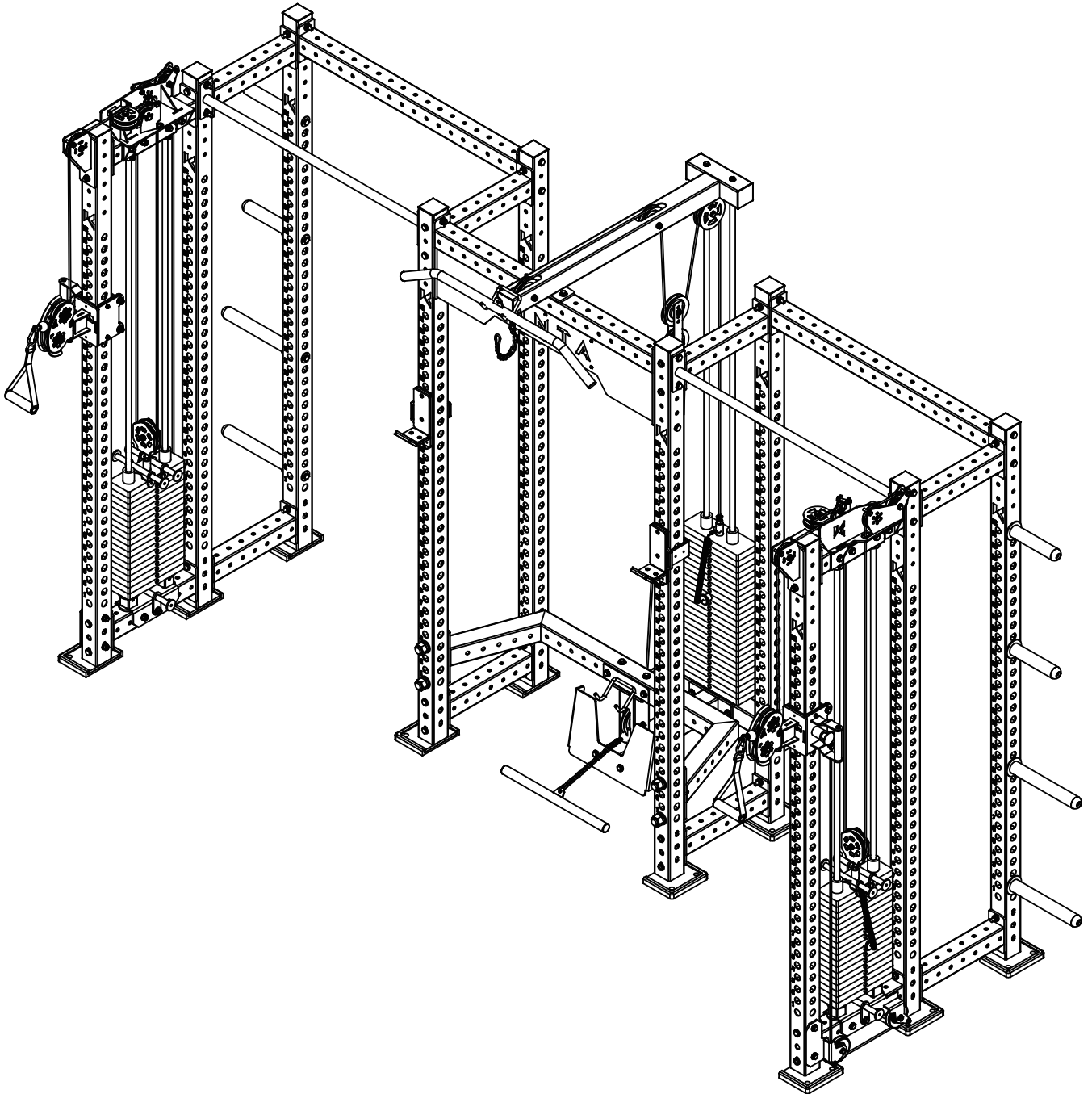


KINTA[®]

K75 Crossover Pro Power Rack



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

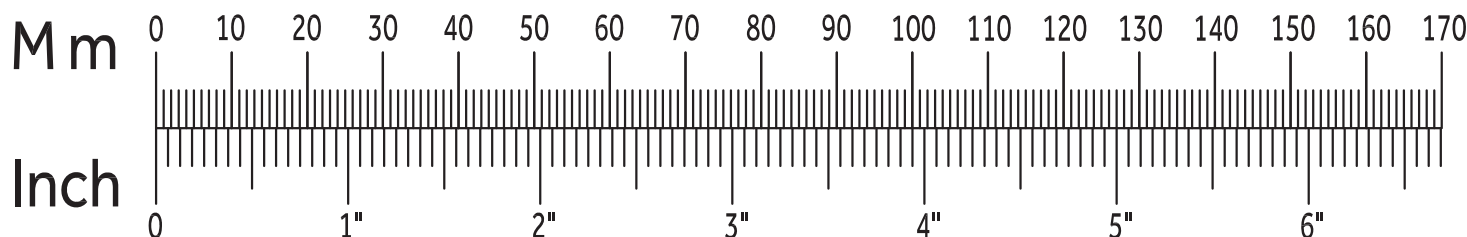
Content

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Part List	-----	3 – 5
Assembly	-----	6 – 33
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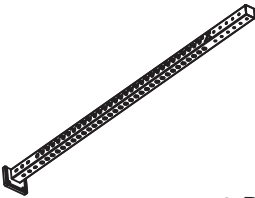
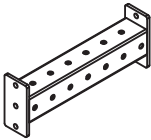
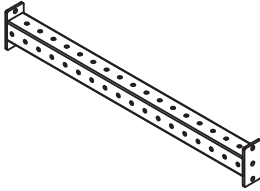
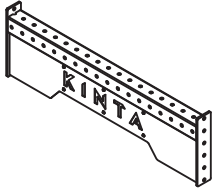
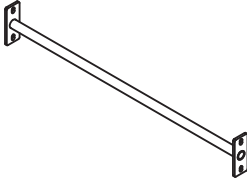
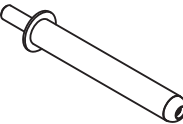
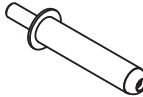
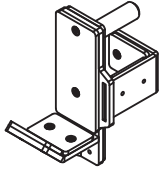
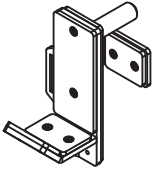
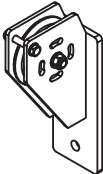
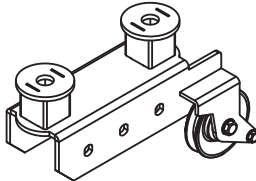
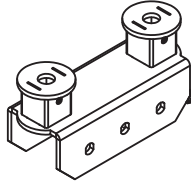
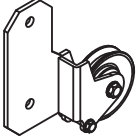
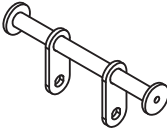
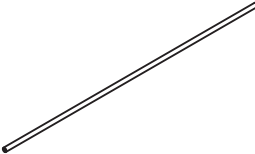
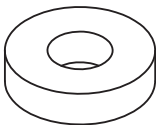
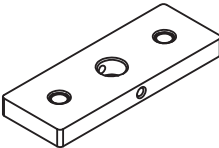
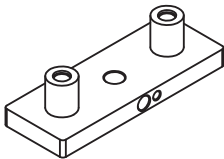
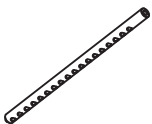
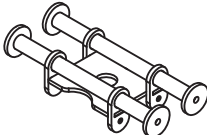
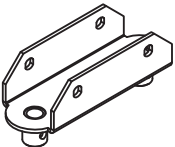
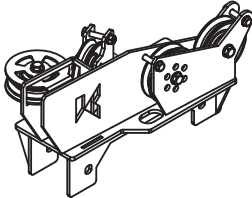
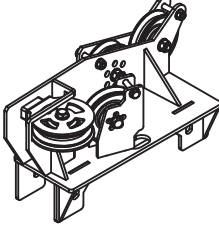
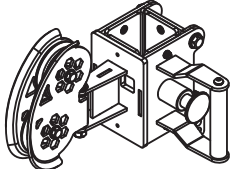
※※※Please read operation manual carefully※※※

1. Please keep the box and the manual after installing the machine.
2. Check the stability of the bolts regularly.
3. Please install the machine in a commodious place.
4. Put the machine on the level ground, and use a mat to protect the floor.
5. Please consult to your doctor, physician before using any exercise equipments.
6. There are slip proof cover on the nut (little nylon circle on the nut); please tighten them with wrench.
7. Please tighten the screws; otherwise it might be dangerous to use.
8. Please do not alter the machine in any way it might be dangerous to change and mend the machine.
9. Store in the place where is away from moisture, salt (near Pool) high temperature and under sun.
10. For maintenance and cleaning exercise machines Please clean the dirt with detergent scour, using dry rag and clean water (do not use gas, dilution and other chemicals).
11. Do not put your hands in the moving part of the machine when you are doing exercise.

Thank you for choosing our Fitness products, We hope you enjoy using and you get maximum benefit of it.



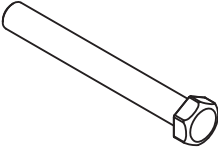
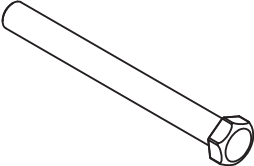
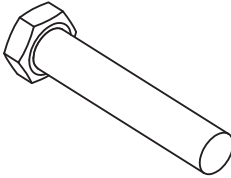
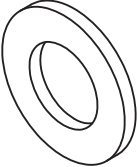
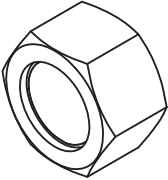
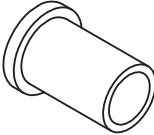
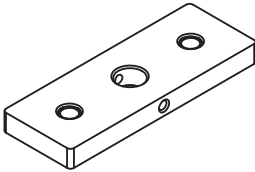
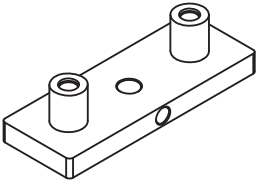
PART LIST

1	226cm Upright Post	2	42cm Crossbar	3	108cm Crossbar	4	Reinforced Crossbar
	10 PCS		12 PCS		2 PCS		1 PC
5	108cm Pull Up Bar	6	30cm Weight Plate Pin	7	20cm Weight Plate Pin	8	Standard J-Hook (L)
	2 PCS		4 PCS		4 PCS		1 PC
9	Standard J-Hook (R)	10	Front Pulley Block	11	Bottom Connecting Plate (L)	12	Bottom Connecting Plate (R)
	1 PC		2 PCS		1 PC		1 PC
13	Front Connecting Plate (L)	14	Front Connecting Plate (R)	15	Elastic Band Connecting Rod - Single	16	Guide Rod
	1 PC		1 PC		2 PCS		4 PCS For K75 HD Cable Attachment
17	Rubber Pad	18	Weight Plate	19	Top Weight Plate	20	Weight Selector Bar (19 holes)
	6 PCS		36 PCS For K75 HD Cable Attachment		2 PCS For K75 HD Cable Attachment		2 PCS For K75 HD Cable Attachment
21	Split Pin	22	Elastic Band Connecting Rod - Double	23	Pulley Block	24	Silver Pin
	3 PCS		2 PCS		2 PCS		3 PCS
25	Top Connecting Plate	26	Top Pulley (L)	27	Top Pulley (R)	28	Sliding Handle Assembly (L)
	2 PCS		1 PC		1 PC		1 PC

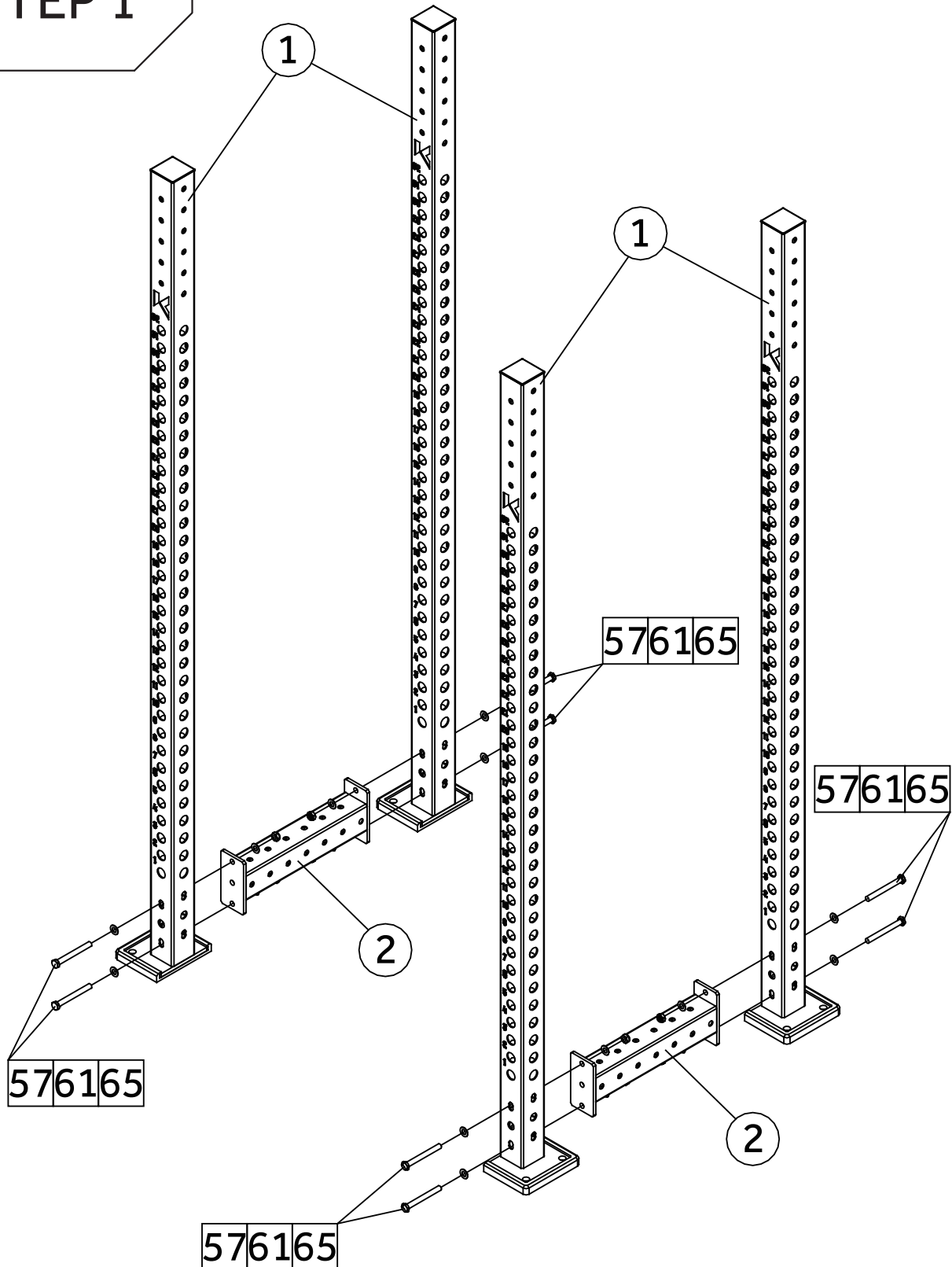
PART LIST

29 Sliding Handle Assembly (R) 1 PC	30 Cable : 8260mm 2 PCS	31 Pothook 2 PCS	32 Handle 2 PCS
33 Connection Tube 1 PC	34 Base Tube 1 PC	35 Bottom Tube 1 PC	36 Connection Plate 1 PC
37 Guide Rod For K75 Pro Lat Pull Down Attachment 2 PCS	38 Weight Selector Bar (25 holes) For K75 Pro Lat Pull Down Attachment 1 PC	39 Top Connection Tube 1 PC	40 Buffer Block 2 PCS
41 Adjustable Pulley Plate 2 PCS	42 Pulley 6 PCS	43 Connecting Plate 1 PC	44 Foot Step 1 PC
45 Lat Bar 1 PC	46 Pull Up Bar 1 PC	47 Cable : 3300mm 1 PC	48 Cable : 3020mm 1 PC
49 M10*25 Bolt 2 PCS	50 M10*45 Bolt 7 PCS	51 M10*70 Bolt 4 PCS	52 M10*90 Bolt 3 PCS
53 M12*30 Bolt 2 PCS	54 M12*95 Bolt 2 PCS	55 M12*100 Bolt 4 PCS	56 M12*105 Bolt 14 PCS

