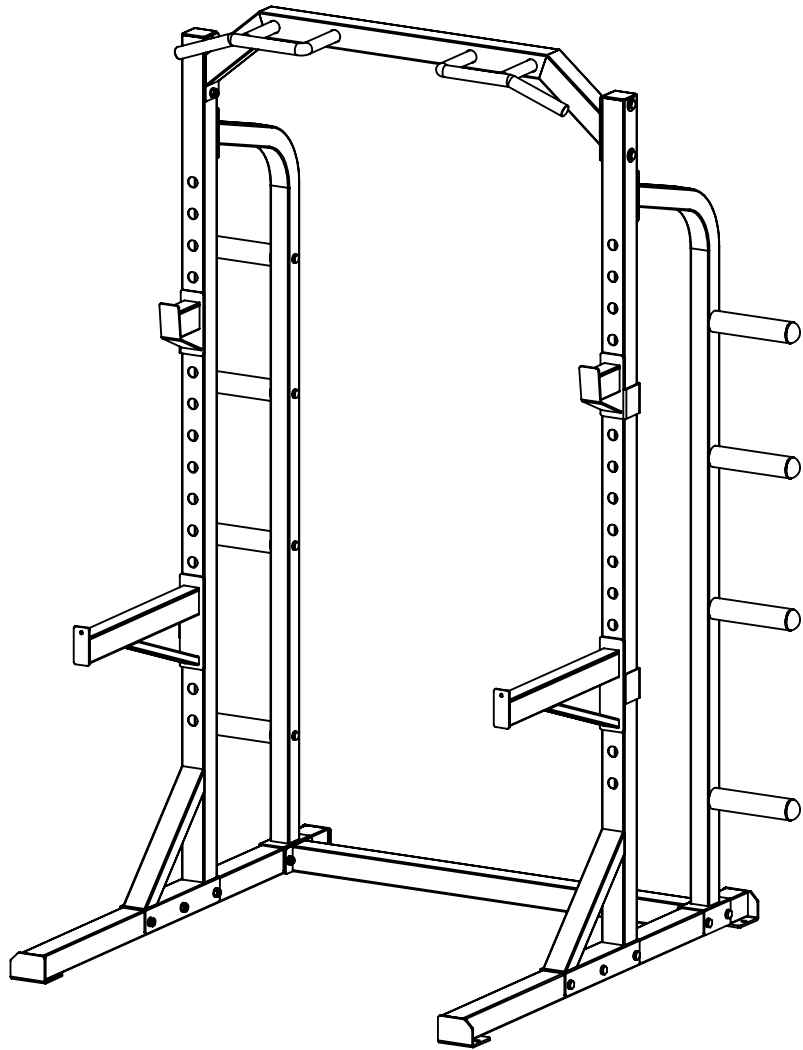


OWNER'S MANUAL

Half Rack

Model #: 470HR



Caution: Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Assembly Instructions

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Assembly Instructions

Before Your Begin

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once.
CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the bench near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly.

