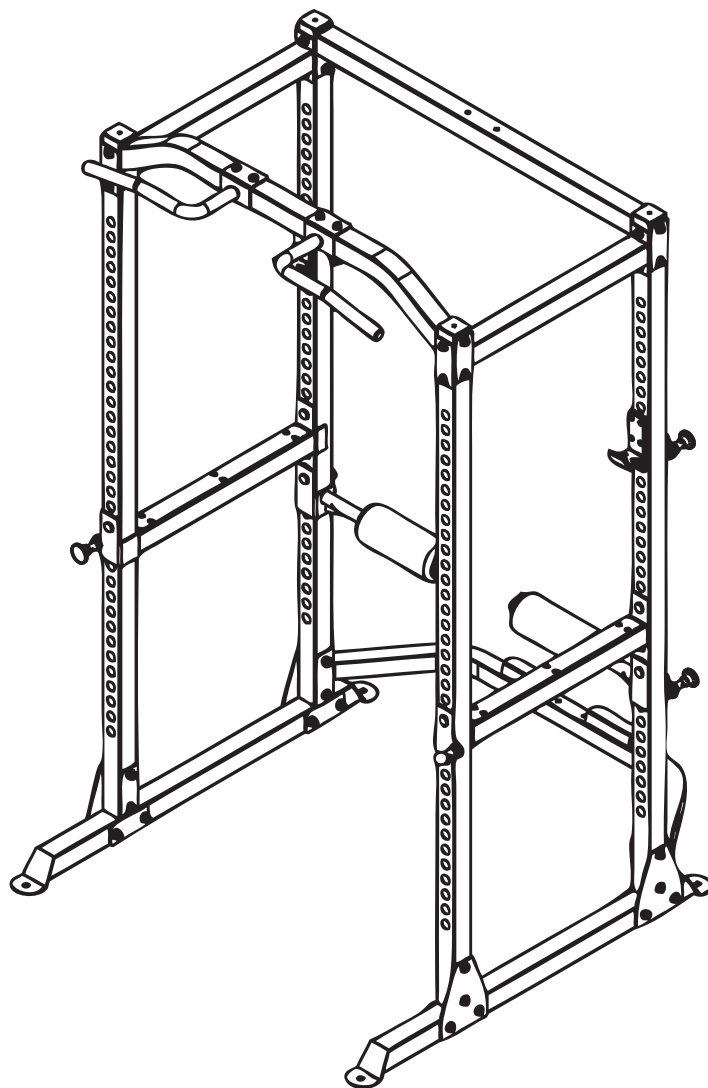




BPPR100

PR100 Power Rack

Installation Instructions



IMPORTANT: Please read the Safety Guidelines and Installation Instructions in this manual before assembly of this product.

Safety Guidelines When Using This Product

Personal Safety during Assembly. *Assistance may be required during assembly of this product.*

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the product on a solid, level surface.
- Locate the unit a few feet from the walls or furniture to provide easy access.
- The product is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your new product.
- After assembly, you should check all functions to ensure correct operation.
- If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call our product service team who will be able to assist.

Successful resistance training programmes have one prominent feature in common...safety. Resistance training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct lifting techniques, proper breathing, and maintaining equipment in good working condition, and by wearing the appropriate clothing.

- It is highly recommended that you consult your physician before beginning any exercise programme. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.
- Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.
- Use proper form. Focus on only working the muscle groups intended for the exercise you are doing. If there is strain elsewhere, you may need to re-evaluate the amount of weight that is involved with the lift. Keeping proper form also includes maintaining control through an entire range of motion.

- Breathe properly. Inhale during the eccentric phase of the exercise, and exhale during the lifting, or concentric phase. Never hold your breath during any part of an exercise.
- Always wear the appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and loose fitting, breathable clothing will reduce the risk of injury.
- Maintaining equipment in proper operating condition is of utmost importance for a safe resistance training program. Pulleys and cables should be checked for wear frequently and replaced as needed. Equipment should be lubricated as indicated by the manufacturer.
- Read and study all warning labels on this machine. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.
- Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.
- Do not attempt to lift more weight than you can control safely.
- Inspect the machine daily for loose or worn parts. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.

Product Maintenance

CABLES:

When the machine is not in use carefully run your fingers along the cable to feel for thinning or bulging areas. Replace cables immediately at the first sign of damage or wear. Do not use equipment until damaged cable has been replaced.

Visually inspect the cables for fraying, cracking, peeling or discoloration.

Check slack in cables and re-adjust cable tension if needed.

Check that the jam nut on the selector rod top bolt is tight.

UPHOLSTERY:

Wipe down after every workout.

Periodically take the time to use a mild soap or a mild vinyl upholstery cleaner. Avoid using any abrasive cleaner not intended for use on vinyl.

Keep sharp or pointed objects out of your pockets and clear of all upholstery.

NUTS/BOLTS/FASTENERS:

Periodically inspect all nuts and bolts. Tighten if needed. If bolts seem to loosen periodically, use Loctite 242 for a long-term cure.

Go through a re-tightening sequence periodically to ensure that all hardware is properly tensioned.

