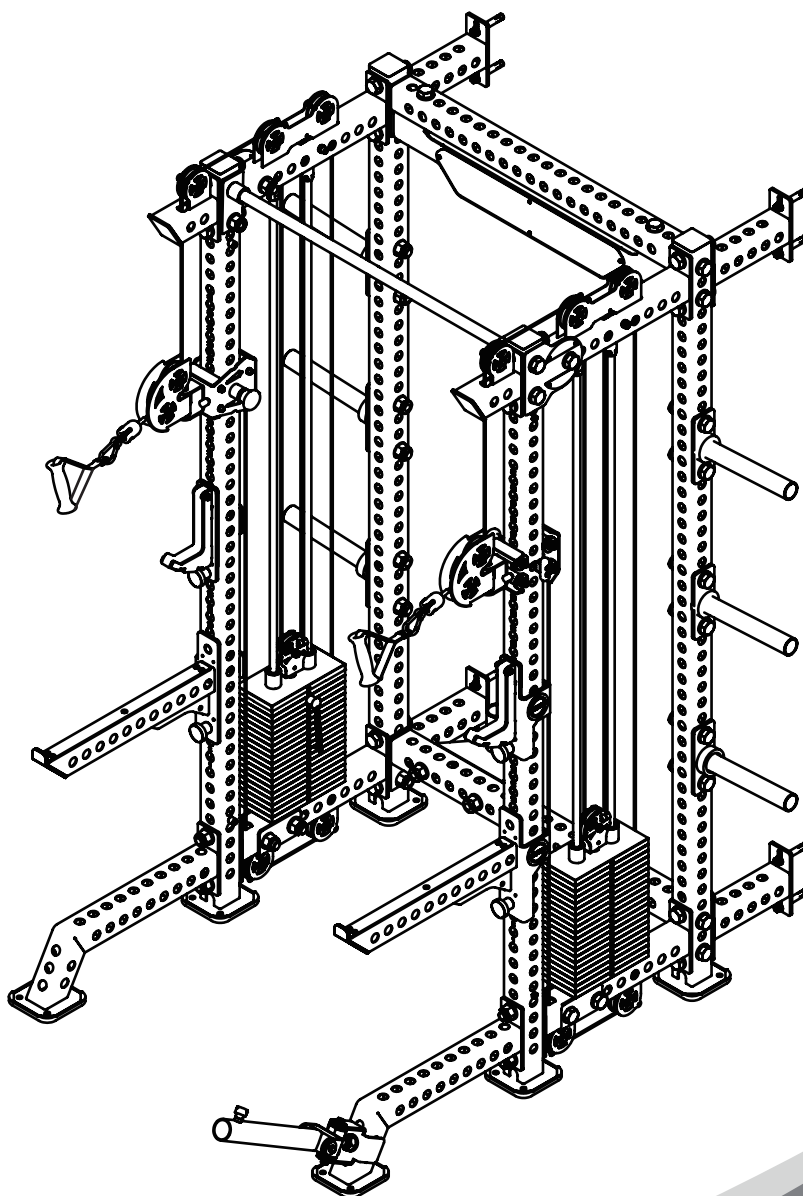


RR-WMHR-75-02

Wall-Mounted Half Rack With Dual Pulley

OWNER'S MANUAL



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

Read all precautions and instructions in this manual before using this equipment.

Table Of Contents

Important Safety Instructions----- 3

Instructions----- 4

Parts List----- 5

Exploded View----- 6

Measurement Guide----- 7

Assembly Instructions----- 8

Assembly----- 9

Maintenance Schedule----- 13

General Maintenance Information----- 14

Weight Training Tips----- 15

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

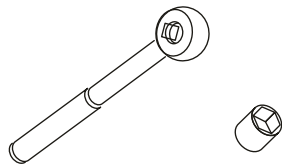
1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

Instructions

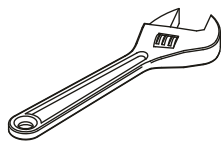
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

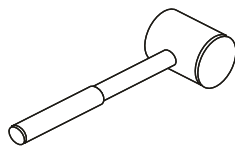
Tools Required



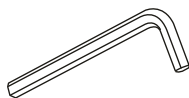
Ratchet Wrench and Socket



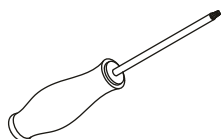
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



