



HARISON®

CARDIO · STRENGTH · BEAUTY



@HARISONFITNESS

info@harisonfitness.com



USER GUIDE

Using Manual & Video Guidance

HARISON®
CARDIO · STRENGTH · BEAUTY

info@harisonfitness.com
TEL: +1(618)505-4403

Please use phone's camera scans
the QR code for video guidance



Customer Service



Using Video



Installation Video

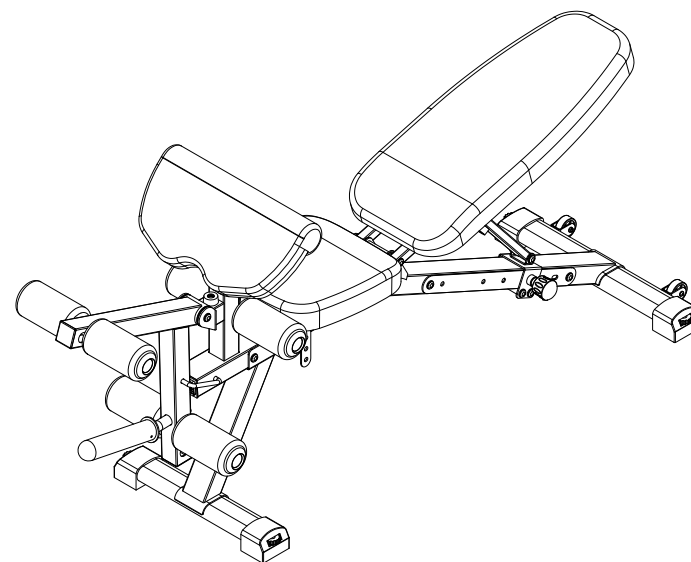
If you need to return the item,
please contact us for return information and process.

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USER'S MANUAL

HARISON-609



Becareful!

Please read the instructions carefully before
using the equipment

Dear HARISON Vip Customer

Thank you so much for supporting HARIONS FITNESS, Wish you have a beautiful Day!

I believe that you have received the product when you received this letter. I sincerely hope that you can enjoy our products. This is the happiest thing for every harison employee and also the motivation for us to work hard every day!

If you are not satisfied with our product or service (transportation damage, parts missing, installation or any other problems), you can feel free to contact us through the following way, we will give you a satisfactory solution with 12 hours! (I'm sorry for the amazon system hides all information, so we don't know how to contact you, just waiting for you to contact us), Sincerely hope you can give us a chance to improve, HARISON will not let you down!

If you have any good suggestion to our design or product or service, You can also contact us freely , We will improve according your opinion and will send you a new updated version for test after got your confirmation. Can we do it right away? It is our goal to design the best of the best products according to customers' needs and suggestions.

If you wanna active your warranty card, you can contact us below with your order ID, We will have specialist help you with it.

Looking for your earlier letter, Thank you so much!

Best regards
HARISON team

Active Warranty : info@harisonfitness.com
Complaints service : Support@harisonfitness.com
Suggestion : info@harisonfitness.com
Tel: +1 618 505 4403

IMPORTANT SAFETY COMMON SENSE

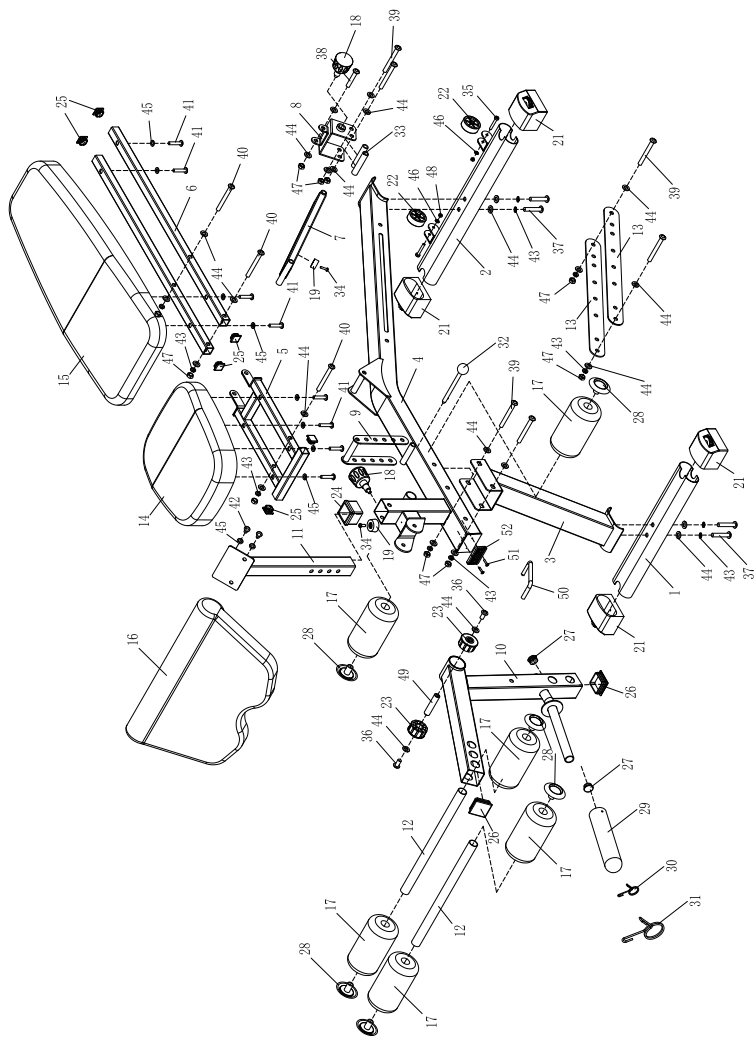
Please keep the instruction manual properly for future reference.

