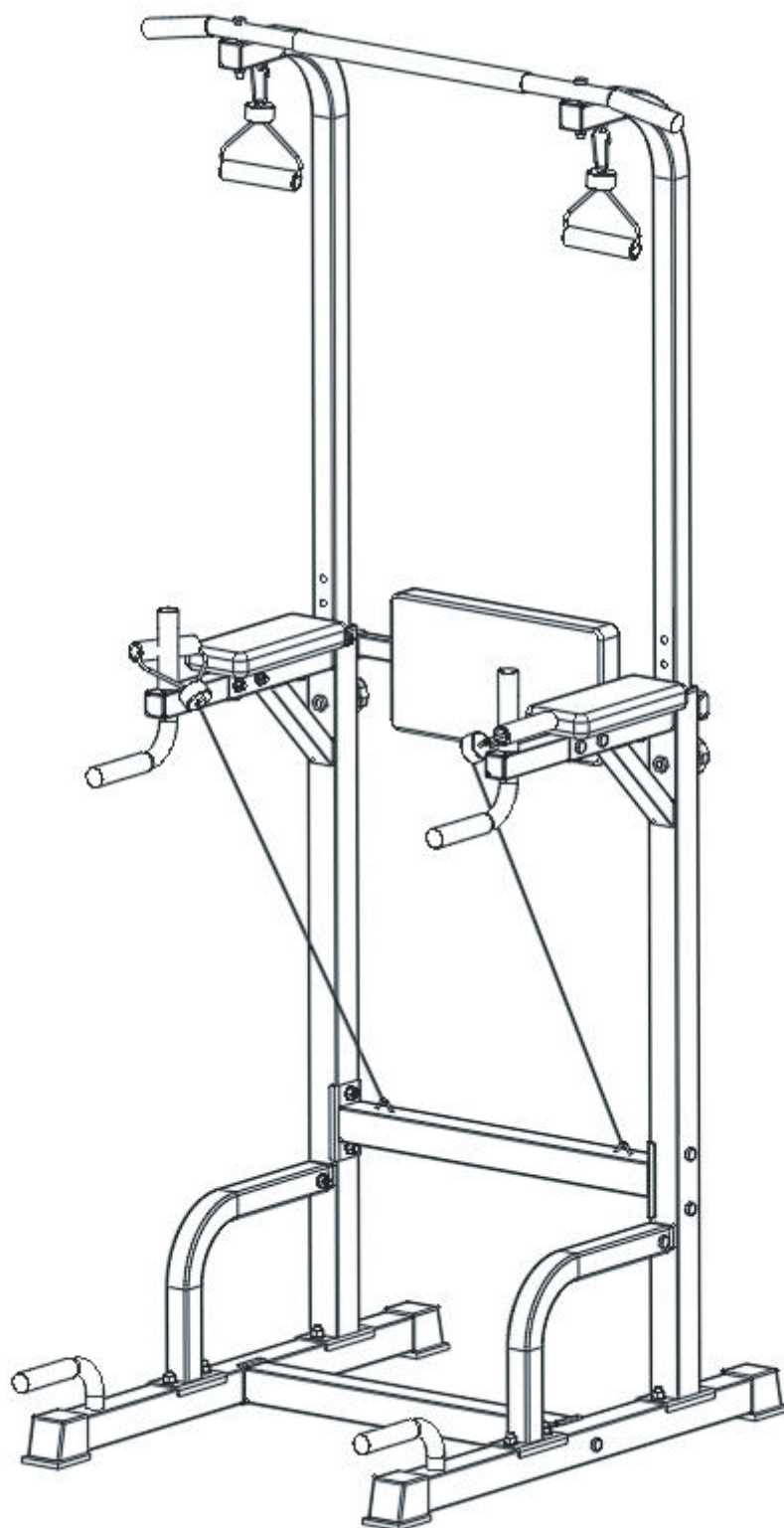


Pull Up Rack

User Manual



Model:PT-HY606

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INSTRUCTIONS FOR SAFE USE

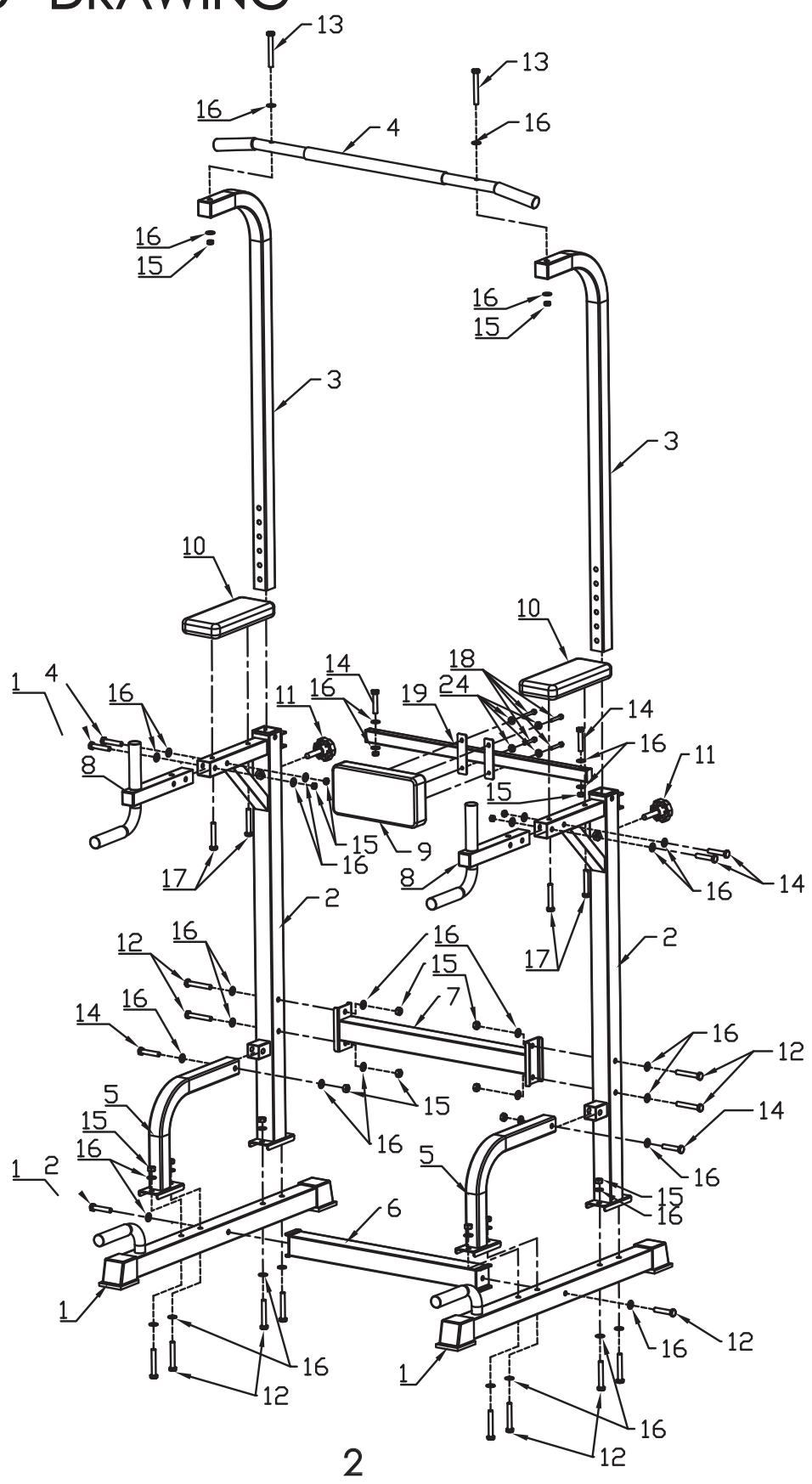
Thank you for purchasing our product, the correct use of this machine is your safety and health guarantee, Please read the following carefully before using the Pull Up Rack:

- 1.It is very important to read the manual completely before installation and use.This equipment can only be used safely and effectively if it is properly installed, maintained, and used.
- 2.Before starting an exercise program, consult your doctor to determine your current physical condition and see if it will pose a risk to your health when you exercise with this equipment. If you are under going some treatments regarding heart rate, blood pressure,and cholesterol, then doctor's advice is very necessary.
- 3.Pay attention to any signals from your body. Incorrect and excessive exercise will harm your health. If you experience any of the following discomforts: pain,chest tightness,rapid heartbeat,shortness of breath, lightheadedness, dizziness and nausea,stop using the equipment immediately. If you want to continue your exercise program, consult your doctor first.
- 4.Keep children and pets away from this equipment, which is specially designed for adults.
- 5.Use a strong, flat material on the bottom of the equipment to protect your floor and carpet. For safety, please ensure that there is at least 0.5m of free space around the equipment.
- 6.Please make sure that each screw and nut are locked tightly before use.
- 7.Please use this equipment with caution. If you notice any defects while installing or using the equipment, or hear any unusual sounds, stop practicing immediately. Do not continue to use until the problem is resolved.
- 8.Wear well-fitting clothing during exercise to prevent loose clothes from tripping on equipment or restricting exercise. Please be aware that incorrect and excessive practice may cause harm to the body.
- 9.This equipment is only suitable for indoor and household use.
- 10.Be as careful as possible when handling this equipment to avoid unnecessary injury.
- 11.This product cannot be used as a medical device.
- 12.The maximum weight is 450 lbs.

