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.

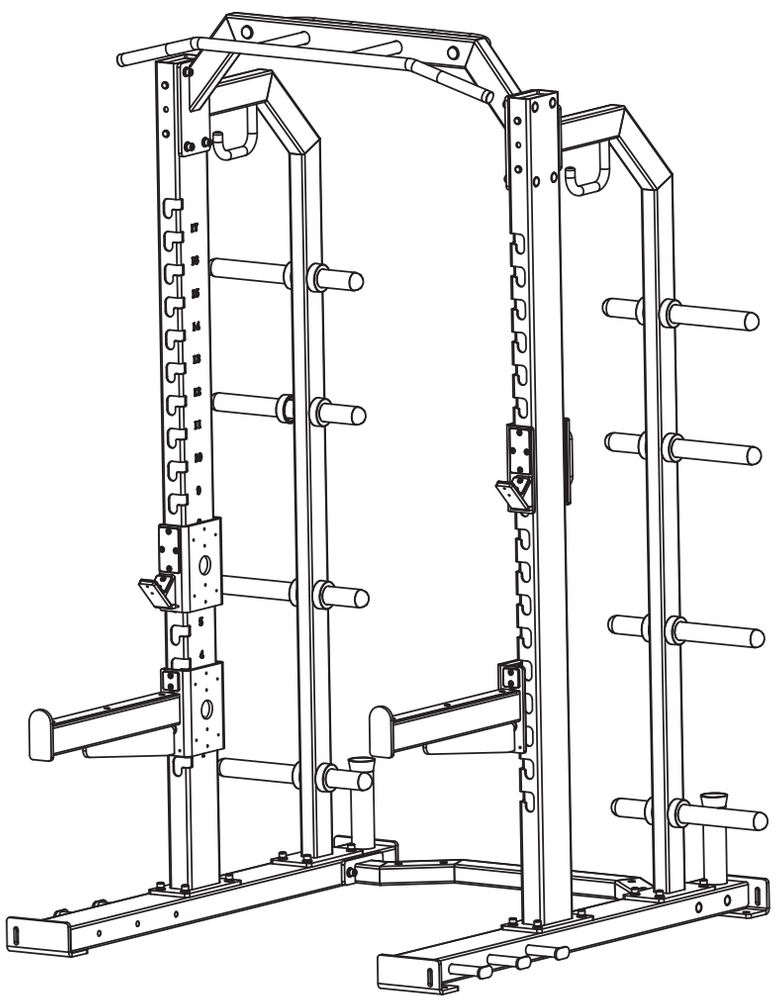
SERIAL NUMBER _____

* 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.

pulse
fitness



Half Power Rack

Owners Manual

866H

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 weight of 573LBS(260KG).
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.

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.

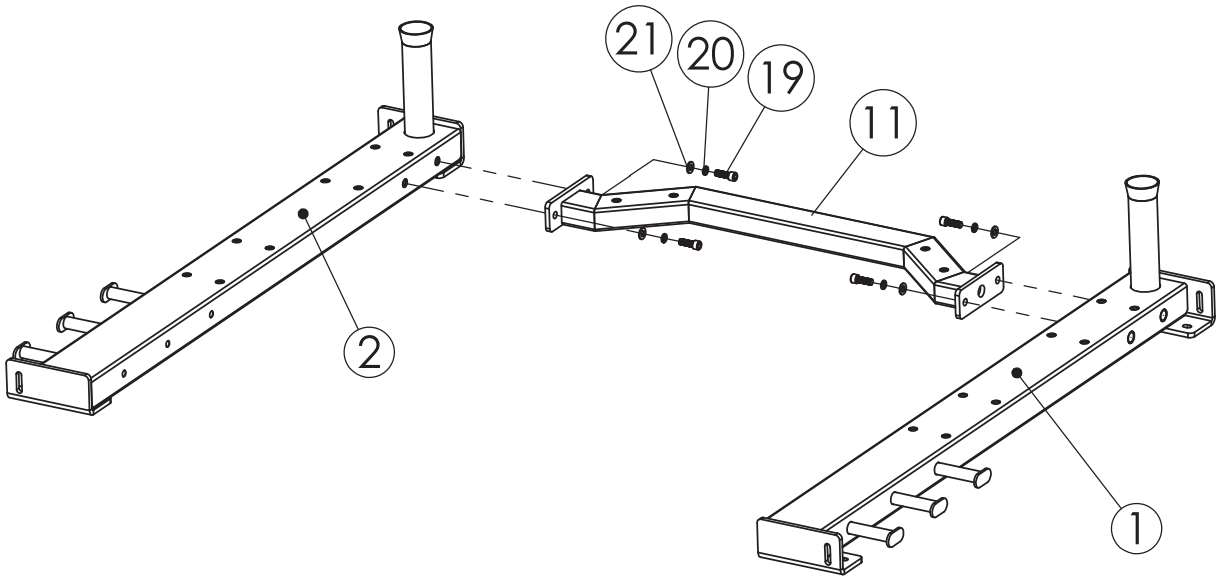
7.Make sure all the assembly has been completed and hardware has been tightened before you move the equipment.

