



SKS-2

Half Rack w/ Integrated Functional
Trainer w/ Weight Stacks

USER MANUAL



CAUTION! Read all precautions and instructions in this manual
before using this equipment.

Read all precautions and instructions in this manual before using this equipment

Assembly Caution	-----	3
Parts List	-----	4
Accessories Assembly List	-----	6
Step 1	-----	7
Step 2	-----	8
Step 3	-----	9
Step 4	-----	10
Step 5	-----	11
Step 6	-----	12
Step 7	-----	13
Step 8	-----	14
Accessories Installation Step: 1	-----	15
Accessories Installation Step: 2	-----	16
Accessories Installation Step: 3	-----	17

ASSEMBLY CAUTION

Please carefully read the following information before installation

Assembling requires at least two people

Do not tighten all screws before assembly is complete

Ensure that all accessories are complete. If not, please contact us via email



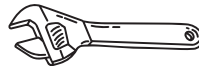
If you are missing any parts, or otherwise have any warranty issues, please contact us first.

Shortcut: A Lot of People Doing That Way

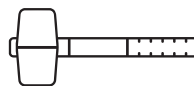
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

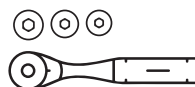
- Adjustable wrenches



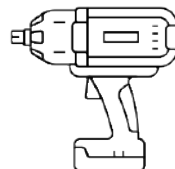
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



Choking hazard. Small parts-Please exercise caution if small children or pets are present.

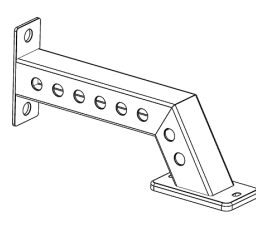
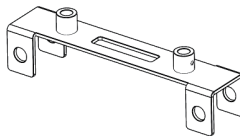
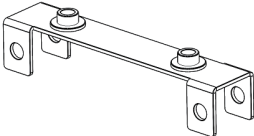
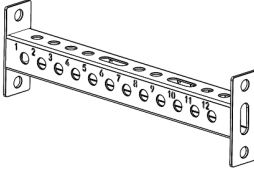
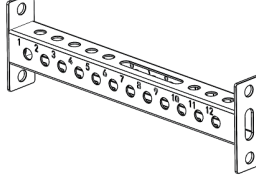
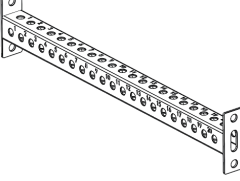
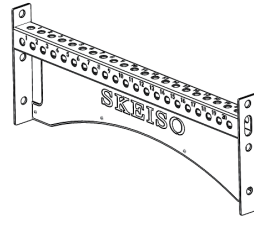
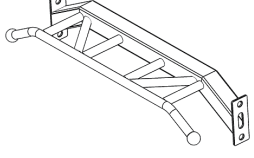
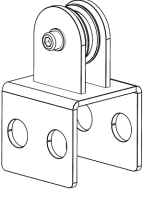
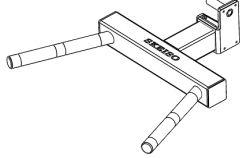
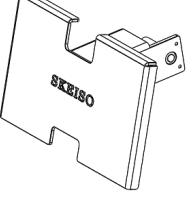
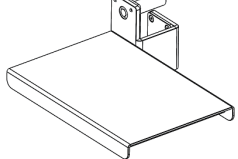
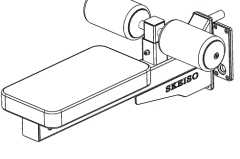
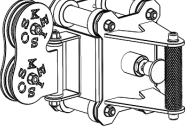
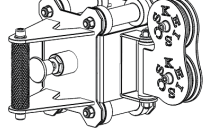
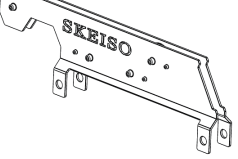
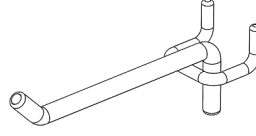
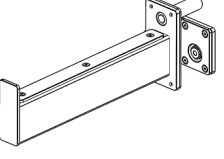
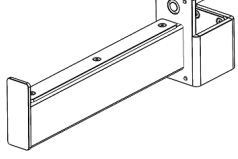


Sharp objects may be involved. Use precaution and protection.

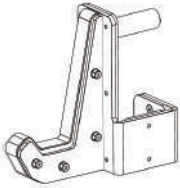
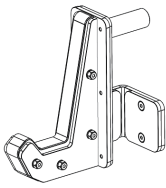
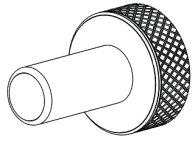
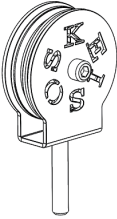
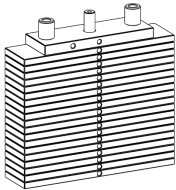
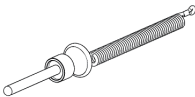
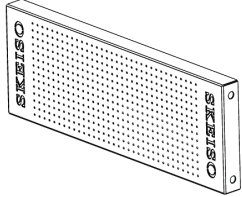
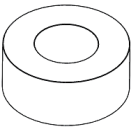
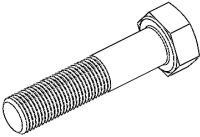
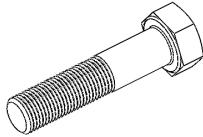
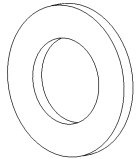
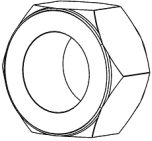
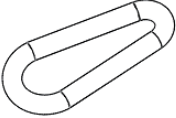
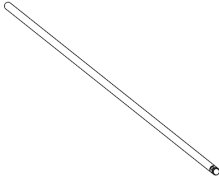
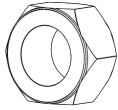
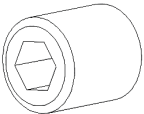
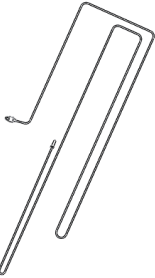


