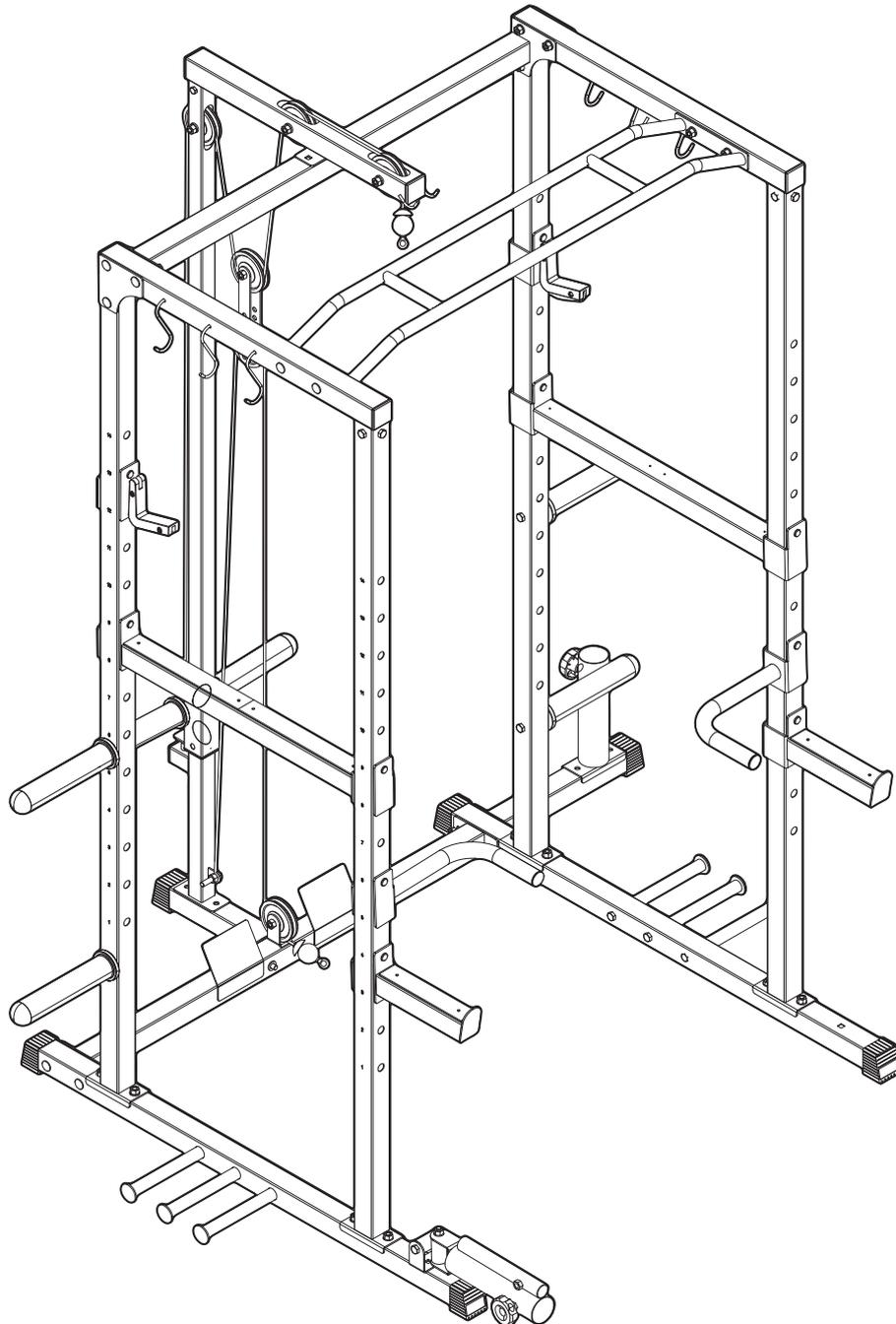


SPORTSROYALS 990024

Power Rack



IMPORTANT!

Please read this manual before assembling and using. Retain owner's manual for using instructions. Your satisfaction is very important to us, any questions.

PLEASE CONTACT US: support@sportsroyals.com



Email Address:

support@sportsroyals.com

Content

Important Safety Knowledge.....	01
Exploded View.....	02
Parts List.....	04
Package.....	05
Hardware Pack.....	06
Installation Instructions.....	08
Warranty.....	17

The "SPORTS" in our brand name represents our love for sports and our dedication to the field. It symbolizes strength, challenges, and personal growth.

Meanwhile, "ROYALS" represents our belief that everyone is royalty, regardless of age, gender, or body type.

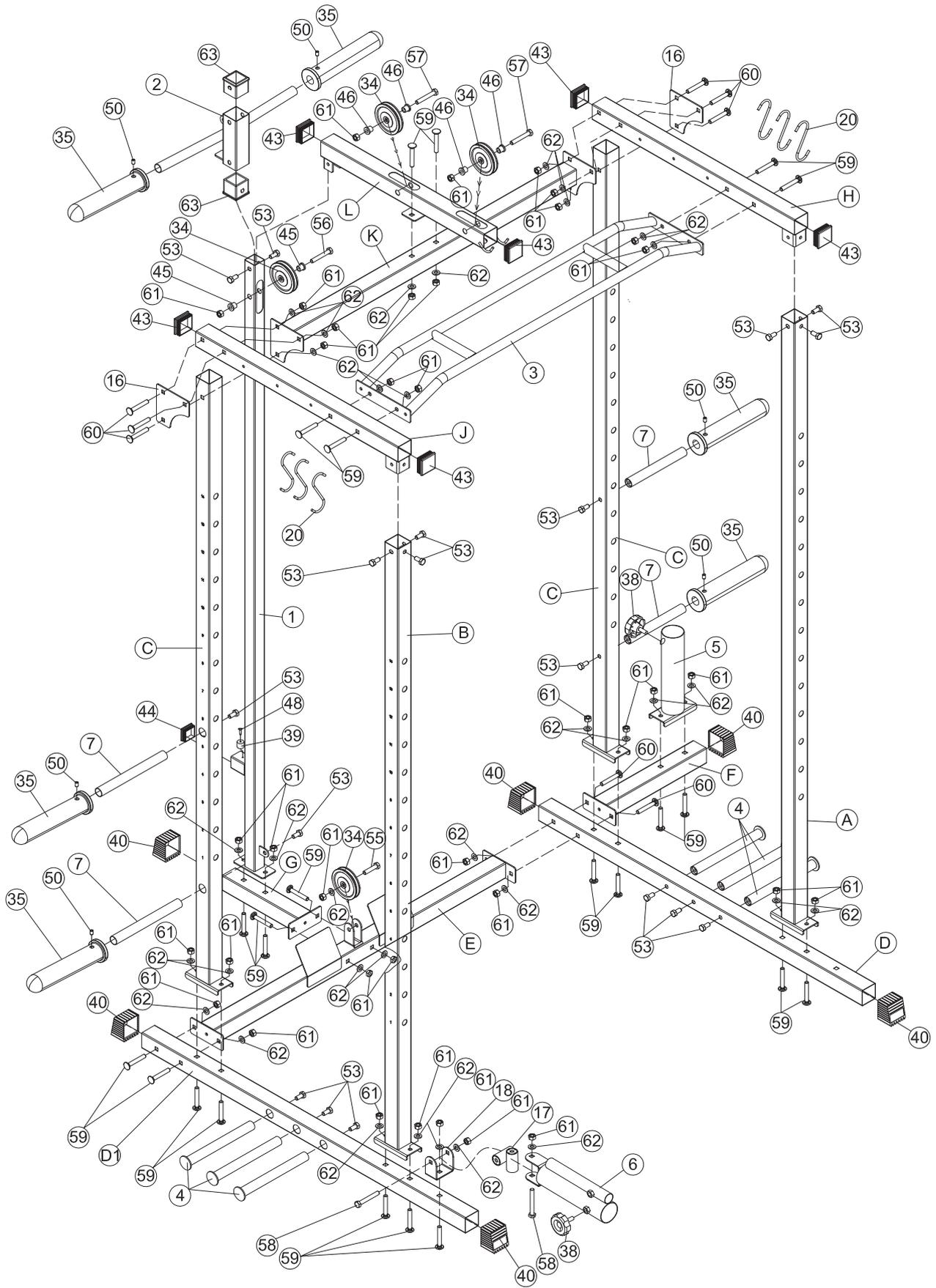
We believe that each individual should embrace sports with a regal mindset and strive to be the best version of themselves.

