

PH FITNESS

Multi Gym

Chest Press • Pec Fly • Lat Pulldown • Low Row • Leg Developer • Preacher Curl • Multi-Pulley
USER MANUAL & ASSEMBLY GUIDE | Model: DZ113



Your gym. Your performance. Your pace.

Model
Multi Gym - PRO

Document
User Manual

Version
1.0 — 2026

1. Safety Instructions

Read all safety instructions before assembling or using this equipment. Retain this manual for future reference. Failure to comply may result in serious injury or death.

⚠ WARNING: Assembly requires a MINIMUM of 2 persons. The machine weighs 145 kg. Never attempt solo assembly. Estimated assembly time: 90–120 minutes.

⚠ WARNING: Maximum user weight: 300 kg. This includes body weight plus all loaded resistance. Never exceed this limit under any circumstances.

⚠ WARNING: Inspect all cables before EVERY use. Do not use if any cable shows fraying, kinking or strand damage. Replace immediately.

1.1 General Safety

- For healthy adults only. Consult your physician before beginning any new training programme.
- Inspect all bolts and cables before each use — tighten any loose fasteners.
- Keep children and pets away from the machine during assembly and use.
- Wear appropriate non-slip athletic footwear during all training.
- Never insert fingers or objects into pulleys, cable channels or the weight stack.
- Allow minimum 100 cm of clear space around all sides during use.
- Do not modify any component — this voids the warranty and creates safety risks.

1.2 Cable & Pulley Safety

- Three separate cables (#45, #46, #47) must each be correctly routed — never skip cable routing steps.
- After cable routing, each bolt securing a cable must be fully tightened.
- Never drop loaded weight — always lower slowly under control.
- If a cable jumps off a pulley, fully unload the stack before re-routing.

1.3 Assembly Safety

- Two persons required at all times during assembly.
- Do not fully tighten any bolt until all parts in each step are positioned correctly.
- Re-check all bolts after the first 2 training sessions and every 3 months thereafter.
- Required floor area for assembly: minimum 2.5 m × 2.0 m clear space.

2. Product Overview

The PH Fitness Multi Gym DZ113 is a complete home gym station combining 7 integrated training stations in a single compact footprint. A 100 kg weight stack powers the entire system via a multi-pulley cable system for 50+ full-body exercise variations.

2.1 Integrated Training Stations

Chest Press Station	Curved press arms with foam rollers — pectorals, triceps, anterior deltoid
Pec Fly / Cable Fly	Wide arc movement using same curved arms — chest stretch and peak contraction
Lat Pulldown	Overhead lat bar via high pulley — latissimus dorsi, biceps, rear deltoid
Low Row Station	Cable row with foot plate — mid-back, rhomboids, biceps
Leg Developer	Leg extension + leg curl rollers — quadriceps and hamstrings
Preacher Curl Pad	Angled pad for isolated bicep curls — reduces cheating, improves peak contraction
Multi-Pulley Cable	High, mid and low attachment points — hundreds of exercise variations

PH FITNESS



**SPATIAL
EFFICIENCY**

Compact design delivers full strength without bulk

3. Technical Specifications

3.1 Frame & Construction

Model	DZ113
Frame	50 × 70 mm steel tubing, 1.5 mm wall thickness
Finish	Black powder coating
Max User Weight	300 kg
Machine Weight	145 kg (gross)

3.2 Dimensions & Weight System

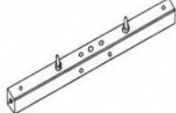
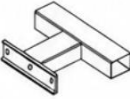
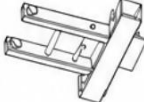
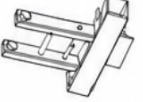
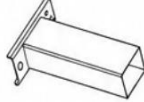
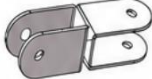
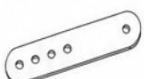
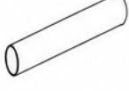
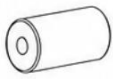
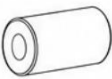
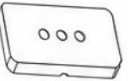
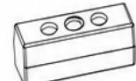
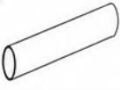
Length	205 cm
Width (Depth)	97 cm
Height	203 cm
Package Dimensions	188 × 43 × 21 cm
Weight Stack	100 kg integrated selectorised stack
Cable System	Multi-pulley: 3 separate cables (#45, #46, #47)
Exercises	50+ full-body variations

3.3 Stations & Equipment Included

Chest Press Arms	Curved foam roller press arms with cable linkage
Lat Bar	Straight lat pulldown bar with chain attachment
Low Row	Cable row system with diamond-plate foot pad
Leg Developer	Integrated leg extension and curl rollers
Preacher Curl Pad	Angled padded support for bicep isolation
Multi-Pulley	High / mid / low cable attachment positions
Warranty	2 years
Delivery	Free home delivery

4. Parts Identification

Before starting assembly, unpack all components and verify each item against the diagrams below. Contact PH Fitness immediately if any part is missing or damaged.

