

CATALYST Floor Mounted Double Side Half Rack with Pull Up Bars

Model: CAT-FMDHRWS-001/ BOS-FMDHRWS-001

MAX LOAD CAPACITY :

1000KGS/2200LBS

Max User Weight:
181.5KG / 400LBS
Max Training Weight
Single User:
408.5KG / 900LBS

This training equipment has been tested by an independent testing organization and is compliant to: Class S
EN ISO 20957-1, EN
ISO957-2 &
EN ISO957-4



QUESTIONS?

If you have questions, or if parts are damaged or missing, please see HOW TO CONTACT CUSTOMER CARE below and keep the equipment out of use until repair.

CAUTION



Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, please contact Customer Care at the email listed. Please note the model number, serial number and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST/EXPLODED DRAWING).

GET IN TOUCH:

Email:
hello@catalystfitnesssolutions.com

Phone: Talk with your local distributor for service help during business hours: 9am - 5pm time.

www.catalystfitnesssolution.com

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. **Max User Weight: 181.5KG / 400LBS**
Max Training Weight Single User: 408.5KG / 900LBS

**WARNING**

Max1000kg

Max2200lbs

When you see this warning label this indicates that at this position the max recommended loading is 1000kgs/2200lbs.

**WARNING**

Max408.5kg

Max900lbs

When you see this warning label this indicates that at this position the max recommended loading is 408.5kg/ 900lbs

**WARNING**

Max181.5kg

Max400lbs

When you see this warning label this indicates that at this position the max recommended loading is 181.5kg/ 400lbs

IMPORTANT PRECAUTIONS



**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.



**WARNING**

PINCH POINT
Caution When You Put Back The Weights
←


When you see this warning label please take care when replacing dumb bells, bar bells, kettle bells, weight plates or Olympic bars as this indicates a potential pinch point for hands and fingers.

**WARNING**

DEATH OR SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

1. Keep children under the age of 14 away from this strength training equipment. Teenagers must be supervised at all times while using this equipment.
2. This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
3. All warnings and instructions should be read and proper instruction obtained prior to use. Use this equipment for its intended purpose ONLY.
4. Inspect the machine before use. DO NOT use machine if it appears damaged or inoperable.
5. Do not exceed weight capacity of this equipment.
6. ALWAYS use a spotter if using free weights.
7. Balance the weight applied to this equipment and/or any barbell. Where applicable, use retention devices to retain weight discs.
8. Injuries to health may result from incorrect or excessive training. Cease exercise if you feel faint or dizzy. Obtain a medical exam before beginning an exercise program.
9. Keep body, clothing, hair, and fitness accessories free and clear of all moving parts.
10. Adjustable stops, where provided, must be used at all times.
11. When adjusting any adjustable mechanism (stop position, seat position, pad location, range of motion limiter, pulley carriage, or any other type), make certain that the adjustable mechanism is fully engaged prior to use to prevent unintended motion.
12. Manufacturer recommends that this equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
13. If equipment is NOT secured to floor: NEVER allow resistance straps, ropes or other means to be attached to this equipment, as this may result in serious injury. NEVER use this equipment for support during stretching, as this may result in serious injury.
14. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED OR ILLEGIBLE.

Plate-loaded / Free Weight

**WARNING**

DEATH OR SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

1. All warnings and instructions should be read and proper instruction obtained prior to use. Use this equipment for its intended purpose ONLY.
2. ALWAYS use a spotter if working out on this equipment.
3. Do not allow the lifting bar/sled to drop suddenly.
4. Visually ensure lifting bar catches are fully engaged and seated in the hooks before releasing the load and exiting the machine.
5. Adjustable stops must be used at all times.
6. ALWAYS set both adjustable stops to the same height when using this machine.
7. PROPER adjustable stop height depends on the exercise performed.
Adjust as follows:
 - Remove weight from lifting bar/sled.
 - For squats, perform the exercise and determine the lowest comfortable position of the bar/sled that ensures no spinal compression. For other exercises, perform the movement and determine the lowest point of bar travel that is comfortable without the bar contacting your body.
 - Position both stop catches to stop the bar at this point. Ensure that they are completely seated on the stop rods or catch plate.
 - FOR SQUATS PERFORMED ON A SMITH PRESS: NEVER PLACE THE STOPS BELOW THE HEIGHT INDICATED ON THE EQUIPMENT.
 - Load weights onto the lifting bar and carefully perform the exercise.
8. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED OR ILLEGIBLE.

