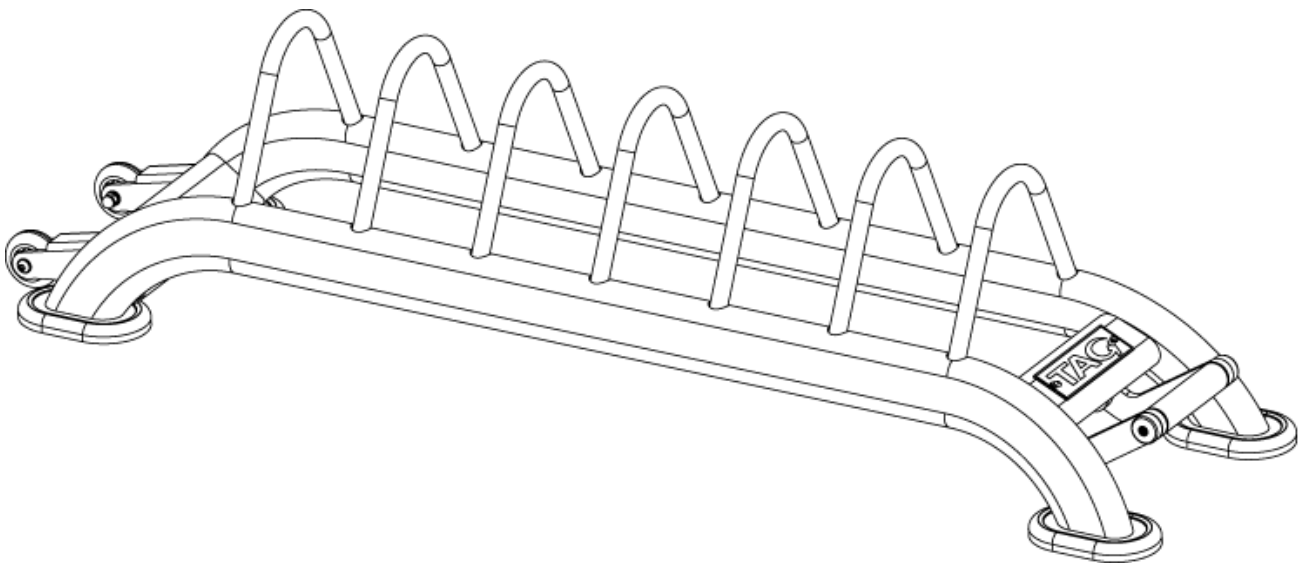




## RCK-BPR TAG Bumper Plate Rack



[www.tagfitness.net](http://www.tagfitness.net)

630-375-1500

# IMPORTANT SAFETY INSTRUCTIONS

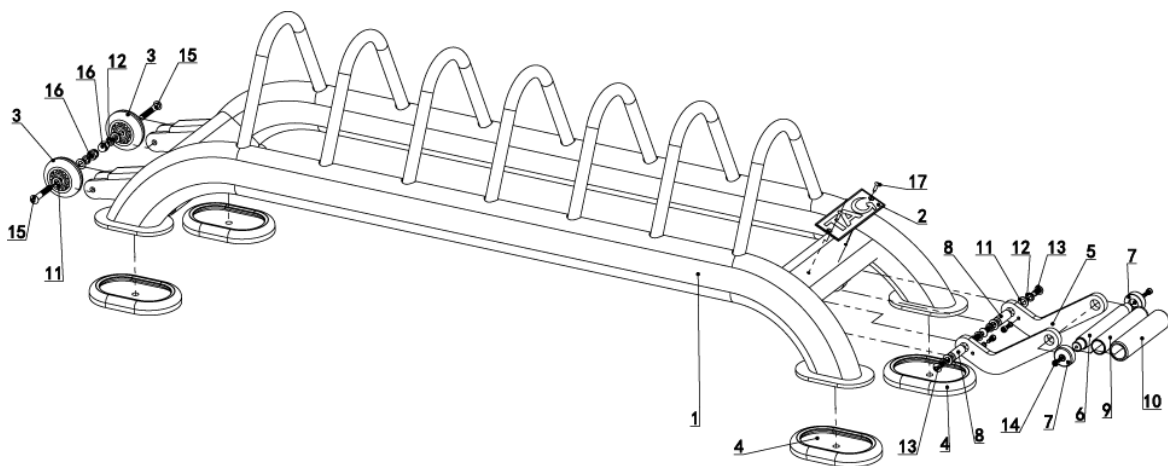
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**TAG** Fitness products are designed and manufactured to the highest standards in order to provide you with years of great workouts. We proudly stand behind all our products with the best customer service in the fitness industry.

- Inspect your machine prior to exercise to ensure that all nuts and bolts are fully tightened.
- Replace the worn parts immediately.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.
- Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
- Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. Never hold your breath while exercising.
- Rest adequately between workouts. Muscles tone and develop during these rest periods. Beginners should work out twice a week and increase gradually to 4 to 5 times per week.
- Remove all jewelry, including rings, chains and pins before commencing exercise.
- Always wear suitable clothing and footwear during exercise. Do NOT wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.

## EXPLODED DRAWING & PARTS LIST

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<b>Part No.</b>	<b>Description</b>	<b>Q'ty</b>
<b>1</b>	Main Frame	1
<b>2</b>	Name Plate	1
<b>3</b>	Transport Wheel	2
<b>4</b>	Rubber Foot Cap	4
<b>5</b>	Handlebar Support Plate	2
<b>6</b>	Handlebar Shaft	1
<b>7</b>	Shaft Cover	2
<b>8</b>	Fixing Axle	2
<b>9</b>	Foam Grip Bushing	1
<b>10</b>	Foam Grip	1
<b>11</b>	Flat Washer M8	8
<b>12</b>	Spring Washer M8	6
<b>13</b>	Allen Bolt M8x15mm	4
<b>14</b>	Allen Bolt M5x15mm	2
<b>15</b>	Allen Bolt M8x15mm	2
<b>16</b>	Cap Nut M8	2
<b>17</b>	Rivet $\phi$ 4x12mm	2
<b>18</b>	Spring Washer M5	2