



Assembly Manual

Power Rack

Model: PFRK-1





PREPARATION

Tools for Assembly:

- Electric Screwdriver
- Hex Key (Allen Wrench) Set
- Wrench Set and Adjustable Wrench
- Rubber Mallet
- Lubricant (for smooth assembly)

Important Tips:

Hand-tighten bolts and nuts during assembly. This ensures that the structure can be adjusted as needed. Once the entire unit is assembled, tighten all hardware securely.

Periodically check for loose screws and bolts, especially after initial use. Tighten them if necessary to ensure safety and stability.

Component Overview



No.1 14.17M Cable 1 pc



No.2 5.45M Cable 1 pc



No.3 6.16M Cable 1 pc



No.4 Damping Pad 2 pcs



No.5 J Hook (Left) J Hook (Right)



No.6 Center Support Column 1 pc



No.7 Olympic Barbell Holder 1 pc



No.8 Safety Bar 2 pcs



No.9 Safety Buckle 6 pcs



No.10 Pulley Block (**double-groove + single-groove**)1 pc



No.11 Guide Rail 2 pcs



No.12 Lower Pull Handle 1 pc



No.13 Bottom Frame Left and Right



No.14 Pulley Block
(**Double-groove twin-pulley block**) 1 pc



No.15 Higher Pull Handle



No.16 Weight Plate Peg 2 pcs



No.17 Bottom Pulley 1 pc



