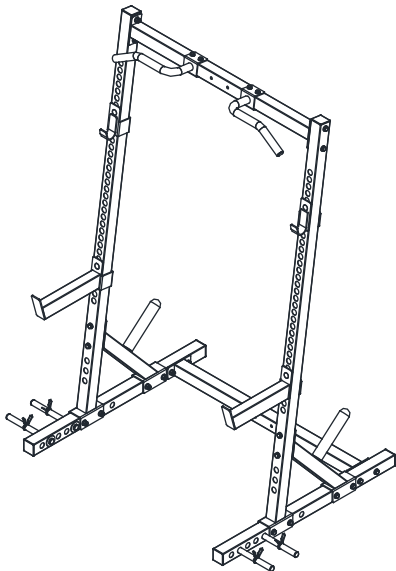




OWNER' S MANUAL PFX260 Half Rack



www.progressionfitness.ca
info@progressionfitness.ca
1-306-978-1999

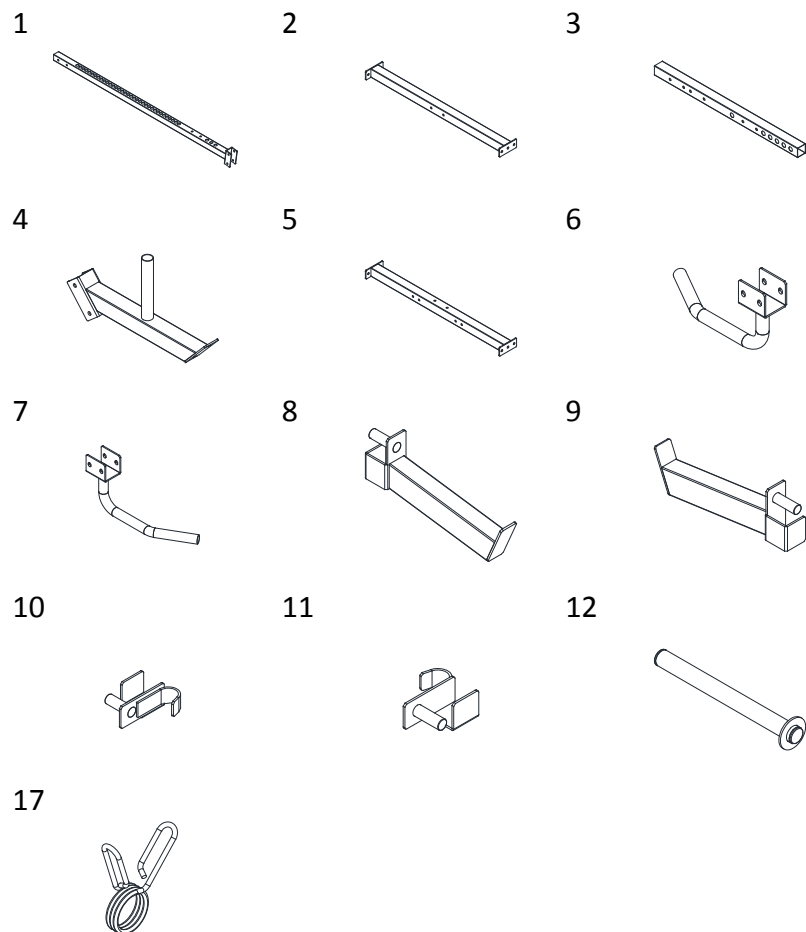
IMPORTANT SAFETY INFORMATION



Be sure to read the entire manual before assembly and operation. Also, please note the following safety precautions:

- Before using the unit or starting any exercise program, consult your physician. This is especially important for anyone over the age of 65, persons with pre-existing health problems or women that are pregnant.
- Keep children and pets away from this equipment at all times.
- This unit should only be used on a level surface and is intended for indoor use only. We recommend placing an equipment mat under the unit to protect the floor or carpet.
- Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the manual.
- Always wear proper clothing and walking/running shoes when exercising. Do not wear loose fitting clothing that could get caught in the equipment.
- Always examine unit before use to ensure all parts are in working order.
- Progression assumes no responsibility for equipment failure if unauthorized equipment modifications are made.
- Progression assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

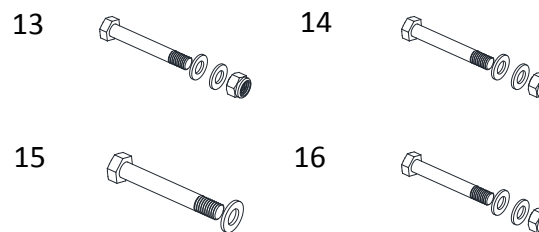
PARTS



2

Item	Qty	Description
1	2	Upright Frame
2	1	Below Crossing Frame
3	2	Base Frame
4	2	Support Frame
5	1	Top Crossing Frame
6	1	Left Handle
7	1	Right Handle
8	1	Right Safty Arm
9	1	Left Safty Arm
10	1	Right Barbell Hook
11	1	Left Barbell Hook
12	4	Fraction Rod
17	4	Spring Clip

