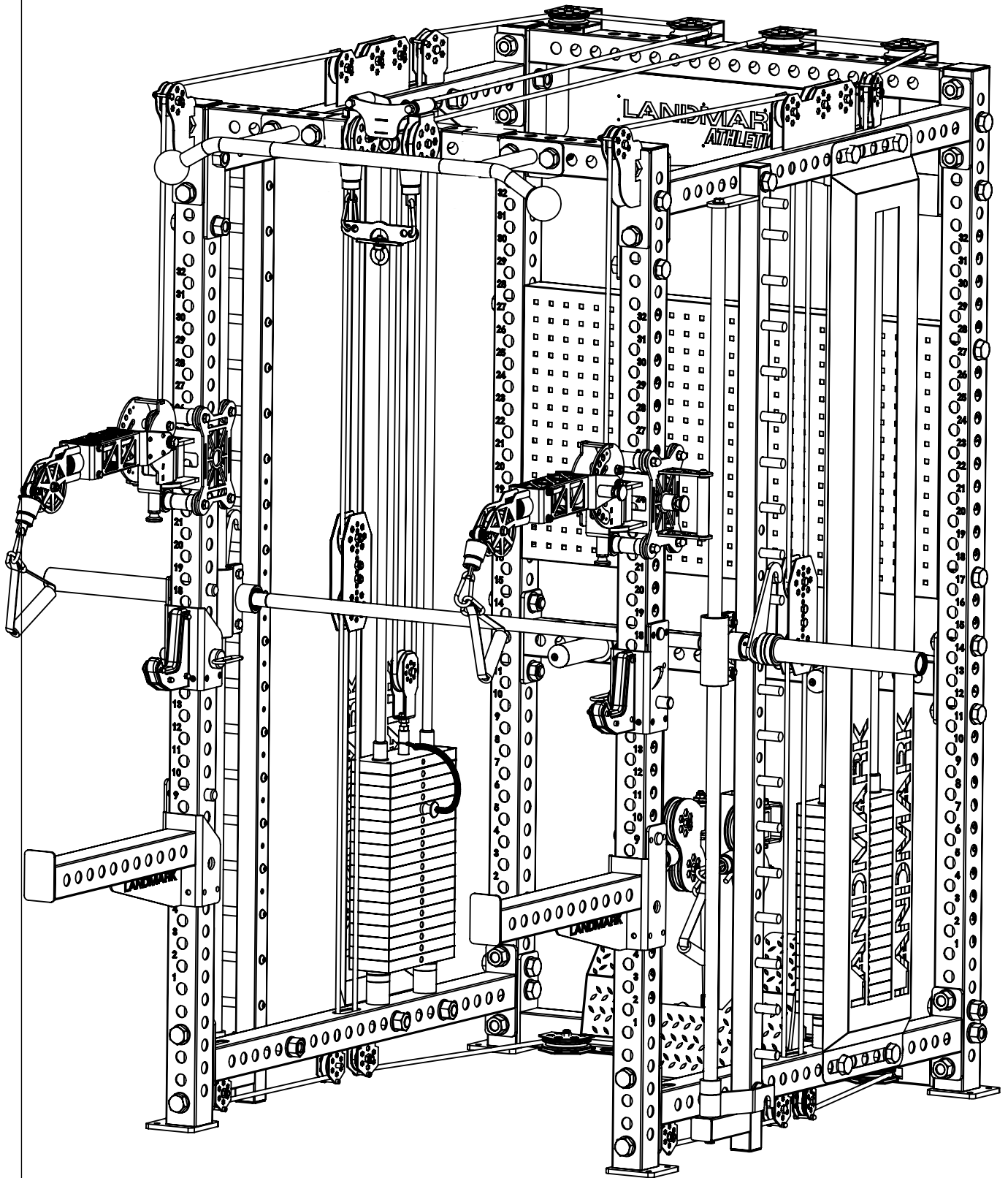


# Landmark EVEREST All-In-One Gym



Warming Tips: Please read all precautions and instructions in this manual before using this equipment

## Safety Instructions

Minors must use the equipment only under adult supervision.

Warm up thoroughly before training and always use the machine with proper exercise technique.

Inspect the machine carefully before every use to ensure all components are secure and safe.

Select an appropriate weight load according to your current physical condition and training capability.

Individuals with hypertension, heart disease, other medical conditions, or disabilities should use this equipment only under a doctor's guidance. If you feel discomfort during use, stop immediately and seek medical attention.

When multiple people are training, bystanders must keep a safe distance. Children must not play around the equipment.

When installing or adjusting attachments, do not place fingers inside holes, pulley tracks, or near moving parts avoid injury.

Always use the safety bars and adjust them to the proper height to prevent accidental crushing.

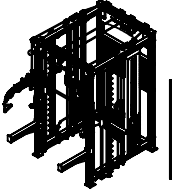
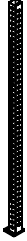
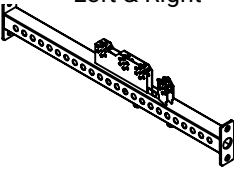
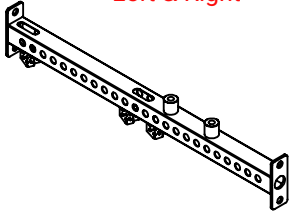
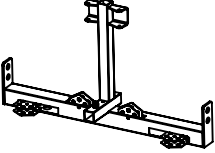
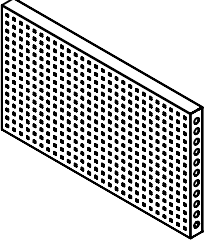
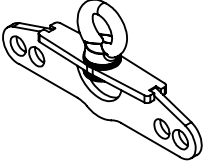
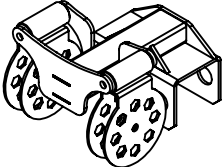
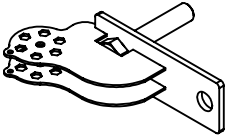
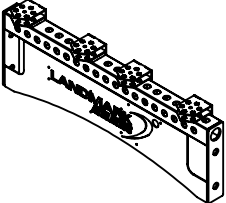
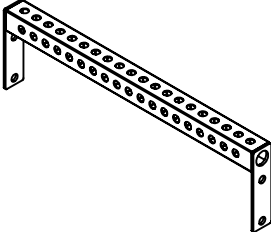
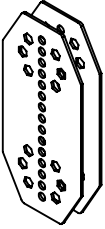
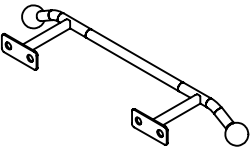
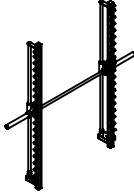
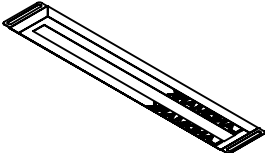
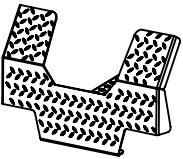

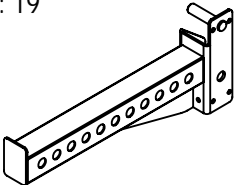
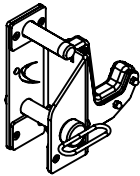


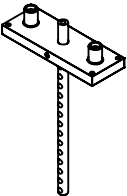
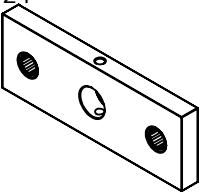
After each use, ensure all components are properly stored, secured, and locked to prevent collision or falling hazards.

