

Model: CAT-5FSRK-001 / BOS-5FSRK-001

400KGS/880LBS



1

IMPORTANT PRECAUTIONS

WARNING:

To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on this product before using this product. Catalyst Fitness Solutions assumes no responsibility for personal injury or property damage sustained by or through the use of this product.



1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

2. Use this product only as described in this manual.

3. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions.

4. Keep this product indoors, away from moisture and dust. Do not put this product in a garage or covered patio, or near water.

5. Place this product on a level surface, with a mat beneath it to protect the floor or carpet from damage. Make sure that there is adequate clearance around this product.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

7. Keep children under age 12 and pets away from this product.

8. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on this product. Always wear athletic shoes for foot protection while exercising.

9. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

10. The equipment shall be installed on a stable base and properly leveled.

11. When you see this warning label this indicates that at this position the max recommended loading is 400kgs/880lbs.

WARNING

Max

400kg

Max

880lbs

When you see this warning label this indicates that at this position the max recommended loading is 400kgs/880lbs.

WARNING

PINCH POINT

Keep Hand & Fingers Clear

When you see this warning label please take care as this is indicating a potential pinch point for hands and fingers.

IMPORTANT PRECAUTIONS

BEFORE YOU BEGIN

It is recommended that you read this manual carefully before using this product.

If you have any questions after reading this manual, please refer to CONTACT US section. To help us assist you, note the product model number and serial number before contacting us.

Please take care when assembling the RACK. Some parts are heavy and if dropped can cause injury.

Please use the appropriate safety gear that meets your country's health and safety regulations as these vary between countries. The assembly process has been specifically designed to limit the possibility of injury so please take extreme care at all time when assembling the RACK.

!!IMPORTANT!! BEFORE YOU START ASSEMBLING

Please remember to work out where you want to position your RACK before assembling. This unit is heavy and will not be easy to move once fully assembled.

ASSEMBLY INSTRUCTIONS

ASSEMBLY TEAM

The RACK you are about to assemble will take approximately 1 hour to complete. It is recommended that you have 2 x people assembling the RACK.

TOOLS

Set of Alan keys to fit M10 bolts

BOLTING TO THE FLOOR

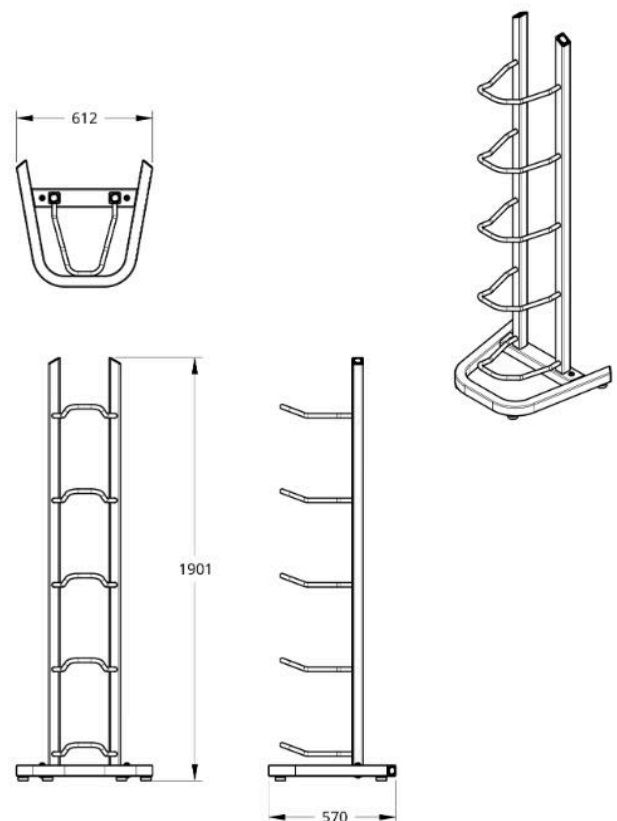
This RACK is designed to sit on the floor.