Important Safety Instructions

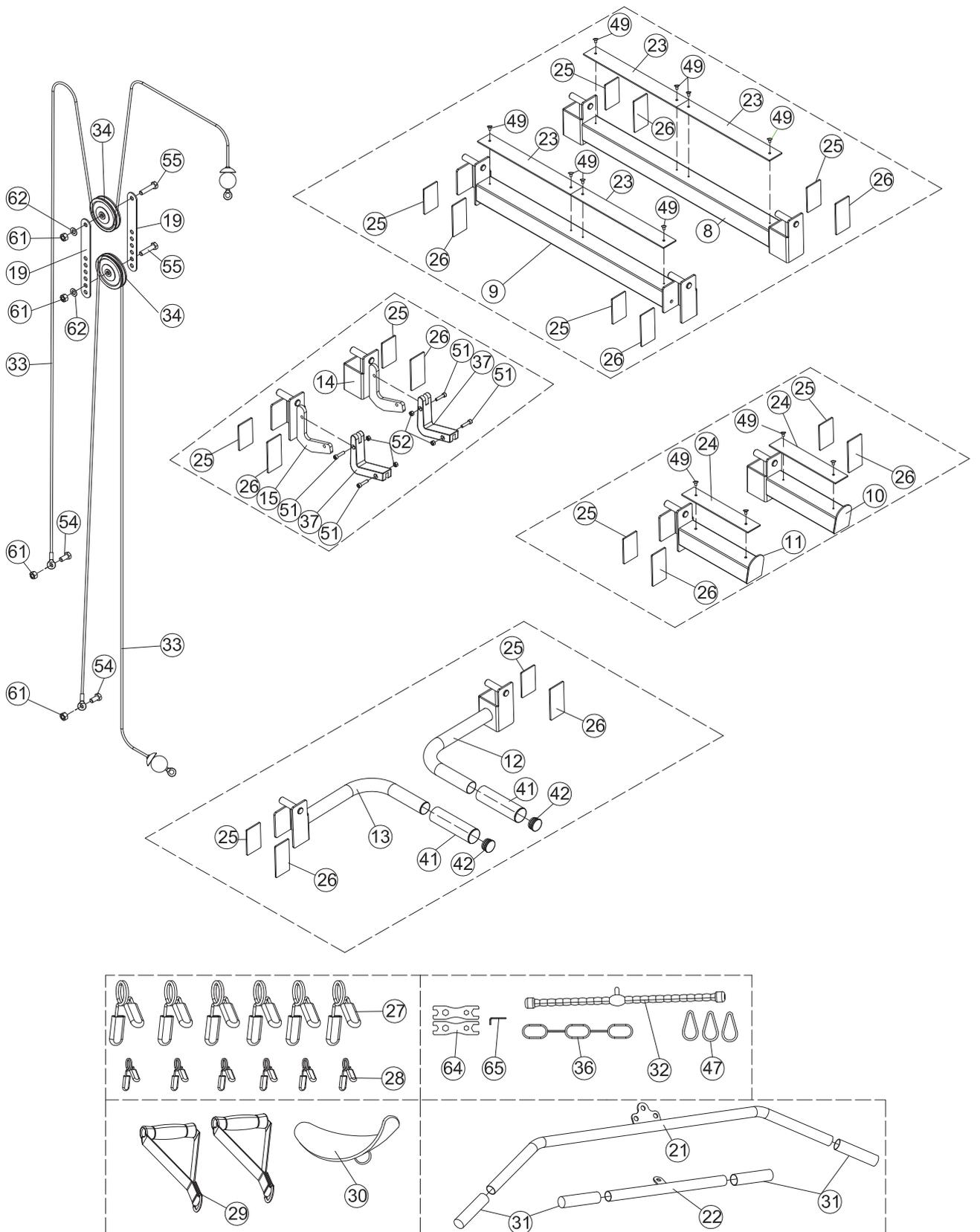
Thank you for choosing Sportsroyals power racks! For optimal user experience and safety, please make sure to review this user manual carefully before assembling and using the product, and keep it for future reference. While safety cautions are taken during design and manufacturing, it's important to follow additional safety measures during use.

- Before using any fitness equipment, you must read all user and operating instructions carefully. The company is not responsible for injuries caused by misuse or personal factors.
- It is essential to consult a doctor before starting training, especially for users over 35 or those with a medical history.
- The training equipment can only be used by one person at a time for safety reasons.
- If users experience dizziness, nausea, chest tightness, or other discomfort during use, stop using the equipment immediately and consult a doctor.
- Keep children, pets, and others away from the training equipment, and never leave children unattended in the room where the equipment is placed.
- The training equipment should be placed on a clean, flat surface and not be used near water or outdoors. Also, avoid placing any sharp objects around the training equipment.
- Always keep hands and other body parts away from moving parts while using the training equipment to prevent injury.
- Ensure your attire is suitable for training. Avoid loose or other clothing that may get caught during use. It is also recommended to wear sports or health-care shoes.
- Disabled individuals may not use the training equipment without supervision from training part or nursing staff.
- Before training, it is important to warm up with various stretching exercises.
- If the training equipment is malfunctioning, do not use it.
- The training equipment is not intended for medical use.

Exploded View 1



Exploded View 2

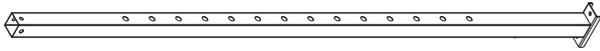
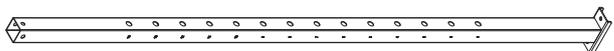
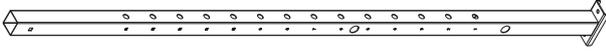
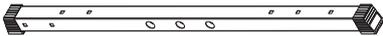
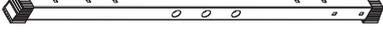
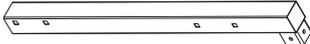


Parts List

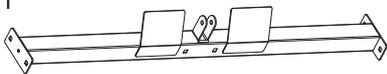
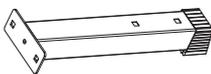
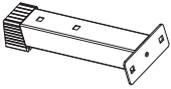
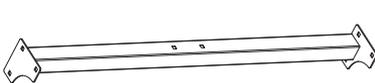
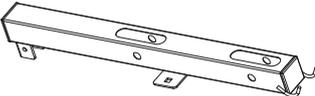
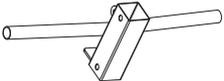
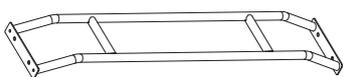
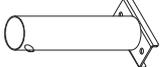
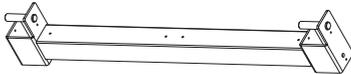
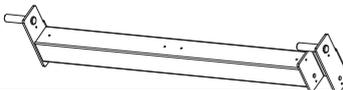
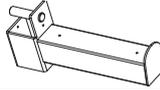
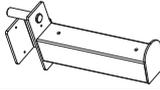
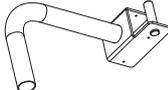
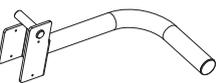
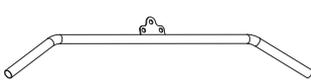
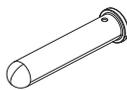
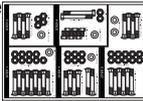
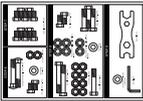
NO.	Description	Qty.	NO.	Description	Qty.
A	Right Front Pilar	1	31	Handle Covers	4
B	Left Front Pillar	1	32	Flness Rope	1
C	Rear Pillar	2	33	Puley Rope	2
D	Left Ground Plpe	1	34	Pulley	6
D1	Right Ground Pipe	1	35	Welght Storage Bar-2"	6
E	Rear Under Frame	1	36	Extand Chaln	1
F	Weight Storage Rack Base	1	37	V-Shaped Plasllic Pad	2
G	Telescopic Fixed Pipe	1	38	Knob	2
H	Top Frame Rlght	1	39	Cushlon Pad	1
J	Top Frame Left	1	40	Bevel Plug 50*50	6
K	Top Cross Frame	1	41	Handle Foam	2
L	Telescopic Tube Top Frame	1	42	Outer Tube PlugD32	2
1	Telescopic Inner Tube	1	43	Outer Tube Plug 50*50	6
2	Telescopic Outer Tube Set	1	44	Outer Tube Plug 38"38	1
3	Pull-up Bar	1	45	Powder Metallurgy Sleeve-Shoet	2
4	Banded Peg	6	46	Powder Metallurgy Sleeve-Long	4
5	Barbell Storage Rack	1	47	Gourd Hook	3
6	Landmine Tube	1	48	Bolt ST4.2*20	1
7	Weight Storage Rack1"	4	49	Bolt M4"8 Screw	12
8	Safety Frame-Right	1	50	Bolt M8x10	6
9	Safety Frame-Left	1	51	Bolt M6"25	4
10	Safety Rod-Right	1	52	Nut MIS	4
11	Safely Rod-Left	1	53	Bolt M10*15	18
12	Dip Bar-Right	1	54	Bolt M10*20	2
13	Dip Bar-Lef	1	55	Bolt M10*45	3
14	J Hook-Right	1	56	Bolt M10*55	1
15	J Hook-Left	1	57	Bolt M10*65	2
16	Right-Angle Connecting Plate	2	58	Bolt M10*80	2
17	Barrel Switching Assembly	1	59	Bolt M10*65	23
18	U-Seat of the Barrel	1	60	Bolt M10*70	8
19	Adjustng TAB	2	61	Nut M10	41
20	Storage Hook	6	62	Fbt WasherD10	36
21	Lat Pull Down Bar	1	63	Pipa Bushing	2
22	Cable Bar	1	64	Open End W'rench	2
23	Rubber Strp1-43*316	4	65	Hiexagonal Wrench	1
24	Rubber Strip 2-43"225	2			
25	Wool Felt,46*75	10			
26	wool Felt,46*g3	10			
27	Barbell Clamps 2'	6			
28	Barbell Clamps 1*	6			
29	Cable Handle	2			
30	Leg Straps	1			

