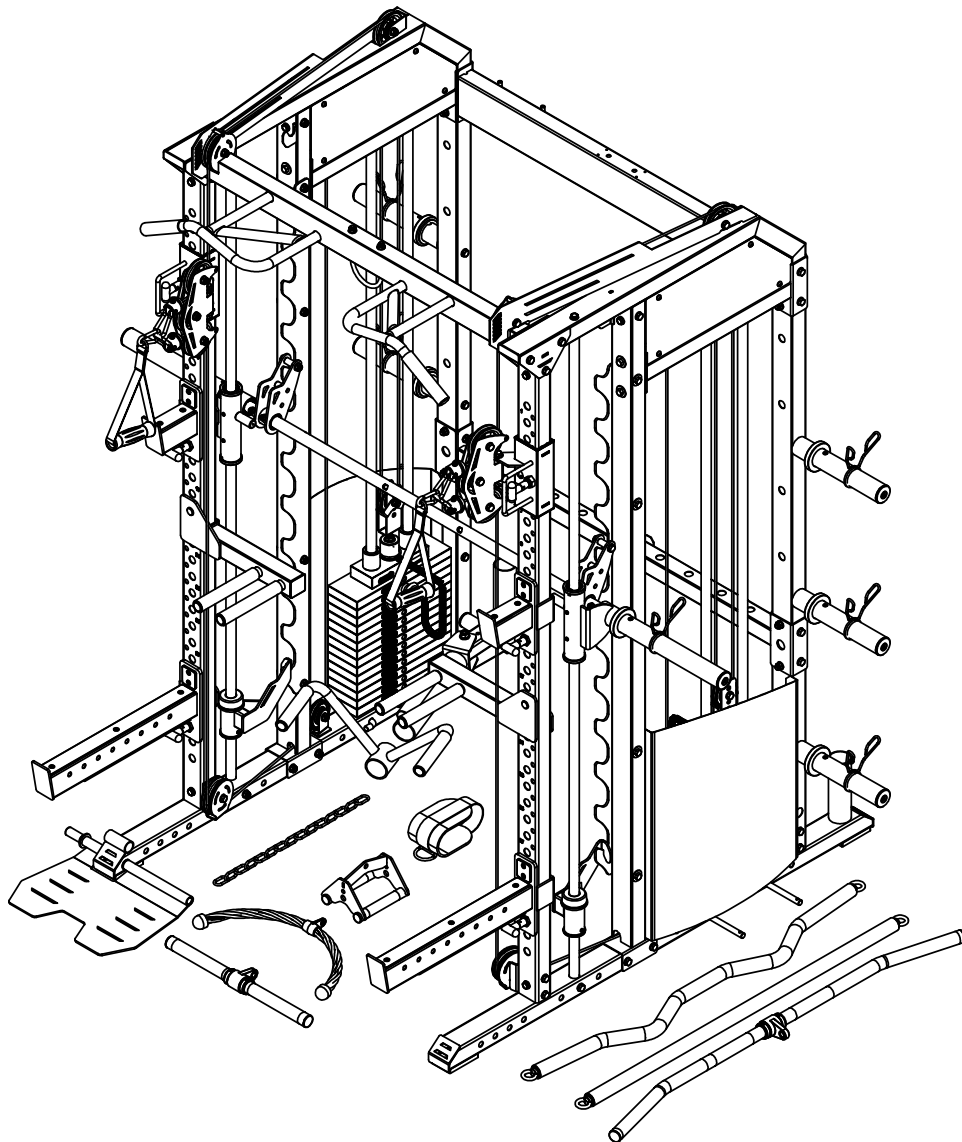




# JACKED UP FITNESS

ASSEMBLY MANUAL

JUF-PR4



**CAUTION!**

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

20230911-V2.0

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## BEFORE YOU BEGIN

Thank you for selecting the JUF-PR4. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction.

## **IMPORTANT SAFETY NOTICE**

### **PRECAUTIONS**

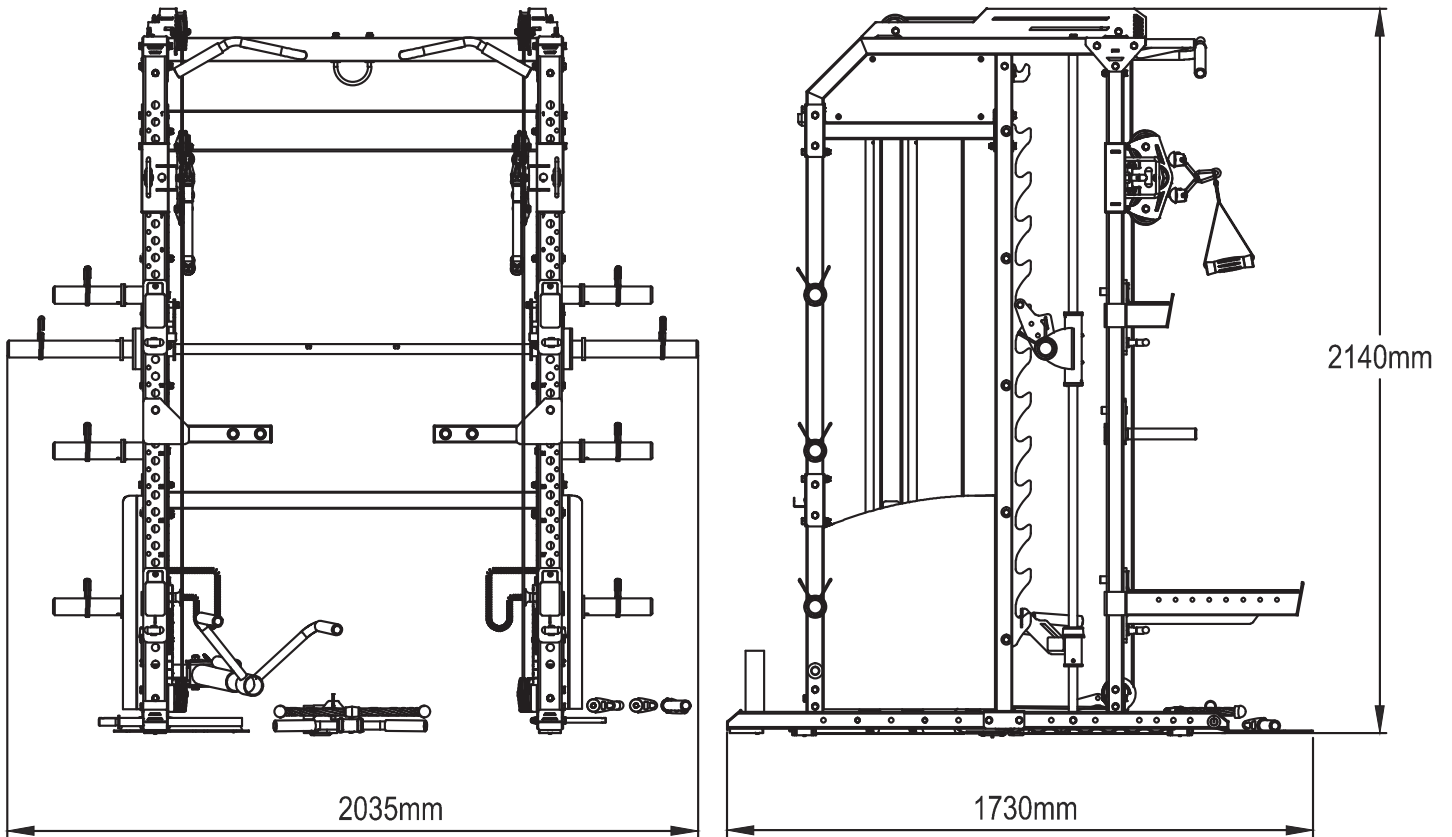
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

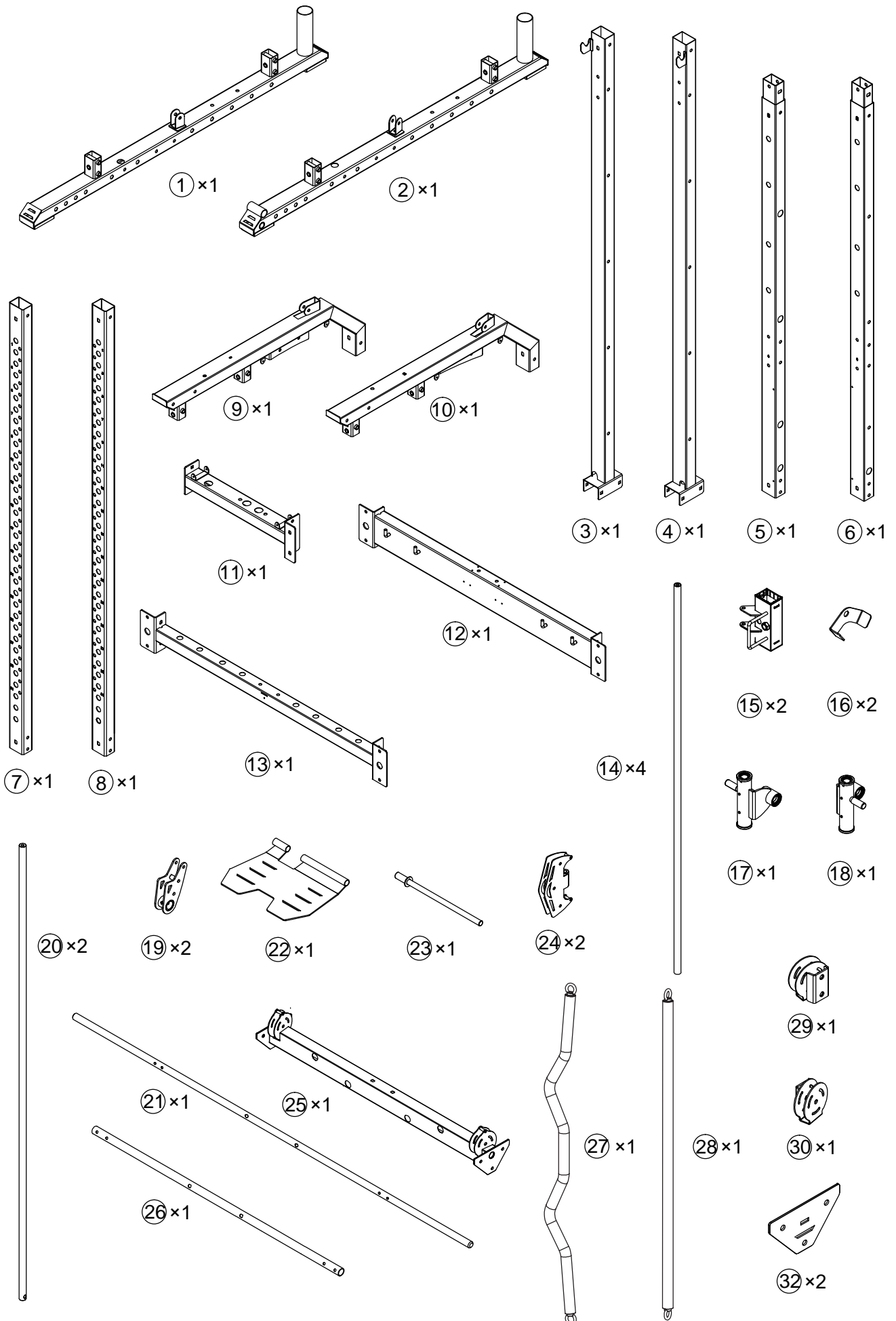
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. 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.

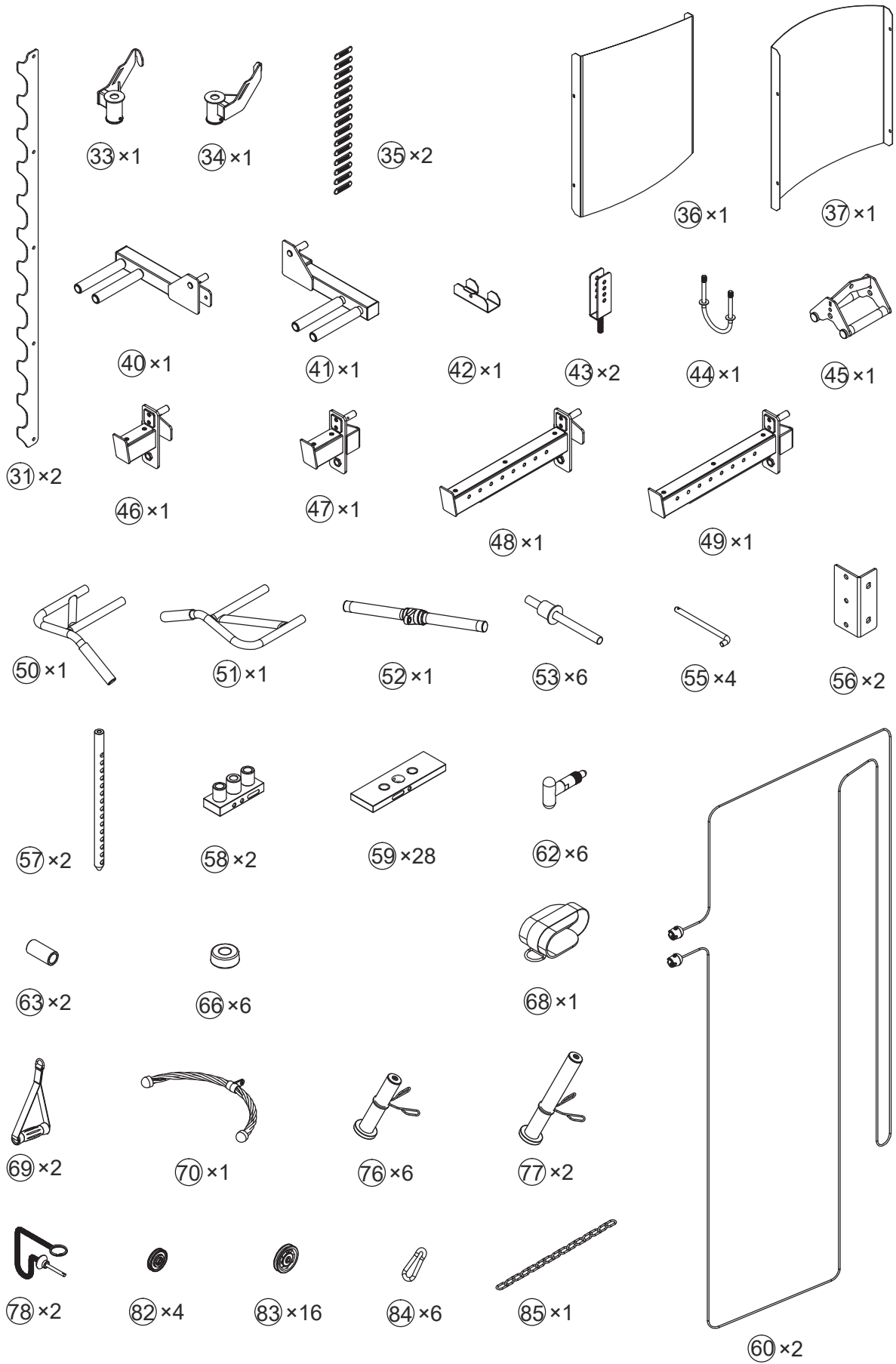
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