Heavy object. Use lifting aids and proper lifting techniques when moving

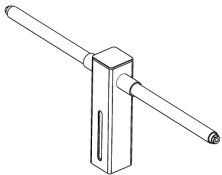
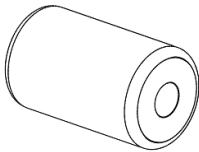
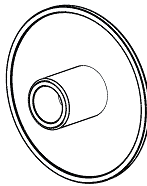
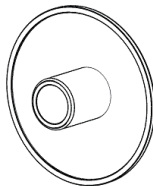
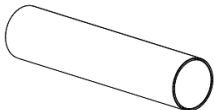
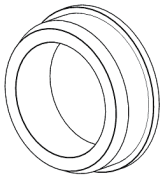
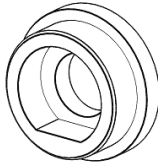
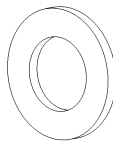
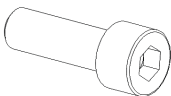
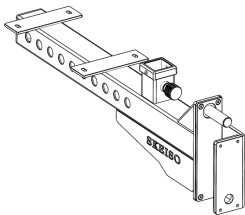
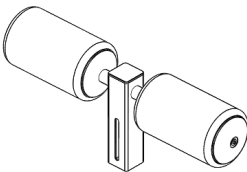
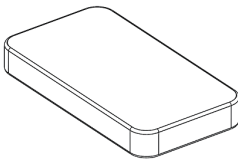
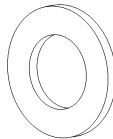
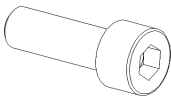
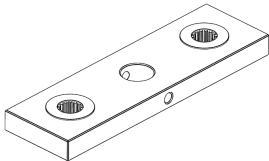
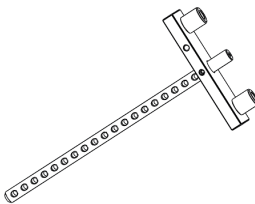
PARTS LIST 1

1 Column assembly 4PCS 	2 Foot assembly 2PCS 	3 Mounting base 2PCS 	4 Mounting base 2PCS 
5 Longitudinal beam welding group 2PCS 	6 Perforated board 2PCS 	7 Beam welding group 2PCS 	8 Rear upper cross member assembly 1PC 
9 Beam welding group 1PC 	10 Hex Bolt M10*85 2PCS 	11 Parallel bar assembly 1PC 	12 Foot pedal assembly 1PC 
13 Pedal assembly 1PC 	14 Seat cushion assembly 1PC 	15 Slide frame assembly 1PC 	16 Slide frame assembly 1PC 
17 Rear Upright 2PCS 	18 Hook up 12PCS 	19 Bumper assembly 1 1PC 	20 Bumper assembly 2 1PC 

PARTS LIST 2

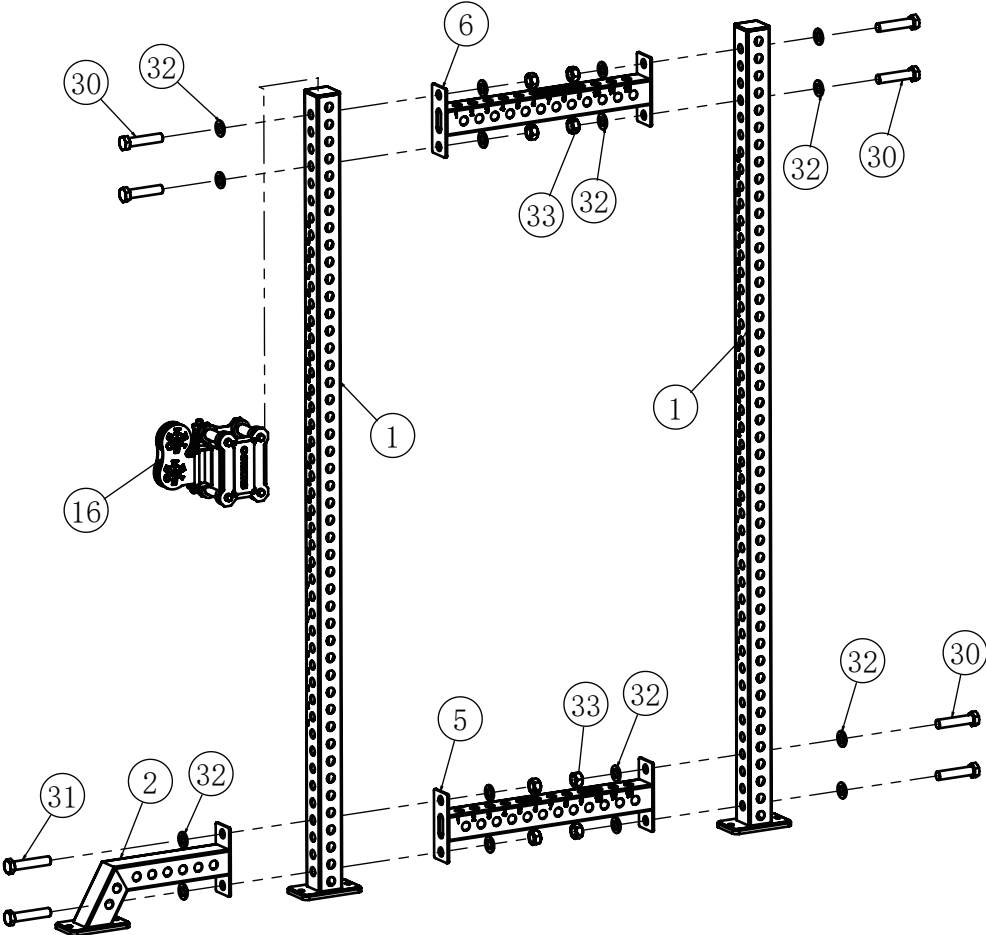
21 Left hook assembly 1PC 	22 Right hook assembly 1PC 	23 Aluminum alloy pull handle 2PCS 	24 Latch assembly 1PC 
25 Hanging pulley box assembly 2PCS 	26 Weight plate set 2PCS 	27 Aluminum weight pin 2PCS 	28 Perforated board 1PC 
29 Rubber pad 4PCS 	30 Hex Bolt M24*110 34PCS 	31 Hex Bolt M24*120 20PCS 	32 Washers Φ24 108PCS 
33 Nut M24 54PCS 	34 Safety hook 2PCS 	35 Guide rod 4PCS 	36 Nut M12 2PCS 
37 M8*10 set screw 4PCS 	38 SKS-2 wire rope combination 2PCS 		

