

PH FITNESS

FUSION X PRO RACK

USER MANUAL & ASSEMBLY GUIDE



Your gym. Your performance. Your pace.

Model
FUSION X Pro Rack

Document Type
User Manual

Version
1.0 — 2025

⚠ SAFETY INSTRUCTIONS — READ BEFORE USE

WARNING: This equipment is designed for use by persons aged 18 and over. Consult your physician before beginning any exercise program. This manual must be read in full before assembly or use.

General Safety

- Always inspect the machine before each use. Do not use if any component appears damaged, worn, or loose.
- Ensure the machine is placed on a firm, level surface with adequate clearance on all sides (minimum 1.5 m around the unit).
- Never exceed the maximum weight load specified for each station.
- Always use a spotter when performing free-weight exercises with heavy loads.
- Keep children and pets away from the machine at all times.
- Do not wear loose clothing that may become entangled in pulleys or cables.
- Use appropriate footwear. Never use the machine barefoot.

Cable & Pulley Safety

- Inspect steel cables for fraying or kinks before every use. Replace immediately if damaged.
- Never drop the weight stack — lower slowly and under full control.
- Always ensure pulley pins are fully seated before loading weight.
- Keep hands and fingers clear of pulleys and guide rods at all times.

Smith Machine Safety

- Always engage the safety hooks (J-locks) on the Smith bar when racking weight.
- Set safety spotter arms to an appropriate height before performing heavy compound lifts.
- When adjusting the bar path (0° / 7°), ensure the machine is completely unloaded.
- The Smith machine bar must be locked before loading plates.

Assembly Safety

- Assembly requires a minimum of TWO persons. Do not attempt solo assembly.
- Fully tighten all bolts before applying any load to the machine.
- Re-check all bolts after the first 2 weeks of use and every 3 months thereafter.
- Do not modify any structural component. Modifications void the warranty.

IMPORTANT: Failure to follow safety instructions may result in serious injury or death. PH Fitness accepts no liability for injuries arising from improper assembly, use, or maintenance.

1. PRODUCT OVERVIEW

The PH Fitness FUSION X Pro Rack is a professional all-in-one strength training station combining a power rack, adjustable Smith machine, dual cable trainer, pec deck, lat pulldown station, low row, and multiple isolation stations in a single heavy-duty unit. Designed for premium home gyms, personal training studios and boutique fitness facilities, the FUSION X Pro Rack supports over 88 exercises and is built to withstand intensive daily use.

Intended Use

- Premium home gym training environments
- Personal training studios and PT-led sessions
- Boutique fitness clubs and hotel fitness facilities

Key Features at a Glance

Station / Feature	Details
Power Rack	Adjustable J-hooks + safety spotter arms
Smith Machine	0° vertical & 7° angled bar path, linear bearings
Dual Cable Trainer	2 × 80 kg stacks, 180° rotating pulleys, height-adjustable
Pec Deck / Butterfly	Full arc motion, chest fly & reverse fly
Lat Pulldown	Adjustable backrest + leg hold-down roller
Low Row Station	Seated row with back support
Multi-Grip Pull-Up Bar	Wide, close & neutral grips
Adjustable Dip Handles	Multiple height positions
Landmine Base	Rotational and press movements
Plate Storage Pegs	Integrated Olympic plate storage
Frame	100 × 50 mm, 2.5 mm thick heavy-duty steel
Total Weight Stack	160 kg (2 × 80 kg independent stacks)
Exercises Supported	88+
Finish	Industrial powder coating

2. TECHNICAL SPECIFICATIONS

Frame & Construction

SPECIFICATION	VALUE
Frame Tubing	100 × 50 mm rectangular steel
Steel Wall Thickness	2.5 mm
Surface Finish	Industrial powder coating
Base Feet	Rubber anti-slip feet
Safety Panels	Mesh safety panels (both sides)

Dimensions & Weight

SPECIFICATION	VALUE
Width	1300 mm
Depth	1080 mm
Height	2150 mm
Required Ceiling Height	Minimum 2500 mm recommended

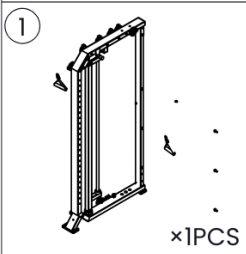
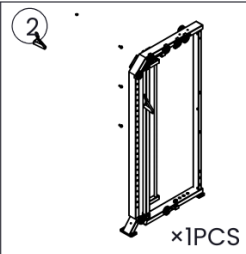
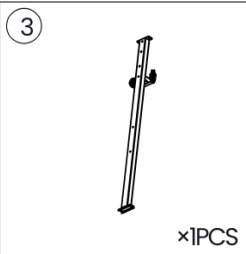
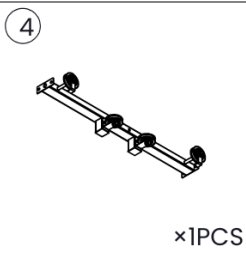
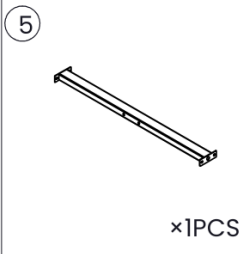
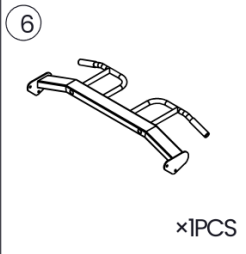
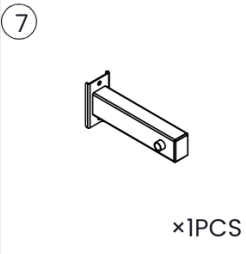
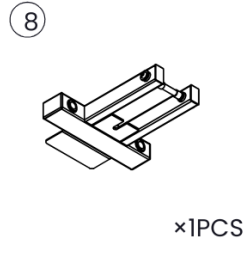
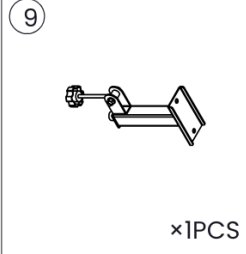
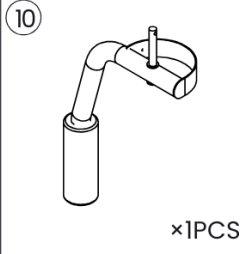
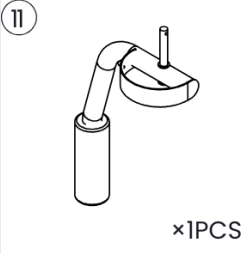
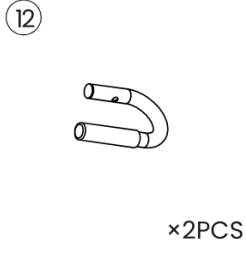
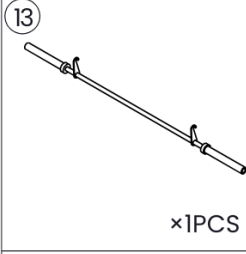
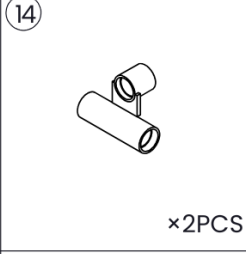
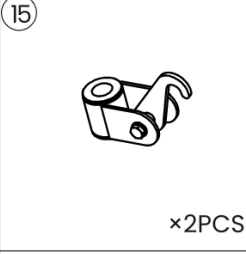
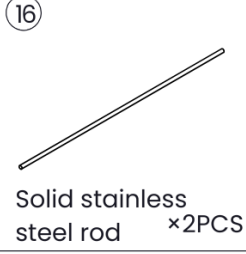
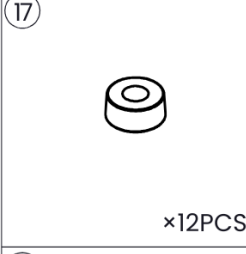
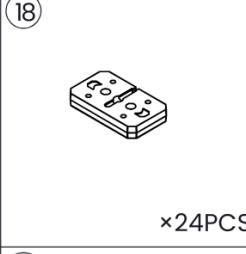
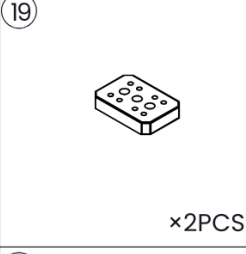
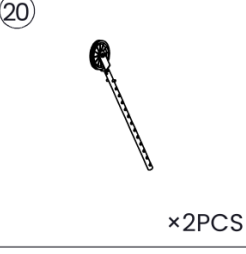
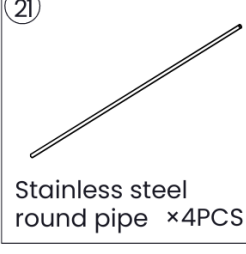
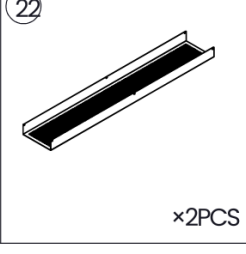
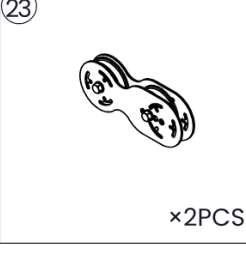
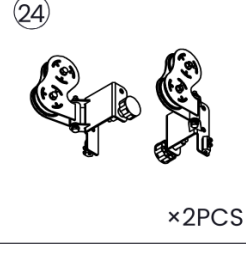
Weight Stack & Cable System

