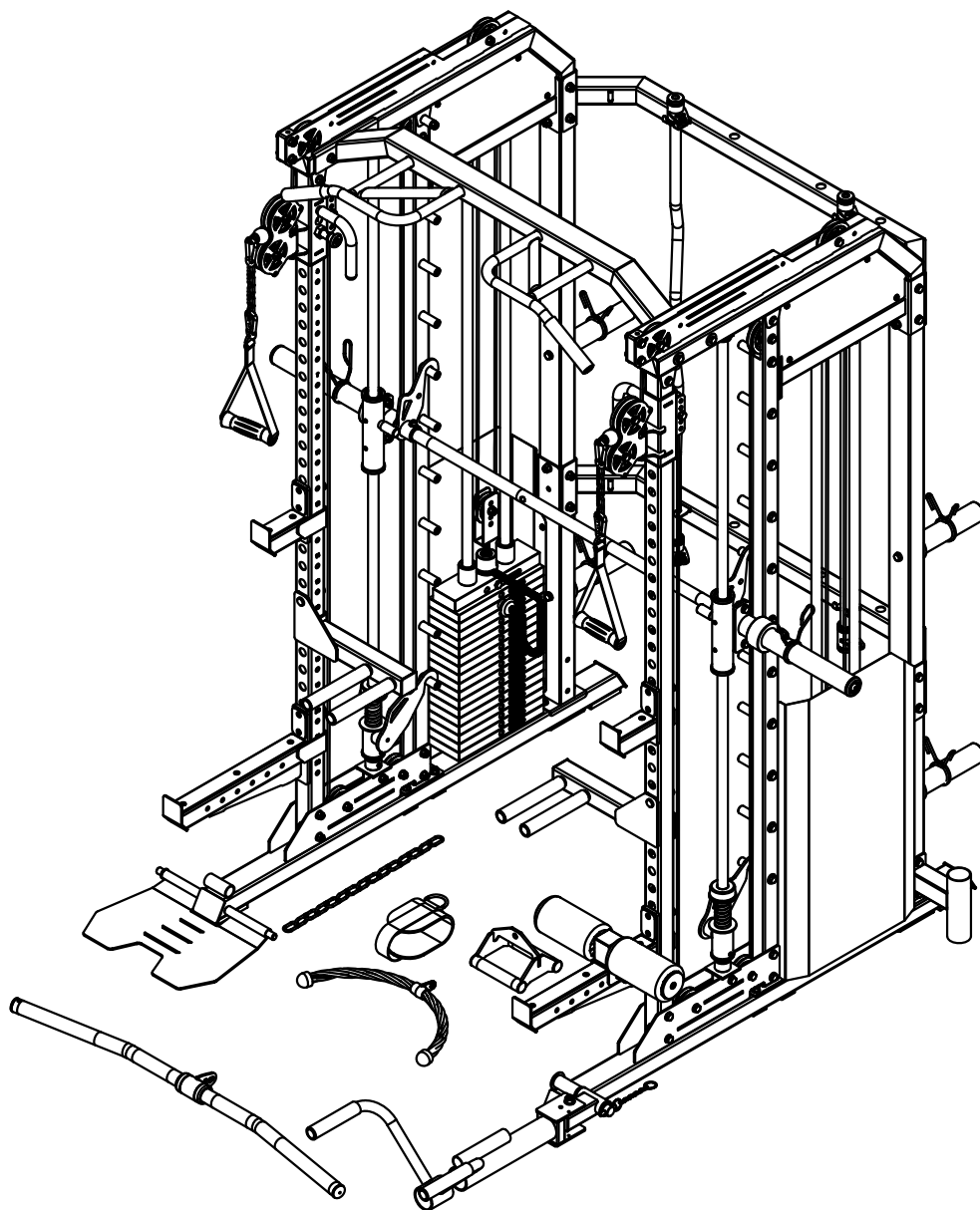




JACKED UP FITNESS

OWNER'S MANUAL

JUF-PR2



CAUTION!

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

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.

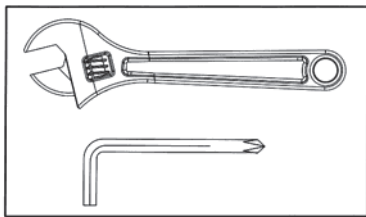
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE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

SAVE THESE INSTRUCTIONS.

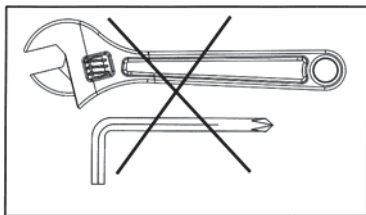
IMPORTANT ASSEMBLY INFORMATION

- ❖ 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

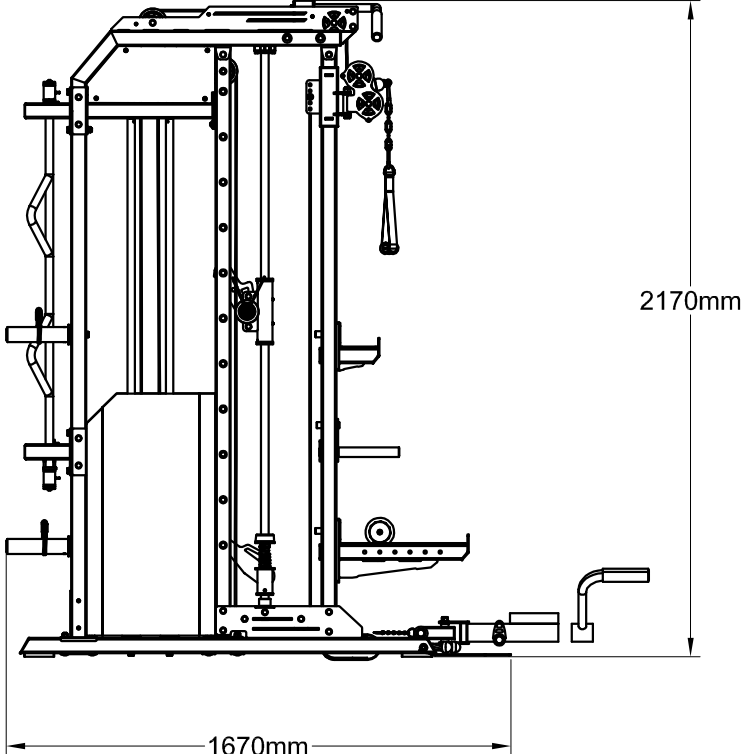
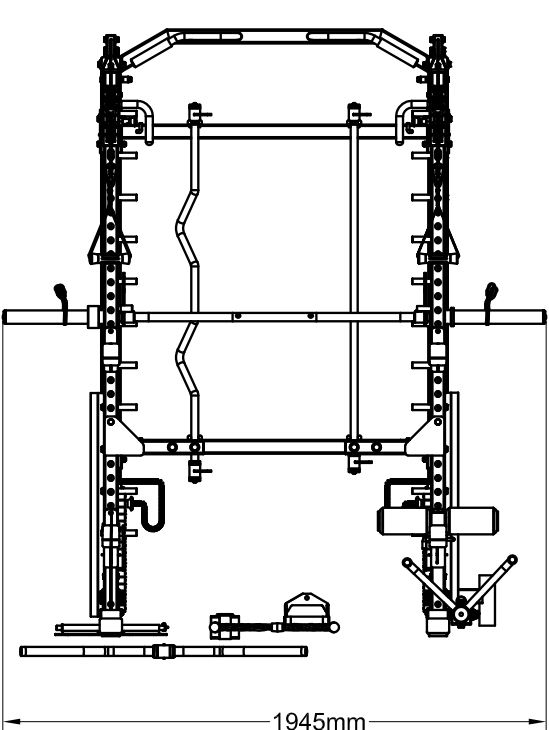


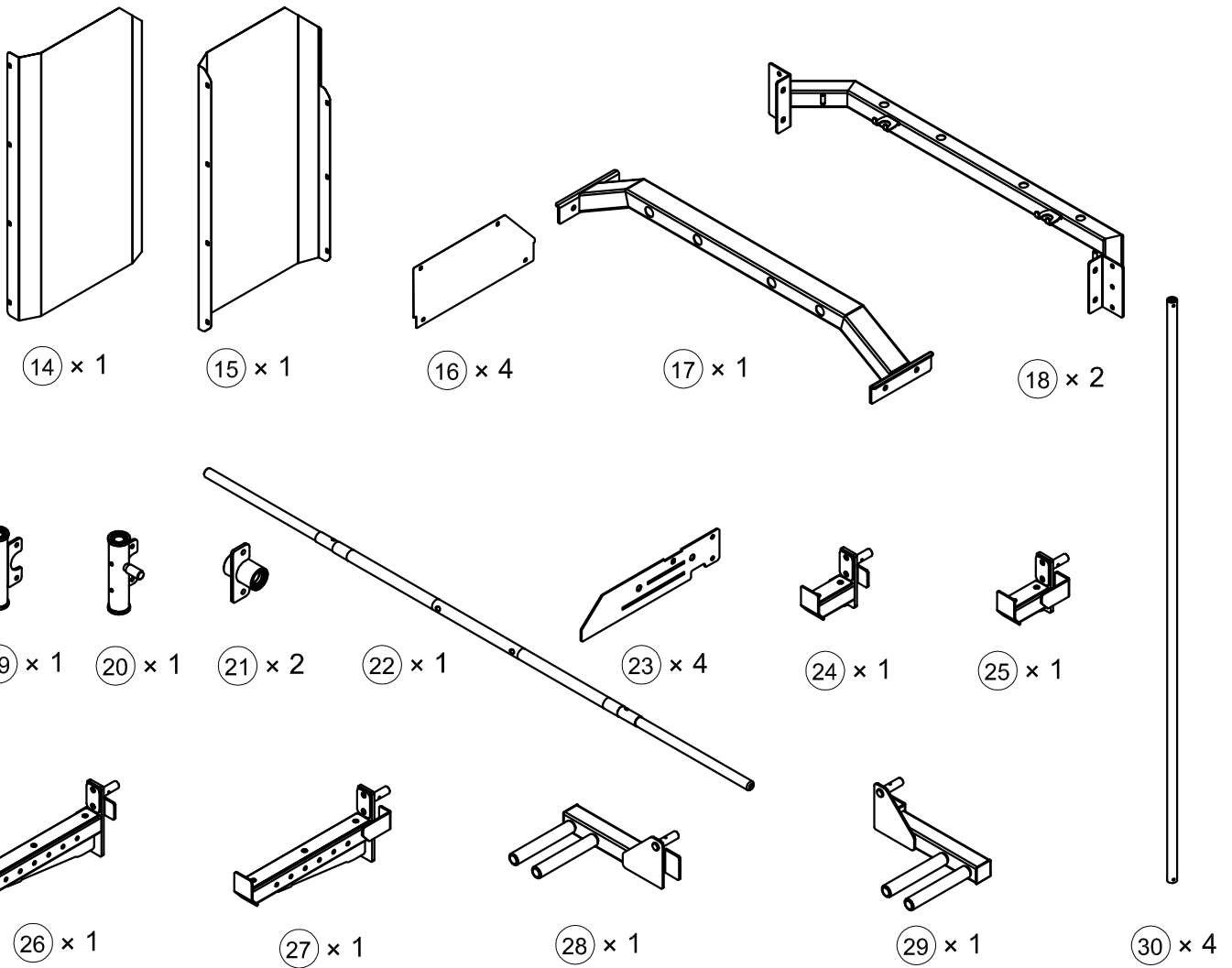
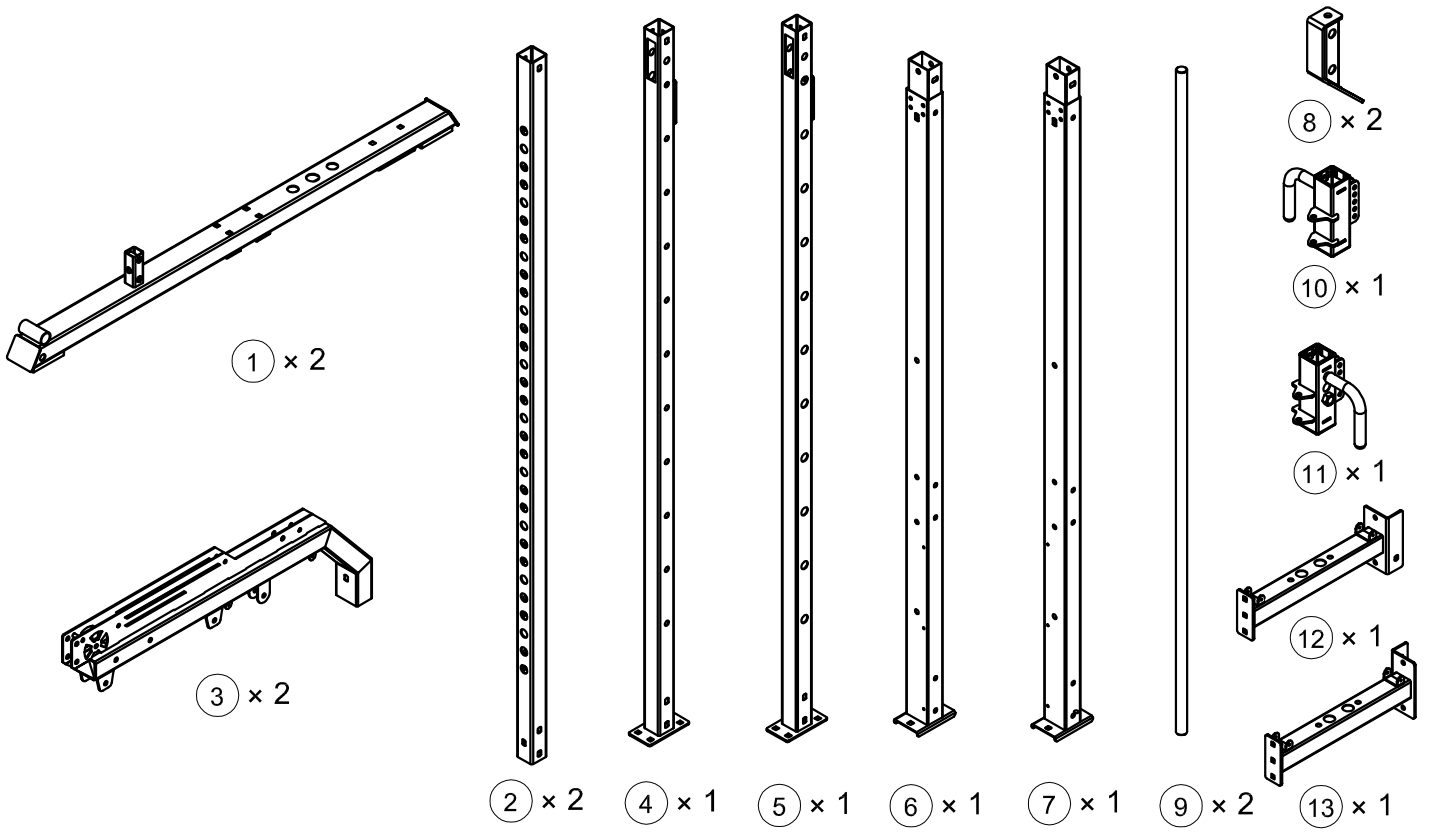
Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.
NOTE: Do not over tighten any component with pivoting function.
Make sure all pivoting components are able to move freely.