No.18 Rear Bottom Frame



No.19 Left and Right Slip Sleeves



No.20 Upright Post Connector Deck 4 pcs



No.21 Foot Plate 2 pcs



No.22 Upright Pos 2 pcst



No.23 Chain 2 pcs



No.24 Weight Plate Holder 1 pc



No.25 Upper Center Pulley 1 pcs



No.26 Upper Pulley Left and Right



No.27 Bottom Crossbar



No.28 Pull-up Bar



No.29 Pull Handle 2 pcs



No.30 Jammer 2 pcs



No.31 Handle

Hardwares Overview



(a) M10 Flat Pad Enlarger 10 pcs



(b) M10 Washer 92 pcs



(c) M10 Nut 44 pcs



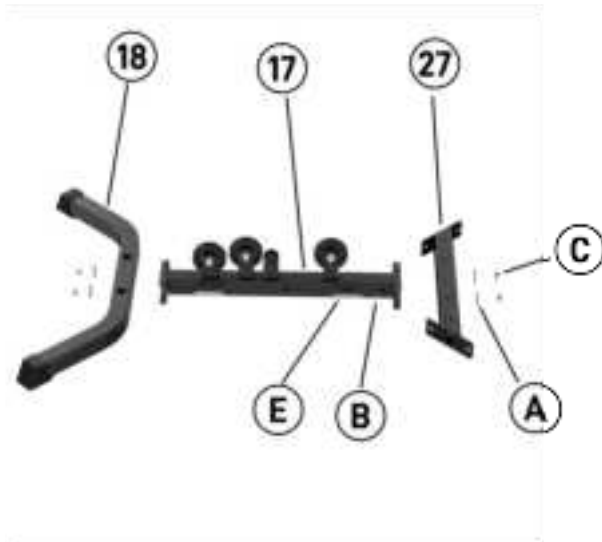
(d) M10 x 25 Bolt 6 pcs



(e) M10 x 70 Bolt 42 pcs

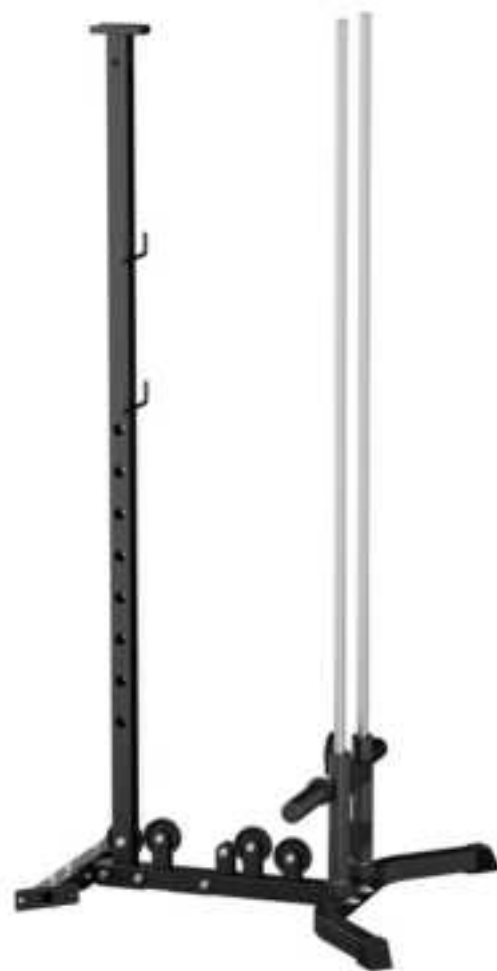
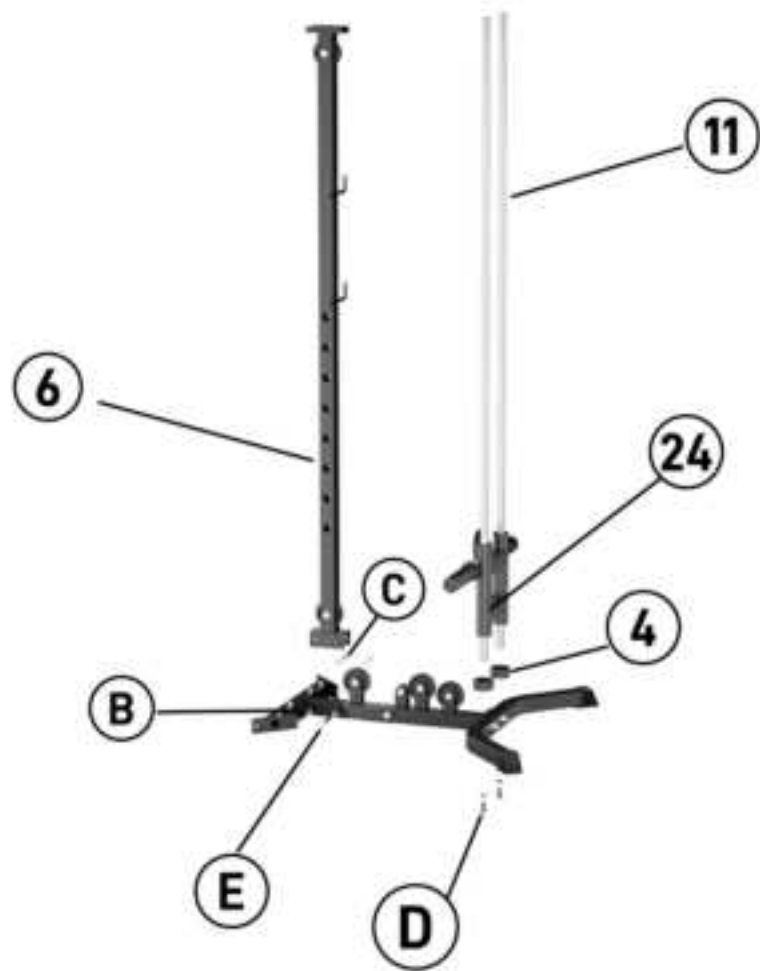
Step 1 Bottom Frame Assembly

Item No.	Name	Qty	Item No.	Name	Qty
(a)	M10 Flat Pad Enlarger	4	No.17	Bottom Pulley	1
(b)	M10 Washer	8	No.18	Rear Bottom Frame	1
(c)	M10 Nut	4	No.27	Bottom Crossbar	1
(e)	M10 x 70 Bolt	4			



Step 2 Rear Upright Posts Assembly

Item No.	Name	Qty	Item No.	Name	Qty
(b)	M10 Washer	6	No.4	Damping Pad	2
(c)	M10 Nut	2	No.6	Center Support Column	1
(d)	M10 x 25 Bolt	2	No.11	Guide Rail	2
(e)	M10 x 70 Bolt	2	No.24	Weight Plate Holder	1



