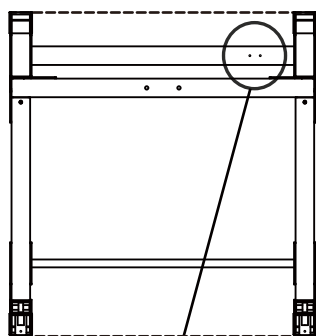




H840 POWER RACK OWNER'S MANUAL

Serial Number Location



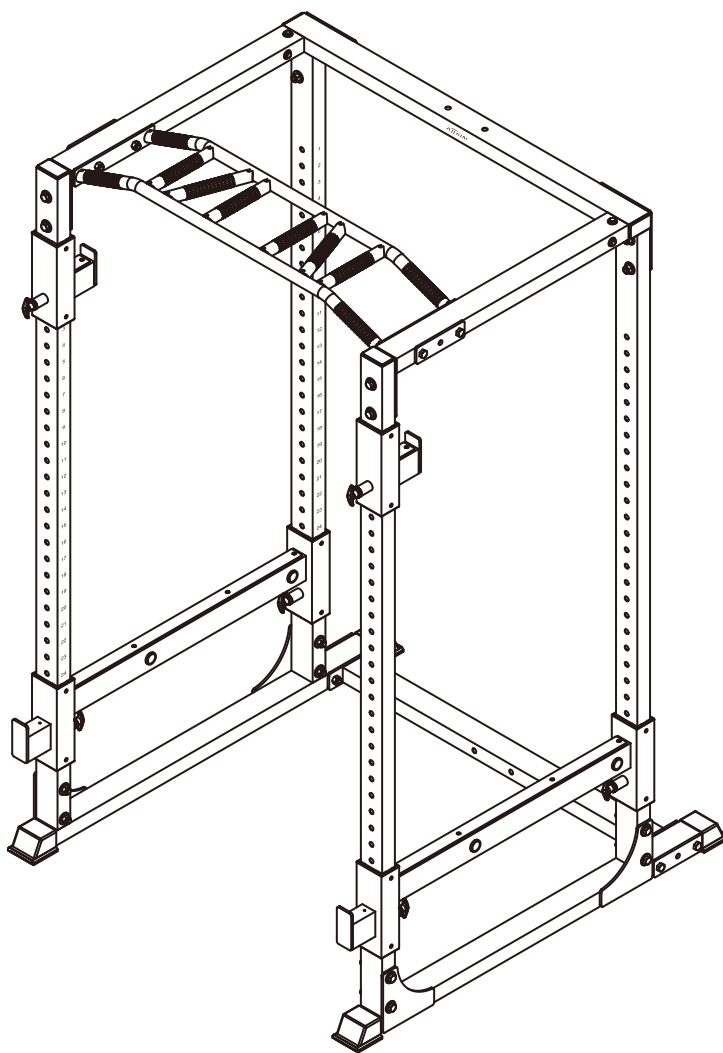
ATTAIN
○ SERIAL ○
1 2 3 4 5 6 7 8

Record your Serial number
and purchase date here:

S/N _____

DATE: _____

DEALER: _____



Model No. H840
MK2380
ATTAIN FITNESS

Fitness Authority Industrial Co., LTD.
No. 15, Xiangxue Rd., Dali Dist.,
Taichung City 41275, Taiwan.

Congratulations and Thank You!

Thank you for selecting the **ATTAIN FITNESS H840 POWER RACK**. The ATTAIN FITNESS H840 offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the ATTAIN FITNESS H840 will help you achieve the results you want. For your safety and benefit, read this manual and the accompanying literature before using the ATTAIN FITNESS H840. Keep this manual for future reference. If you have additional questions, please call your local dealer for assistance or ATTAIN FITNESS at +1 877-551-7484 and info@attainfitnessusa.com.

