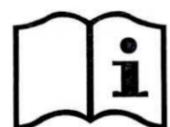


YN0311
RACK WITH LAT PULLEY
Assembly
Instructions



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Security Measures

Security Measures

To ensure your safety, please read the following notes before using this product.

1. Please read and understand the manual and all warning labels before use.

(It is recommended to familiarize yourself with the normal operation and usage of the device before using this product. Relevant information can be obtained in this manual and local retailers)

2. Please keep this manual and make sure all warning labels are clear and complete.

3. This product is recommended for installation by two or more people.

4. Please consult your doctor for advice before you start exercising.

5. Please ensure safety when children are present.

6. Please be cautious when using it off-site with children.

7. Please check the steel wire rope regularly for any signs of wear. If there is wear, it may cause certain danger to you.

8. Please keep your hands, limbs, and clothes stretched so that you can use the device fully and safely.

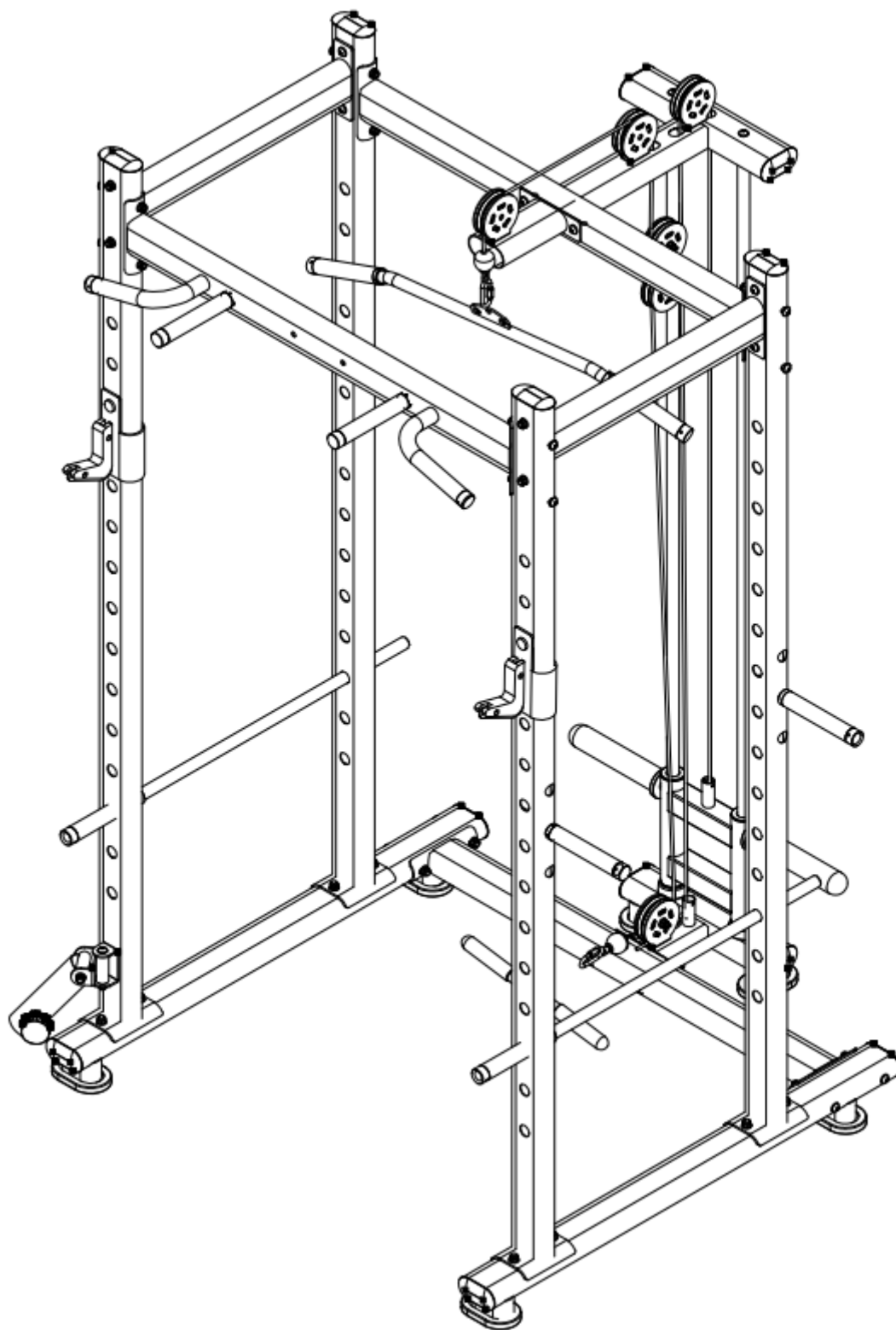
9. Please pay attention to any signs that may occur in the machine, including wear of parts, loose hardware and welding cracks. If any of the above signs are found, immediately stop using the device and contact our after-sales service department.

