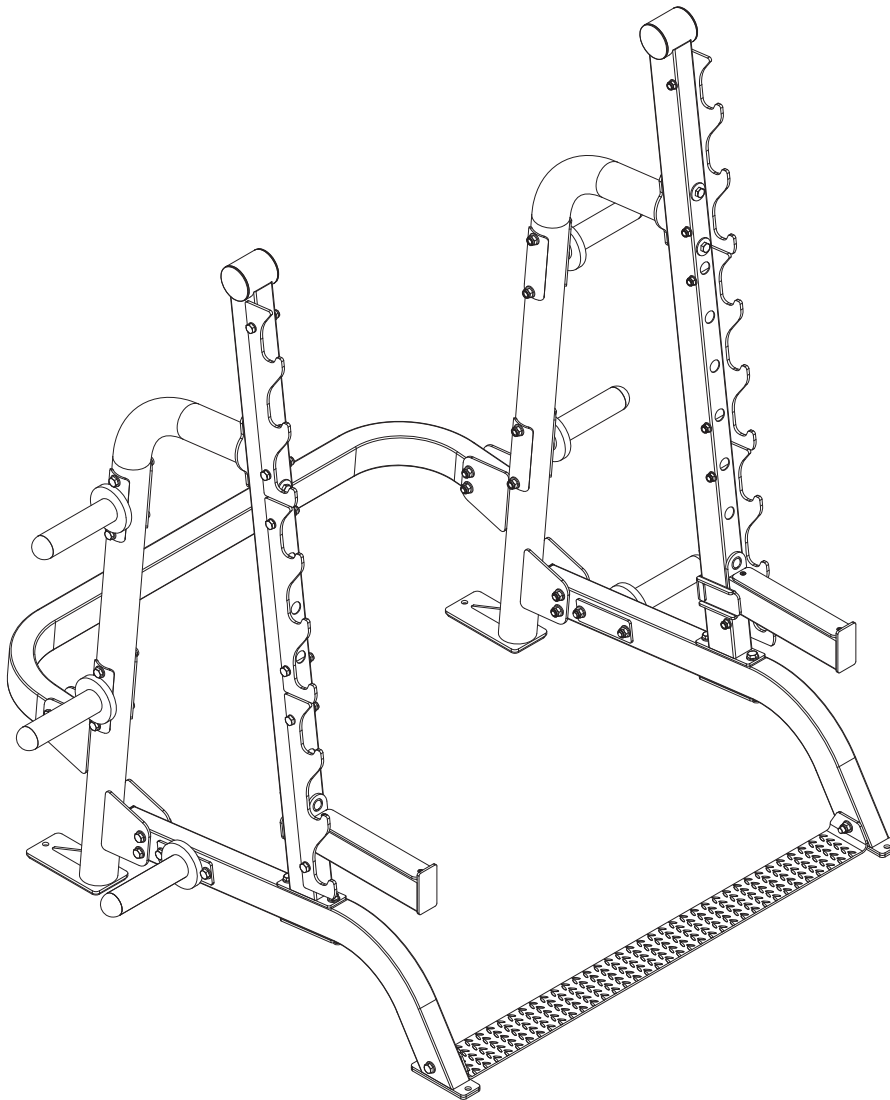


OWNER'S MANUAL



Olympic Weight Bar Rack

6875.1-011516

The specifications of this product may vary from this photo and are subject to change without notice.
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This product is licensed by the World Triathlon Corporation.

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IMPORTANT: FOR NORTH AMERICA ONLY

For damage or defective product, questions, replacement parts or any other service support, please contact our customer service department (8:00 AM - 5:00 PM Pacific Standard Time, Open Daily) by below methods:

For Best Service Email:

Service@paradigmhw.com *

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7922**

Please have the following information ready when requesting for service:

- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

For damaged or defective product please contact our customer service before returning to the store.

* Emailing us with the information above will be the best method to receive a response during peak business hours.

**Response time may vary.

Paradigm Health & Wellness, Inc.
1189 Jellick Ave.
City of Industry, CA 91748, USA

IRONMAN

For customer assistance, daily:
Pour le service à la clientèle
composer le, tous les jours:
Para servicios al cliente,
llame al, diario:

1-844-641-7922
08:00 - 17:00 Los Angeles





115150687500001

Serial number / Numéro de série / Número de serie:
MADE IN CHINA / FABRIQUÉ EN CHINE / HECHO EN CHINA



Recommend to bolt onto the floor for safety
Recommander à boulonner sur le sol pour la sécurité
Recomendado para atornillar al suelo por la seguridad

MAINTENANCE SCHEDULE

CAUTION: Make sure to remove any safety keys and unplug the power cord before performing any maintenance procedures on Electrical Equipment.

DAILY

- Inspect and tighten securely (Nuts, Bolts, Rubber Pads, Steel Brackets, etc.).
- Replace any worn or torn parts immediately.
- Keep liquids away and avoid direct sunlight from console to avoid damages.
- Check to ensure the machine is leveled.
- Check Tension and Fitting on Safety Spring Loaded Pins.
- Check Adjustment Knobs to be Securely Tightened.

WEEKLY

- Inspect and tighten securely (Handlebars, Seat, Seat Post, Brake Pads, Pedals, etc.).
- Use a damp cloth to clean dust and moisture from equipment.
- Clean and Wipe Upholstery, Rollers, Track Wheels, Walking Belt.
- Check equipment Metal/Wood/ Upholstery structure frame.
- Lubrication: See Owner's Manual.

HOARIO DE MANTENIMIENTO

PRECAUCIÓN: Asegúrese de retirar las llaves de seguridad y desconectar el cable eléctrico antes de realizar cualquier procedimiento de mantenimiento del equipo eléctrico.

DIARIO

- Reviselos y apriételes bien (tuercas, pernos, pastillas de caucho, soportes de acero, etc.).
- Reemplace inmediatamente cualquier parte desgastada o rota.
- Mantenga alejados los líquidos y retire de la luz solar directa reflejada por la consola, para evitar daños.
- Revise para asegurarse que la máquina está nivelada.
- Revise la tensión y ajuste las clavijas de seguridad accionadas por resorte.

SEMANALMENTE

- Revise y apriete firmemente (los manubrios, el asiento, el soporte del asiento, la pastilla de freno, los pedales, etc.).
- Utilice un paño húmedo para limpiar el polvo y humedad del equipo.
- Limpie y pase un trapo por la tapicería, los rodillos, ruedas de pista, cinta para caminar.
- Revise el marco de la estructura de metal / madera / tapicería del equipo.
- Lubricación: Ver el Manual del dueño.

HEURES ENTRETIEN

ATTENTION : Veillez à supprimer toutes les clés de sécurité et débranchez le cordon électrique avant d'effectuer les procédures de maintenance sur les équipements électriques.

QUOTIDIEN

- Inspectez et serrez solidement (écrous, boulons, Tapis en caoutchouc, supports en acier, etc.).
- Remplacez toutes les pièces usées ou déchirées immédiatement.
- Eloignez les liquides et d'éviter les rayons directs du soleil depuis la console pour éviter des dommages.
- Vérifiez pour assurer la machine est nivelée.
- Inserez bien la tension et d'assemblage sur Spring Loaded sécurité.
- Vérifiez les boutons de réglage pour être bien serrés.

HEBDOMADAIRE

- Inspectez et serrez (guidon, la selle, tige de selle, plaquettes de frein, pédales, etc.)
- Utilisez un chiffon humide pour nettoyer la poussière et l'humidité de l'équipement
- Propre et essuyez ameublement, Rollers, Jantes Piste, ceinture de marche.
- Vérifier l'équipement / bois / ameublement cadre de la structure métallique.
- Lubrification : Voir le Manuel du propriétaire.

