

# PRO HALF RACK C1

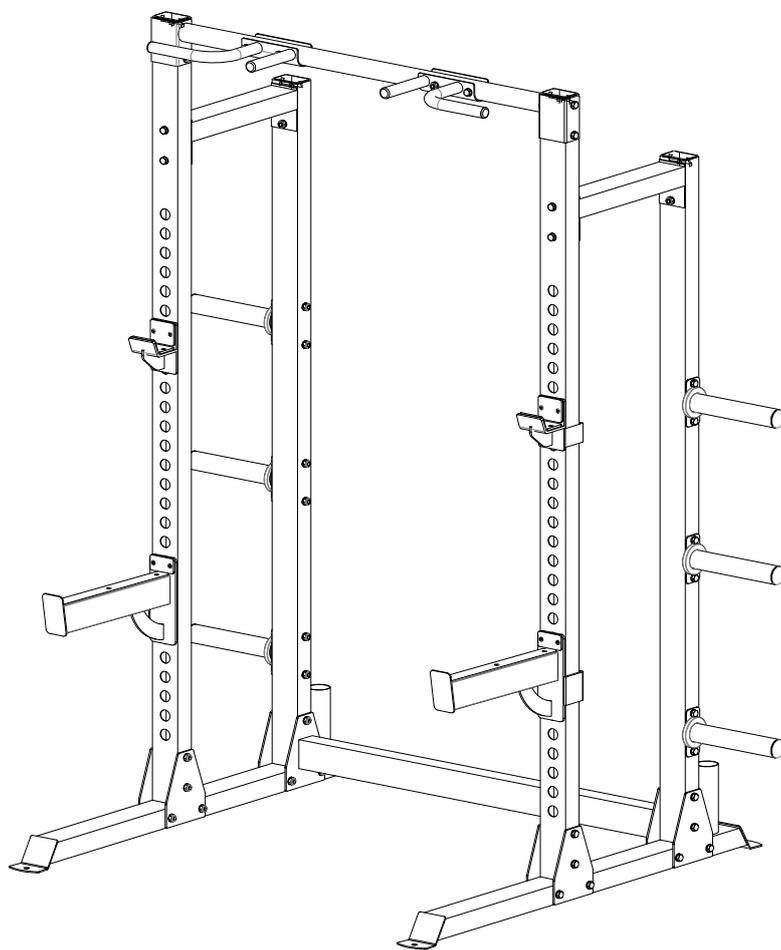


Tools Required:

14-17mm Box wrench

## OWNER'S MANUAL

Retain This Manual For Reference



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## BEFORE YOU BEGIN

Thank you for selecting the Pro Half Rack. For your safety and benefit, read this manual carefully before using the machine.

# **IMPORTANT SAFETY NOTICE**

## **PRECAUTIONS**

Certain precautions apply when you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on an obstruction free, level surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. 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.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp objects around the machine.
9. Before using the machine, always stretch properly to warm up.
10. Never operate the machine if the machine is not functioning properly.
11. Always exercise with an experienced spotter.
12. **DO NOT** hang anything from Half Rack Frame Components or bars, including heavy bags or suspension devices. Extra weight can cause the Half Rack Frame to fall causing serious injury.
13. **NEVER** swing from Half Rack Frame Components or bars.
14. **NEVER** hang upside down or inverted from Frame Components or bars.
15. Use **ONLY** the accessories that accompany this product.
16. Use the numbering system on the Half Rack Upright Components to ensure the Spotting Arms are level. **ALWAYS** install Spotter Arms at same height.

## **Instructions:**

1. Set the Safety Spotters just below (1-2 inches) the lowest point of the exercise being performed.
2. Always start with weight bar on the Bar Holders.
3. Do not drop weight or weight bar on Safety Spotters.
4. Use numbers on the Half Rack frame to install Safety Spotters at same level.

