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IMPORTANT SAFETY INFORMATION

IMPORTANT: Please read and follow all instructions thoroughly before using THERACK®.

• Maximum user weight is 250 lbs.

• ALWAYS USE CAUTION WHEN GETTING ON AND OFF THERACK®.

• KEEP THERACK® OUT OF THE REACH OF CHILDREN. THERACK® is not a toy and is not meant to be used by or near children and pets. Please keep children and pets away from THERACK® during use, as well as when the product is left unattended. If you have children, it is your responsibility to ensure that they do not place any part of their body such as their fingers near the unit while you are exercising.

• Consult your physician before beginning any exercise or diet program, especially if you have concerns about your physical and fitness levels and overall suitability for exercising with THERACK®.

• If you experience any pain or unusual discomfort during exercising, stop your workout at once and consult a physician before continuing.

• When using THERACK®, follow the instructions provided in this booklet. Do not use the product for any other exercises or motions which are not contained herein.

• ONLY USE THE THERACK® ON A FLAT, STABLE SURFACE.

• Use only accessories and attachments recommended by the manufacturer. Use of any other attachments or accessories not recommended by the manufacturer will void the warranty and could possibly cause serious personal injury or damage to you and the unit.

• Always choose the proper workout level which best suits your physical strength and flexibility.

• Know your limits and train within them. Always use common sense when exercising. If you have any questions regarding your exercise program, please see your physician.

• DO NOT USE THERACK® if it is damaged in any manner. Inspect before each use. Failure to observe this warning could result in personal injury while exercising.

• Use the machine only for intended use as described herein. DO NOT modify the machine.

• Do not replace any parts with parts from other equipment or other manufacturers. Use only parts provided by the manufacturer.

SAVE THESE INSTRUCTIONS
PARTS LIST

<table>
<thead>
<tr>
<th>Part No.</th>
<th>Part Name</th>
<th>Quantity</th>
<th>Part No.</th>
<th>Part Name</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1</td>
<td>Down Frames</td>
<td>2</td>
<td>10</td>
<td>End Caps</td>
<td>6</td>
</tr>
<tr>
<td>2</td>
<td>Up Frames</td>
<td>2</td>
<td>11</td>
<td>Inside Caps</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>Cross Brace</td>
<td>1</td>
<td>12</td>
<td>Round-Head Allen Bolts</td>
<td>6</td>
</tr>
<tr>
<td>4</td>
<td>Pull Pins</td>
<td>2</td>
<td>13</td>
<td>Bushings</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>Long Bolts</td>
<td>2</td>
<td>14</td>
<td>Wheels</td>
<td>4</td>
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<tr>
<td>6</td>
<td>Washers</td>
<td>4</td>
<td>15</td>
<td>Knobs</td>
<td>4</td>
</tr>
<tr>
<td>7</td>
<td>Lock Nuts</td>
<td>2</td>
<td>16</td>
<td>Tool A - allen wrench - S8</td>
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</tr>
<tr>
<td>8</td>
<td>Foam Grips</td>
<td>4</td>
<td>17</td>
<td>Tool B - S17, S19</td>
<td>1</td>
</tr>
<tr>
<td>9</td>
<td>Foam Grips (Curl)</td>
<td>2</td>
<td></td>
<td></td>
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</table>
ASSEMBLING THERACK®

All the necessary hardware has been placed in their correct location for ease of assembly. You will need to remove many of the bolts and re-insert them during the assembly of this item.

**STEP 1**
Loosen the Round-Head Allen Bolt (PART# 12), Do not secure at this time.

**STEP 2**
Align one end of the Cross Brace (PART #3) with the hole located next to the Pull Pin (PART #4). Make sure the handles of the Cross Brace are facing down towards the floor and the bend of the Cross Brace is towards the front of the unit. Align the bottom of the cylinder with the hole in the Down Frame (PART #1).
STEP 3
Place a Washer (PART #6) on the Long Bolt (PART #5) and then insert the bolt down through the hole next to the Pull Pin (PART #4). Continue to insert the bolt through the cylinder (of the Center Brace) and the Down Frame (PART #1) so that the end of the bolt becomes exposed.

STEP 4
Secure the bolt with the Washer and Lock Nut (PART #7) provided. Do not tighten completely as there may be adjustments needed to complete the assembly.

STEP 5
Secure the Round-Head Allen Bolt (PART #12) at this time.

STEP 6
Repeat Steps 1, 2, 3, 4 and 5 to assemble the other end of the Cross Brace and side. Then you may go back and secure the Long Bolt from STEP 4.
STEP 7
Insert and tighten the Knobs (PART #15).

STEP 8
THERACK® is now completely assembled.

ADJUSTING THE WHEELS

STEP 1
Turn the Wheel lock counter-clockwise to loosen the Wheel.

STEP 2
Rotate the Wheel to the desired position.

STEP 3
Turn the Wheel lock clockwise to lock the Wheel in place.
HOW TO UNFOLD THERACK®

1 - Pull up on the Pull Pin on right side of THERACK®.
2 - Rotate the right side of the Up Frame outward until the Pull Pin locates the locking hole.

1 - Pull up on the Pull Pin on left side of THERACK®.
2 - Rotate the left side of the Up Frame outward until the Pull Pin locates the locking hole.
1 - Pull up on the Pull Pin on left side of THERACK®.
2 - Rotate the left side of the Up Frame inward until the Pull Pin locates the locking hole.

1 - Pull up on the Pull Pin on right side of THERACK®.
2 - Rotate the right side of the Up Frame inward until the Pull Pin locates the locking hole.
THE RACK® LEVELS

You can perform exercises in three different machine configurations. Each targets the muscles differently by changing hand and body positions to build core strength, muscle balance, power and endurance.

Level 1

Level 2

Level 3
Manufacturer’s Limited Warranty

The manufacturer warrants that THERACK® is free of defects in materials and workmanship and will, at its option, repair or replace any defective THERACK® that is returned to it. All parts and components of THERACK® are warranted for 60 days from the original date of purchase. This warranty is valid only in accordance with the conditions set forth below:

1. Normal wear and tear are not covered by this warranty. This warranty applies to consumer use only, and is void when the product is used in a commercial or institutional setting.

2. The warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated. This warranty is void if the product has been subject to accident, misuse, abuse, improper maintenance or repair, or unauthorized modification.

3. This limited warranty is the only written or express warranty given by the manufacturer. Any implied warranty of merchantability or fitness for a particular purpose on this product is limited in duration to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

4. Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this warranty. The manufacturer shall not be liable for any incidental or consequential damages for breach of this warranty or any implied warranty on this product. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

5. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Procedure for Warranty Repairs or Replacement:

If warranty service is necessary, the original purchaser must pack the product securely and send it postage paid with a description of the defect, proof of purchase, and a check or money order for $29.99 to cover return postage and handling to the following address: THERACK®, P.O. Box 3007, Wallingford, CT 06492.
Congratulations on your purchase of THERACK®.

We are very proud of the functional design and exceptional quality of this product. Our manufacturing process is geared to deliver long years of product service to our valued customers. Should you experience any problem with your purchase, our dedicated customer service staff is here to serve you.

We are available at:
1-973-287-5143

or see our website at:
www.rackworkout.com

Distributed By:

Tristar Products, Inc.
Fairfield, NJ 07004

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