

COMPETITION BENCH AND SQUAT RACK COMBO

CMBRCK
400902

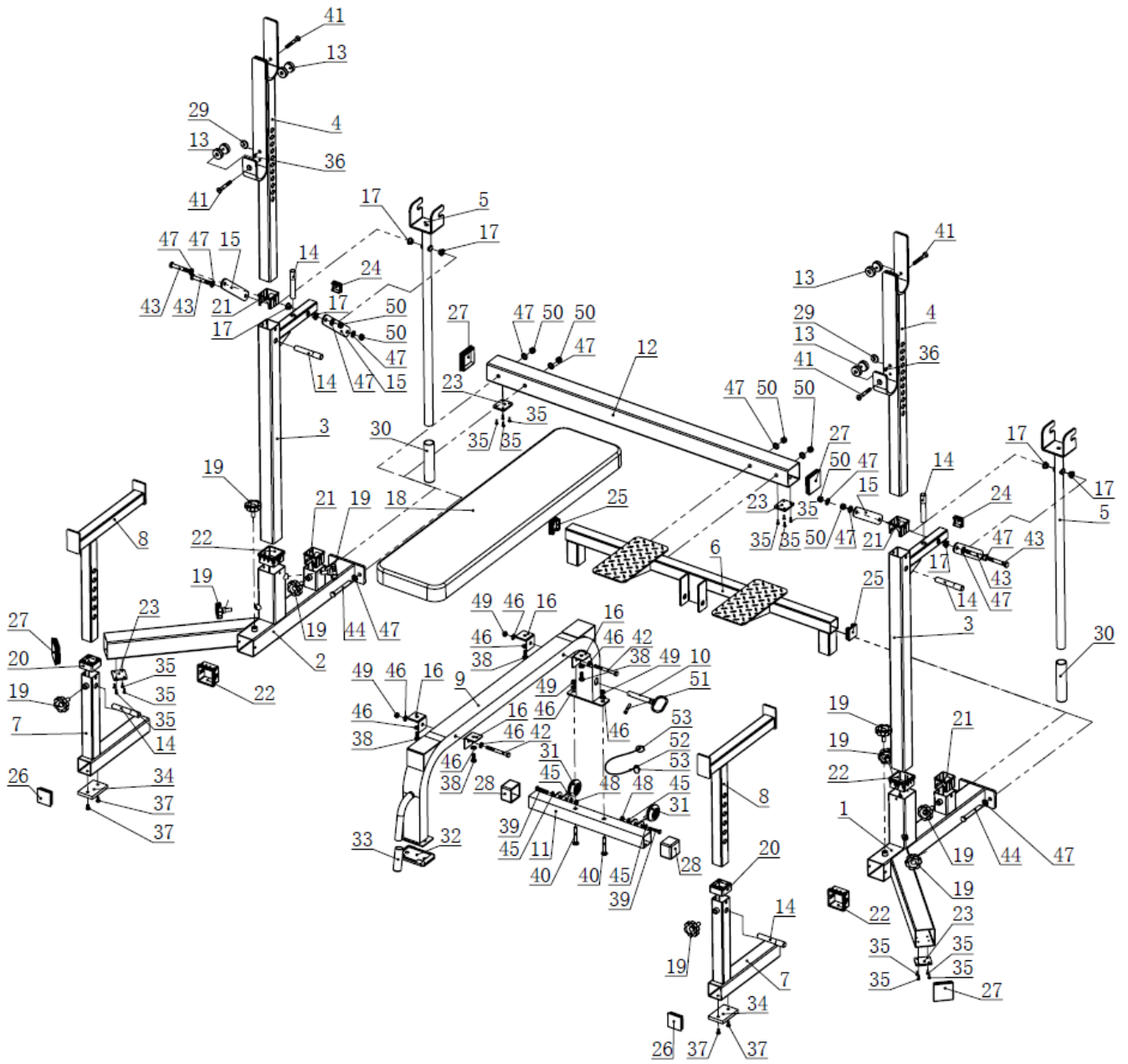


Operator's Manual



Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

PARTS DIAGRAM / EXPLODED VIEW



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	Left Base frame	1	(28)	1	Sleeve 50	2
(2)	1	Right base frame	1	(29)	1	Stopper	2
(3)	1	Outside Adjusting frame	2	(30)	1	Handle Grip	2
(4)	1	Inside Adjusting frame	2	(31)	1	Wheel	2
(5)	1	Support Frame	2	(32)	1	Foot pad	1
(6)	1	Pedal Frame	1	(33)	1	Rear Handle Grip	1
(7)	1	Base Safety Frame	2	(34)	1	Rubber Bumper100*65*12	2
(8)	1	Safety Frame	2	(35)	1	Screw M5*15	24
(9)	1	Main Frame	1	(36)	1	Hex Bolt M6*12	2
(10)	1	Short Pin	1	(37)	1	Hex Bolt M8*15	4
(11)	1	Base Frame	1	(38)	1	Hex Bolt M10*25	4
(12)	1	Cross Frame	1	(39)	1	Hex Bolt M8*45	2
(13)	1	Rotation Bush	4	(40)	1	Carriage Bolt M10*70	2
(14)	1	Crowbar	6	(41)	1	Hex Bolt M10*75	4
(15)	1	Fixing Plate	4	(42)	1	Hex Bolt M10*95	2
(16)	1	L-shape Fixing plate	4	(43)	1	Hex Bolt M12*75	4
(17)	1	Metal Bush	8	(44)	1	Hex Bolt M12*105	4
(18)	1	Seat Pad	1	(45)	1	Washer Φ 9* Φ 16*1.6	8
(19)	1	M12 Knob	10	(46)	1	Washer Φ 11* Φ 20*2	10
(20)	1	Sleeve 60*45.5*30	2	(47)	1	Washer Φ 13.5* Φ 24*2.5	16
(21)	1	Sleeve 60*2.5	4	(48)	1	NutM8	2
(22)	1	Sleeve 75*2.5	4	(49)	1	NutM10	4
(23)	1	Rubber Bumper	6	(50)	1	NutM12	8
(24)	1	F38*2Plug	2	(51)	1	Hitch Pin Φ 20* Φ 17*115	1
(25)	1	F50*3Plug	2	(52)	1	Small Cable Φ 5.5* Φ 1.6*330	1
(26)	1	F60*3Plug	2	(53)	1	Pull Ring Φ 6*182	2
(27)	1	F75*2.5Plug	4				

