



hgm-pow-j06-blk



Product may change slightly from the item above due to model upgrades.

Read all instructions in this manual before using this equipment.

Keep this manual for future reference.

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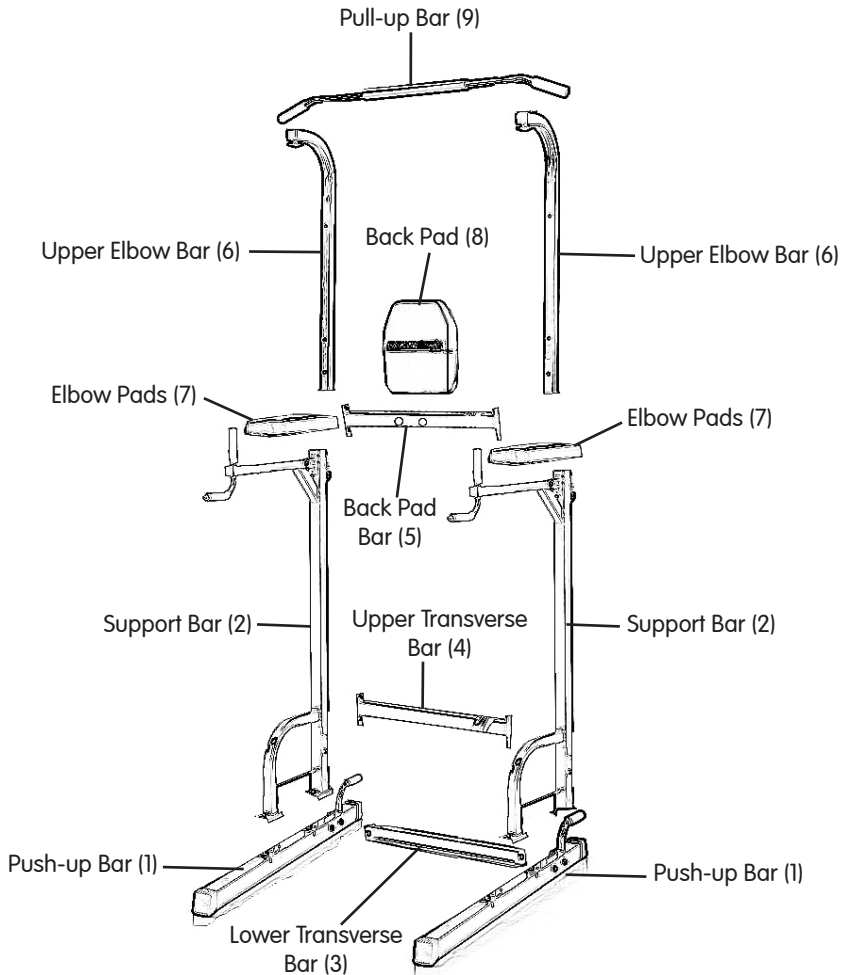
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1. SAFETY INSTRUCTIONS

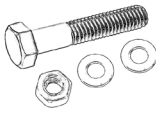


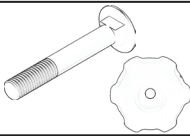
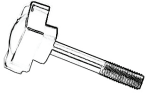
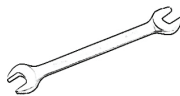
1. Read this manual before assembling and using the equipment.
2. Consult your physician before beginning an exercise program. This is especially important for people with pre-existing health problems.
3. Incorrect or too much exercise can injure or damage your health. Stop exercising immediately if you feel light headed, short of breath or any type of pain.
4. Keep children away from this machine at all times. This equipment is for adults only.
5. The exercise equipment is designed to support a maximum user weight of 150kg.
6. This exercise equipment is for indoor use only. Keep it away from moisture and dust.
7. Make sure that the equipment is on a solid flat level surface with some type of cover under it to protect your floor. To avoid any hazards the equipment should have 2 meters of free space around it.
8. All nuts and bolts are to be properly tightened before using the equipment. Stop exercising if you hear noises out of the ordinary coming from the equipment. Any worn parts are to be replaced immediately.
9. Wear suitable clothing while using the equipment to prevent any accidents. Avoid wearing baggy clothing that may get caught in the equipment or limit your exercising.
10. Be careful when moving or lifting the equipment. Careless lifting may cause accidents and/or injuries.
11. Make sure you take care when lifting or moving the equipment so you do not injure your back.
12. Always keep these instructions handy for reference.

