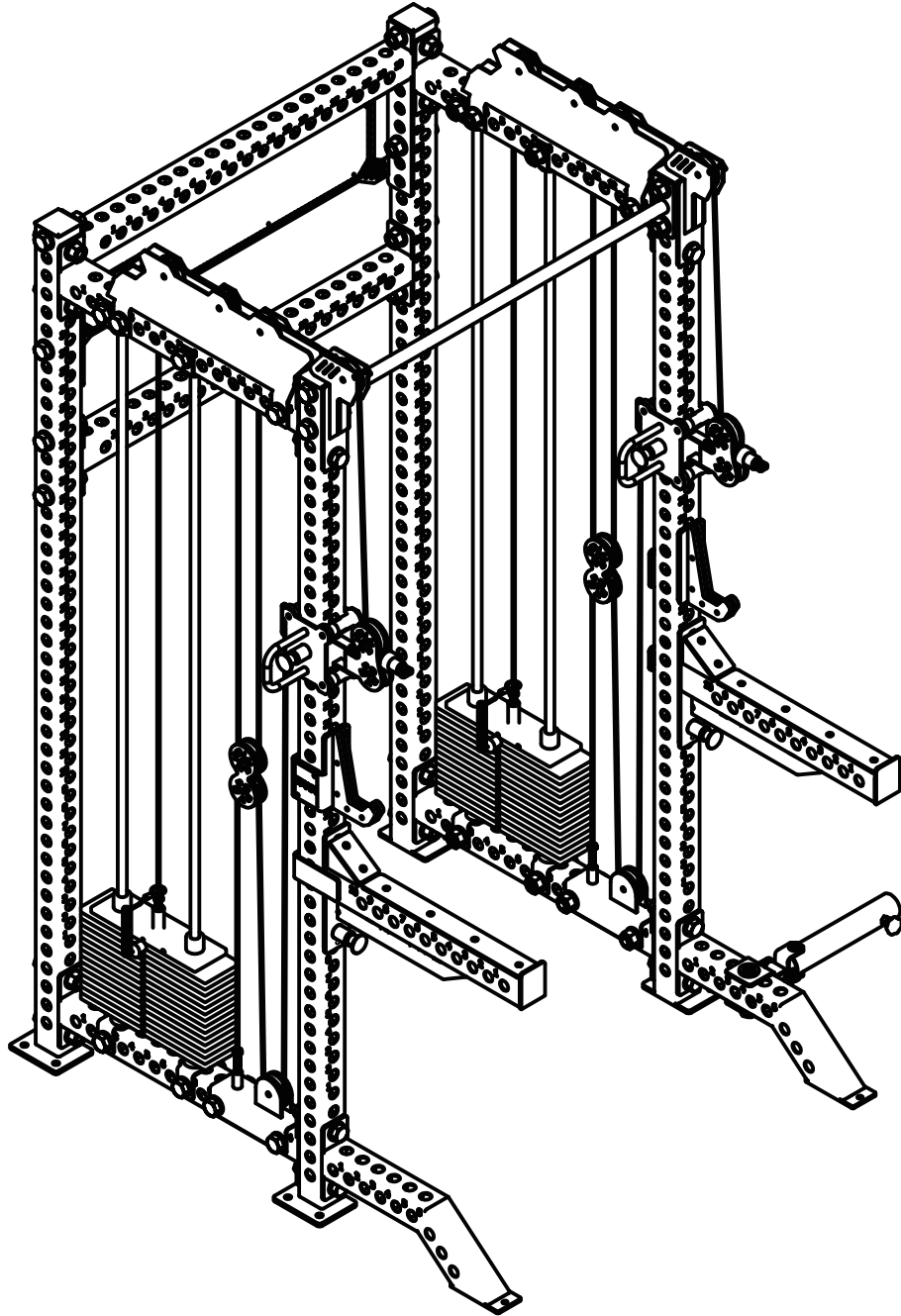


★ RECOIL

TRAINER HALF RACK



OWNER'S MANUAL

REC1 2882



IMPORTANT– Please read fully manual before assembly or using

BEFORE YOU START

Please take sufficient time to read the installation instructions before assembling. Remove all parts from the packaging, separate and count each various components to ensure everything has been correctly provided.

The innovative Modular Design and Preassembly that ensure the installation of this machine to be Quick and Easy.

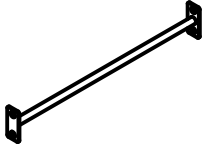

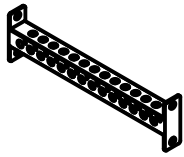
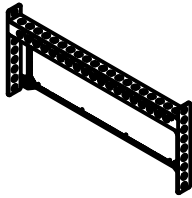
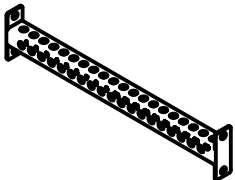
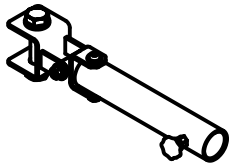
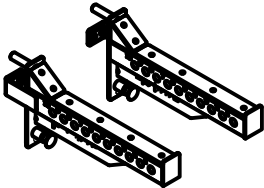
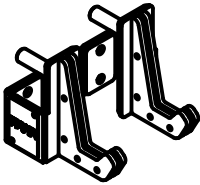

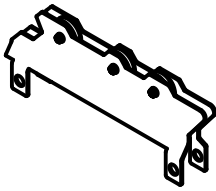

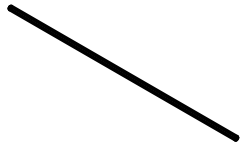

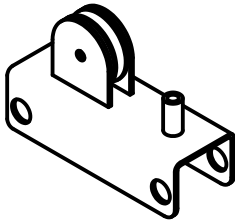

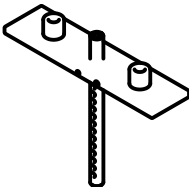
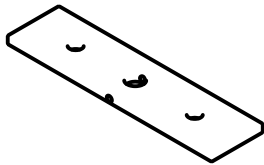
It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.


