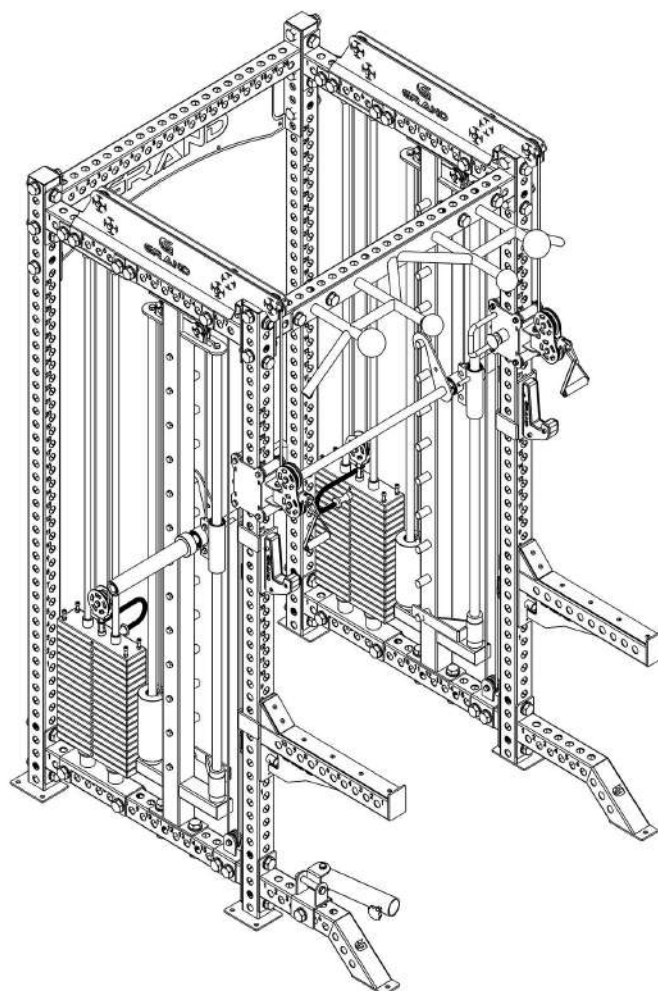


GRAND FITNESS



GRAND FITNESS HALF RACK R4

OWNER'S MANUAL

[HTTPS://GRAND-FITNESS.PL/](https://grand-fitness.pl/)



IMPORTANT– Please read fully manual before assembly or using

BEFORE YOU START

Please take sufficient time to read the installation instructions before assembling.

Remove all parts from the packaging, separate and count each various components to ensure everything has been correctly provided.

The innovative Modular Design and Preambly that ensure the installation of this machine to be Quick and Easy.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear safety footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled.
- Ensure you correctly orientate each piece before attaching.
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.

Stop immediately if you experience any pain, dizziness or nausea. See a doctor at once.

GRAND FITNESS ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

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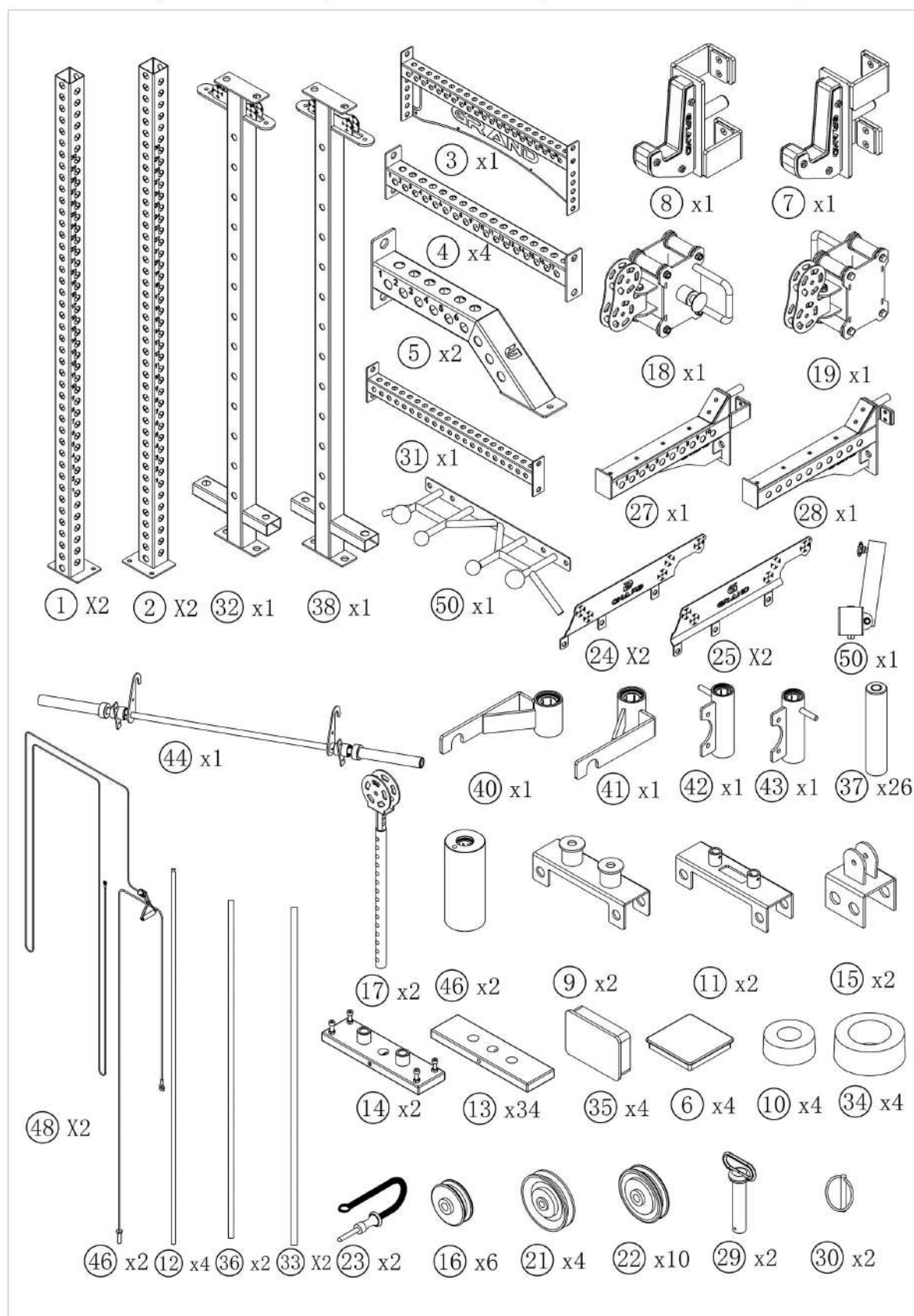
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PARTS/HARDWARE LIST

