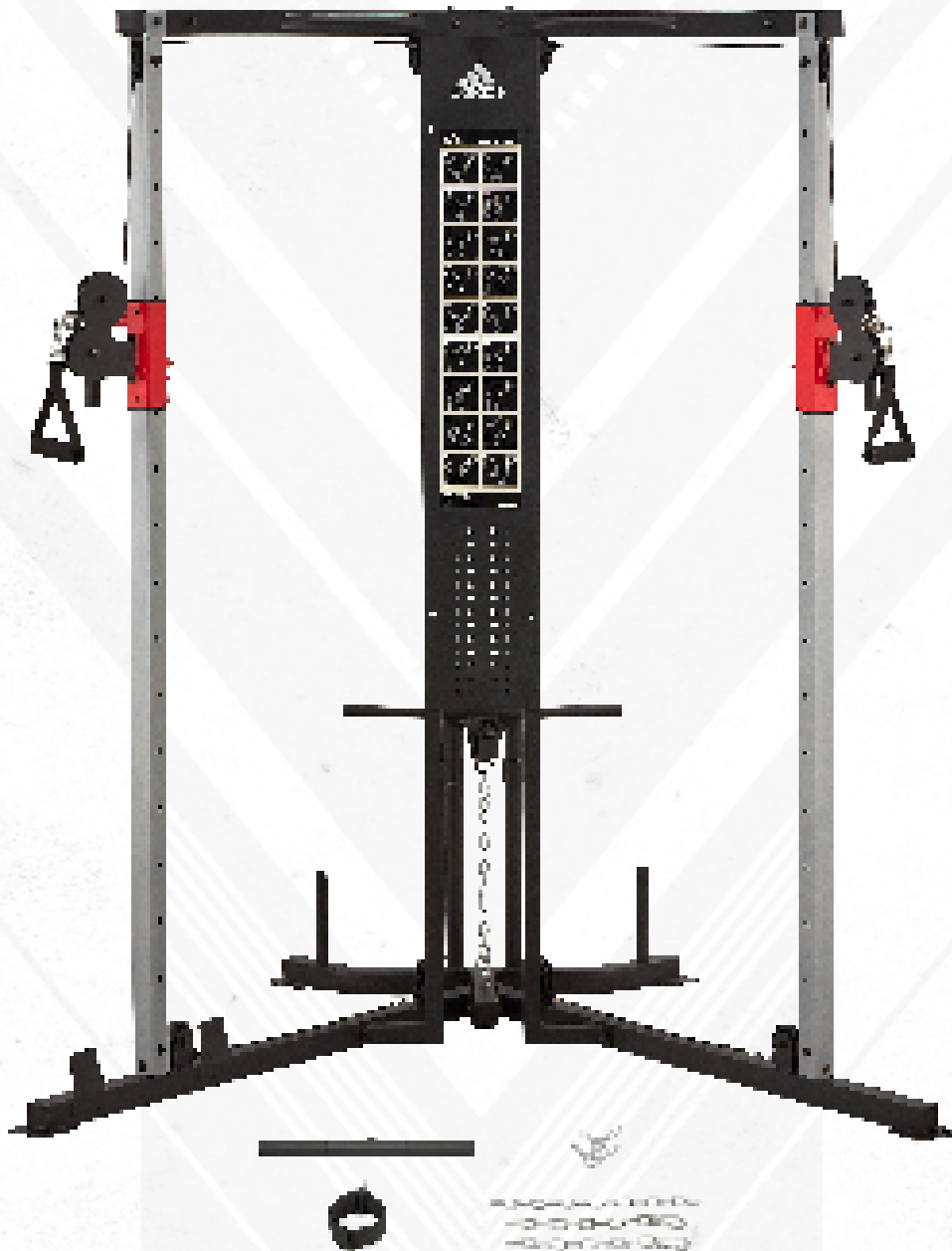


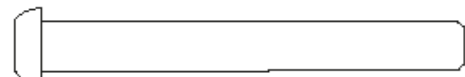


SPORTS RIG

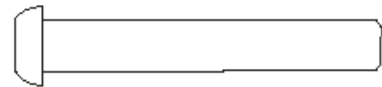
ASSEMBLY MANUAL



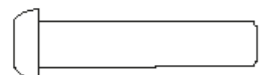
HARDWARE PACK



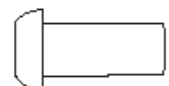
22 MIO x 90mm Bolt
x2



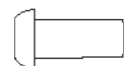
23 MIO x 70mm Bolt
x24