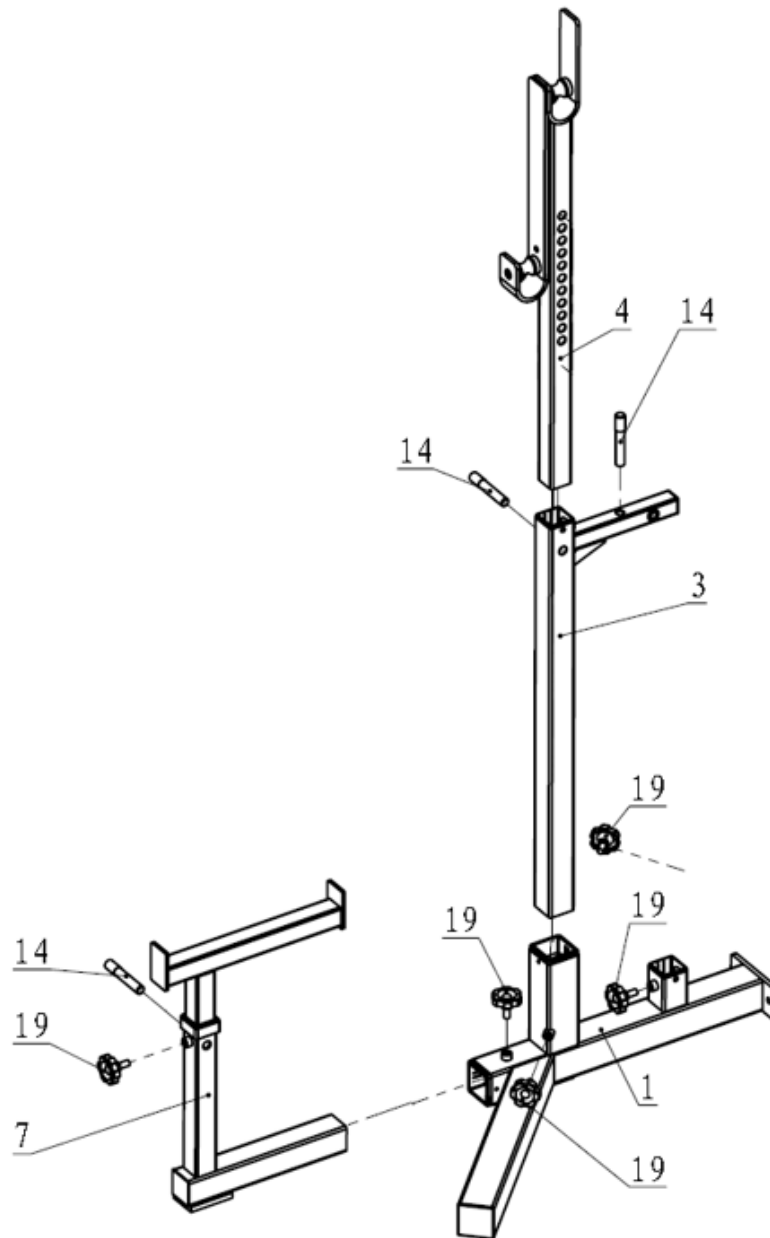
ASSEMBLY INSTRUCTIONS

Step 1

Insert the Outside Adjusting Frame (3) and Base Safety Frame (7) into the Left Base Frame (1).

Insert the Inside Adjusting Frame (4) into the Outside Adjusting Frame (3). Then insert the Crowbar (14) into the Base Safety Frame (7) and the Left Base Frame (1).

