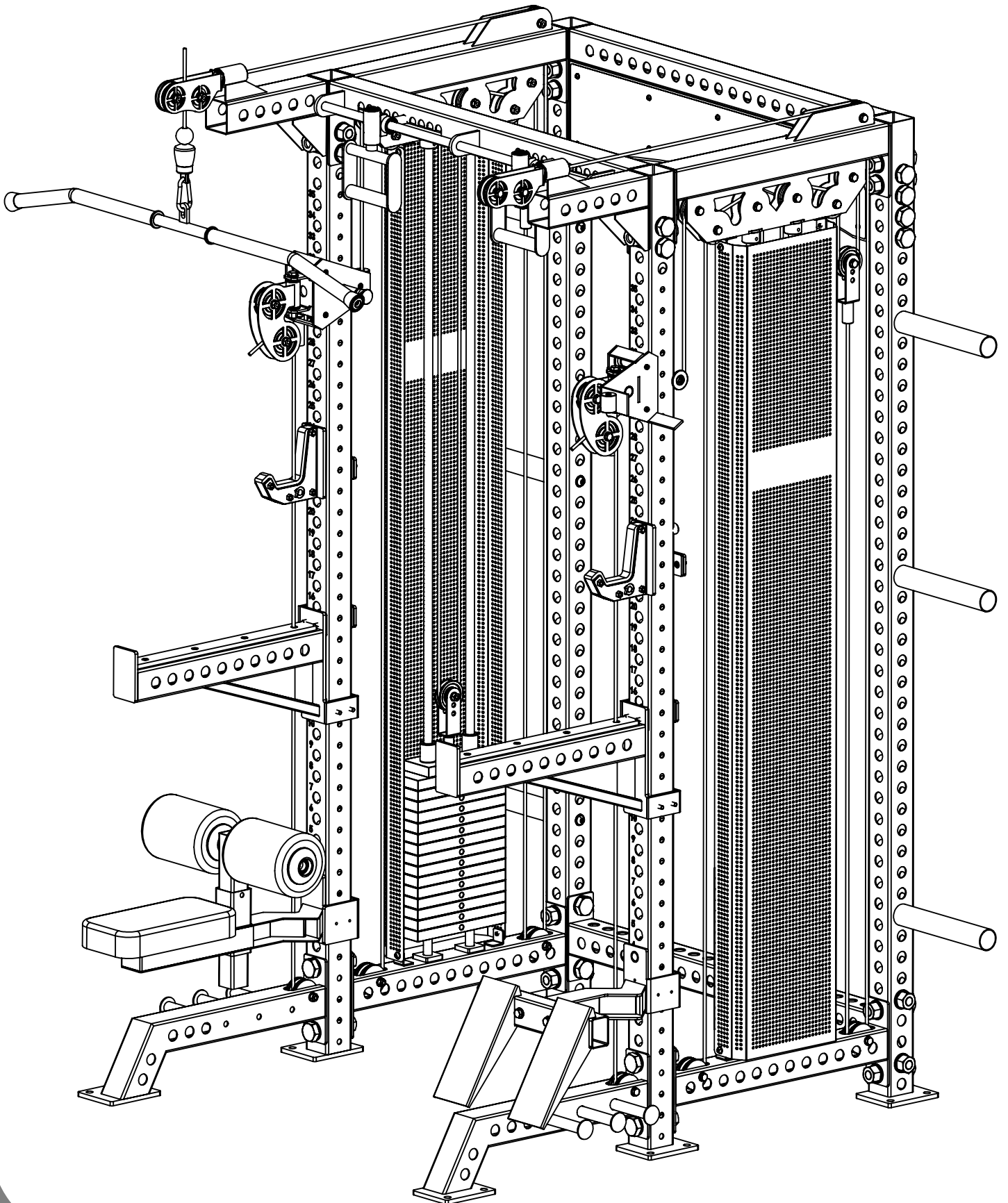


# Installation Instruction

## Ragnar Multi-Gym Training Rack





Thank you for choosing RPM Power! We appreciate your trust in our products and hope you enjoy using your new piece of equipment. For step-by-step assembly videos, exercise guides and product details, visit:

rpm CARE



[care.rmpower.com](https://care.rmpower.com)

If you have any questions or need assistance with assembly or usage, please don't hesitate to reach out to us via the contact details below. Our team will be happy to assist you:



[info@rmpower.com](mailto:info@rmpower.com)