Accessories Assembly List

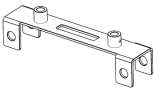
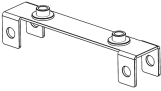
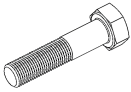
14.2.1 Adjustment slide frame assembly 1PC 	14.2.2 Short foam 2PCS 	14.2.3 Foam end cap 2PCS 	14.2.4 Foam end cap 2PCS 
14.2.5 Foam black tube 2PCS 	14.2.6 Foam inner plug 4PCS 	14.2.7 Anti-rotation sleeve 2PCS 	14.2.8 Washers Φ8 2PCS 
14.2.9 Cylindrical head hexagon socket screw M8*25 2PCS 			
14.1 Cushion support frame assembly 1PC 	14.2 Leg press adjustment assembly 1PC 	14.3 Cushion 1PC 	14.4 Washers Φ8 4PCS 
14.5 Cylindrical head hexagon socket screw M8*25 4PCS 	26.1 Select chip assembly 38PCS 	26.2 Weighted title piece combination 2PCS 	

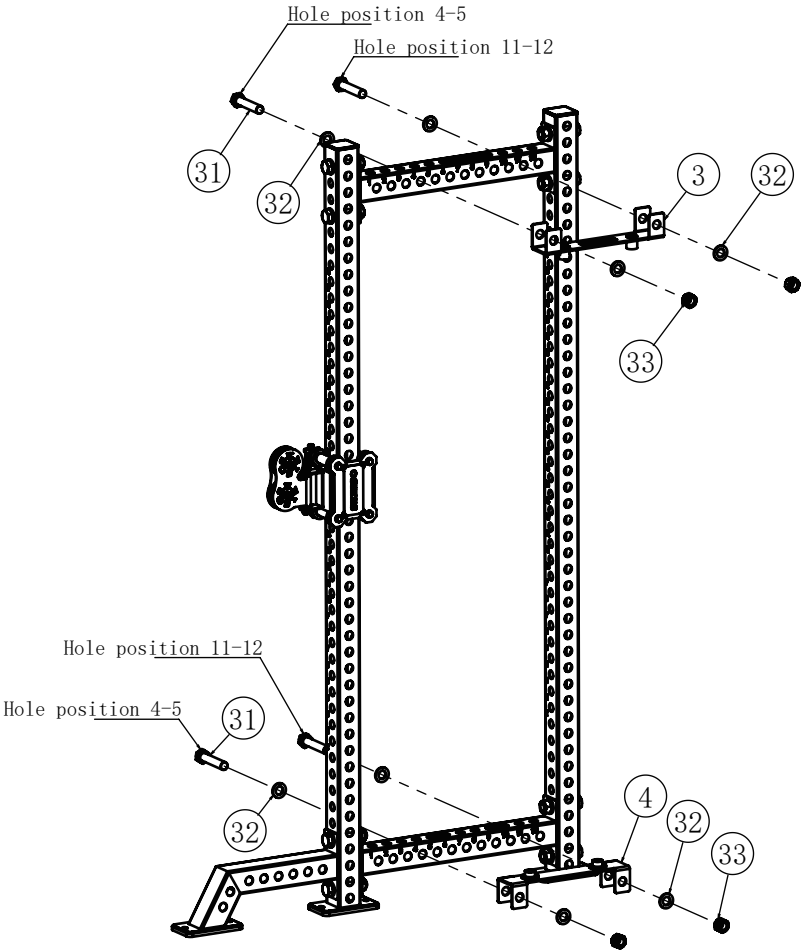
STEP: 1

1 Column assembly 2PCS	2 Foot assembly 1PC	5 Longitudinal beam welding group 1PC	6 Longitudinal beam welding group 1PC	16 Slide frame assembly 1PC	30 Hex Bolt M24*110 6PCS
31 Hex Bolt M24*120 2PCS	32 Washers $\Phi 24$ 16PCS	33 Nut M24 8PCS			

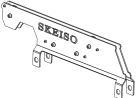
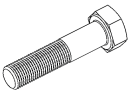


