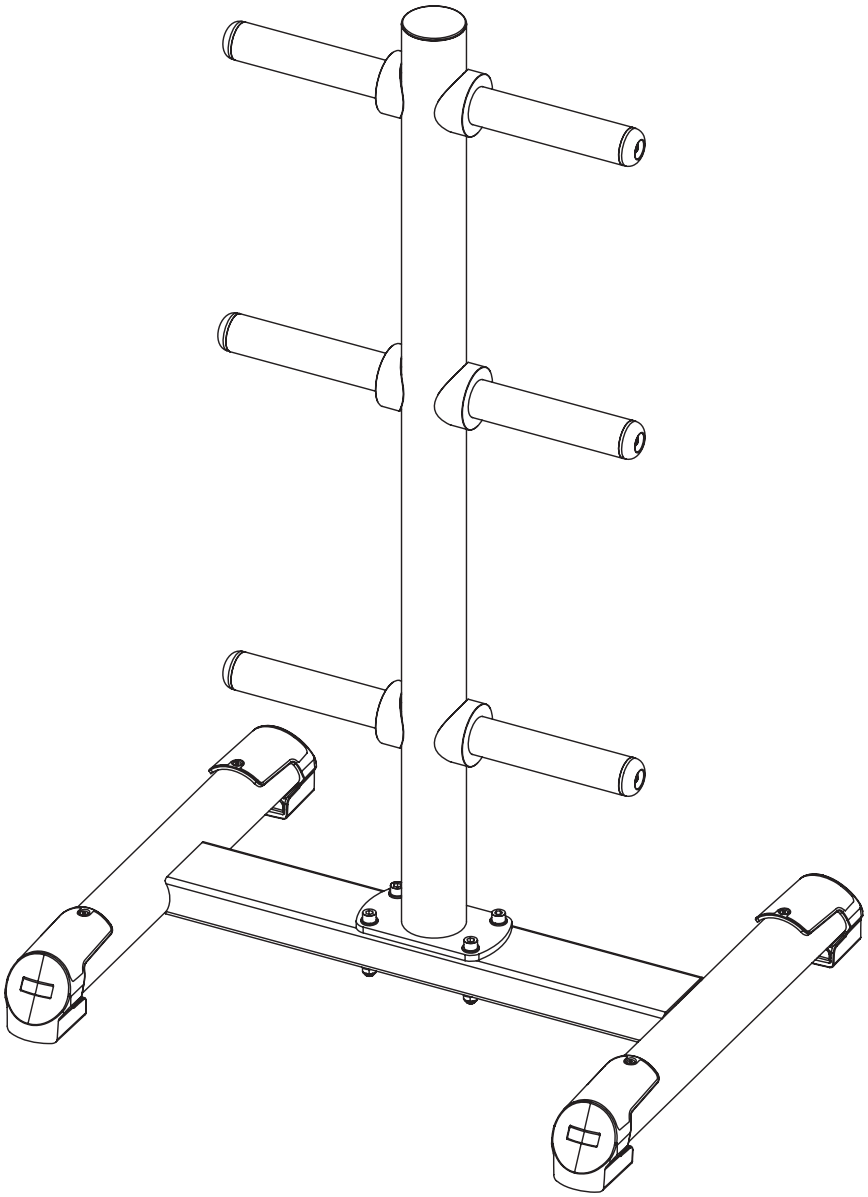
pulse
fitness



Freeweights

Weight & Bar Rack
Owners Manual

38-340

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.

