

HOW TO BUILD

GIANT WALL RACK + STRINGERS/3X SERIES

ABOUT THE RACK



Everything you need to make your small space usable when not working out. Ideal for your garage or even commercial environments. When done working out you can fold away to clear floor space.

WHATS INSIDE THE PACKAGE?





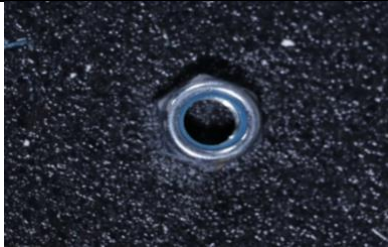
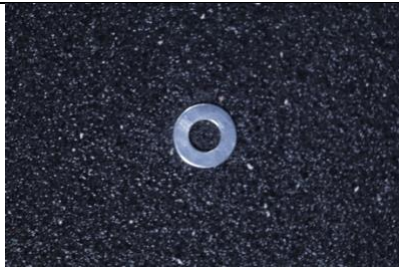
The GIANT Wall Rack 3x Series will come in three boxes. The First of the two boxes will contain the contents that will build the **Frame** of the Wall Rack. The second box will contain the **Stringers** which will be mounted on the wall. Finally, the third is the **Uprights** that will carry the weight that you will be lifting with!

TOOLS NEEDED











For this part of the project the following tools are needed:
Crescent Wrench and or a **Socket Wrench**, **Stud finder** and
finally a **Power Drill**. With these tools you will be able to make
your GIANT Wall Rack.

WHAT'S IN THE **STRINGER** BOX (3-3)


PART #	DESCRIPTION	QTY
1.	 <p>STRINGERS</p>	2
2.	 <p>M8X20 HEX BOLT</p>	8
3.	 <p>M12 NYLON NUT</p>	8
4.	 <p>M10 WASHER</p>	16

WHAT'S IN THE **FRAME** BOX (2-3)

PART #	DESCRIPTION	QTY
1.	 <p>CROSSMEMBERS</p>	4
2.	 <p>HINGE BRACKETS</p>	4
3.	 <p>J-CUPS</p>	2
4.	 <p>PULL-UP BAR</p>	1

5.		6
	QUICK PIN	
6.		24
	M12 WASHER	
7.		4
	M12X105 HEX BOLT	
8.		8
	M12X100 HEX BOLT	
9.		12
	M12 NYLON NUT	
10.		8
	M10X100 SELF-TAPPING SCRE	
11.		8
	M10 WASHER	

WHAT'S IN THE **UPRIGHTS** BOX (1-3)

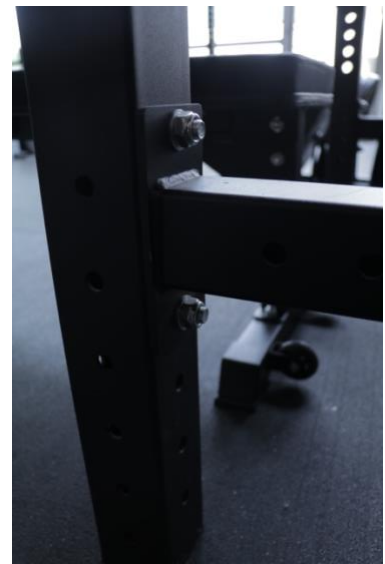
PART #	DESCRIPTION	QTY
1.	 UPRIGHTS	2

MAKING THE FRAME

For making the Frame of the Wall Rack we will be using

- Box (1-3)
- Box (2-3)

1. Lay out the Uprights (The side with the numbers are the face of the upright).
2. Taking one crossmember, line it up with the 6 holes at the bottom of the upright (these holes are $\frac{1}{2}$ inch)



3. See the pictures above insert a m12x100 hex bolt in the top of the $\frac{1}{2}$ inch holes.
4. Then place a second m12x100 bolt skipping one of the holes
5. On the back side apply a M12 Washer to both sides of the bolt and Nylon nut
6. Should look the pictures above
7. Repeat steps (2-5) for other side

MAKING THE FRAME

1. Now going to the top of the upright we are going to repeat the same process of steps.
2. Line crossmember up with upright, this time placing it on the bottom $\frac{1}{2}$ hole.



3. Insert another m12x100 bolts to the bottom $\frac{1}{2}$ inch bolt and then apply a second one skipping one hole.
4. Apply a washer to both sides then screw the back side to secure the crossmember to the upright.
5. Should look like the photos above
6. Repeat steps (2-4) for the other side

CONNECTING THE FRAME TO HINGES

Next, we will be using the Hinge Brackets and connecting those with the crossmembers.

