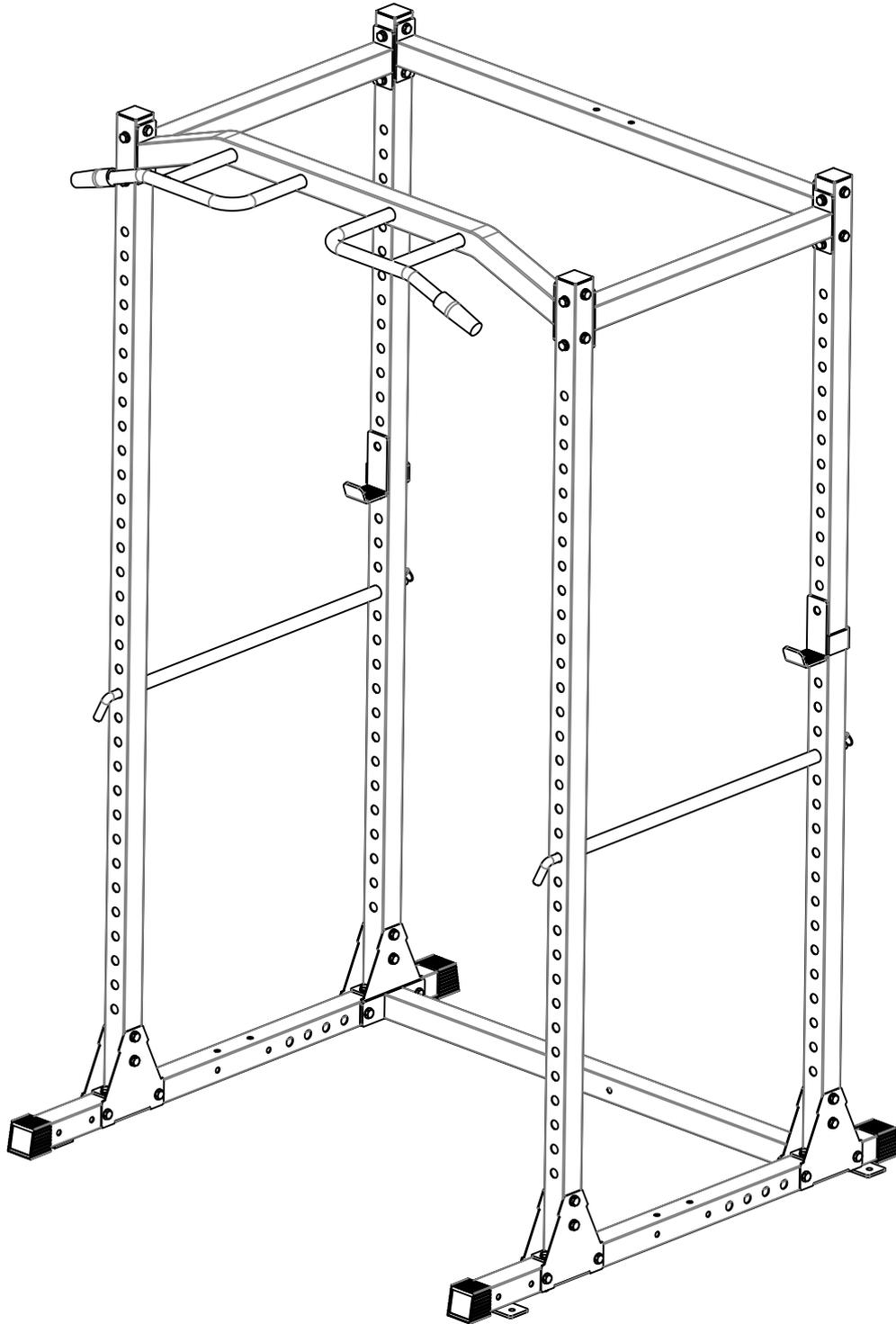




***РАРАВАВЕ***

**SKU:USAFIGN1026785  
USAFIGN1026787-1  
USAFIGN1026788-1**



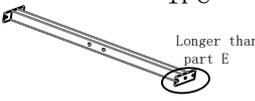
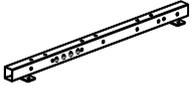
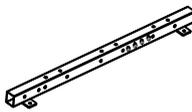
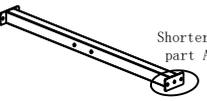
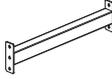
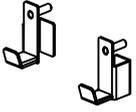
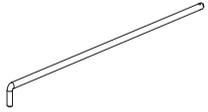
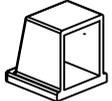
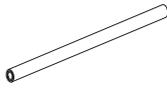
**POWER RACK X2-82"-B  
USER'S MANUAL**

## IMPORTANT SAFETY INFORMATION

Thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, stop using the equipment immediately and don't use the equipment until the problem has been rectified.
7. Wear comfortable, good-quality walking or running shoes and appropriate clothing when using the equipment. Never use the equipment barefooted.
8. The maximum weight capacity of this unit is 1000LBS.
9. The equipment is not suitable for therapeutic use.