ITEM NO.	PARTS	SPECIFICATION	UNIT	QTY	MARKS
1	RIGHT UPRIGHT	75×75×2300mm	PCS	2	
2	LEFT UPRIGHT	75×75×2300mm	PCS	2	
3	CROSSBEAM WITH LOGO PLATE	75×75×1100mm	PCS	1	GRAND
4	CROSSBEAM	75×75×900mm	PCS	4	
5	FRONT LEG	75×75×550mm	PCS	2	
6	END CAP	75×75mm	PCS	4	
7	RIGHT J CUP		PCS	1	
8	LEFT J CUP		PCS	1	
9	WEIGHT STACK GUIDE ROD BOTTOM BRACKET		PCS	2	
10	WEIGHT STACK RUBBER ABSORBER	φ 25mm	PCS	6	
11	WEIGHT STACK GUIDE ROD UPPER BRACKET		PCS	2	
12	WEIGHT STACK GUIDE ROD	φ 20mm	PCS	4	
13	WEIGHT STACK	5KG	PCS	34	
14	FIRST WEIGHT STACKS	5KG	PCS	2	
15	PULLEY RETAINING BRACKET		PCS	2	
16	ALUMINUM PULLEY	φ 54mm	PCS	6	
17	WEIGHT STACK SELECTED BAR		PCS	2	
18	ADJUSTABLE ROLLER BOX	LEFT	PCS	1	
19	ADJUSTABLE ROLLER BOX	RIGHT	PCS	1	
20	HEX NUTS&BOLTS	M10X45	PCS	20	
21	ALUMINUM PULLEY	φ 90mm	PCS	4	
22	ALUMINUM PULLEY	φ 70mm	PCS	10	
23	WEIGHT STACK SELECTED PINS		PCS	2	
24	UPPER CABLE-PULLY SYSTEM STRINGER-LEFT		PCS	2	
25	UPPER CABLE-PULLY SYSTEM STRINGER-RIGHT		PCS	2	
26	HEX NUTS&BOLTS	M10X20	PCS	2	
27	RIGHT SAFETY SPOTTER	75×75×600mm	PCS	1	
28	LEFT SAFETY SPOTTER	75×75×600mm	PCS	1	
29	RED PIN		PCS	2	
30	RED PIN CLIP		PCS	2	
31	REAR BOTTOM BEAM		PCS	1	
32	COUNTER BALANCE SMITH UPRIGHT	LEFT	PCS	1	
33	SMITH MACHINE GUIDE ROD		PCS	2	
34	RUBBER ABSORBER		PCS	4	
35	END CAP	50X70mm	PCS	4	
36	SMITH MACHINE GUIDE ROD		PCS	2	
37	SMITH MACHINE HOOK ROD		PCS	26	
38	COUNTER BALANCE SMITH UPRIGHT	RIGHT	PCS	1	
39	HEX NUTS&BOLTS	M12X20	PCS	30	
40	SMITH MACHINE HOOK-LEFT		PCS	1	
41	SMITH MACHINE HOOK-RIGHT		PCS	1	
42	SMITH MACHINE GUIDE ROD SLEEVE-LEFT		PCS	1	
43	SMITH MACHINE GUIDE ROD SLEEVE-RIGHT		PCS	1	
44	SMITH BARBELL		PCS	1	
45	SMITH WEIGHT STACK		PCS	2	
46	COUNTER BALANCE SMITH CABLES		PCS	2	
47	HEX NUTS&BOLTS	M10X30	PCS	4	
48	CABLES		PCS	2	
49	SPHERE GRIP PULL UP BAR		PCS	1	
50	LANDMINE		PCS	1	
51	HEX NUTS&BOLTS	M24X110	PCS	57	

