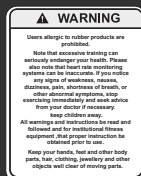
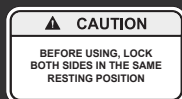
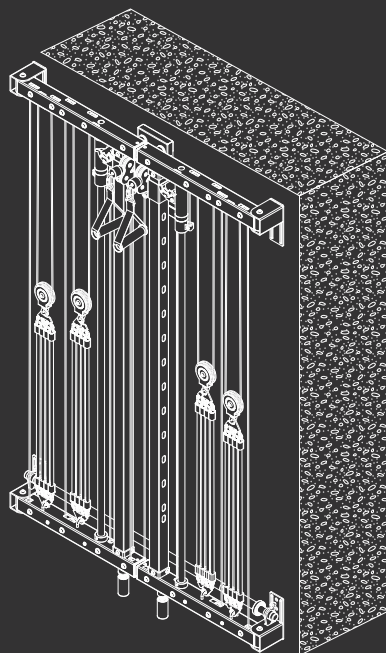


INSTRUCTION MANUAL

Multi-Functional Wall-mounted Variable
Resistance Training Station

MAX 2



SPECIFICATIONS

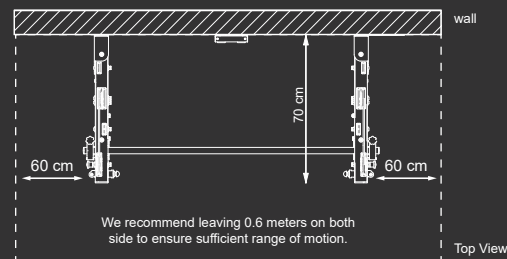
Overall Height	81.5 in / 201 cm	Overall Depth	4.8 in / 12 cm
Overall Width	51 in / 130 cm	Product weight	126 lbs / 57 kg

GATHER THE TOOLS

Hammer	Pen	10 mm brad drill bit (wooden wall)	10 mm masonry drill bit (concrete & brick wall)
Measuring tape		ladder	Hammer drill

SET-UP PLACE

- Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- The set-up and mounting surface of the equipment should be flat, loadable and solid.
- The requested stud spacing for our fitness frame is 12"/ 24" /16" apart on center .



$\frac{>10\text{cm}}{>4''}$	$\frac{70\text{cm}}{27''}$	$\frac{12\text{cm}}{5''}$	$\frac{130\text{cm}}{51''}$	$\frac{207\pm 2\text{cm}}{82\pm 0.8''}$
Wall thickness (Minimum)	Depth (OPENED)	Depth (CLOSED)	Width	Height

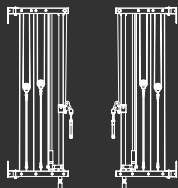
WARNING

- All warnings and instructions be read and followed and proper instruction be obtained prior to use.
- The possibility of serious injuries or death, or both, (if applicable) if caution is not used.
- Specific items that may be addressed in existing ASTM standards for particular fitness equipment.
- This equipment should be used under adult supervision.
- Children should not be allowed unsupervised access to the equipment.
- Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.
- Before removing the Smith bar, please make sure the safety stopper of the Smith machine is in the same position and secured. Failure to comply may cause harm.
- When not using the Smith machine, please ensure the hooks on both ends of the Smith bar are fixed to the opening of the steel pipes, and make sure the safety device of the Smith machine is in the appropriate position and secured.
- Failure to comply may cause harm.
- Inspect equipment and wall mounting prior to use. DO NOT use if it appears damaged or inoperable for any reason.
- Use the equipment only for the intended use. DO NOT modify the equipment.
- Attach the product properly and regularly check all bolts and nuts. Re-tighten if necessary.
- The potential hazards inherent in the user of fitness equipment and the potential for serious injury or death if potential hazards are not avoided.
- The requirement that the warning labels and instruction placards be read before use of fitness equipment.
- The necessity of seeking assistance or training as to equipment usage.
- Warnings against use or attempts to fix equipment that is not functioning properly.
- Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.
- Users allergic to rubber products are prohibited.
- If your accessories need to be connected to the fitness frame with a main cable, make sure that the cable is not a potential tripping hazard.
- Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- Do not insert any objects of any kind into the openings of the device.

