



INade078V01_UK

A91-102



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY.

ASSEMBLY INSTRUCTION

INTROUDCTION

Thank you for deciding to purchase the Fitness Rack from us. The Fitness Rack is manufactured from the finest materials and components available, when used correctly it is designed to give many years of reliable.

BEFORE USE

Carefully remove all packaging. Avoid using any knives or other sharp instruments as this may damage the surface of the product.

SAFETY PRECAUTIONS

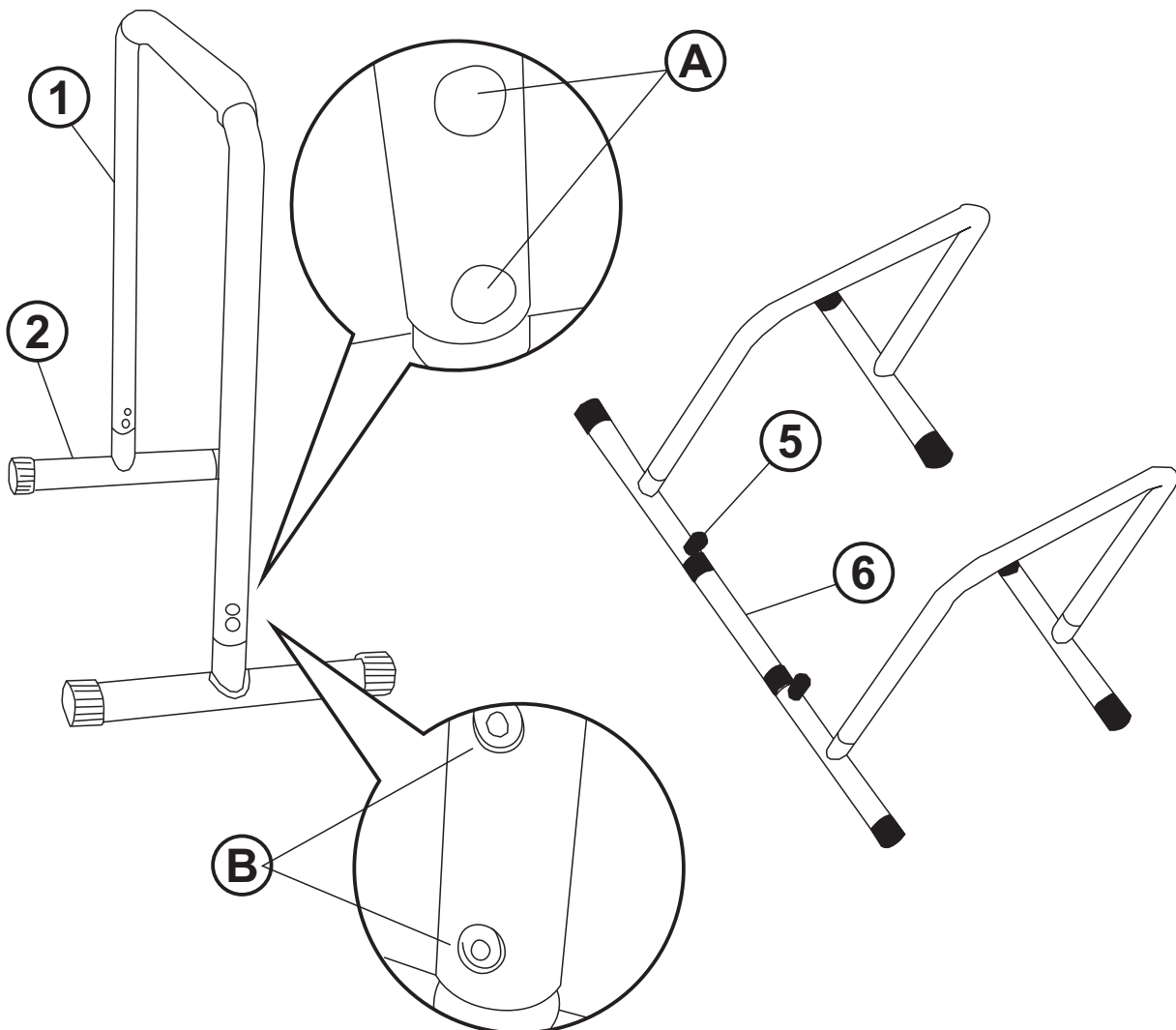
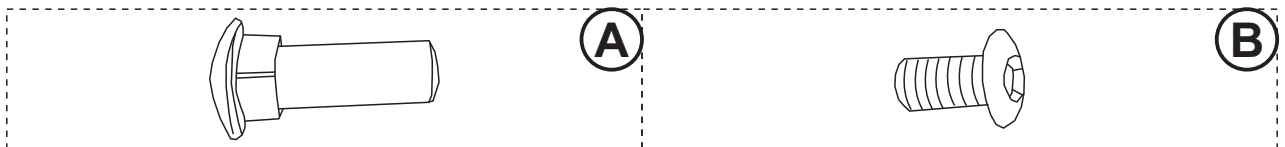
- 1) Cautionary statements are intended to promote user's safety and effectiveness.
- 2) Keep out of reach of children and pets.
- 3) Use this product in a safe, uncluttered environment to reduce the risk of injury or damage to yourself, others, or the product.
- 4) If you feel any pain, or if you become dizzy while exercising, stop immediately, rest and consult a physician.
- 5) Do not use around excessive heat or humidity.
- 6) Do not use if you are or could be pregnant without a doctor's consent.
- 7) Do not use in ou around water or with wet hands or feet.
- 8) Do not use under the influence of alcohol, drugs, or excessive exhaustion.