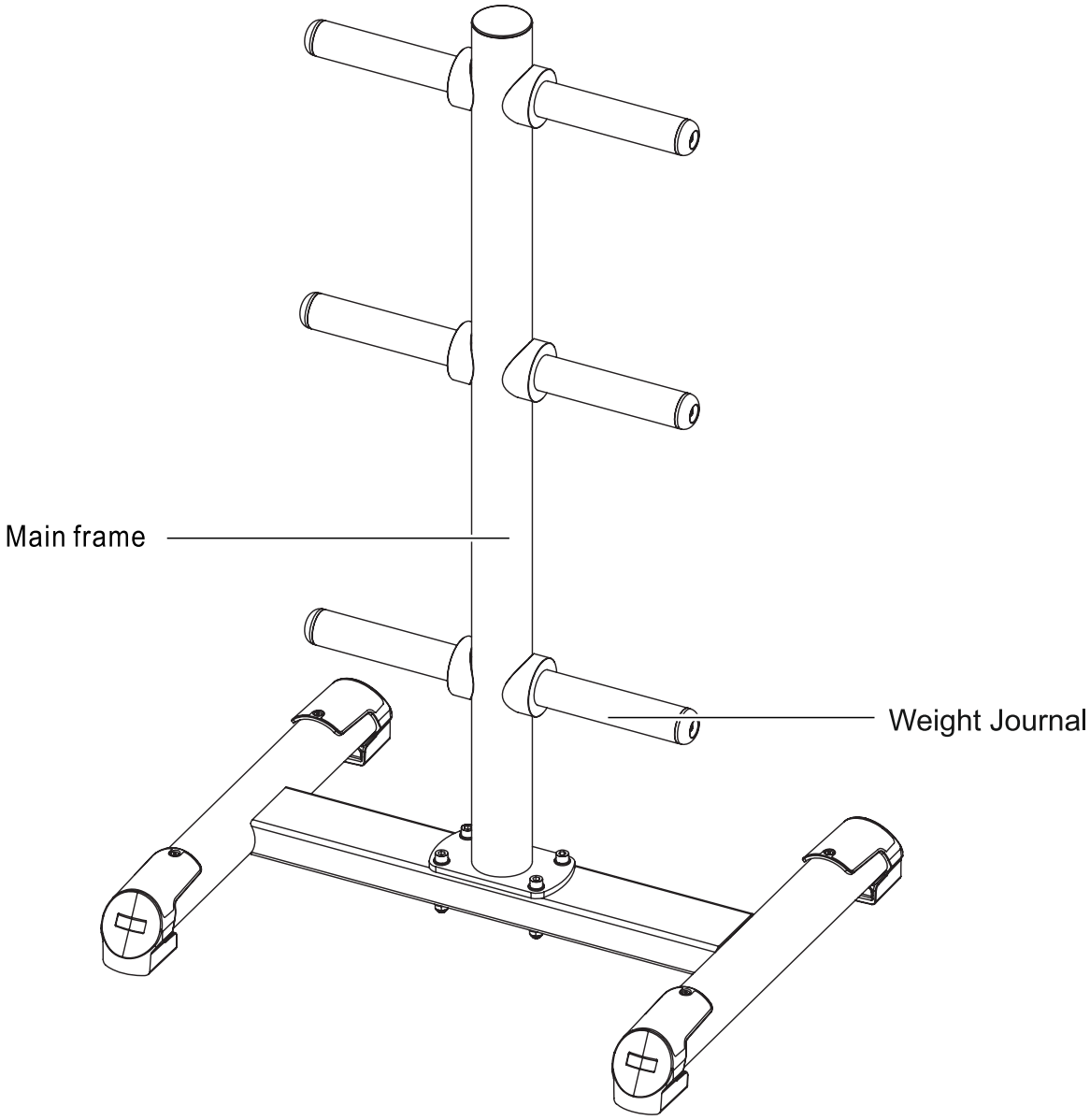
Caution

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 equipment should be placed indoors, and make sure that the ground is flat and there is enough space around the equipment for the user to exercise on the machine freely.
6. Children and pets are not allowed to be close to the equipment whilst in use,
7. If the exerciser feels dizzy or in physical pain while training they should stop exercising immediately and consult a doctor.
8. The equipment should be used in a well defined place, be well managed and monitored by the equipment owner,

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 unwrapping the machine and do not use a knife as it could damage the surface of the machine.

2. When moving this equipment, a sufficient number of personnel should be used to prevent the equipment from collision, or to avoid the injuries caused by personnel shortage.

3. Prior to installation of the equipment, make sure that all the parts are complete, no missing hardware.

4. When installing the equipment, there should be two or more persons working together to ensure the accurate location of parts assembly.

5. When installing the equipment, the instructions must be followed to prevent components being fitted incorrectly or being ommitted.

6. Appropriate tools should be used for installation to avoid damaging the equipment or causing injury.

7. If the equipment needs to be moved this should be done after the installation process has been completed. Failure to do so could result in injury.

8. Follow the installation sequence of the fastening locking nuts outlined in this manual. Locking nuts should not be fully tightened until they are all loosely into position across the whole machine and then can be tightened up one by one.

9. After the completion of installation, test the equipment gently. Make sure that the equipment is working efficiently before commencing normal use of the machine. If anything unusual is spotted with the equipment, then check the equipment

If anything unusual is spotted with the equipment, then check the equipment carefully, identify the problem and rectify it before commencing any other exercises.

10. After the completion of the installation, test the equipment with a low weight. Check the movement is smooth and there is no movement in the frame. If this is not the case it may be necessary to check the equipment carefully, identify the problem and re-install.

