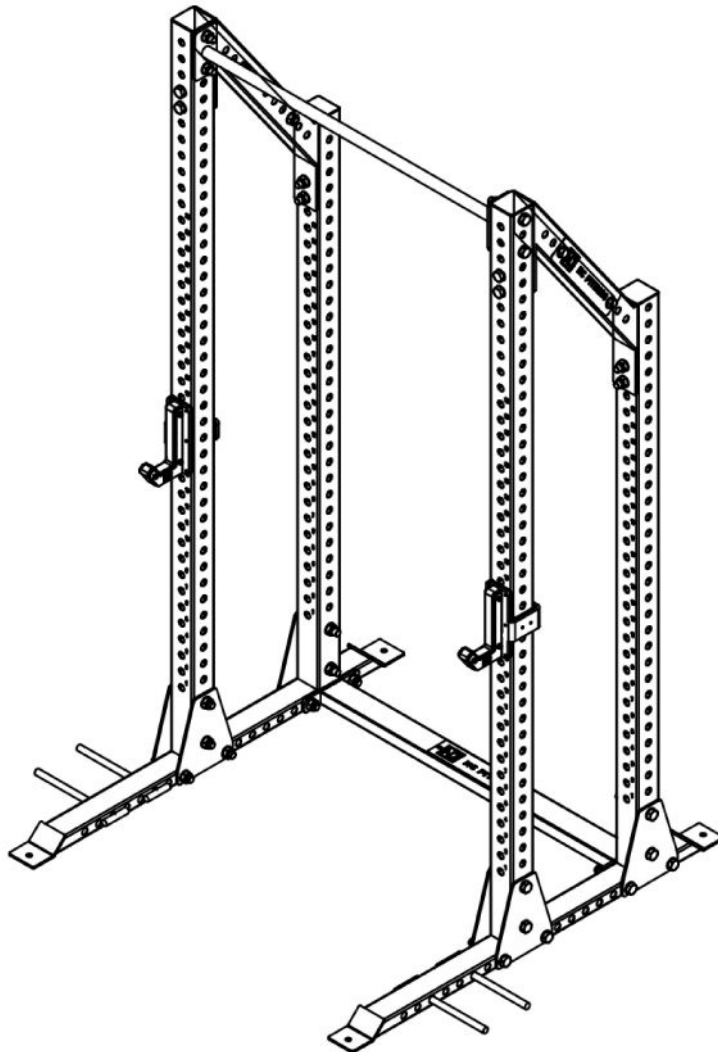




# NC FITNESS

## 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**



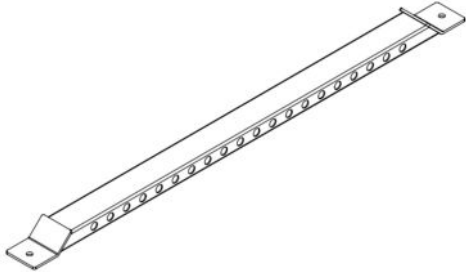
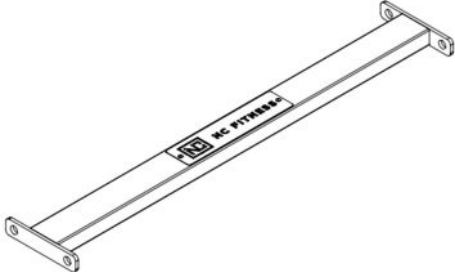

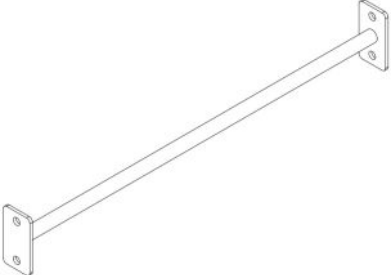
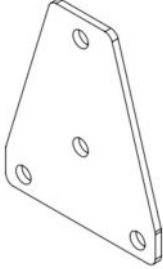
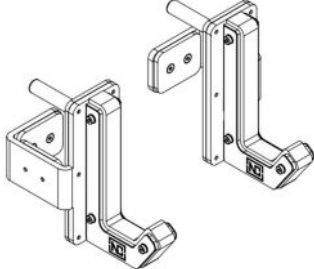
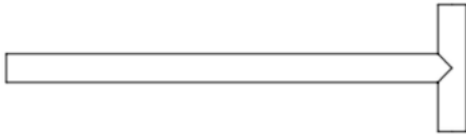
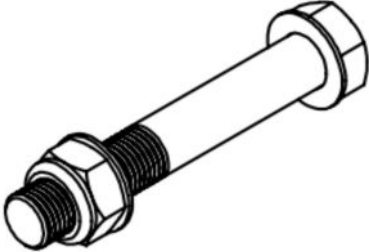
- 1.The product must be installed on a stable and level surface.
- 2.Keep children and pets away from the exercise area, small parts could pose a choking hazard if swallowed.  
DO NOT leave children unattended in the same room with the machine.
- 3.Keep hands away from all moving parts.
- 4.Only 1 person 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.**

