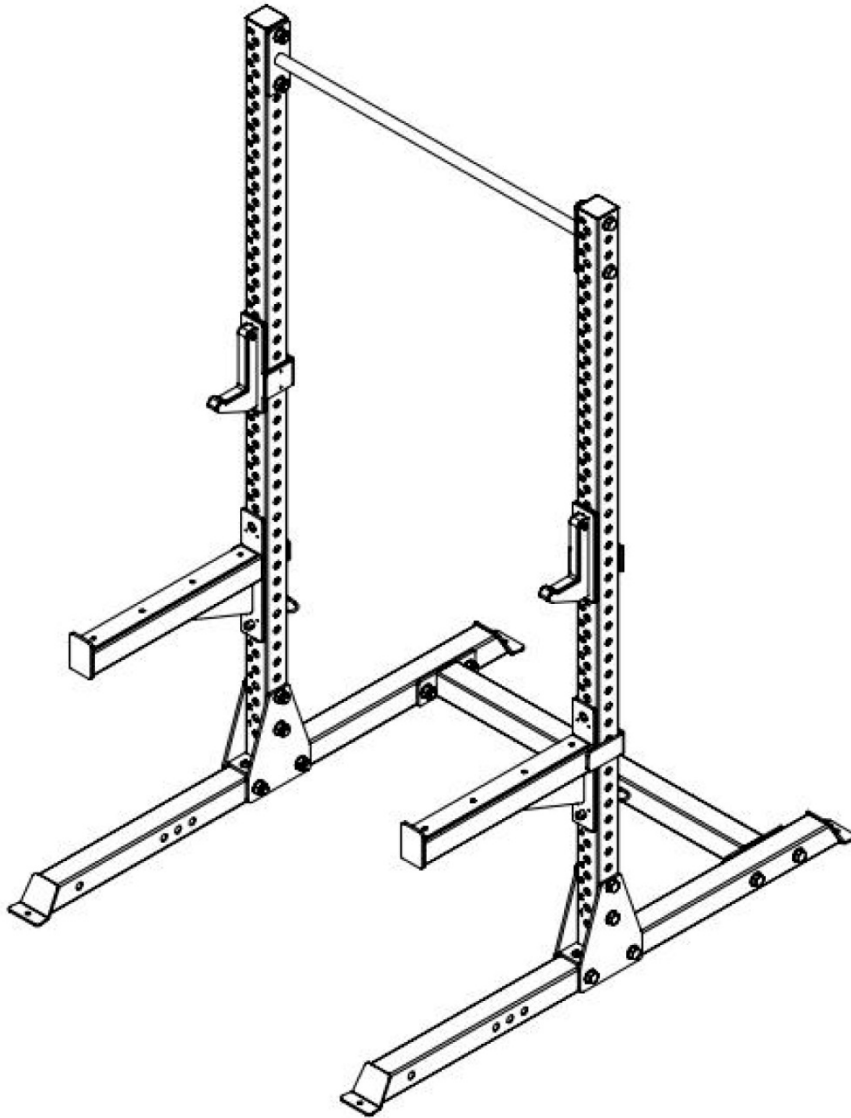


# ALPHA SERIES ARK05 COMMERCIAL HALF RACK OWNER'S MANUAL



Product may vary slightly from the item pictured due to model upgrades

**Read all instructions carefully before using this product. Retain this owner's manual for future reference.**

# TABLE OF CONTENTS

1. IMPORTANT SAFETY INSTRUCTIONS .....	3
2. CARE INSTRUCTIONS.....	4
3. PARTS LIST .....	5
4. ASSEMBLY INSTRUCTIONS.....	6
5. WARRANTY .....	9

# 1. IMPORTANT SAFETY INSTRUCTIONS

**WARNING** - Read all instructions before using this machine.

Please keep this manual with you at all times

- a. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- b. This equipment is designed for indoor and family use only.
- c. Before starting any exercise program, you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- d. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.
- e. Keep children and pets away from the equipment. This equipment is designed for adult use only.
- f. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 meters of free space around it.
- g. Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assembly, stop immediately. Do not use the equipment until the problem has been rectified.
- h. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- i. Care must be taken when lifting or moving the equipment so as not to injure your back.

- j. Always keep this instruction manual and assembly tools at hand for reference.
- k. The equipment is not suitable for therapeutic or commercial use.

