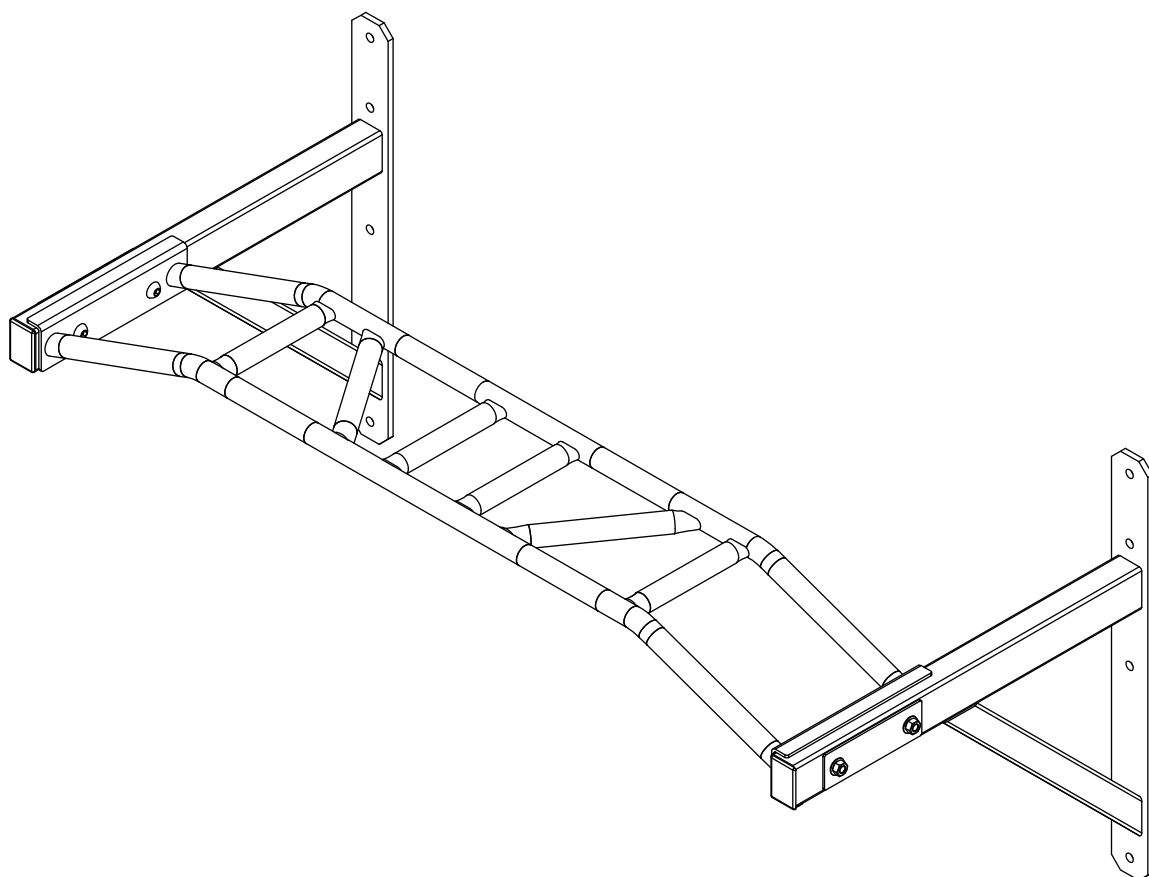




NO  
DOUBTS

SPART



**CHIN-UP RACK** CE4101



# SAFETY PRECAUTION

## Safety First

Regardless of how enthusiastic you may be about getting on your equipment and exercising, take the time to ensure that your safety is not jeopardized. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

1. Assemble the equipment according to the assembly instructions and only use the individual parts enclosed for assembly of the equipment and which are listed in the parts list as being specifically for this equipment. Before you start assembly, check against the delivery to make sure that everything has been delivered and check against the packing list to make sure all parts have been enclosed.
2. Read, study and understand the Owner's Manual and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this product prior to use. Some of this information can be obtained in this owner's Manual, as well as from your local retailer.
3. It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacements Owner's Manual and labels are available from your local retailer.
4. It is recommended that another person assist you with the assembly of this unit.
5. Consult with your physician before beginning any exercise program. It is recommended that you undergo a complete physical examination.
6. Use proper discretion when children are present.
7. Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
8. Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
9. Do not attempt to lift more weight than you can control safely.
10. Work within your recommended exercise level. DO NOT work to exhaustion. If you feel any pain or discomfort, stop your workout immediately.
11. Inspect the machine for any sign of wear on parts, hardware becoming loose or cracks on welds. If a problem is found do not use or allow the machine to be used until the defective part is repaired or replaced.
12. DO NOT place any sharp objects around the machine.



# ASSEMBLY INSTRUCTION

## I . Notice of assembly

\* An enough dimension will be required to assemble and properly use the machine.

