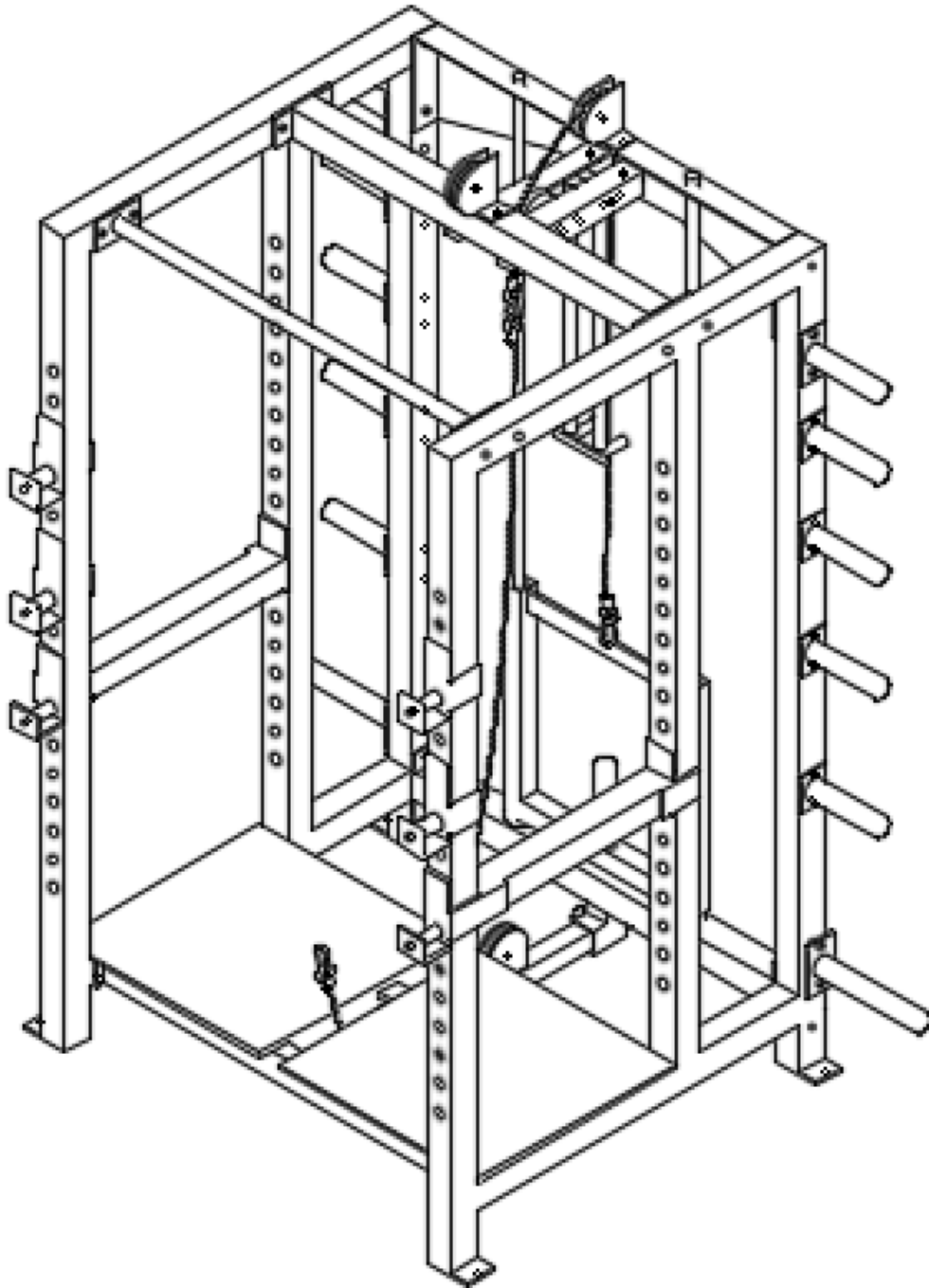


3x3 Power Rack with Belt Squat



⚠ WARNING

Read all safety warnings, instructions and illustrations provided for this piece of strength equipment. Failure to follow all instructions listed below may result in serious injury or death. User assumes all potential risks of assembly or use of this product.

PERSONAL SAFETY

- Stay alert, watch what you are doing when assembling and operating the strength equipment. Do not use the strength equipment while you are tired or under the influence of drugs, alcohol or medication. A moment of inattention while operating or assembling the strength equipment may result in serious or fatal injury.

EQUIPMENT USE AND CARE

- Visually inspect all components in order to identify potential deformation or damage. If damages are observed, discontinue assembly and contact the manufacturer at shipping@texasstrengthsystems.com, wesz@texasstrengthsystems.com.
- Multiple components involved with assembly of this piece of strength equipment are above 50lbs and it is recommended that you have an additional person to assist in the positioning of these items.
- Ensure that all components are securely fastened before use.

Required Tools

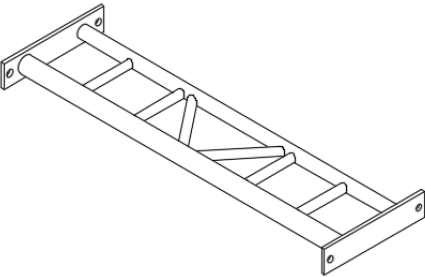
- Crescent Wrench
- 1 1/8" and 9/16" Socket and Wrench
- 5/32 Allen Key

