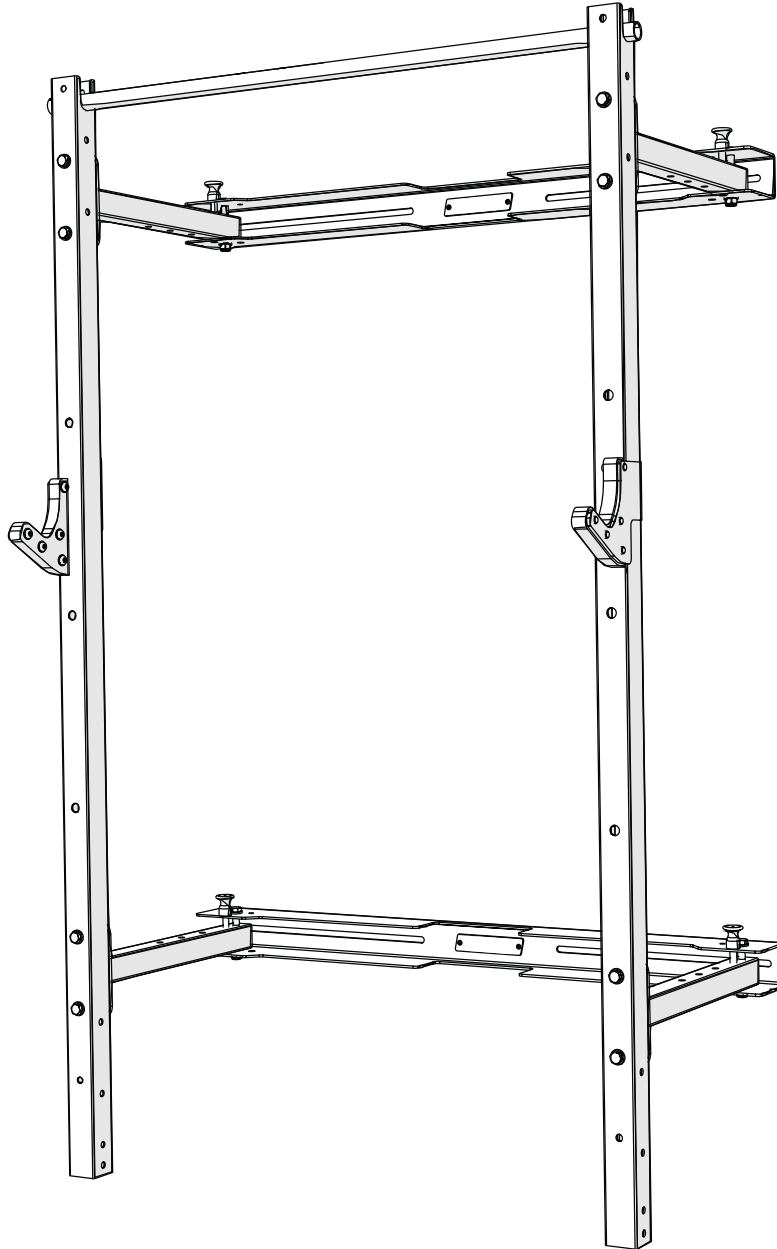


E60 FOLDING RACK

XL-1380



ASSEMBLY MANUAL

DIMENSIONS L x W x H mm (inch)	WEIGHT kg (lbs)	MAX LOAD kg (lbs)	COMMERCIAL WARRANTY
759 x 1290 x 2140 (30 x 51 x 84)	61 (134)	450 (992)	Main Frame Lifetime

WARNING

SERIOUS INJURIES TO USERS, BYSTANDERS OR INSTALLERS CAN OCCUR IF THE INSTRUCTIONS AND WARNINGS CONTAINED IN THIS MANUAL ARE NOT FOLLOWED. TO MINIMIZE THIS RISK, READ THE MANUAL BEFORE BEGINNING THE INSTALLATION TO FAMILIARIZE YOURSELF WITH ITS CONTENTS AND THEN BE CERTAIN TO FOLLOW EACH OF THE STEPS AND PRACTICES DESCRIBED.

