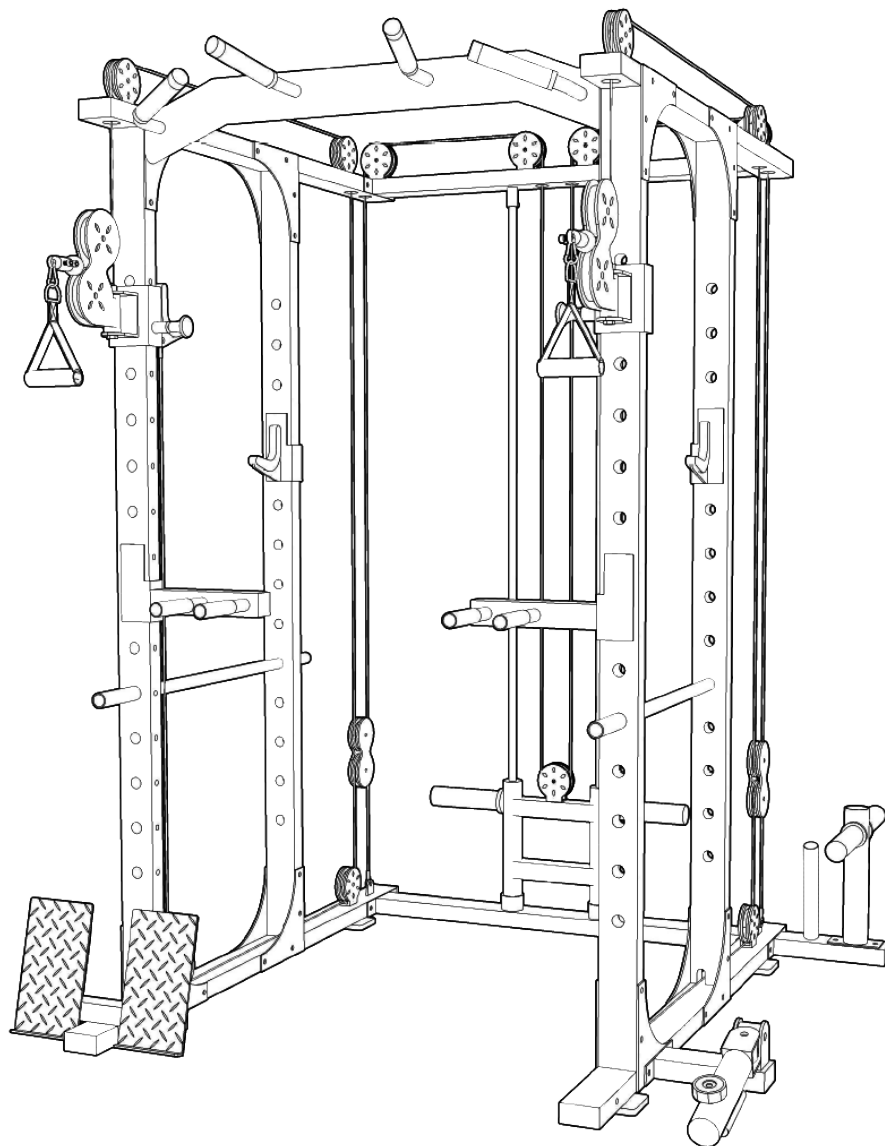


LSG

GRK100 Multi Function Power Rack with Adjustable Cable Pulleys

USER 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.**

NOTE:

This manual may be subject to updates or changes. Up to date manuals are available through our website at www.lsgfitness.com.au



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- I. Important Safety Instructions 03
- II. Parts List 04
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- IV. Exercise Guide 11
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I. IMPORTANT SAFETY INSTRUCTIONS

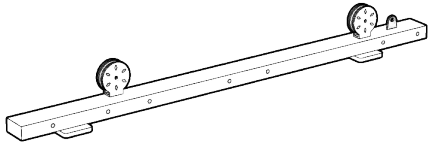


WARNING: Read all instructions before using this machine.