1 	2 	3 	4 	5 	6 
7 	8 	9 	10 	11 	12 
13 	14 	15 	16 	17 	18 
19 	20 	21 	22 	23 	24 
25 	26 	27 	28 	29 	30 
31 	32 	33 	34 	35 	36 
37 	38 	39 	40 	41 	42 
43 	44 	45 	46 	47 	48 
49 M10*70 	50 M10*90 	51 M10*25 	52 M10*70 	53 M10*45 	54 M10*180 
55 M8*90 	56 M8*50 	57 M8*30 	58 M6 	59 Ø10 	60 M10 
61 M6 	62 Ø6 	63 			

5. Assembly Instructions

⚠ WARNING: MINIMUM 2 PERSONS REQUIRED. Do NOT fully tighten any bolt until all parts in each step are in position. Estimated assembly time: 90–120 minutes. Read all steps before starting.

Pre-Assembly Checklist

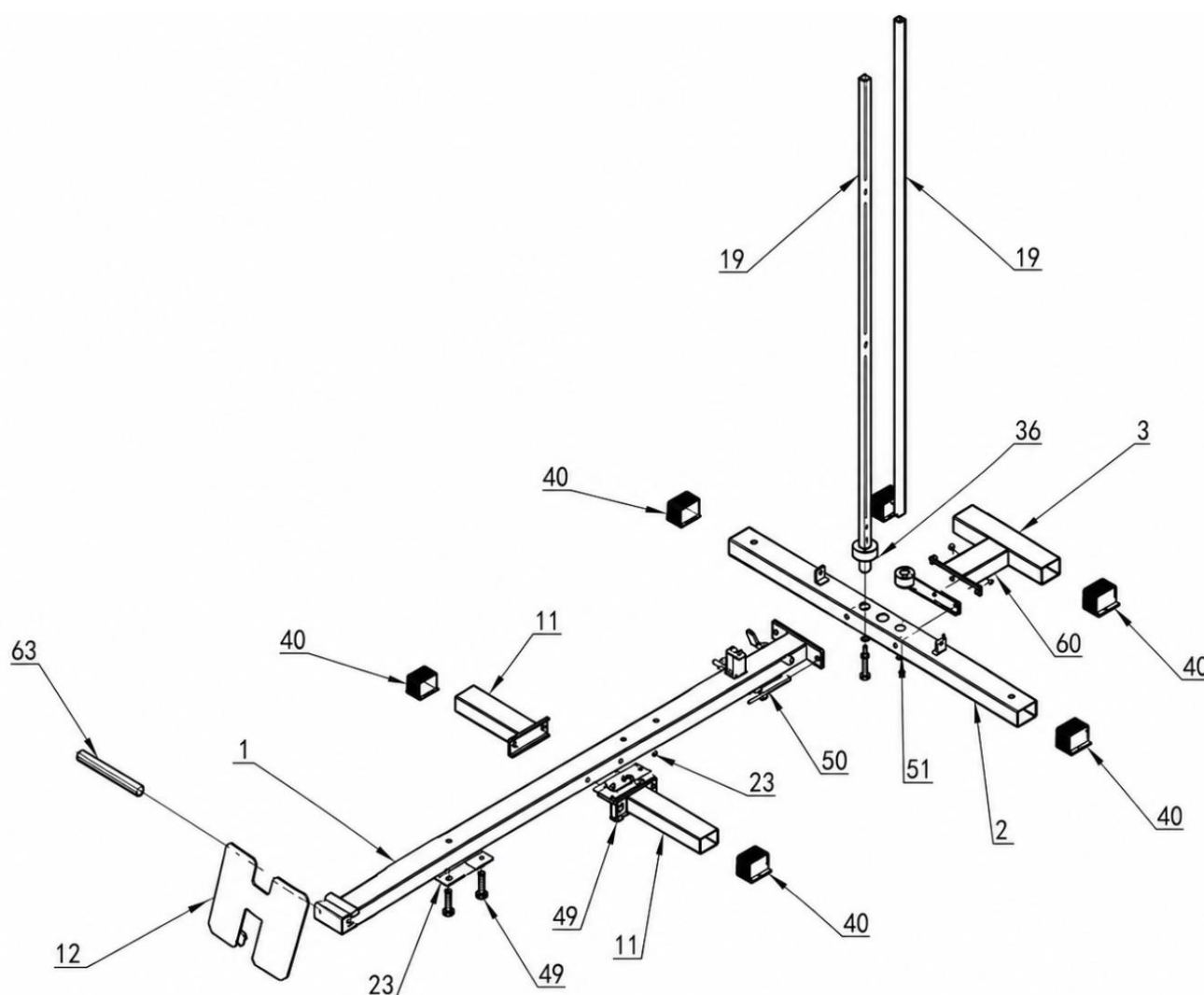
1. Clear minimum 2.5 m × 2.0 m floor area. Lay protective gym matting.
2. Verify ceiling height is minimum 230 cm.
3. Unpack all components — verify against parts list (Section 4) before starting.
4. Sort all fasteners by size into separate containers.
5. Remove all protective wrapping and film from components.
6. Read all assembly steps before starting.