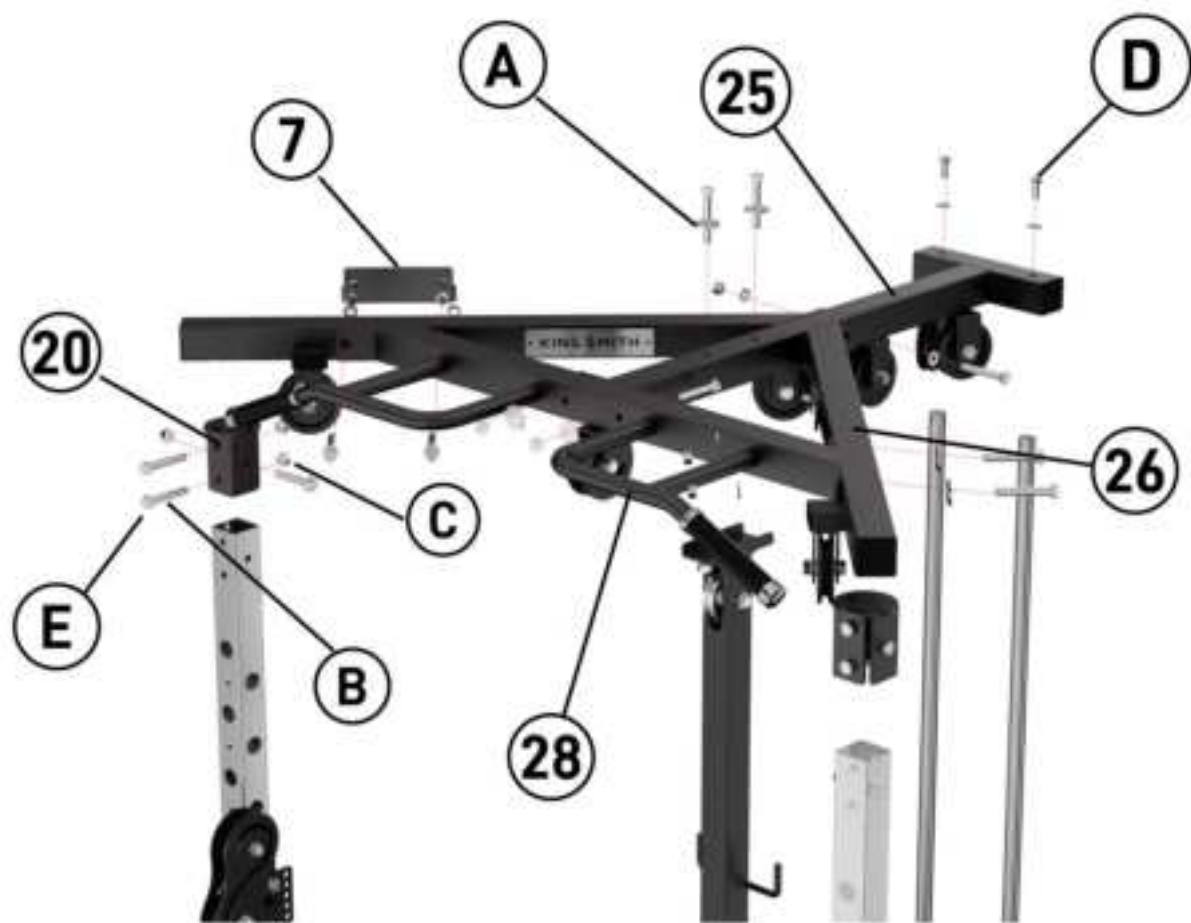
Step 3 Front Upright Posts Assembly

Item No.	Name	Qty	Item No.	Name	Qty
(b)	M10 Washer	30	No.13	Bottom Frame Left and Right	2
(c)	M10 Nut	15	No.16	Weight Plate Peg	2
(e)	M10 x 70 Bolt	15	No.19	Left and Right Slip Sleeves	2
			No.20	Upright Post Connector Deck	4
			No.21	Foot Plate	2
			No.22	Upright Post	2



