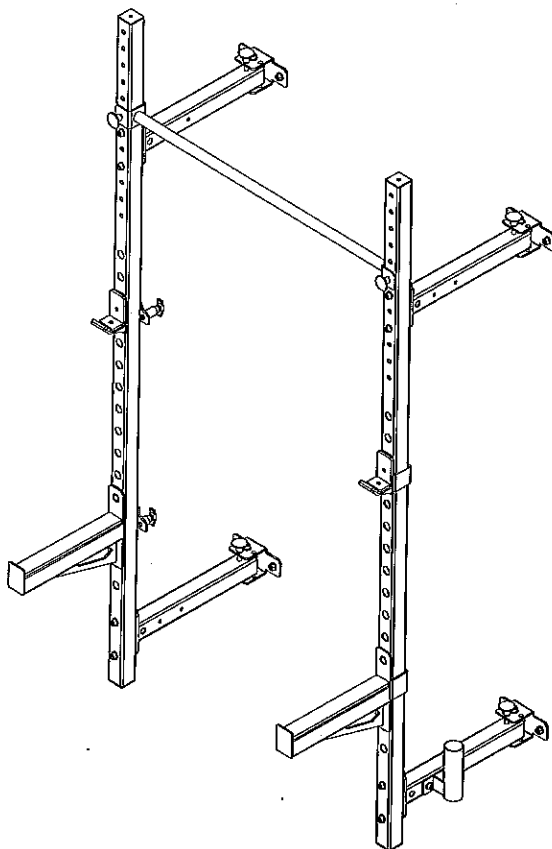


POWER RACK

CF1066F



OWNER'S MANUAL

SAFETY PRECAUTION

Safety First

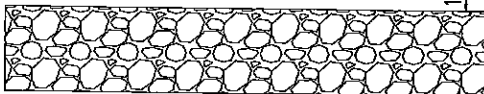
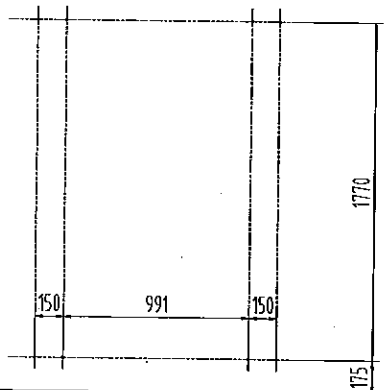
Regardless of how enthusiastic you may be about getting on your equipment and exercising, take the time to ensure that your safety is not jeopardized. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

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.

PART LIST

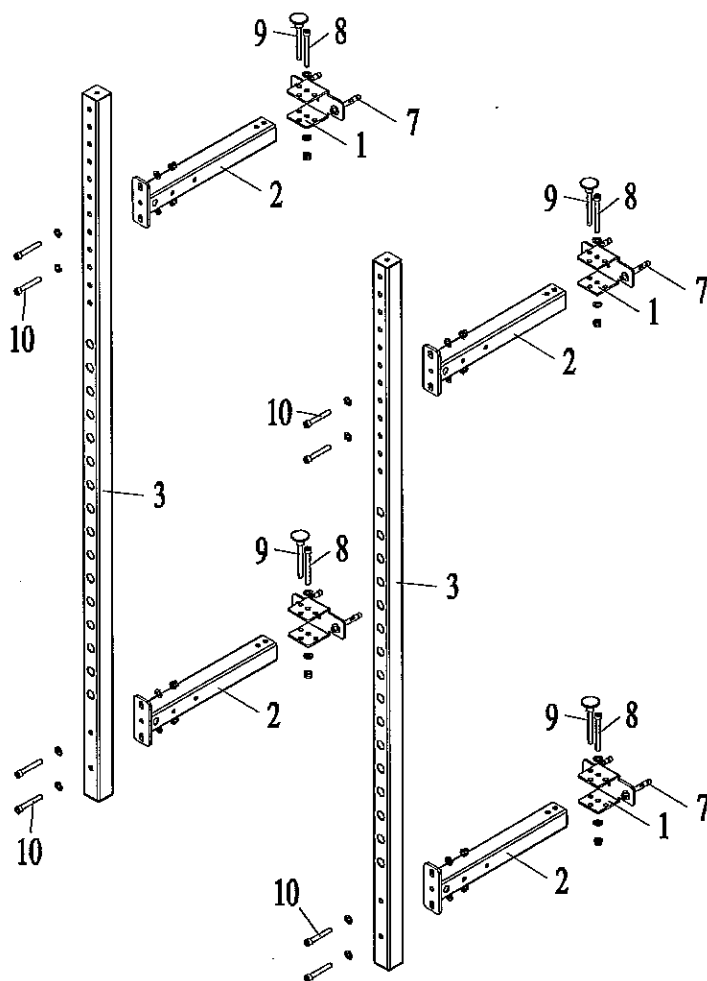
NO.	DESCRIPTION	QTY
1	HOLDER	4
2	SUPPORT TUBE	4
3	UPRIGHT TUBE	2
4	CHIN-UP BAR	1
5	PIN (SHORT)	2
6	J HOOKS	1 pair
7	EXPANSION SCREW	8
8	HEXAGON SOCKET CAP BOLT M12*110 + TWO WASHERS 12 + LOCK NUT M12	4
9	PIN	4
10	HEXAGON SOCKET CAP BOLT M12*85 + TWO WASHERS 12 + LOCK NUT M12	8
11	HEXAGON SOCKET CAP BOLT M10*80 + TWO WASHERS 10 + LOCK NUT M10	2
12	BAR HOLDER	1
13	SAFETY HOLDER	1 pair
14	FAST PIN	4

