

GOLD'S GYM®

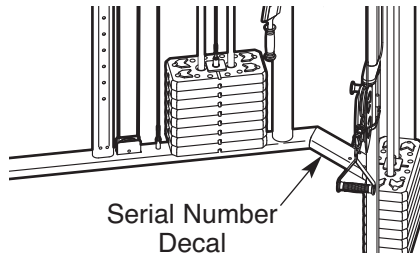
◆ PLATINUM ◆

www.workoutwarehouse.com

Model No. GGSY05510.0

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

1-877-776-4777

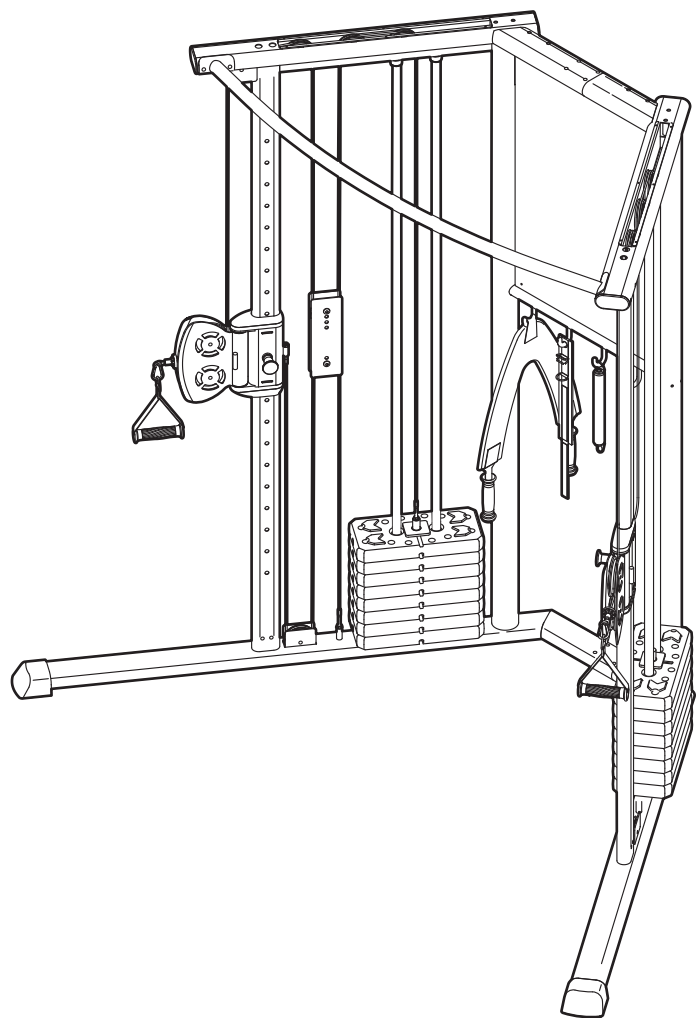
Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.workoutwarehouse.com

USER'S MANUAL



⚠ CAUTION

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

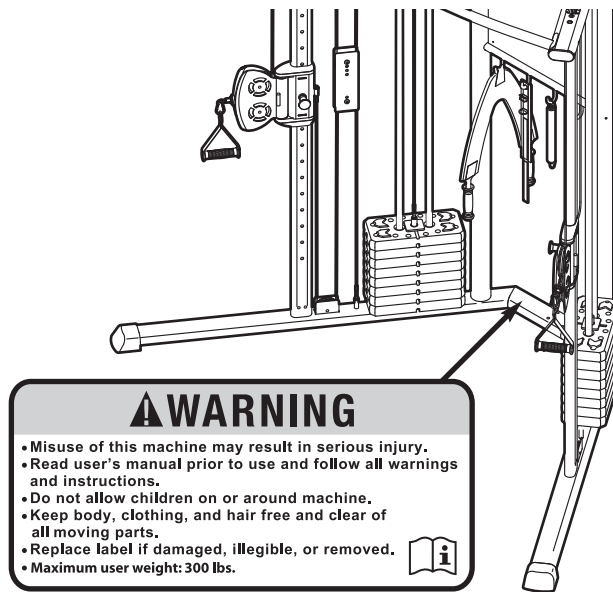


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight system before using your weight system. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Read all instructions in this manual and all warnings on the weight system before using the weight system.
3. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
4. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
5. Keep the weight system indoors, away from moisture and dust. Place the weight system on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight system to mount, dismount, and use the weight system.
6. Keep children under age 12 and pets away from the weight system at all times.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep hands and feet away from moving parts.
9. Always wear athletic shoes for foot protection while using the weight system.
10. The weight system is designed to support a maximum user weight of 300 lbs. (136 kg).
11. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

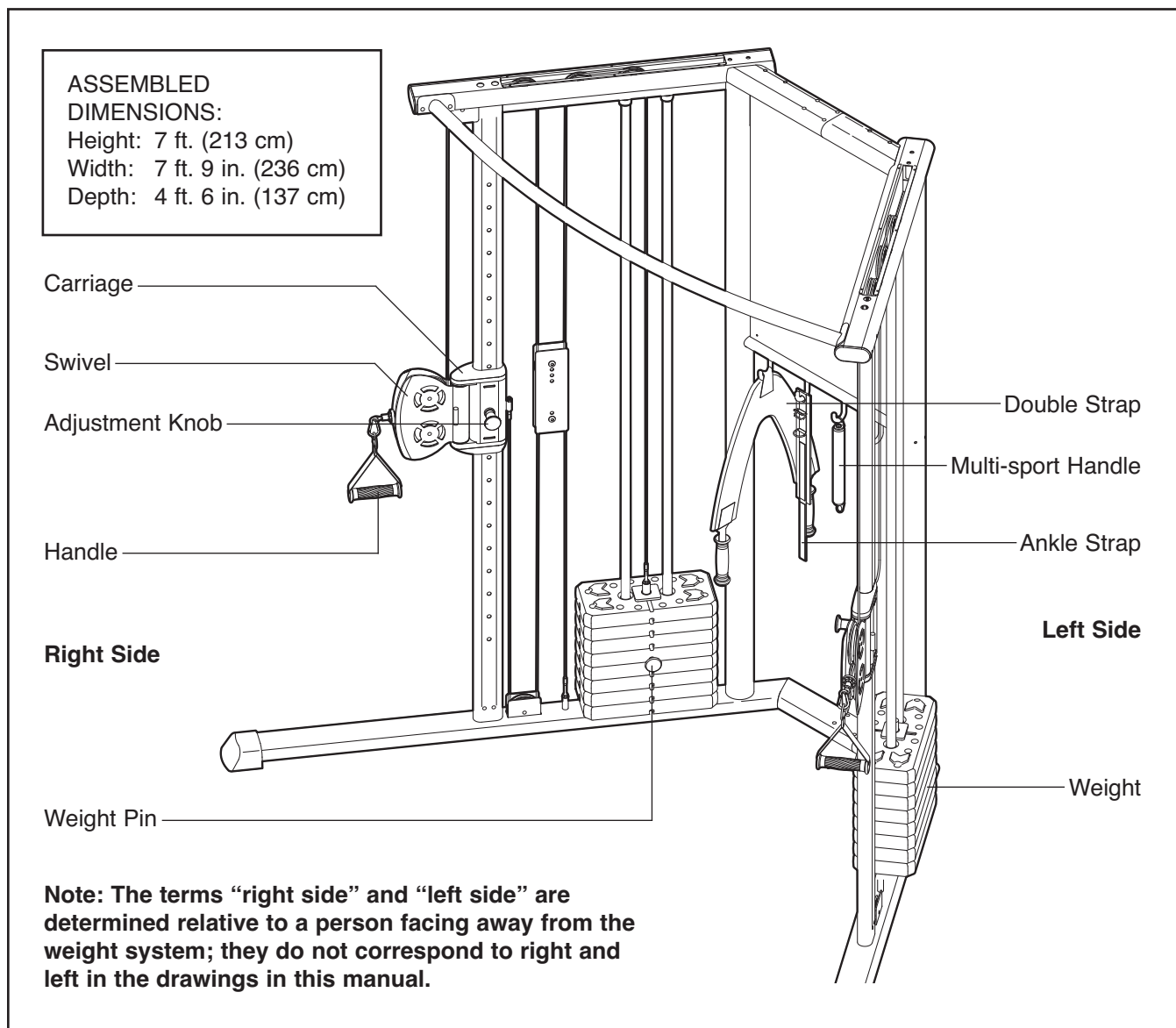
BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM® PLATINUM weight system. 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.