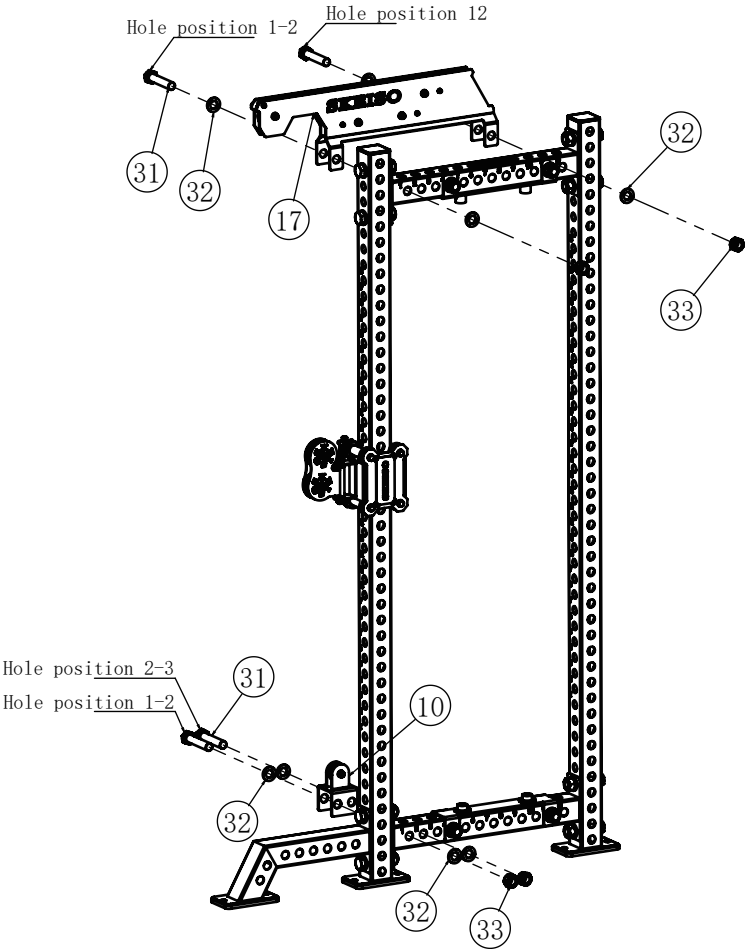
STEP: 2

3 Mounting base 1PC	4 Mounting base 1PC	31 Hex Bolt M24*120 4PCS	32 Washers $\Phi 24$ 8PCS	33 Nut M24 4PCS
				



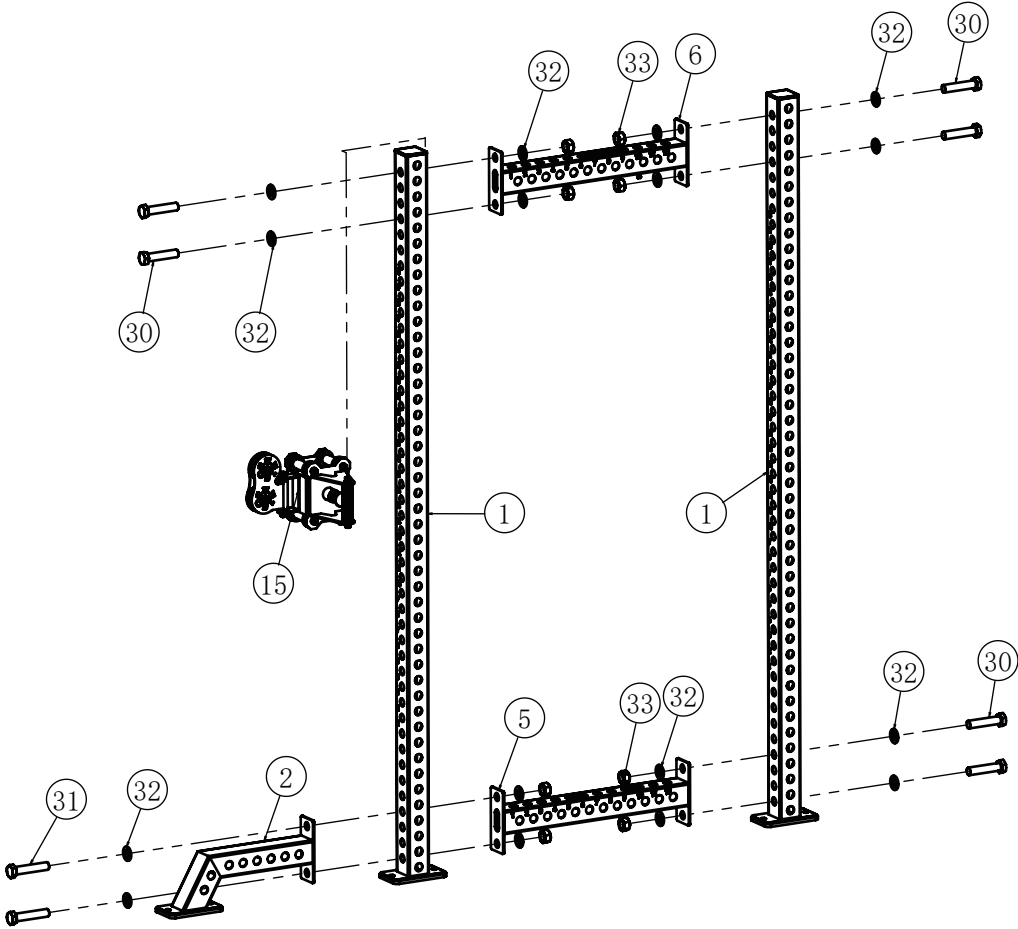
STEP: 3

17	Rear Upright 1PC	10	Hex Bolt M10*85 1PC	31	Hex Bolt M24*120 4PCS	32	Washers $\Phi 24$ 8PCS	33	Nut M24 4PCS
									



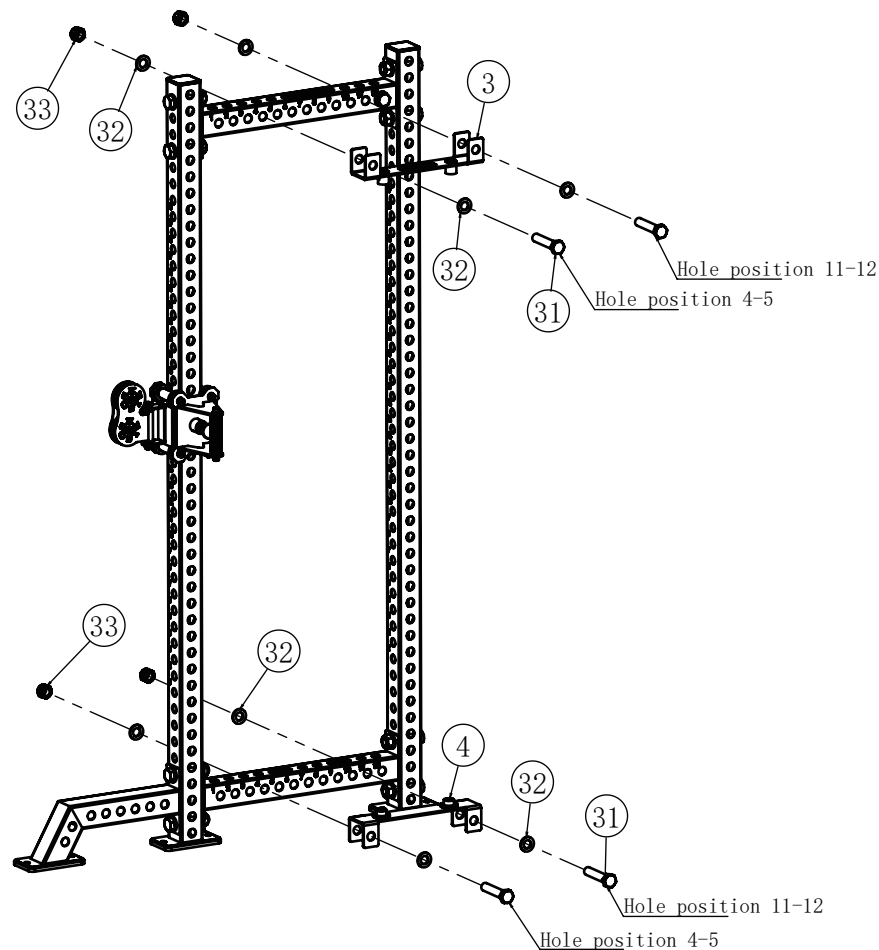
STEP: 4

1 Column assembly 2PCS	2 Foot assembly 1PC	5 Longitudinal beam welding group 1PC	6 Longitudinal beam welding group 1PC	15 Slide frame assembly 1PC	30 Hex Bolt M24*110 6PCS
31 Hex Bolt M24*120 2PCS	32 Washers $\Phi 24$ 16PCS	33 Nut M24 8PCS			

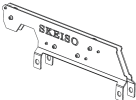
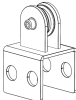
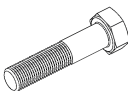


