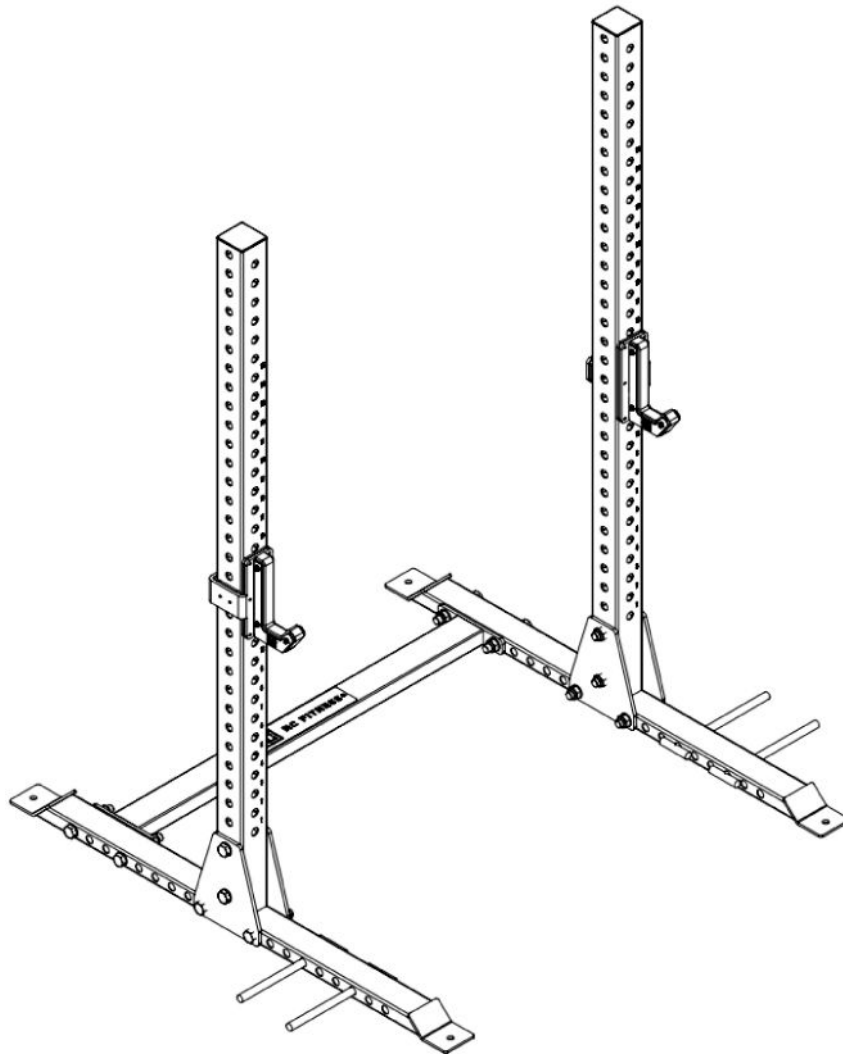




# NC FITNESS

## HR SERIES HALF RACK 1 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.

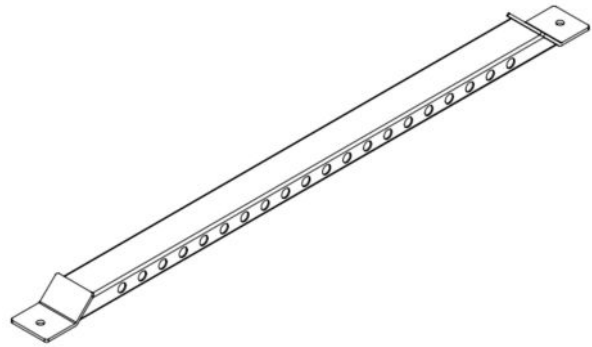
**READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.**

