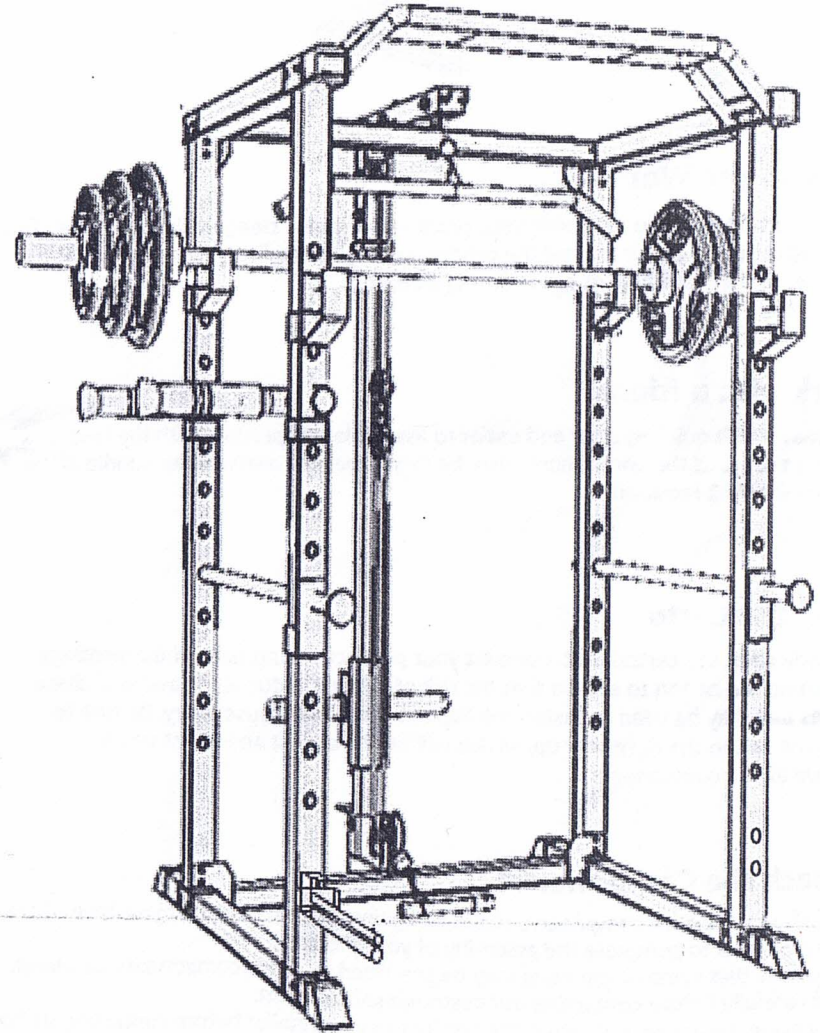


ASSEMBLY & USER MANUAL



Before you start

Tools required (not included).

Spanner (13/14/17mm)



Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Work with a friend

You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone. 2 full slops, only 1 required.

Open the Carton

Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

Unpack the Components

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product. Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our customer service team. In any event, please do not return the product to your retailer before contacting us first.

Cautions:

Safety





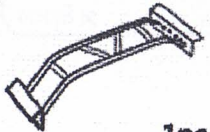
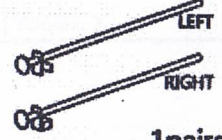
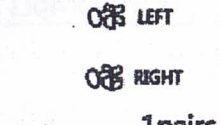
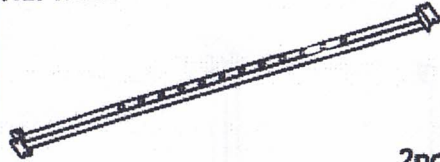
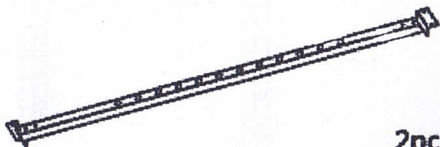


Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

- * Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.
- * Keep fingers clear of moving parts
- * For your own safety, always ensure that there is at least 1 Meter of free space in all directions around your product while you are exercising.
- * Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.
- * Clean only with a damp cloth, do not use solvent cleaners.
- * Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.
- * Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose-fitting clothing or jewellery that could become an entanglement hazard.
- * Use only under competent supervision.
- * User max. weight : 150kg

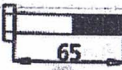
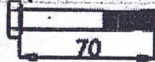


Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.














