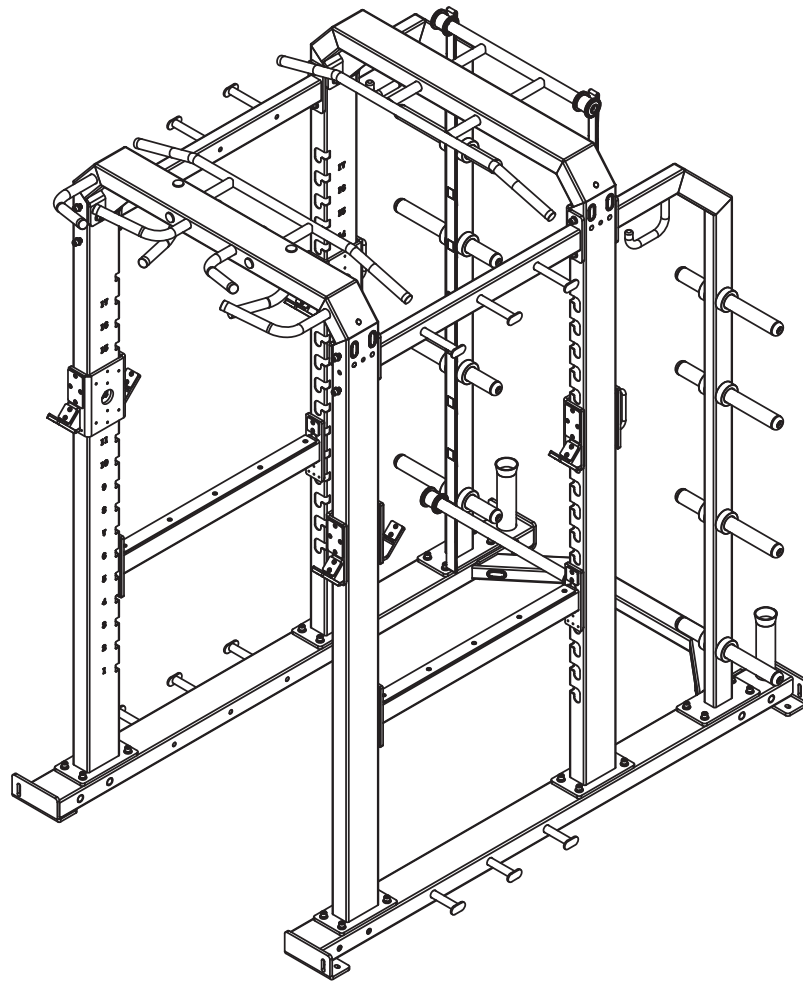


PL204

Full Power Rack



OWNER'S MANUAL



WARNING

Read all precautions and instructions in this manual before using or assembling this equipment. Keep this manual for future reference.

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Warning

In order to avoid human injuries and property damages, before the use of this series equipment, please read the following important notices.

1. Before use of the equipment please read this Owner's Manual carefully. The equipment should be assembled and used strictly following the relevant instructions in this manual, and can not change any of its components or disassemble it freely.
2. It should be ensured that all users have been fully aware of the safety warnings and precautions before they exercise on the equipment.
3. Too loose-fitting clothing can not be worn, and sports shoes should be put on while exercising.
4. The equipment should be carefully examined before training. If there is damage, please do not use it and do not try to repair it by yourself. Please contact your supplier in time. It is necessary to inform after-sales service personnel as soon as possible to get the machine repaired.
5. Make sure that all parts are properly tightened before each use of the strength equipment.
6. Make sure the selector pin has fit well in its position before exercising and do not use selector pin other than the one coupled with this equipment to avoid any injury.

Warning

7. The equipment should be placed indoors, and make sure that the ground is flat, and there are enough space around the equipment for user to exercise on the machine freely.
8. Before using the machine, please check the cables to ensure that cable is in the groove of pulley, and attention should be paid especially to the end of cable.
9. Only originally attached or manufacturer provided weight stack can be used in this equipment and can not increase the weight of weight stack by use of other manufacturers' weight stack plate.
10. Child and pet are not allowed to be too close to the equipment while it is in using.
11. Please do not put your finger or foot on the machine when others are doing exercises.
12. If exerciser feels dizzy or physical pain while training he or she should stop exercising immediately and consult a doctor.
13. The equipment should be used in a well defined place and under well managed and monitored way of the equipment owner.

