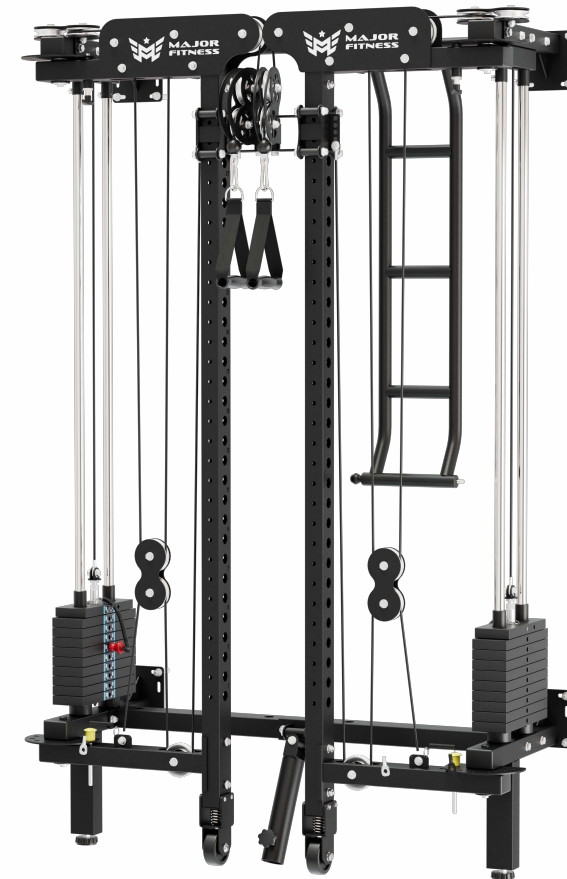




The power rack includes four packages , please confirm before installation

F35 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 220lb/100kg.

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.

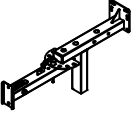
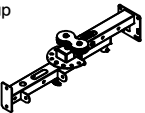
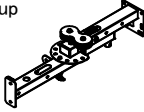
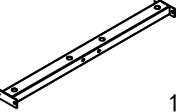
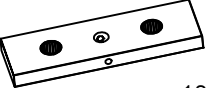
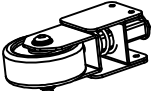
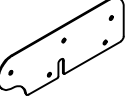
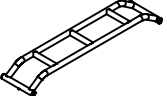
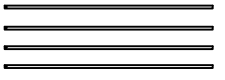
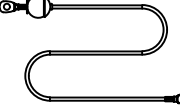
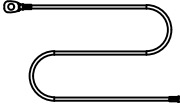
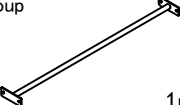
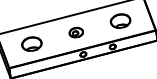
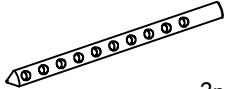
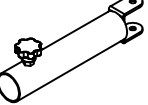
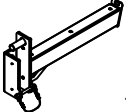
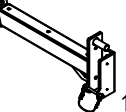
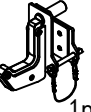
5. Thoroughly read each step before proceeding to assemble the parts of that step.

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

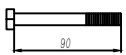
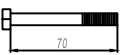
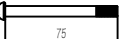
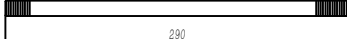
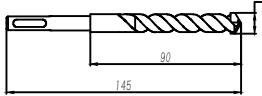
7. When the equipment is fully assembled check all the functions for correct operation. Consult the manual if you experience any issues, or for further help please contact our service department.

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

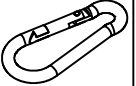
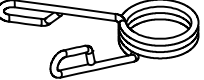
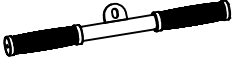
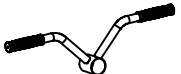
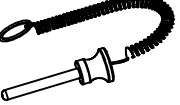
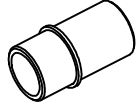
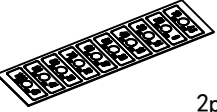
PARTS LIST

A. Front column tube  2pcs	B. Lower support tube group  2pcs	C. Upper left support tube group  1pcs
D. Upper right support tube group  1pcs	E. Connecting tube set  1pcs	F. Standard weight board  18pcs
G. Connecting U group  1pcs	H. Moving wheel set  2pcs	I. Pulley retainer 3  2pcs
J. Pulley fixer 4  2pcs	K. Lift tower tube group  1pcs	L. Guide bar  4pcs
M. Long wire rope  2pcs	N. Short wire rope  2pcs	O. Auxiliary tube loading group  1pcs
P1. Weight plate  2pcs	P2. Select rod  2pcs	Q. Pulley regulating group  2pcs
R. Rotating tube set  1pcs	S. Left lateral branch group  1pcs	T. Right lateral branch group  1pcs
U. Left hook  1pcs	V. Right hook  1pcs	W. Movable pulley block  2pcs
X. 72 casing group  2pcs	Y. Pulley block  6pcs	Z. Bolt  2pcs

HARDWARE LIST

1. Hexagon bolt (M10x90L)  20pcs	2. Hexagon bolt (M10x70L)  8pcs	3. Hexagon bolt (M10x20L)  4pcs	4. Flat gasket $\phi 10$  66pcs	5. Lock nut M10  34pcs	6. Hexagon socket bolt (M6x75L)  4pcs
7. Flat gasket $\phi 6$  8pcs	8. Lock nut M6  4pcs	9. Spacer sleeve  12pcs	10. Stationary shaft ($\phi 10 \times 290L \times M10$)  1pcs		
11. bit $\phi 14$  1pcs	12. M10 expansion screw  16pcs				

