



OWNER'S MANUAL

PFX – 440 3 Piece Exercise Ball Rack



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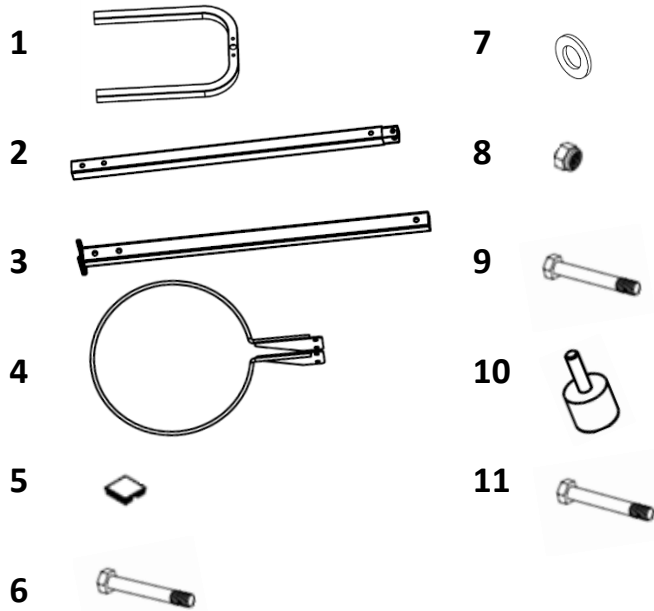
IMPORTANT SAFETY INFORMATION



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

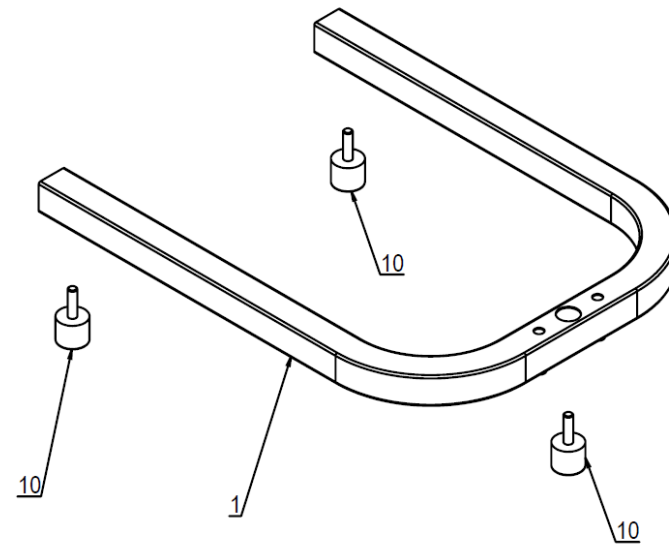


| Item | Qty | Description |
|------|-----|---------------------|
| 1 | 1 | Chassis |
| 2 | 1 | Center Vertical Rod |
| 3 | 1 | Lower Vertical Rod |
| 4 | 3 | Bracket |
| 5 | 3 | Cushion |
| 6 | 5 | Bolt (10mm x 60mm) |
| 7 | 17 | Washer |
| 8 | 7 | Nut |
| 9 | 3 | Bolt (10mm x 20mm) |
| 10 | 3 | Cushion |
| 11 | 2 | Bolt (10mm x 55mm) |

2

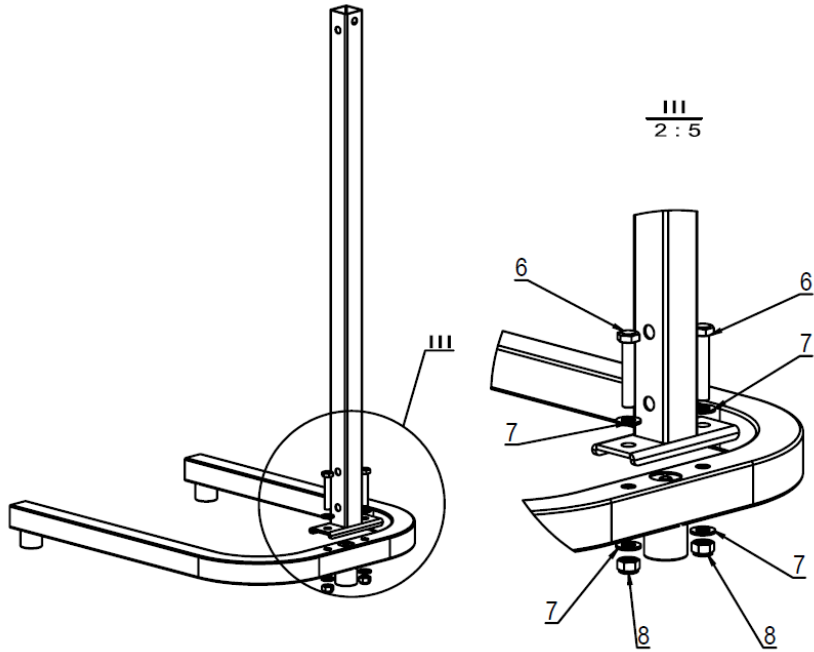
ASSEMBLY

Step 1:



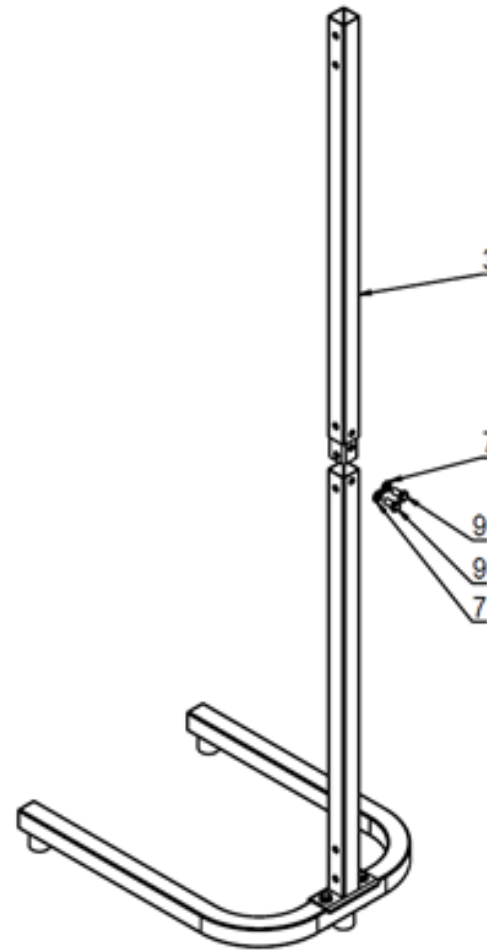
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Step 2:



4

Step 3:



5

Step 4:

