



PB EXTREME HALF RACK

MODEL:6453



ASSEMBLY INSTRUCTIONS

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Safety Instructions

Half Rack Safety Information and General Exercise

Guidelines Safety Information

Read the Half Rack Owner's Manual carefully before assembling, servicing or using the Half Rack.

! WARNING: Serious injury or death could occur if these safety precautions are not observed:

1. Do not use the Half Rack in any way other than designed or intended by the manufacturer. It is imperative that the Half Rack as well as any other PERFORM BETTER STRENGTH equipment is used properly to avoid injury.
2. Keep hands, feet, head, limbs, fingers and hair clear at all times from moving parts to avoid injury. Use appropriate positioning, speed and controlled movements.
3. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by PERFORM BETTER.
4. DO NOT wear loose or dangling clothing while using the PERFORM BETTER equipment. Keep away from all moving parts.
5. Obtain a medical exam prior to beginning an exercise program.
6. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
7. Children must not be allowed near these machines. Teenagers must be supervised.
8. DO NOT attempt to fix a broken or jammed machine. Contact appropriate staff of **Perform Better** Service.
9. Use the machine only for the intended use. Obtain instruction and DO NOT modify the machines.
10. Load plates evenly and carefully to avoid tipping equipment and possible crushing injuries. DO NOT exceed maximum load of 1200 lbs (545.5 kgs).
11. ALWAYS USE safety stops as directed DO NOT use if guards are missing or damaged.
12. ALWAYS position safety stops as outlined on the user placard descriptions for each movement.
13. USE A SPOTTER for all activities.
14. MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact PERFORM BETTER for a replacement.
15. SECURING EQUIPMENT: All PERFORM BETTER equipment MUST be secured to the floor to stabilize and eliminate rocking or tipping over. This must be performed by a licensed

contractor. DO NOT use the Weight equipment if it is not set up and located on a solid level surface.

16. Make sure that each machine is set up and operated on a solid level surface. DO NOT install equipment on an uneven surface.
17. MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Inspect the PERFORM BETTER equipment prior to use. DO NOT use if damaged or inoperable.
18. Ensure that any person (s) making adjustments or performing maintenance or repair of any kind is qualified to do so.
19. Routinely inspect all fasteners that join attachments and framework tighten as needed to maintain the integrity of the unit.
20. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all PERFORM BETTER equipment. It is recommended that the end users physical condition be evaluated prior to beginning any exercise program.
21. Perform regular maintenance checks on the PERFORM BETTER equipment. Also, pay close attention to all areas most susceptible to wear.
22. Keep a repair log of all maintenance activities.
23. Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components then remove the PERFORM BETTER piece of equipment from service until the repair is made.
24. Make sure that all users are properly trained on how to use the PERFORM BETTER equipment.
25. Make sure there is enough room for safe access and operation of the PERFORM BETTER equipment.
26. Use only PERFORM BETTER supplied components to maintain/repair the PERFORM BETTER equipment.
27. UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, ASK FOR CLARIFICATION FROM PERFORM BETTER PERSONNEL.

NOTE: It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed.

Exercise Guidelines

- Like most exercise, strength training involves an element of risk. Utilize this information to assist you and/or your members in making the experience on PERFORM BETTER both productive and safe.
- Prior to engaging in any strength-training program, individuals with known health conditions and/or individuals whom are unfamiliar with the risk (s) involved with weight training, should first consult with a physician.
- All training sessions should be supervised by trained personnel.
- Be certain that the warning stickers affixed on PERFORM BETTER, remain on the product and unaltered. Also, be certain that all the stickers (safety, instructional and/or other) are read and understood by each user.
- All users should be instructed on the proper use of PERFORM BETTER as well as those actions that should be avoided.
- The PERFORM BETTER HALF RACK has safety catches specifically designed to enhance the use of the product and protect the user – ALWAYS use the safety catches as outlined on the user placards. In an attempt to minimize user and/or bystander injury:
 - Do not lean against framework, plate holders or any component whether it is dynamic or static.
 - Stay clear of any components while in a dynamic state of motion. Keep hands and feet away from all moving parts. The convergence of these components can cause serious injury.
 - Exercising on free weight and selectorized products should be performed with the assistance of a spotter.
 - Always insure proper positioning of the safety stops during each exercise set.

