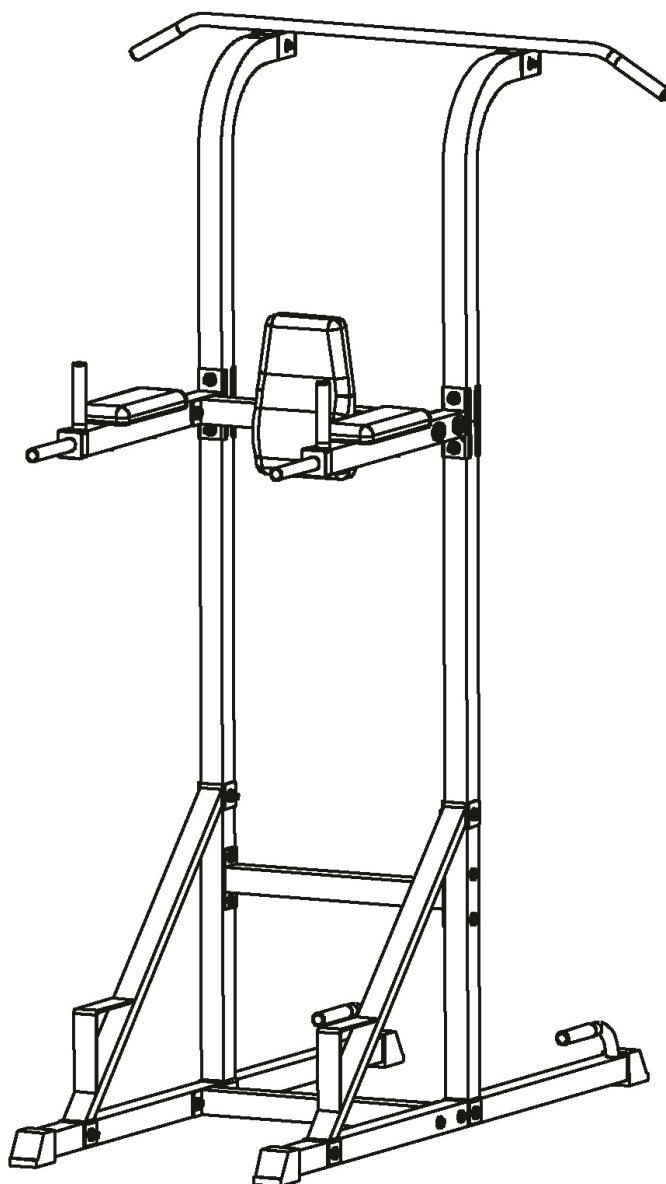




USER MANUAL – EN

IN 7181 Chin up rack inSPORTline Power Tower PT200



IMPORTANT SAFETY GUIDE

Safety Tips

Safety always comes first. Please keep the following points in mind at all times. Read and follow the Safety Instructions completely before using your Power System. Failure to read and follow any item in the Safety Instructions can result in serious bodily injury.

Keep the Owner's Manual and this Assembly Guide in a safe place. Make sure that everyone who uses the Power System reads the Owner's Manual has a safe and enjoyable workout.