Parts

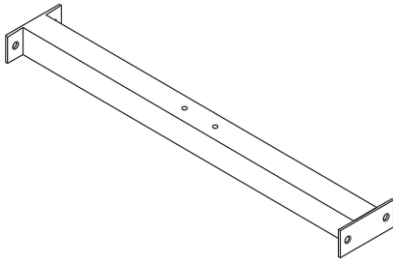


3PRBS-001 | (x1) | Part A

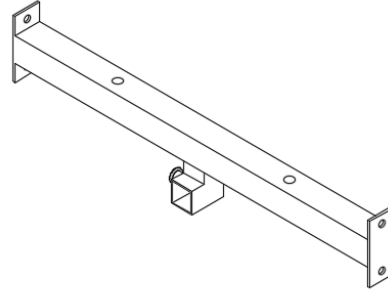
OR



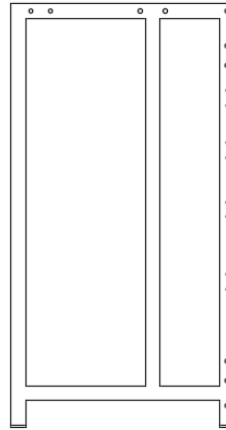
3PR-100 | (x1) | Part MB
(Upgrade; Replaces Part A)