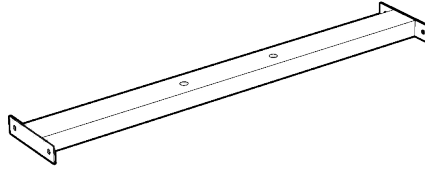
- Install the product on a flat level surface.
- Place your unit on a solid, level surface when in use.
- Never allow children on or near the machine.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
- Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
- Only 1 person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- Do not use the machine near water or outdoors.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
- Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
- Do not place any sharp objects around the machine.
- Users with disabilities should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.
- A spotter is recommended during exercise.

II. PARTS LIST

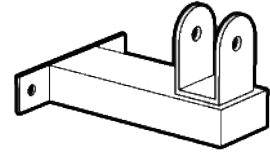
A1. Underframe x 2pcs.



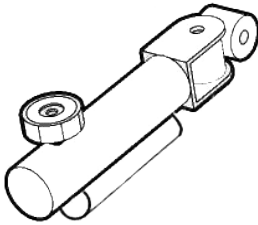
A2. Underframe (Rear) x 1pc.



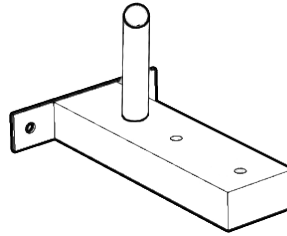
A3. Barbell Bar Sleeve Base x 1pc.



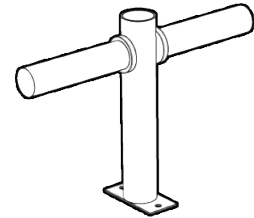
A4. Barbell Bar Sleeve Base x 1pc.



A5. Weight Storage Rack Base x 1 pc.



A6. Weight Storage Rack x 1pc.



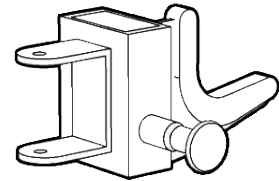
B1. Front Pillar x 2pcs.



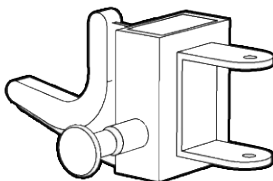
B2. Rear Pillar x 2pcs.



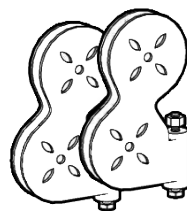
B3. Pulley Sliding Sleeve (Left) x 1pc.



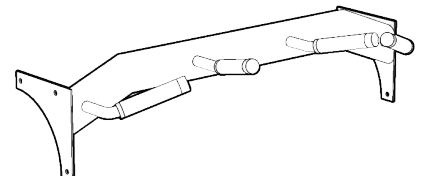
B4. Pulley Sliding Sleeve (Right) x 1pc.



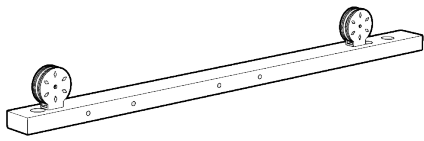
B5. Pulley Block x 1 pair



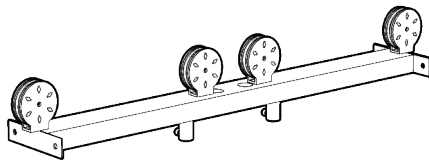
C1. Pull Up Frame x 1pc.



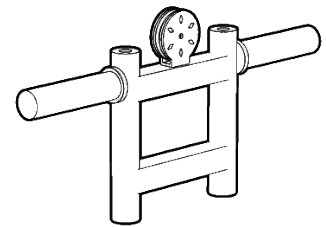
C2. Top Frame (Right/Left)
x 2pcs.



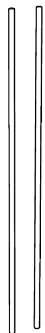
C3. Top Frame (Rear) x 1pc.



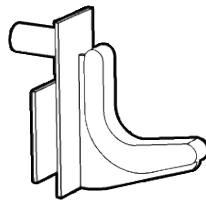
D1. Weight Frame x 1pc.



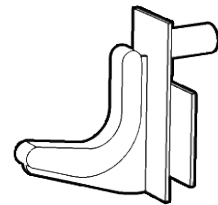
D2. Weight Frame Guide
Rod x 1 pair



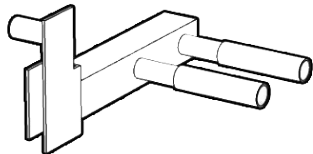
E1. Barbell Bar Hook Left
x 1pc.



