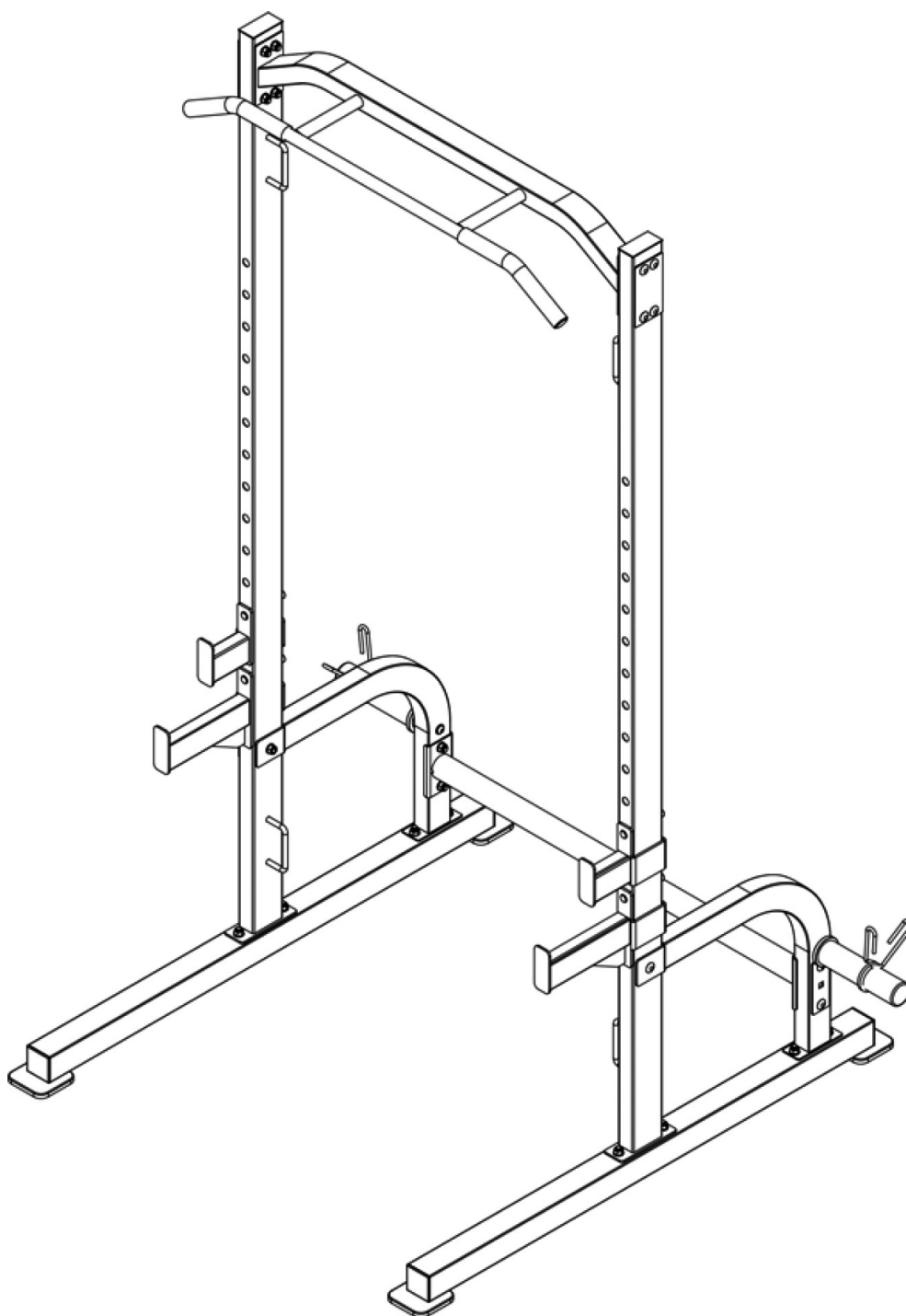


HALF RACK HR350

AMILA®

(code 91206)

