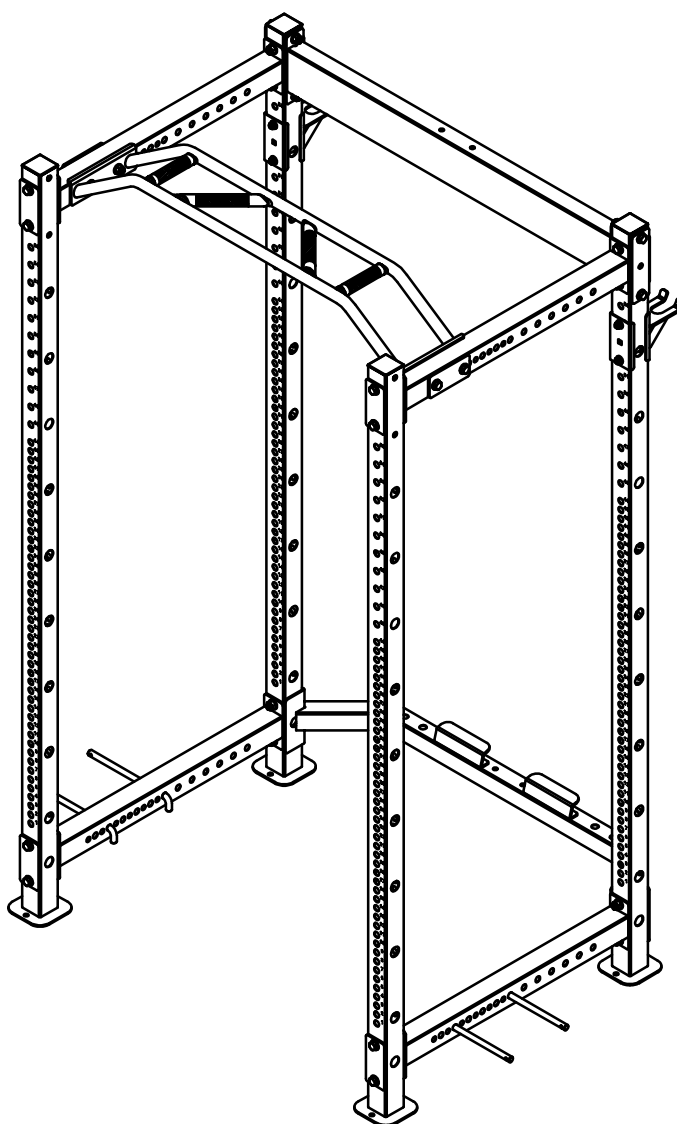




JACKED UP FITNESS

ASSEMBLY MANUAL

JUF-SQR



CAUTION!

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

20230630-V1.0

RACK

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.
12. Maximum user weight: 350 lbs
13. Maximum weight capacity (including user weight): 800 lbs.

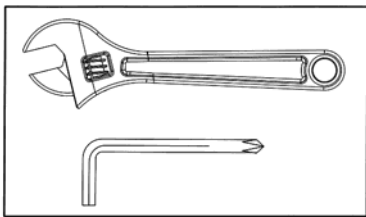
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE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

SAVE THESE INSTRUCTIONS.

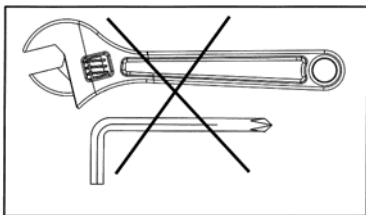
IMPORTANT ASSEMBLY INFORMATION

- ❖ 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

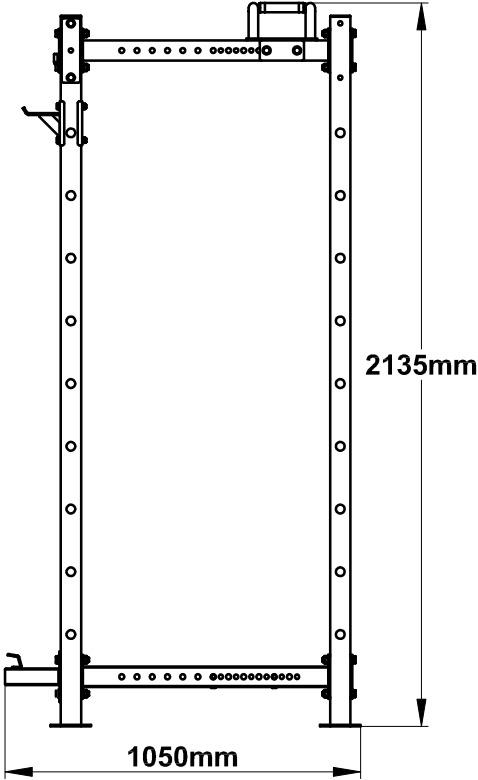
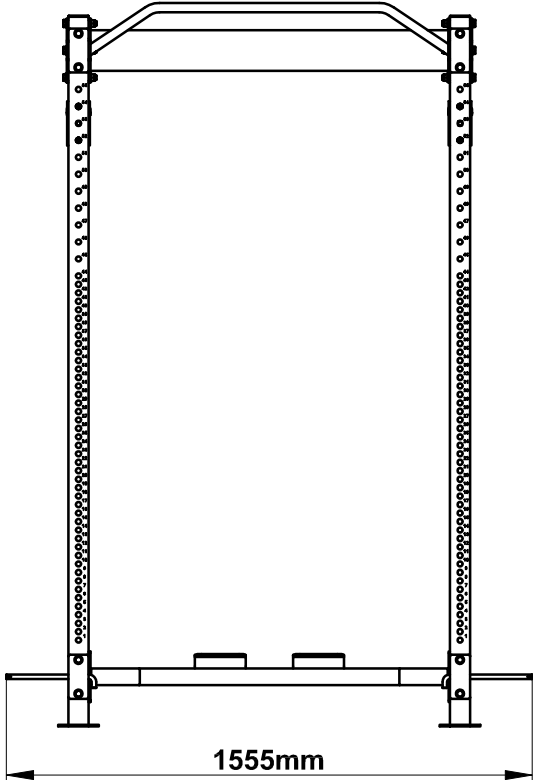


