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

Customer Service

Using Video

Installation Video

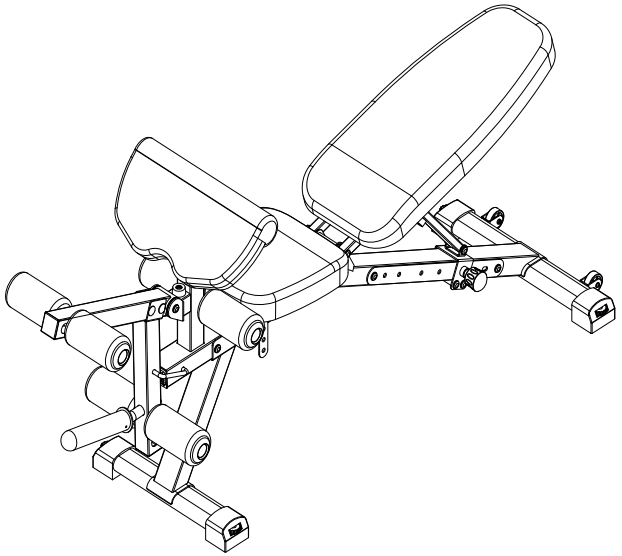
If you need to return the item,
please contact us for return information and process.

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



USER'S MANUAL

HR–609Black



WARNING!

Please read the instructions carefully before using the equipment

Important Precautions

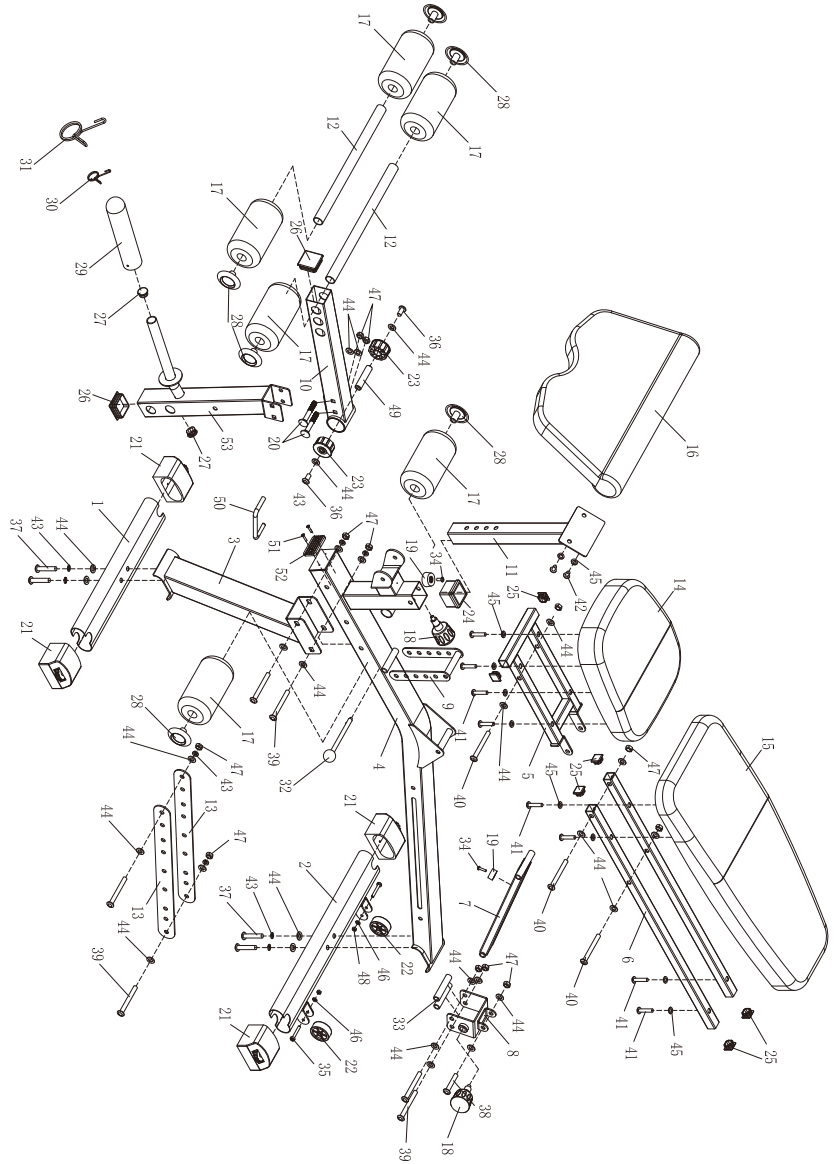
Please keep the manual properly for future reference.