TOOLS REQUIRED



TAPE MEASURE



PENCIL



SPIRIT LEVEL



HAMMER DRILL



VACUUM



19MM & 17MM
SPANNER / SOCKET



6MM ALLEN KEY

PARTS

NO.	PART	QTY
1	UPRIGHT	2
2	WALL PLATE	2
3	PULL-UP BAR	1
4	WALL ARM	4
5	J-HOOKS (PAIR)	1
6	SELECTOR PIN	4
7	J-HOOK PLASTIC	2

FIXINGS

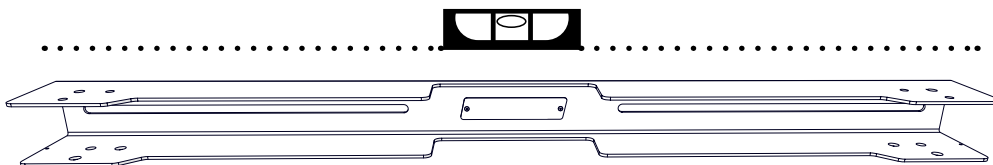
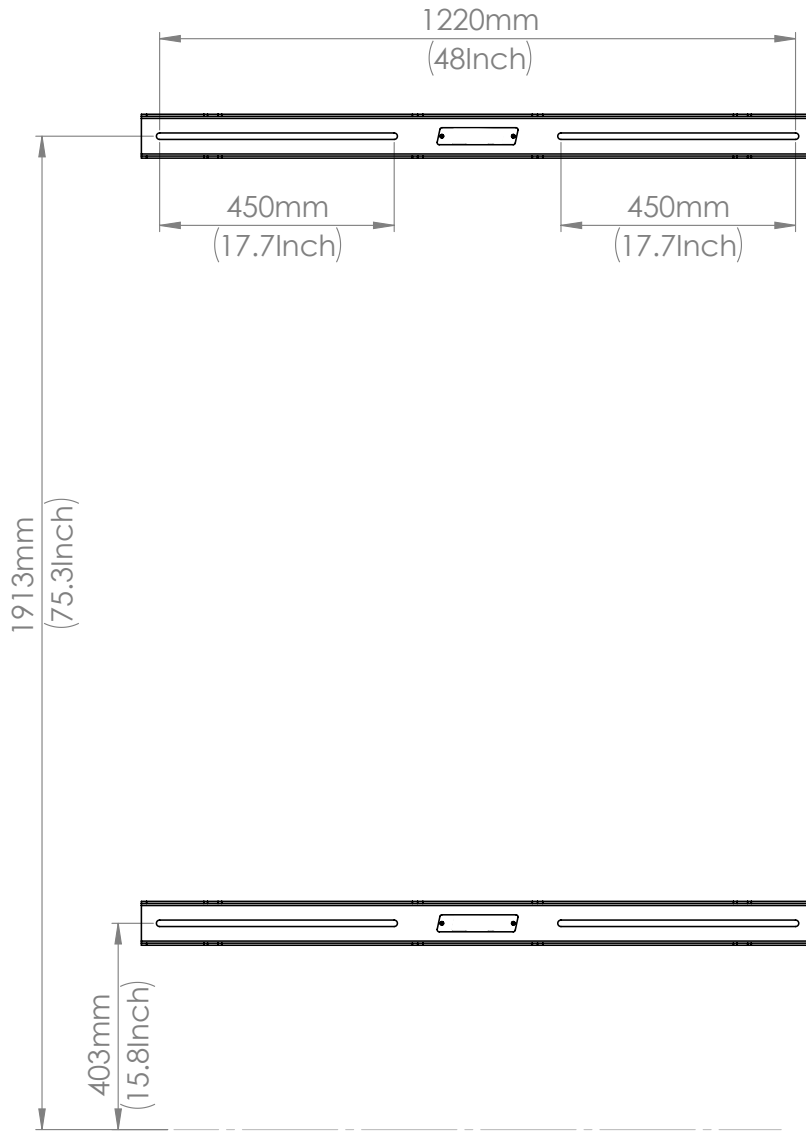
NO.	FIXING	QTY
1	M12 X 90 BOLT	8
2	M12 X 120 BOLT	4
3	M12 WASHER	32
4	M12 NYLOC	12
5	M10 X 35 BUTTON HEAD	10
6	M10 SHAKE PROOF WASHER	10
7	M10 X 65 COACH SCREW	8
8	M12 X 50 WALL PLUG	8
9	M10 X 25 WASHER	8
10	60 X 60 END CAP	2