GUIDE RODS:

Wipe clean with a dust free rag. Lubricate with a Silicon or Teflon based lubricant.

ADJUSTMENTS / LOCKING PINS / TIGHTENING KNOBS:

Check all pieces for signs of visible wear or damage.

Check springs in Snap Links and Pop Pins for proper tension and alignment.

If the spring sticks or has lost its rigidity, replace it immediately.

ANTI-SKID SURFACES:

Replace if they appear worn or become slippery.

WARNING INSTRUCTION LABELS:

Inspect and familiarize yourself with all safety warnings and other user information on decals.

Product Service Team;

Tel No.: 01604 673029

Email: service@bodypower.co.uk

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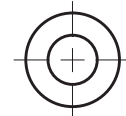
Parts List

KEY NO.	DESCRIPTION	SPEC	QTY
1	Vertical Beam		4
2	Stabilizer		2
3	Connecting Beam		1
4	Front Connecting Beam		1
5	Upper Side Frame		2
6	Left Dip Support		1
7	Right Dip Support		1
8	Left Chin-Up Bar		1
9	Right Chin-Up Bar		1
10	Left Long Safety Catch		1
11	Right Long Safety Catch		1
12	Handle Grip	$\varnothing 23 \times 490$	2
13	Bracket	585x55x5	2
14	Rear Base Frame		1
15	Sleeve	$\varnothing 45 \times 1.5 \times 250$	2
16	Sleeve	$\varnothing 60 \times \varnothing 34 \times 20$	4
17	Foam Roll		2
18	Short Safety Catch		2
19	Pop Pin		6
20	Bracket	200x160x5	4
21	Bracket	130x60x5	14
22	Bracket	52x45x5	2
23	Bracket	110x52x5	2
24	End Cap	$\varnothing 25$	2
25	End Cap	$\varnothing 32$	2
26	Elastic Ring	$\varnothing 20 \times 2$	2
27	Lock Pin	$\varnothing 12 \times \varnothing 8 \times 55$	2
28	Hex Socket Screw	M6x12	12
29	Hex Socket Screw	M6x75	12
30	Hex Bolt	M12x85	32
31	Hex Bolt	M10x85	4
32	Hex Bolt	M8x20	2
33	Washer	12	60
34	Washer	10	8
35	Washer	8	2
36	Aircraft Nut	M10	4
37	Aircraft Nut	M12	28
38	Washer	6	12
39	Aircraft Nut	M6	12
	Allen Wrench	4#	1

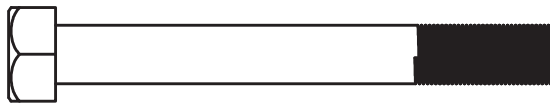
Hardware



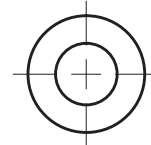
(#32) M8×20 Hex Bolt (Qty 2)



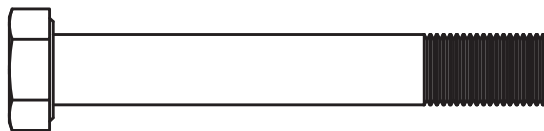
(#35) ø8
Washer (Qty 2)



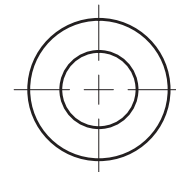
(#31) M10×85 Hex Bolt (Qty 4)



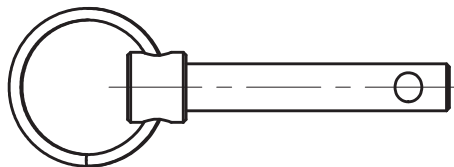
(#34) ø10
Washer (Qty 8)



(#30) M12×85 Hex Bolt (Qty 32)



(#33) ø12
Washer (Qty 60)



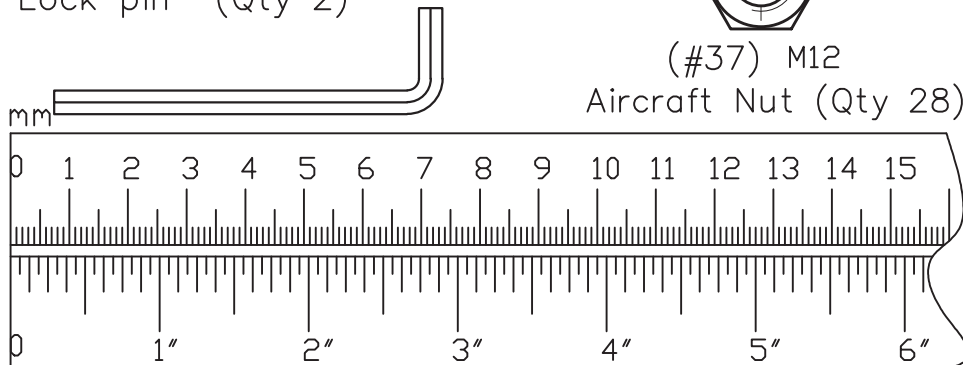
(#27)
Lock pin (Qty 2)



