

PH FITNESS

ALL-IN-ONE RACK

Smith Machine • Pec Deck • Dual Cable • Leg Press • Lat Station

USER MANUAL & ASSEMBLY GUIDE



Your gym. Your performance. Your pace.

Model All-in-One Rack	Document User Manual	Version 1.0 — 2025
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SAFETY INSTRUCTIONS — READ BEFORE USE

WARNING: Read this manual completely before assembling or using this equipment. Failure to comply with instructions will void the warranty.

General Safety

- For persons aged 14 and over in good physical health only. Consult your doctor before starting any training programme — especially if over 35 or with cardiovascular conditions.
- Inspect the machine before every use. Do not use if any component is damaged, worn, or loose.
- Install on a flat, level indoor floor capable of supporting 328 kg gross machine weight. Do not use in humid environments or near water.
- Required clearances: 150 cm front for Smith machine exercises, 75 cm each side, 100 cm rear.
- Keep children under 14 and pets away from the machine at all times.
- Always wear closed-toe athletic footwear and appropriate clothing. No loose clothing near moving parts.
- Never insert hands, fingers or objects into pulleys, cable channels, or guide rods.
- Stop training immediately if you feel dizziness, nausea, chest pain, or unusual discomfort. Consult a doctor.
- Not suitable for: pregnant women, users with hypertension, heart conditions, glaucoma, recent fractures, osteoporosis, or hernias.

Smith Machine Safety

- Always engage J-hook safety locks when racking the Smith bar.
- Maximum barbell load: 300 kg. Never exceed this limit.
- Smith bar diameter: 25 mm (standard). Use the 50 mm adapter for Olympic plates.
- Never adjust barbell position while weight plates are loaded.

Cable System & Pec Deck Safety

- Inspect cables before every session. Replace immediately if fraying, kinking, or corrosion is found.
- Both stacks are fully independent — always lower weight slowly and under full control.
- The 180° rotating pulley heads must be locked securely before applying load.
- Pec deck arm pads must be correctly seated in the ergonomic pad brackets before use.

Assembly Safety

- Assembly requires MINIMUM TWO persons. Never attempt solo assembly.
- Fully torque all bolts before applying any load. Re-check after first 2 weeks of use and every 3 months thereafter.
- Do not modify any structural component — this voids the warranty and creates safety risks.

NOTE: Bumper weight plates and the lat pulldown bench/seat are optional accessories sold separately. Assembly of the machine does not require these.

1. PRODUCT OVERVIEW

The PH Fitness All-in-One Krachtstation (Model YB003E) is a complete professional strength training station combining a Smith machine with linear bearing system, integrated pec deck / butterfly, dual 180°-adjustable cable functional trainer, integrated leg press, lat pulldown station, low row, multi-grip pull-up bar, and dip station — all within a 120 × 136 × 215 cm footprint. Supporting 75+ exercises at a 300 kg maximum load, this station replaces five to seven separate machines.

Intended Use

- Premium home gyms and garage gym setups
- Personal training studios — beginner through advanced athletes
- Semi-commercial environments: boutique gyms, PT studios, corporate fitness
- Daily multi-user use with professional-grade heavy-duty construction

Key Features at a Glance

Station / Feature	Details
Smith Machine	Linear bearing system, max 300 kg, 25 mm bar (50 mm adapter compatible)
Pec Deck / Butterfly	Integrated dual arms, butterfly, reverse fly, unilateral, ergonomic pads
Dual Cable Trainer	2 × 80 kg independent stacks, 180° rotating + height-adjustable pulleys
Leg Press	Integrated anti-slip diamond-plate footplate via Smith machine
Lat Pulldown Station	Upper redirect pulley, adjustable knee roller, anti-slip footplate
Low Row Station	Lower redirect pulley with anti-slip footplate for seated row
Multi-Grip Pull-Up Bar	Wide, close, neutral grip positions
Dip Station	Adjustable dip handles on columns
Landmine Base	Integrated pivot for rotational and functional movements
Plate Storage Pegs	Integrated Olympic plate storage on outer frame
Cable Stack (total)	160 kg (2 × 80 kg, expandable with PH Fitness plates)
Max Barbell Load	300 kg
Machine Gross Weight	328 kg
Exercises Supported	75+

2. TECHNICAL SPECIFICATIONS

Frame & Construction

SPECIFICATION	VALUE
Frame Construction	Full steel, dual vertical uprights, closed top box frame
Surface Finish	Industrial black powder coating
Torsion Resistance	Closed top box frame with stiffening bridge
Machine Gross Weight	328 kg
Maximum Barbell Load	300 kg
Smith Bar Diameter	25 mm standard (50 mm Olympic adapter compatible)

Dimensions

SPECIFICATION	VALUE
Length (Depth)	120 cm
Width	136 cm
Height	215 cm
Front Training Clearance	Minimum 150 cm recommended
Required Ceiling Height	Minimum 240 cm

Cable & Weight Stack System

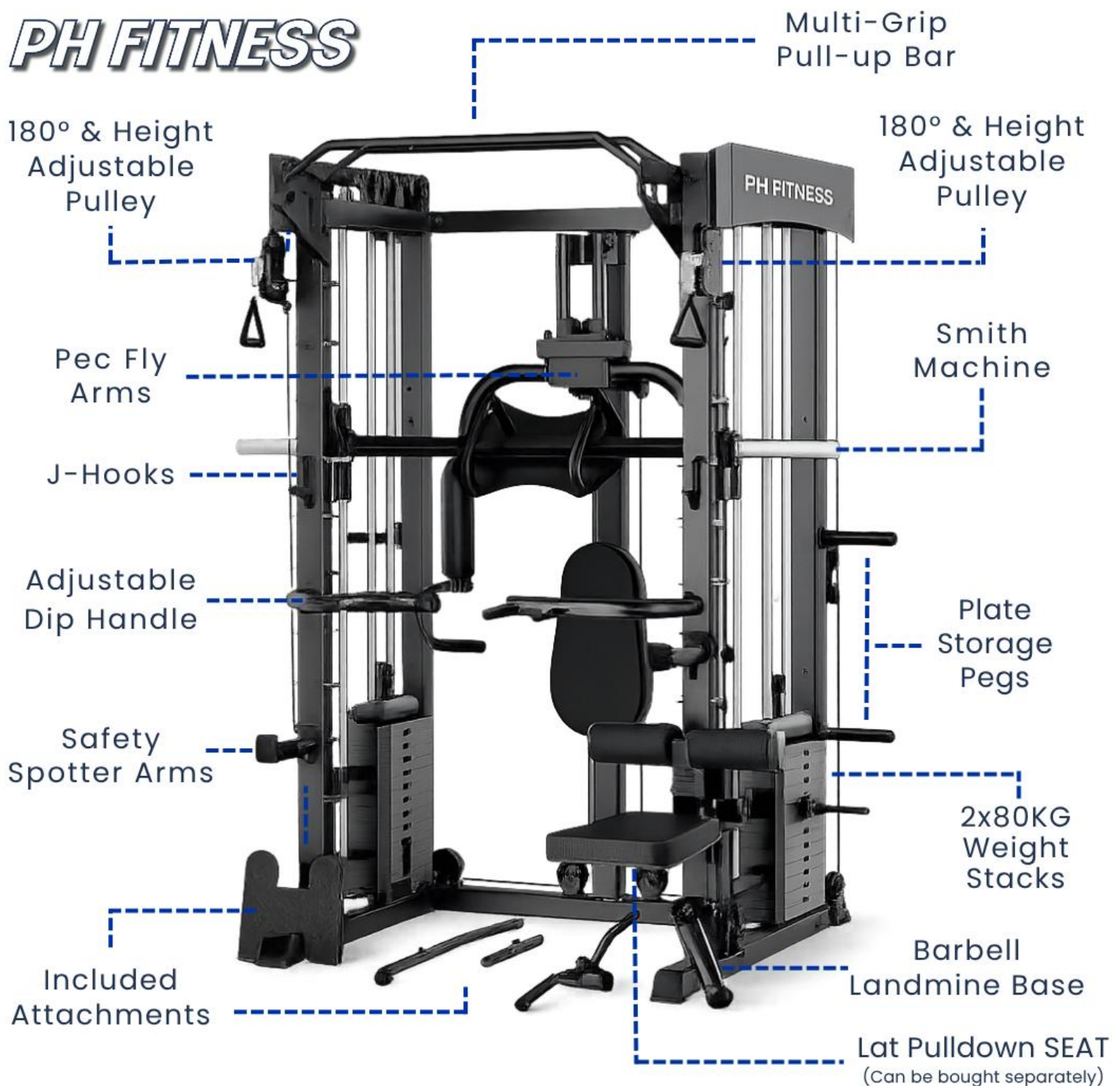
SPECIFICATION	VALUE
Cable Stack (per side)	80 kg
Total Cable Stack	160 kg (2 × 80 kg fully independent)
Stack Expandability	Yes — additional PH Fitness plates compatible
Pulley Rotation	180° adjustable pulley heads
Pulley Column Adjustment	Height + 180° rotation
Cable Type	Steel cables