+353 504 23969



RPM Power, Nenagh Rd, Thurles, Tipperary, E41 Y512 Ireland

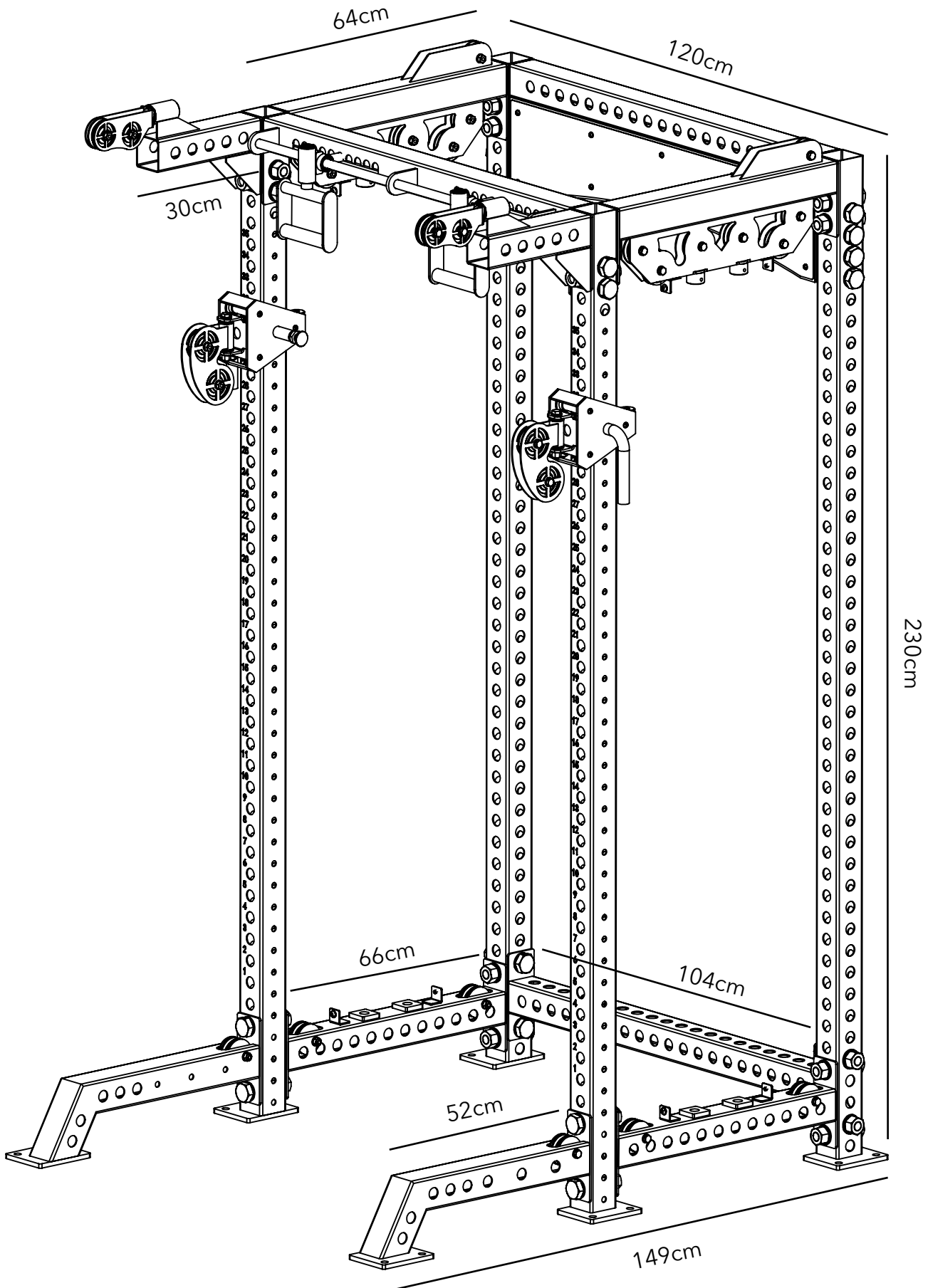


@RPM Power

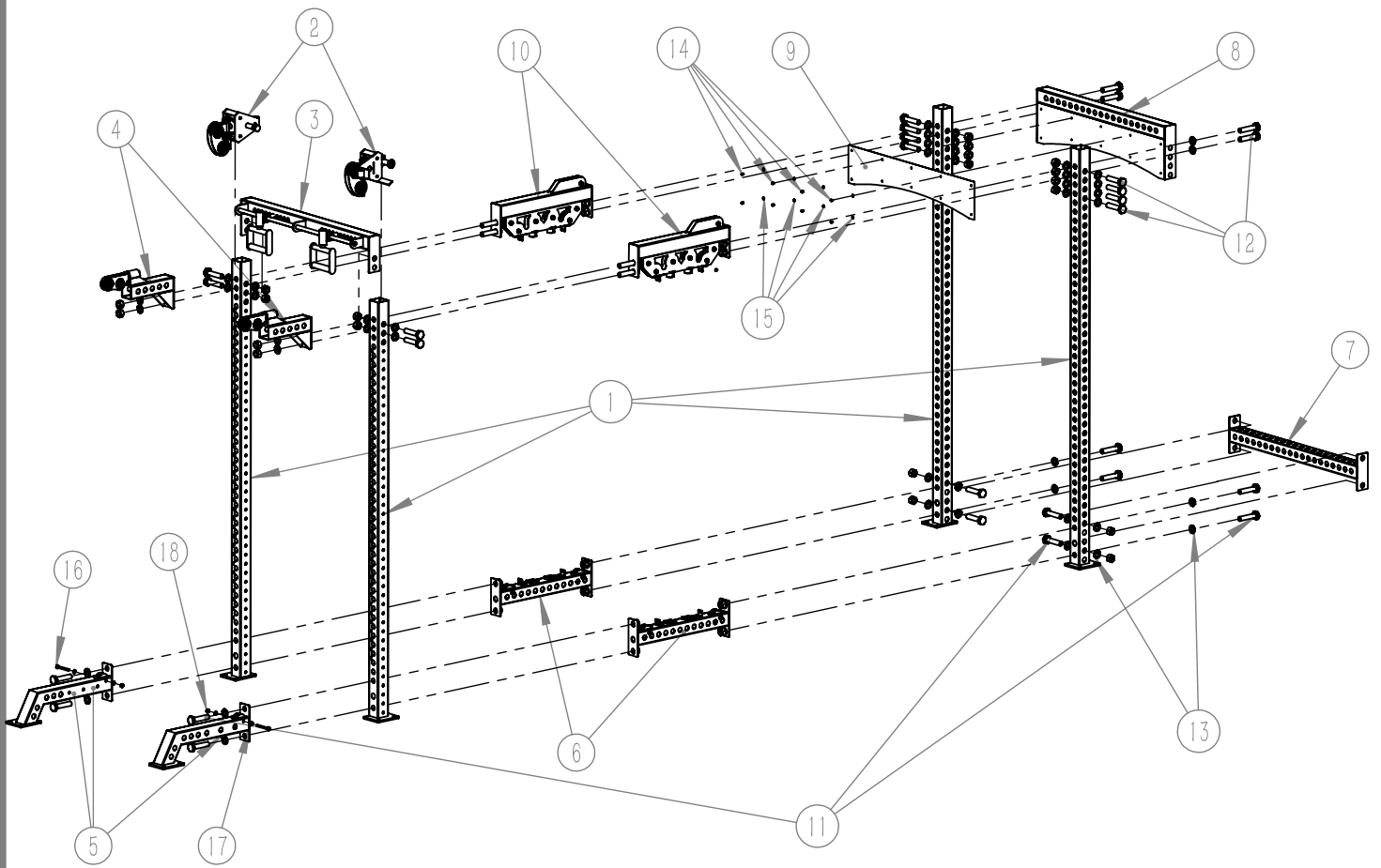


@rpm\_power

# Stage 1 - Main Frame

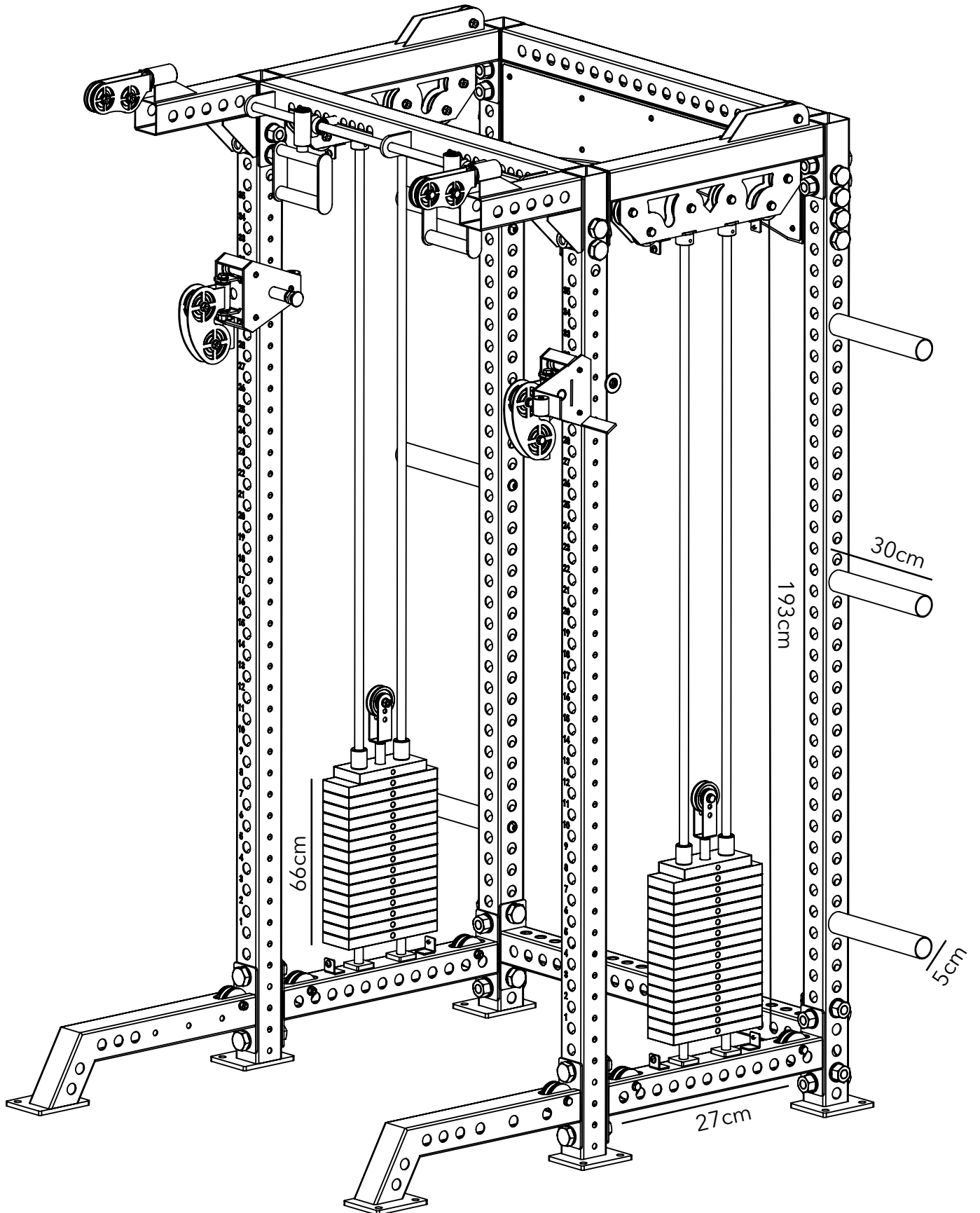


# Stage 1 - Main Frame

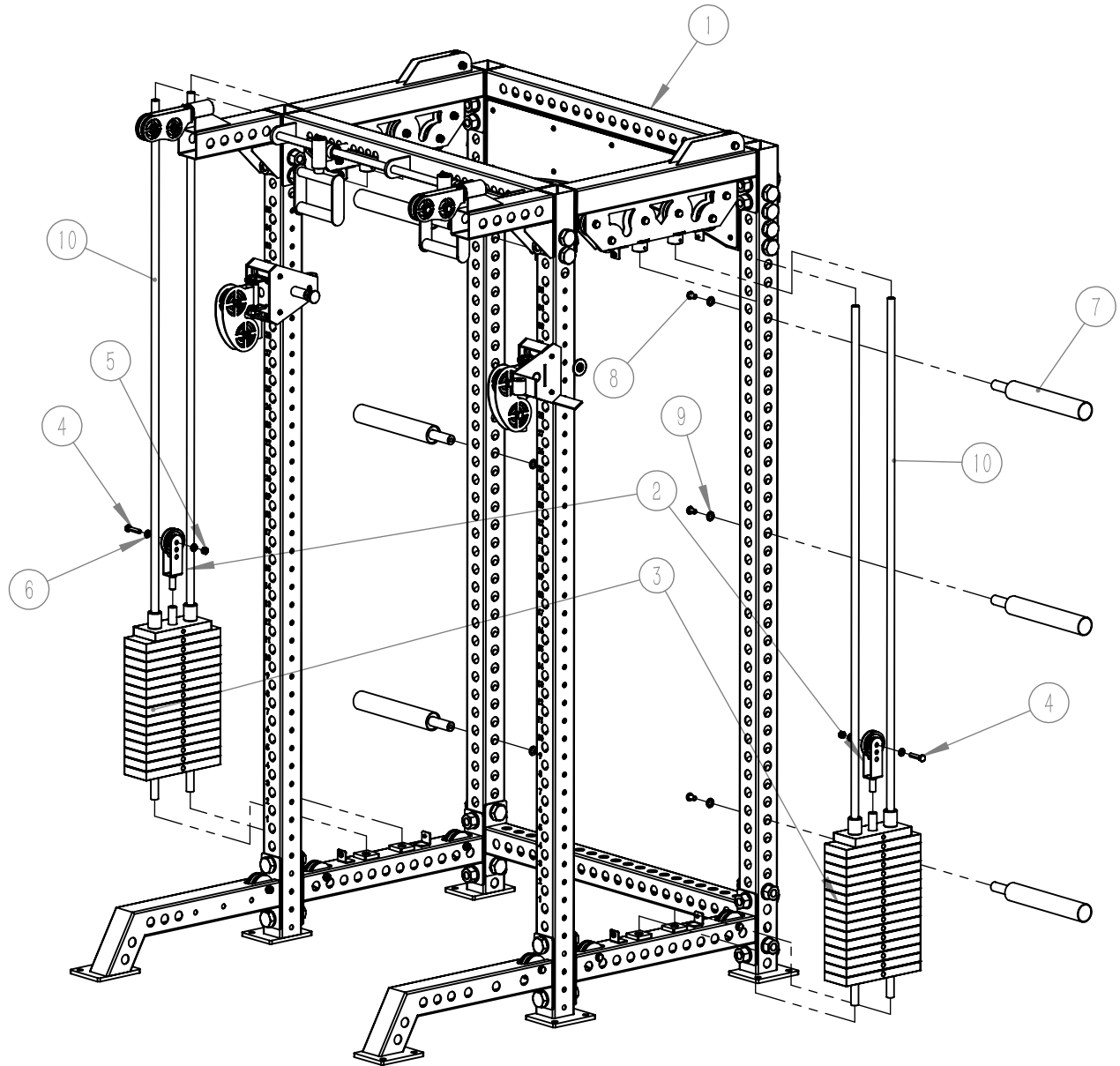


Project no	Part number	Name Part	Specifications	Quantity
1	DZ220-0700	Column group		4
2		Slide Assembly		2
3		Handle assembly		1
4		Gaola Formation		2
5	DZ220-0600	Lower support		2
6	DZ220-0800	Lower connection		2
7	DZ220-1000	Connectome		1
8	DZ220-0100	Connectome		1
9	DZ219-1401	LOGO board		1
10	DZ220-0900	Upper connection		2
11	GB/T 18230.1-2000	Outer hexagonal bolt	M24×90]	32
12	GB/T 6170-2000	Outer hexagonal nut	M24	32
13	GB/T 97.2-2002	Flat gasket	∅24	64
14	GB/T 70.2-2015	Hexagon socket flat round head screw	M6*10	10
15	GB/T 97.2-2002	Flat gasket	∅6	10
16	GB/T 97.2-2002	Outer hexagonal bolt	M10×90]	2
17	GB/T 70.2-2015	Outer hexagonal nut	M10	2
18	GB/T 97.2-2002	Flat gasket	∅10	4