WARNING: Before using this equipment you should consult with your physician to see if this Olympic Weight Bar Rack is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
- Use of anti-coagulants including Aspirin in high doses

The Maximum Weight Capacity for this product is 1500lbs/680kgs.

Read all instructions carefully before assembling or operating this product. Retain this owner's manual, do not remove any safety labels from the machine and keep the original purchase receipt for future reference.

This Olympic Weight Bar Rack was designed and built for optimum safety. However, certain precautions apply whenever you use the exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, please note the following safety instructions:

1. Consult your physician or other health care professionals before using the piece of equipment.
2. Always wear proper exercise apparel when using the equipment. Use care when getting on or off the unit.
3. If any time you feel faint, light-headed or dizziness while operating this equipment, stop exercising immediately. You should also discontinue use if you are experiencing pain or any discomfort, consult your doctor immediately.
4. Keep children and pets away from the equipment at all times.
5. Only one person should use this equipment at a time.
6. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use. Check screws, nuts, and bolts are tight on a weekly basis.
7. Do not operate this or any exercise equipment if it is damaged.
8. Wait 2 hours after eating before using the exercise equipment. If you get nauseous, stop exercising as soon as you feel queasy.
9. This product should be placed on a flat surface when using. A mat or other covering material on the ground is recommended. For indoor use only, do not use outdoors.
10. Keep hands and feet away from any moving parts. Do not insert any object into any openings on the equipment.
11. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
12. Children under the age of 12 should not use this fitness equipment.
13. Children from 12 to 18 should have adult supervision.

Warning: It is highly recommend that you have assistance during the assembly of the IRONMAN strength equipment.

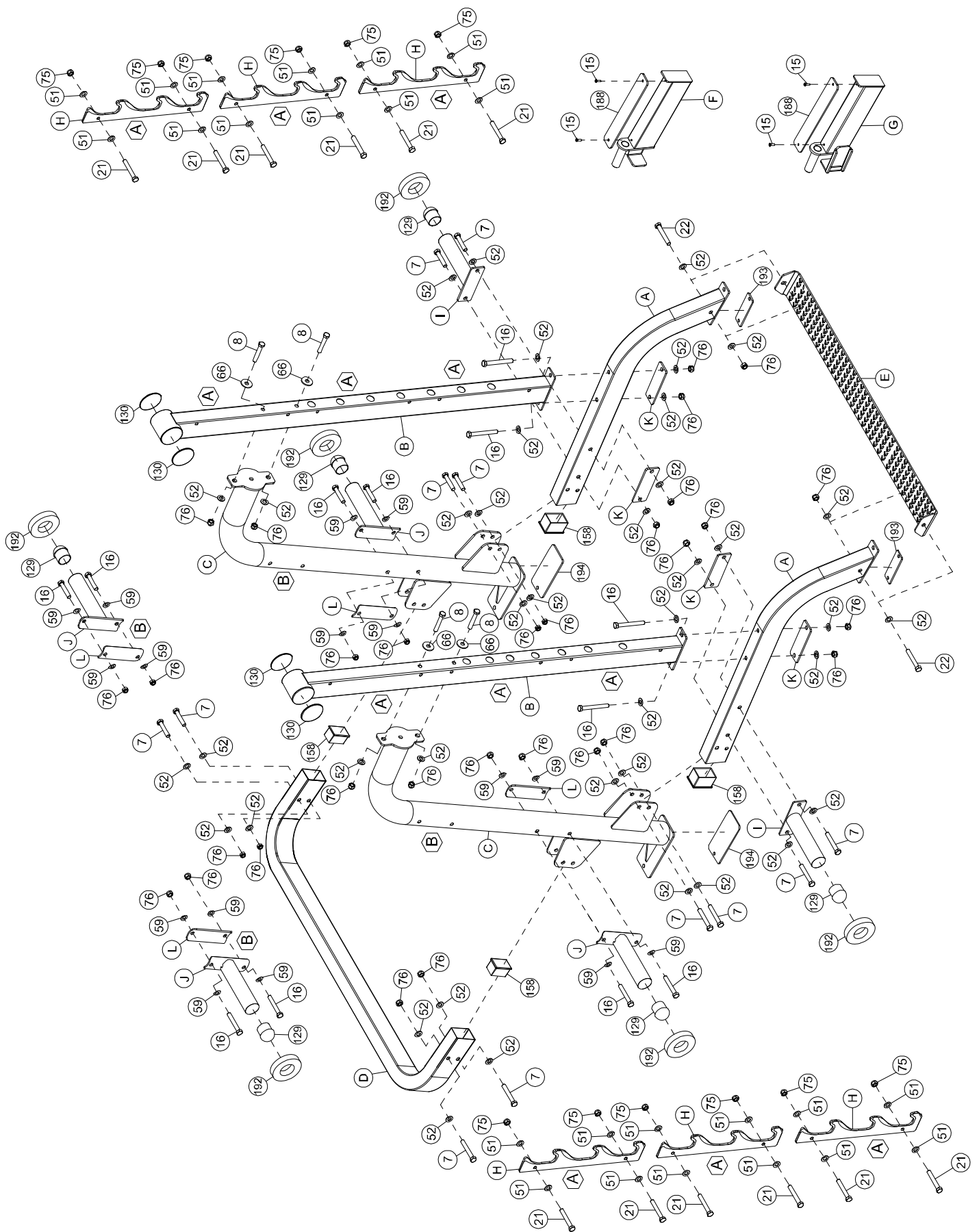
1. Tools for assembly:

General tools needed for the assembly of the IRONMAN strength equipment.

- Metric Allen Key Set
- Metric Wrench Set or Adjustable Wrench
- Flat Screwdriver
- Phillips Screwdriver
- Rubber Mallet
- Silicone Spray Oil

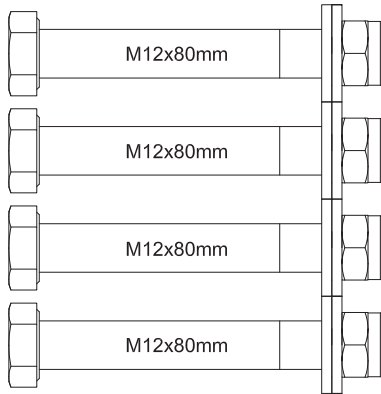
2. Insert bolts into the frame as illustrated in the drawing of each of the steps.
3. Hand-tighten the bolts, nuts, and screw during assembly. Hand-tightening will allow for easily aligning the parts during assembly. Tighten all the hardware once the entire unit has been completely assembled.
4. It is highly recommended that a professional installer assembles the IRONMAN strength equipment. But, with the proper assistance, the right tools, and strictly following the assembly steps, and given enough time; the assembly of the unit can be achieved without professional help.
5. Thoroughly read each step before proceeding to assemble the items of that step.
6. To aid in assembly of the equipment, the hardware pack (bolts, nuts, washer...etc.) have been presorted according to their corresponding steps. **See Hardware Pack page.**
7. When the equipment is fully assembled check all the functions for correct operation. Consult the manual if you experience any issues, or for further help please contact our service department. See page 2.