Smith Machine

SPECIFICATION	VALUE
Guide System	Linear bearing system (frictionless smooth travel)
Safety Locks	J-hook locks at every upright hole position
Barbell Compatibility	25 mm standard / 50 mm Olympic (with adapter)
Maximum Load	300 kg

3. PARTS IDENTIFICATION

PH FITNESS



4. ASSEMBLY INSTRUCTIONS

IMPORTANT: Two persons required for assembly at all times. Read all steps before beginning. Do not attempt to repair or return to point of sale before contacting PH Fitness customer service.

Before You Begin

- Clear an area of at least 3.5 m × 3.0 m for safe assembly access
- Verify floor is level using a spirit level
- Rubber gym flooring minimum 15 mm strongly recommended for both protection and anti-vibration
- Lay all parts out and cross-reference against the parts list before starting
- Remove all safety tapes and packaging wrappers from every component

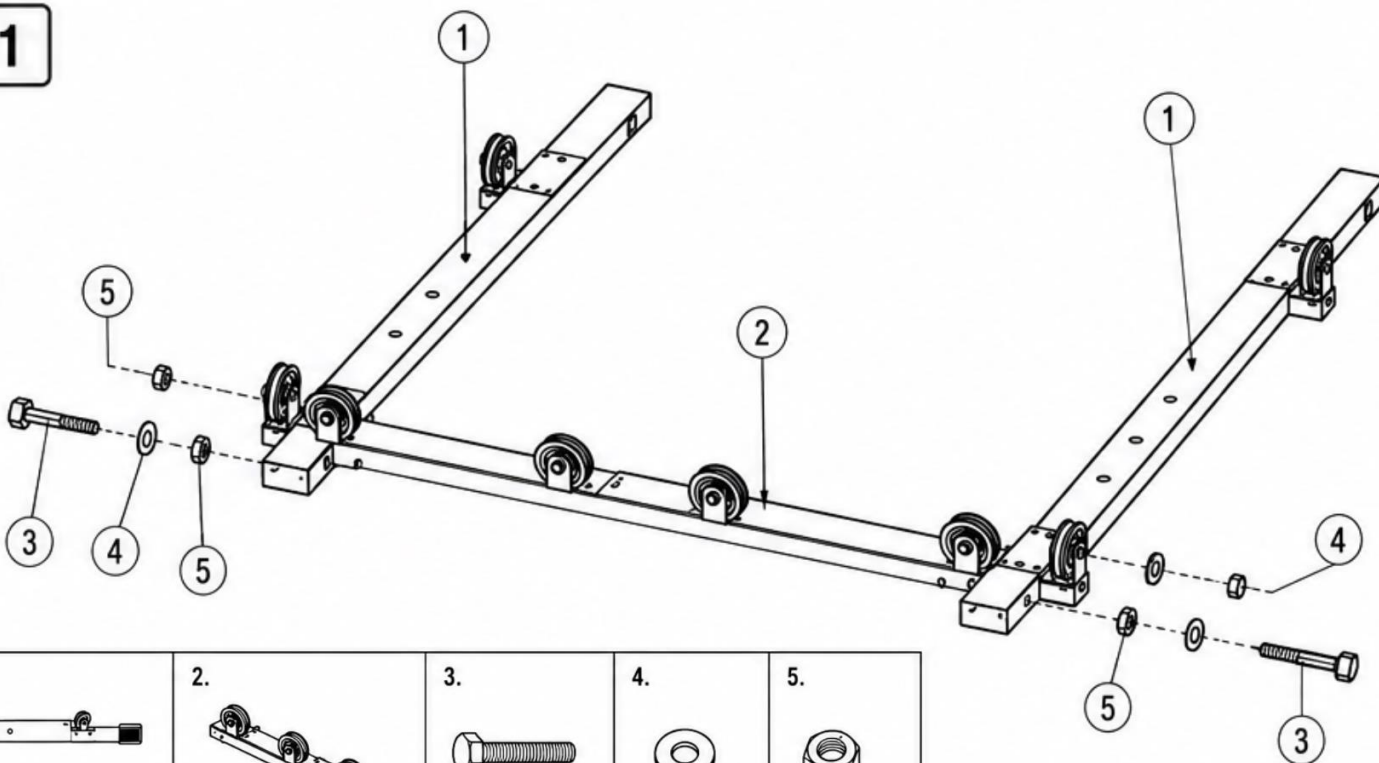
Assembly Steps

STEP 01

Base Frame Assembly — Parts: #1, #2, #3, #4 (washers), #5 (nuts), #54 (feet)

Position the two base side frames (#1) parallel to each other with the pulley brackets facing inward. Align the front crossmember (#2) between the side frames and insert the four M10×100 bolts (#3) through the mounting holes. Install a washer (#4) and hex nut (#5) on each bolt. Tighten only finger-tight at this stage to allow for frame alignment during the next assembly steps.

