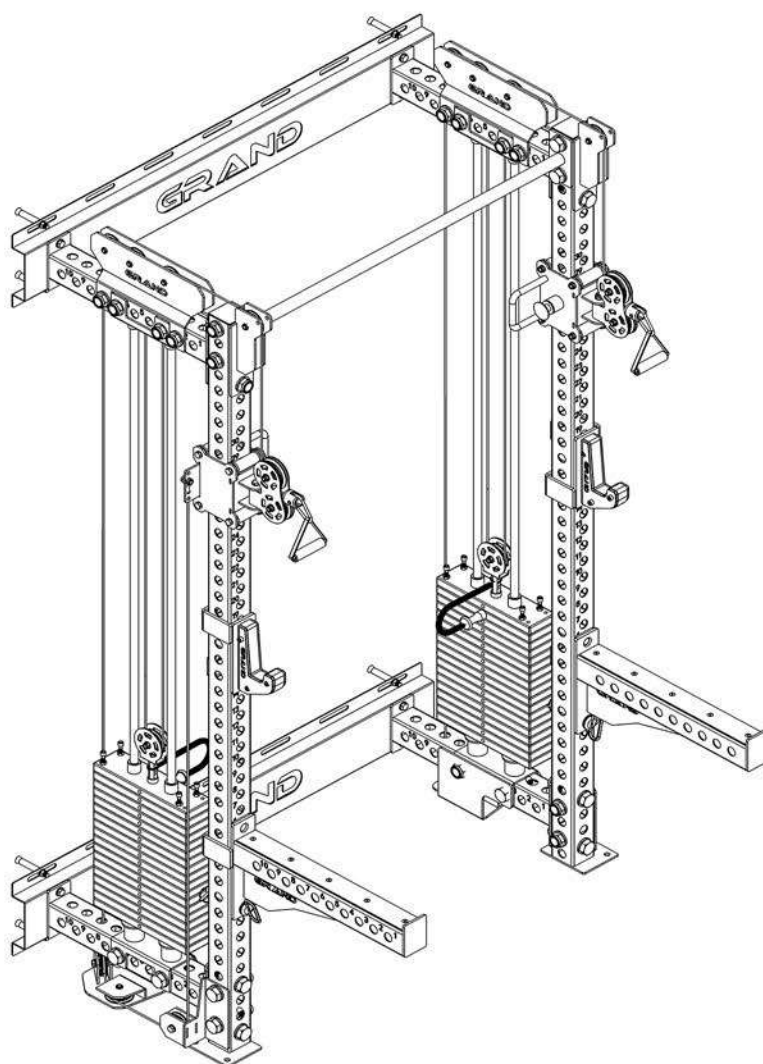


# GRAND FITNESS



RACK DOŚCIENNY R1

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## 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 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.

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

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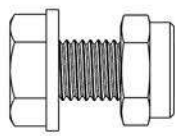
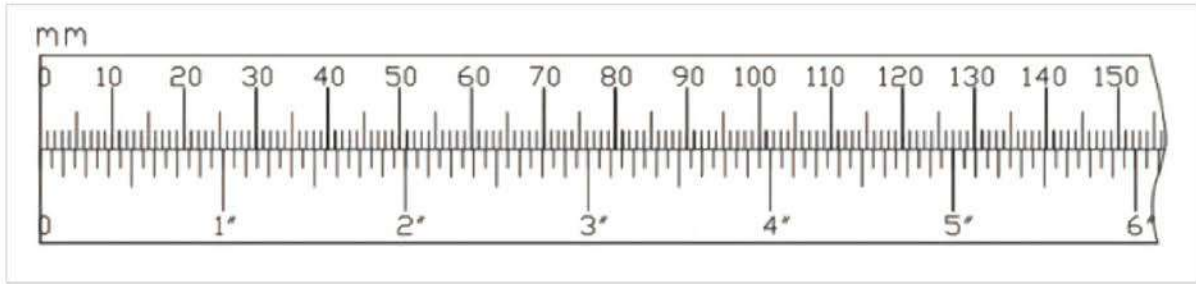
## PARTS/HARDWARE LIST