24 MIO x 50mm Bolt
x6



25 MIO x 45mm Bolt
x18



26 MIO x 25mm Bolt
x12



28 MIO Washer
x108

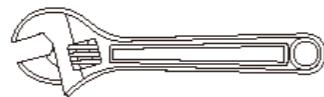


27 MIO Nylon Locknut
x50



51 Allen Wrench
x1

NOT INCLUDED



Spanner
x1

01 HOME GYM ASSEMBLY STEPS

23 MIO x 70mm Bolt x4



26 MIO x 25mm Bolt x4



27 MIO Nylon Locknut x4



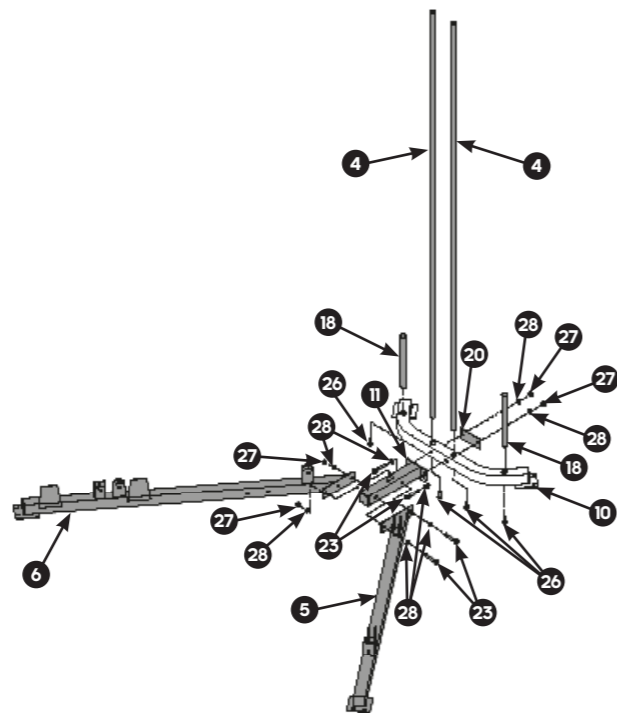