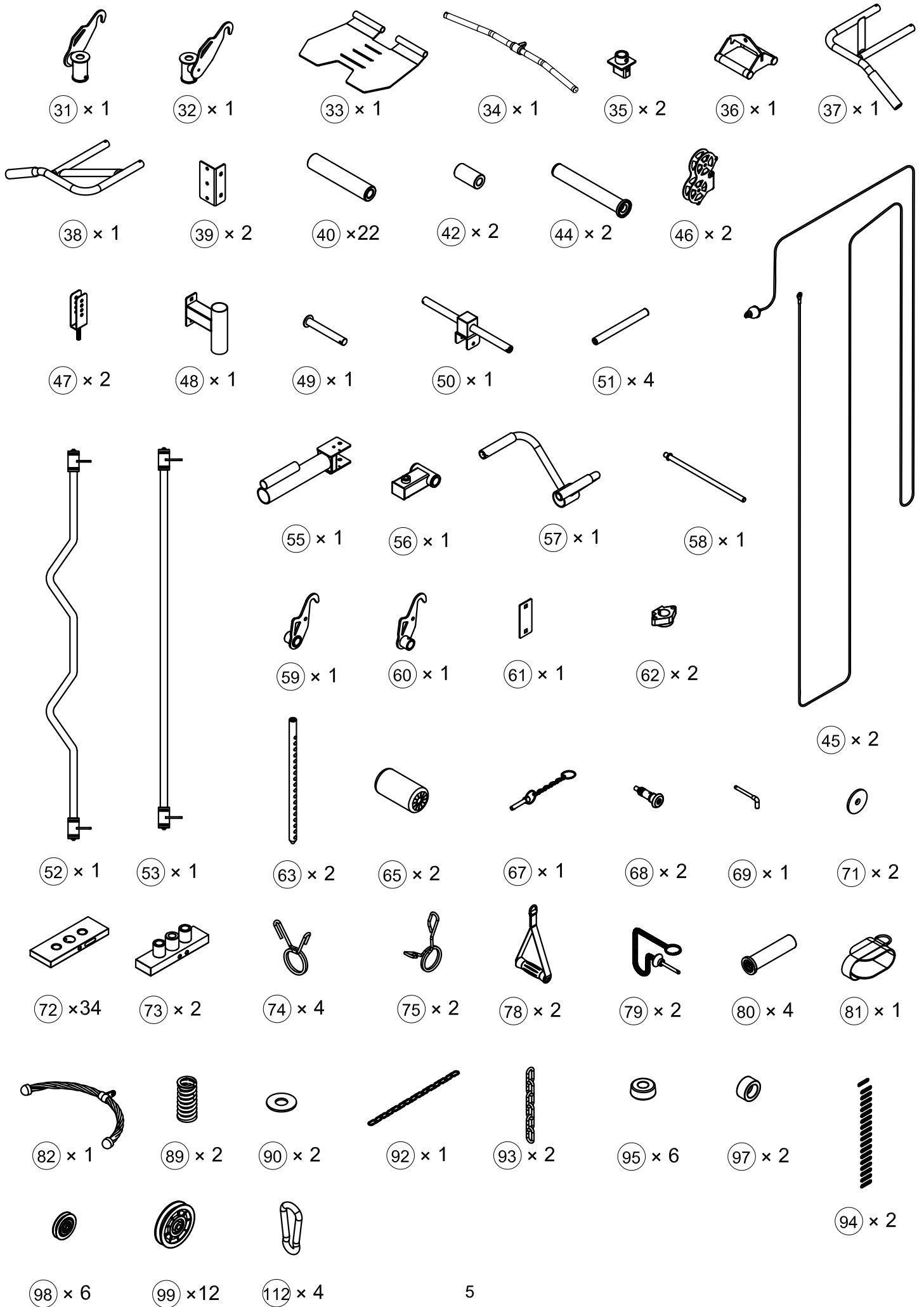


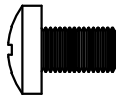
Do not tighten all Nuts and Bolts in this step.

Assembled Dimension: 1945mm x 1670mm x2170mm

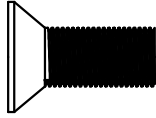




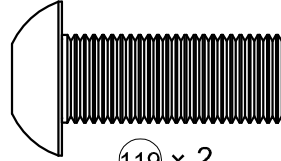




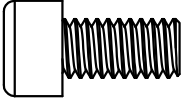
115 x 30



117 x 2



119 x 2



120 x 2



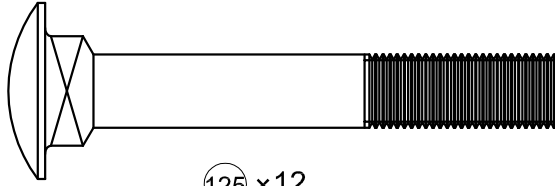
121 x 4



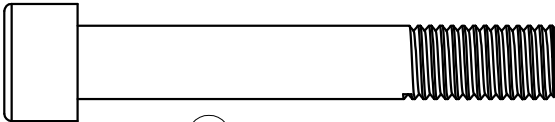
122 x 2



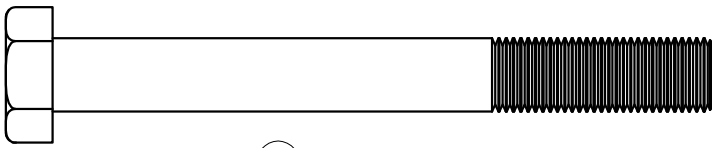
124 x 2



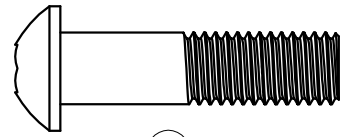
125 x 12



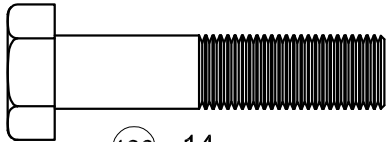
126 x 2



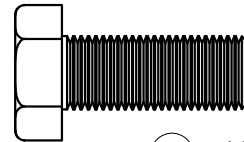
128 x 8



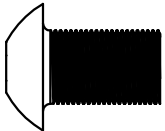
129 x 2



130 x 14



131 x 16

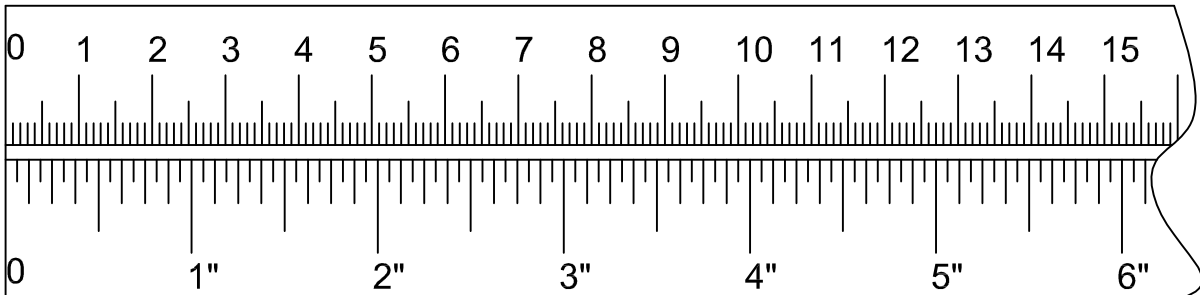


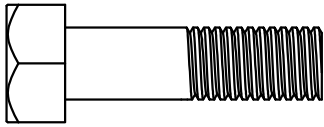
132 x 4



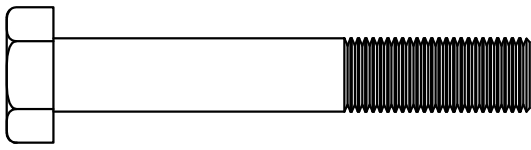
133 x 24

mm

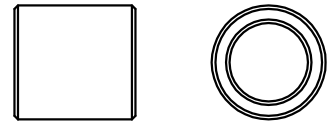




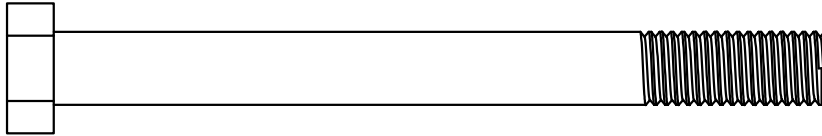
134 x 2



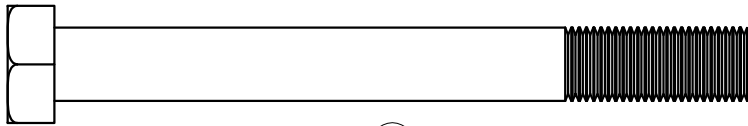
135 x 6



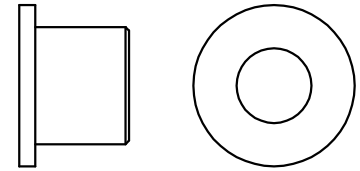
41 x 8



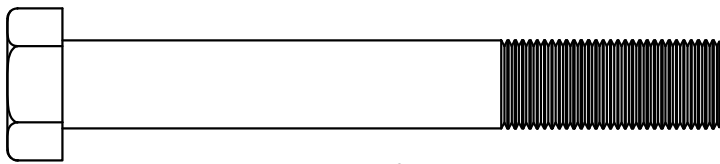
136 x 2



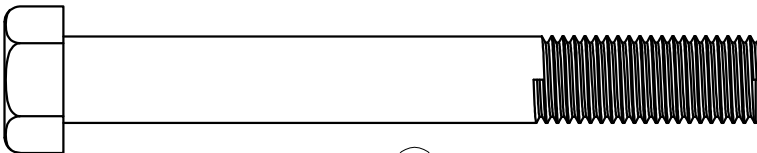
137 x 8



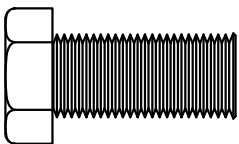
91 x 4



138 x 1

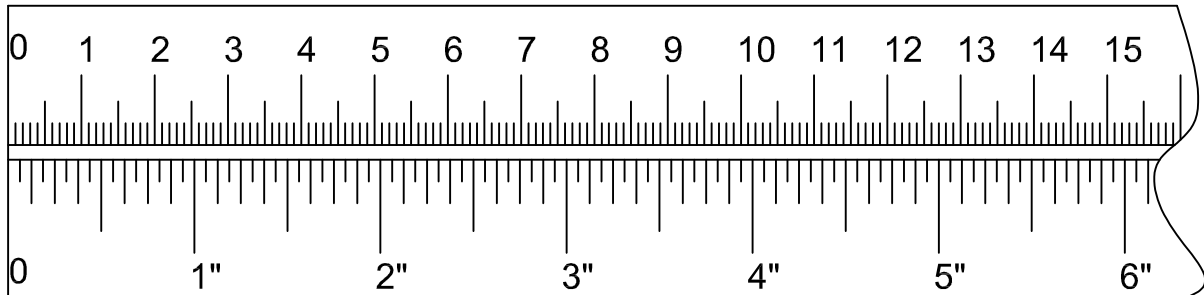


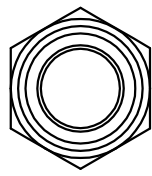
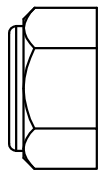
139 x 2



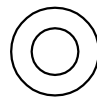
140 x 22

mm

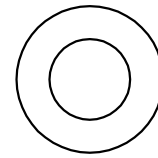




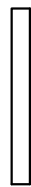
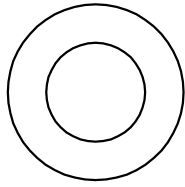
141 x 3



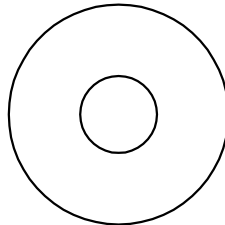
142 x 34



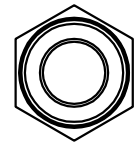
144 x 152



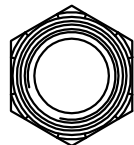
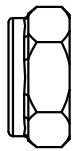
145 x 28



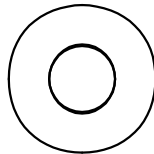
146 x 4



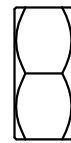
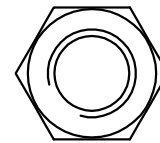
147 x 78