3PRBS-002 | (x1) | Part B



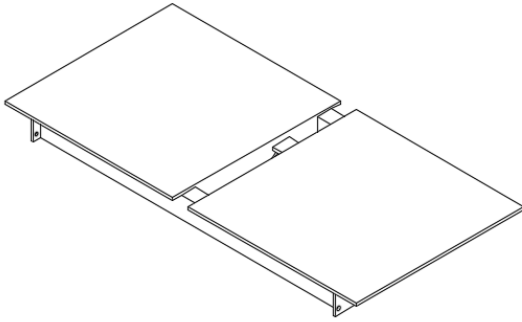
3PRBS-003 | (x1) | Part C



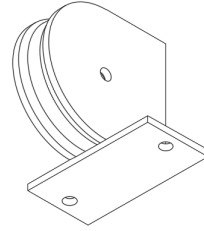
3PRBS-004 | (x2) | Part D



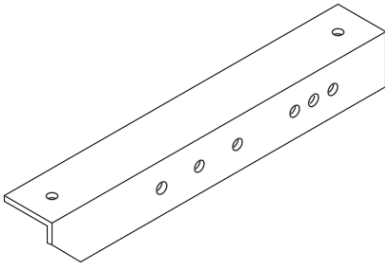
3PRBS-005 | (x1) | Part E



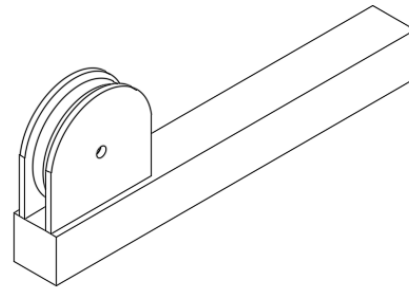
3PRBS-006 | (x1) | Part F



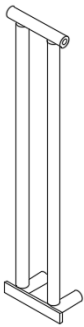
3PRBS-010 | (x1) | Part J



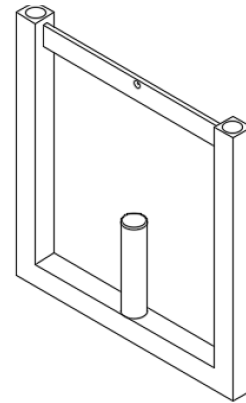
3PRBS-007 | (x2) | Part G



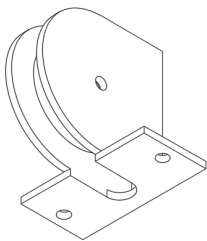
3PRBS-011 | (x1) | Part K



3PRBS-008 | (x1) | Part H



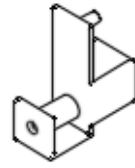
3PRBS-012 | (x1) | Part L



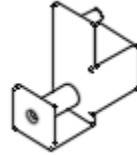
3PRBS-009 | (x1) | Part I



3PRBS-013 | (x2) | Part M



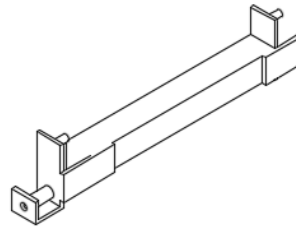
3PRBS-014 | (x2) | Part P



3PRBS-016 | (x2) | Part R



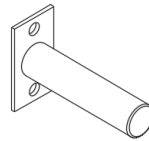
76 1/2" Cable | (x1) | Part N



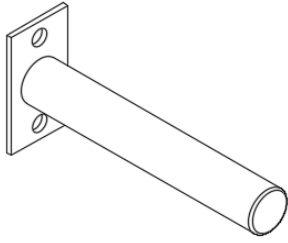
3PRBS-017 | (x2) | Part S



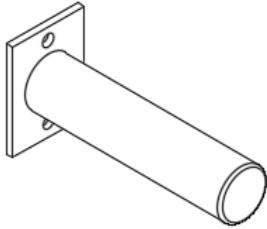
84 1/2" Cable | (x1) | Part O



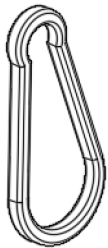
3PRBS-018 | (x2) | Part T



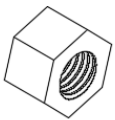
3PRBS-015 | (x2) | Part Q



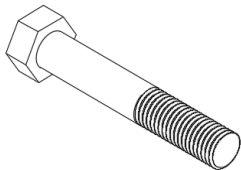
3PRBS-019 | (x8) | Part U



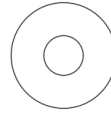
Carabiner | (x3) | Part V



3/4" Nut | (x20) | Part W



3/4 x 4.5" Bolt | (x20) | Part Y



3/4" Flat Washer | (x16) | Part X



3/4" Lock Washer | (x20) | Part AB



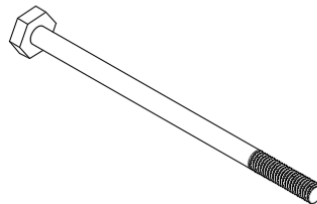
3/8" Flat Washer | (x18) | Part AC



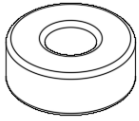
3/8" Lock Nut | (x20) | Part AD



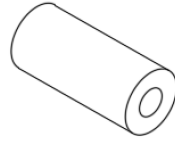
3/8" Wing Nut | (x2) | Part AE



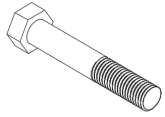
3/8" x 7.5" Bolt | (x2) | Part Z



Rubber Stopper | (x2) | Part AF



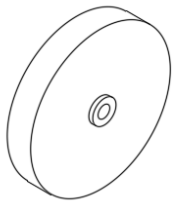
Spacer | (x2) | Part AG



$\frac{3}{8}$ " x 4" Bolt | (x20) | Part AA



Set Screw Collar | (x2) | Part AI



Pulley | (x1) | Part AH

Assembly

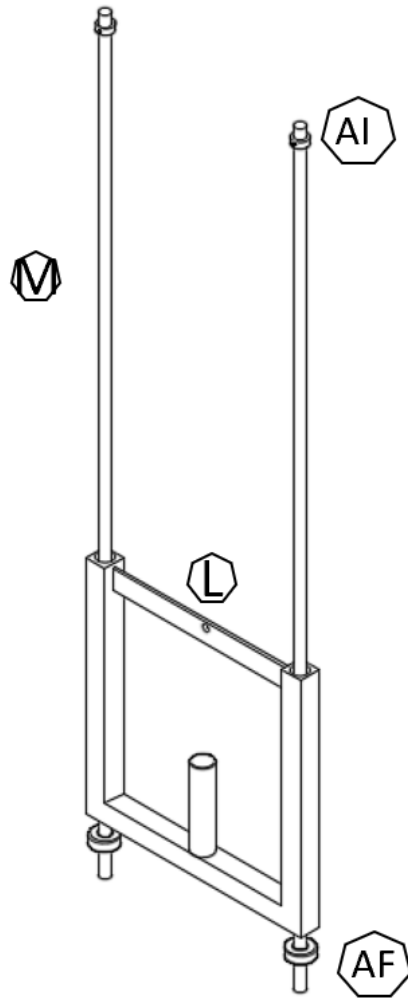


Image 1

Image 1 above displays the assembly of parts L, M, AF, and AI.

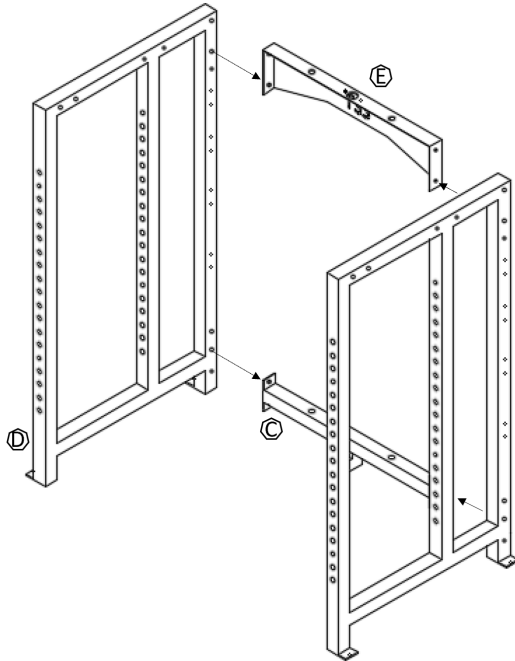


Image 2

In the Image 2 above the arrows display where parts C, E and D will be attached with parts Q and T respectively. The organization of the hardware for these locations can be seen in Image 3 below.

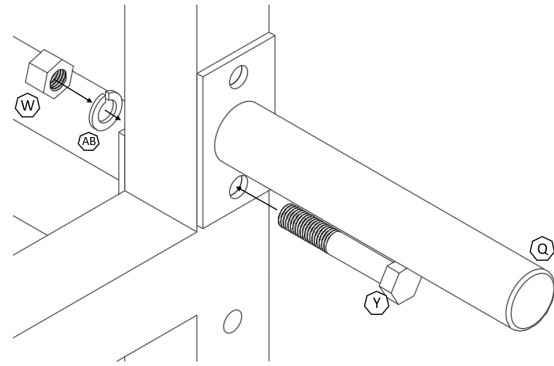


Image 3

Part C will have part Q placed with it in the organization displayed in Image 3 above and part E will have part T placed with it in the same organization as part C and Q.

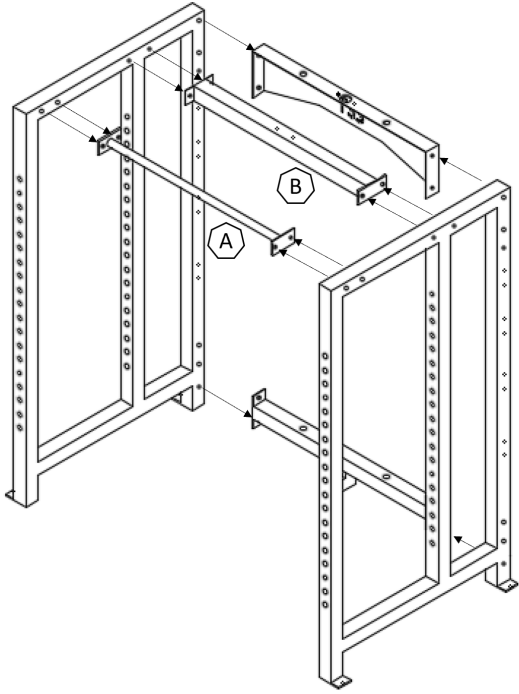


Image 4

In Image 4 above displays where all other $\frac{3}{4}$ " hardware will be placed and the organization of the hardware can be seen in Image 5 below.