10. You must take care of yourself when lifting and moving the equipment so as not to injure your back. Always use proper lifting technique and seek assistance if necessary.
11. This equipment is designed for indoor and domestic use only! It is not intended for commercial use!

## PARTS LIST

<p>A REAR CROSS FRAME A 1PC</p>  <p style="font-size: small;">Longer than part E</p>	<p>B BASE FRAME A (RIGHT) 1PC</p> 	<p>C BASE FRAME B (LEFT) 1PC</p> 	<p>D UPRIGHT 4PCS</p> 
<p>E REAR CROSS FRAME B 1PC</p>  <p style="font-size: small;">Shorter than part A</p>	<p>F SAFETY PIN 2PCS</p> 	<p>G UPPER FRAME 2PCS</p> 	<p>H PULL UP BAR 1PC</p> 
<p>I J HOOK 2PCS (1 PAIR)</p> 	<p>J END CAP (50) 4PCS</p>  <p style="text-align: center;">PRE-ASSEMBLED</p>	<p>K SAFETY BAR 2PCS</p> 	<p>L END COVER 4PCS</p> 
<p>M SAFETY TUBE 2 PCS</p> 	<p>N TRIANGULAR PLATE 8PCS</p> 		

## HARDWARE LIST

<p>1 NYLONNUT (M10) 40PCS</p> 	<p>2 BOLT (M10*75) 4PCS</p> 	<p>3 BOLT (M10*70) 36PCS</p> 	<p>4 WASHER (M10) 80PCS</p> 
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## **PARTS LIST**