ITEM NO.	PARTS	SPECIFICATION	UNIT	QTY	MARKS
1	LEFT UPRIGHT	2300	PCS	1	
2	RIGHT UPRIGHT	2300	PCS	1	
3	PULL UP BAR		PCS	1	
4	WEIGHT STACKS		PCS	34	
5	FRONT UPRIGHTS PULLEY SUPPORT		PCS	2	
6	WEIGHT STACK GUIDE RODE		PCS	4	
7	CROSSMEMBER		PCS	4	
8	WEIGHT STACK RUBBER ABSORBER		PCS	4	
9	FIRST WEIGHT STACKS		PCS	2	
10	WEIGHT STACK SELECTED PIN		PCS	2	
11	FUNCTIONAL TRAINER PULLEY BOX-RIGHT		PCS	1	
12	FIXING PLATE WITH LOGO BASE		PCS	2	
13	ALUMINUM PULLEY	φ 70mm	PCS	16	
14	UPPER CABLE-PULLY SYSTEM ASSEMBLY PLATE-RIGHT		PCS	2	
15	WEIGHT STACK GUIDE ROD BOTTOM BRACKET		PCS	2	
16	PULLEY BRACKET-BOTTOM RIGHT		PCS	1	
17	PULLEY BRACKET-MIDDLE RIGHT		PCS	1	
18	WEIGHT STACK GUIDE ROD UPPER BRACKET		PCS	2	
19	FUNCTIONAL TRAINER PULLEY BOX-LEFT		PCS	1	
20	PULLEY BRACKET-BOTTOM LEFT		PCS	1	
21	END CAP	75 × 75mm	PCS	2	
22	UPPER CABLE-PULLY SYSTEM ASSEMBLY PLATE-LEFT		PCS	2	
23	WEIGHT STACK SELECTED BAR		PCS	2	
24	ALUMINUM PULLEY	φ 90mm	PCS	4	
25	HEX NUTS&BOLTS	M10 × 45	PCS	20	
26	CABLES-RIGHT		PCS	1	
27	CABLES-LEFT		PCS	1	
28	PULLEY BRACKET-MIDDLE LEFT		PCS	1	
29	HEX NUTS&BOLTS	M24 × 110	PCS	26	
30	LEFT J CUP		PCS	1	
31	SAFETY SPOTTER -LEFT		PCS	1	
32	RIGHT J CUP		PCS	1	
33	SAFETY SPOTTER -RIGHT		PCS	1	
34	RED PIN		PCS	2	
35	RED PIN RING		PCS	2	
36	HEX NUTS&BOLTS	M12 × 30	PCS	8	
37	HEX NUTS&BOLTS	M10 × 100	PCS	8	
38	HEX NUTS&BOLTS	M10 × 20	PCS	2	

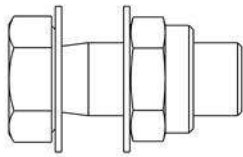


# PART IDENTIFICATION

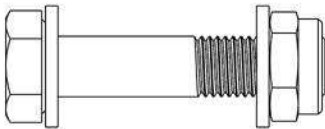
IMPORTANT: if you cannot find a part in the hardware kit, check to see if it has been preassembled.



