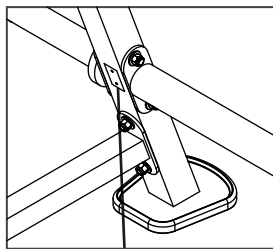


ATTAIN

H870 SQUAT RACK OWNER'S MANUAL

Serial Number Location

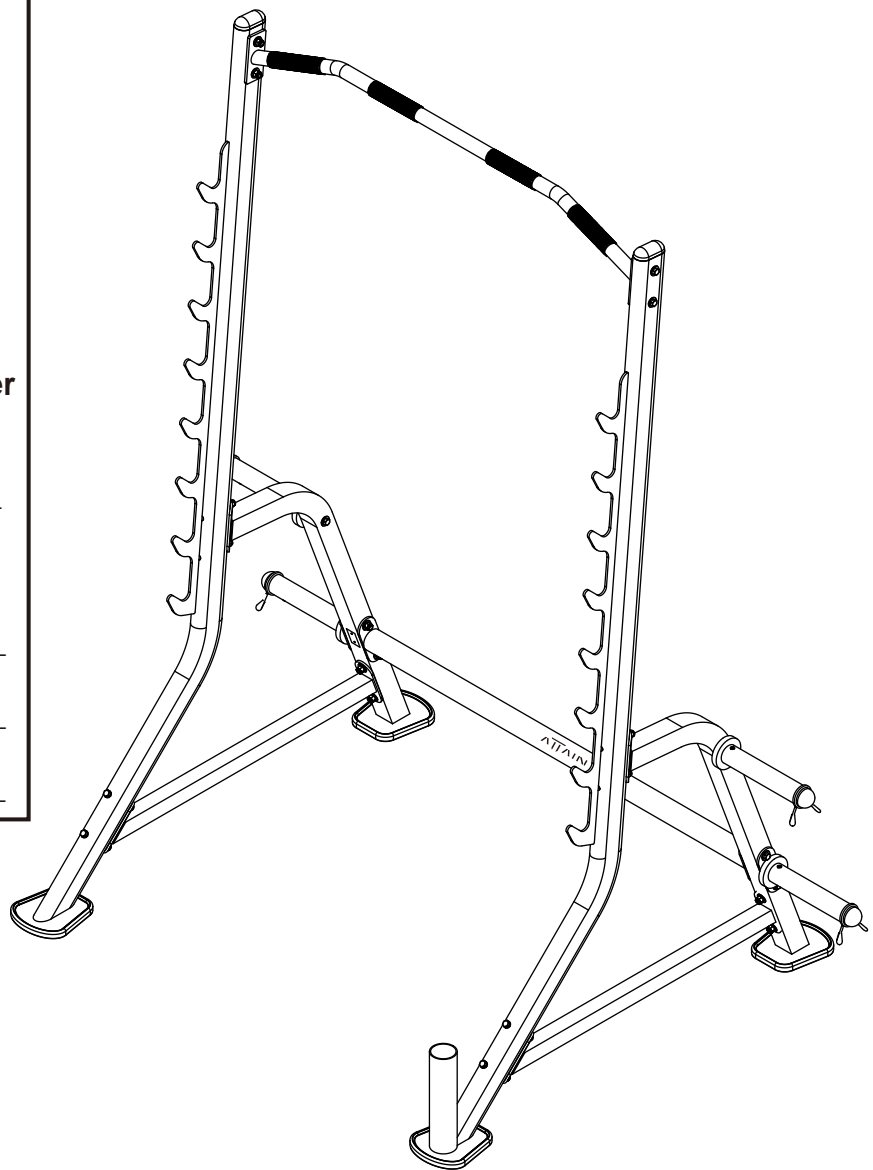


Record your Serial number
and purchase date here:

S/N _____

PURCH.DATE: _____

DEALER: _____



Model No. H870
MB1308B
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 H870 SQUAT RACK**. The **ATTAIN FITNESS H870** 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 H870** 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 H870**. Keep this manual for future reference. If you have additional questions, please call your local **ATTAIN FITNESS** dealer.

www.atainfitnessusa.com

Important Safety Notes

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 H870 at all times.**
- 5. Keep your hands away from moving parts other than the designated handles.**
- 6. Exercise with care to avoid injury.**
- 7. If you are unsure about the proper use of the ATTAIN FITNESS H870, call your local ATTAIN FITNESS dealer or our customer service department.**

