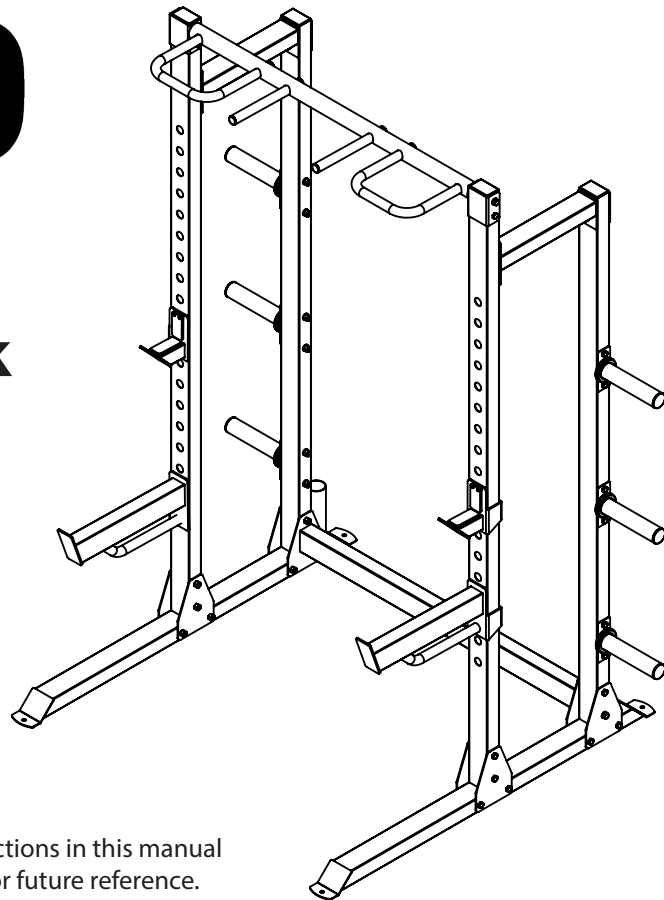


GRIND

F I T N E S S

CHAOS4000 Half Rack

Assembly Instructions



WARNING

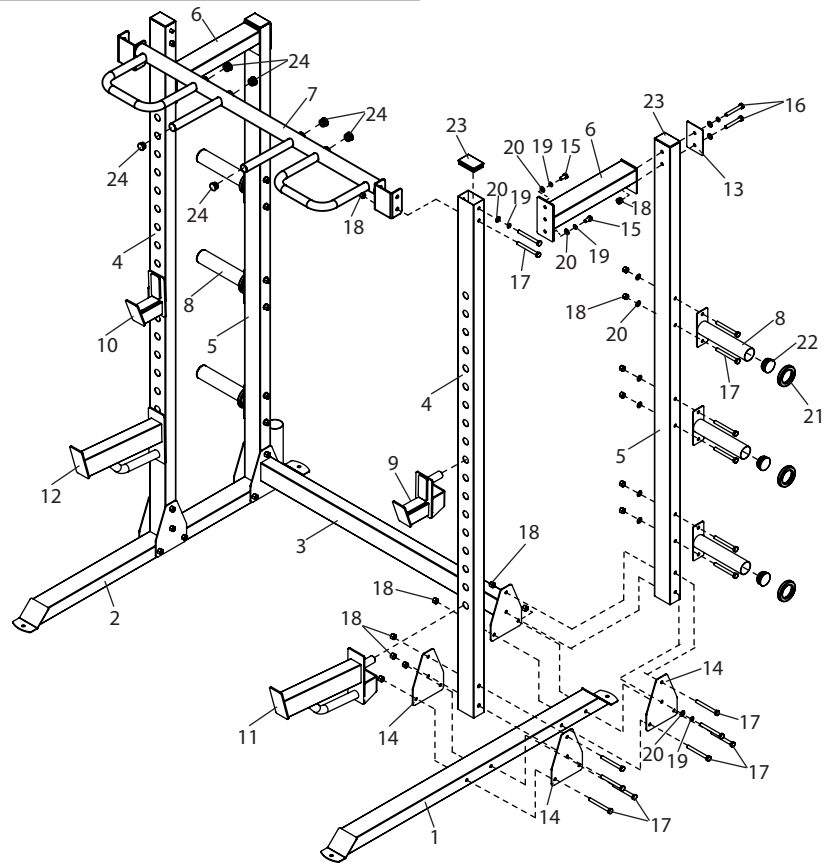
Read the assembly, installation, care, maintenance, and use instructions in this manual prior to assembling and using this equipment. Save this manual for future reference.