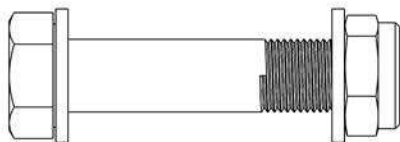
③⑧ X2



③⑥ X8



②⑤ X20

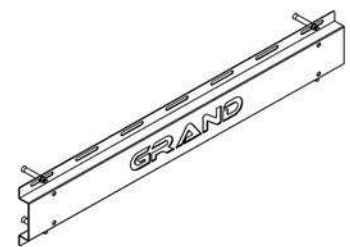
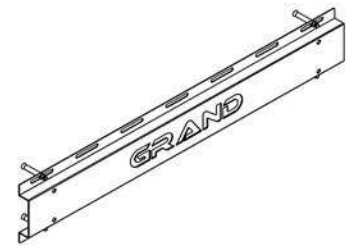
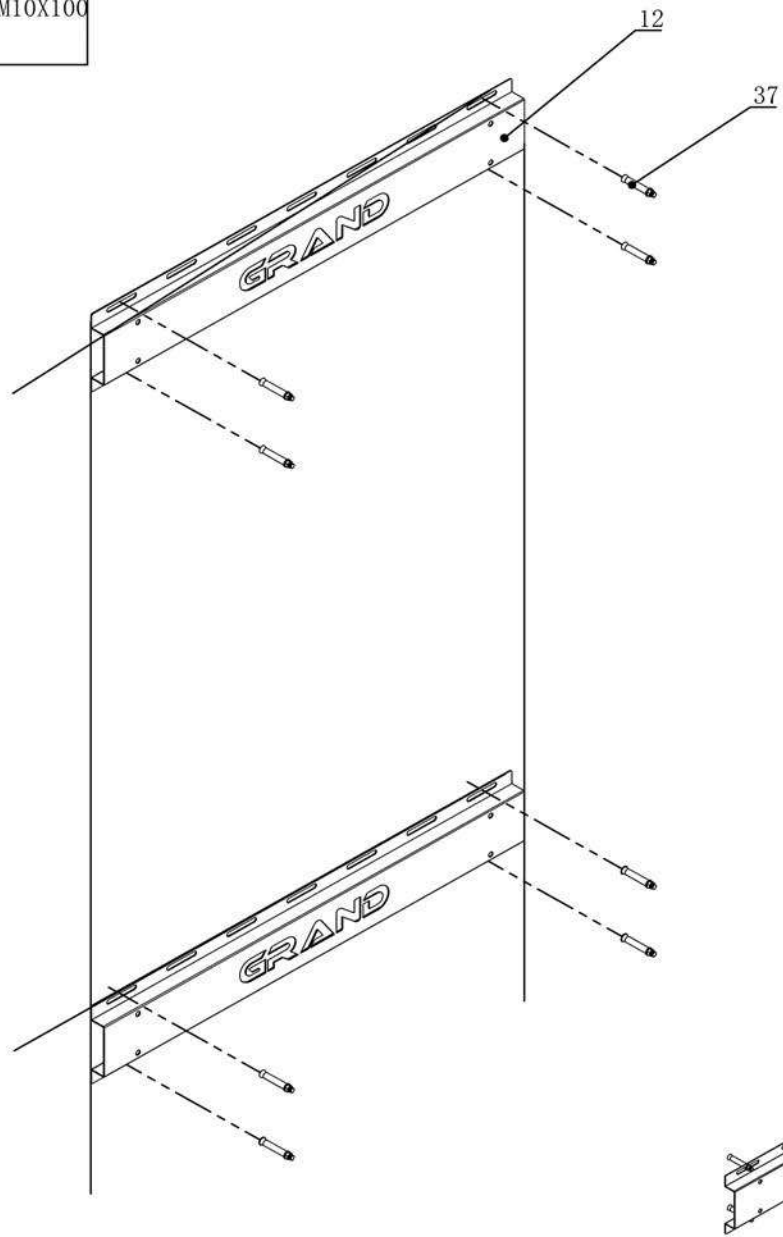
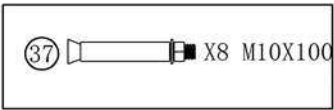