MAINTENANCE

- Proper maintenance is very important. Regular use can cause the bolts that hold the fitness frame together to loosen. Regularly check the tightness of the bolts used to assemble the fitness frame and anchor it to the wall. Tighten to the specified torque values if necessary.
- Make it a routine to inspect the external wear parts of the fitness equipment, as well as the operating mechanism and safety protection. Also, ensure that the safety device is sensitive and reliable by conducting regular checks;
- Examine the components of the fitness equipment that are prone to loosening, detachment, and breakage to ensure they are functioning properly;
- Regularly inspect the bearing parts of the fitness equipment for proper lubrication and add the appropriate amount of high-quality lubricating oil at designated intervals;
- Conduct a thorough examination of the gym equipment for signs of corrosion, bumps, pulls, breaks, and oil leaks;
- Verify that all configuration accessories and tools for the fitness equipment are present and accounted for;
- Progress gradually according to your own training level, and replace the elastic ropes regularly.
- Before use, check whether there are cracks, marks, or small holes in the elastic rope.
- Store in a dry and cool place, avoid direct sunlight, and seal it when not in use for long term storage.
- The elastic rope has no harmful odor and no additional additives. Please feel free to use it.
- The stretching length of elastic rope should not exceed 2.5 times the normal state to avoid personal injury.
- We are not responsible for personal injury or product damage caused by violations of the operating rules. Do not pull violently during use.
- Please check the stopper and the catch mechanism to make sure they work regularly or before each use.

PACKING LIST



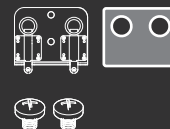
The Rack **x2**



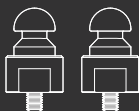
Supporting leg **x2**



Smith bar **x1**



Central mounting block **x2**
Cap screw **x2**



Pin head **x2**



M7*90 self tapping screw
M10*80 expansion sleeve
M8*20 washer **x10**



T-type wrench **x1**



45 kg Resistance bands set **x2**
(7.5 / 10 / 12.5 / 15 kg)



Brush **x1**



Cross screwdriver **x1**



Dust bag **x12**



Wrench **x1**

We provide you several Dust bags with holes to prevent the dust coming out of the wall while drilling the holes.
Before drilling ,remove the sticker on the bag,then stick it on your wall or the plate of MAX.

Install the Block DEPEND ON WHAT KIND OF YOUR WALL

WOODEN STUD WALL

- Please locate the correct position of the studs before installation.
- If your wall studs are 16 inches apart, you will need to install two additional long wooden boards to assist with fixation.
- The central mounting block should be secured to the studs or the additional wooden boards.
- The upper hole of the central mounting block should be positioned exactly at a wall height of 81 inches (2057 mm).