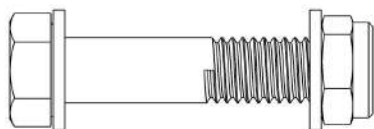
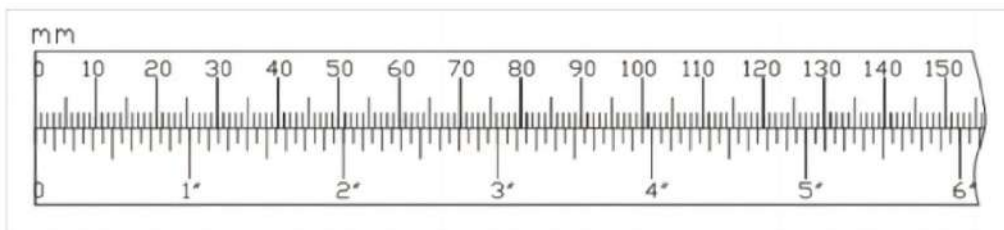
PART IDENTIFICATION

IMPORTANT: if you cannot find a part in the hardware kit, check to see if it has been preassembled.

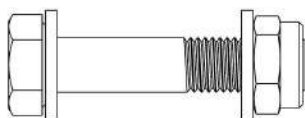


PART IDENTIFICATION

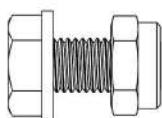
IMPORTANT: if you cannot find a part in the hardware kit, check to see if it has been preassembled.



