

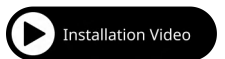


The power rack includes four packages , please confirm before installation

F22 PRO

Website: major-lutie.com | Email: support@majorfitness.com

Website: major-lutie.com
After-sales service: support@majorfitness.com





SERVICE

For the **best service**, please have the following information ready when requesting for service:

- **Buyer Full Name**
- **Order Number**
- **Part Number**
- **Part Picture**
- **Model Number**
- **Phone Number**

If you have any questions, receive a damaged part or need additional service support, please contact our customer service department via the following methods:

Please Email:

support@majorfitness.com

Response Time: 1-2 Business Days

Emailing us with the information above will be the best method to receive a response.

Toll-Free:

800-276-8577

(9:00 AM - 4:00 PM EST, Monday - Friday)

Visit Website:

major-lutie.com



GUIDEILNES

Before using this equipment, it is strongly recommended that you consult your physician whether this fitness equipment is applicable to you. Please do not use this machine if you have the following conditions or diseases:

- **Heart Disorders**
- **Recent Stroke or Transient Ischemic Attack**
- **Extreme Obesity**
- **Pregnancy**
- **Bone Weaknesses**
- **Spinal Injury**
- **High Blood Pressure or Hypertension**
- **Hiatus Hernia or Ventral Hernia**
- **In a State of Intoxication or Fatigue**
- **Other diseases that are NOT recommended by doctors for exercise**

This equipment is designed and intended for home and consumer use only, not for commercial use.



Please read all instructions carefully before assembling or operating this product.

This workout equipment is designed and built for optimum safety. However, certain precautions apply whenever you operate this exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, note the following safety instructions:

1. Two people are recommended for the installation of this product instead of one.
2. If you feel dizzy, or other abnormal sensations at any time while operating this device, please stop using the product or exercise and contact your physician as soon as possible.
3. Make sure your equipment is correctly assembled before you use it. Be sure all the screws, nuts, and bolts are tightened prior to use.
4. If this equipment or parts are damaged, do not use it again to exercise.
5. Please do not eat within one hour before using the machine.
6. This product should be placed on a flat surface when using. A mat or other covering material on the ground is recommended.
7. Keep children and pets away from this equipment at all times.
8. It is recommended to wear tight training clothes, tie your hair up, preferably in a ponytail, and remove your jewelry when using this product to avoid unexpected hazards.
9. It is recommended that novice or teenagers should be accompanied by a trainer or parents to use our products, and children under 12 years old are not recommended to use this fitness equipment.
10. The users of this product should keep their weight within 330lb/150kg.



PREPARATION

1. Tools for assembly:

General tools you may need for the assembling this strength equipment:

- **Electric screwdrivers**
- **Hexagon wrench sets**
- **Wrench sets and adjustable wrenches**
- **Rubber Hammer**
- **Lubricant**

2. Insert bolts into the frame as illustrated in the drawing of each of the steps.

3. **Hand-tighten the bolts and nuts during assembly.** Tighten all the hardware once the entire unit has been completely assembled.

4. With the proper assistance, the right tools, and strictly following the assembly steps, and given enough time.

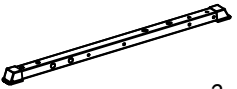
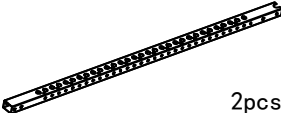
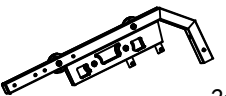
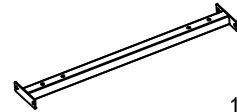
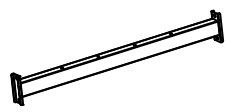
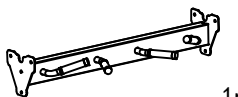
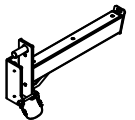
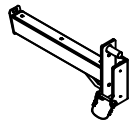
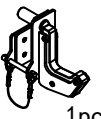
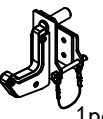
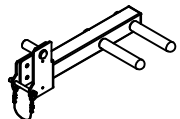
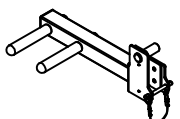
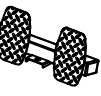
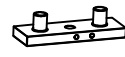
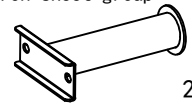
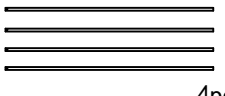
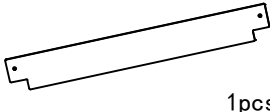
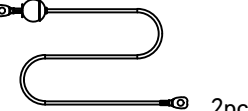
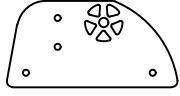
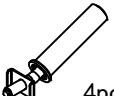
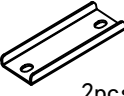
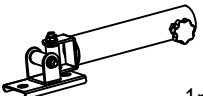
5. Thoroughly read each step before proceeding to assemble the parts of that step.

6. To help make it easier for you to assemble the device, we have noted the required hardware in the every steps.

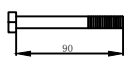
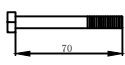
7. When the equipment is fully assembled check all the functions for correct operation. Consult the manual if you experience any issues, or for further help please contact our service department.

8. Please regularly check if the screws are loose, and if they are, tighten them quickly.

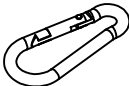
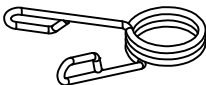
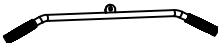
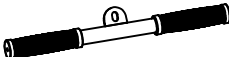
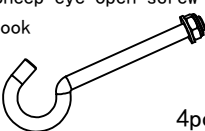
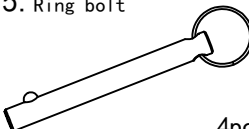
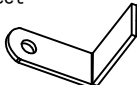
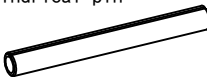
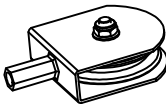
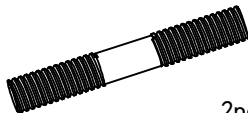
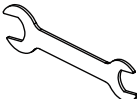
PARTS LIST