Precautions

Although safety precautions of the training equipment have been taken into the account as much as possible in the design and manufacture, there are still some security precautions to be observed in the operation process. Please read the manual carefully before assembling and using the training equipment, especially the following safety precautions:

1. Avoid keeping children and pets close to the training equipment, and do not leave unattended children alone in the room where the training equipment is placed.
2. The training equipment is available to only one person at the same time.
3. If the user has dizziness, nausea, chest tightness or other uncomfortable symptoms, please stop using, and consult a doctor immediately.
4. The training equipment should be placed on a neat and flat surface. It cannot be used near the water source or outdoors.
5. Hands should not be close to any transmission parts when using.
6. When using the training equipment, clothes should be suitable for training, do not wear large or other types of clothes that may get stuck during training, it is also recommended to wear sports shoes or health shoes as far as possible.
7. In the using process, the training methods which only can be used is what mentioned in the operation instruction, and it is forbidden to use the training way not mentioned.
8. Avoid to place anything with sharp parts around the training equipment.
9. No disabled person shall use the training equipment without the guardianship of accompanying trainers or caregivers.
10. Doing stretching exercises to warm up before using.
11. It is forbidden to use if the training equipment function is abnormal.
12. Keep the training record at any time during the process.
13. The training equipment is not suitable for medical equipment.

