

IRONEDGE.

Armour Rack

Setup Instructions

 **CAUTION:** Read all precautions and instructions before using this equipment. Save this manual for future reference.

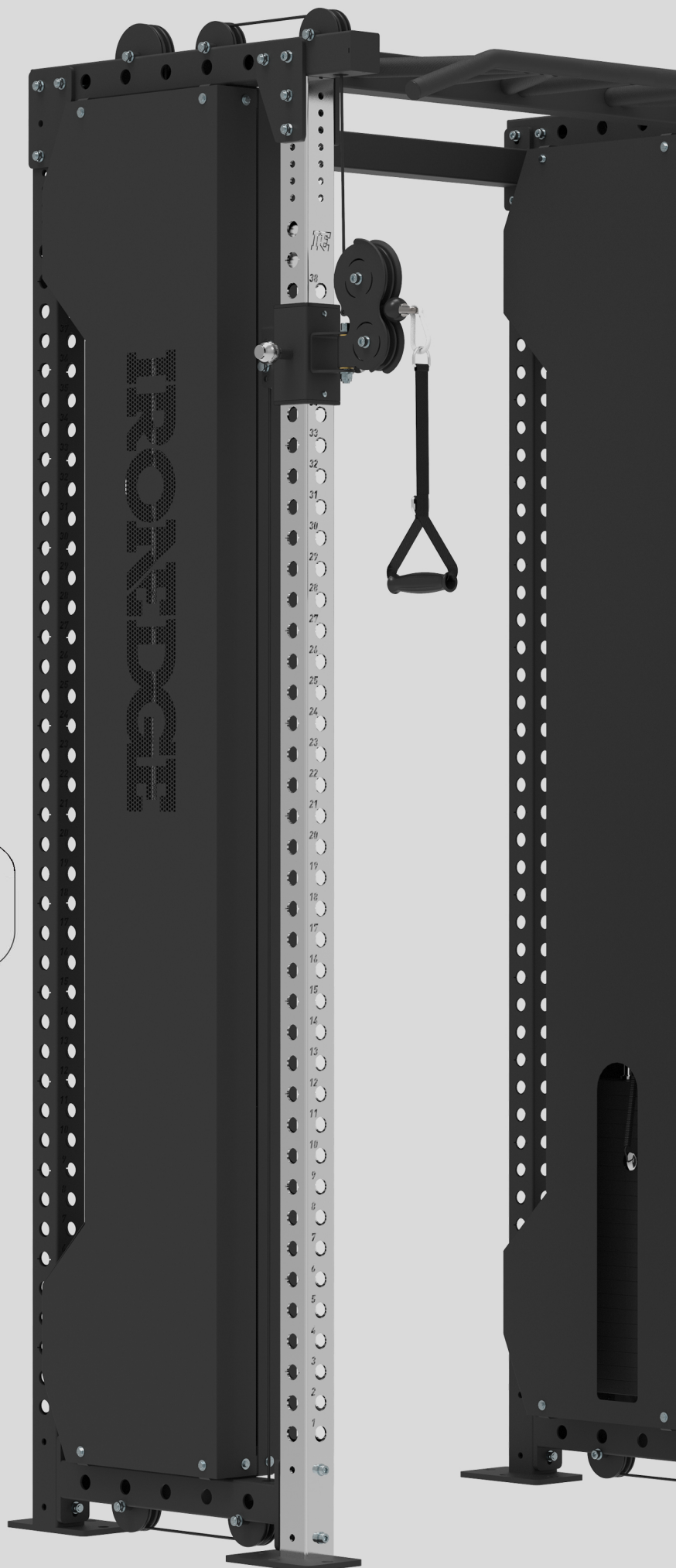


Table Of Contents

Assembly Instructions.....	2-11
Part List.....	12

STEP 1

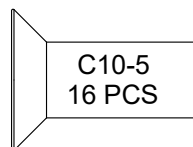
Assemble The Left Front Upright(#1),Right Front Upright(#2),Left Rear Upright(#3), Right Rear Upright(#4) with the Foot Plate(#5).

