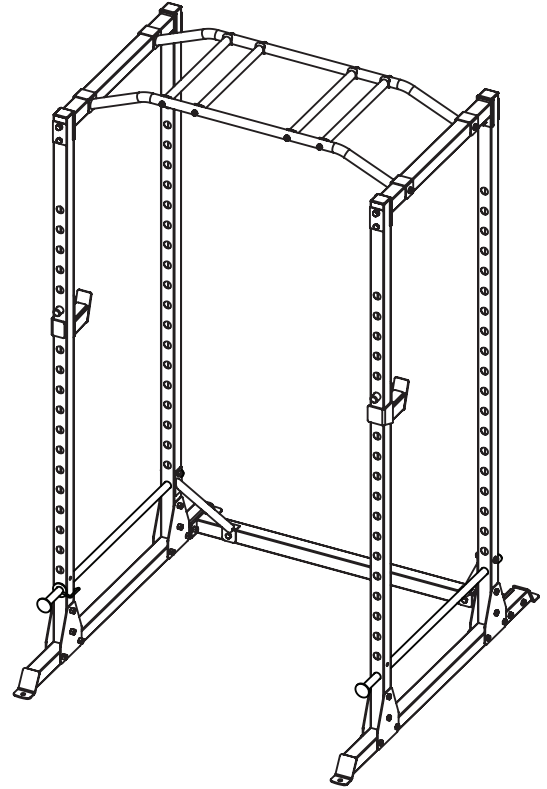


GRIND

F I T N E S S

ALPHA3000 Full Cage

Assembly Instructions



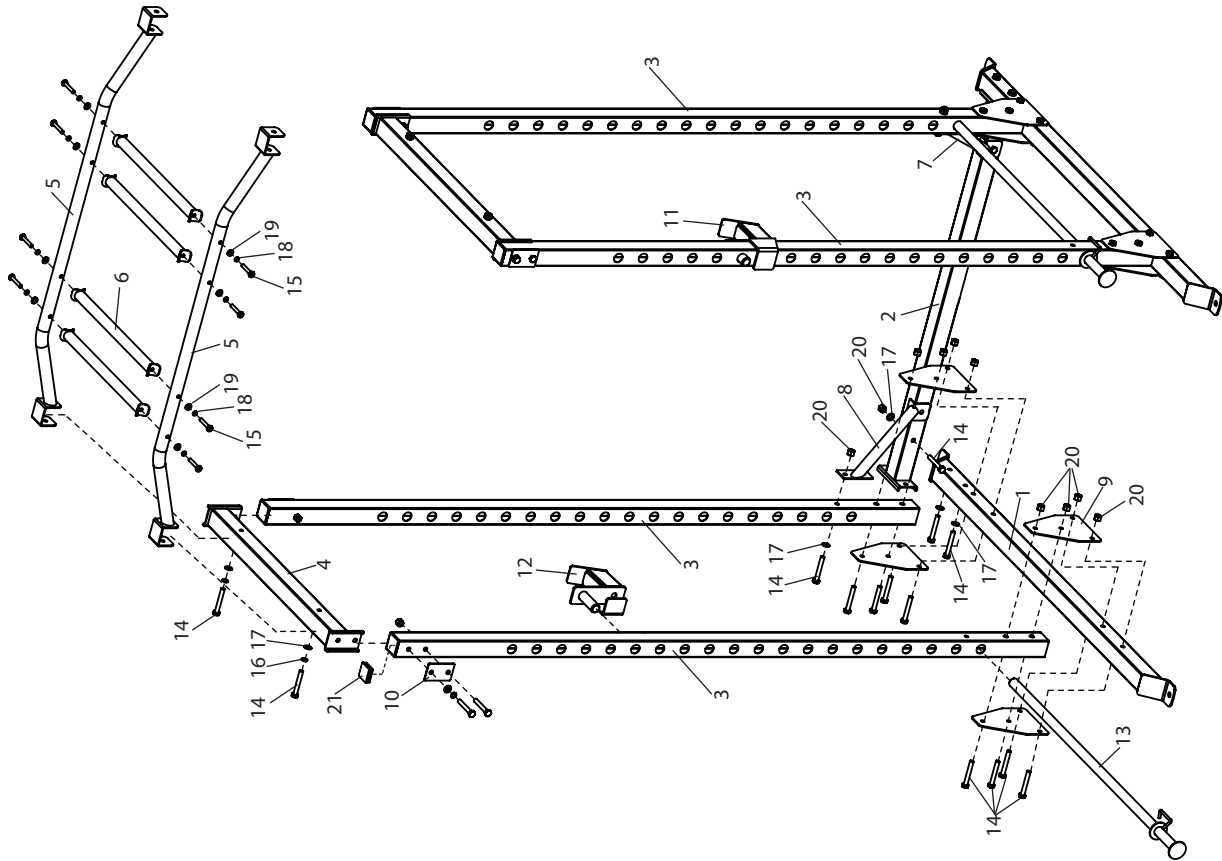
 **WARNING**

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

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Base	13	2	Safety Tube
2	1	Cross Bar	14	36	M10x70mm Bolt
3	4	Upright	15	8	M8x50mm Bolt
4	2	Crossmember	16	8	M10 Spring Washer
5	2	Pull-Up Bar	17	16	M10 Washer
6	4	Top Cross Bar	18	8	M8 Spring Washer