## **CARE AND MAINTENANCE**

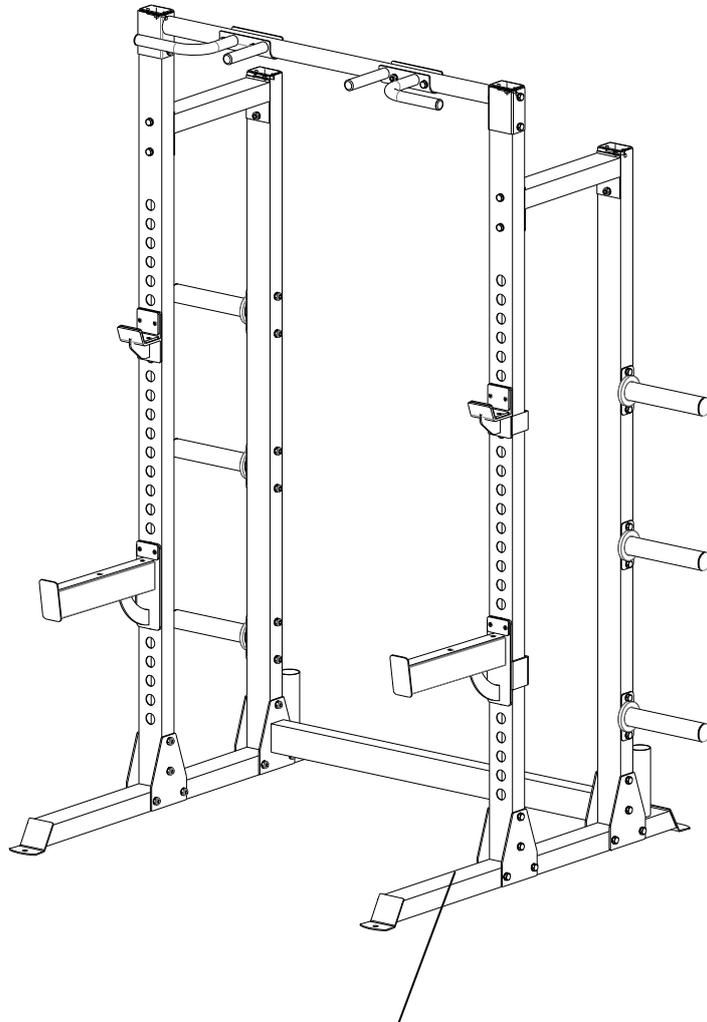
1. Periodically Lubricate moving parts with WD-40 or light oil
2. Inspect and tighten all parts before using the machine. DO NOT overtighten. If parts are worn or damaged, DO NOT use.
3. **Failure to examine regularly may affect the safety level of the machine.**
4. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents or bleach.
5. **Maximum weight Capacity (User weight + Weights): 600 lbs**
6. Assembled Dimension: 51"L x 65.7"W x 85"H

**WARNING: CONSULT WITH YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. NOT FOR USE BY CHILDREN UNDER AGE 14. INSPECT FOR DAMAGE BEFORE EACH USE. DO NOT USE IF DAMAGED OR MISSING PARTS.**

**SAVE THESE INSTRUCTIONS.**

## WARNING LABEL PLACEMENT

The warning labels shown here have been placed on the Frame Base.

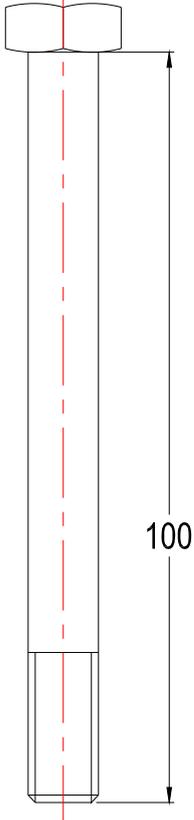


# WARNING

Read user's manual. The possibility of serious injuries, including paralysis or death, may occur if caution is not used when using this equipment. Consult your physician prior to starting any exercise program. This product is not designed for use by children. All warnings and instructions must be read and followed and proper instructions be obtained prior to use. Replace this label if damaged, illegible or removed. This product is intended for home use only, not institutional or commercial use.