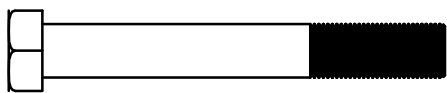
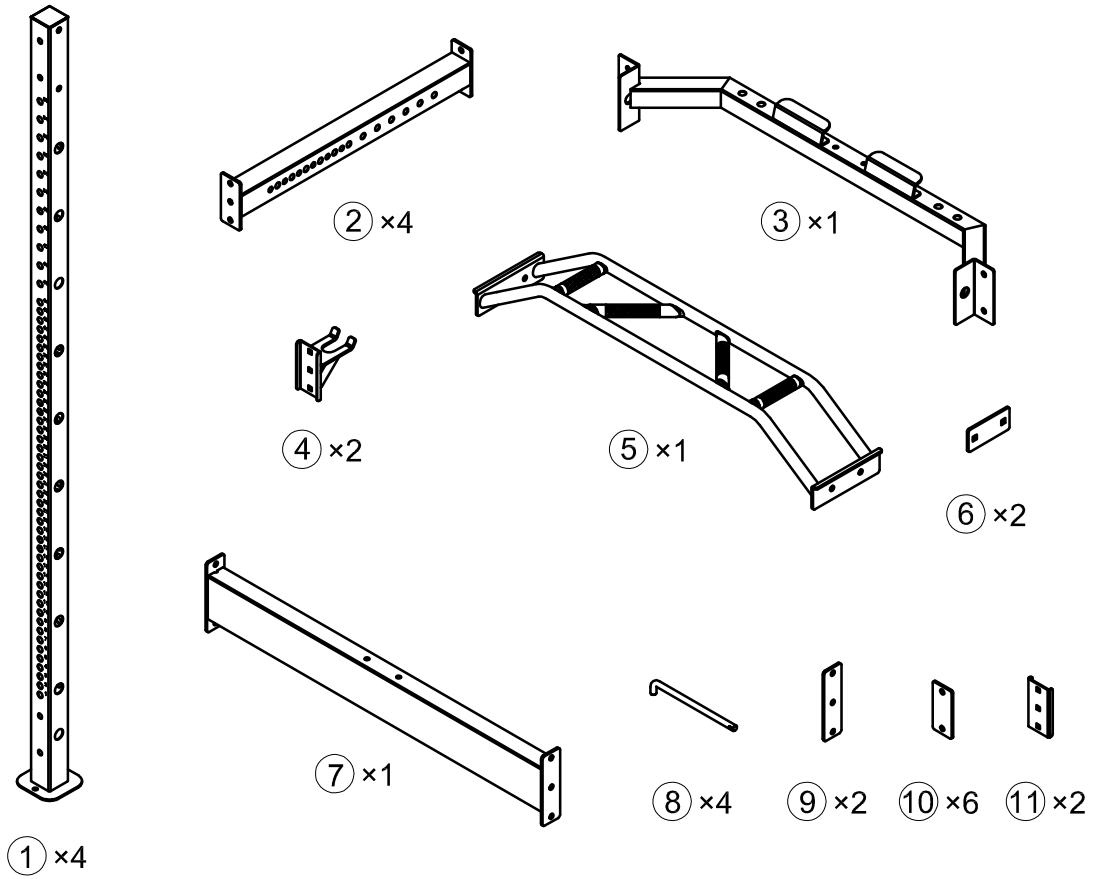
Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.
NOTE: Do not over tighten any component with pivoting function.
Make sure all pivoting components are able to move freely.



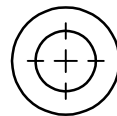
Do not tighten all Nuts and Bolts in this step.