Fix the Knob (19) on Base Safety Frame (7) and the Left Base Frame (1).

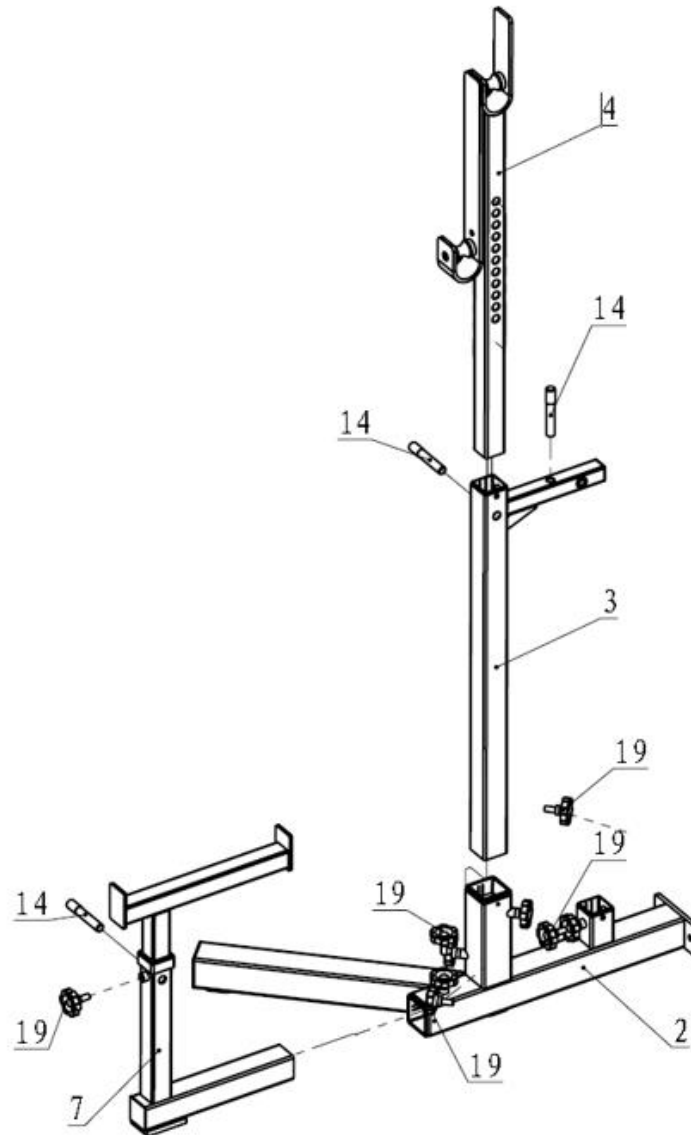


Step 2

Insert the Outside Adjusting Frame (3) and Base Safety Frame (7) into the Right Base Frame (2).

Insert the Inside Adjusting Frame (4) into the Outside Adjusting Frame (3). Then insert the Crowbar (14) into the Base Safety Frame (7) and the Right Base Frame (2).