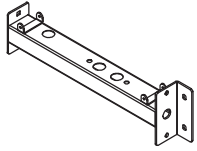
**SAVE THESE INSTRUCTIONS.**

**Assembled Dimension: 2035mm x 1730mm x2140mm**

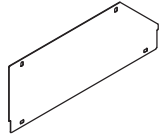




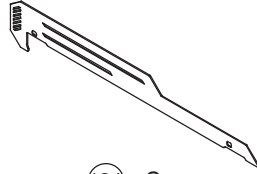




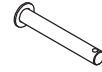
122 × 1



123 × 4



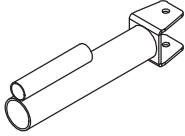
124 × 2



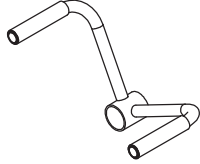
127 × 1



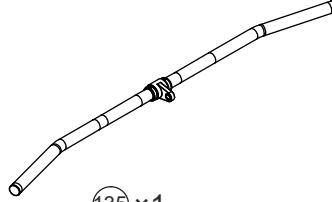
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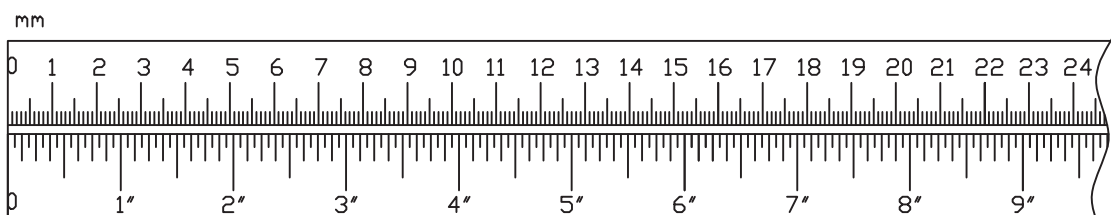
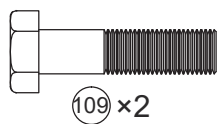
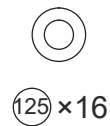
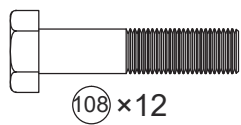
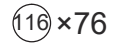
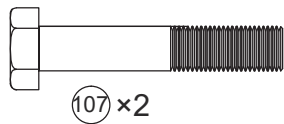
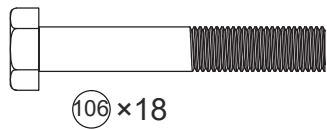
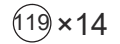
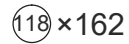
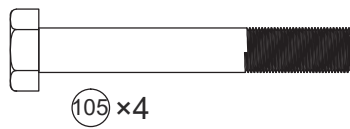
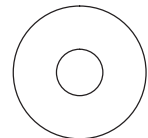
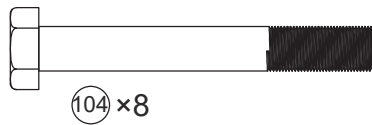
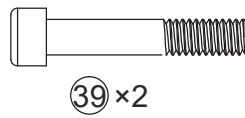
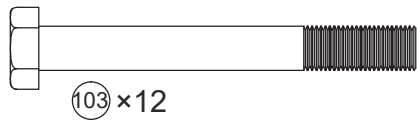
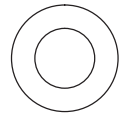
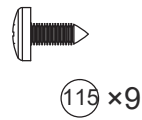
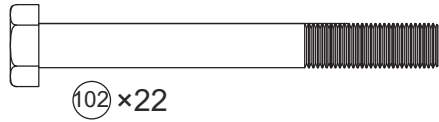
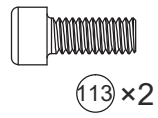
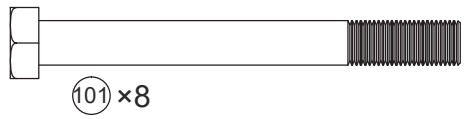
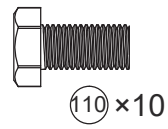
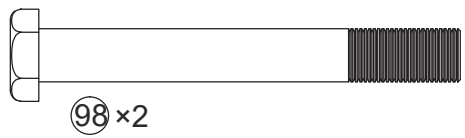
129 × 1



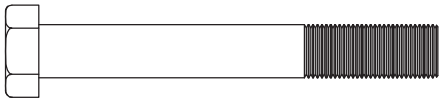
130 × 1



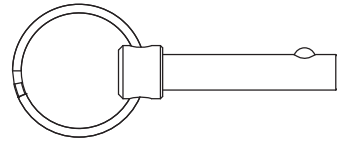
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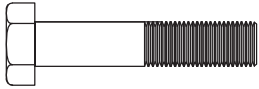
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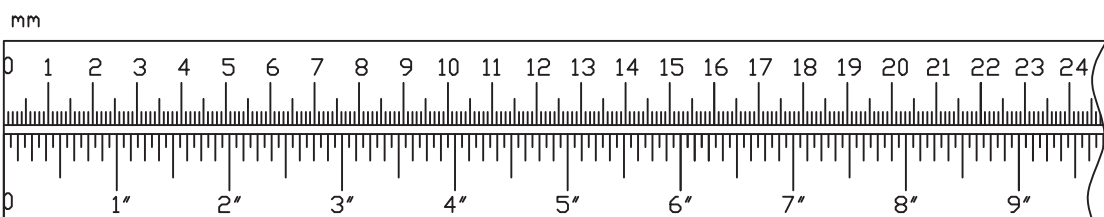
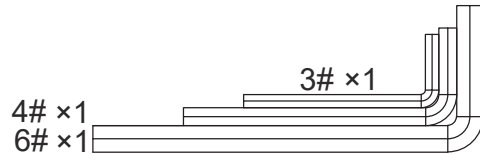
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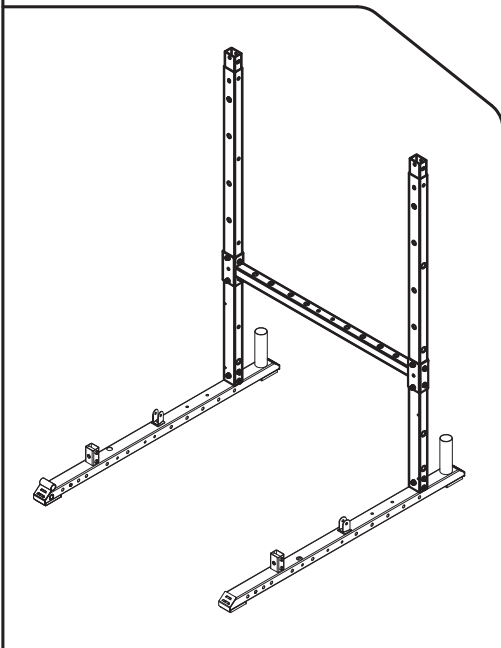
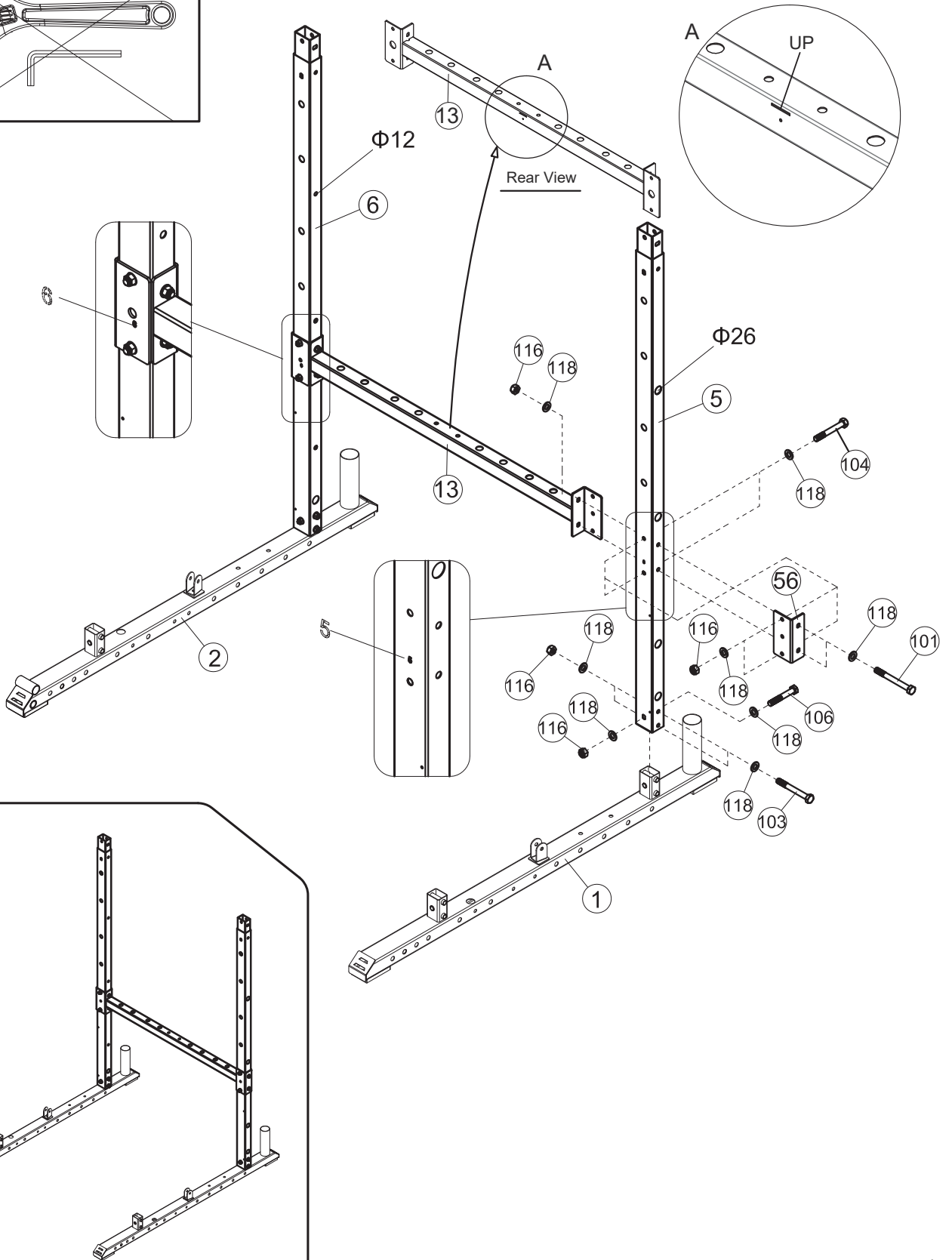
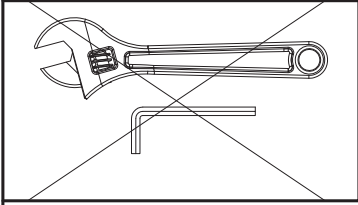
126 × 16



120 × 6



- |    |  |    |        |    |  |     |        |
|----|--|----|--------|----|--|-----|--------|
| ⑩1 |  | x4 | M10x95 | ⑩6 |  | x2  | M10x65 |
| ⑩3 |  | x4 | M10x85 | ⑩8 |  | x28 | Φ10    |
| ⑩4 |  | x4 | M10x75 | ⑩6 |  | x14 | M10    |



