



HIT FITNESS

HIT01049

Plate Loaded Multifunction Rack

USER MANUAL

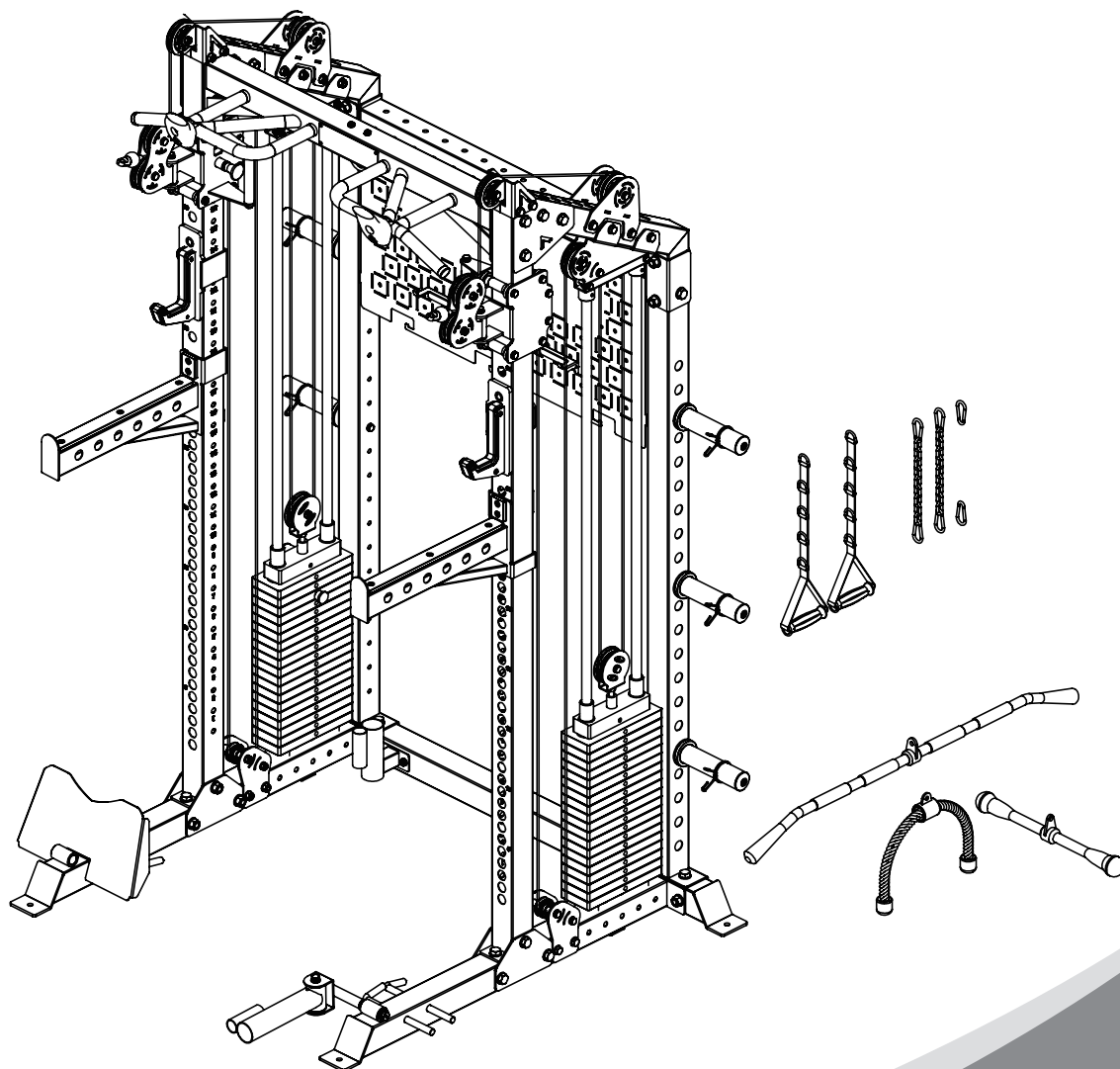


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Measuring For Bolt Length



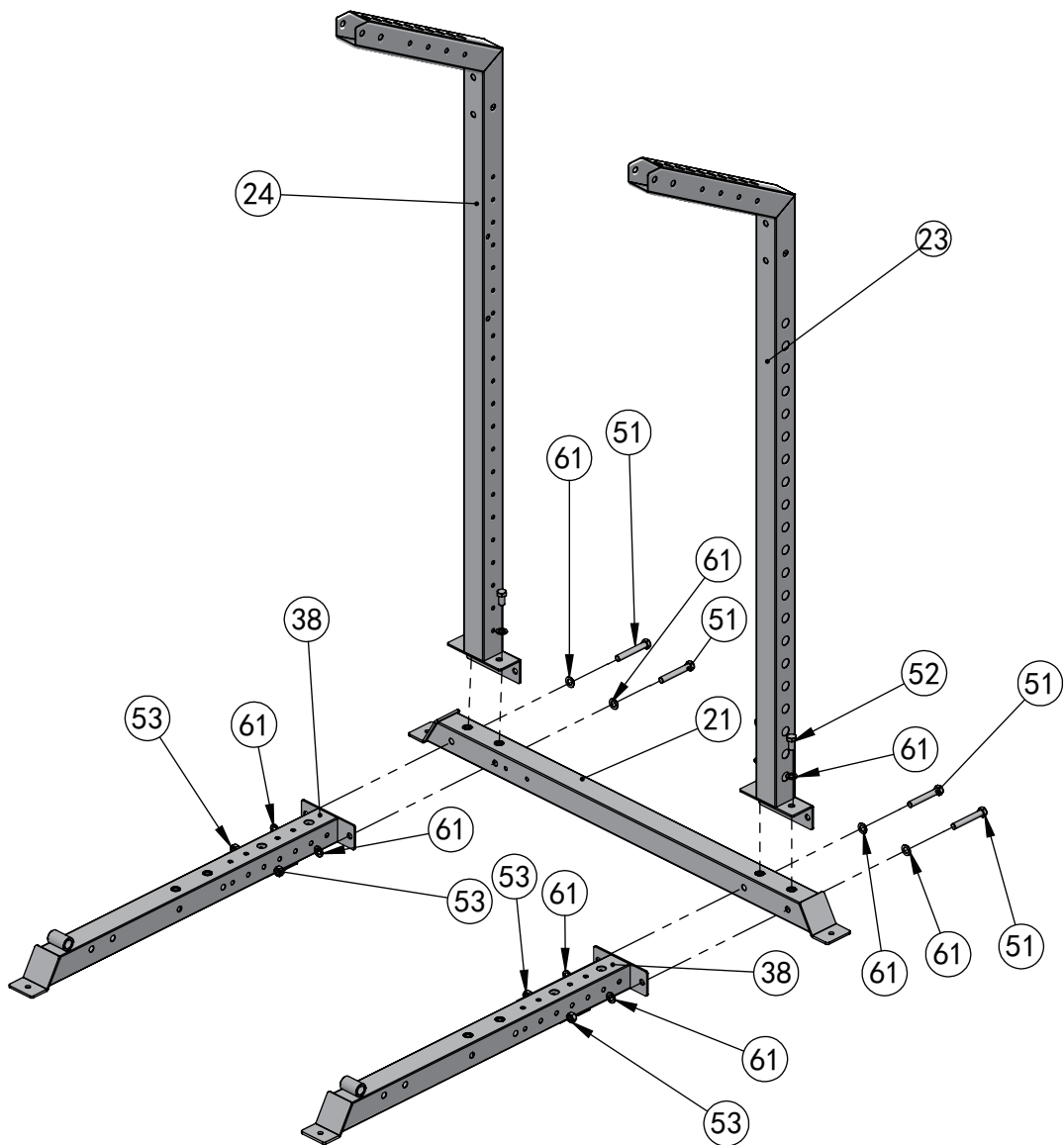
Parts List

NO.	Part Name	Specification	QTY
1	10×60 Straight - Groove Elastic Cylindrical Pin	10×60	2
2	3000 Barbell Rod Sleeve Welding	Welding	1
3	3000 Rotating Rod Assembly	Assembly	1
4	3058 Lifting Rod 90KG	φ25	2
5	3058 Cast Iron Weight 90KG	90kg	2
6	3075 Weight Block Pulley Bracket Assembly	Assembly	2
7	3133 Large Pull Handle - Chrome Plated	Assembly	1
8	3133 Short Safety Stop - Right Assembly	Assembly	1
9	3133 Short Safety Stop - Left Assembly	Assembly	1
10	3133 Long Safety Stop Right Assembly	Assembly	1
11	3133 Long Safety Stop Left Assembly	Assembly	1
12	3138 Bottom Guard Plate	T5	4
13	3138 Bottom Pulley Fixing Plate	T5	4
14	3138 Top Pulley Fixing Plate	T5	4
15	3138 Bird - Fly Slide Sleeve Assembly Right	Assembly	1
16	3138 Bird - Fly Slide Sleeve Assembly Left	Assembly	1
17	3138 Steel Wire Rope Connection Welding	Welding	2
18	3138 Steel Wire Rope - Ball - Nose Assembly	Assembly	2
19	3138 Hook	T3	3
20	3138 Rear Panel Assembly	Assembly	1
21	3138 Rear Base Welding	Welding	1
22	3138 Rear Cross - Tube Assembly	Assembly	1
23	3138 Rear Beam Assembly	Assembly	1
24	3138 Rear Beam Assembly Left	Assembly	1
25	3138 Pulley Support Plate	T5	2
26	3138 Pulley Support Plate Left	T5	2
27	3138 Foot Pedal Welding	Welding	1
28	3138 Frame Top Trim Plate	T5	2
29	3138 Connecting L - Plate	T5	1
30	3138 Connecting L - Plate Left	T5	1
31	3138 Weight Stainless Steel Duct Assembly	Assembly	4
