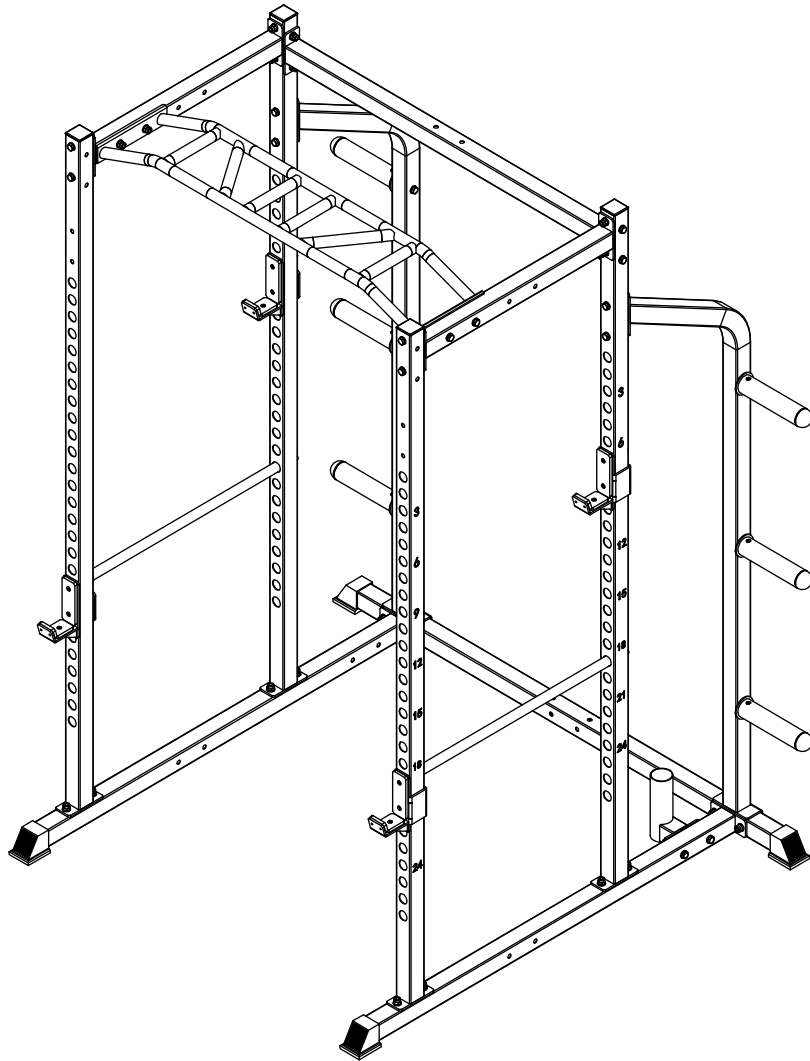


PLATE LOADED POWER RACK

ST4001



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 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.

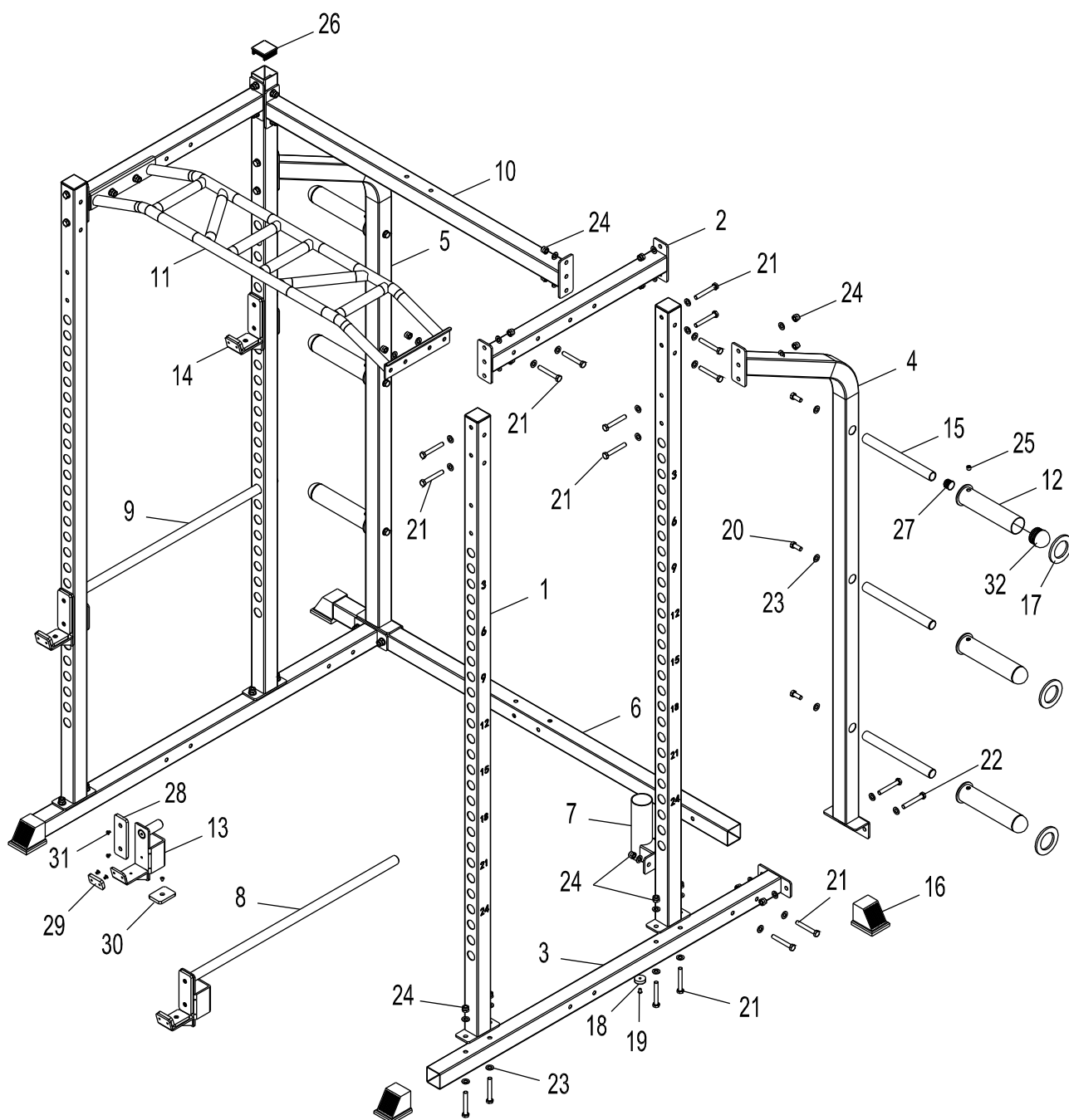
Find your tools. You will need the following tools to assemble your machine.

