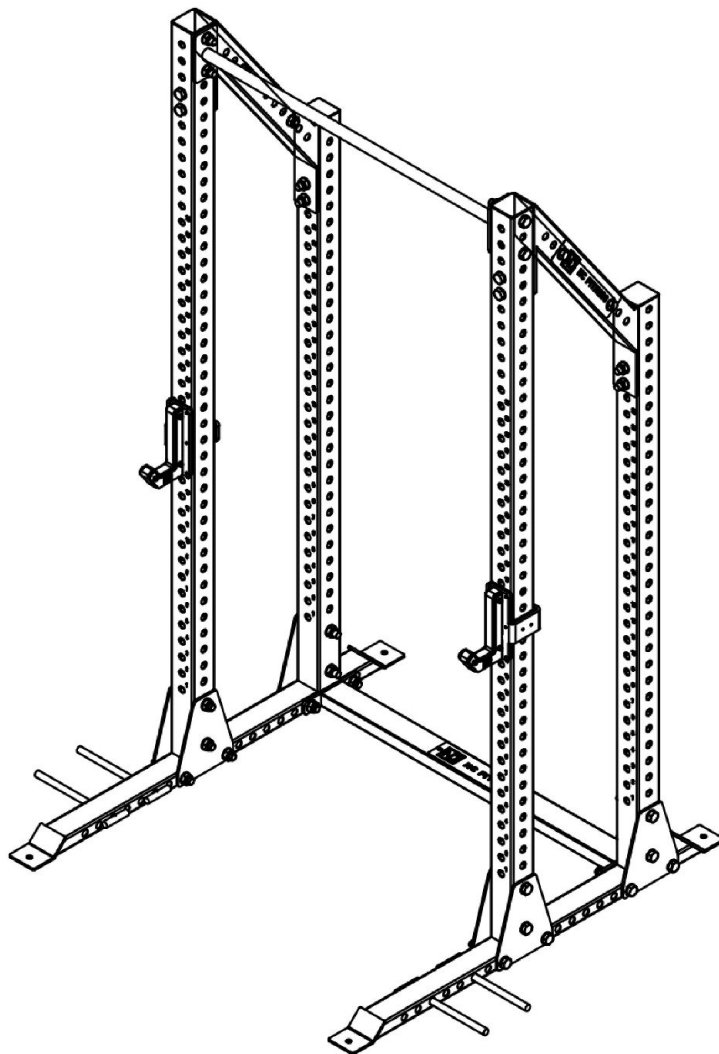




NC FITNESS

HR SERIES HALF RACK 3 USER MANUAL



IMPORTANT:

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

SAFETY INFORMATION

- 1.The product must be installed on a stable and level surface.
- 2.Keep children and pets away from the exercise area, small parts could pose a choking hazard if swallowed.
DO NOT leave children unattended in the same room with the machine.
- 3.Keep hands away from all moving parts.
- 4.Only 1 person at a time should use the machine.
- 5.Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- 6.Do not place any sharp objects around the equipment.
- 7.Secure the product against unauthorized and unsupervised use. The Half-Power Rack is for consumer use only. Public or semipublic use is not allowed.
- 8.If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms stop the workout and seek immediate medical attention.
- 9.A spotter is recommended during exercise.

WARNING:

Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

HARDWARE AND PARTS LIST

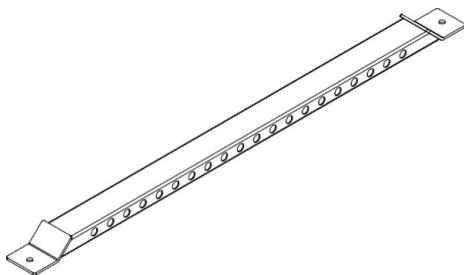
1-2300mm Upright-2pcs



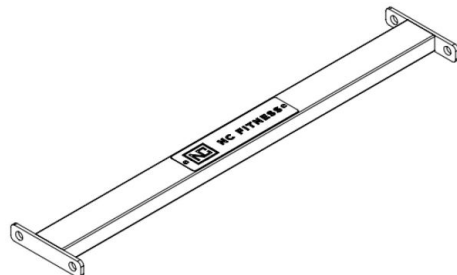
2-1800mm Upright-2pcs



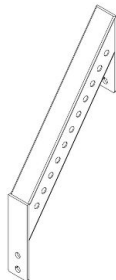
3-Base Crossbeam-2pcs



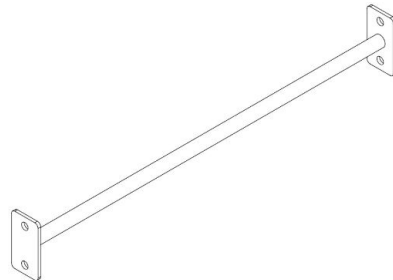
4-Base Connecting Crossbeam-1pc



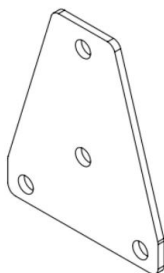
5-Dcline Crossbeam-2pcs



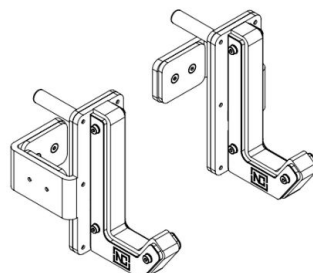
6-Monkey Bar-1pc



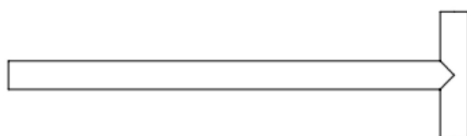
7-Connecting Triangle Plate-6pcs



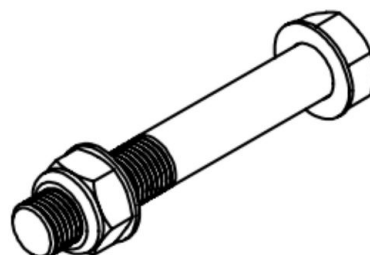
8-Sandwich J cup-1pair



9-Band Pin-4pcs



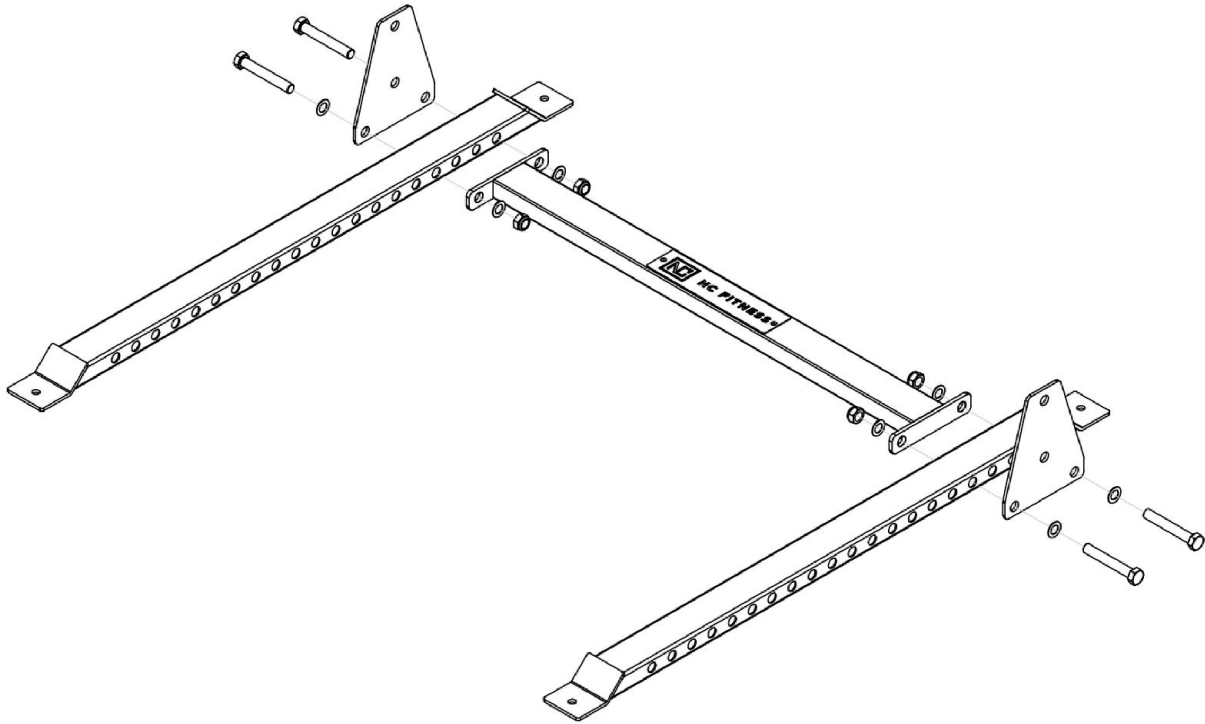
10-M18x120 Bolt-28sets
(1 bolt,2 washers,1 locknut/set)



