

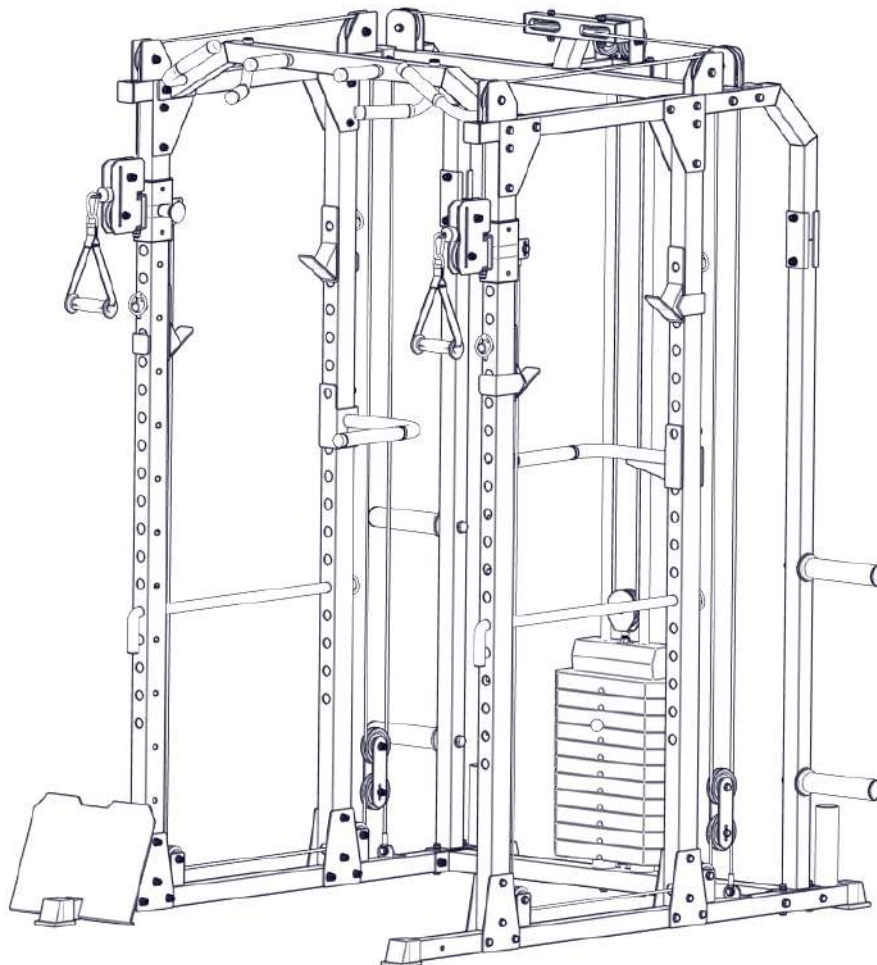


HIT FITNESS

HIT01050

Hit Fitness Plate Loaded Power Rack

USER MANUAL



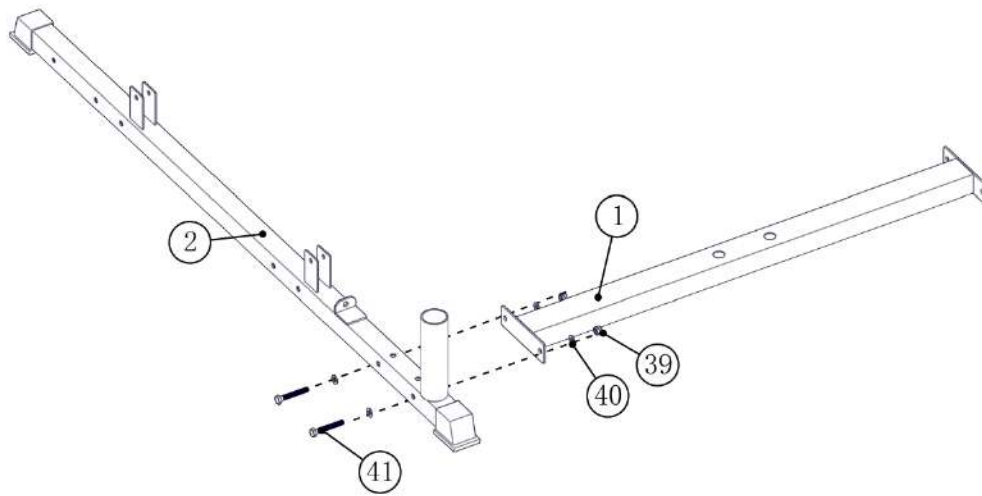
Spare parts list

No.	Description	Qty.
1	Back bottom tube	1
2	Front bottom tube	2
3	Front column assembly	2
4	Middle column assembly	2
5	Bottom connecting plate	8
6	Sliding tube (L)	1
7	Sliding tube (R)	1
8	Top connecting plate	8
9	Back support tube	2
10	Upper connecting tube	2
11	"U" shape plate	4
12	Chin up bar tube	1
13	Back upper tube	1
14	2 Way pulley	2
15	Rubber cushion	2
16	Bottom weight plate	11
17	Top weight plate	1
18	Selector bar	1
19	Pop pin	1
20	Magnetic Pull Pin	1
21	Weight stack washer	1
22	Top pulley plate	1
23	Guide rod	2
24	Cable (long)	1
25	Pulley (90mm)	19
26	Pulley support tube	1
27	spacer sleeve	4

Spare parts list

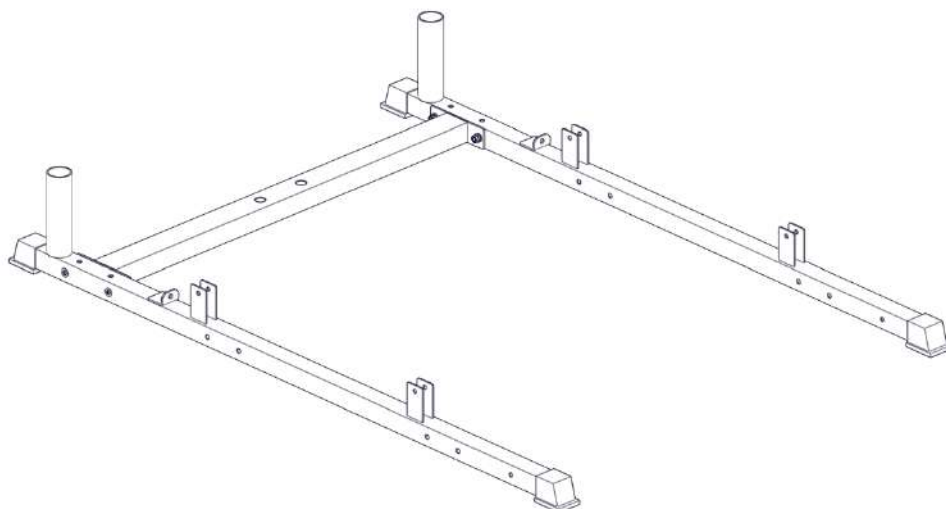
No.	Description	Qty.
28	cable (short)	2
29	Pulley (60mm)	4
30	Double pulley plate	4
31	Barbell Hanging Rod Assembly	4
32	Dip bar (L/R)	2
33	Long safety catch	2
34	Fixing pin	6
35	J hook(L/R)	4
36	Rowing plate	1
37	Rowing plate pull pin	1
38	Handle belt	2
39	M10 Lock Nut	74
40	M10 washer	152
41	M10*70 Hex bolt	44
42	M10*75 Hex bolt	4
43	M10*80 Hex bolt	5
44	M10*40 Hex bolt	2
45	M10*50 Hex bolt	19
46	M10*135 Hex bolt	1
47	M10*25 Hex bolt	2
48	M10*30 Hex bolt	2
49	M16 Washer	4
50	M16*70 Hex bolt	4
51	M12 Lock Nut	2
52	M12 Washer	4
53	M12*110 Hex bolt	2
54	Spring collar	4

Assembly step 1

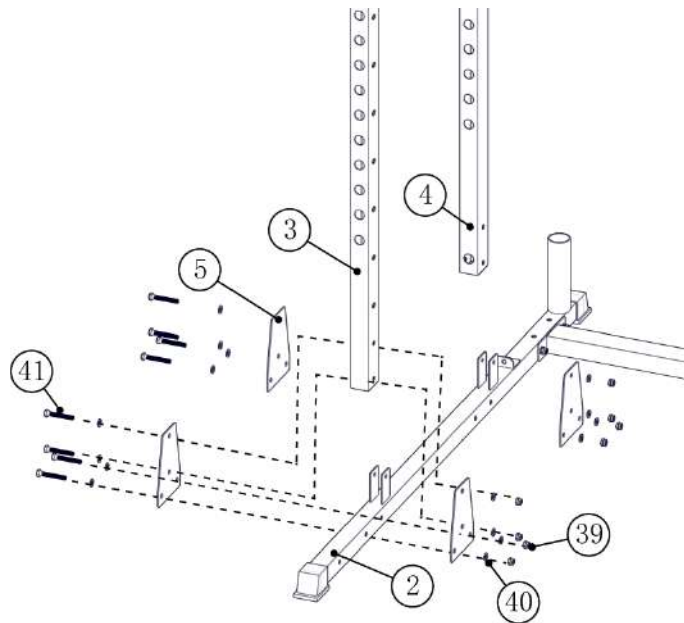


No.	Description	Qty.
1	Back bottom tube	1
2	Front bottom tube	1
39	M10 Lock Nut	2
40	M10 washer	4
41	M10*70 Hex bolt	2

Assembly step 1 drawing

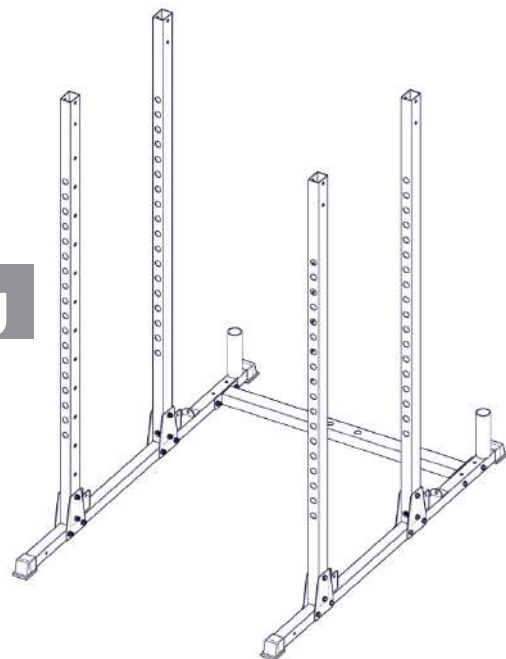


Assembly step 2

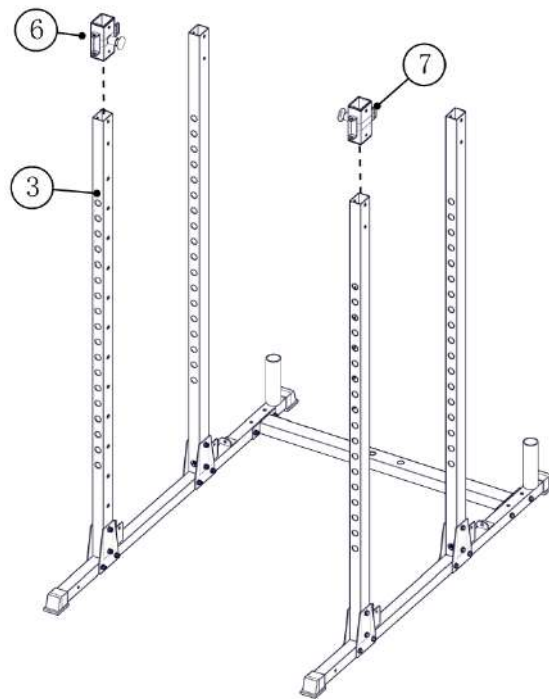


No.	Description	Qty.
2	Front bottom tube	1
3	Front column assembly	1
4	Middle column assembly	1
5	Bottom connecting plate	4
39	M10 Lock Nut	8
40	M10 washer	16
41	M10*70 Hex bolt	8

Assembly step 2 drawing

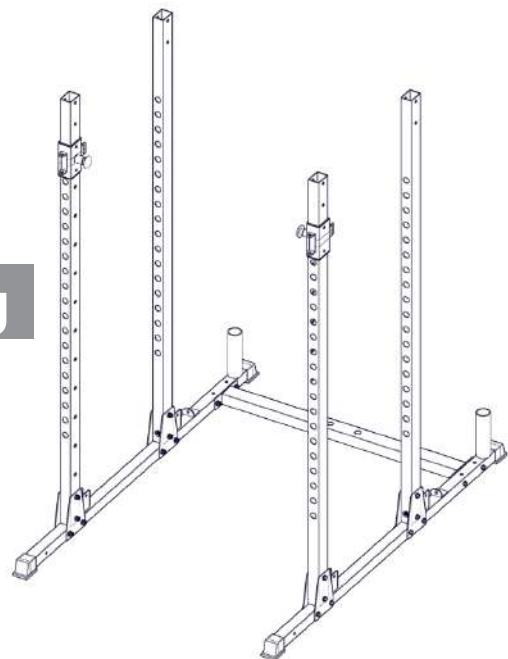


Assembly step 3

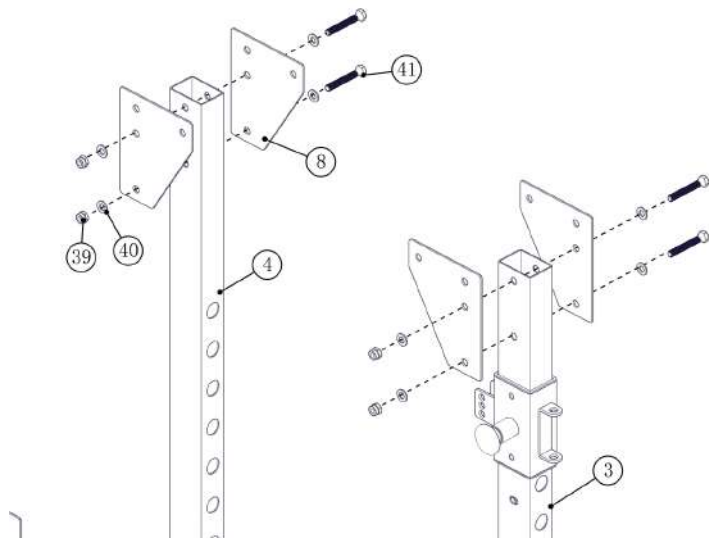


No.	Description	Qty.
3	Front column assembly	1
6	Sliding tube (L)	1
7	Sliding tube (R)	1

