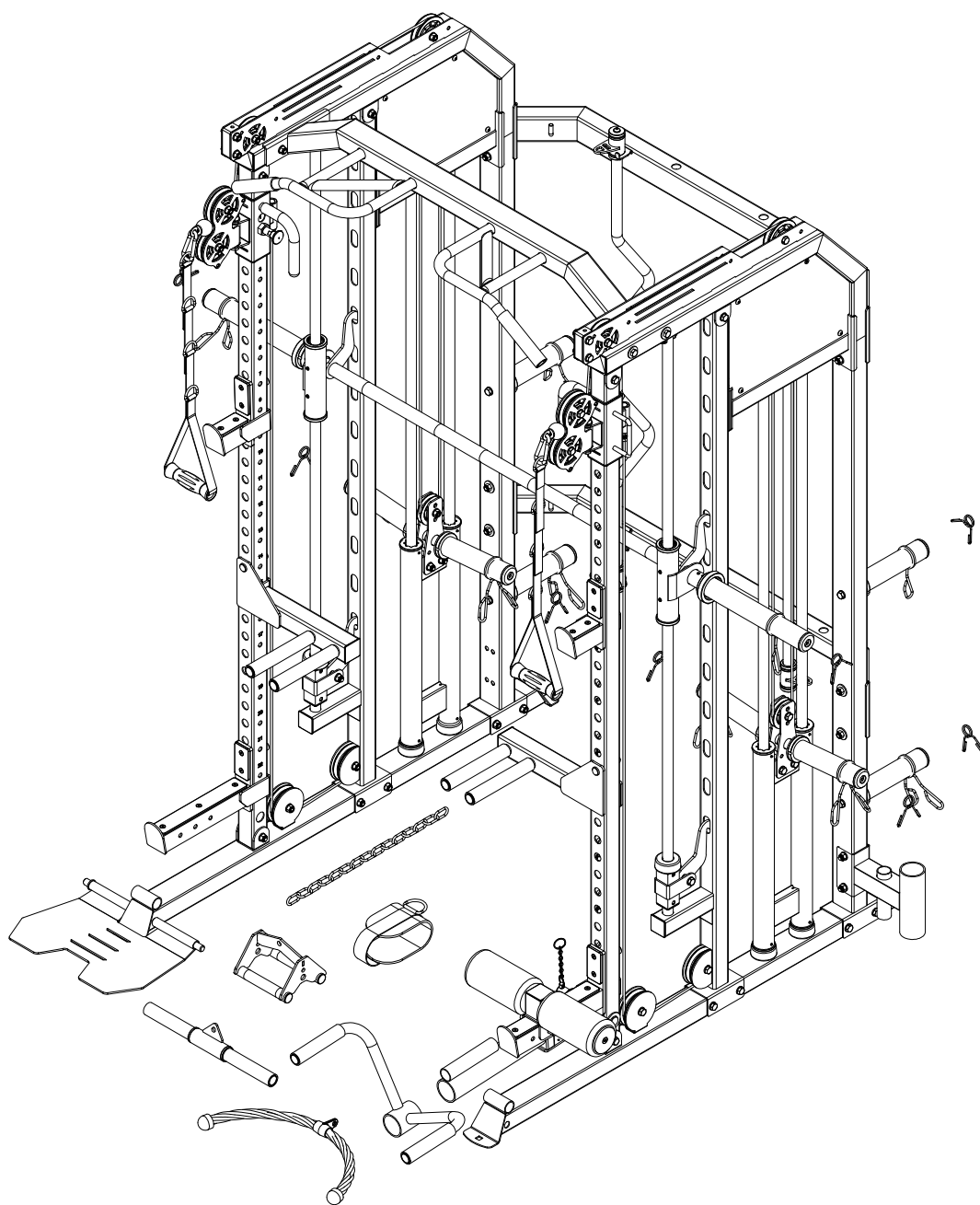




JACKED UP FITNESS

OWNER'S MANUAL

JUF-PR1



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

20221011-V1.0

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

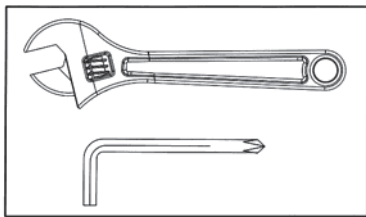
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

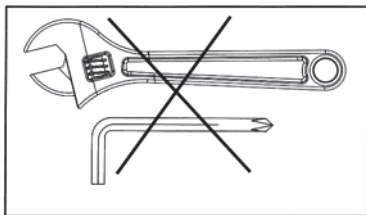
IMPORTANT ASSEMBLY INFORMATION

- ❖ Tools Required for Assembling the Bench: Adjustable Wrench and Allen Wrench.
- ❖ NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.
- ❖ Ensure **Carriage Bolts** are inserted through the **SQUARE holes** on components that need to be assembled. Attach washer only to end of the Carriage Bolt.
- ❖ Use **Allen Bolts or Hex Bolts** inserted through the **ROUND hole** on components that need to be assembled.
- ❖ Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed

Fasten Nuts and Bolts

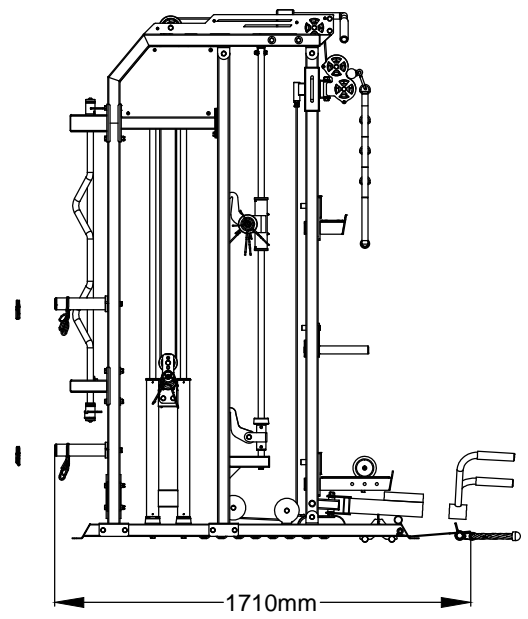
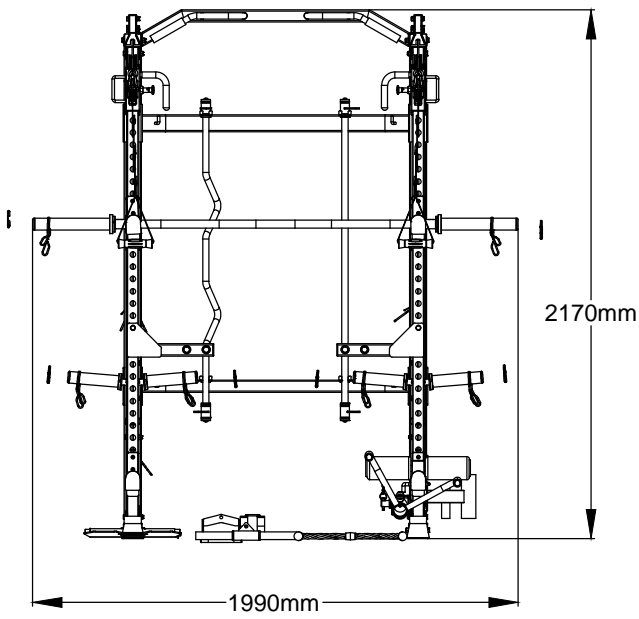


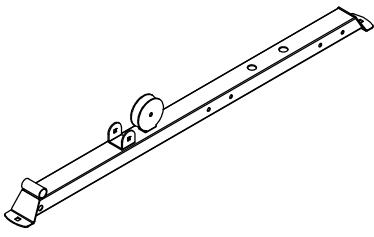
Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.
NOTE: Do not over tighten any component with pivoting function.
Make sure all pivoting components are able to move freely.



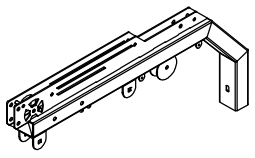
Do not tighten all Nuts and Bolts in this step.