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

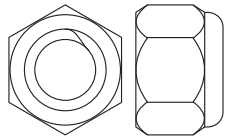
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

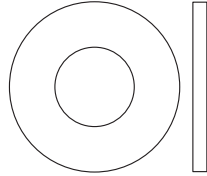


PART IDENTIFICATION CHART

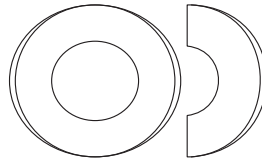
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached.**



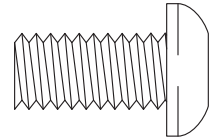
M10 Locknut (48)



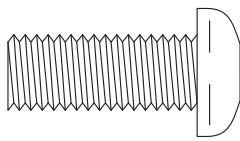
M10 Washer (52)



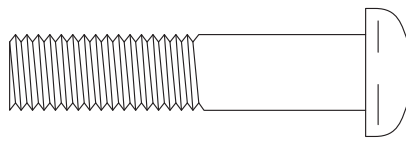
M10 Curved Washer (51)



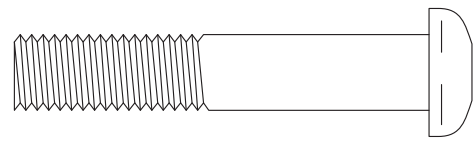
M10 x 20mm Screw (38)



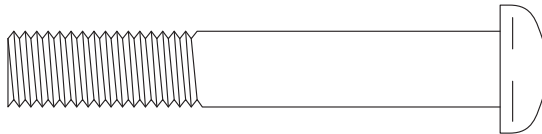
M10 x 25mm Button Screw (53)



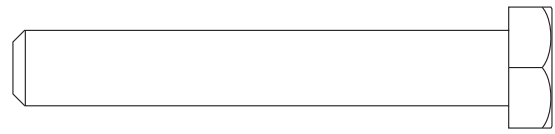
M10 x 47mm Button Bolt (43)



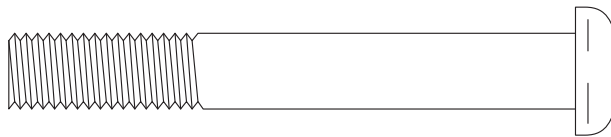
M10 x 55mm Button Bolt (42)



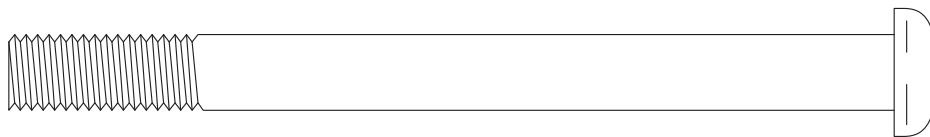
M10 x 65mm Button Bolt (40)



M10 x 65mm Bolt (57)



M10 x 75mm Screw (45)




M10 x 117mm Button Bolt (41)

ASSEMBLY

- To hire an authorized service technician to assemble the weight system in your home, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its size and weight, assemble the weight system in the location where it will be used. Make sure that there is enough clearance to walk around the weight system as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.

- To identify small parts, see page 5.
- The following tools (not included) may be required for assembly:

two adjustable wrenches 

one hammer 

one standard screwdriver 

one Phillips screwdriver 

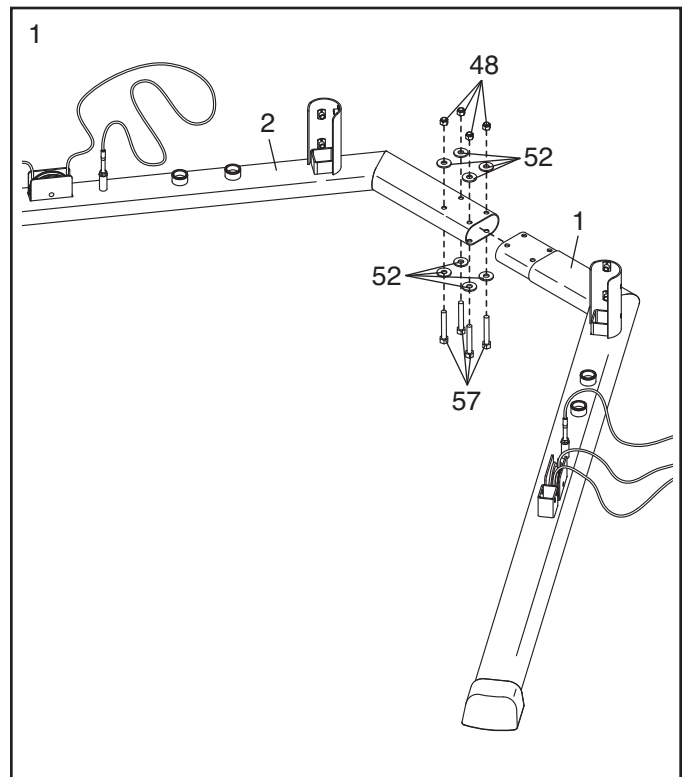
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1.

To make assembly easier, read the assembly tips in the box above.

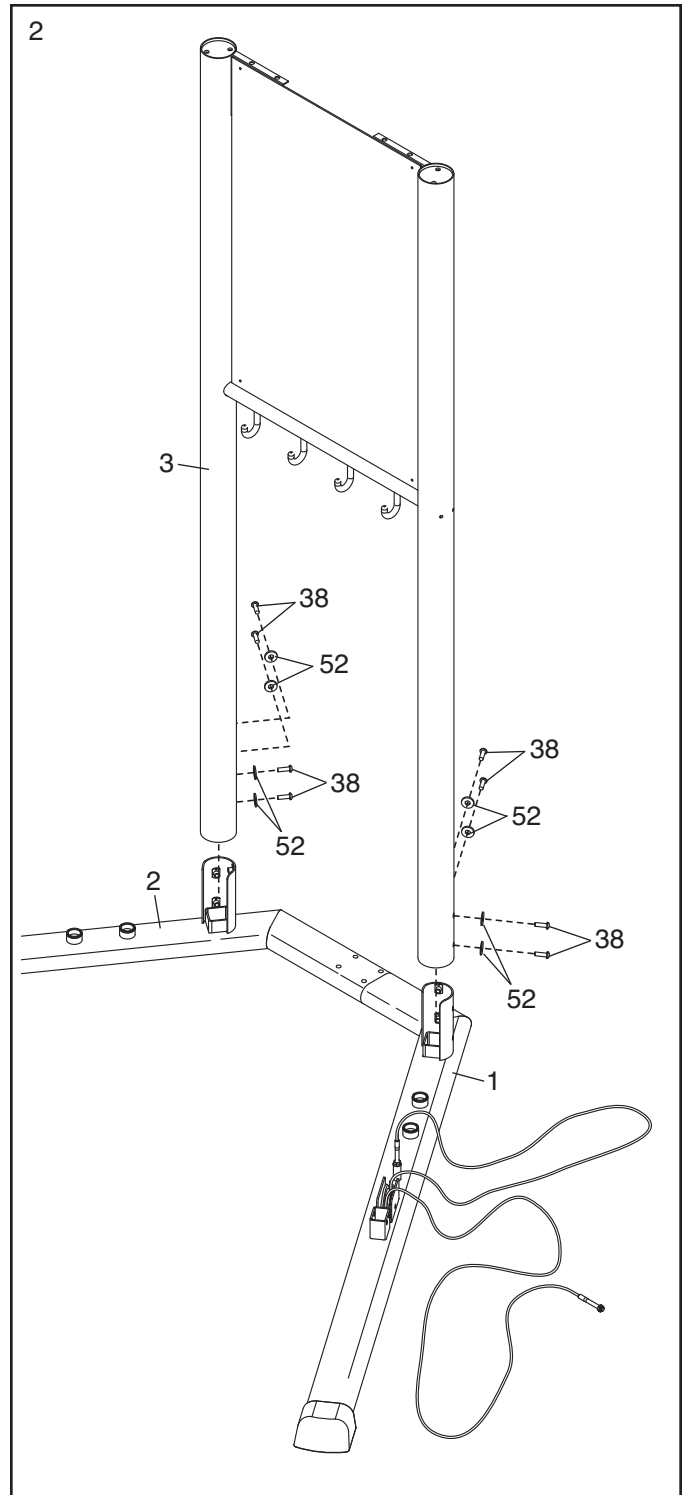
Orient the Left and Right Bases (1, 2) as shown.

