



Model: AKU.1

ITM. / ART.

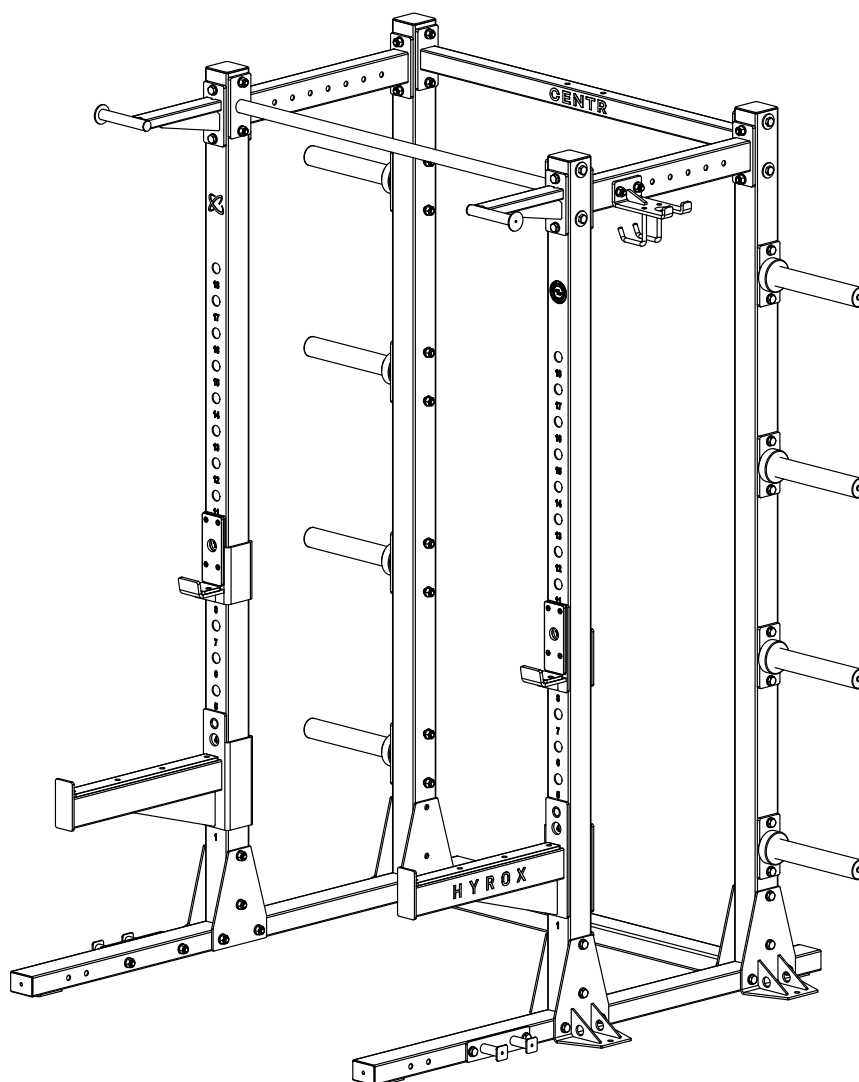
USER MANUAL

CENTR X HYROX PERFORM SERIES HALF RACK

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY



SCAN FOR MANUALS,
VIDEOS, AND SUPPORT



Record Serial Number Here

MADE IN CHINA
80669-EN-V2026-06-03

WELCOME

Welcome to Centr and thanks for your purchase. We're happy to have you. Please inspect your product and contact us right away if anything is missing or damaged.

Your equipment also comes with access to Centr's digital membership, unlocking tools that will fuel your active lifestyle and well-being. The Centr wellness system aligns your movement, meals and mind with expert-led programs and advice made to work together to deliver you the best results and lifelong healthy habits. Get moving with limitless ways to fuel your routine and reach your goals!

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PHONE

877-738-1729 (US)

+1 877-738-1729 (Global)

Mon-Fri 8am-5pm PT - UTC-7h/8

Support is provided in English and Spanish

PRODUCT WARRANTY

Scan the QR code to register your product and view full warranty details.



AUSTRALIA

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Our goods and services come with guarantees that cannot be excluded under the Australian Consumer Law. For major failures with the service, you are entitled:

- to cancel your service contract with us;
- to a refund for the unused portion, or to compensation for its reduced value.

You are also entitled to choose a refund or replacement for major failures with goods. If a failure with the goods or a service does not amount to a major failure, you are entitled to have the failure rectified in a reasonable time. If this is not done you are entitled to a refund for the goods and to cancel the contract for the service and obtain a refund of any unused portion. You are also entitled to be compensated for any other reasonably foreseeable loss or damage from a failure in the goods or service.

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IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. This equipment is suitable for home use only. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. Please note the following safety precautions:

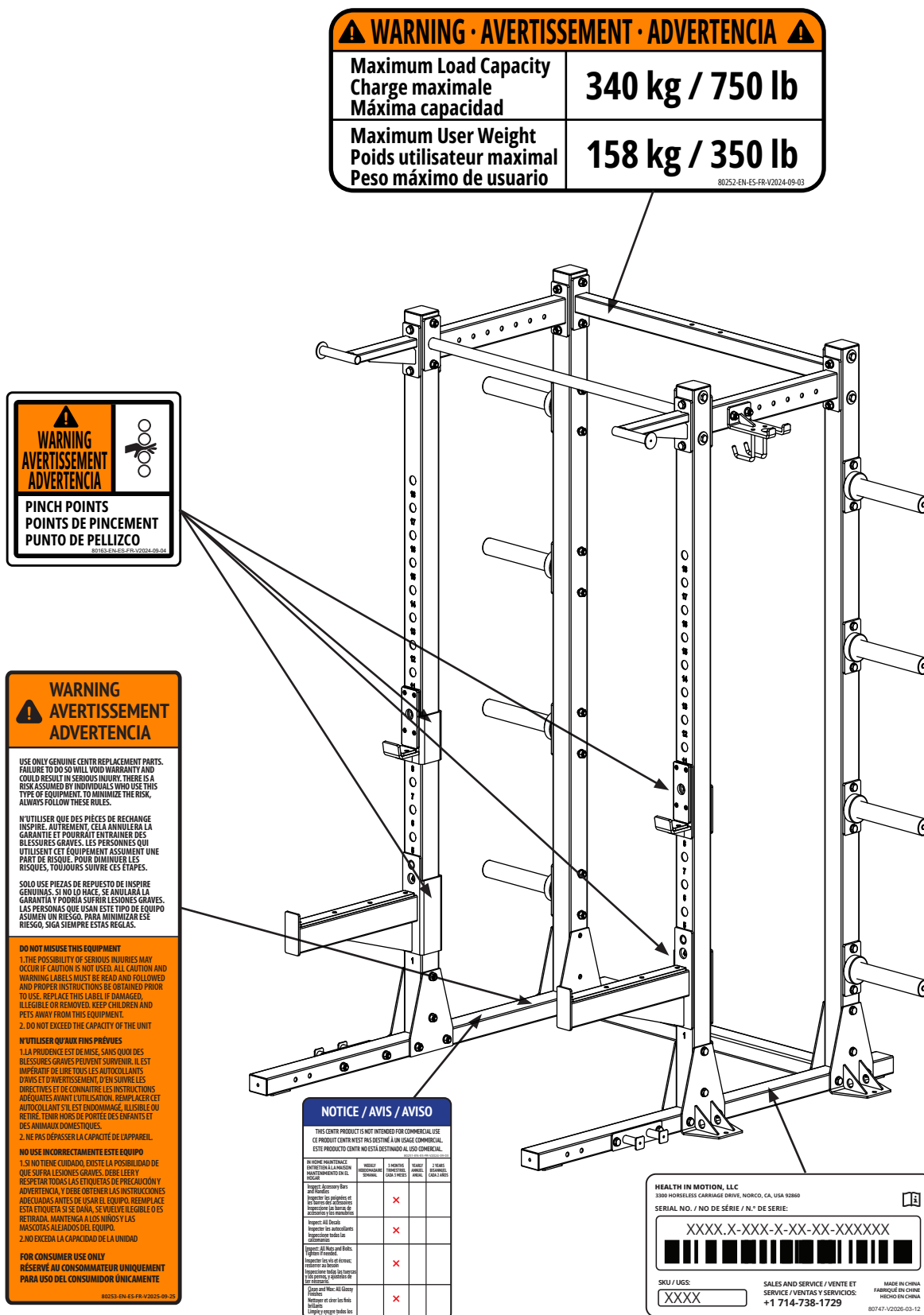
1. **Consult your physician before beginning any exercise program.**
2. Always keep children and pets away from the machine. **DO NOT** leave children unattended in the same room with the machine. The stationary and moving parts on this machine can cause serious injury or death if used improperly.
3. Only one person at a time should use the machine.
4. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
5. Position the machine on a clear, leveled surface. **DO NOT** use the machine near water or outdoors.
6. Keep hair, body and clothing free and clear of all moving parts.
7. Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other loose clothing that could become caught in the machine. Running or training shoes are also required when using the machine.
8. Use the machine only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
9. Never use the machine for support during stretching unless allowed by the manufacturer.
10. **DO NOT** place any sharp objects around the machine.
11. Disabled persons should not use the machine without a qualified person or physician in attendance.
12. Before using the machine to exercise, always do stretching exercises to properly warm up.
13. Maximum **USER** weight on the HR2 is **158 kg (350 lb)**. This means that a **PERSON'S** maximum weight can be **158 kg (350 lb)**.
14. Maximum **WEIGHT CAPACITIES** on the HR2 are:
 - **Barbell / J-Cups:** Maximum **340 kg (750 lb)** applied to barbell resting on the J-Cups only.
 - **Dumbbell Shelf:** Maximum **144 kg (317 lb)** per shelf, evenly distributed.
 - **Wall Ball Shelf:** Maximum **57 kg (126 lb)** per shelf.
 - **Plate Holder:** Maximum **75 kg (165 lb)** per plate holder.

