm Screws (43).



43. Attach the Front Backrest (41) to the Front Upright (42) with two M6 x 65mm Screws (43) and two M6 Washers (10). The Backrest must be oriented as shown.



44. Press a 38mm Square Inner Cap (32) into the Front Seat Frame (36).

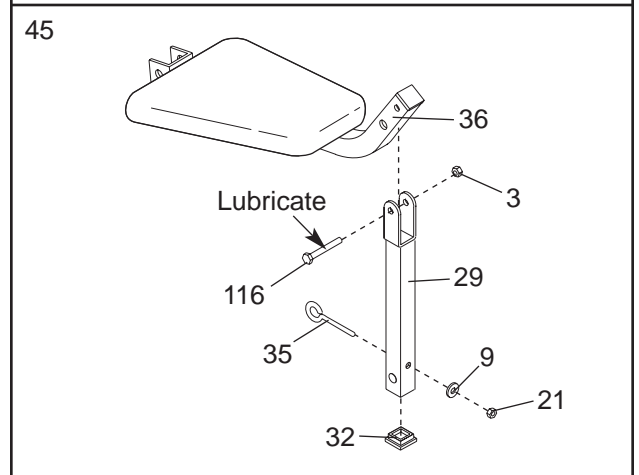


Insert an M6 x 50mm Carriage Bolt (38) through the center hole in the Seat Plate (37). Attach the Seat Plate to the Seat (13) with two M6 x 16mm Screws (18).

Insert the M6 x 50mm Carriage Bolt (38) through the indicated hole in the Front Seat Frame (36). Tighten an M6 Nylon Locknut (2) with an M6 Washer (10) onto the Carriage Bolt.

Attach the other end of the Seat (13) to the Front Seat Frame (36) with an M6 Washer (10) and an M6 x 50mm Screw (81).

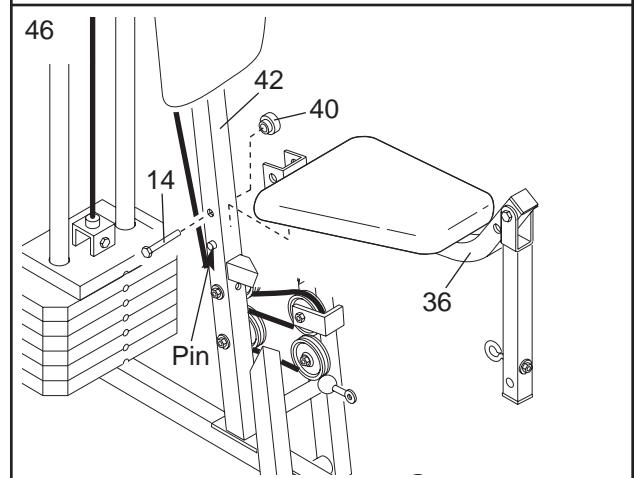
45. Press a 38mm Square Inner Cap (32) into the Leg Lever (29).



Lubricate an M8 x 57mm Bolt (116) with grease. Attach the Leg Lever (29) to the Front Seat Frame (36) with the Bolt and an M8 Nylon Locknut (3).

Insert the M10 x 50mm Eyebolt (35) into the Leg Lever (29) from the direction shown. Tighten an M10 Washer (9) and an M10 Nylon Locknut (21) onto the Eyebolt.

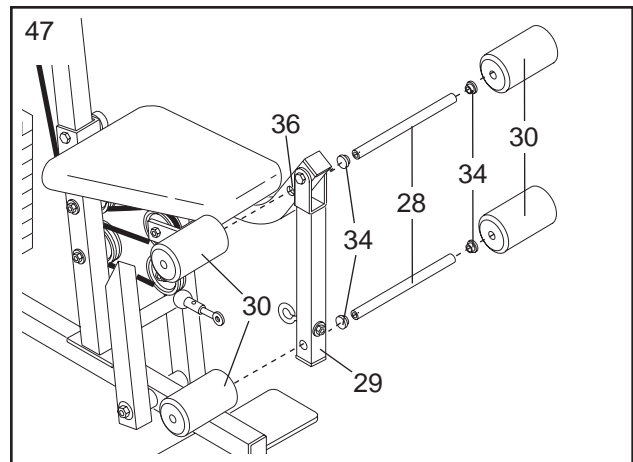
46. Rest the Front Seat Frame (36) on the indicated pin in the Front Upright (42). Attach the Front Seat Frame to the Front Upright with an M8 x 70mm Carriage Bolt (14) and the Seat Knob (40).



47. Press two 19mm Round Inner Caps (34) into each Pad Tube (28).

Insert a Pad Tube (28) into the Front Seat Frame (36). Slide a Foam Pad (30) onto each end of the Pad Tube.

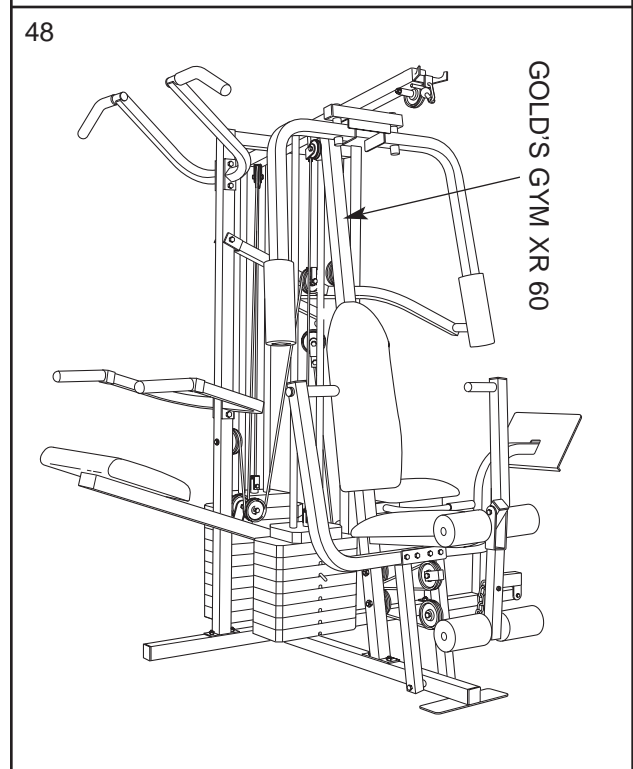
Insert the other Pad Tube (28) into the Leg Lever (29). Slide a Foam Pad (30) onto each end of the Pad Tube.



