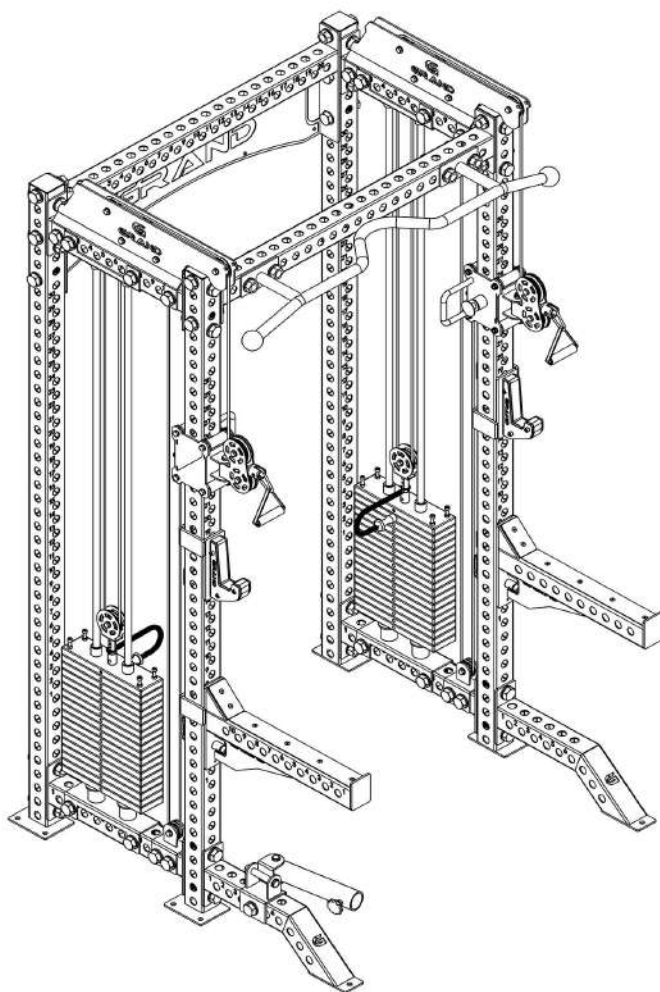


GRAND

FITNESS



GRAND FITNESS HALF RACK R3

OWNER'S MANUAL

[HTTPS://GRAND-FITNESS.PL/](https://grand-fitness.pl/)



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 Preambly 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.

