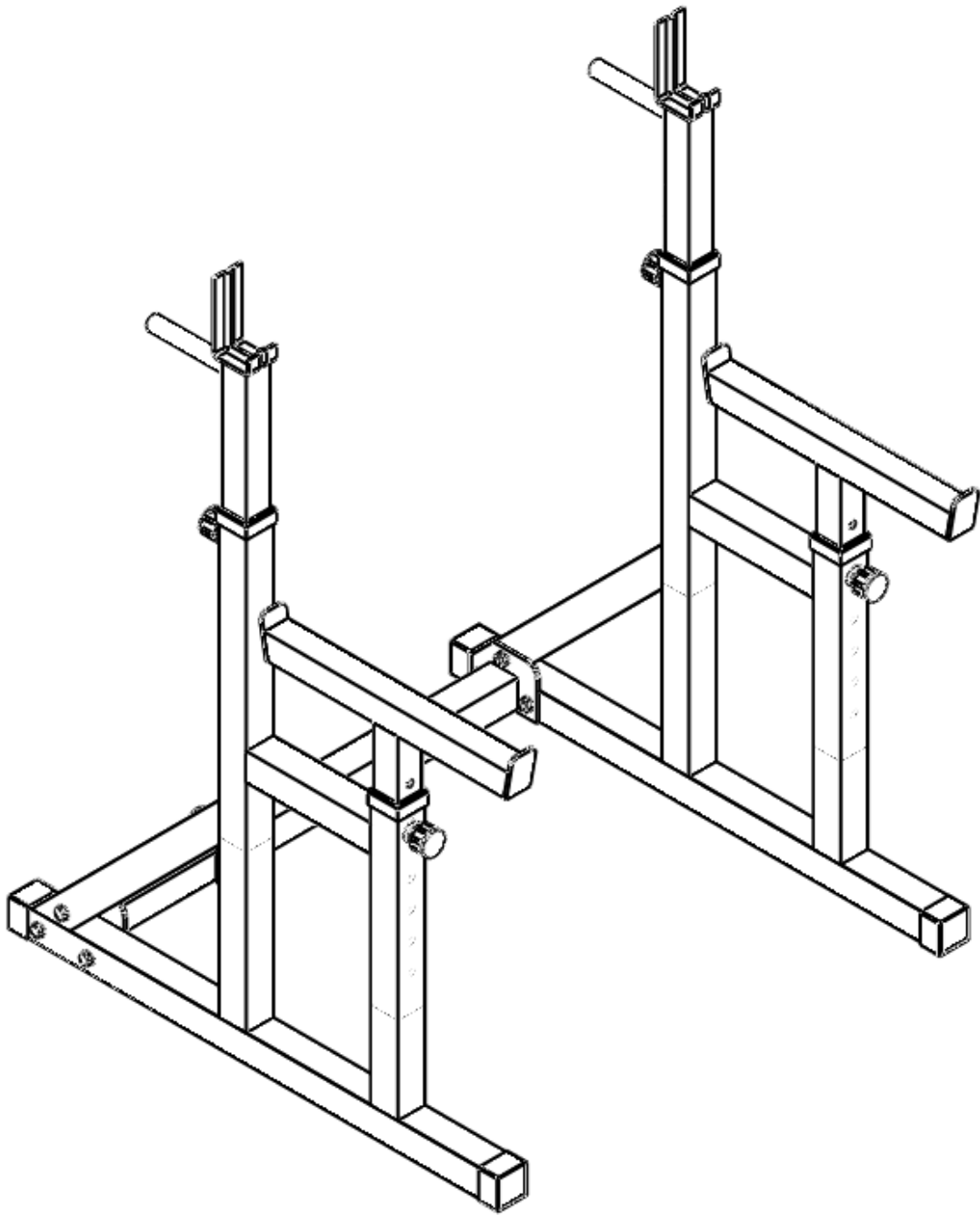


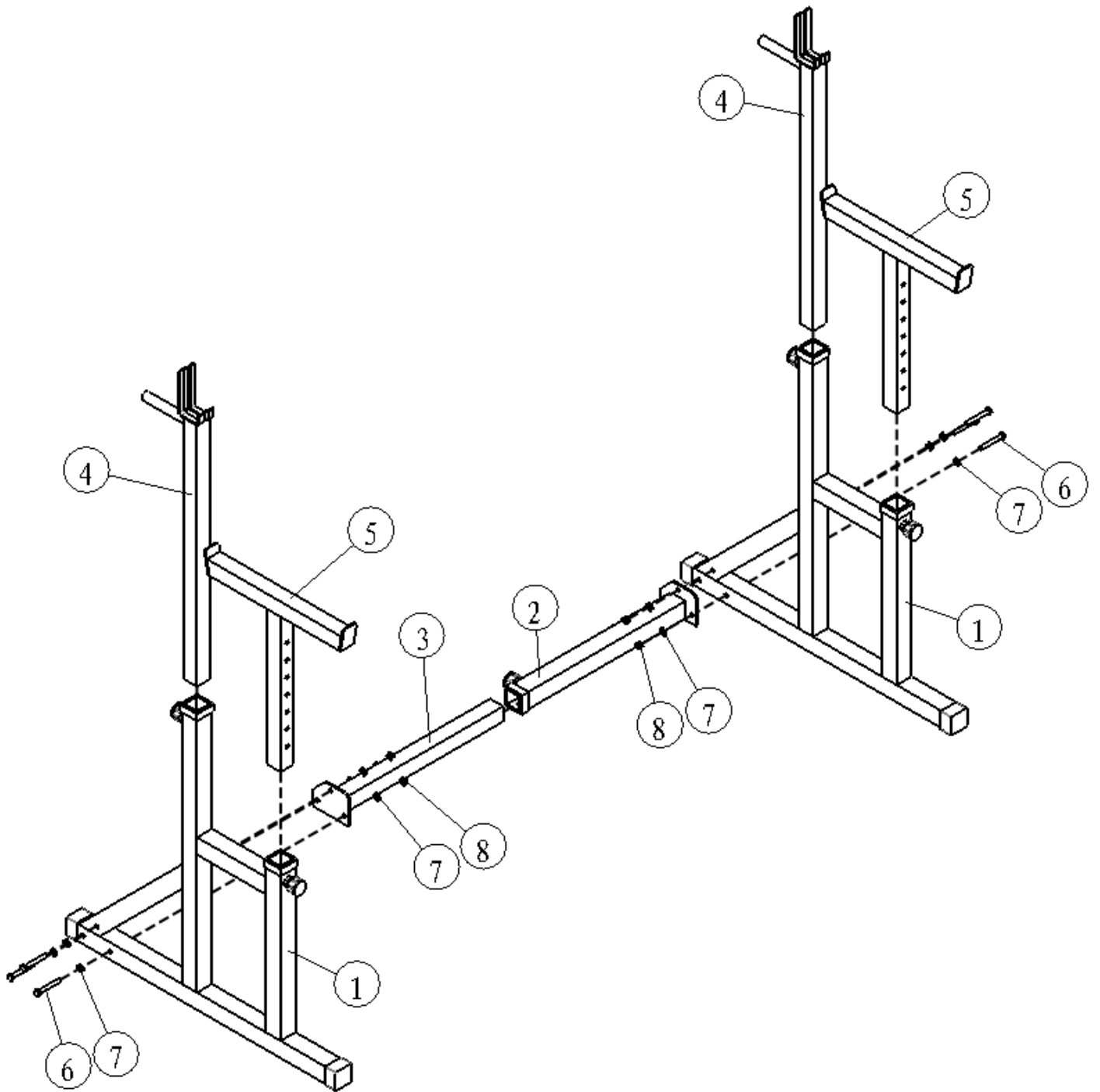
HIT00324
ADJUSTABLE SUQAT
RACK / ESSENTIAL



OWNER'S MANUAL

PART LIST

PART NO:	DESCRIPTION	Q'TY
1.	LEFT&RIGHT VERTICAL FRAME	2
2.	REAR BOTTOM CONNECTION FRAME 50*50MM	1
3.	REAR BOTTOM CONNECTION FRAME 44*44MM	1
4.	ADJUSTABLE BARBELL HOLDER	2
5.	ADJUSTABLE SAFETY CATCHER	2
6.	HEX BOLT M10*70	6
7.	WASHER Φ 10	12
8.	NYLON NUT M10	6



STEP 1

1. CONNECT (1) AND (2) WITH (6,7,8);
2. CONNECT (1) AND (3) WITH (6,7,8);
3. INSERT (3) INTO (2), ADJUST WIDTH ACCORDING TO NEEDS.
4. INSERT (4) AND (5) INTO (1), ADJUST HEIGHT ACCORDING TO NEEDS.

NOTE: PLEASE FASTEN ALL BOLTS BEFORE USING THIS RACK!