OVERVIEW DRAWING



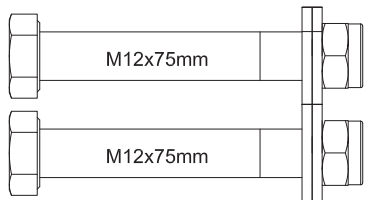
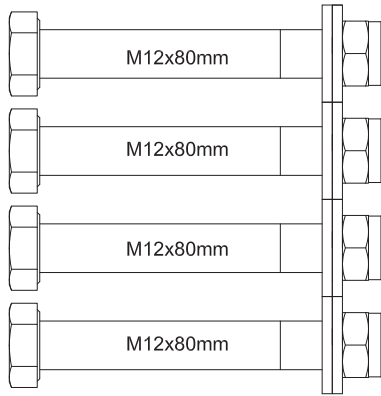
HARDWARE PACK

STEP 1



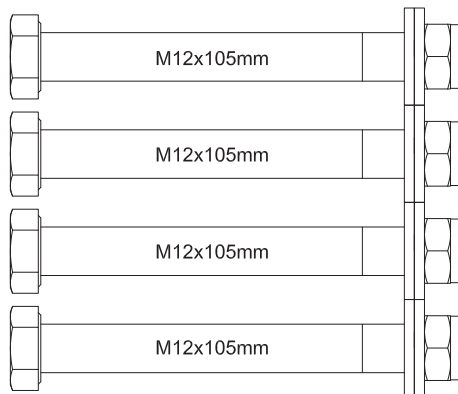
⑦ X 4pcs ⑤② X 8pcs ⑦⑥ X 4pcs

STEP 2



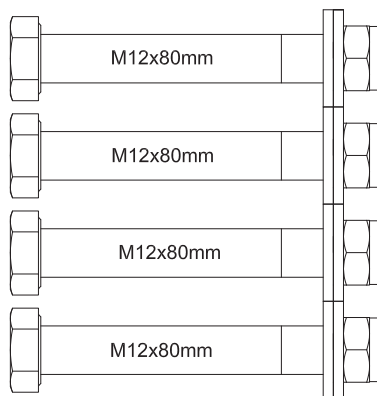
⑦ X 4pcs ②② X 2pcs ⑤② X 12pcs ⑦⑥ X 6pcs

STEP 3

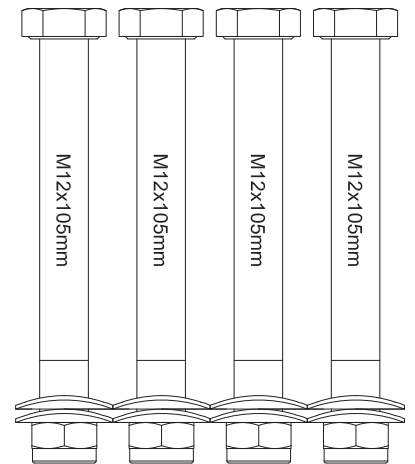
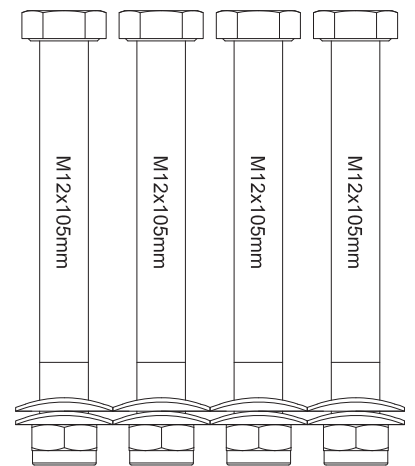


①⑥ X 4pcs ⑧ X 4pcs ⑤② X 12pcs ⑦⑥ X 8pcs

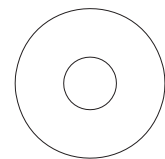
STEP 4



STEP 4

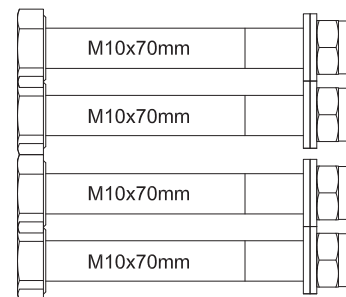
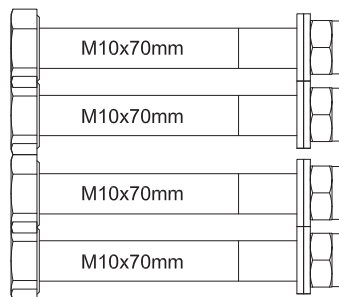
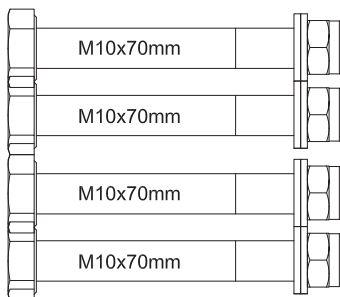


⑦ X 4pcs ①⑥ X 8pcs ⑤② X 8pcs
⑤⑨ X 16pcs ⑦⑥ X 12pcs



⑥⑥ X 4pcs

STEP 5



②① X 12pcs ⑤① X 24pcs ⑦⑤ X 12pcs

PART LIST

Part#	Description	Q'ty	Part#	Description	Q'ty.
A	Foot Bar	2	21	Hex Bolt M10x1.5x70L	12
B	Front Post	2	22	Hex Bolt M12x1.75x75L	2
C	Rear Post	2	51	Washer D20x D10.5x2.0	24
D	Stability Beam	1	52	Washer D24x D13.5x2.5	40
E	Stability Plate	1	59	Curve Washer D21xD13x1	16
F	Left Safety Catch	1	66	Washer D37xD13x3.0	4
G	Right Safety Catch	1	75	Nylon Nut M10	12
H	Hook Plate	6	76	Nylon Nut M12	30
I	Flat Weight Horn	2	129	Domed Circular End Cap D50x2	6
J	Curved Weight Horn	4	130	Circular End Cap D76x25	4
K	Flat Mounting Plate	4	158	Rectangular End Cap 75x50x2	4
L	Curved Mounting Plate	4	188	Safety Catch Bumper 290x50xt5.0	2
7	Hex Bolt M12x1.75x80L	12	192	Rubber Donut ϕ 80* ϕ 50*16	6
8	Hex Bolt M12x1.75x100L	4	193	Footpad 145x45xt5.0	2
15	Screw M6x10L	4	194	Footpad D90xt5.0	2
16	Hex Bolt M12x1.75x105L	12			

STEP 1

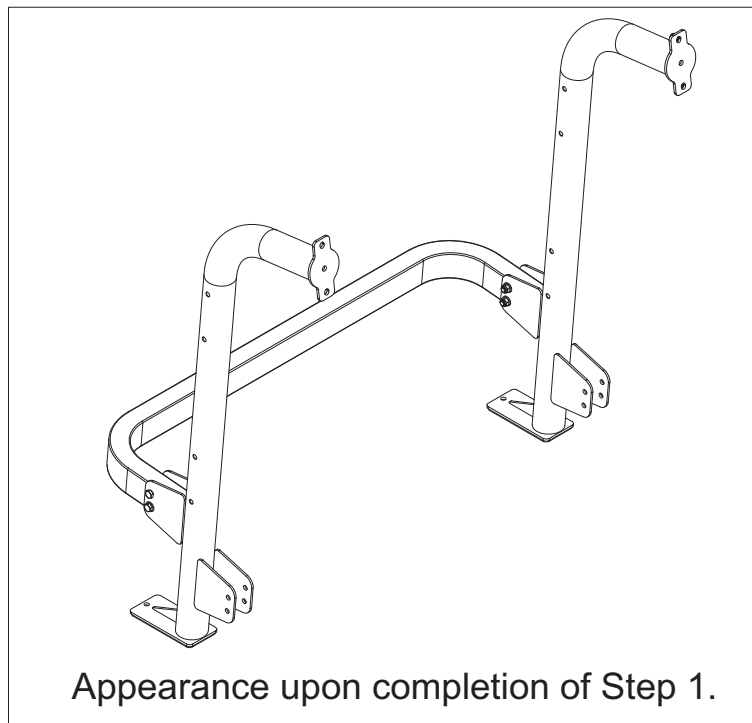
1A. Attach Stability Beam (D) to the two Rear Posts (C) by using:

4 - (7) Hex Bolt M12x1.75x80L

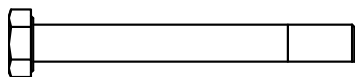
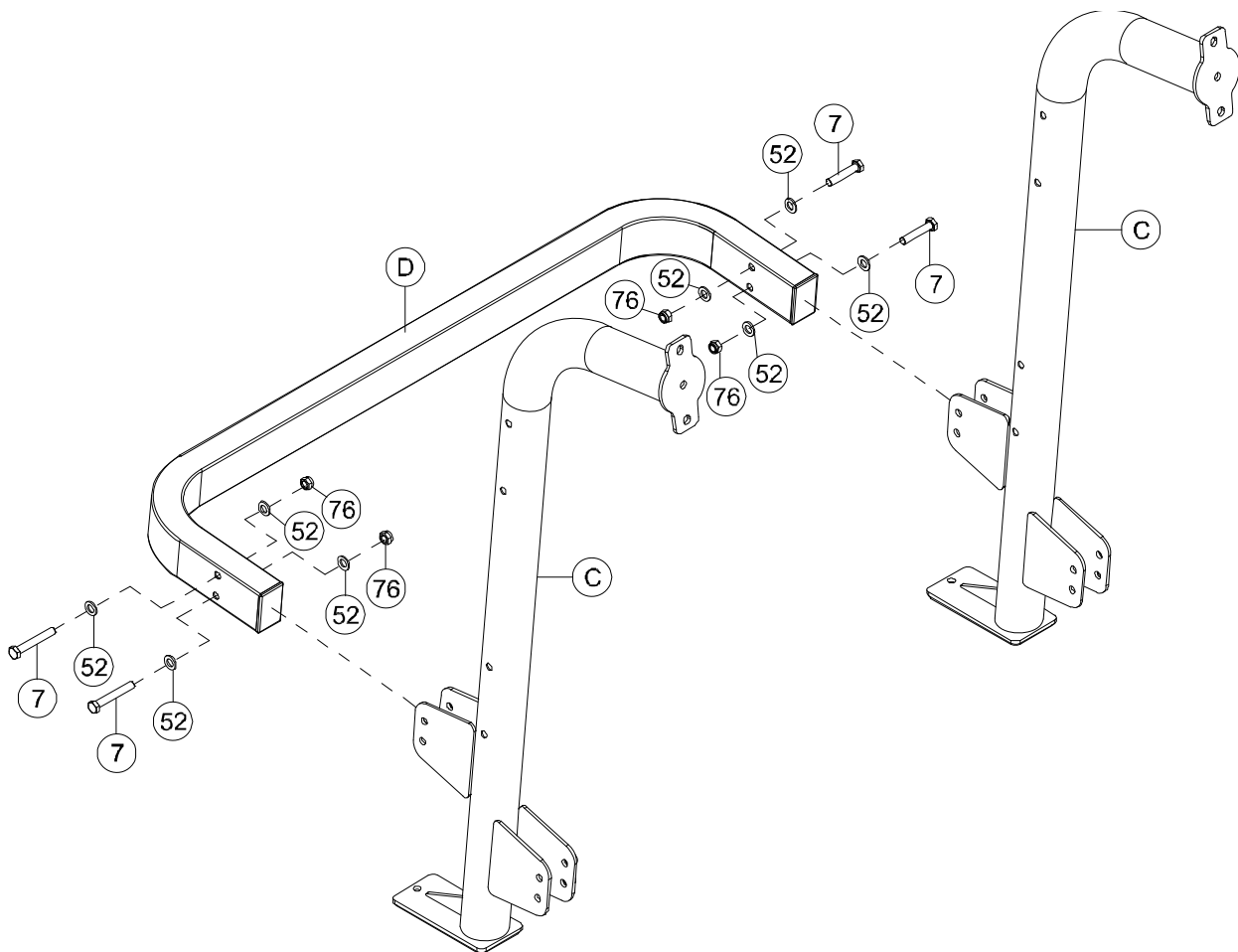
8 - (52) Washer D24x D13.5x2.5

4 - (76) Nylon Nut M12

Do not thoroughly tighten the hardware until after step 3.



STEP 1



NO.7 Hex Bolt
M12x1.75x80L
4PCS



NO.76 Nylon Nut
M12 4PCS



NO.52 Flat Washer
D24xD13.5x2.5
8PCS

STEP 2

2A. Attach a Foot Bar (A) to one of the Rear Post (C) by using:

2 - (7) Hex Bolt M12x1.75x80L

4 - (52) Washer D24x D13.5x2.5

2 - (76) Nylon Nut M12

2B. Repeat step 2A for the second Foot Bar (A)

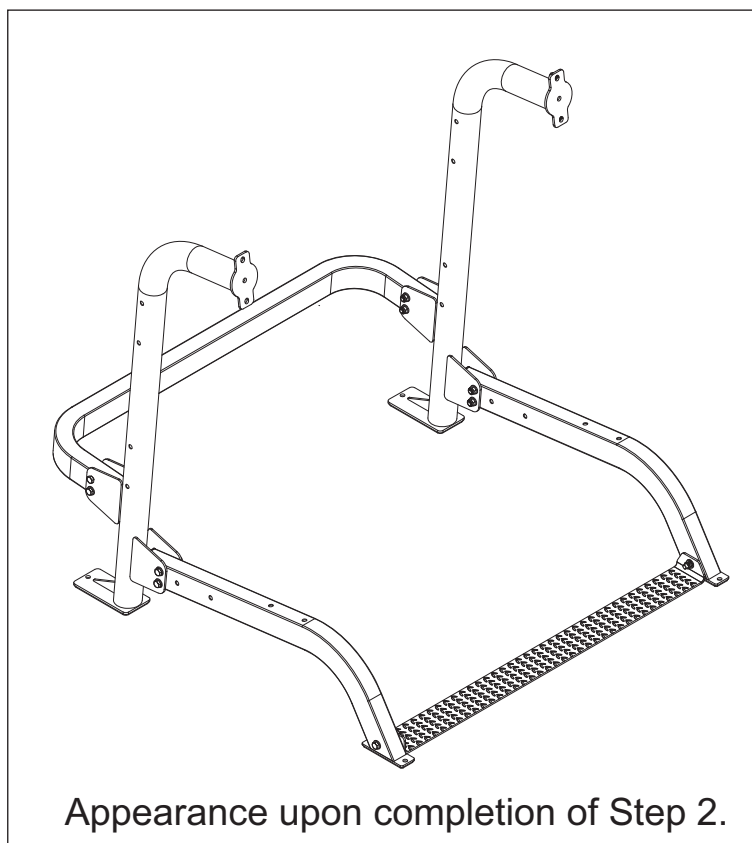
2C. Attach the Stability Plate (E) between the two Foot Bars (A) parts by using:

2 - (22) Hex Bolt M12x1.75x75L

4 - (52) Washer D24x D13.5x2.5

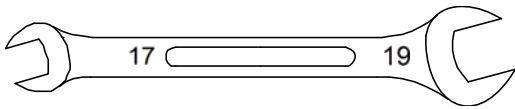
2 - (76) Nylon Nut M12

Do not thoroughly tighten the hardware until after step 3.

