pulse
fitness

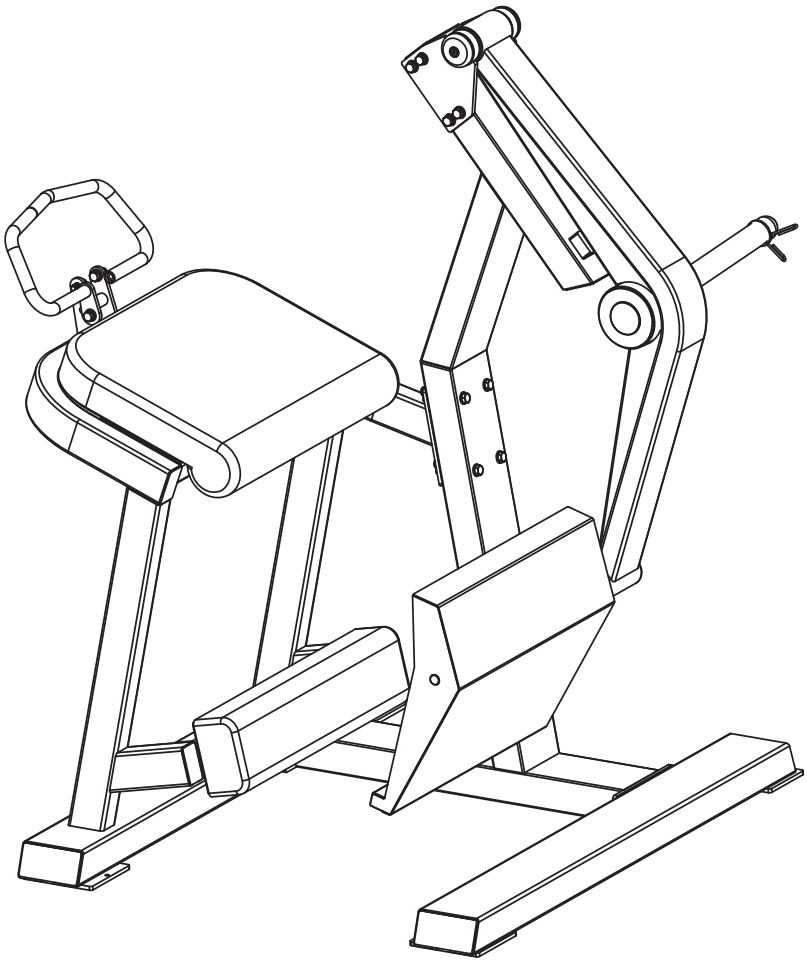


Plate Loaded Strength Range

Rear Kick
Owners Manual

572H

Important Safety Information

CAUTION

Read these instructions carefully before operating Pulse equipment in conjunction with individual machine instructions.

Seek professional medical advice before using fitness equipment. Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, dizzy or exhausted stop exercising immediately.

Ensure equipment is checked regularly for signs of damage and wear. Do not use equipment if faulty or damaged until repaired using only genuine Pulse Fitness parts fitted by an authorised person.

SUPPORTING DOCUMENTATION

Carefully read and comprehend ALL of the safety documents relating to this piece of equipment before using or assembling this equipment. Keep this manual for future reference.

SERIOUS INJURY MAY OCCUR IF THESE PROCEDURES ARE NOT FOLLOWED.

Product Registration

Once the machine has been assembled, find the product SERIAL NUMBER located on the rating plate.

SERIAL NUMBER _____

* Refer to the SERIAL NUMBER and MODEL NAME when calling for service (Located on the front page of this manual).

Questions

If you have any questions or if any parts are damaged or missing, please contact your distributer immediately.