Tools



5 mm

Fixings



C10-5
16 PCS

Parts

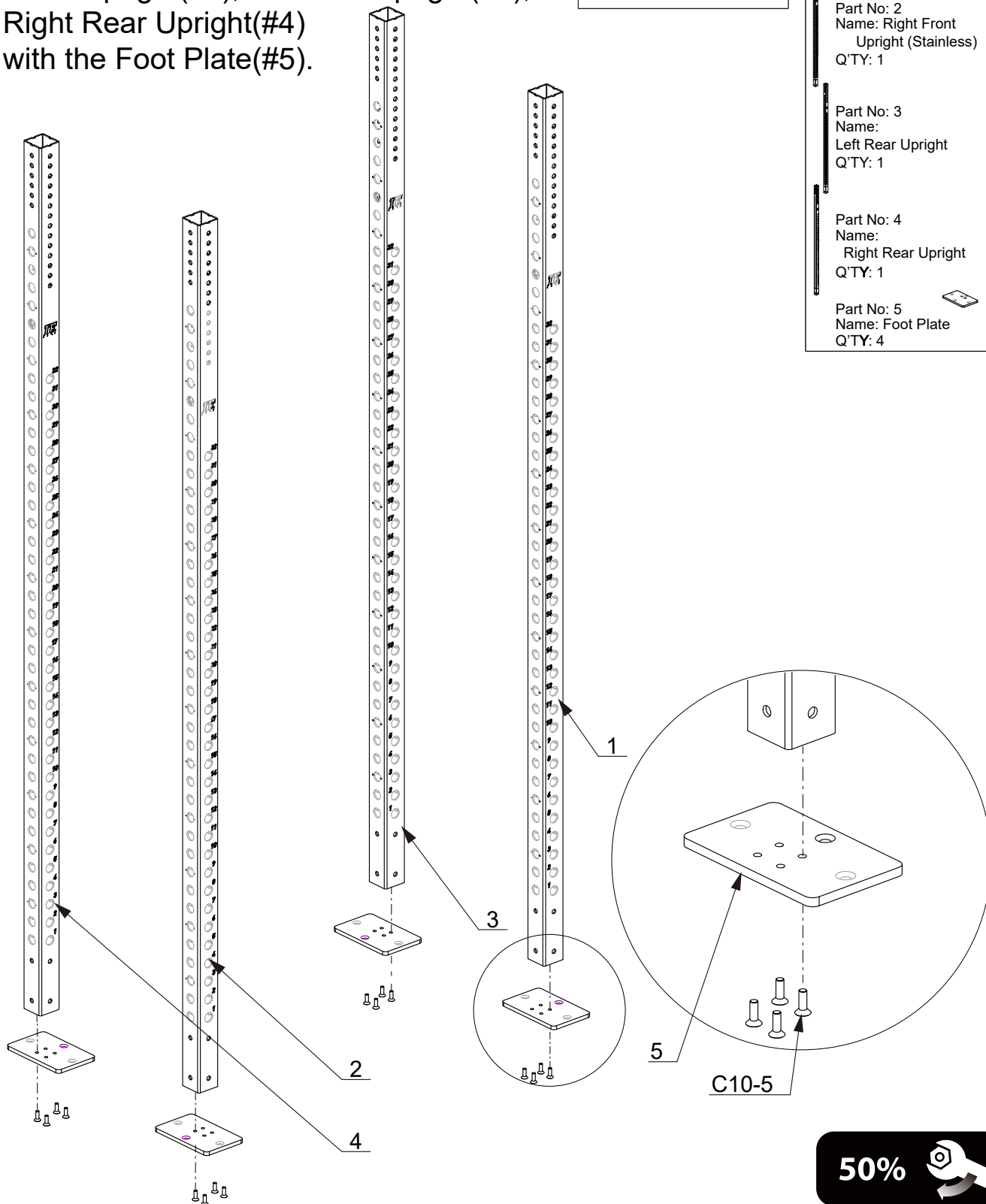
Part No: 1
Name: Left Front
Upright (Stainless)
Q'TY: 1

Part No: 2
Name: Right Front
Upright (Stainless)
Q'TY: 1

Part No: 3
Name:
Left Rear Upright
Q'TY: 1

Part No: 4
Name:
Right Rear Upright
Q'TY: 1

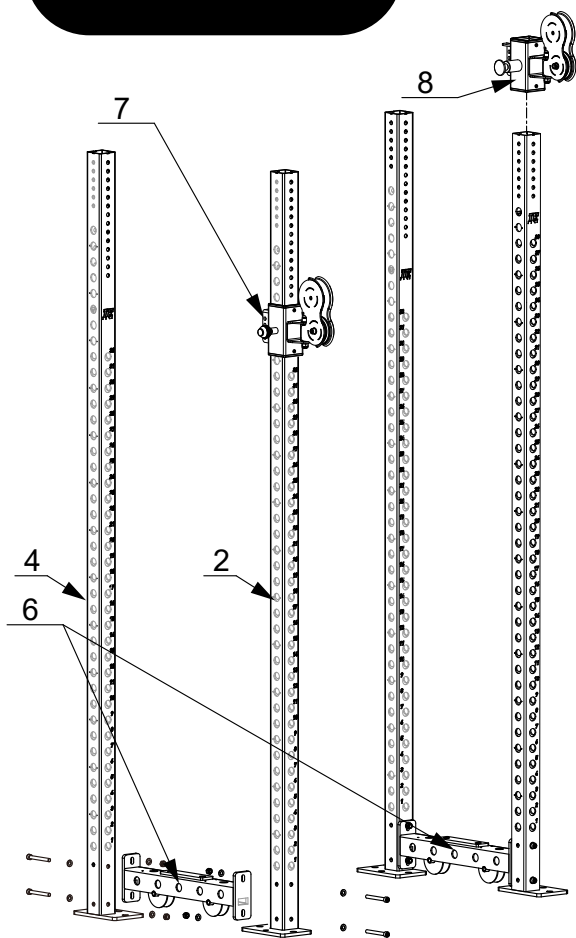
Part No: 5
Name: Foot Plate
Q'TY: 4

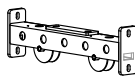


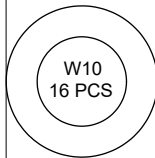
50%



STEP 2



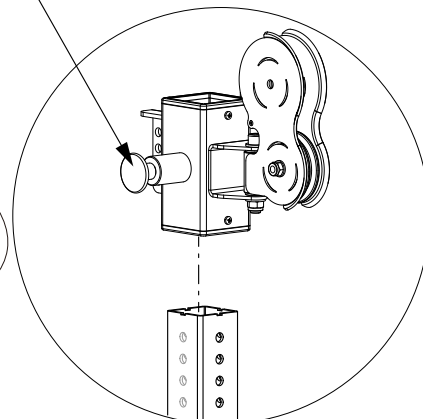
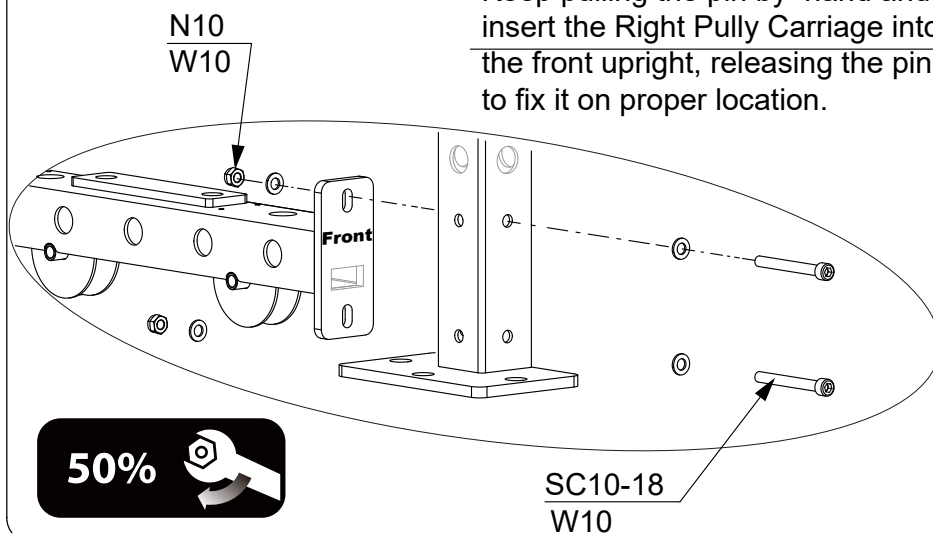
Parts
 Part No: 6 Name: Bottom Tube Q'TY: 2
 Part No: 7 Name: Right Pulley Carriage Q'TY: 1
 Part No: 8 Name: Left Pulley Carriage Q'TY: 1