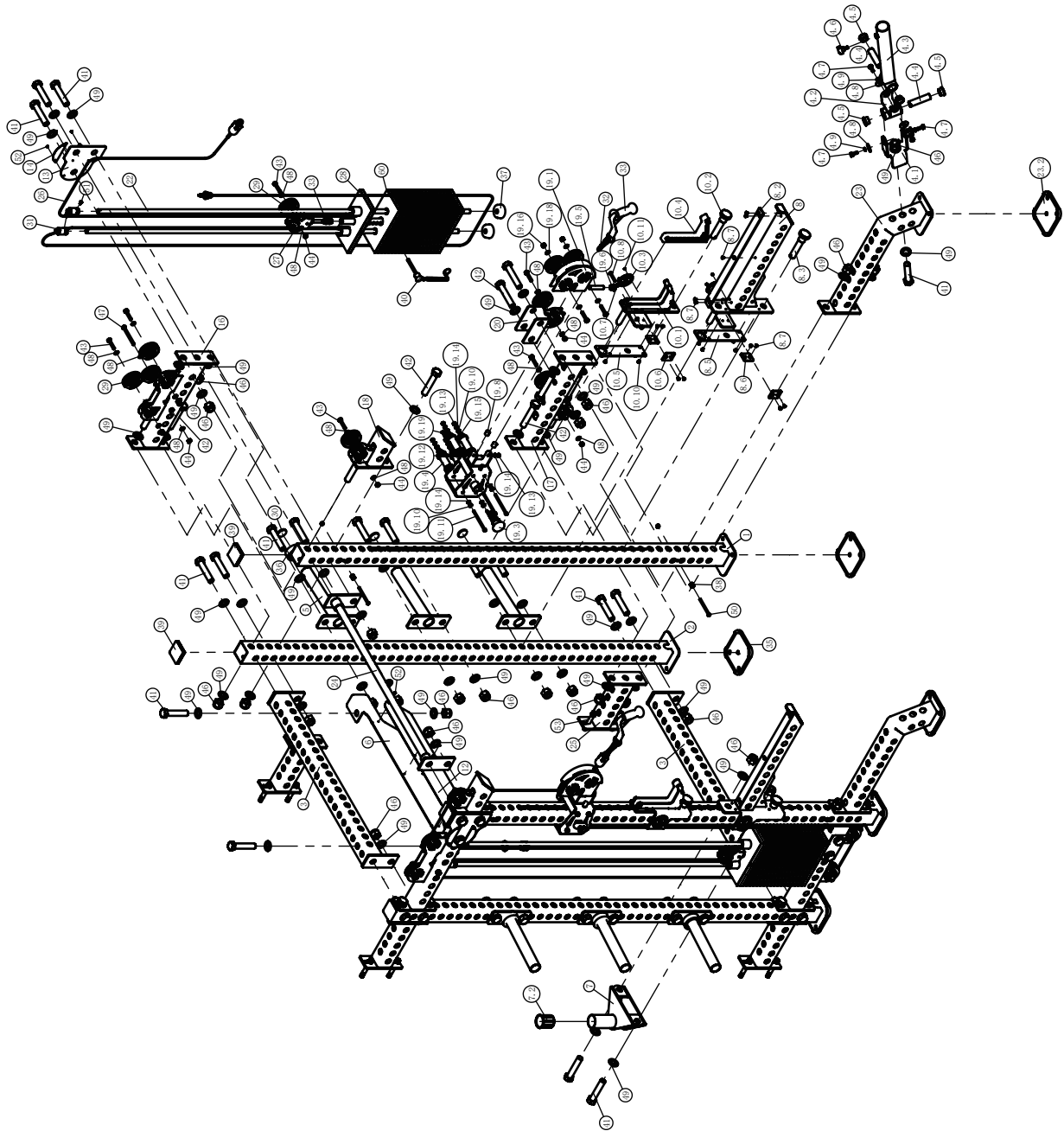
Phillips Screwdriver

Parts List

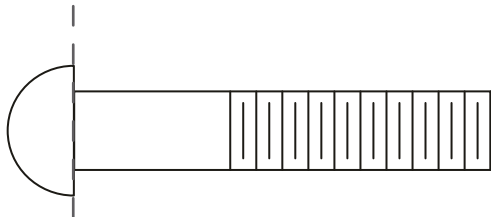
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item No.	Description	QTY	Item No.	Description	QTY
1	Adjustable Frame	2	19.3	Pop Pin	1
2	Upright Frame	2	19.4	Roller $\phi 42 \times 95$	4
3	Cross Brace	2	19.5	Double pulley frame shaft	1
4	Barrel	1	19.6	Bush $\phi 28 \times \phi 22 \times \phi 16 \times 18$	2
4.1	U-shaped connection frame	1	19.7	Pulley	2
4.2	Turret	1	19.8	Stop Collar $\phi 18 \times 14$	4
4.3	Battery Mounting Bracket	1	19.9	Small adjustment handle	1
4.4	Shaft $\phi 25.4 \times 102$	2	19.1	Roller Spacer Sleeve	8
4.5	Bushing $\phi 38 \times \phi 25.4 \times 18$	4	19.11	Socket Head Cap Screw M8 \times 120	4
4.6	Adjust The Handle M10 \times 20	1	19.12	Socket Head Cap Screw M8 \times 100	1
4.7	Hex Head Bolt M10 \times 25	4	19.13	Nylon Lock Nut M8	5
4.8	Flat Washer $\phi 11 \times \phi 38 \times 2$	4	19.14	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	10
4.9	Spring Washer $\phi 10$	4	19.15	Bearing 608-2Z	8
5	Barbell Bar Rack	6	19.16	Nylon Lock Nut M10	2
6	LOGO Fixed Plate 1016 \times 150 \times 69 \times 4	1	19.17	Hex Head Bolt M10 \times 50	2
7	Barbell placement rack	1	19.18	Flat Washer $\phi 11 \times \phi 20 \times 2$	4
7.1	Barbell placement rack	1	19.19	Flat Head Cap Screw M6 \times 30	2
7.2	Bush $\phi 60 \times 52.5 \times 63$	1	20	Low pulley frame	2
7.3	Rubber pad	1	21	Left pulley assembly	1
8	Right Safety Arm	1	21.1	Double Pulley Frame	1
8.1	Right Safety Arm	1	21.2	Carriage	1
8.2	Long Plastic Board 603 \times 41 \times 5	1	21.3	Pop Pin	1
8.3	Pin Shaft	1	21.4	Roller $\phi 42 \times 95$	4
8.4	LOGO Board $\phi 74 \times 1.5$	1	21.5	Stop Collar $\phi 18 \times 14$	2
8.5	Plastic Sheeting 255 \times 62 \times 5	1	21.6	Small adjustment handle	1
8.6	Plastic Sheeting 52 \times 44 \times 5	2	21.7	Roller Spacer Sleeve	8
8.7	Flat Head Cap Screw M6 \times 10	13	21.8	Bearing 608-2Z	8
8.8	Button Head Cap Screw M4 \times 4	2	21.9	Nylon Lock Nut M10	5
9	Left Safety Arm	1	21.1	Socket Head Cap Screw M8 \times 120	4
9.1	Left Safety Arm	1	21.11	Flat Washer $\phi 11 \times \phi 20 \times 2$	10
9.2	Long Plastic Board 603 \times 41 \times 5	1	21.12	Flat Head Cap Screw M6 \times 30	2
9.3	Pin Shaft	1	21.13	Pulley	2
9.4	LOGO Board $\phi 74 \times 1.5$	1	21.14	Nylon Lock Nut M10	2
9.5	Plastic Sheeting 255 \times 62 \times 5	1	21.15	Hex Head Bolt M10 \times 50	2
9.6	Plastic Sheeting 52 \times 44 \times 5	2	21.16	Flat Washer $\phi 11 \times \phi 20 \times 2$	4
