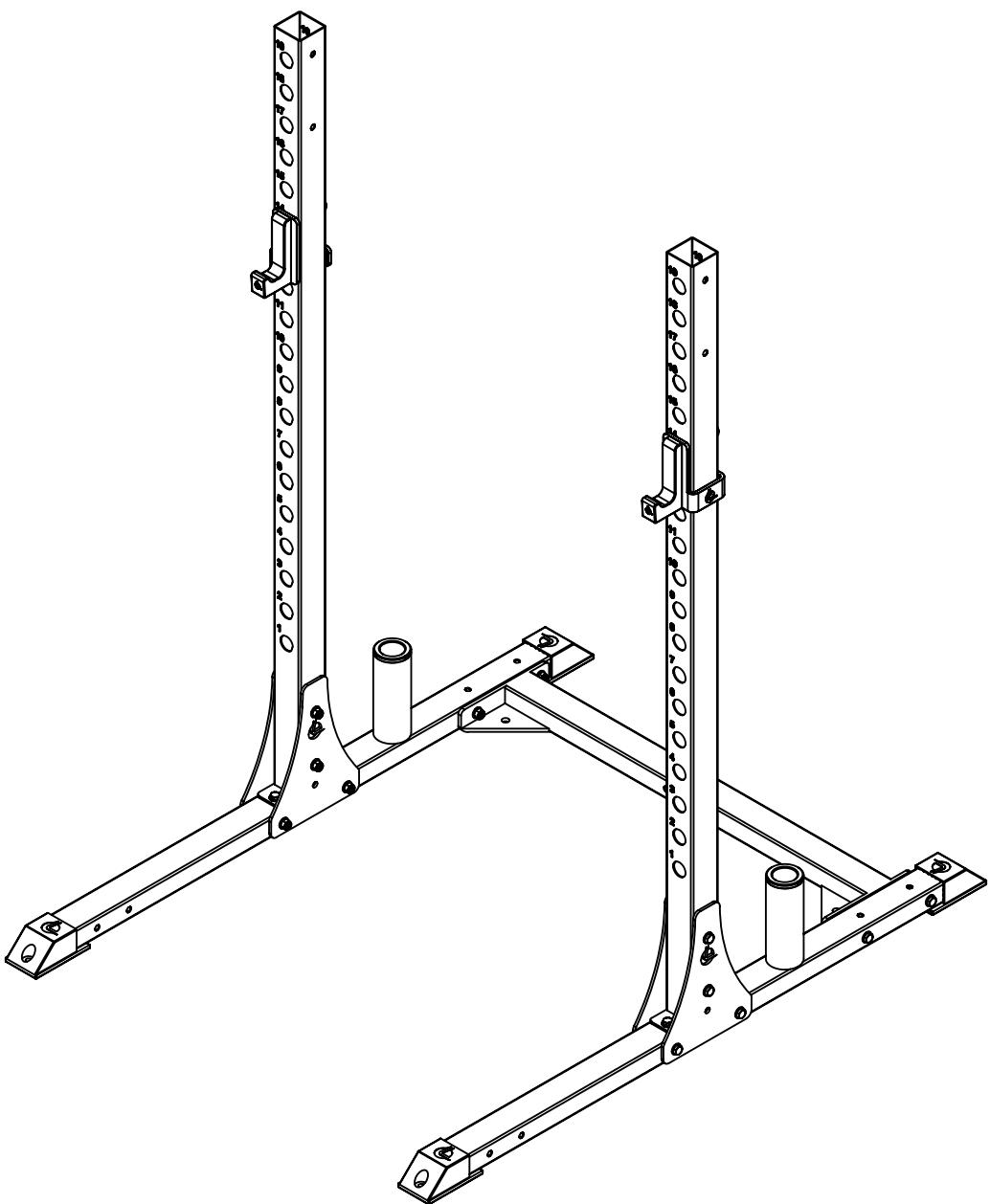


LACERTOSUS®

HALF RACK PRO / INSTRUCTIONS



Thank you for choosing another high quality product from Lacertosus®, enjoy the installation and please get back to us in case you are facing problems!

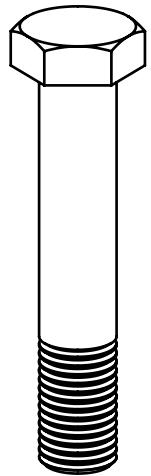
And if this manual isn't enough:



Scan this qr code for
the online instructions
in english or italian

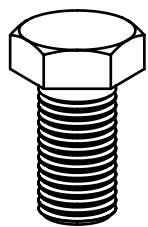
[cm]