Fixings
 N 10 8 PCS
 W10 16 PCS
SC10-18 8 PCS

Tools
 17 mm
 8 mm

Assemble The Right Pulley Carriage(#7) On the Right Front Upright(#2), And Connect (#2) And The Right Rear Upright(#4) By The Bottom Tube(#6).
The Same Assemble Way On The Other Side.

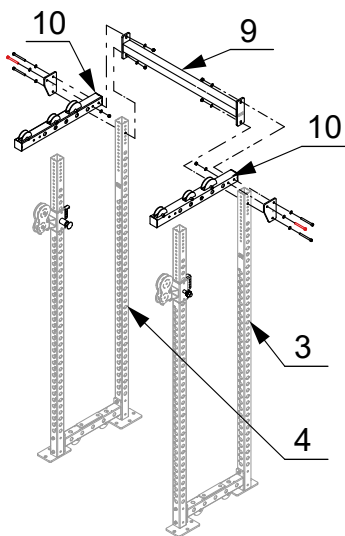
Keep pulling the pin by hand and insert the Right Pully Carriage into the front upright, releasing the pin to fix it on proper location.



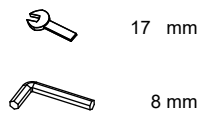
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STEP 3



Tools



Parts

Part No: 9
Name: Rear Connection Tube

Q'TY:1

Part No: 10
Name: Top Tube

Q'TY:2

Part No: 11
Name: Connection Plate

Q'TY:2

Fixings

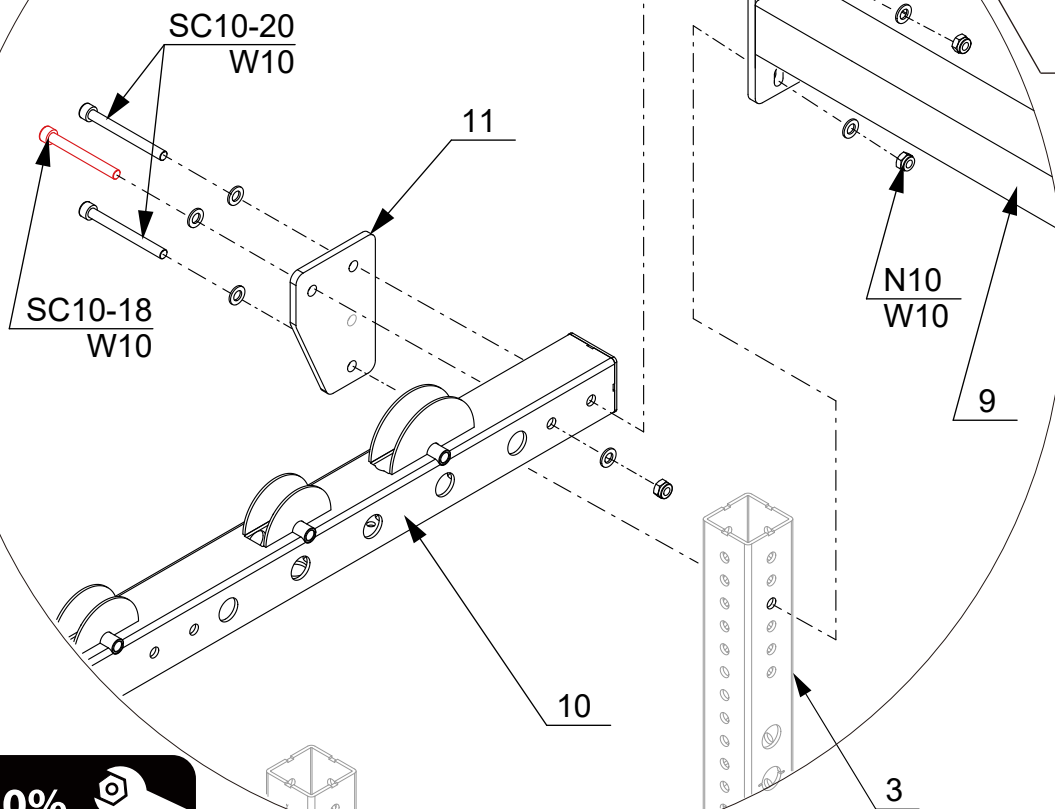
SC10-18 2PCS

SC10-20 4PCS

W10
12 PCS

N 10
6 PCS

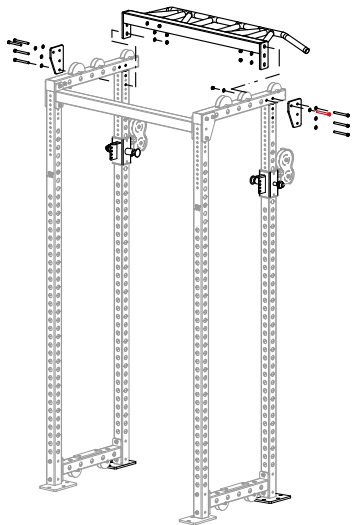
Assemble The Rear Connection Tube(#9) ,the Top Tube(#10) and the Connection Plate(#11) On The Rear Uprights (#3,#4).