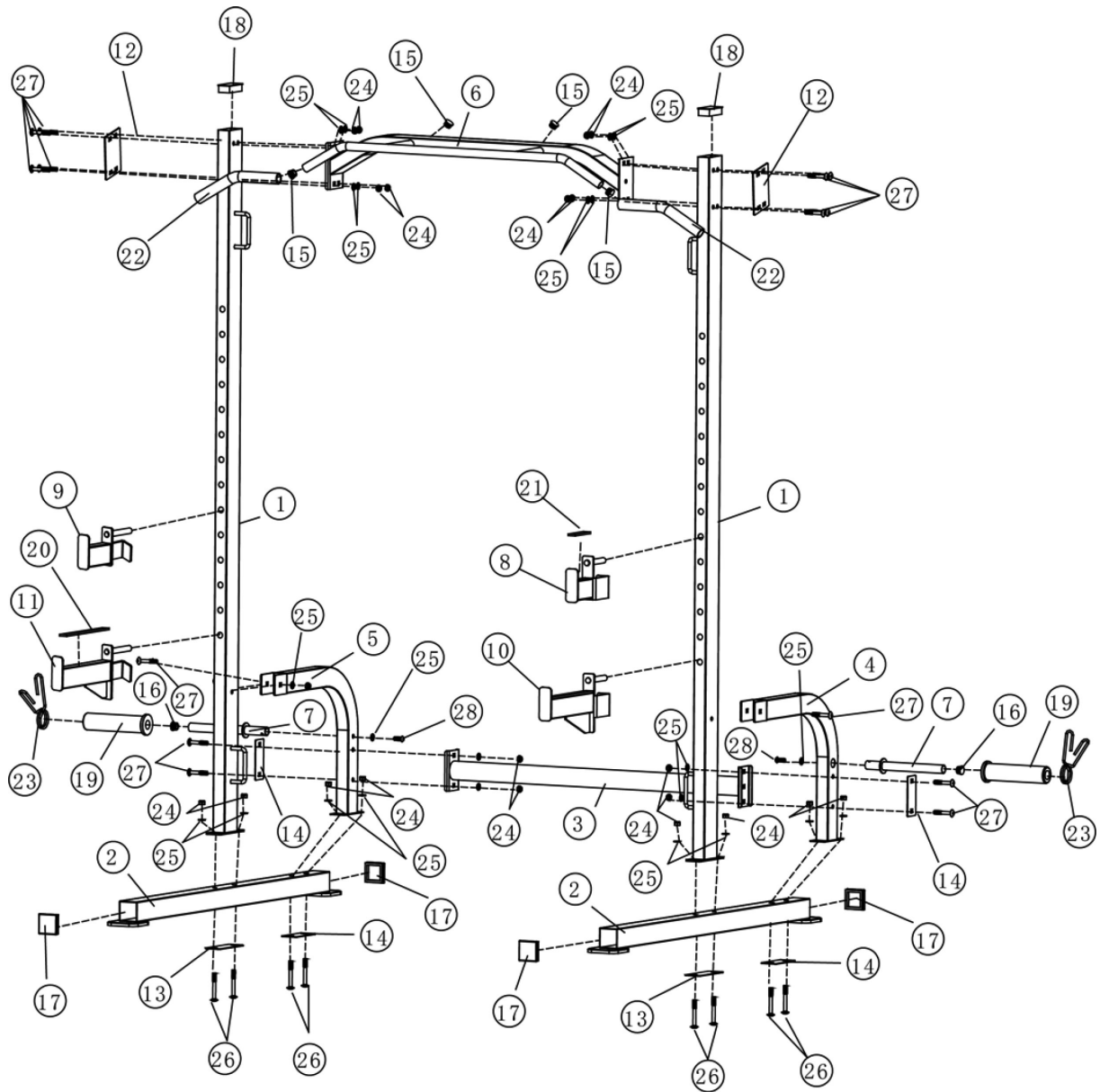
Assembly instructions



IN ORDER FOR THE WARRANTY TO BE VALID,
PLEASE, BEFORE YOU BEGIN
ASSEMBLING AND USING THE MACHINE,
READ THIS INSTRUCTIONS.