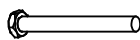
PART LIST

57	M12*110 Bolt	58	M12*120 Bolt	59	M24*120 Bolt	60	M10 Washer
	70 PCS		2 PCS		4 PCS		22 PCS
61	M12 Washer	62	M24 Washer	63	M24 Spring Washer	64	M10 Nut
	226 PCS		8 PCS		4 PCS		12 PCS
65	M12 Nut	66	M24 Nut	67	Bushing	68	M12*25 Bolt
	84 PCS		4 PCS		6 PCS		8 PCS
69	M12 Big Washer	70	Pothook	71	Weight Plate	72	Top Weight Plate
	8 PCS		2 PCS	 For K75 Pro Lat Pull Down Attachment	24 PCS	 For K75 Pro Lat Pull Down Attachment	1 PC

STEP 1



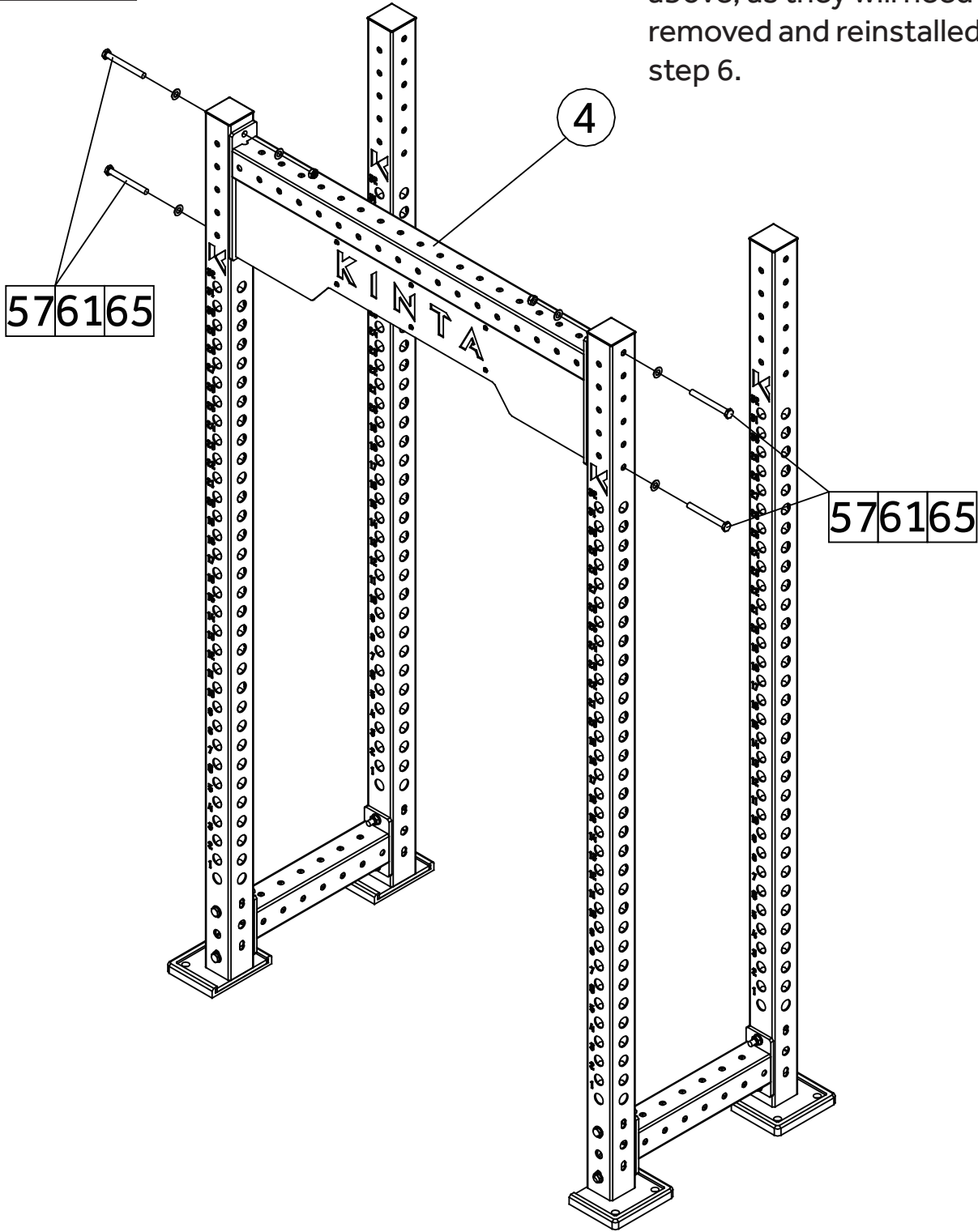
1#	226cm Upright Post	Qty:4
2#	42cm Crossbar	Qty:2

57#		M12*110	Qty:8
61#		12	Qty:16
65#		M12	Qty:8

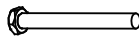
STEP 2

Step 2 Tip :

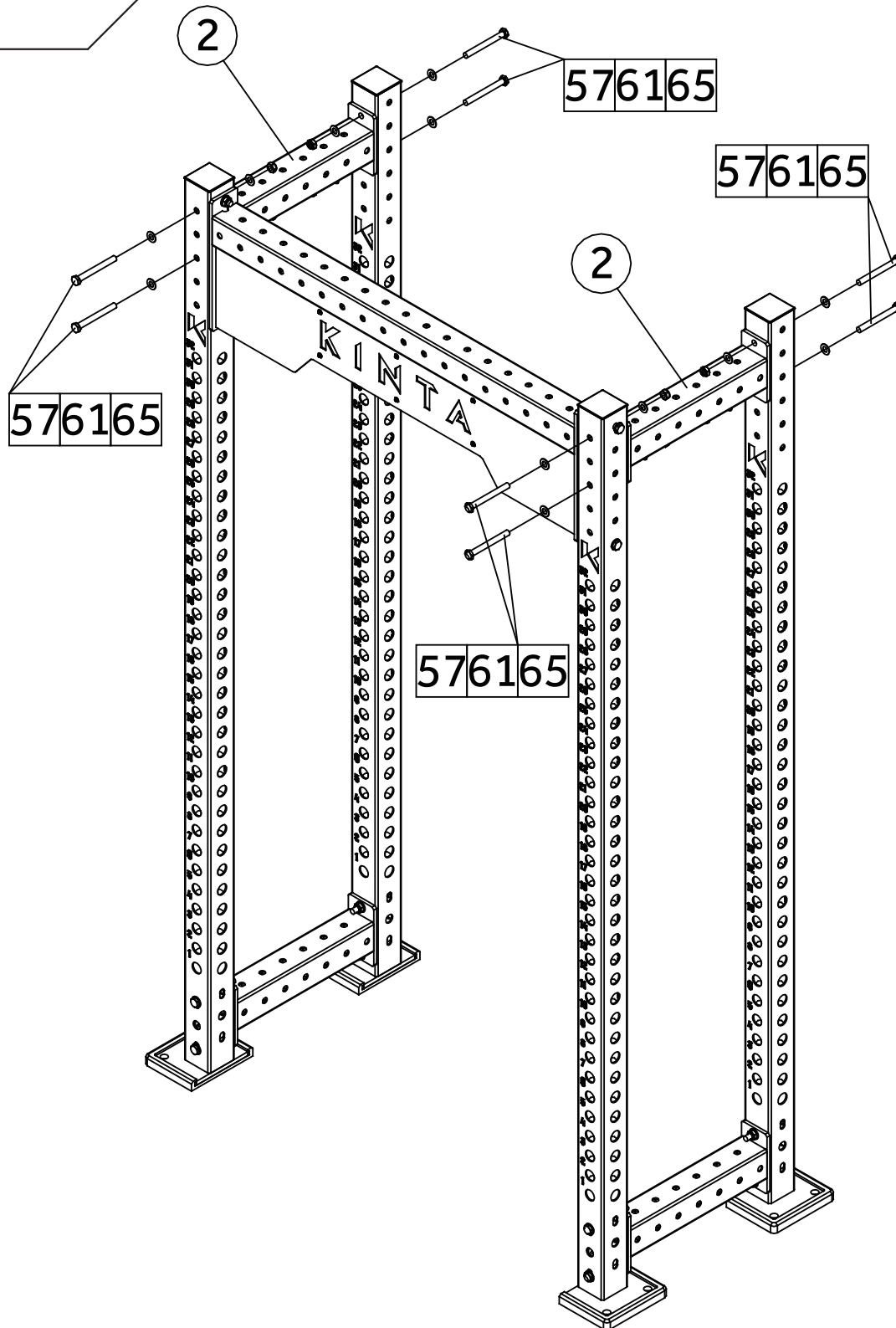
Do not tighten the two bolts above, as they will need to be removed and reinstalled in step 6.



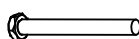
4#	Reinforced Crossbar	Qty:1
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57#		M12*110	Qty:4
61#		12	Qty:8
65#		M12	Qty:4

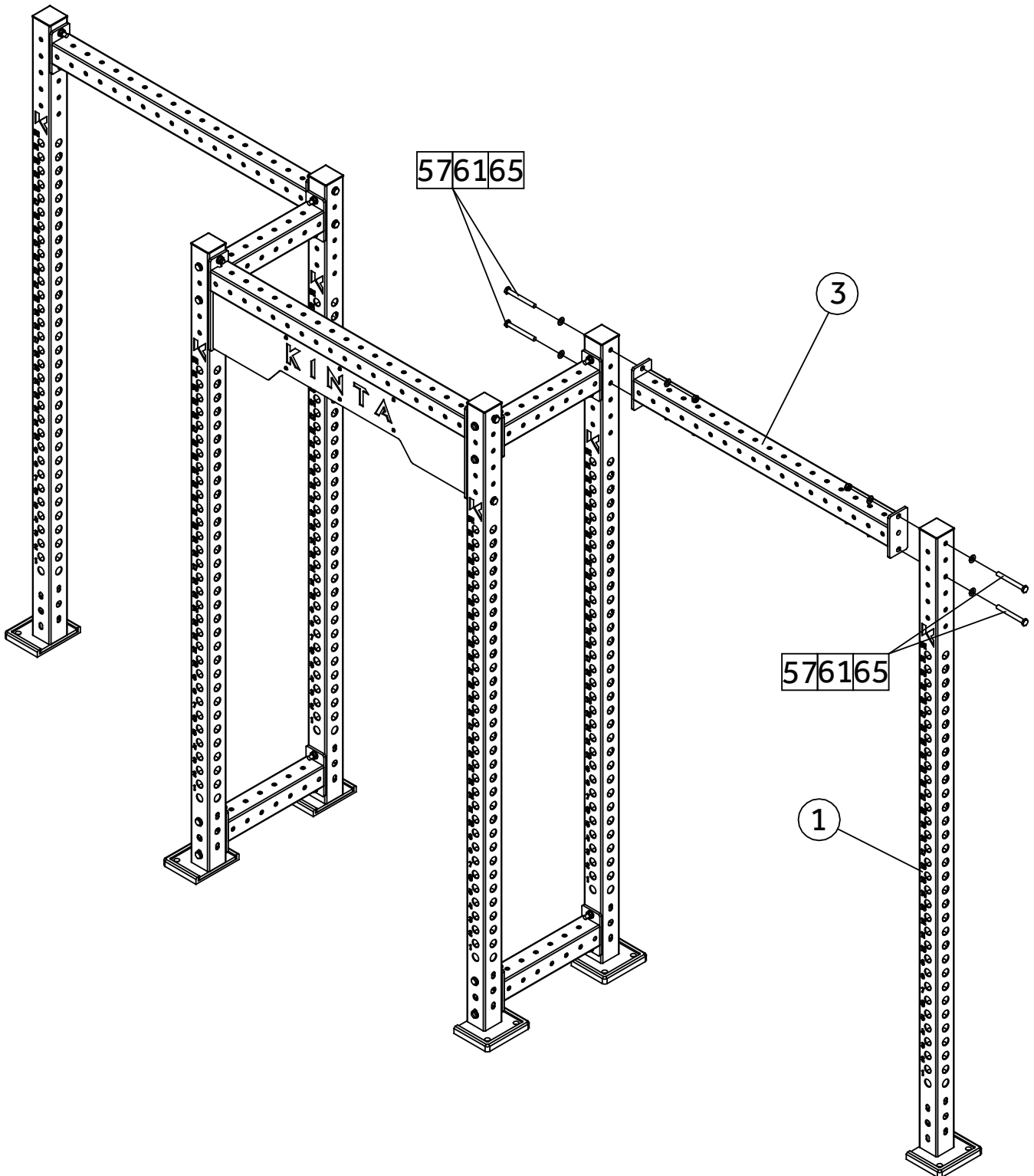
STEP 3



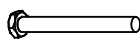
2#	42cm Crossbar	Qty:2
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57#		M12*110	Qty:8
61#		12	Qty:16
65#		M12	Qty:8