28 MIO Washer x8



51 Allen Wrench x1



Spanner x1



02

22 MIO x 90mm Bolt x2



26 MIO x 25mm Bolt x6



27 MIO Nylon Locknut x2



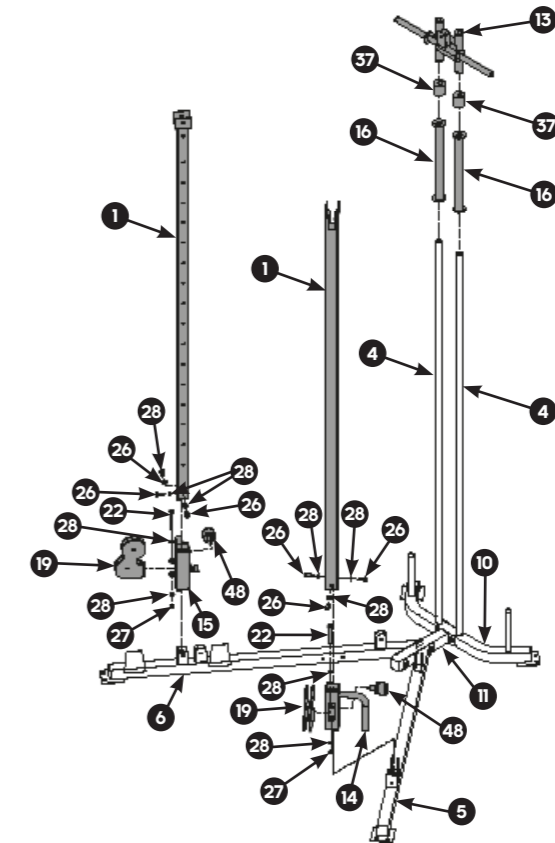
28 MIO Washer x10



51 Allen Wrench x1



Spanner x1



03

23 MIO x 70mm Bolt x4



26 MIO x 25mm Bolt x2



27 MIO Nylon Locknut x4



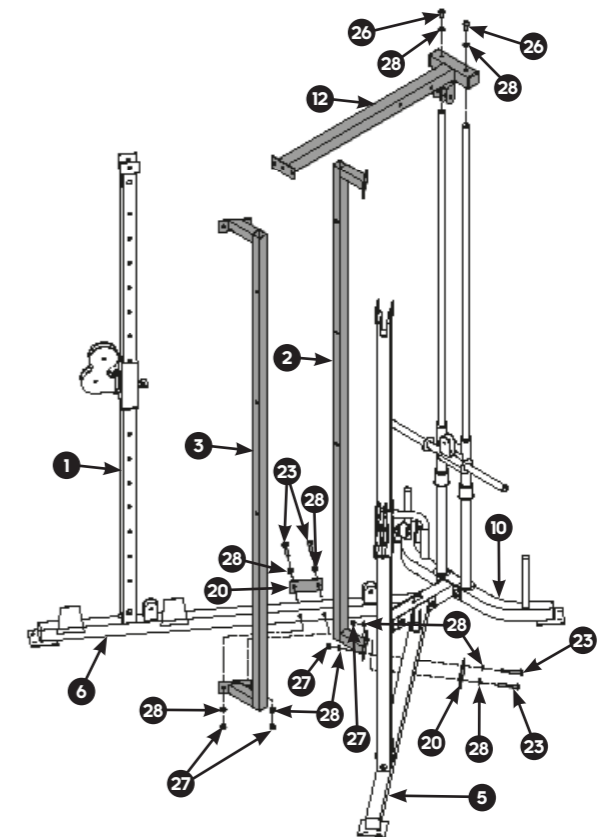