A. Underframe  2pcs	B. Front pillar tube  2pcs	C. Rear pillar tube  2pcs
D. Top beam tube  2pcs	E. Bottom connecting pipe  1pcs	F. Upper connecting pipe  1pcs
G. Pull-up tube  1pcs	H1. Left transverse branch  1pcs	H2. Right transverse branch  1pcs
I1. Left hook  1pcs	I2. Right hook  1pcs	J1. Left handlebar tube  1pcs
J2. Right handlebar tube  1pcs	K. Pedal  1pcs	L1. Standard weight plate  32pcs
L2. Top weight plate  2pcs	M. reinforce  2pcs	N. Perforated large round iron sheet group  2pcs
O. Carriage  2pcs	P. 72 Casing set  2pcs	Q. Weight-bearing guide rod  4pcs
R. Acrylic plate  1pcs	S. Cable  2pcs	T. Down junction plate  4pcs
U. Load bearing tube 2  4pcs	V. Connect U  2pcs	W. Upper junction plate  2pcs
X. Central spindle  2pcs	Y. Gun barrel frame  1pcs	Z. Nylon slip  2pcs

HARDWARE LIST

1. Hexagon bolt (M10x90L)  32pcs	2. Hexagon bolt (M10x70L)  10pcs	3. Hexagon bolt (M10x20L)  6pcs	4. Flat gasket $\phi 10$  90pcs	5. Lock nut M10  42pcs
--	--	---	--	--

ACCESSORIES LIST

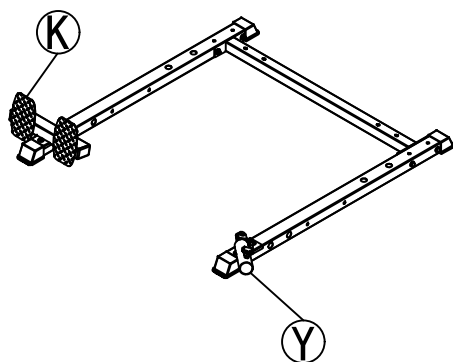
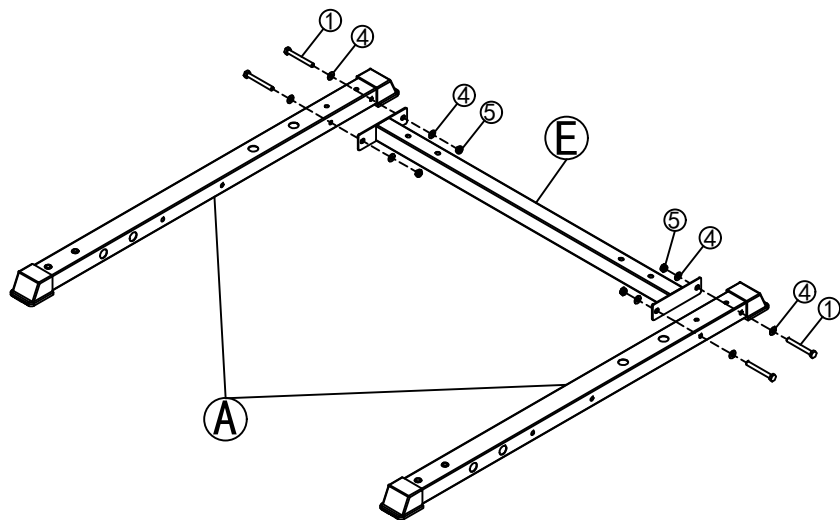
6.Shock pad  4pcs	7.Buckle  2pcs	8. Handle  2pcs	9. Φ50 butterfly clip  4pcs	10. Part group 2  4pcs
11. Lat pull-down bar  1pcs	12. Cable bar  1pcs		13. V bar  1pcs	
14. Sheep eye open screw hook  4pcs	15. Ring bolt  4pcs		16. Wire rope protection sheet  4pcs	
17. Pin with rope  2pcs	18. Fixed elastic cylindrical pin  1pcs		19. Pulley kit  2pcs	
20. Bolt  2pcs	21. Screw nut  4pcs		22. Wrench  4pcs	

Do not tighten all bolts until all installations are complete.

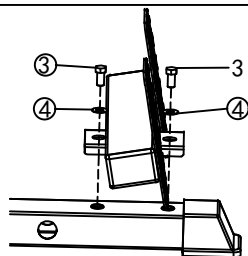
STEP 1.

1. Hexagon bolt (M10x90L)  4pcs	3. Hexagon bolt (M10x20L)  4pcs	4. Flat gasket ϕ 10  12pcs	5. Lock nut M10  4pcs	
---	---	--	--	--

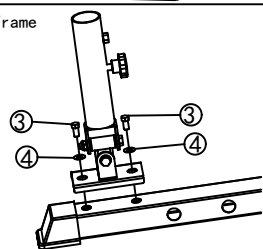
NOTE: Except for pre-installing the hardware you need



K. Pedal



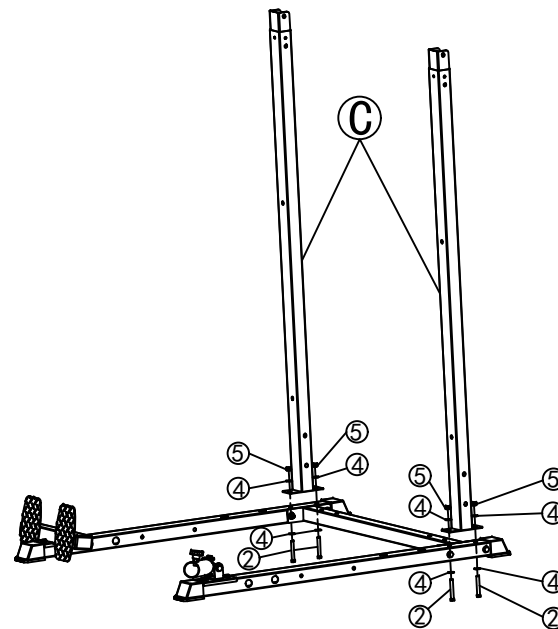
Y. Gun barrel frame



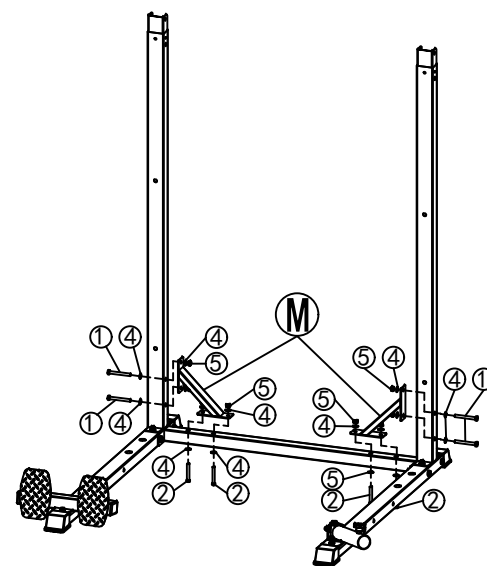
Do not tighten all bolts until all installations are complete.