Assembled Dimension: 1050mm x1555mm x2135mm

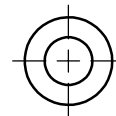




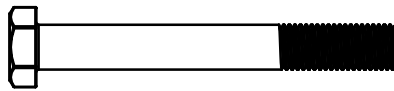
⑬ x24



⑮ x48



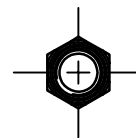
⑯ x8



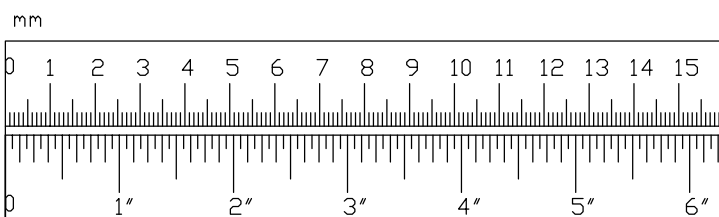
⑭ x4



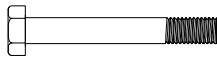
⑰ x24



⑱ x4



13



x4 M12x90

15

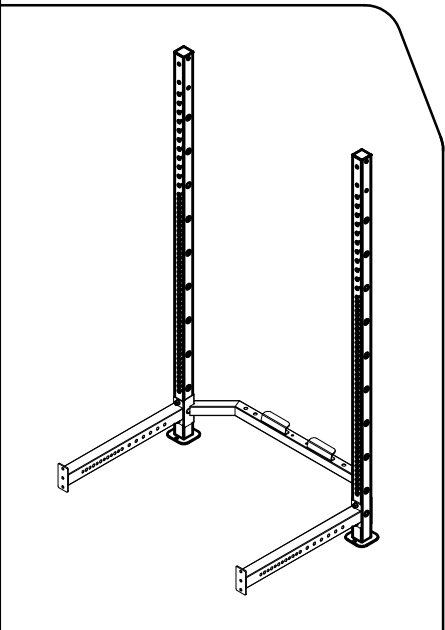
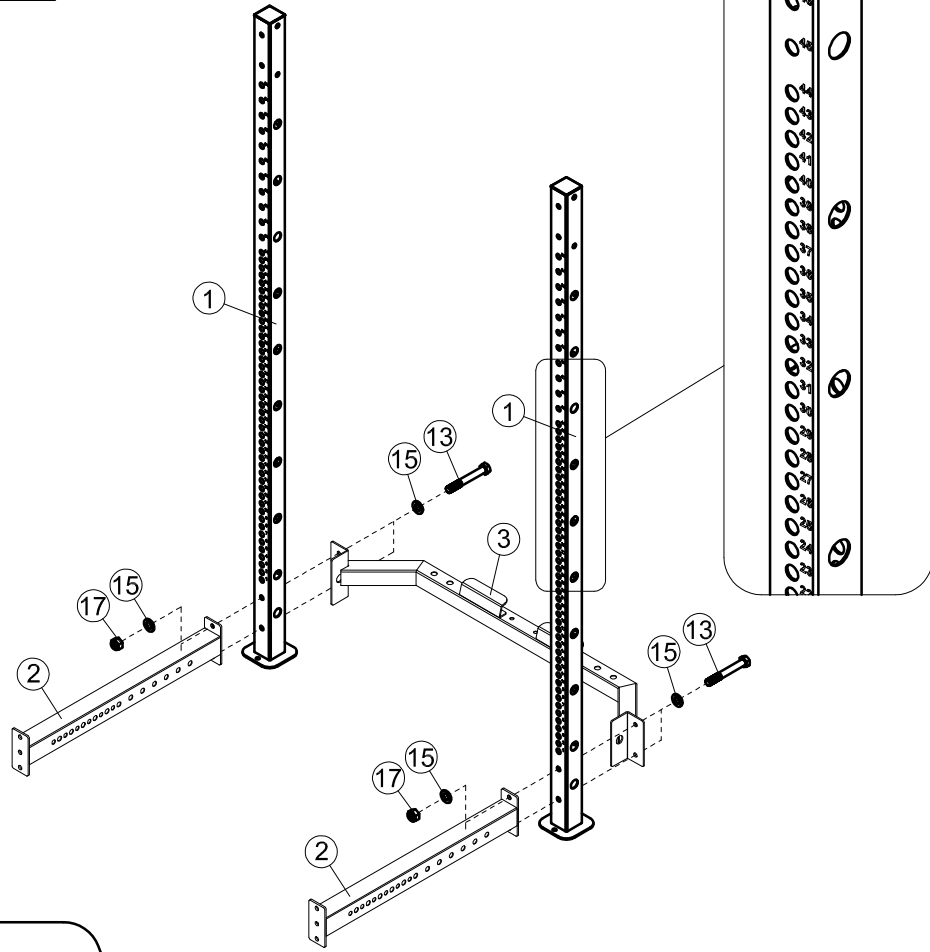
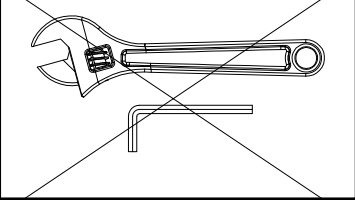


