

# TYTAN 15

HOME GYM  
[hms-fitness.com](http://hms-fitness.com)

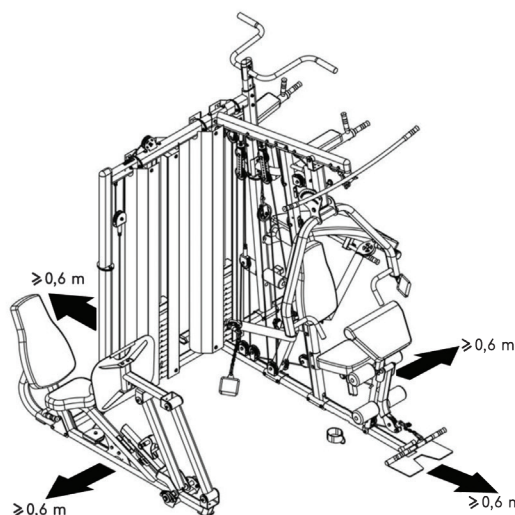
MANUAL INSTRUCTION

EN

**NOTES CONCERNING SAFETY**

This product is intended only for home use and has been designed to ensure optimal safety. The following rules shall be obeyed:

1. Before starting your workout, consult your physician to check if there are any reasons preventing the use of this fitness equipment. The doctor's decision is required if you take medicines that affect your heart work, blood pressure and levels of cholesterol. It is also necessary in the case of persons aged over 35 and people with health problems.
2. Always do your warm-up before training.
3. During exercise and after its completion the training equipment should be protected from children and animals.
4. The equipment shall be placed on dry, stable and properly levelled surface. All sharp objects shall be removed from its direct vicinity. The equipment should be protected from humidity. Possible surface irregularities should be levelled. It is recommended to use special anti-slip base to prevent the equipment displacement during workout.
5. Free space should not be smaller than 0.6 m and greater. Pay attention to worrying signals. Incorrect or excessive exercising means health hazard. If headache or dizziness, chest pain, irregular heart rhythm or other worrying symptoms appear during training, the workout shall be stopped immediately and a doctor shall be consulted. Incorrect or over-intensive training can lead to traumas.
6. than the training space available in directions of the equipment accessibility. Free space must also include space for emergency quitting. If different pieces of equipment are located side by side, the size of free space can be divided.
7. Before the first use, and later at regular intervals, tightness of all screws, bolts and other joints shall be checked.
8. Before starting your exercise, check fixing of parts and joints between them. Workout can be started only if the equipment is fully operational.
9. The equipment shall be regularly checked for wearing-out and damages. Only then will it fulfil safety requirements. Special attention shall be paid to foam grips, caps on legs and upholstery, which are all fast wearing parts. Damaged parts shall be immediately repaired or replaced. Until then, the training equipment cannot be used.
10. Do not put any elements into openings.
11. Pay attention to protruding adjustment devices and other structural elements that might hinder exercise.
12. The equipment can only be used according to its intended purpose. If any parts wears out or is damaged, or if you hear worrying sounds when using the equipment, you should immediately stop exercising. Do not use the equipment again until the problem is removed.
13. Wear comfortable clothes and sport shoes for training. Avoid loose clothes that might catch protruding parts of the equipment or limit your mobility.
14. The equipment falls into class H according to standard EN ISO 20957-1 and is intended for home use only. It cannot serve therapeutic, rehab or commercial purposes.
15. When lifting or moving the equipment, maintain correct posture to avoid spine injuries.
16. The product is intended for adults only. Keep children without supervision away from the equipment.
17. During installation, follow closely the attached manual instruction and use only such parts that have been included in the package. Before installation, check if all parts from the list are included in the package.



**WARNING:** READ THE INSTRUCTION BEFORE USING THE EQUIPMENT.

WE ARE NOT RESPONSIBLE FOR INJURIES OR DAMAGES TO OBJECTS CAUSED BY INCORRECT USE OF THE PRODUCT

**MAINTENANCE:** No aggressive cleaning agents shall be used to clean the equipment. Use a soft, wet cloth to remove dirt and dust. The equipment shall be kept in dry places and protected from humidity and corrosion.

**TECHNICAL DATA:** Net weight – 370 kg  
Dimensions when unfolded – 246 x 332 x 218 cm  
Maximum permissible loading of the product – 140 kg

LIST OF PARTS

Item No.	Description	Quantity	Item No.	Description	Quantity
1	Main bottom back frame	1	39	Cover	4
2	Main right bottom frame	1	40	Seat	1
3	Main bottom front frame	1	41	Preacher curl pad	1
4	Main support	1	42	Backrest	1
5	Main right top beam	1	43	High pulley bar	1
6	Top front frame	1	44	Low pulley bar	1
7			45	High pulley rope	1
8	Bottom pulley tackle frame	1	46	Low pulley rope	1
9	Adjusted arm	2	47	Back tensioning cable	1
10		2	48	Front tensioning cable	1
11	Guide diametre 25/187.5	2	49	Side pulley cable (for arms)	1
12	Guide diametre 25/184.5	4	50	Top stack plate	2
13	Press arm	1	51	Weight	22
14	Cable tensioning adjustment screw	2	52	Selector	2
15	Press arm of leg press	1	53	Weight sleeve	2
16	Seat frame	1	54	Washer $\Phi 47 * \Phi 16 * 3$	2
17	Bottom cover support	1	55	Weight adjustment pin	2
18	Regulated preacher curl pad	1	56	Shock absorber	4
19	Roller diametre 25/88	1	57		
20	Regulated seat support	1	58	Grip	2
21	Platform	1	59	Ankle strap	1
22	Chrome tube diametre 25/360	1	60	Pulley grip	1
23	Foam roller diametre 25/430	2	61	Seat adjustment knob M16	1
24	Pulley tackle arm	1	62		
25	Backrest frame	1	63	Foam roller	4
26	Single pulley grip	1	64	Sleeve 80*40	2
27	Single pulley grip with hook	1	65	End cap 100*50	2
28	Double pulley grip	2	66	End cap $\Phi 25$	10
29	Reinforcing pad	1	67	End cap $\Phi 30$	2
30	Top roller diametre 25/114	1	68	End cap 70*30	1
31	Fixing roller diametre 25/153	1	69	End cap 80*40	5
32	Steel bushing $\Phi 14 * 13$	2	70	Plug - buffer diametre 25	3
33	Plastic flanged bushing diametre 10/12.5	20	71	Terminal - foot	3
34	Plastic flanged bushing diametre 10/27.5	2	72	Buffer M10	1
35	Dowel pin diametre 6/40	1	73	End cap M10	4
36	Safety pin "L", shorter for no. 11	1	74	End cap M10	2
37			75	Roll diametre 90	27
38	Safety pin "L", longer for no. 12	1	76	Roll diametre 114	10

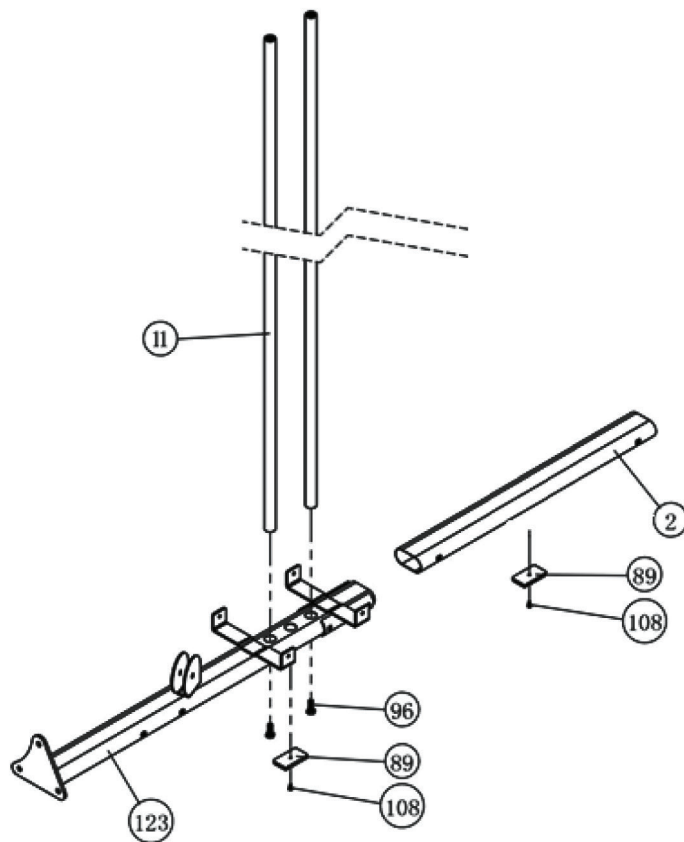
Item No.	Description	Quantity	Item No.	Description	Quantity
77	Grip $\Phi$ 25*125	12	115	Arch washer $\Phi$ 10	16
78	Bearing roll fi 35/21	1	116	Flat washer $\Phi$ 12	12
79	Roll diametre 28/25	3	117	Washer $\Phi$ 10* $\Phi$ 30	4
80	End cap "T" for adjustment	2	118	Nut M10	84
81	End cap for adjustment	1	119	Nut M12	5
82	End cap for adjustment	1	120	Hex nut M12	2
83	Carabiner	9	121	Leg press frame	1
84	Chain	3	122	Main top beam	1
85			123	Bottom left back frame	1
86	Retaining ring $\Phi$ 32	2	124	Left grip	1
87	Buffer	4	125	Right grip	1
88	Safety pin "L" for preacher curl pad adjustment	1	126	External platform arm	1
89	Buffer 70*40	7	127	Internal platform arm	1
90	Bolt plug 109	2	128	Platform for legs	1
91	Rope clamp	2	129	Top left support for top beam	1
92	Hex screw M6*20	10	130	Bottom left support for top	1
93	Hex screw M8*12	16	131	Frame	1
94	Hex screw M8*20	4	132	Reinforcing plate	1
95	Hex screw M10*16	4	133	Main frame of leg platform	1
96	Hex screw M10*25	28	134	Seat	1
97	Hex screw M10*45	26	135	Backrest	1
98	Hex screw M10*50	2	136	Oil absorber	1
99	Hex screw M10*65	4	137	Roller diametre 25/112	3
100	Hex screw M10*70	18	138	Roller diametre 25/305	1
101	Hex screw M10*75	2	139	Bushing diametre 35/25/10	6
102	Hex screw M10*95	1	140	Bushing diametre 14/17	2
103	Hex screw M10*100	14	141	bushing diametre 10/7.5	2
104	Hex screw M10*115	1	142	Top cable (shorter)	1
105	Hex screw M12*110	1	143	Bottom cable (shorter)	1
106	Square head screw M10*55	2	144	Bearing UCFL205	2
107	Allen screw ST5.5*13	4	145	Bearing	6
108	Phillips screw	7	146	End cap for adjustment	1
109	Bolt M6*8 for Allen joints	6	147	Washer $\Phi$ 46.6	6
110	Washer $\Phi$ 6	10	148	Hex screw M6*25	2
111	Flat washer $\Phi$ 8	4	149	Bolt M10*10 for Allen joints	1
112	Washer $\Phi$ 8	12	150	Bolt M10*16 for Allen joints	6
113	Washer $\Phi$ 8	16	151	Bolt M10*35 for Allen joints	1
114	Flat washer $\Phi$ 10	169	152	Hex screw M10*55	2

Item No.	Description	Quantity	Item No.	Description	Quantity
153	Hex screw M10*60	6	169	Foam roller diametre 25/380	2
154	Hex screw M10*105	3	170	Foam roller diametre 25/560	1
155	Hex screw M12*40	4	171		
156	Nut M6	2	172	Safety pin "L" $\Phi$ 10*65	1
157			173	Sleeve 100*50	1
158	Bottom right support for top beam (bottom)	1	174	End cap $\Phi$ 50	1
159	Left pull-up bar	1	175	Foam roller	4
160	Right pull-up bar	1	176	Rectangular cap 50*30	1
161	Grip	2	177	Triangular knob M10	1
162	Armrest	2	178	End cap 38*38	1
163	Backrest	1	179	Rubber grip	2
164	Grip bar	2	180	End cap with opening $\Phi$ 50	2
165	Foam for press arm	2	181	Hex screw M8*65	4
166	Top covers supports	2	182	Hex screw M8*115	2
167	Bench frame	1	183	Single pulley grip	1
168	Bench backrest	1	184	Hex screw M10*25	1

## ASSEMBLY

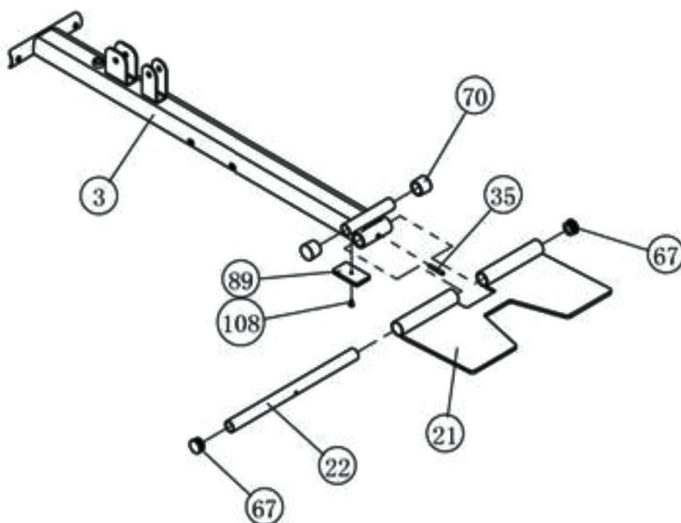
1. A washer should be placed on both ends of all bolts (bolt heads and nuts) unless otherwise specified in this instruction.
2. Tighten all bolts manually at initial stage. Use relevant tool to tighten the screws only when a given element has been fully assembled.
3. Some elements may be pre-assembled at the factory.
4. 2 persons are required to assemble the machine.