www.attainfitnessusa.com

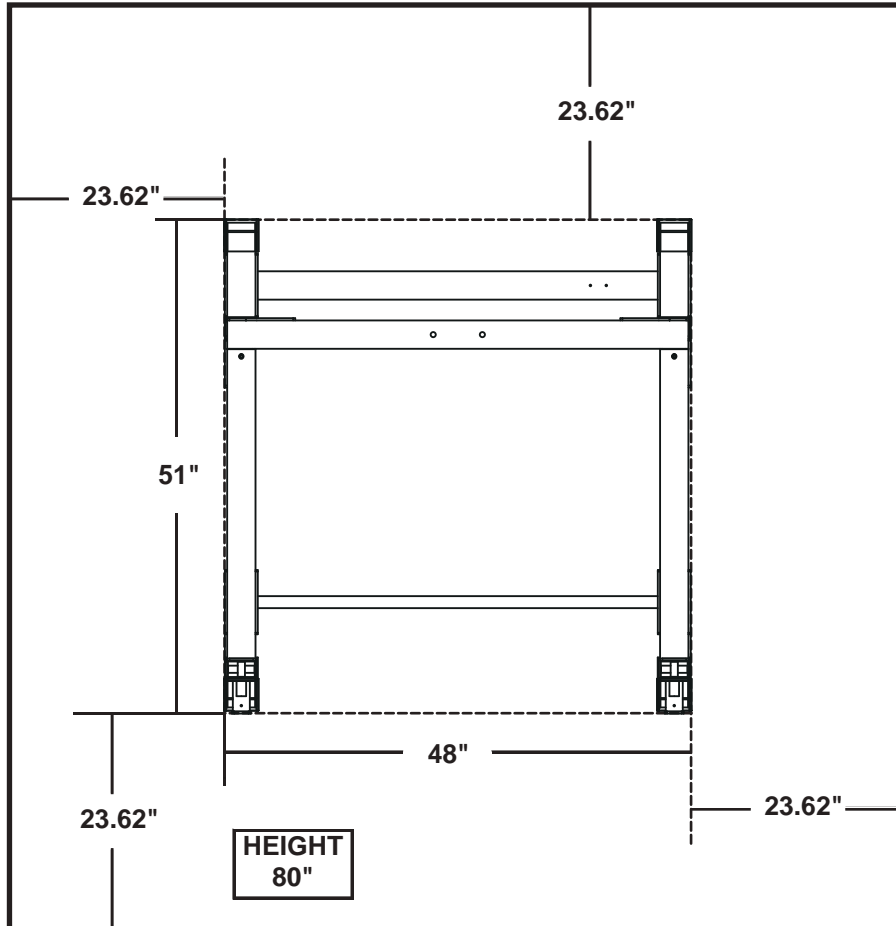
Important Safety Notes And Warnings

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. ATTAIN FITNESS assumes no responsibility for personal injury or property damage sustained by or through use of this product.

- 1. This product must be assembled on a flat, level surface to assure its proper function.**
- 2. Clean pads and frame on a regular basis. ATTAIN FITNESS recommends warm, soapy water. Do not use harsh or abrasive chemicals.**
- 3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.**
- 4. Keep children away from the ATTAIN FITNESS H840 at all times.**
- 5. Keep your hands away from cables and pulleys during operation.**
- 6. Keep your hands away from moving parts other than the designated handles.**
- 7. When adjusting the seat, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.**
- 8. Make certain all cables are seated within the pulleys before every use.**
- 9. Exercise with care to avoid injury.**
- 10. Product net weight: 86.2kg.**
- 11. Unit maximum user weight limit is 150kg.**
- 12. Unit training maximum weight limit is 300kg.**
- 13. Overall dimensions: 1800 X 1800 X 2100.**
- 14. Please use place in door.**
- 15. Place your equipment in an flat floor with enough operating area. The training area should be at least 30cm on left and right side and at least 15cm in front and rear side. The recommended free area in at least 60cm on every side.**
- 16. If you are unsure about the proper use of the ATTAIN FITNESS H840 POWER RACK call your local ATTAIN FITNESS dealer or our customer service department.**