STEP 1

USING THE DIMENSIONS BELOW, MEASURE OUT, DRILL AND FIX THE UPPER STRINGER PLATE TO THE WALL USING THE SUPPLIED FIXINGS. USING A SPIRIT LEVEL TO ENSURE THAT IT IS FIXED TO THE WALL LEVEL.

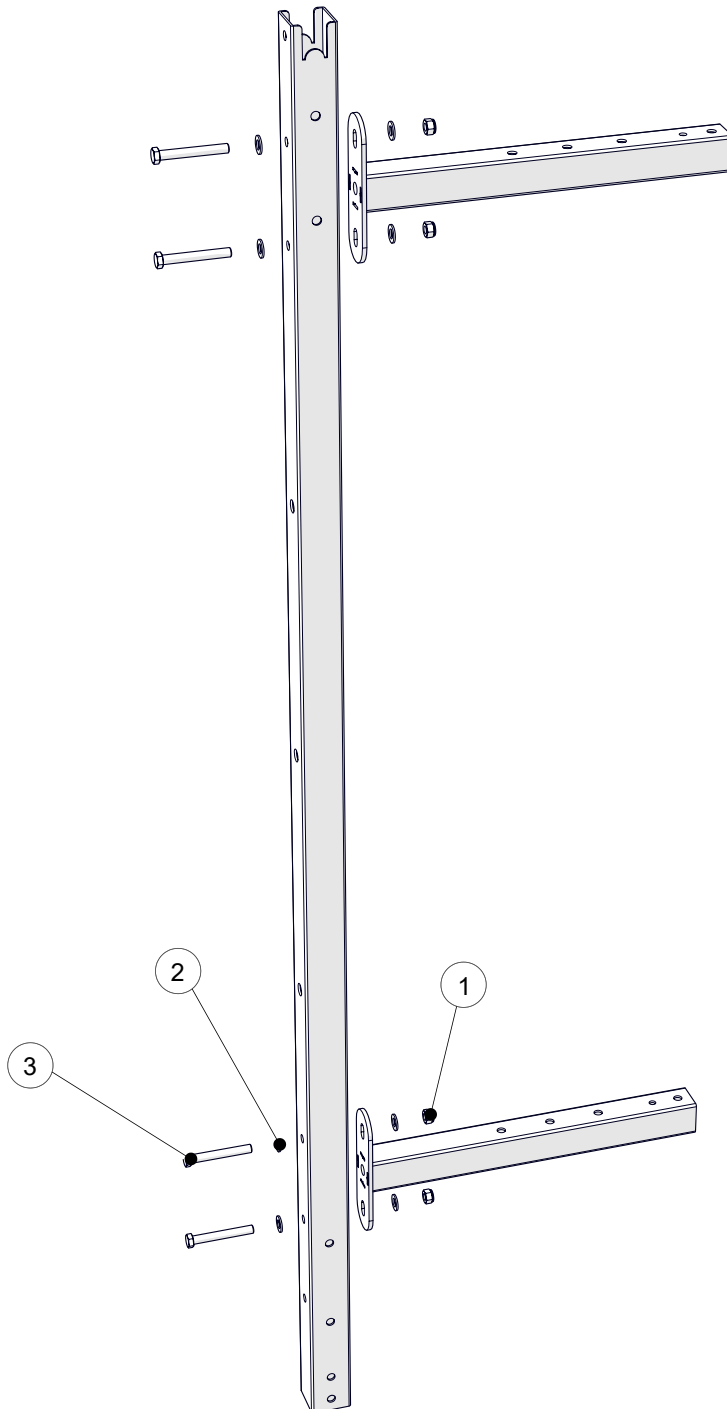
SOLID WALLS: DRILL A 12MM HOLE AND USE A WALL PLUG FIXING.ENSURE THE HOLE IS VACCUUMED OUT BEFORE INSERTING THE WALL PLUG.