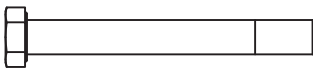
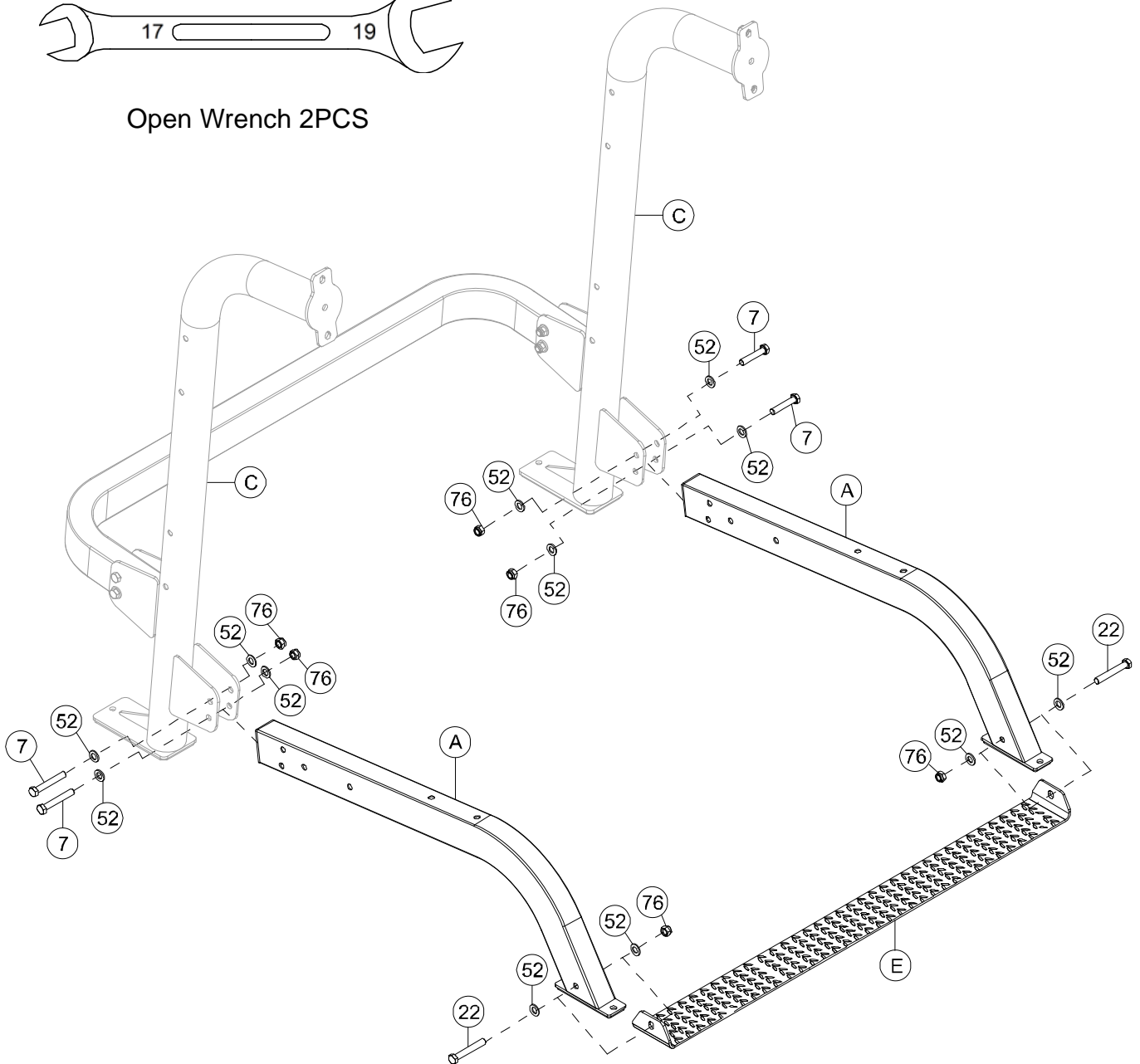


STEP 2

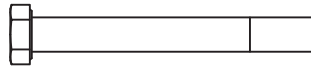
*For reference only



Open Wrench 2PCS



NO.22 Hex Bolt
M12x1.75x75L
2PCS



NO.7 Hex Bolt
M12x1.75x80L
4PCS



NO.76 Nylon Nut
M12 6PCS



NO.52 Flat Washer
D24xD13.5x2.5
12PCS

STEP 3

3A. Attach a Front Post (B) to one of the Rear Posts (C) by using:

2 - (8) Hex Bolt M12x1.75x100L

2 - (52) Washer D24x D13.5x2.5

2 - (66) Washer D37xD13x3.0

2 - (76) Nylon Nut M12

Note: Make sure the smaller holes that run up the sides of the Front Post (B) are positioned in the forward position, as in the diagram on the next page.

3B. Attach the bottom portion of the Front Post (B) (from step 3A) and one Flat Mounting Plate (K) to the Foot Bar (A) by using:

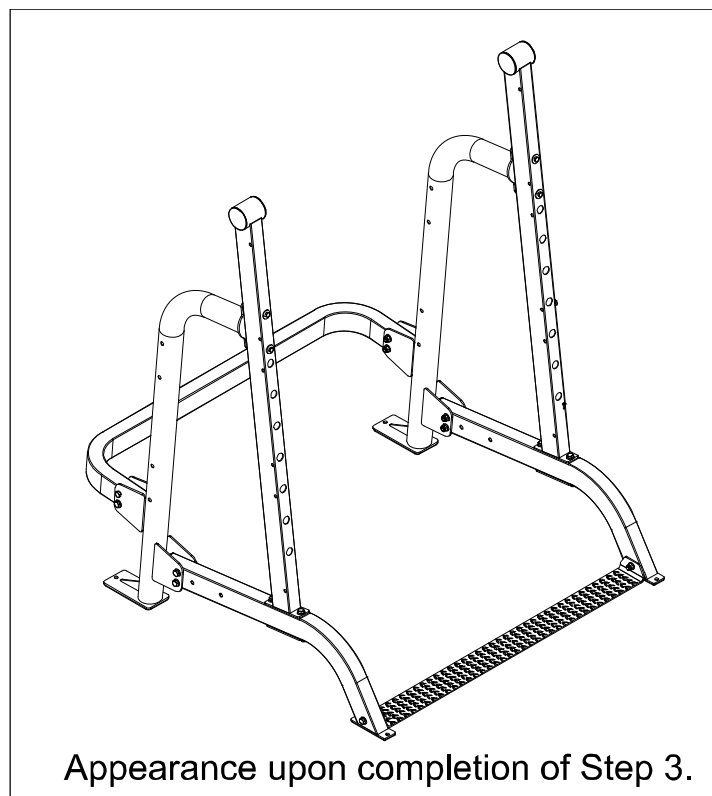
2 - (16) Hex Bolt M12x1.75x105L

4 - (52) Washer D24x D13.5x2.5

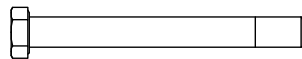
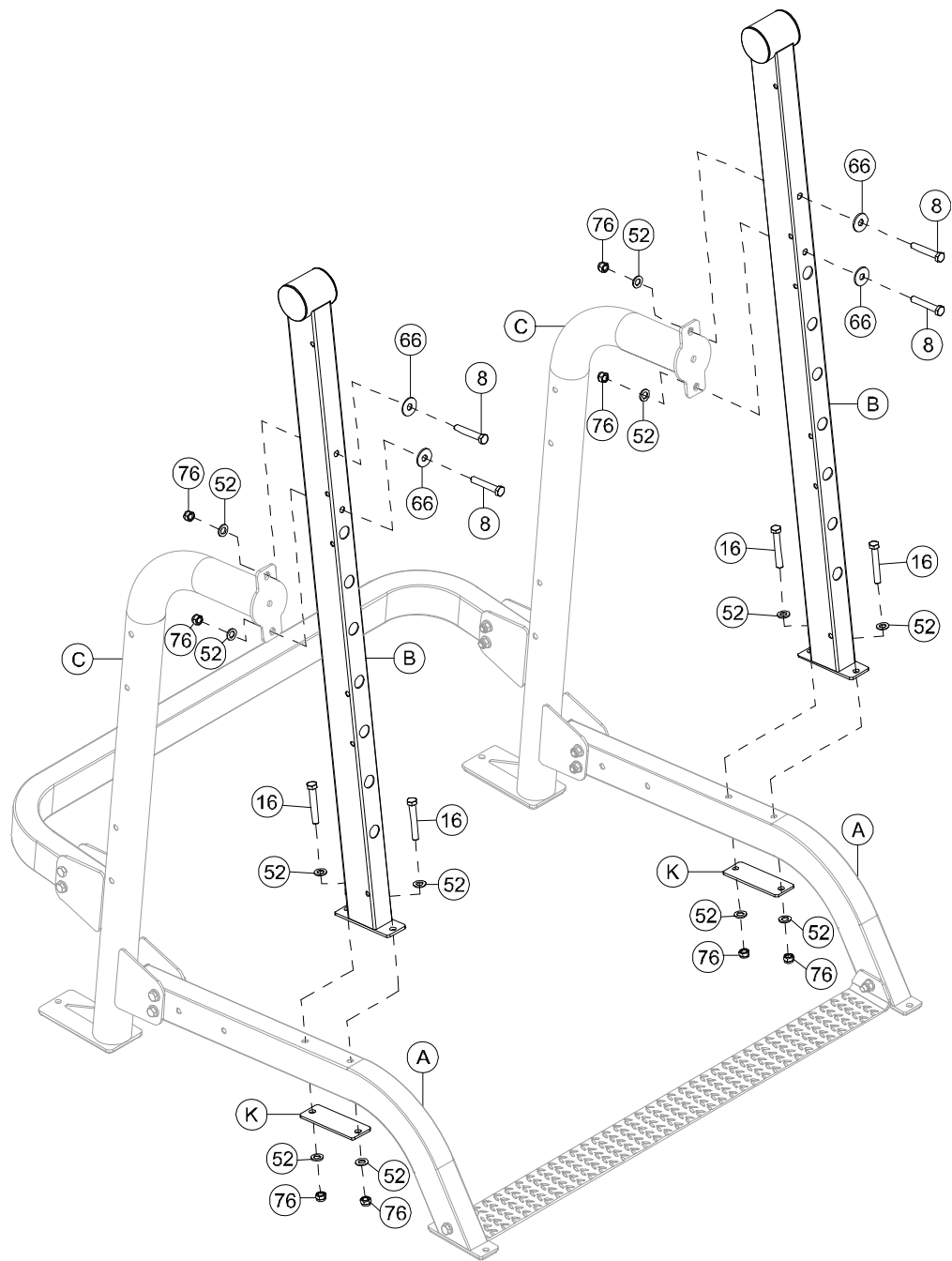
2 - (76) Nylon Nut M12

3C. Repeat steps 3A and 3B for the second Front Post (B).

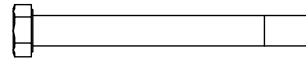
Make sure all the foot plates are flat on the ground and proceed to thoroughly tighten the hardware from steps 1, 2 and 3.



STEP 3



NO. 8 Hex Head Bolt
M12x1.75x100L
4PCS



NO.16 Hex Head Bolt
M12x1.75x105L
4PCS



NO.76 Nylon Lock
Nut M12
8PCS



NO.52 Washer
D24xD13.5x2.5
12PCS



NO.66 Washer
D37xD13x3.0
4PCS

STEP 4

4A. Attach one Curved Weight Horn (J) and one Curved Mounting Plate (L) to the Rear Post (C) at the **B** location by using:

2 - (16) Hex Bolt M12x1.75x105L

4 - (59) Curve Washer D21xD13x1

2 - (76) Nylon Nut M12

4B. Attach one Curved Weight Horn (J) and one Curved Mounting Plate (L) to the lower portion of one Rear Post (C) by using:

2 - (16) Hex Bolt M12x1.75x105L

4 - (59) Curve Washer D21xD13x1

2 - (76) Nylon Nut M12

4C. Attach one Flat Weight Horn (I) and one Flat Mounting Plate (K) to one of the Foot Beam (A) by using:

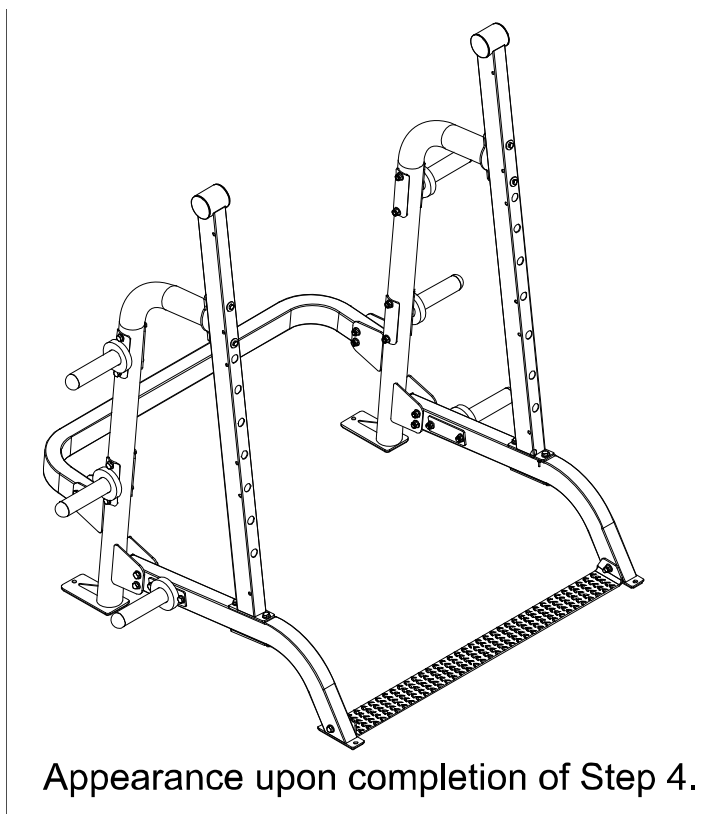
2 - (7) Hex Bolt M12x1.75x80L

4 - (52) Washer D24x13.5x2.5

2 - (76) Nylon Nut M12

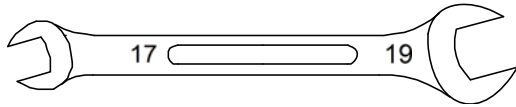
4D. Repeat Steps 4A, 4B, 4C for the opposite side of the rack

Thoroughly tighten the hardware once complete.

