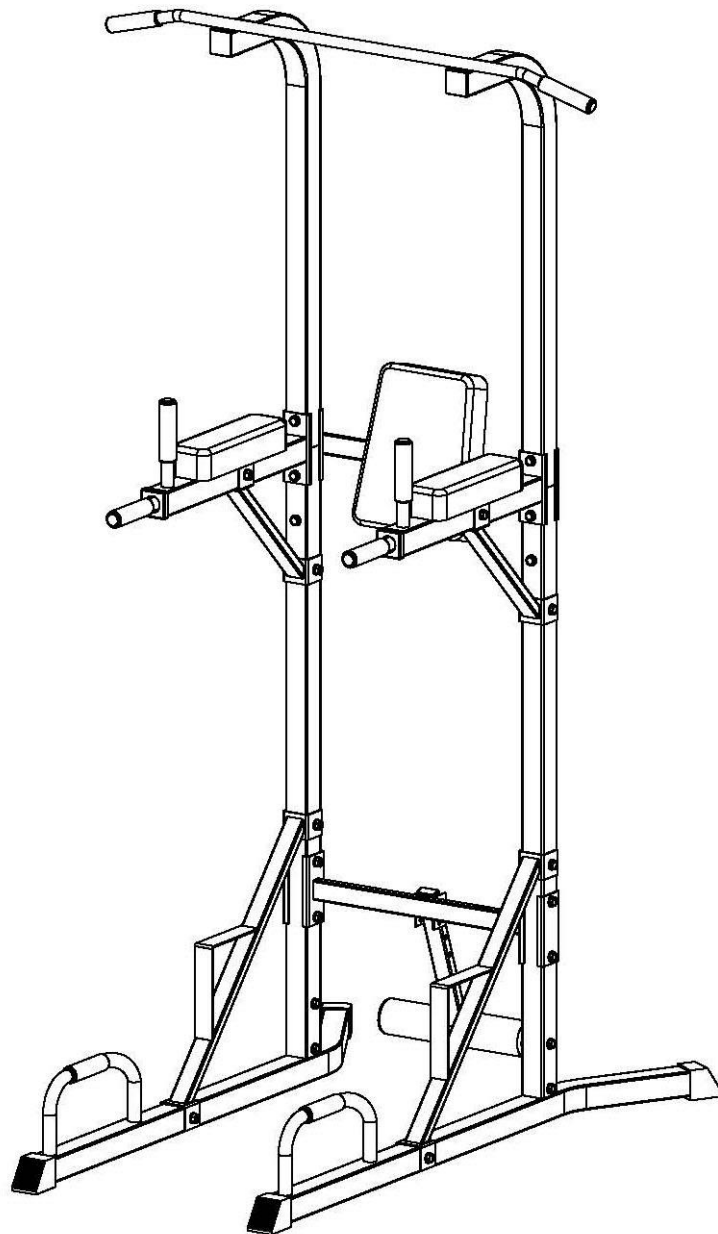


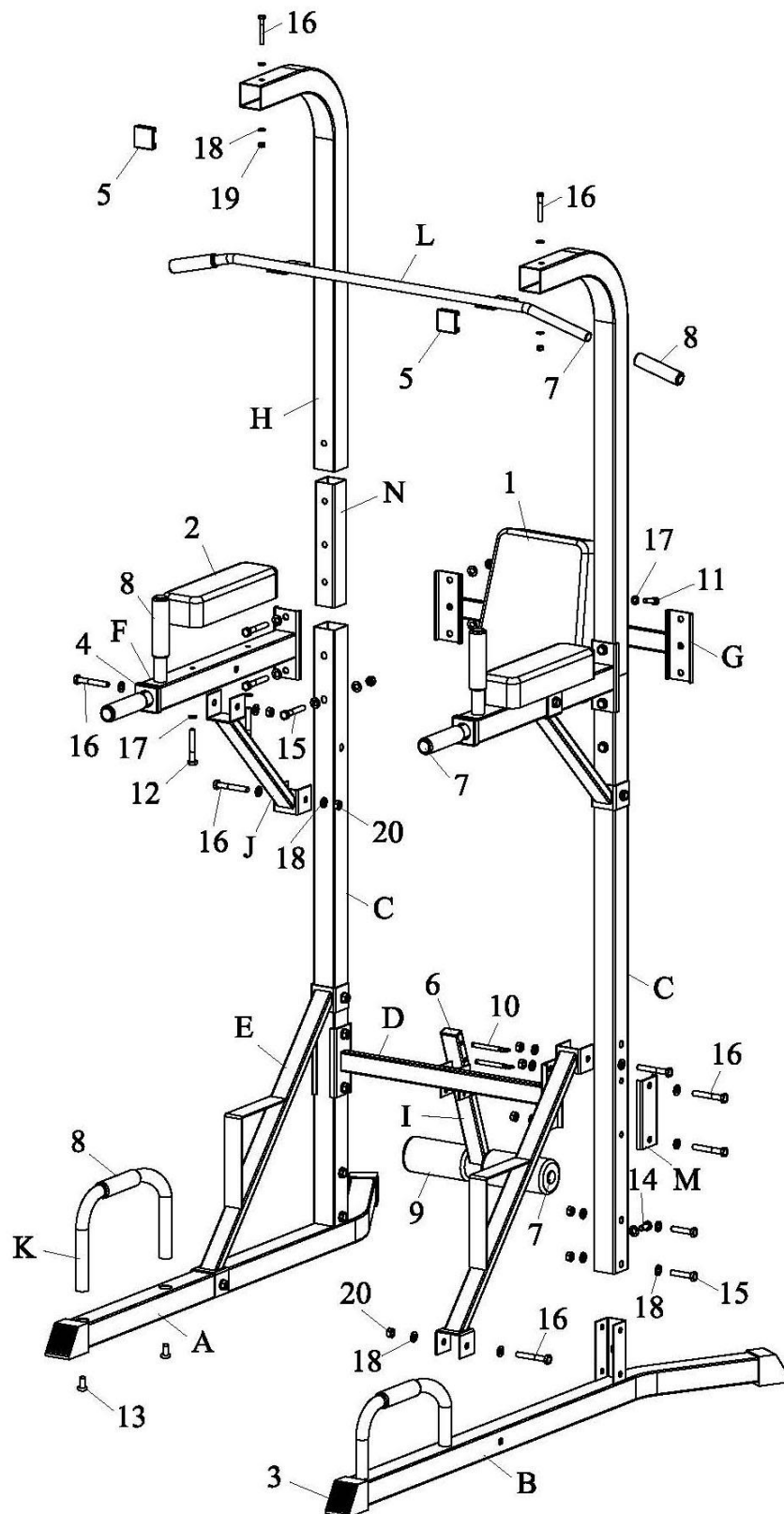
RK4201

OWNER'S MANUAL


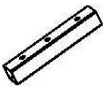

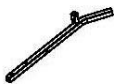




















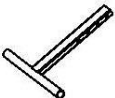

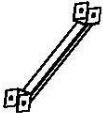



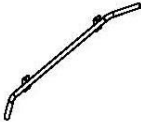





ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

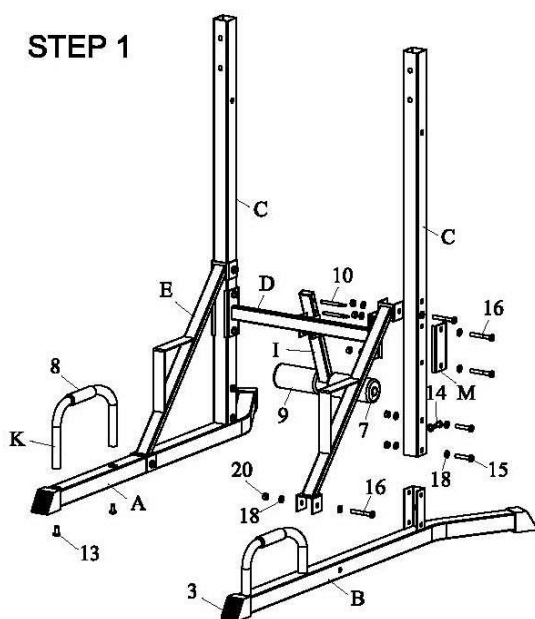


PARTS LIST

	A-1x LEFT BEAM		N-2x JOINT TUBE		13-4x-M10*20 CROSS HEAD BOLT
	B-1x RIGHT BEAM		1-1x BACK REST		14-2x-M10*20 BOLT
	C-2x DOWN POST		2-2x ARM REST		15-6x-M10*65 BOLT
	D-1x HORIZONTAL SUPPORT		3-4x SQUARE END CAP		16-18x-M10*70 BOLT
	E-2x DIAGONAL SUPPORT		4-2x PLASTIC BUSHING		17-6x-8 WASHER
	F-2x ARM REST SUPPORT		5-2x-50*50 SQUARE CAP		18-50x-10 WASHER
	G-1x BACK REST SUPPORT		6-1x-40*20 QUADRANGLE CAP		19-2x-M10 LOCK NUT
	H-2x UP POST		7-8x- ϕ 25 ROUND CAP		20-22x-M10 NUT
	I-1x FOAM SUPPORT		8-8x- ϕ 25 HANDLE FOAM		
