



HARISON[®]

CARDIO · STRENGTH · BEAUTY



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USER GUIDE

Using Manual & Video Guidance

HARISON[®]

CARDIO · STRENGTH · BEAUTY

info@harisonfitness.com

TEL: +1(618)505-4403

Please use phone's camera scans
the QR code for video guidance



Customer Service



Using Video



Installation Video

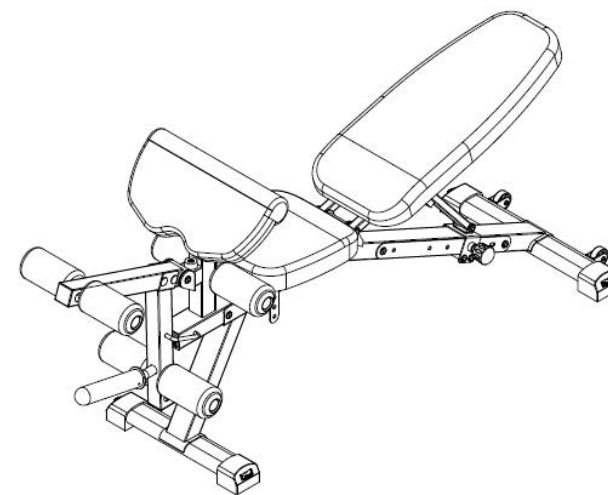
If you need to return the item,
please contact us for return information and process.

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USER'S MANUAL

HR-609



Becareful!

Please read the instructions carefully before
using the equipment

Dear HARISON Vip Customer

Thank you so much for supporting HARISONS FITNESS, Wish you have a beautiful Day!

I believe that you have received the product when you received this letter. I sincerely hope that you can enjoy our products. This is the happiest thing for every harison employee and also the motivation for us to work hard every day!

If you are not satisfied with our product or service (transportation damage, parts missing, installation or any other problems), you can feel free to contact us through the following way, we will give you a satisfactory solution with 12 hours! (I'm sorry for the amazon system hides all information, so we don't know how to contact you, just waiting for you to contact us), Sincerely hope you can give us a chance to improve, HARISON will not let you down!

If you have any good suggestion to our design or product or service, You can also contact us freely , We will improve according your opinion and will send you a new updated version for test after got your confirmation. Can we do it right away? It is our goal to design the best of the best products according to customers' needs and suggestions.

If you wanna active your warranty card, you can contact us below with your order ID, We will have specialist help you with it.

Looking for your earlier letter, Thank you so much!

Best regards
HARISON team

Active Warranty : info@harisonfitness.com
Complaints service : Support@harisonfitness.com
Suggestion : info@harisonfitness.com
Tel: +1 618 505 4403

Important precautions

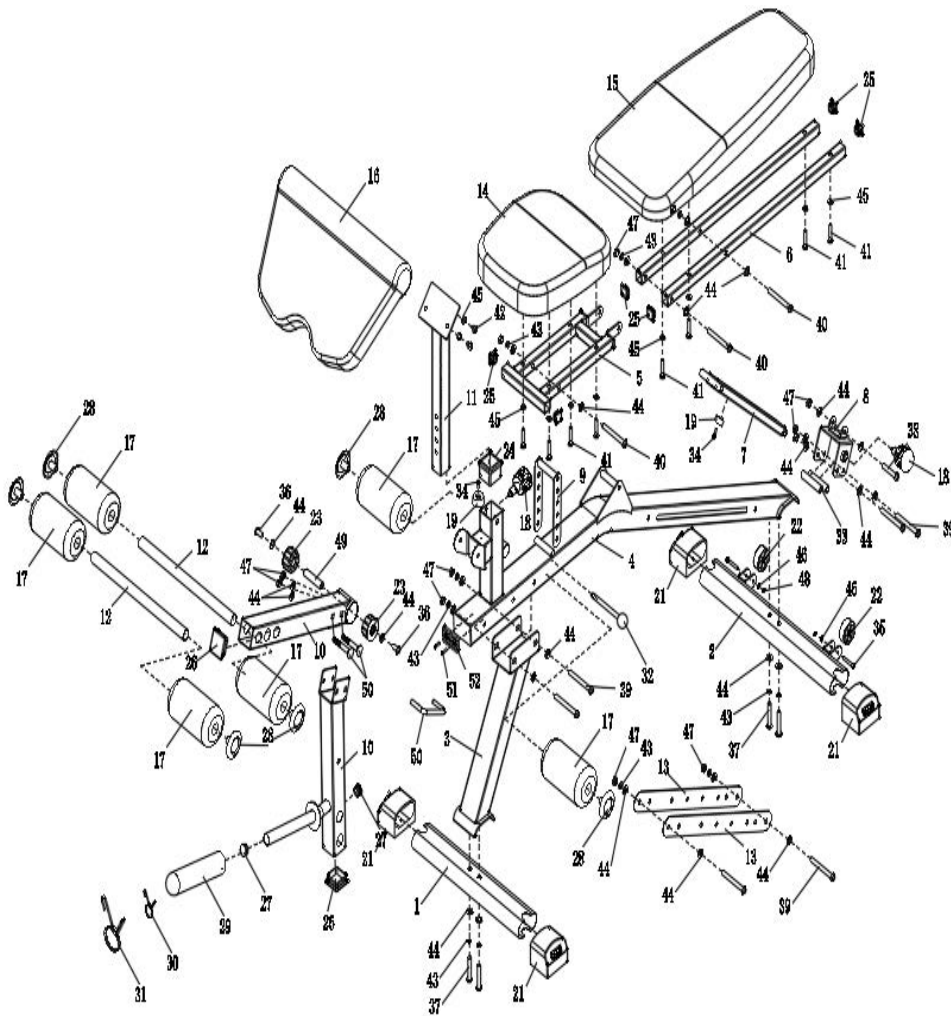
Please keep the manual properly for future reference.

