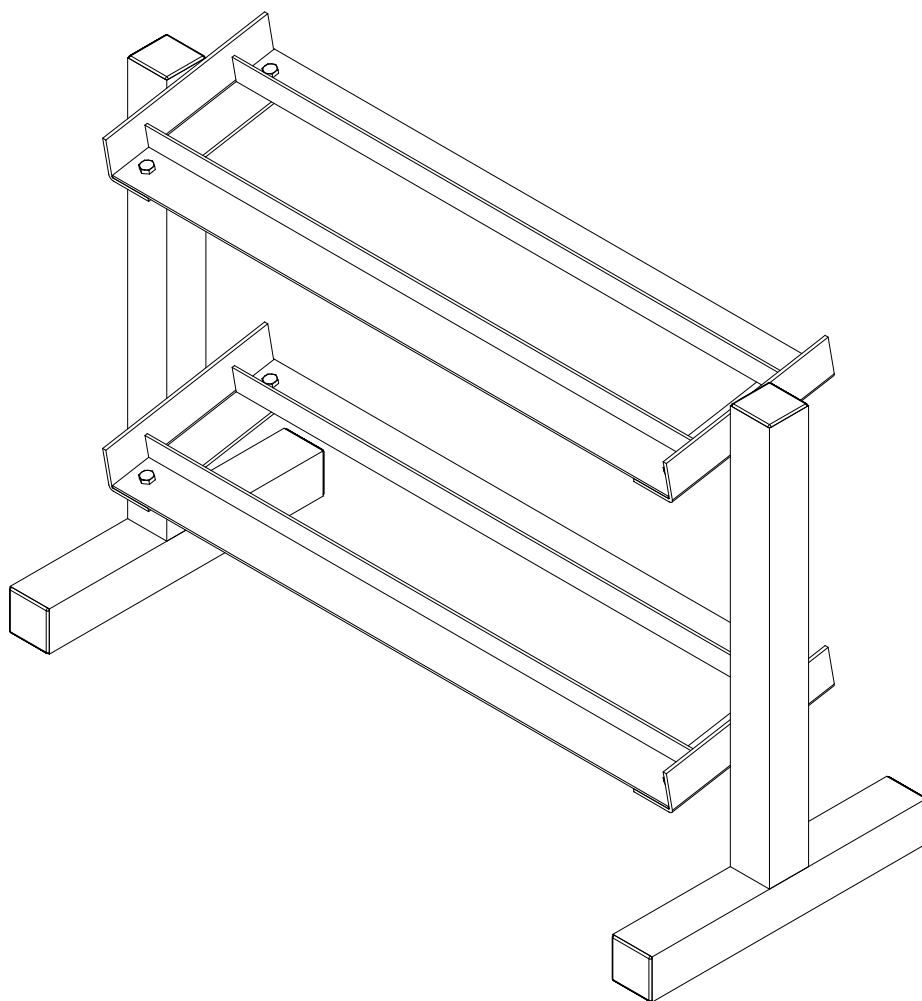


PDR-282X

DUMBBELL RACK

OWNER'S MANUAL



Архангельск (8182)63-90-72	Ижевск (3412)26-03-58	Магнитогорск (3519)55-03-13	Пермь (342)205-81-47	Сургут (3462)77-98-35
Астана (7172)727-132	Иркутск (395)279-98-46	Москва (495)268-04-70	Ростов-на-Дону (863)308-18-15	Тверь (4822)63-31-35
Астрахань (8512)99-46-04	Казань (843)206-01-48	Мурманск (8152)59-64-93	Рязань (4912)46-61-64	Томск (3822)98-41-53
Барнаул (3852)73-04-60	Калининград (4012)72-03-81	Набережные Челны (8552)20-53-41	Самара (846)206-03-16	Тула (4872)74-02-29
Белгород (4722)40-23-64	Калуга (4842)92-23-67	Нижний Новгород (831)429-08-12	Санкт-Петербург (812)309-46-40	Тюмень (3452)66-21-18
Брянск (4832)59-03-52	Кемерово (3842)65-04-62	Новокузнецк (3843)20-46-81	Саратов (845)249-38-78	Ульяновск (8422)24-23-59
Владивосток (423)249-28-31	Киров (8332)68-02-04	Новосибирск (383)227-86-73	Севастополь (8692)22-31-93	Уфа (347)229-48-12
Волгоград (844)278-03-48	Краснодар (861)203-40-90	Омск (3812)21-46-40	Симферополь (3652)67-13-56	Хабаровск (4212)92-98-04
Вологда (8172)26-41-59	Красноярск (391)204-63-61	Орел (4862)44-53-42	Смоленск (4812)29-41-54	Челябинск (351)202-03-61
Воронеж (473)204-51-73	Курск (4712)77-13-04	Оренбург (3532)37-68-04	Сочи (862)225-72-31	Череповец (8202)49-02-64
Екатеринбург (343)384-55-89	Липецк (4742)52-20-81	Пенза (8412)22-31-16	Ставрополь (8652)20-65-13	Ярославль (4852)69-52-93
Иваново (4932)77-34-06	Киргизия (996)312-96-26-47	Казахстан (772)734-952-31	Таджикистан (992)427-82-92-69	

Единый адрес для всех регионов: bda@nt-rt.ru || www.bodysolid.nt-rt.ru

PDR-282X

SAFETY INSTRUCTIONS

**WHEN USING EXERCISE EQUIPMENT,
YOU SHOULD ALWAYS TAKE BASIC
PRECAUTIONS INCLUDING THE
FOLLOWING:**

- Read all instructions before using the PDR-282X. These instructions are written to ensure your safety and to protect the unit.
- **Do not remove any safety labels from the machine.**
- Do not allow children on or near the equipment.
- 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 serious injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Keep hands, limbs, loose clothing, and long hair well out of the way of all moving parts
