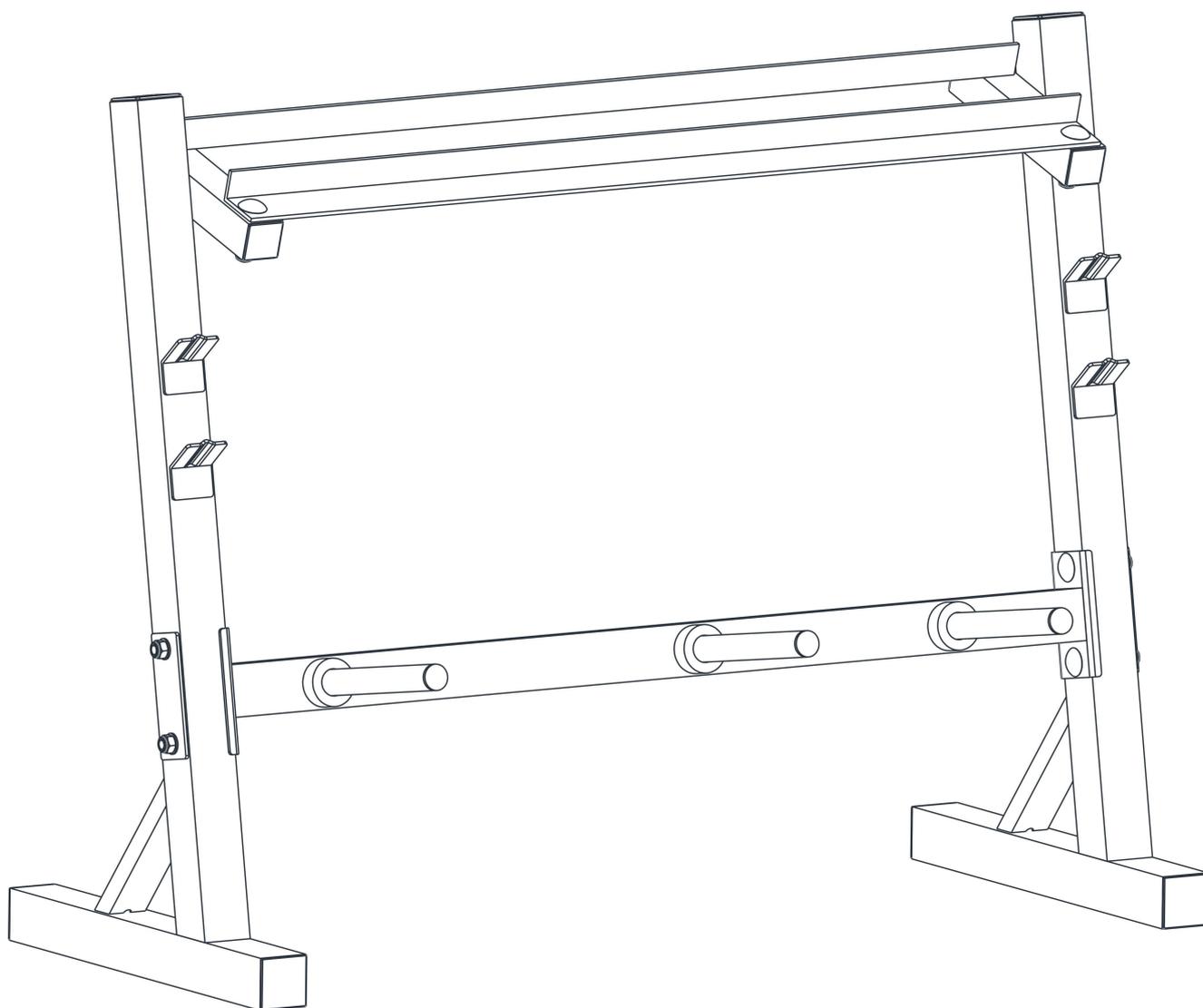


Pro Fitness Weight Rack

Assembly & User Instructions - Please keep for future reference

461/7736

PRO FITNESS



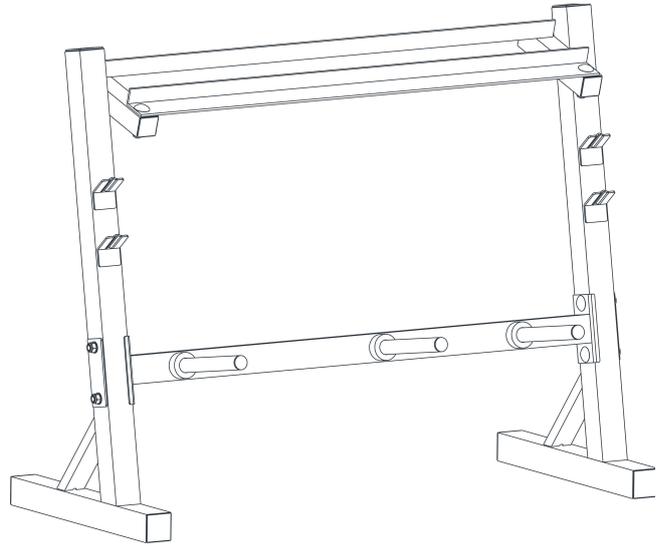
Important – Please read these instructions fully before assembly or use

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the **Customer Helpline: 0345 6402020**
<http://www.argos-support.co.uk/>

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Safety Information

Important – Please read fully before assembly or use

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Pro Fitness Weight Rack. In particular, note the following safety precautions.

Assembly

- Check you have all the components and tools listed in the parts list, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the exercise area, small parts could pose a choking hazard if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- The product must be installed on a stable and level surface.
- Dispose of all packaging carefully and responsibly.

Use

- Keep unsupervised children away from the equipment.

- Injuries to health may result from incorrect or excessive training.
- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only. **Do not** use in any commercial, rental, or institutional setting.
- If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms **stop the workout and seek immediate medical attention.**
- **Do not** place any sharp objects around the equipment.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- This product is fit for 1" weight plates.



Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline: 0345 640 2020**.

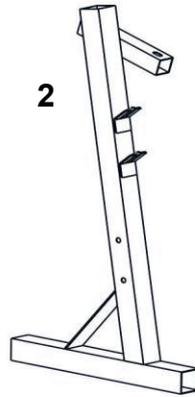
Please check you have all parts listed below

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.

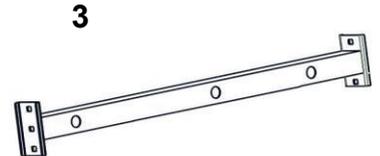
Total mass of the product is 15.5 kg. Footprint of the product is 104.5 cm × 45.4 cm.



Left Upright Frame x 1



Right Upright Frame x 1



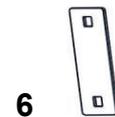
Cross Beam x 1



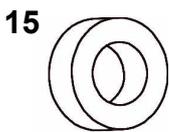
Dumbbell Rack x 2



Weight Plate Post x 3



Bracket x 2

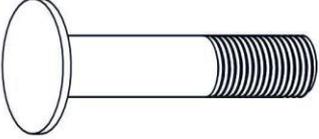
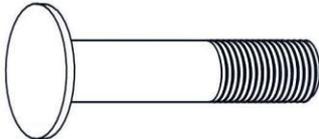
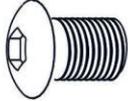