CARE AND MAINTENANCE

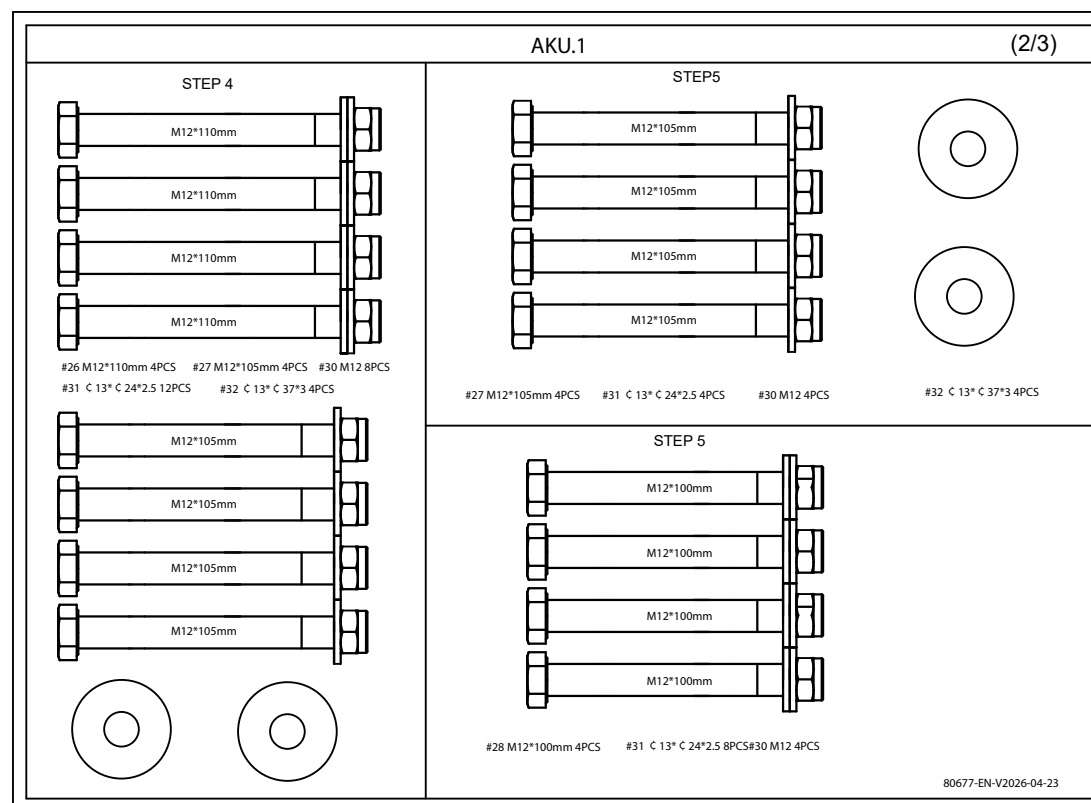
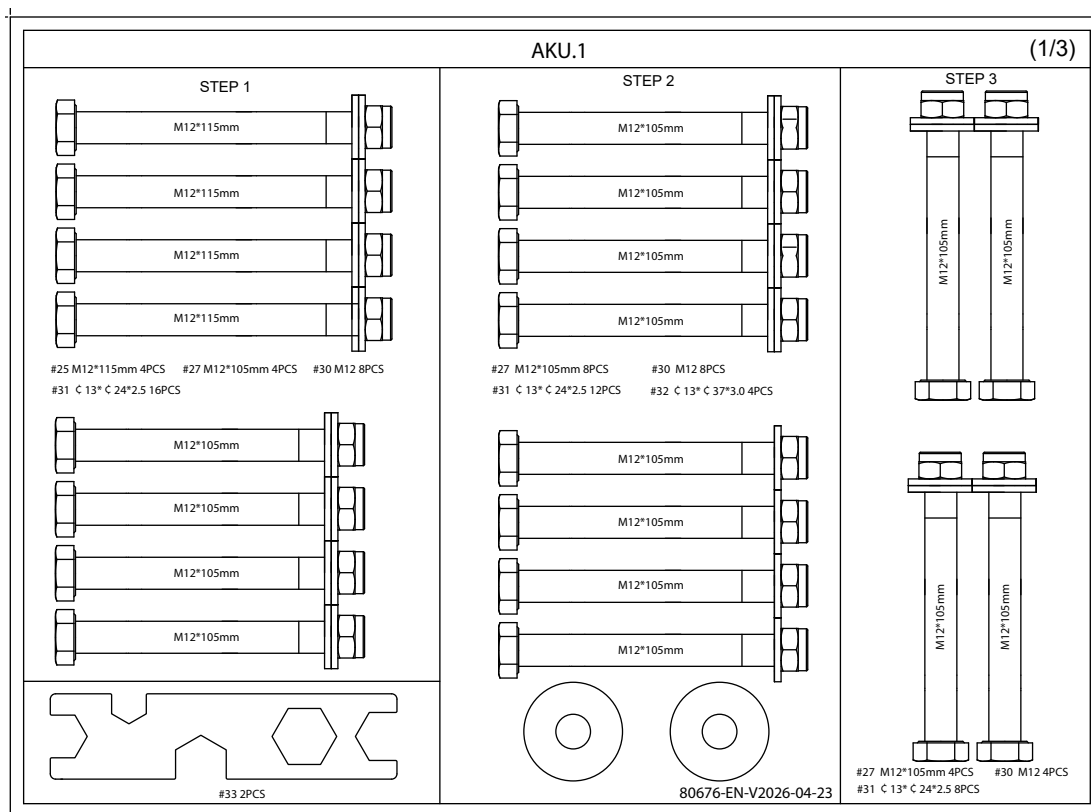
- Inspect and tighten all parts before using the machine.
- The machine can be cleaned using a damp cloth and mild non-abrasive detergent. **DO NOT use solvents.**
- Replace damaged or worn parts immediately.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. Health In Motion, LLC. DOES NOT ASSUME ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

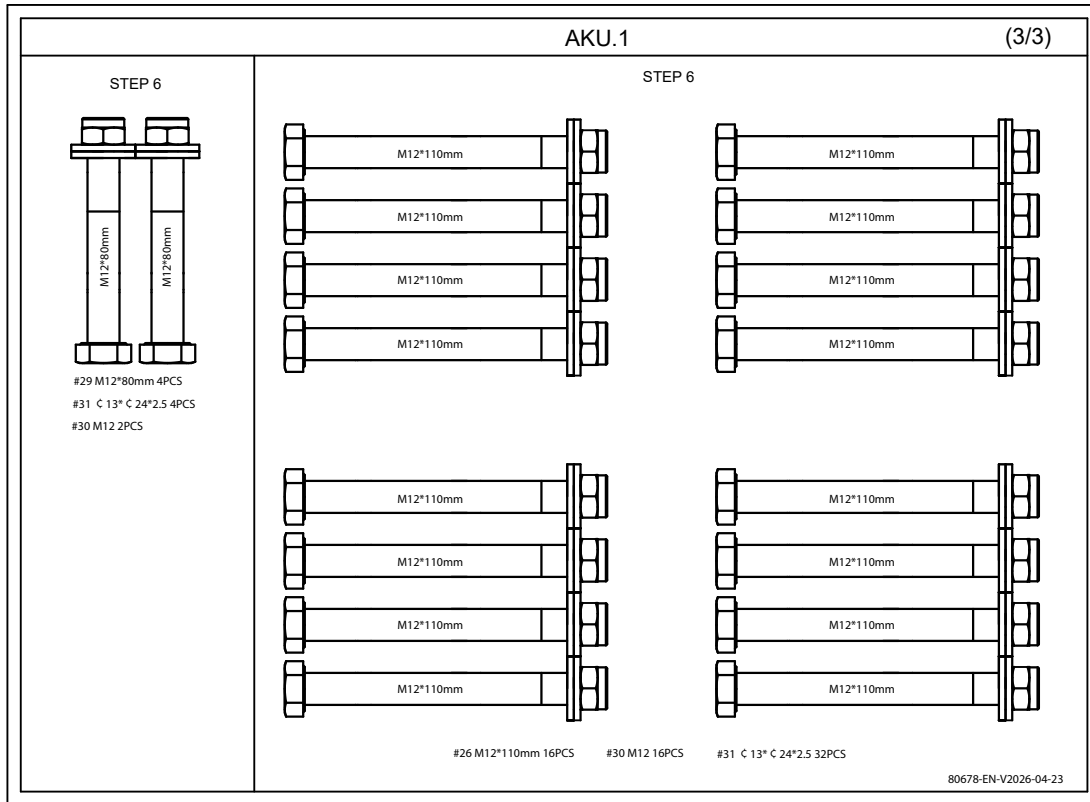
LABEL PLACEMENT



HARDWARE KIT



HARDWARE KIT

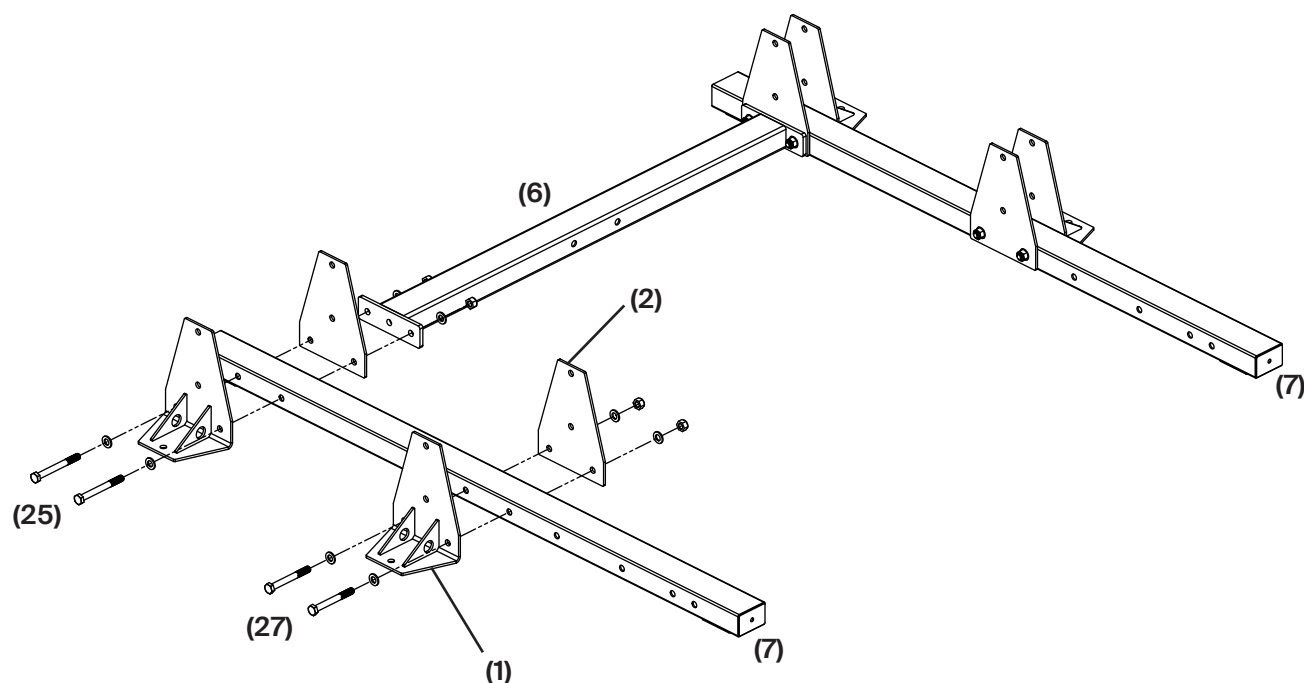


ASSEMBLY INSTRUCTIONS

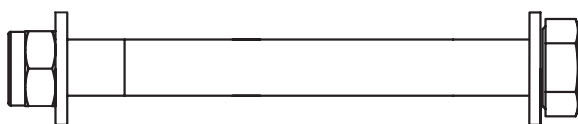
NOTE: PLEASE REMOVE NUT AND WASHERS FROM BOLT, PRIOR TO ASSEMBLING.

STEP 1

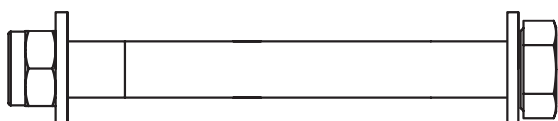
- Place items **(1)**, **(2)**, **(6)**, and **(7)** on the floor and assemble using **Bolt (25)**, **Washer (31)**, and **Locknut (30)**. Make sure the foot pad plates on **(10)** face towards the floor.
- Assemble items **(1)** and **(2)** to frame tube **(7)** using **Bolt (27)**, **Washer (31)**, and **Locknut (30)**.
- Repeat steps for both sides.



HARDWARE REQUIRED (NOT TO SCALE) :



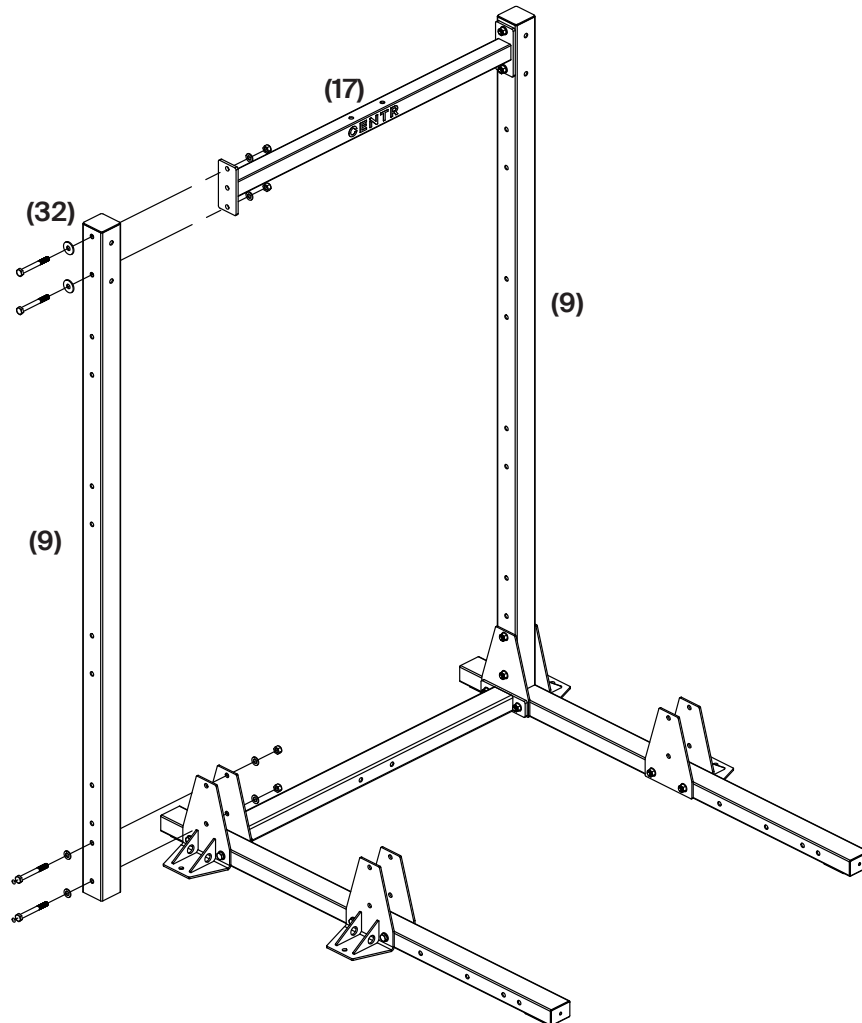
4 x Bolt , M12 X 115 **(25)**
8 x Washer, M12 **(31)**
4 x Nut , M12 **(30)**



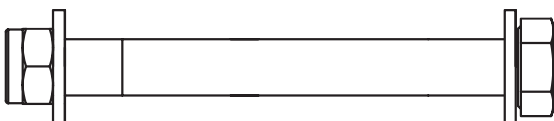
4 x Bolt , M12 X 105 **(27)**
8 x Washer, M12 **(31)**
4 x Nut , M12 **(30)**

STEP 2

- Install both **(9)** to the base frame using **Bolt (27)**, **Washer (31)** and **Lock Nut (30)**.
- Install **(17)** using **Bolt (27)**, **Washer (31)**, **Washer (32)** and **Lock Nut (30)**. Position **Washer (32)** at outside of frame.