Assembly step 3 drawing

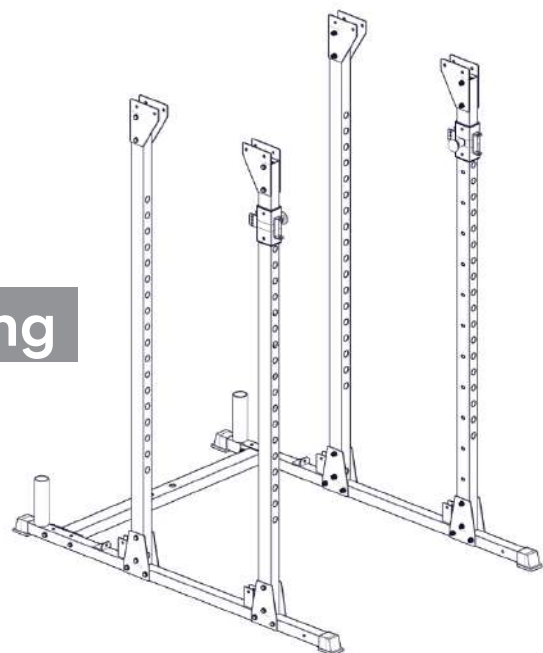


Assembly step 4

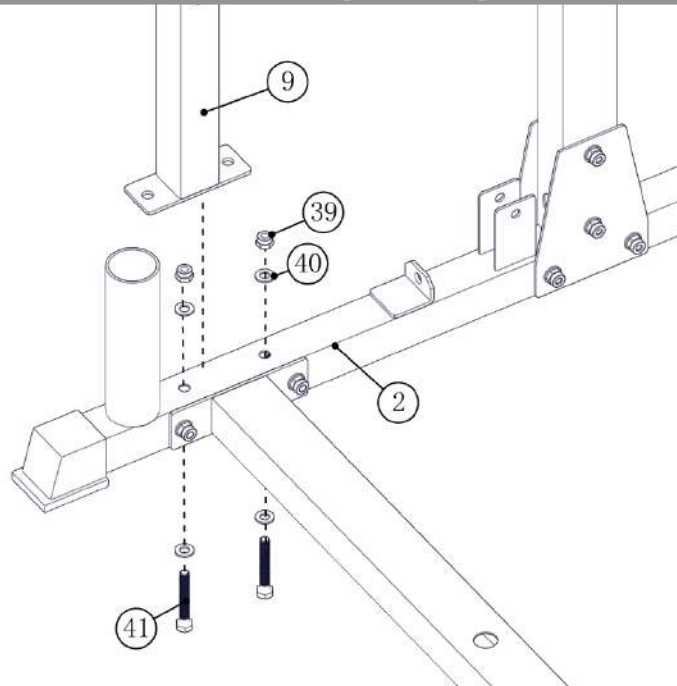


No.	Description	Qty.
3	Front column assembly	1
4	Middle column assembly	1
8	Top connecting plate	4
39	M10 Lock Nut	4
40	M10 washer	8
41	M10*70 Hex bolt	4

Assembly step 4 drawing

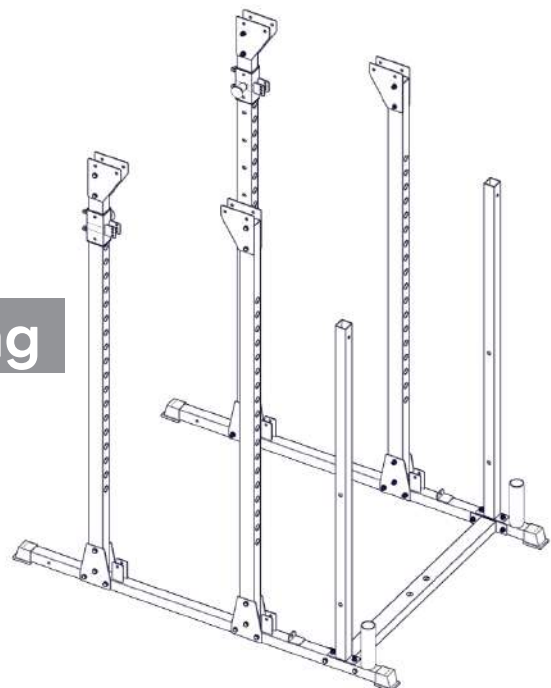


Assembly step 5

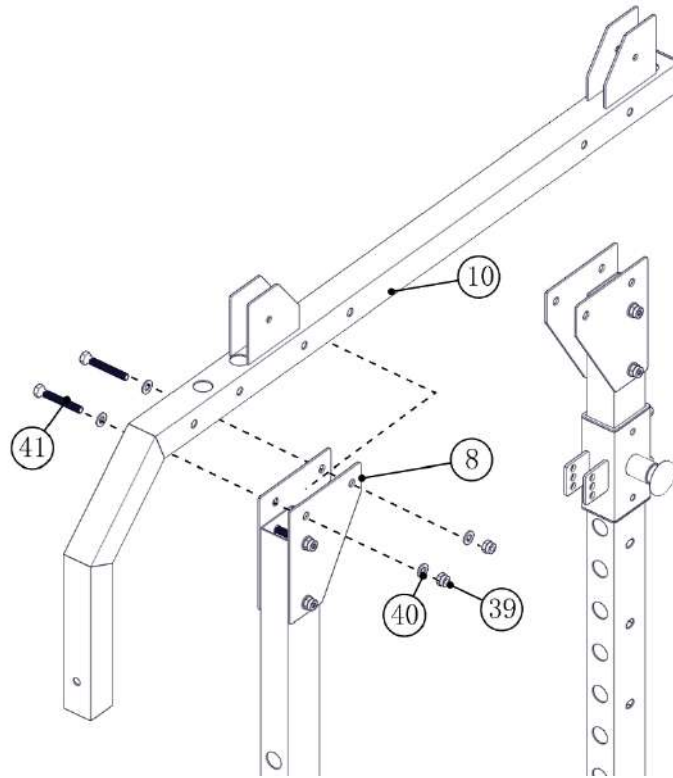


No.	Description	Qty.
2	Front bottom tube	1
9	Back support tube	1
39	M10 Lock Nut	2
40	M10 washer	4
41	M10*70 Hex bolt	2

Assembly step 5 drawing

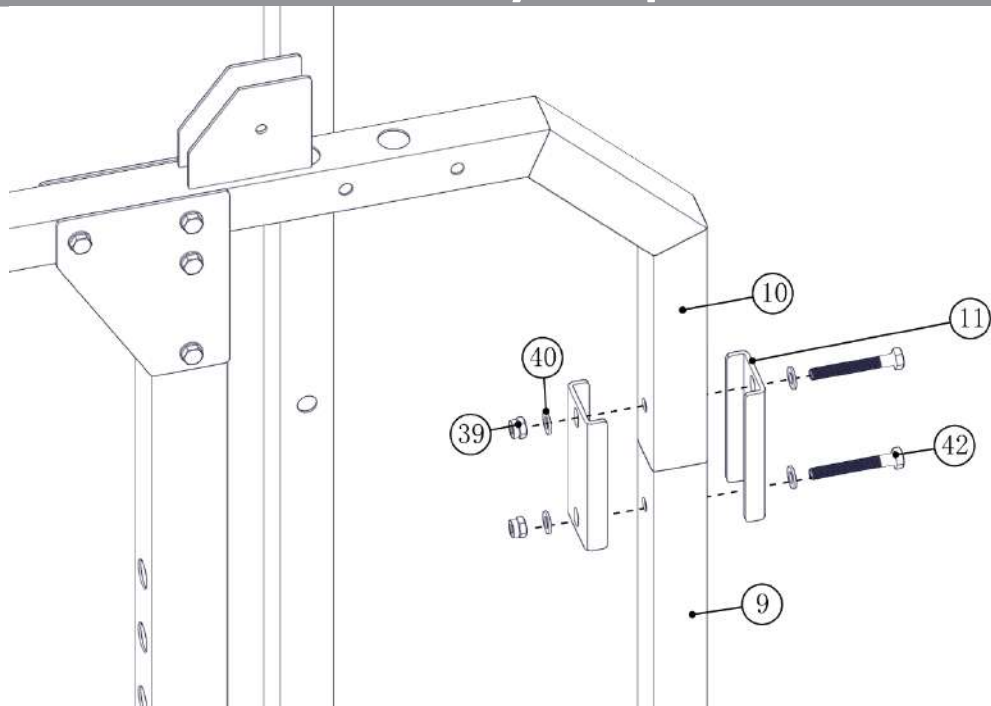


Assembly step 6



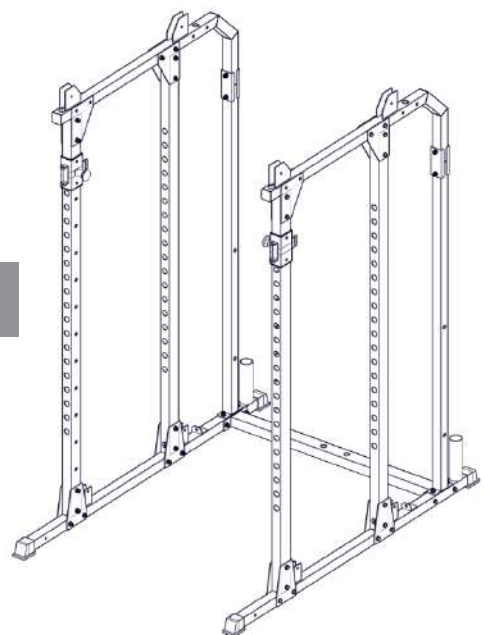
No.	Description	Qty.
8	Top connecting plate	2
10	Upper connecting tube	1
39	M10 Lock Nut	2
40	M10 washer	4
41	M10*70 Hex bolt	2

Assembly step 6

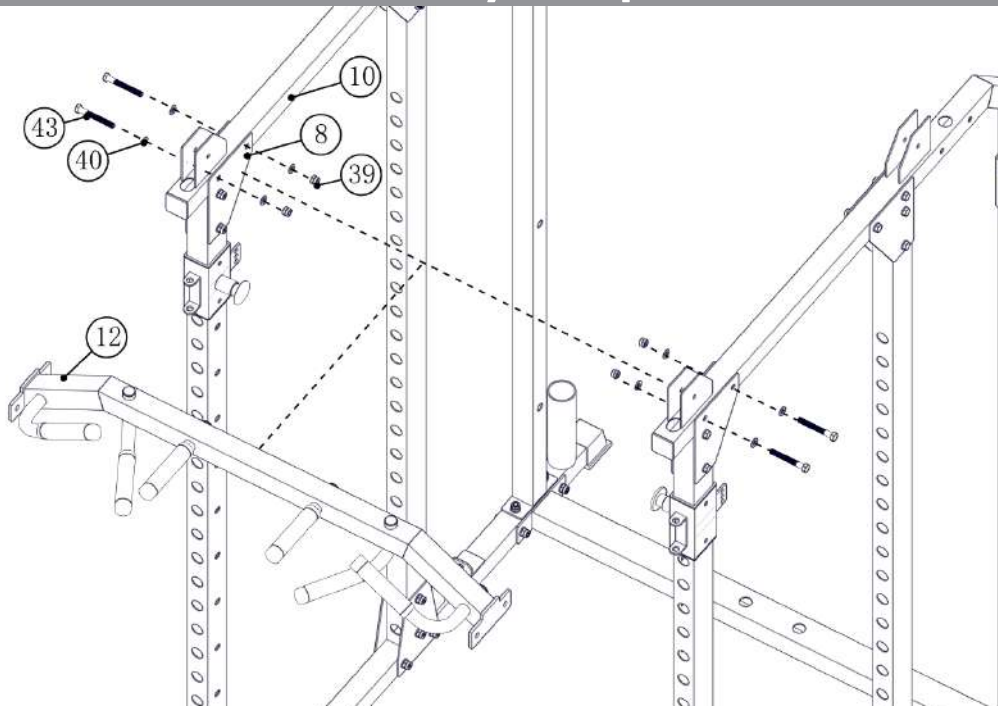


No.	Description	Qty.
9	Back support tube	1
10	Upper connecting tube	1
11	"U" shape plate	2
39	M10 Lock Nut	2
40	M10 washer	4
42	M10*75 Hex bolt	2

