

PH FITNESS

V-Frame Smith Machine

Chest Press • Pec Fly • Lat Pulldown • Seated Row • Leg Developer • Preacher Curl • Cable Station

USER MANUAL & ASSEMBLY GUIDE | Model: YB600 Multigym



Your gym. Your performance. Your pace.

Model YB-600 MultiGym	Document Type User Manual	Version 1.0 — 2025
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1. Safety Instructions

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

⚠ WARNING: Assembly requires a MINIMUM of 2 persons. The machine is heavy — never attempt solo assembly. Estimated assembly time: 60–90 minutes.

⚠ WARNING: Inspect all cables (#58, #59, #60) before EVERY use. Do not use the machine if any cable shows fraying, kinking or strand damage — replace immediately.

1.1 General Safety

- For use by healthy adults only. Consult your physician before beginning any new exercise programme.
- Tighten all bolts to specification before each training session.
- Keep children and pets away at all times during assembly and use.
- Wear appropriate closed-toe athletic footwear during all exercises.
- Never insert fingers or objects into pulleys, cable runs or the weight stack.
- Maintain at least 100 cm of free space around all sides of the machine during use.
- Do not modify any component — modifications void the warranty and create safety risks.
- Stop immediately if you feel dizziness, pain or unusual discomfort.

1.2 Cable & Pulley Safety

- Inspect all cable attachment points and pulleys before each session.
- Select weight with the selector pin fully inserted through the plate before lifting.
- Always lower weight slowly and under control — never drop or release loaded cables.
- If a cable jumps off a pulley, fully unload the stack before re-routing.

1.3 Assembly Safety

- Minimum 2 persons required at all times during assembly.
- Tighten all bolts before applying any load. Re-check after first 2 weeks and every 3 months.
- Required floor area for assembly: minimum 3.0 m × 2.5 m clear space.

2. Product Overview

Chest Press Station	Guided press arms with foam rollers — targets pectorals, anterior deltoids and triceps
Pec Fly Station	Wide-arc cable fly using same press arms — targets chest stretch and contraction
Lat Pulldown	Overhead lat bar via high pulley — targets latissimus dorsi, biceps and rear deltoids
Seated / Low Row	Low pulley with foot plate and cable handle — targets mid-back, rhomboids, biceps
Leg Developer	Integrated leg extension and leg curl rollers mounted to seat station
Preacher Curl Pad	Angled pad for isolated bicep curls — reduces cheating, improves peak contraction
Multi-Angle Pulleys	High, mid and low pulley positions for cable exercises from multiple angles

3. Technical Specifications

Frame & Construction

Model	YB600
Type	Multi Gym / Home Strength Station
Frame Material	50 × 50 mm steel tubing, 1.2 mm wall thickness
Finish	Black powder coating
Maximum User Weight	200 kg
Machine Weight	Approx. 130 kg assembled (including 100 kg stack)

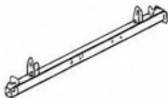
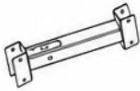
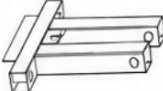
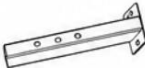
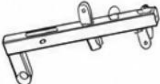
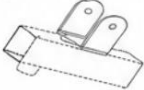
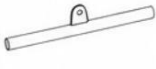
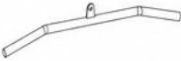
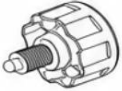
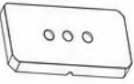
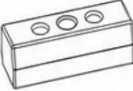
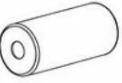
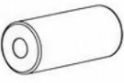
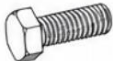
Dimensions

Length	160 cm
Width (Depth)	85 cm
Height	202 cm
Package Dimensions	195 × 35 × 16 cm
Pulley Positions	High, Mid and Low (multi-angle system)

Included Equipment

Weight Stack	100 kg integrated selectorised stack — included
High/Mid/Low Pulleys	Complete multi-angle pulley system — included
Cable Handles	Cable grips / handles — included
Seat & Backrest	Ergonomic foam-padded seat and back rest — included
Leg Developer	Leg extension + leg curl rollers — included
Preacher Pad	Foam-padded preacher curl pad — included
Foot Plate	Low row non-slip foot plate — included

4. Parts Identification

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37 	38 	39 	40 	41 	42 
43 	44 	45 	46 	47 	48 M10*25 
49 M10*45 	50 M10*70 	51 M10*80 	52 M10*90 	53 M8*20 	54 M8*70 
55 Ø10 	56 M10 	57 Ø8 	58 	59 	60 
61 M12*190 	62 M12 	63 Ø12 			

5. Assembly Instructions

⚠ WARNING: MINIMUM 2 PERSONS REQUIRED throughout assembly. Estimated time: 60–90 minutes. Do NOT fully tighten any bolt until all parts in each step are in position.