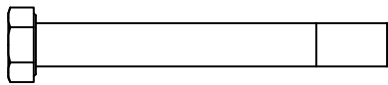
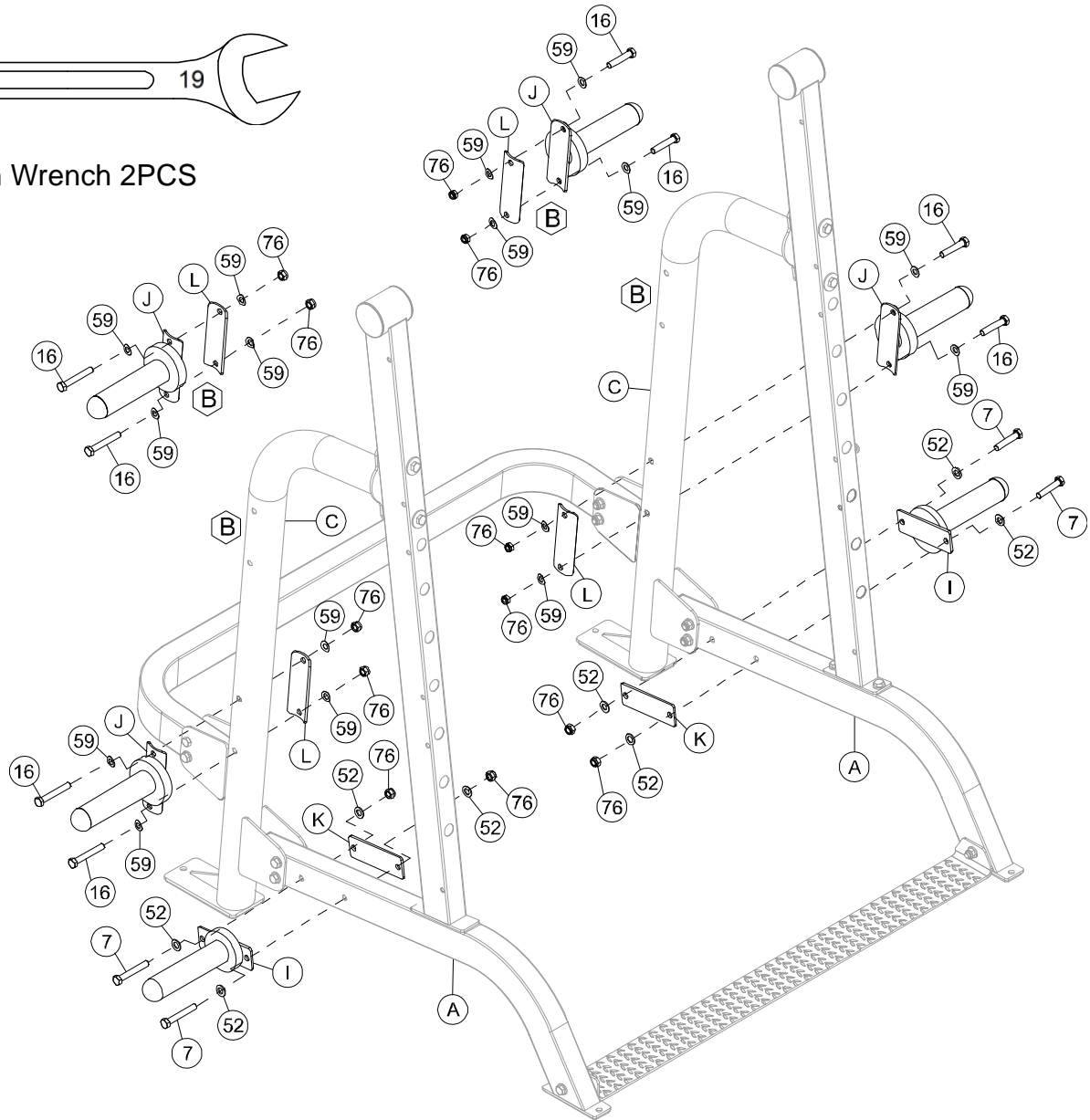


STEP 4

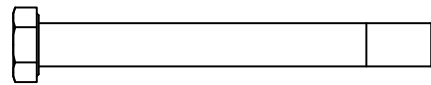
*For reference only



Open Wrench 2PCS



NO.7 Hex Head Bolt
M12x1.75x80L
4PCS



NO. 16 Hex Head Bolt
M12x1.75x105L
8PCS



NO.76 Nylon Lock
Nut M12
12PCS



NO.52 Washer
D24xD13.5x2.5
8PCS



NO.59 Curve Washer
D21xD13x1
16PCS

STEP 5

5A. Attach three Hook Plates (H) onto the outward facing side of left Front Post (B) by using:

6 - (21) Hex Bolt M10x1.5x70L

12 - (51) Washer D20x D10.5x2.0

6 - (75) Nylon Nut M10

5B. Attach three Hook Plates (H) onto the outward facing side of right Front Post (B) by using:

6 - (21) Hex Bolt M10x1.5x70L

12 - (51) Washer D20x D10.5x2.0

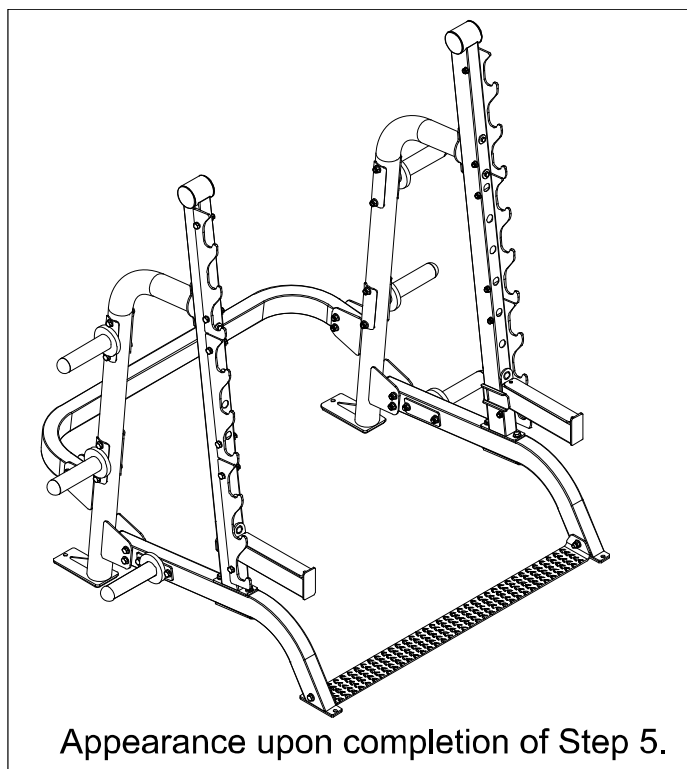
6 - (75) Nylon Nut M10

Thoroughly tighten the hardware once complete.

5C. Insert Left Safety Catch (F) on to any of the available holes along the length of the left Front Post (B).

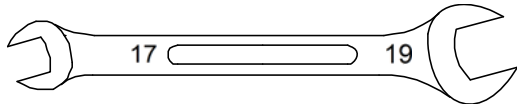
5D. Insert Right Safety Catch (G) on to any of the available holes along the length of the right Front Post (B).

Warning: Left Safety Catch (F) and Right Safety Catch (G) can only be used on their designated sides of the Olympic Weight Bar Rack.