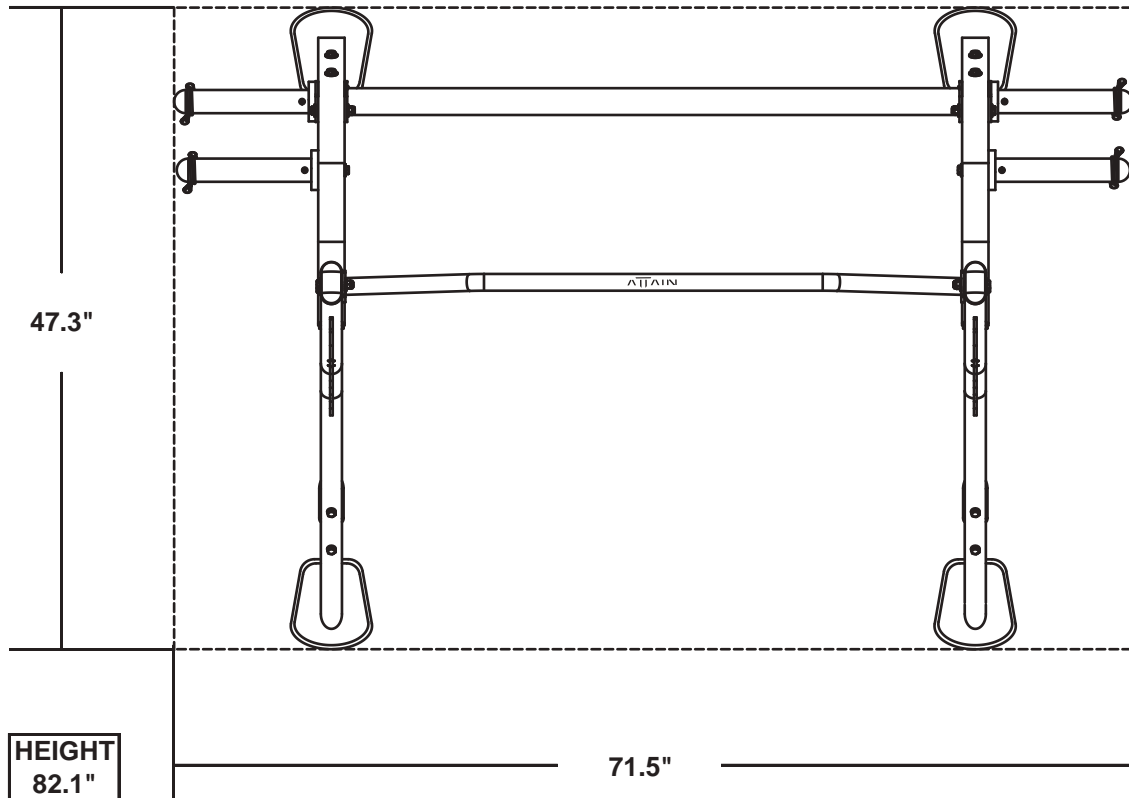
QUESTIONS?

As a quality exercise equipment supplier, we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or **ATTAIN FITNESS** at +1 877-551-7484 and info@atainfitnessusa.com.

www.atainfitnessusa.com

Gym Placement Planner

WALL

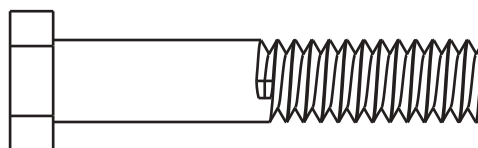


Recommended Tools for Assembly

Ratchet
9/16" Socket
9/16" Combination Wrench
Adjustable Wrench
Rubber Mallet

Important Notes and Tips:

1. Do not tighten any bolts until instructed.
2. Two people are required for the safe assembly of the gym.
3. Use silicone lubricant on guide rods prior to weight plate installation.
4. Carefully install plastic caps using a rubber mallet.
5. For your convenience, rulers are displayed throughout this manual.
6. When measuring bolt lengths, only measure the shank.