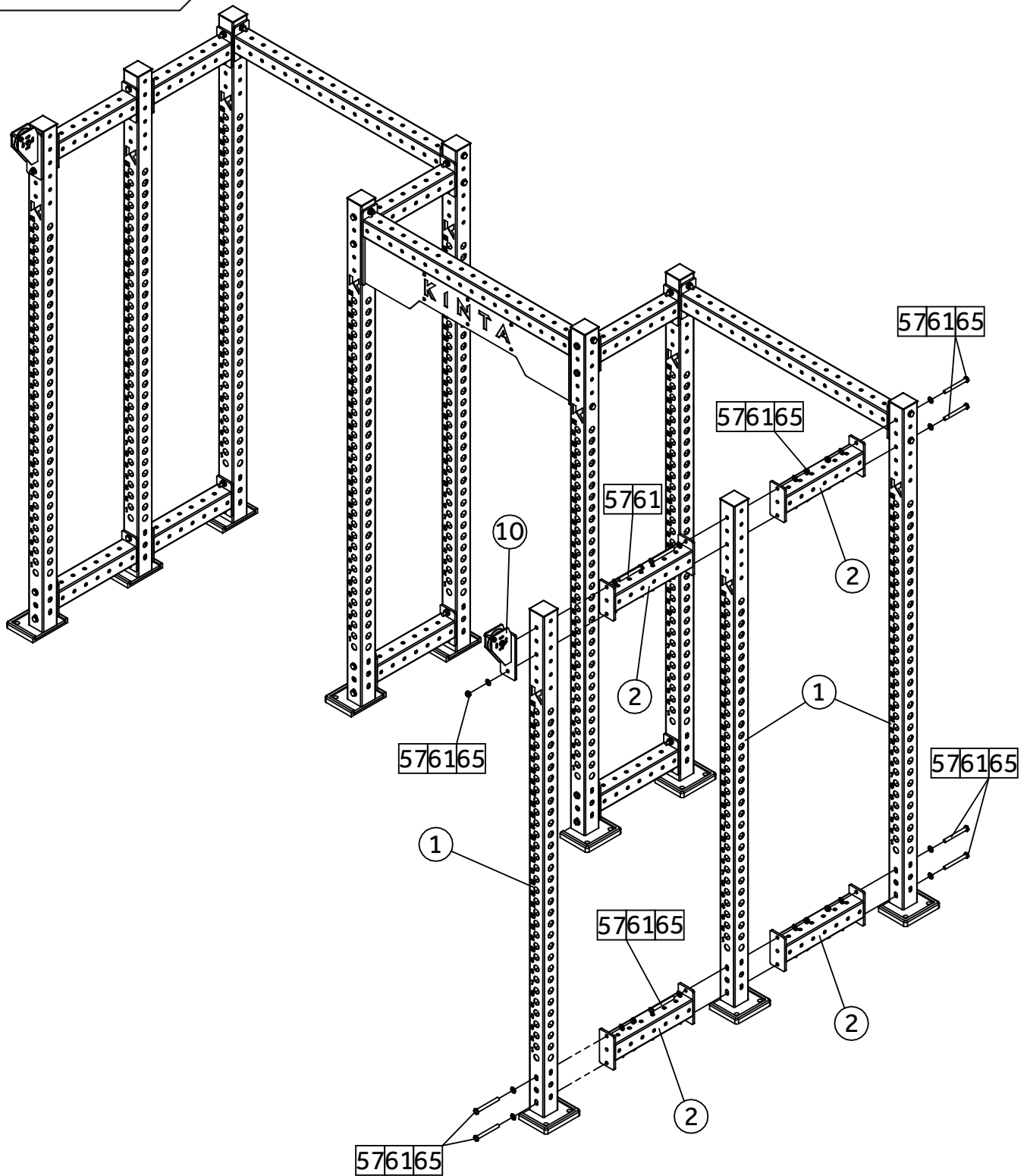
STEP 4

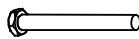


1#	226cm Upright Post	Qty:2
3#	108cm Crossbar	Qty:2

57#		M12*110	Qty:8
61#		12	Qty:16
65#		M12	Qty:8

STEP 5

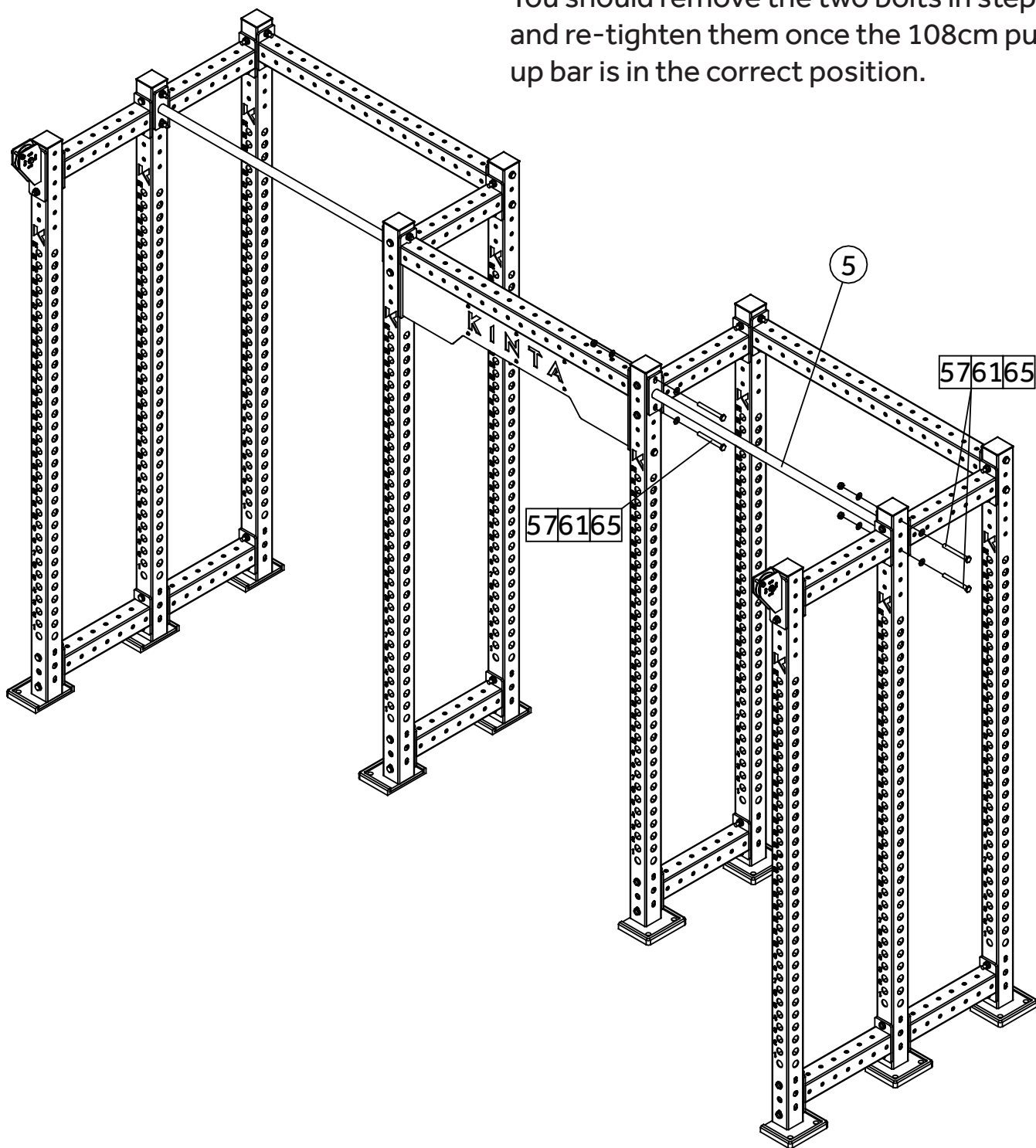


1#	226cm Upright Post	Qty:4	57#		M12*110	Qty:24
2#	42cm Crossbar	Qty:8	61#		12	Qty:46
10#	Front Pulley Block	Qty:2	65#		M12	Qty:22

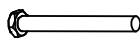
STEP 6

Step 6 Tip :

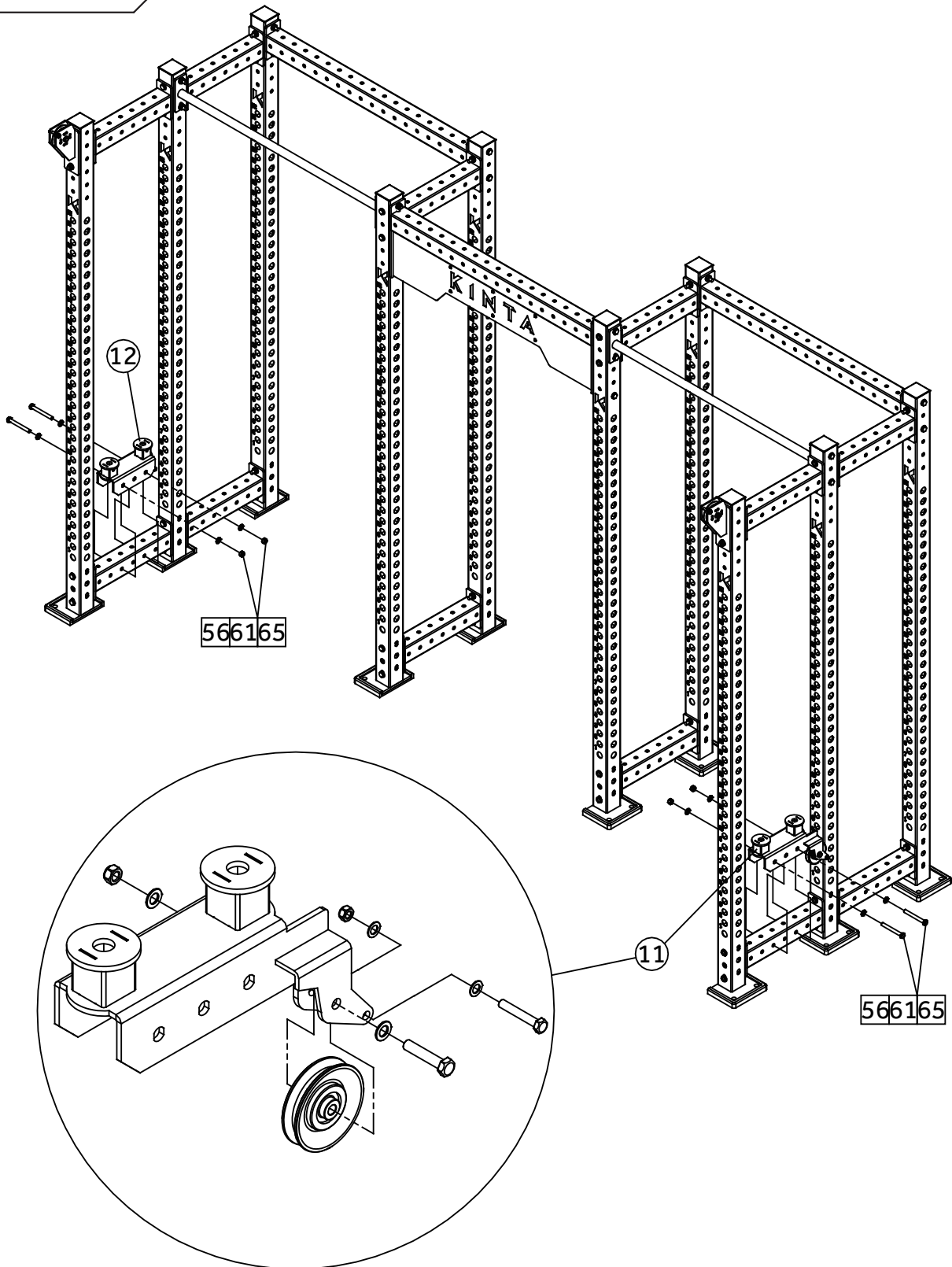
You should remove the two bolts in step 2 and re-tighten them once the 108cm pull up bar is in the correct position.



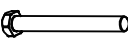
5#	108cm Pull Up Bar	Qty:2
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57#		M12*110	Qty:6
61#		12	Qty:12
65#		M12	Qty:6

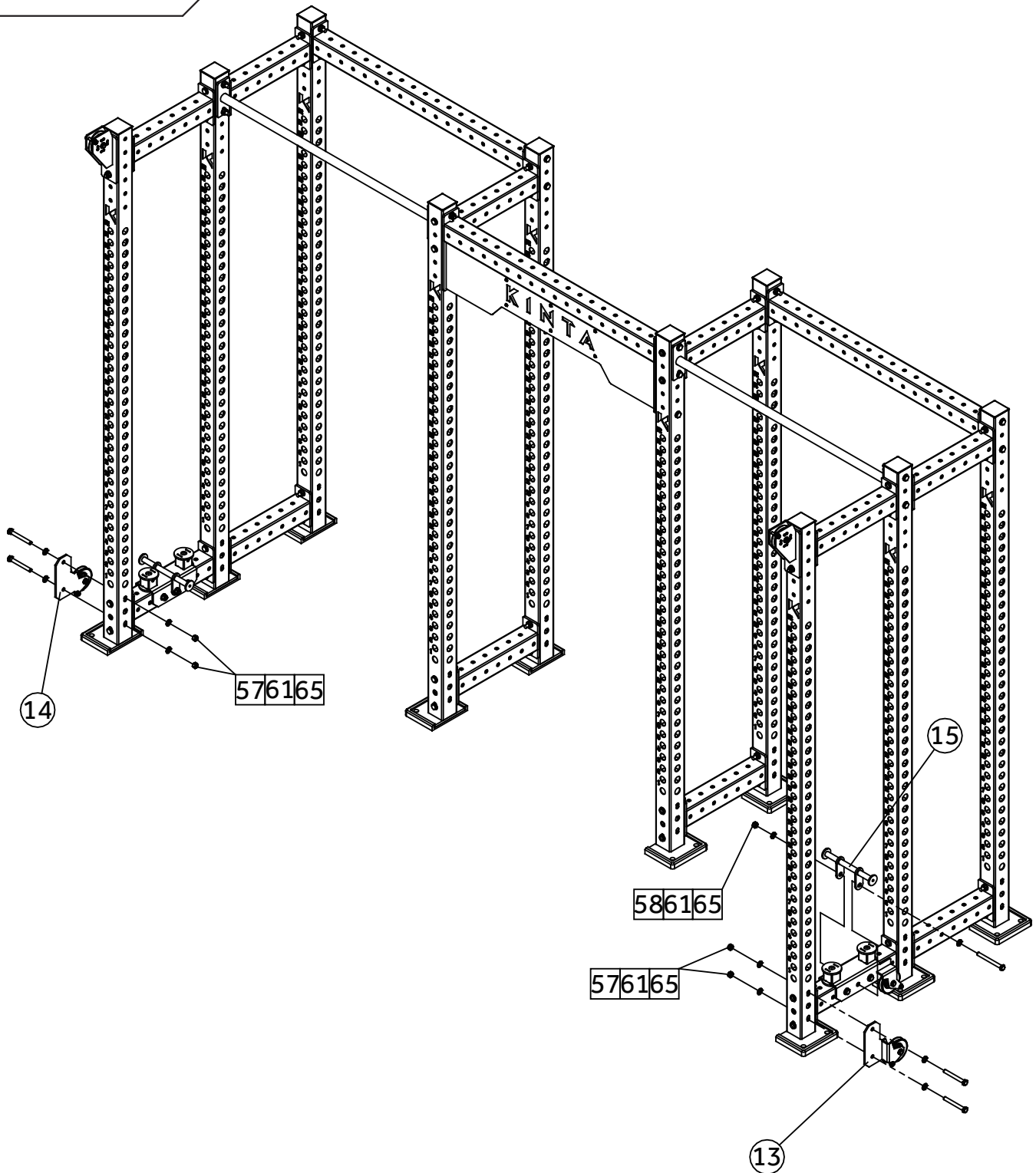
STEP 7



11#	Bottom Connecting Plate (L)	Qty:1
12#	Bottom Connecting Plate (R)	Qty:1

56#		M12*105	Qty:4
61#		12	Qty:8
65#		M12	Qty:4

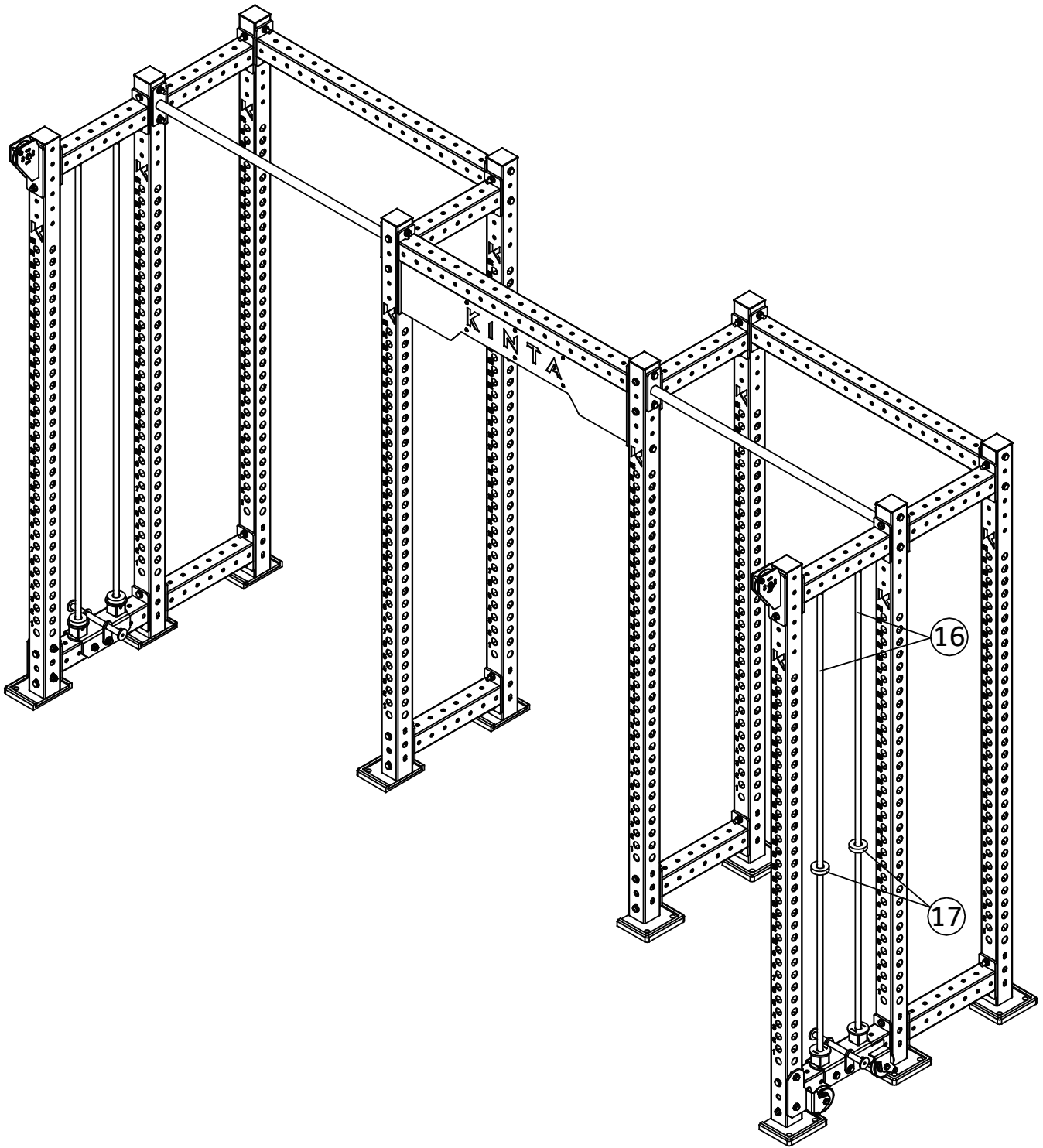
STEP 8



13#	Front Connecting Plate (L)	Qty:1
14#	Front Connecting Plate (R)	Qty:1
15#	Elastic Band Connecting Rod - Single	Qty:2