x8 Φ12

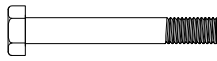
17



x4 M12



13



x4 M12x90

15

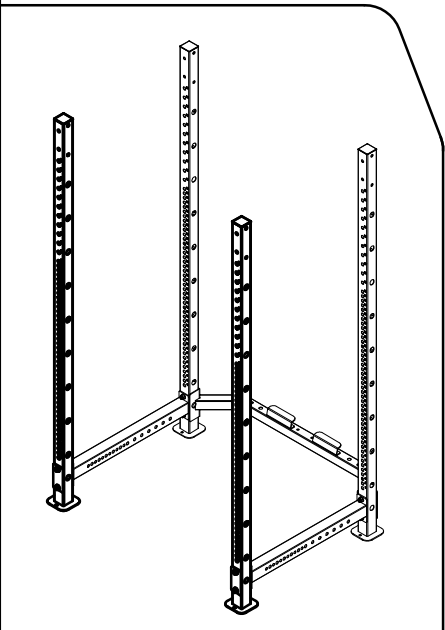
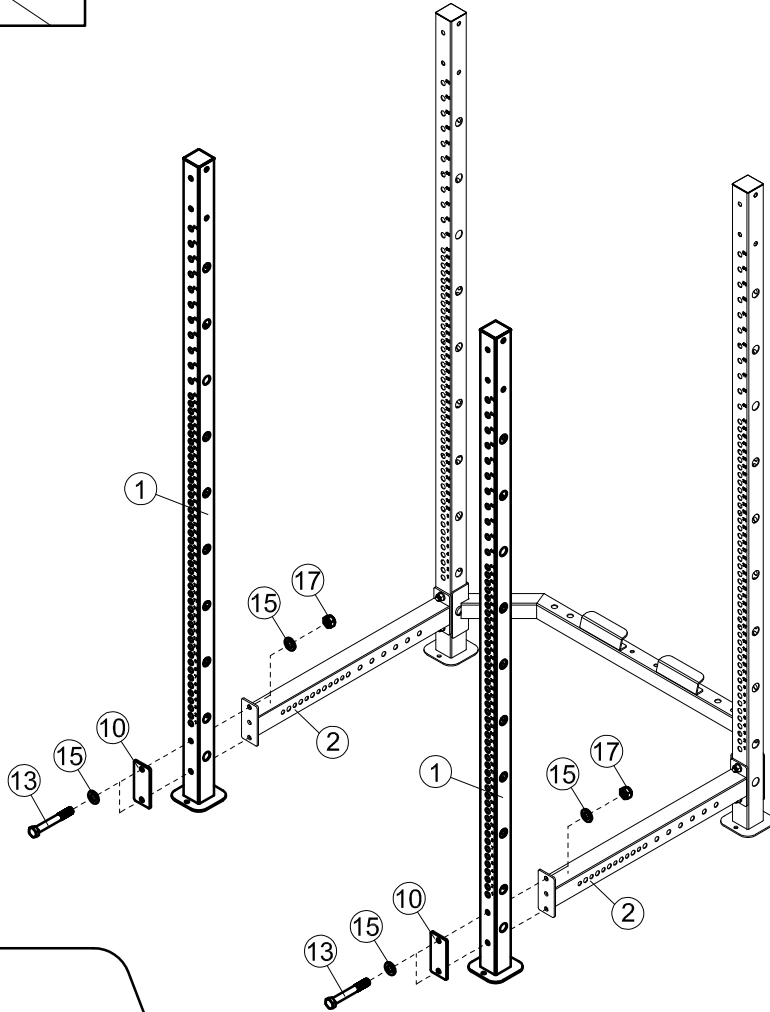
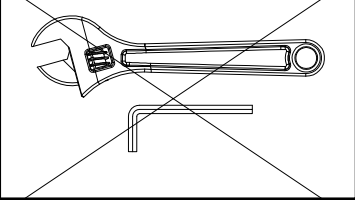


