



HB-021 SQUAT RACK

USE MANUAL



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IMPORTANT DECLARATION:

First we are highly appreciated that you buy **H-21 SQUAT RACK**.

For your health and safe, before you exercise please consult from your doctor and define a appreciated exercise burden for yourself. Before using this equipment read carefully all related instructions and notice. In this way you gain more happiness during exercise. When you begin to use **H-21 SQUAT RACK**, our company think you have read use manual already.

After you buy this equipment, please fill carefully ‘post-sale service warranty card’ and keep it, meanwhile, post return receipt (stub) back to our company so that we provide better service for you.

This manual is the first edition 2011 of series products **H-21 SQUAT RACK**. The content of manual will change along with promotion of products, and we will not inform you.

All notice and instruction are in order to keep yoafe and use this equipment correctly. If not obeying the suggestion, take the consequence yourself.

After reading, the user must keep this manual in the place you can see it at anytime.

PRODUCTS INTRODUCTION:

- 1 The main frame adopts the high-quality steel tube of for use, durable and safe.
- 2 Adopt high strength steel cable as transmitting wire and you will feel safe and durable.
- 3 The weight stack adopts casting iron and has protective cover.
- 4 Rotating part adopts the high-quality bearing, durable in use and there is no noise while using.
- 5 The high quality leader makes it smoother wh^lile using.

Warning

1. This training equipment is offered to the organizations only which possess training areas, such as sport associations, educational establishment, hotels, clubs and studios, where management and control is specifically regulated by the owner, who has the legal responsibility.
2. The gyms should enroll the members as per the specified rules (i.e.: age, profession, physical condition), allow the members to use the right machines.
3. The training equipment shall be used under the supervision of coach
4. Always keep children and disabled away from using the equipment.
5. Injury to health may result from incorrect or excessive training, please consult the coach to select the correct exercise method and proper burden.
6. Please adjust the weight stack and position before using the machines. (e.g. seat adjustment)
7. Please check if the bolt and handrail are fastened before using
8. When weight stacks, guide rod and other parts have problems, please ask professional staff to maintain, in case that the weight stacks drops suddenly and causes the accident.
9. Please adjust the length of the cable properly and never make the cable twist. Check the cable at fixed periods. If any problems, please consult the professional maintenance personal at once.
10. Do not drop the weight stack suddenly. In order to avoid destroying other weight stacks, please release it slowly, when getting close to the bottom.
11. While using machines, please do not touch cable and exercise parts, in case injure your fingers.
12. It is not allowed person with heart disease and children under 12 to use this equipment.
13. The training equipment is in compliance with EN 957-2 standard.
14. The max training weight is 150kgs (330pound). The max user weight is 150kg (330pound).
15. The machine should be located stably. A space of 2000mm*2000mm should be around the machine.
16. The scope of products: Primary use in professional fitness club. The second is the residence community, gym of some company.
17. If you feel swirl, surfeit and other discomfort sense, Please stop exercising and go for doctor.
18. The equipment should be installed on stable even surface.
19. The machine shall only be used indoor and be avoid of moisture.
20. Please wear right shoes and coat
21. Warm up 5-10 minutes before exercising
22. Don't use the equipment to do the impossible function exercise.
23. Please exercise under instruction by professional coach.
24. Inspect if the equipment is fastness before using
25. Any of the adjustment devices that could interfere with the user movement should not be left projecting.

USE INSTRUCTION:



H-21 SQUAT RACK

Exercise position: Biceps Femoris, Quadriceps Femoris

Dimension: 1775mm(L)*1405mm (W)*2260 mm (H) weight : 155kg

Use Instruction:

- 1 Read all caution Warning Labels before using this equipment.
- 2 Hook Description: Hook safety maximum load capacity is 150KG, the ultimate bearing capacity is 220KG.
- 3 Adjust seat pad and sit with your back firmly against back pad.
- 4 Insert pin into weight stack at desired resistance level.
- 5 Hold the lever firmly, securely positions both hands in an overhand grip or with palms facing each other.
- 6 Keeping your arms close to your sides, slowly push forward while maintaining a smooth, comfortable exercise movement.
- 7 Pause for a moment, then slowly return to the start position and repeat the movement.