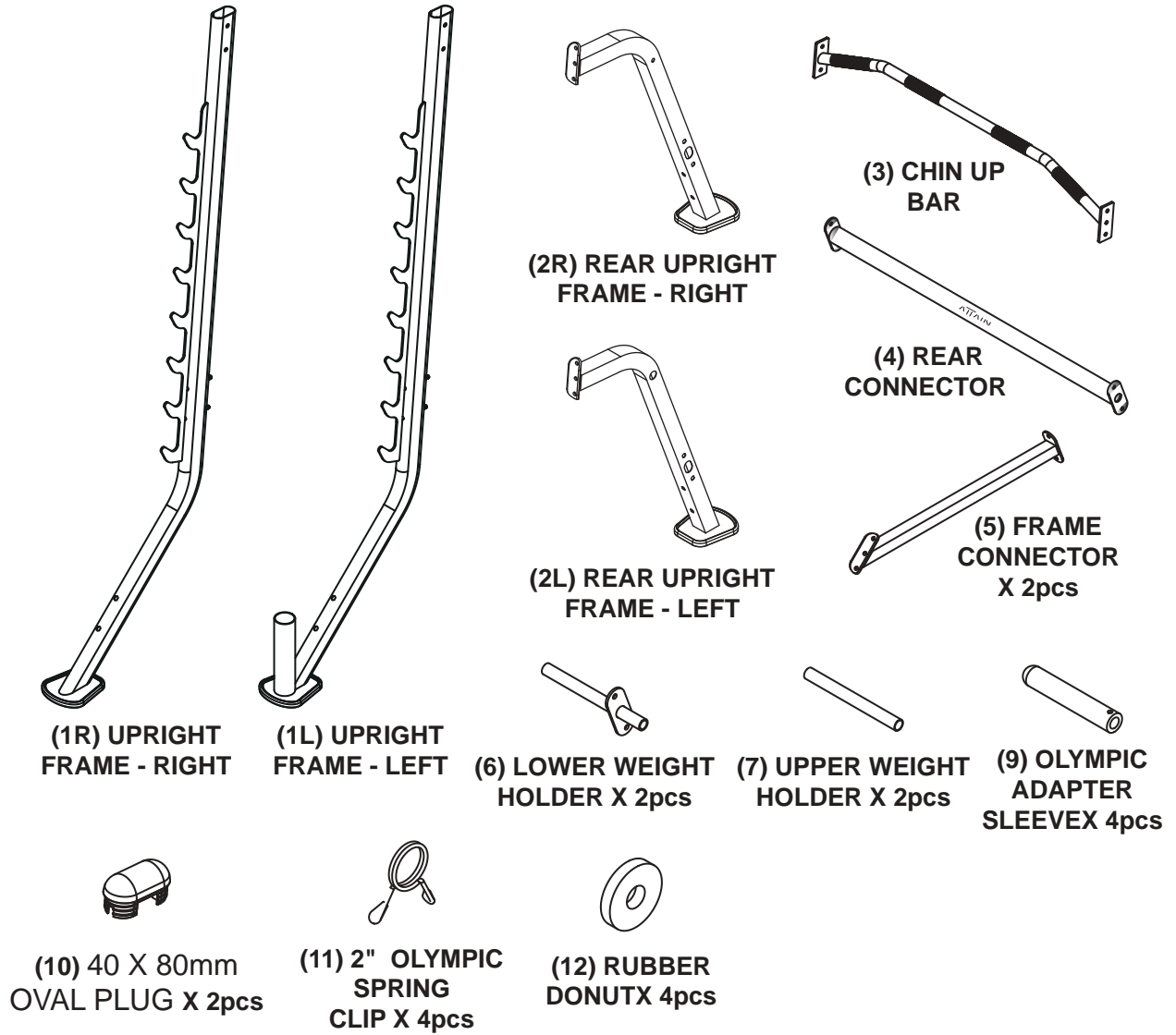
i.e. 2-1/4" Hex Bolt



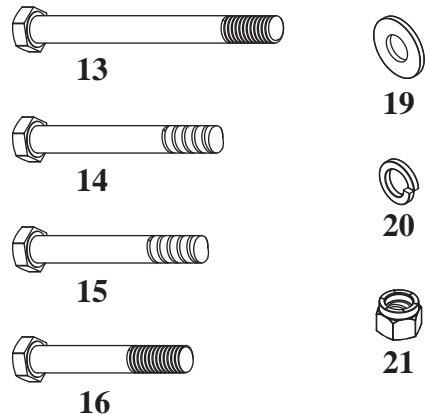
H870 PARTS LIST 1

 **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.



NO.	DESCRIPTION	QTY.
13	3/8" X 4" HEX BOLT	4
14	3/8" X 3" HEX BOLT	4
15	3/8" X 2-3/4" HEX BOLT	4
16	3/8" X 2-1/2" HEX BOLT	4
19	3/8" WASHER	24
20	3/8" SPRING WASHER	8
21	3/8" NYLON NUT	16