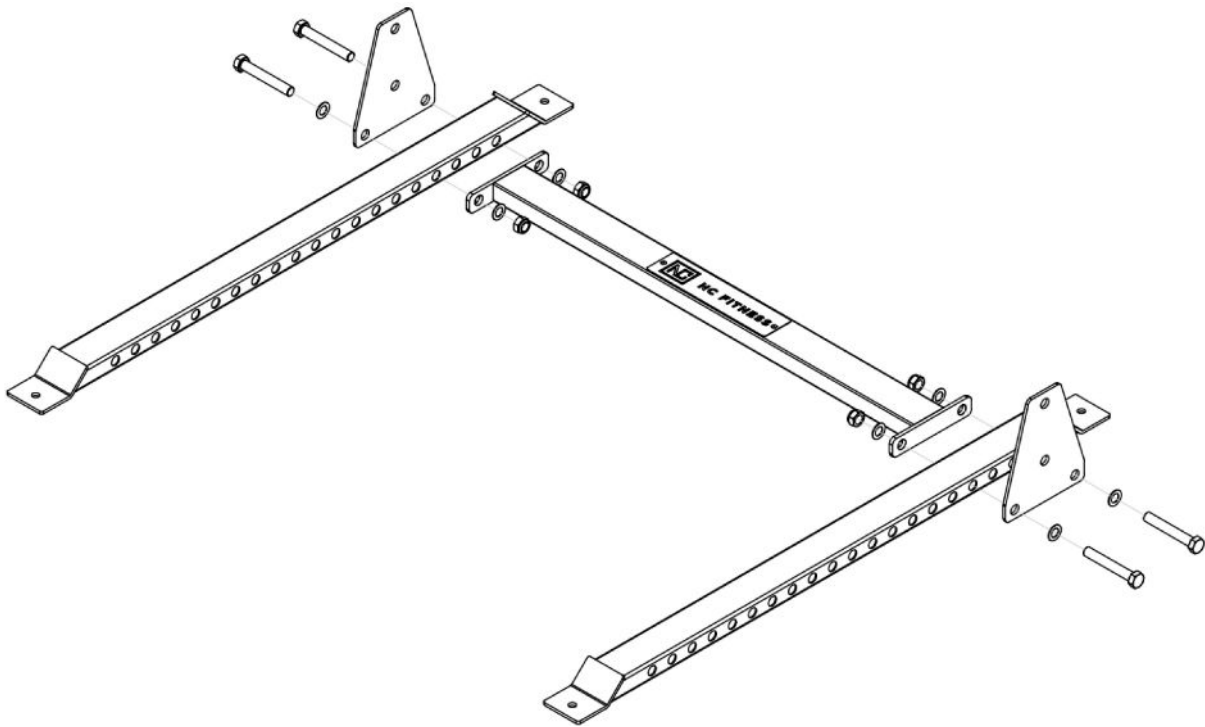
# HARDWARE AND PARTS LIST

<p>1-2300mm Upright-2pcs</p> 	<p>2-1800mm Upright-2pcs</p> 
<p>3-Base Crossbeam-2pcs</p> 	<p>4-Base Connecting Crossbeam-1pc</p> 
<p>5-Decline Crossbeam-2pcs</p> 	<p>6-Monkey Bar-1pc</p> 
<p>7-Connecting Triangle Plate-6pcs</p> 	<p>8-Sandwich J cup-1pair</p> 
<p>9-Band Pin-4pcs</p> 	<p>10-M18x120 Bolt-28sets (1 bolt, 2 washers, 1 locknut/set)</p> 

