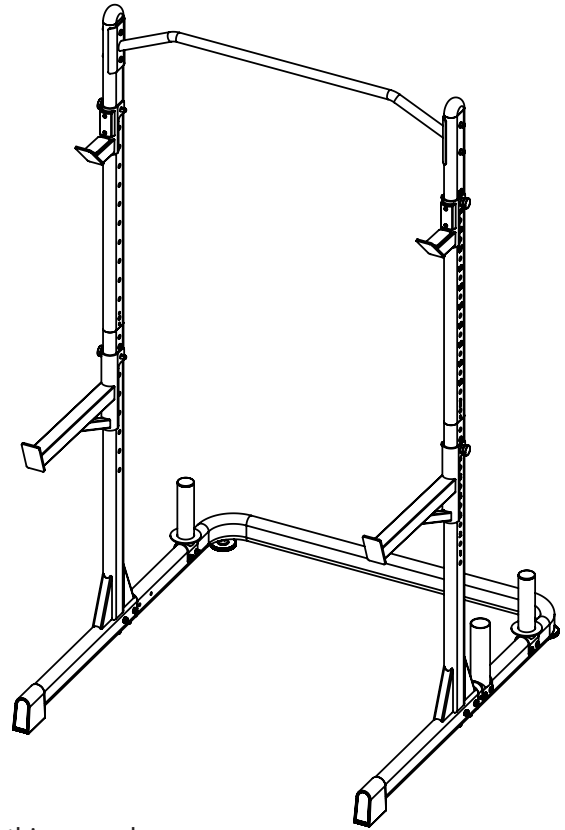


# GRIND

F I T N E S S

## ALPHA2000 Squat Rack

### Assembly Instructions



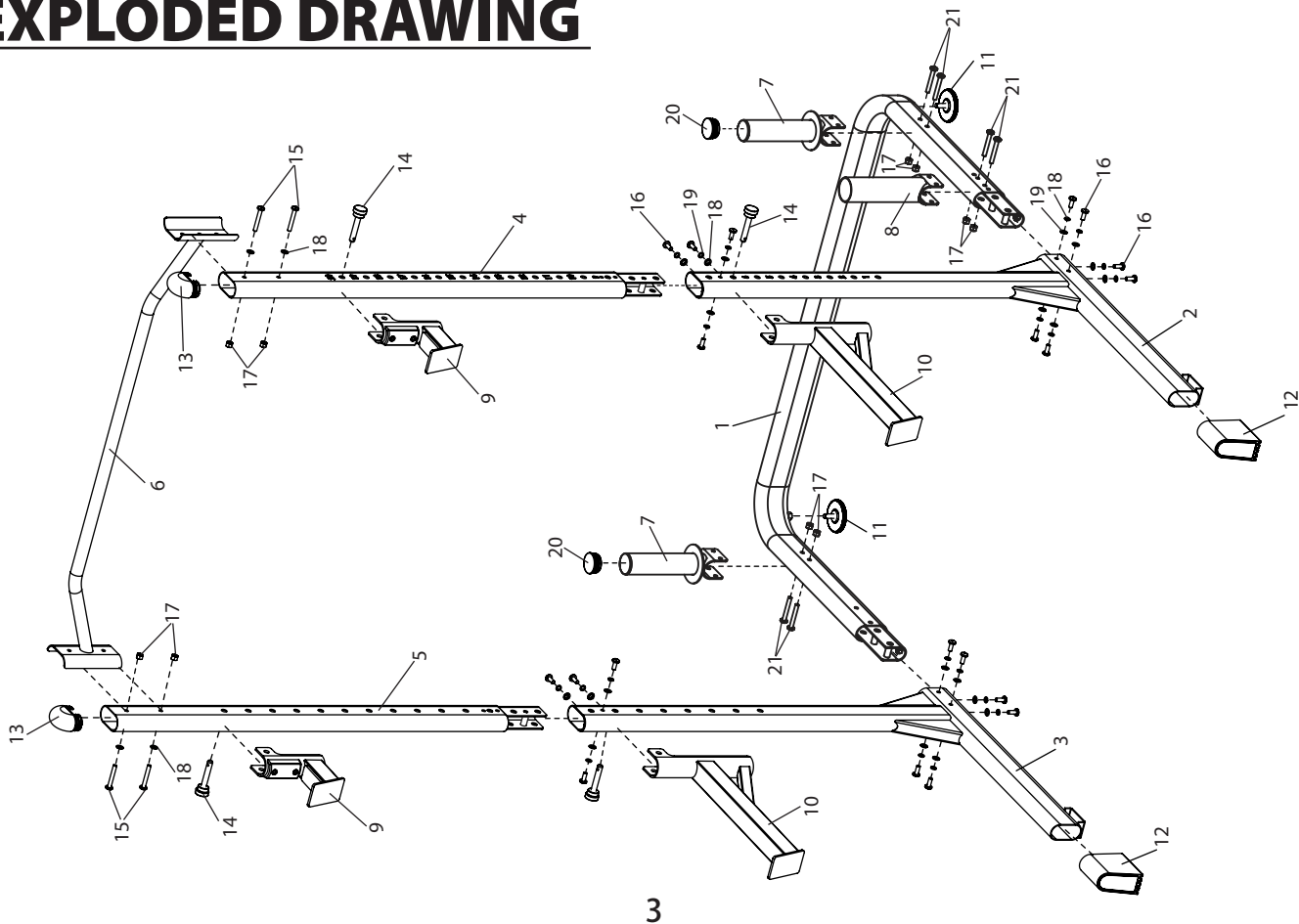
**!** **WARNING**

Read the assembly, installation, care, maintenance, and use instructions in this manual prior to assembling and using this equipment. Save this manual for future reference.

# **PART LIST**

<b>Key No.</b>	<b>Qty.</b>	<b>Description</b>	<b>Key No.</b>	<b>Qty.</b>	<b>Description</b>
1	1	U Base	13	2	Cap
2	1	Right Lower Upright	14	4	Pins
3	1	Left Lower Upright	15	4	M8x55mm Bolt