BOLTS AND NUTS



x12

Allen bolt
M12x105



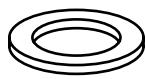
x4

Allen bolt
M12x25



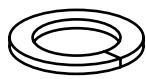
x12

Nut
M12



x28

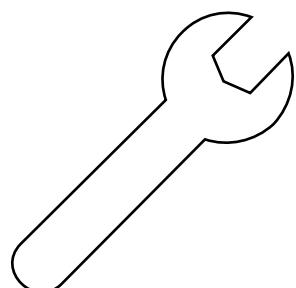
Flat washer
Ø13.5xØ24



x4

Spring washer

REQUIRED TOOLS



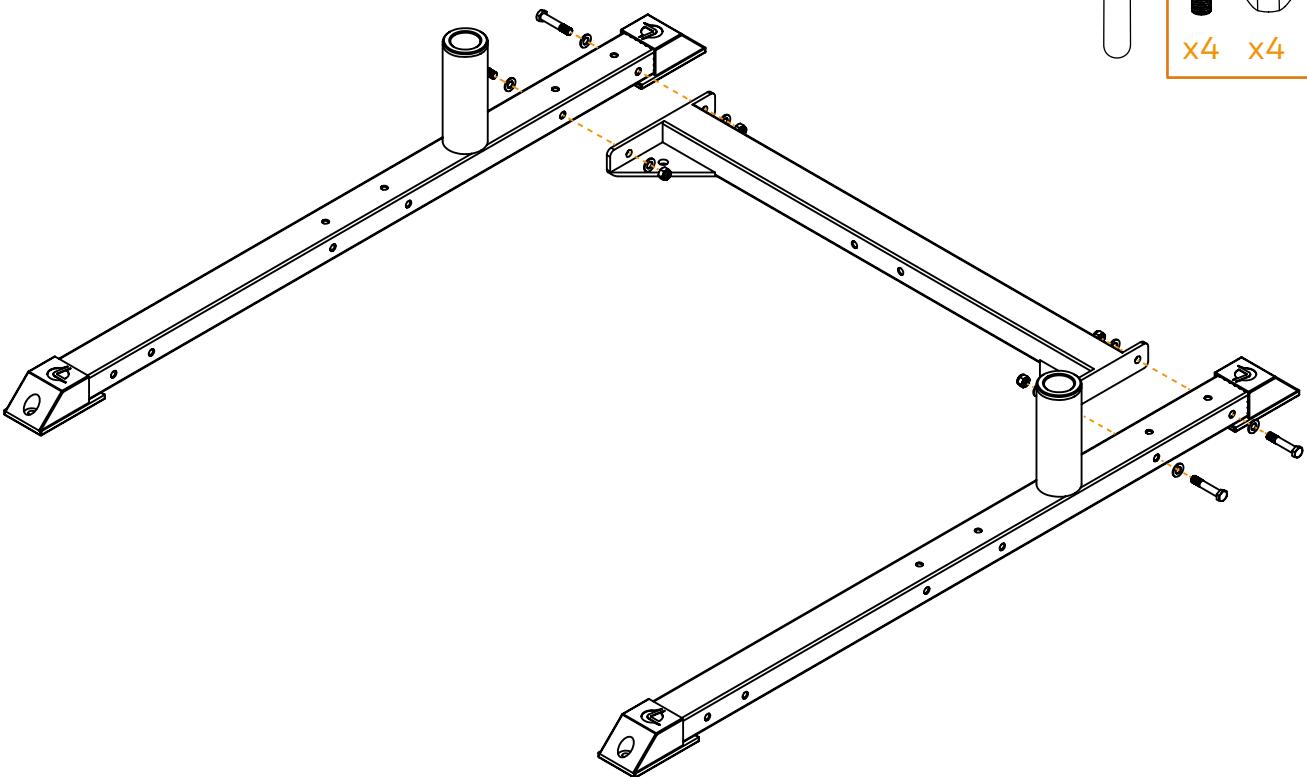
Wrench
N19

*For a simpler and faster
assembly we recommend
the use of two wrenches

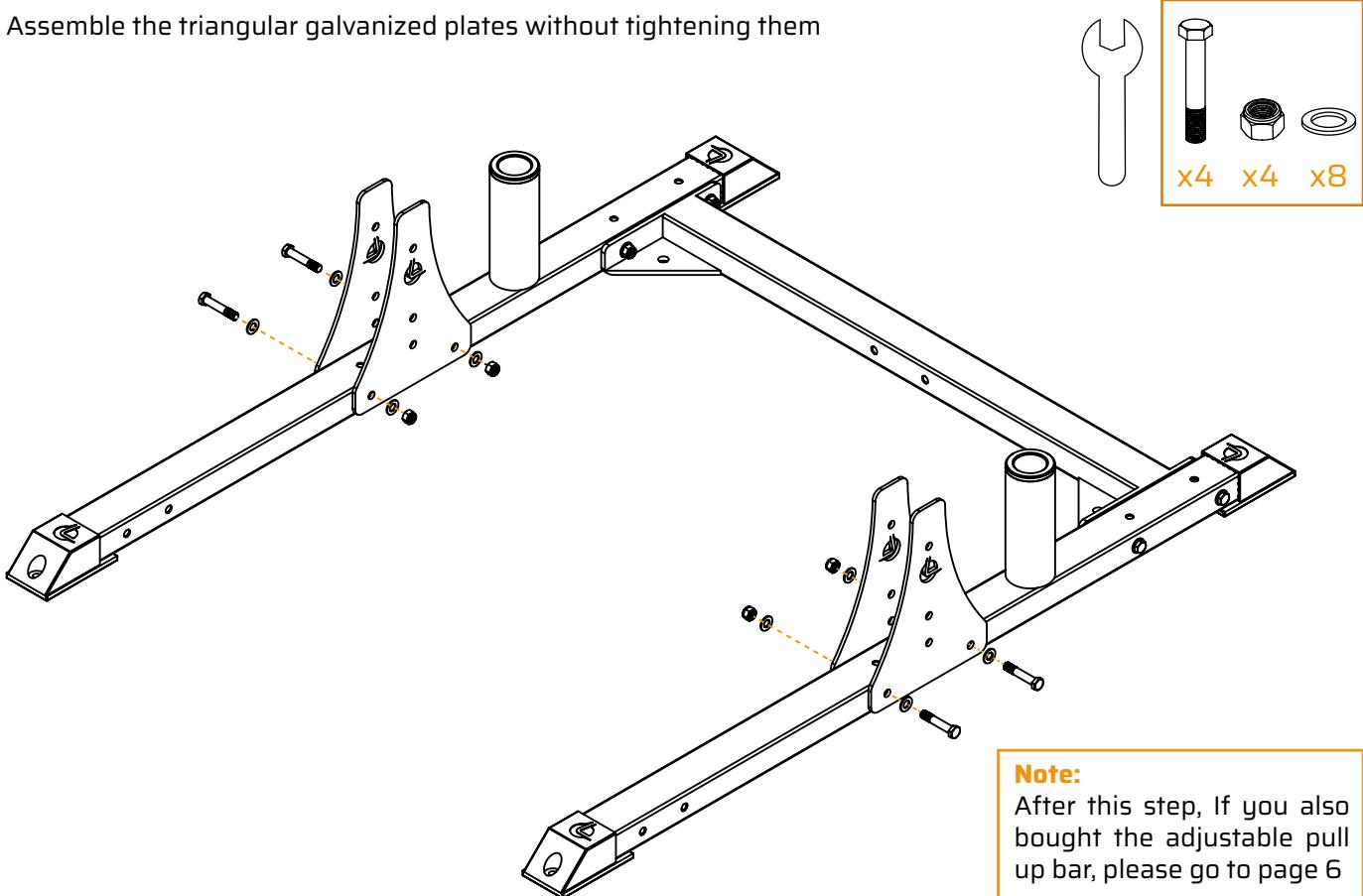
NOTES

ASSEMBLY INSTRUCTIONS / HALF RACK

1. Assemble the U-base on the ground

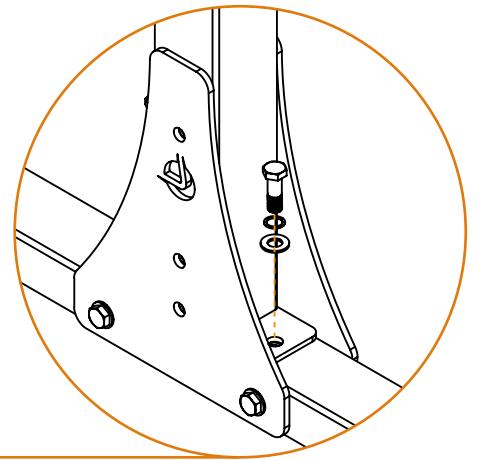
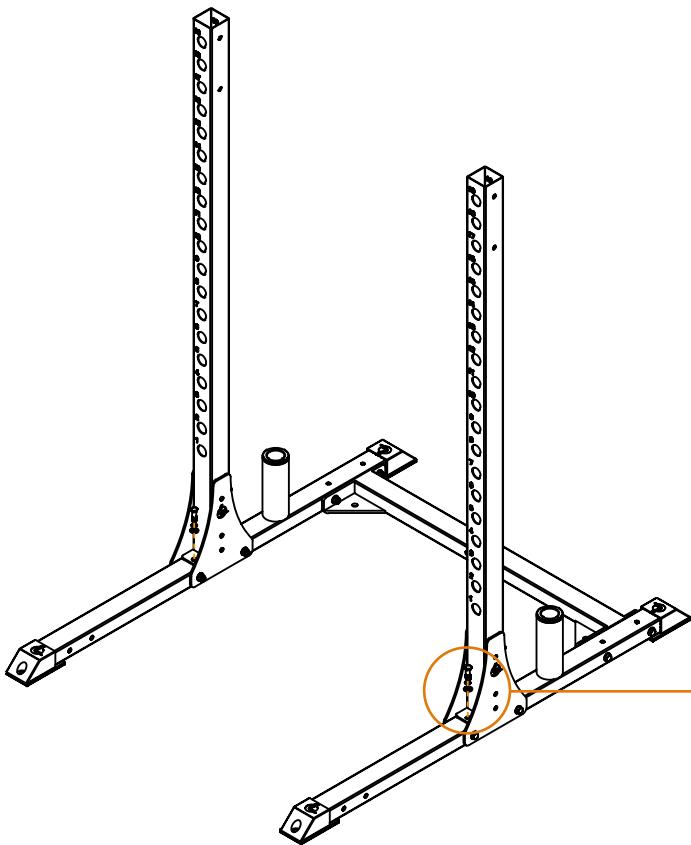
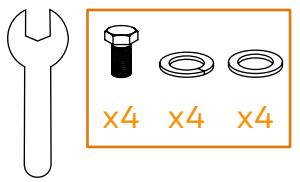


2. Assemble the triangular galvanized plates without tightening them



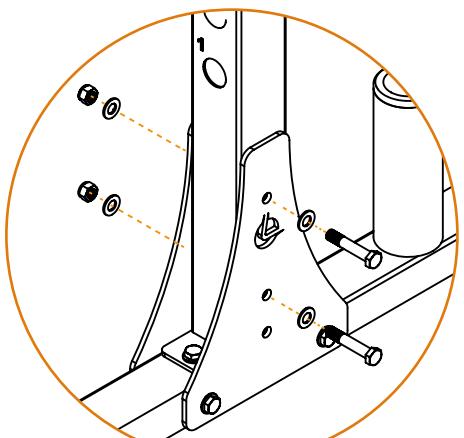
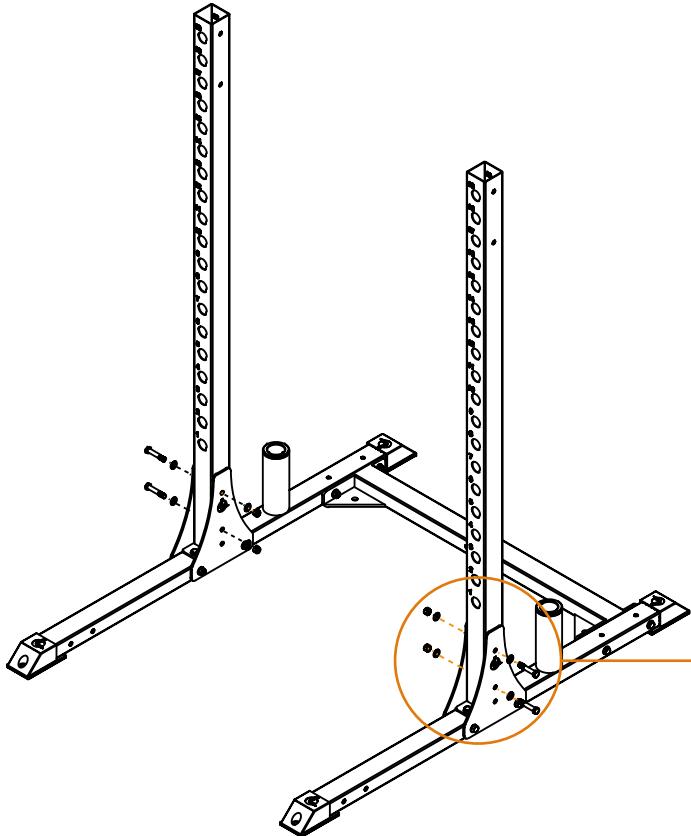
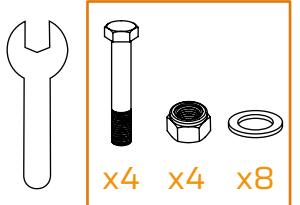
Note:
After this step, If you also bought the adjustable pull up bar, please go to page 6

- 3.** Assemble the poles on the base, tightening the bolts

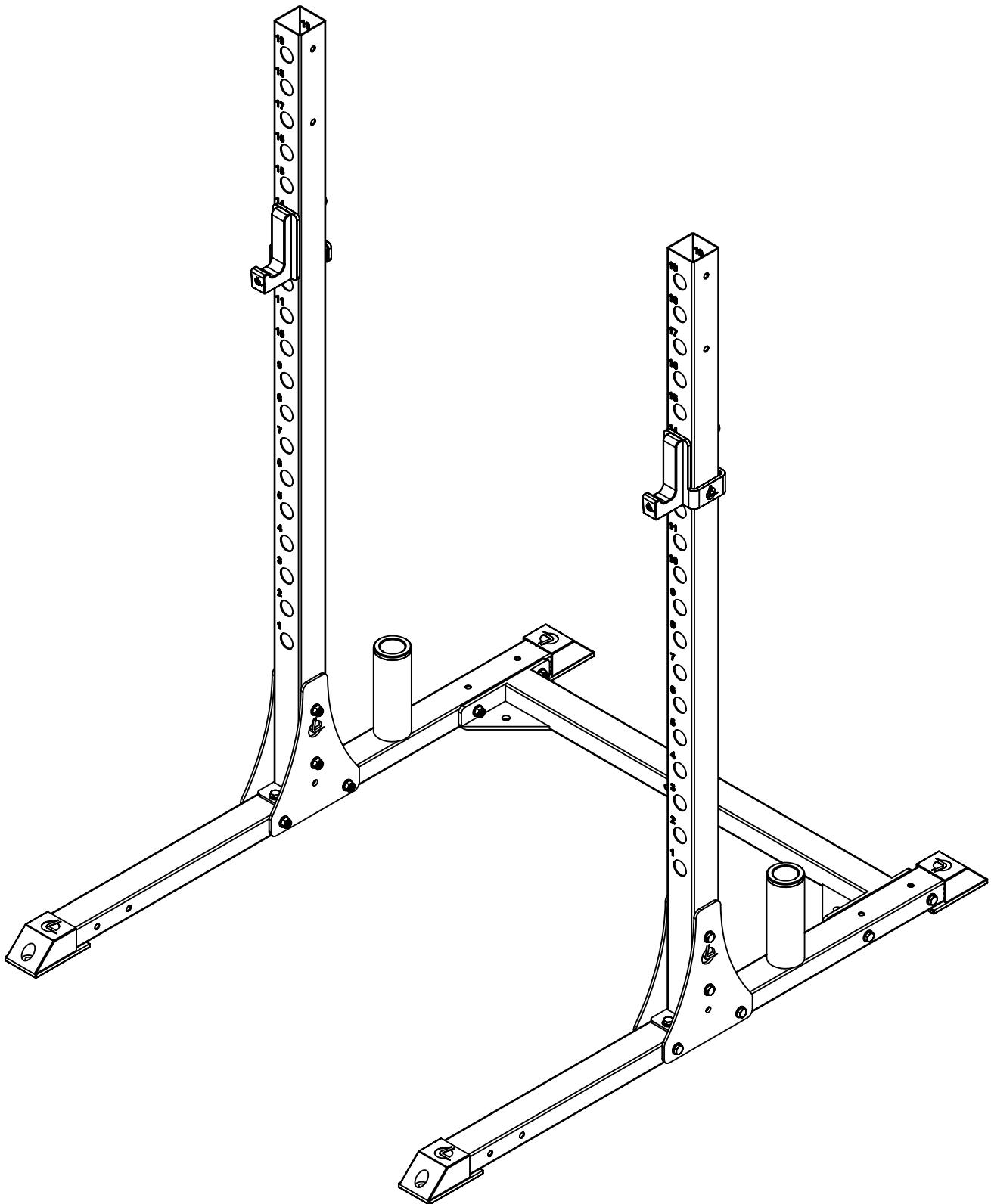


Note: repeat this operation for each pole's hole

- 4.** Tighten the remaining bolts, securing the pole to the plates



- 5.** Add the J-Hook and enjoy your new training partner!