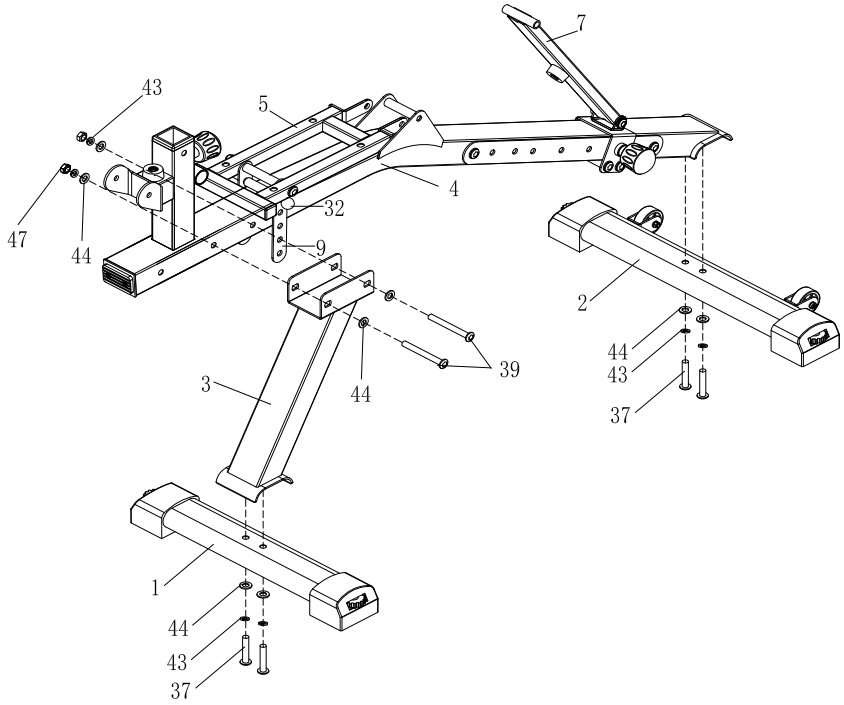
Exploded Drawing



Part List

Number	Name and Specification	Amount	Number	Name and Specification	Amount
1	Forefoot pipe weldment	1	28	25 tube end cover plug	6
2	Rear foot pipe weldment	1	29	Barbell sleeve	1
3	Front support weldment	1	30	Small clip spring	1
4	Seat cushion frame	1	31	Large clamp spring	1
5	Cushion frame	1	32	Ball head bolt	1
6	Cushion pipe	2	33	Casing pipe	2
7	Support pipe weldment	1	34	Cross recessed pan head screw M6*20	1
8	Adjusting connecting frame	1	35	Cross recessed pan head screw M6*40	2
9	Cushion adjusting frame	1	36	Inner hexagonal pan head bolt M10*20	2
10	Hook leg frame	1	37	Inner hexagonal pan head bolt M10*55	4
11	Hand cushion regulating tube	1	38	Inner hexagonal pan head bolt M10*65	1
12	Sponge tube	3	39	Inner hexagonal pan head bolt M10*95	6
13	Regulating plate	2	40	Inner hexagonal pan head bolt M10*150	3
14	Cushion	1	41	Inner hexagonal pan head bolt M8*40	8
15	Cushion	1	42	Inner hexagonal pan head bolt M8*15	2
16	Hand cushion	1	43	Bul let pad M10	11
17	Sponge rod	6	44	Flat pad Φ10	26
18	Elastic pin	2	45	Flat pad Φ8	10
19	Shock absorber pad	1	46	Flat pad Φ6	2
20	Pan head square neck bolt (M10*70)	2	47	Locknut M10	10
21	Feat cover	4	48	Locknut M6	2
22	Roller wheel	2	49	Rotating shaft	1
23	Plastic shaft sleeve	2	50	U-shaped round steel	1
24	Pipe bushing	1	51	Cross countersunk screw4.2*20	2
25	25 square pipe plug	6	52	Shims	1
26	50 square pipe plug	2	53	Hook legs off the	1
27	25 pipe plug	2	54		
	Wrench13#17#	1		Inner hexagonal wrench 5#	1
	Inner hexagonal wrench 6#	1			