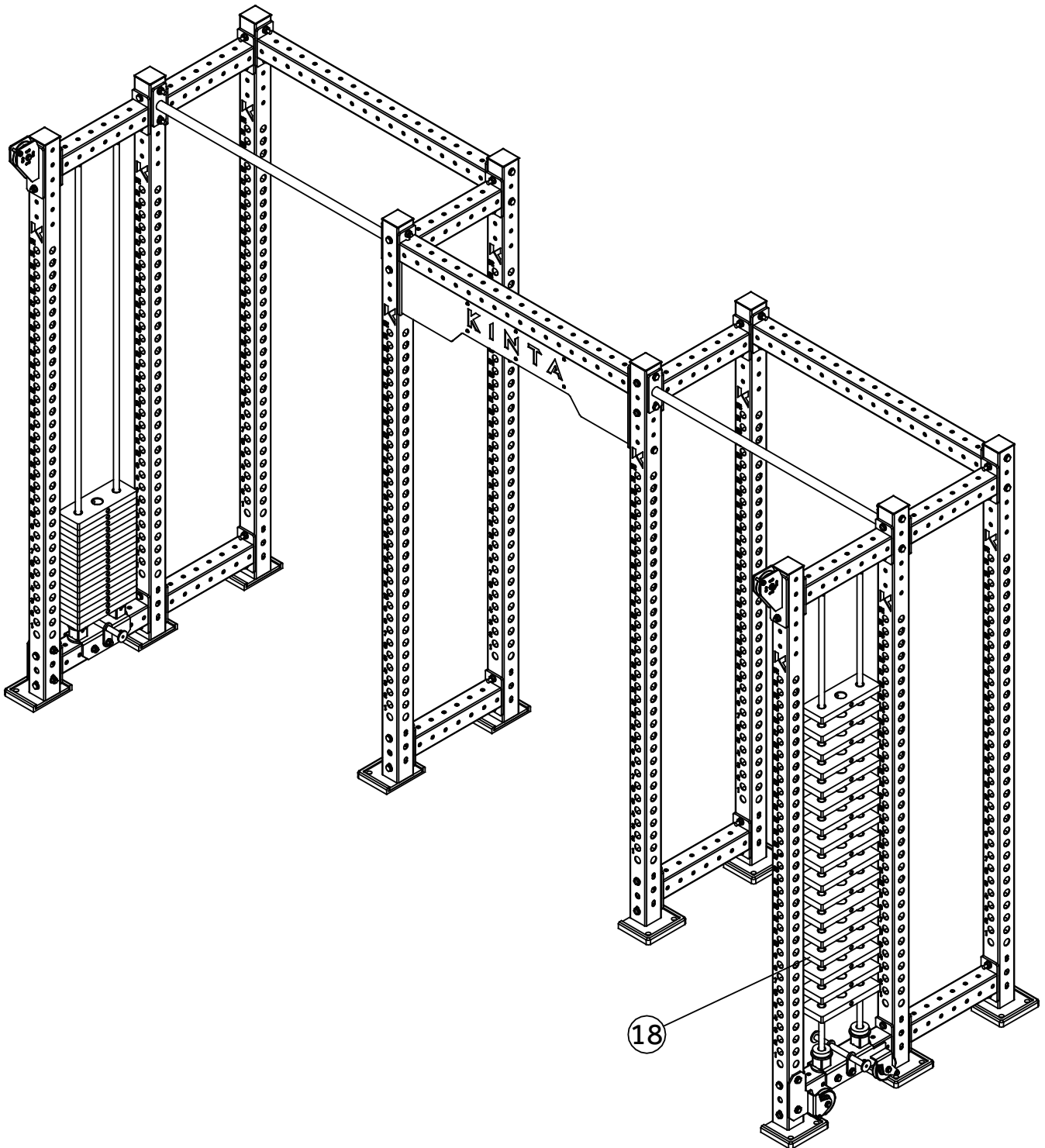
57#		M12*110	Qty:4
58#		M12*120	Qty:2
61#		12	Qty:12
65#		M12	Qty:6

STEP 9



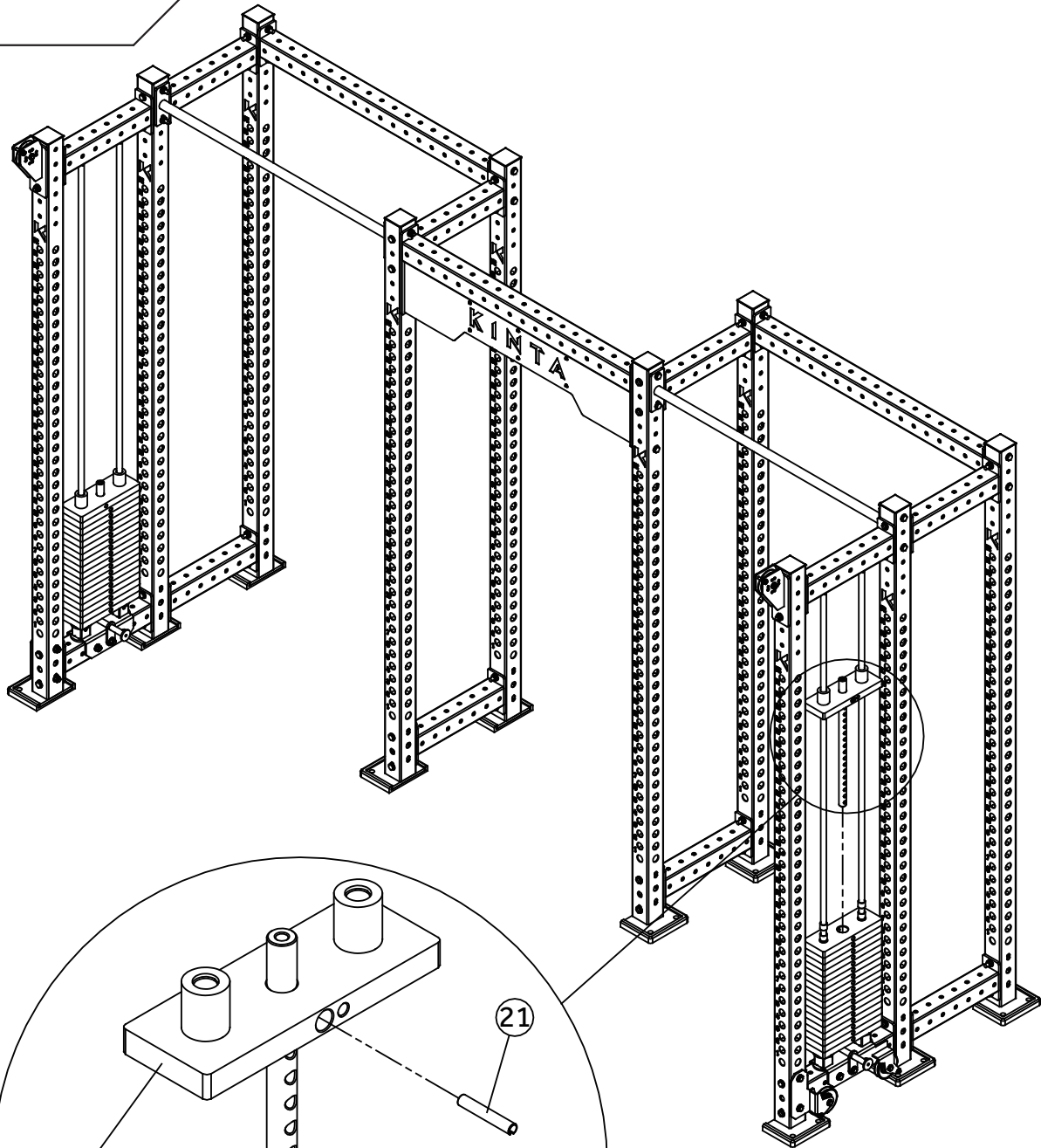
16#	Guide Rod	Qty:4
17#	Rubber Pad	Qty:4

STEP 10



18#	Weight Plate	Qty:36
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STEP 11

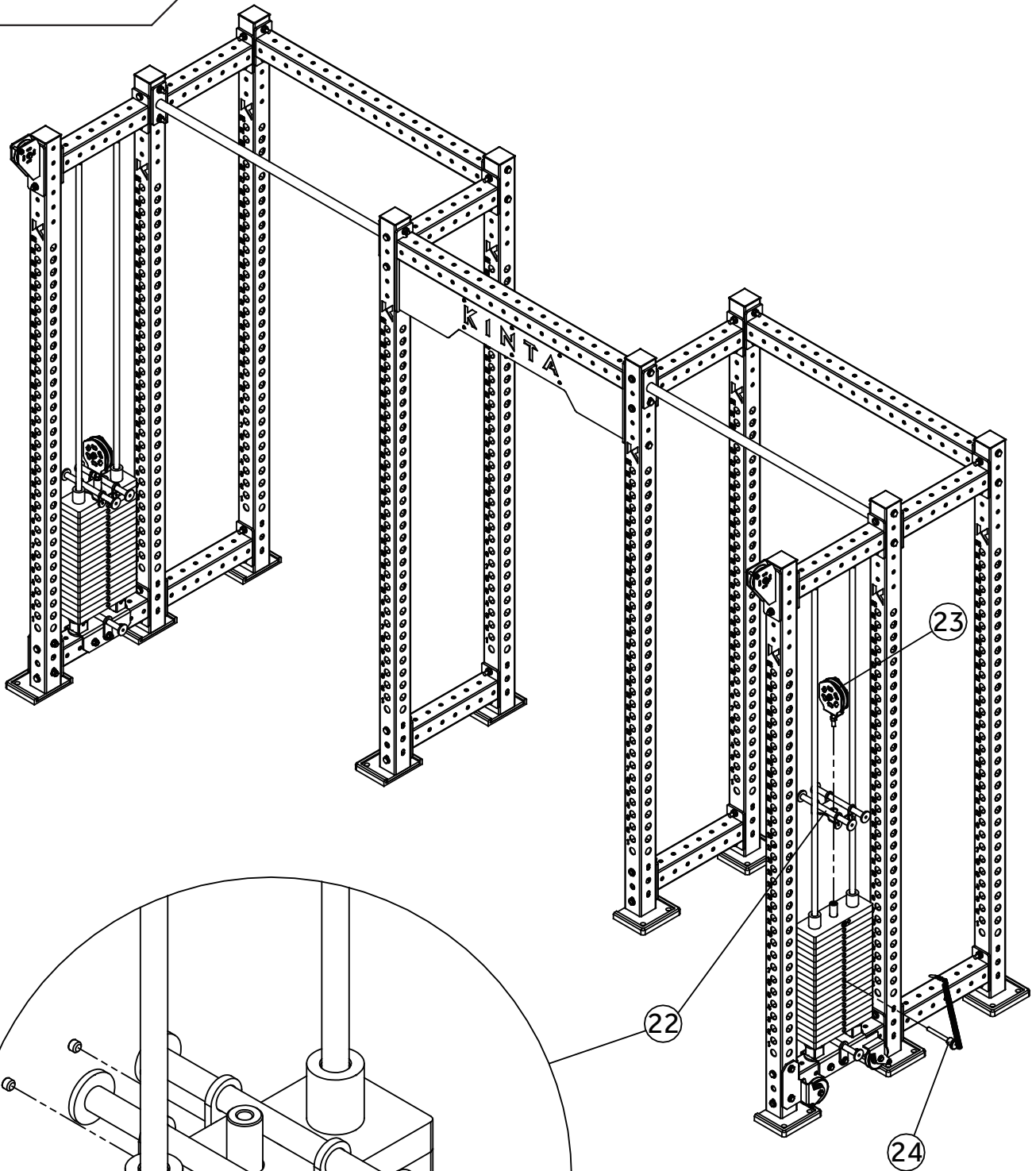


Step 11 Tip :

You will need a hammer to tap part number 21 into place

19#	Top Weight Plate	Qty:2
20#	Weight Selector Bar (19 holes)	Qty:2
21#	Split Pin	Qty:2

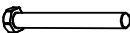
STEP 12

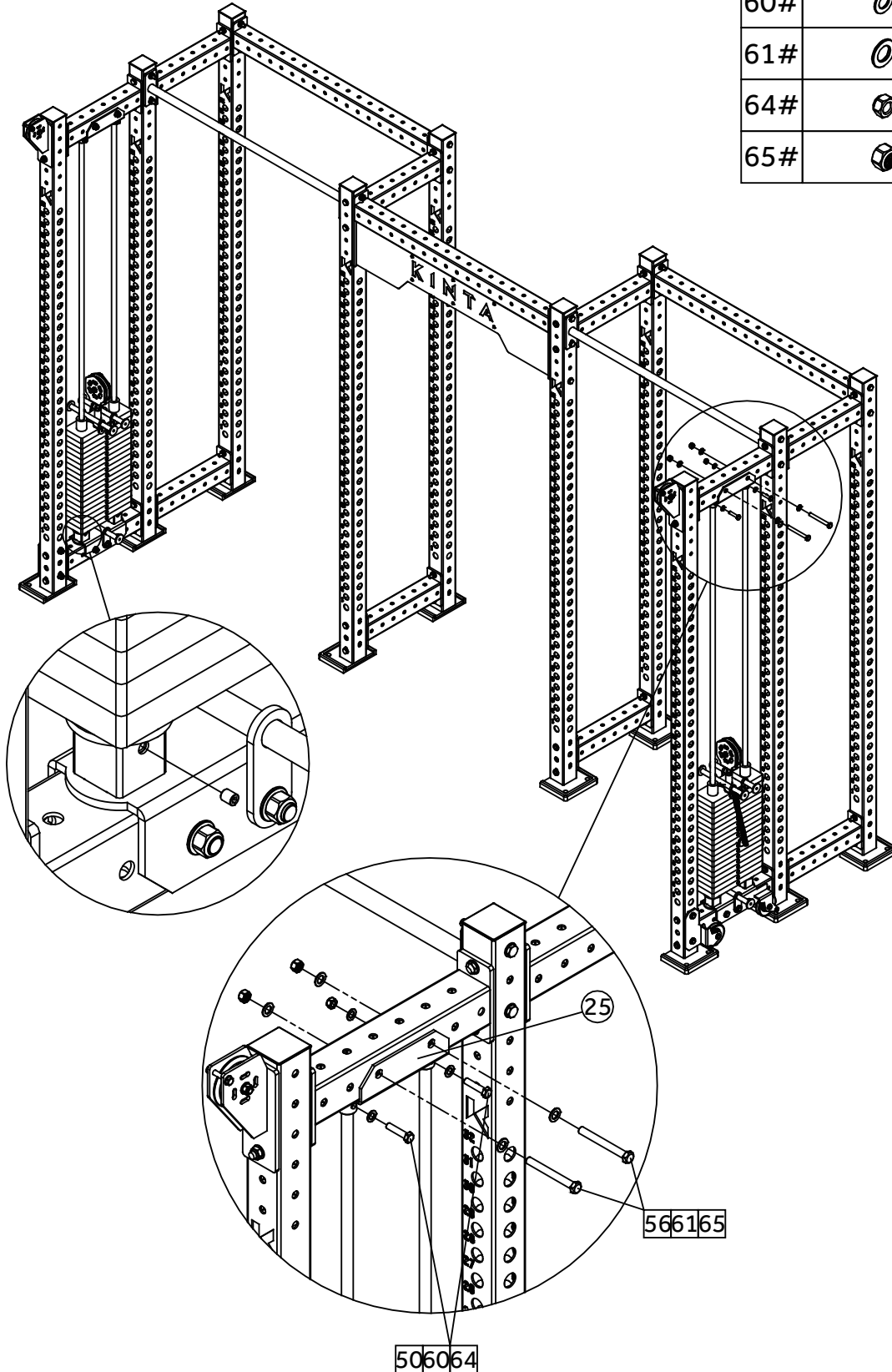


22#	Elastic Band Connecting Rod - Double	Qty:2
23#	Pulley Block	Qty:2
24#	Silver Pin	Qty:2