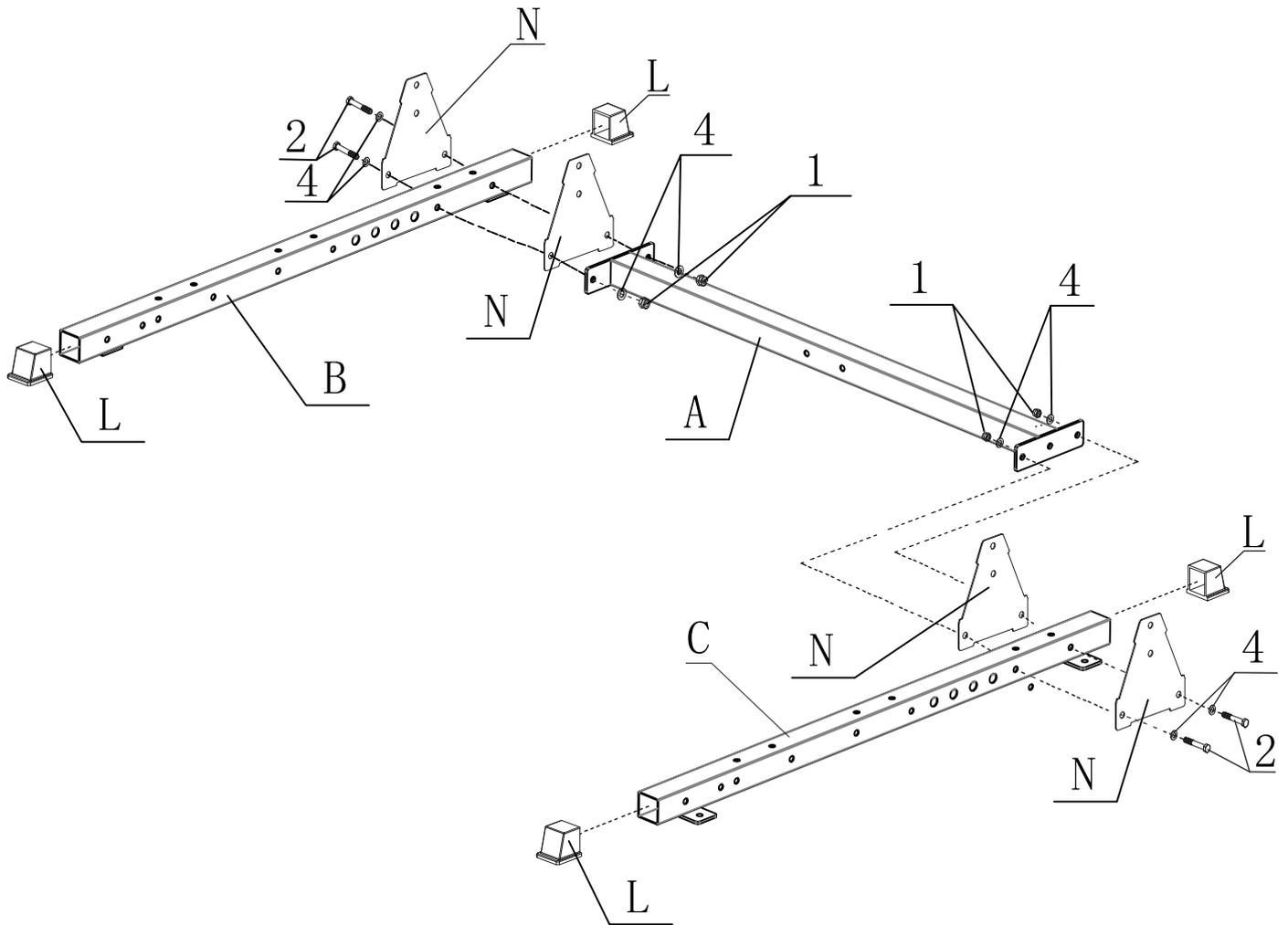
A	REAR CROSS FRAME A	1 PC
B	BASE FRAME A (RIGHT)	1 PC
C	BASE FRAME B (LEFT)	1 PC
D	UPRIGHT	4 PCS
E	REAR CROSS FRAME B	1 PC
F	SAFETY PIN	2 PCS
G	UPPER FRAME	2 PCS
H	PULL UP BAR	1 PC
I	J HOOK	2 PCS (1PAIR)
J	END CAP (50)	4 PCS
K	SAFETY BAR	2 PCS
L	END COVER	4 PCS
M	SAFETY TUBE	2 PCS
N	TRIANGULAR PLATE	8 PCS

## **HARDWARE LIST**

1	NYLON NUT (M10)	40 PCS
2	BOLT (M10*75)	4 PCS
3	BOLT (M10*70)	36 PCS
4	WASHER (M10)	80 PCS

# ASSEMBLY STEP

FIGURE 1.