# Stage 2 - Weight Stacks



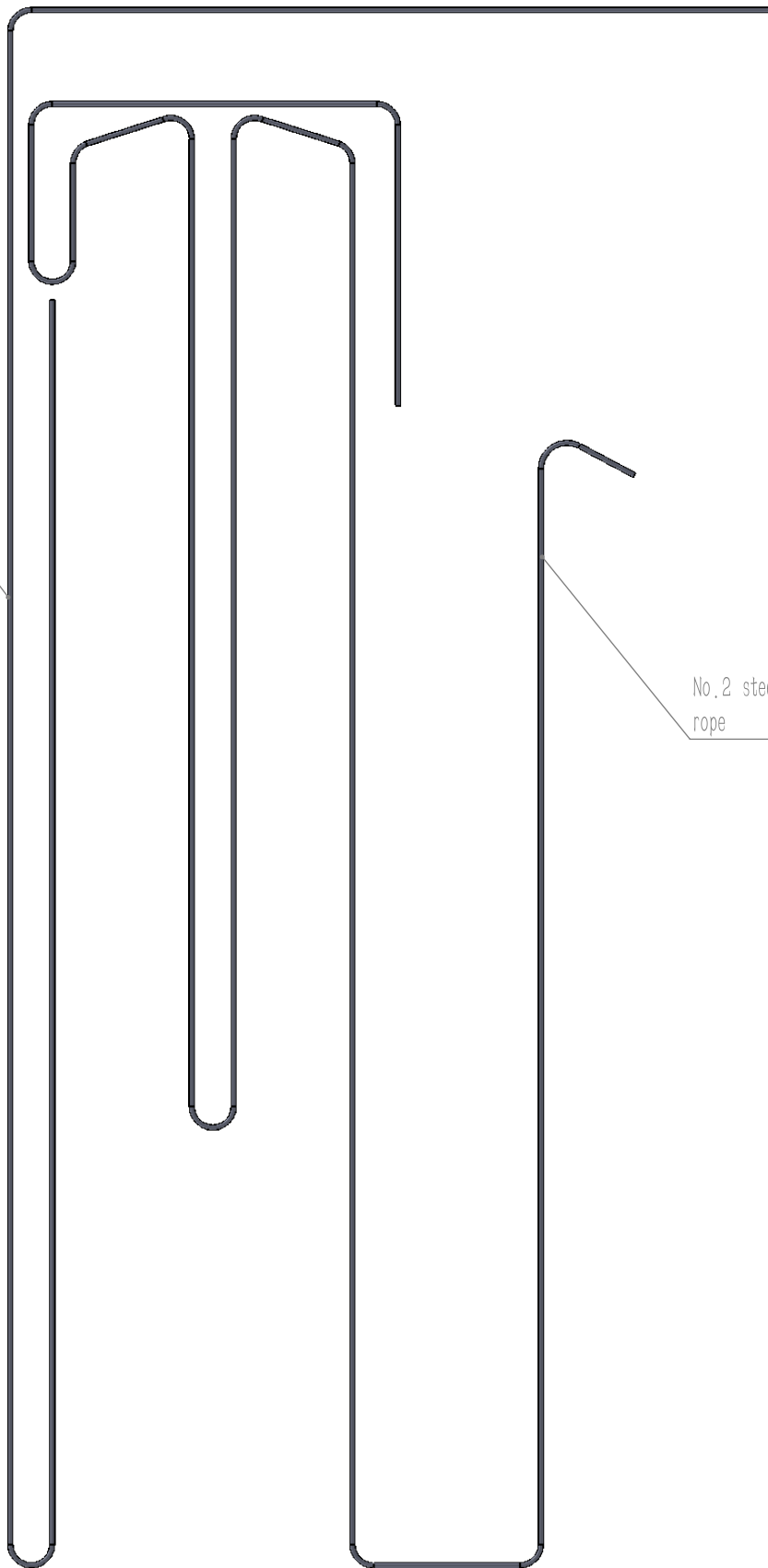
# Stage 2 - Weight Stacks



Project no	Part number	Name Part	Specifications	Quantity
1		Main frame group		1
2		Recombination		2
3	DZ117-1300	Pulley block		2
4	GB/T 97.2-2002	Outer hexagonal bolt	M10×45	2
5	GB/T 70.2-2015	Outer hexagonal nut	M10	2
6	GB/T 97.2-2002	Flat gasket	Φ10	4
7	P06-0300	Gun barrel group		6
8		Outer hexagonal bolt	M10×25	6
9		Flat gasket	Φ10	6
10	DZ117-2700	Guide rod	Φ25*1950	4