Step 1 — Base Frame, Guide Rods & Base Components

1

Assemble the Main Base Frame

Attach the upright support columns to the main base frame and secure the front stabilizer assembly. Install the support brackets and reinforcement components as shown. Ensure all frame sections are properly aligned before fully tightening the hardware.

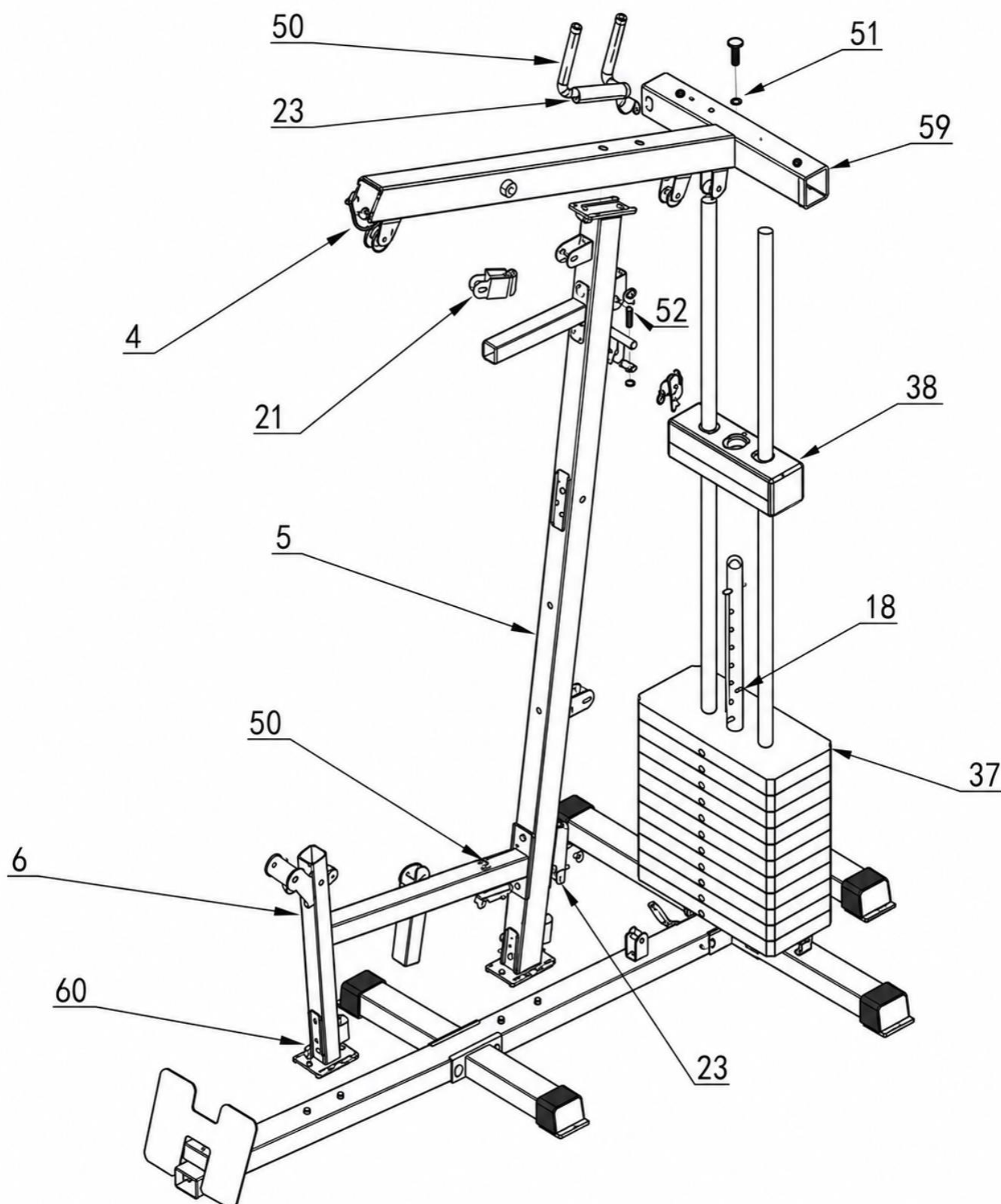


Step 2 — Weight Stack, Frame Braces & Main Column

2

Install the Weight Stack Tower

Position the weight stack onto the base frame and install the guide rod assembly. Attach the upper frame supports and connecting braces, securing the tower structure firmly in place. Install the selector guide assembly and verify smooth vertical movement of the weight stack.