106



x4

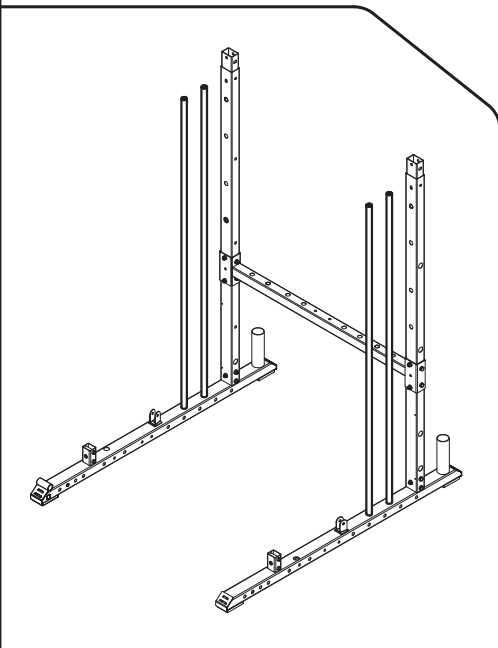
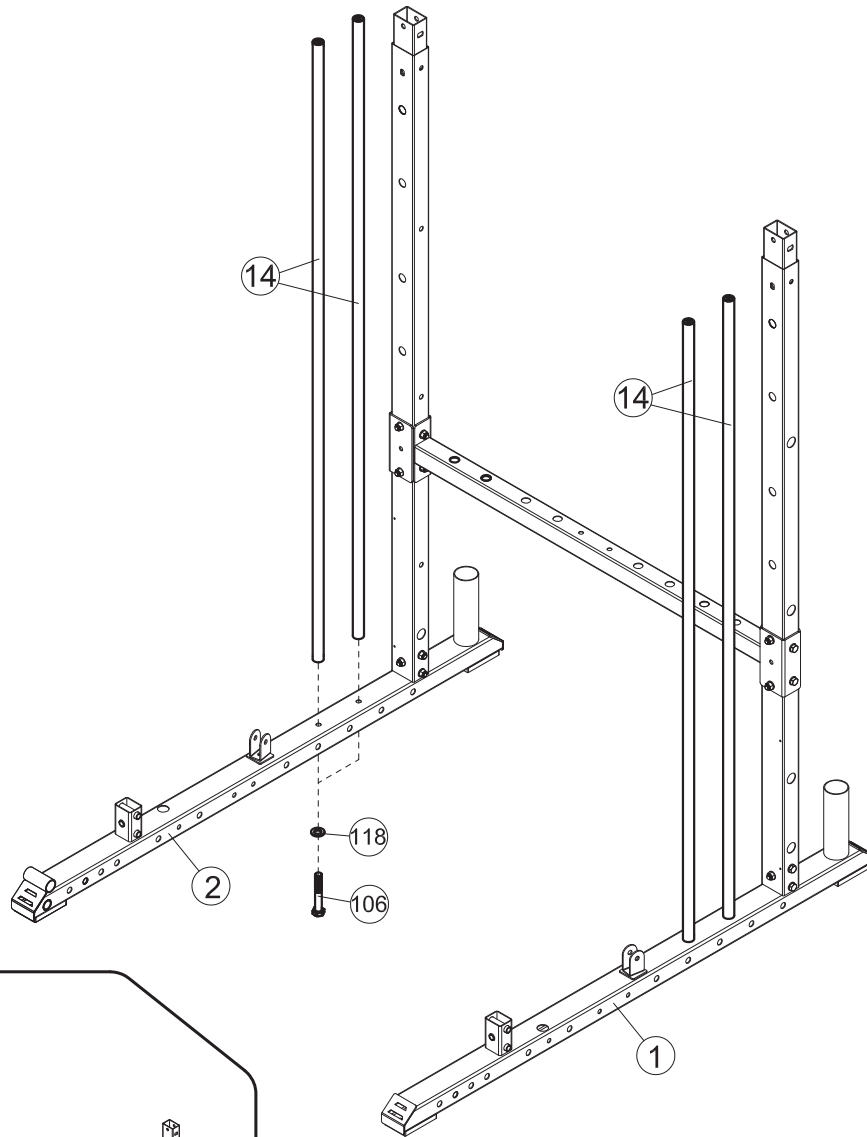
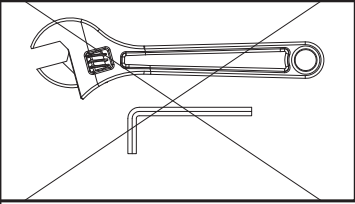
M10x65

118

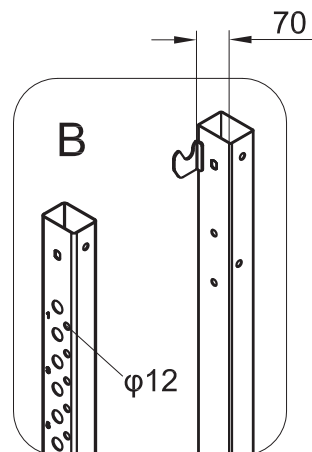
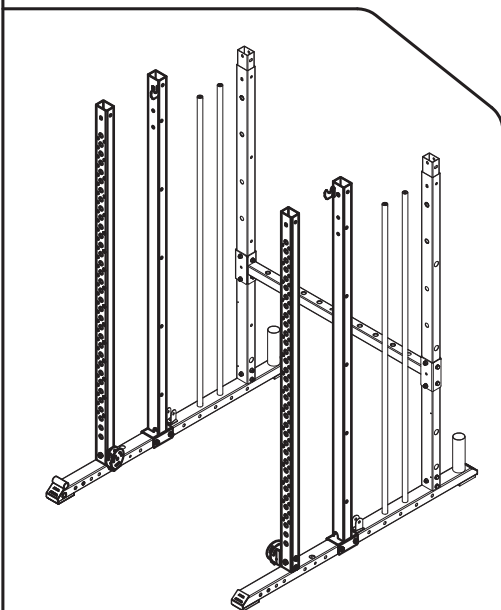
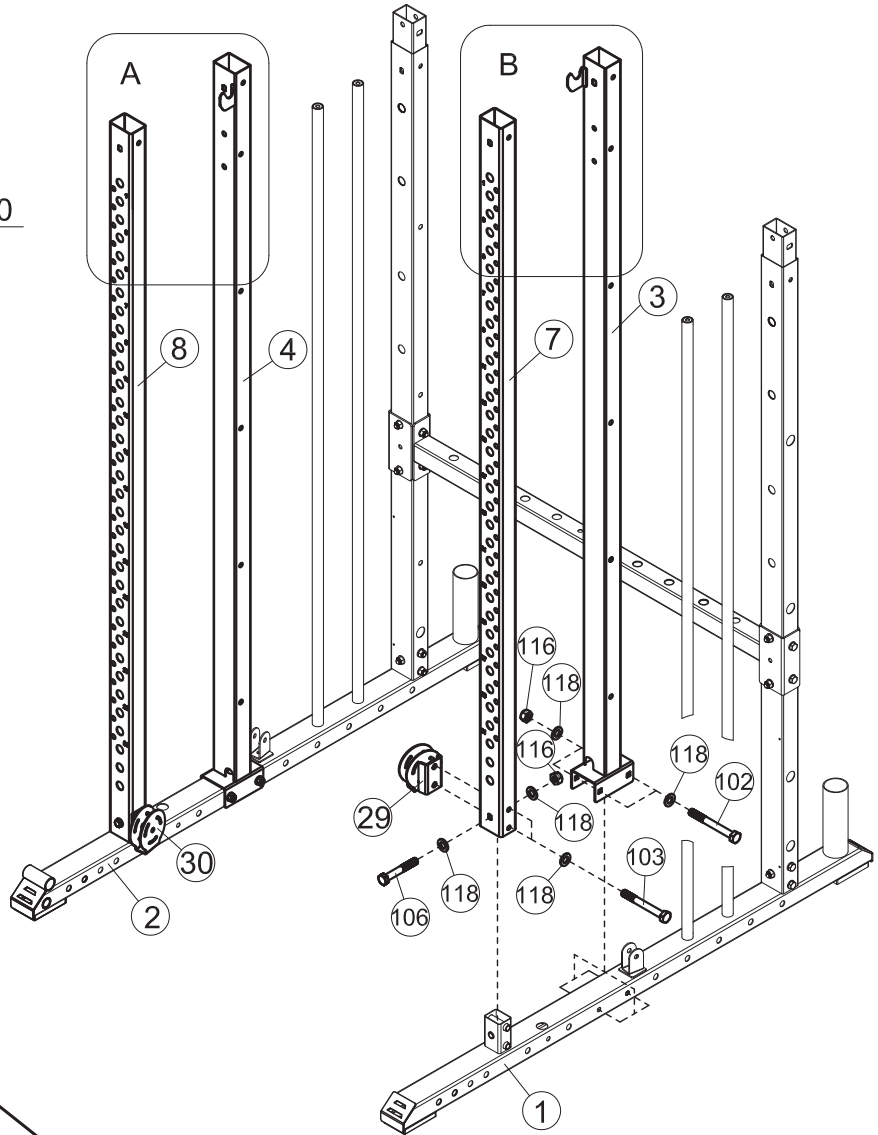
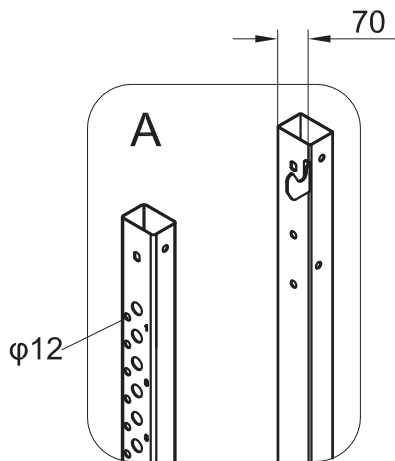
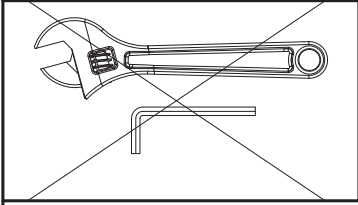


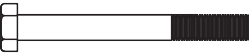



x4

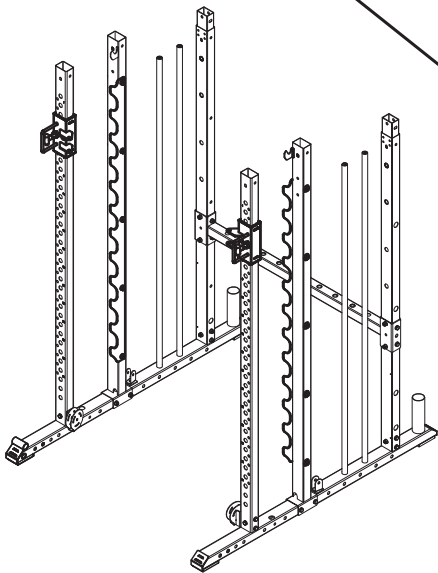
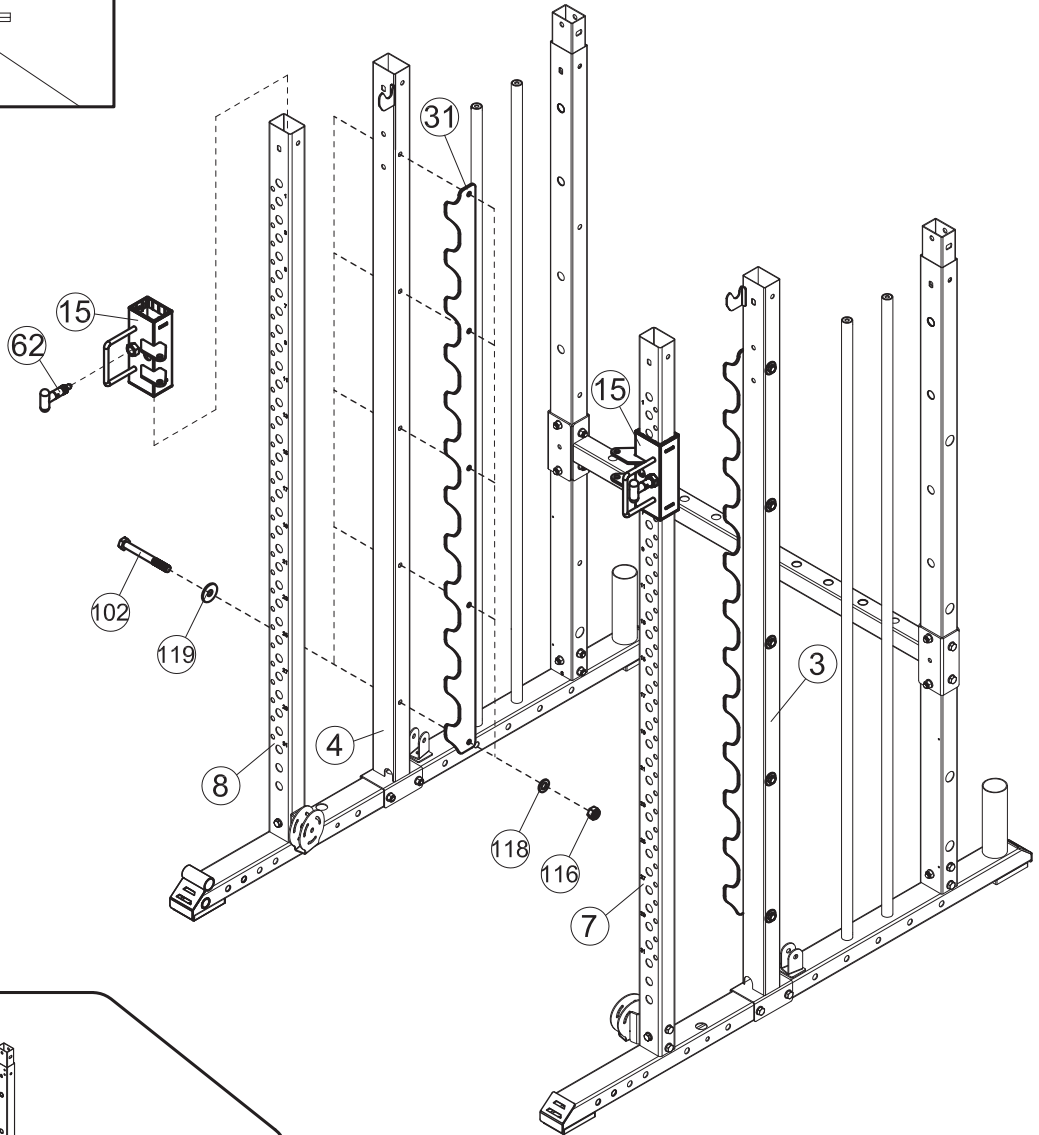
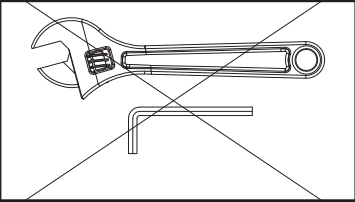
Φ10



