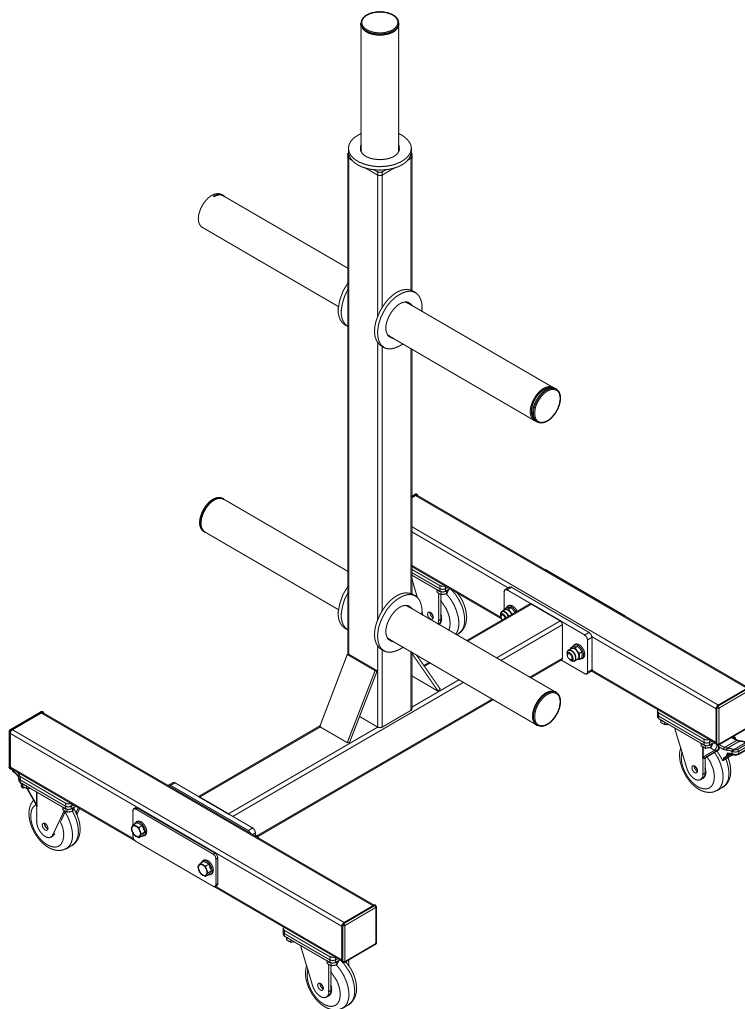


BUMPER PLATE RACK WITH WHEELS

ST1047



OWNER'S MANUAL

SAFETY INSTRUCTIONS

IMPORTANT!

- This product is intended for commercial and industrial use.
- Certain precautions apply when you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine.

CAUTION!

1. WARNING: CONSULT WITH YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM. INSPECT FOR DAMAGE BEFORE EACH USE. REMOVE FROM USE IF DAMAGED OR MISSING PARTS
2. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. This equipment meets the safety and performance requirements of the ASTM F2276 standard for exercise equipment. It is intended for adult use only.
4. Assembly should be performed by a professional.
5. Proper exercise clothing and shoes required.
6. DO NOT use the machine near water or outdoors.
7. Periodically check cables and/or parts for fraying or damage. Damaged cables can cause injury and need immediate replacement.