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

Review all safety guideline on Page 2 of this manual.

III . Assembling your machine

EXPLODED DRAWING

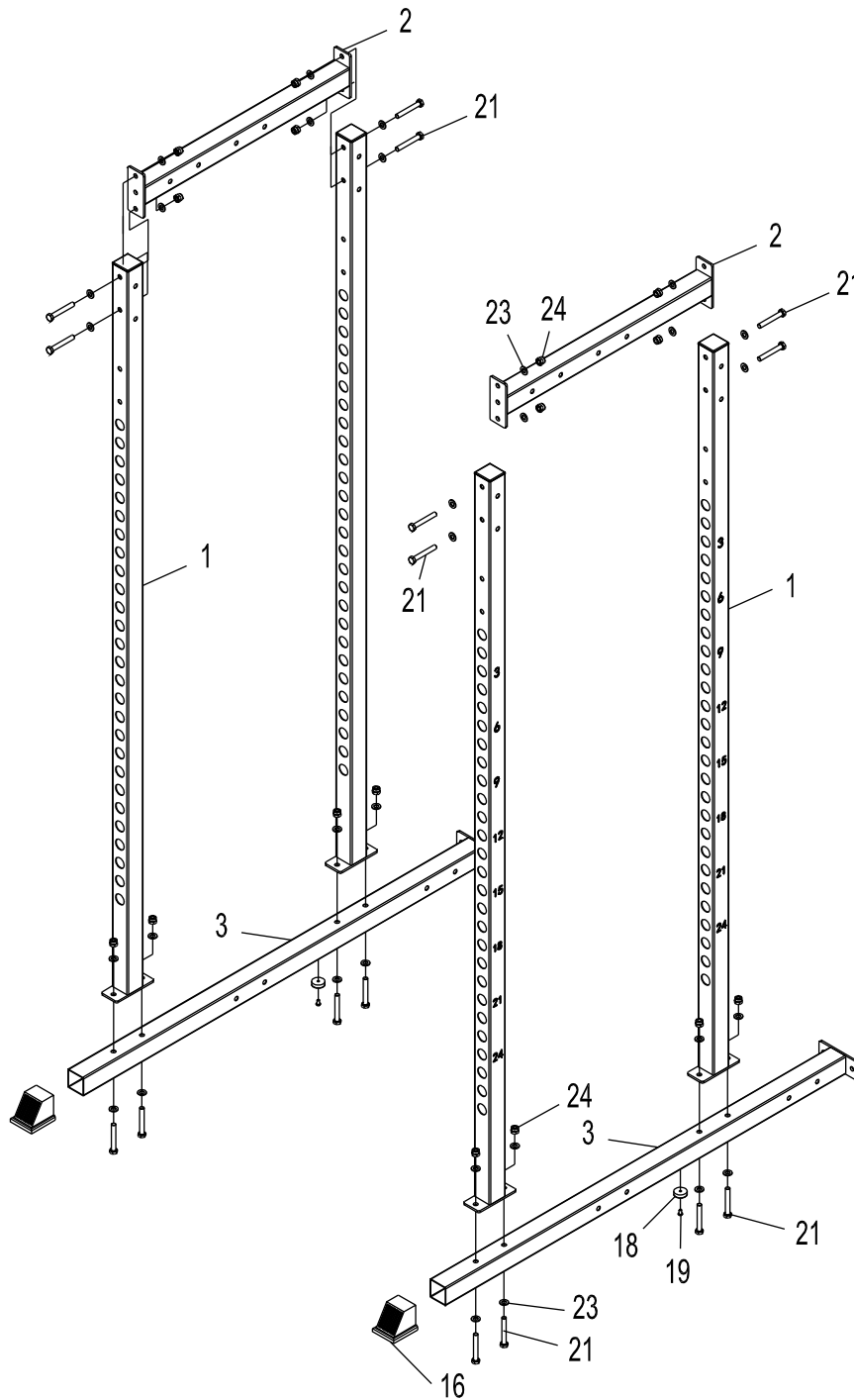


PART LIST

NUMBER	DESCRIPTION	QUANTITY
1	Front Upright Frame	4
2	Upper Cross Frame	2
3	Bottom Base Frame	2
4	Rear Upright Frame (Left)	1
5	Rear Upright Frame (Right)	1
6	Rear Cross Base	1
7	Bar Holder	1
8	Longer Safety Bar (Left)	1
9	Longer Safety Bar (Right)	1
10	Rear Cross Base	1
11	Chin Up Bar	1
12	Olympic Adapter	6
13	Short Safety Bar (Left)	1
14	Short Safety Bar (Right)	1
15	Plate Storage	6
16	End Cap	4
17	Rubber Washer	6
18	Rubber Pad	2
19	Allen Bolt M6*10	2
20	Bolt M10*25	6
21	Bolt M10*70	30
22	Bolt M10*75	4
23	Washer 10	74
24	Lock Nut M10	34
25	Hexagon Socket Set Screw M10*10	6
26	50*50 Square Plug	4
27	Round Plug	6
28	125*45 Rubber Plate	4
29	50*30 Rubber Plate	4
30	60*44 Rubber Plate	4
31	Socket Head Screw M5*10	20
32	Round Plug-φ50	6