Assembly step 6 drawing

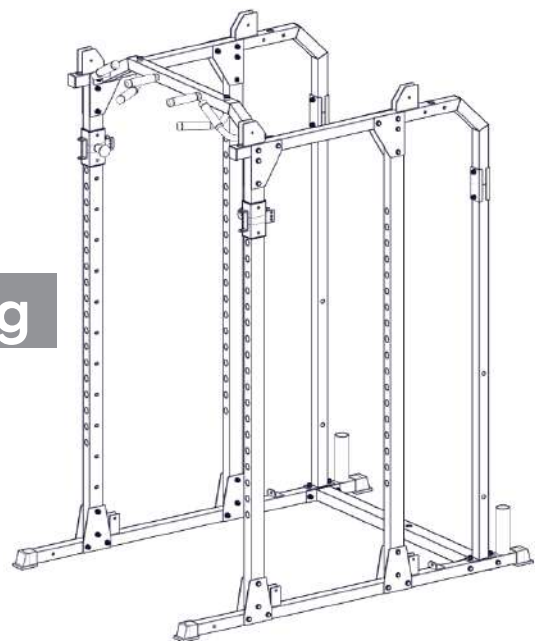


Assembly step 7

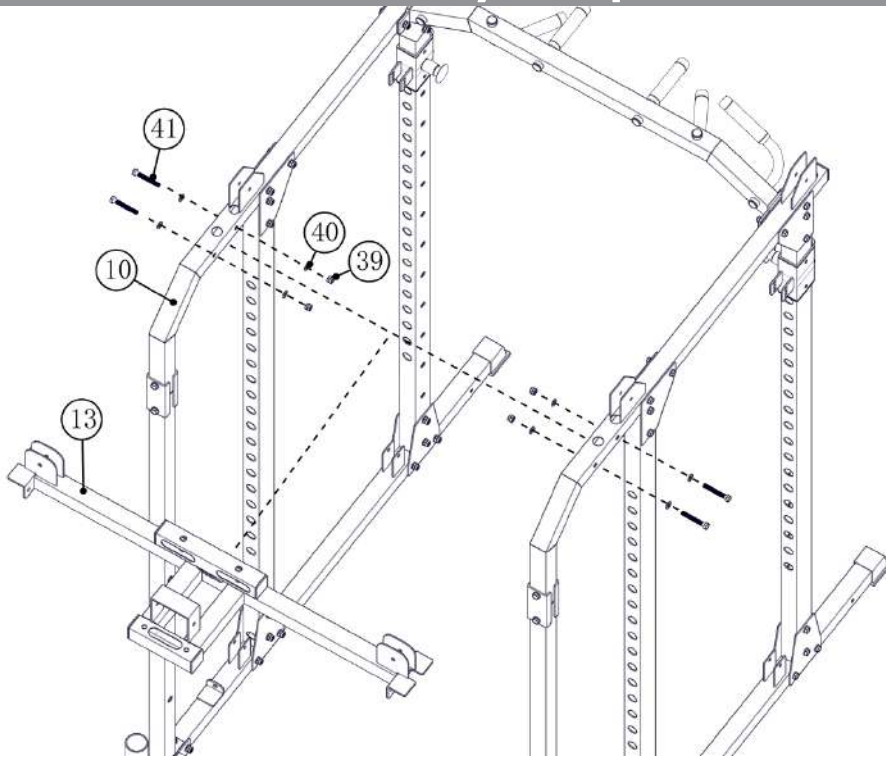


No.	Description	Qty.
8	Top connecting plate	2
10	Upper connecting tube	1
12	Chin up bar tube	1
39	M10 Lock Nut	4
40	M10 washer	8
43	M10*80 Hex bolt	4

Assembly step 7 drawing

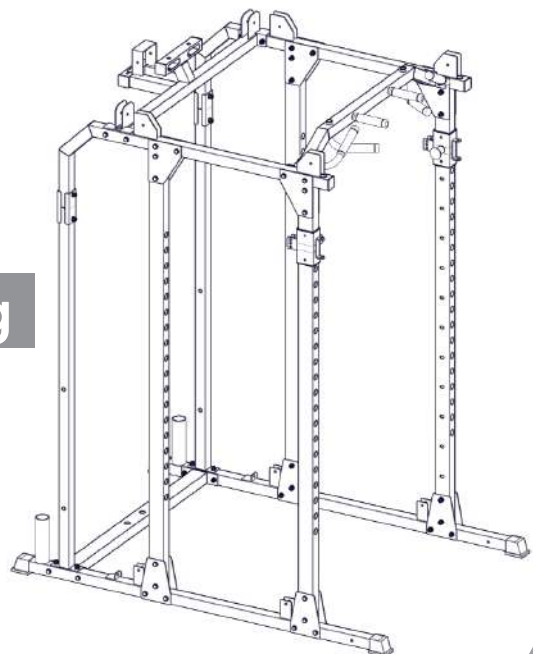


Assembly step 8

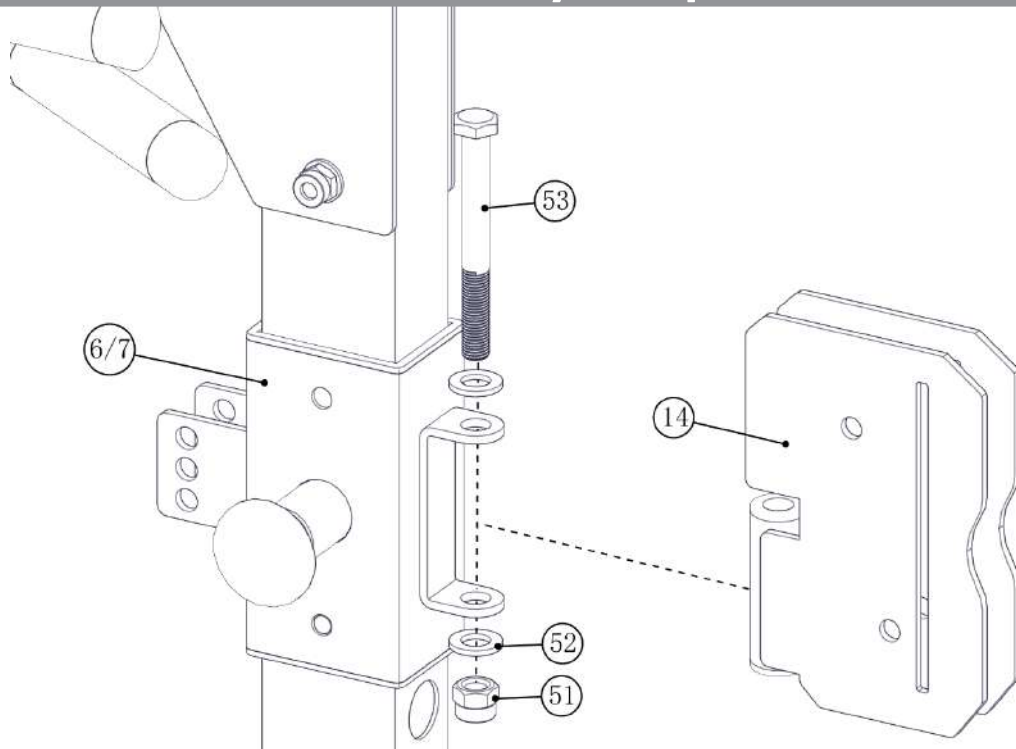


No.	Description	Qty.
10	Upper connecting tube	1
13	Back upper tube	1
39	M10 Lock Nut	4
40	M10 washer	8
41	M10*70 Hex bolt	4

Assembly step 8 drawing

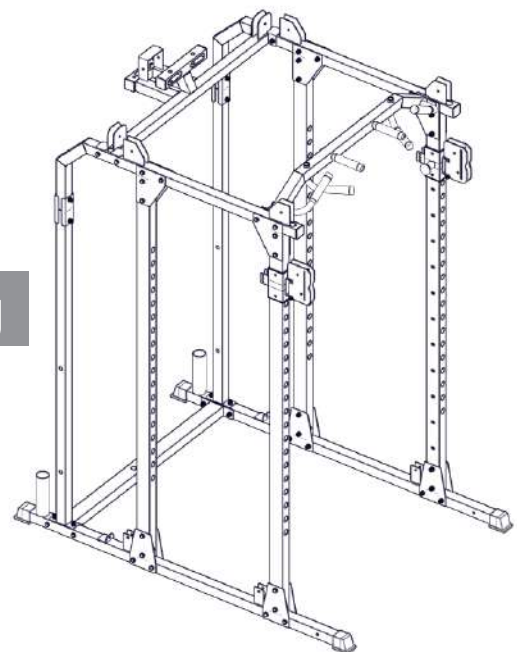


Assembly step 9

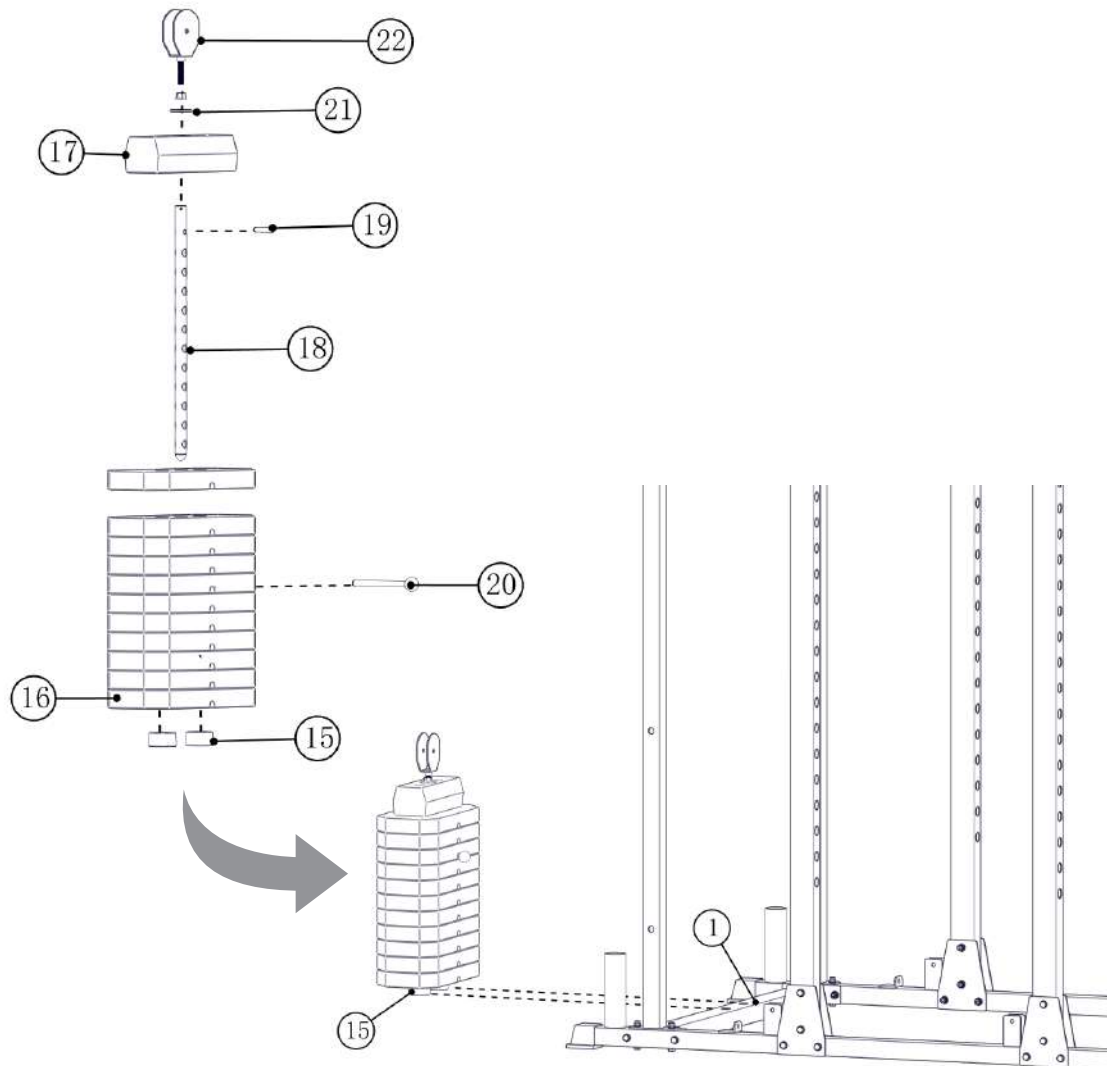


No.	Description	Qty.
6/7	Sliding tube (L)&(R)	1/1
14	2 Way pulley	1
51	M12 Lock Nut	1
52	M12 Washer	2
53	M12*110 Hex bolt	1

Assembly step 9 drawing

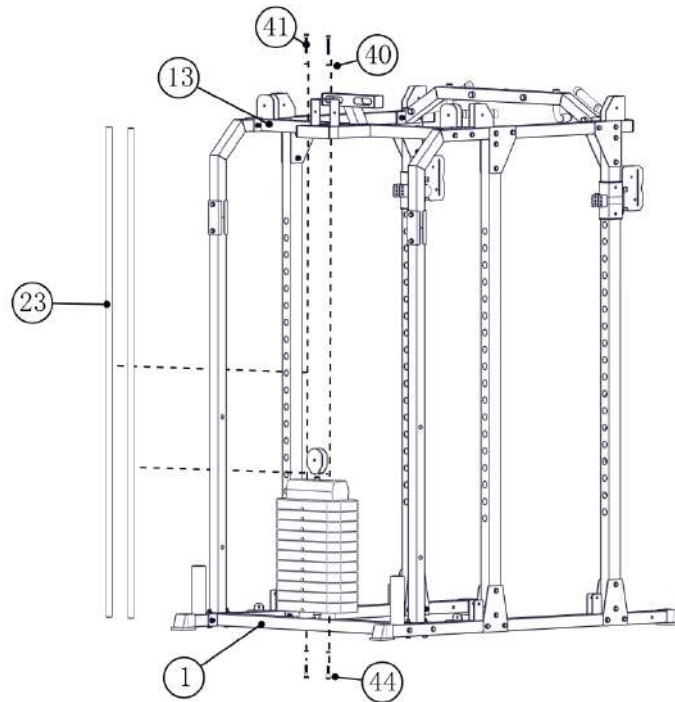


Assembly step 10



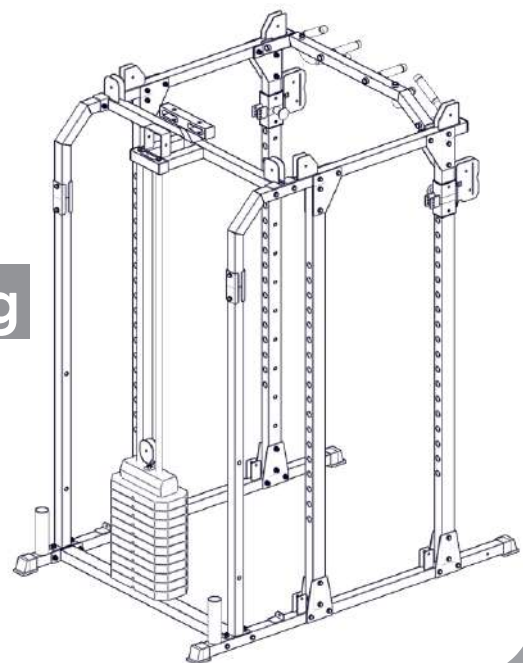
No.	Description	Qty.
1	Back bottom tube	1
15	Rubber cushion	4
16	Bottom weight plate	1
17	Top weight plate	1
18	Selector bar	1
19	Pop pin	1
20	Magnetic Pull Pin	1
21	Weight stack washer	1
22	Top pulley plate	1