Package Contents

BOX A

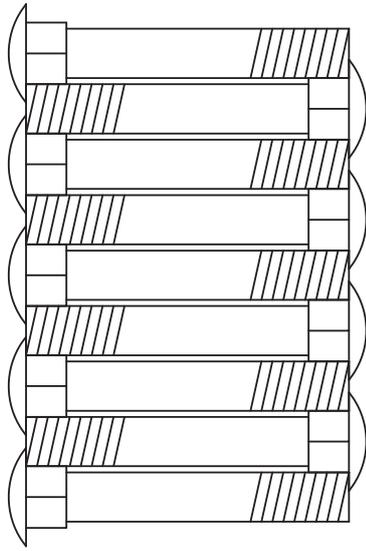
A×1 	B×1 
C×2 	①×1 
D×1 	D1×1 
H×1 	J×1 

BOX B

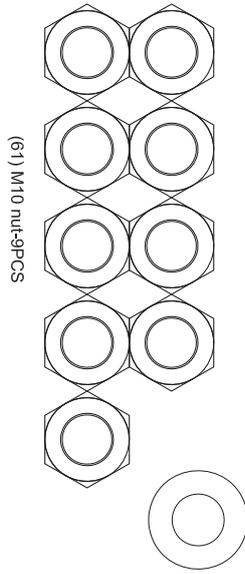
E×1 	F×1 	G×1 
K×1 	L×1 	②×1 
③×1 	④×6 	⑤×1 
⑥×1 	⑦×4 	⑧×1 
⑨×1 	⑩×1 	⑪×1 
⑫×1 	⑬×1 	⑭×1 
⑮×1 	⑯×2 	⑰×1 
⑱×1 	⑲×2 	⑳×6 
㉑×1 	㉒×1 	㉓×6 
㉔×6 	㉕×2 	⑳×1 
㉖×2 	㉗×6 	㉘×6 
㉙×2 	JY01 Hardware pack 1 	JY01 Hardware pack 2 
		㉚×3 

JY01 Hardware pack 1

STEP 1



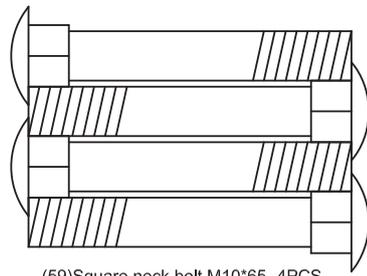
(59) Square neck bolt M10*65 -9PCS



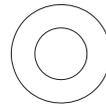
(61) M10 nut-9PCS

(62) washer D10-9PCS

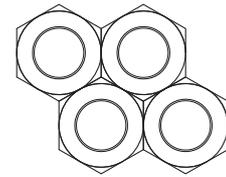
STEP 2



(59) Square neck bolt M10*65 -4PCS

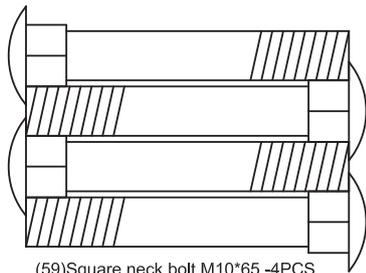


(62) washer D10-4PCS

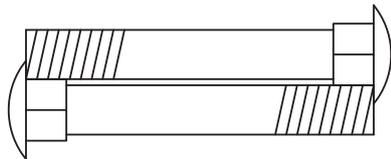


(61) M10 nut-4PCS

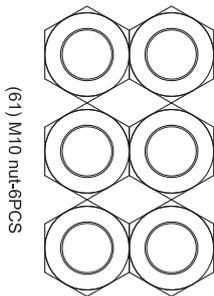
STEP 3



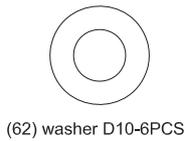
(59) Square neck bolt M10*65 -4PCS



(60) Square neck bolt M10*70 -2PCS

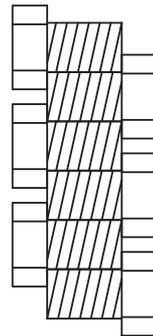


(61) M10 nut-6PCS

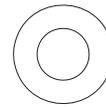


(62) washer D10-6PCS

STEP 4



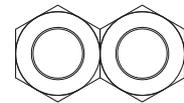
(53) bolt M10*15 -6PCS



(62) washer D10-2PCS

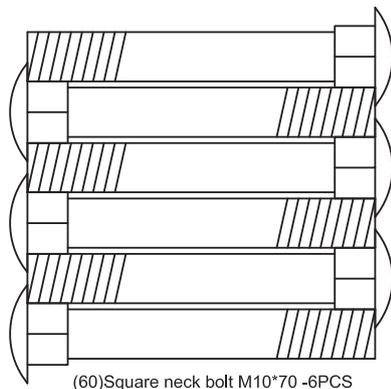


(58) bolt M10*80 -2PCS

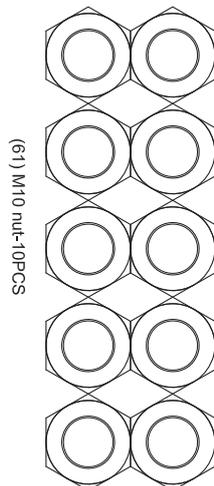


(61) M10 nut-2PCS

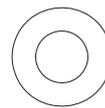
STEP 5



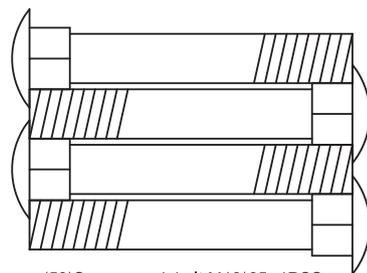
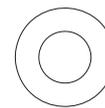
(60) Square neck bolt M10*70 -6PCS