Before using the equipment please consult your physician and fitness expert, and must be sure to read all the specifications in this owner's manual. Manufacturer will not be held responsible for any personal injury and property loss resulted from the incorrect use of the products.

Packing List

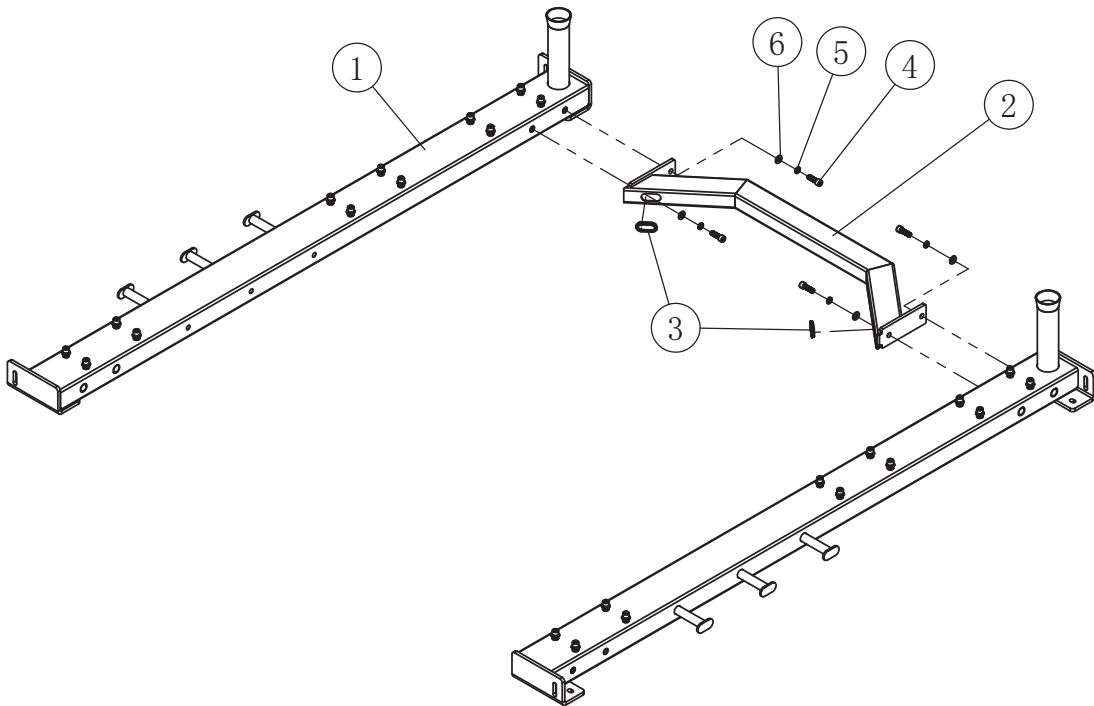
Product PL204 contains below 10 function units:

1、	PL2041	Double duty frame	1set
2、	PL2042	Bilateral rack	1set
3、	PL2014:	Barbell rack	1set
4、	PL2015:	Back connection bar	1set
5、	PL2021:	Floor stand	2sets
6、	PL2024:	Barbell stents	1set
7、	PL2025:	Horizontal bar frame	1set
8、	PL2031:	Long button frame	1set
9、	PL2032:	Barbell safety rack	1set
10、	PL2043:	Upper vertical connection frame	1set

Assembly Step 1

Steps	No.	Description	Specifications	Qty
1	1	Bottom frame		1
	2	Back connection bar		1
	3	Plug		2
	4	Hex socket head cap screw	M12*35	4
	5	Spring washer	M12	4
	6	Flat washer	Φ24*Φ13*2.5	4

