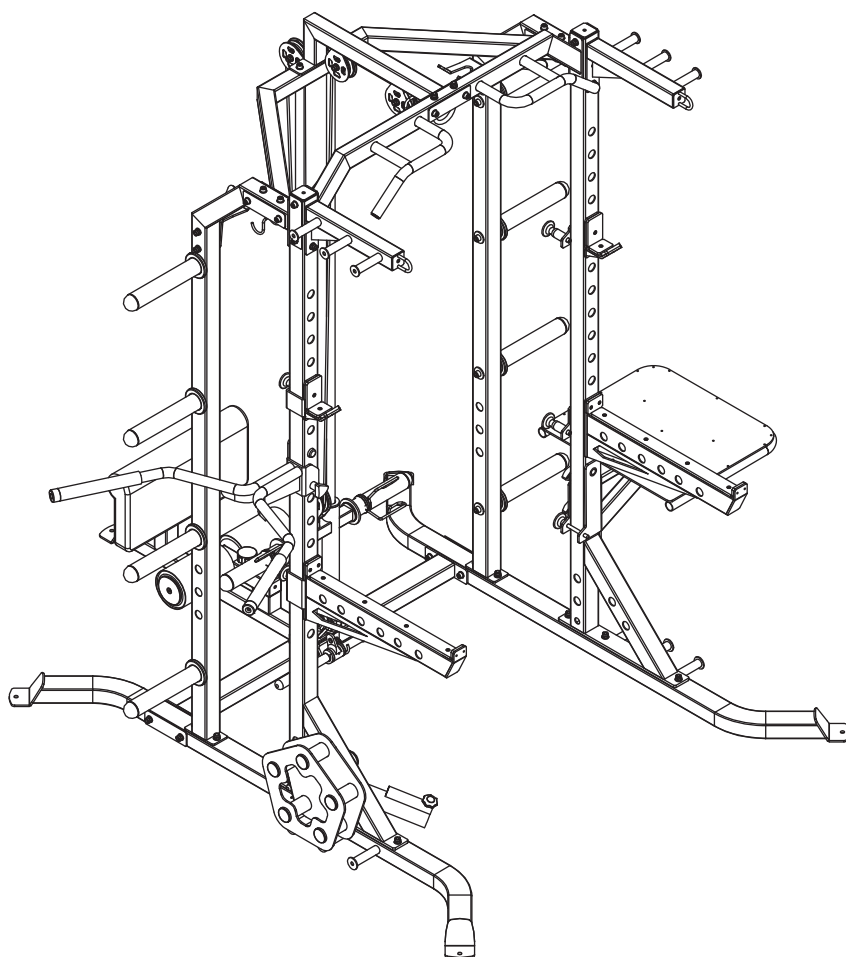




NO  
DOUBTS

SPART



ST1003

**CROSSFIT HALF RACK**



# 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.



NO  
DOUBTS

# 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.

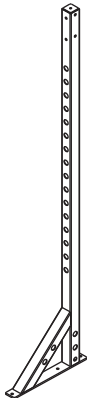

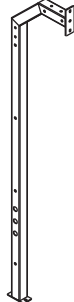
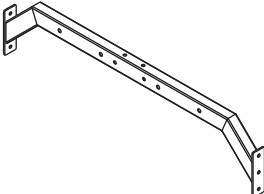
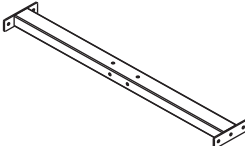
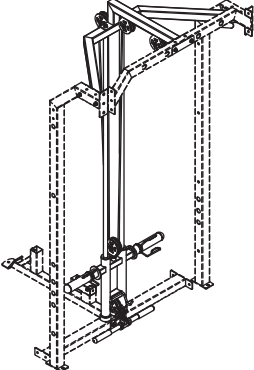
Find your tools. You will need the following tools to assemble your machine.

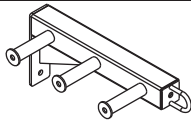
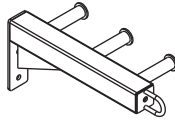
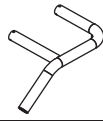
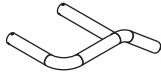
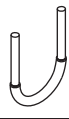
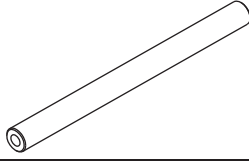
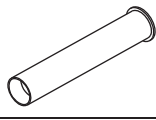

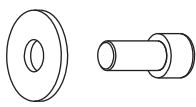


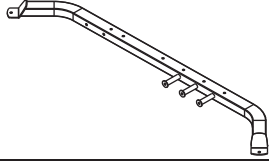
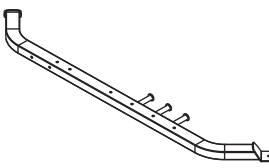
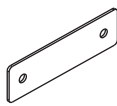

- . Standard screwdriver
- . WD40 lubricant or Vaseline (if necessary)

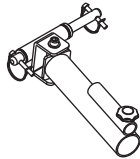
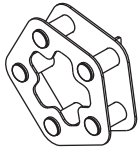
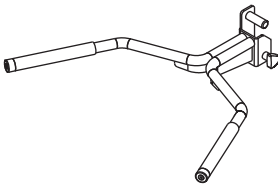
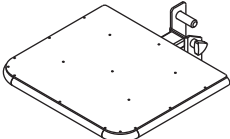
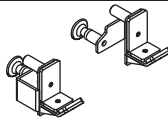
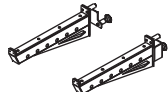
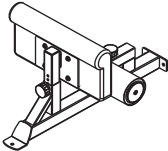

Review all safety guideline on Page 2 of this manual.