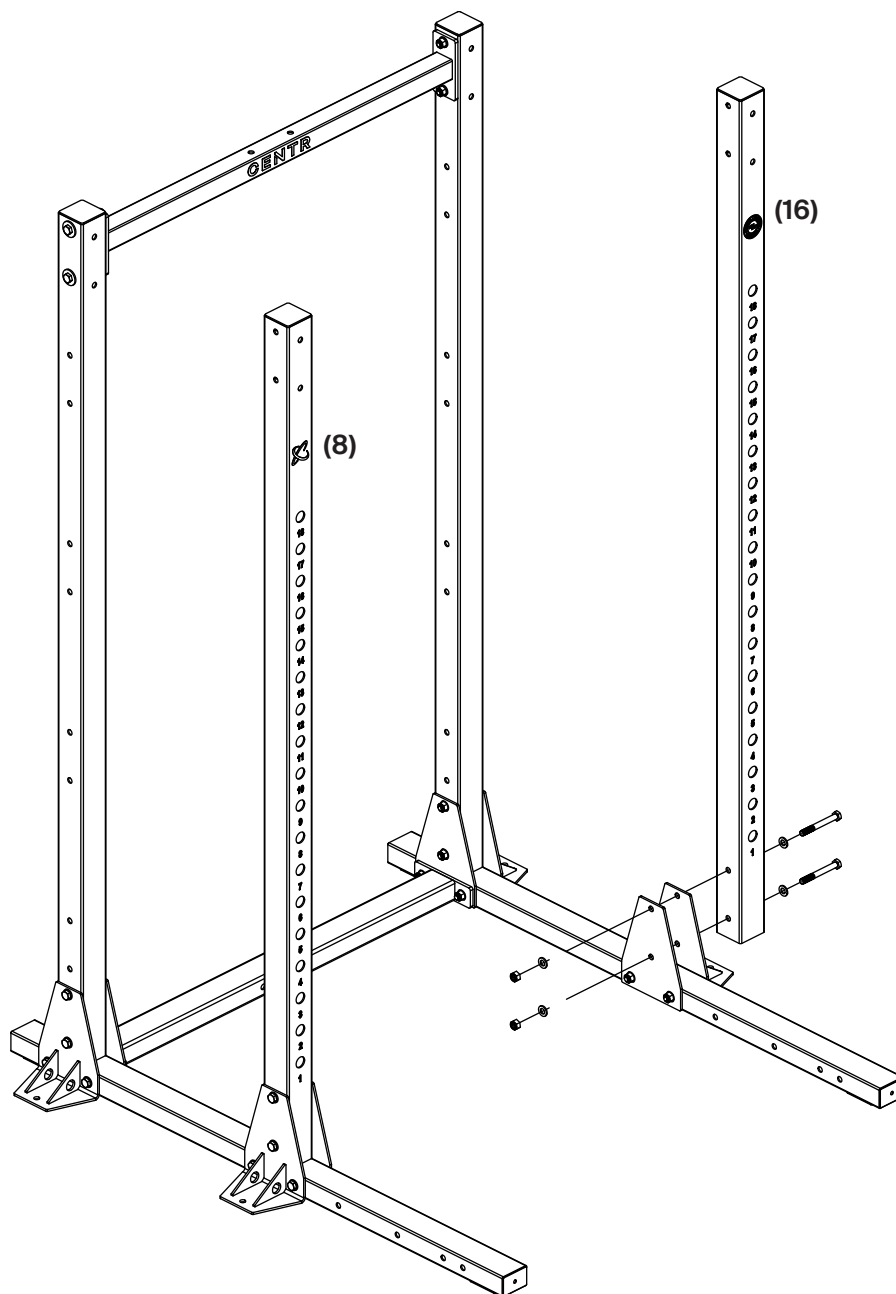
HARDWARE REQUIRED (NOT TO SCALE) :



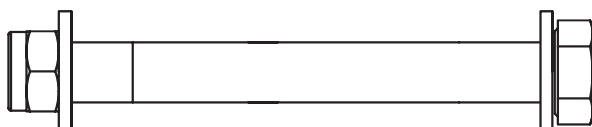
8 x Bolt , M12 X 105 **(27)**
 4 x Washer, M12 X 37 **(32)**
 12 x Washer, M12 X 24 **(31)**
 8 x Nut , M12 **(30)**

STEP 3

- Install both **(8)** and **(16)** to the base using **Bolt (27)**, **Washer (31)**, and **Lock Nut (30)**.



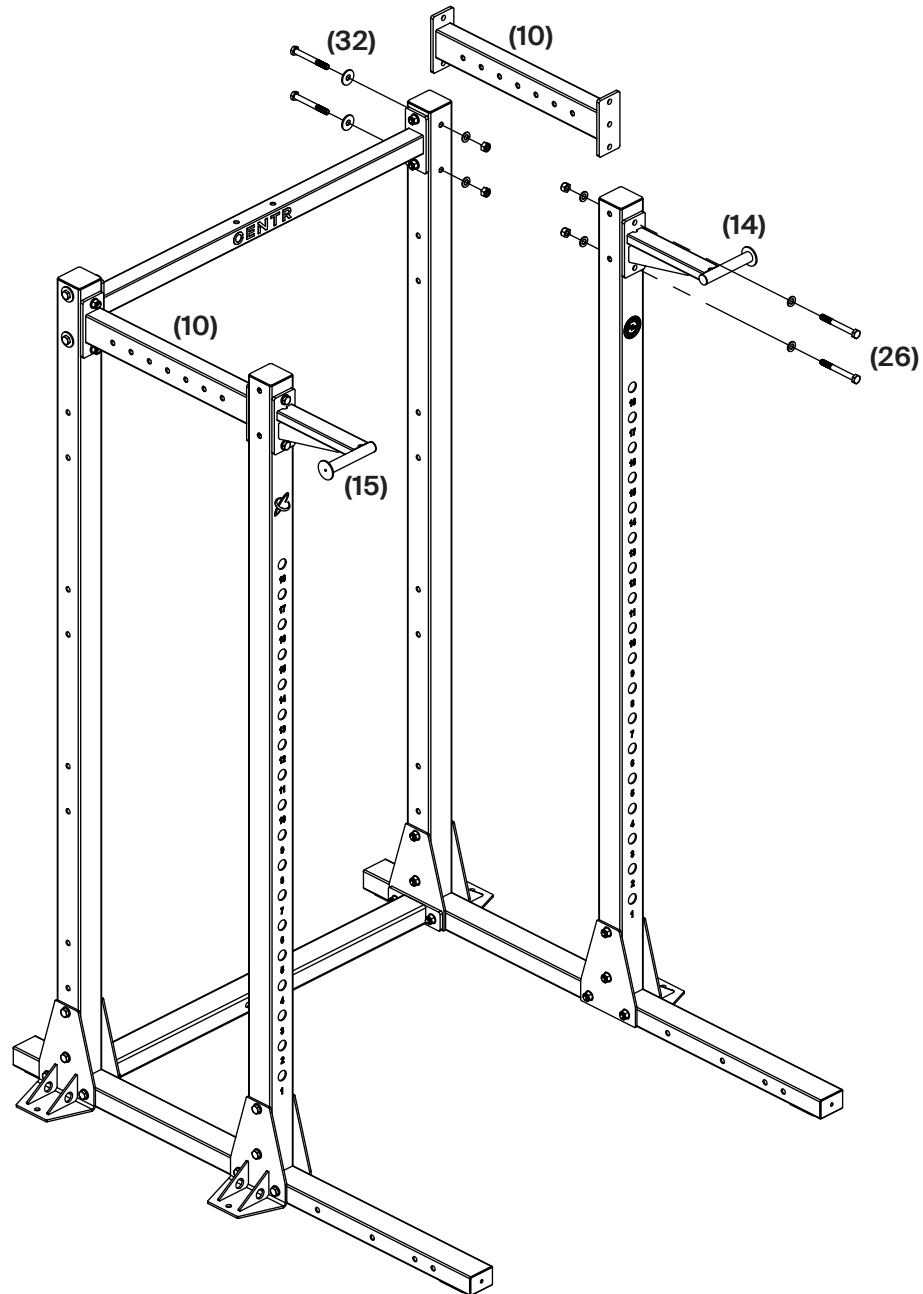
HARDWARE REQUIRED (NOT TO SCALE) :



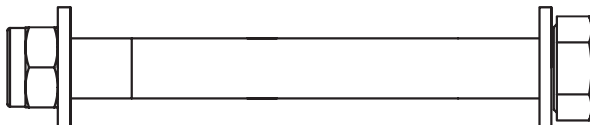
4 x Bolt , M12 X 105 **(27)**
 8 x Washer, M12 X 24 **(31)**
 4 x Nut , M12 **(30)**

STEP 4

- Install both **(10)** in between the frame tubes, with **(14)** and **(15)** on the outside front of the frame. Use **Bolt (26)**, **Bolt (27)**, **Washer (31)**, **Washer (32)**, and **Lock Nut (30)**. Use Bolt **(26)** on the front of frame.