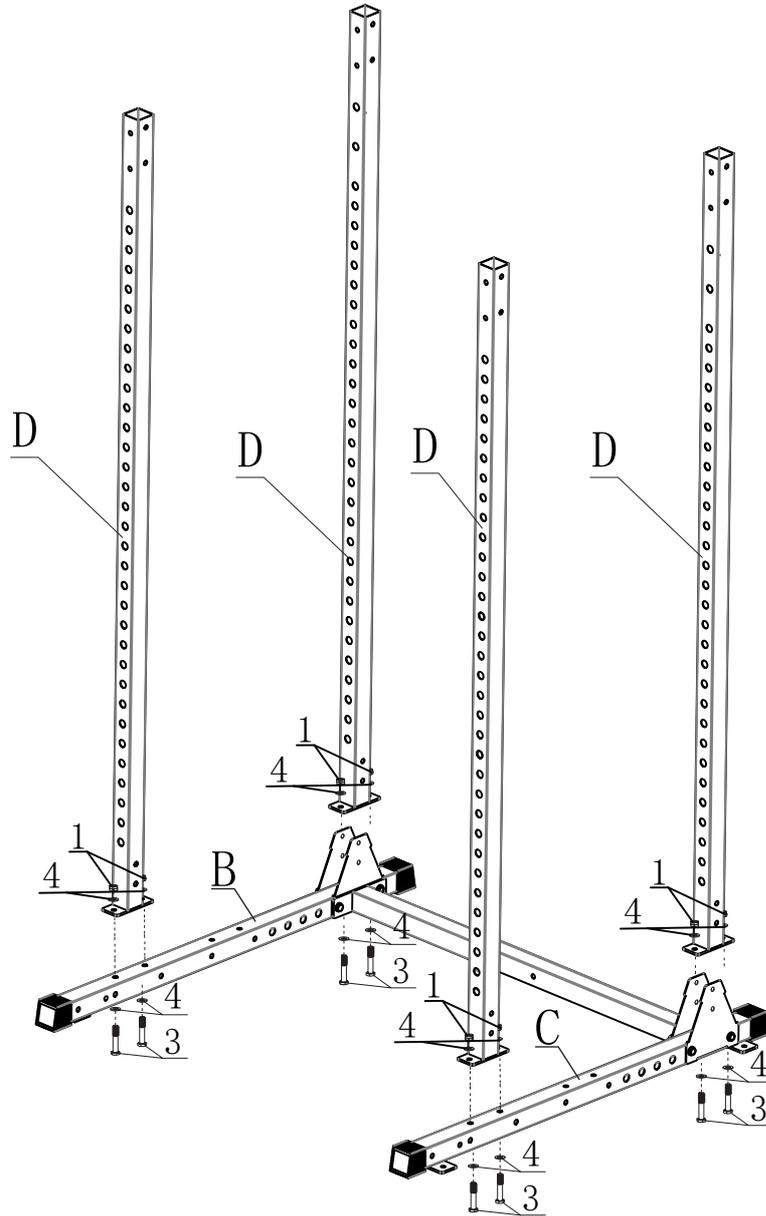


## STEP 1.

1. Attach END COVER(L) to BASE FRAME (B),(C)(4 PCS).
2. Attach REAR CROSS FRAME (A) and 4 PCS TRIANGULAR PLATES(N) to BASE FRAME (B),(C) using HEX BOLT (2) WITH FLAT WASHERS (4) and NYLON NUT (1) (4 sets) .

# ASSEMBLY STEP

FIGURE 2.