MAINTENANCE

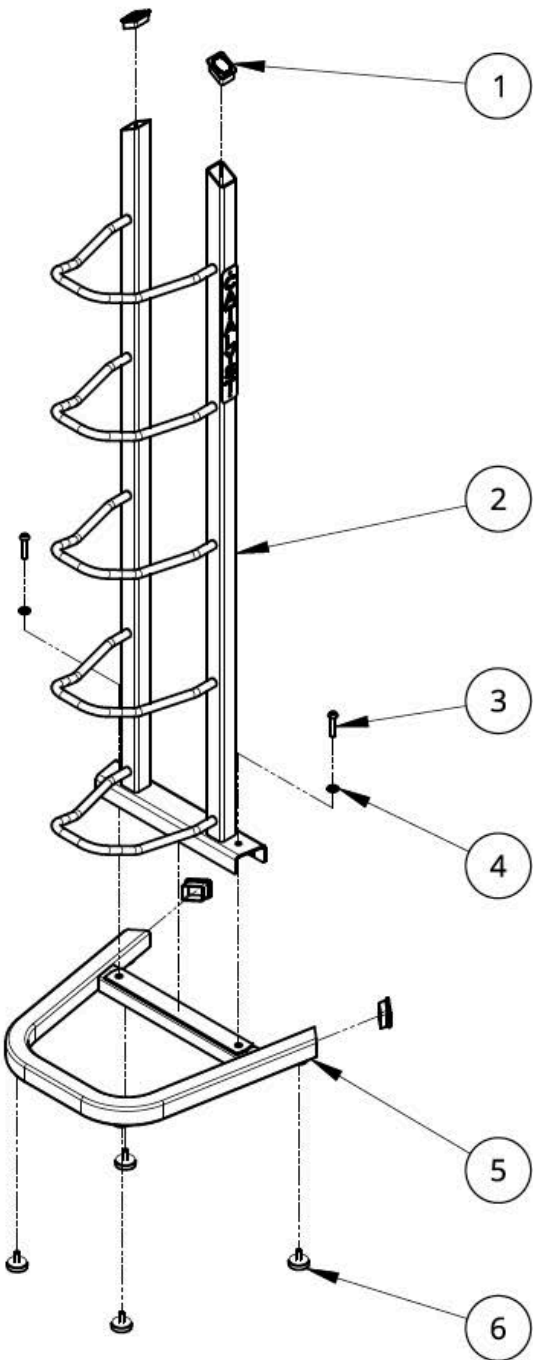
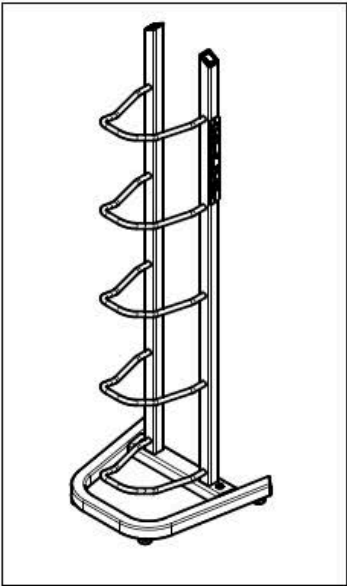
Keep all parts properly tightened. To maintain the warranty, use only CATALYST parts for repair or replacement. If there are any questions or concerns, see HOW TO CONTACT CUSTOMER CARE on the front cover of this manual.

Clean this product using a soft cloth with warm water and mild soap. If necessary, use a soft bristle brush with the cleaning solution. Rinse the product using a soft cloth dampened with clean water, then thoroughly dry the equipment.