48. Remove the backing from the GOLD'S GYM XR 60 decal and apply it to the weight system where shown.

49. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on pages 26 and 27 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See TROUBLESHOOTING AND MAINTENANCE on page 25.**



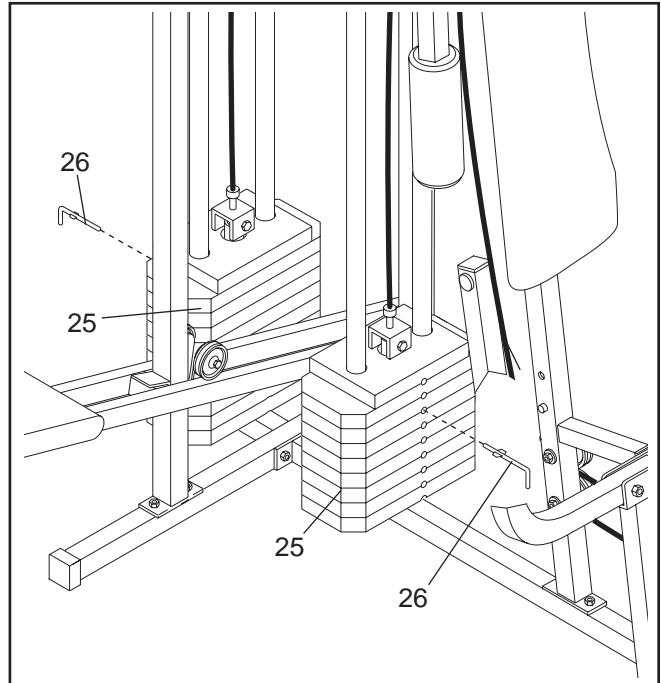
# ADJUSTMENTS

The instructions below describe how each part of the weight system can be adjusted. Refer to the exercise guide accompanying this manual to see how the weight system should be set up for each exercise. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

## CHANGING THE WEIGHT SETTING

The weight system features two weight stacks. The front weight stack is connected to the high and low pulleys, the press arm, and the butterfly arms. The rear weight stack is connected to the military press arm, assist arm, and leg press.

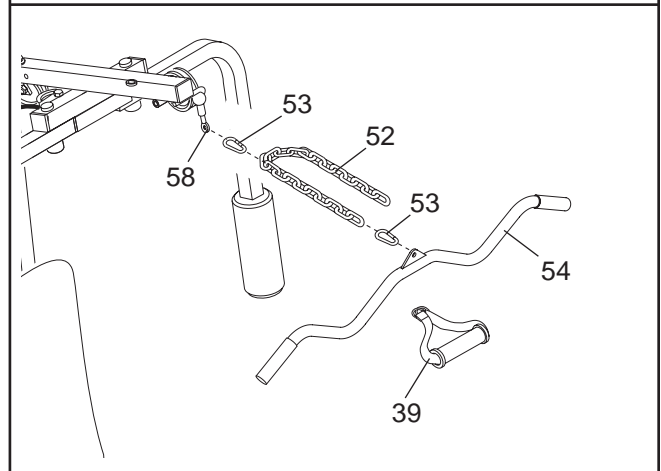
To change the weight setting of either weight stack, insert a Weight Pin (26) under the desired Weight (25). Insert the Weight Pin until the bent end is touching the Weights, and turn the bent end downward. The weight setting of the weight stacks can be changed from 6.5 pounds to 106.5 and 131.5 pounds, in increments of 12.5 pounds. **Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 24 to find the approximate amount of resistance at each weight station.**



## ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (54) to the High Cable (58) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the High Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the High Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

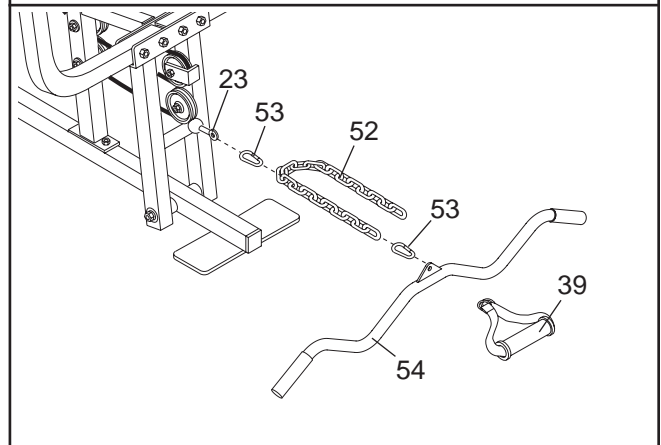
The Nylon Strap (39) can be attached in the same manner.



## ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (54) to the Low Cable (23) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Low Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Low Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

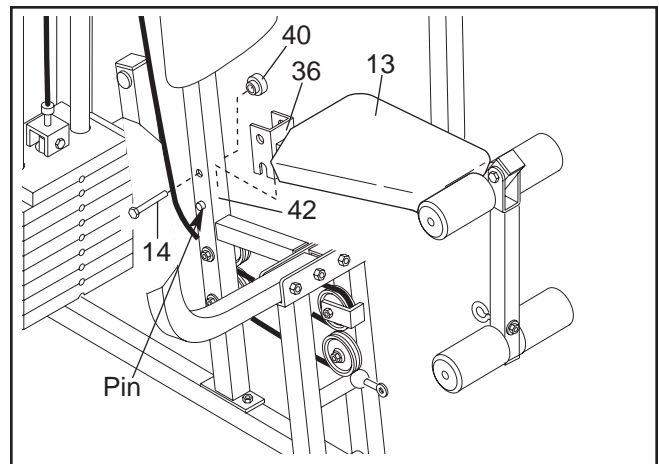
The Nylon Strap (39) can be attached in the same manner.