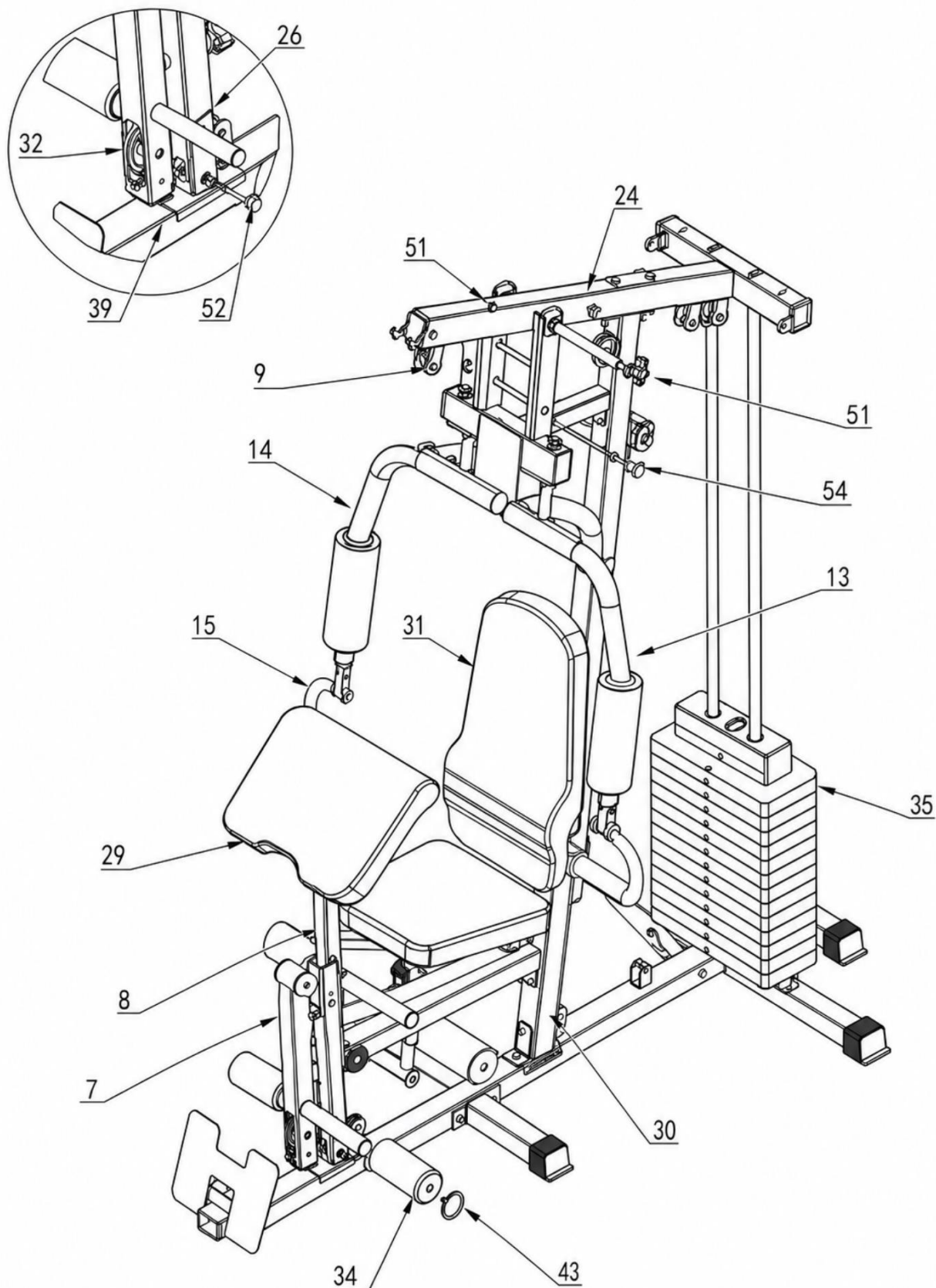


5.4 Step 3 — Seat Station, Chest Pads & Leg Developer

3

Install the Seat and Press Arm Assembly

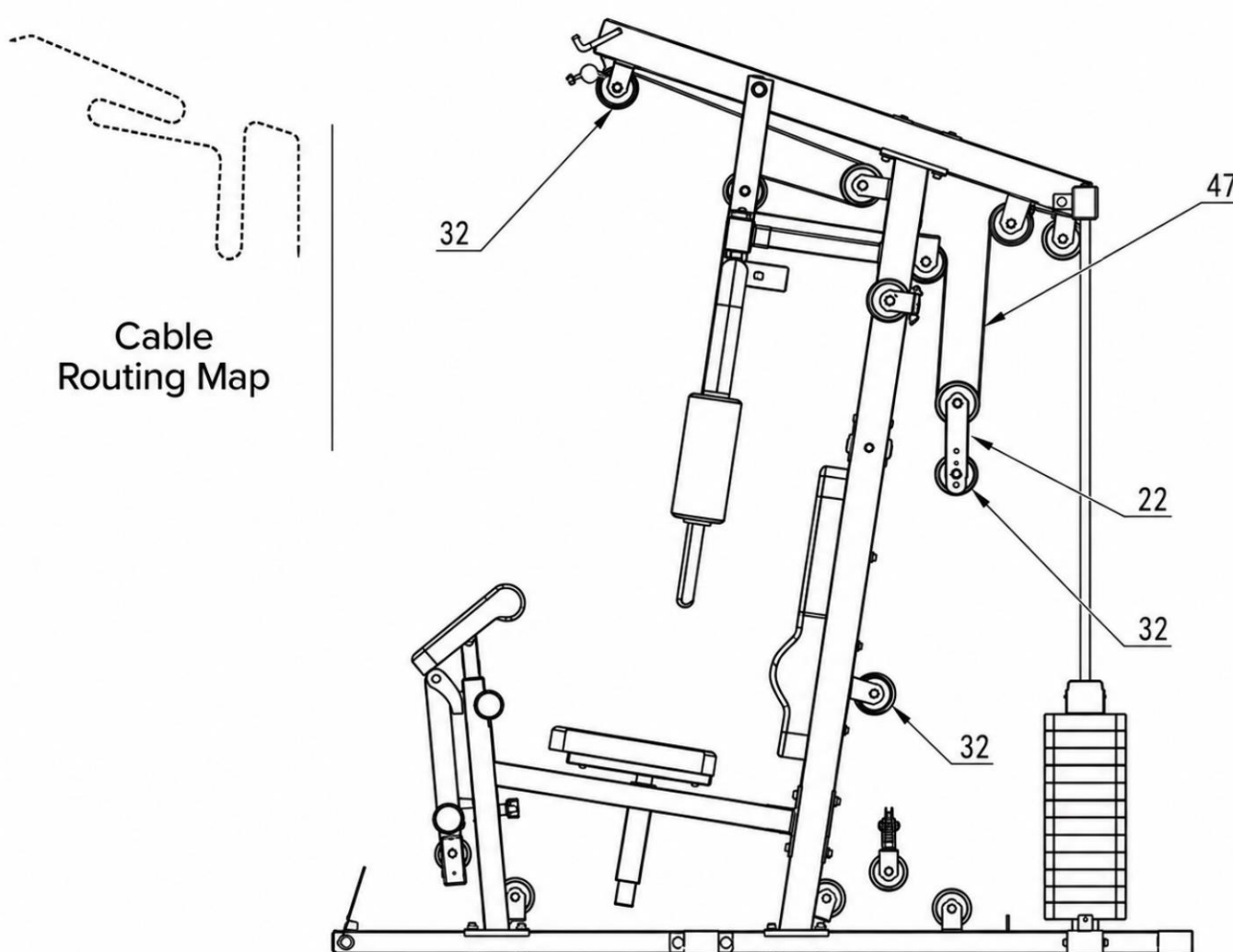
Mount the seat support frame and backrest structure onto the main frame. Install the press arms, seat cushions, leg developer components, and guide assemblies in the order shown. Ensure all moving joints rotate freely and tighten all hardware securely after alignment.



