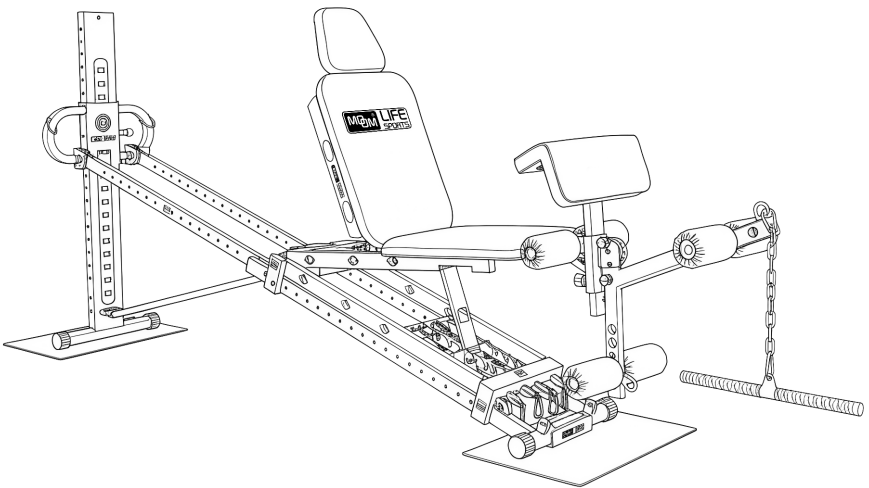




# MOMO ADVANCED GLIDEBOARD GYM ( CORE & PRO )

# INSTRUCTION MANUAL



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Questions? Please Contact Us at  
Email: [info@momosportslife.com](mailto:info@momosportslife.com)  
Website: <https://momosportslife.com>

Visit MOMO PRO Official Website  
[www.momosportslife.com](http://www.momosportslife.com)  
to Get More Tips and Guides.

# Welcome to MOMO Sports Life! @momosportslife

 @momosportslife

Congratulations on your new MOMO PRO!

 @momosportslife

By choosing MOMO PRO, you've joined a community dedicated to health, strength, and smart training.

In this manual, you'll find clear setup instructions and safety guidelines — everything you need to unlock the full potential of your new fitness companion.

Whether you're just starting your journey or pushing your limits, remember: every rep counts. With MOMO PRO, you're always one step closer to your goals.

Embrace the journey. Train with confidence.  
Here's to achieving—and surpassing—your fitness aspirations!



1

Register your Machine's  
Limited Lifetime Warranty:  
<https://momosportslife.com/pages/warranty-form>

## What's Inside This Manual

**Setup Guide:** Step-by-step instructions for assembling and adjusting your MOMO PRO for your space and workout style.

**Safety & Maintenance:** Important precautions and care tips to keep your equipment performing at its best.

**Accessory Guide:** Learn how to use and combine attachments for full-body, Pilates, and strength workouts.

**Warranty Information:** Coverage details, terms, and how to request support.

**Resistance Level Conversion Chart:** A simple chart showing resistance levels and their corresponding weight equivalents.

# Warning /Caution Labels

**WARNING LABEL 1**  
(2 Sizes, 3 Locations)

**⚠ WARNING**

CRUSH HAZARD. KEEP HANDS CLEAR DURING FOLDING.

**WARNING LABEL 2**  
(4 Locations on Glideboard)

**⚠ WARNING**

PINCH POINT. KEEP HANDS AWAY FROM THE FENDER.

**WARNING LABEL 3**  
(Located on Tower)

**⚠ WARNING**

BOTTOM HOLE IN VERTICAL COLUMN IS FOR STORAGE ONLY. ATTEMPTING TO EXERCISE WITH THE HEIGHT ADJUSTMENT PIN IN THIS BOTTOM POSITION WILL CAUSE THE VERTICAL COLUMN TO COLLAPSE FORWARD AND COULD RESULT IN SERIOUS INJURY.

**WARNING LABEL 4**  
(Located on Tower)

**⚠ WARNING**

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE OWNER'S MANUAL AND VIDEO MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. MAXIMUM USER WEIGHT 450 LBS. REPLACE THIS LABEL IF DAMAGED, ILLEGIBLE OR REMOVED. FOR HOUSEHOLD USE ONLY MAKE SURE ADJUSTMENT PIN IS LOCKED IN PLACE BEFORE BEGINNING EXERCISES. BEFORE USING, INSERT SAFETY HITCH PIN THROUGH THE HOLE ON THE RIGHT SIDE OF THE HEIGHT ADJUSTMENT ASSEMBLY.

**CAUTION LABEL 1**  
(Located on Main Frame)

**⚠ CAUTION**

IT IS RECOMMENDED TO REMOVE UNUSED RESISTANCE BANDS FROM THE EQUIPMENT DURING EXERCISE.

**CAUTION LABEL 2**  
(Located on Squat Stand)

**⚠ CAUTION**

REMOVE SQUAT STAND FROM FRAME WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.

**CAUTION LABEL 3**  
(Located on Wing Bar)

**⚠ CAUTION**

REMOVE WING ATTACHMENT FROM FRAME WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.

**CAUTION LABEL 4**  
(Located on Dip Bar)

**⚠ CAUTION**

REMOVE DIP BAR ATTACHMENT FROM FRAME WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.

**CAUTION LABEL 5**  
(Located on AB Cuncher)

**⚠ CAUTION**

REMOVE AB ACCESSORY COARD FROM FRAME WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.