32	3138 Weight Rod Fixing Welding	Welding	2
33	3138 Front Guide Tube Right Welding	Welding	1
34	3138 Front Guide Tube Left Welding	Welding	1
35	3138 Front Upper Cross - Beam Assembly	Assembly	1
36	3138 Upper Pulley Bracket	T5	2
37	3138 Upper Pulley Bracket Left	T5	2

Parts List

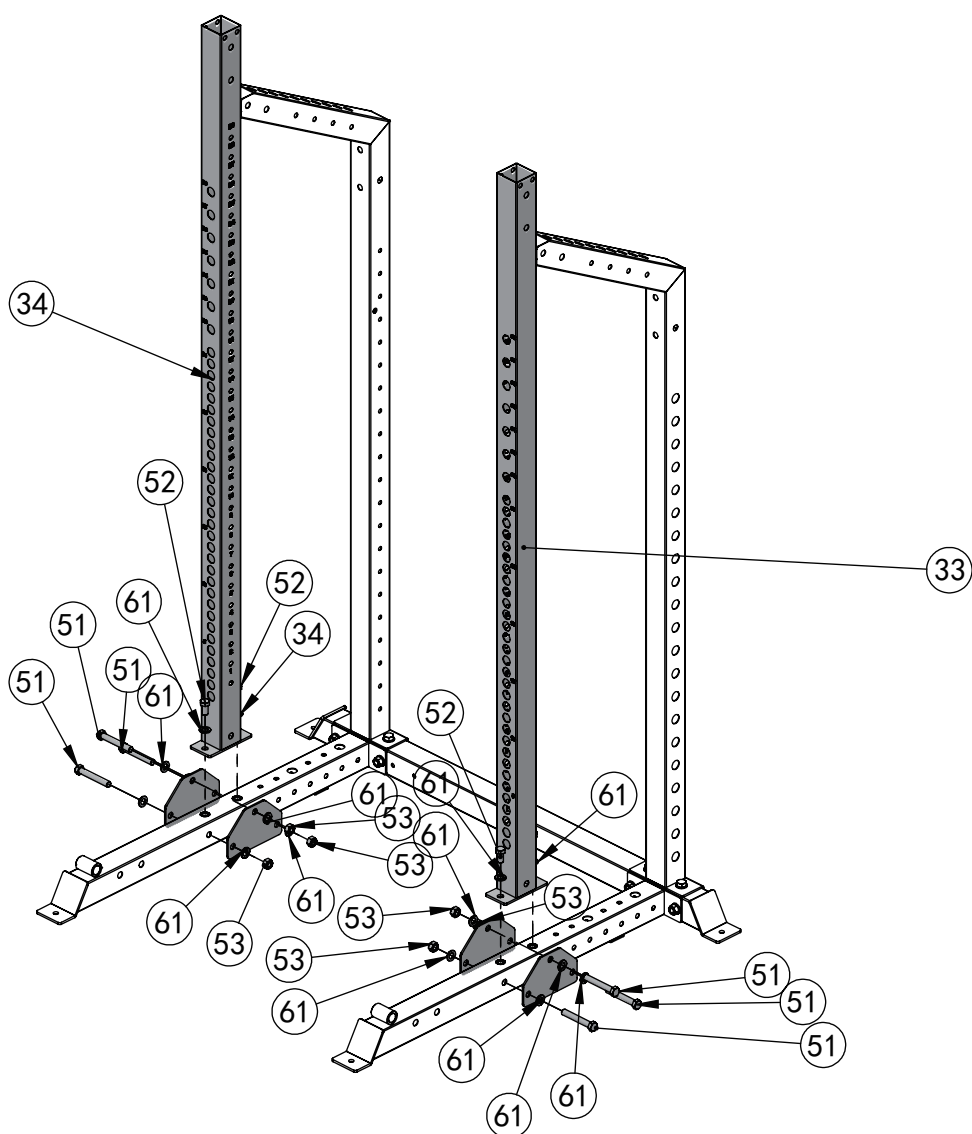
NO.	Part Name	Specification	QTY
38	3138 Lower Right - Hand Side Bracket Welding	Welding	2
39	50 Butterfly Clip	φ50	6
40	60 - 27 Shock Absorbing Pad	φ60×φ27×42	4
41	810 Short Straight Pull Handle	Assembly	1
42	92 Pulley (Powder - Coated)	φ92	6
43	M10X100 Hexagon Head Bolt	M10×100	6
44	M10×20 Hexagon Head Bolt	M10×20	6
45	M10×25 Hexagon Head Bolt	M10×25	10
46	M10×50 Hexagon Head Bolt	M10×50	6
47	M10×90 Hexagon Head Bolt	M10×90	2
48	M10 Locking Nut	M10	24
49	M12×100 Hexagon Head Bolt	M12×100	12
50	M12 Locking Nut	M12	16
51	M16×105 Hexagon Head Bolt	M16×105	24
52	M16×30 Hexagon Head Bolt	M16×30	8
53	M16 Locking Nut	M16	22
54	M8×16 Hexagon Head Bolt	M8×16	6
55	M8×55 Hexagon Head Bolt	M8×55	4
56	M8×10 Headless Hexagon Socket Bolt	M8×10	4
57	M8 Locking Nut	M8	4
58	φ10×100 Magnetic Pull Pin - Cordless	φ10×100	2
59	φ10 Large Flat Washer (GB Standard)	φ30×φ10×3	2
60	φ12 Flat Washer	φ12	32
61	φ16 Flat Washer	φ16	54
62	φ20×φ16×10.2×33 Powder - Coated Sleeve	φ20×φ16×10.2×33	12
63	φ50 Pulley	φ50	6
64	φ8 Flat Washer	φ8	14
65	φ10 Flat Washer (GB Standard)	φ10	40
66	Biceps Rope	φ28×690	1
67	Barbell Hanging Rod Assembly - 173	Assembly	6
68	Fixed Elastic Rope L - Pin	φ17×250×77L	4
69	Hoist Hook	Standard Part	2
70	Chain + Hoist Hook	Assembly	2
71	Five - Ring Hand Strap	Five - Ring	2
72	M12×110 Hexagon Head Bolt	M12×110	4