STEP 2.

NOTE: Except for pre-installing the hardware you need



1. Hexagon bolt (M10x90L)  4pcs	
2. Hexagon bolt (M10x70L)  8pcs	
4. Flat gasket ϕ 10  24pcs	
5. Lock nut M10  12pcs	

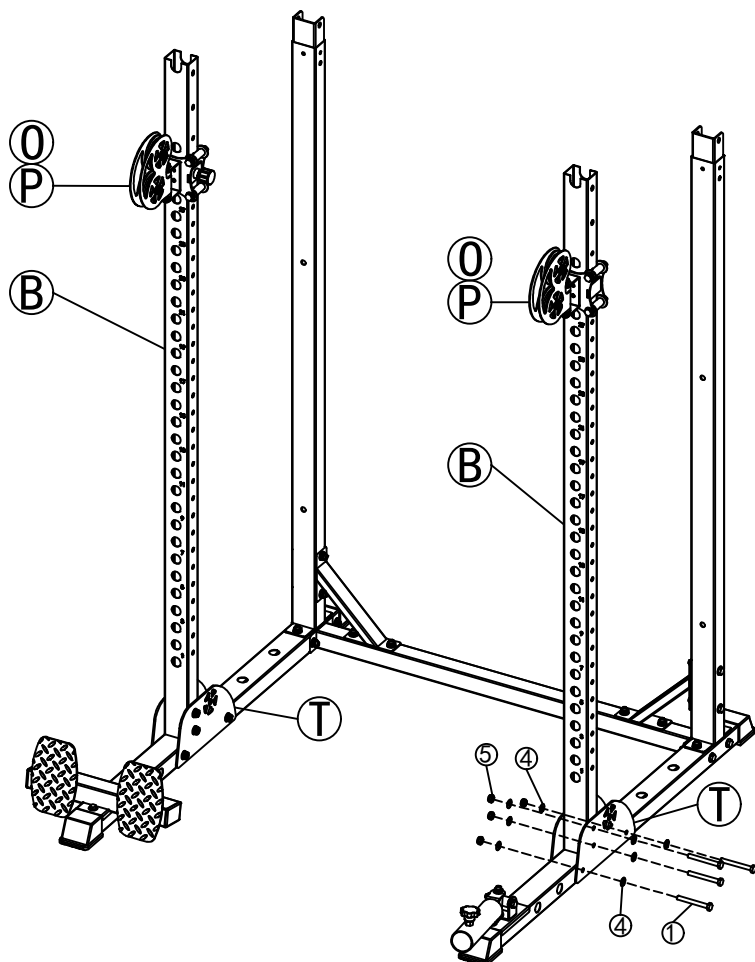


Do not tighten all bolts until all installations are complete.

STEP 3.

1. Hexagon bolt (M10x90L)	4. Flat gasket $\phi 10$	5. Lock nut M10		
 8pcs	 16pcs	 8pcs		

NOTE: Except for pre-installing the hardware you need

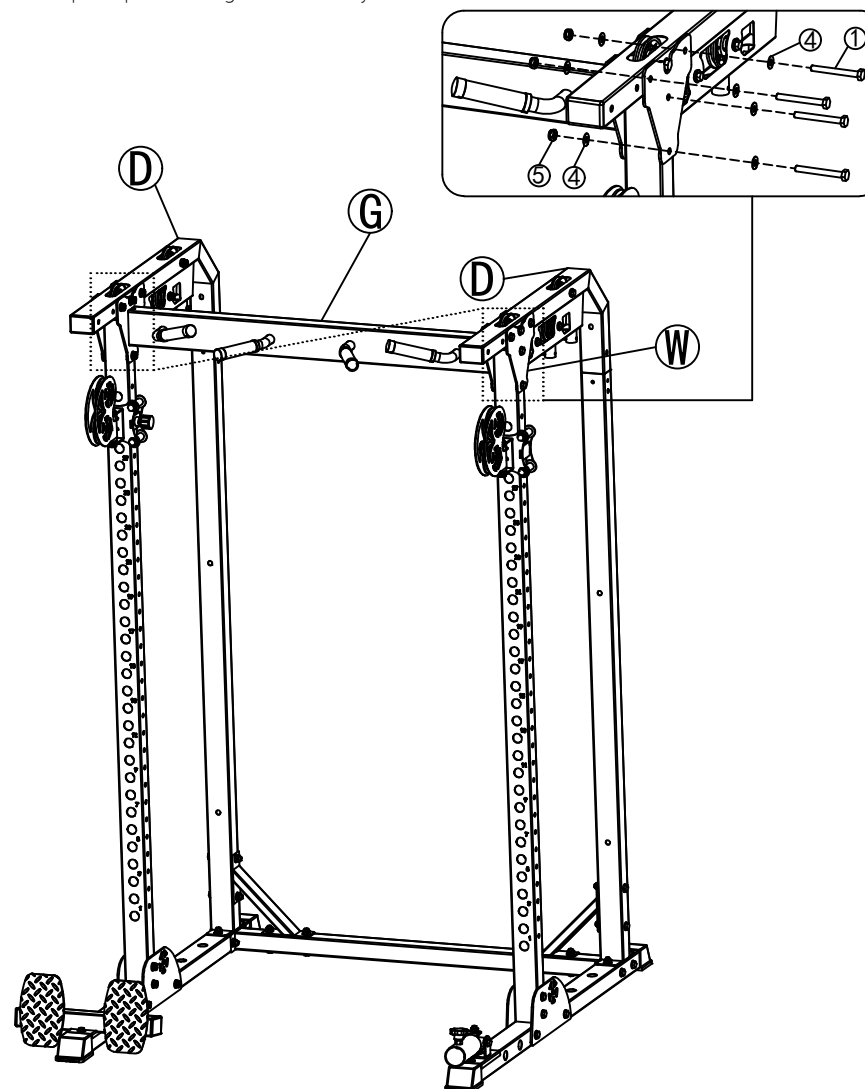


Do not tighten all bolts until all installations are complete.

STEP 4.

1. Hexagon bolt (M10x90L)	4. Flat gasket $\phi 10$	5. Lock nut M10		
 8pcs	 14pcs	 6pcs		

NOTE: Except for pre-installing the hardware you need



Do not tighten all bolts until all installations are complete.

STEP 5.