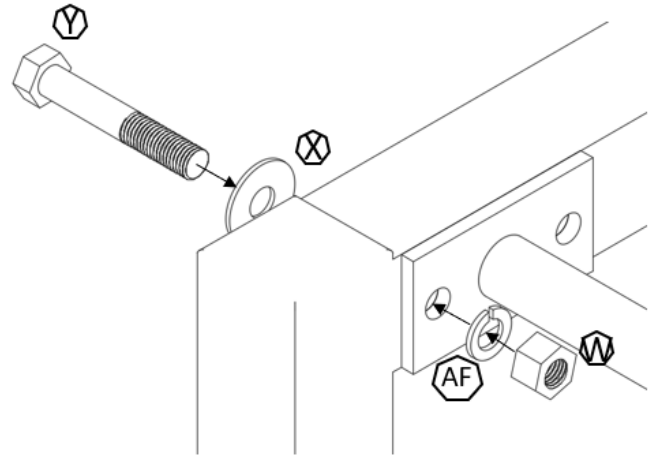


Image 5

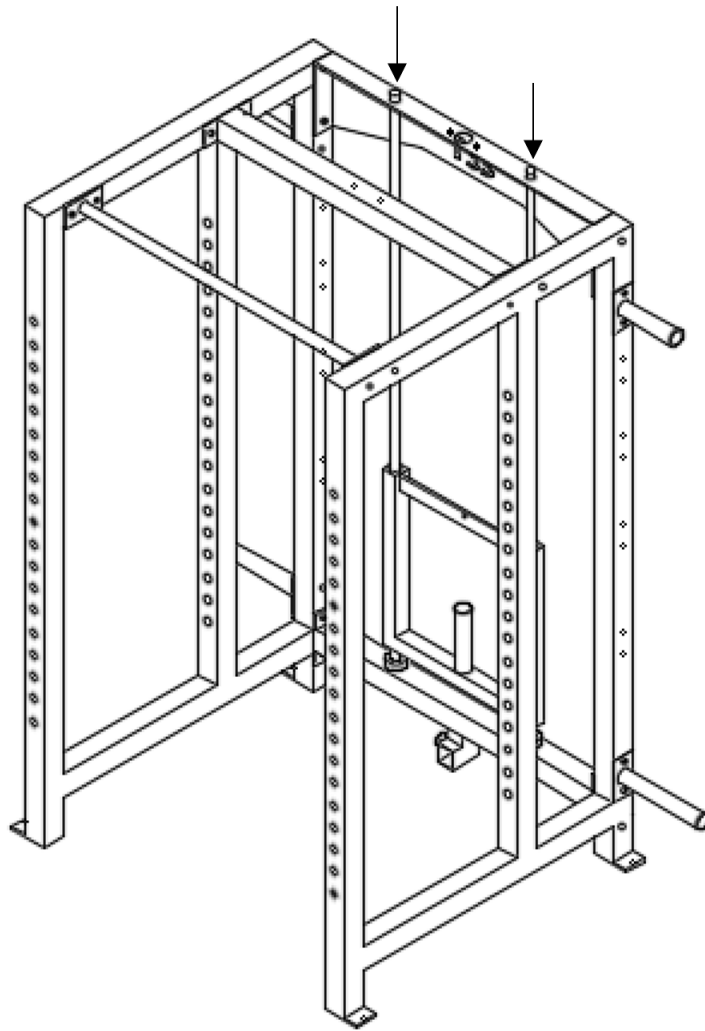


Image 6

Using the parts that were assembled in image 1 place them into part E until the assembly is above part C and slide them into part C. Once the assembly has been properly placed, tighten part AI right below part E using a 5/32 allen key.

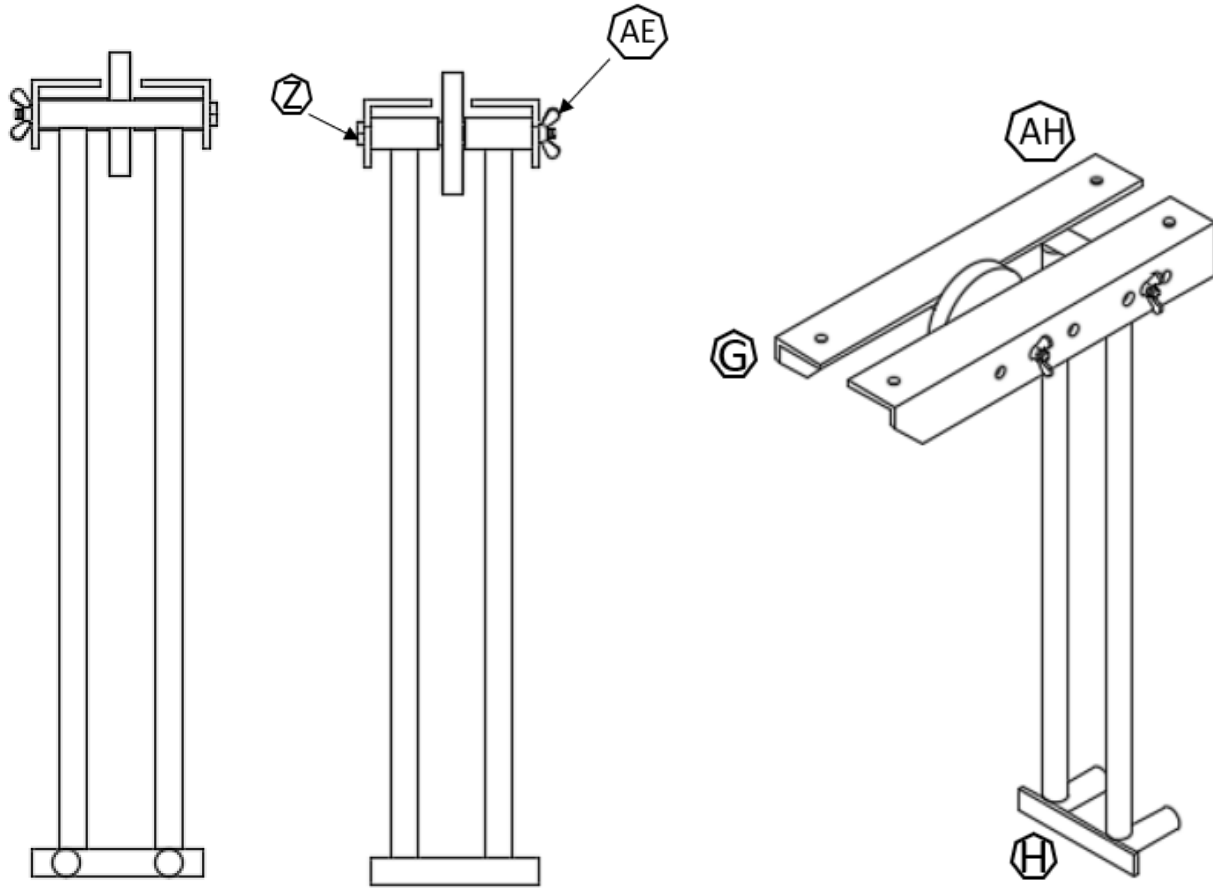


Image 7

Parts G, H, Z, AE, AG, and AH will come pre-assembled in the manner displayed above. Parts H and AH can be placed in different locations as desired; above simply shows them placed in the center holes of part G.