Assembled Dimension: 1710mm x 1990mm x2170mm

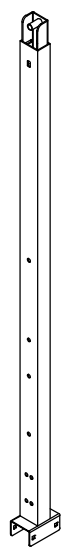




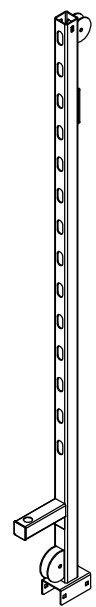
① × 2



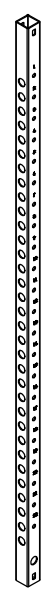
④ × 2



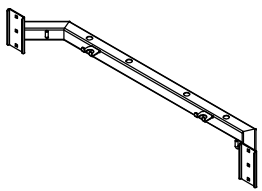
② × 2



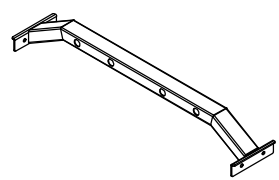
③ × 2



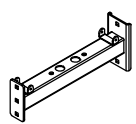
⑥ × 2



⑤ × 1



⑦ × 1



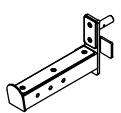
⑧ × 2



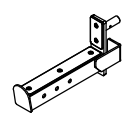
⑨ × 1



⑩ × 1



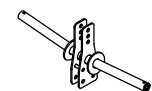
⑪ × 1



⑫ × 1



⑬ × 2



⑭ × 2



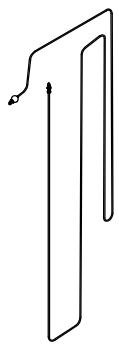
⑮ × 2



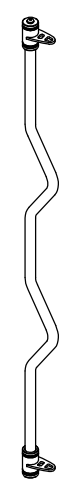
⑯ × 1



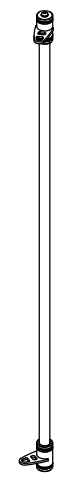
⑰ × 4



⑱ × 2



⑲ × 1



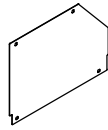
⑳ × 1



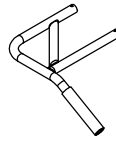
21 × 1



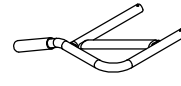
22 × 1



23 × 4



24 × 1



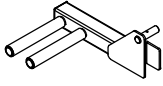
25 × 1



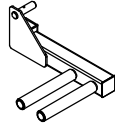
26 × 1



27 × 1



28 × 1



29 × 1



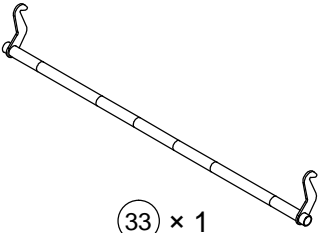
30 × 2



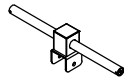
31 × 1



32 × 2



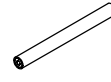
33 × 1



35 × 1



36 × 2



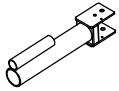
37 × 4



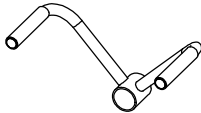
39 × 1



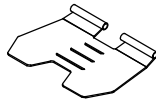
40 × 1



41 × 1



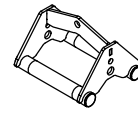
42 × 1



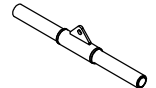
43 × 1



44 × 1



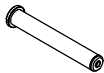
45 × 1



46 × 1



47 × 8



48 × 2



49 × 2



51 × 1



53 × 12



54 × 6



55 × 10



58 × 2



64 × 6



65 × 2



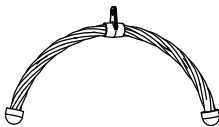
69 × 2



79 × 2



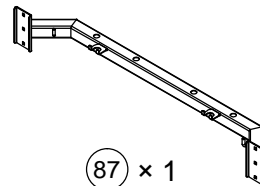
80 × 1



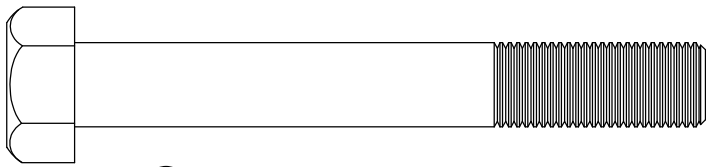
81 × 1



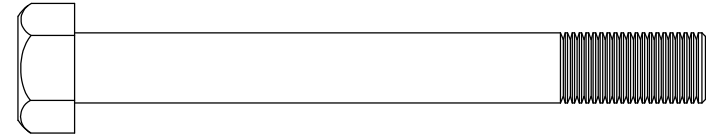
82 × 2



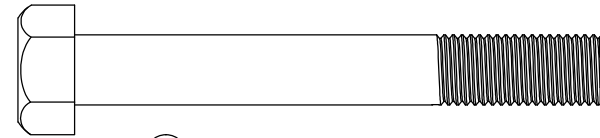
87 × 1



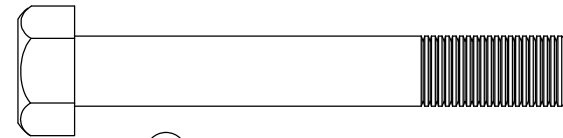
88 × 3



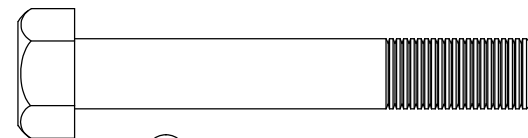
89 × 12



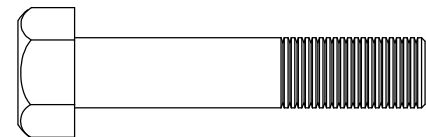
90 × 12



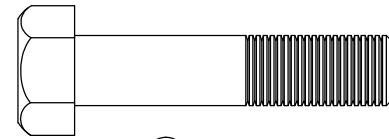
91 × 4



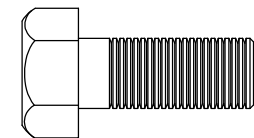
92 × 2



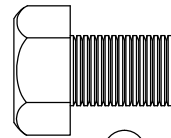
93 × 6



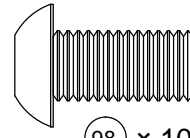
94 × 16



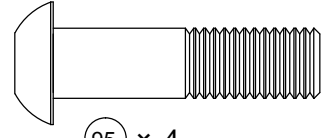
96 × 18



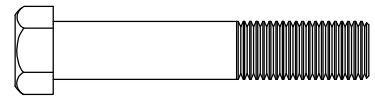
97 × 4



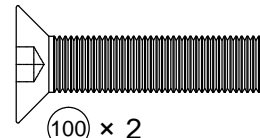
98 × 10



95 × 4



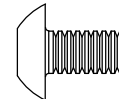
99 × 2



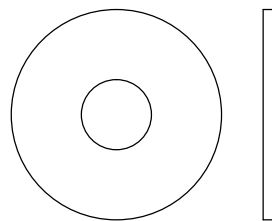
100 × 2



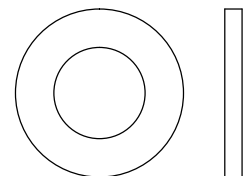
102 × 4



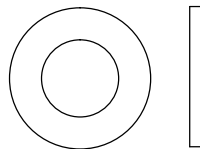
104 × 16



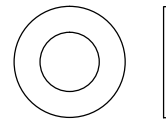
106 × 8



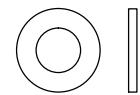
107 × 6



108 × 118

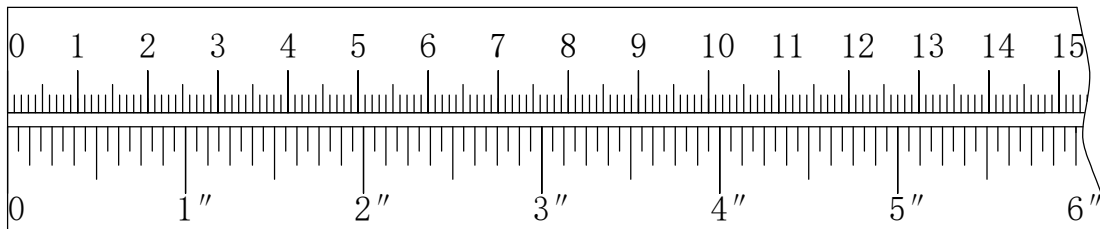


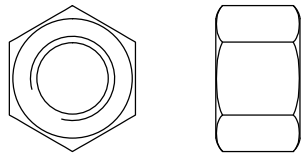
109 × 4



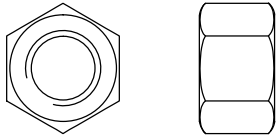
110 × 16

mm

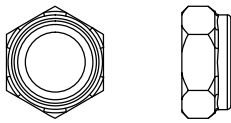




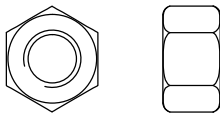
111 × 3



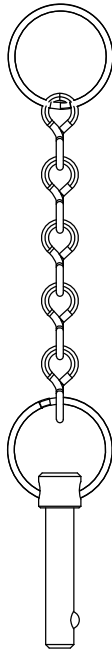
112 × 52



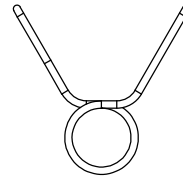
113 × 4



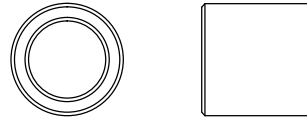
114 × 2



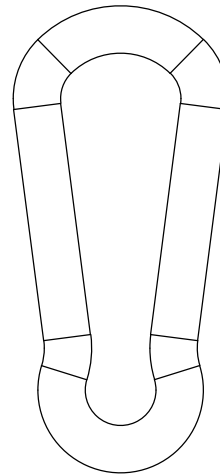
50 × 1



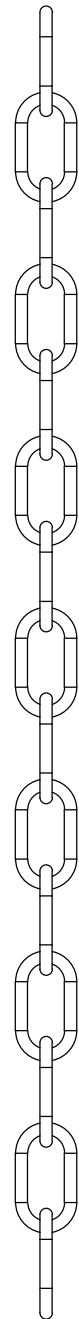
56 × 10



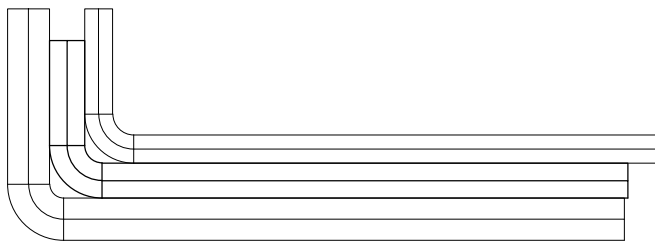
59 × 4



57 × 2



60 × 1

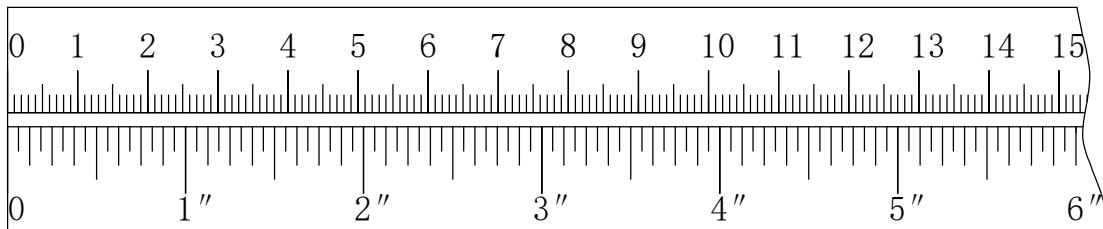


4# × 1

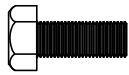
5# × 1

6# × 1

mm



96

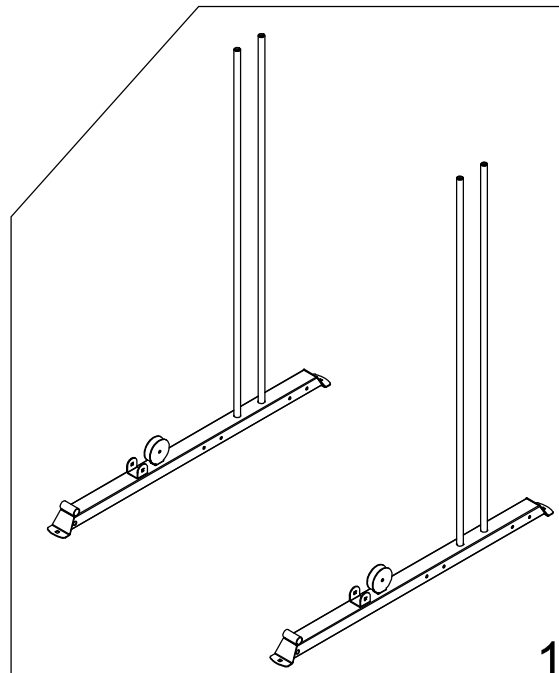
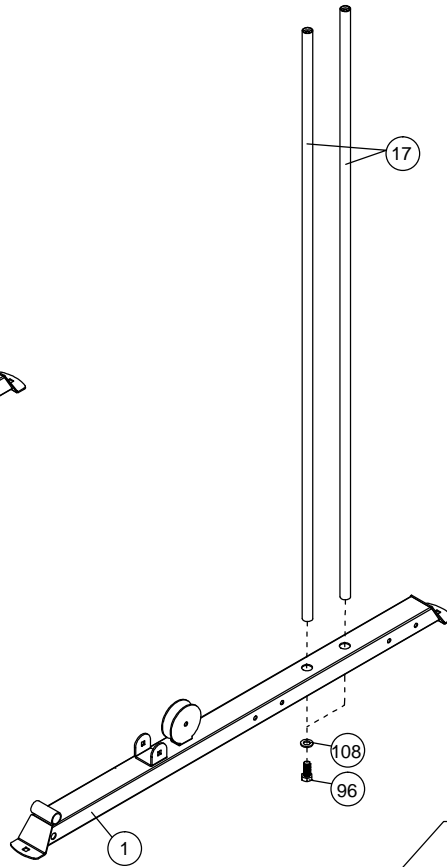
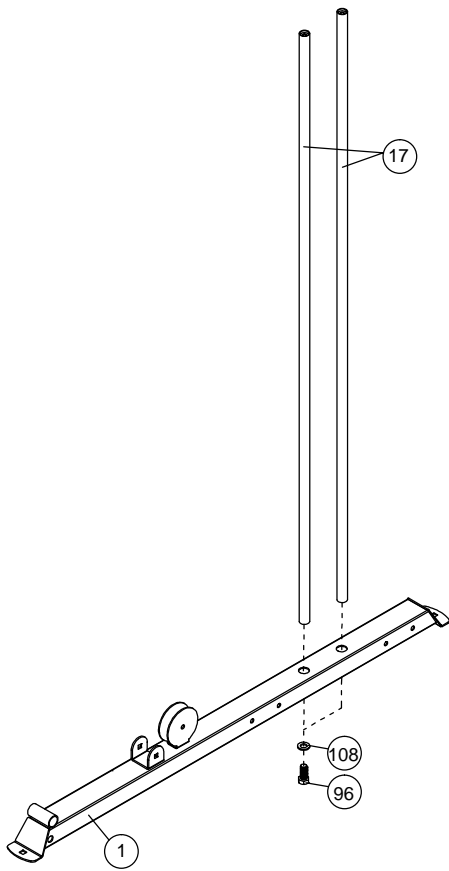
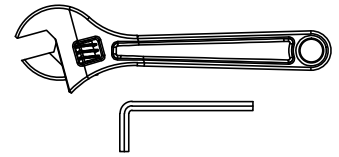


× 4 M10 × 25mm



108





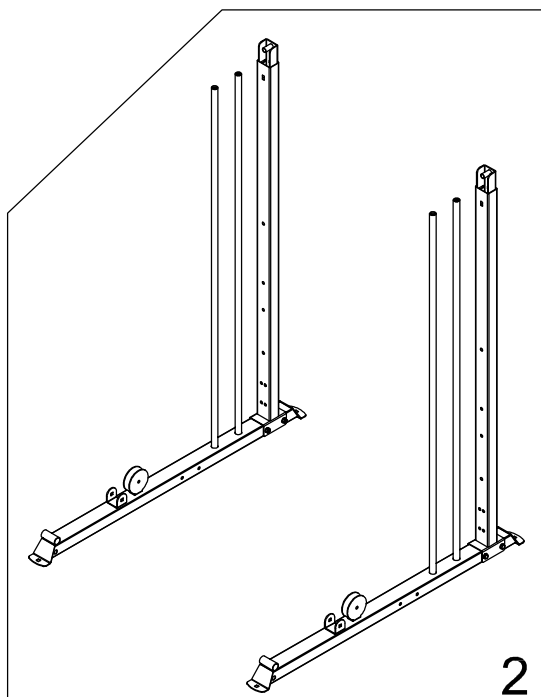
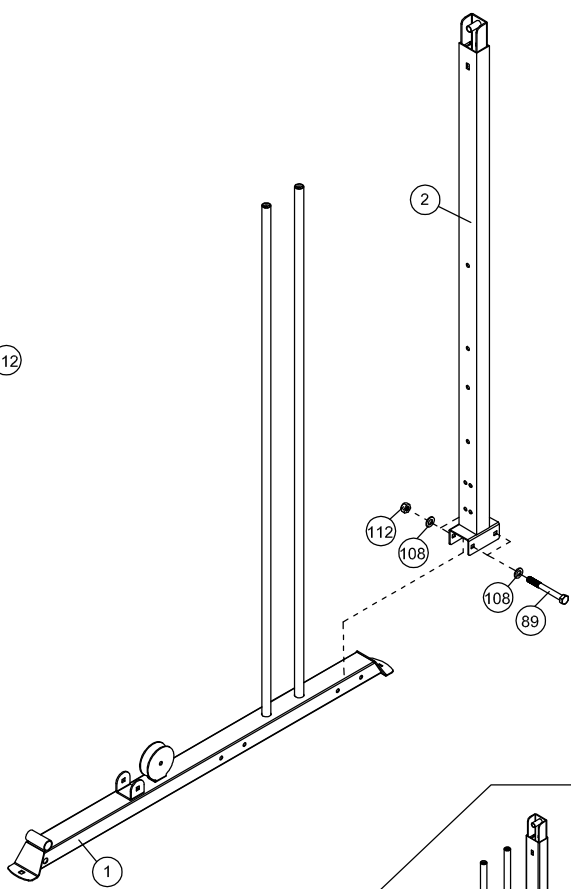
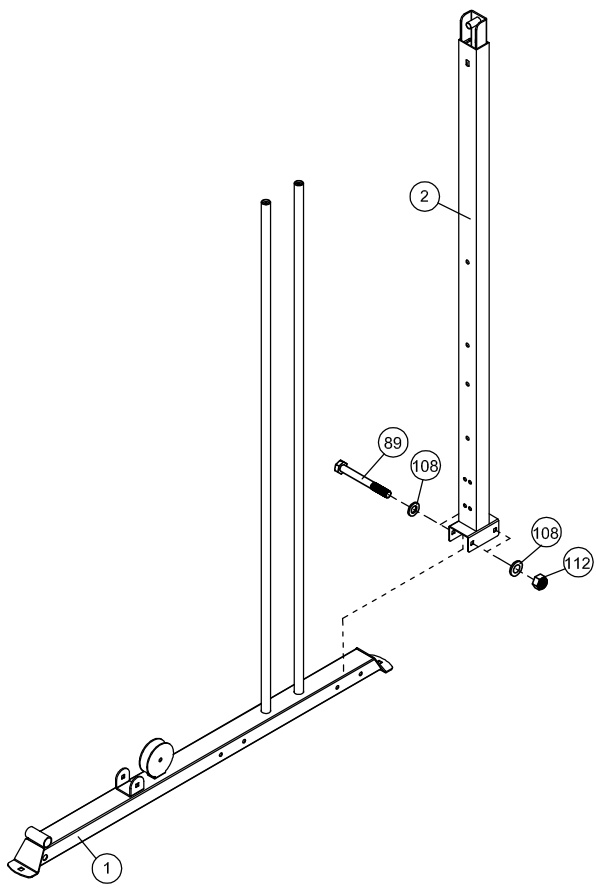
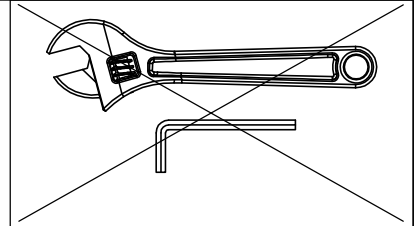
× 4 Φ10