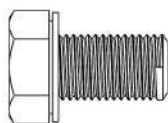
⑤1 x57



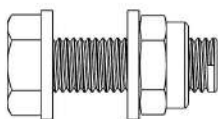
②0 x20



②6 x2



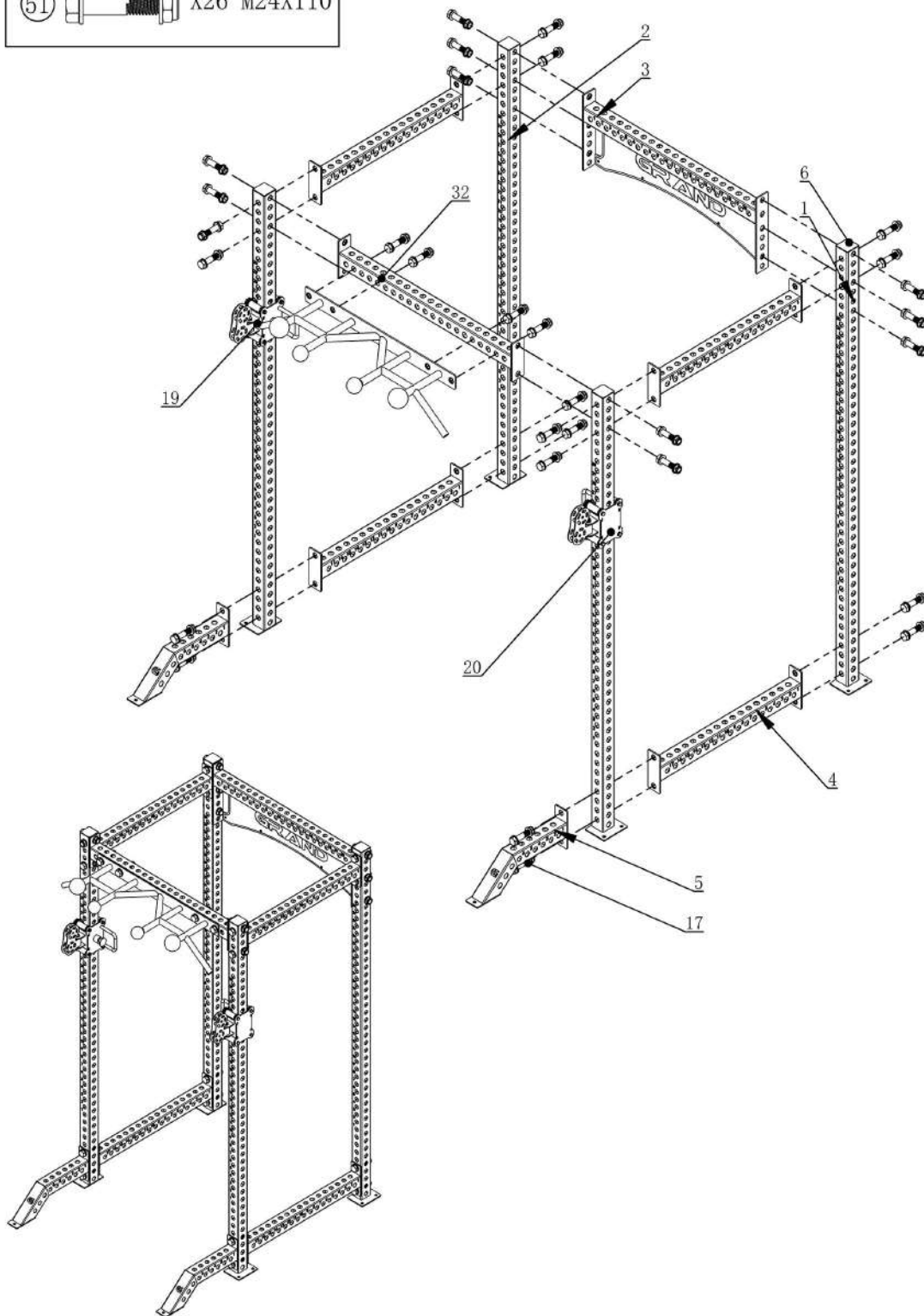
③9 x30