PART LIST

Key No.	Qty.	Description
1	1	Right Base
2	1	Left Base
3	1	Cross Bar
4	2	Front Upright
5	2	Rear Upright
6	2	Crossmember
7	1	Pull-Up Bar
8	6	Weight Storage Peg
9	1	Right J-Cup
10	1	Left J-Cup
11	1	Right Spotter Arm
12	1	Left Spotter Arm

Key No.	Qty.	Description
13	2	Back Plate
14	6	Support Plate
15	4	M10x20mm Bolt
16	4	M10x70mm Bolt
17	32	M10x95mm Bolt
18	30	M10 Nut
19	10	M10 Spring Washer
20	24	M10 Washer
21	6	Bumper
22	6	Weight Peg Cap
23	4	Upright Cap
24	6	Pull-Up Bar Cap

EXPLODED DRAWING



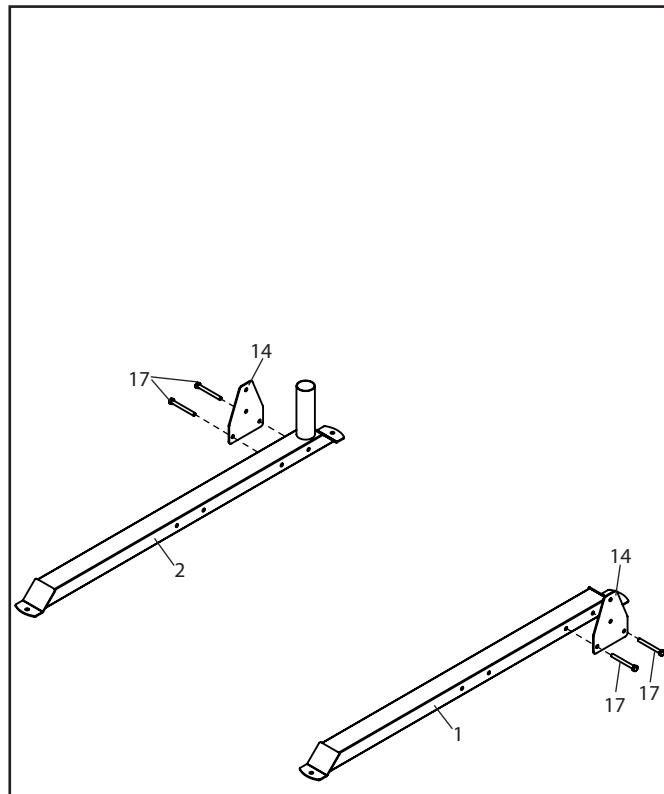
ASSEMBLY

Two adults required for assembly.