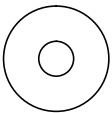




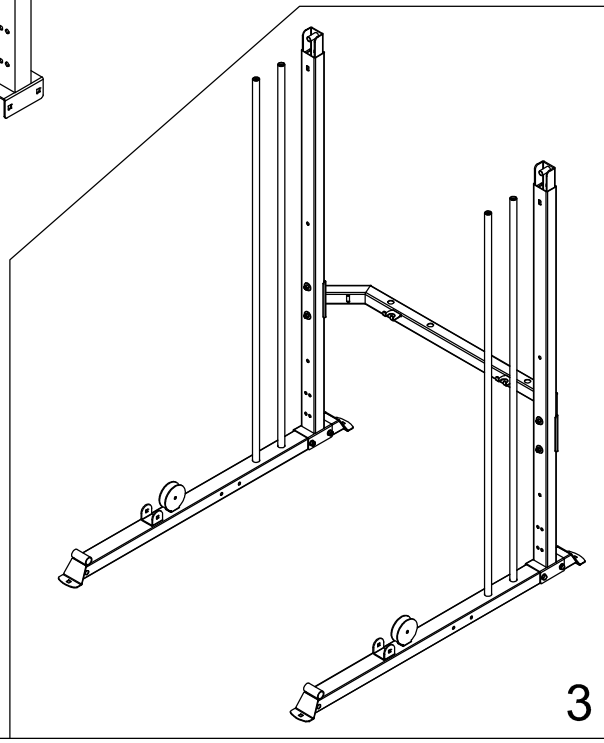
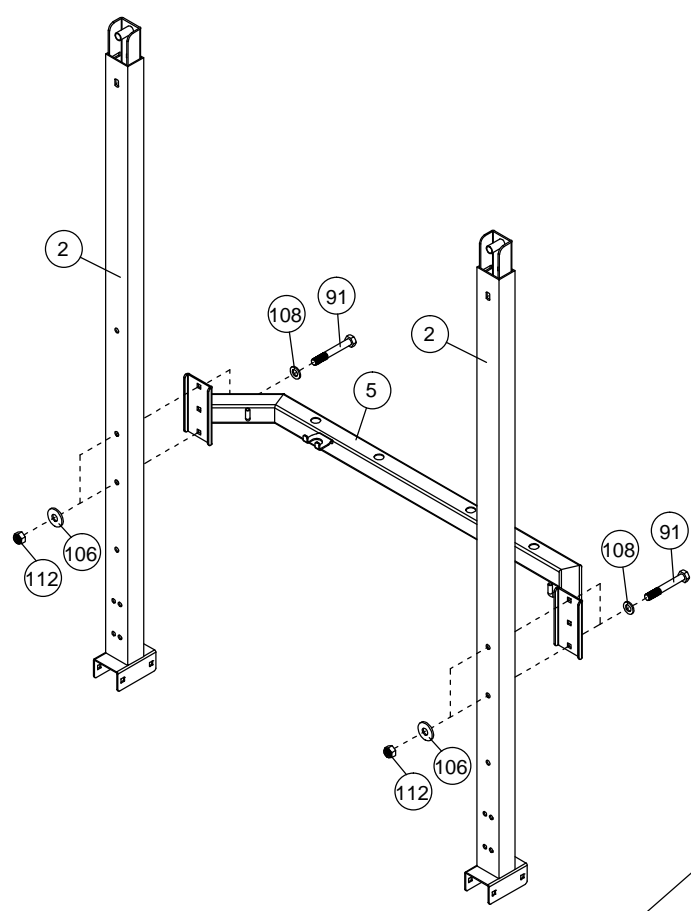
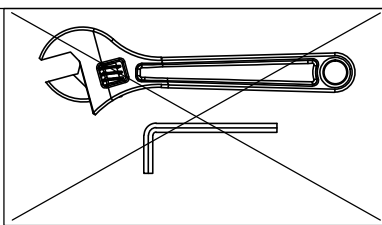
89  × 4 M10 × 90mm

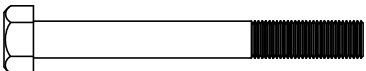

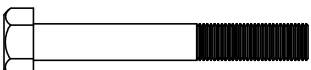

108   × 8 Φ10

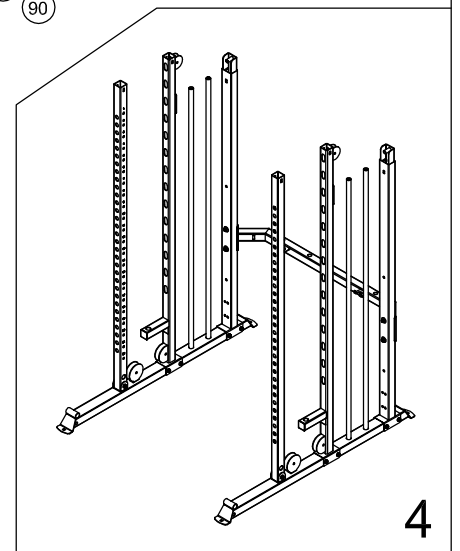
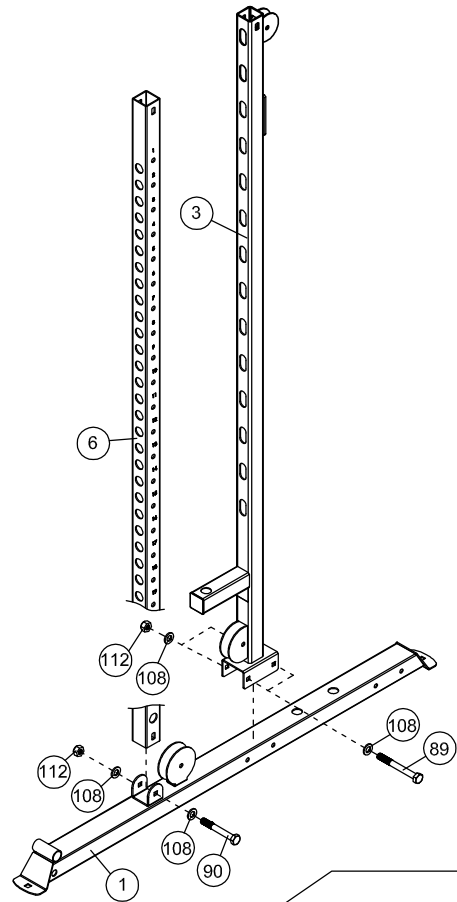
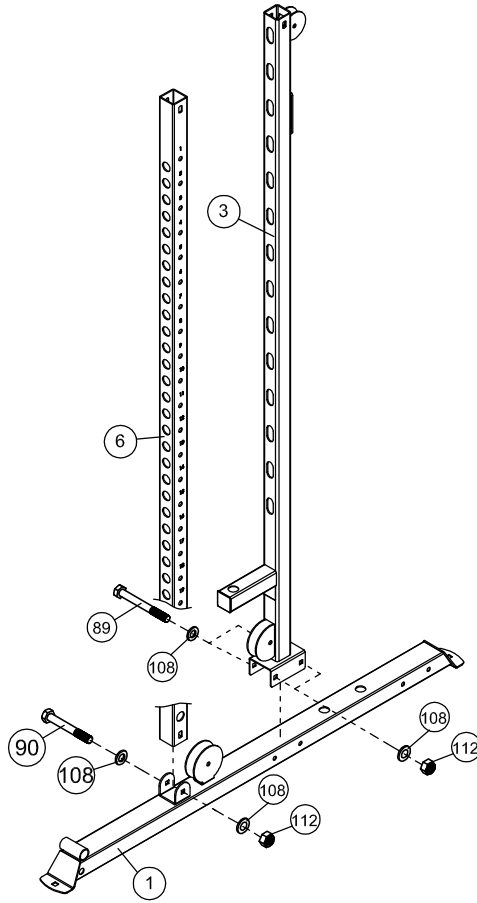
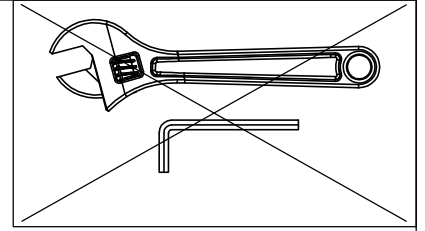
112   × 4 M10



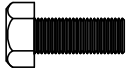
- 91

× 4
M10 × 70mm
- 106

× 4
φ38×φ10.5
- 108

× 4
φ10
- 112

× 4
M10



- | | | | | | | | |
|------|---|-----|------------|-------|---|------|-----|
| (89) |  | × 4 | M10 × 90mm | (108) |  | × 12 | Φ10 |
| (90) |  | × 2 | M10 × 75mm | (112) |  | × 6 | M10 |



96



× 4 M10 × 25mm

108

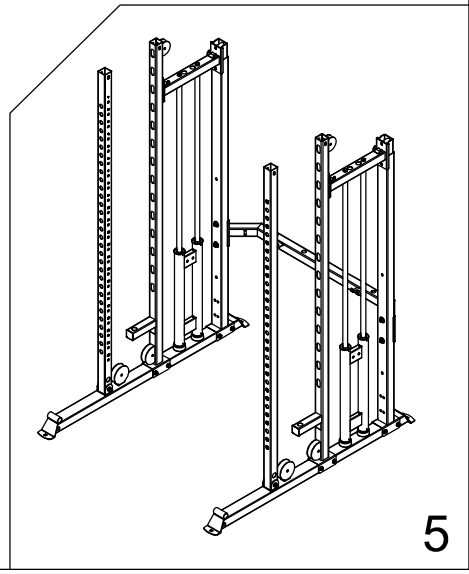
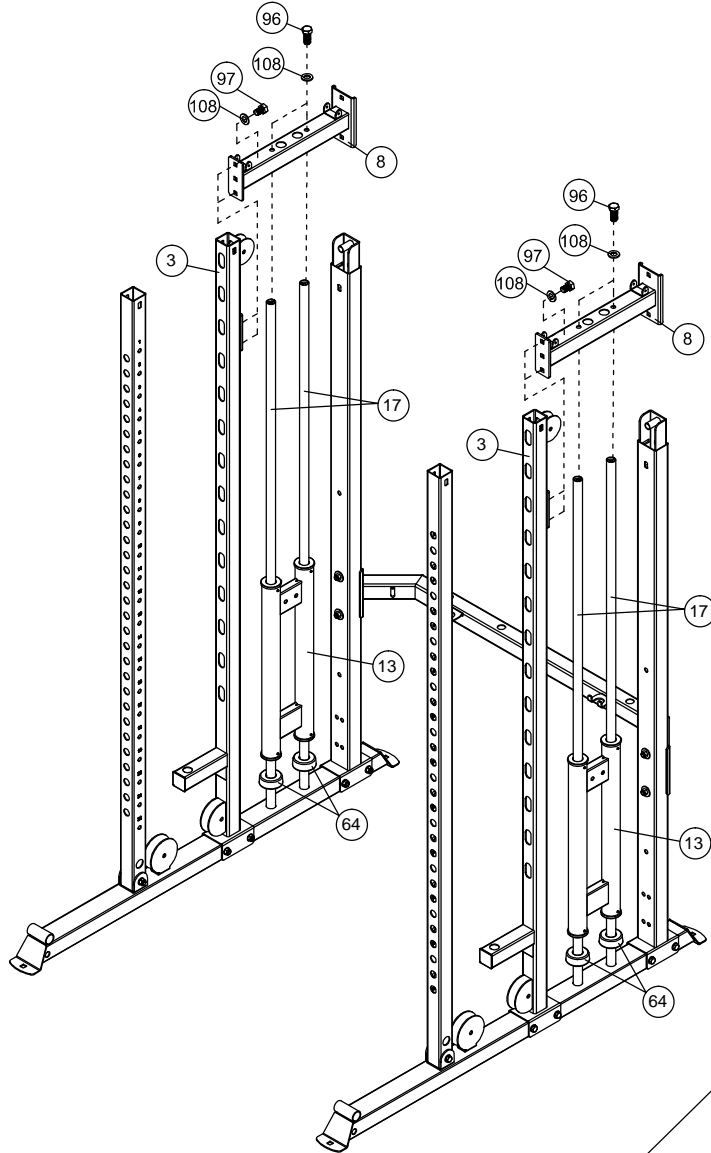
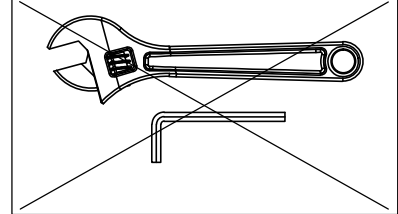