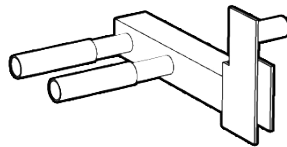
E2. Barbell Bar Hook Right
x 1pc.



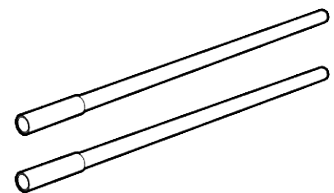
E3. Handlebar Left x 1pc.



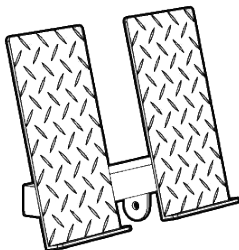
E4. Handlebar Right x 1pc.



E5. Safety Bar x 1 pair

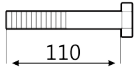


E6. Pedals x 1pc.

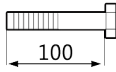


HARDWARE LIST

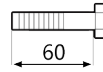
1. Bolt (M10*110)
x 5pcs.



2. Bolt (M10*100)
x 39pcs.



3. Bolt (M10*60)
x 3pcs.



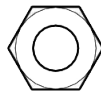
4. Bolt (M10*20)
x 3pcs.



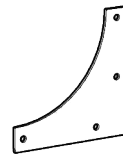
5. Washer (M10)
x 100pcs.



6. Locknut (M10)
x 50pcs.



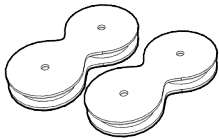
7. Fixed Connecting
Plate x 14pcs.



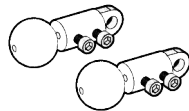
8. Shock Pad
x 2pcs.



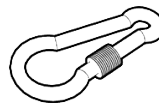
9. Moving Pulley
x 1 pair



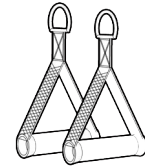
10. Rope Lock +
Stop Bead
x 1 pair



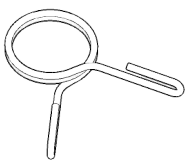
11. Clip x 2pcs.



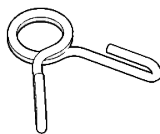
12. Handlebar
x 1 pair



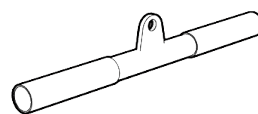
13. Weight Frame
Circlip x 2pcs



14. Safety Bar Circlip
x 2pcs.



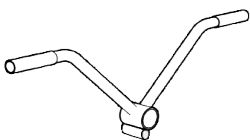
15. Cable Handlebar
Down x 1pc.



16. Cable Handlebar
Up x 1pc.

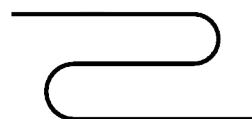


17. V Bar x 1pc

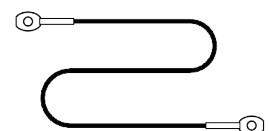


ROPE LIST

ROPE A.
(Long) x 1pc.



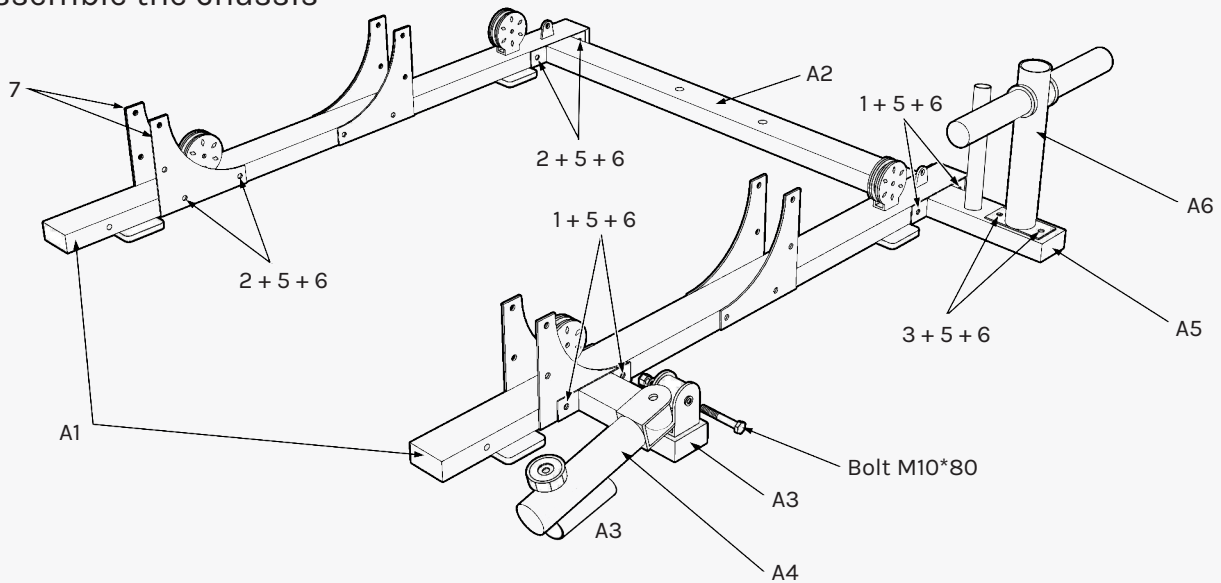
ROPE B.
(Short) x 2pcs.