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Gym Placement Planner

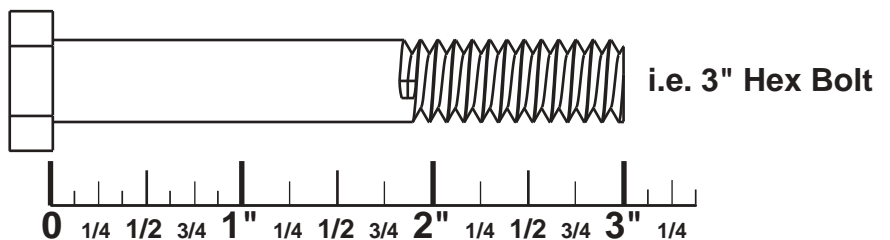


Recommended Tools for Assembly

Ratchet
 9/16" Socket
 3/4" Socket
 9/16" Combination Wrench
 3/4" Combination Wrench
 Adjustable Wrench
 Rubber Mallet
 Metric Allen Key Set

Important Notes and Tips:

1. Do not tighten bolts until instructed.
2. Two people are required for the safe assembly of this product.
3. Use window cleaner or water to assist with sliding roller pads on to tubes.
4. Apply silicone lubricant onto guide rods prior to weight plate installation.
5. Please allow plastic parts to acclimate to room temperature before installation or they may be damaged.
6. Carefully install plastic caps using a rubber mallet.
7. When measuring bolt lengths, only measure the shank, as shown below.

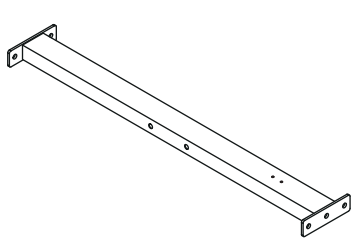


H840 Assembly PARTS LIST 1

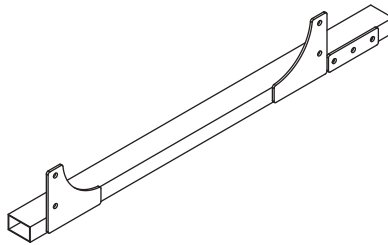


NOTE: If you are missing a listed part, it likely has been pre-installed in our factory for quality control purposes. Please continue with assembly.

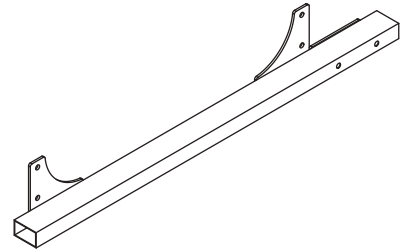
*Parts images are not to scale.