ACCESSORIES LIST

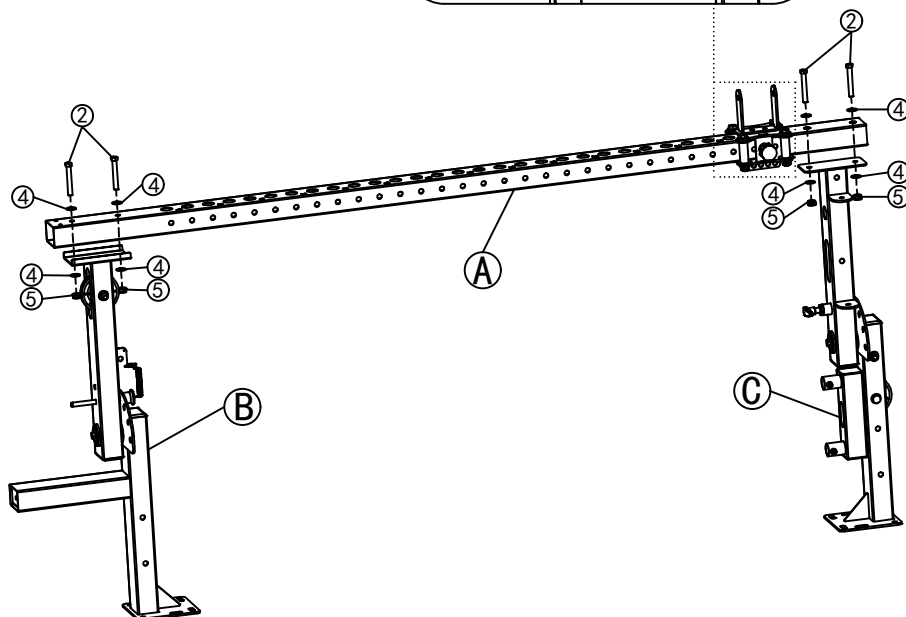
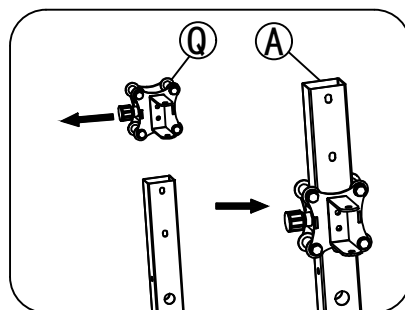
13. Shock pad  4pcs	14. Buckle  2pcs	15. Handle  2pcs	16. $\phi 50$ butterfly clip  4pcs	17. Ball joint bolt  1pcs
18. Lat pull-down bar  1pcs	19. Cable bar  1pcs	20. V bar  1pcs		
21. Adjusting the footrest  2pcs	22. Pin with rope  2pcs	23. Plastic bushing  4pcs		
24. Fixed elastic cylindrical pin  2pcs	25. Wrench  1pcs	26. Stickers  2pcs		

Do not tighten all bolts until all installations are complete.

STEP 1.

2. Hexagon bolt (M10x70L)	4. Flat gasket $\phi 10$	5. Lock nut M10		
 4pcs	 8pcs	 4pcs		

NOTE: Except for pre-installing the hardware you need

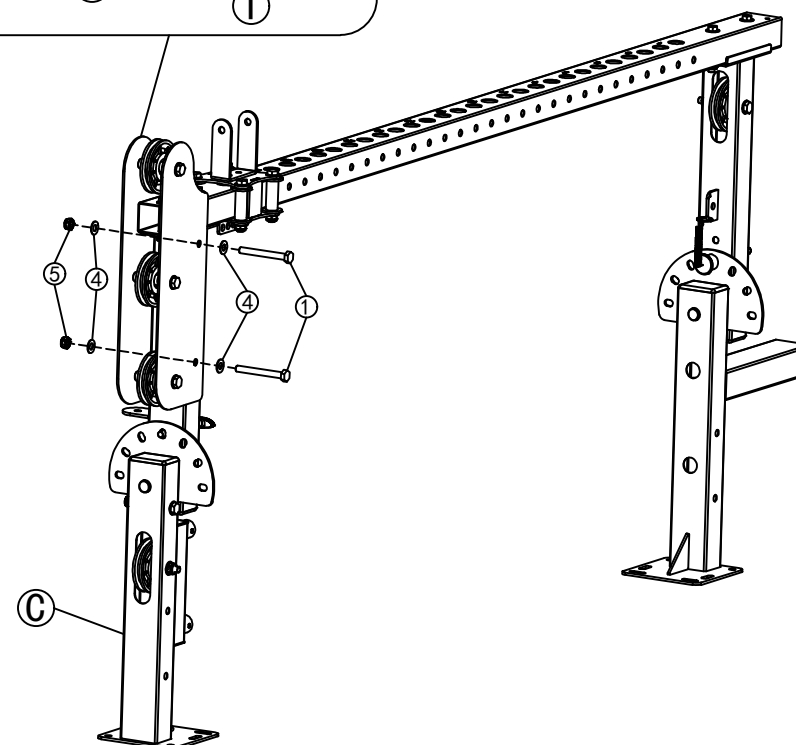
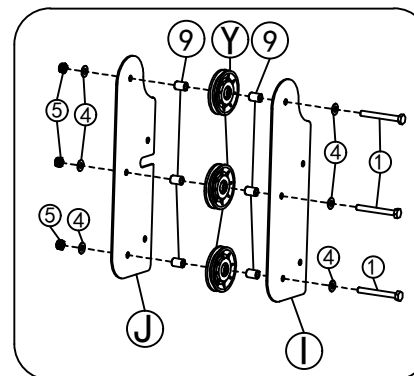


Do not tighten all bolts until all installations are complete.

STEP 2.

1. Hexagon bolt (M10x90L)	4. Flat gasket $\phi 10$	5. Lock nut M10	Y. Pulley block	9. Spacer sleeve
 5pcs	 10pcs	 5pcs	 3pcs	 6pcs

NOTE: Except for pre-installing the hardware you need

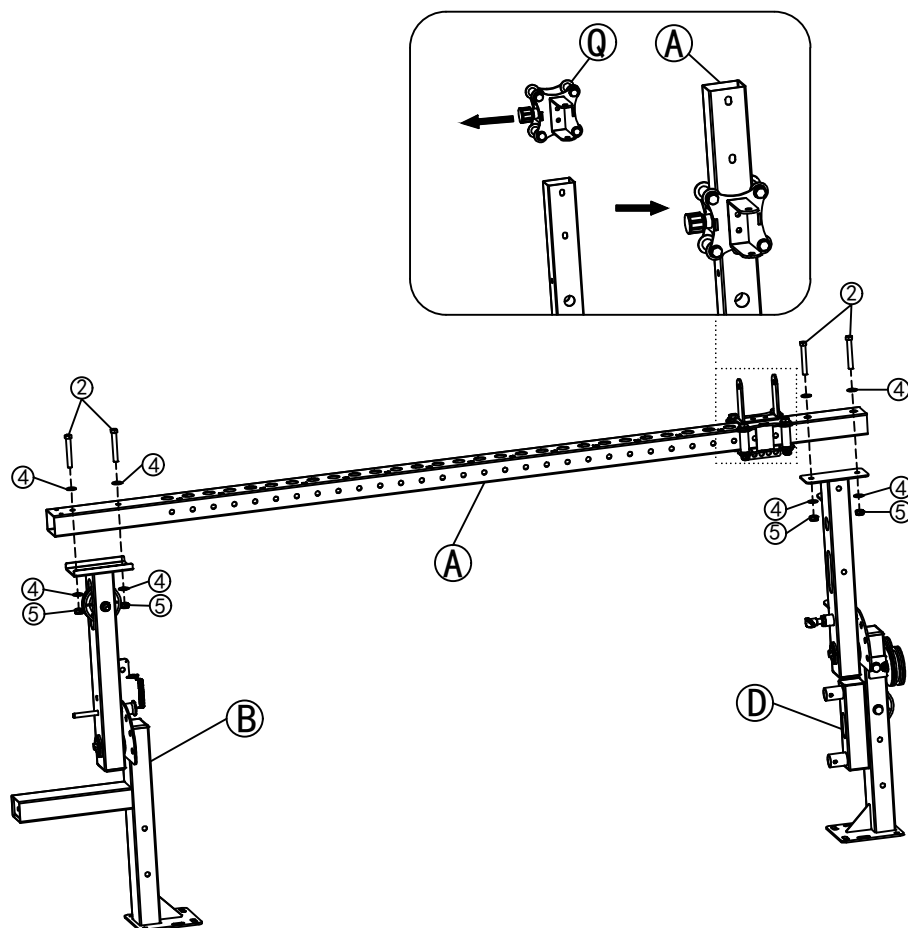


Do not tighten all bolts until all installations are complete.