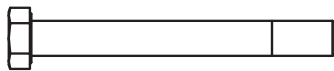
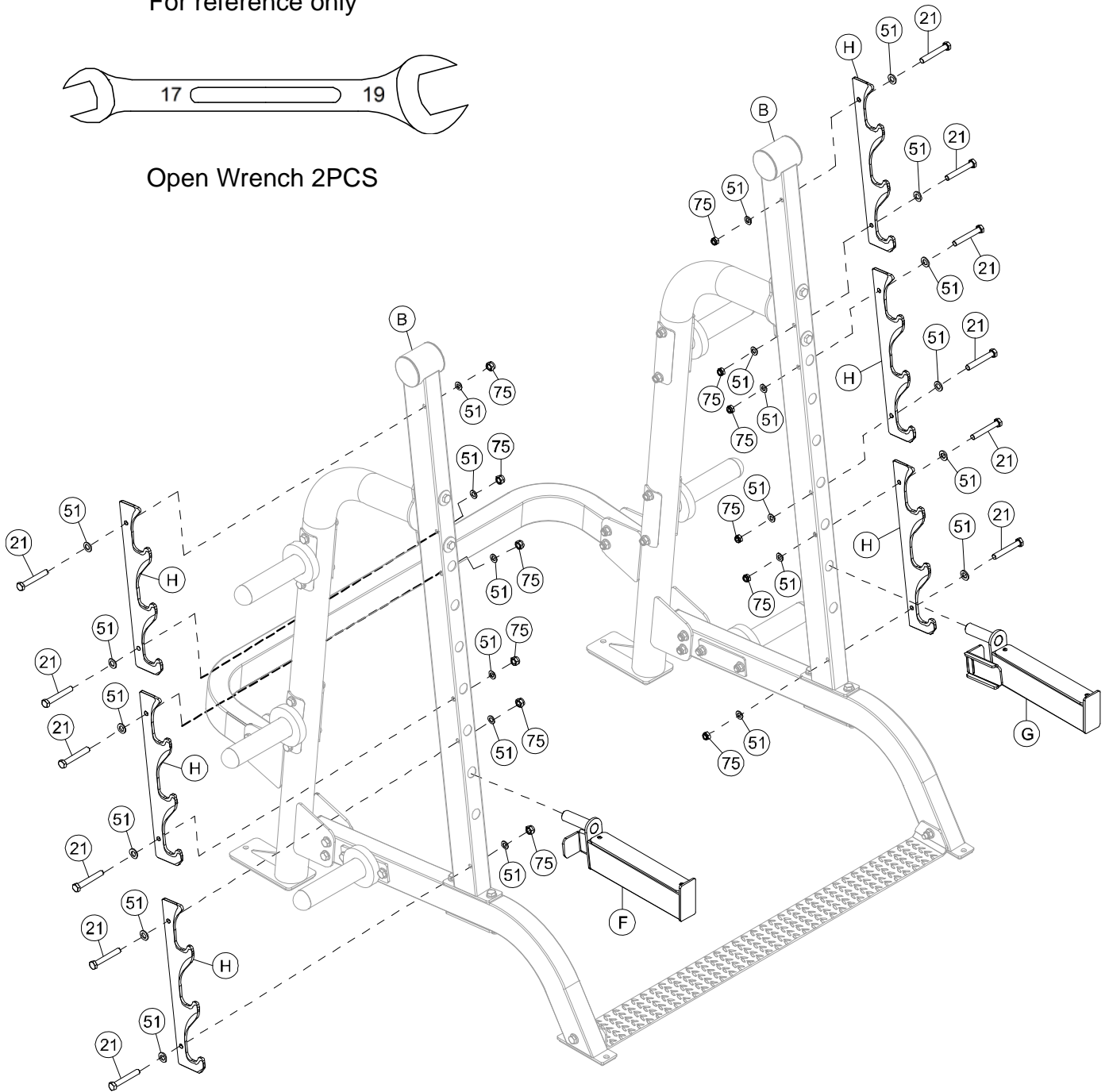


STEP 5

*For reference only



Open Wrench 2PCS



NO.21 Hex Head Bolt
M10x1.5x70L
12PCS

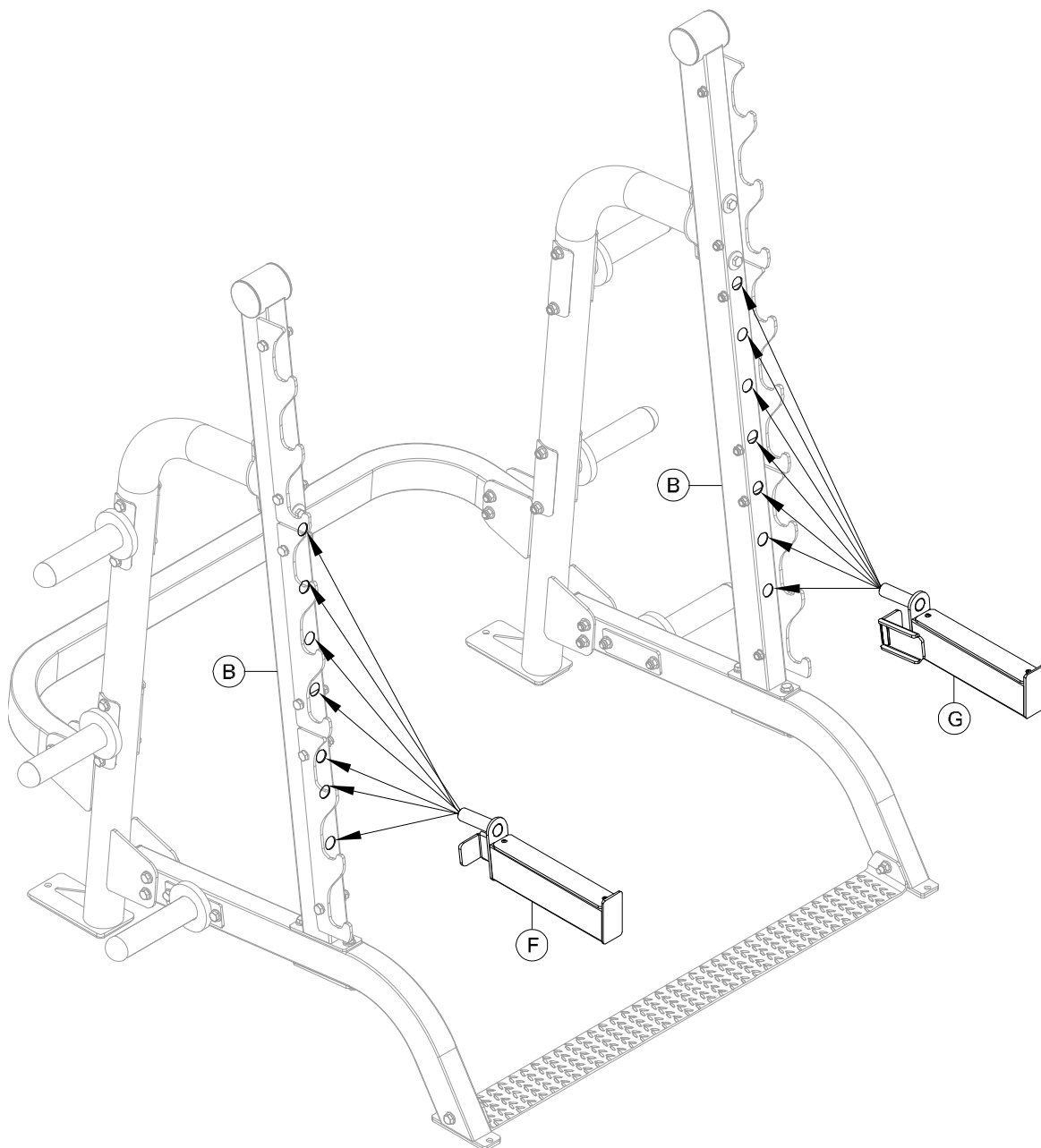


NO.75 Nylon Nut
M10 12PCS



NO.51 Washer
D10.5xD20x2.0
24PCS

ADJUSTMENT



1. The Left Safety Catch (F) can be placed on any of the holes on the left Front Post (B). This safety catch can only be used on the left side.
2. The Right Safety Catch (G) can be placed on any of the holes on the right Front Post (B). This safety catch can only be used on the right side.

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness guarantees to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

<u>COMPONENT</u>	<u>LENGTH OF WARRANTY</u>
All Components	Limited Lifetime Guarantee for home use only

Exclusions from Warranty Coverage:

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed.
3. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness.
4. Damage caused by vandalism, accidents, inadequate maintenance, or by animals.
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.).
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, rust, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the product.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

Service@paradigmhw.com

Open Daily 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

PARTS REQUEST FORM

Paradigm Health & Wellness, Inc.

PARTS REQUEST FAX FORM

Please fax this form to (1-626-810-2166)

OR YOU CAN EMAIL CUSTOMER SERVICE REQUESTS TO

service@paradigmhw.com

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

TELEPHONE: (Day) _____

(Night) _____

(Email Address) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PURCHASE FROM: _____

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

OFFICIAL USE ONLY

SHIP DATE: _____

TRK #: _____

BACK ORDER: _____