28 MIO Washer x10








51 Allen Wrench x1

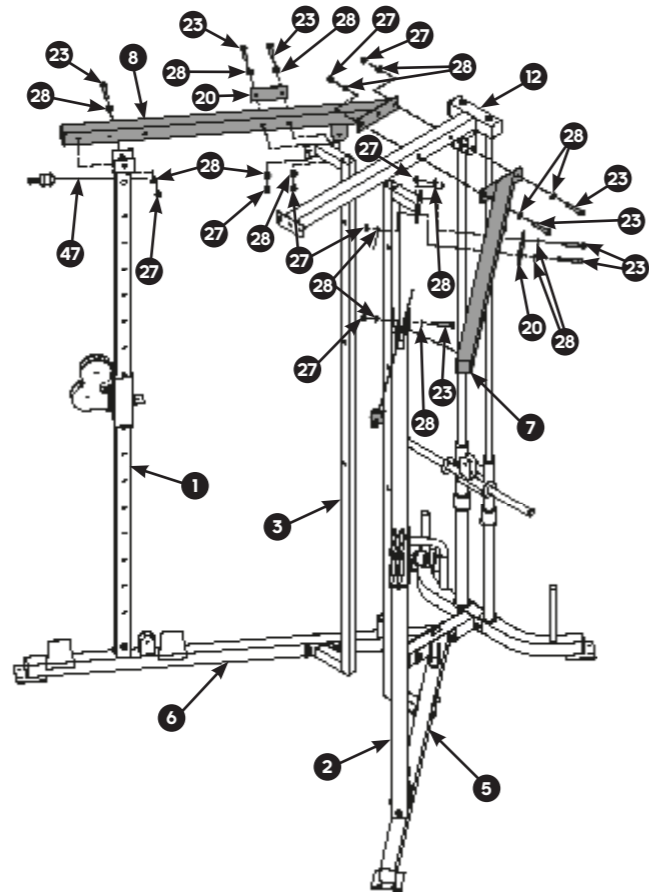


Spanner x1








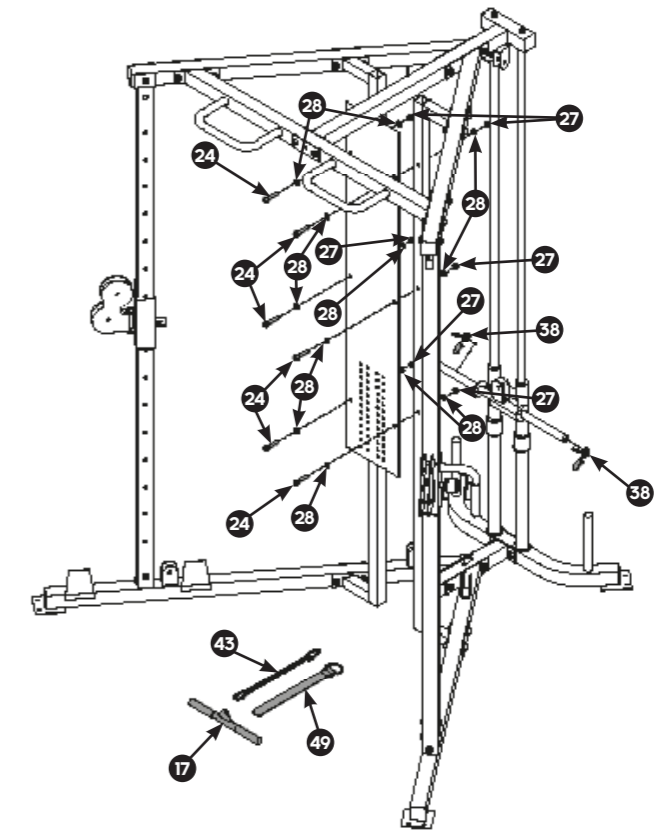
04

- 23** M10 x 70mm Bolt **x8**

- 27** M10 Nylon Locknut **x8**

- 28** M10 Washer **x16**

- 51** Allen Wrench **x1**

- Spanner x1**









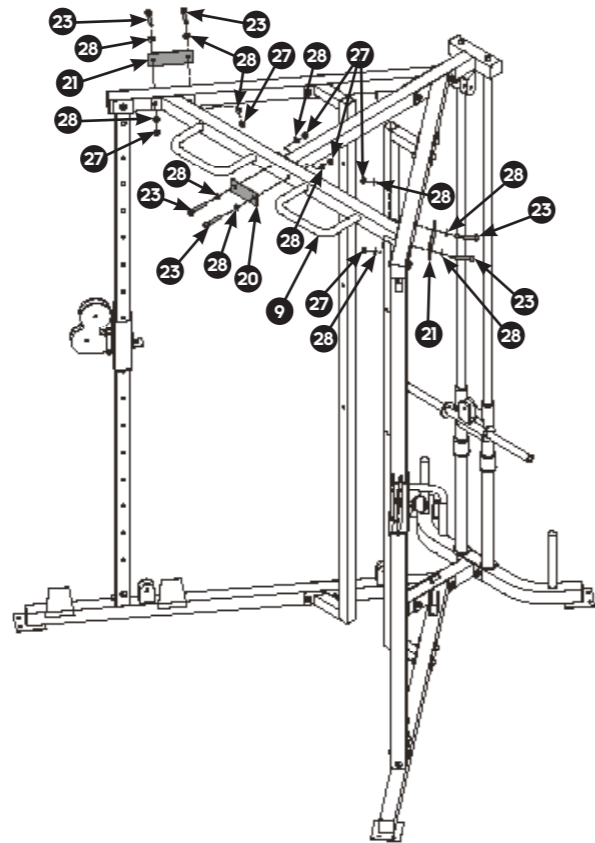
06