STEP 1



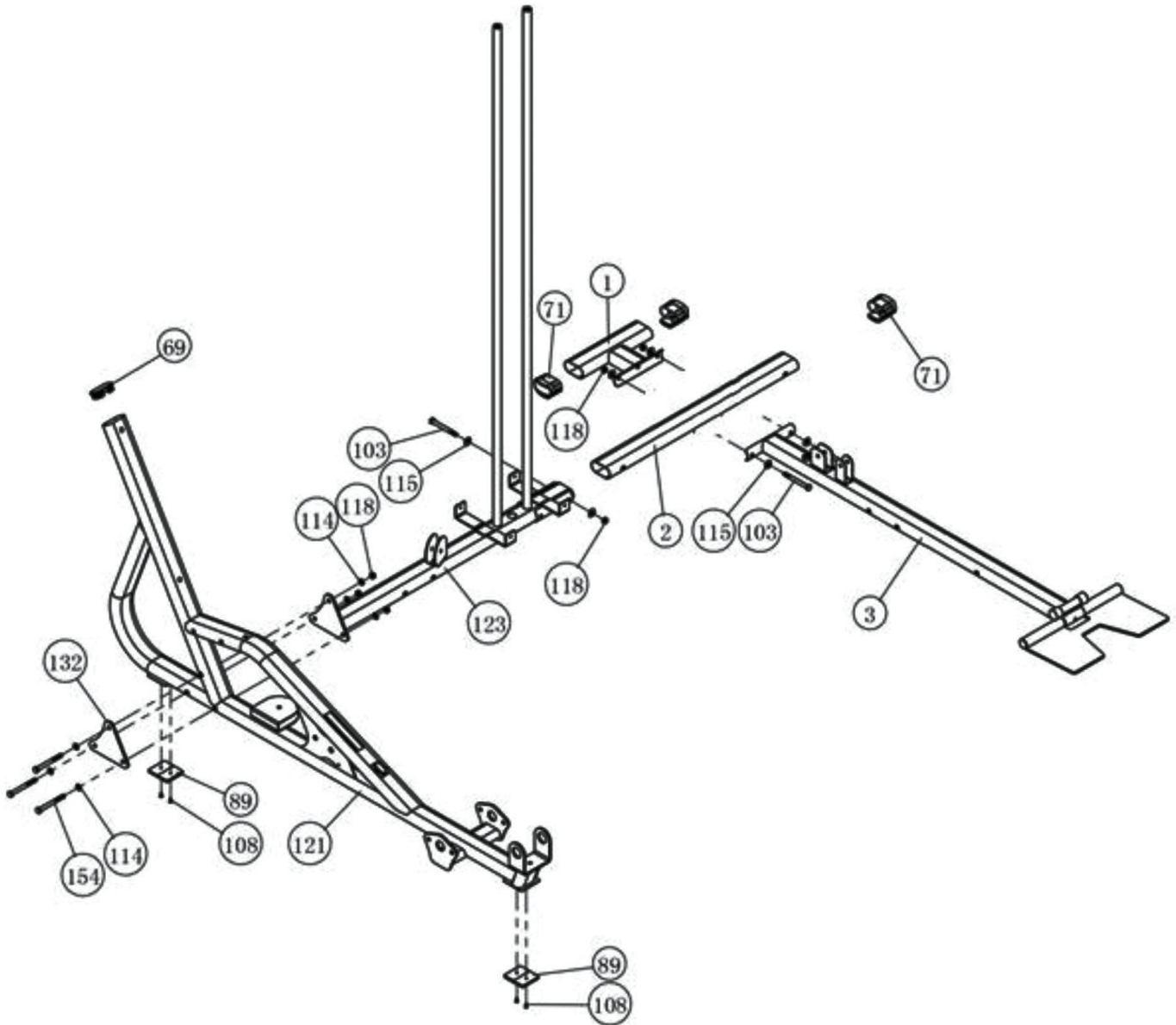
1. Fasten the buffer (89) to parts (2 and 123) with screw (108).
2. Insert the guide (11) into openings of part (123) and fasten with bolts (96).

STEP 2

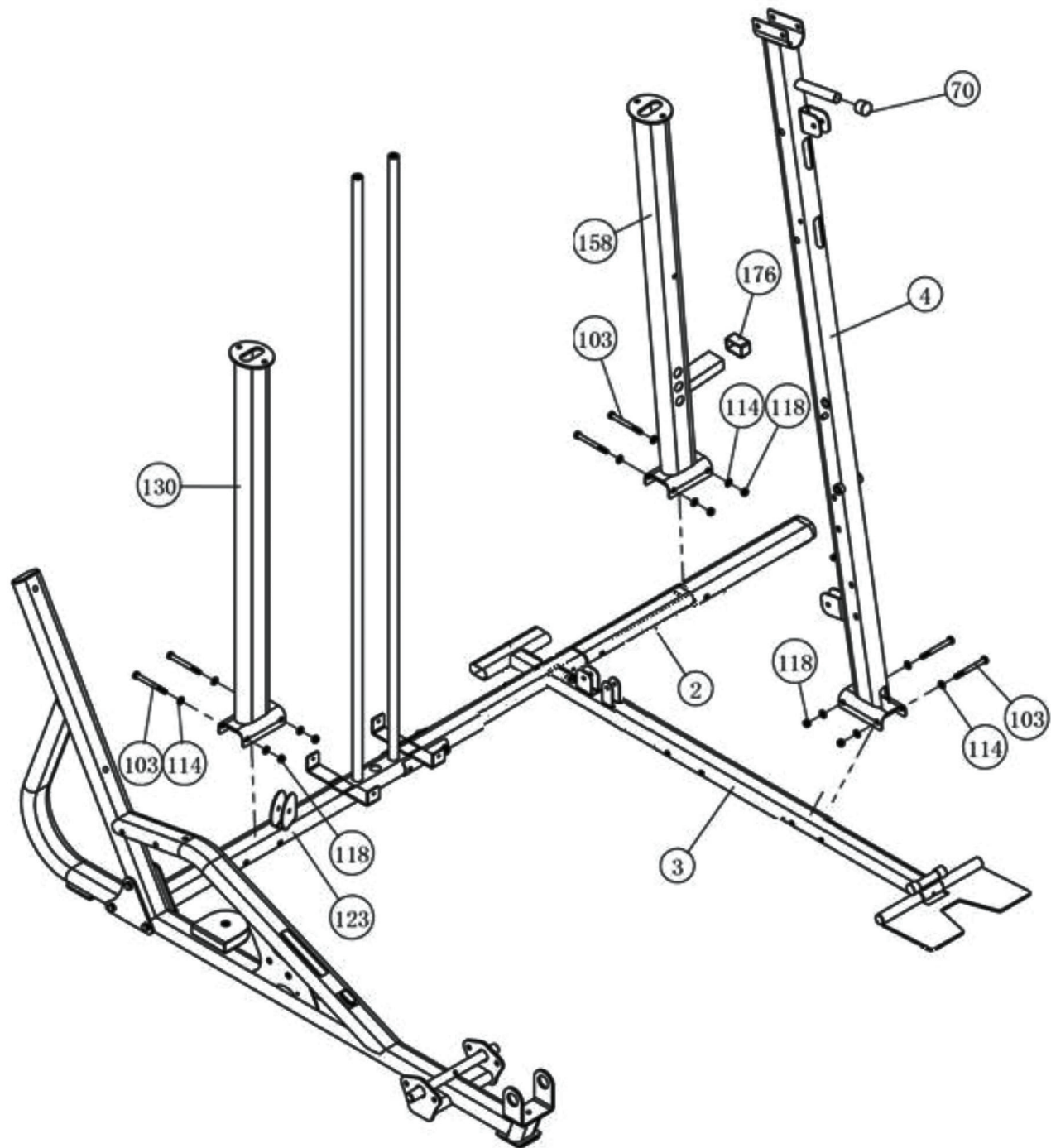


1. Fix the buffer (89) to the bottom main frame (3) with a bolt (108).
2. Insert the tube (22) into the opening in the side section of the platform (21) and bottom part of the frame (3).
3. Level the openings in both parts (22 and 3) and drive in the pin (35).
4. Put end caps (67) on both ends of the tube (21) and end caps (70) of the frame (3).

STEP 3



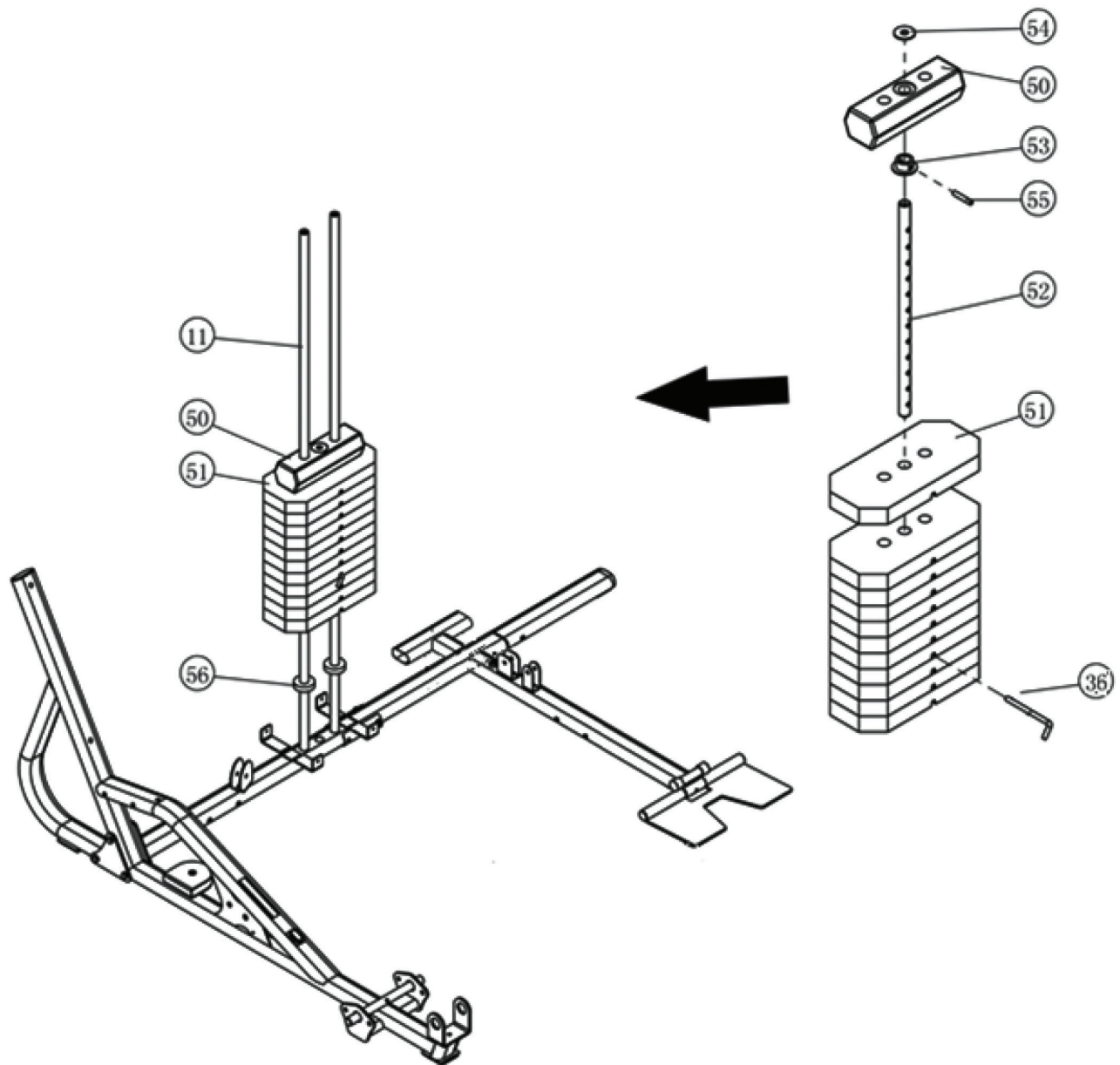
1. Connect the frame (123) with the frame (2) using a bolt (103), washers (115) and nut (118).
2. Insert terminals (71) onto the arm (1) and (2).
3. Connect the arm (123) and arm (2) with the frame (3) and arm (1) using screws (103), washers (115) and nuts (118).
4. Fix the buffer (89) to the leg press frame (121).
5. Connect the frame (121) with other frames (123, 2, 1, 3) using screws (154), washers (114) and nuts (118). Install the plate at the same time.
6. Put the end cap (69) on the frame (121).



1. Put end cap (176) on the frame (158) and the buffer (70) on the frame (4).
2. Fix the frame (130) to the frame (123); frame (158) to the frame (2); frame (4) to the frame (3) using screws (103), washers (114) and nuts (118).



STEP 5



1. Install absorbers (56) on the guide (11). Next, fix the weights (51 and 50).

Caution: be careful when fixing the weights. Do not lift more than one weight at a time!