× 8 Φ10

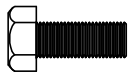
97



× 4 M10 × 15mm



96

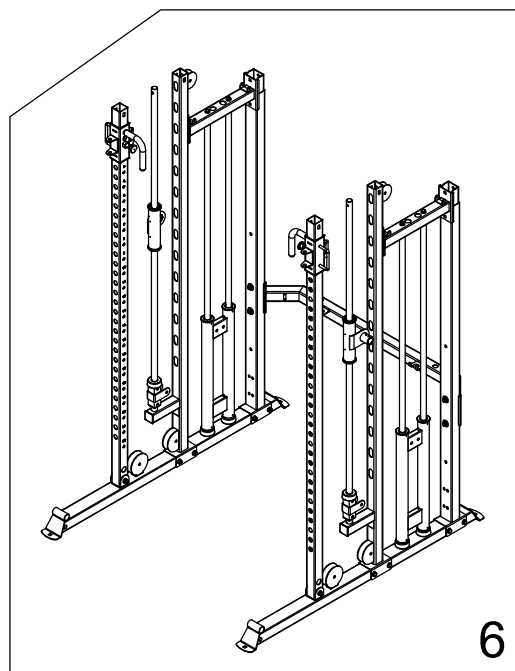
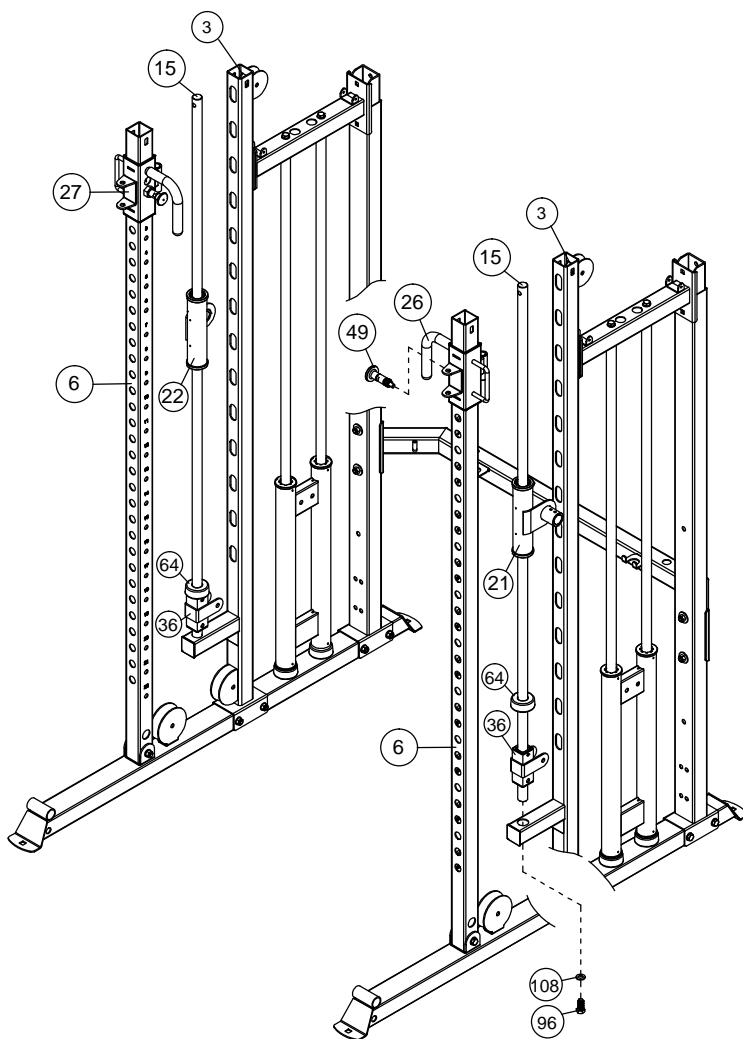
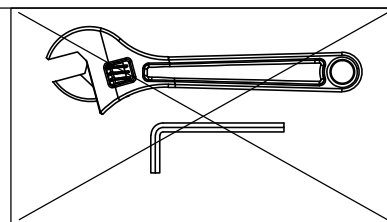


× 2 M10 × 25mm

108



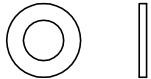
× 2 Φ10




90  × 4 M10 × 75mm

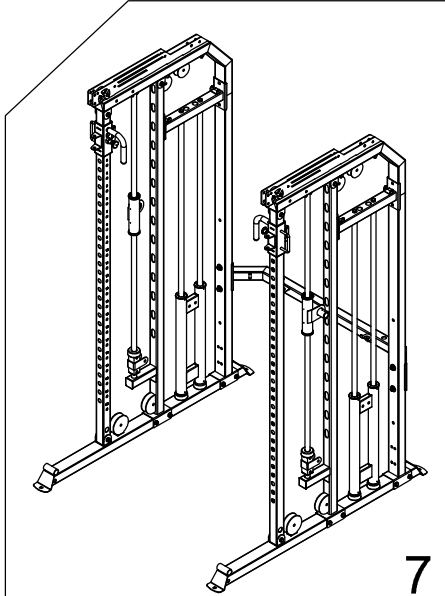
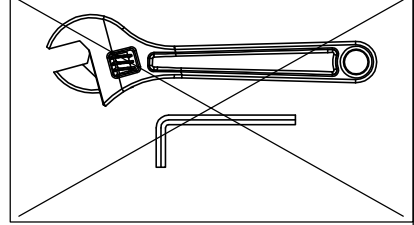
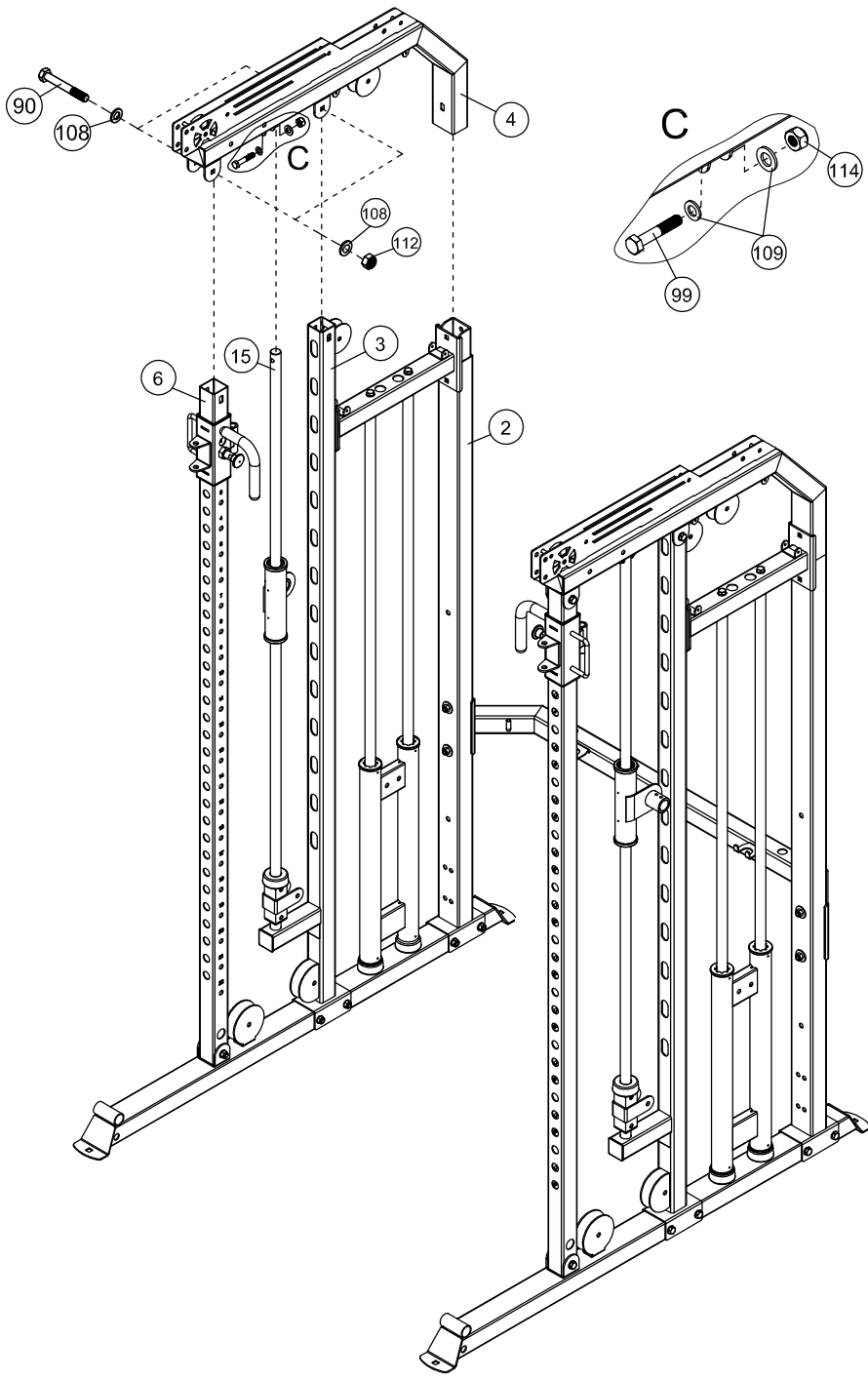
99  × 2 M8 × 45mm

109  × 4 Φ8

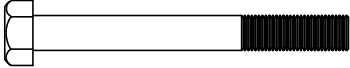


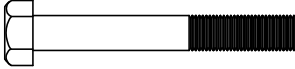


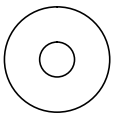
108  × 8 Φ10

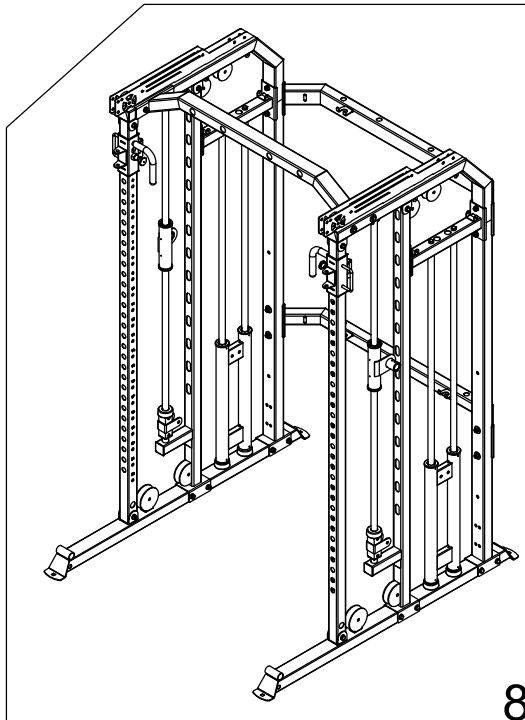
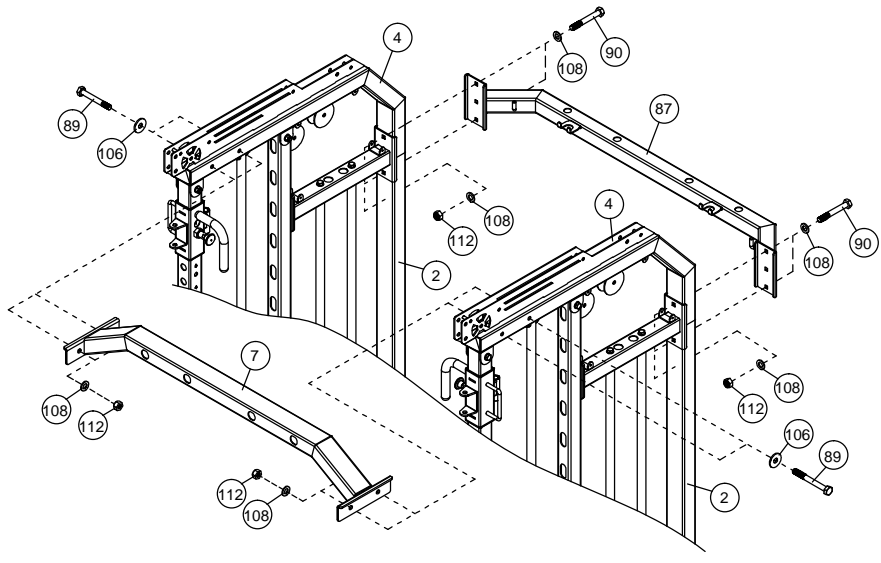
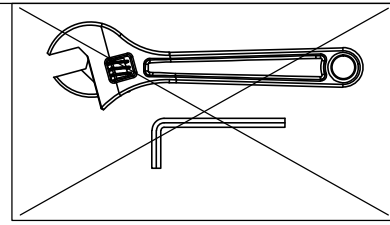
112  × 4 M10