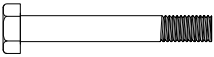


x8 Φ12

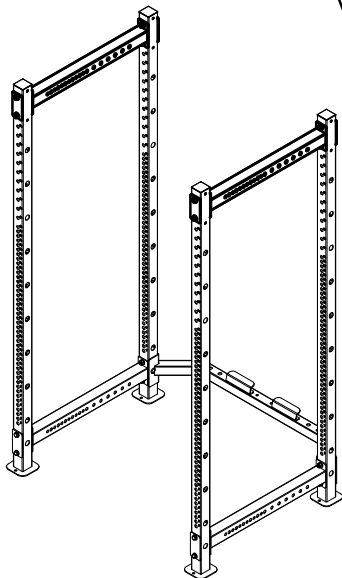
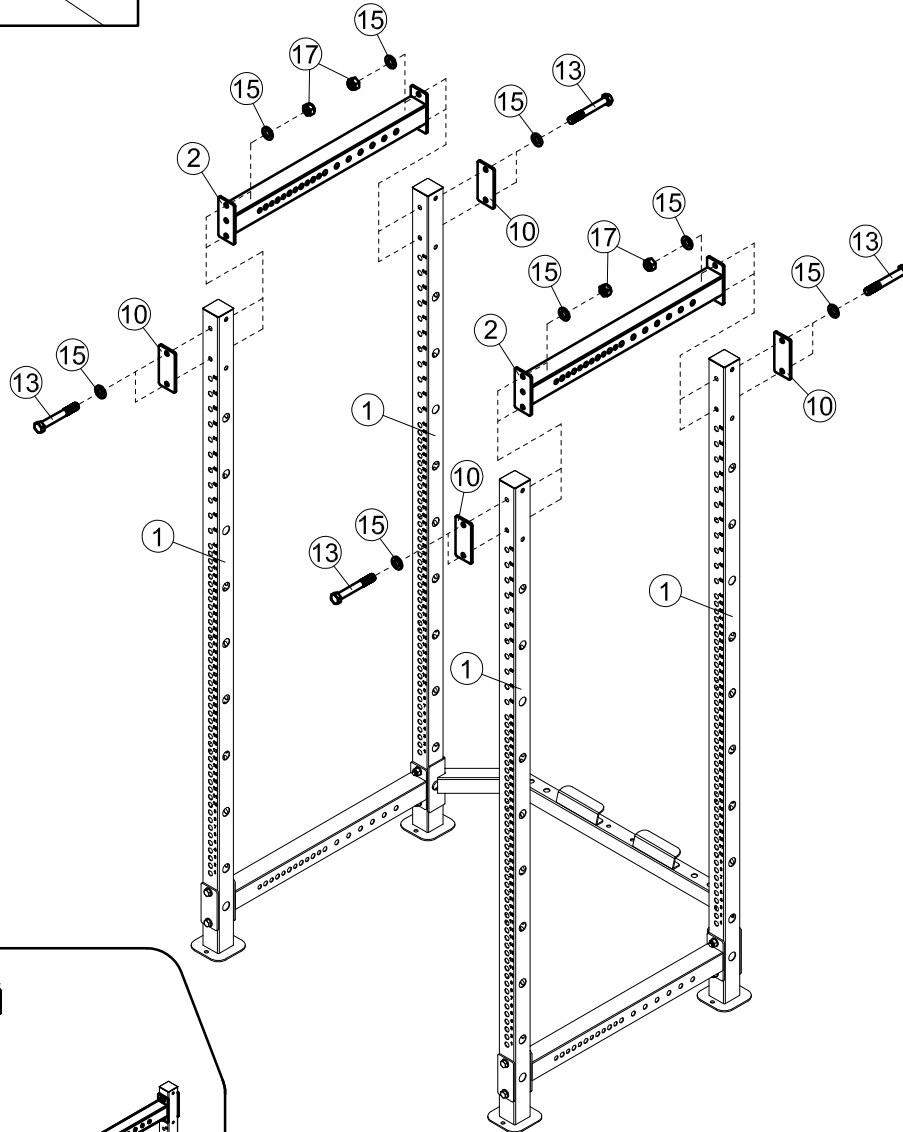
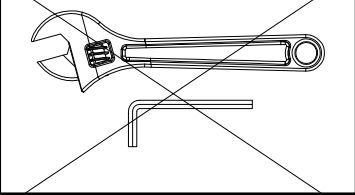
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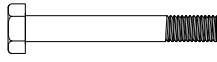
x4 M12