# ASSEMBLY INSTRUCTIONS

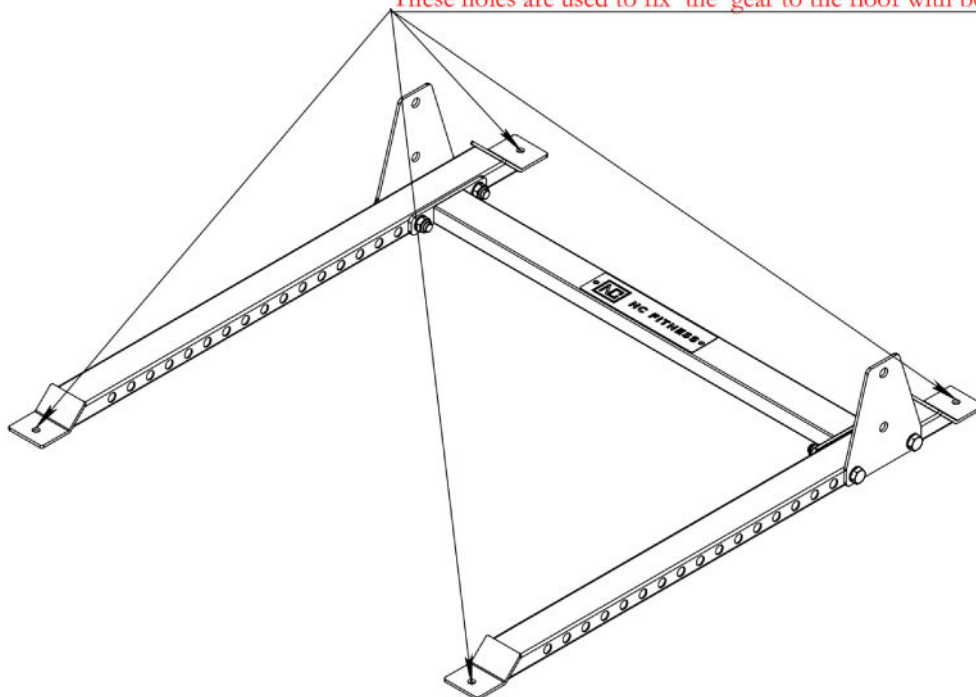
Attach the base connecting Crossbeam (4) and Connecting Triangle plate (7) to the base crossbeam (3), using M18x120 bolts (10).