## III . Assembling your machine

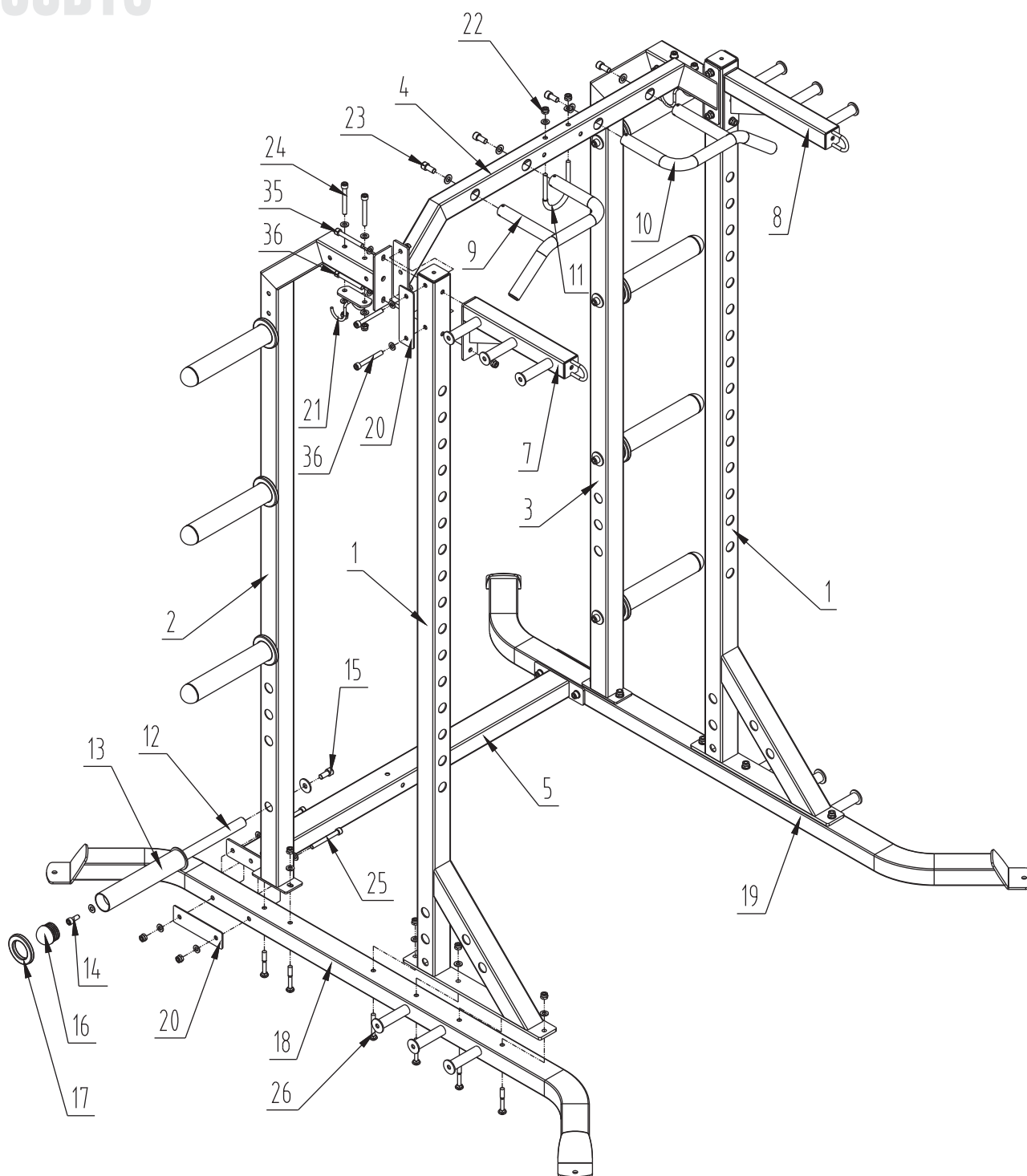
## PART LIST

NO.	DESCRIPTION	DRAWING	QTY
1	UPRIGHT TUBE		2
2	RIGHT AFTER THE COLUMN		1
3	LEFT AFTER THE COLUMN		1
4	TOP BEAM		1
5	LOWER CONNECTION		1
6	ROPE SYETEM		1

