

GYMSTICK™

HALF-POWER RACK USER MANUAL



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

The specifications of this product may vary from this photo, subject to change without notice.



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BEFORE YOU BEGIN

Thank you for choosing the Gymstick Half-Power Rack. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

SAFETY INSTRUCTIONS

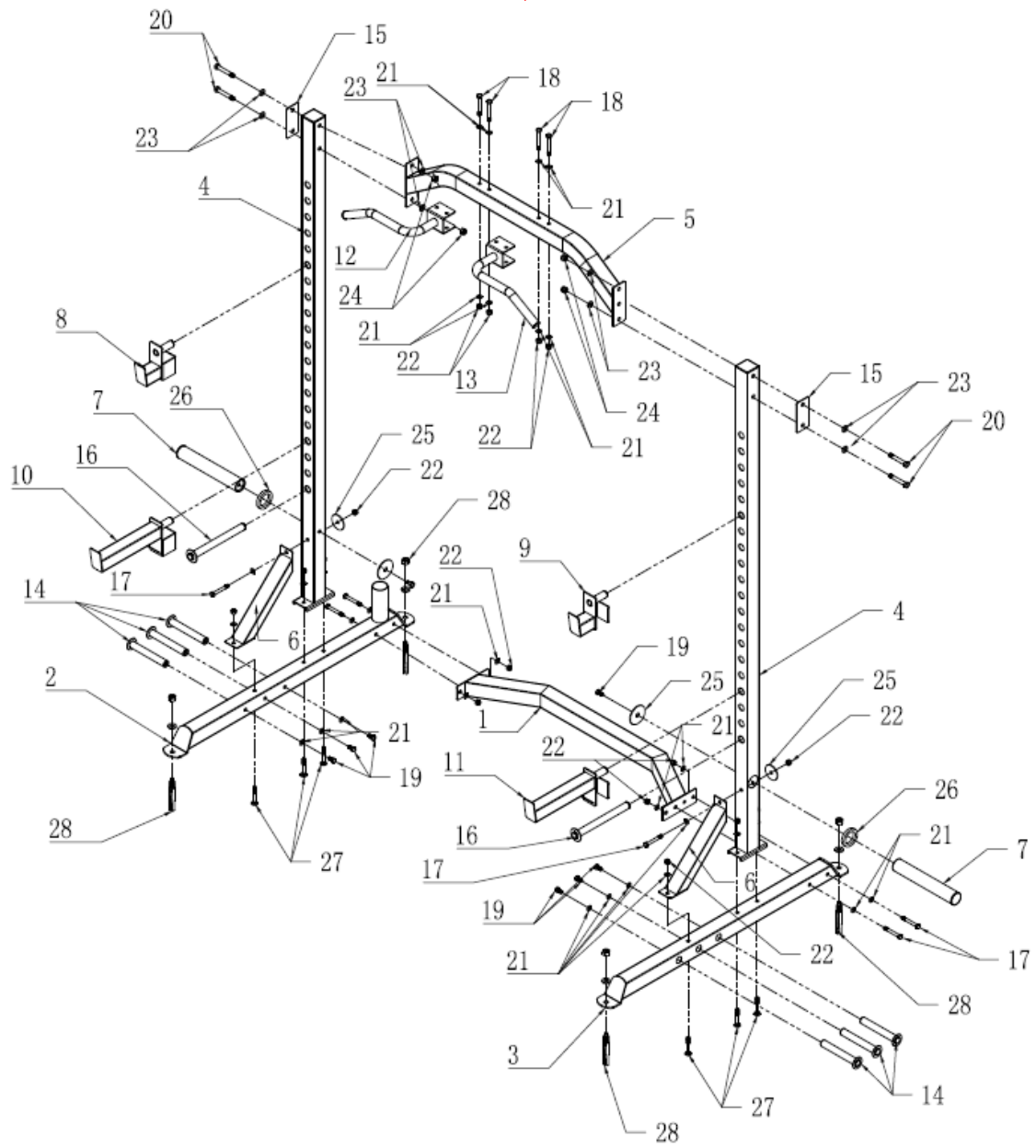
- Misuse and abuse of this product is dangerous and can cause serious injuries.
- All purchasers and all persons using the Half-Power Rack must become familiar with the manufacturer's recommendations for proper assembly, use and care.
- The owner and supervisors of the Half-Power Rack are responsible to make all users aware of these Safety Instructions.
- Place the Half-Power Rack on a level and dry surface before use.
- Inspect your the product before each use. Replace any worn, defective, or missing parts.
- The Half-Power Rack is not a toy. Do not allow children to use this product. Keep small children and pets away from the product at all times (including assembly).
- Place the Half-Power Rack away from walls, structures, fences, play areas, furniture and other exercise equipment. Maintain a clear space on all sides of the product.
- The Half-Power Rack should always be used by only one person at a time.
- Always store the product indoors in a dry place.
- For maintenance and cleaning. Please clean the dirt with detergent scour, using dry rag and clean water (do not use gas, dilution or other chemicals).
- Secure the product against unauthorized and unsupervised use. The Half-Power Rack is for consumer use only. Public or semipublic use is not allowed.
- **The maximum weight load is 350kg (barbell holder).**
- **The maximum user weight is 200kg (chin up bar).**