9.7	Flat Head Cap Screw M6 \times 10	13	21.17	Double pulley frame shaft	1
9.8	Button Head Cap Screw M4 \times 4	2	21.18	Bush $\phi 28 \times \phi 22 \times \phi 16 \times 18$	2
10	Right Hook	1	21.19	Socket Head Cap Screw M8 \times 100	1
10.1	Right Hook	1	22	Guid Rod $\phi 19 \times 2058$	4
10.2	Pin Shaft	1	23	Ground frame components	2
10.3	LOGO Board $\phi 74 \times 1.5$	1	24	Horizontal Bar Rack	1
10.4	Right hook 241.3 \times 153.8 \times 25.7	1	25	Wall mounted connection bracket	4
10.5	Plastic Sheeting 255 \times 62 \times 5	1	26	Cable	2
10.6	Plastic Sheeting 52 \times 44 \times 5	2	27	Pulley frame	2
10.7	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2	28	Top Plate 5Kg	2
10.8	Button Head Cap Screw M8 \times 50	1	29	Pulley	14
10.9	Nylon Lock Nut M8	1	30	Aluminum blocking plate $\phi 42.9 \times 6$	6
10.1	Flat Head Cap Screw M6 \times 10	8	31	Guide rod positioning axis	4
10.11	Button Head Cap Screw M4 \times 4	2	32	Hulu Hook	2
11	Left Hook	1	33	Flange nut M12	4
11.1	Left Hook	1	34	Tensile sleeve set	2
11.2	Pin Shaft	1	35	Ground floor mat	4
11.3	LOGO Board $\phi 74 \times 1.5$	1	36	Spacer $\phi 76.2 \times \phi 47.9 \times 25.4$	6
11.4	Right hook 241.3 \times 153.8 \times 25.7	1	37	Rubber pad $\phi 63.5 \times \phi 19 \times 25.4$	4
11.5	Plastic Sheeting 255 \times 62 \times 5	1	38	Spacer sleeve $\phi 17 \times \phi 8.2 \times 18$	4
11.6	Plastic Sheeting 52 \times 44 \times 5	2	39	Plug F75 \times 16	4
11.7	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2	40	Select the iron pin group	2
11.8	Button Head Cap Screw M8 \times 50	1	41	Hex Head Bolt M24 \times 120	31
11.9	Nylon Lock Nut M8	1	42	Hex Head Bolt M24 \times 130	18
11.1	Flat Head Cap Screw M6 \times 10	8	43	Hex Head Bolt M10 \times 50	12
11.11	Button Head Cap Screw M4 \times 4	2	44	Nylon Lock Nut M10	14
12	LOGO Board 696 \times 120 \times 1.5	1	45	Nylon Lock Nut M8	4
13	Trim Panel 213 \times 200 \times 3	2	46	Nylon Lock Nut M24	45
14	LOGO Board 123 \times 38 \times 1.5	2	47	Hex Head Bolt M10 \times 105	2
15	LOGO Board 123 \times 38 \times 1.5	2	48	Flat Washer $\phi 11 \times \phi 20 \times 2$	28
16	Double pulley connection frame	2	49	Flat Washer $\phi 44 \times \phi 25 \times 4$	94
17	Single pulley connection frame	2	50	Socket Head Cap Screw M8 \times 100	4
18	High pulley frame	2	51	Button Head Cap Screw M6 \times 12	4
19	Right Pulley	1	52	Button Head Cap Screw M4 \times 4	12
19.1	Double Pulley Frame	1	53	Expansion bolt	8
19.2	Carriage	1	60	Weight Plate	38

