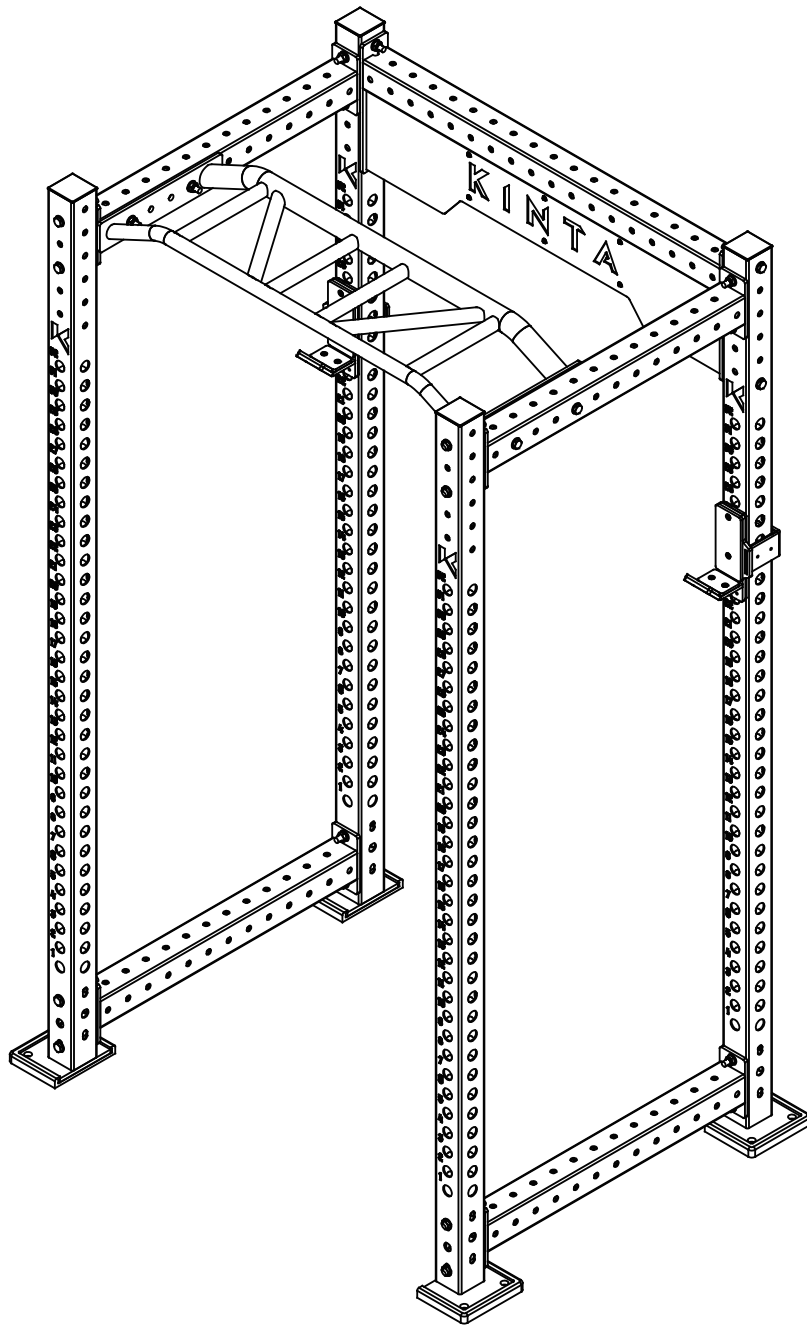


K I N T A [®]

K75 Recon Two Power Rack



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

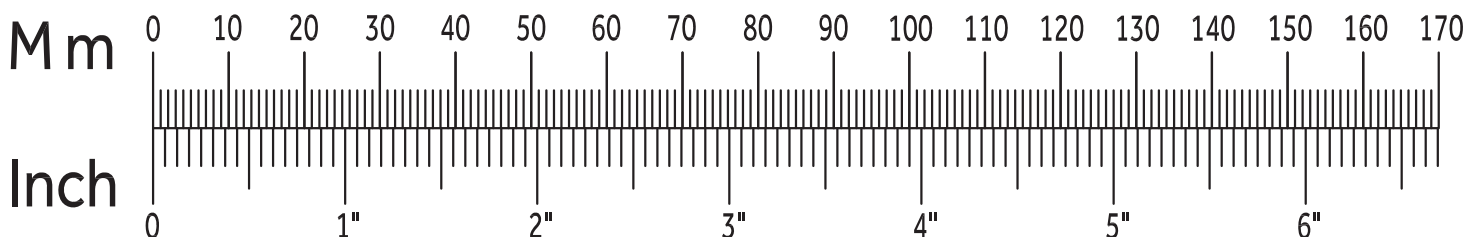
Content

Content	-----	1
Safety Precautions	-----	2
Part List	-----	3
Assembly	-----	4–8
Dimension	-----	9
Notes	-----	10

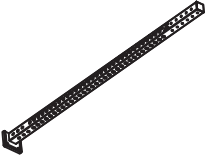
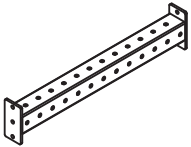
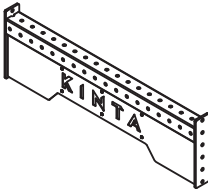
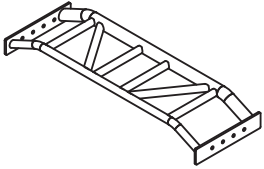
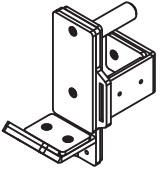
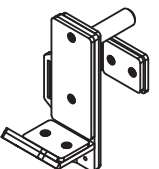
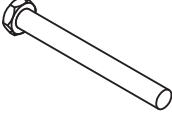


※※※Please read operation manual carefully※※※

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.

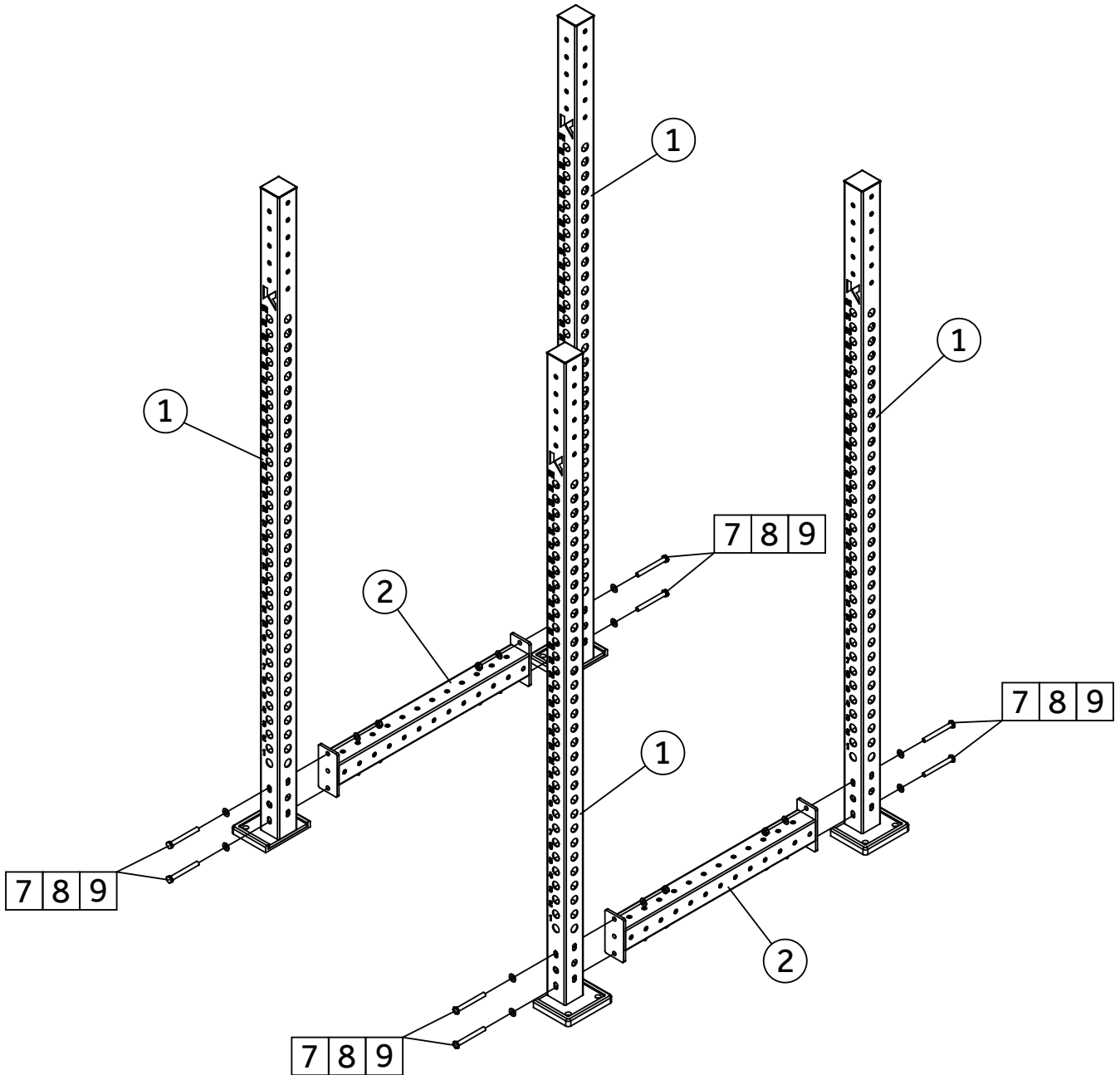
Thank you for choosing our Fitness products, We hope you enjoy using and you get maximum benefit of it.

