

An exploded view diagram showing the components of the NC Fitness base plate assembly. The main component is a rectangular base plate with four L-shaped mounting brackets attached to its corners. Four cylindrical posts are shown being inserted into pre-drilled holes in the base plate. Two small rectangular spacers or washers are also depicted. A label on one of the mounting brackets reads "NC FITNESS".

**Read all precautions
and instructions in this manual
before using this equipment**

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Be careful when getting on or off the equipment.
8. Wear proper exercise clothing and shoes for your workout, no loose clothing.

Instructions

Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

Assembly Instructions

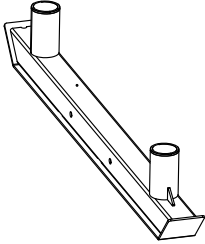
Assembly of the equipment takes professional installers about 30 min . If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

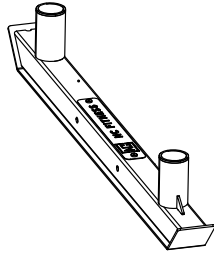
Parts List

1.Base Pipe



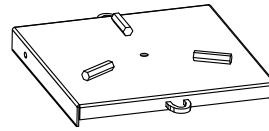
1 PC

2.Logo Base Tube



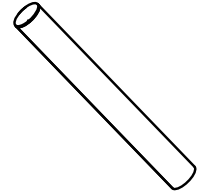
1 PC

3.Base Plate



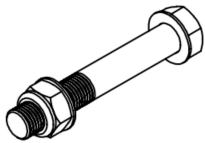
1 PC

4.Bell Clapper Rod



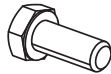
1 PC

5.M10*80
(1 bolt,2 washers,1 locknut/set)



4 PCS

6.Bot M16*50



1 PC

7.Washer M16



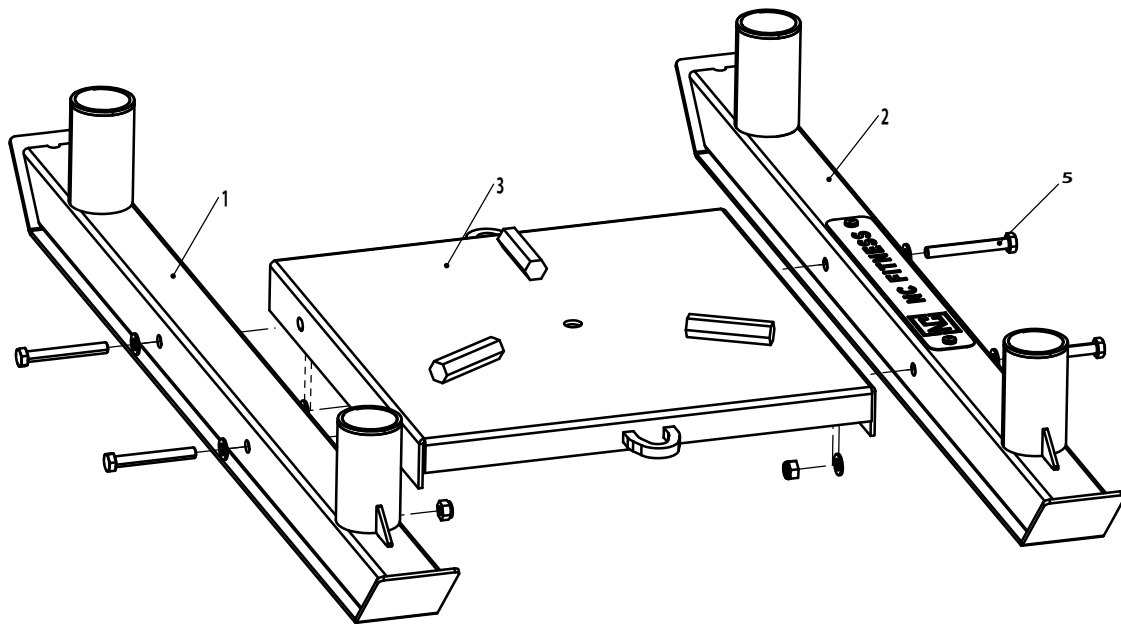
1 PC

Assembly

STEP 1

Note: Tighten The Bolt And Nylon Lock Nut With A Tool.

Item No.	Description	QTY	Item No.	Description	QTY
1	Base Pipe	1	3	Base Plate	1
2	Logo Base Tube	1	5	M10*80 1 bolt,2 washers,1 locknut/set)	4



Assembly

STEP 2

Note: Tighten The Bolt And Nylon Lock Nut With A Tool.

Item No.	Description	QTY	Item No.	Description	QTY
4	Bell Clapper Rod	1	7	Washers M16	16
6	Bot M16*50	4			