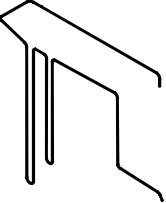
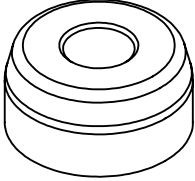
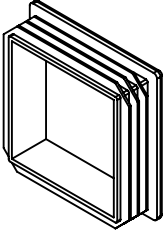

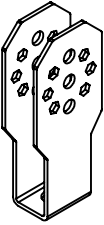
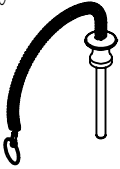
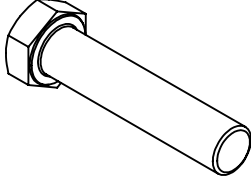
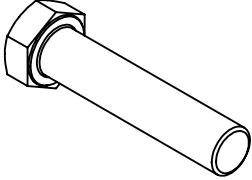
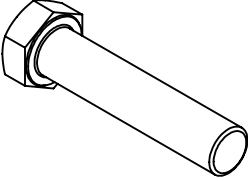
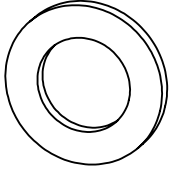
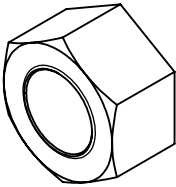
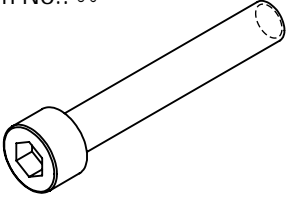
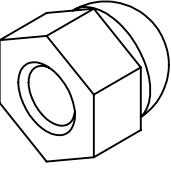
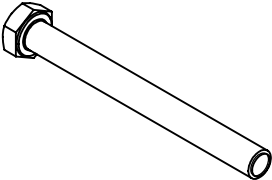
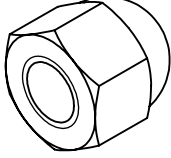
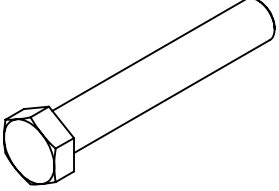
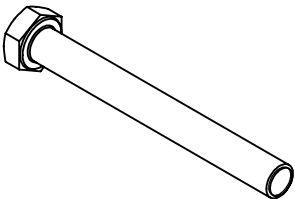
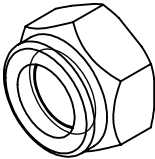
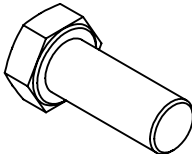
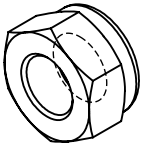
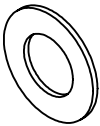
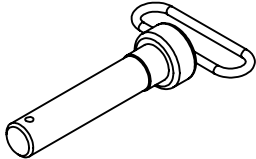
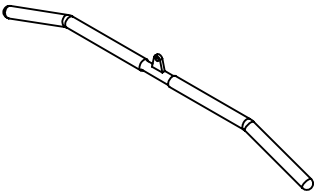
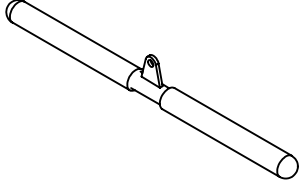
When using extended attachments or performing movements where the center of gravity extends beyond the main frame, evaluate the risk to avoid tipping.

Regularly inspect all bolts, cable ends, and guide rails for secure fastening.

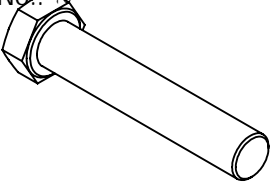
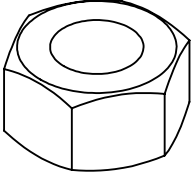
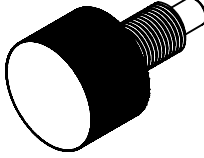
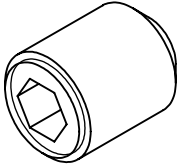



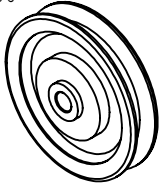
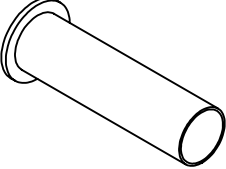
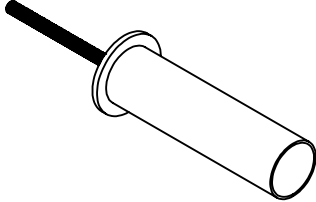

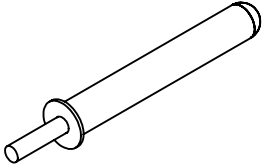
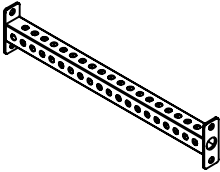



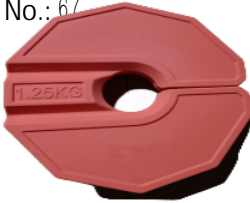

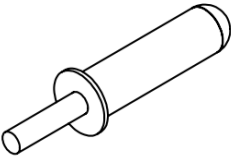
Non-compliance with these guidelines may result in injury. The user assumes all responsibility.

# BOM List

<p><b>Name :</b> Landmark EVEREST All-In-One Gym  <b>Quantity:</b> 1pcs  <b>Item No.:</b> 1</p> 	<p><b>Name :</b> Uprights  <b>Quantity:</b> 4pcs  <b>Item No.:</b> 2</p> 	<p><b>Quantity:</b> 2pcs (Symmetrical )  <b>Item No.:</b> 3  <b>Left &amp; Right</b></p> 	<p><b>Name :</b> Lower Longitudinal Beam  <b>Quantity:</b> 2pcs  <b>Item No.:</b> 4  <b>Left &amp; Right</b></p> 
<p><b>Name :</b> Rear Lower Cross Beam  <b>Quantity:</b> 1pcs  <b>Item No.:</b> 5</p> 	<p><b>Name :</b> Peg Board  <b>Quantity:</b> 1pcs  <b>Item No.:</b> 6</p> 	<p><b>Name :</b> Clips  <b>Quantity:</b> 2pcs  <b>Item No.:</b> 7</p> 	<p><b>Name :</b> High Pull Pulley Set  <b>Quantity:</b> 1pcs  <b>Item No.:</b> 8</p> 
<p><b>Name :</b> New Modified Front Pulley Box  <b>Quantity:</b> 2pcs  <b>Item No.:</b> 9</p> 	<p><b>Name :</b> Rear Upper Cross Beam Back Logo Plate  <b>Quantity:</b> 1pcs  <b>Item No.:</b> 10</p> 	<p><b>Name :</b> Raised Cross Beam  <b>Quantity:</b> 1pcs  <b>Item No.:</b> 11</p> 	<p><b>Name :</b> Figure-8 Pulley  <b>Quantity:</b> 1pcs  <b>Item No.:</b> 12</p> 
<p><b>Name :</b>  <b>Quantity:</b>  <b>Item No.:</b></p>	<p><b>Name :</b> Dual Ball-Head Pull-Up Bar  <b>Quantity:</b> 1pcs  <b>Item No.:</b> 14</p> 	<p><b>Name :</b> Smith Attachment  <b>Quantity:</b> 1 set  <b>Item No.:</b> 15</p> 	<p><b>Name :</b> Shrouds  <b>Quantity:</b> 2pcs  <b>Item No.:</b> 16</p> 
<p><b>Name :</b> Foot Plate  <b>Quantity:</b> 1pcs  <b>Item No.:</b> 17</p> 	<p><b>Name :</b> Pivoting Arms  <b>Quantity:</b> 2pcs(Symmetrical )  <b>Item No.:</b> 18</p> 	<p><b>Name :</b> Spotted Safety Arms  <b>Quantity:</b> 2pcs(Symmetrical )  <b>Item No.:</b> 19</p> 	<p><b>Name :</b> J Hooks  <b>Quantity:</b> 2pcs(Symmetrical )  <b>Item No.:</b> 20</p> 
<p><b>Name :</b> Lower Pulley Box  <b>Quantity:</b> 2pcs  <b>Item No.:</b> 21</p> 	<p><b>Name :</b> Ø20 Guide Rods  <b>Quantity:</b> 4pcs  <b>Item No.:</b> 22</p> 	<p><b>Name :</b> Top Weight Plate  <b>Quantity:</b> 2pcs  <b>Item No.:</b> 23</p> 	<p><b>Name :</b> Weight Plates  <b>Quantity:</b> 34pcs  <b>Item No.:</b> 24</p> 