When you see these warning labels, please take care to read. They give important information regarding the safe use of our equipment

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 HALF 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 HALF RACK.

!!IMPORTANT!! BEFORE YOU START ASSEMBLING

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

ASSEMBLY INSTRUCTIONS

ASSEMBLY TEAM

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

TOOLS

2 x Spanners to fit M20 shank bolts (30mm across the flats of the bolt head)

1 x Ladder

BOLTING TO THE FLOOR

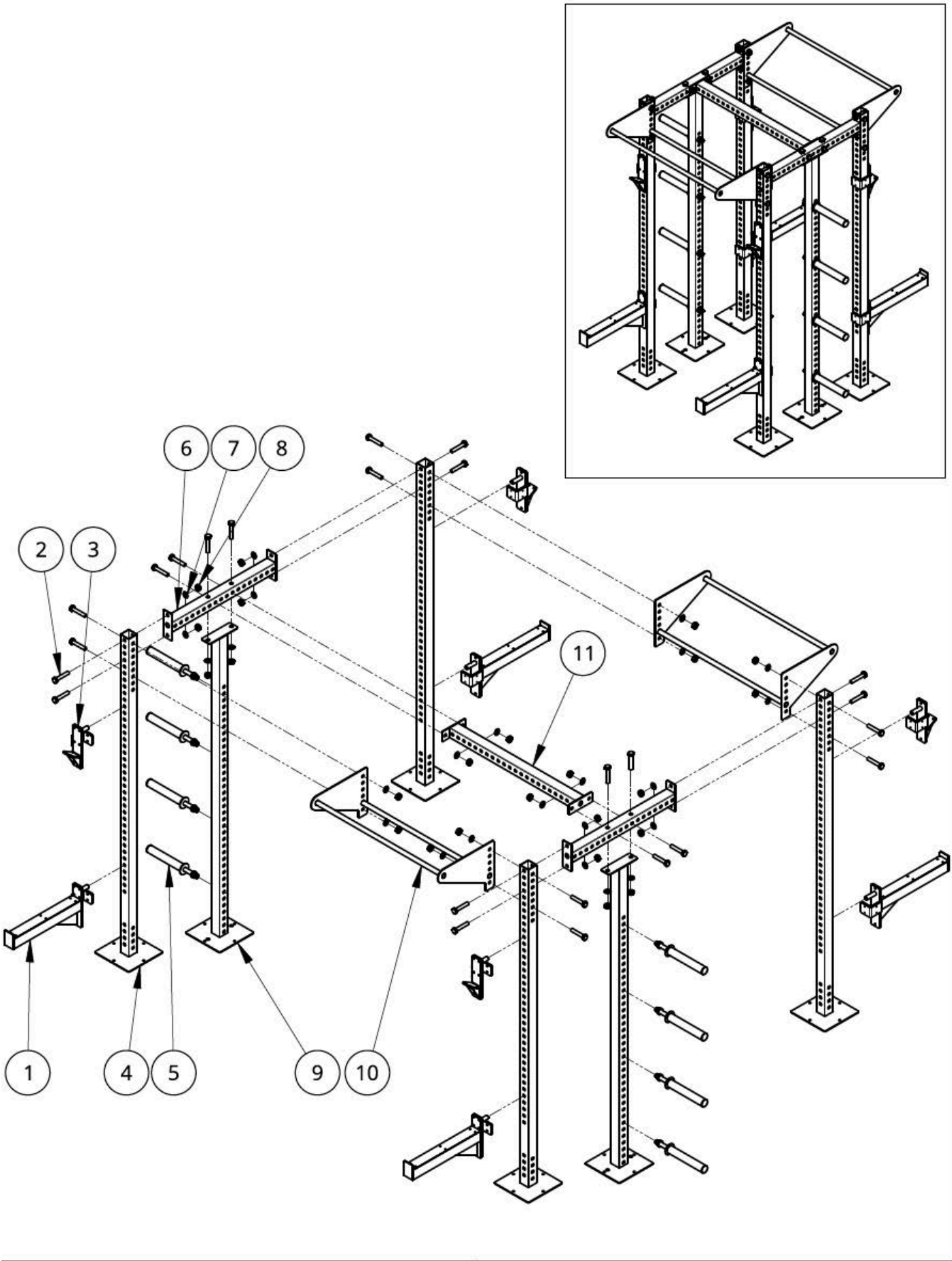
The HALF RACK is designed to be bolted to the floor for added safety. It is recommended to bolt the HALF RACK to the floor.