STEP 1



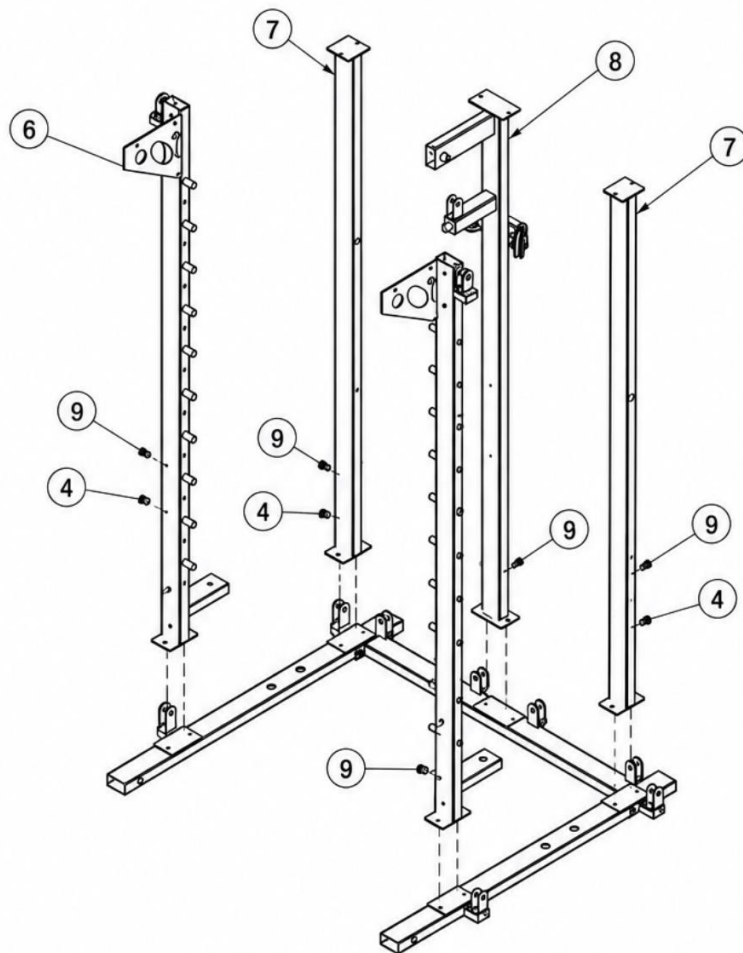
1.	2.	3.	4.	5.
2 PCS	1 PC	M10×100 4 PCS	M10 8 PCS	M10 4 PCS

STEP
02

Upright Frame Installation — Parts: #6, #7, #8, #9

Attach the left and right upright side frames (#6) to the base assembly. Install the rear upright posts (#7) and position the center upright assembly (#8) between the base rails. Secure all uprights using the M10×20 bolts (#9) and M10 washers (#4). Ensure all posts are fully seated and standing vertically before lightly tightening the hardware.

STEP 2



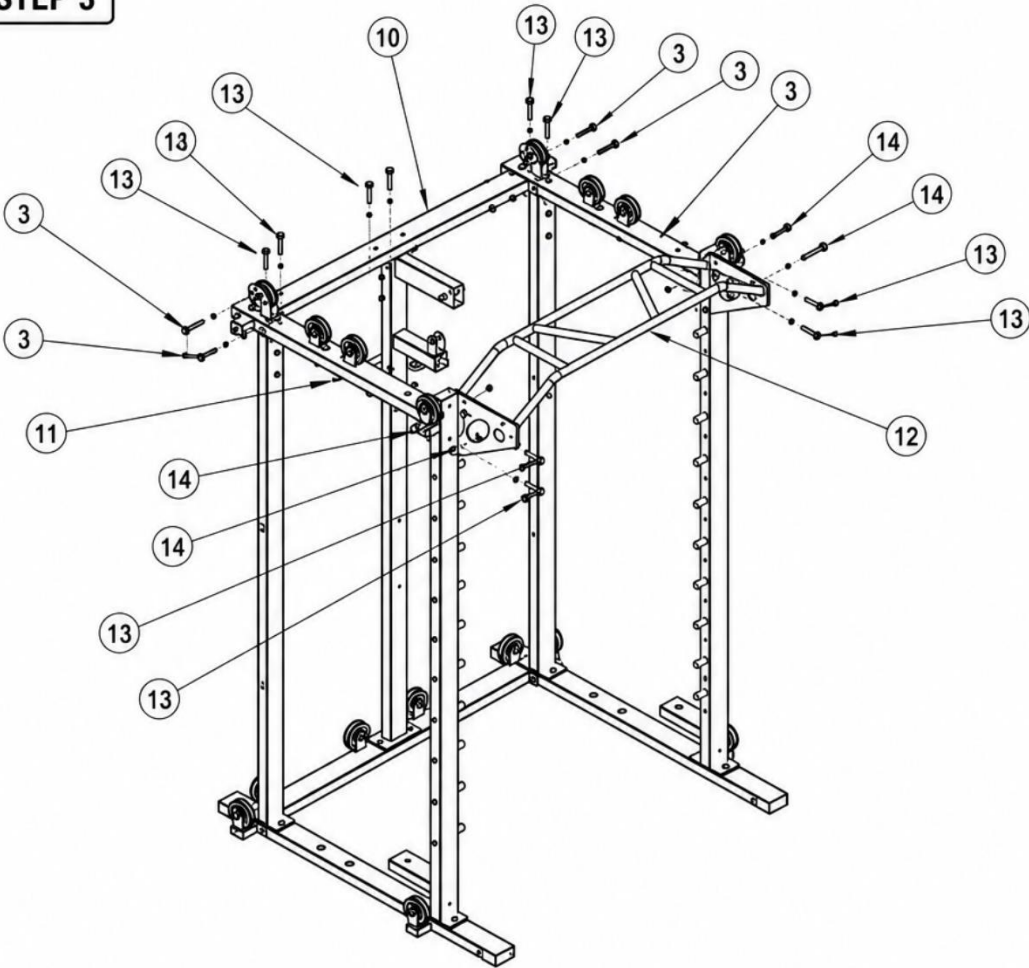
6 Upright Side Frame (Left & Right) A long vertical metal frame with a horizontal base and a horizontal top arm. The top arm has a circular hole and a small rectangular protrusion. The frame has several small circular holes along its length. 2 PCS	7 Rear Upright Post (Left & Right) A long vertical metal post with a hexagonal top and a hexagonal base. There is a small circular hole near the bottom. 2 PCS	8 Center Upright Assembly A vertical metal post with a horizontal top arm and a horizontal middle arm. The top arm has a circular hole and a small rectangular protrusion. The middle arm has a small rectangular protrusion. The post has a hexagonal base. 1 PC
9 A long metal bolt with a hexagonal head and a threaded body. M10*20 10 PCS	4 A circular metal washer with a central hole. Washer M10 10 PCS	

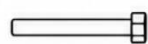
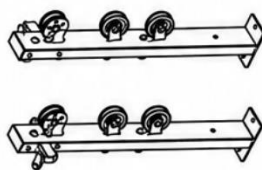
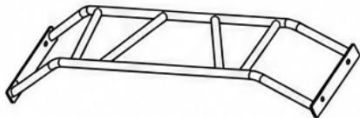
STEP
03

Upper Frame & Pull-Up Structure Assembly — Parts: #10, #11, #12, #13, #14

Install the rear top crossmember (#10) between the rear uprights. Position both pulley crossmembers (#11) at the top of the frame and connect the multi-grip pull-up bar (#12) between the front uprights. Secure all upper-frame components using the specified M10 bolts (#3, #13, #14), washers (#4), and nuts (#5). Verify that the frame is square and all pulley brackets remain aligned before tightening.