STEP 3.

2. Hexagon bolt (M10x70L)	4. Flat gasket $\phi 10$	5. Lock nut M10		
 4pcs	 8pcs	 4pcs		

NOTE: Except for pre-installing the hardware you need

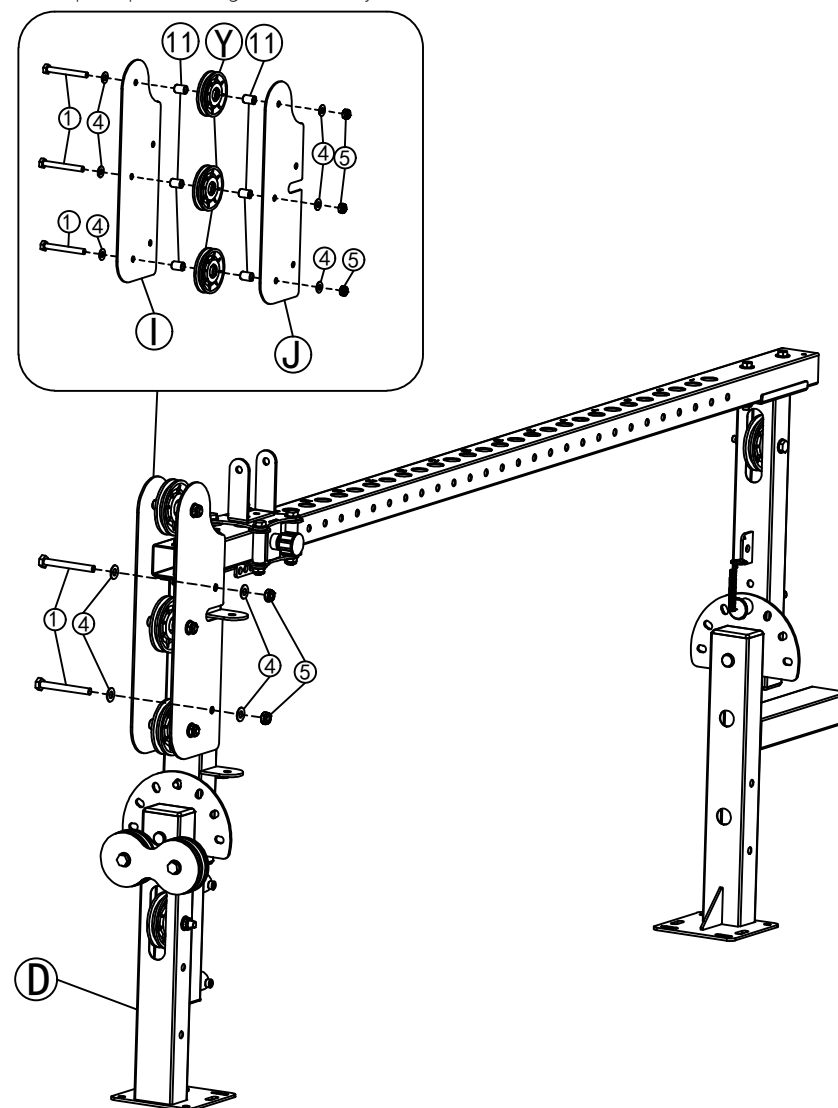


Do not tighten all bolts until all installations are complete.

STEP 4.

1. Hexagon bolt (M10x90L)	4. Flat gasket $\phi 10$	5. Lock nut M10	Y. Pulley block	9. Spacer sleeve
 5pcs	 10pcs	 5pcs	 3pcs	 6pcs

NOTE: Except for pre-installing the hardware you need

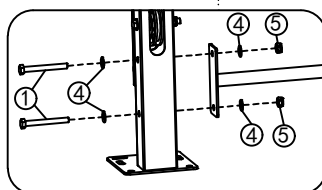
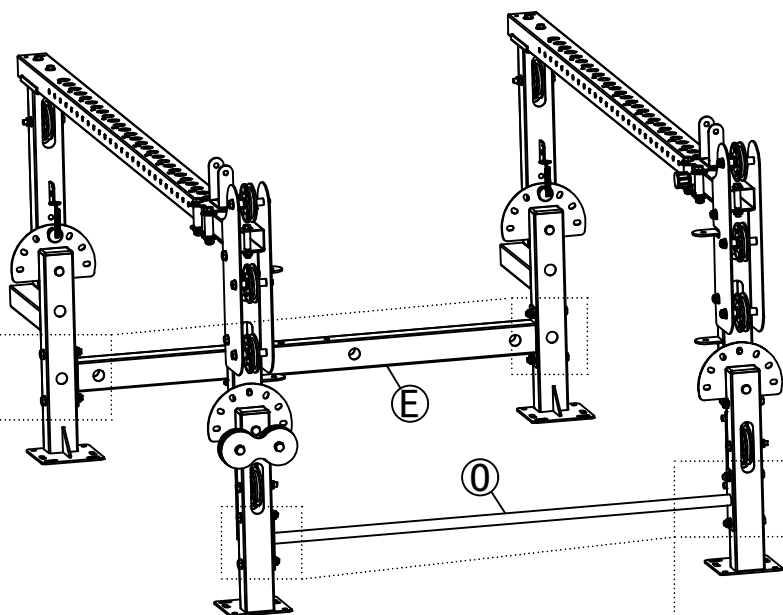
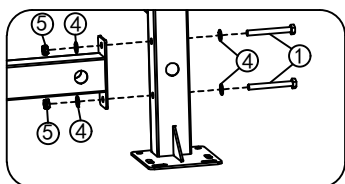


Do not tighten all bolts until all installations are complete.

STEP 5.