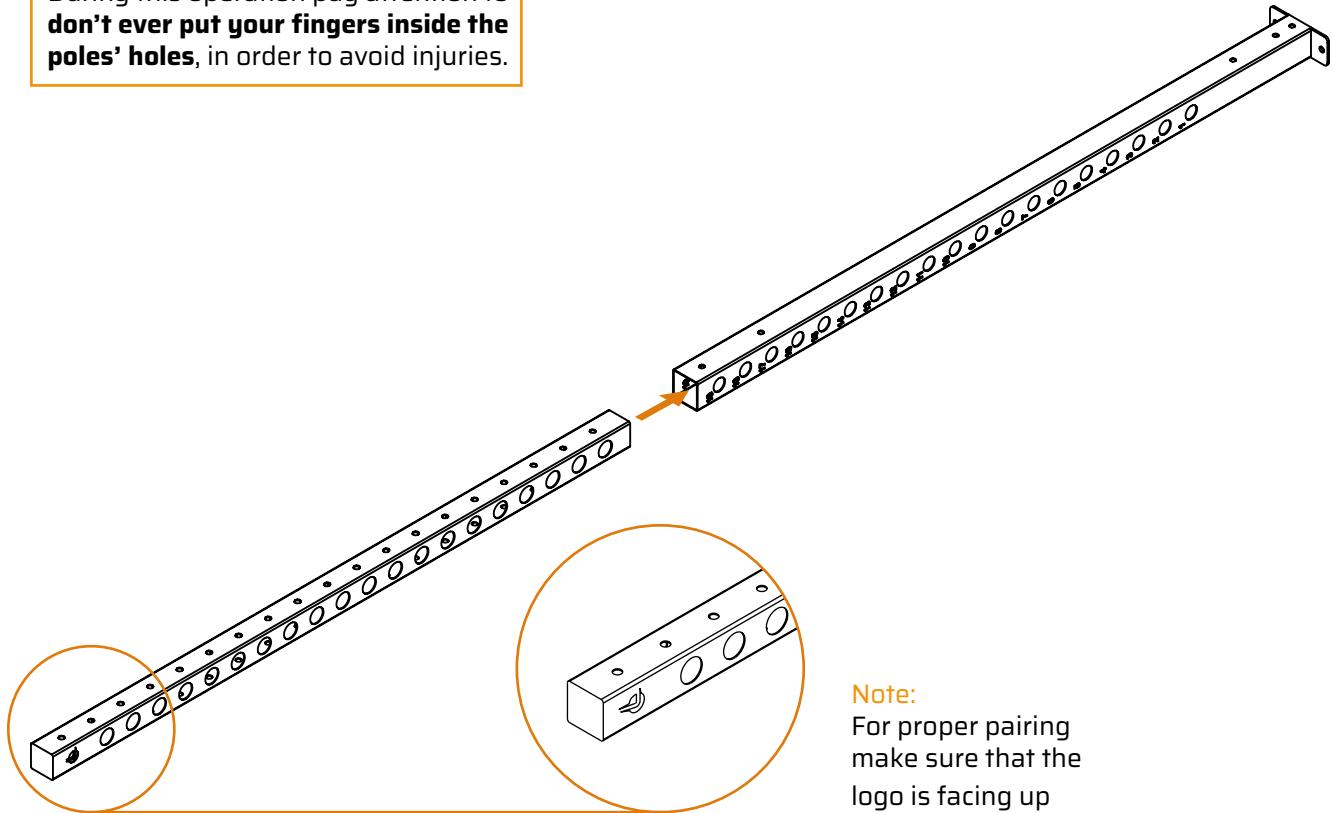


ASSEMBLY INSTRUCTIONS / ADJUSTABLE PULL UP BAR

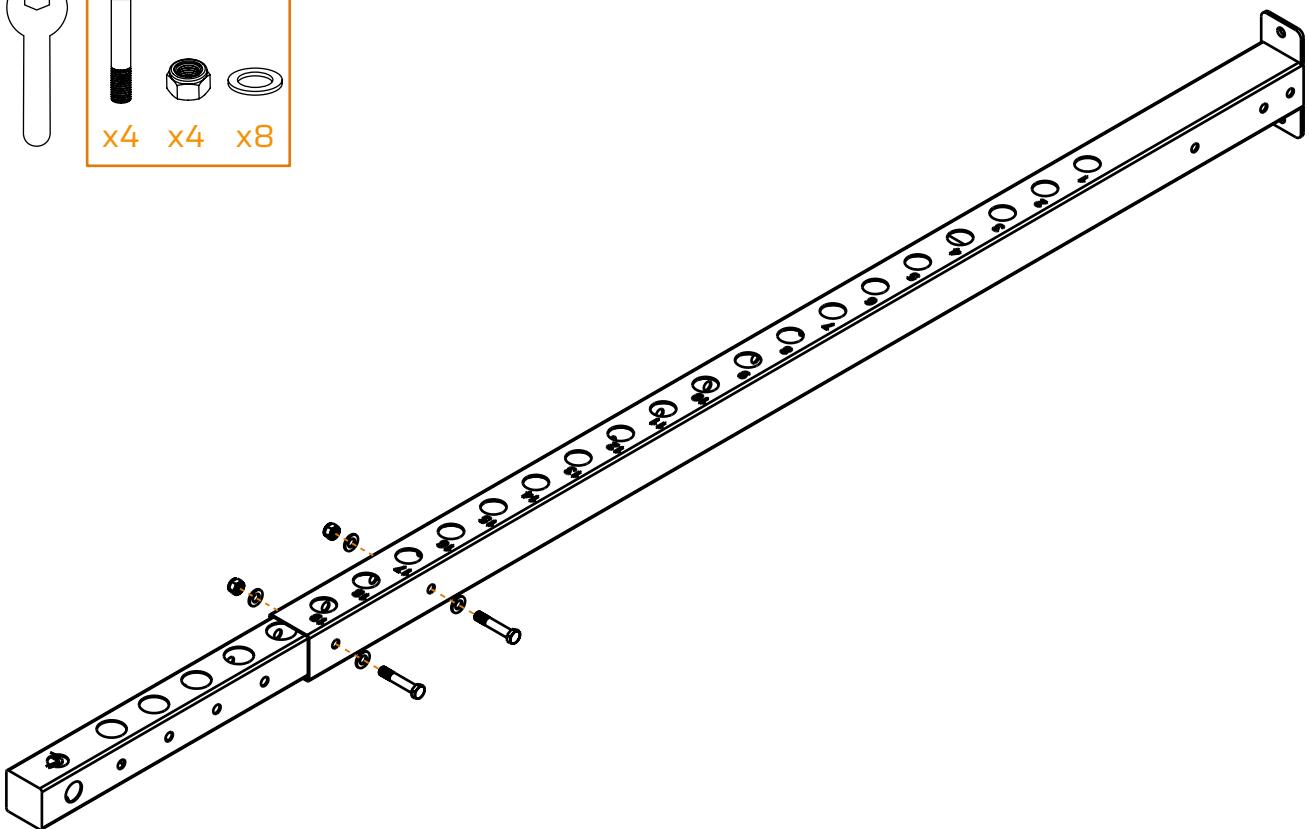
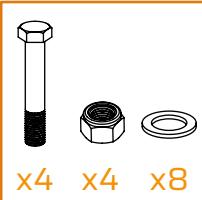
3. After the operations indicated in point 2., on the ground, insert the galvanized pipe inside the pole

WARNING:

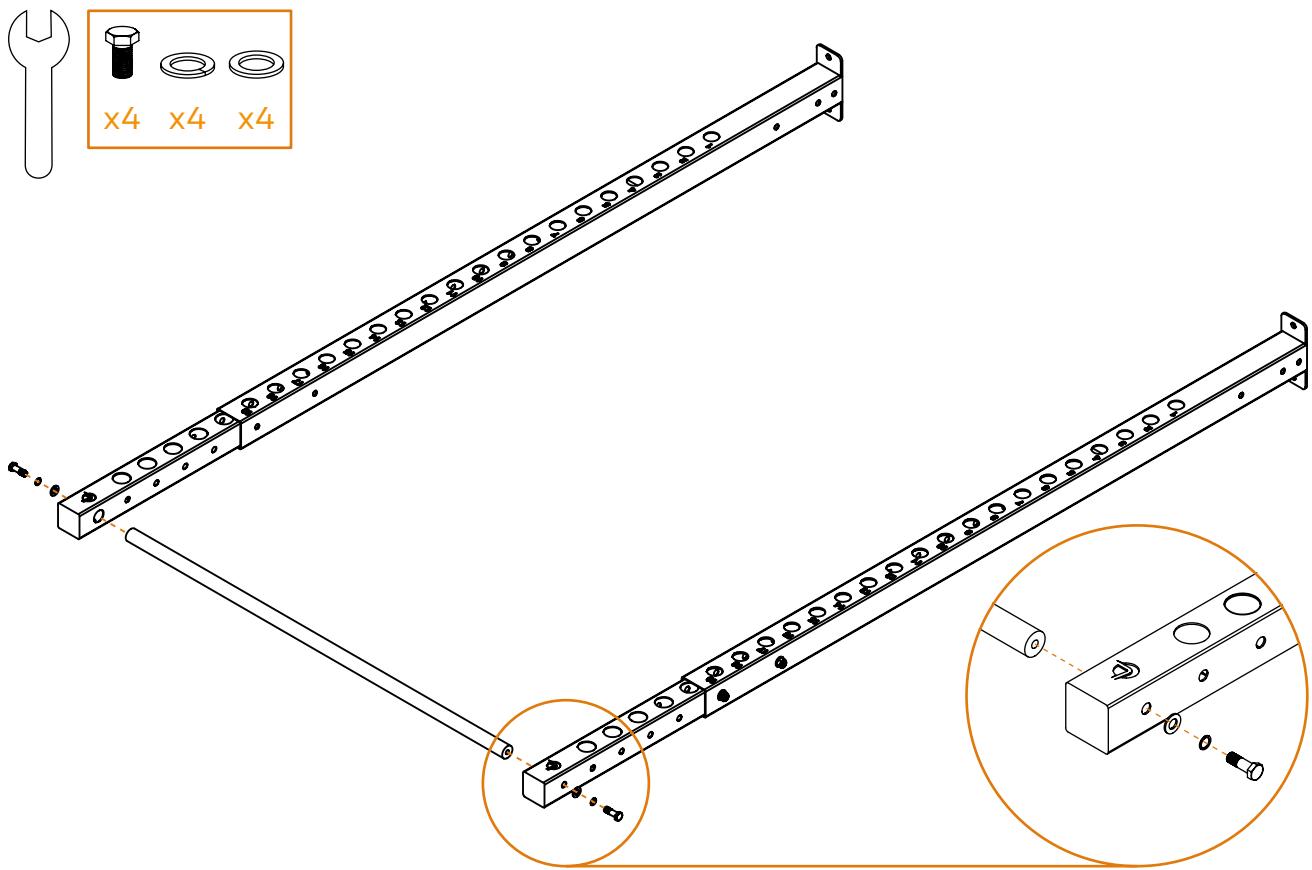
During this operation pay attention to
don't ever put your fingers inside the poles' holes, in order to avoid injuries.



