



ELEIKO CLASSIC HALF RACK

ELEIKO



IMPORTANT SAFETY INSTRUCTIONS

CAUTION

Read this owners manual before any usage on the ELEIKO equipment.

The equipment must be installed and used in a place whose access and supervision are specifically controlled by the owner.

Be sure to install the equipment on a stable base and properly level the equipment. ELEIKO recommends that all equipment is secured to floor and installed by a licensed contractor or an ELEIKO-installer.

WARNING! READ SAFETY INSTRUCTIONS

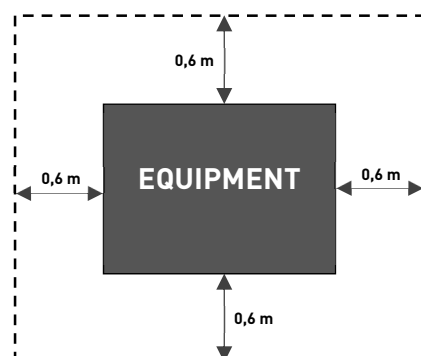
It is the responsibility of the purchaser of ELEIKO products to instruct all users and supervising personnel on proper usage of the equipment.



- All included warnings (labels) and instructions **MUST** be read before the use of any ELEIKO-equipment. Use each equipment as it is intended for.
- A user **MUST** get a medical examination and proper instructions before the use of any ELEIKO-equipment.
- Don't exceed the max user weight
- Don't exceed the maximum load capacity
- A user **MUST** never use the equipment unattended.
- Inspect the machine before usage after mounting and installation. **NEVER** use Eleiko-equipment that has missing parts or is not complete.
- **DO NOT** let anyone, under any circumstances, use equipment that appears to be damaged. Do not try to repair any equipment without consulting an ELEIKO technician.
- **DO NOT** replace the components of ELEIKO-equipment with other none ELEIKO equipment (magnetic safety pin, frames, bars, bolts), do not improvise. If there are any doubts consult an ELEIKO representative prior to any intervention.
- **DO NOT** overload the equipment
- **DO NOT** try to exceed personal strength levels.
- Keep children under the age of 14 away from the equipment and teenagers must be supervised.
- **DO NOT** remove any safety labels from the ELEIKO-equipment. ELEIKO is not responsible if a label is removed. Replace damaged labels immediately.
- **DO NOT** use this equipment for support during stretching, as this may result in serious injury.

REQUIRED FOOTPRINT AREA

Leave at least 0,6 m safety clearance for the unit all around it.



PRODUCT SPECIFICATIONS

TEHNCICAL SPECIFICATION	
Overall Dimensions	1640x1720x2440 mm – 64.6x67.7x96 inches
Weight	180 kg – 397 lbs
Shipping Weight	--
Max User Weight	--
Max Load	350 kg

WARRANTY	
Frame (not coating)	10 years
Structural parts	10 years
Weigth stacks	5 years
Pivot bearings	5 years
Any items not specified	3 years
Upholstery (cables/grips/springs)	6 months
Accessories	6 months

MAINTENANCE CHECKLIST

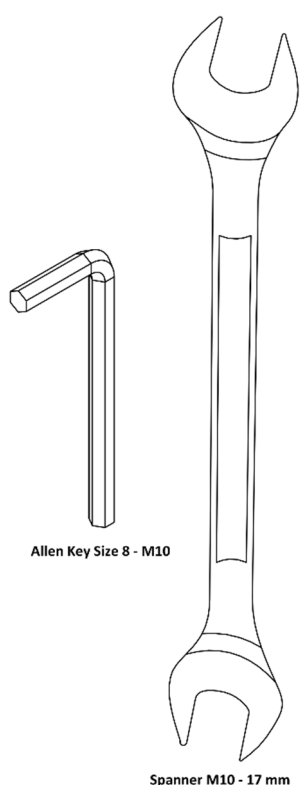
ACTION	HOW OFTEN?
Clean *Upholstery	Daily
Inspect Hardware (Bolts tightened)	Monthly
Inspect Frame	Monthly
Inspect J-cup plastic	Daily
Inspect Rollers	Daily
Inspect Safety Arms/J-hooks (Welds and Structure)	Daily
Clean Machine	As Needed
Clean Grips	As Needed
Lubricate Guide Rods	As Needed

*Upholsteries: Use a damp microfiber cloth to clean the pads. If necessary, use a cleaning agent that is neutral or slightly alkaline. PH 7-9. Spray water or washing solution on cloth and wipe padding surface clean. To remove more stubborn stains, spray the spray directly onto the stain, allow the substance to act for 5 minutes, and wipe the surface with a cloth. Do not use a wet cleaning method, padding seams are not waterproof and wet cleaning can cause irreversible damage. It is not advisable to use abrasive products (rough noodle, rubbing board, beard) to clean the pads, which can damage the padding surfaces. Do not use alcohol or solvent-based cleaners