STEP 13

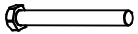
25#	Top Connecting Plate	Qty:2
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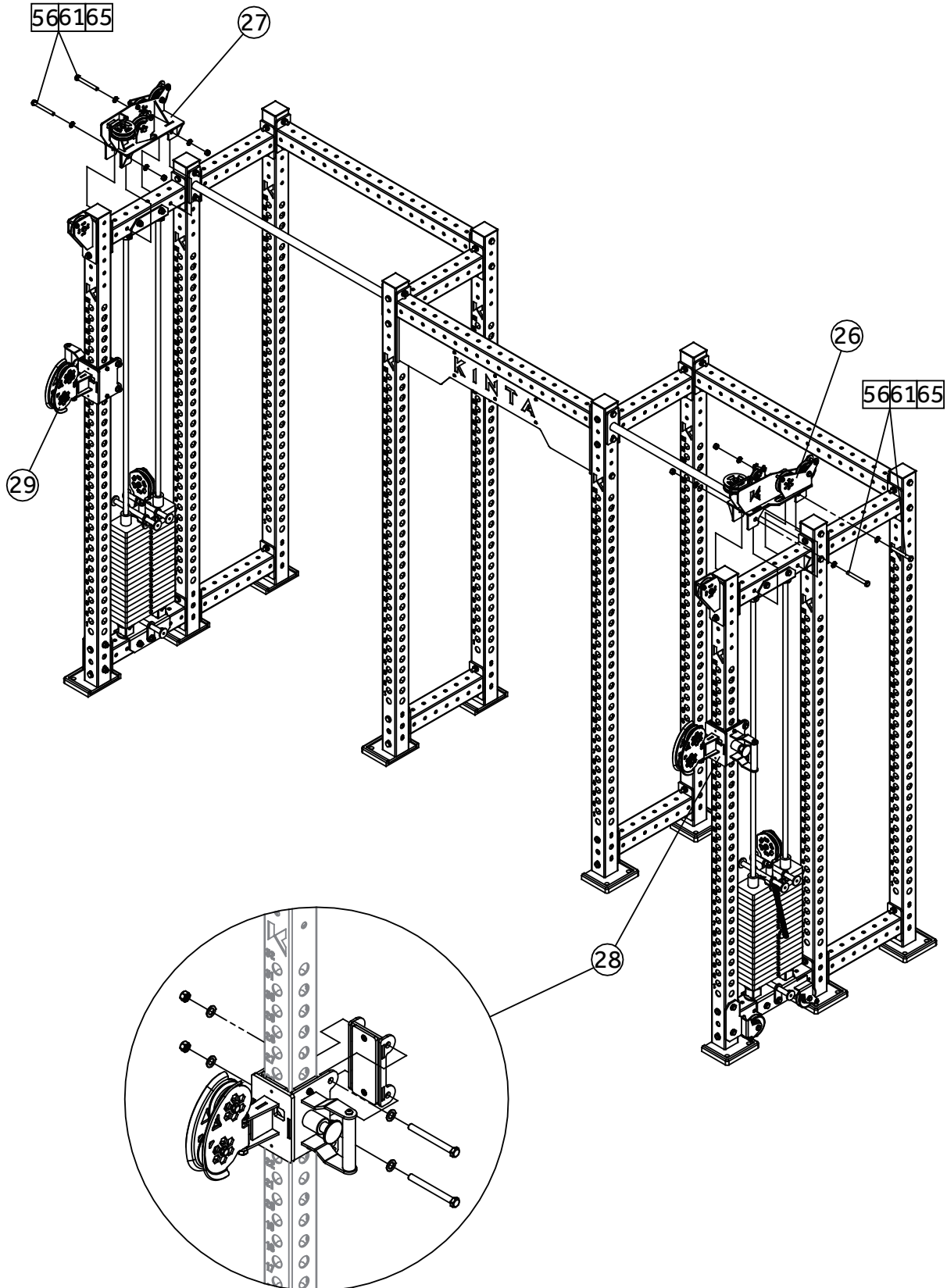
50#		M10*45	Qty:4
56#		M12*105	Qty:4
60#		10	Qty:8
61#		12	Qty:8
64#		M10	Qty:4
65#		M12	Qty:4



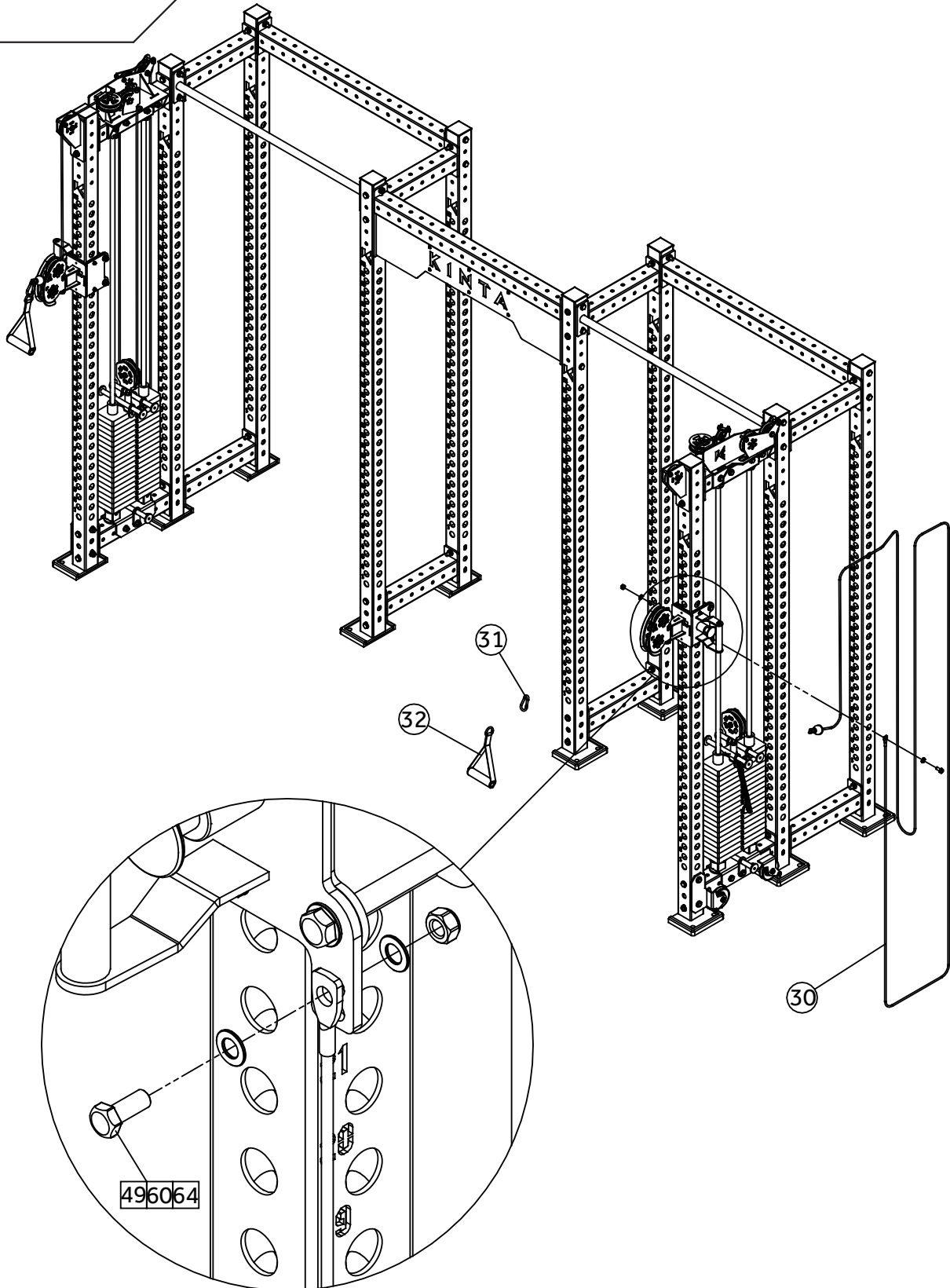
STEP 14

26#	Top Pulley (L)	Qty:1
27#	Top Pulley (R)	Qty:1
28#	Sliding Handle Assembly (L)	Qty:1
29#	Sliding Handle Assembly (R)	Qty:1

56#		M12*105	Qty:4
61#		12	Qty:8
65#		M12	Qty:4

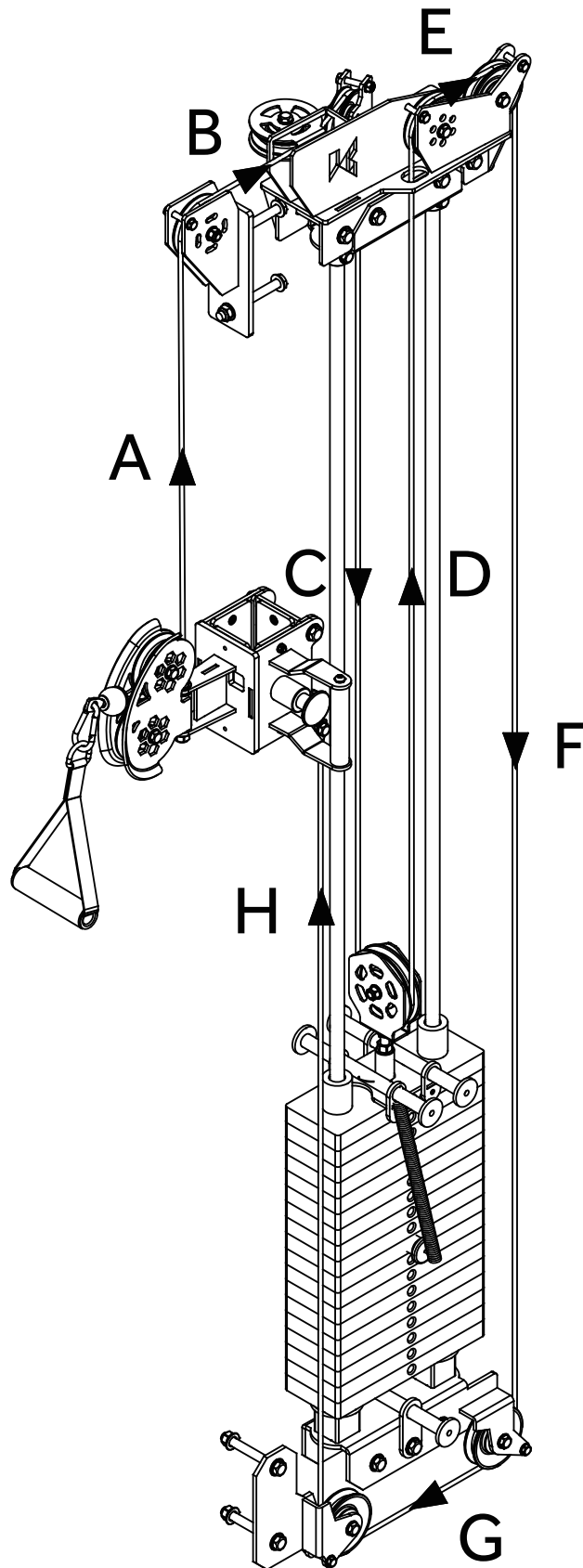


STEP 15



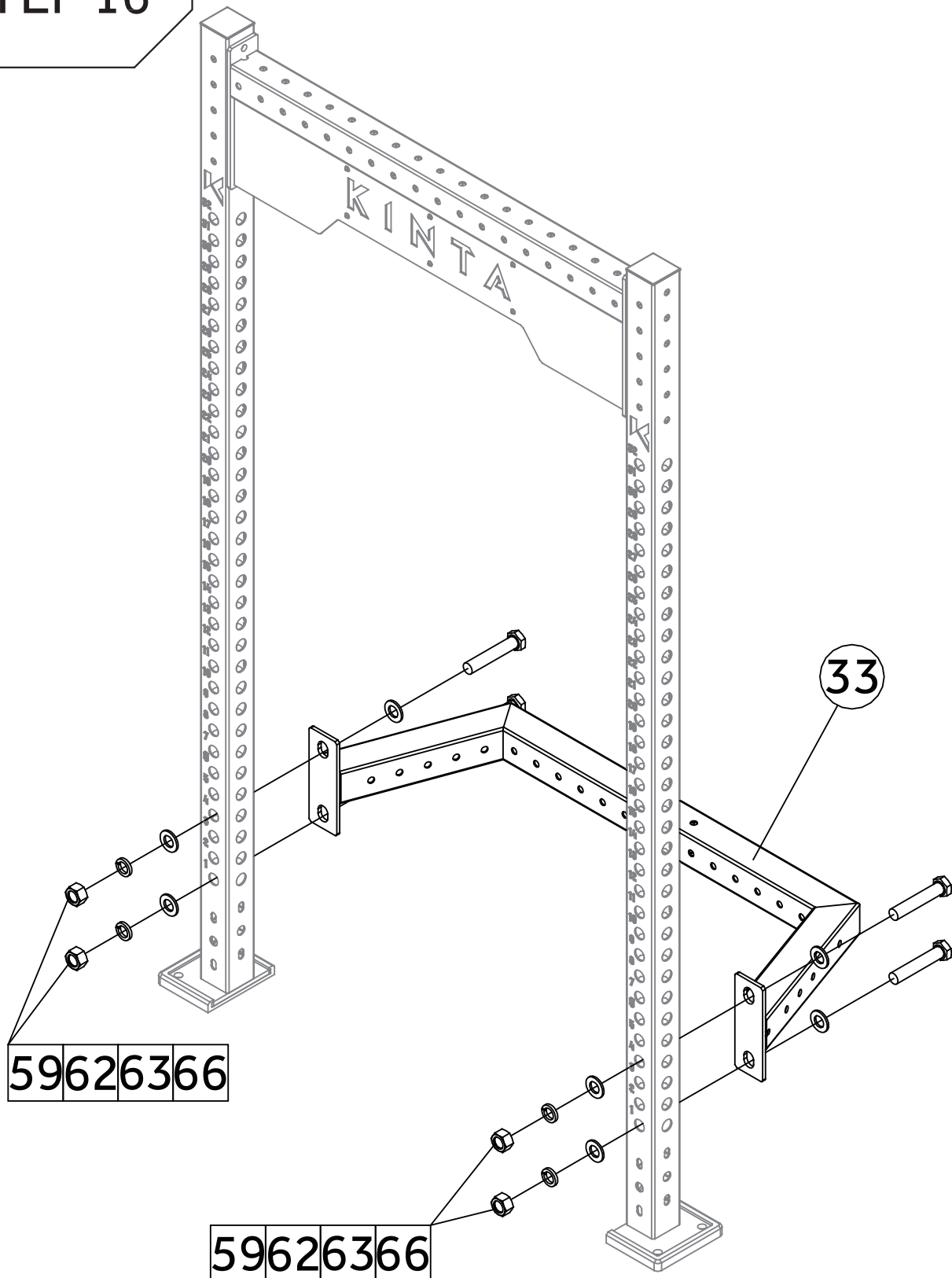
30#	Cable : 8260mm	Qty:2	49#		M10*25	Qty:2
31#	Pothook	Qty:2	60#		10	Qty:4
32#	Handle	Qty:2	64#		M10	Qty:2