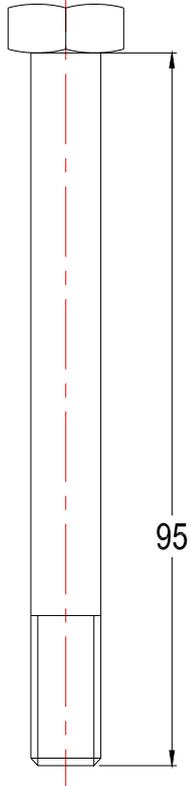
# HARDWARE PACK

#16  
Qty:16



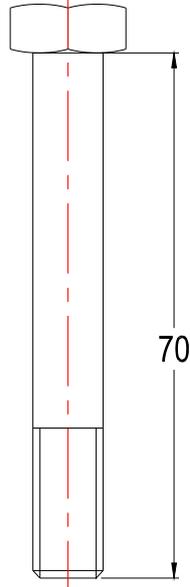
M10\*100

#19  
Qty:16



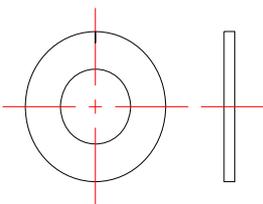
M10\*95

#20  
Qty:12



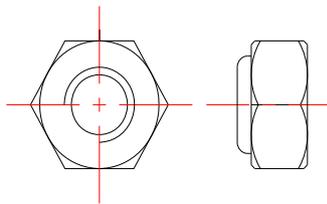
M10\*70

#17  
Qty:80



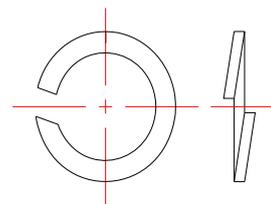
10/20mm

#18  
Qty:36



M10

#23  
Qty:8



10/16mm

## ASSEMBLY INSTRUCTION

- A flat area of 6' x 6' will be required to properly assemble the Half Rack.
- The following tools will be required to completed the assembly of the Half Rack:
  - 14-17mm Box wrench

All plastic end caps and plugs have been assembled on the unit prior to shipment. They are shown on the assembly drawing for reference in the event replacement parts are needed.

**NOTICE** It is strongly recommended that this machine be assembled and moved by two or more people to avoid possible injury.

Please refer to the illustration to ensure that all parts are oriented correctly. **HAND TIGHTEN ALL BOLTS INITIALLY UNTIL THE UNIT IS COMPLETELY ASSEMBLED.** Check all hardware by placing them against the real size drawing on the "Bolts & Washers Size Chart". Over tightening will cause metal to crimp, do not over tighten.

### STEP 1 (See Diagram 1)

- a) Make sure there are two adults to assemble this item.
- b) Attach left Rear Support Frame (4) and the Rear Base Frame (2) to the left Base Frame (1) using four Hex Head Bolts (16), three Hex Head Nuts (18), seven Washers (17), one Spring Washer (23) and one Front Support Plate (6).
- c) Repeat step b) for the right side.
- d) Attach left Front Upright (3) to the left Base Frame (1) using four Hex Head Bolts (16), eight Washers (17), four Hex Head Nuts (18) and two Front Support Plates (6).
- e) Attach left Upper Frame (8) to left Front Upright (3) and left Rear Support Frame (4) using four Hex Head Bolts (20), six Washers (17), two Spring Washers (23) and two Hex Head Nuts (18).
- f) Repeat step d) and e) for the right side.
- g) Attach Upper Cross Frame (5) to left and right Front Upright (3) using four Hex Head Bolts (19), six Washers (17), two Spring Washers (23), two Hex Head Nuts (18).
- h) Attach one of the Olympic Plate Storage (7) to left Rear Support Frame (4) using two Hex Head Bolts (19), four Washers (17) and two Hex Head Nuts (18).
- i) Place the Round Rubber Pad (15) onto Olympic Plate Storage (7).
- j) Repeat step h) and i) for the remaining five Olympic Plate Storages (7).