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MAINTENANCE AND SERVICE

The Half Rack requires very little upkeep to keep your Half Rack performing at its best, the following guidelines are suggested.

GENERAL CLEANING

- Wipe the Half Rack with a light all-purpose cleaner, such as diluted Simple Green at a 30:1 solution.
- Dry the Half Rack with a soft cloth to prevent rust.
- To prevent rust build up it is advised to wipe the Half Rack with a soft cloth and some LPS-1 rust preventative.
- Do not clean the bearings as this will cause failure of the bearings.

Perform Better Warranty Coverage

Perform Better commercial exercise equipment is warranted to be free of all defects in material and workmanship.

Perform Better warrants all structural frameworks for a period of 10 years. This limited warranty on structural frame does not include coatings. The following moving parts are warranted for 5 years; rotary bearings and structural moving parts. All unlisted parts handles and accessories are warranted for 1 year. Upholstery is warranted for 6 months.

What is not covered?

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the product as set out in your Operation Manual.

Operation Manual

It is very important that you read and review this manual before operating the Product. Remember to perform periodic maintenance to assure proper operation and your continued satisfaction.

Exclusive Warranties

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART.

We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you.

Changes in warranty that are not authorized

No one is authorized to change, modify or extend the terms of this limited warranty.

How to get parts and service

Contact Perform Better Customer Support Services Monday through Friday from 8:00 a.m. to 5:00 p.m. Eastern Standard Time.

Visit us on line at www.performbetter.com

Customer Service: 1-888-556-7464

Fax: 1-800-682-6950

INSTALLATION INSTRUCTIONS

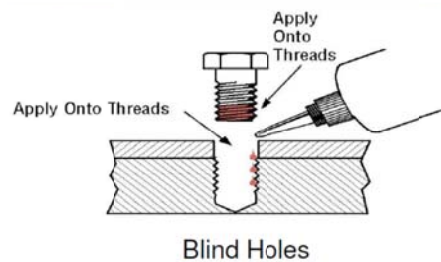
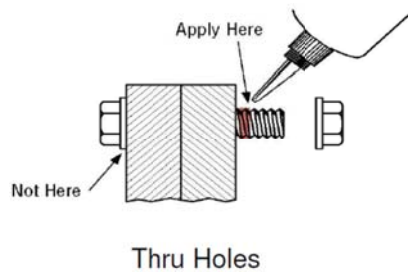
REQUIRED TOOLS:

- 16mm Box / Open-End Wrenches1
- 4mm Hex Key Wrenches1
- 8mm Hex Key Wrenches2
- 18mm Box / Open-End Wrenches2
- 6mm Hex Key Wrenches2

GENERAL NOTES:

- Unless otherwise noted Loctite 242/243 or equivalent thread locker must be used on all threaded fasteners. (Do not use thread locker when a Nyloc nut is used.)
- All Perform Better Strength equipment MUST be secured to the floor using either 10mm or 3/8in. (grade 5 minimum) bolts. accommodate this there are four mounting points inside the weight stack and one in either of the small feet. manual describes equipment setup and instructs members on how to use it correctly and safely.
- The Half Rack requires at least two people to perform the installation.

THREAD LOCKER APPLICATION: Clean all threads and holes, apply no more than 3-4 drops per bolt.



Metric Steel Bolts Torque Specifications

Bolt Size	Thread Pitch	Torque, N-m (lbs-ft)
6mm	1.25	10 to 13.5 (8 to 10)
8mm	1.25	25.5 to 28.5 (19 to 21)
10mm	1.75	55.5 to 58 (41 to 43)
12mm	1.25	61 to 65 (45 to 48)

- Torque all hardware to values as specified above, unless noted otherwise.
- See Page 11 of this manual for fastener sizing information; for reference only.
- Note: All torque values are in N-m unless otherwise stated.