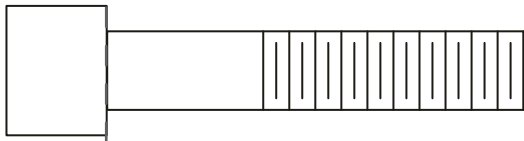
Exploded View



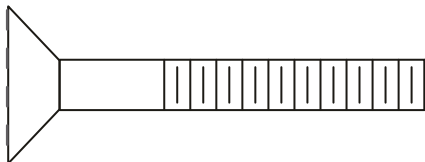
Measurement Guide



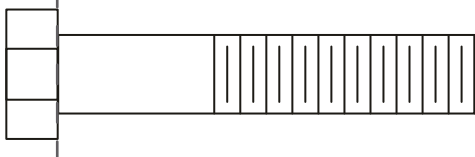
BHCS = Button Head Cap Screw



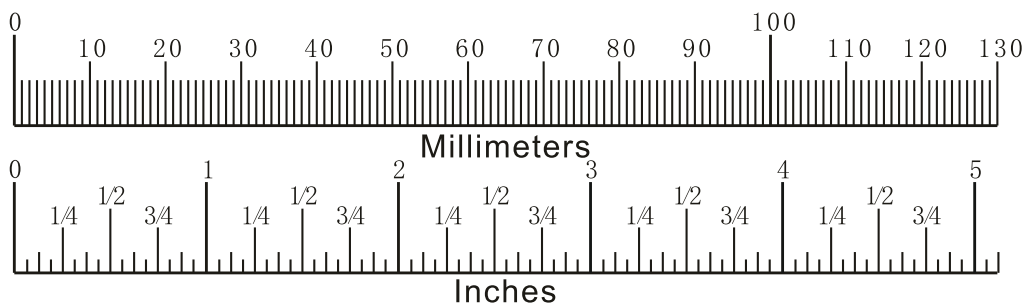
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