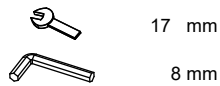
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STEP 4



Tools



Parts

Part No: 12
Name: Chin-up Frame
Q'TY:1

Part No: 11
Name: Connection Plate
Q'TY:2

Fixings

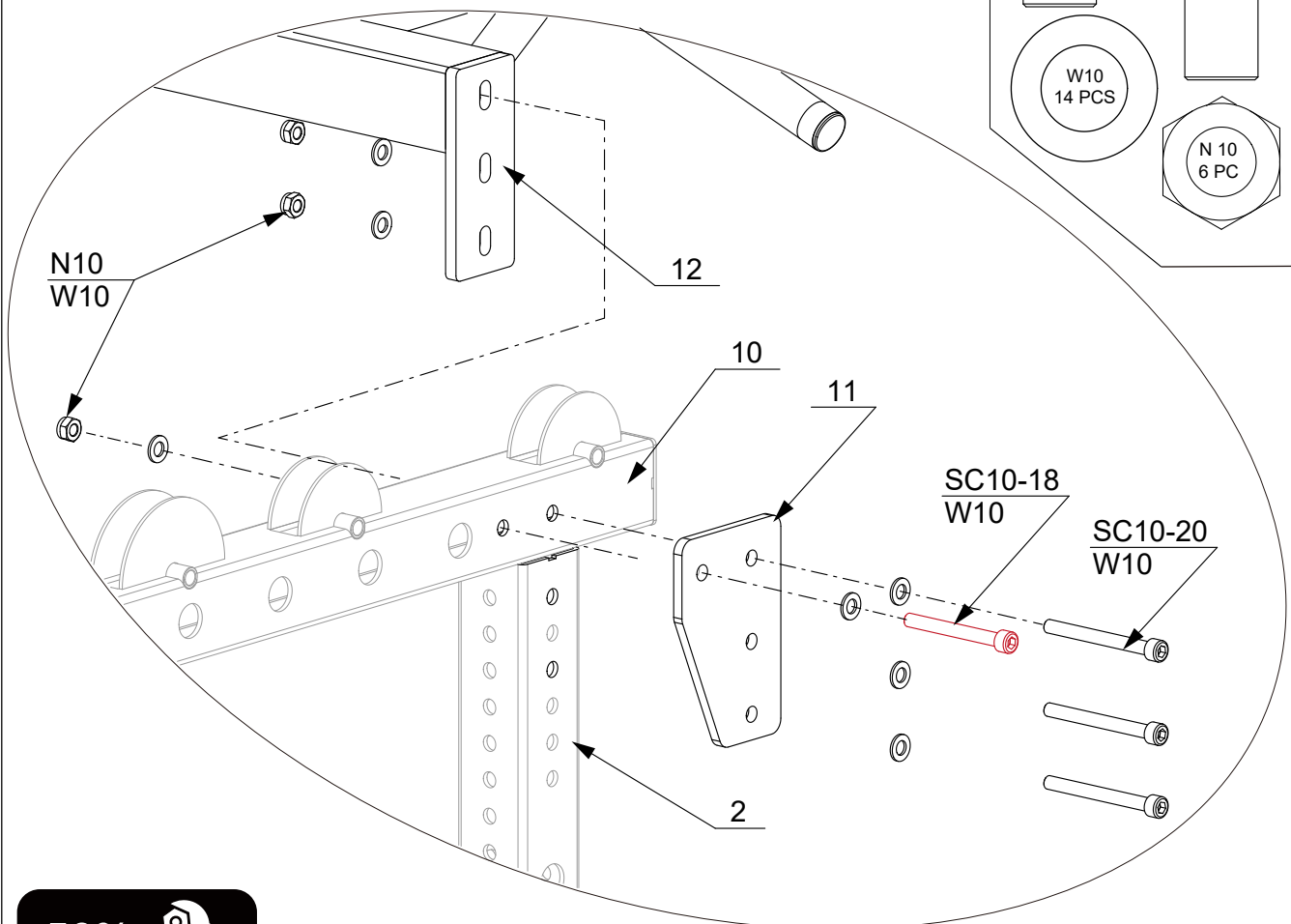
SC10-18 2PCS

SC10-20 6PCS

W10
14 PCS

N 10
6 PC

Assemble The Chin-up Frame(#12) and the Connection Plate(#11) On the Front Main Frame.



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STEP 5

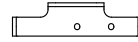
Tools



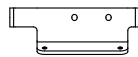
10 mm

Parts

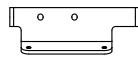
Part No: 13
Name: Connection Plate
Q'TY:2



Part No: 14
Name: Connection Plate
Q'TY:2



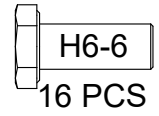
Part No: 15
Name: Connection Plate
Q'TY:2