Step 4 Upper Frame Assembly

Item No.	Name	Qty	Item No.	Name	Qty
(a)	M10 Flat Pad Enlarger	6	No.7	Olympic Barbell Holder	1
(b)	M10 Washer	32	No.20	Adjustable Deck	2
(c)	M10 Nut	15	No.25	Upper Center Pulley	1
(d)	M10 x 25 Bolt	2	No.26	Upper Pulley Left and Right	2
(e)	M10 x 70 Bolt	15	No.28	Pull-up Bar	1



Step 5 Cable Assembly

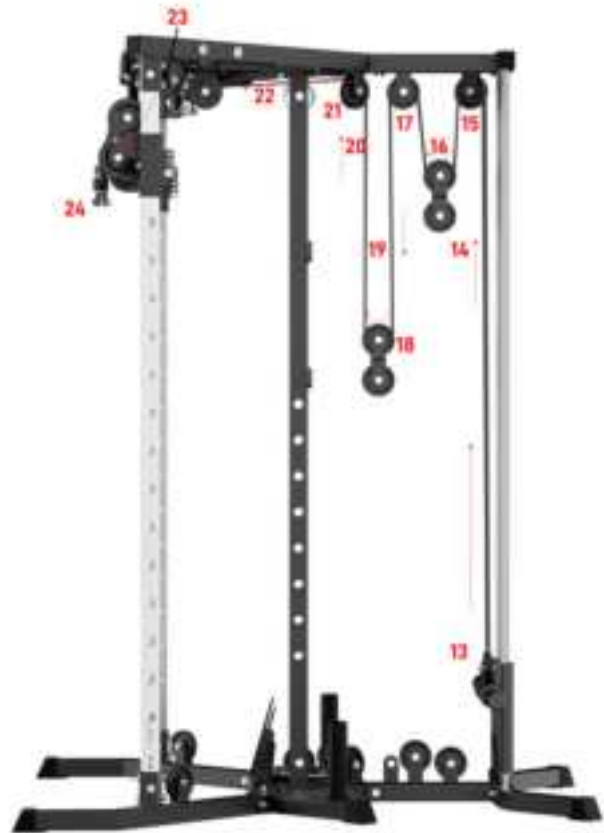
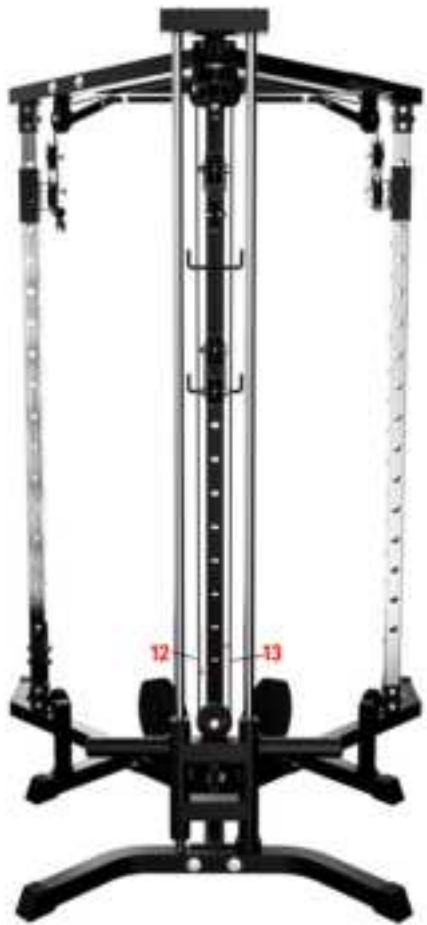
Item No.	Name	Qty	Item No.	Name	Qty
No.1	14.17M Cable		No.14	Moving Pulley Block	1
No.10	Moving Pulley	1			