WARNING:


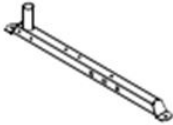

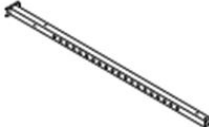





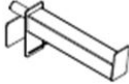
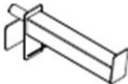

















Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

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

EXPLODED DRAWING



HARDWARE & PARTS LIST

<p>1. Below Crossing Frame</p>  <p>1 pcs.</p>	<p>2. Left Base Frame</p>  <p>1 pcs.</p>	<p>3. Right Base Frame</p>  <p>1 pcs.</p>	<p>4. Upright</p>  <p>2 pcs.</p>
<p>5. Top Crossing Frame</p>  <p>1 pcs.</p>	<p>6. Support Frame</p>  <p>2 pcs.</p>	<p>7. Plate Rod A</p>  <p>2 pcs.</p>	<p>8. Small L Barbell Holder</p>  <p>1 pcs.</p>
<p>9. Small R Barbell Holder</p>  <p>1 pcs.</p>	<p>10. Big L Barbell Holder</p>  <p>1 pcs.</p>	<p>11. Big R Barbell Holder</p>  <p>1 pcs.</p>	<p>12. L Handle Bar</p>  <p>1 pcs.</p>
<p>13. R Handle Bar</p>  <p>1 pcs.</p>	<p>14. Rod</p>  <p>6 pcs.</p>	<p>15. Connection Plate</p>  <p>2 pcs.</p>	<p>16. Plate Rod B</p>  <p>2 pcs.</p>
<p>17. M10x75mm Bolt</p>  <p>6 pcs.</p>	<p>18. M10x80mm Bolt</p>  <p>4 pcs.</p>	<p>19. M10x20mm Bolt</p>  <p>8 pcs.</p>	<p>20. M12x90mm Bolt</p>  <p>4 pcs.</p>
<p>21. M10 Washer</p>  <p>30 pcs.</p>	<p>22. M10 Lock Nut</p>  <p>16 pcs.</p>	<p>23. M12 Washer</p>  <p>8 pcs.</p>	<p>24. M12 Lock Nut</p>  <p>4 pcs.</p>
<p>25. Big M10 Washer</p>  <p>4 pcs.</p>	<p>26. Rubber Ring</p>  <p>2 pcs.</p>	<p>27. M10x70mm Bolt</p>  <p>6 pcs.</p>	<p>28. M10x100mm Bolt</p>  <p>4 pcs.</p>

