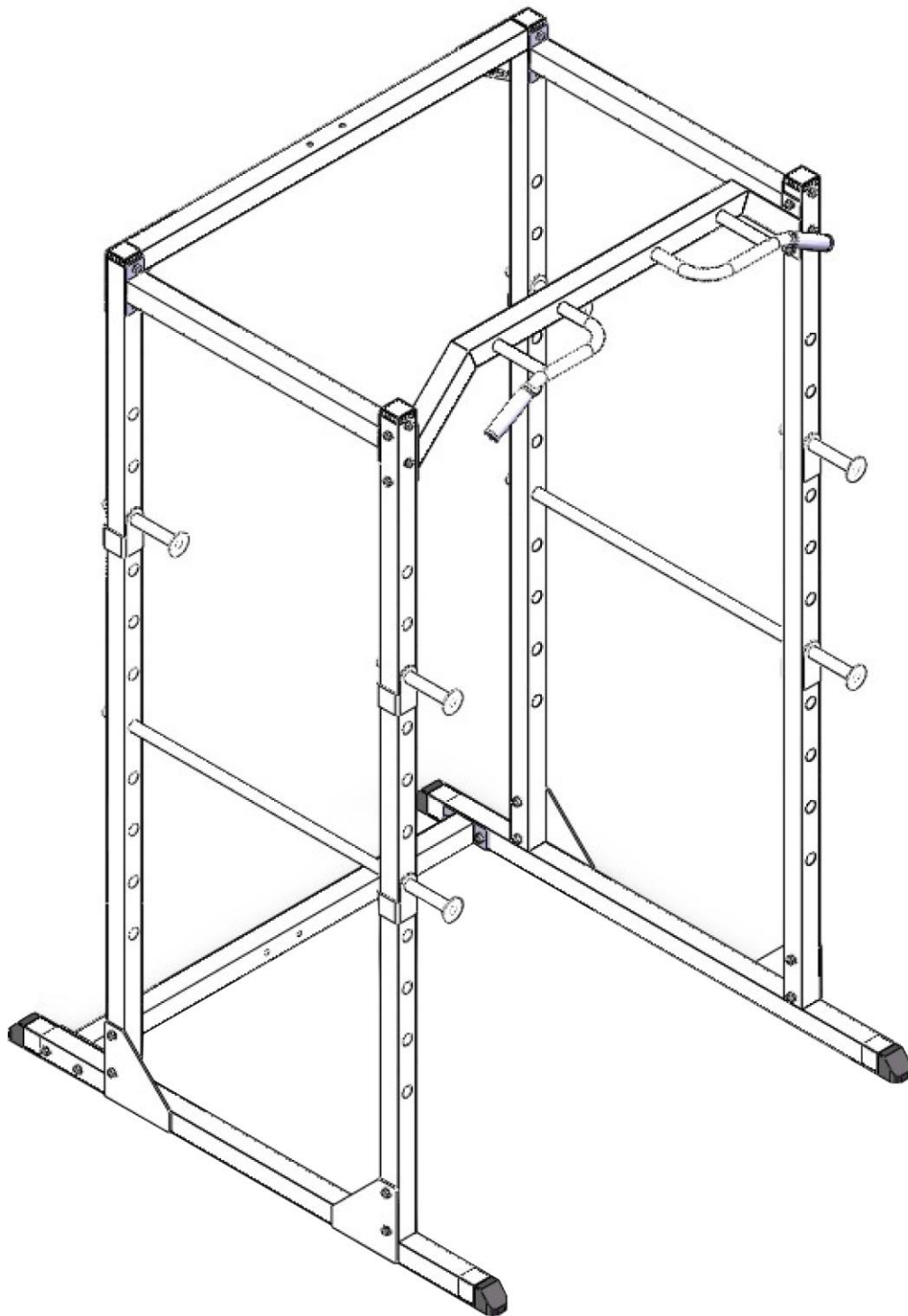


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