7	1	Right Support Frame	19	8	M8 Arc Washer
8	1	Left Support Frame	20	28	M10 Nut
9	8	Support Plate	21	4	Square Cap
10	4	Plate	*	1	Allen
11	1	Right J-Cup			
12	1	Left J-Cup			

EXPLODED DRAWING



ASSEMBLY

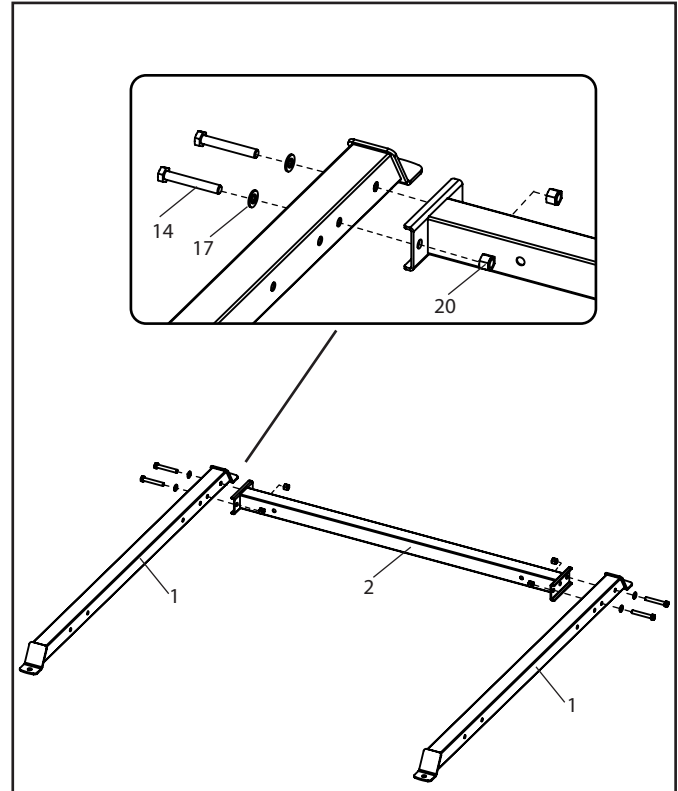
Two adults required for assembly.

STEP 1

Identify the Base (1), Cross Bar (2), and orient them as shown.

Attach the Cross Bar to the Base with M10x70mm Bolts (14), M10 Washers (17) and M10 Nuts (20).