ASSEMBLY AND SETUP

PARTS AND MATERIALS

The following parts are included with the PERFORM BETTER HALF RACK:

Item	Description	Qty.	Item	Description	Qty.
1	Lower Cross Beam	1	15	Safety Spot Left Arm	1
2	Base Frame Left	1	16	Bar Holder Right	1
3	Base Frame Right	1	17	Safety Spot Right Arm	1
4	Band Attachment	2	18	Hex Head Screw M12X110	4
5	Upright Frame Right	1	19	Washer M12	26
6	Upright Frame Left	1	20	Washer M10	14
7	Upright Frame Rear Right	1	21	Hex Head Screw M10x25	4
8	Upright Frame Rear Left	1	22	Hex Head Screw M12x30	18
9	Weight Horn	10	23	Hex Head Screw M10x30	10
10	Accessory Bar	2	24	Socket Hex Head Screw M10x35	12
11	End Cap	12	25	Flat Head Hex Screw M6x20	2
12	Upper Cross Beam	1	26	Flat Head Hex Screw M10x30	4
13	Pull-Up-Bar	1	27	Nylock Nut M12	4
14	Bar Holder Left	1	28	Rubber Spacer	10

SITING REQUIREMENTS

Your PERFORM BETTER HALF RACK requires approximately 100 square feet of floor space to ensure safe operation of the unit.

UNPACKING

Your PERFORM BETTER HALF RACK is shipped in two shipping cartons. Each carton will generally contain one subassembly of the entire unit. To unpack:

- Remove the shipping straps from the outside of each shipping carton
- Open the top of each carton and fold back all four flaps
- Remove the packing materials, foam inserts, and ALL parts from each shipping carton. Keep the contents of each carton in a separate area to facilitate assembly. To ensure personal safety during assembly, place all packing materials outside the assembly area.

Take time now to enter your Half Rack serial number in the space below. If parts are missing, or if you have any operational questions, please call Perform Better's Service department at 888-556-7464; have your serial number ready.

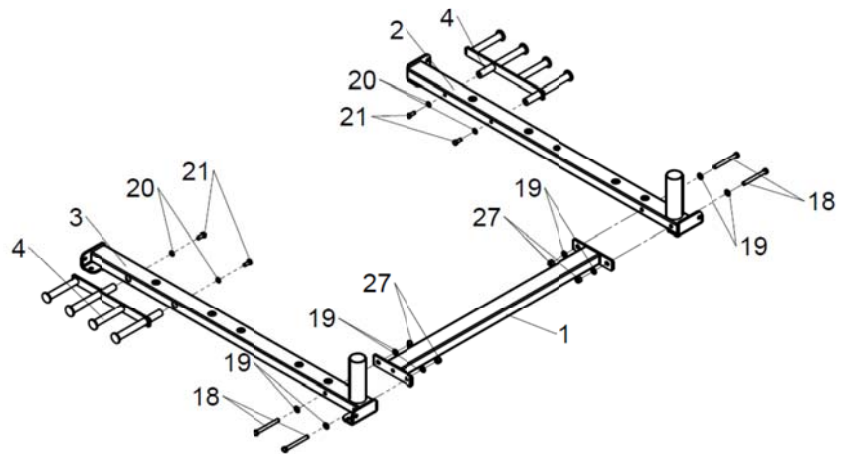
Serial No.: _____

ASSEMBLY

NOTE: TAKE CARE WHILE OPENING THE BOXES. KEEP TRACK OF ALL ITEMS YOU REMOVE FROM THE BOXES. TAKE CARE NOT TO LAY ITEMS ON SURFACES THAT MAY SCRATCH THE PRODUCT.