STEP 3



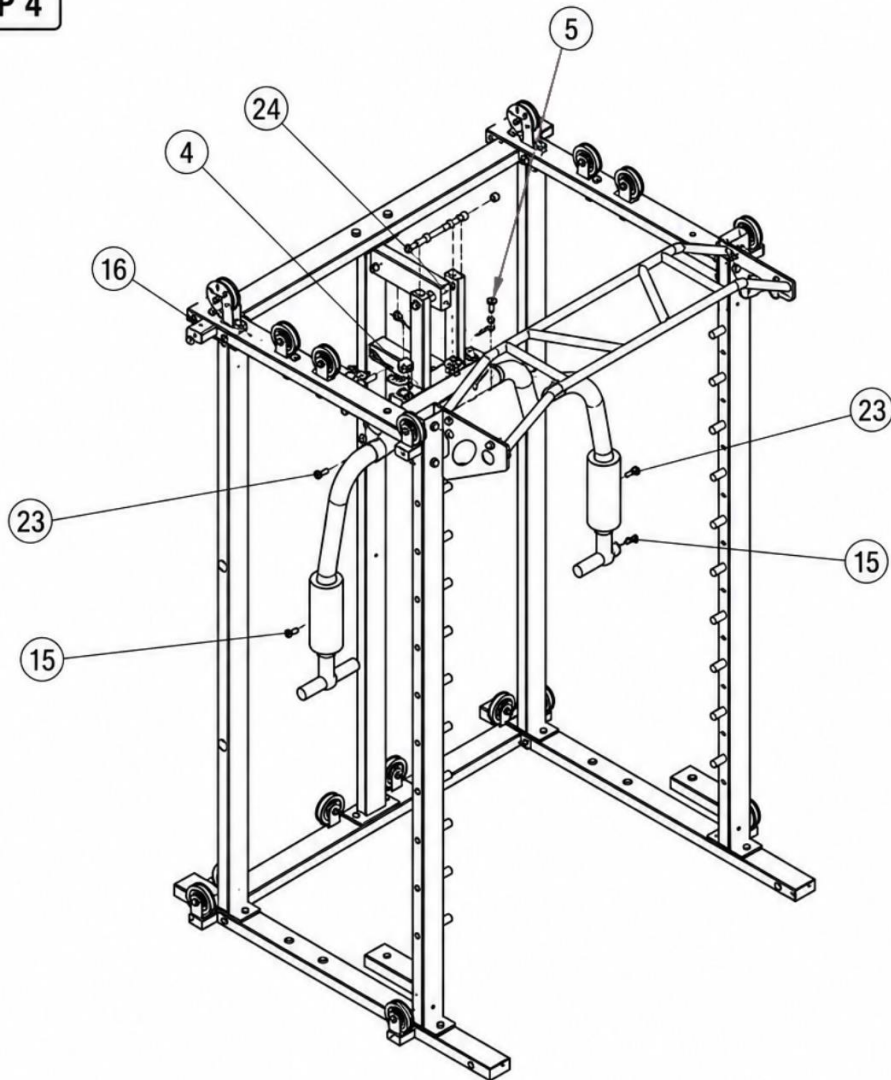
3.		M10*100 4 PCS	10.		1 PC
13.		M10*60 10 PCS	11.		2 PCS
14.		M10*30 4 PCS	12.		1 PC
4.		Washer M10 10 PCS			
5.		Hex nut M10 18 PCS			

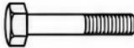
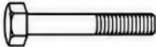
STEP
04

Dip Station Support Installation — Parts: #15, #16, #23, #24, #4 & #5

Position the dip station mounting block (#24) between the front upper frame brackets. Align the dip-arm support assembly (#23) with the mounting points and secure it using the M10×40 bolts (#15), M10×50 bolt (#16), M10 washers (#4), and M10 hex nut (#5). Ensure the assembly is centered and moves freely before tightening the hardware. Leave final tightening until the dip handles are fully assembled in Step 5.

STEP 4



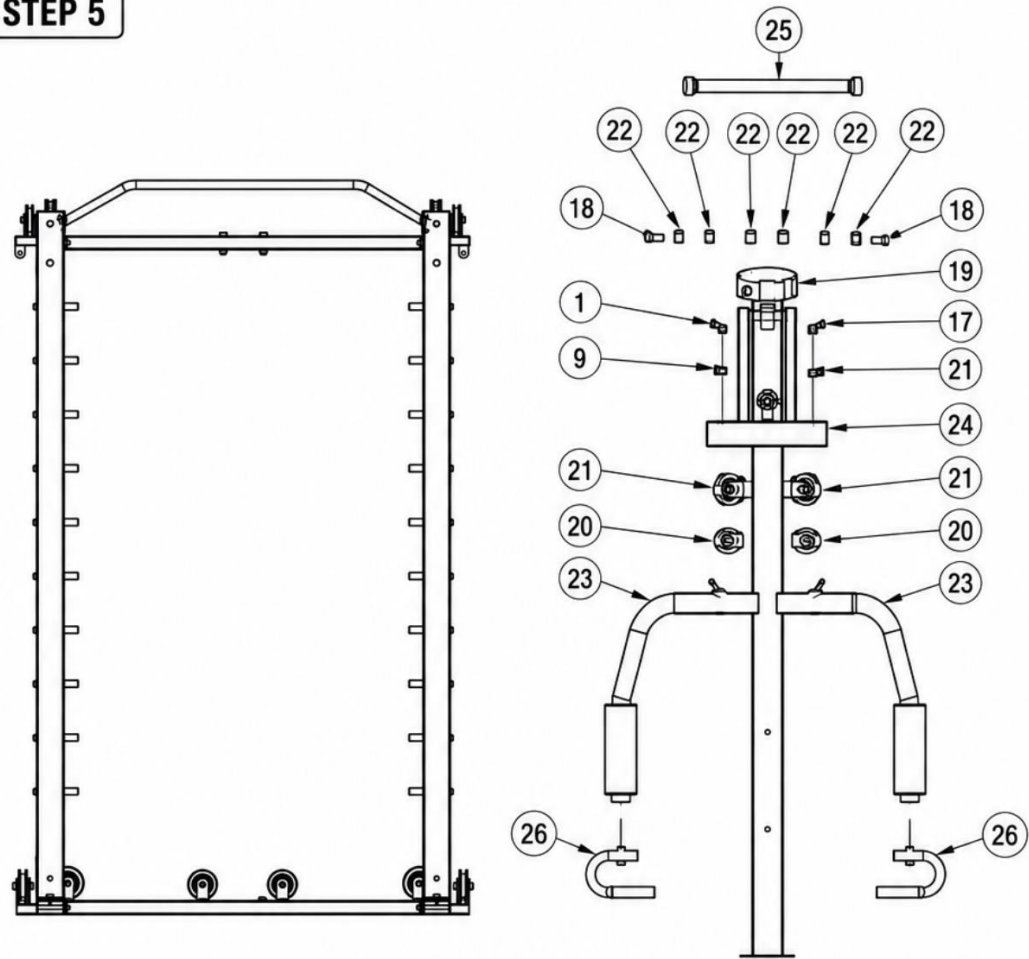
4		Washer M10	4 PCS
5		Hex nut M10	1 PC
15		M10*40	2 PCS
16		M10*50	1 PC