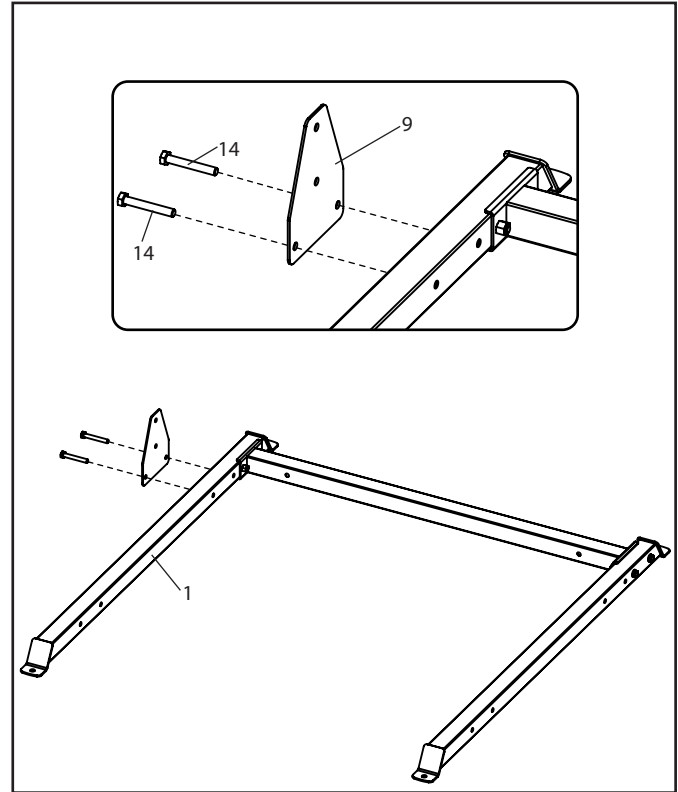
Do not fully tighten the bolts yet.



STEP 2

Attach one Support Plate (9) to the Base (1) with M10x70mm Bolts (14).

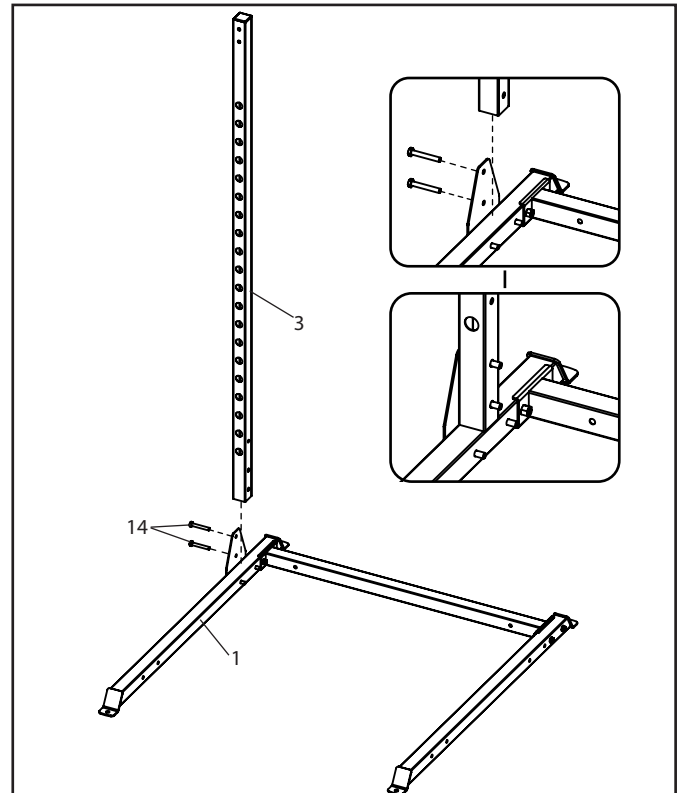
Do not fully tighten the bolts yet.



STEP 3

Put the Upright (3) on Base (1) as shown, insert two M10x70mm Bolts (14) into the holes.