WARRANTY

10 Years : Main Frames

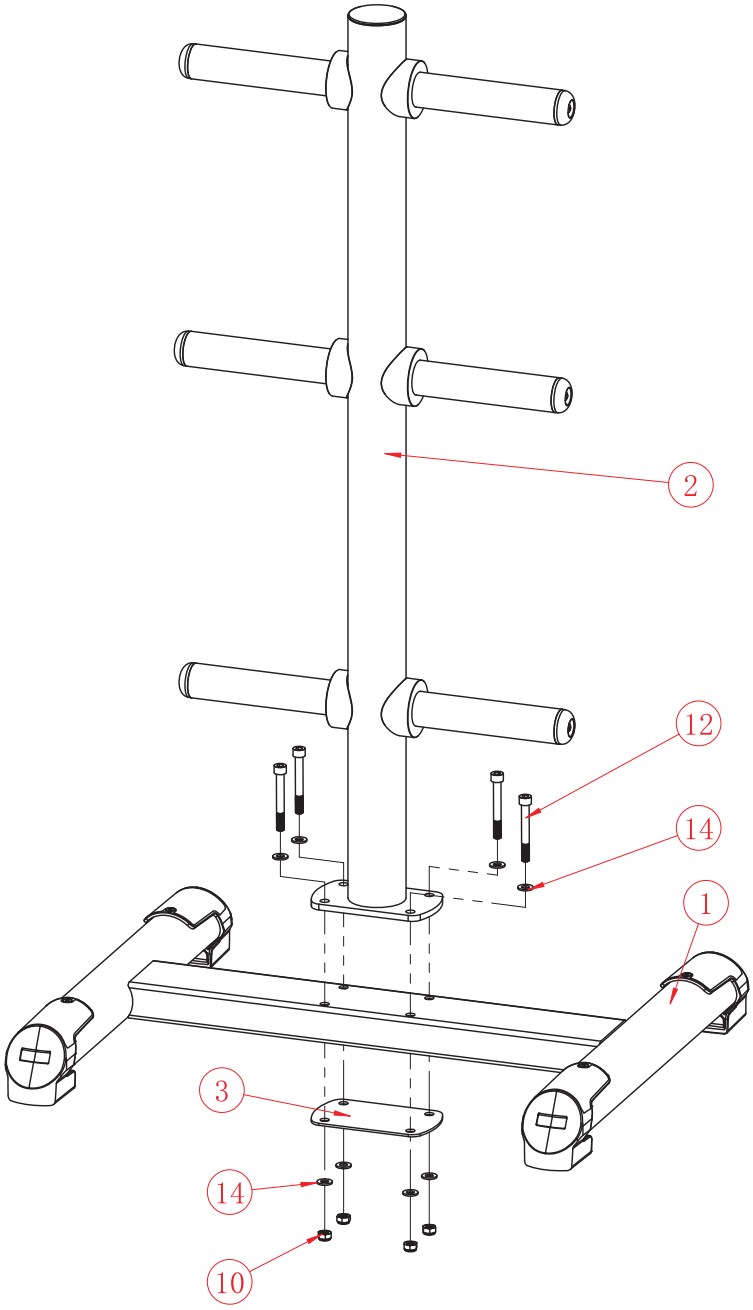
1 Year: Bushings, Pivot Bearings, Guide Rods, Weight Plates, CAMS, Swivel Welded Parts, Pull-Pin Components