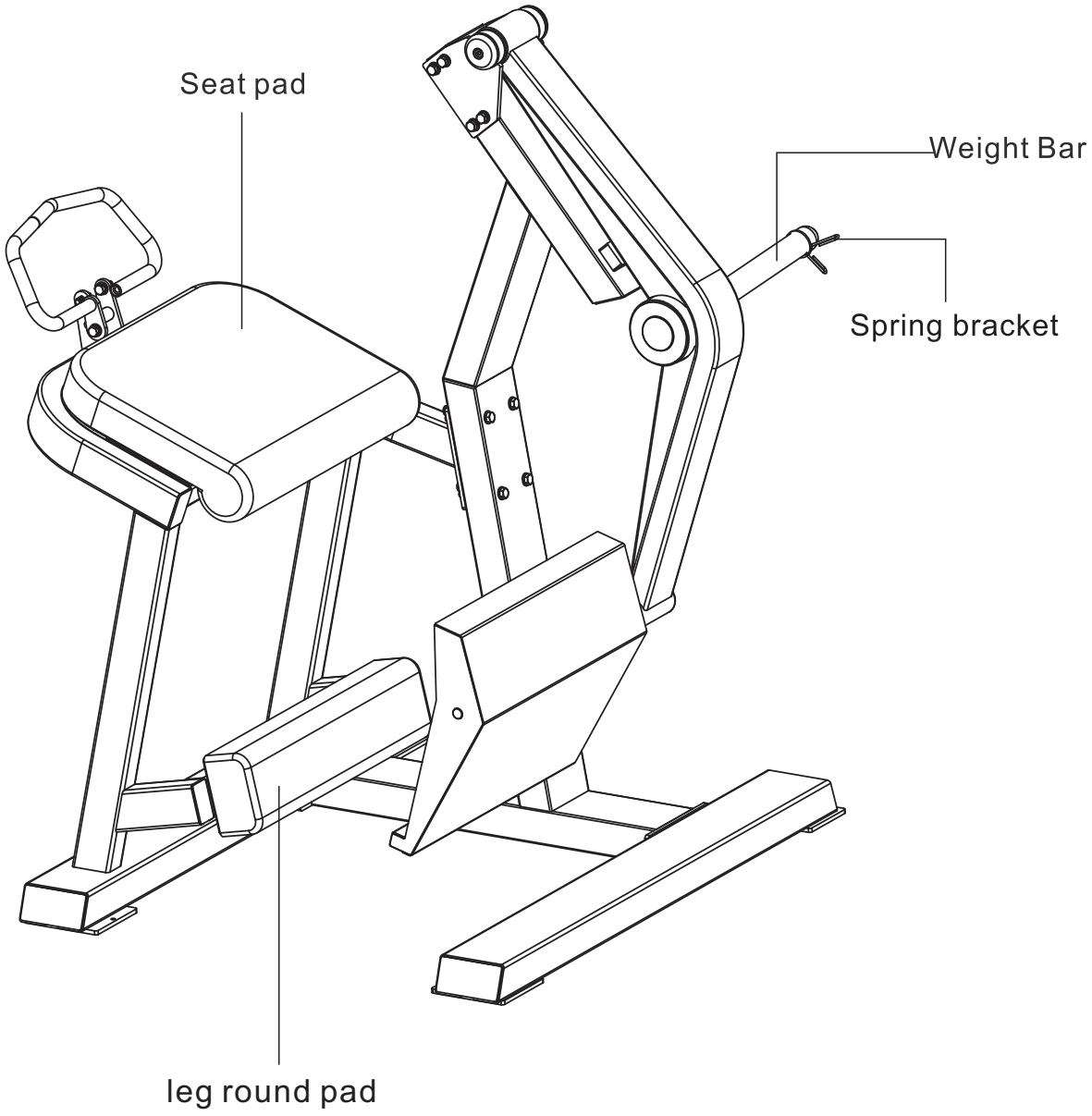
Caution

In order to avoid human injuries and property damages, before the use of this series equipment, please read the following important notices.