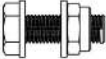
④7 x4

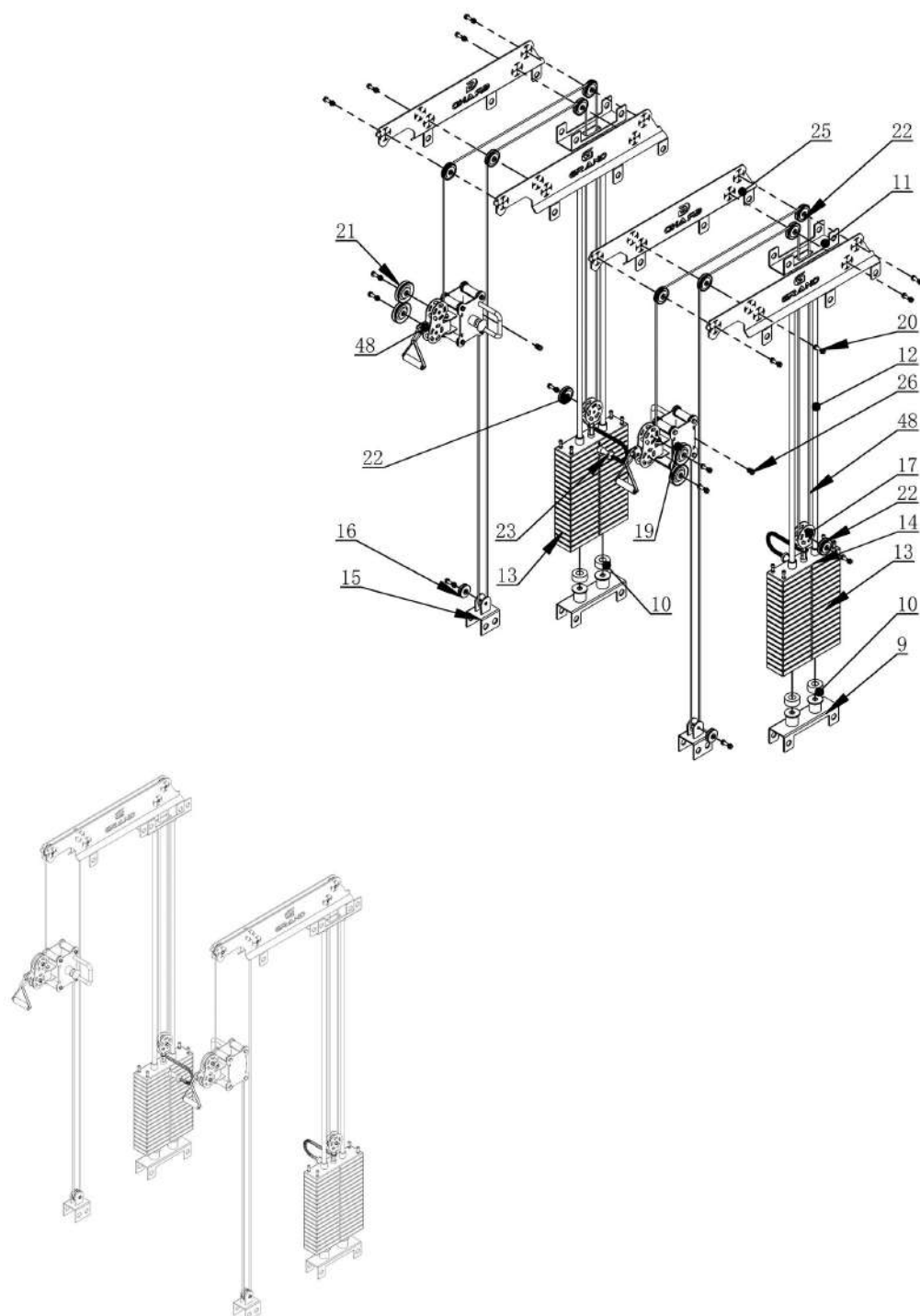
ASSEMBLY STEP 1

51  X26 M24X110



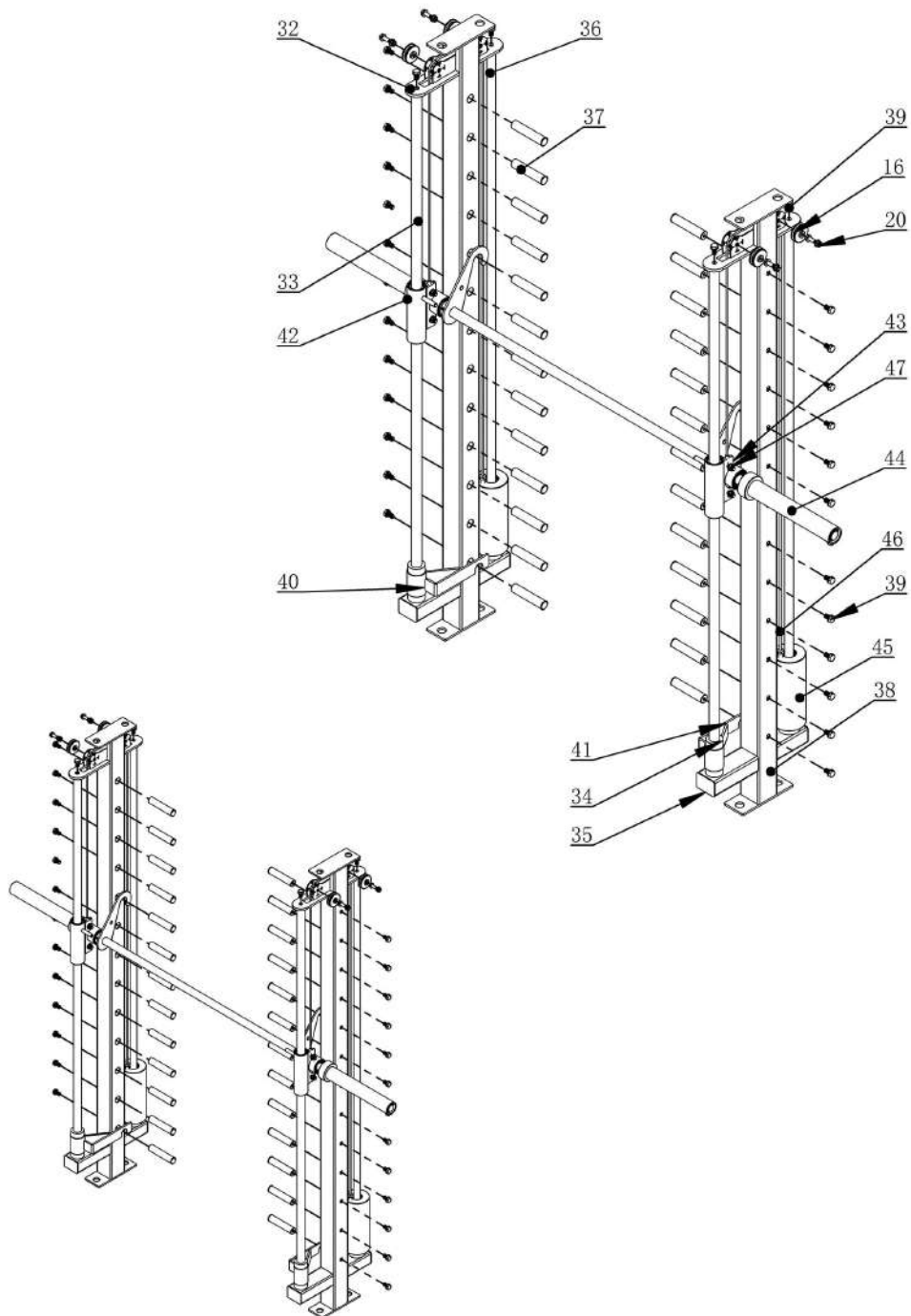
ASSEMBLY STEP 2

- | | | |