②⑨ X26

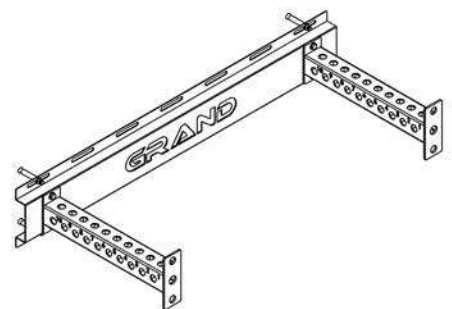
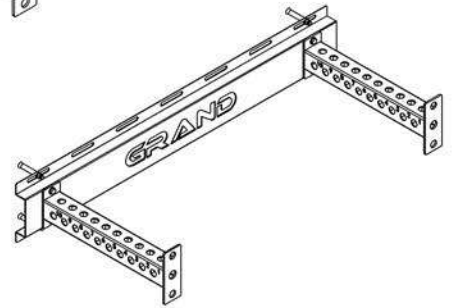
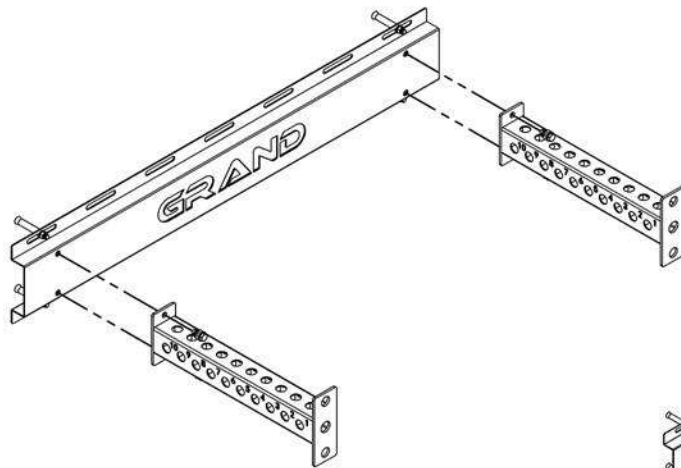
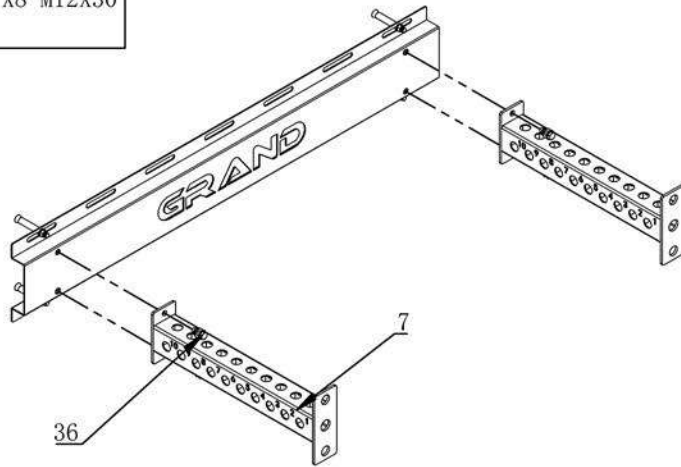
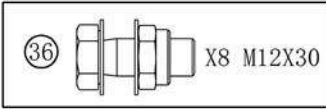


③⑦ X8

# ASSEMBLY STEP 1

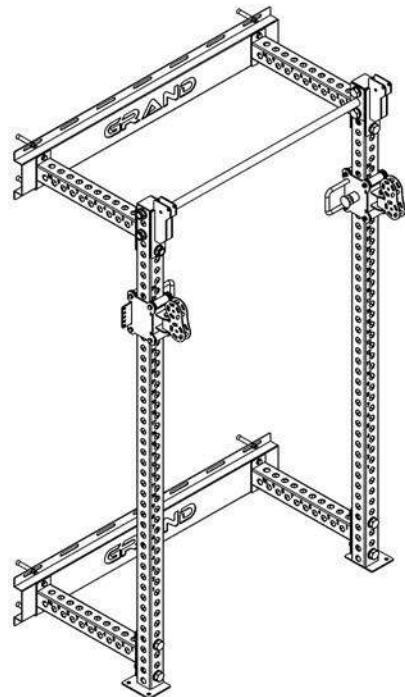
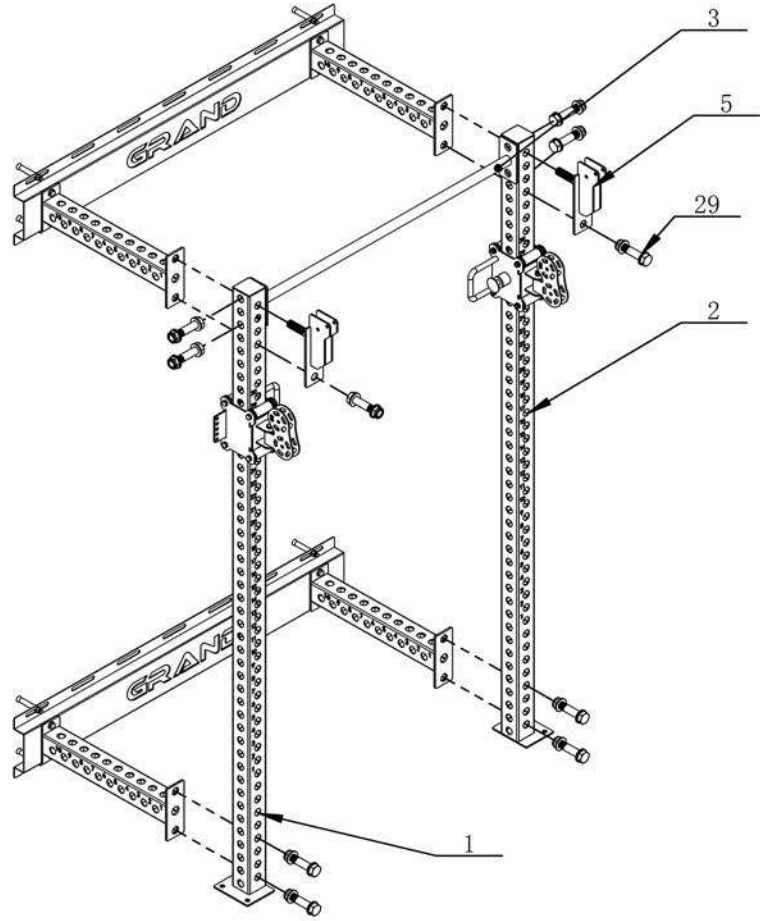