(61) M10 nut-10PCS



(62) washer D10-10PCS



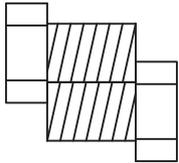
(59) Square neck bolt M10*65 -4PCS

JY01 Hardware pack 2

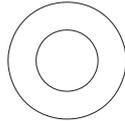
STEP 6



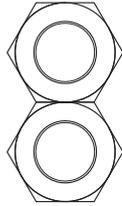
(59) Square neck bolt M10*65 -2PCS



(53) bolt M10*15 -2PCS

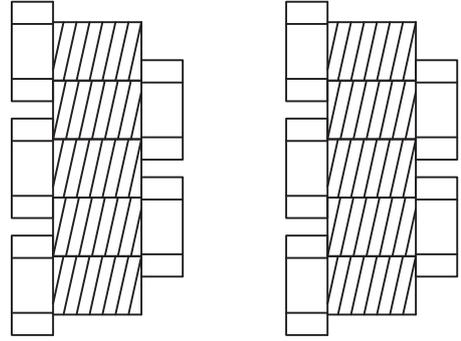


(62) washer D10-2PCS



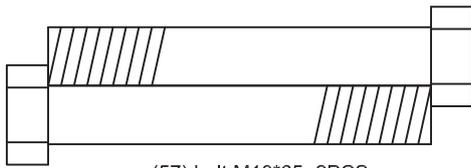
(61) M10 nut-2PCS

STEP 7

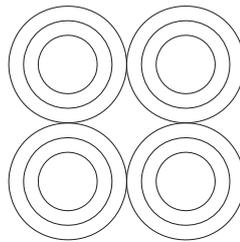


(53) bolt M10*15 -10PCS

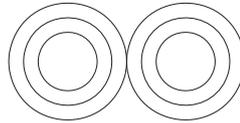
STEP 8



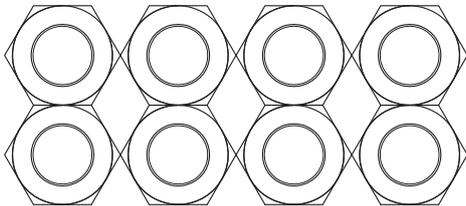
(57) bolt M10*65 -2PCS



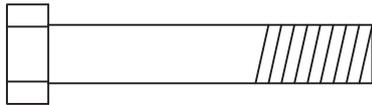
(46) powder metallurgy sleeve-long -4PCS



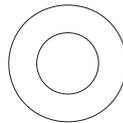
(45) powder metallurgy sleeve-short -2PCS



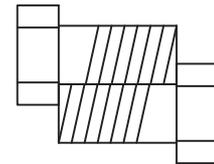
(61) M10 nut-8PCS



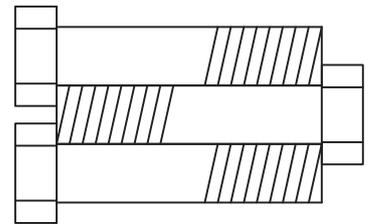
(56) bolt M10*55 -1PC



(62) washer D10-3PCS

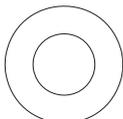


(54) bolt M10*20 -2PCS

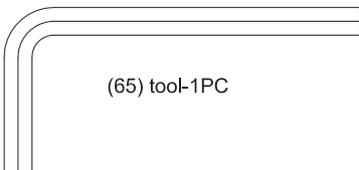


(55) bolt M10*45 -3PCS

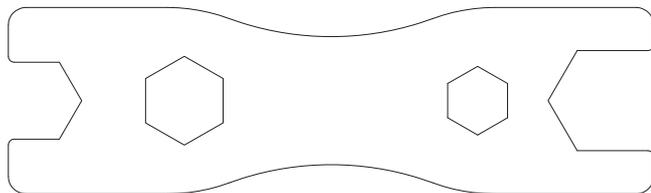
STEP 9



(62) washer D10-3PCS
spare parts



(65) tool-1PC



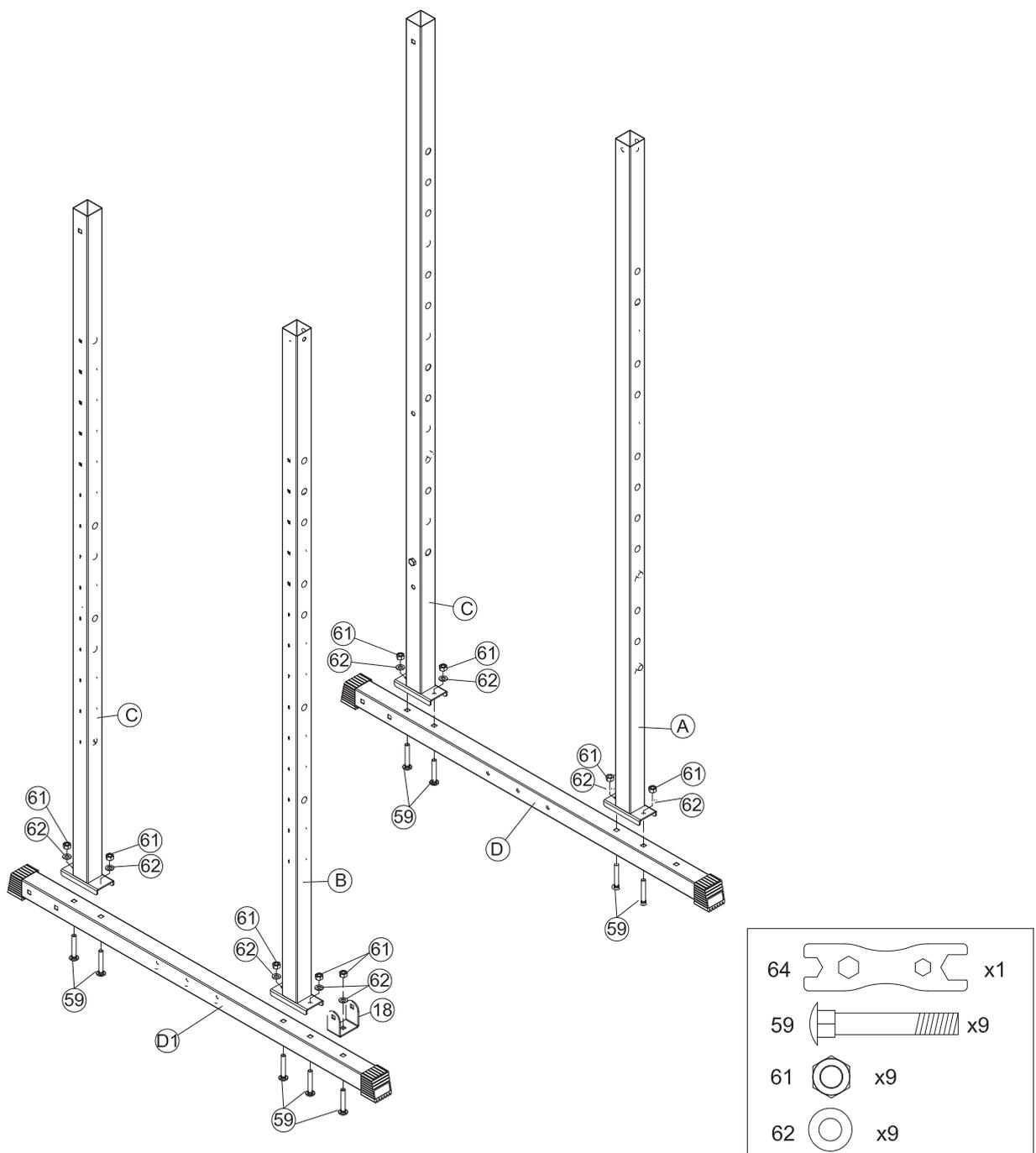
(64) tool-2PCS

Installation Instructions

Step 1

- First, attach the right front pillar (A) and rear pillar (C) to the ground pipe (D) using M10*65 bolts (59), M10 nuts (61), and D10 flat washers (62).
- Secure the left front pillar (B), rear pillar (C), and U-seat of the barrel (18) to the ground pipe (D1) using M10*65 bolts (59), M10 nuts (61), and D10 flat washers (62).

Note: During this pre-assembly, only tighten the nuts securing the U-seat of the barrel. Do not tighten the other 8 nuts at this stage.