## ATTACHING AND REMOVING THE SEAT

To attach the Seat (13), set the bracket on the Front Seat Frame (36) onto the indicated pins on the Front Upright (42). Attach the Front Seat Frame to the Front Upright with the M8 x 70mm Carriage Bolt (14) and the Seat Knob (40).

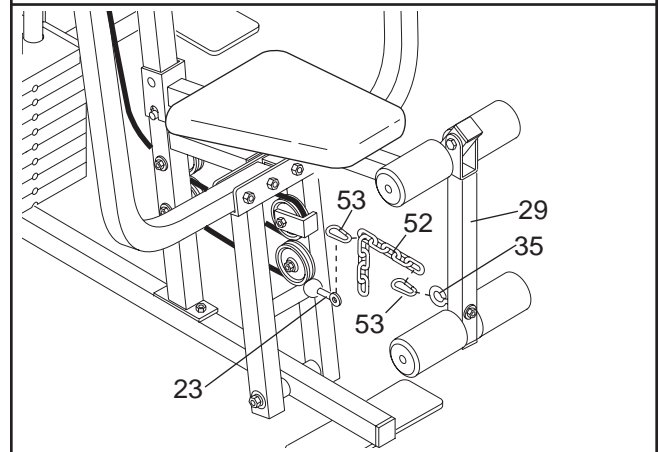
For some exercises, the Seat (13) must be removed. First, be sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (40) and the M8 x 70mm Carriage Bolt (14) from the Front Seat Frame (36). Lift the Front Seat Frame off the Front Upright (42).



## ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT above).

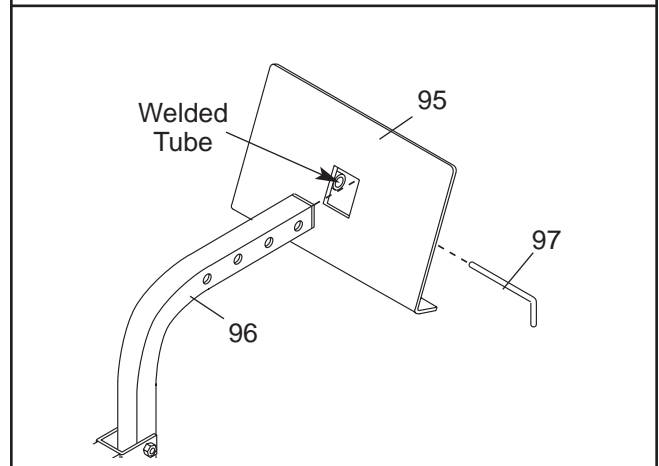
Attach one end of the Chain (52) to the Low Cable (23) with a Cable Clip (53). Attach the other end of the Chain to the M10 x 50mm Eyebolt (35) with another Cable Clip.



## ADJUSTING THE LEG PRESS PLATE

Remove the Press Pin (97) from the Leg Press Plate (95) and the Leg Press Arm (96).

Align the welded tubes on the Leg Press Plate (95) with the desired set of holes in the Leg Press Arm (96). Re-insert the Press Pin (97) through the welded tubes on Leg Press Plate and the holes in the Leg Press Arm.



# WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each weight station. "Top" refers to the 6.5 lbs. top weight. The other numbers refer to the 12.5 lbs. weight plates. The butterfly arm resistance listed is the resistance for each butterfly arm.

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	MILITARY PRESS ARM (lbs.)	LEG PRESS (lbs.)	ASSIST ARM (lbs.)
Top	31	17	25	23	36	30	36	11
1	59	35	50	36	67	51	78	38
2	81	40	71	54	95	74	123	66
3	104	70	97	70	123	97	171	95
4	132	80	111	88	155	115	219	117
5	154	110	131	98	191	135	265	142
6	196	115	156	120	220	164	299	186
7	206	130	172	135	252	183	333	213
8	227	140	184	144	273	194	387	232
9	-	-	-	-	-	218	440	256
10	-	-	-	-	-	246	455	293

# TROUBLESHOOTING AND MAINTENANCE

Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

## TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. If any slack is felt when using the front weight stack, both the High Cable (58) and the Low Cable (23) will need to be tightened. If any slack is felt when using the rear weight stack, both the Military Press Cable (72) and the Leg Press Cable (99) will need to be tightened.

To tighten the cables, insert the weight pin into the middle of the weight stack. Slack can be removed from these cables several ways:

- **See drawing 1.** Tighten the M8 Nylon Locknut (3) that connects the end of the Low Cable (23) to the Long “U”-Bracket (57).

The Leg Press Cable (99) can be tightened in the same manner.

- **See drawing 1.** Move the 90mm Pulley (15) to the other hole in one of the Long “U”-Brackets (57). Remove the M10 Nylon Locknut (21) and the M10 x 50mm Bolt (12) from the Cable Trap (66), Pulley, and Long “U”-Bracket. Re-attach the Pulley and Cable Trap. Make sure that the Cable Trap is in the proper position and that the Cable and Pulley move smoothly.

- **See drawing 2.** Tighten the M8 Nylon Locknut (3) that connects the end of the High Cable (58) to the Small “U”-Bracket (71).