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.

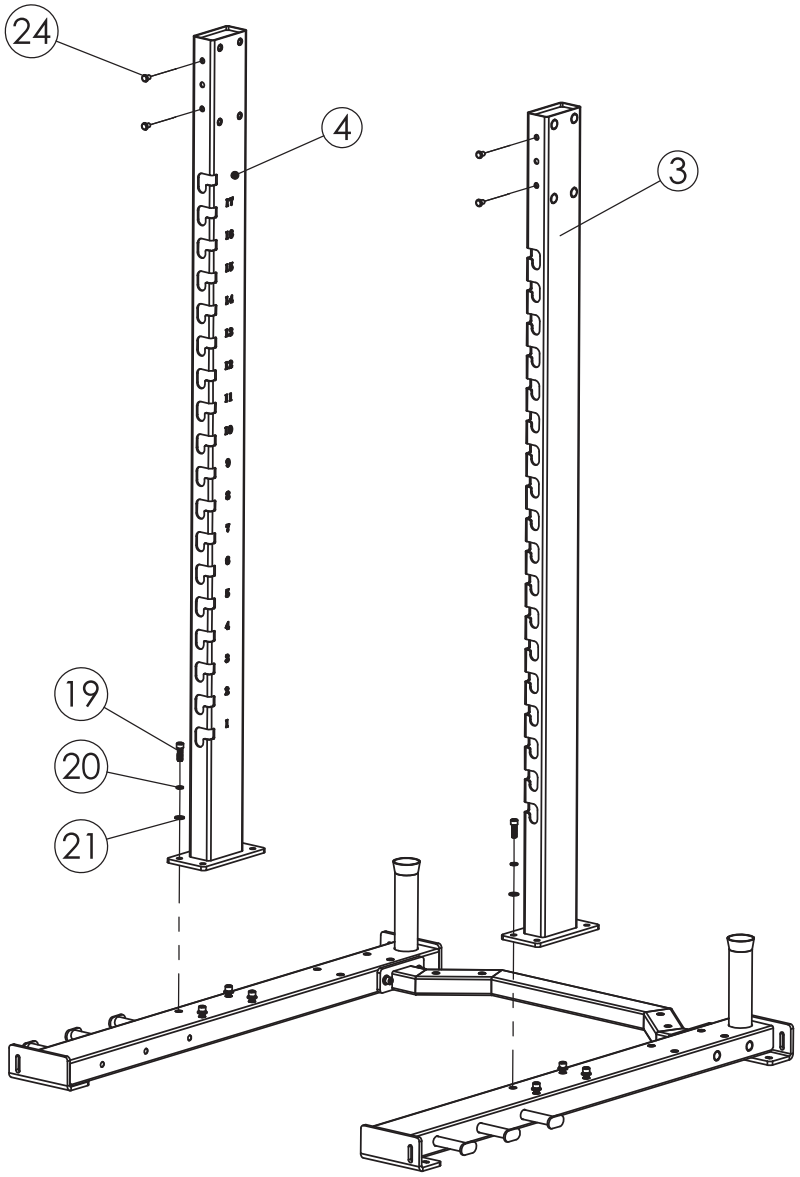
Assembly Step 1

Steps	No.	Description	Specifications	Qty
1	1	left floor frame		1
	2	right floor frame		1
	11	cross floor frame		1
	19	socket cap screw	M12*35	4
	20	spring washer	M12	4
	21	flat washer	Φ24*Φ13*2.5	4