4	1	Right Upper Upright	16	20	M8x20mm Bolt M8
5	1	Left Upper Upright	17	10	Nut
6	1	Pull-Up Bar	18	24	M8 Washer
7	2	Weight Storage Tube	19	20	M8 Spring Washer
8	1	Barbell Storage Tube	20	2	Inner Cap
9	2	J-Cups	21	6	M8x58mm Bolt
10	2	Spotter Arms	*	1	5mm Hex Key
11	2	Adjustment Knob			
12	2	End Cap			

# EXPLODED DRAWING

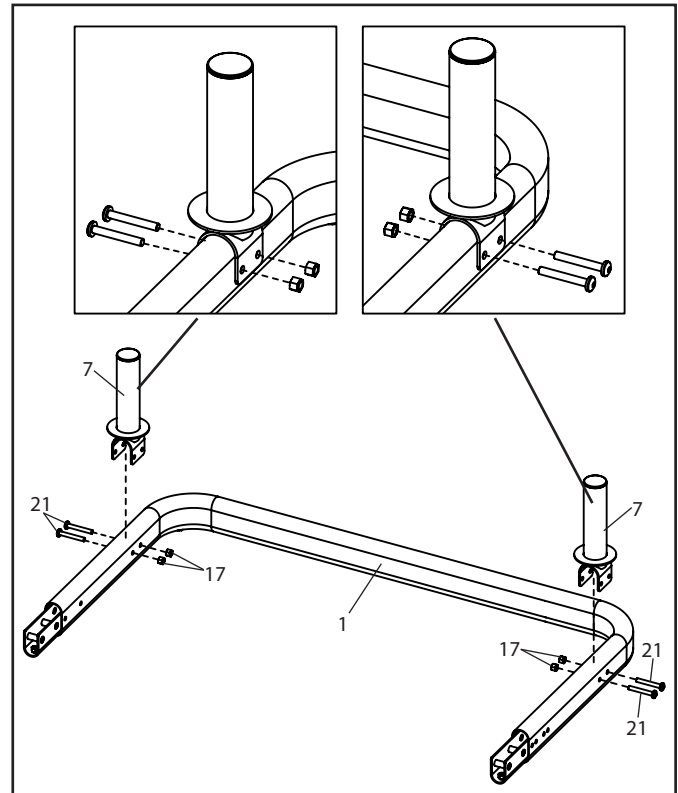


**Two adults required for assembly.**

**STEP 1**

Put the Weight Storage Tubes (7) to the U Base (1) as shown, secure with M8x58mm Bolts (21) and M8 Nuts (17).