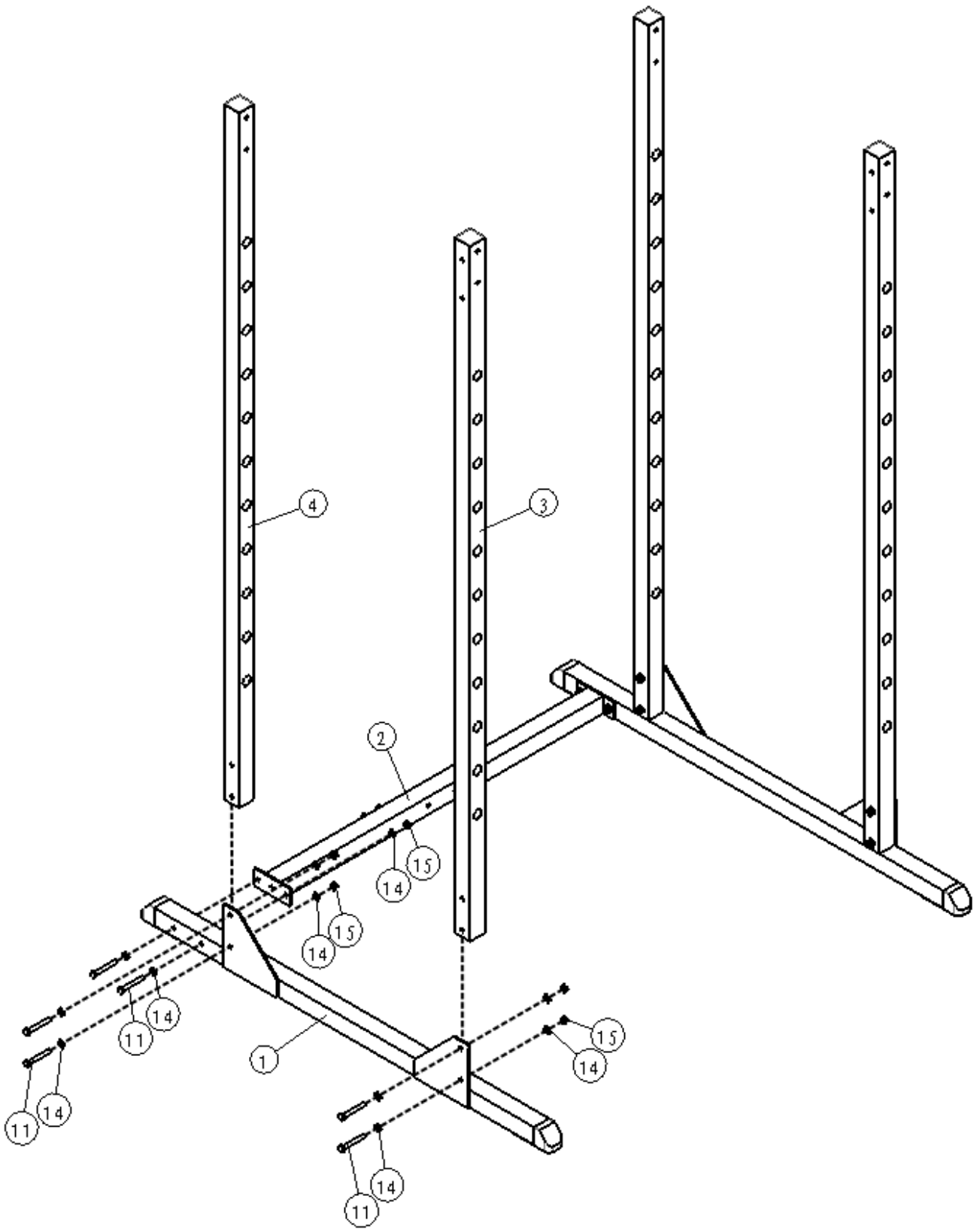
F100 STANDARD POWER RACK



