Please use your phone's camera scans the QR code for video guidance.

Customer Service SMS Contact Information

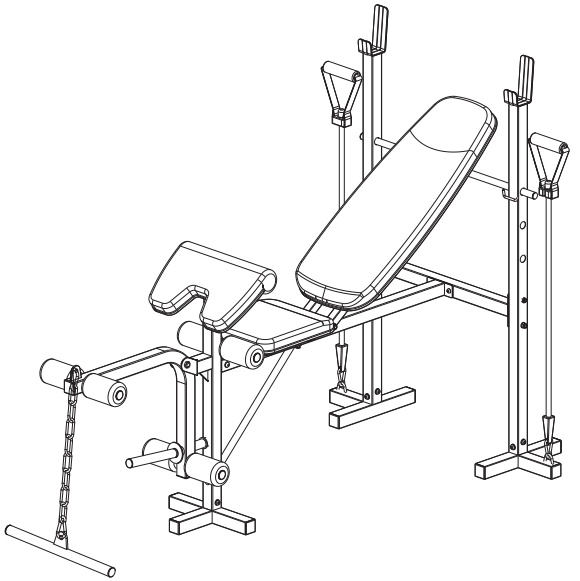
If you need to return the item,
please contact us for return information and process.

support@harisonfitness.com
+1(800)865-2125



USER'S MANUAL

HR–G30813



WARNING!

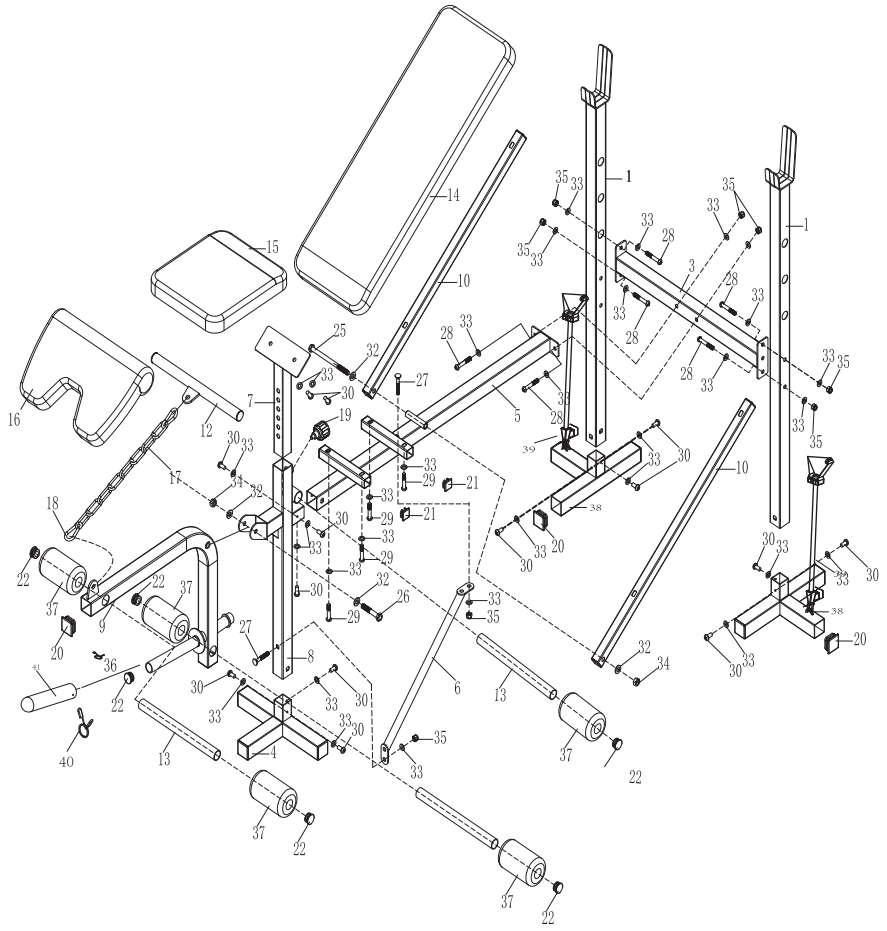
Please read the instructions carefully before using the equipment

Significant common sense for safety

Please carefully keep the instruction booklet so as to look it up when necessary in the future. Some matters need to be paid attention to
Although safety considerations have been taken into account in the design and production of the training equipment. Whereas, there are still some safety precautions to be followed during the operation. Please read the operation booklet carefully before assembling and using the training equipment, especially the following safety precautions:

1. Keep children and pets away from the training equipment, and never leave the unattended children alone in the room where the training equipment is placed.
2. The training equipment can only be used by one person at the same time.
3. If the user feels dizziness, nausea, chest tightness or other uncomfortable symptoms, he or she should immediately stop using and go to see a doctor immediately
4. The training equipment should be placed on a clean and flat floor, and shall not be used near ·the water area or outdoors.
5. Hands should not be close to any transmission parts when in use.
6. When using the training equipment, dress appropriately for the training. Do not wear loose or other kinds of clothes which may get stuck during the training.
7. During the use of the training equipment, one can only take training in accordance with the way described in the operation instructions, and it is forbidden to train in away not mentioned in the instructions.
8. Avoid putting anything with sharp points around the training equipment.
9. Any disabled person shall not use the training equipment without the supervision of a training partner or a care giver.
10. Before training, you usually need to warm up by stretching.
11. If the training equipment has abnormal function, do not use it.
12. Keep training records at any time during the training.
13. The training equipment is not suitable for being used as medical equipment.

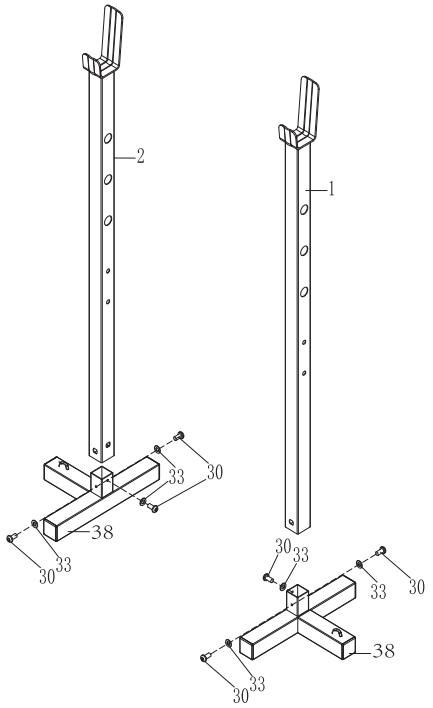
Explosive View



List of Spare Components

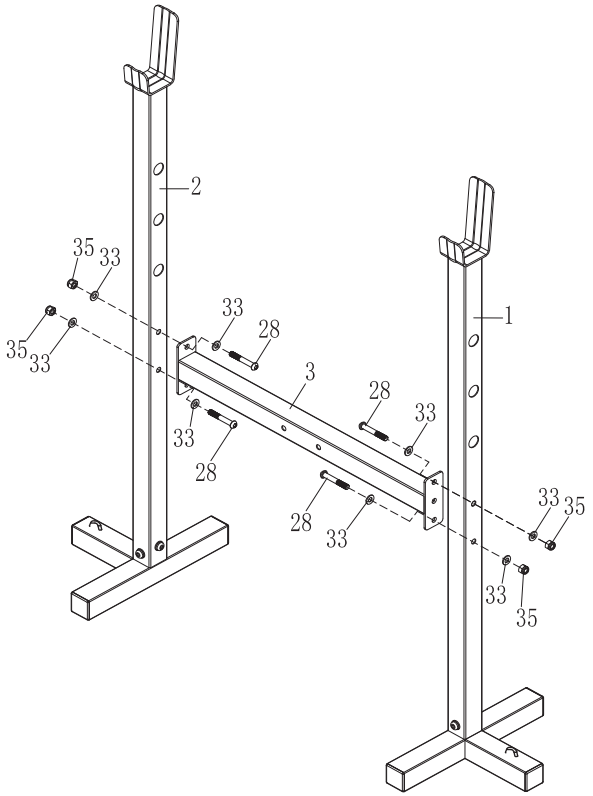
No.	Name and Specification	Qty.	No.	Name and Specification	Qty.
1	Rear column tube	2	22	Φ 25 Round pipe plug	7
2	N/A	0	23	Φ 19 Round pipe plug	2
3	Rear transverse tube assembly	1	24	Cushion	1
4	Front pin assembly	1	25	Hexagon bolt M10*135	1
5	Main frame assembly	1	26	Hexagon bolt M10*60	1
6	Stiffener assembly	1	27	Pan head square neck bolt M8*50	2
7	Hand cushion adjustment assembly	1	28	Hexagon socket pan head bolt M8*50	6
8	Front column tube assembly	1	29	Hexagon socket pan head bolt M8*40	8
9	Hook leg tube assembly	1	30	Hexagon socket pan head bolt M8*15	14
10	Backrest canal	2	31	Cross recessed pan head screws M6*20	1
11	imit tube assembly	1	32	Flat gasket Φ10	4
12	Low draw assembly	1	33	Flat gasket Φ8	36
13	Sponge rod tube	3	34	Lock nut M10	2
14	Back pad assembly	1	35	Lock nut M8	8
15	Cushion assembly	1	36	Small clip spring	1
16	and mat assembly	1	37	Sponge stick	4
17	Eight-link chain	1	38	Rear pin assembly	2
18	Lock catch	2	39	Pull rope	2
19	Adjusting knob	1	40	Large clamping spring	1
20	Square tube plug 38*38	11	41	Barbell cover	1
21	25*25 Square tube plug	8			
TOOL					
	Open end wrench 13# 17#	1		Hex key 5#	1