Attach the Right Base (2) to the Left Base (1) with four M10 x 65mm Bolts (57), eight M10 Washers (52), and four M10 Locknuts (48). **Do not fully tighten the Bolts yet.**



2. Orient the Upright (3) as shown.

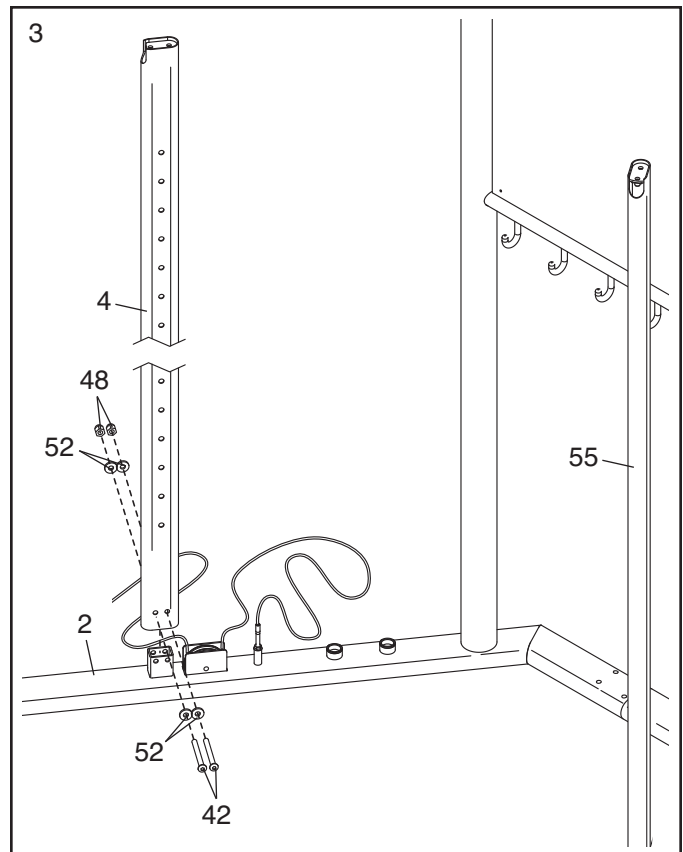
Attach the Upright (3) to the Left and Right Bases (1, 2) with eight M10 x 20mm Screws (38) and eight M10 Washers (52). **Do not fully tighten the Screws yet.**



3. Identify the Right Post (4) and orient it as shown.

Attach the Right Post (4) to the Right Base (2) with two M10 x 55mm Button Bolts (42), four M10 Washers (52), and two M10 Locknuts (48). **Do not fully tighten the Button Bolts yet.**

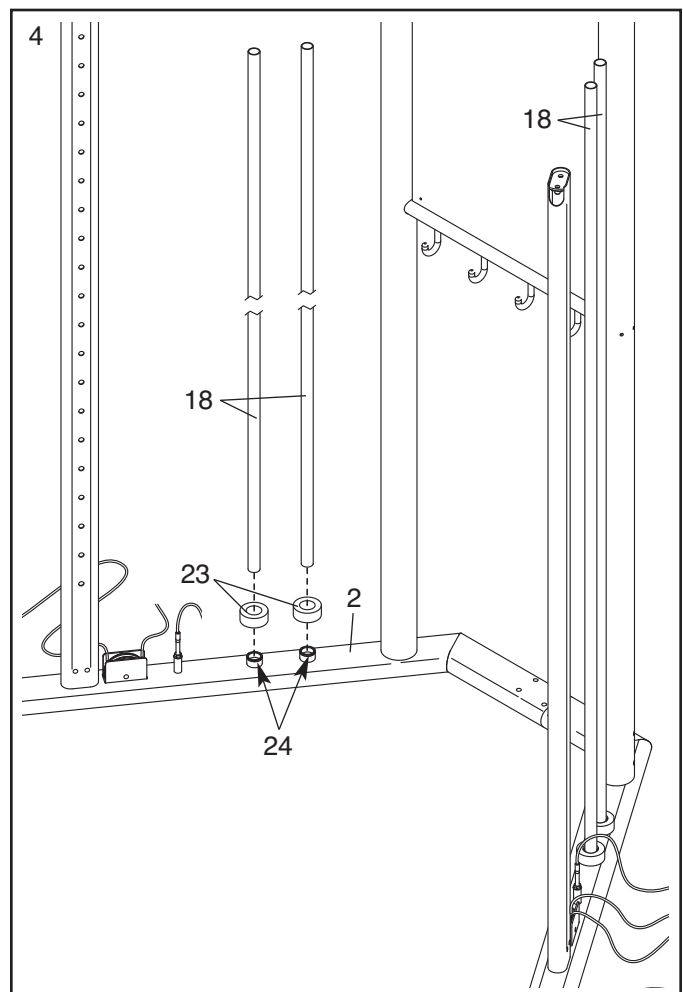
Attach the Left Post (55) to the other side of the weight system in the same way.



4. **Make sure that there is a Guide Bushing (24) in each of the sockets on the Right Base (2).** Then, slide a Bumper (23) onto each socket.

Insert two Weight Guides (18) into the sockets on the Right Base (2).

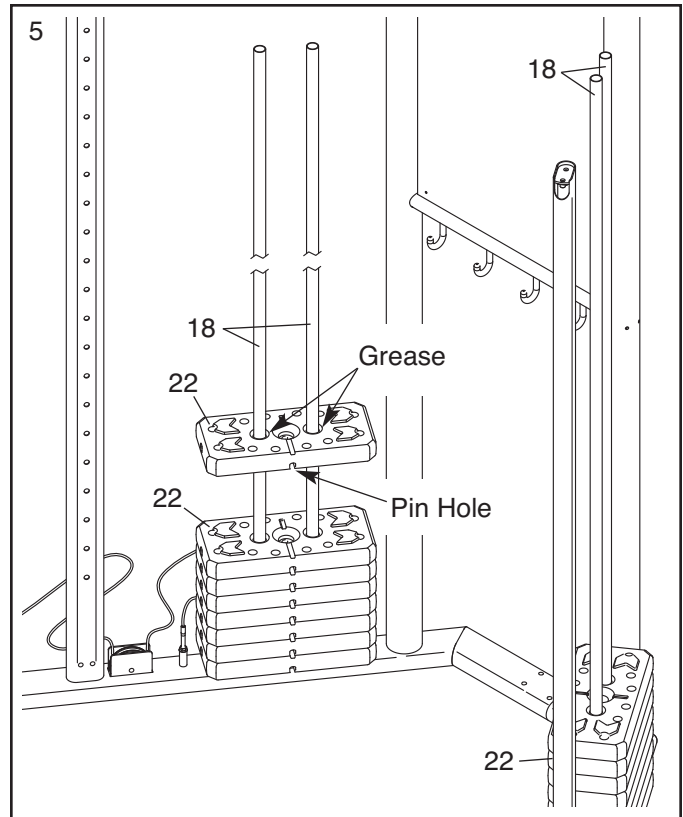
Attach the other two Weight Guides (18) to the other side of the weight system in the same way.