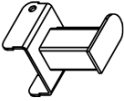
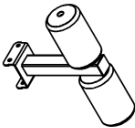
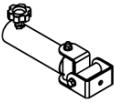
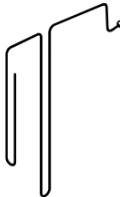
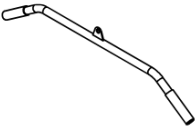
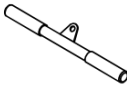
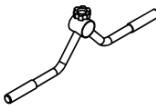
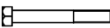
SPECIFICATION	VALUE
Weight Stack (per side)	80 kg
Total Weight Stack	160 kg (2 × 80 kg independent)
Weight Selection	Pin-select system
Pulley Rotation	180° adjustable
Pulley Column Adjustment	Height + 180° rotation
Cable Type	Steel cables
Pulley Housing	Metal pulley housing

Smith Machine

SPECIFICATION	VALUE
Bar Path Options	0° (vertical) and 7° (angled)
Guide System	Polished rails with linear bearings
Safety Hooks	J-lock hooks at multiple positions
Barbell	Olympic-compatible Smith bar

3. PARTS IDENTIFICATION

Parts diagram			
 ×1PCS	 ×1PCS	 ×1PCS	 ×1PCS
 ×1PCS	 ×1PCS	 ×1PCS	 ×1PCS
 ×1PCS	 ×1PCS	 ×1PCS	 ×2PCS
 ×1PCS	 ×2PCS	 ×2PCS	 Solid stainless steel rod ×2PCS
 ×12PCS	 ×24PCS	 ×2PCS	 ×2PCS
 Stainless steel round pipe ×4PCS	 ×2PCS	 ×2PCS	 ×2PCS

Parts diagram			
 ×2PCS	 ×2PCS	 ×1PCS	 ×6PCS
 ×1PCS	 ×1PCS	 ×1PCS	 ×1PCS
 ×1PCS	 ×10PCS	 ×2PCS	 ×2PCS
 ×1PCS	 ×1PCS	 ×1PCS	 ×2PCS
Part list			
 M10*100-8PCS	 M10*80-4PCS	 M10*70-5PCS	 M10*60-2PCS
 M10*20-4PCS	 M8*70-2PCS	 M6*40-2PCS	 Washer M8-2PCS
 Washer M10-46PCS	 Hex nut M6-2PCS	 Hex nut M10-23PCS	 M10*45-2PCS
 ×2PCS	 ×2PCS		

4. ASSEMBLY INSTRUCTIONS

ASSEMBLY REQUIRES 2 PERSONS: Do not attempt to assemble alone. Keep all packaging material until assembly is confirmed complete. Tools required: adjustable wrench, rubber mallet, hex key set (included).

Before You Begin — Site Preparation

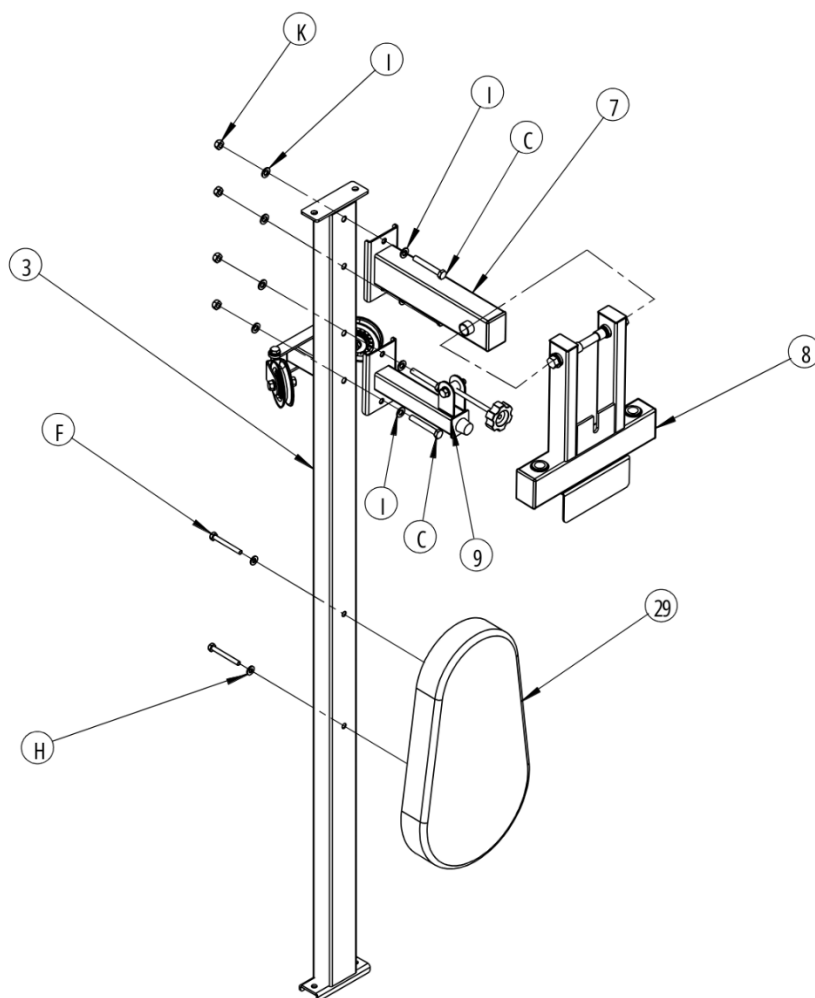
- Clear an area of at least 3.0 m × 3.5 m for safe assembly access
- Ensure flooring is level. Use a spirit level to verify.
- Rubber gym flooring (min. 15 mm) is strongly recommended to protect both the floor and the machine feet.
- Lay all parts out on the floor and cross-reference against the parts list before beginning.