|------|---|------------|
| (20) |  | X18 M10X45 |
| (26) |  | X2 M10X20 |



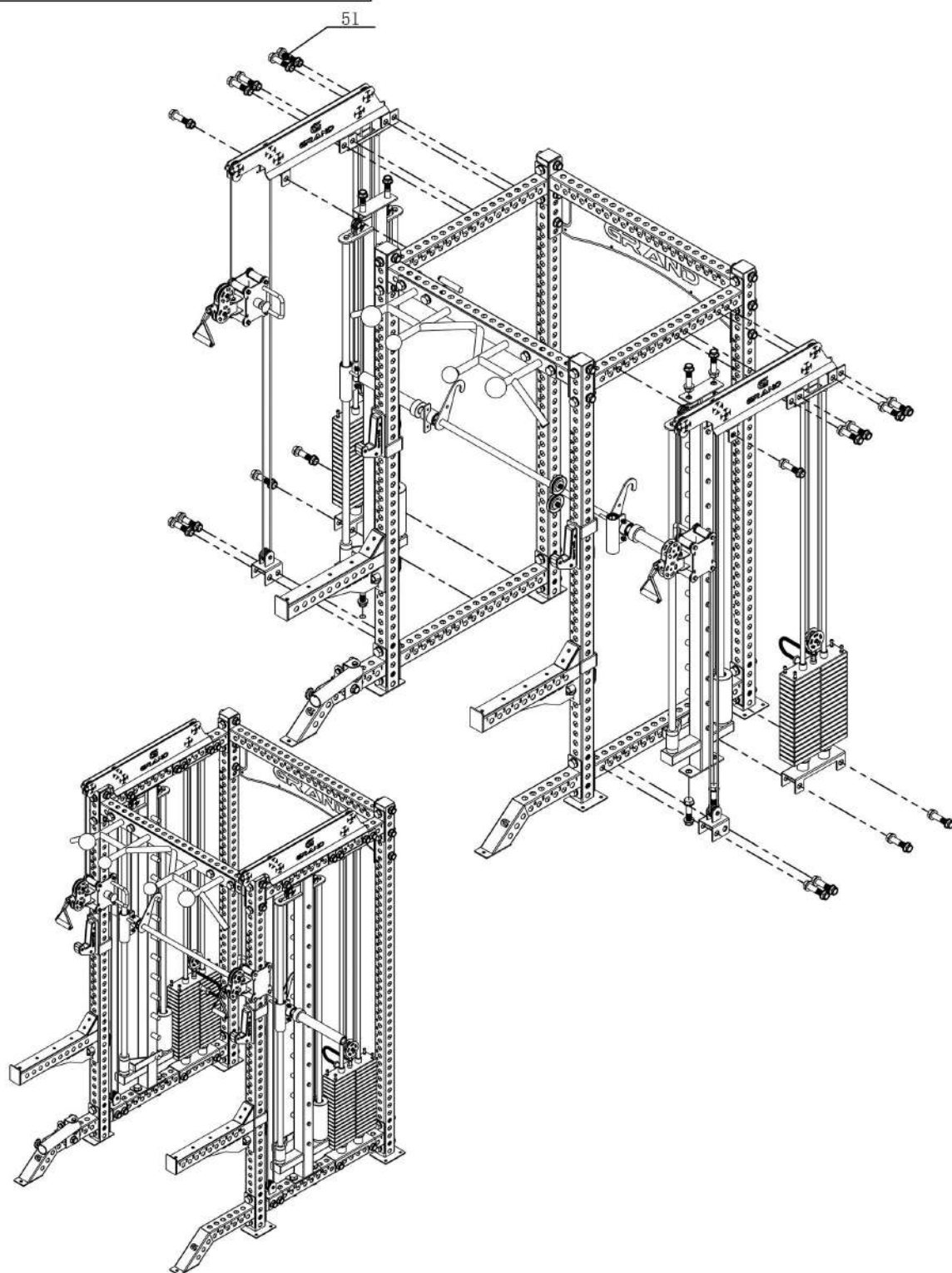
ASSEMBLY STEP 3

- | | | |
|----|---|------------|
| ②0 |  | X4 M10X45 |