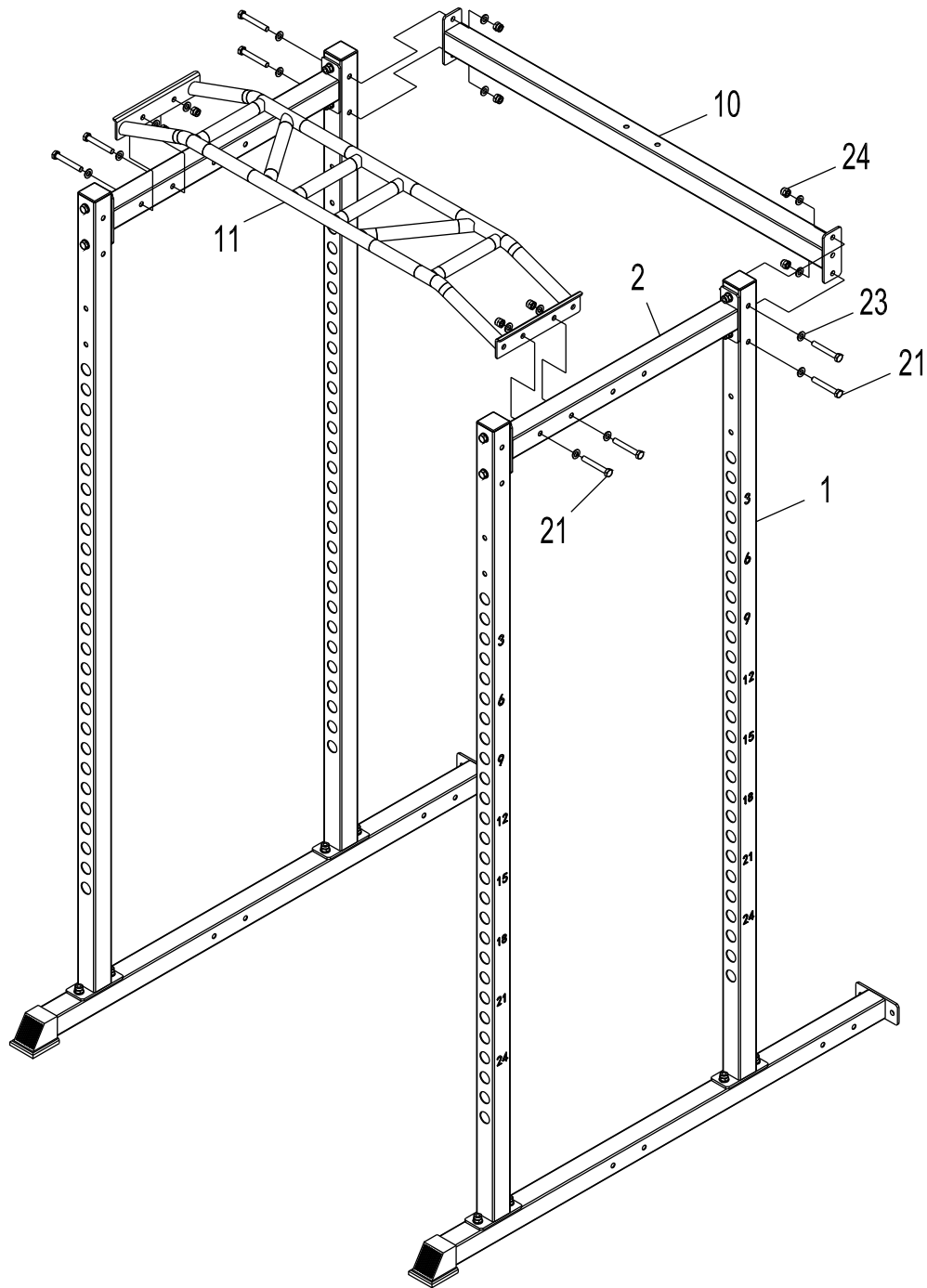
ASSEMBLY STEPS

STEP 01



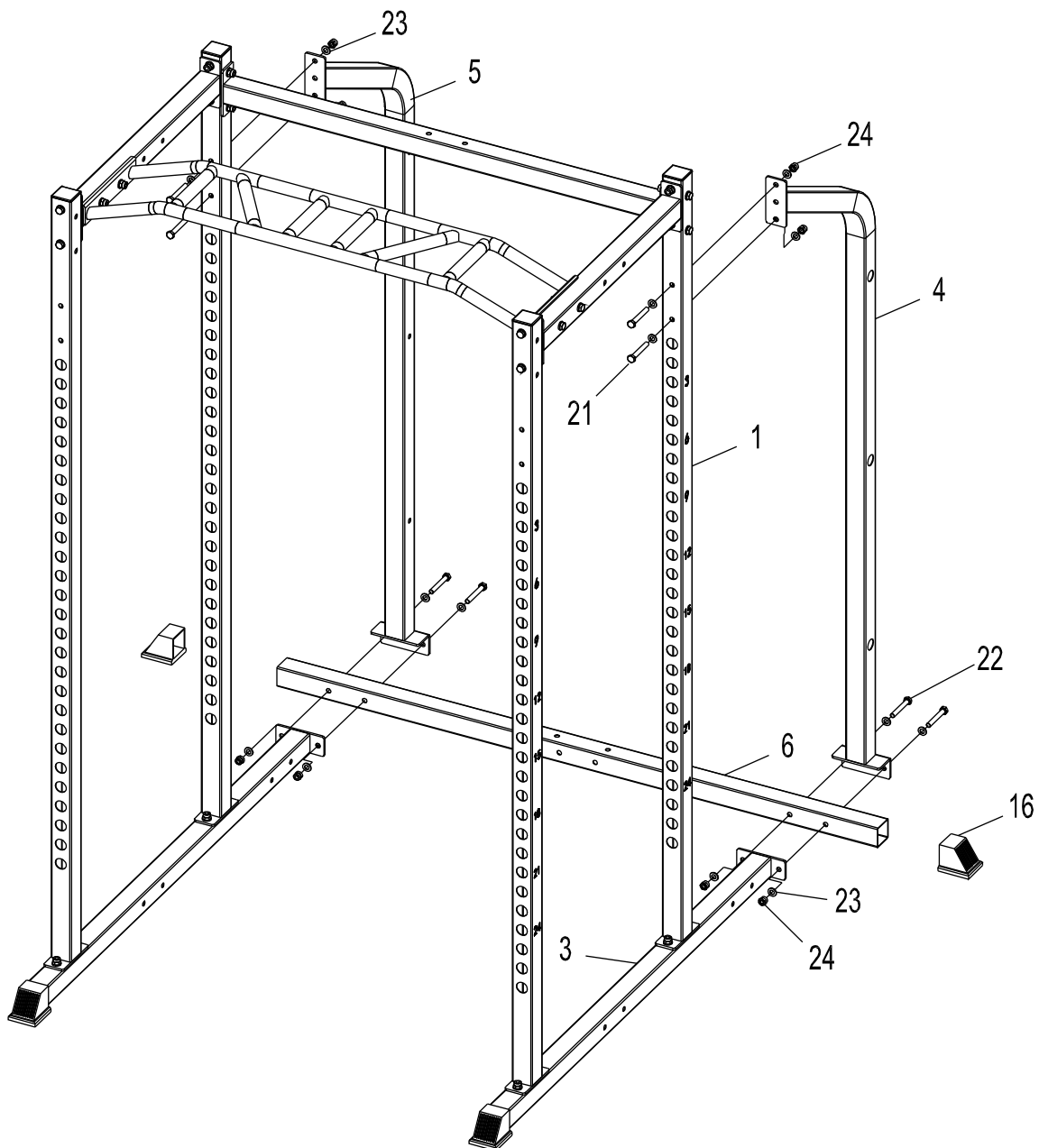
1. Attach two End Caps (16) to each Bottom Base Frame (3).
2. Attach two Rubber Pads (18) to Bottom Base Frames (3) with two Allen Bolts M6*10 (19).
3. Attach two Front Upright Frames (1) to Bottom Base Frame (3) with four Bolts M10*70 (21), eight Washers 10 (23) and four Lock Nuts M10 (24).
4. Attach Upper Cross Frame (2) to Front Upright Frames (1) with four Bolts M10*70 (21), eight Washers 10 (23) and four Lock Nuts M10 (24).
5. The other side is the same step.