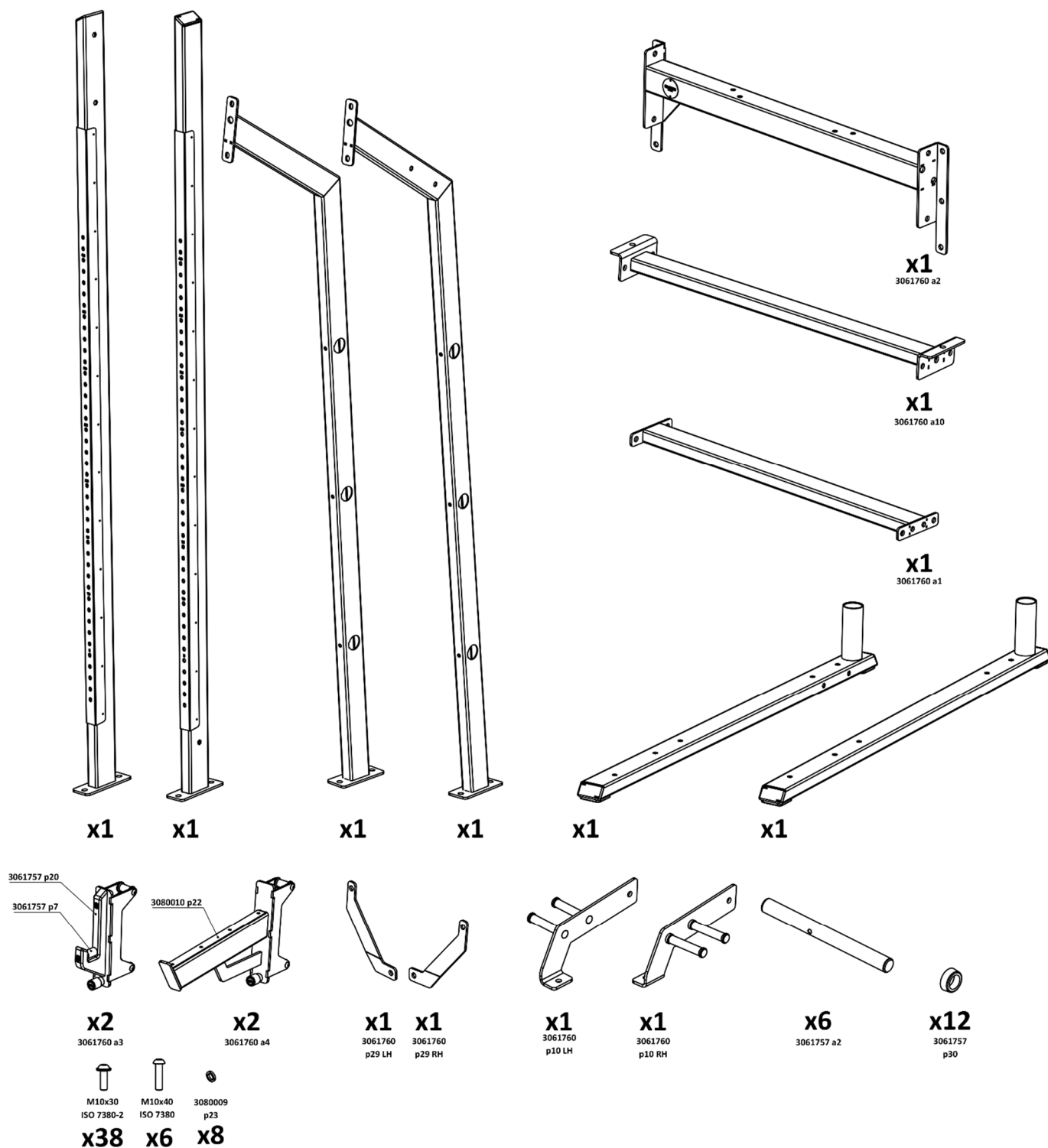
UNPACKING

Thank you for purchasing an Eleiko product. Your Eleiko product is inspected before it is packaged. It is shipped in multiple pieces to facilitate the compact packaging of the machine. Prior to assembly, confirm all the components by matching them with the exploded diagrams. The weight stack is shipped in separate packaging to reduce the weight of this box. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