Precautions

Although safety precautions of the training equipment have been taken into the account as much as possible in the design and manufacture, there are still some security precautions to be observed in the operation process. Please read the manual carefully before assembling and using the training equipment, especially the following safety precautions:

1. Avoid keeping children and pets close to the training equipment, and do not leave unattended children alone in the room where the training equipment is placed.
2. The training equipment is available to only one person at the same time.
3. If the user has dizziness, nausea, chest tightness or other uncomfortable symptoms, please stop using, and consult a doctor immediately.
4. The training equipment should be placed on a neat and flat surface. It cannot be used near the water source or outdoors.
5. Hands should not be close to any transmission parts when using.
6. When using the training equipment, clothes should be suitable for training, do not wear large or other types of clothes that may get stuck during training, it is also recommended to wear sports shoes or health shoes as far as possible.
7. In the using process, the training methods which only can be used is what mentioned in the operation instruction, and it is forbidden to use the training way not mentioned.
8. Avoid to place anything with sharp parts around the training equipment.
9. No disabled person shall use the training equipment without the guardianship of accompanying trainers or caregivers.
10. Doing stretching exercises to warm up before using.
11. It is forbidden to use if the training equipment function is abnormal.
12. Keep the training record at any time during the process.
13. The training equipment is not suitable for medical equipment.