Rubber Bumper x 3

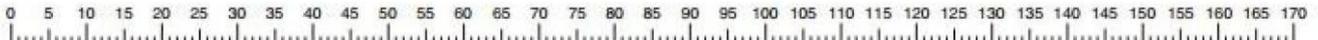
Components - Fixings

Please check you have all fittings listed below

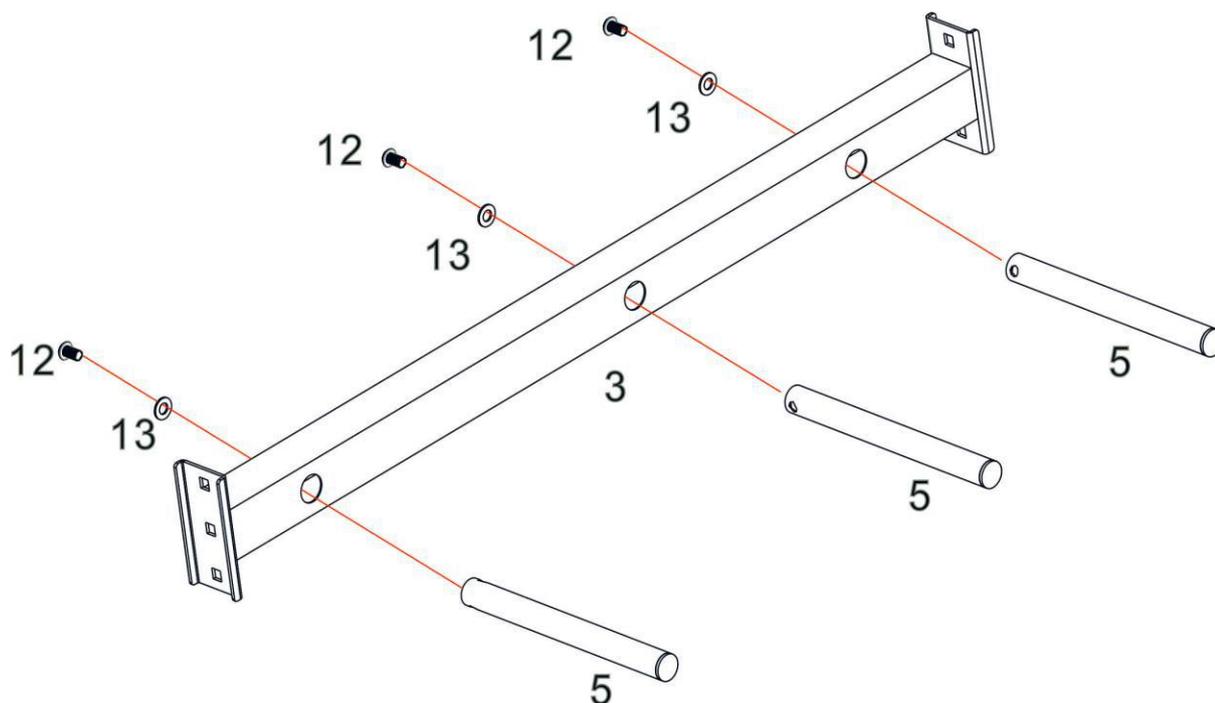
Note: Some of the smaller components may be pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing components. Please prepare an adjustable spanner by yourself when you are intend to assemble this machine.

<p>10</p>  <p>M10 x70mm Carriage Bolt x 4</p>	<p>11</p>  <p>M10 x 55mm Carriage Bolt x 4</p>	<p>12</p>  <p>M10 x 20mm Allen Bolt x 3</p>
<p>13</p>  <p>10mm Washer x 11</p>	<p>14</p>  <p>M10 Aircraft Nut x 8</p>	 <p>6# Allen Wrench x 1</p>