114  × 2 M8



7

- | | | | | | | | | |
|-----|---|-----|------------|-----|---|---|------|-----|
| 89 |  | × 4 | M10 × 90mm | 108 |  |  | × 12 | Φ10 |
| 90 |  | × 4 | M10 × 75mm | 112 |  |  | × 8 | M10 |
| 106 |  | × 4 | Φ30×Φ10.5 | | | | | |



8

59



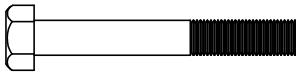
× 4 Φ16×Φ11×16

93



× 4 M10 × 50mm

90



× 2 M10 × 75mm

108



× 16 Φ10

92

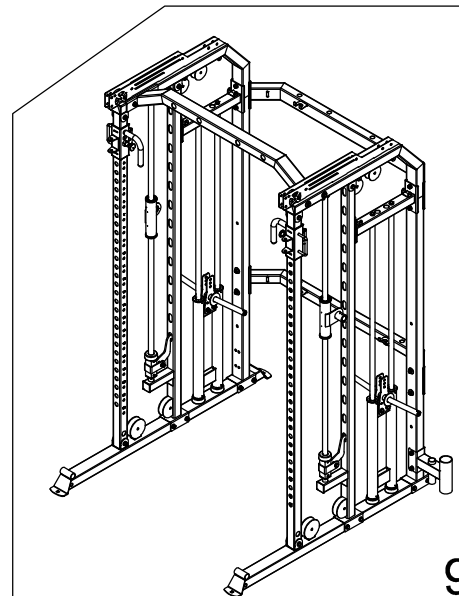
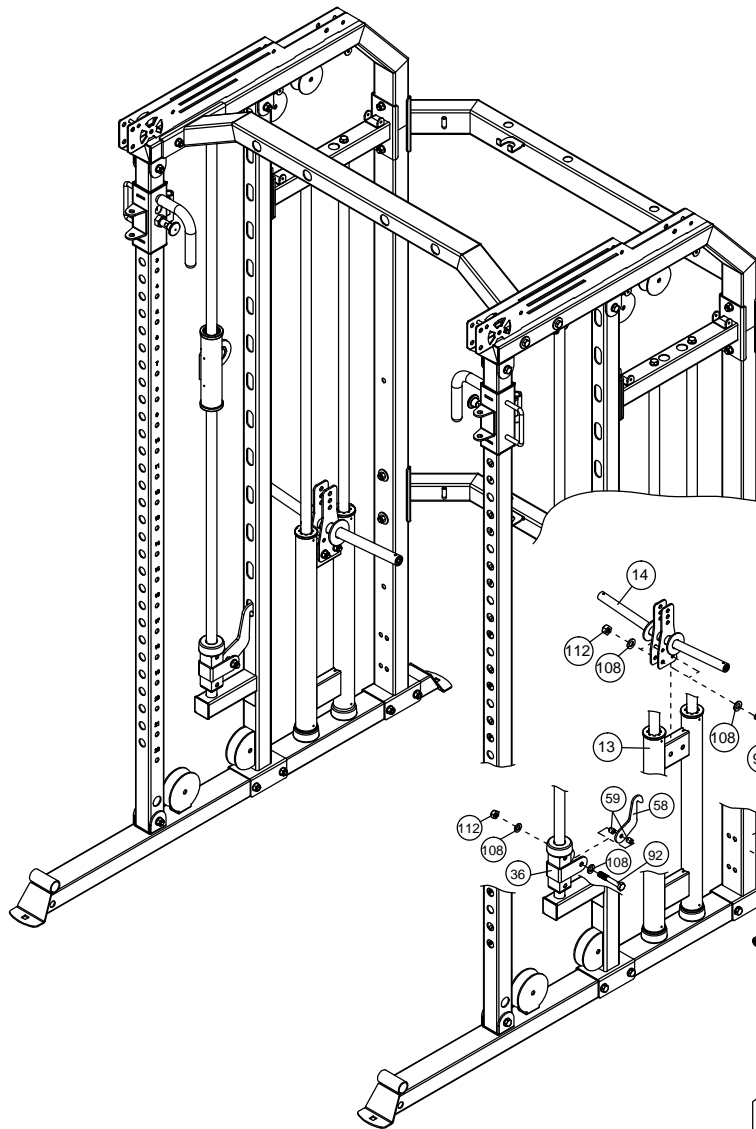
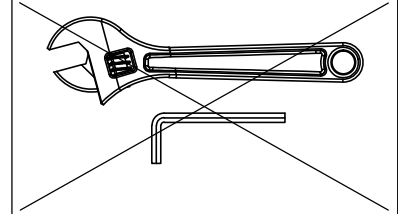


× 2 M10 × 65mm

112



× 8 M10



9

98

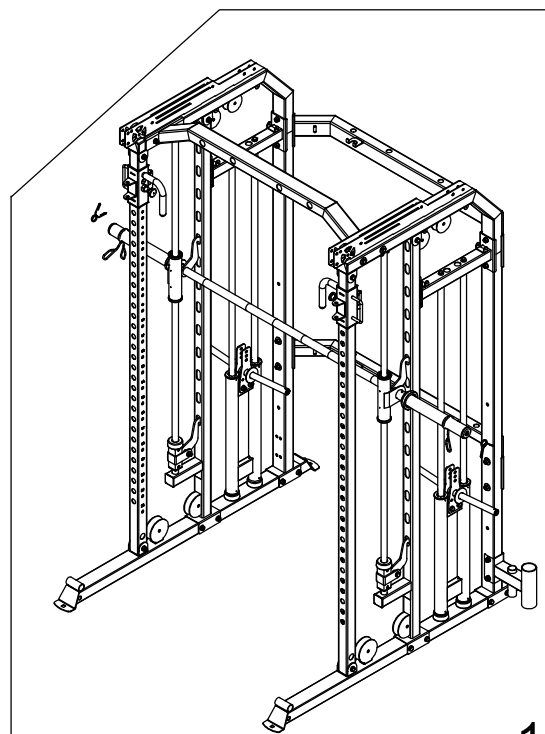
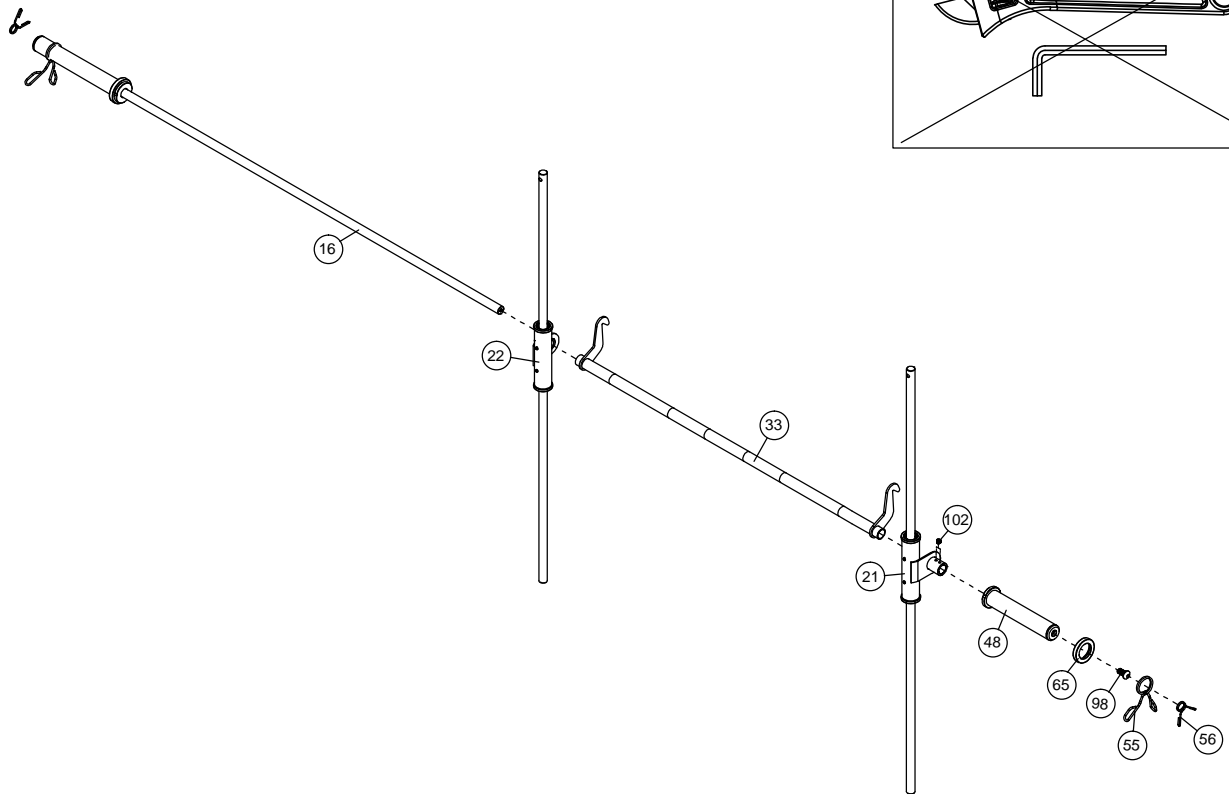


× 2 M10 × 20mm

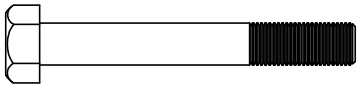
102



× 4 M8 × 10mm





10


88  × 2 M12 × 90mm

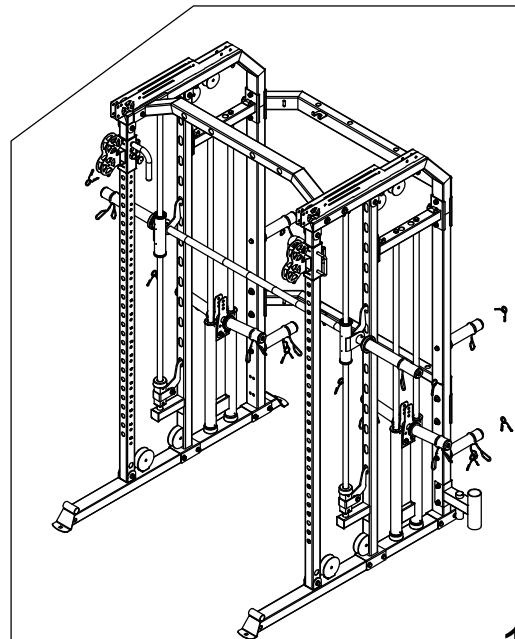
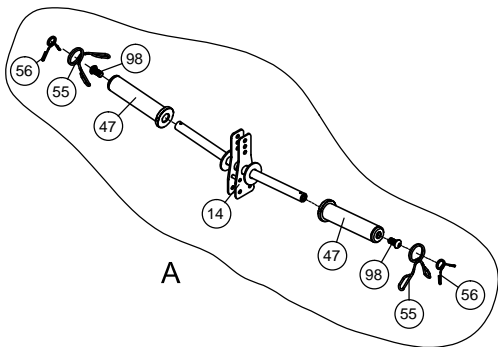
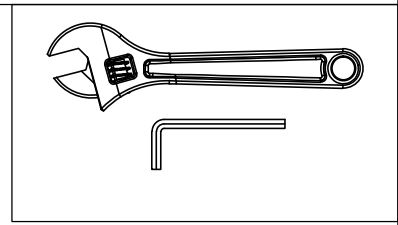
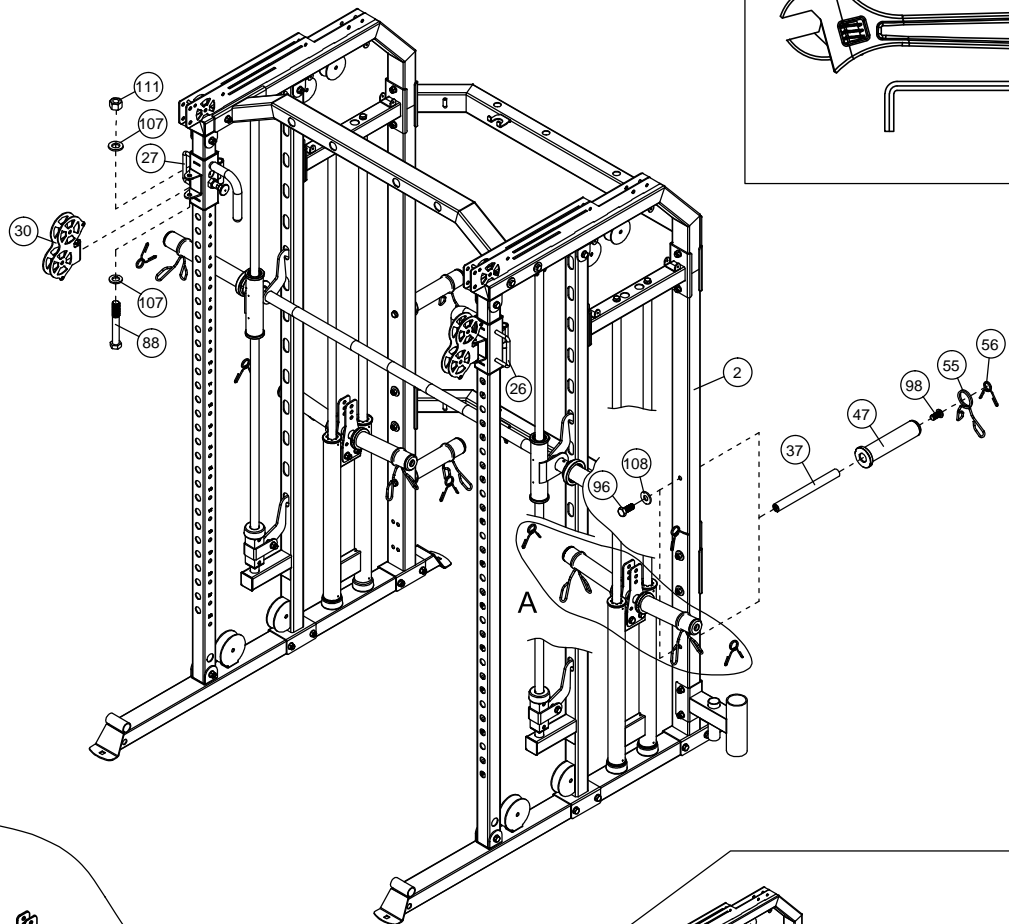
107  × 4 Φ12