STEP 15

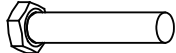


A → B → C → D → E → F → G → H

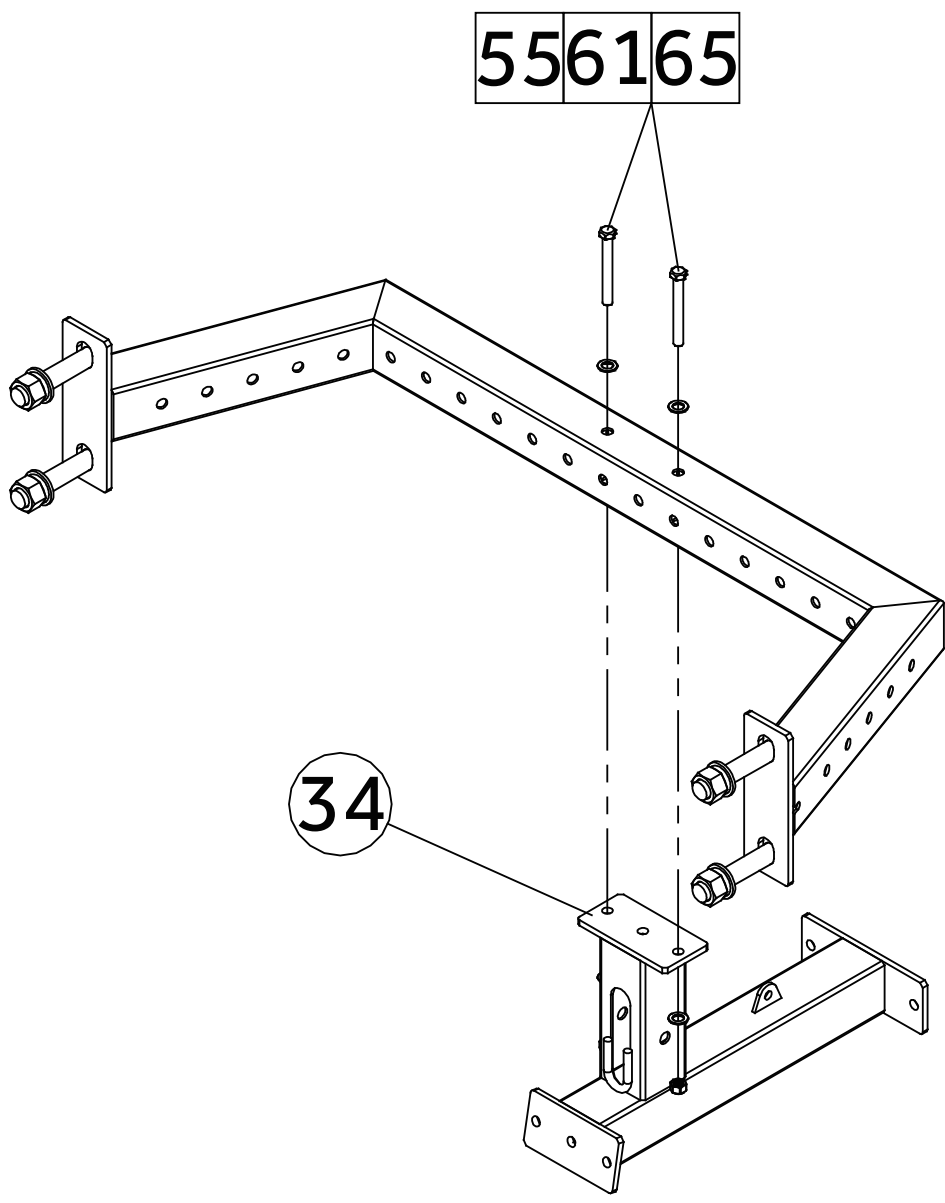
STEP 16



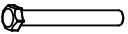
33#	Connection Tube	Qty:1
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59#		M24*120	Qty:4
62#		24	Qty:8
63#		Spring 24	Qty:4
66#		M24	Qty:4

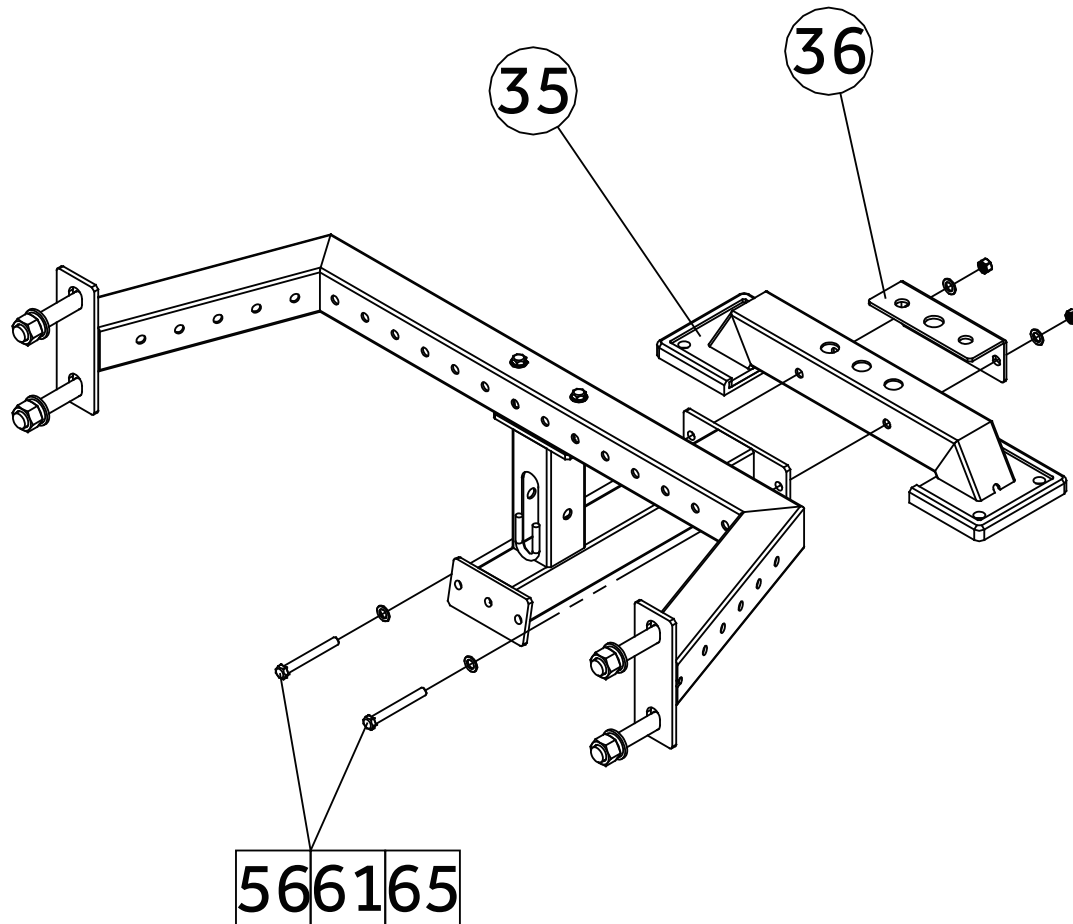
STEP 17



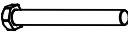
34#	Base Tube	Qty:1
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55#		M12*100	Qty:2
61#		12	Qty:4
65#		M12	Qty:2

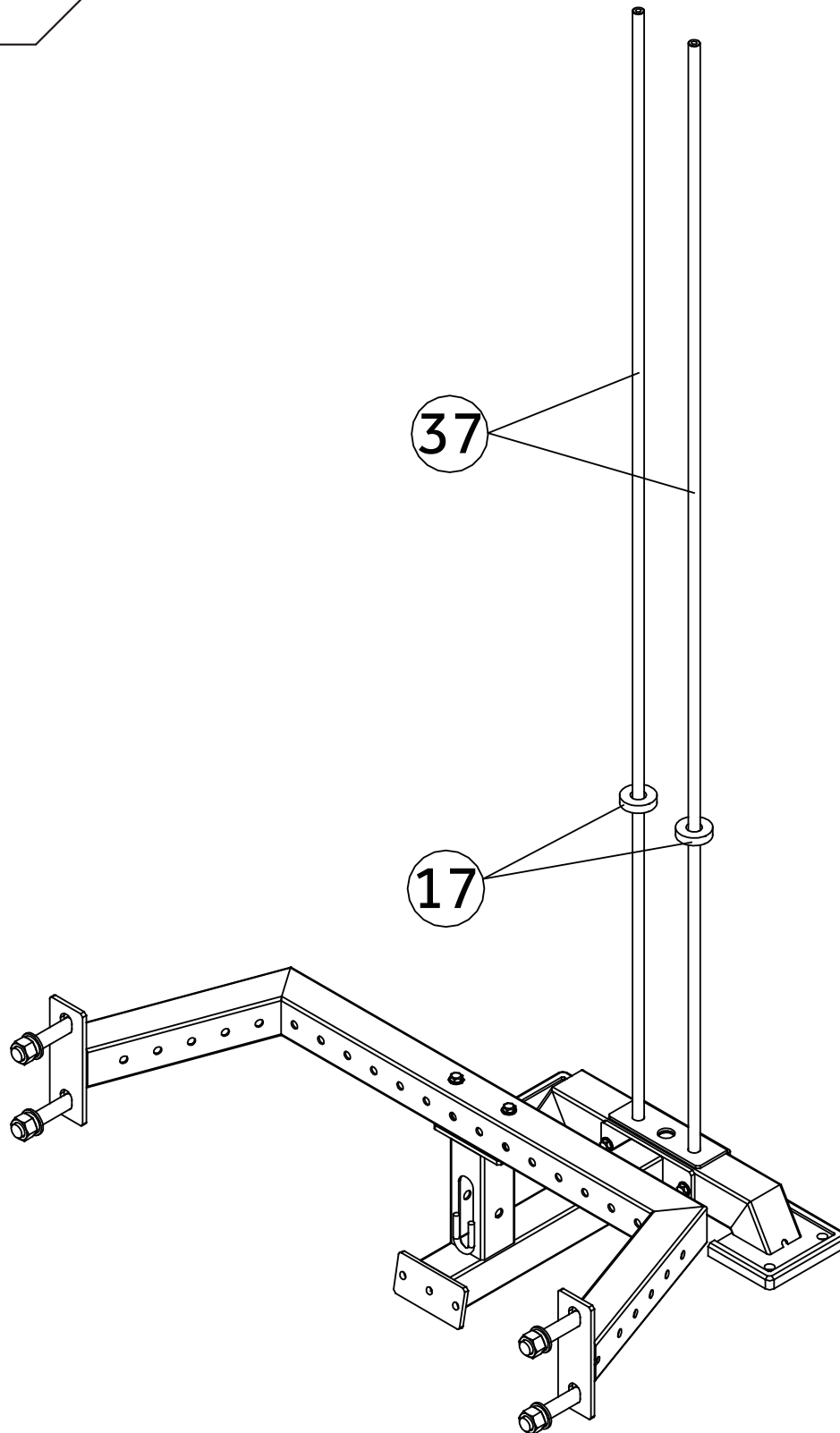
STEP 18



35#	Bottom Tube	Qty:1
36#	Connection Plate	Qty:1

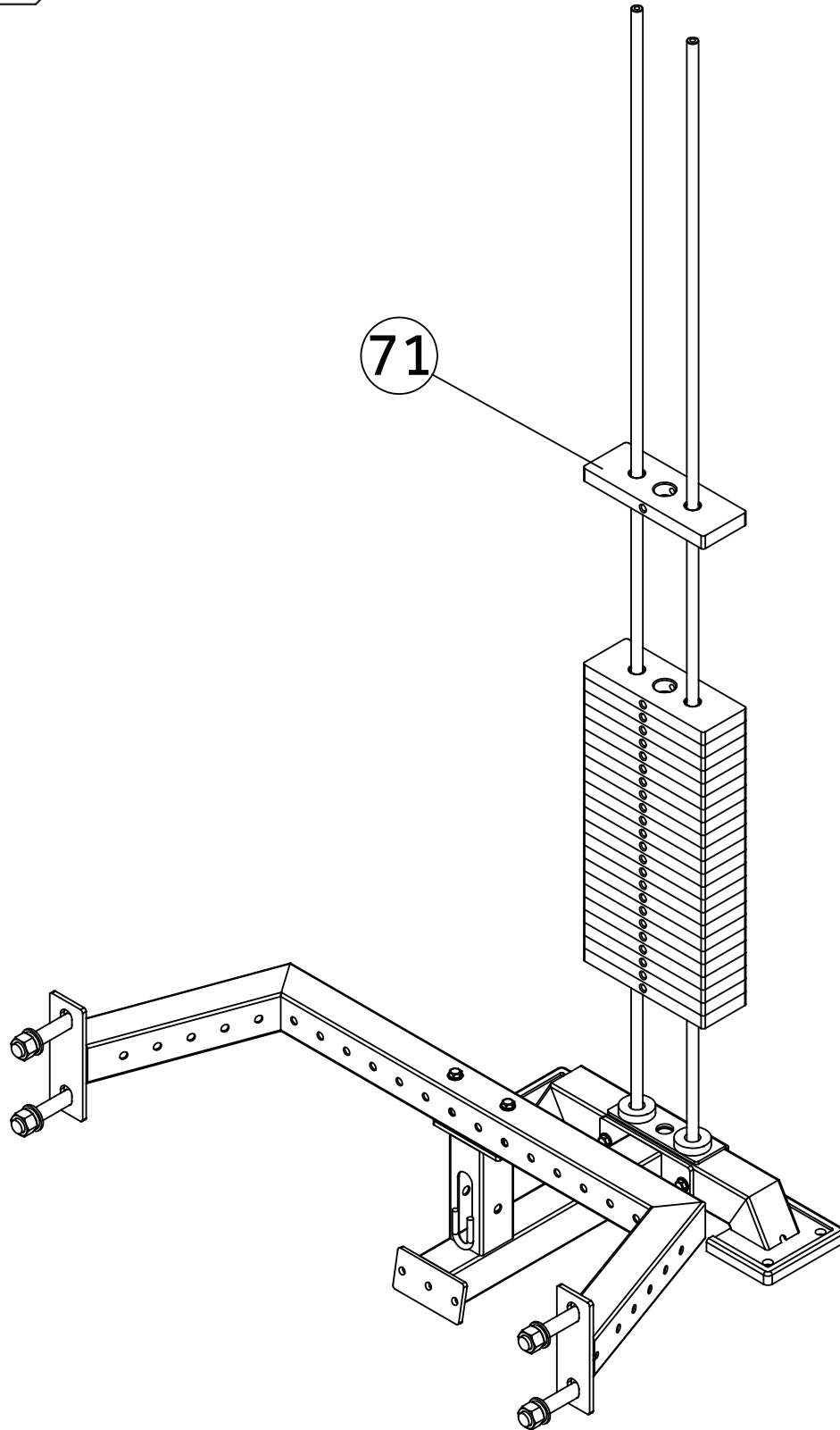
56#		M12*105	Qty:2
61#		12	Qty:4
65#		M12	Qty:2

STEP 19



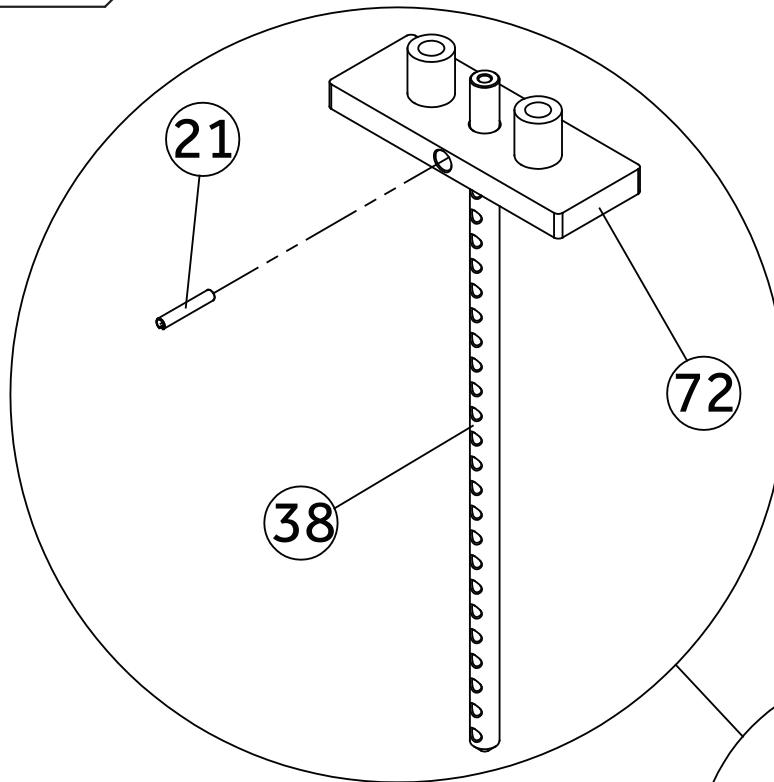
37#	Guide Rod	Qty:2
17#	Rubber Pad	Qty:2