Assembly step 11

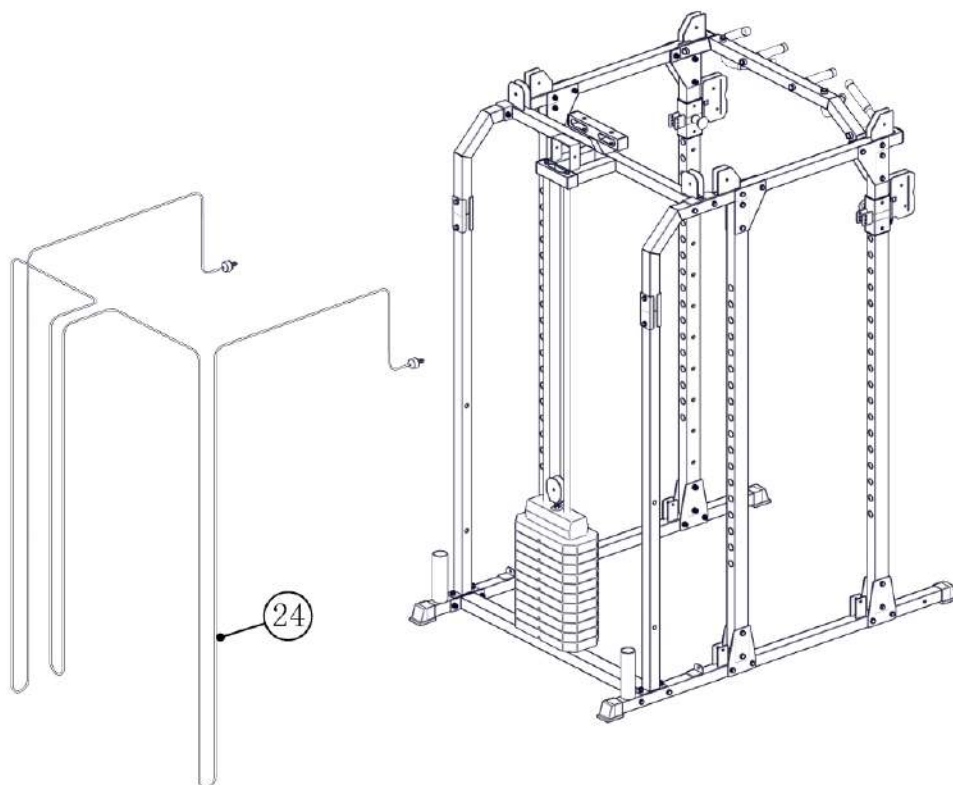


No.	Description	Qty.
1	Back bottom tube	1
13	Back upper tube	1
23	Guide rod	2
40	M10 washer	4
41	M10*70 Hex bolt	2
44	M10*40 Hex bolt	2

Assembly step 11 drawing

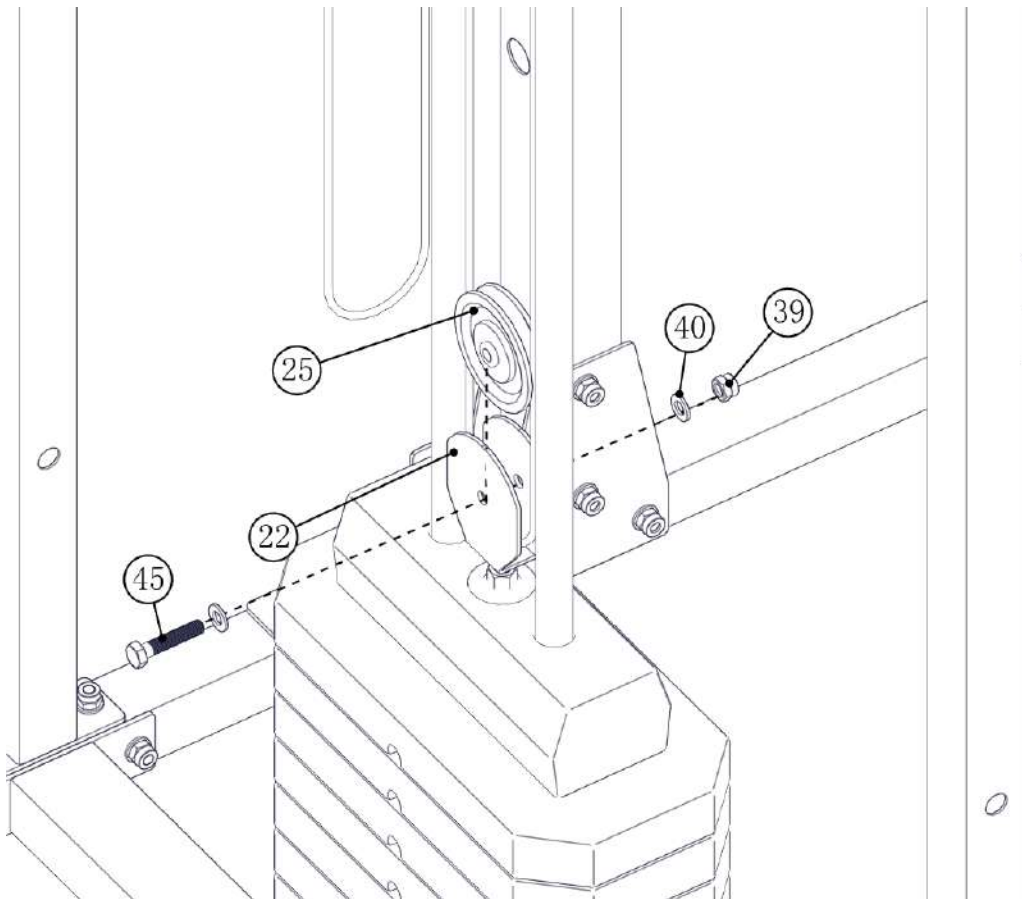


Assembly step 12



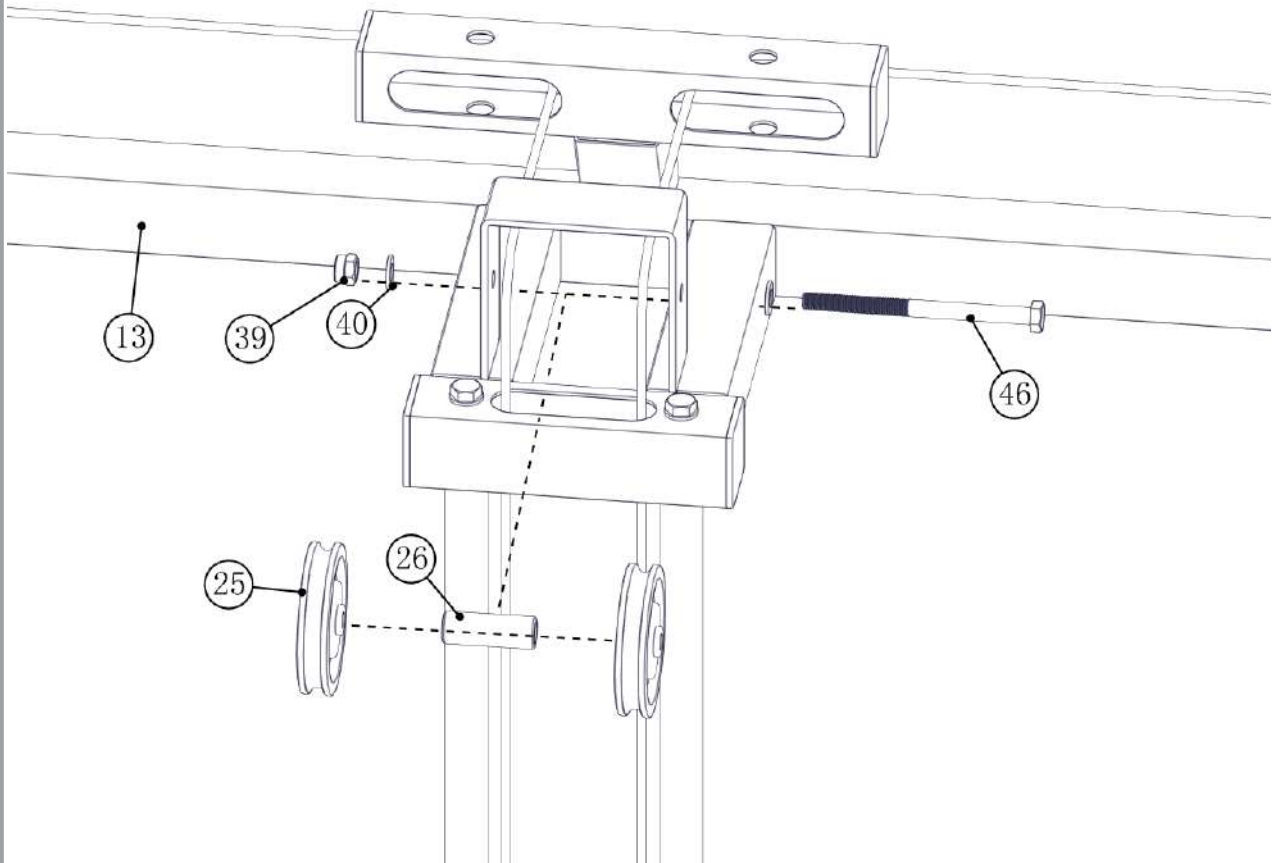
No.	Description	Qty.
24	Cable (long)	1

Assembly step 13



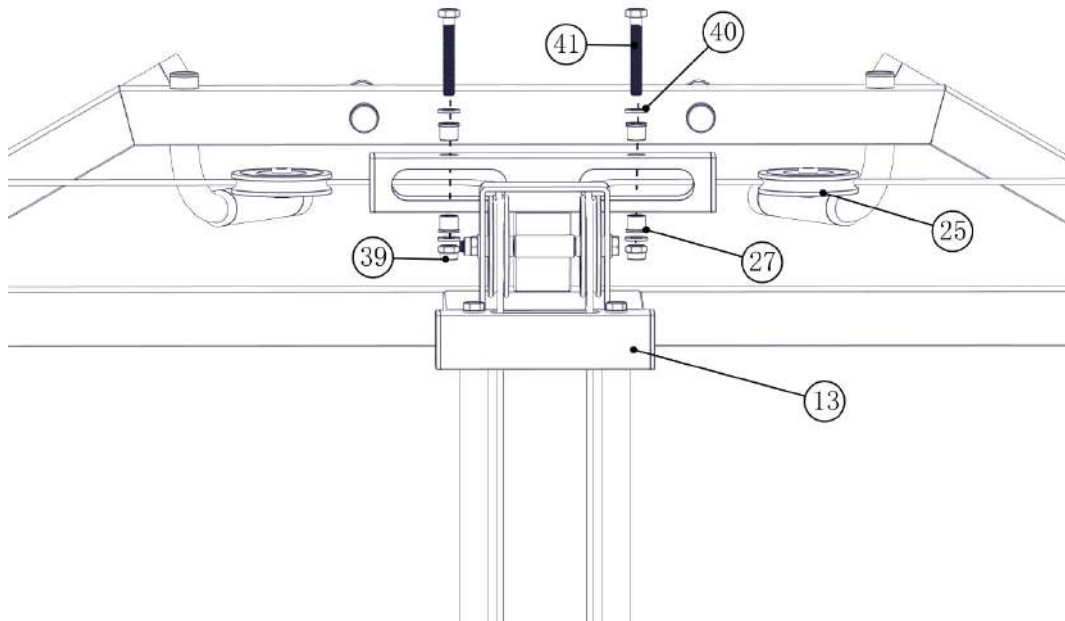
No.	Description	Qty.
22	Top pulley plate	1
25	Pulley (90mm)	1
39	M10 Lock Nut	1
40	M10 washer	2
45	M10*50 Hex bolt	1

Assembly step 14



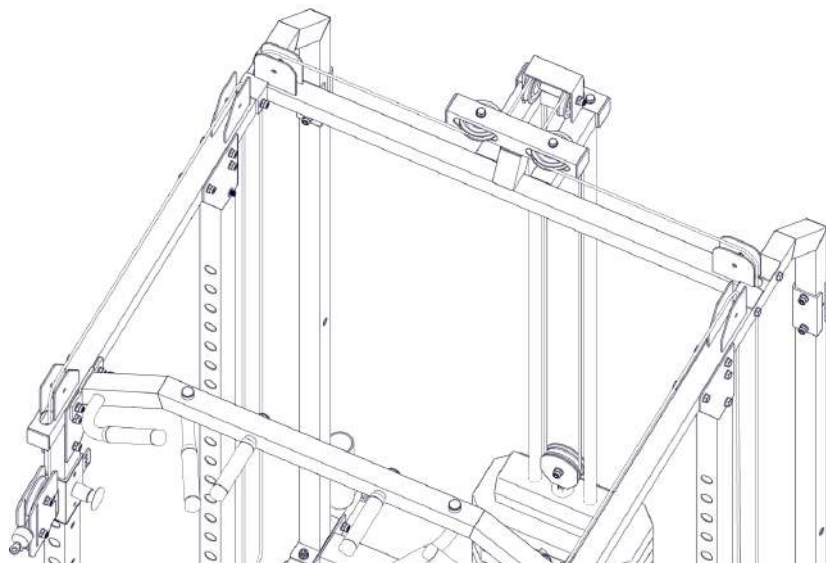
No.	Description	Qty.
13	Back upper tube	1
25	Pulley (90mm)	2
26	Pulley support tube	1
39	M10 Lock Nut	1
40	M10 washer	2
46	M10*135 Hex bolt	1