127 x 2



113 x 2

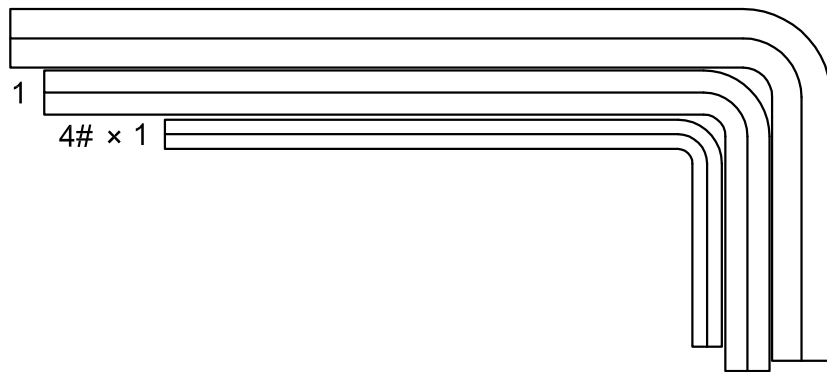


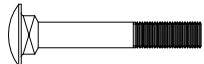

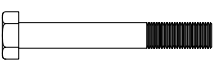

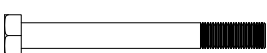
114 x 2

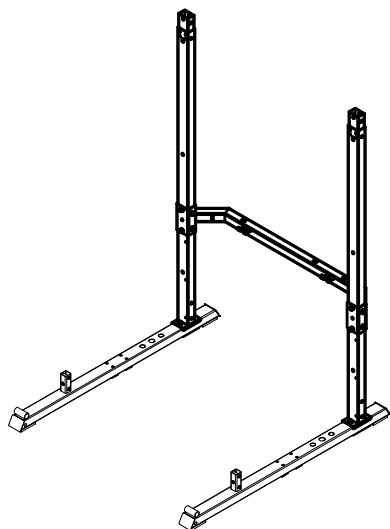
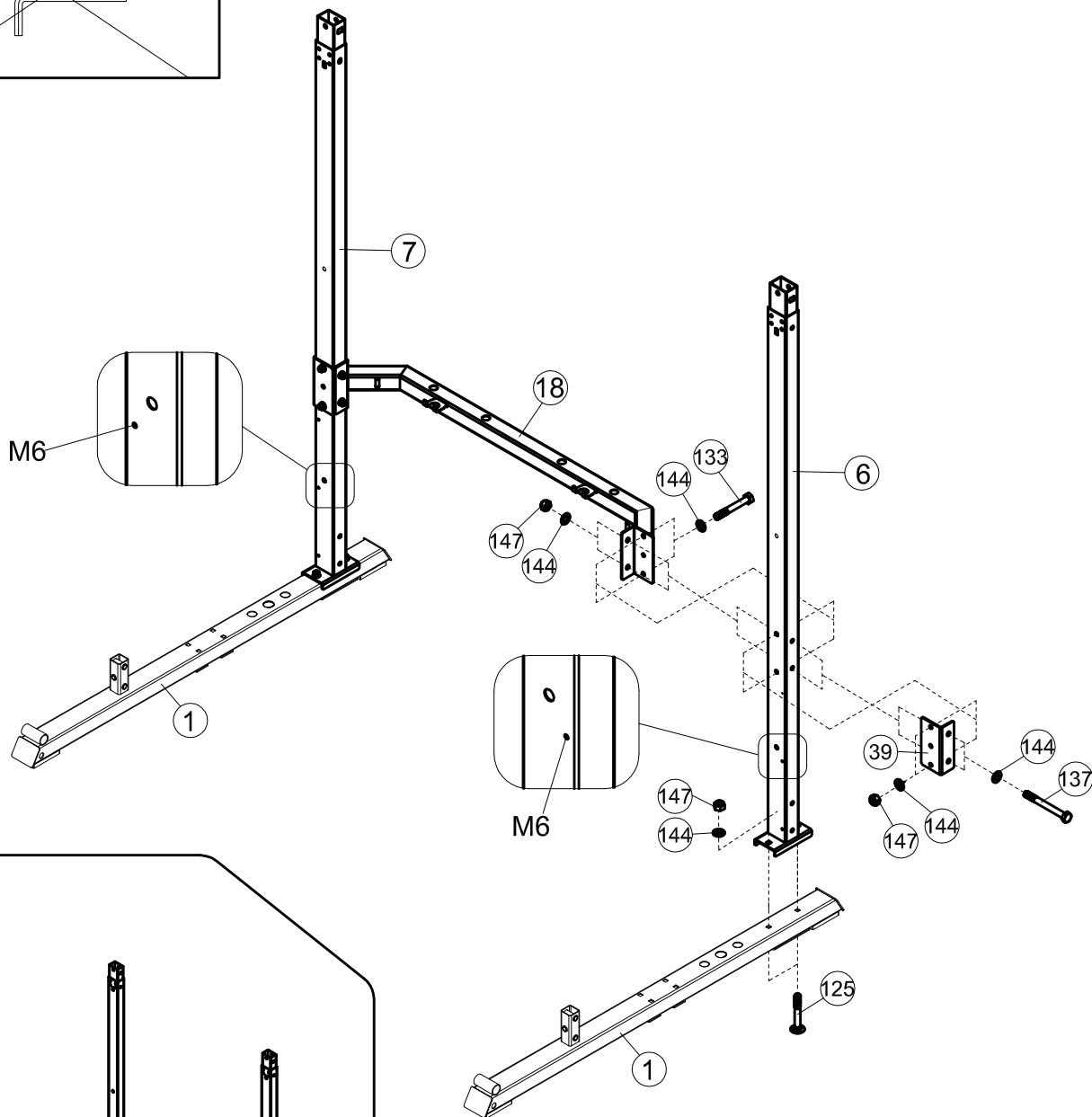
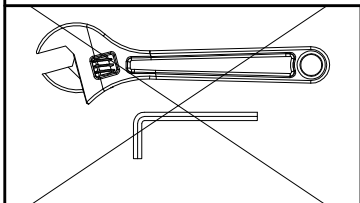
8# x 1

6# x 1

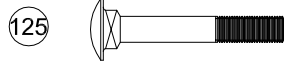
4# x 1



125		x4	M10x70	144		x20	Φ10
133		x4	M10x75	147		x12	M10
137		x4	M10x95				



STEP 1



×8 M10×70



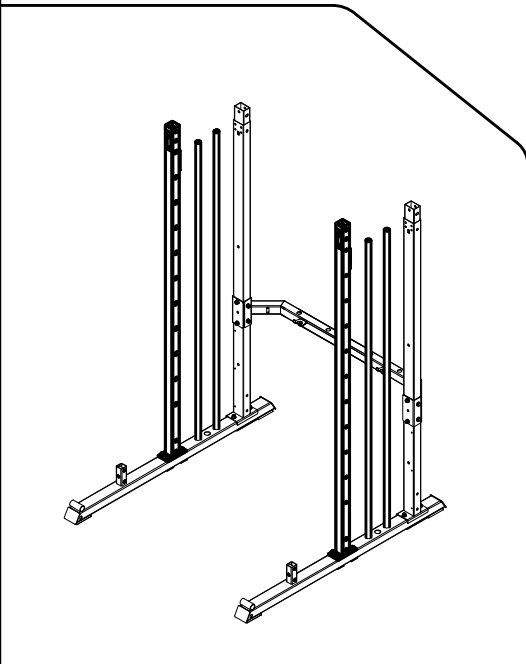
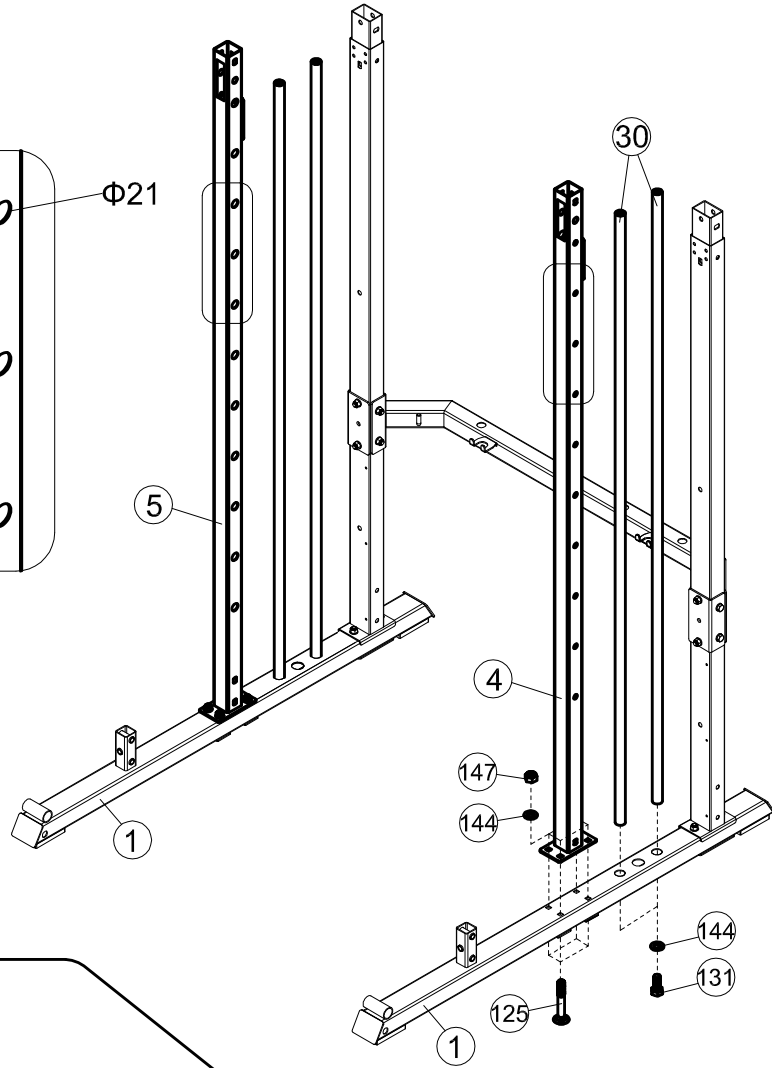
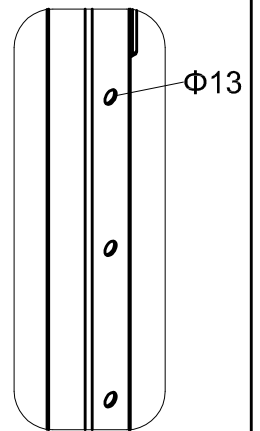
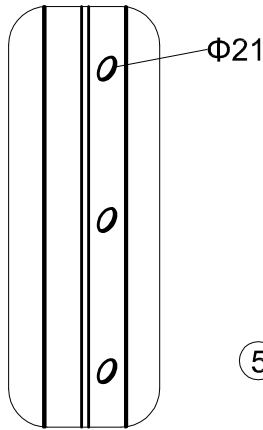
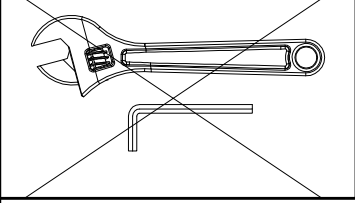
×12 Φ10



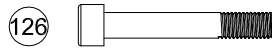
×4 M10×25



×8 M10



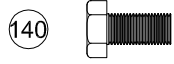
STEP 2



×2 M10×65



×4 Φ10



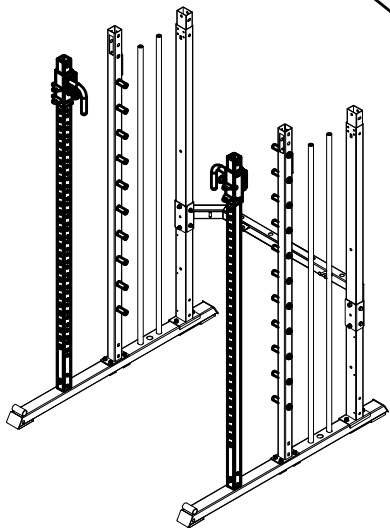
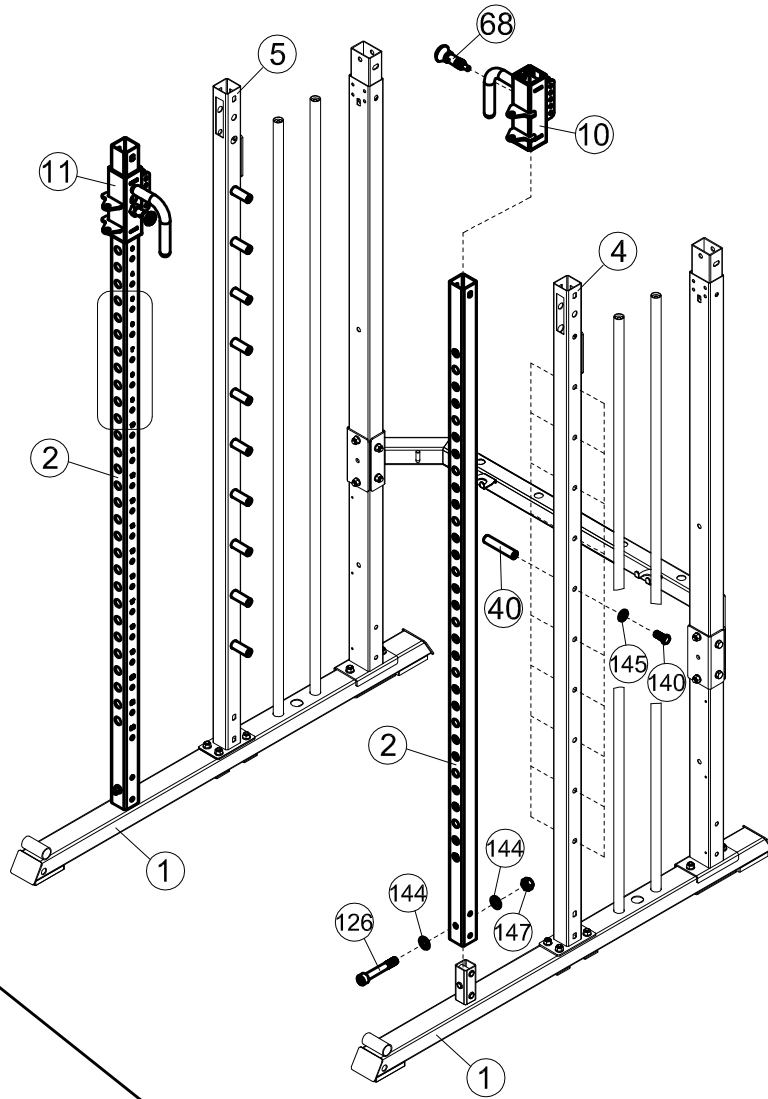
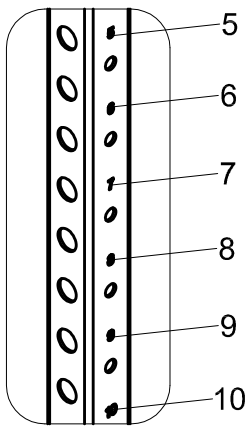
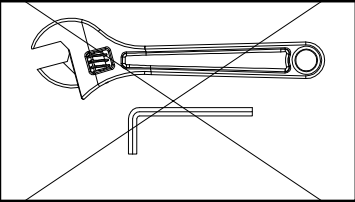
×22 M12×25