Fix the Knob (19) on Base Safety Frame (7) and the Right Base Frame (2).



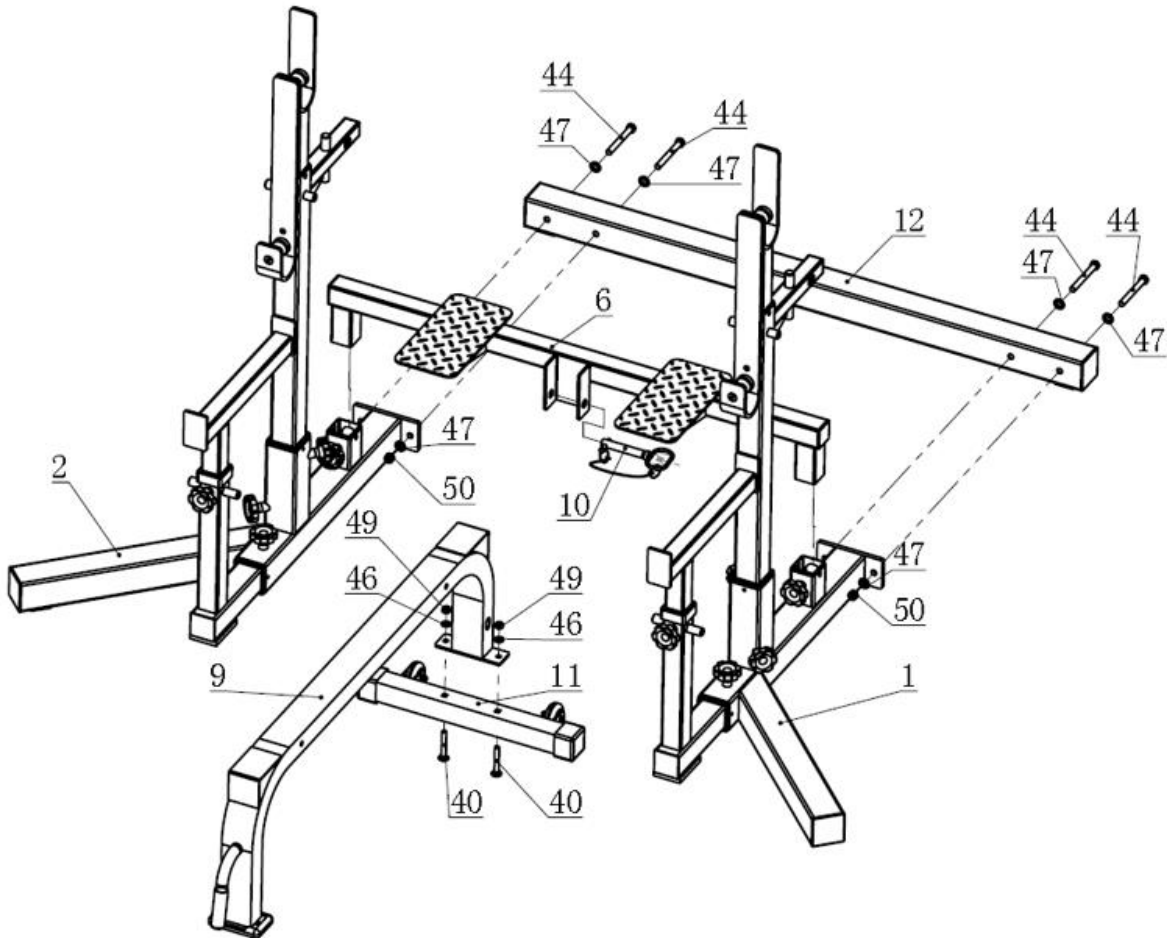
Step 3

Connect Cross Frame (12), Right Base Frame (2) and Left Base Frame (1), using Flat Washer (47) and Hex Bolt M12*105 (44).

Connect Main Frame (9) and Base Frame (11), using Flat Washer (46), M10 Nut (49) and Carriage Bolt M10*70 (40).