10. You can use a wrench or Allen wrench to complete the assembly.

11. The weight of the user of this product shall not exceed 120kg

12. The product is subject to change without notice, and the final interpretation right belongs to our company.

Exploded View





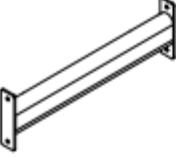




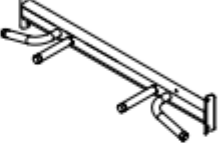
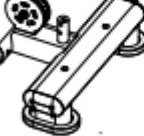
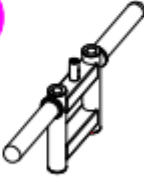

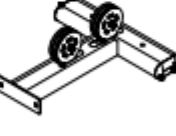
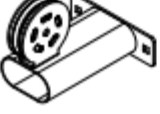




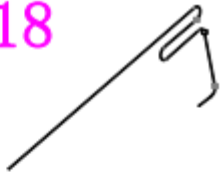
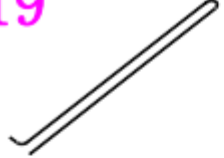
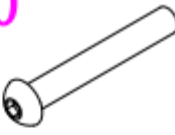
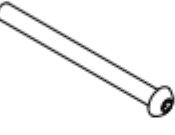







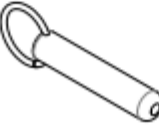
YN0311