DETAILS

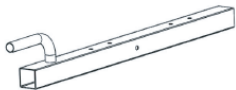
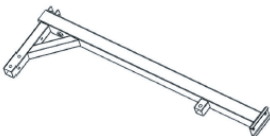
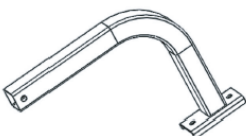
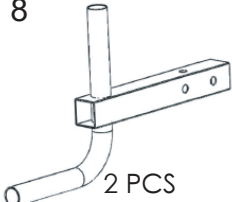
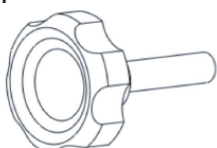
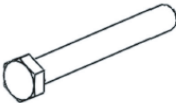
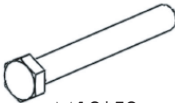
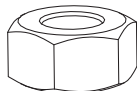
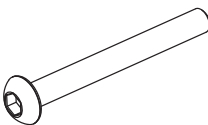
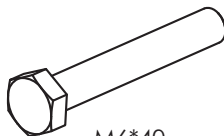
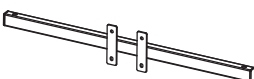
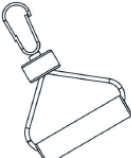
Product Name	Pull Up Rack
Product Dimensions	26.35*35.75*71-75.75 inch
Product Weight	53.4 lbs
Item Package Dimensions LxWxH	42.1×13.6×6.7inch
Maximum Weight Recommendation	450 lbs
Frame Material	Iron
Height adjustment	6 level resistance adjustable

EXPLODED DRAWING



PARTS LIST

NO.	NAME	QTY	NO.	NAME	QTY
1	Ground tube	2	13	Outer hexagonal screw M10*75	2
2	Support tube	2	14	Outer hexagonal screw M10*50	8
3	Adjust bending tube	2	15	Lock nut M10	22
4	handrail tube	1	16	Flat gasket 10	44
5	bending tube	2	17	Cross large flat head screws M6*55	4
6	Ground connection tube	1	18	Cross large flat head screws M6*14	4
7	connection tube	1	19	Connecting square tube	1
8	Expansion tube assembly	2	20	buckle hand-pulled	2
9	backrest	1	21	hand rope	2
10	bracket	2	22	Wrench 17-19	8
11	knob	2	23	"L" Wrench 5	1
12	Outer hexagonal screw M10*65	14	24	Flat gasket 6	8

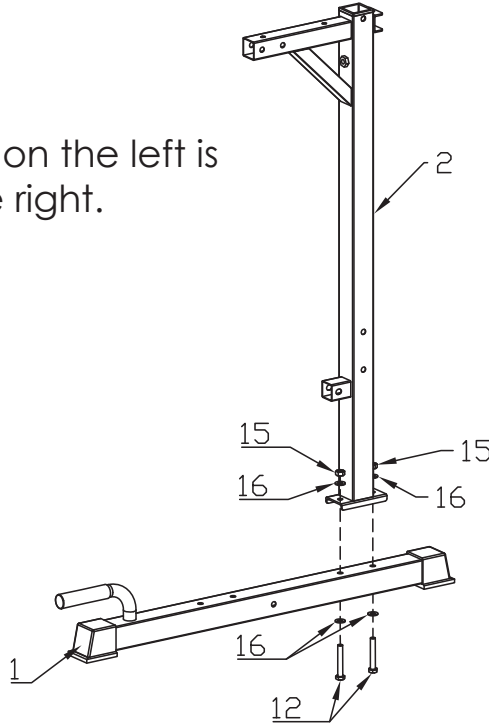
1  2 PCS	2  2 PCS	3  2 PCS	4  1 PC	5  2 PCS
6  1 PC	7  1 PC	8  2 PCS	9  1 PC	10  2 PCS
11  2 PCS	12  M10*65 14 PCS	13  M10*75 2 PCS	14  M10*50 8 PCS	15  NUT M10 22 PCS
16  M10 44 PCS	17  M6*55 4 PCS	18  M6*40 8 PCS	19  1 PC	20  2 PCS
21  2 PCS	22  2 PCS	23  1 PCS	24  M6 8 PCS	

ASSEMBLY INSTRUCTION

Step1:

Attach the support tube (2) to the Ground tube (1) using Outer hexagonal screw M10*65(12), Lock nut M10(15) and Flat gasket 10(16).

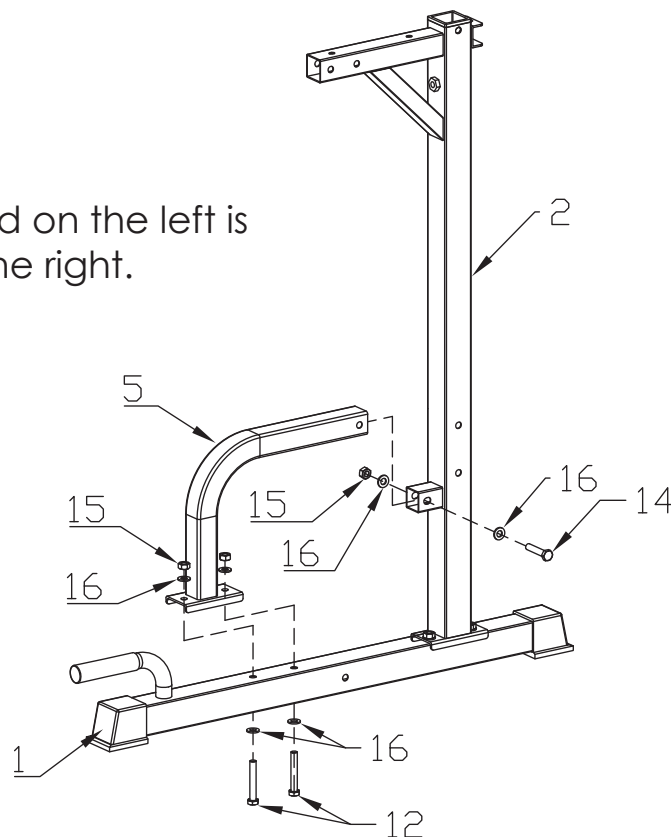
The installation method on the left is the same as that on the right.