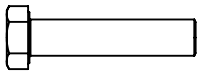
<p><b>Name :</b> Cables Quantity: 4pcs Item No.: 25</p> 	<p><b>Name :</b> Weight Stack Buffer Pads Quantity: 4pcs Item No.: 26</p> 	<p><b>Name :</b> 75 × 75 End Caps Quantity: 4 Item No.: 27</p> 	<p><b>Name :</b> Aluminum Alloy Handle Bars Quantity: 6 Item No.: 28</p> 
<p><b>Name :</b> Modified Weight Pulley Bracket Quantity: 2 Item No.: 29</p> 	<p><b>Name :</b> 120 mm Magnetic Locking Pin Quantity: 2 Item No.: 30</p> 	<p><b>Name :</b> Hex Bolt M24 × 120 Quantity: 2 Item No.: 31</p> 	<p><b>Name :</b> Hex Bolt M24 × 110 Quantity: 48 Item No.: 32</p> 
<p><b>Name :</b> Hex Bolt M24 × 150 Quantity: 4 Item No.: 33</p> 	<p><b>Name :</b> Washer M24 Quantity: 112 Item No.: 34</p> 	<p><b>Name :</b> Hex Nut M24 Quantity: 56 Item No.: 35</p> 	<p><b>Name :</b> Socket Head Cap Screw M6 × 40 Quantity: 14 Item No.: 36</p> 
<p><b>Name :</b> Cap Nut M6 Quantity: 14 Item No.: 37</p> 	<p><b>Name :</b> Hex Bolt M10 × 95 Quantity: 4 Item No.: 38</p> 	<p><b>Name :</b> Combination Cap Nut M10 Quantity: 4 Item No.: 39</p> 	<p><b>Name :</b> Hex Bolt M10 × 45 Quantity: 40 Item No.: 40</p> 
<p><b>Name :</b> Hex Bolt M10 × 90 Quantity: 2 Item No.: 41</p> 	<p><b>Name :</b> Lock Nut M10 Quantity: 42 Item No.: 42</p> 	<p><b>Name :</b> Hex Bolt M12 × 30 Quantity: 8 Item No.: 43</p> 	<p><b>Name :</b> Lock Nut M12 Quantity: 4 Item No.: 44</p> 
<p><b>Name :</b> Washer M10 Quantity: 92 Item No.: 45</p> 	<p><b>Name :</b> Plastic-Coated Locking Pin Quantity: 4 Item No.: 46</p> 	<p><b>Name :</b> High Pulley Handle Quantity: 1 Item No.: 47</p> 	<p><b>Name :</b> Low Pulley Handle Quantity: 1 Item No.: 48</p> 

Note: Some bolts and nuts have been pre-installed on certain components before shipment, such as pulleys, M10 × 45 bolts, and corresponding nuts.

<p><b>Name:</b> Hex Bolt M12× 65  <b>Quantity:</b> 4  <b>Item No.:</b> 49</p> 	<p><b>Name:</b> Hex Nut M12  <b>Quantity:</b> 4  <b>Item No.:</b> 50</p> 	<p><b>Name:</b> Aluminum Locking Pin  <b>Quantity:</b> 1  <b>Item No.:</b> 51</p> 	<p><b>Name:</b> Set Screw M8 × 12  <b>Quantity:</b> 14  <b>Item No.:</b> 52</p> 
<p><b>Name:</b> Ø70 Alumiunm Alloy Pulley  <b>Quantity:</b> 10  <b>Item No.:</b> 53</p> 	<p><b>Name:</b> Ø105 Alumiunm Alloy Pulley  <b>Quantity:</b> 10  <b>Item No.:</b> 54</p> 	<p><b>Name:</b> Ø60 Alumiunm Alloy Pulley  <b>Quantity:</b> 6  <b>Item No.:</b> 55</p> 	<p><b>Name:</b> Ø90 Alumiunm Alloy Pulley  <b>Quantity:</b> 10  <b>Item No.:</b> 56</p> 
<p><b>Name:</b> Weight Plate Adapter 02  <b>Quantity:</b> 2  <b>Item No.:</b> 57</p> 	<p><b>Name:</b> Weight Plate Adapter 01  <b>Quantity:</b> 2  <b>Item No.:</b> 58</p> 		
<p><b>Name:</b> Steel Chain  <b>Quantity:</b> 2  <b>Item No.:</b> 61</p> 	<p><b>Name:</b> Plate Holder  <b>Quantity:</b> 4  <b>Item No.:</b> 62</p> 	<p><b>Name:</b> 1050 Crossbeam  <b>Quantity:</b> 1  <b>Item No.:</b> 63</p> 	<p><b>Name:</b> EZ Curl Bar  <b>Quantity:</b> 1  <b>Item No.:</b> 64</p> 
<p><b>Name:</b> Double-D Handle  <b>Quantity:</b> 1  <b>Item No.:</b> 65</p> 	<p><b>Name:</b> Tricep Rope  <b>Quantity:</b> 1  <b>Item No.:</b> 66</p> 	<p><b>Name:</b> Add-on Fractional Plate(1.25kg)  <b>Quantity:</b> 2  <b>Item No.:</b> 67</p> 	<p><b>Name:</b> Hex Shank Socket  <b>Quantity:</b> 1  <b>Item No.:</b> 68</p> 
	<p><b>Name:</b> 170mm Plate Holder(plastic head)  <b>Quantity:</b> 2  <b>Item No.:</b> 70</p> 		