Assembly step 15

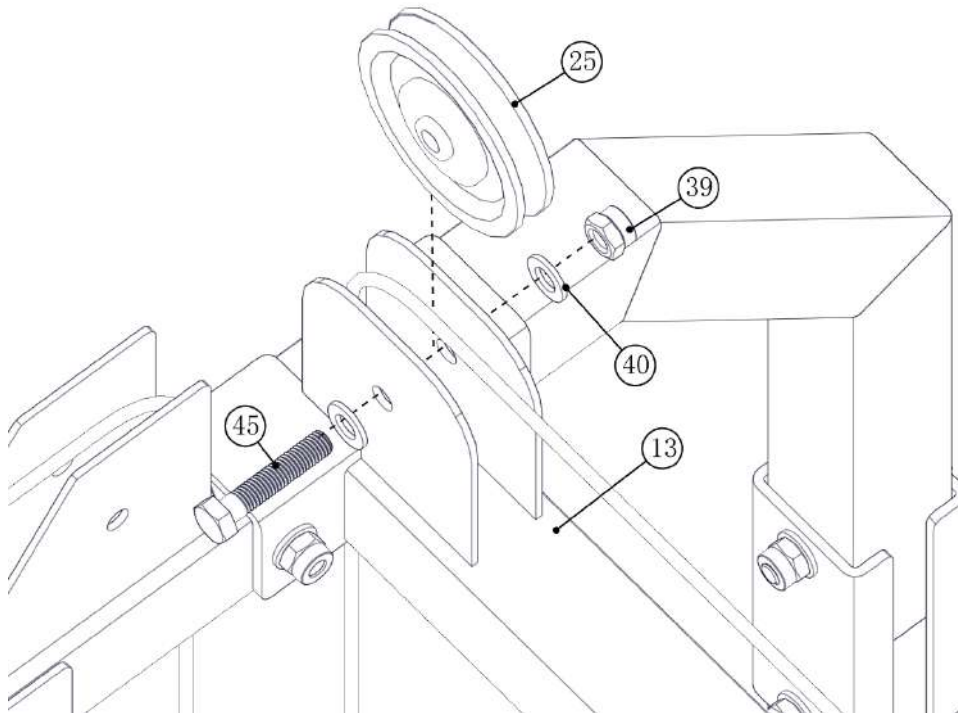


No.	Description	Qty.
13	Back upper tube	1
25	Pulley (90mm)	2
27	spacer sleeve	2
39	M10 Lock Nut	2
40	M10 washer	4
41	M10*70 Hex bolt	2

Assembly step 15 drawing

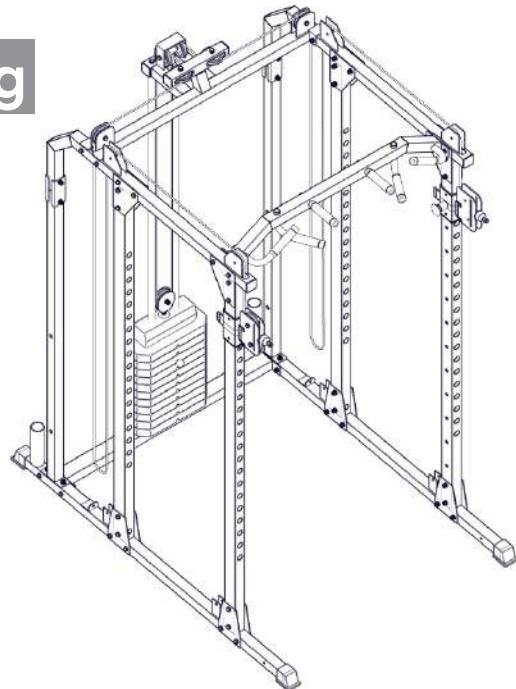


Assembly step 16

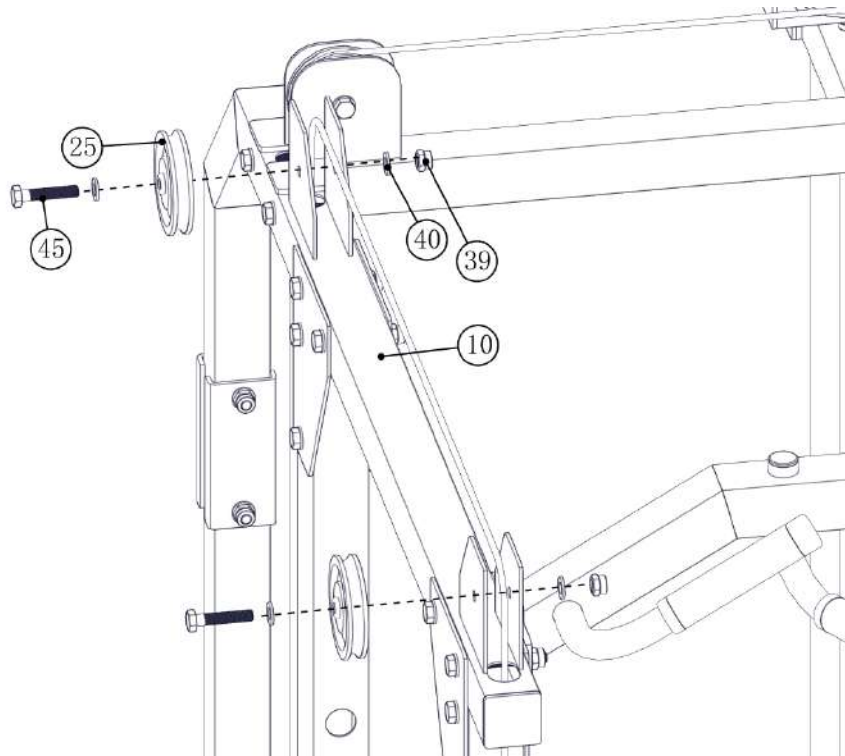


No.	Description	Qty.
13	Back upper tube	1
25	Pulley (90mm)	1
39	M10 Lock Nut	1
40	M10 washer	2
45	M10*50 Hex bolt	1

Assembly step 16 drawing

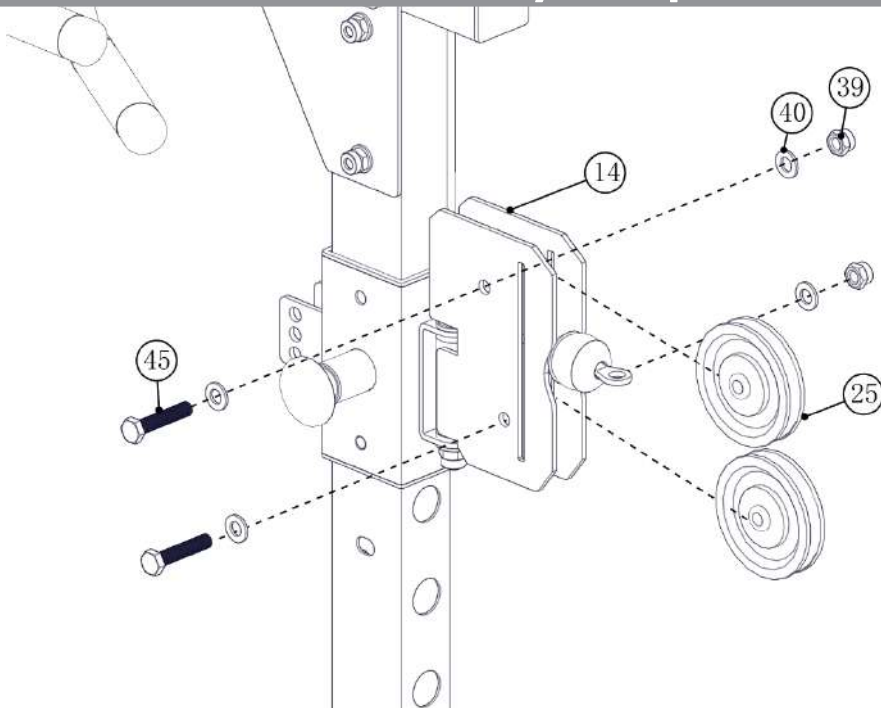


Assembly step 17



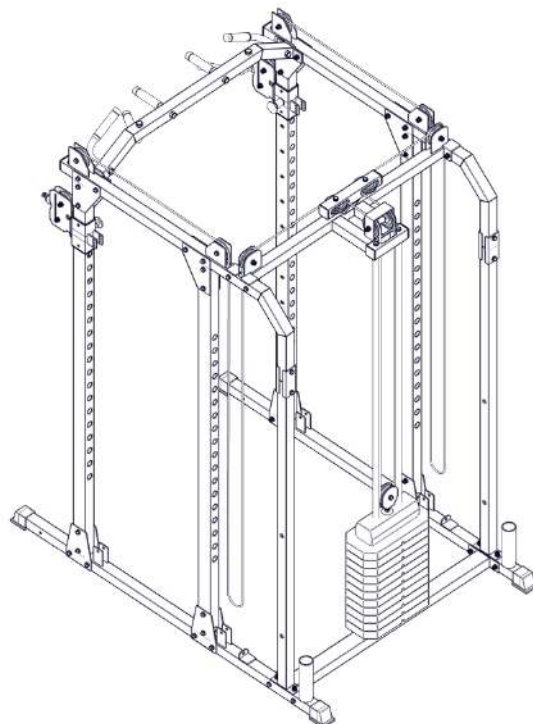
No.	Description	Qty.
10	Upper connecting tube	1
25	Pulley (90mm)	1
39	M10 Lock Nut	1
40	M10 washer	2
45	M10*50 Hex bolt	1

Assembly step 18

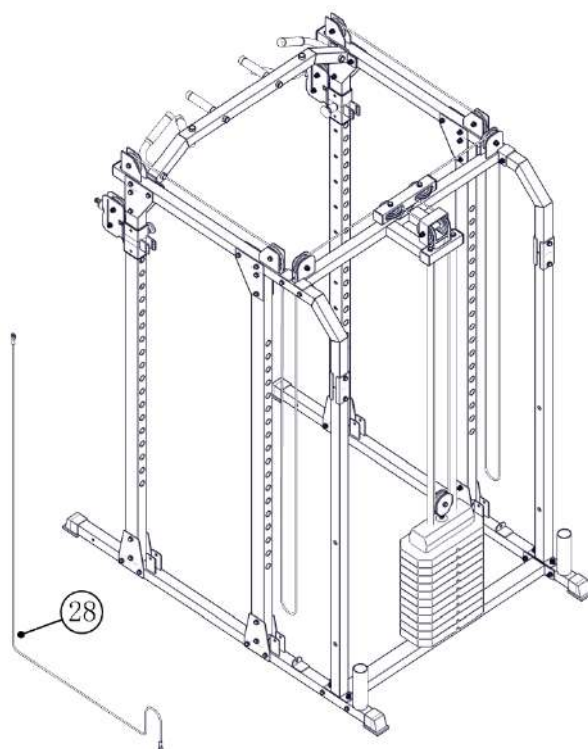


No.	Description	Qty.
14	2 Way pulley	1
25	Pulley (90mm)	2
39	M10 Lock Nut	2
40	M10 washer	4
45	M10*50 Hex bolt	2