1. Before use of the equipment please read this Owner's Manual carefully. The equipment should be assembled and used strictly following the relevant instructions in this manual, and cannot change any of its components or disassemble it freely.
2. It should be ensured that all users have been fully aware of the safety warnings and precautions before they exercise on the equipment.
3. Too loose-fitting clothing cannot be worn, and sports shoes should be put on while exercising.
4. The equipment should be carefully examined before training. If there is damage, please do not use it and do not try to repair it by yourself. Please contact your supplier in time. It is necessary to inform after-sales service personnel as soon as possible to get the machine repaired.
5. The strength equipment is designed to support a maximum total weight of 264 LBS (120 KG) and max user weight 396 LBS (180 KG).
6. The equipment should be positioned on a flat, level and clean. There should be a reasonable space around the machine, to not cause injury to others when in use.
7. Children and pets should be kept away from the equipment whilst it is in use.
8. When using the equipment if you feel dizzy or physical pain you should stop exercising intermediately and consult a doctor.

Before using the equipment please consult your physician and fitness expert, and must be sure to read all the specifications in this owner's manual. Manufacturer will not be held responsible for any personal injury and property loss resulted from the incorrect use of the products.

Machine Overview



Fitting Instructions

1.Be careful when you open the package and make sure no damage to the equipment surface.

2.Ensure there are enough people in help to move the machine to avoid any equipment damage.

3.Check all the parts and hardware are complete before assembly.

4.Make sure there are at least above 2 people to do the assembly process to guarantee the correct assembly location.

5.Please refer to the “Assembly Step” of the manual to make sure no “wrong assembly” or “missing assembly”

6.Use the correct tools for assembly to avoid unnecessary damage to equipment or staff.

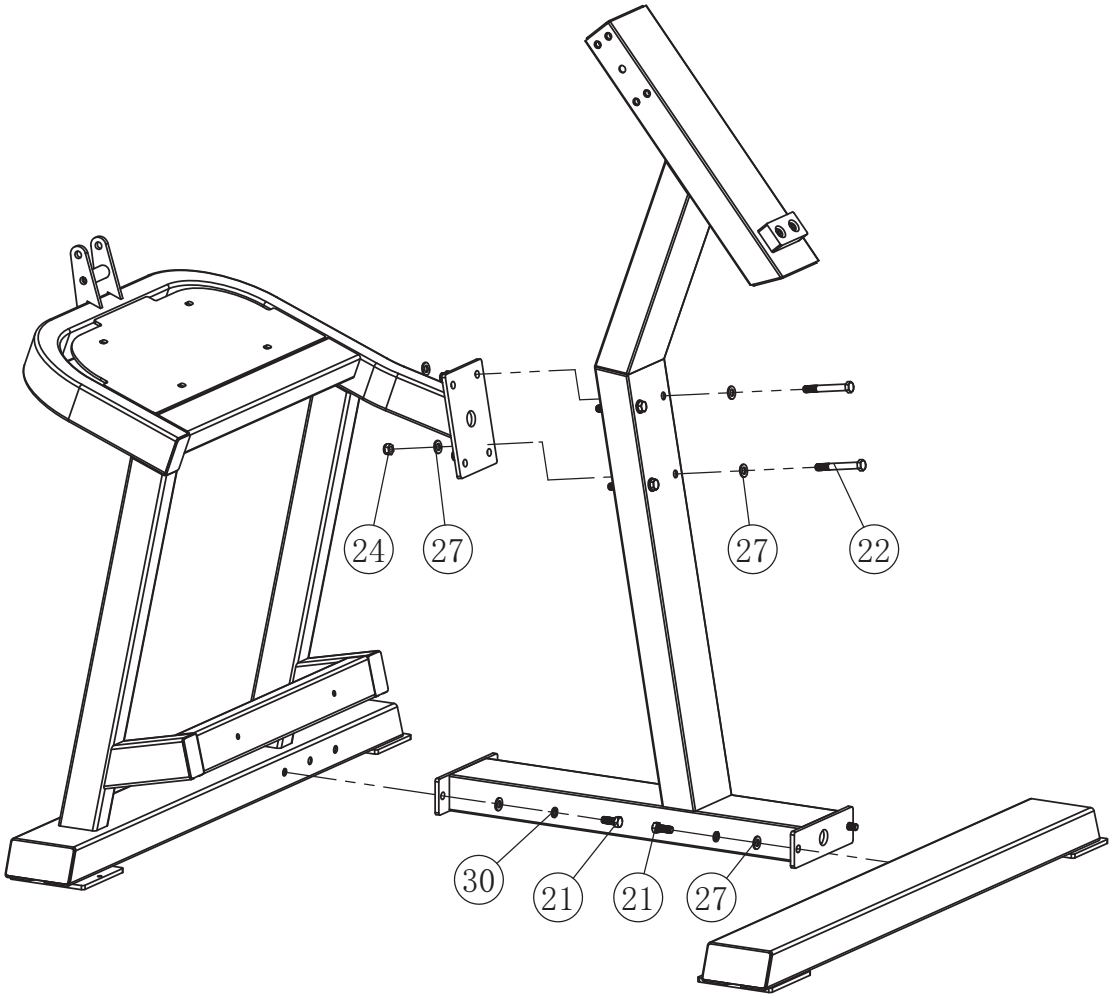
7.Make sure all the assembly has been completed and hardware has been tightened before you move the equipment.