STUDDED WALL: USE M10X65 COACH SCREW, MAKING SURE THAT YOU FASTEN INTO STUDDED WALL UPRIGHTS.



STEP 2

ATTACH THE REAR ARMS TO THE UPRIGHTS, USING THE FIXINGS OUTLINED BELOW. REPEAT THIS STEP FOR BOTH SIDES.



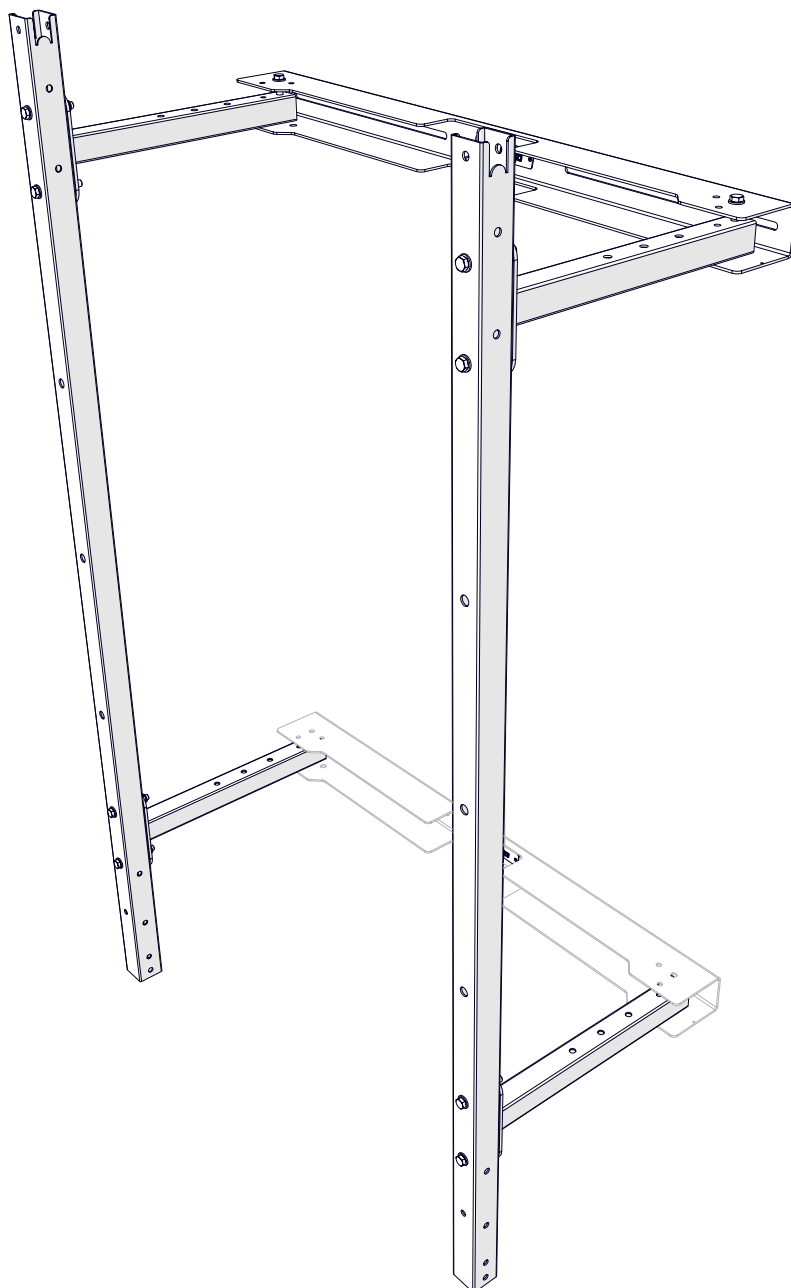
NO.	FIXING	QTY
1	M12 NYLOC	4
2	M12 WASHER	8
3	M12 X 90 BOLT	4

STEP 3

LOOSELY ATTACH THE UPRIGHTS TO THE TOP STRINGER, THEN ATTACH THE BOTTOM STRINGER TO THE BOTTOM ARMS AND MARK OFF THE FIXING POINTS ON THE WALL.