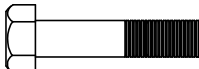

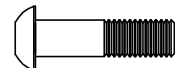
96  × 4 M10 × 25mm







108  × 4 Φ10

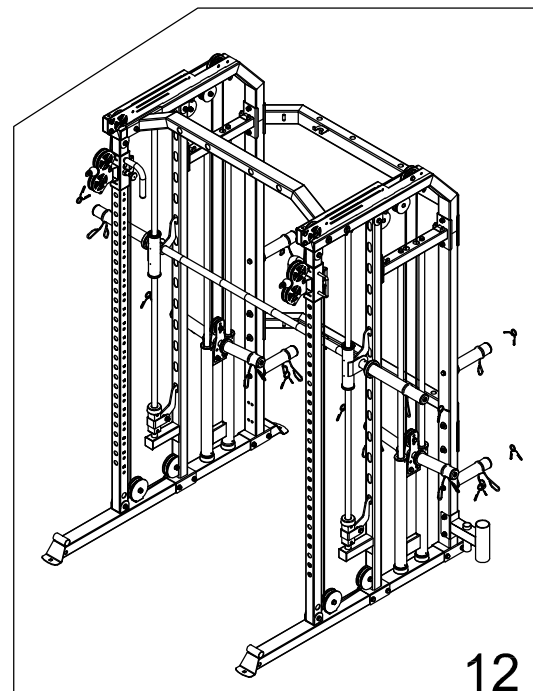
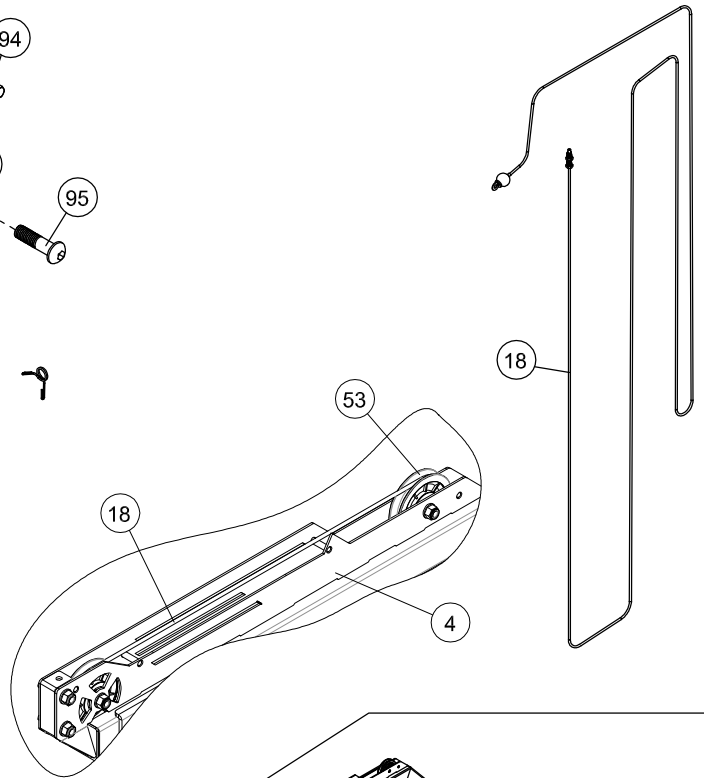
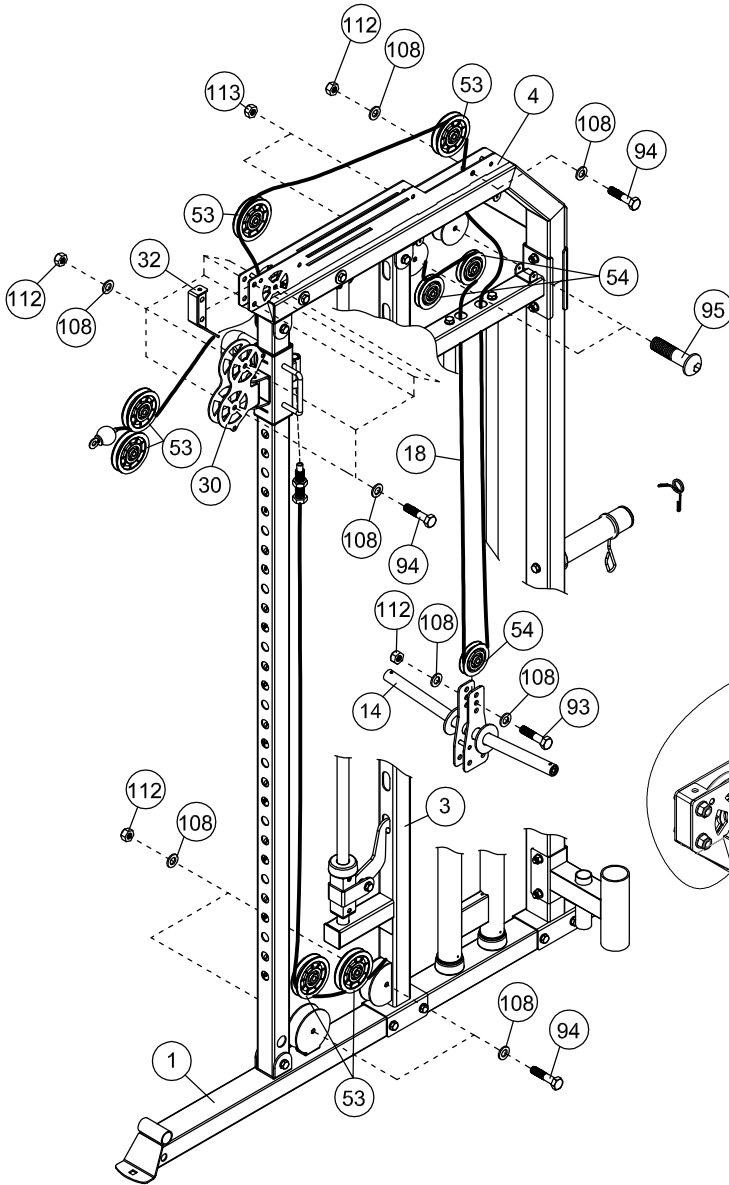
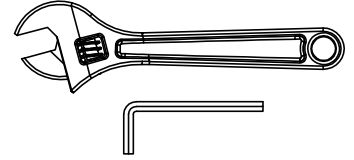
98  × 8 M10 × 20mm

111  × 2 M12



- 93  × 2 M10 × 50mm
- 94  × 16 M10 × 45mm
- 95  × 4 M10 × 38mm

- 108   × 36 Φ10
- 112   × 18 M10
- 113   × 4 M10



WARNING!

CABLE 18 MUST RUN STRAIGHT
ACROSS THE TOP BETWEEN PULLEYS
AS SHOWN ABOVE OR CABLE WILL RUB!
(FAILURE TO FOLLOW THIS STEP VOIDS CABLE
WARRANTY)

104

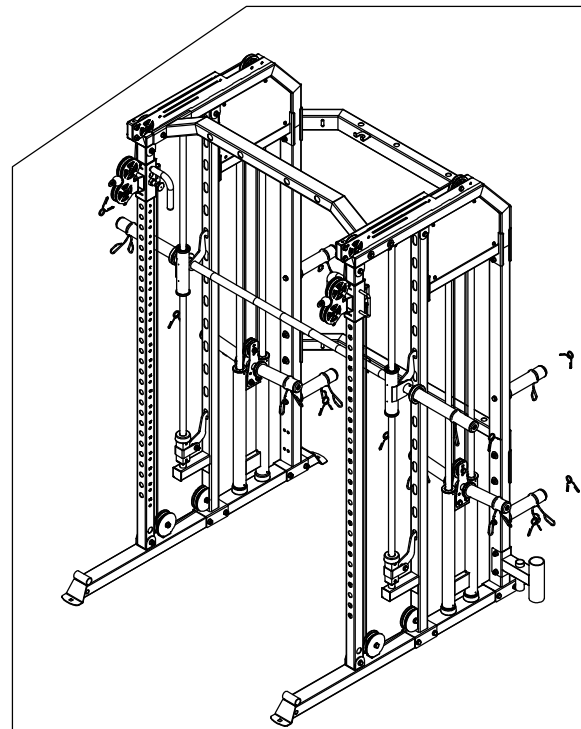
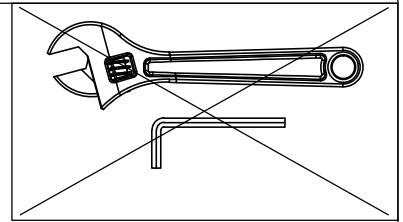
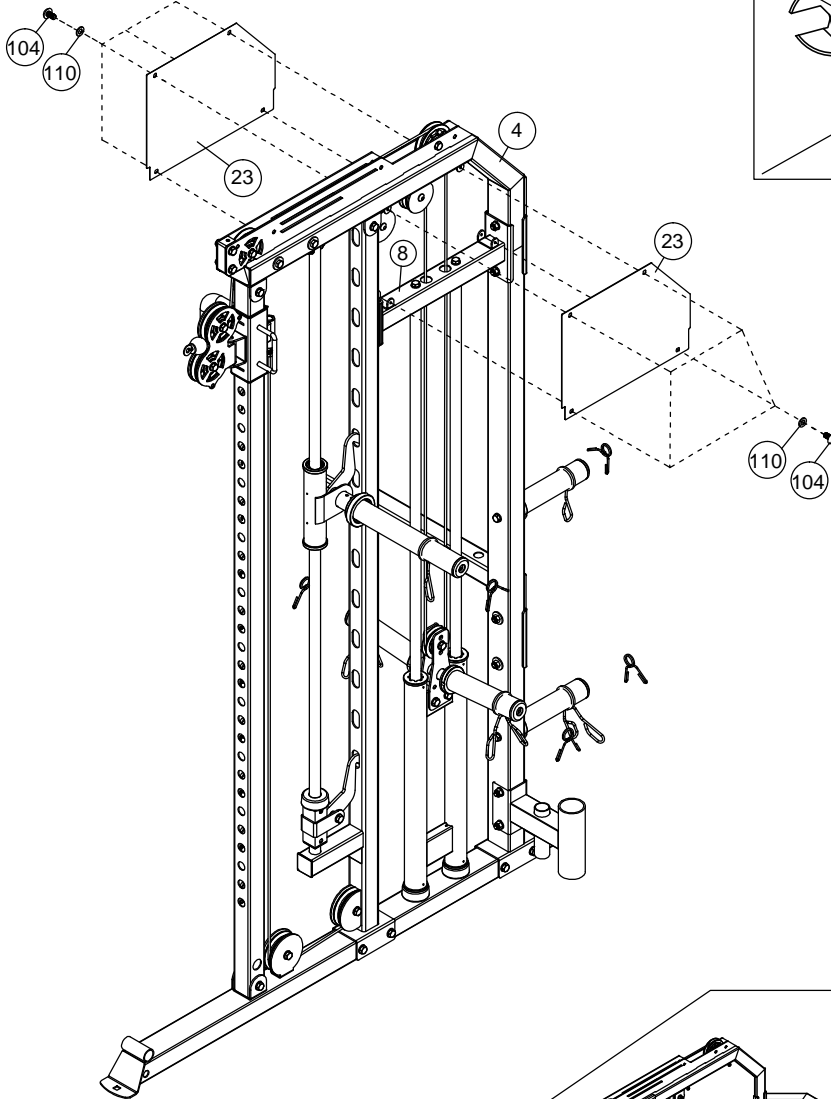