## **2. CARE INSTRUCTIONS**

- Lubricate moving joints with silicon spray after periods of usage.
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- The machine can be kept clean by wiping it down using dry cloth.
- Regularly check all moving parts and grasp whether there are signs of wear and damage, and if any, stop using the device immediately and contact the rear of my department.
- During inspection, all bolts and nuts must be fully fixed. If bolts or nuts are loose, please secure them in place.
- Check that the weld is free of cracks.
- Failure to perform daily maintenance may result in personal injury or equipment damage.

### 3.PARTS LIST

<b>Part</b>	<b>Description</b>	<b>QTY.</b>
1	Bottom framework	2
2	Upright tube	2
3	Lower connection frame	1
4	Left safety frame	1
5	Right safety frame	1
6	Upper connection frame	2
7	Right support hook	1
8	Left support hook	1
9	Plug	2
10	Connection board	4
11	Screw M12 x 25	4
12	Screw M12 x 110	8
13	Screw M20 x 120	8
14	Lock nut M20	16
15	Flat washer $\phi$ 12	8
16	Flat washer $\phi$ 20	32

## 4.ASSEMBLY INSTRUCTIONS

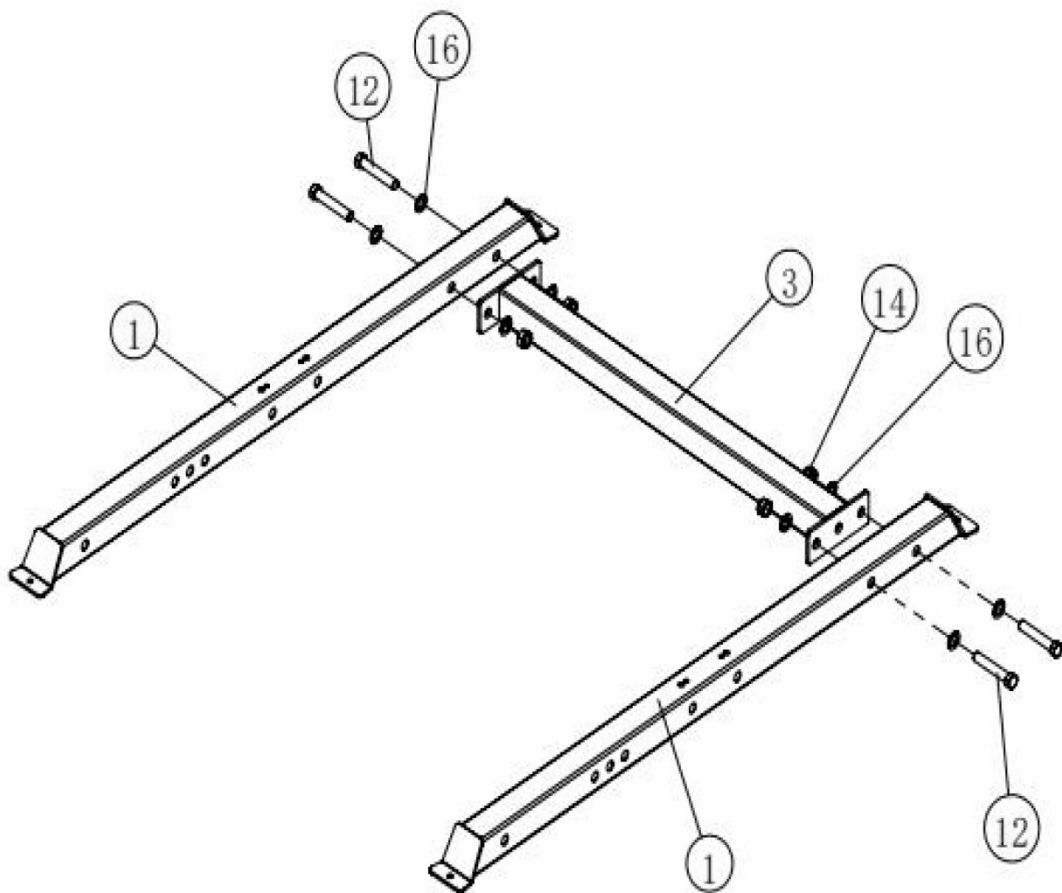
Unpack the carton and place all parts on the floor. Carefully remove all packing material and check each part with the manual first.

Remember, some parts are pre-fitted to larger components.