## STEP-1



## Note:

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

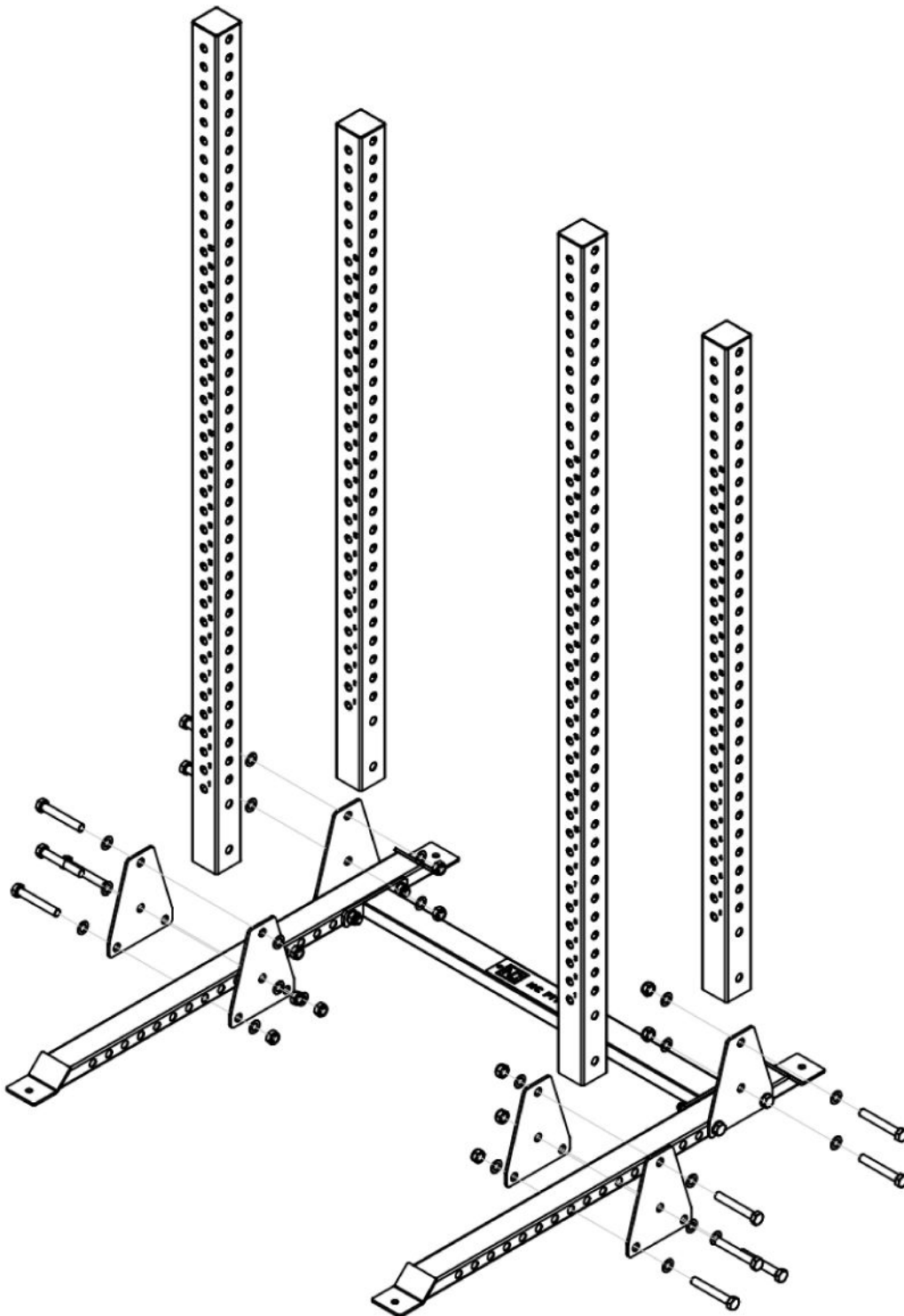


## STEP-2

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).

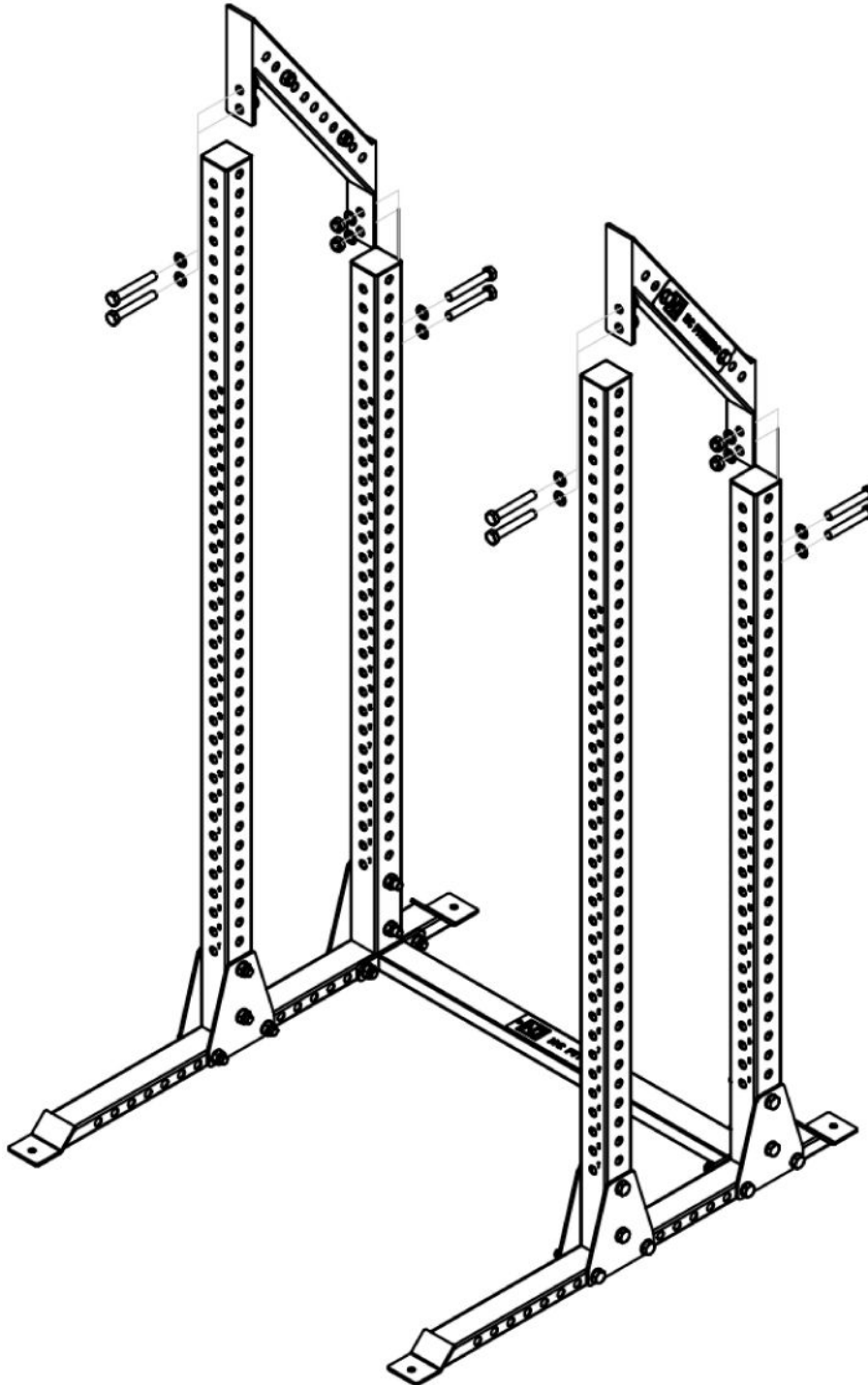
**1-Assemble frame and secure all hardware but do not fully tighten at this step.**