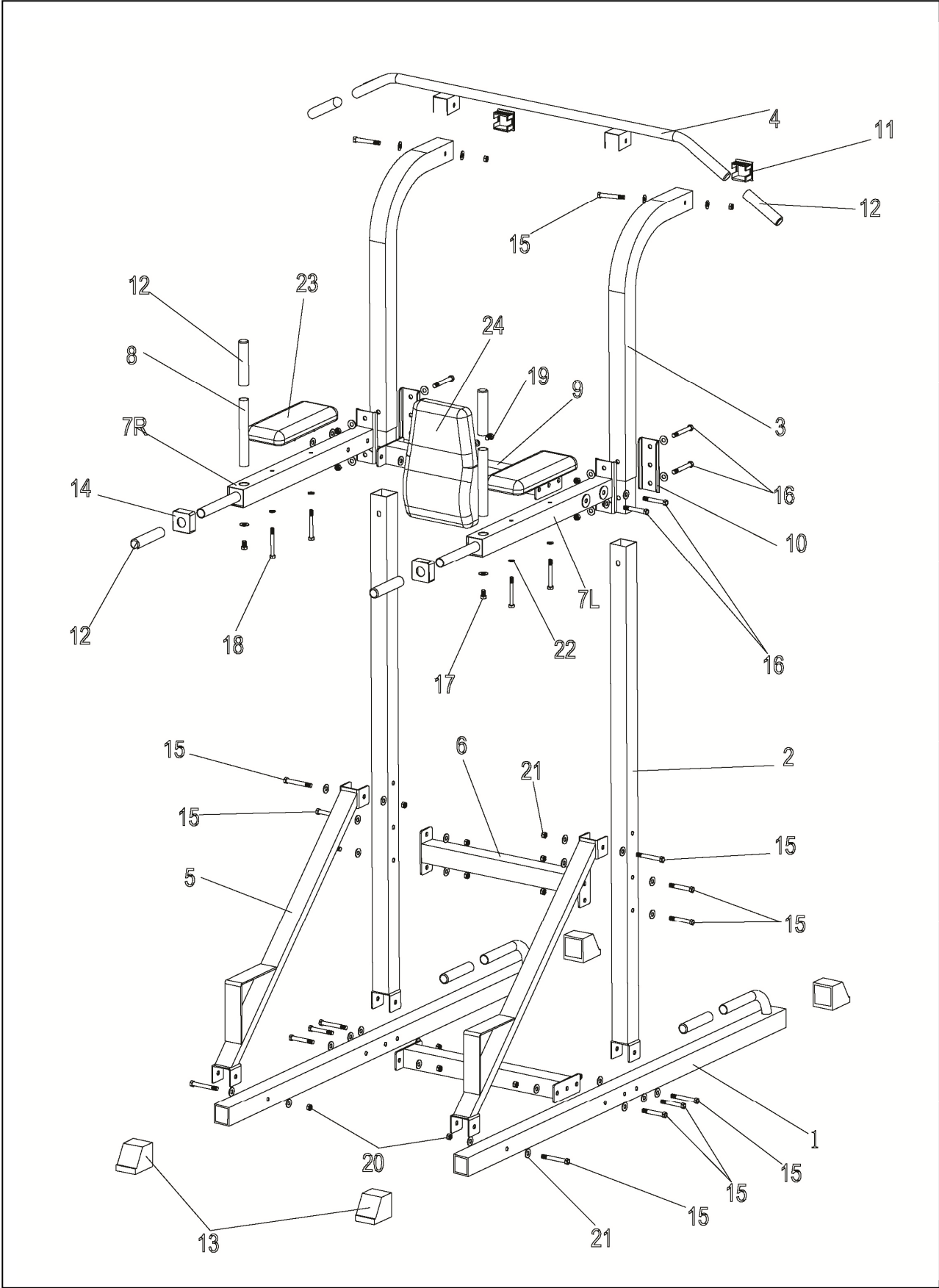
1. Before using your Power System, make sure it has been properly assembled and tightened following the Assembly Instruction.
2. If at any time you feel pain, lightheaded or dizzy, please stop exercising immediately. You should also stop if you experience undue stress, pressure or pain at anytime. Please see your physician before continuing with your program.
3. Please keep air children and pets away from the Power System during use as well as when the machine is unattended.
4. When exercising on the Power System, keep children away from the Power System and make sure your hands are clear on the Power System.
5. Make sure that all bolts and nuts are tight prior to each use. Periodic maintenance is required on all exercise equipment in order to insure that it remains in good operating condition.
6. Always follow the correct exercise procedure for the Power System as shown In the Owner's Manual.
7. Use the machine on a flat and level surface. We recommend you exercise on a carpeted floor.
8. Follow your doctor's recommendations in developing your own personal fitness program.
9. Always choose the proper workout which best suits your physical strength and flexibility level.
10. The Power System and information in the manuals are not intended as a substitute for medical treatment.
11. Handicapped individuals should have medical approval and close supervision when using the Power System.
12. The Power System is for consumer use only; it is not for use in public or semipublic facilities.

Before starting any exercise or conditioning program you should consult win your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant or suffer from any illness. **READ AND FOLLOW THE SAFETY INSTRUCTIONS** in this manual. **FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