STEP
05

Dip Handle Assembly & Pivot Installation — Parts: #17–#26

Insert the metal bushings (#22) into the central mounting block (#24) and slide the cross shaft (#25) through the assembly. Fit the nylon sleeves (#21), plastic rings (#20), and protective caps (#19) onto both sides of the pivot mechanism. Attach the left and right dip handles (#23) to the shaft and secure the assembly using the M6×40 bolts (#17) and M6 hex nuts (#18). Install the retaining clips (#26) onto the ends of the dip handles. Verify that both handles rotate smoothly and lock securely in their operating position before proceeding to the weight-stack installation.

STEP 5



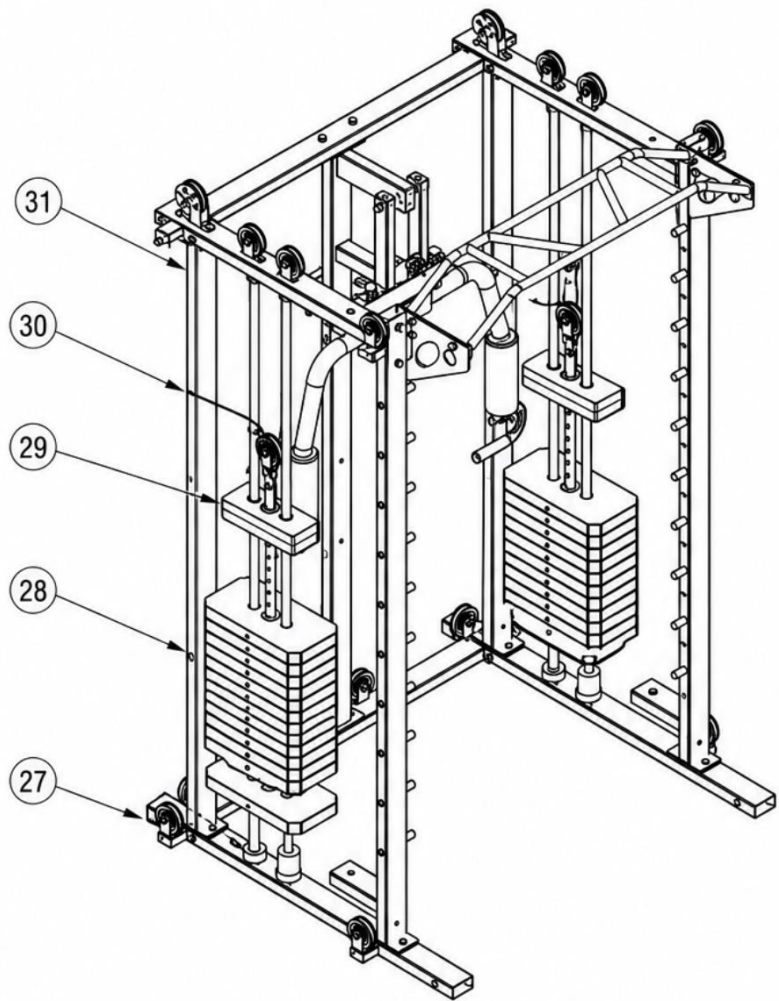
17		M6×40 2 PCS	22		Metallurgical set 6 PCS
18		Hex nut M6 2 PCS	25		ø15×162 (Both ends M10) 1 PC
19		Plastic cover 2 PCS	23		2 PCS
20		Plastic ring 2 PCS	26		2 PCS
21		Nylon sleeve 4 PCS	24		1 PC

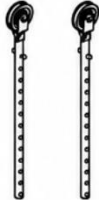
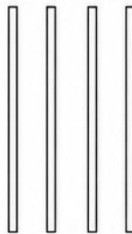
STEP
06

Weight Stack & Cable Preparation — Parts: #27–#31

Insert the guide rods (#31) into the lower weight stack mounts. Install the spacers (#27) and carefully slide the weight plates (#28) onto the guide rods in the correct order. Position the top plates (#29) on top of each stack. Route the cable assemblies (#30) through the upper pulley system and connect them to the top plates. Verify that each weight stack moves smoothly along the guide rods without obstruction.

STEP 6



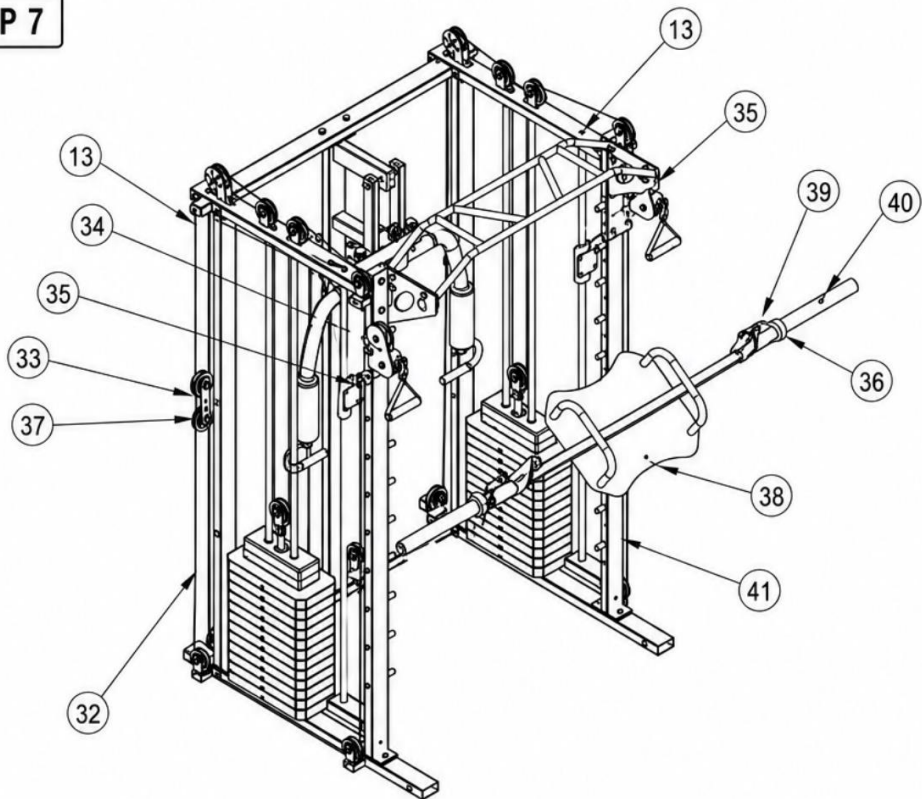
27		Spacer 4 PCS	30		Cable assembly 2 PCS
28		Weight plate 24 PCS	31		Guide rod 4 PCS
29		Top plate 2 PCS			