**CAUTION LABEL 6**  
(Located on Glideboard)

**⚠ CAUTION**

KEEP HAIR, FINGERS, LOOSE CLOTHING, PETS, AND CHILDREN AWAY FROM HINGES AND OTHER MOVING PARTS TO AVOID SERIOUS INJURY. ALSO, BE SURE TO HAVE ALL PINS LOCKED IN PLACE BEFORE GETTING ON YOUR GR8FLEX TO AVOID SEVERE INJURY.

# Product Specifications

Item Dimension	Folded Size: 51" x 18" x 8 1/2" (LxWxH) Unfolded Size: 96" x 16" x 50"
Item Weight	62kg (136lbs)
Limit / Capacity	User Weight: 204kg (450lbs) User Height: 195.58cm (6'5")
Materials	Frame: Steel metal, Glideboard: Vinyl Synthetic Leather
Warranty	Limited Lifetime Warranty (Frame), 1-Year Limited Warranty (Parts & Components)



## Safety Instructions

- Before beginning any exercise program, consult your physician or healthcare professional to confirm that you are in suitable health for physical activity appropriate to your age and fitness goals. This is especially important if you are over the age of 40 or have any pre-existing medical conditions or physical limitations (temporary or permanent).
- Do not overexert yourself. Stop exercising immediately and consult your doctor if you experience pain, irregular heartbeat, shortness of breath, dizziness, nausea, or faintness.
- This product is designed for home use only and is not intended for commercial or institutional environments. Use the equipment only as instructed in this manual.
- Do not stand on the equipment. Keep the product out of the reach of children, as it is not intended for use by minors.
- Keep fingers, hair, and loose clothing away from all moving parts. Ensure no pets or animals are nearby during operation, as injury may occur.
- Before each use, inspect the product carefully to ensure it is in proper working condition. Do not use the equipment if any components—  
such as cables, pulleys, or fasteners—are loose, worn, or damaged.
- Use the included floor mats to protect your floor surface and to help prevent the equipment from shifting during exercise.
- Use only accessories or attachments that are provided with or specifically recommended by MOMO PRO. The use of unauthorized parts may cause damage or injury.
- Always secure the safety pin to lock the level adjustment firmly in place before using the equipment. Never operate the MOMO PRO without ensuring all locking mechanisms are fully engaged.
- Exercise caution when getting on and off the equipment to avoid slips, falls, or serious injury.
- Ensure adequate space around the product before exercising. Allow enough clearance to fully extend your arms and legs safely in all directions.
- Do not move the equipment alone. The MOMO PRO is heavy and should be lifted or carried by two or more people whenever possible to prevent personal injury or damage to the unit.

# Attachment / Accessories



Qty	Description	Qty	Description		
1	2	Wing Bars	7	1	Leg Harness and Pulley System
2	1	EZ Bar	8	2	Dip Bars
3	1	Resistance Band Connector	9	1	XL Squat Stand
4	4	Resistance Bands (2x10LB, 2x15LB)	10	2	Support Bars
5	1	Weight Bar	11	2	Handles w/ 3 Pulleys with a Steel Cable
6	1	Cellphone Stand	12	1	Platform Extender *

# Attachment / Accessories

	Qty	Description		Qty	Description
13	2	Shoulder Rests *	19	1	Leg Extension Attachment **
14	2	Foot/Hand Loops w/ Adjustable Straps and Pulley *	20	1	Sit-Up Leg Hold-Down Attachment**
15	4	Resistance Bands (2×20LB, 2×25LB) **	21	1	Preacher Curl Attachment **
16	1	Pull/Curl Bar **	22	3	Safety Pins
17	1	Headrest **			
18	1	Leg Curl Attachment **			

\* = Included with MOMO Core w/ Pilates Kit and MOMO Pro

\*\* = Included with MOMO Pro only

# Set Up



NO TOOLS  
REQUIRED



VIDEO GUIDE  
AVAILABLE

## VIDEO GUIDES

Scan in QR with your phone camera or  
Visit [www.youtube.com/@momosportslife](http://www.youtube.com/@momosportslife)



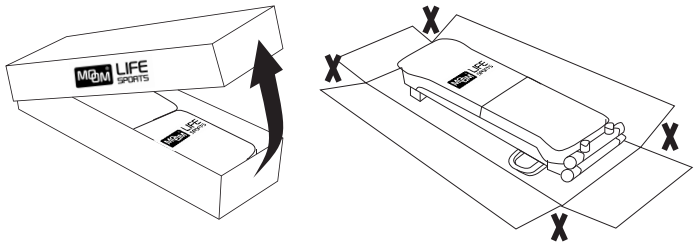
MOMO PRO  
Unboxing Guide

## ⚠ WARNING

ENSURE BOTH THE HEIGHT ADJUSTMENT PIN AND THE SAFETY PIN ARE LOCKED IN PROPERLY & KEEP HAIR, FINGERS, LOOSE CLOTHING, CHILDREN, AND PETS AWAY FROM HINGES AND ALL MOVING PARTS TO AVOID SERIOUS INJURY.