- |    |  |    |        |     |  |     |        |
|----|--|----|--------|-----|--|-----|--------|
| ⑩② |  | x4 | M10x90 | ⑩⑥  |  | x2  | M10x65 |
| ⑩③ |  | x4 | M10x85 | ①①⑧ |  | x16 | Φ10    |
|    |  |    |        | ①①⑥ |  | x6  | M10    |



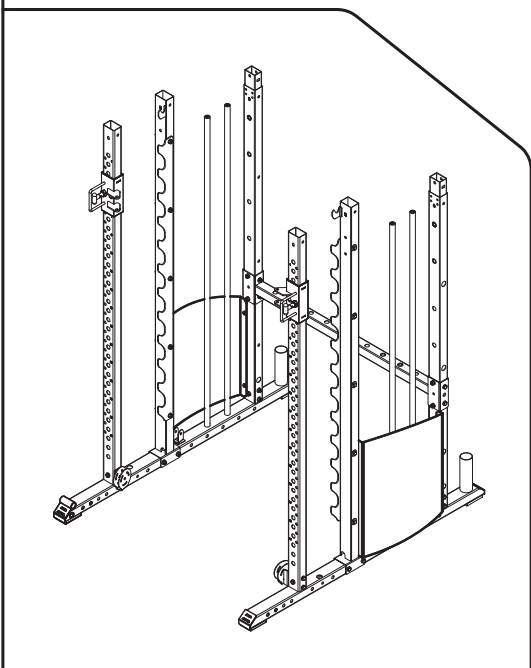
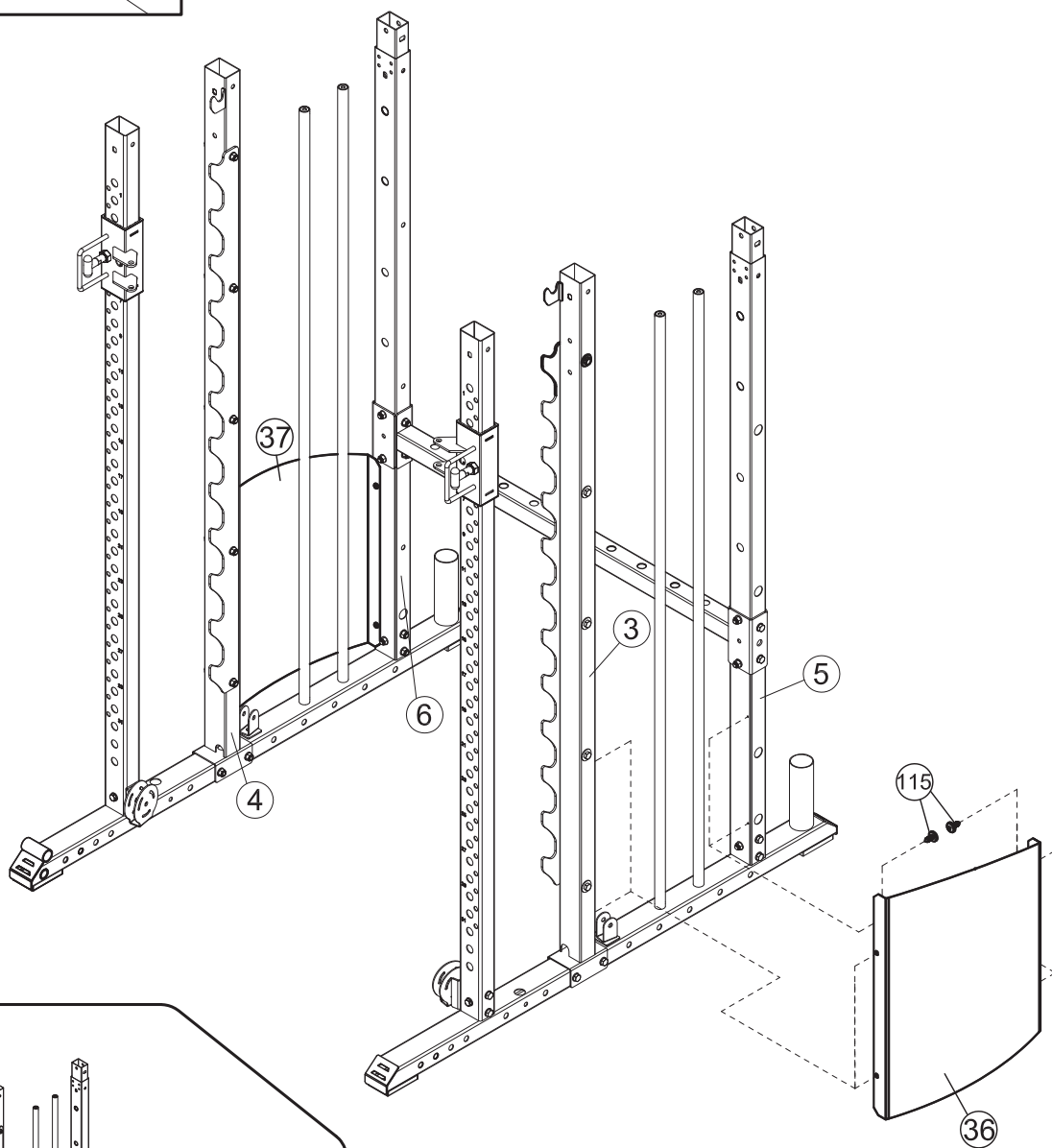
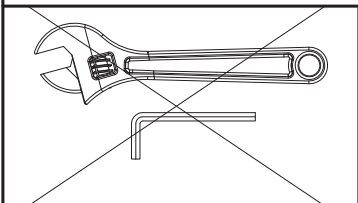
- |    |   |     |        |    |  |     |         |
|----|---|-----|--------|----|--|-----|---------|
| ⑩② |  | ×10 | M10×90 | ⑪⑨ |  | ×10 | Φ30×Φ10 |
| ⑪⑧ |  | ×10 | Φ10    | ⑪⑥ |  | ×10 | M10     |

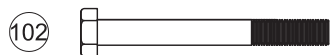


115



×8 ST4.8×13





x2 M10x90

116

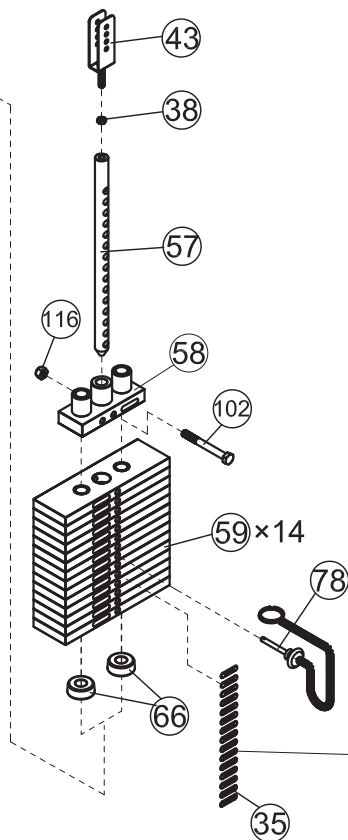
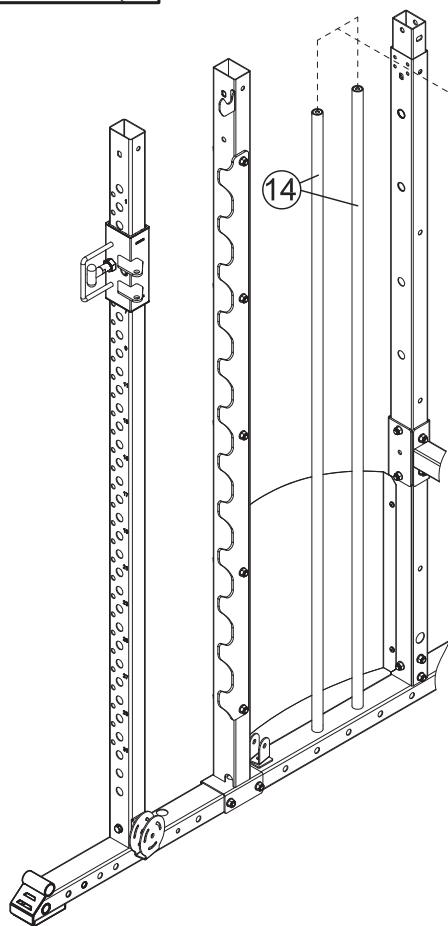
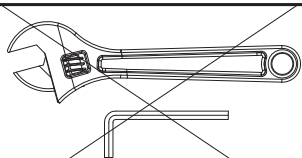


x2 M10

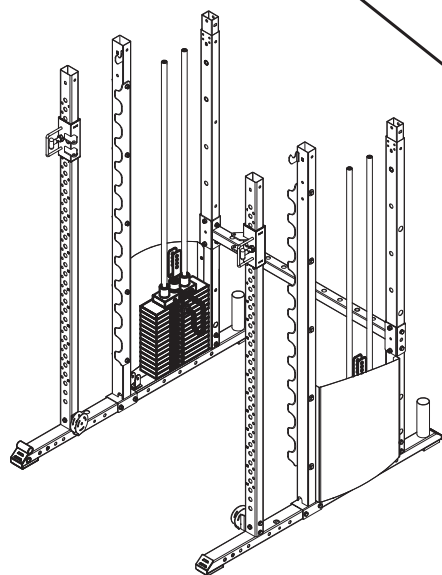
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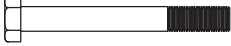







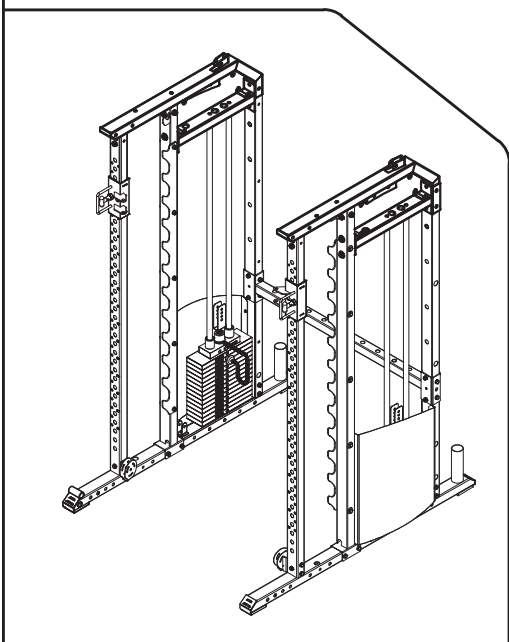
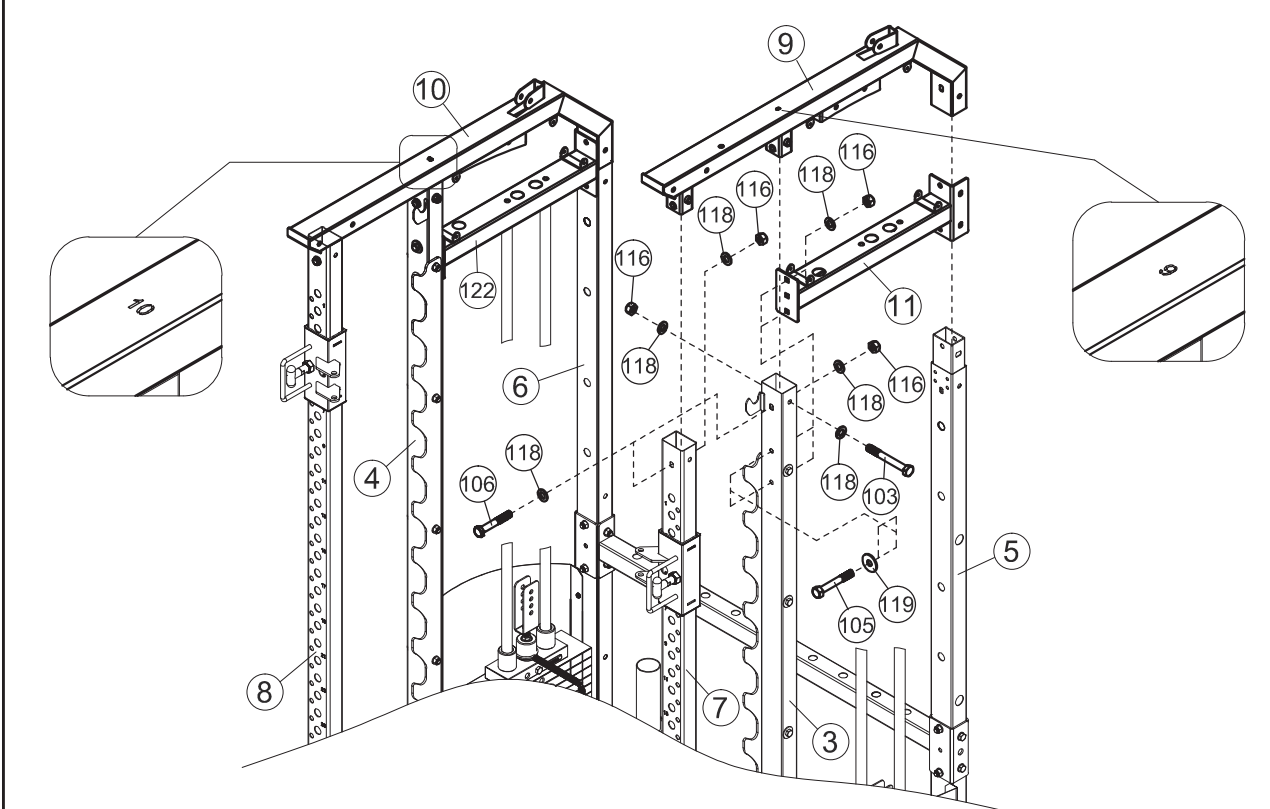
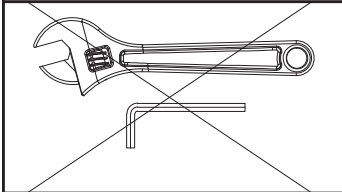
x2 M12