Route the cable through the top of the rack



Double-groove on top for No.10 pulley block





Step 6 Cable Assembly

Item No.	Name	Qty	Item No.	Name	Qty
(b)	M10 Washer	4	(d)	M10 x 25 Bolt	2
(c)	M10 Nut	2	No.2	5.45M Cable	1

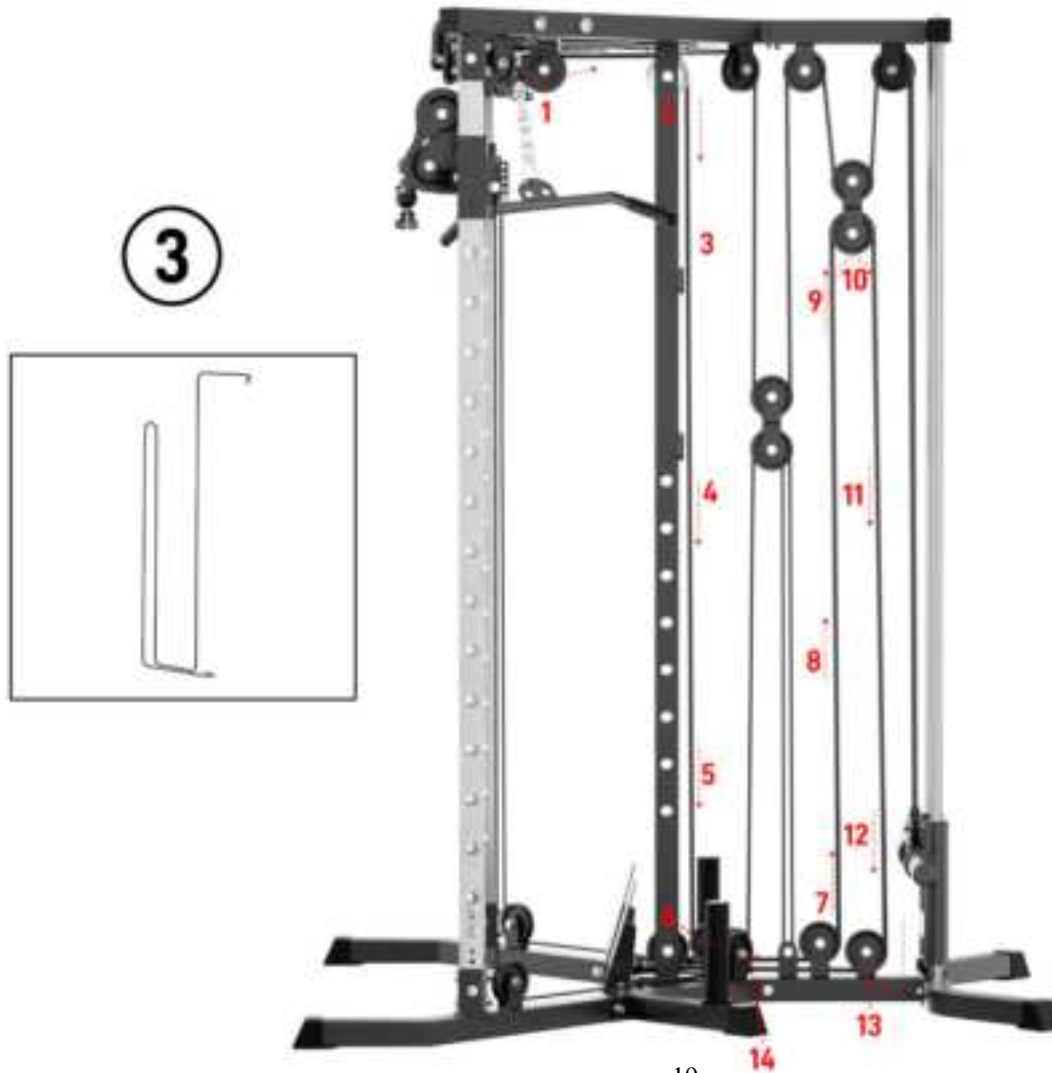
Route the cable through the bottom of the rack