2. Lift weight (50) and insert selector (52) into the weights (51).

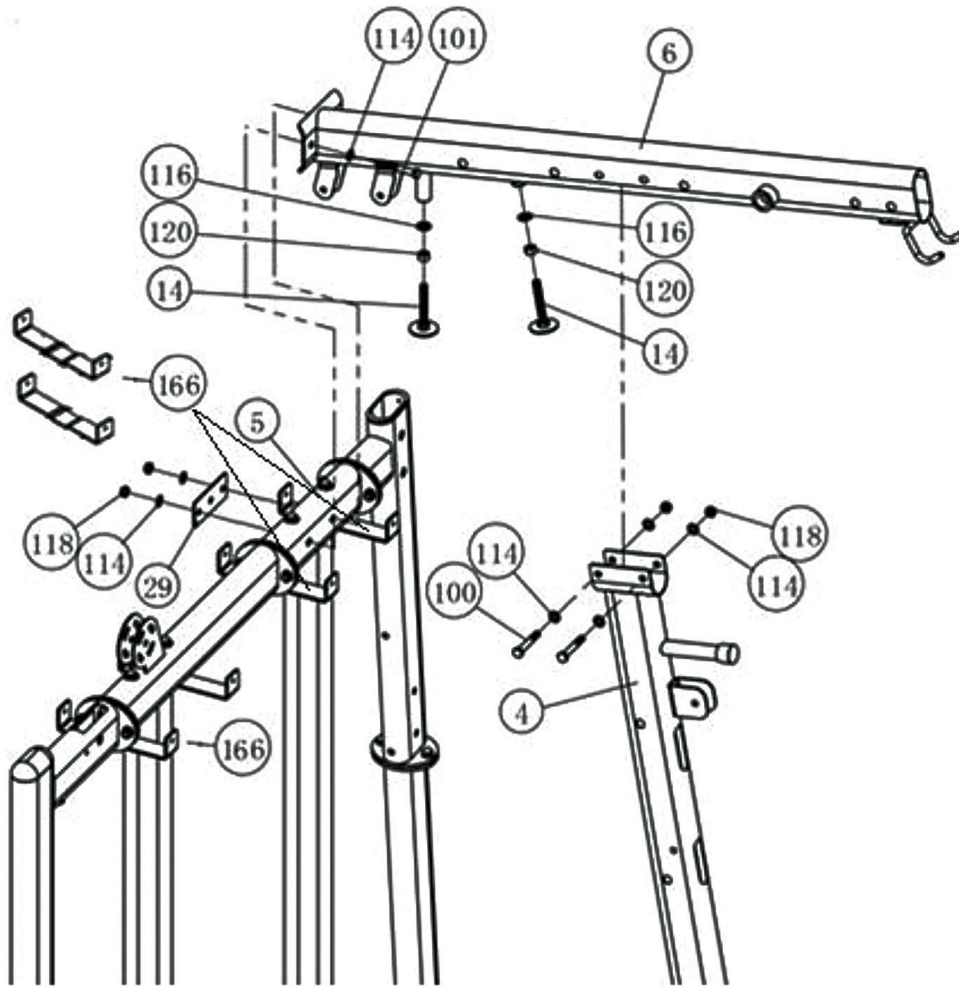
3. Inset flange (53) on the selector (52) and drive the pin (55) through the flange (53) and selector (52), carefully placing the weight (50) on the stack. Lock it with the safety pin (36) and insert a washer (54).



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STEP 7

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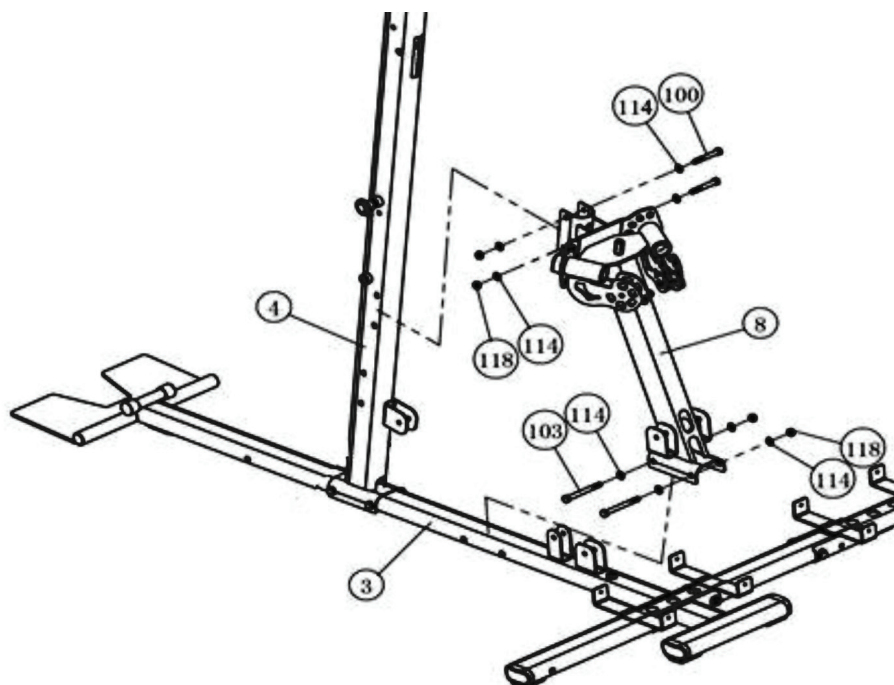
1. Fix elements (14, 120 and 116) to frame (6).
2. Connect the frame (6) with frame (4) and tighten using screws, washers and nuts (100, 114, 118), leaving slight clearance on screws.
3. Connect the frame (6 and 4) with frame (5) using screws, washers, reinforcing plate and nuts (101, 114, 29, 118).
4. Fasten top cover supports (166) to the frame (5) with screws (94), leaving slight clearance until the mounting of covers (39) in step 29.

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**ON COMPLETION OF THESE ACTIVITIES, TIGHTEN ALL SCREWS FROM STEP 6 AND 7 (except for subpoint 4).**

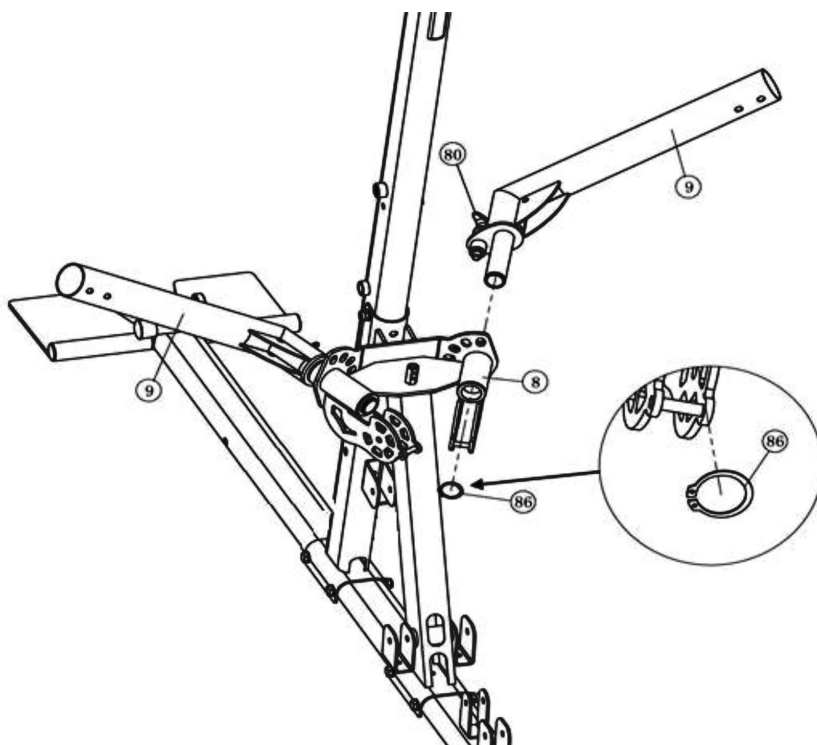
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## STEP 8



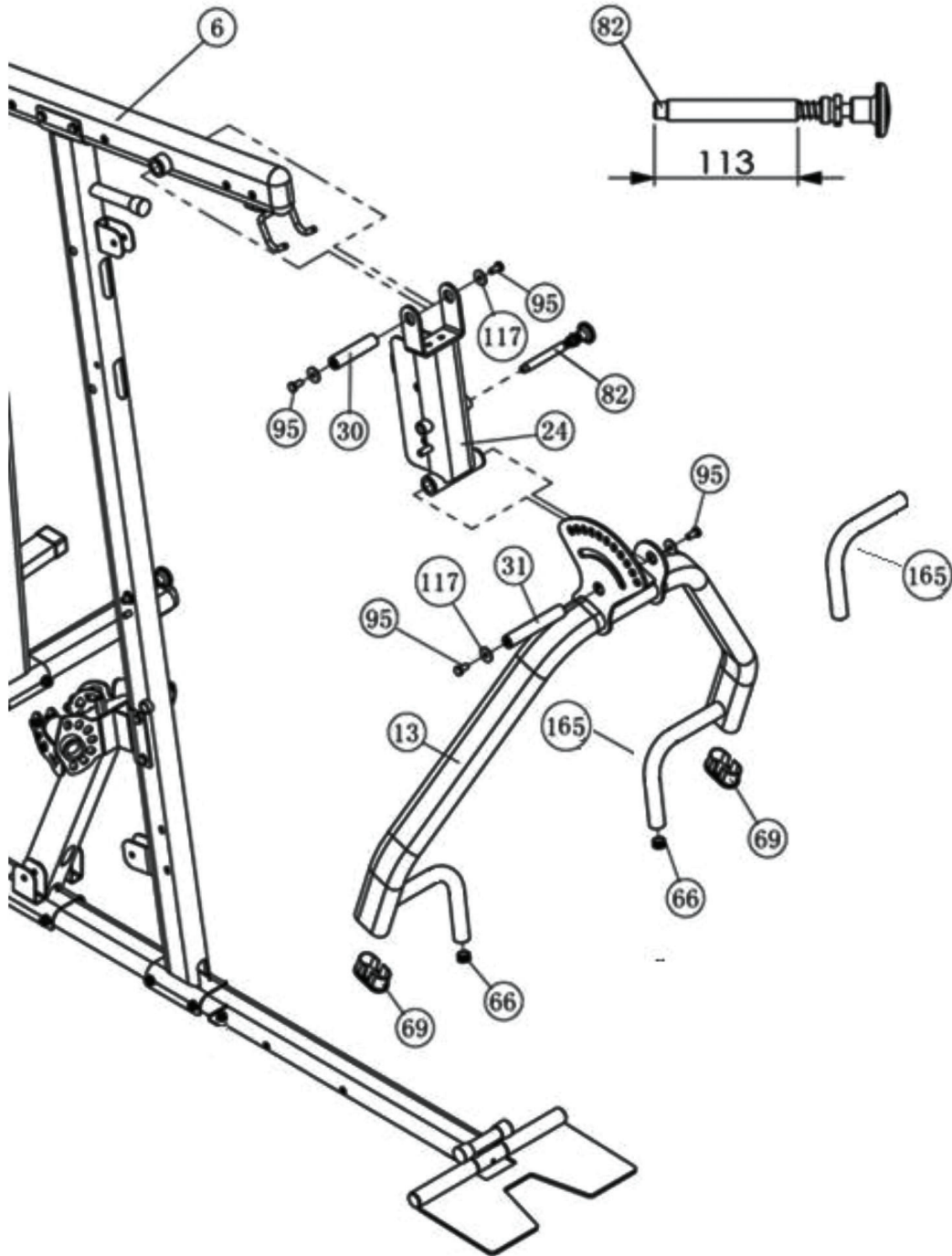
1. Connect the arm of the pulley tackle (8) with frame (3) using screws, washers and nuts (103, 114 and 118), leaving slight clearance on screws and fixing the arm (4) with screws, washers and nuts (100, 114, 118). Next, tighten all screws all the way.

## STEP 9



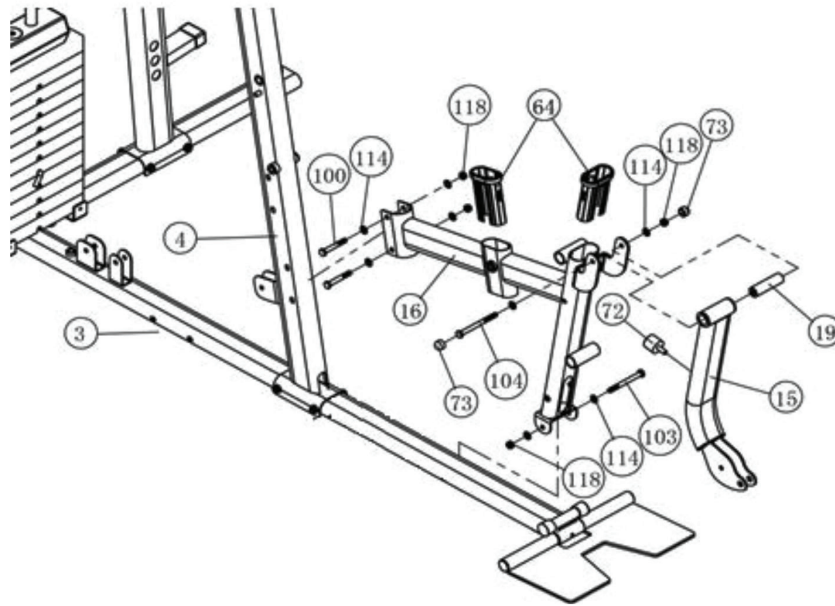
1. Place arms (9) on the frame (8), lubricating the tucked-in part; lock both arms (9) with retaining rings (86).

STEP 10



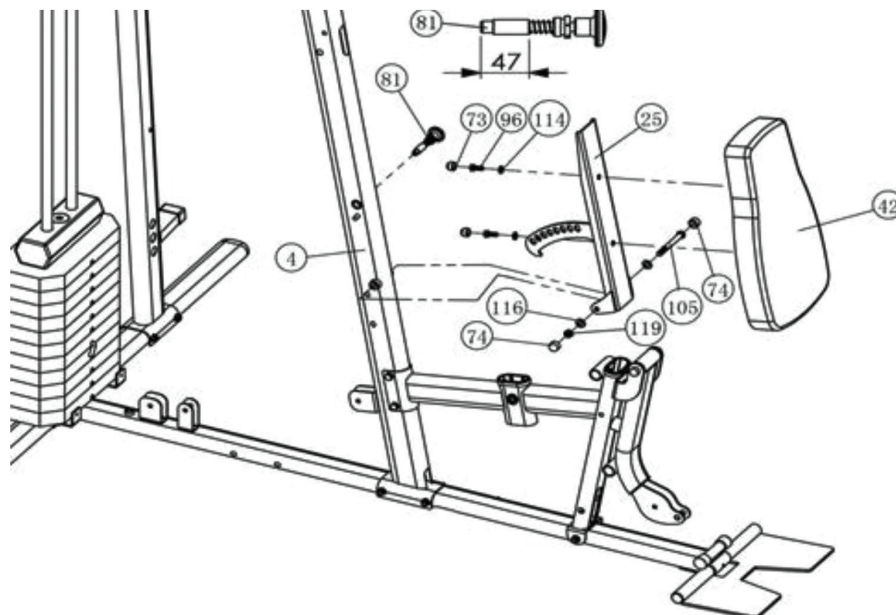
1. Place the arm (24) on the frame (6), levelling the openings between the elements by inserting the roller (30) and fasten using screws and washers (95, 117).
2. Put foam rollers (165) on the handles of press arm (after soaking them in warm water). Install part (66 and 69).
3. Put arm (13) on the frame (24). Level the openings and insert the roller (31). Fasten with screws (95) and washers (117).
4. Insert the end cap (82).