# ASSEMBLY STEP 2



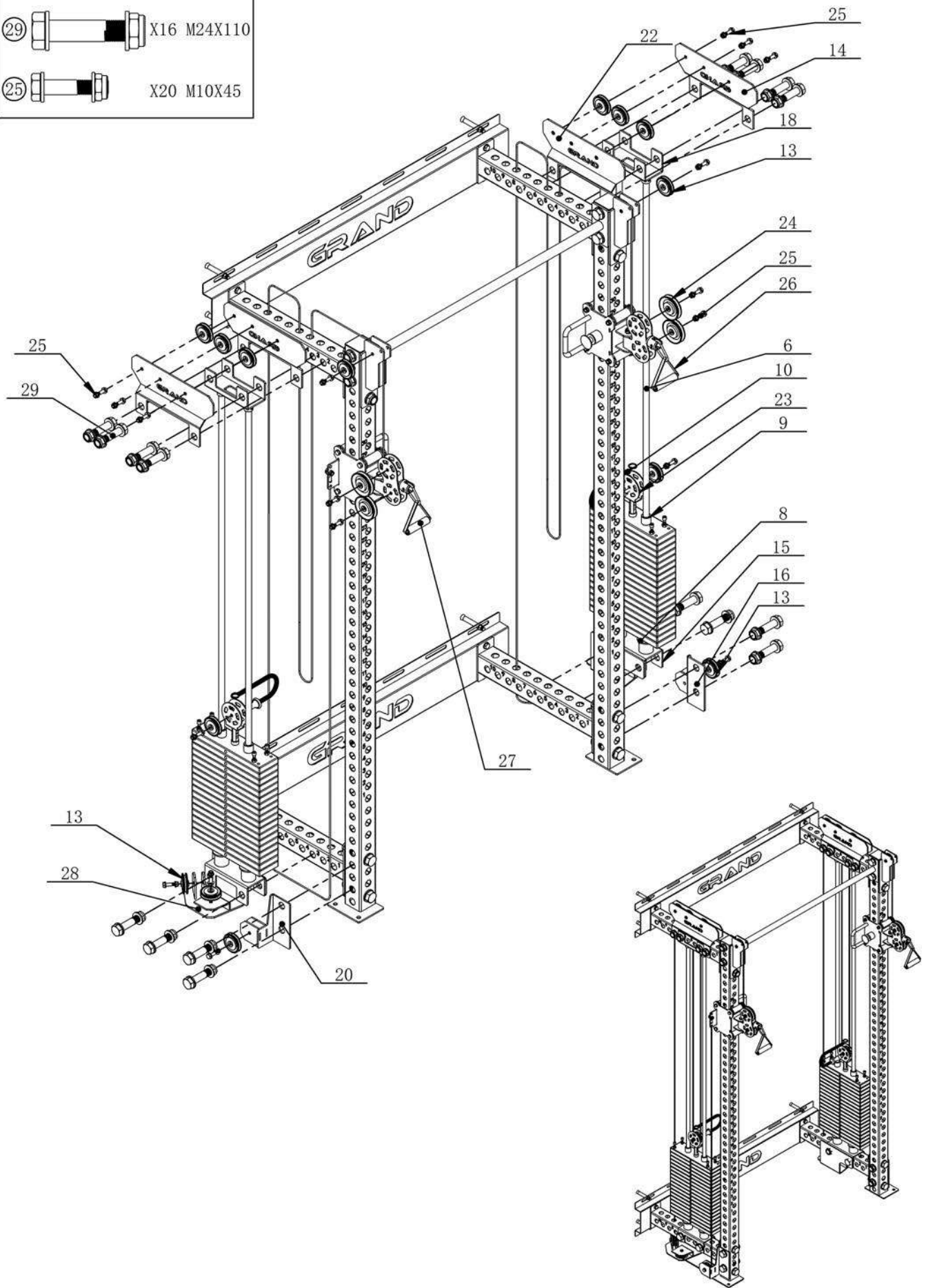
# ASSEMBLY STEP 3

29 X10 M24X110

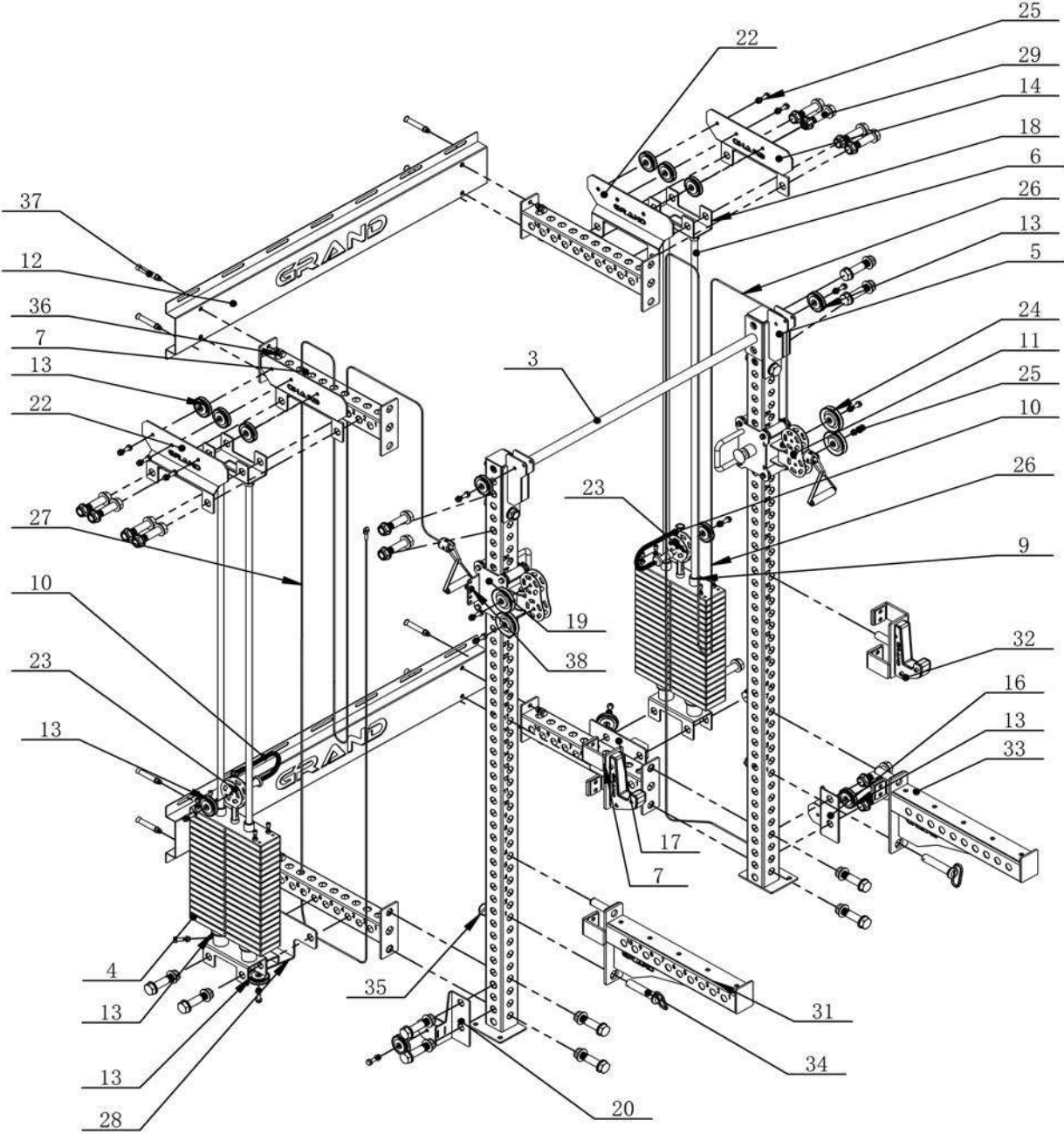