**Assembly
step 17+18 drawing**

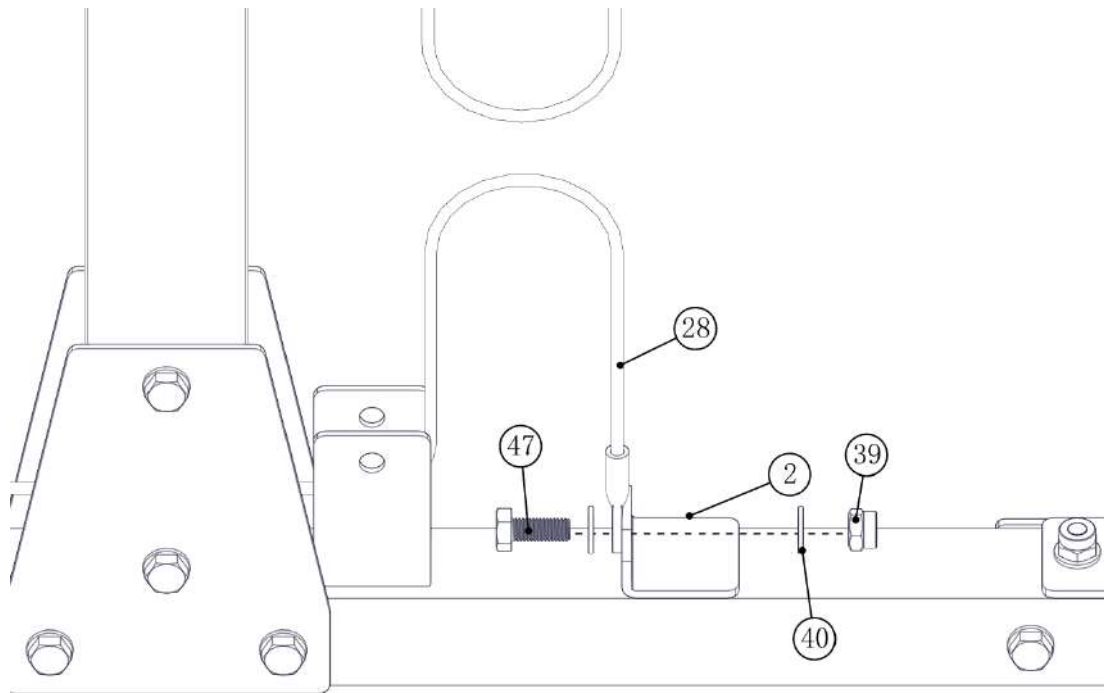


Assembly step 19



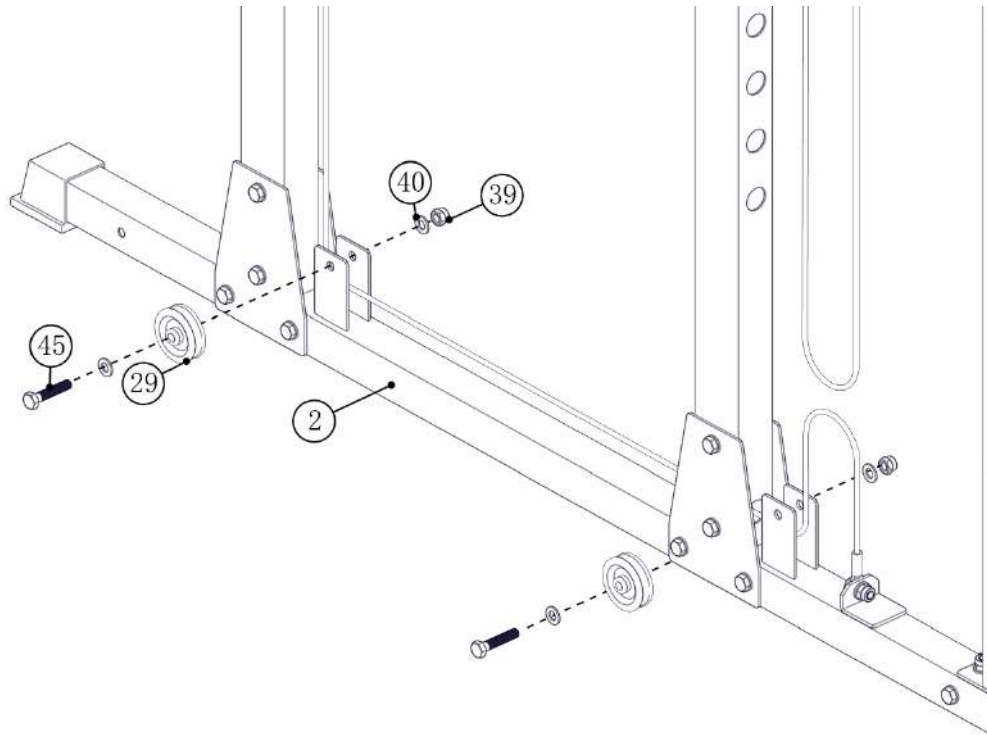
No.	Description	Qty.
28	cable (short)	1

Assembly step 20



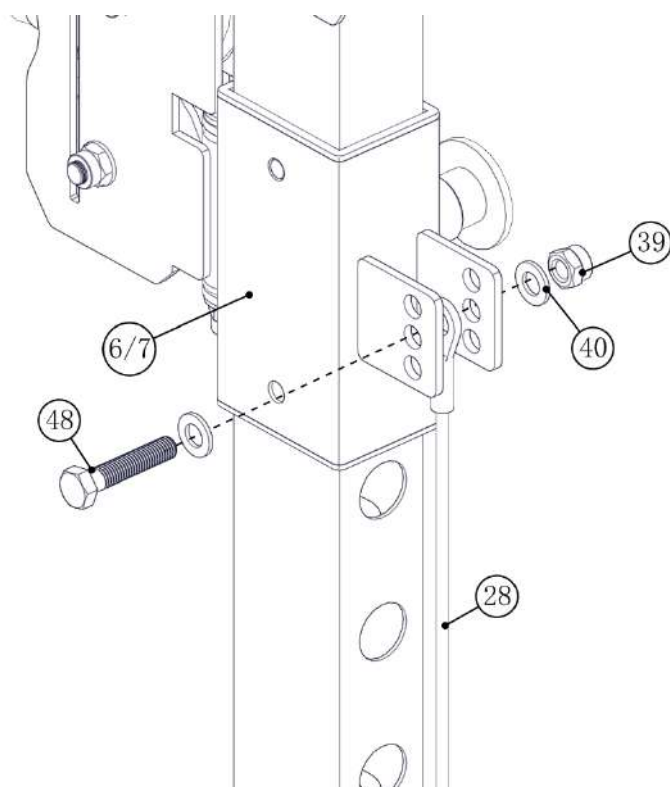
No.	Description	Qty.
2	Front bottom tube	1
28	cablе (short)	1
39	M10 Lock Nut	1
40	M10 washer	2
47	M10*25 Hex bolt	1

Assembly step 21



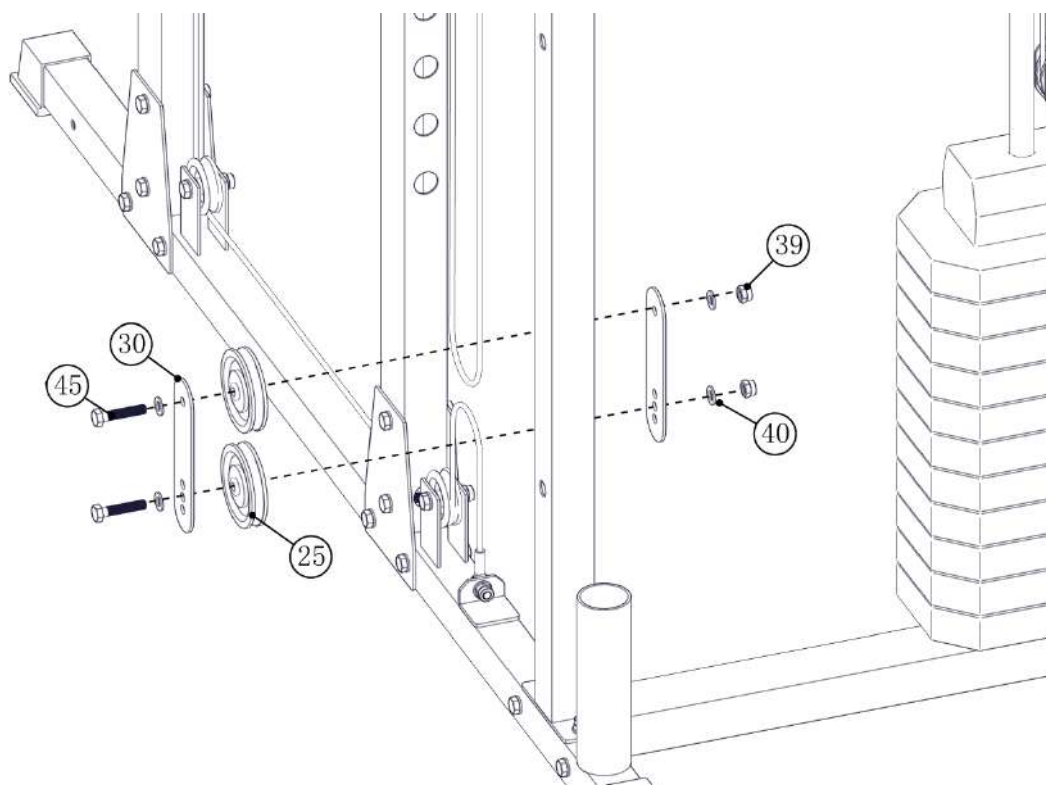
No.	Description	Qty.
2	Front bottom tube	1
29	Pulley (60mm)	1
39	M10 Lock Nut	2
40	M10 washer	4
45	M10*50 Hex bolt	2

Assembly step 22



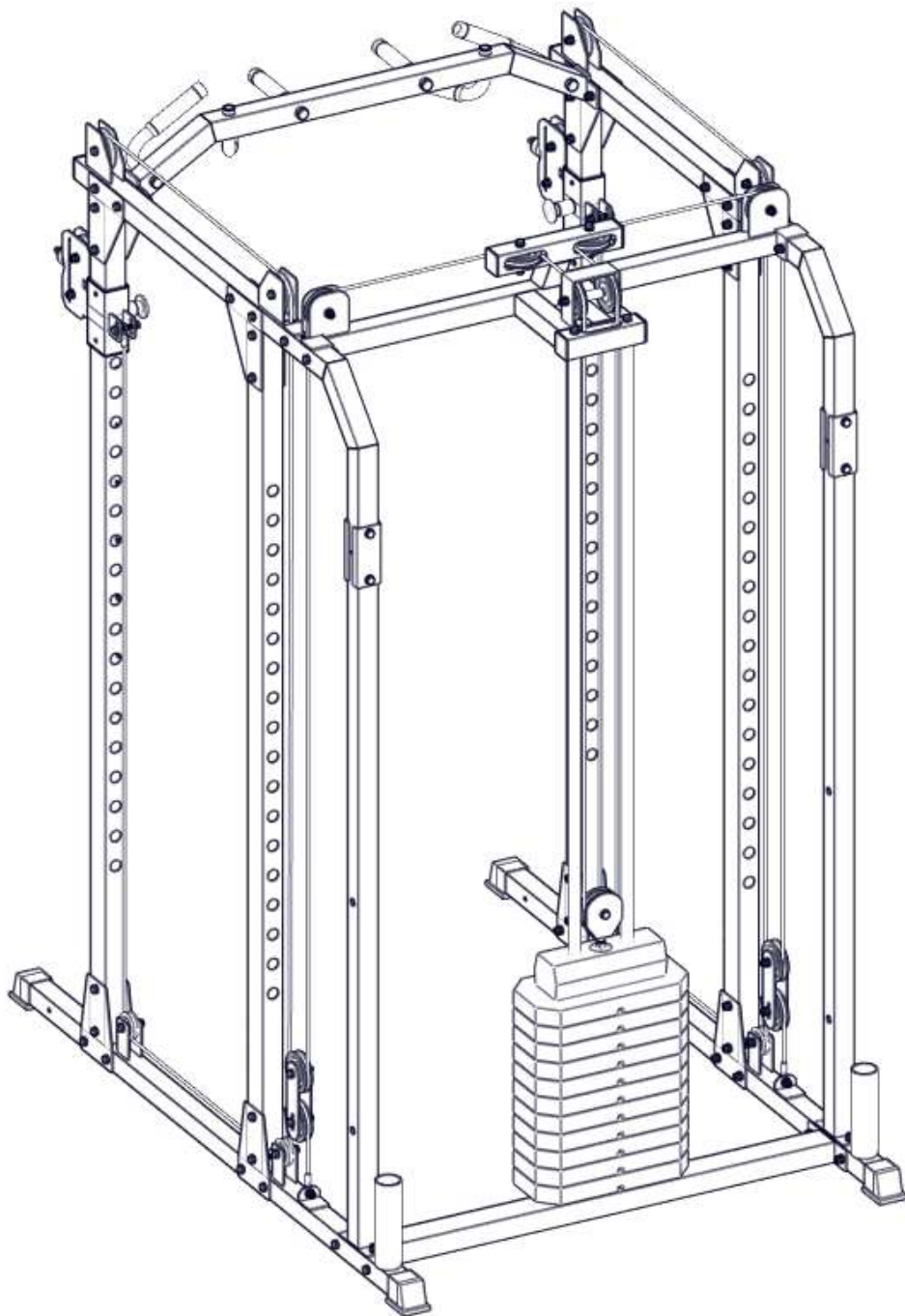
No.	Description	Qty.
6/7	Sliding tube (L)&(R)	1/1
28	cablе (short)	1
39	M10 Lock Nut	1
40	M10 washer	2
48	M10*30 Hex bolt	1

Assembly step 23



No.	Description	Qty.
25	Pulley (90mm)	2
30	Double pulley plate	2
39	M10 Lock Nut	2
40	M10 washer	4
45	M10*50 Hex bolt	2