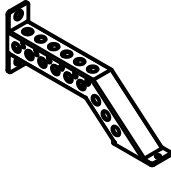
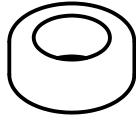
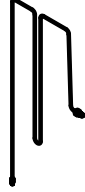

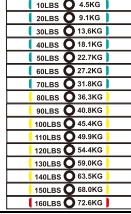
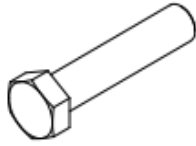
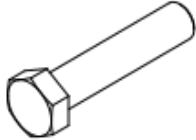


SAFETY PRECAUTIONS

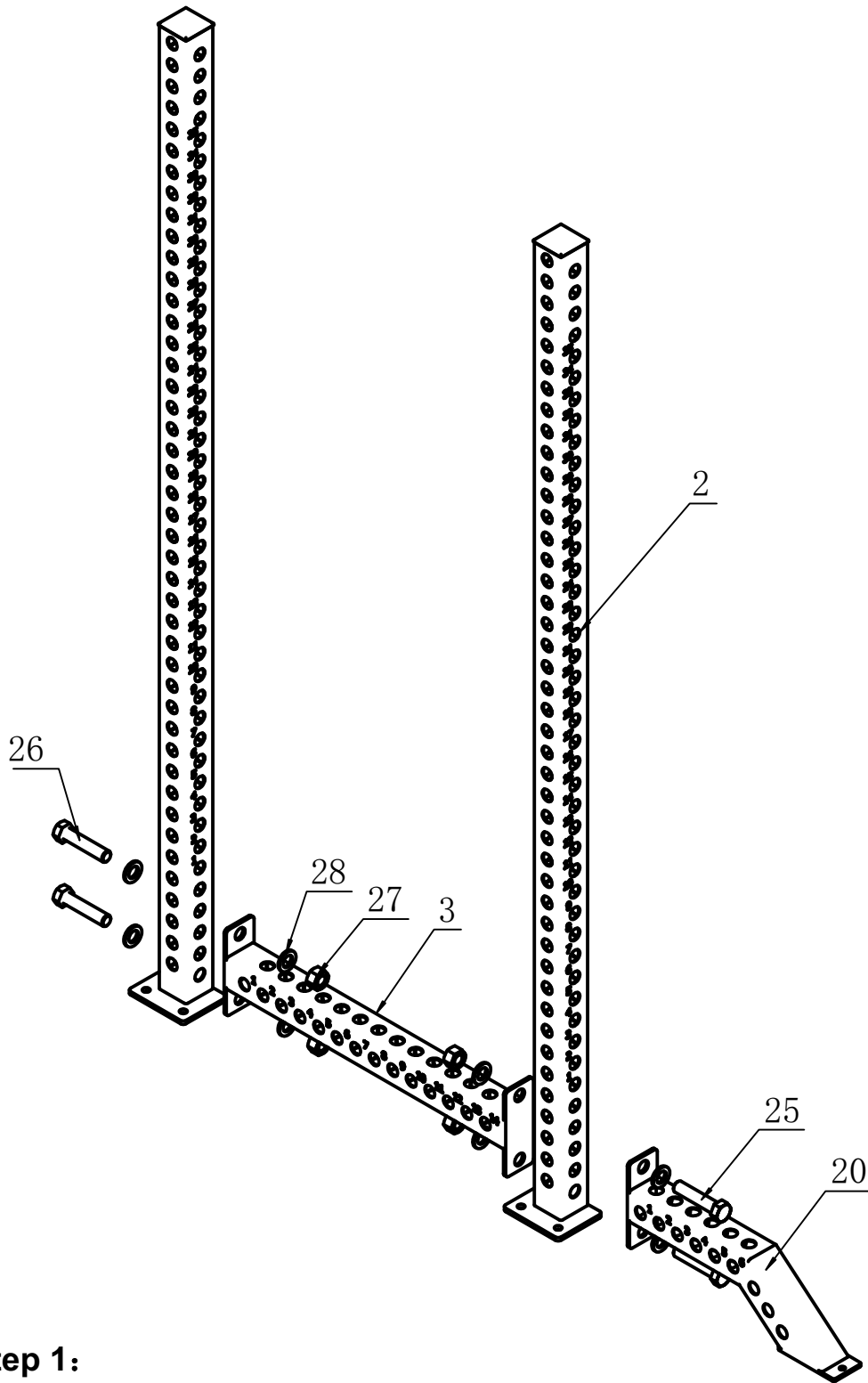
- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear safety footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled.
- Ensure you correctly orientate each piece before attaching.
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.

Stop immediately if you experience any pain, dizziness or nausea. See a doctor at once.