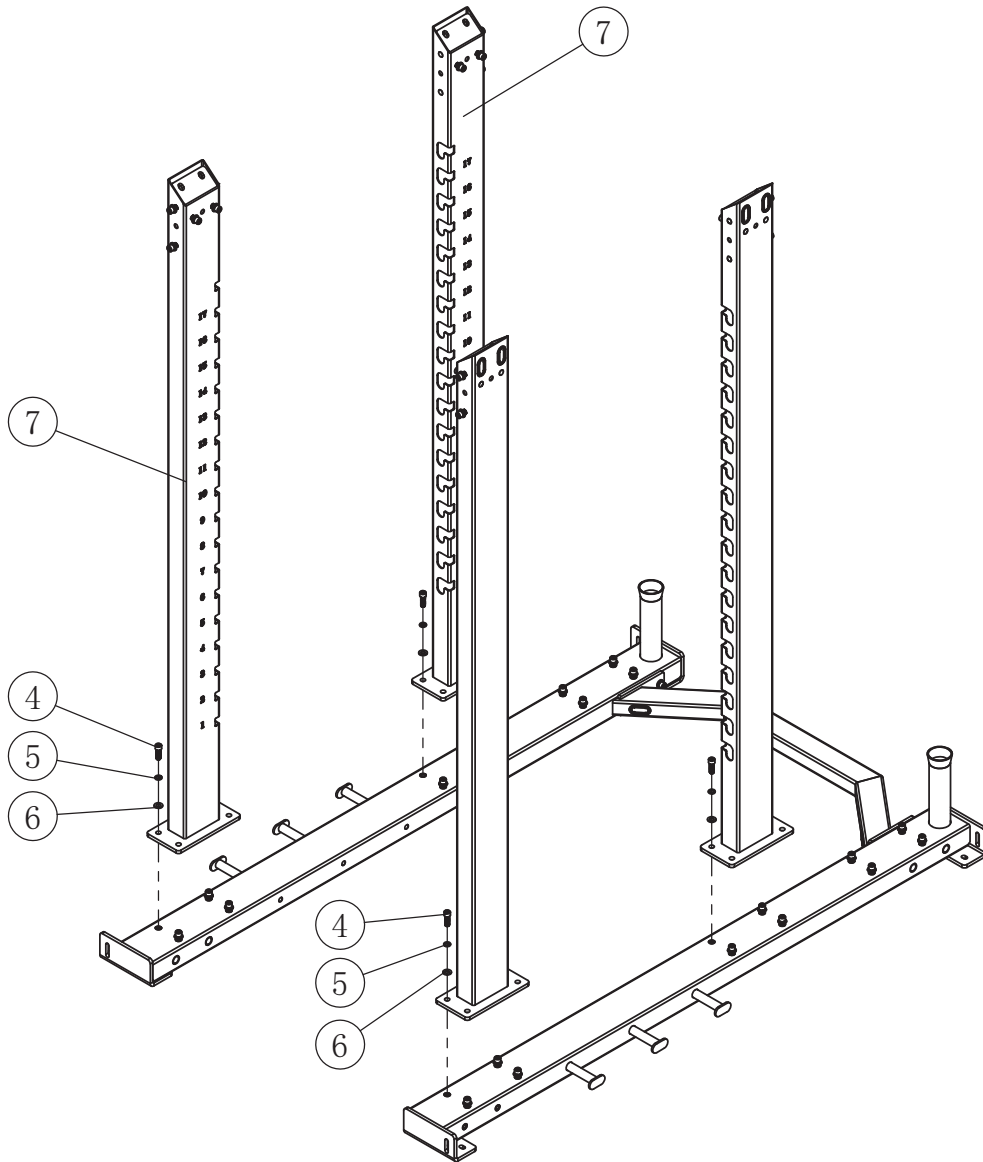
Attention: Bottom frame with left and right, please pay attention during assembly.



Assembly Step 2

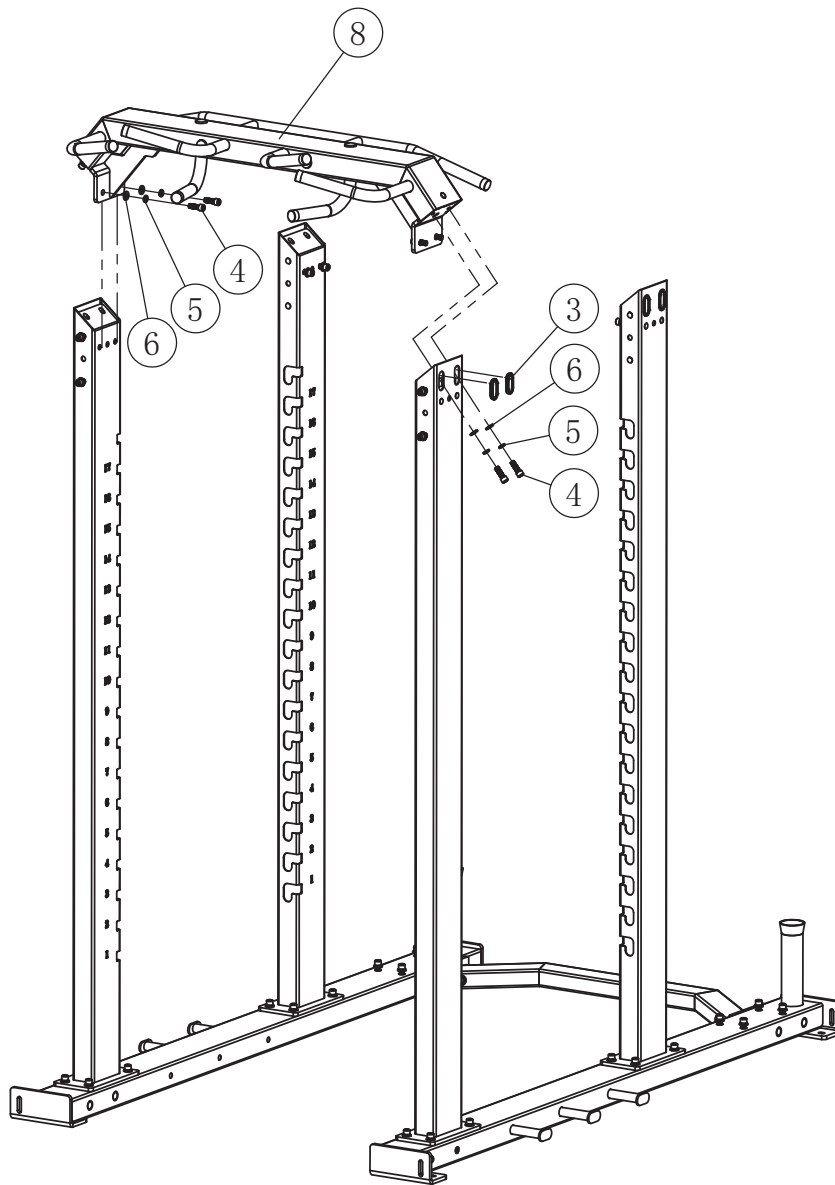
Steps	No.	Description	Specifications	Qty
2	7	Floor stand		2
	4	Hex socket head cap screw	M12*35	16
	5	Spring washer	M12	16
	6	Flat washer	Φ24*Φ13*2.5	16

Attention: Floor stand with left and right, please pay attention during assembly.