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

TABLE OF CONTENTS

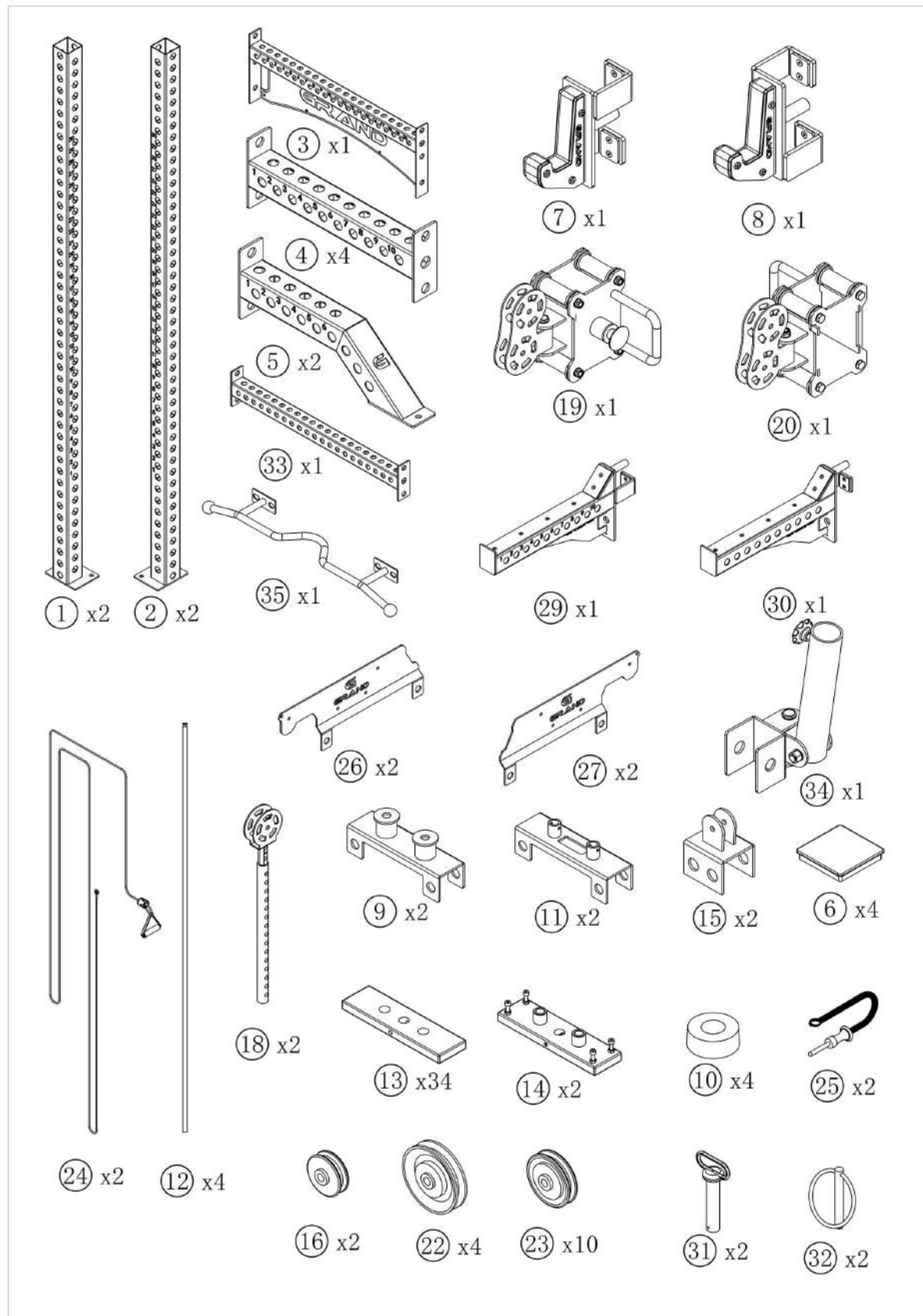
Parts list.....	2
Part indentification.....	3-4
Assembly step 1	5
Assembly step 2	6
Assembly step 3	7
Exploded Diagram	8
Assembly Diagram	9
Warranty	10

PARTS/HARDWARE LIST

ITEM NO.	PARTS	SPECIFICATION	UNIT	QTY	MARKS
1	RIGHT UPRIGHT		PCS	2	
2	LEFT UPRIGHT		PCS	2	
3	REAR CROSSBEAM WITH LOGO BASE		PCS	1	LOGO PLATE
4	CROSSBEAM		PCS	4	
5	FRONT EXTRA LEG		PCS	2	
6	75 INNER PLUG		PCS	4	
7	RIGHT J CUP		PCS	1	
8	LEFT J CUP		PCS	1	
9	WEIGHT STACK GUIDE ROD BOTTOM BRACKET		PCS	2	
10	25 RUBBER GASKET		PCS	4	
11	WEIGHT STACK GUIDE ROD UPPER BRACKET		PCS	2	
12	WEIGHT STACK GUIDE ROD		PCS	4	
13	WEIGHT STACKS		PCS	34	
14	FIRST WEIGHT STACKS		PCS	2	
15	PULLEY RETAINING BRACKET		PCS	2	
16	ALUMINUM PULLEY	54MM	PCS	2	
17	HEX NUTS&BOLTS	M24×110	PCS	47	
18	WEIGHT STACK SELECTED BAR		PCS	2	
19	FUNCTIONAL TRAINER PULLEY BOX-LEFT		PCS	1	
20	FUNCTIONAL TRAINER PULLEY BOX-RIGHT		PCS	1	
21	HEX NUTS&BOLTS	M10×45	PCS	16	
22	ALUMINUM PULLEY	φ 90mm		4	
23	ALUMINUM PULLEY	φ 70mm		10	
24	CABLES			2	
25	WEIGHT STACK SELECTED PIN			2	
26	UPPER CABLE-PULLY SYSTEM ASSEMBLY PLATE-RIGHT			2	
27	UPPER CABLE-PULLY SYSTEM ASSEMBLY PLATE-LEFT			2	
28	HEX NUTS&BOLTS	M10×20		2	
29	SAFETY SPOTTER -RIGHT			1	
30	SAFETY SPOTTER -LEFT			1	
31	RED PIN			2	
32	PIN			2	
33	PULL UP BAR CROSSBEAM			1	
34	LANDMINE			1	
35	V PULL UP BAR			1	