(1) REAR STABILIZER



(2) RIGHT BASE FRAME



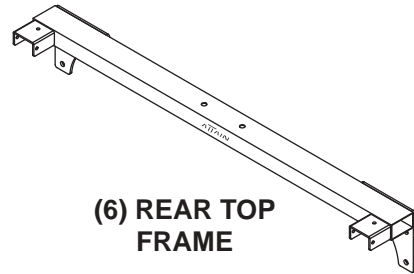
(3) LEFT BASE FRAME



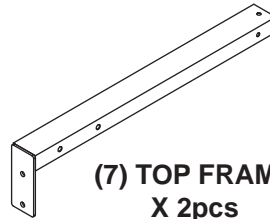
(4) FRONT UPRIGHT
78.2" (1986mm) X 2pcs



(5) REAR UPRIGHT
76.5"(1940mm) X 2pcs



(6) REAR TOP
FRAME



(7) TOP FRAME
X 2pcs



(11) BACKING PLATE
X 2pcs



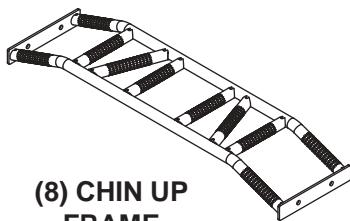
(12) 45mm X 75mm
CAP X 4pcs



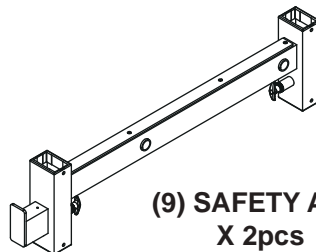
(10) BAR CATCH
X 2pcs



(13) 45mm X 75mm