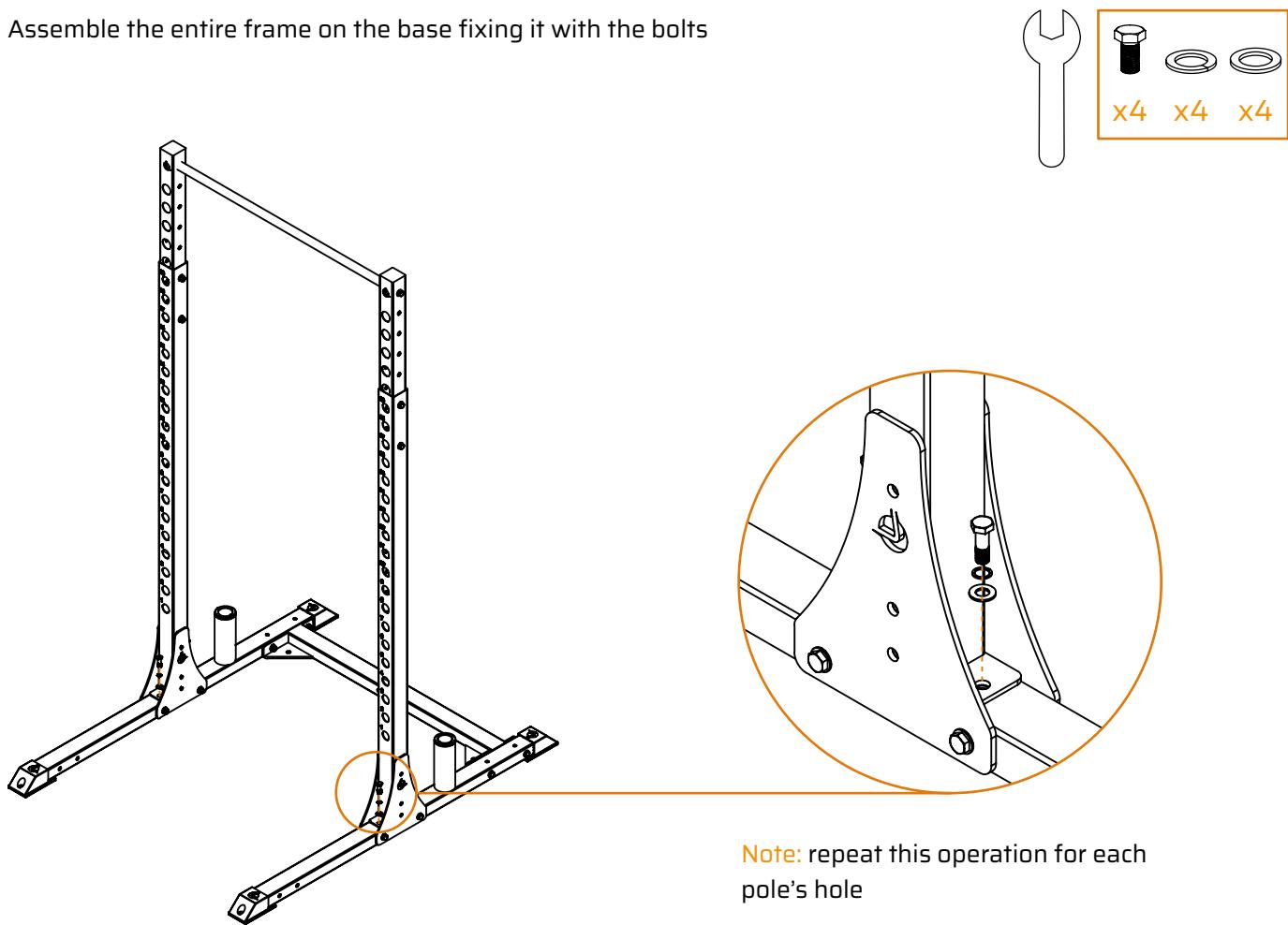
4. Adjust the tube at the desired height and lock it tightening the screws well. Repeat the operation for the other pole



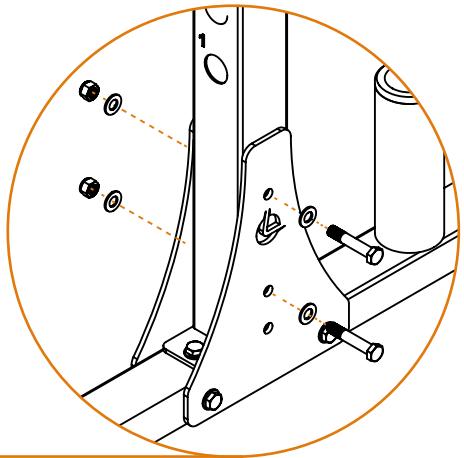
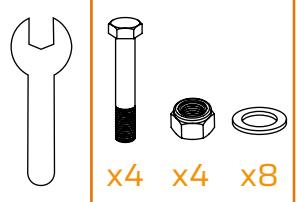
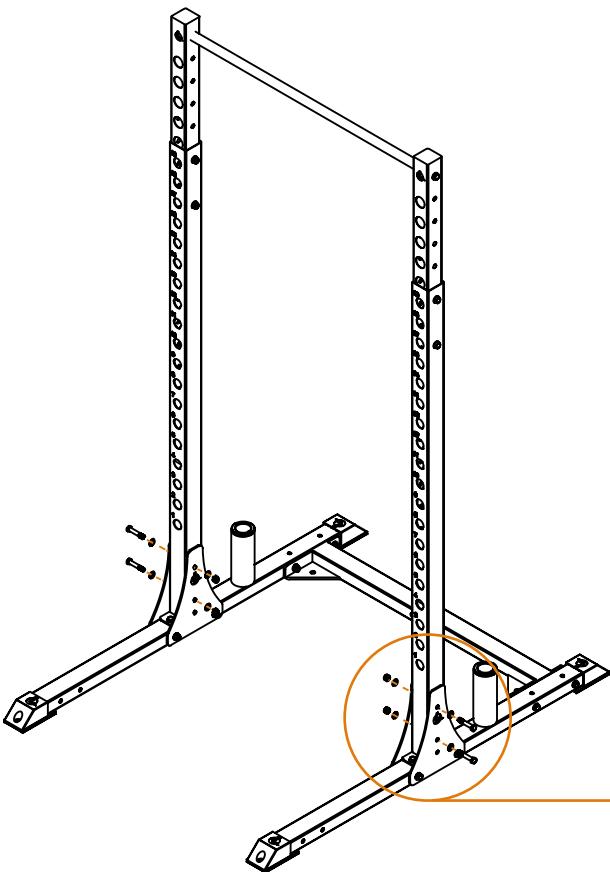
- 5.** Assembly the black bar, inserting it in the upper holes and block it with the screws



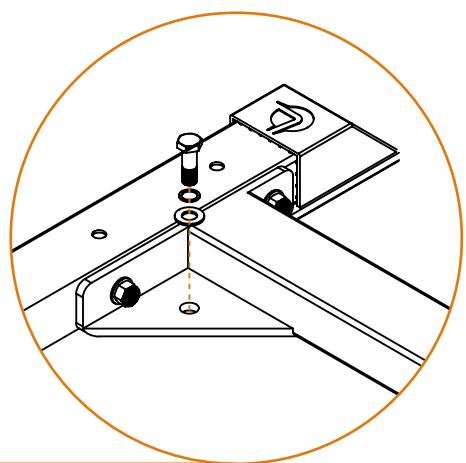
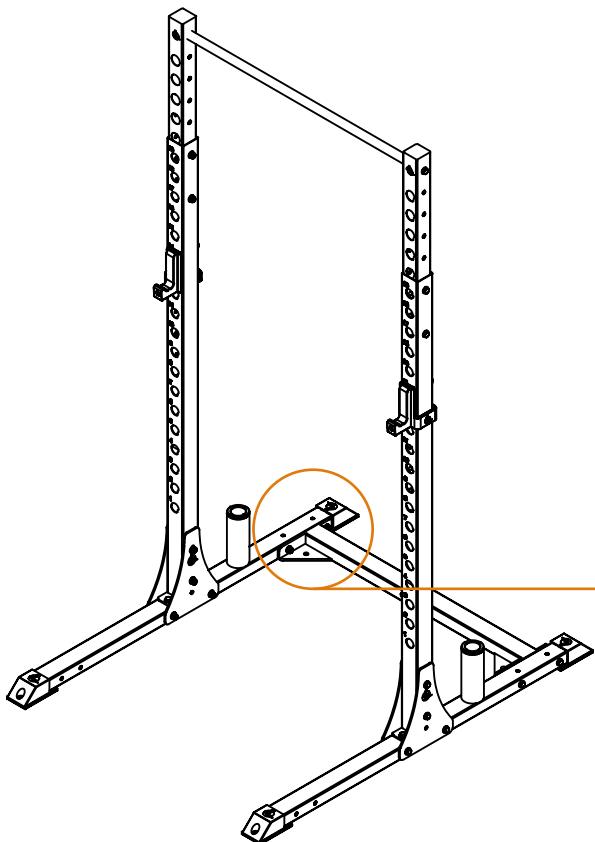
- 6.** Assemble the entire frame on the base fixing it with the bolts



- 7.** Tighten the remaining bolts, securing the pole to the plates



- 8.** Add the J-Hook and enjoy your new training partner!