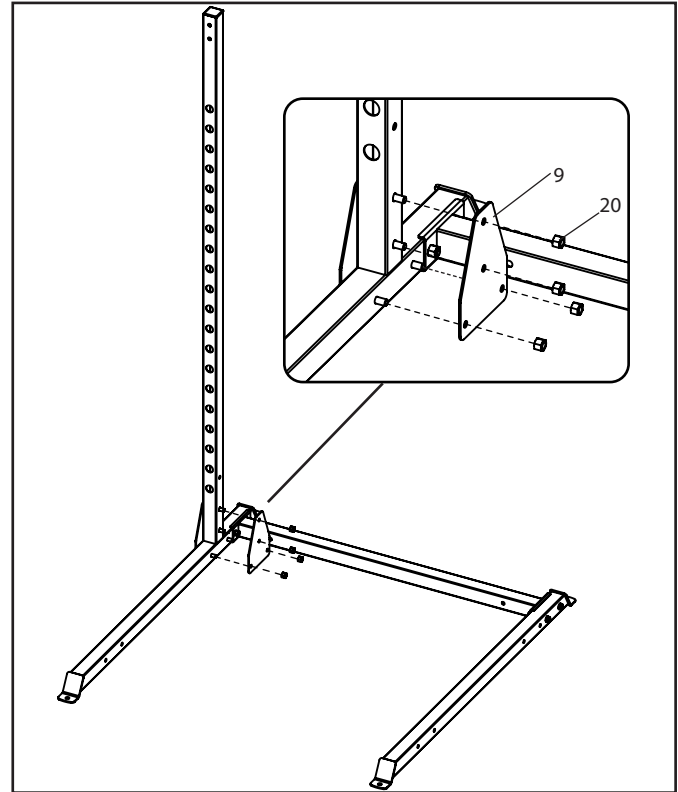
Do not fully tighten the bolts yet.



STEP 4

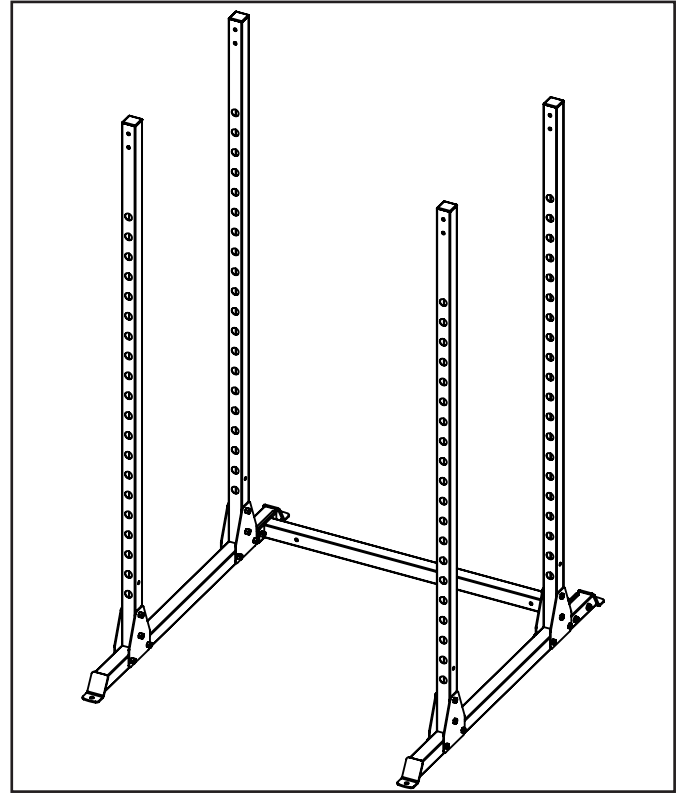
Put another Support Plate (9) onto the bolts, secure with four M10 Nuts (20).

Do not fully tighten the bolts yet.



STEP 5

Repeat steps 2-4 to install remaining three uprights to the base.