Part No: 16
Name: Connection Plate
Q'TY:2

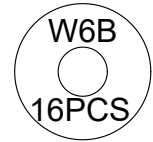


Fixings



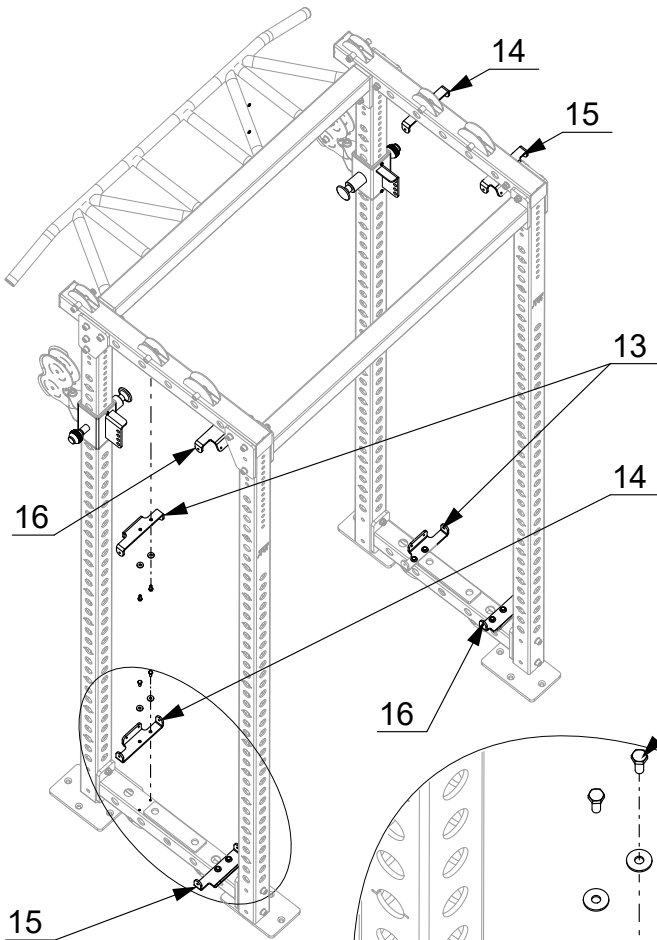
H6-6

16 PCS

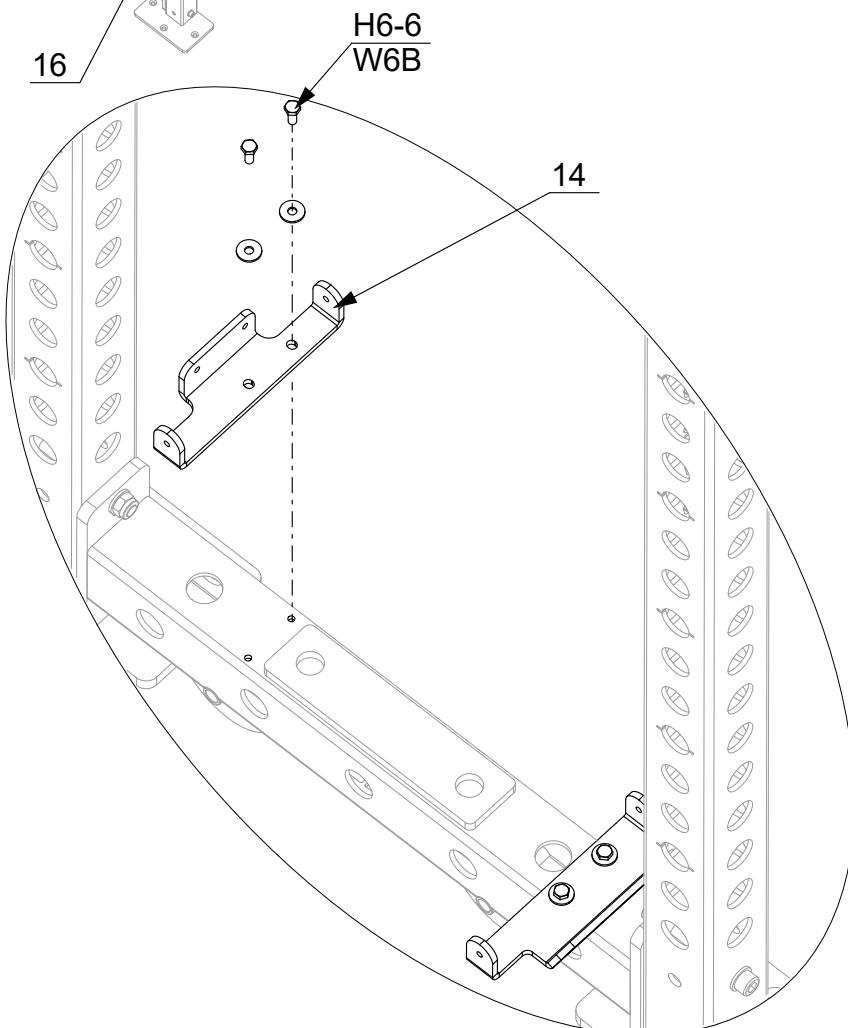


W6B

16PCS



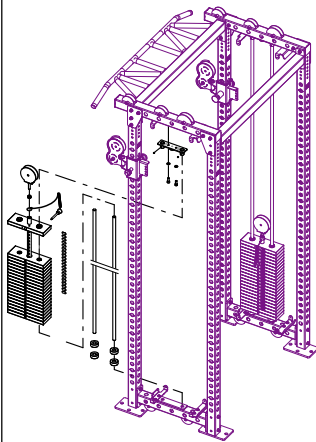
Install The
Connection Plate
(#13,#14,#15,#16).



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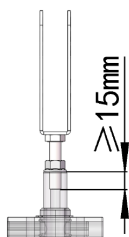
STEP 6



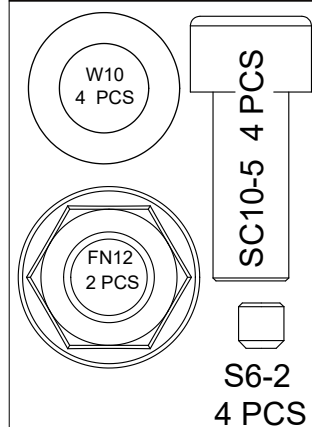
Install The Weight Stack

Parts

-  Part No: 17
Name: Retainer
Q'TY:2
-  Part No: 18
Name: Guide Rod
Q'TY:4
-  Part No: 19
Name: Pulley Housing
Q'TY:2
-  Part No: 20
Name: Weight Pin
Q'TY:2
-  Part No: 21
Name: Top Weight Plate
Q'TY:2
-  Part No: 22
Name: Weight Plate
Q'TY:38
-  Part No: 23
Name: Weight Label
Q'TY:2
-  Part No: 24
Name: Buffer Ring
Q'TY:8