HARDWARE

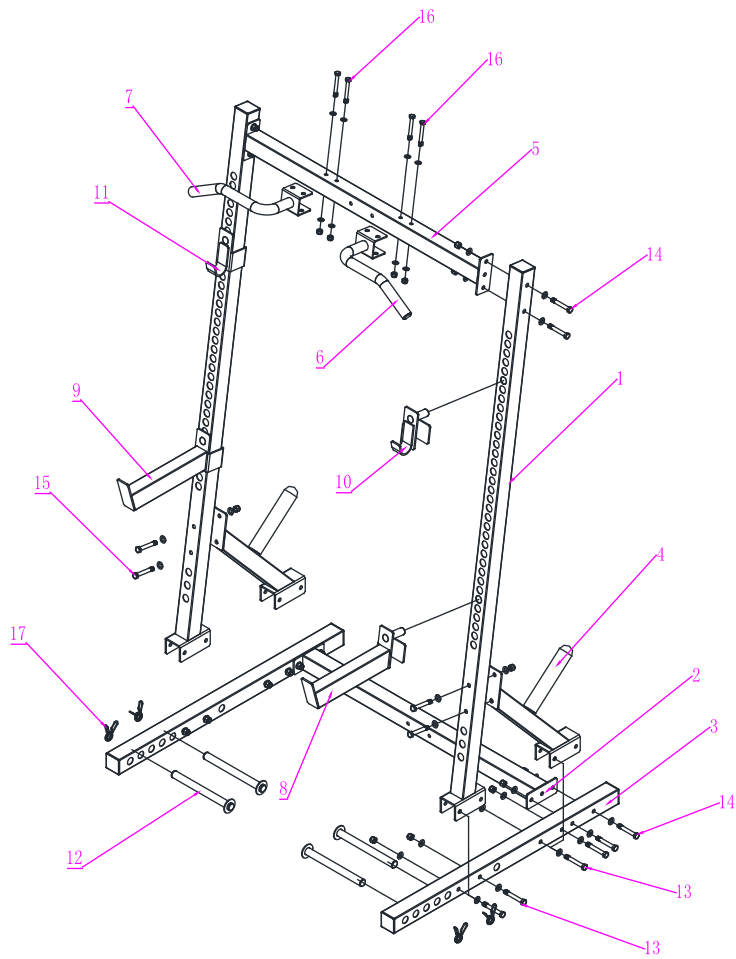


Item	Qty	Description
13	12	Bolt(12mm*90mm),nut,washer
14	8	Bolt(12mm*80mm),nut,washer
15	4	Bolt(12mm*80mm),washer
16	4	Bolt(10mm*80mm),nut,washer

3

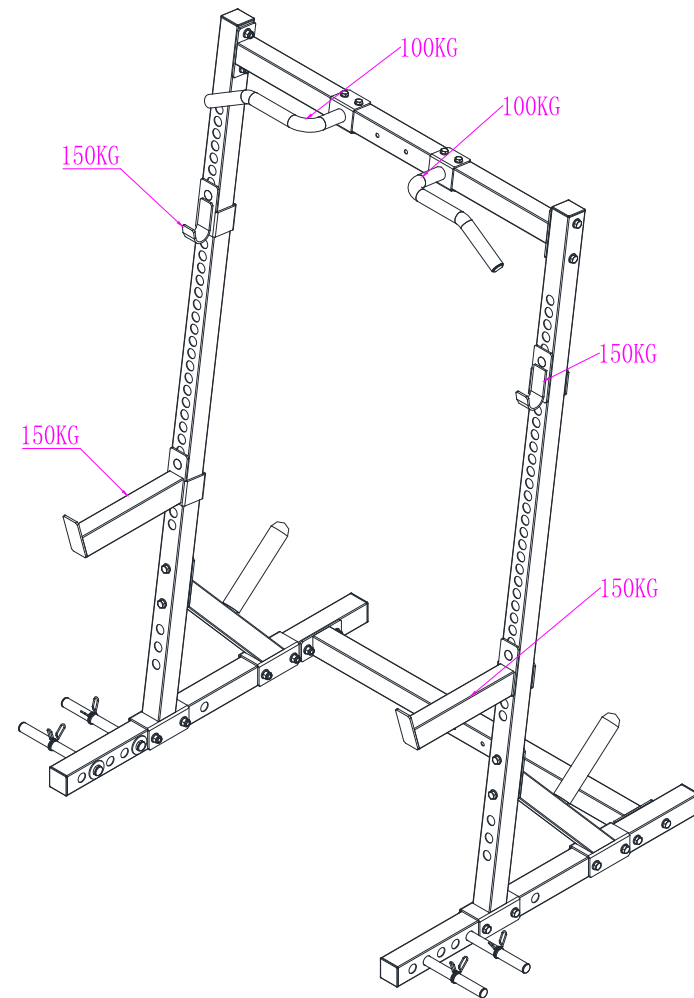
ASSEMBLY

STEP



4

Weight Ratios



5