STEP 1

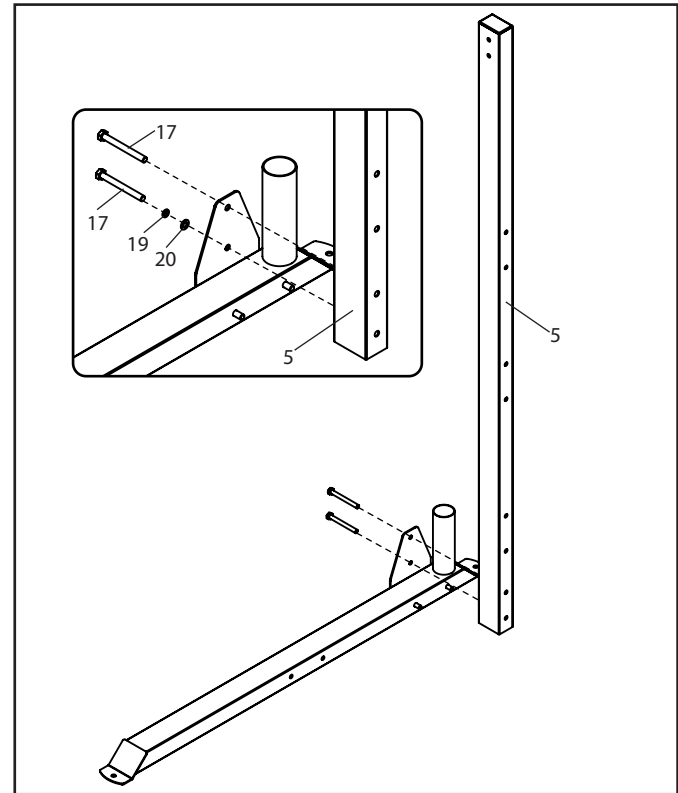
Identify the Right Base (1) and the Left Base (2), and orient them as shown.

Attach the Support Plate (14) to Base with M10x95mm Bolts (17).



STEP 2

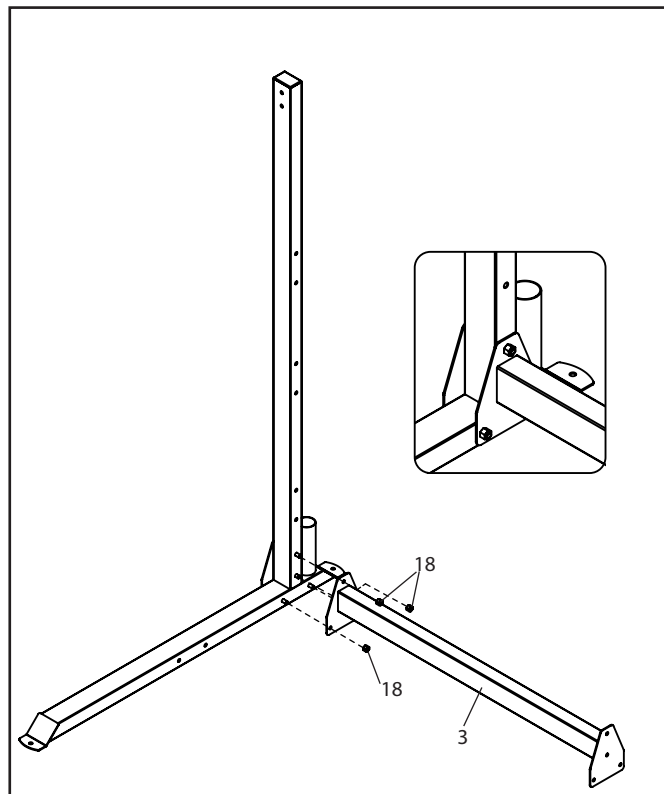
Attach the Rear Upright (5) to the Left Base with two M10x95mm Bolts (17), M10 Spring Washer (19) and M10 Washer (20) as shown.