Fixings



Tools



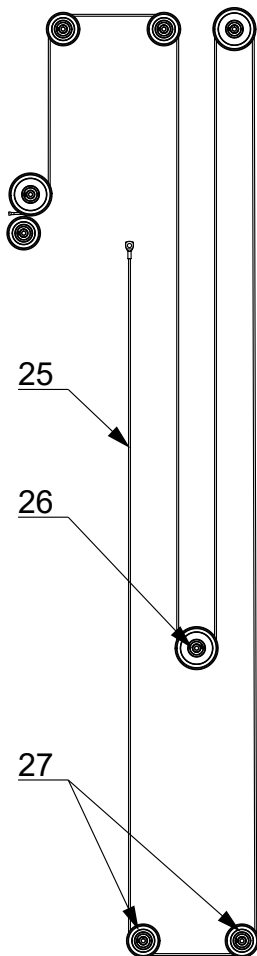
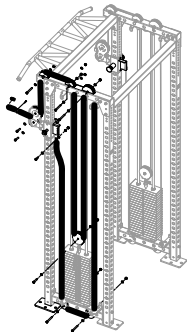
NOTE:
If the movement of the weight stack is not smooth during exercising, please lubricate the guide rods.

50%



STEP 7

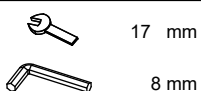
Install The Cable



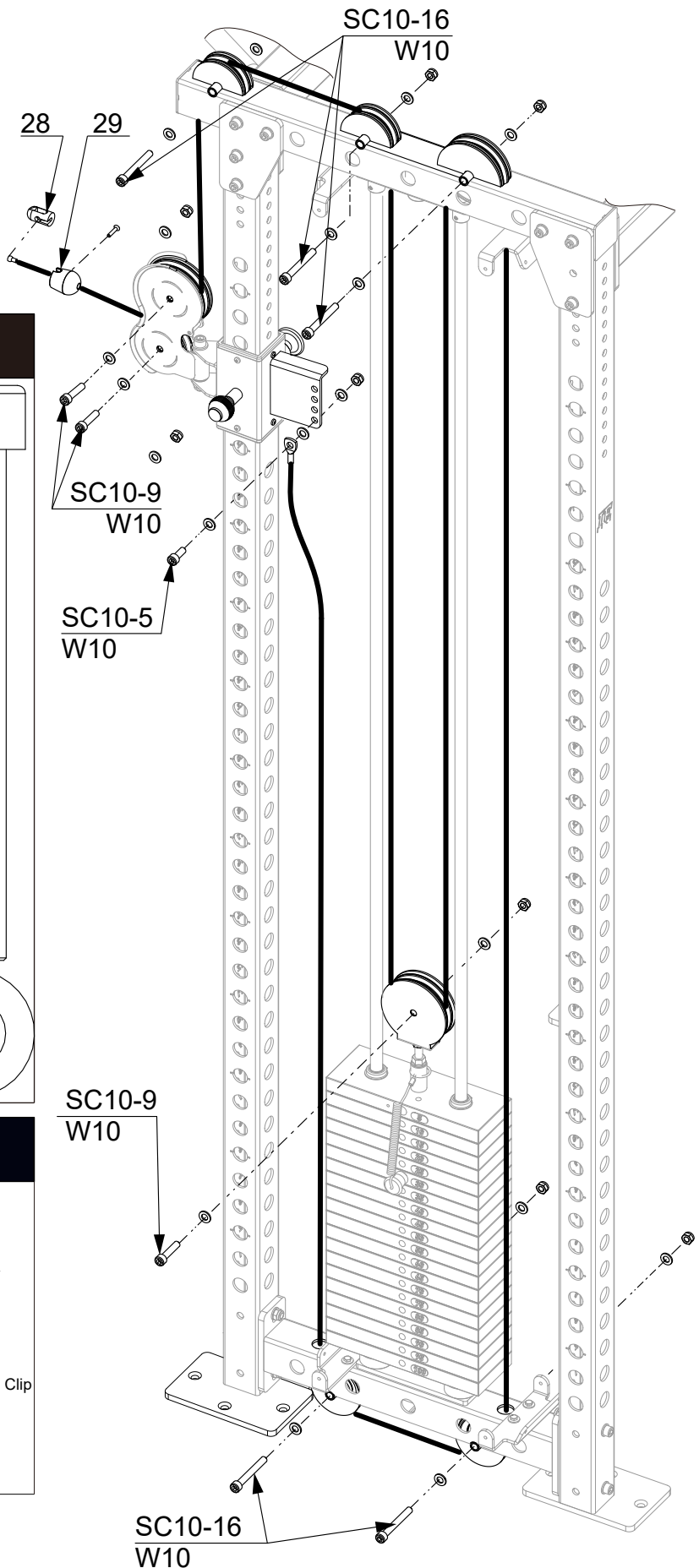
Fixings	
SC10-9 6 PCS	SC10-16 10 PCS
SC10-5 2 PCS	
N 10 18 PCS	W 10 36 PCS

Parts	
	Part No: 25 Name: Cable Q'TY:2
	Part No: 26 Name: 114 Pulley Q'TY:6
	Part No: 27 Name: 89 Pulley Q'TY:10
	Part No: 28 Name: Cable End Clip Q'TY:2
	Part No: 29 Name: Cable End Stopper Q'TY:2

Tools

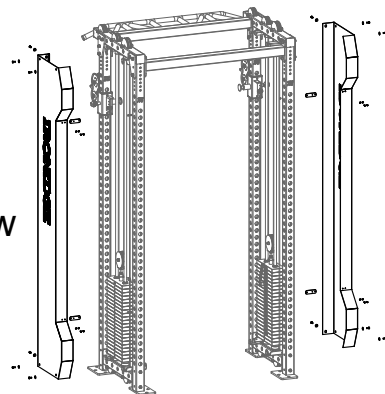


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STEP 8

Install the Outer Shield (#30 & #31), and Screw (Bolt# SC4-6) the Connection Plate (#32) to the Shields by hand.