# HARDWARE AND PARTS LIST

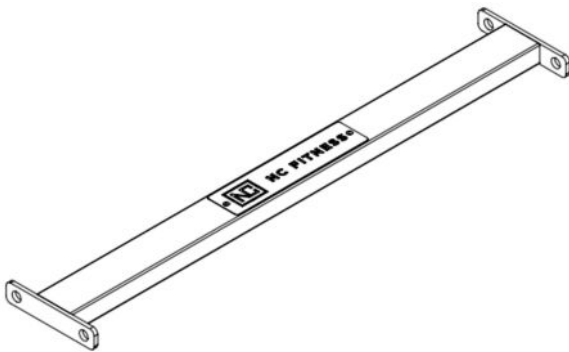
1-Upright-2pcs



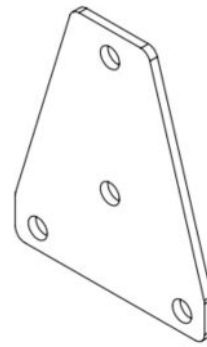
2-Base Crossbeam-2pcs



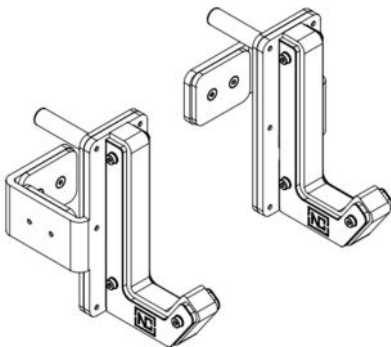
3-Base Connecting Crossbeam-1pc



4-Connecting Triangle Plate-4pcs



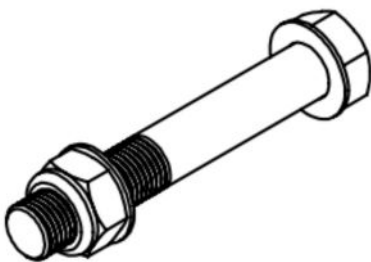
