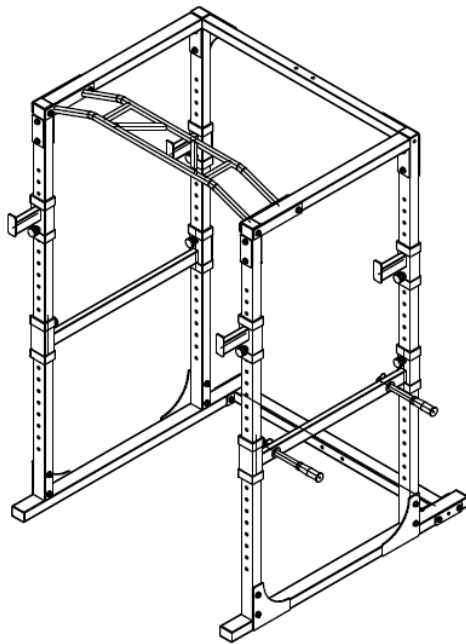




OWNER'S MANUAL

PFX – 235 Power Rack



www.progressionfitness.ca
info@progressionfitness.ca
1-306-978-1999

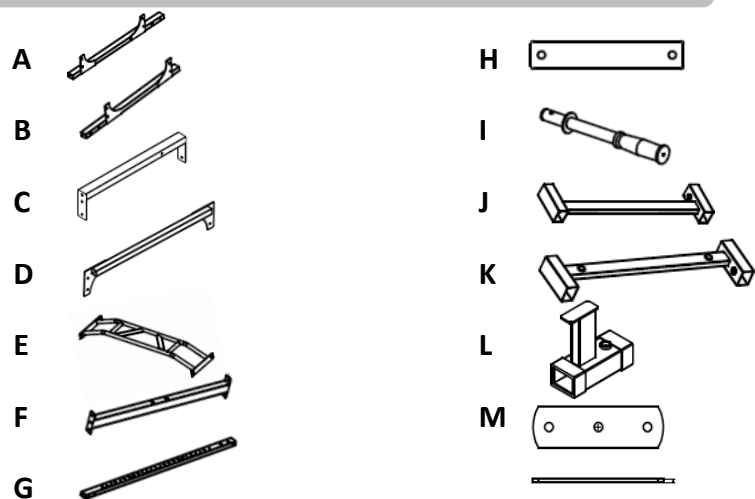
IMPORTANT SAFETY INFORMATION



Be sure to read the entire manual before assembly and operation. Also, please note the following safety precautions:

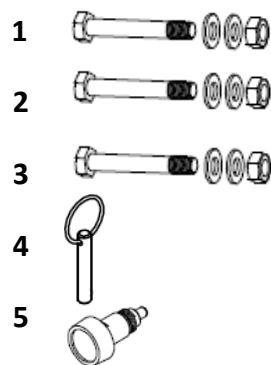
- Before using the unit or starting any exercise program, consult your physician. This is especially important for anyone over the age of 65, persons with pre-existing health problems or women that are pregnant.
- Keep children and pets away from this equipment at all times.
- This unit should only be used on a level surface and is intended for indoor use only. We recommend placing an equipment mat under the unit to protect the floor or carpet.
- Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the manual.
- Always wear proper clothing and walking/running shoes when exercising. Do not wear loose fitting clothing that could get caught in the equipment.
- Always examine unit before use to ensure all parts are in working order.
- Progression assumes no responsibility for equipment failure if unauthorized equipment modifications are made.
- Progression assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

PARTS



Item	Qty	Description
A	1	Left Base Frame
B	1	Right Base Frame
C	2	Top Beam
D	1	Top Crossing Frame
E	1	Top Crossing Bar
F	1	Below Crossing Frame
G	4	Upright
H	2	Plate A
I	2	Handle Bar
J	1	Right Slide Cross Weight Holder
K	1	Left Slide Cross Weight Holder
L	4	Rear Weight Slide Holder
M	2	Plate B

