



POWER RACK PR50

USER MANUAL



IMPORTANT

Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary and are subject to change without further notice.



GYMSTICK.COM

BEFORE YOU BEGIN

Thank you for choosing Gymstick training equipment. We take great pride in producing this high-quality product and hope it will make you feel better and enjoy life to the fullest. Please read this manual in its entirety before beginning to use this product.



IMPORTANT

Read all instructions carefully before using this product.
Retain this owner's manual for future reference.



WARNING

Read and follow all safety instructions carefully.
Failure to follow safety instructions could result in serious injury.

BEFORE YOU BEGIN	2
SAFETY INSTRUCTIONS	3
HARDWARE PACKING LIST	4
ASSEMBLY	9
CLEANING & STORAGE	9
WARM UP & COOL DOWN	10
IMPLIED WARRANTY	12



IMPORTANT

The specifications of this product may vary and are subject to change without further notice.

SAFETY INSTRUCTIONS

Basic precautions should always be followed when using this product. In order to ensure safe read and follow all safety instructions included in this user manual. Failure to do so could result in serious injury.



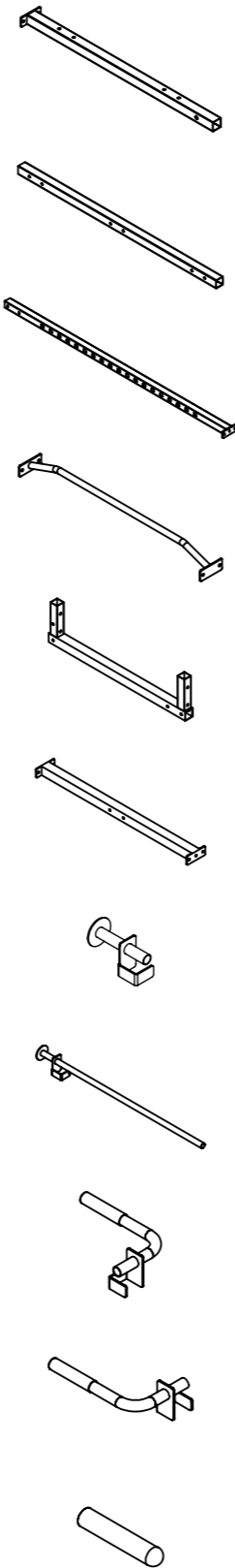
WARNING

Before using this product, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

1. This product is not a toy. Keep children and pets away from the device at all times. Do not leave unattended children in the same room with the device.
2. Handicapped or disabled persons should not use the device without the presence of a qualified health care professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
4. Before beginning training, remove all objects within a radius of 2 meters from the device. Do not place any sharp objects around the device.
5. Position the device on a clear, level surface away from water and moisture. It is suggested to place a mat under the unit to help keep the device stable and to protect the floor.
6. Only use the device for its intended purpose. Do not use any other accessories than the ones recommended by the manufacturer.
7. Assemble the device exactly as in the description in this instruction manual.
8. Check all bolts and other connections before using the device for the first time and ensure that the device is in good and safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible for wear and tear. Any defective components should be replaced immediately before using the device.
10. Never operate the device if it is not functioning properly.
11. This device can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the device. Wipe drops of sweat from the device immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also suggested.
14. Before exercising, always warm-up your body thoroughly.
15. This device is intended for home use.
16. This device must be assembled by minimum two adults.
17. It is the responsibility of the owner to ensure that all users are properly informed as how to use this product safely.
18. Maximum weight load for the pull-up bar, barbell holders and safety bars is 200kg. For the Dip Handles the maximum weight capacity is 150kg. Do not exceed these weight limits!