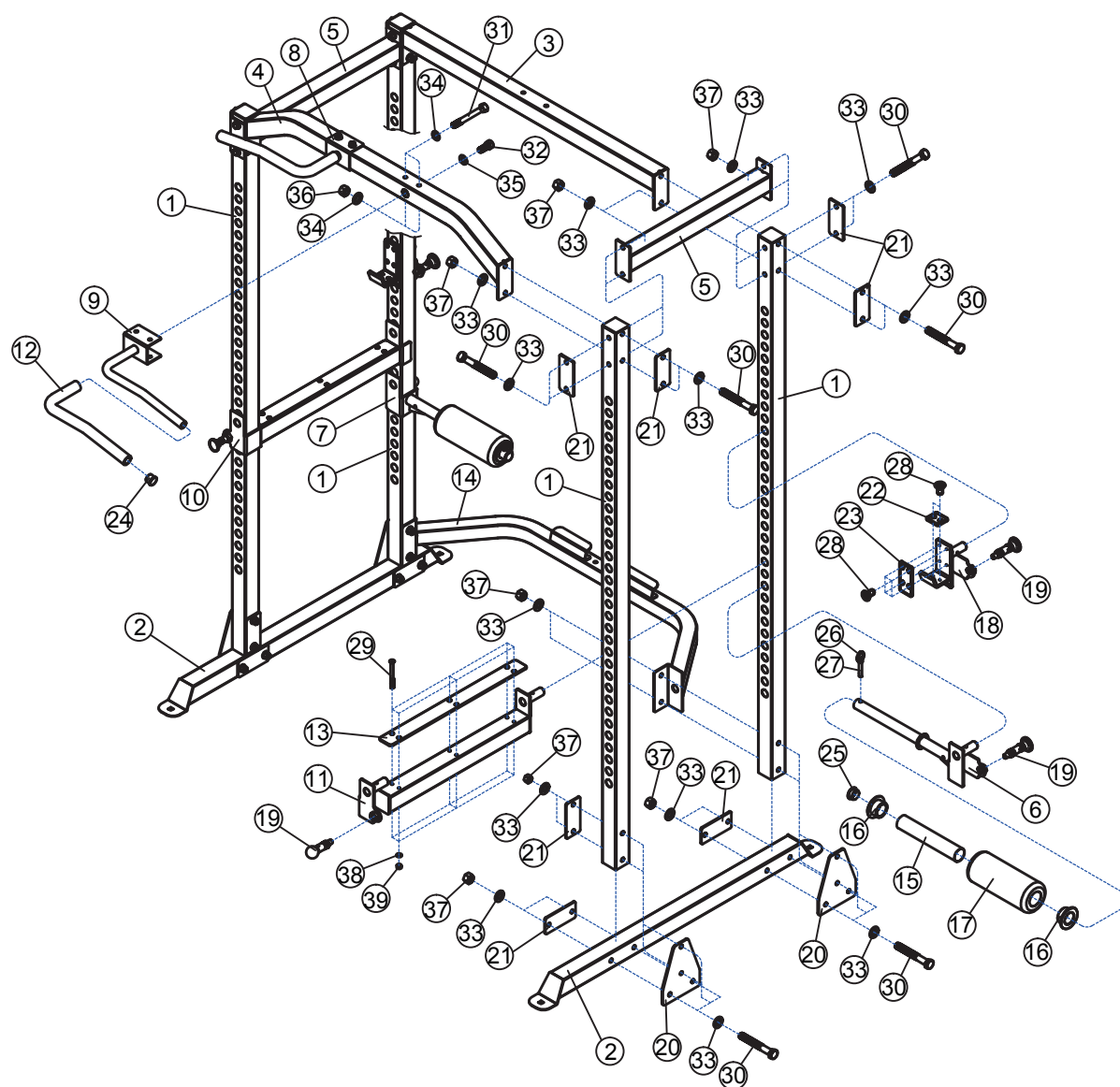
(#36) M10
Aircraft Nut (Qty 4)