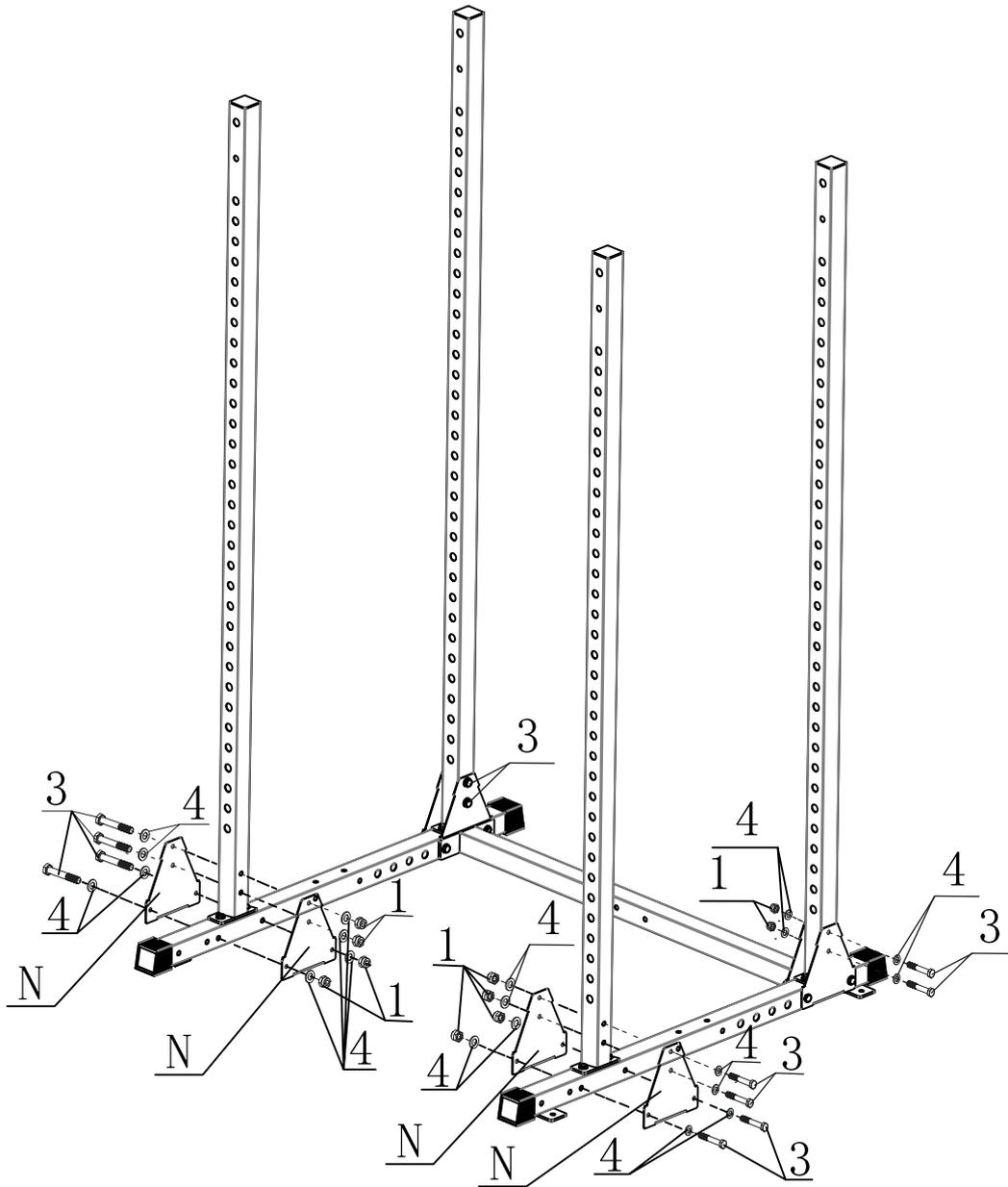


## STEP 2.

1. Assemble UPRIGHT (D) to BASE FRAME (B),(C) using HEX BOLT (3) WITH FLAT WASHERS (4) and NYLON NUT (1) (8 sets).

# ASSEMBLY STEP

FIGURE 3.