STEP 3

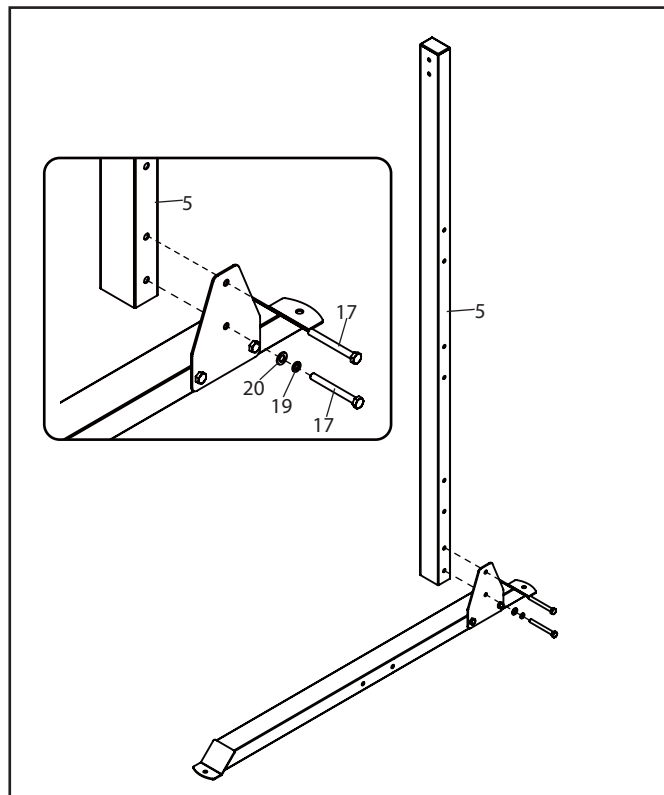
Attach the Cross Bar (3) to Left Base as shown, secure with three M10 Nuts (18).

Do not fully tighten the bolts yet.



STEP 4

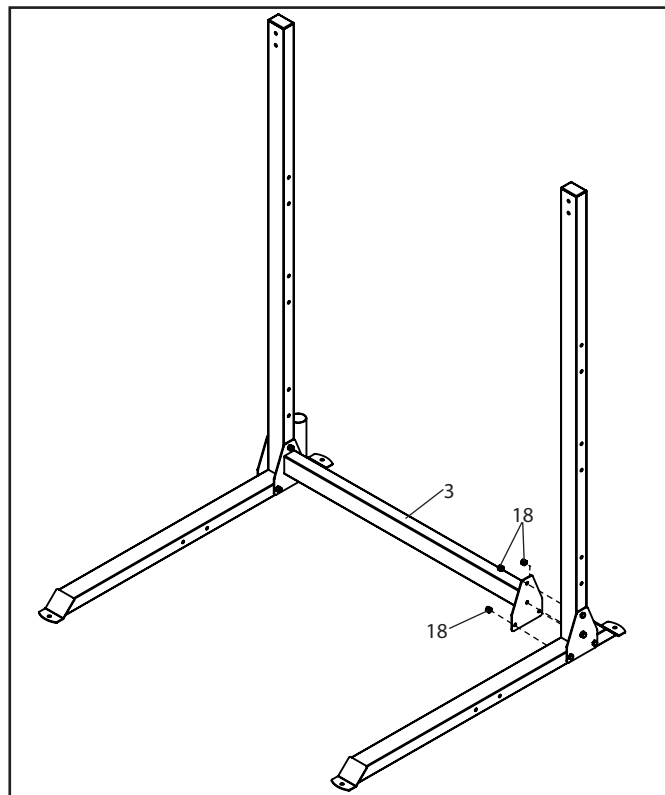
Attach the Rear Upright (5) to the Right Base with two M10x95mm Bolts (17), M10 Spring Washer (19) and M10 Washer (20) as shown.