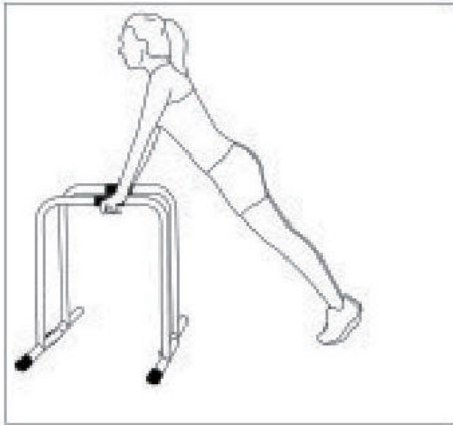
PRODUCT CONFIGURATION

Your package will include:

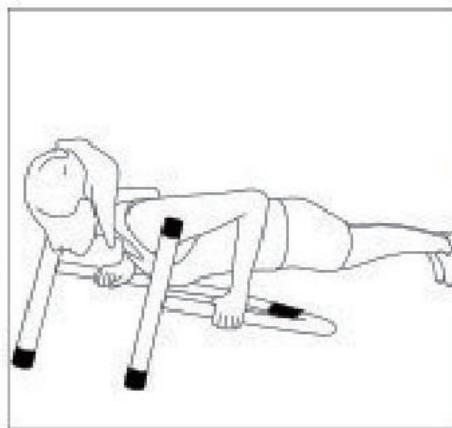
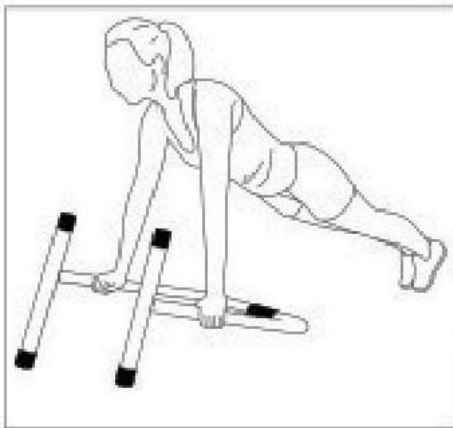
NO.	PARTS	QTY
1	Fitness Rack Frame/Grip	2x
2	Fitness Rack Foot	4x
3	Fastening Screw(A+B)	8x
4	User Instructions	1x
5	Adjusting knob	2x
6	Adjust bar	1x