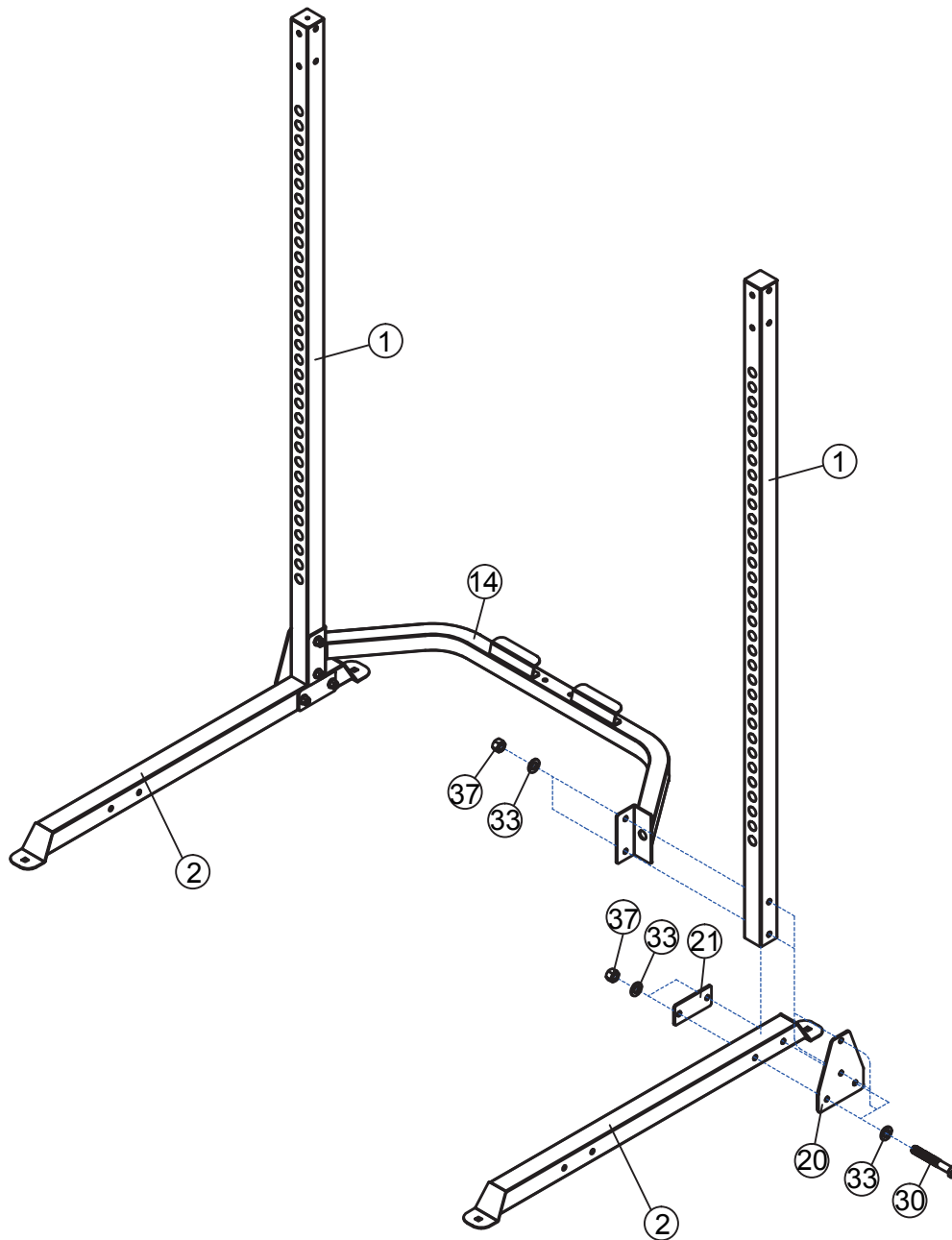
(#37) M12
Aircraft Nut (Qty 28)



