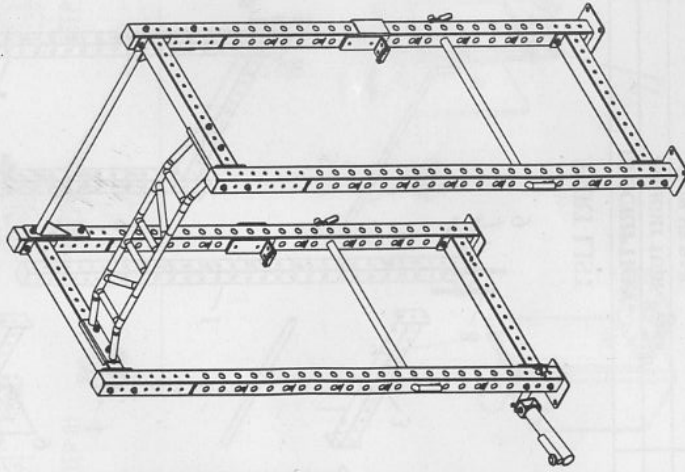


# POWER RACK

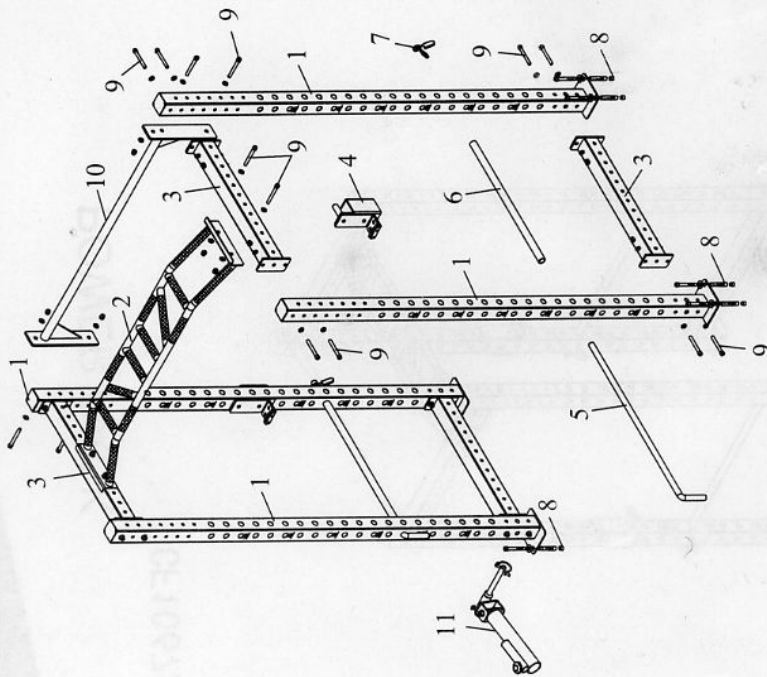
CF1067AA



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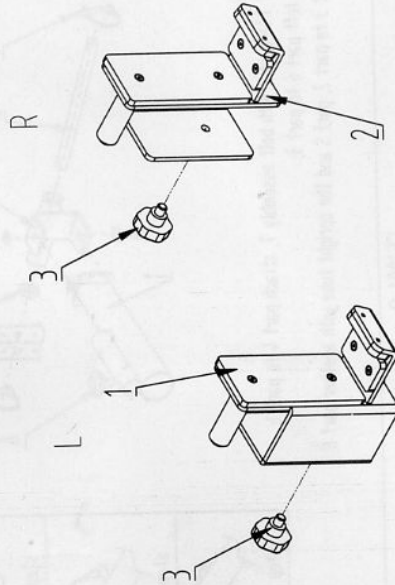
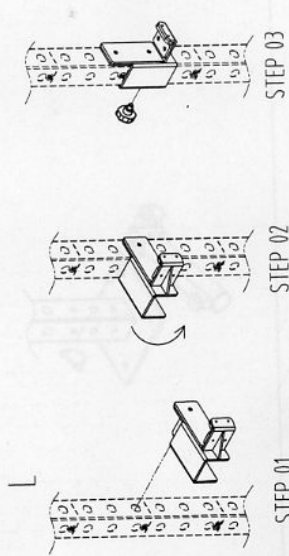
# J HOOKS

EXPLODED DRAWING



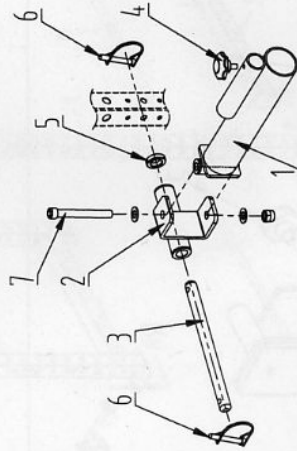
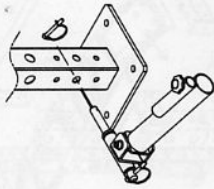
PART LIST