| ③9 |  | X30 M12X20 |

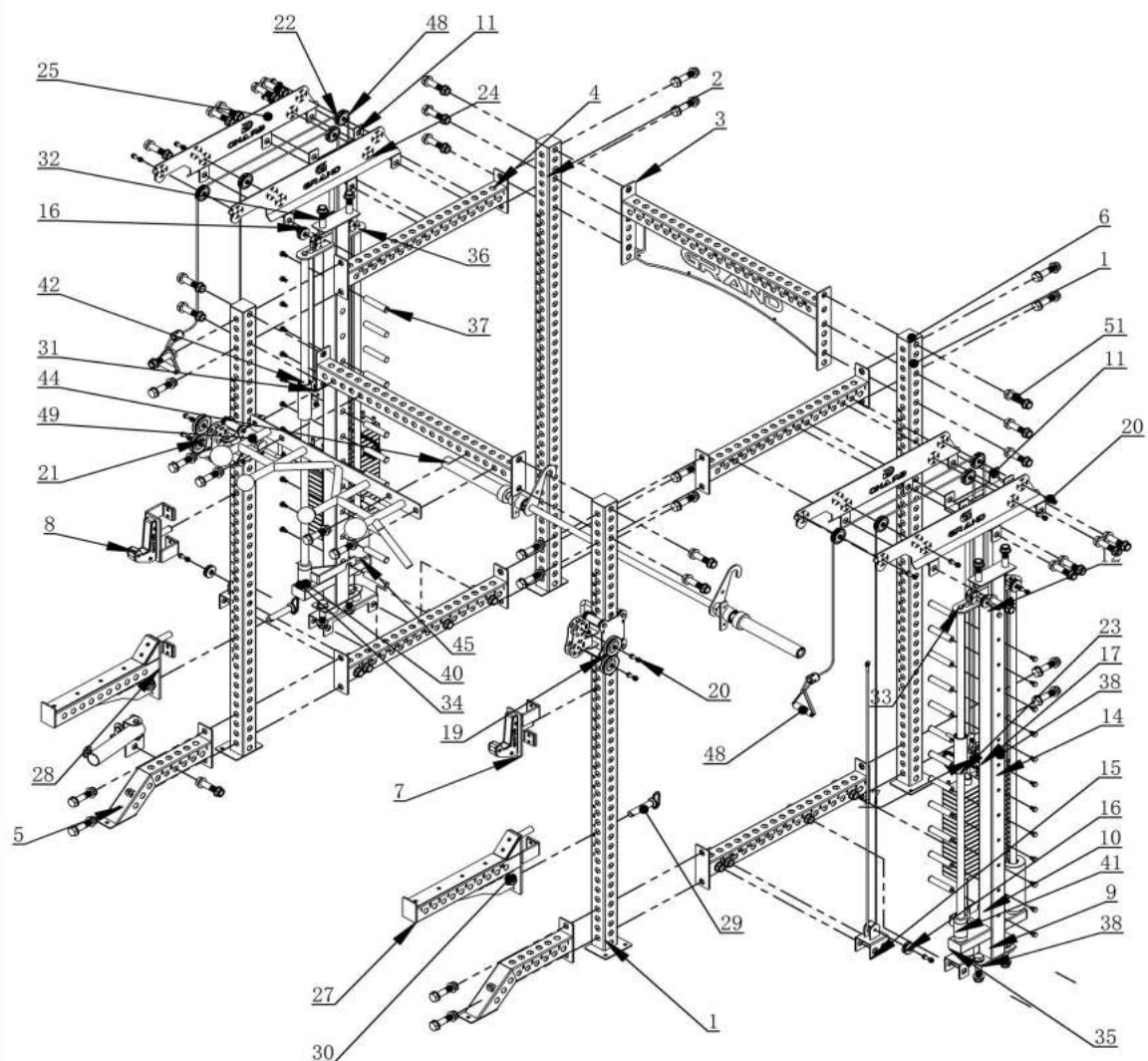


ASSEMBLY STEP 4

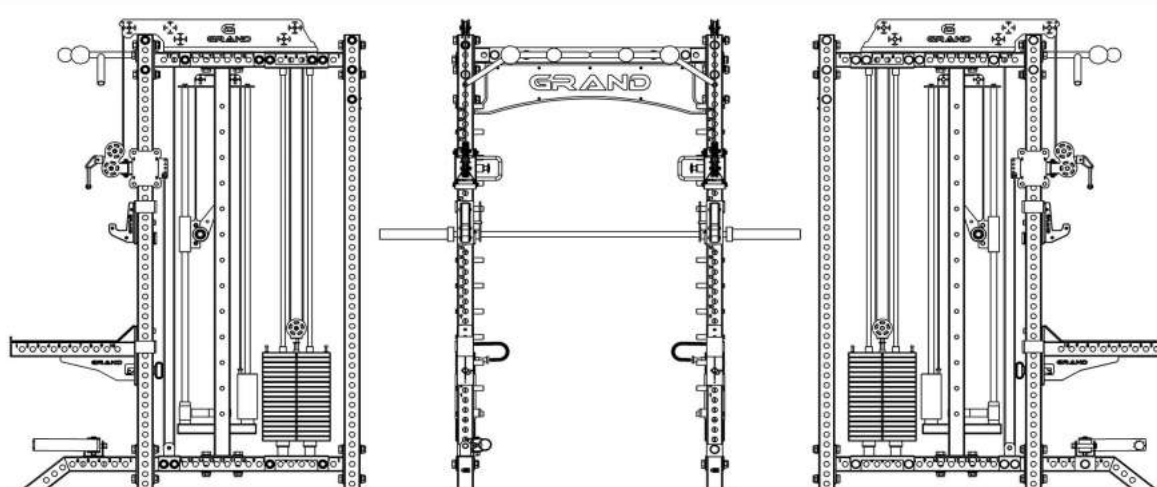
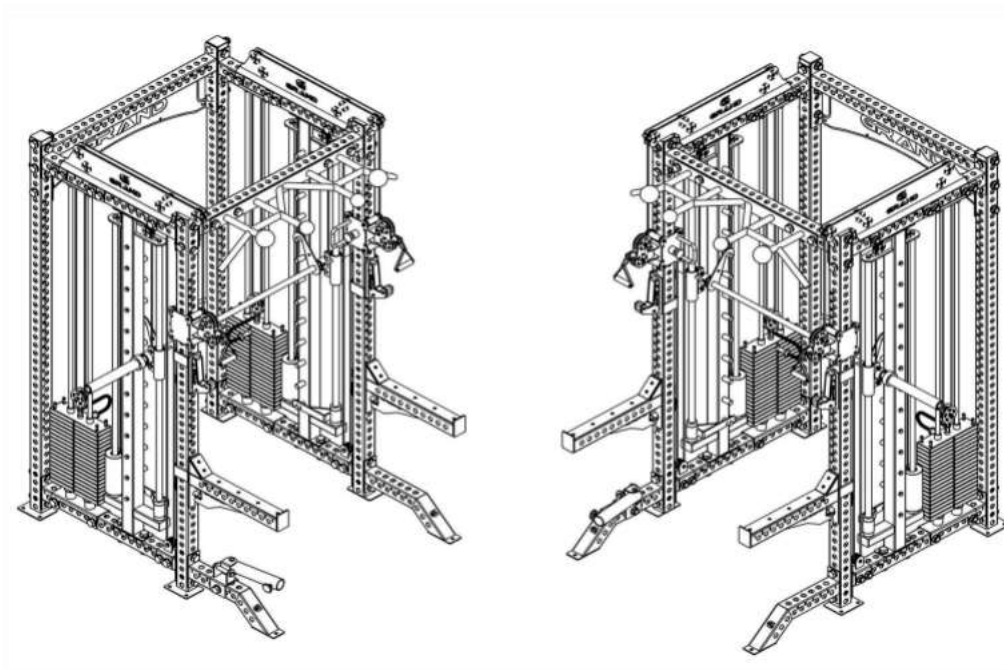
⑤1  X26 M24X110