Exploded Drawing

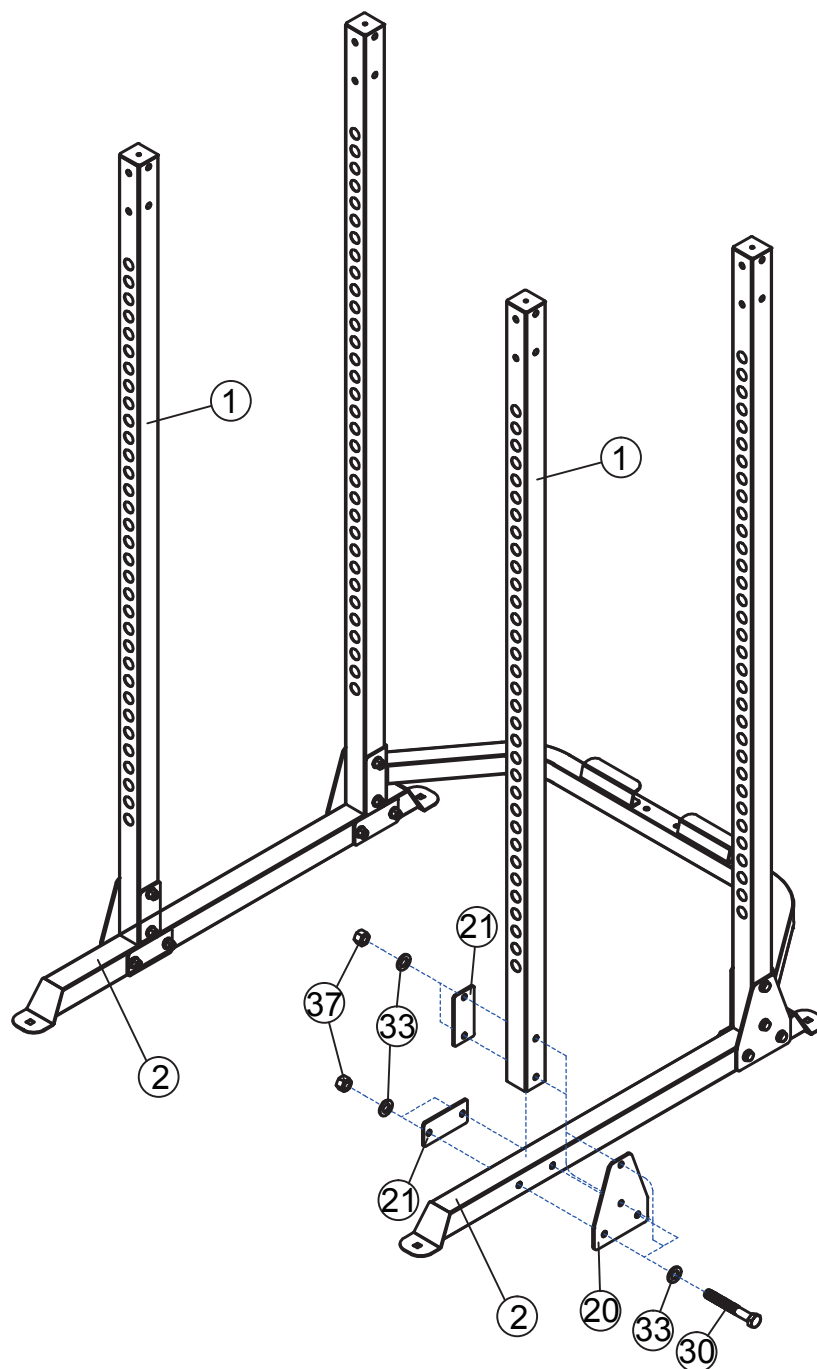


Assembly Step-1 Exploded Drawing



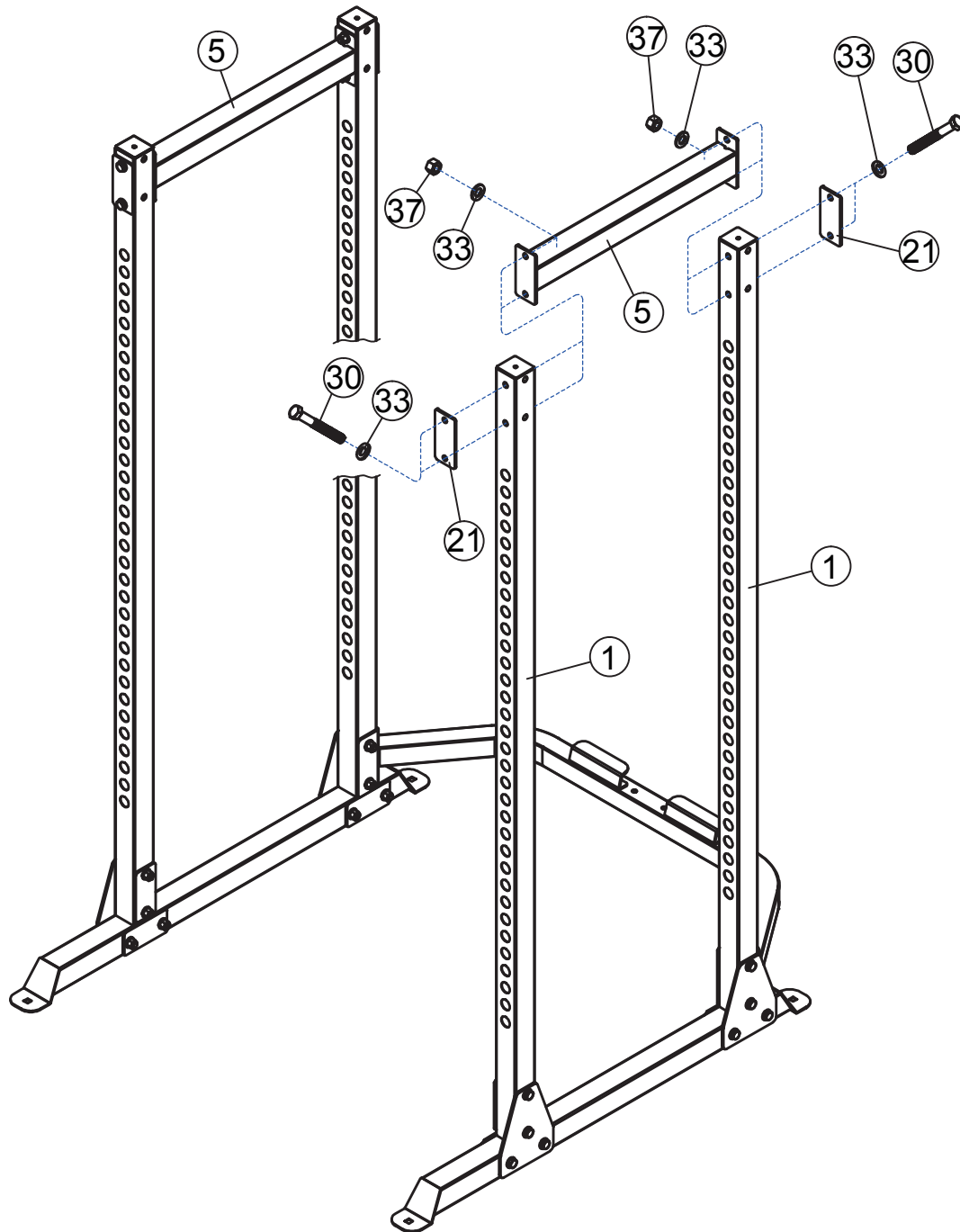
1. Ensuring correct orientation, position two Vertical Beams (Key #1) parallel to each other.
2. Place both Vertical Beams (Key #1) on top of Stabilizers (Key #2) and attach together using 130x60x5 Bracket (Key #21) with Washer 12 (Key #33) and M12 Aircraft Nut (Key #37), and 200x160x5 Bracket (Key #20) with Washer 12 (Key #33) and M12x85 Hex Bolt (Key #30).
3. Attach the Rear Base Frame (Key #14) at the back of the Vertical Beams (Key #1) and secure using M12 Aircraft Nut (Key #37) and Washer 12 (Key #33).