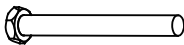




PART LIST

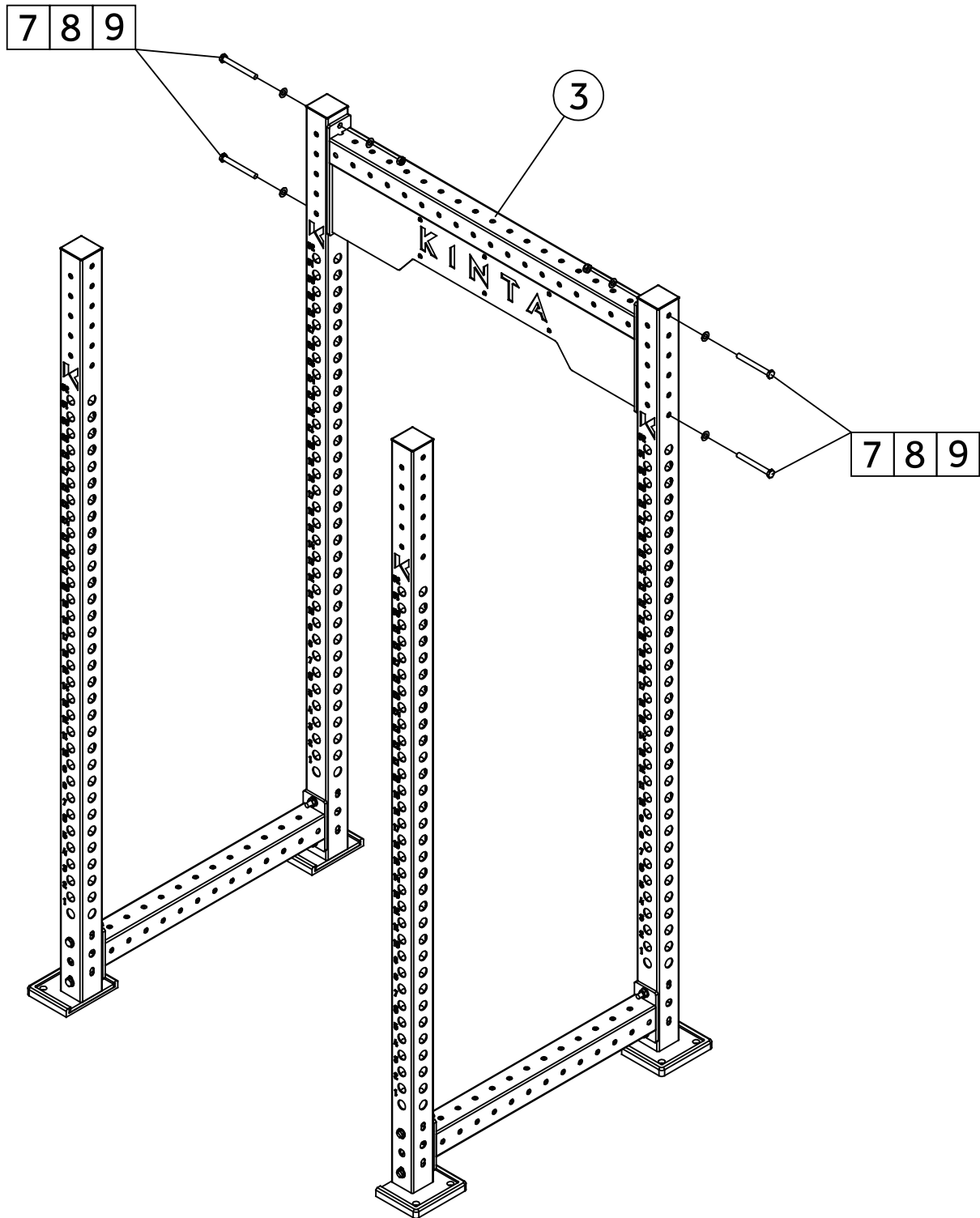
<p>1 226cm Upright Post</p>  <p>4 PCS</p>	<p>2 78cm Crossbar</p>  <p>4 PCS</p>	<p>3 Reinforced Crossbar</p>  <p>1 PC</p>	<p>4 Multigrip Pull Up Bar</p>  <p>1 PC</p>
<p>5 Standard J-Hook (L)</p>  <p>1 PC</p>	<p>6 Standard J-Hook (R)</p>  <p>1 PC</p>	<p>7 M12*110 Bolt</p>  <p>24 PCS</p>	<p>8 M12 Washer</p>  <p>48 PCS</p>
<p>9 M12 Nut</p>  <p>24 PCS</p>			

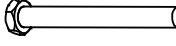


STEP 1



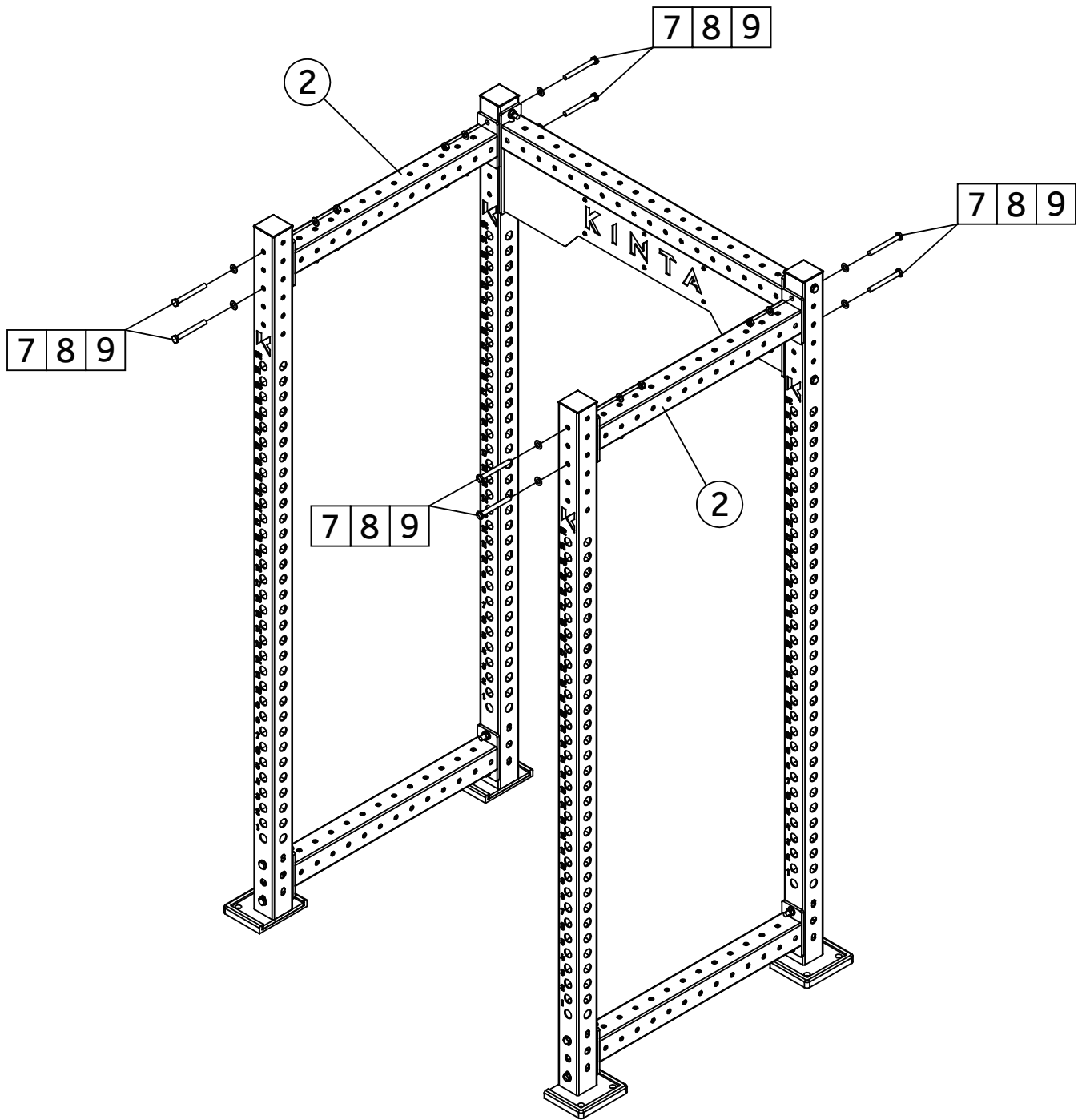
1#	226cm Upright Post	Qty:4	7#		M12*110	Qty:8
2#	78cm Crossbar	Qty:2	8#		12	Qty:16
			9#		M12	Qty:8