×22 Φ12



×2 M10



STEP 3

115

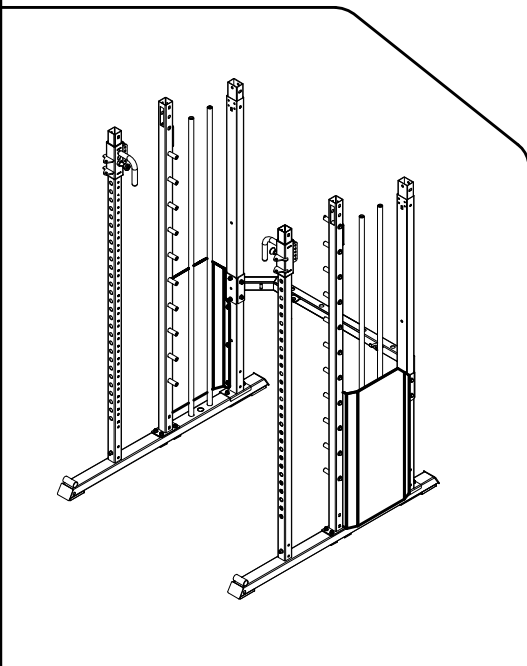
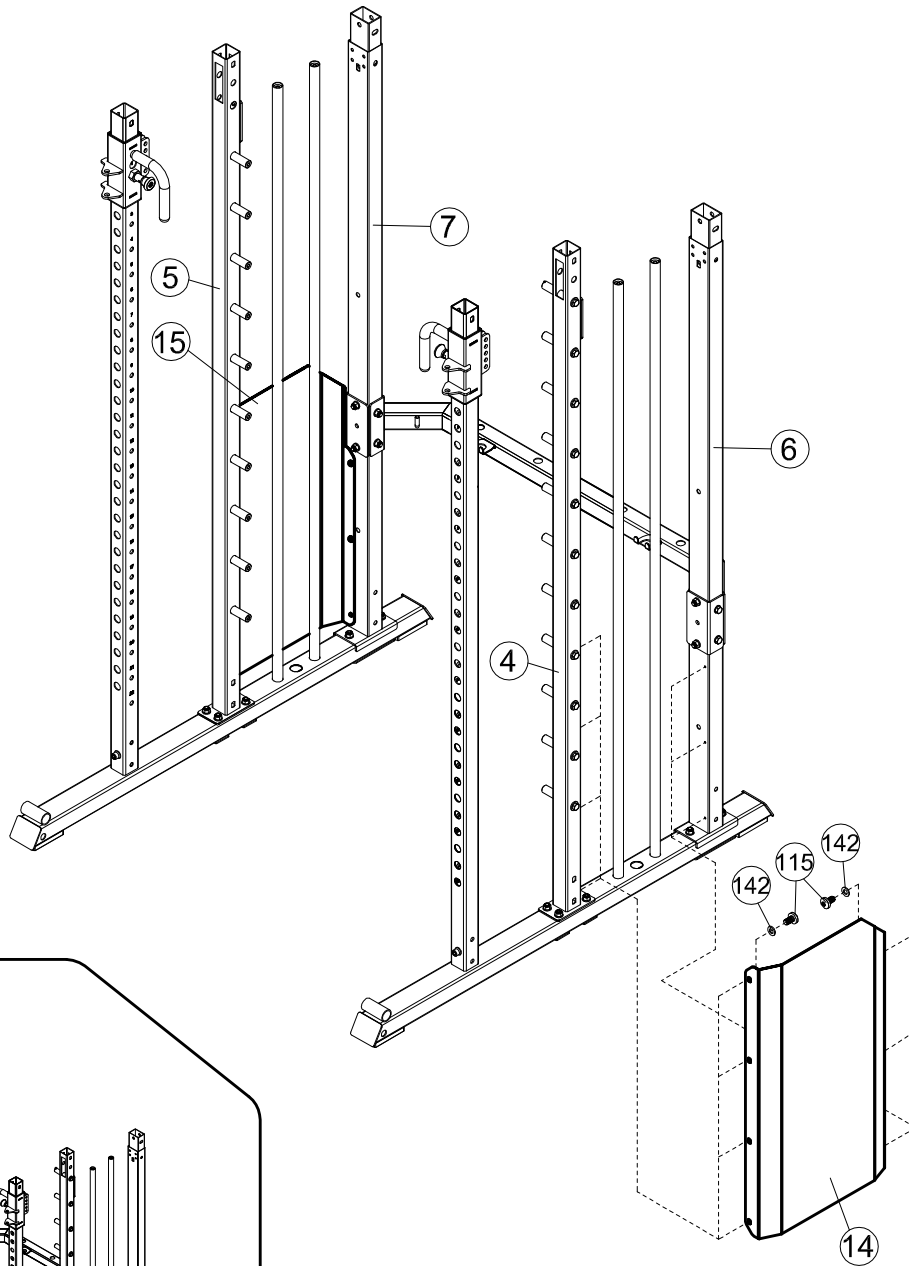
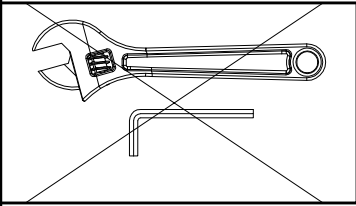


×14 M6×10

142




×14 Φ6

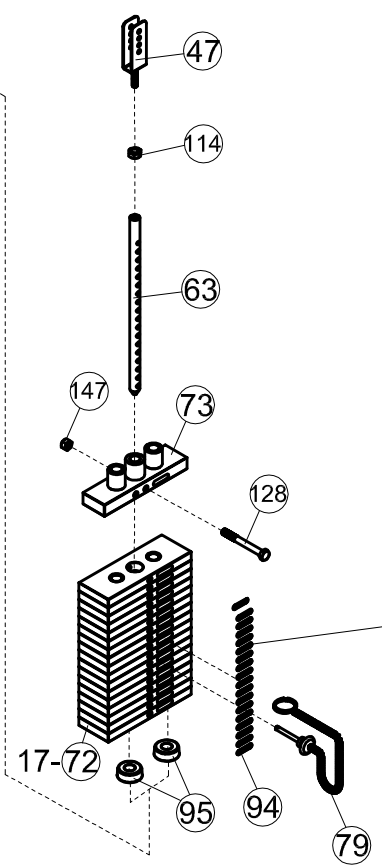
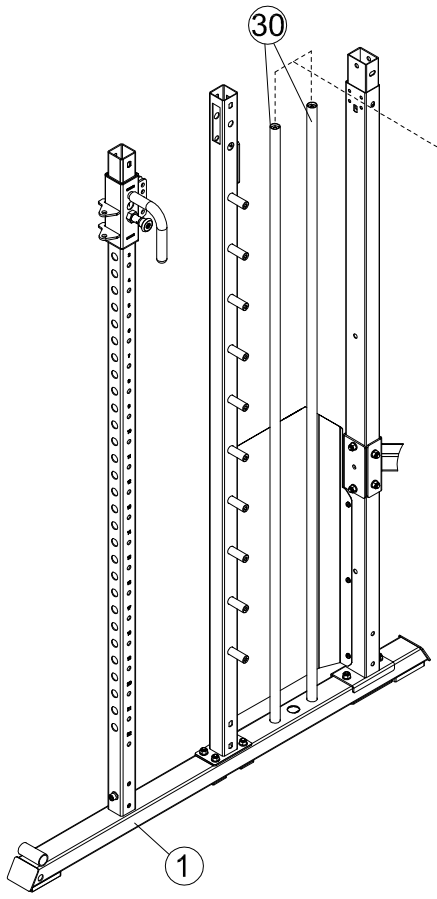
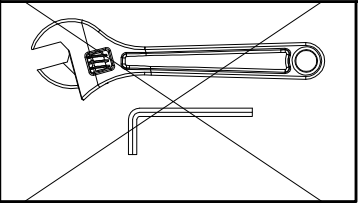


STEP 4

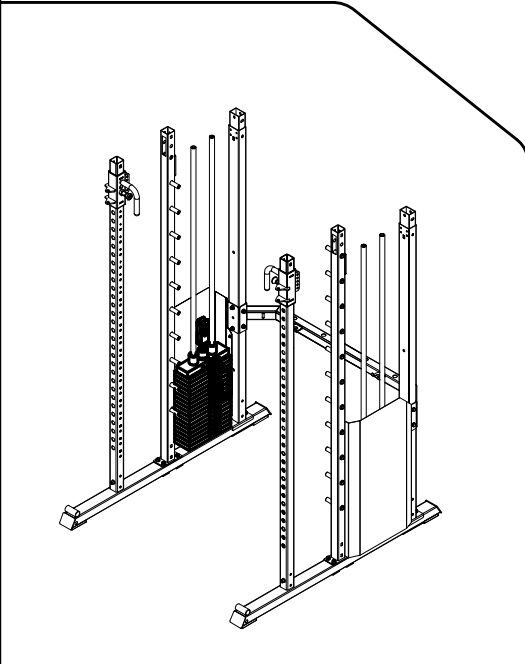
128  x2 M10x90

114   x2 M12

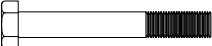

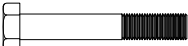

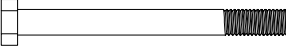

147   x2 M10

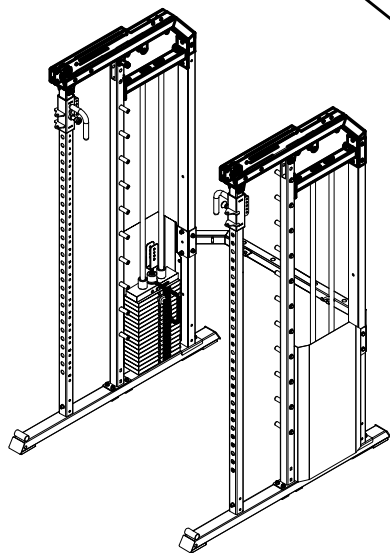
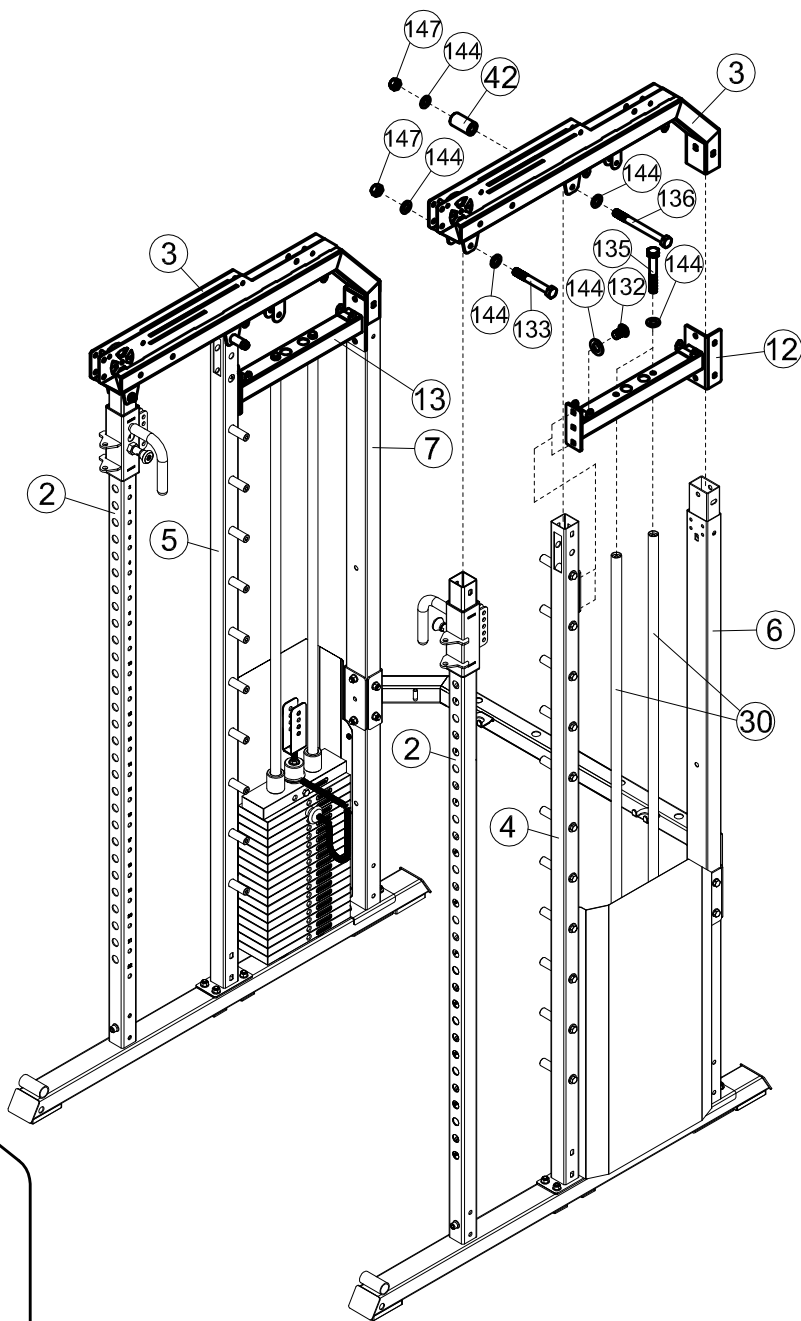
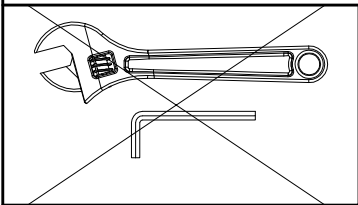


- 5KG/11LB
- 10KG/22LB
- 15KG/33LB
- 20KG/44LB
- 25KG/55LB
- 30KG/66LB
- 35KG/77LB
- 40KG/88LB
- 45KG/99LB
- 50KG/110LB
- 55KG/121LB
- 60KG/132LB
- 65KG/143LB
- 70KG/154LB
- 75KG/165LB
- 80KG/176LB
- 85KG/187LB
- 90KG/198LB

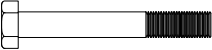

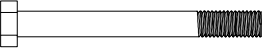



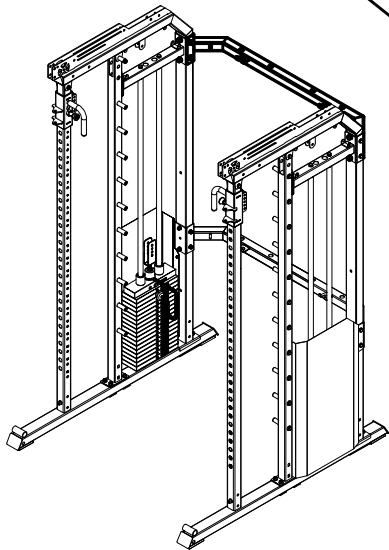
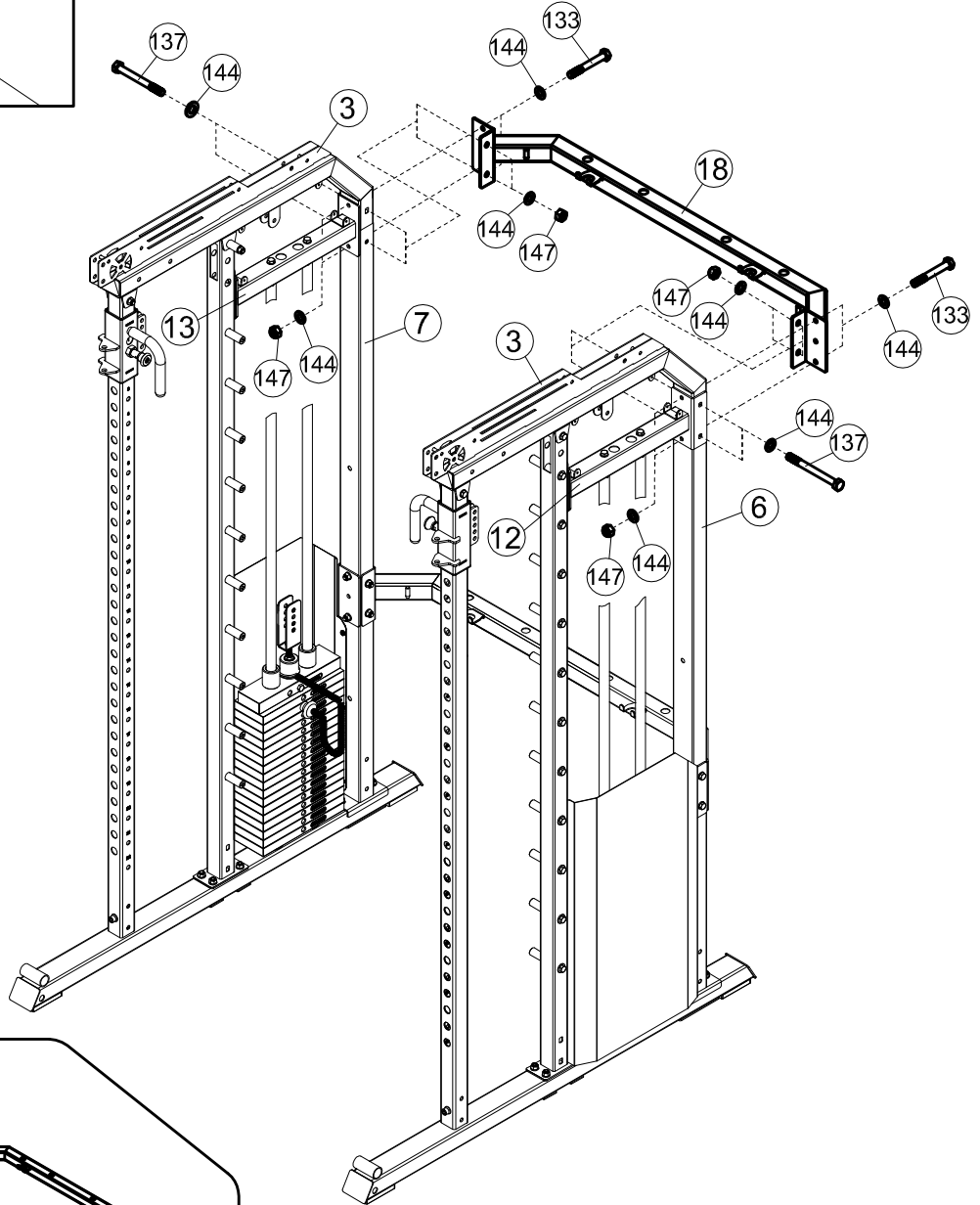
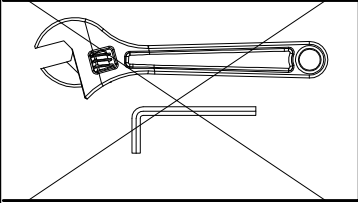
STEP 5