CAUTION:

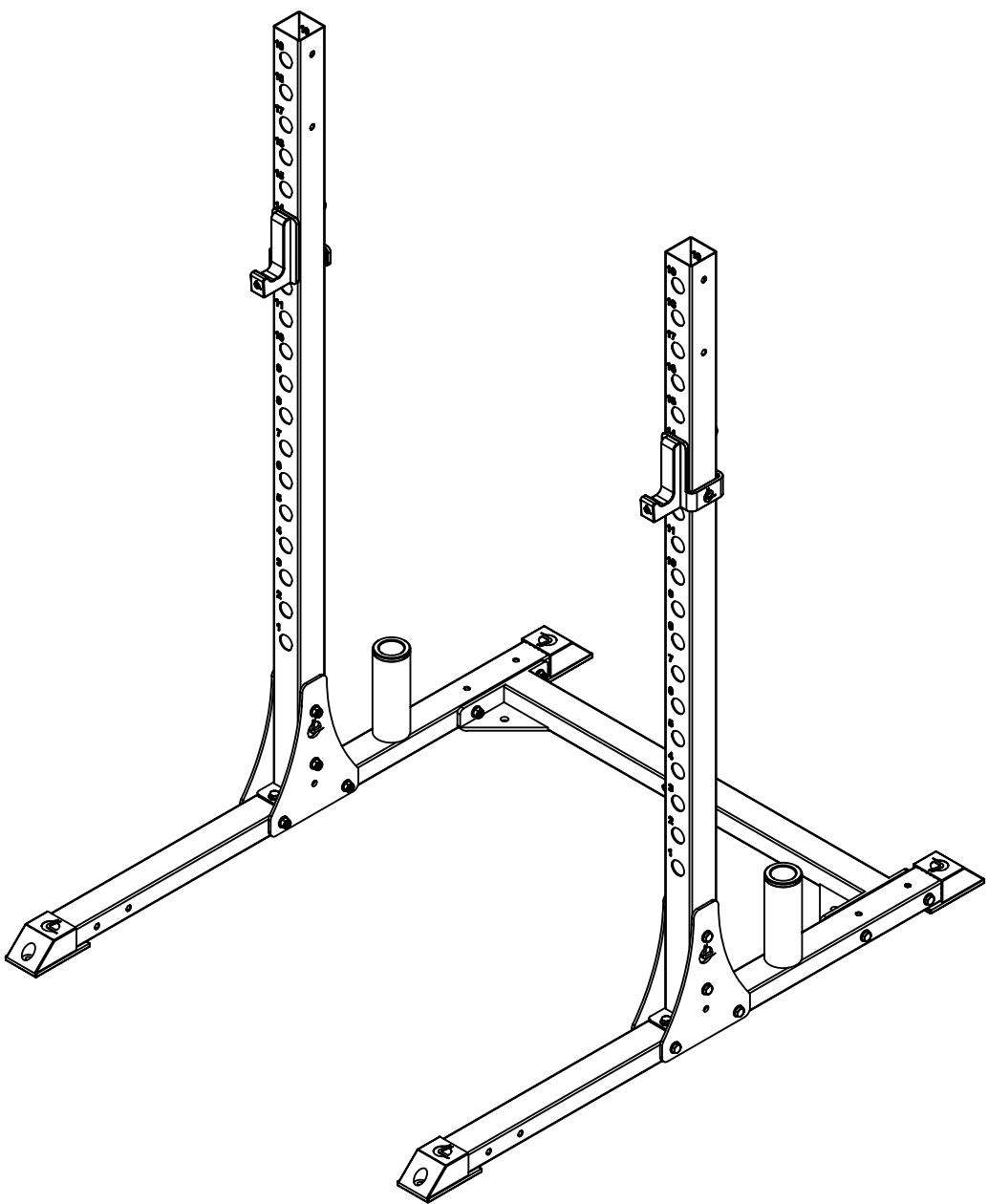
With the adjustable pull up bar mounted, it **is strongly recommended to fasten the rack to the ground** using the special triangular flanges and feet, in order to avoid injuries.

THANK YOU FOR CHOOSING
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LACERTOSUS®

HALF RACK PRO / ISTRUZIONI



Grazie per aver scelto un altro prodotto di qualità firmata Lacertosus®, goditi l'installazione e qualora dovessi riscontrare problemi ti preghiamo di contattarci!

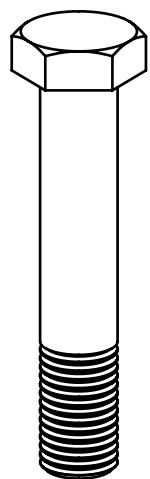
E se pensi che questo manuale non sia abbastanza



Scannerizza il codice
QR per accedere alle
istruzioni online

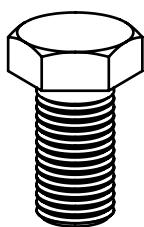
[cm]

BULLONERIA



x12

Vite
M12x105



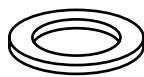
x4

Vite
M12x25



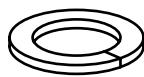
x12

Dado
M12



x28

Rondella
Ø13.5xØ24



x4

Grover

[cm]