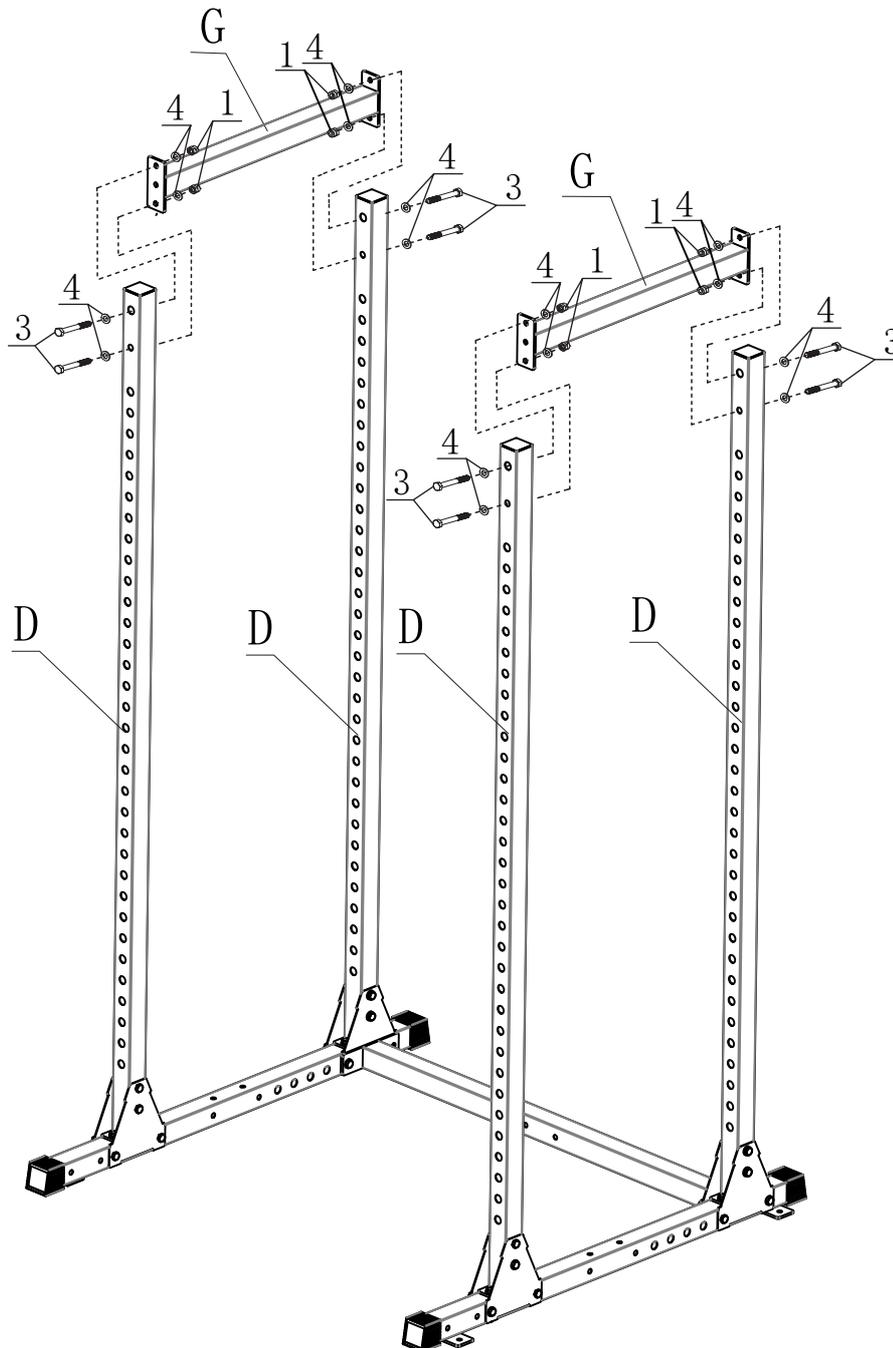


## STEP 3.

1. Attach TRIANGULAR PLATE(N) to the front of BASE FRAME (B),(C) using HEX BOLT (3) WITH FLAT WASHERS (4) and NYLON NUT (1) (8 sets).
2. Attach HEX BOLT (3)、 FLAT WASHERS (4) and NYLON NUT (1) (4 sets) to the TRIANGULAR PLATE(N) on the rear.

# ASSEMBLY STEP

FIGURE 4.