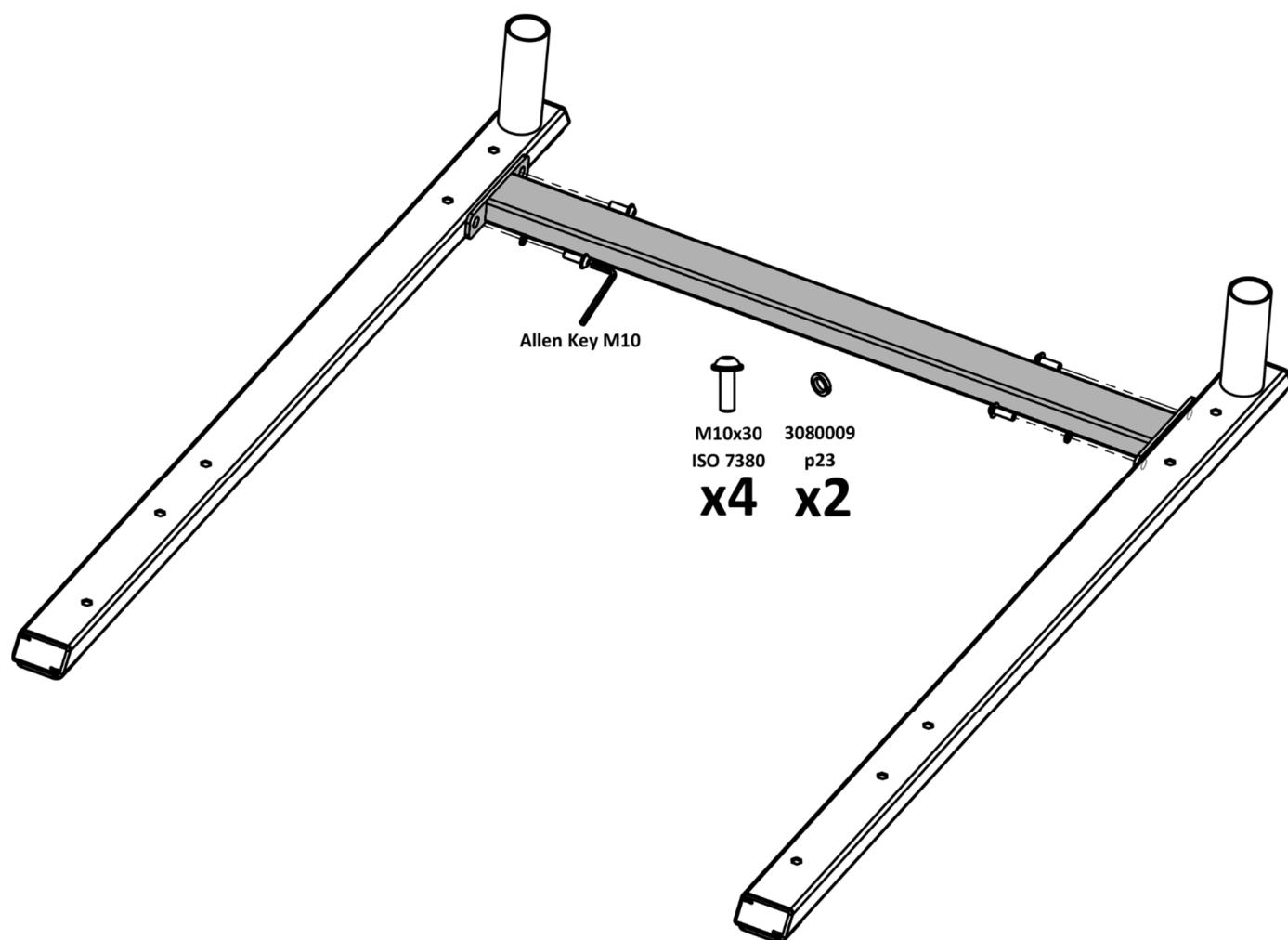
TOOLS REQUIRED FOR ASSEMBLY



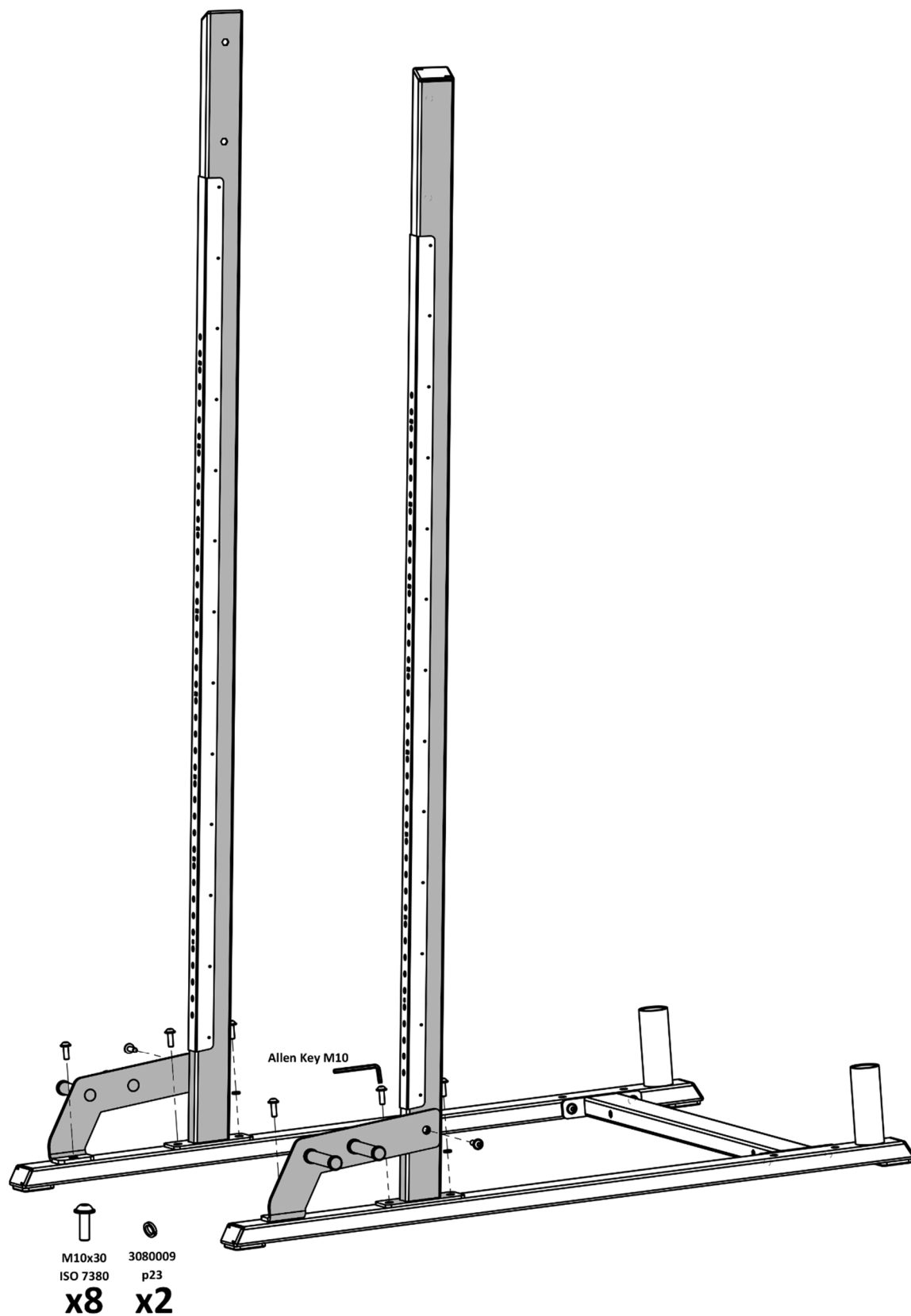
STEP 1 | VERIFY THAT ALL PARTS ARE INCLUDED