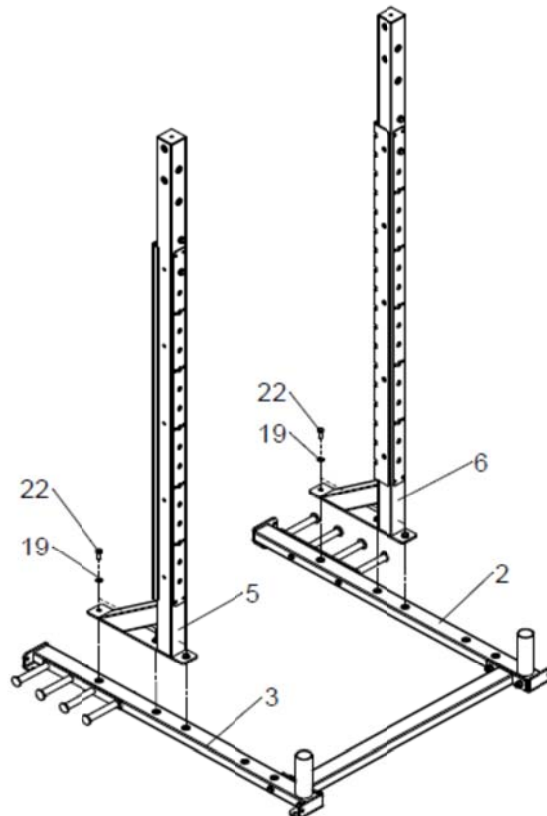
Step#1-Assemble the Lower Cross Beam to Base Frame Left & Right

1. Install the Base Frame Left(2) and Base Frame Right(3) onto the Lower Cross Beam(1) using four hex head screw (18), eight washers(19), four nylock nuts(27).
2. Insert one Band Attachment(4) into the Base Frame Left and Right separately. Using four hex head screws(21), four washers(20), as shown below.



Step#2-Assemble Upright to Base Frame

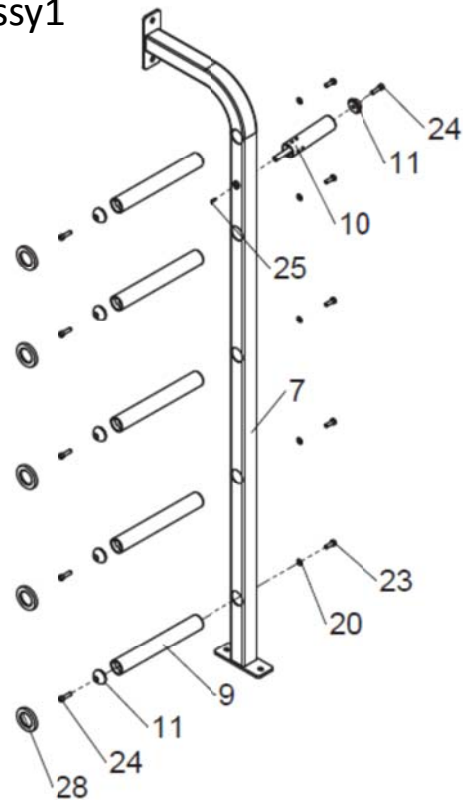
1. Install the Upright Frame Left(6) onto Base Frame(2) using three hex head screw(22), three washers(19).
2. Install the Upright Frame Right(5) onto Base Frame(3) using three hex head screw(22), three washers(19), as image shown.



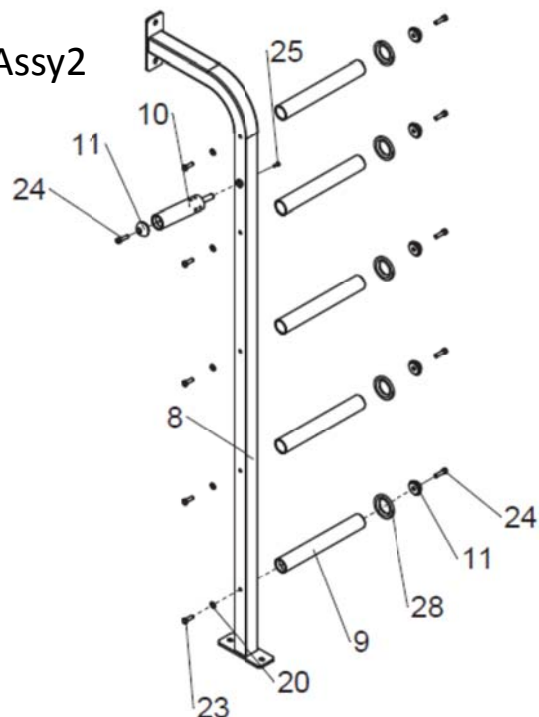
Step#3–Assembly Weight Horn and Accessory Bar to Upright Rear