STEP 02



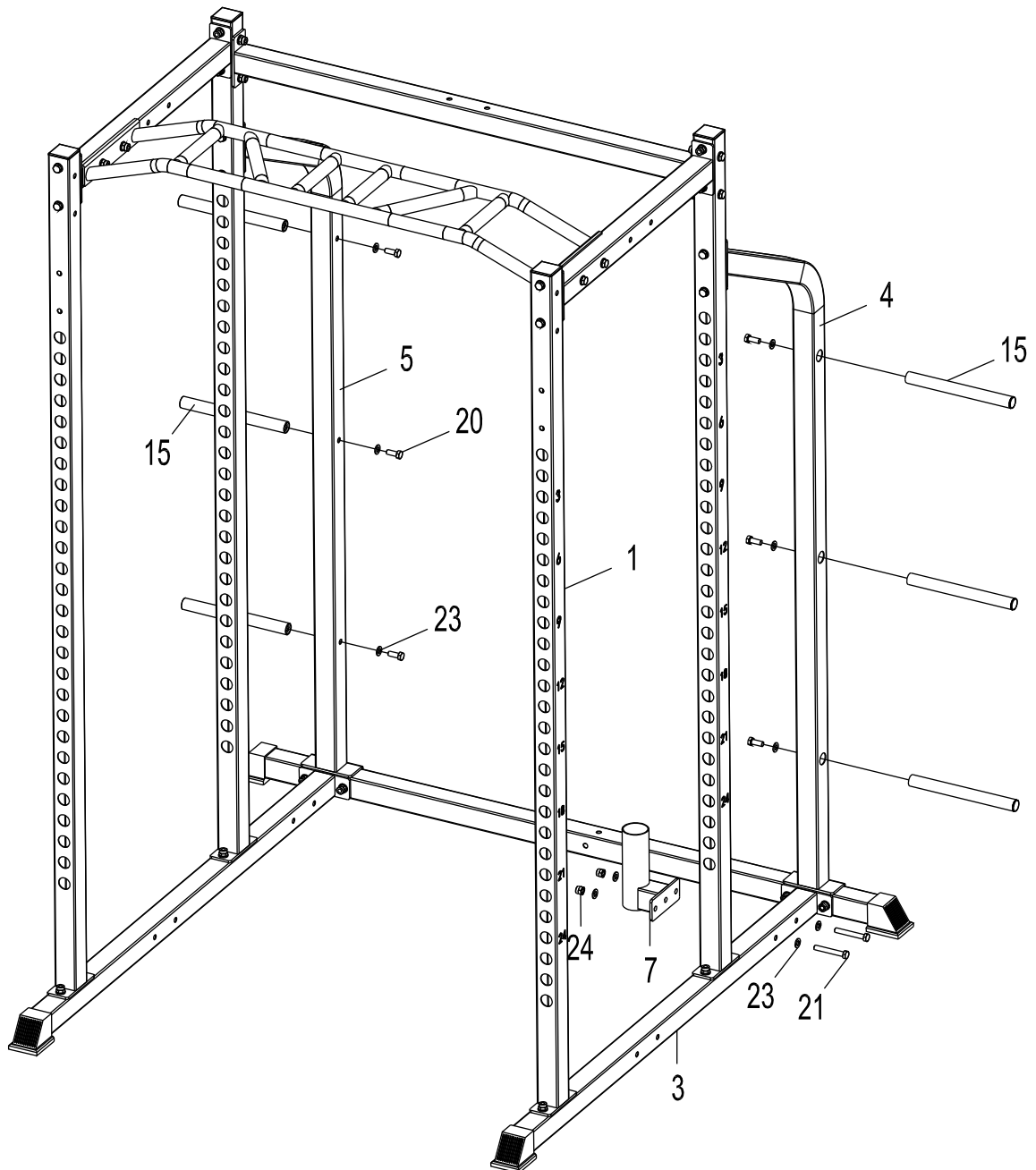
1. Attach Rear Cross Base (10) to Front Upright Frames (1) with four Bolts M10*70 (21), eight Washers 10 (23) and four Lock Nuts M10 (24).
2. Attach Chin Up Bar (11) to Upper Cross Frames (2) with four Bolts M10*70 (21), eight Washers 10 (23) and four Lock Nuts M10 (24).