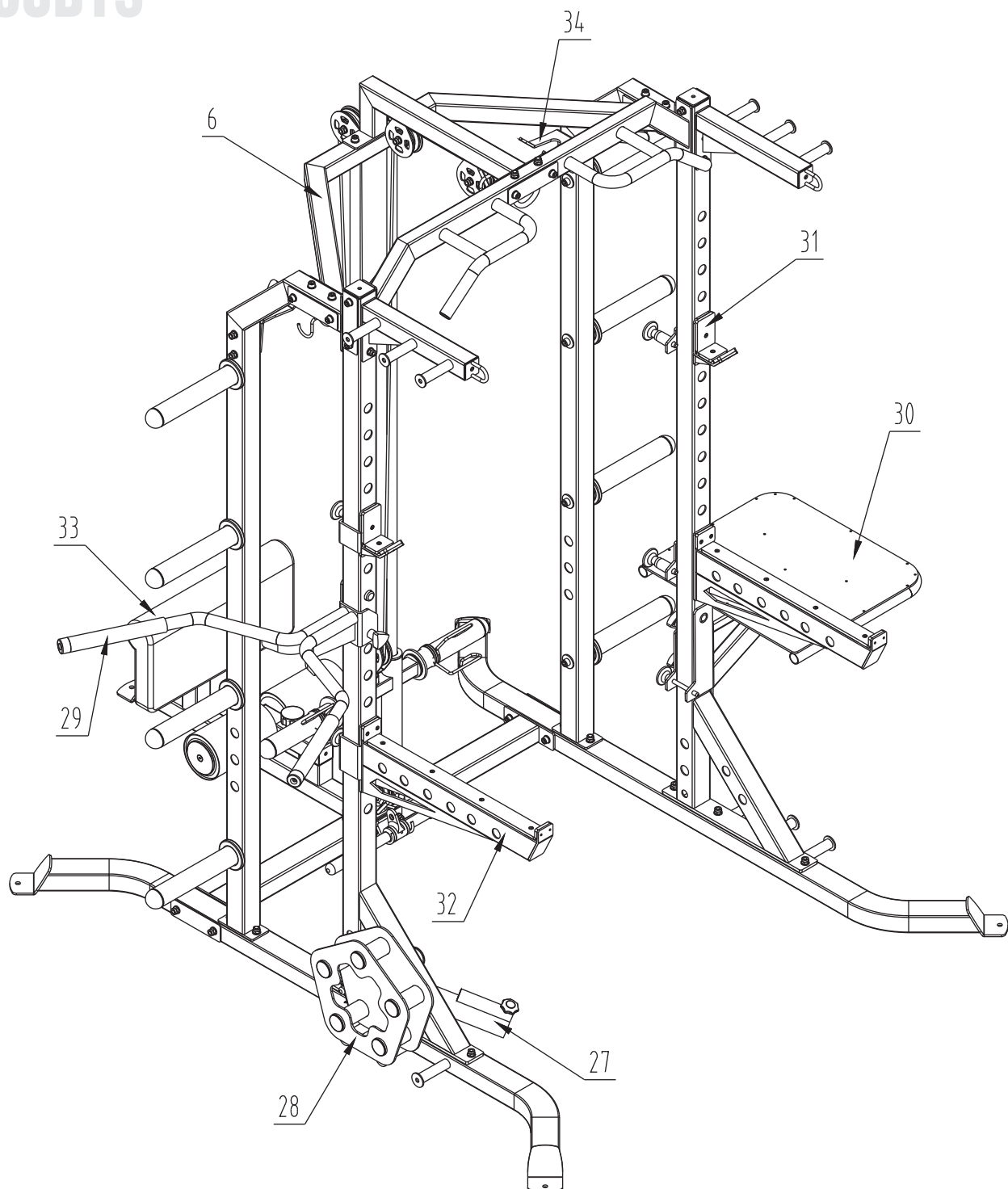
7	FRONT RIGHT HOOK		1
8	FRONT LEFT HOOK		1
9	RIGHT HANDLE		1
10	LEFT HANDLE		1
11	HOOK		1
12	RP BAR		8
13	OP SET		8
14	HEXAGON SOCKET CAP BOLT M10*25+WASHER 10		8
15	HEXAGON SOCKET CAP BOLT M12*25+ BIG WASHER 12		8
16	ROUND PLUG		8
17	BUFFER RING		8
18	RIGHT FOOT		1
19	LEFT FOOT		1
20	CONNECTION PLATE		4
21	HOOK SUPPORT		2
22	WASHER 10 + LOCK NUT M10		2
23	HEXAGON SOCKET CAP BOLT M12*25 + BIG WASHER12		4

24	HEXAGON SOCKET CAP BOLT M10*80 + TWO WASHERS 10 + LOCK NUT M10		4
25	HEXAGON SOCKET CAP BOLT M10*95 + TWO WASHERS 10 + LOCK NUT M10		4
26	SQUARE NECK BOLT M10*65 + WASHER 10+LOCK NUT M10		12
27	ROTATIONAL CORE		1
28	ROPE DEVICE		1
29	DIP HORN		1
30	SPRINGBOARD		1
31	J HOOKS		1
32	SAFTY HOLDER		1
33	SISSY SQUAT		1
34	BAR HOLDER		2
35	HEXAGON SOCKET CAP BOLT M10*85 + WASHER 10		2
36	HEXAGON SOCKET CAP BOLT M10*85 + TWO WASHERS 10 + LOCK NUT M10		6