STEP 2

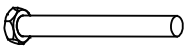




3#	Reinforced Crossbar	Qty:1	7#		M12*110	Qty:4
			8#		12	Qty:8
			9#		M12	Qty:4

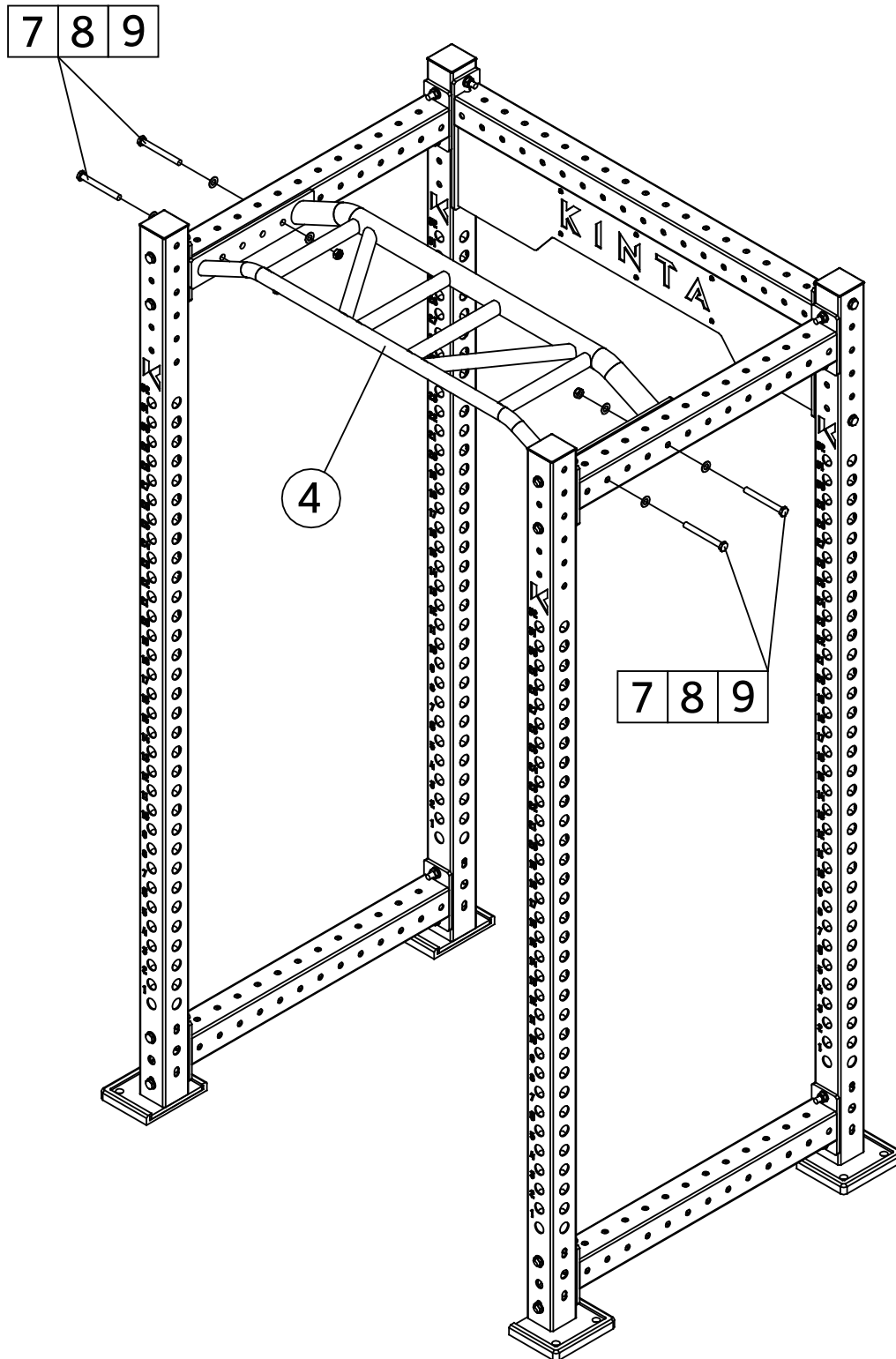
STEP 3

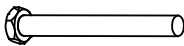




2#	78cm Crossbar	Qty:2
----	---------------	-------

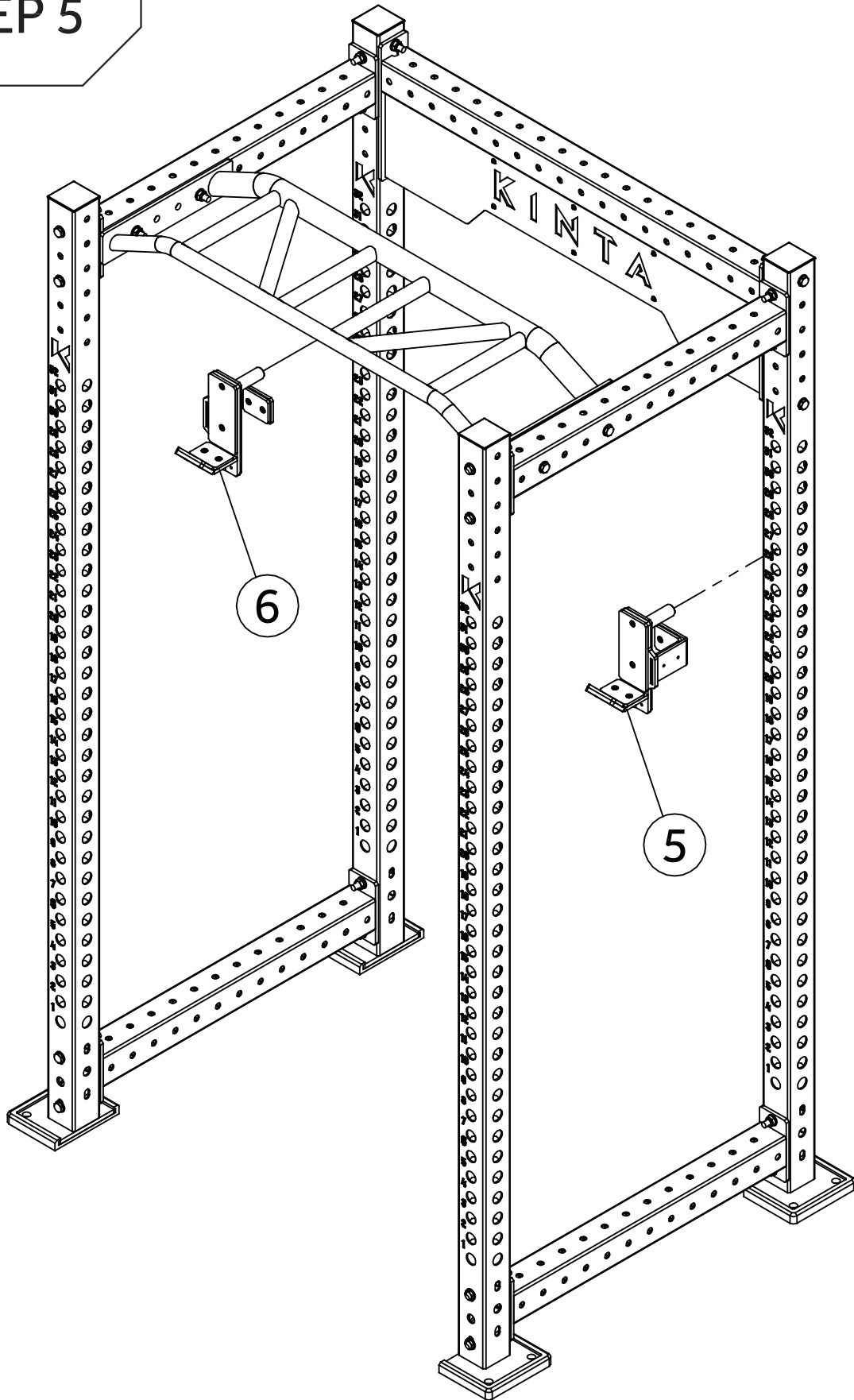
7#		M12*110	Qty:8
8#		12	Qty:16
9#		M12	Qty:8

