



## OWNER'S MANUAL

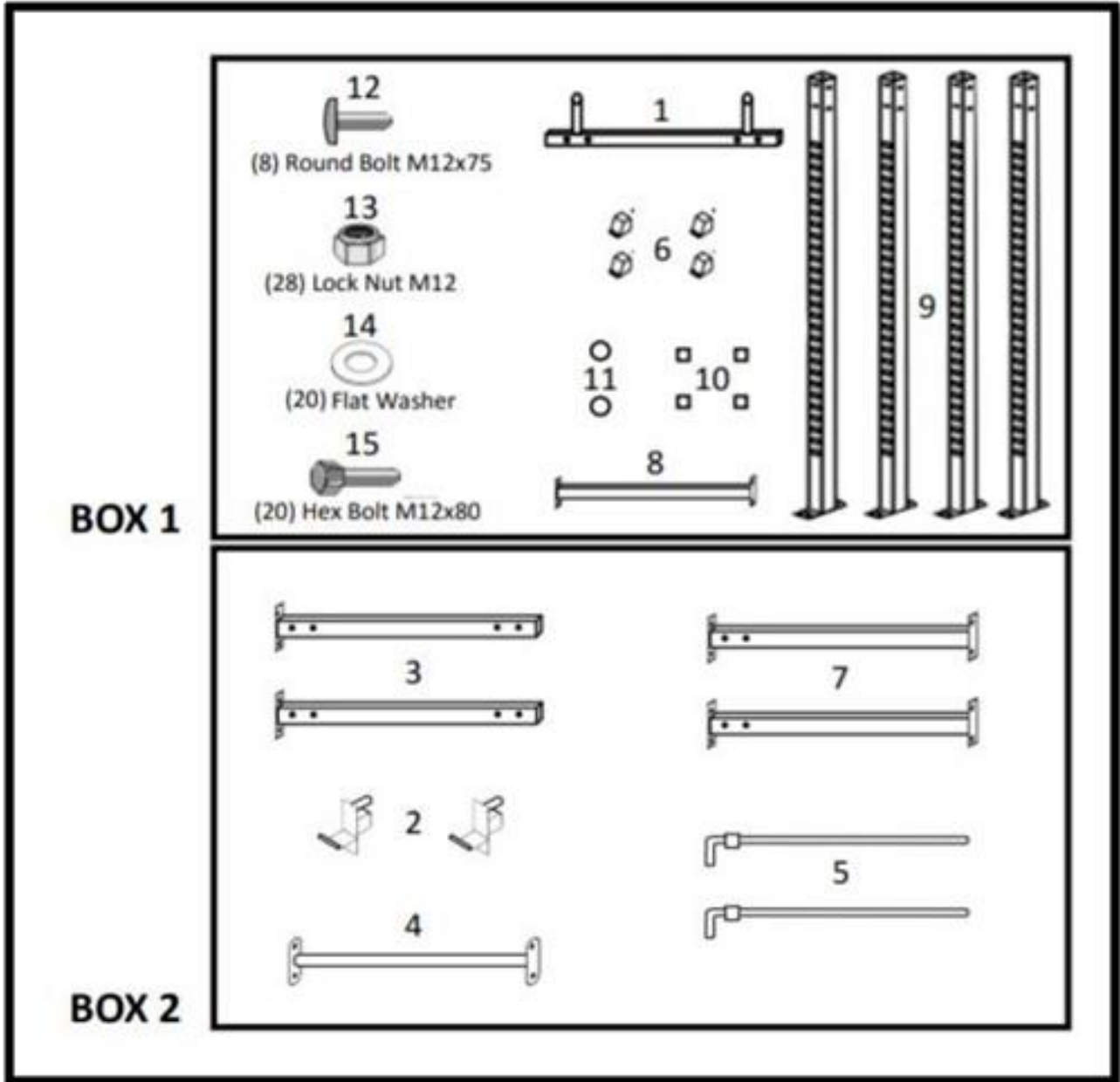
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**MPN(s):** PWR1-PWR2 / SHPWR1-SHPWR2