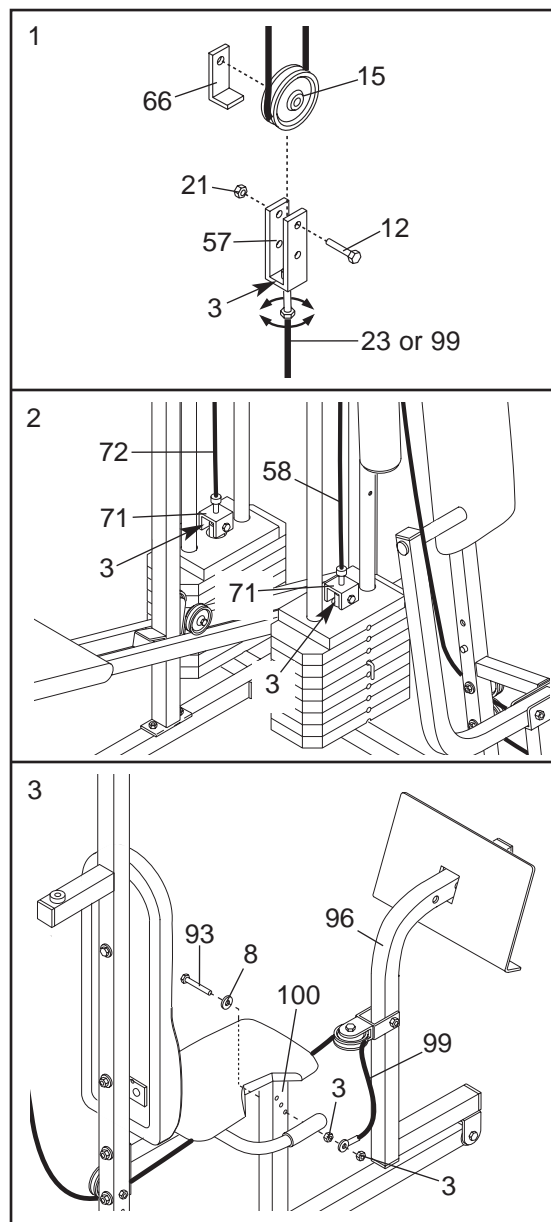
The Military Press Cable (72) can be tightened in the same manner.

- **See Drawing 3.** If additional slack is felt while using the Leg Press Arm (96), then the end of the Leg Press Cable (99) must be moved to the next hole in the Rear Seat Frame (100). Remove the M8 x 75mm Bolt (93), the M8 Washer (8), the end of the Cable, and both M8 Nylon Locknuts (3) from the Rear Seat Frame. Re-attach the Bolt, the Washer, the end of the Cable, and both Nylon Locknuts to the next hole in the Rear Seat Frame.

**Do not overtighten the cables; the top weight will be lifted off the weight stack.**

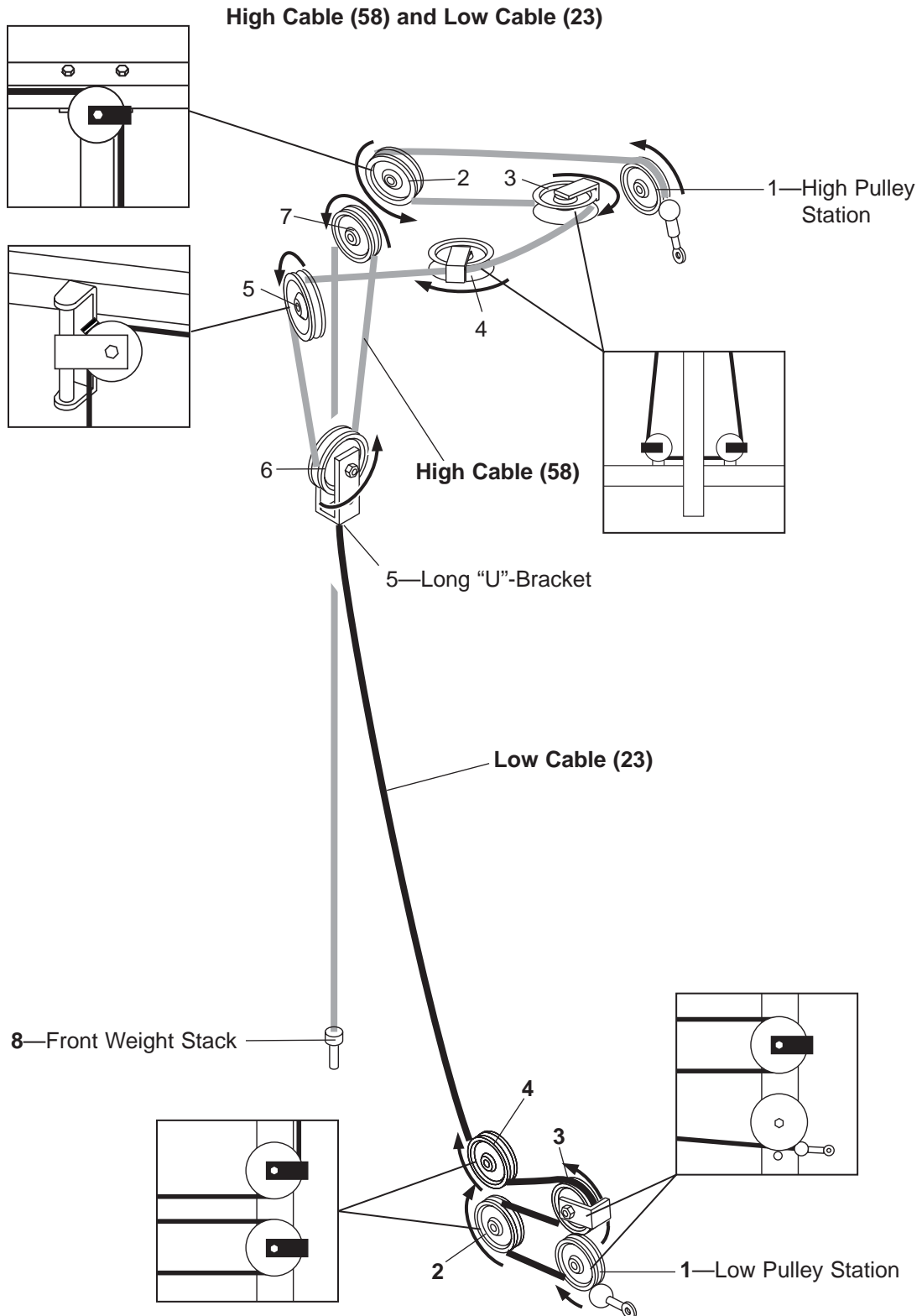
**If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it.**