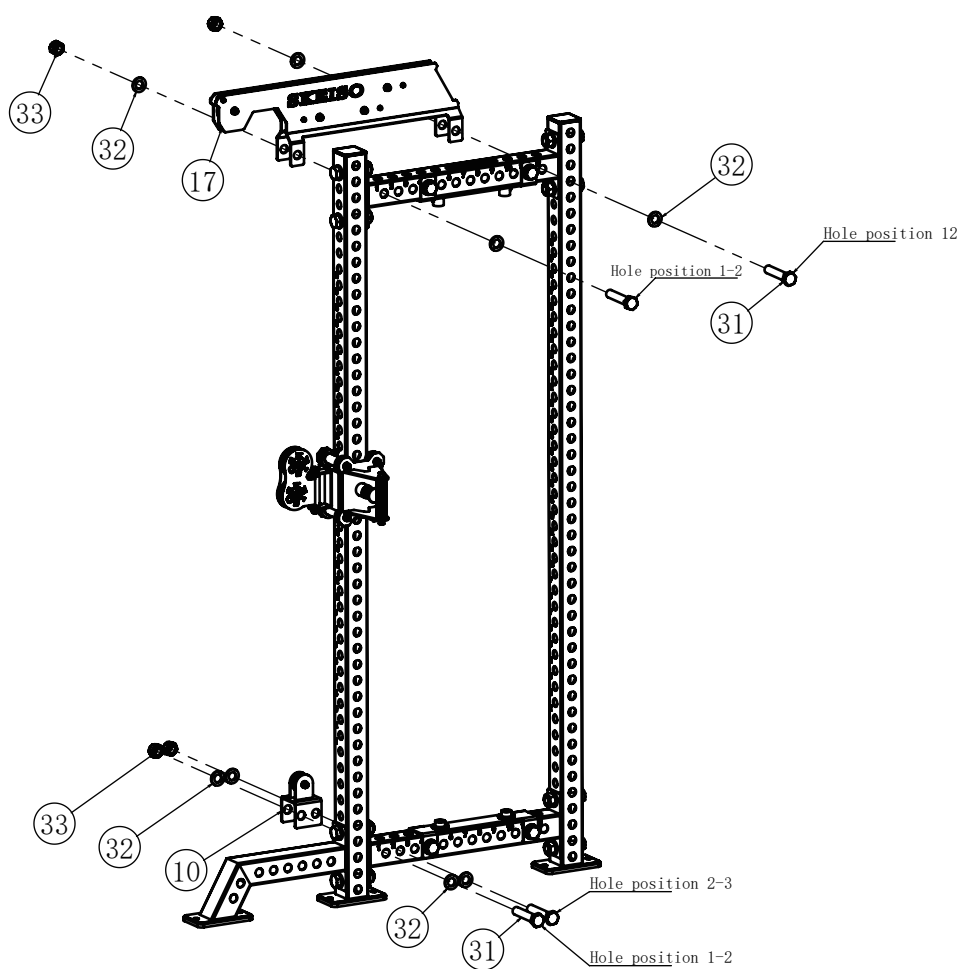
STEP: 5

3	Mounting base 1PC	4	Mounting base 1PC	31	Hex Bolt M24*120 4PCS	32	Washers $\Phi 24$ 8PCS	33	Nut M24 4PCS

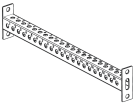
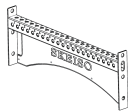
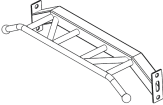
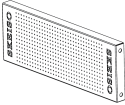


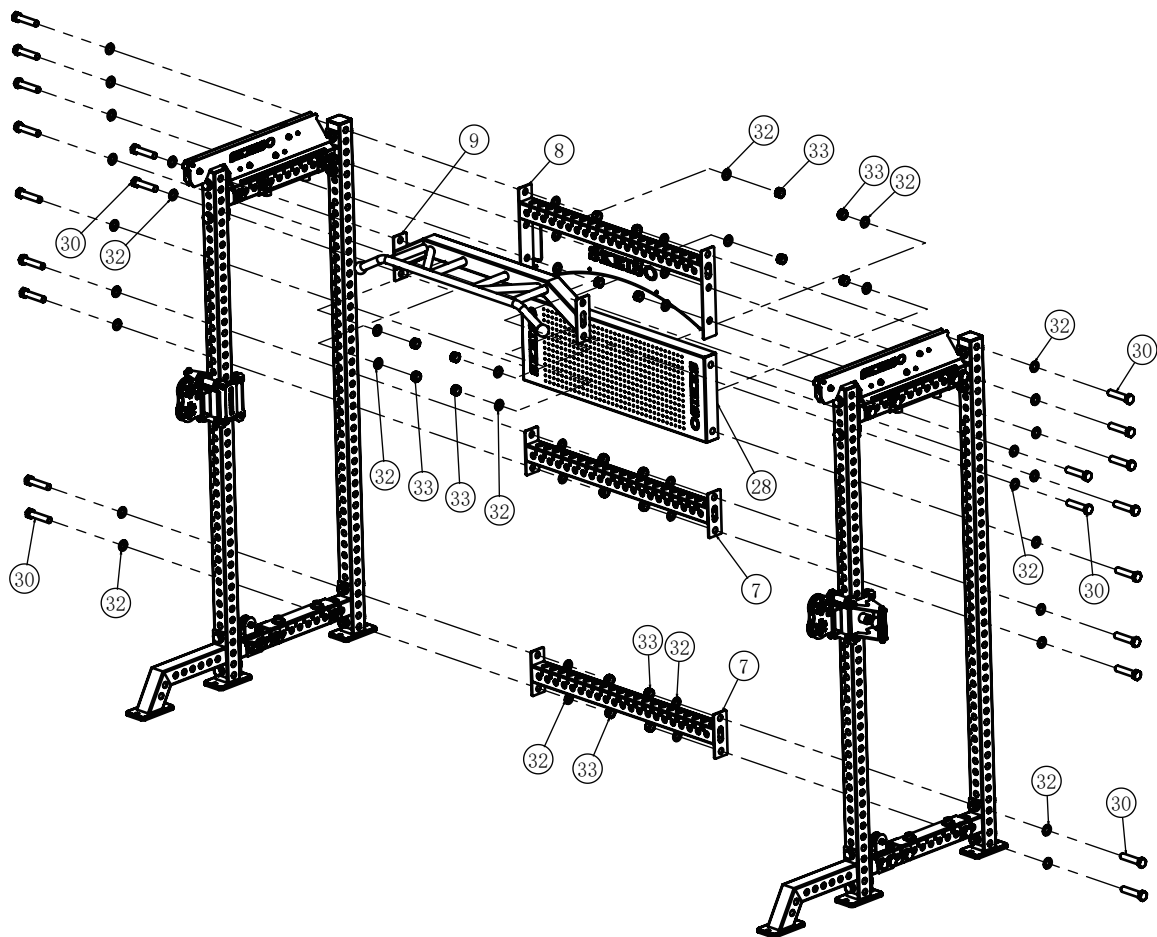
STEP: 6

17 Rear Upright 1PC	10 Hex Bolt M10*85 1PC	31 Hex Bolt M24*120 4PCS	32 Washers $\Phi 24$ 8PCS	33 Nut M24 4PCS
				

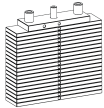
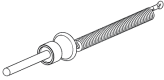
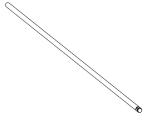