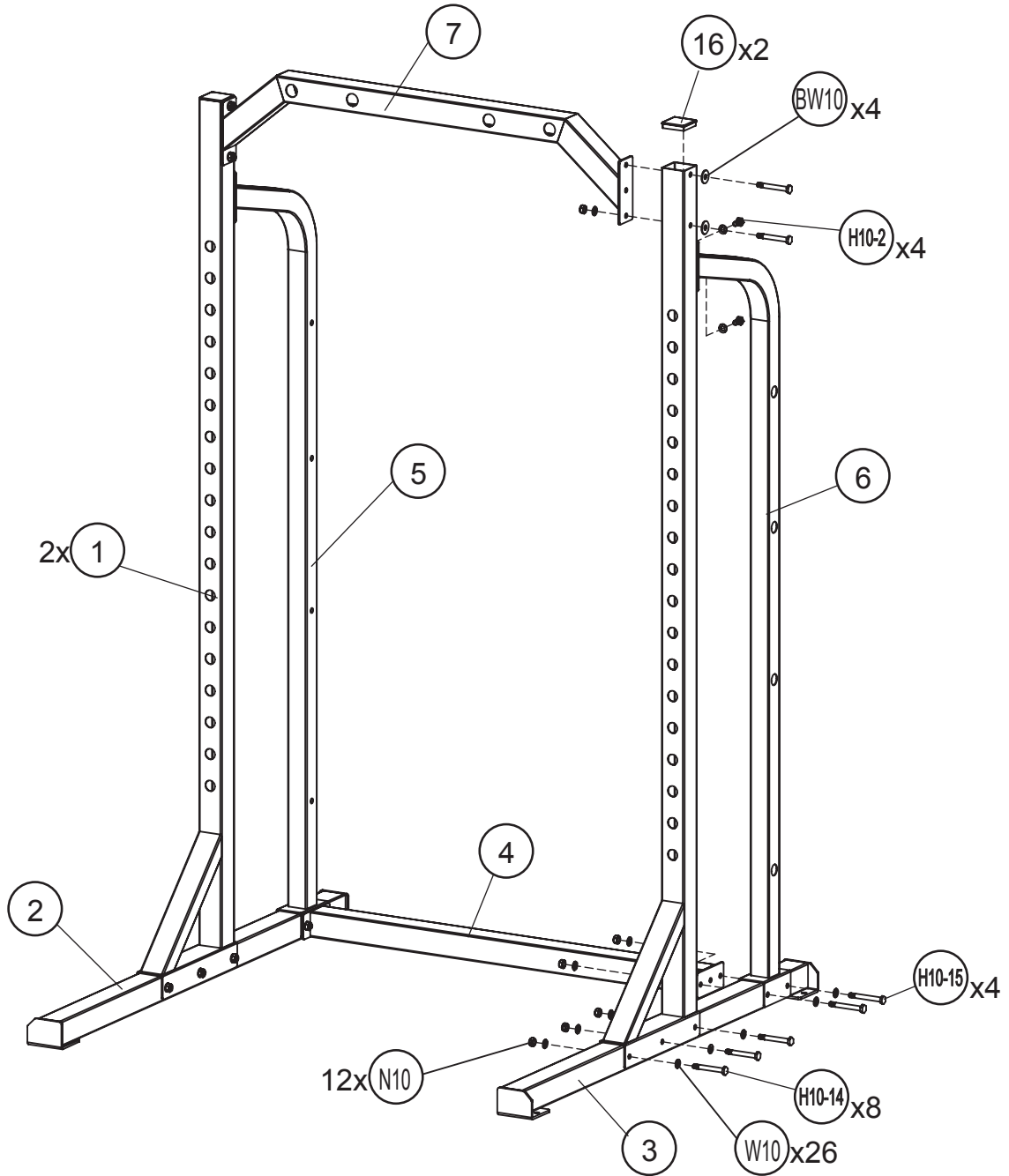
Tools Required

Tools Required : Allen Wrench Set / Socket Wrench Set
Adjustable Wrench / Crescent Wrench
Rubber Mallet / Tape Measure