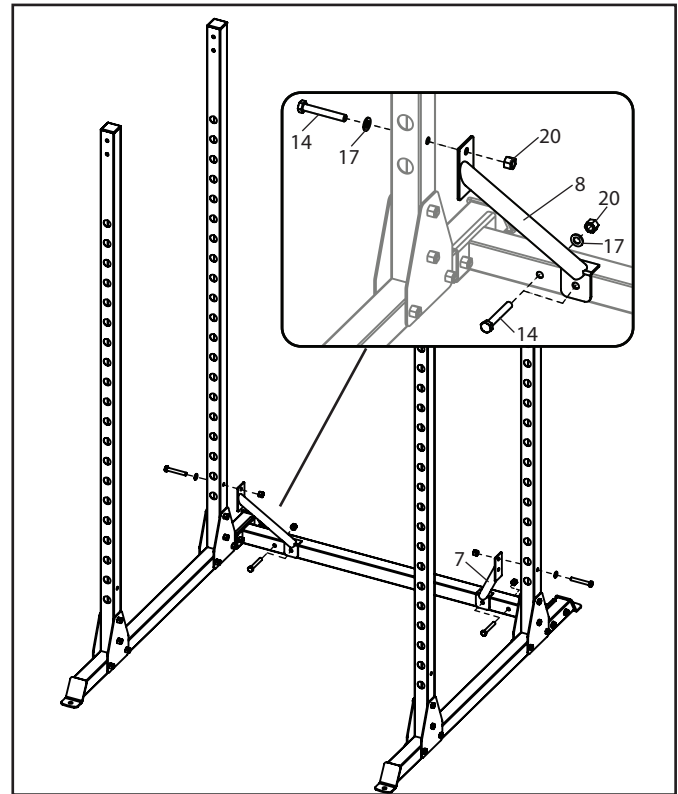
STEP 6

Orient the Left Support Frame (8) as shown, secure to the Upright with M10x70mm Bolt (14), M10 Washer (17) and M10 Nut (20).

Secure to the Cross Bar with M10x70mm Bolt (14), M10 Washer (17) and M10 Nut (20).

Repeat this step to attach the Right Support Frame (7) to the Frame.

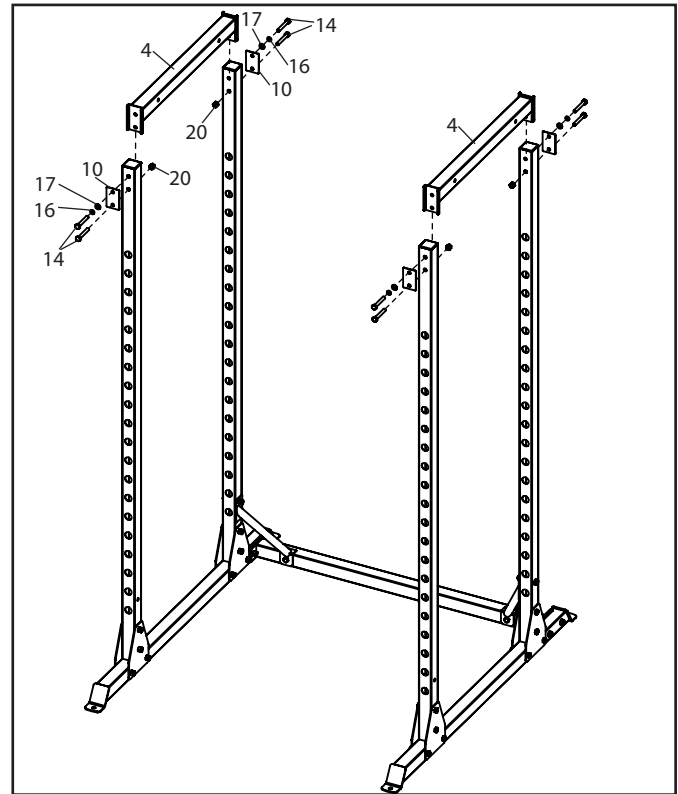
Do not fully tighten the bolts yet.



STEP 7

Orient the Crossmember (4) and Plate (10) as shown, secure with M10x70mm Bolts (14), M10 Spring Washers (16), M10 Washers (17) and M10 Nuts (20) as shown.