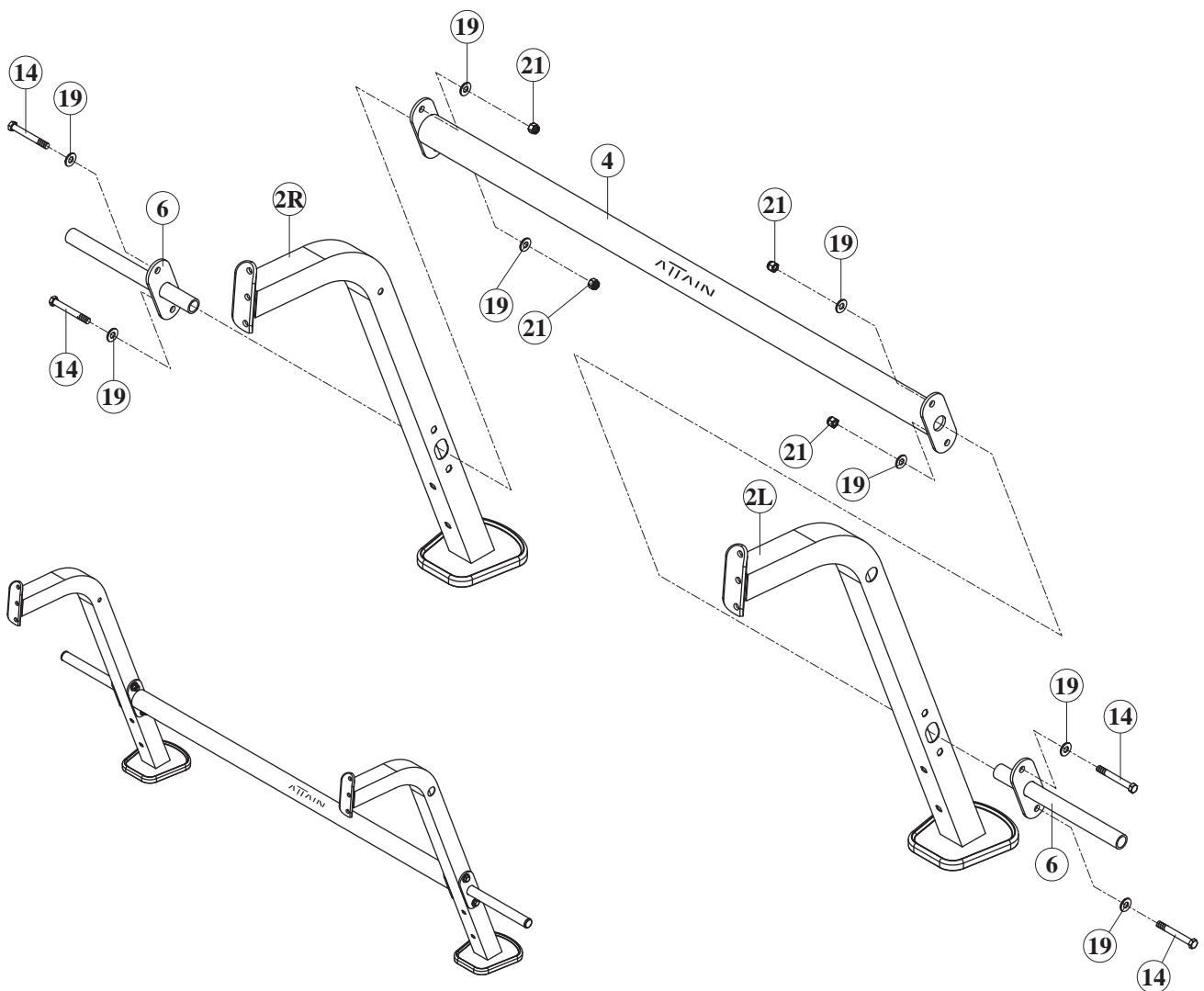


STEP 1 Assemble Upright Frame



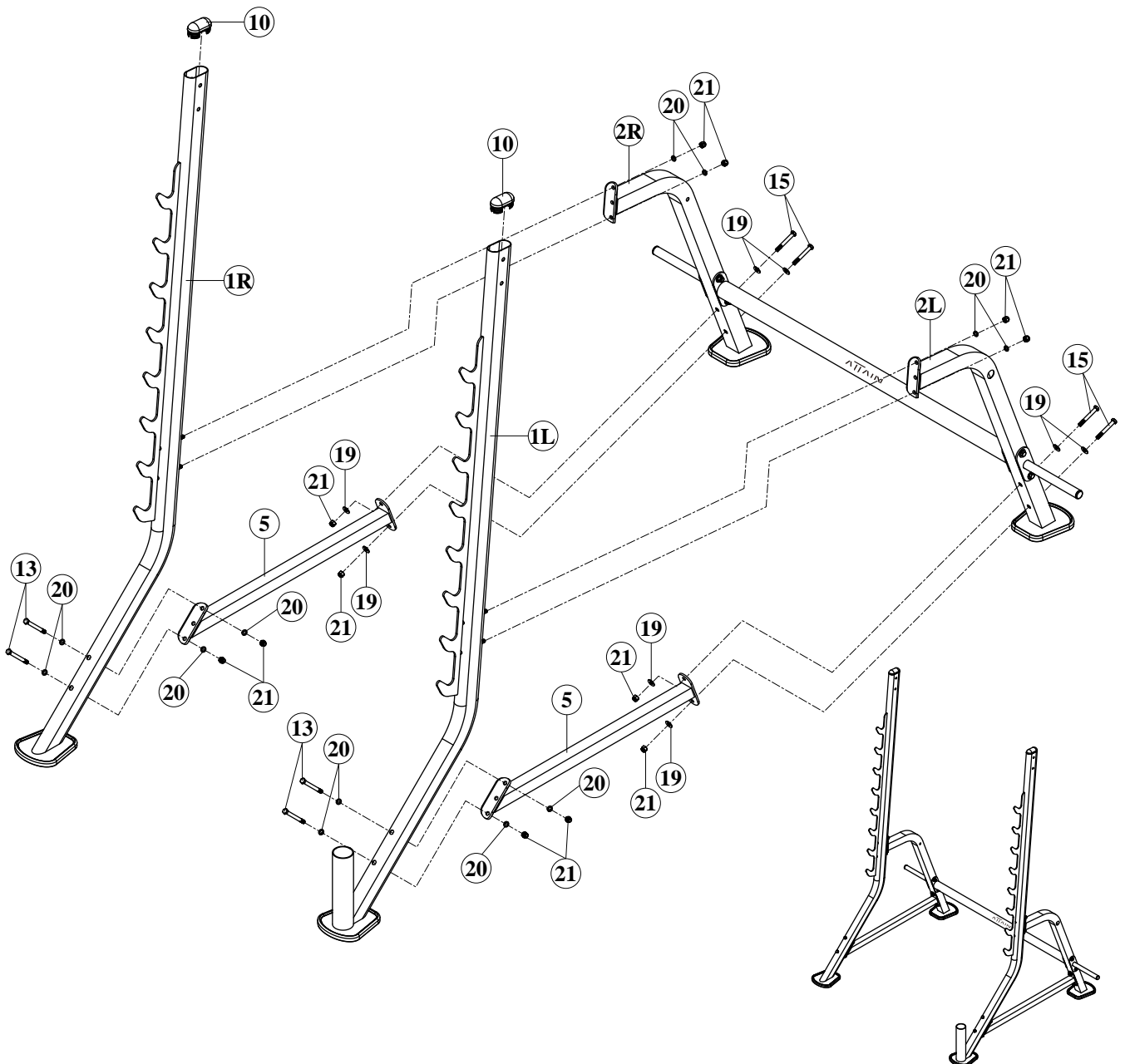
**TO EASE THE ASSEMBLY PROCESS.
DO NOT TIGHTEN ANY BOLTS UNTIL
INSTRUCTED.**

1. Loosely assemble Rear Connector (4) to the Right & Left Rear Upright Frame (2R & 2L) with two Lower Weight Holders (6), using four 3/8" X 3" Hex Bolts (14), eight 3/8" Washers (19), and four 3/8" Nylon Nuts (21).