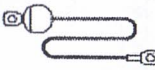
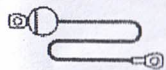
PARTS LIST (POWER RACK 16050-3A)

A1. BASE  2pcs	B1. REAR CROSS BASE  1pc	C1. UPPER CROSS FRAME  1pc	D1. UPPER FRAME  2pcs
E1. PULL-UP FRAME  1pc	F1. BAR CATCH (LONG) LEFT RIGHT  1pairs	G1. BAR CATCH (SHORT) LEFT RIGHT  1pairs	
H1. UPRIGHT  2pcs	I1. REAR UPRIGHT  2pcs		
J1. END COVER (50)  4pcs	K1. END CAP (50)  4pcs		

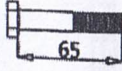
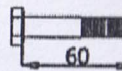
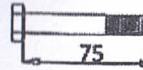



HARDWARE LIST

1  x 8pcs	2  x 16pcs	3  x 52pcs	4  x 28pcs
-----------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------

PARTS LIST (POWER RACK 16050-3AB)

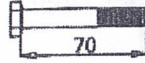


A2. UPPER WHEEL FRAME  1pc	B2. BASE  1pc	C2. PLATE FRAME  1pc	D2. LAT BAR  1pc
E2. ARM HANDLE  1pc	F2. PULLEY BRACKET B  1pc	G2. PULLEY (90)  6pcs	H2. CHAIN  1pcs
I2. CLIP  3pcs	J2. CHOLLER  2pcs	K2. RUBBER BUMPER  1pc	L. PP BUSH  6pcs
M. GUIDE ROD  1pc		N. CABLE A(LONG)  1pc	O. CABLE B(SHORT)  1pc

HARDWARE LIST

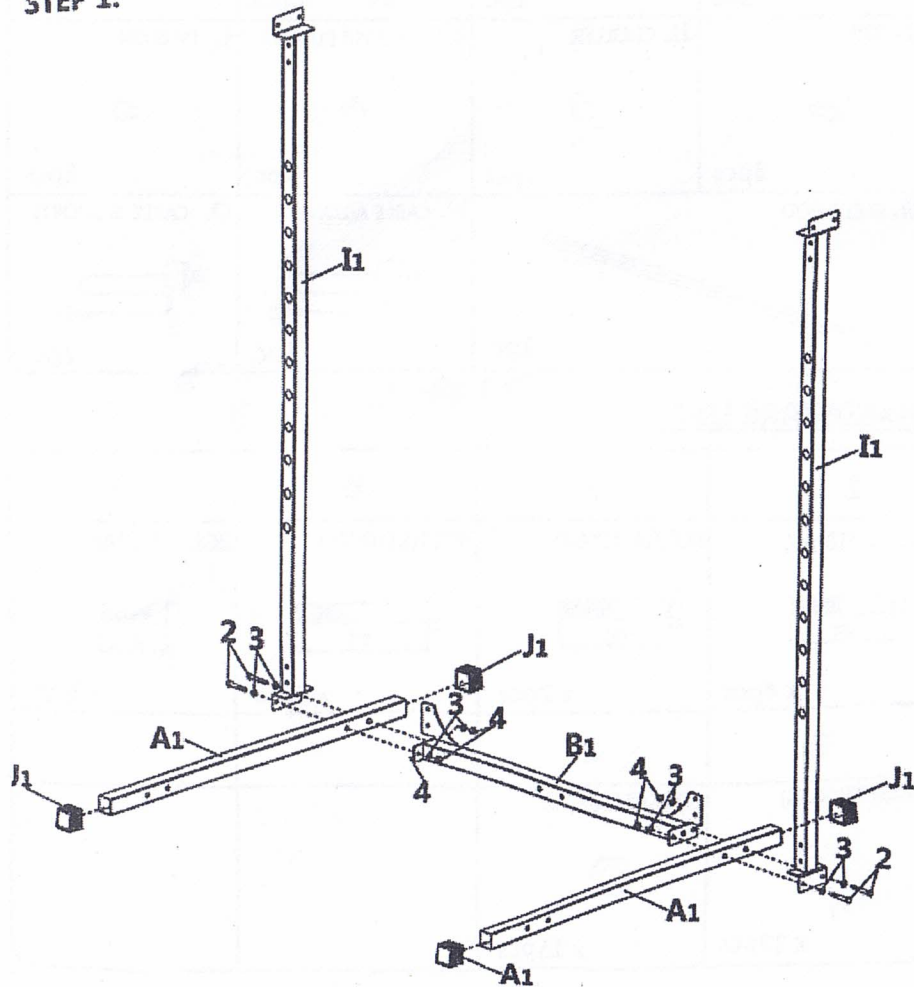
1 BOLT(M10*65)  x 4pcs	5 BOLT(M10*60)  x 2pcs	6 BOLT(M10*75)  x 6pcs	7 BOLT(M10*40)  x 3pcs
3 WASHER(M10)  x 32pcs	4 LOCKNUT(M10)  x 15pcs		