STEP 11



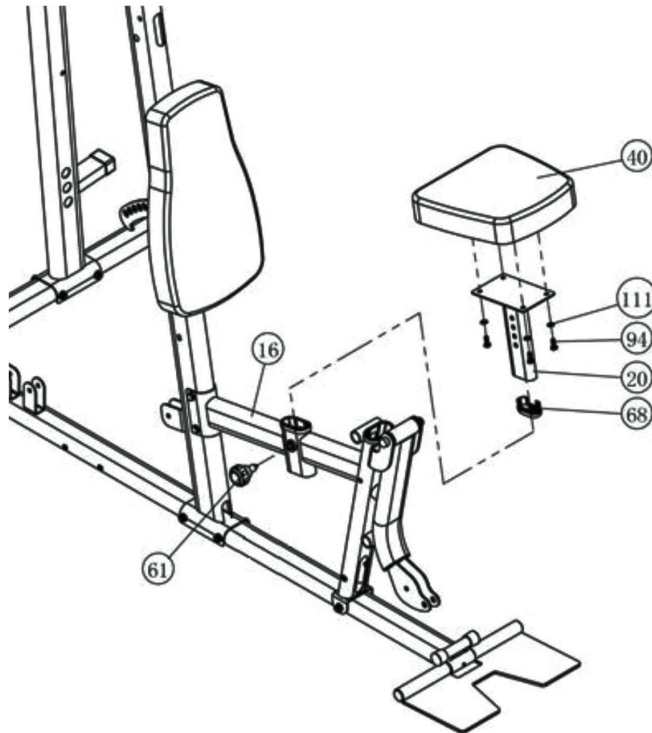
1. Put sleeves (64) on the seat frame (16).
2. Fasten the frame (16) to frame (4) using screws, washers and nuts (100, 14, 118).
3. Connect with frame (3) using screws, washers and nuts (103, 114, 118). Tighten hard.
4. Drive the buffer (72) into the arm (15) and insert the roller (19).
5. Mount the arm (15) on the frame (16). Level the openings and fasten using screws, washers and nuts (104, 114, 118). Insert end caps (73). Adjust the screws so that the leg press arm (15) can move freely.

STEP 12



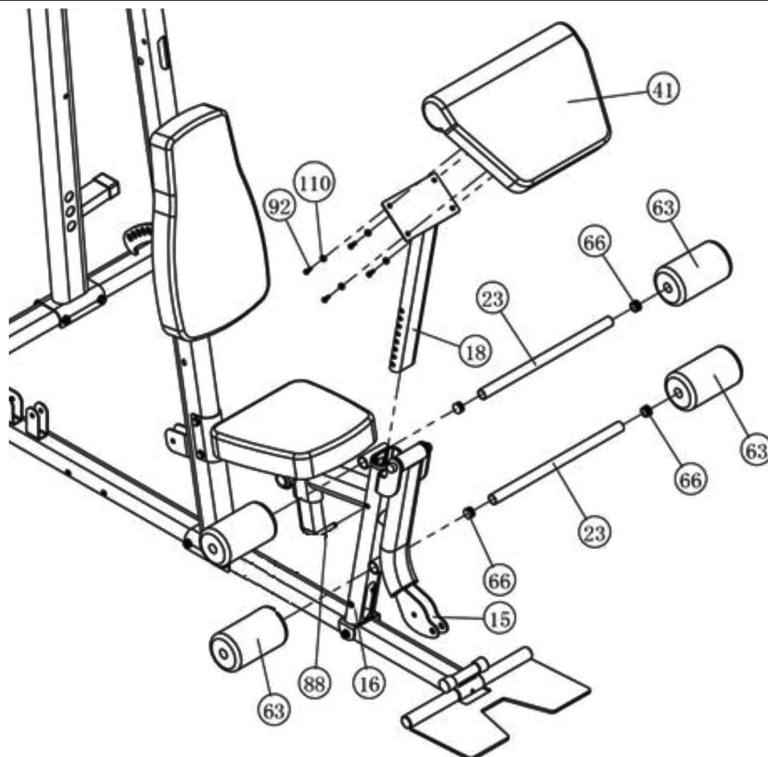
1. Fix the backrest (42) to the frame (25) using screws, washers and nuts (96, 114, 73).
2. Install everything on the arm (4) using screws, washers and nuts (105, 116, 119). Put on end caps (74). Adjust the screws so that the arm can easily be adjusted.
3. Fix end cap (81).

STEP 13

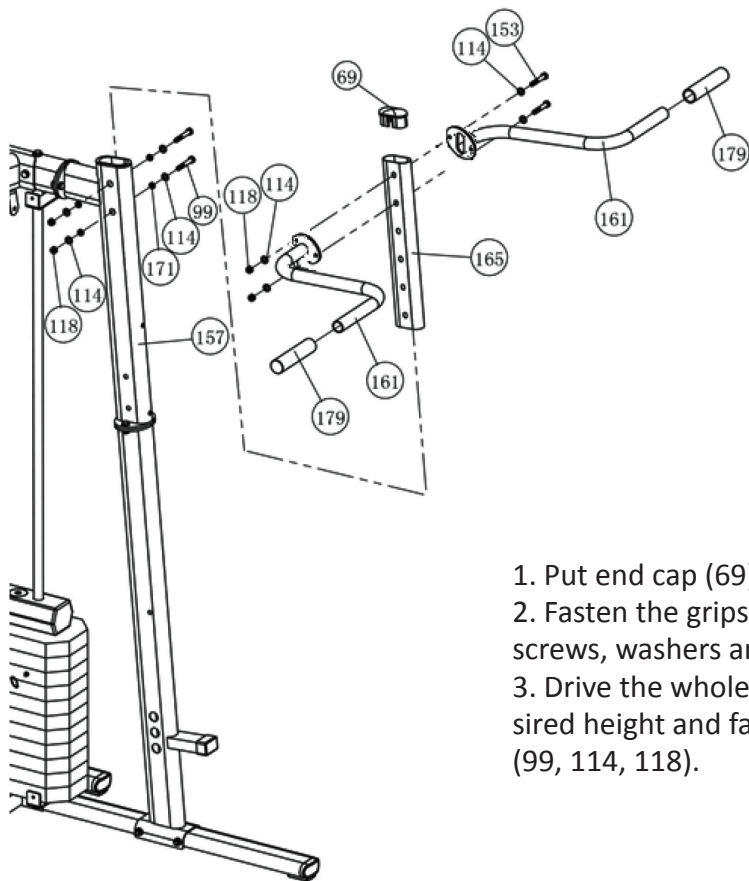


1. Fasten the seat (40) to support (20) using screws and washers (94, 111). Fix part (68).
2. Please the seat support (20) in the frame (16) and lock it with (61).

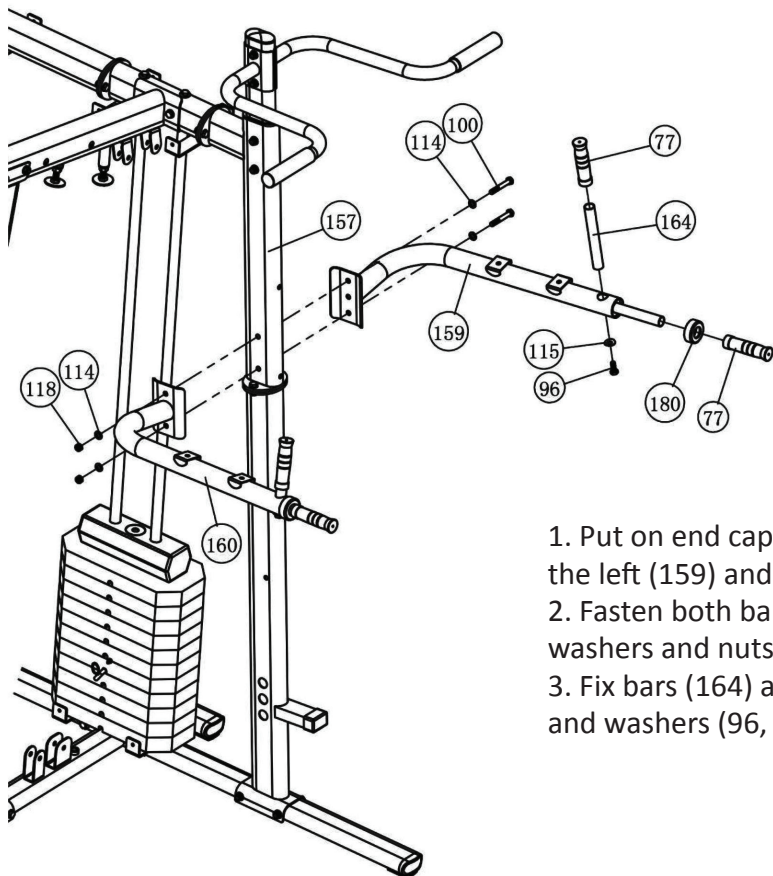
STEP 14



1. Fasten the preacher curl pad (41) to support (18) using screws and washers (92, 110).
2. Drive the support (18) along with the preacher curl pad into the frame (16) and secure it with safety pin (88).
3. Insert the roller (23) into the frame (16) and arm (15); put on end caps (66).
4. Put on foam rollers (63).



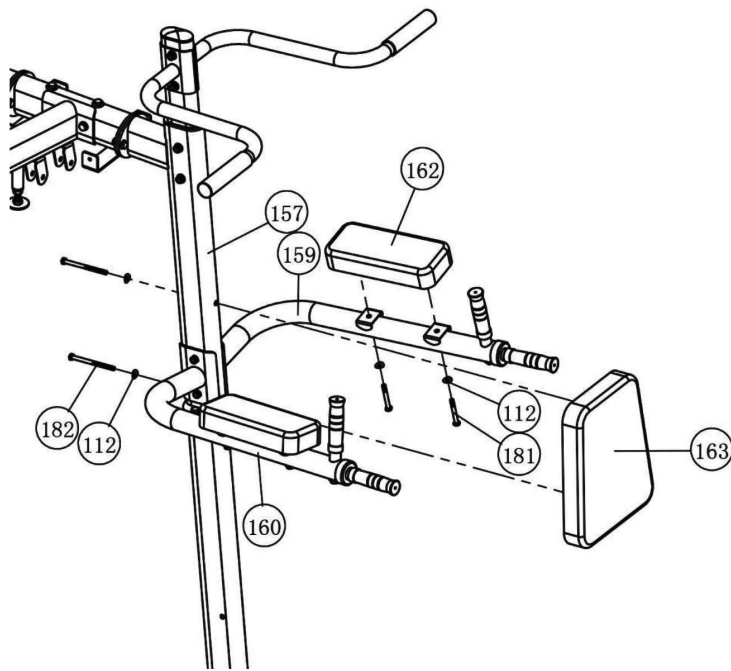
1. Put end cap (69) on the frame (165).
2. Fasten the grips (161) to the frame (165) using screws, washers and nuts (153, 114, 118).
3. Drive the whole unit into the frame (157) to the desired height and fasten using screws, washers and nuts (99, 114, 118).



1. Put on end caps with openings (180) and grips (77) on the left (159) and right (160) bar.
2. Fasten both bars to the frame (157) using screws, washers and nuts (100, 114, 118).
3. Fix bars (164) and grips (77) to both bars using screws and washers (96, 115). Carefully tighten all screws.

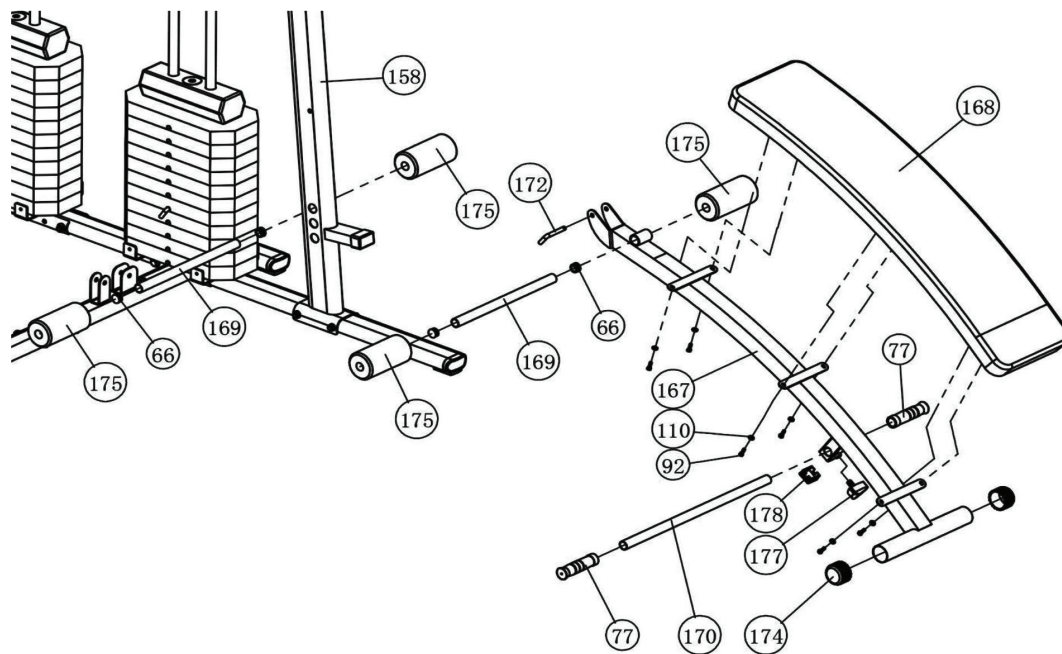


STEP 17



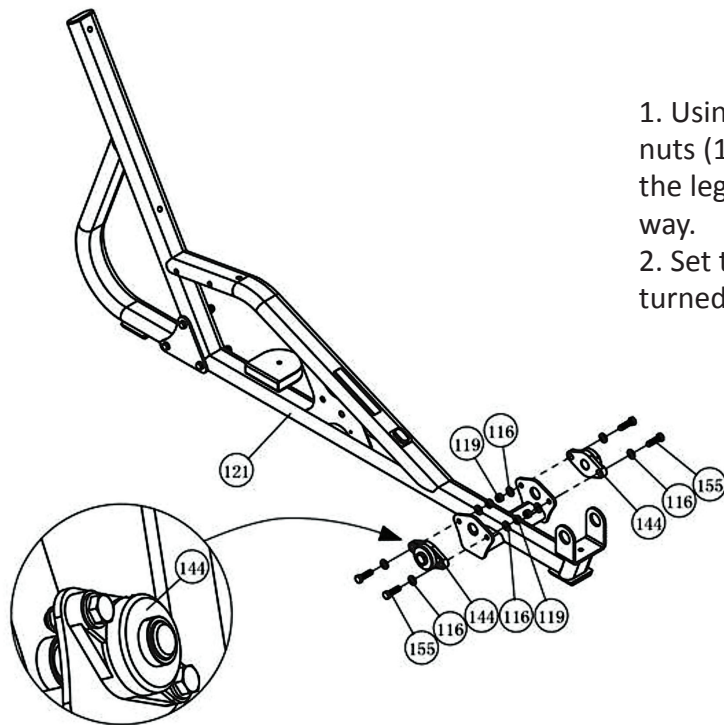
1. Fasten the backrest (163) to the frame (157) with screws and washers (182, 112).
2. Fasten the armrests (162) to the bars (159 and 160) with screws and washers (181, 112).