PLUG X 4pcs

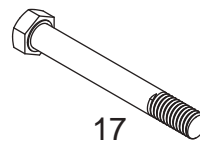


(8) CHIN UP
FRAME

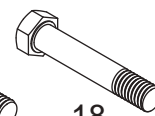


(9) SAFETY ARM
X 2pcs

NO.	DESCRIPTION	QTY.
17	1/2" X 4" HEX HEAD BOLT	16
18	1/2" X 2-3/4" HEX HEAD BOLT	8
19	3/8" X 3/4" HEX HEAD BOLT	6
21	1/2" WASHER	32
22	3/8" WASHER	6
23	1/2" NYLON NUT	24



17



18



19



21



22

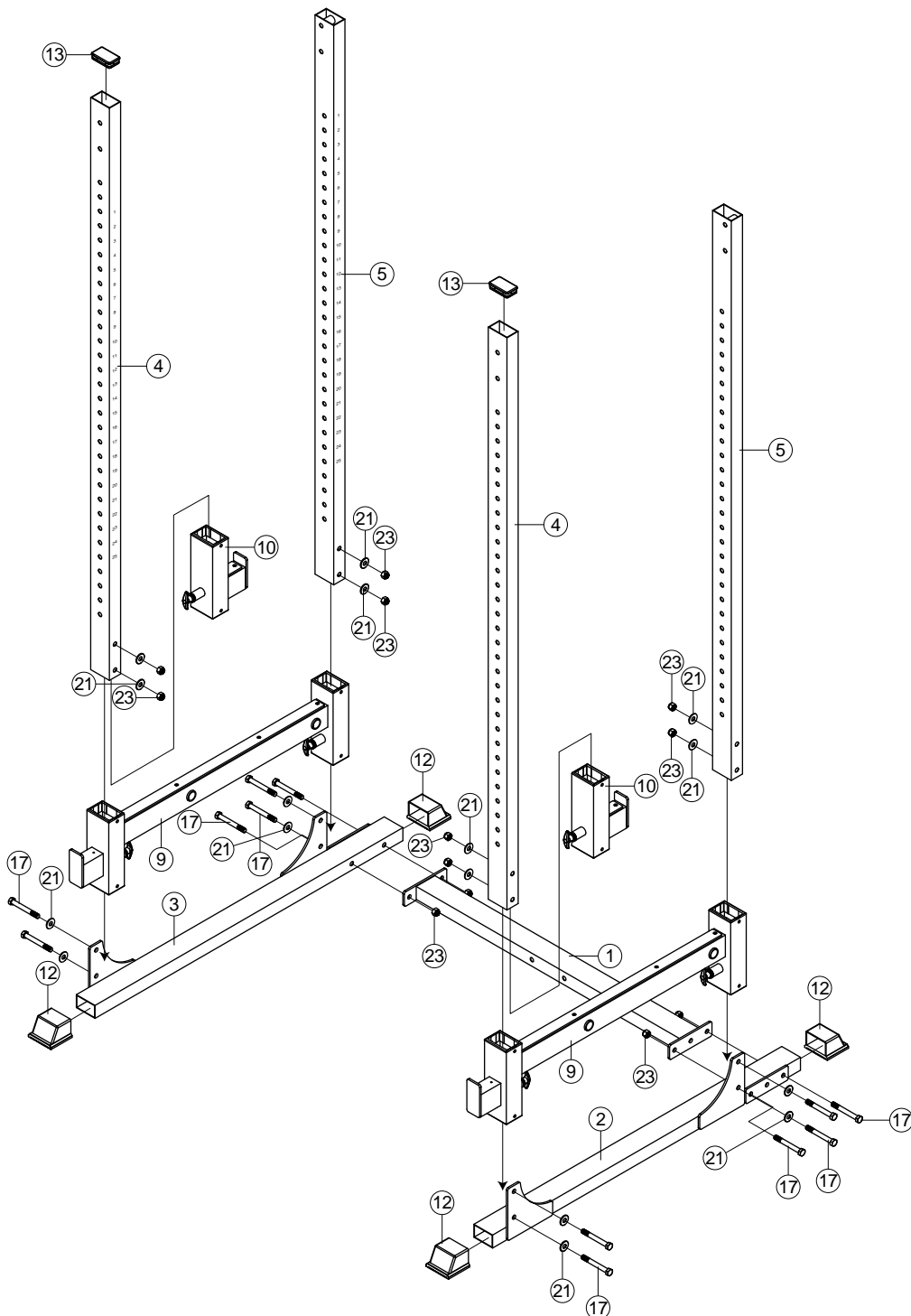


23

STEP 1 ASSEMBLY INSTRUCTIONS

Do NOT tighten any bolts until instructed.