⑬③		×2	M10×75	⑬②		×4	M10×16
⑬⑤		×4	M10×65	⑭④		×16	Φ10
⑬⑥		×2	M10×105	⑭⑦		×4	M10

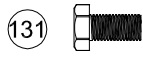


STEP 6

- | | | | | | | | |
|-------|---|----|--------|-------|--|-----|-----|
| (133) |  | x4 | M10x75 | (144) |  | x16 | Φ10 |
| (137) |  | x4 | M10x95 | (147) |  | x8 | M10 |



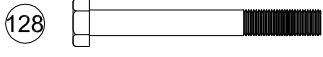
STEP 7



x4 M10x25



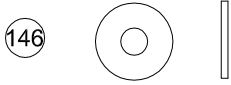
x8 Φ10



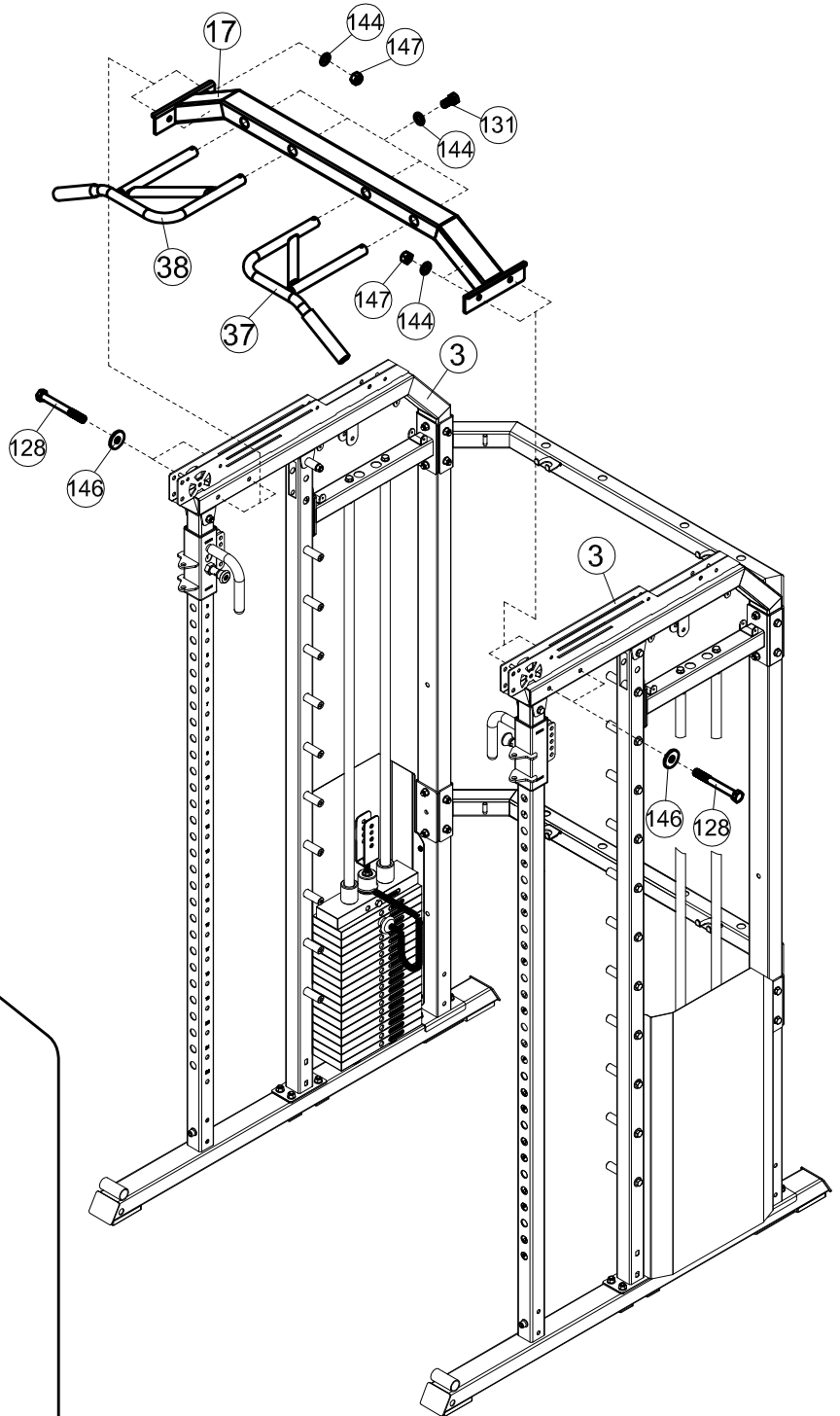
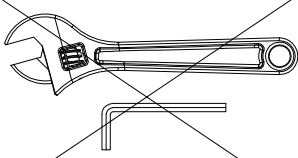
x4 M10x90



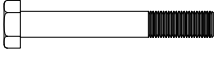

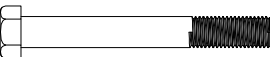



x4 M10

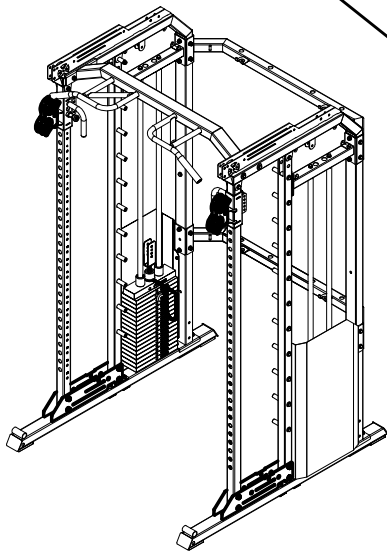
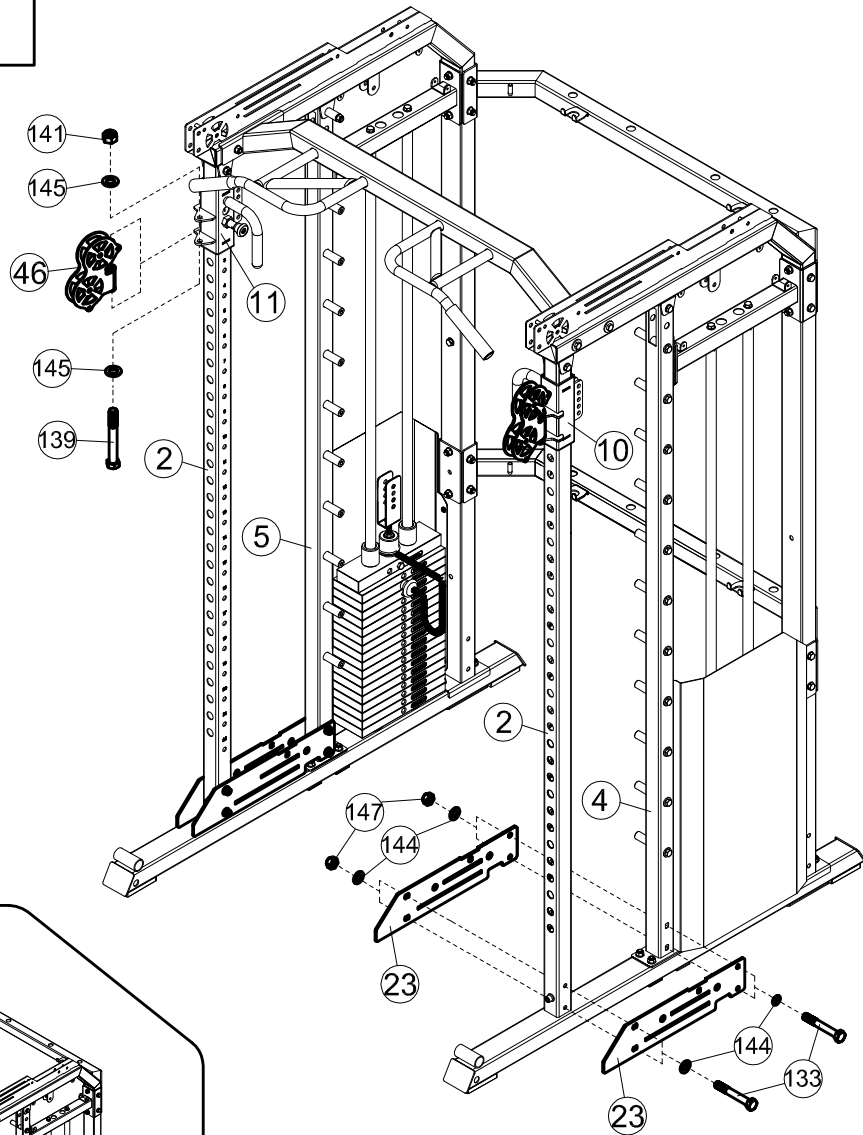
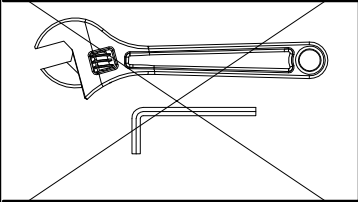


x4 Φ30xΦ10.5



STEP 8

- | | | | | | | | |
|-------|---|----|--------|-------|--|-----|-----|
| (133) |  | x8 | M10x75 | (144) |  | x16 | Φ10 |
| (139) |  | x2 | M12x95 | (145) |  | x4 | Φ12 |
| (147) |  | x8 | M10 | (141) |  | x2 | M12 |



STEP 9



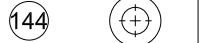
x4 M6x30



x4 Φ6



x2 M5x25



x4 Φ10



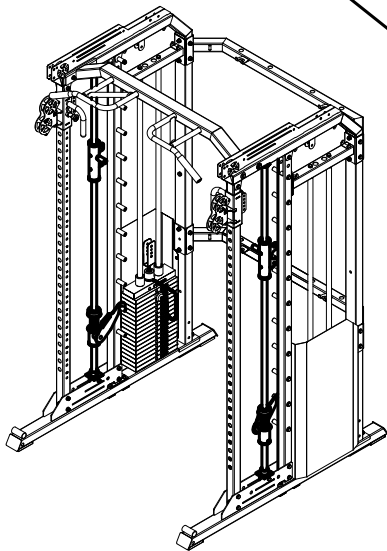
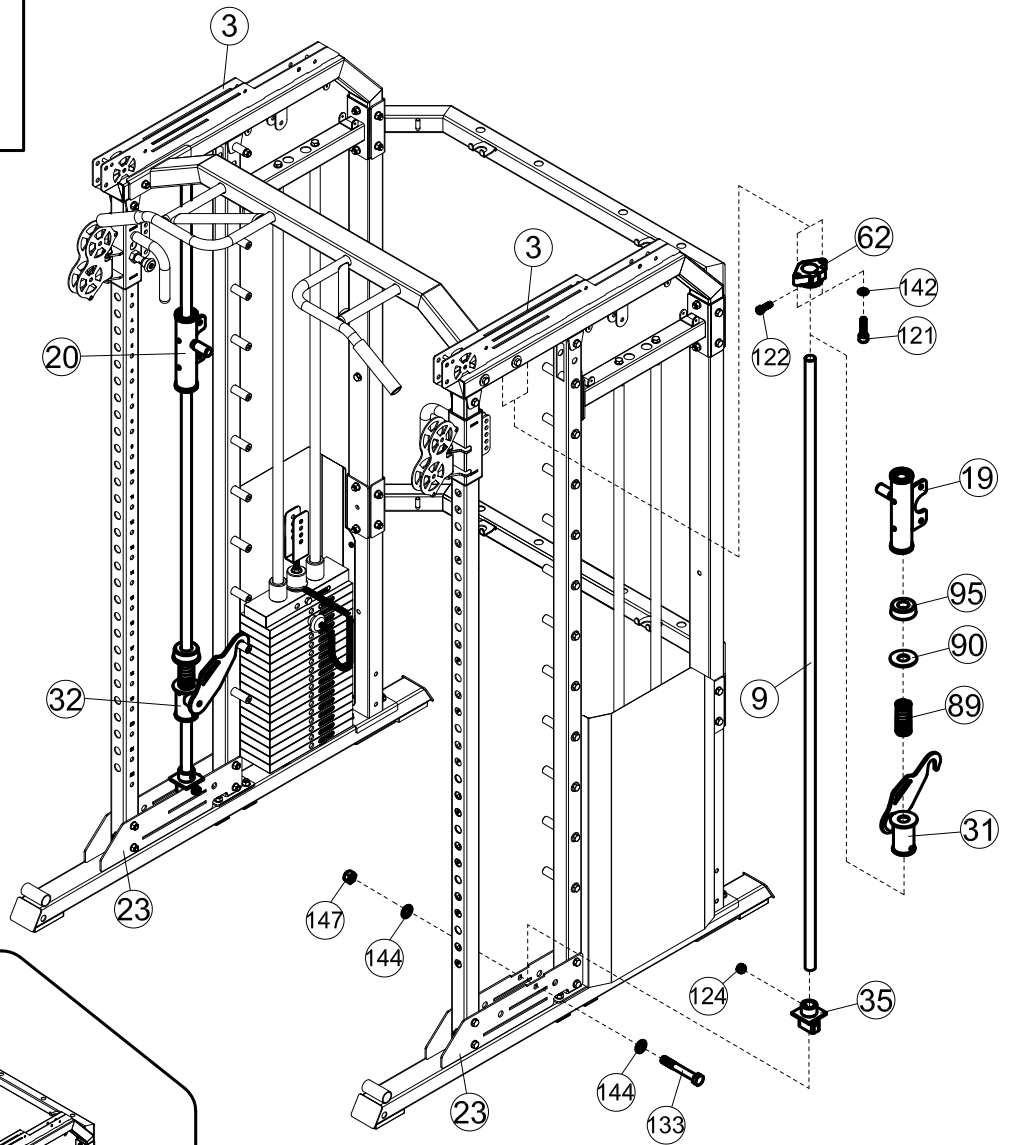
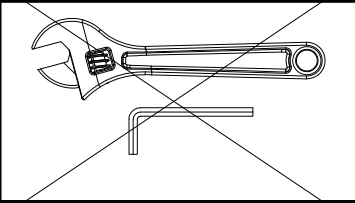
x2 M8x8