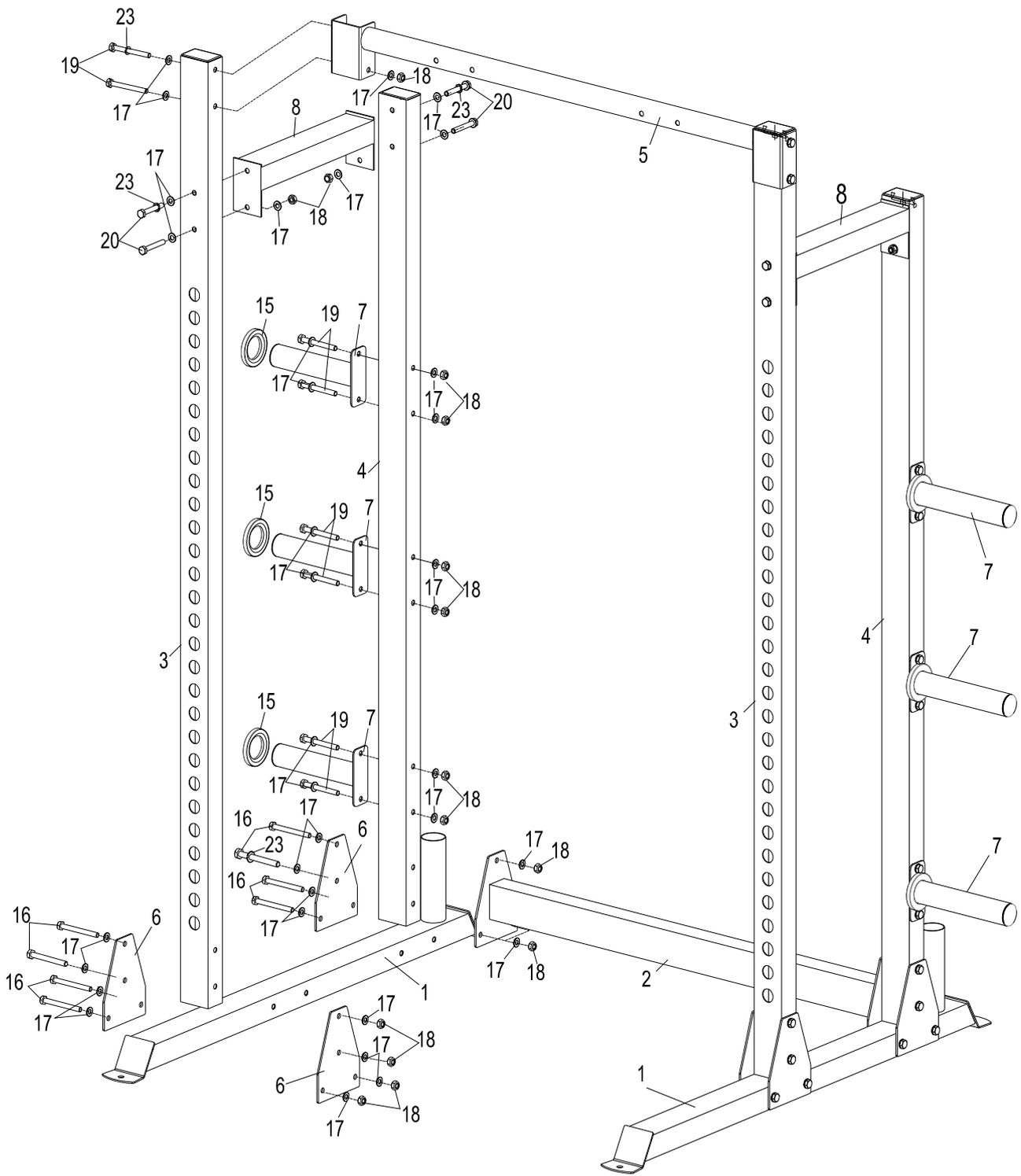


Diagram 1. Main Frame Assembly

## Step 2 (See Diagram 2)

- a) Attach Left Pull-up Handle (9) to the Upper Cross Frame (5) using two Hex Head Bolts (20), four Washers (17), and two Hex Head Nuts (18).
- b) Repeat step a) for Right Pull-up Handle (10).