Width > 51 in / 1300 mm



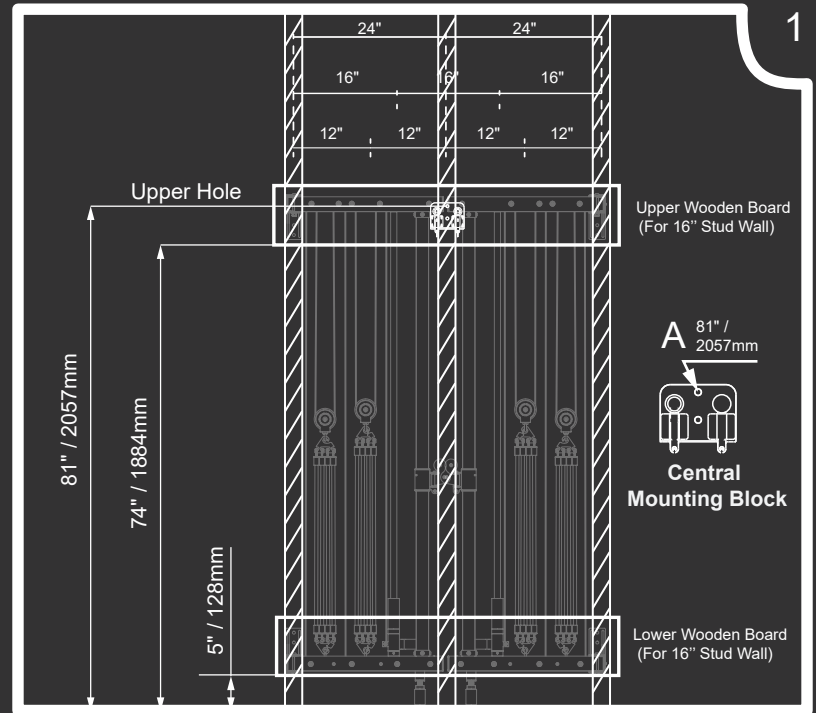
Height > 8 in / 200 mm

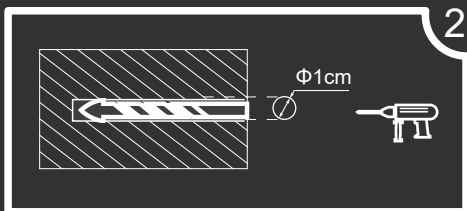
Thickness > 1 in / 25 mm

*For wall has studs spaced 16 inches apart, please use two long wooden boards to assist with installation. You may also choose larger-sized boards.

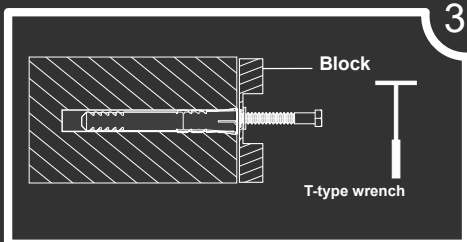
NORMAL SOLID WALL

The upper hole of the central mounting block should be positioned exactly at a wall height of 81 inches (2057 mm).

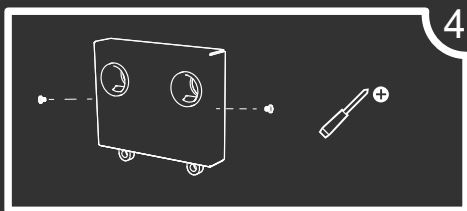




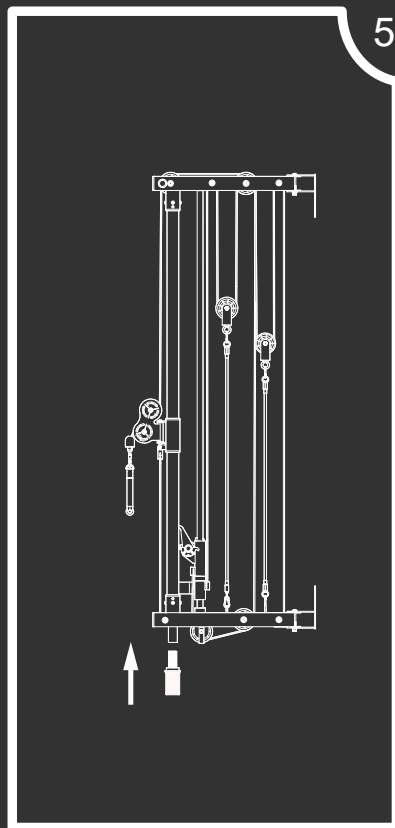
Align the upper hole of the central mounting block to a height of 81 inches (2057 mm), keep it level, and mark the positions of both the upper and lower holes. Then drill the holes. The drilling depth should reach 4 inches (100 mm).



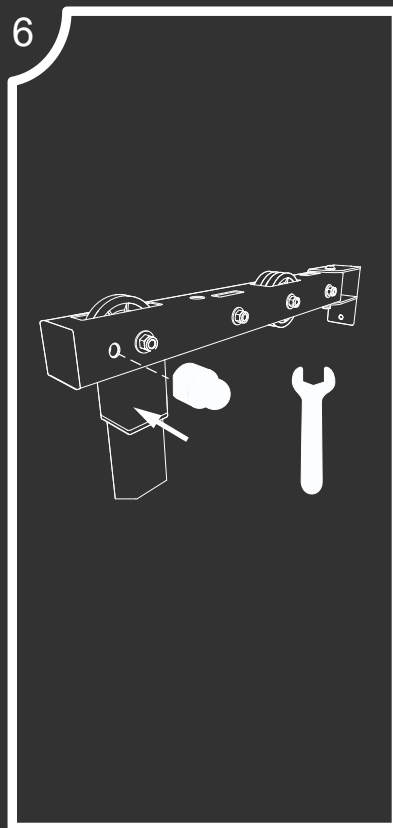
Place the central mounting block, align it with the two holes, and use a hammer to tap the expansion anchors into the drilled holes. Then use a T-wrench to screw the bolts into the expansion anchors.