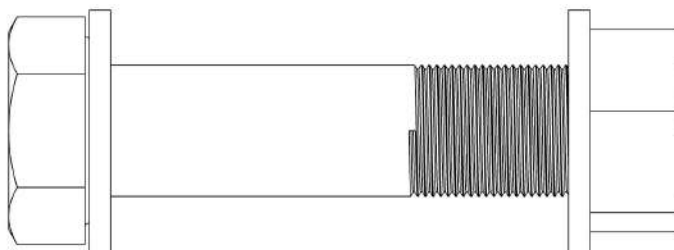
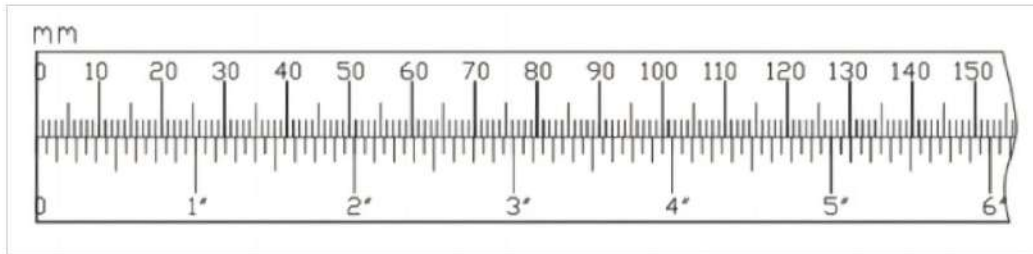
PART IDENTIFICATION

IMPORTANT: if you cannot find a part in the hardware kit, check to see if it has been preassembled.

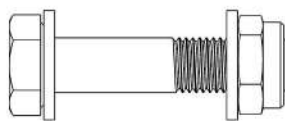


PART IDENTIFICATION

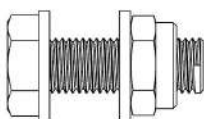
IMPORTANT: if you cannot find a part in the hardware kit, check to see if it has been preassembled.