Precautions.

Although safety precautions have been taken into account as much as possible in the design and manufacture of the training equipment, however, there are still some safety precautions to follow during the operation. Please read the user manual carefully before assembling and using the reading training equipment, especially the following safety precautions:

1. Avoid letting children and pets near the training equipment, and do not leave unattended children alone in the room where the training equipment is placed.
2. The training equipment can only be used by one person at the same time.
3. If the user has symptoms of dizziness, nausea, chest tightness or other discomfort, stop using it immediately and see a doctor immediately.
4. The training equipment is placed on a neat and flat plane and cannot be used near the water source or outdoors.
5. When in use, the hand should not be close to any transmission parts.
6. When using the training equipment for training, dress should be suitable for training, do not wear wide or other types of clothes that may be stuck in the training process, and it is also recommended to wear sports shoes or health shoes as far as possible in the process of training.
7. In the process of using the training equipment, the training can only be carried out in accordance with the way in the operation instructions, and it is forbidden to use the training methods not mentioned in the operation instructions.
8. Avoid placing any items with sharp parts around the training equipment.
9. No disabled person shall use the training equipment without the supervision of the paramedics or caregivers.
10. Before training, you usually warm up by doing all kinds of stretching exercises.
11. If the training equipment has abnormal function, it is forbidden to use it.
12. It is necessary to keep a good training record at any time in the process of training.
13. The training equipment is not suitable for use as medical equipment.