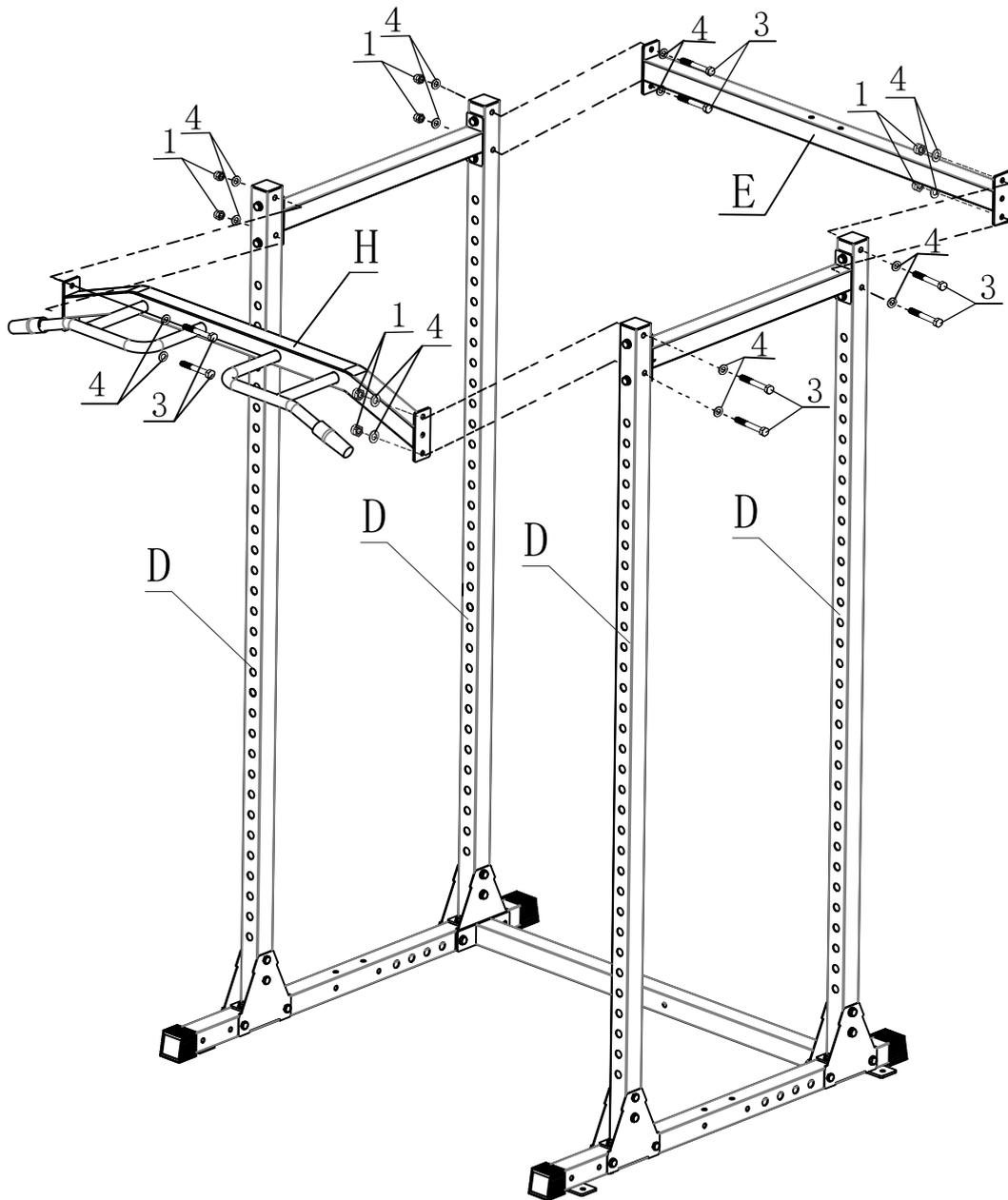


## STEP 4.

- 1.Assemble UPPER FRAME (G) to UPRIGHT (D)  
using HEX BOLT HEX BOLT (3) WITH FLAT WASHERS (4) and NYLON NUT(1) (8sets).

# ASSEMBLY STEP

FIGURE 5.