0 —

1 —

2 —

3 —

4 —

5 —

6 —

7 —

8 —

9 —

10 —

11 —

12 —

13 —

14 —

15 —

16 —

17 —

18 —

19 —

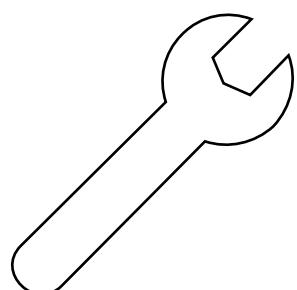
20 —

21 —

22 —

23 —

ATTREZZI RICHIESTI



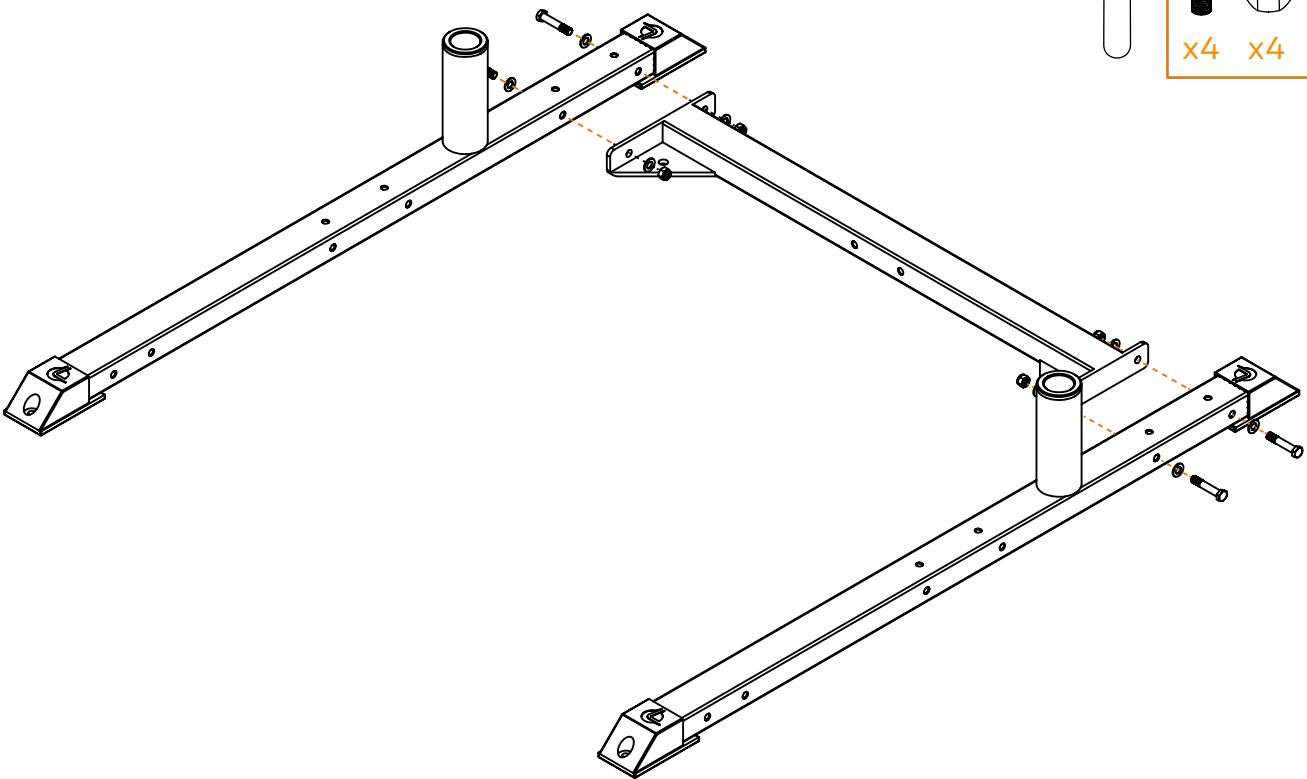
Chiave
N19

*Per un montaggio più
semplice e veloce si con-
siglia l'uso di due chiavi

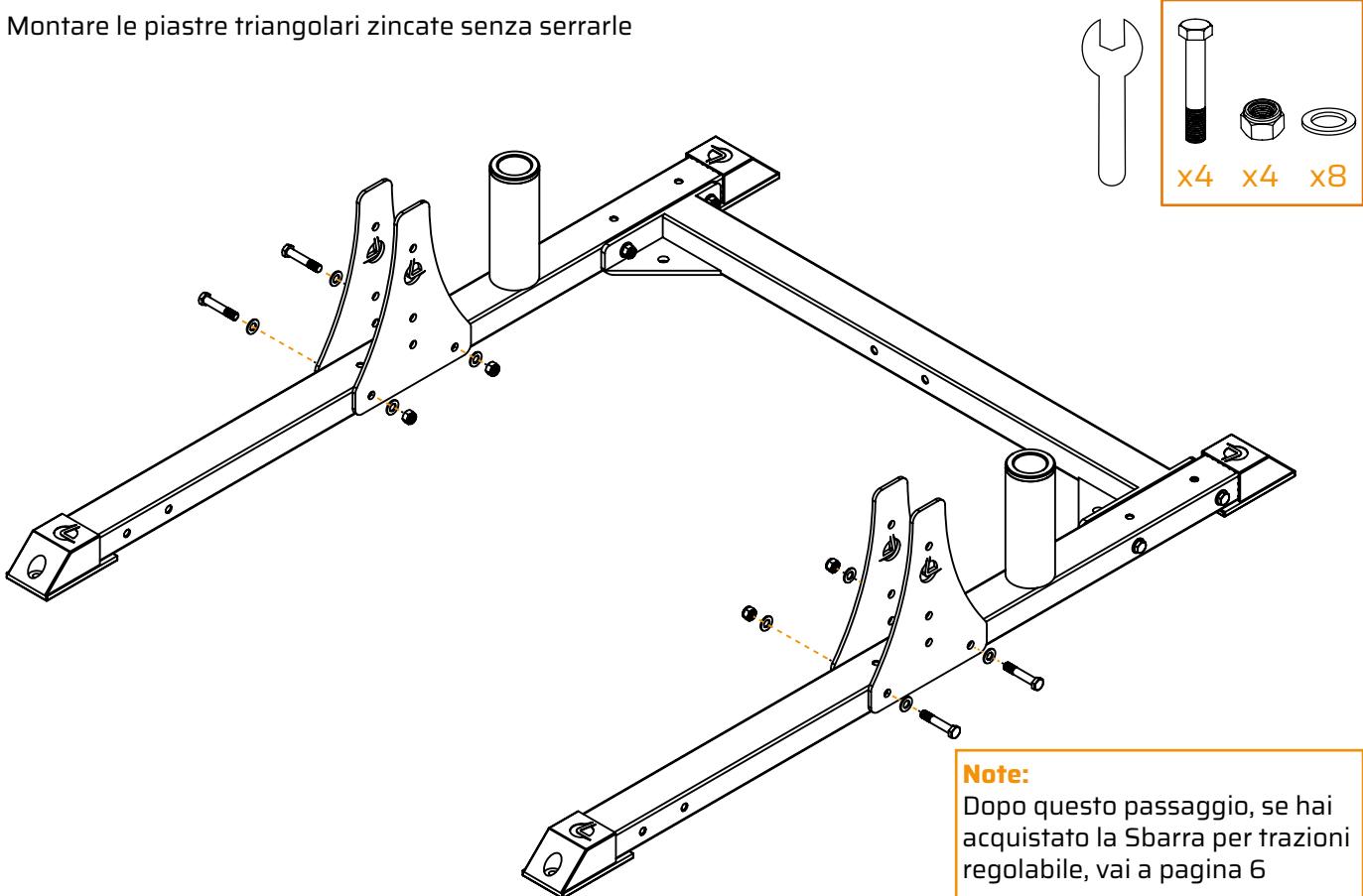
NOTE

ISTRUZIONI DI ASSEMBLAGGIO / HALF RACK

1. Montare la base a U sul terreno



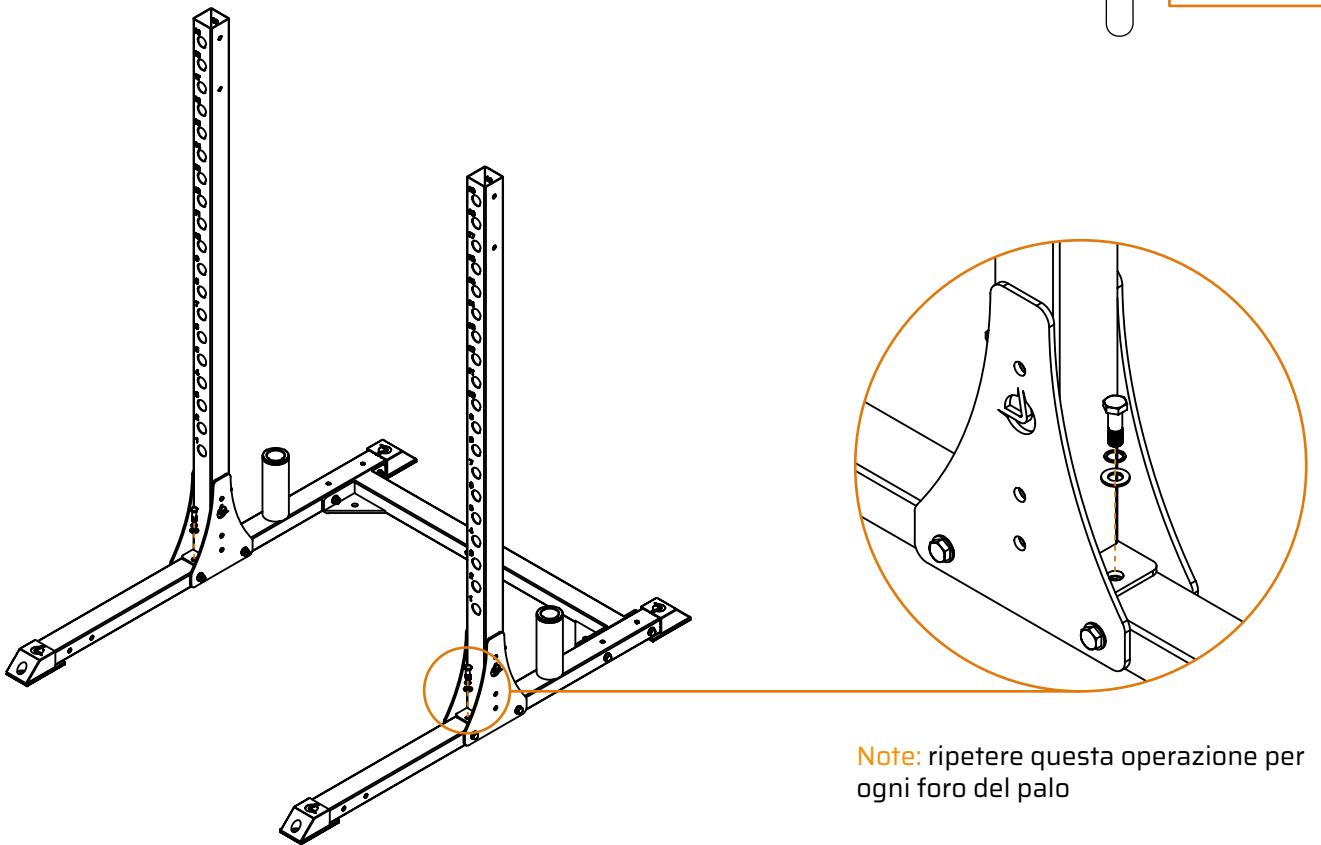
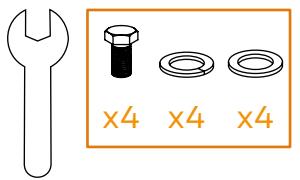
2. Montare le piastre triangolari zincate senza serrarle



Note:

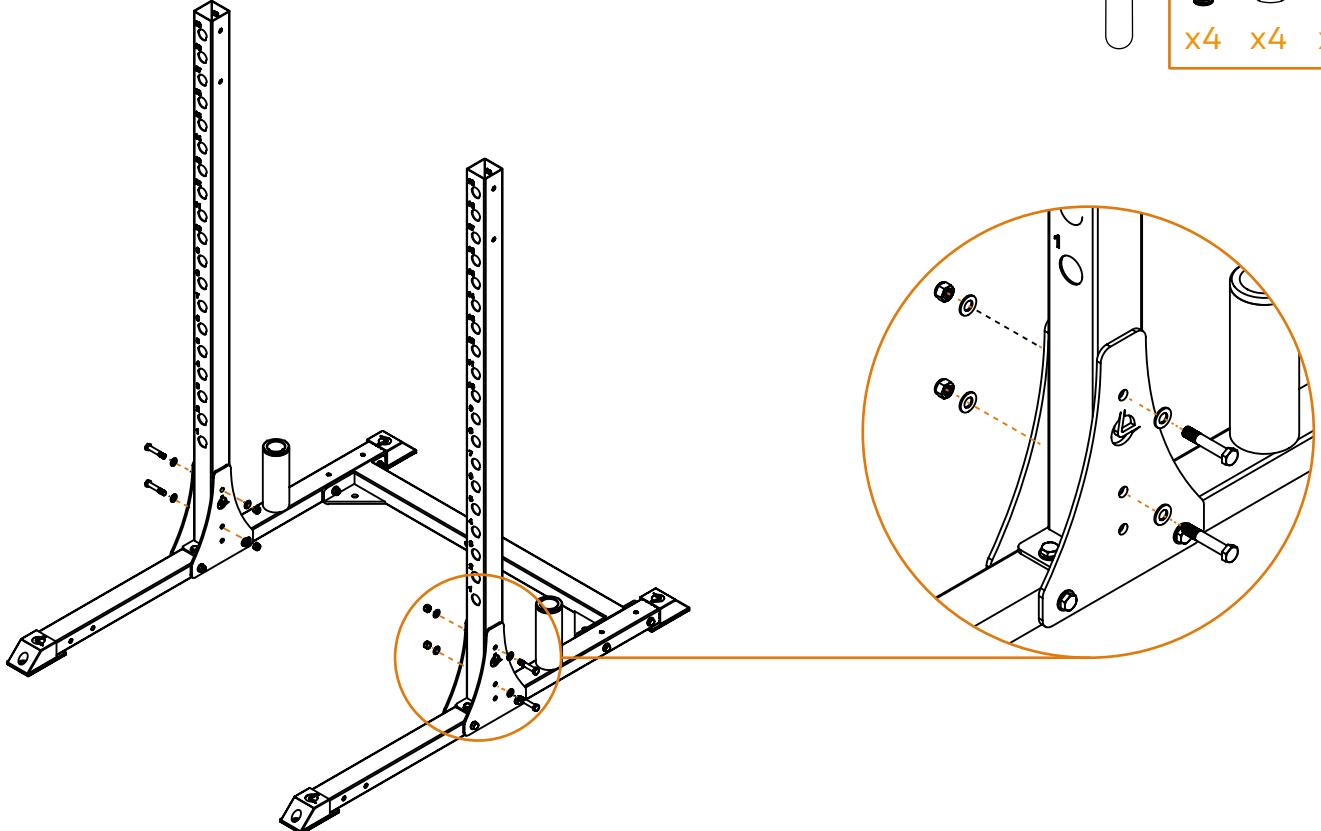
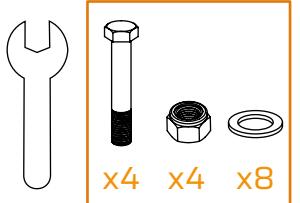
Dopo questo passaggio, se hai acquistato la Sbarra per trazioni regolabile, vai a pagina 6