# ASSEMBLY STEP 4

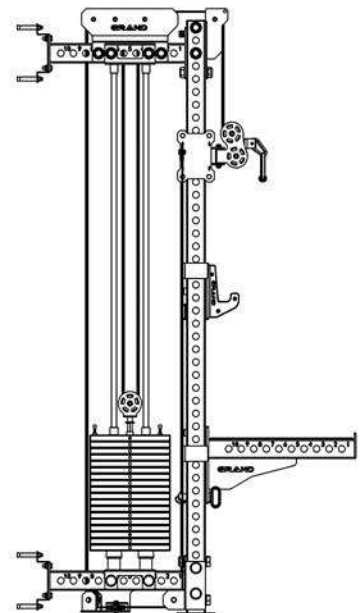
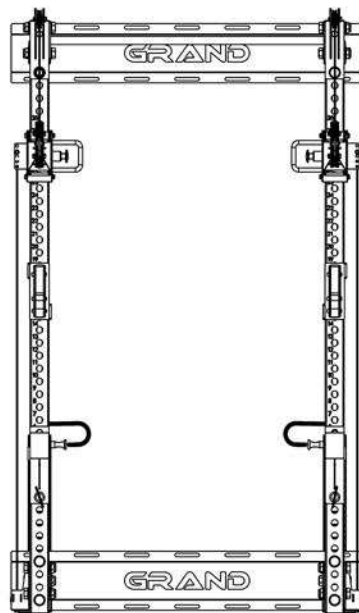
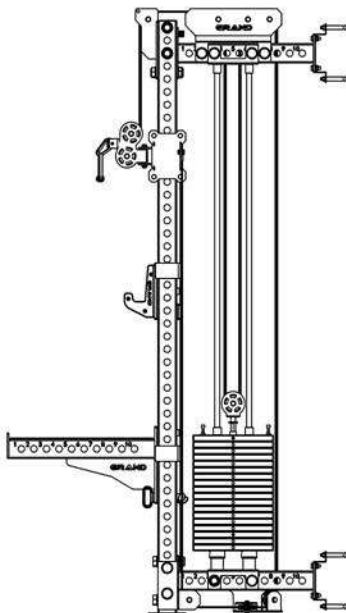