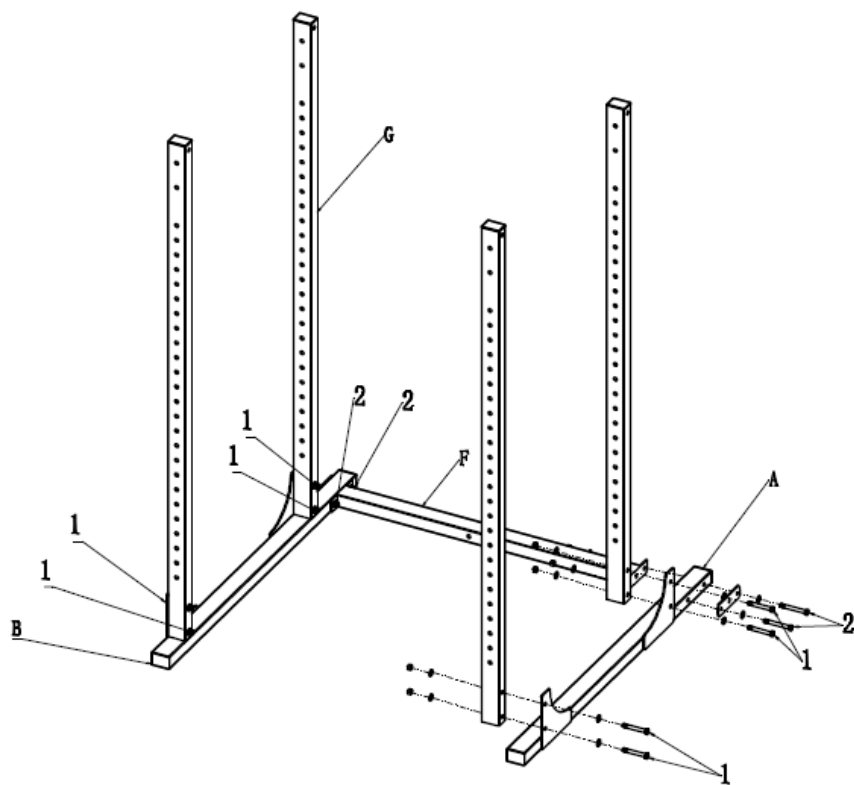
HARDWARE



Item	Qty	Description
1	8	Bolt (90mm x 12mm), nut, washer
2	8	Bolt (95mm x 12mm), nut, washer
3	8	Bolt (75mm x 12mm), nut, washer
4	2	Key Bolt Pin
5	8	Adjustable Pin

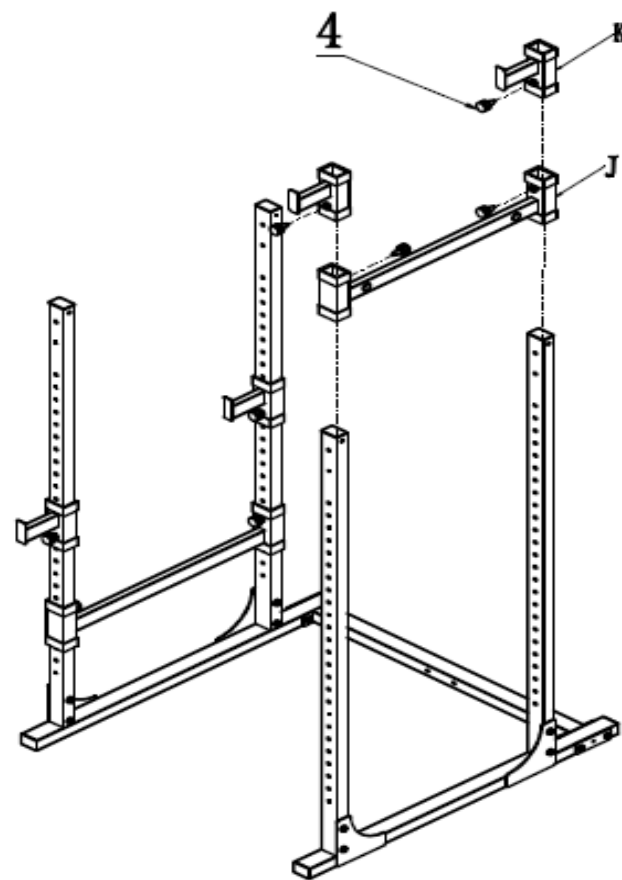
ASSEMBLY

Step 1:



4

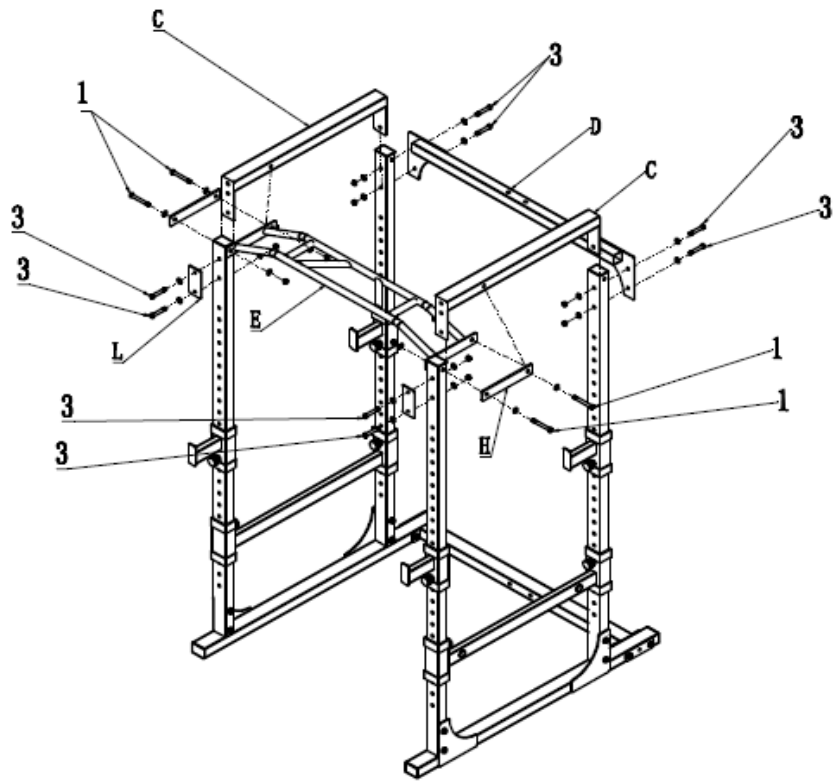
Step 2:



5

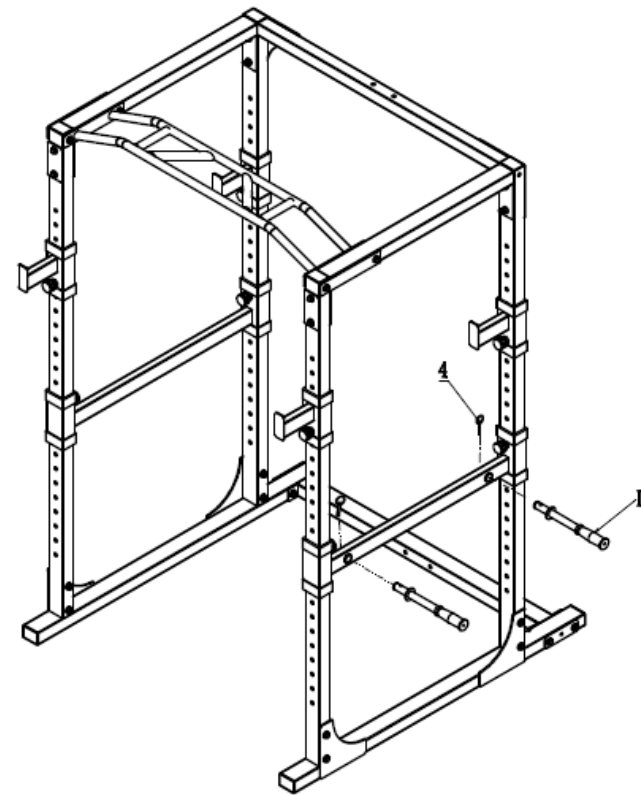
ASSEMBLY

Step 3:



6

Step 4:



7

