



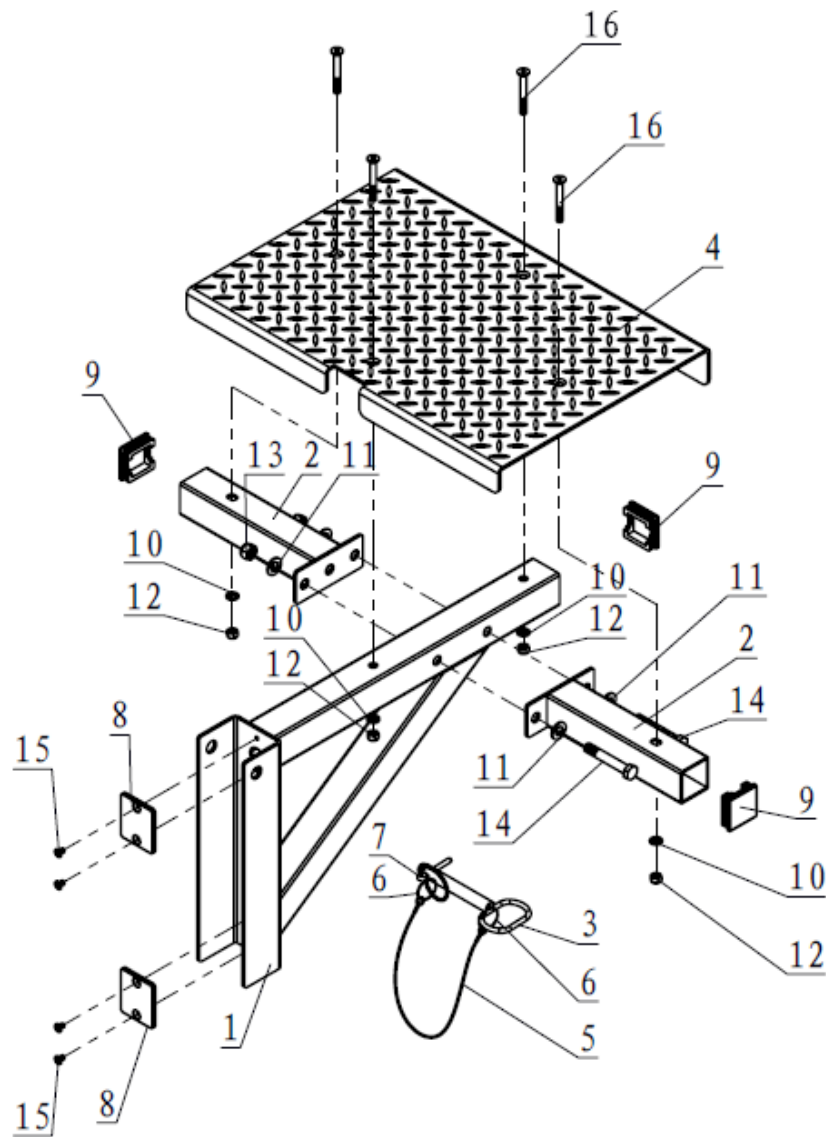
OWNER'S MANUAL

MPN(s): RCKSTP_X3

SKU(s): 401362

UPC(s): 840009215407

PARTS DIAGRAM / EXPLODED VIEW



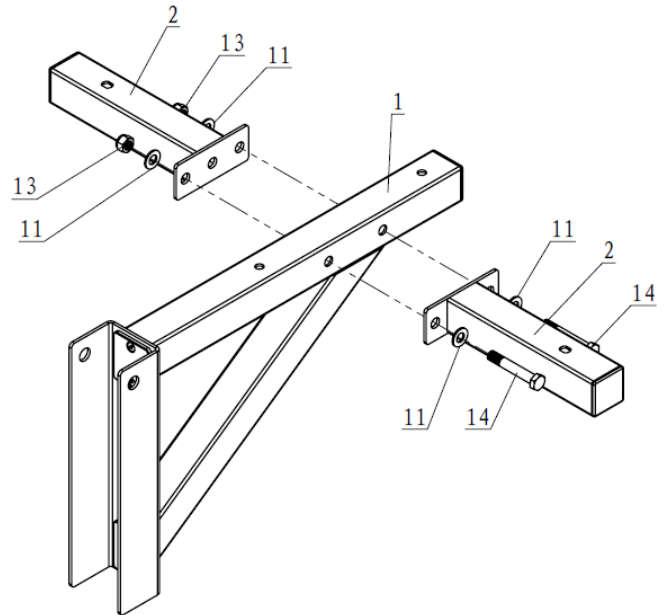
KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QT
(1)	1	Main Frame	1	(9)	1	End Cap 50*50*3	3
(2)	1	Side Support Frame	2	(10)	1	Flat Washer $\Phi 9 * \Phi 16 * .1.6$	4
(3)	1	Pin	1	(11)	1	Flat Washer $\Phi 13.5 * \Phi 24 * 2.5$	4
(4)	1	Pedal	1	(12)	1	Nut M8	4
(5)	1	Wire Rope 1 $\Phi 5.5 * \Phi 1.6 * 330$	1	(13)	1	Nut M12	2
(6)	1	Pull Ring $\Phi 1.5 * 31$	2	(14)	1	Hex Bolt M12*75	2
(7)	1	Small Pin $\Phi 6 * 45$	1	(15)	1	Countersunk Head Screw M6*10	4
(8)	1	Plastic Plate 68*58*5	2	(16)	1	Countersunk Head Screw M8*65	4



ASSEMBLY INSTRUCTIONS

STEP 1

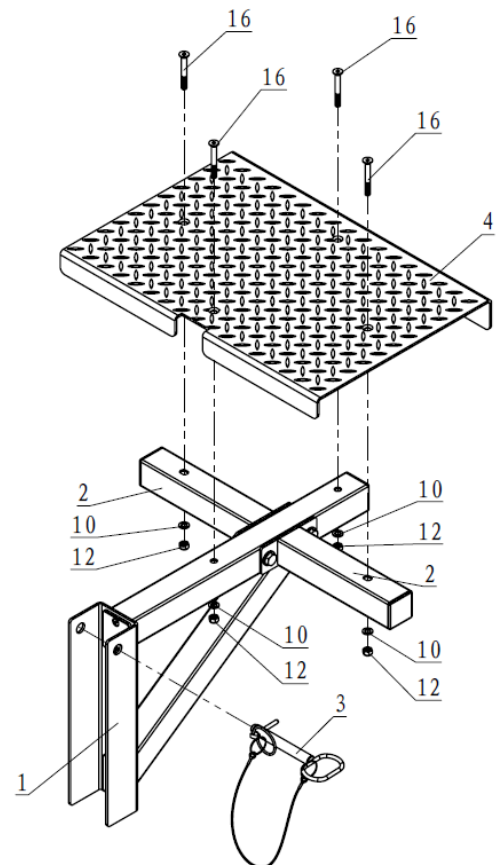
Connect the Side Support Frame (2) and Main Frame (1), using Hex Bolt M12*75 (14), Flat Washer $\Phi 13.5*\Phi 24*2.5$ (11) and Nut M12 (13).



STEP 2

Install the Pedal (4) on Main Frame (1) and Side Support Frame (2), using Flat Washer $\Phi 9*\Phi 16*1.6$ (10), Nut M8 (12) and Countersunk Head Screw M8*65(16).