BEFORE YOU START

Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

EXPLODED DRAWING



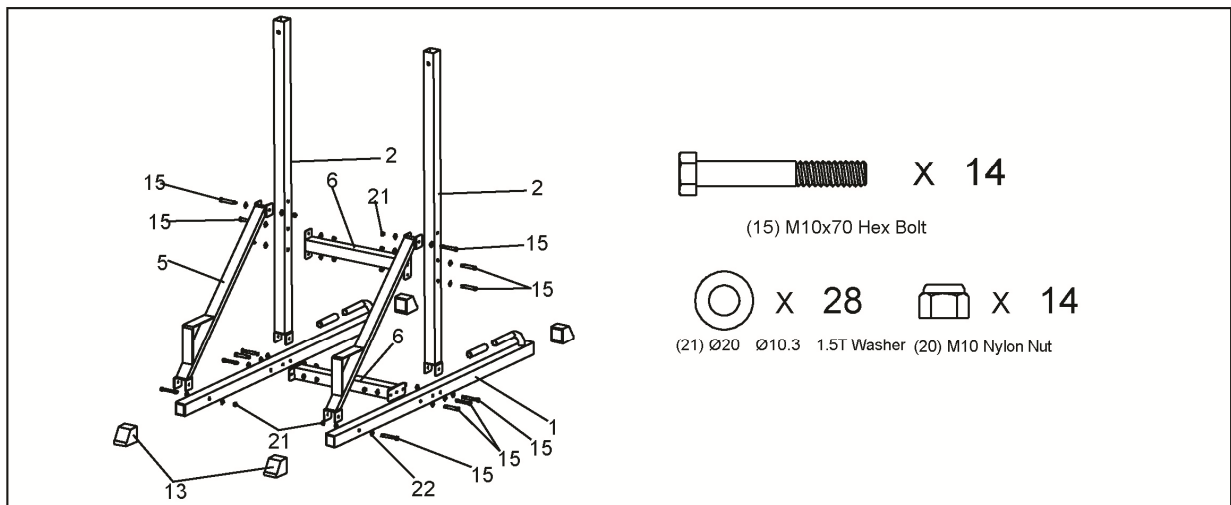
PARTS LIST

Item #	Description	Q'ty
1.	Base Pipe	2
2.	Stand Pipe	2
3.	Top Flex Pipe	2
4.	High Draught	1
5.	False work Frame	2
6.	Connect Pipe	2
7L.	Ancon Pipe Lift	1
7R.	Ancon Pipe Right	1
8.	Hand Pipe	2
9.	Back Cushion Pipe	1
10.	Connector Piece	2
11.	Square Pulg	2
12.	Handle Bar Grip	8
13.	Ellipse Outside Plug	4
14.	Adorn Cover	2
15.	M10*70 Hex Bolt	16
16.	M10*75 Hex Bolt	8
17.	M10*20 Hex Bolt	2
18.	M8*65 Hex Bolt	4
19.	M8*20 Hex Bolt	2
20.	M10 Nylon Nut	24
21.	∅20*∅10.3*1.5T Washer	50
22.	∅16*∅8.3*1.5T Washer	6
23.	Ancon Mat	2
24.	Back Cushion	1

ASSEMBLY STEP

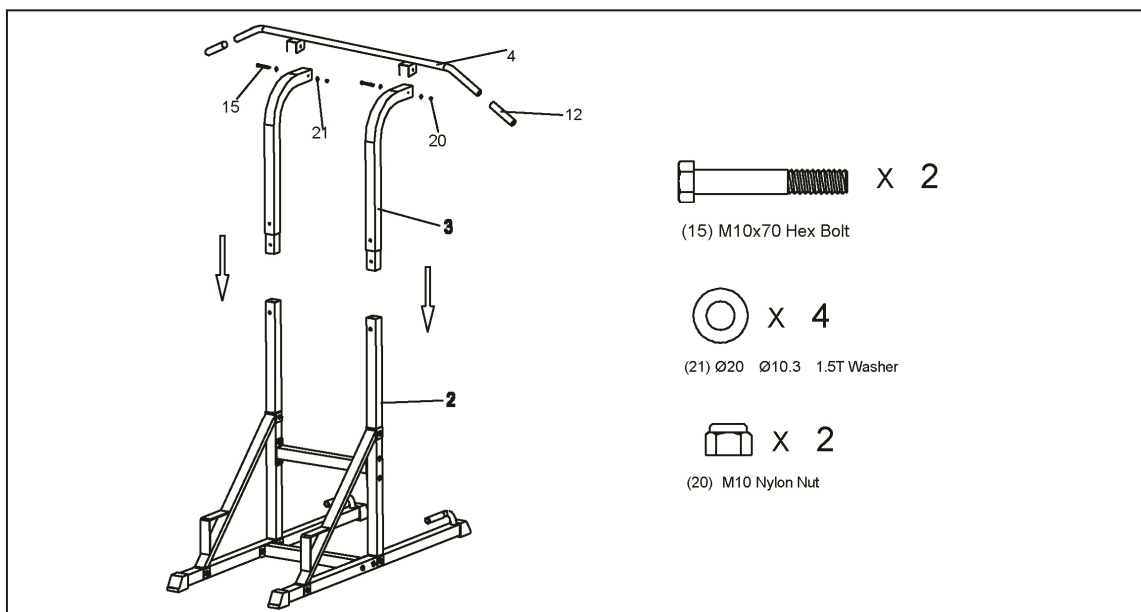
STEP 1

- * Join together the Base Pipe (1) with the Connect Pipe (6), securing them with M10*70 Hex Bolt (15), $\varnothing 20 \times \varnothing 10.3 \times 1.5T$ Washer (21) and M10 Nylon Nut (20).
- * Join the Stand Pipe (2) with the Base Pipe (1), securing them with M10*70 Hex Bolt (15), $\varnothing 20 \times \varnothing 10.3 \times 1.5T$ Washer (21) and M10 Nylon Nut (20), then join the Connect Pipe (6) with the Stand Pipe (2), securing them with M10*70 Hex Bolt (15), $\varnothing 20 \times \varnothing 10.3 \times 1.5T$ Washer (21) and M10 Nylon Nut (20).
- * Join the False work Frame (5) with the Base Pipe (1) and the Stand Pipe (2), securing them with M10*70 Hex Bolt (15), $\varnothing 20 \times \varnothing 10.3 \times 1.5T$ Washer (21) and M10 Nylon Nut (20).