Ruler - Use this ruler to help correctly identify the hardware



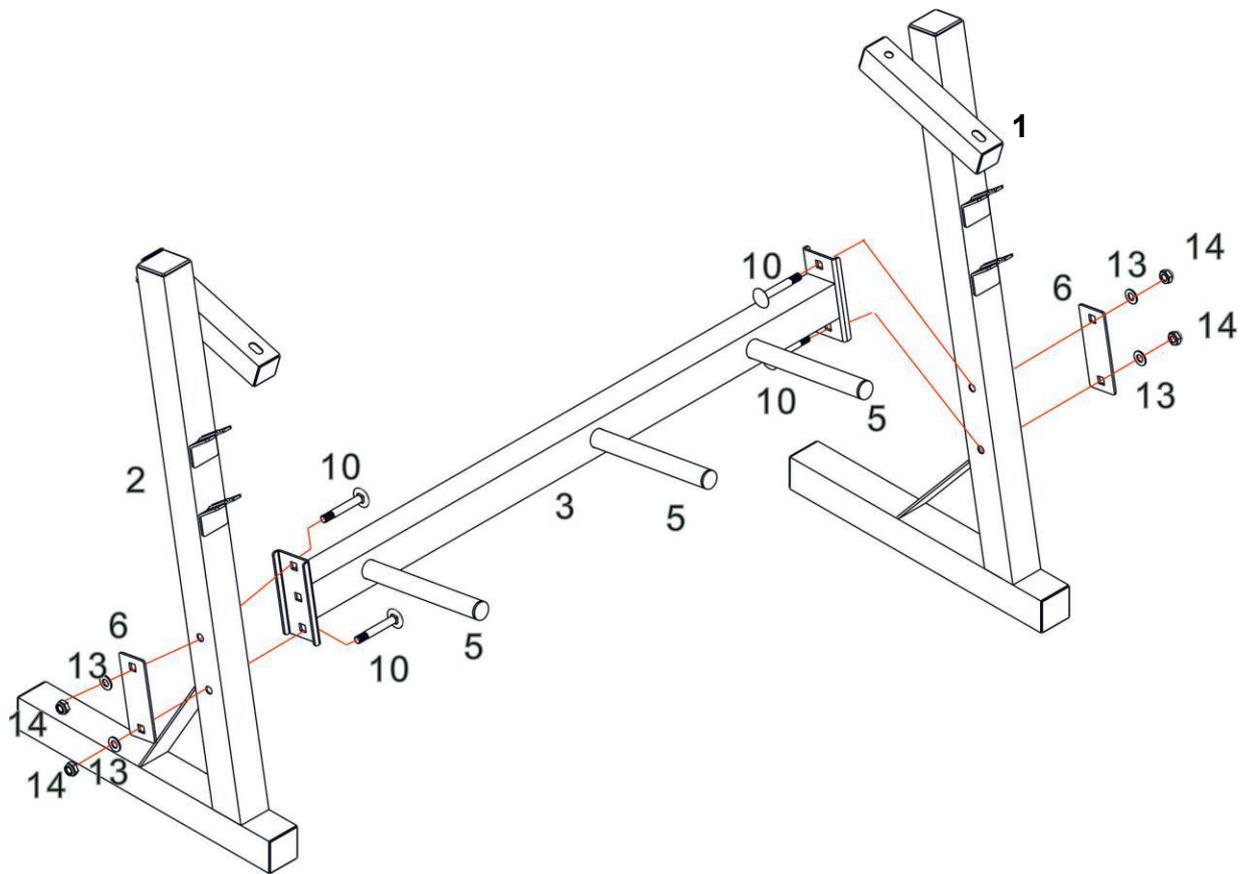
Assembly instructions



Step 1

Attach the Weight Plate Posts (5) to the Cross Beam (3) using 3 x M10×20mm Allen Bolts (12) and 3 x Ø10mm Washers (13).