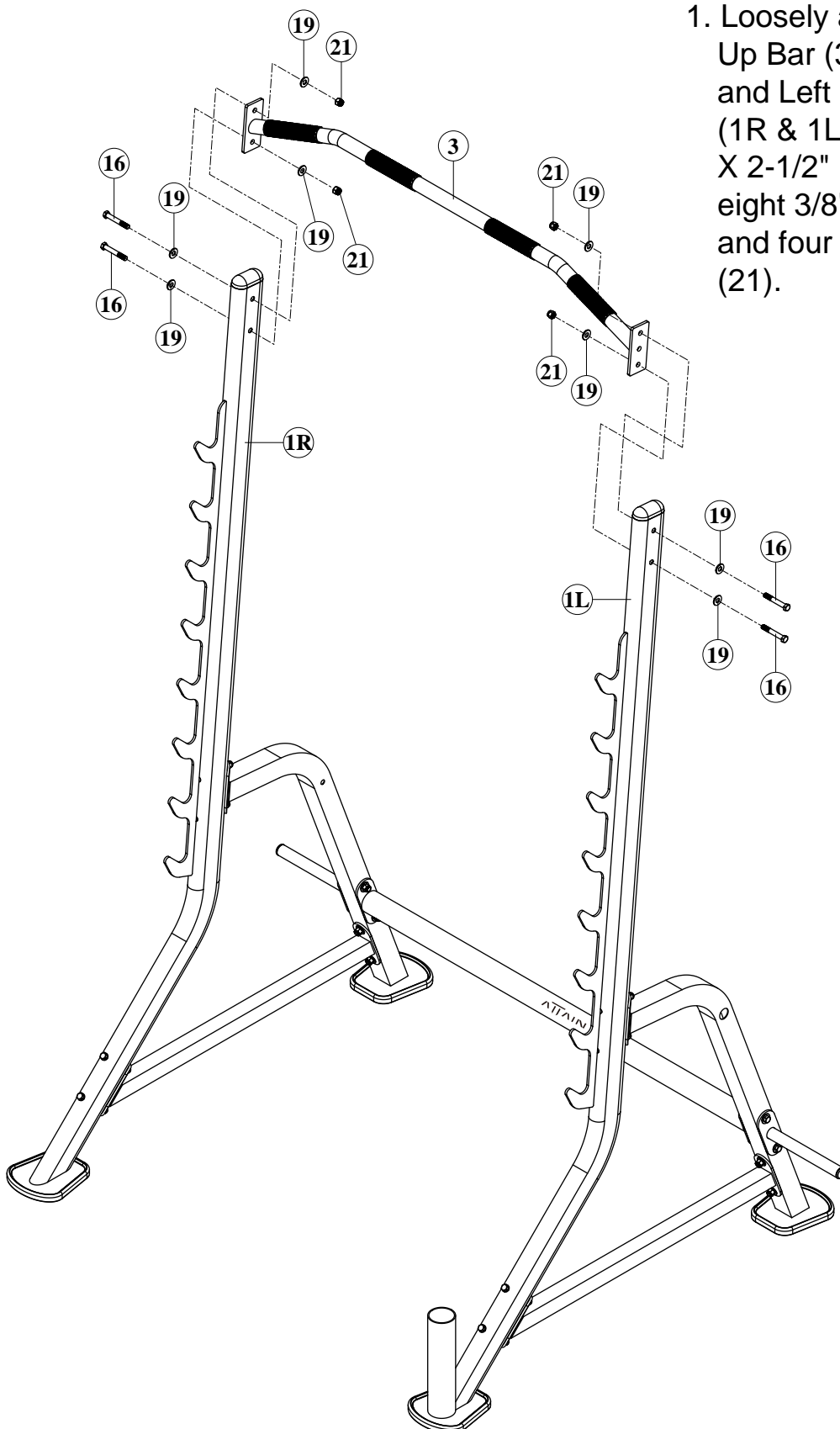
STEP 2 Assemble Upright Frame

1. Using a rubber mallet, install the two 40 X 80mm Oval Plugs (10) to the Right and Left Upright Frame (1R & 1L).
2. Loosely assemble two Frame Connectors (5) to the Right and Left Upright Frame (1R & 1L) using four 3/8" X 4" Hex Bolts (13), eight 3/8" Spring Washers (20), and four 3/8" Nylon Nuts (21).
3. Loosely assemble two Frame Connectors (5) to the Right & Left Rear Upright Frame (2R & 2L) using 3/8" X 2-3/4" Hex Bolts (15), eight 3/8" Washers (19), and four 3/8" Nylon Nuts (21).
4. Loosely assemble Right & Left Rear Upright Frame (2R & 2L) to the Right & Left Upright Frame (1R & 1L) using four 3/8" Spring Washers (20), and four 3/8" Nylon Nuts (21).



