

FITNESS360[®]

FT3070

Foldbart Squat Rack – Vægmonteret



SAFETY PRECAUTION

Before using your equipment, please take a few moments to read these safety instructions carefully. Following these guidelines will help reduce the risk of injury and ensure safe, long-lasting use of your equipment.

a. Assembly

- Assemble the equipment according to the instructions provided.
- Only use the supplied parts intended specifically for this product.
- Before assembly, check that all components listed in the parts list are included

b. Read the Manual

- Read and understand this Owner's Manual before using the equipment.
- Familiarize yourself with all warning labels and recommended operating procedures.
- If you are unsure about proper use, consult your retailer or a qualified fitness professional.

c. Keep Documentation and Labels Intact

Retain this Owner's Manual for future reference and ensure all warning labels remain legible and intact. Replacement manuals and labels are available from your retailer.

d. Assistance During Assembly

- We recommend that two people assemble this equipment.

e. Consult a Physician

Consult your physician before beginning any exercise program, particularly if you have any medical conditions or concerns.

f. Children and Safety

Never allow children to use or play around the equipment without adult supervision.

g. Inspect Cables Regularly

- Regularly inspect cables for signs of wear or damage.
- Do not use the equipment if any cable is frayed or damaged.

h. Keep Clear of Moving Parts

Keep hands, limbs, loose clothing, jewelry, and long hair away from moving parts.

i. Use Appropriate Weight Loads

Do not attempt to lift more weight than you can safely control.

j. Exercise Responsibly

Train within your recommended fitness level. Do not exercise to exhaustion. Stop immediately if you experience pain, dizziness, or discomfort.

k. Inspect Equipment Before Use

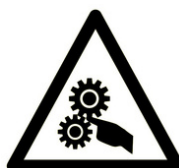
Check the machine regularly for loose hardware, worn parts, cracks, or other damage. Do not use the equipment until defective parts have been repaired or replaced.

l. Keep Sharp Objects Away

Do not place sharp objects around or near the machine.

m. Maximum User Weight

Maximum user weight: 120 kg.



ASSEMBLY INSTRUCTION

I. Before You Begin

- Please read the following instructions before assembling your machine.
- Ensure there is enough space to assemble and safely use the machine.
- Protect your floor by placing cardboard or another protective material underneath the machine during assembly.
- Some nuts and bolts are lightly coated with grease to prevent corrosion. Keep a cloth nearby to wipe your hands if necessary.
- Plastic end caps and plugs are pre-installed before shipment. They are shown in the assembly drawings for reference in case replacement parts are ever required.
- The machine uses bolts of different lengths. Always make sure you use the correct bolt specified for each assembly step.
- Take care not to damage any wires or cables during assembly.

II. Preparation

- Assemble the machine in a spacious, well-ventilated, and well-lit area.
- Due to the size and weight of the machine, we recommend that assembly is carried out by two people.
- Position the machine in its intended location before completing the final assembly, as it may be difficult to move afterwards.

Recommended Tools

- Standard screwdriver
- Adjustable wrench or socket wrench
- WD-40® or petroleum jelly (only if required)