Assembly Steps

STEP 01

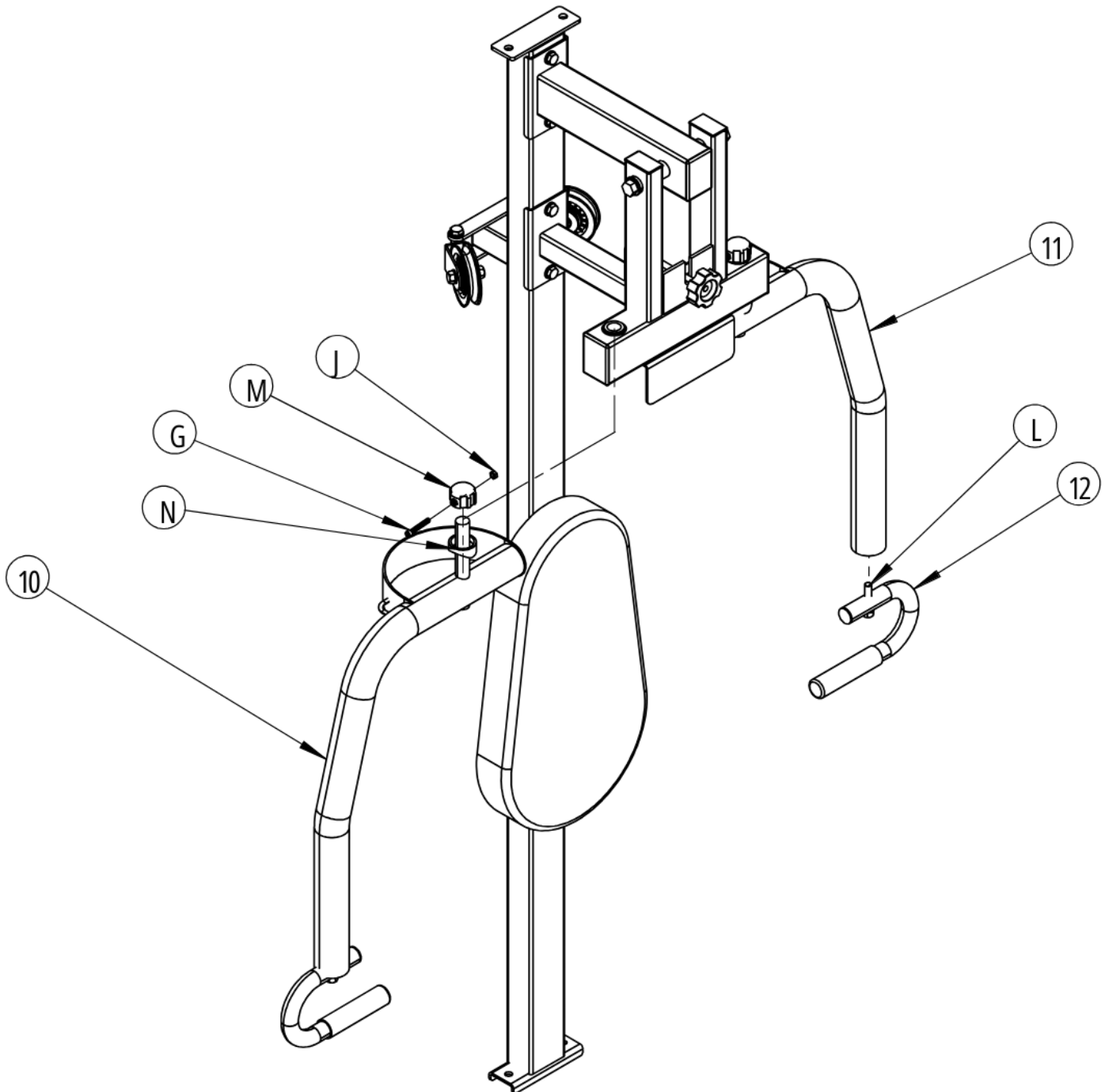
Assemble the Main Upright and Sliding Carriage

Position the central upright frame (#3) vertically on a flat surface. Attach the carriage support bracket (#7), lower support bracket (#8), and adjustment assembly (#9) to the upright using the specified bolts, washers, and lock nuts. Secure the back pad (#29) to the frame at the indicated mounting points. Leave all fasteners slightly loose during this stage to allow for proper alignment of the carriage system before final tightening.



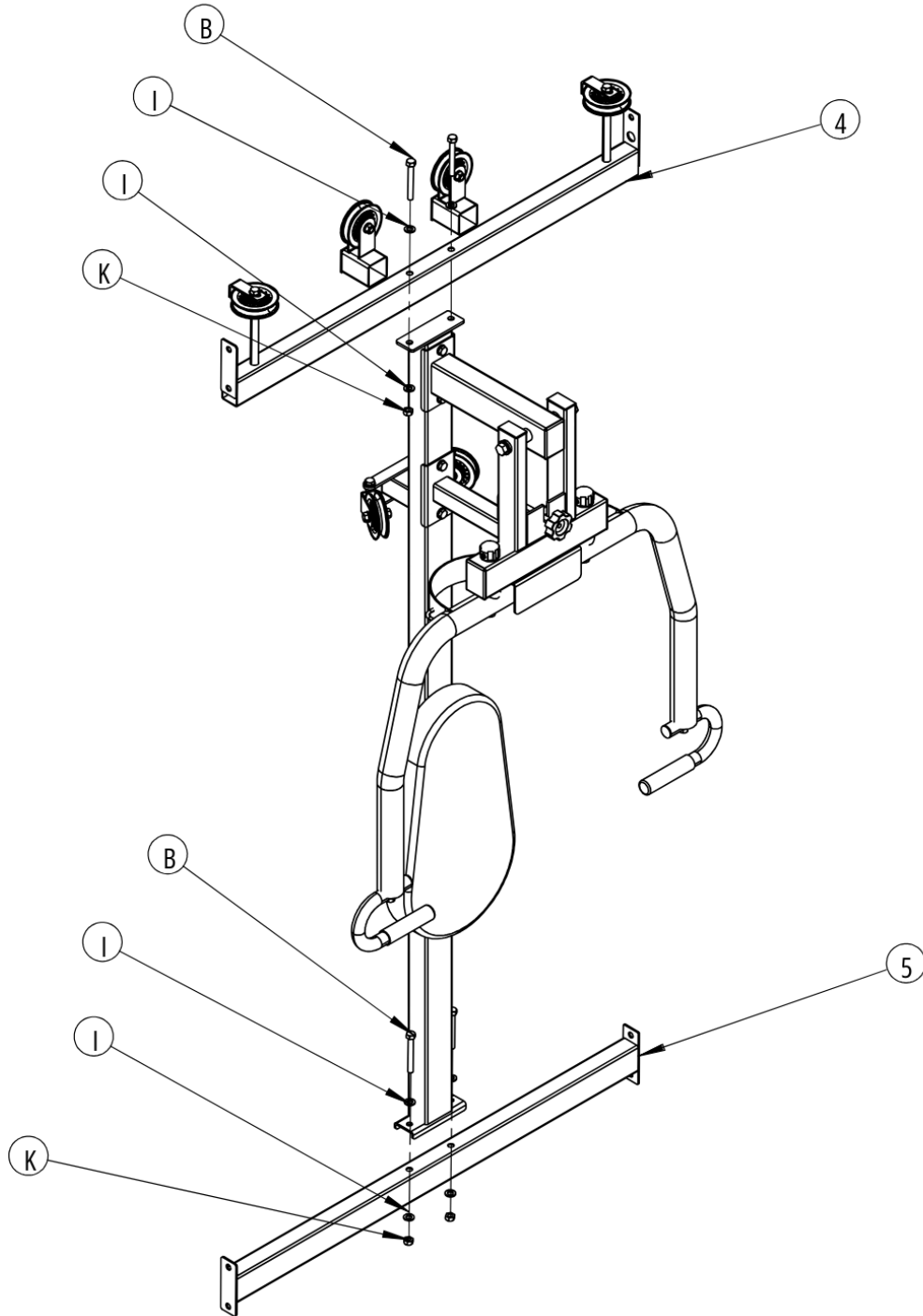
**STEP
02****Install the Dip Arms and Handles**

Attach the left and right dip arm assemblies (#10 and #11) to the central frame. Connect the U-shaped handle grips (#12) to the ends of the dip arms and secure them using the supplied hardware. Ensure both arms move freely and are installed symmetrically. Tighten the mounting hardware only after confirming correct positioning.



