Owner's Manual

Space Saving
Power Rack
12", 18", 24" Depth



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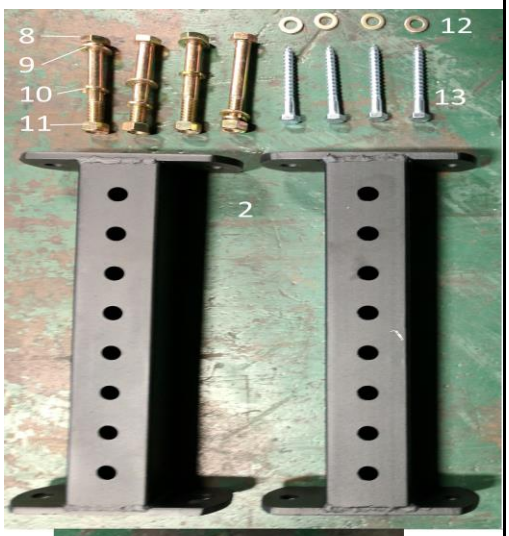
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SPACE SAVING POWER RACK
BOX BREAKDOWN



To begin, match up all the parts with the following parts diagrams:

BOX 1



BOX 2



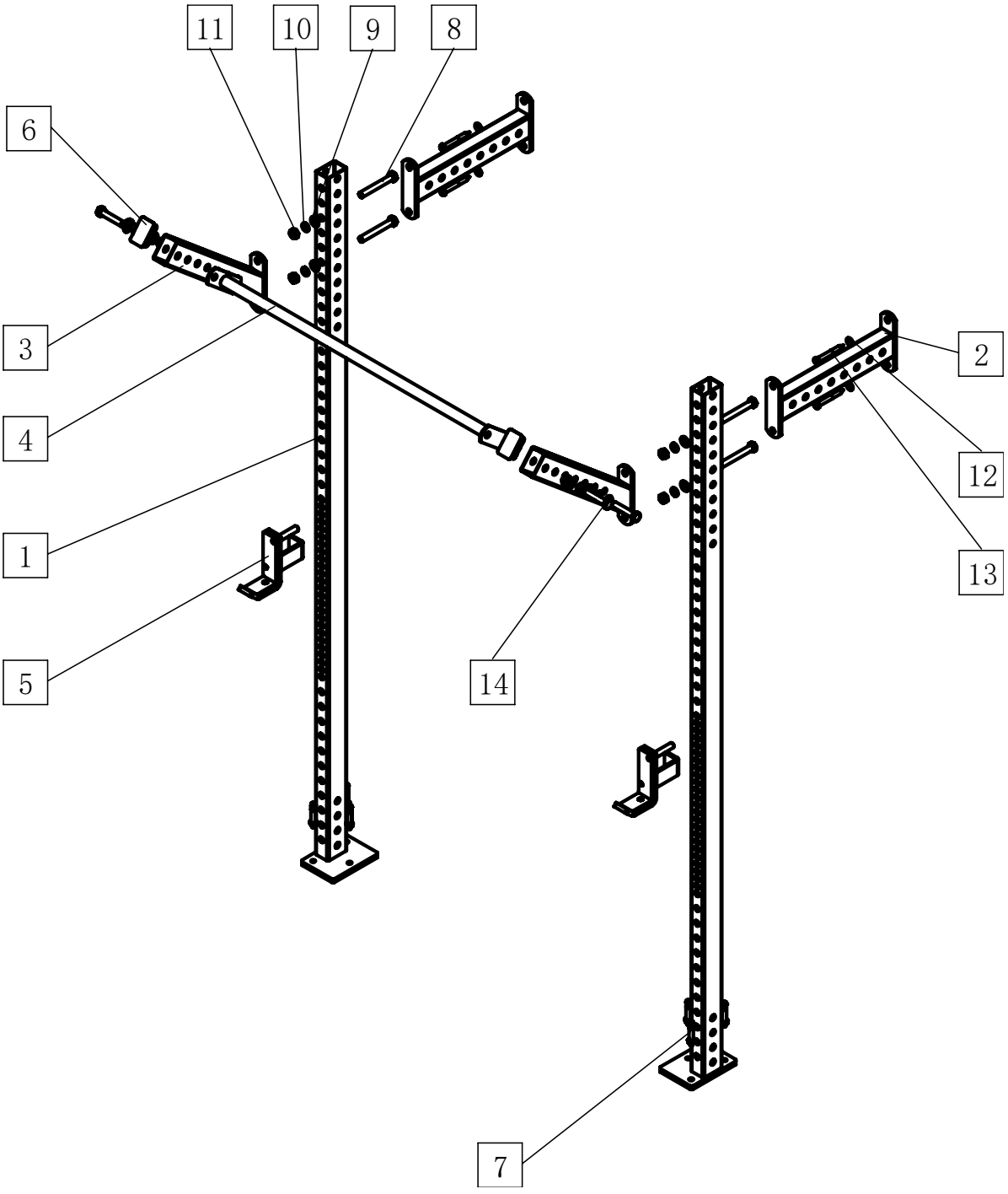
SPACE SAVING POWER RACK

PARTS LIST

Part #	Description	Quantity
1	Upright Tube	2
2	Side Connecting Tube	2
3	Pull Up Bar Support Tube	2
4	Pull Up Bar	1
5	JHook w/ UHMW Liner	2
6	Square Plastic Cap	2
7	Concrete Wedge Anchor	6
8	Hex Bolt – 16x120	4
9	Flat Washer – 16	8
10	Spring Washer – 16	8
11	Hex Nut – 16	8
12	Flat Washer - 12	4
13	Hex Lag Bolt – 12x100	4
14	Hex Bolt – 16x80	4

SPACE SAVING POWER RACK

PARTS DIAGRAM



STEP 1

Attach **SIDE CONNECTING TUBE (2) + PULL UP BAR SUPPORT TUBE (3)** to one **UPRIGHT POLE (1)** using four:

HEX BOLT -16x120 (8)

FLAT WASHERS - 16 (9)

SPRING WASHERS - 16 (10)

HEX NUT - 16 (11)

Order of assembly: **HEX BOLT – 16X120 (8)** through **SIDE CONNECTING TUBE (2)**, front **UPRIGHT (1)** hole, back **UPRIGHT (1)** hole, **PULL UP BAR SUPPORT TUBE (3)**. Install **FLAT WASHER - 16 (9)**, **SPRING WASHER – 16 (10)**, **HEX NUT – 16 (11)** to end of **HEX BOLT – 16X120 (8).**

Tighten down completely compressing the spring washer to flat.

STEP 2

Attach **PULL UP BAR (4)** to the **PULL UP BAR SUPPORT TUBES (3)** using four:

HEX BOLT -16x80 (14)

FLAT WASHERS - 60 (9)

SPRING WASHERS - 16 (10)

HEX NUT - 16 (11)

Order of assembly: **HEX BOLT – 16X80 (14)** through **PULL UP BAR SUPPORT TUBE (3) PULL UP BAR (4)**. Install **FLAT WASHER (9), SPRING WASHER (10), and HEX NUT – 16 (11)** to end of **HEX BOLT – 16X80 (14).**

Tighten down completely compressing the spring washer to flat.

STEP 3

Use four **HEX LAG BOLTS – 12X100 (13)** and four **FLAT WASHER (12)** install the **SIDE CONNECTING TUBES (2)** into wall studs or wood stringer.

Use six **CONCRETE WEDGE ANCHORS (7)** to secure your Power Rack to the floor.

WARNING

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.

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