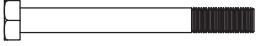

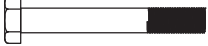

- 6KG/13LB
- 12KG/26LB
- 18KG/39LB
- 24KG/52LB
- 30KG/65LB
- 36KG/78LB
- 42KG/91LB
- 48KG/104LB
- 54KG/120LB
- 60KG/133LB
- 66KG/146LB
- 72KG/159LB
- 78KG/172LB
- 84KG/185LB
- 90KG/198LB

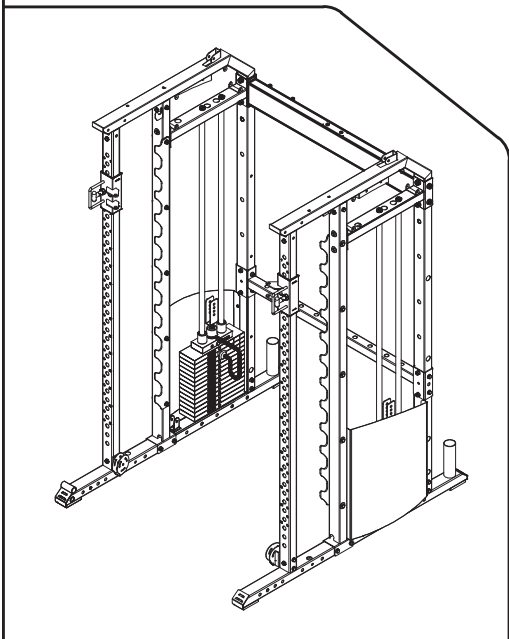
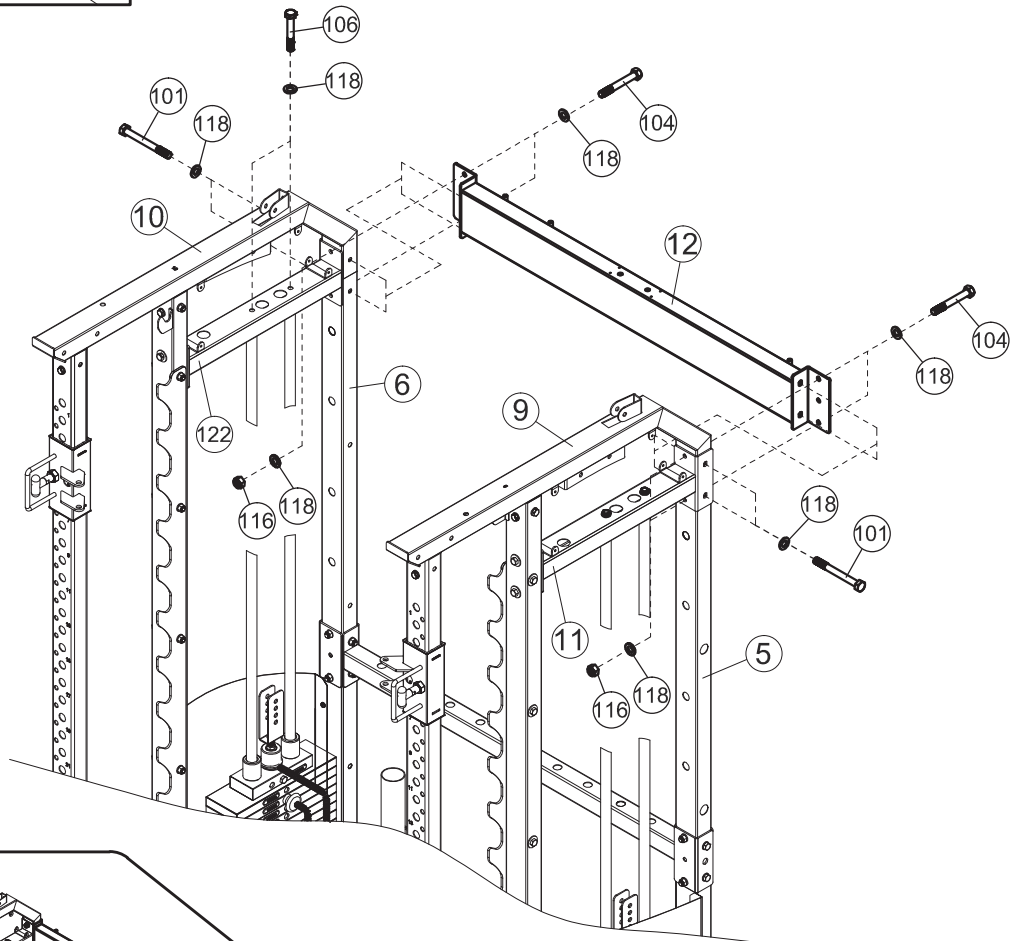
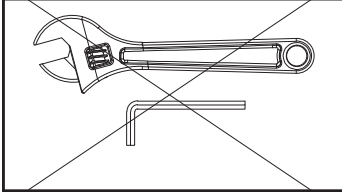


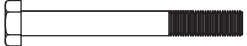



103		×2	M10×85	118		×16	Φ10
105		×4	M10×70	119		×4	Φ30×Φ10
106		×4	M10×65	116		×10	M10

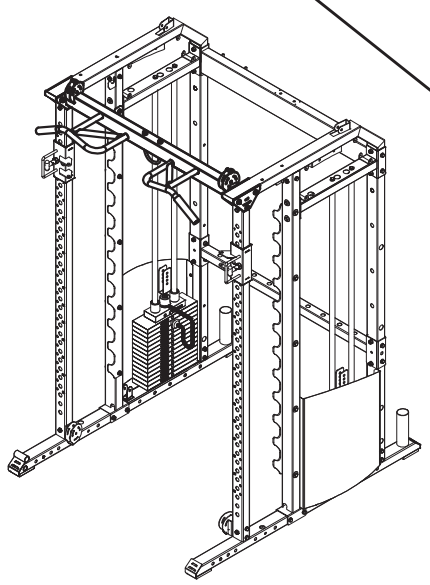
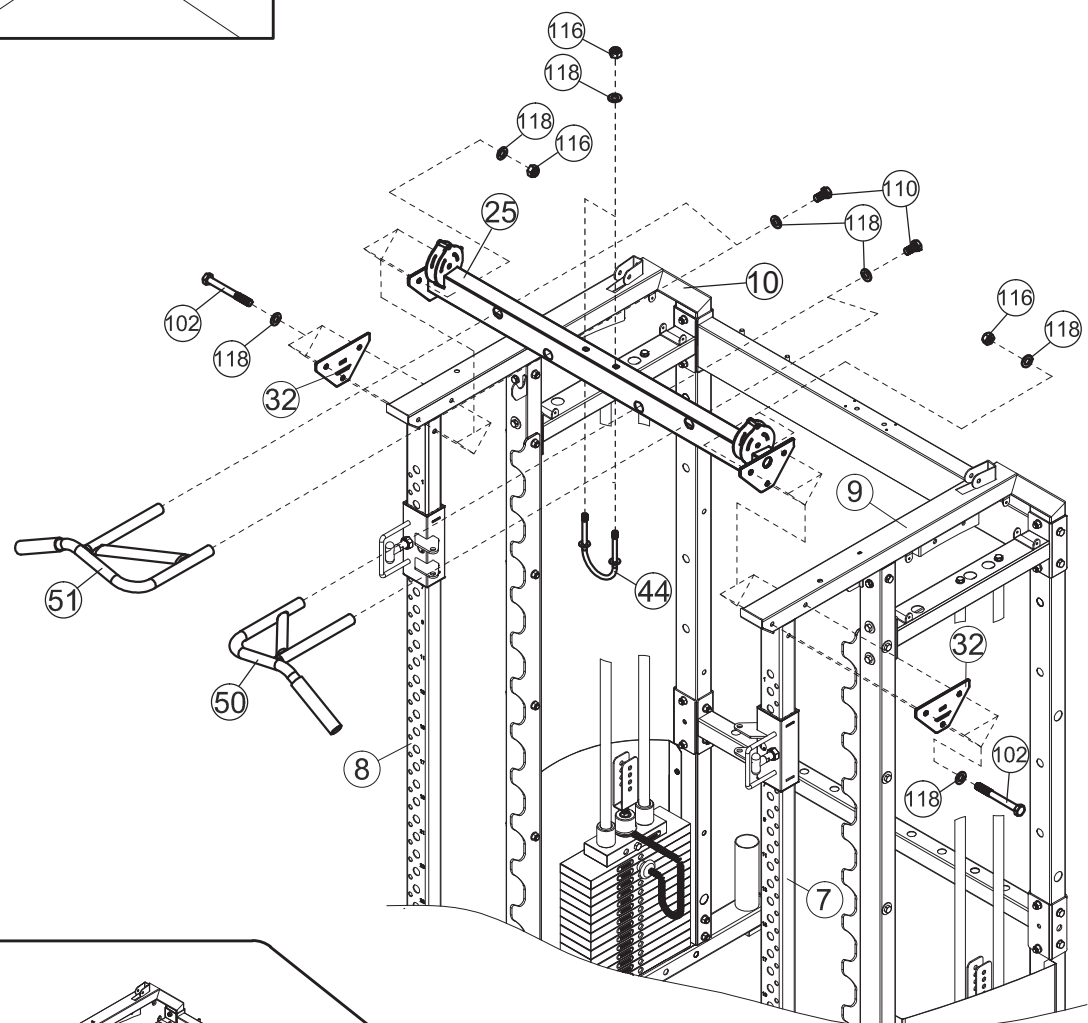
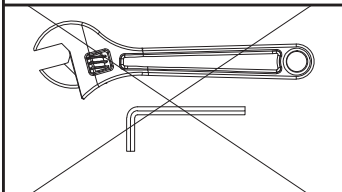


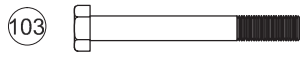


- |     |   |    |        |     |  |     |     |
|-----|---|----|--------|-----|--|-----|-----|
| 101 |  | x4 | M10x95 | 118 |  | x16 | Φ10 |
| 104 |  | x4 | M10x75 | 116 |  | x4  | M10 |
| 106 |  | x4 | M10x65 |     |  |     |     |



- |     |   |    |        |     |  |     |     |
|-----|---|----|--------|-----|--|-----|-----|
| 102 |  | x6 | M10x90 | 118 |  | x18 | Φ10 |
| 110 |  | x4 | M10x20 | 116 |  | x8  | M10 |