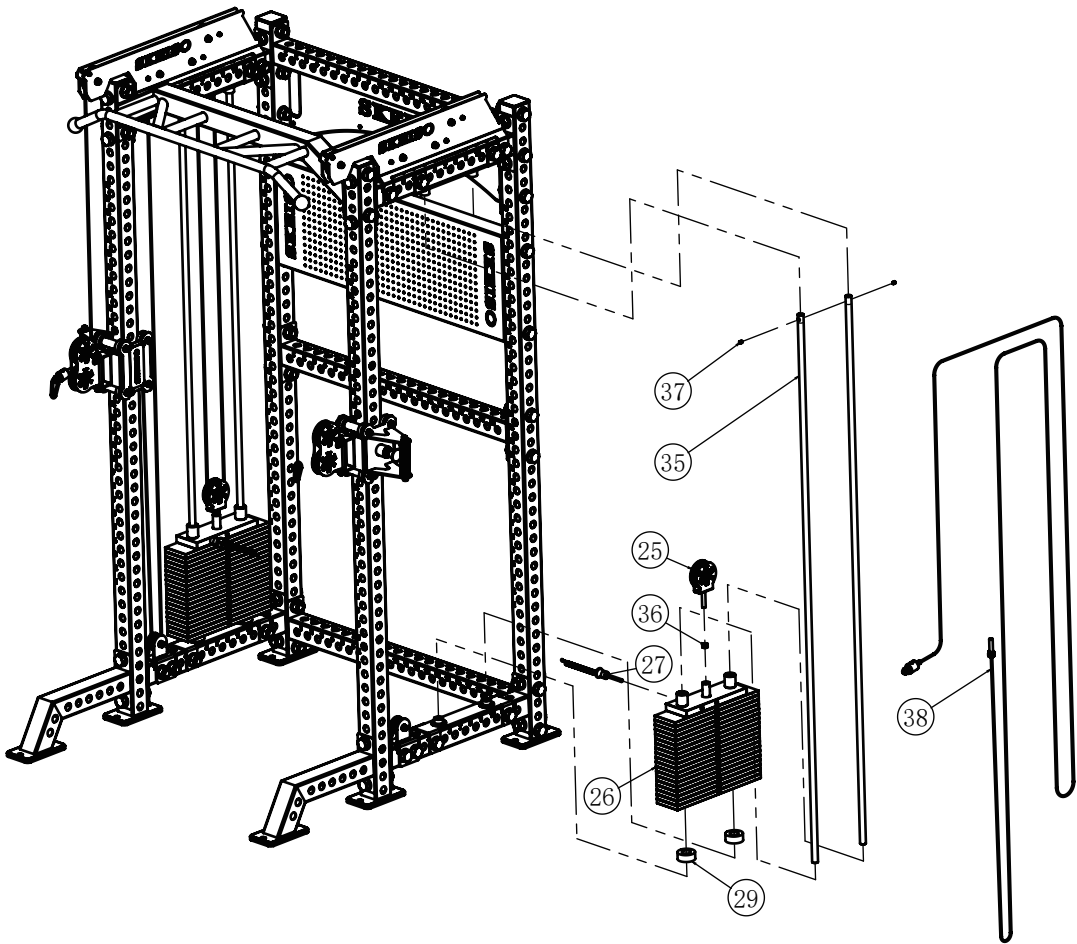
STEP: 7

7 Beam welding group 2PCS 	8 Rear upper cross member assembly 1PC 	9 Beam welding group 1PC 	28 Perforated board 1PC 	30 Hex Bolt M24*110 22PCS 	32 Washers Φ24 44PCS 
33 Nut M24 22PCS 					

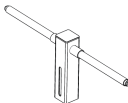
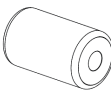
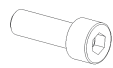


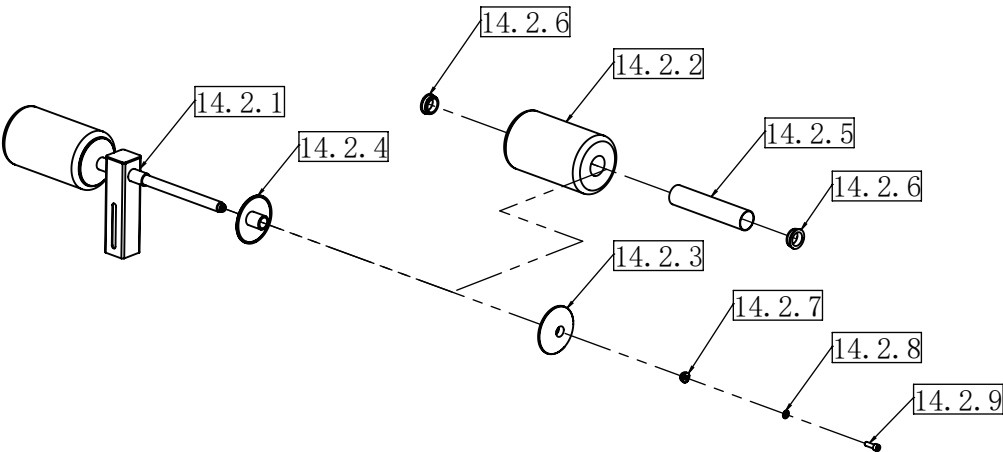
STEP: 8

25 Hanging pulley box assembly 2PCS	26 Weight plate set 2PCS	27 Aluminum weight pin 2PCS	35 Guide rod 4PCS	29 Rubber pad 4PCS	38 SKS-2 wire rope combination 2PCS
					
36 Nut M12 2PCS	37 M8*10 set screw 4PCS				
					

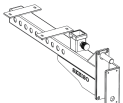
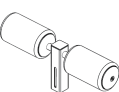
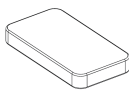
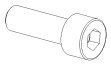