# Step 1

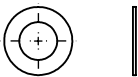
## Assembly Instructions



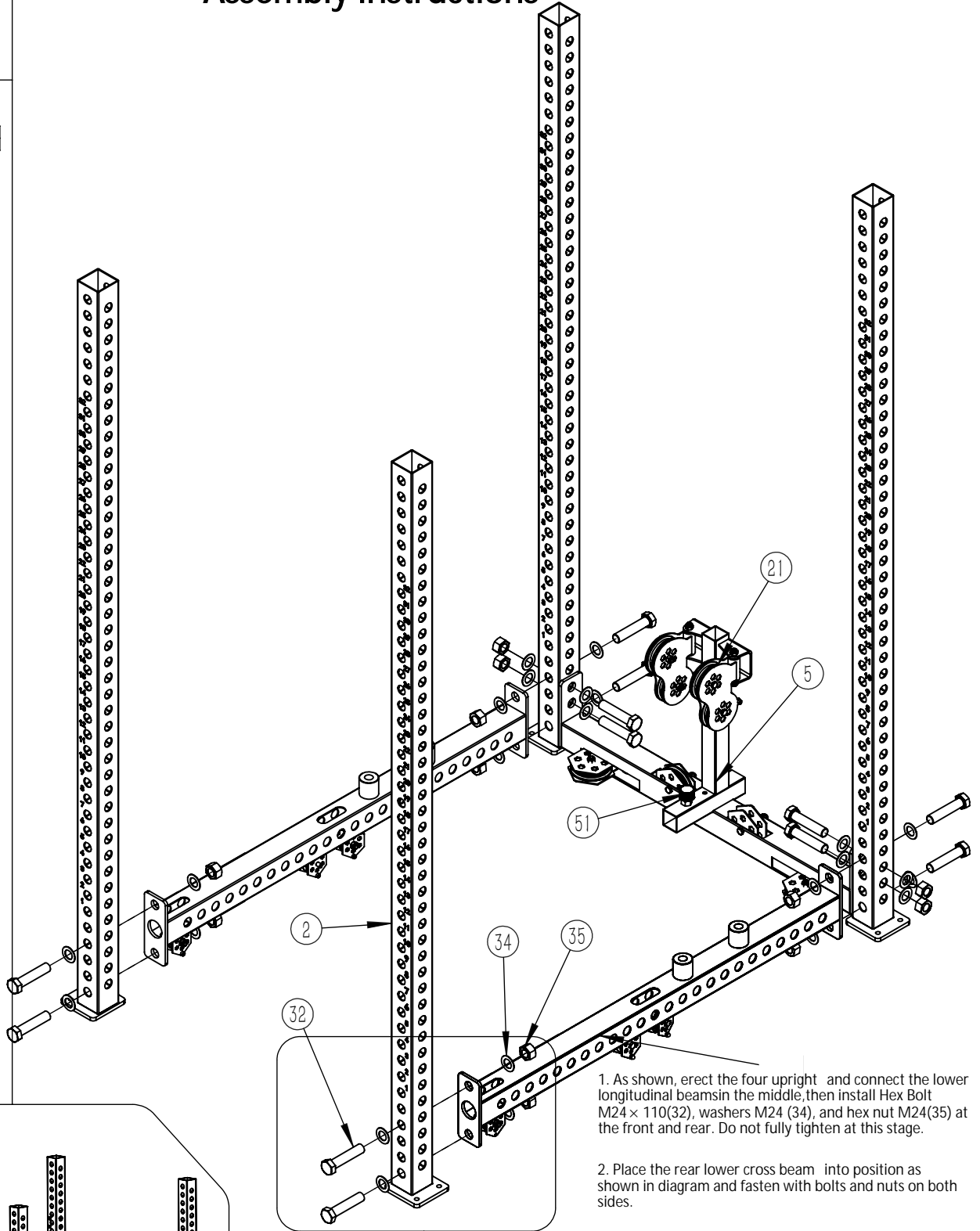
(32) x12



(35) x12

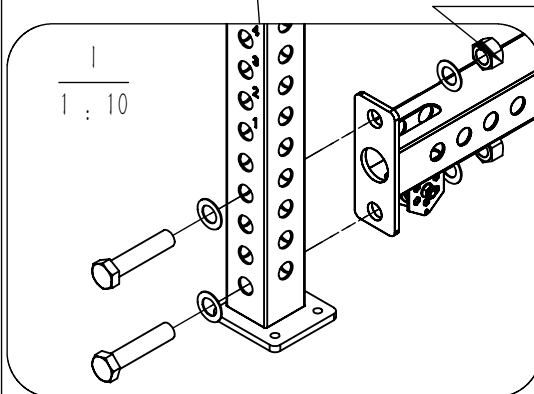
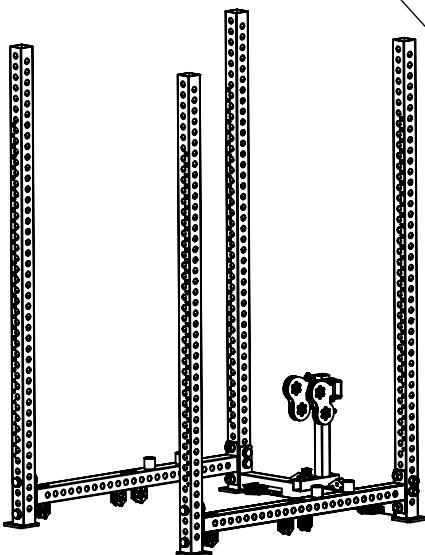


(34) x24



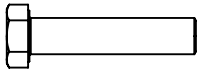
1. As shown, erect the four upright and connect the lower longitudinal beams in the middle, then install Hex Bolt M24 x 110 (32), washers M24 (34), and hex nut M24 (35) at the front and rear. Do not fully tighten at this stage.

2. Place the rear lower cross beam into position as shown in diagram and fasten with bolts and nuts on both sides.



# Step 2

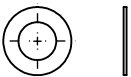
## Assembly Instructions



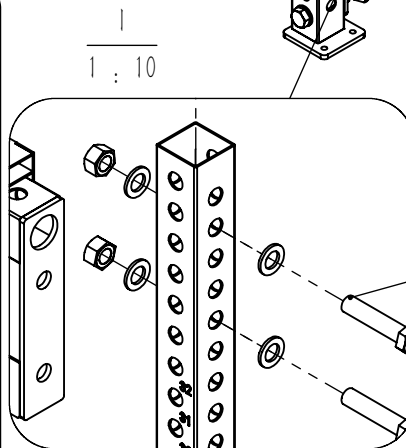
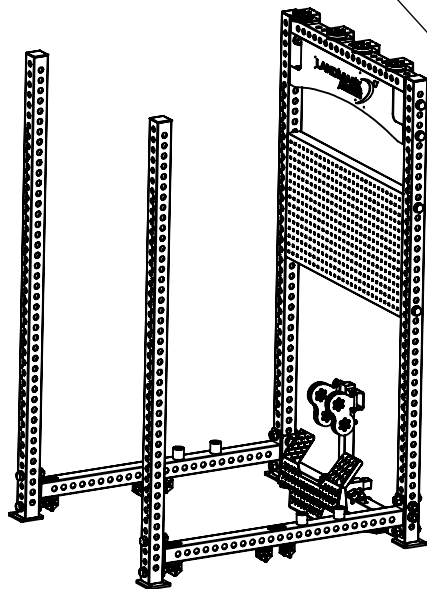
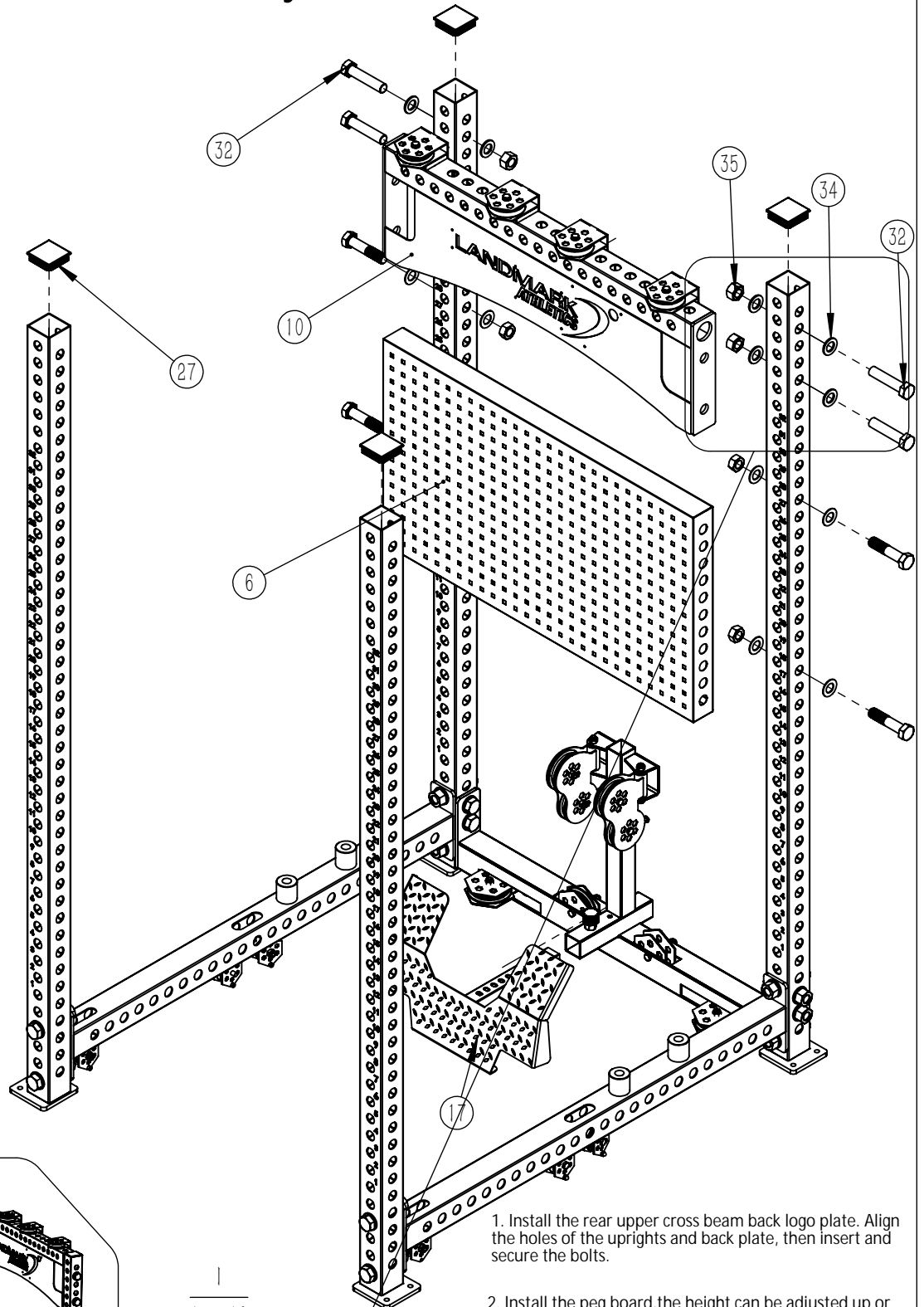
32 x 8



35 x 8



34 x 16



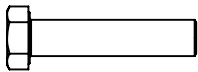
1. Install the rear upper cross beam back logo plate. Align the holes of the uprights and back plate, then insert and secure the bolts.

2. Install the peg board, the height can be adjusted up or down according to user requirements.

3. Insert the foot plate (17) into the sleeve of the rear lower cross beam. Check for any limit screws or locking pins that may block insertion.