2. COMPONENT DETAIL TABLE

NO.	Name	Quantity	NO.	Name	Quantity
1	Push-up Bar	2	6	Upper Elbow Bar	2
2	Support Bar	2	7	Elbow Pads	2
3	Lower Transverse Bar	1	8	Back Pad	1
4	Upper Transverse Bar	1	9	Pull-up Bar	1
5	Back Pad Bar	1			



3. ACCESSORIES DETAIL TABLE

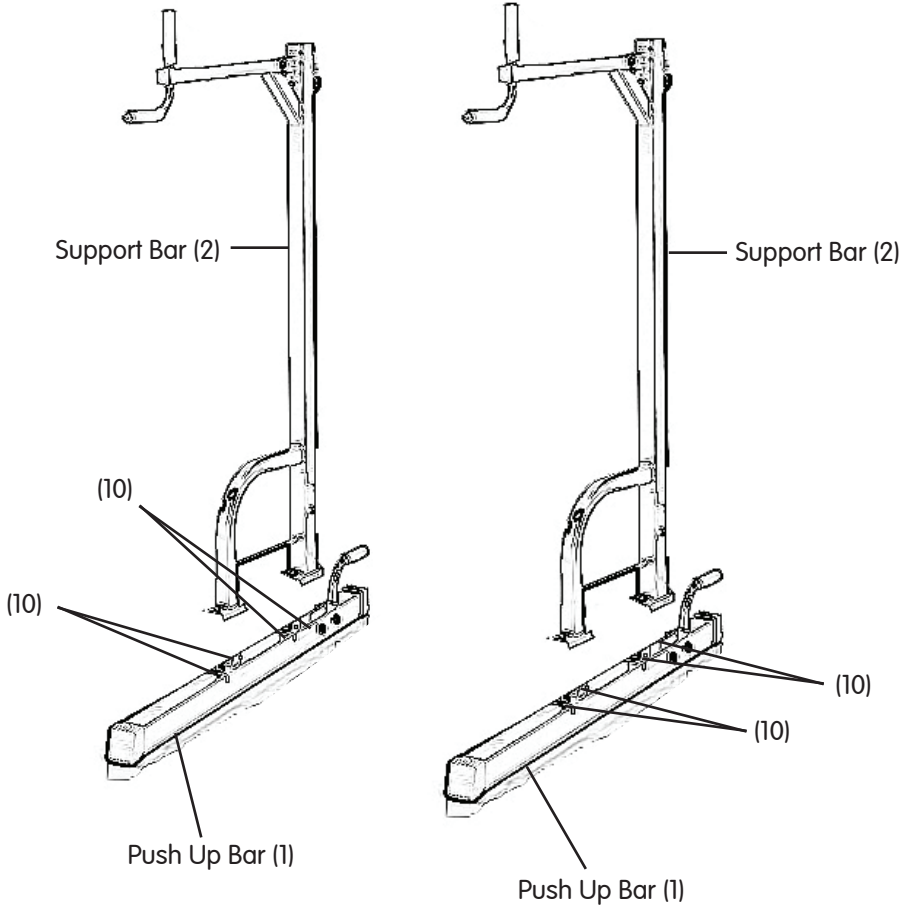
NO.	Name	Model	Quantity	Group
10	Bolt	M10x60	16	
	Nut	M10	16	
	Washer	M10	32	
11	Bolt	M8x50	6	
12	Bolt	M8x50	4	
	Nut	M8	4	
13	Knob	M10x70	2	
	Carriage Bolt	M10x70	2	
14	Knob	M10x70	2	
15	Wrench		1	