ASSEMBLY STEP 1



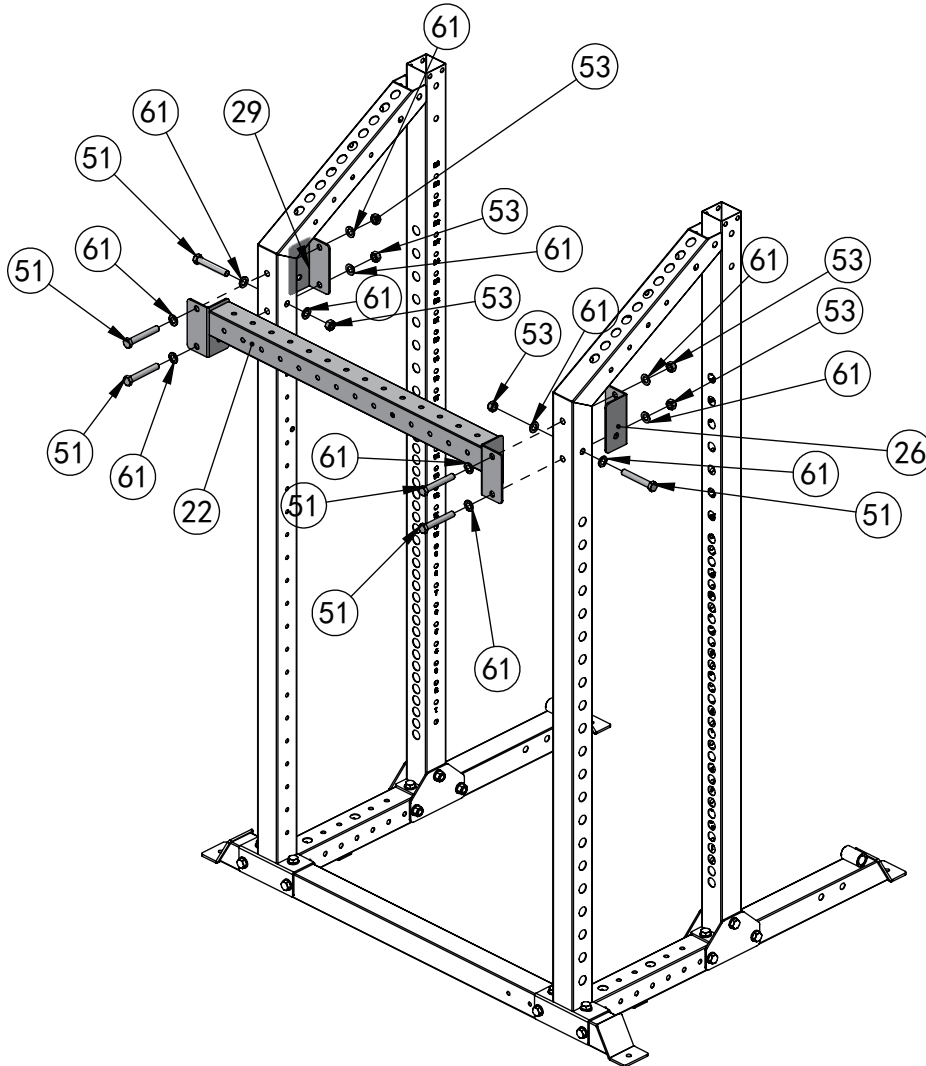
NO.	Part Name	Specification	QTY
21	3138 Rear Base Welding	Welding	1
38	3138 Lower Right - Hand Side Bracket Welding	Welding	2
61	φ16 Flat Washer	φ16	12
53	M16 Locking Nut	M16	4
51	M16×105 Hexagon Head Bolt	M16×105	4
52	M16×30 Hexagon Head Bolt	M16×30	4
23	3138 Rear Beam Assembly	Assembly	1
24	3138 Rear Beam Assembly Left	Assembly	1

ASSEMBLY STEP 2



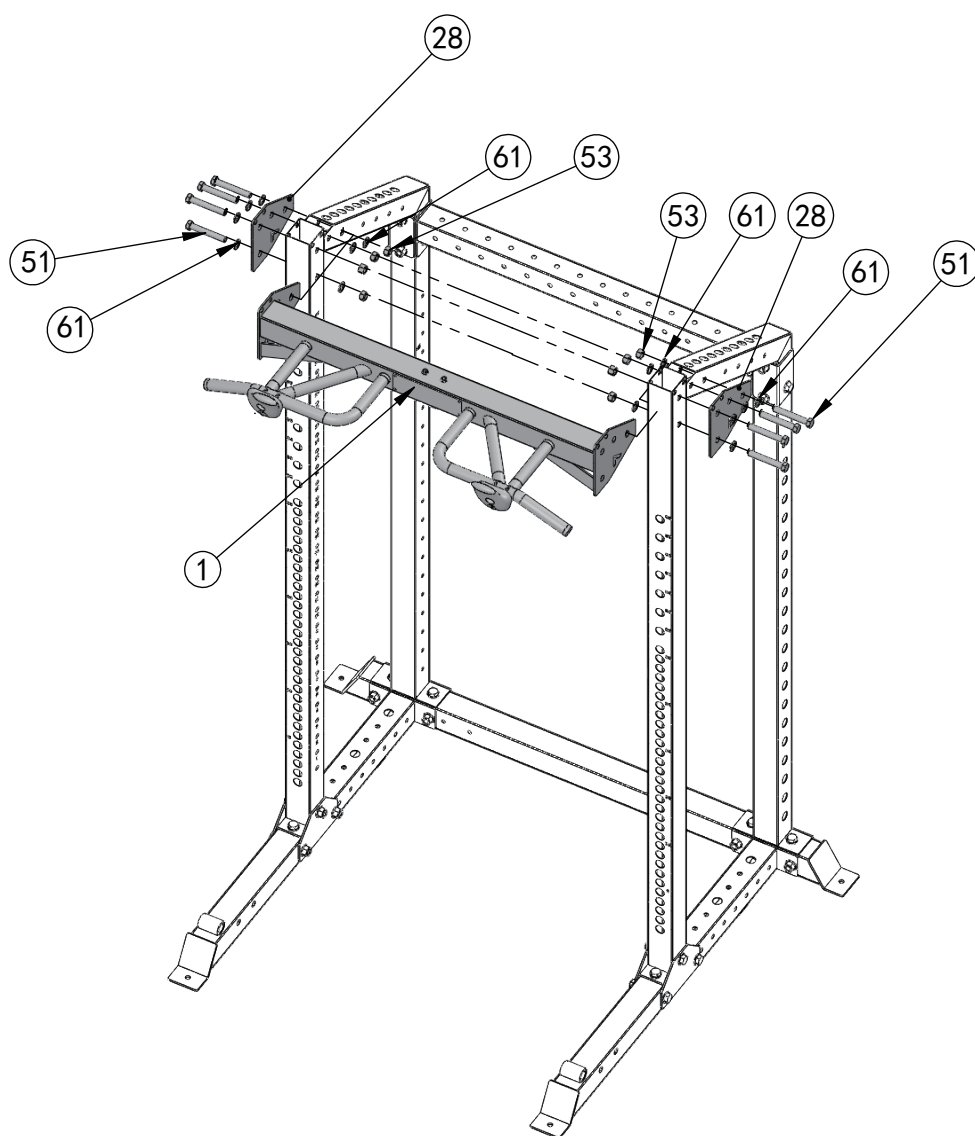
NO.	Part Name	Specification	QTY
33	3138 Front Guide Tube Right Welding	Welding	1
12	3138 Bottom Guard Plate	T5	4
61	φ16 Flat Washer	φ16	16
52	M16×30 Hexagon Head Bolt	M16×30	4
53	M16 Locking Nut	M16	6
51	M16×105 Hexagon Head Bolt	M16×105	6
34	3138 Front Guide Tube Left Welding	Welding	1