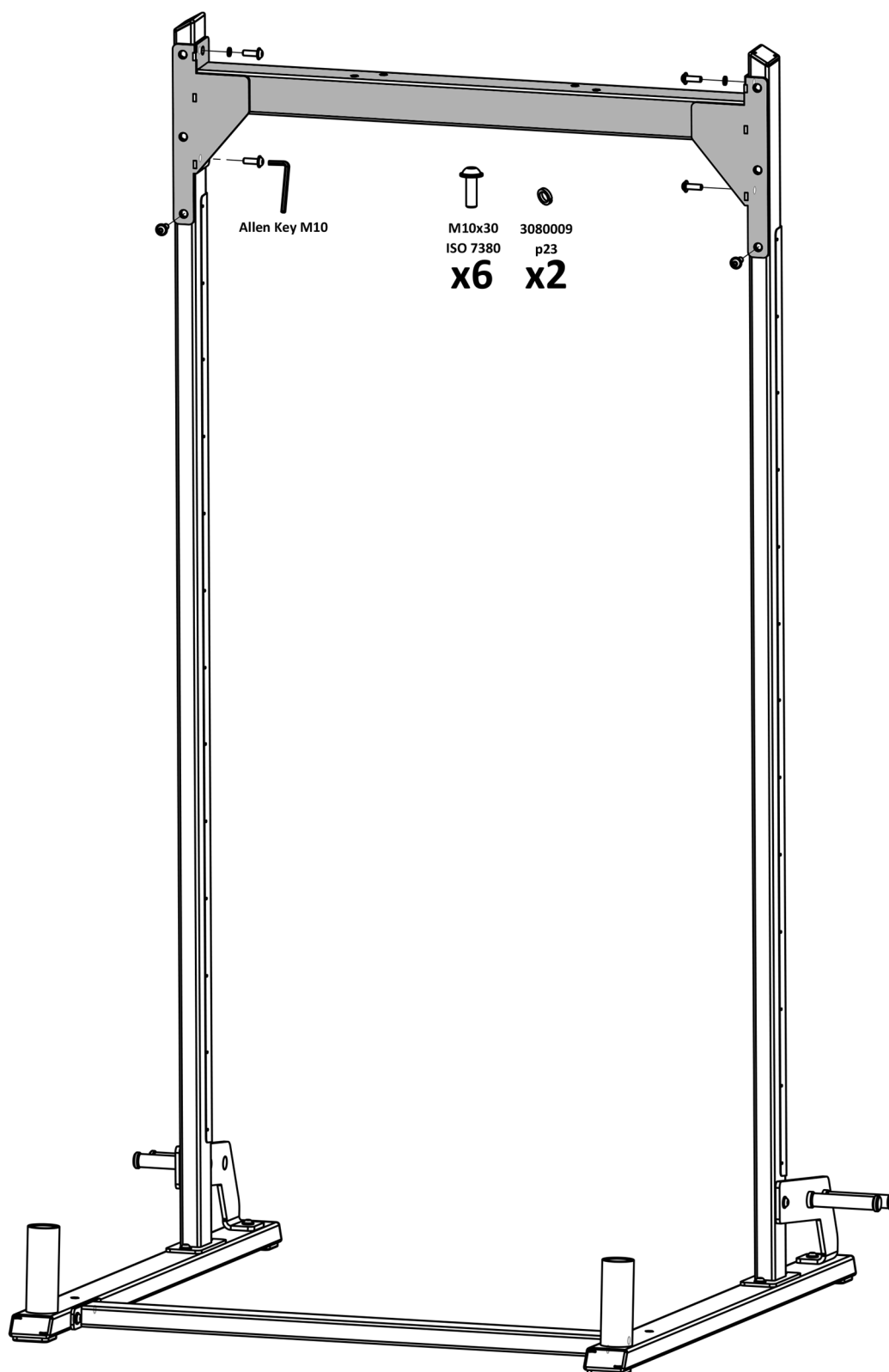
STEP 2 | INSTRUCTIONS



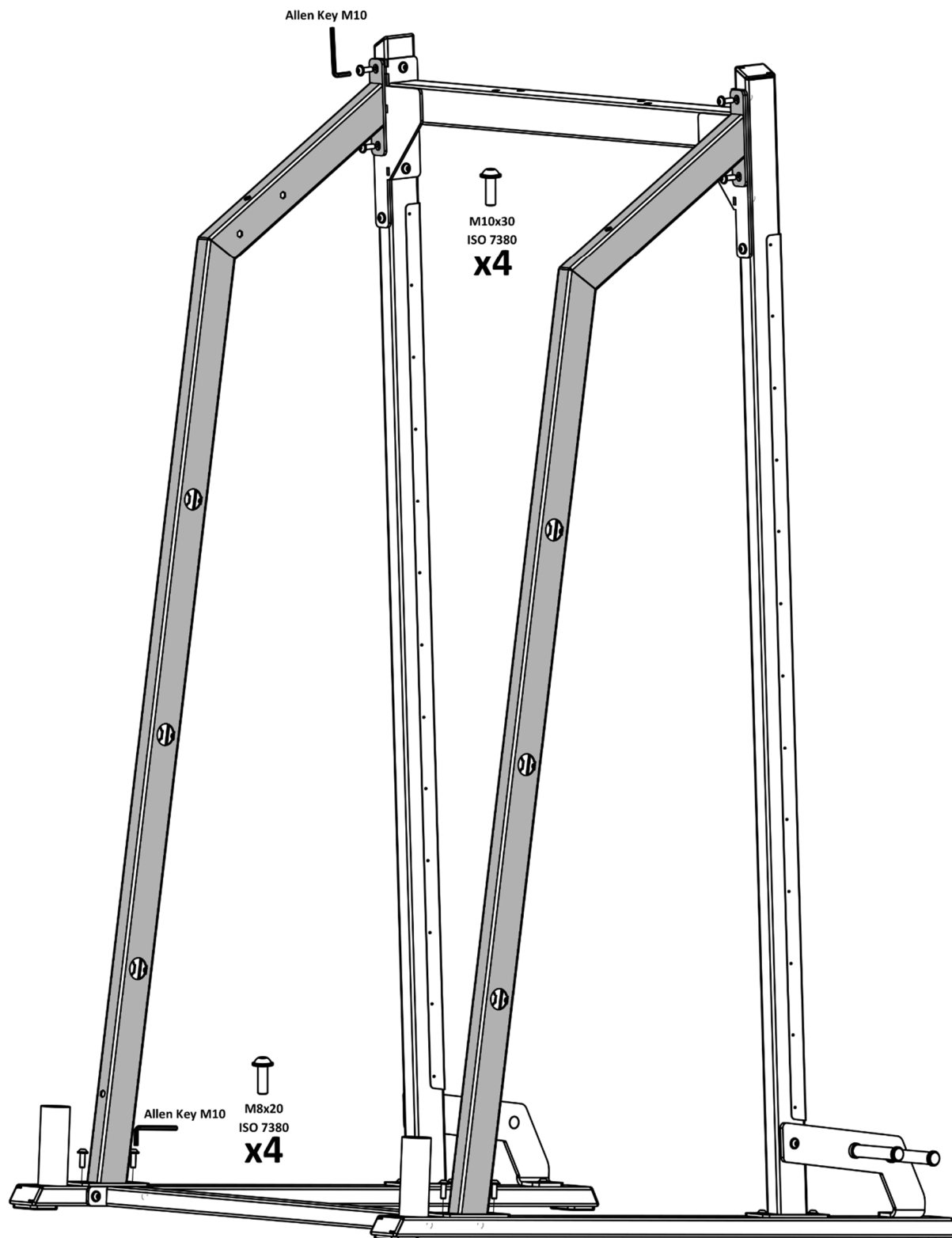
STEP 3 | INSTRUCTIONS



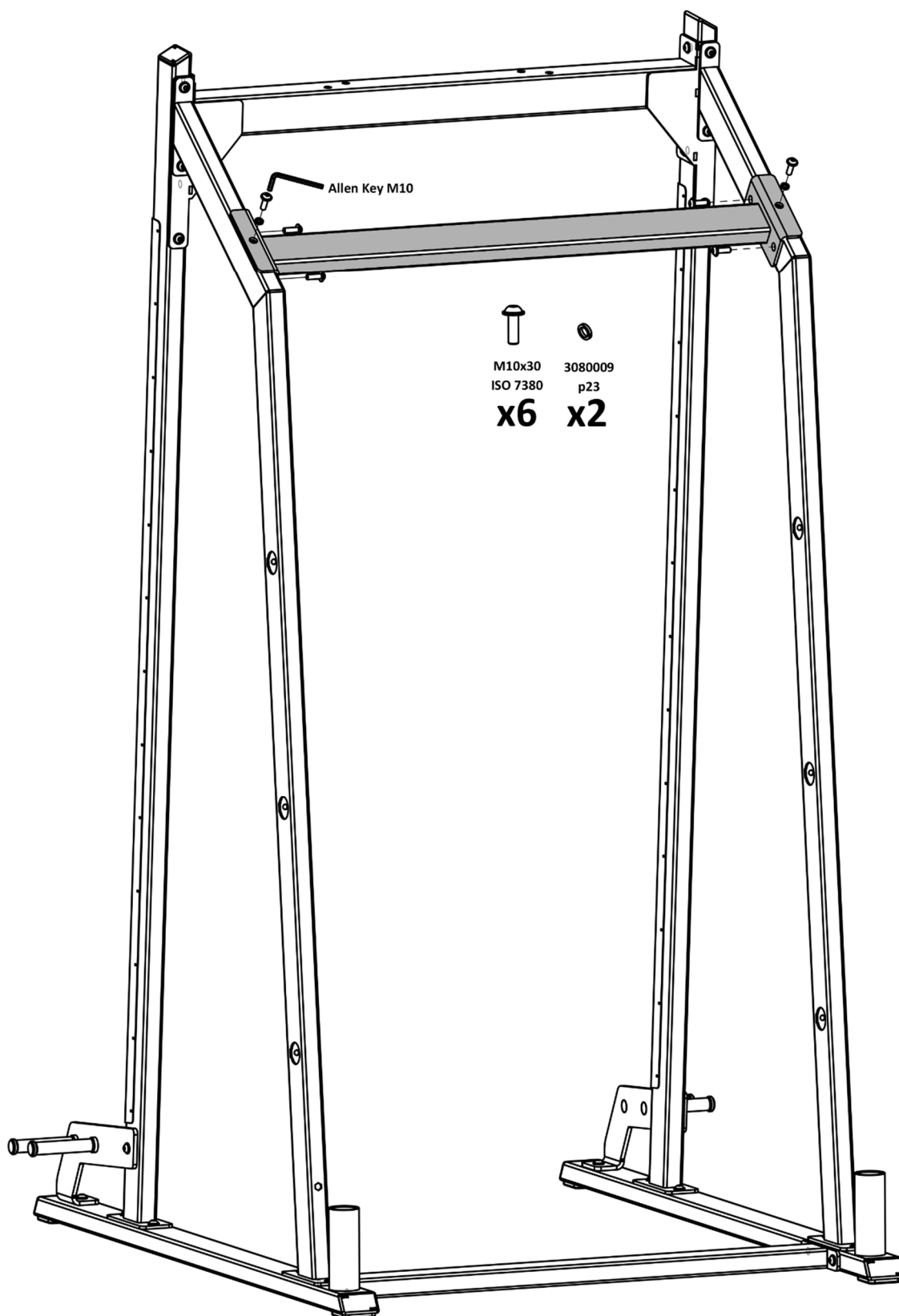
STEP 4 | INSTRUCTIONS



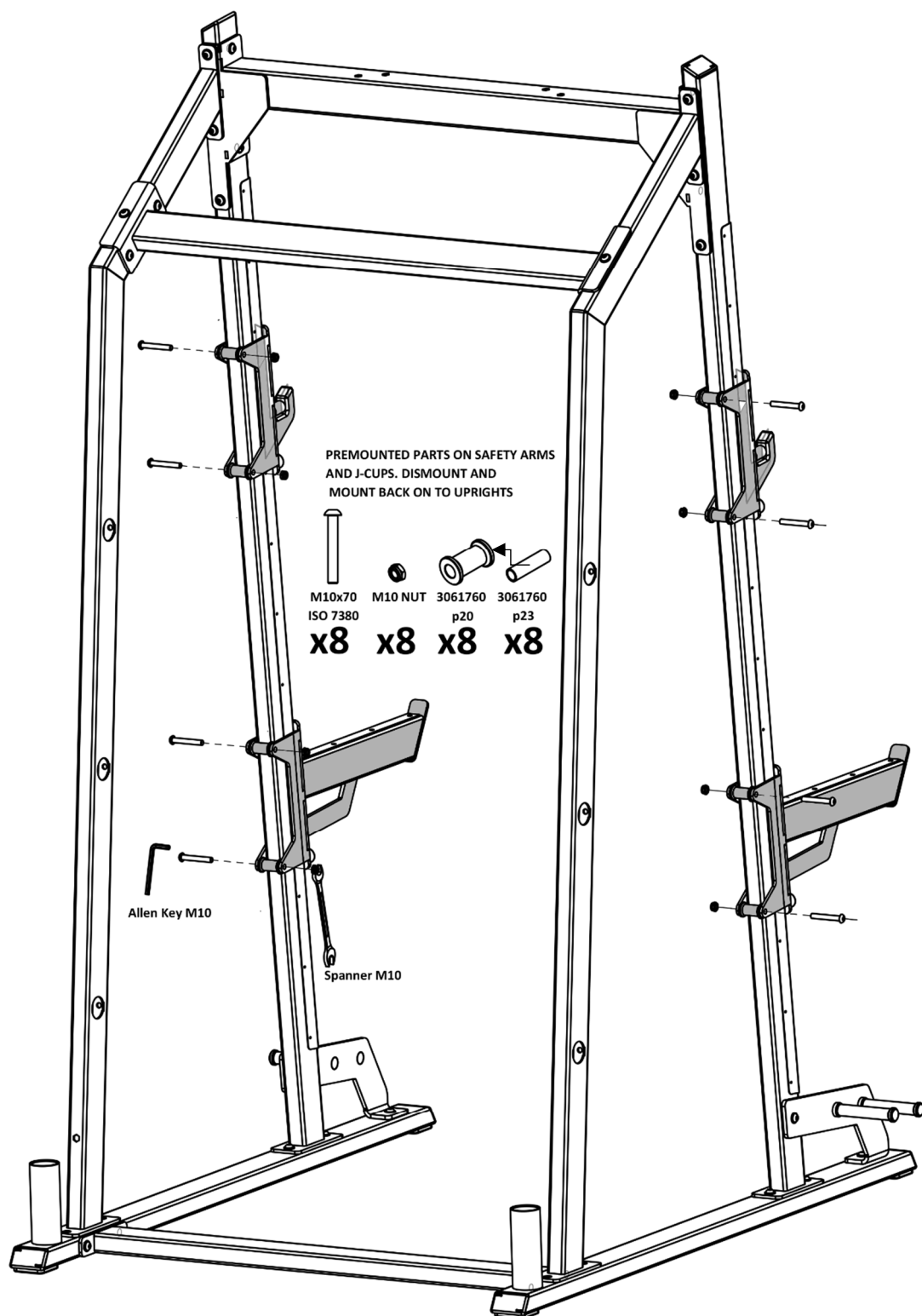
STEP 5 | INSTRUCTIONS



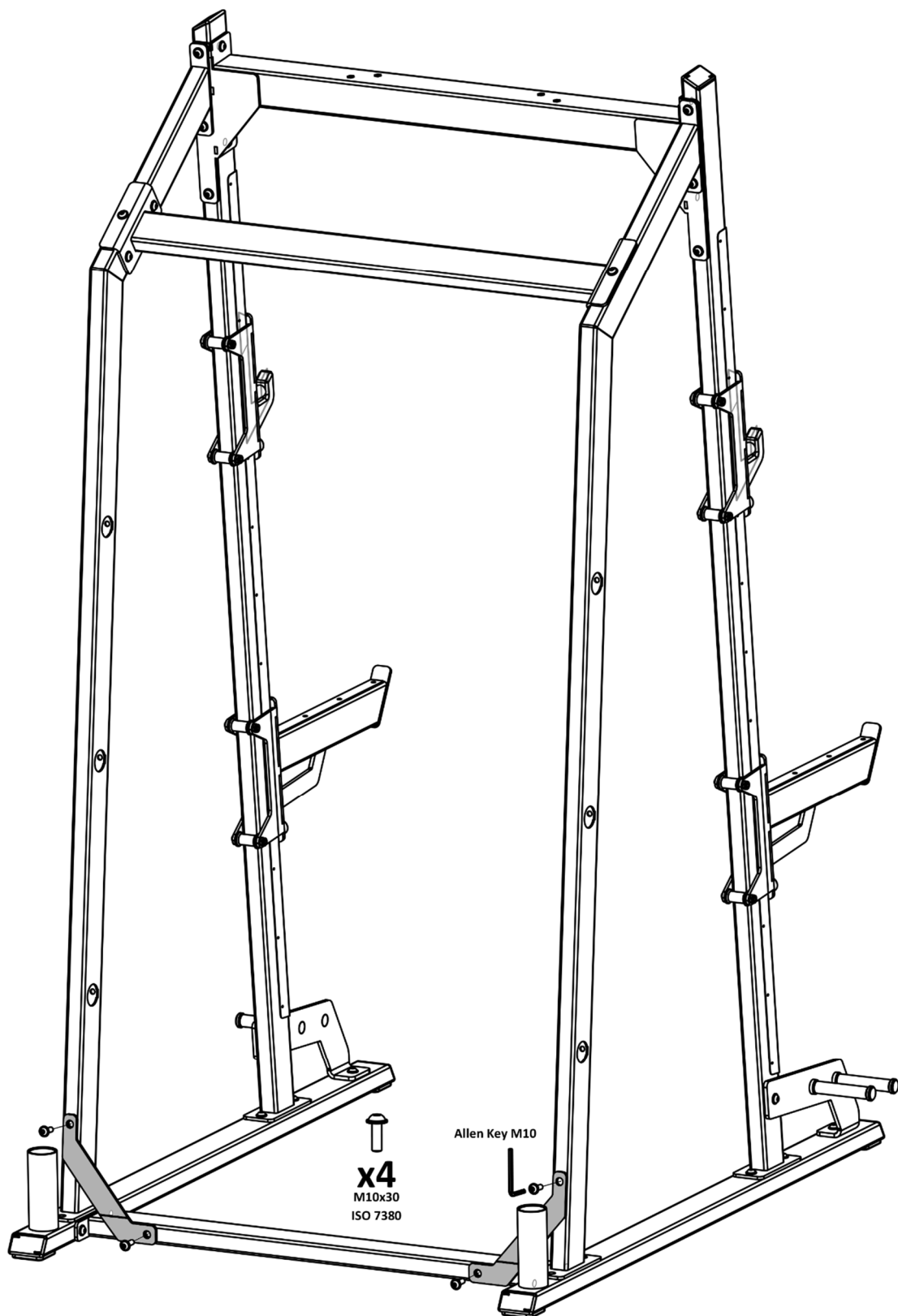
STEP 6 | INSTRUCTIONS



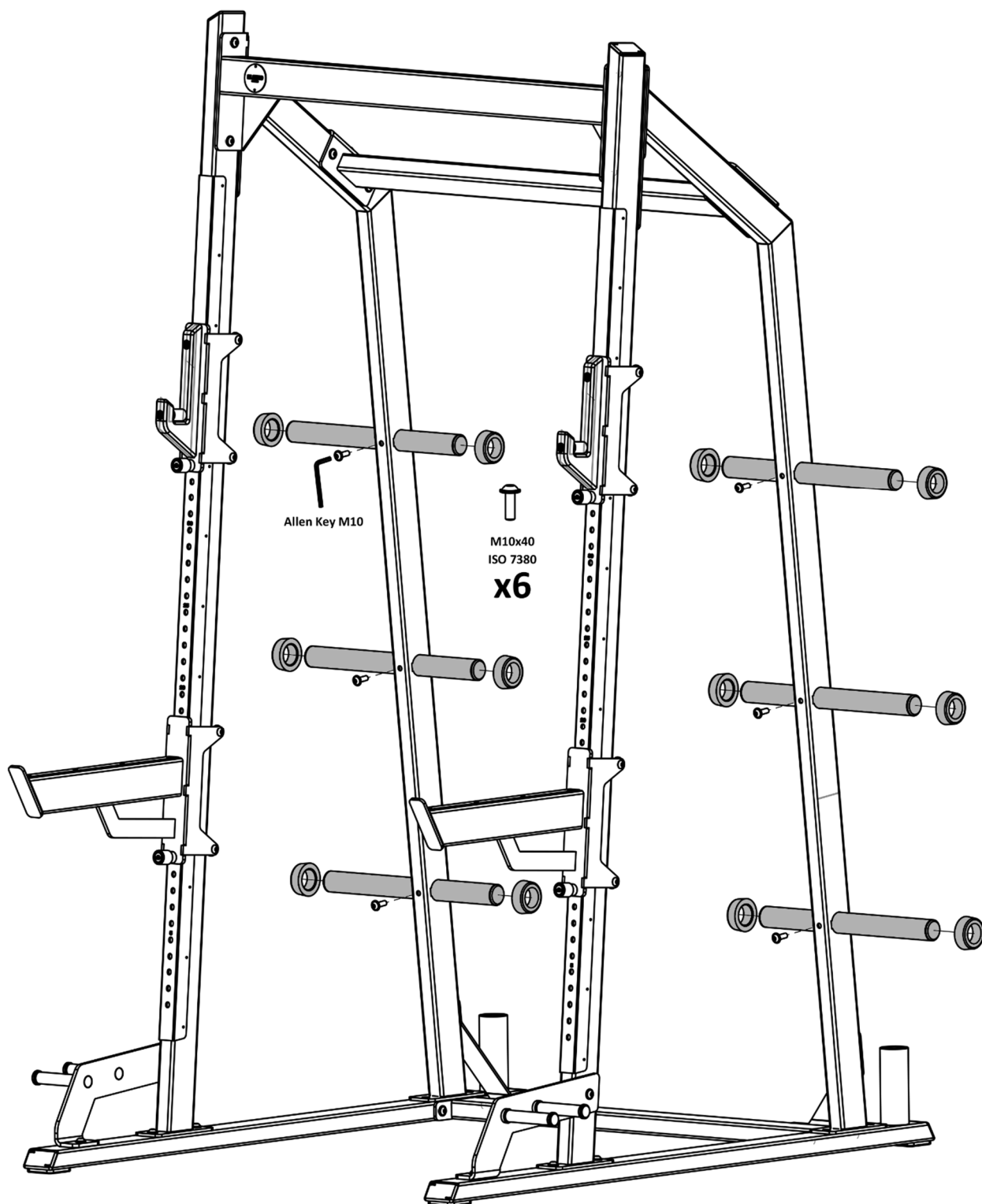
STEP 7 | INSTRUCTIONS



STEP 8 | INSTRUCTIONS