Assembly Instruction



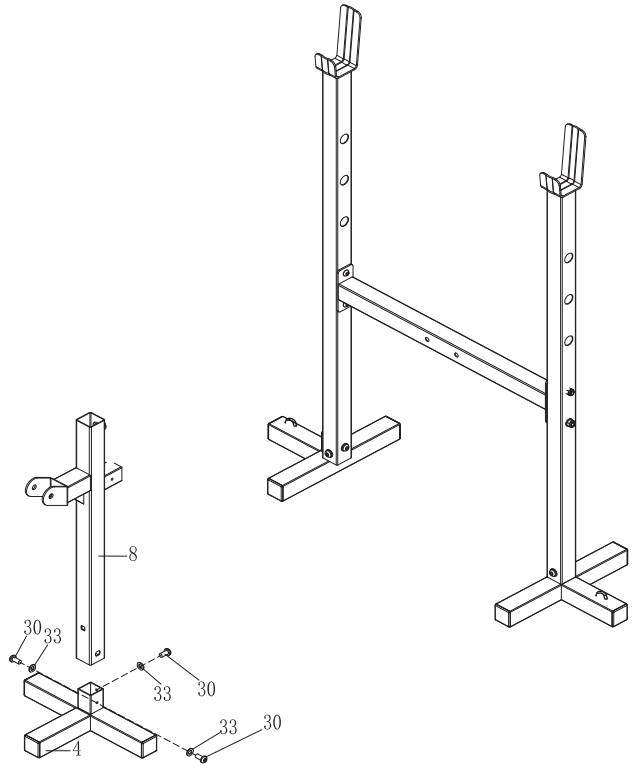
Step 01

1. Insert the left rear pillar assembly (1) into the correspon ding hole of the rear foot assembly (38) according to the figure, and lock it with M8*15 pan head hexagon bolt (30) and Φ8 flat washer (33).



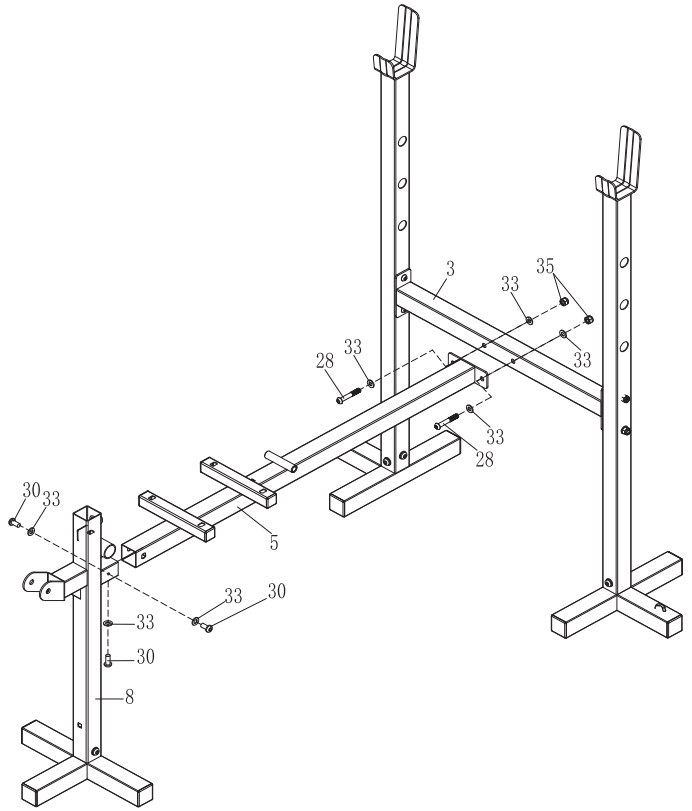
Step 02

1. Align the rear horizontal tube assembly (3) with the holes in the left rear column assembly (1) and right rear column assembly (2) as shown in the figure. Use M8*50 pan head hexagon bolts (28), Φ8 flat washers (33), and M8 locknut (35) to lock.