III. ASSEMBLY INSTRUCTIONS

STEP 1.

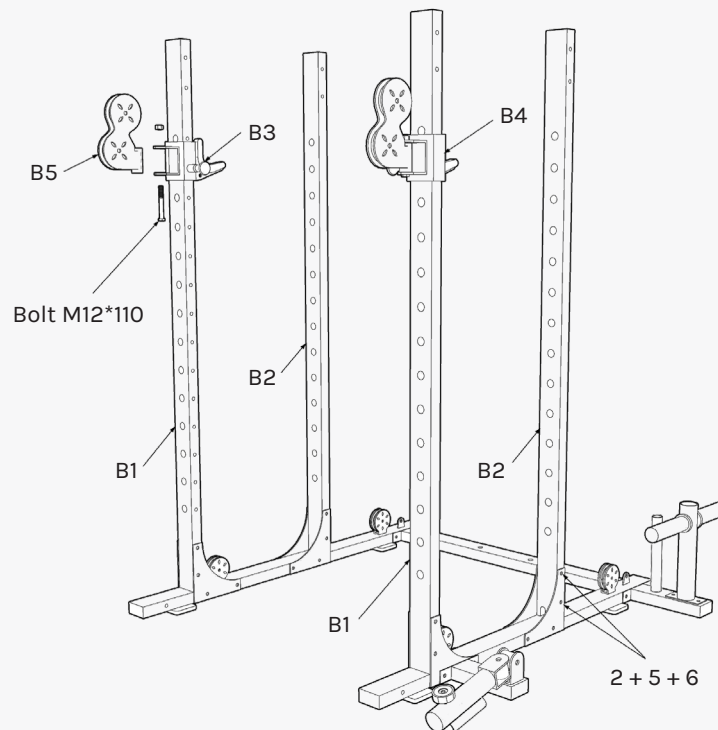
Assemble the chassis



1. As shown in the figure, fix 7 on the corresponding hole position of A1 with parts 2 + 5 + 6.
2. Connect A3 and A4 with their own bolts and fix them on A1 with parts 1 + 5 + 6 through 7.
3. Connect A5 and A6 with parts 3 + 5 + 6 and then fix them on A2 with parts 1 + 5 + 6.

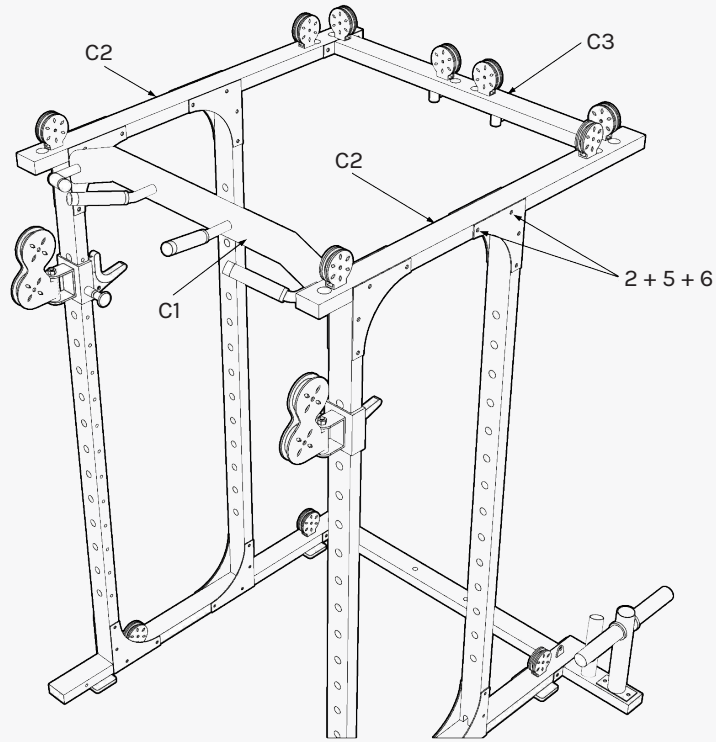
STEP 2.