STEP 18



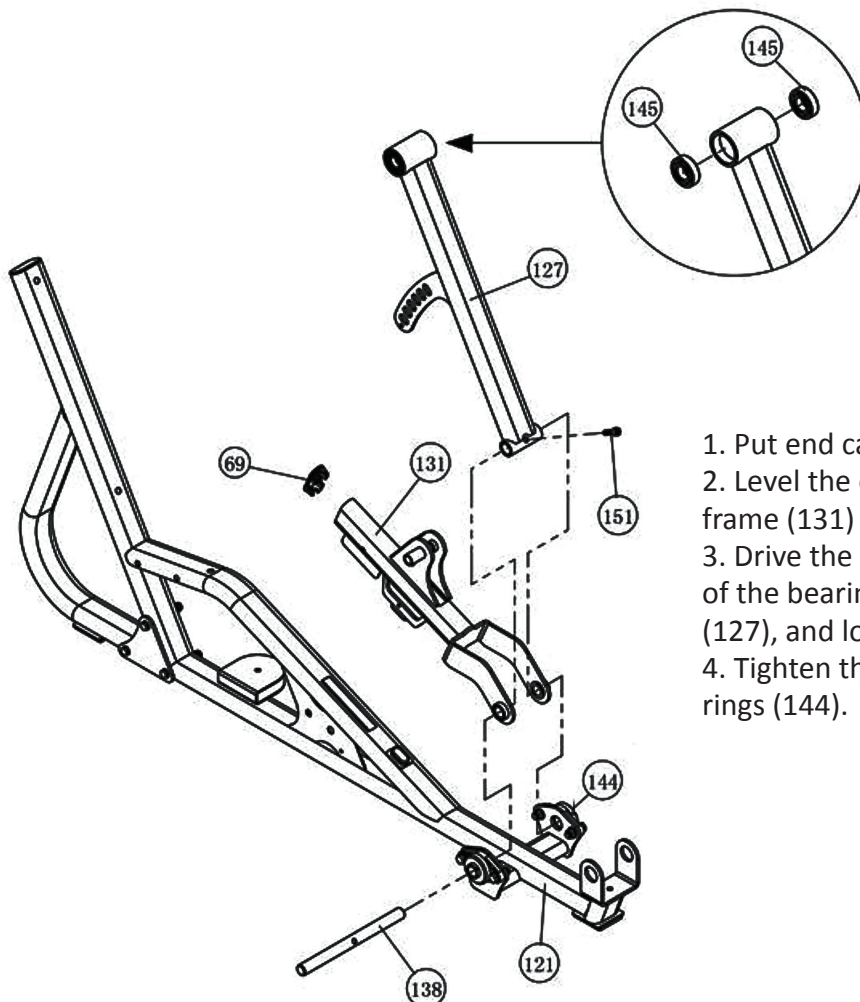
1. Put end caps (174, 178) on the bench frame (167).
2. Fasten the bench backrest (168) bending it slightly to the frame (167) using screws and washers (92, 110).
3. Drive the roller (170) into the frame (167). Put on the grips (77). Set the roller in central position and tighten with the knob (177).
4. Drive the roller (169) into the frame (167). Put on end caps (66) and place foam rollers (175).
5. Drive the roller (169) into the frame (158) to the desired height. Put on end caps (66) and foam rollers (175).

STEP 19



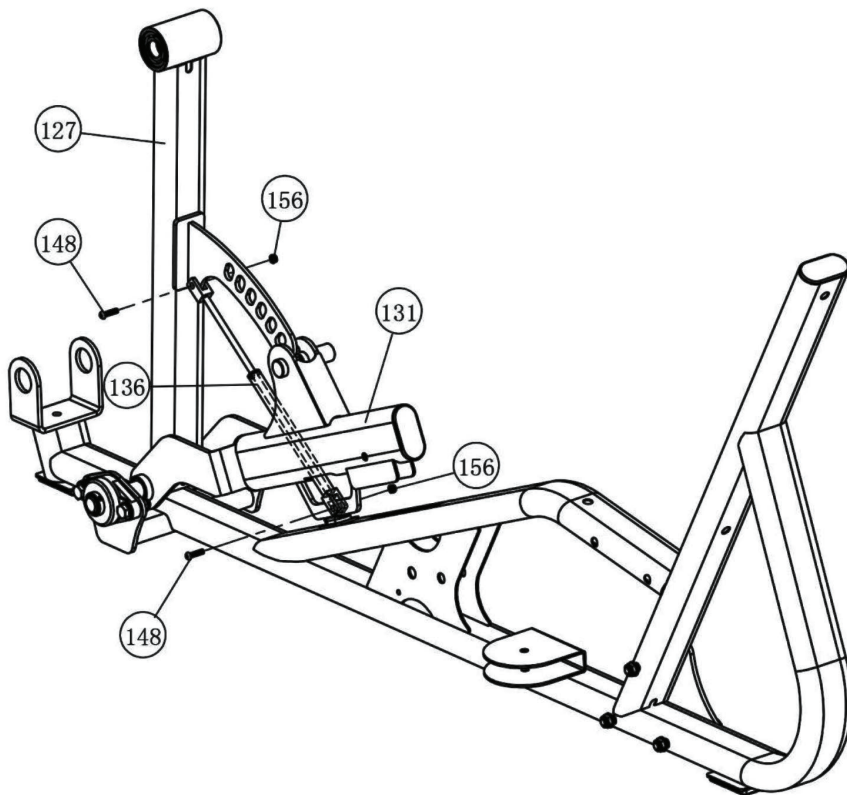
1. Using two screws (155), four washers (116) and two nuts (119), fix the bearing (144) on the main frame of the leg press post (121). Note: do not tighten all the way.
2. Set the openings in bearings (144) with the openings turned upwards for potential lubrication.

STEP 20



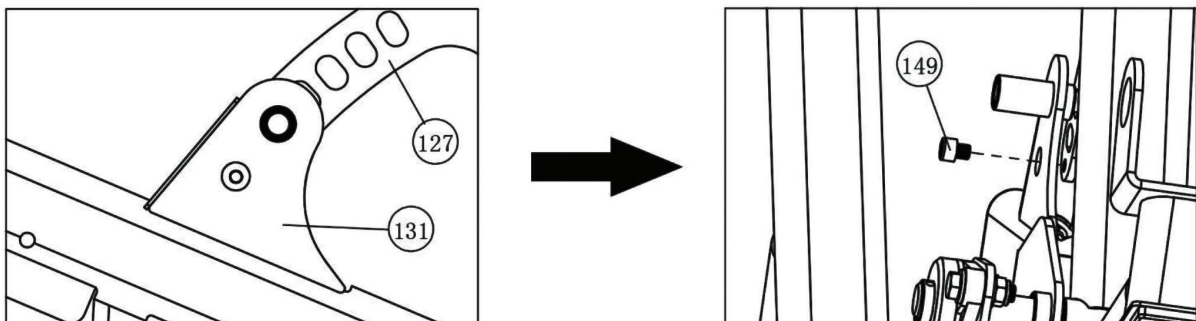
1. Put end cap (69) on the frame (131).
2. Level the openings of the bearing (144), frame (131) and frame (127).
3. Drive the roller (138) into the openings of the bearing (144), frame (131) and frame (127), and lock with screw (151).
4. Tighten the Allen screws on the bearing rings (144).

STEP 21



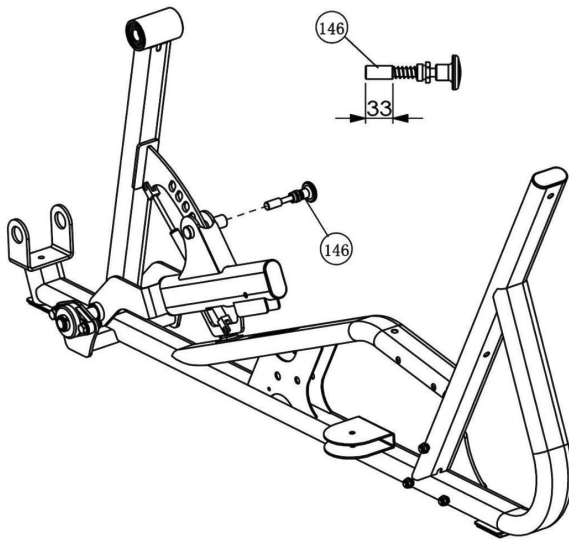
1. Fix the oil absorber (136) to the arm (127) and frame (131) using two screws M6\*25 (148) and nuts M6 (156).

STEP 22



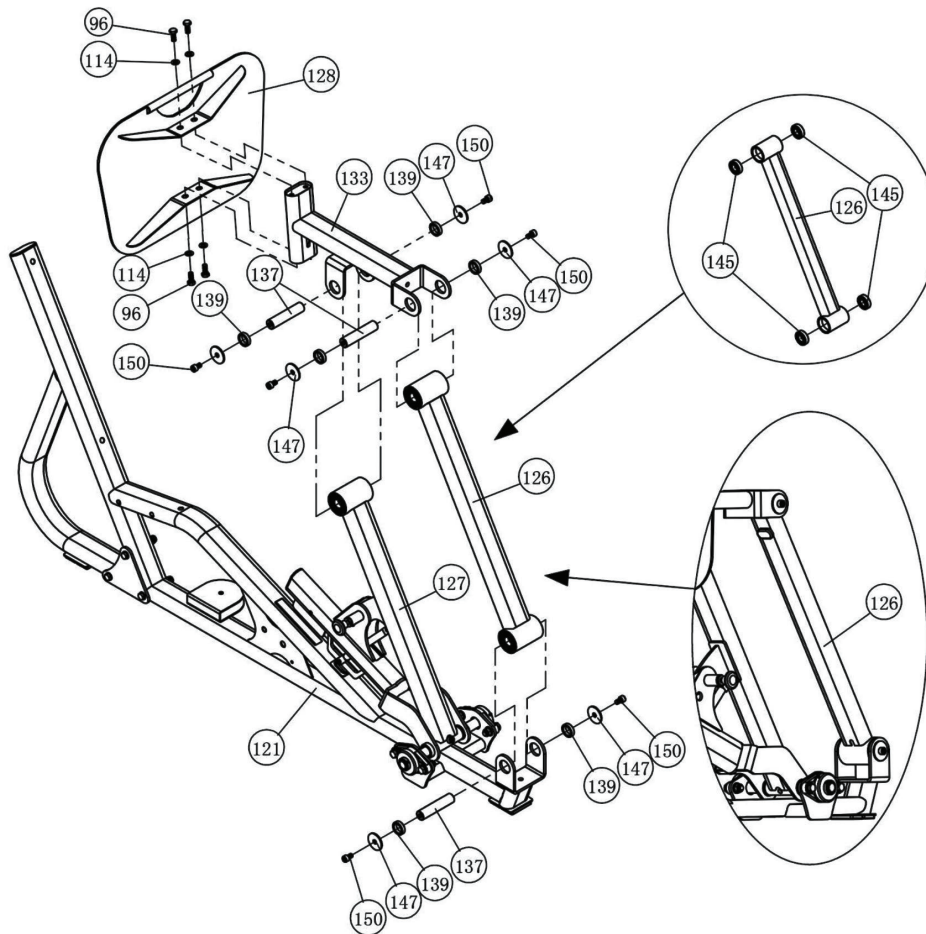
1. Fasten the screw (149) into openings in parts (127 and 131), after levelling them.

STEP 23



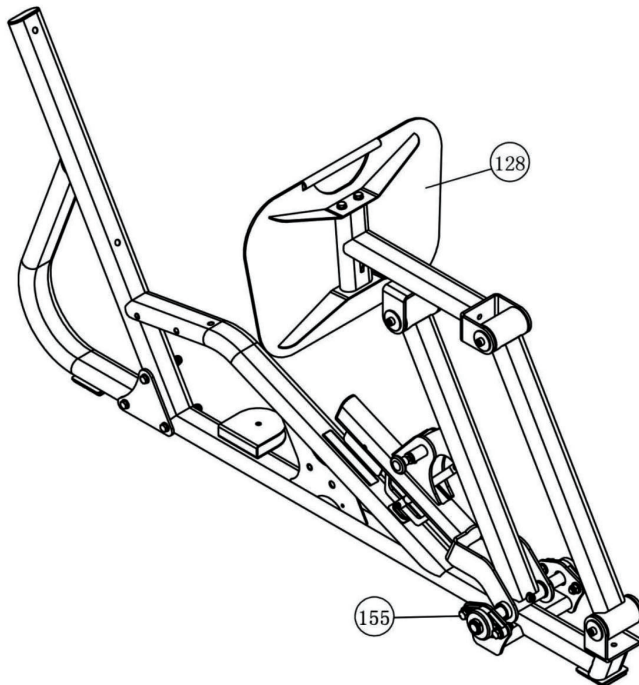
1. Drive end cap (146) into the frame (131).