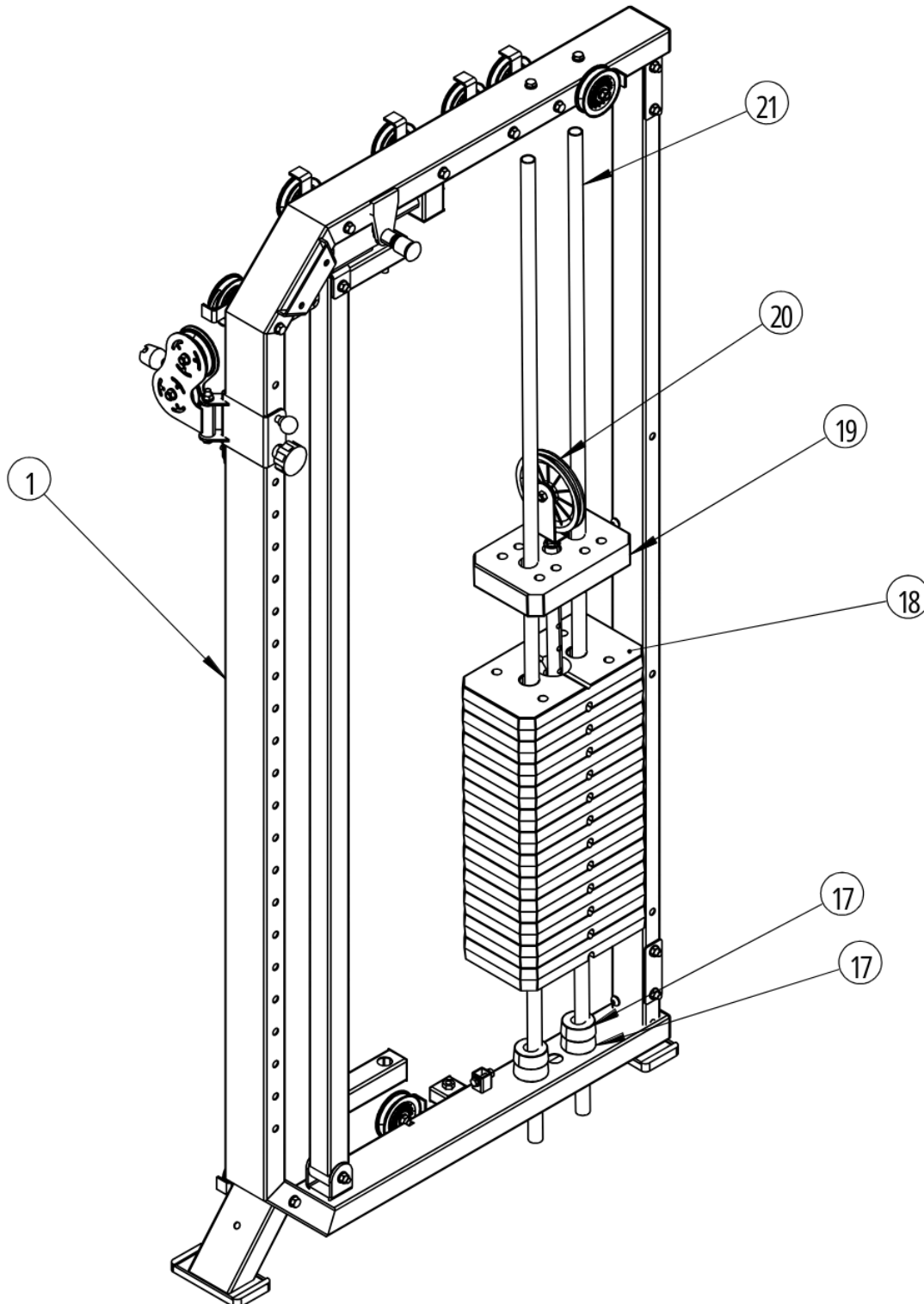
**STEP
03****Install the Crossbar and Top Frame**

Position the upper crossmember (#4) at the top of the upright assembly and the lower stabilizing crossmember (#5) at the base. Secure both components using the designated bolts, washers, and lock nuts. Verify that the frame remains square and level before fully tightening all fasteners.



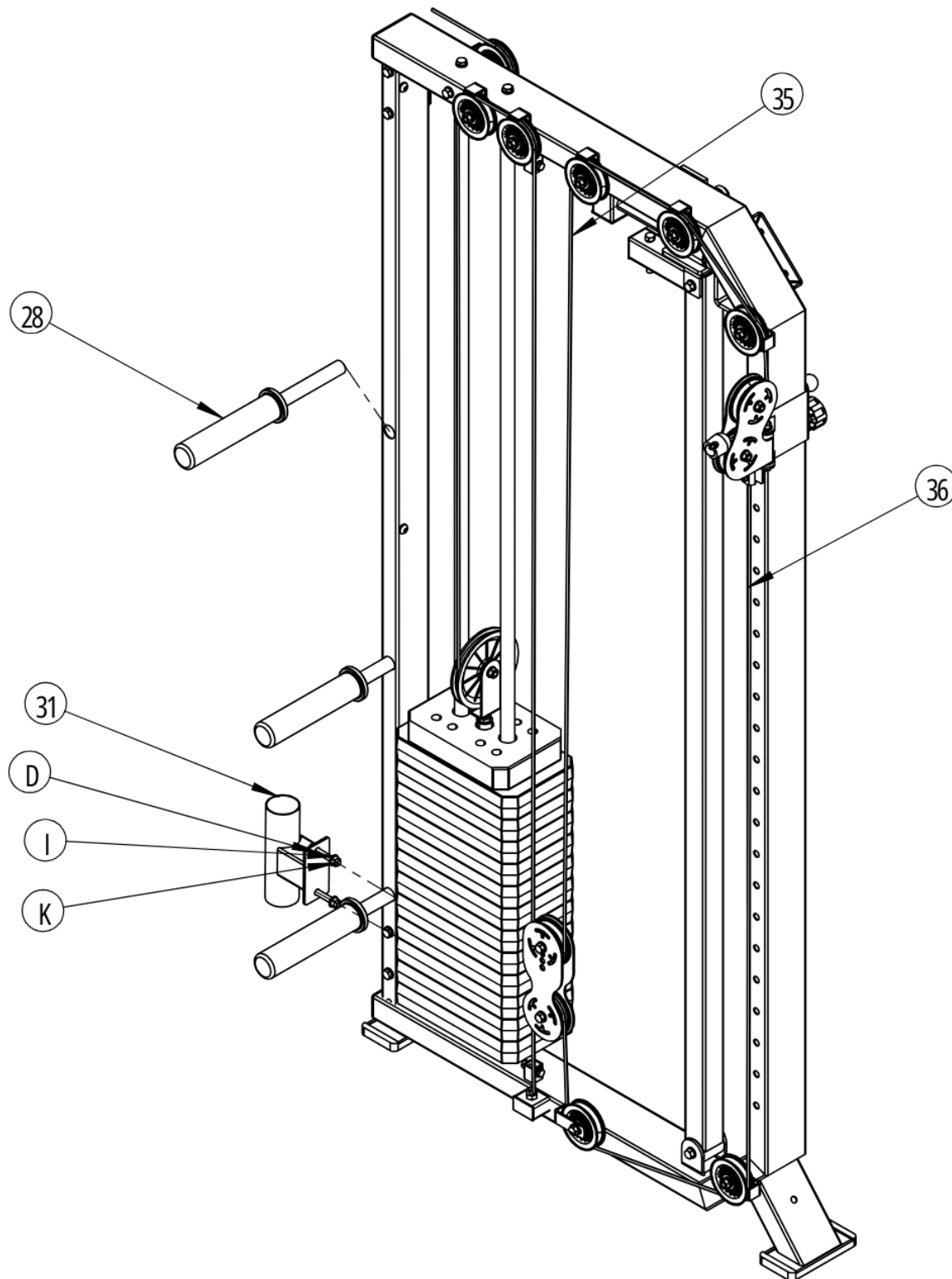
**STEP
04****Install the Weight Stack and Guide Rods**

Position the main frame assembly (#1) upright. Install the weight plates (#18) onto the guide system and position the top selector plate (#19) above the stack. Insert the stainless-steel guide rods (#21) through the selector plate and weight stack, ensuring smooth vertical movement. Fit the selector pin assembly (#20) according to the diagram and verify that the stack travels freely without binding.