# DRAWING 01

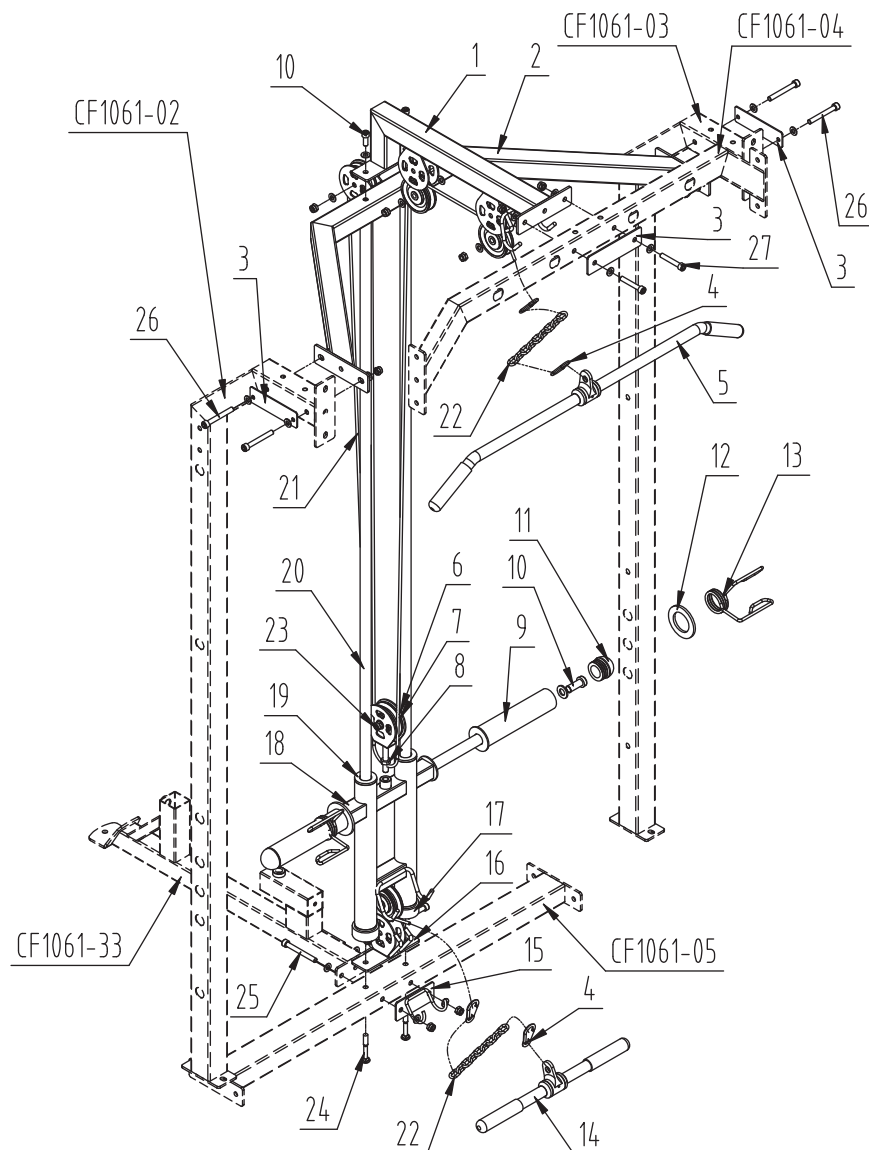
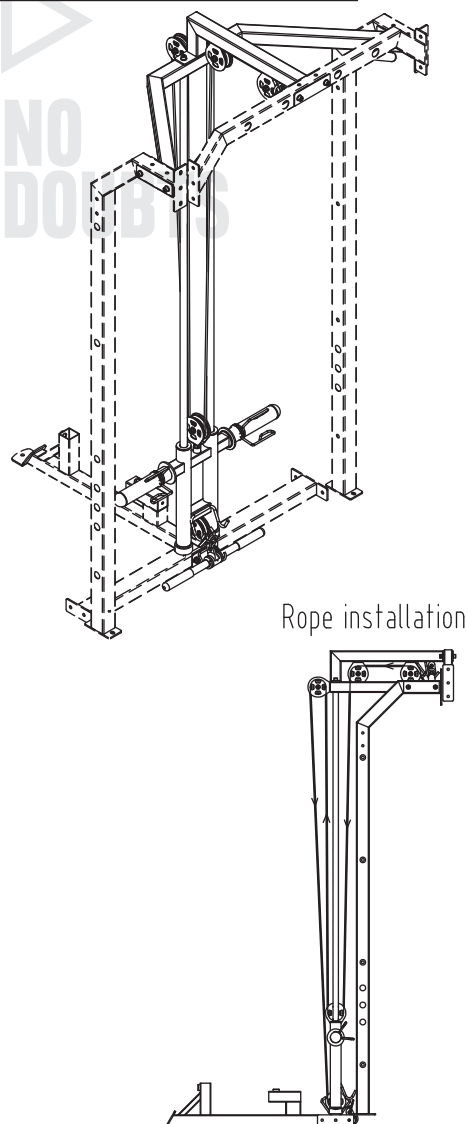


## DRAWING 02





# ROPE SYETEM

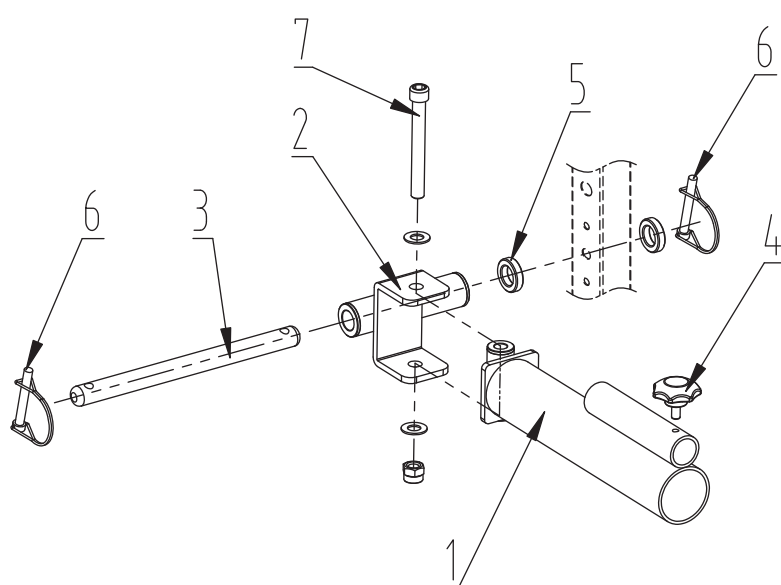
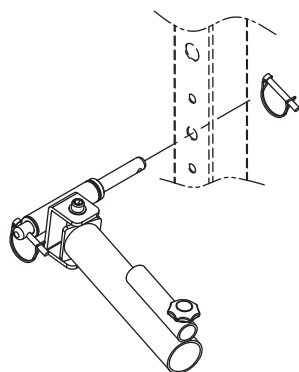