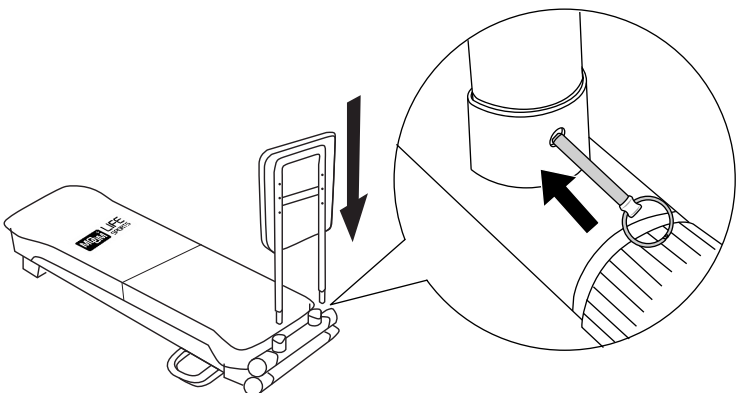
## STEP 1

Lay the box flat and open the top carton. Take out all accessories and carefully cut all four corners from the bottom carton.



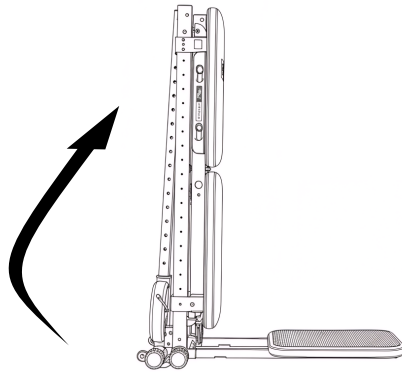
## STEP 2

Installing the squat stand on the bottom of the main frame by securing it with safety pin(s) next to it.



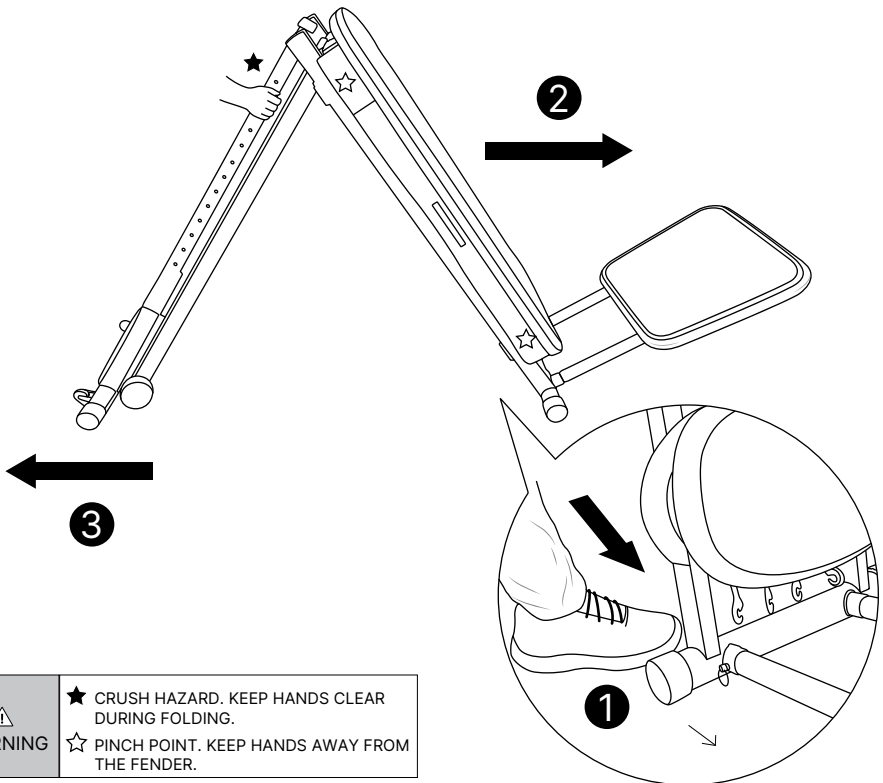
## STEP 3

Lift the gym up from the top of the main frame.



## STEP 4

Extend the gym slowly and carefully. You may use the foot to help moving or slowing down the leg of the frame as shown.