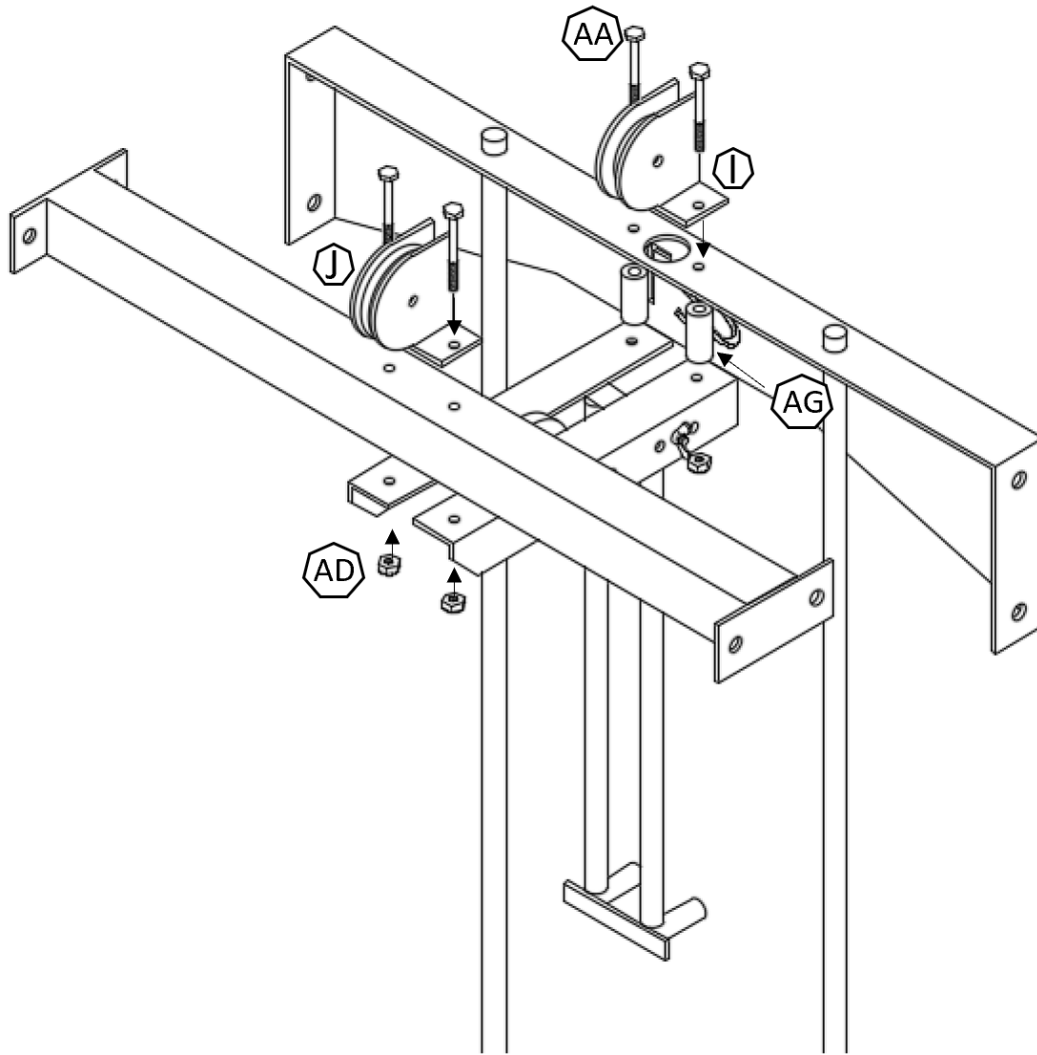


Image 8

Parts I and J will be placed on top of the power rack as seen in image 8 above. The assembly created in image 7 will be placed beneath the parts I and J as seen in image 8. Parts I, J, and the previous assembly will be attached with parts AA and AD. Part AG will act as a spacer and be placed as seen in image 8.

