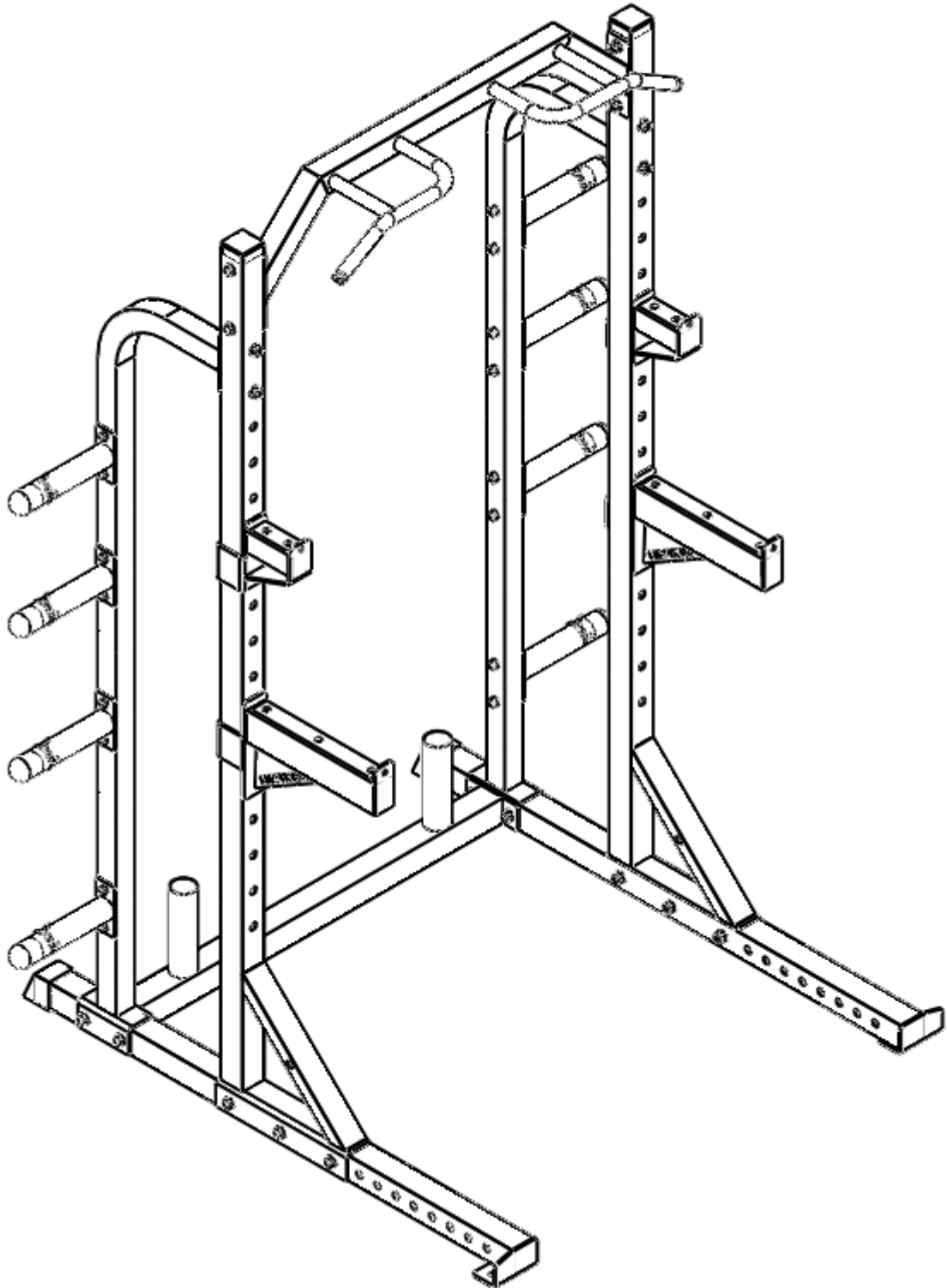


**HIT00162**

**COMMERCIAL HALF RACK**

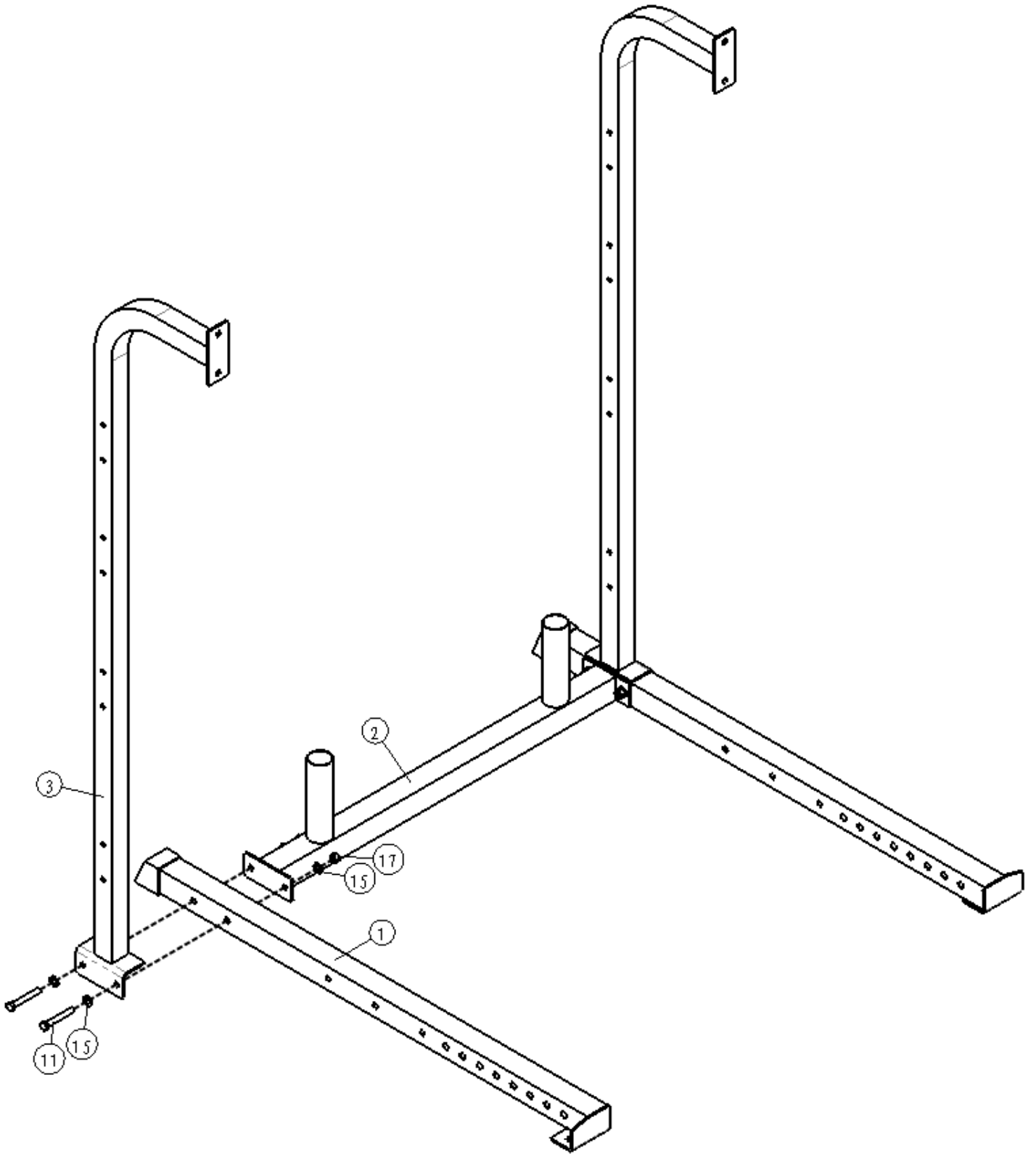


**OWNER'S MANUAL**

## PART LIST

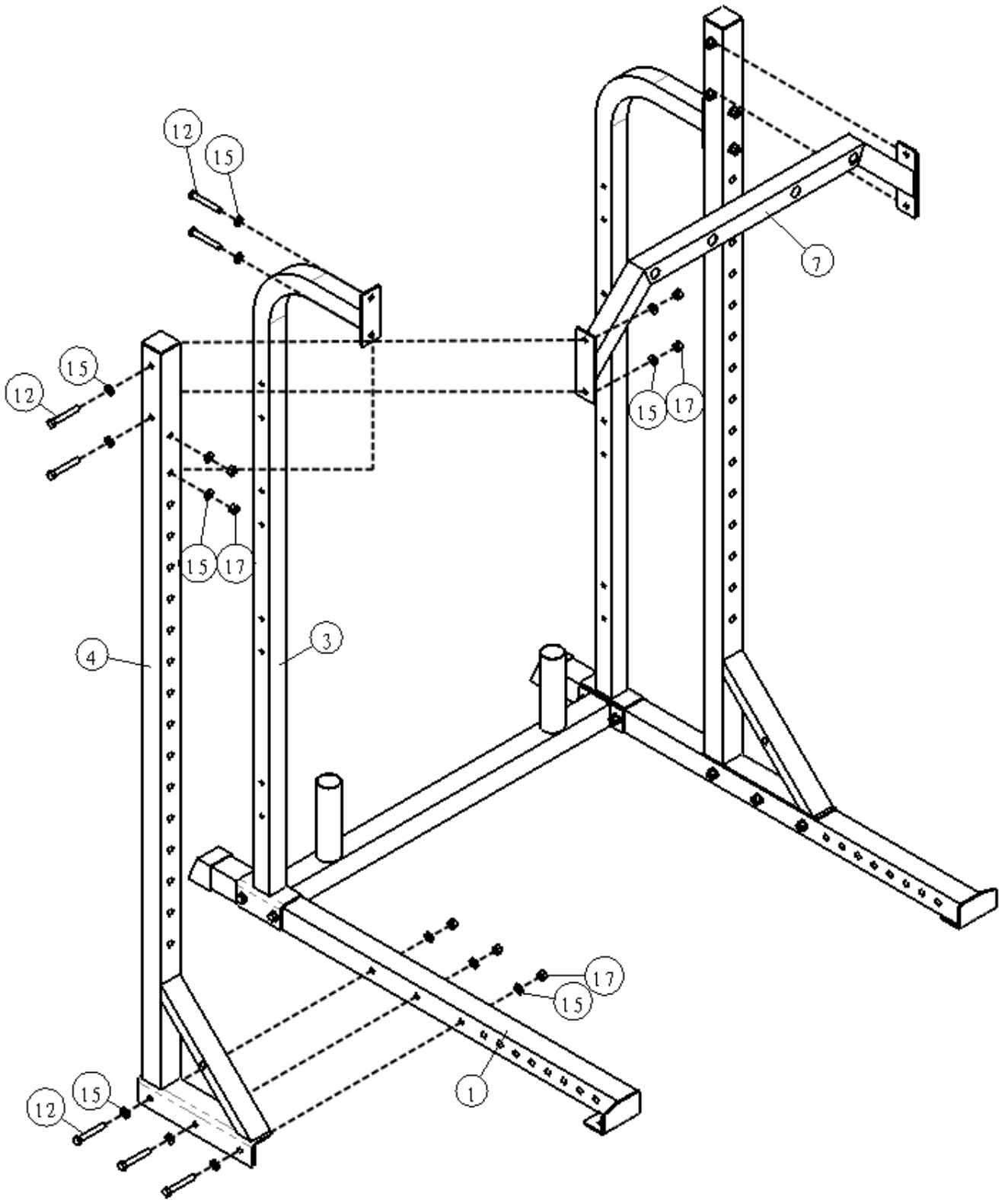
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PART NO:	DESCRIPTION	Q'TY
1.	LEFT&RIGHT BOTTOM FRAME	2
2.	REAR BOTTOM FRAME	1
3.	REAR BENT FRAME	2
4.	FRONT VERTICAL FRAME	2
5.	J CUPS	2
6.	SPOTTER ARMS	2
7.	TOP CONNECTION FRAME	1
8.	PULL UP HANDLE FRAME	2
9.	WEIGHT PLATE LOADING FRAME	8
10.	SPRING COLLAR $\phi$ 48	8
11.	HEX BOLT M12*85	4
12.	HEX BOLT M12*80	14
13.	HEX BOLT M10*70	16
14.	HEX BOLT M10*20	12
15.	WASHER $\phi$ 12	36
16.	WASHER $\phi$ 10	36
17.	NYLON NUT M12	18
18.	WASHER M10	16