①⑦ x47



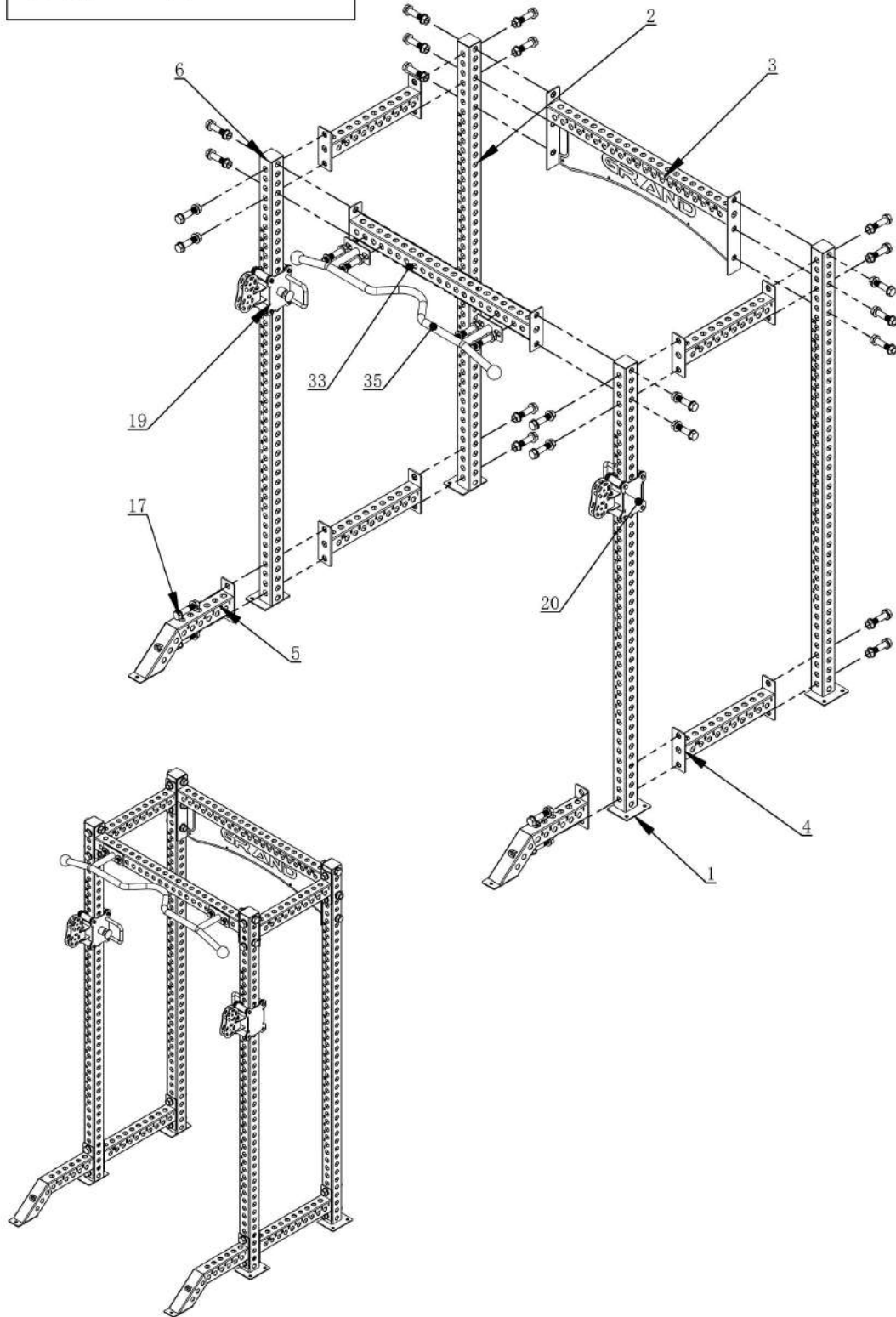
②① x16




②⑧ x2

ASSEMBLY STEP 1

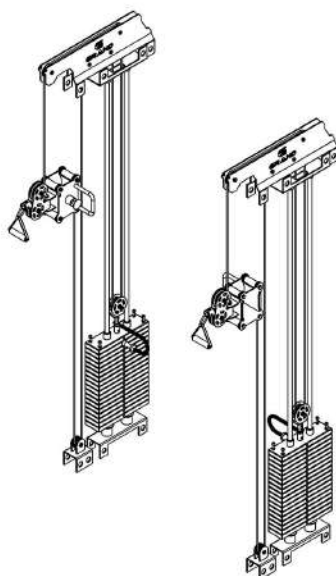
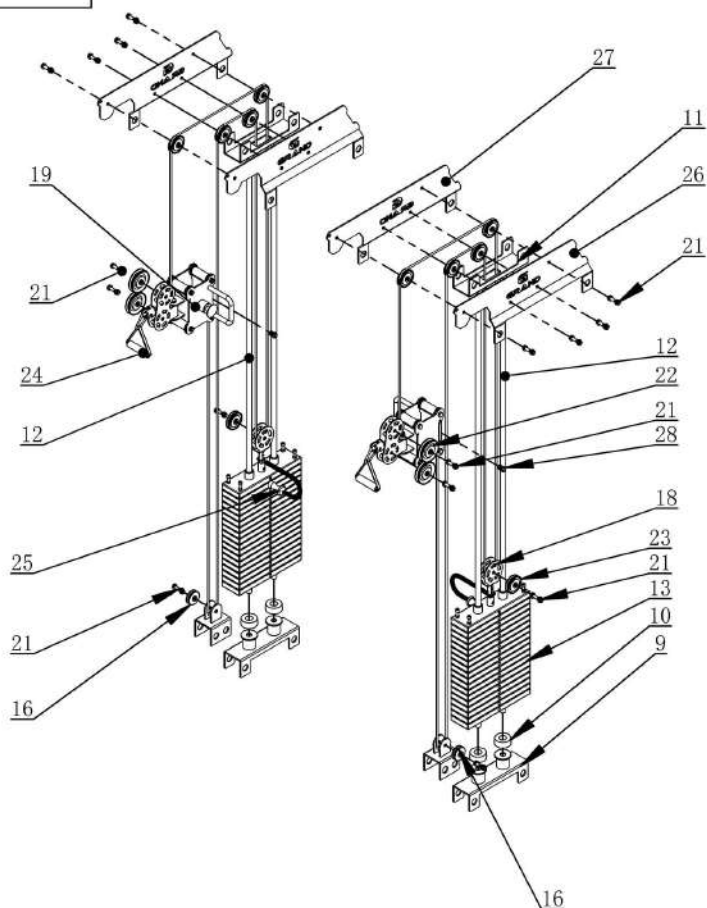
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ASSEMBLY STEP 2