STEP 03



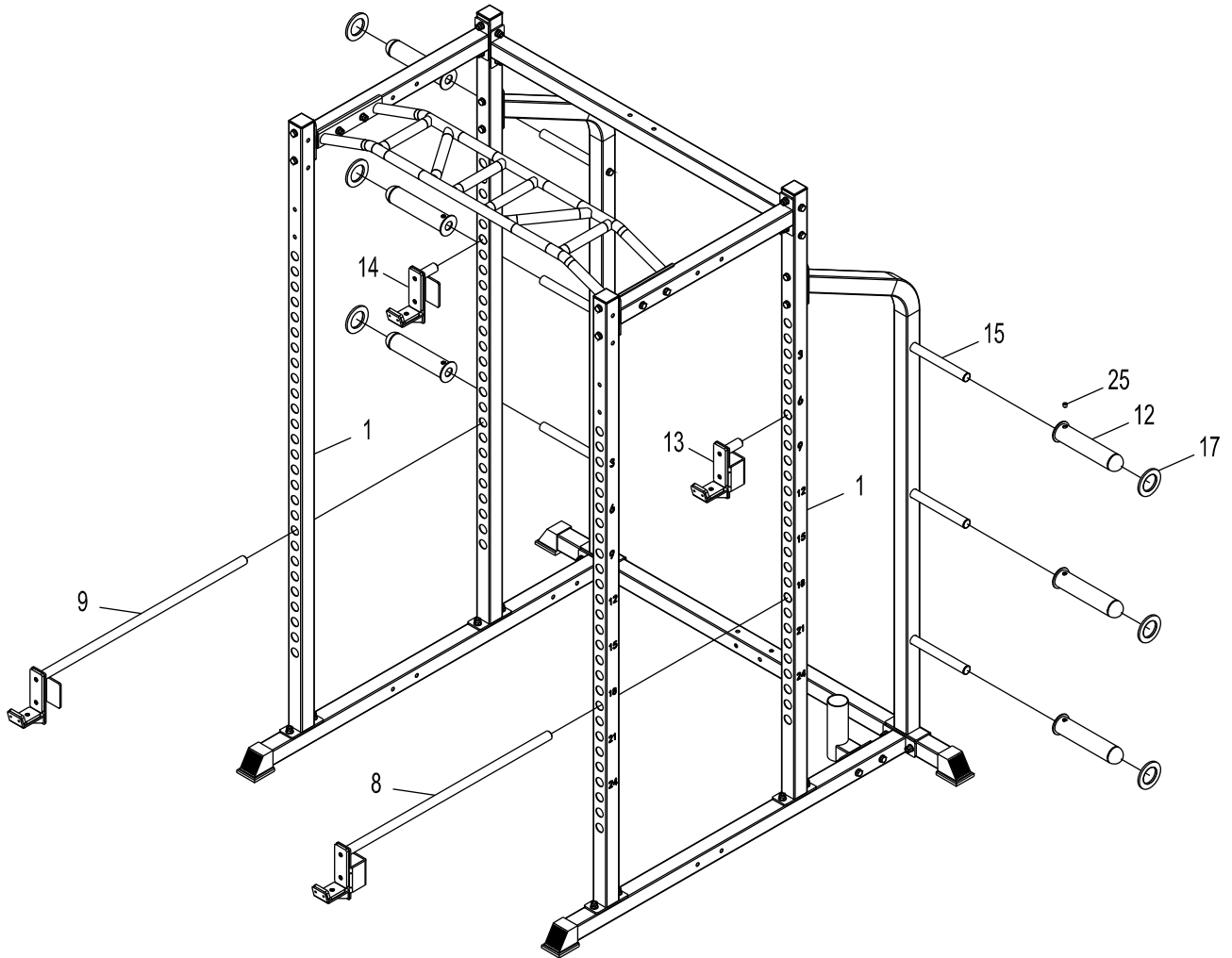
1. Attach two End Caps (16) to Rear Cross Base (6).
2. Attach Rear Upright Frame (Left) (4), Rear Upright Frame (Right) (5) and Rear Cross Base (6) to Bottom Base Frames (3) with four Bolts M10*75 (22), eight Washers 10 (23) and four Lock Nuts M10 (24).
3. Attach Rear Upright Frame (Left) (4), Rear Upright Frame (Right) (5) to Front Upright Frame (1) with four Bolts M10*70 (21), eight Washers 10 (23) and four Lock Nuts M10 (24).

STEP 04



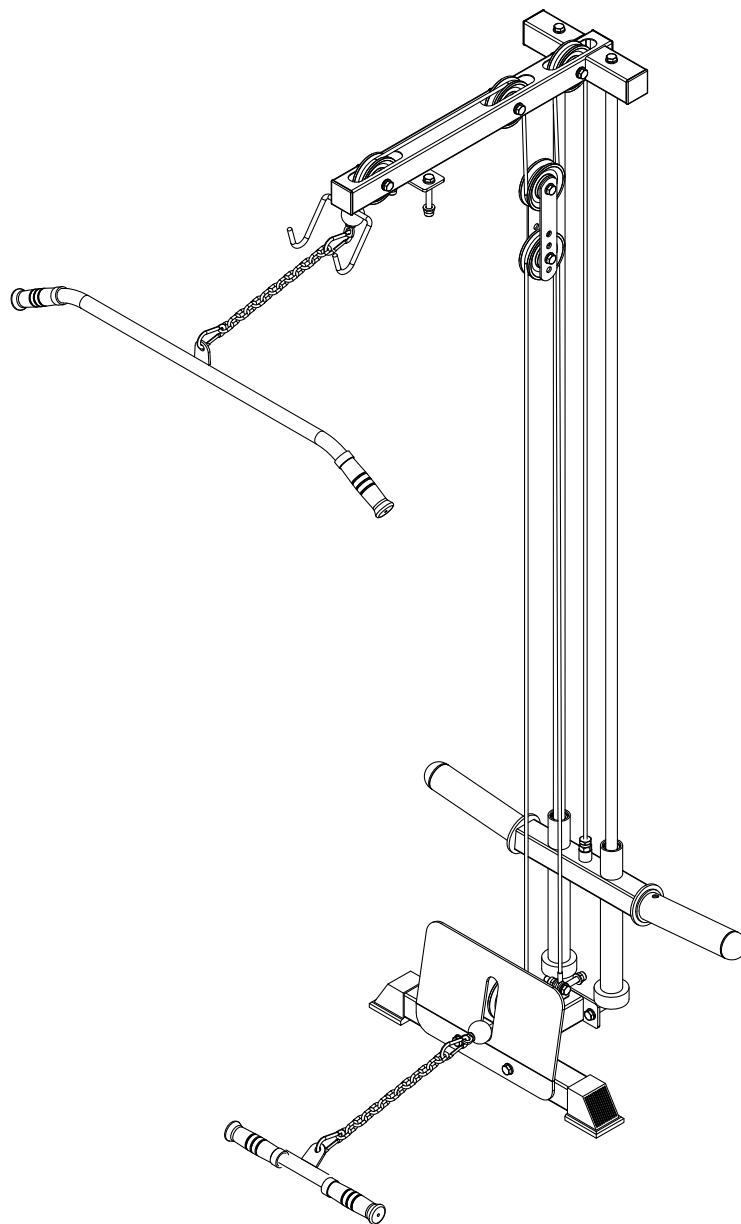
1. Attach six Plate Storages (15) to Rear Upright Frame (Left) (4) and Rear Upright Frame (Right) (5) with six Washers 10 (23) and six Bolts M10*25 (20).
2. Attach Bar Holder (7) to Bottom Base Frame (3) with two Bolts M10*70 (21), four Washers 10 (23) and two Lock Nuts M10 (24).

STEP 05



1. Attach Olympic Adapter (12) to each Plate Storage (15) and secure with Hexagon Socket Set Screw M10*10 (25). Attach Rubber Washers (17) to Olympic Adapter (12).
2. Attach Short Safety Bar (Left) (13) and Short Safety Bar (Right) (14) to Front Upright Frame (1).
3. Attach Longer Safety Bar (Left) (8) and Longer Safety Bar (Right) (9) to Front Upright Frame (1).