13		x8 M12x90
15		x16 $\Phi 12$
17		x8 M12



13



x4 M12x90

15

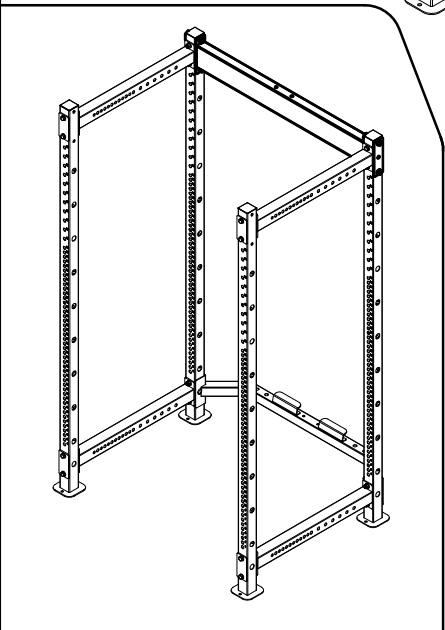
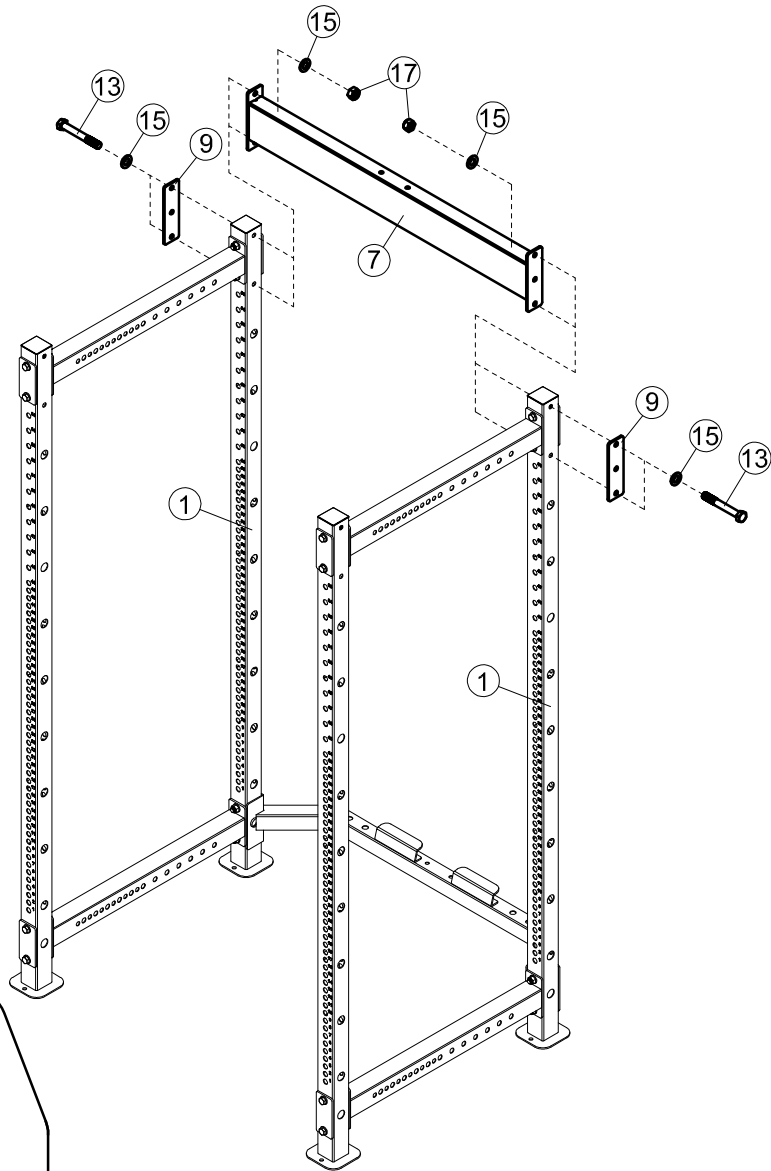
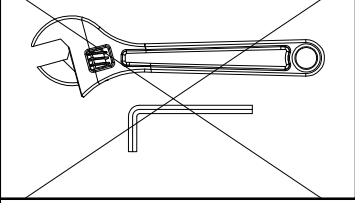


x8 $\Phi 12$

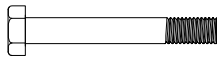
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x4 M12