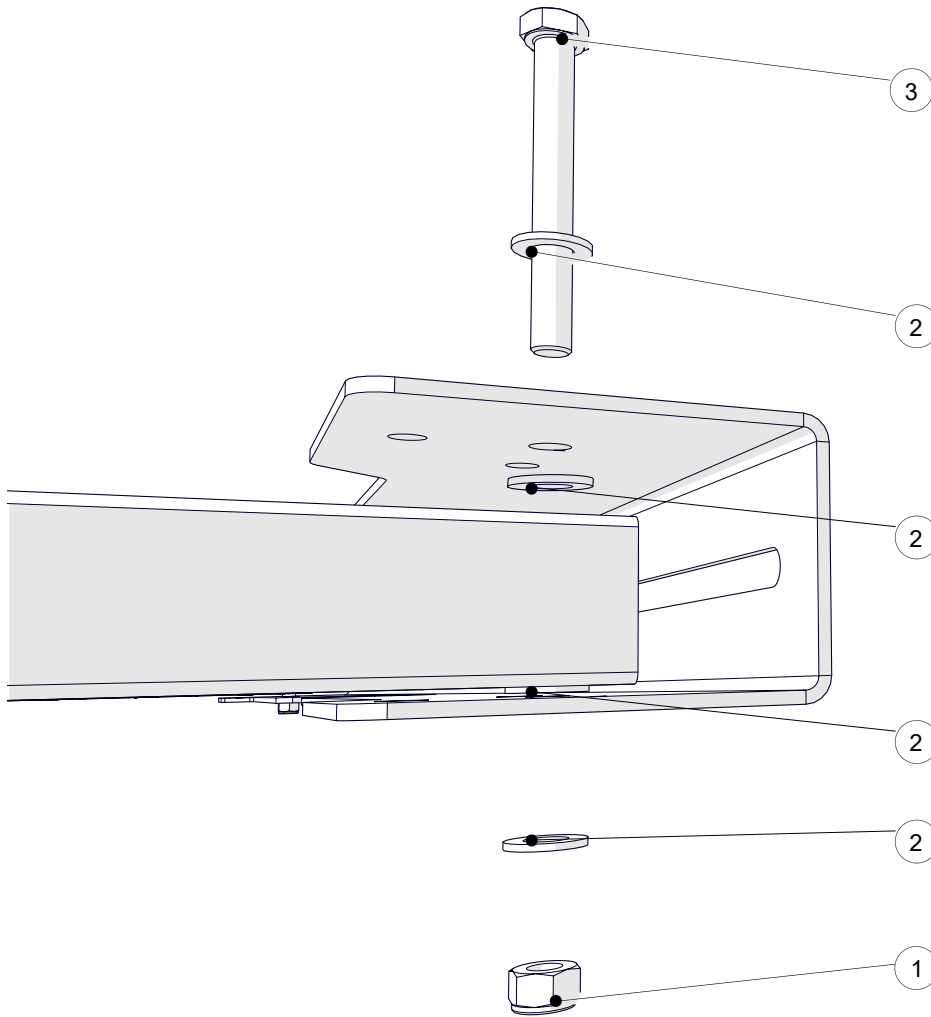
REMOVE UPRIGHTS AND DRILL THE FIXING HOLES AS MARKED.

ATTACH THE BOTTOM STRINGER TO THE WALL USING THE FIXINGS SUPPLIED AND FOLLOWING THE SAME PROCEDURE AS STEP 1.