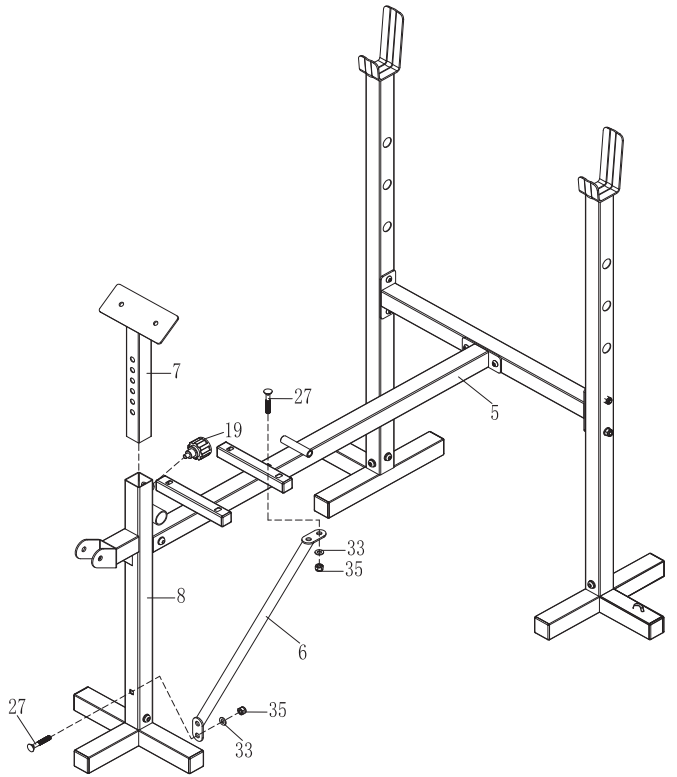
Step 03

1. Insert the front column assembly (8) into the corresponding hole of the pin assembly (4) according to the figure, and lock it with M8*15 pan head hexagon bolt (30) and Φ8 flat washer (33).



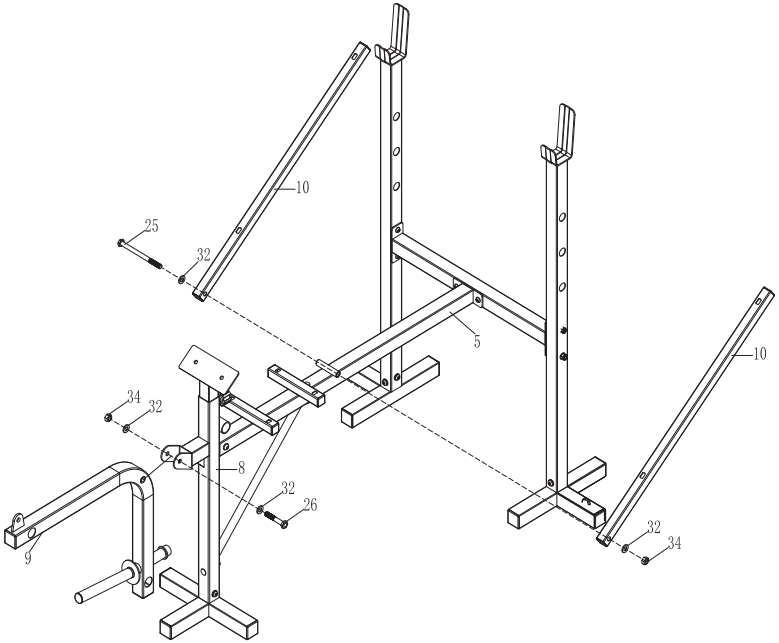
Step 04

1. insert the main frame assembly (5) into the short tube of the front post assembly (8), using M8*15 pan head hexagon bolt (30). Middle 8 flat pad (33) lock does not lock tight. Align the main frame assembly (5) with the holes in the rear transverse tube assembly (3) and lock without locking with M8*50 pan head hexagon bolt (28), middle 8 flat washer (33), and M8 locknut (35).