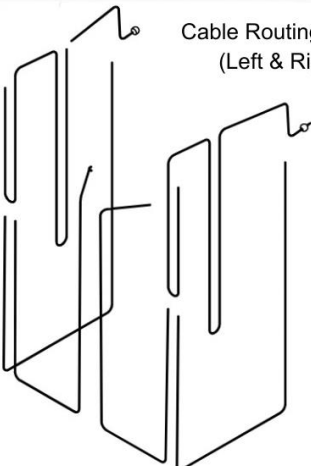
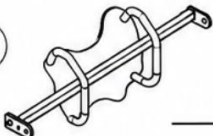
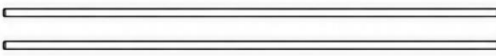
STEP
07

Cable Routing & Smith Bar Installation — Parts: #42–#49

Install the cable routing guides (#32) on both sides of the machine and route the cables according to the pulley layout shown in the diagram. Mount the double pulleys (#37) and secure all guide components using the M10×60 bolts (#13). Install the guide rods (#41) and chest pad assembly (#38). Insert the barbell (#40), fit the end stoppers (#39), and secure the assembly using the bar collars (#36). Confirm that the cables remain seated correctly in all pulley grooves.

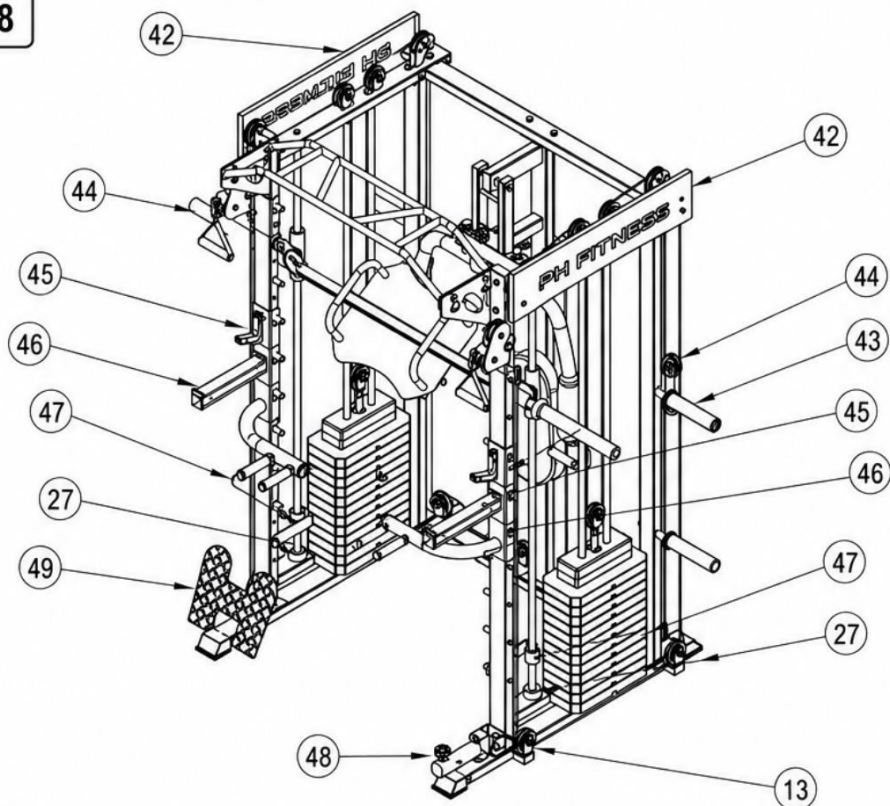
STEP 7

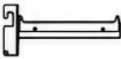


13		M10*60 4 PCS	36		Bar collar 2 PCS
32		Cable Routing Guide (Left & Right)	37		Double pulley 2 PCS
			38		Chest pad assembly 1 PC
			39		End stopper 2 PCS
			40		Barbell 1 PC
41		Guide rod 2 PCS			

**STEP
08****Accessory Storage & Front Attachment Installation — Parts: #42–#49**

Attach the decorative logo panels (#42) to the upper front and rear frame sections. Install the weight storage pegs (#43) on both sides of the machine. Mount the J-hooks (#44) and safety spotter arms (#45) onto the front uprights at the desired height. Install the dip handles (#46), storage brackets (#47), landmine attachment (#48), and foot plate (#49). Secure all hardware and ensure each attachment locks firmly into place before use.

STEP 8

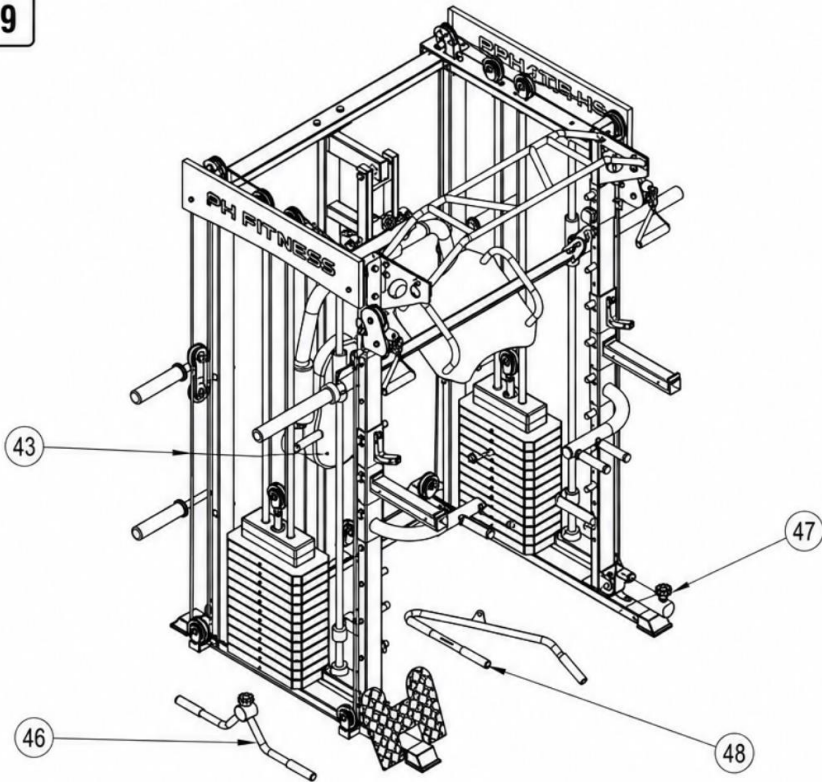
13		M10*60 1 PC	4		Washer M10 2 PCS
27		2 PCS	5		Hex nut M10 1 PC
43		4 PCS	47		2 PCS
44		2 PCS	48		1 PC
45		2 PCS	49		1 PC
46		2 PCS	42		2 PCS

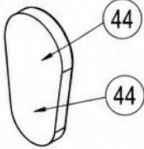
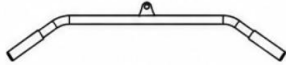
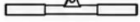
STEP
09

Final Attachments & Functional Check

Attach the backrest cushion (#43) to the chest-support frame using the M8×60 bolts (#44) and M8 washers (#45). Install the row handle (#46), lat pulldown bar (#47), and straight bar (#48) onto the cable system as required. Perform a complete inspection of the machine, ensuring all bolts, nuts, and attachments are fully tightened. Test the Smith machine, pulleys, weight stacks, safety catches, and cable movement to confirm smooth and safe operation before first use.