OWNER'S MANUAL

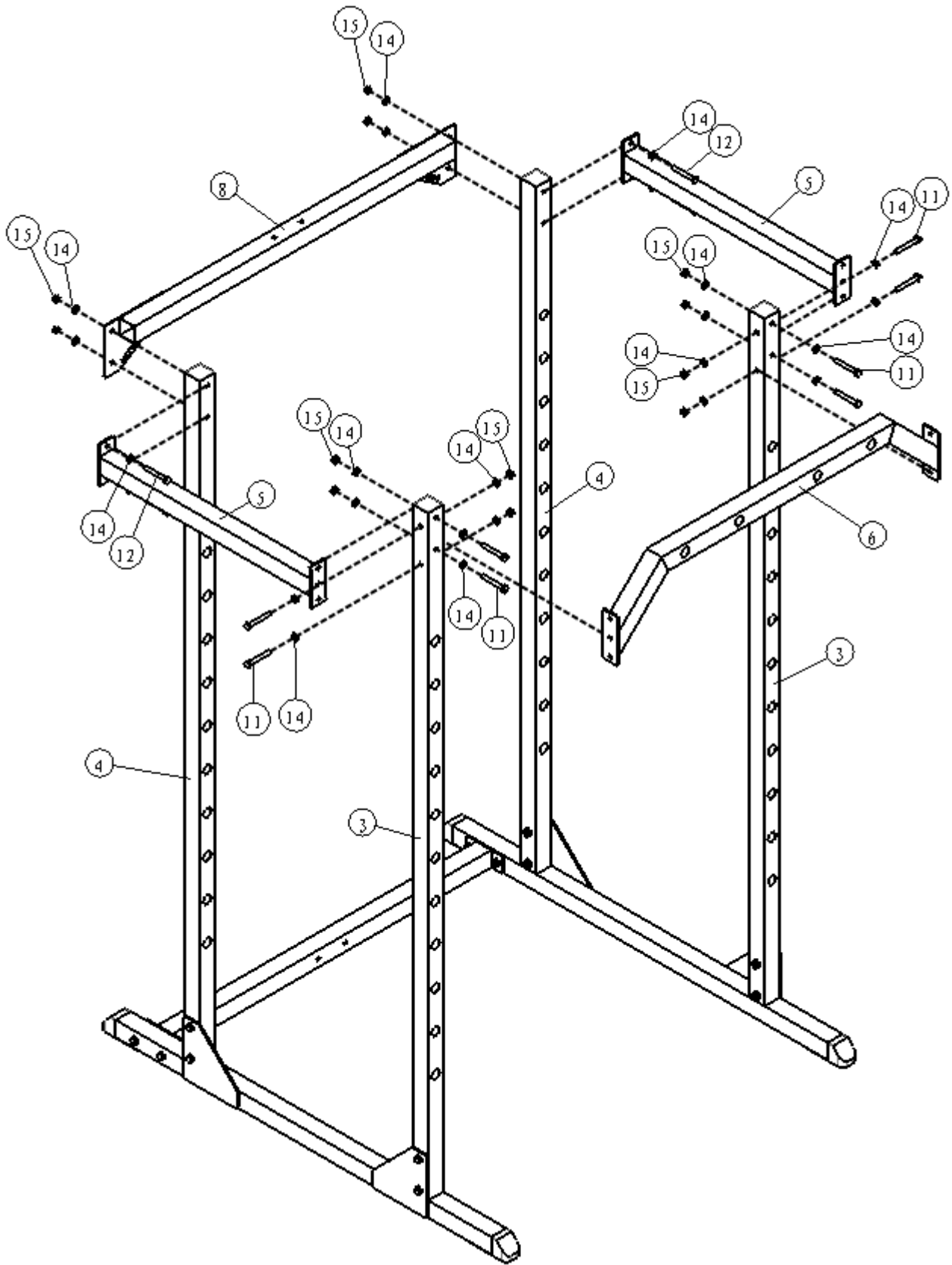
PART LIST

PART NO:	DESCRIPTION	Q'TY
1.	LEFT&RIGHT BOTTOM FRAME	2
2.	REAR BOTTOM FRAME	1
3.	FRONT VERTICAL FRAME	2
4.	REAR VERTICAL FRAME	2
5.	LEFT&RIGHT TOP FRAME	2
6.	FRONT TOP FRAME	1
7.	PULL UP HANDLE	2
8.	REAR TOP FRAME	1
9.	LONG SAFETY BAR	2
10.	SHORT SAFETY BAR	4
11.	HEX BOLT M10*70	20
12.	HEX BOLT M10*75	4
13.	HEX BOLT M10*20	4
14.	WASHER ϕ 10	52
15.	NYLON NUT M10	24