**SKU(s):** 400100 / 400160

**UPC(s):** 765857424125 / 765857422152

# BOX BREAKDOWN



# PARTS LIST

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KEY	BOX	DESCRIPTION	QTY
(1)	1	LOWER REAR BRACING	1
(2)	2	JHOOKS	2
(3)	2	LOWER SIDE BRACING	2
(4)	2	PULL-UP BAR	1
(5)	2	SPOTTER BAR	2
(6)	1	PLASTIC END CAPS	4
(7)	2	UPPER SIDE BRACING	2
(8)	1	UPPER REAR BRACING	1
(9)	1	UPRIGHT	4
(10)	1	SQUARE CAP	4
(11)	1	ROUND CAP	2
(12)	1	M12x75mm CARRIAGE BOLT	8
(13)	1	M12 FLANGED LOCK NUT	28
(14)	1	FLAT WASHER	20
(15)	1	M12x80 HEX BOLT	20



# ASSEMBLY INSTRUCTIONS

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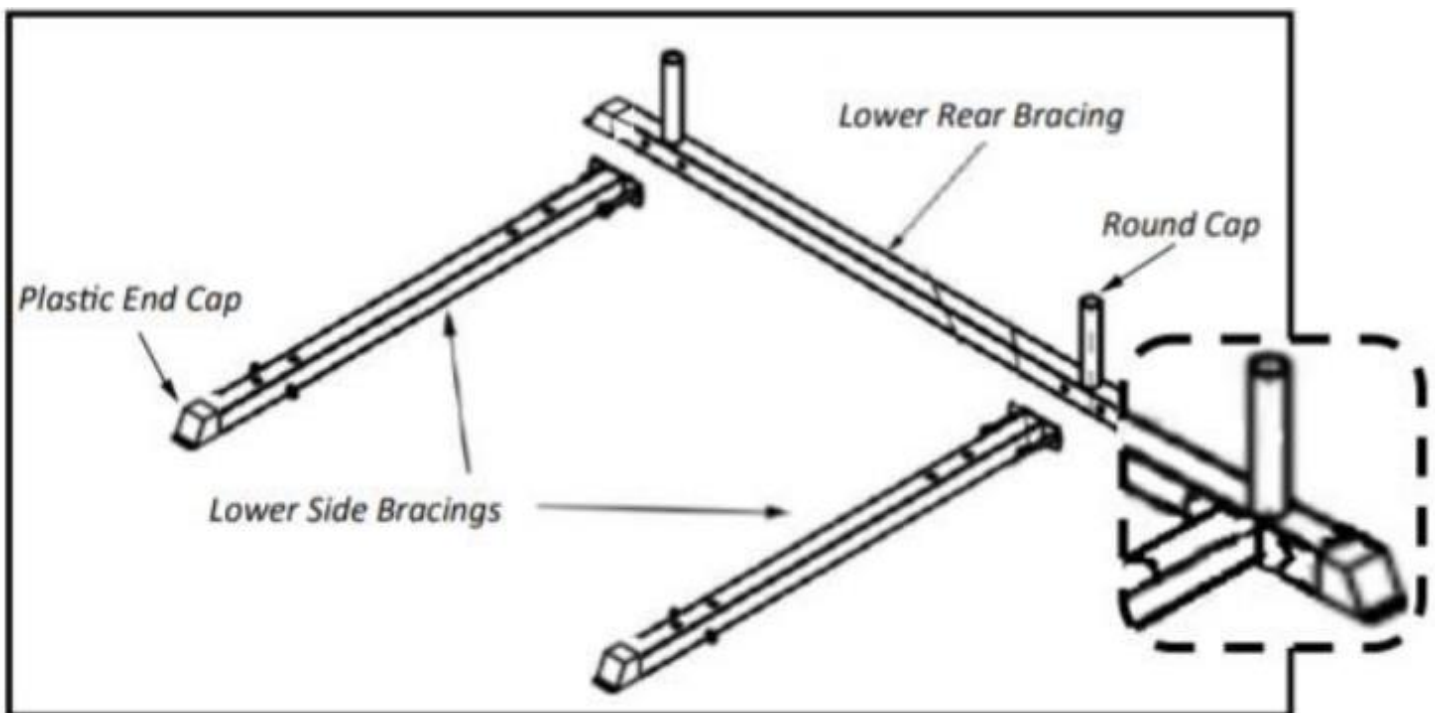
## ASSEMBY TIPS:

*BUILD ON A FLAT AND LEVEL SURFACE.*

*AVOID TIGHTENING BOLTS COMPLETELY UNTIL THE RACK IS FULLY ASSEMBLED.*

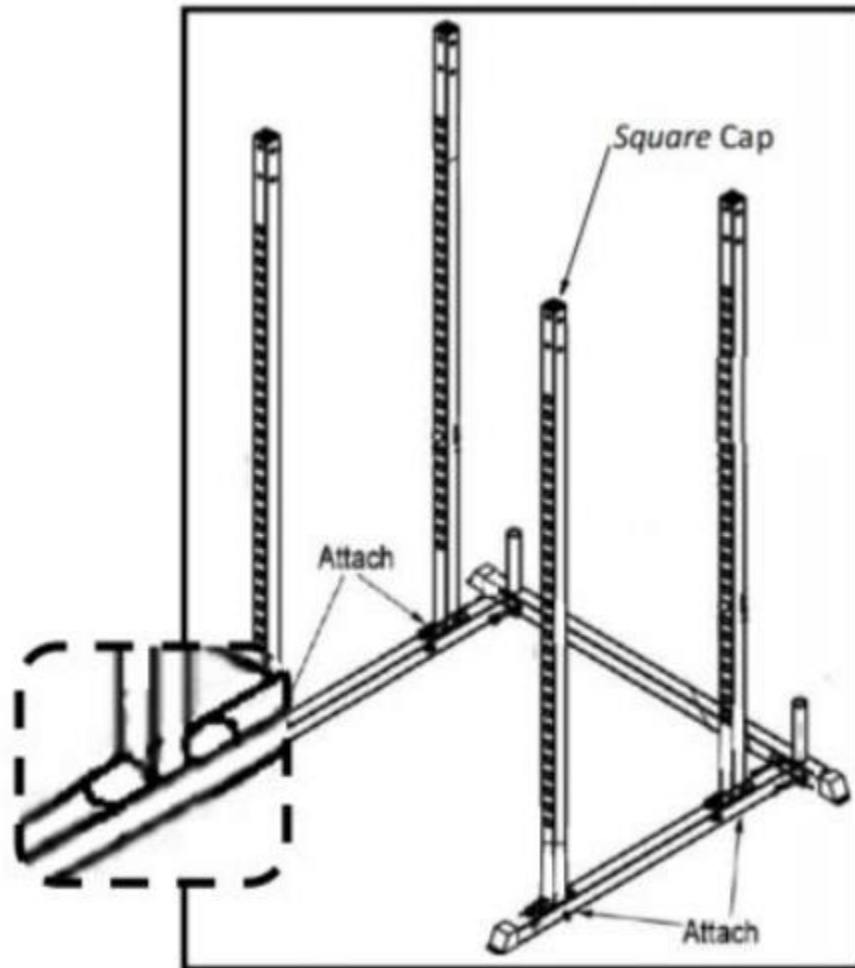
## STEP 1: ASSEMBLING THE BASE

- Attach the two **Lower Side Bracings (3)** to the **Lower Rear Bracing (1)** using four **M12x80 Hex Bolts (15)**, four **Flat Washers (14)**, and four **M12 Flanged Lock Nuts (13)**. For proper installation, the square holes on the Lower Side Bracing must be installed facing downward.  
**Note:** One Flat Washer should be placed on each of the M12x80 Hex Bolts to seat on the back side of the Lower Rear Bracing with the Flanged Lock Nut installed on the Lower Side Bracing.
- Install the four **Plastic End Caps (6)** to the ends of the Lower Side Bracing and Lower Rear Bracing.
- Install the two **Round Caps (11)** on the ends of the two weight plate holders that are attached to the Lower Rear Bracing.