Executive standard: GB17498-2008.1

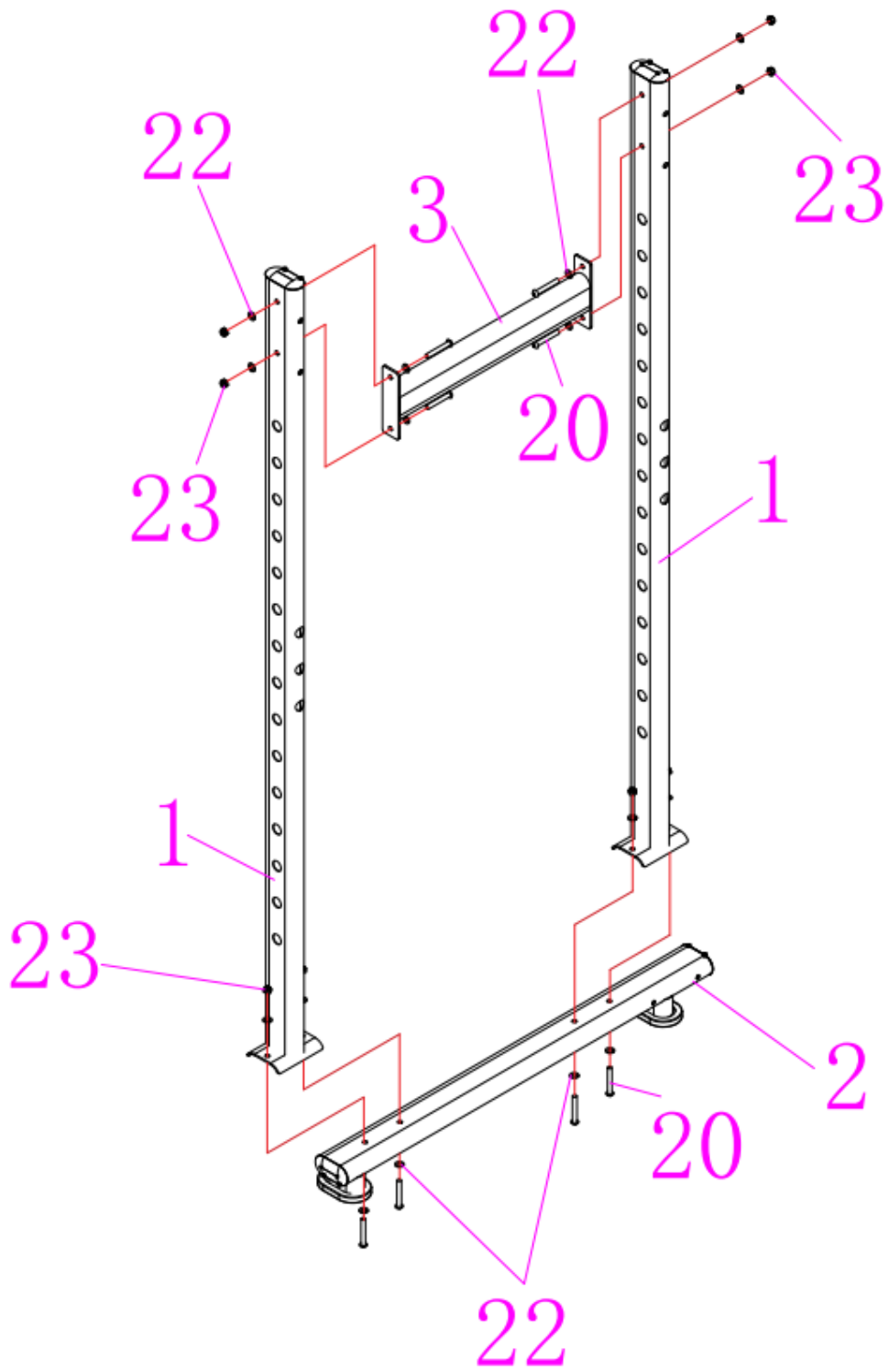
Parts List

NO	NAME	NO	SERIAL NUMBER	NAME	QTY
1	UprightA	2	20	Hex boltsM10X70	18
2	Front post	2	21	Hex boltsM10X120	14
3	Top border connection	2	22	M10Flat gasket	64
4	UprightB	1	23	M10Locknut	32
5	UprightC	1	24	Barrel casing	1
6	Connect up behind the border	1	25	Pulley frame	1
7	Bezel back and bottom connection	1	26	High handle	1
8	Pull-up connection	1	27	Low pull handle	1
9	Post to the ground	1	28	C buckle	4
10	Counterweight	1	29	plug	4
11	Guide rod	2	30		
12	Upper beam	1	31		
13	High pull-up connection	1	32		
14	Barrel turret	1	33		
15	Protection bar	2	34		
16	Parallel bar handle	2	35		
17	Shelf	2	36		
18	High-drawn wire rope	1	37		
19	Low-drawn wire rope	1	38		