STEP 9



43  Backrest cushion 1 PC	46  1 PC
44  M8×60 2 PCS	47  1 PC
45  Washer M8 2 PCS	48  1 PC

TORQUE SPECS: M10 structural bolts: 55–60 Nm | M8 bolts: 28–32 Nm | M6 bolts: 10–12 Nm |
Re-check all bolts after first 2 weeks of use and every 3 months.

5. STATION OPERATING INSTRUCTIONS

5.1 Smith Machine Station

The Smith machine uses a precision linear bearing system for smooth, frictionless guided barbell travel. The bar is locked at any position by rotating it to engage the J-hook safety catches. Maximum load: 300 kg. Compatible with 25 mm (standard) plates and 50 mm Olympic plates with the included adapter.

- Squat: stand inside the station, bar at shoulder height, J-hook set at shoulder level.
- Bench Press: use a FID bench (sold separately). Set J-hook at upper chest height.
- Shoulder Press: bar at chin height, press overhead. Spotter arms set above head level.
- Hip Thrust: bar low, just above floor. Back against bench, feet on floor.
- Romanian Deadlift: set bar at hip height, stand inside rack for guided RDL pattern.

5.2 Pec Deck / Butterfly Station

The integrated pec deck provides a full arc chest fly motion with ergonomic forearm pads, directly coupled to the cable system for smooth consistent resistance throughout the movement. This is a feature unique to this station in the home gym market.

- Chest Fly: sit centred, grip arm pads from the front, elbows at 90°. Press arms together in a wide arc.
- Reverse Fly (Rear Delt): grip arms from behind, pull back against resistance for rear deltoid isolation.
- Unilateral: work one arm at a time for imbalance correction and focused isolation.

5.3 Dual Cable Trainer (180° Functional Trainer)

Two fully independent 80 kg stacks operate as a complete functional cable crossover. Both pulley heads are height-adjustable and rotate 180°, enabling every possible cable angle from low cable to high cable to diagonal.

- Adjust pulley height: release column locking pin, slide to desired position, re-lock firmly.
- Rotate pulley head: loosen rotation lock, rotate 0°–180°, re-lock before loading.
- Select weight: insert selector pin through desired plate. All plates above the pin are lifted.
- Both stacks are completely independent — train unilaterally to correct left/right imbalances.
- Expandable: add PH Fitness additional plates when you need more resistance.

5.4 Leg Press Station

The integrated anti-slip diamond-plate footplate is used via the Smith machine for leg press. Lie on a bench or mat, place both feet on the footplate, and press against the guided Smith bar resistance.

- Ensure heels are fully on the footplate and feet are hip-width apart.
- Do not lock knees at full extension — keep a slight bend.
- Use the Smith machine J-hooks as safety catches if needed.

5.5 Lat Pulldown & Low Row Station

The upper redirect pulley provides lat pulldown, straight-arm pulldown, and high cable exercises. The adjustable knee roller stabilises the legs during heavy lat series. The anti-slip footplate anchors the feet during seated row.

- Lat Pulldown: sit, set knee roller to hold thighs firmly. Pull lat bar to upper chest, squeeze shoulder blades.
- Seated Low Row: face the low pulley, feet on footplate, slight knee bend. Row handle to lower abdomen.
- Straight-Arm Pulldown: stand, use high pulley, arms straight. Pull cable down to thighs.

5.6 Multi-Grip Pull-Up Bar

The top-mounted multi-grip bar offers wide, close, and neutral grip positions for complete upper back and bicep development. Also use for hanging core exercises.

- Wide overhand grip: targets latissimus dorsi.
- Close neutral grip: targets latissimus and brachialis.
- Hanging knee / leg raises: core, hip flexors.

5.7 Dip Station

Dip handles are mounted on the outer uprights and adjustable in height. Grip firmly, lower body until elbows reach 90°, press to full extension. Targets: triceps, lower chest, anterior deltoid.

5.8 Landmine Base

Insert a standard Olympic barbell sleeve into the integrated landmine pivot base at the front of the frame. Load weight onto the opposite end. Exercises: landmine press, row, rotation, thruster, deadlift.

NOTE: FID bench, Olympic barbell, bumper plates, and lat pulldown seat are NOT included and are sold separately. See phfitness.nl for compatible accessories.

6. EXERCISE GUIDE — 75+ EXERCISES

The All-in-One Krachtstation supports 75+ exercise variations across all major muscle groups.

CHEST

Exercise	Station	Primary Muscles
Smith Machine Bench Press (Flat/Incline/Decline)	Smith Machine	Pectoralis Major, Triceps, Anterior Deltoid
Cable Chest Fly (Standing or Bench)	Dual Cable (High)	Pectoralis Major (stretch/contraction)
Seated Butterfly — Pec Deck	Pec Deck Station	Pectoralis Major (isolation)
Incline Cable Press	Dual Cable (Low)	Upper Pectoralis, Anterior Deltoid
Cable Crossover	Dual Cable (both)	Pectoralis Major, full arc
Landmine Chest Press	Landmine Base	Pectoralis, Triceps, Anterior Deltoid

SHOULDERS

Exercise	Station	Primary Muscles
Smith Machine Shoulder Press	Smith Machine	Anterior & Medial Deltoid, Triceps
Seated Shoulder Press Station	Lat Seat + Cable	Deltoids, Triceps
Cable Lateral Raise	Dual Cable (Low)	Medial Deltoid
Cable Front Raise	Dual Cable (Low)	Anterior Deltoid
Cable Rear Delt Fly	Dual Cable (both)	Rear Deltoid
Landmine Shoulder Press	Landmine Base	Anterior Deltoid, Triceps
Upright Row (Cable or Smith)	Cable / Smith	Medial Deltoid, Upper Traps

BACK

Exercise	Station	Primary Muscles
Lat Pulldown (Wide / Narrow / Reverse)	Lat Station (High Pulley)	Latissimus Dorsi, Biceps
Seated Row (Low Pulley)	Low Row Station	Rhomboids, Mid Trapezius, Biceps
Smith Machine Bent-Over Row	Smith Machine	Latissimus Dorsi, Rear Deltoid
Straight Arm Pulldown (Cable)	Dual Cable (Top)	Latissimus Dorsi
Cable Face Pull	Dual Cable (High)	Rear Deltoid, External Rotators
Landmine Row	Landmine Base	Latissimus Dorsi, Rhomboids
Rear Delt Fly — Reverse Pec Deck	Pec Deck (reversed)	Rear Deltoid, Upper Back