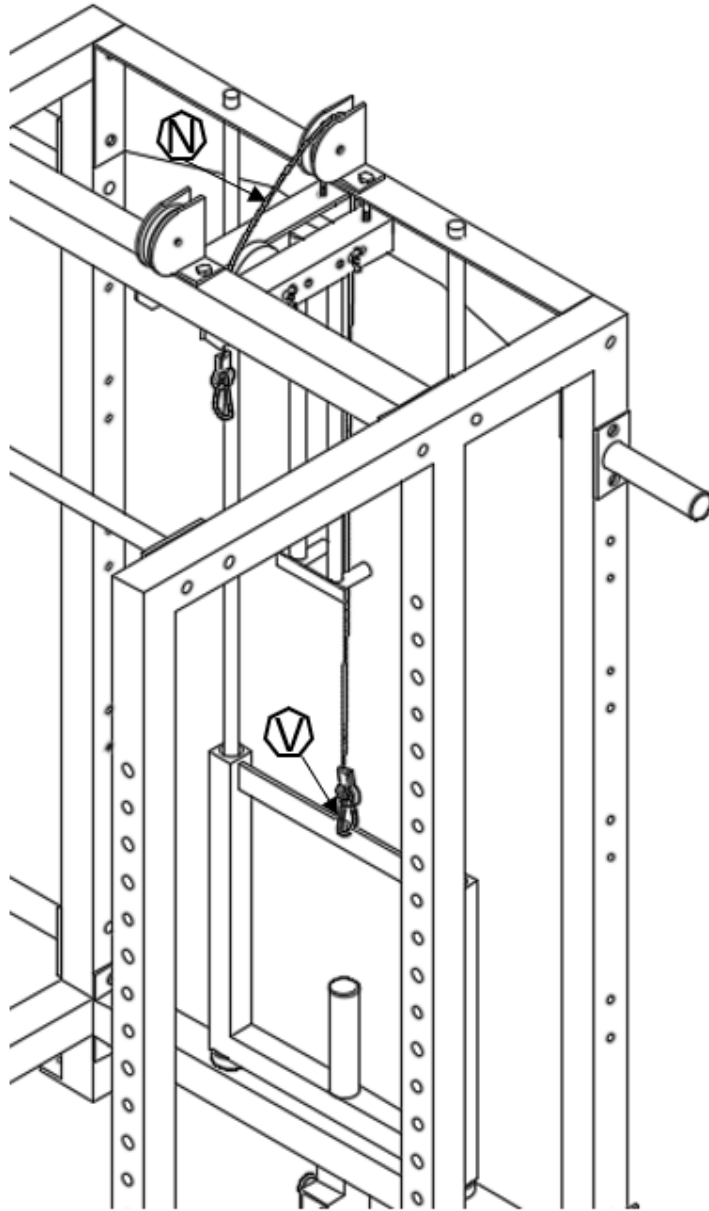


Image 9

Attach part N to part L with part V. With part V removed on the other end feed part N through the hole in part E and across part B as seen in image 9 above.

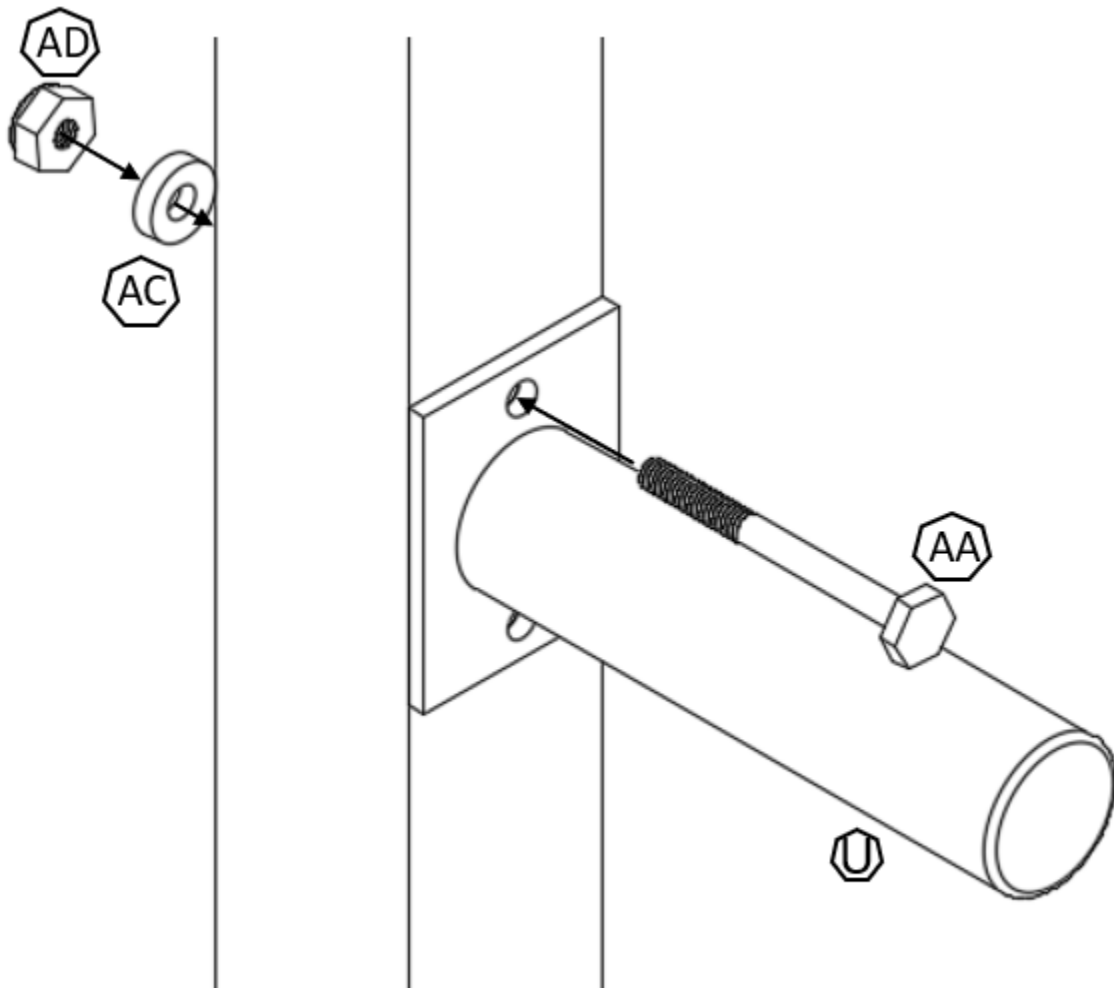


Image 10

Image 10 above displays the organization of the $\frac{3}{8}$ " hardware which will be used for part U.