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

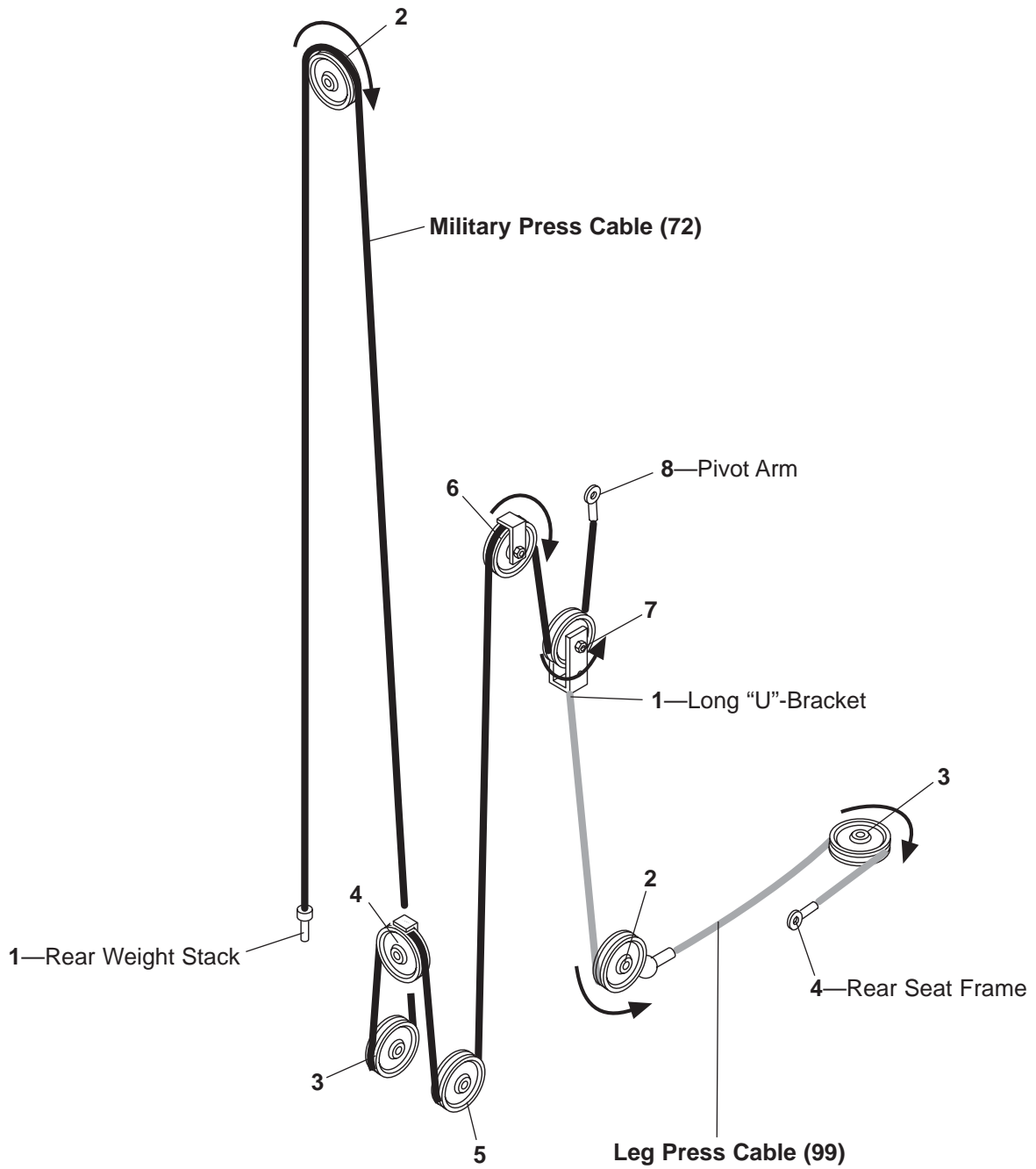


# CABLE DIAGRAMS

The cable diagrams on these pages show the proper routing of the High Cable (58), the Low Cable (23), the Military Press Cable (72), and the Leg Press Cable (99). Use the diagrams to be sure that the four cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The insets show the proper positioning of the cable traps. The cable traps should be positioned so that the cables will not come off the pulleys. **Be sure that the cable traps do not touch or bind the cables.**

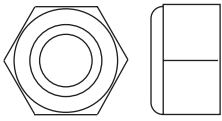


Military Press Cable (72) and Leg Press Cable (99)

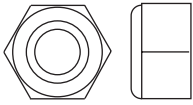


# PART IDENTIFICATION CHART—Model No. GGSY49230

R0803B



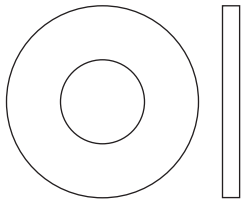
M10 Nylon Locknut (21)



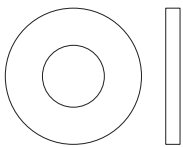
M8 Nylon Locknut (3)



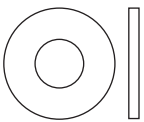
M6 Nylon Locknut (2)



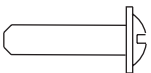
M10 Washer (9)



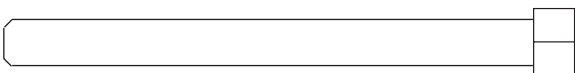
M8 Washer (8)



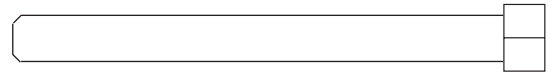
M6 Washer (10)



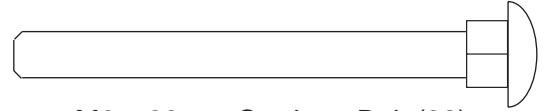
M4 x 16mm Self-tapping Screw (87)



M6 x 70mm Screw (114)



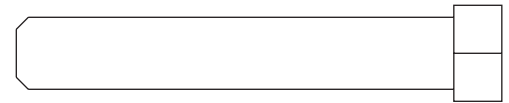
M6 x 65mm Screw (43)



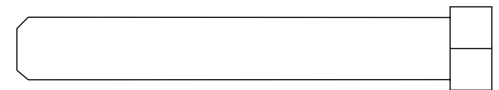
M6 x 60mm Carriage Bolt (92)