STEP 4

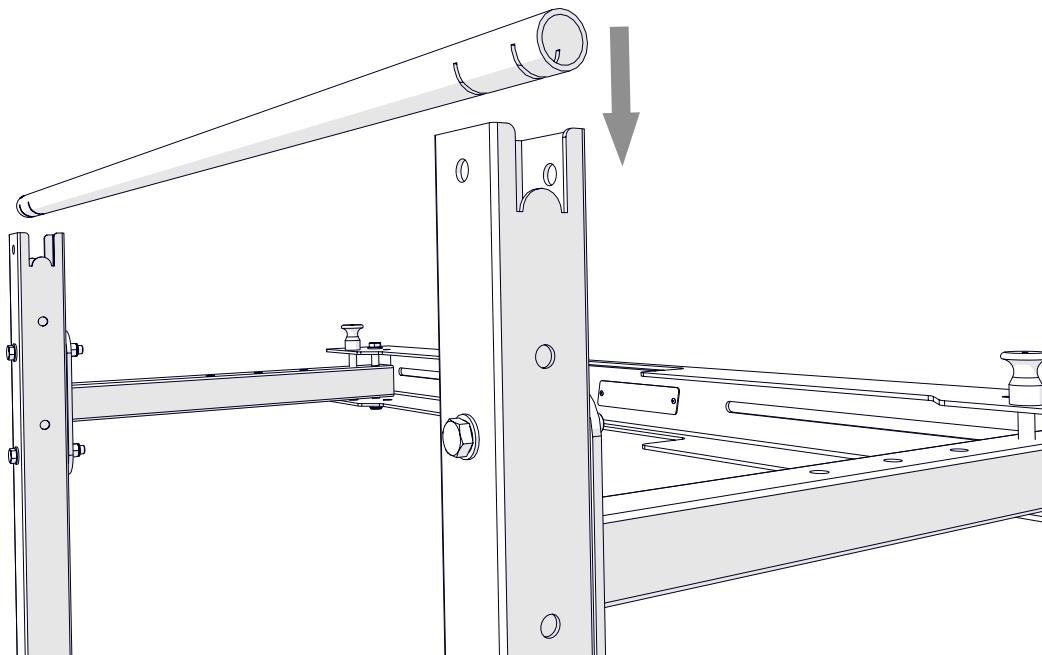
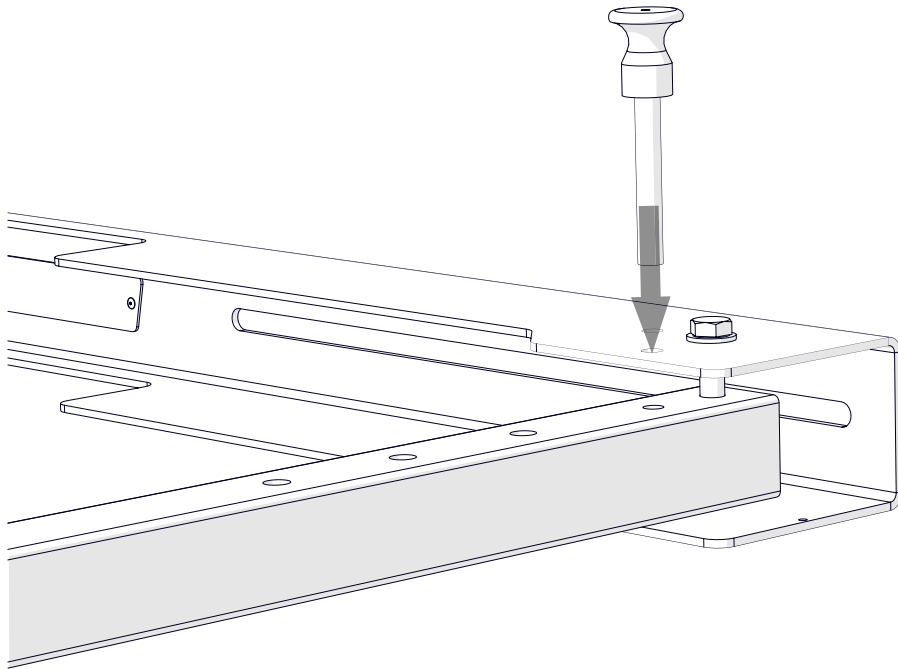
ATTACH THE UPRIGHTS TO THE WALL STRINGER PLATES USING THE FIXINGS IN THE BELOW TABLE AND DIAGRAM.