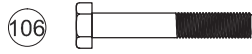




×2 M10×85



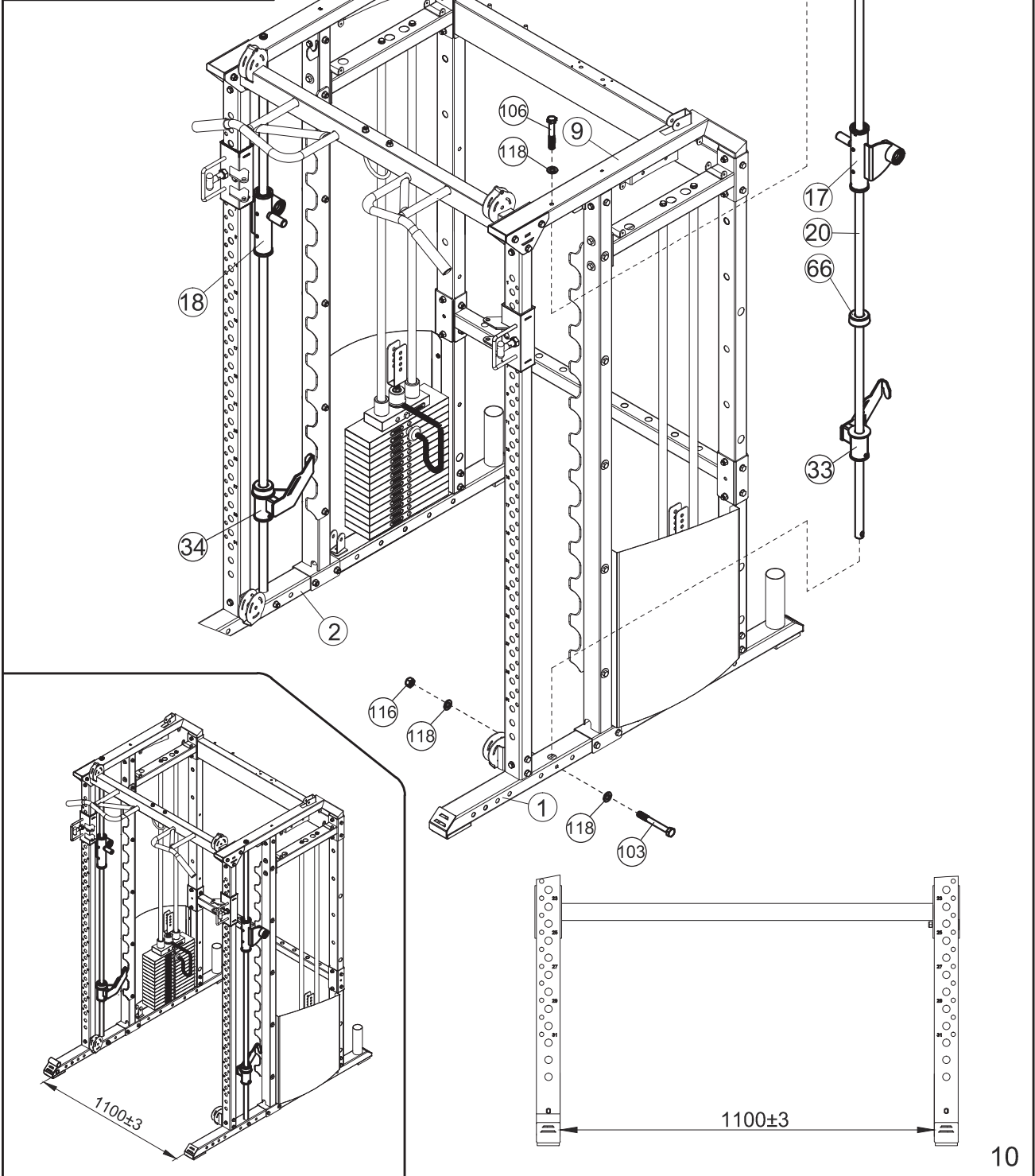
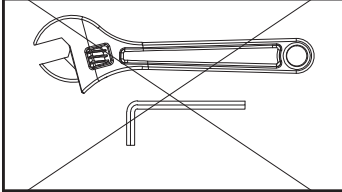
×6 Φ10



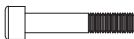







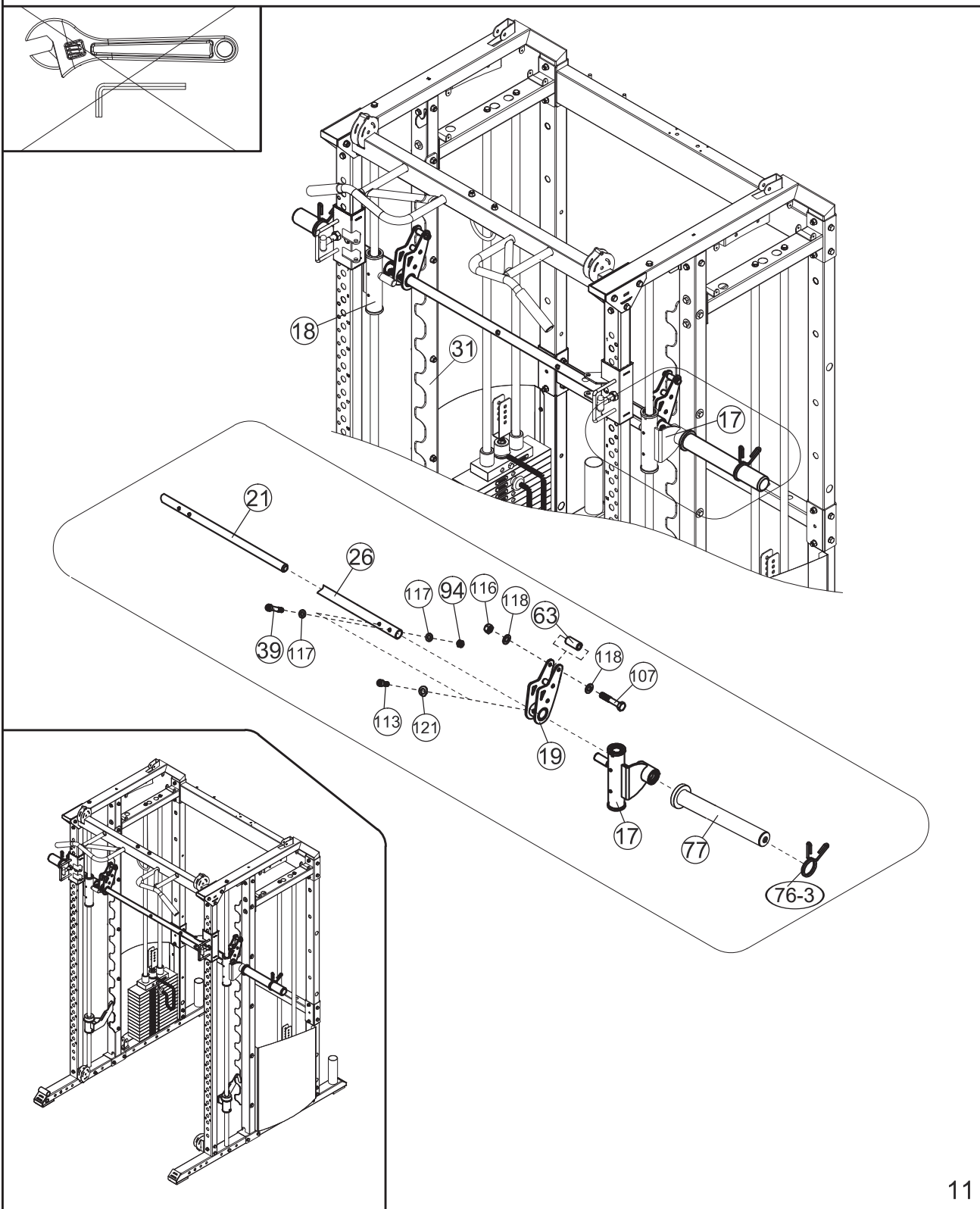
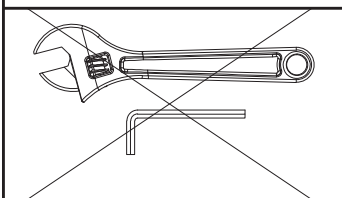
×2 M10×65



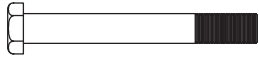
×2 M10



113		x2	M8x20	94		x2	M8
39		x2	M8x40	117		x4	Φ8
107		x2	M10x55	118		x4	Φ10
116		x2	M10	121		x2	R20xφ9



98



x2

M12x95

99



x4

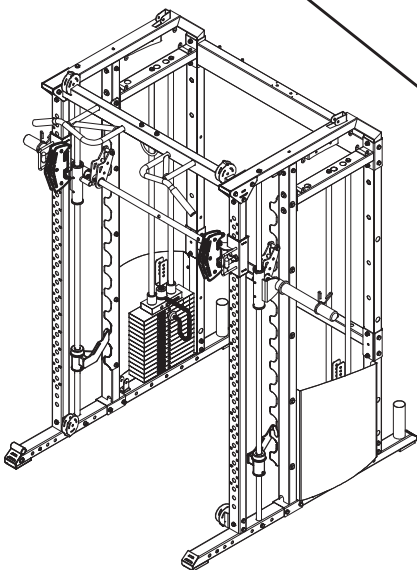
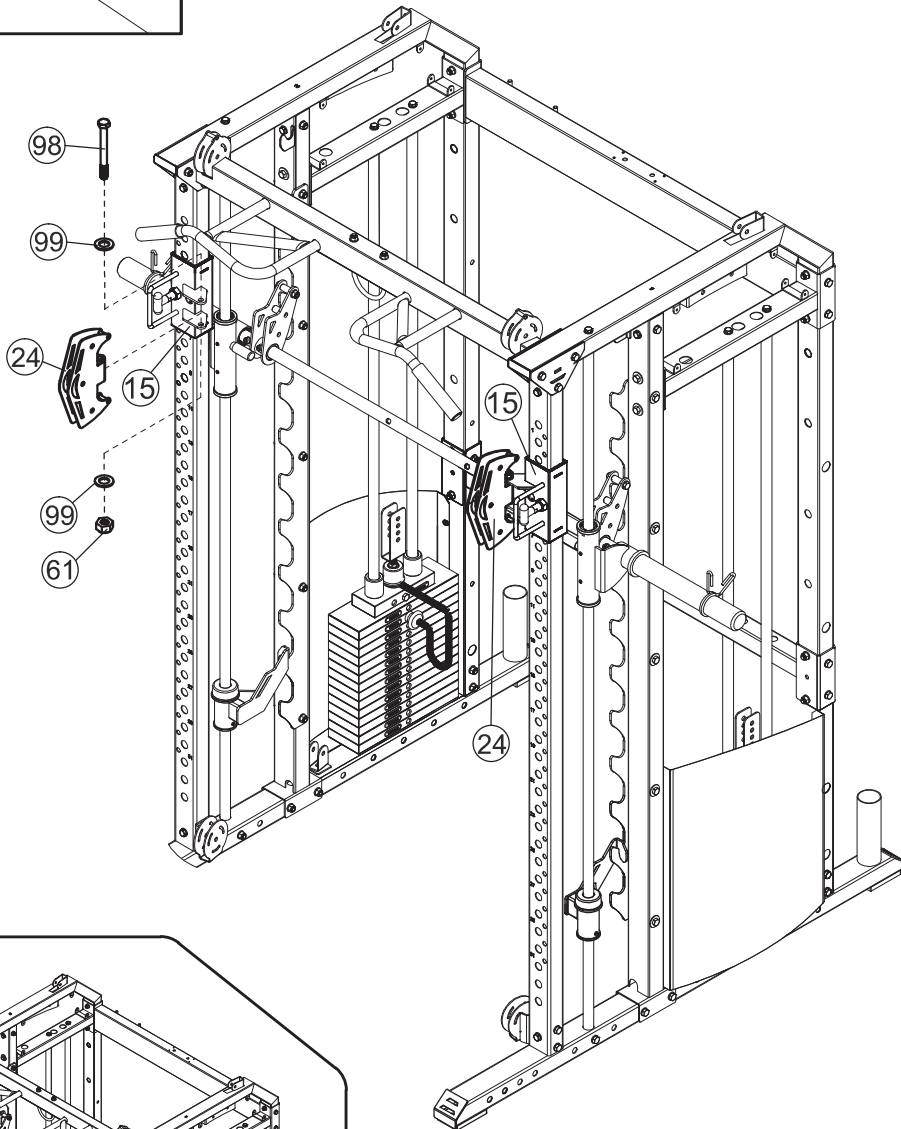
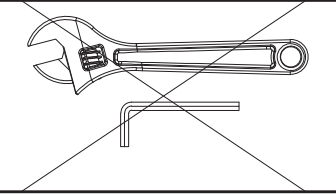
Φ12