13



x4 M12x90

15

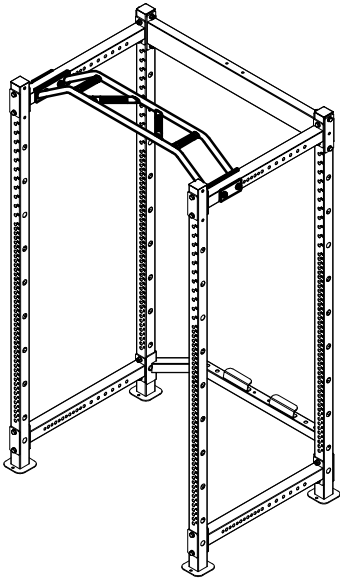
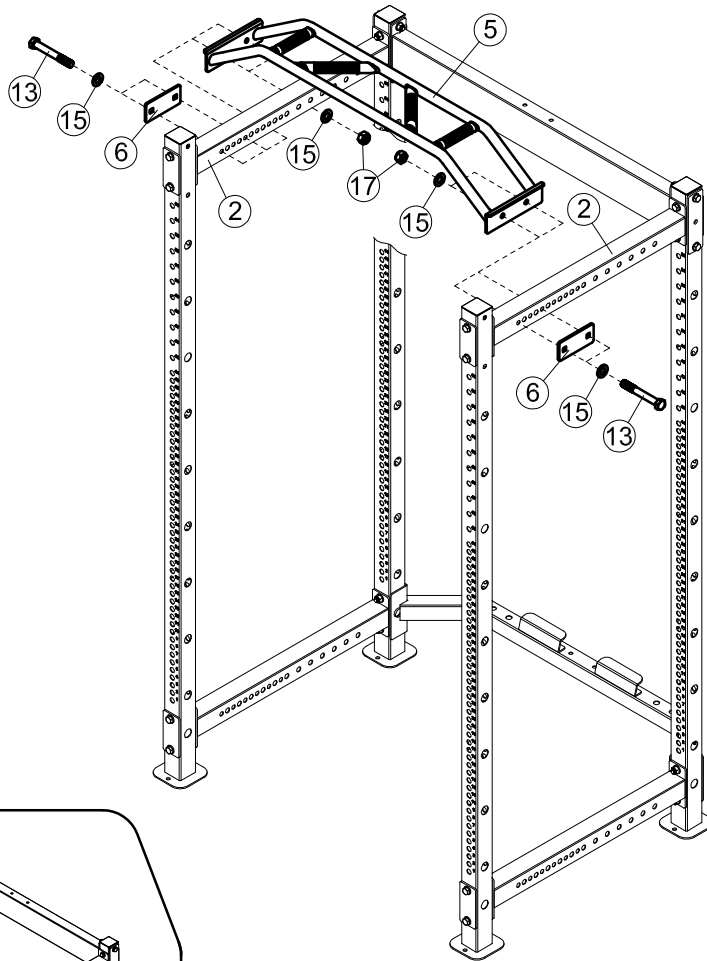
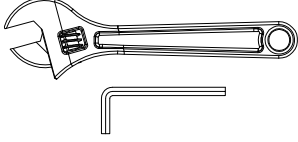


x8 Φ12

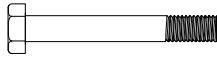
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x4 M12



14



x4 M10x80

16

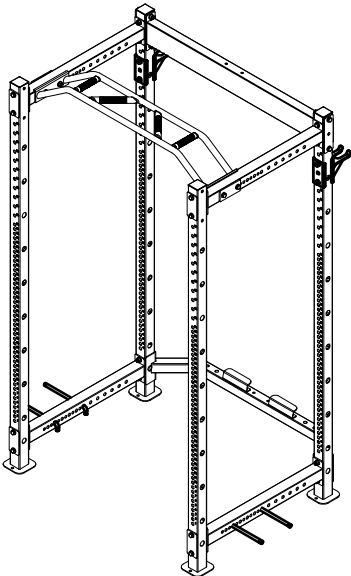
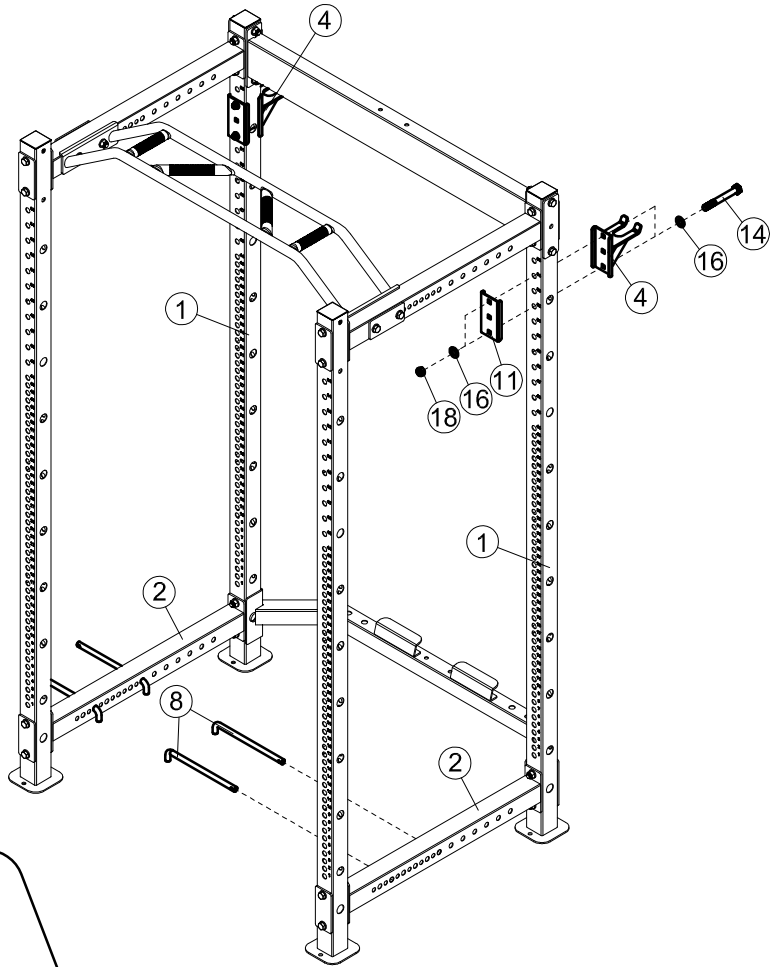
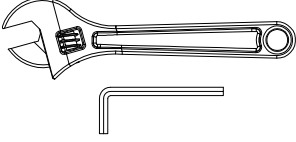