- Use care when getting on or off the unit.
- Do no overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment outdoors or near water.

PERSONAL SAFETY DURING ASSEMBLY

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment
- Assemble and operate the PDR-282X on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The PDR-282X is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Powerline Dumbbell Rack.

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 the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

OBTAINING SERVICE

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Powerline by Body Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Powerline website at www.bodysolid.com or contact an authorized Powerline dealer or a Powerline factory-authorized service company or contact Body-Solid customer service at one of the following:

PDR-282X

PREPARATION

REQUIRED TOOLS

The basic tools that you must obtain before assembling the PDR-282X include but are not limit to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench
- Standard / Metric Allen Key Set

INSTALLATION REQUIREMENTS

Follow these installation requirements when assembling the PDR-282X:

Set up the PDR-282X on a solid, flat surface. A smooth, flat surface under the machine helps keep it level.

Provide ample space around the machine. Open space around the machine allows for easier access.

For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

ORDERING REPLACEMENT PARTS

If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.

1. Model Number
2. Place of Purchase
3. Serial Number (S/N)
4. Part # and Description

ASSEMBLY TIPS

Read all “Notes” on each page before beginning each step.

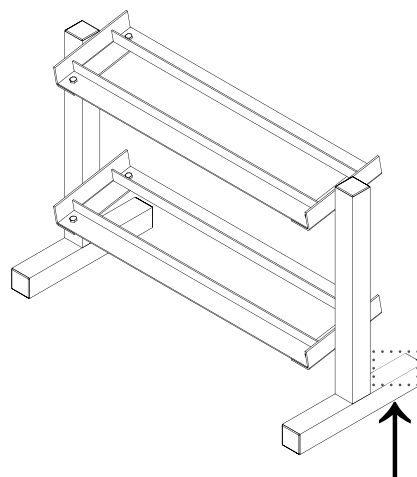
While you may be able to assemble the PDR-282X using the illustrations only, important safety notes and other tips may be included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

NOTE: The bottles that are marked “Poison” is your touch up paint. Keep away from children.