STEP 20



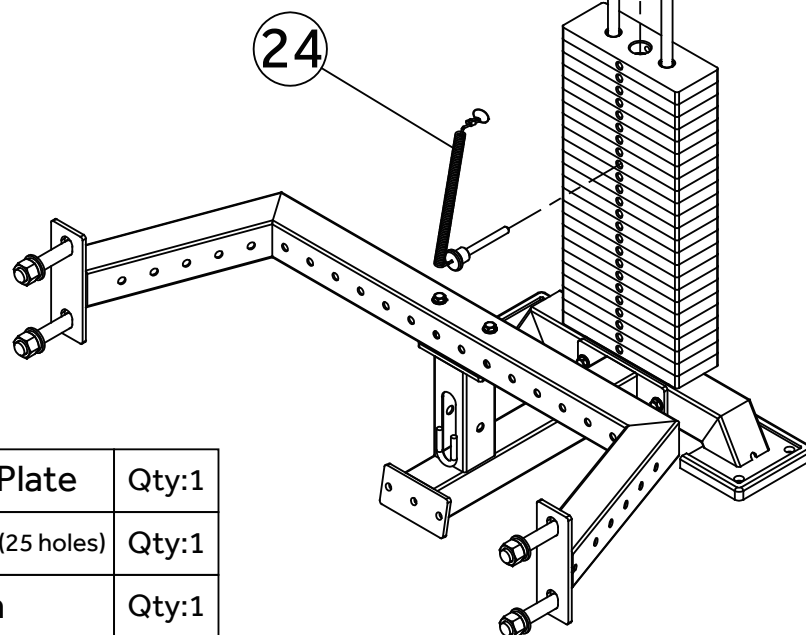
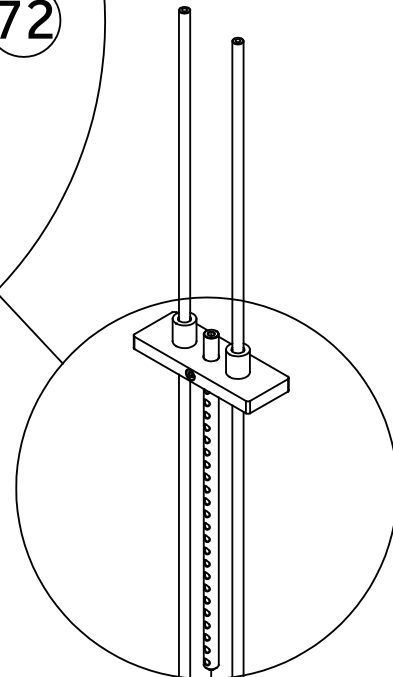
71#	Weight Plate	Qty:24
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STEP 21



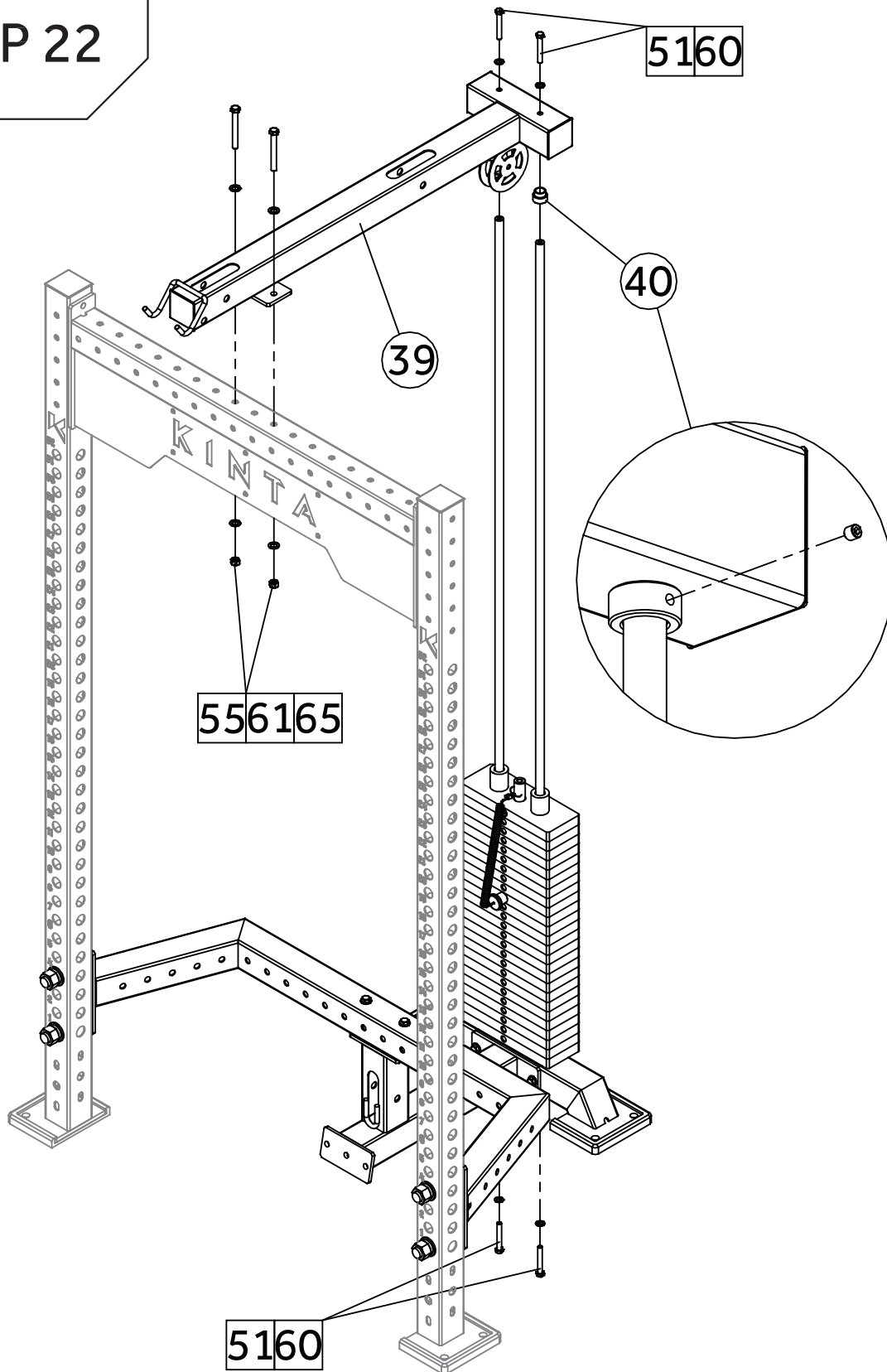
Step 21 Tip :

You will need a hammer
to tap part number 21 into place



72#	Top Weight Plate	Qty:1
38#	Weight Selector Bar (25 holes)	Qty:1
21#	Split Pin	Qty:1
24#	Silver Pin	Qty:1

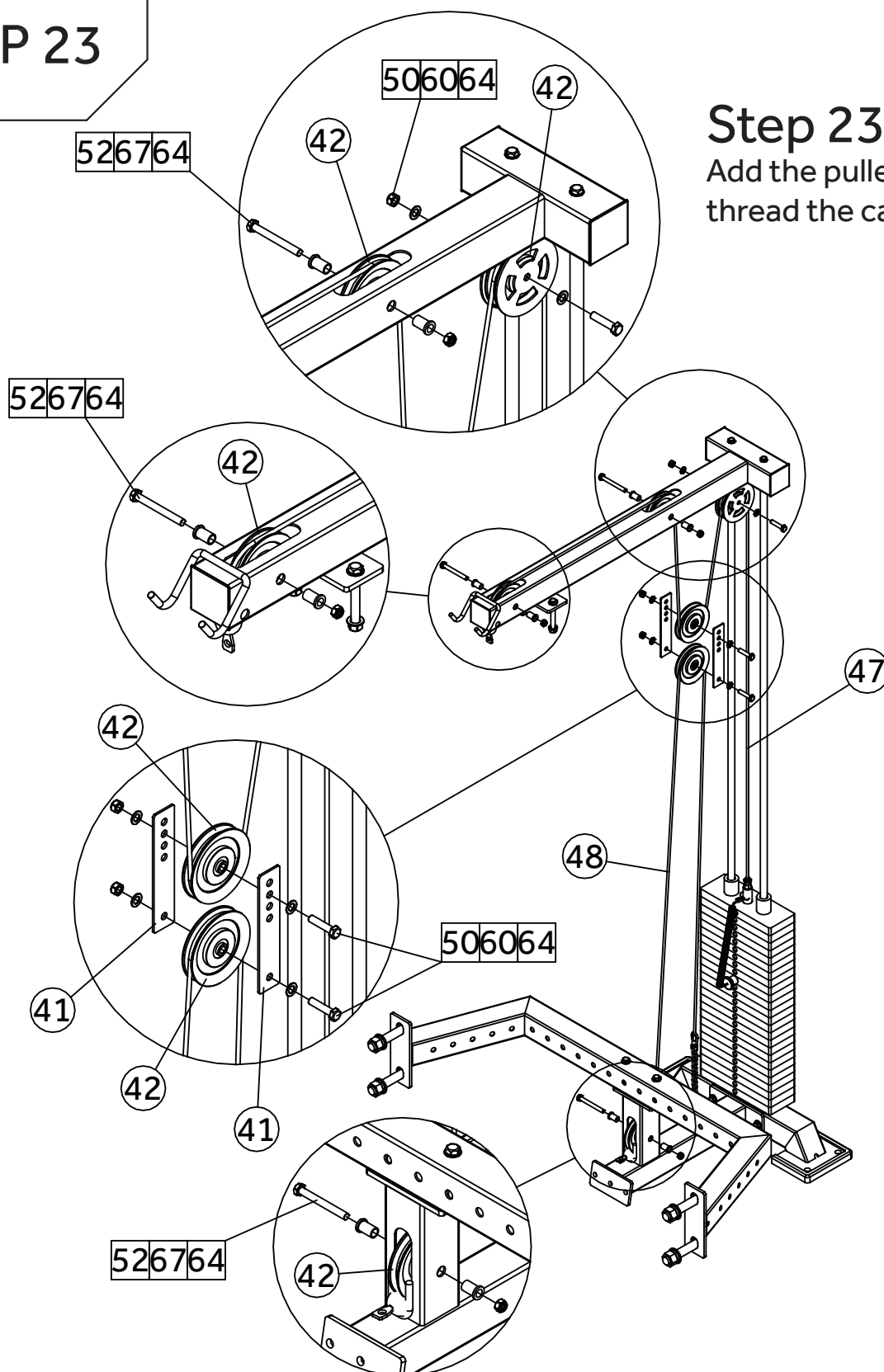
STEP 22

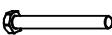


39#	Top Connecting Tube	Qty:1	51#		M10*70	Qty:4
40#	Buffer Block	Qty:2	55#		M12*100	Qty:2
			60#		10	Qty:4
			61#		12	Qty:4
			65#		M12	Qty:2

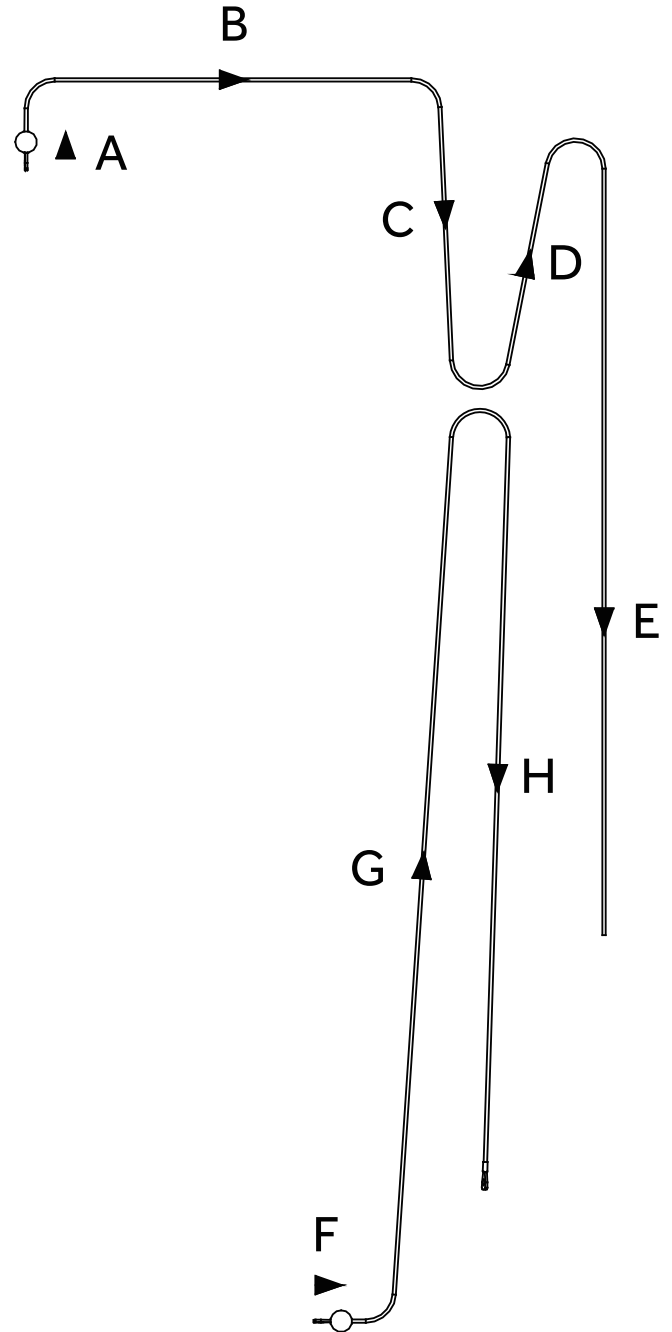
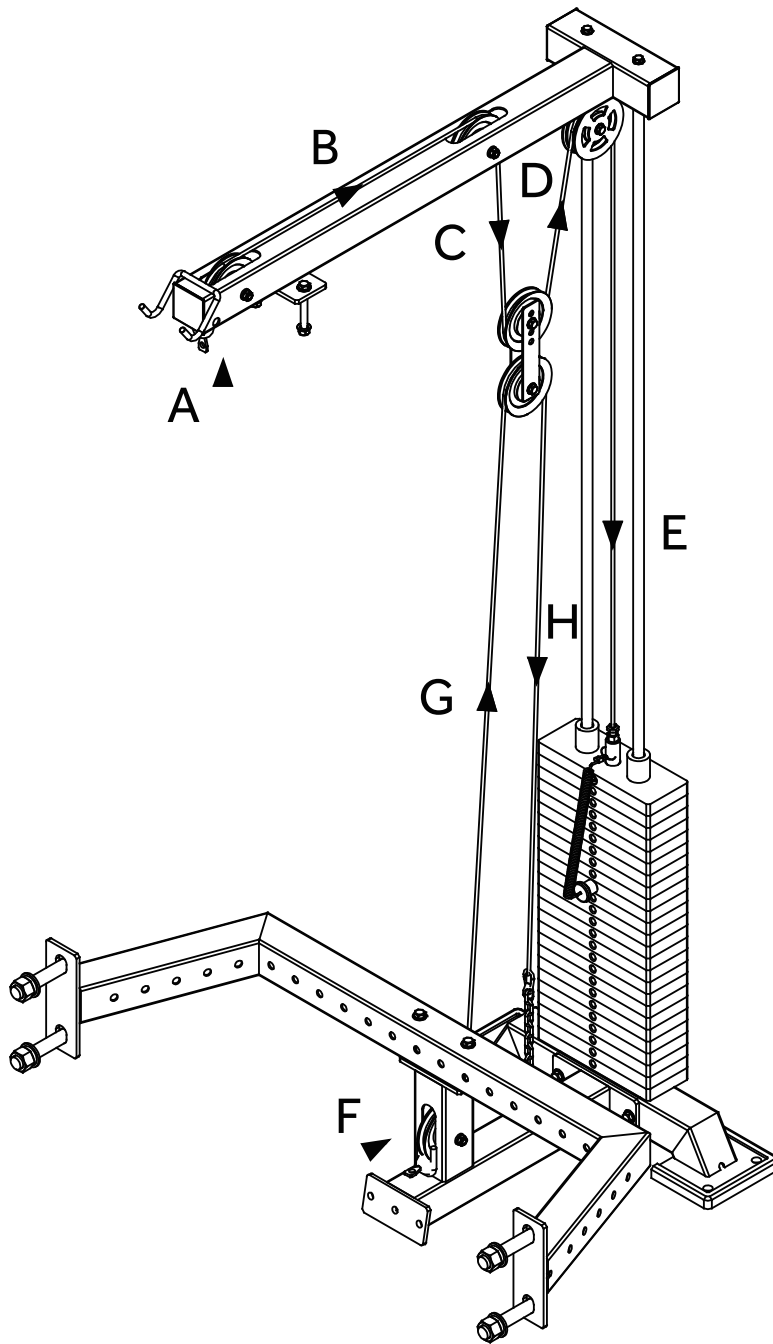
STEP 23