1. Line up the cross member to the Hinge bracket
2. Line up the Hinge bracket and the cross member.



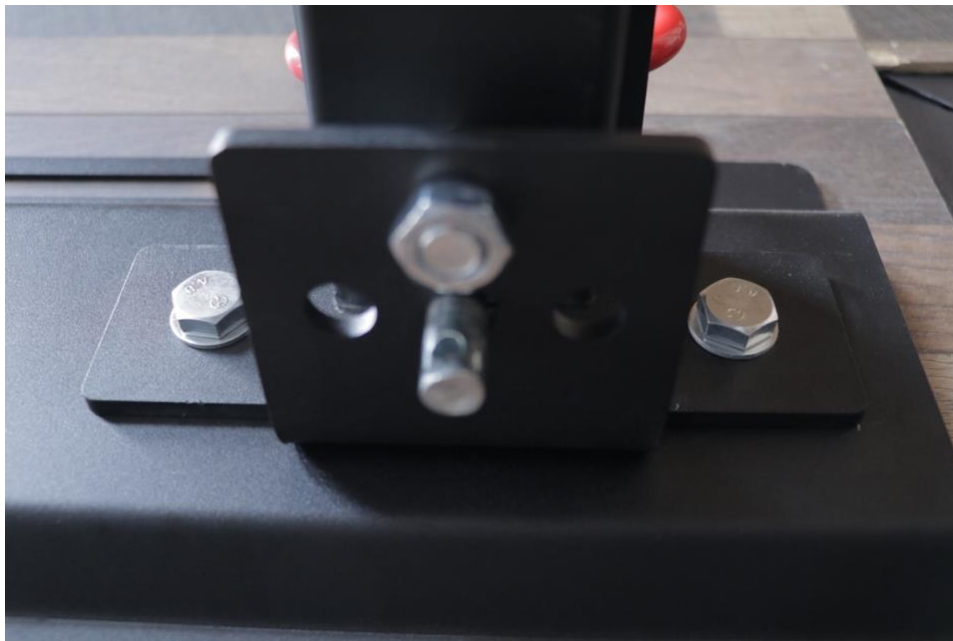
3. Take M12x105 Hex Bolt and put it through both the hinge and cross member connecting the two using the first hole and then using the last hole plug in the quick pin. (Quick Pins allow the uprights to move against the wall and out).
4. Applying a washer to both sides and using a nut at the bottom.
5. Repeat these steps 3 more times to connect all 4 of the Hinge brackets to the crossmembers.



CONNECTING HINGES TO STRINGERS

For this step we will be using M8x20 bolts

1. Apply M10 Washer to the beginning of the bolt Inserting them into the stringer
2. Apply another M10 washer and then apply the Nut to tighten the two ends together



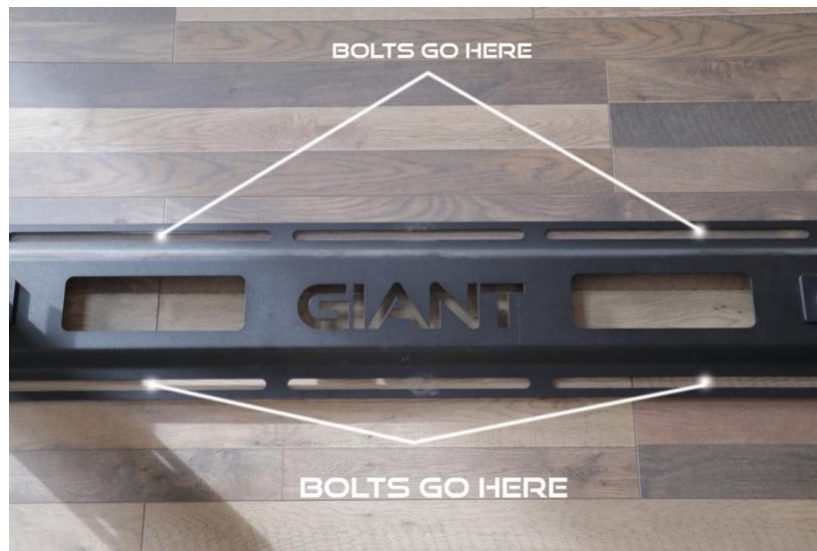
3. Repeat Steps (1-2) for each hinge until all 4 are connected to the stringers

CONNECTING THE STRINGERS TO THE WALL

Now that we have built the Frame of the wall Rack and attached it to the stringers the last step is to connect it all the wall and secure the Rack.

Using the M10x100 Self-tapping screw we will drill these into the studs of the wall

1. The very first thing is finding the studs in the wall where the screw will be placed.
2. Using a stud finder locate the stud



3. Place the M12 Washer and the drill the M10x100 Self tapping screw into the wall
4. Repeat the same order of steps (1-3) for the bottom stringer, finding the two studs.

YOU NOW HAVE YOUR NEW WALL RACK



GIANT