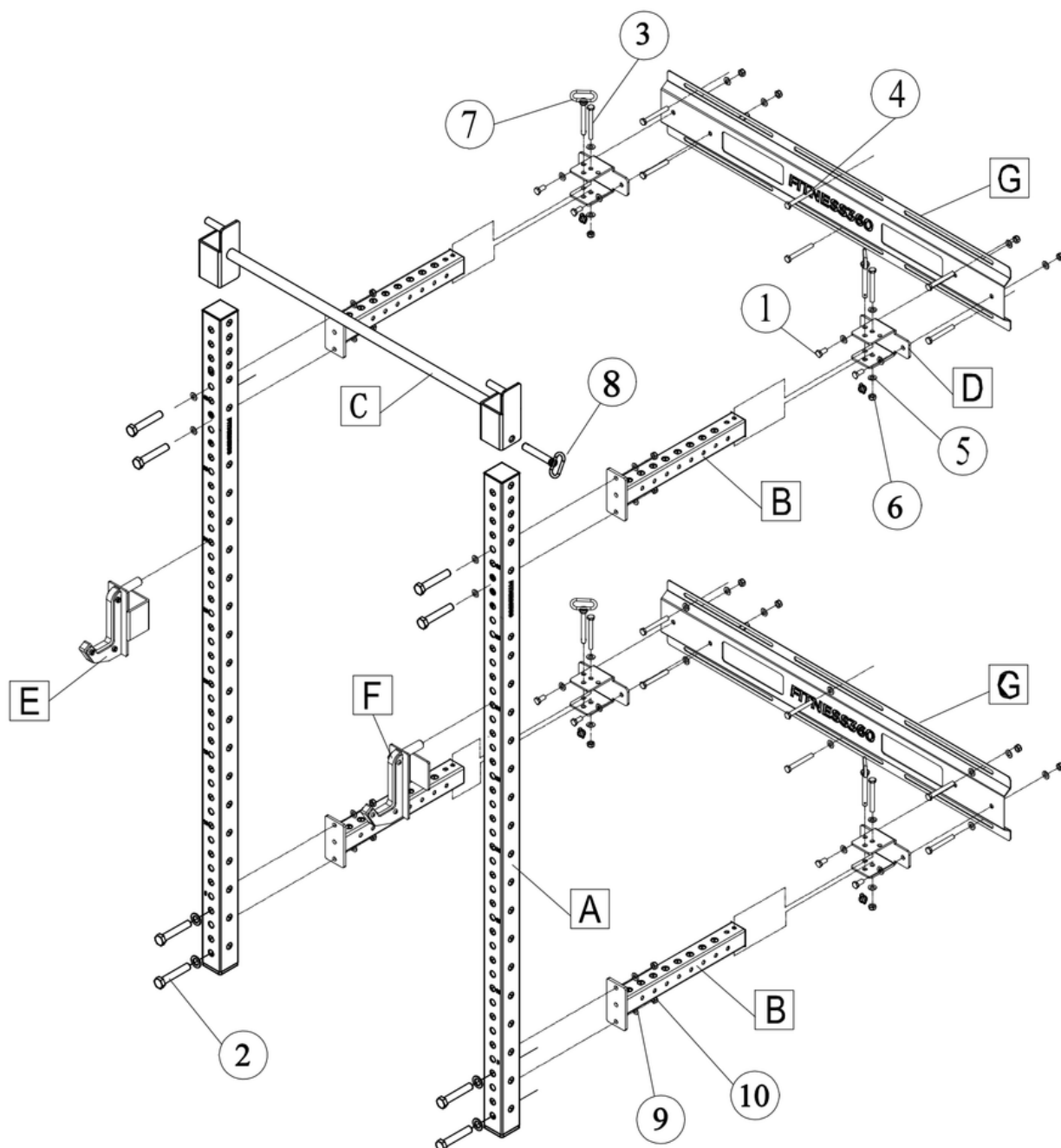
III. Assembly

Follow the step-by-step instructions on the following pages. Tighten all bolts securely unless otherwise instructed.

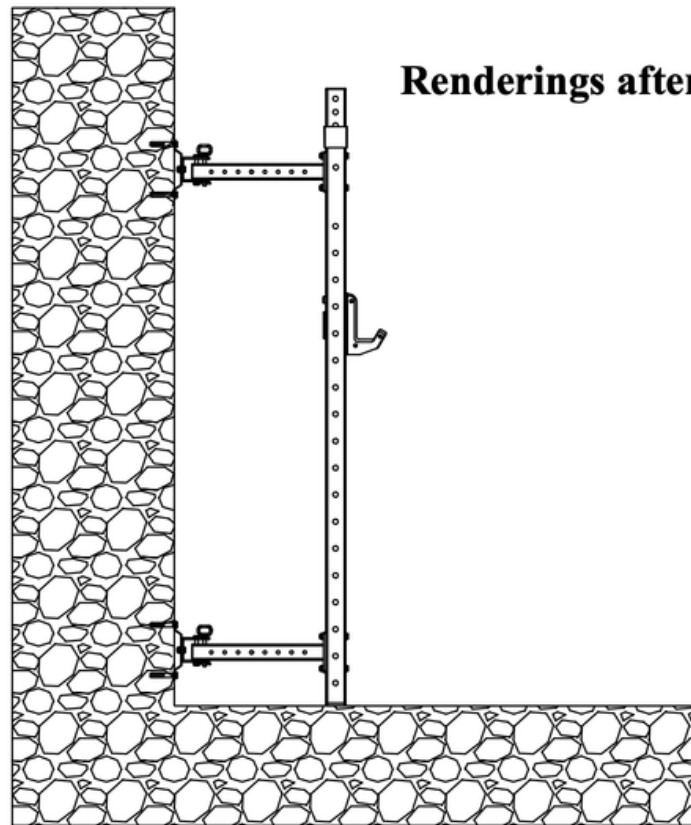
PART LIST

NO.	DESCRIPTION	QTY
A	UPRIGHT TUBE	2
B	CONNECTING TUBE	4
C	CHIN-UP BAR	1
D	FIXED BASE	4
E	LEFT J HOOK	1
F	RIGHT J HOOK	1
G	WALL MOUNTING PLATE	2
1	HEXAGONAL SCREW M12*25	8
2	HEXAGONAL SCREW M20*110	8
3	HEXAGONAL SCREW M12*105	4
4	WOOD SCREW M12*80	12
5	WASHER 12	24
6	LOCK NUT M12	12
7	Φ 12 PIN	4
8	Φ 20 PIN	1
9	WASHER 20	16
10	LOCKNUT M20	8

STEP 1



1		M12*25	Qty:8	4		M12*80	Qty:12
2		M20*110	Qty:8	5		12	Qty:24
3		M12*105	Qty:4	6		M12	Qty:12
9		20	Qty:16	10		M20	Qty:8



Renderings after installation

Equipment when not in use can be folded up to save space.