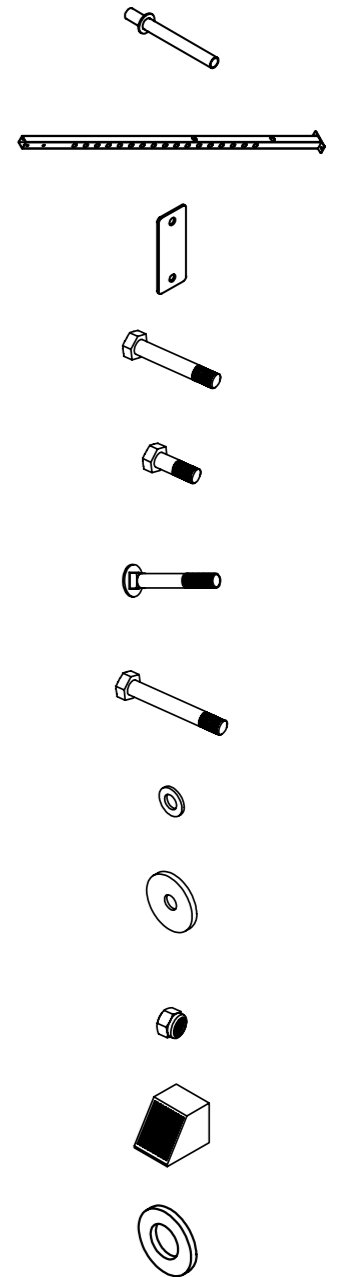
HARDWARE PACKING LIST

#	PART NAME	QTY.
1	Base Frame	2
2	Rear Base Frame	1
3	Front Upright	2
4	Pull-Up Bar	1
5	Top Beam	2
6	Cross Frame	1
7	Barbell Holder	4
8	Safety Bar	2
9	Right Dip Handle	1
10	Left Dip Handle	1
11	Sleeve Rod	4



HARDWARE PACKING LIST

#	PART NAME	QTY.
12	Weight Rod	4
13	Rear Upright	2
14	Connection Plate	2
15	Bolt M10 x 65mm	8
16	Bolt M10 x 20mm	4
17	Square Neck Bolt M10 x 70mm	8
18	Bolt M10 x 70mm	12
19	Washer M10	48
20	Big Washer M10	4
21	Nut M10	28
22	End Cap	4
23	Rubber Ring	4



IMPORTANT

Before assembly, please ensure all parts are included in the package. In case any parts are missing, contact our customer service to resolve the issue.

ASSEMBLY

Complete each stage in order before advancing on to the next. Assemble with nuts and bolts loose at first. Tighten all bolts and nuts after completing all assembly steps. Do not dispose of any packaging materials until assembly of the product is completed. The rack must be assembled by min. 2 adults.