Install the column



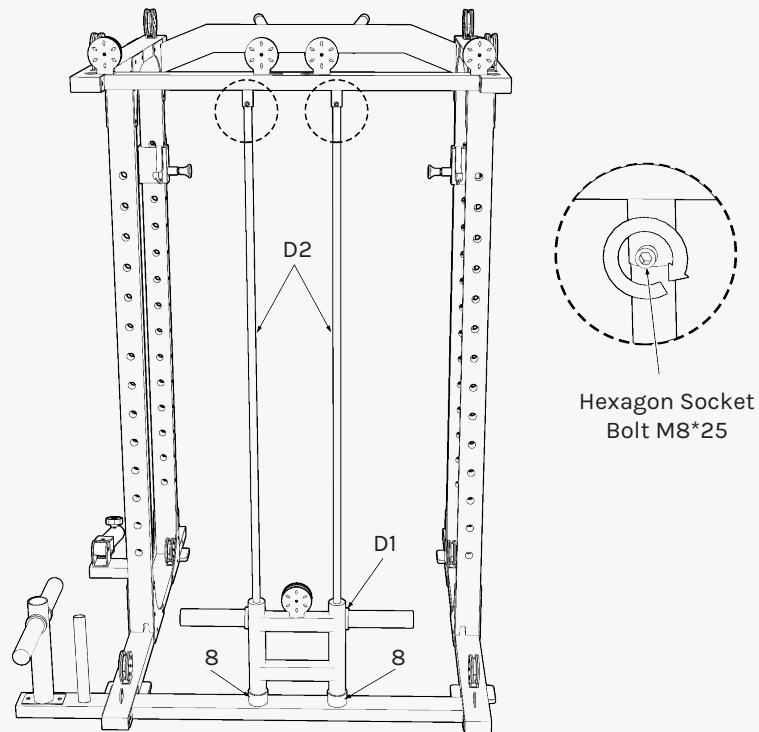
1. Fix B1 and B2 at the corresponding hole position of 7 with parts 2 + 5 + 6.
2. Note that the small hole of B1 faces inward. Slide B3 and B4 into B1 and fix B5 on B3 and B4 with its own bolts.

STEP 3.
Install the top frame



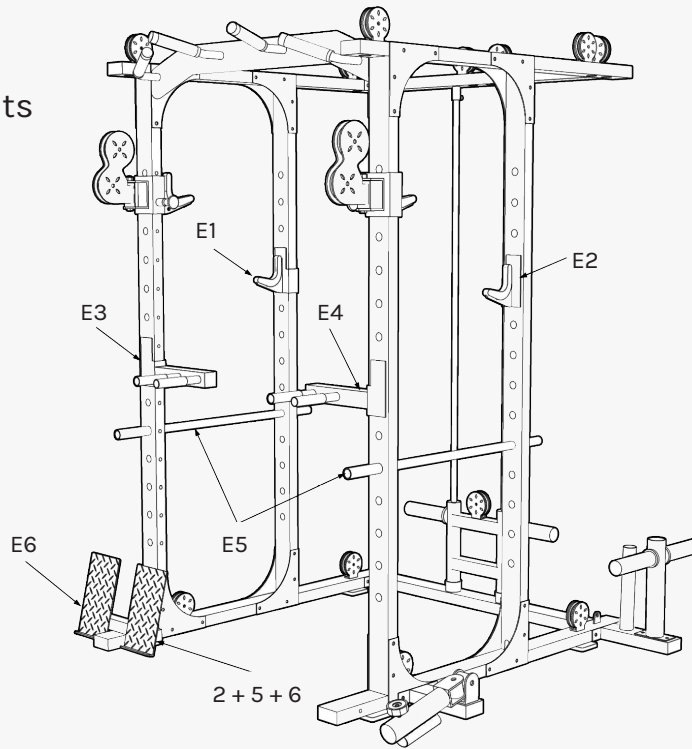
1. Connect C2 with the column with 7 and connect parts 2 + 5 + 6 and install C1 and C3 at the corresponding position as shown in the figure with parts 2 + 5 + 6.