STEP 4



4#	108cm Pull Up Bar	Qty:1	7#		M12*110	Qty:4
			8#		12	Qty:8
			9#		M12	Qty:4

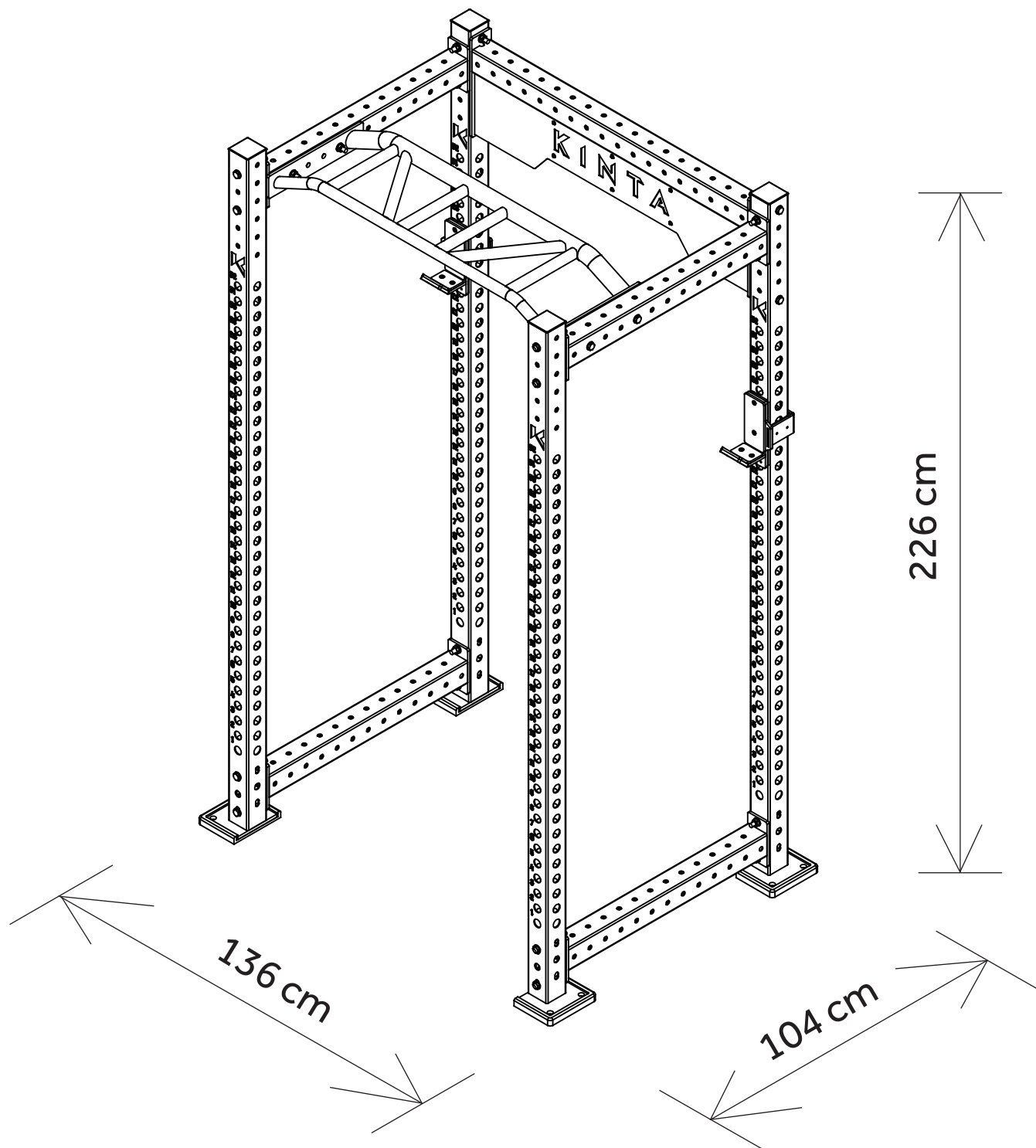
STEP 5



5#	Standard J-Hook (L)	Qty:1
6#	Standard J-Hook (R)	Qty:1

KINTA®

Dimension

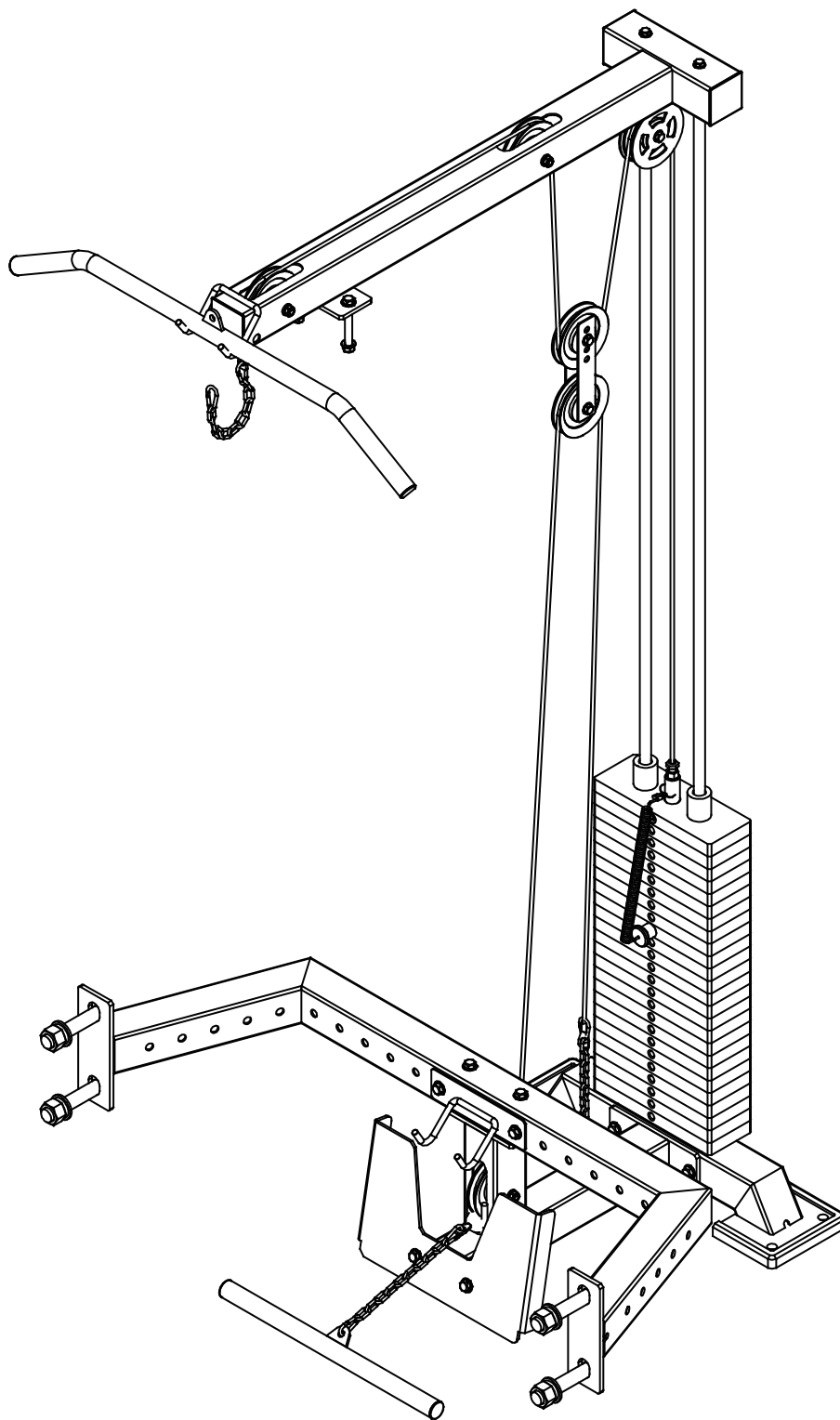


WE ARE KINTA

Priding ourselves on quality, reliability, and outstanding customer service.

K75 Pro

Lat Pull Down Attachment



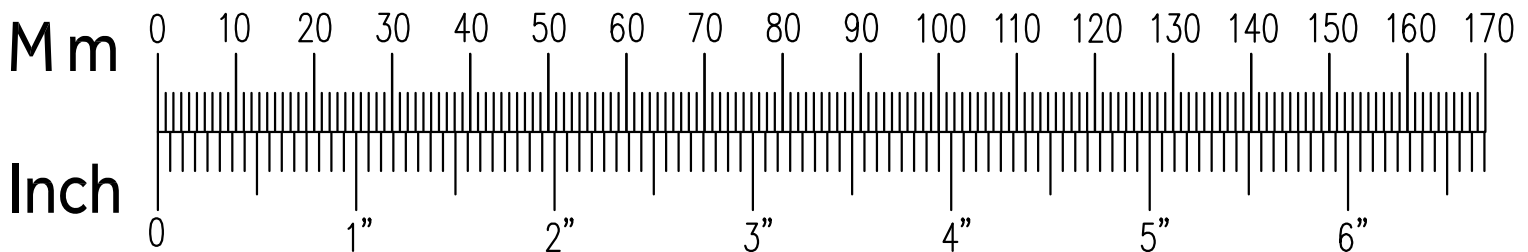
! CAUTION
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and instructions in this
manual before using this equipment

K I N T A [®]

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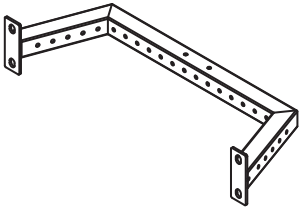
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Thank you for choosing our Fitness products, We hope you enjoy using and you get maximum benefit of it.