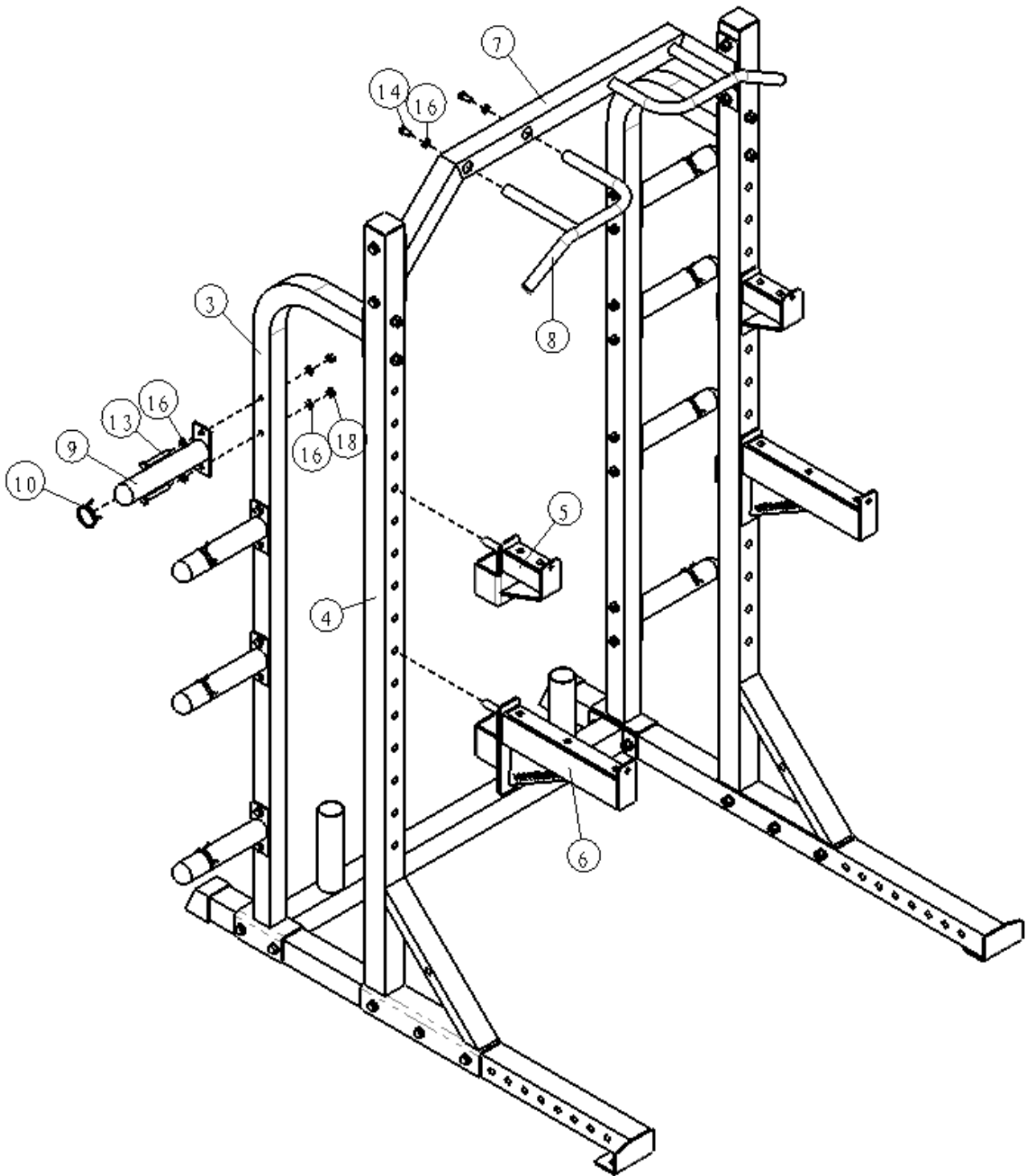
**STEP 1**

1. CONNECT (1),(2) AND (3) WITH (11,15,17), AS SHOWN;



## STEP 2

1. CONNECT (1) AND (4) WITH (12,15,17);
2. CONNECT (3) AND (4) WITH (12,15,17);
3. CONNECT (4) AND (7) WITH (12,15,17), AS SHOWN;



### STEP 3

1. CONNECT (7) AND (8) WITH (14,16);
2. CONNECT (3) AND (9) WITH (13,16,18); PLACE (10) ONTO (9);
3. PLACE (5) AND (6) ONTO (4), AS SHOWN.

**NOTE: FASTEN ALL BOLTS BEFORE USING THE COMMERCIAL HALF RACK.**