FRINGE SPORT ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

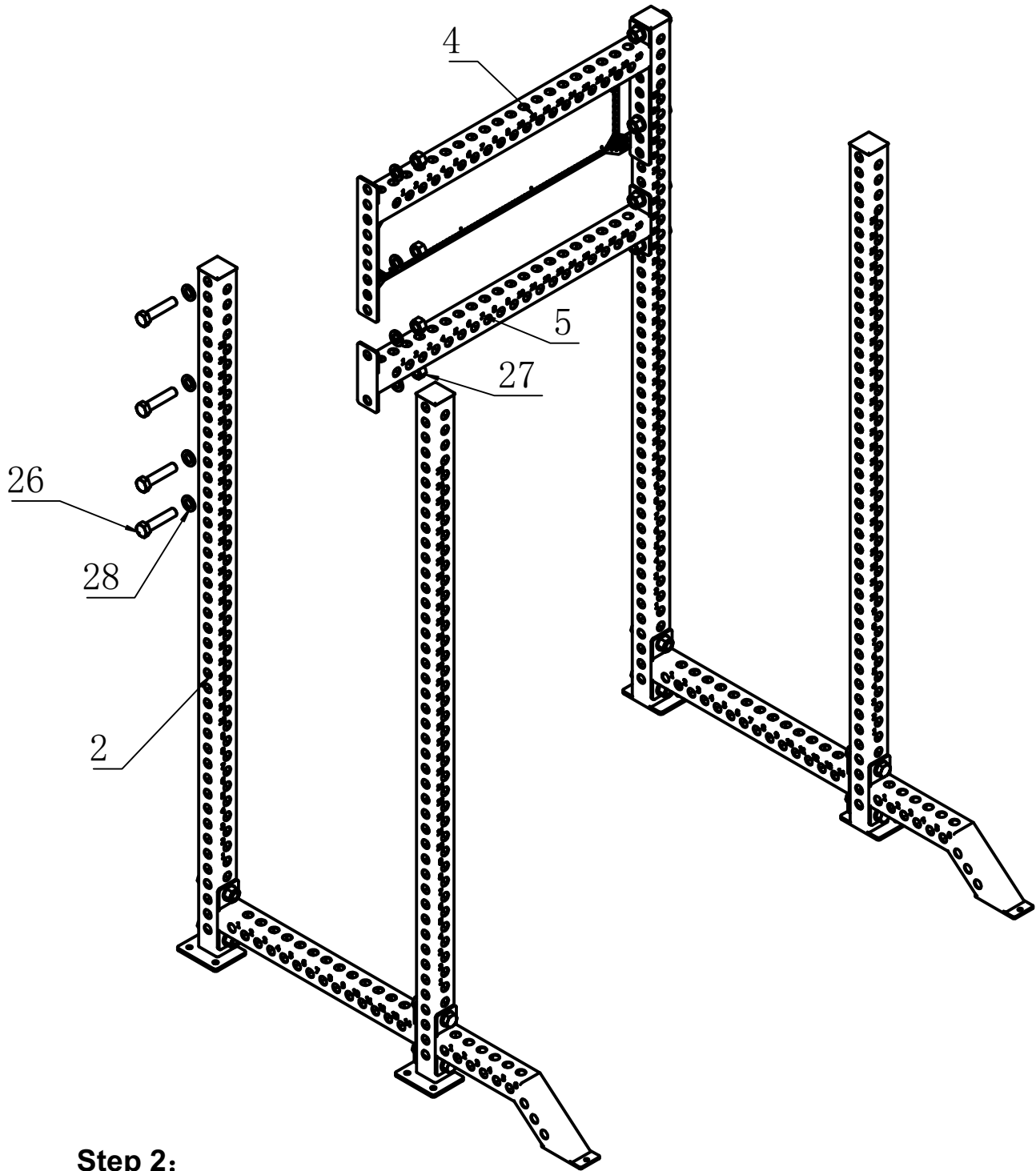
		
1. Single round tube	2. Standing pole	3. Multifunctional beam
		
4. Trademark beam	5. Long multi-purpose beam	6. Landmines
		
7. Sport arms	8. J-cup hook	9. Single top pulley
		
10. Top pulley block	11. Upper limit bit	12. Optical axis
		
13. Slide carriage	14. Movable pulley block	15. Bottom pulley block
		
16. Lower limit bit	17. Top weight piece	18. Balance weight

 <p>2.pcs</p>	 <p>2.pcs</p>	 <p>4.pcs</p>
<p>19. Select piece latch</p>	<p>20. Extended footing</p>	<p>21. Rubber pad</p>
 <p>2 pcs</p>	 <p>2.pcs</p>	 <p>2.pcs</p>
<p>22. Long wire rope</p>	<p>23. Short wire rope</p>	<p>24. Number sticker</p>
 <p>6.pcs</p>	 <p>36.pcs</p>	 <p>44.pcs</p>
<p>25. Bolt M24*120</p>	<p>26. Bolt M24*110</p>	<p>27. Nut M24</p>
 <p>86.pcs</p>		
<p>28. Washer 24</p>		



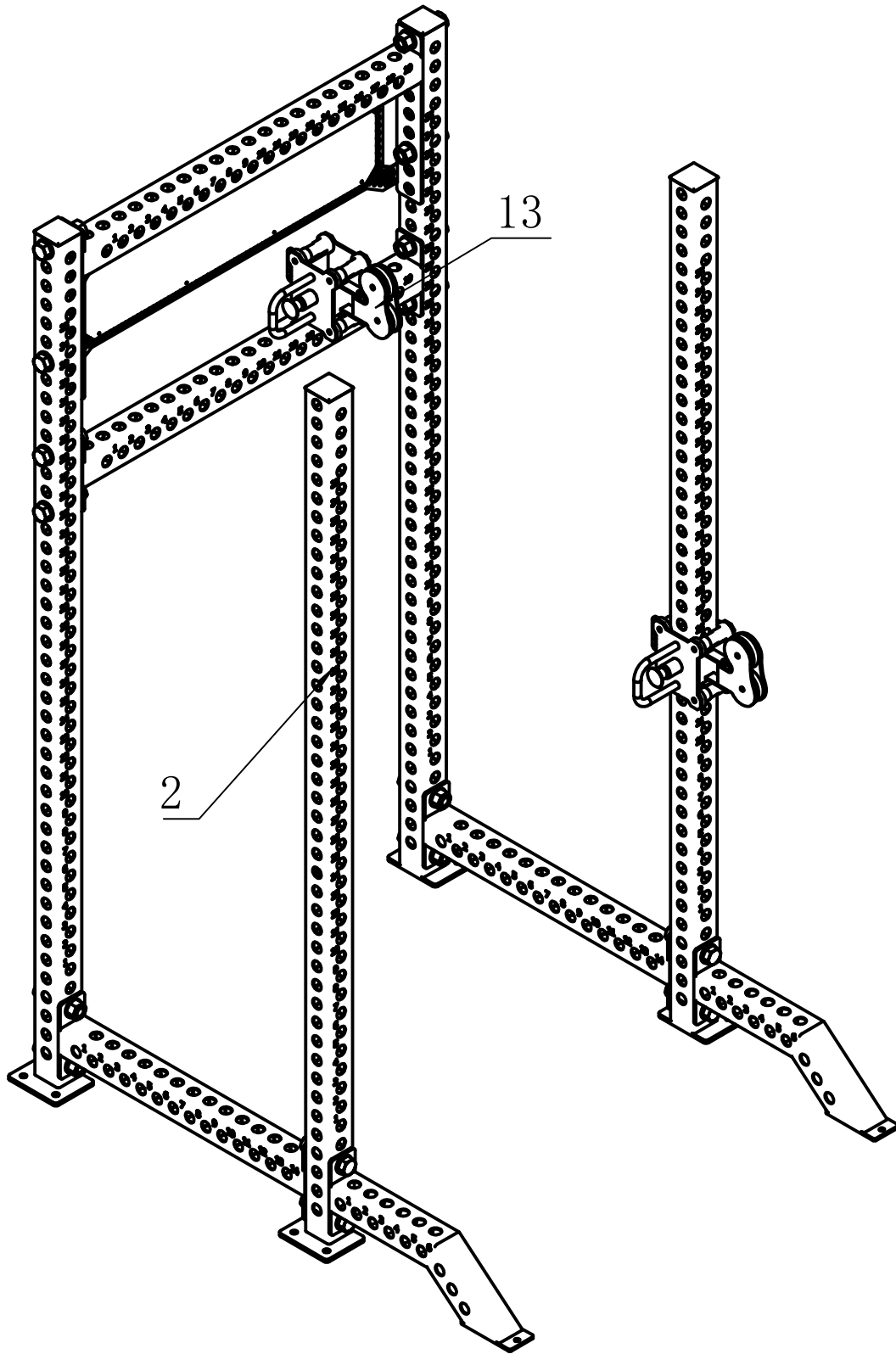
Step 1:

- ① : Use 25#, 27#, 28# bolts to connect the 20# extension footing and 3# multi-purpose beam to the 2# station pole
- ② : Attach another 2# station rod to the 3# multi-purpose beam with 26#, 27#, 28# bolts



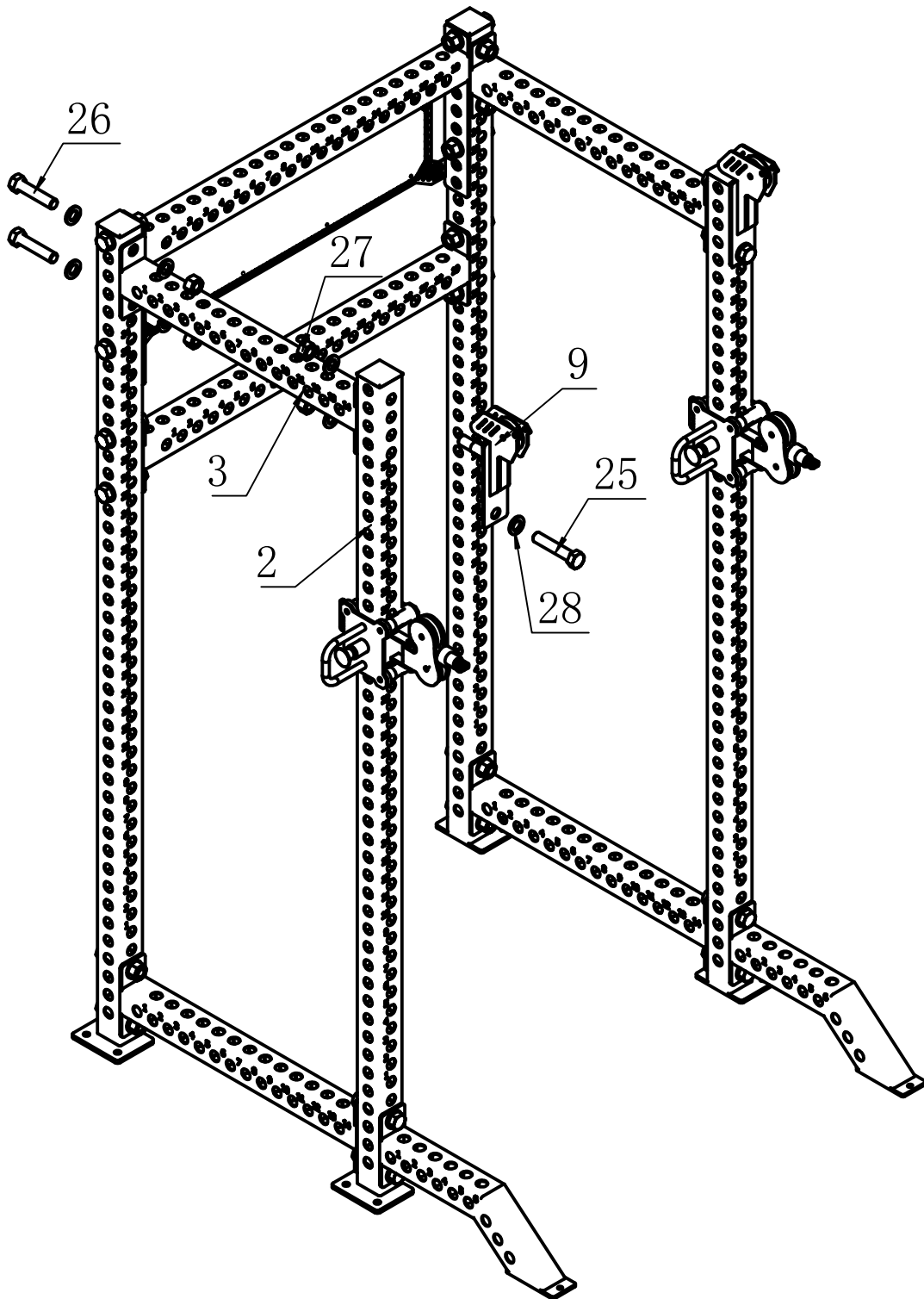
Step 2:

- ① : Use 26#, 27#, 28# bolts to connect 5# long multi-purpose beams on both sides of the main frame
- ② : Attach the 4# label beams to the frame with 26#, 27#, 28# bolts



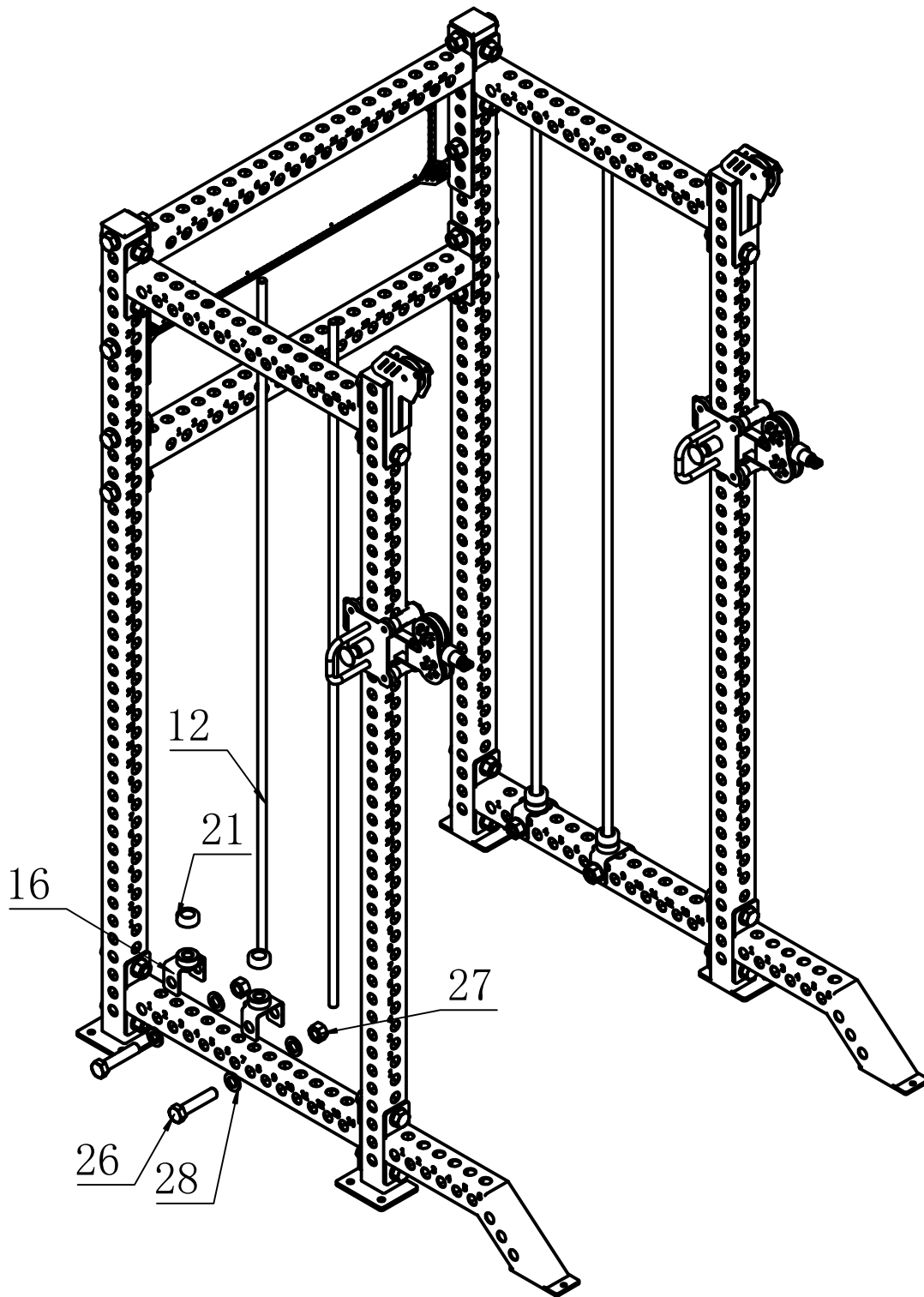
Step 3:

- ① : Use the 13# slider to slide into place through the top of the 2# pole



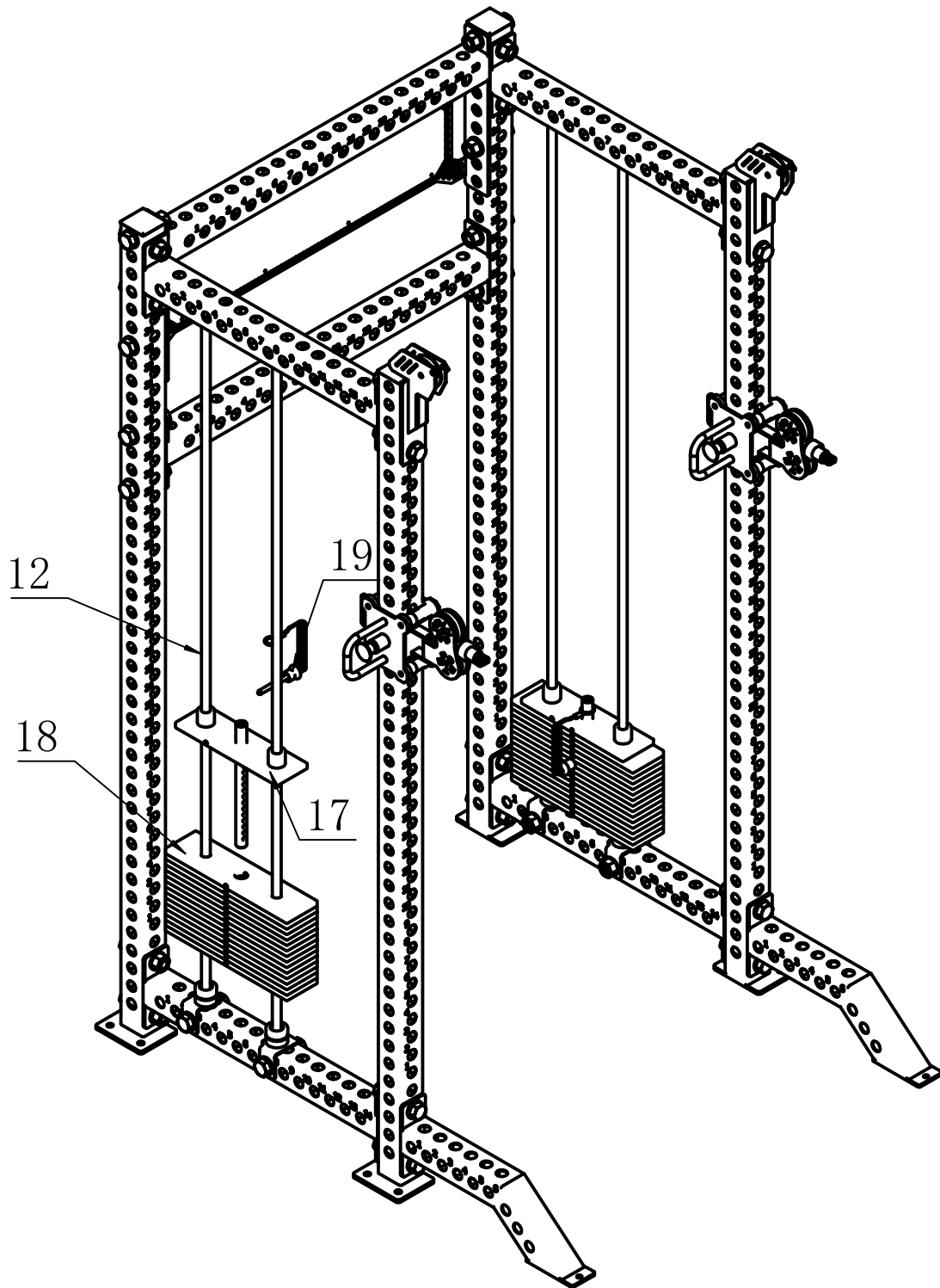
Step 4:

- ① : Use 25#、26#、27#、28# bolts to install 3# multi-purpose beam and 13# top single pulley frame to the top of both sides of the main frame