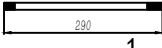
1. Hexagon bolt (M10x90L)	4. Flat gasket $\phi 10$	5. Lock nut M10		
 8pcs	 16pcs	 8pcs		

NOTE: Except for pre-installing the hardware you need

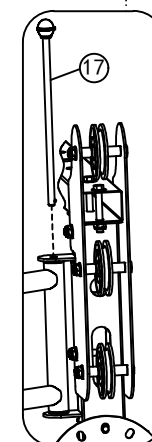
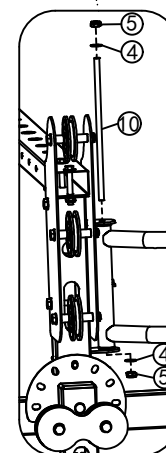
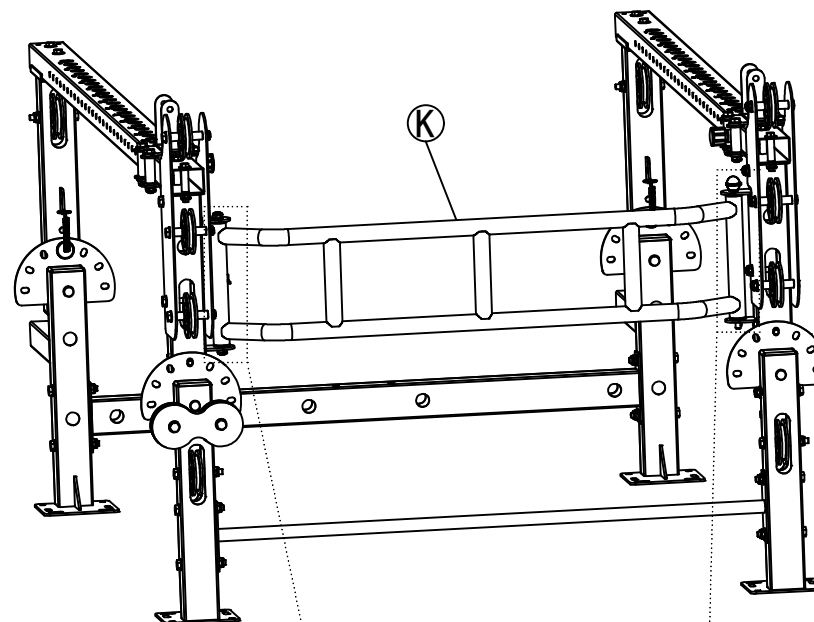


Do not tighten all bolts until all installations are complete.

STEP 6.

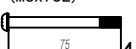
10. Stationary shaft ($\phi 10 \times 290L \times M10$)	4. Flat gasket $\phi 10$	5. Lock nut M10		
 1pcs	 2pcs	 2pcs		

NOTE: Except for pre-installing the hardware you need

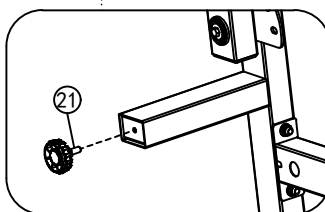
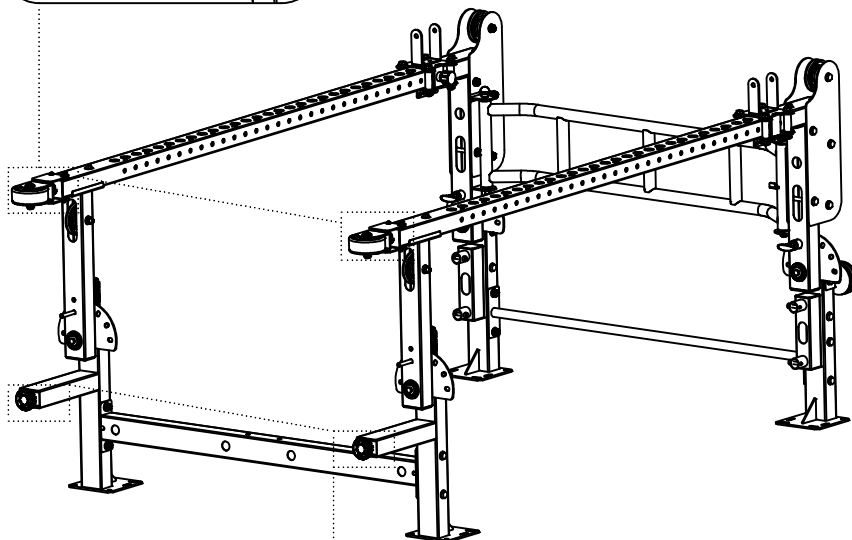
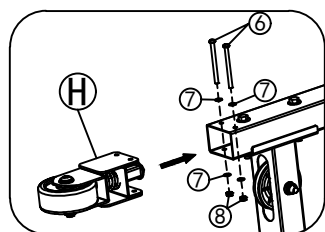


Do not tighten all bolts until all installations are complete.

STEP 7.

6. Hexagon socket bolt (M6x75L)  4pcs	7. Flat gasket $\phi 6$  8pcs	8. Lock nut M6  4pcs		
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NOTE: Except for pre-installing the hardware you need

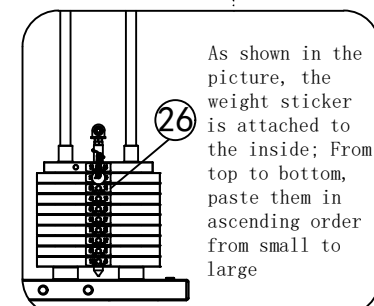
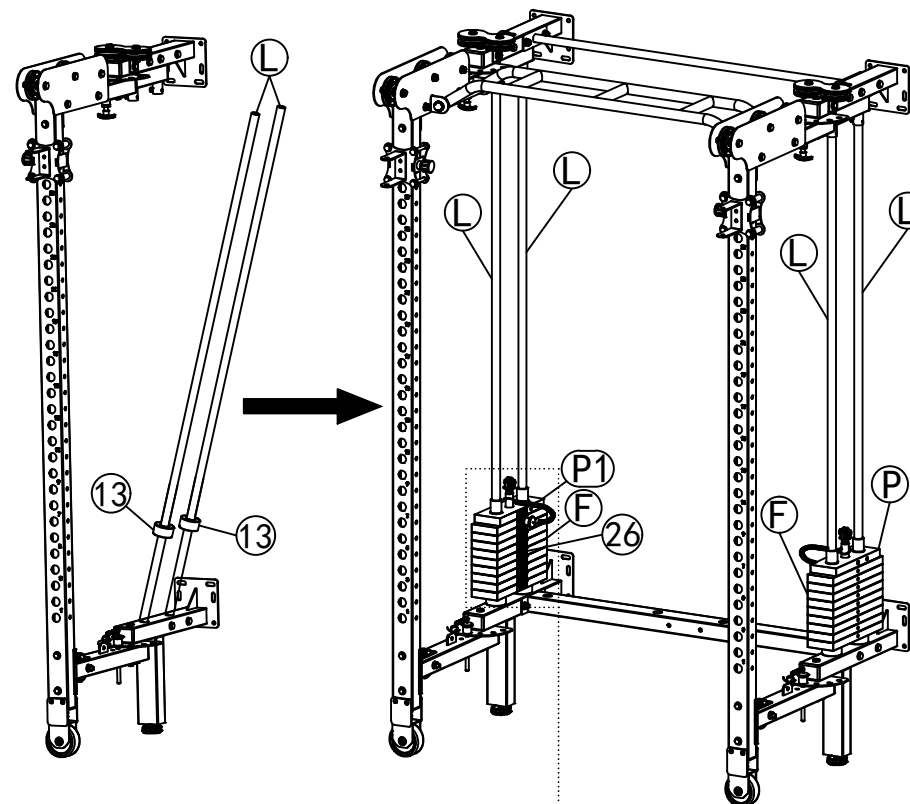


Do not tighten all bolts until all installations are complete.