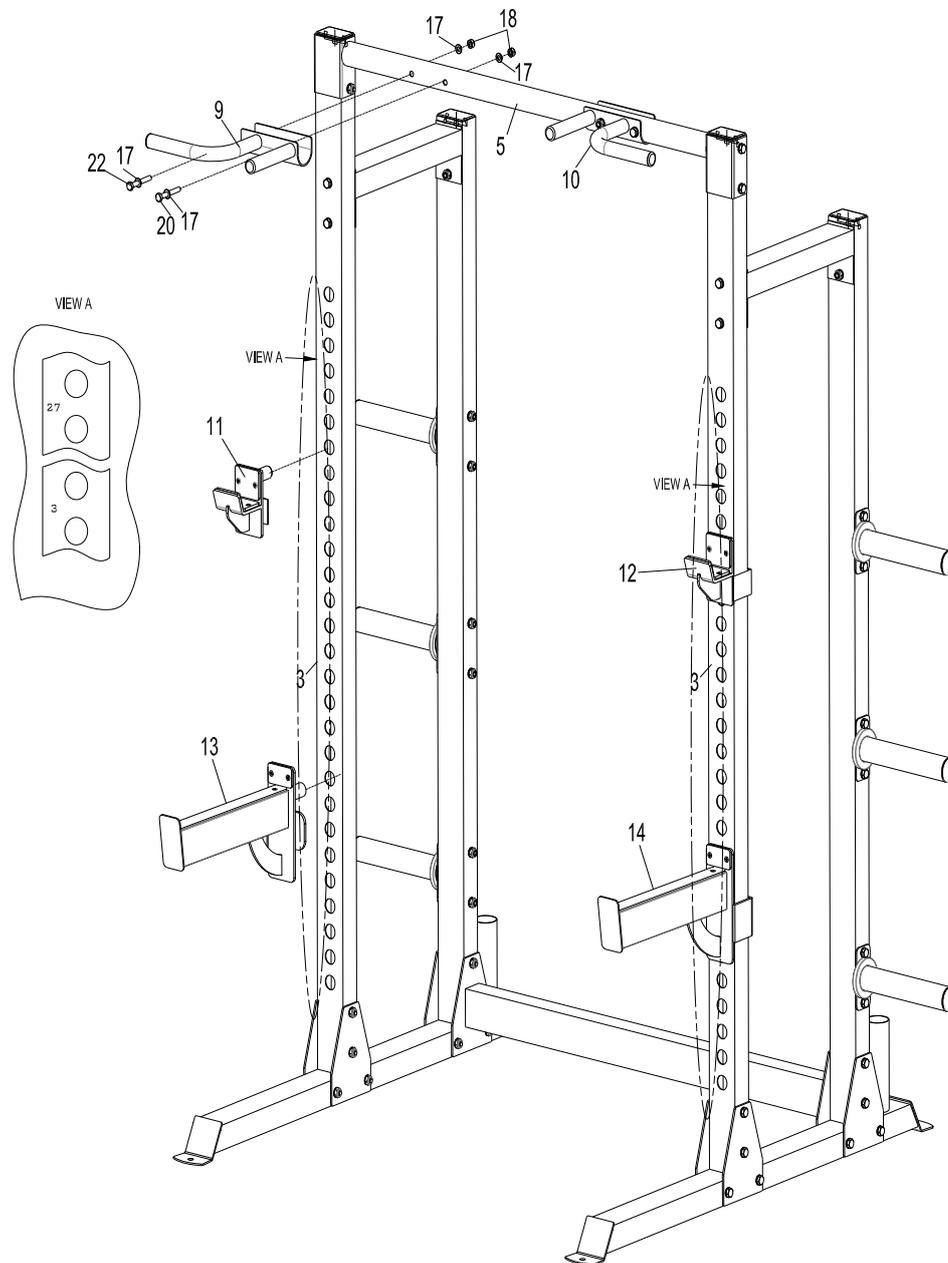
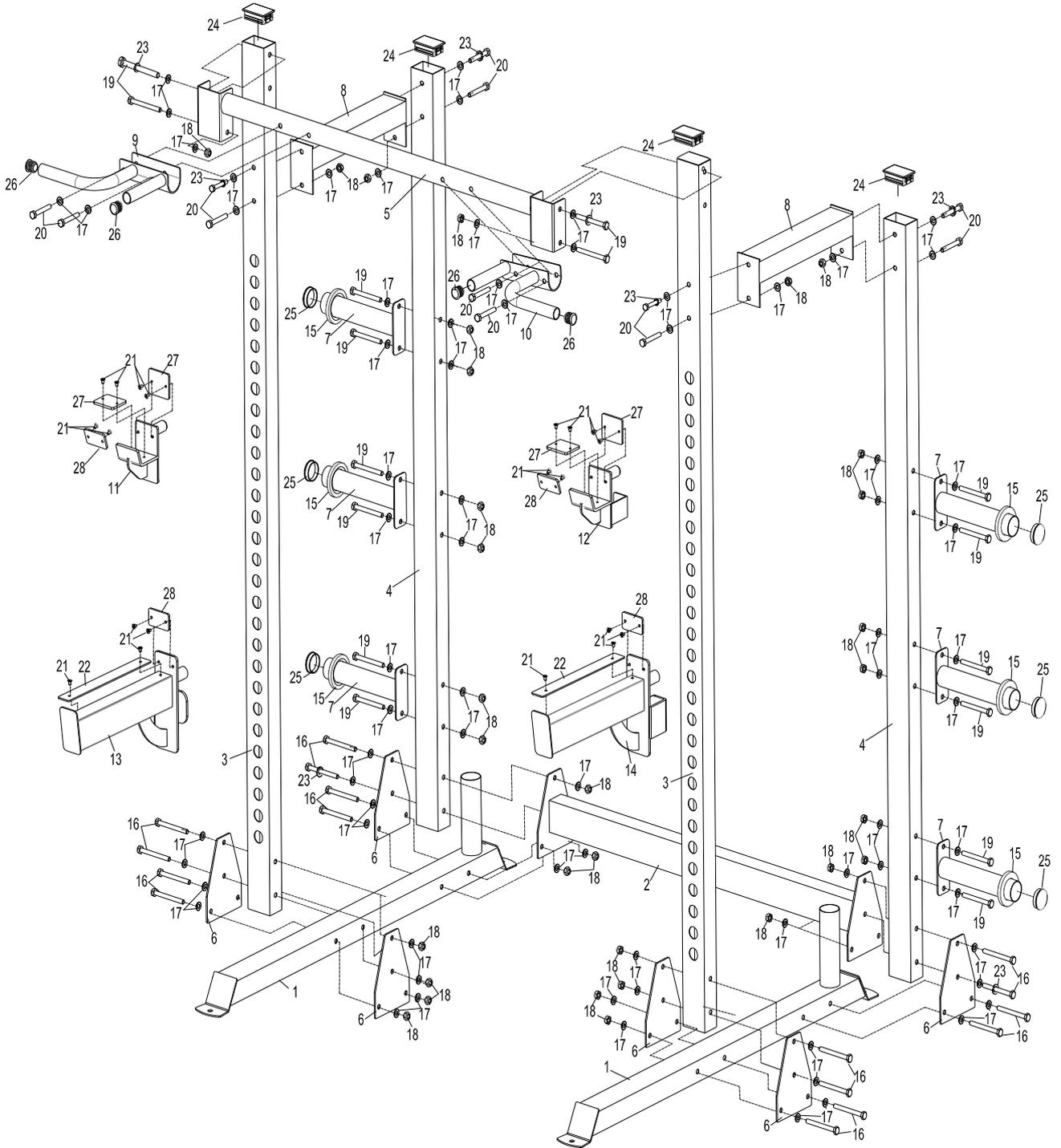