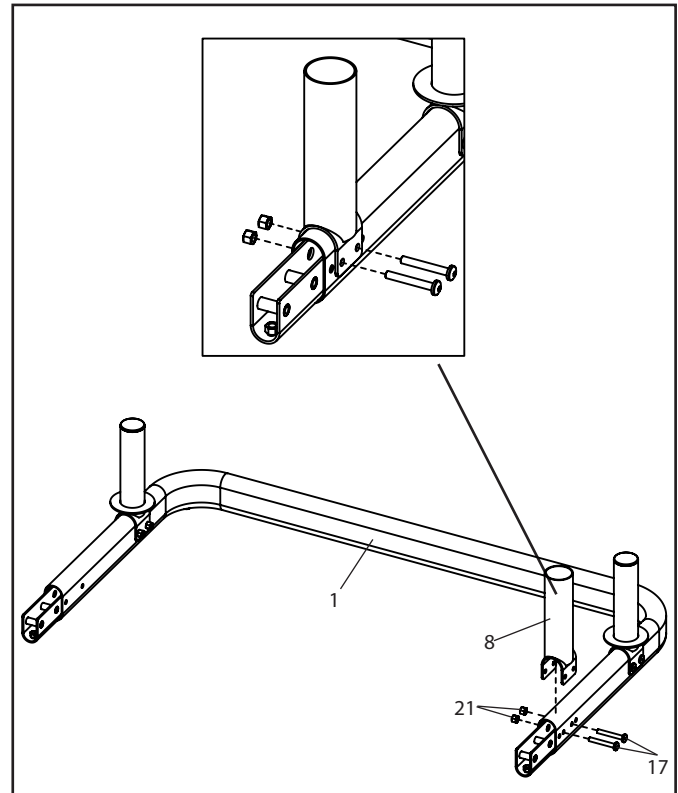
**Do not fully tighten the bolts yet.**



## STEP 2

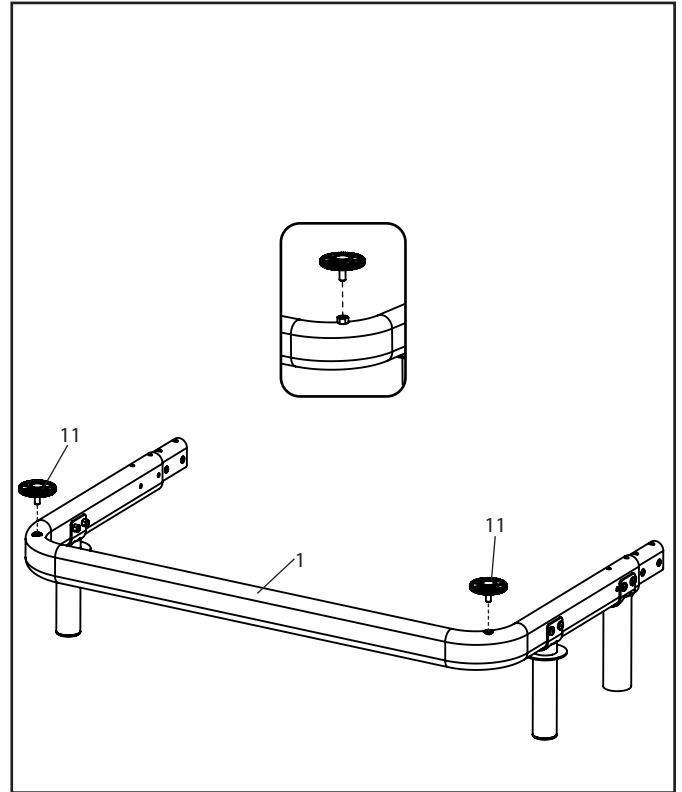
Put the Barbell Storage Tubes (8) to the U Base (1) as shown, secure with M8x58mm Bolts (21) and M8 Nuts (17).