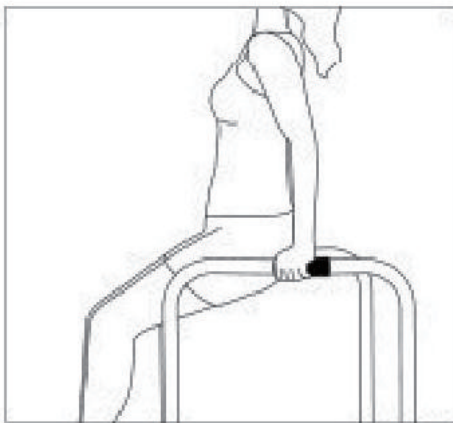
EXERCISE PROGRAM



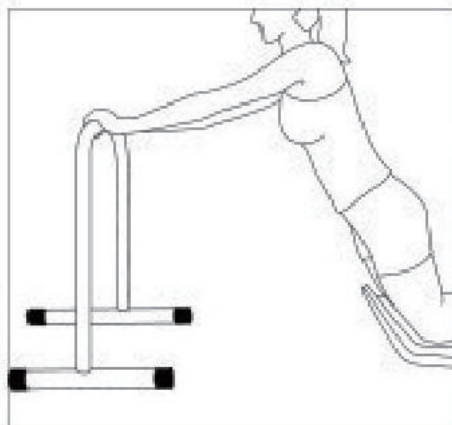
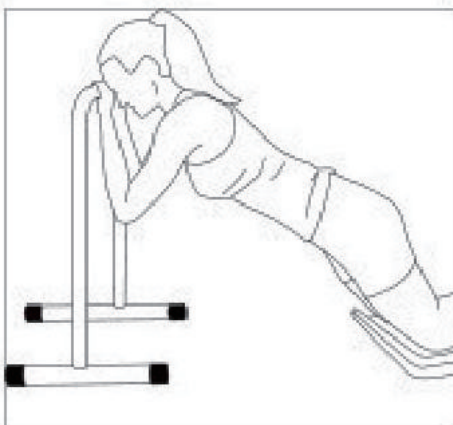
Chest Press



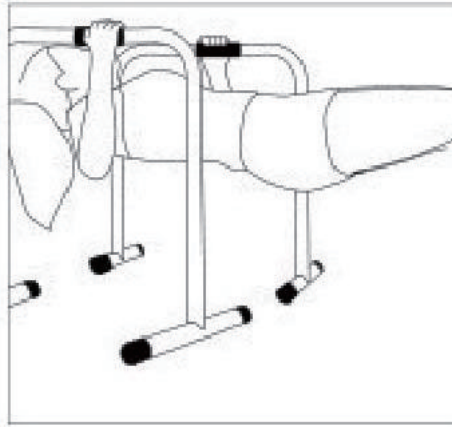
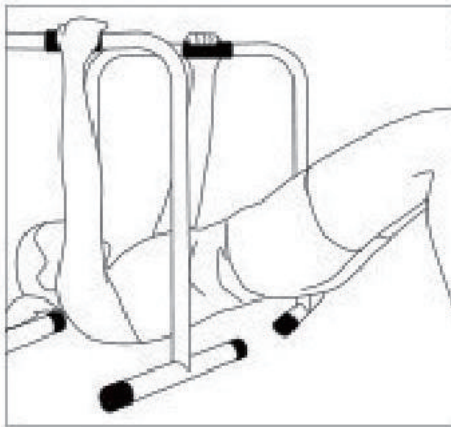
Horizontal Chest Press