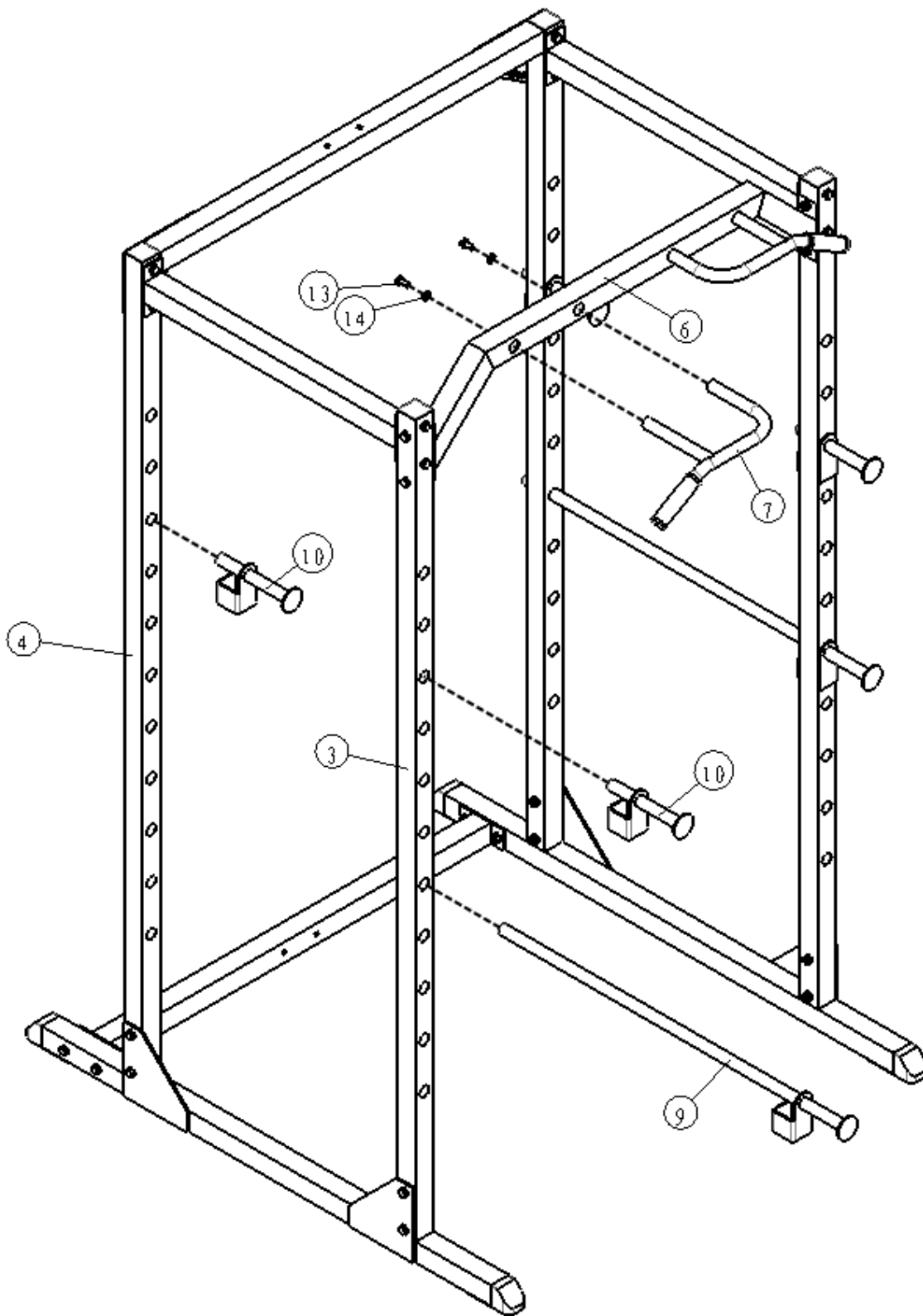
STEP 1

1. CONNECT (1) AND (2) WITH (11,14,15);
2. CONNECT (1) AND (3) WITH (11,14,15);
3. CONNECT (1) AND (4) WITH (11,14,15), AS SHOWN;



STEP 2

1. CONNECT (3) AND (6) WITH (11,14,15);
2. CONNECT (3) AND (5) WITH (11,14,15);
3. CONNECT (5),(4) AND (8) WITH (12,14,15), AS SHOWN;



STEP 3

1. CONNECT (7) AND (6) WITH (13,14);
2. SLIDE (9) THROUGH (3) AND (4); PLACE (10) ONTO (3) AND (4), AS SHOWN.

NOTE: FASTEN ALL BOLTS BEFORE USING THE POWER RACK.