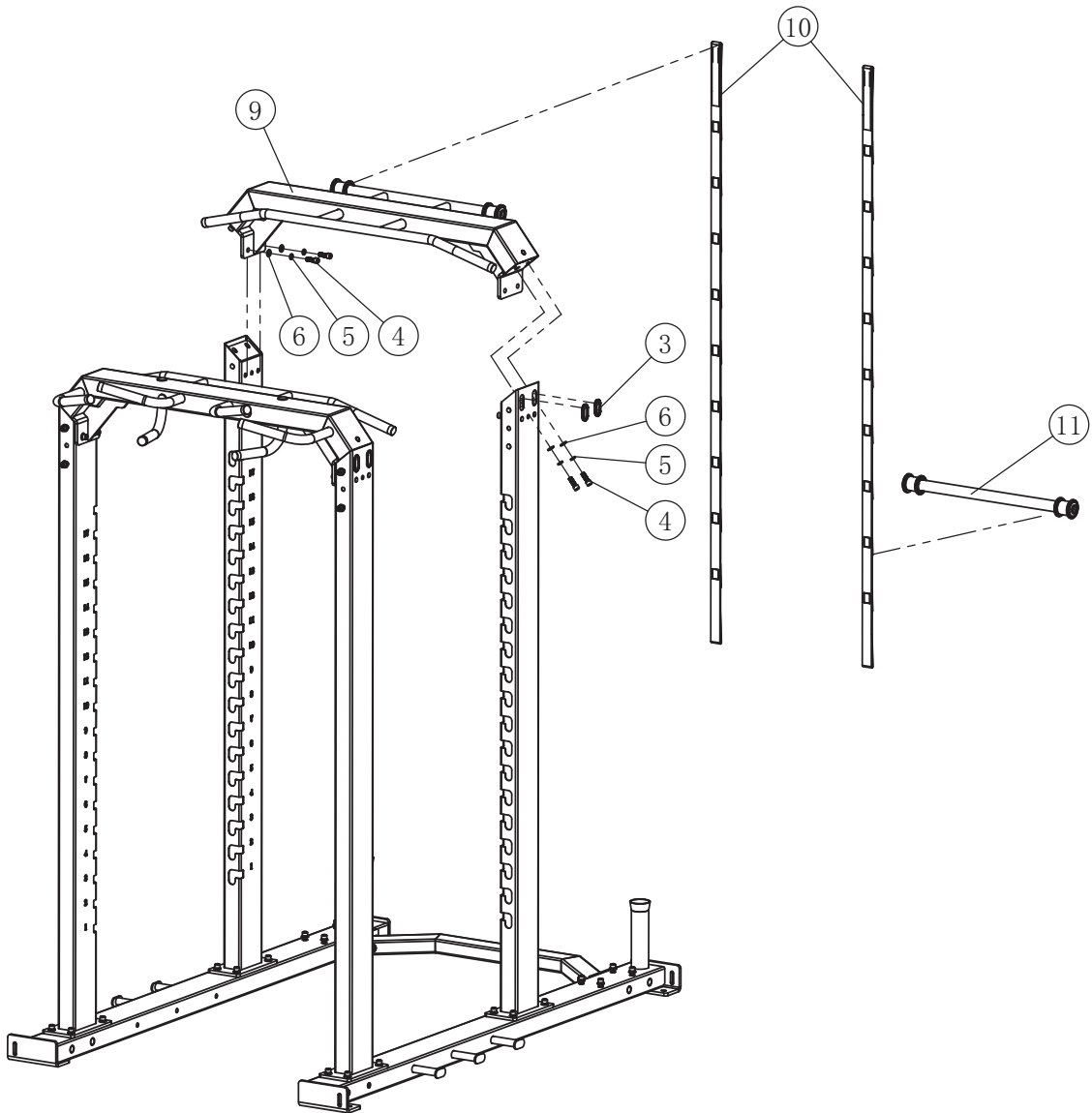
Assembly Step 3

Steps	No.	Description	Specifications	Qty
3	8	Horizontal bar frame		1
	3	Plug		4
	4	Hex socket head cap screw	M12*35	8
	5	Spring washer	M12	8
	6	Flat washer	Φ24*Φ13*2.5	8