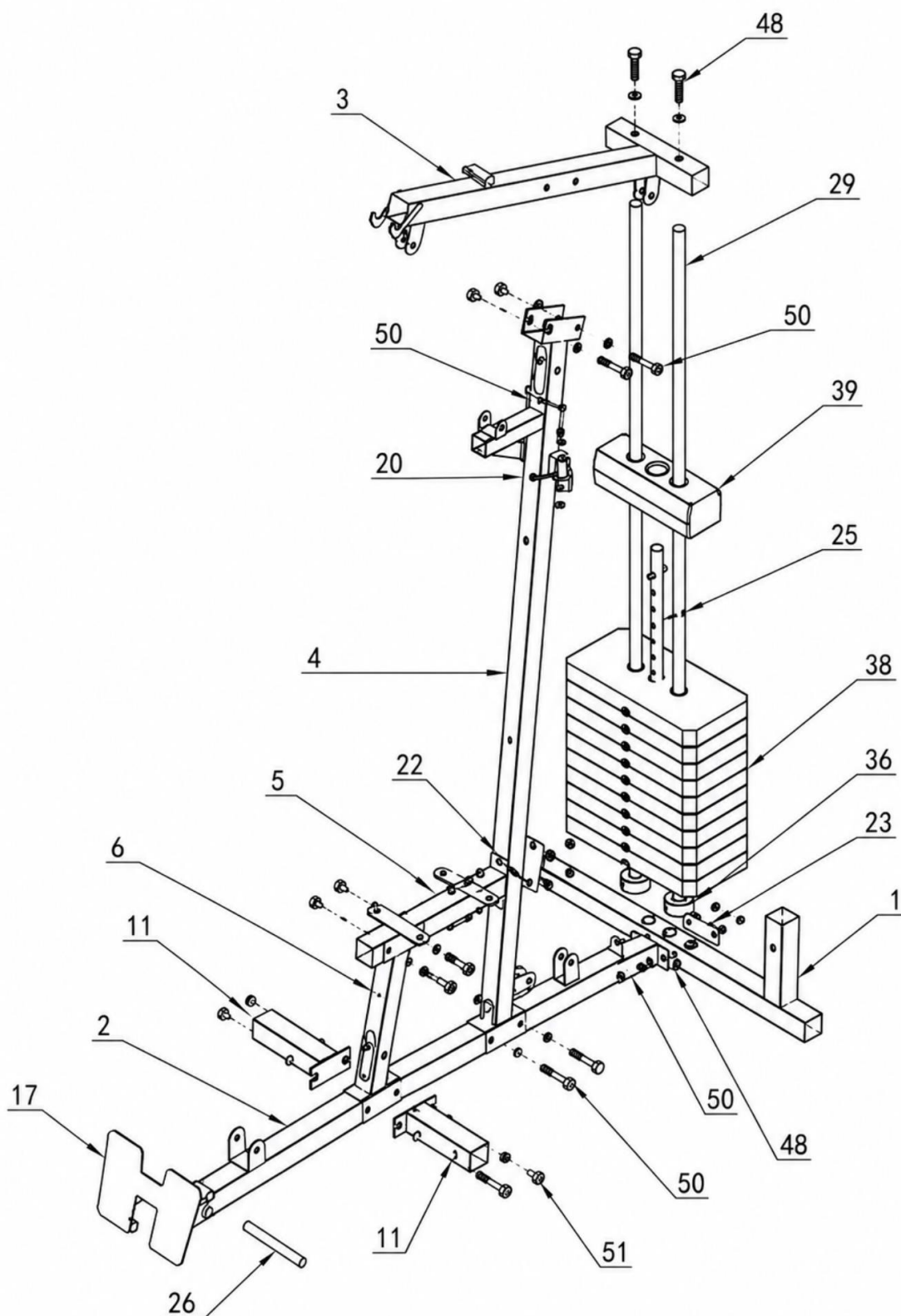
i NOTE: Tools required: wrench set (included in hardware bag), Allen key set (included). No additional tools needed.