6 Months: Finish, Rubber Grips, Cables

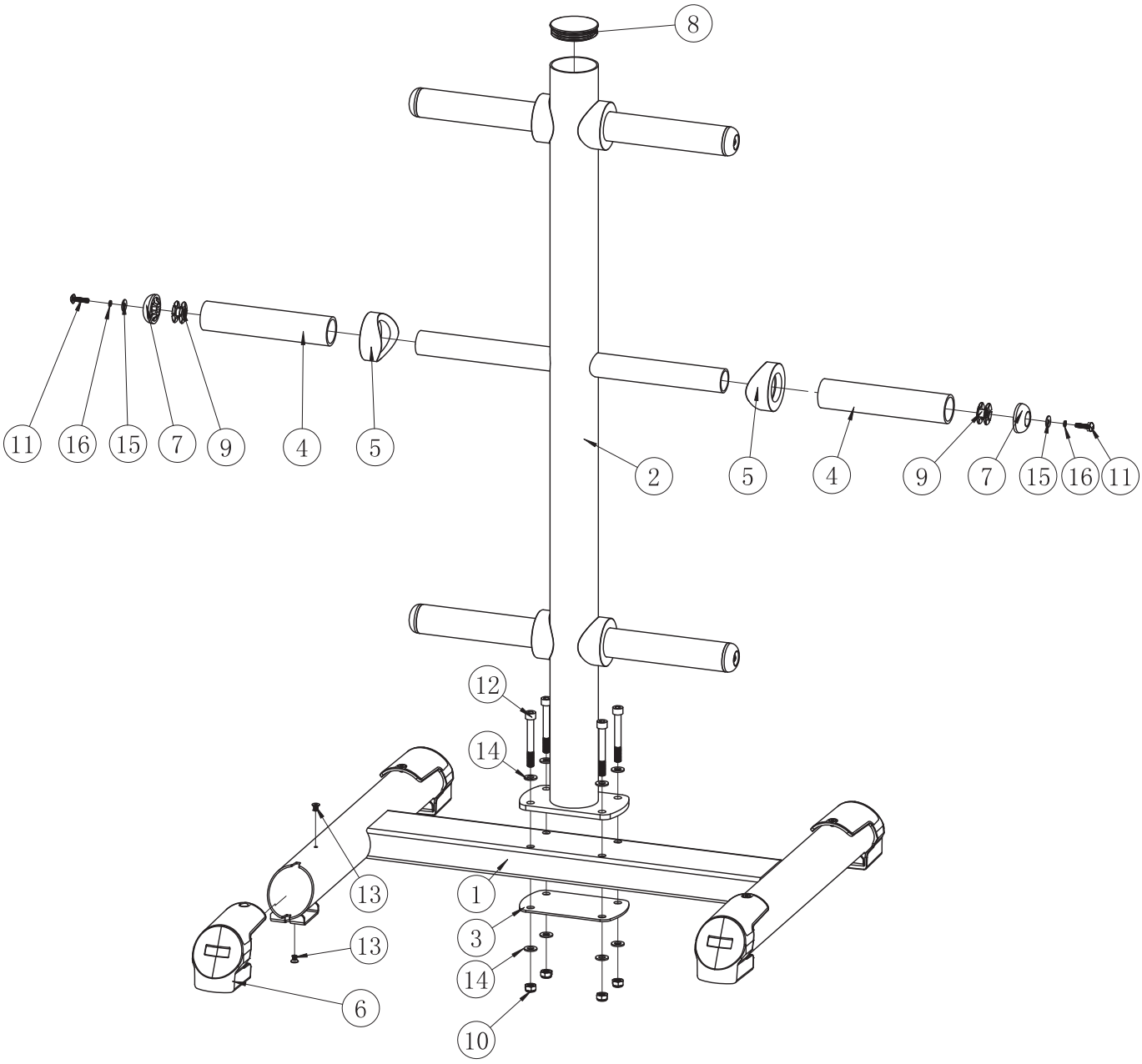
2 Months: Upholstery

Assembly Step 1

Steps	No.	Description	Specifications	Qty
1	1	Foot frame		1
	2	Floor stander		1
	3	Reinforcing plate		1
	10	Nylon insert lock nut	M10	4
	12	Hex socket head cap screw	M10*80	4
	14	Plain washer	Φ20*Φ10.5*2	8



Exploded Diagram



Exploded List

No.	Description	Specifications	Qty
1	Foot frame		1
2	Floor stander		1
3	Reinforcing plate		1
4	Protecting jacket		6
5	Barbell bushing		6
6	Affixed to shackle		4
7	Pipe plug		6
8	Round pipe plug		1
9	Reed nut	M6*33.8*15	6
10	Nylon insert lock nut	M10	4
11	Hexagon socket button head screw	M6*25	6
12	Hex socket head cap screw	M10*80	4
13	Countersunk hex socket screws	M6*10	8
14	Plain washer	Φ20*Φ10.5*2	8
15	Extra large washer	Φ22*Φ6.6*2	6
16	Spring washer	M6	6
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Maintenance Schedule

Daily Maintenance (Basic Maintenance)

1. Clean the seat pad, back pad and cushion with warm water and soft cloth in order to avoid the sweat erosion to these component.
2. Clean the frame with warm water and soft cloth.
3. Cleaning chrome plated parts: wipe them with alcohol moistened soft cloth.

Further Maintenance

1. Check whether bolts on basic frame become loose springs have damaged and the tightness of drive cable.
2. Check, if there is rust or paint loss on main frame and basic rack, clean out rust by sand paper, and then cover it with same color paint from the same supplier.
3. Clean and lubricate every bearing, and keep equipment work smoothly.
4. Check whether the rubber gasket is broken.
5. Check bolts and fixing parts. Wipe them with alcohol and anticorrosive oil.

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

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