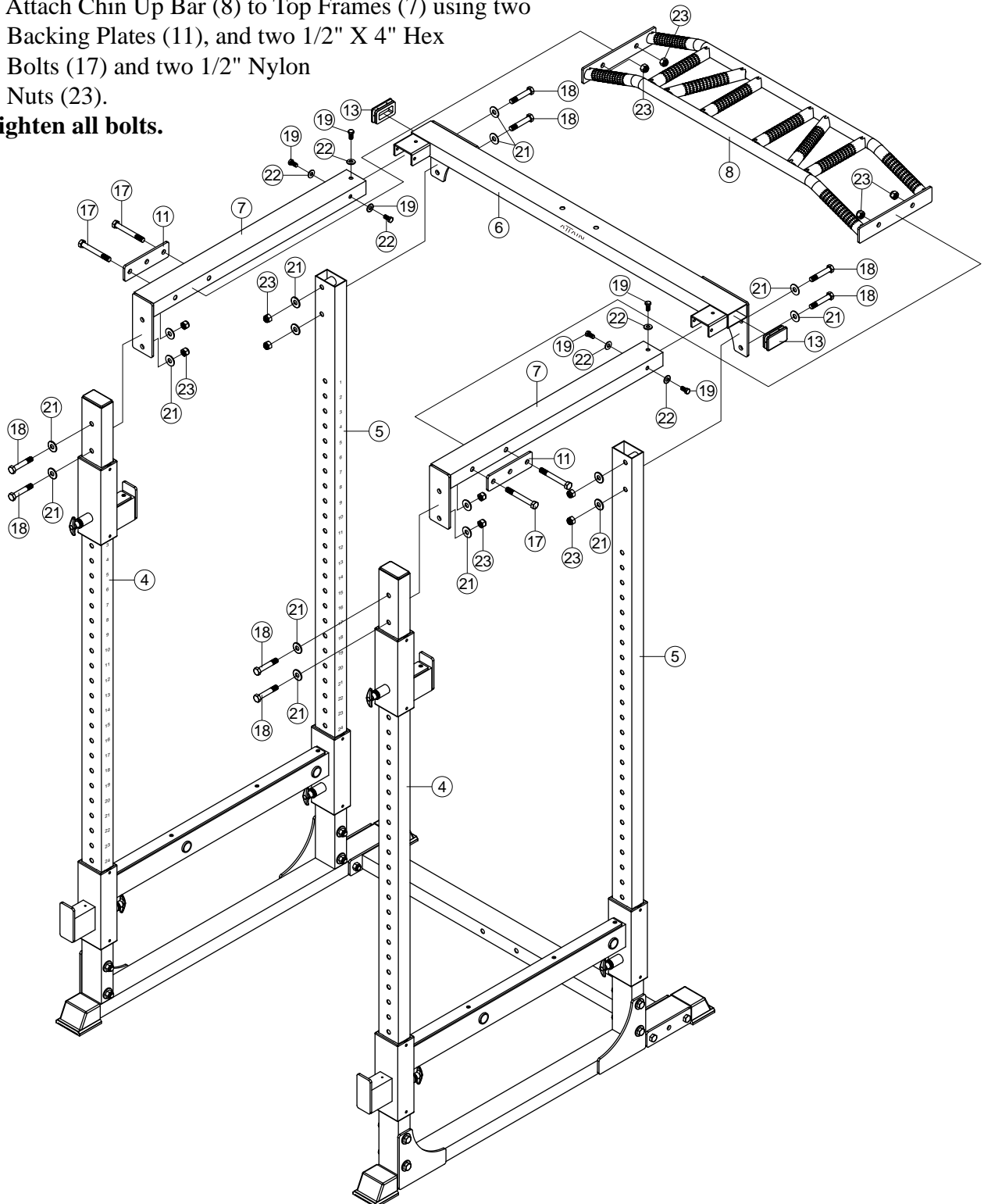
1. Attach Rear Stabilizer (1) to Right Base Frame (3) and Left Base Frame (2) using four 1/2" X 4" Hex Bolts (17) and four 1/2" Nylon Nuts (23). Backing plates that are welded to the Base Frames should be on the outside of machine. Slide four 45mm X 75mm Caps (12) onto Base Frame (2) & (3).
2. Attach Front Uprights (4) (front uprights are longer than rear uprights) to Base Frame (2) & (3) using two 1/2" X 4" Hex Bolts (17), four 1/2" Washers (21) and two 1/2" Nylon Nuts (23). Insert two 45 X 75 Plugs (13) into ends of Front Uprights (4).
3. Attach Rear Uprights (5) (shorter) to Base Frame (2) & (3) using two 1/2" X 4" Hex Bolts (17), four 1/2" Washers (21) and two 1/2" Nylon Nuts (23). Make sure the inside welded tube is on top.
4. Slide Safety Arms (9) over top of Uprights (4) & (5) with spring pins toward bottom. Then slide Bar Catch (10) onto Uprights (4) & (5). The Bar Catch (10) can be placed on either Front Upright (4) or Rear Upright (5), whichever you prefer. The most common placement is on Front Upright (4).