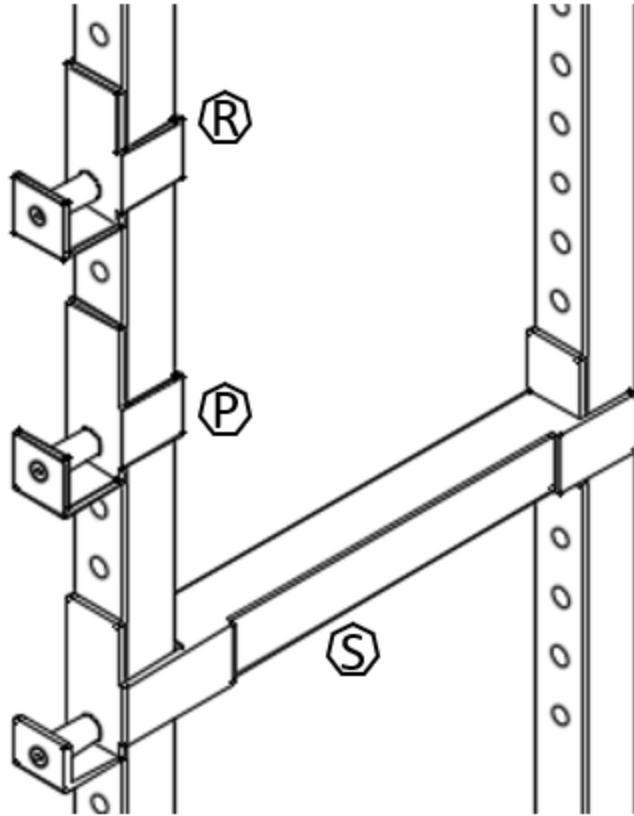


Image 11

Place P, R, and S in desired location

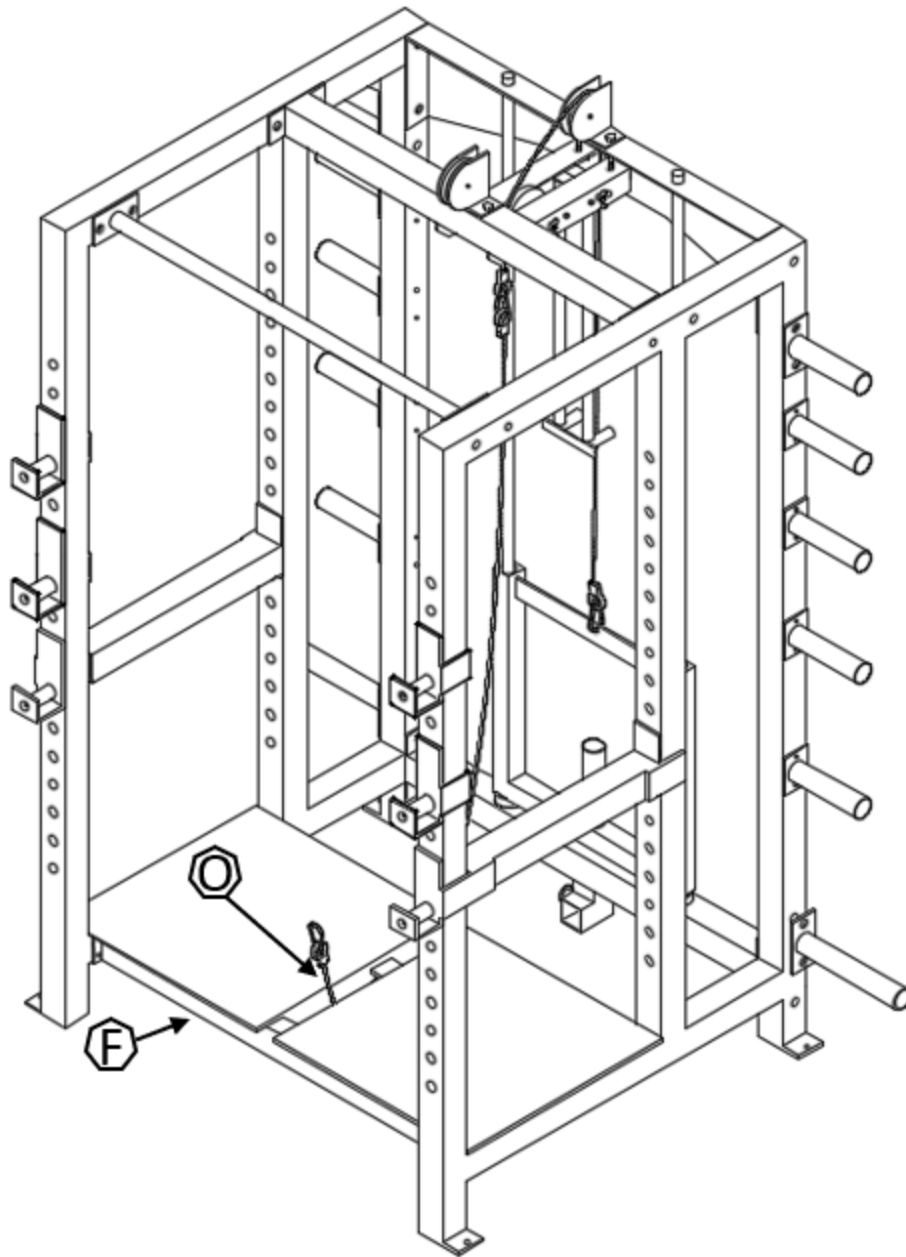


Image 12

Place part F on top of part D. Attach part O to N with part V. Feed part O underneath part F ensuring that it lines up with the pulley underneath part F. **These parts can be removed and attached as desired.**