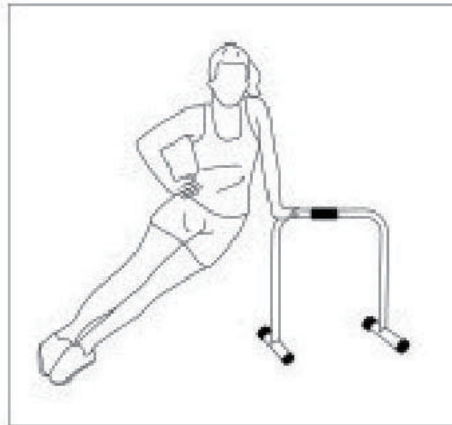
Triceps Dip



Kneeling Tricep Extension



Vertical Rows



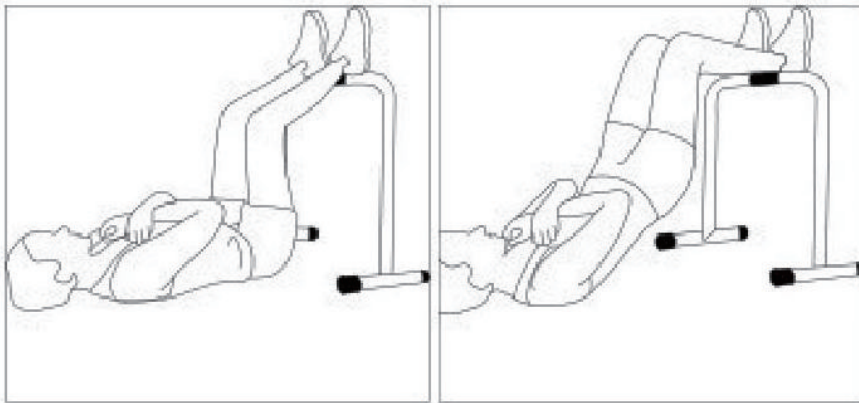
Standing Lateral Plank



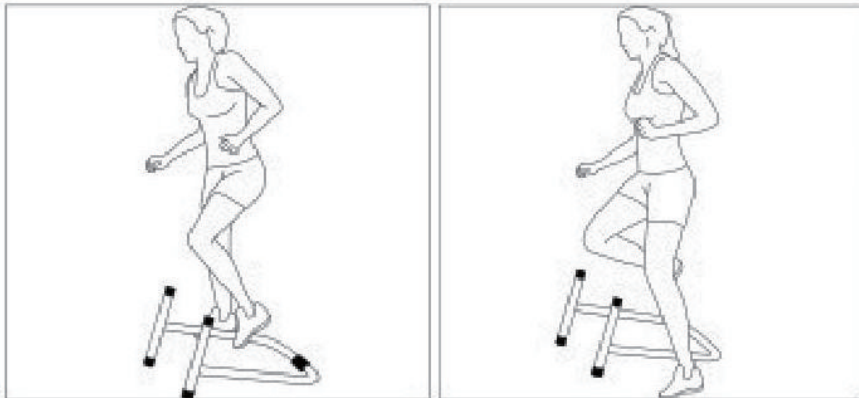
Knee ups



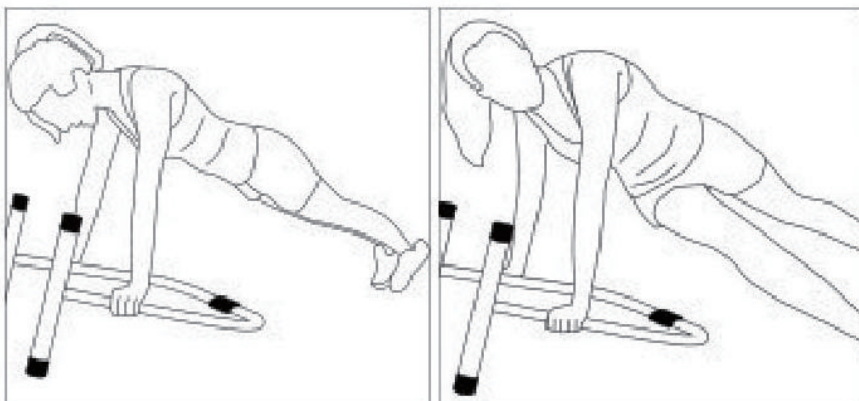
Squats/lunges



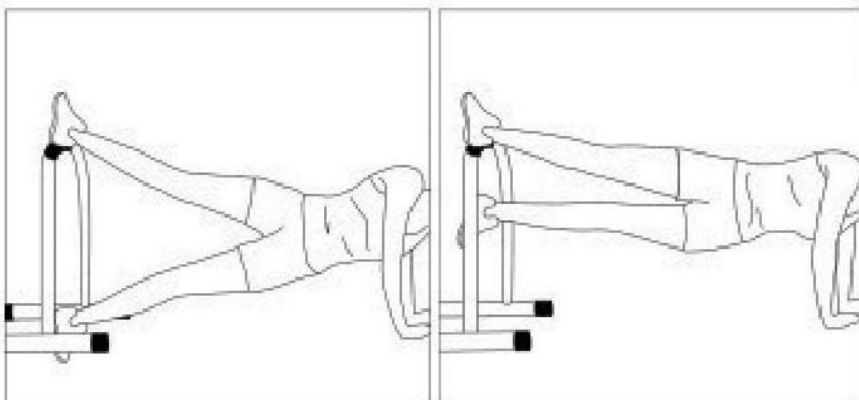
Hip Extension



Agility Drills



Horizontal Chest Press - Progression



Adductors

MAINTENANCE

- 1)The product only requires minimal maintenance.
- 2)Clean with a slightly damp sponge.Dry with a clean dry cloth.
- 3)Avoid contact with water.
- 4)Avoid prolonged exposure to the sun.