5-Sandwich J cups-1pair



6-Band Pin-4pcs



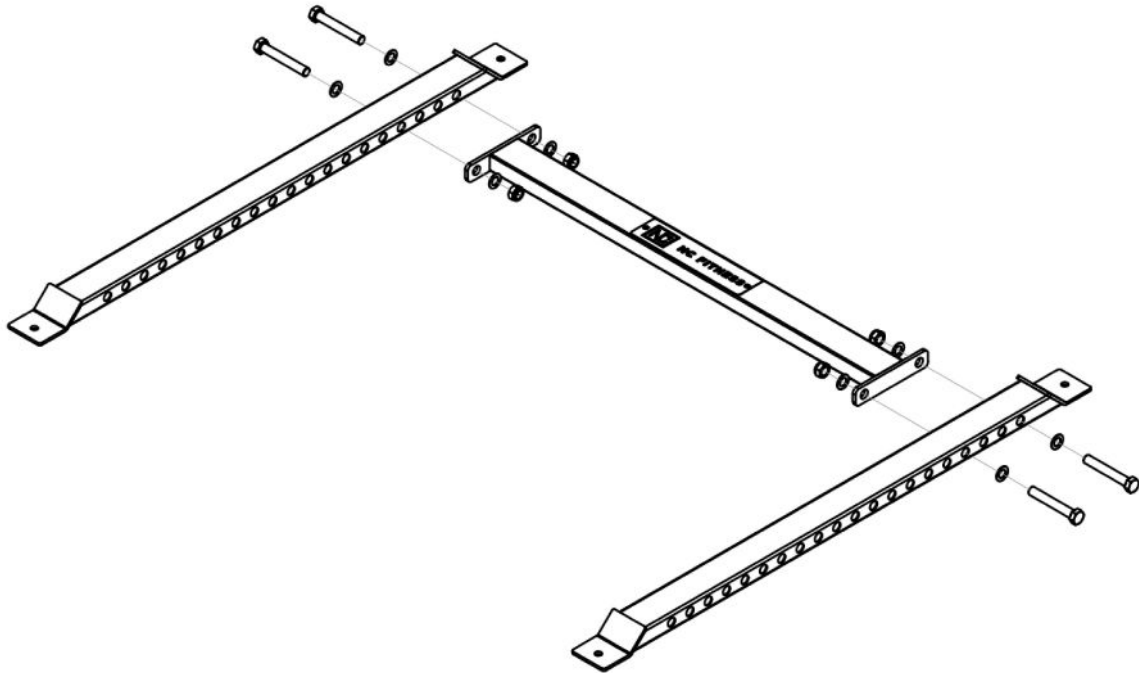
7-M18x120 Bolts-12sets



## ASSEMBLY INSTRUCTIONS

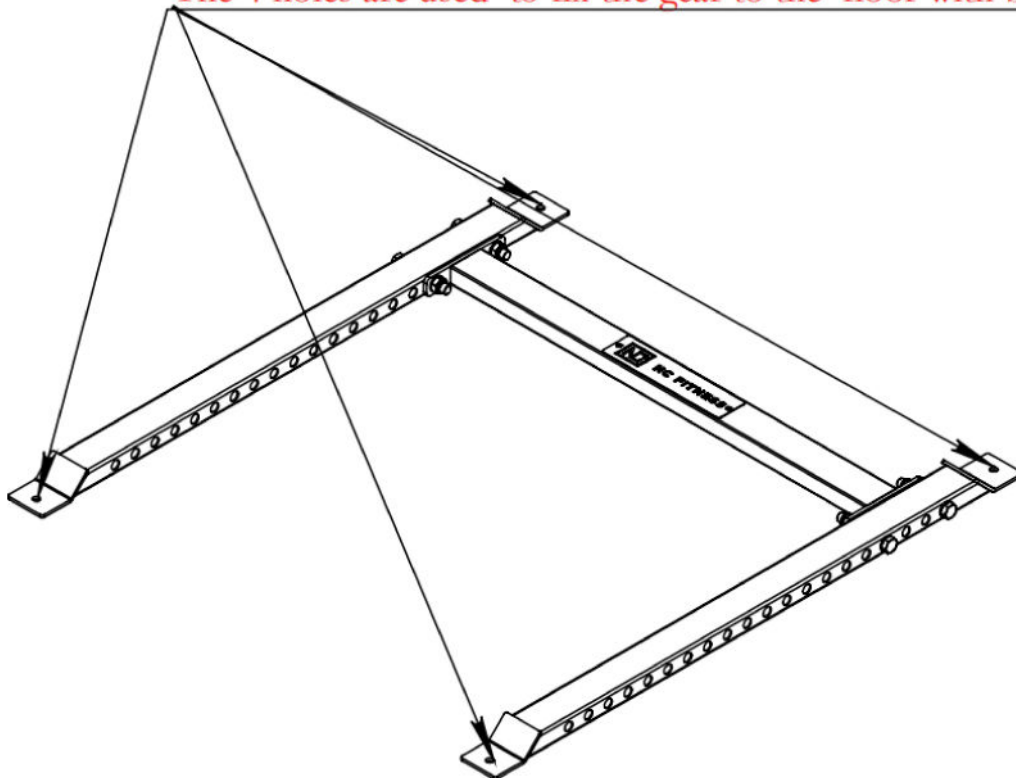
Attach the base connecting Crossbeam(3) to the base crossbeam(2),using M18x120 bolts(7).