## STEP 2: INSTALLING THE UPRIGHTS

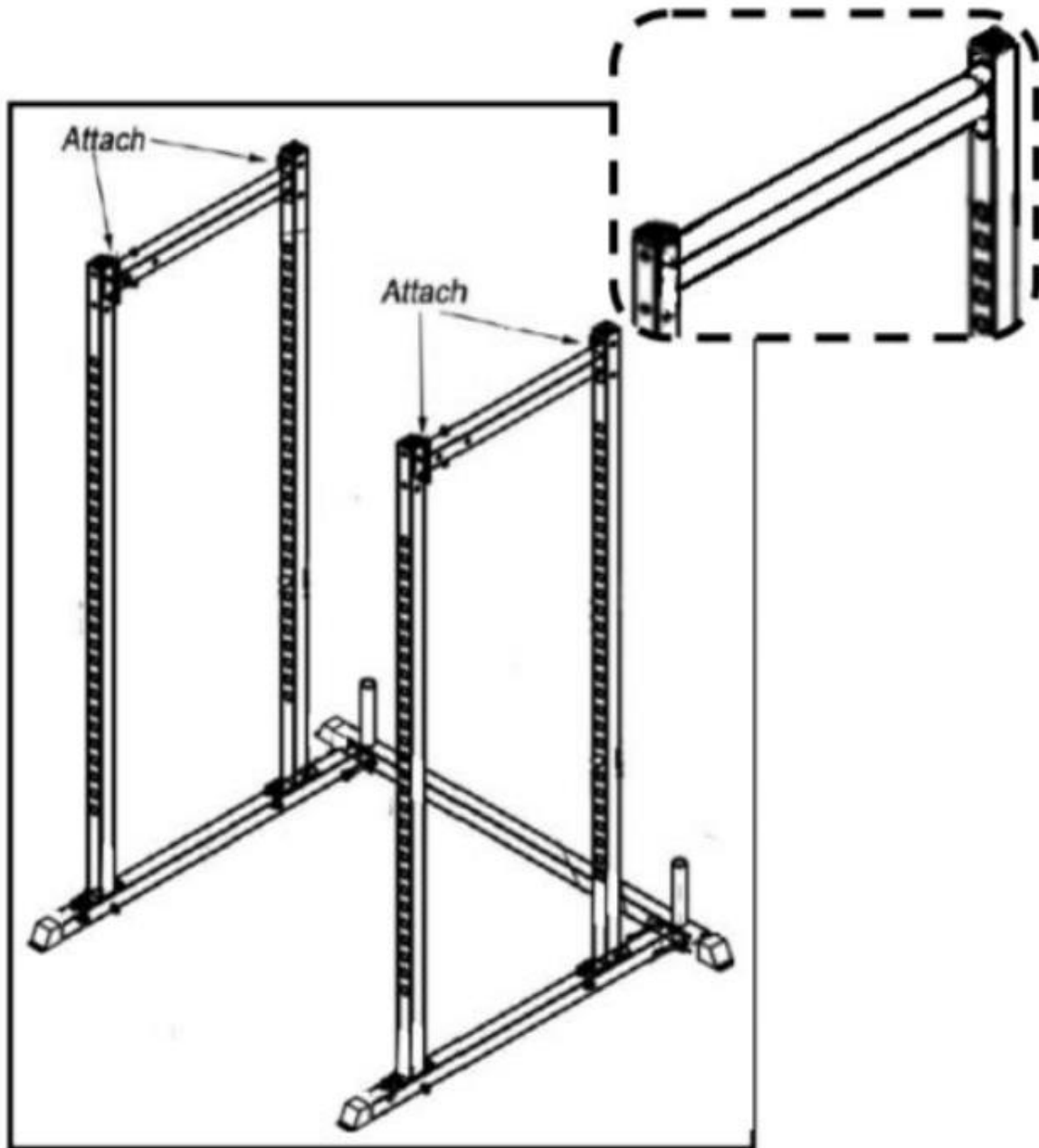
- Attach the four **Uprights (9)** to the **Lower Side Bracing (3)** using eight **M12x75mm Carriage Bolts (12)** and eight **M12 Flanged Lock Nuts (13)**. The Carriage bolts are to be installed through the bottom side of the Lower Side Bracing with the Flanged Lock Nut on top.
- Install the four **Square Caps (10)** to the top of the Uprights.