NO.	FIXING	QTY
1	M12 NYLOC	4
2	M12 WASHER	16
3	M12 X 120 BOLT	4

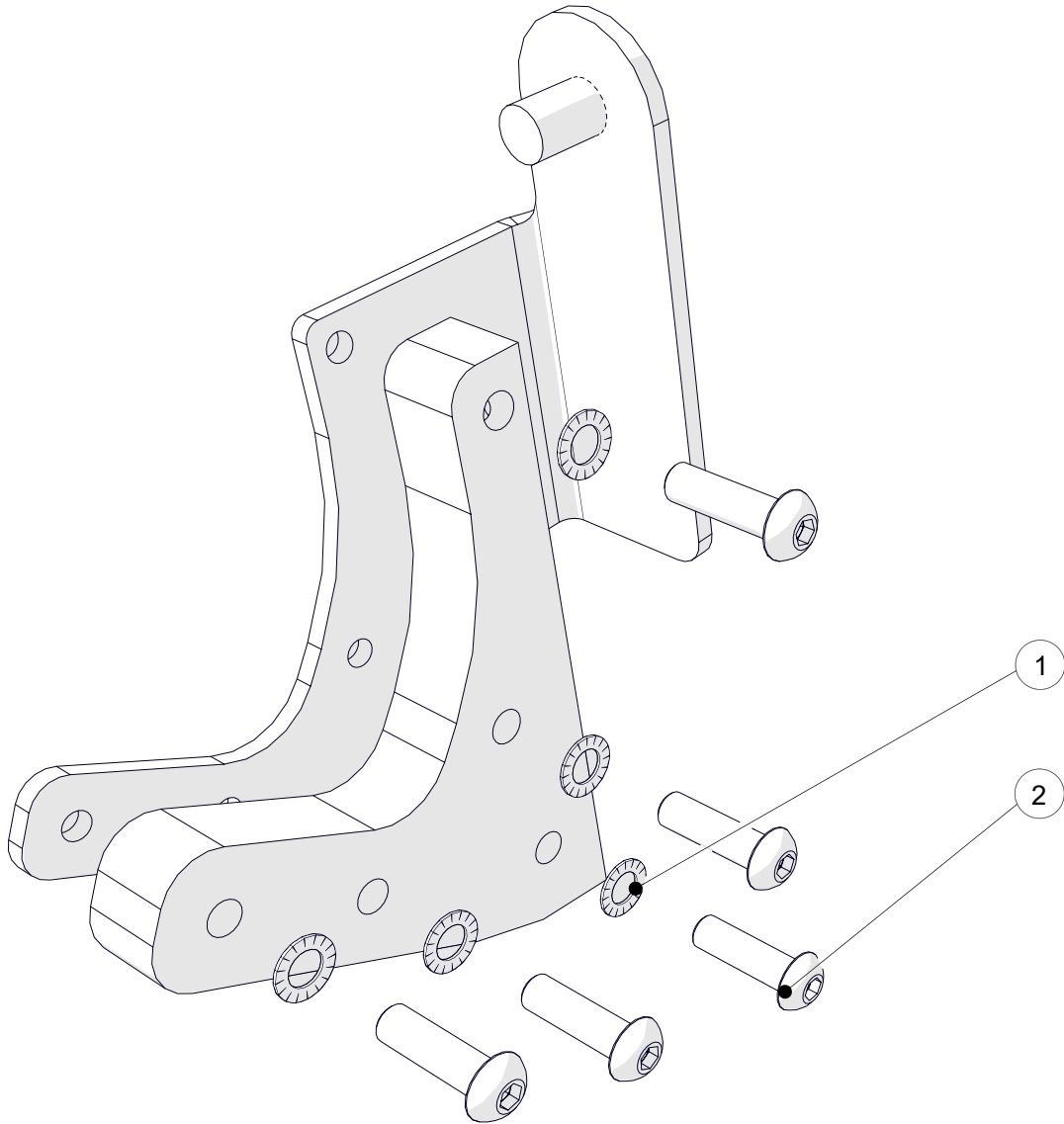
STEP 5

WHEN USING THE RACK, FOLD OUT BOTH ARMS AND SECURE WITH THE DROP PIN. THE PULLUP BAR THEN SLOTS FIRMLY INTO THE TOP OF THE UPRIGHTS AND WILL BE LOCKED IN PLACE.



STEP 6

ASSEMBLE THE J-HOOKS USING THE FIXINGS BELOW.