②①  X16 M10X45

②⑧  X2 M10X20

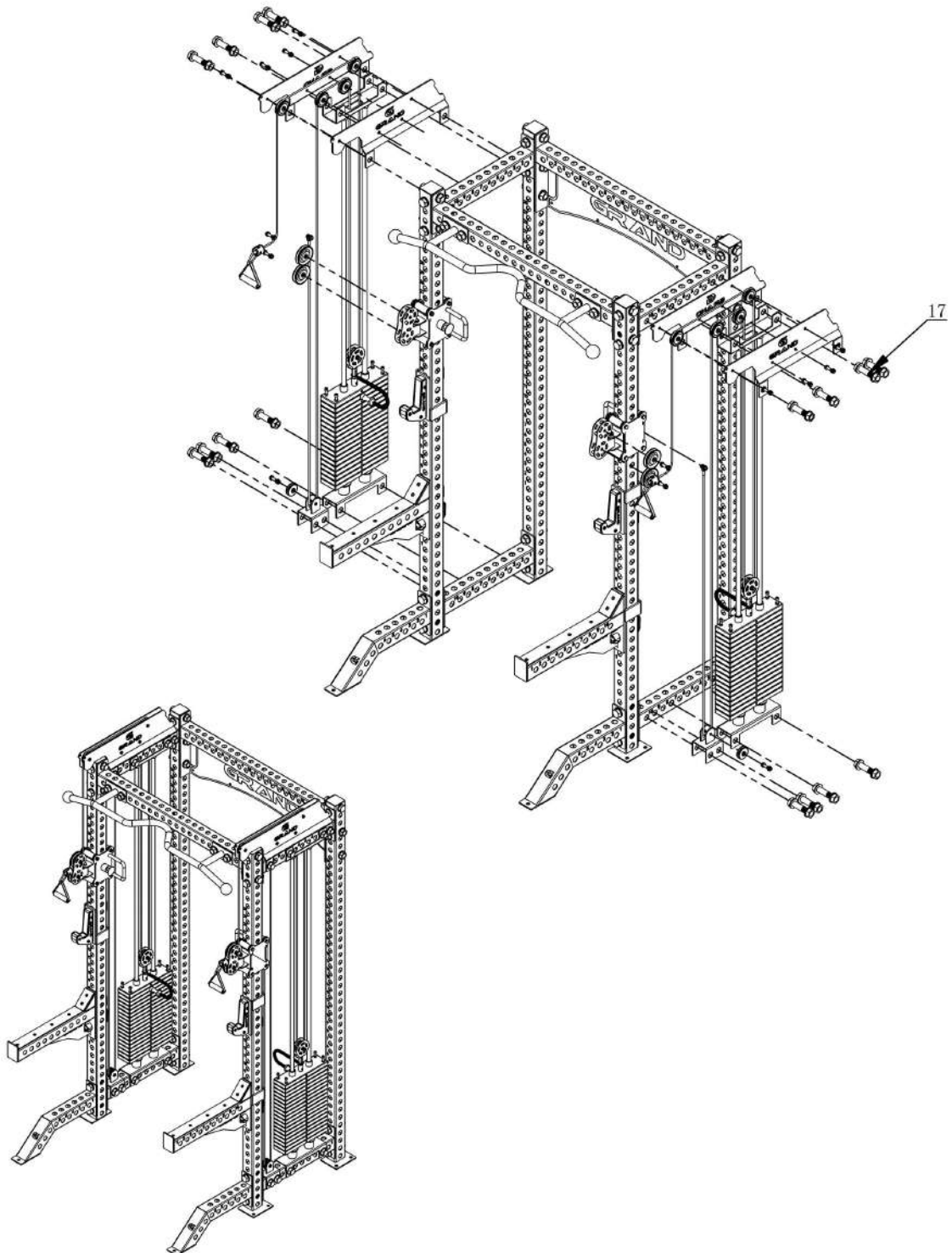