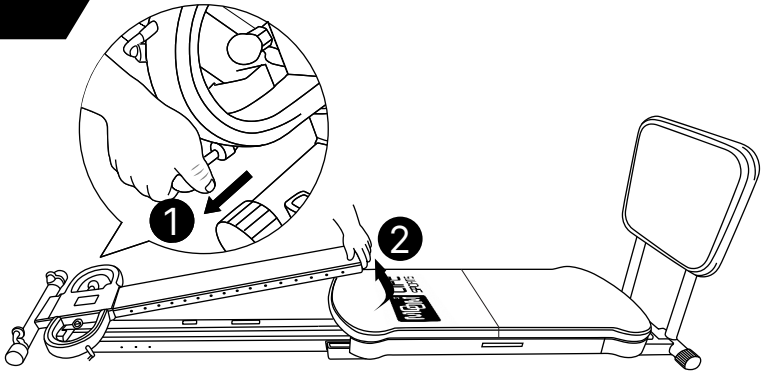


 **WARNING**

★ **CRUSH HAZARD. KEEP HANDS CLEAR DURING FOLDING.**

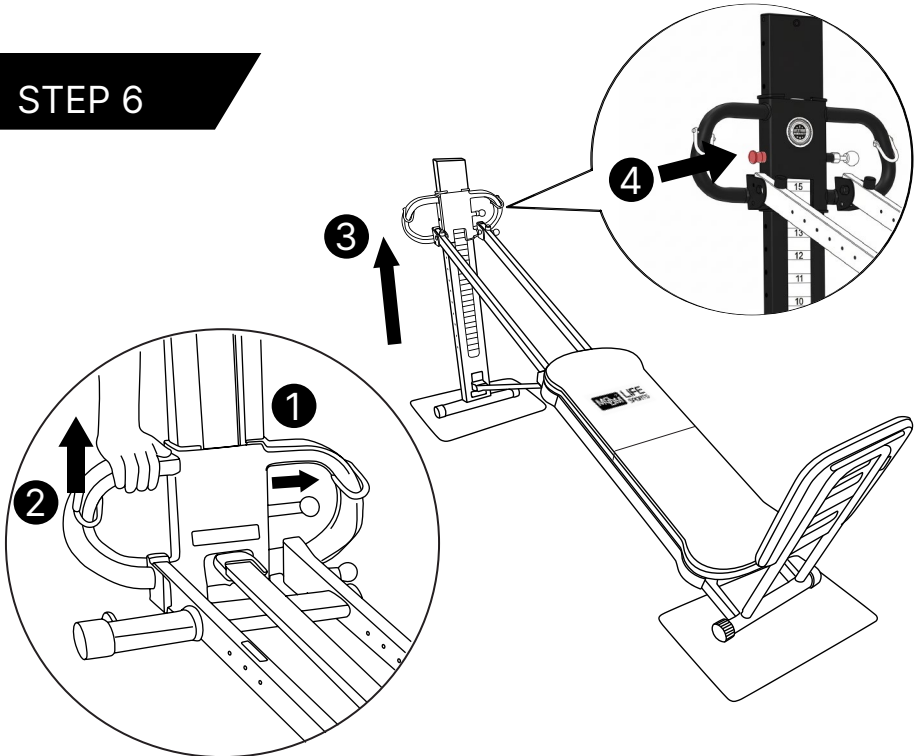
☆ **PINCH POINT. KEEP HANDS AWAY FROM THE FENDER.**

## STEP 5



Lift the tower and use another hand to pull the spring loaded pin on the bottom at the same time until the tower is straight up vertically from the floor before you release the spring loaded pin. Ensure the pin is all the way back in place before the next step.

## STEP 6

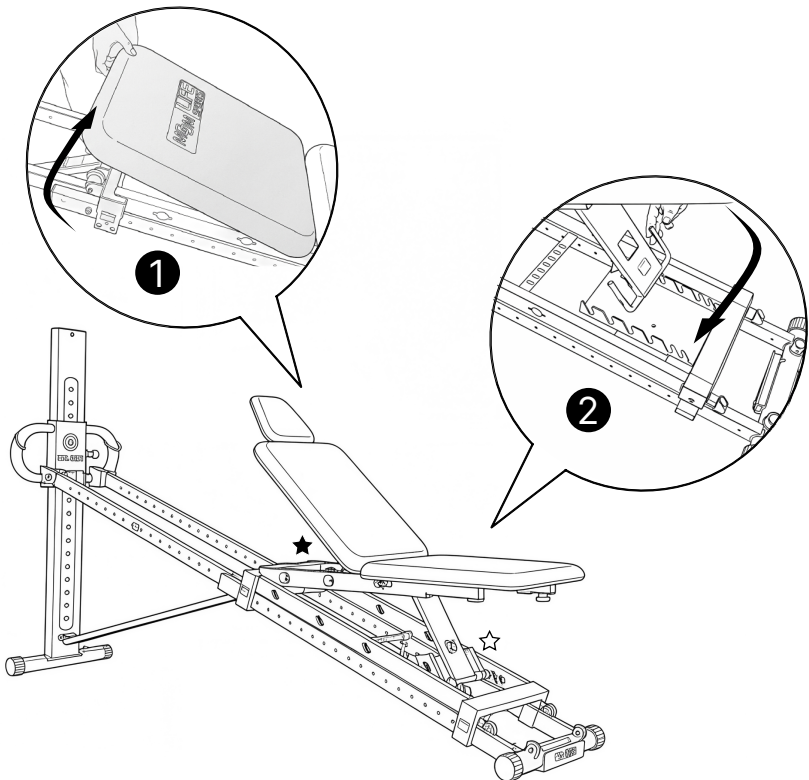


Raise the gym with one hand and use another hand to pull the top spring loaded pin at the same time to the desired level before you release the spring loaded pin. Once it's locked in after you hear the clicking sound, insert the safety pin in from the other side for additional security and safety.

## STEP 7

To raise the seat or backrest, firmly support the platform and slowly lift it upward to the desired position. The position lock will automatically engage and secure the platform when released.

To lower the seat or backrest, first lift the position lock to disengage the locking mechanism, then slowly guide the platform downward to the desired position. Release the position lock once the correct position is reached. When lowering the seat or backrest, keep hands and fingers clear of all pinch points, especially near the locking teeth and hinge area, and maintain full control of the platform at all times.