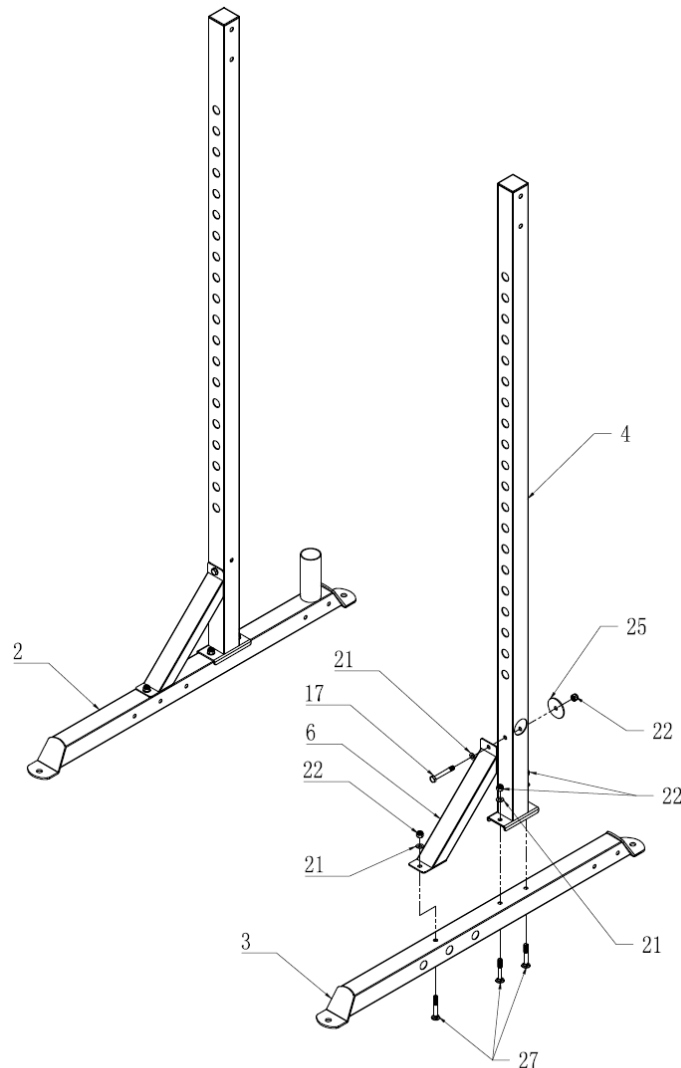
ASSEMBLY INSTRUCTIONS

This manual is designed to help you easily assemble this product. Please read this manual carefully.

- Set all parts in a clear area on the floor and remove the packing material.
- Refer to the parts list for help to identify the parts.
- **It will take two people to assemble this product.**

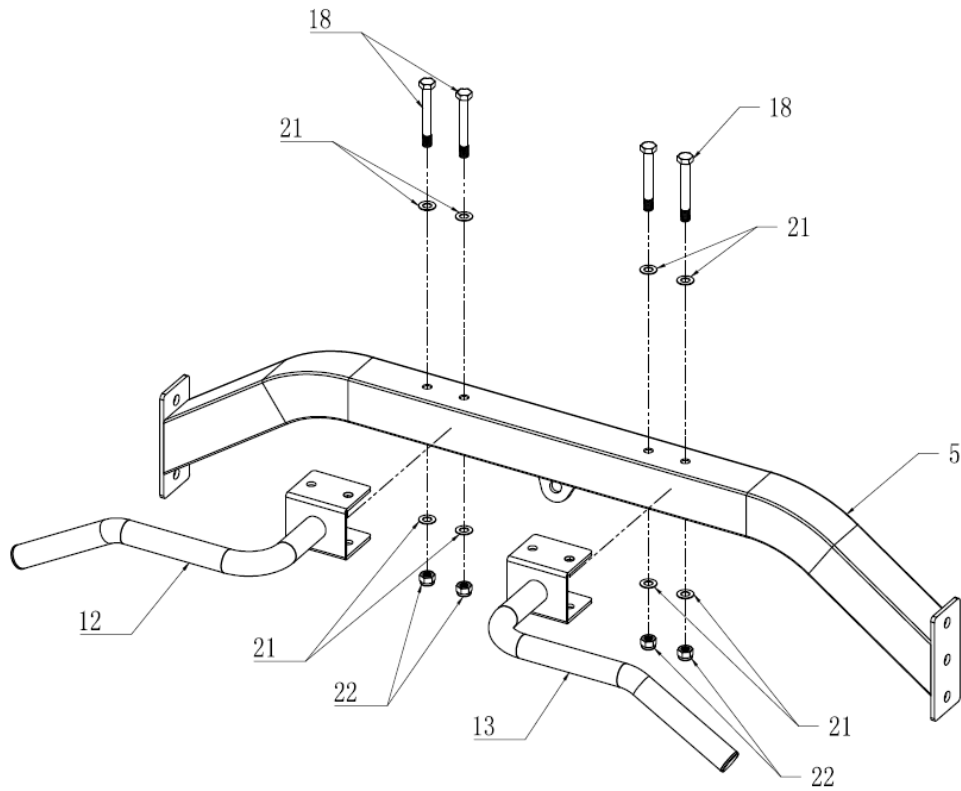
STEP 1

- Attach 2pcs Upright (4) onto the Left and Right Base Frame (2&3) using 4pcs M10x70mm Carriage Bolts (27), 4pcs M10 Washers (21) and 4pcs M10 Lock Nuts (22).
- Attach 2pcs Support Frames (6) to Left & Right Base Frame (2&3) using 2pcs M10x70mm Carriage Bolts (27), 2pcs M10 Washers (21) and 2pcs M10 Lock Nuts (22).
- Attach 2pcs Support Frames (6) to Each Upright (4) using 2pcs M10x75mm Bolts (17), 2pcs M10 Washers (21), 2pcs M10 Big Washers (25), 2pcs M10 Lock Nuts (22).