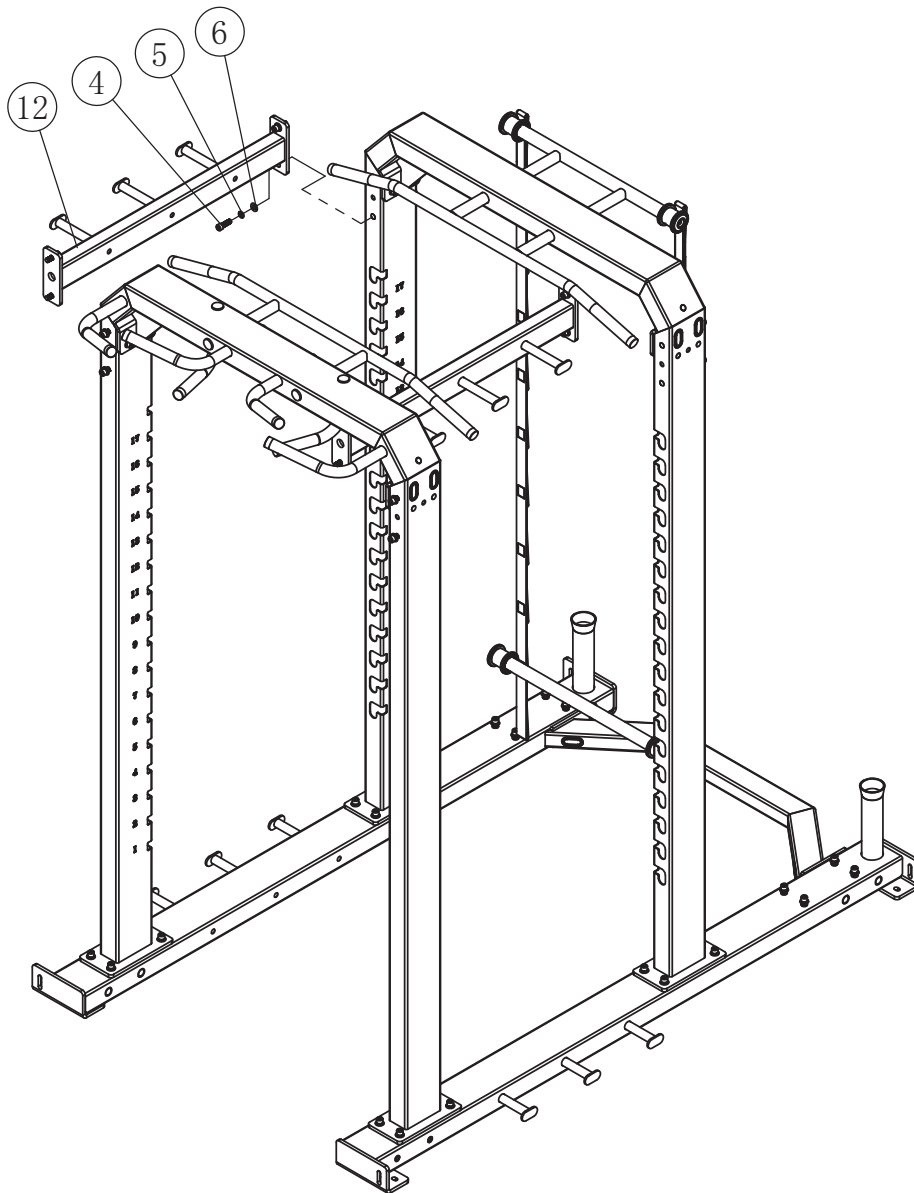
Assembly Step 4

Steps	No.	Description	Specifications	Qty
4	9	Double duty frame		1
	10	Training belt		1
	11	Training rod		1
	3	Plug		4
	4	Hex socket head cap screw	M12*35	8
	5	Spring washer	M12	8
	6	Flat washer	Φ24*Φ13*2.5	8