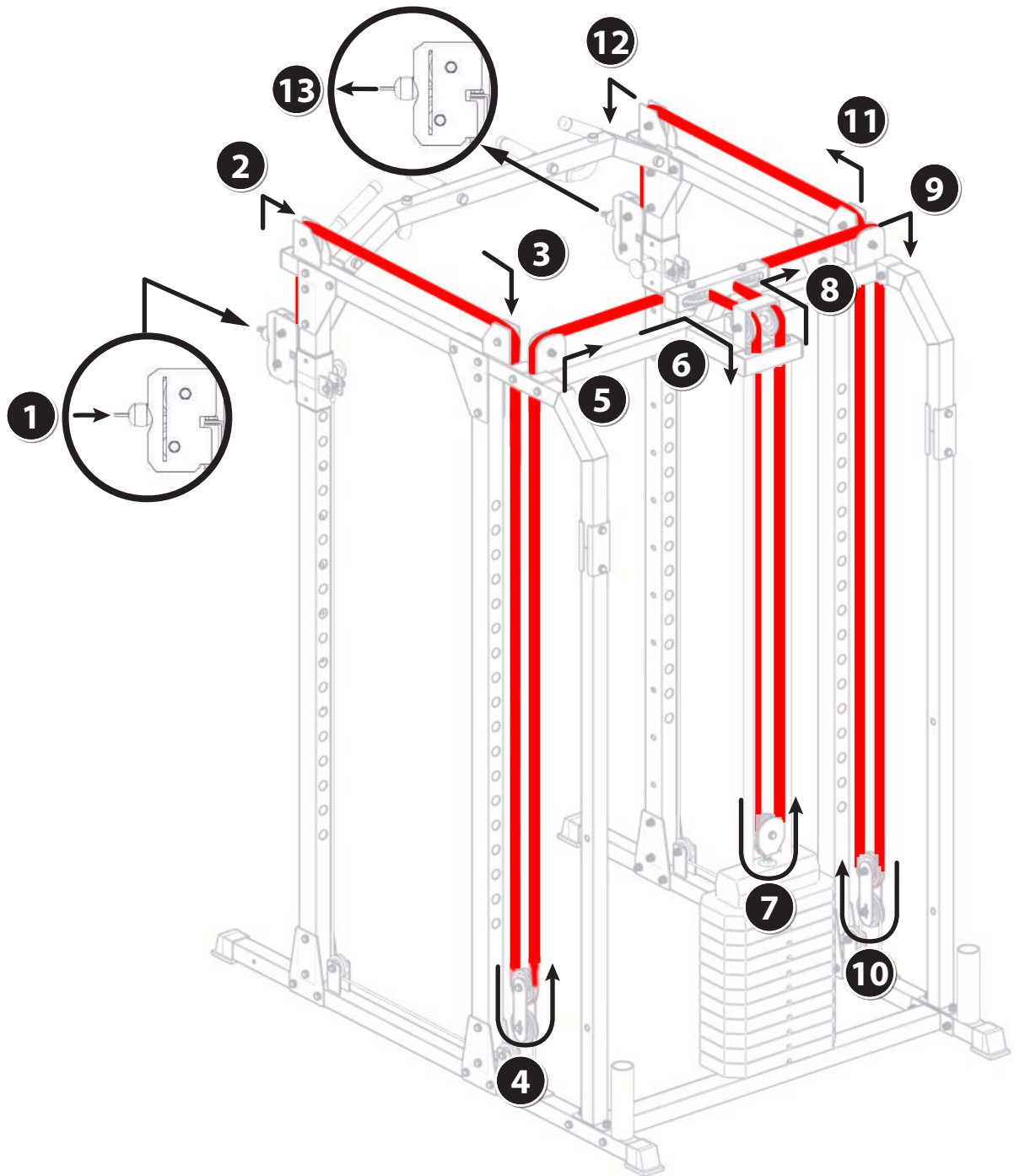
Assembly step 20/21/22/23 drawing



Assembly step 24

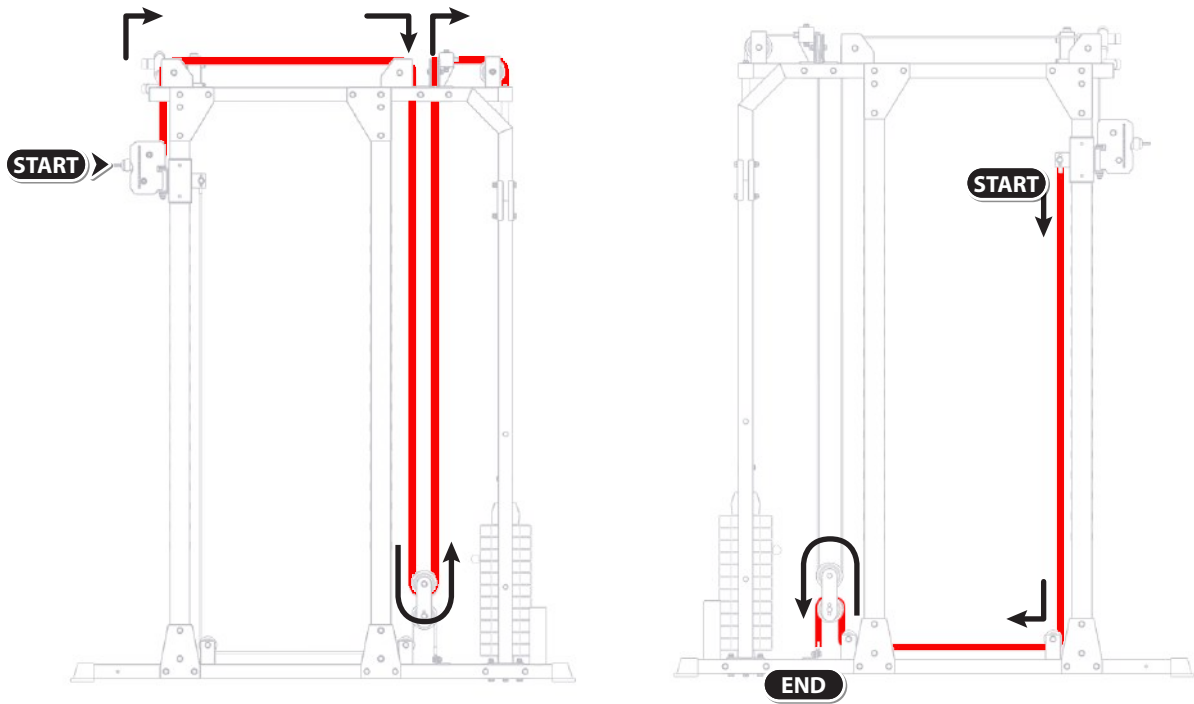
Wire Rope Assembly Instructions

Please start from ① to ⑬.

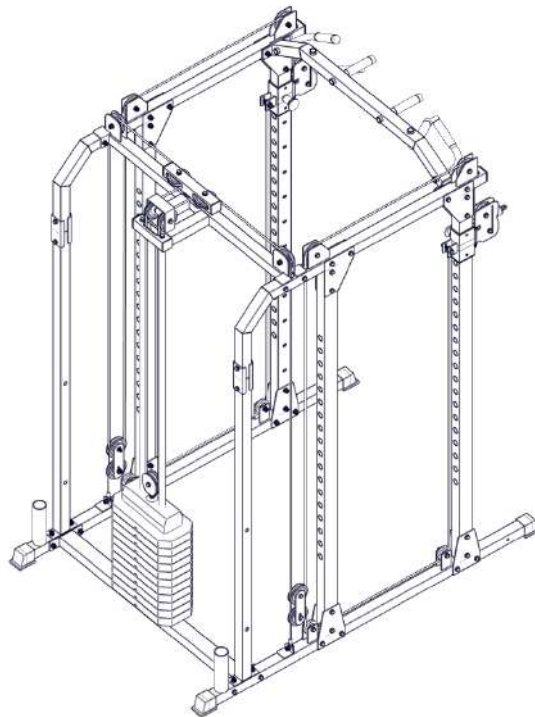


Assembly step 24

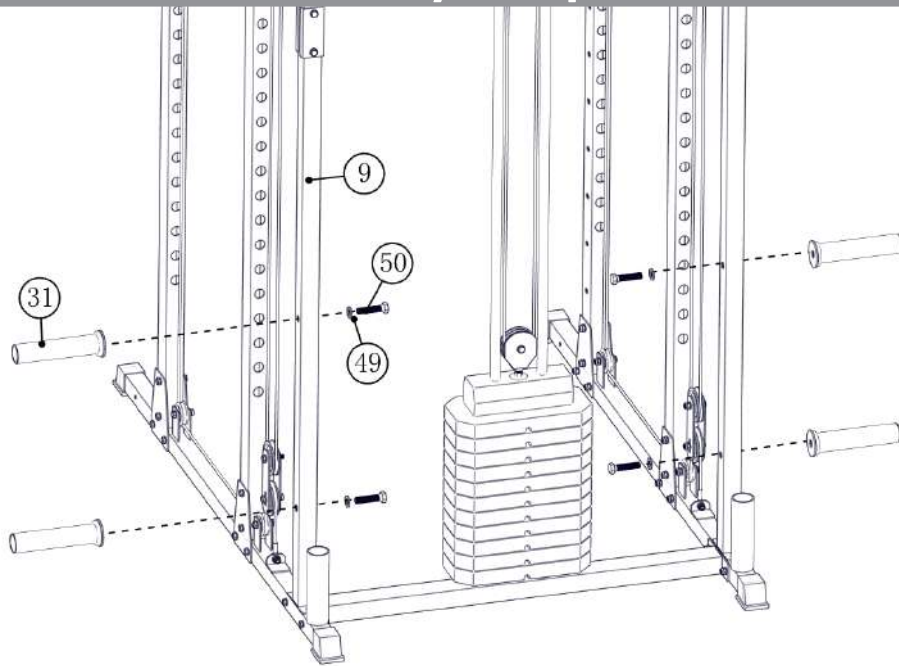
Wire Rope Assembly Instructions



Assembly step 25 drawing

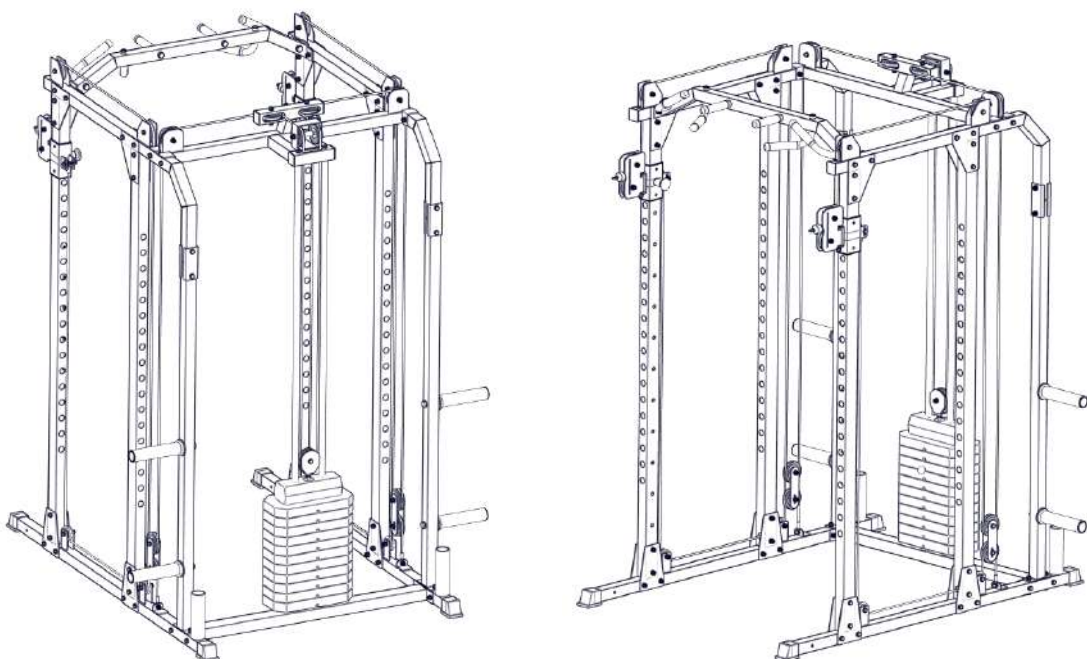


Assembly step 25

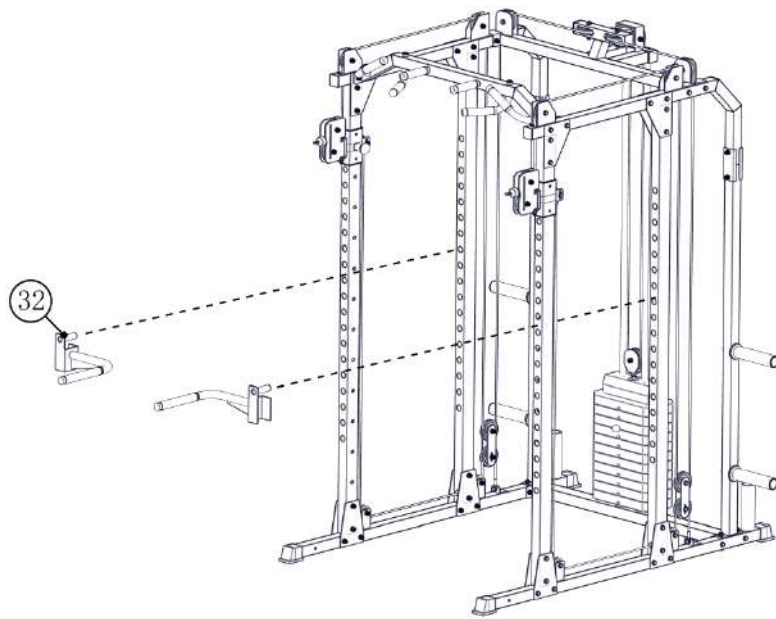


No.	Description	Qty.
9	Back support tube	1
31	Barbell Hanging Rod Assembly	4
49	M16 Washer	4
50	M16*70 Hex bolt	4