ASSEMBLY STEP 3



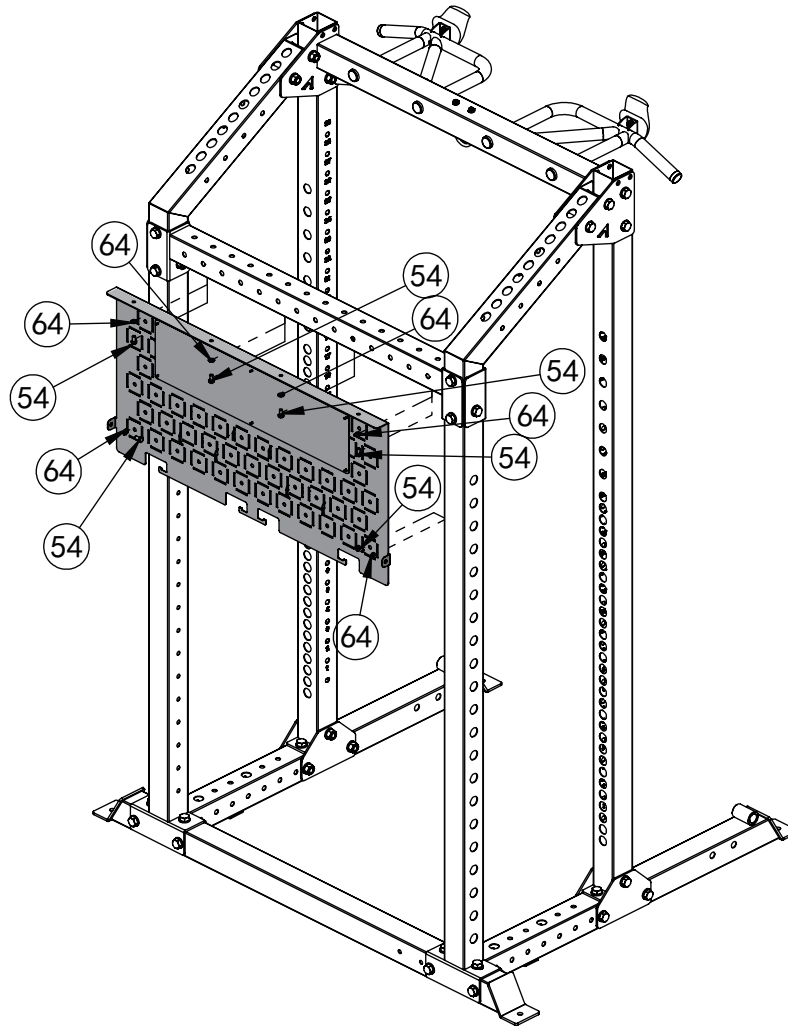
NO.	Part Name	Specification	QTY
22	3138 Rear Cross - Tube Assembly	Assembly	1
29	3138 Connecting L - Plate	T5	1
26	3138 Pulley Support Plate Left	T5	1
61	φ16 Flat Washer	φ16	12
53	M16 Locking Nut	M16	6
51	M16×105 Hexagon Head Bolt	M16×105	6

ASSEMBLY STEP 4



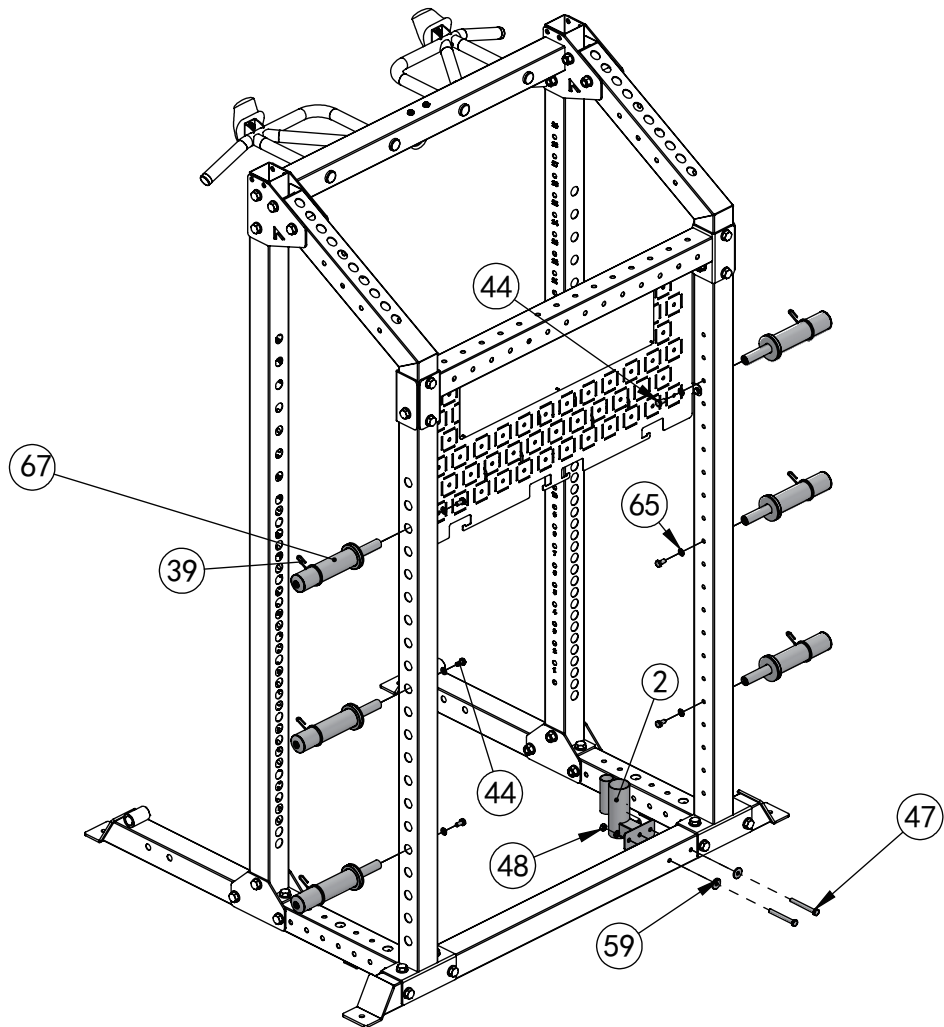
NO.	Part Name	Specification	QTY
35	3138 Front Upper Cross - Beam Assembly	Assembly	1
28	3138 Frame Top Trim Plate	T5	2
61	φ16 Flat Washer	φ16	14
53	M16 Locking Nut	M16	6
51	M16×105 Hexagon Head Bolt	M16×105	8

ASSEMBLY STEP 5



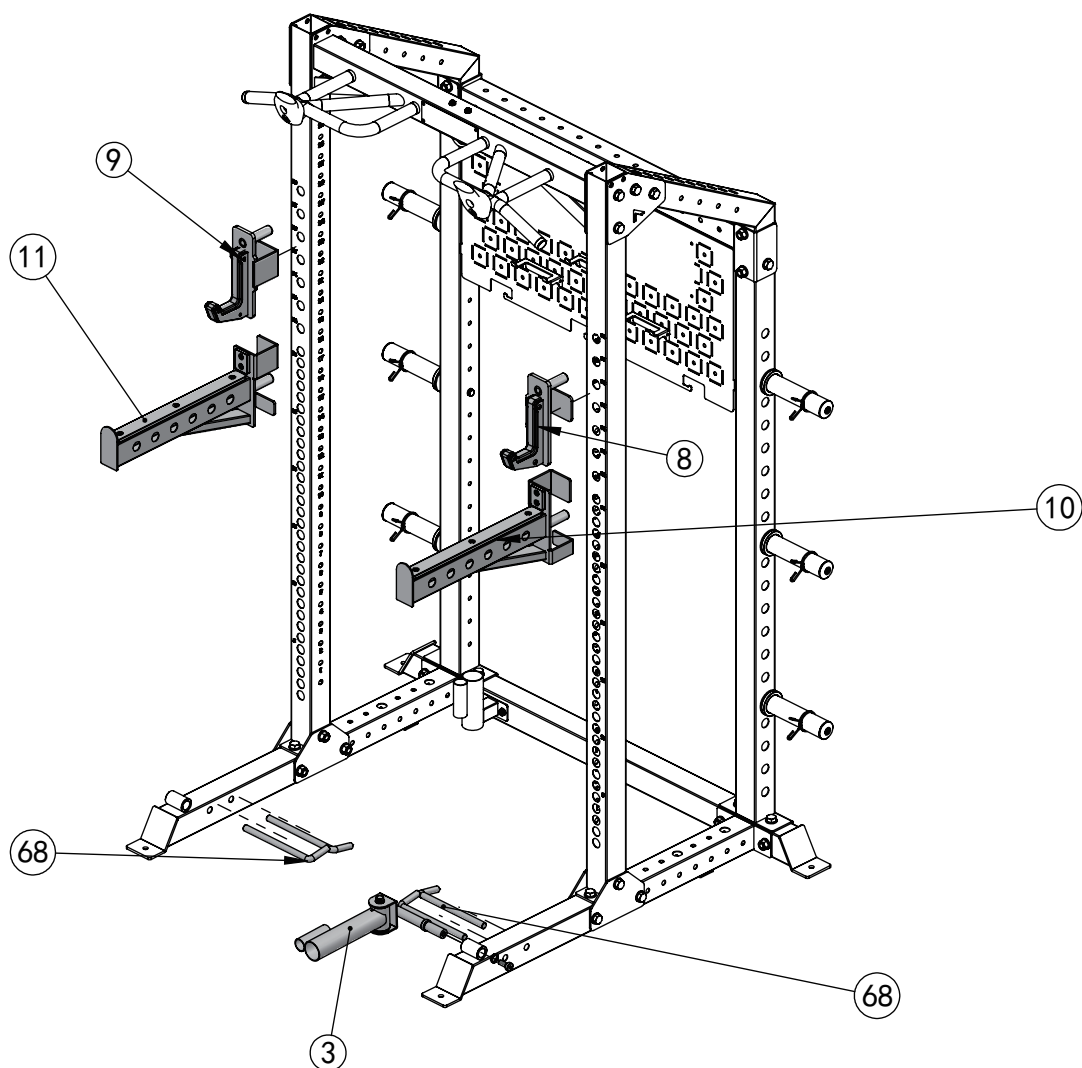
NO.	Part Name	Specification	QTY
20	3138 Rear Panel Assembly	Assembly	1
19	3138 Hook	T3	3
64	φ8 Flat Washer	φ8	6
54	M8×16 Hexagon Head Bolt	M8×16	6