ASSEMBLY INSTRUCTION

I. Before you begin

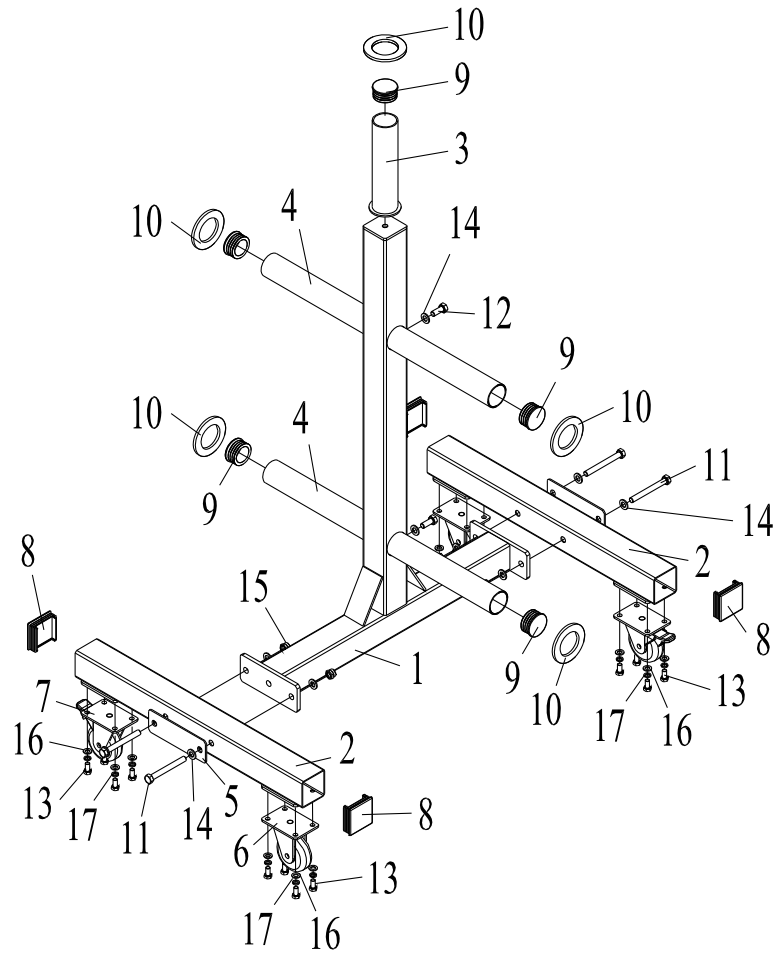
Find your tools. You will need the following tools to assemble your machine.

- Ruler with both metric and English measurements
- Adjustable wrench
- WD40 lubricant or Vaseline (if necessary)

Review all safety guideline on Page 2 of this manual.

II. Assembling your machine

EXPLODED DRAWING

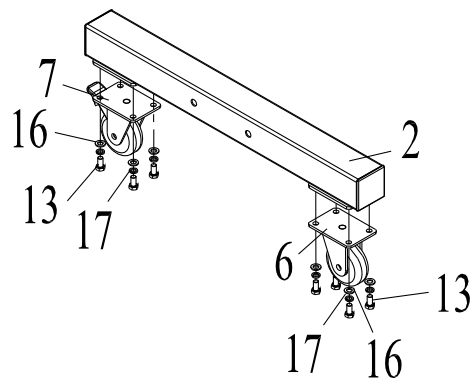


PART LIST

NO.	DESCRIPTION	QTY
1	MAIN FRAME	1
2	BASE FRAME	2
3	PLATE BAR (TOP)	1
4	PLATE BAR	2
5	REINFORCING PLATE	2
6	WHEEL	2
7	WHEEL WITH LOCK	2
8	SQUARE PLUG	4
9	ROUND PLUG	5
10	RUBBER WASHER	5
11	BOLT M10*85	4
12	BOLT M10*30	2
13	BOLT M8*16	16
14	WASHER 10	10
15	LOCK NUT M10	4
16	WASHER 8	16
17	SPRING WASHER 8	16