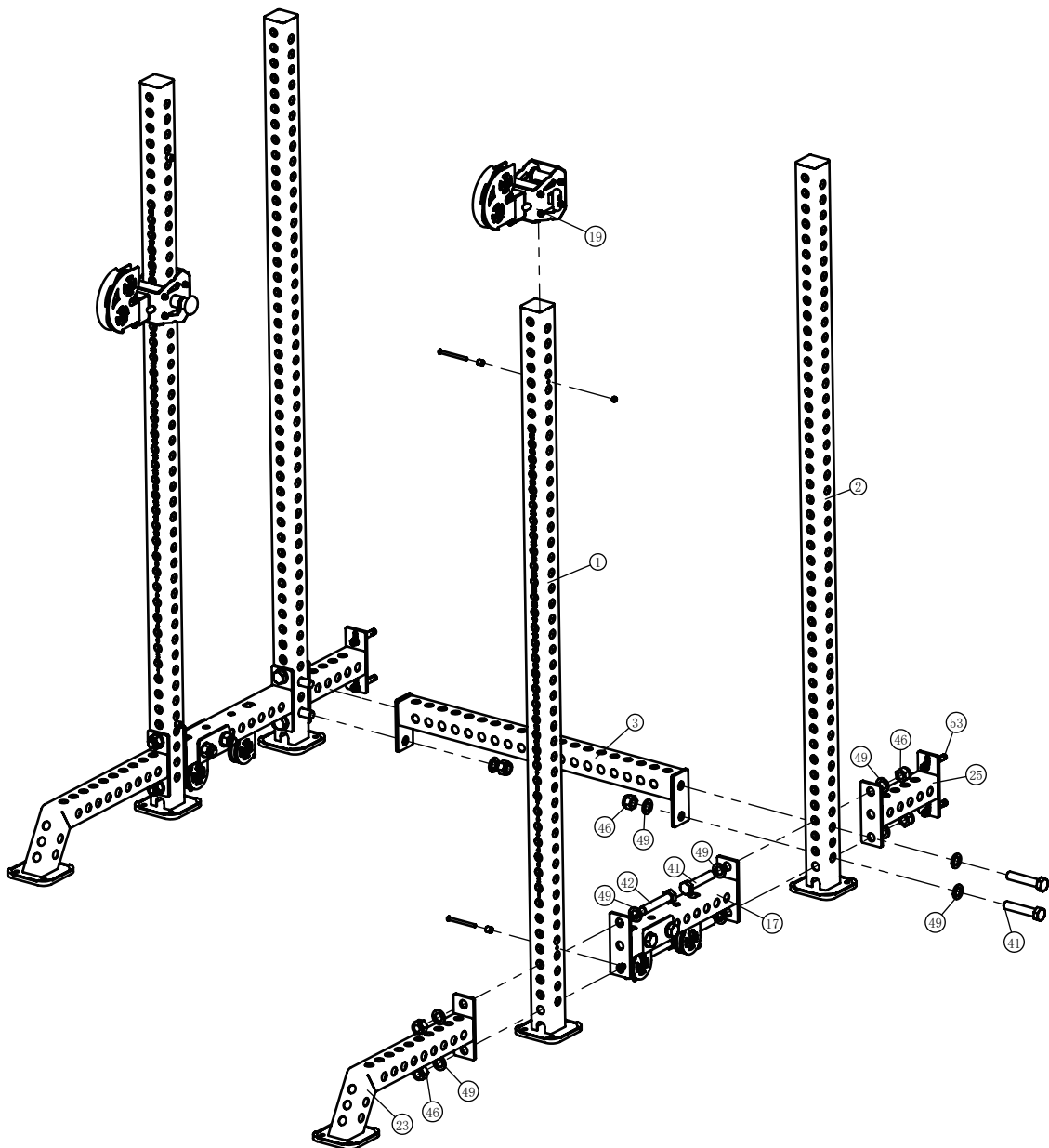
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	QTY	Item No.	Description	QTY
1	Adjustable Frame	2	25	Wall mounted connection bracket	2
2	Upright Frame	2	41	Hex Head Bolt M24×120	8
3	Cross Brace	1	42	Hex Head Bolt M24×130	4
17	Single pulley connection frame	2	43	Nylon Lock Nut M24	10
19	Right Pulley	1	49	Flat Washer $\phi 44 \times \phi 25 \times 4$	22
21	Left pulley assembly	1	53	Expansion bolt	4
23	Ground frame components	2			