STEP 3 Assemble Top Frame

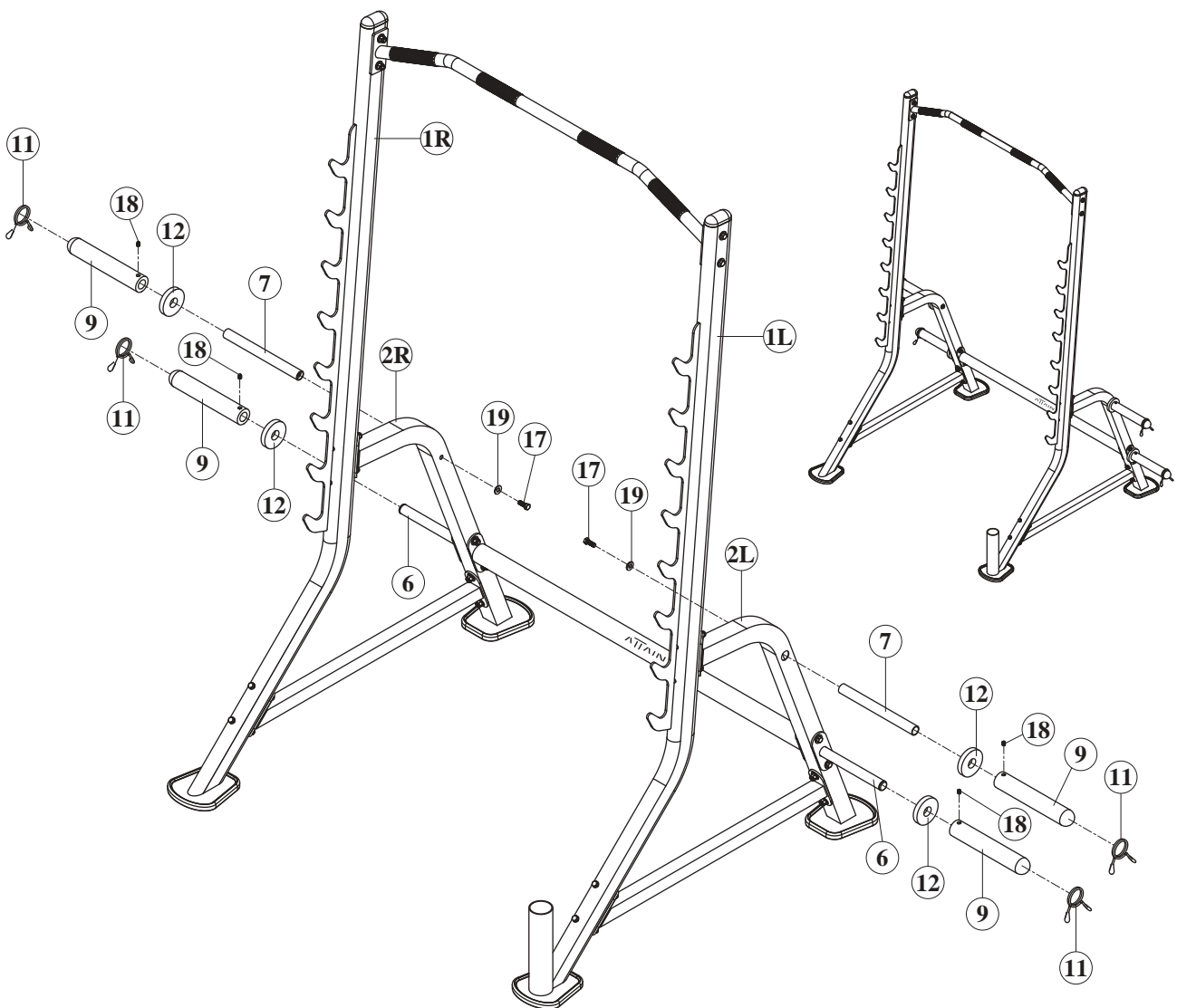
1. Loosely assemble Chin Up Bar (3) to the Right and Left Upright Frame (1R & 1L) using four 3/8" X 2-1/2" Hex Bolts (16), eight 3/8" Washers (19), and four 3/8" Nylon Nuts (21).



STEP 4 Assemble Olympic Adapter Sleeve

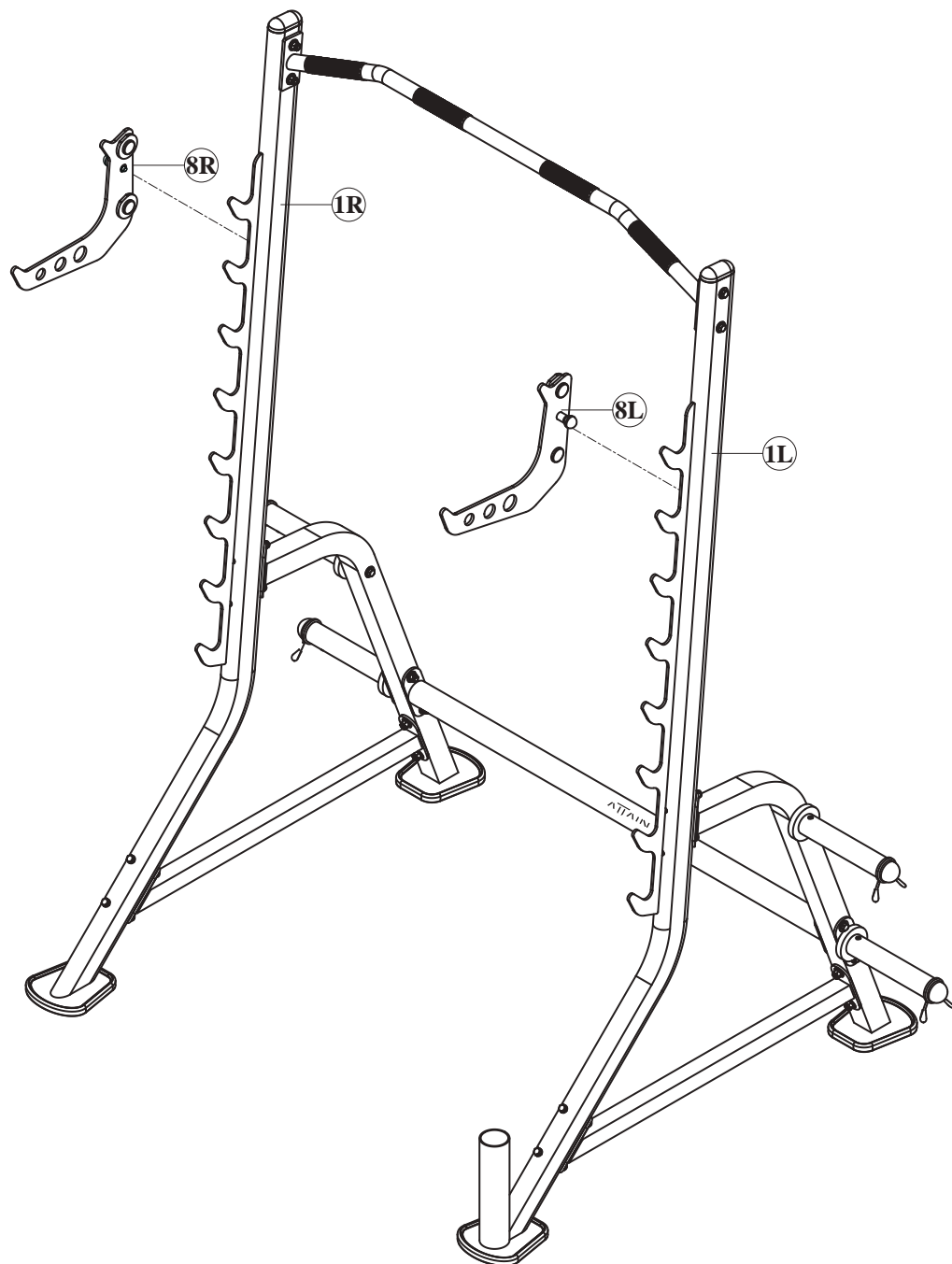
1. Attach and tighten Upper Weight Holder (7) to the Right & Left Rear Upright Frame (2R & 2L) using one 3/8" X 1" Hex Threaded Bolt (17), one 3/8" Washer (19), and one 1" Plug.
2. Slide the Olympic Adapter Sleeve (9) onto each side of Upper Weight Holder (7) and secure with one 5/16" X 3/8" Inner Hex Screw (18). Use the 2" Olympic Spring Clip (11) to hold weights in place during use.
3. Slide the Olympic Adapter Sleeve (9) onto each side of Lower Weight Holder (6) and tighten the 5/16" X 3/8" Inner Hex Screw (18) with the included Allen Hex Tool (22). Use the 2" Olympic Spring Clip (11) to hold weights in place during use.