STEP 8.

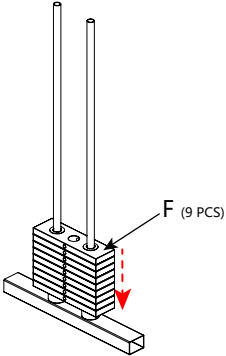
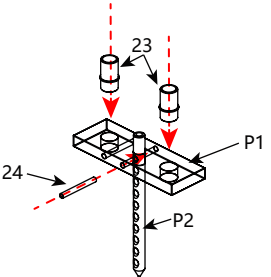
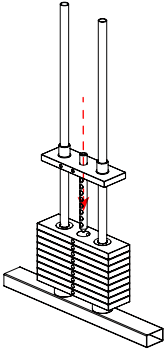
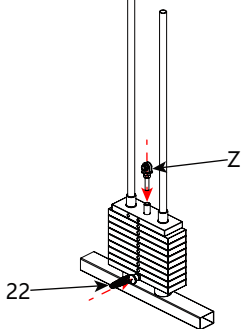
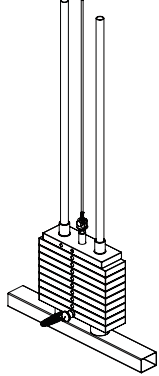
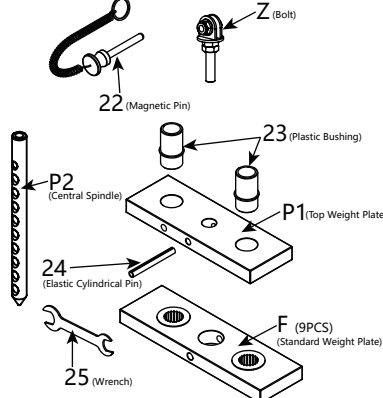
13. Shock pad  4pcs				
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NOTE: Except for pre-installing the hardware you need



Do not tighten all bolts until all installations are complete.

STEP 9.

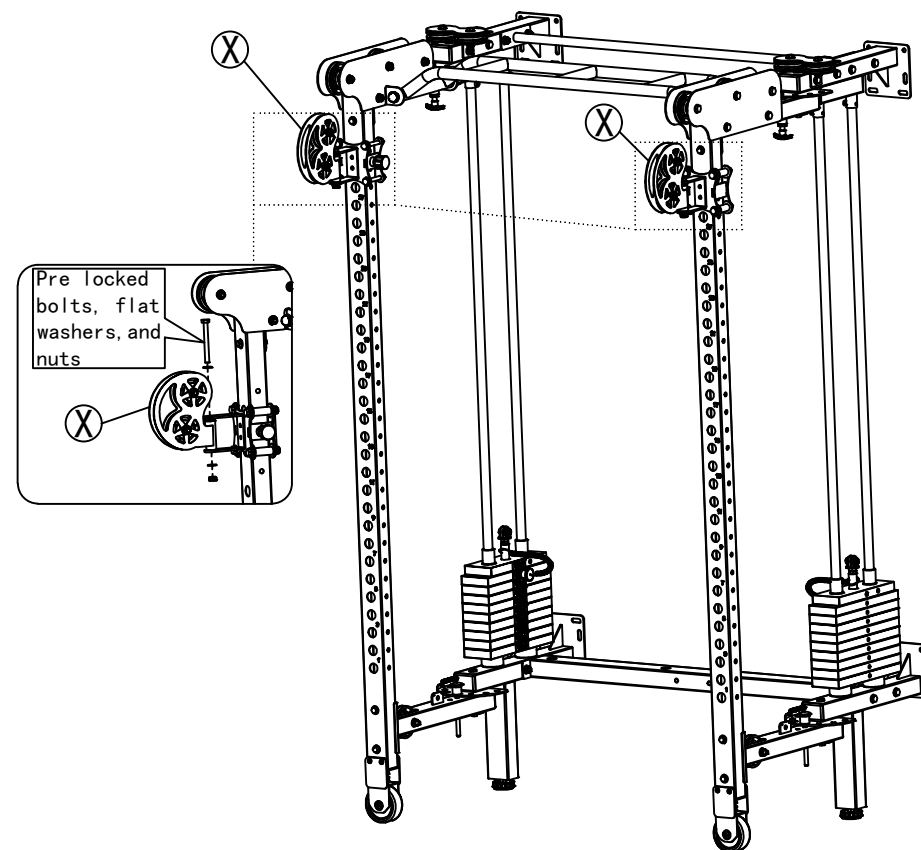
1  F (9 PCS) From top to bottom, insert and place 16 standard weight plates (F) in sequence along the guide rod.	2  23 P1 P2 24 Insert each plastic bushing (23) into the corresponding holes on the top weight plate (P1). Secure the elastic cylindrical pin (24) through the middle hole of the first weight plate (P1) into the first hole of the central spindle (P2).
3  Insert the assembled components from Step 2 along the guide rod.	4  Z 22 Firstly, insert the bolt (Z) into the central axis (P2) and tighten it to secure it in place. Then, insert the magnetic pin (22).
5  Secure one end of the cable to the bolt (Z).	 Z (Bolt) 22 (Magnetic Pin) P2 (Central Spindle) 24 (Elastic Cylindrical Pin) 23 (Plastic Bushing) P1 (Top Weight Plate) F (9PCS) (Standard Weight Plate) 25 (Wrench)

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.