EXPLOSION DIAGRAM

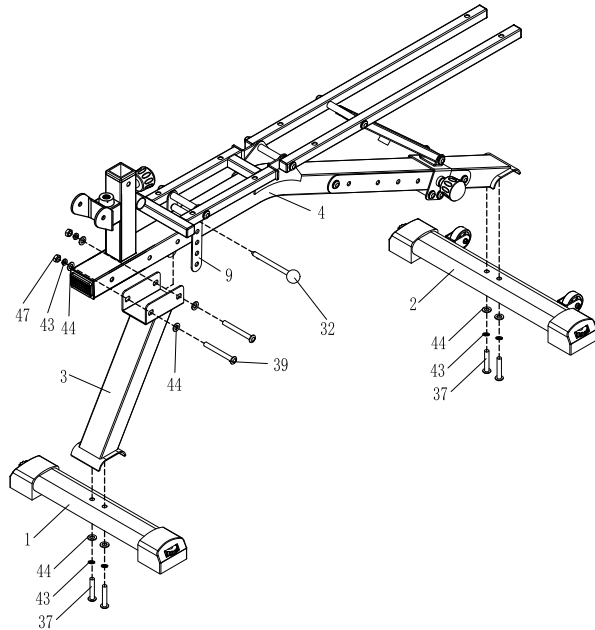


PARTS LIST

Serial number	Name and specification	Amount	Serial number	Name and specification	Amount
1	Forefoot pipe weldment.	1	26	50 square pipe plug.	2
2	Rear foot pipe weldment.	1	27	25 pipe plug.	2
3	Front support weldment	1	28	25 tube end cover plug.	6
4	Seat cushion frame.	1	29	Barbell sleeve.	1
5	Cushion frame.	1	30	Small clip spring.	1
6	Cushion pipe.	2	31	Large clamp spring.	1
7	Support pipe weldment.	1	32	Ball head bolt.	1
8	Adjusting connecting frame.	1	33	Casing pipe.	2
9	Cushion adjusting frame.	1	34	Cross recessed pan head screw M6*20.	1
10	Hook leg frame.	1	35	Cross recessed pan head screw M6*40.	2
11	Hand cushion regulating tube.	1	36	Inner hexagonal pan head bolt M10*20.	2
12	Sponge tube.	3	37	Inner hexagonal pan head bolt M10*55.	4
13	Regulating plate.	2	38	Inner hexagonal pan head bolt M10065.	1
14	Cushion.	1	39	Inner hexagonal pan head bolt M10*95.	6
15	Cushion.	1	40	Inner hexagonal pan head bolt M10*150.	3
16	Hand cushion.	1	41	Inner hexagonal pan head bolt M8*40.	8
17	Sponge rod.	6	42	Inner hexagonal pan head bolt M8*15.	2
18	Elastic pin.	2	43	Bullet pad M10.	11
19	Shock absorber pad.	1	44	Flat pad φ 10.	26
20	Rubber pad.	1	45	Flat pad φ 8.	10
21	Foot cover.	4	46	Flat pad φ 6	2
22	Roller wheel.	2	47	Locknut M10.	10
23	Plastic shaft sleeve.	2	48	Locknut M6.	2
24	Pipe bushing.	1	49	Rotating shaft	1
25	25 square pipe plug	6			
TOOL					
	Wrench13#17#	1		Inner hexagonal wrench 5#	1
	Inner hexagonal wrench 6#	1			

ASSEMBLY DESCRIPTION

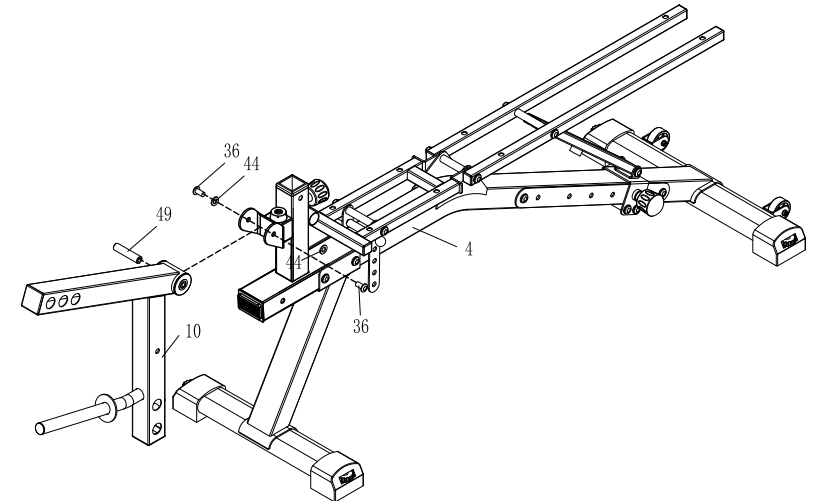
Step 1:



1. Place the front support weldment (3) and the forefoot pipe weldment (1) according to the drawing, and lock them with M10*55 inner hexagonal pan head bolt (37), ϕ 10 flat pad (44) and elastic pad M10 (43).
2. Place the seat cushion frame (4) and the rear foot pipe weldment (2) according to the drawing, and fix and lock it with the hexagonal pan head screw (37), the ϕ 10 flat pad (44) and the elastic pad M10 (43).
3. Align the front support weldment (3) with the seat cushion frame (4) according to the drawing, and lock it with a hexagonal disk head screw (39), a ϕ 10 flat pad (44), an elastic pad M10 (43) and an M10 locknut (47). Then assemble the ball pin (32) in the cushion adjustment frame (9).