ASSEMBLY STEP 6



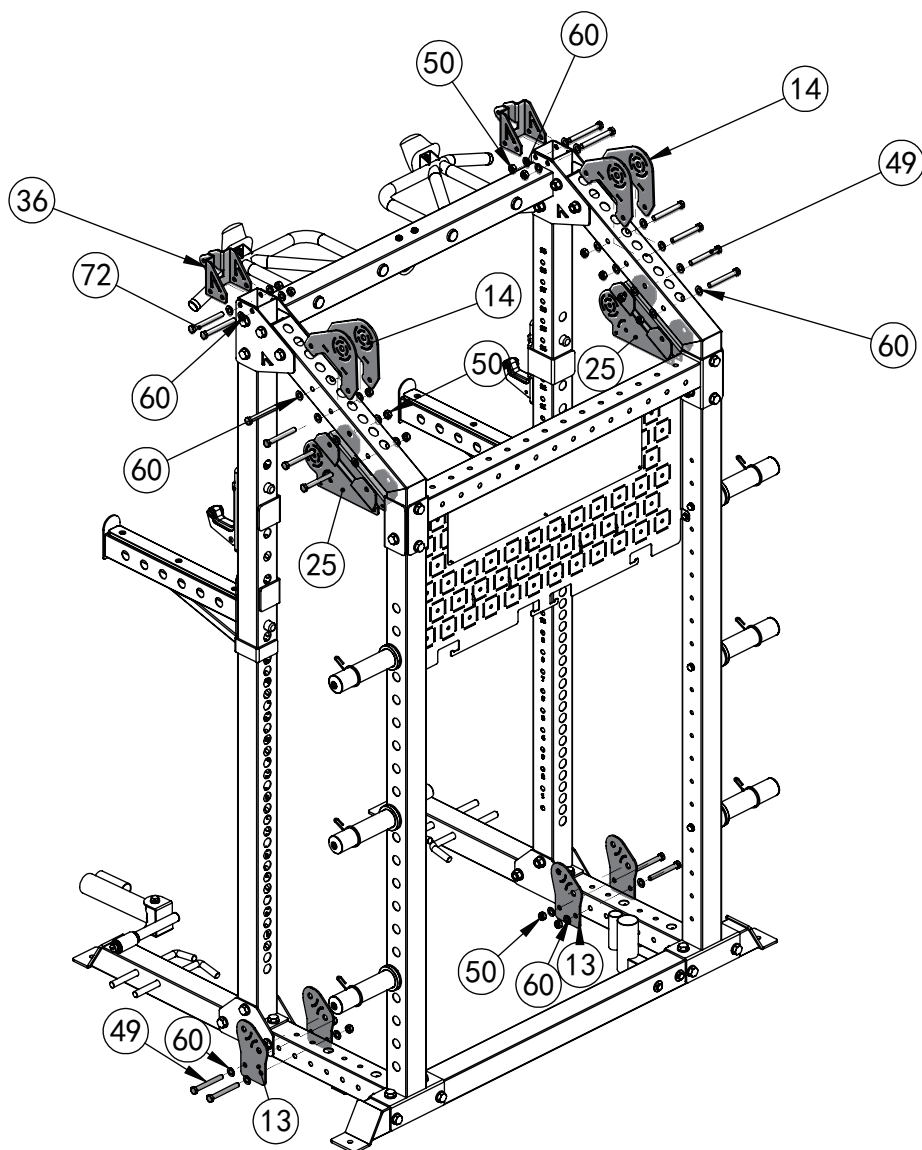
NO.	Part Name	Specification	QTY
67	Barbell Hanging Rod Assembly - 173	Assembly	6
2	3000 Barbell Rod Sleeve Welding	Welding	1
65	φ10 Flat Washer (GB Standard)	φ10	8
44	M10×20 Hexagon Head Bolt	M10×20	6
39	50 Butterfly Clip	φ50	6
59	φ10 Large Flat Washer (GB Standard)	φ30×φ10×3	2
48	M10 Locking Nut	M10	2
47	M10×90 Hexagon Head Bolt	M10×90	2

ASSEMBLY STEP 7



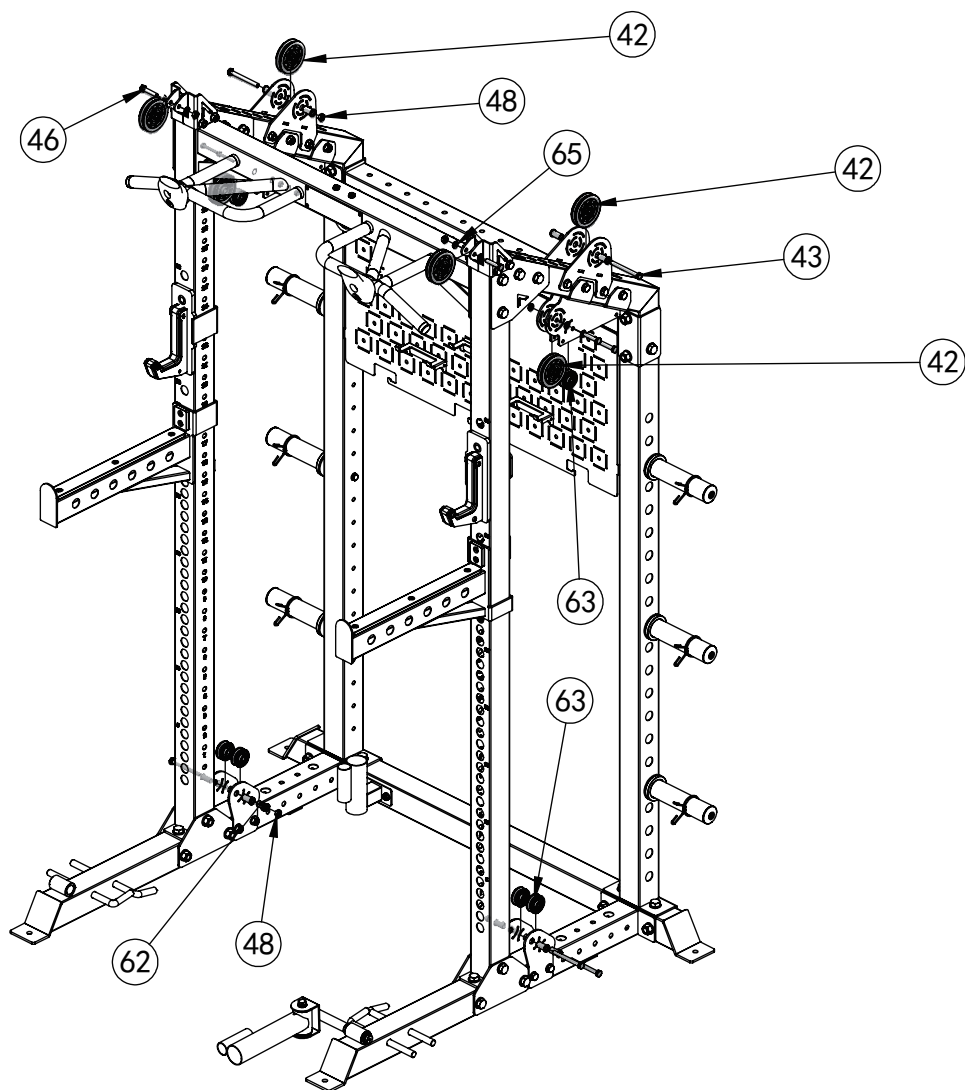
NO.	Part Name	Specification	QTY
68	Fixed Elastic Rope L - Pin	$\phi 17 \times 250 \times 77L$	4
8	3133 Short Safety Stop - Right Assembly	Assembly	1
9	3133 Short Safety Stop - Left Assembly	Assembly	1
3	3000 Rotating Rod Assembly	Assembly	1
11	3133 Long Safety Stop Left Assembly	Assembly	1
10	3133 Long Safety Stop Right Assembly	Assembly	1