1. Hexagon bolt
(M10x90L)



4pcs

4. Flat gasket $\phi 10$



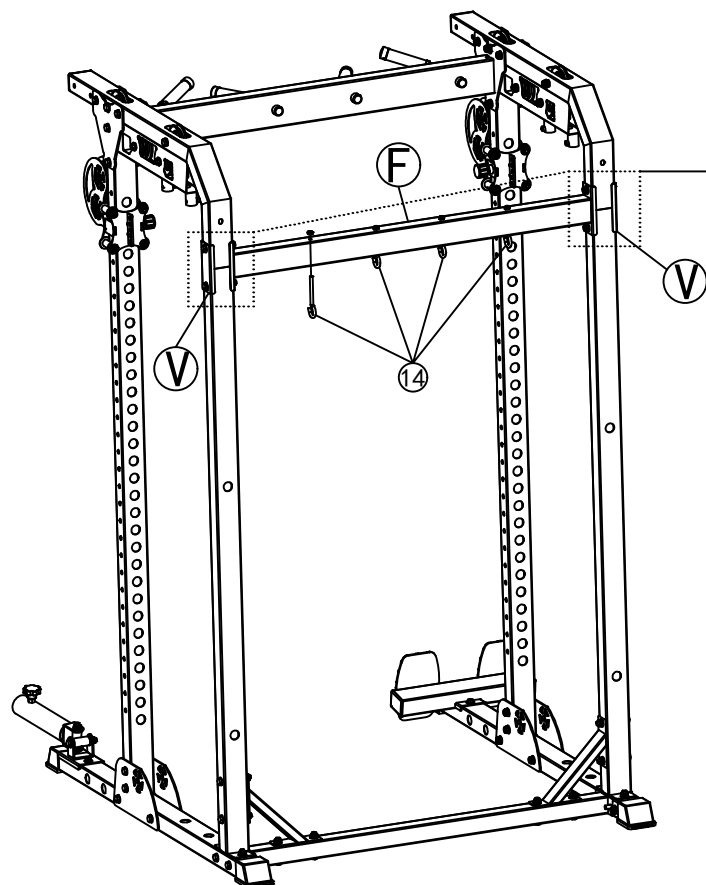
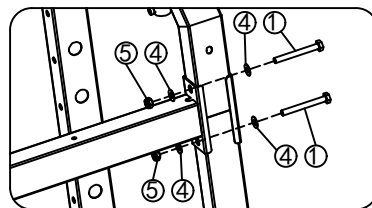
8pcs

5. Lock nut M10



4pcs

NOTE: Except for pre-installing the hardware you need



Do not tighten all bolts until all installations are complete.

STEP 6.

1. Hexagon bolt
(M10x90L)



4pcs

4. Flat gasket $\phi 10$



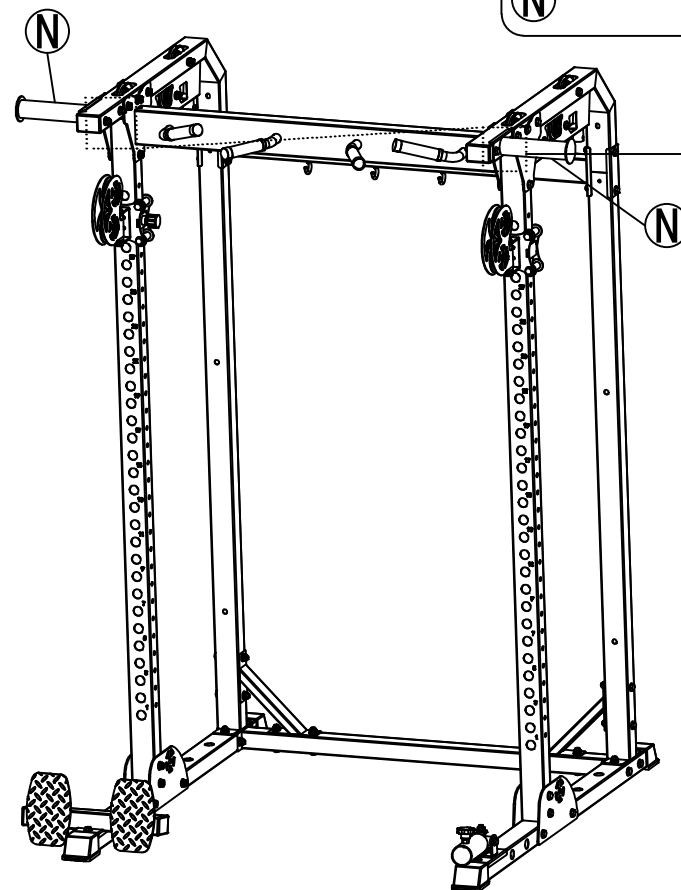
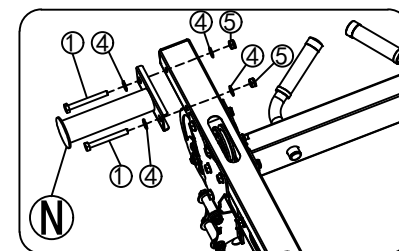
8pcs