**Do not fully tighten the bolts yet.**



### STEP 3

Secure the Adjustment Knob (11) to the bottom of the U Base (1) as shown.

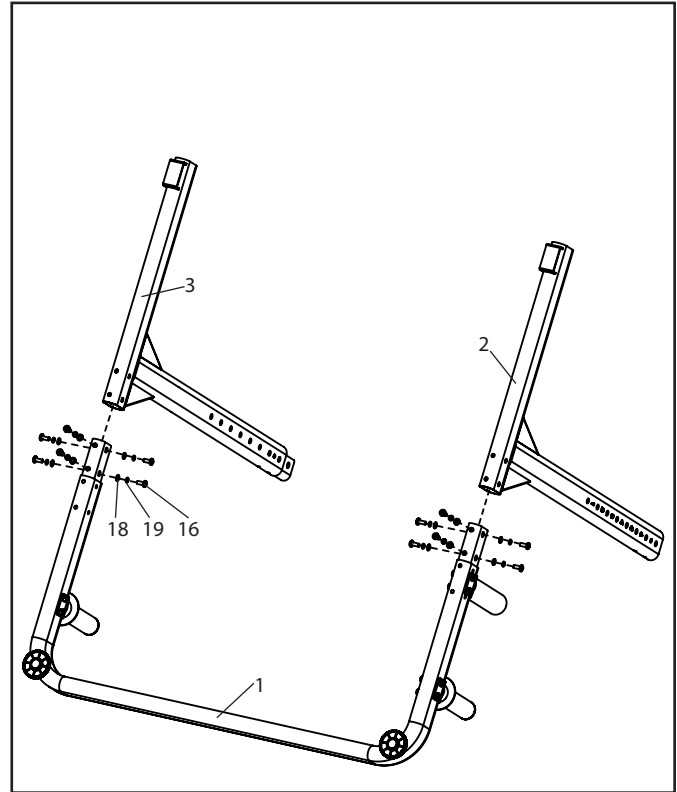


## STEP 4

Put the Right Lower Upright (2) and Left Lower Upright (3) onto the U Base (1), make sure the numbers are facing outside.

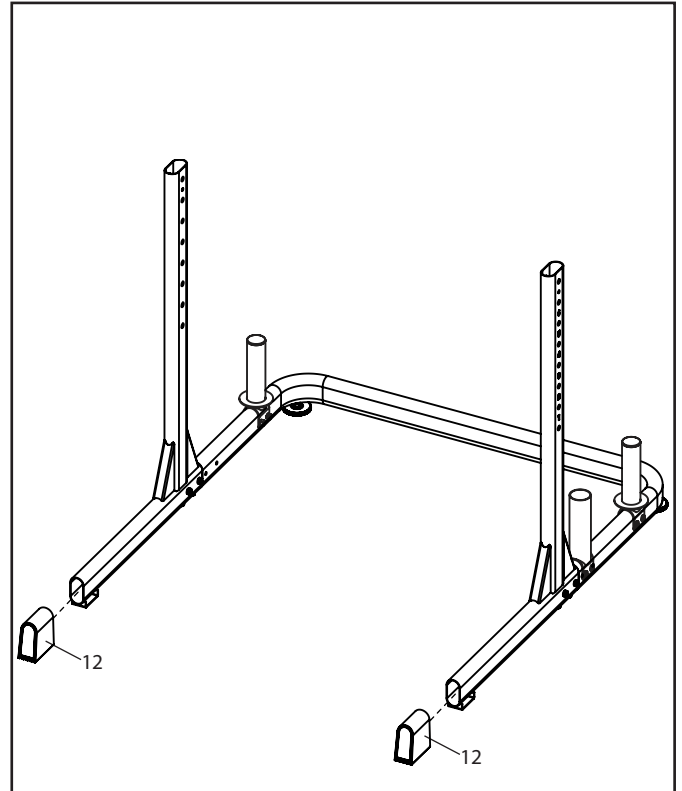
Secure with M8x20mm Bolts (16), M8 Spring Washers (19), M8 Washers (18) as shown.