## CF1061-6

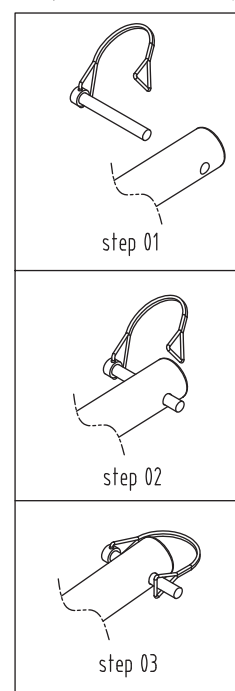
NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	TOP SUPPORT	1	11	ROUND PLUG	2
2	GUIDE CONNECTION	1	12	BUFFER RING	2
3	CONNECTION PLATE	3	13	JUMP RING	2
4	HOIST HOOK	4	14	LOW ROW BAR	2
5	LAT BAR	2	15	HOOK	1
6	PULLEY BLOCK	1	16	PULLEY BLOCK CONNECTING PIECE	1
7	PULLEY	5	17	BUFFER RING	2
8	NUT 12	1	18	SLIDE BRACKET	1
9	OP SET	2	19	BUSHING	4
10	HEXAGON SOCKET CAP BOLT M10×25+WASHER 10	4	20	GUIDE	2
21	CABLE (IN KIND PREVAIL)	1	22	CHAIN	2
23	HEXAGON SOCKET CAP BOLT M10×50+TWO WASHERS 10+LOCK NUT M10	5			
24	SQUARE NECK BOLT M10×65	2			
25	HEXAGON SOCKET CAP BOLT M10×90+TWO WASHERS 10+LOCK NUT M10	2			
26	HEXAGON SOCKET CAP BOLT M10×80+TWO WASHERS 10+LOCK NUT M10	4			
27	HEXAGON SOCKET CAP BOLT M10×65+TWO WASHERS 10+LOCK NUT M10	2			

# ROTATIONAL CORE

NO  
DOUBTS



lock pin installation steps



## INSTRUCTION:

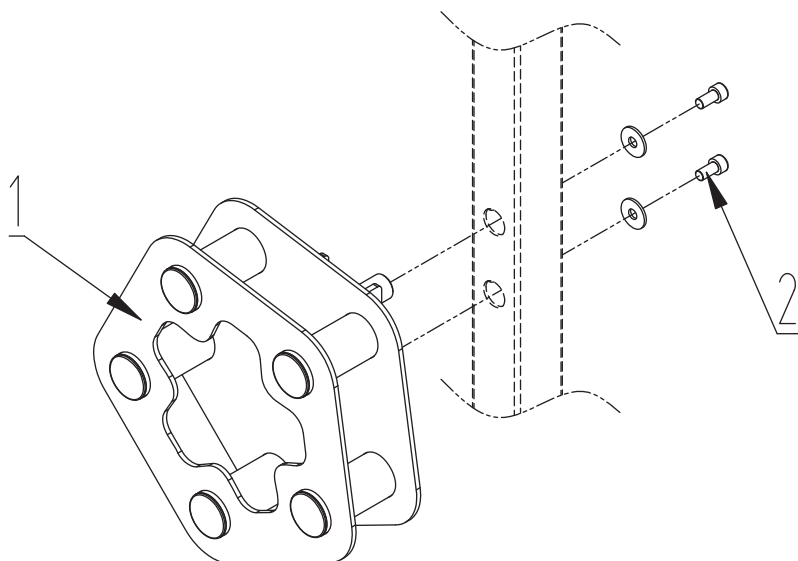
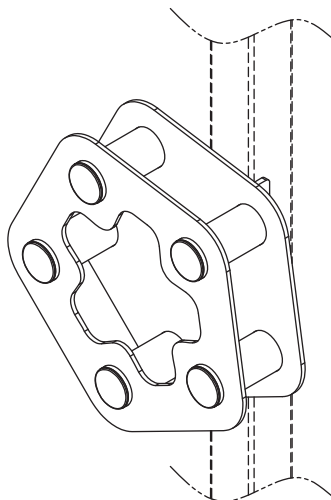
1. Attach part 1 to part 2 with bolt assembly 7, attach part 4 to part 1;
2. Attach the left part 6 to part 3;
3. Attach part 3 to part 2, part 5 and the upright tube with another part 6.

CF1061-27

NO.	DESCRIPTION	QTY
1	BAR SUPPORT	1
2	ROTATIONAL SUPPORT	1
3	AXIS	1
4	PLUM SHAPED SCREW	1
5	NYLON BUSHING	2
6	LOCK PIN	2
7	HEXAGON SOCKET CAP BOLT M12×105+TWO WASHERS 12+LOCK NUT M12	1

# ROPE DEVICE

NO  
DOUBTS

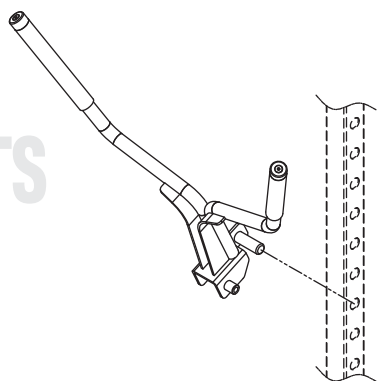


CF1061-28

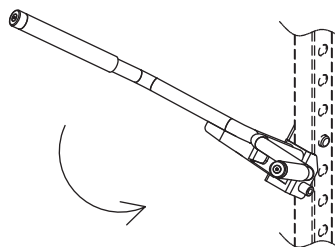
NO.	DESCRIPTION	QTY
1	ROPE DEVICE	1
2	HEXAGON SOCKET CAP BOLT M12×20+BIG WASHER 12	2

# DIP HORN

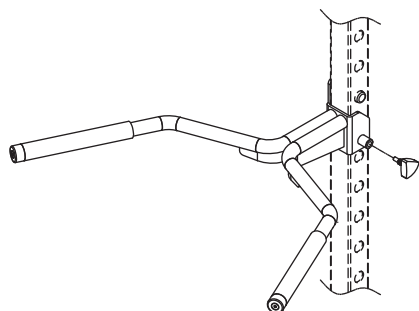
NO  
DOUBTS



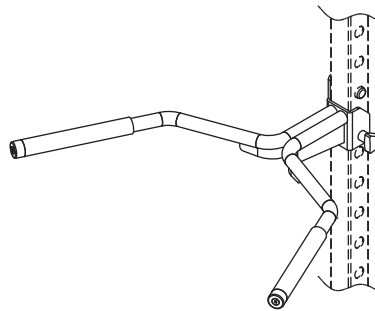
STEP 01



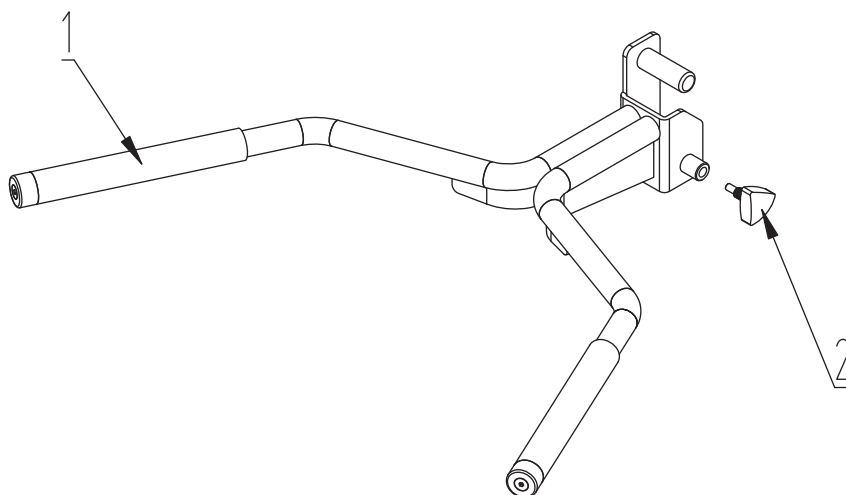
STEP 02



STEP 03



STEP 04

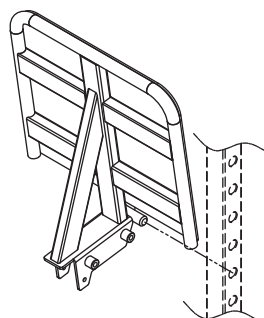


CF1061-29

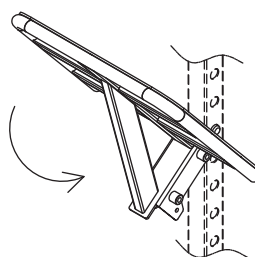
NO.	DESCRIPTION	QTY
1	DIP HORN	1
2	TRIANGLE STOP BOLT	1