- Orient eight Weights (22) so that the pin holes are in the position shown. Slide the Weights onto the indicated Weight Guides (18).

Apply some of the included grease to the indicated holes in the top Weight (22).

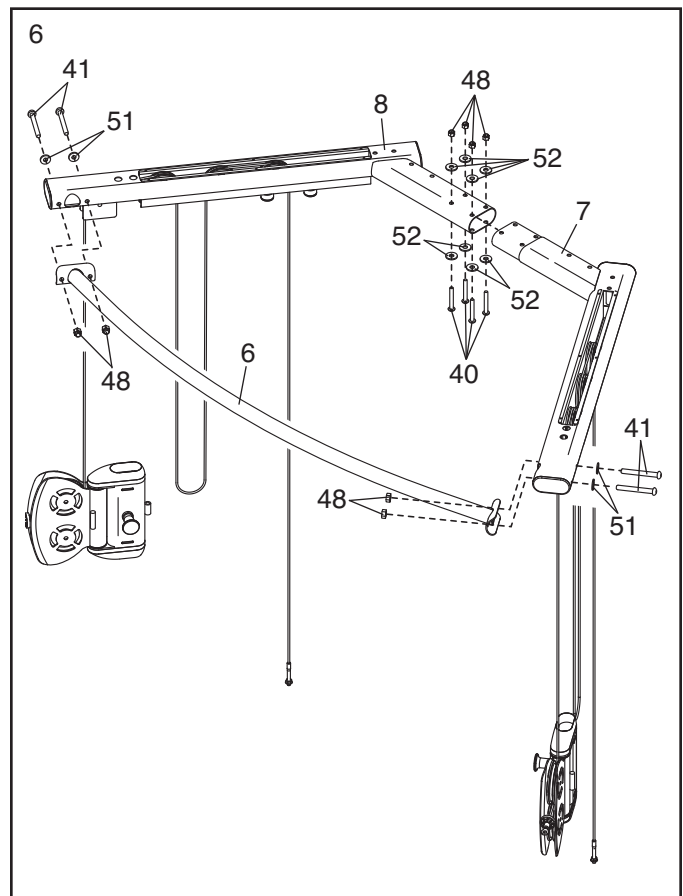
Repeat this step on the other side of the weight system.



- Orient the Left and Right Frames (7, 8) as shown. Insert the Left Frame partway into the Right Frame.

Attach the Crossbar (6) to the Left and Right Frames (7, 8) with four M10 x 117mm Button Bolts (41), four M10 Curved Washers (51), and four M10 Locknuts (48). **Do not fully tighten the Button Bolts yet.**

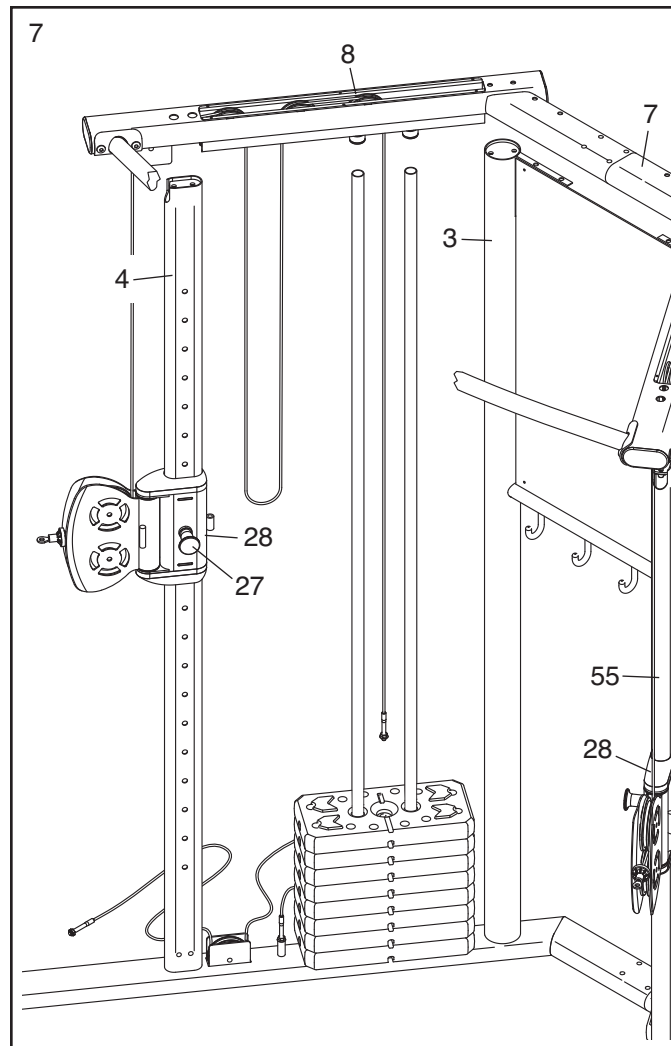
Next, insert the Left Frame (7) fully into the Right Frame (8). Attach the Left and Right Frames with four M10 x 65mm Button Bolts (40), eight M10 Washers (52), and four M10 Locknuts (48). **Do not fully tighten the Button Bolts yet.**



- With the help of a second person, hold the Left and Right Frames (7, 8) near the tops of the Upright (3) and the Right and Left Posts (4, 55).

Pull the Adjustment Knob (27) on the indicated Carriage (28) outward, slide the Carriage downward onto the Right Post (4), and then release the Adjustment Knob into one of the adjustment holes in the Right Post.

Repeat this action on the other side of the weight system.

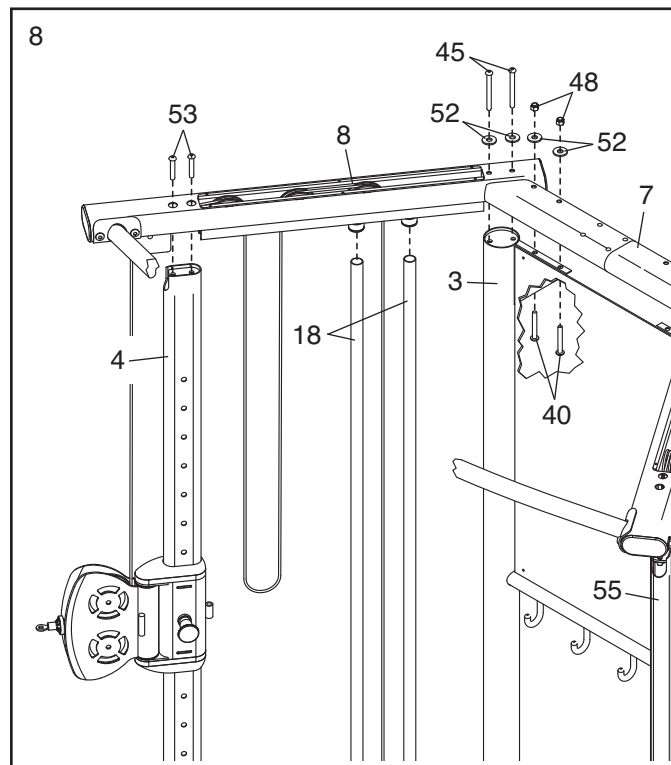


- Set the Left and Right Frames (7, 8) on the Upright (3), the Weight Guides (18), and the Right and Left Posts (4, 55).