ASSEMBLY STEP 3

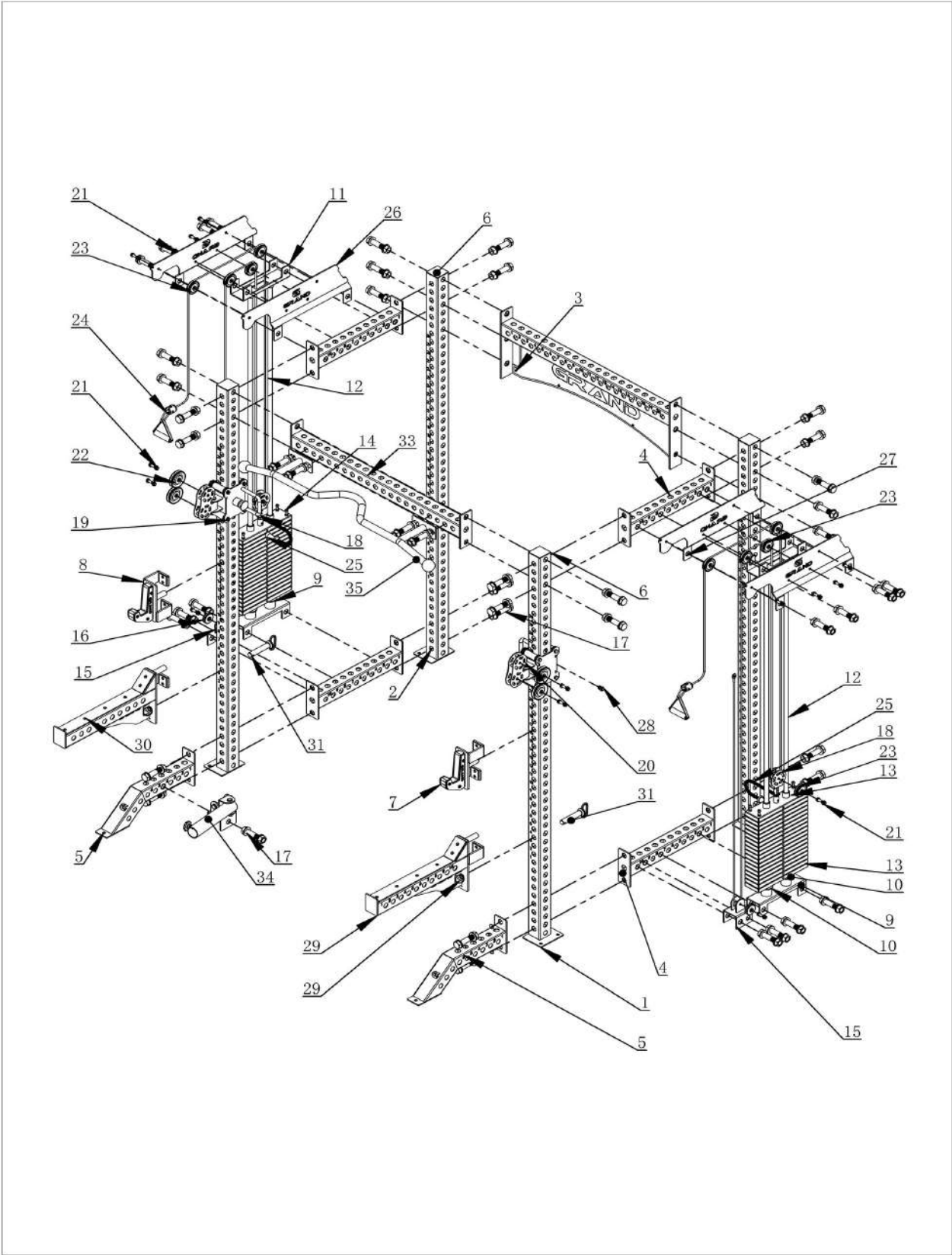
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