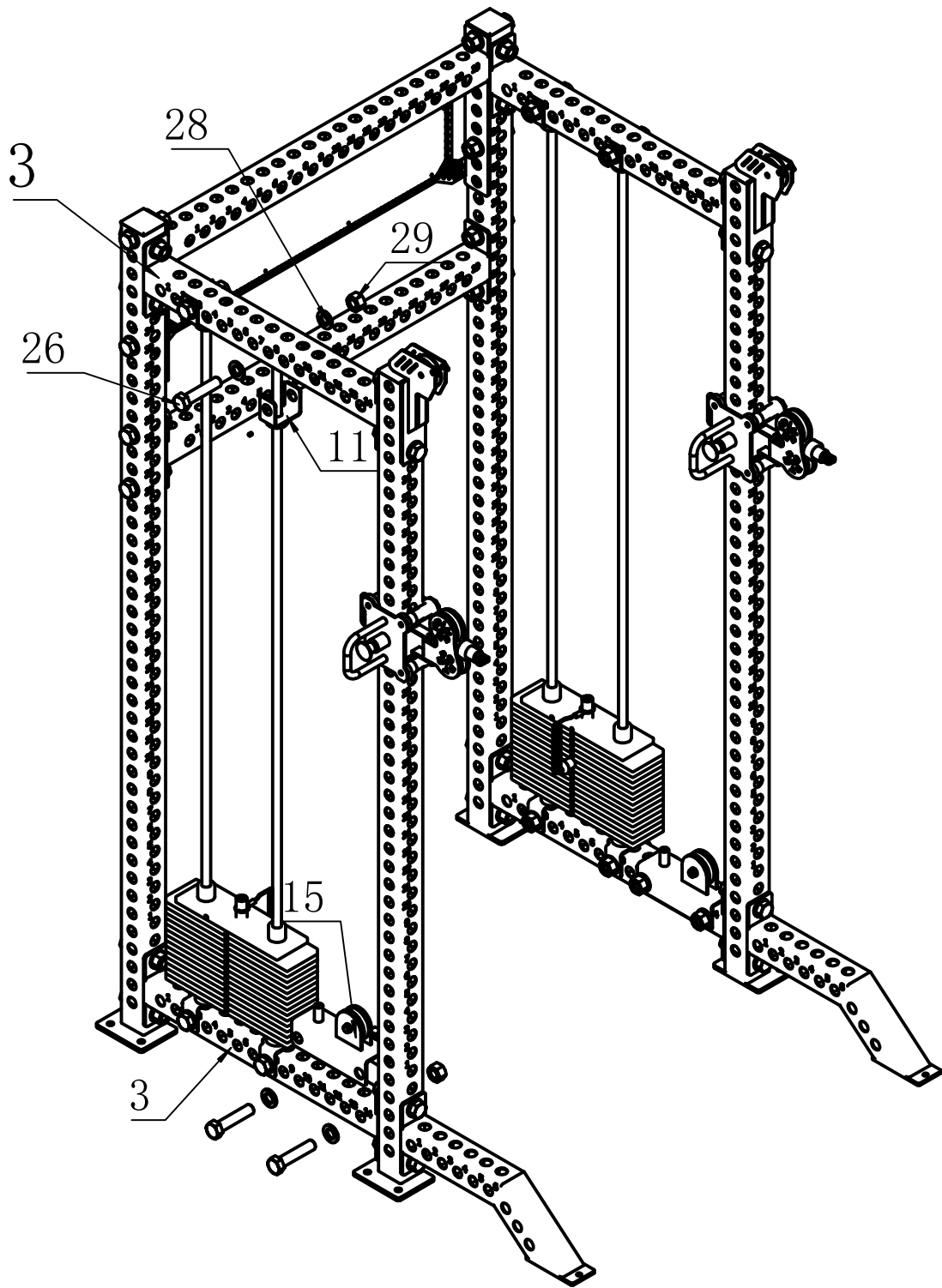
Step 5:

- ① : Install the 16# bottom stopper (hole does not penetrate the iron plate) with 26#, 27#, 28# bolts to the 3# multi-purpose beam between the 2, 3 numbers and 7, 8 numbers
- ② : Place the 21# rubber pad on top of the 16# bottom limit, align it with the center of the hole, and then install the 12# optical shaft through the 21# rubber pad to the 16# bottom limit



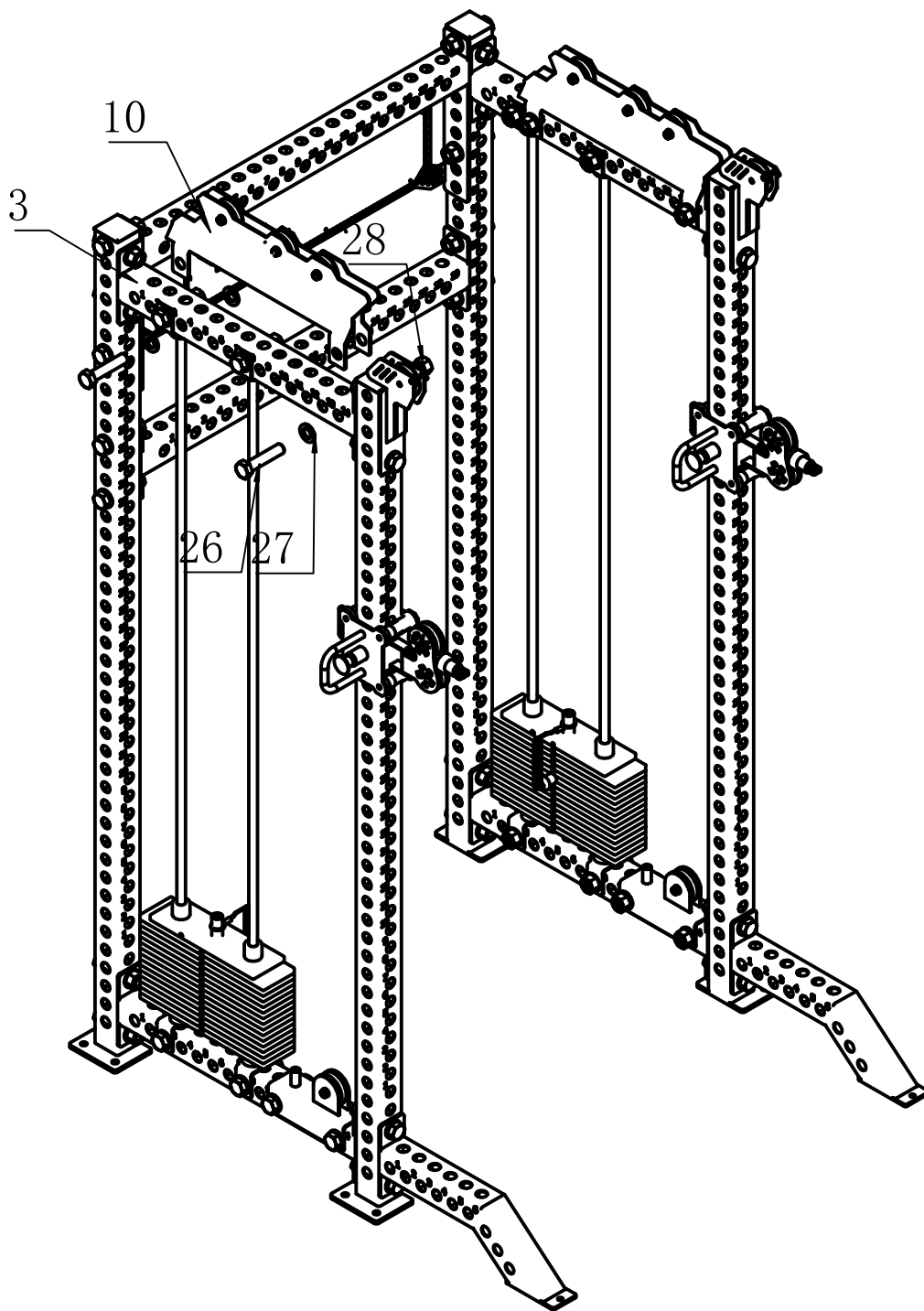
Step 6:

- ① : Put the 18# weight plate through the top of the 12# optical axis to the bottom of the 12# optical axis in turn, the 18# weight plate shock absorber nylon sleeve face up, and put 15 weight plates in each side frame in turn
- ② : After placing the 18# weight plate, place the 17# top weight plate through the 12# optical axis on the top of the 18# weight plate, and thread the 19# weight plate latch ring to the 17# top weight plate selector rod



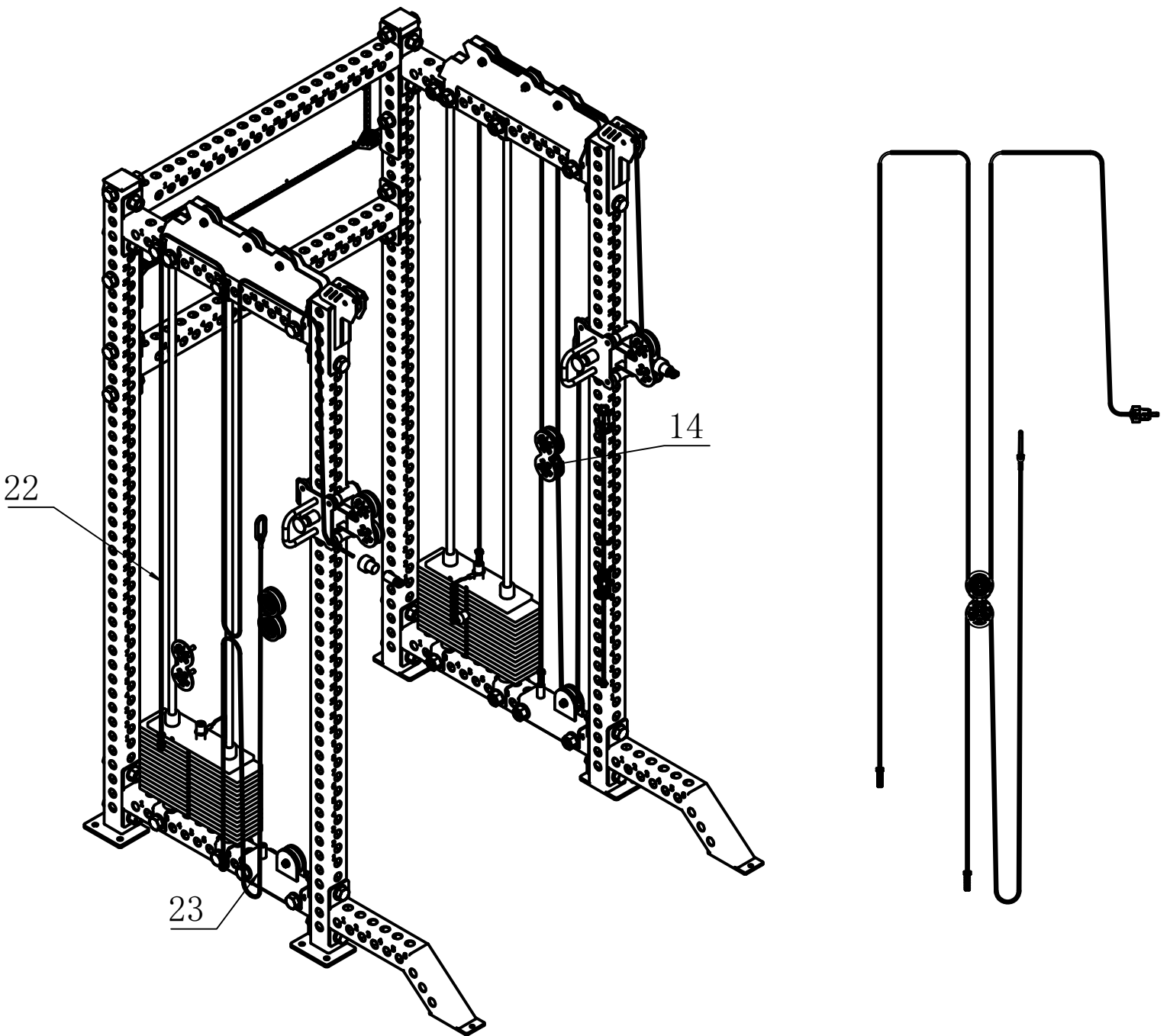
Step 7:

- ① : Install the 11# top limit through the optical shaft between the 2, 3 numbers and 7, 8 numbers of the 3# multi-purpose beam with 26#, 27#, 28# bolts, and then tighten the M6 setting bolts.
- ② : Install the 15# bottom pulley block with 26#, 27#, 28# bolts on the bottom 3# multi-function beam at the end of the connecting hole position, pay attention to the installation direction as shown in the figure.



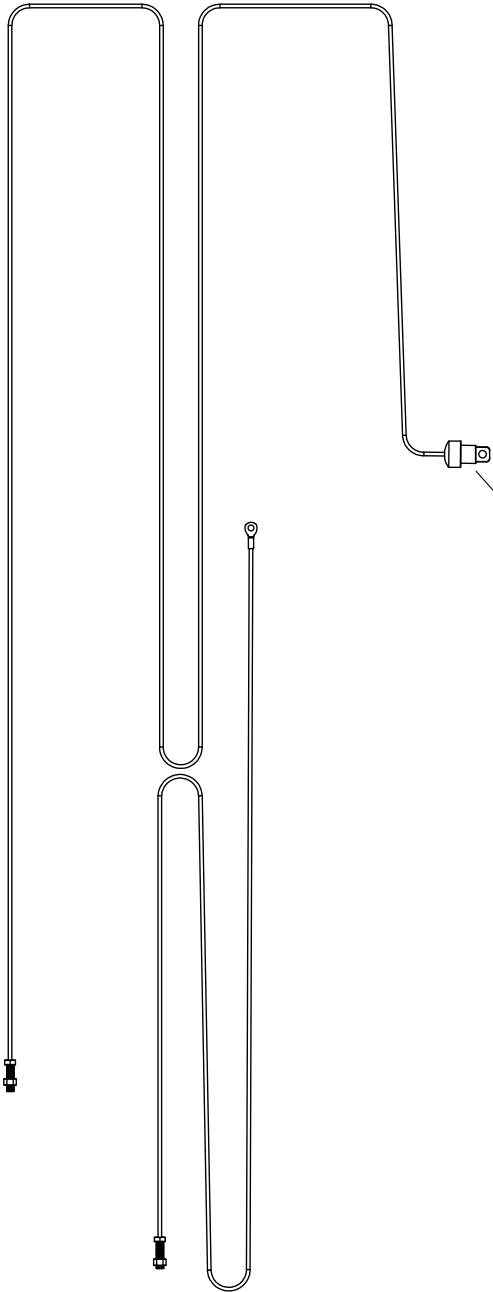
Step 8:

- ① : Install the 10# top block to the top of the 3# multi-purpose beam with 26#, 27#, 28# bolts to the very end, as shown in the direction.