STEP 01



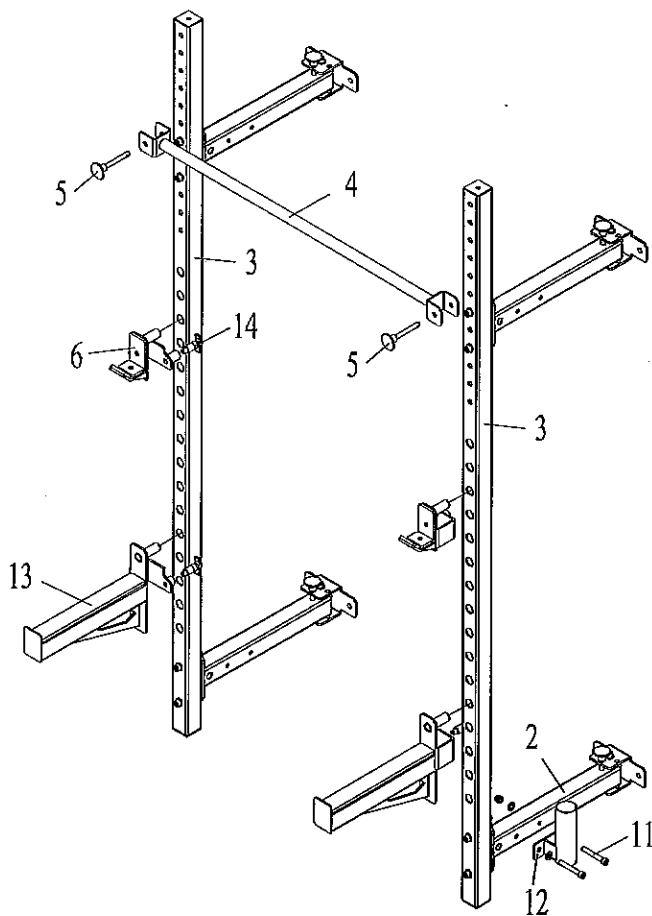
Note drilling not to touch the wires, cables and pipes, etc.