STEP 5

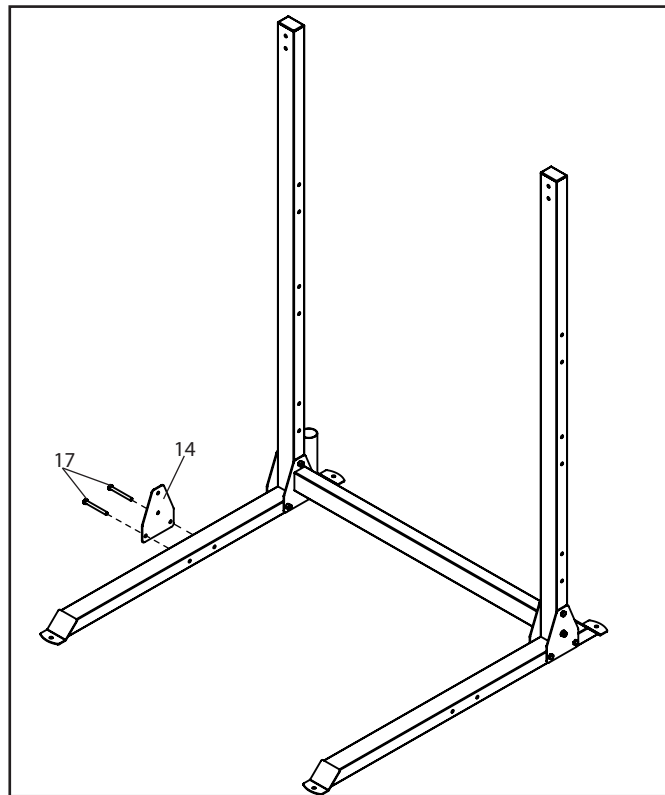
Attach the Cross Bar (3) to Right Base as shown, secure with three M10 Nuts (18).

Do not fully tighten the bolts yet.



STEP 6

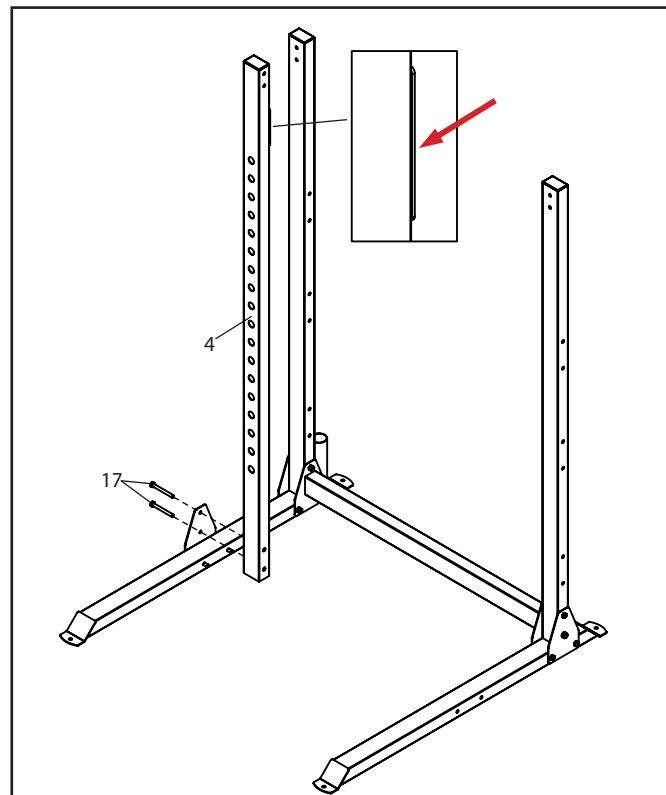
Attach the Support Plate (14) to Left Base with M10x95mm Bolts (17).



STEP 7

Attach the Front Upright (4) to the Left Base with two M10x95mm Bolts (17) as shown.