	J-2x DIAGONAL SUPPORT II		9-2x FOAM ROLLER		
	K-2x HANDLE SUPPORT		10-2x PIN		
	L-1x PULL BAR		11-2x-M8*40 BOLT		
	M-2x JOINT PLATE		12-4x-M8*70 BOLT		

ASSEMBLY INSTRUCTIONS

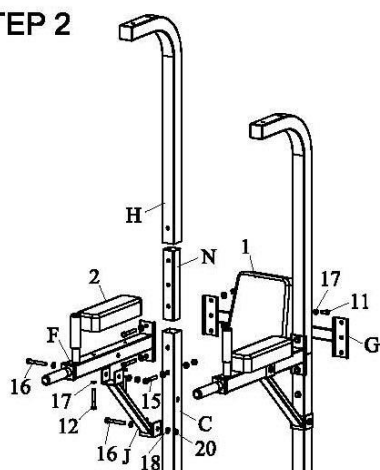
STEP 1



STEP 1

1. Attach square end caps (3) to left beam (A) and right beam (B). Attach handle support (K) to left beam (A) and right beam (B) with cross head bolt M10*20 (13).
2. Slide down posts (C) onto left beam (A) and right beam (B), screw with two bolts M10*20 (14), four bolts M10*65 (15), ten washers 10 (18) and four nuts M10 (20).
3. Attach horizontal support (D) and joint plate (M) to down posts (C) with four bolts M10*70 (16) and washers 10 (18) and nuts M10 (20).
4. Attach diagonal support (E) to left beam (A) and down post (C) with two bolts M10*70 (16) and washers 10 (18) and nuts M10 (20).
5. Attach diagonal support (E) to right beam (B) and down post (C) with two bolts M10*70 (16) and washers 10 (18) and nuts M10 (20).