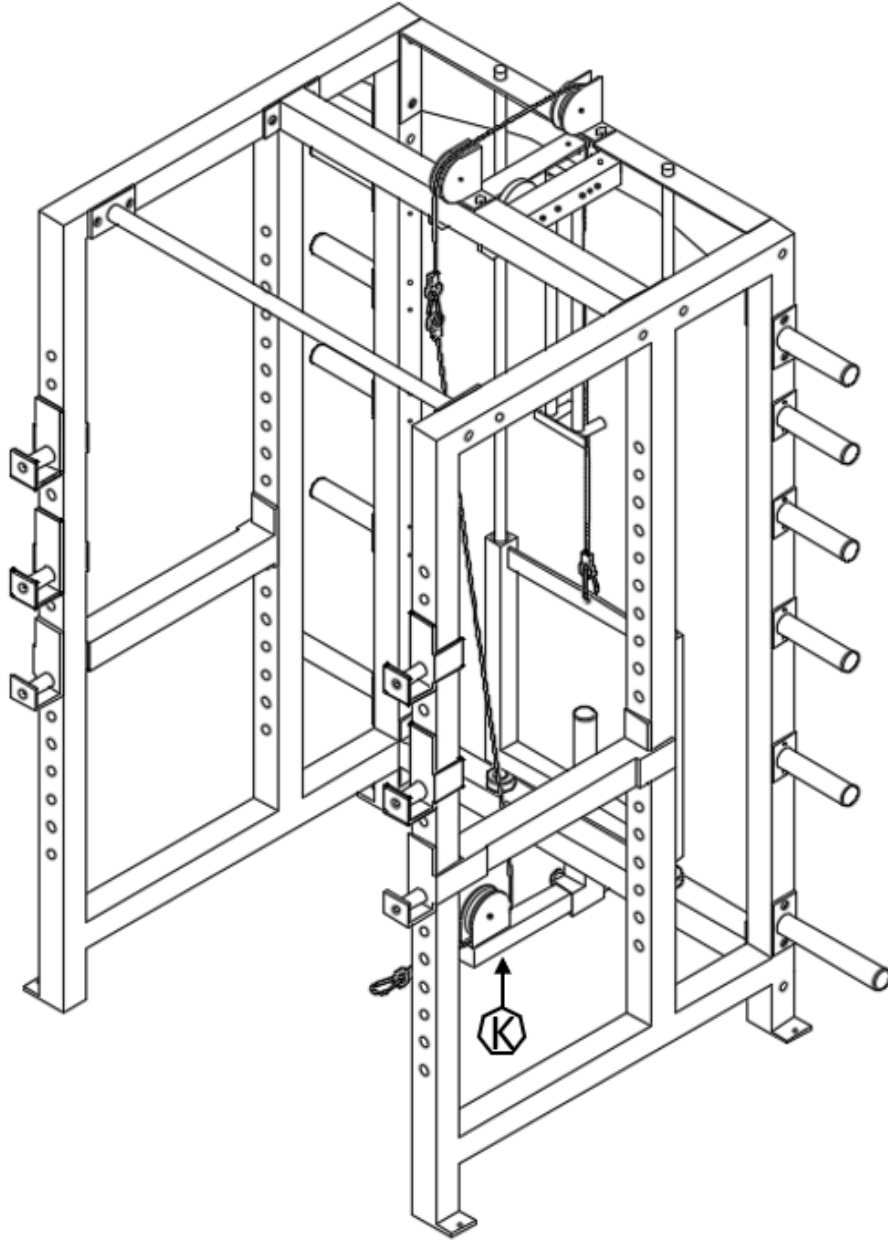
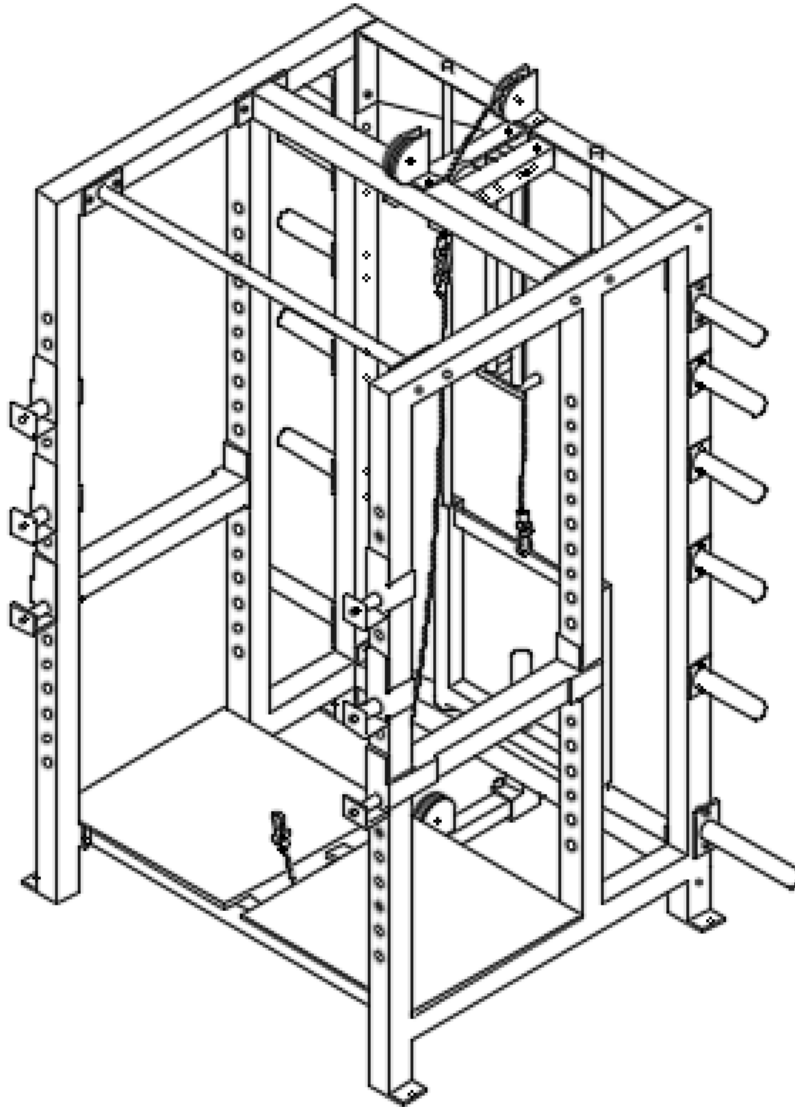


Image 13

To use the low cable system attach part O to N with V and feed it through part K as seen in image 13. **These parts can be removed and attached as desired.**



You have now completed assembling your very own 3x3 Rack with Weight Storage and Belt Squat Attachment! Thank you for choosing Texas Strength Systems for your fitness needs. If you have any questions, comments, or concerns please don't hesitate to contact our staff.

Contact Information

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