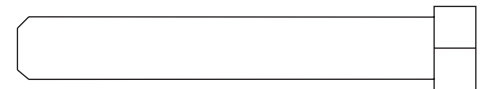
M8 x 63mm Bolt (22)



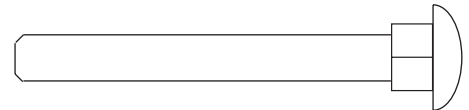
M10 x 58mm Bolt (86)



M8 x 57mm Bolt (116)



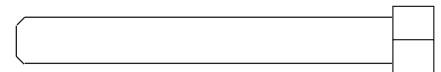
M8 x 55mm Bolt (33)



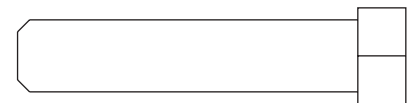
M6 x 50mm Carriage Bolt (38)



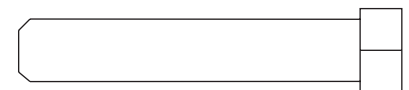
M10 x 50mm Bolt (12)



M6 x 50mm Screw (81)



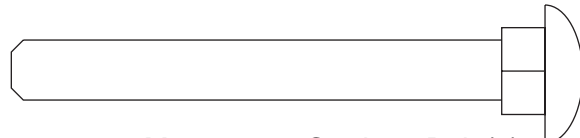
M10 x 45mm Bolt (76)



M8 x 45mm Bolt (24)



M6 x 16mm Screw (18)



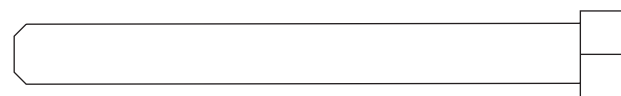
M8 x 65mm Carriage Bolt (1)



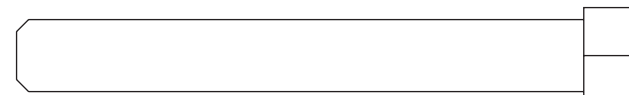
M8 x 70mm Bolt (11)



M8 x 70mm Carriage Bolt (14)



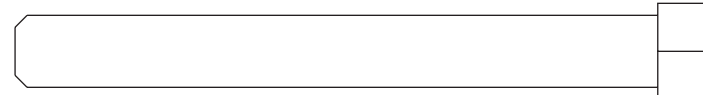
M8 x 75mm Bolt (93)



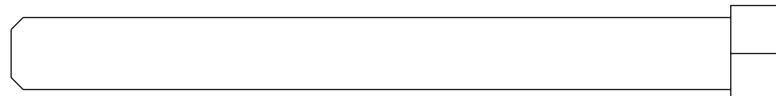
M10 x 75mm Bolt (111)



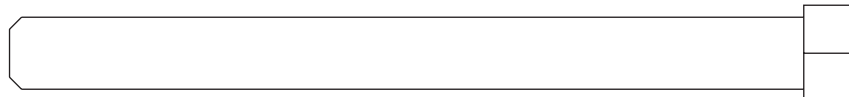
M10 x 80mm Bolt (67)



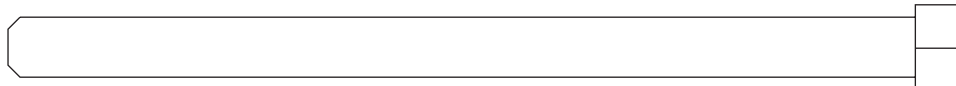
M10 x 85mm Bolt (16)



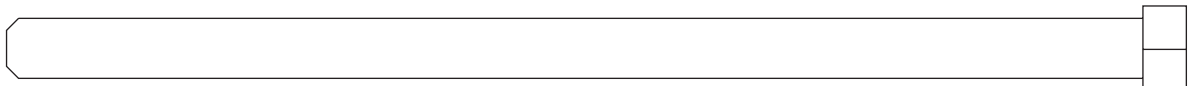
M10 x 95mm Bolt (88)



M10 x 105mm Bolt (112)



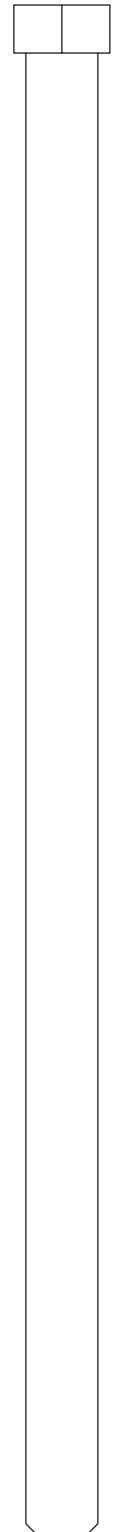
M8 x 120mm Bolt (68)



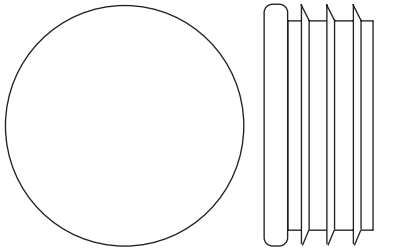
M8 x 150mm Bolt (60)



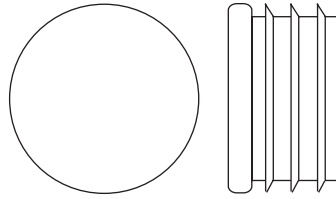
M10 x 150mm Bolt (106)



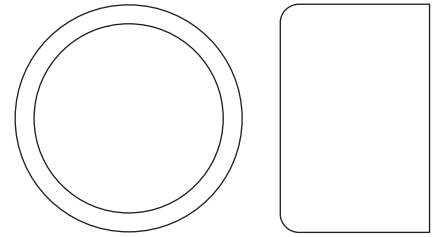
M10 x 198mm Bolt (59)



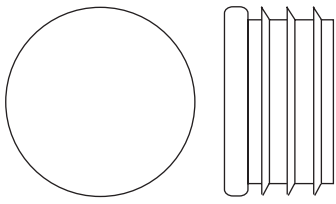
32mm Round Inner Cap (109)