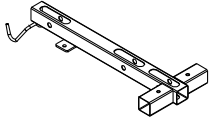
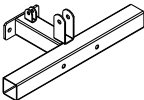

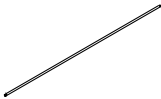
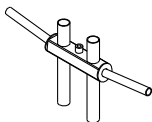


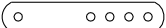















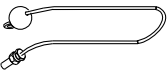
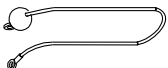
LAT PULL ATTACHMENT






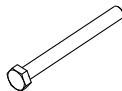




IMPORTANT SAFETY INSTRUCTIONS:

- Please keep this owner's manual and make sure all warning labels are legible to read and intact with the unit.
- When assembling, it is best to leave bolts/nuts hand tightened (still loose) until the end when every part is assembled. Then tighten all hardware using the correct tools. This will allow your unit to assemble easier and align correctly.
- If you have any questions with the assembly, operation or maintenance of this unit please call our customer service line shown at the bottom of the page.
- Please be sure to read all assembly instructions and make sure all your hardware is tightened before using the equipment.
- Do not allow children on or near the equipment.
- Do not use the equipment outside or near water.
- Use the equipment only for its intended purpose.
- Always check the equipment and its parts before each use to make sure everything is secure.
- Do not use the equipment if it has been damaged or defective. Contact customer service.
- Keep hands, hair and clothes free of all moving parts.
- Wear proper clothing and shoes during workouts.

PARTS LIST:

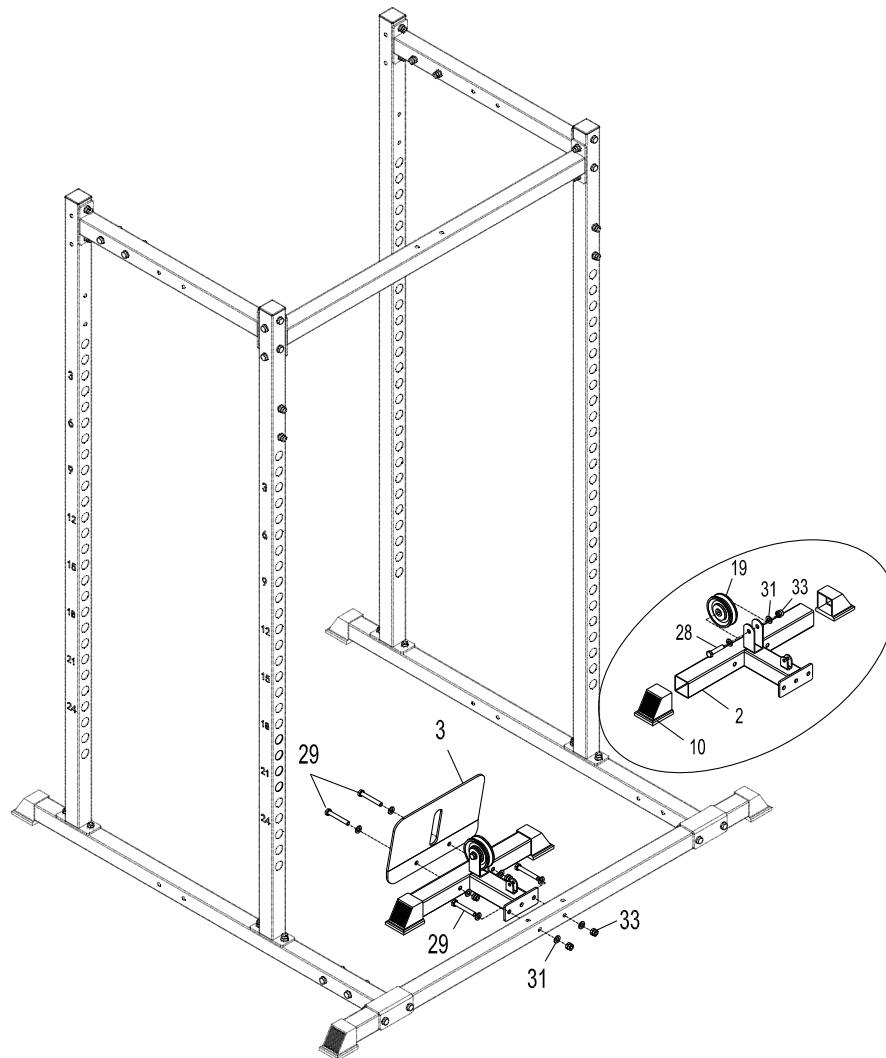
<p>①</p>  <p>Upper Beam Qty:1</p>	<p>②</p>  <p>Bottom Base Qty:1</p>	<p>③</p>  <p>Foot Plate Qty:1</p>	<p>④</p>  <p>Guide Rod Qty:2</p>	<p>⑤</p>  <p>Plate Carriage Qty:1</p>
<p>⑥</p>  <p>Pull-down Bar Qty:1</p>	<p>⑦</p>  <p>Row Bar Qty:1</p>	<p>⑧</p>  <p>Adjustable Pulley Bracket Qty:2</p>	<p>⑨</p>  <p>Olympic Adapter Qty:2</p>	<p>⑩</p>  <p>50*50 End Cap Qty:2</p>
<p>⑪</p>  <p>50*50 Square Plug Qty:4 Attached to part 1</p>	<p>⑫</p>  <p>dia 15*10 Bushing Qty:6</p>	<p>⑬</p>  <p>dia 25 Round Plug Qty:2</p>	<p>⑭</p>  <p>dia 60*25 Rubber Bushing Qty:2</p>	<p>⑮</p>  <p>dia 80*50 Rubber Bushing Qty:2</p>
<p>⑯</p>  <p>Chain Qty:2</p>	<p>⑰</p>  <p>Hook Qty:4</p>	<p>⑱</p>  <p>Handle Qty:4</p>	<p>⑲</p>  <p>dia 90 Pulley Qty:6</p>	<p>⑳</p>  <p>dia 50 Round Plug Qty:2</p>
<p>㉑</p>  <p>dia 32*20*45 Linear Bearing LME20 Qty:4</p>	<p>㉒</p>  <p>dia 32 Circle Hole Qty:4 Attached to part 21</p>	<p>㉓</p>  <p>dia 21*10.2 Bushing Qty:12 Attached to part 19</p>	<p>㉔</p>  <p>Cable-2850mm Qty:1</p>	<p>㉕</p>  <p>Cable-3310mm Qty:1</p>

PARTS LIST:

<p>26</p>  <p>M10*10 Hexagon Socket Set Screw Qty:2 Attached to part 9</p>	<p>27</p>  <p>M8*30 Bolt Qty:1</p>	<p>28</p>  <p>M10*50 Bolt Qty:3</p>	<p>29</p>  <p>M10*70 Bolt Qty:13</p>	<p>30</p>  <p>M8 Washer Qty:2</p>
<p>31</p>  <p>M10 Washer Qty:28</p>	<p>32</p>  <p>M8 Lock Nut Qty:1</p>	<p>33</p>  <p>M10 Lock Nut Qty:12</p>		