× 16 M6 × 10mm

110

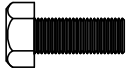


× 16 φ6



13

96

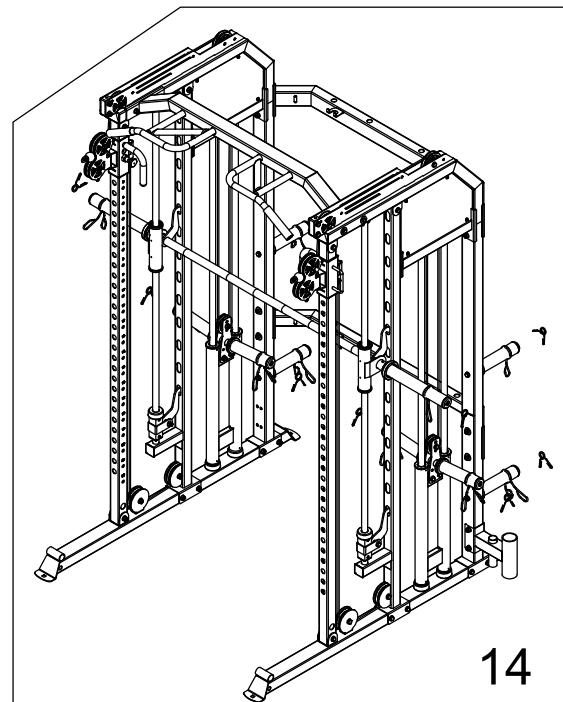
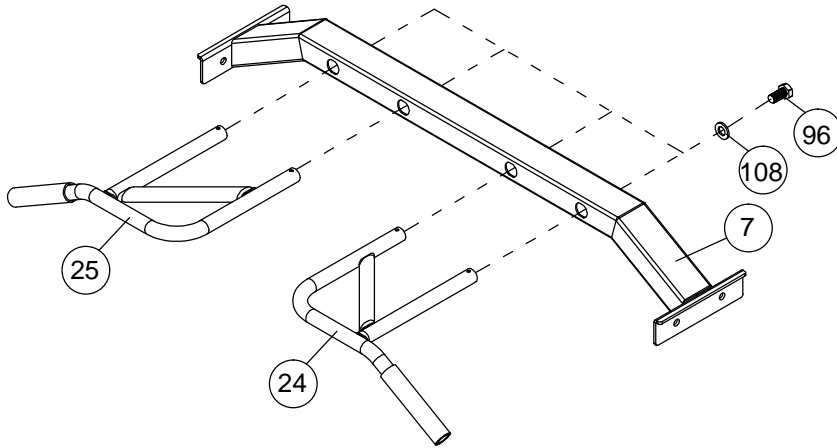
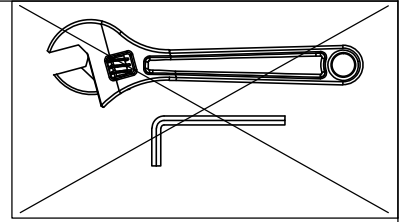


× 4 M10 × 25mm

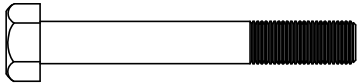
108



× 4 Φ10



88



× 1 M12 × 90mm

111

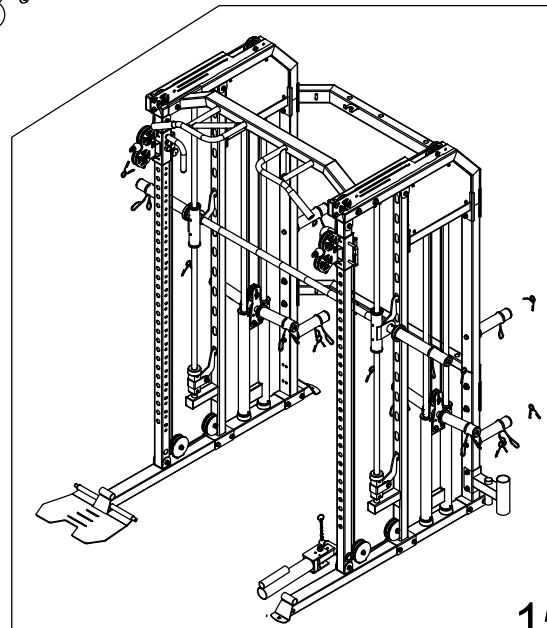
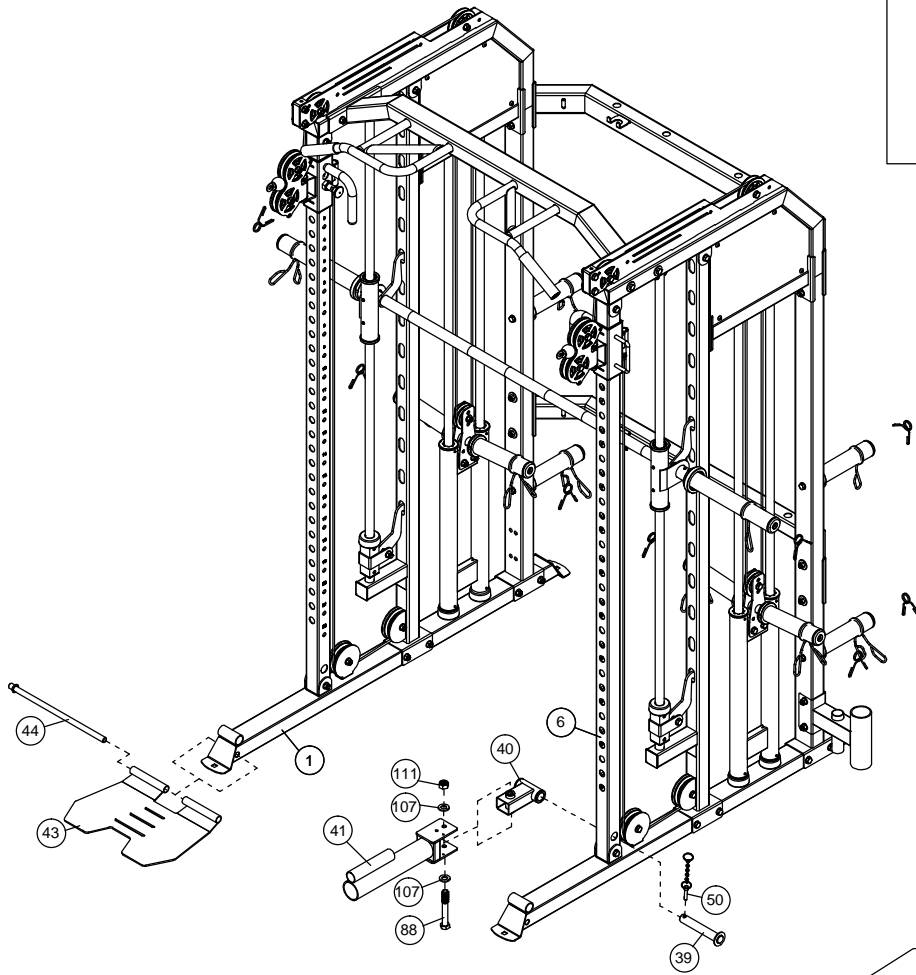
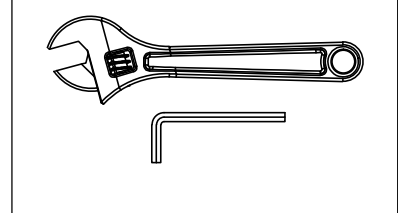


× 1 M12

107



× 2 Φ12

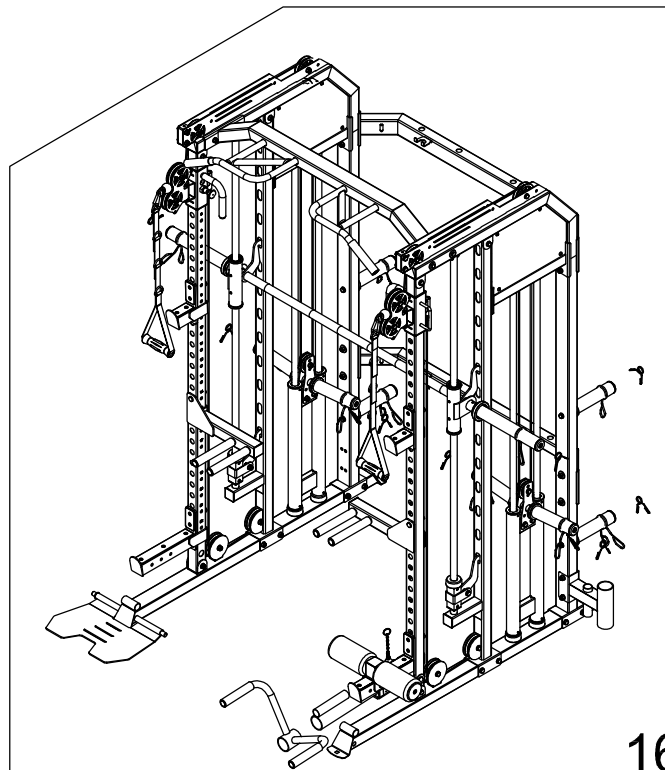
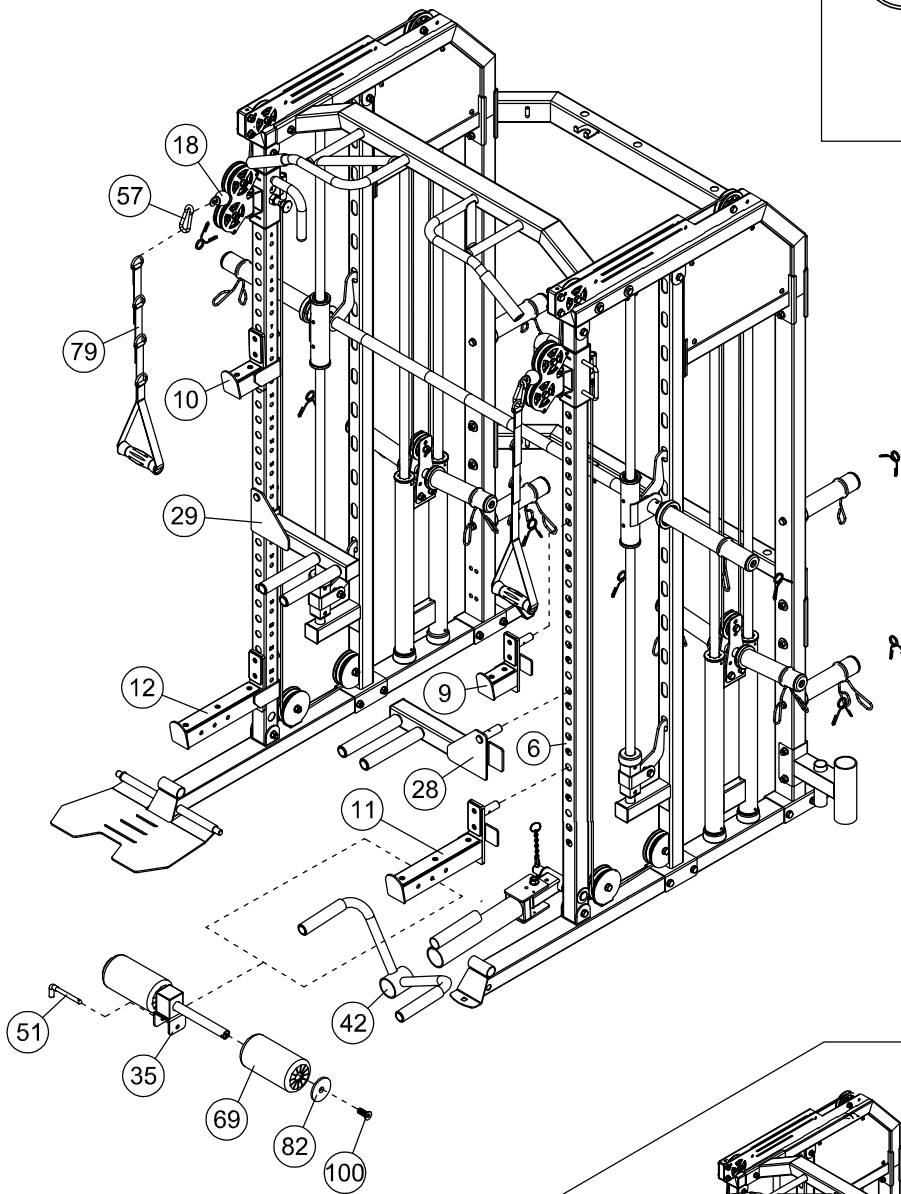
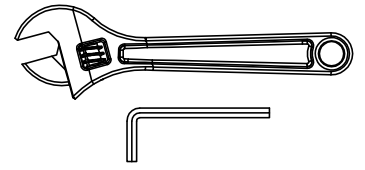