ASSEMBLY INSTRUCTIONS

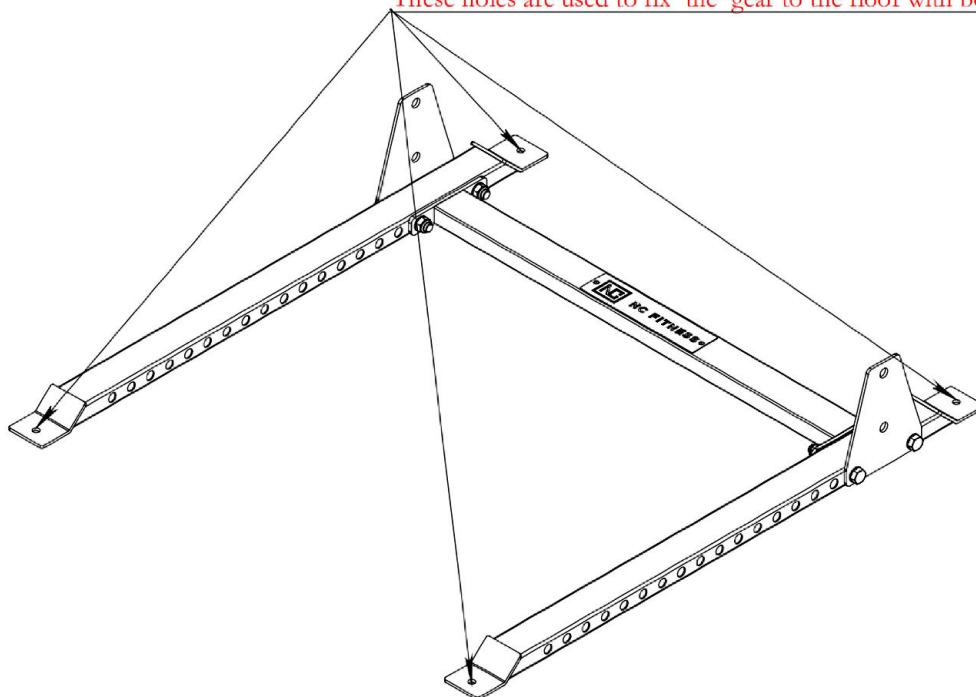
Attach the base connecting Crossbeam (4) and Connecting Triangle plate (7) to the base crossbeam (3), using M18x120 bolts (10).

STEP-1



Note:

These holes are used to fix the gear to the floor with bolts.