5. Lock nut M10



4pcs

NOTE: Except for pre-installing the hardware you need

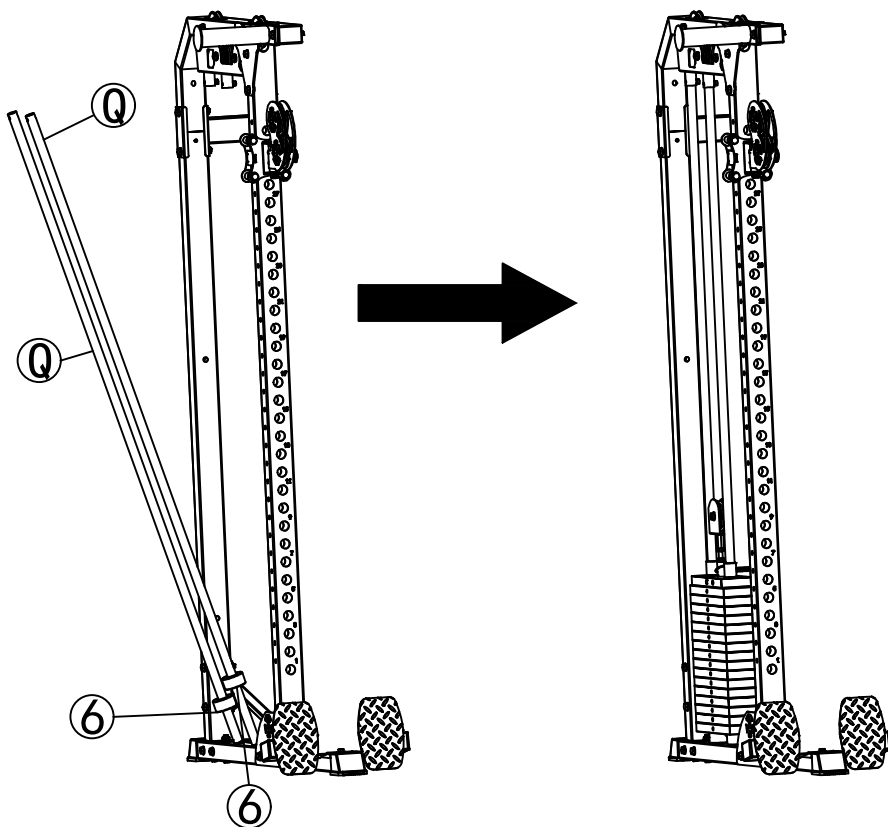


Do not tighten all bolts until all installations are complete.

STEP 7.

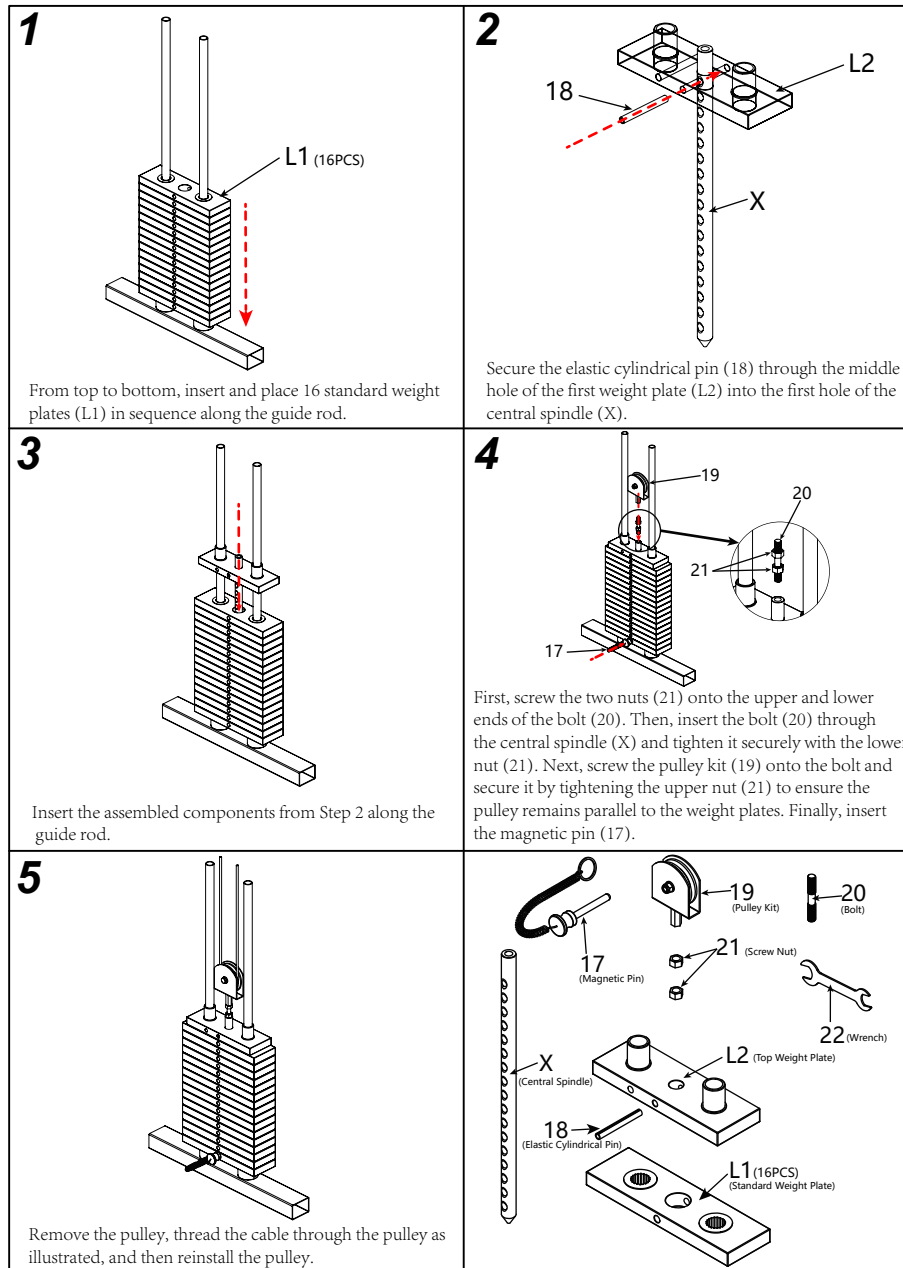


NOTE: Except for pre-installing the hardware you need



Do not tighten all bolts until all installations are complete.

STEP 8.

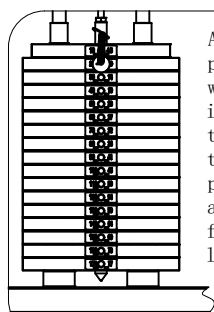


Do not tighten all bolts until all installations are complete.

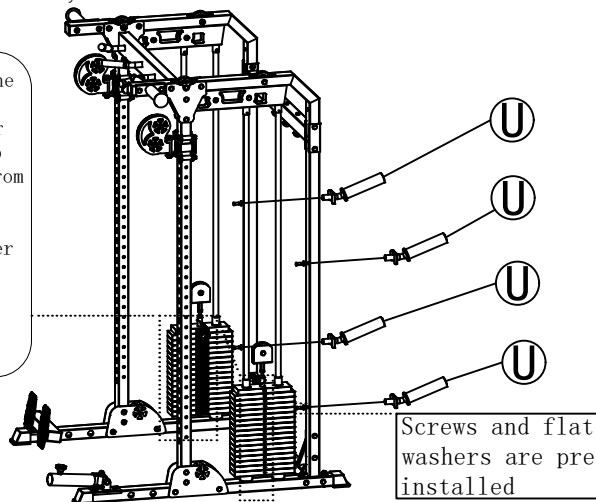
STEP 9.