3. Montare i pali sulla base, serrando i bulloni

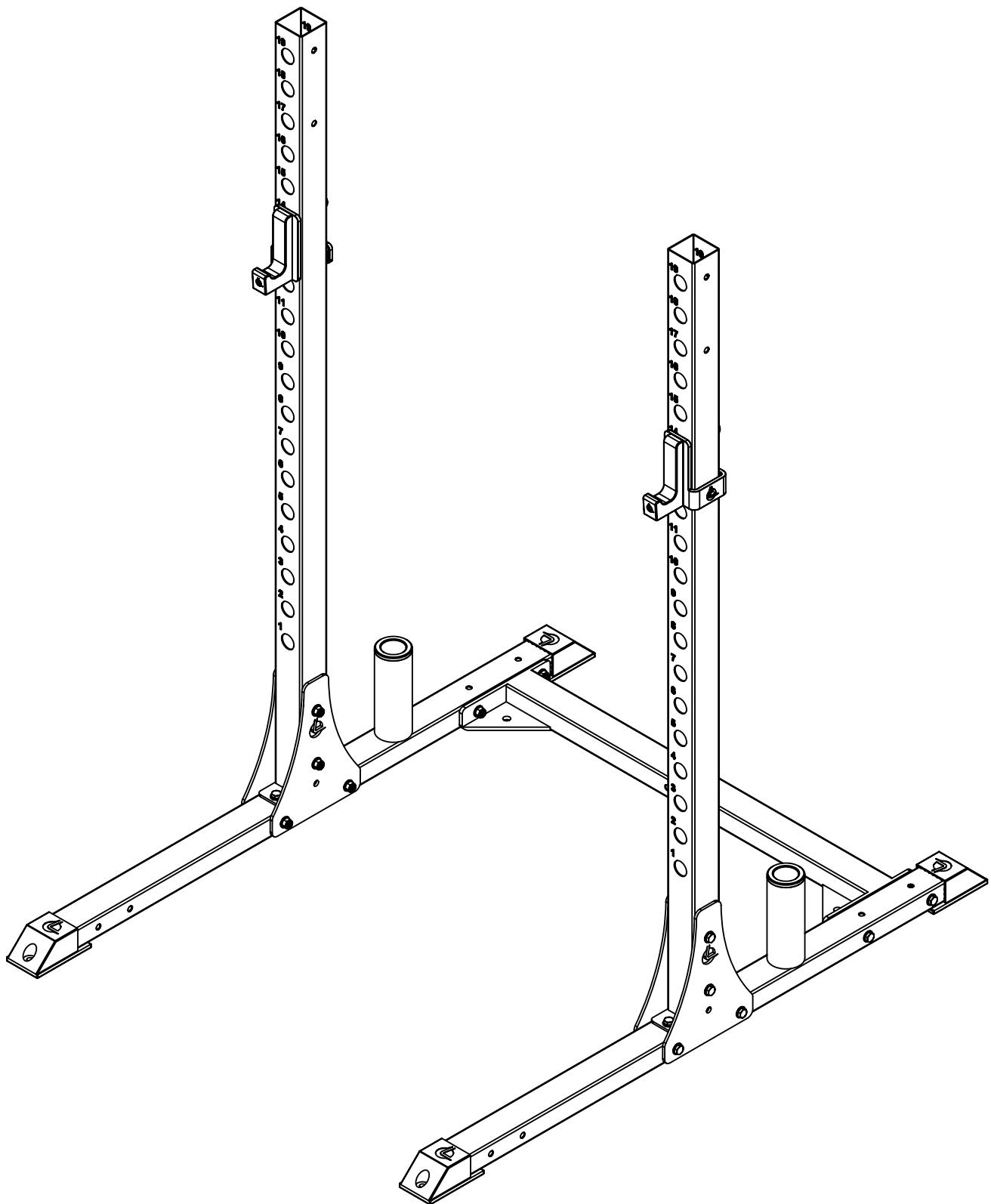


Note: ripetere questa operazione per ogni foro del palo

4. Stringere i bulloni rimanenti, fissando il palo alle piastre



5. Aggiungi i j-hook e goditi la tua nuova attrezzatura!

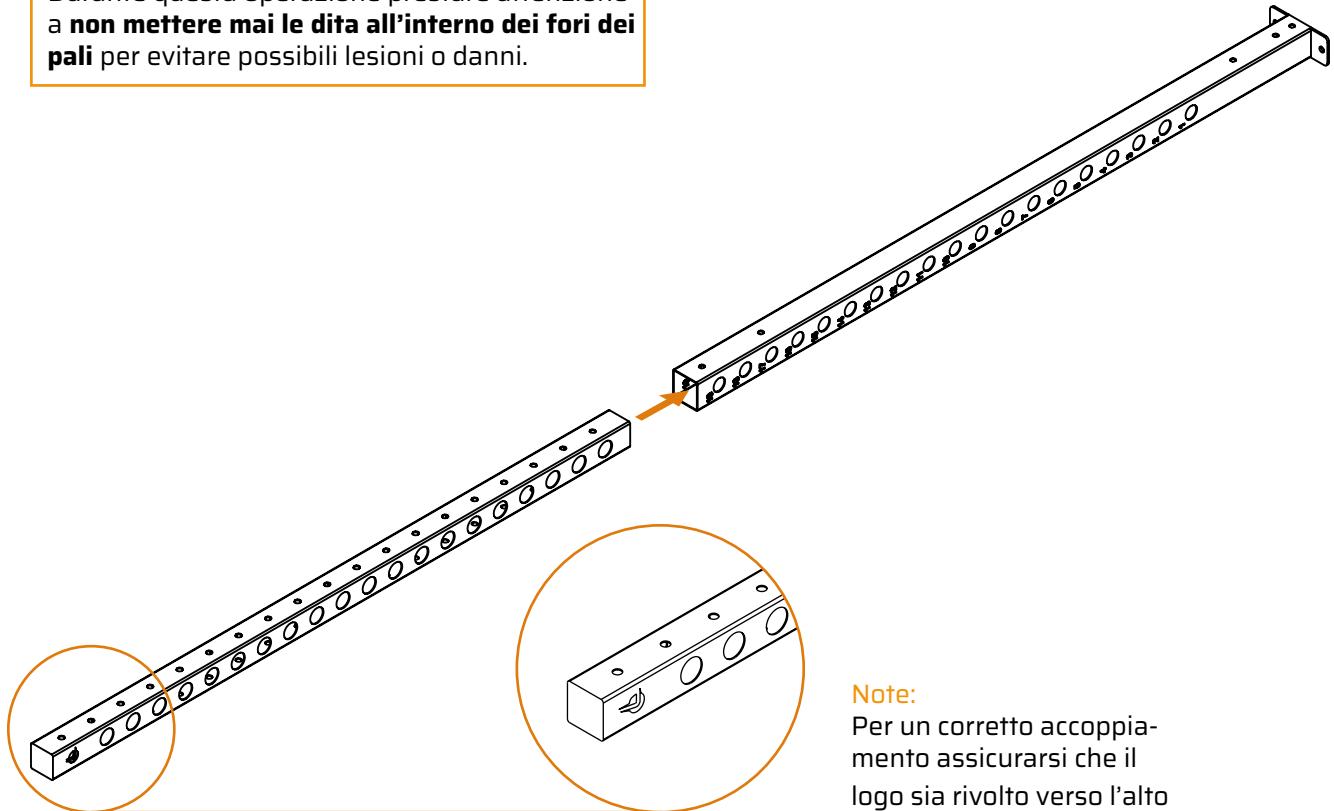


ISTRUZIONI DI MONTAGGIO / PULL UP BAR REGOLABILE

- Dopo l'operazione indicata la punto **Z.**, a terra, inserire il palo in acciaio galvanizzato in quello principale.

AVVERTENZA:

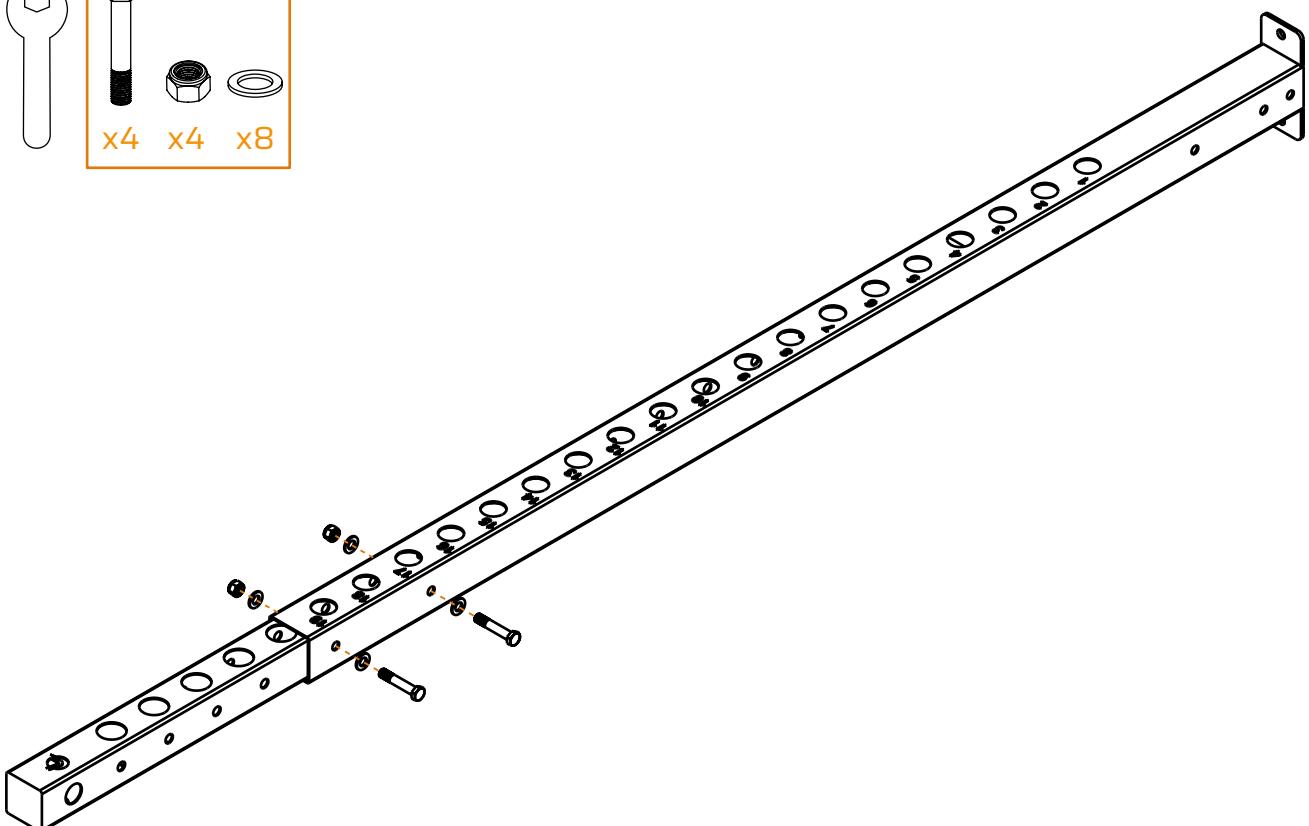
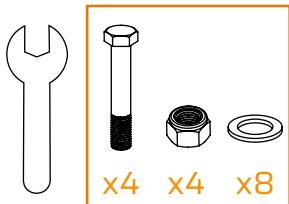
Durante questa operazione prestare attenzione a **non mettere mai le dita all'interno dei fori dei pali** per evitare possibili lesioni o danni.



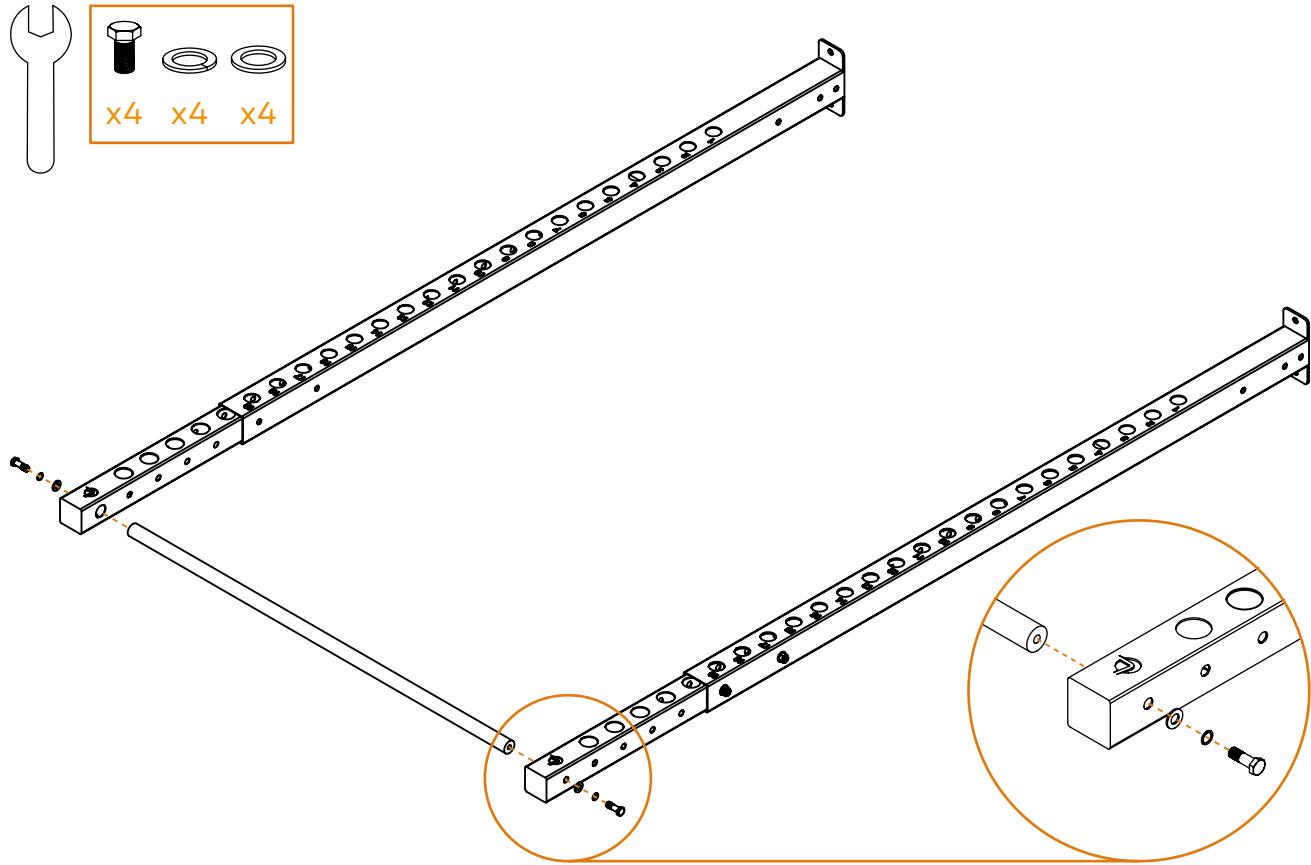
Note:

Per un corretto accoppiamento assicurarsi che il logo sia rivolto verso l'alto

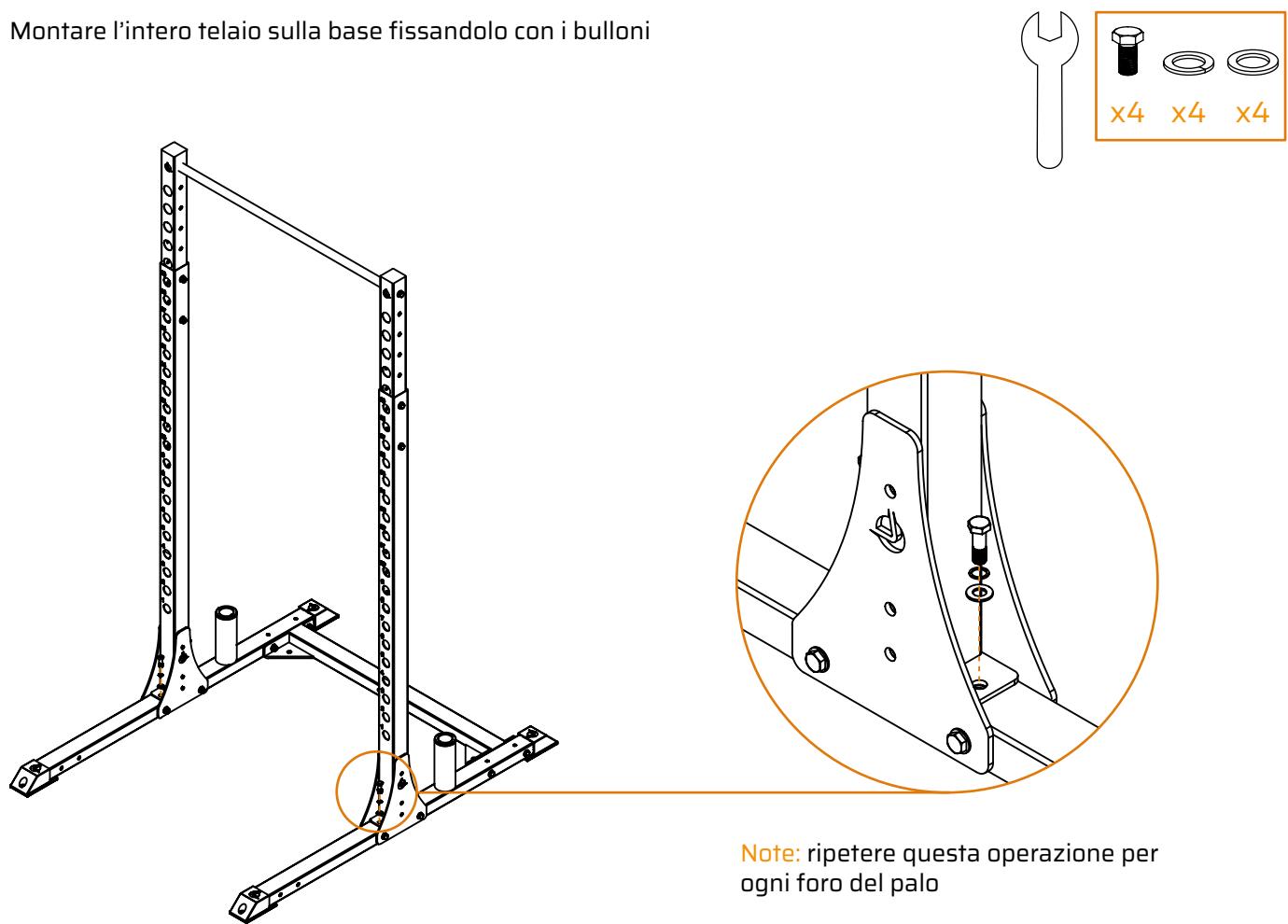
- Regolare il tubo all'altezza desiderata e bloccarlo serrando bene le viti. Ripetere l'operazione per l'altro palo.



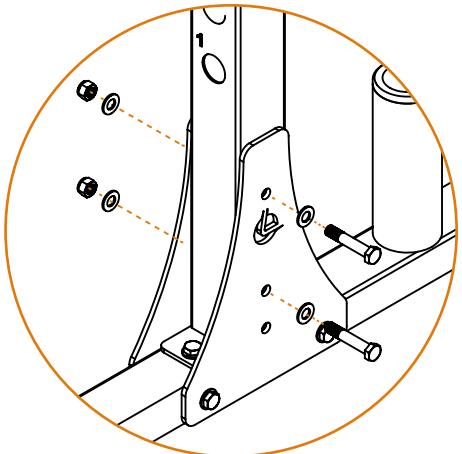
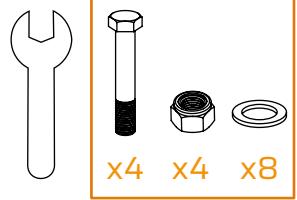
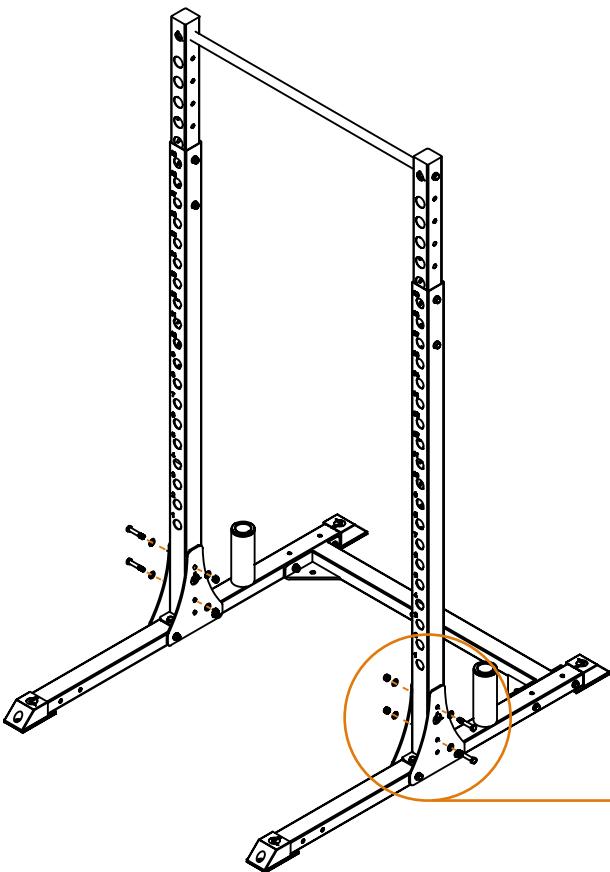
- 5.** Assemblare la barra nera, inserendola nei fori superiori e bloccarla con le viti



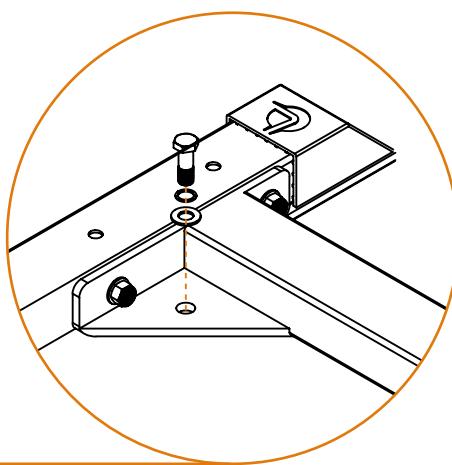
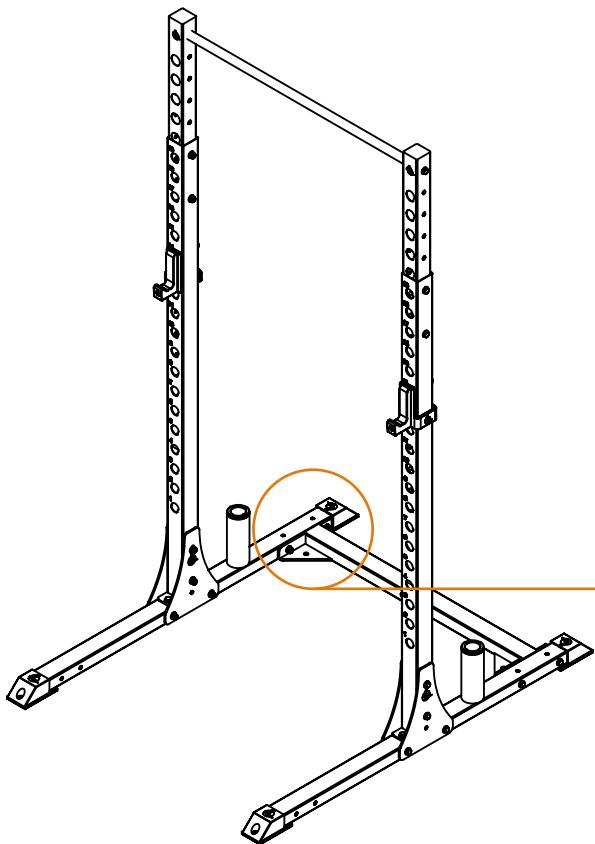
- 6.** Montare l'intero telaio sulla base fissandolo con i bulloni



7. Stringere i bulloni rimanenti, fissando il palo alle piastre



8. Aggiungi i j-hook e goditi la tua nuova attrezzatura!



ATTENZIONE:

Con la barra per trazioni regolabile montata, **si consiglia vivamente di fissare il rack a terra utilizzando le apposite flange triangolari e i piedini**

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