### STEP 3: ATTACHING THE UPPER SIDE BRACING

- Attach the two **Upper Side Bracings (7)** to the top side of the **Uprights (9)** using eight **M12x80mm Hex Bolts (15)**, eight **Flat Washers (14)**, and eight **M12 Flanged Lock Nuts (13)**.

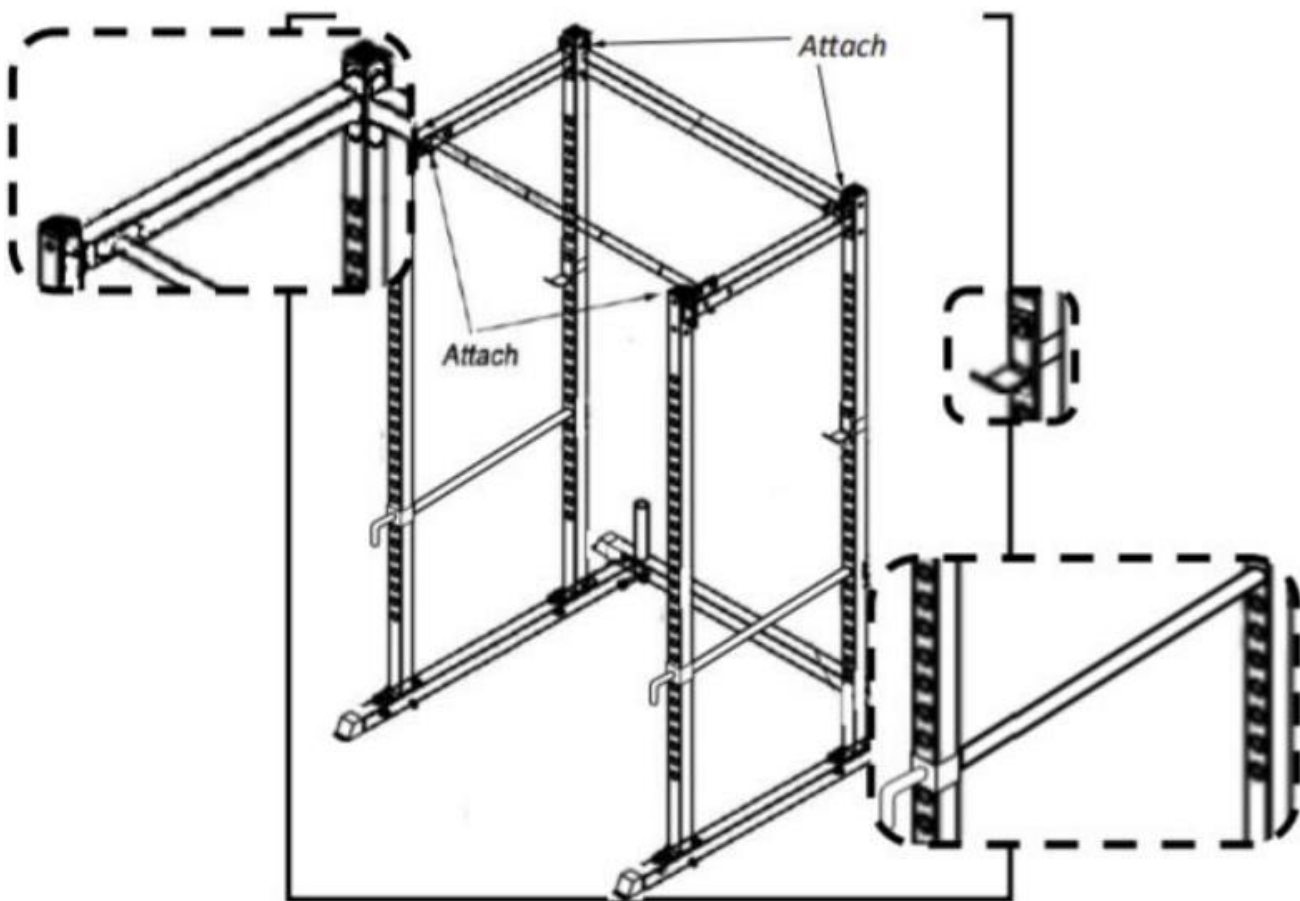
**Note:** One Flat Washers should be placed on each of the eight M12x80 Hex Bolts to seat on the outside of the upright with the Flanged Lock Nut on the inside of the Upper Side Bracing.