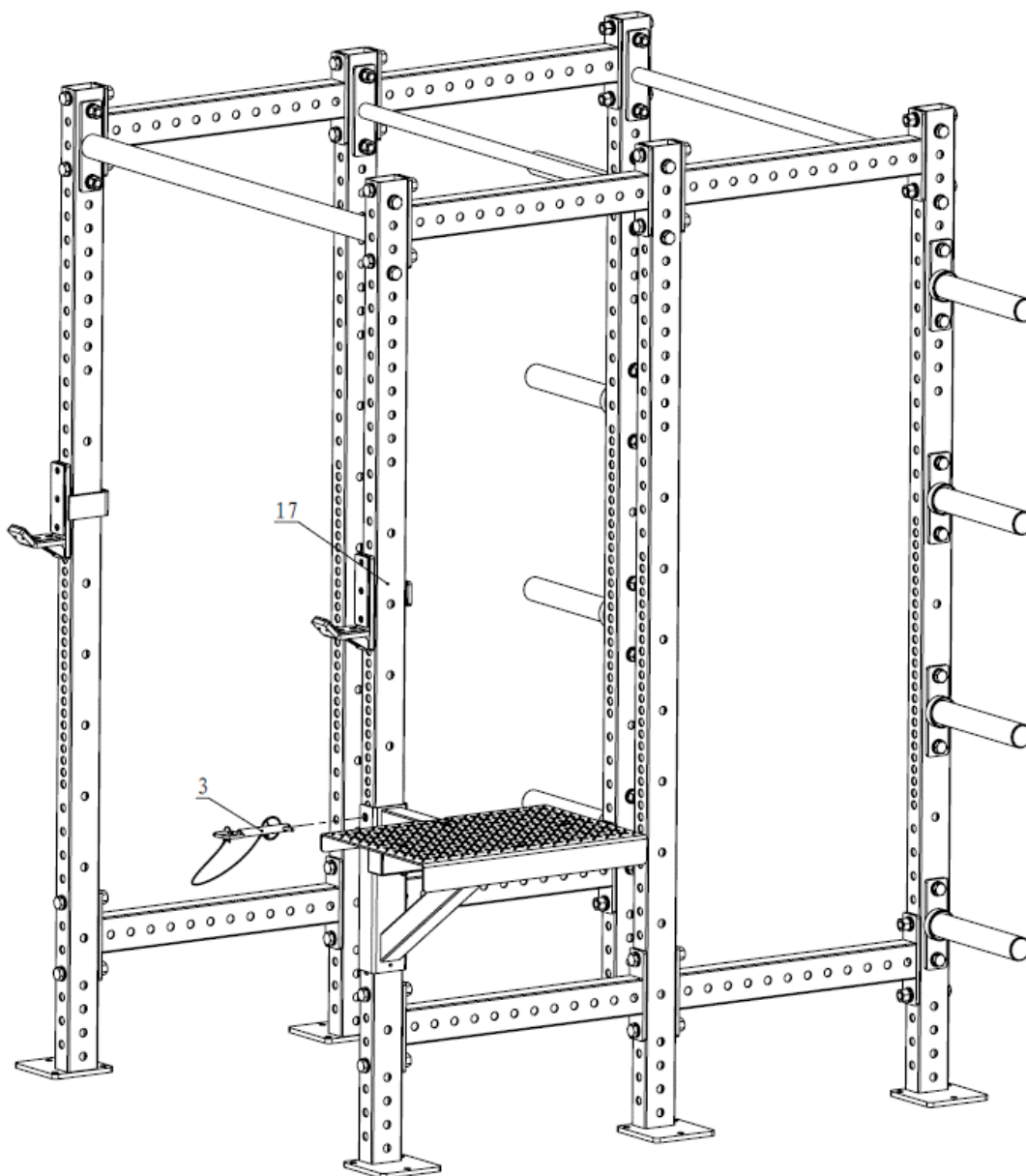
NOTE: For an easier view, we found mounting the bracket to the upright, then adding the platform to be easier.



ASSEMBLY INSTRUCTIONS

STEP 3

Install the Step-up Platform on Power Rack properly, fixing by Pin Combination (3).





*This concludes the RCKSTP X3 Owner's Manual.
If applicable to your product, make sure to tighten all
nut-and-bolt combinations before use.*

Enjoy!

DISCLAIMER

This equipment must be used with care by capable and competent individuals under supervision, if necessary.

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