ASSEMBLY STEP 8



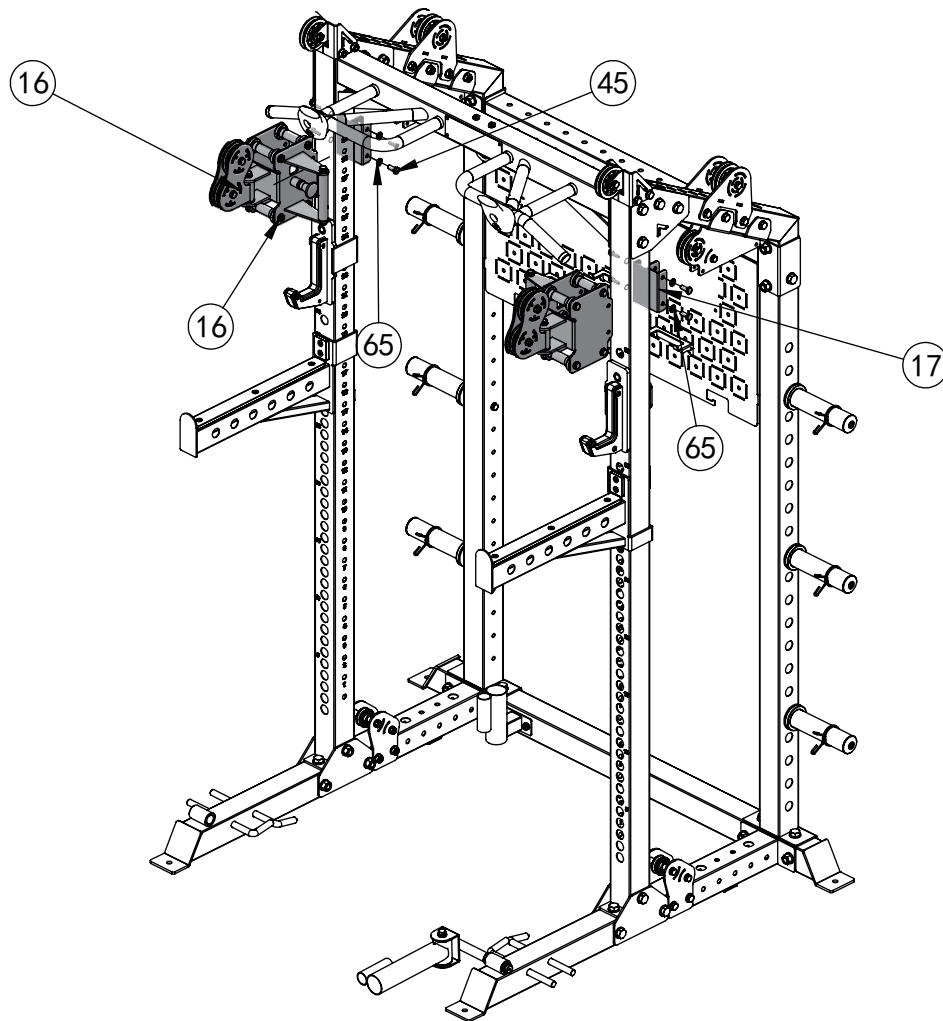
NO.	Part Name	Specification	QTY
14	3138 Top Pulley Fixing Plate	T5	4
36	3138 Upper Pulley Bracket	T5	2
13	3138 Bottom Pulley Fixing Plate	T5	4
25	3138 Pulley Support Plate	T5	2
37	3138 Upper Pulley Bracket Left	T5	2
26	3138 Pulley Support Plate Left	T5	2
60	φ12 Flat Washer	φ12	32
50	M12 Locking Nut	M12	16
49	M12×100 Hexagon Head Bolt	M12×100	12
72	M12×110 Hexagon Head Bolt	M12×110	4

ASSEMBLY STEP 9



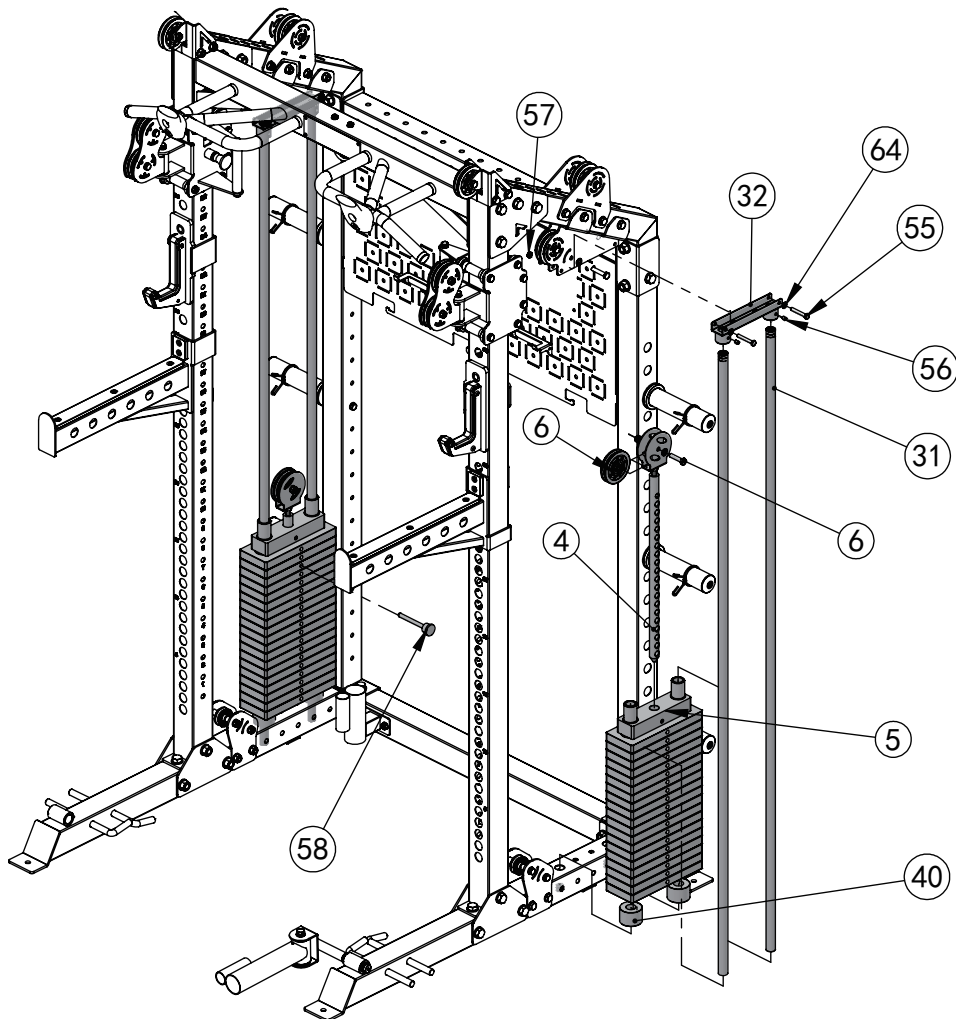
NO.	Part Name	Specification	QTY
62	$\phi 20 \times \phi 16 \times 10.2 \times 33$ Powder - Coated	$\phi 20 \times \phi 16 \times 10.2 \times 33$	12
48	M10 Locking Nut	M10	12
43	M10X100 Hexagon Head Bolt	M10×100	6
42	92 Pulley (Powder - Coated)	$\phi 92$	6
63	$\phi 50$ Pulley	$\phi 50$	6
65	$\phi 10$ Flat Washer (GB Standard)	$\phi 10$	12
46	M10×50 Hexagon Head Bolt	M10×50	6