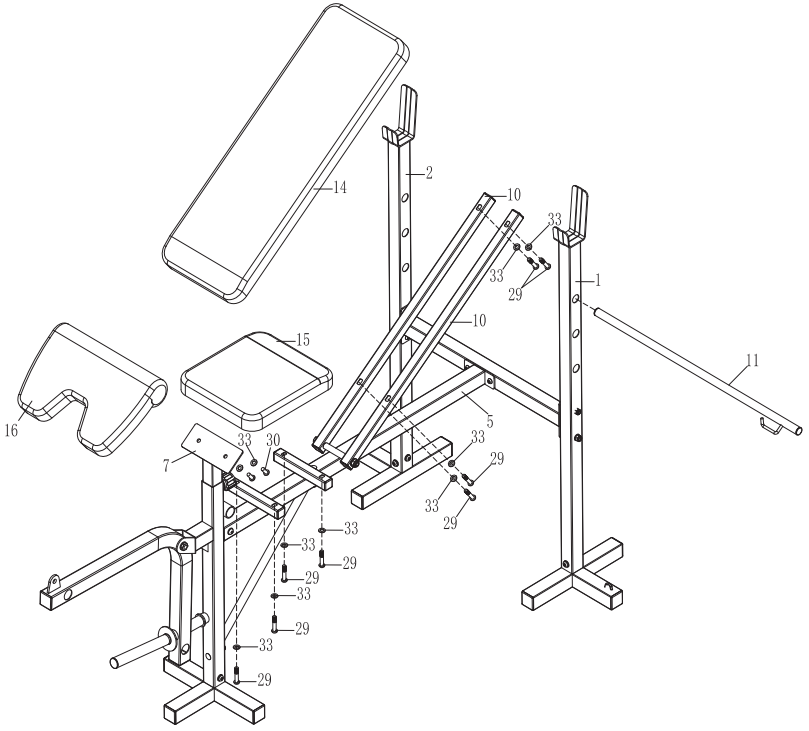
Step 05

1. Lock the reinforcing tube assembly (6) to the corresponding holes of the front column assembly (8) and the main frame assembly (5) with M8*50 pan head square neck bolt (27), Φ8 flat washer (33) and M8 locknut (35) according to the figure.
2. Insert the hand cushion adjustment assembly (7) into the tube of the front column assembly (8) according to the figure, and lock it with the adjustment knob (19) .
3. Adjust the machine level and lock all bolts and nuts.



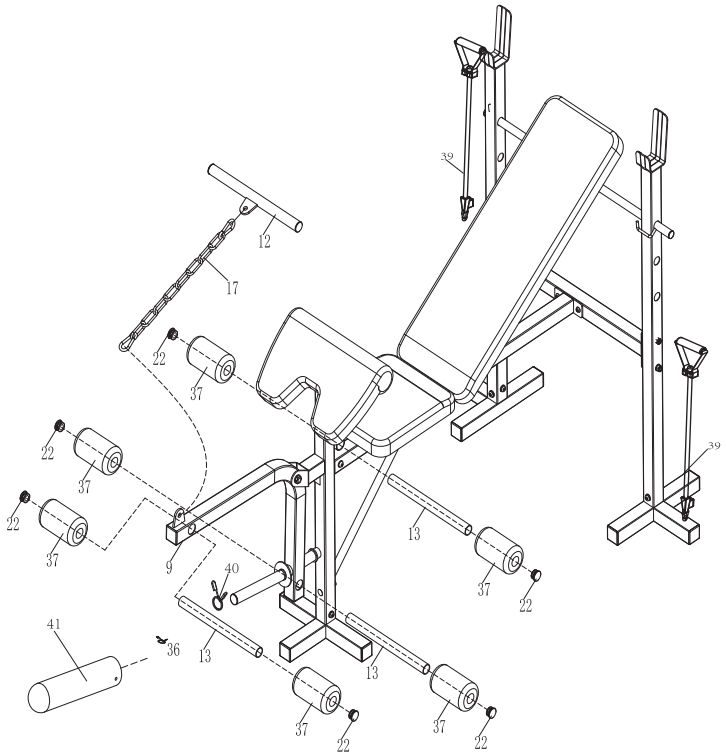
Step 06

1. Align the hook leg tube assembly (9) with the U-shaped seat hole of the front column assembly (8) as shown in the figure, and lock it tightly with M10*60 hexagon bolts (26), Φ10 flat washers (32), and M10 locknut (34).
2. Align the backrest tube (10) with the casing hole of the main frame assembly (5) according to the figure, and lock it tightly with M10*135 hex bolts (25), Φ10 flat washers (32), and M10 locknut (34).