NOTICE:

1. Warm-up.....It needs warm-up for 5-10 minutes before starting exercise, for instance mark time, free-standing exercises etc., in order to move each joint muscle, so as not to injure the joint muscle while exercising.
- 2 DietEat some more protein, vegetables, and fruit. Begin to do exercises until 40 minutes after a meal. Taking food until half an hour after doing exercises and drink little water while doing exercise.
- 3 Breath.....Breathe in while exerting oneself, exhale while relaxing. To coordinate breathe with movement.
- 4 Frequency...It needs to take a rest over 48 hours before exercising the same muscle.
- 5 Burden.....Exerciser should choose suitable weight according to one's own actual conditions, make sure not to be overweight, so as not to cause the muscle to draw wounded. Exercises should according to the progressive principle; it is normal to feel ache while exercise for the first time.



MAX LOAD OF HOOKS:220kg
MAXIMUM WEIGHT:150kg

Maintenance:

1. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points;
2. Pay special attention to components most susceptible to wear.
3. Replace defective components immediately and /or keep the equipment out of use until repair;
4. This equipment should carry on regular maintenance according to the following chart:

Maintenance	Daily	Weekly	3 Months
Inspection: The connection part,pulley,match restructuring	√		
To clean: seat, shield	√		
Lubrication: need lubrication part			√
Check whether the screw loose		√	
Lubrication: bearing parts			√

