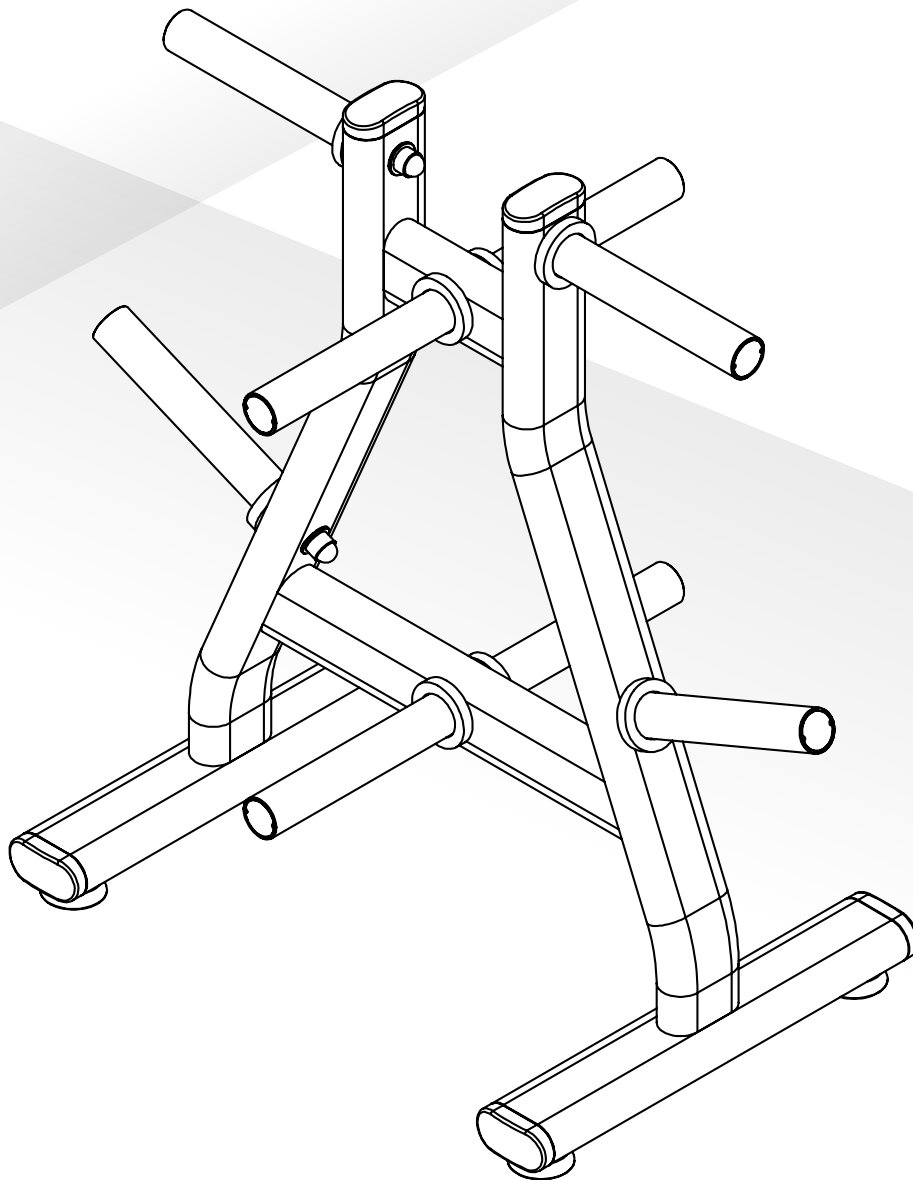


# **OLYMPIC WEIGHT PLATE TREE**

product code: OPT8

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# OLYMPIC WEIGHT PLATE TREE

product code: OPT8

No.	Qty.	Description
1	1	Carriage
2	2	Side Base
3	8	Plate
4	2	Studs M12*120
5	8	Rubber Donut
6	8	Bolt M12*85
7	4	Lock Nut M8
8	4	Big Washer 12
9	4	Adjustable Foot
10	4	Washer 12
11	4	Bolt Cap M12