ASSEMBLY INSTRUCTIONS FOR HALF RACK #91206

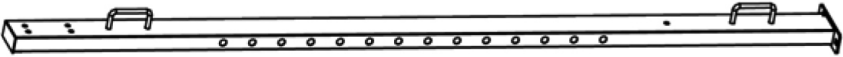
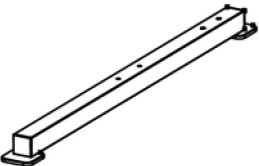


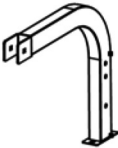
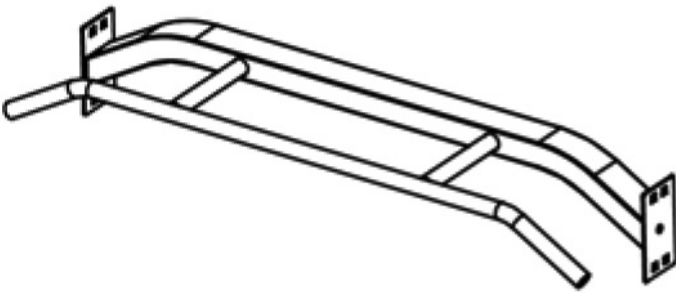

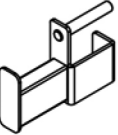
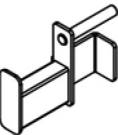
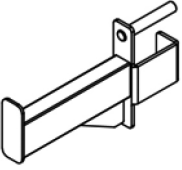
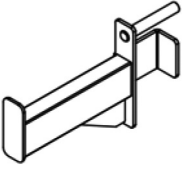





EXPLODED DRAWING

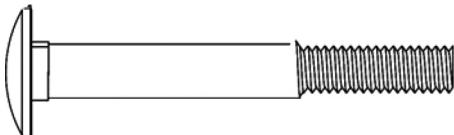
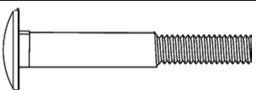
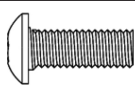




ASSEMBLY INSTRUCTIONS

Remove all parts from the box and carefully place them on the floor. Assembling the Half Rack will be quick and easy.

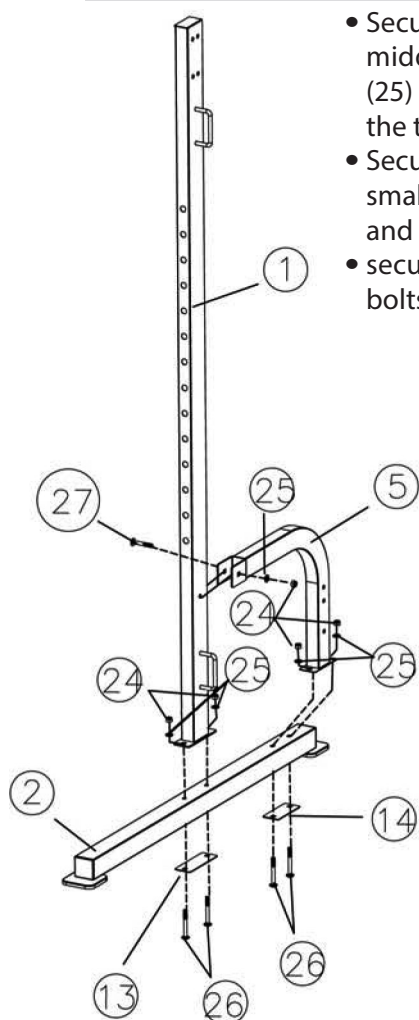
PARTS

#	PCS	DESCRIPTION	DRAWING	#	PCS	DESCRIPTION	DRAWING
1	2	Uprights					
2	2	Main bases		3	1	Back support	
4	1	Left brace		5	1	Right brace	
6	1	Horizontal bar					
7	2	Plate support		8	1	Left small safety lock	
9	1	Right small safety lock		10	1	Left large safety lock	
11	1	Right large safety lock		12	2	Big connecting plate	
13	2	Middle connecting plate		14	4	Small connecting plate	
19	2	Olympic plate adapter		23	2	Spring collar	