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



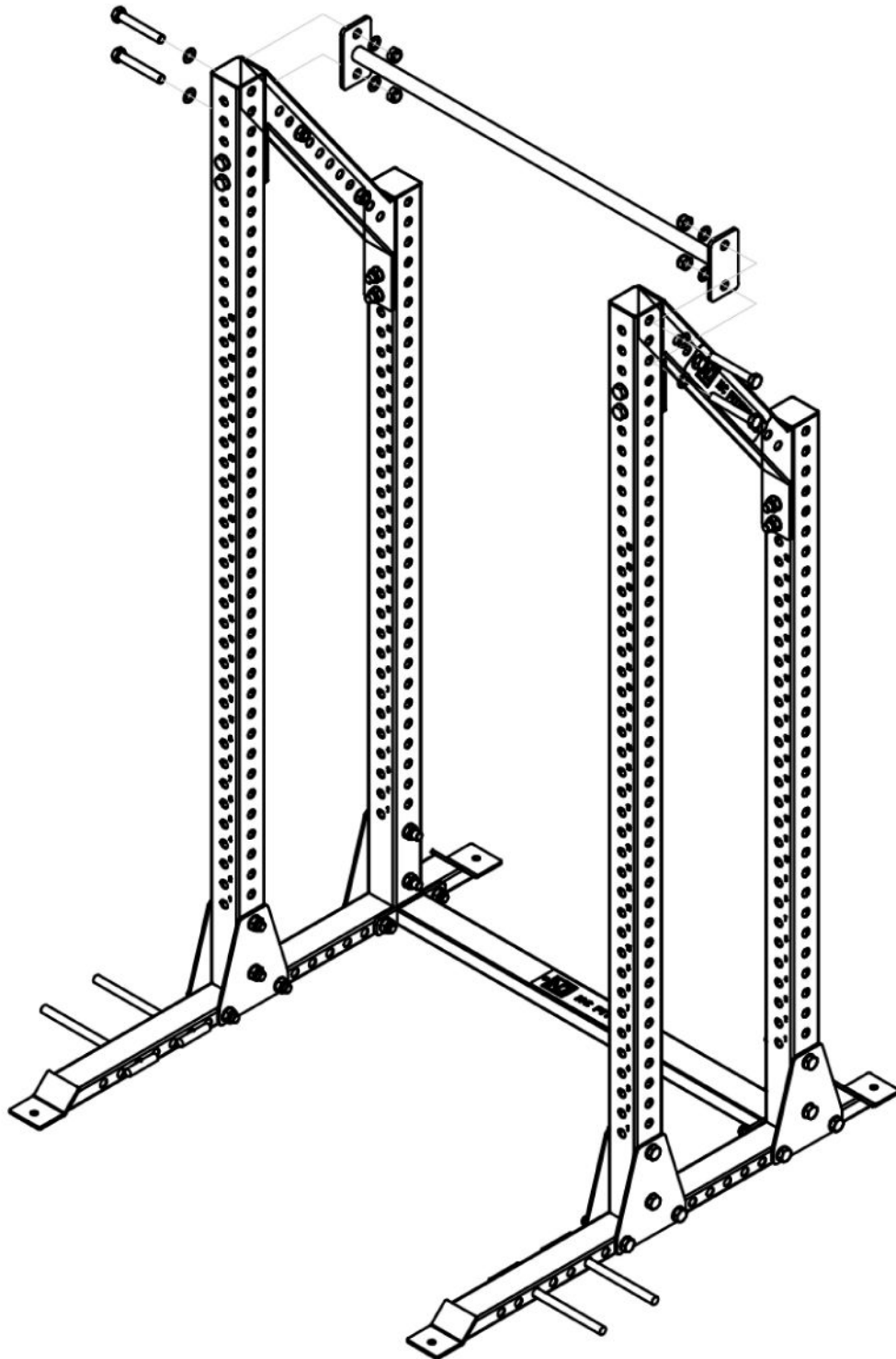
### STEP-3

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).