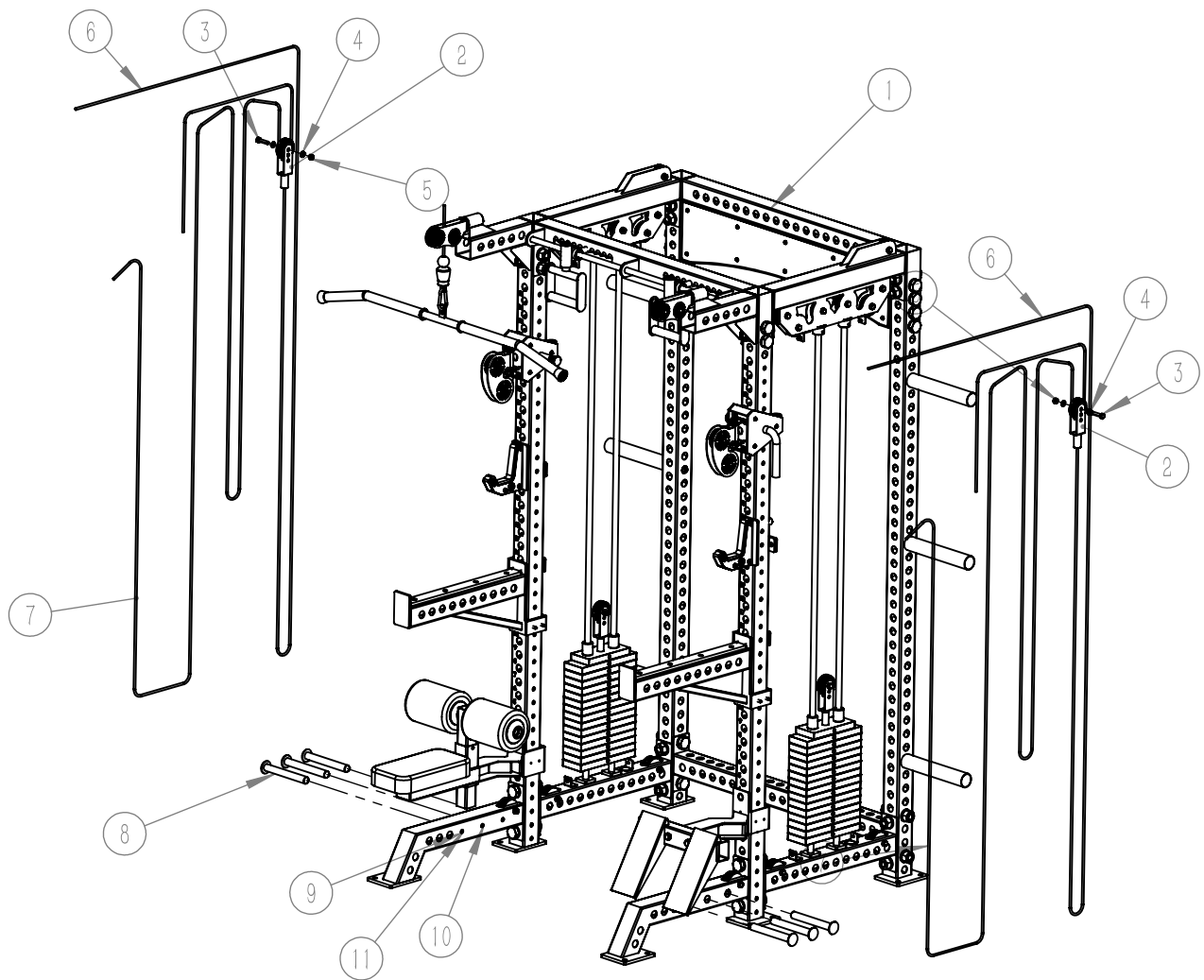
# Stage 3 - Cable System

No. 1 steel wire  
rope



No. 2 steel wire  
rope

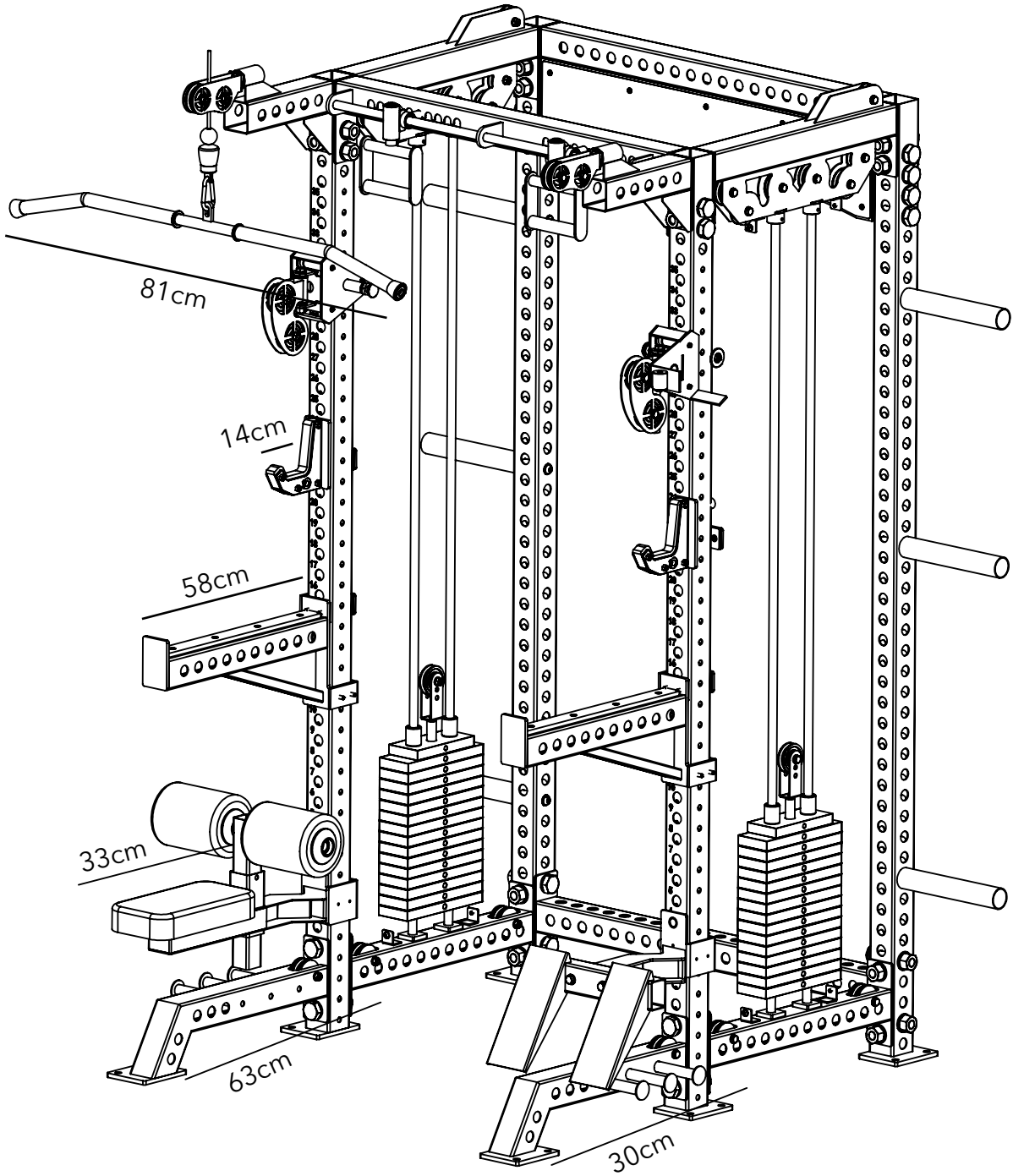
# Stage 3 - Cable System



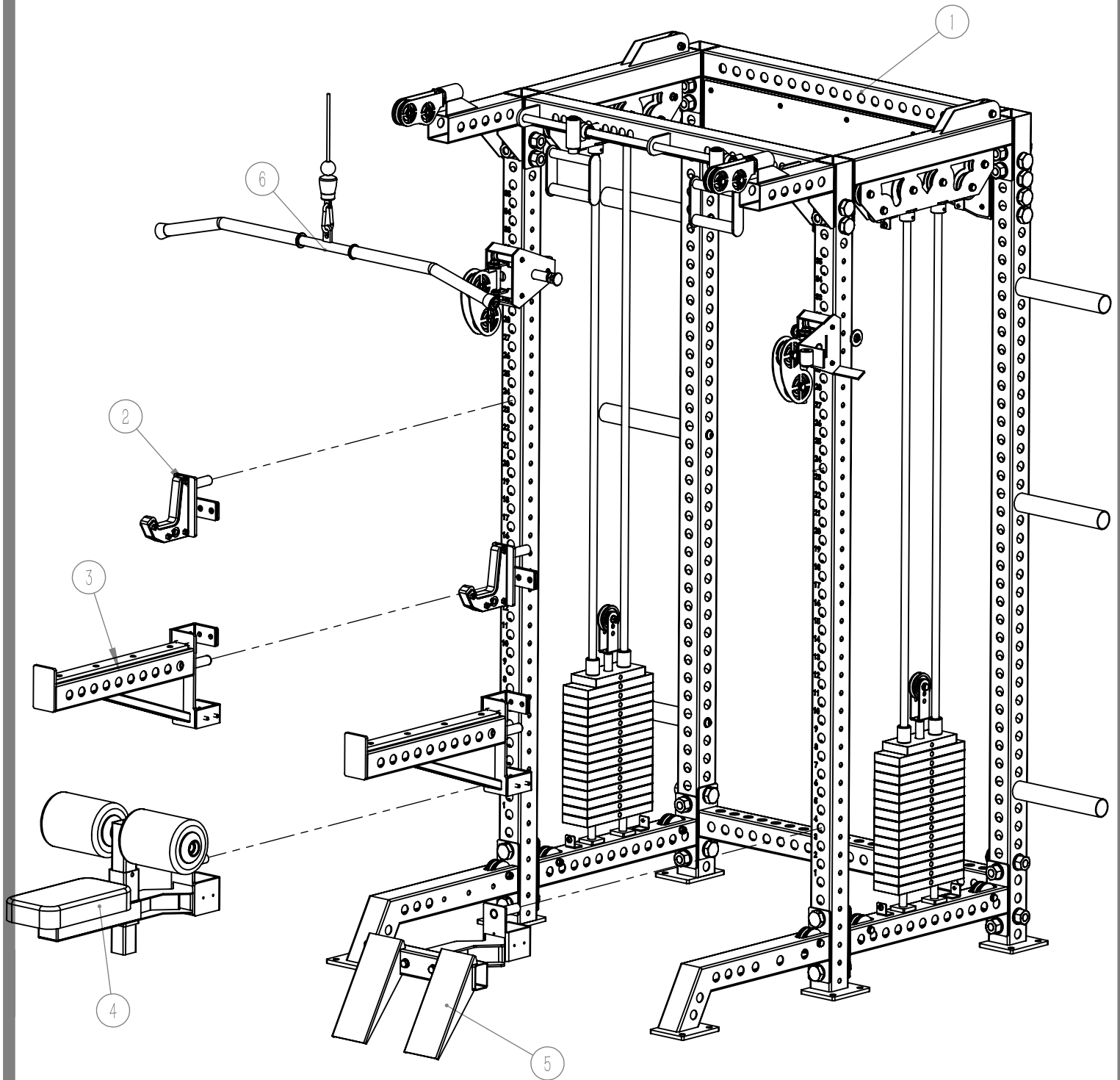
Project no	Part number	Name Part	Specifications	Quantity
1		Main frame group		1
2	DZ117-1700	Pulley block		2
3		Outer hexagonal	M10*45	2
4		Flat gasket	∅10	4
5		Outer hexagonal	M10	2
6		wirerope	∅6*5185	2
7		wirerope	∅6*8710	2
8	TY-3600	Hanging rope		6
9		Outer hexagonal	M12*25	6
10		Flat gasket	∅12	6
11		Outer hexagonal	M12	6