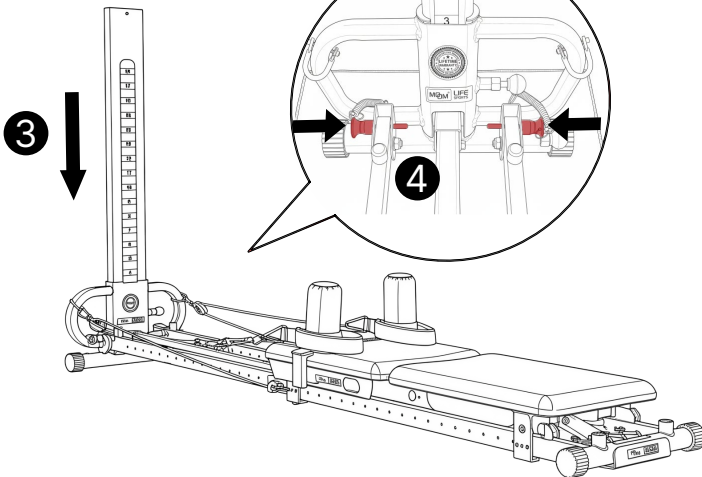
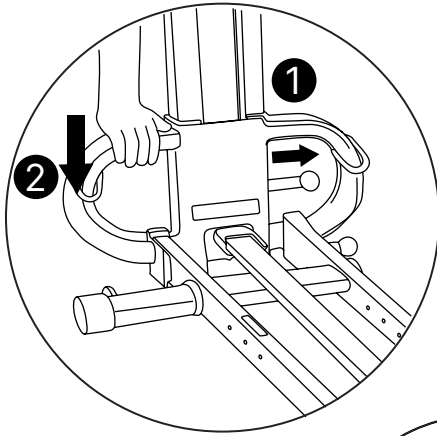
  
WARNING

★ CRUSH HAZARD. KEEP HANDS CLEAR DURING LOWERING.

☆ PINCH POINT. KEEP HANDS AWAY FROM LOCKING TEETH AND HINGE AREA

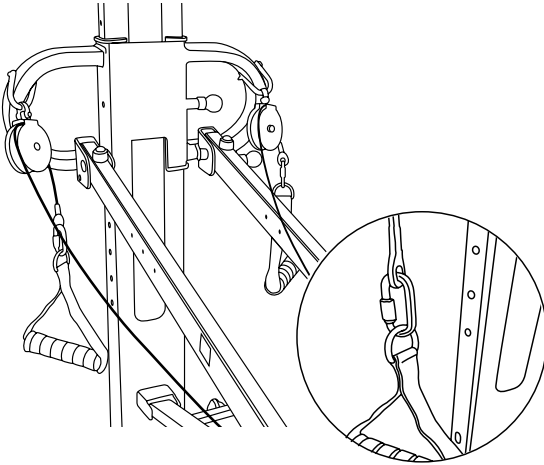
## STEP 8

To set the MOMO PRO to a flat position for pilates. Lower the gym with one hand and use another hand to pull the top spring loaded pin at the same time to the lowest level before you release the spring loaded pin. Once it's locked in after you hear the clicking sound, insert the safety pins on both sides for security and safety.



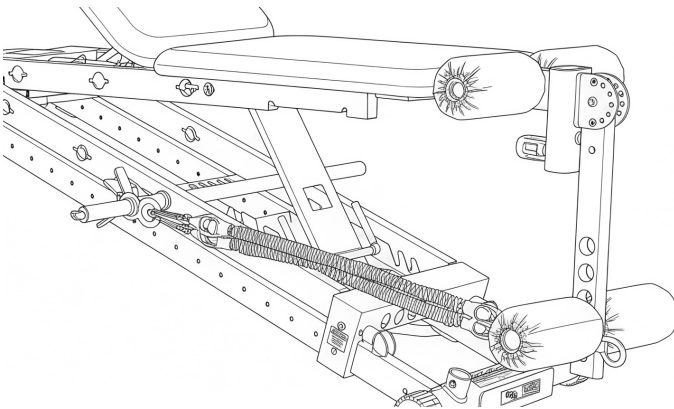
# Attaching the Accessories

## Handles



Use the included threaded carabiners to attach handles on both ends of the steel cable. Ensure both carabiners are locked in securely before each use.

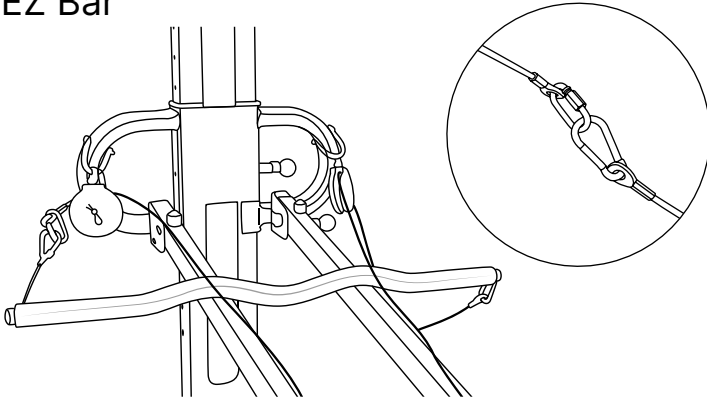
## Weight Bar



To use the weight bar, insert the bar fully through the designated frame openings, then attach resistance bands or weight plates as needed to increase resistance for different exercises.