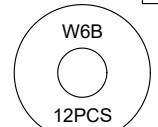
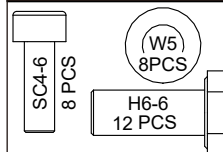
Parts

Part No: 30
Name: Outer Shield
Q'TY: 1

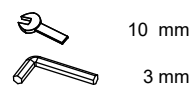
Part No: 31
Name: Outer Shield
Q'TY: 1

Part No: 32
Name: Connection Plate
Q'TY: 4

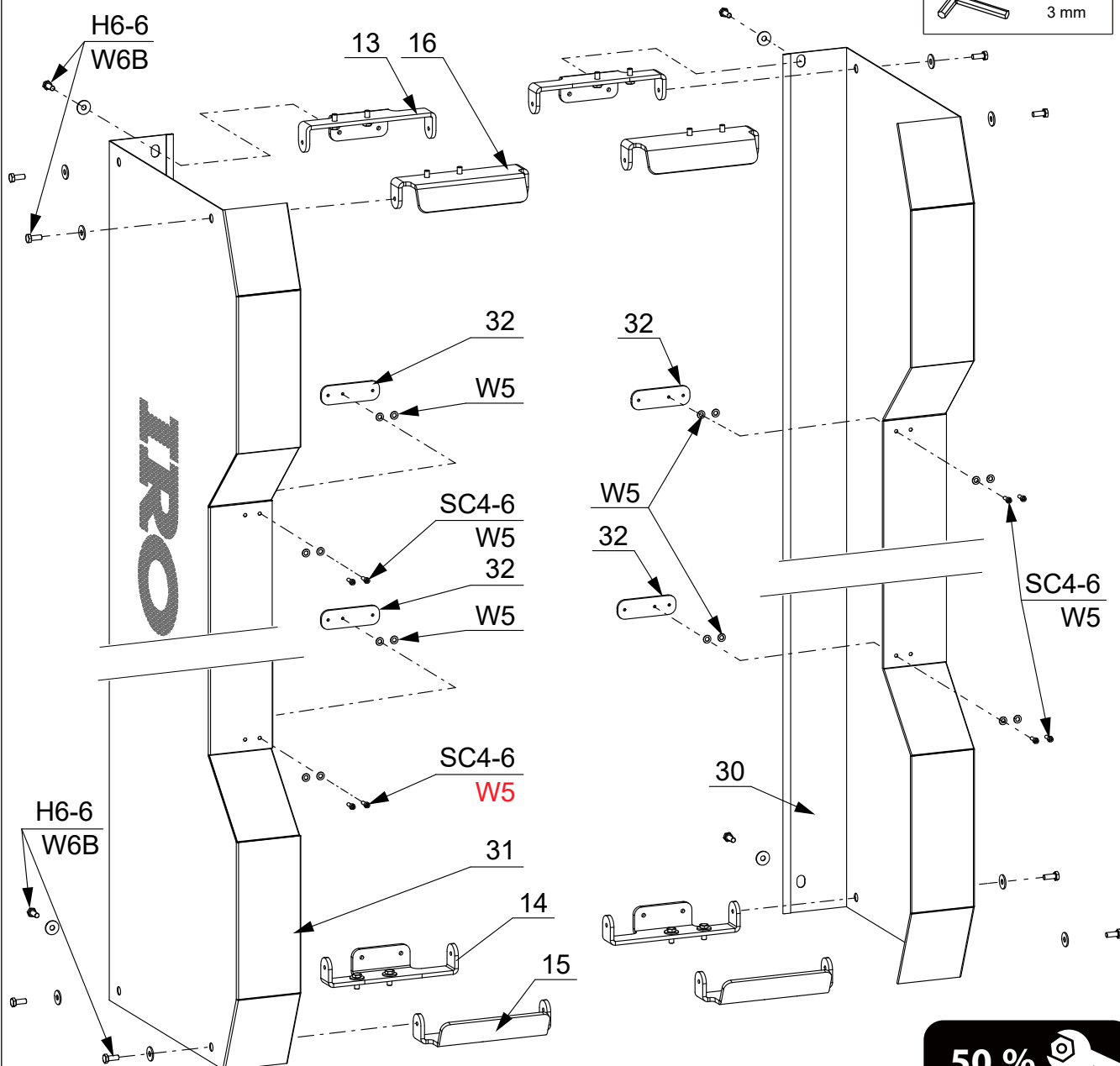
Fixings



Tools



NOTE: Please keep the Bolt #SC4-6 Loose a little.



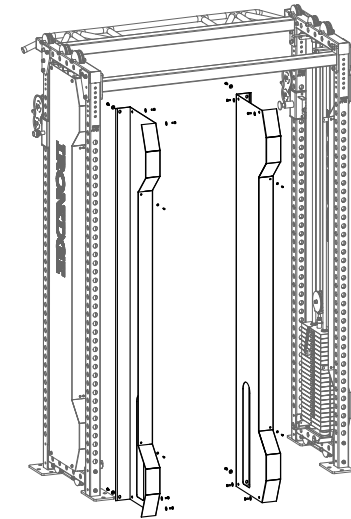
50 %



100%

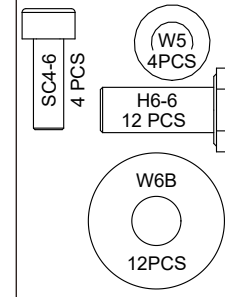


STEP 9

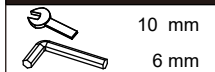


Assemble the Inner Shield (#33 & #34) with Outer Shield.