STEP 4.
Install the counterweight frame



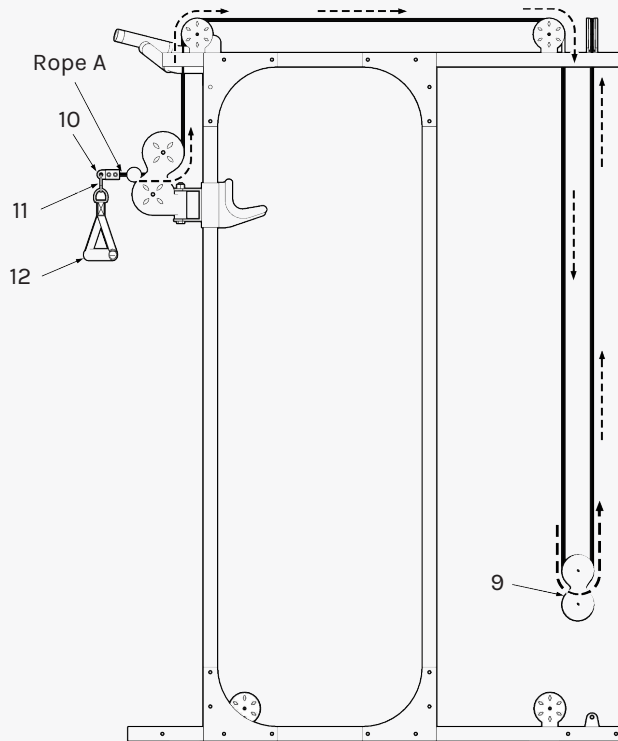
1. Insert D2 into the corresponding hole position of A2 through D1 and 8. Insert D2 upward into the corresponding hole position of C3 and fix it with hexagon socket bolts.

STEP 5.
Mountain components



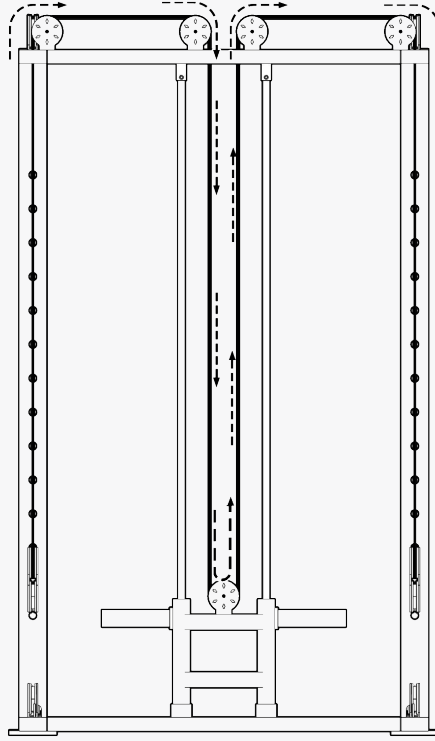
1. Install each component to the corresponding hole position and fix E6 to the corresponding hole position of A1 with 2 + 5 + 6.

STEP 6.
Install rope groups A

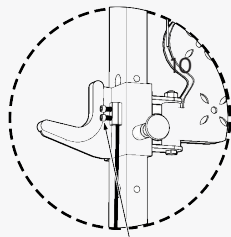


1. Put one end of rope A through the ball stop.
2. Insert the rope lock (10) and tighten the hexagon socket bolts.
3. Connect 10 and 12 with 11 and put the other end of Rope A through each pulley and pulley block in turn.
4. Insert another rope lock and connect 10 and 12 with 11.