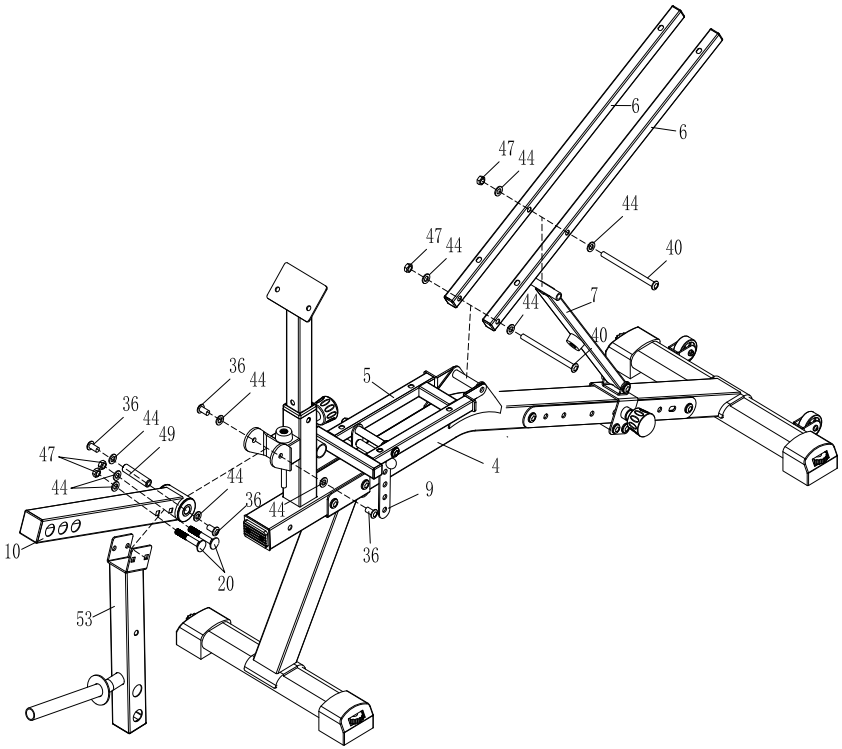
Assembly Instructions



Step 01

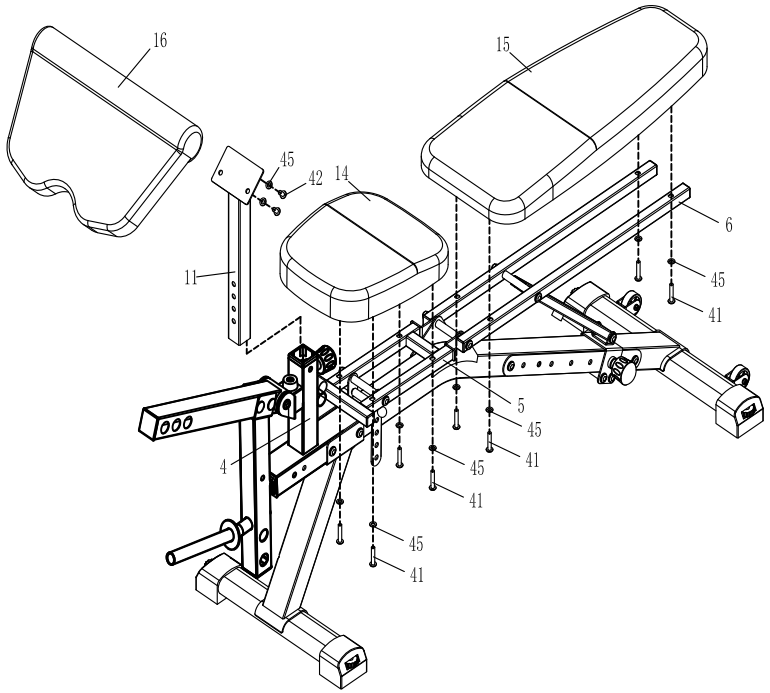
1. Place the front support welds (3) and seat cushion frame (4) according to the drawing, and lock them firmly with M10*95 hex pan bolts (39), Φ10 flat washer (44) spring washer M10 (43), and M10 locknut (47).
2. Place the seat cushion bracket (4) with the front foot tube welds (1) and the rear foot tube welds (2) according to the figure, and lock them with M10*55 hex head bolt (37) and Φ10 flat washer (44) spring washer M10 (43).
3. Align the seat cushion bracket (5) with the seat cushion adjustment bracket (9) and seat cushion bracket (4) holes according to the figure, and fix it with the ball head latch (32).

Note: When the whole body is adjusted to the balance state, then the corresponding bolts and nuts are locked.



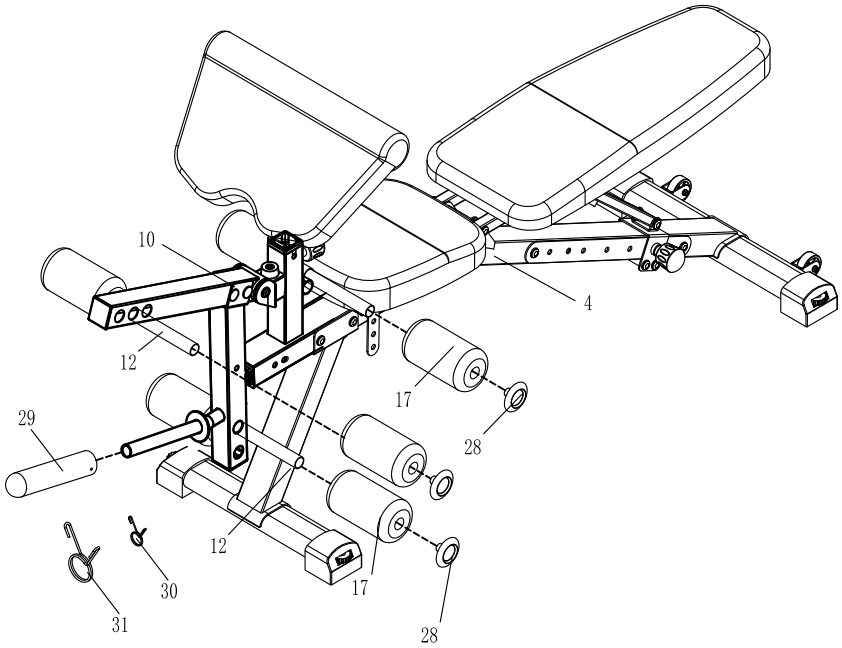
Step 02

1. Assemble the rotating shaft (49) on the hook leg shelf (10) with M10*20 hex pan bolts (36) and Φ10 flat pad (44) to assemble the seat cushion rack (4), and lock and fix the two;
2. Remove the hook leg from the shelf (53) according to the figure, and assemble it on the hook leg shelf (10) with M10*170 square neck pan bolt (20), Φ10 flat washer (44) and M10 nut (47).
3. Align the cushion tube (6) with the seat cushion stand (5) and the seat cushion stand (4) holes according to the drawing, and lock it with 10*150 hex pan bolts (40), with 10 flat pads (44) and M10 nut (47).
4. Align the support weldment (7) with the seat cushion frame (4) hole, and lock it with 10*150 hex pan bolt (40), Φ10 flat washer (44) and M10 nut (47).