#### STEP 4: INSTALLING THE PULL-UP BAR AND REAR UPPER BRACING

- Install the **Pull-Up Bar (4)** to the front two **Uprights (9)** using four **M12x80mm Hex Bolts (15)**, four **Flat Washers (14)**, and four **M12 Flanged Lock Nuts (13)**.
- Install the **Upper Rear Bracing (8)** to the two rear **Uprights (9)** using four **M12x80mm Hex Bolts (15)**, four **Flat Washers (14)**, and four **M12 Flanged Lock Nuts (13)**.

**Note:** One Flat Washer should be placed on each of the eight M12x80 Hex Bolts to seat on the outside of the upright with the Flanged Lock Nut on the inside of the Upper Rear Bracing and Pull-Up Bar.

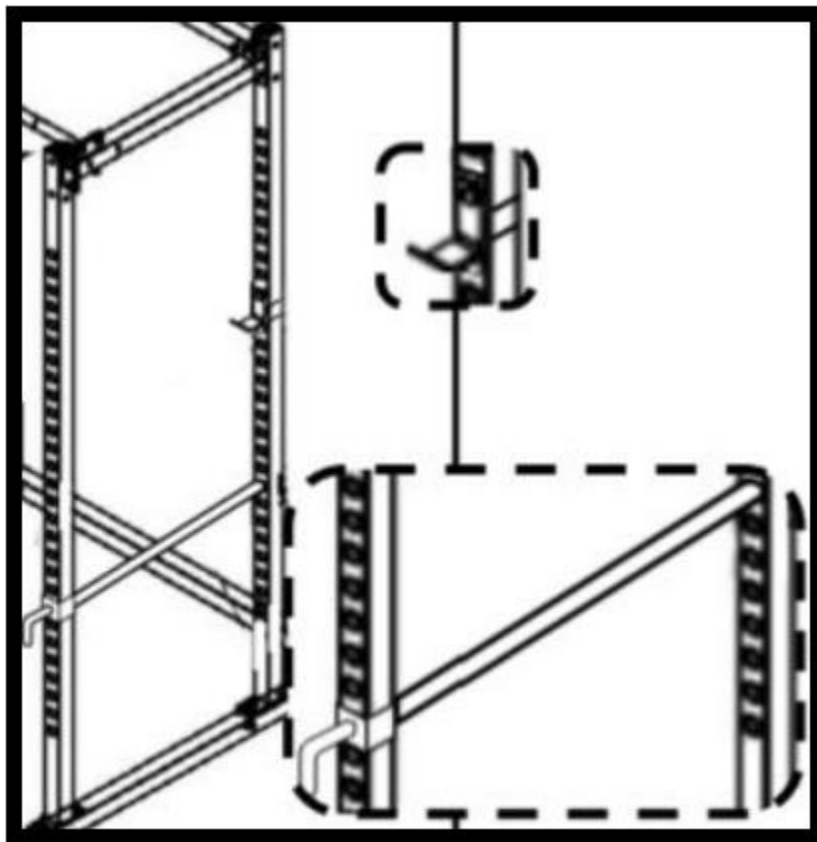


## STEP 5: TIGHTEN ALL HARDWARE

- Once Steps 1-4 are complete, please tighten all hardware. All hardware should be tightened properly using a wrench and/or socket. The threading of the bolt must pass through the blue nylon ring on the Flanged Lock Nuts. All hardware should be firmly secured and seated to the Uprights, Bracings, and Pull-Up Bar to be used safely.

**Note: All Hardware must be installed as stated in the manual and tightened properly. Failure to do so may result in product damage and potential injury.**

- Once all hardware is tightened the rack is ready for use. Place the two **JHOOKS (2)** and two **SPOTTING BARS (5)** to the desired locations and Enjoy.





This concludes the PWR1-PWR2 / SHPWR1-SHPWR2 Owner's Manual.

*If applicable to your product, make sure to tighten all nut-and-bolt combinations before use.*

*Enjoy!*

### **DISCLAIMER**

This equipment must be used with care by capable and competent individuals under supervision, if necessary.

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