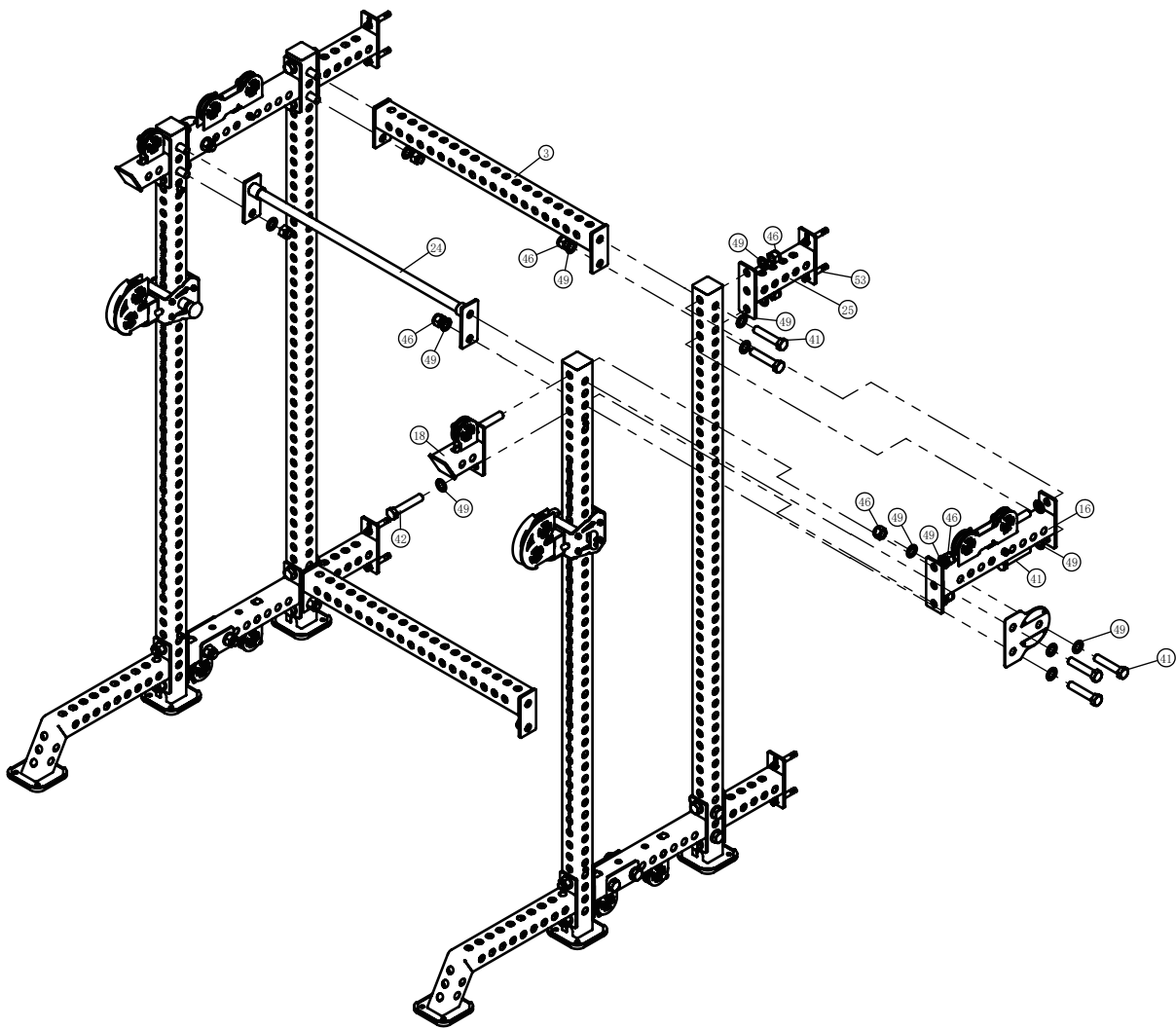


Assembly

STEP 2

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	QTY	Item No.	Description	QTY
3	Cross Brace	1	41	Hex Head Bolt M24×120	14
16	Double pulley connection frame	2	46	Nylon Lock Nut M24	14
18	High pulley frame	2	49	Flat Washer $\phi 44 \times \phi 25 \times 4$	30
24	Horizontal Bar Rack	1	53	Expansion bolt	4
25	Wall mounted connection bracket	2			