Attach the Right Frame (8) to the Upright (3) with two M10 x 75mm Screws (45), two M10 Washers (52), two M10 x 65mm Button Bolts (40), two M10 Washers (52), and two M10 Locknuts (48). **Do not fully tighten the Screws and the Button Bolts yet. Repeat this action on the other side of the weight system.**

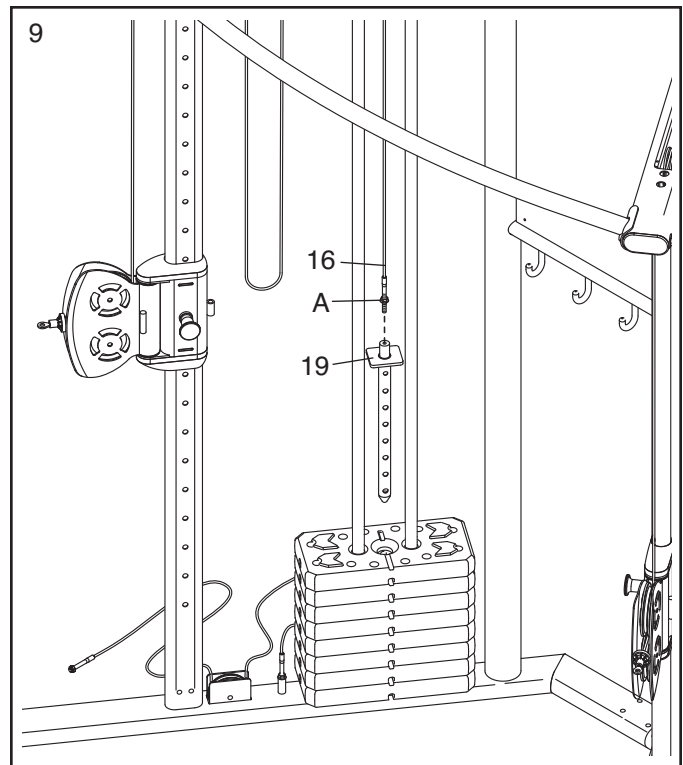
Then, attach the Right Frame (8) to the Right Post (4) with two M10 x 25mm Button Screws (53). **Do not fully tighten the Button Screws yet.**

Repeat this action on the other side of the weight system.



9. Tighten the right Long Cable (16) **at least five complete turns** into the right Weight Selector (19). Then, tighten the Nut (A) against the Weight Selector.

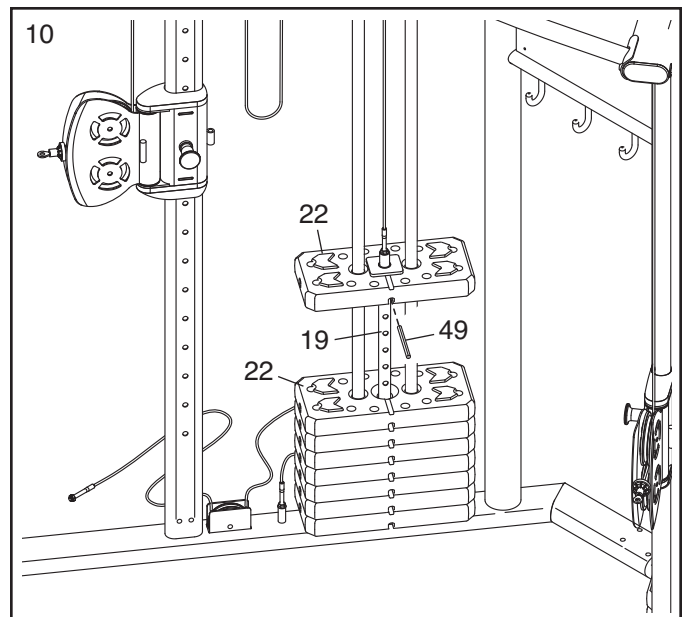
Repeat this action on the other side of the weight system.



10. Insert the right Weight Selector (19) into the right stack of Weights (22).

Lift the top Weight (22) upward, and tap a Roll Pin (49) into the Weight Selector (19) in the indicated location.

Repeat this step on the other side of the weight system.



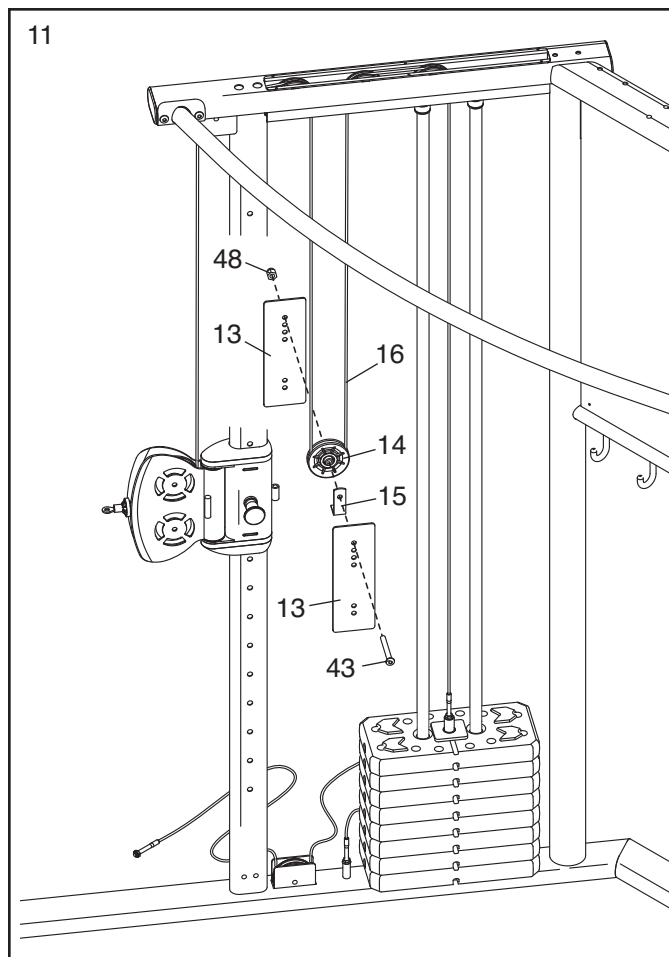
11. Hold a Pulley (14) in the loop of the right Long Cable (16) as shown.

Orient two Pulley Brackets (13) as shown.

Using the top hole in the Pulley Brackets (13), attach the Pulley Brackets to the Pulley (14) and to a Cable Trap (15) with an M10 x 47mm Button Bolt (43) and an M10 Locknut (48).

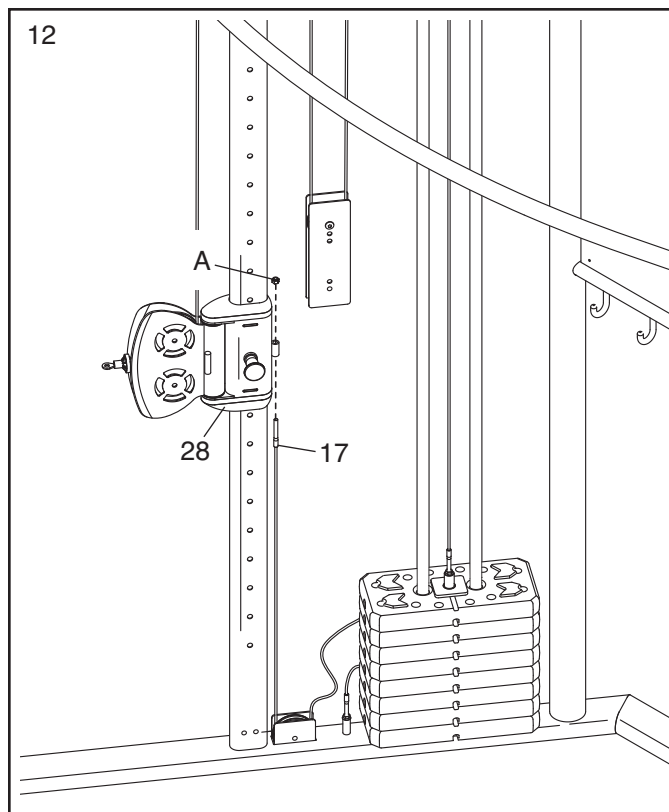
Make sure that the Cable Trap is oriented as shown.

Repeat this step on the other side of the weight system.



12. Remove the Nut (A) from the right Short Cable (17). Insert the right Short Cable into the bracket on the right Carriage (28). Then, tighten the Nut onto the Short Cable; **make sure that at least two threads of the Short Cable extend above the Nut.**

Repeat this step on the other side of the weight system.