x2 M10



x2 M10x75



STEP 10



×2 M8×16



×2 20×R20×Φ9



×4 M10×25



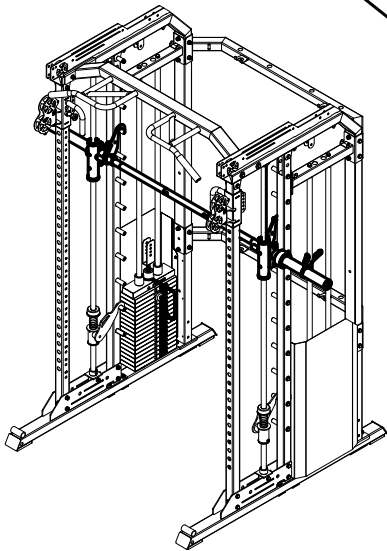
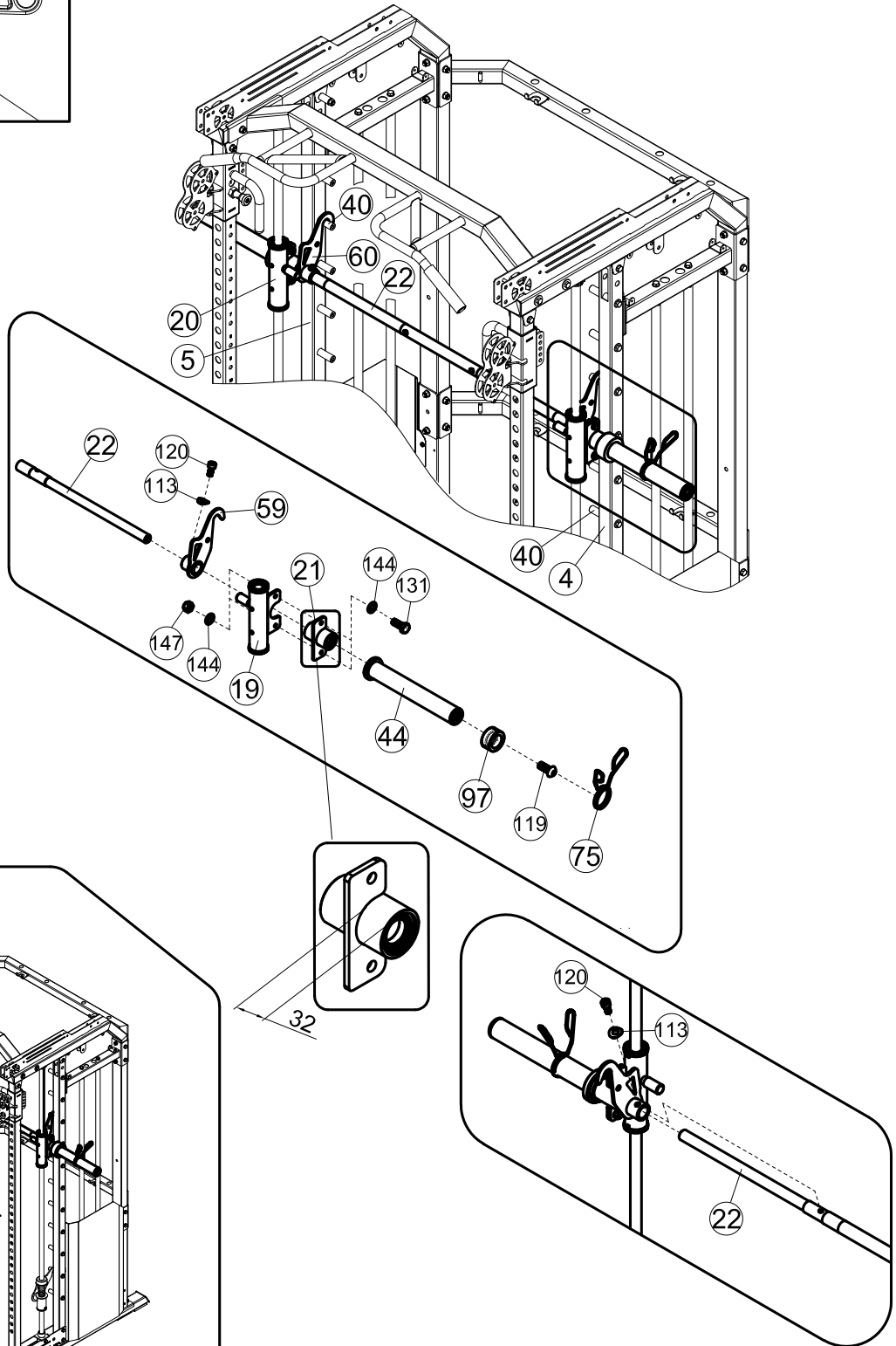
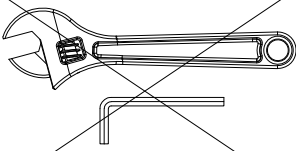
×8 Φ10



×2 M12×30

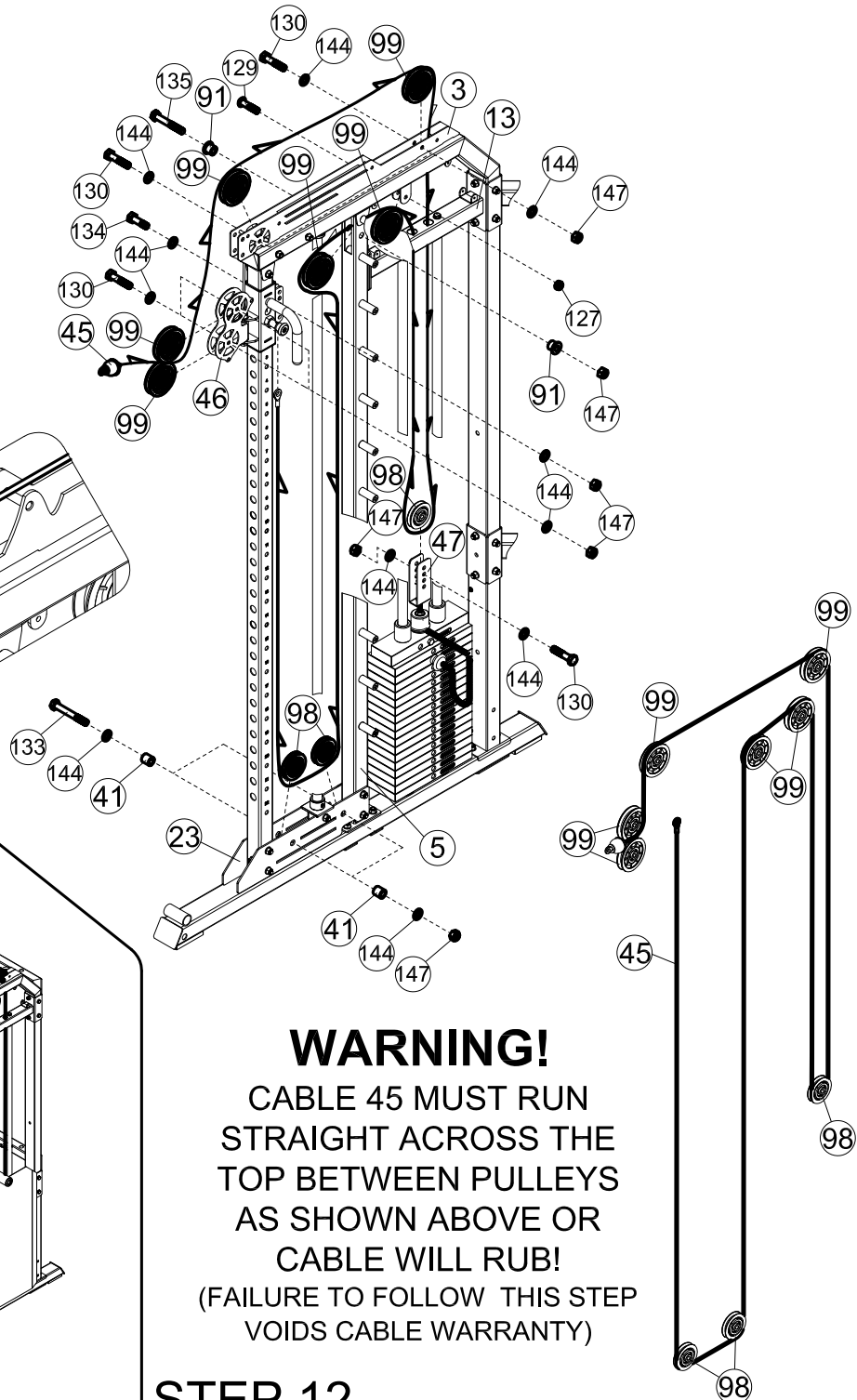
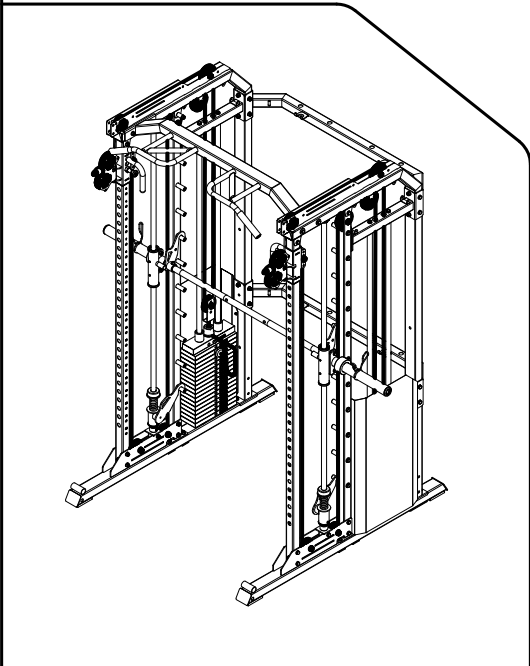
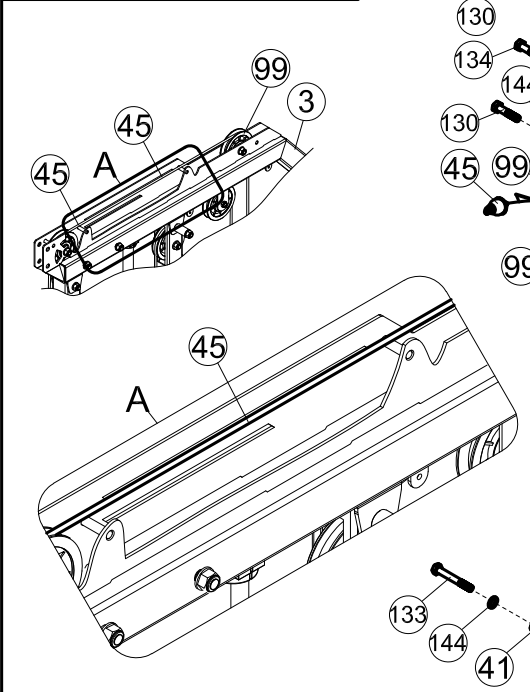
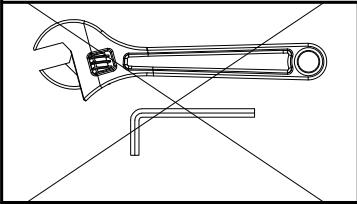


×4 M10





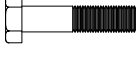


STEP 11

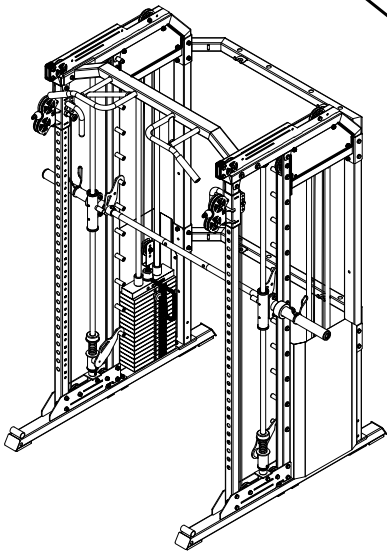
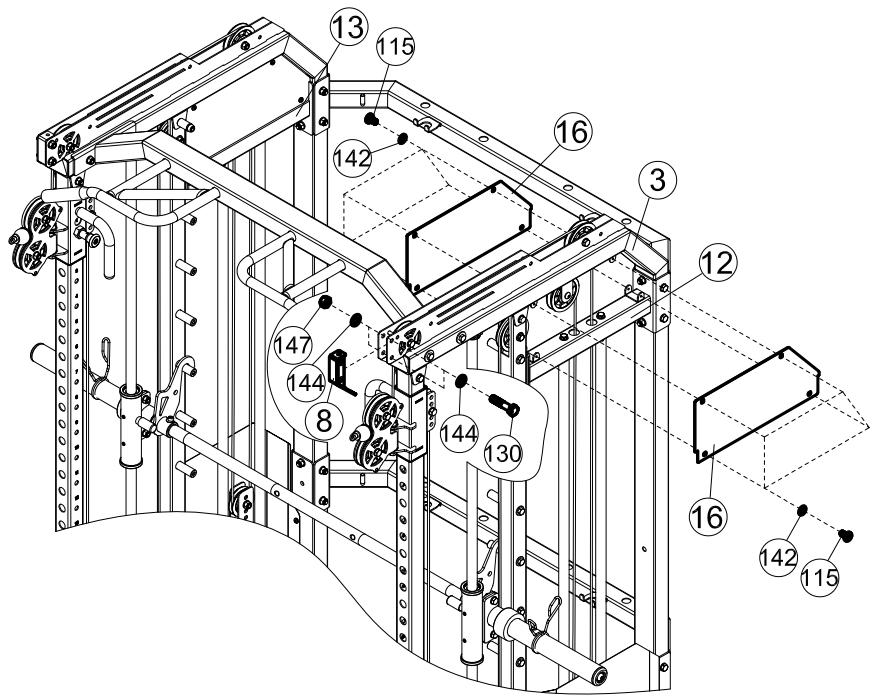
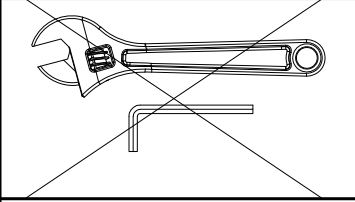
41		x8	Φ16×Φ11×17	134		x2	M10×35
91		x4	Φ22×Φ10.2×15	135		x2	M10×65
129		x2	M10×38	144		x32	Φ10
130		x10	M10×45	147		x18	M10
133		x4	M10×75	127		x2	M10