- 24** M10 x 50mm Bolt **x6**

- 27** M10 Nylon Locknut **x6**

- 28** M10 Washer **x12**

- 51** Allen Wrench **x1**

- Spanner x1**










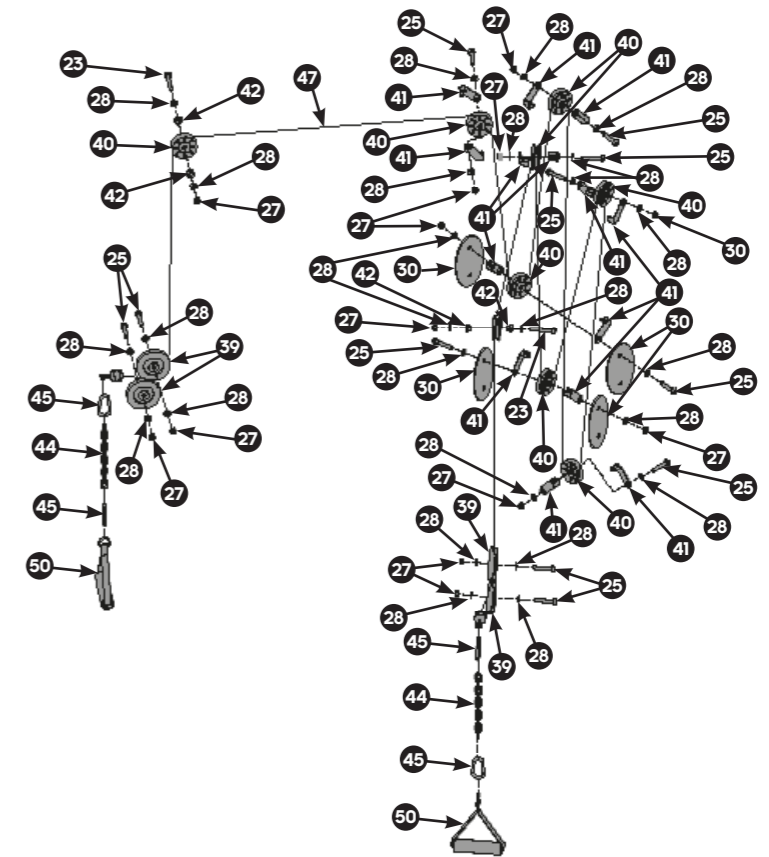
05

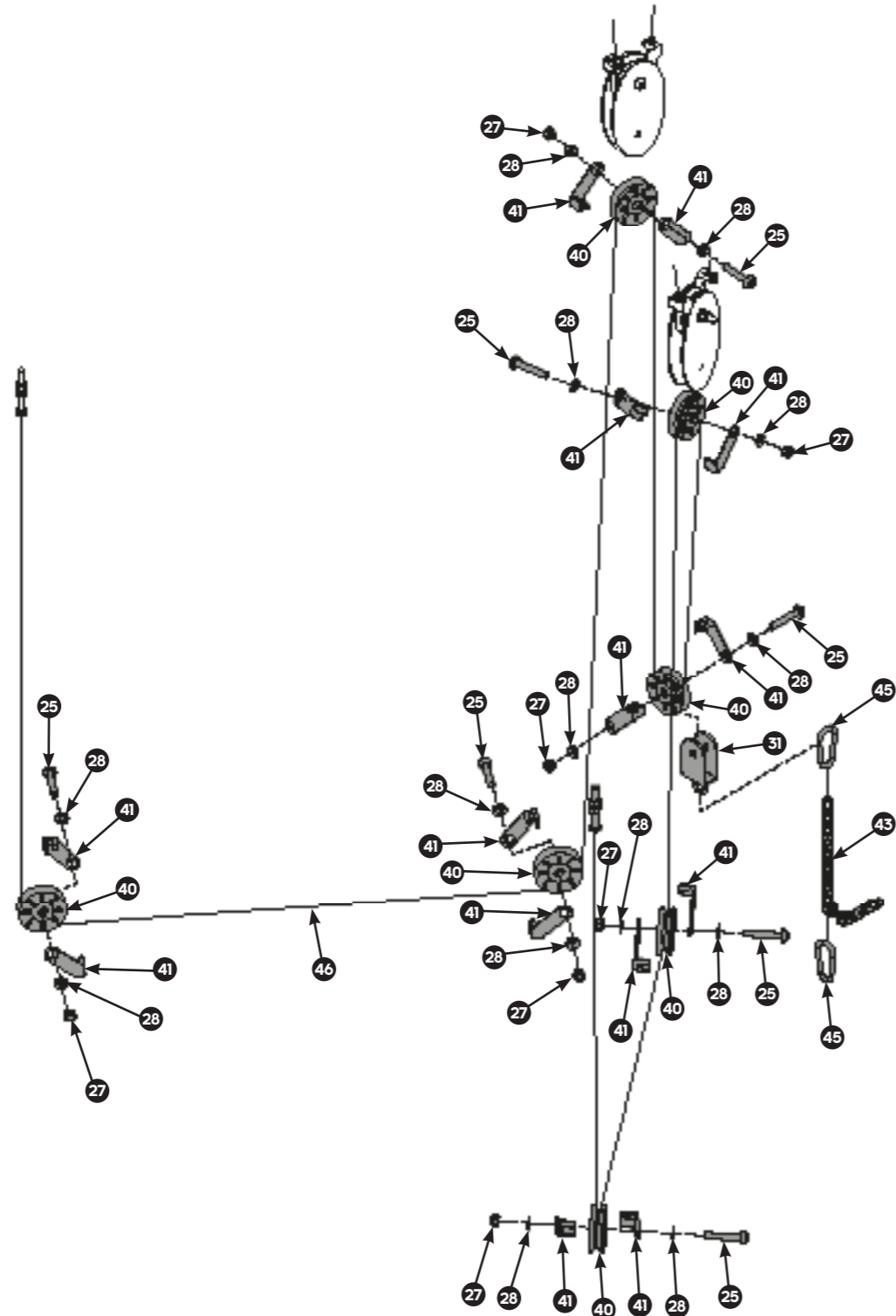
- 23** M10 x 70mm Bolt **x6**

- 27** M10 Nylon Locknut **x6**

- 28** M10 Washer **x12**

- 51** Allen Wrench **x1**

- Spanner x1**