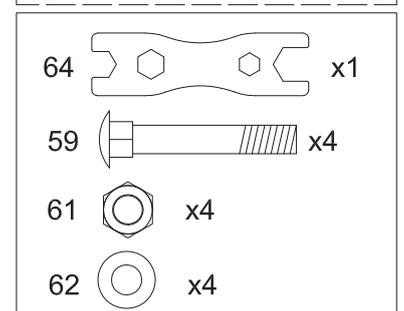
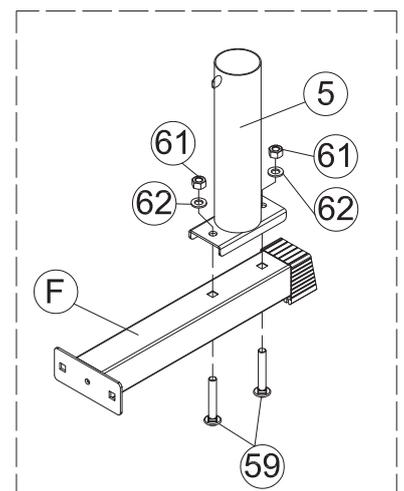
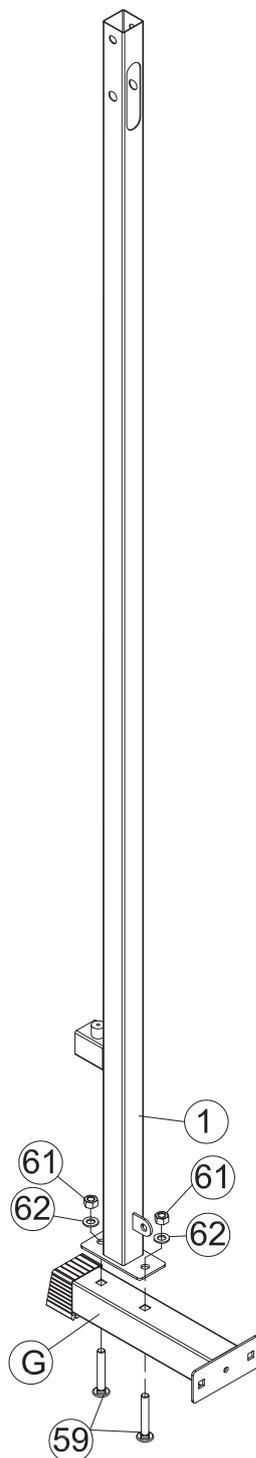


Installation Instructions

Step 2

- First, secure the barbell storage rack (5) to the weight storage rack base (F) using M10*65 bolts (59), M10 nuts (61), and D10 flat washers (62).
- Secure the telescopic inner tube (1) to the telescopic fixed tube (G) using M10*65 bolts (59), M10 nuts (61), and D10 flat washers (62).

Note: Tighten all nuts during this step.

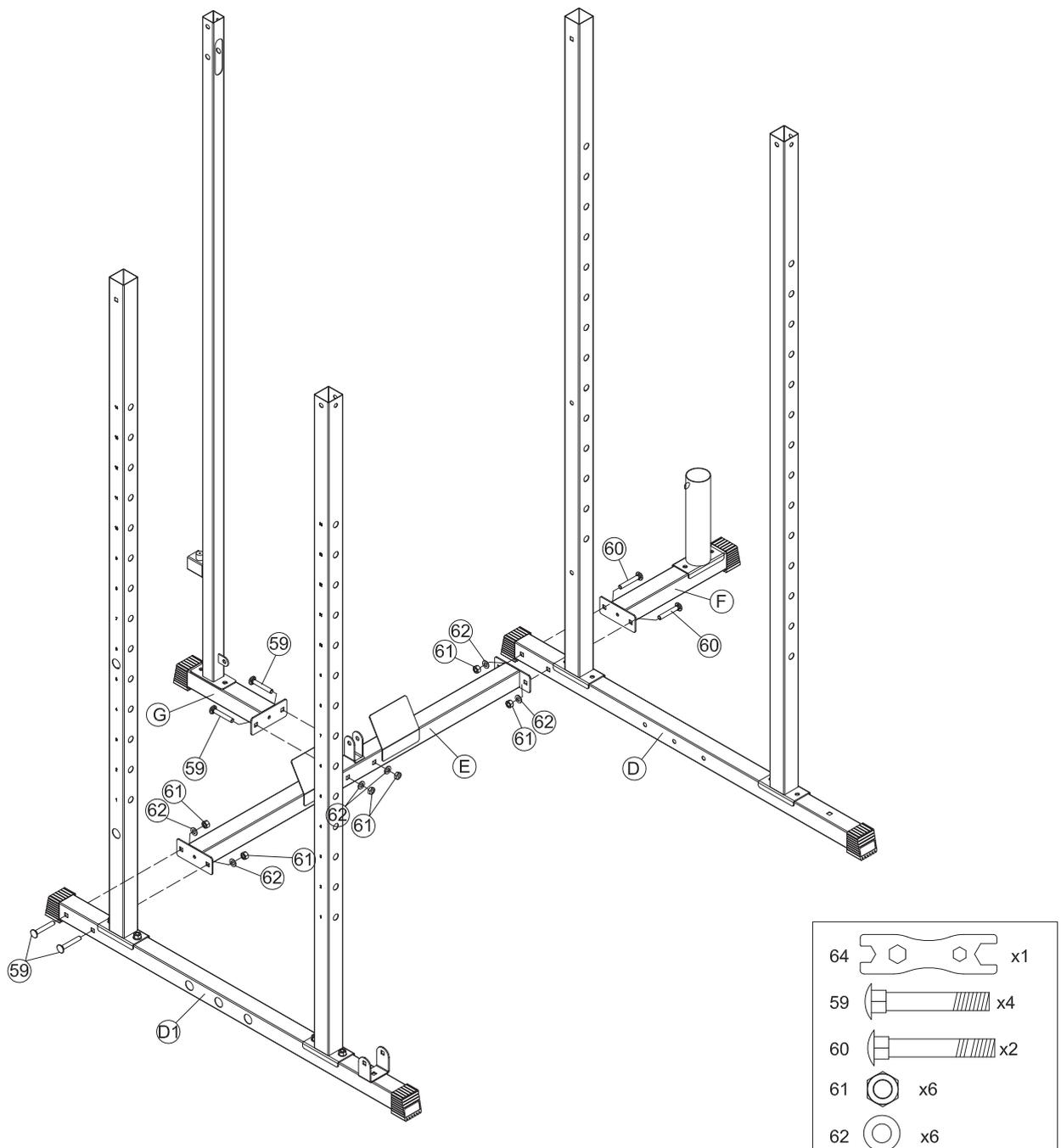


Installation Instructions

Step 3

- Secure the ground pipes (D and D1), rear under frame (E), and weight storage rack base (F) using M10*70 bolts (60), M10 nuts (61), and D10 flat washers (62).
- Secure the ground pipes (D and D1) and rear under frame (E) using M10*65 bolts (59), M10 nuts (61), and D10 flat washers (62).
- Secure the telescopic fixed pipe (G) and rear under frame (E) using M10*65 bolts (59), M10 nuts (61), and D10 flat washers (62).