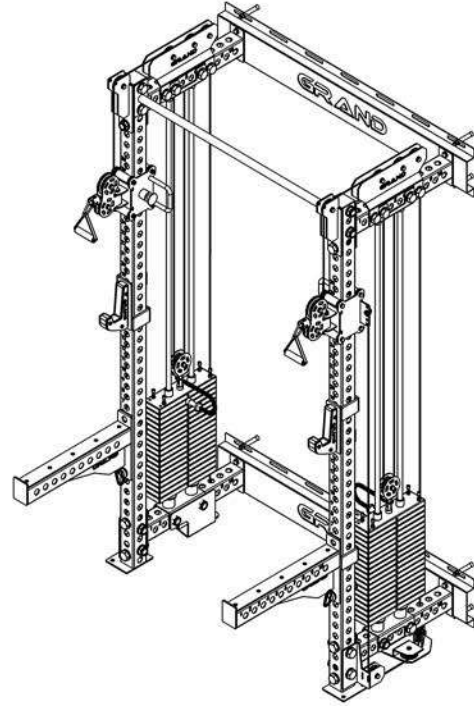
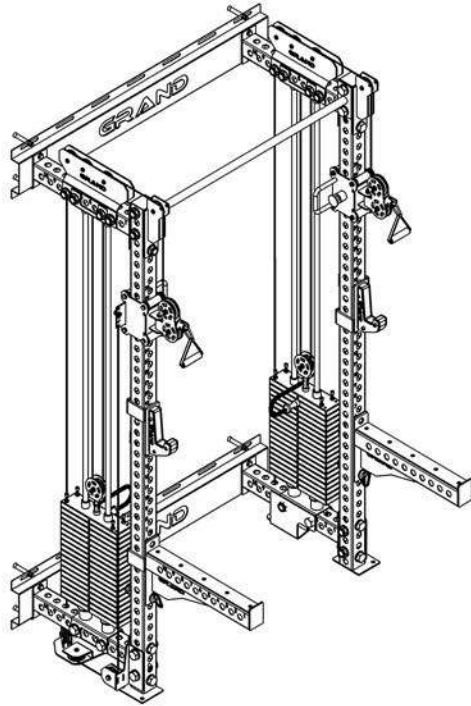
- ②⑨ X16 M24X110
- ②⑤ X20 M10X45