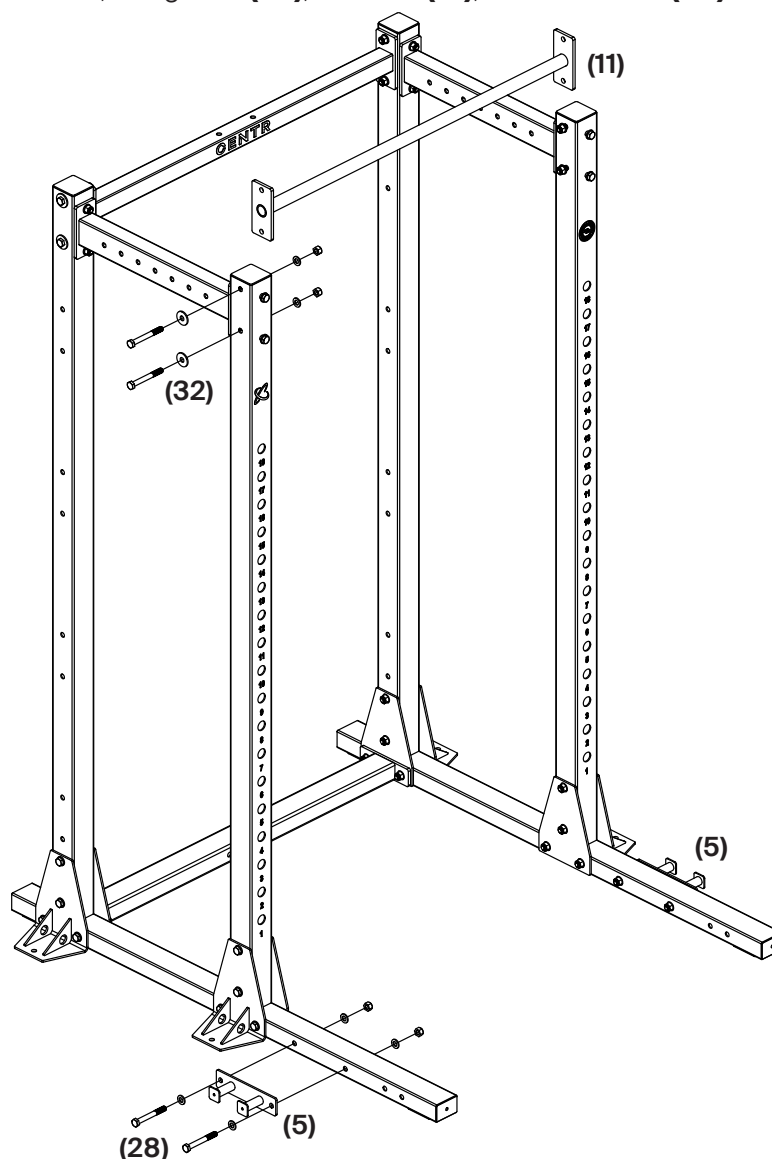
HARDWARE REQUIRED (NOT TO SCALE) :



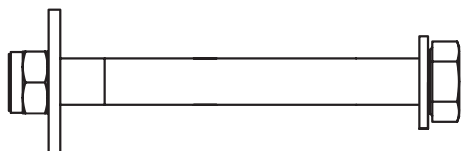
- 4 x Bolt, M12 X 110 **(26)**
- 4 x Bolt, M12 X 105 **(27)**
- 4 x Washer, M12 X 37 **(32)**
- 12 x Washer, M12 X 24 **(31)**
- 8 x Nut, M12 **(30)**

STEP 5

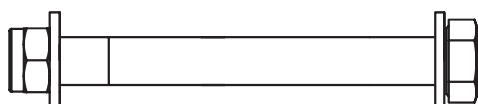
- Install **(11)** in between the frame tubes, using **Bolt (27)**, **Washer (32)**, **Washer (31)**, and **Lock Nut (30)**.
- Install both **(5)** onto frame tubes, using **Bolt (28)**, **Washer (31)**, and **Lock Nut (30)**.



HARDWARE REQUIRED (NOT TO SCALE) :



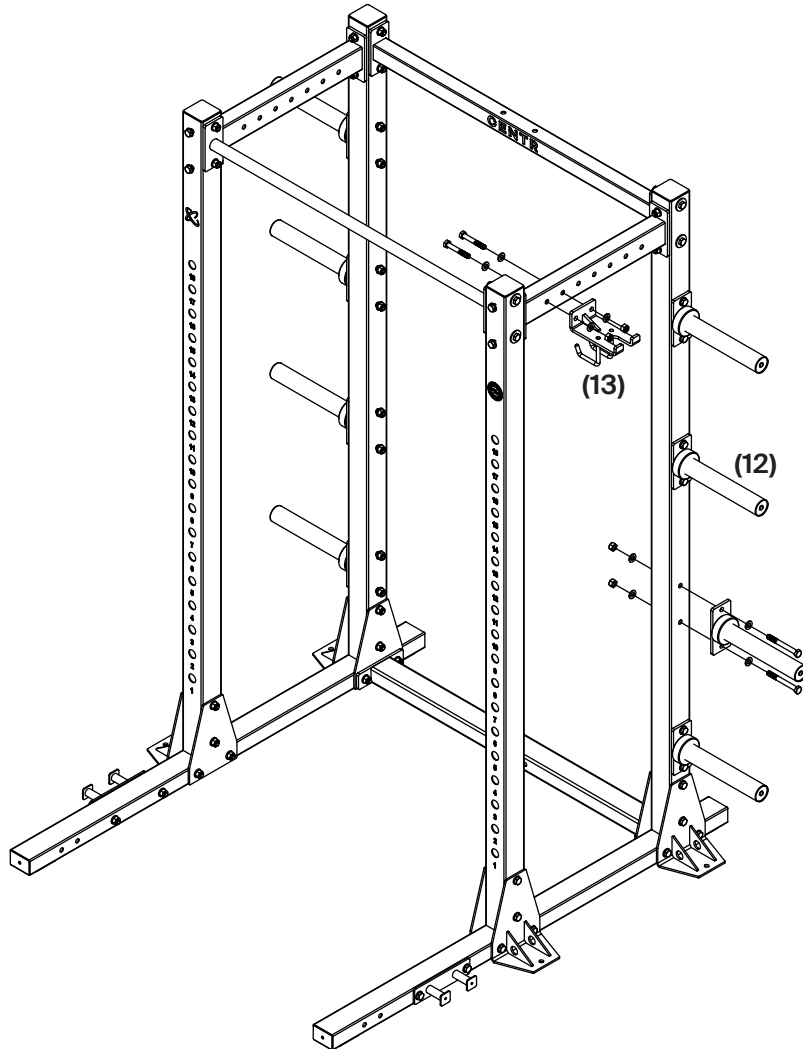
4 x Bolt , M12 X 105 **(27)**
 4 x Washer, M12 X 37 **(32)**
 4 x Washer, M12 X 24 **(31)**
 4 x Nut , M12 **(30)**



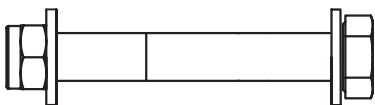
4 x Bolt , M12 X 100 **(28)**
 8 x Washer, M12 X 24 **(31)**
 4 x Nut , M12 **(30)**

STEP 6

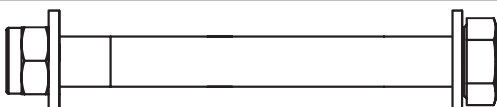
- Install **(13)** to either side of the top frame tube, using **Bolt (29)**, **Washer (31)**, and **Lock Nut (30)**.
- Install all eight of **(12)** to the side of the rear frame tube, using **Bolt (26)**, **Washer (31)**, and **Lock Nut (30)**.



HARDWARE REQUIRED (NOT TO SCALE) :



2 x Bolt , M12 X 80 **(29)**
 4 x Washer, M12 X 24 **(31)**
 2 x Nut , M12 **(30)**



16 x Bolt , M12 X 110 **(26)**
 32 x Washer, M12 X 24 **(31)**
 16 x Nut , M12 **(30)**

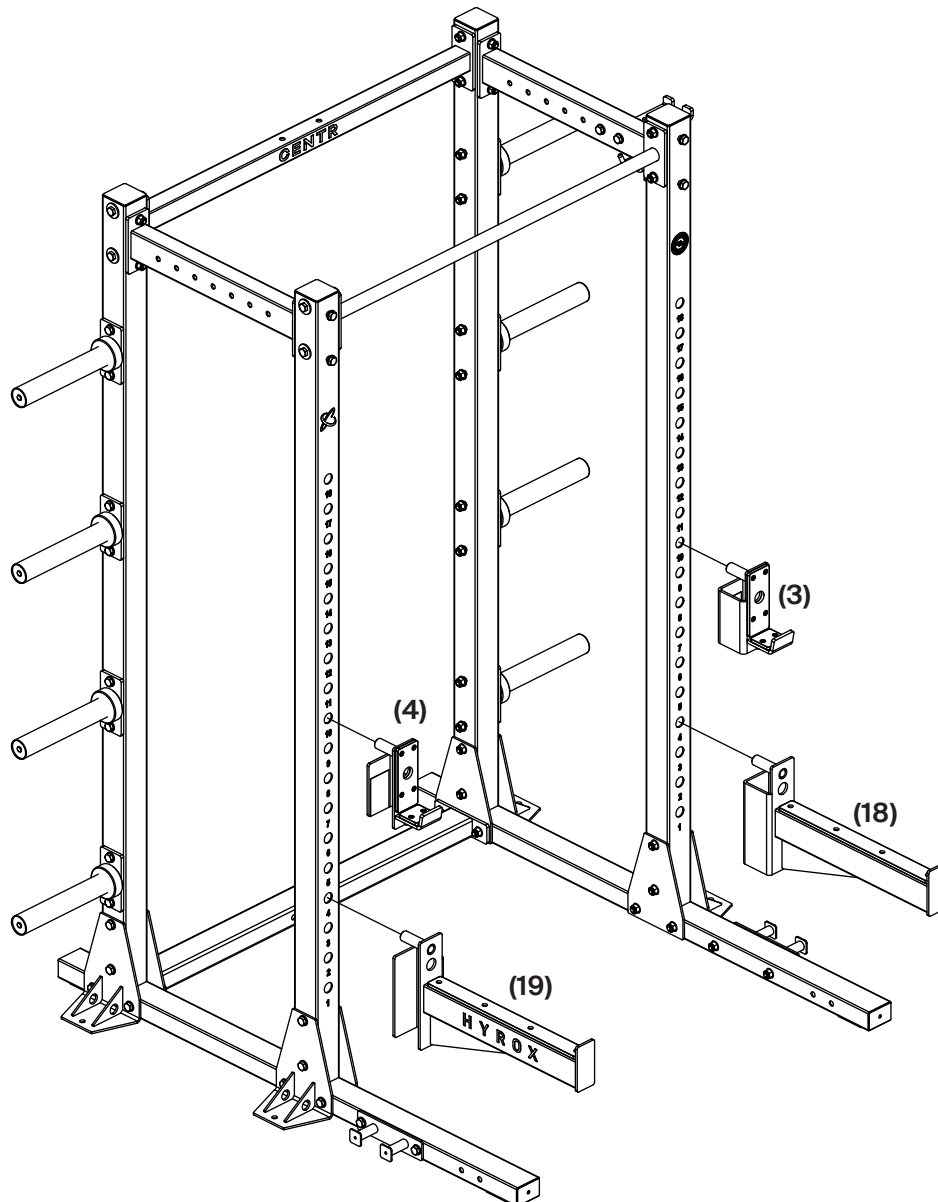
STEP 7

WARNING: BEFORE BEGINNING A WORKOUT, MAKE SURE ALL THE SAFETY CATCHES ARE IN PLACE.

PROCEED TO INSTALL IN PLACE:

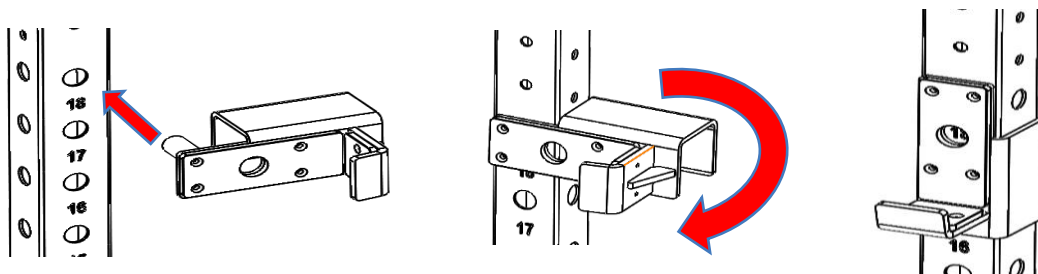
- J-Cups **(3)** and **(4)**.
- Safety Catches **(18)** and **(19)**.

(Please see illustrations on the next 2 pages for installation instructions).

