

## **X-Series HR-92/84 – Multi Chin-Up**

### **Parts:**

- (2) 2x3" Lateral Base Tube with Holes on All 4 Sides – 72"
- (2) US-01001-V2A – Crossbeam
- (1) US-01001-V2A – Multi-Grip Crossbeam
- (1) Multi-Grip Pull Up
- (8) US-002-V2 – Triangle Plate
- (4) XS-S84-01001-V2 – X-Series 84" Upright
- (2) J-Hooks (1 Left/ 1 Right)
- (4) Top Logo Plates

### **Hardware:**

- (4) 2x3" Plastic Caps
- (3) 3.5" Bolts
- (16) 4.5" Bolts
- (24) 5" Bolts

### **REQUIRED TOOLS:**

- (1) 15/16 Ratchet
- (1) 15/16 Wrench

### **INSTRUCTIONS:**

Step 1.

Place Lateral Base in position where you wish to assemble rack with the 3" face down. Place 1 US-01001-V2A Crossbeam Tube at the furthest most set of holes.

## Step 2.

Using the 4.5" bolts connect crossbeam to the lateral bases. FINGER TIGHTEN.

## Step 3.

Position Triangle Plates along the inside and outside of the Lateral Base. It is recommended that you position the Triangles directly after the crossbeam. Using two 5" bolts attach triangles to the Lateral Tube. FINGER TIGHTEN.

## Step 4.

Place the Upright Tube between two Triangles. Use two 5" bolts to secure the Upright. FINGER TIGHTEN.

## Step 5.

Repeat step 3 and 4 for the opposite side and again for the front two uprights. Correct spacing of the front triangles to the rear will leave 12 holes unoccupied on the 2" face of the base crossbeam.

## Step 6.

Using 5" Bolts, Top Plates, and Crossbeam connect the rear two uprights together. Proper orientation of the Top Plates will allow the XTC Gear logo to read left-to-right on all four sides.

## Step 7.

Repeat Step 6 for the front uprights using Multi-Grip Crossbeam. The Multi-Grip crossbeam can be placed in the rear if you prefer pull-up inside the rack.

Step 8.

Using 3.5" Bolts, and Multi-Grip Bar use the left most hole of the multi-grip bar and connect to the left most hole of the top front crossbeam. Then pivot the multi-grip bar into position on the crossbeam such that the right most hole of the multi-grip bar lines up with the second last hole on the right side of the crossbeam and install 3.5" Bolt. Once the left and right multi-grip bolts are in place use the third 3.5" Bolt and install through the centre most hole on the multi-grip bar. FINGER TIGHTEN.

Step 9.

SECURE ALL HARDWARE COMPLETELY WITH AN APPROPRIATE 15/16" Wrench and Ratchet.

Step 10.

Install 2x3" plastic end caps into the lateral base tube.