CAUTION: Obtain assistance! If you feel like you can’t assemble the PDR-282X by yourself then do not attempt to do so as this could result in injury. Review the Installation Requirements before proceeding with the following steps.



**YOUR S/N # CAN
BE FOUND HERE**

PDR-282X

HARDWARE LIST

<u>PART #</u>	<u>SIZE</u>	<u>DESCRIPTION</u>	<u>QUANTITY</u>
1	M8X15mm	HEX HEAD BOLT	8 PCS.
2	M8	LOCK NUT	8 PCS.
3	50X1.8t	END CAP	4 PCS.
4	50X2.5t	END CAP	2 PCS.

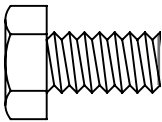
PDR-282X

HARDWARE ILLUSTRATION

PART #1

M8X15MM HEX HEAD BOLT

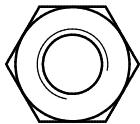
QTY. 8



PART #2

M8 LOCK NUT

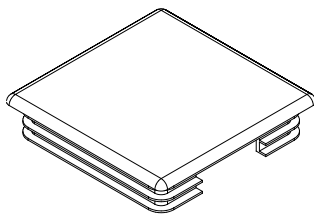
QTY. 8



PART #3

50X1.8T END CAP

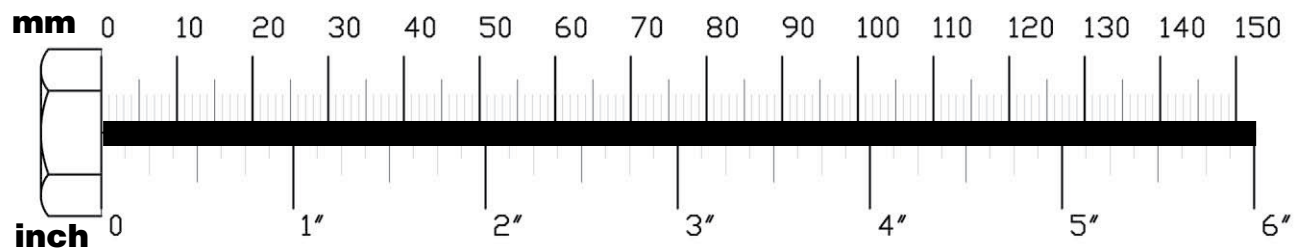
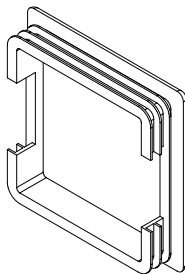
QTY. 4