NO.	DESCRIPTION	QTY
1	UPRIGHT TUBE	4
2	CHIN-UP BAR	1
3	CROSS BAR	4
4	J HOOKS	1
5	BIG PIN	2
6	ROUND TUBE	2
7	JUMP RING	2
8	EXPANSION SCREW	8
9	HEXAGON SOCKET CAP BOLT M12*100 + TWO WASHERS 12 + LOCK NUT M12	24
10	MONKEY BAR	1
11	ROTATIONAL CORE	1

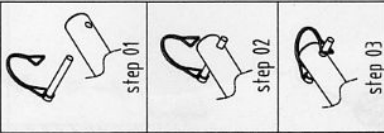


NO.	DESCRIPTION	QTY
1	J-HOOK (LEFT)	1
2	J HOOK (RIGHT)	1
3	PLUM SHAPED SCREW	2

ROTATIONAL CORE



lock pin installation steps



- INSTRUCTION:**
1. Attach part 1 to part 2 with bolt assembly 7, attach part 4 to part 1;
  2. Attach the left part 6 to part 3;
  3. Attach part 3 to part 2, part 5 and the upright tube with another part 6.

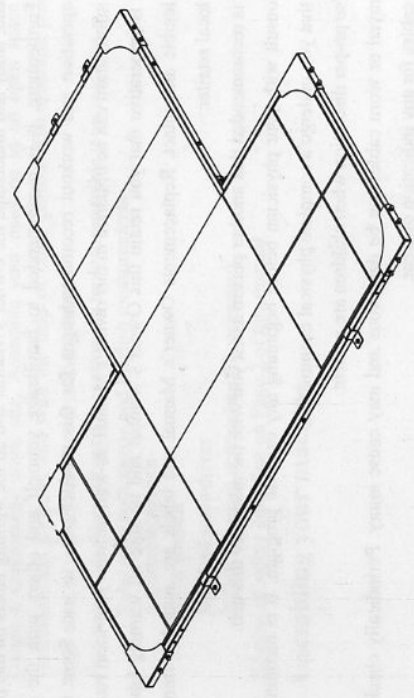
CF1001-Q

NO.	DESCRIPTION	QTY
1	BAR SUPPORT	1
2	ROTATIONAL SUPPORT	1
3	AXIS	1
4	PLUM SHAPED SCREW	1
5	NYLON BUSHING	1
6	LOCK PIN	2
7	HEXAGON SOCKET CAP BOLT M12x105+TWO WASHERS 12+LOCK NUT M12	1