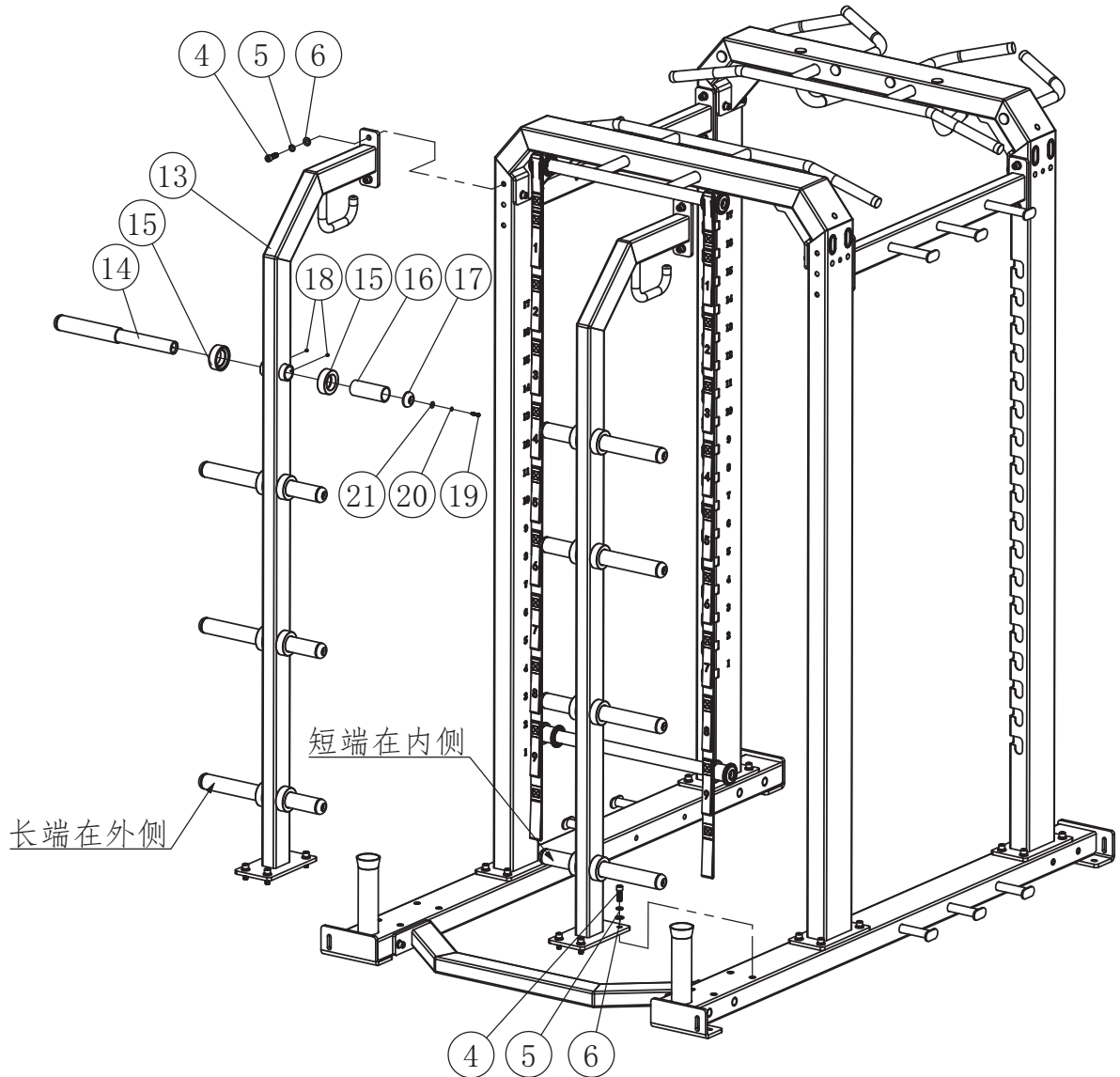
Assembly Step 5

Steps	No.	Description	Specifications	Qty
5	12	Upper vertical connection frame		1
	4	Hex socket head cap screw	M12*35	8
	5	Spring washer	M12	8
	6	Flat washer	Φ24*Φ13*2.5	8