STEP 24



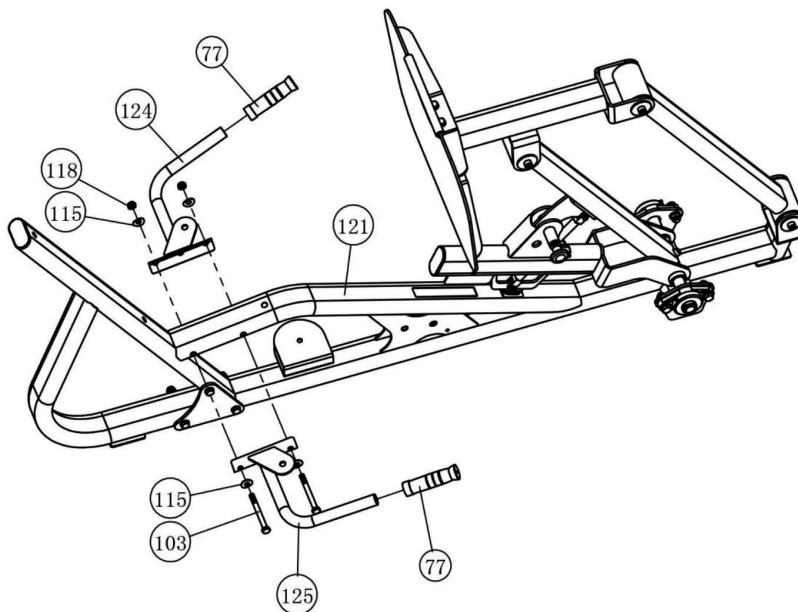
1. Level the openings in the arm (126) and main frame (121). Insert the roller (137). Put on bushings (139) on both sides and fix with Allen screws (150) and washers (147).
2. Level the openings in the arm (126). Insert the roller (137) and put on bushings (139), fixing them with allen screws and washers (150, 147).
3. Level the openings in the arm (127) and frame (133). Insert the roller (137) and put on bushings (139), fixing them with Allen screws and washers (150, 147).
4. Fix the platform (128) on the arm (133) and fasten with screws and washers (96, 114).

STEP 25

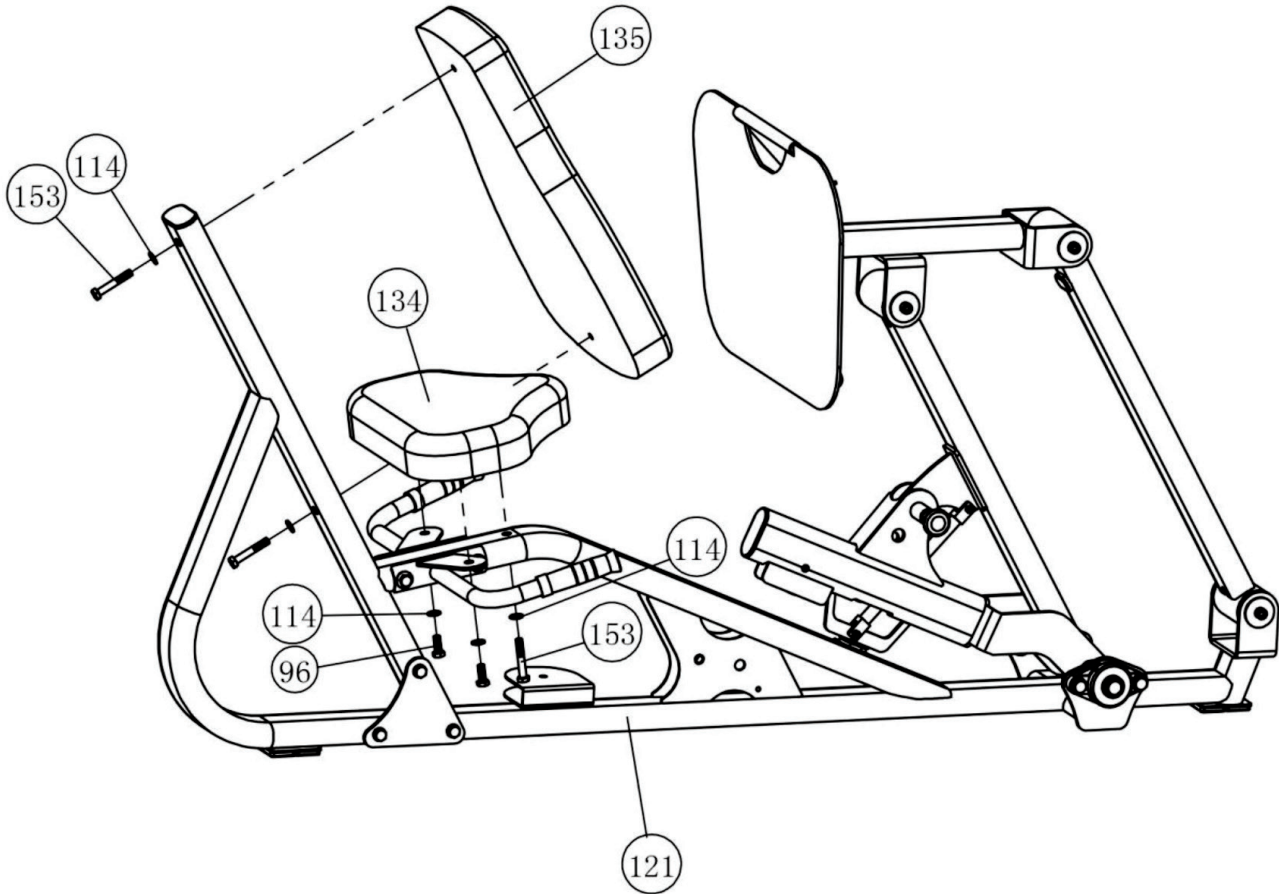


1. Adjust the setting of the leg platform (128) so that fastening is in the centre. Next, tighten the screws (155).

STEP 26



1. Place the grip (77) on the left (124) and right (125) handpiece.
2. Fix the grips (124, 125) to the frame (121) – use screws (103), washers (115) and nuts (118).

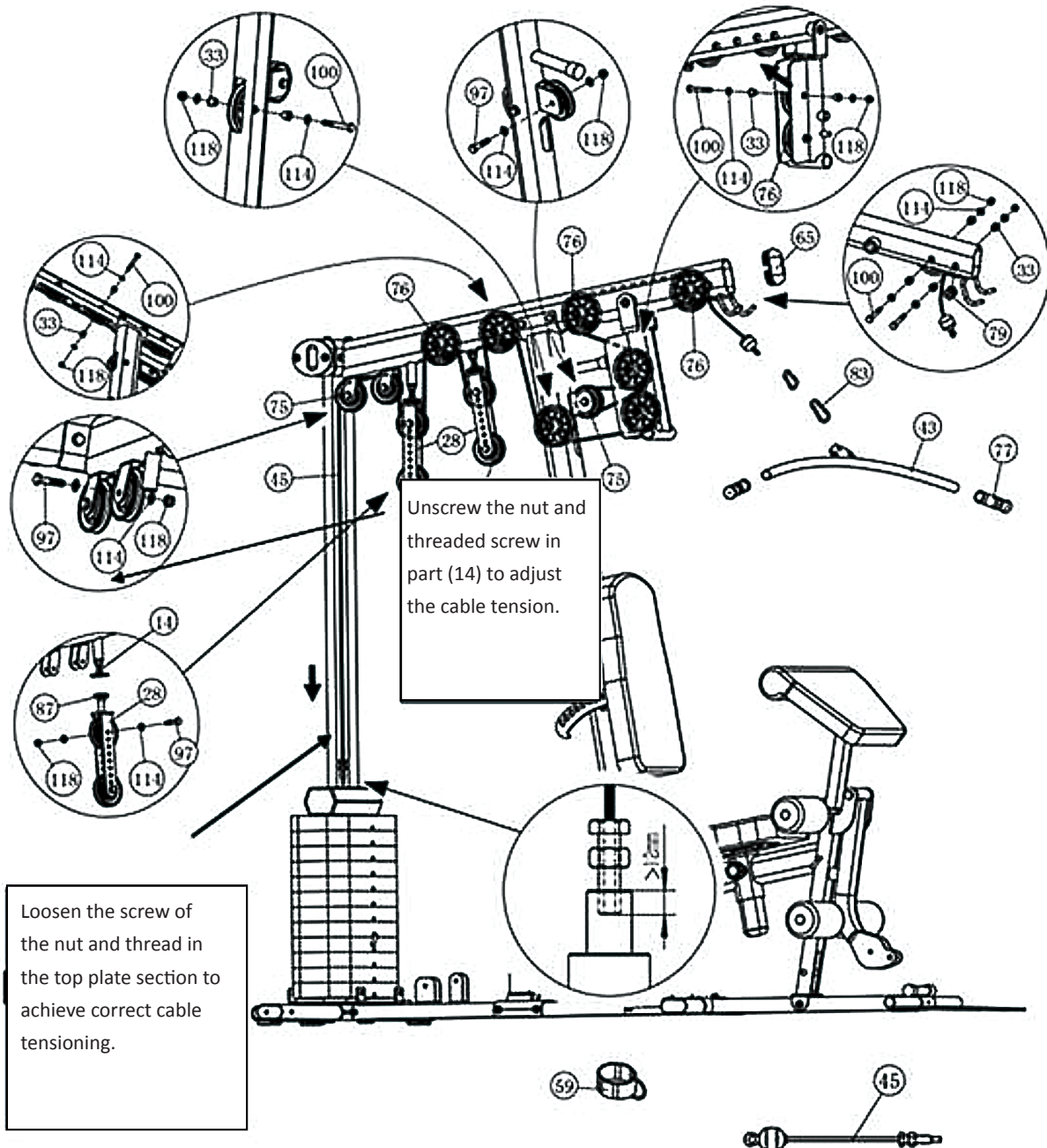


1. Fasten the seat (134) to parts (121, 124 and 125) – use screws (153, 96) and washers (114).
2. Fasten the backrest (135) to the frame (121) using screws (153) and washers (114).

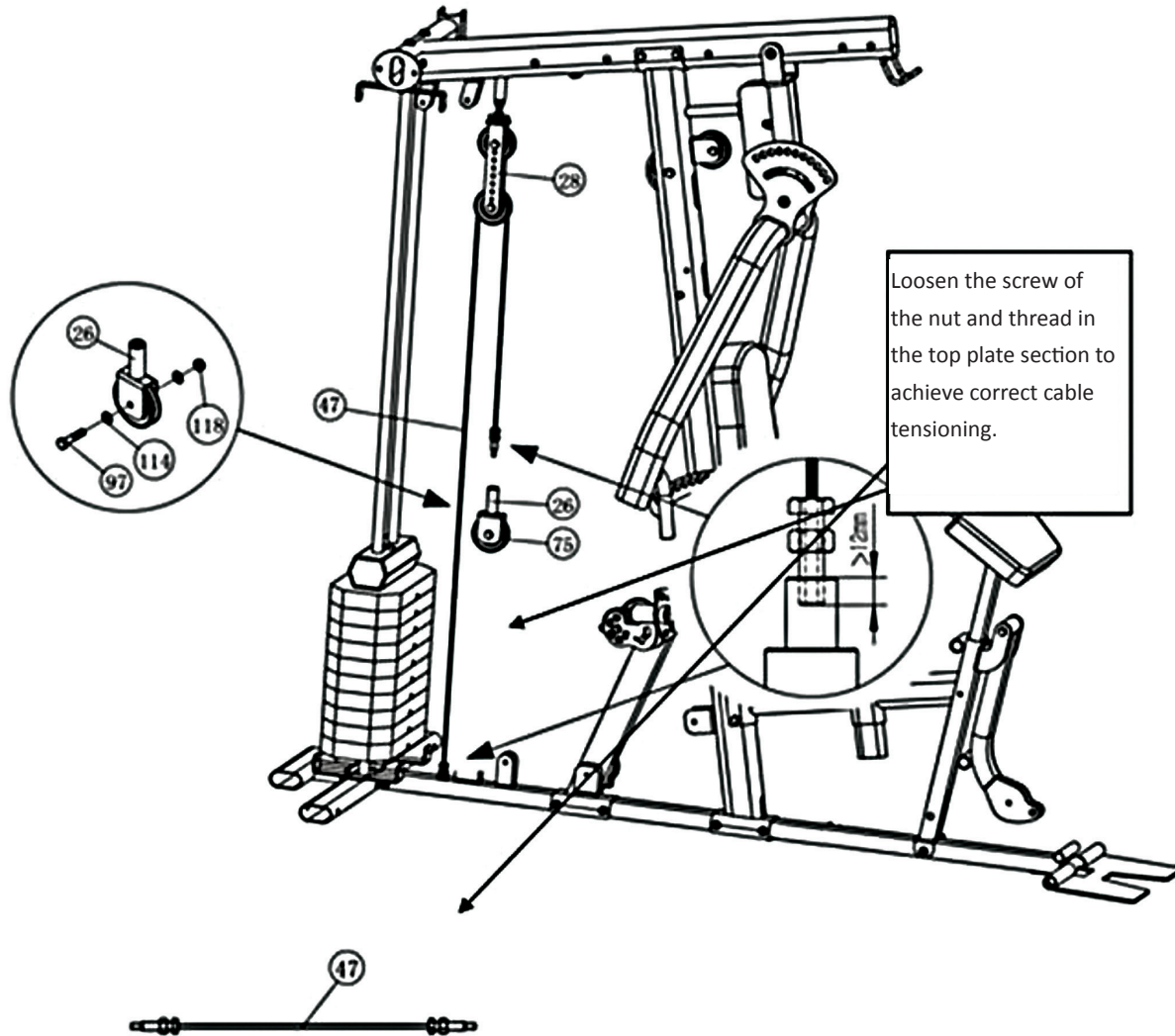
STEP 28

DIAGRAM OF THE HIGH PULLEY CABLE

After the machine is assembled, check whether the cable is tensioned. (With correct tensioning, there should be a gap of 3-5mm between the top plate and the stack). If the cable is slightly loose, adjust it by tightening the screw at the top of the stack. If the cable is very loose, adjust the line pulley to bottom position (no. 28).