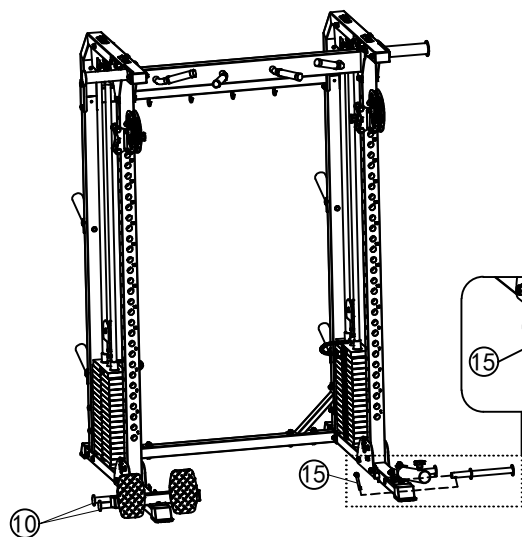
NOTE: Except for pre-installing the hardware you need



As shown in the picture, the weight sticker is attached to the inside; From top to bottom, paste them in ascending order from small to large



Screws and flat washers are pre installed

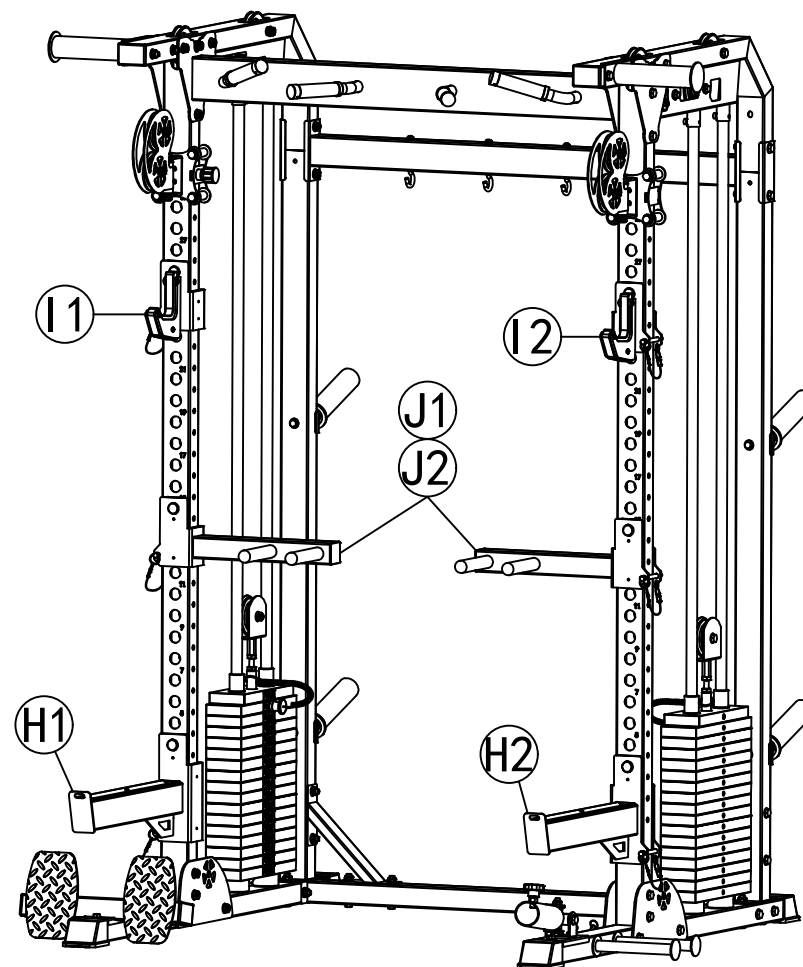


Do not tighten all bolts until all installations are complete.

STEP 10.



NOTE: Except for pre-installing the hardware you need



Do not tighten all bolts until all installations are complete.

STEP 11.