Before You Begin

- Clear a minimum area of 3.0 m × 2.5 m for assembly. Lay protective matting on the floor.
- Verify ceiling height is minimum 230 cm.
- Unpack all components and lay out on a clean protected surface.
- Cross-reference all parts against the parts list (Section 4) before starting.
- Sort all fasteners by type and size into separate containers.
- Remove all protective wrapping and film from all components.

1**Assemble the Main Frame and Weight Stack Tower**

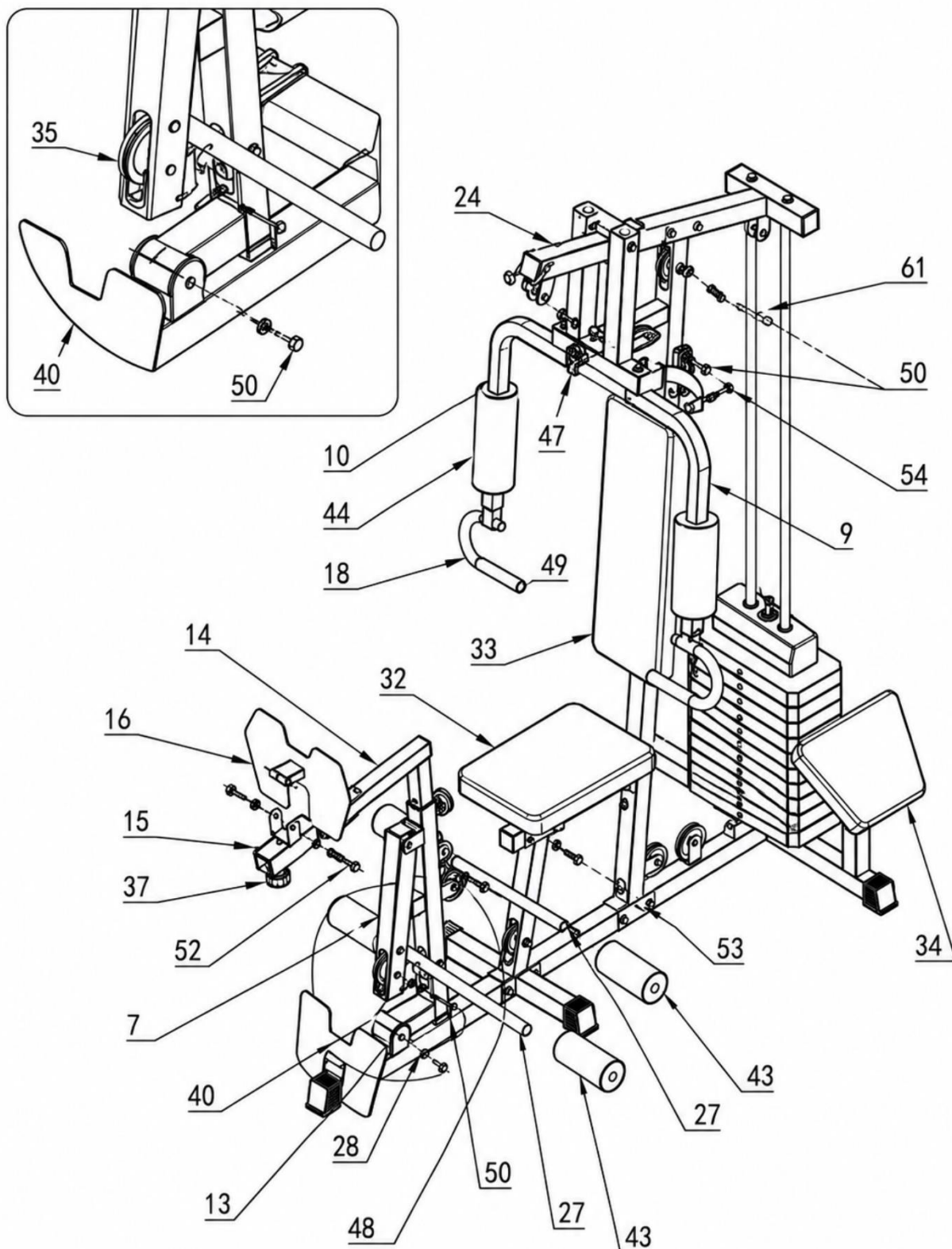
Attach the upright frame to the base assembly and install the front support structure. Position the guide rods and weight stack components, then secure the upper frame support. Install the reinforcement brackets and stabilizing components as shown, ensuring the entire frame is aligned before fully tightening all hardware.