1. Insert the weight Horn (9) into the Upright Frame Rear Right (7), using one washer (20), one Hex Head Screw (23). Tighten the screw at this time.
2. Install the End Cap (11) onto the Weight Horn (9), using one screw (24)(factory installed), then slide the Rubber Spacer(28) onto the Weight Horn(9). Tighten the screw at this time.
3. Repeat the above process for the remaining four Weight Horn (9).
4. Insert the Accessory Bar(10) into the Upright Frame Rear Right(7), using one Hex Head Screw(25),
And install the End Cap (11) onto the Accessory Bar(10), using one Hex Head Screw(24). Tighten these screws at this time.

Assy1



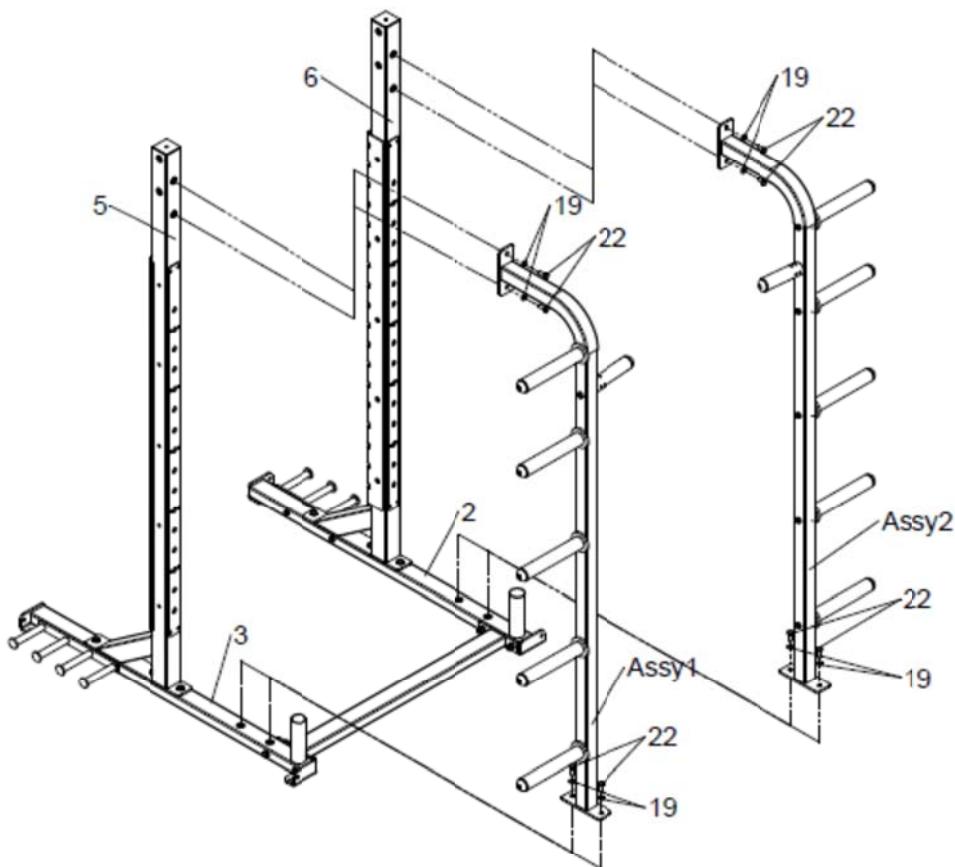
Assy2



5. Repeat the above process for another side Upright Frame (8).
As image shown.

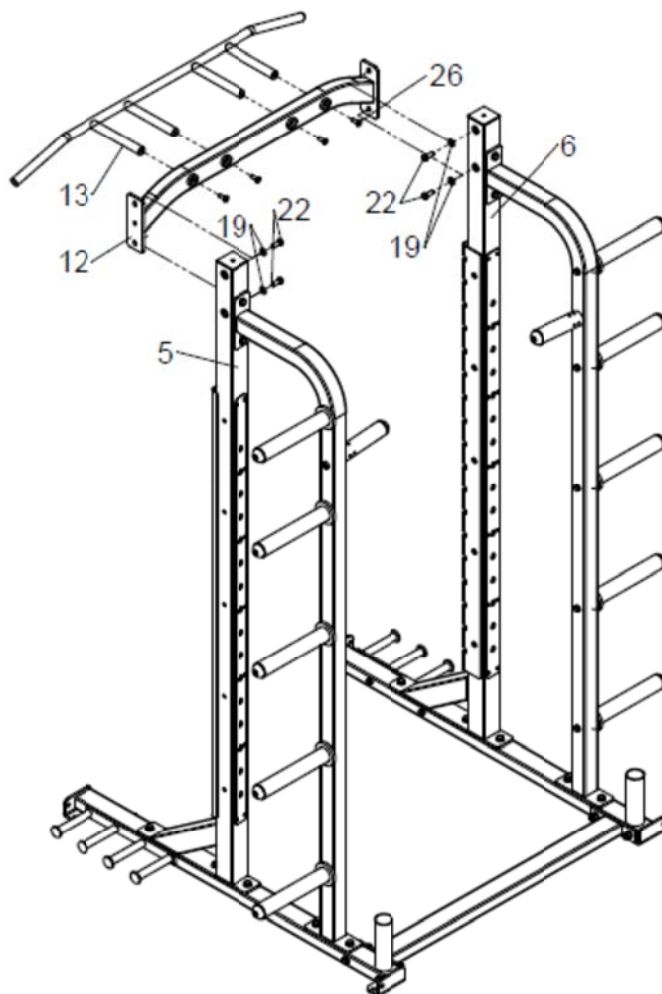
Step#4–Assemble Assy1&2 to Upright

1. Install the Assy1 to the Upright Frame Right(5), using two washers(19), two Hex Head Screw(22). At this time, align the drilled holes in the Assy1 with the mating holes in the Base Frame Right (3), using two washers(19), two Hex Head Screw(22). Tighten these fasteners now.
2. Repeat above process for the left Assy2, as image shown.