# SPRINGBOARD

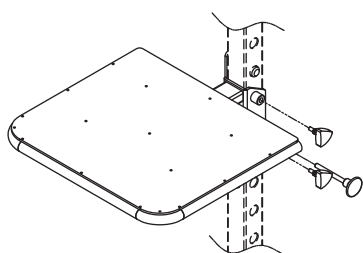
NO  
DOUBTS



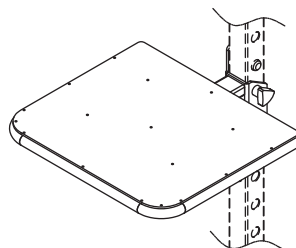
STEP 01



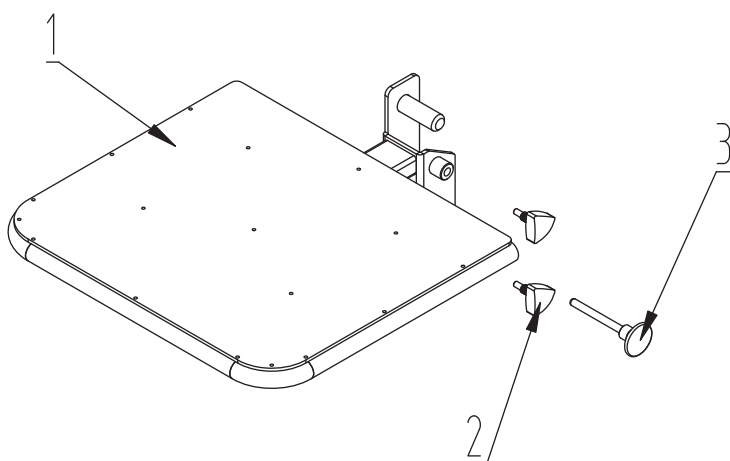
STEP 02



STEP 03



STEP 04

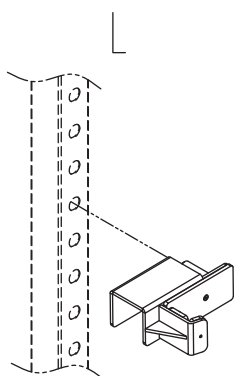


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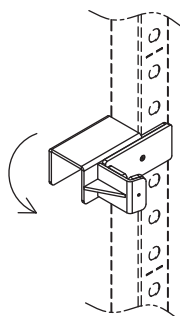
NO.	DESCRIPTION	QTY
1	SPRINGBOARD	1
2	TRIANGLE STOP BOLT	2
3	MAGNETIC PIN	1