INSTALL SKETCH MAP

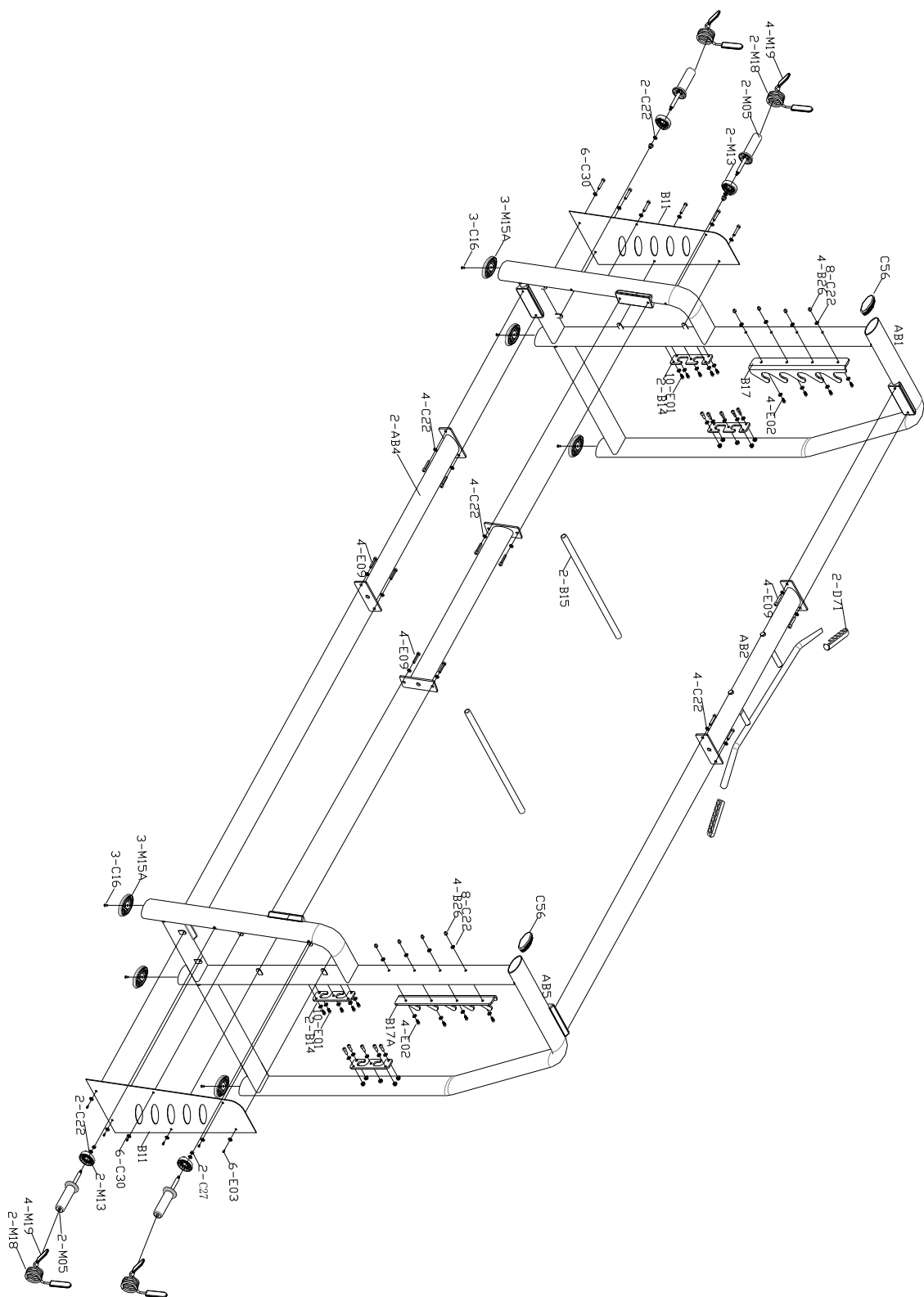
Let assembly become easier

All the content of user's manual is to assured the strength training machine can be installed more easily

Reading the details and instructions before installing:

1. Because the size and weight of equipment is so large, Please choose the installed place near the desired station and assured there is enough space to exercise
2. All parts can be put on the clear area, then backout the wrapper. And the wrapper can't be through away before installation finished.
3. Screw the bolt tightly except the additional instruction
4. All parts must be installed according the illustration indication.
5. Installation work can be finished by tow men
6. Identify all parts by part identify chart

EXPLODED PICTURE:



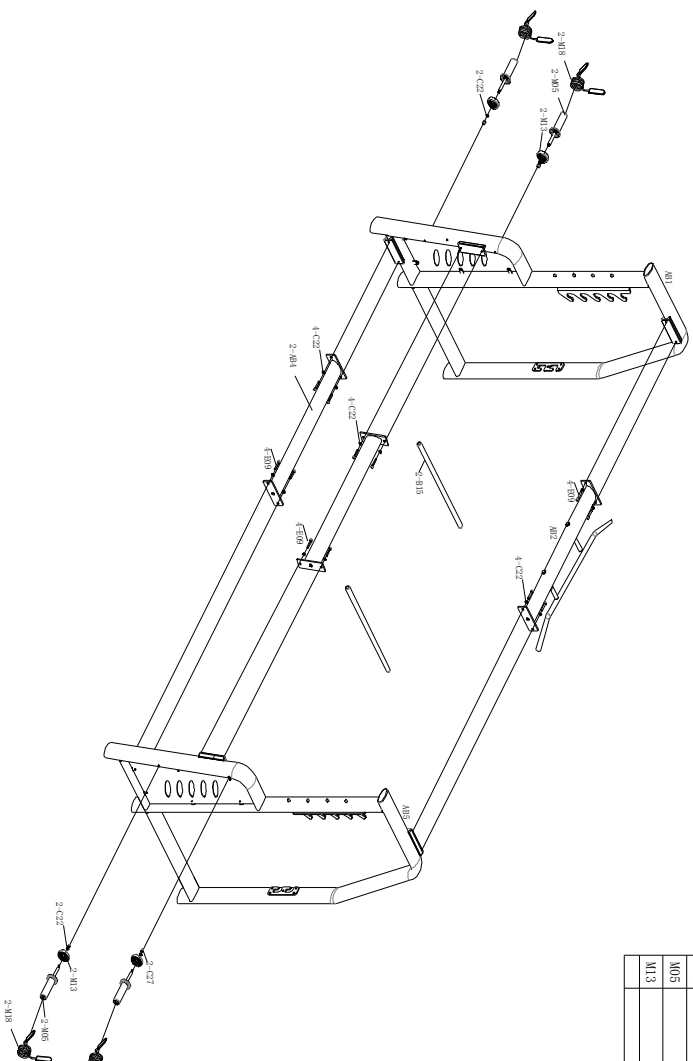
Assmble Step:

Use tool:

- 1. Two 17-19 spanner**

Assembly Step:

Step



NO	NAME	SPEC	PCS
AB1	below connection support welding group		2
AB2	upper connection support welding group		1
AB1	main frame welding group		1
AB5	main frame welding group		1
B15	operating stem	Q20#697L	2
E09	outer hexagon screw	M12x25L	12
C22	lock nut	M12	16
M18	lockwang		4
M05	Barrel		4
M13	Spacer		4

Contact

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