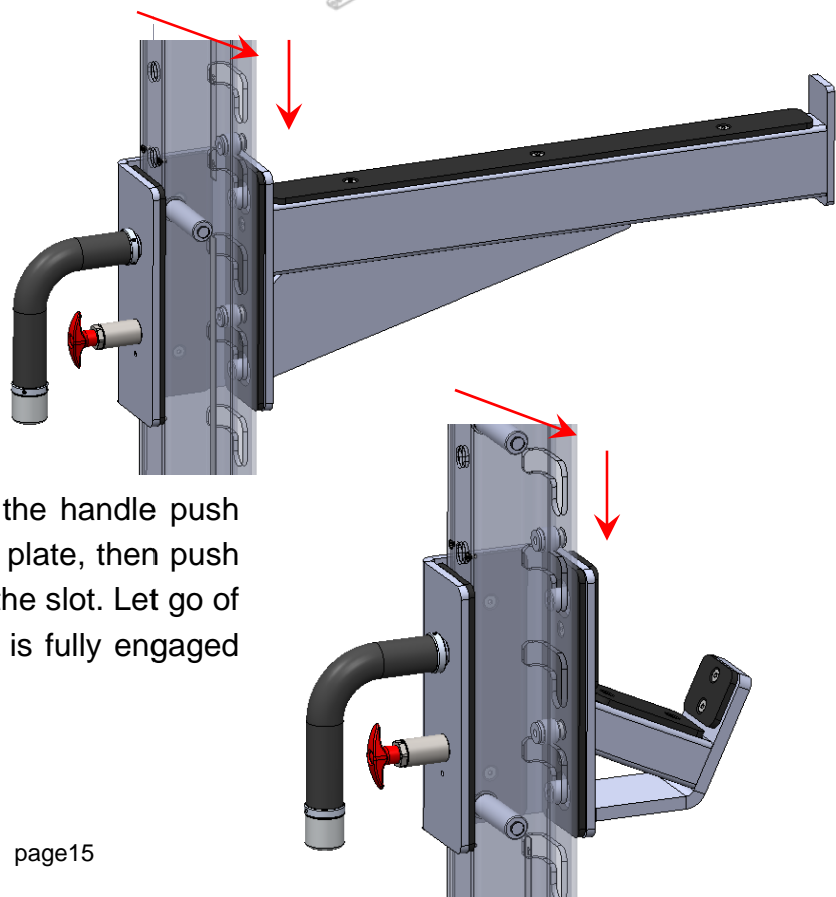
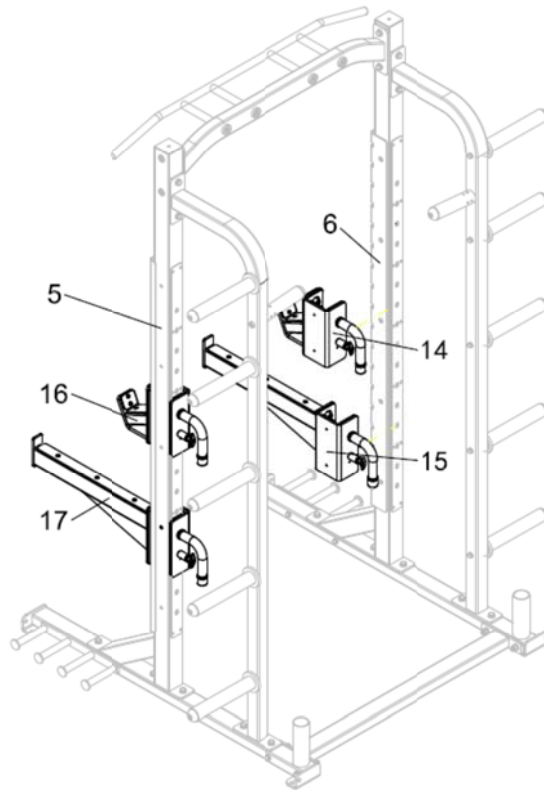
Step#5–Assemble Upper Cross Beam and Pull-Up Bar to Main Frame

1. Install the Upper Cross Beam(12) to the Upright(5&6), using four washers(19), four Hex Head Screws(22).
2. Insert the Pull-Up Bar to the Upper Cross Beam(12), using four Flat Head Hex Screw(26). Tighten all the fasteners at this time.



Step#6 – Assemble Bar Holder & Safety Spot Arm to Upright

1. Grab the Bar Holder Right (16) with both hands, one on the handle and another one on the pull pin. Pull up the pull pin and install the Bar Holder Right (16) to the Right Upright (5). (CAUTION: Bar Holder is heavy).
2. Grab the Safety Spot Right Arm (17) with both hands, one on the arm and another one on the pull pin. Pull up the pull pin and install the Safety Spot Right Arm (17) to the Right Upright (5). (CAUTION: Safety Spot Arm is heavy.)
3. Repeat for the above process for Bar Holder Left (14) and Safety Spot Left Arm (15).
4. When using the Bar Holders (14&16) and Safety Spot Arms (15&17), make sure they are install on the machine at the same level and that are fully engaged in the mounting positions. When a Arm is on the catches it should be level to the floor. **NOTE:** ensure the safety pin is engaged.
5. Locate the desired height, **(NOTE:BOTH PINS INSIDE THE BAR HOLDER & SAFETY SPOT ARM MUST BE IN THE SLOTS)**, with the pull pin extended and holding the handle push the catch into the slots on the mounting plate, then push down to insure the Catch is seated into the slot. Let go of the pull pin. **(NOTE: make sure the pin is fully engaged into the slot).** As image shown.