- \* Please use floor padding, such as cardboard, to avoid scratching your floor during assembly.
- \* The nuts and bolts have a little grease on them to protect them from corrosion. Please keep a rag handy to wipe your hands.
- \* All plastic end caps and plugs have been assembled on the unit prior to shipment. They are shown on the assembly drawings for reference in the event replacement parts are needed.
- \* The machine uses several different lengths of bolts. Be careful to use the correct length of bolt called for at each step of assembly.
- \* Do not touch the wires and cables attention when drilling.

## II . Before you begin

Locate a comfortable work site. Assemble your machine in an open space with ventilation and lighting, and with the help of other person. The machine posses a large area, so you do not place it in living room.

Find your tools. You will need the following tools to assemble your machine.

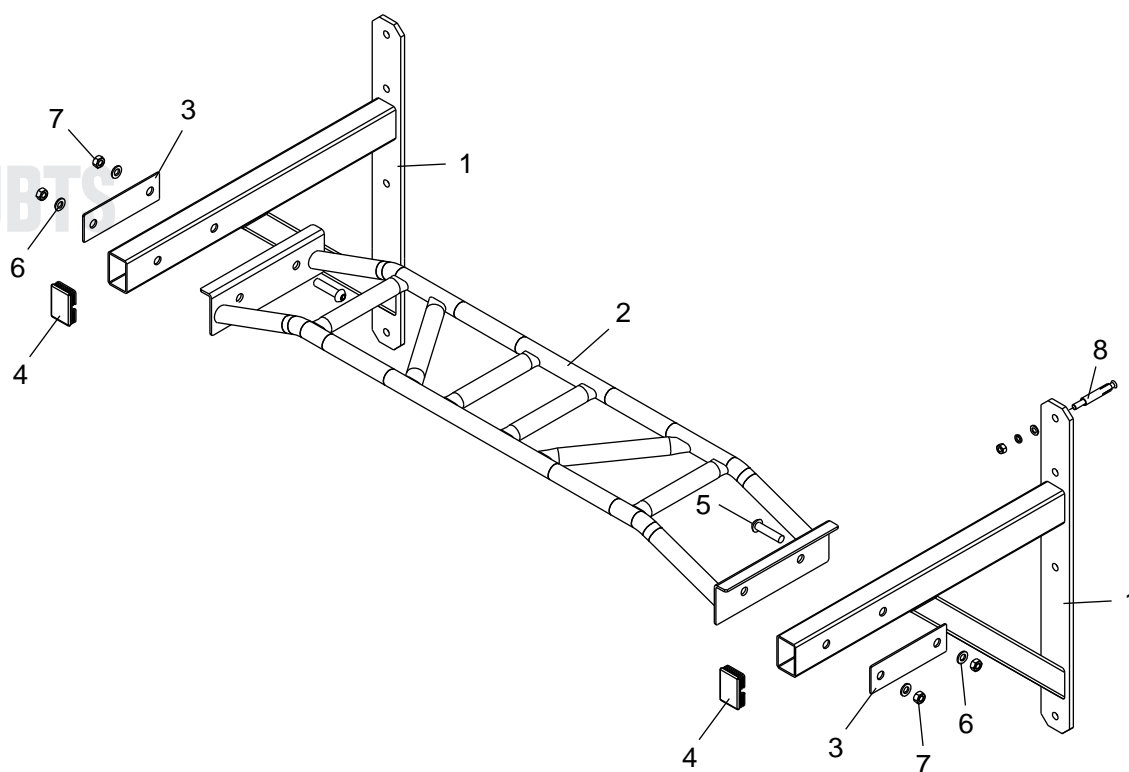
- . Standard screwdriver
- . WD40 lubricant or Vaseline (if necessary)

Review all safety guideline on Page 2 of this manual.

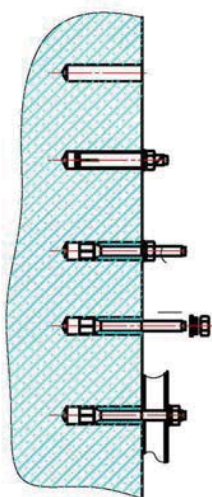
## III . Assembling your machine



NO  
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NUMBER	DESCRIPTION	QUANTITY
1	BOOM	2
2	HAND GRIP	1
3	REINFORCEMENT PLATE	2
4	RECTANGULAR PLUG	2
5	ALLEN SCREW M12*65	4
6	WASHER 12	4
7	LOCK NUT M12	4
8	EXPANSION BOLT SET	8



Punch a hole, no less than 80mm.

Place the expansion screw with cover in the hole.