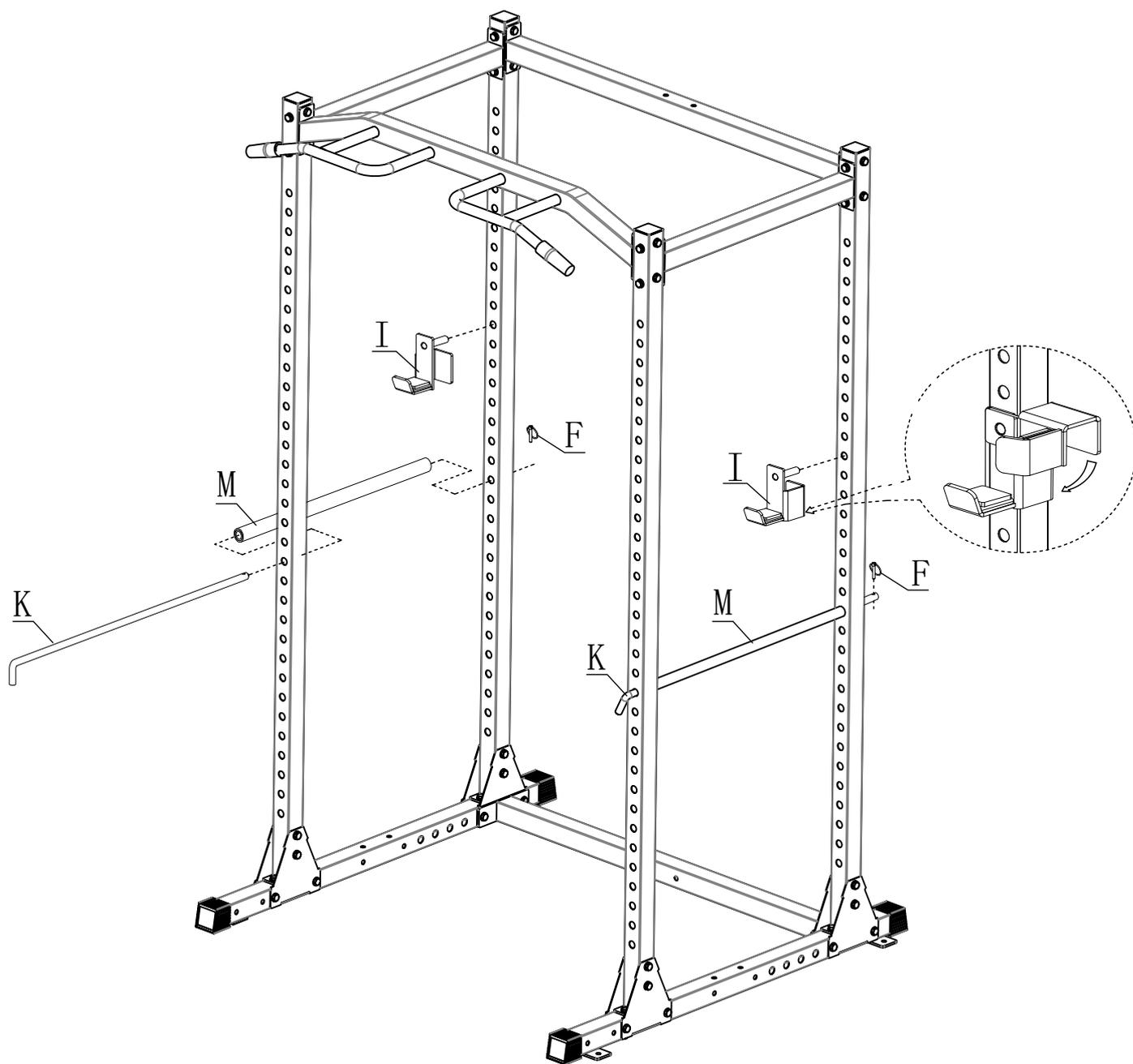


## STEP 5.

1. Assemble REAR CROSS FRAME B (E) to UPRIGHT (D) using HEX BOLT HEX BOLT (3) WITH FLAT WASHERS (4) and NYLON NUT(1) (4sets).
2. Assemble PULL UP BAR (H) to UPRIGHT (D) using HEX BOLT HEX BOLT (3) WITH FLAT WASHERS (4) and NYLON NUT(1) (4sets).

# ASSEMBLY STEP

FIGURE 6.



STEP 6.

THEN TIGHTEN ALL BOLTS AND LOCKNUTS!