ASSEMBLY STEP 10



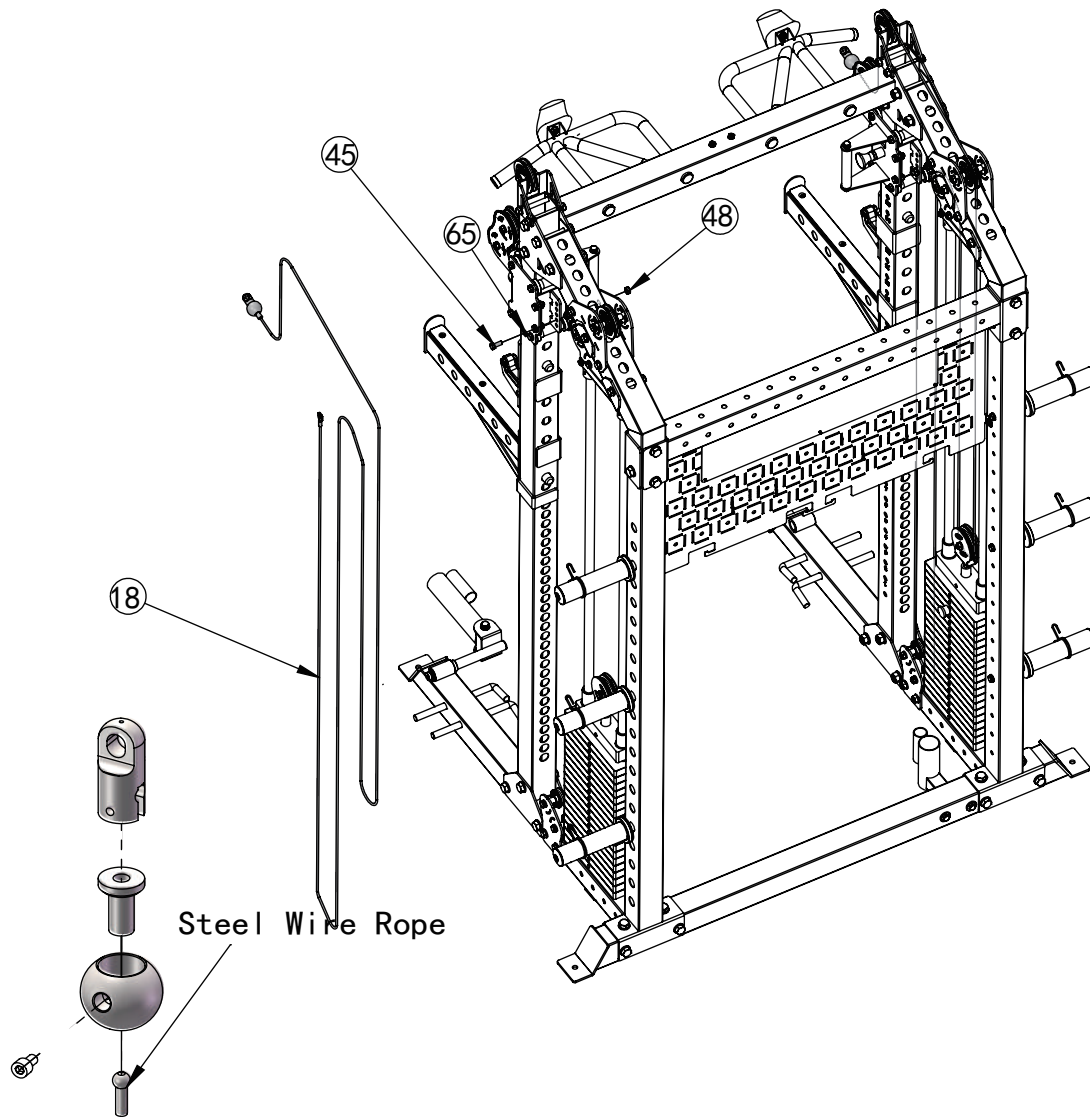
NO.	Part Name	Specification	QTY
15	3138 Bird - Fly Slide Sleeve Assembly	Assembly	1
17	3138 Steel Wire Rope Connection Welding	Welding	2
16	3138 Bird - Fly Slide Sleeve Assembly Left	Assembly	1
65	φ10 Flat Washer (GB Standard)	φ10	16
48	M10 Locking Nut	M10	8
45	M10×25 Hexagon Head Bolt	M10×25	8

ASSEMBLY STEP 11



NO.	Part Name	Specification	QTY
40	60 - 27 Shock Absorbing Pad	$\phi 60 \times \phi 27 \times 42$	4
4	3058 Lifting Rod 90KG	$\phi 25$	2
5	3058 Cast Iron Weight 90KG	90kg	2
58	$\phi 10 \times 100$ Magnetic Pull Pin - Cordless	$\phi 10 \times 100$	2
1	10×60 Straight - Groove Elastic Cylindrical	10×60	2
6	3075 Weight Block Pulley Bracket	Assembly	2
31	3138 Weight Stainless Steel Duct Assembly	Assembly	4
32	3138 Weight Rod Fixing Welding	Welding	2
64	$\phi 8$ Flat Washer	$\phi 8$	8
57	M8 Locking Nut	M8	4
55	M8×55 Hexagon Head Bolt	M8×55	4
56	M8×10 Headless Hexagon Socket Bolt	M8×10	4

