

**BC STRENGTH**

# Glute Rack

## ASSEMBLY INSTRUCTIONS



Thank you for your purchase. Please read these instructions carefully prior to assembling the Glute Rack.

This document includes assembly instructions for the Glute Rack and a range of additional accessories.

## **Disclaimer**

Warning: misuse of this equipment can result in severe injury or even death. Your use of this equipment is done so at your own risk, and you warrant that you are both fit and competent to undertake physical activity and the use of this equipment. Do not overload the equipment or try to exceed your strength levels. You assume all risks and responsibilities for all damage, injury and death which may occur during or following incorrect use of this equipment in any manner whatsoever.

## **Safety Instructions**

For your safety, we recommend fixing your Glute Rack to the floor. Be sure to install your equipment on a stable and level surface. We recommend hiring a professional contractor to install concrete anchors.

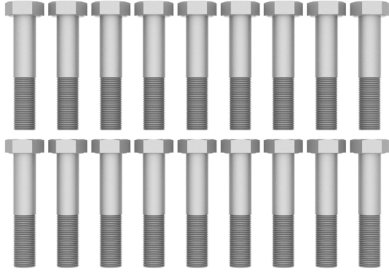
We have included wedge concrete anchors for you to bolt the Glute Rack to the floor. We recommend using a 1/2" concrete drill bit and drilling a 1/2" hole. Once the holes are drilled these can be inserted into the wedge concrete anchor. Now place the washer, lock washer, and nut and tighten to the rack using a 14 mm Socket Wrench. Regularly check that the maintenance of surfaces and stability of the equipment is secure, stable and safe to use.

# PARTS

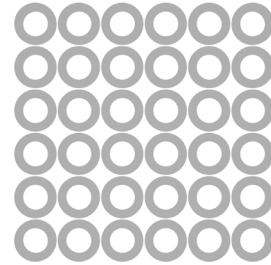
# BC STRENGTH

Tools Required (included): 2 x 30 mm Crescent Wrenches

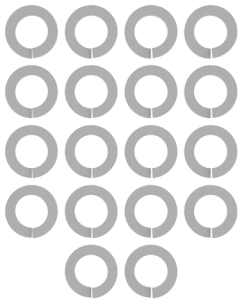
Assembly Notes: We recommend having two people to help assemble the Glute Rack.



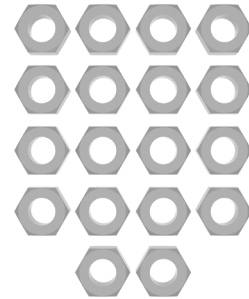
**A** LARGE BOLTS (x18)



**B** WASHERS (x36)



**C** LOCK WASHER (x18)



**D** NUTS (x18)



**E** SUPPORT BRACKETS (x4)



**F** PULL UP BAR CROSS MEMBER (x1)



**G** BACK CROSS MEMBER (x1)



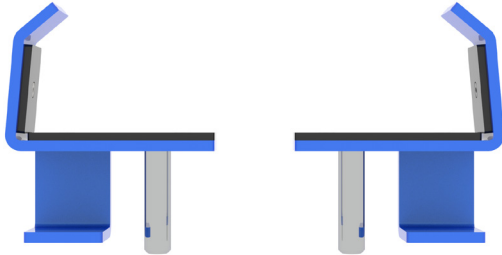
**H** SIDE CROSS MEMBERS (x2)

# PARTS

# BC STRENGTH



**I** UPRIGHTS (x2)

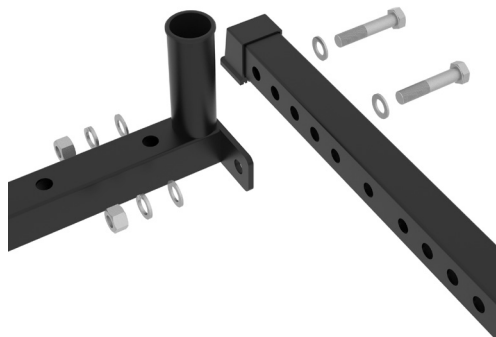


**J** J-CUPS (x2)

# ASSEMBLY INSTRUCTIONS

**BC STRENGTH**

## STEP 1



**a) Place Back Cross Member (Part G) on flat surface. Align Side Cross Member (Part H) so numbers are facing towards the outside of the rack.**