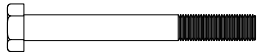



WARNING!
 CABLE 45 MUST RUN STRAIGHT ACROSS THE TOP BETWEEN PULLEYS AS SHOWN ABOVE OR CABLE WILL RUB!
 (FAILURE TO FOLLOW THIS STEP VOIDS CABLE WARRANTY)

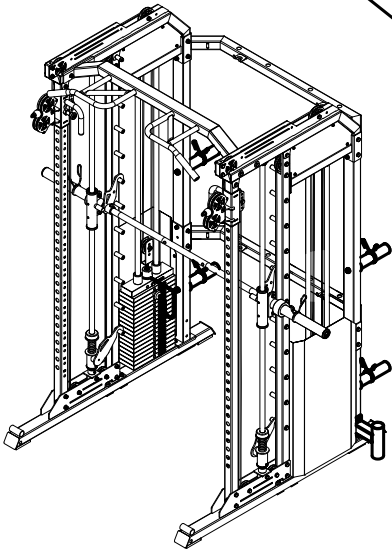
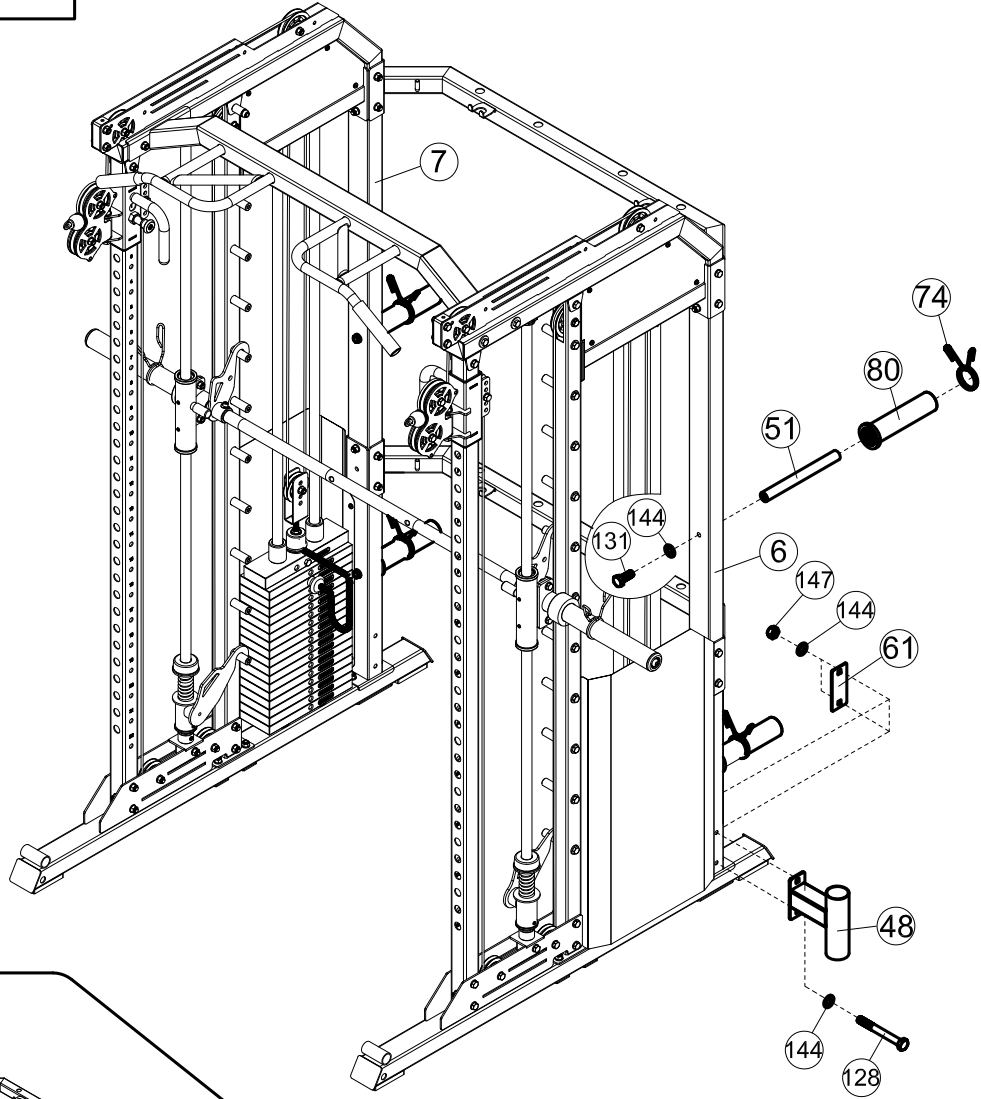
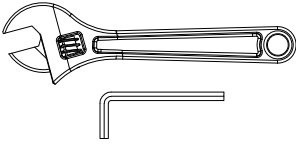
STEP 12

- | | | | | | | | |
|------|---|-----|--------|------|--|----|-----|
| ①115 |  | ×16 | M6×10 | ①144 |  | ×8 | Φ10 |
| ①130 |  | ×4 | M10×45 | ①147 |  | ×4 | M10 |
| ①142 |  | ×16 | Φ6 | | | | |



STEP 13

- | | | | | | | | |
|-------|---|----|--------|-------|--|----|-----|
| (128) |  | x2 | M10x90 | (144) |  | x8 | Φ10 |
| (131) |  | x4 | M10x25 | (147) |  | x2 | M10 |

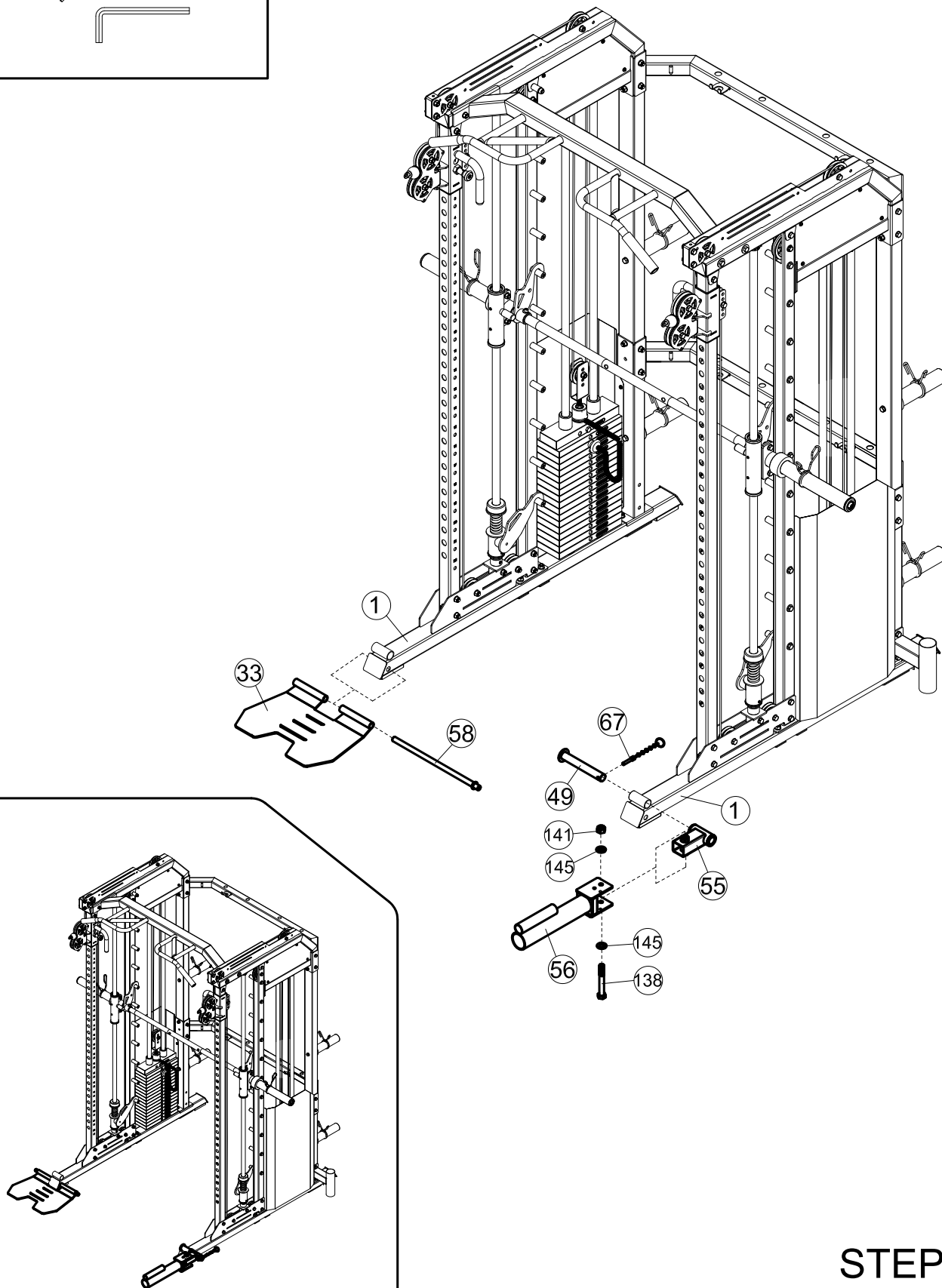
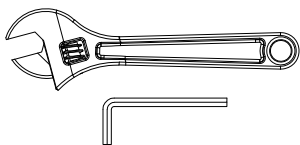


STEP 14

138  ×1 M12×90

145  |  ×2 Φ12

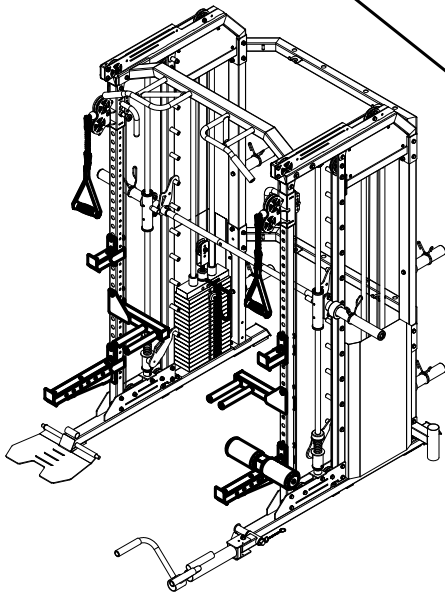
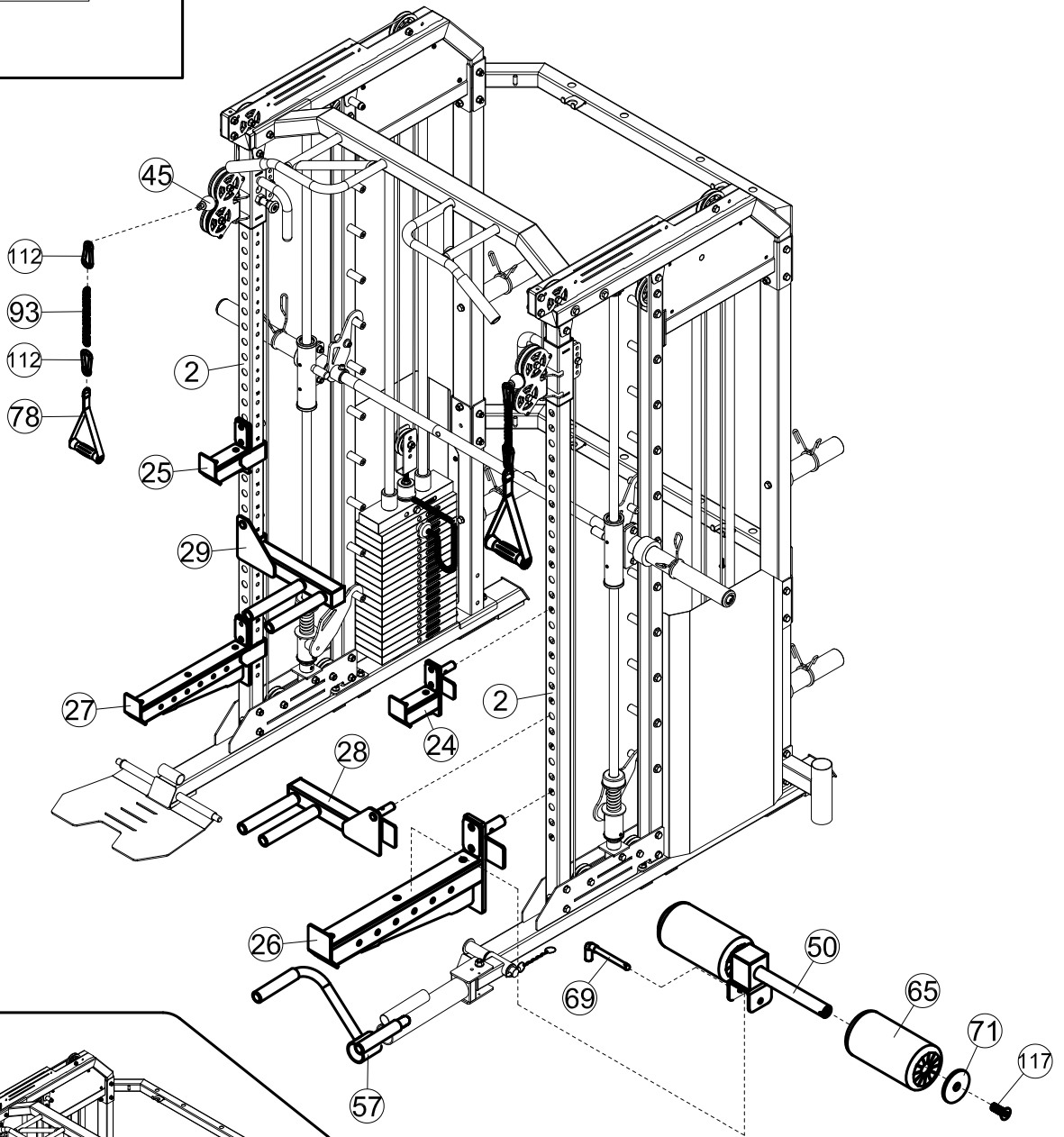
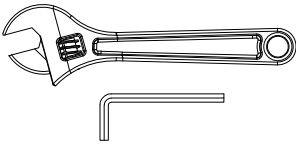
141   ×1 M12