2

Install the Exercise Arms, Seat Assembly, and Accessories

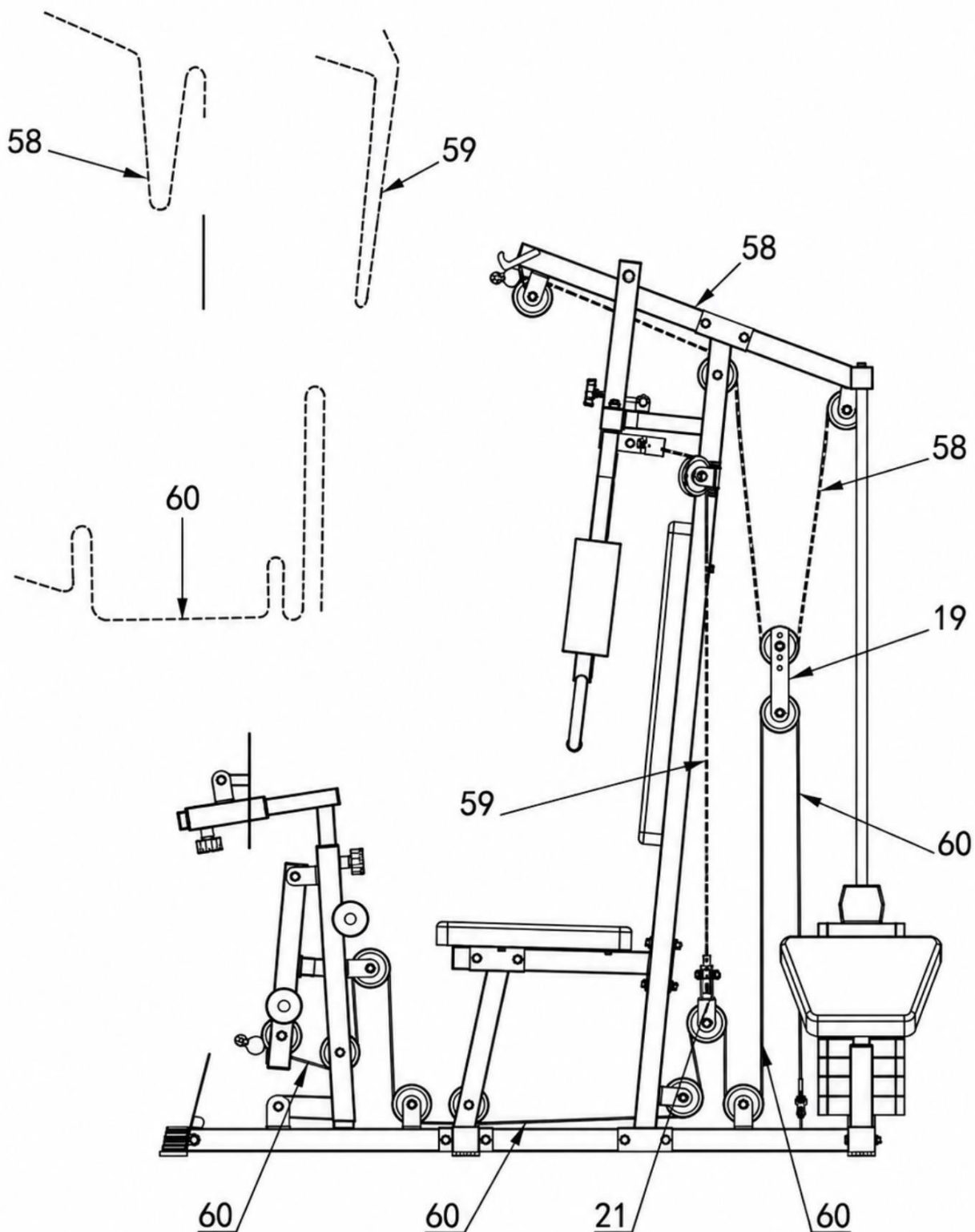
Install the press arms, seat assembly, preacher pad support, leg developer components, and all remaining frame accessories in the sequence shown. Mount the guide brackets and adjustment components, ensuring all moving parts pivot freely. Verify proper alignment of the seat, arms, and leg attachment before tightening all fasteners.