Assembly instructions

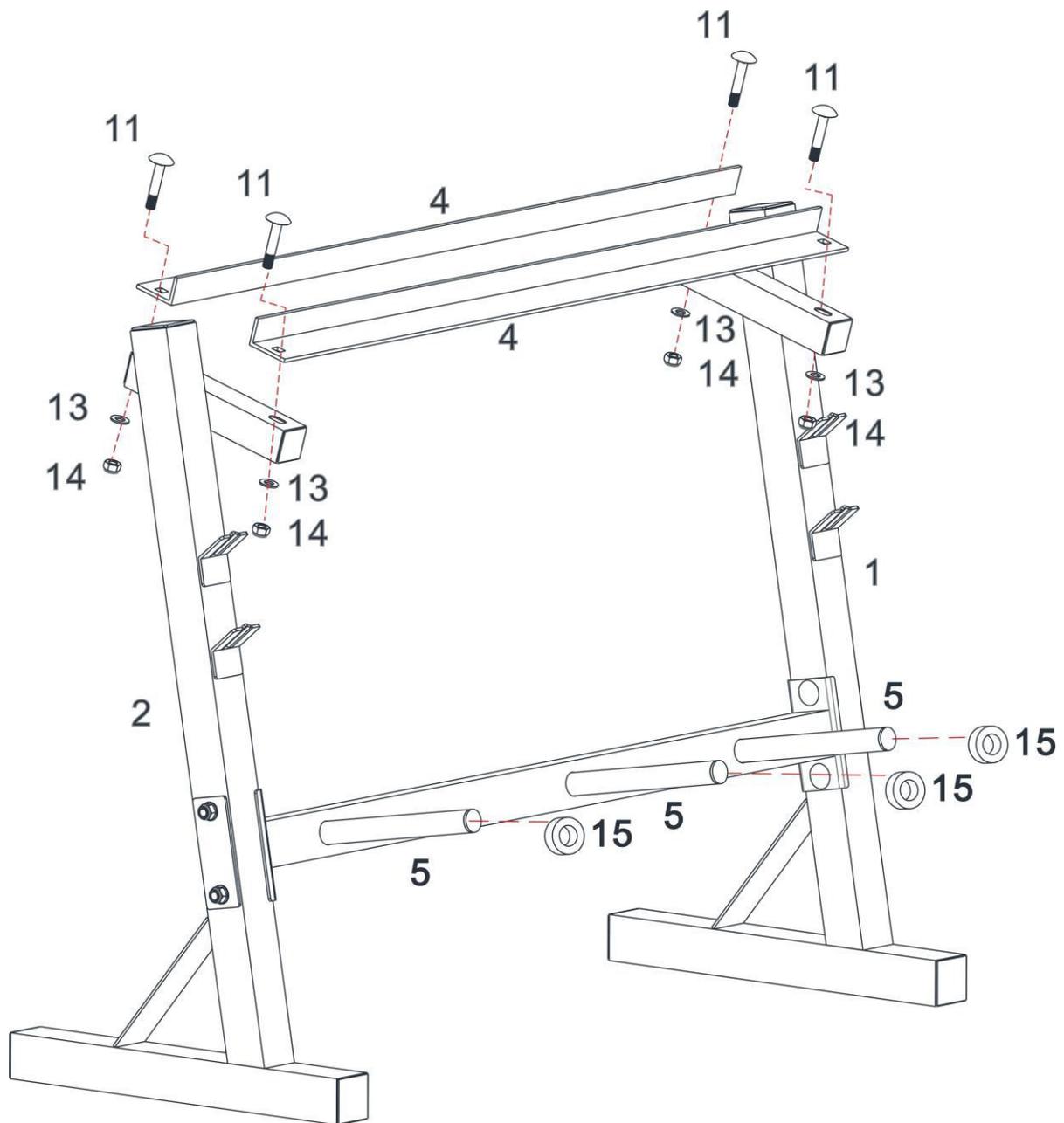


Step 2

Connect the both ends of the Cross Beam (3) to the Left & Right Upright Frame (1, 2) using 4 x M10×70mm Carriage Bolts (10), 4 x Ø10mm Washers (13), 4 x M10 Aircraft Nuts (14) and 2 x 120×45×90×2mm Brackets (6).

Notes: The Cross Beam (3) must not be assembled in reverse orientation. Do not tighten the bolts at this step.