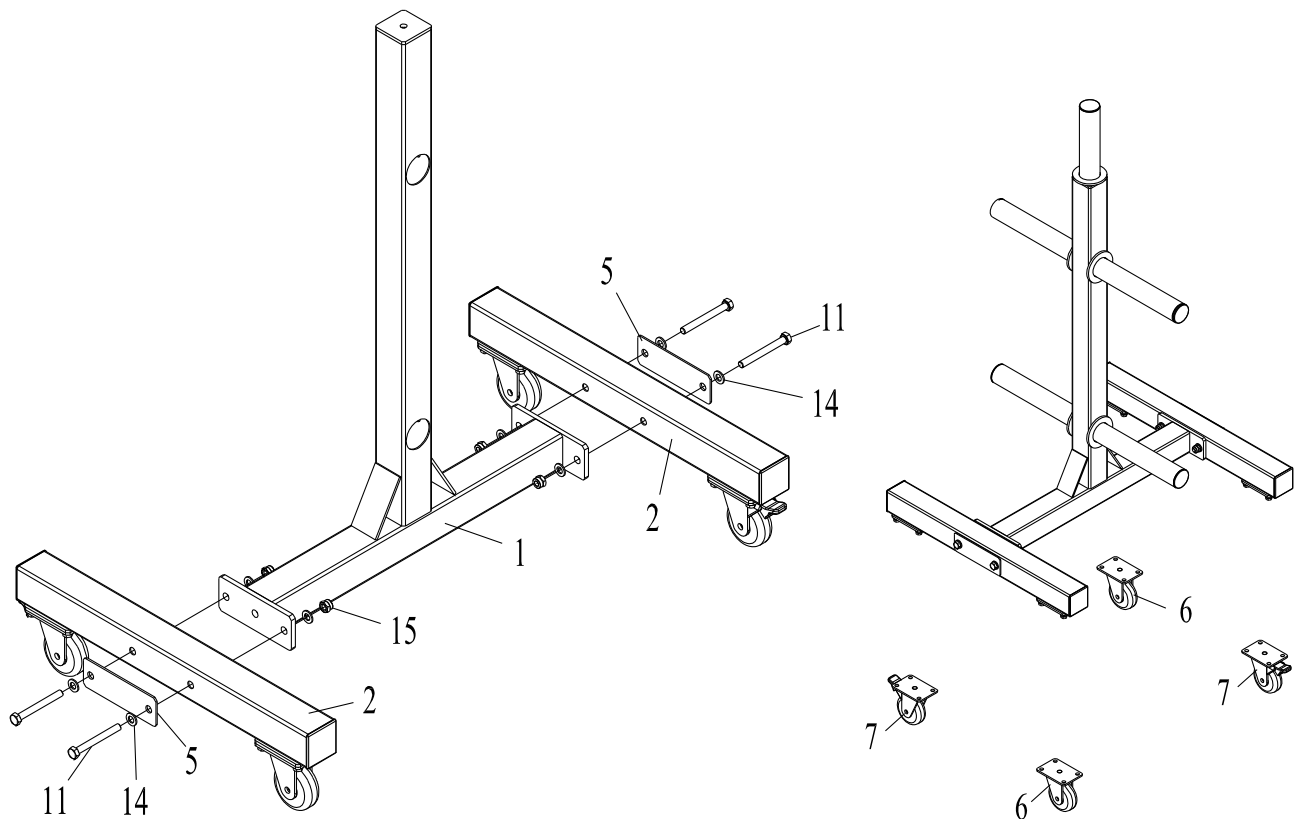
INSTALLATION STEPS

STEP 01



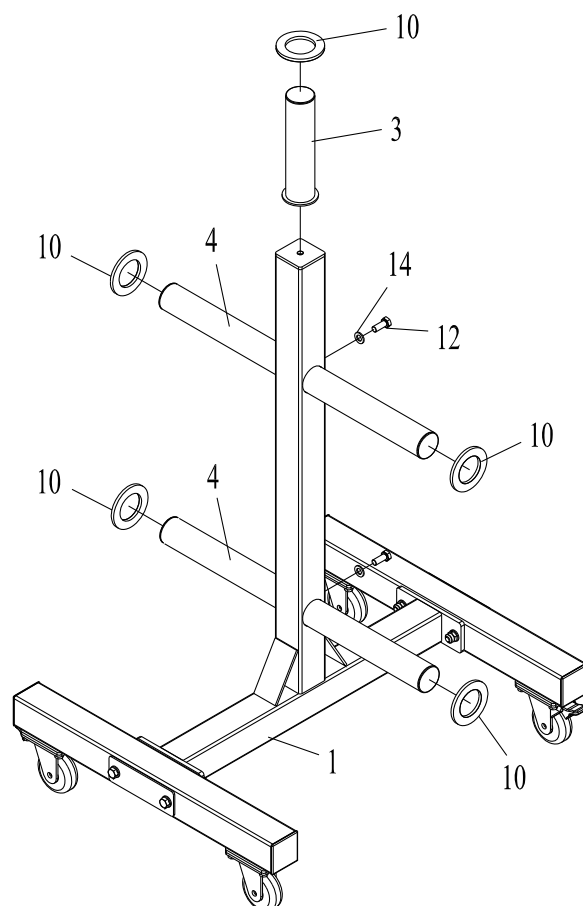
1. Attach part 6 and part 7 to part 2 with parts 13, 17 and 16.

STEP 02



1. Attach part 2 to part 1 with part 5, parts 11, parts 14 and parts 15.
2. Note the wheels' position.

STEP 03



1. Attach part 4 to part 1 with parts 12 and parts 14.
2. Attach part 3 to part 1.
3. Attach part 10 to part 4 and part 3.

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