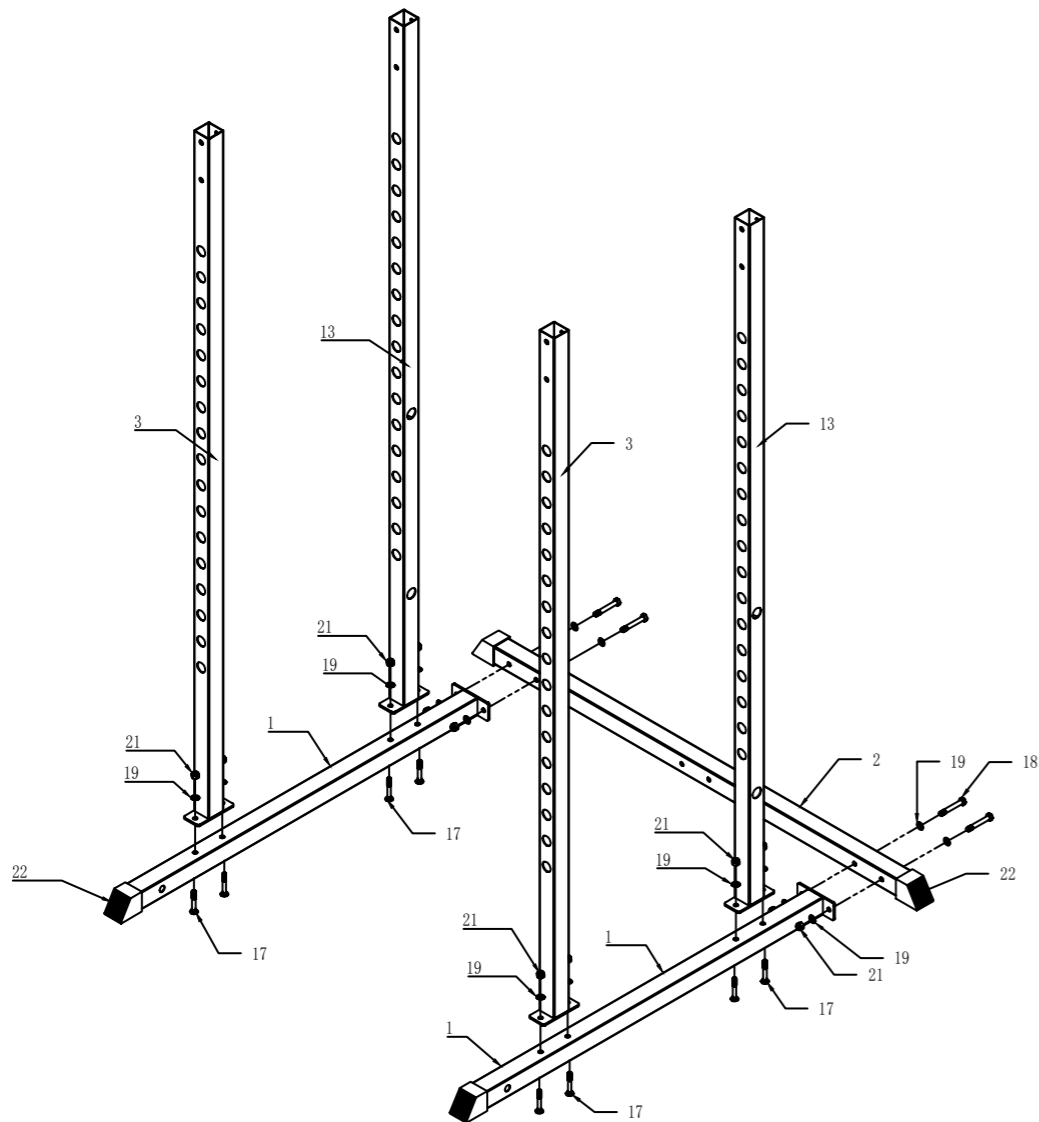
STEP 1.

Attach Front Uprights (3) to Base Frames (1) by using Square Neck Bolts (17), Washers (19) and Nuts (21). Attach Rear Uprights (13) to Base Frames (1) by using Square Neck Bolts (17), Washers (19) and Nuts (21).

Attach Rear Base Frame (2) to Base Frames (1) by using Bolts (18), Washers (19) and Nuts (21).

Attach End Caps (22) on the ends of the tubes.