Assembly instructions

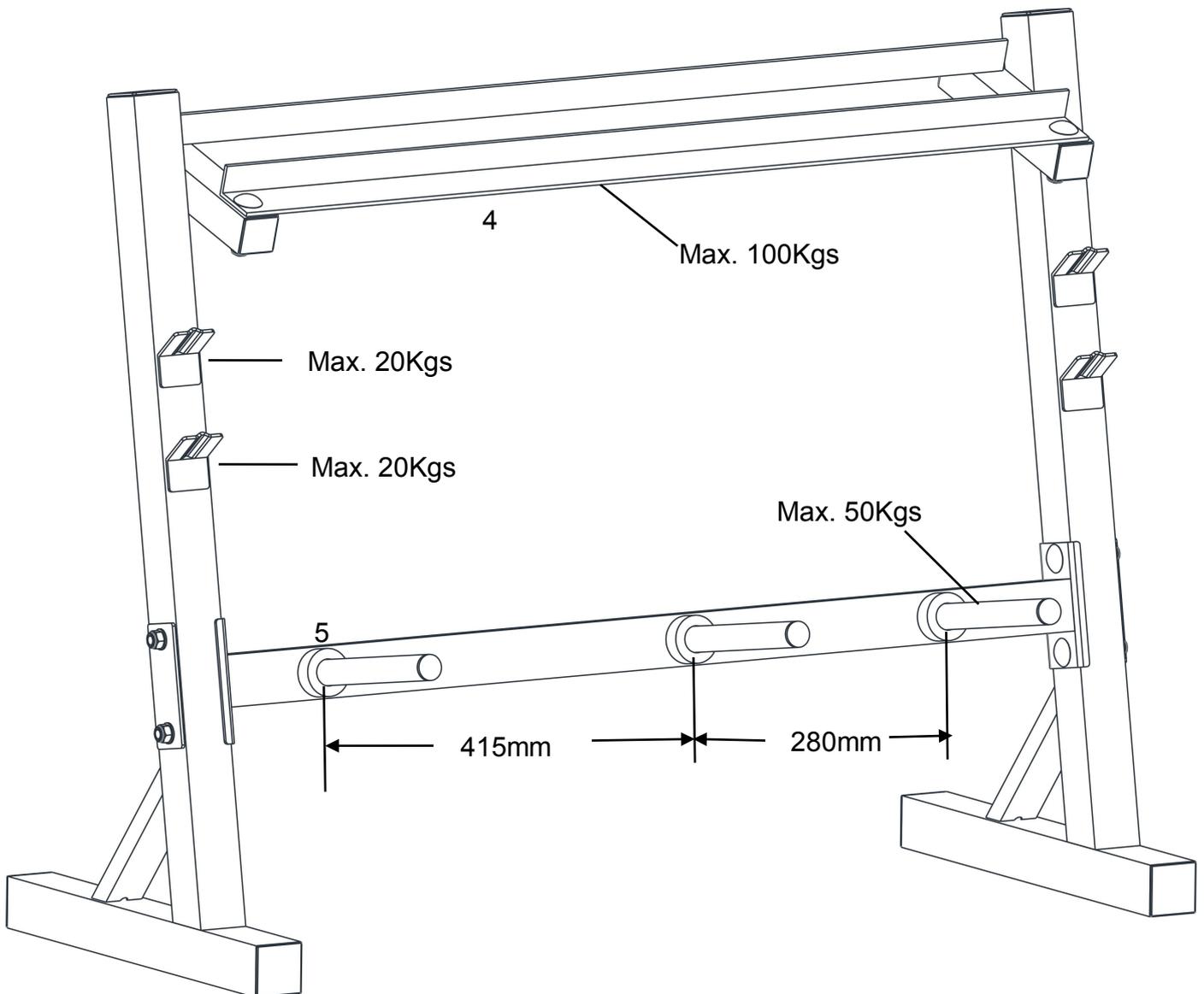


Step 3

Connect the both ends of the Dumbbell Rack (4) to the Left & Right Upright Frame (1, 2) using 4 x M10x55mm Carriage Bolts (11), 4 x Ø10mm Washers (13), 4 x M10 Aircraft Nuts (14). Attach 3 x $\phi 46 \times \phi 26 \times 18$ Rubber Bumper (15) to 3 x Weight Plate Post (5) respectively.

Notes: The Dumbbell Rack (4) must not be assembled in reverse orientation. Tighten all the bolts at this step.

Product information



1. Max capacity on the Dumbbell Rack (4) is 100Kgs.
2. The gap between the two Dumbbell Rack (4) is 107-117mm.
3. Max capacity on each of the Barbell bar support is 20Kgs.
4. Max capacity on each of the Weight Plate Post (5) is 50kgs.
5. The total assembly length is 1040mm.
6. The size for each of the Weight Plate Post (5) is 185mm (L) x 25mm (Dia).

Care and Maintenance

1. The safety level of the equipment can only be maintained if it is examined regularly for damage and wear e.g. connection points.