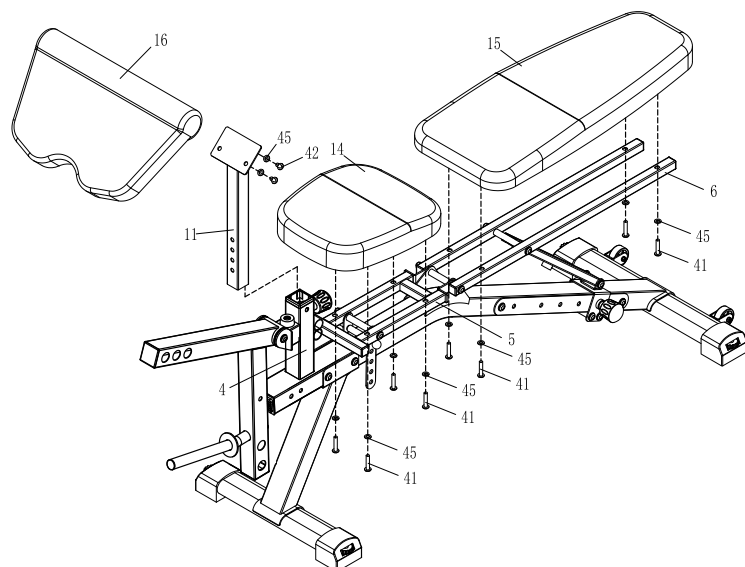
Note: when adjusting the main body to the balance state, lock the corresponding bolts and nuts.

Step 2:



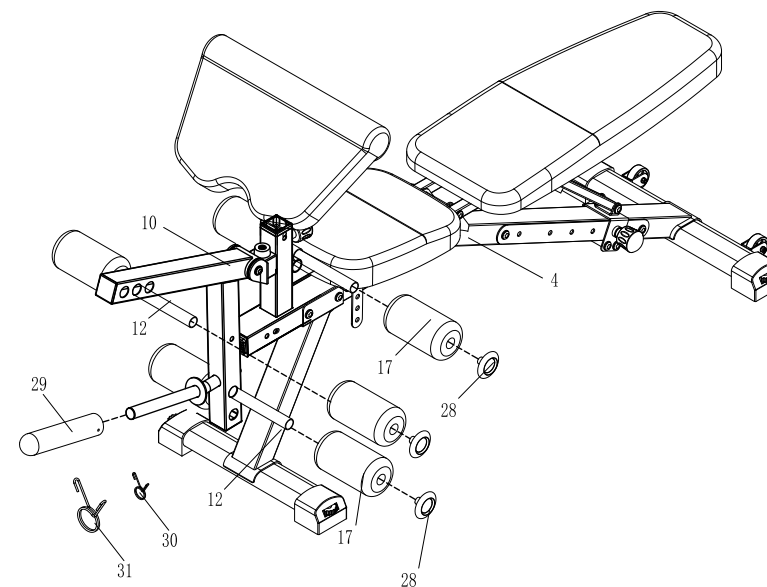
1. According to the drawing, the rotating shaft (49) is first assembled on the hook leg frame (10), and then placed in the assembled seat cushion frame (4), lock and fix them with M10*20 inner hexagonal pan head bolt (36) and O10 flat pad (44).

Step 3:



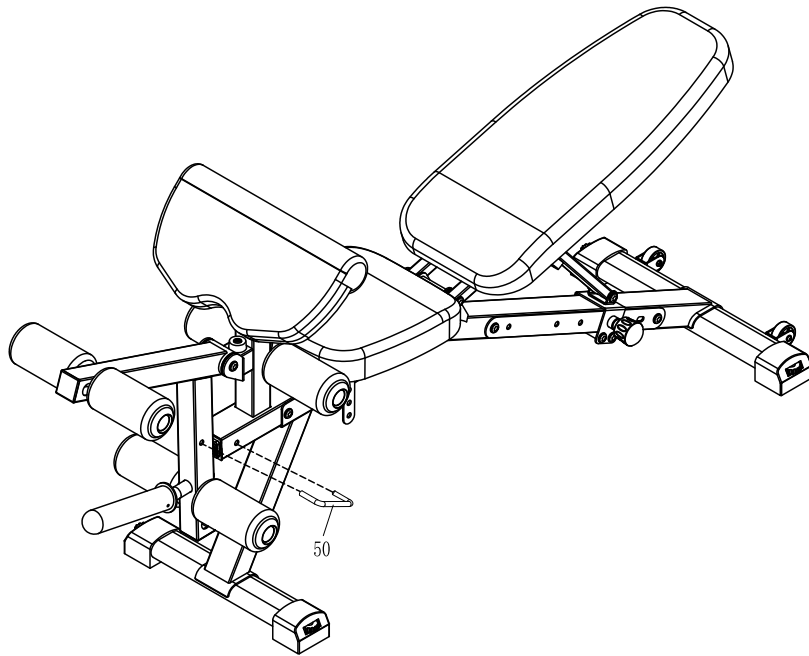
1. Take the seat cushion (14) according to the drawing, and fix it on the seat cushion frame (5) with the hexagonal pan head bolt (41) and ϕ 8 flat pad (45) of M8x40;
2. Take the cushion (15) according to the drawing, and fix it on the cushion frame (6) with the hexagonal pan head bolt (41) and the ϕ 8 flat pad (45) of the M840. The cushion frame (6) is fixed on the cushion frame (6).
3. Take the hand pad (16) according to the drawing, and fix it on the hand pad adjusting tube (11) with the hexagonal pan head bolt (41) and ϕ 8 flat pad (45) of M8*15; then pull the knob, and then put the hand cushion adjusting tube (11) into the seat cushion frame (4).