1. Hexagon bolt
(M10x90L)



2pcs

4. Flat gasket $\phi 10$



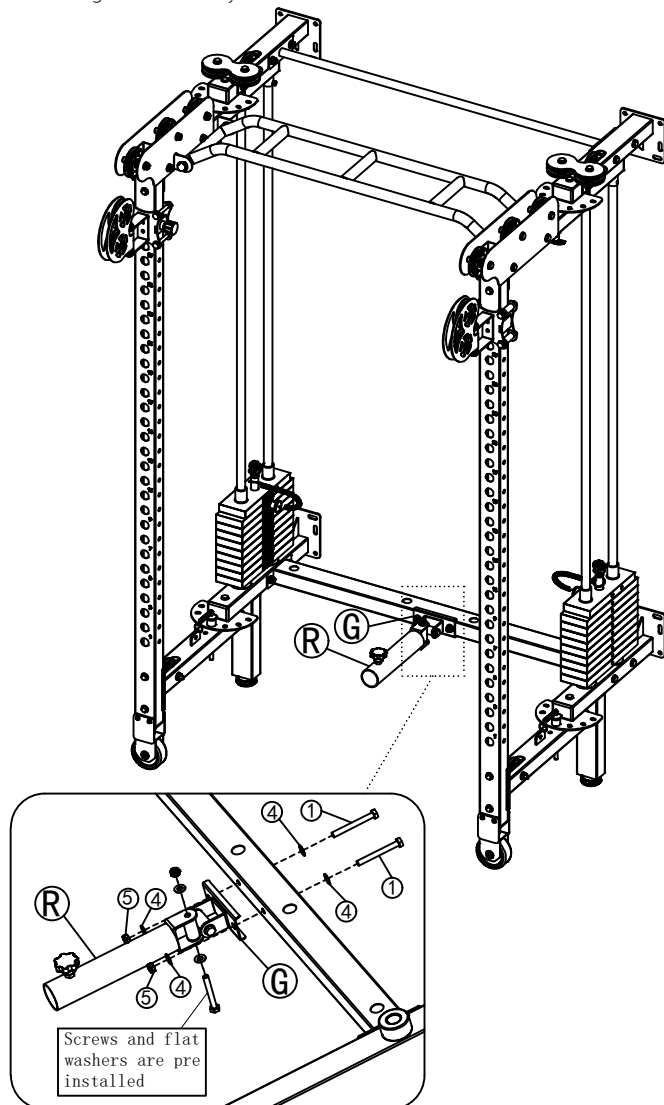
4pcs

5. Lock nut M10



2pcs

NOTE: Except for pre-installing the hardware you need

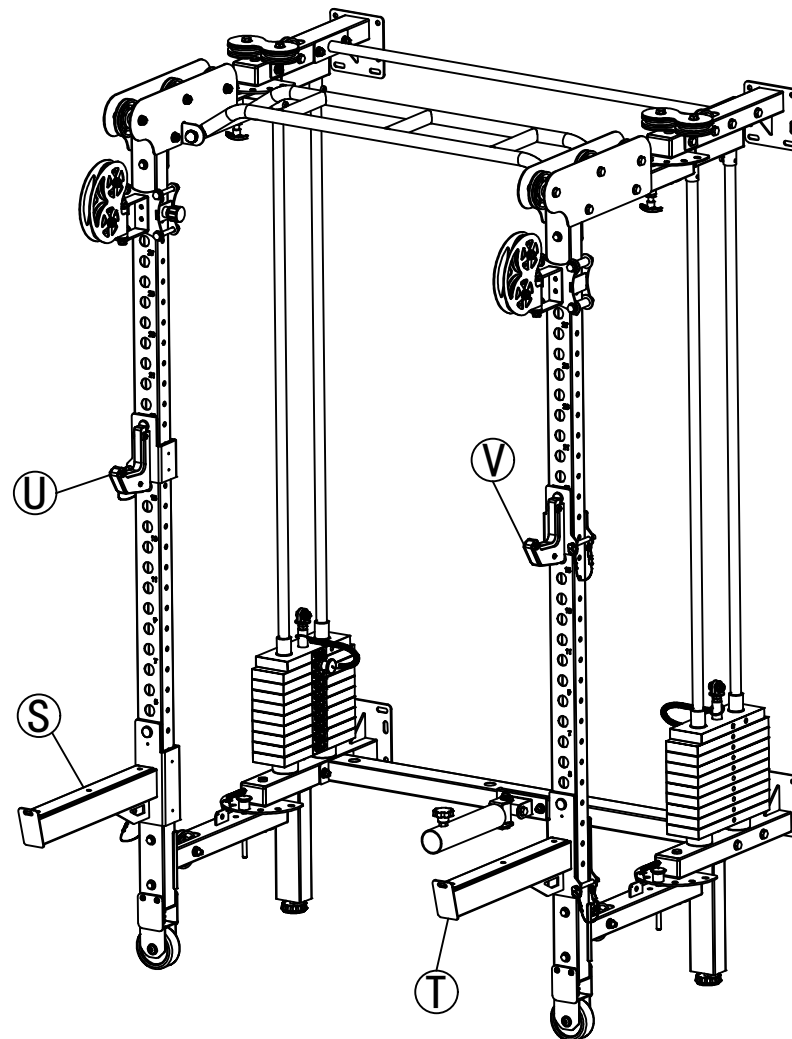


Do not tighten all bolts until all installations are complete.

STEP 12.



NOTE: Except for pre-installing the hardware you need



Do not tighten all bolts until all installations are complete.

STEP 13.

