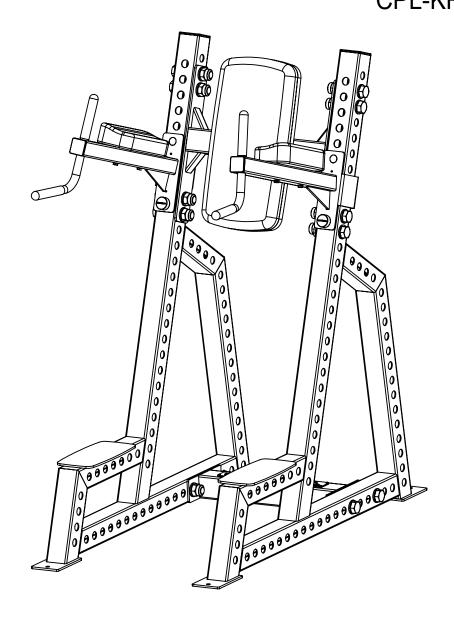
## PARTS MANUAL

#### KNEE RAISE/DIP STATION CPL-KRD-2129



CAUTION: Read all precautions and instructions before using this equipment. Save this manual for future reference.

### CONTENTS

- O2 General warnings and maintenance advice
- 03 Assembly Instructions

Explained as a series of steps, with each step containing:

- ♦ Pictures, descriptions and quantities of the parts required
- **♦** Notes

04 Part List

# Assembly Instructions Before Your Begin

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note thefollowing safety precautions:

- 1. Keep children and pets away from the equipment at all times. Do not leavechildren unattended in the same room with the equipment.
- 2. Only one person at a time should use the equipment.
- 3. If the user experiences dizziness, nausea, chest pain, or any other abnorma symptoms stop the workout at once.
- 4. Position the equipment on a clear, level surface. Do not use the equipment 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 equipment.
- 7. Use the equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 8. Before using the equipment, always do stretching exercises to properly warm up.
- 9. Never operate the equipment if the equipment is not functioning properly.

NOTE: In this step,all the washers and nutswhich are not marked are W10 and N10 W24 OHS24-10 N24 0HS8-6W24 OHS24-10 W24 OHS24-10 OHS24-10 2 OHS24-10 OHS24-10 0HS24-10W24 W24 W24 **INFORMATION**  We recommend you have someoneassist you in lifting and assembling your gym. Follow these steps carefully and itwill make it easier to assemble your gym.

#### PARTS LIST

PTRT#	DESCRIPTION	QTY
1	Main frame	2
2	Movable arm	2
3	Bottom connecting beam group	1
4	Back pad connection group	1
5	Back pad	1
6	Elbow pad	2
7	Label	1
8	Signboard	1
9	Square pipe plug 75*75	2
10	Stainless steel pin	2
11	Square pipe plug 50*50	2
OHS8-4	Outer Hexagon Screw M8*30	4
OHS8-14	Outer Hexagon Screw M8*70	4
R4.8-8	Rivet M4.8*16	6
OHS24-10	Outer Hexagon Screw M24*120	12
W8	Washer ф8	8
W24	Washer ф24	24
N24	Nut M24	12

PTRT	DESCRIPTION	QTY
	1	