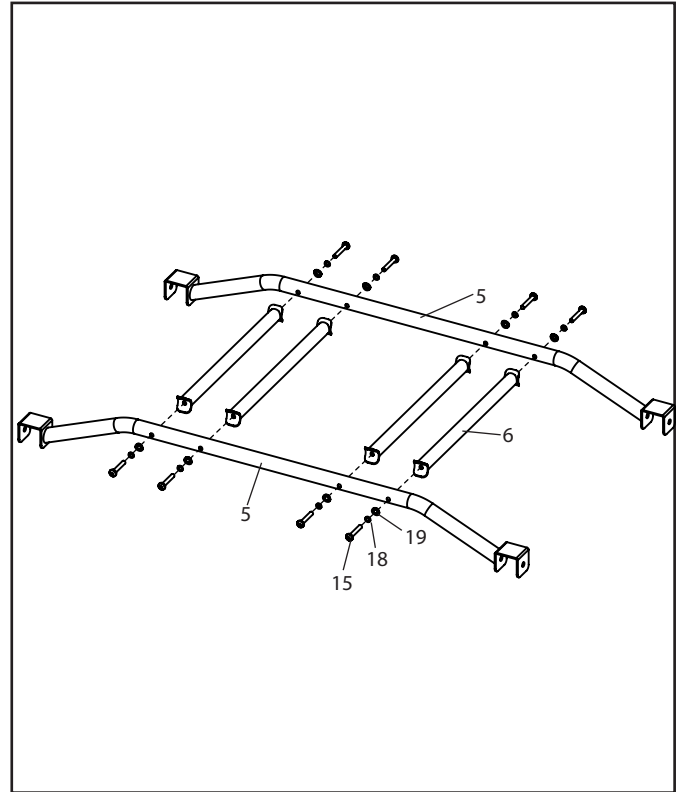
Do not fully tighten the bolts yet.



STEP 8

Attach the Top Cross Bar (6) to the Pull-Up Bar (5) with M8x50mm Bolts (15), M8 Spring Washers (18), M8 Arc Washers (19) as shown.

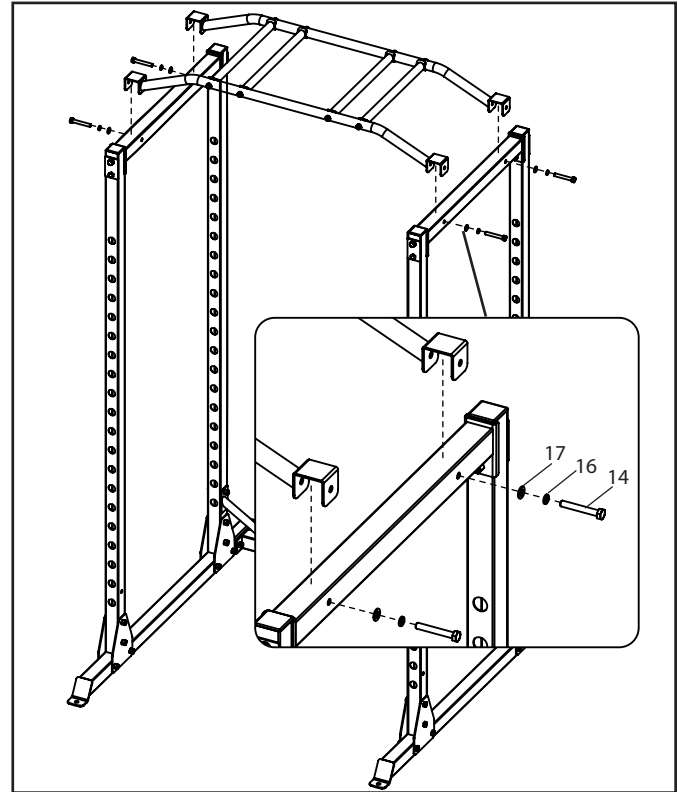
Do not fully tighten the bolts yet.



STEP 9

Put the assembled Pull-Up Bar and Top Cross Bar onto the Crossmembers as shown, secure with M10x70mm Bolts (14), M10 Spring washers (16) and M10 Washers (17) as shown.