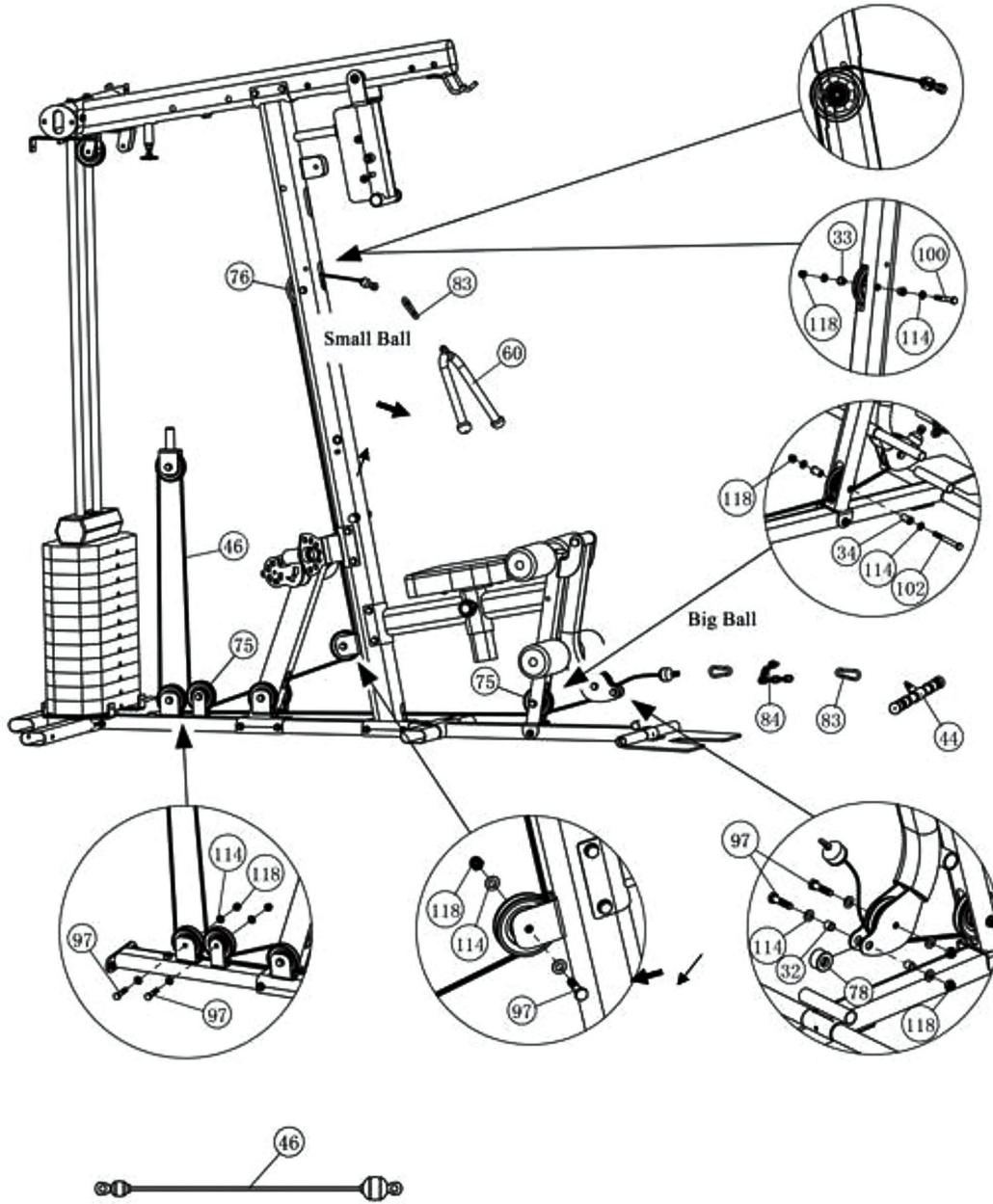


BACK TENSIONING CABLE

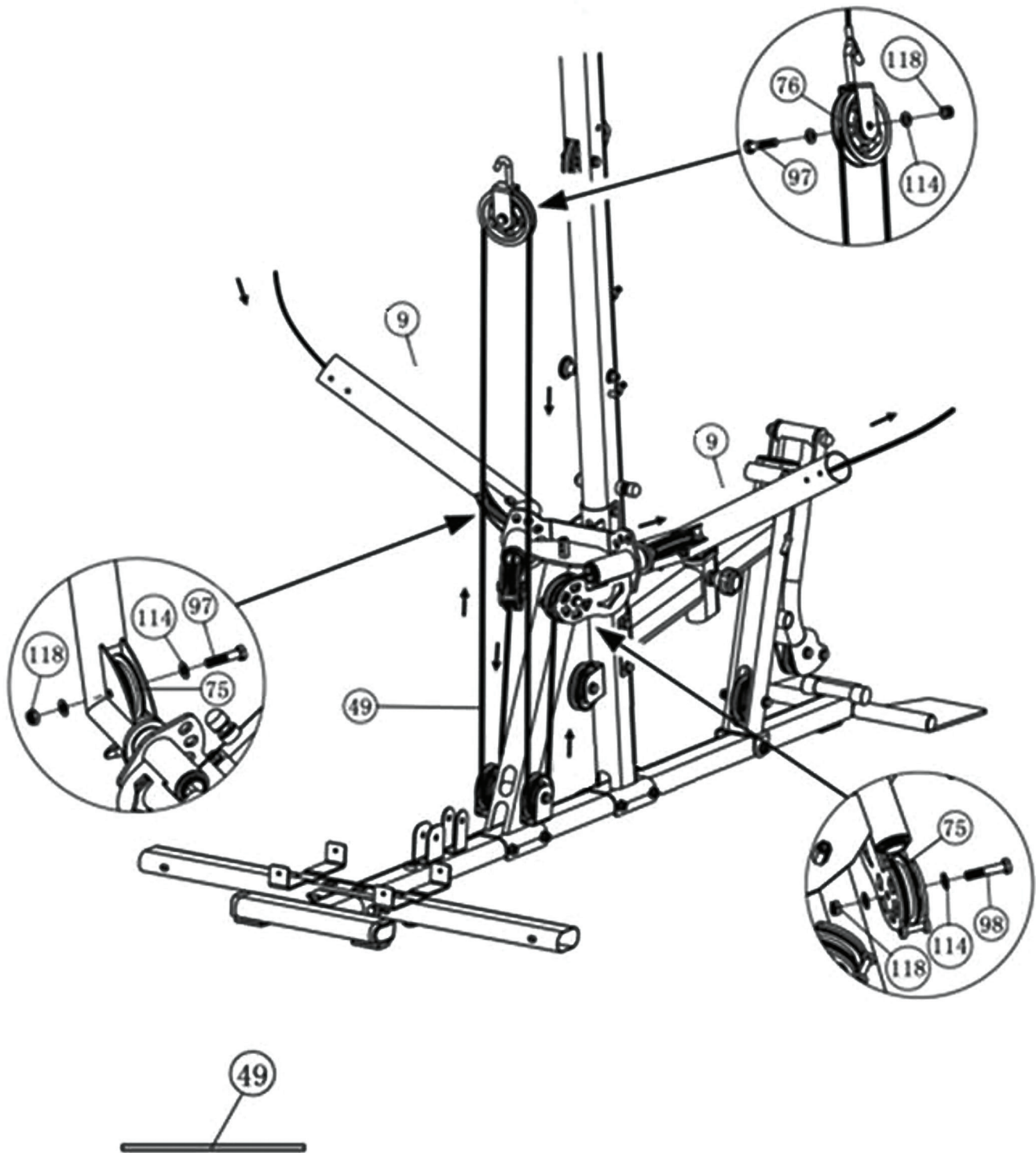


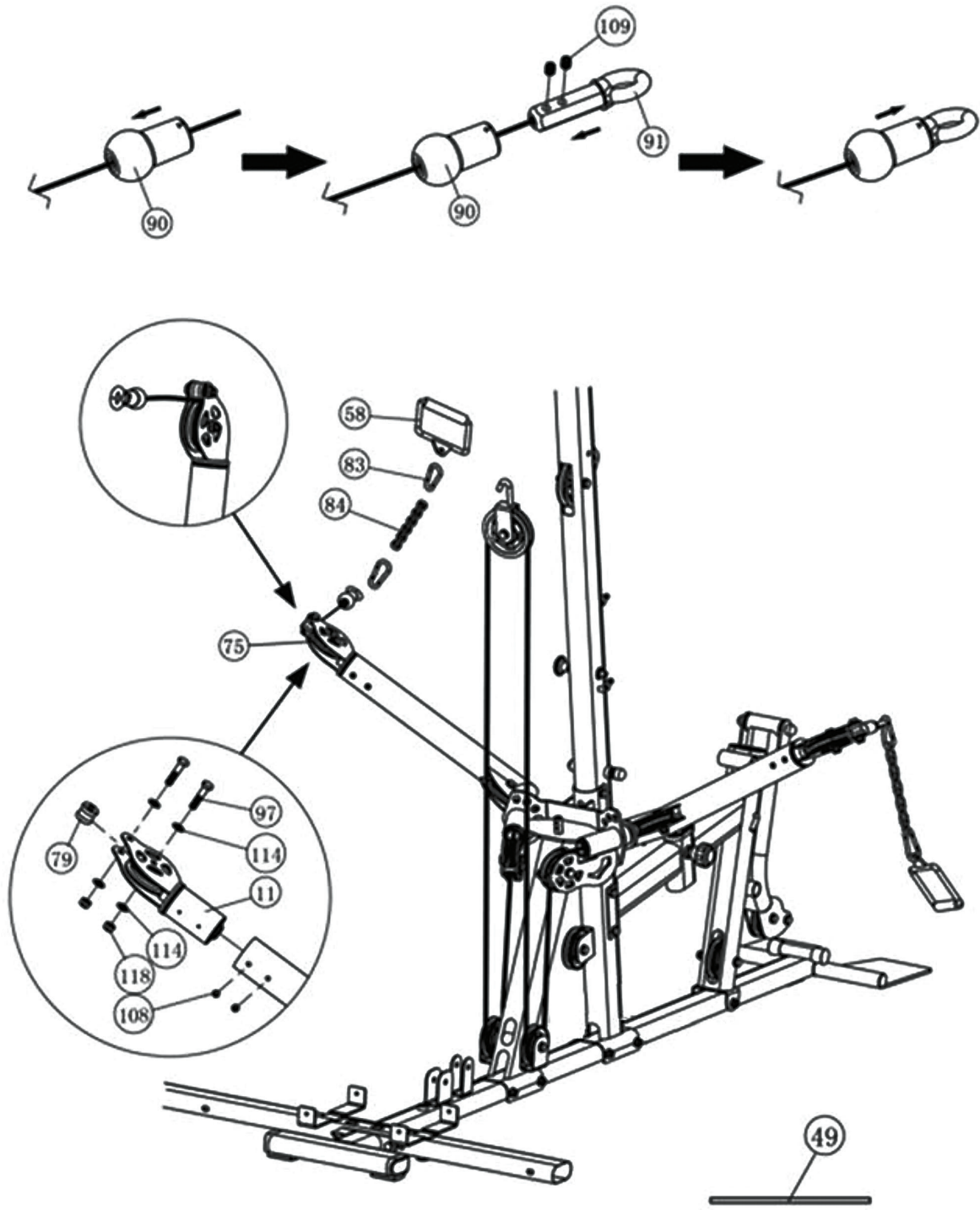


LOW PULLEY CABLE



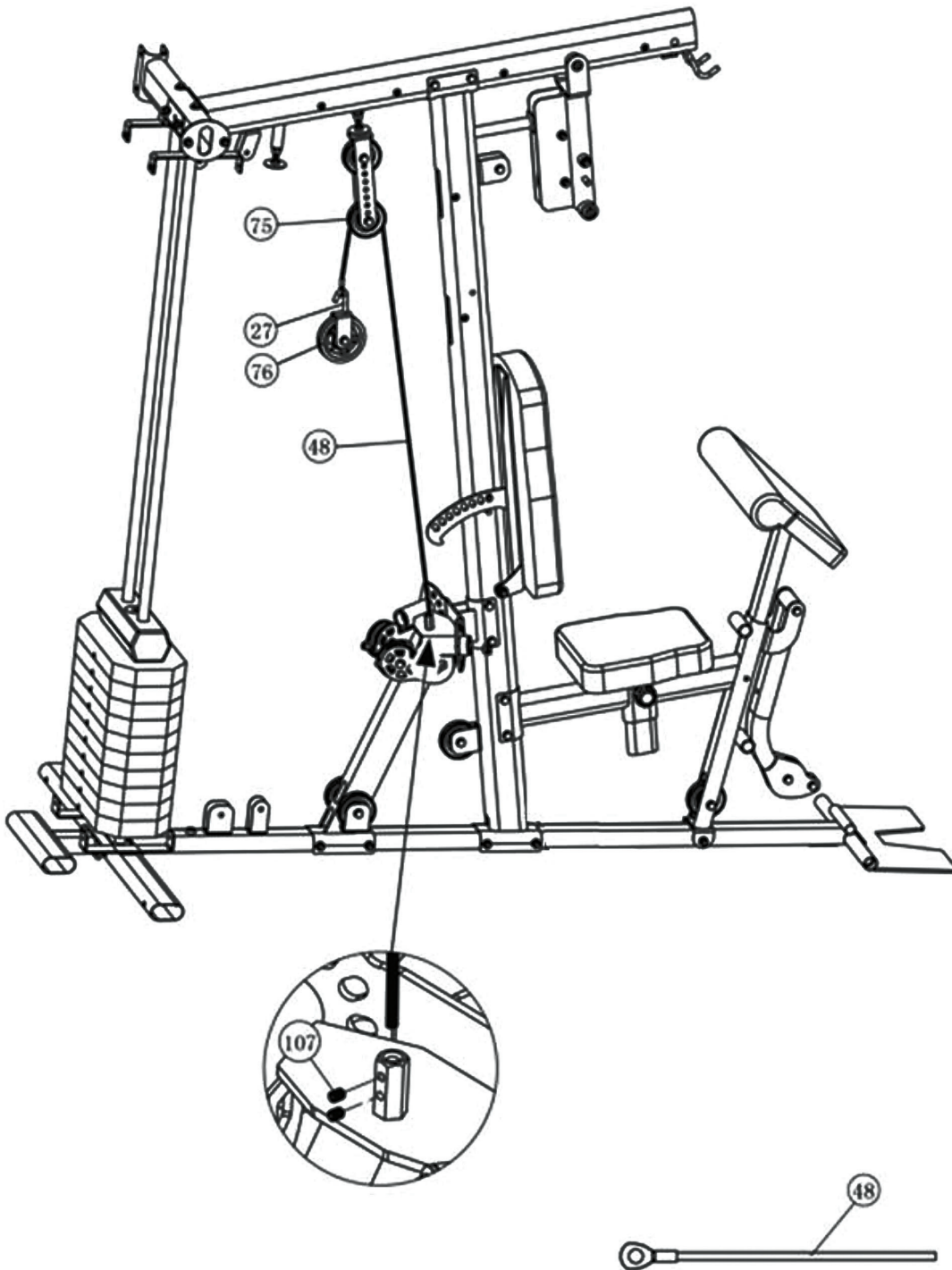
SIDE PULLEY CABLE (ARMS)