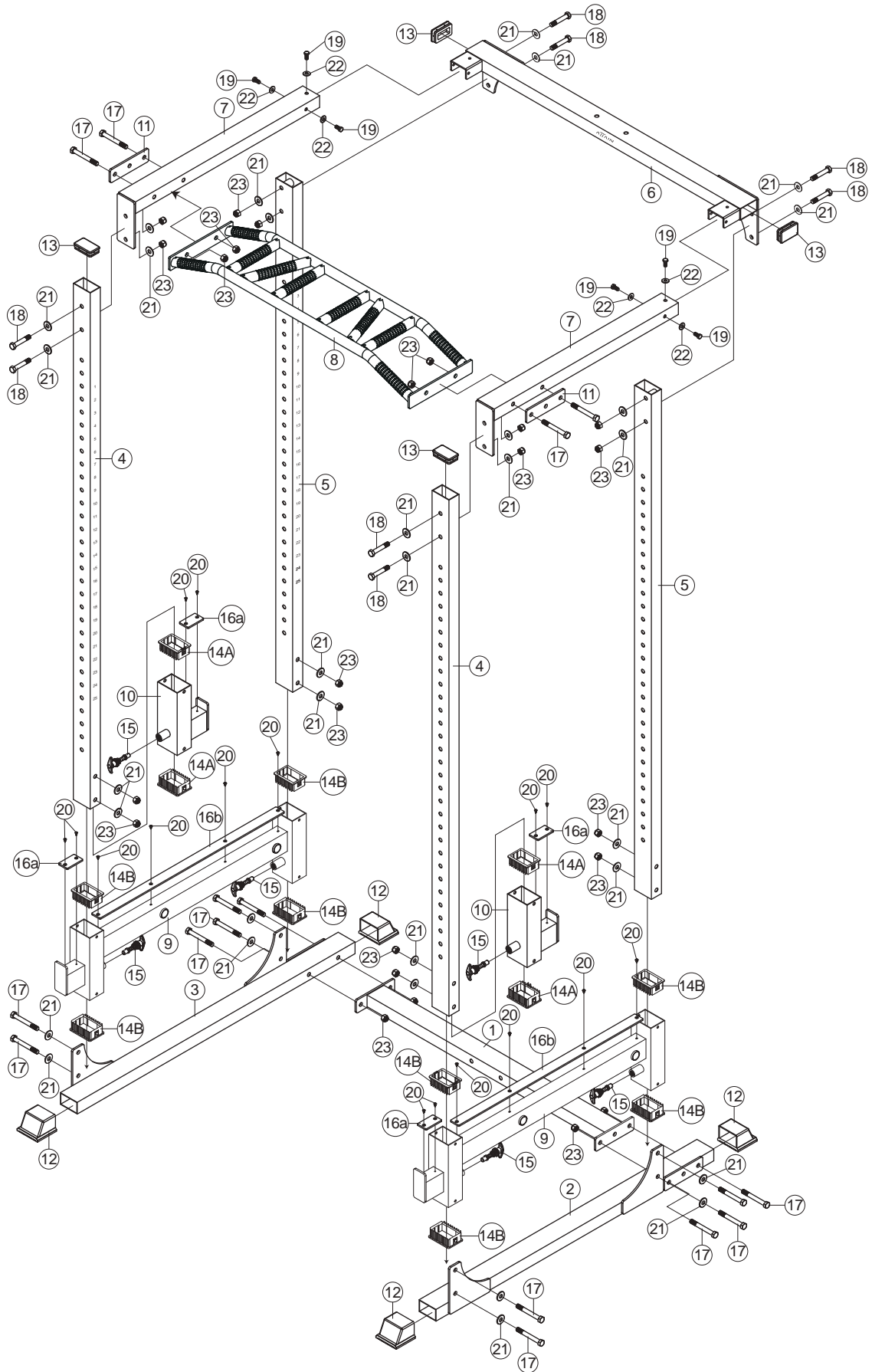
STEP 2 ASSEMBLY INSTRUCTIONS

1. Attach Top Frames (7) to Rear Top Frame (6), using three 3/8" X 3/4" Hex Bolts (19) and three 3/8" Washers (22). Attach Top Frames (7) to Front Upright (4) using two 1/2" X 2 3/4" Hex Bolts (18), four 1/2" Washers (21) and two 1/2" Nylon Nuts (23).
2. Attach Rear Top Frame (6) to Rear Upright (5), using two 1/2" X 2 3/4" Hex Bolts (18), four 1/2" Washers (21) and two 1/2" Nylon Nuts (23). Insert two 45 X 75 Plugs (13) into ends of Rear Top Frame (6).
3. Attach Chin Up Bar (8) to Top Frames (7) using two Backing Plates (11), and two 1/2" X 4" Hex Bolts (17) and two 1/2" Nylon Nuts (23).

Tighten all bolts.