# Step 3

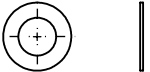
## Assembly Instructions



32 x12

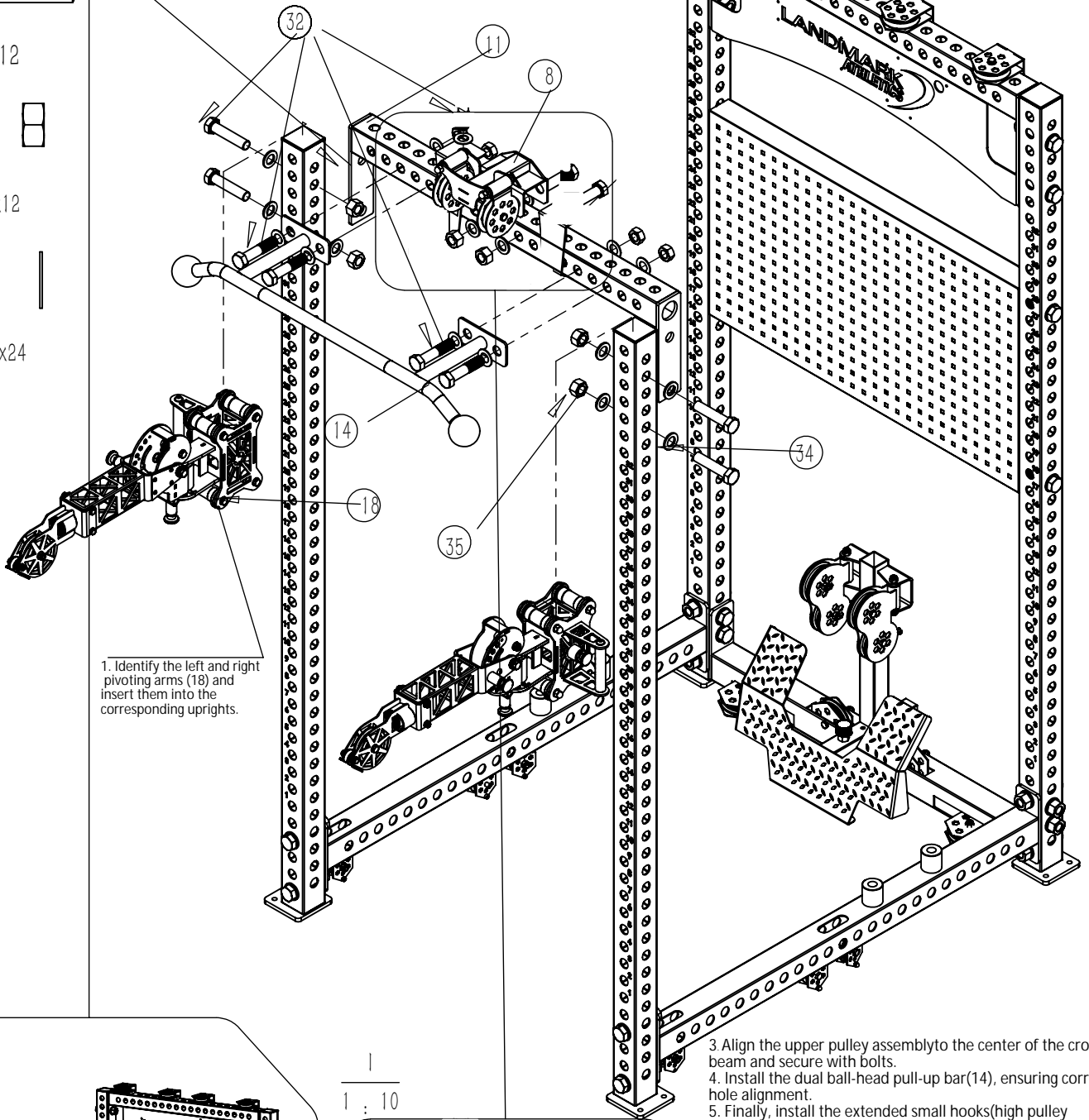


35 x12



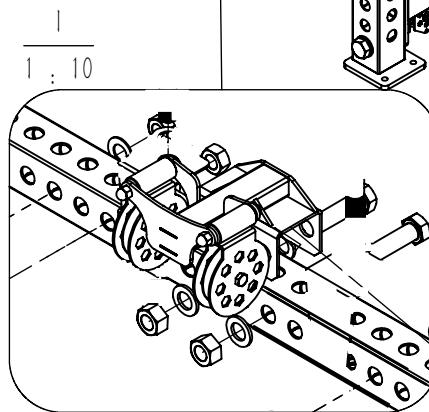
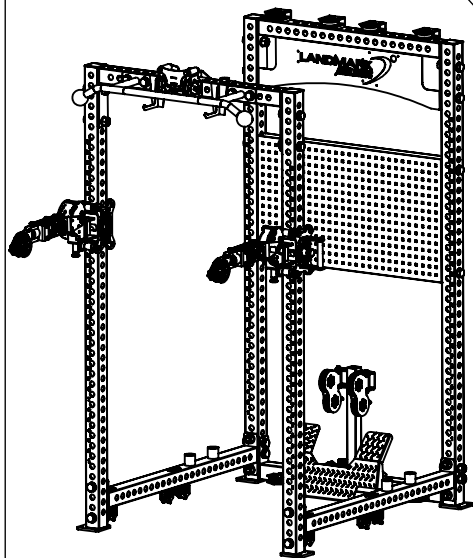
34 x24

2. Install the raised cross beam(11), and aligned with the second hole from the top of the uprights, then fasten with bolts and nuts.



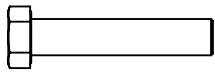
1. Identify the left and right pivoting arms (18) and insert them into the corresponding uprights.

3. Align the upper pulley assembly to the center of the cross beam and secure with bolts.  
 4. Install the dual ball-head pull-up bar(14), ensuring correct hole alignment.  
 5. Finally, install the extended small hooks(high pulley handle hook) (13), avoiding interference with the pull-up bar bolts.