8.Only when you complete your assembly process, you could fasten all the bolts to make sure all the bolts are applied correctly.

9.After assembly, try to do a slight “ trial usage” to the equipment before your normal exercise to make sure the equipment is completely and correctly assemble.

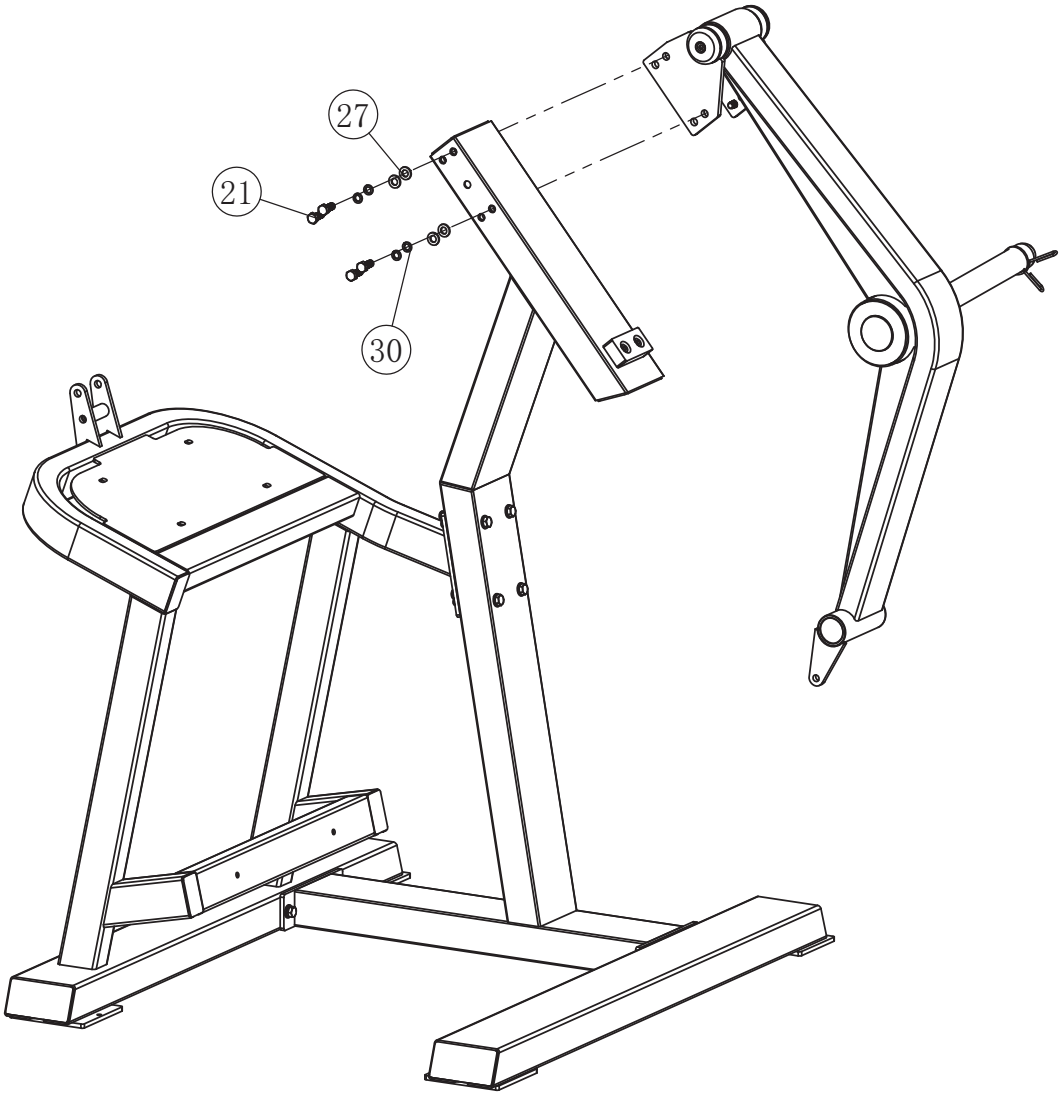
Assembly Step 1

Steps	No.	Description	Specifications	Qty
1	21	hexagon bolt	M12*30	4
	22	hexagon bolt	M12*95	4
	24	nut	M12	4
	27	flat washer	φ24*φ13*2.5	12
	30	spring washer	M12	4