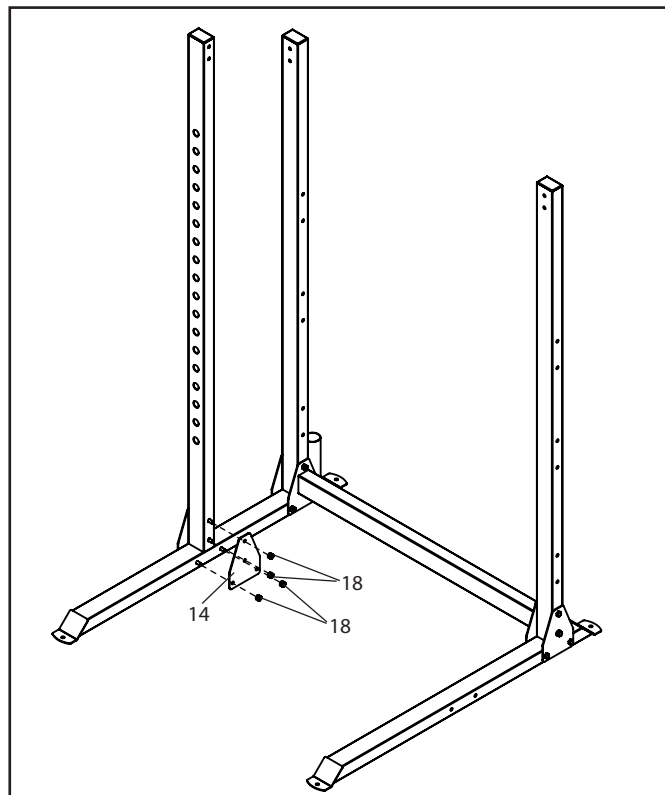
Please note the indicated holes are in the position as shown.



STEP 8

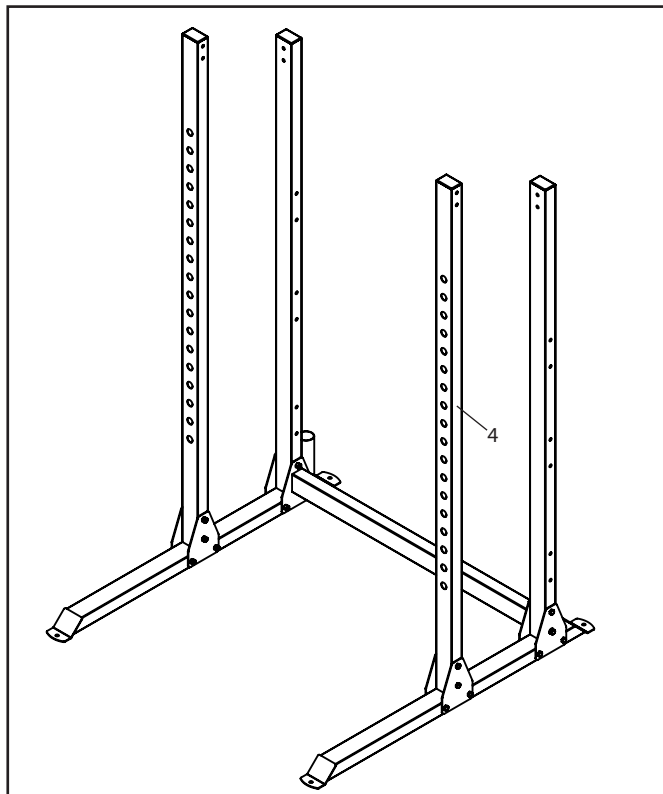
Attach a Support Plate (14) to Left Base as shown, secure with four M10 Nuts (18).

Do not fully tighten the bolts yet.



STEP 9

Repeat steps 6-8 to assemble the Right Front Upright (4).