ASSEMBLY STEP 1.

HARDWARE LIST

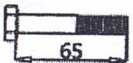
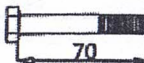


2	3	4
BOLT(M10*70)	WASHER(M10)	LOCKNUT(M10)
 x 4pcs	 x 8pcs	 x 4pcs

STEP 1.

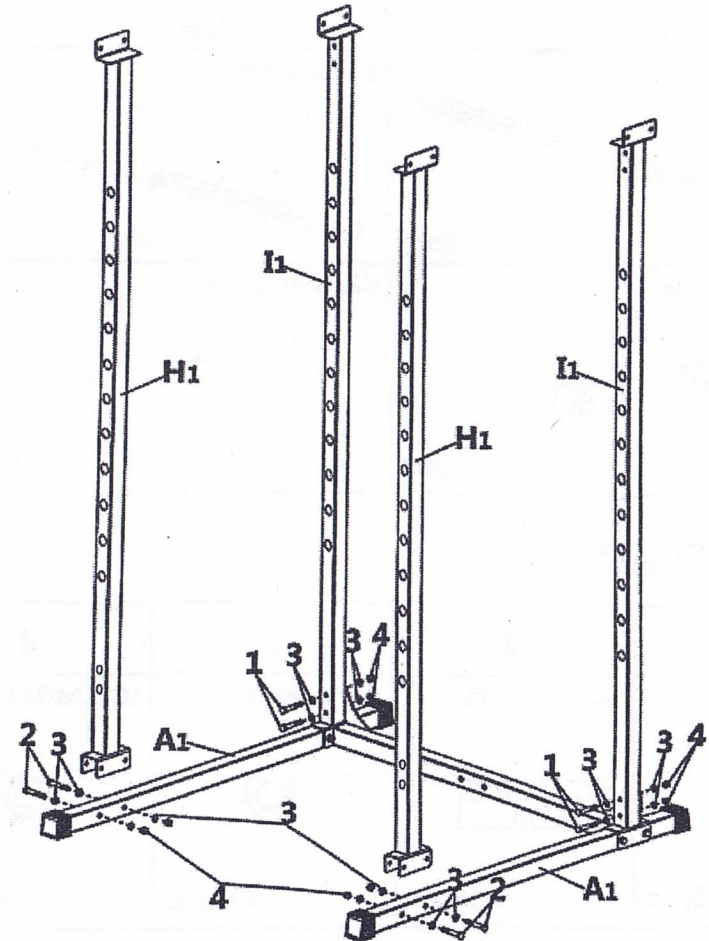


ASSEMBLY STEP 2.

HARDWARE LIST

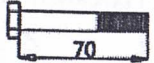


1	2	3	4
BOLT(M10*65)	BOLT(M10*70)	WASHER(M10)	LOCKNUT(M10)
 x 4pcs	 x 4pcs	 x 16pcs	 x 8pcs

STEP 2.