Step2:

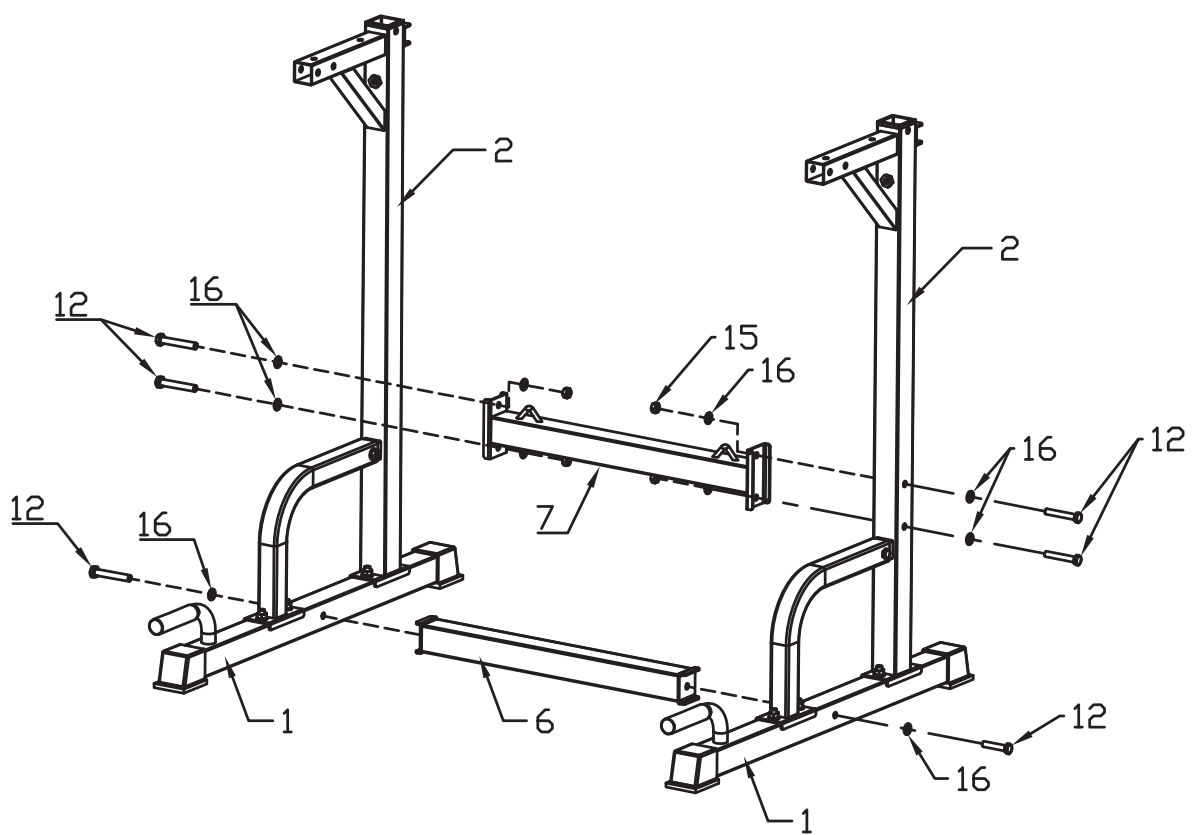
Fix the bending tube (5) and the Support tube (2) to the Ground tube (1) with Outer hexagonal screw M10*65 (12) and Outer hexagonal screw M10*50(14) Lock nut M10(15) and Flat gasket 10(16).

The installation method on the left is the same as that on the right.