Description	Daily	Monthly	Yearly
It is recommended to clean the machine daily	√		
Visual inspection of all bolts and moving parts	√		
Safety inspection of all areas where users workout checking for hazards	√		
The stability inspection to make sure the rig is secure	√		
Check all the bolts and tighten		√	
Complete check of all the bolts and tighten			√

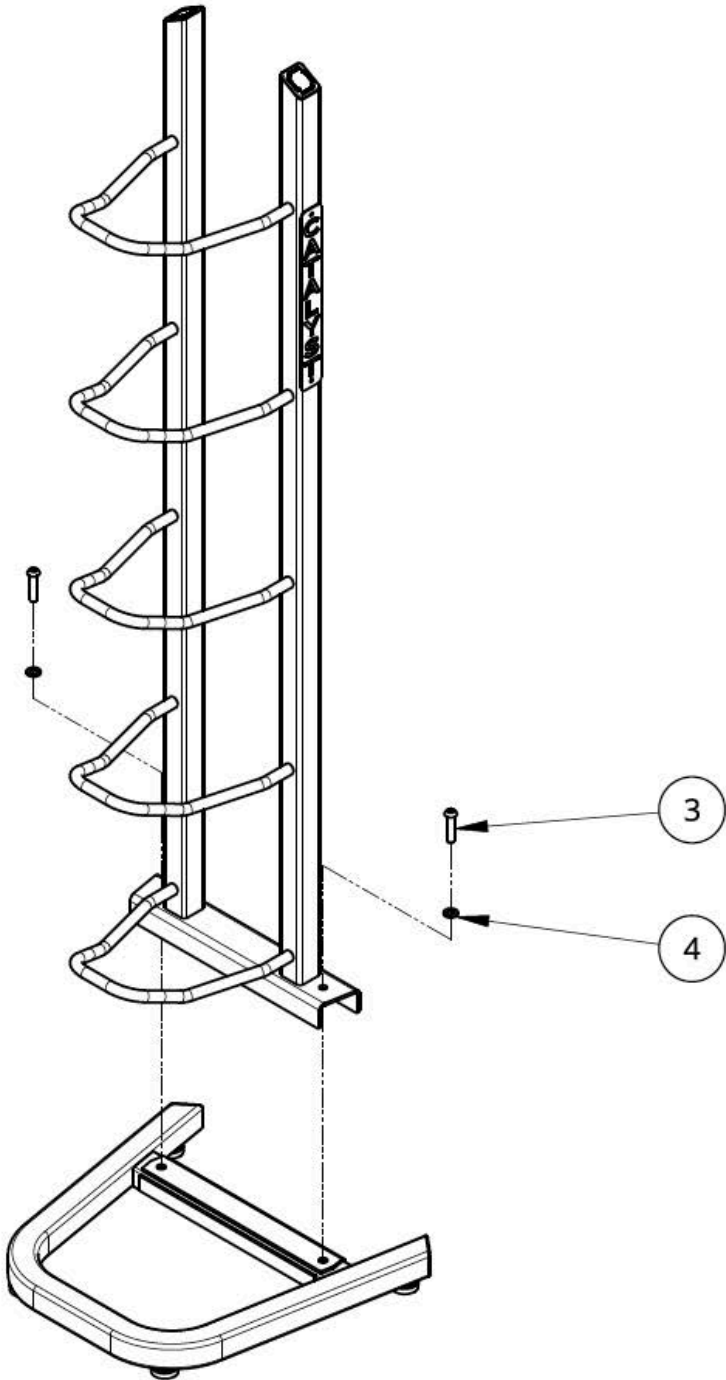


EXPLODED DRAWING



PARTS LIST

NUMBER	DESCRIPTION	TOTAL	WHERE
1	EC5050 30° END CAP	4	
2	RACK FRAME (5 SLOTS)	1	
3	SOCKET BUTTON HEAD SCREW M12X1.75X55	2	
4	WASHER M12	2	
5	FOOT FRAME	1	
6	FT0201 CIRCULAR FOOT	4	



STEP 1
FRAME DETAIL

NUMBER	DESCRIPTION	SKETCH	QUANTITY
3	SOCKET BUTTON HEAD SCREW M12X1.75X55	2	2
4	WASHER M12	2	2