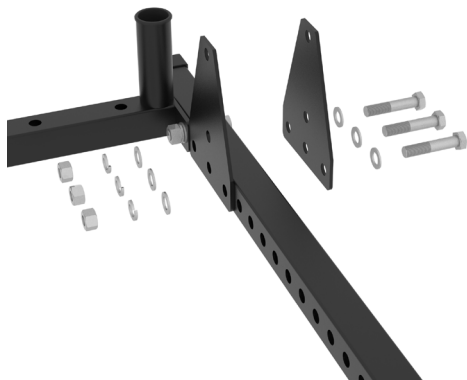


**b) Insert Large Bolt with a Washer (Part A & B). Place Washer (Part B), Lock Washer (Part C), and Nut (Part D) on bolt and tighten by hand. Repeat on second hole.**



**c) Repeat steps A & B on the other side of main assembly.**

## STEP 2



**a) Place Support Bracket (Part E) on outside of main assembly and align holes. Insert Large Bolt with a Washer (Part A & B).**



**b) Align another Support Bracket (Part E) on other side. Place Washer (Part B), Lock Washer (Part C), and Nut (Part D) on bolt and tighten by hand.**

# ASSEMBLY INSTRUCTIONS

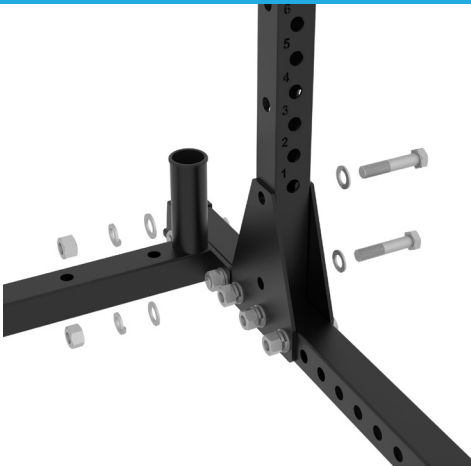
**BC STRENGTH**

## STEP 2 CONTINUED



c) Repeat Steps A and B on other side of rack.

## STEP 3



a) On the right hand of the main assembly, place and align holes on the Uprights (Part I).



b) Insert Large Bolt with a Washer (Part A & B). Place Washer (Part B), Lock Washer (Part C), and Nut (Part D) on bolt and tighten by hand.



c) Repeat steps A & B on the other side of main assembly.

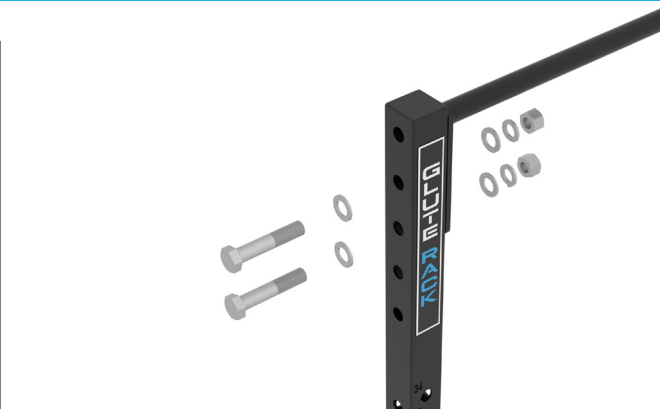
# ASSEMBLY INSTRUCTIONS

## BC STRENGTH

### STEP 4



a) Place Pull Up Bar Cross Member (Part F) at desired height\* and align holes. Insert Large Bolt with a Washer (Part A & B).

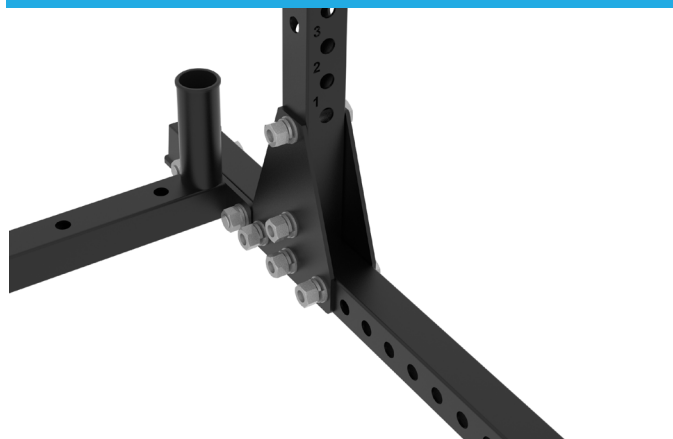


b) Repeat on other side of main assembly. Place Washer (Part B), Lock Washer (Part C), and Nut (Part D) on bolt and tighten by hand.



c) Repeat on the second hole of both sides. \*Please note the Pull Up Bar needs to be attached in the highest position to be able to use the optional High/ Low Pulley.