Assembly Step-2 Exploded Drawing



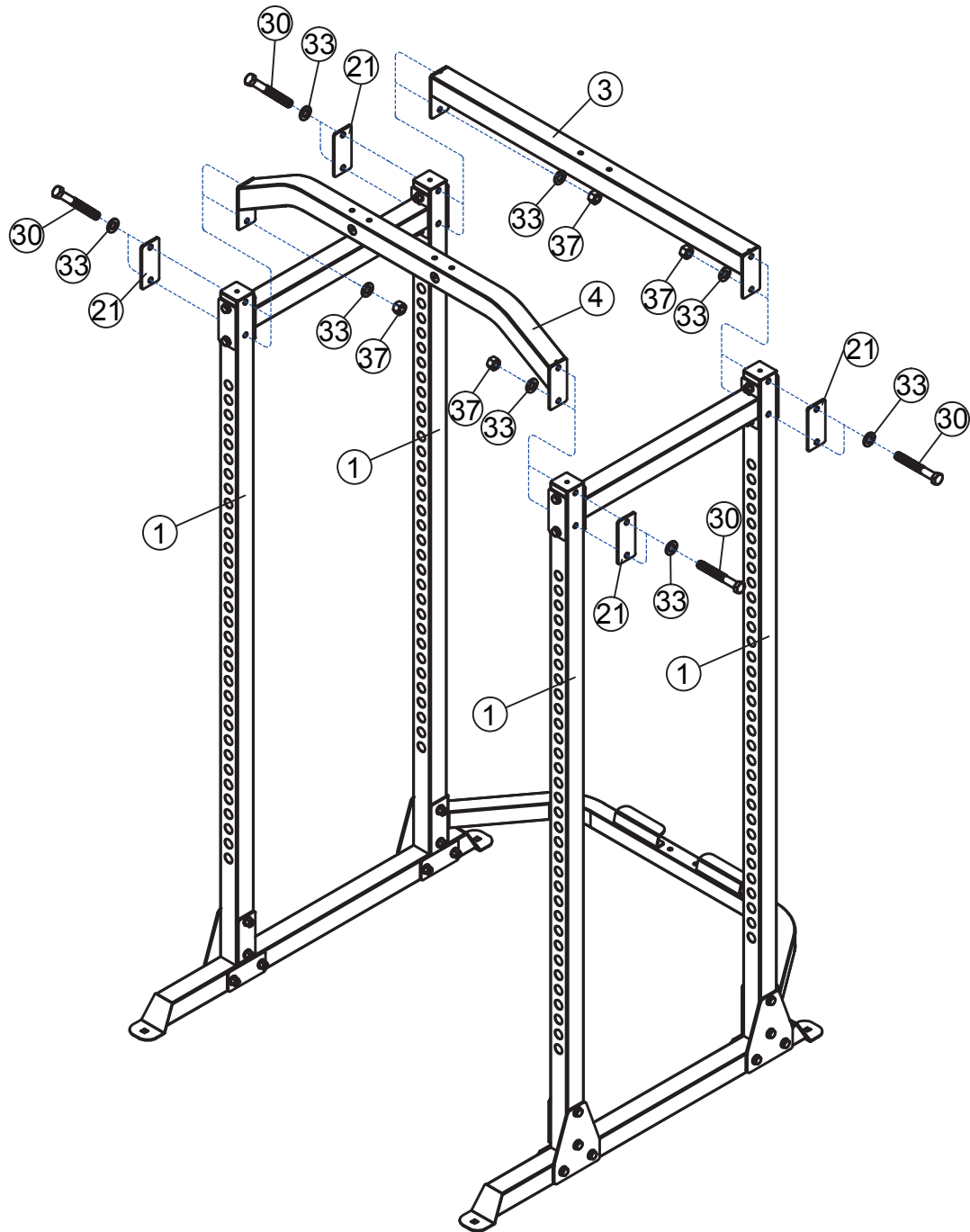
1. Position the other two Vertical Beams (Key #1) in front of the already attached rear Vertical Beams from Diagram 1.
2. Attach front Vertical Beams (Key #1) to the Stabilizer (Key #2) with two 130x60x5 Brackets (Key #21) with Washer 12 (Key #33) and M12 Aircraft Nut (Key #37), and 200x160x5 Bracket (Key #20) with Washer 12 (Key #33) and M12x85 Hex Bolt (Key #30).