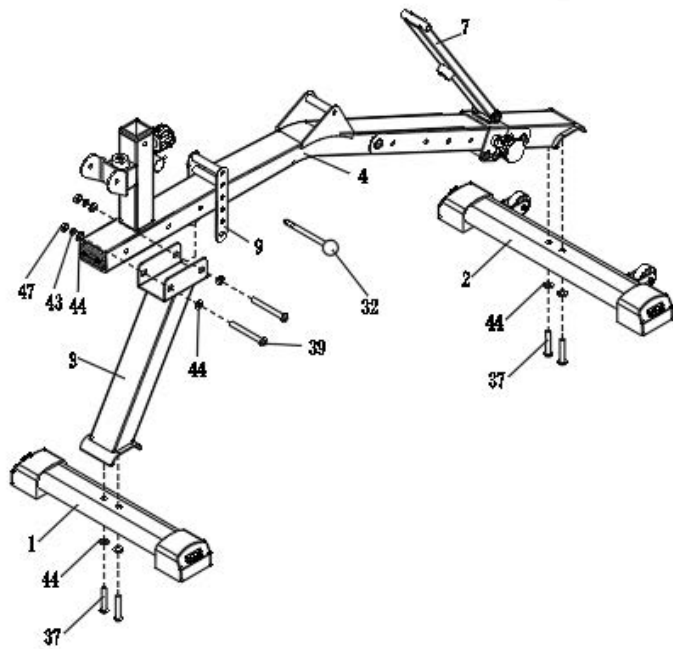
Explosion diagram



Parts list

Number	Name and Specification	Amount	Number	Name and Specification	Amount
1	Forefoot pipe weldment	1	26	50 square pipe plug	2
2	Rear foot pipe weldment	1	27	25 pipe plug	2
3	Front support weldment	1	28	25 tube end cover plug	6
4	Seat cushion frame	1	29	Barbell sleeve	1
5	Cushion frame	1	30	Small clip spring	1
6	Cushion pipe	2	31	Large clamp spring	1
7	Support pipe weldment	1	32	Ball head bolt	1
8	Adjusting connecting frame	1	33	Casing pipe	2
9	Cushion adjusting frame	1	34	Cross recessed pan head screw M6*20	1
10	Hook leg frame	1	35	Cross recessed pan head screw M6*40	2
11	Hand cushion regulating tube	1	36	Inner hexagonal pan head bolt M10*20	2
12	Sponge tube	3	37	Inner hexagonal pan head bolt M10*55	4
13	Regulating plate	2	38	Inner hexagonal pan head bolt M10065	1
14	Cushion	1	39	Inner hexagonal pan head bolt M10*95	6
15	Cushion	1	40	Inner hexagonal pan head bolt M10*150	3
16	Hand cushion	1	41	Inner hexagonal pan head bolt M8*40	8
17	Sponge rod	6	42	Inner hexagonal pan head bolt M8*15	2
18	Elastic pin	2	43	Bullet pad M10	11
19	Shock absorber pad	1	44	Flat pad Φ10	26
20	Rubber pad	1	45	Flat pad Φ8	10
21	Foot cover	4	46	Flat pad Φ6	2
22	Roller wheel	2	47	Locknut M10	10
23	Plastic shaft sleeve	2	48	Locknut M6	2
24	Pipe bushing	1	49	Rotating shaft	1
25	25 square pipe plug	6	50	Pan head square neck bolt M10*70	2
	Wrench13#17#	1		Inner hexagonal wrench 5#	1
	Inner hexagonal wrench 6#	1			