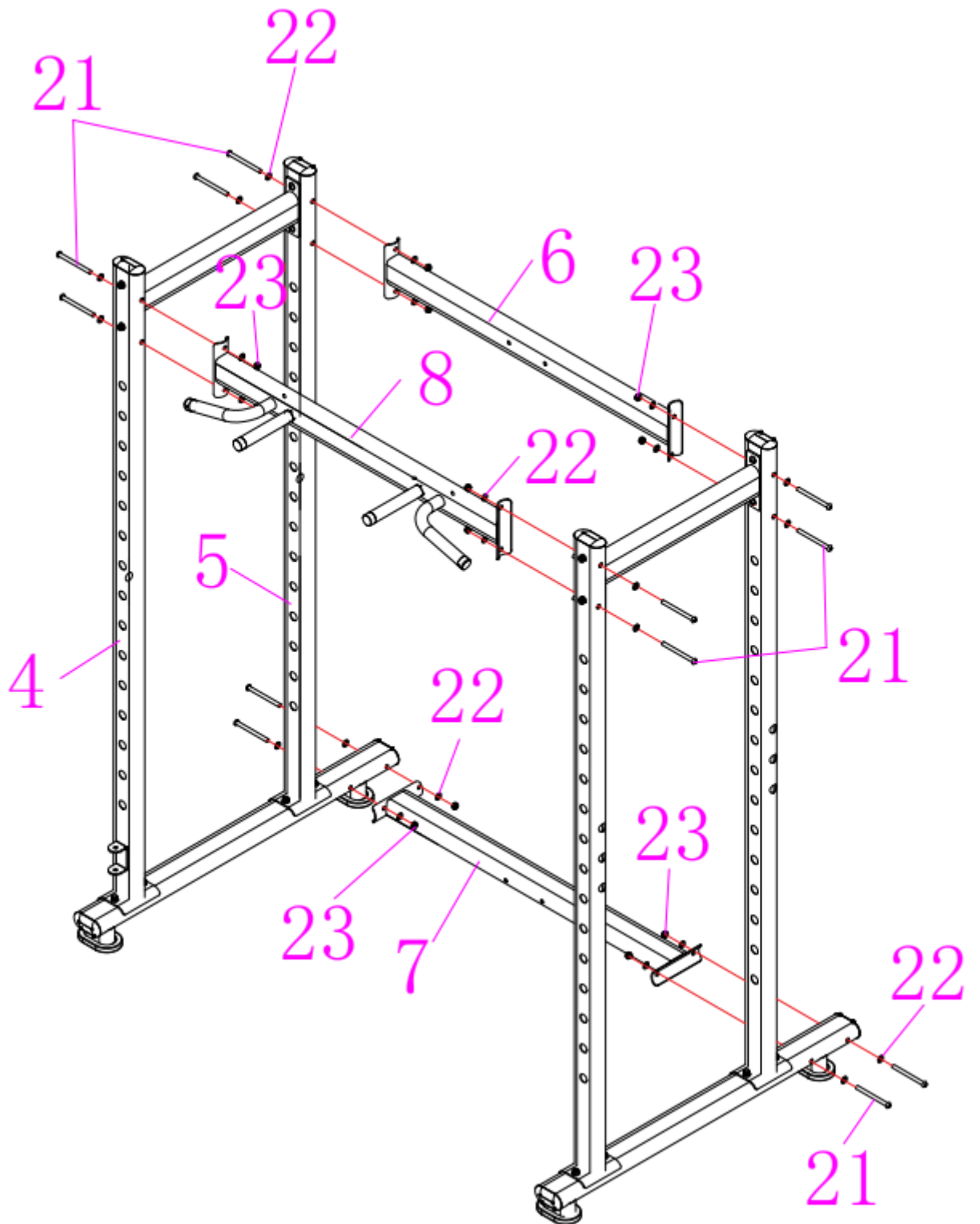
Parts List

1 	2 	3 	4 
5 	6 	7 	8 
9 	10 	11 	12 
13 	14 	15 	16 
17 	18 	19 	20 
21 	22 	23 	24 
25 	26 	27 	28 
29 	30	31	32