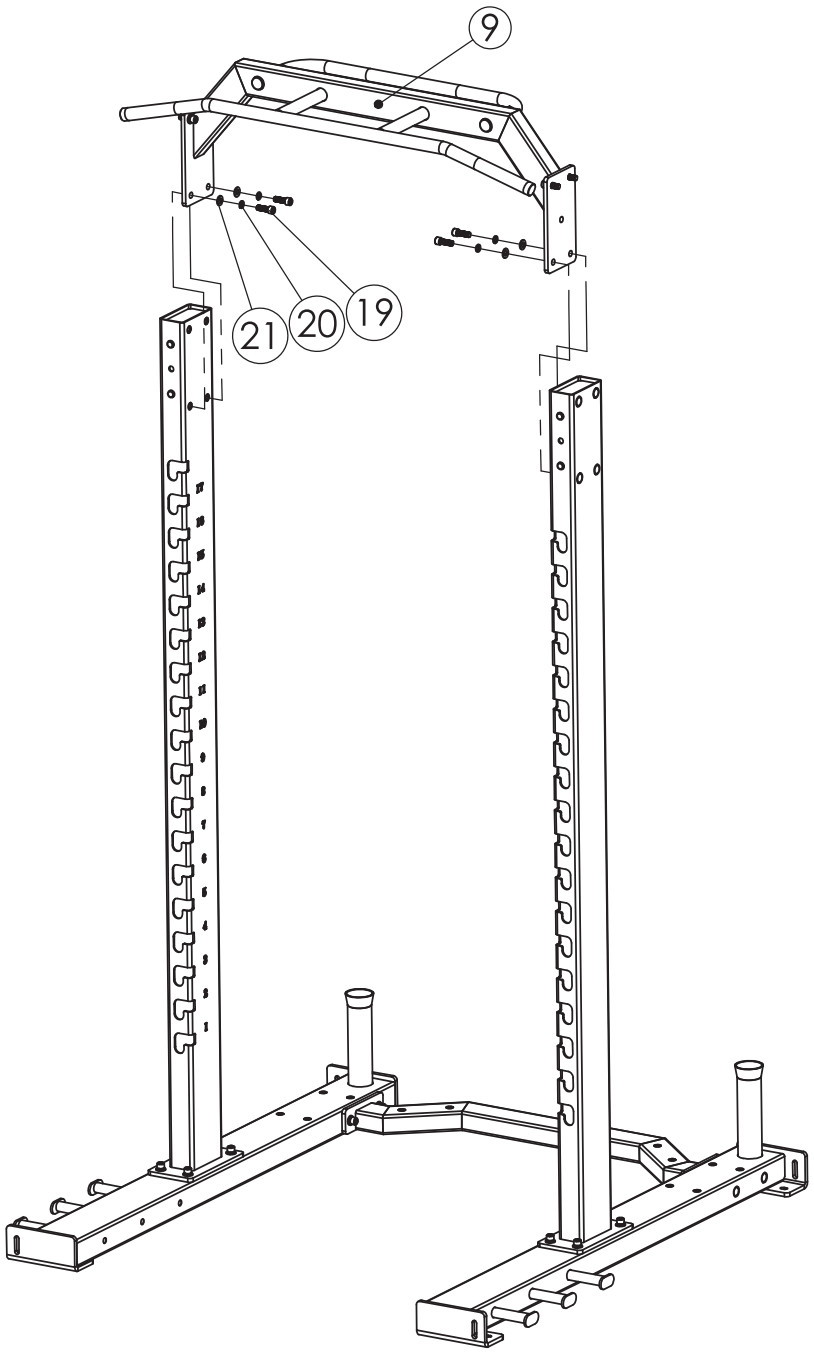
Assembly Step 2

Steps	No.	Description	Specifications	Qty
2	3	adjustment frame 1		1
	4	adjustment frame 2		1
	19	socket cap screw	M12*35	8
	20	spring washer	M12	8
	21	flat washer	Φ24*Φ13*2.5	8
	24	plug	φ18*φ12.5*20	4