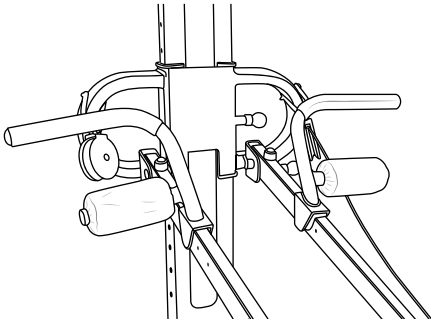
# Attaching the Accessories

## EZ Bar



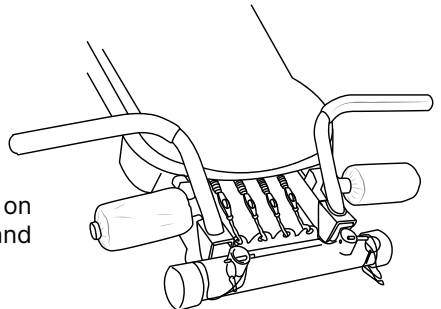
Use the included spring hook carabiners to attach the EZ Bar on both ends of the steel cable.

## Wing Bars



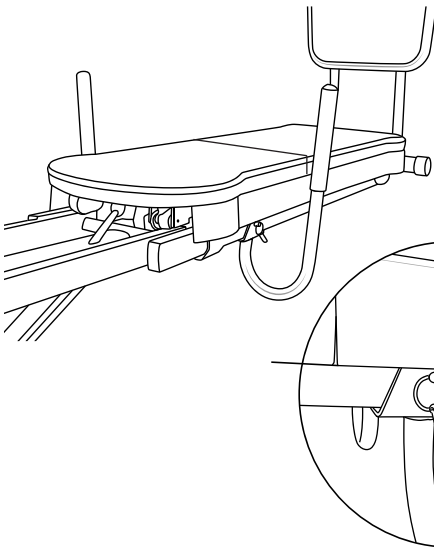
Attach each side of the wingbars on one of the three holes from the frame with its safety pin inserted all the way in accordingly.

These wingbars may also be mounted on the bottom holes next to the squat stand to perform decline push-ups.



# Attaching the Accessories

## Dip Bars

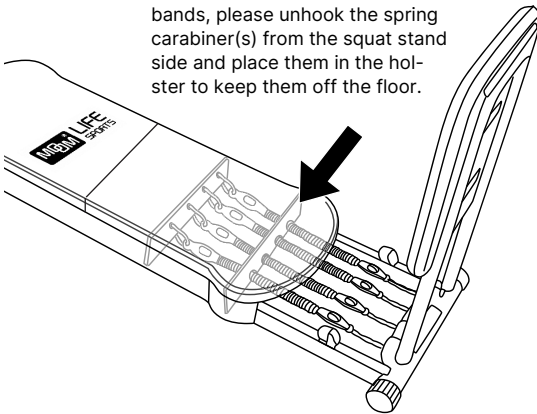


Attach each side of the dip bars on the holes of the frame underneath the glideboard with its safety pin inserted all the way in accordingly.

Dip bars may also be mounted on one of the three holes on top of the frame to perform neutral grip pull ups.

## Resistance Bands

When not in use of Resistance bands, please unhook the spring carabiner(s) from the squat stand side and place them in the holster to keep them off the floor.



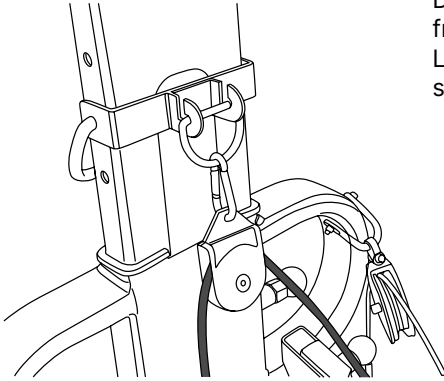
Add up to 50lbs. of resistance (10lbs. x 2, 15lbs. x 2). Upgrade Option: Heavier Resistance Bands Total 90lbs. or more.\*

Attached the resistance band(s) with the additional desired weight underneath the glideboard to the bottom of the main frame.

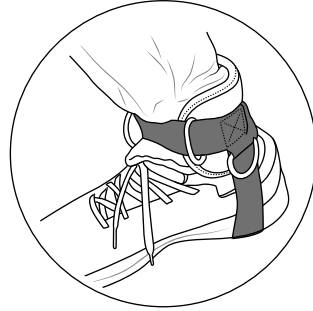
\*Upgrade Option sold separately at <https://www.momosportslife.com>

# Attaching the Accessories

## Leg Harness and Pulley System



Detach the pulley with the steel cable from the glideboard and attach the Leg Pulley Accessory to the tower (as shown).

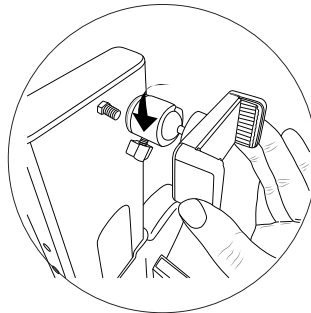
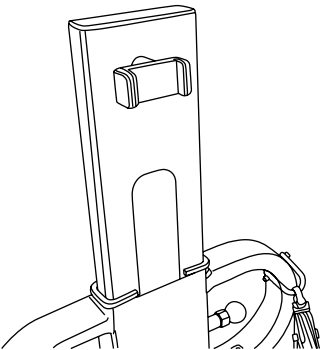


After putting the leg harness on the foot, attach one of the spring hook carabiners from the Leg Pulley Accessory to the side of the leg harness for your desired direction to perform the exercise and attach the other spring hook carabiner to the ring underneath the glideboard from the top.

## Cellphone Stand



ALWAYS REMOVE CELLPHONE STAND BEFORE FOLDING UP TO AVOID DAMAGING THE WARNING GLIDEBOARD.