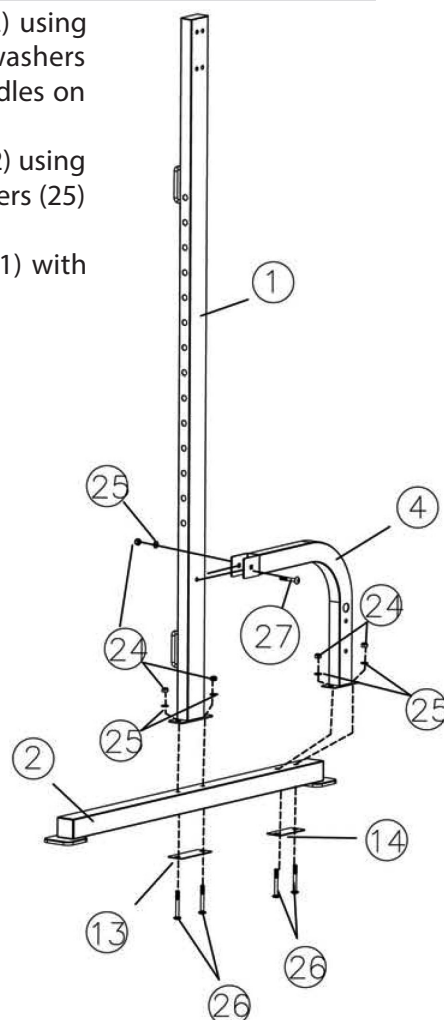
#	PCS	DESCRIPTION	DRAWING	#	PCS	DESCRIPTION	DRAWING
26	8	M10×1 ¹ / ₈ " bolt					
27	14	M10×2 ³ / ₈ " bolt		28	2	M10×1" bolt	
24	22	M10 nut		25	24	Ø ³ / ₄ " washer	

NOTE: Do not fully tighten bolts and nuts using tools, only slightly by hand, so that the assembly process will flow smoothly. You will be advised when to use tools to fully tighten all bolts and washers.