4. ASSEMBLY INSTRUCTIONS

Step 1

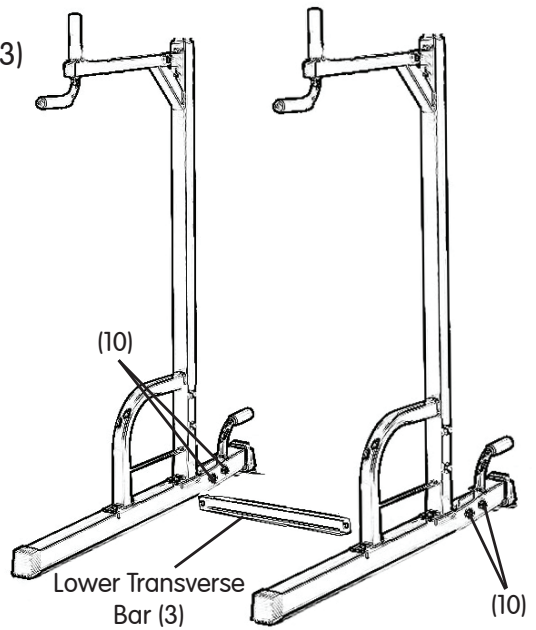
1. Place the Support Bar (2) onto the Push Up Bar (1) and use four M10x60 Bolts (10) to tighten and secure into place.