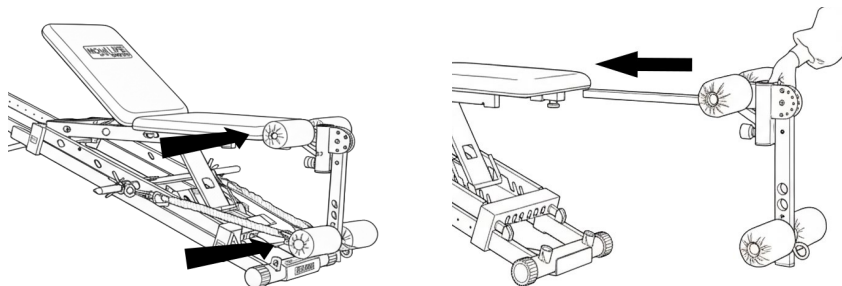


Insert the double end threaded stud bolt on top threaded hole on the tower and attach the cellphone stand onto the other end of the bolt.

Use the included wrench to tighten the cellphone stand slowly in the desired position. **DO NOT OVER TIGHTEN IT TO AVOID THREAD DAMAGES!**

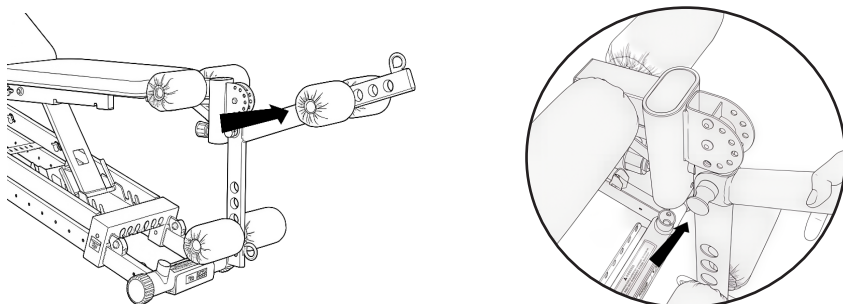
# Attaching the Accessories

## Leg Extension



To attach the leg extension to the MOMO Pro, first insert the four pads into the leg extension attachment. Next, slide the attachment into the opening underneath the seat and securely tighten it to lock the unit in place. Once installed, connect the resistance bands from the weight bar to the leg extension to add resistance for your workout.

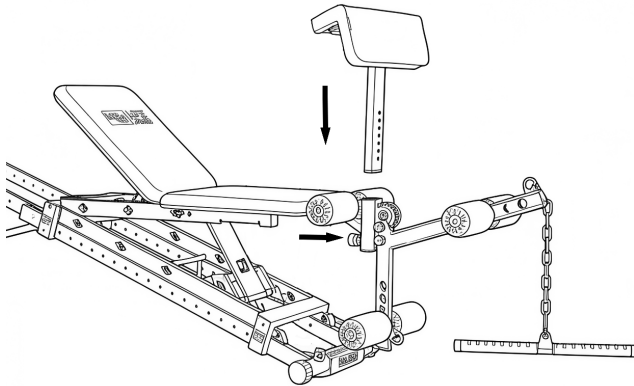
## Leg Curl



To attach the leg curl attachment to the MOMO Pro, first insert the two pads into the leg curl attachment. Then attach the leg curl to the leg extension by inserting the magnetic pin, making sure it is fully seated and secure before use.

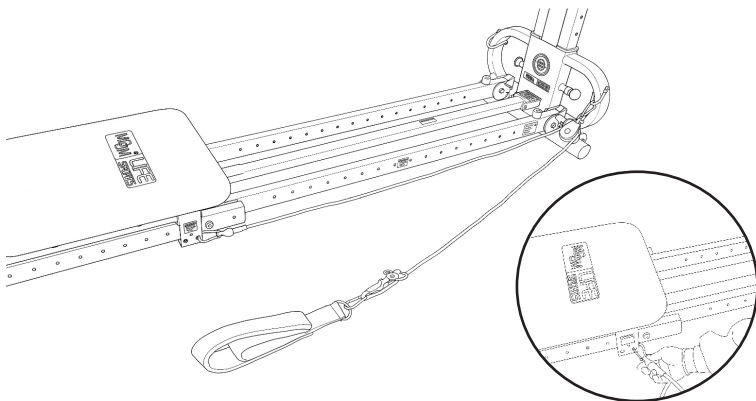
# Attaching the Accessories

## Preacher Curl Attachment w/ Curl Bar



To install the Preacher Curl Attachment, insert the attachment into the Leg Extension. Adjust it to the desired position level, then secure it firmly using the locking mechanism. Next, attach the Curl Bar to the Leg Curl attachment, ensuring it is properly aligned and fully secured before use.

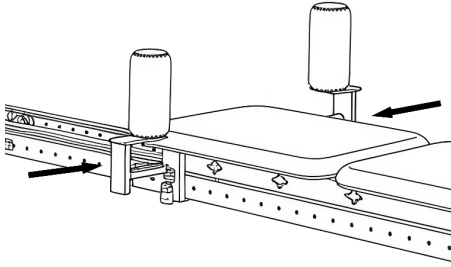
## Foot/Hand Loops w/ Straps and Pulley



To attach the Foot / Hand Loops, clip the carabiner onto the glideboard side anchor point. Then connect the pulley carabiner to the strap loop. Ensure both carabiners are fully closed and securely fastened before beginning your exercise.

