



# RK550 POWER BENCH TECHNICAL MANUAL

*Barbell set not included*



# INDEX

1. IMPORTANT SAFETY INSTRUCTIONS .....	1
2. PRE-ASSEMBLY CHECKLIST .....	2
3. OVERVIEW DRAWING .....	3
4. ASSEMBLY INSTRUCTIONS .....	4
5. INSTRUCTIONS FOR USE .....	6
6. TRANSPORTATION & STORAGE .....	6
7. CLEANING & MAINTENANCE INSTRUCTIONS .....	6
8. EXERCISE WARNINGS .....	6
9. PARTS LIST .....	7
10. PARTS DIAGRAM .....	8
13. WARRANTY .....	9

**WARNING**  
**READ ALL INSTRUCTIONS CAREFULLY BEFORE**  
**ASSEMBLY AND USE**



## 1. IMPORTANT SAFETY INSTRUCTIONS

**The product is intended for non-commercial/household use only.**

- Failure to follow any of these safety instructions may result in serious injury.
- This product should be placed on a level surface at all times.
- Keep children and pets away from this product at all time. This product is designed and intended for adult use only.
- Warn bystanders to keep a safe distance. Do not allow anyone to touch or come near the equipment whilst it is in use. Supervise all users.
- Wear proper shoes such as those with rubber or high traction soles. Do not use with bare feet or shoes with leather soles.

**ALWAYS STORE OUT OF REACH OF CHILDREN**

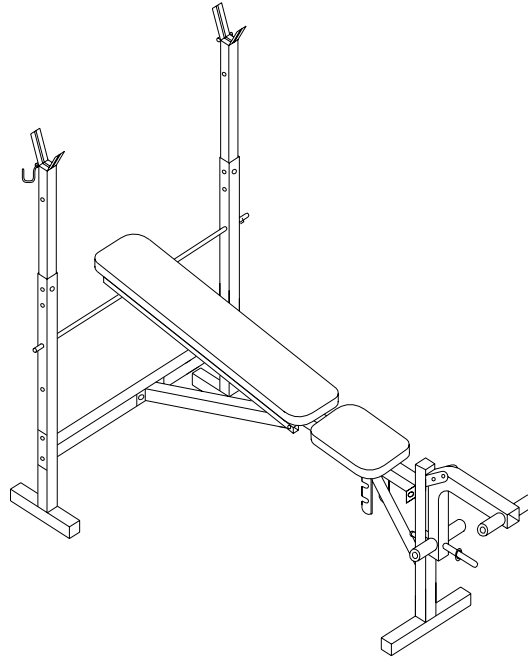


## 2. PRE-ASSEMBLY CHECKLIST

Item	Description	Repco Part No.	Qty
1	Height Adjust Bar	RH5501	2
2	Right Upright Stanchion	RH5502	1
3	Left Upright Stanchion	RH5503	1
4	Cross Frame	RH5504	1
5	Front Stand	RH5505	1
6	Leg Extension	RH5506	1
7	Leg Lift Cross Bar	RH5507	2
8	Foam Pad	RH5508	4
9	Backrest Adjust Bar	RH5509	1
10	Back Support Bar	RH5510	2
11	Padded Backrest	RH5511	1
12	Padded Seat	RH5512	1
13	Seat Support	RH5513	2
14	Seat Elevation Bracket	RH5514	1
15	Metal Brace	RH5515	1
16	Bolt	RH5516	6
17	Washer	RH5517	18
18	Nut	RH5518	9
19	Bolt	RH5519	6
20	Bolt	RH5520	4
21	Washer	RH5521	12
22	Bolt	RH5522	2
23	Upright Height Adjustment Pin	RH5523	2
24	Right Barbell Safety Lock	RH5524	1
25	Left Barbell Safety Lock	RH5525	1
26	Nut	RH5526	2
27	Upright Cross Bar	RH5527	1
28	Bolt	RH5528	1
29	Left Lift Lock Pin	RH5529	1
30	Reinforcement plate	RH5530	3
31	Rubber Feet	RH5531	6
32	Insert Sleeves	RH5532	2
HK	Hardware Kit	RH55HK	

**Please note some parts may be factory pre-assembled**

### 3. OVERVIEW DRAWING



**Model RK575**



## 4. ASSEMBLY INSTRUCTIONS

Carefully remove all parts from the carton and remove all packaging.  
Do not dispose of packaging until completing assembly process.  
Lay out all parts and check off Pre-Assembly Checklist.

**DO NOT ATTEMPT TO ASSEMBLE IF THERE ARE PARTS MISSING.  
CONTACT REPCO CUSTOMER SERVICE.  
IT IS RECOMMENDED THAT 2 PEOPLE COMPLETE THE ASSEMBLY PROCESS.**

### STEP 1

Insert height adjustment bar #1 into right upright stanchion #2 and left upright stanchion #3.