# Stage 4 - Attachments

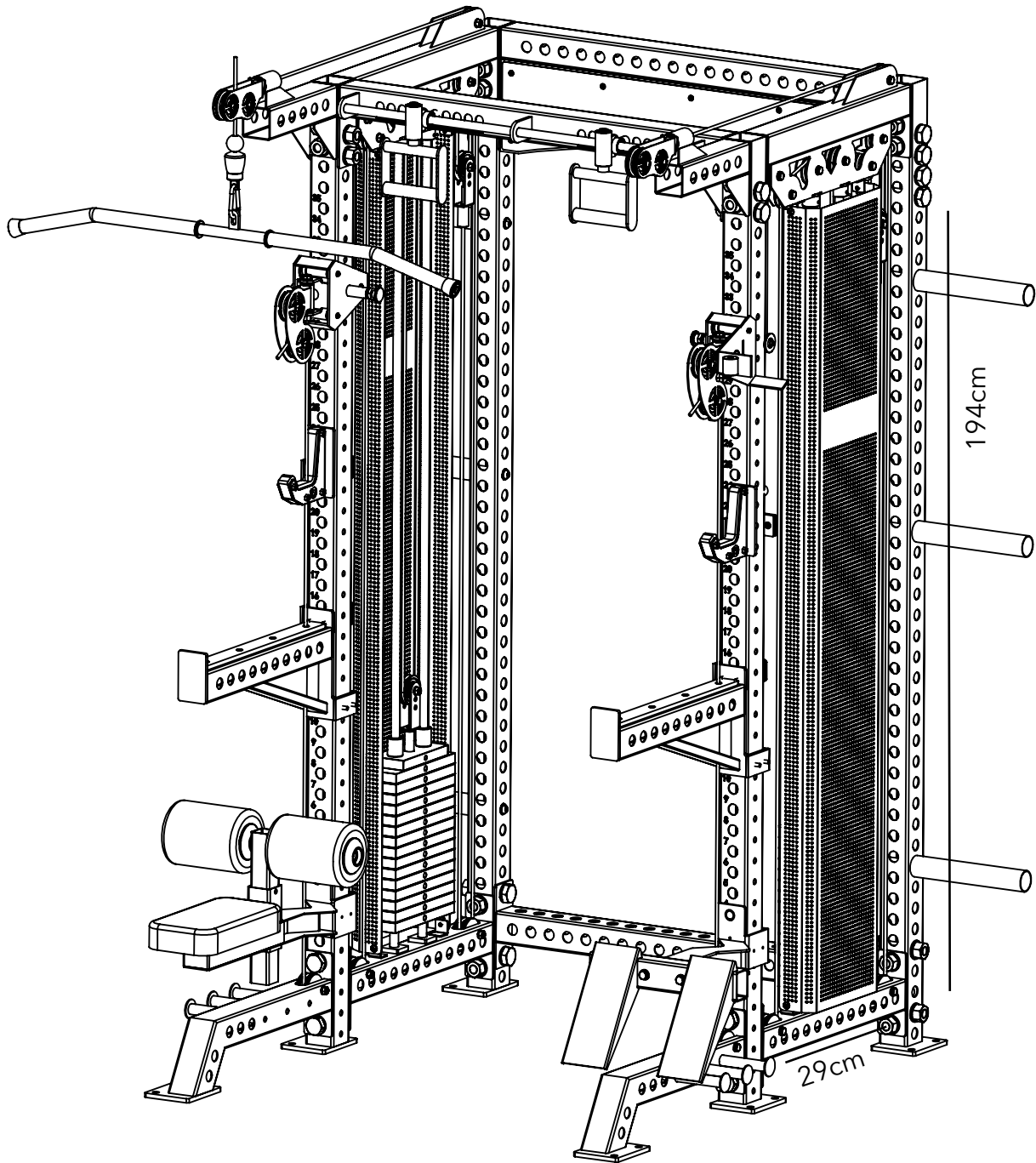


# Stage 4 - Attachments

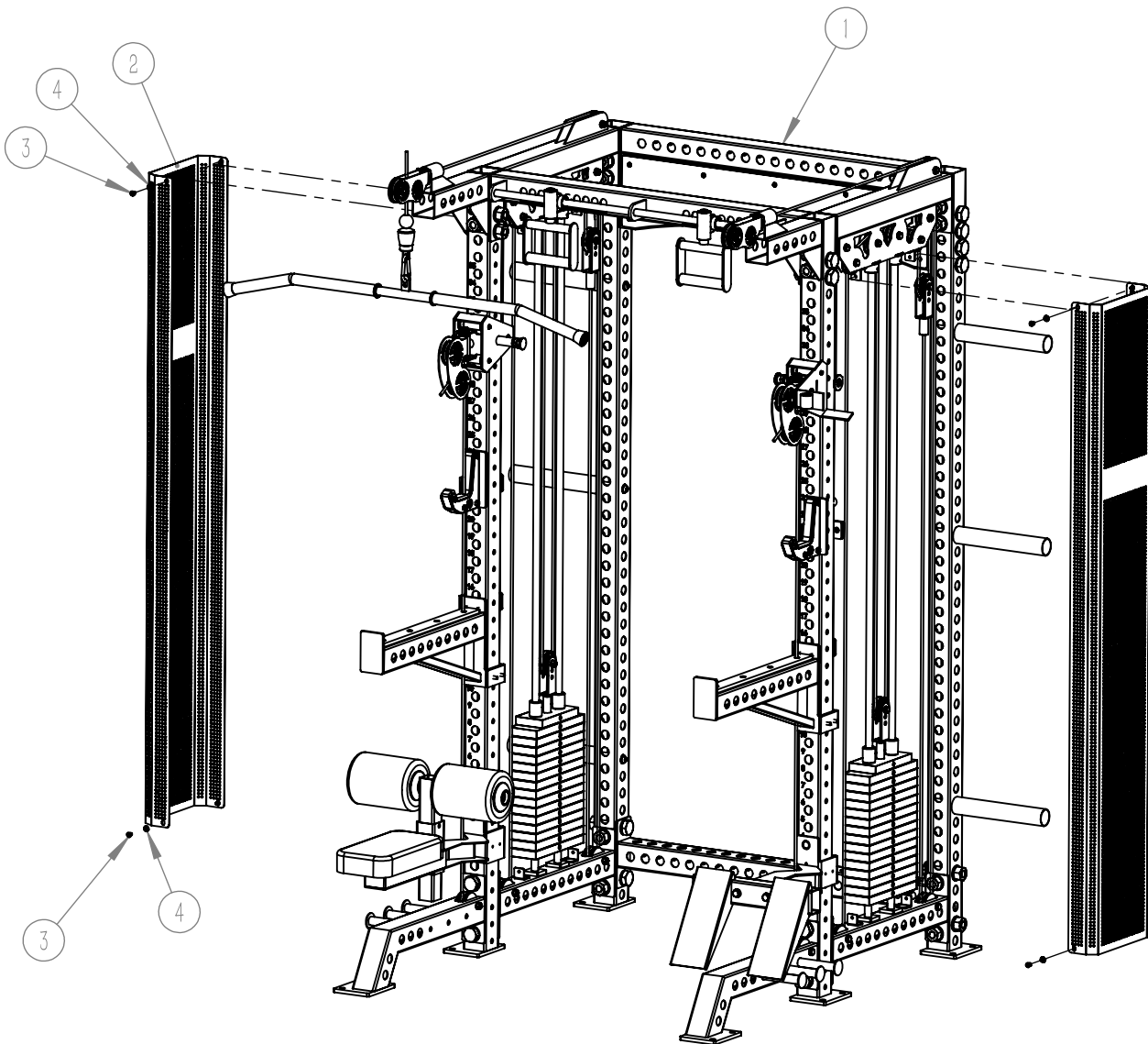


Project no	Part number	Name Part	Specifications	Quantity
1		Main frame group		1
2	DZ111	Hook assembly		2
3	DZ111	Insurance assembly		2
4	DZ220-1900	Leg pressing seat assembly		1
5	DZ220-2200	Foot pedal assembly		1
6		Assembly of high pull handle		1

# Stage 5 - Side Shields



## Stage 5 - Side Shields



Project no	Part number	Name Part	Specifications	Quantity
1		Main frame group		1
2	DZ220-2500	Side shield		2
3		Half round head	M8*12	4
4		Flat gasket	∅8	1
5				

## PLEASE KEEP A COPY OF THIS MANUAL FOR FUTURE REFERENCE.

### PRODUCT SPECIFICATIONS:

Gross product weight: 556kg

Net product Weight: 536kg

Product size: 1490 (D)\* 1820 (W)\* 2400mm (H)

Packing size: 230\*83\*55cm

Tube size: 75\*75\*3mm

Weight stacks: 130kg x 2 (260kg total in weight increments of 5kg)

J-hook weight capacity: 350kg

Spotter arms weight capacity: 400kg

Weight plate spotter arm capacity: 150kg

Pull-up bar weight capacity: 250kg

User age recommendation: 16 years+

## Safety & Usage Guidelines for Ragnar Multi-Gym Rack

### SAFETY

#### 1. Safety before use:

- Inspect packaging upon arrival:** Before opening any package, inspect it for any visible damage or signs of tampering. If the packaging is damaged, contact RPM Power immediately.
- Remove and dispose of packaging correctly:** Leaving any product packaging lying around your home could potentially be a hazard to you and others. Packaging, such as plastic bags, can also present a choking hazard to small children and pets. It is your responsibility to remove and dispose of all packaging correctly. RPM Power is not liable for any injury or damage that may occur as a result of packaging misuse.

#### 2. Safety during assembly:

- Read the user manual:** Always read and understand the user manual and instructions that come with the product. Familiarise yourself with the equipment's features and any specific safety precautions. Request help from another person if the product manual or assembly video suggests it or if you have any doubt that you may not be able to correctly and safely assemble the product by yourself.
- Be aware of any weight or age restrictions:** Take note of any age or weight restrictions associated with the product. Make sure the equipment is suitable for the intended user.
- Ensure the intended usage space is suitable:** Familiarise yourself with the product dimensions as well as any specific product requirements (e.g. recommended floor type, recommended ceiling height, etc.). You should only ever set up the product in a space that is safe and suitable for use. If the product needs to be attached or fixed to another surface, such as a wall, ensure that the surface area is sturdy enough to support the weight of the product and the user. Always check for piping and electrical wiring before drilling into any wall or flooring.
- Ensure flooring is suitable for use:** Proper flooring is paramount for user safety. Make sure that the flooring you use is level and free from any obstacles. Position heavy products correctly, so that they don't cause damage to your floor. Always use products on non-slip flooring only.
- Check for missing parts:** Ensure that all the components and parts listed in the manual are included in the product package. Contact RPM Power if anything is missing.
- Use proper tools:** Use the recommended tools and equipment specified in the manual for assembly. Do not use any makeshift tools that may compromise safety.
- Ask a friend:** If the product contains any parts that are heavy or difficult to handle, ask for assistance from a friend or family member to avoid straining yourself.

- Clear your workspace:** Ensure you have a clear and well-lit workspace with enough room to move around while assembling the equipment. Ensure all parts are clearly laid out and remove any tripping hazards, such as packaging.
- Follow the assembly instructions correctly:** Strictly follow the assembly instructions provided step by step. Do not skip any steps or rush through the process. If you are uncertain about any steps in the assembly process, do not proceed and instead reach out to us at RPM Power for assistance.
- Be cautious with small parts:** Clearly categorise and lay out any small parts, so that they are accounted for during the assembly process. It is important to keep any small components like screws and bolts away from children and animals, as they can be a potential choking hazard.