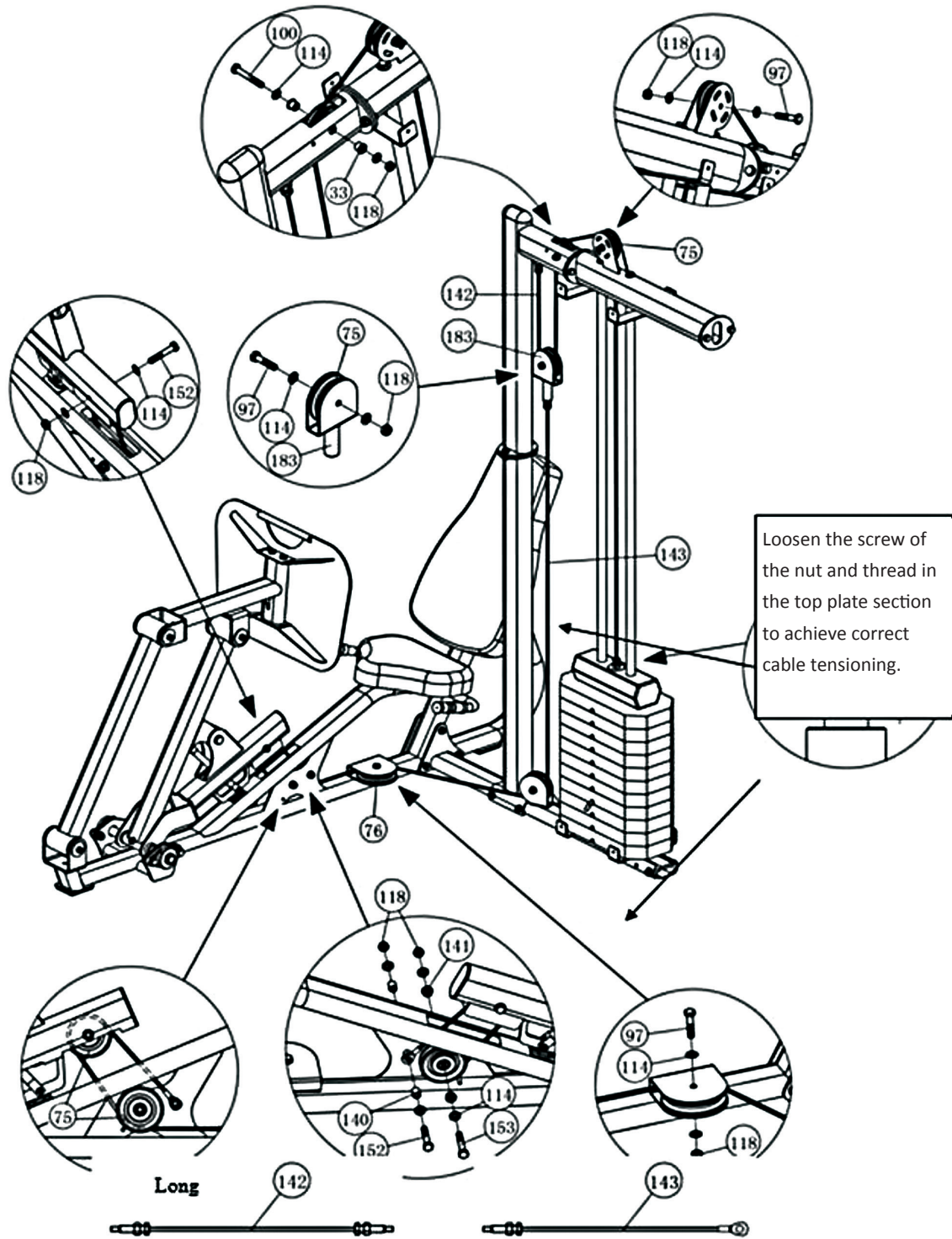


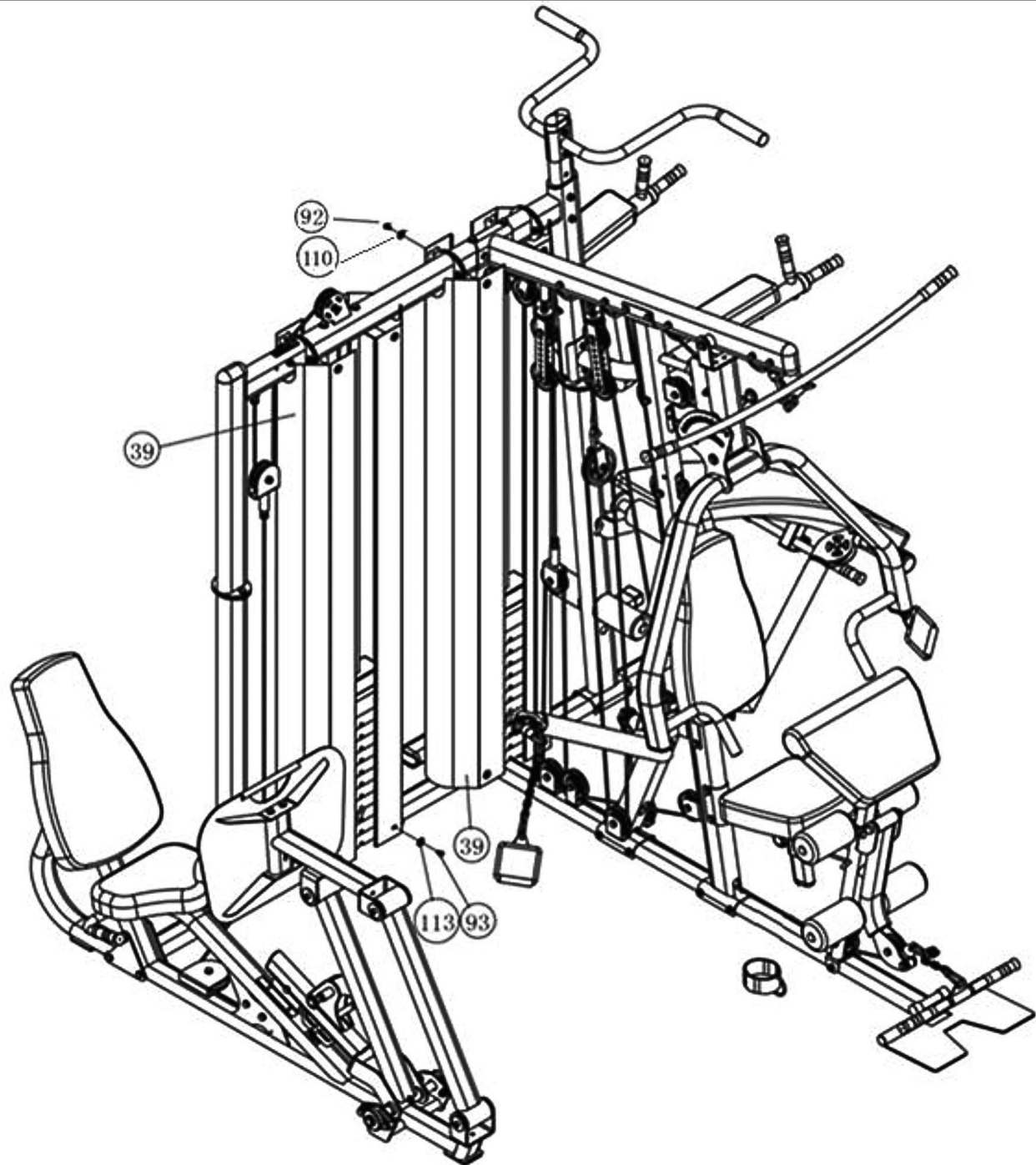
Fasten parts (11 and 9) with screws (108).  
 Pull the cable in arms through arms (9) using control wire (steel wire).

FRONT TENSIONING CABLE



Drive the cable into the opening and tighten with Allen screws (107).





1. Fasten the covers (39) with openings for HMS logo from the side of the leg press frame using screws and washers (93, 113).
2. Fasten the covers (39) on supports (17 and 166) with screws and washers (92, 110).
3. Tighten the screws (94) on supports (166).

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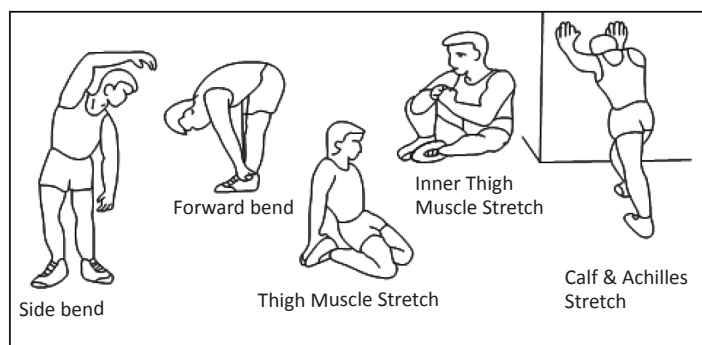
**Your machine Tytan 15 should now be fully assembled.**

Please check that all bolts are tight and cables are seated correctly on all pulleys before using. During the first usage session it is possible to adjust the cables.

## WORKOUT INSTRUCTION

### Warm-up

We recommend performing warm-up exercises presented in the picture below, before starting your training. Each exercise should be performed for at least 30 seconds. Warm-up



**Even though we do our best to ensure the highest quality of our products, single defects or omissions might occur. If you note a defect or missing part, we invite you to contact us.**

### Customer service department:

ABISAL Ltd;  
Św. Elżbiety St. 6, 41-905 Bytom, POLAND  
abisal@abisal.pl  
www.abisal.pl  
www.hms-fitness.com



Labelling the product with a symbol of a crossed waste container informs us that the worn-out electrical and electronic equipment cannot be put into the same container as other waste. According to the WEEE Directive on the management of electrical and electronic waste, separate recycling methods shall be used for this type of equipment.

A user who wants to dispose of such product is obliged to transfer it to the collection centre for worn-out electrical and electronic equipment, thanks to which they support its re-usage, recycling or recovery and thusly protect natural environment. For this purpose, one should contact the equipment seller or representatives of local authorities. Hazardous components contained in electronic equipment may have long-lasting harmful impact on natural environment as well as adverse effect on human health.

## GUARANTEE CARD

Article name:

EAN code:

Date of sale:

.....  
(Signature and stamp of seller)

## GUARANTEE TERMS

1. The Seller provides guarantee on behalf of the Guarantor within the territory of the Republic of Poland for the period of 24 months from the date of sale.
2. The Guarantee will be recognised by the shop or service centre after the client provides:
  - clearly and correctly filled-in guarantee card with the sale stamp and the seller's signature
  - valid purchase confirmation for the equipment including the date of sale / bill /
  - complained product.
3. Possible defects and damages revealed during the guarantee period shall be remedied free of charge within not more than 21 days from the delivery of the product to the shop or service.
4. Should it be necessary to import some components, the guarantee term can be extended by the period required to import such part, however such period shall not be longer than 40 days.
5. The guarantee does not cover:
  - mechanical damages and subsequent defects,
  - damages and defects resulting from incorrect storage and usage of the equipment against its purpose,
  - incorrect assembly and maintenance,
  - damages and consumption of such elements as: cables, straps, rubber parts, pedals, sponge grips, wheels, bearings, etc.
6. The guarantee expires in the event of:
  - expiry of the validity term,
  - self-repairs,
  - failure to follow the rules of correct operation.
7. No duplicates of the guarantee cards shall be issued.
8. The product handed over for repair should be complete and clean. If some parts are missing, the service is entitled to refuse to accept the product for repair. The service may refuse to accept a dirty product or clean in on the client's expense after the client's written permit.
9. The guarantee does not cover activities related to assembly, maintenance, which, according to the instruction, the user is obliged to perform themselves.
10. The Guarantor also informs that they offer post-guarantee service.
11. The product should be provided in its original packaging and should be secured for shipment.

The guarantee for sold goods is not exclusive, does not limit or suspend entitlements of the buyer resulting from the non-compliance of the product with the agreement.

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### THE EQUIPMENT IS NOT INTENDED FOR REHABILITATION AND THERAPY

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#### NOTES ON THE COURSE OF REPAIRS

Item	Date of notification	Date of provision	Course of repairs	Signature of the recipient (shop, owner)