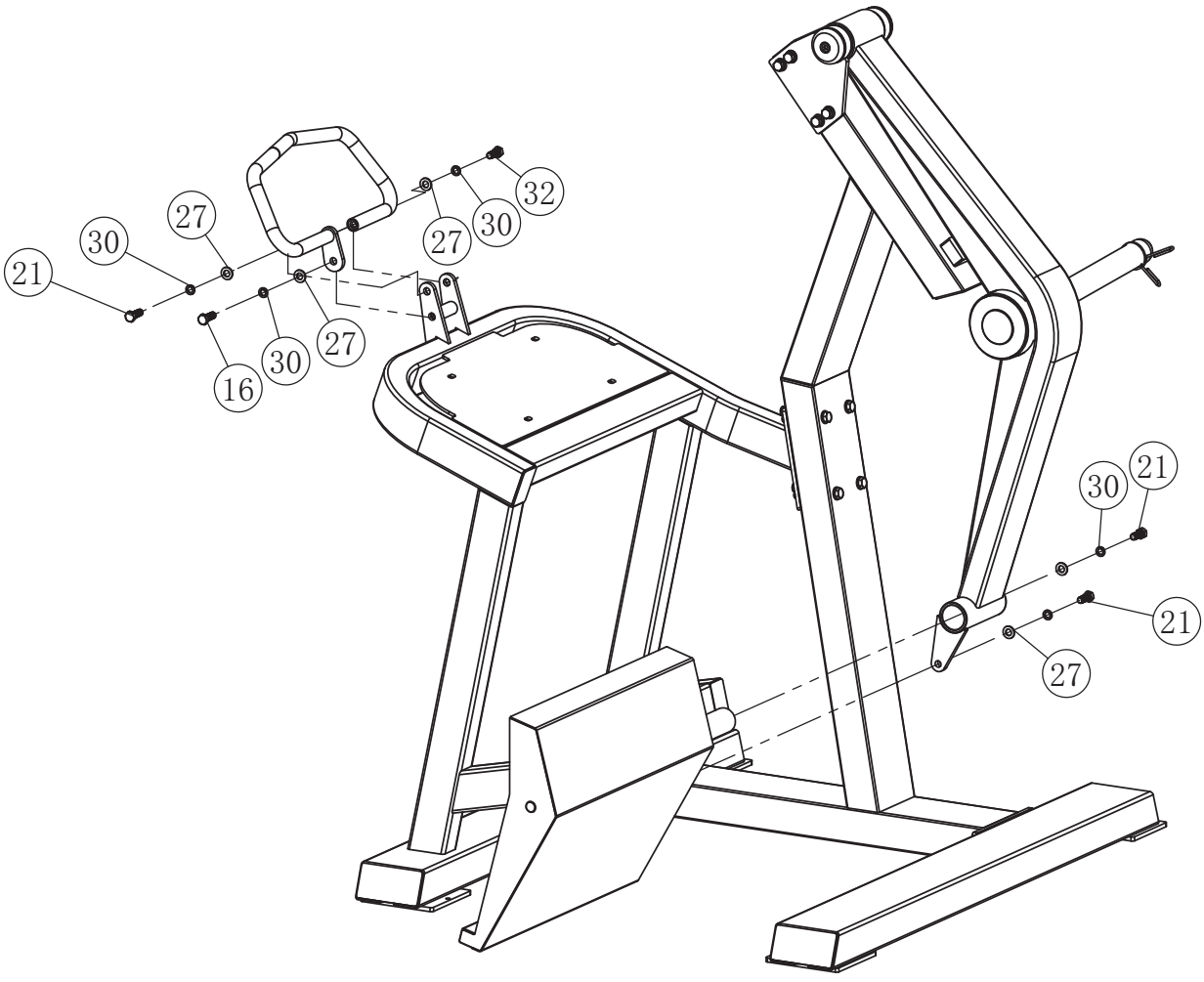
Assembly Step 2

Steps	No.	Description	Specifications	Qty
2	21	hexagon bolt	M12*30	8
	27	flat washer	φ24*φ13*2.5	8
	30	spring washer	M12	8