3. Hexagon bolt
(M10x20L)



4pcs

4. Flat gasket $\phi 10$



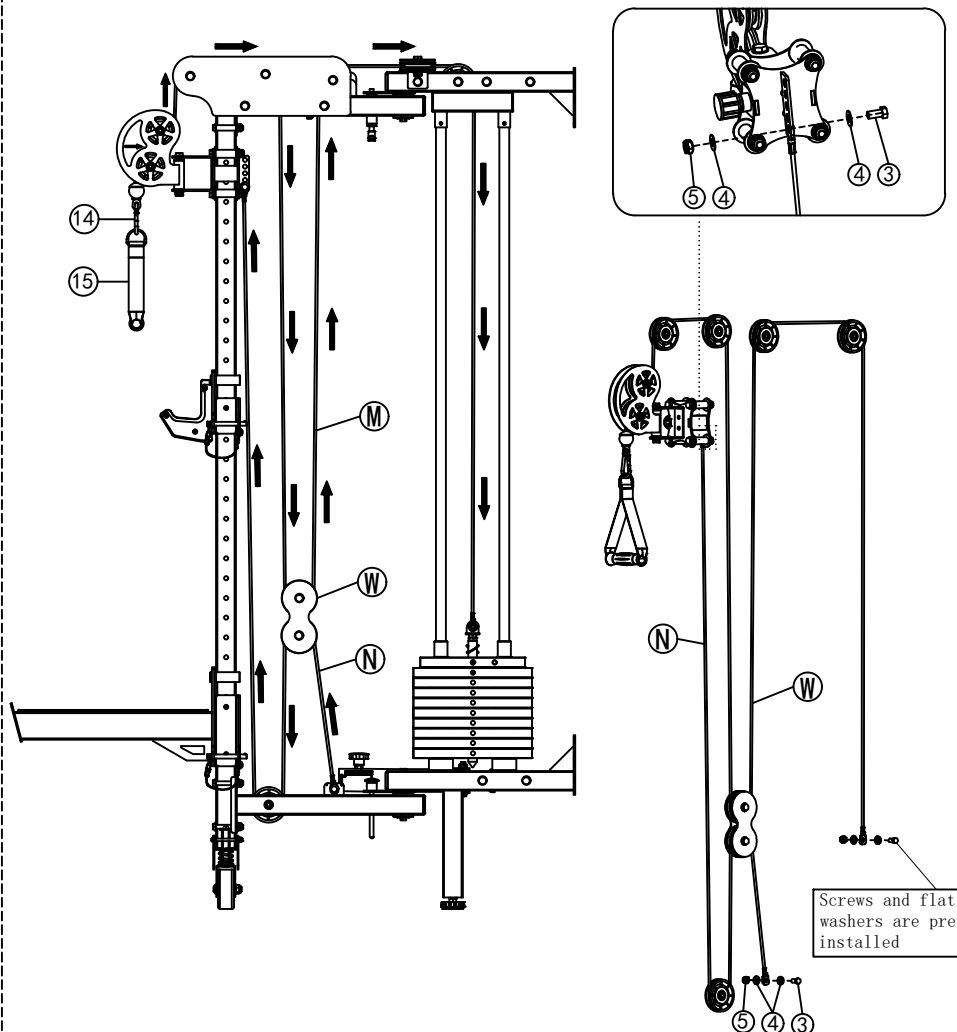
8pcs

5. Lock nut M10



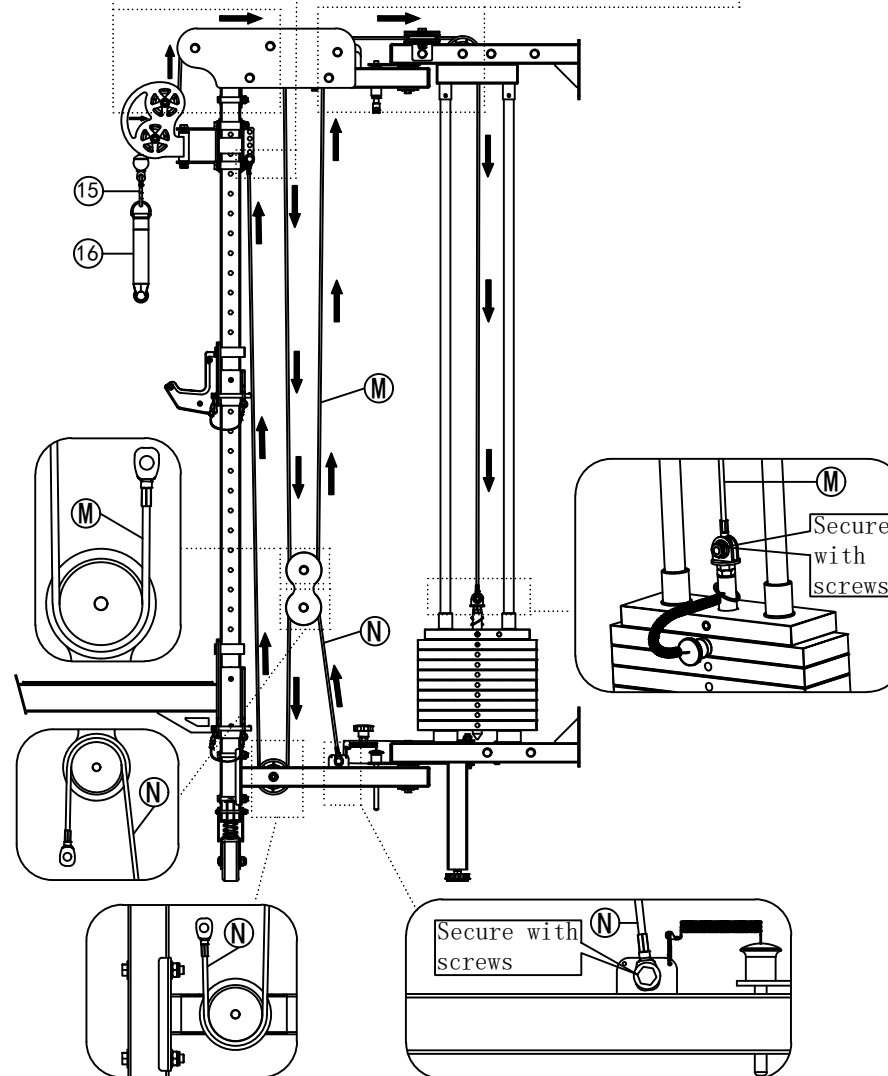
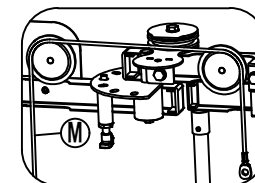
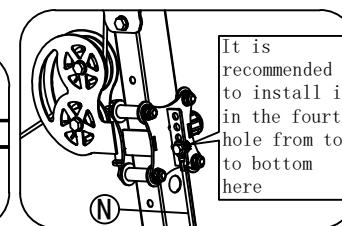
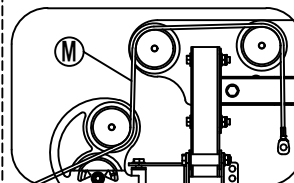
4pcs

NOTE: Except for pre-installing the hardware you need



Precautions for threading steel wire ropes:

STEP 14.

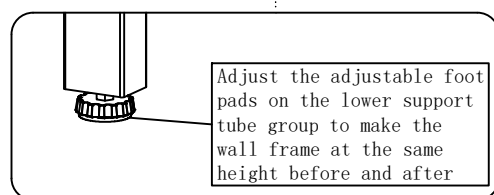
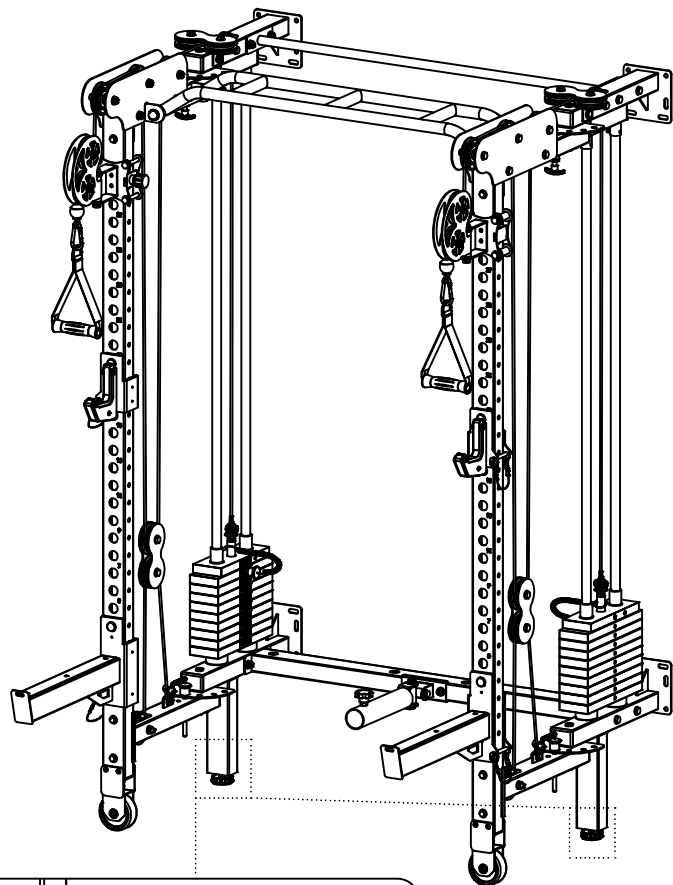


Do not tighten all bolts until all installations are complete.