STEP 2

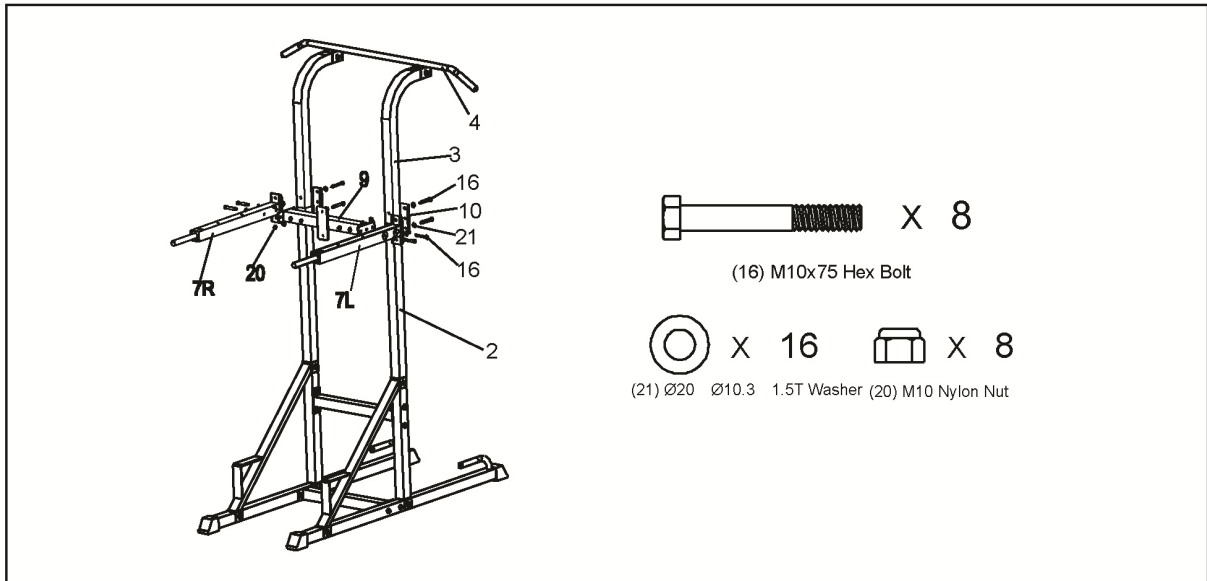
- * Join together the High Draught (4) with the Top Flex Pipe (3), securing them with M10*70 Hex Bolt (15), $\varnothing 20 \times \varnothing 10.3 \times 1.5T$ Washer (21) and M10 Nylon Nut (20), then put the Top Flex Pipe (3) on the Stand Pipe (2) as shown.



ASSEMBLY STEP

STEP3

- * Connect the Ancon Pipe (7L) and the Top Flex Pipe (3) with the Connector Piece(10), securing them with M10*75 Hex Bolt(16), $\varnothing 20 \times \varnothing 10.3 \times 1.5T$ Wash (21) and M10 Nylon Nut (20) as shown. Join the Ancon Pipe (7R) as the Ancon Pipe (7L).
- * Join the Back Cushion Pipe (9) with the Ancon Pipe (7), securing them with M10*75 Hex Bolt (16), $\varnothing 20 \times \varnothing 10.3 \times 1.5T$ Washer (21) and M10 Nylon Nut(20) as shown.



STEP4

- * Join the Hand Pipe (8) with the Ancon Pipe (7L) and (7R) , securing them with the M10*20 Hex Bolt (17) and $\varnothing 20 \times \varnothing 10.3 \times 1.5T$ Washer (21).
- * Join the Ancon Mat (23) with the Ancon Pipe(7L)and (7R),securing them with the M8*65 Hex Bolt (18) and $\varnothing 16 \times \varnothing 8.3 \times 1.5T$ Washer (22).then screw the Back Cushion (24) to the Back Cushion Pipe (9) with the M8*20 Hex Bolt (19) and $\varnothing 16 \times \varnothing 8.3 \times 1.5T$ Washer (22).