3

Route the Cable System and Complete Assembly

Route all cables through the upper and lower pulley assemblies according to the cable diagrams. Ensure each cable is seated correctly within the pulley grooves and remains free from twists throughout the routing path. Install the remaining pulleys, adjust cable tension, and confirm smooth operation of the weight stack, press arms, and leg developer before use.



6. Station Operating Instructions

6.1 Weight Selection

- Locate the selector pin on the weight stack.
- Choose your desired resistance by identifying the weight number on the stack plate.
- Insert the selector pin fully through the chosen plate — pin must exit the other side completely.
- Confirm pin is seated before each set. Always start lighter and increase weight progressively.

6.2 Chest Press Station

The chest press arms use the curved pivoting mechanism powered by cable #58. The press arms rotate inward for pressing movements and outward for fly movements.

- Sit facing the backrest pad with back straight and feet flat on floor.
- Grip the foam roller handles on the press arms at elbow height.
- Press arms forward until nearly fully extended — control the return.
- For Pec Fly: move arms from wide position (elbows at shoulder height) inward in an arc — squeeze chest at the top.

6.3 Lat Pulldown Station

The lat bar connects to cable #59 via carabiner. Sit facing the machine with knees braced under the knee pad (if available) or firmly planted.

- Grip the lat bar with desired grip width (wide = more lat focus, narrow = more bicep involvement).
- Pull bar down to upper chest in a smooth arc, leading with elbows.
- Control bar back to full arm extension — do not let weight stack drop freely.

6.4 Low Row / Seated Row Station

Use cable #60 with the foot plate. Attach a handle to the carabiner at the low cable attachment point.

- Sit on the seat facing the foot plate. Place feet on the plate with slight knee bend.
- Grip the handle with both hands, back straight, slight forward lean.
- Row handles to lower abdomen, squeezing shoulder blades together.
- Extend arms fully and allow torso to lean forward slightly between each rep.

6.5 Leg Developer Station

The leg developer provides leg extension and leg curl via the upper and lower roller pads connected to the cable system.

- LEG EXTENSION: Sit upright on seat, hook shins under the lower foam rollers, grip seat edges. Extend legs to parallel — lower with control.
- LEG CURL: Lie face-down on the seat (or stand facing away), hook heels under the lower rollers. Curl heels toward glutes, lower with control.

6.6 Preacher Curl Station

- Sit facing the angled preacher pad. Rest the backs of upper arms flat on the pad surface.
- Grip the cable handle with underhand grip. Starting position: arms nearly extended.
- Curl the handle upward toward chin, squeezing bicep at the top.
- Lower slowly to starting position — do not allow elbows to lift off pad.

7. Exercise Guide (40+ Exercises)

Chest & Pec Fly

Exercise	Station / Position	Primary Muscles
Chest Press	Press arms — seated upright	Pectoralis Major, Anterior Delt, Triceps
Pec Fly	Press arms — wide arc	Pectoralis (stretch & peak contraction)
High Cable Fly	High pulley — cross-body	Pectoralis Major, Serratus Anterior
Low Cable Press	Low pulley — seated	Lower Pectorals, Triceps

Back

Exercise	Station / Position	Primary Muscles
Lat Pulldown (Wide)	Lat bar (#59) — high	Latissimus Dorsi, Biceps, Rear Delt
Lat Pulldown (Narrow)	Lat bar close grip — high	Lats, Brachialis, Lower Traps
Seated Cable Row	Low cable (#60) + handle	Rhomboids, Mid-Trapezius, Biceps
Low Row	Low cable + foot plate	Erector Spinae, Lats, Biceps

Shoulders

Exercise	Station / Position	Primary Muscles
Cable Lateral Raise	Low cable — single arm	Medial Deltoid
Cable Front Raise	Low cable — standing	Anterior Deltoid
Face Pull	Mid/high cable — rope	Posterior Deltoid, Rotator Cuff, Traps
Upright Row	Low cable — standing	Medial Delt, Upper Trapezius