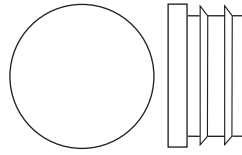
25mm Inner Cap (113)



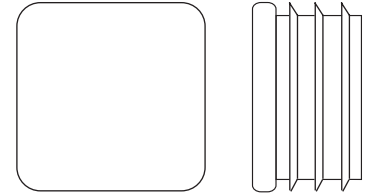
25mm Round Cover Cap (70)



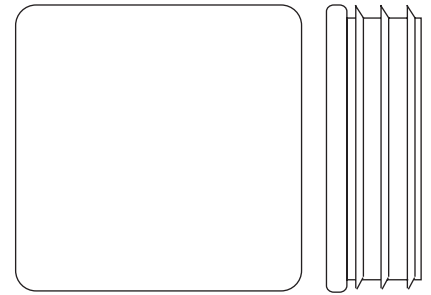
25mm Round Inner Cap (49)



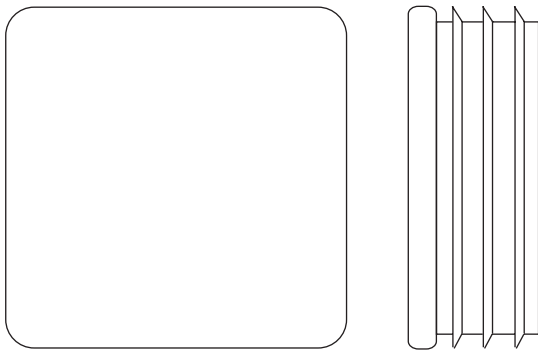
19mm Round Inner Cap (34)



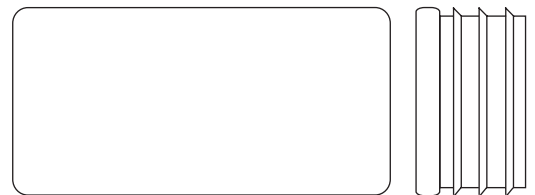
25mm Square Inner Cap (6)



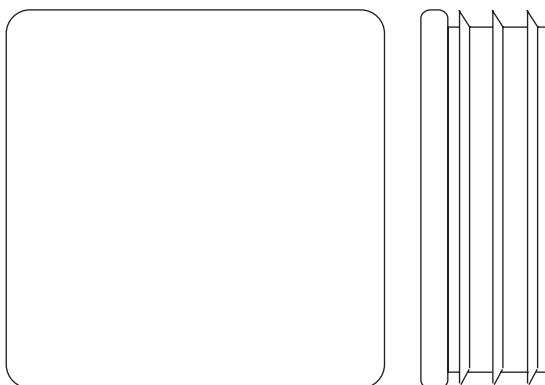
38mm Square Inner Cap (32)



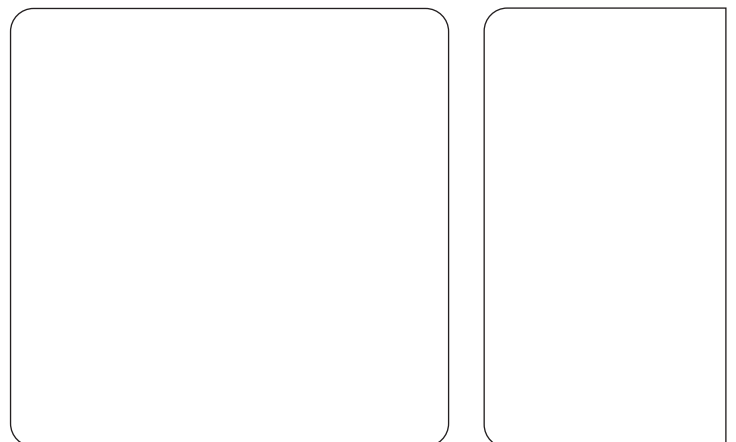
45mm Square Inner Cap (44)



25mm x 50mm Inner Cap (107)



50mm Square Inner Cap (27)



50mm Square Outer Cap (51)