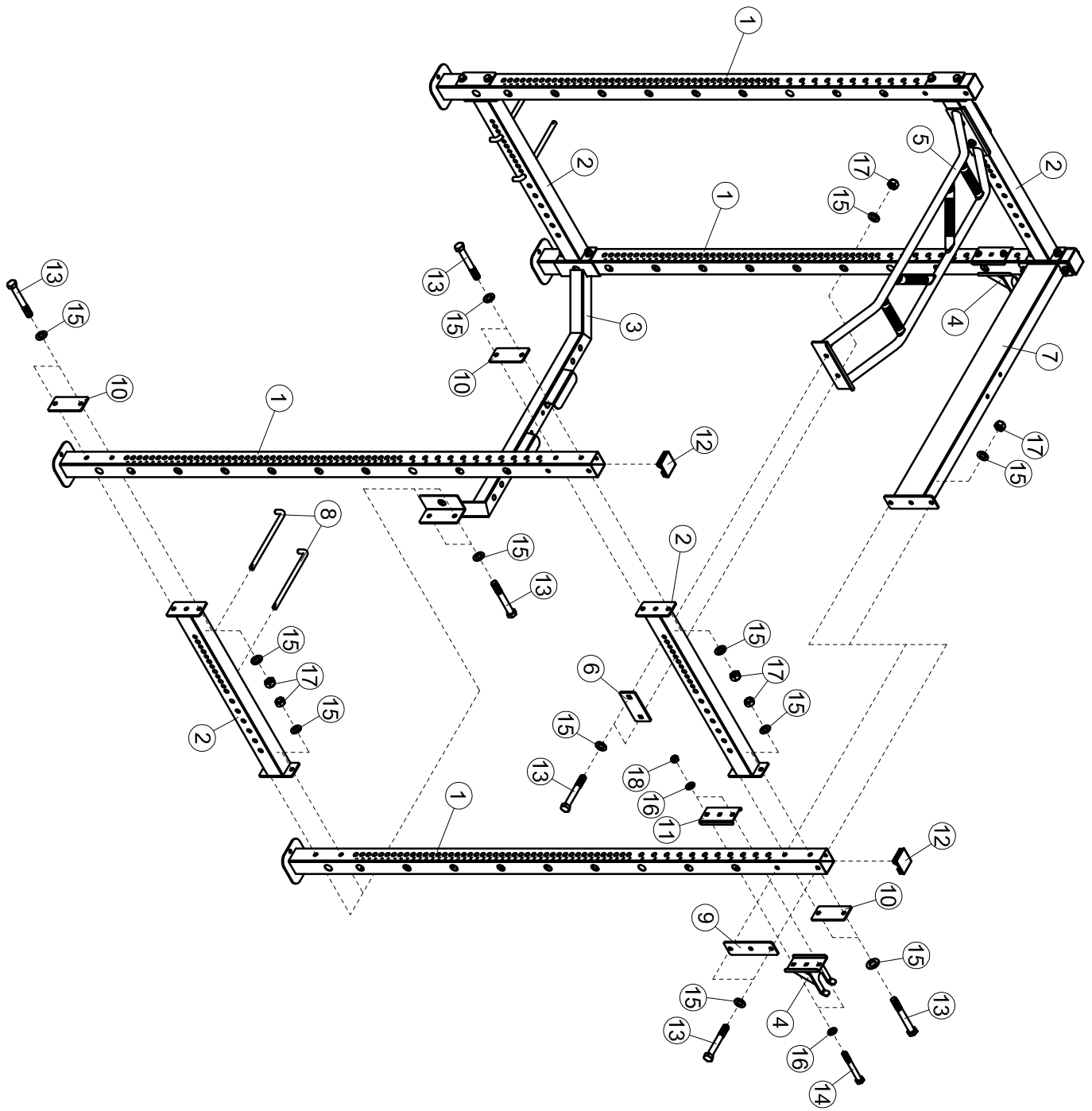
x8 $\Phi 10$

18



x4 M10





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Rear Stand		4
2	Upper connecting frame		4
3	Lower Support Bar		1
4	Rear Barbell Rack		2
5	Pull up Bar		1
6	Mounting Plate	130×60×5	2
7	Upper Support Bar		1
8	Weights Stow Rod	265×40×φ14	4
9	Mounting Plate	190×55×5	2
10	Mounting Plate	130×60×5	6
11	Mounting Plate	130×61×13×3	2
12	Rectangular End Cap	□60	4
13	Hex Bolt	M12×90	24
14	Hex Bolt	M10×80	4
15	Washer	12	48
16	Washer	10	8
17	Nut	M12	24
18	Nut	M10	4