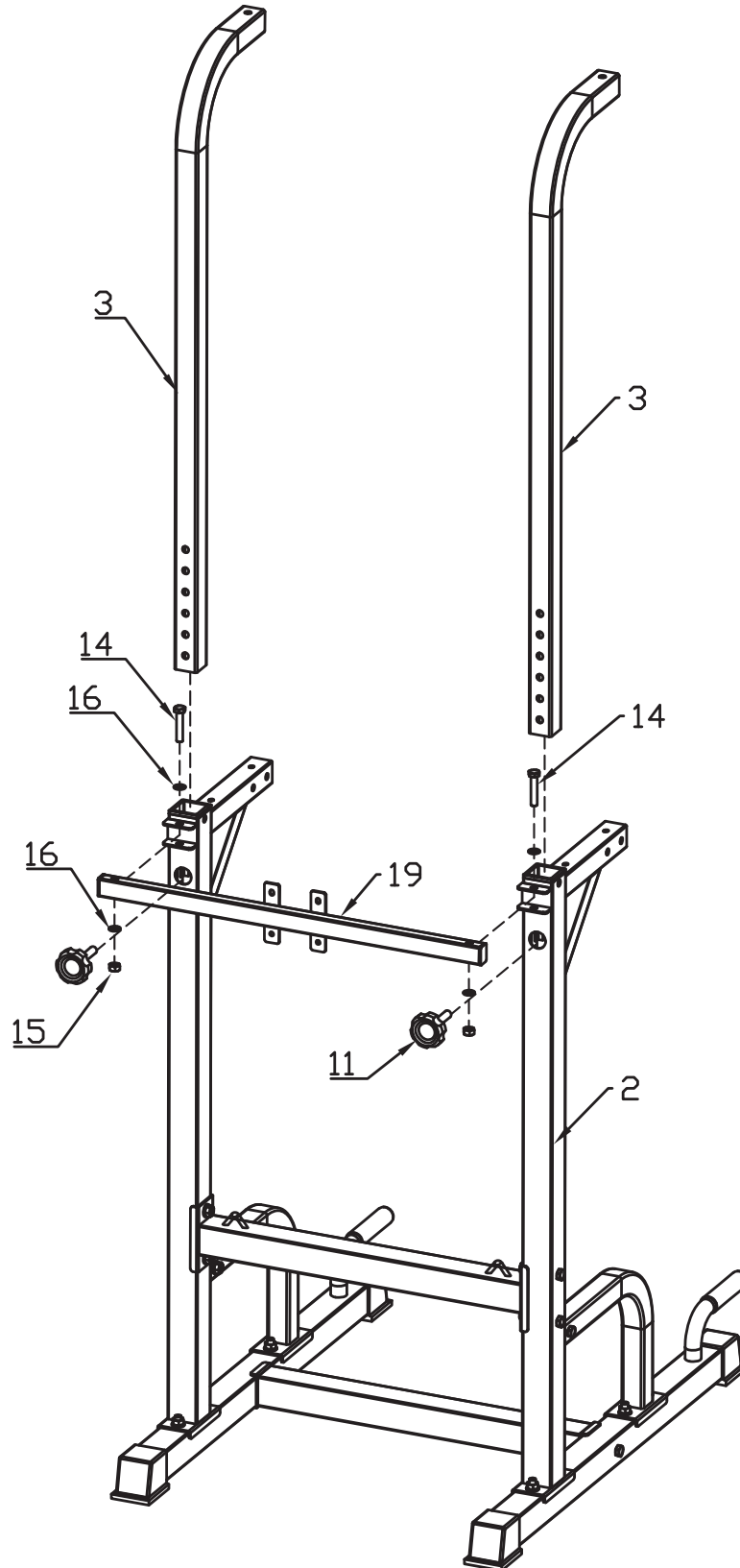
Step3:

Fix the Ground connection tube(6) and the connection tube(7) to the Ground tube(1) with Outer hexagonal screw M10*65(12) Lock nut M10(15) and Flat gasket 10(16).



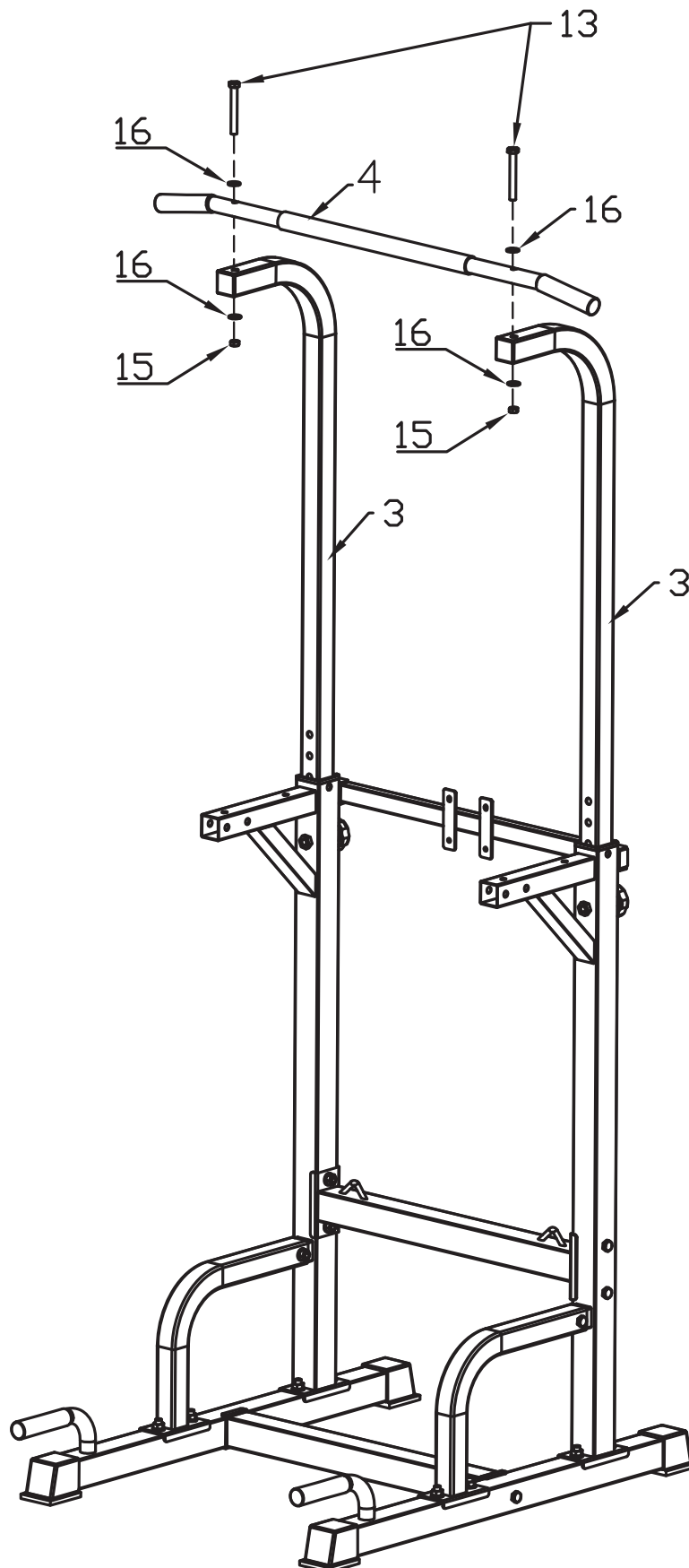
Step4:

1. Fix the Connecting square tube(19) to the Ground tube(2) with Outer hexagonal screw M10*50(14),Lock nut M10(15) and Flat gasket 10(16).
2. Fix the Adjust bending tube (3) to the Ground tube(2)with knob(11). Note: Use the knob (11) to adjust the height to suit your preference.



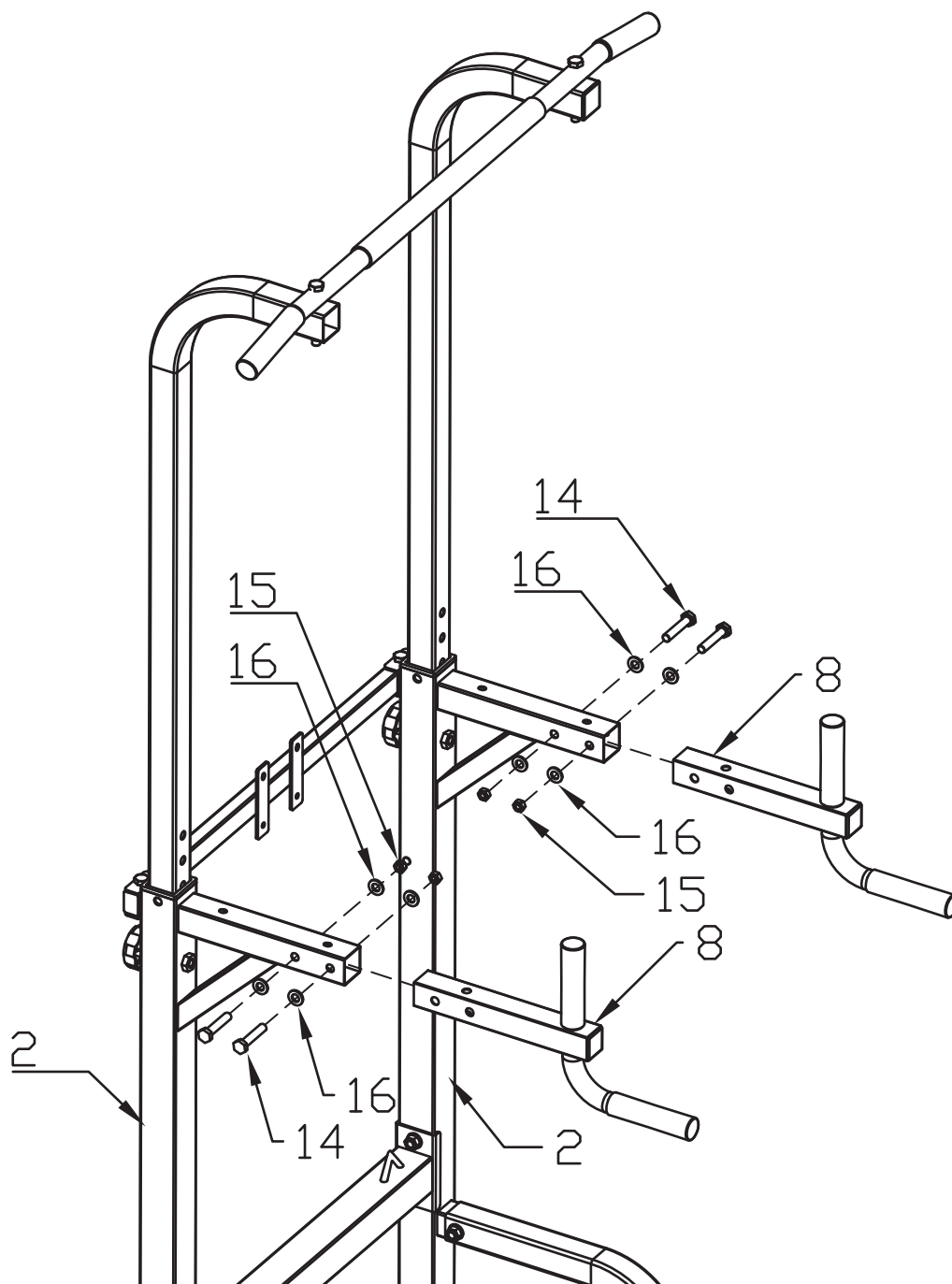
Step5:

Fix the handrail tube(4) to the Adjust bending tube(3) with Outer hexagonal screw M10*75(13),Lock nut M10 (15)and Flat gasket 10(16)



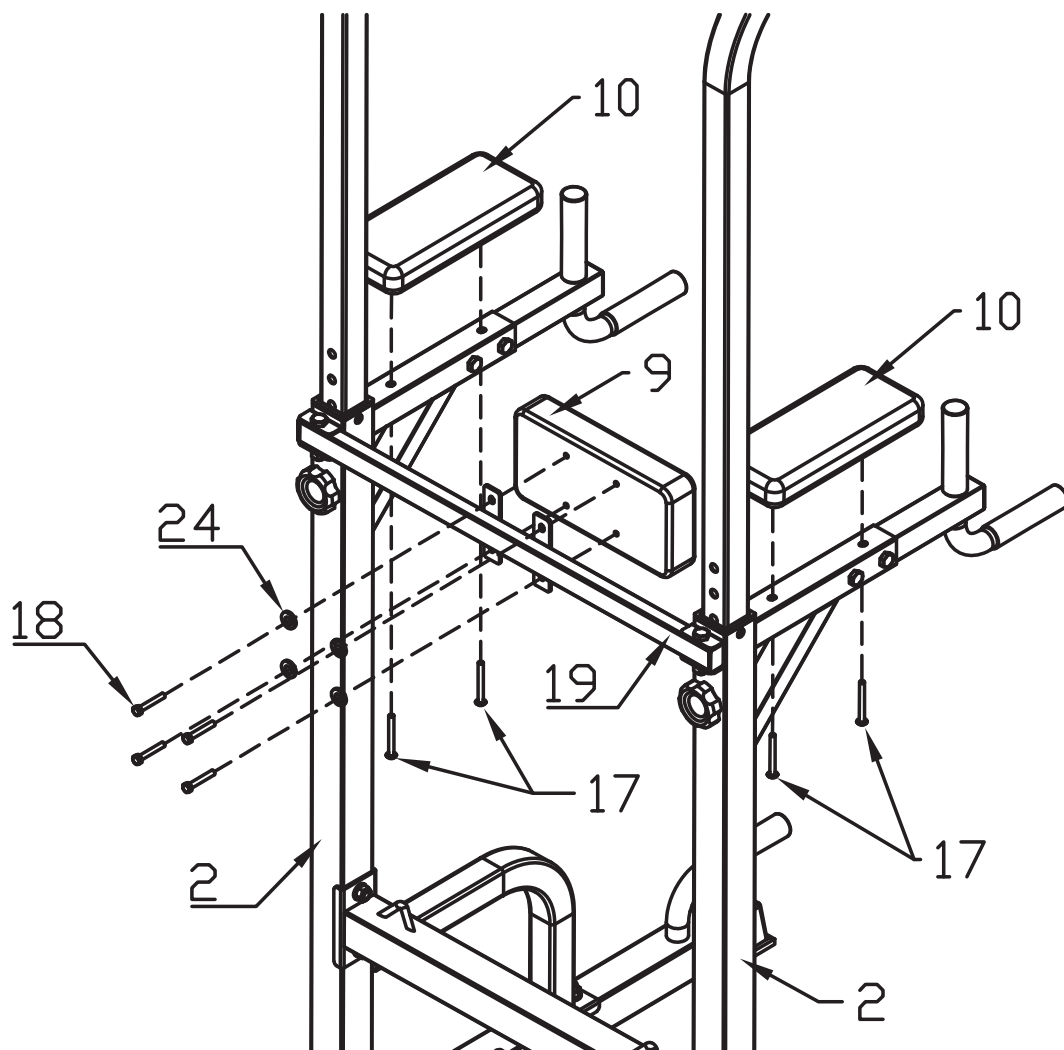
Step6:

Fix the Expansion tube assembly(8)to the Ground tube(2)with Outer hexagonal screw M10*50(14),Lock nut M10(15) and Flat gasket 10(16).