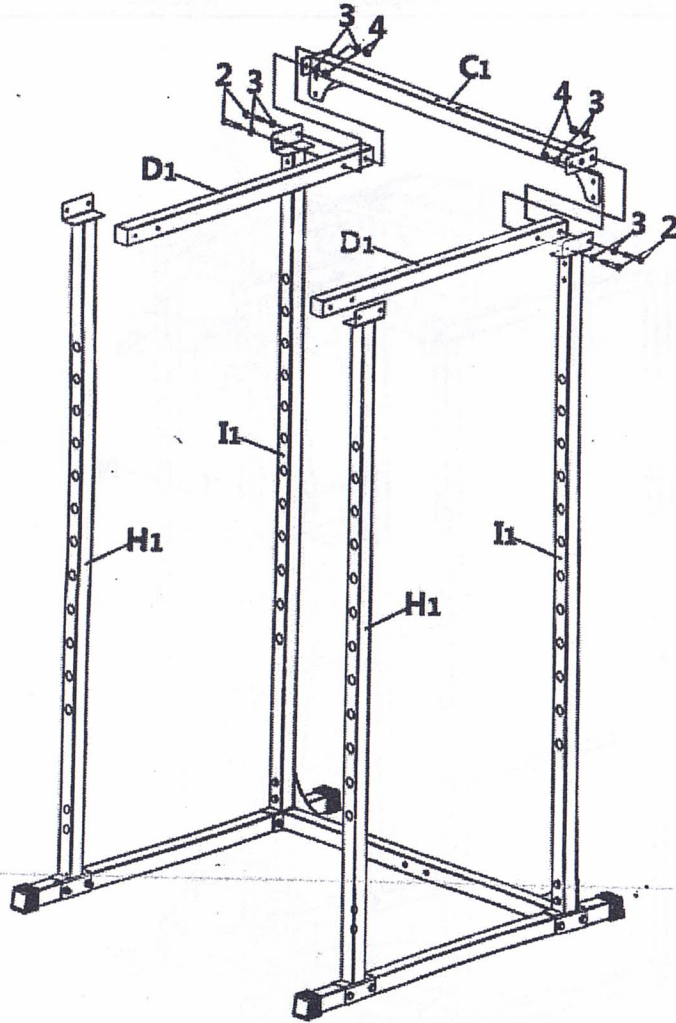


ASSEMBLY STEP 3.

HARDWARE LIST

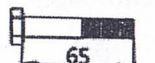
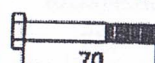


2	3	4
BOLT(M10*70)	WASHER(M10)	LOCKNUT(M10)
 x 4pcs	 x 8pcs	 x 4pcs

STEP 3.