Step 23 Tip :
Add the pulleys as you
thread the cable



41#	Adjustable Pulley Plate	Qty:2	50#		M10*45	Qty:3
42#	Pulley	Qty:6	52#		M10*90	Qty:3
47#	Cable : 3300mm	Qty:1	60#		10	Qty:6
48#	Cable : 3020mm	Qty:1	64#		M10	Qty:6
			67#	Bushing		Qty:6

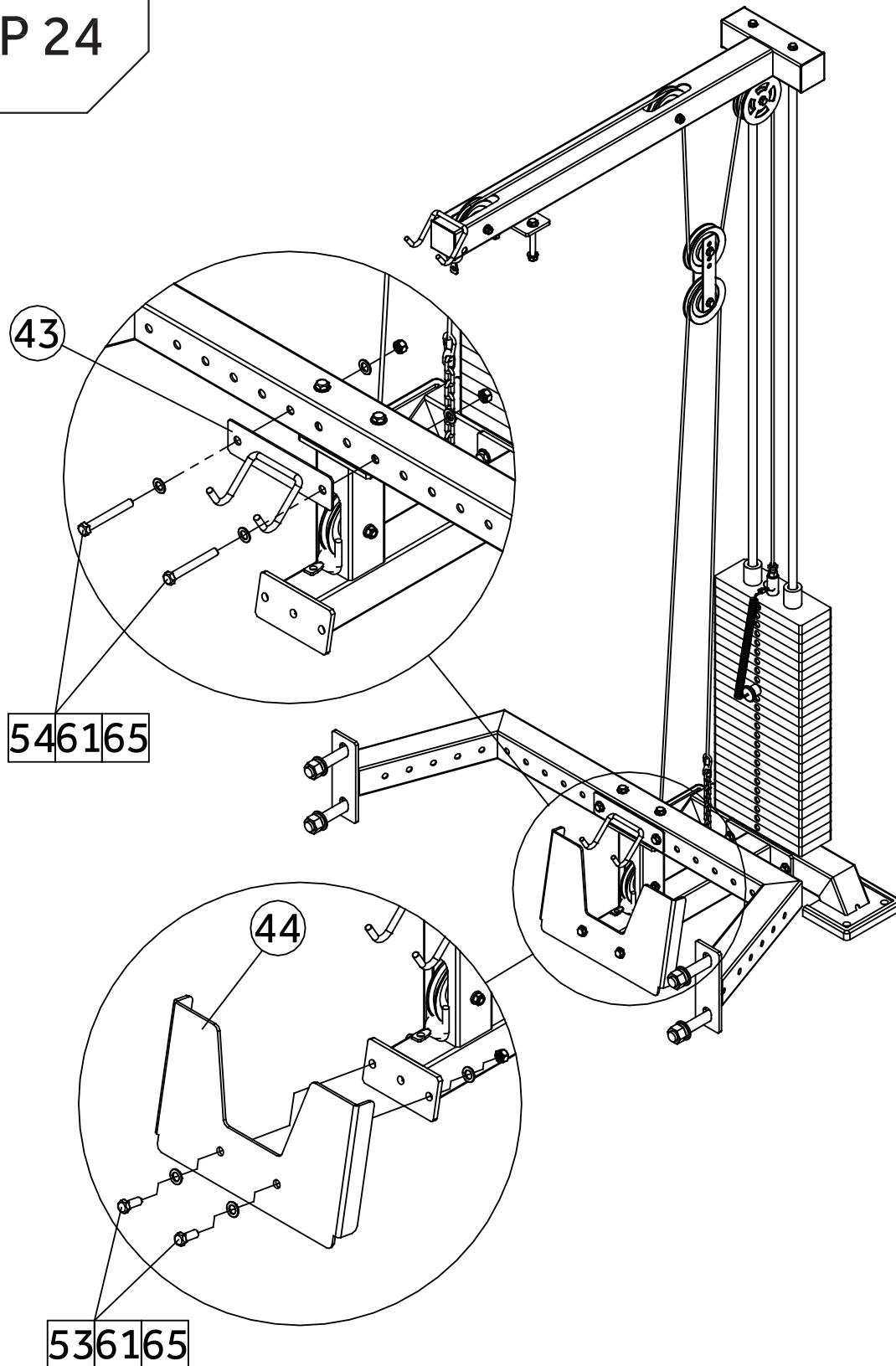
STEP 23



A → B → C → D → E

F → G → H

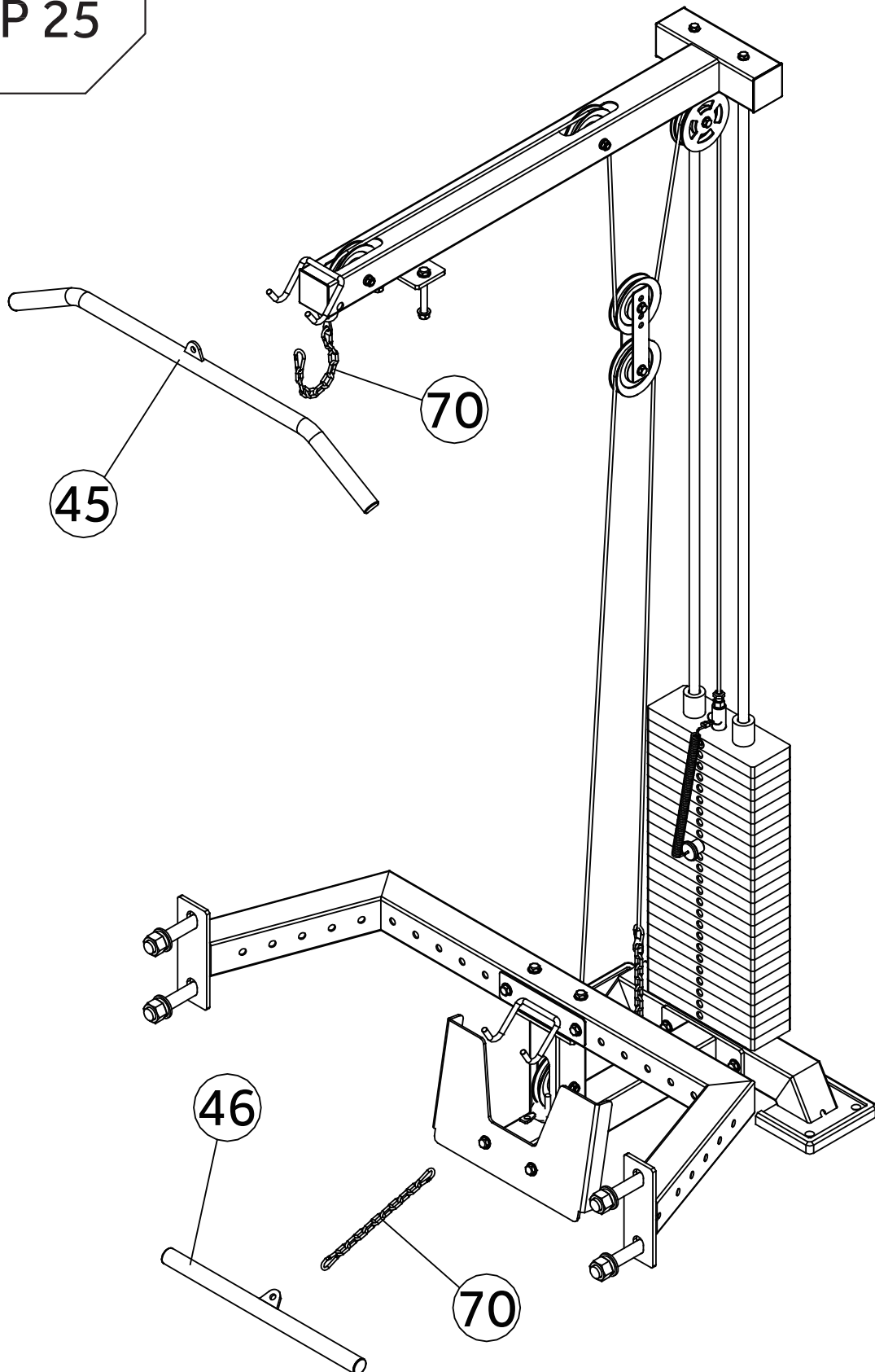
STEP 24



43#	Connection Plate	Qty:1
44#	Foot Step	Qty:1

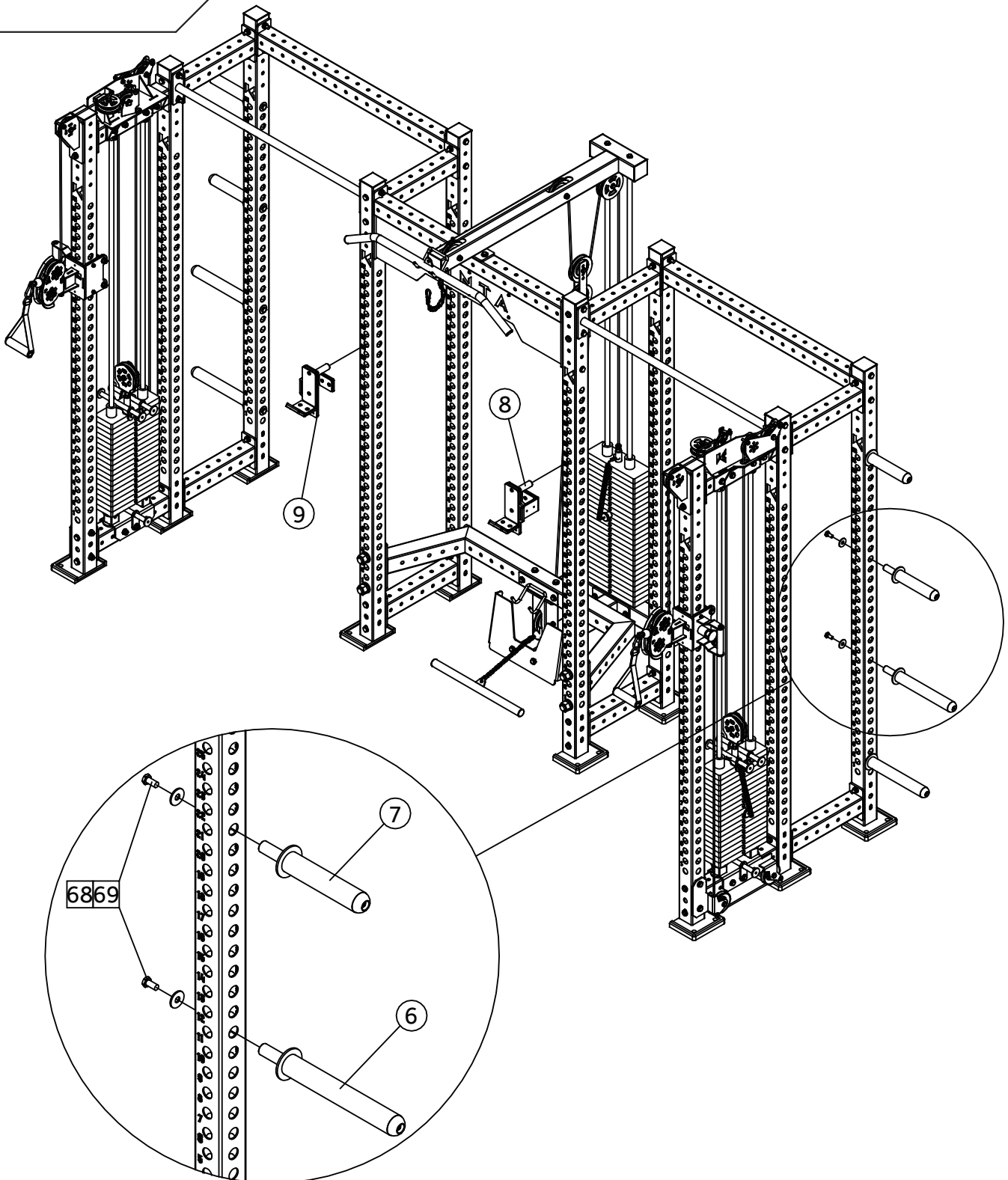
53#		M12*30	Qty:2
54#		M12*95	Qty:2
61#		12	Qty:8
65#		M12	Qty:4

STEP 25



45#	Lat Bar	Qty:1
46#	Pull Up Bar	Qty:1
70#	Pothook	Qty:2

STEP 26

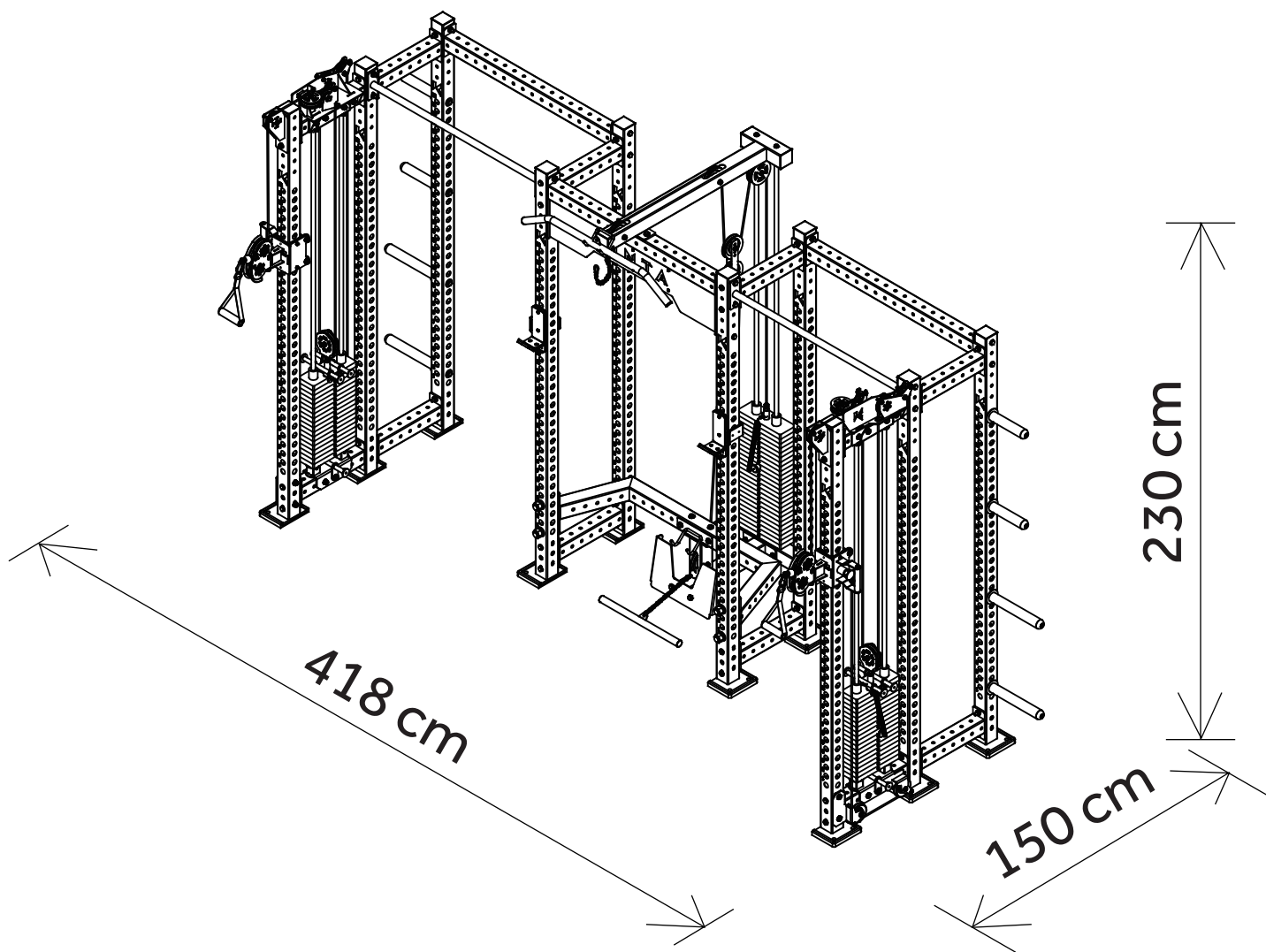


6#	30cm Weight Plate Pin	Qty:4
7#	20cm Weight Plate Pin	Qty:4
8#	Standard J-Hook (L)	Qty:1
9#	Standard J-Hook (R)	Qty:1

68#		M12*25	Qty:8
69#		Big 12	Qty:8

K I N T A[®]

Dimension



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