**Do not fully tighten the bolts yet.**



## STEP 5

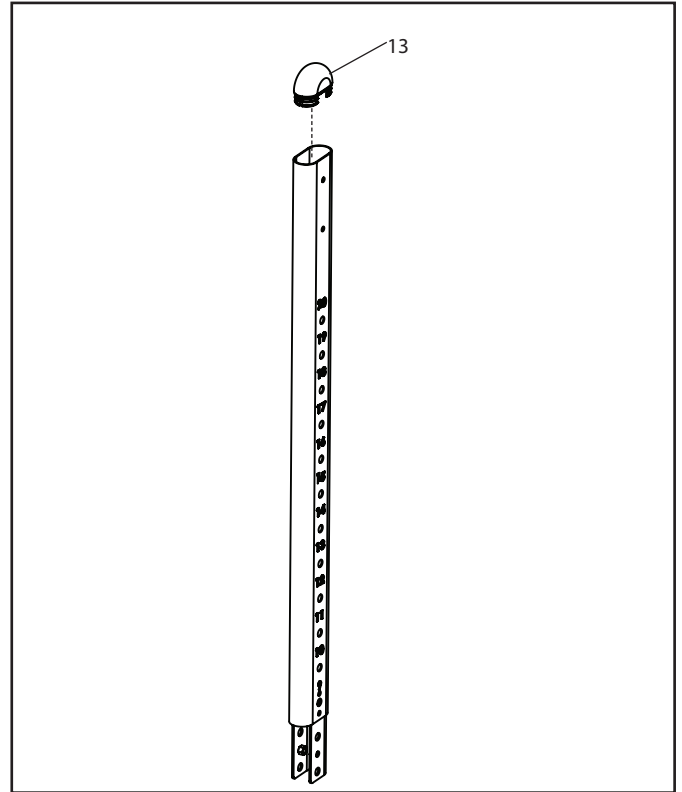
Put the End Cap (12) onto Base as shown.





**STEP 6**

Insert the Caps (13) into the Upper Uprights as shown.



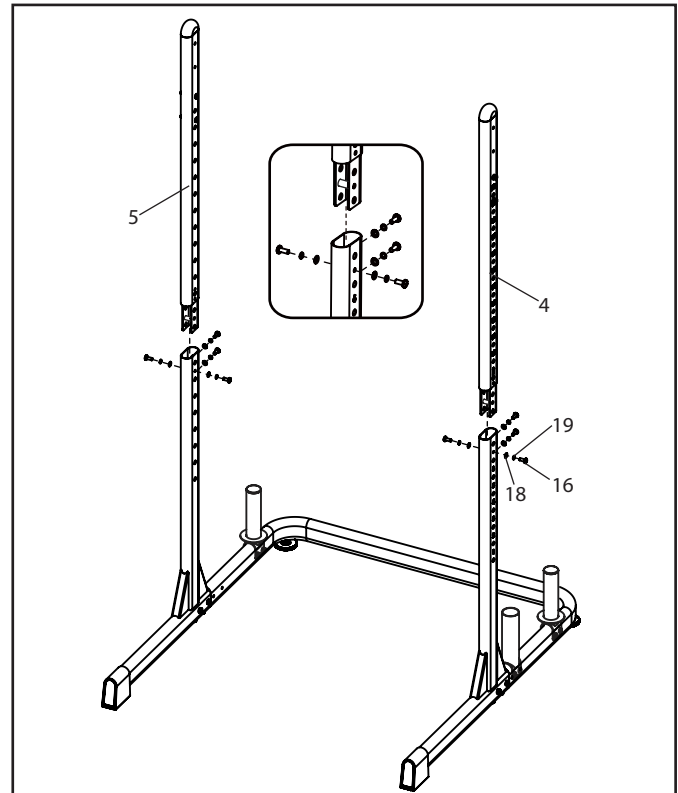
## STEP 7

Insert the Right Upper Upright (4) into the Right Lower Upright (2) as shown, secure with M8x20mm Bolts (16), M8 Spring Washers (19), M8 Washers (18) as shown.

Repeat to attach the Left Upper Upright (5).