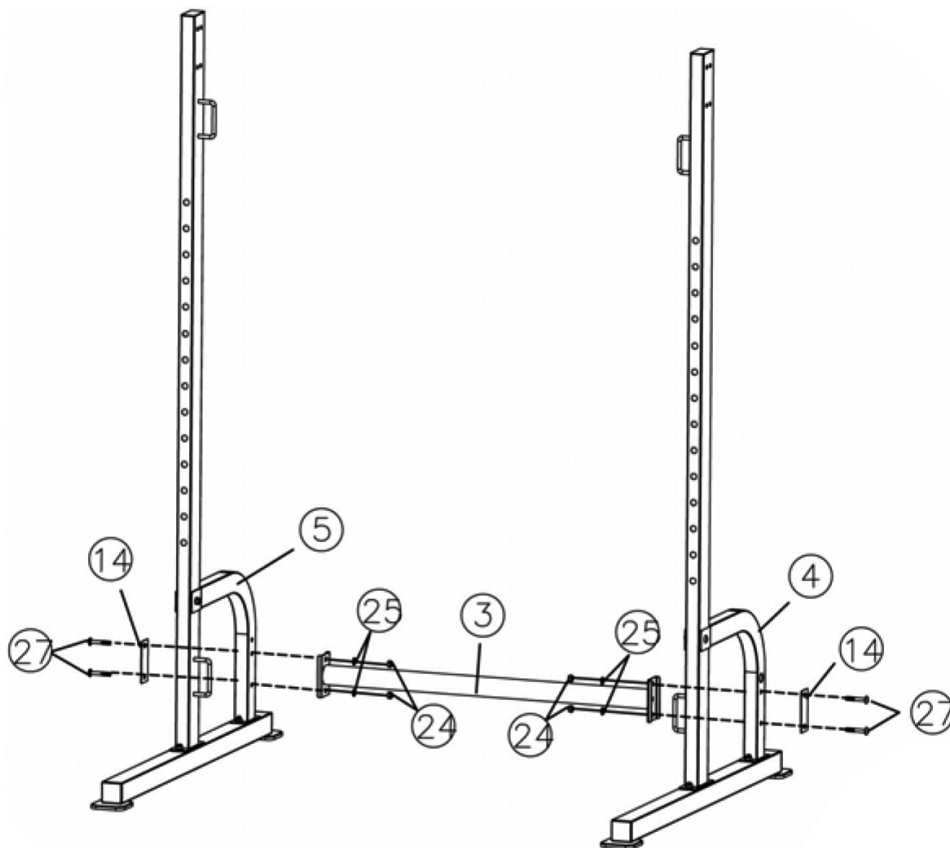
STEP 1



- Secure the uprights (1) to the main bases (2) using middle connecting plates (13), bolts (26), washers (25) and nuts (24), making sure that the handles on the top of the uprights are facing inwards.
- Secure the braces (4 & 5) to the main bases (2) using small connecting plates (14), bolts (26), washers (25) and nuts (24).
- secure the braces (4 & 5) to the uprights (1) with bolts (27), washers (25) and nuts (24).

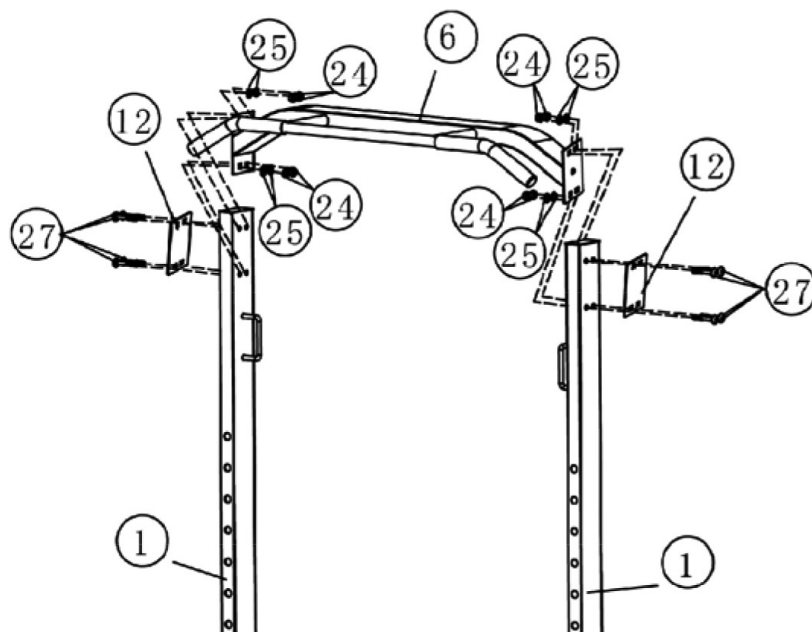


STEP 2



- Keeping the uprights (1) vertical and connect them to the back support (3) using small connecting plates (14), bolts (27), washers (25) and nuts (24).