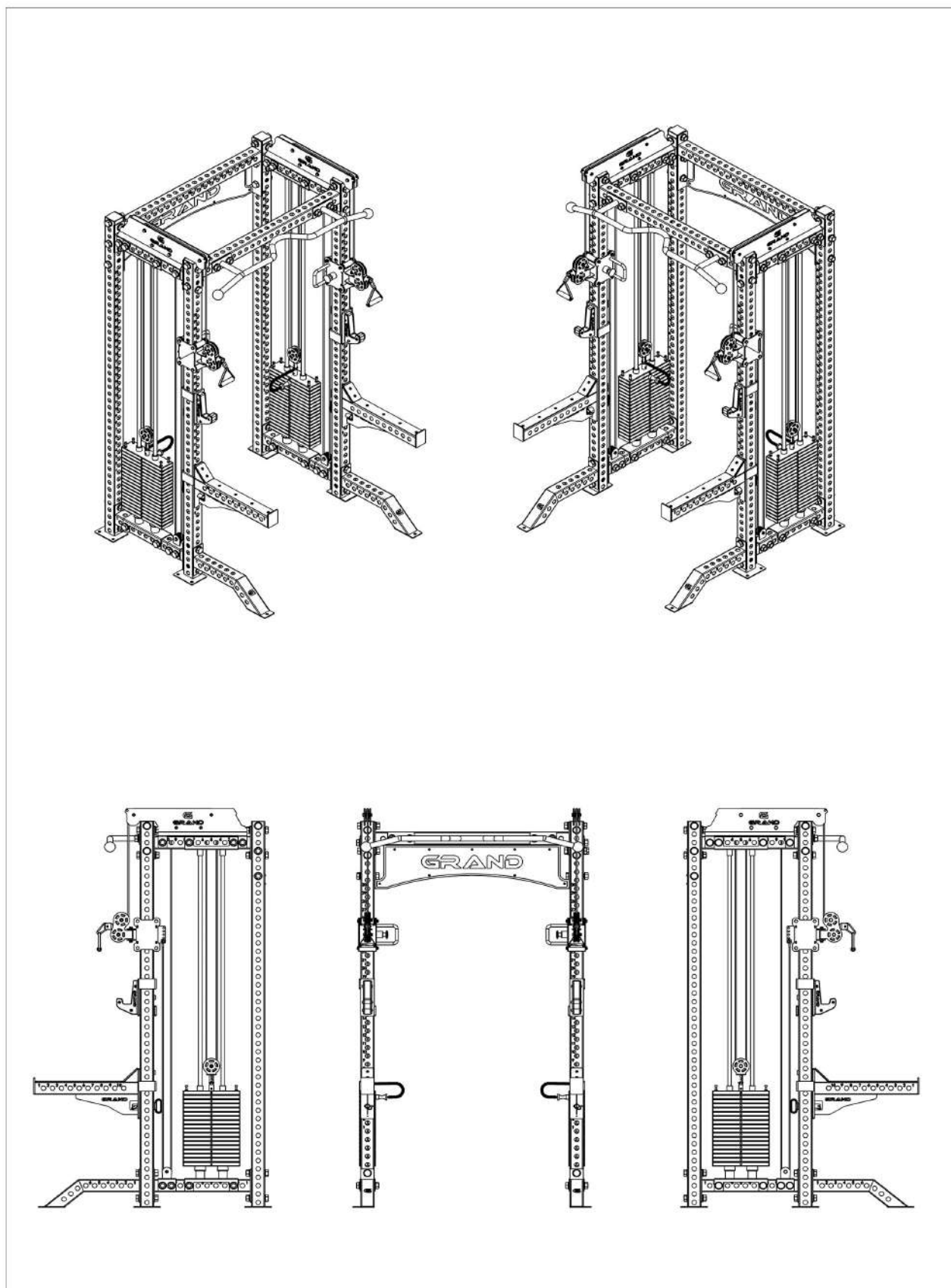
X16 M24X110