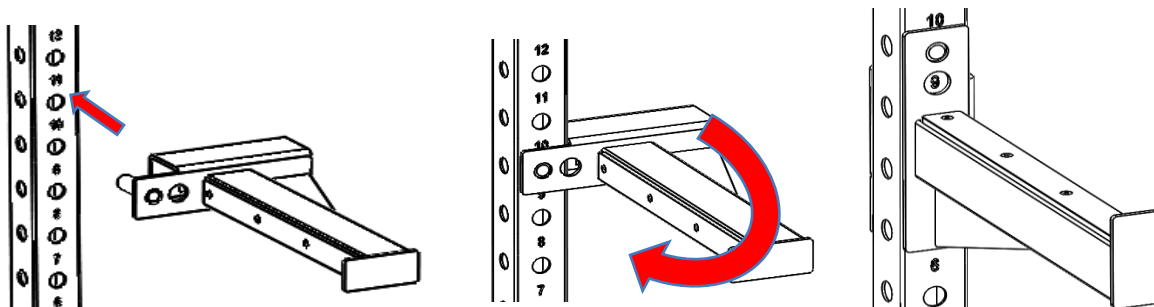


ATTACHMENTS INSTALLATION

J-CUPS 104586 AND 104588

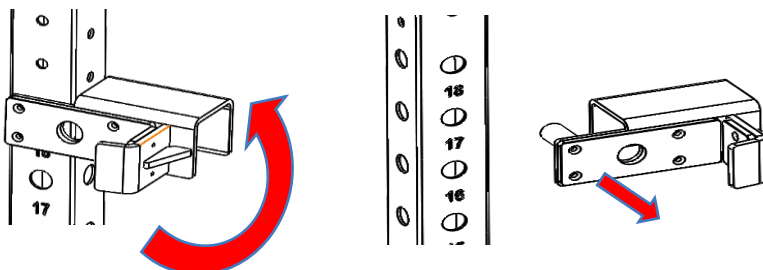


SAFETY CATCHES 106289 AND 106290

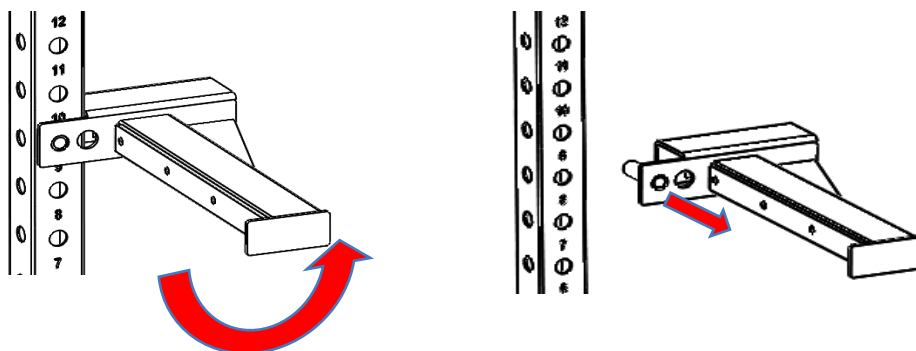


DISMOUNTING

J-CUPS 104586 AND 104588



SAFETY CATCHES 106289 AND 106290



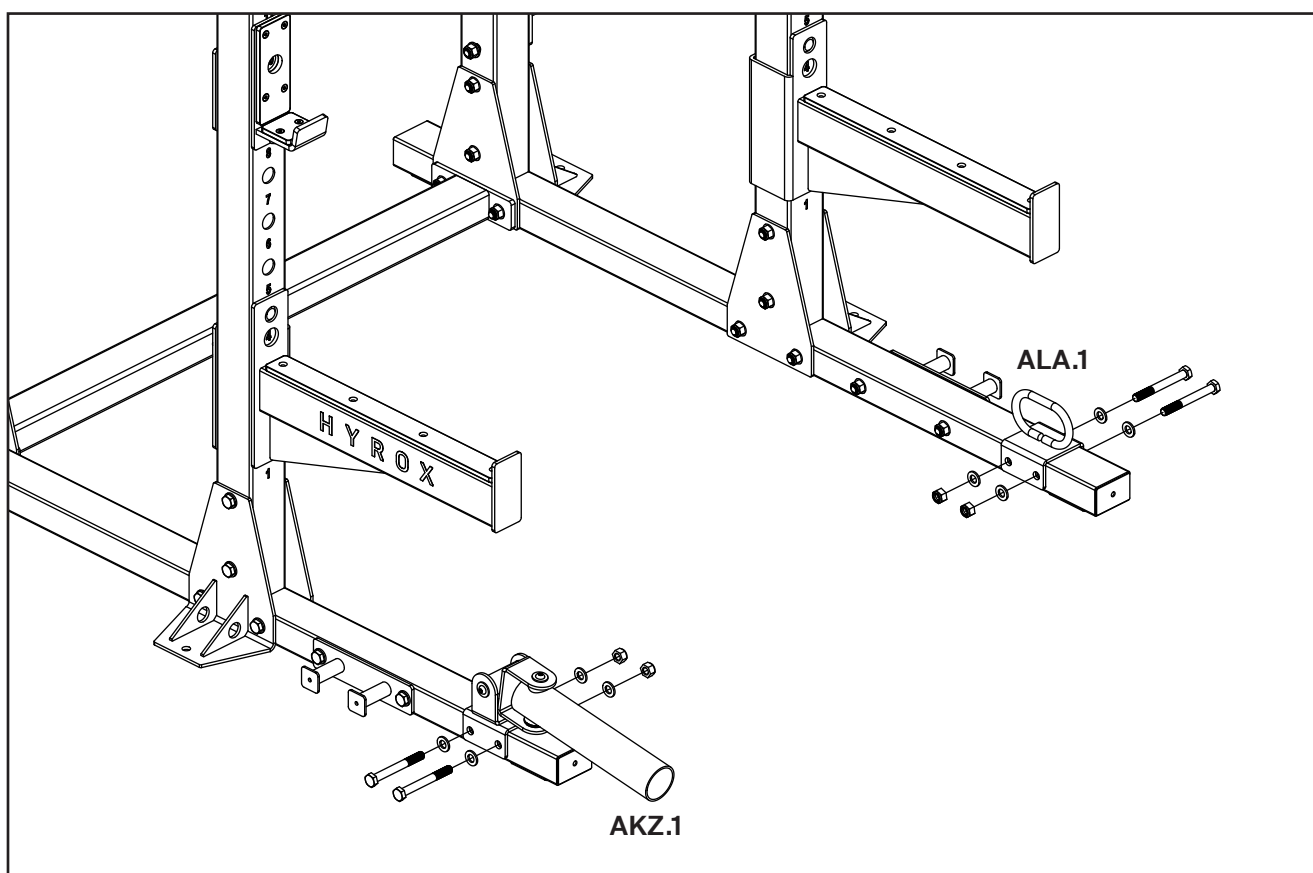
OPTIONAL ACCESSORIES INSTALLATION

CENTR LANDMINE ATTACHMENT (AKZ.1)

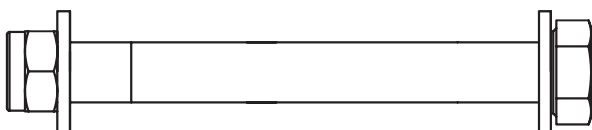
- Install the **Landmine Attachment** to either side of the base frame , using **Bolt (27)**, **Washer (31)**, and **Lock Nut (30)**.

CENTR BATTLE ROPE ANCHOR (ALA.1)

- Install the **Battle Rope Anchor** to either side of the base frame , using **Bolt (27)**, **Washer (31)**, and **Lock Nut (30)**.



HARDWARE REQUIRED (NOT TO SCALE) :

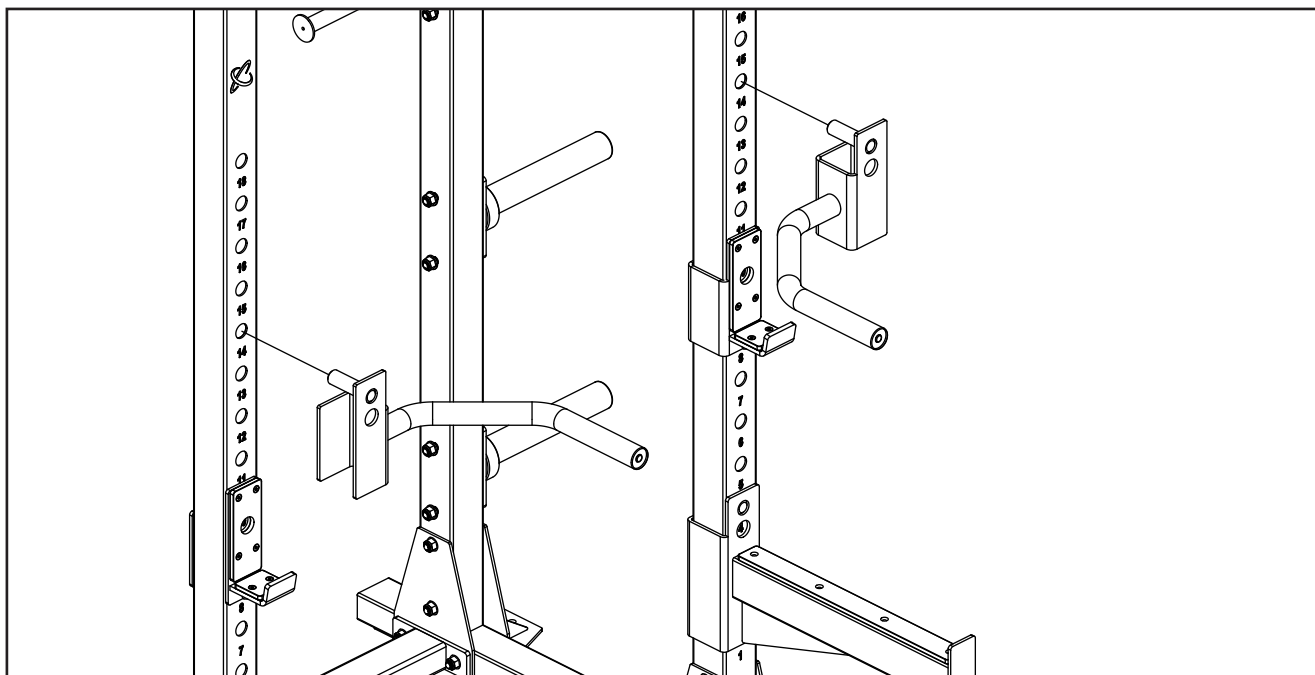


- 4 x Bolt , M12 X 105 **(27)**
- 8 x Washer, M12 **(31)**
- 4 x Nut , M12 **(30)**

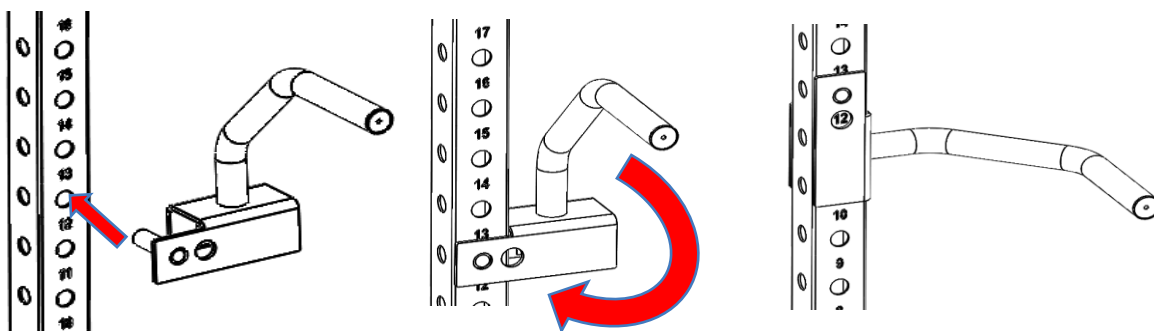
OPTIONAL ACCESSORIES INSTALLATION

CENTR X HYROX PERFORM SERIES HALF RACK - DIP BARS (AKY:1)

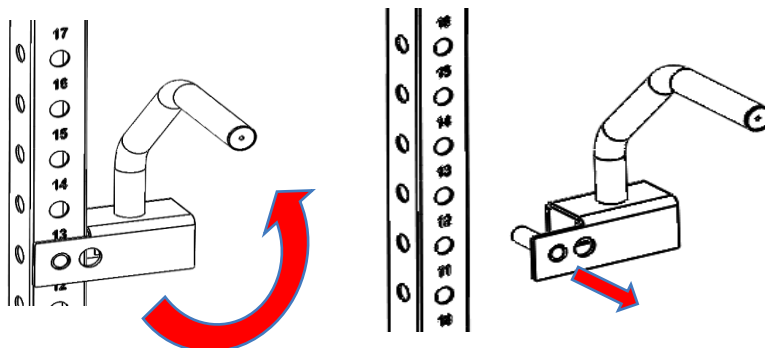
- Install the **Dip Bars** on the frame, and refer to instructions below to safely secure in place.