13. Hold a Pulley (14) in the loop of the right Short Cable (17) as shown.

Attach the Pulley (14) and a Cable Trap (15) at the bottom hole of the two Pulley Brackets (13) with an M10 x 47mm Button Bolt (43) and an M10 Locknut (48). **Make sure that the Cable Trap is oriented as shown.**

Repeat this step on the other side of the weight system.

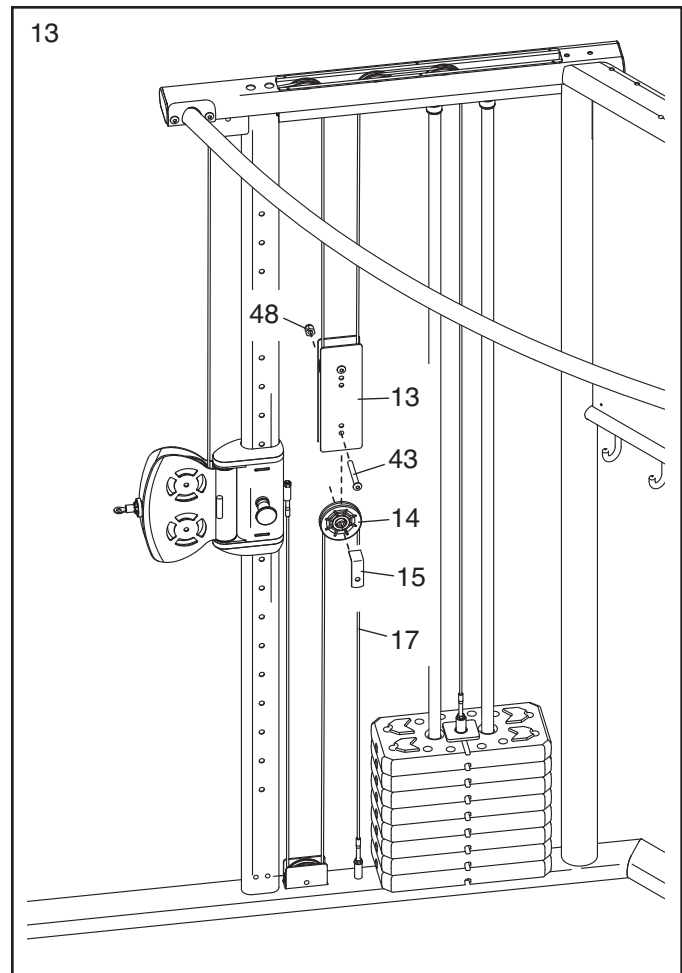
See step 1. Tighten the M10 x 65mm Bolts (57).

See step 2. Tighten the M10 x 20mm Screws (38).

See step 3. Tighten the M10 x 55mm Button Bolts (42).

See step 6. Tighten the M10 x 117mm Button Bolts (41) and the M10 x 65mm Button Bolts (40).

See step 8. Tighten the M10 x 75mm Screws (45), the M10 x 65mm Button Bolts (40), and the M10 x 25mm Button Screws (53).



14. Make sure that all parts are properly tightened. The use of the remaining parts will be explained in ADJUSTMENT on page 14.

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 DIAGRAM on page 15 for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See MAINTENANCE on page 16.**

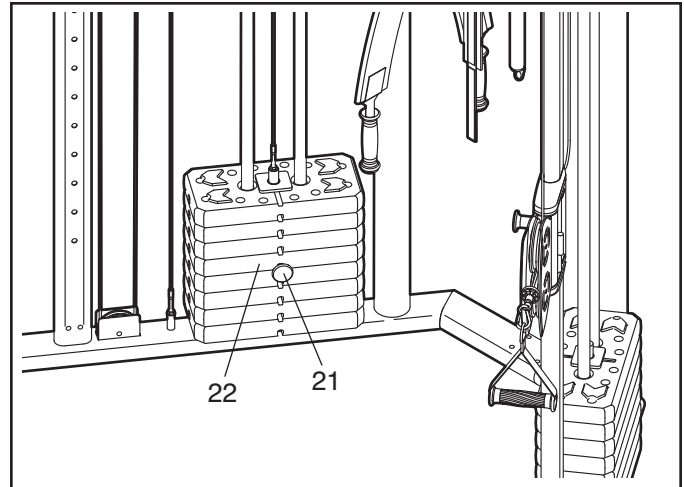
ADJUSTMENT

This section explains how to adjust the weight system. Refer to the accompanying exercise guide to see the correct form for each exercise.

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

ADJUSTING THE WEIGHT SETTING

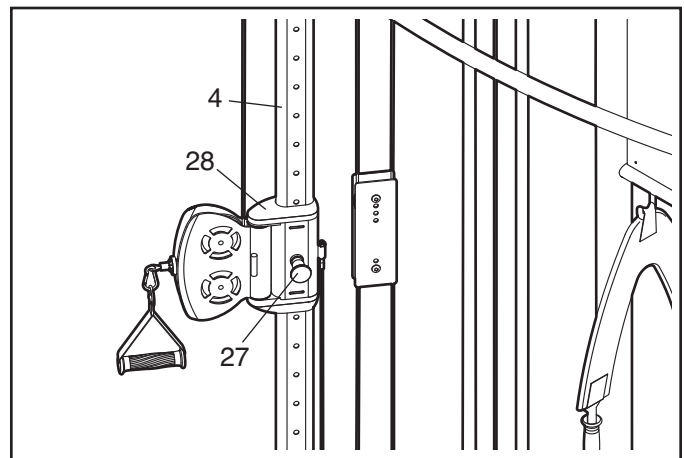
To adjust the weight setting of a weight stack, insert the Weight Pin (21) under the desired Weight (22). **Adjust the weight setting of the other weight stack in the same way.**



ADJUSTING THE CARRIAGES

To adjust the height of the right Carriage (28), pull the Adjustment Knob (27) outward, slide the Carriage upward or downward to the desired position, and then release the Adjustment Knob into one of the adjustment holes in the Right Post (4). **Make sure that the Adjustment Knob is firmly engaged in an adjustment hole.**

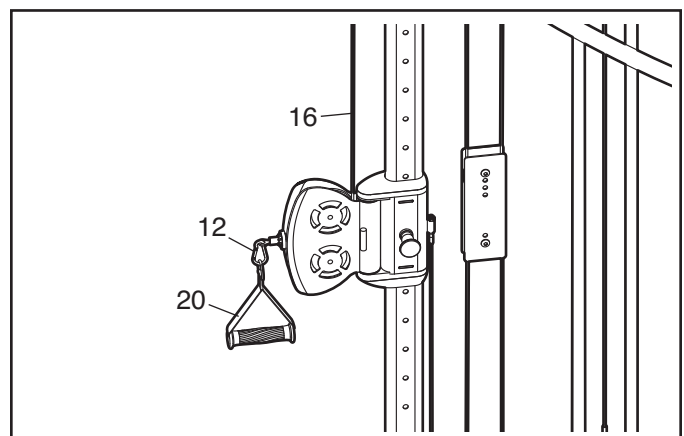
Adjust the other Carriage (not shown) in the same way.