Draw out the inner screw till it's out. (Without the wall support)

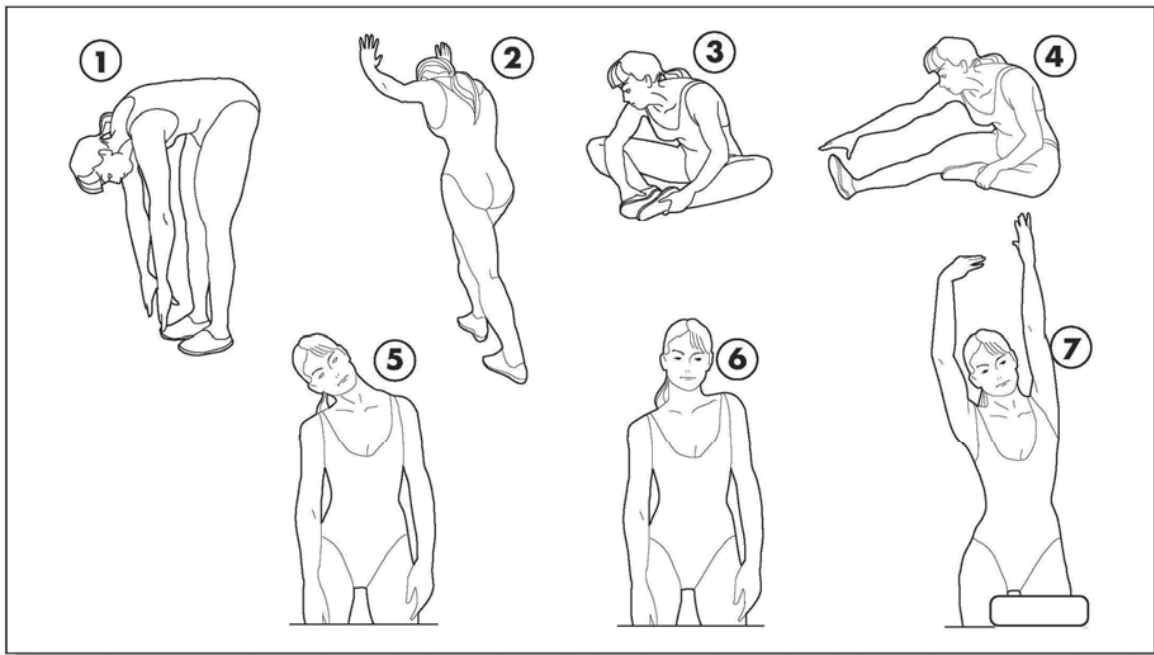
Draw down the nut. The screw keeps in the wall.

Place the wall support.

## TRAINING ORGANIZATION

### Warm-up

Before every training you should warm-up for 5~10 minutes. Here you can do some stretching and training with low resistance.



**1-Touching the toes:** bend slowly forwards from the waist, relaxing your back and shoulders, until you can touch your toes. Stretch down as far as possible, holding the position for 15 seconds.

**2-Stretching the calf / achille's tendon:** with arms forward, place the hands on a wall, standing with the left leg further forward than the right. Keeping the right leg straight and resting the left foot on the floor, bend the left leg and lean forward, so that the pelvis moves toward the wall. Hold this position for a count of 15, then repeat with the left leg straight.

**3-Stretching the muscles of the inner thigh:** sit down with the soles of the feet together and the knees turned outwards. Draw the feet as far as possible toward the groin. Now push the knees gently downwards. Hold the position for 15 seconds.

**4-Stretching the hamstrings:** sitting on the floor, stretch out the right leg and place the sole of the left foot against the inner right thigh. Stretch the toes of the right foot as far forward as possible. Hold the position for 15 seconds, then repeat with the left leg straight.

**5-Rotating the head:** turn the head to the right for a few seconds, until you can feel the muscle stretching on the left side of your neck; then tilt the head back for the same amount of time, with chin up and mouth open. Turn the head to the left for a few seconds and finally tilt forward, chin on chest, for the same amount of time.

**6-Raising the shoulders:** raise the right shoulder toward the ear for a few seconds. Then raise the left shoulder for the same amount of time, simultaneously lowering the right shoulder.

**7-Stretching the flank muscles:** spread the arms out sideways and raise until above the head. Reach up with the right arm as far as possible for a few seconds. Repeat the operation with the left arm.

### **Training session**

During the actual training a rate of 70%~85% of the maximum pulse rate should be chosen. The time-length of your training session can be calculated with the following rule of thumb:

- Daily training session: approx. 10 min. per unit
- 2-3 x per week: approx. 30 min. per unit
- 1-2 x per week: approx. 60 min. per unit

### **Cool down**

To introduce an effective cool-down of the muscles and the metabolism the intensity should be drastically decreased during the last 5~10 minutes. Stretching is also helpful for the prevention of muscle aches.

### **Success**

Even after a short period of regular exercise you will notice that you constantly have to increase the resistance to reach your optimum pulse rate. The units will be continuously easier and you will feel a lot fitter during your normal day. For this achievement you should motivate yourself to exercise regular. Choose fixed hours for your training session and do not start training too aggressively. An old quote amongst sportsman says:

“The most difficult thing about training is to start it.”

Wish you have a lot of fun and success with your machine.



**NO  
DOUBTS**

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