Insert right barbell safety lock #24 and left barbell safety lock #25 into height adjustment bar #1, washer #21 and nut #26.

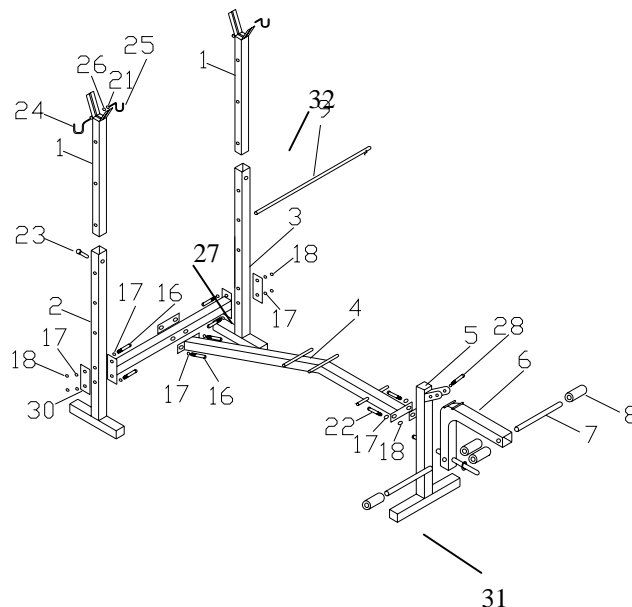
Connect upright cross bar #27 with reinforcement plate #30 to right upright stanchion #2 and left upright stanchion #3 using bolt #16, washer #17 and nut #18.

Connect cross frame #4 with upright cross bar #27 and with front stand #5 using bolt #22, washer #17 and nut #18.

Insert leg lift #6 into front stand #5.

Insert leg lift cross bar #7 and place leg lift cross bar #7 through leg lift #6, then place foam pad #8 over leg lift cross bar #7.

**FIGURE 1**

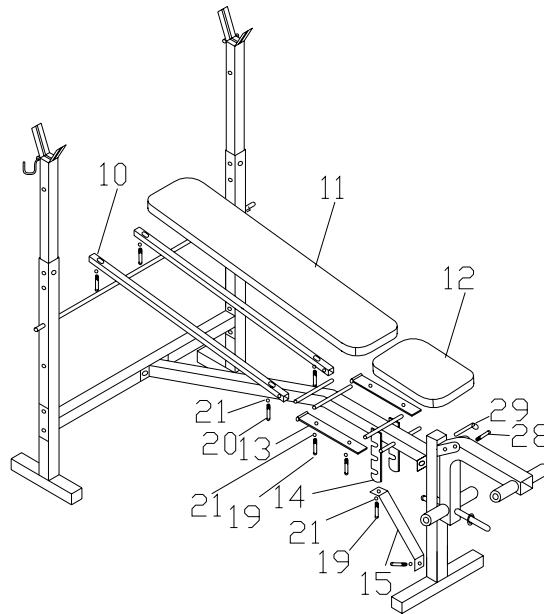


**STEP 2**

Put back support bar #10 on the backrest adjustment bar #9 and place seat support #13 through cross frame #4.

Place the padded backrest #11 and padded seat #12 on the back support bar #10 bolt #20, washer #21 and bolt #19.

Connect Metal brace #15 to cross frame #4 and front stand #5, using bolt #19) and washer #21.

**FIGURE 2**

**CHECK ALL BOLTS ARE TIGHTENED FIRMLY AND INSPECT ON A REGULAR BASIS**

**WARNING**  
**KEEP ALL PARTS, TOOLS AND COMPONENTS OUT OF REACH OF CHILDREN AT ALL TIMES**



## 5. INSTRUCTIONS FOR USE

**CONSULT YOUR HEALTH CARE PROFESSIONAL FOR ADVICE ON APPROPRIATE EXERCISES FOR YOUR LEVEL OF FITNESS.**

**IT IS RECOMMENDED YOUR HEALTH CARE PROFESSIONAL ASSESSES YOU PRIOR TO COMMENCING ANY EXERCISE PROGRAM.**

**DIAGRAMS SHOWN ARE INICATIVE ONLY. DOES NOT INCLUDE BARBELL SET.**

## 6. TRANSPORTATION & STORAGE

**NEVER USE OR TRANSPORT EQUIPMENT ON UNLEVEL OR ABRASIVE SURFACES**

## 7. CLEANING & MAINTENANCE INSTRUCTIONS

<p><b>General Maintenance</b></p> <p>Once fully assembled, check that all items such as bolts, nuts and washers have been fitted and are securely positioned. Re-check all bolts and nuts on a regular basis to ensure they are tight and have not worked loose.</p> <p><b>Spillage of liquids on the equipment will void warranty.</b></p> <p>Dry the equipment after each use to remove sweat and moisture. Use a damp cloth or mild soap and water to clean the equipment. Never use a petroleum-based solvent when cleaning as this can damage the finish on the product.</p>	<p><b>STORE IN A DRY, CLEAN PLACE. DO NOT STORE IN GARAGE, SHED OR OUTSIDE. THIS WILL VOID THE WARRANTY.</b></p>
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## 8. EXERCISE WARNINGS

Before starting any exercise program, consult your physician, health care professional or personal trainer. They can help establish the exercise frequency, intensity (target heart rate zone) and time appropriate for your particular age and condition.