ATTACHING THE ACCESSORIES

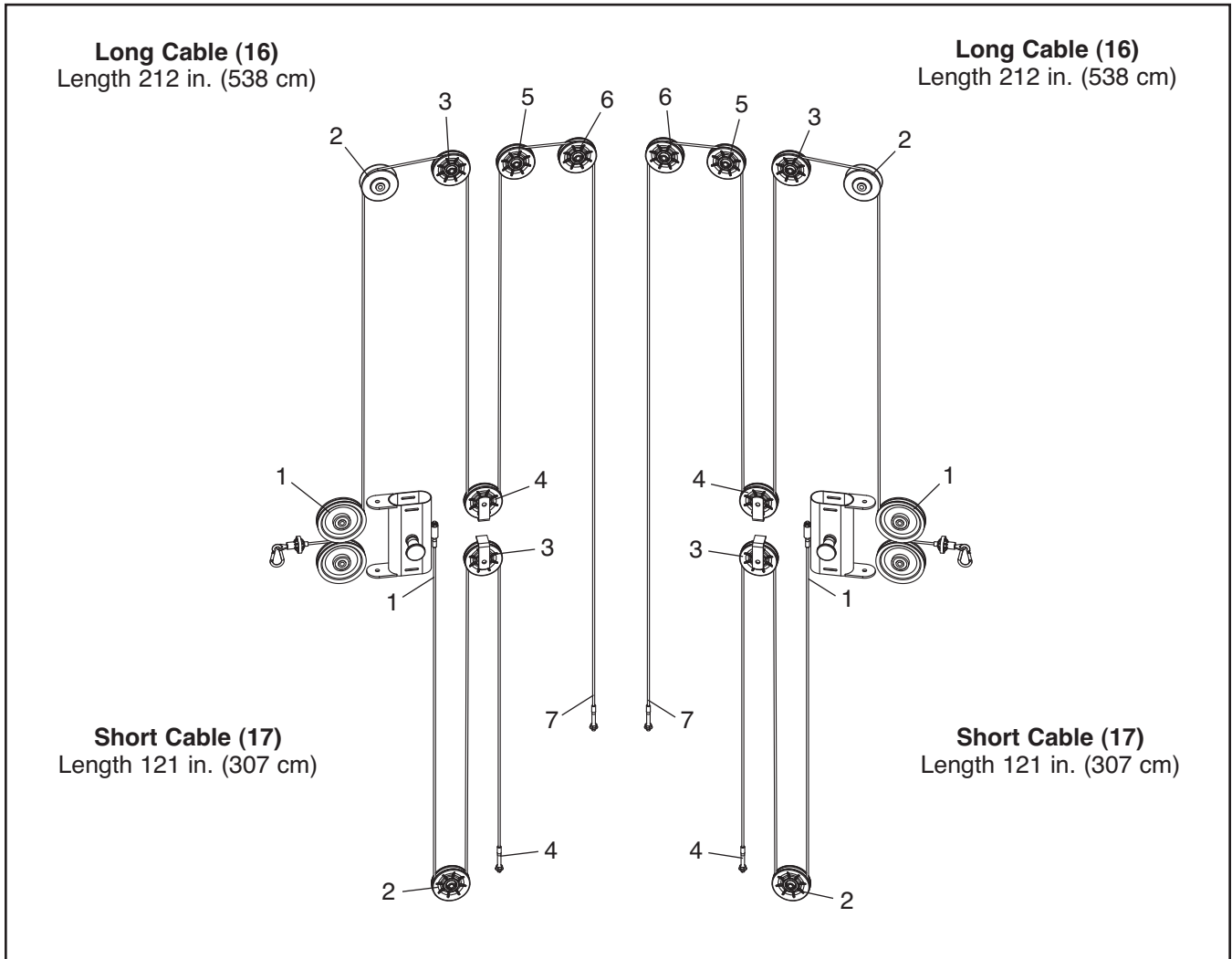
To attach a Handle (20) to a Long Cable (16), attach a Cable Clip (12) to the Long Cable and the Handle.

Attach the other accessories to the weight system in the same way.



CABLE DIAGRAM

The diagram below shows the proper routing of the cables. The numbers show the proper route for that cable. Use the diagram to make sure that the cables and cable traps are assembled correctly. If the cables are not assembled correctly, the weight system will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables.**



MAINTENANCE

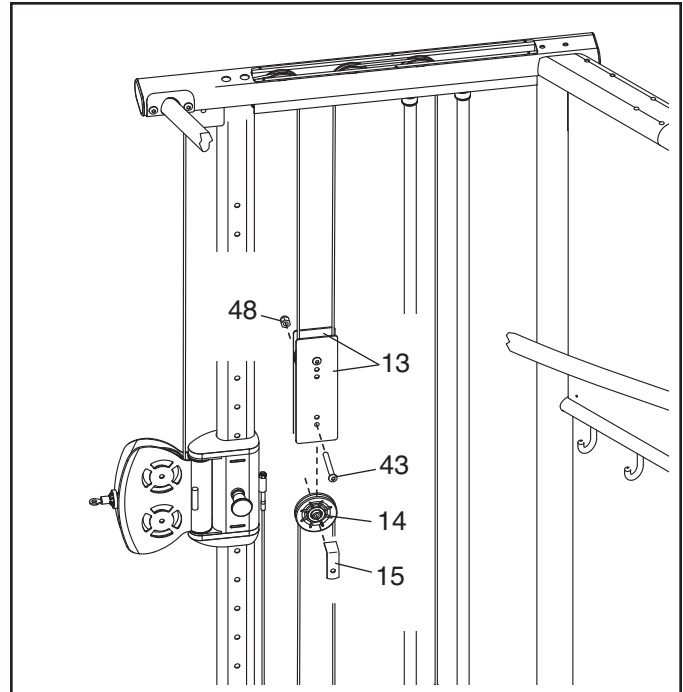
Make sure that all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and mild, non-abrasive detergent; **do not use solvents to clean the weight system.**

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. To tighten the cables, first insert a weight pin into the middle of a weight stack. Slack can be removed from the cables in the following way:

Remove an M10 Locknut (48) and an M10 x 47mm Button Bolt (43) from two Pulley Brackets (13), a Cable Trap (15), and a Pulley (14).

Reattach the Pulley (14) and the Cable Trap (15) to a hole closer to the center of the Pulley Brackets (13). **Make sure that the Cable Trap is oriented to hold the cable in the groove of the Pulley and that the cable and Pulley move smoothly.**



Do not overtighten the cables. If the cables are overtightened, a top weight will be lifted off a weight stack. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and reinstall it. If the cables need to be replaced, see the part ordering information on the back cover of this manual.

EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training—Combine strength training and aerobic exercise by following this type of program:

- Strength training workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each

workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

Strength

Date:

____ / ____ / ____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____ / ____ / ____

Exercise	Time	Distance	Speed

NOTES

NOTES

PART LIST—Model No. GGSY05510.0

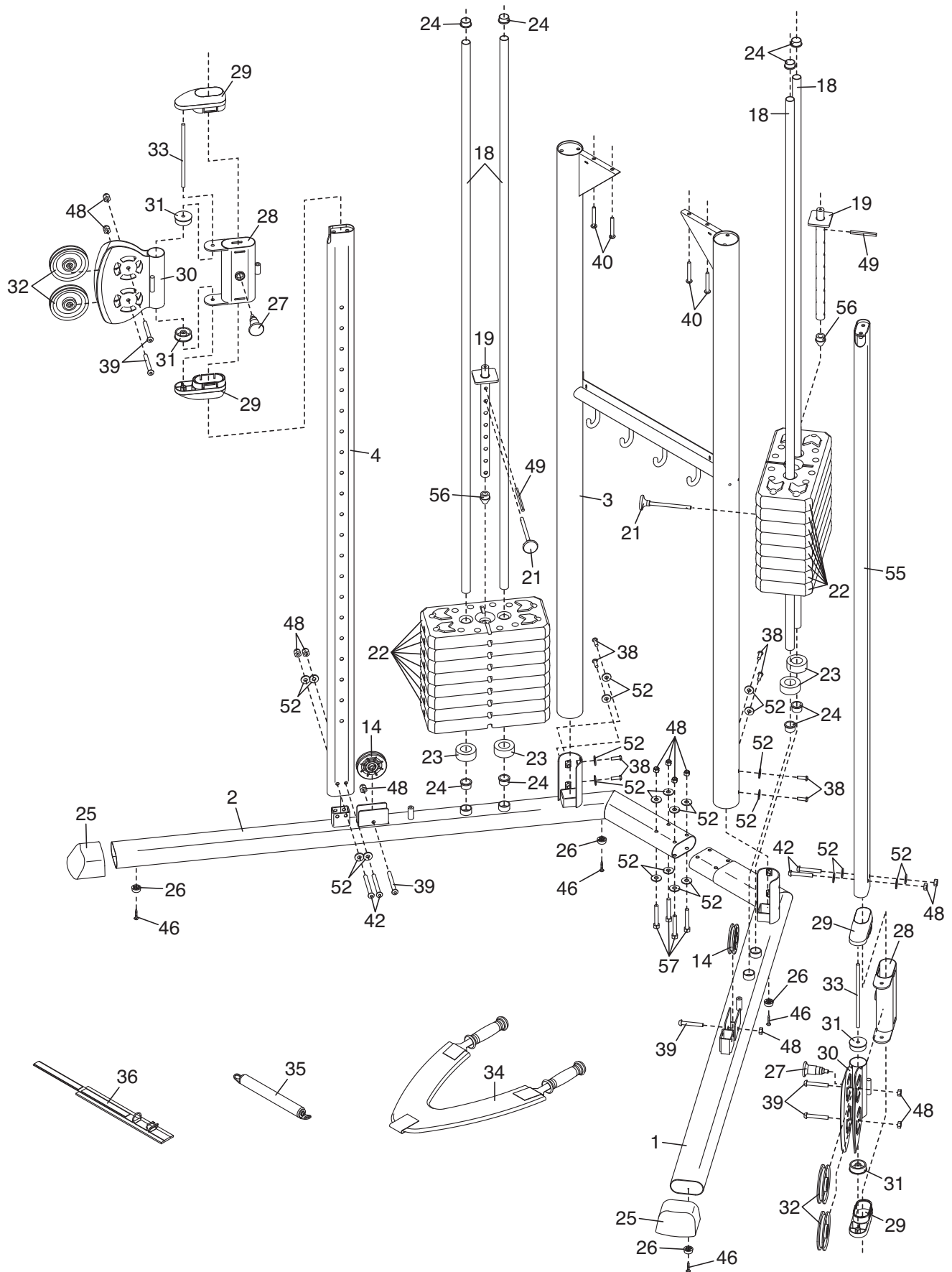
R0810A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Base	31	4	Swivel Bushing
2	1	Right Base	32	4	Swivel Pulley
3	1	Upright	33	2	Swivel Axle
4	1	Right Post	34	1	Double Strap
5	1	Placard	35	1	Multi-sport Handle
6	1	Crossbar	36	1	Ankle Strap
7	1	Left Frame	37	6	M10 Jam Nut
8	1	Right Frame	38	8	M10 x 20mm Screw
9	2	Pulley Cradle	39	6	M10 x 45mm Button Bolt
10	4	Frame Cap	40	8	M10 x 65mm Button Bolt
11	2	Frame Pulley	41	4	M10 x 117mm Button Bolt
12	2	Cable Clip	42	4	M10 x 55mm Button Bolt
13	4	Pulley Bracket	43	4	M10 x 47mm Button Bolt
14	12	Pulley	44	6	M10 x 40mm Button Bolt
15	4	Cable Trap	45	4	M10 x 75mm Screw
16	2	Long Cable	46	16	M4 x 16mm Screw
17	2	Short Cable	47	4	M4 x 10mm Screw
18	4	Weight Guide	48	32	M10 Locknut
19	2	Weight Selector	49	2	Roll Pin
20	2	Handle	50	4	M4 Locknut
21	2	Weight Pin	51	4	M10 Curved Washer
22	16	Weight	52	40	M10 Washer
23	4	Bumper	53	4	M10 x 25mm Button Screw
24	8	Guide Bushing	54	2	M10 x 57mm Button Bolt
25	2	Base Cap	55	1	Left Post
26	4	Foot	56	2	Weight Selector Cap
27	2	Adjustment Knob	57	4	M10 x 65mm Bolt
28	2	Carriage	*	—	User's Manual
29	4	Carriage Bushing	*	—	Exercise Guide
30	2	Swivel	*	—	Grease Packet

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

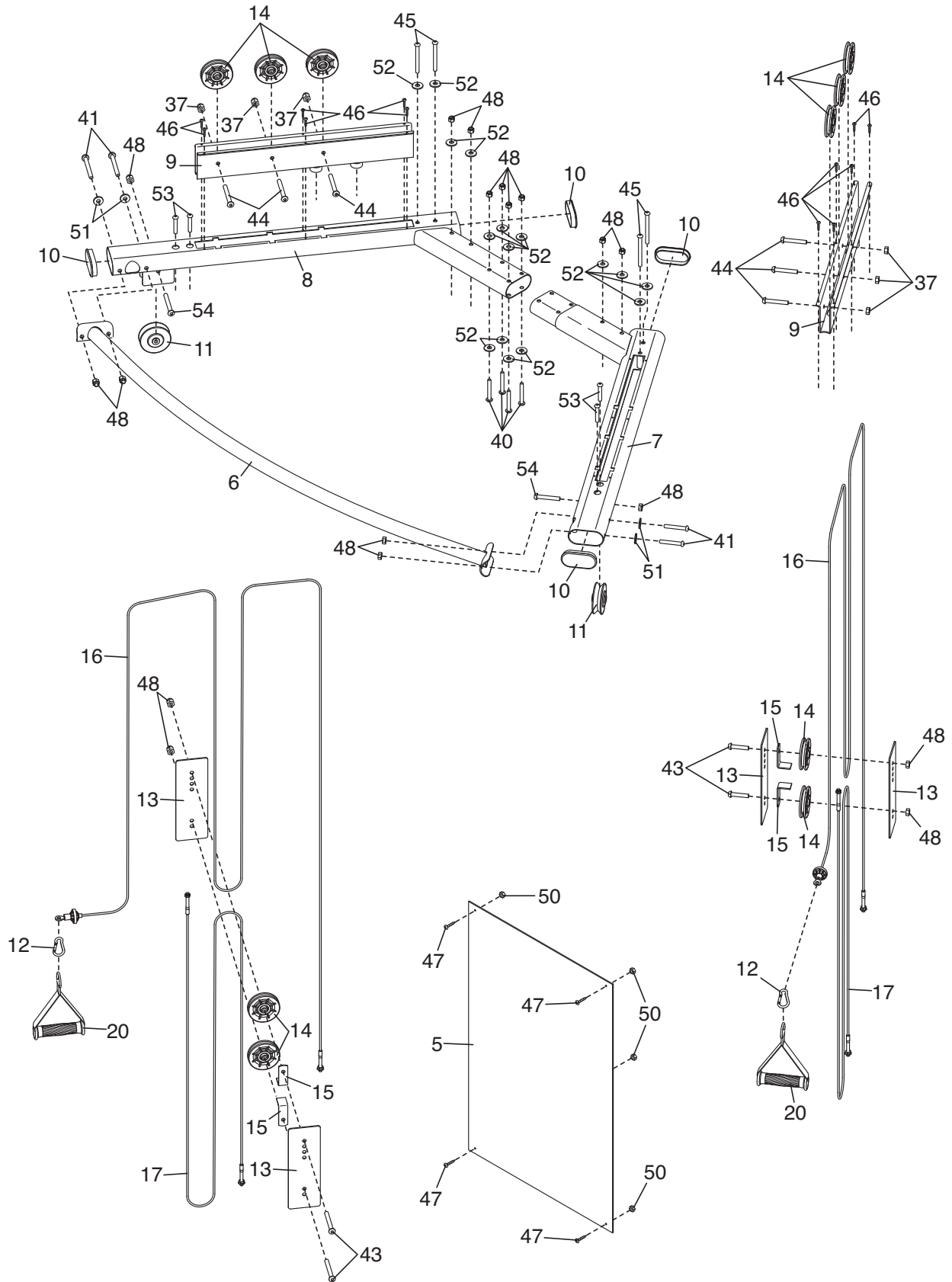
EXPLODED DRAWING A—Model No. GGSY05510.0

R0810A



EXPLODED DRAWING B—Model No. GGSY05510.0

R0810A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.workoutwarehouse.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any 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; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or 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 are limited in their 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 that vary from state to state.

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