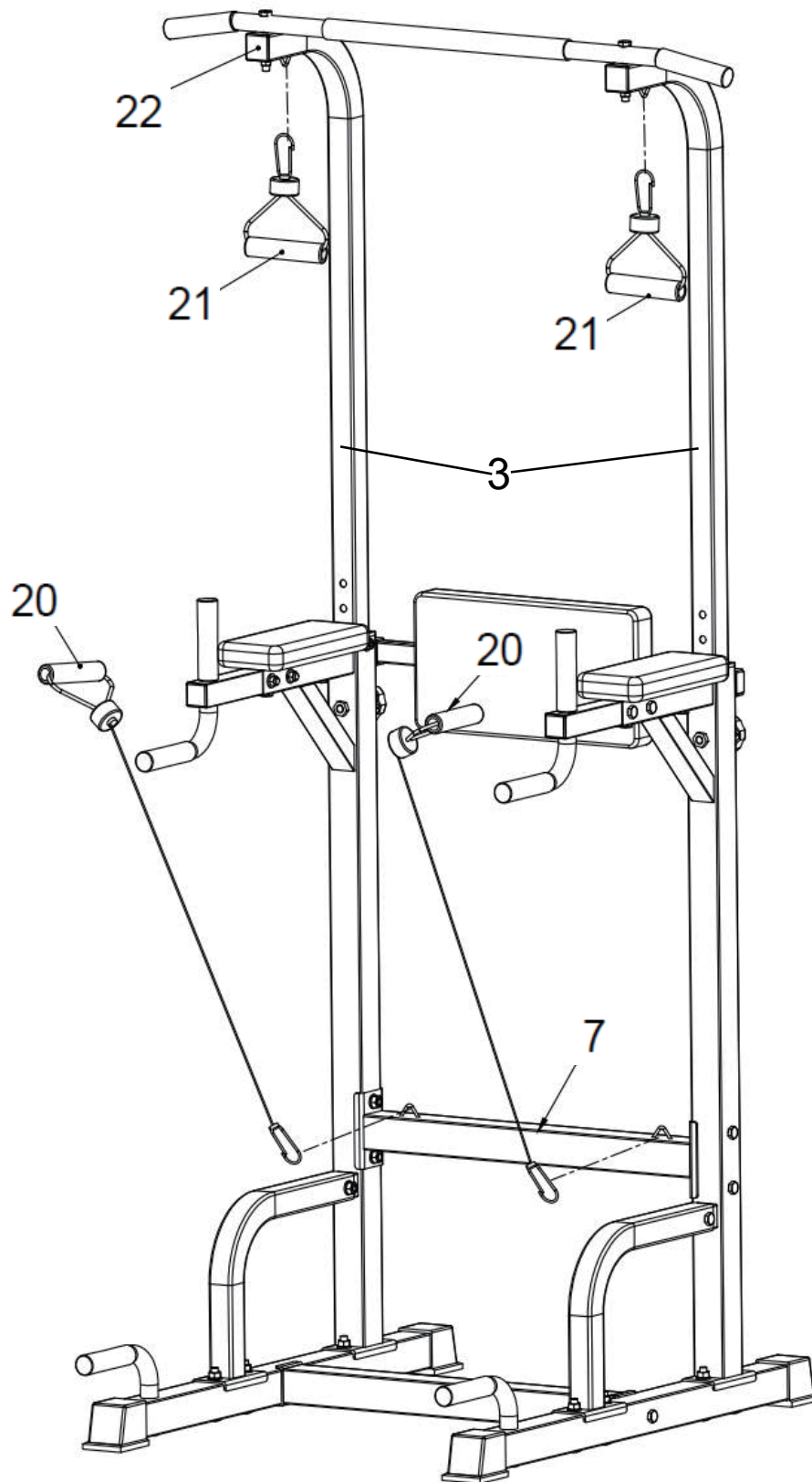
Step7:

1. Fix the backrest(9) to the Ground tube(19) with Outer hexagonal screw M6*14(18) and Flat gasket 6(24).
2. Fix the bracket(10) to the Ground tube(2) with Hexagonal socket flat head screw M6*55(17).



Step8:

Pull the buckle hand-pulled (20) and attach the buckle ring to the connection tube (7) as shown. Secure the hand rope (21) to the adjustable bending tube (3).



EXERCISE INSTRUCTIONS

Using your Pull Up Pack will provide you with several benefits. It will improve your physical fitness, tone your muscles and in conjunction with a calorie controlled diet, help you lose weight.

WARM-UP PHASE

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds.

DO NOT BOUNCE.

Remember always to check with your physician before starting any exercise program.

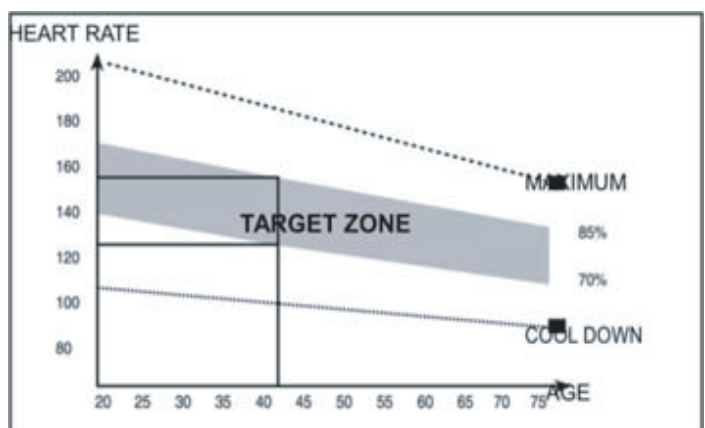


EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.

COOL-DOWN PHASE

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.



WARRANTY & CUSTOMER SUPPORT

If you need help regarding product issues, after-sales service, or other relevant problems, please contact us via order number.

*Note: Products purchased directly from us will enjoy our after-sales service. If the purchases are made from other selling teams, we recommend you contact them for warranty issues.

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