2. Inspect and tighten all parts before using the equipment. Replace defective

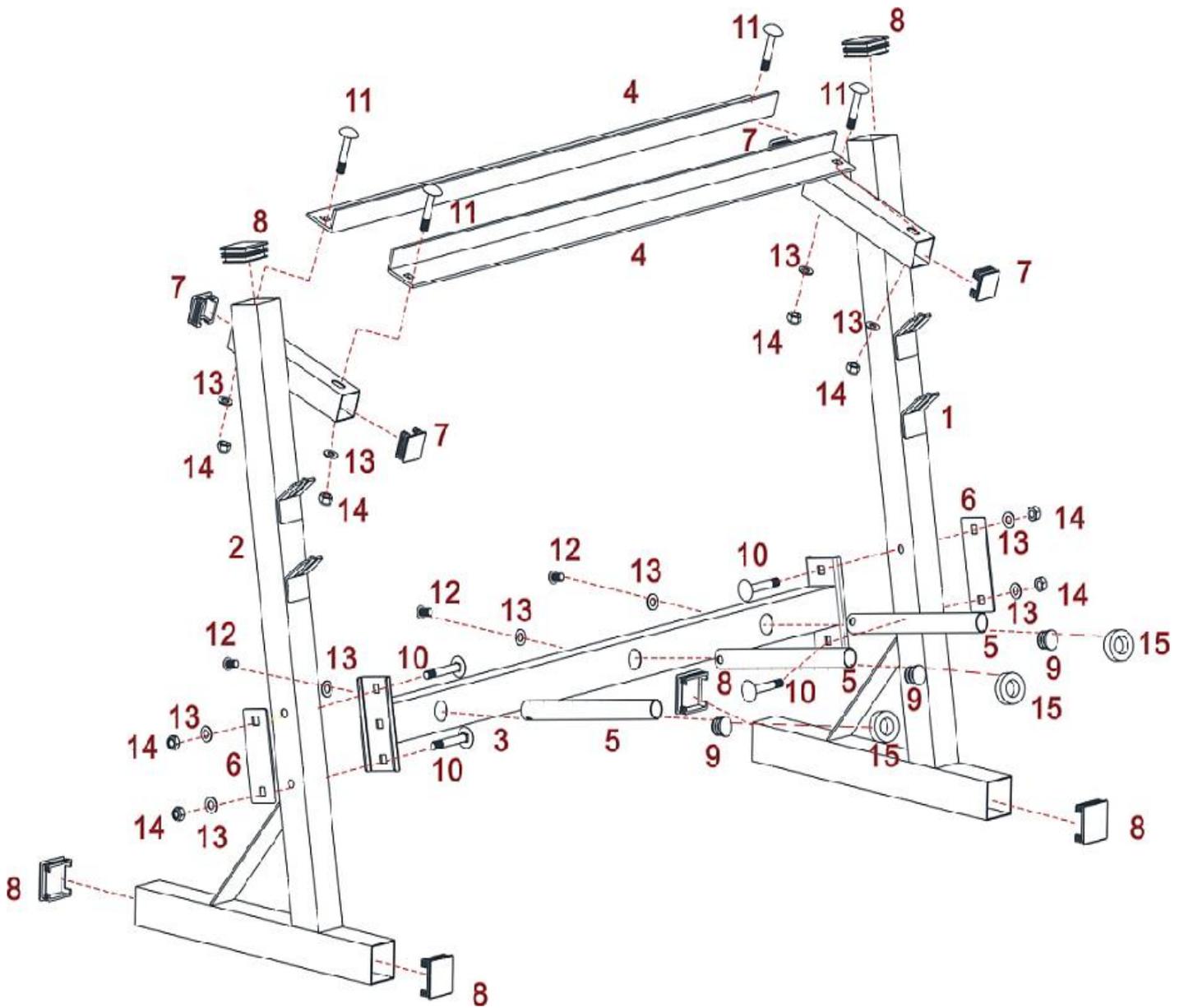
components immediately and and/or keep the equipment out of use until repair.

3. Do not attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product

or if you think that you may have parts missing, contact the **Customer Helpline: 0345 640 2020.**
www.argos-support.co.uk

Guarantee:
For guarantee purposes, please retain your purchase receipt.

Exploded Parts Diagram



Exploded Parts List

Part	Description	Qty.	Part	Description	Qty.
1	Left Upright Frame	1	9	φ25×1.5 End Cap	3
2	Right Upright Frame	1	10	M10×70mm Carriage Bolt	4
3	Cross Beam	1	11	M10×55mm Carriage Bolt	4
4	Dumbbell Rack	2	12	M10×20mm Allen Bolt	3
5	Weight Plate Post	3	13	φ10 Washer	11
6	Bracket	2	14	M10 Aircraft Nut	8
7	□38×1.5 End Cap	4	15	φ46×φ26×18 Rubber Bumper	3
8	□50×1.5 End Cap	6		6# Allen Wrench	1

Guarantee



Product Guarantee

This product is guaranteed against manufacturing defects from a period of



Year

This product is guaranteed for twelve months from the date of original purchase. Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will rendered invalided if the products is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal right.
- In the event of problem with the product with in the guarantee period call **Customer Helpline: 0345 640 2020** <http://www.argos-support.co.uk/>

Guarantor: Argos Ltd
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Central Milton Keynes
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