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.

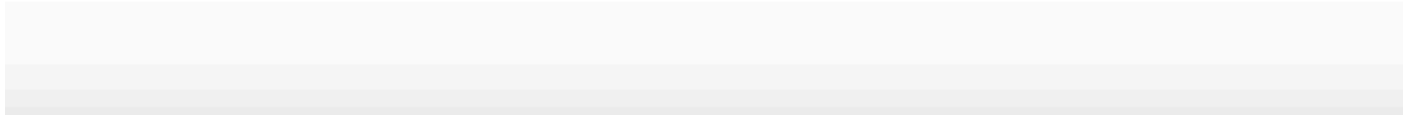
Description	Daily	Monthly	Yearly
It is recommended to clean the machine daily	√		
Visual inspection of all bolts and moving parts	√		
Safety inspection of all areas where users workout checking for hazards	√		
The stability inspection to make sure the rig is secure	√		
Check all the bolts and tighten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

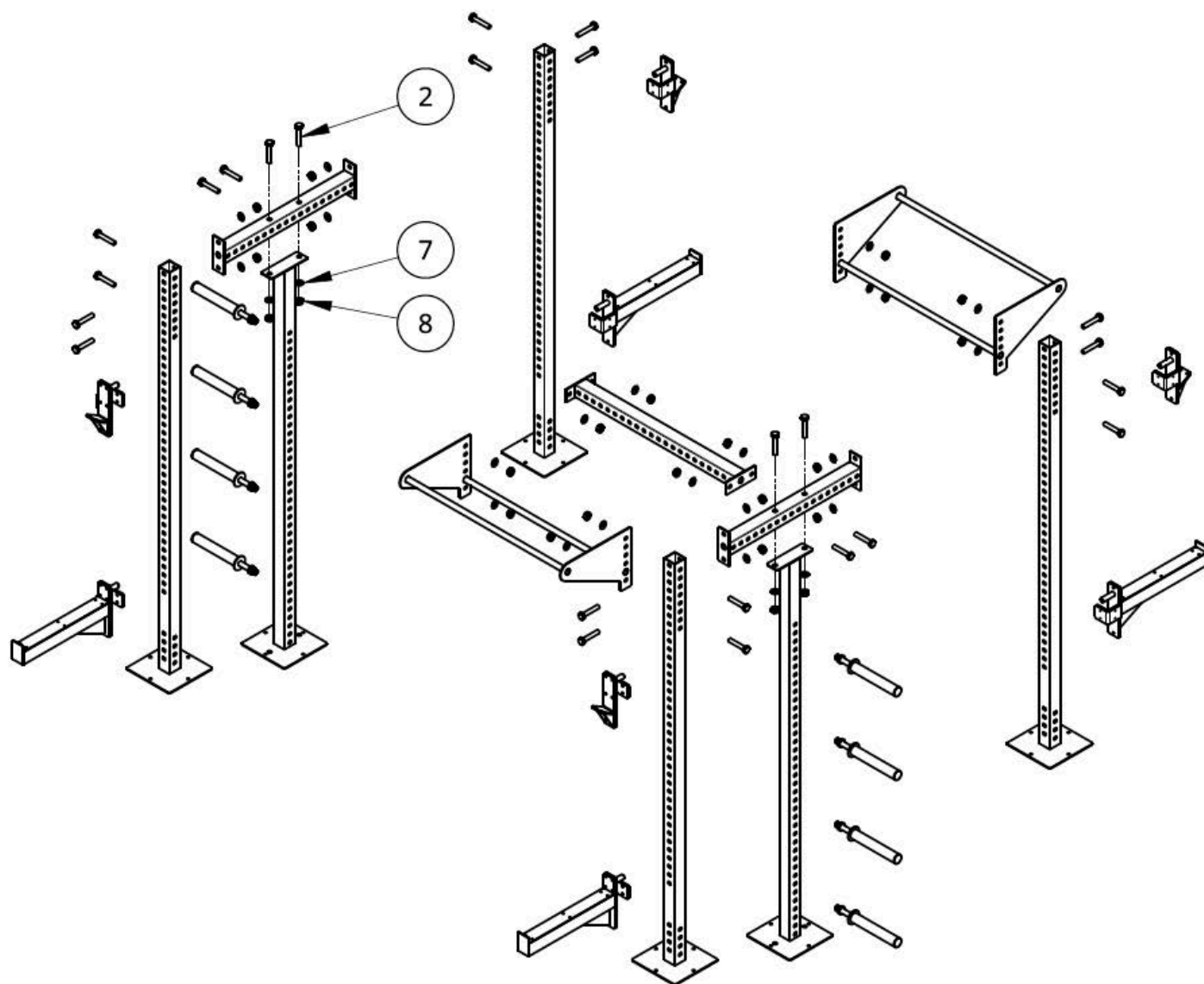


PARTS LIST



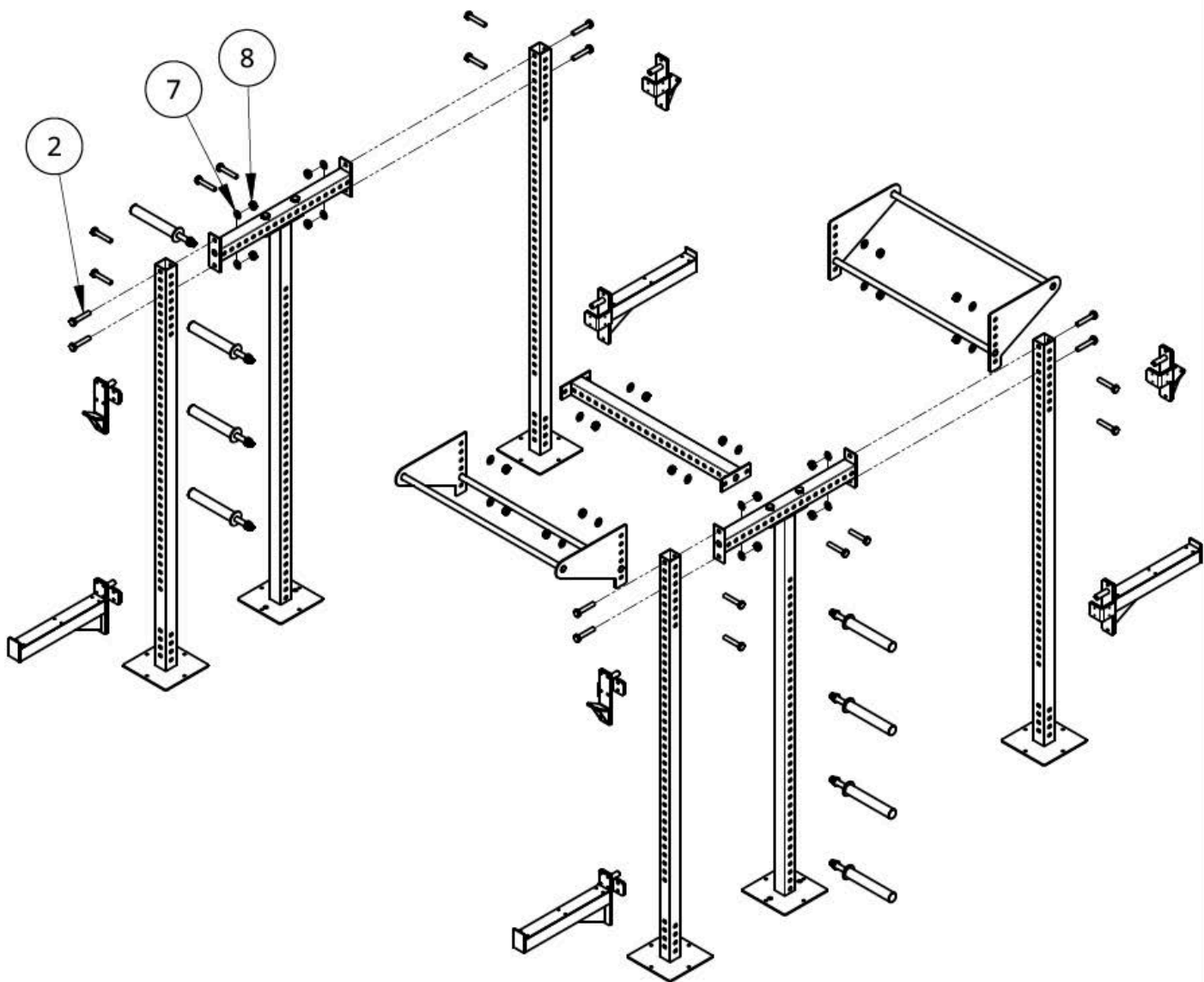
NUMBER	DESCRIPTION	TOTAL	WHERE
1	BOS-SAA-001	4	
2	HEX HEAD SCREW M20X2.50X110	24	
3	BOS-JCA-001	4	
4	L2400_75_21 COLUMN OUTER	4	
5	BOS-CPSG-001	8	
6	L912_75_21 SINGLE BAR COLUMN	2	
7	WASHER M20	24	
8	HEX NUT M20X2.50	24	
9	L2262_75_21 COLUMN MID	2	
10	L1112 DOUBLE PULL-UP ROUND BAR	2	
11	L1112_75_21 SINGLE BAR MID	1	