SAFETY PRECAUTIONS

# WEIGHTLIFTING PLATFORM

QT1049AB



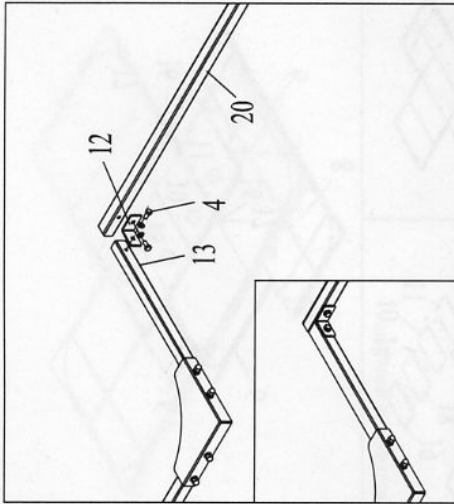
**OWNER'S MANUAL**

RD. 2018-08-09 R0

## PART LIST

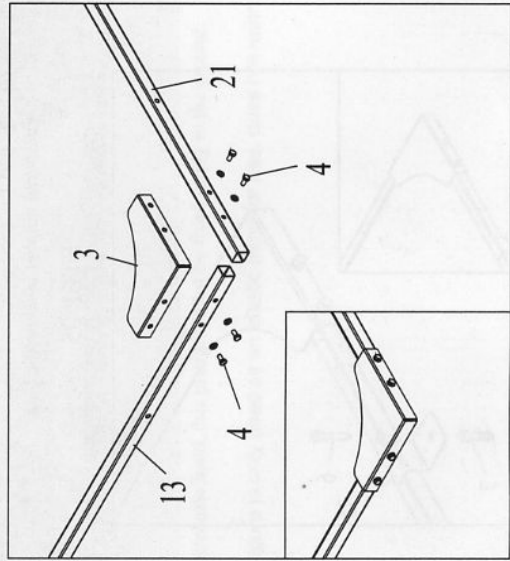
NO.	DESCRIPTION	QTY
1	MAIN BORDER	1
2	SIDE OF THE BORDER	2
3	FIXED ANGLE	6
4	HEXAGON HEAD BOLT M8*16 + WASHER 8	12
5	HEXAGON PAD HEAD SCREW M8*45+ WASHER 8 + SPRING WASHER 8 + CAP NUT M8	16
6	HEXAGON HEAD TAPPING SCREWS M8*60 + WASHER 8	12
7	NYLON EXPANDING	4
8	RUBBER MAT (BIG)	4
9	RUBBER MAT (SMALL)	4
10	BAMBOO BOARD (NUMBER 2)	1
11	BAMBOO BOARD (NUMBER 1)	1
12	ANGLE STEEL	2
13	SHORT BORDER	2
14	WOODEN DOWEL	12
15	PRESSER	4
16	PLATE	2
17	TAPPING SCREW M4*16	4
18	BAMBOO BOARD (NUMBER 5)	1
19	BAMBOO BOARD (NUMBER 6)	1
20	BORDER-5 HOLE	2
21	BORDER-6 HOLE	1

### STEP 02



Attach part 12 to part 13 and 20 with bolt combinations 4.

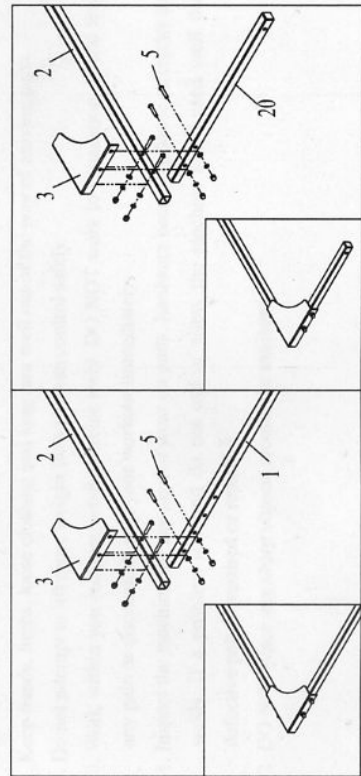
### STEP 03



Attach part 3 to part 13 and 21 with bolt combinations 4.

## INSTALLATION STEPS

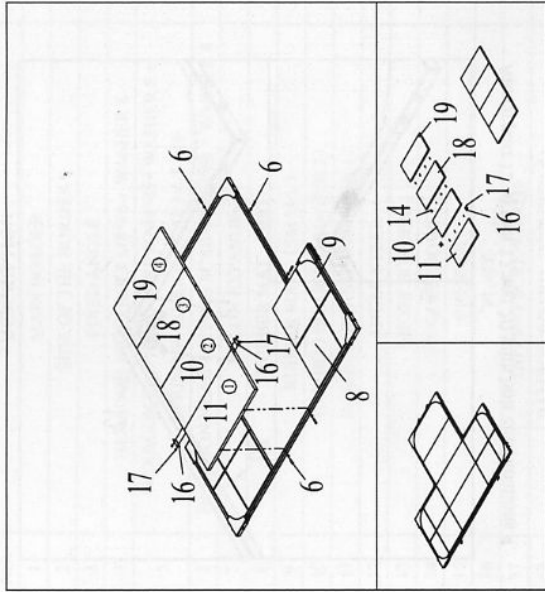
### STEP 01



Attach part 3 to part 1 and 2 with bolt combinations 5.

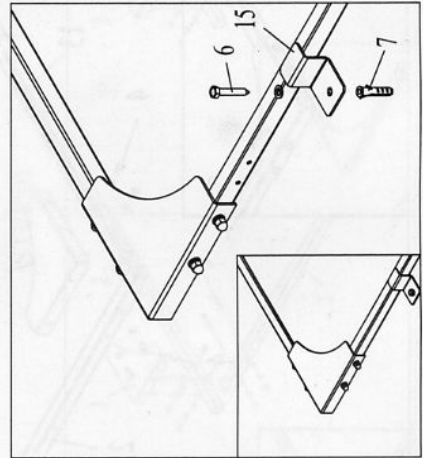
Attach part 3 to part 2 and 20 with bolt combinations 5.

STEP 04



Attach parts 18, 19 together with parts 14, attach part 10 to part 11, part 10 to part 18, 19 with parts 14, attach parts 16 to parts 10 and 11 use bolt combinations 17; and attach part 11 to part 1 with bolt combinations 6. Attach parts 18, 19 to parts 20, 21 with bolt combinations 6. Attach part 9 and part 8 to part 1.  
NOTE: Bamboo board have a serial number label on the back.