STEP 02



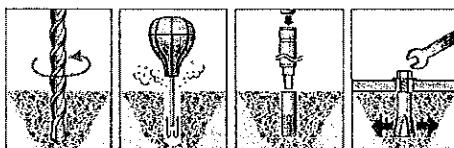
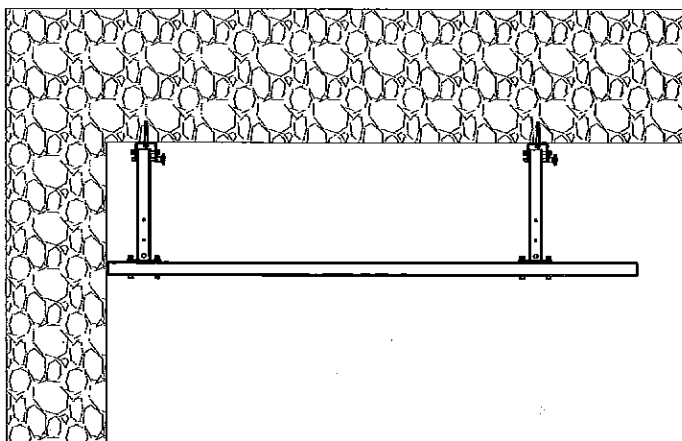
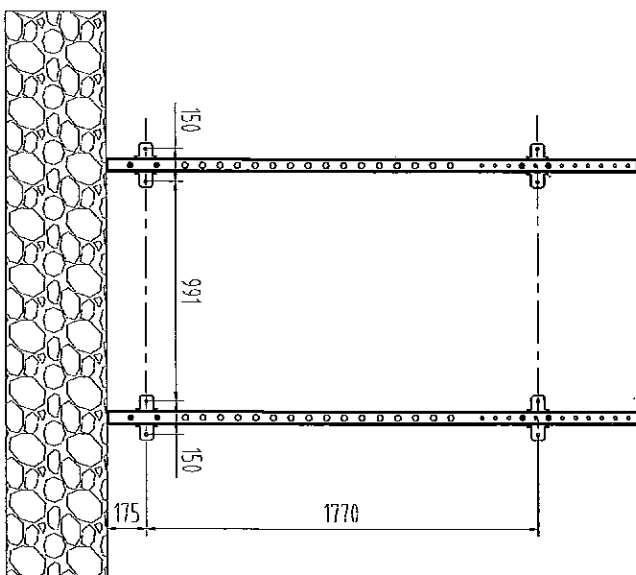
1. Attach part (1) to the wall with bolt assembly (7).
2. Attach two parts (2) to part (3) with four bolt assemblies (10).
3. Attach two parts (2) to each part (1) with two bolt assemblies (8) and parts (9).
4. Do this for both stands.

STEP 03

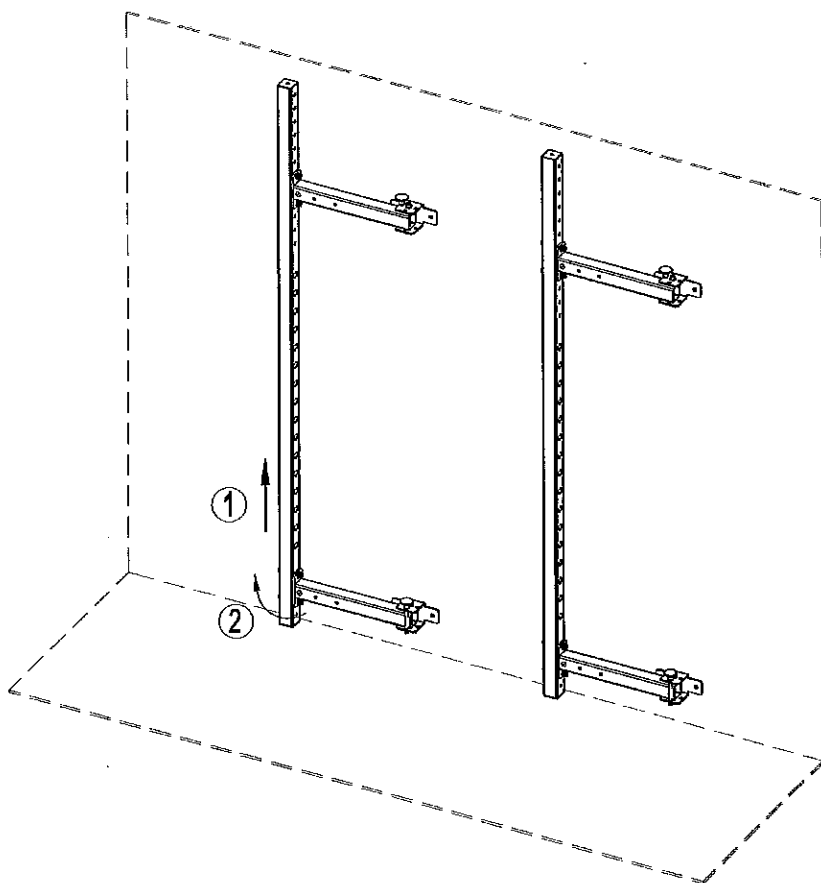


1. Attach part (4) to two parts (3) with two parts (5).
2. Attach part (6) and part (13) to two parts (3) with part (14).
3. Attach part (12) to part (2) with two bolt assemblies (11).

Renderings after installation



Equipment when not in use can be folded up to save space.



First, Unplug the pin in the CHIN-UP BAR and remove the CHIN-UP BAR and other accessories.

Then, lift and rotate the UPRIGHT TUBE.

RD. 2019-07-11 R0