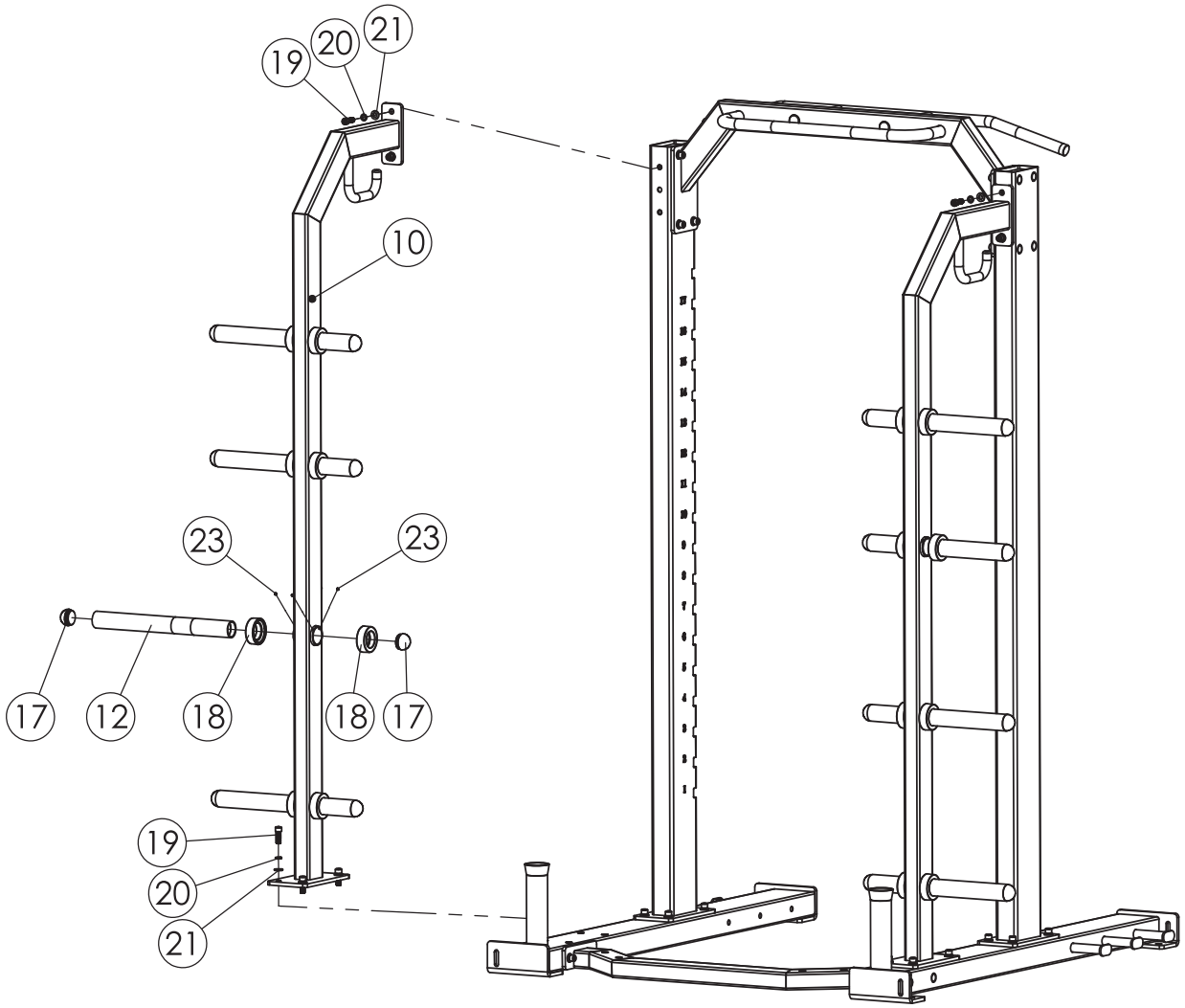
Assembly Step 3

Steps	No.	Description	Specifications	Qty
3	9	front cross frame		1
	19	socket cap screw	M12*35	8
	20	spring washer	M12	8
	21	flat washer	Φ24*Φ13*2.5	8