61

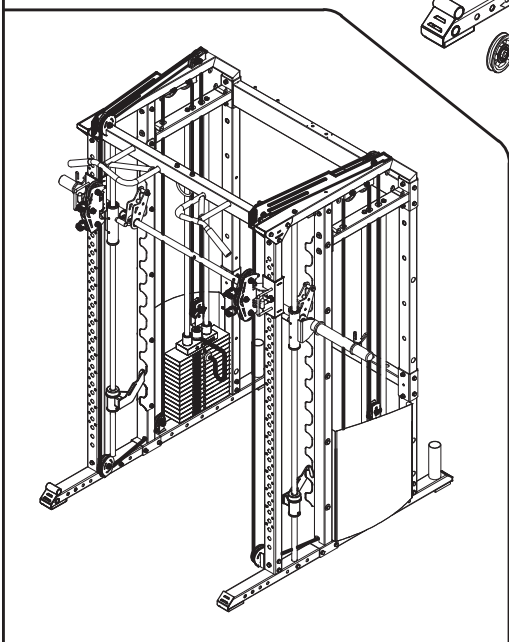
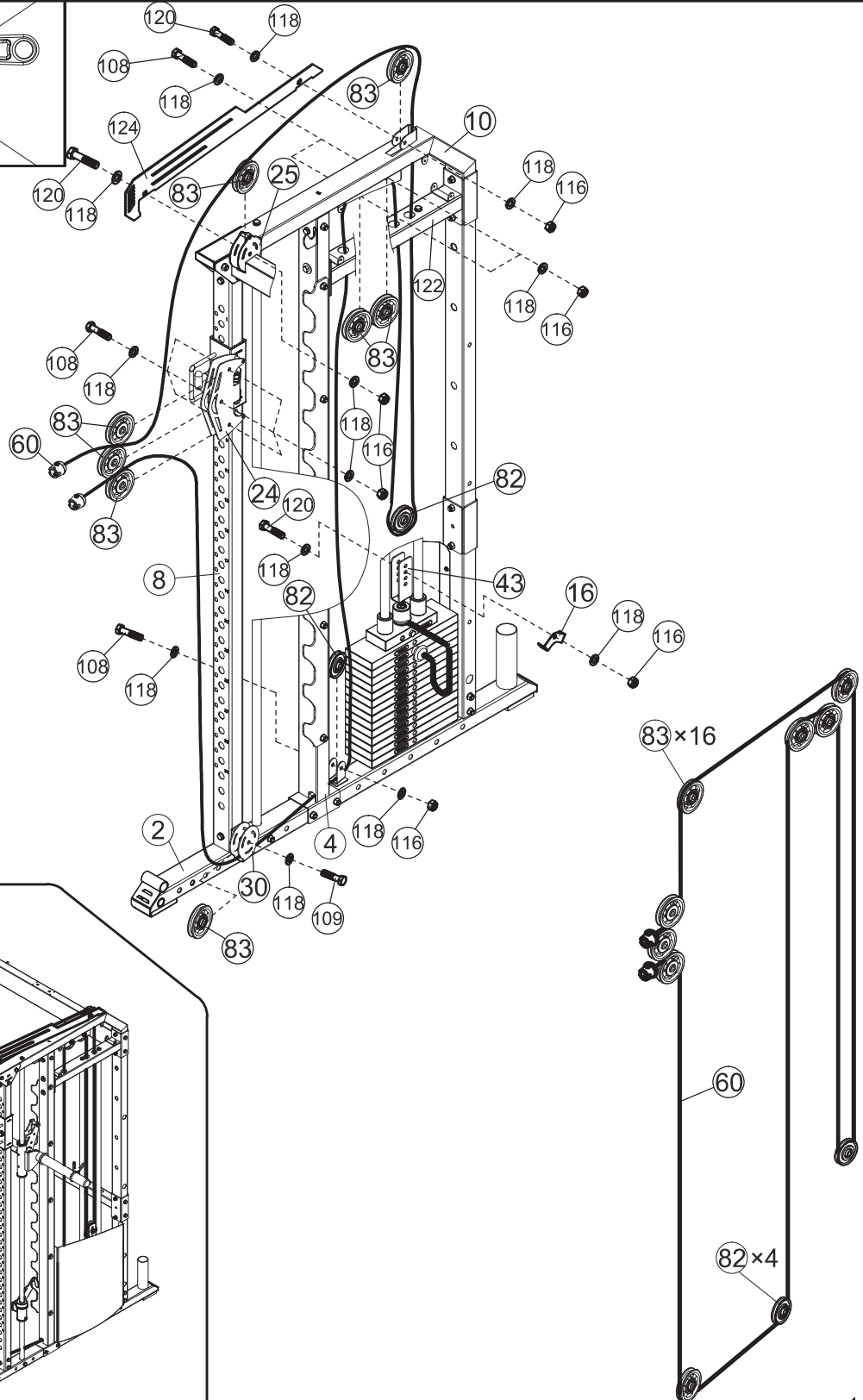
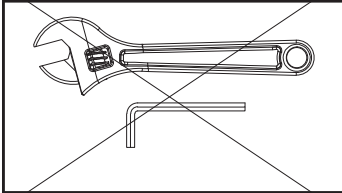


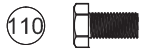
x2

M12



108		x12	M10x45	118		x38	Φ10
109		x2	M10x40	116		x18	M10
120		x6	M10x50				





×6 M10×20

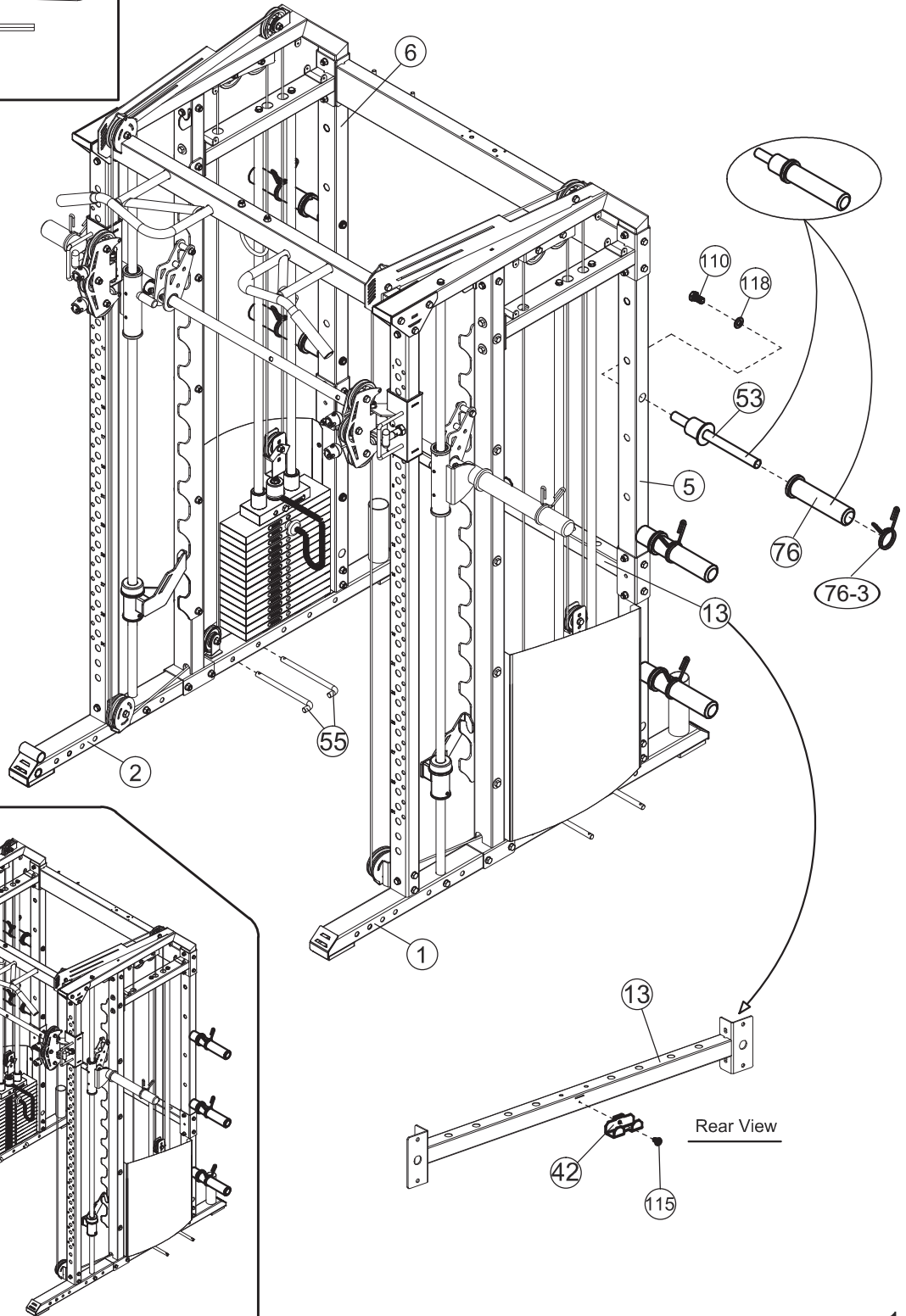
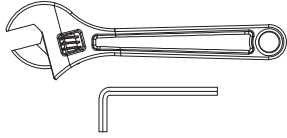
118



×6 Φ10



×1 ST4.8×13



126

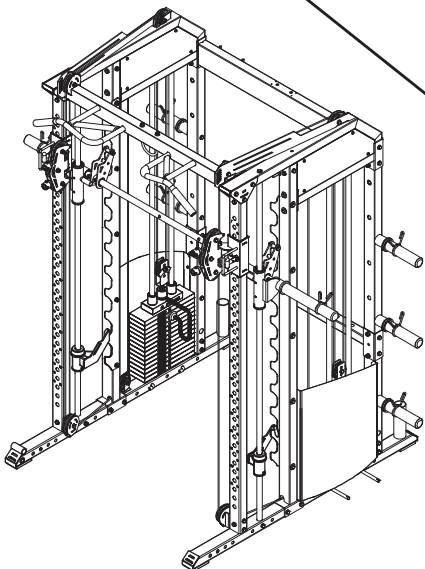
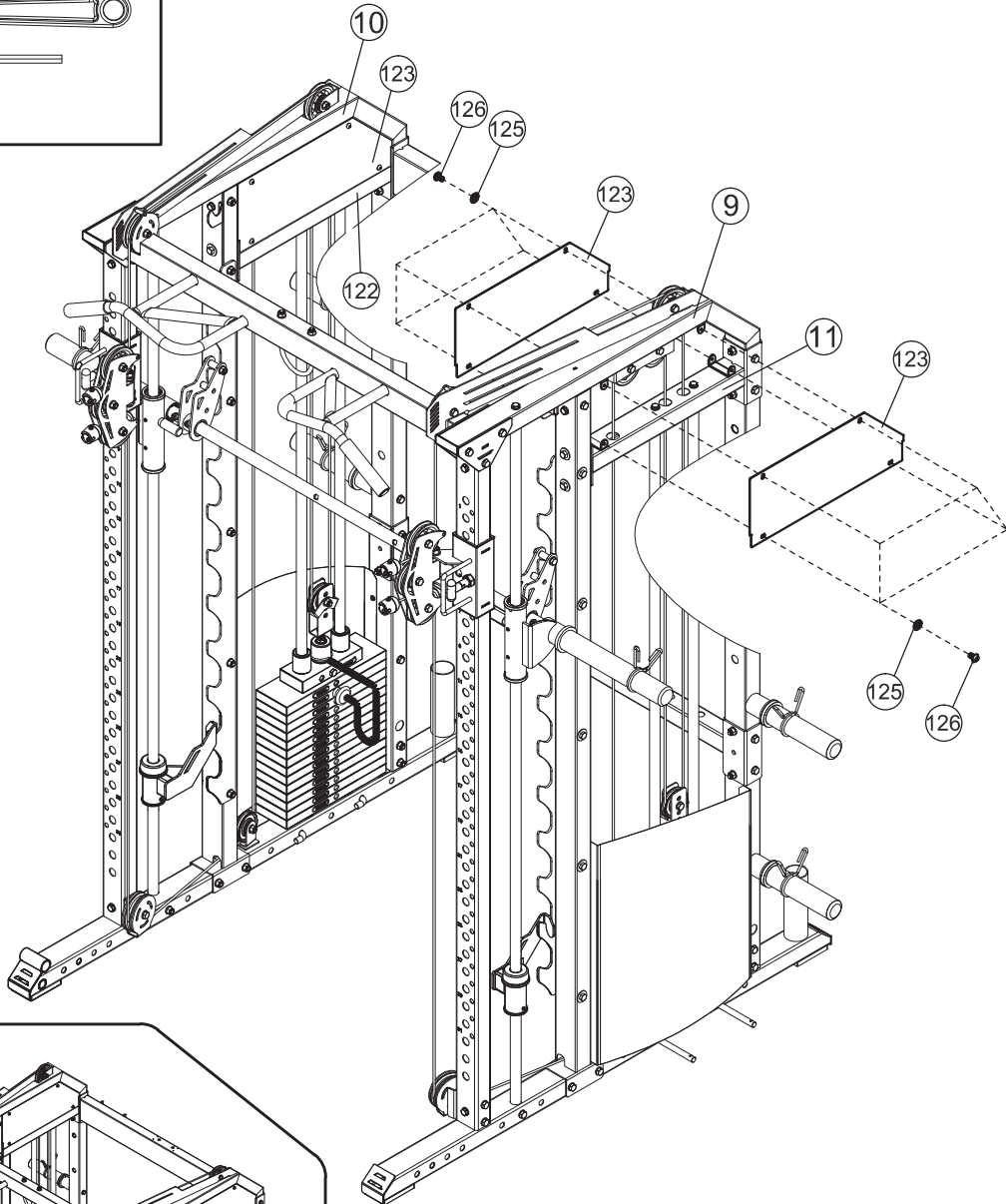
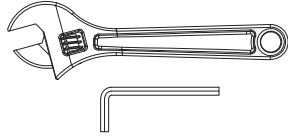


x16 M6x10

125

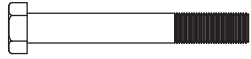


x16 Φ6





134



x1

M12x90

99



x2

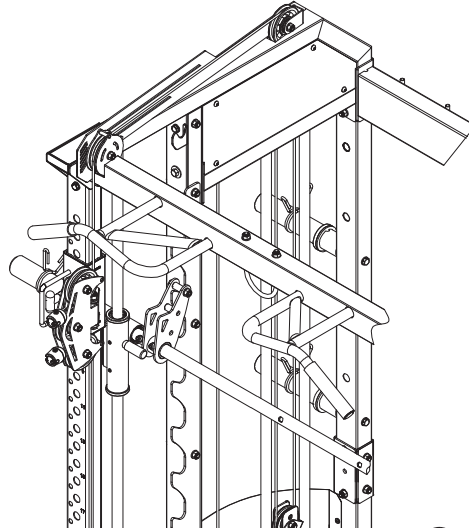
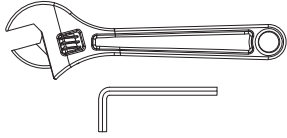
Φ12