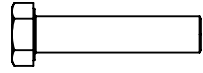


# Step 4

## Assembly Instructions



31 x2



32 x4



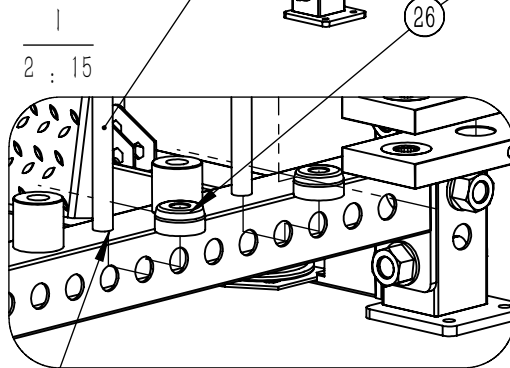
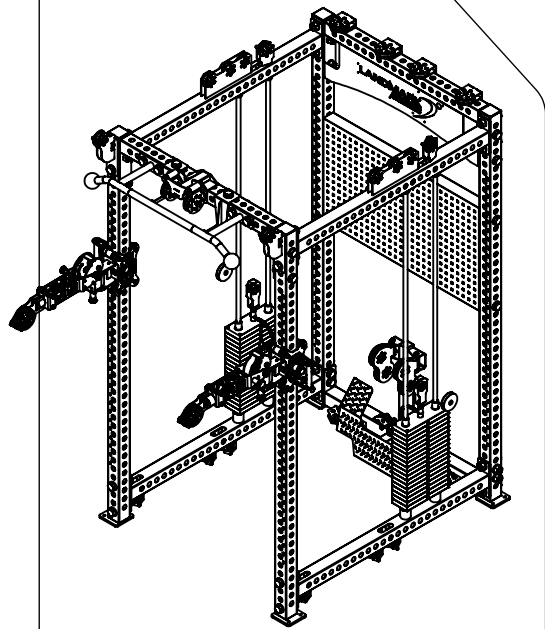
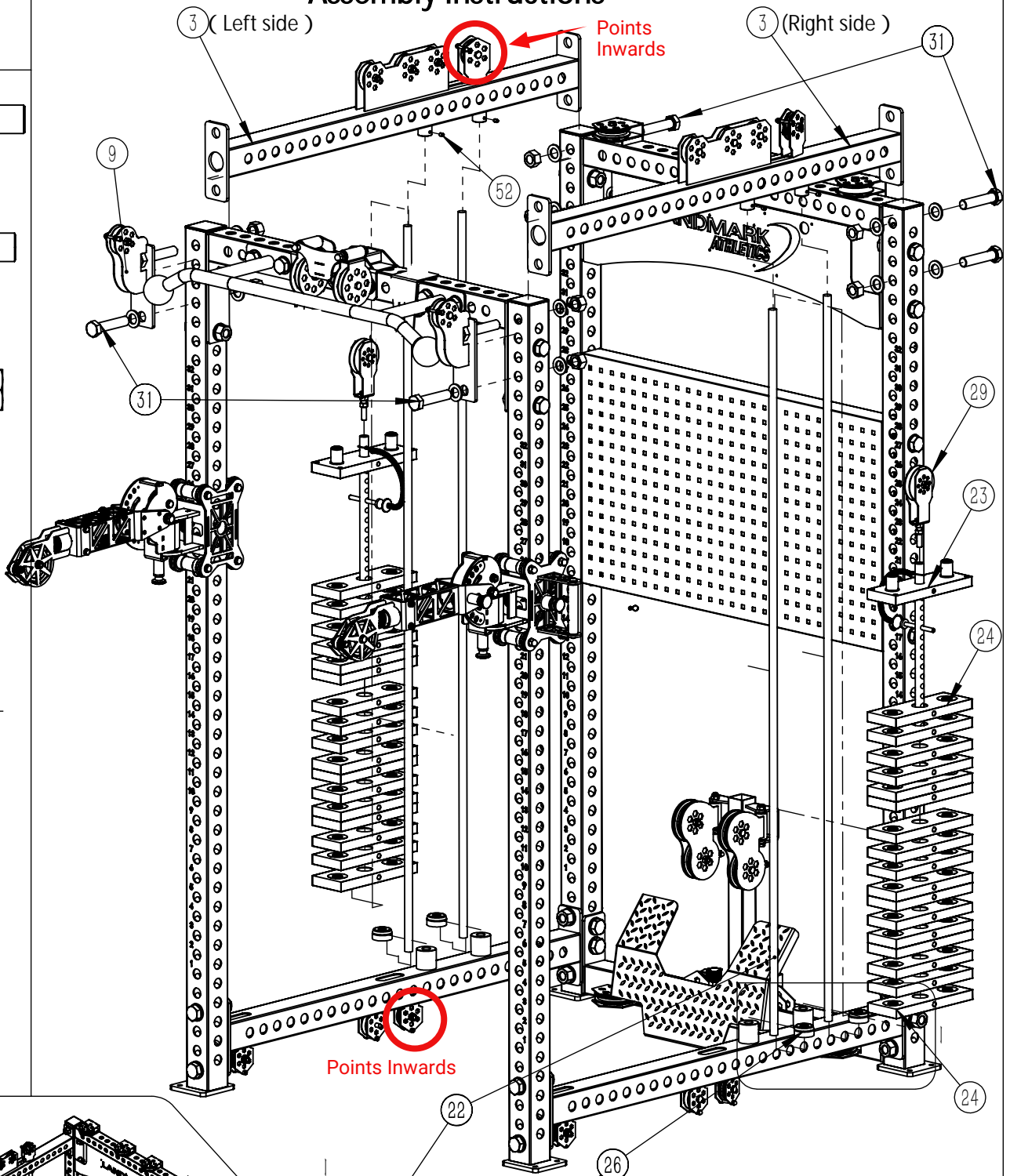
35 x8



34 x14



52 x8



1  
2 : 15

1. Insert the two guide rods (22) into the lower beam sleeves, then place the weight plate buffer pads (26)

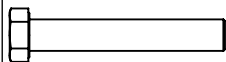
2. Load the weight plates (24) one by one from the top, this step must be performed by two people. After loading 17 plates (ensure both sides are level), install the top weight plate (23), then install the weight pulley bracket (29).

3. After the weight plate installation is completed, install the upper longitudinal beam as shown. Attach the front upper pulley box at the front and secure it using M24 x 120 bolts, and secure the rear side using M24 x 110 bolts.

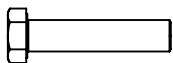
4. Lift the guide rods into the bushings of the upper beam and tighten the set screws (52).

# Step 5

## Assembly Instructions



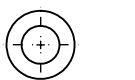
(33) x 4



(32) x 8



(35) x 12



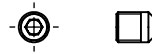
(34) x 24



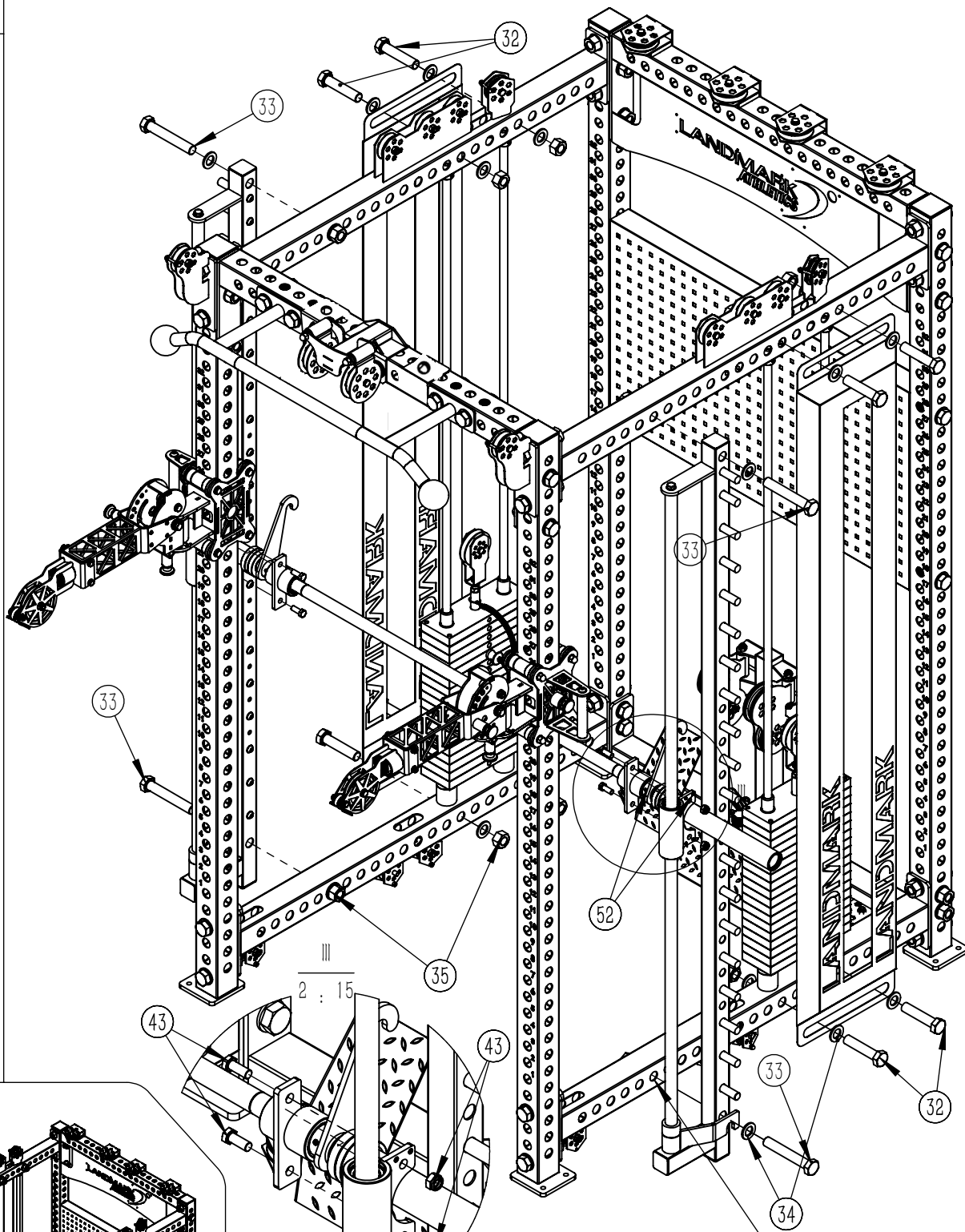
(43) x 4



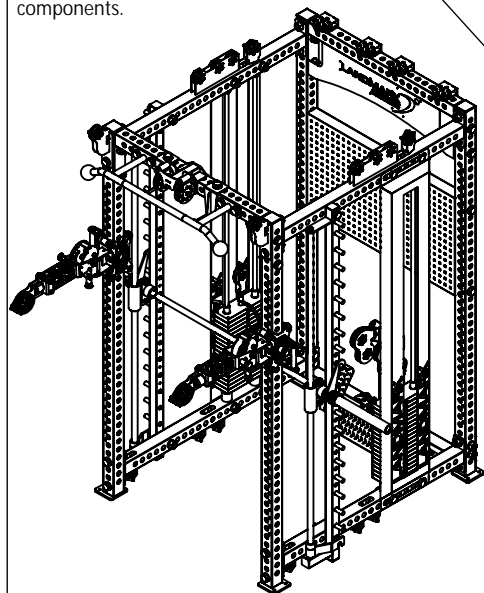
(44) x 4



(52) x 14



Note: The set screws (52) are pre-installed on the components.