If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your health care professional before continuing.

Always stretch before and after doing any form of exercise.

Use the first few minutes of your workout to warm up, then slowly increase your workload. At the end of the workout, gradually decrease your workload and cool down.

Along with aerobic exercise such as using equipment, weight training is an essential part of any exercise routine in order to tone and build muscle. Consult your physician, health professional or personal trainer, for appropriate strength training.

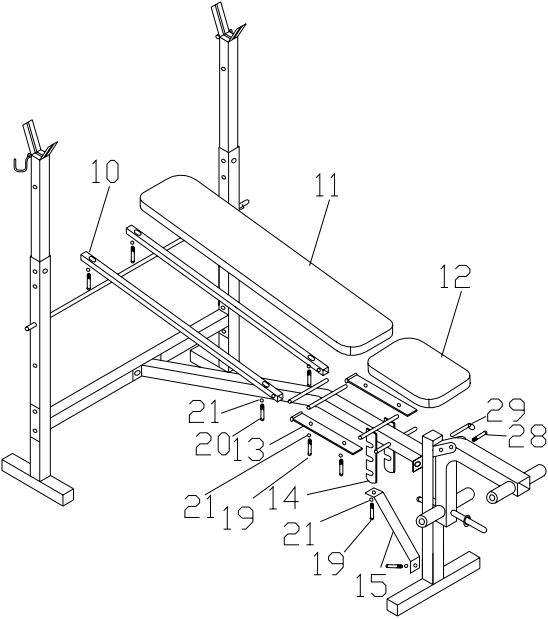
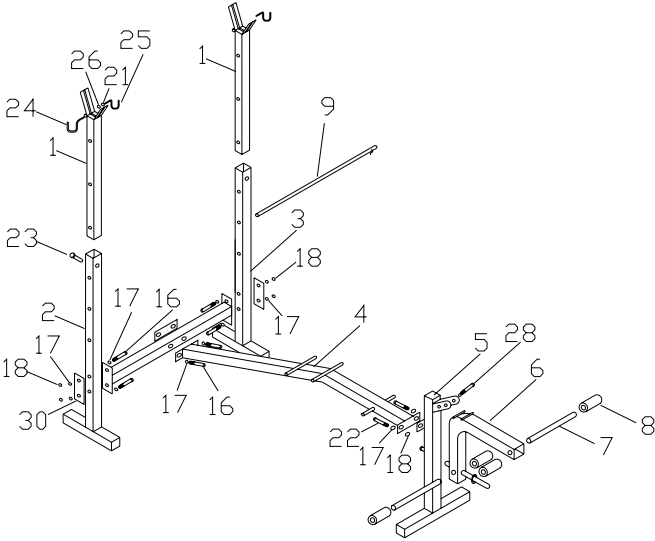


## 9. PARTS LIST

Please quote Repco Part number when requesting parts.

Item	Description	Repco Part No.	Qty
1	Height Adjust Bar	RH5501	2
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29	Left Lift Lock Pin	RH5529	1
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31	Rubber Feet	RH5531	6
32	Insert Sleeves	RH5532	2
HK	Hardware Kit	RH55HK	

# 10. PARTS DIAGRAM





## 13.WARRANTY

**Repco Sport Australia** warrants to the original purchaser that the exercise equipment under normal use is free from defects due to faulty workmanship or materials for 12 months from the date of purchase.

Any defects that arise during the period of the warranty under normal use shall at the Company's discretion be either serviced, repaired or replaced. Dealer labour charges for installing replacement or repaired parts are not covered by this warranty.

This warranty is void if the exercise equipment is incorrectly assembled, installed, repaired, maintained or modified in any way. Misuse, abuse, damage by accident and normal wear and tear are not covered under this warranty. Use in hire, corporate or commercial applications will void this warranty.

To obtain service under this warranty first consult with the dealer from whom the exercise equipment was purchased. If necessary, it is the responsibility of the purchaser to then return the exercise equipment to the dealer from whom it was purchased. The cost of transporting the exercise equipment is borne by the customer. Damage or loss caused, as a result of freighting the product is not covered under this warranty. Any claims due to damage in transport should be referred back to the nominated carrier.

This warranty is additional to and does not exclude, restrict or modify any conditions or warranties applying by virtue of the Trade Practices Act (1974).

**FOR ALL WARRANTY CLAIMS CONTACT PLACE OF PURCHASE**



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