Insert the Pedal Frame (6) into the Right Base Frame (2) and Left Base Frame (1)

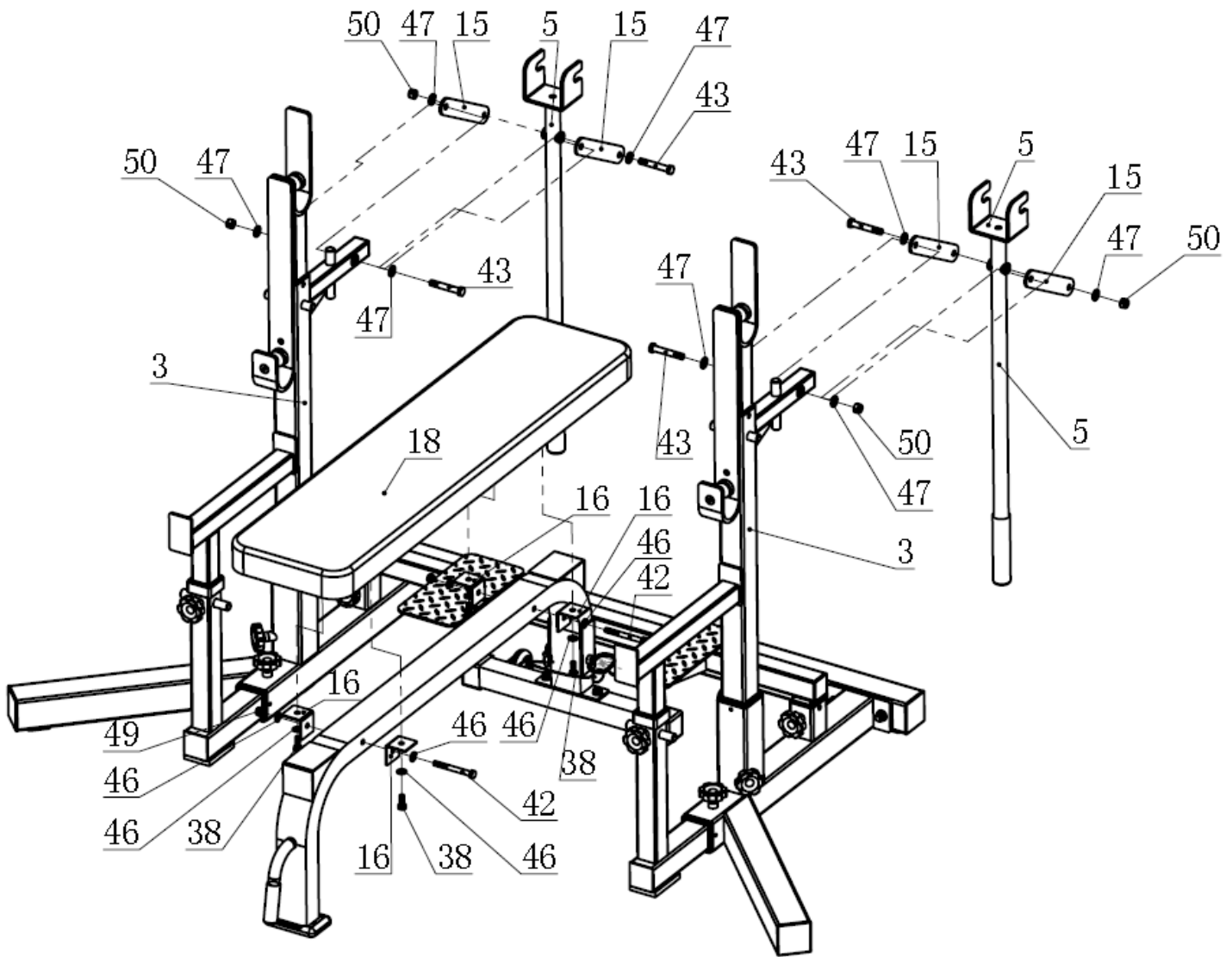
Fix the Main Frame (9) on the Pedal Frame (6), using Short Pin (10).



Step 4

Fix Cushion (18) on Main Frame (9), using L-shape Fixing Plate (16), Flat Washer (46), Nut M10(49), Hex Bolt M10*95(42) and Hex Bolt M10*25(28).

Connect Support Frame (5) and Outside Frame (3), using Fixing Plate (15), Flat Washer (47), M12 Nut (50) and Hex Bolt M12*75 (43).



ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

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

WARNING



Heavy object. Use lifting aids and proper lifting techniques when moving.



Choking hazard. Small parts – Please exercise caution if small children or pets are present.



Sharp objects may be involved. Use precaution and protection.

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