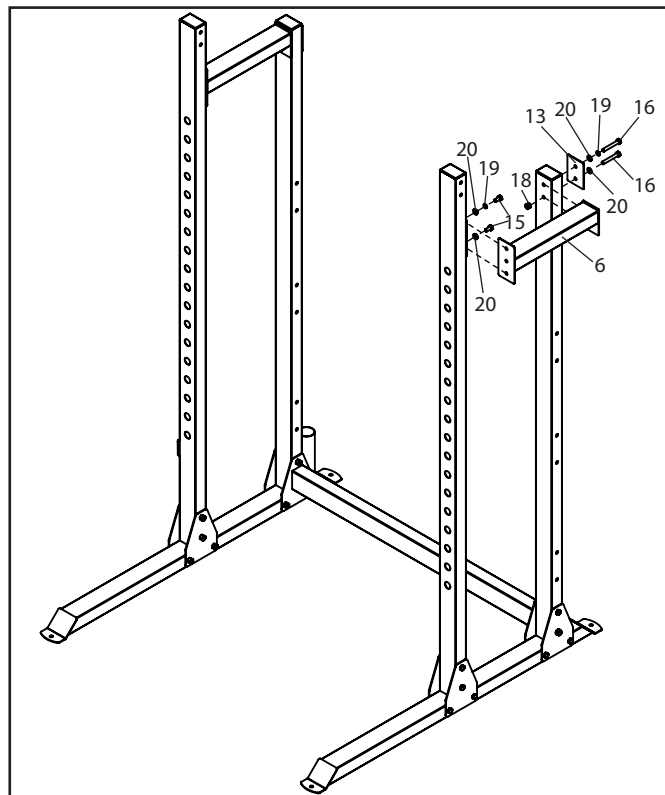
STEP 10

Orient the Crossmember (6) and Back Plate (13) as shown, secure with M10X70mm Bolts (16), M10 Spring Washers (19), M10 Washers (20) and M10 Nuts (18) as shown.

Then attach the Crossmember (6) to Front Upright with M10x20mm Bolts (15), M10 Spring Washers (19), M10 Washers (20) as shown.

Repeat to attach the opposite Crossmember.

Do not fully tighten the bolts yet.



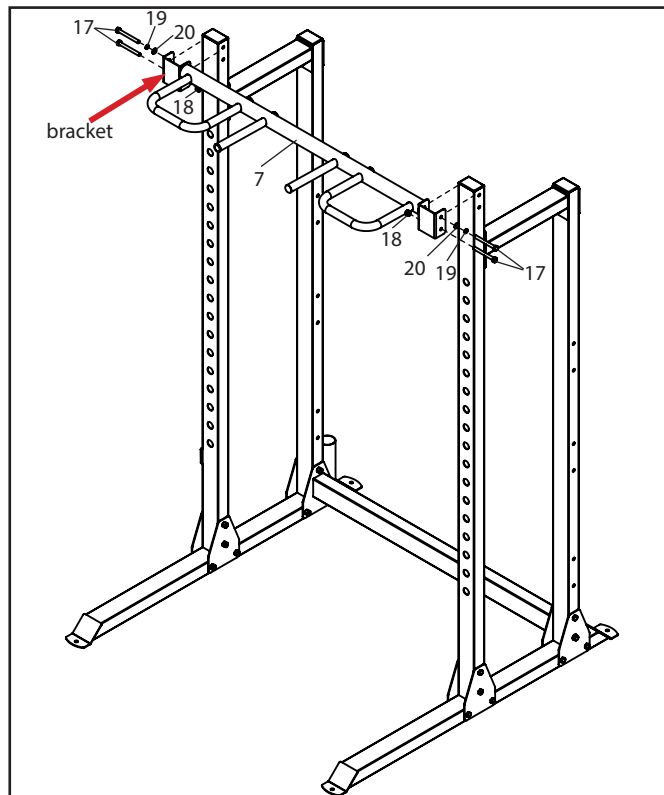
STEP 11

Identify the Pull-Up Bar (7) and orient as shown. Make sure that the long side of the bracket is in the indicated location.

Attach the Pull-Up Bar (7) to the Front Upright (4) with two M10x95mm Bolts (17), an M10 Spring Washer (19), an M10 Washer (20), and an M10 Nut (18)

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

Tighten all the bolts!