3. Hexagon bolt
(M10x20L)



2pcs

4. Flat gasket $\phi 10$



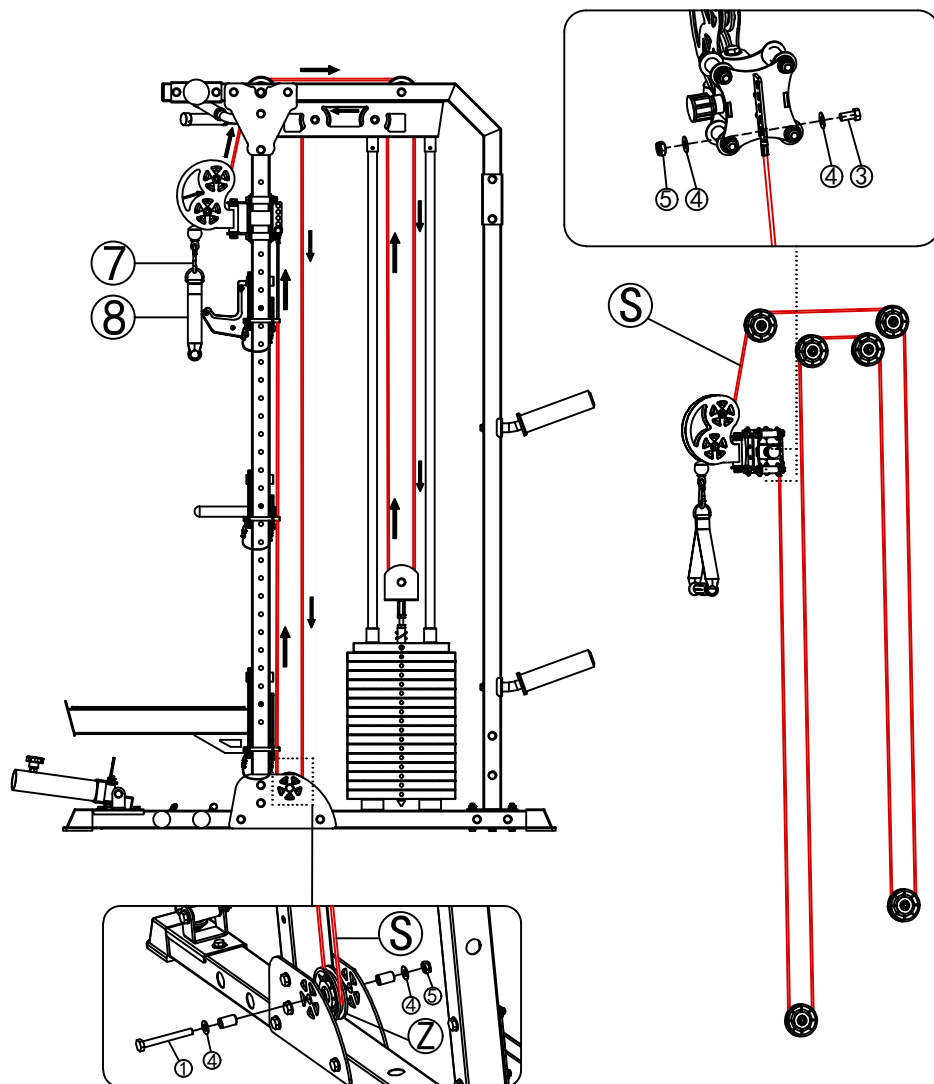
4pcs

5. Lock nut M10



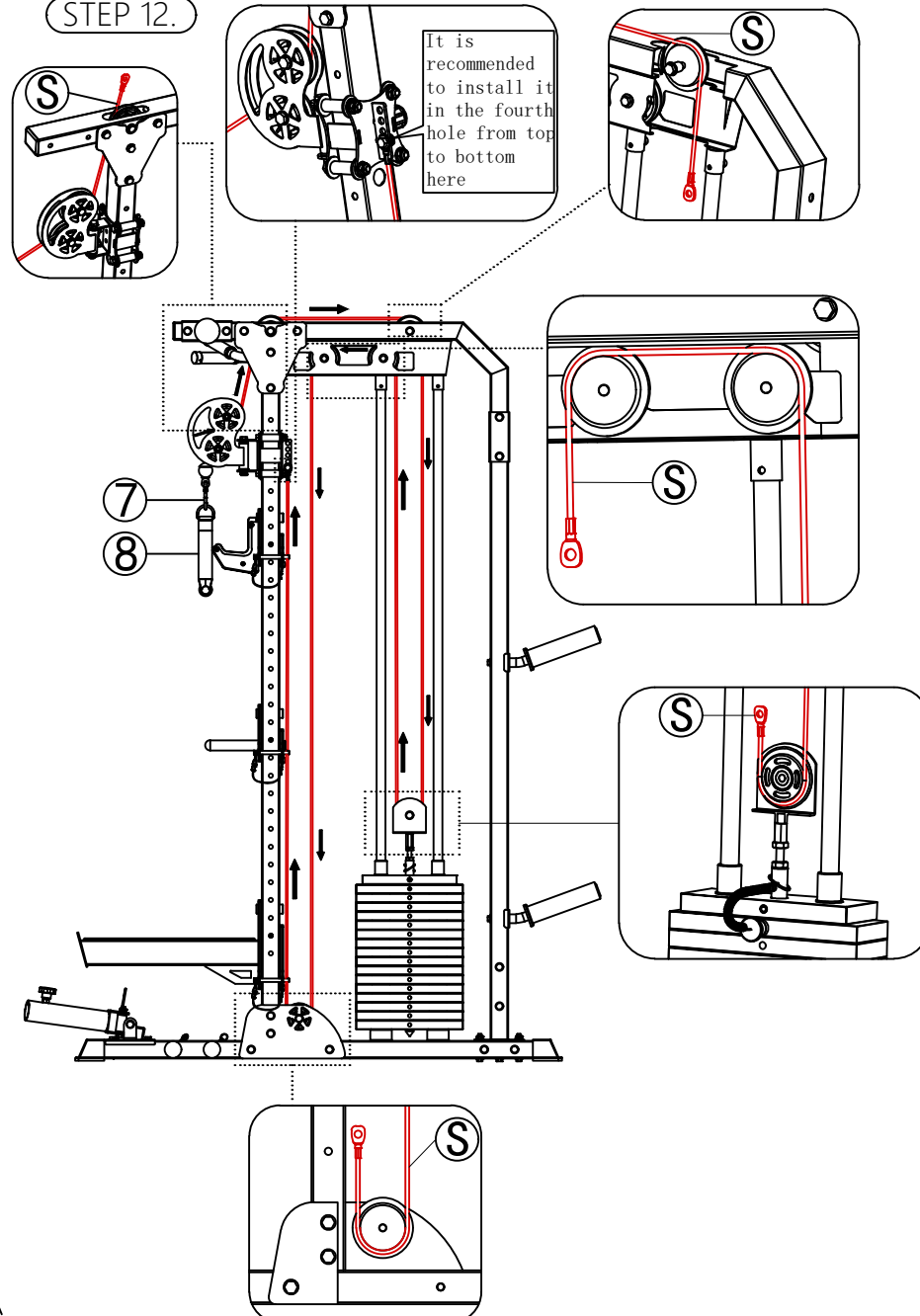
2pcs

NOTE: Except for pre-installing the hardware you need



Precautions for threading steel wire ropes:

STEP 12.



Please regularly check whether the gcrews are tight

STEP 13.

2. Hexagon bolt
(M10x70L)



2pcs

4. Flat gasket $\phi 10$



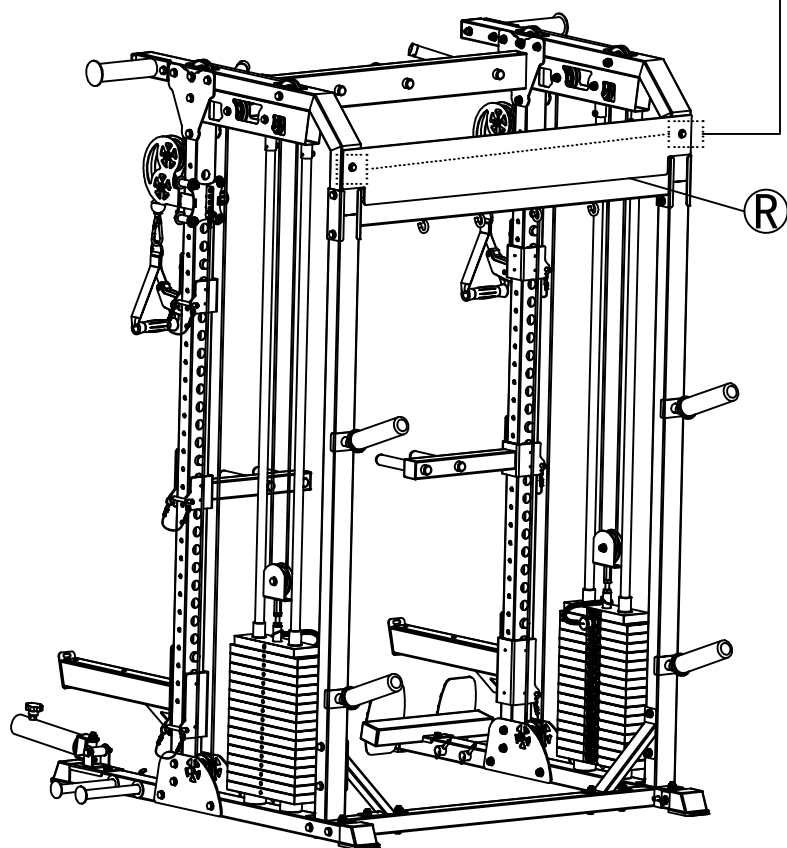
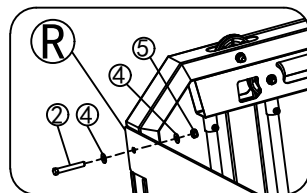
4pcs