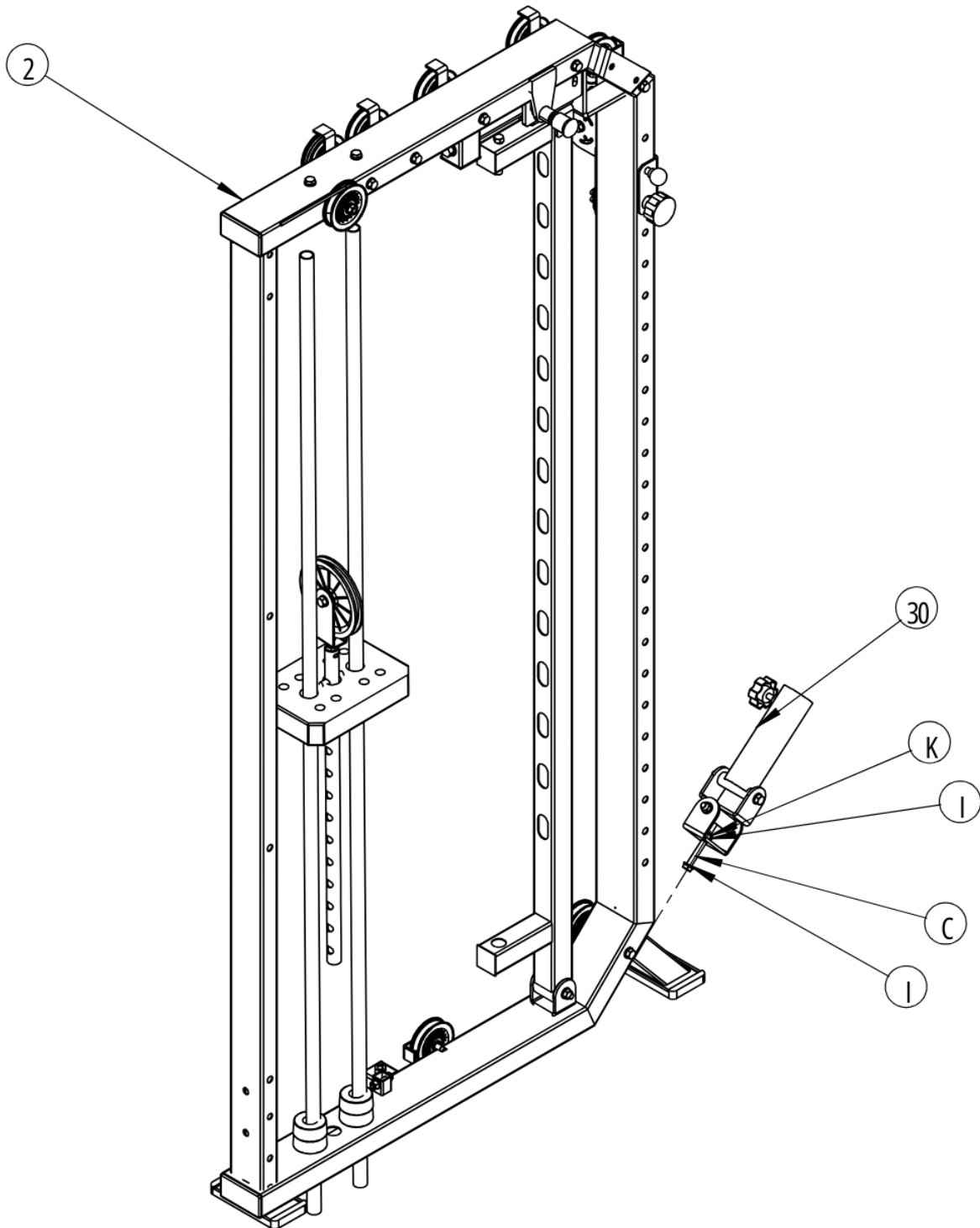
**STEP
05****Install the Weight Horns and Pulley Components**

Insert the storage weight horns (#28) into the designated mounting points on the frame. Attach the pulley bracket assembly (#31) and secure it using the supplied hardware. Install the upper pulley assembly (#35) and guide rail (#36) as shown. Confirm that all pulley wheels rotate freely before proceeding to the next step.



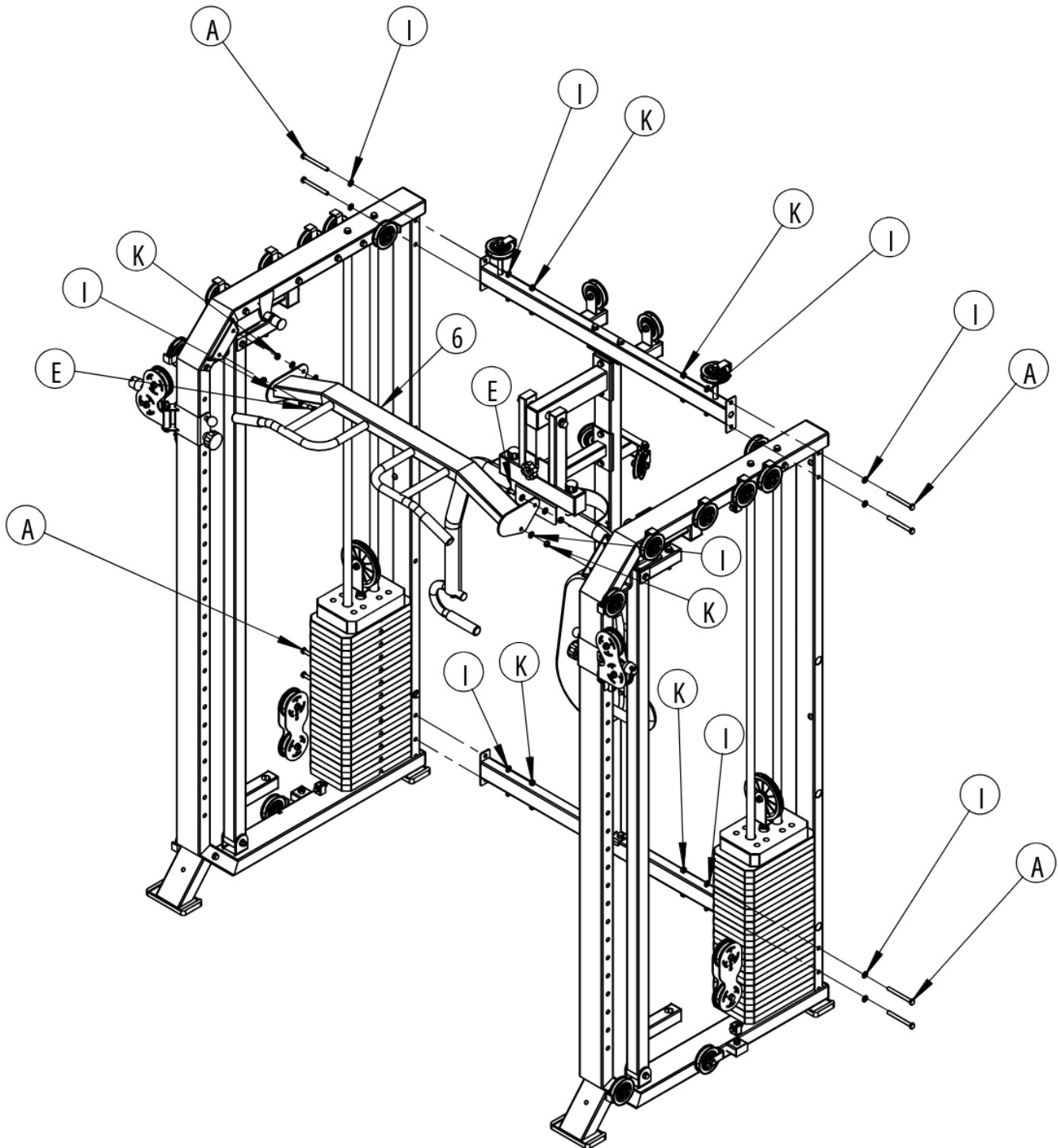
**STEP
06****Assemble the Secondary Upright Frame**

Position the second upright frame (#2) opposite the first frame. Attach the connecting bracket assembly (#30) using the specified bolts, washers, and lock nuts. Ensure the frame stands parallel to the first upright and that all mounting holes align correctly. Fully tighten the hardware once alignment has been verified.