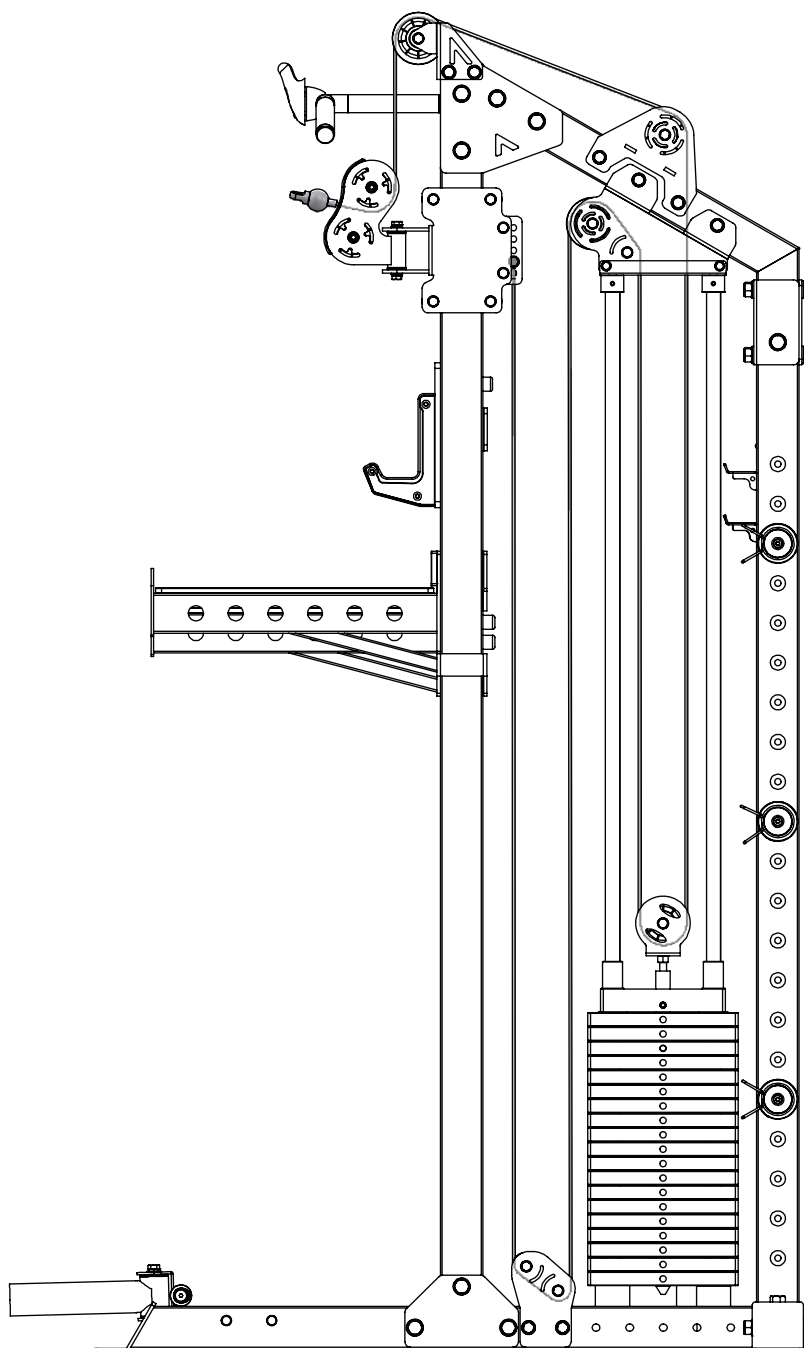
ASSEMBLY STEP 12



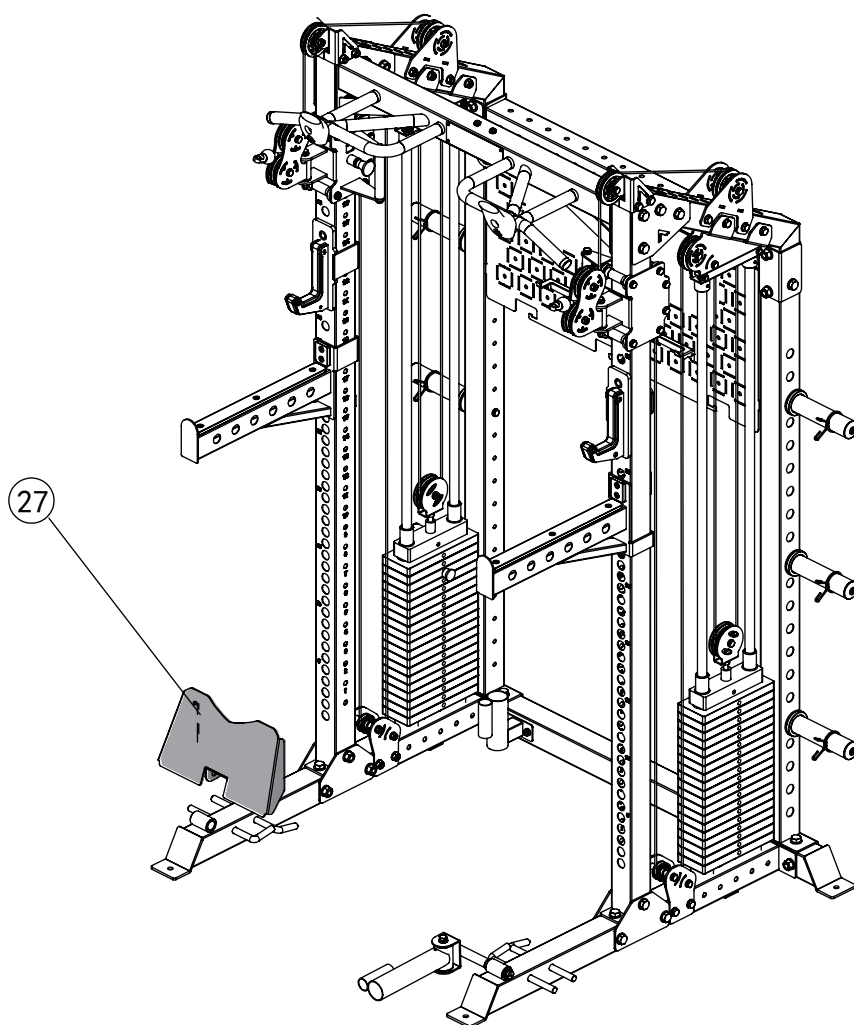
Disassembly and Assembly Schematic
Diagram of the Steel Wire Rope Ball Head

NO.	Part Name	Specification	QTY
18	3138 Steel Wire Rope - Ball - Nose	Assembly	2
65	φ10 Flat Washer (GB Standard)	φ10	4
48	M10 Locking Nut	M10	2
45	M10×25 Hexagon Head Bolt	M10×25	2

ASSEMBLY DRAWING

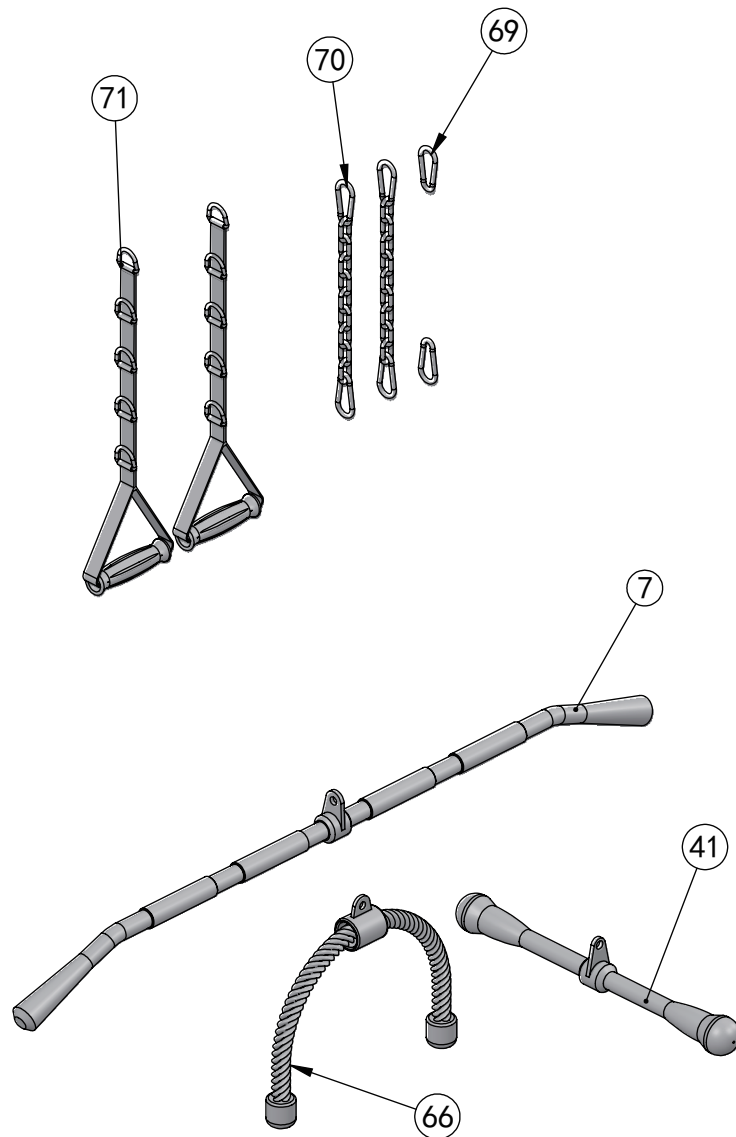


ASSEMBLY STEP 13



NO.	Part Name	Specification	QTY
27	3138 Foot Pedal Welding	Welding	1

Spare parts list



NO.	Part Name	Specification	QTY
70	Chain + Hoist Hook	Assembly	2
71	Five - Ring Hand Strap	Five - Ring	2
69	Hoist Hook	Standard Part	2
66	Biceps Rope	φ28×690	1
41	810 Short Straight Pull Handle	Assembly	1
7	3133 Large Pull Handle - Chrome Plated	Assembly	1