Assembly Step-3 Exploded Drawing



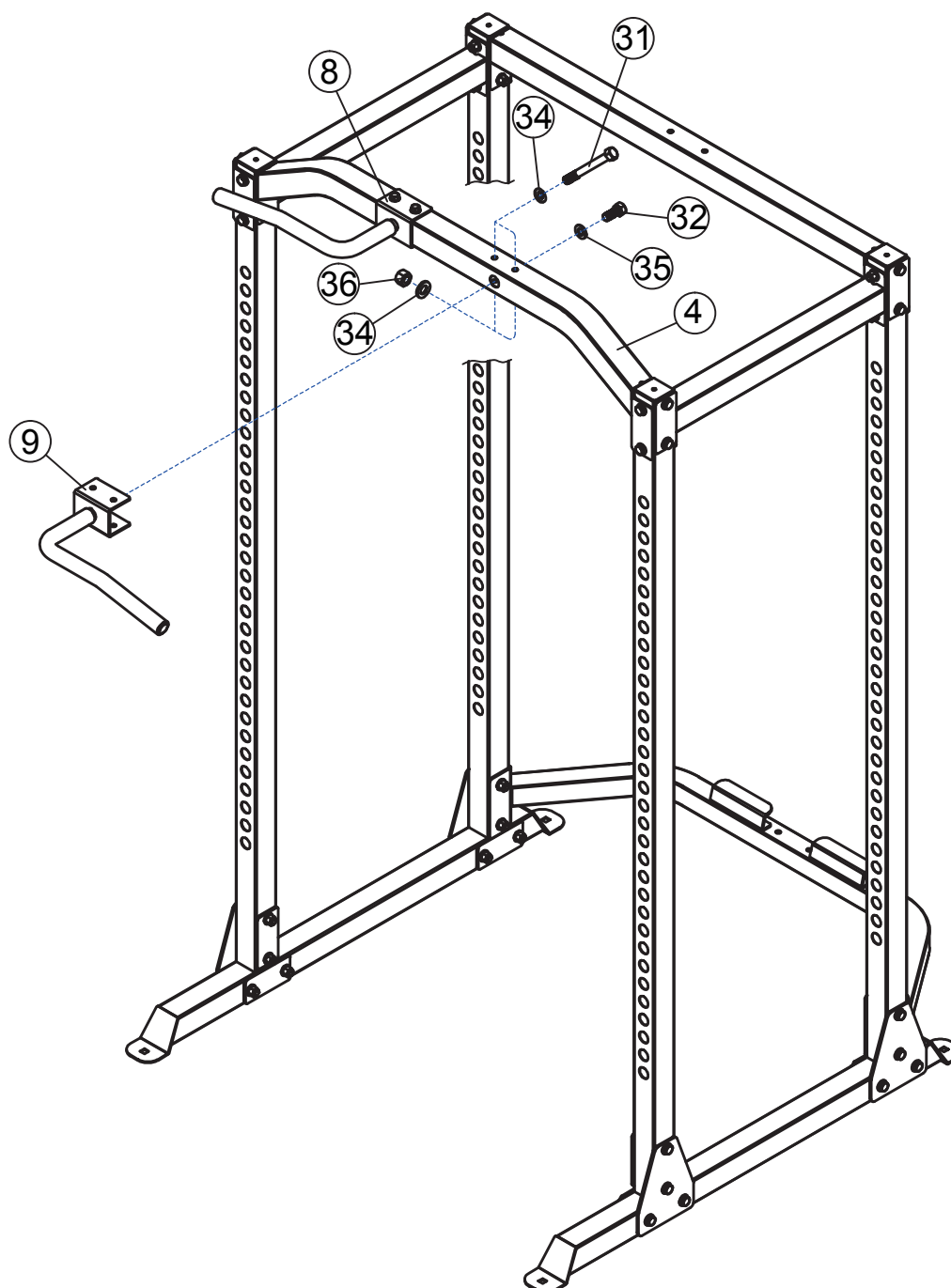
1. Position the Upper Side Frames (Key #5) on top of the Vertical Beams (Key #1).
2. Attach the frames and beams together using a 130x60x5 Bracket (Key #21) with Washer 12 (Key #33), M12x85 Hex Bolt (Key #30) and M12 Aircraft Nut (Key #37).