INSTALLATION



DISMOUNTING



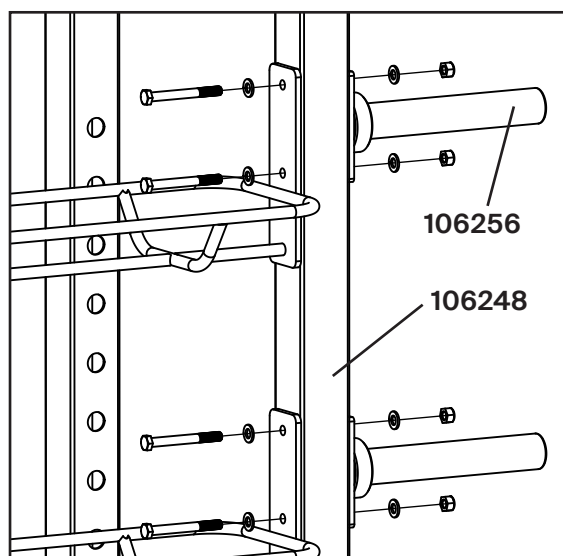
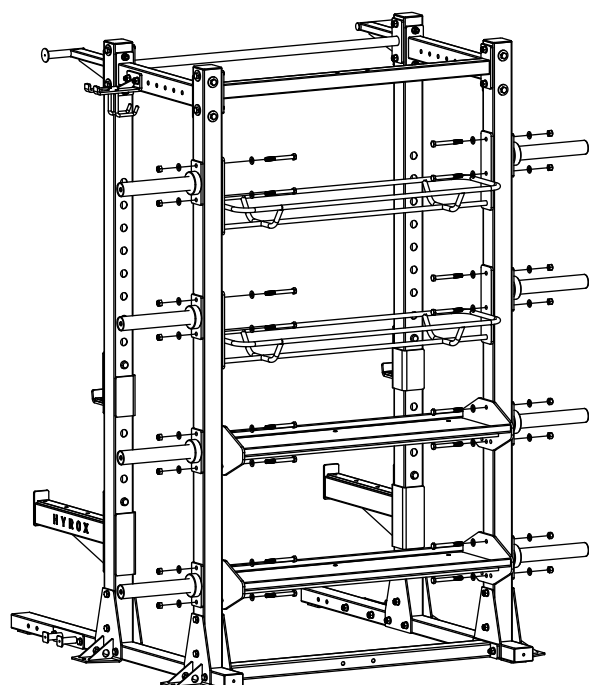
OPTIONAL ACCESSORIES INSTALLATION

CENTR X HYROX PERFORM SERIES HALF RACK - WALL BALL SHELF (AKX.1)

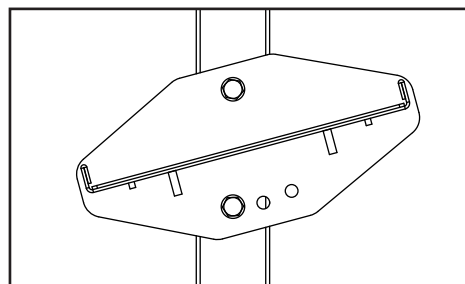
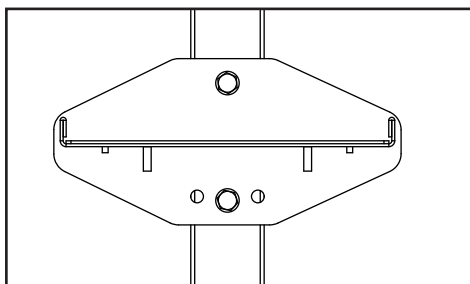
- Install the **Wall Ball Shelf** in between the uprights **106248**, using the same hardware **Bolt (26)**, **Washer (31)**, and **Lock Nut (30)**, used to secure **106256**.

CENTR X HYROX PERFORM SERIES HALF RACK - FLAT SHELF (AKW.1)

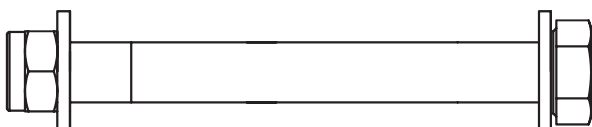
- Install the **Flat Shelf** in between the uprights **106248**, using the same hardware **Bolt (26)**, **Washer (31)**, and **Lock Nut (30)**, used to secure **106256**.



- Note there are 3 installation holes under the **Flat Shelf**. Use the middle hole (left diagram) for storing kettlebells, and use either side hole (right diagram) for storing dumbbells.



HARDWARE REQUIRED (NOT TO SCALE) :



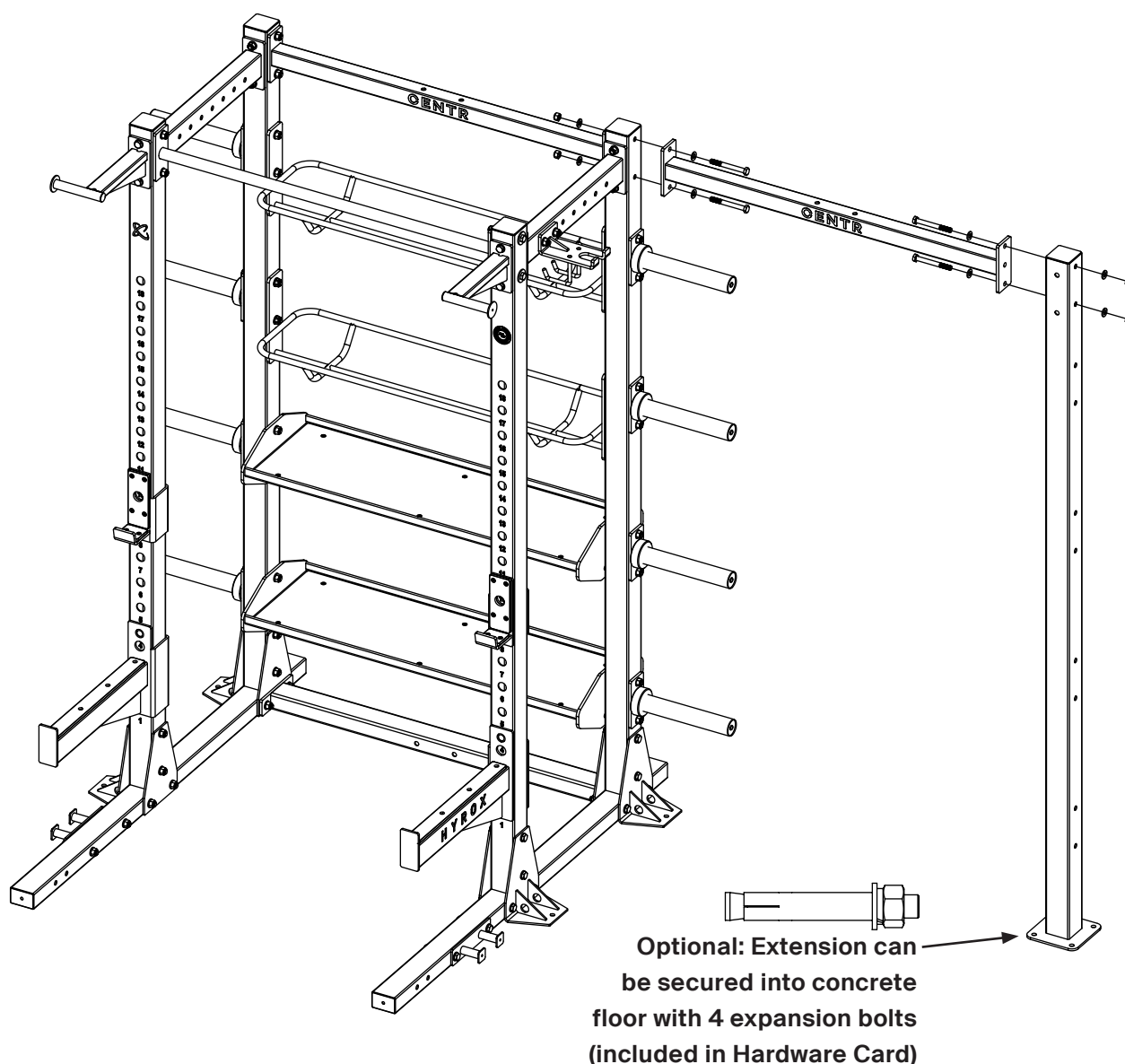
16 x Bolt , M12 X 110 **(26)**
 32 x Washer, M12 **(31)**
 16 x Nut , M12 **(30)**

OPTIONAL ACCESSORIES INSTALLATION

CENTR X HYROX PERFORM SERIES HALF RACK - FRAME EXTENSION KIT (AKV.1)

STEP 1

- Install **Frame Extension Kit** on either side of the **HR2** frame, using **Bolt (26)**, **Washer (31)**, and **Lock Nut (30)**.
- You **MUST** install at least 1 additional shelf to provide adequate strength for the **Frame Extension Kit**.



HARDWARE REQUIRED (NOT TO SCALE) :



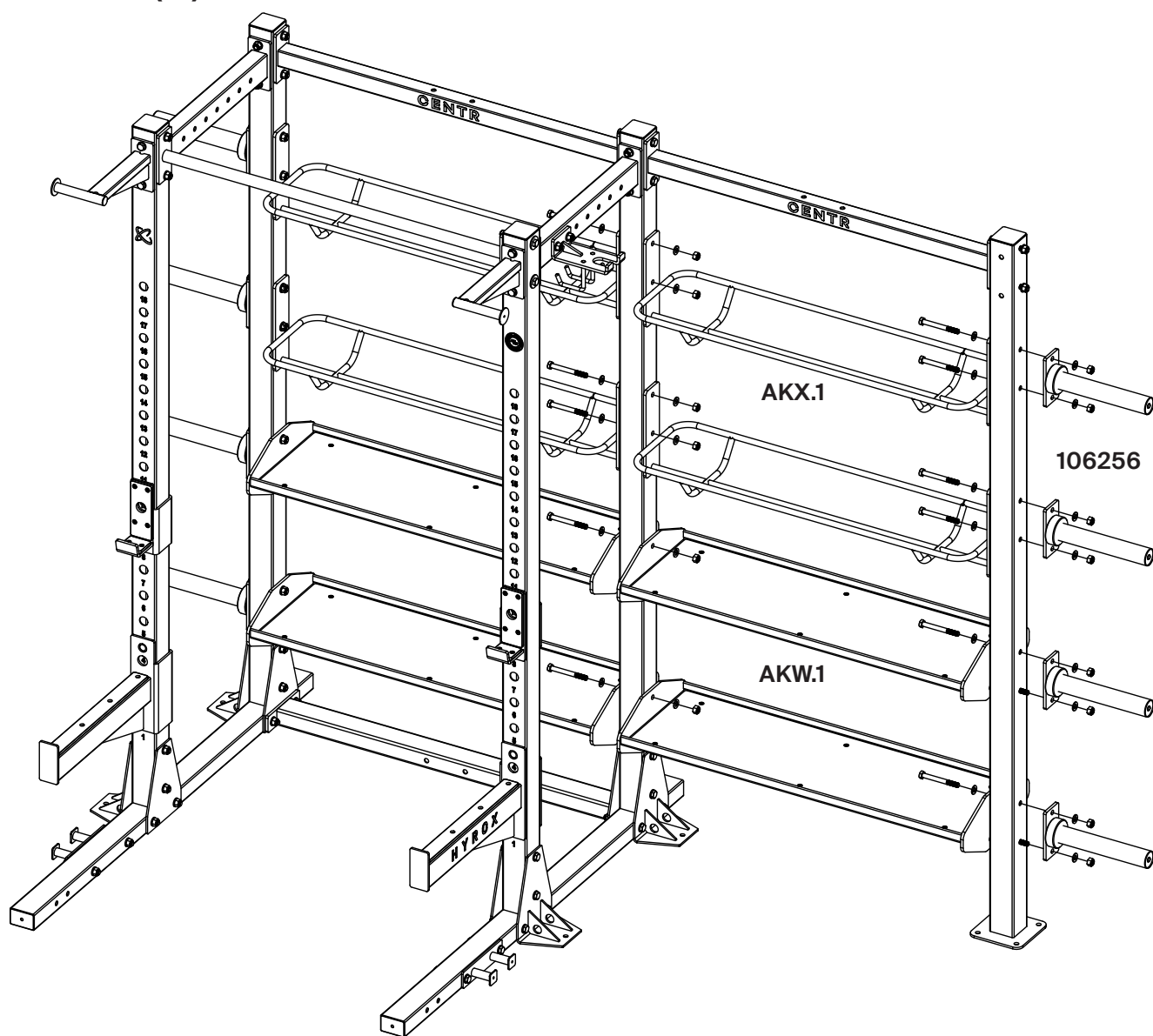
- 4 x Bolt , M12 X 110 **(26)**
- 8 x Washer, M12 **(31)**
- 4 x Nut , M12 **(30)**

OPTIONAL ACCESSORIES INSTALLATION

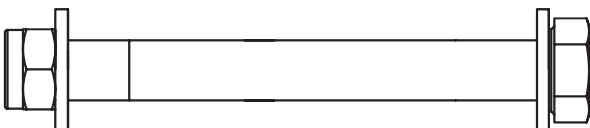
CENTR X HYROX PERFORM SERIES HALF RACK - FRAME EXTENSION KIT (AKV.1)

STEP 2

- On the side that the **Frame Extension Kit** was installed, remove and relocate all **106256** to the outside.
- Install the **Wall Ball Shelf** and/or the **Flat Shelf** in between the 2 upright frame tubes, using **Bolt (26)**, **Washer (31)**, and **Lock Nut (30)**.