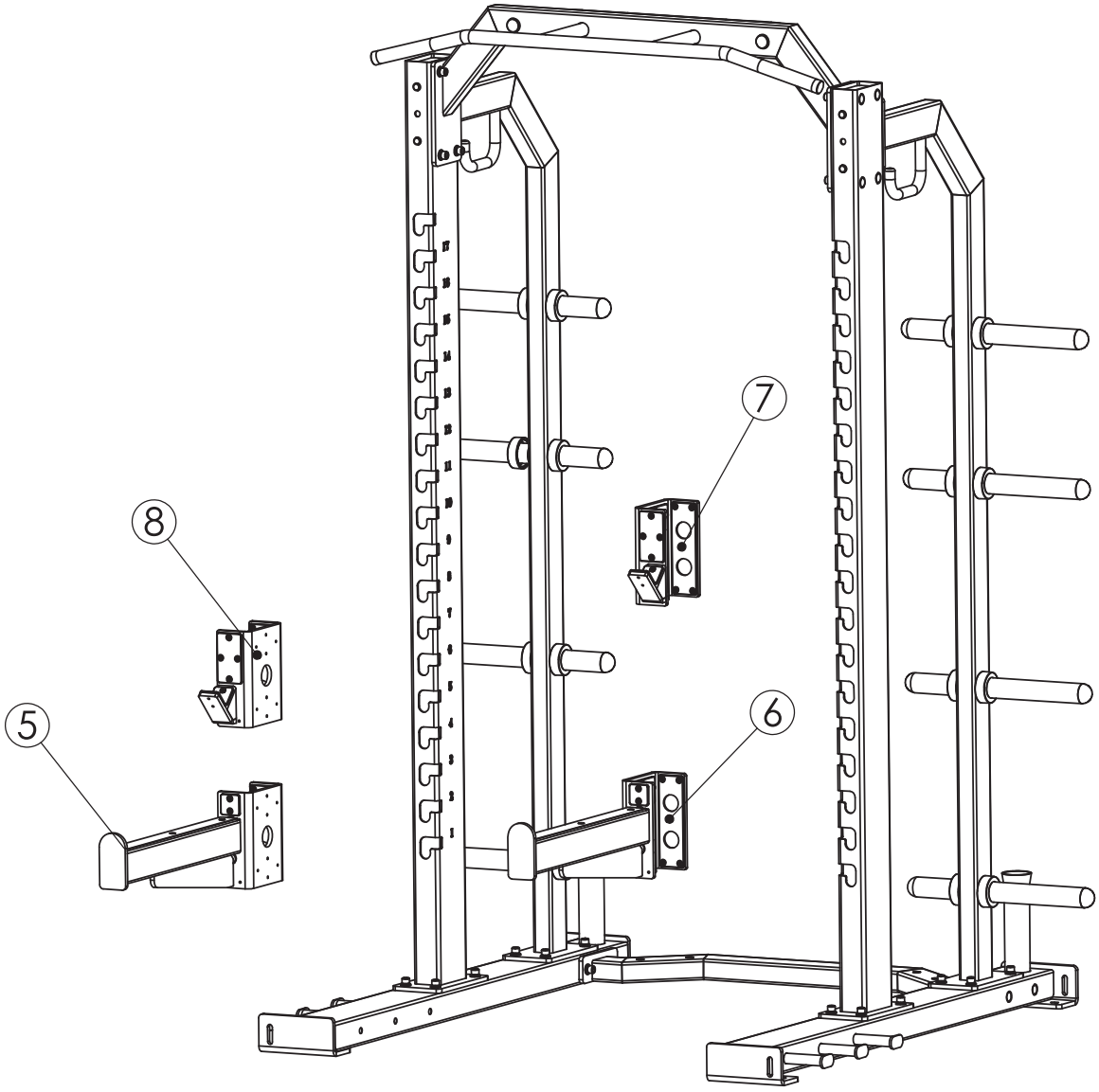
Assembly Step 4

Steps	No.	Description	Specifications	Qty
4	10	floor stand		2
	12	plate storage	φ48*3*250	8
	17	aluminum plug	φ48*φ42.5*34	16
	18	crash pad	φ75*φ47.6*25	16
	19	socket cap screw	M12*35	12
	20	spring washer	M12	12
	21	flat washer	Φ24*Φ13*2.5	12
	23	hexagon socket set screw with cone point	M5*5	32

