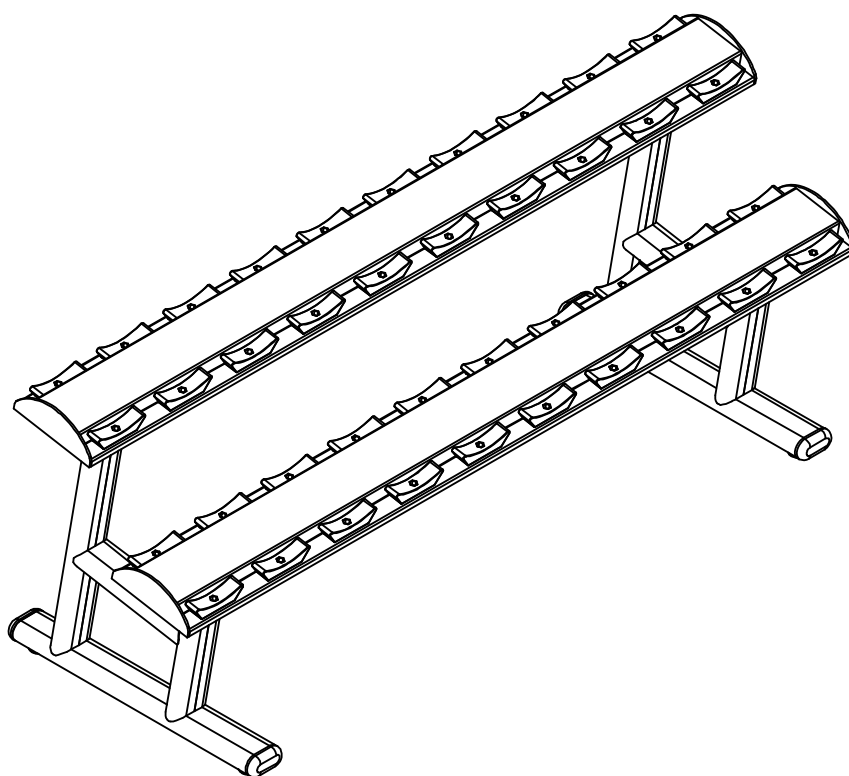




NO
DOUBTS

SPART



DUMBBELL RACK

PF0097



NO
DIPERS

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.

II. Before you begin

1. 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 possess a large area, so you do not place it in living room.
2. Find your tools. You will need the following tools to assemble your machine.
 - . Ruler with both metric and English measurements
 - . Adjustable wrench and Phillips screwdriver
 - . WD40 lubricant or Vaseline (if necessary)

III. Assembling your machine

Regular Maintenance Activities

Preventative maintenance activities must be performed to maintain normal operation of your equipment. Keeping a log sheet of all maintenance actions will assist you in staying current with all preventative maintenance activities. Briefly, they include:

Daily

1. Clean upholstery.

Weekly

1. Inspect all nuts and bolts for looseness. Tighten as required.
2. Check for worn handles, worn snap links, and worn warning labeling. Replace all worn parts immediately.
4. Inspect weight stacks for proper alignment and operation. Correct all improper alignment and operation issues immediately.
5. Recurrent lubricating the bearings, cylinders, and other rotating parts.

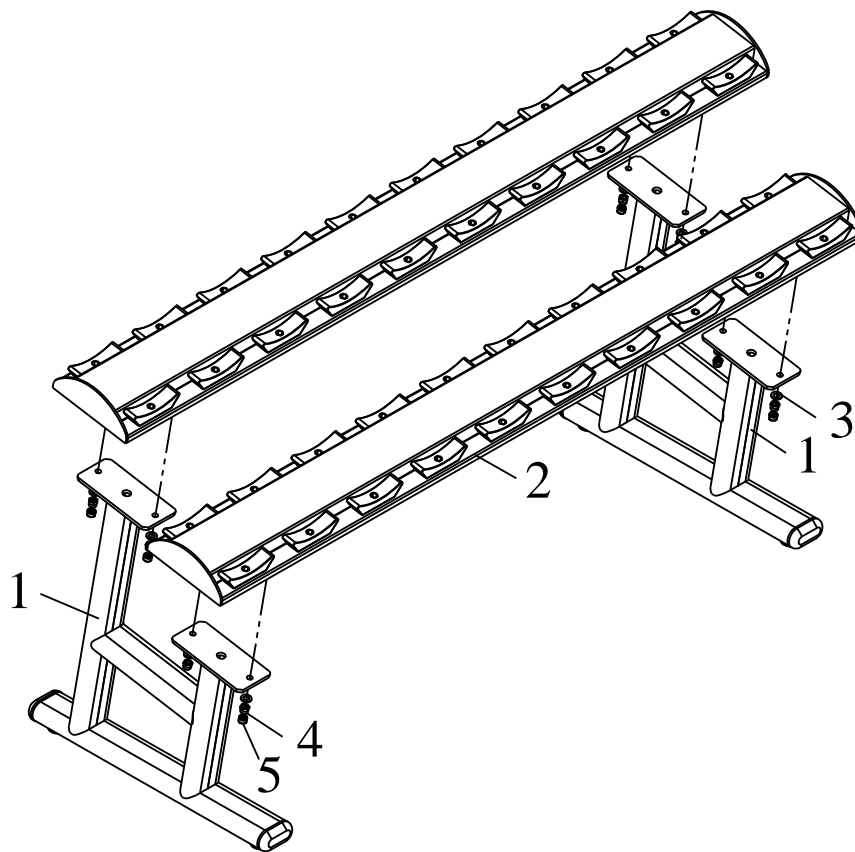
As Required

1. Inspect grips and replace as necessary.

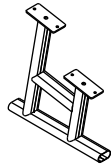
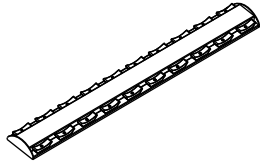



Using Proper Form

Before working out, read and understand the exercises located on the placard.

EXPLODED DRAWING



PART LIST

NO.	DESCRIPTION	DRAWING	QTY
1	BASE FRAME		2
2	MAIN FRAME		2
3	WASHER 12		8
4	LOCK NUT M12		8
5	NYLON CAP M12		8

www.zunfit.com



ITALY OFFICE

Zun Srl
via Mammarella snc
66100 Chieti Scalo (CH), Italy
Email: info@zunfit.com
Phone: +39 0871 551762

CHINA OFFICE

Zunone
83# South Tongfu Road,
Nantong Jiangsu China
Email: simon@zunone.cn
Phone: +0086-13901602295