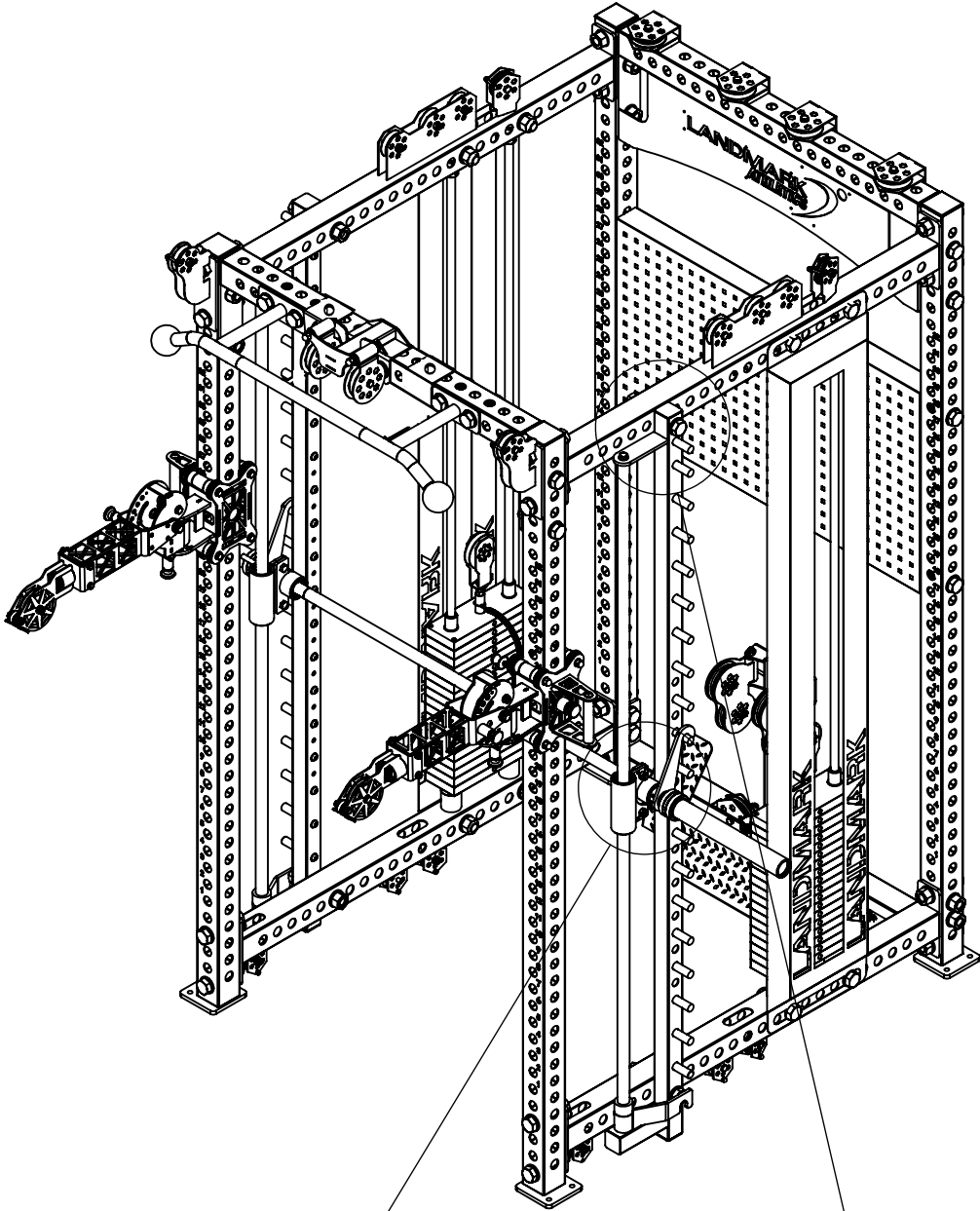


1. As shown, first install the left and right Smith machine on uprights. Distinguish the left and right sides and align with the sixth mounting hole. Insert the M24 x 150 bolts (33) from the top and bottom with washers (34), then tighten the nuts to secure.

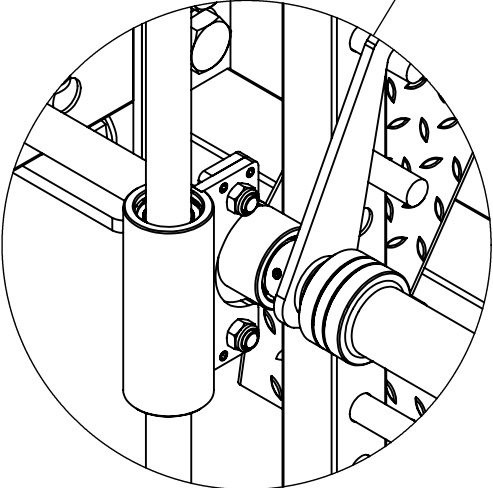
2. Insert the barbell shaft from the side. Refer to the detailed drawing on Page 6. Insert M12 x 30 bolts and tighten the nuts. Pay attention to the left/right orientation of the connecting plates.

3. Install the shrouds in the middle of the weight stack and secure with bolts at the top and bottom.

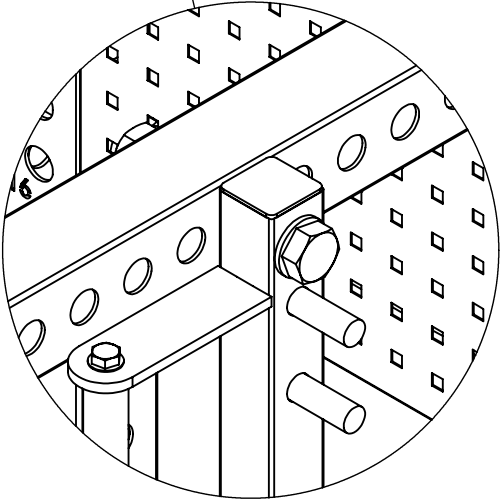
# Smith Attachment Detailed Installation



