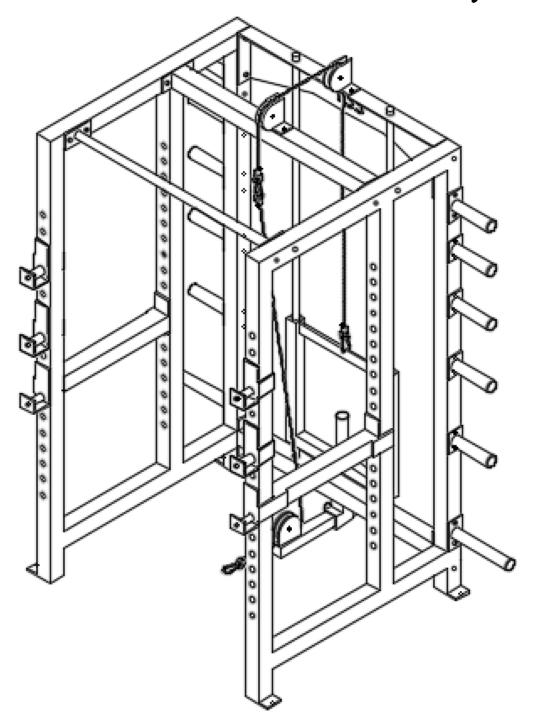
3x3 Power Rack with Hi/Low Cable System







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

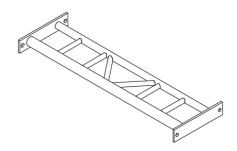
- Crescent Wrench
- 1 1/8" and 9/16" Socket and Wrench
- 5/32 Allen Key

Parts

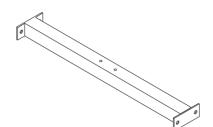


3PRWSHL-001 | (x1) | Part A

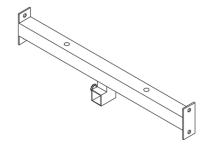
OR



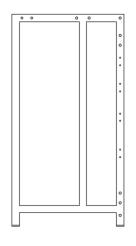
3PR-100 | (x1) | Part MB (Upgrade; Replaces Part A)



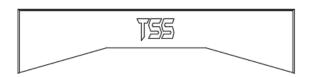
3PRWSHL-002 | (x1) | Part B



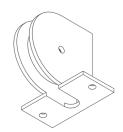
3PRWSHL-003 | (x1) | Part C



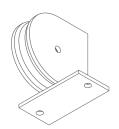
3PRWSHL-004 | (x2) | Part D



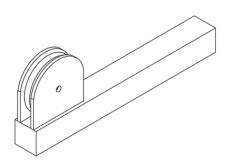
3PRWSHL-005 | (x1) | Part E



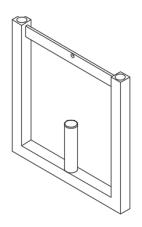
3PRWSHL-006 | (x1) | Part F



3PRWSHL-007 | (x1) | Part G



3PRWSHL-008 | (x1) | Part H



3PRWSHL-009 | (x1) | Part I



3PRWSHL-010 | (x2) | Part J



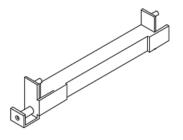
76 ½" Cable | (x1) | Part K



84 ½" Cable | (x1) | Part L



3PRWSHL-011 | (x2) | Part M



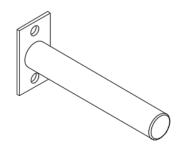
3PRWSHL-013 | (x2) | Part Q



3PRWSHL-012 | (x2) | Part N



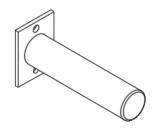
 $3PRWSHL-014 \mid (x2) \mid Part R$



3PRWSHL-015 | (x2) | Part O



Carabiner | (x3) | Part S



3PRWSHL-016 | (x8) | Part P



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



 $\frac{3}{4}$ " Flat Washer | (x16) | Part U



 $^{3}\!\!/^{2}$ " Lock Washer | (x20) | Part V



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



 $\frac{3}{8}$ " Flat Washer | (x18) | Part W



3/8" x 1.25" Bolt | (x2) | Part AA



 $\frac{3}{4}$ x 4.5" Bolt | (x20) | Part X



Rubber Stopper |(x2)| Part AB



3/8" x 4" Bolt | (x18) | Part Y



Set Screw Collar | (x2) | Part AC

Assembly

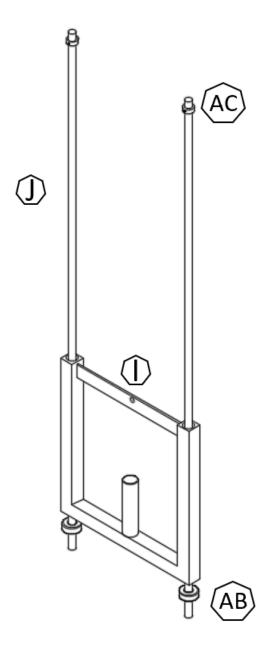


Image 1

Image 1 above displays the assembly of parts J, I, AB, and AC.