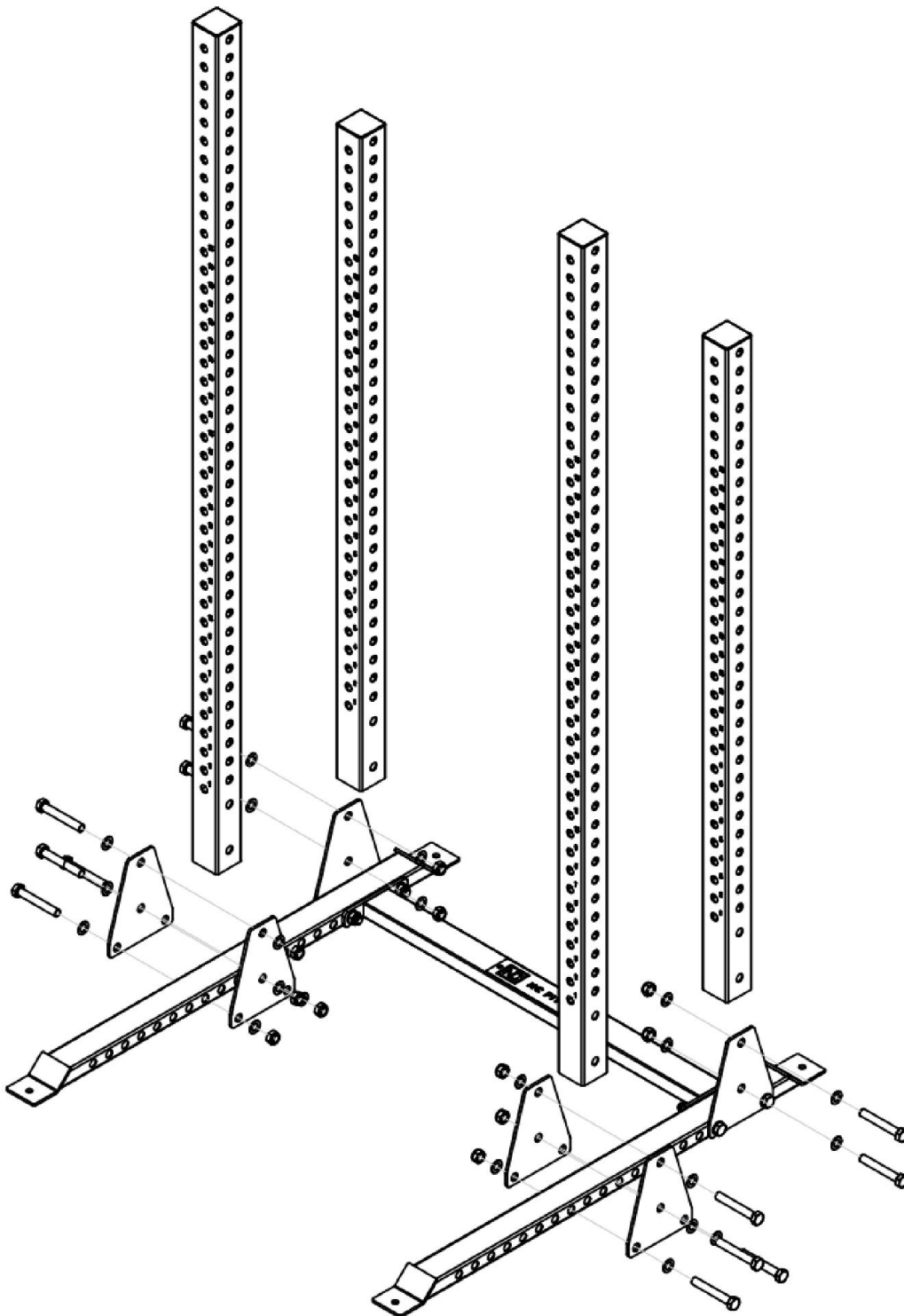


STEP-2

Attach the uprights (1&2) to the right base crossbeam(3) and the left base crossbeam(3) with connecting triangle plate(7),using M18x120 bolts(10).