2. Place the Support Bar (2) onto the Push Up Bar (1) and use four M10x60 Bolts (10) to tighten and secure into place.

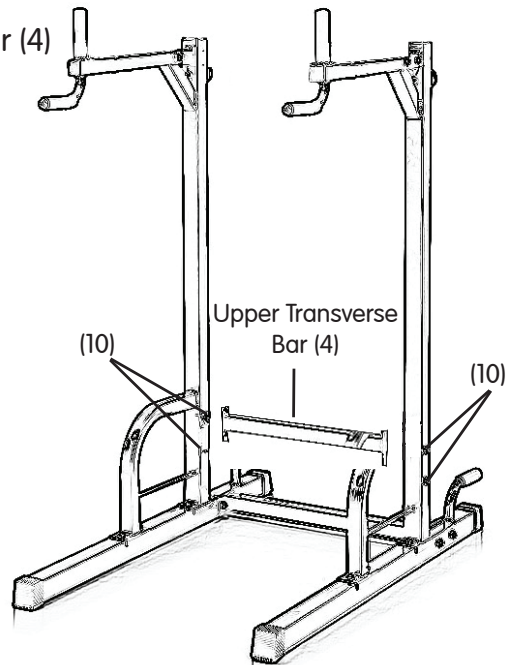


Step 2

1. Place the Lower Transverse Bar (3) to the Push Up Bars (1) and insert four M10x60 Bolts (10).

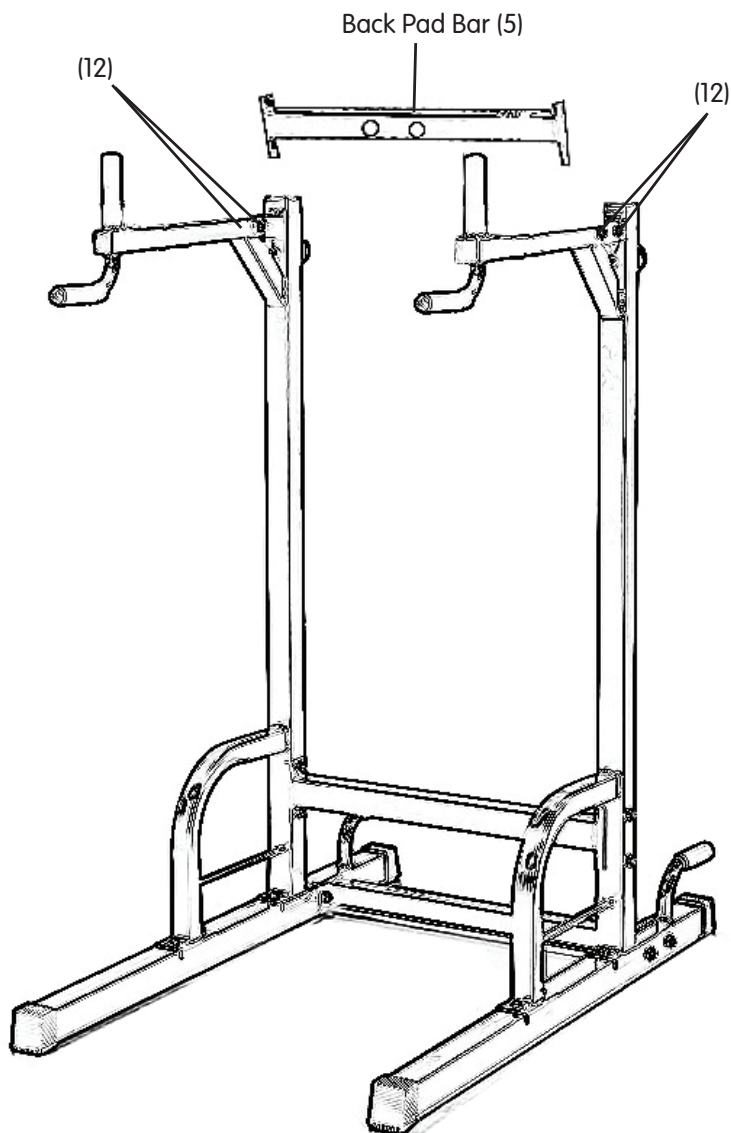


2. Secure the Upper Transverse Bar (4) to the 2 Support Bars (2) with four M10x60 Bolts (10).



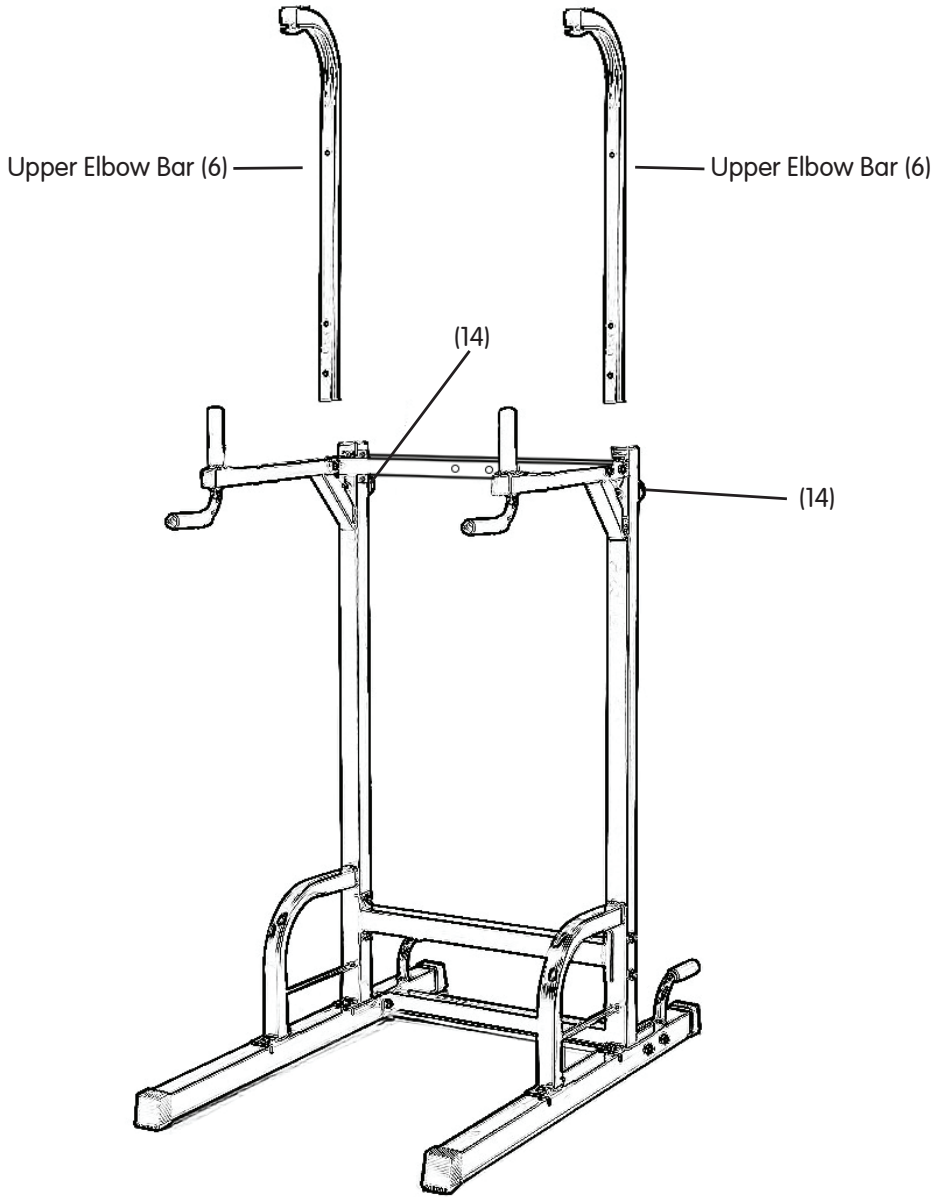
Step 3

1. Secure and tighten the Back Pad Bar (5) to the 2 Support Bars (2) with the four M8x50 bolts and nuts (12)



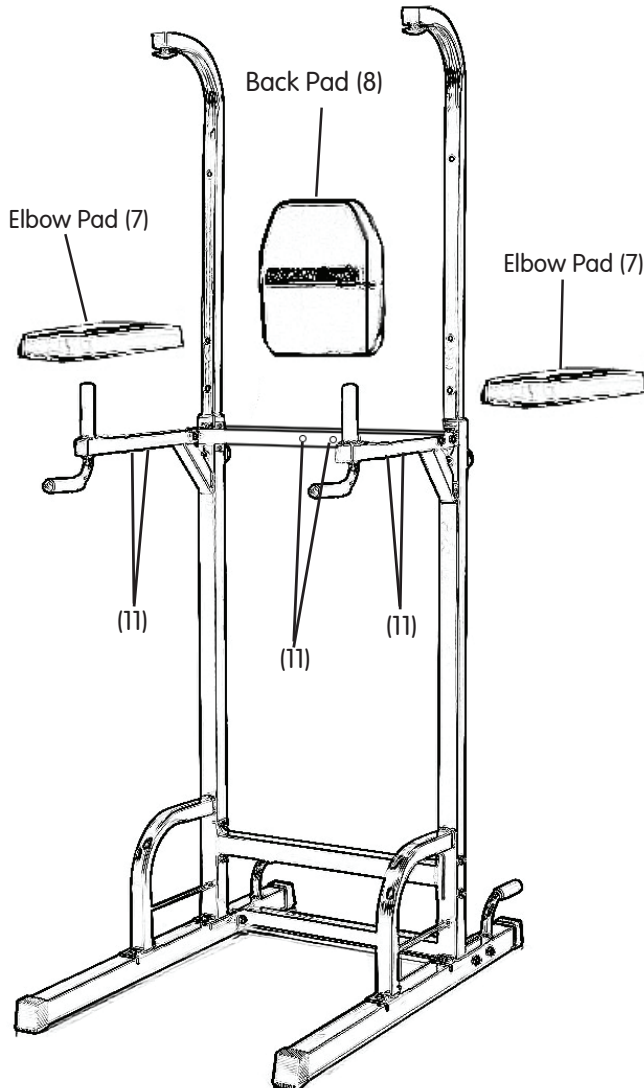
Step 4

1. Insert the Upper Elbow Bars (6) into the Support Bars (2) and tighten into desired position with the two Knobs (14)



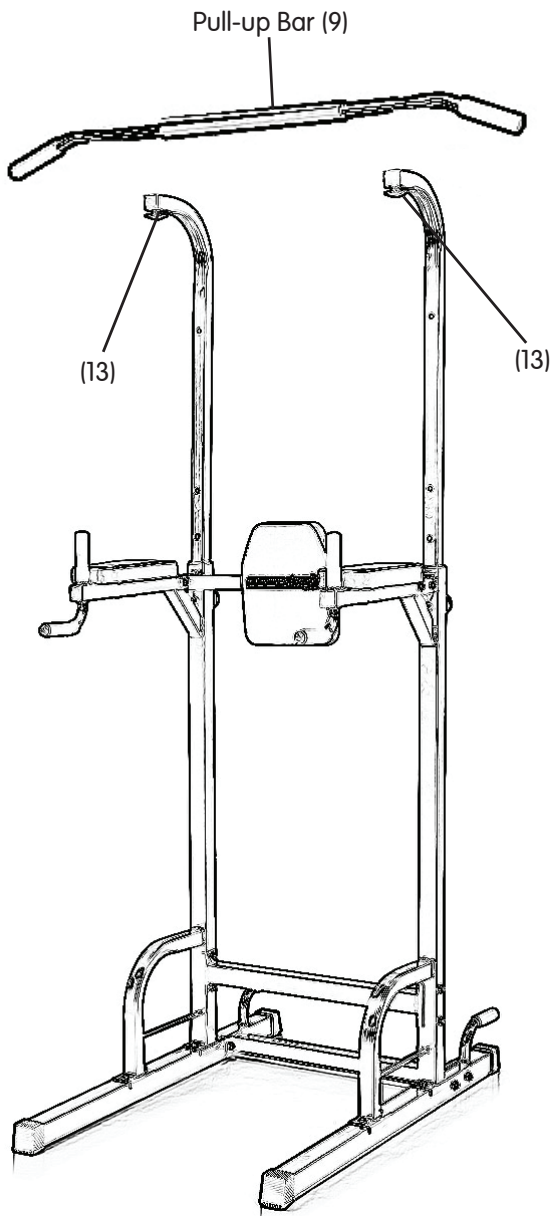
Step 5

1. Place the Elbow Pads (7) onto the Support Bar (2) area by using four M8x50 (11) bolts and tighten to keep in place.
2. Place the Back Pad (8) onto the Back Pad Bar (5) area by using two M8x50 (11) bolts and tighten to keep in place.



Step 6

1. Place the Pull-up Bar (9) to the two Upper Elbow Bars (6) and tighten using the two Knobs and Carriage Bolts (13).



