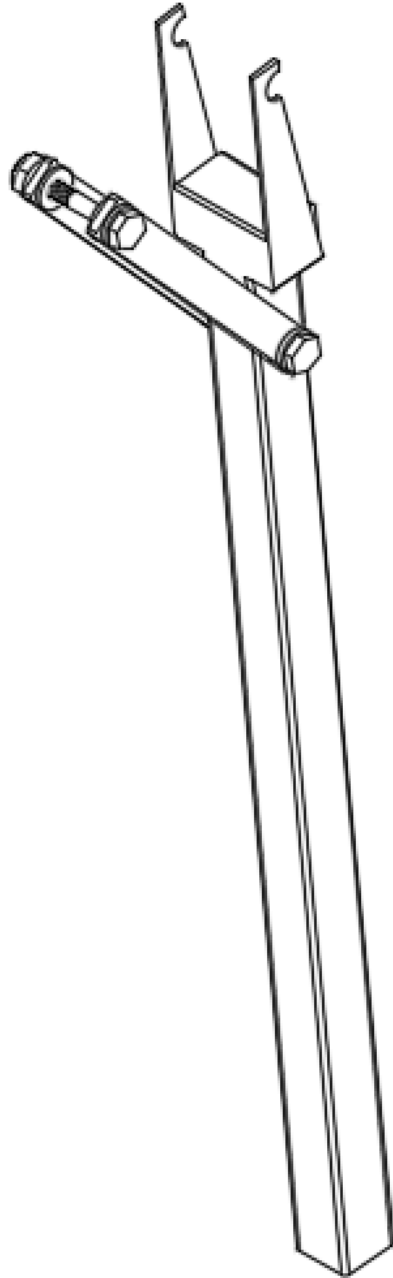


Hand Jacks



 **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.

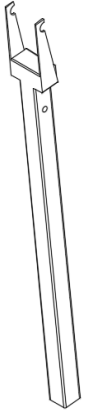
EQUIPMENT USE AND CARE

- 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.
- Ensure that all components are securely fastened before use.

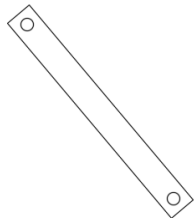
Required Tools

- Crescent Wrench
- 9/16" Socket and Wrench

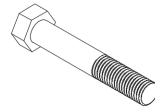
Parts



HJ-001 | (x2) | Part A



HJ-002 | (x4) | Part B



$\frac{3}{8}$ " x 3" Bolt | (x4) | Part C



$\frac{3}{8}$ " Flat Washer | (x16) | Part D



$\frac{3}{8}$ " Lock Nut | (x4) | Part E

This assembly applies to multiple pieces of equipment which include, combo rack, competition style or adjustable style squat stands (upgrade), competition bench (upgrade).

Assembly

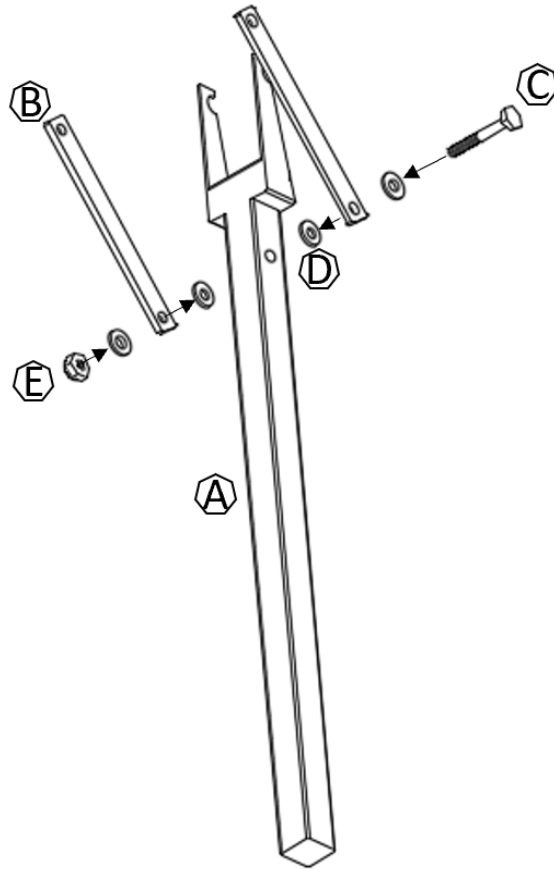
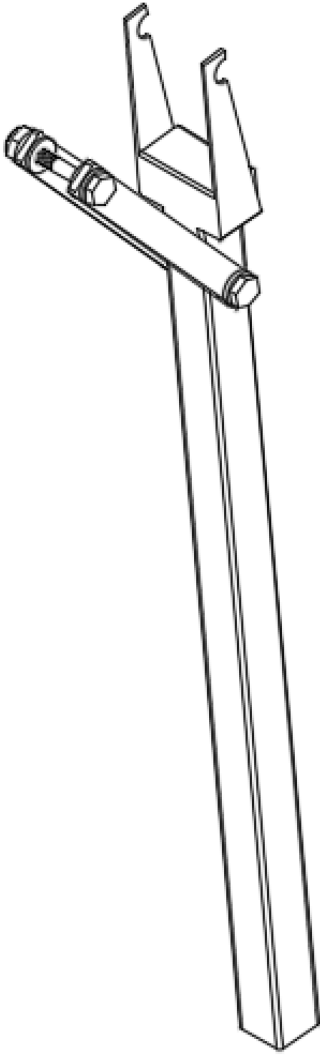


Image 1

The organization for all components can be seen in image 1. Once all components are placed, tighten part E until part A is limited to vertical motion only. Repeat assembly when attaching to the main equipment component.



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

Email: wesz@texasstrengthsystems.com

Phone: (210) 233-6110, (210)-920-4877