Assembly Step-4 Exploded Drawing



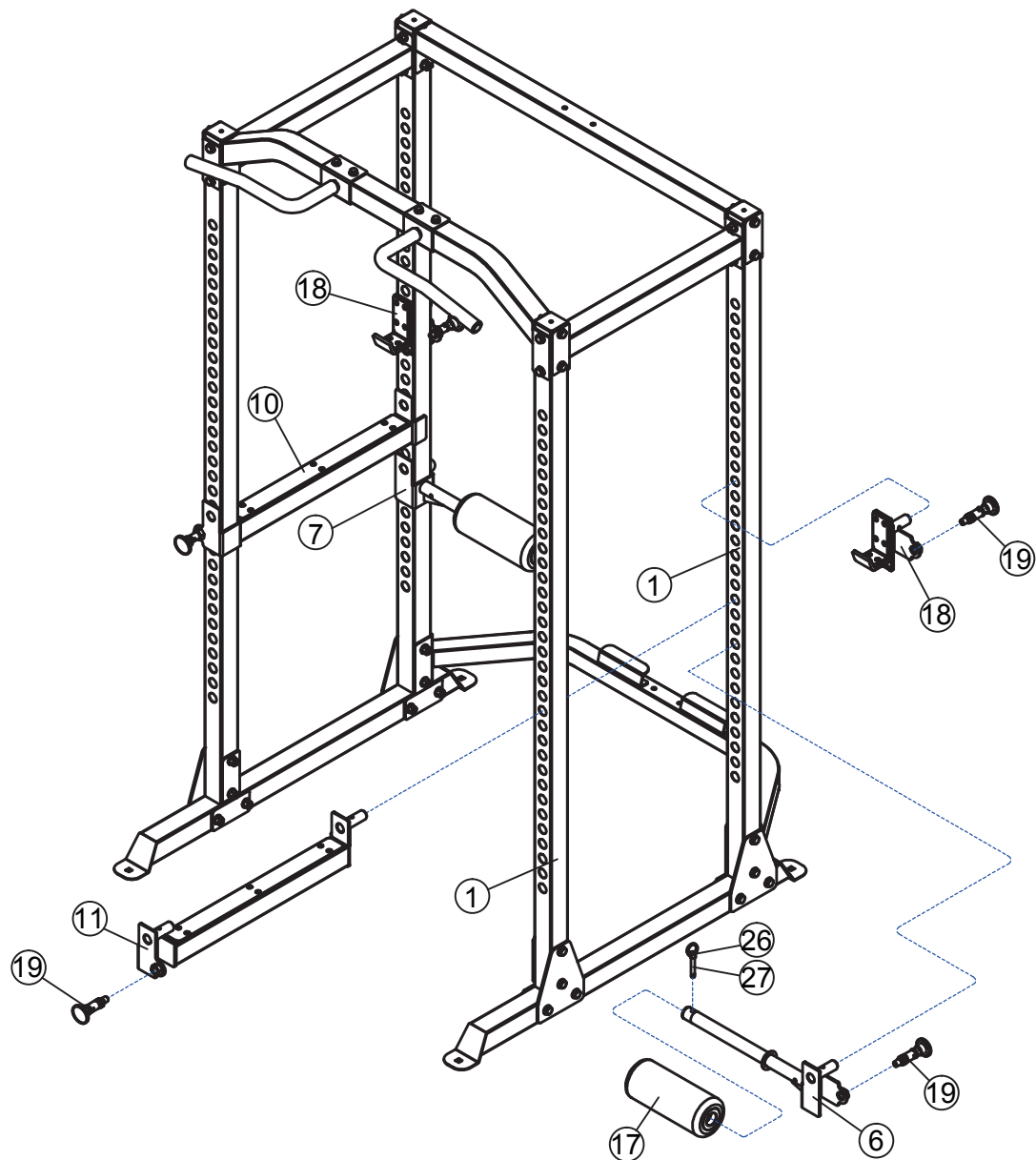
1. Ensuring Upper Side Frames (Key #5) and Vertical Beams (Key #1) are in place, position the Connecting Beam (Key #3) on top of the rear Vertical Beams (Key #1). Attach using a 130x60x5 Bracket (Key #21) with Washer 12 (Key #33), M12x85 Hex Bolt (Key #30), and an M12 Aircraft Nut (Key #37).
2. Place a Front Connecting Beam (Key #4) on top of the front Vertical Beams (Key #1). Attach using a 130x60x5 Bracket (Key #21) with Washer 12 (Key #33), M12x85 Hex Bolt (Key #30), and an M12 Aircraft Nut (Key #37).

Assembly Step-5 Exploded Drawing



1. Once connecting beams are completely attached and secured, position Left Chin-Up Bar (Key #8) and Right Chin-Up Bar (Key #9) on top of the Front Connecting Beam (Key #4).
2. Secure the top using M10x85 Hex Bolt (Key #31) with Washer 10 (Key #34) and M8x20 Hex Bolt (Key #32) with Washer 8 (Key #35)
3. Secure the bottom using M10 Aircraft Nut (Key #36) and Washer 10 (Key #34).

Assembly Step-6 Exploded Drawing



1. Ensuring at equal heights, attach a Short Safety Catch (Key #18) to each of the rear Vertical Beam (Key #1) and secure with a Pop Pin (Key #19).
2. Insert Right Dip Support (Key #7) and Left Dip Support (Key #6) into Foam Rolls (Key #17). Attach to each of the rear Vertical Beams (Key #1) and secure with Elastic Ring (Key #26), Lock Pin (Key #27), and Pop Pin (Key #19).
3. Slide a Left Long Safety Catch (Key #10) between the left Vertical Beams (Key #1), and a Right Long Safety Catch (Key #11) between the right Vertical Beams (Key #1) and secure with a Pop Pin (Key #19) at the front end of each.

Exercise Log

[illegible]

B BODY POWER