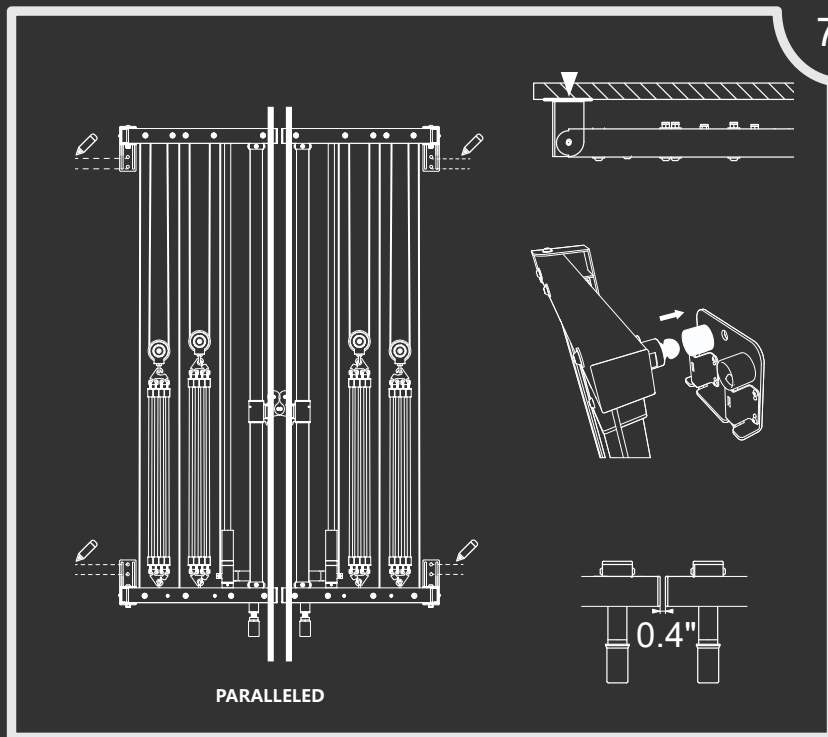
Tighten the screws.



Screw the supporting legs into the sockets with screw-thread. And fasten them tightly.



Screw the two pin heads into Racks respectively, tighten them all. And you may need the wrench which we prepared for you.



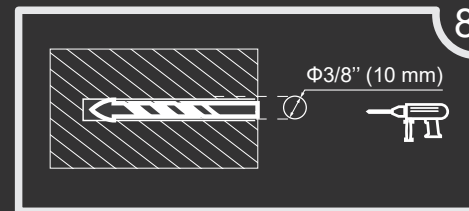
Identify the left and right parts about the rack.

Carry the both Racks to the wall, Push the pin heads into the round slot of the Block.

Please ensure that the bottom of the left and right racks maintain a gap of 0.4 inches. At this point, the tops of the two racks may tilt slightly downward. This is normal during the installation process.

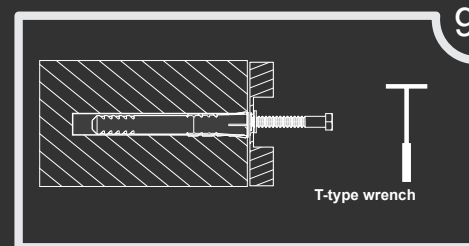
Rotate the black panel to make it affix on the wall surface.

Drill holes through the panel into the wall, Hammer screws into holes and tighten them all.



Drill holes at all the 8 points perpendicularly to wall surface.

Each hole depth is 4 inches (100 mm).