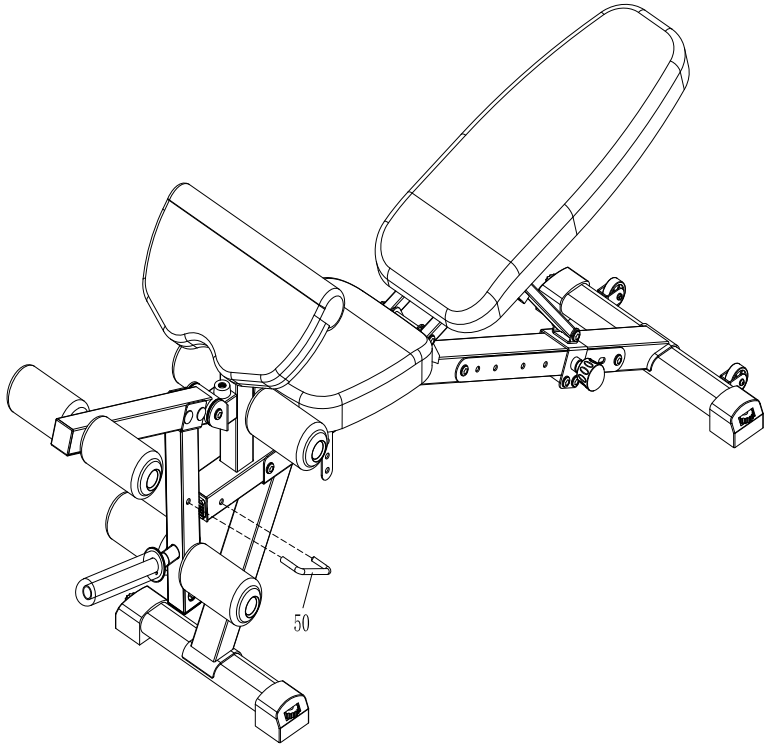
Step 03

1. Take the seat cushion (14) according to the drawing, and fix it on the seat cushion frame (5) with the hexagonal pan head bolt (41) and Φ8 flat pad (45) of M8*40;
2. Take the cushion (15) according to the drawing, and fix it on the cushion frame (6) with the hexagonal pan head bolt (41) and the Φ8 flat pad (45) of the M8*40.The cushion frame (6) is fixed on the cushion frame (6);
3. Take the hand pad (16) according to the drawing, and fix it on the hand pad adjusting tube (11) with the hexagonal pan head bolt (42) and Φ8 flat pad (45) of M8*15; then pull the knob, and then put the hand cushion adjusting tube (11) into the seat cushion frame (4).



Step 04

1. First assemble the sponge rod tube (12) in the assembled seat cushion frame (4) and the hook leg frame (10) according to the figure, then install the 6PCS sponge rod (17) in the diagram position, and finally install the 25 tube end cover plug (28) in the sponge rod tube (12).
2. Assemble the barbell sleeve (29) on the hook leg frame (10) according to the diagram, and fix the barbell sleeve (29) with the inner hexagonal plate hand, and finally install a small clamping spring (30) and a large clamping spring (31) according to the needs of use.
3. After the assembly is completed, check whether the screws are locked and fixed.



Step 05

1. When using supine exercise, fix it with U-shaped bolt (50).

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:



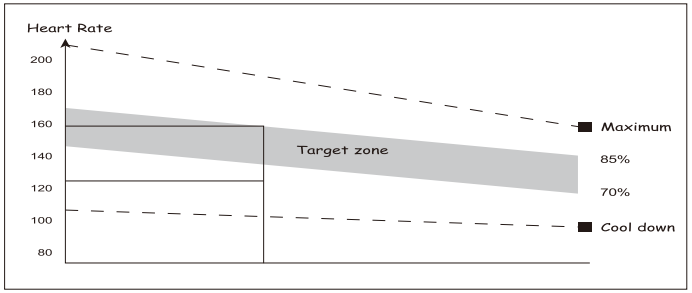
Training stage:

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.

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