### STEP-1



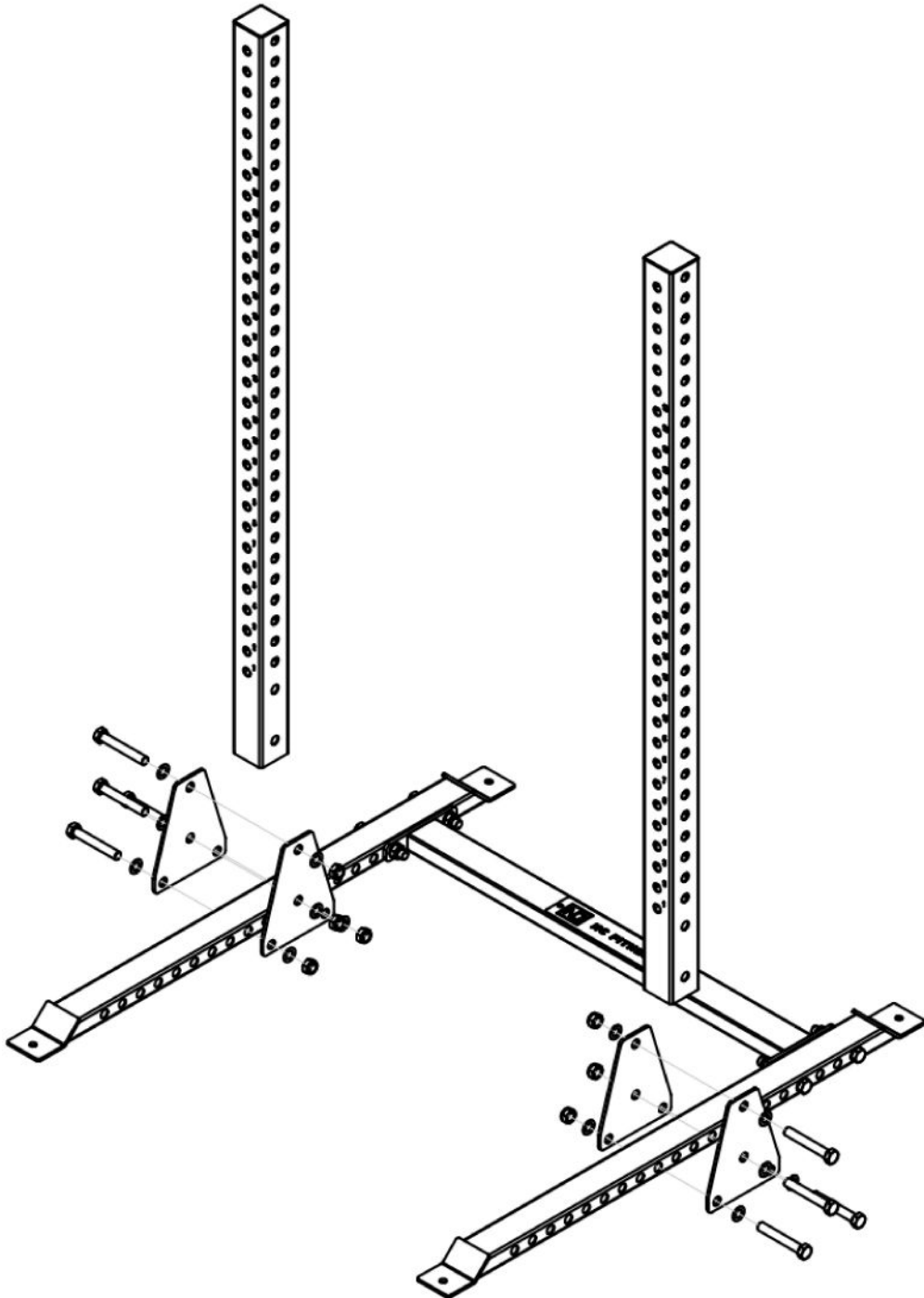
**Note:**

The 4 holes are used to fix the gear to the floor with bolts.



## STEP-2

Attach the 2 uprights to the right base crossbeam(2) and the left base crossbeam(2) ,using M18x120 bolts(7).



### STEP-3

Insert the right and left sandwich J cups(5) into the proper position of uprights(1),also the band pins(6) to the base crossbeam(2).