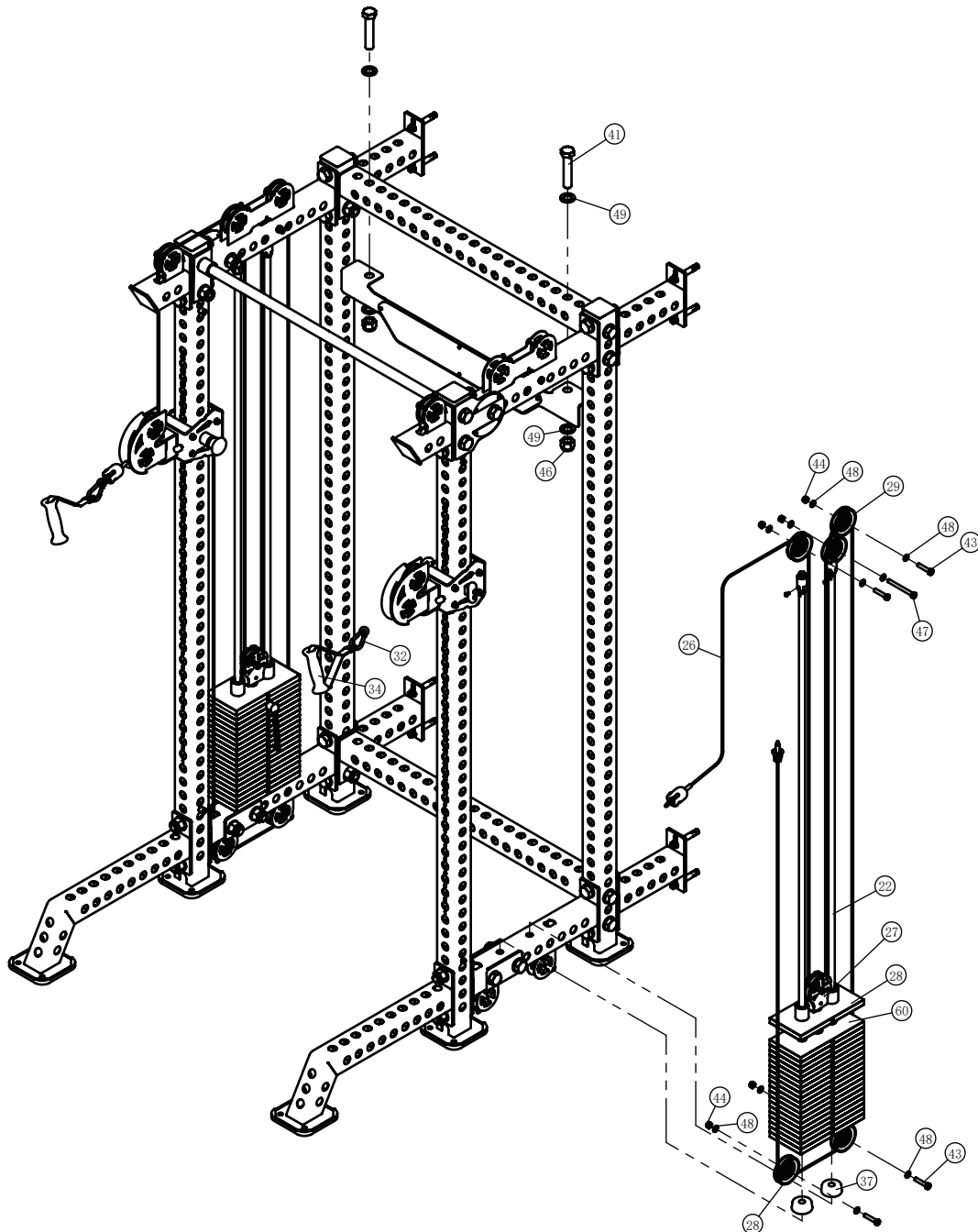


Assembly

STEP 3

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	QTY	Item No.	Description	QTY
22	Guid Rod $\phi 19 \times 2058$	4	37	Rubber pad $\phi 63.5 \times \phi 19 \times 25.4$	4
26	Cable	2	41	Hex Head Bolt M24 \times 120	2
27	Pulley frame	2	46	Nylon Lock Nut M24	2
28	Top Plate 5Kg	2	49	Flat Washer $\phi 44 \times \phi 25 \times 4$	4
32	Hulu Hook	2	60	Weight Plate	38
34	Tensile sleeve set	2			