07

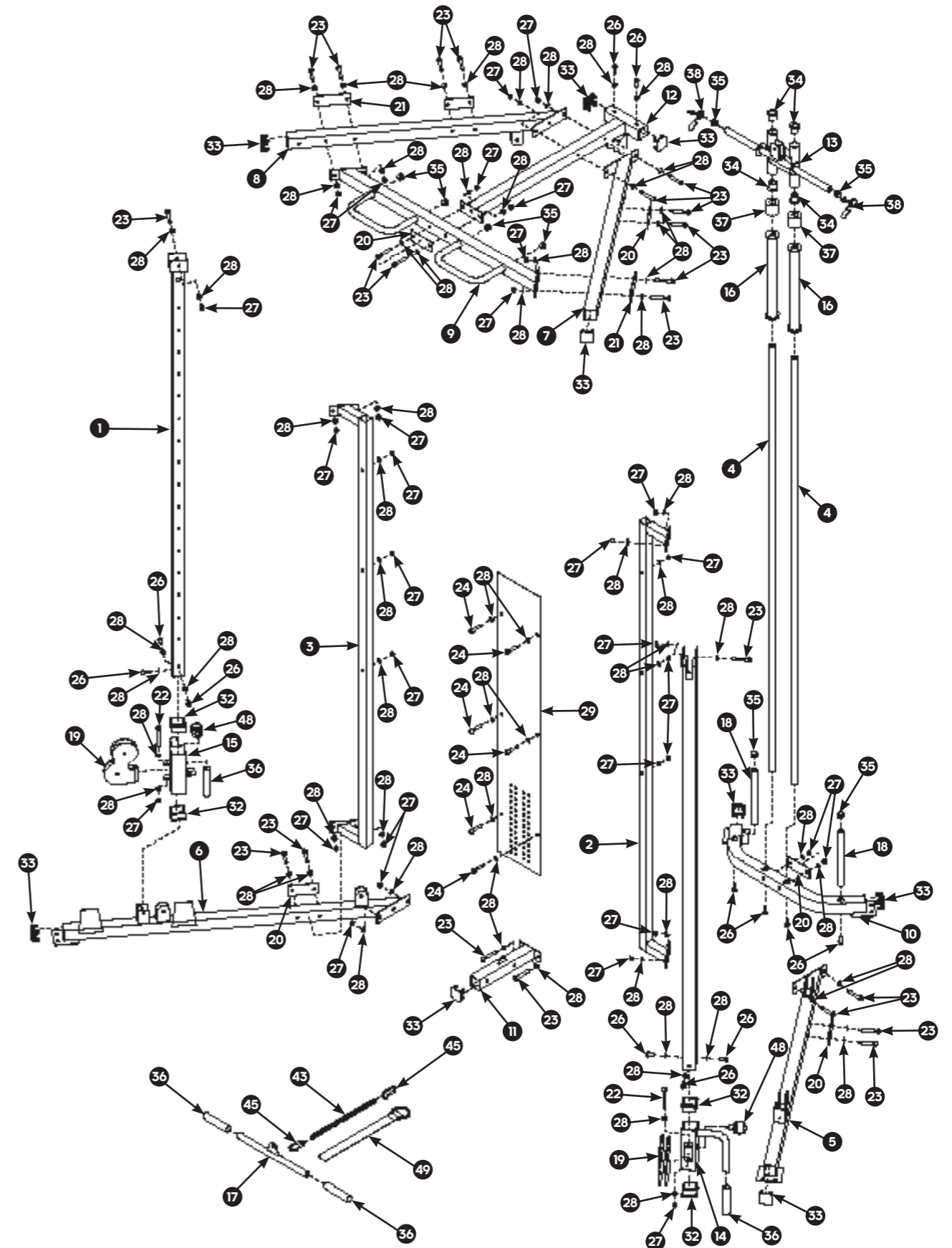
- 23** M10 x 70mm Bolt **x2**

- 25** M10 x 45mm Bolt **x11**

- 27** M10 Nylon Locknut **x13**

- 28** M10 Washer **x26**

- 51** Allen Wrench **x1**

- Spanner x1**






- 25** M10 x 45mm Bolt **x7**
- 27** M10 Nylon Locknut **x7**
- 28** M10 Washer **x14**
- 51** Allen Wrench **x1**
- Spanner** **x1**