Tighten all the bolts and nuts from the base frames to top frames.



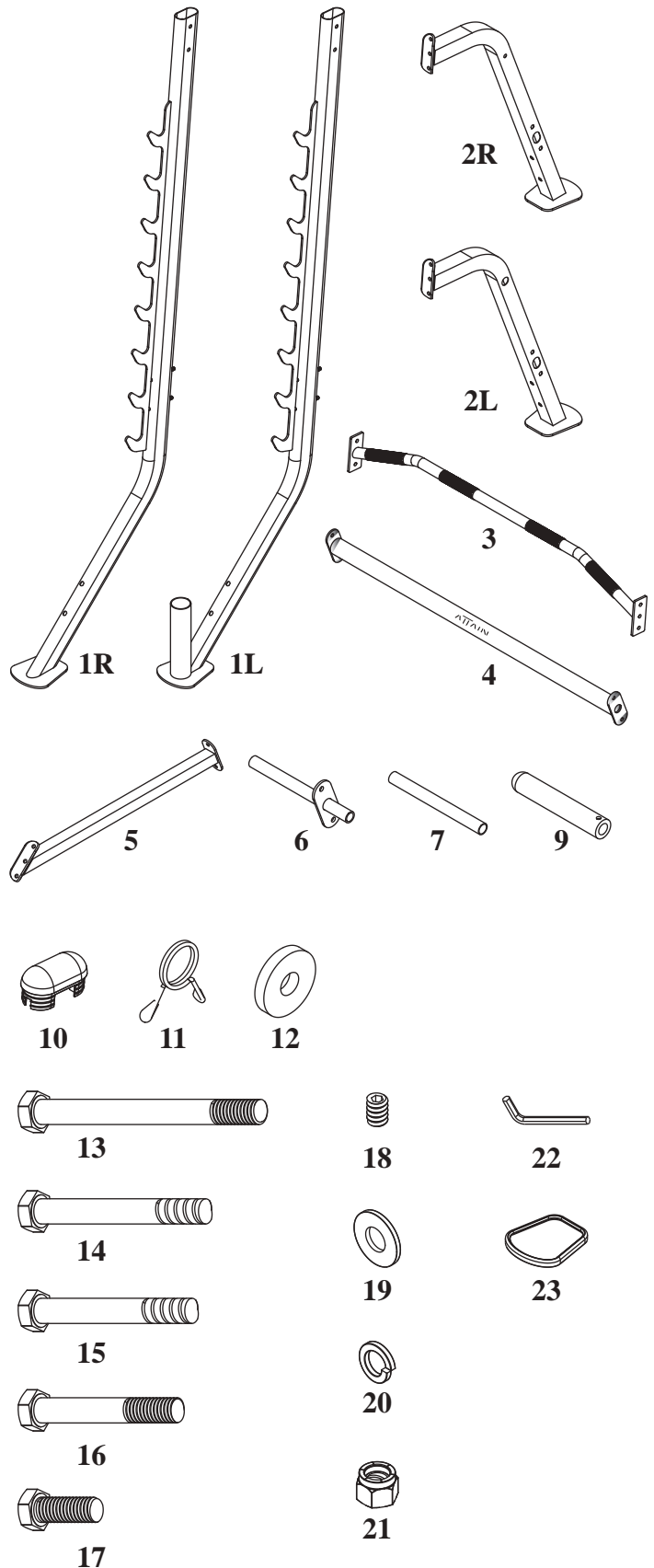
SAFETY SPOTTER OPTION

1. If you have purchased the optional H871 Safety Spotters, please tilt the top back slightly to attach and remove the Right and Left Safety Spotters (8R & 8L) to the gun rack.