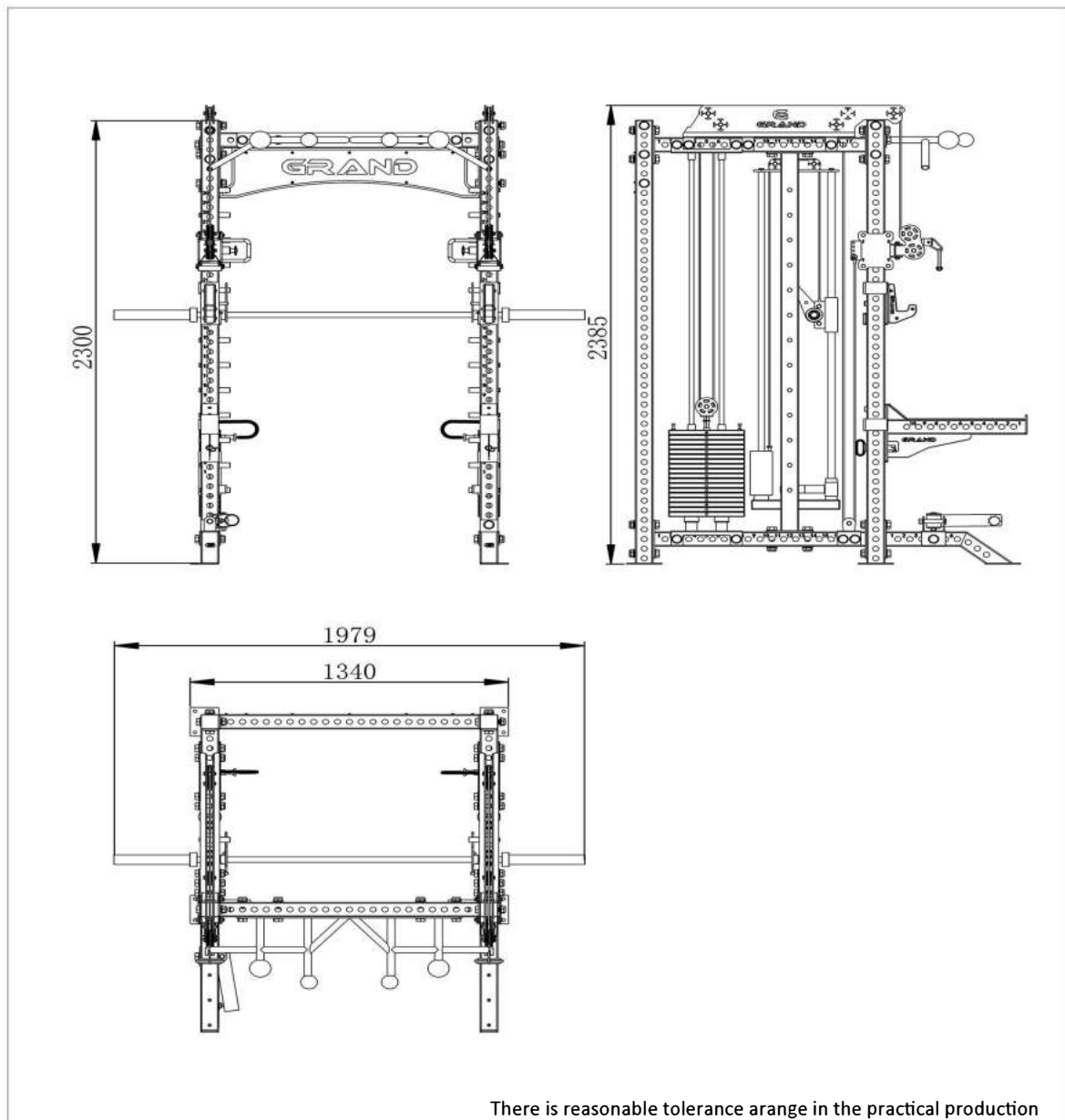


EXPLODED DIAGRAM



ASSEMBLY DIAGRAM





WARRANTY

LIFETIME WARRANTY ON FRAME AND 2 YEAR WARRANTY ON MOVING PARTS

This warranty applies to first owners and does not cover second-hand equipment or re-sold equipment. This warranty covers only failures due to defects in structural, cables and pulleys and workmanship that occur during regular exercise use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, misapplication, alteration or improper assembly of the product.