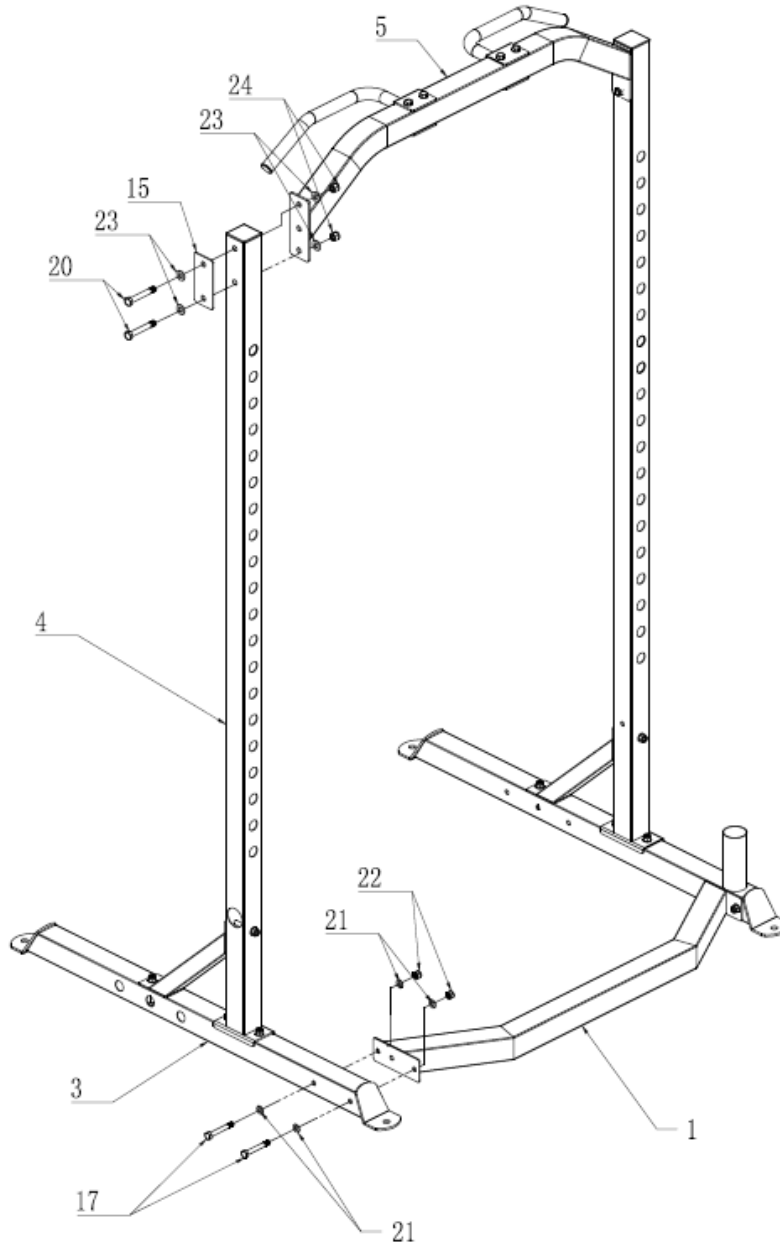
STEP 2

- Attach Left & Right Handle Bar (12&13) onto Top Crossing Bar (5) using 4pcs M10x80mm Bolts (18), 8pcs M10 Washers (21) and 4pcs M10 Lock Nuts (22).