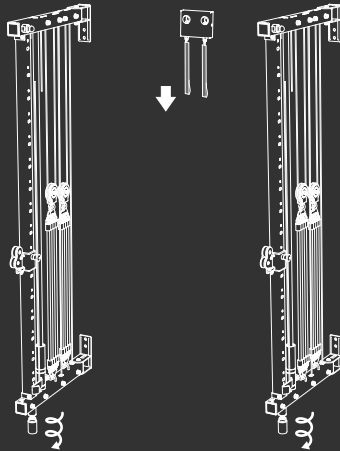


Align the holes of the left and right racks with the drilled holes one by one. Use a hammer to tap the expansion anchors into the drilled holes, then use a T-wrench to screw the bolts into the expansion anchors. Complete the installation and fastening for all holes.

How to Open Racks

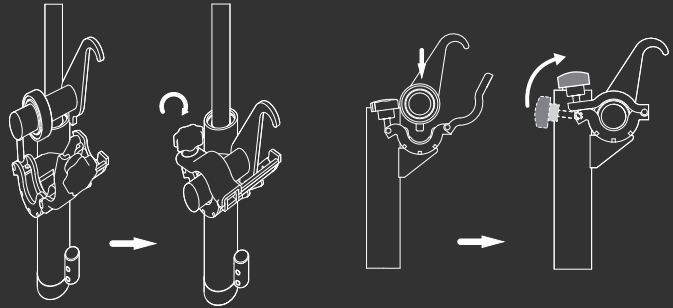
Pull down the belts to release the Rack , and Open them out until it is perpendicular to the wall surface, meanwhile, the Rack should be stopped by the black panel.

NOTE: Adjust the supporting leg if it's difficult to open the Racks.



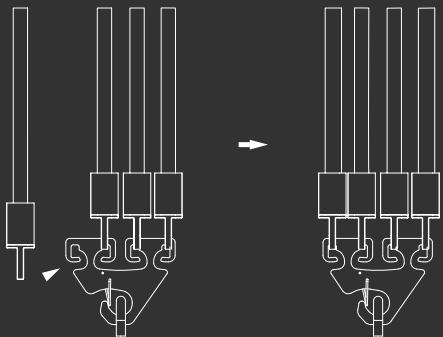
Install the Smith bar

Loosen the screw and open the upper shell .Put the bar into the slot. Rotate the screw and make it on the top surface of the shell. Fasten it tightly. Repeat the same steps for the other side of rack. Before exercise, You must set both sides of bottom stop to the desired range of motion .



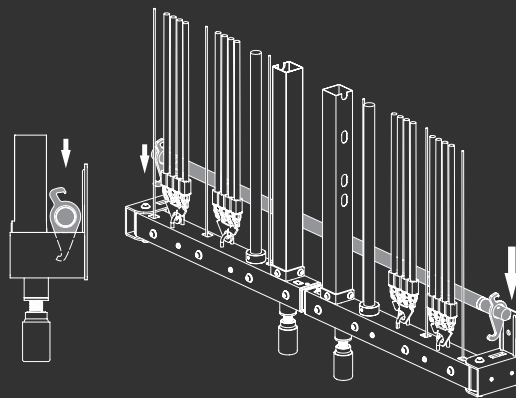
Install The Resistance Bands

You may place the Resistances on the rack as needed.
We recommend placing an equal number of bands on each rack.



Storage The Smith Bar

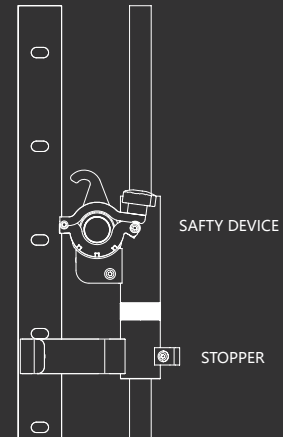
Place the Smith bar into the slots at both ends.



Adjust The Stopper

Each time you want to adjust the location of the stopper, make sure the safety device of smith machine is docked on the stopper.

WARNING:
DO NOT PUT OR REMOVE THE ASSISTANCE BANDS UNTIL THE SMITH BAR IS RESTED ON THE SAFTY STOP.





MAX 2