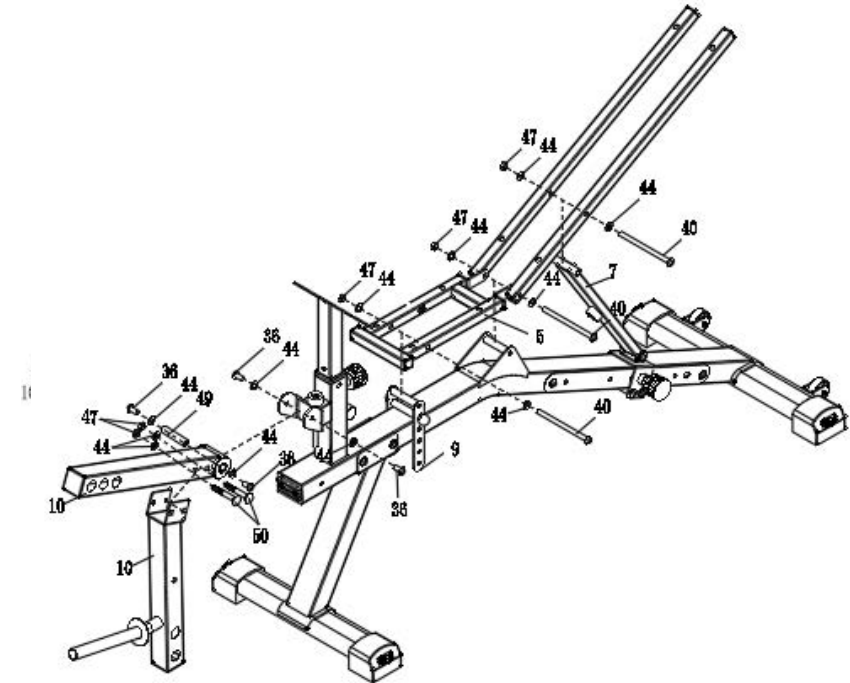
Assembly description



Step 01

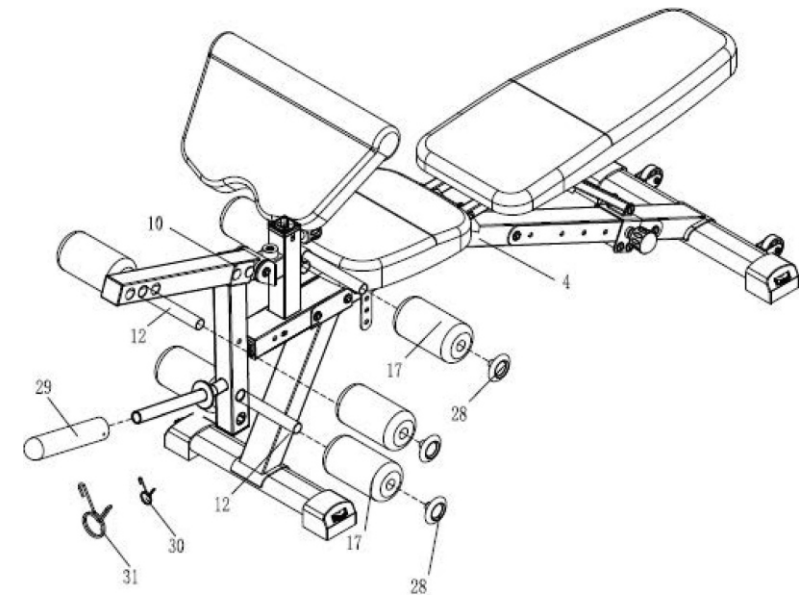
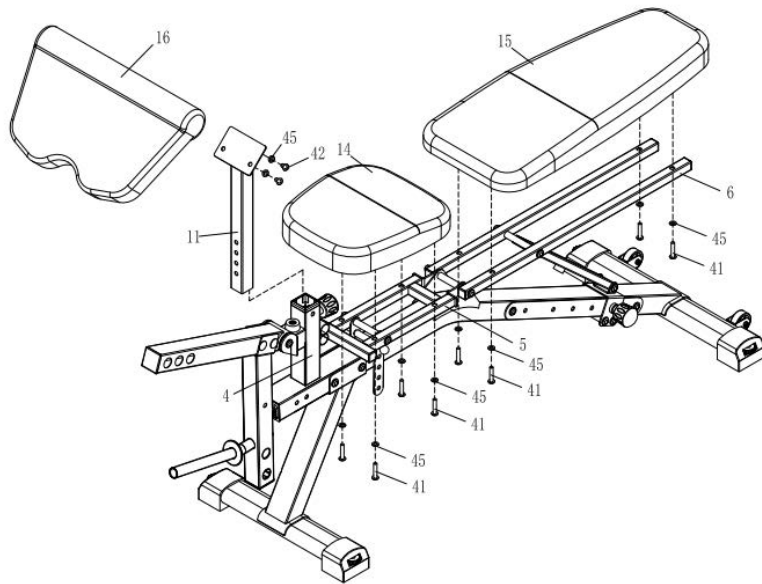
1. Place the front support weldment (3) and the forefoot pipe weldment (1) according to the drawing, and lock them with M10*55 inner hexagonal pan head bolt (37), Φ 10 flat pad (44) and elastic pad M10 (43).
2. Place the seat cushion frame (4) and the rear foot pipe weldment (2) according to the drawing, and fix and lock it with the hexagonal pan head screw (37), the Φ 10 flat pad (44) and the elastic pad M10 (43).
3. Align the front support weldment (3) with the seat cushion frame (4) according to the drawing, and lock it with a hexagonal disk head screw (39), a Φ 10 flat pad (44), an elastic pad M10 (43) and an M10 locknut (47). Then assemble the ball pin (32) in the cushion adjustment frame (9).

Note: when adjusting the main body to the balance state, lock the corresponding bolts and nuts.



Step 02

1. According to the drawing, the rotating shaft (49) is first assembled on the hook leg upper frame and the hook leg lower frame (10), and is assembled with M10*70 square neck plate head bolt, Φ 10 flat cushion (44) and M10 nut (47), then the hook leg assembly is assembled on the seat cushion frame (4) with M10 * 20 hexagonal pan head bolt (36) and Φ 10 flat cushion (44) according to the drawing to lock and fix the two;
2. According to the drawing, the cushion frame (5), the cushion tube (6), the hexagonal plate head bolt (40) with 10 * 150 inner angle, the Φ 10 flat cushion (44) and the M10 nut (47) are assembled on the cushion frame (4), the supporting welding piece (7) and the cushion adjusting frame respectively, locking and fixing both.



Step 03

1. Take the seat cushion (14) according to the drawing, and fix it on the seat cushion frame (5) with the hexagonal pan head bolt (41) and Φ8 flat pad (45) of M8x40;
2. Take the cushion (15) according to the drawing, and fix it on the cushion frame (6) with the hexagonal pan head bolt (41) and the Φ8 flat pad (45) of the M8x40. The cushion frame (6) is fixed on the cushion frame (6);
3. Take the hand pad (16) according to the drawing, and fix it on the hand pad adjusting tube (11) with the hexagonal pan head bolt (41) and Φ8 flat pad (45) of M8*15; then pull the knob, and then put the hand cushion adjusting tube (11) into the seat cushion frame (4).