**Do not fully tighten the bolts yet.**

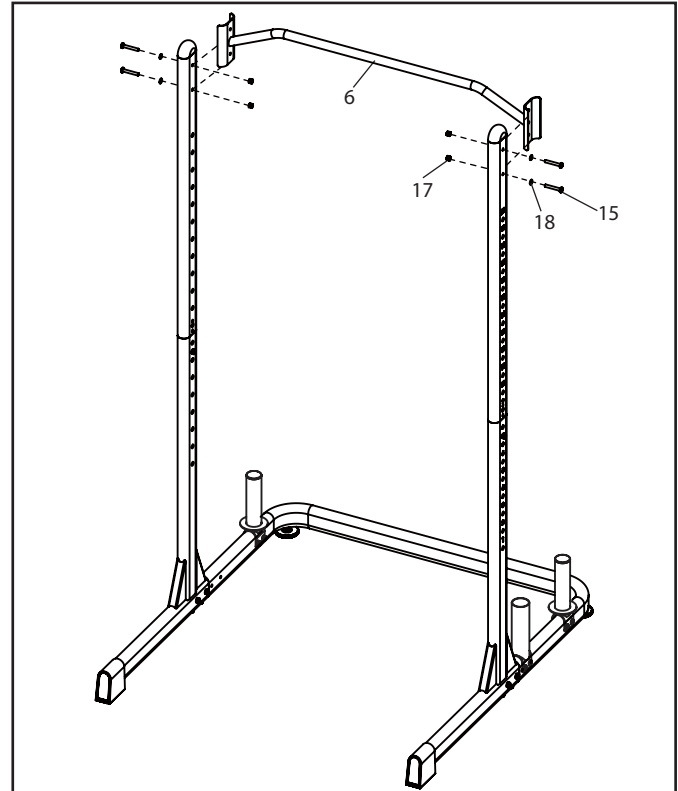
Make sure the numbers are facing outside.



## STEP 8

Orient the Pull-Up Bar (6) as shown, secure to the Upright with M8x55mm Bolts (15), M8 Washers (18), and M8 Nuts (17).

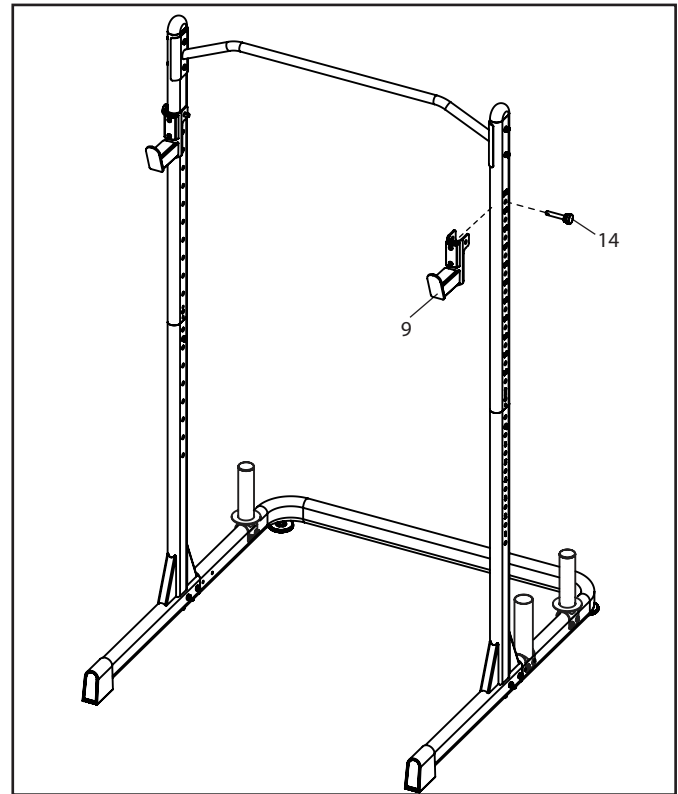
**Tighten all bolts!**



## STEP 9

Put the J-Cups (9) onto desired adjustment hole in the Uprights, secure with Pin (14) as shown.