61



x1

M12



127

6

128

132

61

99

23

2

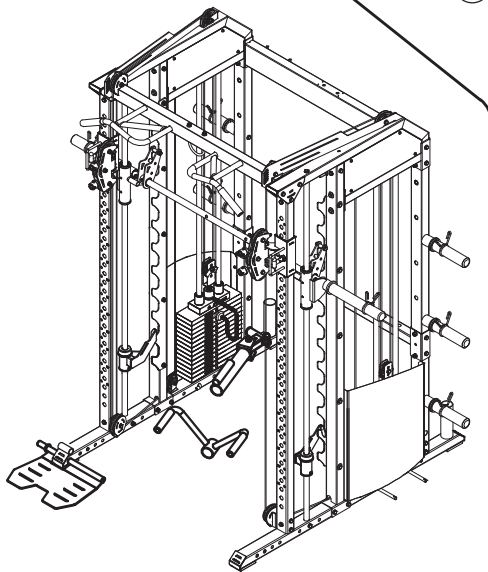
130

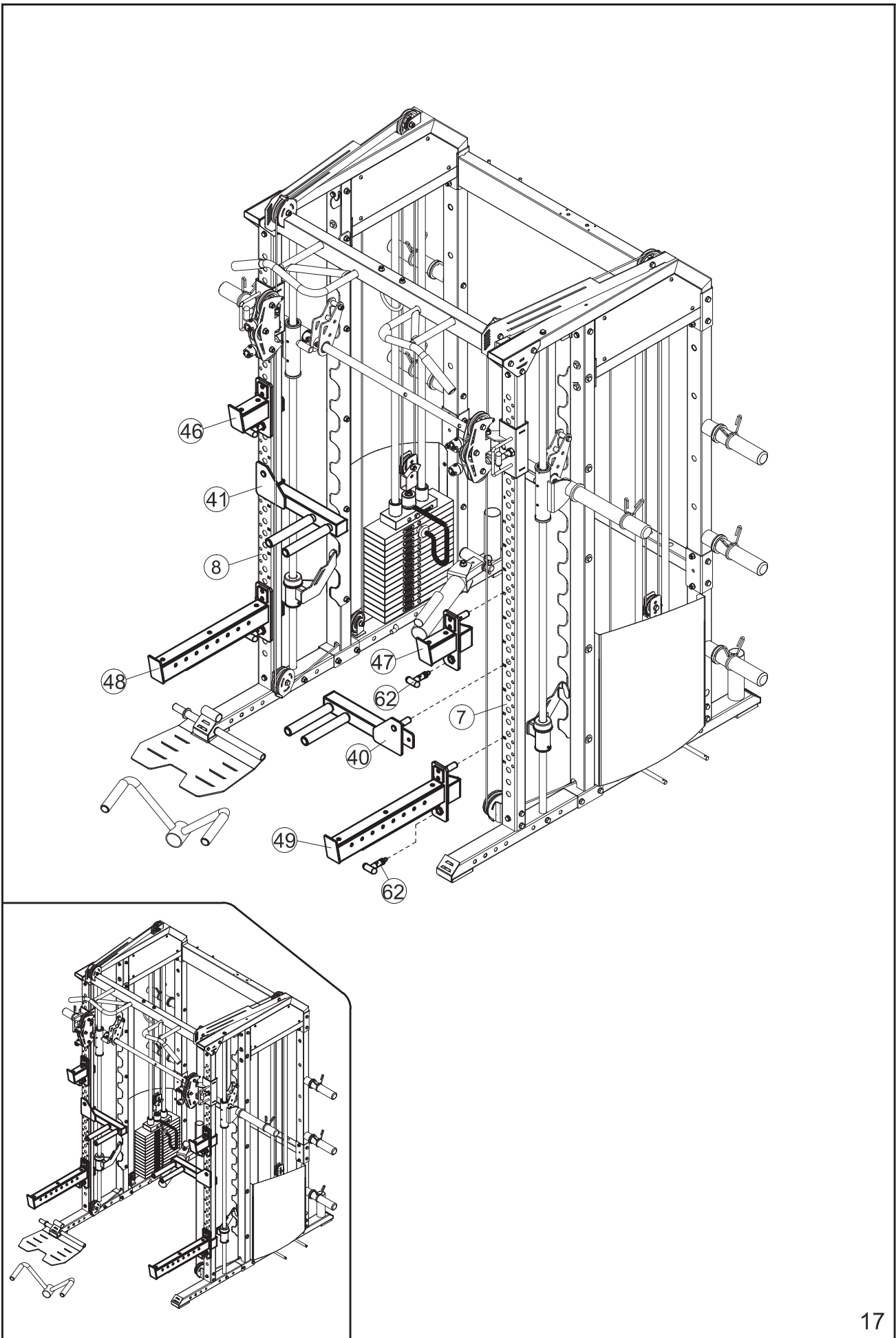
129

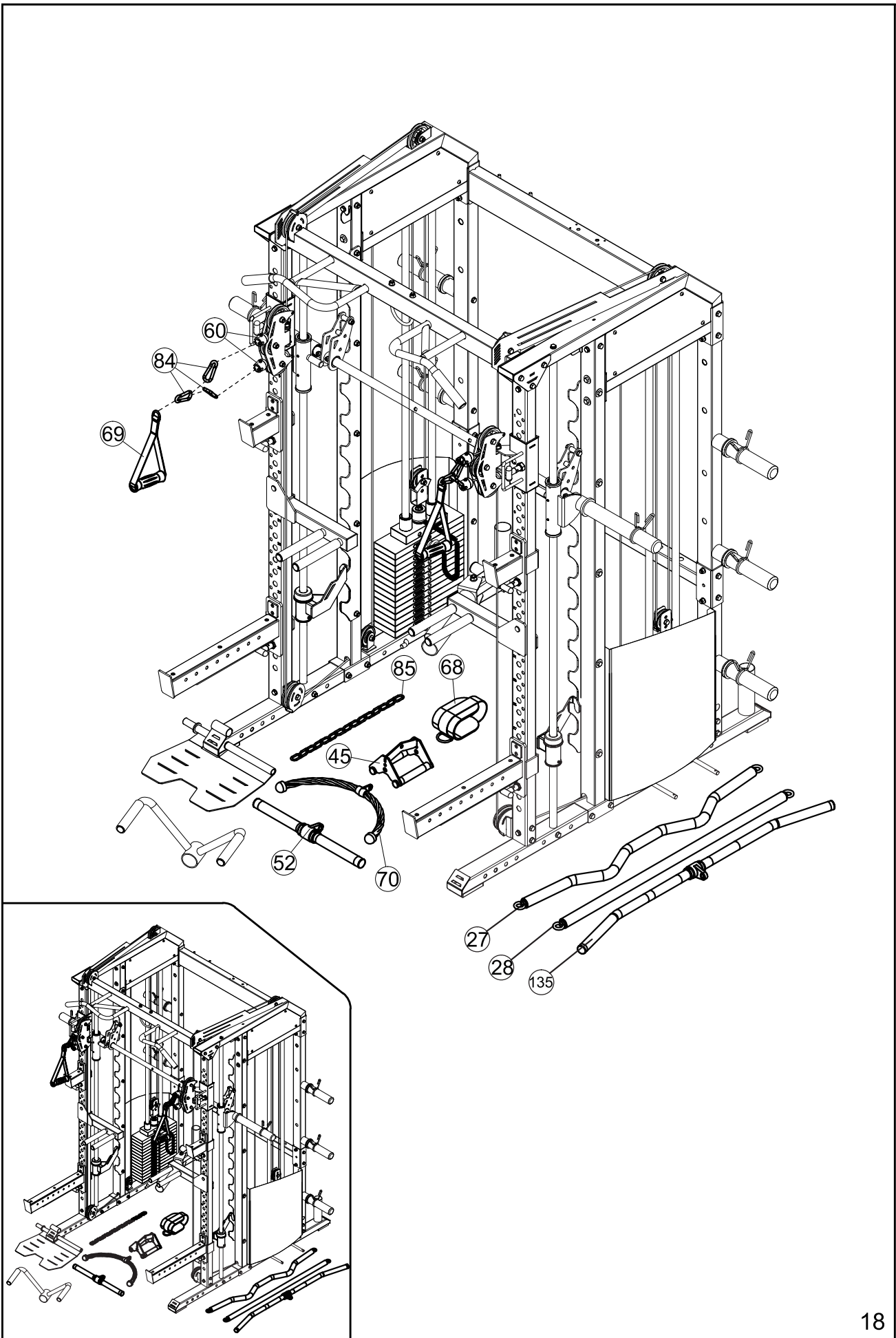
99

134

22









## PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Frame L		1
2	Base Frame R		1
3	Intermediate Stand L		1
4	Intermediate Stand R		1
5	Rear Post L		1
6	Rear Post R		1
7	Guide Shaft L	□ 50×70×2×1940	1
8	Guide Shaft R	□ 50×70×2×1940	1
9	Top Frame L		1
10	Top Frame R		1
11	Upper left connecting frame		1
12	Connecting Frame Rear		1
13	Connecting Frame Rear		1
14	Guide Rod Rear		4
15	Sliding frame		2
16	Cable Retainer	84×45×25×2	2
17	Mobile rack L		1
18	Mobile rack R		1
19	Hanging Bar		2
20	Guide rod	Φ25×1978	2
21	Weight Rod	φ25×2000×M8	1
22	Foot Pedal Set		1
23	Rotating Shaft		1
24	Pulley Case		2
25	Horizontal bar		1
26	Weight Rod	φ30×2×1241	1
27	Cambered Bar		1
28	Straight Bar		1
29	Pulley Case L		1
30	Pulley Case R		1
31	Bar Catch Frame	1540×92×5	2
32	Bracket	176×100×3	2
33	Safety hook Bracket L		1

## PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
34	Safety hook Bracket R		1
35	Weight Plate Sticker (90kg)		2
36	Weight Stack Cover L	630×510×80×1.0	1
37	Weight Stack Cover R	630×510×80×1.0	1
38	Nut	M12	2
39	Hexagon socket button head screws	M8×40	2
40	Dip Bar		1
41	Dip Bar		1
42	Hangre	100×37×38×27×10×2	1
43	Pulley Case		2
44	Hook Frame		1
45	V-type handle		1
46	Safety hook Bracket		1
47	Safety hook Bracket		1
48	Long Safety Rack		1
49	Long Safety Rack		1
50	Left Chin-up Bar		1
51	Right Chin-up Bar		1
52	Small grip frame		1
53	Weights Stow Rod		6
54			
55	Weights Stow Rod	210×40×φ14	4
56	Bracket	155×75×50×4	2
57	Selector Rod	Φ25×450 (14+1)	2
58	Top Weight Plate	198×76×33	2
59	Weight Plate	330×102×25(6KG)	28
60	Double pull cable	L=8390mm	2
61	Nut	M12	3
62	Moving Lock Pin		6
63	Tube	φ16×φ11×33	2
64	Slide Guide	□60×80×2.0×□50×70	4
65	Rubber Stopper	65×100×12	4
66	Rubber Stopper	φ62×φ24.5×25	6

## PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
67			
68	Ankle Strap		1
69	Nylon Strap Iso-Handle	L=245mm	2
70	Rope		1
71	Bushing	φ25×φ20×φ12.2×10	6
72			
73	Rack Liner	52×45×5	4
74	Rack Liner	120×45×5	2
75	Rack Liner	505×45×5	2
76	Sleeve Assebly	φ48×230	6
76-1	Sleeve		1
76-2	Aluminum Alloy End	φ48×φ44×φ11×12.2	1
76-3	Spring Clip	φ47	1
76-4	Rubber Stopper	Φ78xΦ47.5x13	1
76-5	Allen Bolt	M10×16	1
76-6	Allen Screw	M8×10	1
77	Long Sleeve Assebly	φ48×355	2
77-1	Long Sleeve		1
76-2	Aluminum Alloy End	φ48×φ44×φ11×12.2	1
76-3	Spring Clip	φ47	1
76-4	Rubber Stopper	Φ78xΦ47.5x13	1
76-5	Allen Bolt	M10×16	1
76-6	Allen Screw	M8×10	1
78	Weight Selector Pin		2
79	End Cap	□50	2
80	Safety hook Bracket Guides	φ55×φ46×φ27×41	2
81			
82	Small Pulley with Bearing	φ72×φ10	4
83	Pulley with Bearings	φ95×φ10	16
84	Hook	φ8	6
85	15-Joint Chain	φ5	1
86	Sliding Rod Guide	φ55×φ46×φ40×73	4
87	Linear Motion Bearing	LB254058	4

## PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
88	Deep groove ball bearing	61905	4
89	Hole circlip	d0=40	4
90	Hole circlip	42	4
91	Handle Grip	φ23×200	4
92	Handle Grip	Φ23×150	4
93	End Cap	φ25	22
94	Nut	M8	2
95	End Cap	φ19	1
96	Tube End Cap	φ19×50	3
97			
98	HEX Bolt	M12×95	2
99	Washer	12	6
100	Screw	ST4.0×9	8
101	HEX Bolt	M10×95	8
102	HEX Bolt	M10×90	22
103	HEX Bolt	M10×85	12
104	HEX Bolt	M10×75	8
105	HEX Bolt	M10×70	4
106	HEX Bolt	M10×65	18
107	HEX Bolt	M10×55	2
108	HEX Bolt	M10×45	12
109	HEX Bolt	M10×40	2
110	HEX Bolt	M10×20	10
111	Allen Bolt	M8×16	8
112			
113	Hexagon socket button head screws	M8×20	2
114	Hexagon socket countersunk head screws	M6×10	18
115	Screw	ST4.8×13	9
116	Nut	M10	76
117	Washer	8	4
118	Washer	10	162
119	Washer	φ30×φ10	14
120	HEX Bolt	M10×50	6



## PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
121	Washer	R20×φ9	2
122	Upper right connecting frame		1
123	Protective cover	509×200×1	4
124	Top fender	850×135×3	2
125	Washer	6	16
126	Allen Bolt	M6×10	16
127	Rotating Shaft		1
128	Spacer		1
129	Rotating Frame		1
130	Handle		1
131	Bushing	φ38×φ34×φ25×22	2
132	Pop Pin		1
133	End Cap	□40×50	1
134	HEX Bolt	M12×90	1
135	Lat Bar		1
136			
	Allen wrench	6#	1
	Allen wrench	4#	1
	Allen wrench	3#	1