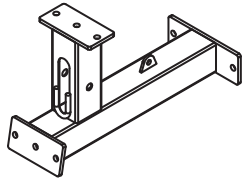


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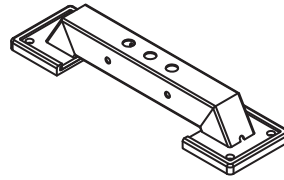
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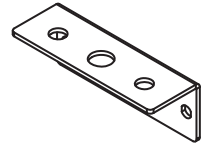
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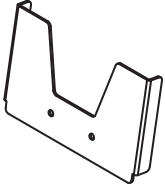
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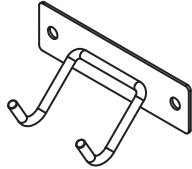
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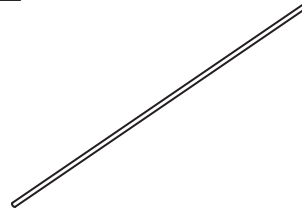
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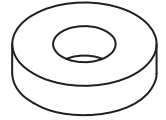
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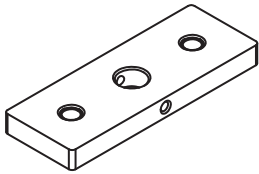
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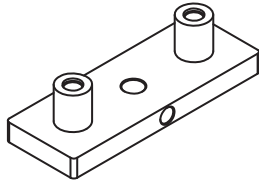
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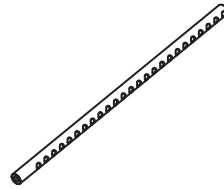
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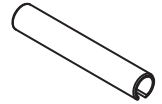
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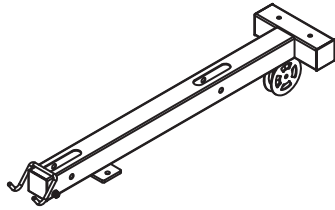
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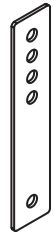
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15



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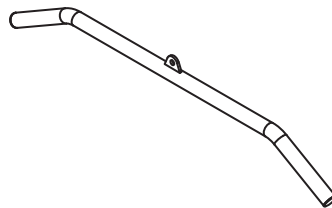
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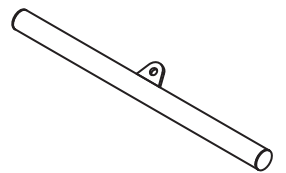
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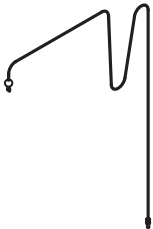
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20



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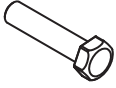


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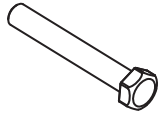


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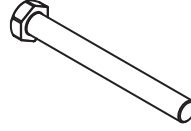
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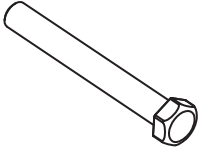
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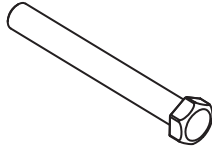
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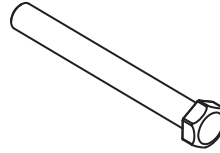
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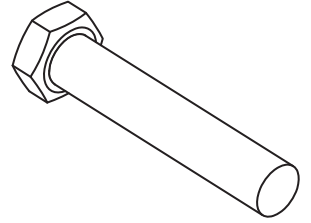
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29



30



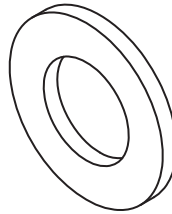
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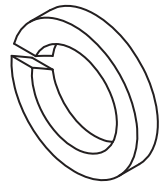
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33



34



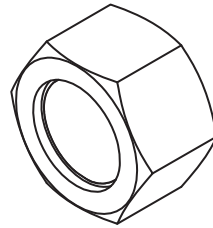
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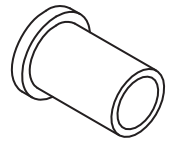
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37



38

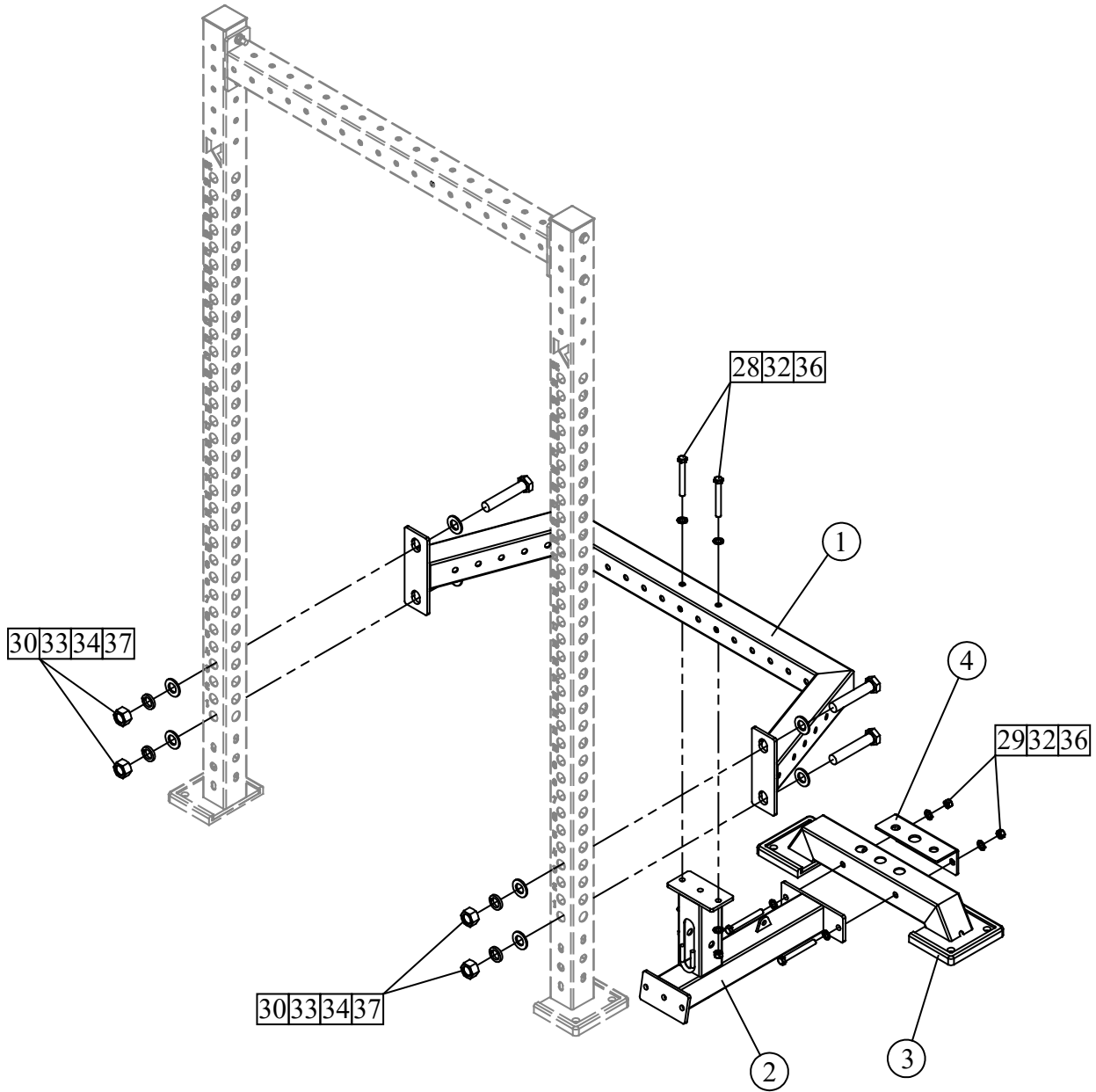






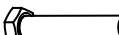



PART LIST

NO.	DESCRIPTION	QTY
1	Connection Tube	1
2	Base Tube	1
3	Bottom Tube	1
4	Connection Plate	1
5	Foot Step	1
6	Connection Plate	1
7	Guide Rod	2
8	Rubber Pad	2
9	Weight Plate	24
10	Top Weight Plate	1
11	Weight Selector Bar	1
12	Split Pin	1
13	Silver Pin	1
14	Top Connecting Tube	1
15	Buffer Block	2
16	Adjustable Pulley Plate	2
17	Pulley	6
18	Pothook	3
19	Lat Bar	1
20	Pull Up Bar	1
21	Cable:3300mm	1
22	Cable:3020mm	1
23	Bolt M10*45	3
24	Bolt M10*70	4
25	Bolt M10*90	3
26	Bolt M12*30	2
27	Bolt M12*95	2
28	Bolt M12*100	4
29	Bolt M12*105	2
30	Bolt M24*120	4
31	Washer Φ 10	10
32	Washer Φ 12	20
33	Washer Φ 24	8
34	M24 Spring Washer	2
35	Lock Nut M10	6
36	Lock Nut M12	10
37	Lock Nut M24	4
38	Bushing	6