15

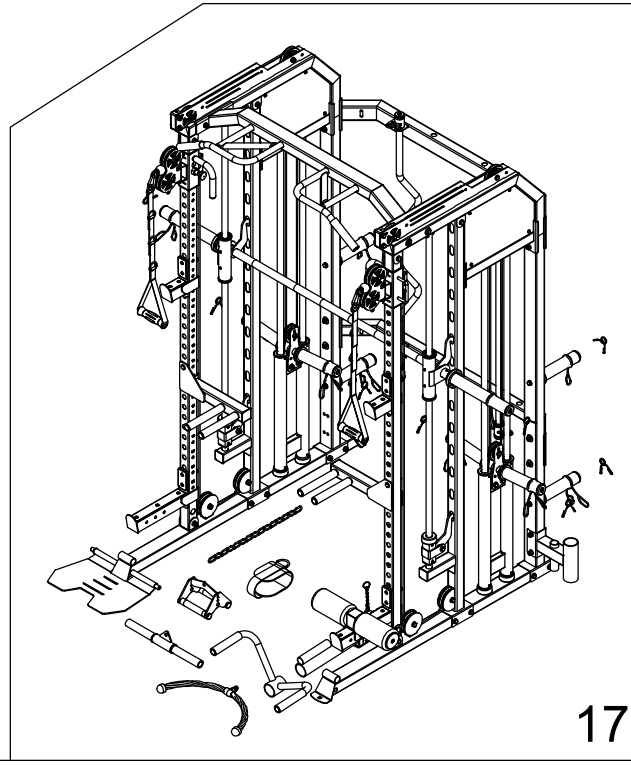
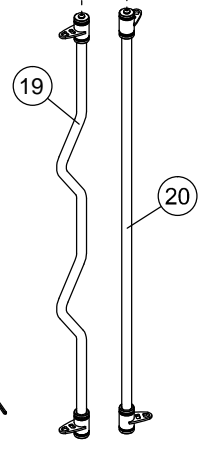
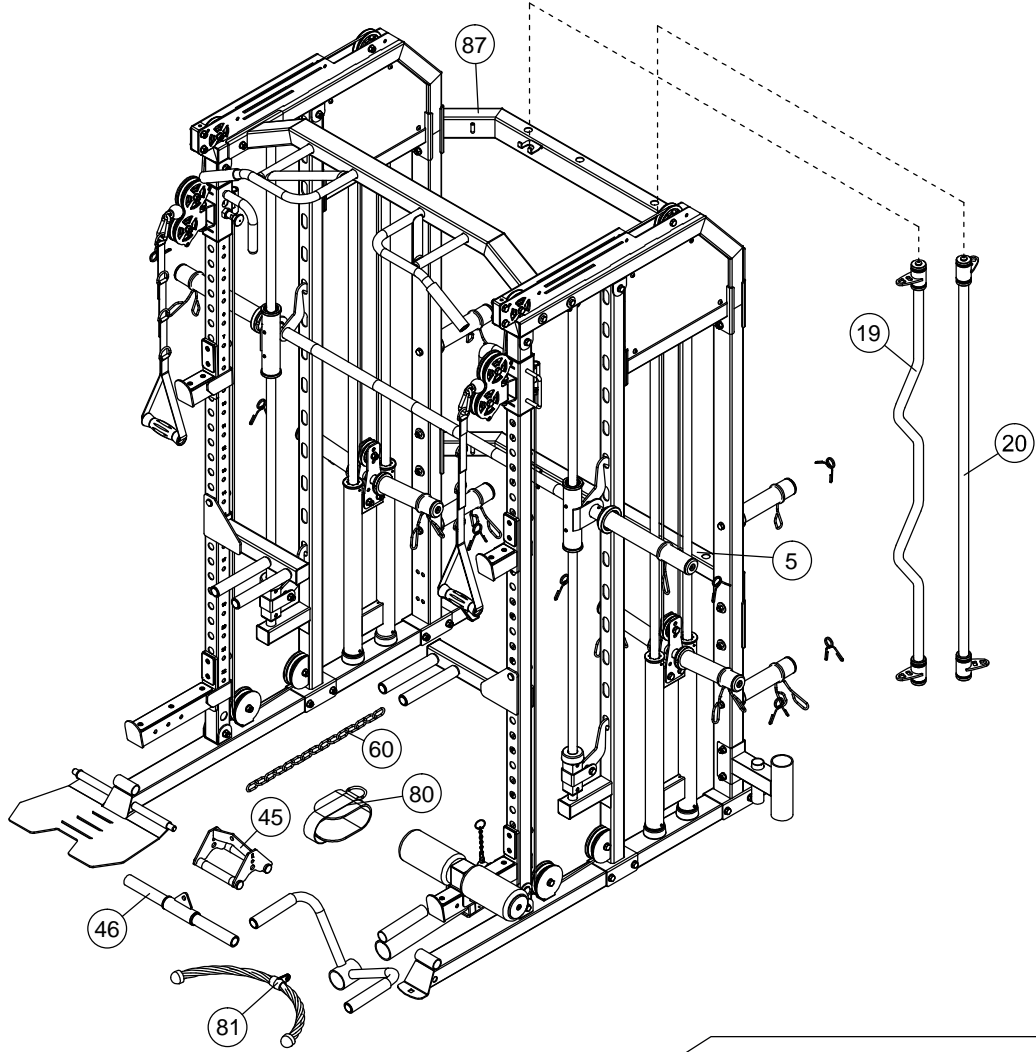
100

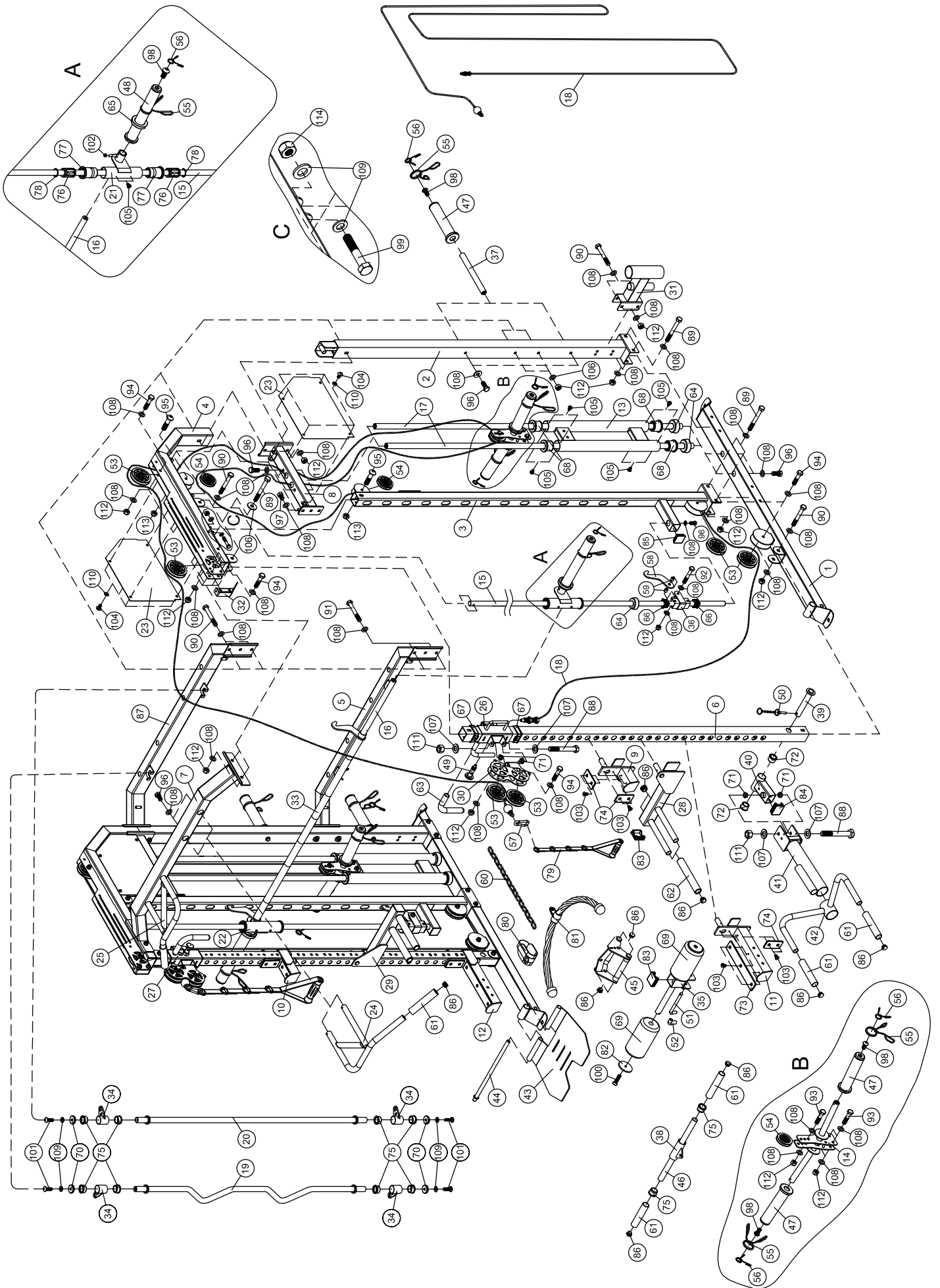


× 2 M8 × 35



16





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Frame		2
2	Rear Post		2
3	Intermediate Stand		2
4	Top Frame		2
5	Connecting Frame Rear		1
6	Guide Shaft	□50×2.5×1950	2
7	Horizontal Bar		1
8	Connecting Frame		2
9	Short Safety Rack L		1
10	Short Safety Rack R		1
11	Long Safety Rack L		1
12	Long Safety Rack R		1
13	Sliding Support		2
14	Plate Loader		2
15	Guide Rod	φ25×1717	2
16	Weight Rod	φ25×1958	1
17	Guide Rod Rear	φ25×1712	4
18	Double Pull Cable	φ5×7830mm	2
19	Cambered Bar		1
20	Straight Bar		1
21	Safety Stop Frame L		1
22	Safety Stop Frame R		1
23	Protective Cover	398×288×1	4
24	Left Chin-up Bar		1
25	Right Chin-up Bar		1
26	Frame Slider L		1
27	Frame Slider R		1
28	Dip Bar L		1
29	Dip Bar R		1
30	Pulley Case		2
31	Barbell Socket		1
32	Decorative Cover		2
33	Lifting Sleeve		1
34	Bar Handle		4

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
35	FOAM Frame		1
36	Safety Hook Bracket		2
37	Weights Stow Rod		4
38	Small Grip Frame		1
39	Fixed Pedestal		1
40	Spacer		1
41	Rotating Frame		1
42	Handle		1
43	Foot Pedal Set		1
44	Rotating Shaft		1
45	V-type handle		1
46	Small Handle Tube	φ25×1.5×400	1
47	Short Spacer		8
48	Long Spacer		2
49	Moving Lock Pin		2
50	Pop pin		1
51	L spring pins	φ10×115	1
52	Rubber Sleeve	Φ13×Φ9.5×58	1
53	Pulley with Bearings	φ96	12
54	Small Pulley with Bearing	φ75	6
55	Long Spring Clip	Φ47	10
56	Spring Clip	φ24.5	10
57	Hook	φ8	2
58	Safety Hook	R25×φ11×6	2
59	Tube	φ16×φ11×16	4
60	15-Joint Chain	Φ5	1
61	Handle	Φ23×150	6
62	Handle	φ23×200	4
63	Handle	φ24×φ18×227	2
64	Rubber Stopper	φ62×φ24.5×25	6
65	Rubber Stopper	Φ78×Φ47.5×13	2
66	Sliding Sleeve	38×26×30×3	4
67	Slide Guide	□60×2×□50×23.5	4
68	Sliding Sleeve	φ55×φ46×φ27×41	8

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
69	FOAM	φ95×φ22×180	2
70	Bushing	φ38×φ9×8	4
71	Bushing	φ25×φ20×φ12.2×10	6
72	Bushing	φ38×φ34×φ25×22	2
73	Rack Liner	280×45×5	2
74	Rack Liner	90×45×5	6
75	Bushing	φ38×φ34×φ27×26	10
76	Linear Motion Bearing	LB254058	4
77	Sliding Rod Guide	φ55×φ46×φ40×73	4
78	Hole circlip	d0=40	4
79	Nylon Strap Iso-Handle		2
80	Ankle Strap		1
81	Rope		1
82	Plate	φ68×5	2
83	End Cap	□50	3
84	End Cap	□40×50	1
85	End Cap	□45	2
86	End Cap	φ25	18
87	Connecting Frame Rear		1
88	HEX Bolt	M12×90	3
89	HEX Bolt	M10×90	12
90	HEX Bolt	M10×75	12
91	HEX Bolt	M10×70	4
92	HEX Bolt	M10×65	2
93	HEX Bolt	M10×50	6
94	HEX Bolt	M10×45	16
95	Allen Bolt	M10×38	4
96	HEX Bolt	M10×25	18
97	HEX Bolt	M10×15	4
98	Allen Bolt	M10×20	10
99	HEX Bolt	M8×45	2
100	Hexagon socket countersunk head screws	M8×35	2
101	Allen Bolt	M8×25	4
102	Set screw	M8×10	4

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
103	Hexagon socket countersunk head screws	M6×12	18
104	Allen Bolt	M6×10	16
105	Screw	ST4.0×9	20
106	Washer	φ30×φ10.5×2.5	8
107	Washer	12	6
108	Washer	10	118
109	Washer	8	8
110	Washer	6	16
111	Nut	M12	3
112	Nut	M10	52
113	Nut	M10	4
114	Nut	M8	2
	Allen wrench	6#	1
	Allen wrench	5#	1
	Allen wrench	4#	1

PACKAGE LIST

BOX1:		BOX4:	
2	Part 2	2	Part 4
2	Part 3	2	Part 8
2	Part 6	1	Part 9
BOX2:		1	Part 10
1	Part 5	2	Part 18
1	Part 7	1	Part 24
1	Part 11	1	Part 25
1	Part 12	1	Part 26
1	Part 33	1	Part 27
2	Part 36	1	Part 28
8	Part 47	1	Part 29
2	Part 48	1	Part 31
12	Part 53	1	Part 35
6	Part 54	4	Part 37
1	Part 81	1	Part 43
1	Part 87	10	Part 55
BOX3:		1	PARTS BAG 6-3
2	Part 1	1	PARTS BAG 6-4
2	Part 13	1	PARTS BAG 6-5
2	Part 14	1	PARTS BAG 6-6
1	Part 19	BOX5:	
1	Part 20	4	Part 23
1	Part 21	1	Part 39
1	Part 22	1	Part 41
2	Part 30	1	Part 42
2	Part 32	1	Part 46
1	Part 40	2	Part 69
1	Part 44	2	Part 79
1	Part 45	1	Part 80
2	Part 49	1	Silicone oil
1	Part 51	BOX6:	
2	Part 58	2	Part 15
6	Part 64	1	Part 16
2	Part 65	4	Part 17
2	Part 82		
1	PARTS BAG 6-1		
1	PARTS BAG 6-2		