Diagram 2. Attachment Assembly

## Step 3

- a) Check the assembly against illustrations and tighten all nuts and bolts securely.
- b) Attach Safety Spotters (13 and 14) and Bar Hooks (11 and 12) onto the assembled frame per Diagram 2.

# EXPLODED DIAGRAM



## PARTS LIST

Part #	Description	Qty	Remark
1	Left/Right Base Frame	2	
2	Rear Base Frame	1	
3	Left/Right Front Upright	2	
4	Left/Right Rear Support Frame	2	
5	Upper Cross Frame	1	
6	Front Support Plate	6	
7	Olympic Plate Storage	6	
8	Left/Right Upper Frame	2	
9	Left Pull-up Handle	1	
10	Right Pull-up Handle	1	
11	Left Bar Hook	1	
12	Right Bar Hook	1	
13	Left Safety Spotter	1	
14	Right Safety Spotter	1	
15	Round Rubber Pad (φ80mm)	6	
16	Hex Head Bolt M10*100	16	
17	Washer M10	80	
18	Hex Head Nut M10	36	
19	Hex Head Bolt M10*95	16	
20	Hex Head Bolt M10*70	12	
21	CounterSunkBoltM6*12	20	Pre-assembled
22	Square Rubber Plate375**40*5mm	2	Pre-assembled
23	Spring Washer (φ10)	8	
24	Square Inner Plug (75x50mm)	4	Pre-assembled
25	Round Inner Plug (φ48mm)	6	Pre-assembled
26	Round Inner Plug (φ28mm)	4	Pre-assembled
27	Square Rubber Plate70**60*5mm	4	Pre-assembled
28	Square Rubber Plate70**40*5mm	4	Pre-assembled