STEP 3

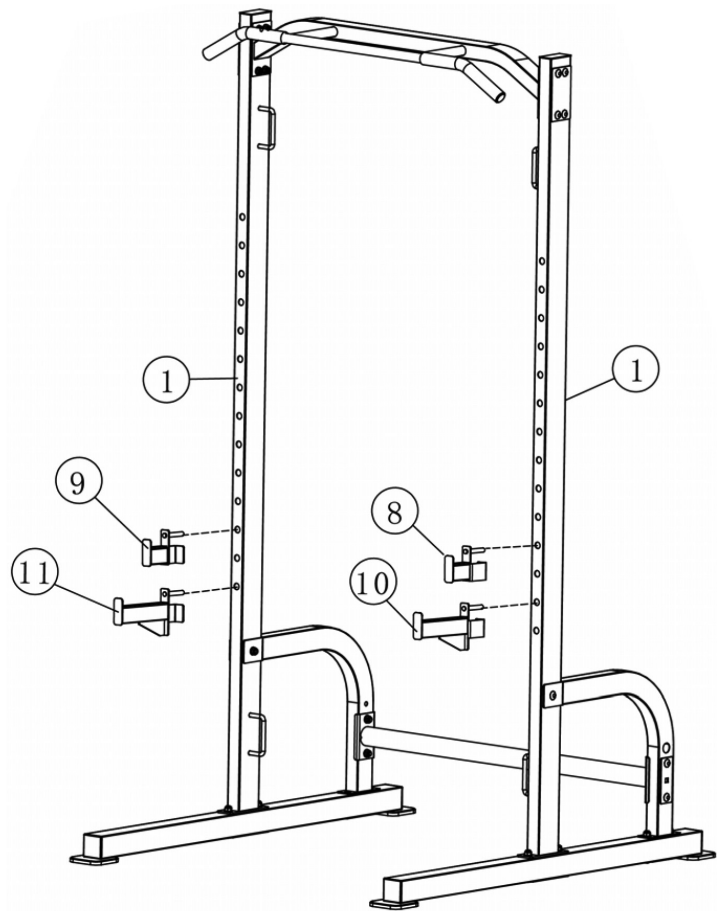


- Connect the horizontal bar (6) on the top of the uprights (1) using big connecting plates (12), bolts (27), washers (25) and nuts (24).

You can now fully tighten all bolts and nuts, starting from the bottom of the machine.