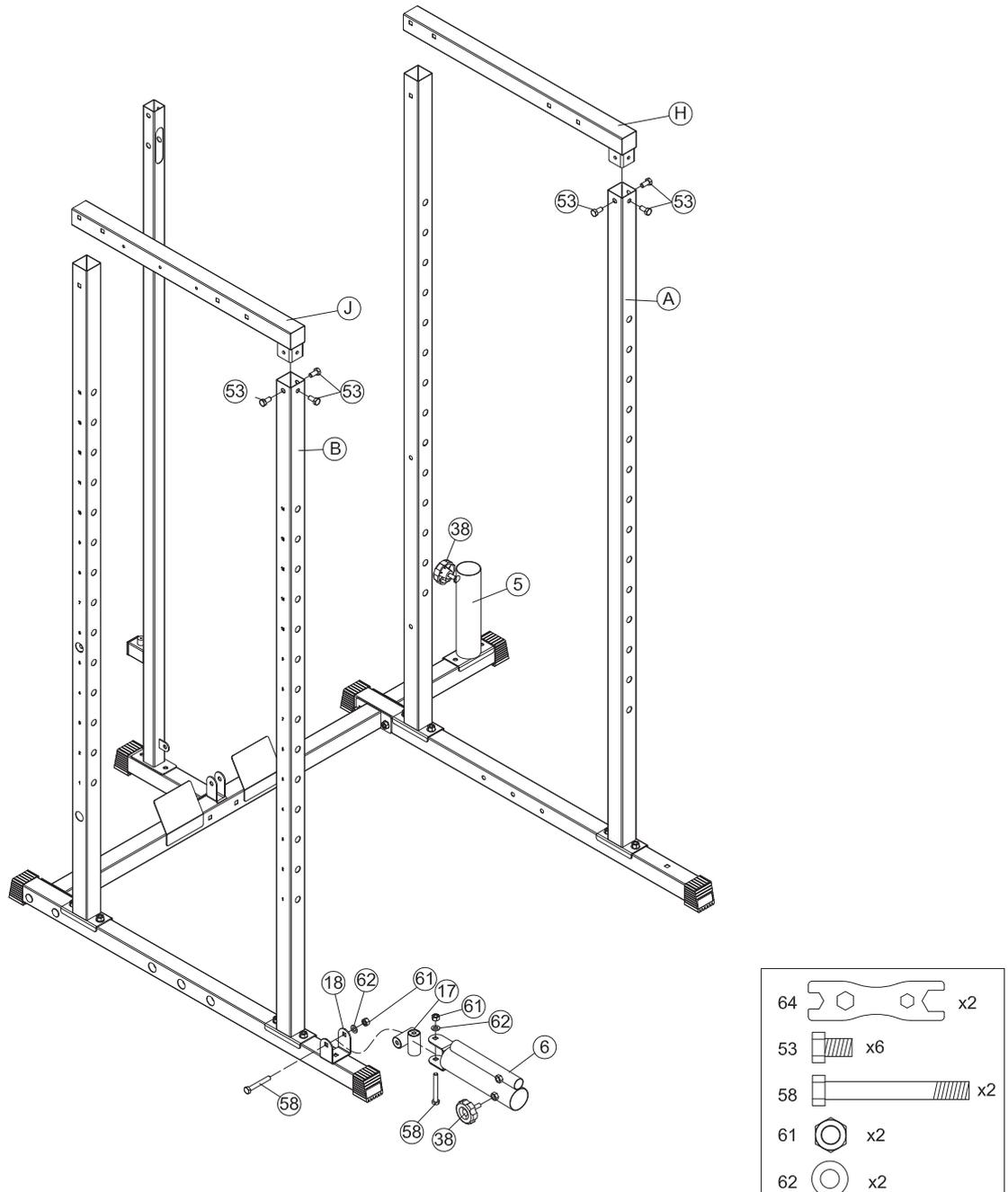
Note: Tighten all nuts during this step.



Installation Instructions

Step 4

- First, insert the right top frame (H) into the right front pillar (A) and secure it using M10*15 bolts (53). Then, insert the left top frame (J) into the left front pillar (B) and secure it using M10*15 bolts (53).
 - Secure the barrel switching (17) to the U-seat of the barrel (18) using M10*80 bolts (58), M10 nuts (61), and D10 flat washers (62).
 - Secure the landmine tube (6) to the barrel switching (17) using M10*80 bolts (58), M10 nuts (61), and D10 flat washers (62).
 - Install the knob (38) onto the barrel storage rack (5) and the landmine tube (6).
- Note: Tighten all bolts during this step.

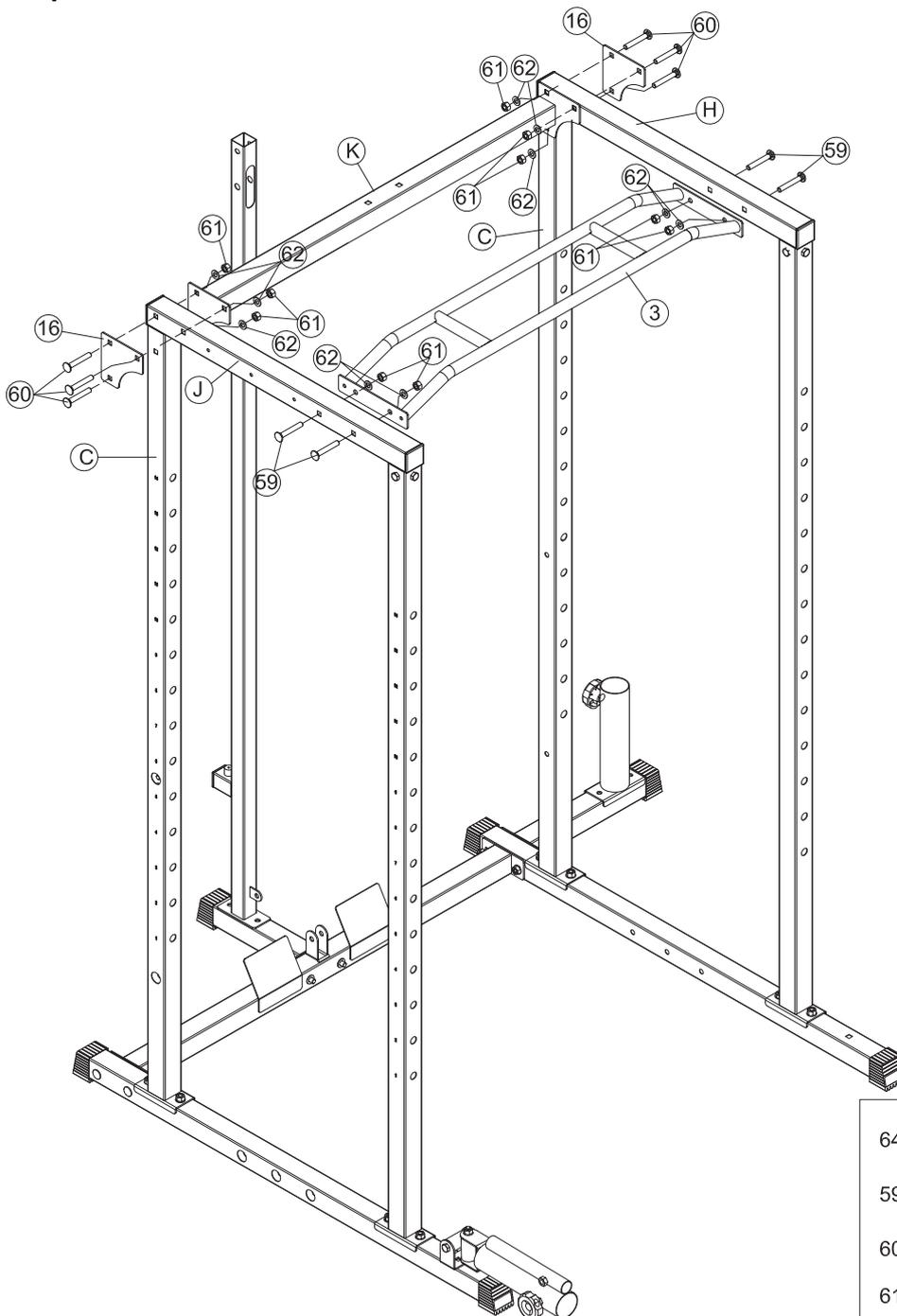


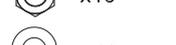
Installation Instructions

Step 5

- Use the top cross frame (K) and right-angle connecting plates (16) to secure the right top frame (H), left top frame (J), and rear pillar (C) using M10*70 bolts (60), M10 nuts (61), and D10 flat washers (62), then tighten them.
- Secure the pull-up bar (3) to the right top frame (H) and left top frame (J) using M10*65 bolts (59), M10 nuts (61), and D10 flat washers (62).

Note: Tighten all bolts and nuts during this step; then fully tighten all bolts and nuts in Step 1.