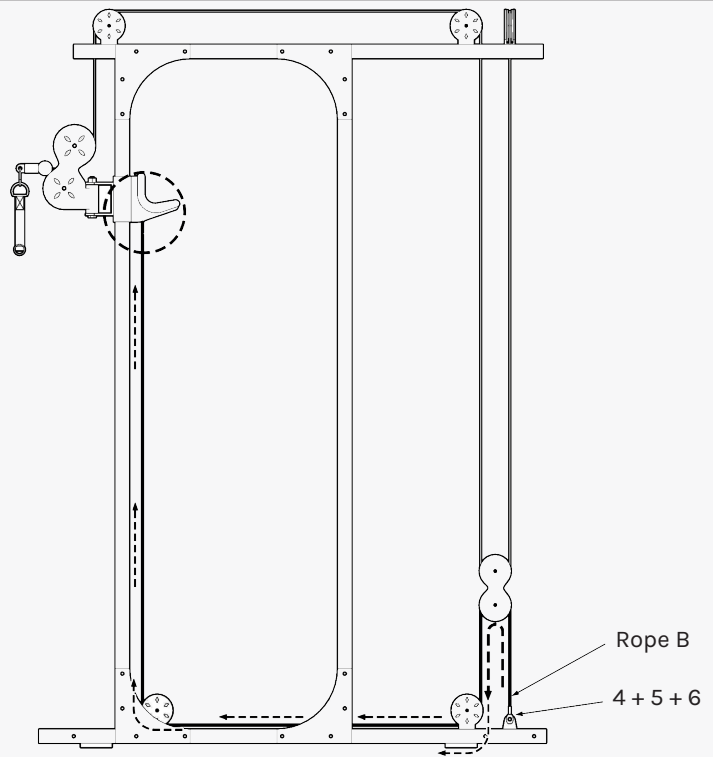
STEP 6-2.
Rear view



STEP 7.
Install rope groups B



Hexagon Socket Bolt M8*20



1. Use parts 4 + 5 + 6 to connect Rope B with the corresponding hole positions of A1 and A2 and pass the other end of Rope B through each pulley and pulley block in turn.
2. Fix the hole positions of B3 and B4 as shown in figure.

IV. EXERCISE GUIDE

! PLEASE NOTE:

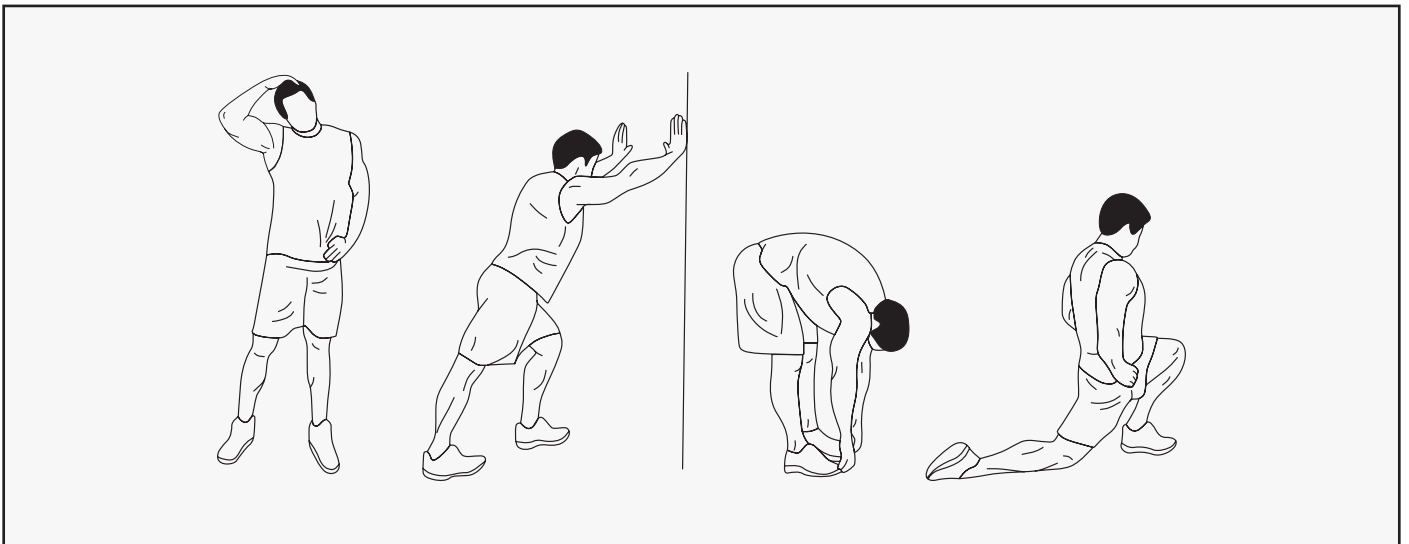
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercise is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