STEP 15.



NOTE: Except for pre-installing the hardware you need



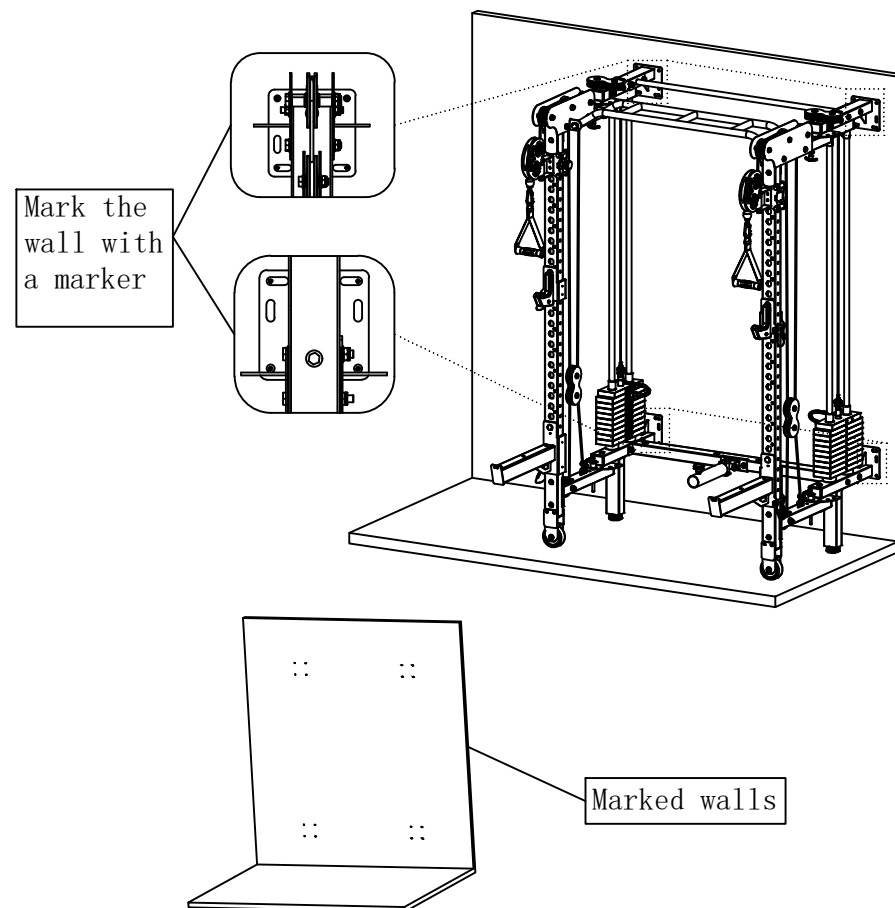
Do not tighten all bolts until all installations are complete.

STEP 16.



NOTE: Except for pre-installing the hardware you need

"Position the assembled wall frame against the wall edge, as illustrated in the figure. Ensure that the fixing pieces on both the upper and lower support tubes sit flush against the wall. Then, using a marker pen, mark the wall."



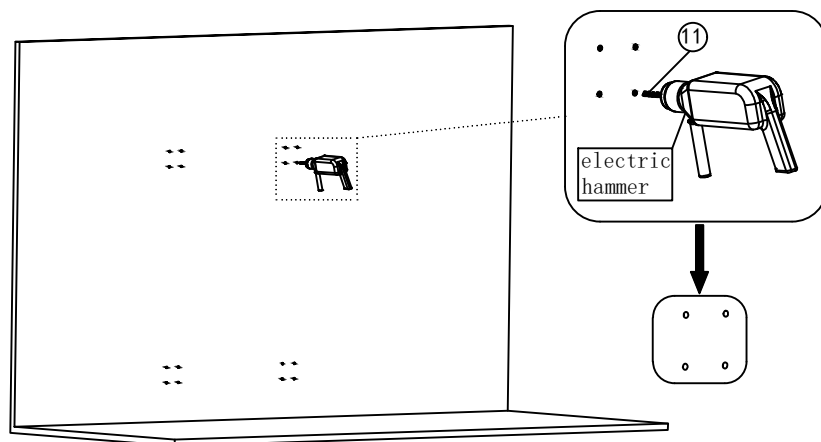
Do not tighten all bolts until all installations are complete.

STEP 17.

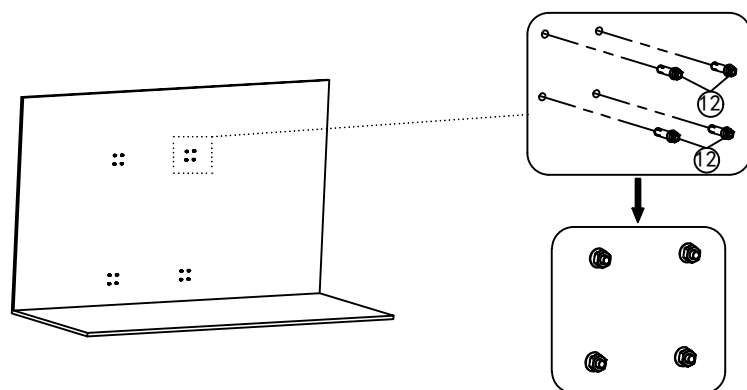


NOTE: Except for pre-installing the hardware you need

“Using an electric hammer, attach the drill bit (12) and drill holes at the marked spots on the wall. Hole depth 60mm.”



“Use a hammer to gently tap the expansion screw (13) into the hole made in the previous step, ensuring the flat gasket on the expansion screw (13) is tightly attached to the wall. Then, use a wrench to tighten the nut on the expansion screw, making sure it's fully expanded.”



Do not tighten all bolts until all installations are complete.

STEP 18.



NOTE: Except for pre-installing the hardware you need

“Remove the nuts, flat washers, and spring washers from the expansion screws. Next, position the assembled wall frame so that the screws of the expansion screws align with the holes on the fixing plates of the upper and lower support tube groups. After that, install the flat washer, spring washer, and nut onto the expansion screw at once. Finally, tighten the nut using a wrench.”