# J HOOKS

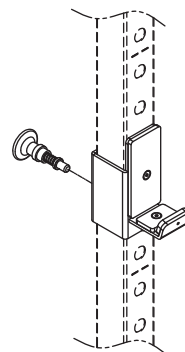
NO  
DOUBTS



STEP 01



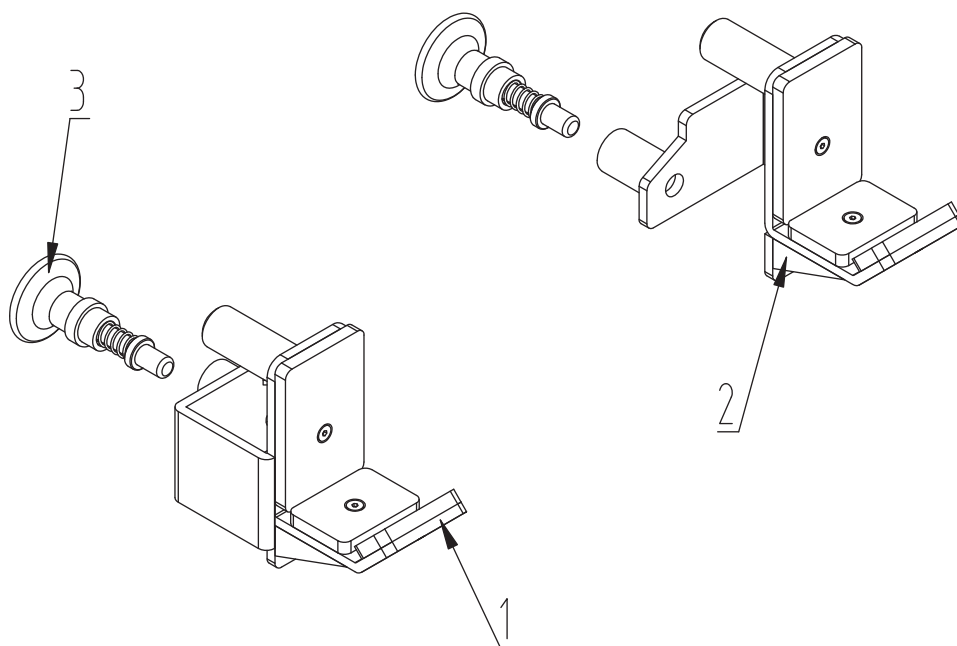
STEP 02



STEP 03

L

R



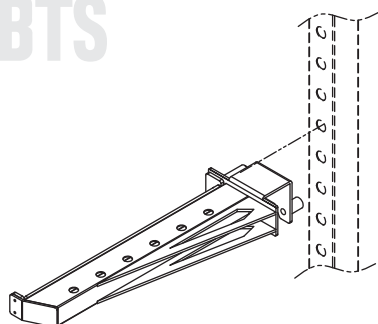
CF1061-31

NO.	DESCRIPTION	QTY
1	J HOOK (LEFT)	1
2	J HOOK (RIGHT)	1
3	PULL PIN	2

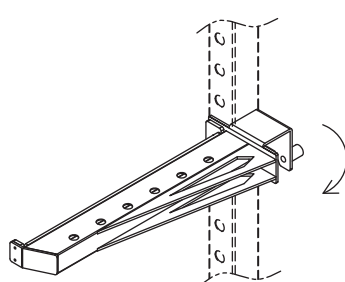
# SAFETY HOLDER

NO  
DOUBTS

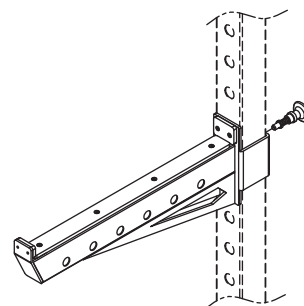
R



STEP 01



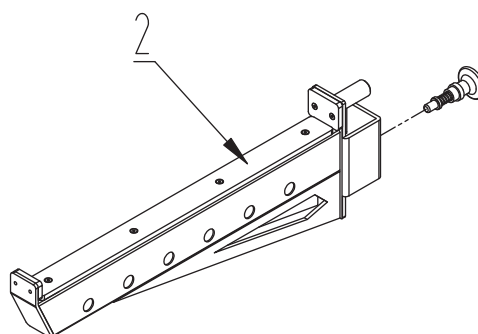
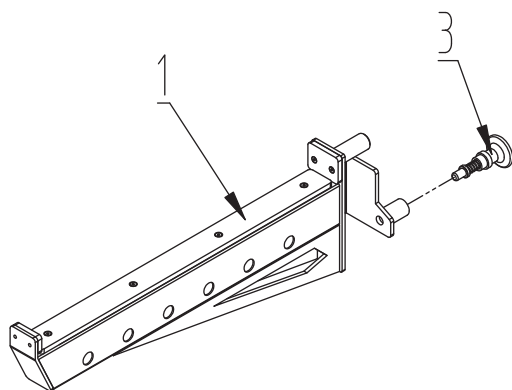
STEP 02



STEP 03

L

R

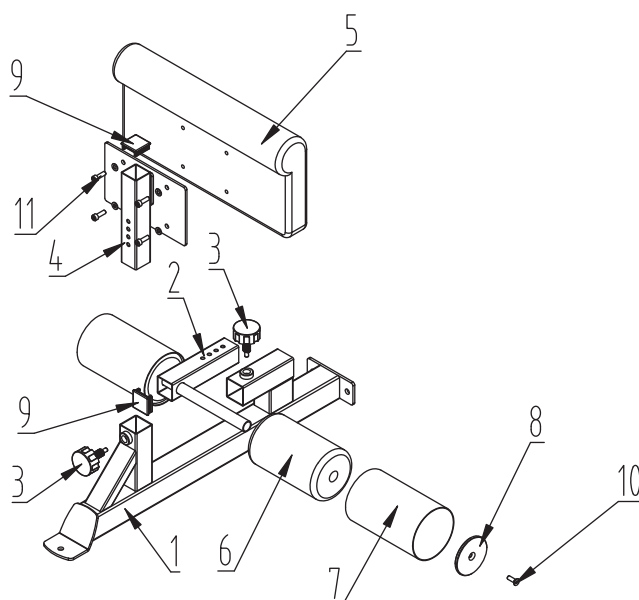
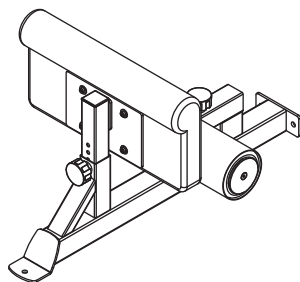


CF1061-32

NO.	DESCRIPTION	QTY
1	SAFETY HOLDER (LEFT)	1
2	SAFETY HOLDER (RIGHT)	1
3	PULL PIN	2

# SISSY SQUAT

NO  
DOUBTS



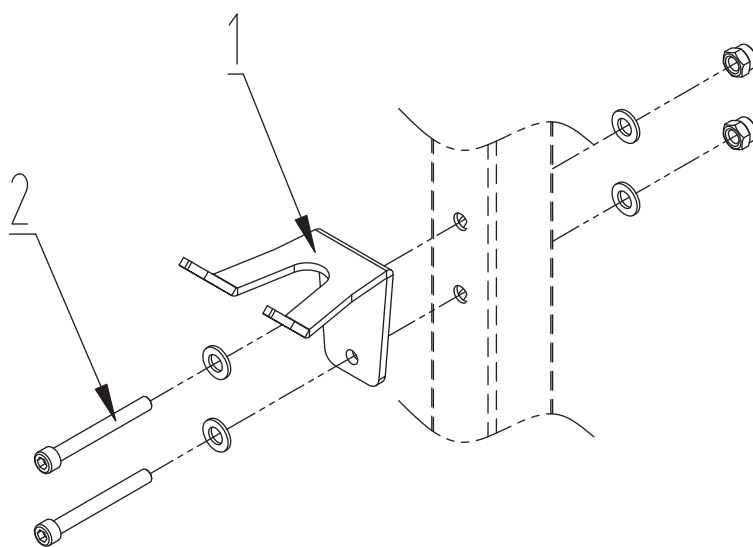
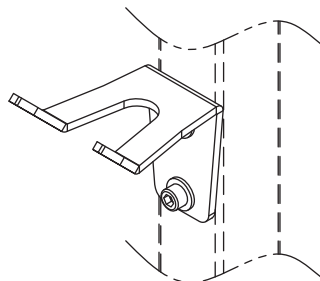
CF1061-33

NO.	DESCRIPTION	QTY
1	BOTTOM FRAME	1
2	ADJUST THE FOAM ROD	1
3	FAST PIN	1
4	CUSHION ADJUSTMENT	1
5	CUSHION	1
6	FOAM ROLLER	2
7	FOAM JACKET	2
8	COVER PLATE	2
9	SQUARE PLUG	2
10	HEXAGON SOCKET COUNTERSUNK HEAD SCREW M8×25	2
11	HEXAGON SOCKET CAP BOLT M8×25 + WASHER 8	4



# BAR HOLDER

NO  
DOUBTS



CF1061-34

NO.	DESCRIPTION	QTY
1	BAR HOLDER	1
2	HEXAGON SOCKET CAP BOLT M12×85+TWO WASHERS 12+LOCK NUT M12	2





**NO  
DOUBTS**

**www.zunfit.com**



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