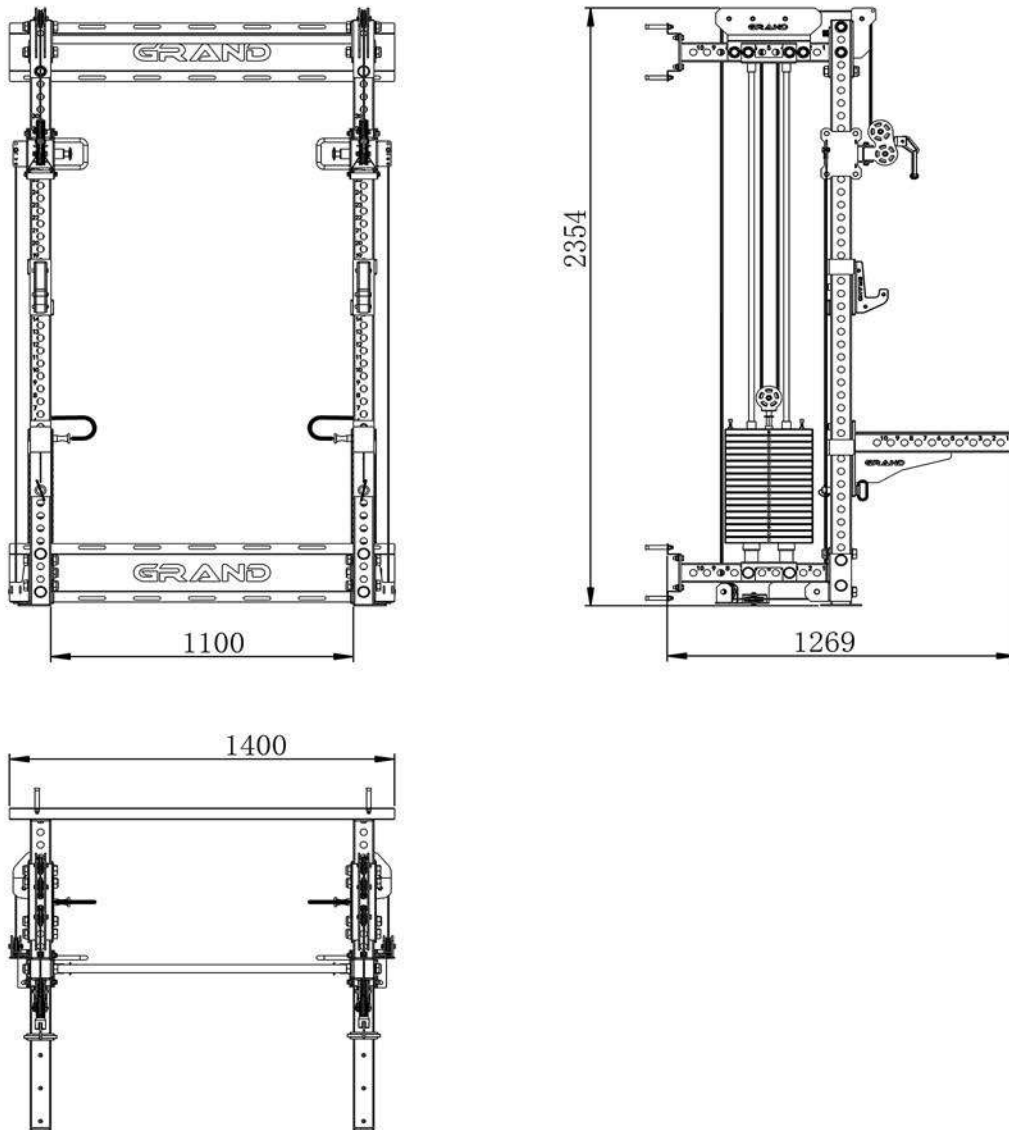


# EXPLODED DIAGRAM



# 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.