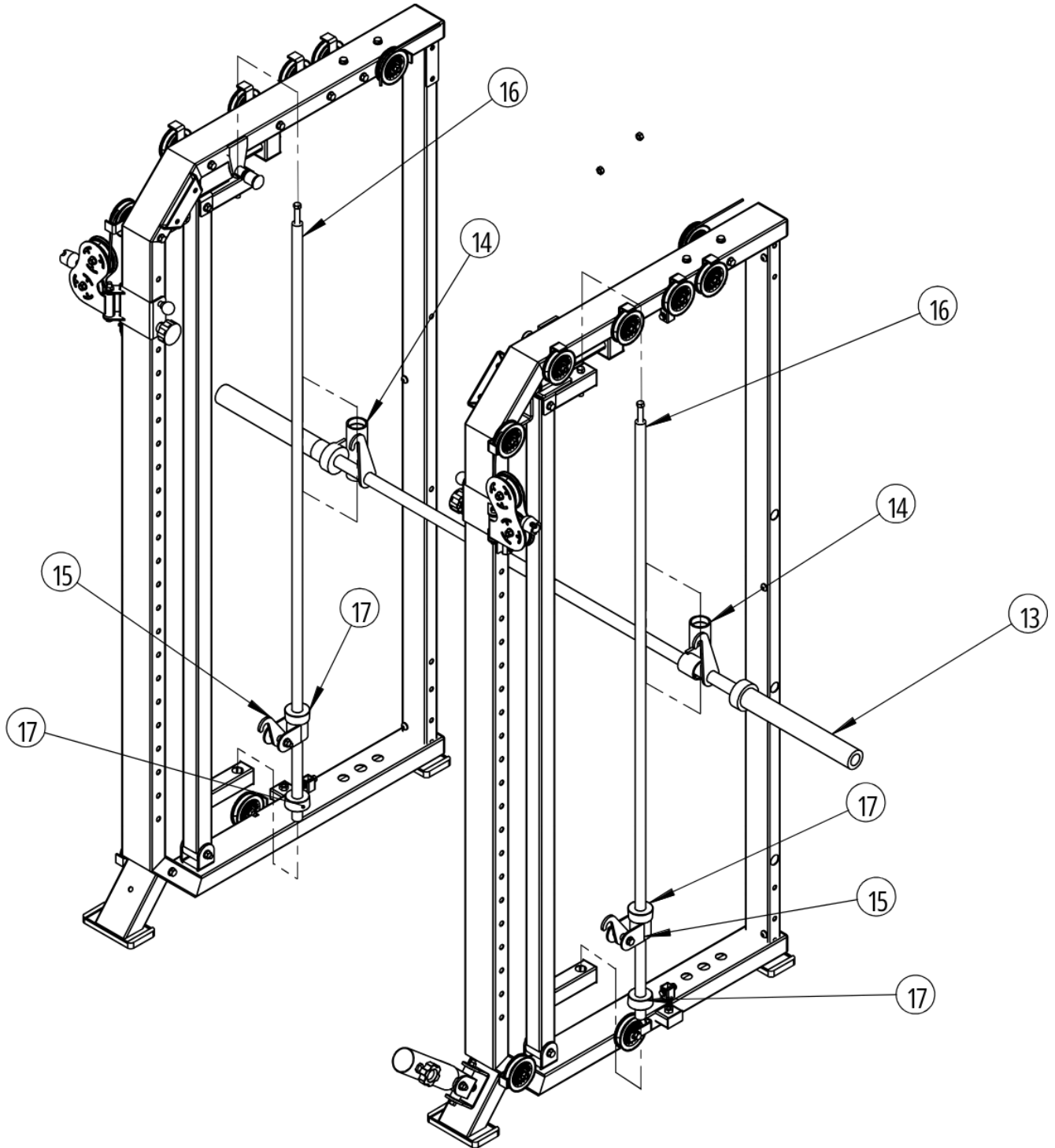
**STEP
07****Connect the Functional Trainer Frame**

Join both upright assemblies using the pull-up and connecting frame structure (#6). Secure all upper and lower frame connections using the supplied bolts, washers, and lock nuts. Confirm that the complete structure is level and stable. Tighten all previously installed frame hardware at this stage.



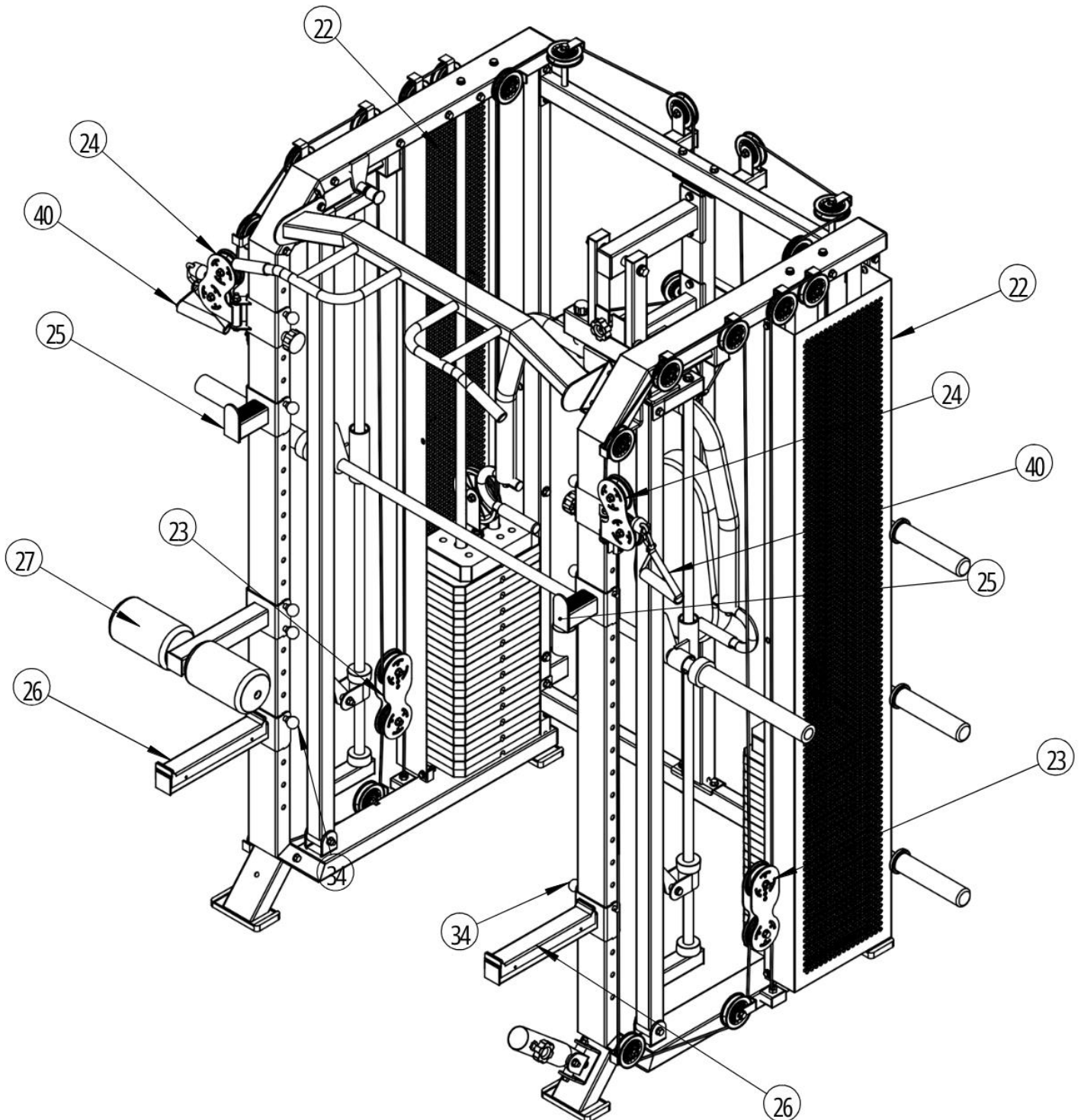
**STEP
08****Install the Smith Bar and Linear Guide System**