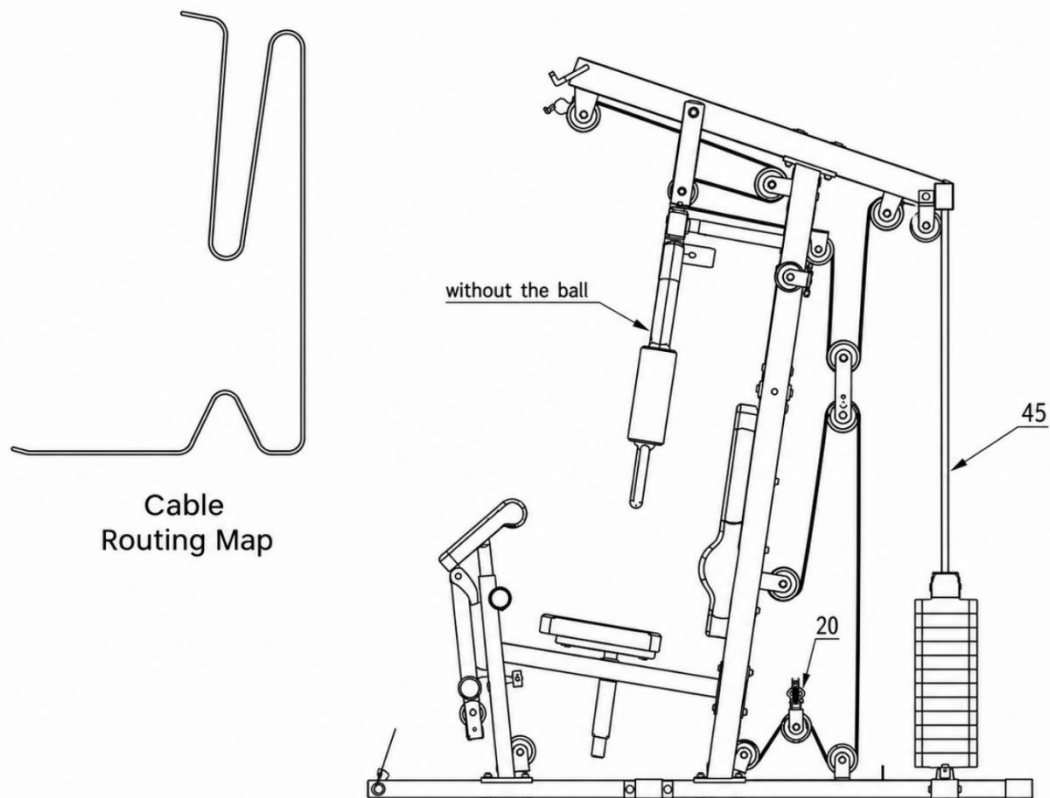
6. Cable Routing

⚠ WARNING: THREE cables must be routed. Each has a different path. Study the shape diagrams carefully before threading any cable. Tighten bolt fully after each cable is routed.

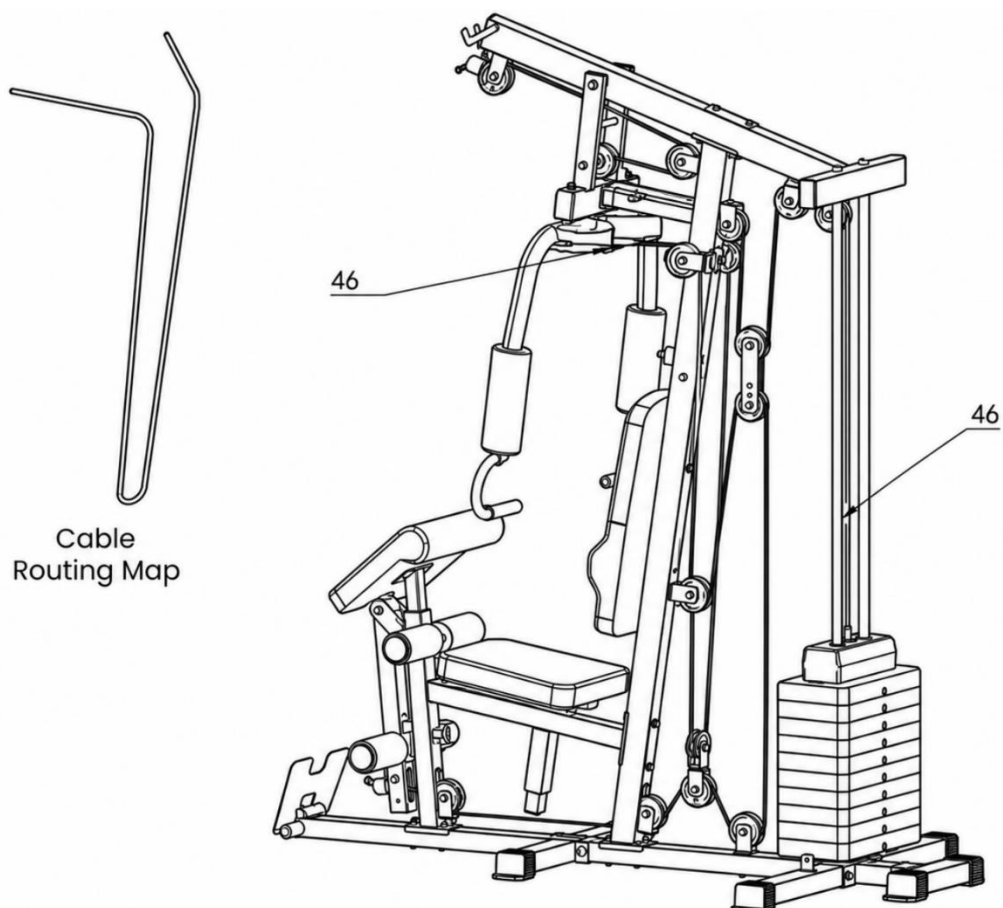
6.1 Cable #47 — Main Cable (Lat Pulldown & Chest Press)