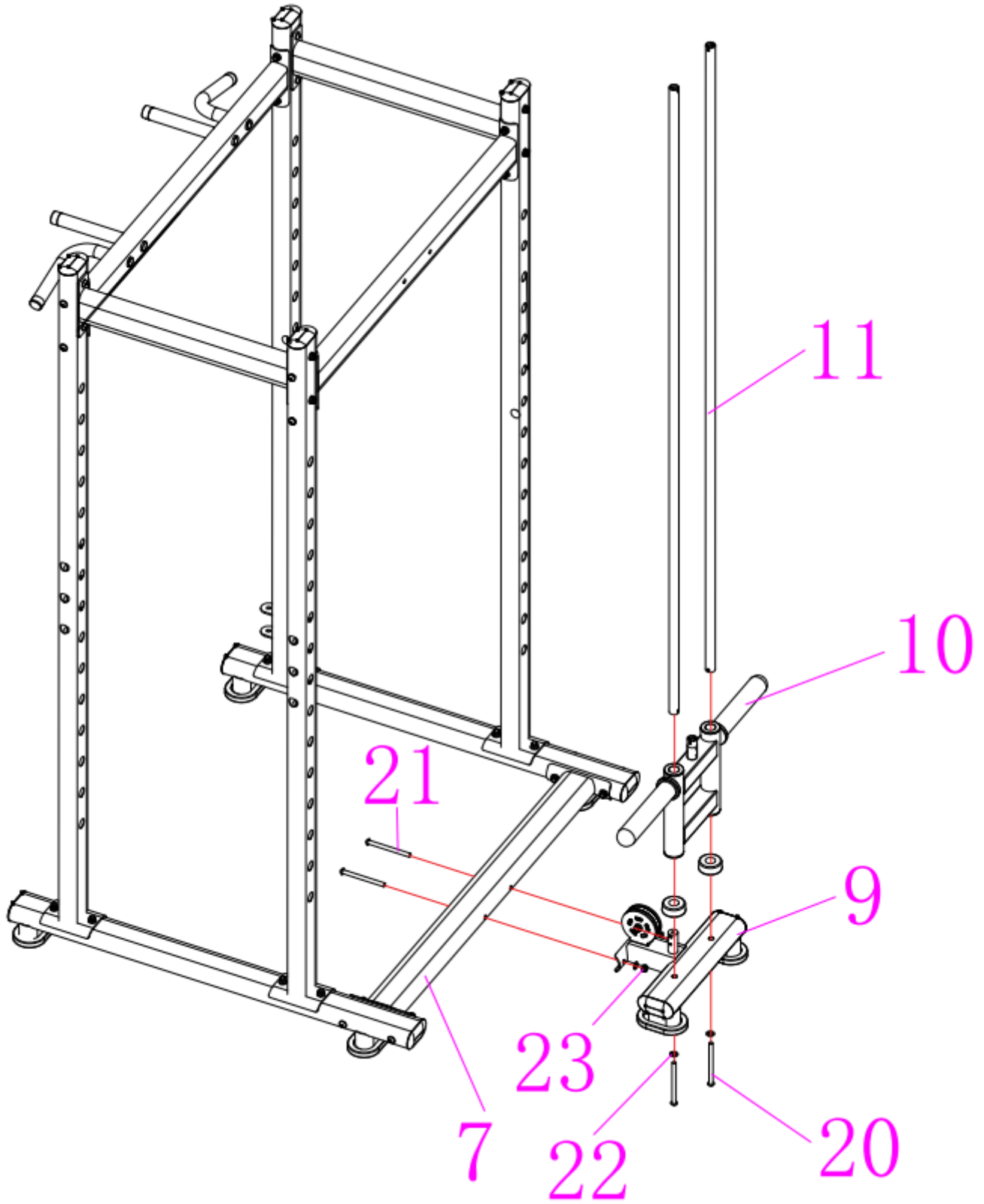
Installation Guide



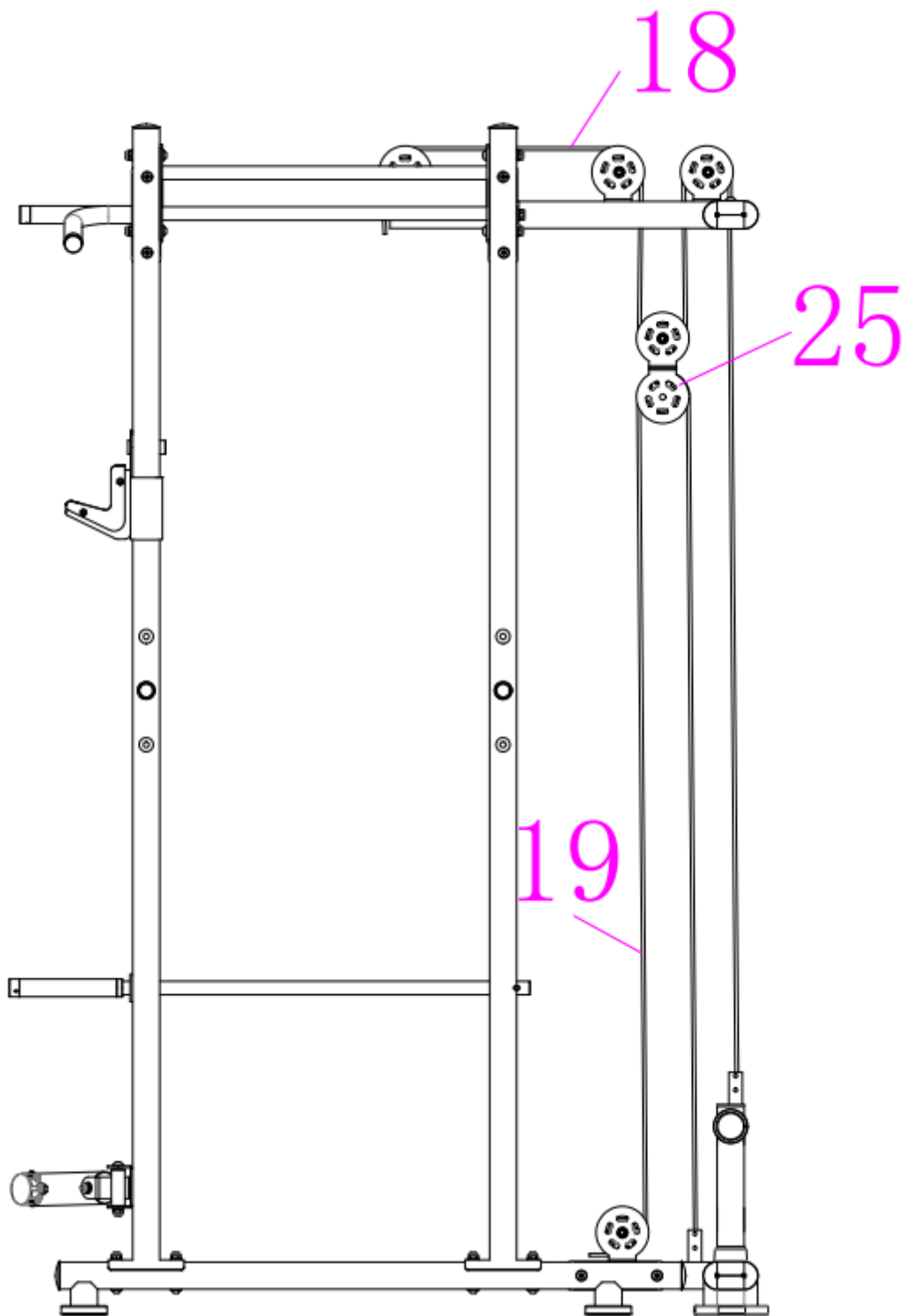
Installation Guide



Installation Guide



Installation Guide



1. Please use a wrench to tighten all bolts and nuts.

2. Your device is now fully assembled.
3. Please check that all pulleys and wire ropes have been fixed before correct use.
4. In the first stage of use, make certain adjustments to the wire rope according to the actual situation.

Maintenance

Maintenance Tips:

In order to prolong the service life of the equipment, the parts must be lubricated on time. This product has been initially lubricated for the equipment before leaving the factory, but after a certain period of use, necessary lubrication and maintenance must be carried out between the guide rod and the weight plate.

Note: It is forbidden to use oil and butter, otherwise it will absorb dust and dirt in the air. Sewing machine oil is recommended

- 1. All pulleys and wire ropes should be checked regularly for signs of wear.**
- 2. Regularly check and adjust the tension of the wire rope.**
- 3. Regularly check all moving parts and determine whether there are signs of wear and damage. If there is any problem, you must stop using the device immediately and contact our after-sales department.**
- 4. During the inspection, you must make sure that all bolts and nuts are completely fixed. If any bolts or nuts are loosened, please lock them in time.**
- 5. Check that there is no crack in the weld.**
- 6. Failure to perform routine maintenance may result in personal injury or equipment damage.**