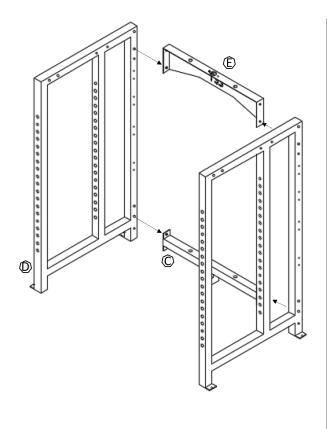


Image 2

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

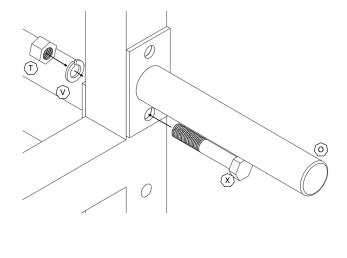


Image 3

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

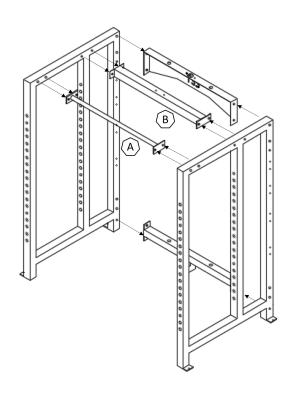


Image 4

In Image 4 above displays where all other ³/₄" hardware will be placed and the organization of the hardware can be seen in Image 5.

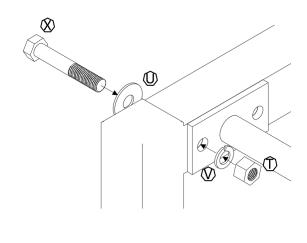


Image 5

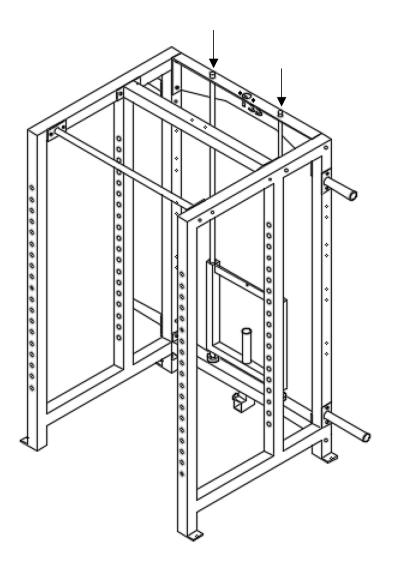


Image 6

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 AC right below part E using a 5/32 allen key.

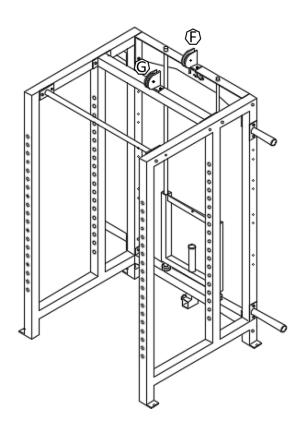


Image 7

Place part F on part E and G on part B as seen in image 7. Part F will be attached with part AA and Z as seen in image 8. Part G will be attached with part Y, W, and Z as seen in image 9.

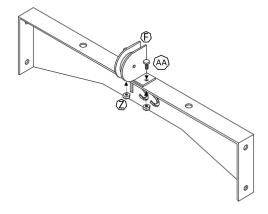


Image 8

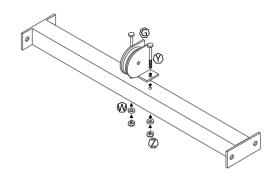


Image 9

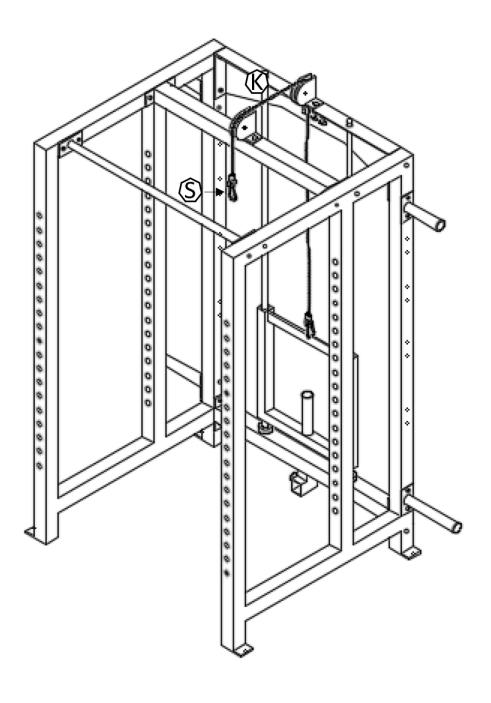


Image 10

Attach part K to part I with part S. With part S removed on the other end feed part K through the hole in part E and across part B as seen in image 10 above.