6.2 Cable #45 — Low Cable (Low Row & Leg)



6.3 Cable #46 — Side Cables (Press Arm & Lateral)



7. Station Operating Instructions

7.1 Weight Selection (All Stations)

7. Locate selector pin on the weight stack (right side of machine).
8. Insert pin fully through the desired numbered plate — must exit the other side.
9. Verify pin is seated. Start light on unfamiliar exercises.
10. The selected plate and all plates above it will move during exercise.

7.2 Chest Press Station

Sit upright against the chest pad with feet flat on the floor. Grip the foam roller handles on the curved press arms at approximately shoulder height.

- CHEST PRESS: Push arms straight forward until nearly fully extended — control the return.
- PEC FLY: Bring arms in from wide position in an arc — squeeze chest at centre.
- Lean forward for different angle emphasis.

7.3 Lat Pulldown Station

Sit facing the chest pad with knees secured. Grip the lat bar with desired grip width.

- WIDE GRIP: emphasises outer latissimus dorsi and overall width.
- CLOSE GRIP: emphasises lower lats and bicep involvement.
- Pull bar to upper chest leading with elbows — control the full return to extension.

7.4 Low Row Station

Sit facing the foot plate with feet placed firmly on the plate, slight knee bend. Attach a handle to the low cable.

- Row cable handle to lower abdomen — squeeze shoulder blades together at the end point.
- Lean slightly forward between reps — return to upright for each pull.

7.5 Leg Developer Station

- LEG EXTENSION: Sit upright in seat. Hook shins under lower foam rollers. Extend legs to parallel — lower with control.
- LEG CURL: Lie face-down on seat. Hook heels under lower rollers. Curl heels toward glutes — control the return.

7.6 Preacher Curl Station

Sit facing the preacher pad. Rest the backs of upper arms flat on the angled pad surface. Grip cable handle with underhand grip.

- Curl handle upward squeezing bicep at the top — do not allow elbows to lift off the pad.
- Lower slowly to starting position.

7.7 Multi-Pulley Cable System

HIGH position	Lat pulldown, tricep pushdown, face pull, cable crunch
MID position	Cable chest fly, bicep curl, seated row, shoulder exercises
LOW position	Low row, hip abduction, cable squat, ankle exercises

8. Exercise Guide (50+ Exercises)

8.1 Chest

Exercise	Station	Primary Muscles
Chest Press	Chest press arms	Pectoralis Major, Triceps, Anterior Deltoid
Pec Fly	Chest press arms (wide arc)	Pectoralis Major (stretch & contraction)
High Cable Fly	High cable	Pectoralis Major, Serratus Anterior
Mid Cable Crossover	Mid cable	Pectoralis Major, Anterior Deltoid
Low Cable Press	Low cable	Lower Pectorals, Triceps

8.2 Back

Exercise	Station	Primary Muscles
Lat Pulldown (Wide)	Lat bar — high	Latissimus Dorsi, Biceps, Rear Delt
Lat Pulldown (Close)	Lat bar close grip	Lats (lower), Brachialis, Lower Traps
Seated Cable Row	Low cable + handle	Rhomboids, Mid-Trapezius, Biceps
Low Row	Low cable + foot plate	Erector Spinae, Lats, Lower Rhomboids
Straight Arm Pulldown	High cable	Latissimus Dorsi, Teres Major

8.3 Shoulders

Exercise	Station	Primary Muscles
Cable Lateral Raise	Low cable	Medial Deltoid
Cable Front Raise	Low cable	Anterior Deltoid
Rear Delt Fly	High cable (cross-body)	Posterior Deltoid, Rhomboids
Upright Row	Low cable	Medial Deltoid, Upper Trapezius
Shoulder Press	Mid cable	All three deltoid heads, Triceps

8.4 Arms

Exercise	Station	Primary Muscles
Preacher Curl	Preacher curl station	Biceps Brachii — short head isolation
Cable Bicep Curl	Low cable	Biceps Brachii, Brachialis
Concentration Curl	Low cable	Biceps (peak contraction)
Tricep Pushdown	High cable	Triceps Brachii — all 3 heads
Tricep Kickbacks	Mid cable	Triceps Lateral Head

8.5 Legs & Core

Exercise	Station	Primary Muscles
Leg Extension	Leg developer rollers	Quadriceps — all 4 heads
Leg Curl	Leg developer rollers	Hamstrings, Gastrocnemius
Cable Squat	Low cable	Quadriceps, Glutes, Hamstrings
Cable Crunch	High cable — kneeling	Rectus Abdominis, Obliques
Woodchopper (H→L)	High cable — rotational	Obliques, Core, Shoulders

9. Maintenance Schedule

NOTE: Regular maintenance extends machine lifespan and ensures safe operation. Sweat is corrosive — wipe all surfaces after every session. Three cables require regular inspection.