Position the Smith machine bar (#13) between the uprights. Install the guide sleeves (#14), locking hooks (#15), and stainless-steel guide rods (#16) according to the assembly diagram. Secure the lower guide components and bushings (#17) at the base. Test the Smith bar movement through its full range of travel to ensure smooth operation and proper engagement of the safety hooks.



**STEP
09****Install Accessories, Safety Covers, and Final Components**

Attach the protective shrouds (#22) to both weight-stack assemblies. Install the pulley covers (#24), accessory holders (#25), support rails (#26), foam rollers (#27), and remaining accessory brackets (#23 and #34). Fit all remaining trim pieces and hardware (#40) as indicated. Perform a final inspection and fully tighten all bolts. Verify smooth cable movement, proper weight stack operation, and secure attachment of all accessories before use.



5. STATION OPERATING INSTRUCTIONS

5.1 Power Rack Station

The integrated power rack enables safe free-weight barbell training with full spotter arm protection. Exercises: squats, bench press, overhead press, rack pulls, barbell rows.

Setting J-Hooks:

- Stand inside the rack and determine the correct bar unrack height — bar should be at upper chest level for bench press, shoulder height for squat.
- Insert J-hook mounting pin into upright hole at chosen height.
- Verify J-hook is fully seated and cannot be dislodged by applying upward force.
- Always use BOTH J-hooks at identical heights. Use the position markings on the uprights.

Setting Spotter Arms:

- Set spotter arms to a position BELOW your lowest point of the exercise (e.g. for bench press, set to chest height minus 5 cm).
- The spotter arms must be set equal height on both sides.
- Confirm firm engagement before each session.

5.2 Smith Machine Station

The FUSION X Pro Rack features a unique dual-angle Smith machine with selectable 0° (vertical) or 7° (angled natural) bar path. The bar runs on polished guide rails with precision linear bearings for a smooth, professional feel.

Selecting Bar Path Angle:

0° Vertical — Best for: controlled, beginner-friendly lifts, strict form training, rehabilitation. The bar follows a perfectly straight vertical path with no horizontal deviation.

7° Angled — Best for: intermediate to advanced users, more natural biomechanical movement, reduced joint stress. Closely approximates the natural bar path of free-weight exercises.

To change bar path angle:

- FULLY unload the Smith bar — remove all weight plates.
- Locate the angle selector bolt on the top rail bracket assembly.
- Loosen the angle selector bolt with a 17 mm spanner (2–3 turns).
- Pivot the rail assembly to the desired angle (0° or 7° — both positions are marked).
- Firmly retighten the angle selector bolt.
- Apply load only after confirming the bolt is tight.

WARNING: Never adjust the bar angle with weight loaded on the Smith bar. Doing so risks sudden bar movement which may cause injury.

5.3 Dual Cable Trainer (Functional Cable Crossover)

The integrated dual cable system functions as a complete cable crossover machine with two independent 80 kg weight stacks. Exercises include: cable crossover, cable flies, rows, pulldowns, face pulls, bicep curls, tricep pushdowns, functional training, and more.

Adjusting Pulley Height:

- Release the pulley column locking pin (pull-pin mechanism).
- Slide the pulley to the desired height — up for high cable work, down for low cable work.
- Re-engage the locking pin firmly. Test by tugging the cable before applying load.

Adjusting Pulley Rotation (180°):

- Loosen the rotation lock at the pulley head.
- Rotate the pulley to the required angle (0°–180°).
- Lock the rotation pin firmly before applying load.

Selecting Weight (Pin System):

- Insert the weight selector pin horizontally through the desired weight plate.
- The weight plates are marked in kg. All plates ABOVE the inserted pin will be lifted.
- Maximum per stack: 80 kg. Never add free plates on top of the stack.

5.4 Pec Deck / Butterfly Station

The pec deck provides a full arc chest fly motion with professionally calibrated resistance. Exercises: chest fly, reverse fly, unilateral chest isolation, hypertrophy training.

- Adjust seat height using the pop-pin so the elbow pads align with shoulder height.
- For chest fly: grip the arm pads from the front, elbows at 90°.
- For reverse fly: reverse grip, pull arms apart (rear deltoid / upper back).
- Select weight via the cable stack pin on the connected cable column.

5.5 Lat Pulldown & Seated Low Row Station

The lat pulldown and seated row station includes an adjustable seat with backrest and an adjustable leg hold-down roller for full stabilisation during back training.

Lat Pulldown:

- Sit on the seat and adjust leg roller to firmly hold thighs in place.
- Reach up to the lat pulldown bar attachment on the top cable pulley.
- Pull the bar to the upper chest, squeezing the shoulder blades together.
- Control the weight on the way up. Do not allow the stack to slam.

Seated Low Row:

- Attach a rowing handle to the low cable attachment point.
- Sit on the seat, feet braced, slight bend in knees.
- Pull the handle to the lower abdomen, driving elbows back.
- Return slowly to full extension.

5.6 Multi-Grip Pull-Up Bar

The top-mounted multi-grip pull-up bar offers wide, close, and neutral grip positions for comprehensive upper body development. Exercises: pull-ups, chin-ups, commando pull-ups, hanging knee raises, L-sits.

5.7 Adjustable Dip Handles

The dip handles can be adjusted to multiple heights. Set to shoulder width apart. Perform dips for triceps and lower chest development. Suitable also for knee/leg raises.

5.8 Landmine Base Station

Insert a standard Olympic barbell sleeve into the landmine pivot base. Load weight onto the opposite end. Exercises: landmine press, landmine row, landmine rotation, meadows rows, single-arm press.

NOTE: Olympic barbell and weight plates for the landmine are not included and are sold separately.

6. EXERCISE GUIDE — 88+ EXERCISES

The FUSION X Pro Rack supports 88+ exercises across all major muscle groups. Below is a comprehensive reference organised by muscle group and station.