HARDWARE REQUIRED (NOT TO SCALE) :



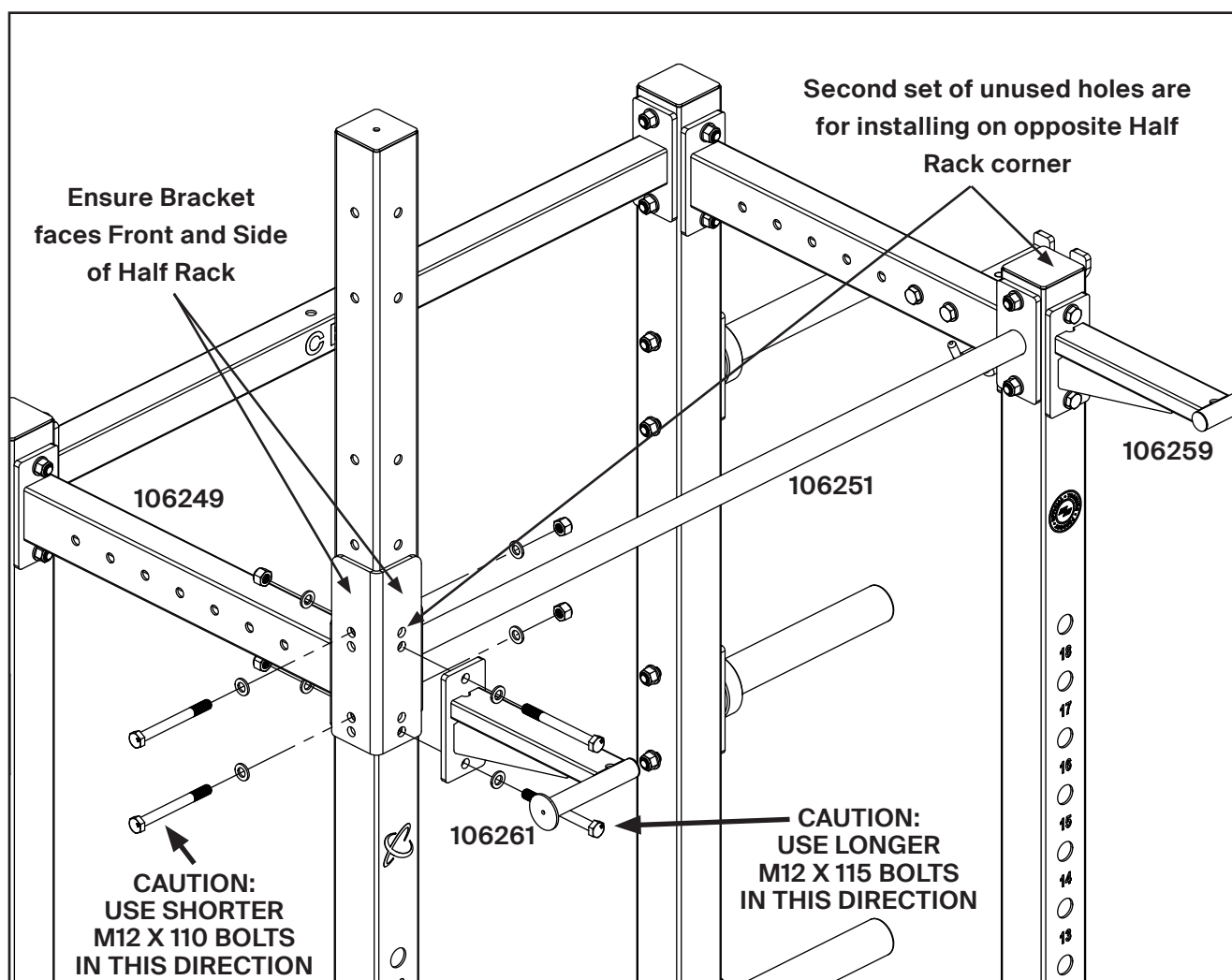
16 x Bolt , M12 X 110 **(26)**
 32 x Washer, M12 **(31)**
 16 x Nut , M12 **(30)**

OPTIONAL ACCESSORIES INSTALLATION

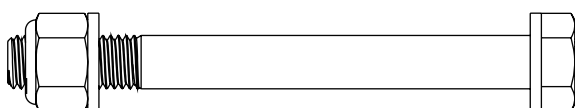
CENTR X HYROX PERFORM SERIES HALF RACK - RIG TARGET MOUNT (AAU.1)

STEP 2

- **IMPORTANT:** Use the hardware included with the **Rig Target Mount** as the **longer bolts are required for safety**.
- Install the **Rig Target Mount** and ensure that all Half Rack components (**106249, 106251, 106261 or 106259**) are secured.



HARDWARE REQUIRED (NOT TO SCALE) :



- 2 x Bolt , M12 X 110
- 2 x Bolt , M12 X 115
- 8 x Washer, M12
- 4 x Nut , M12

OPTIONAL ACCESSORIES INSTALLATION

CENTR X HYROX PERFORM SERIES HALF RACK - RIG TARGET MOUNT (AAU.1)

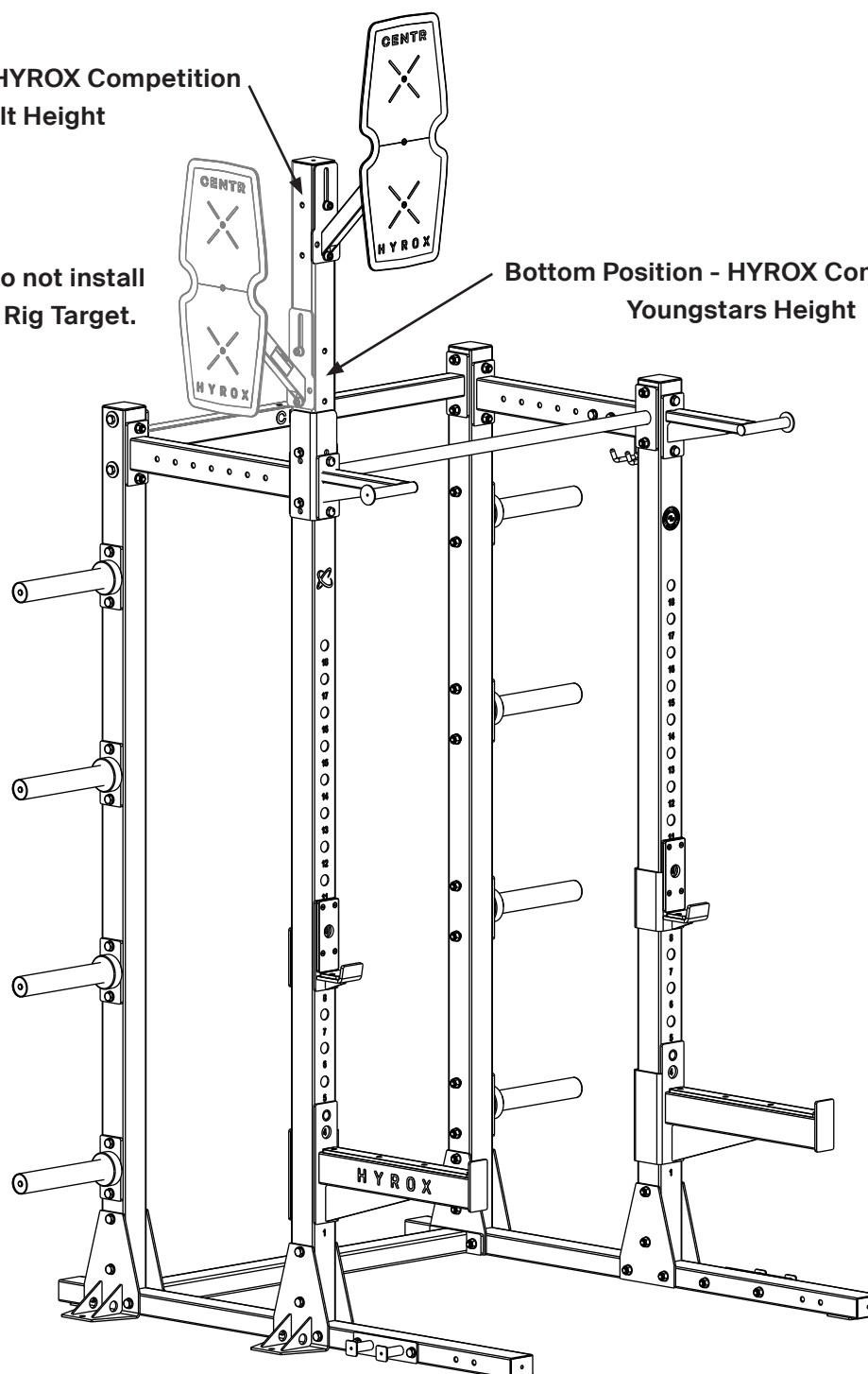
STEP 3

- The **HYROX Official Competition Rig Target** can be installed facing either the **Front or Side** of the Half Rack.
- Use the hardware and instructions provide with the **HYROX Official Competition Rig Target** to attach it to the **Rig Target Mount** at your chosen height.