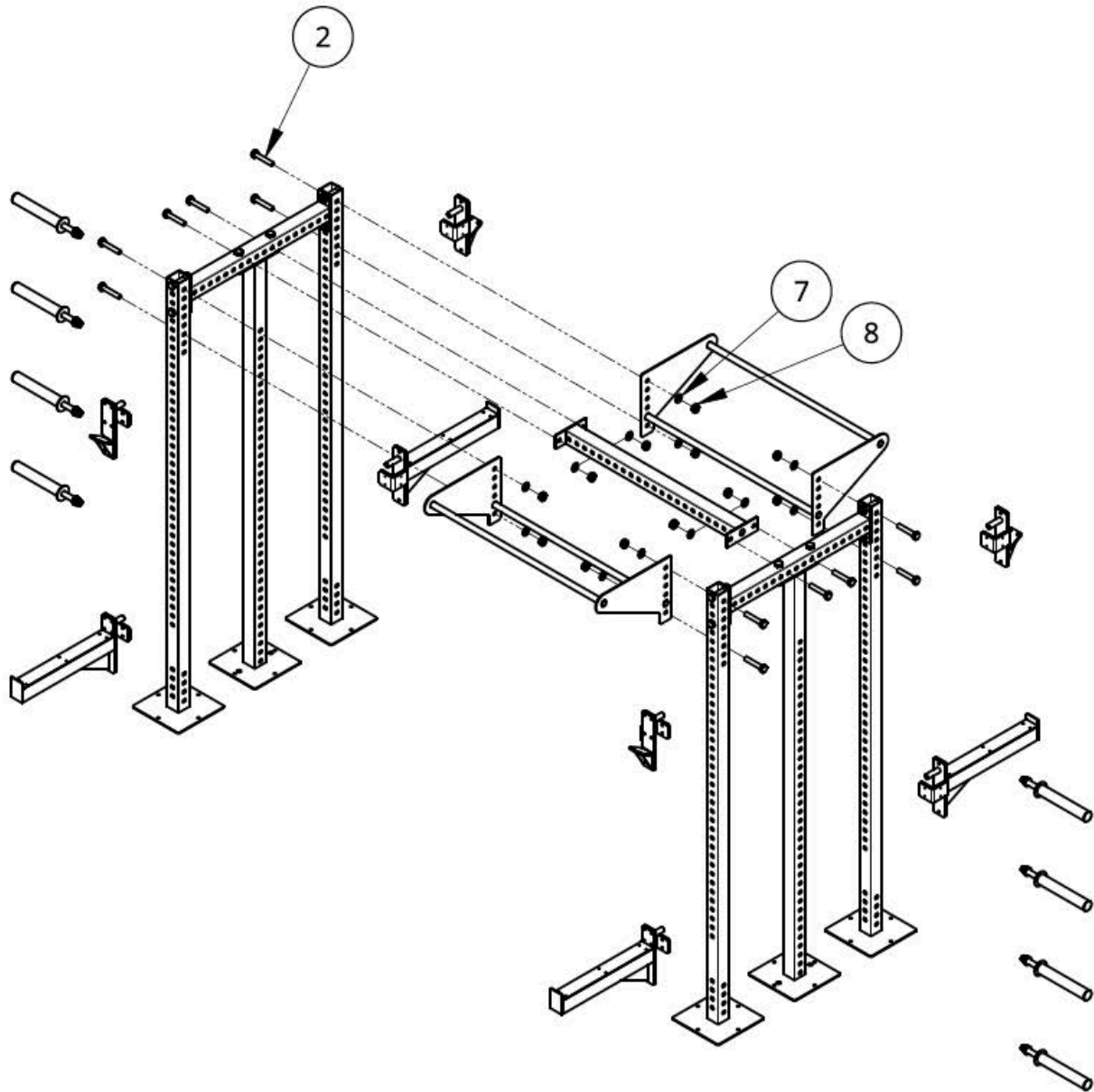
STEP 1 FRAME DETAIL

NUMBER	DESCRIPTION	SKETCH	QUANTITY
2	HEX HEAD SCREW M20X2.50X110	4	4
7	WASHER M20	4	4
8	HEX NUT M20X2.50	4	4



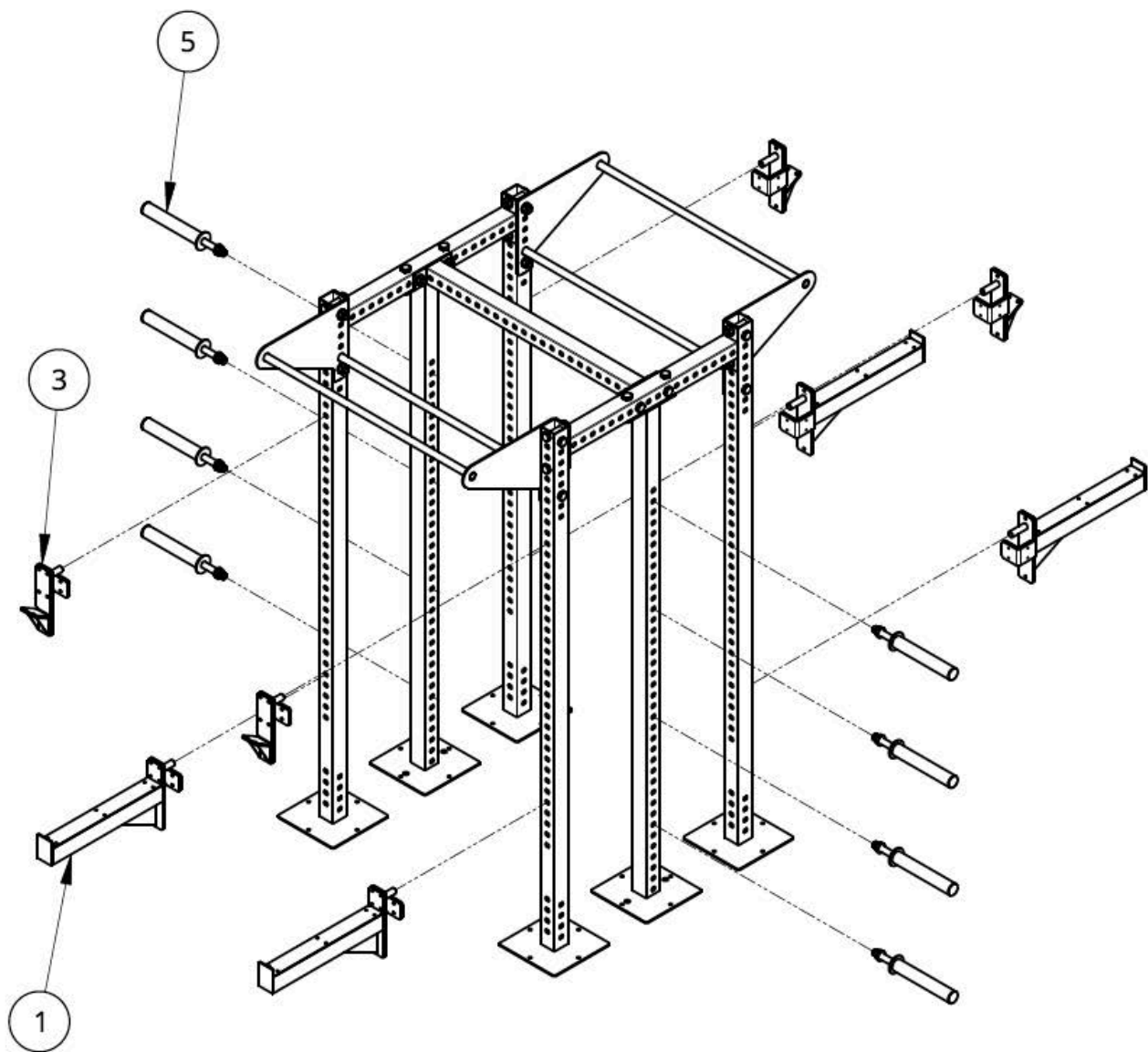
STEP 2
FRAME DETAIL

NUMBER	DESCRIPTION	SKETCH	QUANTITY
2	HEX HEAD SCREW M20X2.50X110	8	8
7	WASHER M20	8	8
8	HEX NUT M20X2.50	8	8



STEP 3
FRAME DETAIL

NUMBER	DESCRIPTION	SKETCH	QUANTITY
2	HEX HEAD SCREW M20X2.50X110	12	12
7	WASHER M20	12	12
8	HEX NUT M20X2.50	12	12



STEP 4
FRAME DETAIL

NUMBER	DESCRIPTION	SKETCH	QUANTITY
1	BOS-SAA-001	4	4
3	BOS-JCA-001	4	4
5	BOS-CPSG-001	8	8