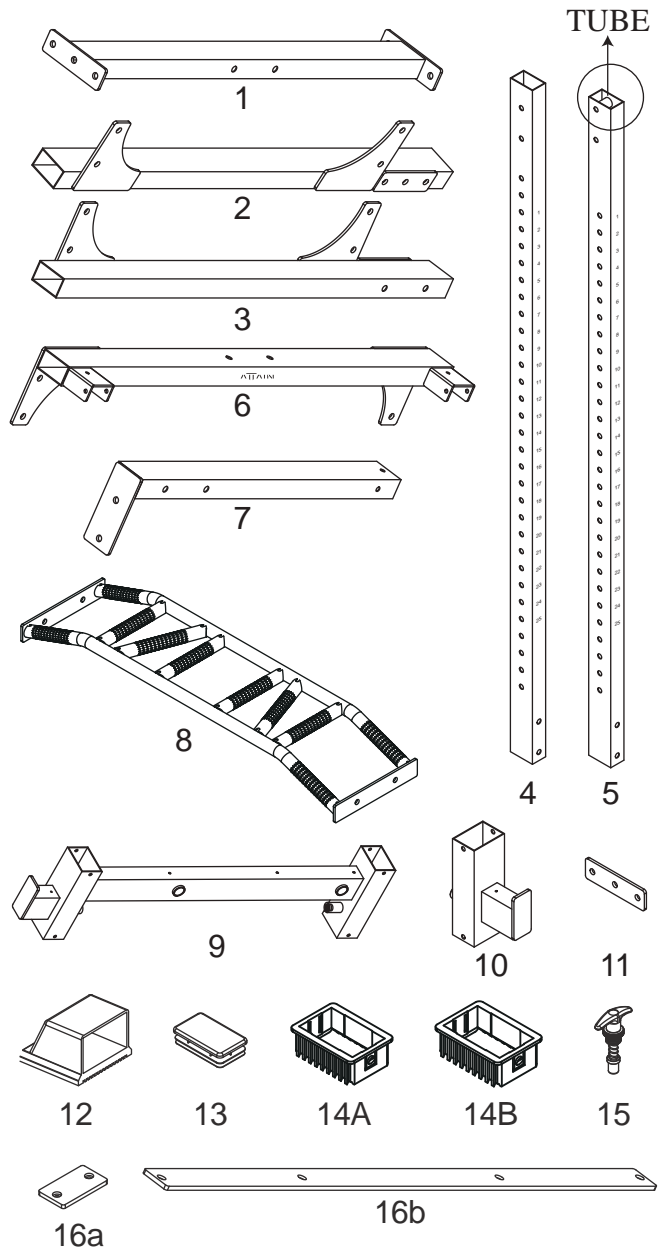


EXPLODED VIEW



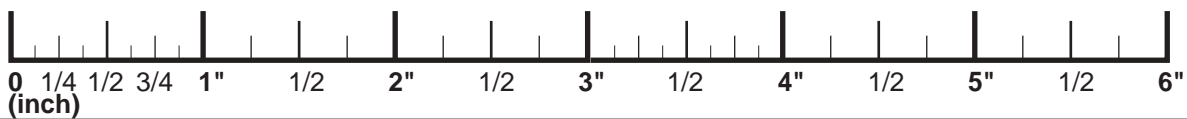
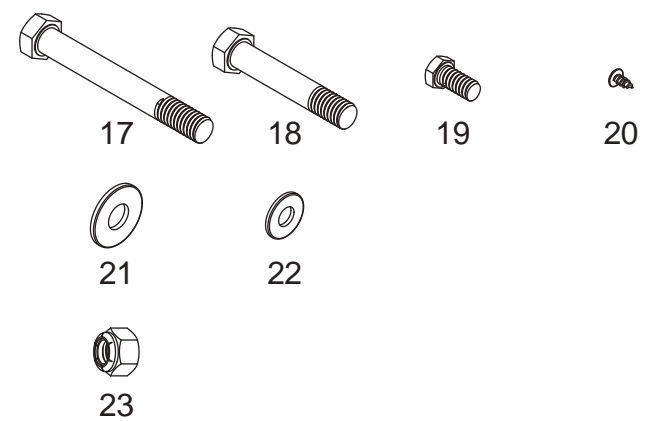
PARTS CHART

NO.	DESCRIPTION	QTY.
1	REAR STABILIZER	1
2	RIGHT BASE FRAME	1
3	LEFT BASE FRAME	1
4	FRONT UPRIGHT 78.2"(1986mm)	2
5	REAR UPRIGHT 76.5"(1940mm) ----- -- welded tube on top end	2
6	REAR TOP FRAME	1
7	TOP FRAME	2
8	CHIN UP BAR	1
9	SAFETY ARM	2
10	BAR CATCH	2
11	BACKING PLATE	2



12	45mm X 75mm CAP	4
13	45mm X 75mm PLUG	4
14A	45mm X 75mm SLIDER	4
14B	45mm X 76mm SLIDER	8
15	POP PIN	6
16a	BUMPER ON BAR CATCH	4
16b	BUMPER ON SAFETY ARM	2

17	1/2" X 4" HEX HEAD BOLT	16
18	1/2" X 2-3/4" HEX HEAD BOLT	8
19	3/8" X 3/4" HEX HEAD BOLT	6
20	5mm X 15mm SCREW	16
21	1/2" WASHER	32
22	3/8" WASHER	6
23	1/2" NYLON NUT	24



Assembly is complete! Please take the following steps before using the gym:

1. Make certain all bolts are tightened securely.
2. Enjoy many years of a Fit Lifestyle.

Thank you for purchasing the ATTAIN FITNESS H840 POWER RACK! If you have any questions or comments, please contact our customer service department at +1 877-551-7484 and info@attainfitnessusa.com. www.attainfitnessusa.com