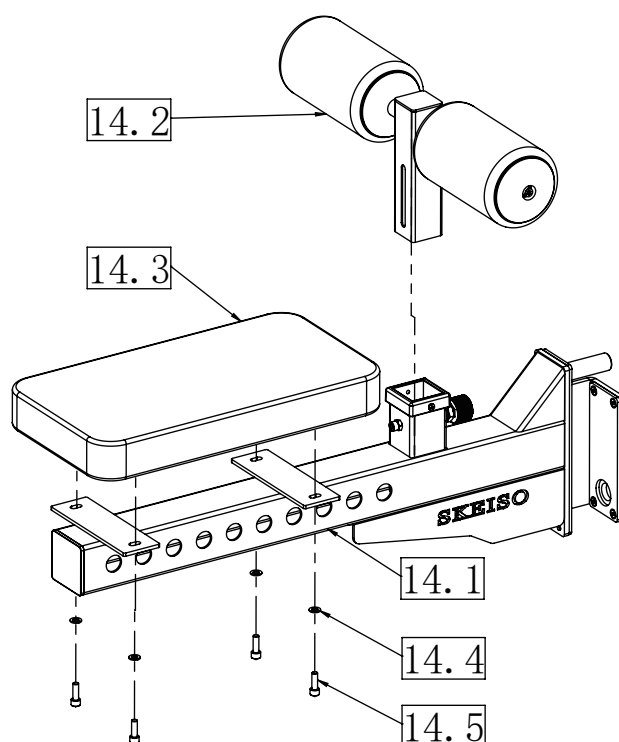
Accessories Installation STEP: 1

14.2.1 Adjustment slide frame assembly 1PC 	14.2.2 Short foam 2PCS 	14.2.3 Foam end cap 2PCS 	14.2.4 Foam end cap 2PCS 	14.2.5 Foam black tube 2PCS 	14.2.6 Foam inner plug 2PCS 
14.2.7 Anti-rotation sleeve 2PCS 	14.2.8 Washers $\Phi 8$ 2PCS 	14.2.9 Cylindrical head hexagon socket screw M8*25 2PCS 			



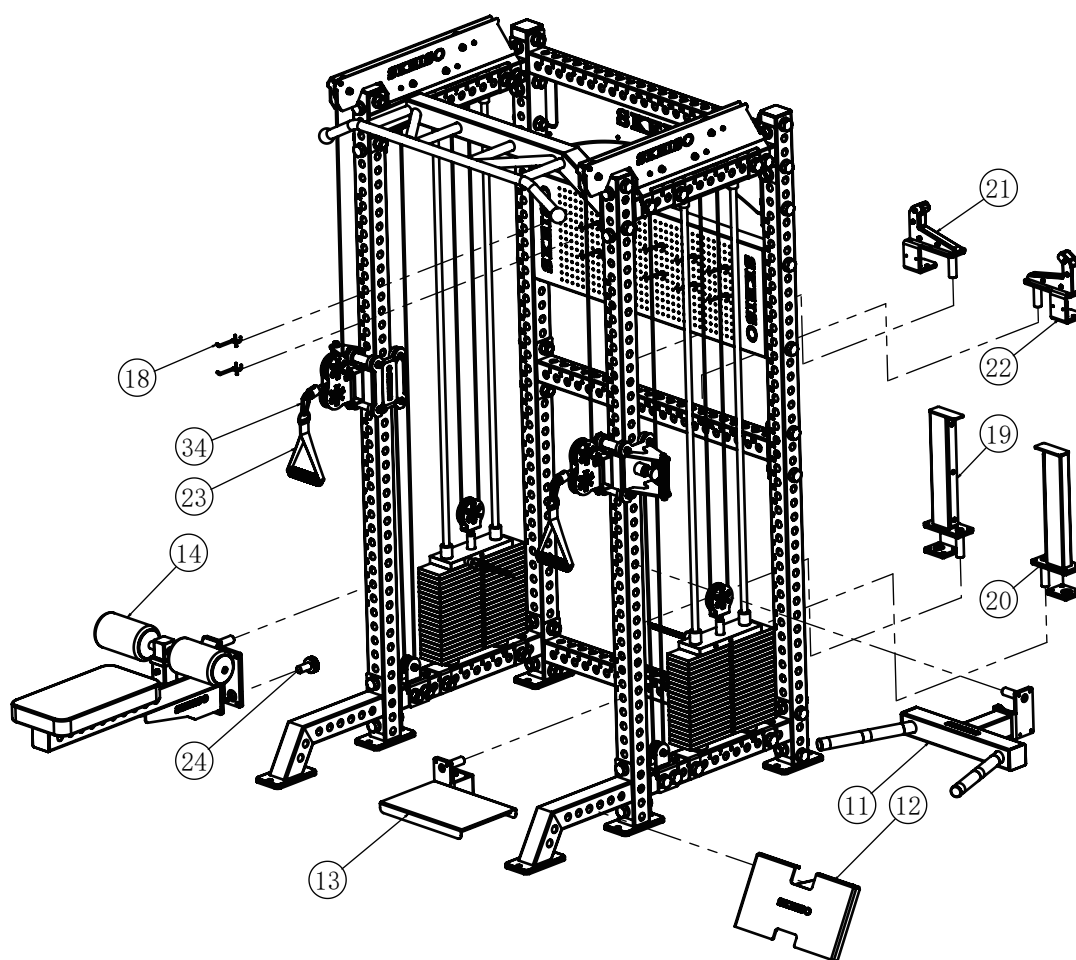
Accessories Installation STEP: 2

14.1	Cushion support frame assembly 1PC	14.2	Leg press adjustment assembly 1PC	14.3	Cushion 1PC	14.4	Washers $\Phi 8$ 4PCS	14.5	Cylindrical head hexagon socket screw M8*25 4PCS
									



Accessories Installation STEP: 3

11 Parallel bar assembly 1PC	12 Foot pedal assembly 1PC	13 Pedal assembly 1PC	14 Seat cushion assembly 1PC	19 Bumper assembly 1 1PC	20 Bumper assembly 2 1PC
21 Left hook assembly 1PC	22 Right hook assembly 1PC	18 Hook up 12PCS	24 Latch assembly 1PC	23 Aluminum alloy pull handle 2PCS	34 Safety hook 2PCS



SKEISO