Step 04

1. First assemble the sponge rod tube (12) in the assembled seat cushion frame (4) and the hook leg frame (10) according to the figure, then install the 6PCS sponge rod (17) in the diagram position, and finally install the 25 tube end cover plug (28) in the sponge rod tube (12).
2. Assemble the barbell sleeve (29) on the hook leg frame (10) according to the diagram, and fix the barbell sleeve (29) with the inner hexagonal plate hand, and finally install a small clamping spring (30) and a large clamping spring (31) according to the needs of use.
3. After the assembly is completed, check whether the screws are locked and fixed.

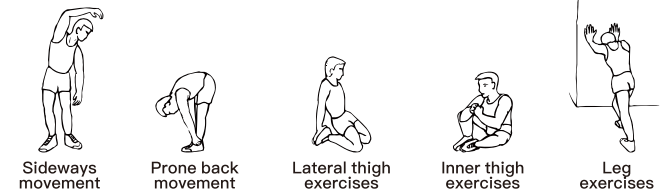
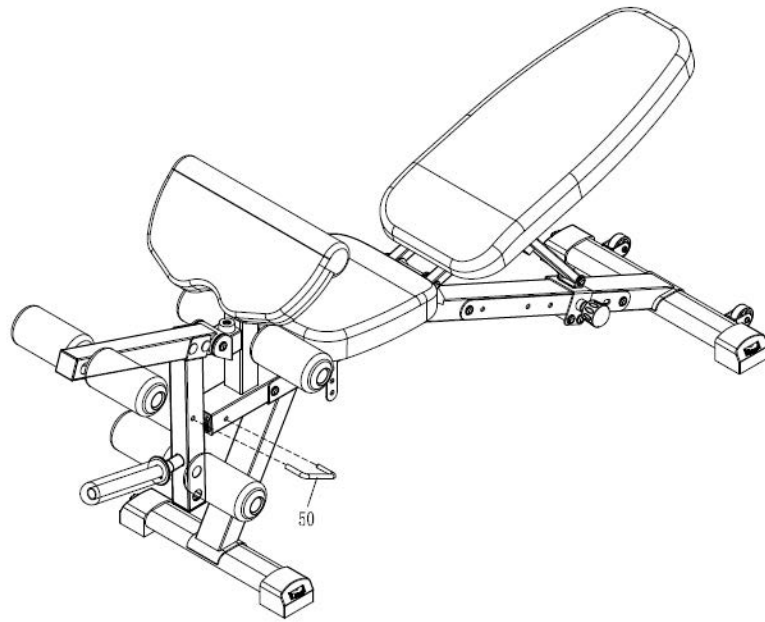
TRAINING INSTRUCTION

Using this product can not only strengthen physique and exercise muscles, but also play a role in losing weight through reasonable diet.

Warm up before training.

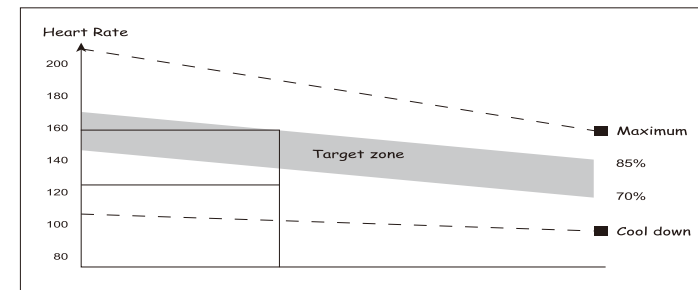
The warm-up exercise at this stage can enhance the blood circulation of the trainer's body, make the muscles reach a good training state, and at the same time reduce the risk of cramping or muscle strain during training. Before each training, please do warm-up exercises according to the following suggested training methods. Each stretching exercise must be held for about 30 seconds. When doing exercises, you should not do strenuous stretching exercise to avoid muscle damage.

Please stop practicing once your muscles are damaged.



Training stage.

This stage is a formal training stage. After long-term regular practice, users can improve the flexibility of leg muscles. The key in the training process is to practice at a stable training intensity according to your own training situation. During practice, the user should choose reasonable training intensity and keep the heart rate within the target range listed in the following table.



In order to keep the heart rate within the corresponding target range, users should continue to train for at least 12 minutes, and most users should continue to train for 15-20 minutes at the beginning of training.

Recovery stage after training.

In the recovery stage, users need to repeat the activities in the preparation stage. In this process, the user can appropriately reduce the range and speed of the movement, which lasts about 5 minutes. Exercise adjusts the body heat and relaxes the muscles. It should be noted that you should not do strenuous stretching activities during exercise, so as not to injure muscles.

Under the condition of adapting to training, the user can gradually increase the training time and intensity. It is recommended to train at least 3 times a week. If possible, record the average level of weekly practice.

Step 05

1. when using supine exercise, fix it with U-shaped bolt (50).

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