PART #4

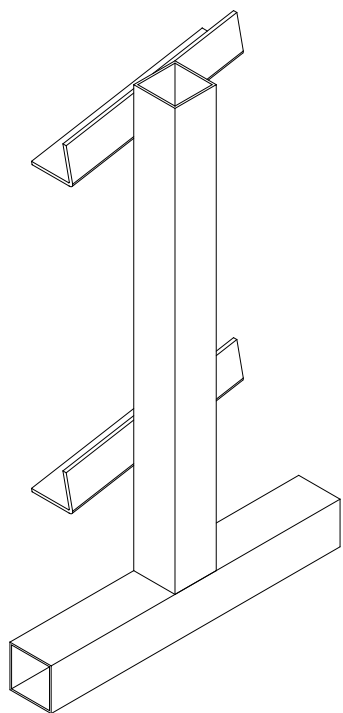
50X2.5T END CAP

QTY. 2

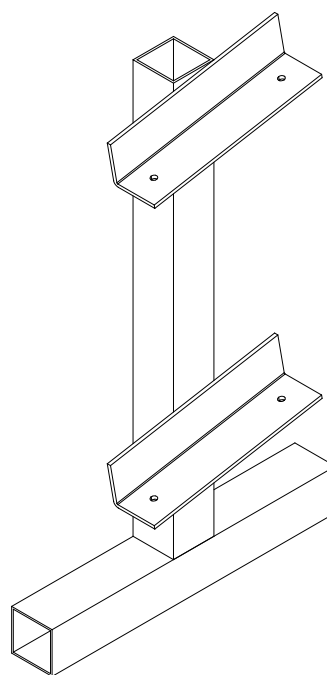


PDR-282X

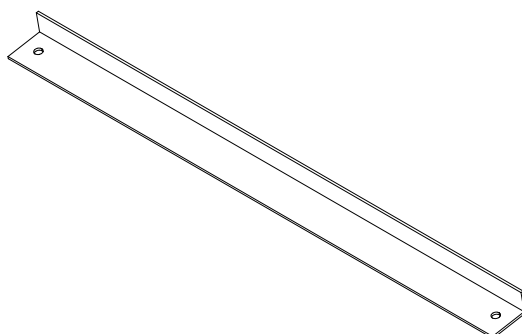
PART LIST



PART A
RIGHT MAINFRAME
[1 PCS]



PART B
LEFT MAINFRAME
[1 PCS]



PART C
CROSS FRAME
[4PCS]

PDR-282X

STEP 1

**BE CAREFUL TO ASSEMBLE ALL COMPONENTS
IN THE SEQUENCE THAT THEY ARE PRESENTED.**

NOTE:

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN
UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED.

NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

- 1 A. ATTACH CROSS FRAME (C) TO THE BOTTOM FRONT OF
RIGHT MAINFRAME (A) AND LEFT MAINFRAME (B) USING:**

2 - (#1) M8X15MM HEX HEAD BOLT

2 - (#2) M8 LOCK NUT

- 1 B. ATTACH CROSS FRAME (C) TO THE BOTTOM BACK OF RIGHT
MAINFRAME (A) AND LEFT MAINFRAME (B) USING:**

2 - (#1) M8X15MM HEX HEAD BOLT

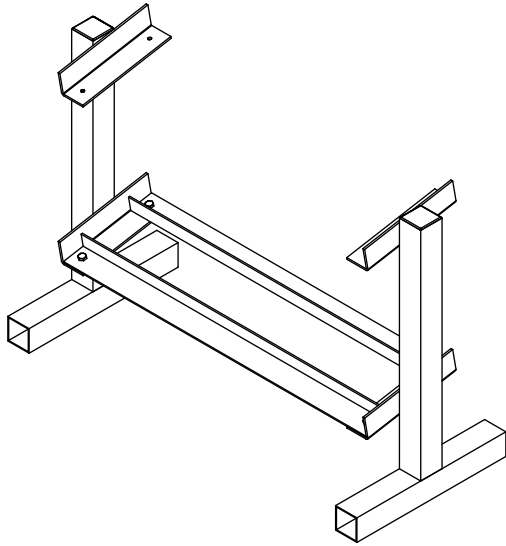
2 - (#2) M8 LOCK NUT

- 1 C. INSERT END CAPS INTO THE TOP OPENING OF RIGHT
MAINFRAME (A) AND LEFT MAINFRAME (B) USING:**

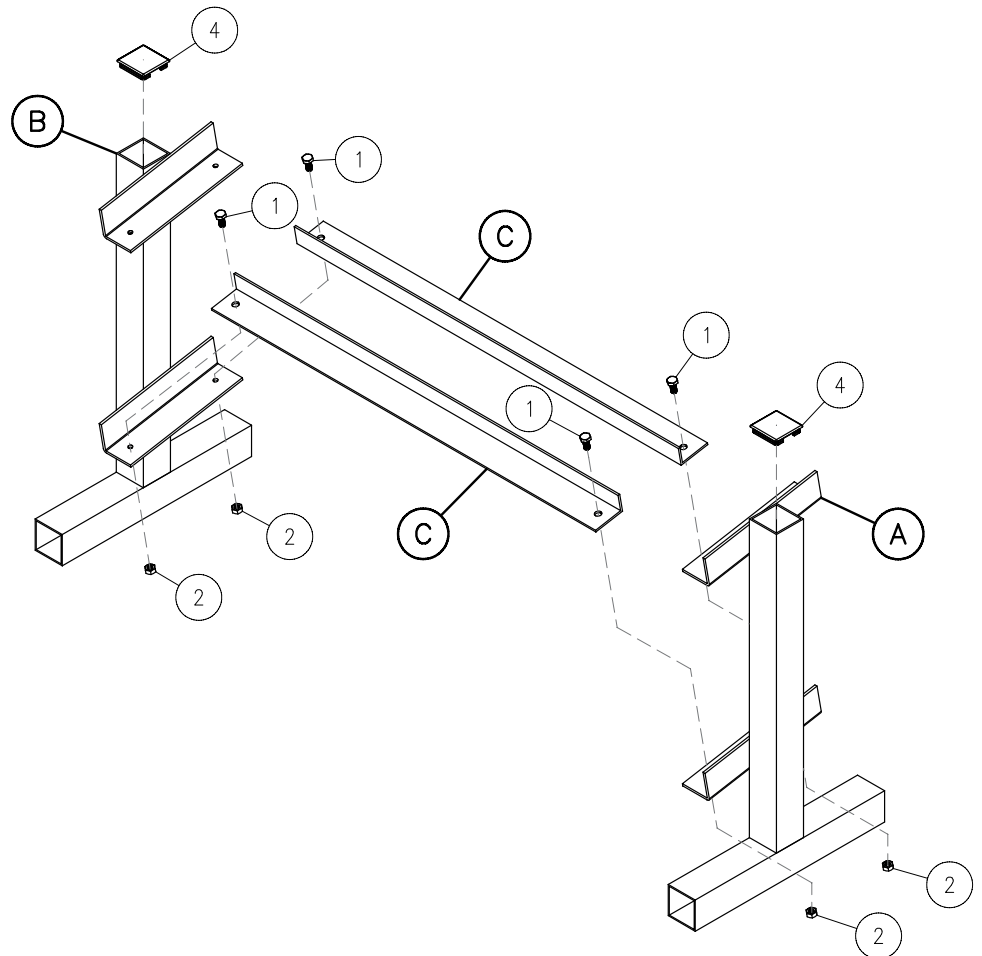
2 - (#4) 50X2.5T END CAP

PDR-282X

STEP 1



**ABOVE SHOWS STEP 1
ASSEMBLED AND COMPLETED**



PDR-282X

STEP 2

**BE CAREFUL TO ASSEMBLE ALL COMPONENTS
IN THE SEQUENCE THAT THEY ARE PRESENTED.**

NOTE:

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN
UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED.

NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

**2A. ATTACH CROSS FRAME (C) TO THE TOP FRONT OF RIGHT
MAINFRAME (A) AND LEFT MAINFRAME (B) USING:**

2 - (#1) M8X15MM HEX HEAD BOLT

2 - (#2) M8 LOCK NUT

**2B. ATTACH CROSS FRAME (C) TO THE TOP BACK OF RIGHT
MAINFRAME (A) AND LEFT MAINFRAME (B) USING:**

2 - (#1) M8X15MM HEX HEAD BOLT

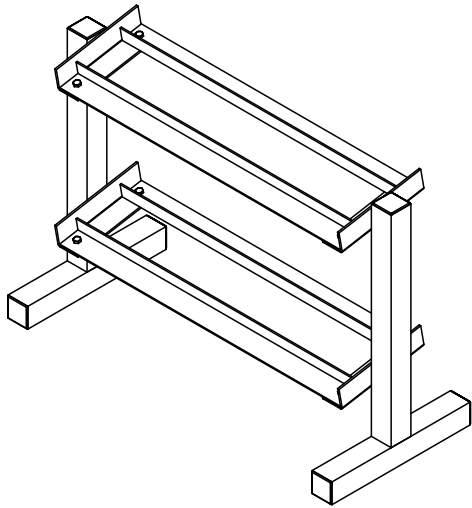
2 - (#2) M8 LOCK NUT

**2C. INSERT END CAPS INTO THE BOTTOM OPENINGS OF RIGHT
MAINFRAME (A) AND LEFT MAINFRAME (B) USING:**

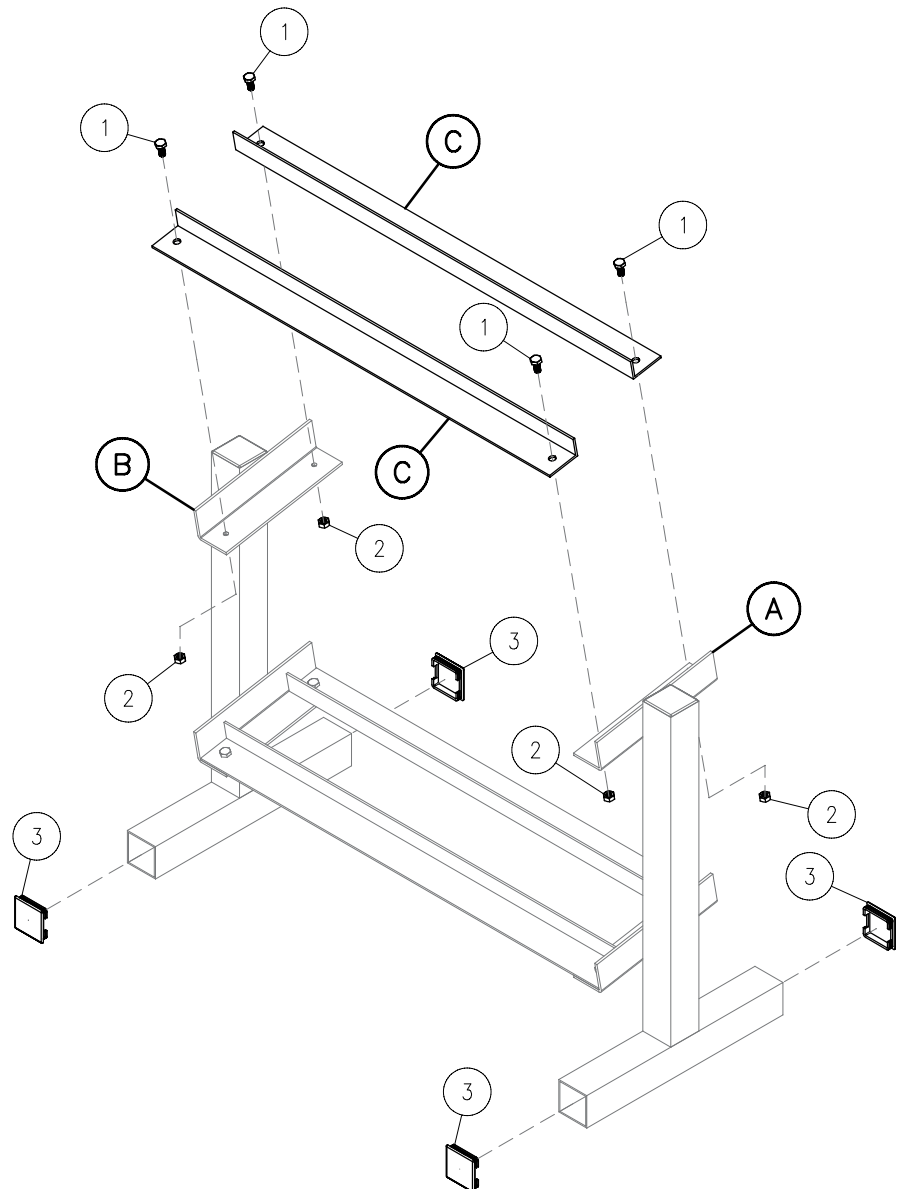
4 - (#3) 50X1.8T END CAP

PDR-282X

STEP 2



ABOVE SHOWS STEP 2
ASSEMBLED AND COMPLETED



PDR-282X

EXPLODED VIEW