### STEP 5

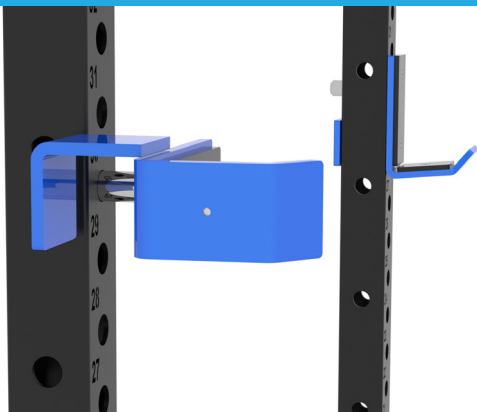


a) Using the wrenches provided, tighten all hardware from the floor up.

# ASSEMBLY INSTRUCTIONS

## BC STRENGTH

### STEP 6



a) To insert J-cups (Part J), turn the J-cups at 90 degrees with the bracket on the outside of the Upright (Part I). Fully insert the J-cup pin in the Upright, at the desired height. Turn J-cup until the bracket locks into position against the Upright.



b) Repeat on other side.



c) Assembly is now complete.



**BC STRENGTH**

# Dip Attachment

## ASSEMBLY INSTRUCTIONS



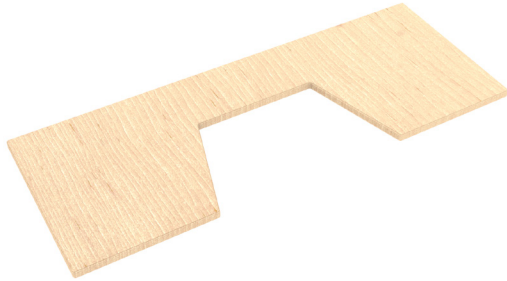
Please read these instructions carefully prior to assembling the  
Dip Attachment.

# PARTS

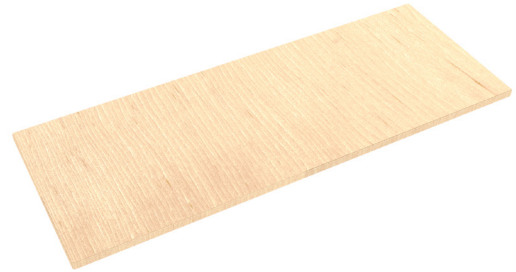
# BC STRENGTH

Please note the Dip Attachment is an optional accessory.

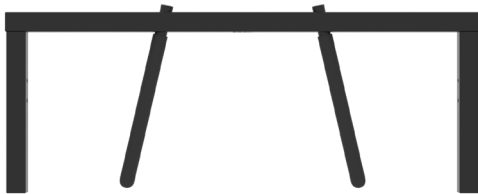
Tools required (not included): 1 x 17 mm Crescent Wrench and 1 x 17 mm Socket Wrench



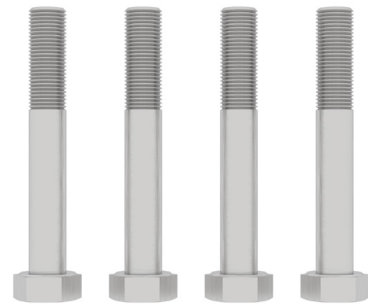
**A** DEFICIT PLATFORM (x1)



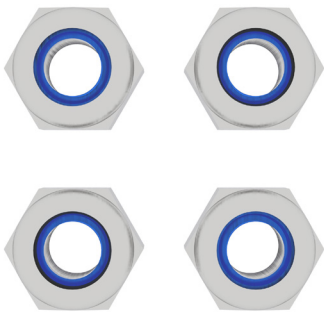
**B** STEP UP PLATFORM (x1)



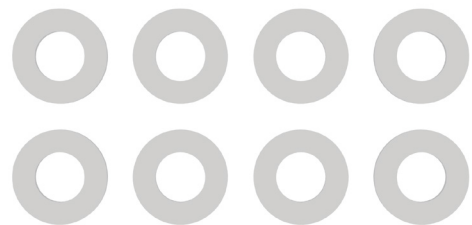
**C** BASE FRAME (x1)