Step 07

1. Insert the limit tube assembly (11) into the corresponding holes of the left rear column assembly (1) and the right rear column assembly (2) as shown in the figure. Then, align the cushion assembly (14) with the hole of the backrest tube (10) as shown in the figure, and lock it with M18*40 hexagon pan head bolts (29) and Φ8 flat washer (33).
2. Align the seat assembly (15) with the main frame assembly (5) hole as shown in the figure, and lock it with M18*40 pan head hexagon bolts (29) and Φ8 flat washers (33).
3. Align the cushion assembly (16) with the cushion adjustment assembly (7) hole as shown in the figure, and lock it with M18*15 pan head hexagon bolts (30) and Φ8 flat washers (33).



Step 08

1. Insert the sponge rod tube (13) into the corresponding holes of the front column assembly (8) and the hook leg tube assembly (9) respectively according to the figure. Install the sponge rod tube (13) at both ends and insert the sponge rod (37) into the pipe port with the Φ25 round tube plug (22).
2. Assemble the low pull assembly (12), eight ring chain (17), and lock the pull rope (39) according to the figure. Pull (39) assemble on hook leg tube assembly (9) with small spring(36) lage spring (40) barbell sleeve (41) as shown.
3. After the assembly is complete, check whether the screws are locked.

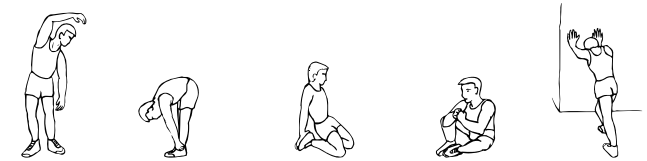
Training Instruction

Using this product can strengthen your physique, improve muscle endurance, and aid in weight loss when combined with a balanced diet.

Warm-up Before training:

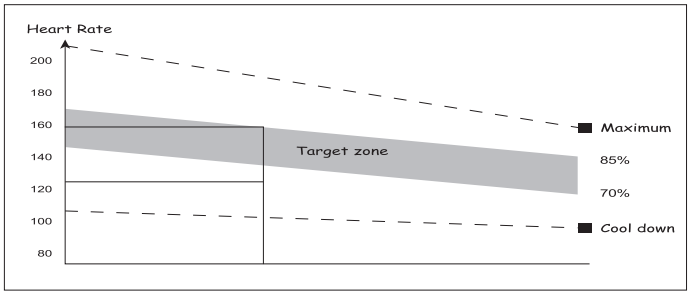
Warming up enhances blood circulation, helps muscles reach an optimal training state, and reduces the risk of cramping or muscle strain.
Before each workout, perform warm-up exercises based on the following suggested methods. Hold each stretch for at least 30 seconds and avoid intense stretching to prevent muscle damage.
Stop exercising immediately if you feel pain or muscle strain.

Suggested Warm-Up Exercises:



Training stage:

This is the main workout phase, where regular training can improve leg flexibility and overall endurance.
To maximize results:
·Maintain a stable training intensity that suits your fitness level.
·Keep your heart rate within the target range(as shown in the table).



In order to keep the heart rate within the corresponding target range, users should continue to train for at least 12 minutes, and most users should continue to train for 15-20 minutes at the beginning of training.

Recovery Stage After Training:

The recovery stage is essential for gradually cooling down the body and preventing muscle strain.
Key steps for recovery:

- Repeat the warm-up exercises but at a slower pace and reduced intensity for about 5 minutes.
- This helps regulate body temperature, relax muscles, and prevent stiffness.
- Avoid intense stretching immediately after training to prevent muscle injury. Progress & raining Frequency.
- As your body adapts, gradually increase training time and intensity.
- Aim to train at least 3 times a week for optimal results. If possible, track your progress by recording your weekly training levels.

HARISON FITNESS LTD (USA)
Address: 532 S Hicks Rd, Palatine, IL 60067
Phone: +1(800)865-2125
E-Mail: support@harisonfitness.com