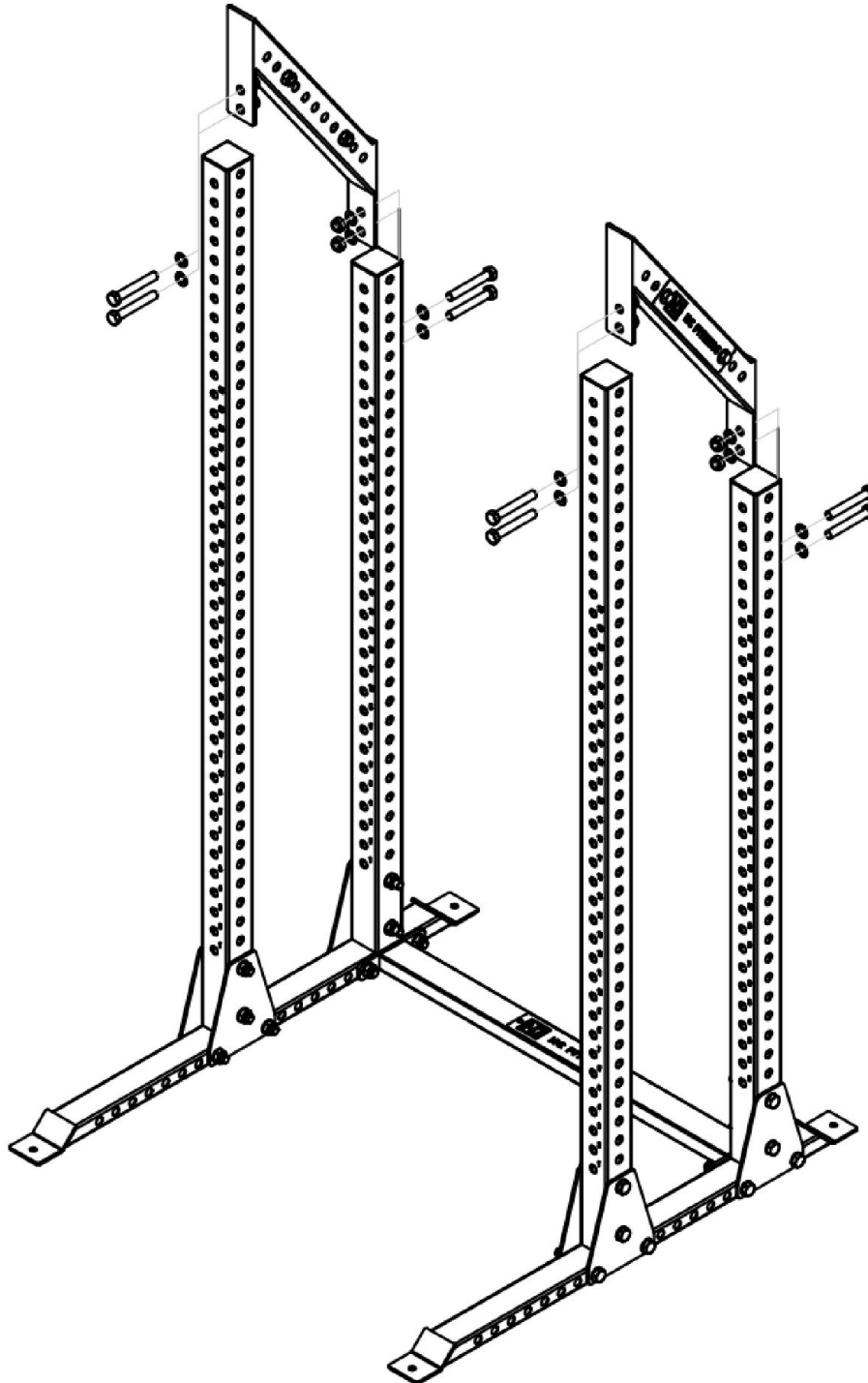
1-Assemble frame and secure all hardware but do not fully tighten at this step.

2-Recommend another person to help when assemble this step.