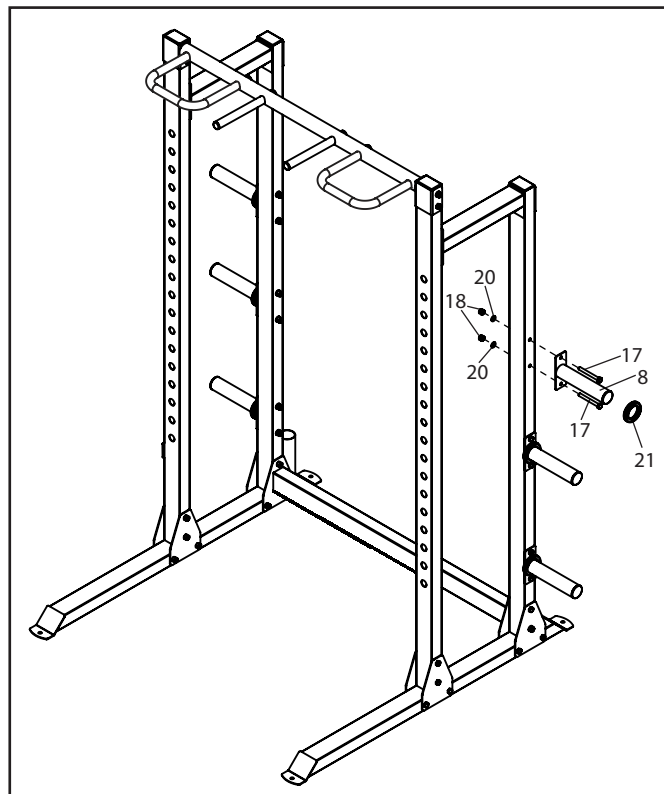


STEP 12

Next, attach a Weight Storage Peg (8) to the Rear Upright (5) with two M10x95mm Bolts (17), two M10 Washers (20), and two M10 Nuts (18).

Then, slide a Bumper (21) onto the Weight Storage Peg (8). Attach two more Weight Storage Pegs (8) to the Right Rear Upright (5) in the same way.

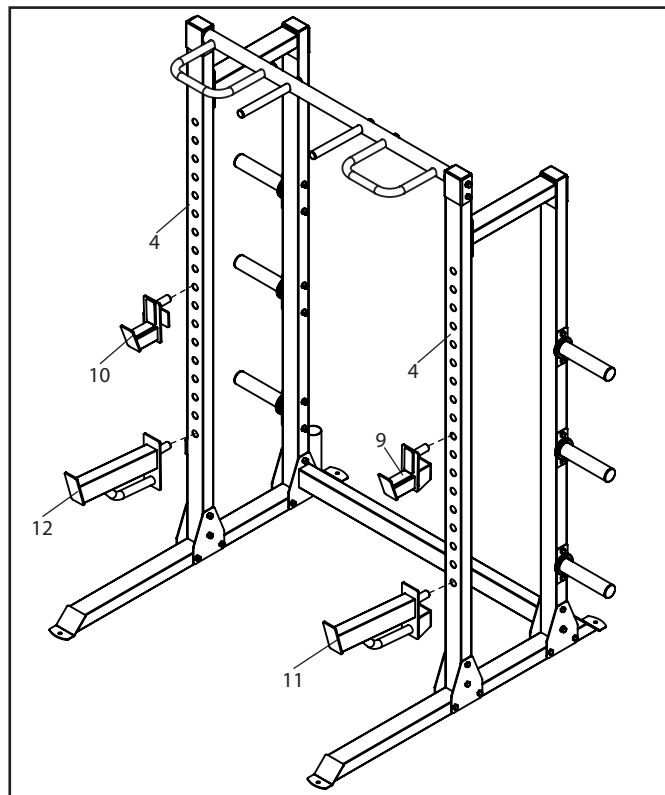
Repeat this step on the other side of the weight rack.



STEP 13

Insert the Right J-Cup (9) into the desired adjustment hole in the Right Front Upright (4). Then, insert the Right Spotter Arm (11) into an adjustment hole below the Right J-Cup. Repeat this step on the other side of the weight rack.

Make sure to insert both J-Cups (9, 10) and both Spotter Arms (11, 12) 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.