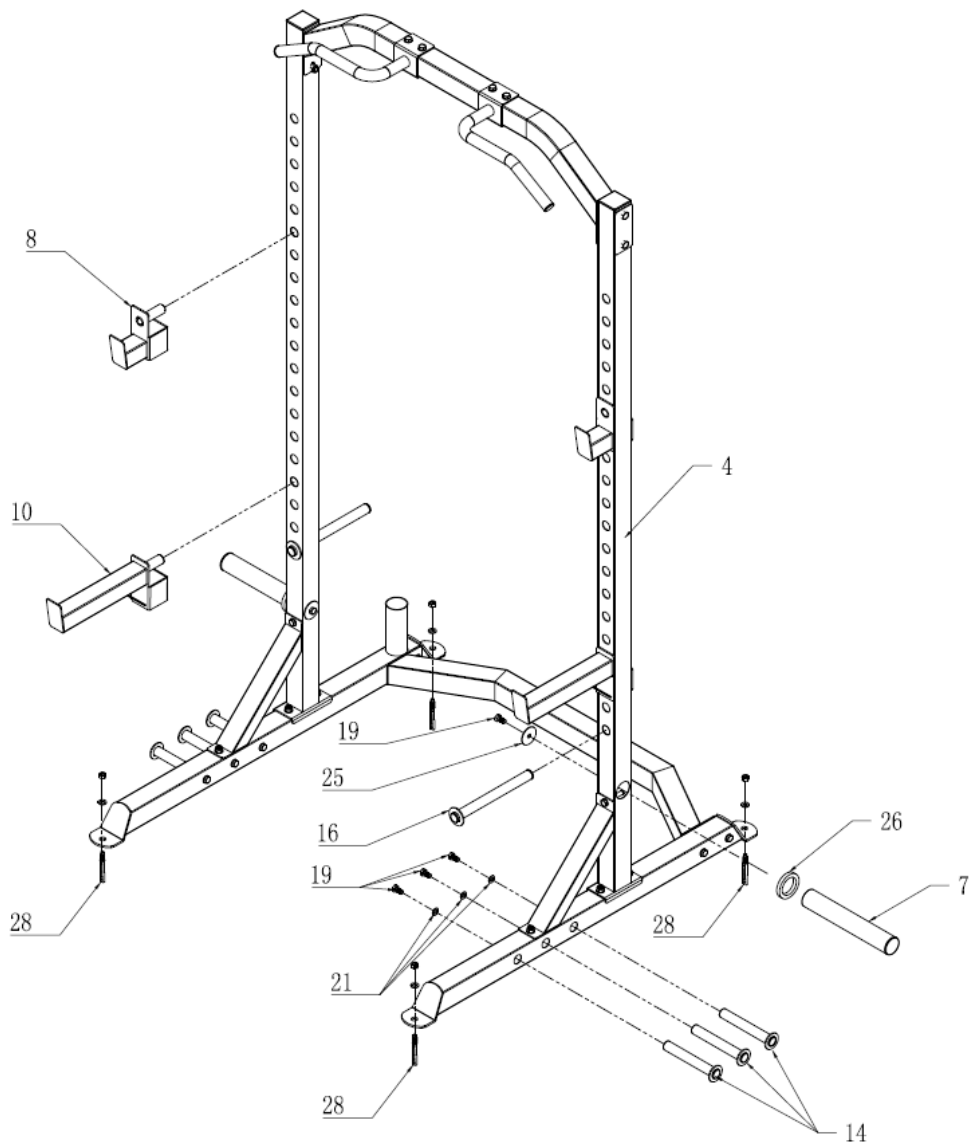
STEP 3

- Attach Top Crossing Frame (5) to Each Upright (4) with Connection Plate (15) using 4pcs M12x90mm Bolts (20), 8pcs M12 Washers (23) and 4pcs M12 Lock Nuts (24).
- Attach the Below Crossing Frame (1) to the Left & Right Base Frame (2&3) using 4pcs M10x75mm Bolts (17), 8pcs M10 Washers (21) and 4pcs M10 Lock Nuts (22).



STEP 4

- Attach each the Plate Rod A (7) into each Upright (4) using 1pc M10x20mm Bolt (19) and 1pc Big M10 Washer (25).
- Slide each Rubber Ring (26) onto each Plate Rod (7).
- Attach each the Rod (14) into Left & Right Base Frame (2&3) using M10x20mm Bolt (19) and M10 Washer (21).
- Slide each Left & Right Small Barbell Bar Holder (8&9) and Big Left & Right Barbell Bar Holder (10&11) into the Upright (4).
- Slide the Plate Rod B (16) into each Upright (4).



IMPLIED WARRANTY

The importer of this machine assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty is valid for 1 year, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Note! Wear parts and expendable parts are also not covered. The device is only intended for home use. The warranty does not apply to commercial use of any kind.

Manufactured by:

Gymstick International Oy

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