Assembly step 25 drawing

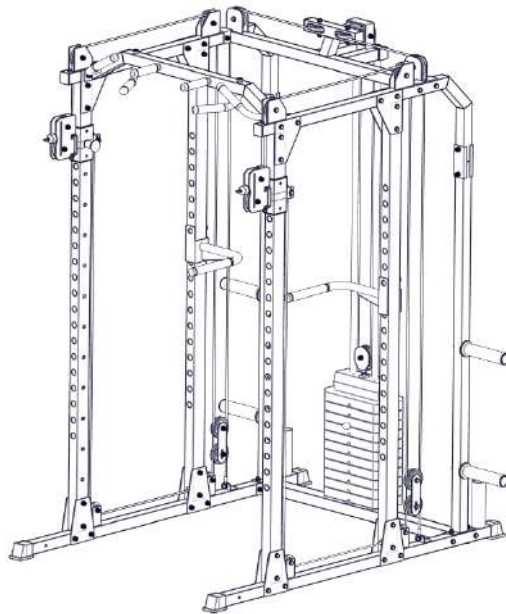


Assembly step 26

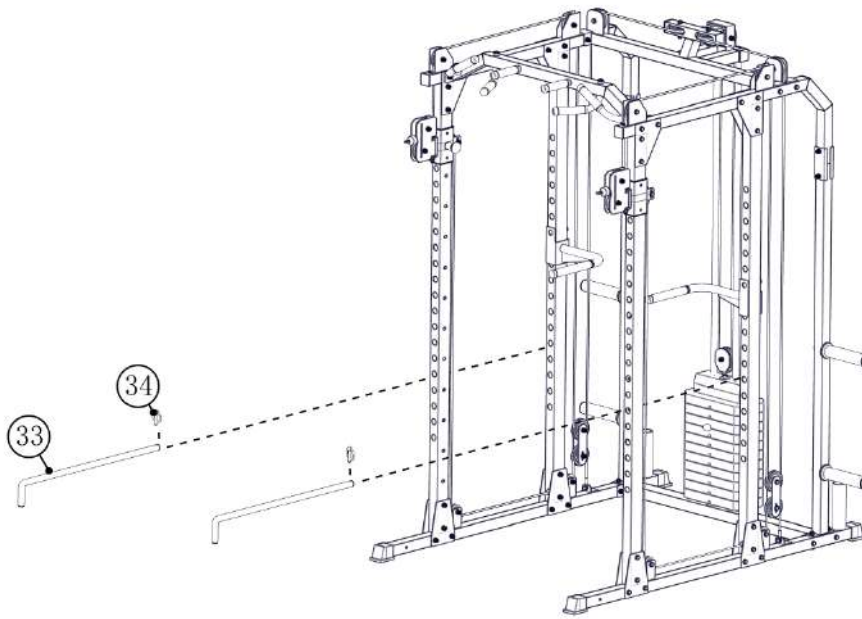


No.	Description	Qty.
32	Dip bar (L/R)	1/1

Assembly step 26 drawing

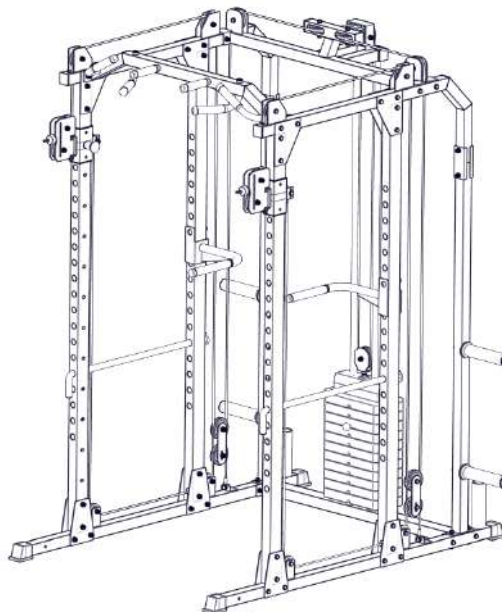


Assembly step 27

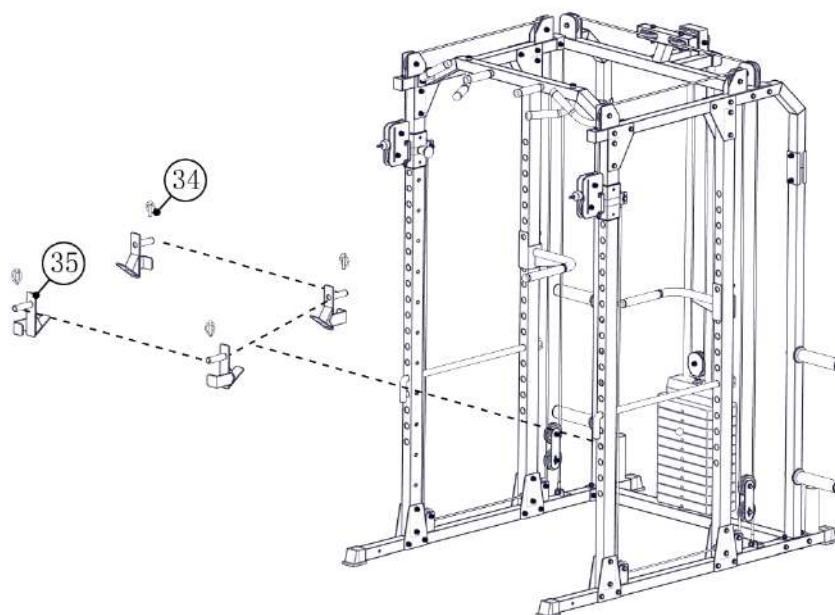


No.	Description	Qty.
33	Long safety catch	2
34	Fixing pin	2

Assembly step 27 drawing

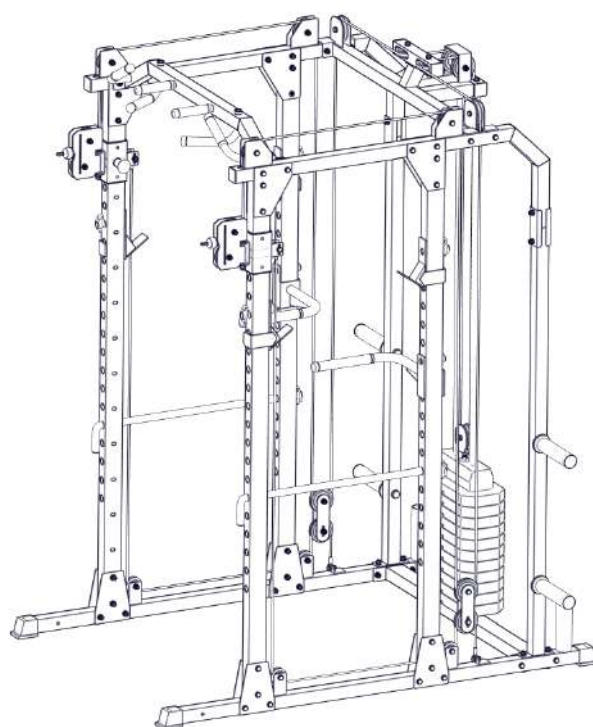


Assembly step 28

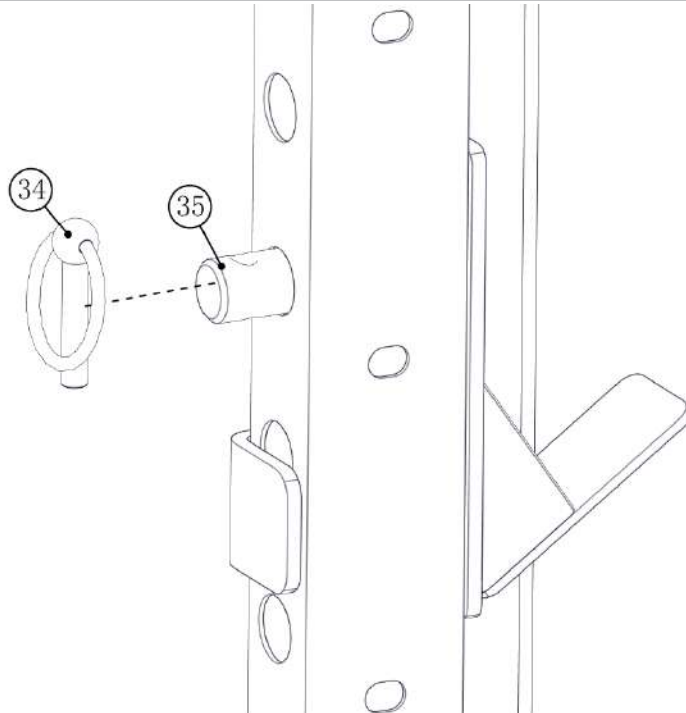


No.	Description	Qty.
34	Fixing pin	4
35	J hook (L/R)	2/2

Assembly step 28 drawing

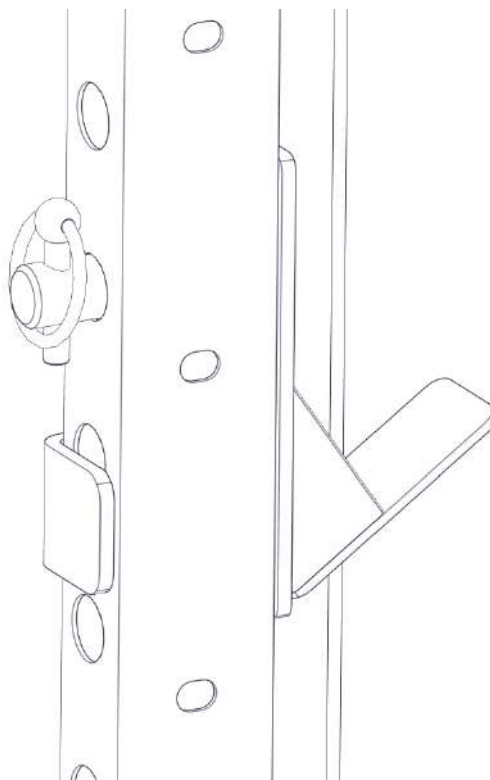


Assembly step 29

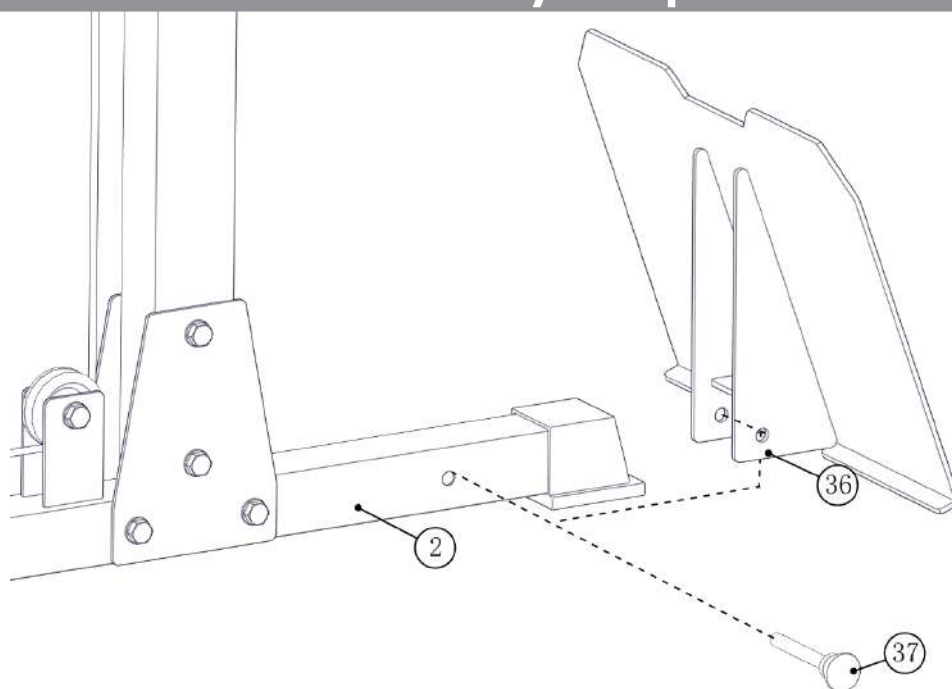


No.	Description	Qty.
34	Fixing pin	1
35	J hook (L/R)	1/1

Assembly step 29 drawing

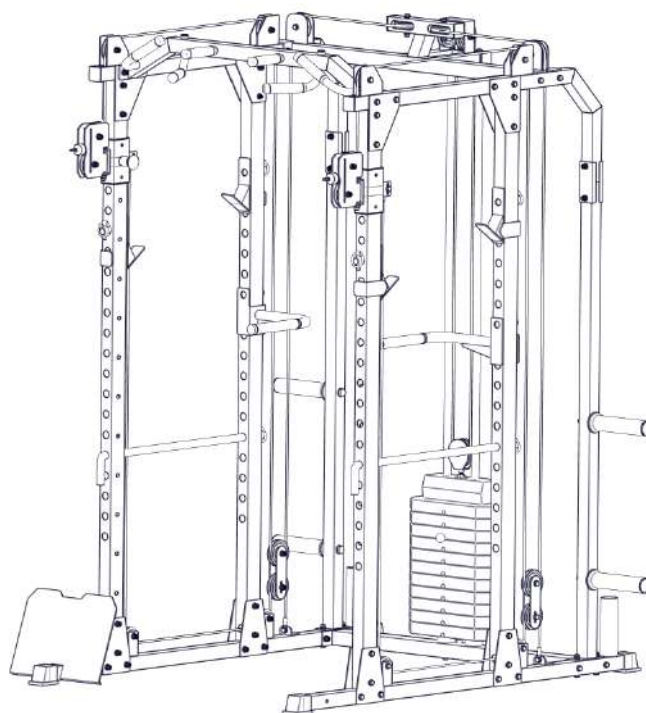


Assembly step 30

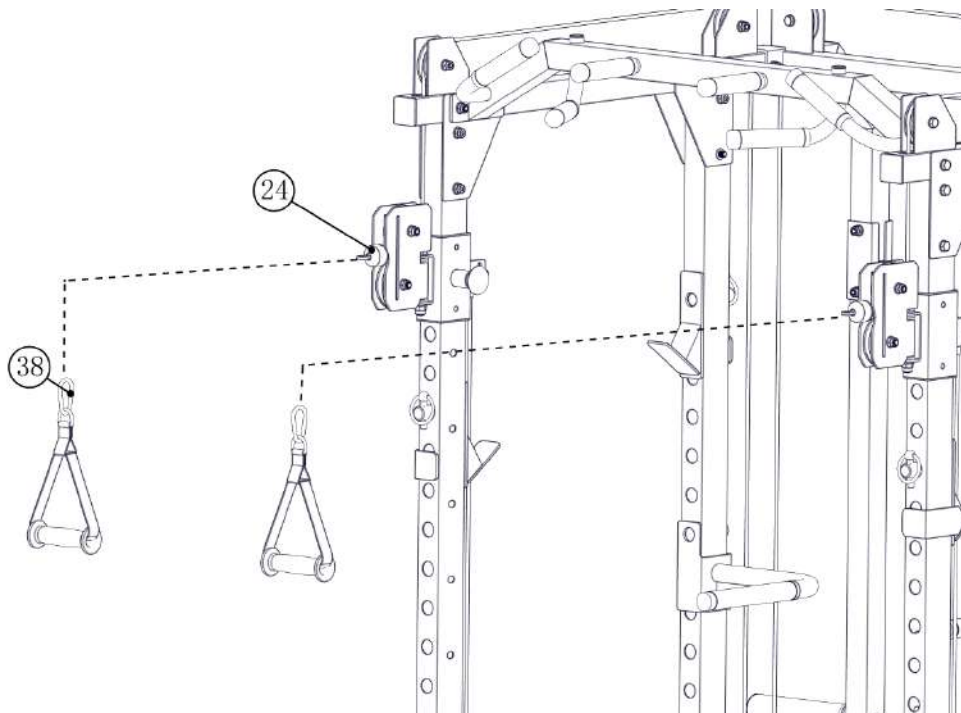


No.	Description	Qty.
2	Front bottom tube	1
36	Rowing plate	1
37	Rowing plate pull pin	1

Assembly step 30 drawing



Assembly step 31



No.	Description	Qty.
24	Cable (long)	1/1
38	Handle belt	2

Assembly step 31 drawing