**IMPORTANT:** Assemble with all nuts and bolts loose at first, only tighten after completing all assembly steps.

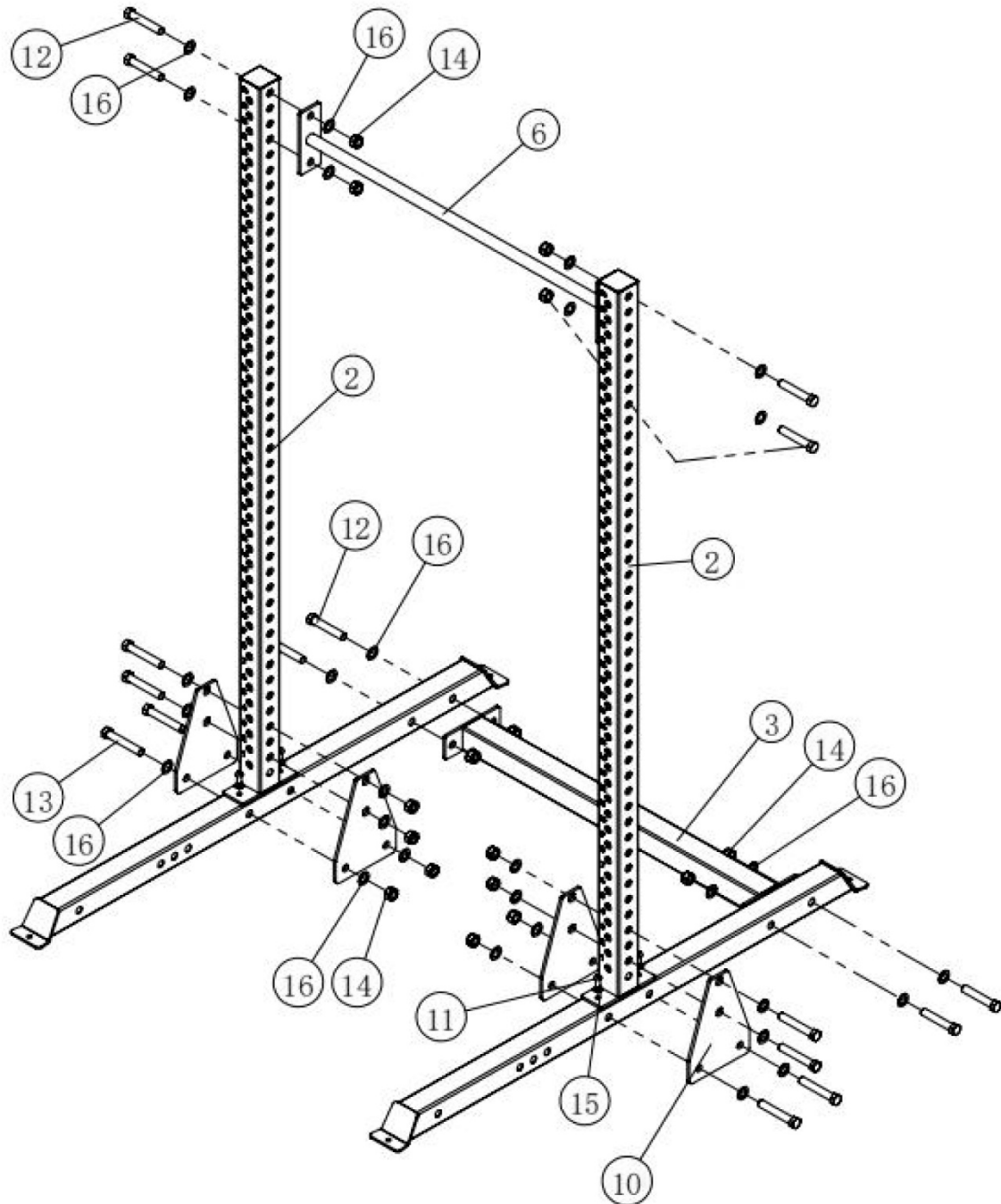
### STEP 1

1. Attach Bottom framework (1) to Lower connection frame (3) using Screw M20X110(12), Flat washer  $\Phi 20$  (16) and Lock nut M20 (14).