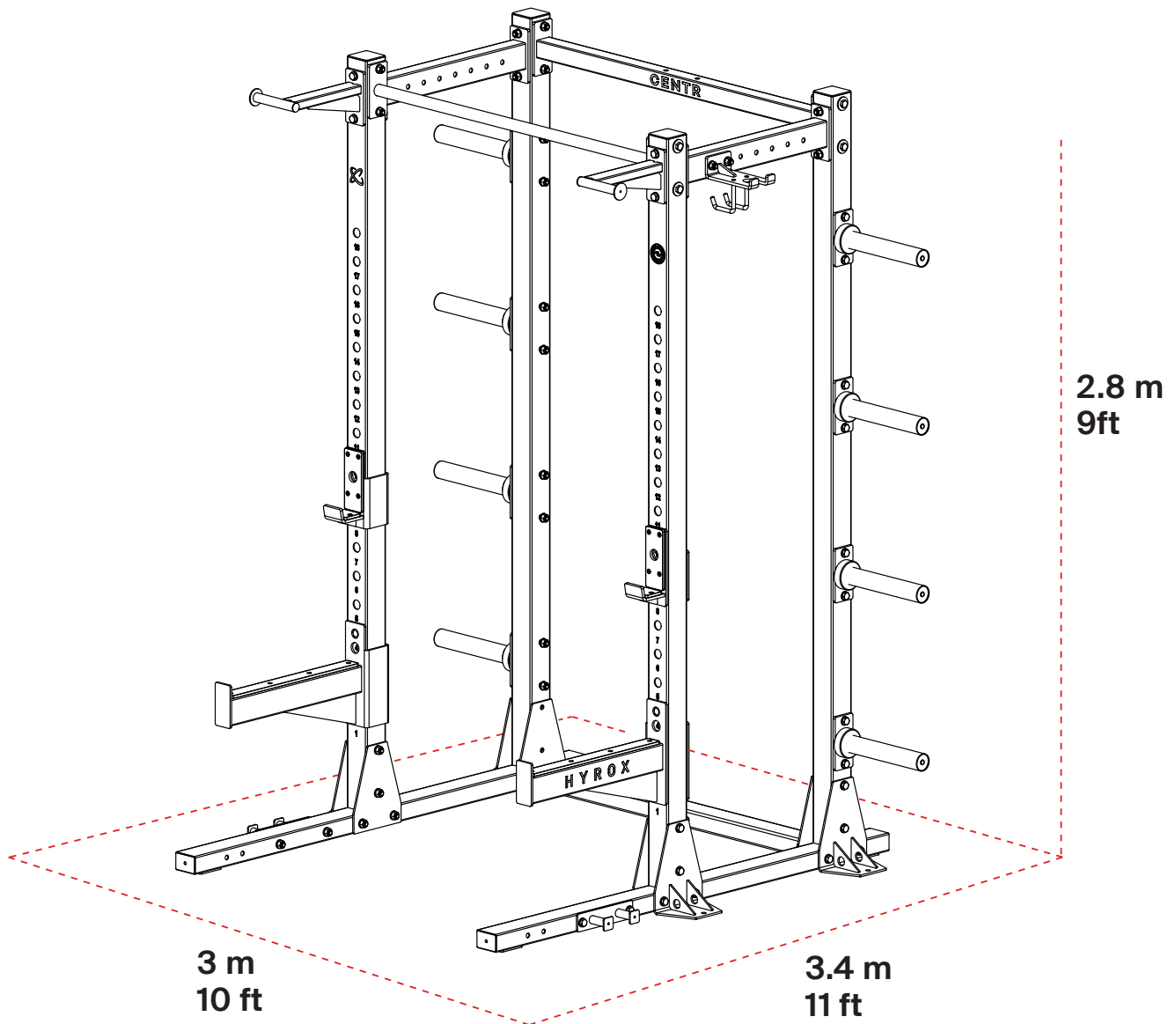
Top Position - HYROX Competition
Adult Height

WARNING: Do not install
more than 1 Rig Target.

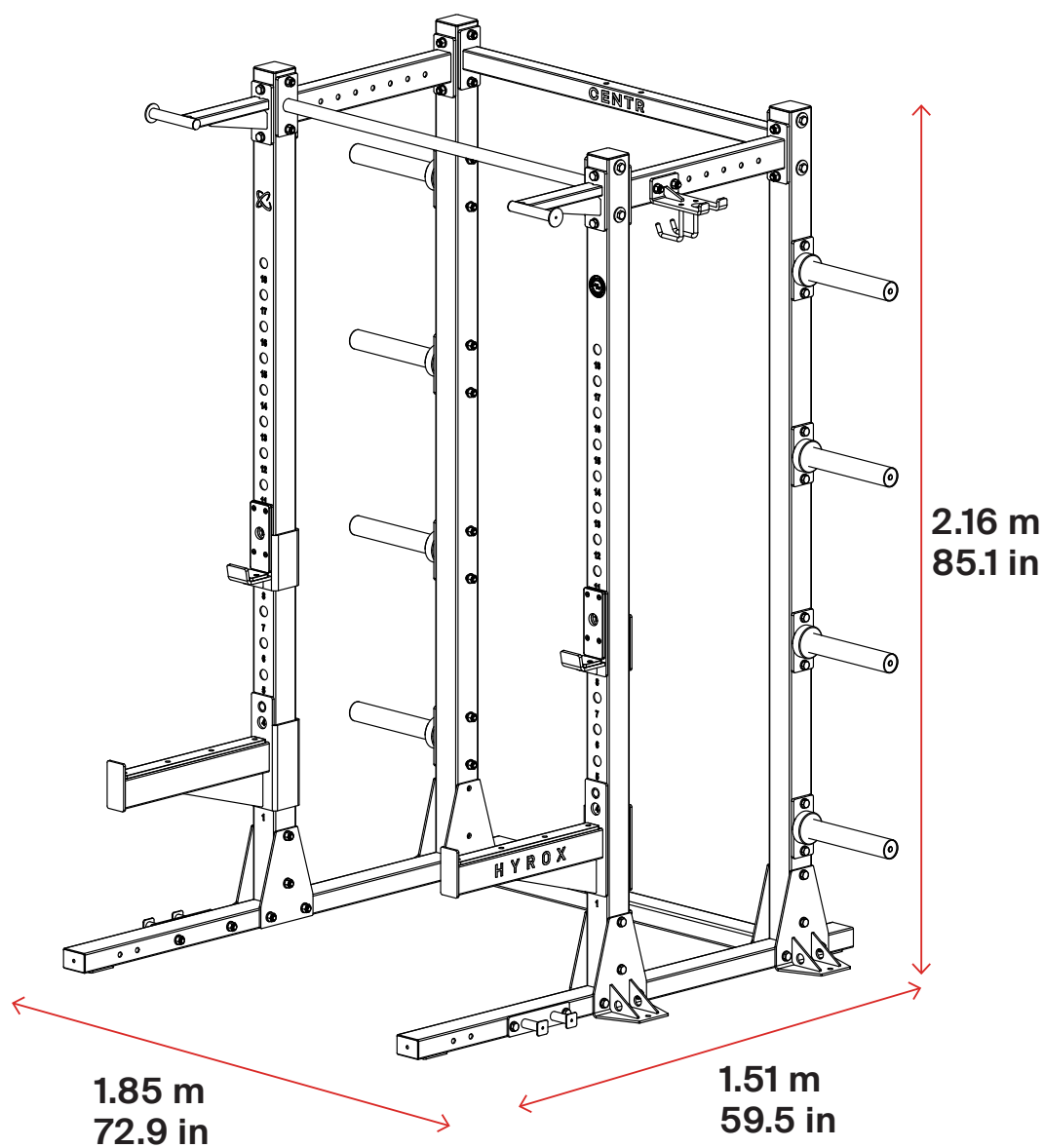
Bottom Position - HYROX Competition
Youngstars Height



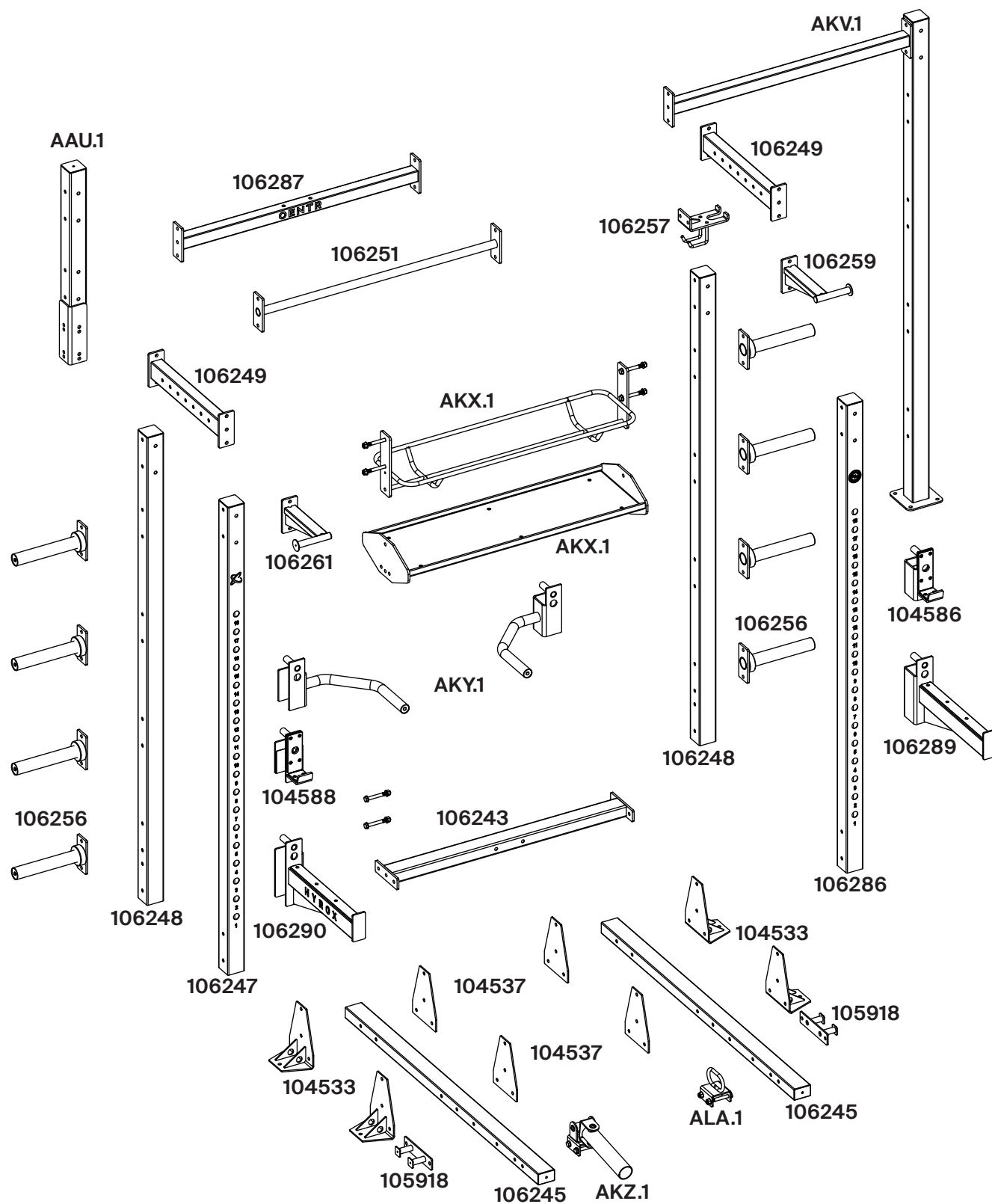
LIVE AREA



PRODUCT DIMENSIONS



EXPLODED VIEW



PARTS LIST

NO.	PART NUMBER	DESCRIPTION	QTY.
1	104533	WLDMT, FRAME OUTSIDE, BTM	4
2	104537	PLATE, FRAME INSIDE, BTM	4
3	104586	ASSY, J-CUP, RH	1
4	104588	ASSY, J-CUP, LH	1
5	105918	WLDMT, RESISTANCE BAND PEG	2
6	106243	WLDMT, FRAME CROSS BAR, BTM	1
7	106245	WLDMT, FRAME, BTM	2
8	106247	WLDMT, FRAME UPRIGHT, FRONT, LH	1
9	106248	WLDMT, FRAME UPRIGHT, REAR	2
10	106249	WLDMT, FRAME, TOP	2
11	106251	WLDMT, FRAME PULL-UP BAR	1
12	106256	ASSY, PLATE STORAGE POST	8
13	106257	WLDMT, BARBELL STORAGE	1
14	106259	ASSY, RESISTANCE BAND PEG, UPPER, RH	1
15	106261	ASSY, RESISTANCE BAND PEG, UPPER, LH	1
16	106286	WLDMT, FRAME UPRIGHT, FRONT, RH	1
17	106287	WLDMT, FRAME CROSS BAR, TOP, CENTR	1
18	106289	ASSY, SAFETY CATCH, RH, HYROX	1
19	106290	ASSY, SAFETY CATCH, LH, HYROX	1
n/a	80676	HARDWARE CARD, HR2.1, CARD 1	1
n/a	80677	HARDWARE CARD, HR2.1, CARD 2	1
n/a	80678	HARDWARE CARD, HR2.1, CARD 3	1

OPTIONAL ACCESSORIES LIST

SKU	DESCRIPTION
ALA.1	CENTR BATTLE ROPE ANCHOR
AKZ.1	CENTR LANDMINE ATTACHMENT
AKY.1	CENTR X HYROX PERFORM SERIES HALF RACK - DIP BARS
AKW.1	CENTR X HYROX PERFORM SERIES HALF RACK - FLAT SHELF
AKX.1	CENTR X HYROX PERFORM SERIES HALF RACK - WALL BALL SHELF
AKV.1	CENTR X HYROX PERFORM SERIES HALF RACK - FRAME EXTENSION KIT
AAU.1	CENTR X HYROX PERFORM SERIES HALF RACK - RIG TARGET MOUNT

CENTR