NO.	FIXING	QTY
1	M10 INTERNAL WASHER	10
2	M10 X 35 BUTTON HEAD	10

MAINTENANCE & EQUIPMENT USAGE

PREVENTATIVE MAINTENANCE IS CRITICAL TO THE SAFETY OF USERS AS WELL AS ENSURING THE OPTIMUM FUNCTION OF THE EQUIPMENT. ONLY USE COMPONENTS FROM THE SUPPLIER WHEN SERVICING YOUR EQUIPMENT. BE CERTAIN TO REPLACE ANY COMPONENTS AT THE FIRST SIGNS OF WEAR.

DAILY INSPECTION

PAINT: LOOK FOR PAINT CHIPS AND FILL IN IMMEDIATELY WITH TOUCH-UP PAINT FROM THE SUPPLIER.

FIXINGS: CHECK ALL NUTS, BOLTS AND ASSOCIATED FRAME PARTS FOR ANY LOOSENESS. TIGHTEN AS REQUIRED.

WALL FIXINGS: ENSURE WALL FIXINGS ARE SOLID AND SECURED TO THE WALL WITH NO DAMAGE. DO NOT USE IF ANY DAMAGE IS APPARENT OR FIXINGS ARE LOOSE.

MAIN FRAME: INSPECT FOR ANY DAMAGE. NOTIFY THE SUPPLIER OF ANY FAULTS OR DAMAGE IMMEDIATELY.

DAILY CLEANING

MAIN FRAME: CLEAN THE MAIN FRAME WITH A MILD SOAP SOLUTION OR AN APPROVED CLEANER AND DRY COMPLETELY.

PLASTIC PARTS: WIPE PLASTIC PARTS WITH A MILD SOAP SOLUTION OR AN APPROVED CLEANER TO REMOVE DIRT AND GREASE MARKS AND DRY COMPLETELY.

CHROME PARTS: WIPE CHROME PLATED PARTS WITH A MILD SOAP SOLUTION OR AN APPROVED CLEANER AND DRY COMPLETELY.

HEAVY DUTY CLEANING: IF YOU HAVE SCUFF MARKS, GREASE OR A HEAVY DIRT BUILDUP ON FRAME COMPONENTS, START WITH A MILD SOAP SOLUTION OR A DILUTED SOLUTION OF AN ALL PURPOSE CLEANER. IF YOU CANNOT REMOVE THE MARKS USING THOSE METHODS, USE A CAR POLISH/CLEANER. DO NOT USE SOLVENTS SUCH AS LACQUER THINNER, MINERAL SPIRITS OR ACETONE. FOR DEEPER SCUFF MARKS, USE AN AUTOMOBILE FINISH RUBBING COMPOUND.

CAUTION: CERTAIN ANTI-BACTERIAL CLEANERS AND OTHER HARSH CLEANING AGENTS CAN INDUCE CORROSION ON THE EQUIPMENT. IT IS IMPORTANT NOT TO LEAVE PARTS DAMP. THIS WILL INCREASE THE POTENTIAL FOR CORROSION TO OCCUR.

EQUIPMENT USAGE

REVIEW AND UNDERSTAND ALL OF THE WARNING LABELS AFFIXED TO THE EQUIPMENT.

BE CERTAIN THAT THE EQUIPMENT OPERATION IS UNDERSTOOD BEFORE IT IS USED. USE THE RACK ONLY FOR THE INTENDED EXERCISE.

KEEP CHILDREN AWAY FROM THIS EQUIPMENT. TEENAGERS MUST BE SUPERVISED.

IT IS RECOMMENDED THAT USERS RECEIVE A THOROUGH MEDICAL EXAM BEFORE COMMENCING AN EXERCISE PROGRAM. ALL MEDICAL ISSUES SHOULD BE REVIEWED TO ENSURE THAT WEIGHT TRAINING WILL NOT AGGRAVATE PRE-EXISTING MEDICAL CONDITIONS.

DO NOT USE THE EQUIPMENT IF IT APPEARS DAMAGED, JAMMED OR INOPERABLE.

DO NOT MODIFY THE EQUIPMENT IN ANYWAY.

DO NOT WEAR LOOSE OR DANGLING CLOTHES/OBJECTS WHEN USING THIS EQUIPMENT.