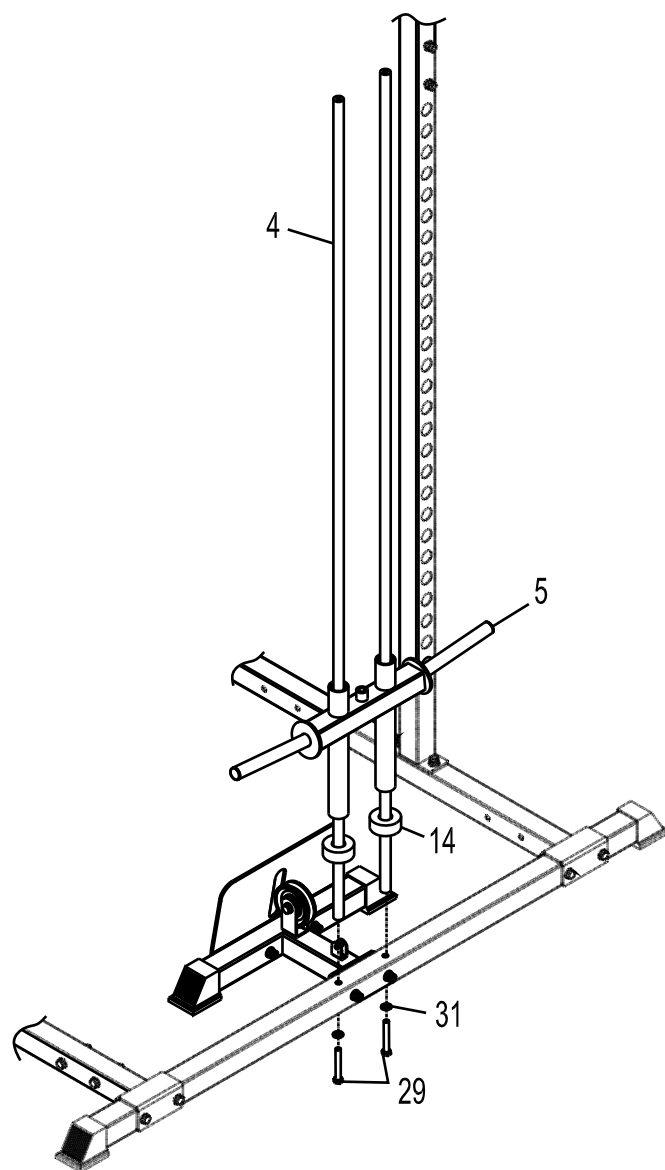
ASSEMBLY INSTRUCTIONS:

STEP 01



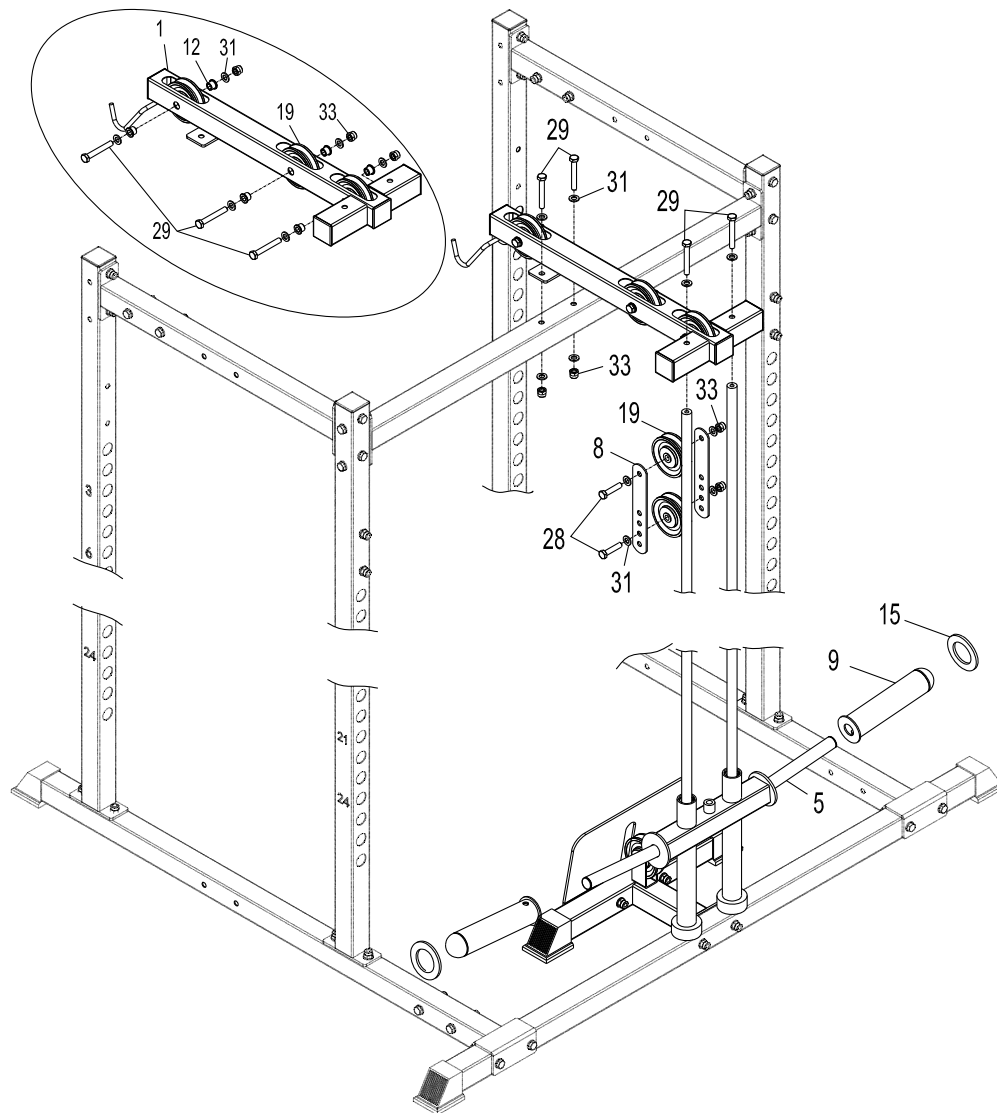
- A. Attach dia 90 Pulley (19) to Bottom Base (2) with M10*50 Bolt (28), two M10 Washers (31) and M10 Lock Nut (33).
- B. Insert 50*50 End Cap (10) into Bottom Base (2).
- C. Attach Bottom Base (2) to Power Cage PC-A with two M10*70 Bolts (29), four M10 Washers (31) and two M10 Lock Nuts (33).
- D. Attach Foot Plate (3) to Bottom Base (2) with two M10*70 Bolts (29), four M10 Washers (31) and two M10 Lock Nuts (33).