# PART LIST—Model No. GGSY49230

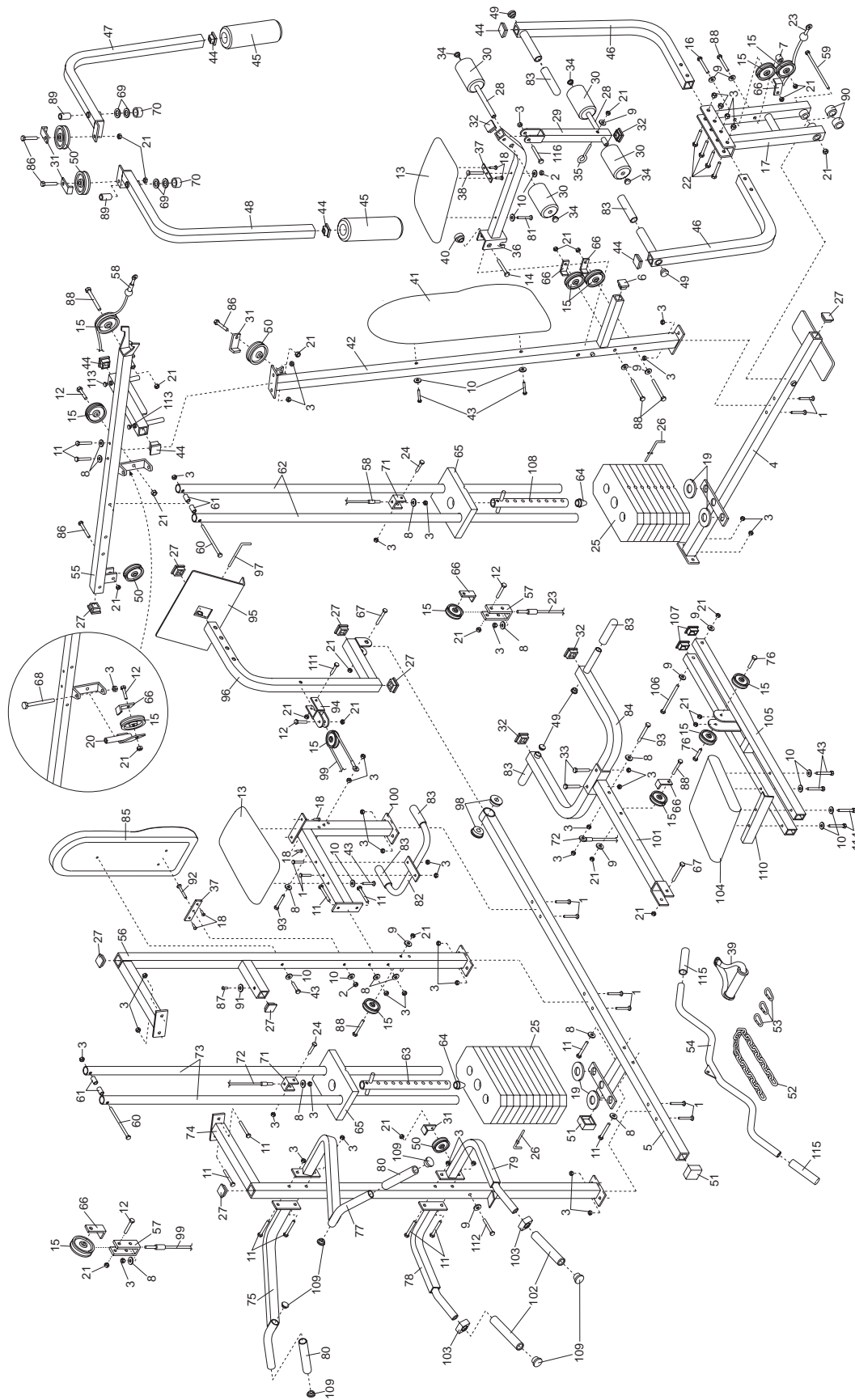
R0803B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	10	M8 x 65mm Carriage Bolt	61	4	19.5mm Spacer
2	2	M6 Nylon Locknut	62	2	Long Weight Guide
3	42	M8 Nylon Locknut	63	1	Long Weight Tube
4	1	Base	64	2	Weight Tube Bumper
5	1	Stabilizer	65	2	Top Weight
6	1	25mm Square Inner Cap	66	7	Cable Trap
7	1	15mm Spacer	67	2	M10 x 80mm Bolt
8	12	M8 Washer	68	1	M8 x 120mm Bolt
9	10	M10 Washer	69	4	25mm Retainer
10	11	M6 Washer	70	2	25mm Round Cover Cap
11	12	M8 x 70mm Bolt	71	2	Small "U"-Bracket
12	5	M10 x 50mm Bolt	72	1	Military Press Cable
13	2	Seat	73	2	Short Weight Guide
14	1	M8 x 70mm Carriage Bolt	74	1	Assist Upright
15	14	90mm Pulley	75	1	Left Pull-up Arm
16	1	M10 x 85mm Bolt	76	2	M10 x 45mm Bolt
17	1	Press Frame	77	1	Right Pull-up Arm
18	6	M6 x 16mm Screw	78	1	Left Dip Arm
19	4	Weight Bumper	79	1	Right Dip Arm
20	1	Pulley Bracket	80	2	Long Handgrip
21	25	M10 Nylon Locknut	81	1	M6 x 50mm Screw
22	4	M8 x 63mm Bolt	82	1	Handle
23	1	Low Cable	83	6	Plastic Handgrip
24	2	M8 x 45mm Bolt	84	1	Military Press Arm
25	18	Weight	85	1	Rear Backrest
26	2	Weight Pin	86	4	M10 x 58mm Bolt
27	8	50mm Square Inner Cap	87	1	M4 x 16mm Self-tapping Screw
28	2	Pad Tube	88	6	M10 x 95mm Bolt
29	1	Leg Lever	89	2	70mm Plastic Bushing
30	4	Foam Pad	90	2	22mm Plastic Bushing
31	4	Long Cable Trap	91	1	Rubber Bumper
32	4	38mm Square Inner Cap	92	1	M6 x 60mm Carriage Bolt
33	2	M8 x 55mm Bolt	93	2	M8 x 75mm Bolt
34	4	19mm Round Inner Cap	94	1	Press Bracket
35	1	M10 x 50mm Eyebolt	95	1	Leg Press Plate
36	1	Front Seat Frame	96	1	Leg Press Arm
37	2	Seat Plate	97	1	Press Pin
38	1	M6 x 50mm Carriage Bolt	98	2	Bushing
39	1	Nylon Strap	99	1	Leg Press Cable
40	1	Seat Knob	100	1	Rear Seat Frame
41	1	Front Backrest	101	1	Pivot Arm
42	1	Front Upright	102	2	Short Handgrip
43	6	M6 x 65mm Screw	103	2	Handle Cap
44	6	45mm Square Inner Cap	104	1	Assist Seat
45	2	Large Foam Pad	105	1	Assist Arm
46	2	Press Arm	106	1	M10 x 150mm Bolt
47	1	Left Arm	107	2	25mm x 50mm Inner Cap
48	1	Right Arm	108	1	Short Weight Tube
49	4	25mm Round Inner Cap	109	6	32mm Round Inner Cap
50	5	"V"-Pulley	110	1	Angle Bracket
51	2	50mm Square Outer Cap	111	1	M10 x 75mm Bolt
52	1	Chain	112	1	M10 x 105mm Bolt
53	3	Cable Clip	113	2	25mm Inner Cap
54	1	Lat Bar	114	2	M6 x 70mm Screw
55	1	Top Frame	115	2	Lat Bar Handgrip
56	1	Leg Press Upright	116	1	M8 x 57mm Bolt
57	2	Long "U"-Bracket	#	1	User's Manual
58	1	High Cable	#	1	Exercise Guide
59	1	M10 x 198mm Bolt	#	2	Grease Packet
60	2	M8 x 150mm Bolt			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

# EXPLODED DRAWING—Model No. GGSY49230

R0803B



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# ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (GGSY49230)
2. The NAME of the product (GOLD'S GYM XR60 weight system)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING attached at the center of this manual)

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## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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