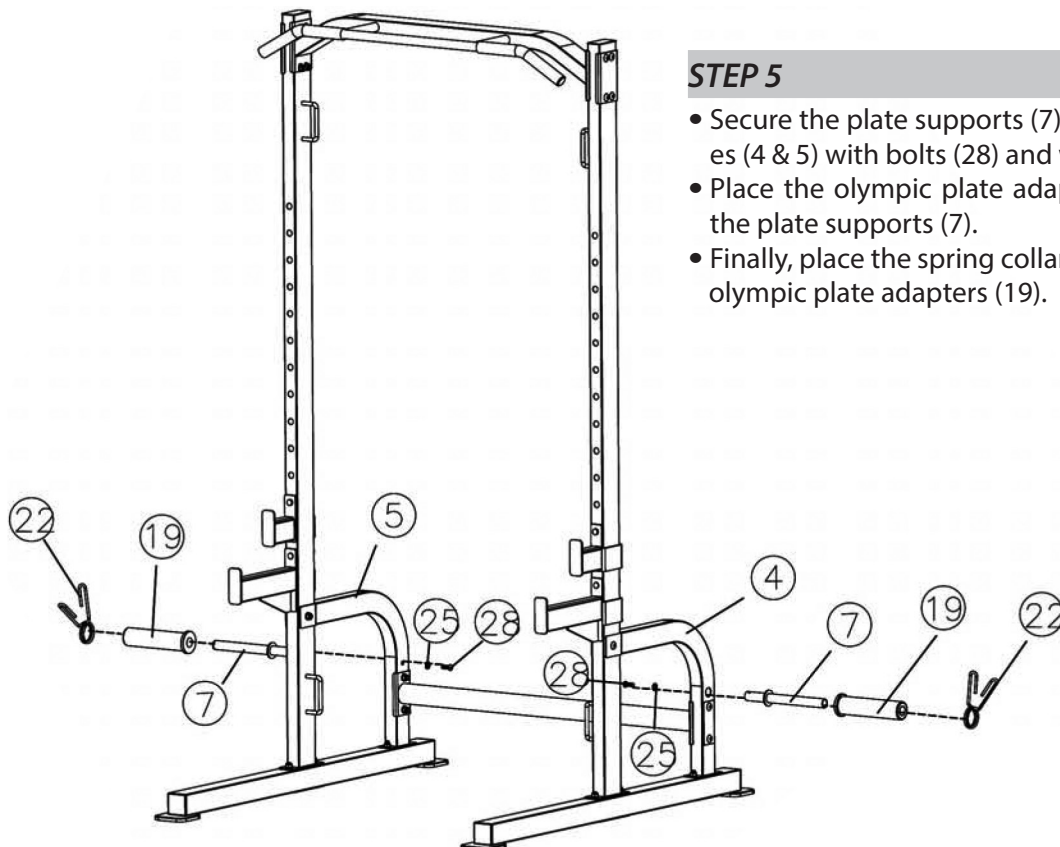
STEP 4

- Place the safety locks (8, 9, 10 & 11) on the uprights (1).



STEP 5

- Secure the plate supports (7) on the braces (4 & 5) with bolts (28) and washers (25).
- Place the olympic plate adapters (19) on the plate supports (7).
- Finally, place the spring collars (23) on the olympic plate adapters (19).



WARM-UP EXERCISES

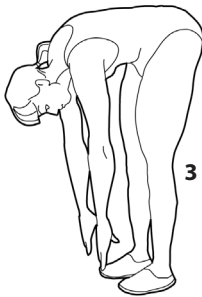
A proper workout consists of warm-up, aerobic exercise and relaxation. Repeat the program 2 or, preferably, 3 times a week, relaxing one day in between. After a few months you will be able to increase the frequency of your workouts to 4 or 5 times per week. Warming up should be a key part of your exercise, something not to be missed. It prepares your body for more strenuous exercises by warming and stretching your muscles, increasing blood circulation and heart rate and sending more oxygen to your muscles. Repeat these exercises after your workout to minimize muscle soreness. We suggest the following exercises:



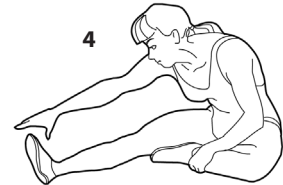
1. Quadriceps stretch: Lean against the wall using your right hand while bending your left leg backwards and holding it with the other hand. Try to bend the leg as much as you can. Hold this position for 15 seconds. Repeat for the right leg.



2. Adductor exercise: Sit down pulling your feet towards you, knees bent and the soles pressed together. Then use your elbows to press your knees towards the floor. Perform 15 repetitions.



3. Touch the toes: Bend your waist slowly forward with your knees slightly bent and your hands trying to grip the toes. Hold this position for 15 seconds.



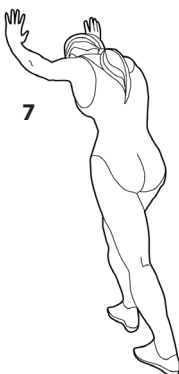
4. Biceps exercise: Sit with your right leg outstretched towards the front and the left one tucked in with the sole touching the right leg. Lean forward trying to grab the toes of the outstretched foot. Perform 15 repetitions. Rest for a while and repeat with the other leg outstretched.



5. Neck stretching (Head rolling): Tilt your head to the right, feeling the stretching of the left side of the neck. Then tilt your head towards the other side. Finally, tilt the head once forward and once backwards.



6. Shoulder lift: Raise your right shoulder as close as you can to your ear. Repeat with the left shoulder. This exercise should be performed at a slow pace.



7. Tension of the Achilles tendon: This exercise is performed by leaning on a wall, which you press with your hands. The right foot should be bent at the knee and the left one stretched backwards, the soles of both feet touching the ground. Repeat the exercise by reversing the feet.



8. Side stretching: Stretch your hands upwards and try to lift your left outstretched hand as high as possible, so that you feel your left side being pulled. Repeat for the right hand.

ELDICO[™]
sport



in conformity with the
alternative packing
management system

Distributed by **ELDICO SPORT SA**

eMail: support@eldico.gr • Web Site: eldico.gr