STEP 02

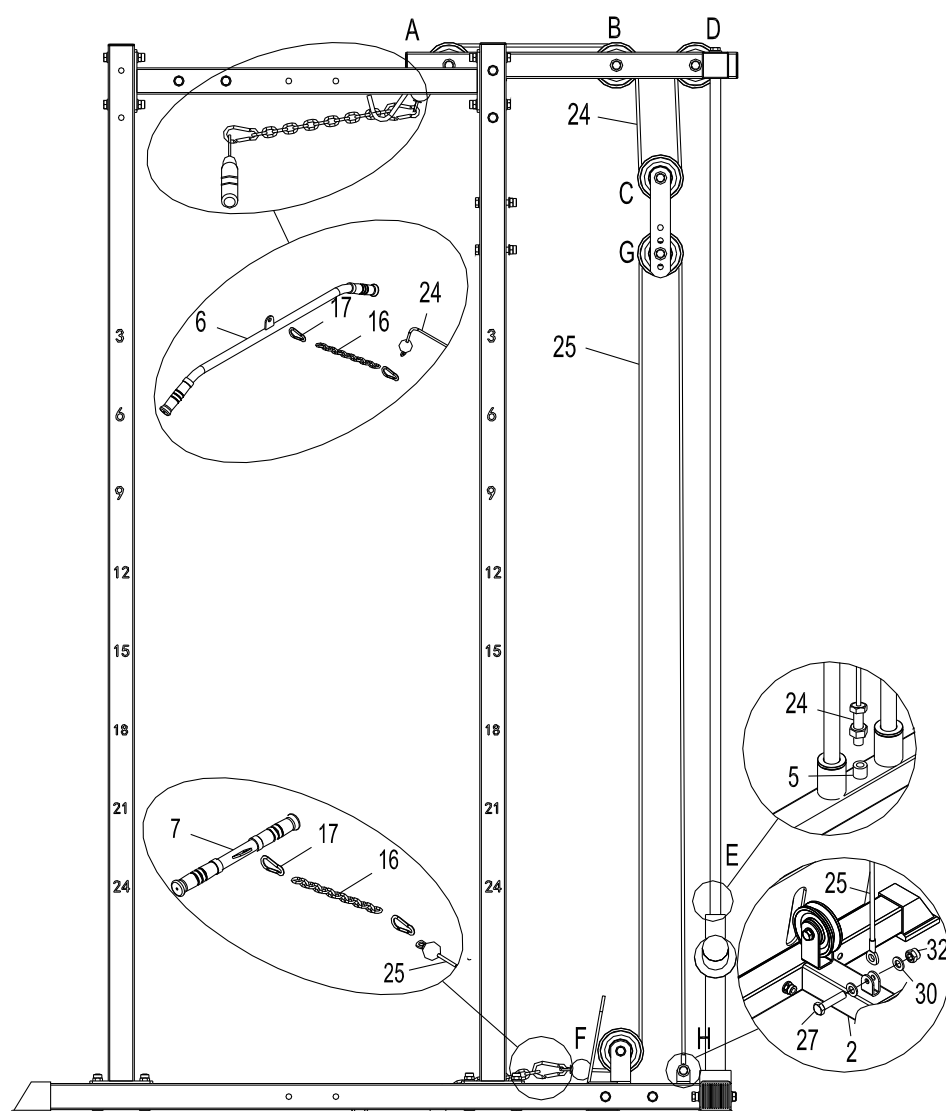


- A. Attach two Guide Rods (4) to Power Cage PC-A using two M10*70 Bolts (29), two M10 Washers (31).
- B. Slide two dia 60*25 Rubber Bushings (14) down both Guide Rods. Slide Plate Carriage (5) down both guide rods to land on top of Rubber Bushings.

STEP 03



- A. Attach three dia 90 Pulleys (19) to Upper Beam (1) with three M10*70 Bolts (29), six dia 15*10 Bushings (12) six M10 Washers (31) and three M10 Lock Nuts (33).
- B. Attach Upper Beam (1) to Guide Rods (4) and Power Cage PC-A with four M10*70 Bolts (29), six M10 Washers (31) and two M10 Lock Nuts (33).
- C. Attach Adjustable Pulley Bracket (8) and two dia 90 Pulleys (19) with two M10*50 Bolts (28), four M10 Washers (31) and two M10 Lock Nuts (33).
- D. Insert two Olympic Adapters (9) and two dia 80*50 Rubber Bushings (15) to Plate Carriage (5).

STEP 04

- A. Take Both cables and lay them out stretched on the floor so there is no kinks.
- B. These next cable steps will refer to area locations in diagram STEP 04 labeled as A, B, C, D, E, F, G. Refer to this diagram to help during assembly.
- C. Take Cable part (24) and insert the bolted end of the cable up through the inside of the Upper Beam (1) pulley location A, route it above pulley A and over pulley B.
- D. Then bring it down through the Upper Beam and under Pulley C which is the top pulley of Adjustable Pulley Bracket (8) that you attached before in part C of STEP 03.
- E. Bring the cable back up through the Upper Beam and over Pulley D.
- F. Next bring it back down through the Upper Beam all the way to the plate carriage and thread the bolt into the top of the plate carriage shown in picture E. The amount you will decide to thread the bolt into the plate carriage is determine on how tight/taught you want your cables to be. Just get it started for now and come back at the end after having both cables set up to thread the bolt to the correct/wanted tightness for your cables. Tighten the nut down against the plate carriage at the end, this ensures the bolt will not slowly unthread/loosen during use.
- G. Take eyelet end of cable (25) and bring it through the foot plate and underneath pulley F and up all the way above and around pulley G. Now pulley G will be set up on any 4 of the slots on your adjustable pulley bracket. These slots are another way to adjust the tightness of your cables if needed, the higher the slot used means the tighter your cables.
- H. After bring the cable up and over pulley G bring it back down and attach the eyelet to bottom base (2) using M8*30 bolt (27), two M8 washers (30) and one M8 lock nut (32) as shown in Diagram H.
- I. Go ahead and tighten your bolt on cable 24 to the wanted tightness for your cables now.
- J. Attach Pull-down bar (6), Hook (17) and Chain (16) to the end of cable 24 and rack it on the welded hooks shown in the diagram.
- K. Attach Row Bar (7), Hook (17) and Hain (16) to the end of cable 25.
- L. You have now completed the setup. We will be making a video to post on Youtube that shows every step above to help with your assembly if needed.
- M. Don't forget to post, send and tag us videos and pictures of you using your setup!

RD. 2018-03-29 R0