ASSEMBLY REQUIRES AT LEAST THREE PERSONS

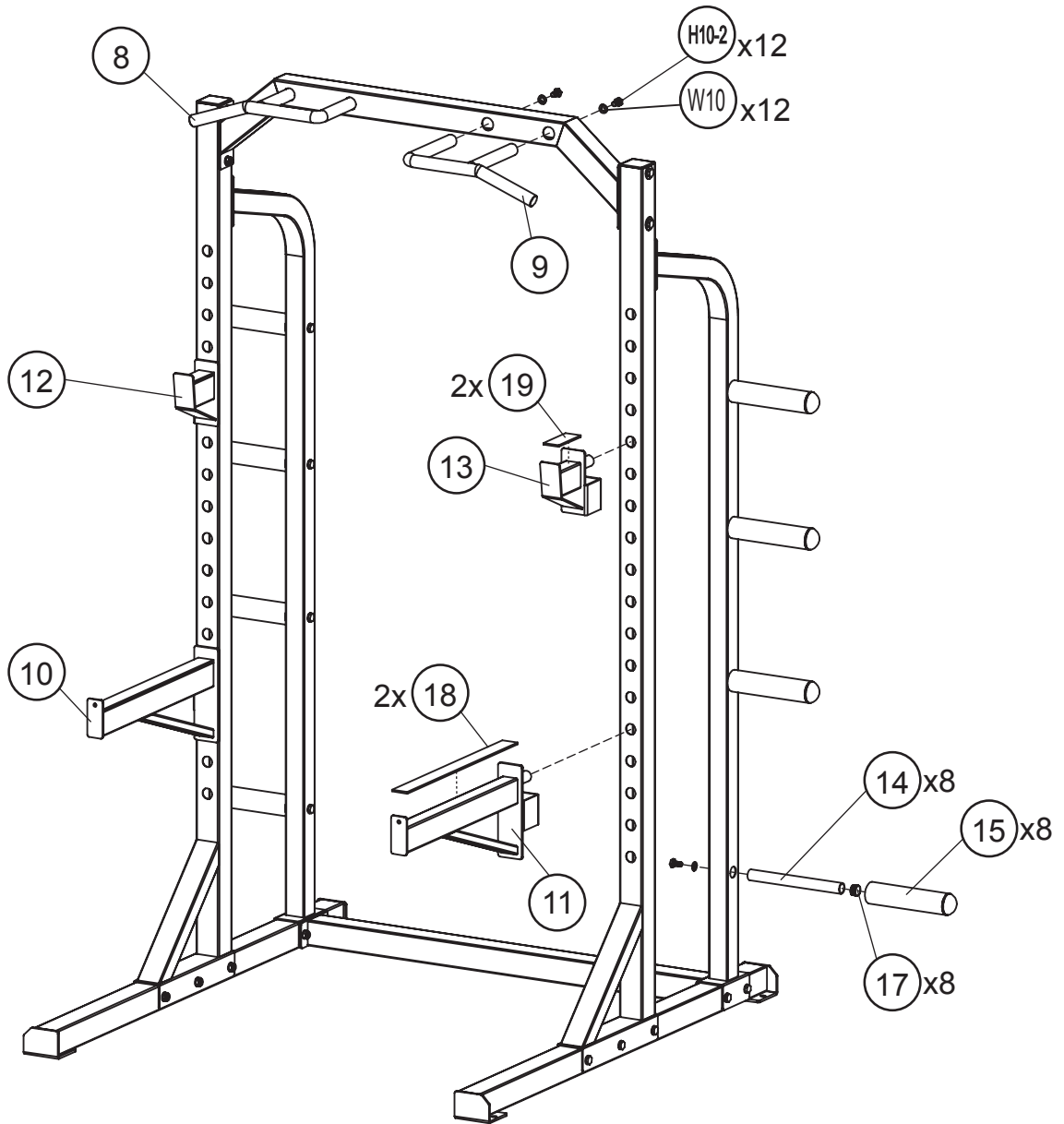
Assembly Instructions

STEP 1



Assembly Instructions

STEP 2



Assembly Instructions

Parts & Hardware List

Part#	Discription	Qty	Remark
1	Upright Frame	2	
2	Right Base	1	
3	Left Base	1	
4	Bottom Cross Frame	1	
5	Right Rear Support	1	
6	Left Rear Support	1	
7	Top Cross Frame	1	
8	Right Handle	1	
9	Left Handle	1	
10	Right Spotting Arm	1	
11	Left Spotting Arm	1	
12	Right J-Hook	1	
13	Left J-Hook	1	
14	Plate Storage Holder	8	
15	Olympic Sleeve	8	
16	F60x60mm Inner Cap	2	Pre-assembled
17	Dia 25mm Inner Cap	8	
18	Big Rubber Pad	2	Pre-assembled
19	Small Rubber Pad	2	Pre-assembled
H10-2	M10x20 mm Hex Head Bolt	16	
H10-14	M10x80 mm Hex Head Bolt	10	
H10-15	M10x85 mm Hex Head Bolt	4	
BW10	M10 Big Washer	4	
W10	M10 Washer	38	
N10	M10 Nut	12	