Arms — Biceps & Triceps

Exercise	Station / Position	Primary Muscles
Bicep Curl (Cable)	Low cable — standing	Biceps Brachii, Brachialis
Preacher Curl	Preacher pad + low cable	Biceps Brachii (short head isolation)
Concentration Curl	Low cable — seated	Biceps Brachii (peak)
Tricep Pushdown	High cable — standing	Triceps Brachii (all 3 heads)

Legs

Exercise	Station / Position	Primary Muscles
Leg Extension	Leg developer upper rollers	Quadriceps (all 4 heads)
Leg Curl	Leg developer lower rollers	Hamstrings, Gastrocnemius
Cable Squat	Low cable — standing	Quadriceps, Glutes, Hamstrings
Cable Kickback	Low cable + ankle strap	Gluteus Maximus

Core & Functional

Exercise	Station / Position	Primary Muscles
Cable Crunch	High cable — kneeling	Rectus Abdominis, Obliques
Woodchopper (High→Low)	High cable — rotating	Obliques, Core, Shoulders
Standing Core Rotation	Mid cable — standing	External/Internal Obliques
Side Bend	Low cable — unilateral	Obliques, Quadratus Lumborum

8. Maintenance Schedule

NOTE: Regular maintenance ensures safe operation and maximises machine lifespan. Sweat is highly corrosive — always wipe down the machine after every training session.

Frequency	Component	Task	Standard
After every use	Seat & pads	Wipe all foam surfaces with damp cloth	Clean and dry
After every use	Cables (#58,59,60)	Visual check for fraying, kinking	No damage
After every use	Frame surfaces	Wipe sweat from all steel — prevent corrosion	Dry surface
Weekly	All bolts	Hand-check for looseness — retighten as needed	No movement
Weekly	Pulley wheels	Spin each pulley — must rotate freely	Smooth, silent
Weekly	Selector guide	Insert/remove pin through all positions	Free movement
Monthly	All bolts	Full torque wrench check	M10: 55-60 Nm M8: 28-32 Nm
Monthly	Cable routes	Trace each cable — check all pulley grooves	No fraying
Monthly	Pec fly pivot	Check M12 pivot bolt tightness	Fully tight
Monthly	Leg rollers	Check roller spin — lubricate bearings if stiff	Free rotation
Monthly	Frame inspect	Check all welds and steel for cracks/bends	No damage
Monthly	Pulley channels	Clean debris from grooves, apply dry silicone	Smooth run
3 Monthly	Cable replace	Replace at ANY sign of wear or damage	PH parts only
Annually	Full re-torque	All structural fasteners	Per specifications

9. Troubleshooting

Problem	Likely Cause	Solution
Cables feel jerky	Cable off pulley groove	Unload stack; re-seat in all grooves per Fig. 7
Machine rocks	Rubber feet uneven; base bolts loose	Re-level; tighten all M10 base bolts to 55-60 Nm
Pec fly arm grinds	Pivot bolt loose or dry	Tighten M12x190 pivot bolt (#61); apply light oil
Weight stack rattles	Guide rods need lubrication	Apply machine oil to guide rods (#25, #29)
Leg rollers stiff	Roller bearings dry	Apply dry silicone spray to roller axle bearings
Selector pin stiff	Guide rail dirty	Clean selector rail (#19); apply silicone spray
Cable grinding noise	Pulley groove dry or dirty	Clean all grooves; apply dry silicone to pulleys
Press arms uneven	One cable out of pulley	Unload; check cable #58 runs equally both sides
Frame creaks	Structural bolts loosening	Full torque check all M10/M8 bolts before next use
Lat bar limited range	Cable #59 routed incorrectly	Re-route per Section 6.2; cable over correct top pulley

10. Warranty & Customer Support

2-Year Warranty

The PH Fitness YB-600 MultiGym 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 date of original purchase
Frame	Covered — manufacturing defects and weld failures
Weight Stack	Covered — manufacturing defects
Cables & Pulleys	Covered — manufacturing defects (normal wear excluded)
Seat & Pads	Covered — manufacturing defects
NOT Covered	Misuse, overloading, modifications, normal wear and cosmetic damage

Warranty Exclusions

- Damage from improper assembly or use outside this manual
- Exceeding stated limits: 200 kg user weight
- 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: YB-600 MultiGym
- 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 (YB-600 MultiGym), 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

Your gym. Your performance. Your pace.

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YB-600 Multi Gym

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