#	PART NAME	QTY.
17	Square Neck Bolt M10x70mm	8
19	Washer M10	16
21	Nut M10	12
18	Bolt M10x70mm	4
22	End Cap	4



ASSEMBLY

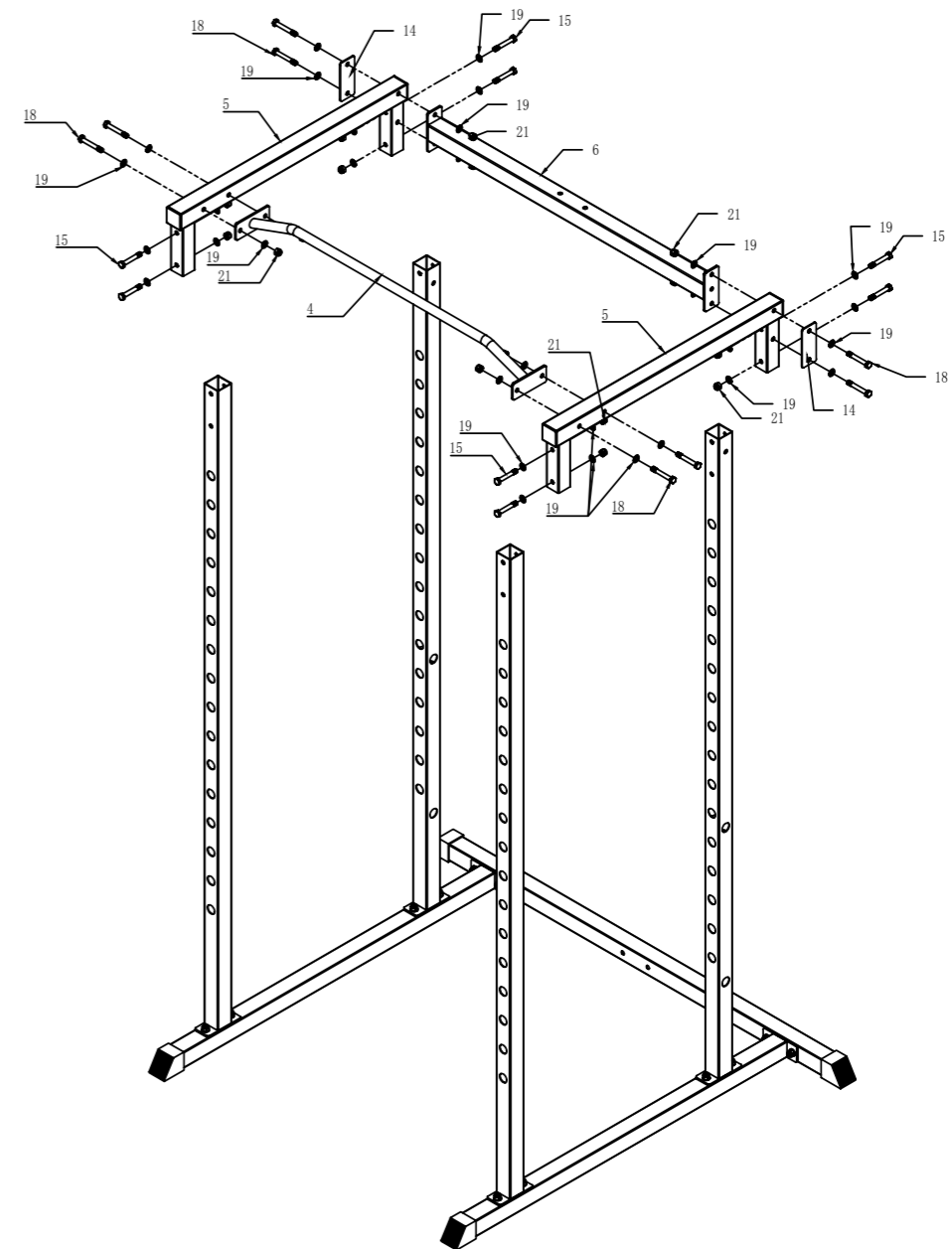
STEP 2.

Attach Top Beams (5) to the upright tubes (3&13) by using Bolts (15), Washers (19) and Nuts (21).

Attach Cross Frame (6) to Top Beams (5) by using Bolts (18), Washers (19), Connection Plate (14) and Nuts (21).

Attach Pull-Up Bar (4) to Top Beams (5) by using Bolts (18), Washers (19) and Nuts (21).