ARMS — BICEPS

Exercise	Station	Primary Muscles
Cable Bicep Curl	Dual Cable (Low)	Biceps Brachii
Preacher Curl	Lat Seat + Cable	Biceps (peak contraction)
Low Pulley Curl	Low Cable	Biceps Brachii
Landmine Curl	Landmine Base	Brachialis, Brachioradialis
Concentration Curl	Dual Cable (Low)	Biceps (isolation)

ARMS — TRICEPS

Exercise	Station	Primary Muscles
Tricep Pushdown	Dual Cable (Top)	Triceps Brachii
Overhead Cable Extension	Dual Cable (High)	Triceps Long Head
Tricep Kickbacks	Dual Cable (Low)	Triceps Lateral Head
Dips	Dip Station	Triceps, Lower Chest

LEGS

Exercise	Station	Primary Muscles
Smith Machine Squats	Smith Machine	Quadriceps, Glutes, Hamstrings
Front Squats (Smith or Landmine)	Smith / Landmine	Quadriceps, Core
Romanian Deadlifts	Smith Machine	Hamstrings, Glutes, Erector Spinae
Cable Kickbacks (Glutes)	Low Cable + Ankle Strap	Glute Maximus
Standing / Lying Leg Curl (Cable + Ankle Strap)	Low Cable	Hamstrings
Lunges (Smith or Free Bar)	Smith Machine	Quadriceps, Glutes
Cable Hip Abduction / Adduction	Low Cable	Glute Medius / Adductors
Calf Raises (Smith or Bodyweight)	Smith Machine	Gastrocnemius, Soleus

CORE & FUNCTIONAL

Exercise	Station	Primary Muscles
Cable Woodchoppers (High to Low / Low to High)	Dual Cable	Obliques, Core
Cable Crunches	High Cable	Rectus Abdominis
Russian Twists (Landmine)	Landmine Base	Obliques, Transverse Abdominis
Landmine Rotations	Landmine Base	Core, Obliques
Hanging Leg Raises	Pull-Up Bar	Core, Hip Flexors
Plank Rows (Cable or Landmine)	Low Cable / Landmine	Core, Anti-Rotation
Oblique Side Bends (Cable)	Low Cable	Obliques

BODYWEIGHT & ACCESSORY

Exercise	Station	Primary Muscles
Pull-Ups (Wide / Neutral / Chin-up)	Pull-Up Bar	Latissimus Dorsi, Biceps
Landmine Thrusters	Landmine Base	Full Body, Shoulders, Quads
Landmine Deadlifts	Landmine Base	Posterior Chain, Core
Squat to Press (Landmine)	Landmine Base	Full Body, Functional Strength
Resistance Band Workouts	Frame anchoring points	Various muscle groups

7. MAINTENANCE & CARE

Keep the station clean and free of dust at all times. Never use flammable substances or solvents for cleaning. Sweat is corrosive — always wipe down after every training session.

Maintenance Schedule

Frequency	Task	Method
After Every Use	Wipe all contact surfaces (pads, bar, handles)	Damp microfiber cloth
After Every Use	Inspect cables for damage	Visual check, full length
After Every Use	Check weight selector pin engagement	Visual + tactile check
Weekly	Inspect and hand-tighten any loose bolts	Hand torque check
Weekly	Lubricate Smith machine guide rails	Light machine oil on rail surface
Weekly	Wipe and lightly oil guide rods	Dry cloth + light oil
Weekly	Wipe pec deck pivot points	Clean cloth, light grease
Monthly	Full bolt torque check (all structural)	Torque wrench to specification
Monthly	Inspect cable crimp terminations	Look for fraying or spreading
Monthly	Lubricate all pivot points & bearings	Light grease on bearing surfaces
Monthly	Check 180° pulley head rotation	Manual test — should rotate freely
Every 3 Months	Full structural integrity inspection	Frame welds, all connections
Every 3 Months	Replace cables if any damage found	Contact PH Fitness for parts
Annually	Professional service (semi-commercial)	Recommended for daily multi-user use

CABLE REPLACEMENT: Replace steel cables at the first sign of fraying, kinking, corrosion, or strand breakage. Use only replacement cables rated to the correct load specification.

8. TROUBLESHOOTING

Problem	Likely Cause	Solution
Smith bar binds or sticks	Guide rails dry; linear bearing dirty	Clean rails; apply light machine oil; inspect bearings
Cable slips or jumps off pulley	Cable misrouted; pulley groove worn	Re-route cable; inspect all pulleys for wear
Weight stack is noisy (rattling)	Guide rods need oiling; plates misaligned	Oil guide rods; realign all plates on rod
Machine rocks or vibrates	Uneven floor; base bolts loose	Level machine; tighten all base bolts to spec
Pec deck arms uneven in motion	Pivot bolt loose; cable tension imbalanced	Check and re-tighten both pivot bolts; check cable
Pulley head wont rotate or lock	Rotation lock pin worn or dirty	Clean locking channel; contact PH Fitness for pin
Smith bar safety lock slips	Lock pin not fully engaged in notch	Fully rotate bar to engage J-hook position
Lat seat height wont hold	Pop-pin worn; height bracket dirty	Clean bracket channel; contact PH Fitness for pin
Cable feels heavier on one side	Stack plates misaligned; cable kinked	Re-align all plates; inspect cable for kinks
Frame vibrates during heavy lifts	Structural bolt loosening over time	Full torque check all M10/M8 bolts to specification

9. WARRANTY & CUSTOMER SUPPORT

2-Year Warranty

The PH Fitness All-in-One Krachtstation is covered by a 2-year manufacturer warranty from the date of original purchase, covering structural frame defects, mechanical component defects, and factory assembly defects.

Warranty Exclusions

- Damage from improper assembly or use outside this manual
- Exceeding stated limits: 300 kg barbell / 80 kg per cable stack
- Normal wear items: cables, rubber feet, arm pads, seat cushion
- Cosmetic damage from misuse or environmental exposure
- Damage from unauthorised modifications

Requesting Assistance

Before contacting support, do NOT attempt any repairs. Have the following information ready:

- Your name, address, and telephone number
- Model name: All-in-One Rack
- Tax receipt or purchase invoice (if under warranty)
- Clear description and photograph of the problem

Making a Warranty Claim

- Retain your original proof of purchase — required for all warranty claims.
- Photograph the defect clearly from multiple angles.
- Contact PH Fitness customer support via the website or email.
- Provide model (All-in-One Rack), date of purchase, and description of defect.
- PH Fitness will advise on repair, replacement, or return procedure within 5 business days.

PH FITNESS

Website: phfitness.nl

Mail: support@phfitness.nl

Your gym. Your performance. Your pace.

PH FITNESS

ALL-IN-ONE KRACHTSTATION

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