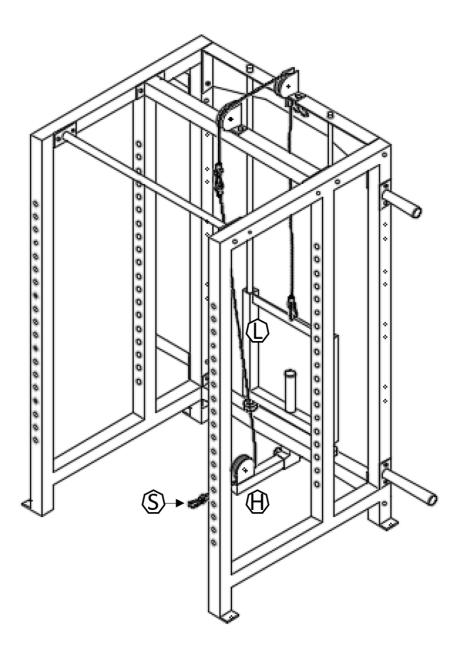


Image 11

Attach part L to K with S and feed it through part H as seen in image 11.

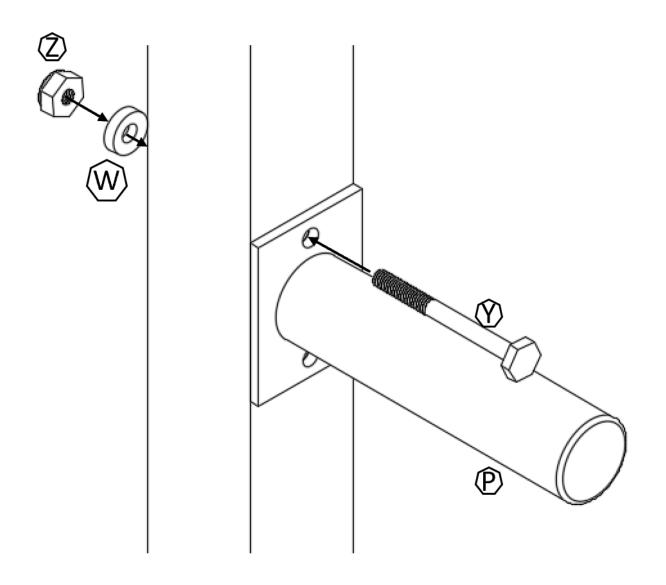


Image 12

Image 12 above displays the organization of the 3/8" hardware which will be used for part P.

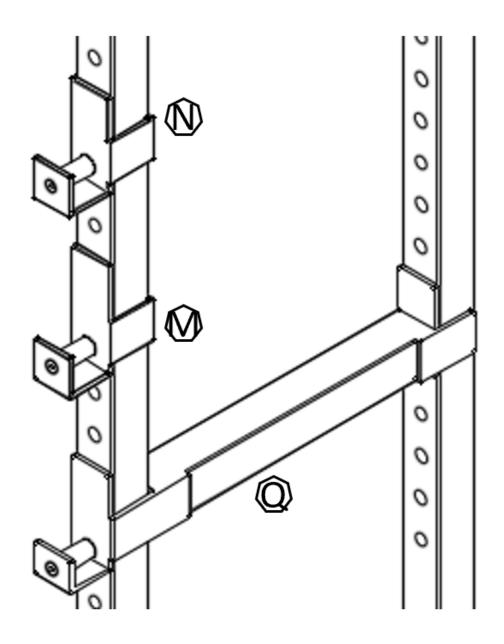
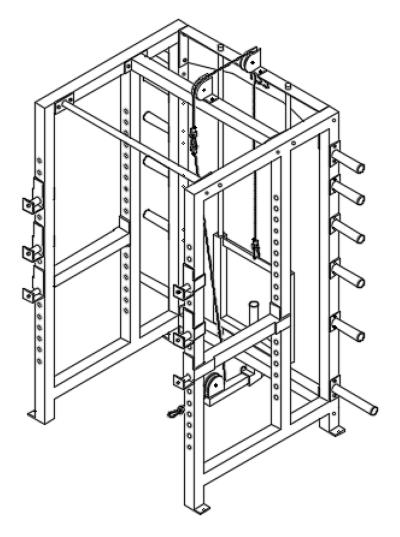


Image 13

Place M, N, and Q in desired location



You have now completed assembling your very own 3x3 Rack with Weight Storage and Hi/Low Cable System! 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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