Frequency	Component	Task	Standard
After every use	All cables (#45,46,47)	Full visual inspection for fraying, kinking	Replace at ANY damage
After every use	Frame & pads	Wipe all surfaces — prevent sweat corrosion	Dry and clean
After every use	Selector pin	Confirm pin fully seated before each set	Fully seated
Weekly	All bolts	Hand torque check — tighten any loose bolts	No movement
Weekly	Pulley wheels	Spin each pulley — must rotate smoothly	Smooth, silent
Monthly	All M10/M8 bolts	Full torque wrench check	M10=55-60Nm/M8=12-25Nm
Monthly	Cable clamp bolts #53	Re-torque all M10×45 cable clamp bolts	25-30 Nm each
Monthly	Leg rollers	Check roller spin — lubricate if stiff	Free rotation
Monthly	Frame inspection	Check all welds and connections	No cracks/bends
Monthly	Guide rods (#19)	Wipe and apply light machine oil	Smooth stack travel
Quarterly	All pulleys	Clean grooves; apply dry silicone spray	No cable wear marks
Quarterly	Rubber feet (#40)	Check base feet for wear or damage	Floor contact uniform
Annually	Professional service	Full re-torque all fasteners, cable check	Per specification

10. Troubleshooting

Problem	Likely Cause	Solution
Cable comes off pulley	M10×45 bolt (#53) loose; wrong path	Re-route cable per assembly steps 4-6. Retighten #53 to 25-30 Nm.
Chest arms uneven	Cable #46 wrong routing one side	Unload. Re-check cable #46 on both sides matches PDF step 6 shape.
Weight stack doesn't travel	Cable path incorrect; stack jammed	Check all 3 cable paths. Ensure guide rods (#19) are vertical and oiled.
Machine rocks or wobbles	Base bolts loose; rubber feet worn	Tighten all M10×90 base bolts to 55-60 Nm. Check rubber feet (#40).
Lat bar has no tension	Cable #47 misrouted at pulley	Re-route cable #47 per PDF page 7 shape diagram exactly.
Leg rollers stiff	Bearing dry; cable #45 too taut	Apply dry silicone to leg roller bearings. Verify cable #45 path.
Frame creaks	Bolts loosening with use	Full torque check all M10/M8 bolts before next training session.
Selector pin stiff	Guide rod dry or misaligned	Oil guide rods (#19). Ensure rods are perfectly vertical.
Press arms grind	Arm guide bearings dry	Clean and apply dry silicone to press arm guide brackets (#14).
Side panel loose	M6 bolt (#58) backing out	Tighten all M6 bolts (#58) to 10-12 Nm.

11. Warranty & Customer Support

2-Year Warranty

The PH Fitness Multi Gym is covered by a 2-year manufacturer warranty from the date of original purchase, covering structural frame defects, mechanical component defects, and factory assembly defects.

Warranty Period	2 years from original date of purchase
Frame	Covered — manufacturing defects and weld failures
Weight Stack	Covered — manufacturing defects
Cables & Pulleys	Covered — manufacturing defects (normal wear excluded)
Pads & Upholstery	Covered — manufacturing defects
NOT Covered	Misuse, overloading beyond 300 kg, modifications, normal wear, cosmetic damage

Warranty Exclusions

- Damage from improper assembly or use outside this manual
- Exceeding stated limits
- Normal wear items: cables, rubber feet, arm pads, seat cushion
- Cosmetic damage from misuse or environmental exposure
- Damage from unauthorised modifications

Requesting Assistance

Before contacting support, do NOT attempt any repairs. Have the following information ready:

- Your name, address, and telephone number
- Model name: Multi Gym DZ-113
- Tax receipt or purchase invoice (if under warranty)
- Clear description and photograph of the problem

Making a Warranty Claim

- Retain your original proof of purchase — required for all warranty claims.
- Photograph the defect clearly from multiple angles.
- Contact PH Fitness customer support via the website or email.
- Provide model (Multi Gym DZ-113), date of purchase, and description of defect.
- PH Fitness will advise on repair, replacement, or return procedure within 5 business days.

PH FITNESS

Website: phfitness.nl

Mail: support@phfitness.nl

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