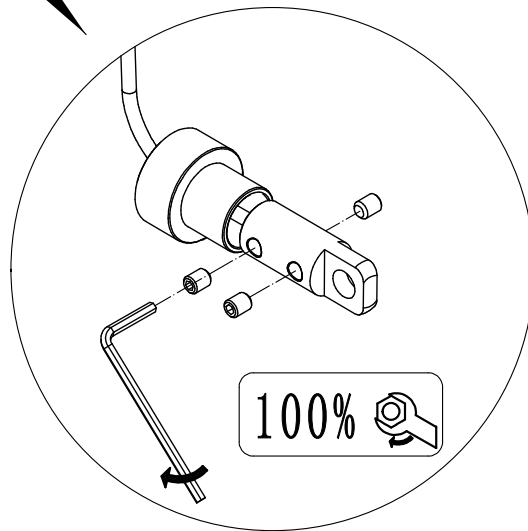


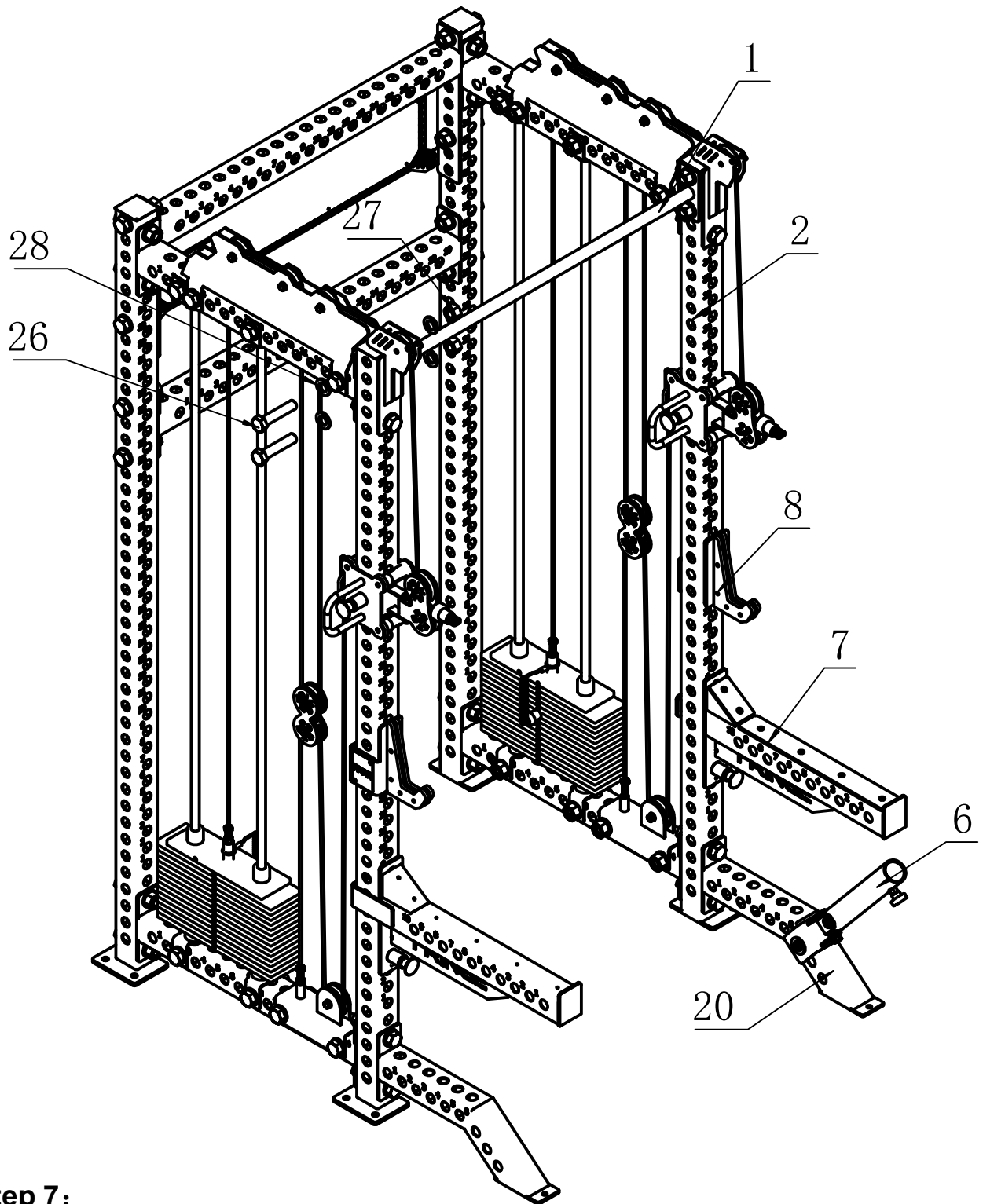
Step 7:

- ① : As shown in the figure, the end of the 22# wire rope is first installed on the top counterweight plate, and then through the 3# multi-function beam, 10# top pulley block, 14# drive pulley frame, and 9# top single pulley from the 13# slide frame.
- ② : As shown in the figure, the end of 23# wire rope is first installed on the bottom pulley frame of 15#, and then through the wheel set of 14# pulley frame, out of the bottom sliding frame of 15#, and fixed to the 13# pulley frame with hooks.



Note:
Please tighten the screws before
use. Make sure all **3 screws**
completely fixed as show.





Step 7:

- ① : Install the 26#, 27#, 28# bolts of the 1# single round pipe between the 2# station rods.
- ② : Install the 6# landmines to the proper position of the 20# extension footing as required
- ③ : Install the 7# sport arms and 8# J-cup hook to the 2# pole as required