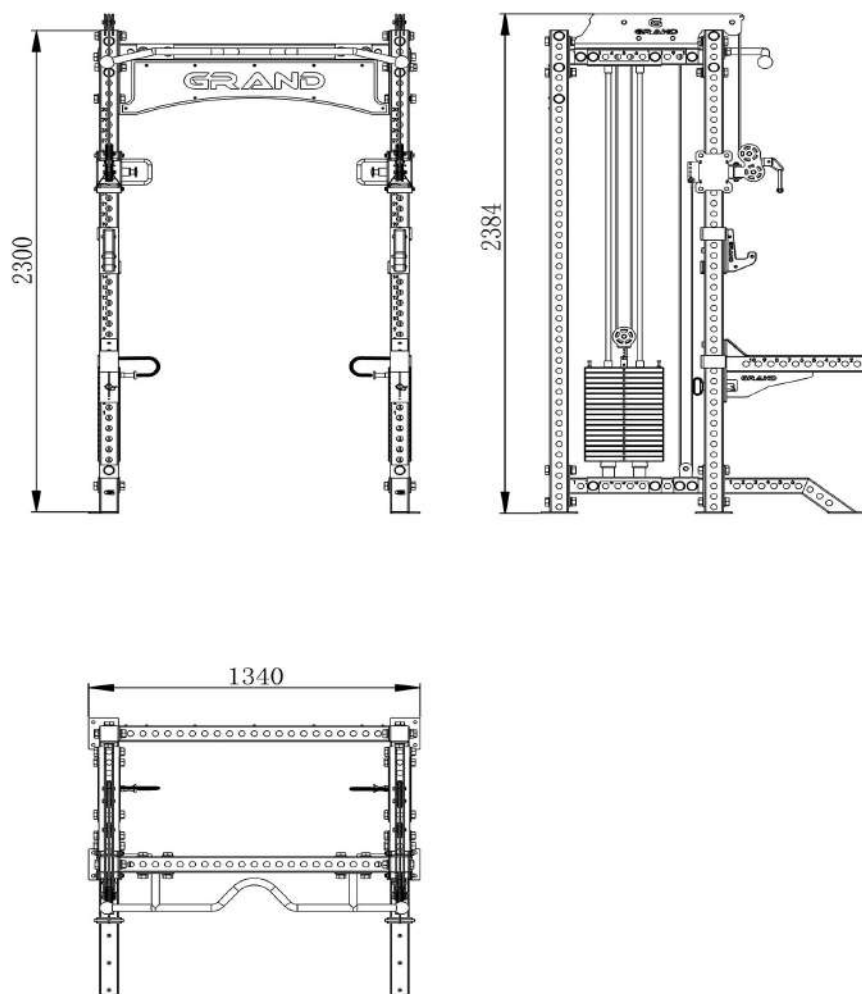


EXPLODED DIAGRAM



ASSEMBLY DIAGRAM





There is a reasonable tolerance range in the practical production

WARRANTY

LIFETIME WARRANTY ON FRAME AND 2 YEAR WARRANTY ON MOVING PARTS

This warranty applies to first owners and does not cover second-hand equipment or re-sold equipment. This warranty covers only failures due to defects in structural, cables and pulleys and workmanship that occur during regular exercise use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, misapplication, alteration or improper assembly of the product.