Installation Instruction

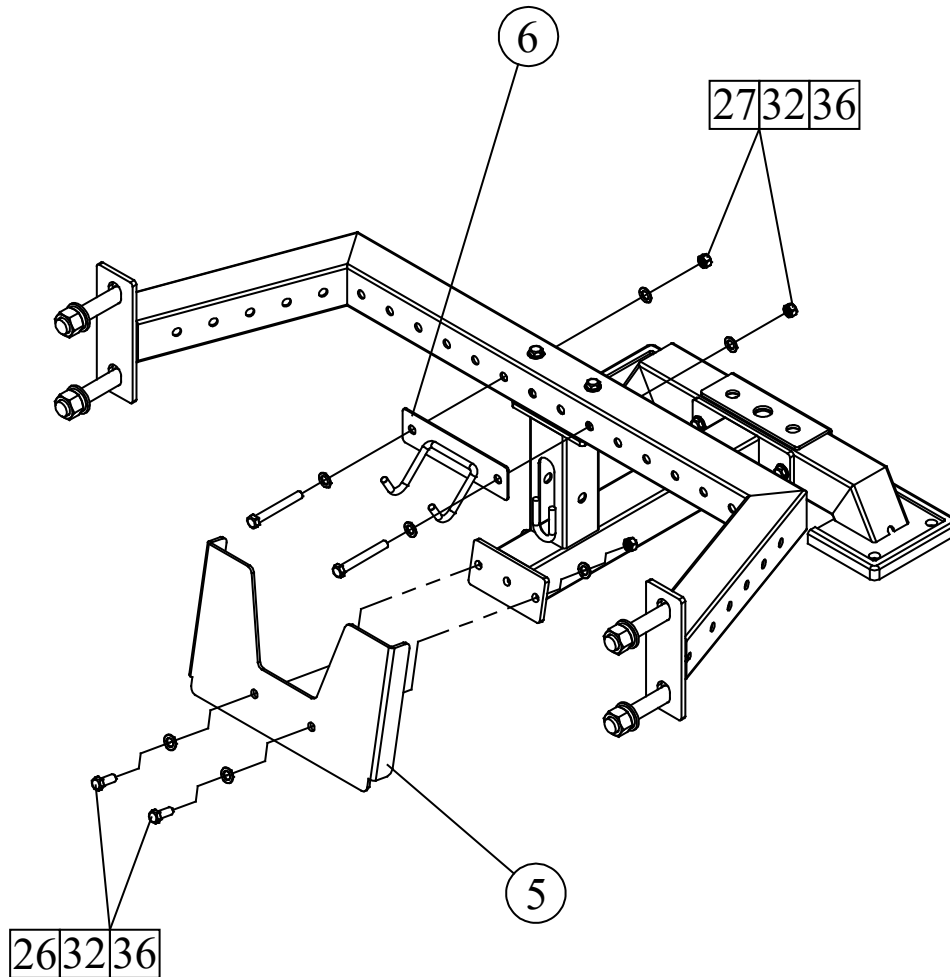
Step 1



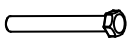



28#		M12*100	Qty:2	32#		12	Qty:8
29#		M12*100	Qty:2	33#		24	Qty:8
30#		M24*120	Qty:4	34#		Spring 24	Qty:2
				36#		M12	Qty:4
				37#		M24	Qty:4