STEP 05

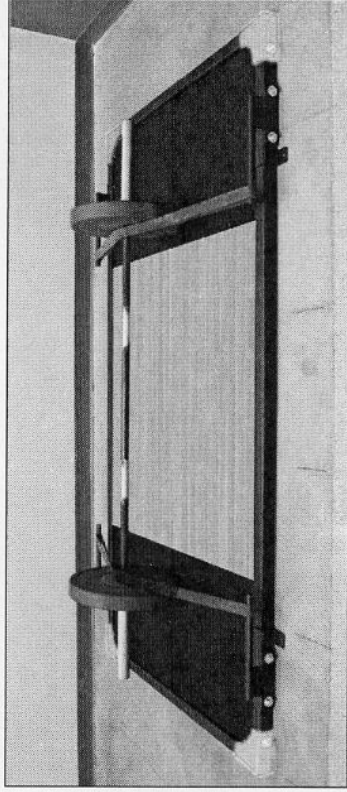


First floor drilling, then insert part 7, attaches part 15 with bolt combination 6.

STEP 07



Installation is complete.

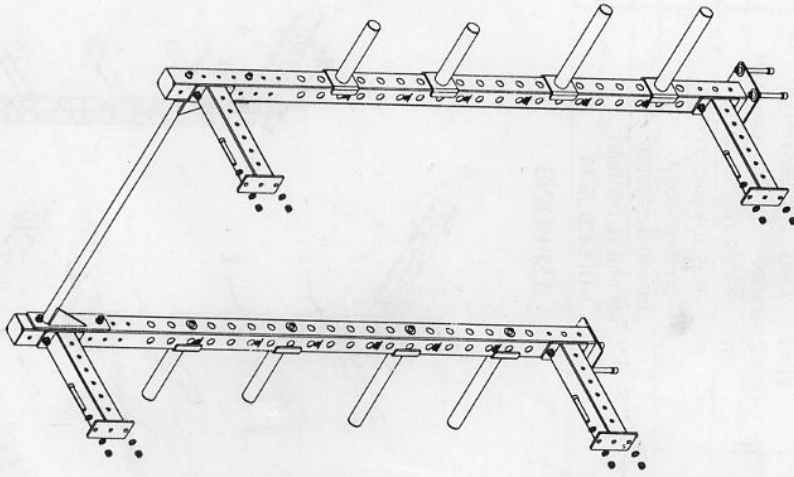


When using the elastic band, this platform must be fixed firmly to the ground.

NOTE: This figure is only used as an elastic band for use, does not refer to the product.

# POWER RACK

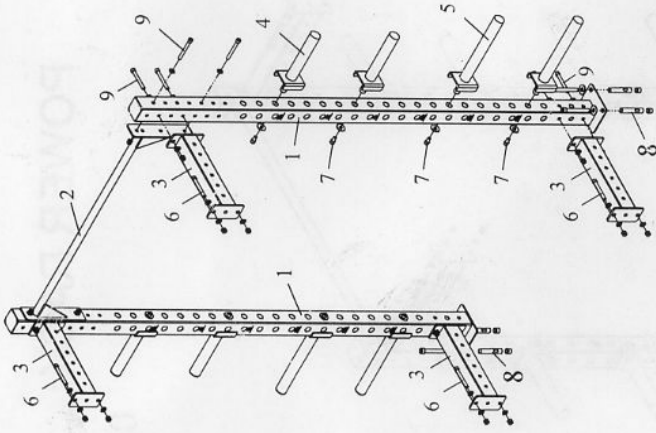
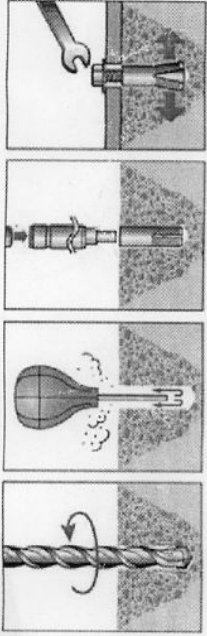
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RD. 2018-11-20 R0

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PART LIST

NO.	DESCRIPTION	QTY
1	UPRIGHT TUBE-2300	2
2	CHIN-UP BAR-1080	1
3	CROSS BAR-420	4
4	PLATE STORAGE SLEEVE-250	4
5	PLATE STORAGE SLEEVE-350	4
6	HEXAGON SOCKET CAP BOLT M12*110 + TWO WASHERS 12 + LOCK NUT M12	8
7	HEXAGON SOCKET CAP BOLT M12*20 + BIG WASHER 12	8
8	EXPANSION SCREW	4
9	HEXAGON SOCKET CAP BOLT M12*100 + TWO WASHERS 12 + LOCK NUT M12	12