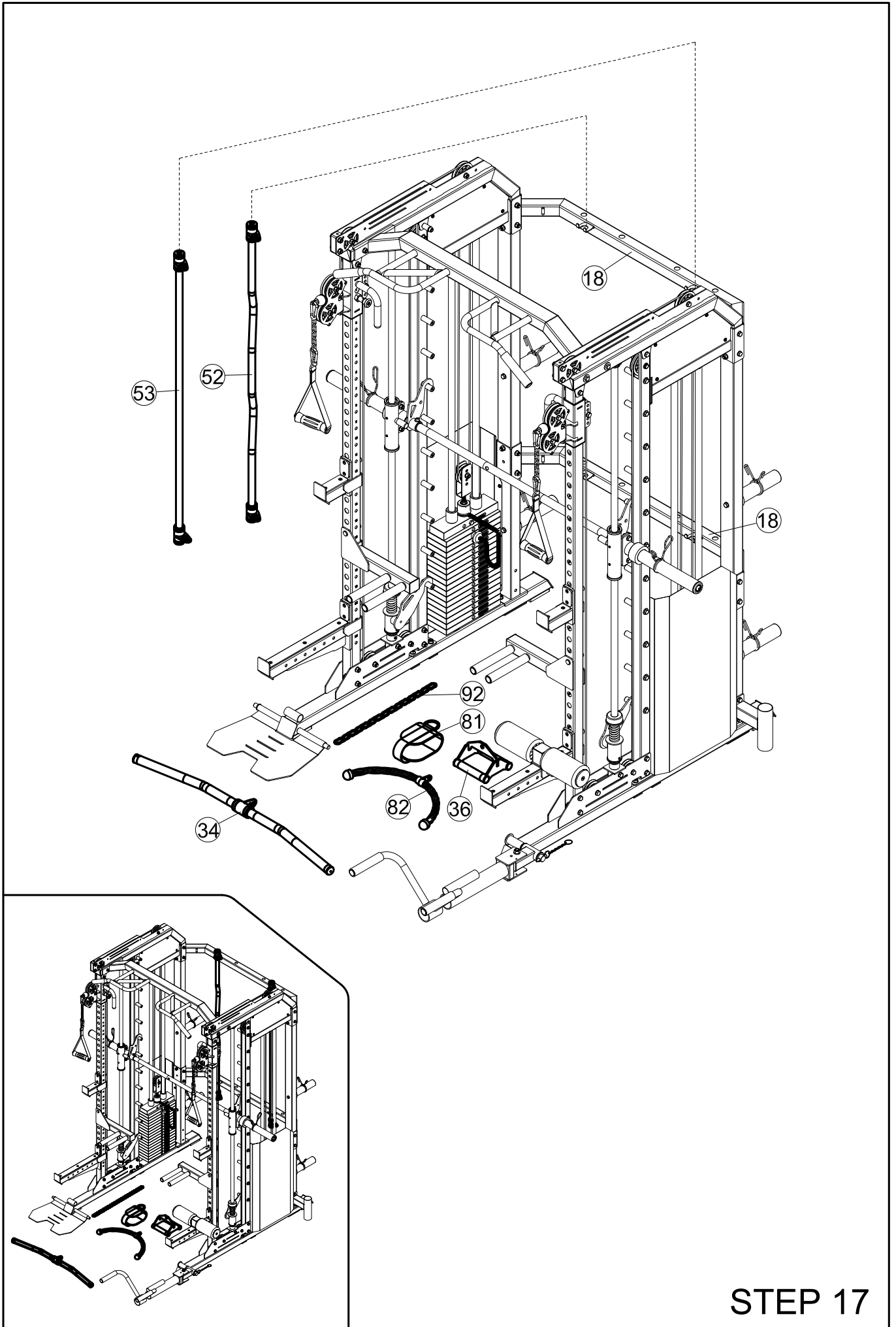
117

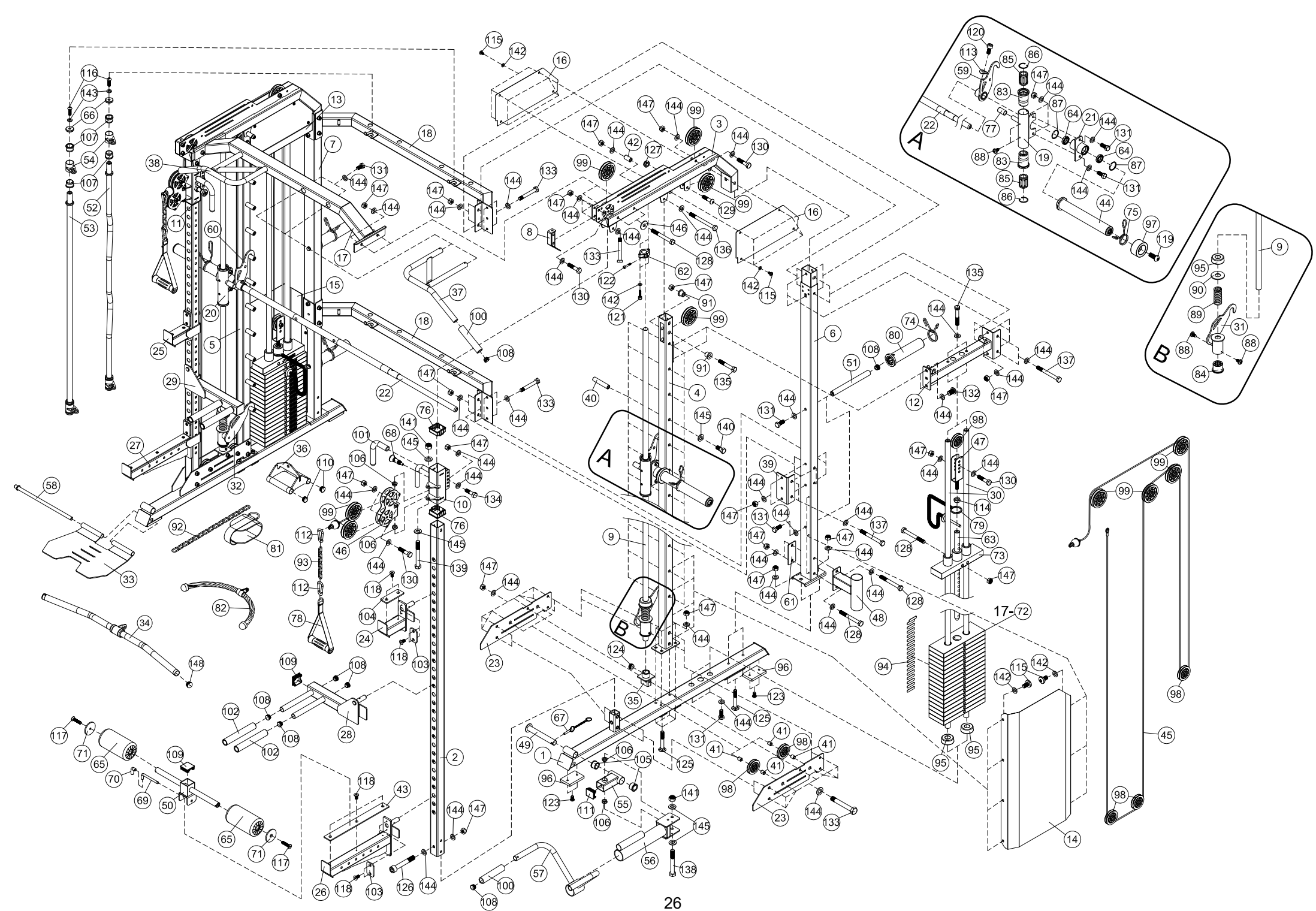


×2 M8×20



STEP 16





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Frame		2
2	Guide Shaft	□50×1954	2
3	Top Frame		2
4	Intermediate Stand L		1
5	Intermediate Stand R		1
6	Rear Post L		1
7	Rear Post R		1
8	Decorative cover		2
9	Guide rod	Φ25×1846	2
10	Sliding frame L		1
11	Sliding frame R		1
12	Upper connecting frame L		1
13	Upper connecting frame R		1
14	Weight Stack Cover L	800×428×70×60×1	1
15	Weight Stack Cover R	800×428×70×60×1	1
16	Protective cover	426×188×1	4
17	Horizontal bar		1
18	Connecting Frame Rear		2
19	Mobile rack R		1
20	Mobile rack L		1
21	Bearing frame		2
22	Weight Rod	φ30×φ28×φ25×1914	1
23	Bottom Plate	484×105×4	4
24	Short Safety Rack L		1
25	Short Safety Rack R		1
26	Long Safety Rack L		1
27	Long Safety Rack R		1
28	Dip Bar L		1
29	Dip Bar R		1
30	Guide Rod Rear		4
31	Safety hook Bracket L		1
32	Safety hook Bracket R		1
33	Foot Pedal Set		1
34	Cambered Bar (attachment)		1
35	Fixing frame		2

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
36	V-type handle		1
37	Left Chin-up Bar		1
38	Right Chin-up Bar		1
39	Bracket	155×75×50×4	2
40	Hanging post	φ20×115	22
41	Tube	φ16×φ11×17	8
42	Tube	φ20×φ10.2×32	2
43	Rack Liner	415×45×5	2
44	Long Spacer		2
45	Double pull cable	φ5×7880	2
46	Pulley Case		2
47	Pulley Case		2
48	Barbell Socket		1
49	Fixed pedestal		1
50	FOAM Frame		1
51	Weights Stow Rod		4
52	Cambered Bar		1
53	Straight Bar		1
54	Bar Handle		4
55	Spacer		1
56	Rotating Frame		1
57	Handle		1
58	Rotating Shaft		1
59	Hanging Bar L		1
60	Hanging Bar R		1
61	Bracket	120×50×3	1
62	Fixing frame	70×42×24×M5	2
63	Selector Rod	φ25×525	2
64	Bearing		4
65	FOAM	φ95×φ22×180	2
66	Bushing	φ38×φ9×8	4
67	Pop pin		1
68	Moving Lock Pin		2
69	L spring pins	φ10×115	1
70	Rubber sleeve	φ13×φ9.5×58	1

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
71	plate	φ68×5	2
72	Weight Plate	285×102×25(5kg)	34
73	Top Weight Plate	285×75×34	2
74	Spring Clip	φ49	4
75	Long Spring Clip	Φ47	2
76	Slide Guide	□60×2×□50×23.5	4
77	Tube End Cap	φ19×42	2
78	Nylon Strap Iso-Handle		2
79	Weight Selector Pin		2
80	Short Spacer	φ50×210	4
81	Ankle Strap		1
82	Rope		1
83	Sliding Rod Guide	φ55×φ46×φ40×73	4
84	Safety hook Bracket Guides	φ55×φ46×φ27×41	2
85	Linear Motion Bearing	LB254058	4
86	Hole circlip	d0=40	4
87	Hole circlip	42	4
88	Screw	ST4.0×9	8
89	Spring	φ43×φ27×φ8×80	2
90	Washer	φ65×φ27×4	2
91	Bushing	φ22×φ10.2×15	4
92	15-Joint Chain	φ5	1
93	6-Joint Chain	φ5	2
94	Weight Plate Sticker (90kg)	51×13	2
95	Rubber Stopper	φ62×φ24.5×25	6
96	Rubber Stopper	65×100×12	4
97	Rubber Stopper	Φ78×Φ50×39	2
98	Small Pulley with Bearing	φ75	6
99	Pulley with Bearings	φ96	12
100	Dips Handle	Φ23×150	4
101	Dips Handle	φ24×φ18×227	2
102	Dips Handle	φ23×200	4
103	Rack Liner	75×45×5	4
104	Rack Liner	120×45×5	2
105	Bushing	φ38×φ34×φ25×22	2

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
106	Bushing	φ25×φ20×φ12.2×10	6
107	Bushing	φ38×φ34×φ27×26	8
108	End Cap	φ25	16
109	End Cap	□50	3
110	End Cap	φ28	4
111	End Cap	□40×50	1
112	Hook	φ8	4
113	Bent Washer	20×R20×φ9	2
114	Hex nuts	M12	2
115	Allen Bolt	M6×10	30
116	Allen Bolt	M8×25	4
117	Hexagon socket countersunk head screws	M8×20	2
118	Hexagon socket countersunk head screws	M6×12	18
119	Allen Bolt	M12×30	2
120	Hexagon socket button head screws	M8×16	2
121	Hexagon socket button head screws	M6×30	4
122	Hexagon socket button head screws	M5×25	2
123	Allen Bolt	M8×16	8
124	Set screw	M8×8	2
125	Carriage Bolt	M10×70	12
126	Hexagon socket button head screws	M10×65	2
127	Nut	M10	2
128	HEX Bolt	M10×90	8
129	Allen Bolt	M10×38	2
130	HEX Bolt	M10×45	14
131	HEX Bolt	M10×25	16
132	Allen Bolt	M10×16	4
133	HEX Bolt	M10×75	24
134	HEX Bolt	M10×35	2
135	HEX Bolt	M10×65	6
136	HEX Bolt	M10×105	2
137	HEX Bolt	M10×95	8
138	HEX Bolt	M12×90	1
139	HEX Bolt	M12×95	2
140	HEX Bolt	M12×25	22

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
141	Nut	M12	3
142	Washer	6	34
143	Washer	8	4
144	Washer	10	152
145	Washer	12	28
146	Washer	$\varphi 30 \times \varphi 10.5 \times 2.5$	4
147	Nut	M10	78
148	End Cap	$\varphi 32$	2
	Allen wrench	4#	1
	Allen wrench	6#	1
	Allen wrench	8#	1

PACKAGE LIST

BOX 1:		BOX 4:	
2	Part 2	2	Part 3
1	Part 4	1	Part 12
1	Part 5	1	Part 13
1	Part 6	1	Part 28
1	Part 7	1	Part 29
1	Silicone Oil	1	Part 48
BOX 2:		1	Part 50
2	Part 1	4	Part 51
1	Part 19	4	Part 80
1	Part 20	BOX 5:	
1	Part 34	1	Part 14
1	Part 52	1	Part 15
1	Part 53	4	Part 16
1	Part 56	4	Part 23
2	Part 39	22	Part 40
1	Part 61	1	Part 33
BOX 3:		2	Part 63
1	Part 10	1	PARTS BAG 7-1
1	Part 11	1	PARTS BAG 7-2
1	Part 17	1	PARTS BAG 7-3
2	Part 18	1	PARTS BAG 7-4
1	Part 24	1	PARTS BAG 7-5
1	Part 25	1	PARTS BAG 7-6
1	Part 26	1	PARTS BAG 7-7
1	Part 27	1	Owner's Manual
2	Part 44	2	Weight Plate Sticker (90KG)
4	Part 74	1	Exercise Chart
2	Part 75		
6	Part 98		
12	Part 99		
2	Part 42		
1	Part 67		
1	Part 92		
2	Part 93		
4	Part 112		

BOX 6:		BOX 7:	
2	Part 8	2	Part 9
2	Part 21	1	Part 22
1	Part 31	4	Part 30
1	Part 32	BOX 8:	
2	Part 35	5	Part 72
1	Part 36	BOX 9:	
1	Part 37	5	Part 72
1	Part 38	BOX 10:	
2	Part 45	4	Part 72
2	Part 46	BOX 11:	
2	Part 47	4	Part 72
1	Part 49	BOX 12:	
1	Part 55	4	Part 72
1	Part 57	BOX 13:	
1	Part 58	4	Part 72
1	Part 59	BOX 14:	
1	Part 60	4	Part 72
2	Part 62	BOX 15:	
2	Part 65	4	Part 72
2	Part 68		
1	Part 69		
2	Part 73		
2	Part 79		
2	Part 78		
1	Part 81		
1	Part 82		
2	Part 89		
2	Part 90		
2	Part 71		
6	Part 95		
2	Part 97		