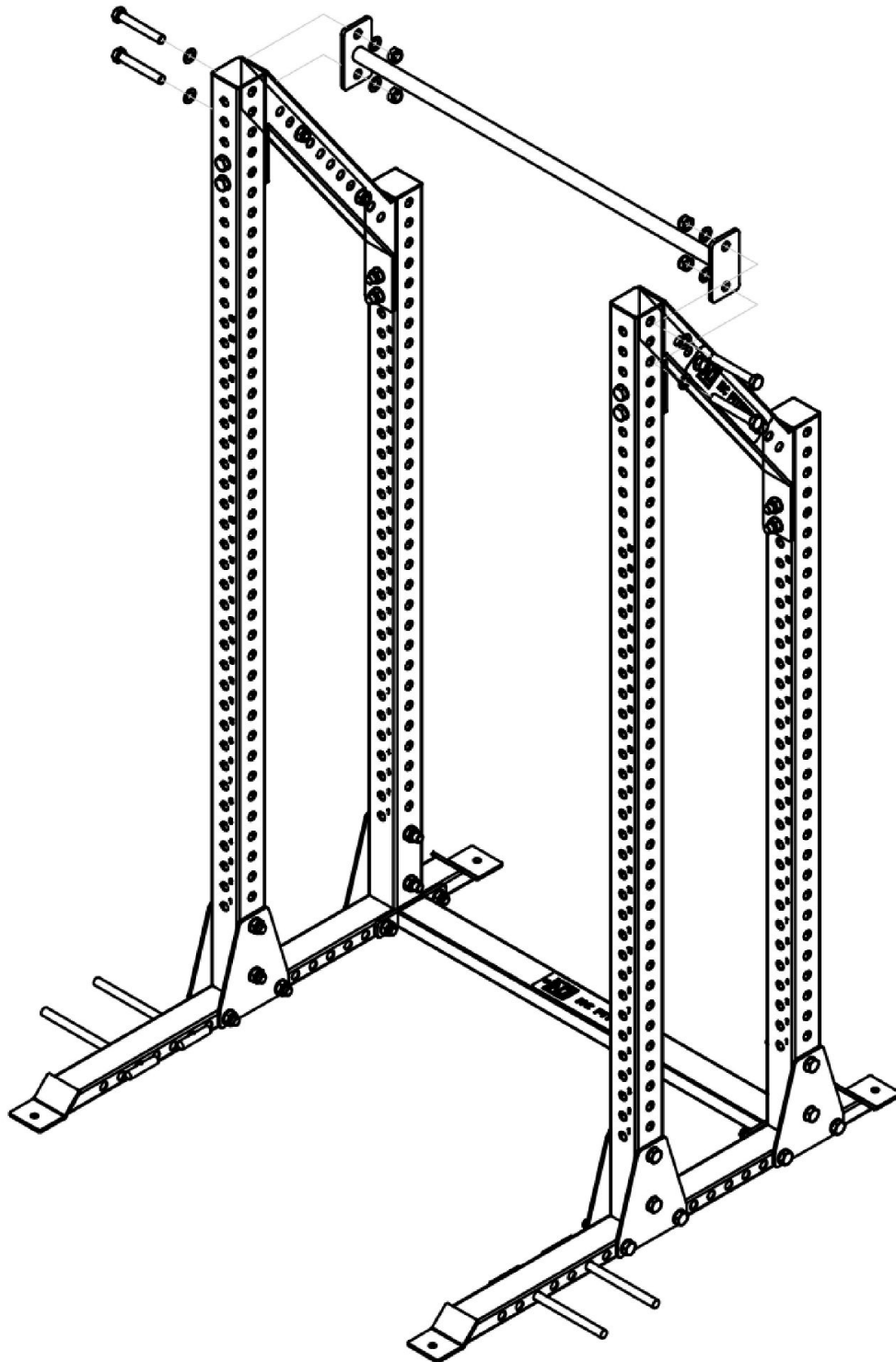
STEP-3

Attached the decline crossbeam (5) to upright (1&2),using M18x120 bolts(10).



STEP-4

Attached the Monkey Bar(6))to left and right upright(1),using M18x120 bolts(10).



STEP-5

Insert the right and left sandwich J cup(8) into the proper position of upright(1),also the band pins(9) to the base crossbeam(3).