Step 7 Cable Assembly

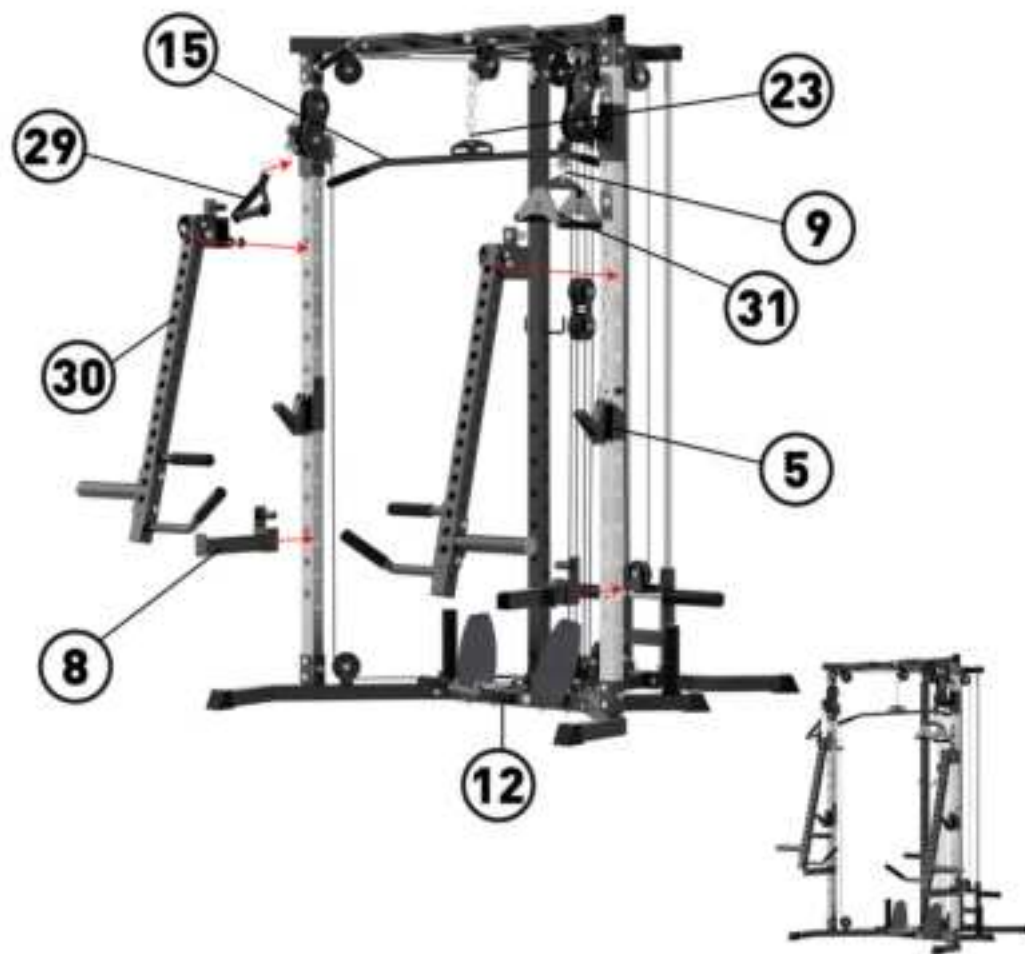
Item No.	Name	Qty	Item No.	Name	Qty
No.3	6.16M Cable				

Cable Routing



Step 8 Handles and Jammer Assembly

Item No.	Name	Qty	Item No.	Name	Qty
(b)	M10 Washer	12	No.5	J Hook (Left) J Hook (Right)	2
(c)	M10 Nut	6	No.8	Safety Bar	2
(e)	M10 x 70 Bolt	6	No.9	Safety Buckle	6
			No.12	Lower Pull Handle	1
			No.15	Higher Pull Handle	1
			No.23	Chain	2
			No.29	Pull Handle	1
			No.30	Jammer	2
			No.31	Handle	1





Contact Us

For any questions or assistance with the assembly of this product, please feel free to contact us.

Email: support@kingsmithstrength.com

We are committed to providing you with the support you need and ensuring your satisfaction!