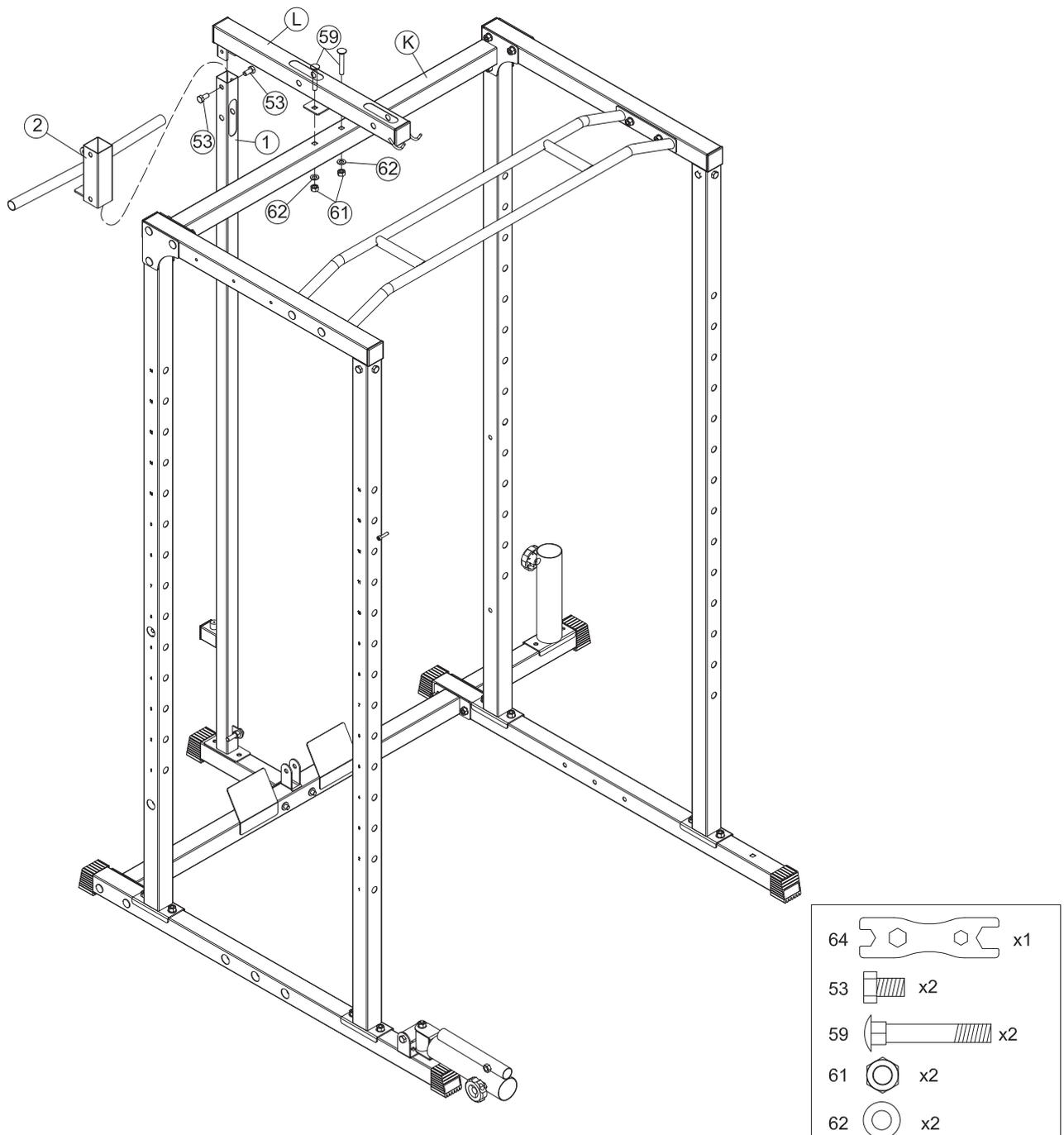
64		x1
59		x4
60		x6
61		x10
62		x10

Installation Instructions

Step 6

- Insert the telescopic outer tube set (2) into the telescopic inner tube (1).
- Attach the telescopic tube top frame (L) to the inner tube (1) and secure it using M10*15 bolts (53).
- Attach the telescopic tube top frame (L) to the top cross frame (K) using M10*65 bolts (59), M10 nuts (61), and D10 flat washers (62).

Note: Tighten all bolts and nuts during this step.

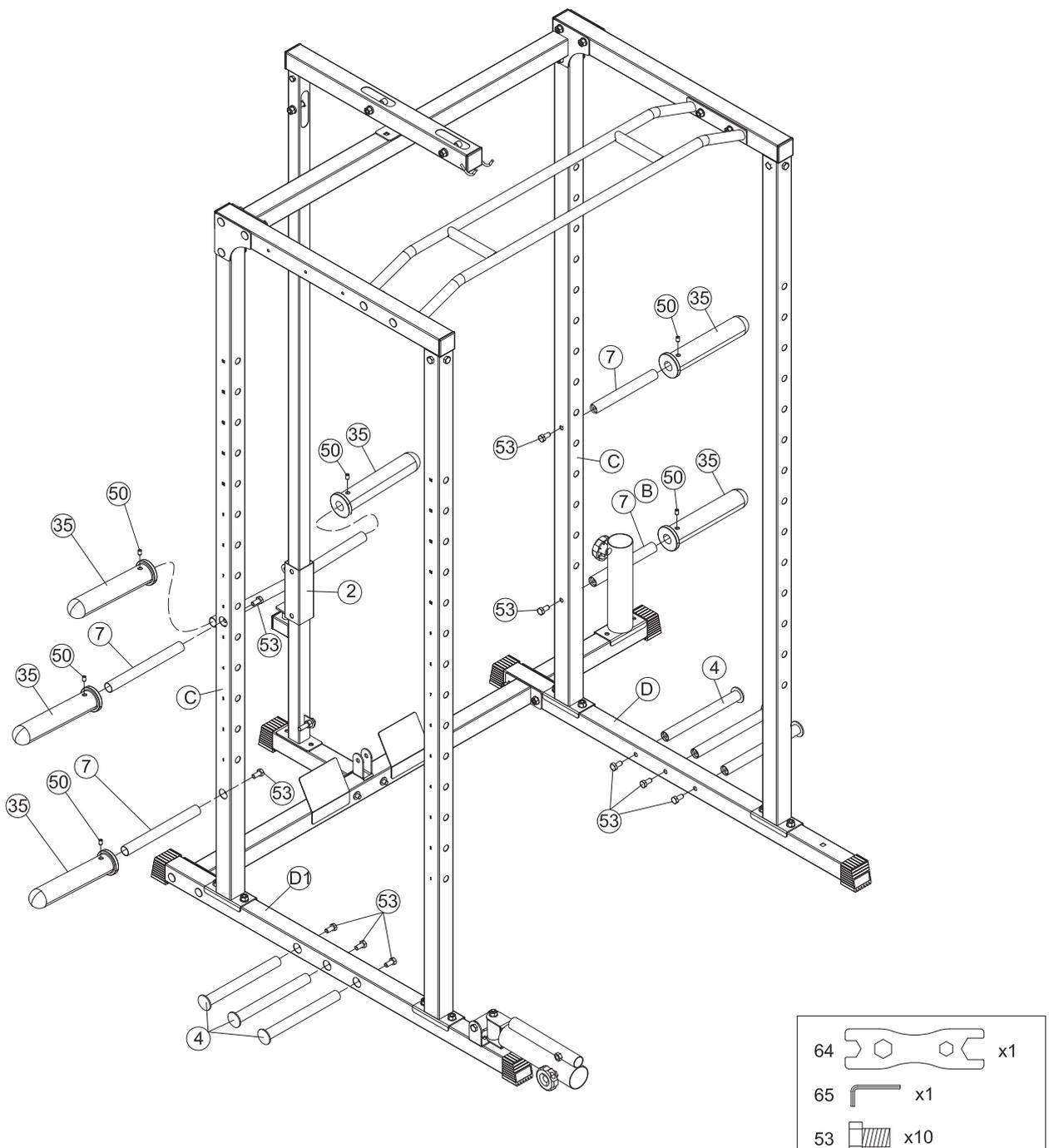


Installation Instructions

Step 7

- Insert the banded pegs (4) into the ground pipes (D and D1) and secure them using M10*15 bolts (53).
- Insert the weight storage rack (7) into the rear pillar (C) and lock it with M10*15 bolts (53).
- Insert the weight storage bar (35) into the weight storage rack (7) and the telescopic outer tube group (2), then tighten it with the allen wrench (65).

Note: Tighten all bolts and nuts during this step.