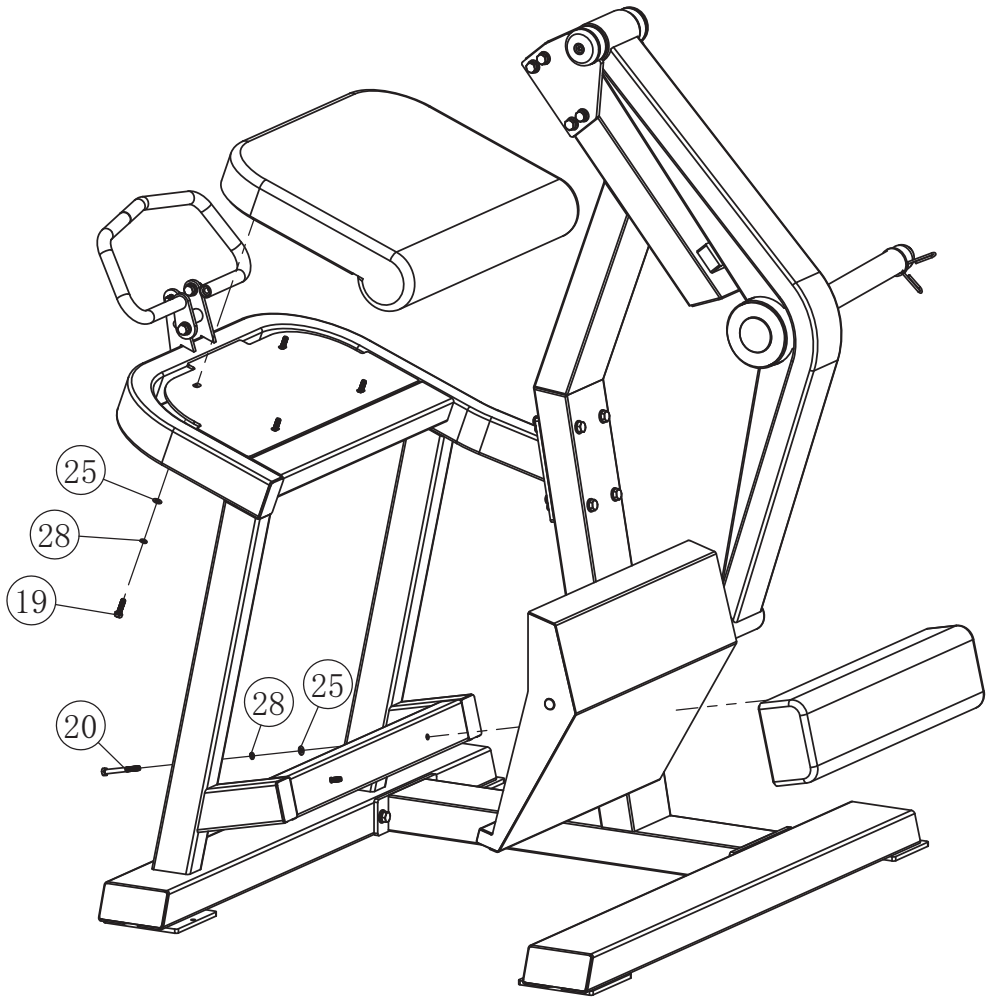
Assembly Step 3

Steps	No.	Description	Specifications	Qty
3	16	hexagon bolt	M12*45	1
	21	hexagon bolt	M12*30	3
	27	flat washer	φ24*φ13*2.5	5
	30	spring washer	M12	5
	32	hexagon bolt	M12*35	1