6. Slide foam rollers (9) onto foam support (I).
7. Attach foam support (I) to horizontal support (D) with two pin (10).

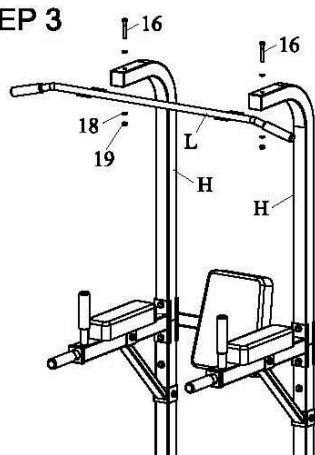
STEP 2



STEP 2

1. Insert joint tube (N) into down posts (C), screw with bolt M10*65 (15) and washers 10 (18) and nuts M10 (20).
2. Attach arm rests (2) to arm rest supports (F) with bolts M8*70 (12) and washers 8 (17).
3. Attach arm rest supports (F) and back rest support (G) to down post (C) and up post (H) with bolts M10*70 (16) and washers 10 (18) and nuts M10 (20).
4. Attach diagonal support II (J) to down posts (C) and arm rest support (F) with bolts M10*70 (16) and washers 10 (18) and nuts M10 (20).
5. Attach back rest (1) to back rest support (G) with bolts M8*40 (11) and washers 8 (17).

STEP 3



STEP 3

1. Attach pull bar (L) to up posts (H), screw with bolts M10*70 (16) and washers 10 (18) and lock nuts M10 (19).

Exercises



High abdominal



Pulling back



Traction dip



Sit-up



Push-up