### 3. Safety during use:

- Warm up properly before exercising:** Always warm up before starting any exercise routine to prevent injuries from occurring.
- Ensure you have enough space:** Before you use the product, ensure you have enough space around you to move freely without causing damage or harm to people, furniture or other surrounding elements.
- Always wear suitable footwear and clothing:** Wear appropriate footwear designed for the specific activity and ensure shoes are properly laced or fastened. Do not wear loose clothing or jewellery which could potentially get caught in moving or sharp elements.
- Supervise children and pets:** This product is not suitable for children. Ensure children and pets are supervised at all times when the machine is both idle and in use, and keep them away from any moving or sharp elements.
- Follow weight limits:** Adhere to weight limits specified for the equipment to prevent overloading, potential structural damage or injury.
- Follow age limits:** Adhere to age limits specified for the equipment to prevent injury to yourself or others.
- Stay hydrated:** Drink plenty of water while exercising in order to stay hydrated.
- Be aware of proper form:** Always do your research before attempting any exercise, particularly those involving barbells and weights. Practicing proper form is crucial to staying injury-free.
- Know your own limits:** Do not push yourself beyond your physical capabilities. Start with appropriate exercise intensities and progress gradually.
- Emergency procedures:** Familiarise yourself with emergency procedures and safety features on the equipment.
- Be mindful of any heavy or sharp components:** Be careful when adjusting heavy objects, such as weight plates. Keep your fingers away from moving parts or sharp elements and watch your head when walking under the machine's frame.
- Cool down after exercising:** Always remember to cool down and stretch properly after exercising. This will lower your chances of incurring injury after using the equipment.

### 4. Safety through ongoing product maintenance:

- Regularly check all parts are secure:** Any equipment with moving parts, such as bolts and screws, should be checked regularly for stability and tightness. Do not continue to exercise with a product if you find any parts are loose or unstable, as doing so may cause injury.
- Do not ignore unusual sounds or "sticking" components:** If any parts are visually or audibly damaged or not functioning as they should be, cease using the product and get in touch with RPM Power for guidance. We will be happy to assist you and can provide you with spare parts for your equipment if available.
- Familiarise yourself with maintenance procedures:** Take note of any maintenance requirements and continue to perform these over time. Product-specific maintenance recommendations will be outlined in the product manual or can be found on <https://care.rmpower.com/>.

## **Additional safety guidelines for all multi-gym and squat racks:**

**Safety catches:** Always use safety catches or spotter arms when lifting heavy weights. Adjust them to the appropriate height for your exercise to prevent injury in case you can't complete a lift.

**Safety keys:** If your product utilises safety keys, always ensure these are positioned correctly.

**Weight limits:** Do not exceed the weight limits specified for your power rack and its components. Overloading can damage the equipment or your floor.

**Barbell and weight collars:** Secure the barbell with appropriate weight collars to prevent weight plates from sliding during exercise. Ensure the bar is centered before lifting.

**Commercial use:** If this multi-gym is being used in a commercial setting, users may not have access to this instruction manual. It is therefore the responsibility of the equipment owner to properly educate users on equipment usage and safety guidelines.

## **MAINTENANCE**

**Regular inspection:** Conduct a visual inspection of the entire product before each use. Look for any signs of wear, damage or loose components. Address any issues immediately or contact RPM Power for support.

**Tighten bolts and screws:** Check and tighten all bolts, screws and nuts regularly. Pay particular attention to those used in critical areas like safety catches, bar holders and frame connections. Loose fasteners can compromise safety, so it is critical that they are all securely in place.

**Cable inspection:** Inspect cables and cable connections for fraying, kinks, or any signs of wear. If you notice any issues, replace the cables immediately. Videos on cable replacement can be found on <https://care.rmpower.com/>.

**Weight stack maintenance:** Clean the weight stack regularly and ensure that weight plates are securely attached. Check for any damage or signs of wear on weight stack components.

**Cleaning:** Keep the product clean by wiping it down regularly with a damp cloth to remove dust, sweat and any debris which may have accumulated over time. Avoid using abrasive cleaners that may damage the finish.

**Lubrication:** Apply a silicone-based lubricant to moving parts, such as pulleys, guide rods, and weight stack pins if you notice any parts are "squeaking" or "sticking", or in general, not performing as they should. Lubrication helps maintain smooth movement and reduces wear.

**Upholstery inspection:** Examine the any upholstery features on the product, such as seat cushions and backrests. Check for any tears, cracks, or signs of wear. Repair or replace damaged upholstery promptly.

**Remember that proper maintenance is crucial not only for the longevity of your multi-gym power rack but also for the safety of users. Consistent upkeep will ensure that the equipment remains in good working condition and reduces the risk of accidents or injuries during workouts.**

## WARRANTY

The RPM Power Ragnar Multigym comes with a 5 year home use guarantee. The guarantee period commences when the item has been delivered to the purchaser or user.

What is covered during the guarantee period?

- Malfunction defects that are a direct result of a manufacturing issue(s)
- Spare parts free of charge provided the purchaser can provide sufficient, timely evidence of missing/defective parts
- Products purchased directly through the RPM Power® website

RPM Power reserves the right to determine what constitutes manufacturing defects as well as wear and tear. A guarantee does not cover products for commercial use and is non-transferable to a third party.

## LIABILITY DISCLAIMER

RPM Power strongly encourages the safe and proper use of our exercise machines, including this Ragnar Multi-Gym Training Rack. Please read and follow all safety instructions and guidelines provided in this manual. By assembling, installing, or using this product, the user acknowledges and agrees to the following:

**Assumption of risk:** The use of this exercise equipment involves inherent risks, including but not limited to the risk of injury or death. The user voluntarily assumes all risks associated with the assembly, installation, and use of our products.

**Proper assembly and installation:** The user acknowledges that proper assembly and installation are critical to the safety and functionality of the exercise equipment. It is the user's responsibility to follow the assembly and installation instructions provided in this manual accurately. Any errors or negligence in assembly and installation may result in injury or damage.

**Proper use and supervision:** RPM Power strongly recommends consulting a qualified fitness professional or physician before beginning any exercise programme with the Ragnar Multi-Gym Training Rack. Users should always ensure they are in sufficient physical health before using the machine. Users should exercise caution and common sense when using the equipment. Users are responsible for ensuring proper supervision, especially when minors (16-18 years) or inexperienced individuals use the equipment.

**Exclusion of liability:** To the fullest extent permitted by applicable law, RPM Power disclaims all liability for any direct, indirect, incidental, consequential, special, or punitive damages, or any other loss or injury arising out of or in connection with the assembly, installation, or use of its products. This disclaimer includes but is not limited to injuries, property damage, or any other harm sustained while using the exercise equipment.

**Limited warranty:** RPM Power provides a limited warranty for its products, as outlined in the warranty section of this manual. Any claims under the warranty must be made in accordance with the terms and conditions specified therein.

By using RPM Power exercise machines, the user acknowledges and agrees to these terms and conditions. RPM Power reserves the right to modify or update this liability disclaimer at any time. It is the user's responsibility to review this disclaimer periodically for any changes on the **RPM Care website** [care.rmpower.com](http://care.rmpower.com). If you do not agree to these terms, please refrain from assembling, installing, or using our products.