EXPLODED VIEW



PARTS LIST

No.	Part No.	Description	QTY	Pre-assembled
1	PFMADRIG360-1	Front Main Upright	2	NO
2	PFMADRIG360-2	Left Middle Main Upright	1	NO
3	PFMADRIG360-3	Right Middle Main Upright	1	NO
4	PFMADRIG360-4	Guide Rod	2	NO
5	PFMADRIG360-5	Left Base Frame	1	NO
6	PFMADRIG360-6	Right Base Frame	1	NO
7	PFMADRIG360-7	Left Upper Beam	1	NO
8	PFMADRIG360-8	Right Upper Beam	1	NO
9	PFMADRIG360-9	Upper Transverse Tube	1	NO
10	PFMADRIG360-10	Rear Base Frame	1	NO
11	PFMADRIG360-11	Middle Base Frame	1	NO
12	PFMADRIG360-12	Upper Frame	1	NO
13	PFMADRIG360-13	Weight Holder	1	NO
14	PFMADRIG360-14	Left Slide Bushing	1	NO
15	PFMADRIG360-15	Right Slide Bushing	1	NO
16	PFMADRIG360-16	Holder Press Stopper	2	NO
17	PFMADRIG360-17	Short Bar	1	NO
18	PFMADRIG360-18	1" Olympic Sleeve	2	NO
19	PFMADRIG360-19	Double Pulley Assembly	2	NO
20	PFMADRIG360-20	50 x 120 Rectangle Connecting Piece	6	NO
21	PFMADRIG360-21	50 x 150 Rectangle Connecting Piece	2	NO
22	PFM6105-27	M10 x 90mm Bolt	2	NO
23	PFM2240-21	M10 x 70mm Bolt	24	NO
24	PFM2230-06	M10 x 50mm Bolt	6	NO
25	PFM2005-29	M10 x 45mm Bolt	18	NO
26	PFMH1001-42	M10 x 25mm Bolt	12	NO
27	PRK1-05	M10 Nylon Locknut	50	NO
28	PRK1-06	M10 Washer	108	NO
29	PFMADRIG360-22	Decorative Sheet	1	NO
30	PFMH1007A-24	Pulley Panel	4	NO
31	PFMADRIG360-23	Pulley Bracket	1	NO
32	PFM2101-07	Sleeve 60 x 50mm	4	YES
33	PRK3-05	50mm Square Inner Cap	9	YES
34	PFM4004-18	38 x 25mm Round Plastic Bushing	4	YES
35	PRK1-03	25mm Round Inner Cap	8	YES
36	PFM2007-08	25 x 130mm Handle	4	YES
37	PFMH1007A-34	Rubber Bumper	2	NO

PARTS LIST / CONTINUED

No.	Part No.	Description	QTY	Pre-assembled
38	PFMS80WA-29	1" Spring Clip	2	NO
39	PFMADH6100-57	Pulley	4	NO
40	PFMG3008-13	Pulley Wheel	16	NO
41	PFMAD615-31	Cable Retainer	28	NO
42	PFMS80-13	Plastic Bushing	4	NO
43	PFMAD615-33	Long Chain	2	NO
44	PFMAD615-32	Short Chain	2	NO
45	PFM2241-12	Snap Hook	8	NO
46	PFMADRIG360-24	Lower Cable 7500mm	1	NO
47	PFMADRIG360-25	Upper Cable 10000mm	1	NO
48	PFMCB8008-26	Pop Pin	2	NO
49	PFMAD615-34	Ankle Strap	1	NO
50	PFMAD615-35	Single Handle	2	NO
51	PFMALLEEN	Allen Wrench 6x6mm	1	NO

USER INFORMATION

This product is suitable for user's weight of **120kg**.



This product is suitable for a max load of **45kg** per pin.



Product Registration and Support
 Enregistrement et support du produit
 Productregistratie en ondersteuning
 Registro de productos y soporte
 Registro de produto e suporte
 Регистрация и поддержка продукта
 製品の登録とサポート

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产品注册和技术支持
 제품 등록 및 지원

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SPORTS RIG

ASSEMBLY MANUAL

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