Fixings



Tools



Parts

Part No: 33
Name: Inner Shield
Q'TY: 1
Part No: 34
Name: Inner Shield
Q'TY: 1

STEP 10

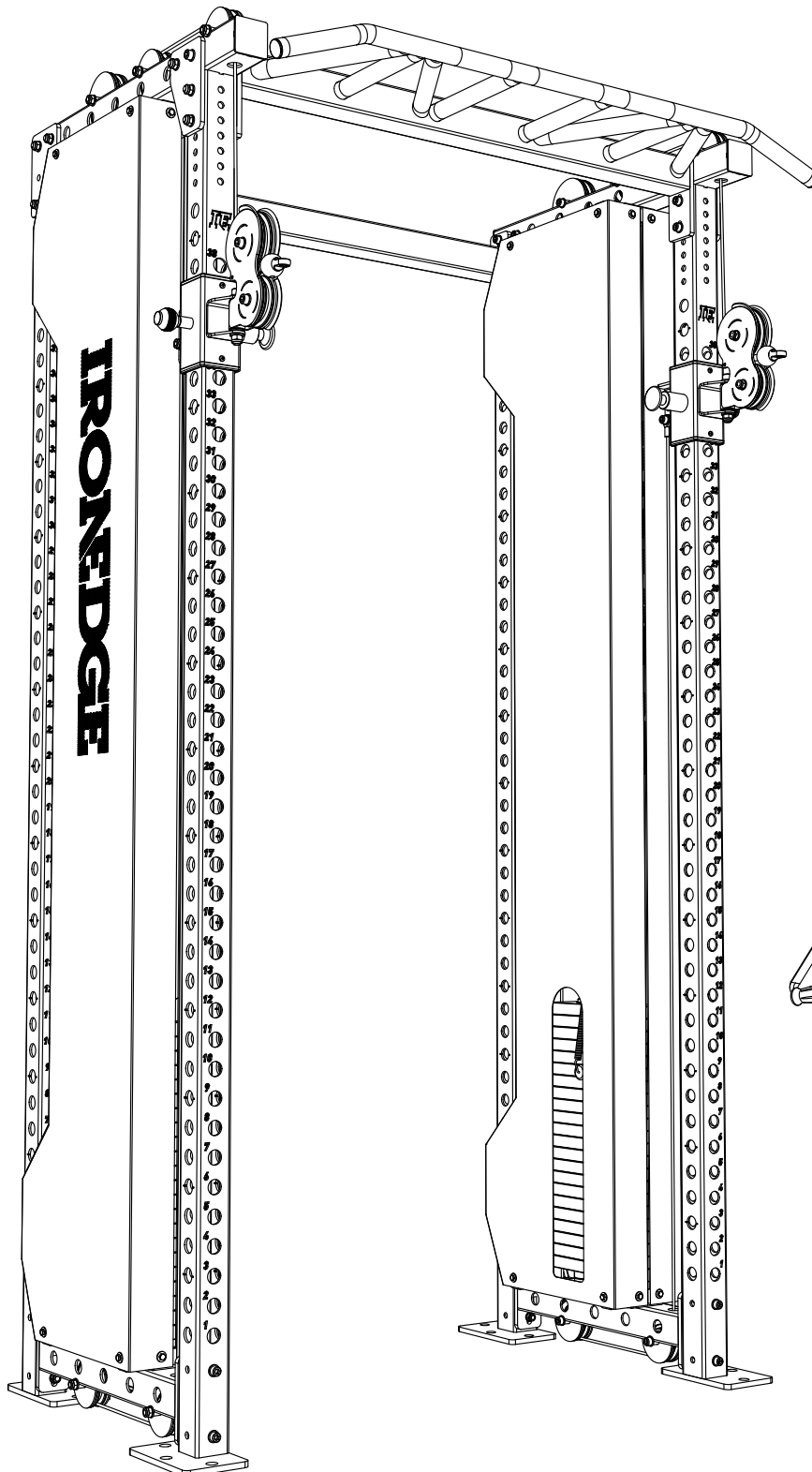
Parts



Part No: 35
Name: Carabiner
Q'TY: 2



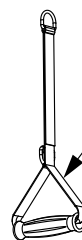
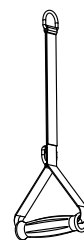
Part No: 36
Name: Strap Handle
Q'TY: 2



35



36



PARTS LIST

PART #	DESCRIPTION	QTY
1	Left Front Upright (Stainless)	1
2	Right Front Upright (Stainless)	1
3	Left Rear Upright	1
4	Right Rear Upright	1
5	Foot Plate	4
6	Bottom Tube	2
7	Right Pulley Carriage	1
8	Left Pulley Carriage	1
9	Rear Connection Tube	1
10	Top Tube	2
11	Connection Plate	4
12	Chin-up Frame	1
13	Connection Plate	2
14	Connection Plate	2
15	Connection Plate	2
16	Connection Plate	2
17	Retainer	2
18	Guide Rod	4
19	Pulley Housing	2
20	Weight Pin	2
21	Top Weight Plate	2
22	Weight Plate	38
23	Weight Label	2
24	Buffer Ring	8
25	Cable	2
26	114 Pulley	6
27	89 Pulley	10
28	Cable End Clip	2
29	Cable End Stopper	2
30	Outer Shield	1
31	Outer Shield	1
32	Connection Plate	4
33	Inner Shield	1
34	Inner Shield	1
35	Carabiner	2
36	Strap Handle	2
W4	Washer 4	20
W6B	Big washer 6	48
W10	Washer 10	82
N10	Washer 10	38
FN10	Flange Nut M10	2
C10-5	Countersunk Head Screw M10×25	16
H6-6	Hex Head Bolt M6×15	40
S6-2	Socket Set Screw M6×6	4
SC4-6	Socket Head Cap Screw M4×12	12

PART #	DESCRIPTION	QTY
SC10-5	Socket Head Cap Screw M10×25	6
SC10-9	Socket Head Cap Screw M10×45	6
SC10-16	Socket Head Cap Screw M10×80	10
SC10-18	Socket Head Cap Screw M10×90	12
SC10-20	Socket Head Cap Screw M10×100	10