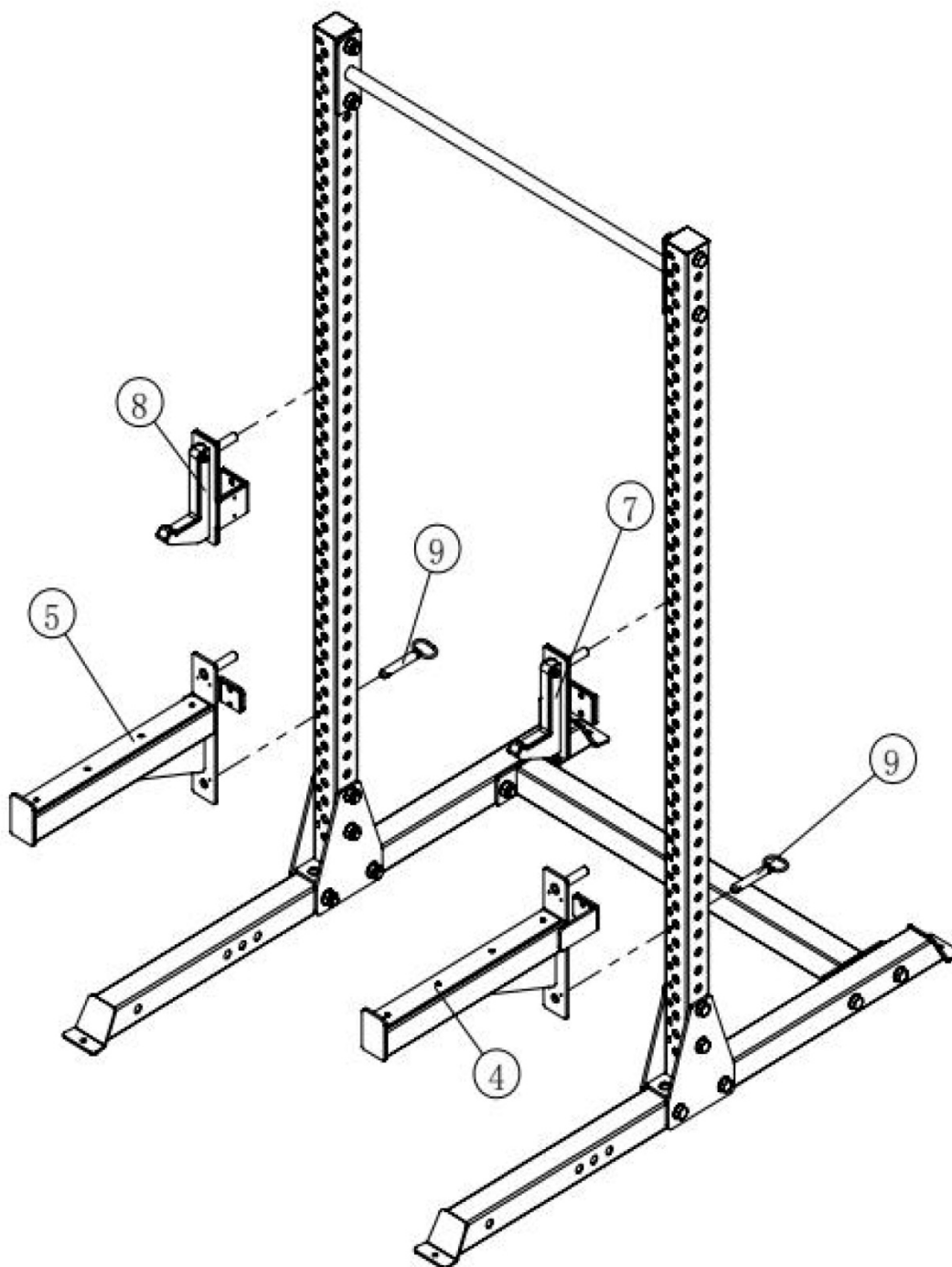
## STEP 2

1. Attach Upright tube (2) to Bottom framework (1) using Connection plate (10), Screw M12x125 (11), Flat washer  $\Phi 12$  (15), Screw M20X120(13), Flat washer  $\Phi 20$  (16) and Lock nut M20 (14).
2. Attach Upper connection frame (6) to Upright tube (2) using Screw M20X110(12), Flat washer  $\Phi 20$  (16) and Lock nut M20 (14).



## STEP 3

1. Attach Right safety frame (3) and Left safety frame (4) to Upright tube (2) using Plug (9).
2. Attach Left Support hook (8) and Right Support hook (9) to Upright tube (2).





# 5.WARRANTY

## AUSTRALIAN CONSUMER LAW

*Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.*

*You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at [www.consumerlaw.gov.au](http://www.consumerlaw.gov.au)*

Please visit our website to view our full warranty terms and conditions:

<http://www.lifespanfitness.com.au/warranty-repairs>

### **Warranty and Support:**

Please email us at [support@lifespanfitness.com.au](mailto:support@lifespanfitness.com.au) for all warranty or support issues.

For all warranty or support related enquiries an email must be sent before contacting us via any other means.