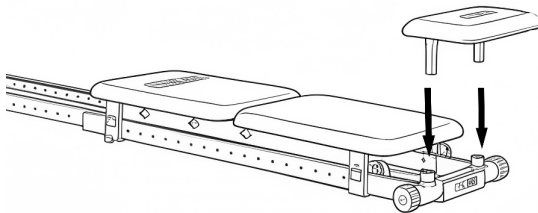
# Attaching the Accessories

## Shoulder Rests



To attach the shoulder rests, insert them into the mounting slots on both sides of the platform. Press down firmly until each shoulder rest is fully seated and secure.

## Platform Extender



To attach the Platform Extender, insert it into the squat stand openings on the frame. Press down firmly until the extender is fully seated and secure.

# Maintenance

Inspect the equipment thoroughly especially on all moving parts for wear and tear issues before each workout.

Take off the glideboard and wipe off the dust from the glideboard, rollers underneath the glideboard, and the frame surface that the glideboard slides on with the wet rag (with water) every time.

Apply one of the following natural disinfectants on weekly basis:

1. 3 teaspoons of natural liquid soap, 50 drops of the essential oil of your choice (tea tree, lavender, peppermint, or orange oil), and 3 cups of vinegar into a glass container. Shake Well.
2. Mix a 50/50 solution of water and white vinegar with a few drops of essential oils (lemon, orange, or lavender)
3. Mix 1 cup of natural dish soap (use a scented natural soap for a refreshing smell) to 2 cups of white vinegar

# Limited Lifetime Warranty

We offer a limited lifetime warranty against defects in materials or quality affecting the function of its products when used correctly.

Products must not have been misused, improperly set up, or abused for this warranty to apply. The determination is solely ours, and its obligation will be to repair or replace the defective product.

Purchaser determines the suitability of all product usage and assumes all risk and liability. Neither the seller nor the manufacturer shall be held liable for any injury, loss or damage from the use of the product.

Limited Lifetime Warranty:

The Limited Lifetime Warranty applies to physical goods and for physical goods only.

What does this Limited Lifetime Warranty cover?

The Limited Lifetime Warranty covers any defects in materials or quality under regular use during the period of the original owner's lifetime.

During Warranty Period, MOMO Sports Life will replace, at no charge, part(s) of the product that proves defective because of inappropriate material or workmanship under regular use and maintenance.

What does the Limited Lifetime Warranty not cover?

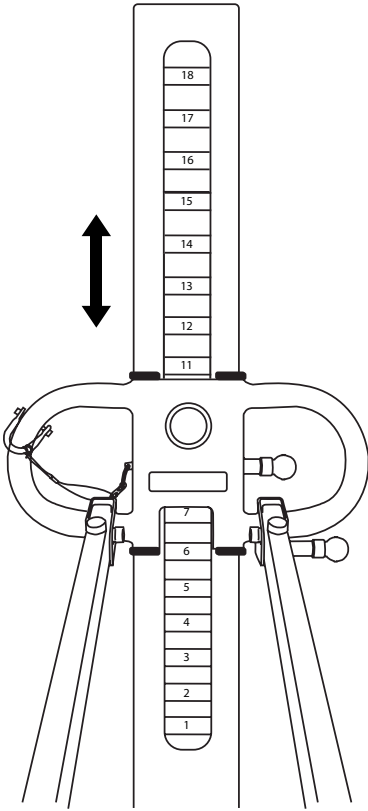
The Limited Lifetime Warranty does not cover any problem caused by conditions, malfunctions, or damages not resulting from defects in material or workmanship. We do not cover shipping & custom duty **taxes** for packages. For all packages unclaimed deliveries, the recipients will be responsible for any additional charges occurred.

How do you obtain your Lifetime Warranty?

Submit your registration at [www.momo-sportslife.com](http://www.momo-sportslife.com) as soon as you have received your new MOMO PRO and start enjoying it in your lifetime.

For any warranty related questions or issues. Please reach out to us at [info@momosportslife.com](mailto:info@momosportslife.com)

# Tower Level Weight Conversion Chart



LEVEL 18	47.7% OF YOUR BODY WEIGHT
LEVEL 17	45.0% OF YOUR BODY WEIGHT
LEVEL 16	42.4% OF YOUR BODY WEIGHT
LEVEL 15	39.1% OF YOUR BODY WEIGHT
LEVEL 14	36.4% OF YOUR BODY WEIGHT
LEVEL 13	33.8% OF YOUR BODY WEIGHT
LEVEL 12	31.1% OF YOUR BODY WEIGHT
LEVEL 11	28.5% OF YOUR BODY WEIGHT
LEVEL 10	25.8% OF YOUR BODY WEIGHT
LEVEL 09	23.2% OF YOUR BODY WEIGHT
LEVEL 08	20.5% OF YOUR BODY WEIGHT
LEVEL 07	17.9% OF YOUR BODY WEIGHT
LEVEL 06	15.2% OF YOUR BODY WEIGHT
LEVEL 05	12.6% OF YOUR BODY WEIGHT
LEVEL 04	10.0% OF YOUR BODY WEIGHT
LEVEL 03	7.6% OF YOUR BODY WEIGHT
LEVEL 02	5.5% OF YOUR BODY WEIGHT
LEVEL 01	3.0% OF YOUR BODY WEIGHT



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Get More Tips and Guides.

Questions? Please Contact Us at  
Email: [info@momosportslife.com](mailto:info@momosportslife.com)