**D** BOLTS (x4)



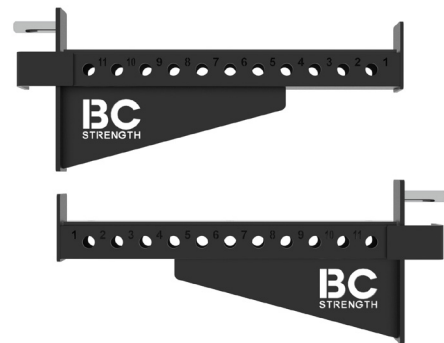
**E** LOCKING NUT (x4)



**F** WASHERS (x8)



**G** MOUNTING BRACKET (x2)

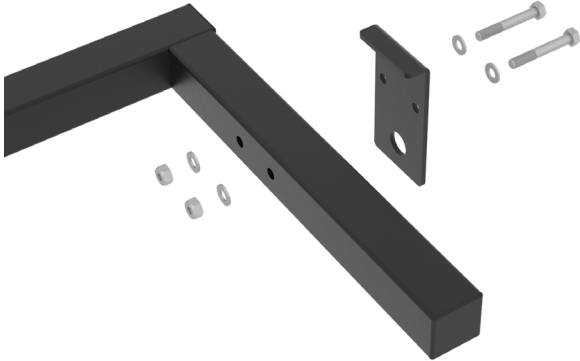


**H** SPOTTER ARMS (x2)

# ASSEMBLY INSTRUCTIONS

## BC STRENGTH

### STEP 1



a) Place Base Frame (Part C) flat on the floor and one Mounting Bracket (Part G). Insert a Bolt (Part D) and a Washer (Part F) and place through the hole. Insert a Washer (Part G) and Lock Nut (Part E) and tighten with your hand. Now repeat the steps above on the other side of the Base Frame.



b) Tighten with 17 mm Crescent and Socket Wrench.



c) Assembly is complete.

### PREPARING THE DIP ATTACHMENT FOR USE



d) Place Spotter Arms (Part H) at desired height and place Dip Attachment across the Spotter Arms (Part H).



e) Use the single pronged pin and attach the Dip Attachment to Spotter Arms (Part H) on both ends.



f) The Dip Attachment is ready for use.

## ADDING THE DEFICIT PLATFORM OR STEP UP PLATFORM



g) Slide Deficit Platform (Part A) or Step Up Platform (Part B) under bracket and push until it butts up with Uprights.



h) Either Platform will now be ready for use.

**BC STRENGTH**

# High/Low Pulley

## ASSEMBLY INSTRUCTIONS

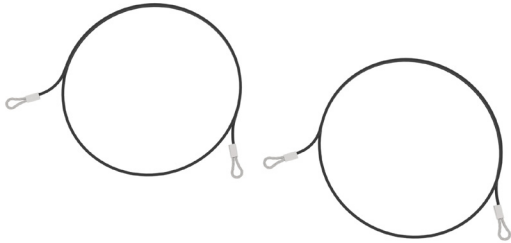


Please read these instructions carefully prior to assembling the High/Low Pulley.

# PARTS

# BC STRENGTH

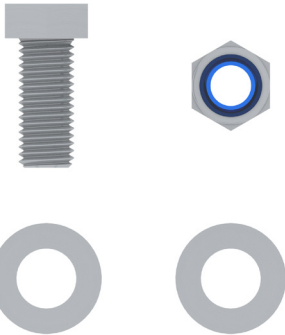
Please note the High/ Low Pulley is an optional accessory.  
Tools required (included): 2 x 30 mm Crescent Wrenches