Assembly Step 6

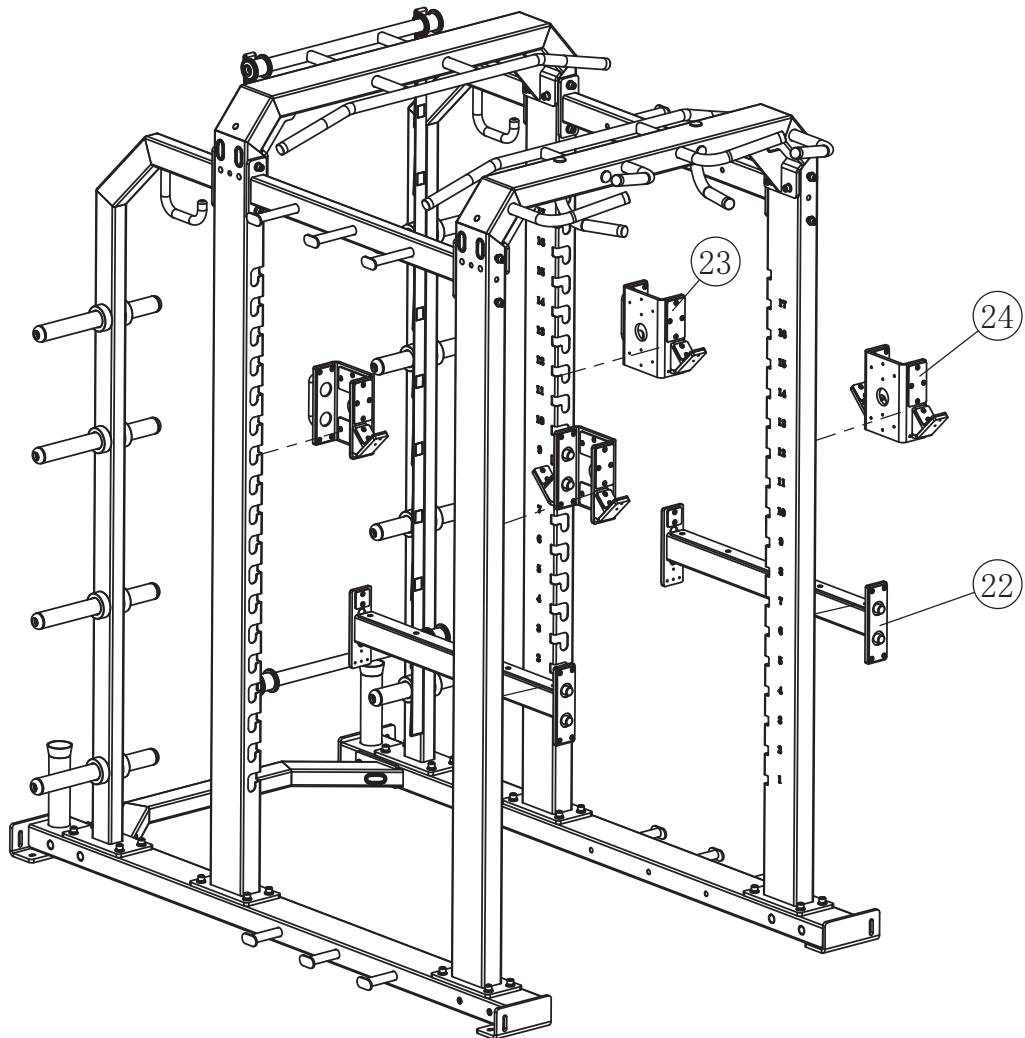
Steps	No.	Description	Specifications	Qty
6	13	Barbell stents		1
	14	Long barell frame		8
	15	Bumper pad		16
	16	protecting bush		8
	17	Plug		16
	18	hexagon socket set screws with plain end	M6*6	16
	19	Hexagon Socket Button Head Screw	M6*25	8
	20	Spring washer	M6	8
	21	Big washer	$\Phi 18 \times \Phi 6.4 \times 1.6$	8
	4	Hex socket head cap screw	M12*35	12
	5	Spring washer	M12	12
	6	Flat washer	$\Phi 24 \times \Phi 13 \times 2.5$	12



Assembly Step 7

Steps	No.	Description	Specifications	Qty
7	22	Barbell safety rack		1
	23	Barbell rack		1
	24	Bilateral bracket		1

Attention: pay attention about left and right parts during assembly.



Maintenance Attentions

Daily Maintenance (Basic Maintenance)

1. Clean the frame with warm water and soft cloth. Clean and wipe with a little bit moist soft cloth.
2. Cleaning Nickel plated parts: wipe them with alcohol moistened soft cloth.
3. Cleaning chrome plated parts: wipe them with alcohol moistened soft cloth.

Monthly Maintenance (Basic Maintenance)

1. Check transmission cable. Check the tightness and abrasion of the cable (disrepair of the surface, bend, distortion and so on).
2. Check guide rod, and wipe it with soft duster cloth and alcohol, and lubricate it by anticorrosive oil, but please don't let excessive oil accumulated on rod.
3. Check weight stack to know if there is any damaged steel plate which caused by too much force or friction on rod.
4. Check pulley on whether its groove surface is clean and whether it runs smoothly.
5. Check bolts and fixing parts. Wipe them with alcohol and anticorrosive oil.

Further Maintenance

1. Check whether bolts and nut on basic frame become loose, springs have damaged and the tightness of drive cable.
2. Check, if there is rust or paint loss on main frame and basic rack, clean out rust by sand paper, and then cover it with same color paint from the same supplier.
3. Clean and lubricate every bearing, and keep equipment work smoothly.
4. Check all the rubber mat , rubber cushion and handle grip whether damaged or not, if has, please replace them in time.

Attention

1. Before using any cleaner to clean, please try it on the hard appearance place to make sure the cleaner not cause damages to paintings and materials.
2. Please don't try to use any abrasive and solubility liquid (such as gas and coal oil) to clear surface of the equipment. Otherwise, it will lead damages to the equipment.