5. WARRENTY & CONTACT DETAILS

Kmate Pty Ltd provides a 12 month warranty for this product when used for domestic purposes. Commercial use of the product will void all warranty.

The benefits of this warranty are provided in addition to other rights and remedies you may have under a law in relation to the goods and services to which this warranty relates. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Before making a claim under warranty, please refer to your user/installation manual to ensure that you have followed correct operating procedures of your product, and refer to the trouble shooting section (if such exists) to assist solving any problems.

The warranty period begins from the day of purchase. Your proof of purchase must be produced before assistance will be provided.

Where the Product is replaced pursuant to this Warranty, the replacement Product will be subject to the warranty terms and warranty commencement date of the original product.

This warranty is only valid if the product is operated and maintained in accordance with the manufacturer's instructions.

Damage to property including but not limited to furniture, carpets, walls, ceilings or any other event either directly or indirectly are excluded from warranty as well as any losses or expenses incurred by you in relation to the product or making a claim under this warranty including without limitation any costs associated with installation, reinstallation or transporting the product.

Light globes, remote controls, batteries, filters or similar perishable parts are not covered under this warranty.

A claim may be refused if the defective claim has arisen for reasons other than a manufacturers fault or defective parts or workmanship. Circumstances in which a warranty claim may be declined include, but are not limited to the following:

- Normal wear and tear;
- Misuse or abuse, including failure to properly maintain or service;
- Damage caused by improper or incorrect installation, force-majeure are not eligible for warranty repair;
- Insect or vermin infestation;
- Failure to clean or improper cleaning and/or operation of the product;
- If the product is modified without authorisation from Kmate Pty Ltd in writing;

Contact Details

Kmate Pty Ltd
PO Box 234, Mount Waverley VIC 3149
Email: warranty@klika.com.au
Phone: 03 9790 0055