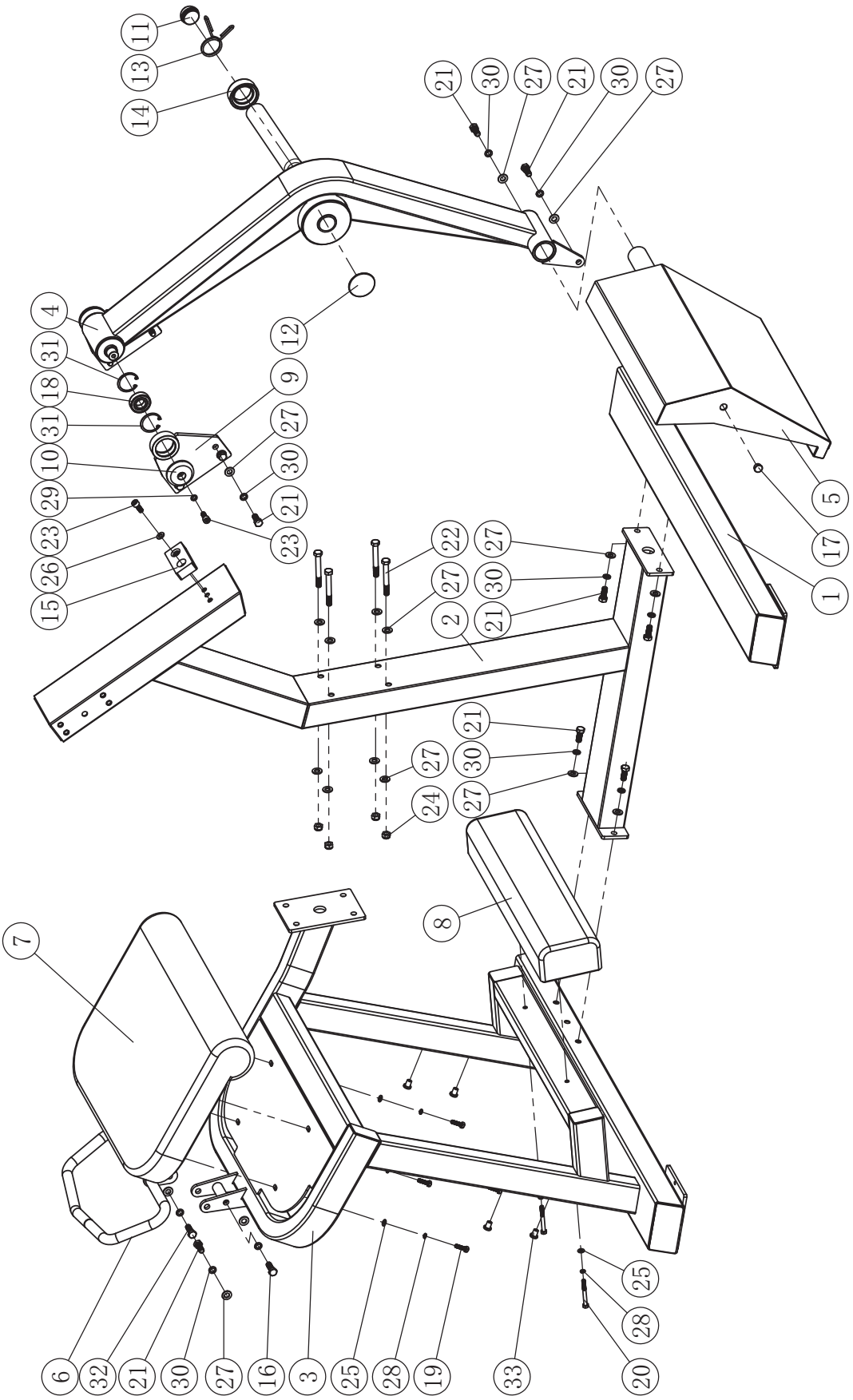


Assembly Step 4

Steps	No.	Description	Specifications	Qty
4	19	hexagon bolt	M8*35	4
	20	hexagon bolt	M8*75	2
	25	flat washer	φ16*φ8.4*1.6	6
	28	spring washer	M8	6



Exploded View



Exploded View

No.	Description	Specifications	Qty
1	rear foot frame		1
2	upright		1
3	arm pad frame		1
4	arm frame		1
5	foot frame		1
6	handle frame		1
7	arm pad		1
8	calf pad		1
9	bearing frame		2
10	aluminium end cap	φ70*18	2
11	aluminium plug	φ47*φ42.5*33.5	1
12	tube plug	φ48*3.5	1
13	spring clip	φ47*φ4*93	1
14	crash pad	φ75*φ47.6*25	1
15	crash pad	100*50*25	1
16	hexagon bolt	M12*45	1
17	flat rubber plug	φ17.7*11	2
18	deep groove ball bearing	6205 ZZ	2
19	hexagon bolt	M8*35	4
20	hexagon bolt	M8*75	2
21	hexagon bolt	M12*30	15
22	hexagon bolt	M12*95	4
23	inner hexagon socket head bolt	M10*25	4
24	nut	M12	4
25	flat washer	φ16*φ8.4*1.6	6
26	flat washer	φ20*φ10.5*2	2
27	flat washer	φ24*φ13*2.5	25
28	spring washer	M8	6
29	spring washer	M10	2
30	spring washer	M12	17
31	circlip for hole	d0=52	4
32	hexagon bolt	M12*35	1
33	rubber plug	φ12.5*φ11.2*20	4
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WARNING

Failure to carry out maintence on the equipment in this manual could result in serious injury and void your warranty.
Please ensure all publications supplied with Pulse Fitness equipment are read and understood.

Replacement of defected components should be carried out IMMEDIATELY and/or keep the defective equipment out of use until repaired.

The safety level of the equipment can be maintained ONLY if it is examined regularly for damage and wear,e.g.ropes , pulleys,connection points.
Pay special attention to components which are susceptible to wear.

Ensure all equipment is installed on a stable base and properly levelled before use.

PLEASE KEEP THIS FOR YOUR RECORDS

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