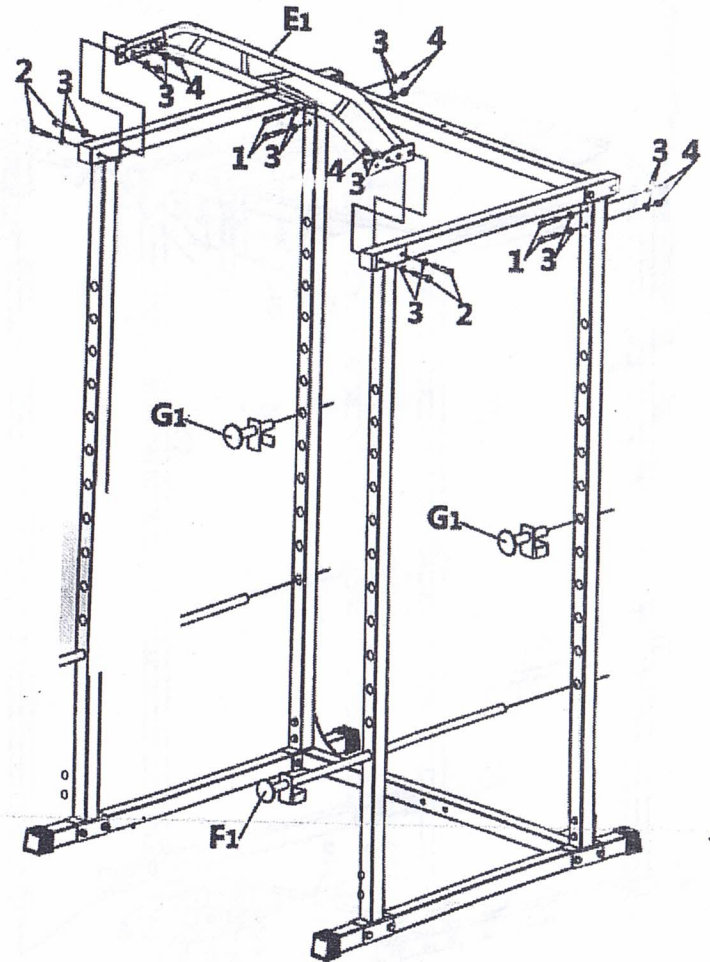


ASSEMBLY STEP 4.

HARDWARE LIST

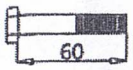
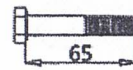


1	2	3	4
BOLT(M10*65)	BOLT(M10*70)	WASHER(M10)	LOCKNUT(M10)
 x 4pcs	 x 4pcs	 x 20pcs	 x 12pcs

STEP 4.

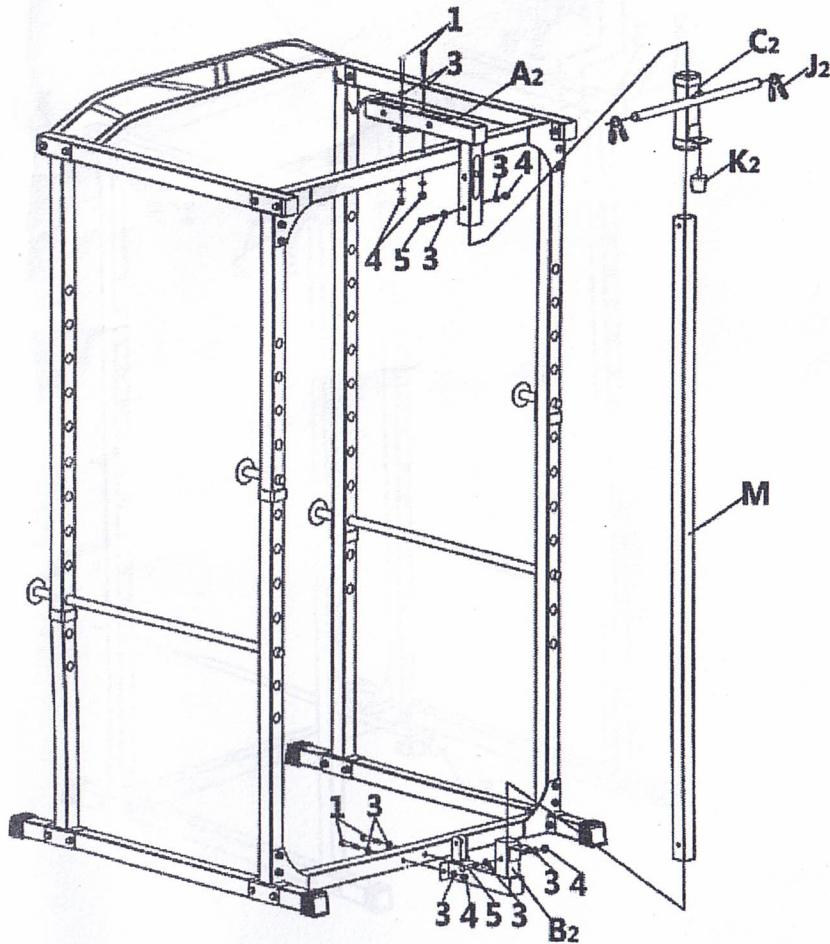


ASSEMBLY STEP 5.

HARDWARE LIST





5	1	3	4
BOLT(M10*60)	BOLT(M10*65)	WASHER(M10)	LOCKNUT(M10)
 60	 65		
x 2pcs	x 4pcs	x 12pcs	x 6pcs

STEP 5.



ASSEMBLY STEP 6.

HARDWARE LIST

7	6	3	4
BOLT(M10*45)	BOLT(M10*75)	WASHER(M10)	LOCKNUT(M10)
 45	 75		
x 3pcs	x 3pcs	x 12pcs	x 6pcs

STEP 6.