**A** CABLE (x2)



**B** PULLEY WITH COTTER PIN (x2)



**C** HARDWARE: 1x BOLT, 1x NUT, 2x WASHER



**D** WEIGHT HORN (x1)



**E** PUSH/PULL STRAP (x1)



**F** HIGH PULLEY TETHER STRAP (x1)



**G** SNAP LINK (x4)



**H** LOW PULLEY TUBE (x1)



**SINGLE BAND PEG (x2)**

# ASSEMBLY INSTRUCTIONS

**BC STRENGTH**

## STEP 1



**a) Remove cotter pin assembly from Pulley (Part B).**



**b) Slide out round assembly.**



**c) Place Cable (Part A) in U shaped rack and slide up round assembly.**



**d) Reassemble Pulley and reattach cotter pin.**



**a) Repeat on second Pulley attachment.**



# ASSEMBLY INSTRUCTIONS

**BC STRENGTH**

## STEP 2



**a) Place Low Pulley Tube (Part H). Insert Assembly from Step 1 in between tabs on the Low Pulley Tube (Part H).**



**b) Place locking Washer and Nut (Part C) and tighten (Make sure to not over tighten so pulley rotates freely).**



**c) Pulley is now attached to the Low Pulley Tube. The Low Pulley Tube assembly is now complete, place to one side.**

## STEP 3 (HIGH PULLEY)



**a) Loop High Pulley Tether Strap (Part F). Please note the Pull Up Bar needs to be attached in the highest position.**



**b) Attach Snap Link (Part G) to High Pulley Tether Strap (Part F).**

# ASSEMBLY INSTRUCTIONS

## BC STRENGTH

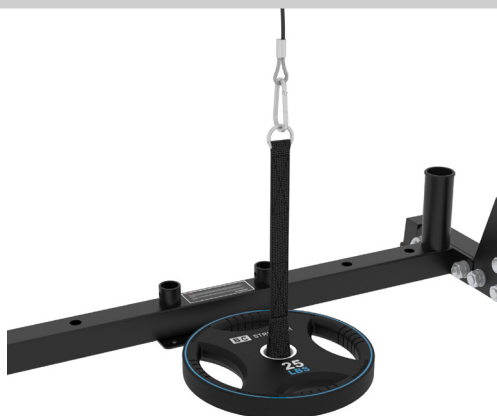
### STEP 3 CONTINUED



c) Using a Snap Link attach the remaining Pulley attachment from step 1 to the Tether Strap.



d) Using a Snap Link (Part G) attach to end of cable and attach Push/Pull Strap (Part E).



e) Place weight plate (not provided) onto Weight Horn (Part D). Attach Snap Link to the end of the other end of the strap and connect to the Weight Horn (Part D).



f) High pulley setup is now complete.

### STEP 4 (LOW PULLEY)



a) To use the Low Pulley, remove any handle attachments that are connected to the High Pulley. Place Low Pulley Tube assembly from Step 2 to desired position at the bottom of the rack. Insert Single Band Peg (Part I) on both sides of the rack.

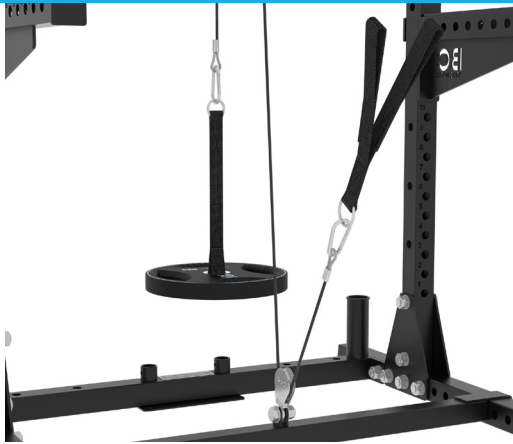


b) Using a Snap Link (Part G), join the two cables together.

# ASSEMBLY INSTRUCTIONS

**BC STRENGTH**

## STEP 4 CONTINUED



**c) Connect your attachment of choice and your Low Pulley is ready for use.**

**BC STRENGTH**

# Landmine

## ASSEMBLY INSTRUCTIONS



Please read these instructions carefully prior to assembling the  
Landmine.

# PARTS

# BC STRENGTH

Please note the Landmine is an optional accessory.

Tools required (not included): 1 x 19 mm Crescent Wrench and 1 x 19 mm Socket Wrench



**A** SUBASSEMBLY 1



**B** SUBASSEMBLY 2

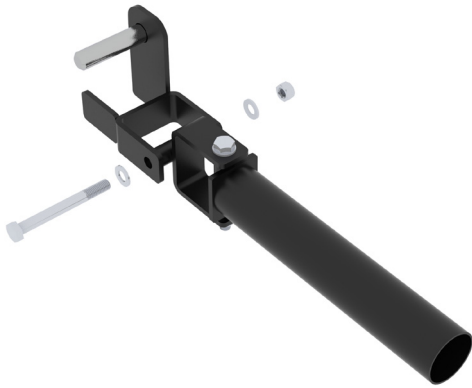


**C** HARDWARE: 1X BOLT, 1X LOCK NUT, 2X WASHER

# ASSEMBLY INSTRUCTIONS

**BC STRENGTH**

## STEP 1



**a) Align holes on Part A & B and insert Bolt and Washer (Part C). Place Washer and Lock Nut on other side (Part C).**



**b) Tighten hardware (make sure not to over tighten so the bracket moves freely).**



**c) Place on rack at desired position.**



**d) Your Landmine is now ready for use.**