Step7-Final Assemble Check Sheet

1. Make sure ALL Fasteners are tightened to specifications is this manual.
2. See Maintenance and Service page.
 1. Perform all steps



WARNING! Before using this product, it is essential to read ENTIRE operations manual and installation instructions. The owner's manual describes equipment setup and instructs members on how to use it correctly and safely.



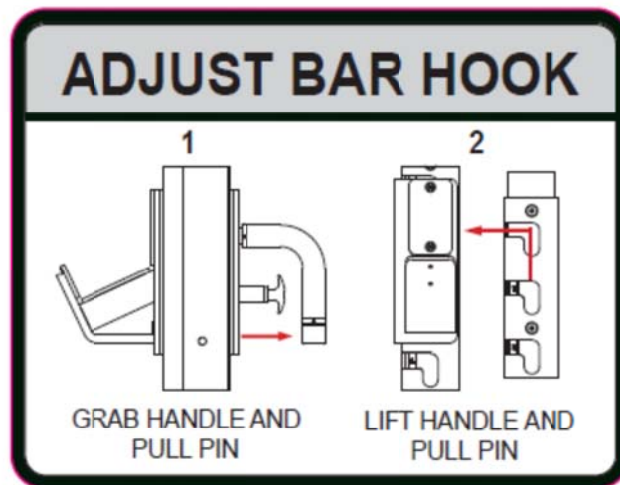
Health related injuries may result from incorrect and excessive use of exercise equipment. PERFORM BETTER strongly recommends you to encourage you and your members to discuss their health program and fitness regimen with a health care professional, if you or they have not exercised for several years, are over 35, or have known health conditions.

LABELS

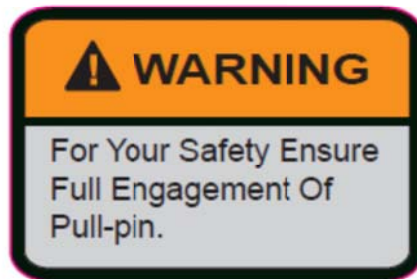
50*45mm



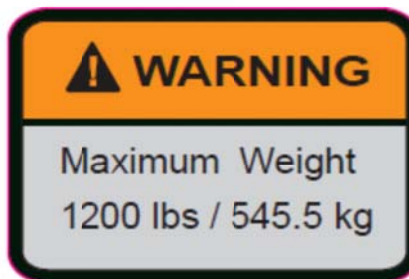
90*70mm



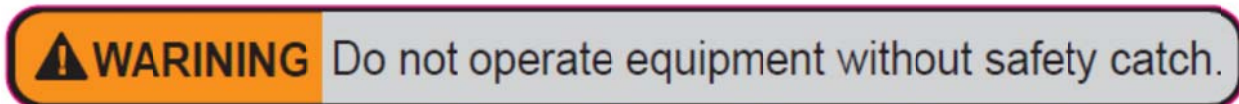
60*40mm



60*40mm



180*15mm



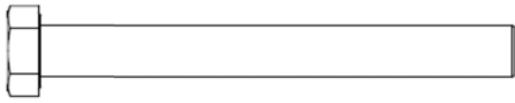
300*13mm



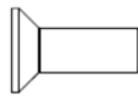
115*60mm



HARDWARE



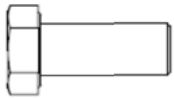
Hex Head Screw M12X110 Qty.:4



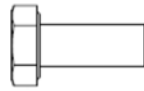
Flat Head Hex Screw M10x30 Qty.:4



Washer M10 Qty.:14



Hex Head Screw M12X30 Qty.:18



Hex Head Screw M10X25 Qty.:4



Nylock Nut M12 Qty.:4



Hex Head Screw M10X30 Qty.:10



Flat Head Hex Screw M6X20 Qty.:2



Washer M12 Qty.:26