Installation Instruction

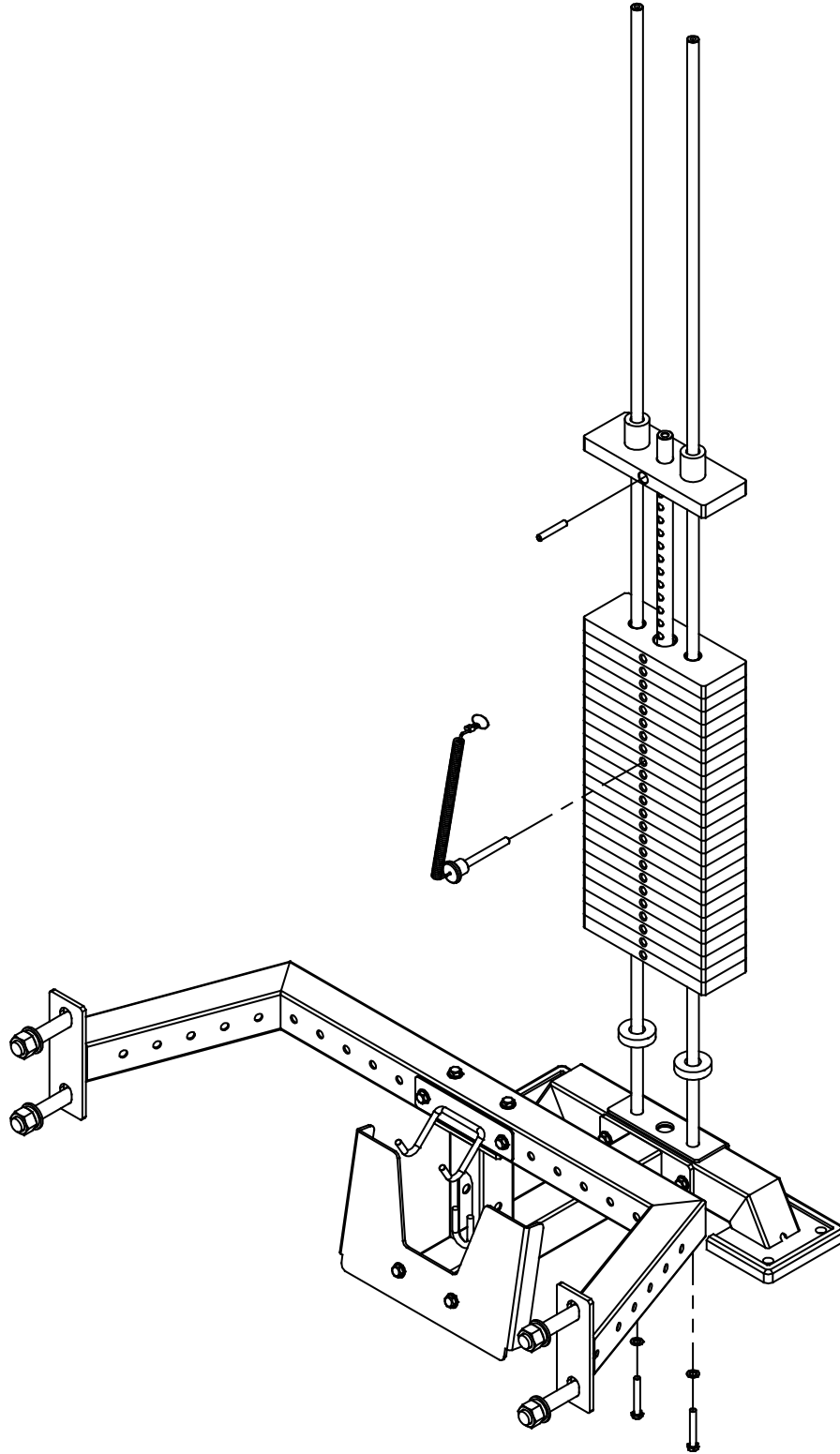
Step 2



26#		M12*30	Qty:2	32#		12	Qty:8
27#		M12*95	Qty:2	36#		M12	Qty:4

Installation Instruction

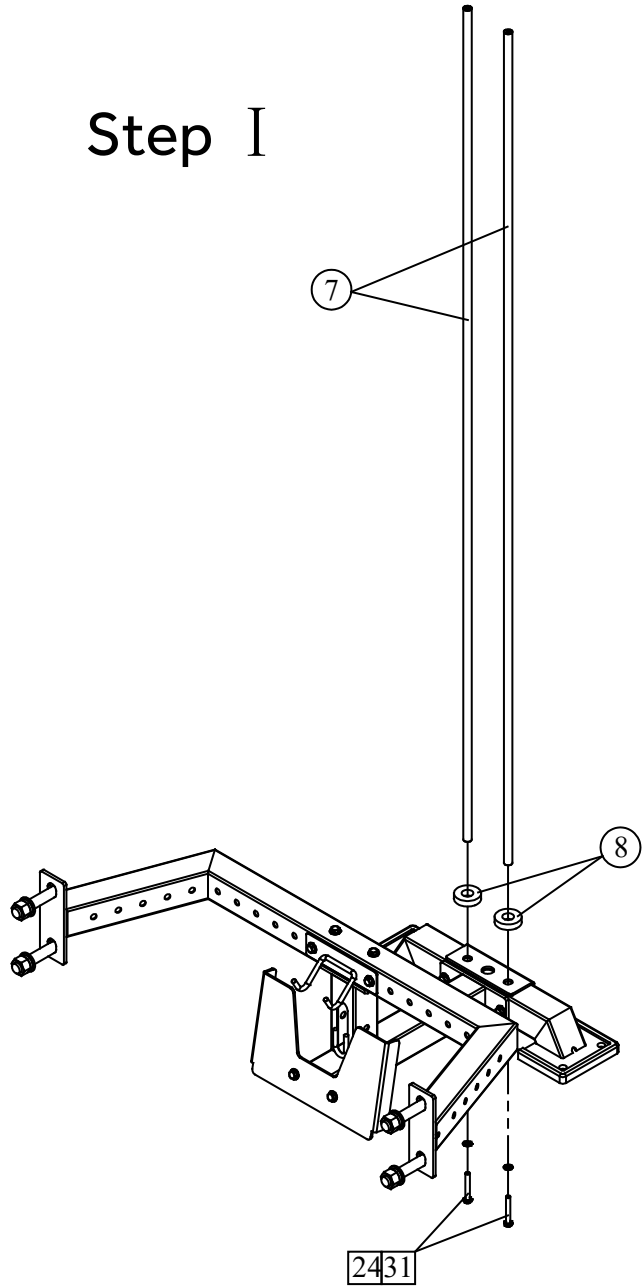
Step 3



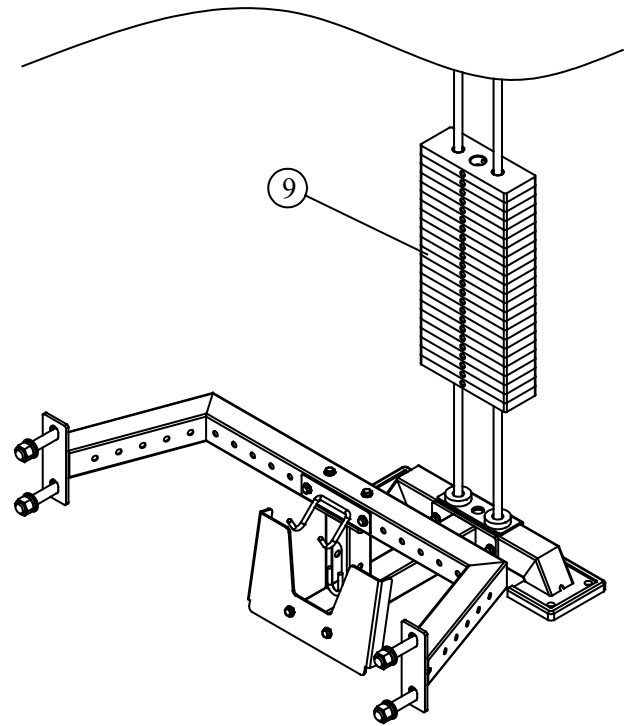
Installation Instruction



Step 3

Step I



Step II

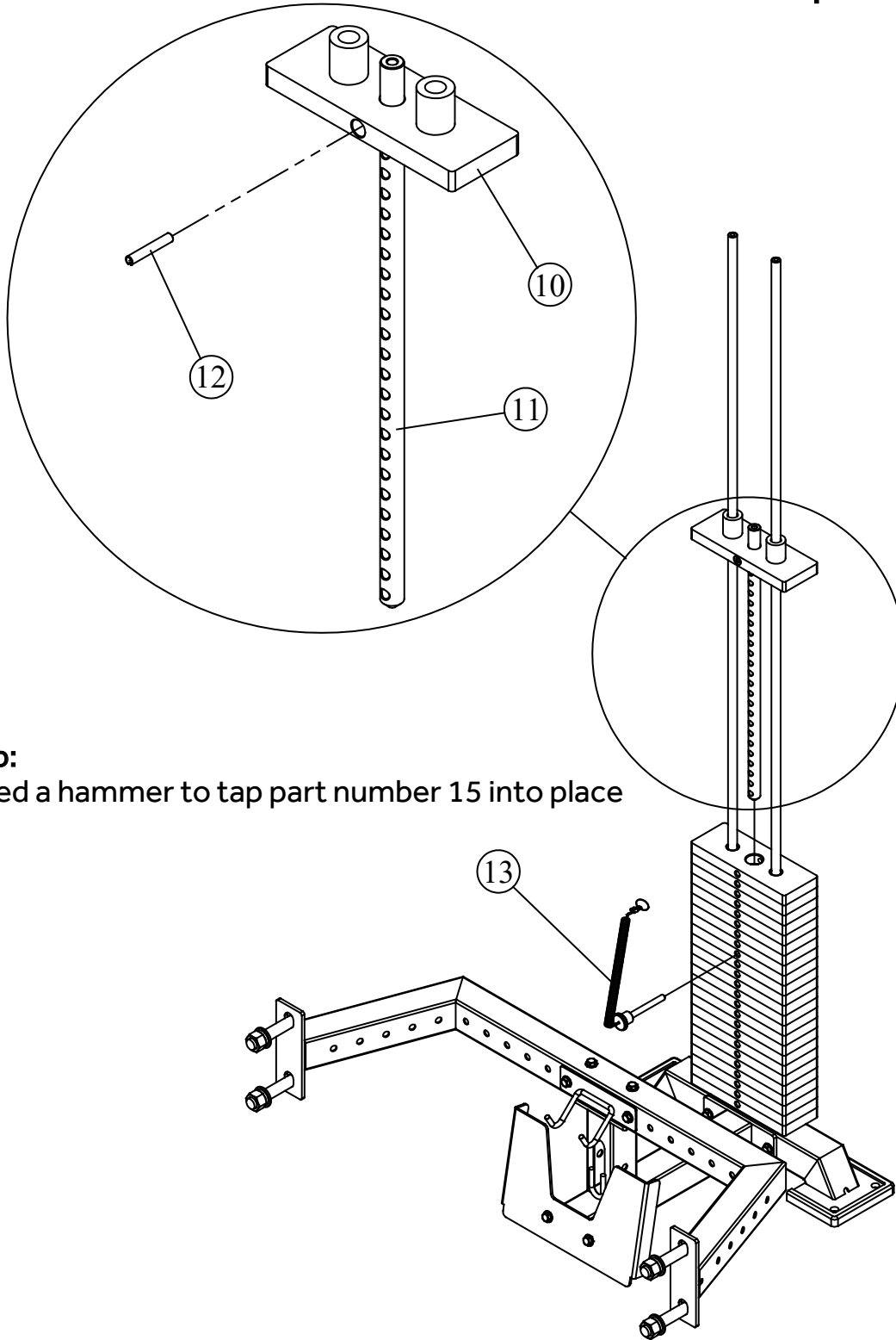


24#		M10*70	Qty:2
31#		10	Qty:2

Installation Instruction

Step 3

Step III

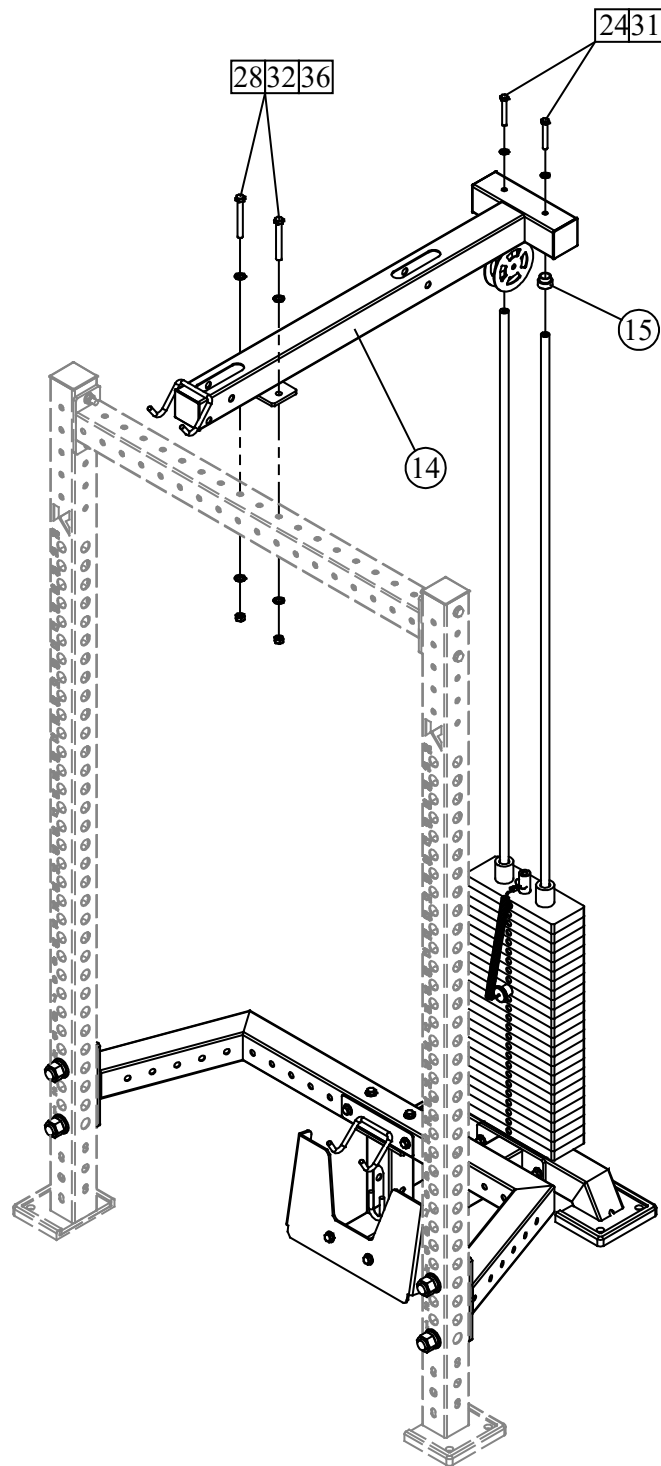







Step III Tip:

You will need a hammer to tap part number 15 into place

Installation Instruction

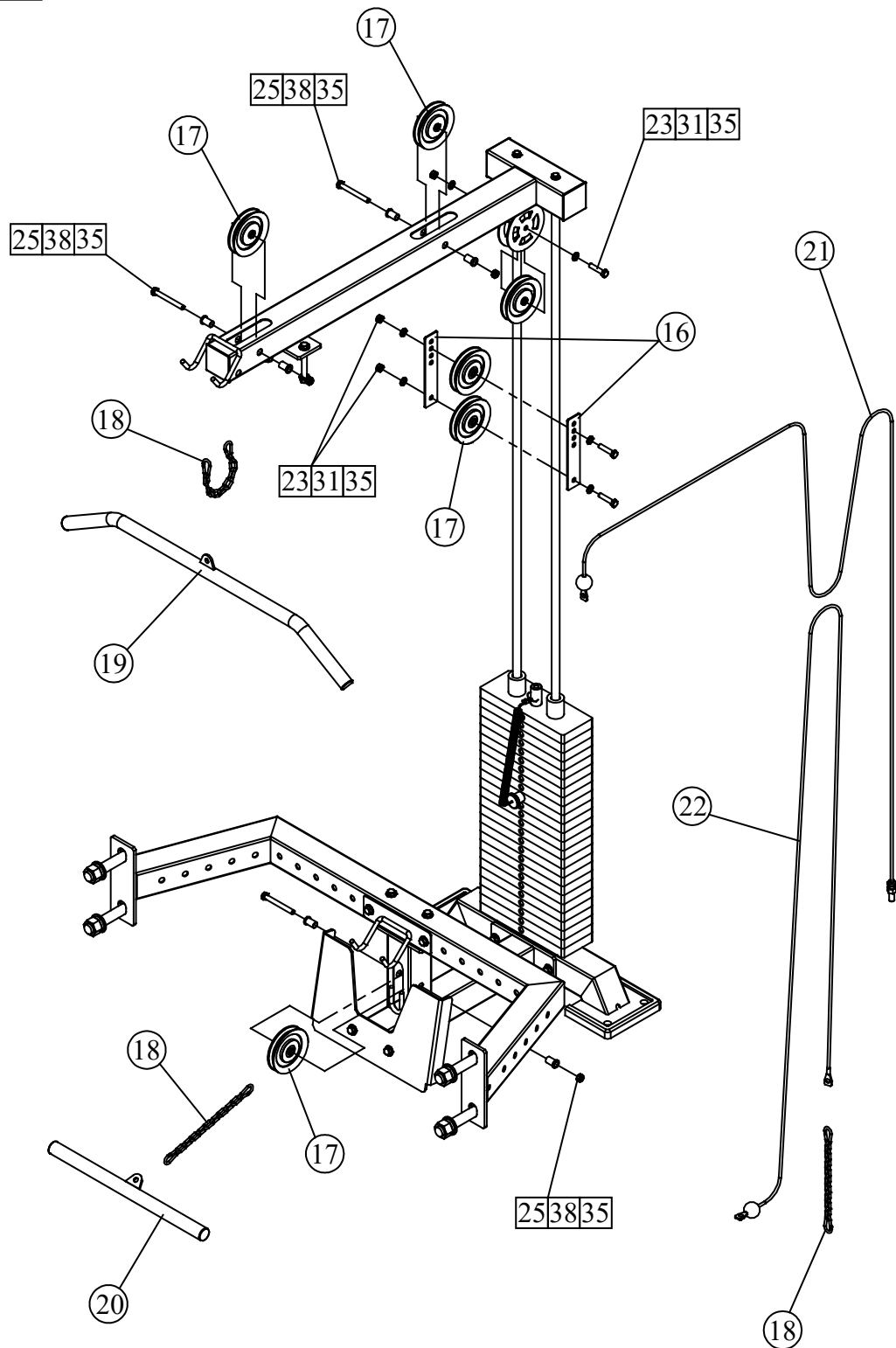
Step 4







24#		M10*70	Qty:2	31#		10	Qty:2
28#		M12*100	Qty:2	32#		12	Qty:4
				36#		M12	Qty:2

Installation Instruction

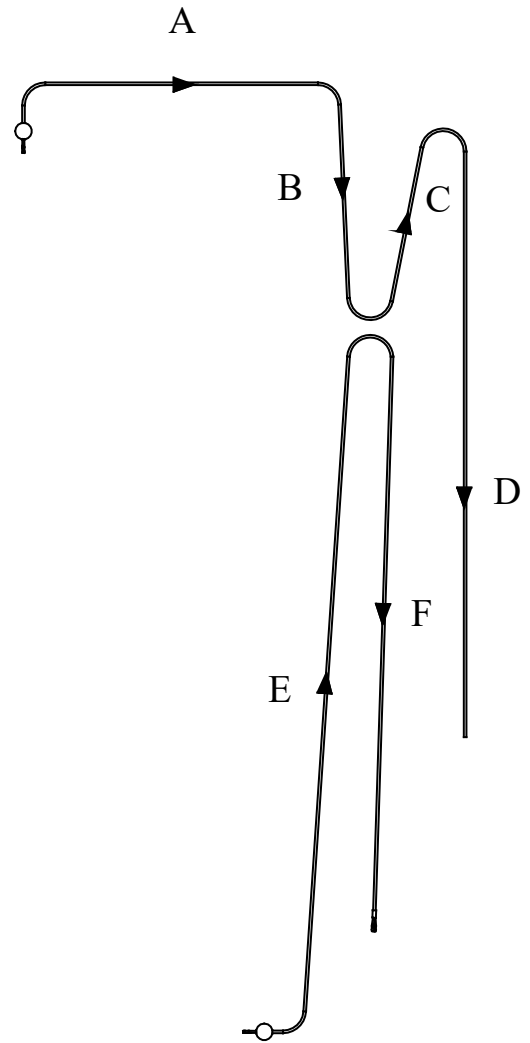
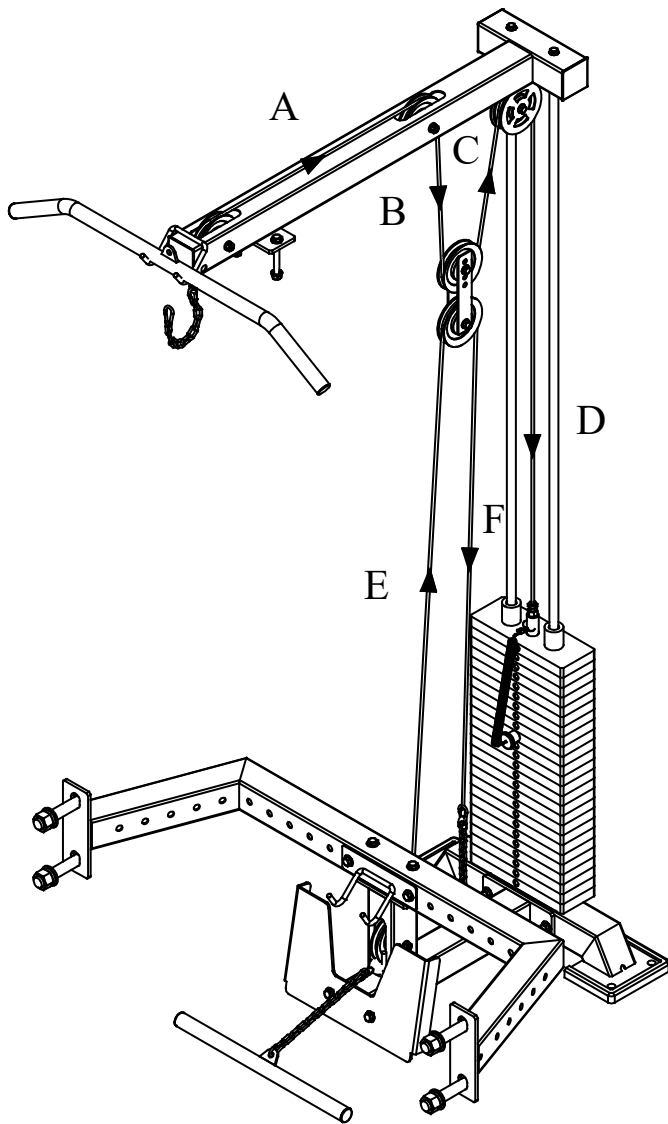
Step 5



23#		M10*45	Qty:3	31#		10	Qty:6
25#		M10*90	Qty:3	35#		M10	Qty:6

Installation Instruction

Step 5



A → B → C → D

E → F