5. Lock nut M10



2pcs

NOTE: Except for pre-installing the hardware you need



Please regularly check whether the gcrews are tight

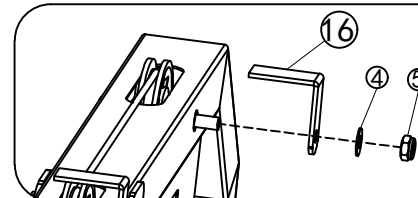
STEP 14.

16. Wire rope
protection sheet

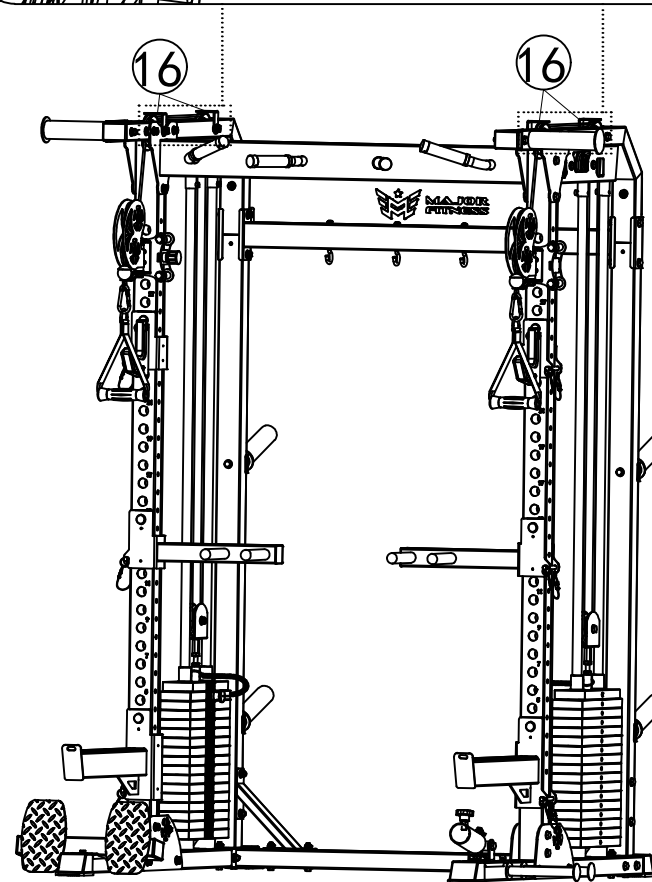


4pcs

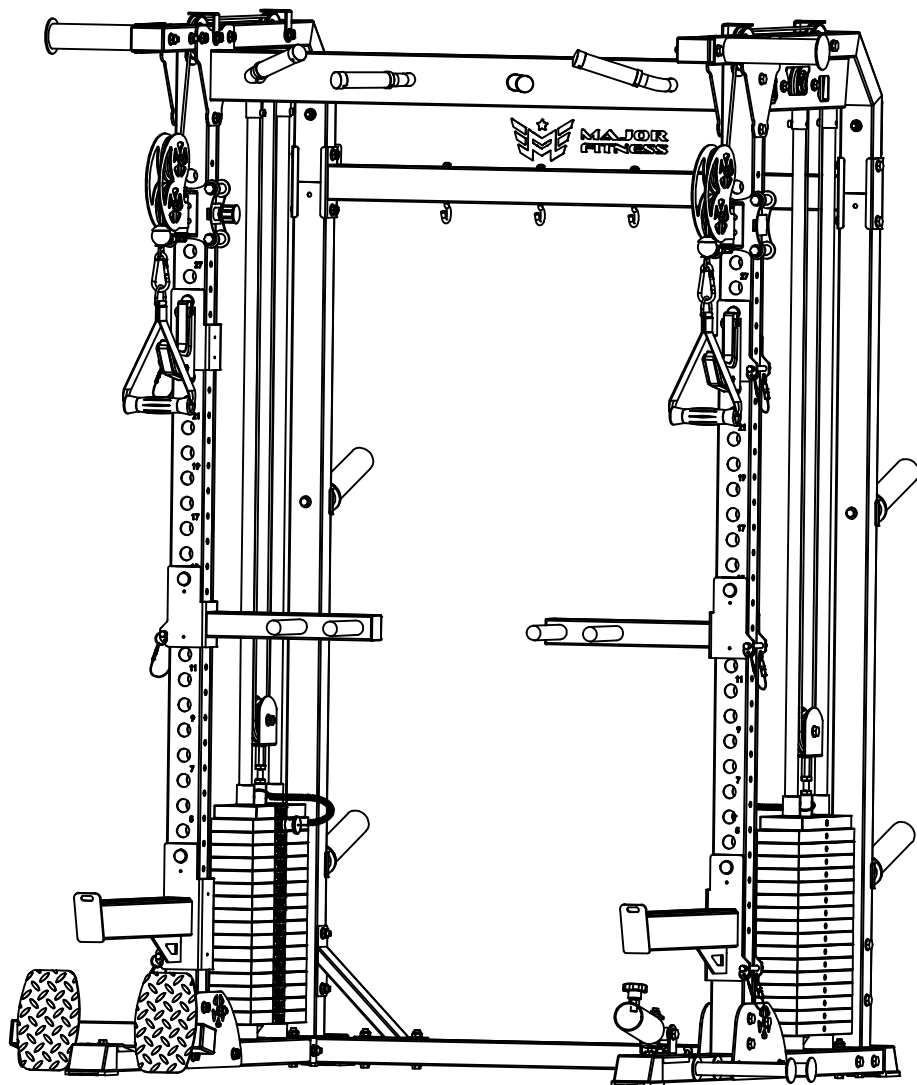
NOTE: Except for pre-installing the hardware you need



First, remove the nylon cap and flat washer, then install the steel wire rope protection plate (as shown in the picture), and finally install the flat washer and lock the nylon cap.



Please regularly check whether the gcrews are tight



Please regularly check whether the gcrews are tight