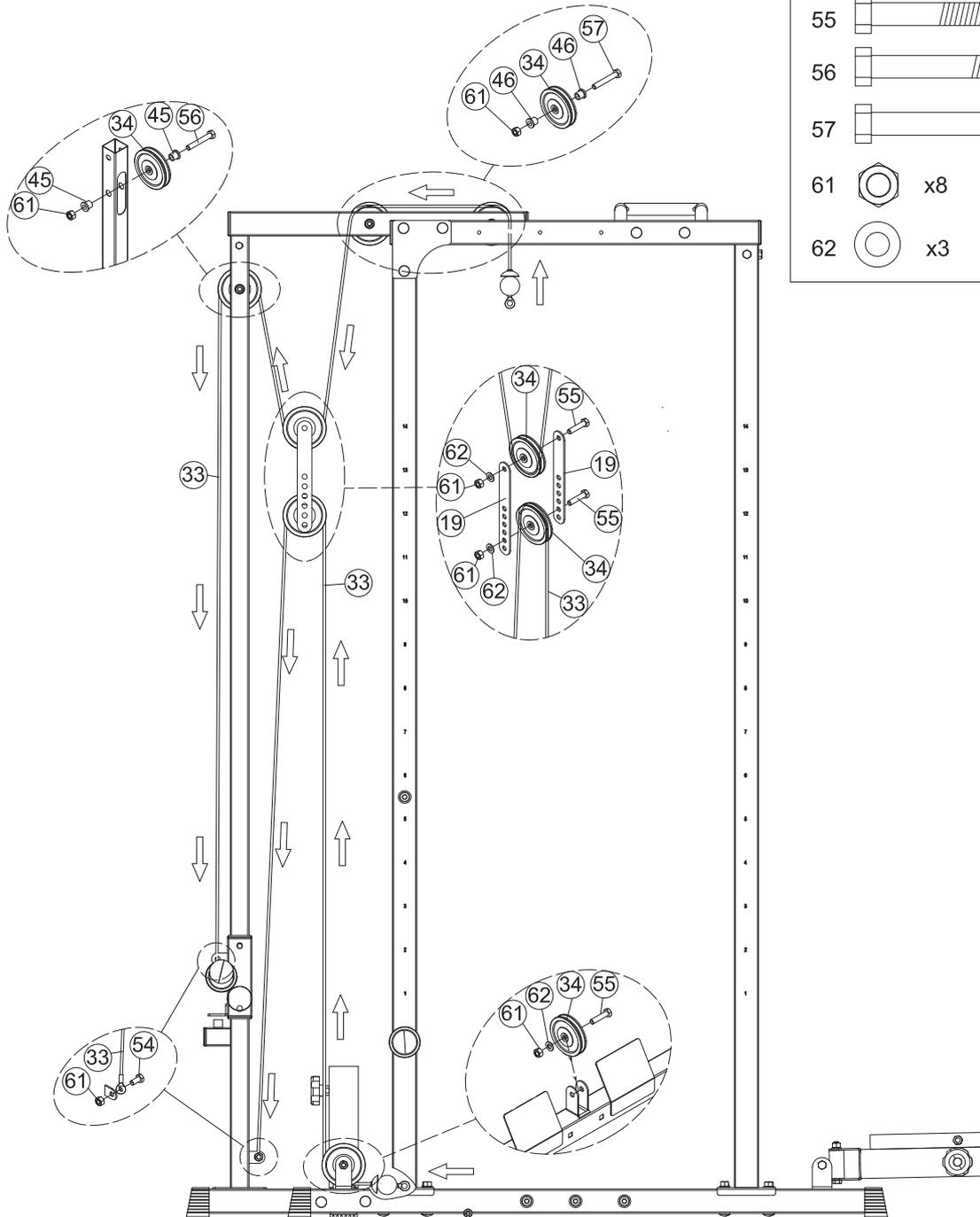


Installation Instructions

Step 8

- First, thread the pulley rope (33) as shown in the arrow.
- Install the pulley (34) as shown.
- Secure the pulley rope (33) to the equipment.

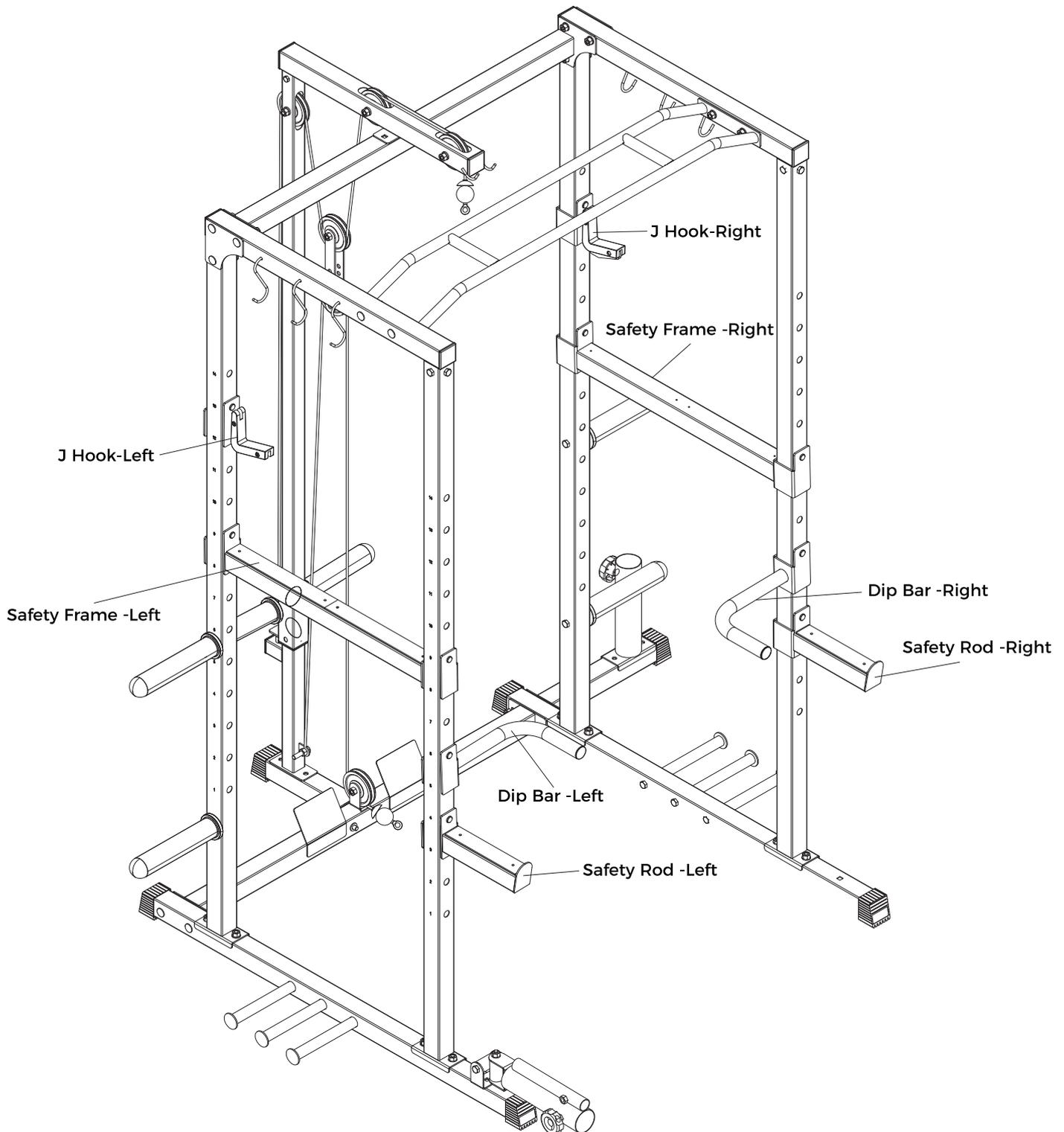
Note: Tighten all bolts and nuts during this step.



Installation Instructions

Step 9

- Install the extension accessories.



Warranty

We offer a 1-year warranty for this product, including free replacements for all accessories.

For replacement parts or support, please contact us through Amazon.

(Log in to your Amazon account > go to 'Your Orders' > find the order ID > click 'Contact Seller').

Or email us at support@sportsroyals.com.

Our customer service will respond within 24 hours.

To resolve your issue faster, please include the following information in your email.

Order Number

Product

Issue

Request

Address

Phone Number

SPORTSROYALS

**CUSTOMER SUPPORT:
support@sportsroyals.com**