I  
1 : 5

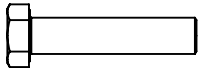


II  
1 : 5



# Step 6

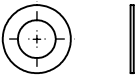
## Assembly Instructions



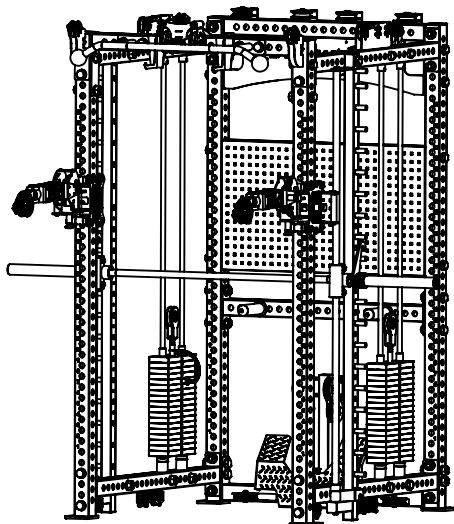
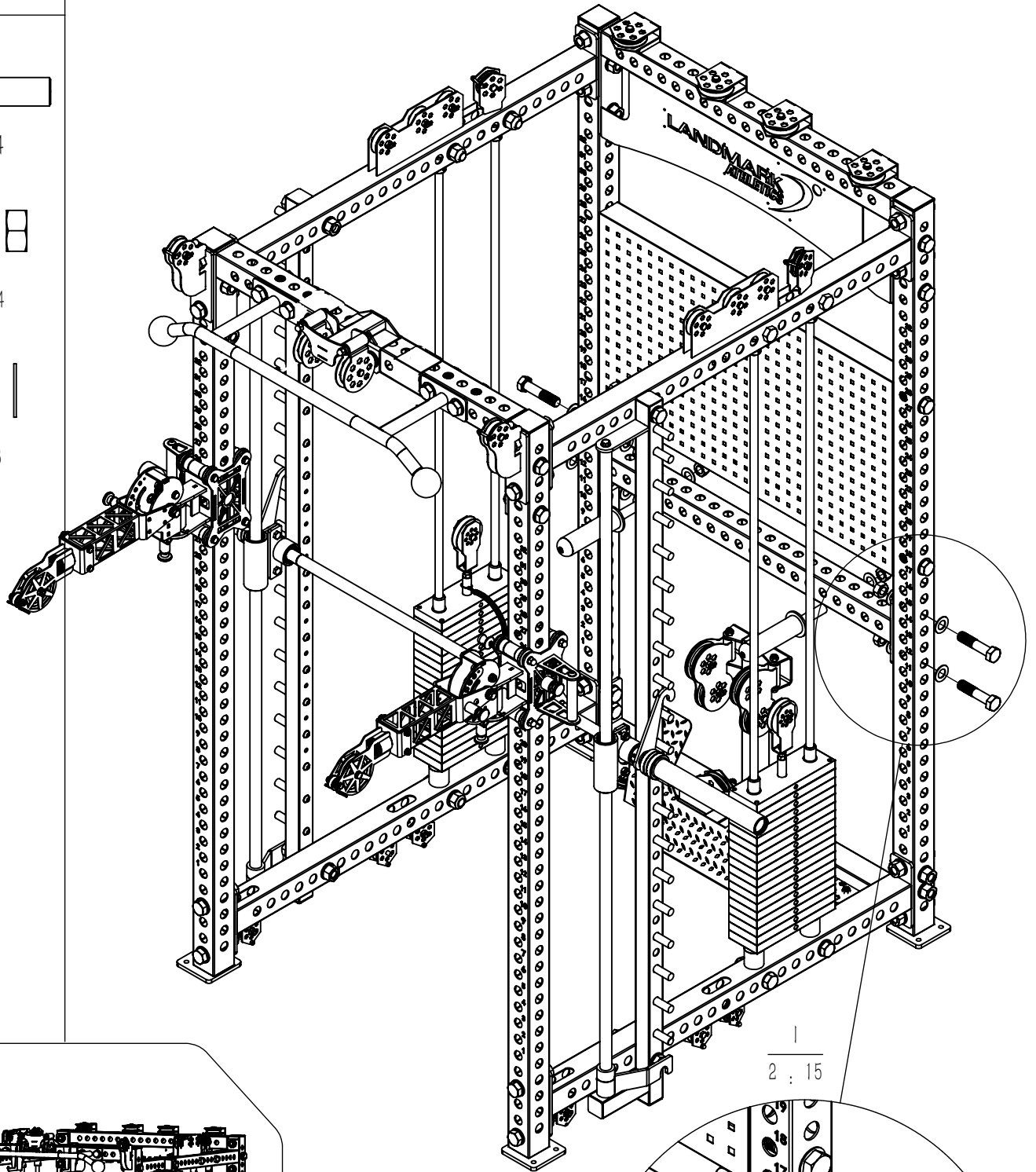
32 x4



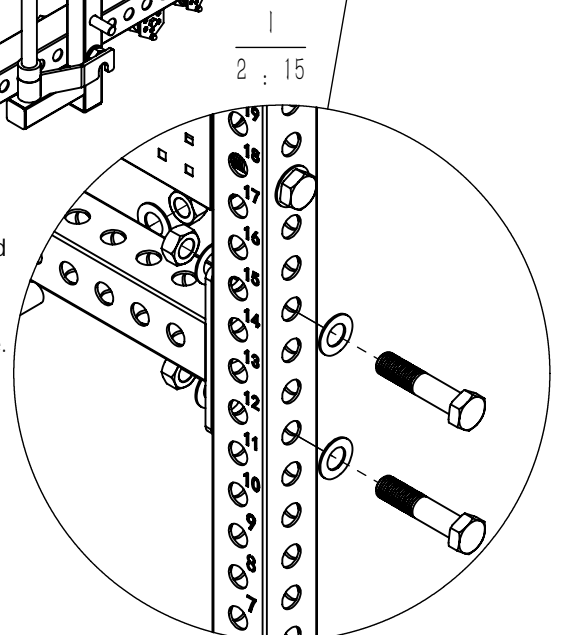
35 x4



34 x8

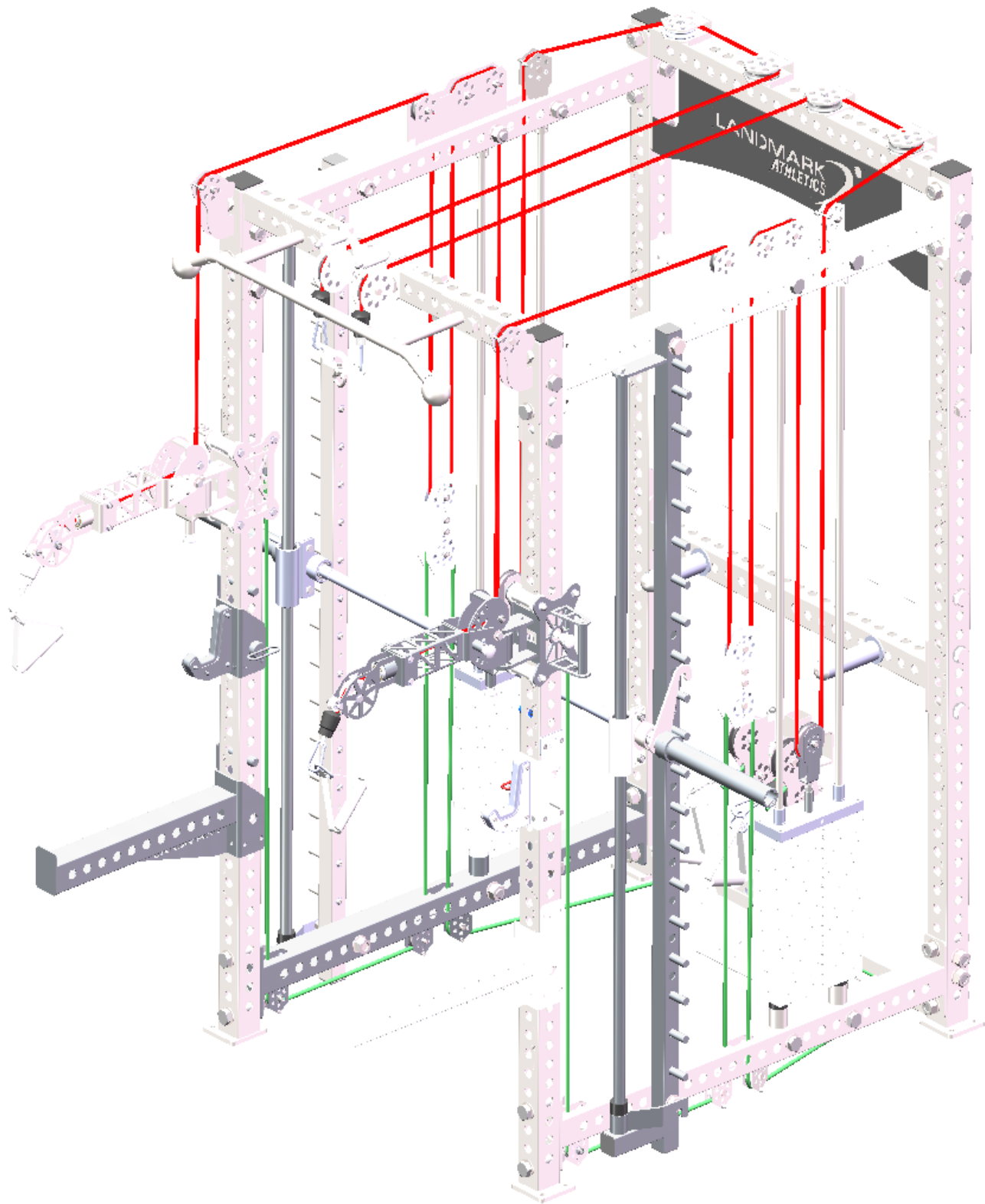


This step is just for display, the shroud is removed (hidden). customer can install the crossbeam and the plate holder by themselves according to the height they take out the weight plate.



# Cable Routing Diagrams

View Cable Install Video,  
on the Everest Resource Page  
on our website



Cable Routing Section Diagram