Step 4:



1. First assemble the sponge rod tube (12) in the assembled seat cushion frame (4) and the hook leg frame (10) according to the figure, then install the 6PCS sponge rod (17) in the diagram position, and finally install the 25 tube end cover plug (28) in the sponge rod tube (12).
2. Assemble the barbell sleeve (29) on the hook leg frame (10) according to the diagram, and fix the barbell sleeve (29) with the inner hexagonal plate hand, and finally install a small clamping spring (30) and a large clamping spring (31) according to the needs of use.
3. After the assembly is completed, check whether the screws are locked and fixed.

Step 5:



1. when using supine exercise, fix it with U-shaped bolt (50)

TRAINING INSTRUCTIONS

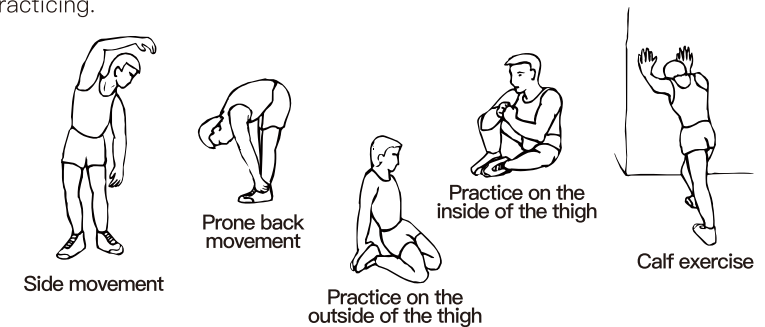
The use of this product can not only strengthen the physique and exercise muscles, but also play a role in losing weight through a reasonable diet.

Warm-up exercise before training.

This stage of warm-up exercise can enhance the blood circulation of the trainer's body and enable the muscles to reach a good training condition, while reducing the risk of cramps or muscle strain during training.

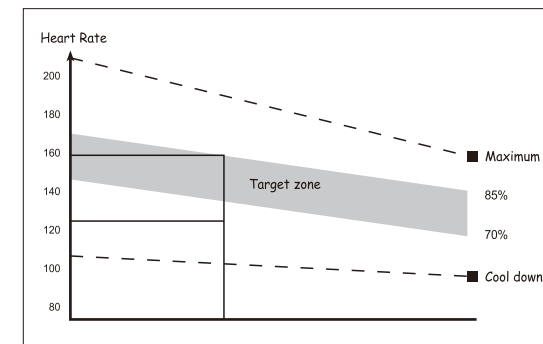
Please do warm-up exercises according to the following suggested training methods before each training, each stretching exercise must be maintained for about 30 seconds.

Be careful not to do strenuous stretching exercises to prevent muscle damage. Please stop practicing.



Training stage

This stage is a formal training stage, after long-term regular practice can improve the flexibility of leg muscles. In the training process, the key is to exercise with a stable training intensity according to your own training situation, choose a reasonable training intensity, and control the heart rate within the target range listed in the table below.



To keep the heart rate within the target range for at least 12 minutes, most people continue to train for 15–20 minutes at the beginning of the training. The recovery phase after training.

In the recovery phase, repeat the activities done in the preparation phase, in the process can appropriately reduce the amplitude and speed of exercise, lasting about 5 minutes, through exercise to adjust body heat, so that muscles can be relaxed. It should be noted that strenuous stretching can not be done in the process of exercise, so as not to damage the muscles.

When you have adapted to the training, you can gradually increase the training time and training intensity, it is recommended to train at least 3 times a week, and if possible, record the average level of weekly training.

1. Warning: minors are prohibited to use and should stay away from fitness equipment, otherwise they will bear the consequences of injury caused by improper operation and other reasons.

2. According to market feedback, manufacturers will continue to optimize and upgrade product performance in the production process, such as the physical object of the product is slightly different from the description, and the physical object shall prevail.

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