#	PART NAME	QTY.
14	Connection Plate	2
15	Bolt M10x65mm	8
18	Bolt M10x70mm	8
19	Washer M10	32
21	Nut M10	16

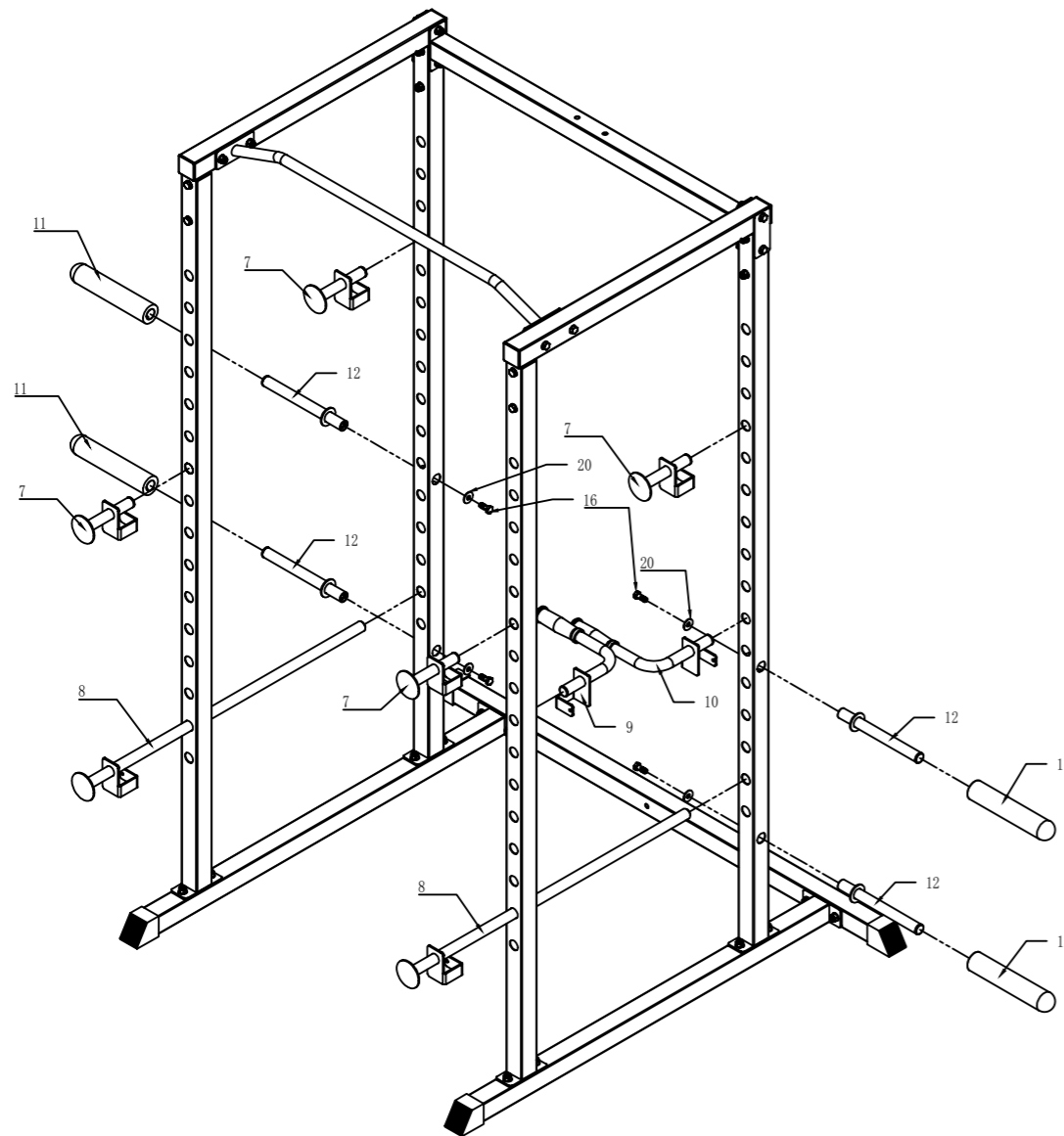


ASSEMBLY

STEP 3.

Attach Weight Rods (12) on the holes of the Rear Uprights (13) by using Bolts (16) and Big Washers (20). Slide Sleeve Rods (11) on top of the Weight Rods (12) and tighten with small Allen Wrench. Attach rest of the parts like shown in below picture.