CHEST

Exercise	Station	Primary Muscles
Barbell Bench Press	Power Rack	Pectoralis Major, Triceps, Anterior Deltoid
Smith Machine Bench Press	Smith Machine	Pectoralis Major, Triceps
Incline Bench Press	Power Rack / Smith	Upper Pectoralis, Anterior Deltoid
Decline Bench Press	Power Rack / Smith	Lower Pectoralis
Cable Chest Fly	Dual Cable (High)	Pectoralis Major (stretch/contraction)
Low-to-High Cable Fly	Dual Cable (Low)	Upper Pectoralis
Pec Deck Fly	Pec Deck Station	Pectoralis Major (isolation)
Landmine Press	Landmine Base	Pectoralis, Anterior Deltoid, Triceps

BACK

Exercise	Station	Primary Muscles
Pull-Ups (Wide Grip)	Pull-Up Bar	Latissimus Dorsi, Biceps
Chin-Ups (Close Grip)	Pull-Up Bar	Latissimus Dorsi, Biceps (supinated)
Neutral Grip Pull-Ups	Pull-Up Bar	Latissimus Dorsi, Brachialis
Lat Pulldown	Cable (Top) + Seat	Latissimus Dorsi, Teres Major
Close Grip Lat Pulldown	Cable (Top) + Seat	Latissimus Dorsi, Biceps
Seated Cable Row	Low Cable + Seat	Rhomboids, Mid Trapezius, Biceps
Straight-Arm Pulldown	Cable (Top)	Latissimus Dorsi
Reverse Cable Fly	Dual Cable	Rear Deltoid, Rhomboids
Reverse Pec Deck	Pec Deck Station	Rear Deltoid, Upper Back
Rack Pull	Power Rack	Erector Spinae, Traps, Glutes
Landmine Row	Landmine Base	Latissimus Dorsi, Rear Deltoid

SHOULDERS

Exercise	Station	Primary Muscles
Barbell Overhead Press	Power Rack	Anterior & Medial Deltoid, Triceps
Smith Machine OHP	Smith Machine	Deltoids, Triceps
Cable Lateral Raise	Dual Cable (Low)	Medial Deltoid
Cable Front Raise	Dual Cable (Low)	Anterior Deltoid
Face Pull	Cable (High)	Rear Deltoid, External Rotators
Arnold Press	Dual Cable	All three deltoid heads
Upright Row (Cable)	Cable (Low)	Medial Deltoid, Upper Traps
Shrugs (Smith Machine)	Smith Machine	Trapezius

ARMS

Exercise	Station	Primary Muscles
Barbell Curl	Power Rack	Biceps Brachii
Smith Machine Drag Curl	Smith Machine	Biceps (peak contraction)
Cable Curl	Cable (Low)	Biceps Brachii
Hammer Curl (Cable)	Cable (Low)	Brachioradialis, Brachialis
Overhead Tricep Extension	Cable (Top)	Triceps Long Head
Tricep Pushdown (Rope)	Cable (Top)	Triceps Brachii
Tricep Kickback (Cable)	Cable (Low)	Triceps Lateral Head
Close-Grip Smith Press	Smith Machine	Triceps, Pectoralis
Dips	Dip Handles	Triceps, Lower Chest, Anterior Deltoid

LEGS & GLUTES

Exercise	Station	Primary Muscles
Barbell Squat	Power Rack	Quadriceps, Glutes, Hamstrings
Smith Machine Squat	Smith Machine	Quadriceps, Glutes
Smith Machine Lunge	Smith Machine	Quadriceps, Glutes, Hamstrings
Smith Machine Split Squat	Smith Machine	Quadriceps, Glutes
Romanian Deadlift	Power Rack	Hamstrings, Glutes, Erector Spinae
Cable Pull-Through	Cable (Low)	Glutes, Hamstrings
Hip Abduction (Cable)	Cable (Low)	Glute Medius
Hip Adduction (Cable)	Cable (Low)	Hip Adductors
Cable Kickback	Cable (Low)	Glute Maximus
Good Mornings	Power Rack	Hamstrings, Erector Spinae, Glutes

CORE

Exercise	Station	Primary Muscles
Hanging Knee Raise	Pull-Up Bar	Rectus Abdominis, Hip Flexors
Hanging Leg Raise	Pull-Up Bar	Lower Abdominals, Hip Flexors
Cable Crunch (Kneeling)	Cable (Top)	Rectus Abdominis
Pallof Press	Dual Cable	Core Anti-Rotation Stability
Woodchop (High to Low)	Cable (High)	Obliques, Core
Woodchop (Low to High)	Cable (Low)	Obliques, Core
Landmine Rotation	Landmine Base	Obliques, Transverse Abdominis
Ab Wheel (with landmine bar)	Landmine Base	Rectus Abdominis, Core
L-Sit Hold	Dip Handles	Core, Hip Flexors, Triceps

7. MAINTENANCE & CARE

Regular maintenance ensures the longevity, safety, and optimal performance of your FUSION X Pro Rack. Follow the schedule below.

Maintenance Schedule

Frequency	Task	Method
After Every Use	Wipe down all contact surfaces	Damp cloth with mild disinfectant
After Every Use	Inspect cables for visible damage	Visual check along full cable length
After Every Use	Check pin engagement on weight stacks	Visual + tactile check
Weekly	Inspect all bolts and fasteners	Hand-tighten any loose bolts found
Weekly	Lubricate Smith machine guide rails	Light machine oil on rail surface
Weekly	Clean weight stack guide rods	Wipe with dry cloth, light oil
Monthly	Full bolt torque check (all structural bolts)	Torque wrench per specification table
Monthly	Inspect cable terminations and crimps	Look for fraying, kinking, spreading
Monthly	Lubricate all pivot points and bearings	Light grease on all bearing surfaces
Monthly	Check pulley rotation smoothness	Manual rotation check, re-grease if needed
Every 3 Months	Full structural integrity inspection	Check frame welds, paint, all connections
Every 3 Months	Replace cables if any damage found	Contact PH Fitness for replacement cables
Annually	Professional service inspection	Recommended for commercial environments

Cable Replacement

Steel cables are wear items. Inspect regularly and replace at the first sign of:

- Fraying or broken strands
- Kinking that cannot be straightened
- Corrosion or discolouration
- Elongation or stretching beyond normal

IMPORTANT: 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 moves unevenly / binds	Guide rails dry or dirty; rail bolts loose	Clean and oil rails; check and tighten rail bolts
Cable slips or jumps off pulley	Cable misrouted; pulley damaged	Re-route cable through pulley groove; inspect pulley
Weight stack is noisy (rattling)	Guide rods need lubrication; plates loose	Wipe and oil guide rods; check plate alignment
Frame vibrates or rocks	Floor uneven; base bolts loose	Level the machine; tighten base bolts
J-hooks won't seat properly	Wrong hole selected; hook deformed	Try adjacent hole; inspect hook for damage
Spotter arms feel loose	Mounting bolts under-torqued	Re-tighten to spec per torque table
Pulley column won't lock in position	Locking pin worn; track dirty	Clean pin channel; contact PH Fitness for pin replacement
Pec deck arms uneven	Pivot bolt loose; spring tension uneven	Check and re-tighten pivot bolts on both sides
Powder coat chips or scratches	Impact or abrasion	Touch up with PH Fitness colour-matched touch-up paint
Bar path angle slips mid-use	Angle selector bolt not fully tightened	Unload bar, re-torque angle selector bolt

9. WARRANTY & CUSTOMER SUPPORT

Warranty Coverage

The PH Fitness FUSION X Pro Rack is covered by a 2-year manufacturer's warranty from the date of original purchase. The warranty covers:

- Structural frame defects (welds, tubing, powder coating failures)
- Mechanical component defects (pulleys, bearings, cable attachments)
- Factory assembly defects discovered during initial setup

Warranty Exclusions

The warranty does not cover:

- Damage arising from improper assembly
- Damage from exceeding stated weight limits
- Normal wear items: cables, rubber grips, upholstery, floor pads
- Damage from unauthorised modifications
- Cosmetic damage from misuse or environmental exposure
- Commercial use beyond the rated duty cycle

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 (FUSION X Pro Rack), date of purchase, and description of defect.
- PH Fitness will advise on repair, replacement, or return procedure within 5 business days.

Delivery

The FUSION X Pro Rack is delivered free of charge to your home address. Delivery includes kerbside delivery. Assembly service is available in select regions — contact PH Fitness for details.

Contact PH Fitness

PH FITNESS

Website: phfitness.nl

Mail : support@phfitness.nl

Jouw home gym. Jouw prestaties. Jouw tempo.

PH FITNESS

FUSION X PRO RACK

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