Tighten all the bolts!

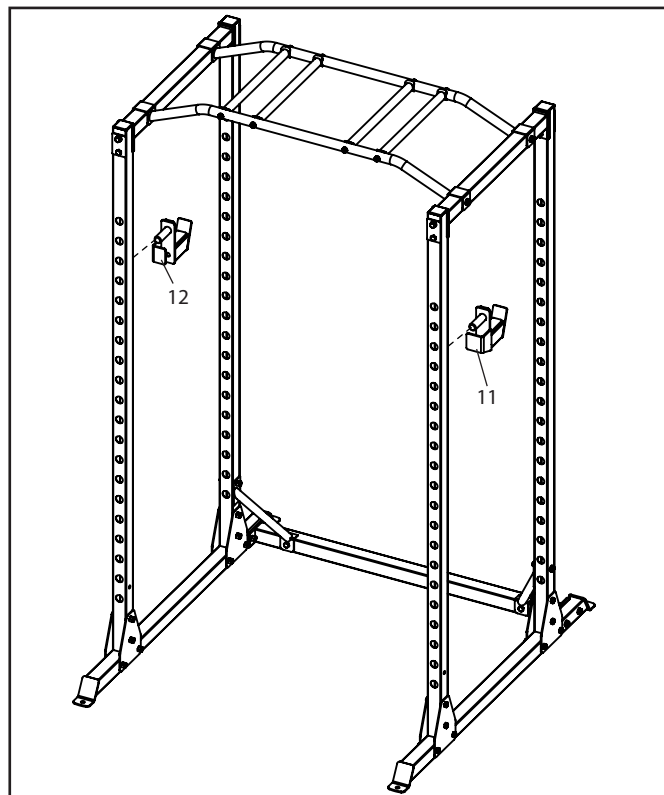


STEP 10

Insert the Right J-Cup (11) into the desired adjustment hole in the Right Upright.

Repeat this step on the other side of the power rack.

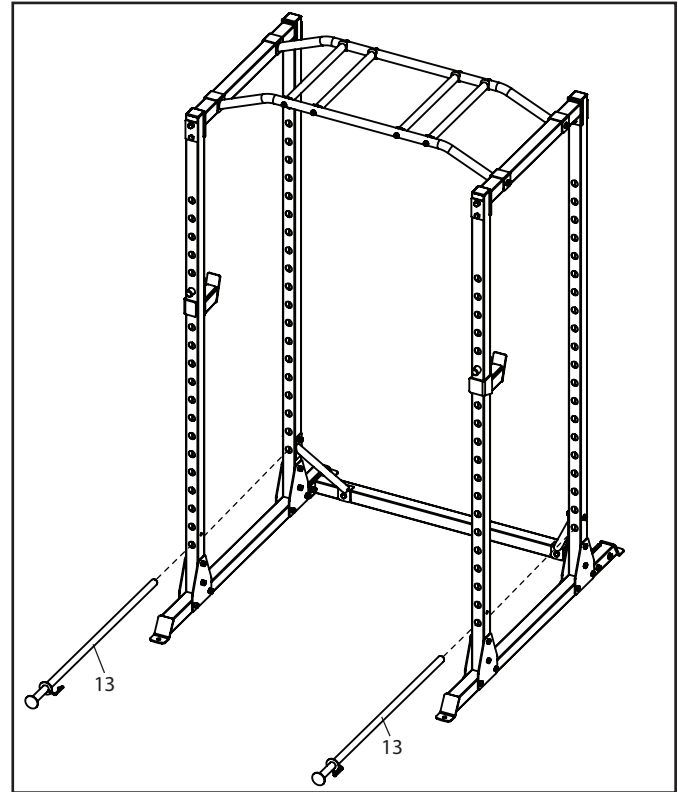
Make sure to insert both J-Cups at the same height.



STEP 11

Insert the Safety Tubes (13) into the Upright holes as shown.

Make sure to insert both Safety Tubes (13) 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

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