DETAILED PARTS LIST

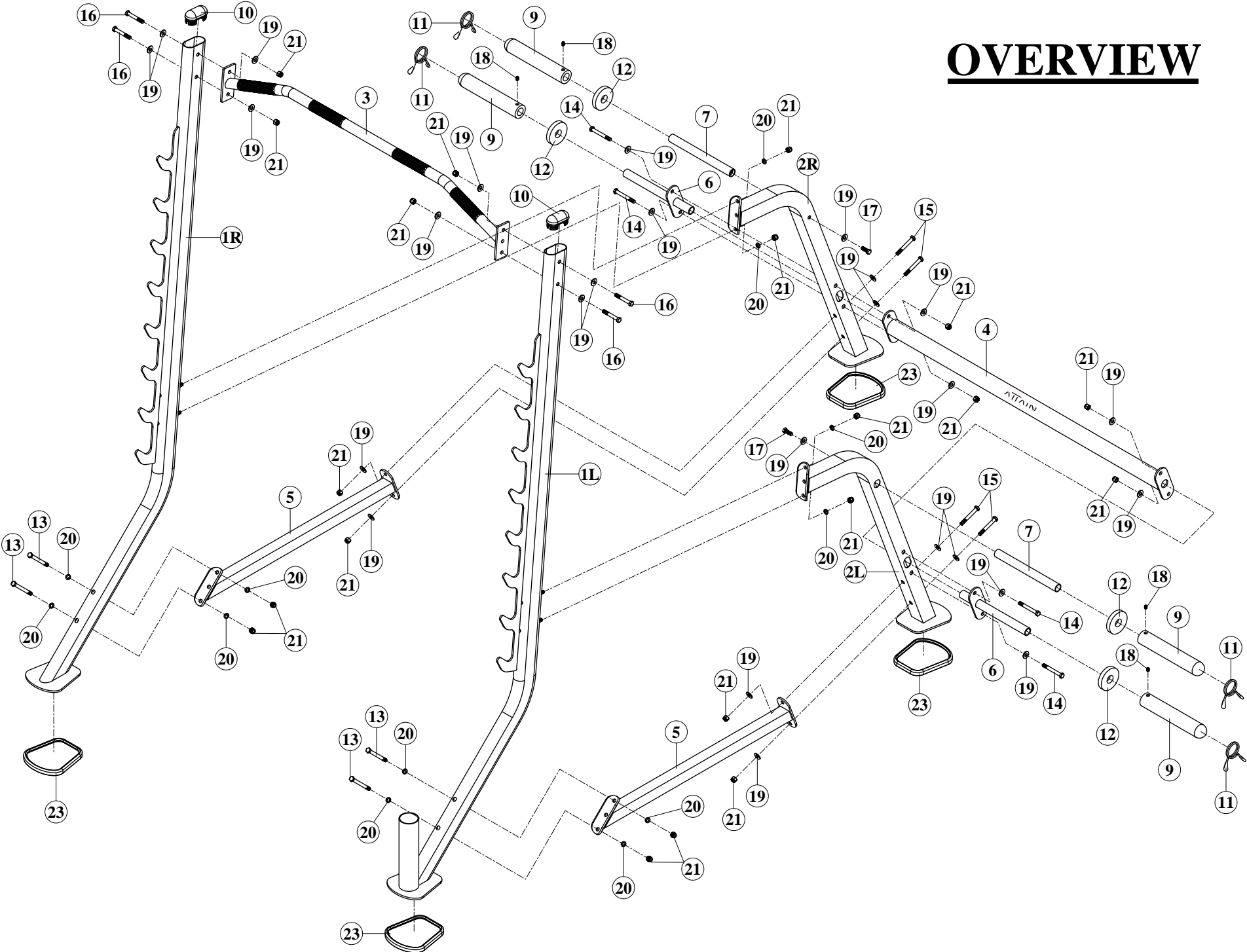
NO.	DESCRIPTION	QTY.
1R	UPRIGHT FRAME - RIGHT	1
1L	UPRIGHT FRAME - LEFT	1
2R	REAR UPRIGHT FRAME - RIGHT	1
2L	REAR UPRIGHT FRAME - LEFT	1
3	CHIN UP BAR	1
4	REAR CONNECTOR	1
5	FRAME CONNECTOR	2
6	LOWER WEIGHT HOLDER	2
7	UPPER WEIGHT HOLDER	2
9	OLYMPIC ADAPTER SLEEVE	4
10	40 X 80mm OVAL PLUG	2
11	2" OLYMPIC SPRING CLIP	4
12	RUBBER DONUT	4
13	3/8" X 4" HEX BOLT	4
14	3/8" X 3" HEX BOLT	4
15	3/8" X 2-3/4" HEX BOLT	4
16	3/8" X 2-1/2" HEX BOLT	4
17	3/8" X 1" HEX THREADED BOLT	2
18	5/16" X 3/8" INNER HEX SCREW	4
19	3/8" WASHER	26
20	3/8" SPRING WASHER	12
21	3/8" NYLON NUT	20
22	ALLEN HEX TOOL	1
23	RUBBER BRACKET	4



*Parts images are not to scale.

OVERVIEW

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Assembly is complete! Please take the following steps before using the ATTAIN FITNESS H870:

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

**Thank you for purchasing the ATTAIN FITNESS H870 SQUAT 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