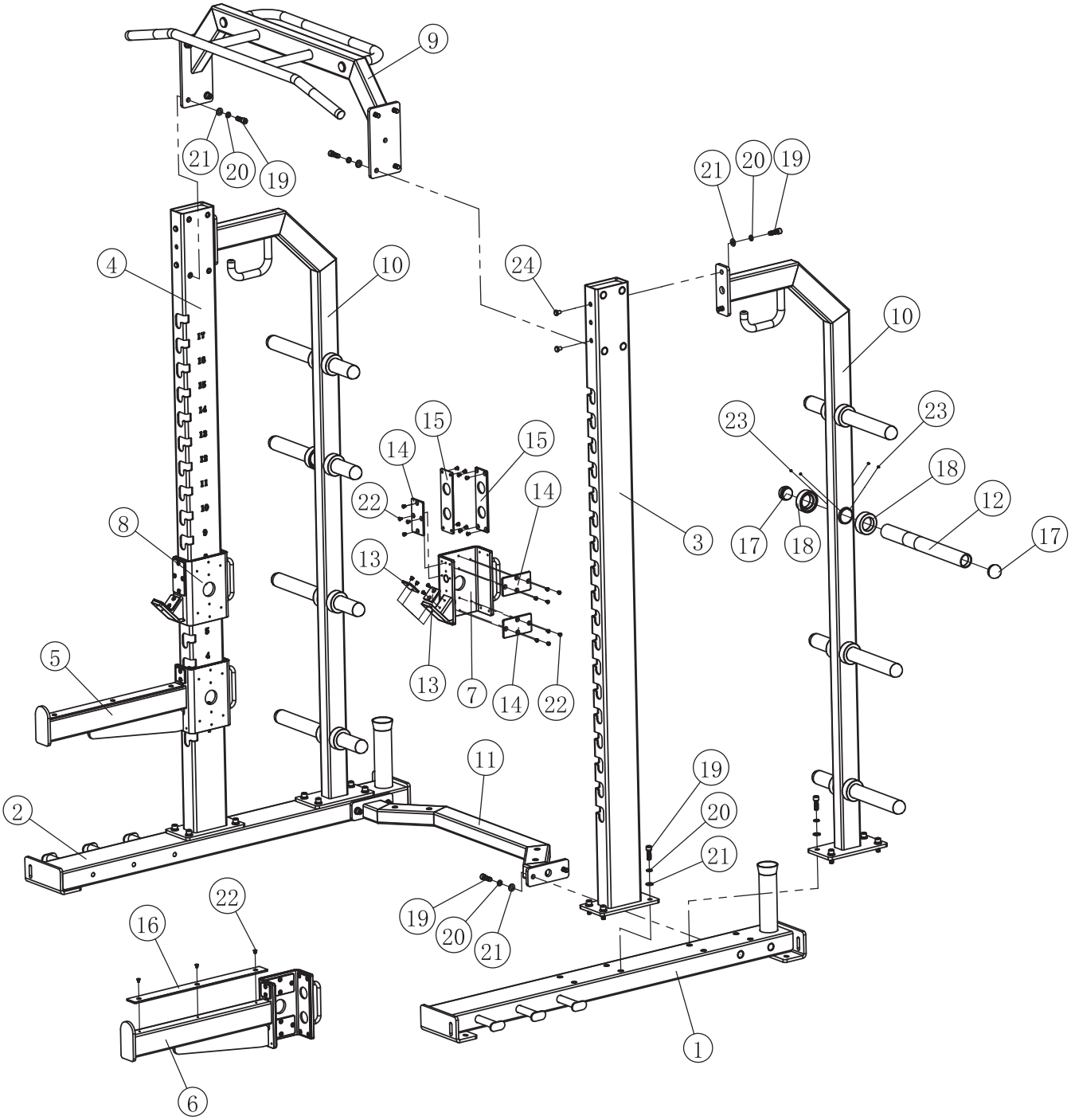


Assembly Step 5

Steps	No.	Description	Specifications	Qty
5	5	right barbell bracket		1
	6	left barbell bracket		1
	7	left barbell bracket		1
	8	right barbell bracket		1



Exploded View



Exploded View

No.	Description	Specifications	Qty
1	left floor frame		1
2	right floor frame		1
3	adjustment frame 1		1
4	adjustment frame 2		1
5	right barbell bracket		1
6	left barbell bracket		1
7	left barbell bracket		1
8	right barbell bracket		1
9	front cross frame		1
10	floor stand		2
11	cross floor frame		1
12	plate storage		8
13	guard plate 1		6
14	guard plate 2		10
15	guard plate 3		8
16	guard plate 5		2
17	aluminum plug	φ48*φ42.5*34	16
18	crash pad	φ75*φ47.6*25	16
19	socket cap screw	M12*35	32
20	spring washer	M12	32
21	flat washer	φ24*φ13*2.5	32
22	Hexalobular socket head screw	M6*12	90
23	hexagon socket set screw with cone point	M5*5	32
24	plug	φ18*φ12.5*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

Pulse Group Radnor Park Greenfield Road Congleton Cheshire CW12 4TW
T: +44 (0)1260 294600 E: info@pulsefitness.com www.pulsegroup.co.uk

All information, descriptions and illustrations are given solely as a guide. Actual product specifications may differ due to manufacturing requirements. Pulse Fitness reserve the right to make changes to its products and services, where it considers necessary.

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