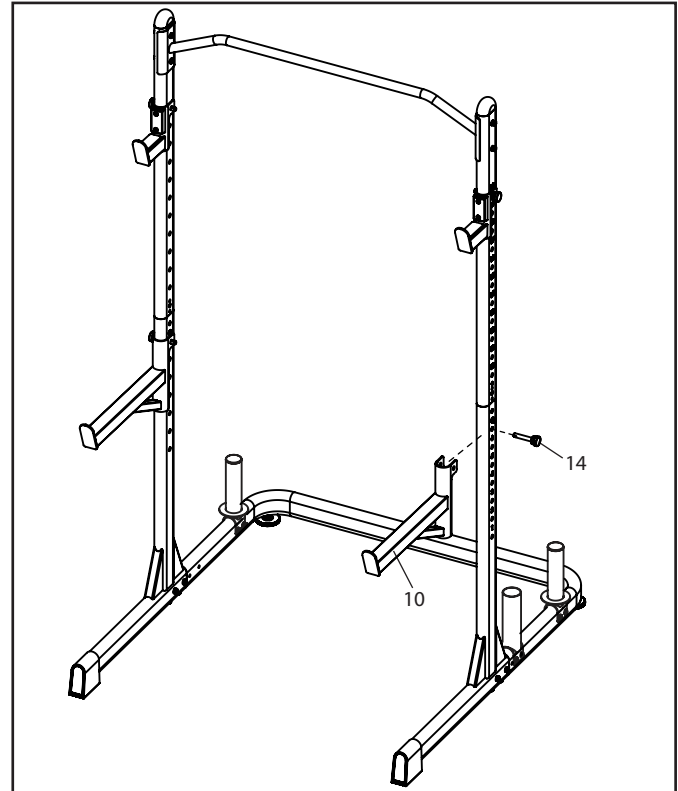
Make sure to put the J-Cups at the same height.



## STEP 10

Put the Spotter Arms (10) onto the desired adjustment hole in the Uprights, secure with Pin (14) as shown.

Make sure to put the Spotter Arms at the same height.





**WARNING SERIOUS INJURY OR DEATH COULD OCCUR  
IF THESE PRECAUTIONS ARE NOT OBSERVED**

- » Always consult a physician before beginning any exercise program
- » Read and understand warning labels and user manual prior to exercise. Obtain instruction prior to use
- » Keep body and clothing free from and clear of all moving parts
- » Inspect equipment prior to use. DO NOT use if it appears damaged or inoperable
- » DO NOT attempt to fix broken equipment. Call GRIND Fitness for assistance 701-566-5204
- » Use equipment only for the intended use. DO NOT modify the equipment
- » Be sure that the pins are completely inserted. Use only the pins provided
- » Children must not be allowed near equipment. Teenagers must be supervised
- » Always use locking pins to secure parts in desired positions

# IMPORTANT!

**Please call or email GRIND Fitness regarding all installation questions or return concerns**

## **GRIND Fitness 30-Day Warranty**

PRx Performance LLC, DBA GRIND Fitness warrants to the original consumer purchaser that this product will be free of defects in material and workmanship for 30 days from the date of purchase. GRIND Fitness will repair or replace the product, at our sole discretion, in the event of such a defect within the warranty period.

In the event of a defect covered under this warranty, first call the number below. Many problems can be solved in this manner. If necessary, you will be instructed to return the product (postage pre-paid and insured by the consumer).

Repair or replacement, and return shipment, will be free of charge. This warranty does not cover damage resulting from unauthorized modification, accident, misuse, or abuse.

GRIND Fitness's liability for defects in material and workmanship under this warranty shall be limited to repair or replacement, at our sole discretion, and in no event shall we be responsible for incidental, consequential, or contingent damages (except in those states that do not allow this exclusion or limitation). This warranty is exclusive, and is made in lieu of any express or implied warranty. Valid only in U.S.A. and Canada. This warranty gives you specific legal rights and you may have other rights, which may vary from state to state. Some states do not allow the exclusion of incidental or consequential damages, so the above exclusions or limitations may not apply to you.

**Phone number:** 701-566-5204

**Email:** [squad@thegrindfitness.com](mailto:squad@thegrindfitness.com)

**Hours:** 8:00 A.M. – 5:00 P.M. Central Standard Time; Monday – Friday, expect some delay during busy times and holiday seasons.