## ASSEMBLY

Assembly requires an adjustable wrench (not included)

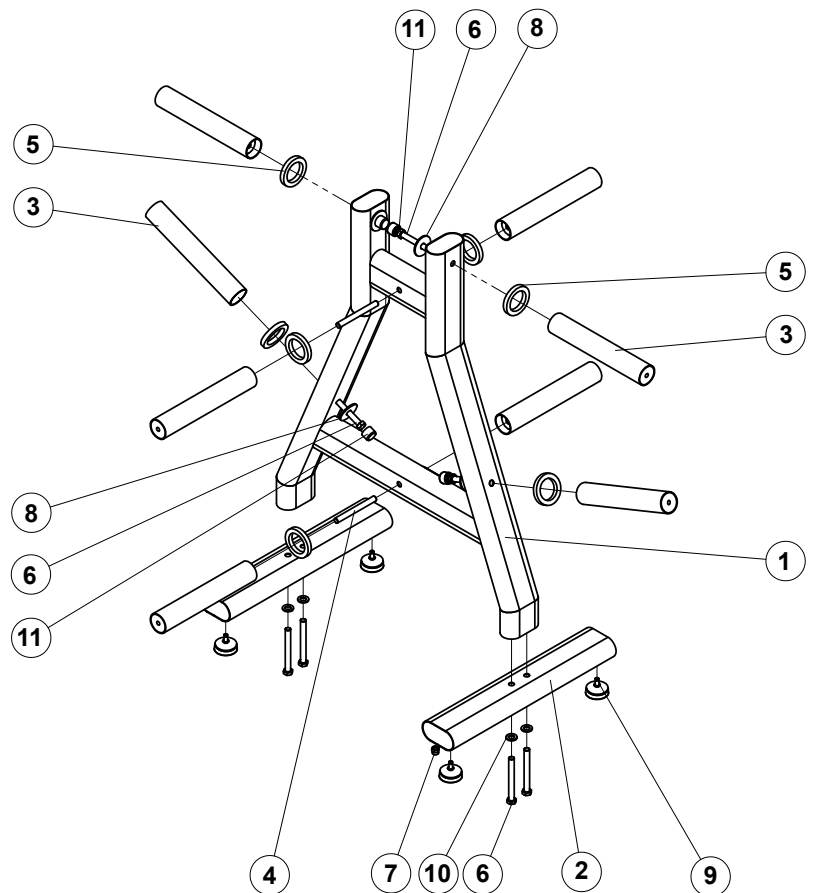
## ASSEMBLED DIMENSIONS

Depth: 66 cm  
 Width: 100 cm  
 Height: 108 cm  
 Weight: 27 kg

## MAINTENANCE

Keep all parts properly tightened. To maintain the warranty, use only our parts for repair or replacement.

Clean this product using a soft cloth dampened with warm water and mild soap. If necessary, use a soft bristle brush with the cleaning solution. Then, rinse the product using a soft cloth dampened with clean water, and thoroughly dry it.



# OLYMPIC WEIGHT PLATE TREE

product code: OPT8

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**WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on this product before using this product. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Maximum loading of the weight plate tree is 300kg (maximum loading per arm is 75kg).
2. Please make sure that the weight is evenly distributed on all sides.
3. Before beginning any exercise program, consult your physician. This is especially important for persons over 35 or persons with pre-existing health problems.
4. Use this product only as described in this manual.
5. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions.
6. Keep this product indoors, away from moisture and dust. Do not put this product in a garage or covered patio, or near water.
7. Place this product on a level surface, with a mat beneath it to protect the floor or carpet from damage. Make sure that there is adequate clearance around this product.
8. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
9. Keep children under age 12 and pets away from this product.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on this product. Always wear athletic shoes for foot protection while exercising.
11. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.