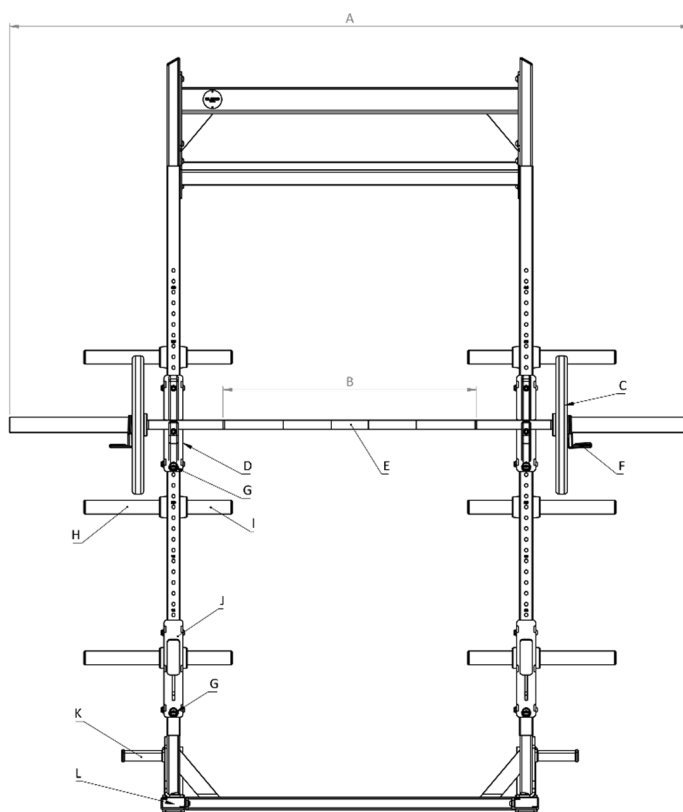


STEP 8 | INSTRUCTIONS



INTENDED USE

This unit is intended for performing a variety of lifting exercises, such as squats but also bench press. The rack has two height adjustable barbell j-hooks and two height adjustable safety arms. While the barbell lays on the barbell j-hooks you can adjust the barbell horizontally by the rollers in the j-hooks. Always find a good height position for the safety arms, so they catch the barbell in case of missing racking the barbell back in the barbell J-hooks.



A	Ideally use a barbell that meets or is IWF/IPF-certified
B	Align your grip, based on the grip markings and don't go grip the barbell too wide.
C	Always load the barbell evenly before lifting
D	Make sure the J-cups are aligned horizontally and that the pop pin is engaged into the hole before usage
E	Always align the barbell center to the unit before lifting
F	Always lock the discs on the barbell with a collar on both sides
G	Pull the pop pin to adjust vertically along the upright.
H	Store bigger discs on the outside of the rack on the weight pins
I	Store smaller discs and collars on the inside of the rack on the weight pins
J	Make sure the safety arms are aligned horizontally and that the pop pin is engaged into the hole before usage. Note! Don't intentionally drop the barbell onto safety arm. Regularly check the safety arms.
K	Rubber Band attachments
L	By removing the end caps there are bolt down holes for anchoring the unit to the floor. Don't forget to put back the end cap after anchoring.



CONTACT



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