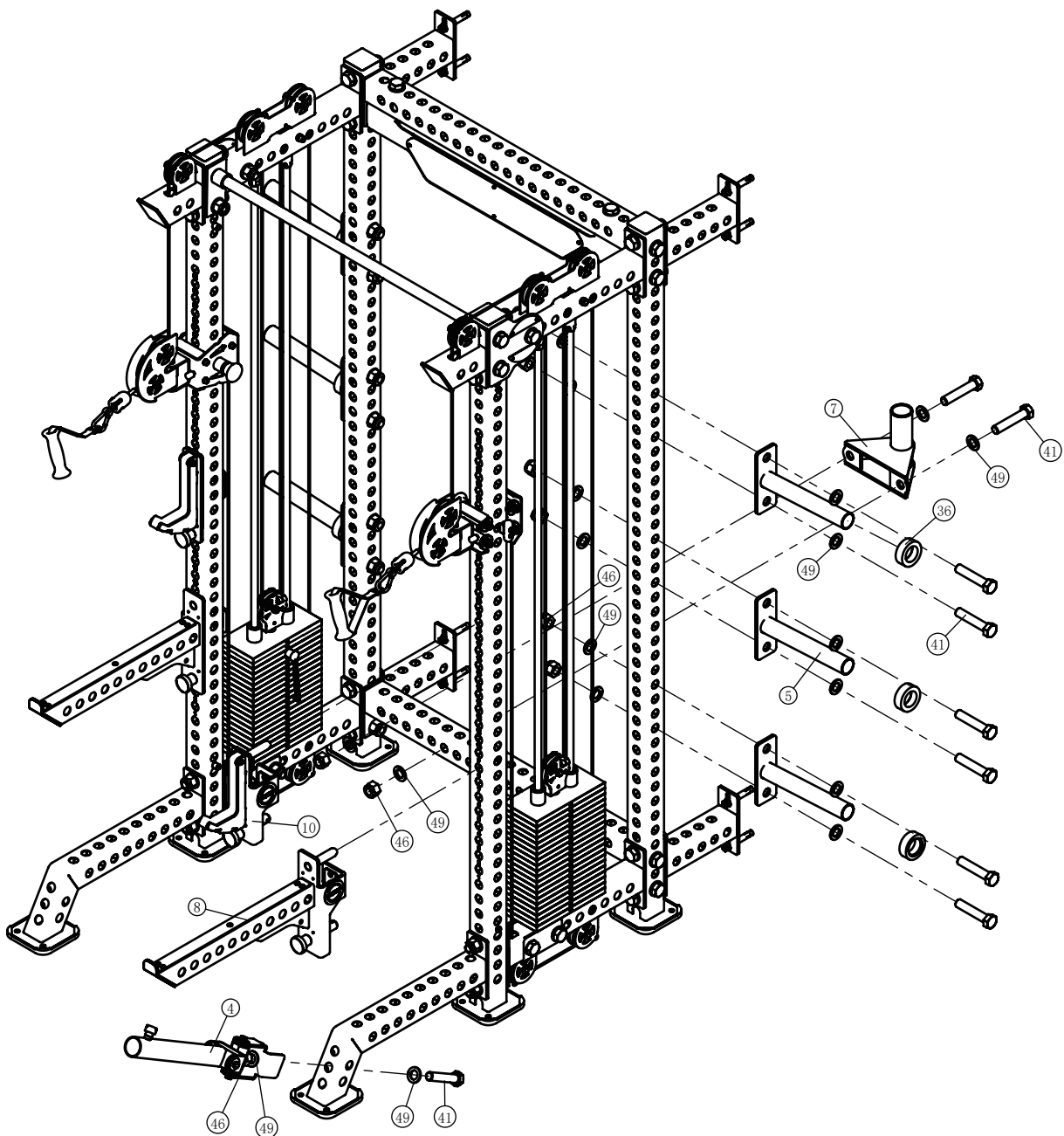


Assembly

STEP 4

Note: Wrench Tighten Screws.

Item No.	Description	QTY	Item No.	Description	QTY
4	Barrel	1	11	Left Hook	1
5	Barbell Bar Rack	6	36	Spacer $\phi 76.2 \times \phi 47.9 \times 25.4$	6
7	Barbell placement rack	1	41	Hex Head Bolt M24 \times 120	15
8	Right Safety Arm	1	46	Nylon Lock Nut M24	15
9	Left Safety Arm	1	49	Flat Washer $\phi 44 \times \phi 25 \times 4$	30
10	Right Hook	1			



Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY					
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY						
Clean; Upholstery	DAILY	WEEKLY						
Inspect; Cables or Belts and their tension	DAILY	WEEKLY						
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS						
Inspect; All Decals	WEEKLY	3 MONTHS						
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS						
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS						
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS						
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS						
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY						
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY						
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS						

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.