#	PART NAME	QTY.
16	Bolt M10 x 20mm	4
20	Big Washer M10	4
23	Rubber Ring	4



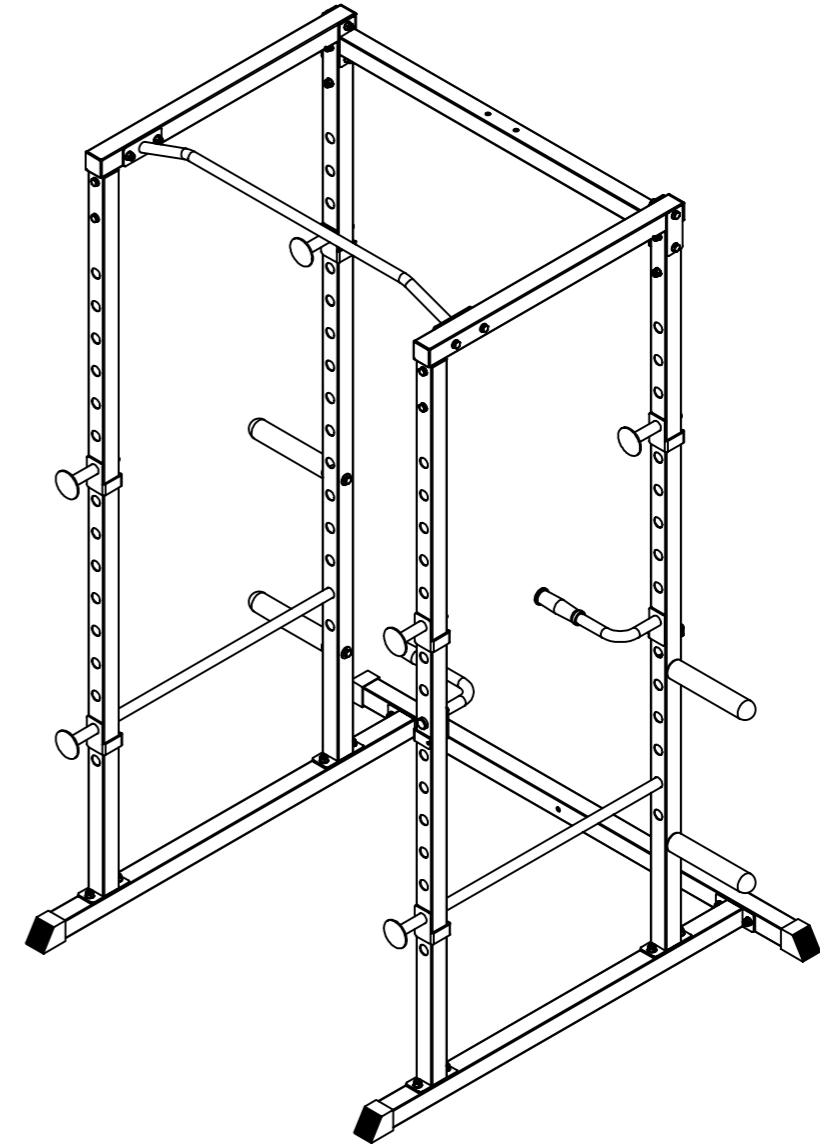
WARNING

Do not exceed the weight limits mentioned in the safety instructions!

ASSEMBLY

STEP 4.

To complete the assembly, go back over and tighten all nuts and bolts.



CLEANING & STORAGE

The device can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on any parts. Please wipe your perspiration off the device. Please keep the device out of direct sunlight. Store the device in a clean, warm and dry environment away from children.

WARM UP & COOL DOWN

Exercise in any form is one of the best things you can do for your overall health. A good exercise program consists of a warm-up, actual workout and a cool down.

STRENGTH TRAINING is a training form that causes your muscles to contract against an outside resistance. The resistance can be from weight machines, medicine balls, resistance bands, dumbbells or from your own body. Strength training is an essential part of the exercise routine process. It helps you to tone, build and strengthen muscles, improve joint flexibility and maintain a healthy body.

The WARM-UP is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.



HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

WARM UP & COOL DOWN



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.



INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.



HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

IMPLIED WARRANTY

The importer of this product assures that this device is manufactured with high quality materials. The implied warranty is valid for 1 (one) year, beginning from the date of purchase. The guarantee is valid for home use.

The warranty applies to the following parts:

- Frame
- All parts included in the original delivery

The warranty does not cover:

- Incorrect installation
- Damage caused externally
- Failure to carry out regular maintenance and servicing
- Improper use and handling of the equipment
- Improper storage of the equipment
- Non-compliance of the operating instructions
- Wear parts and expendable parts

MANUFACTURED FOR

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DISCLAIMER

The manufacturer and its associates and partners have no liability, obligation or responsibility to any person or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.



Products marked with these symbols must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide more information on the matter.