WARM UP

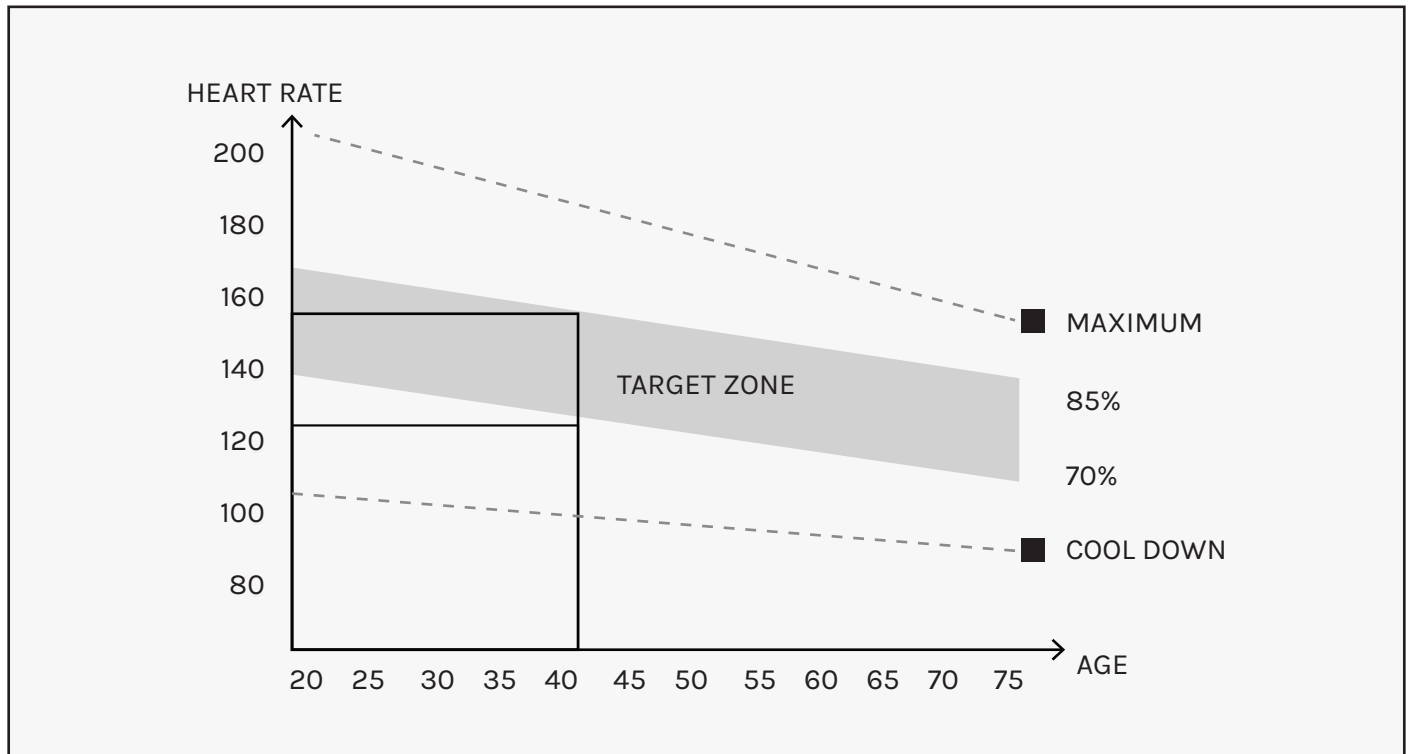
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

WORKOUT GUIDELINES



! This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

V. 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.

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

<https://www.lsgfitness.com.au/pages/warranty>

WARRANTY AND SUPPORT

Please email us at support@lsgfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries, please lodge a support ticket first by sending us an email.

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