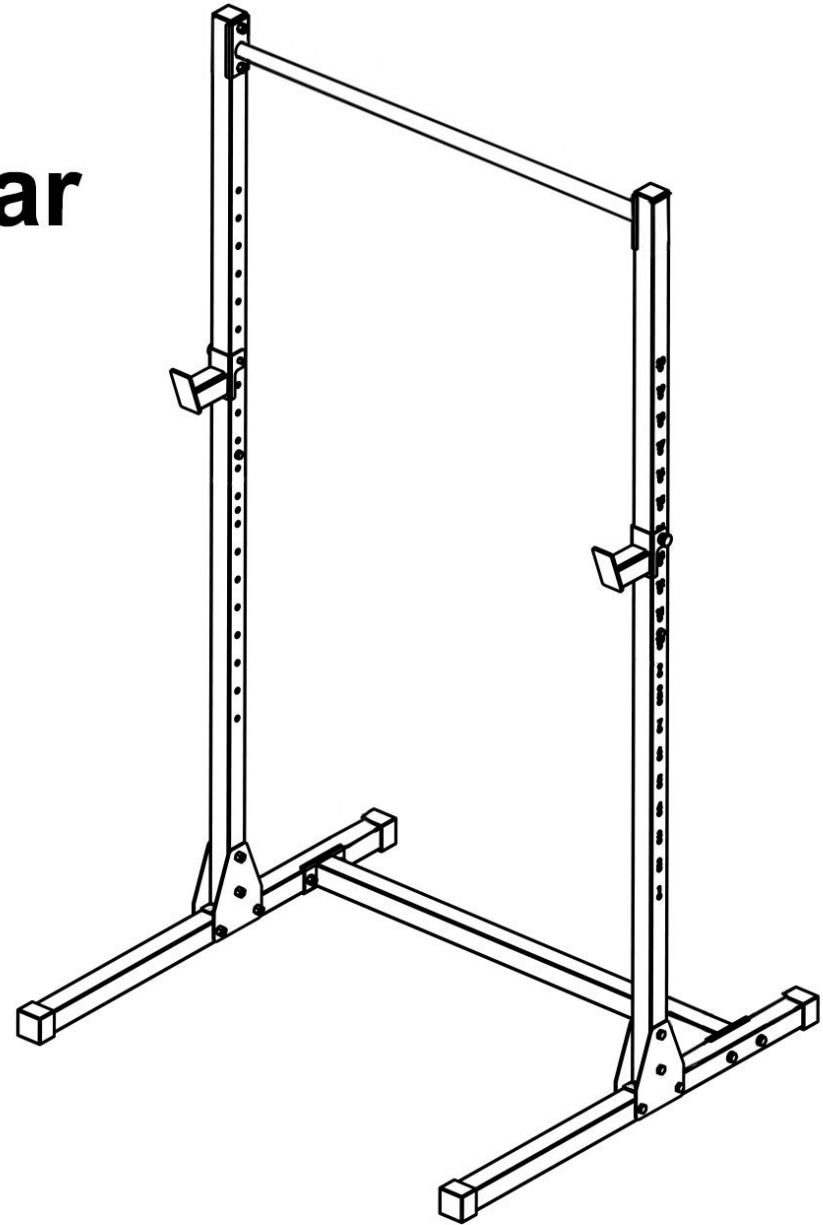


DIAGOR Squat Power Rack D9 with Pull-Up Bar

Assembly Manual



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.

IMPORTANT PRECAUTIONS

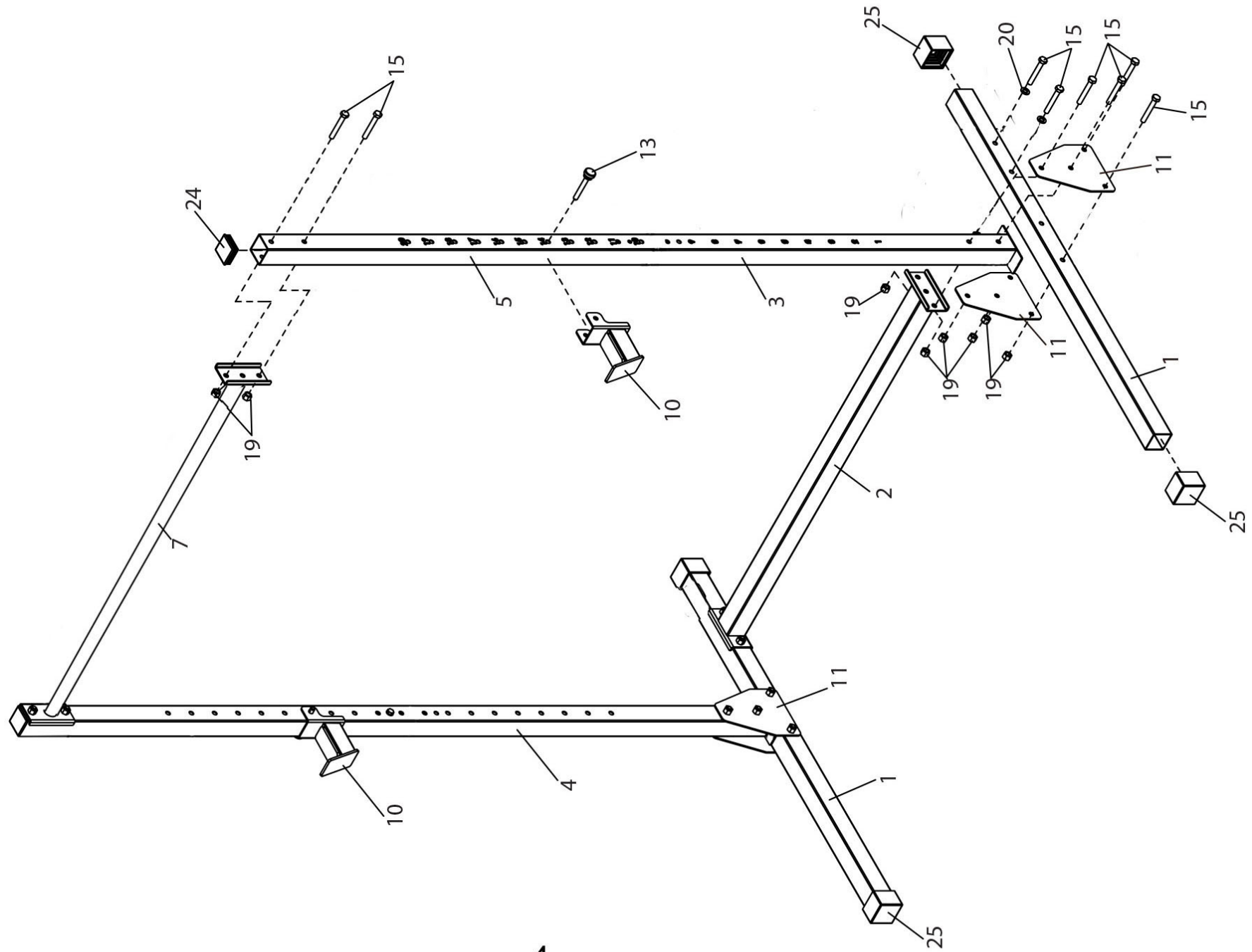
To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the rack before using the weight rack. DIAGOR assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the weight rack are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The weight rack is not intended for use by persons with reduced physical sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the weight rack by someone responsible for their safety.
4. Use the weight rack only as described in this manual.
5. The weight rack is intended for home use only. Do not use the weight rack in any commercial, rental, or institutional setting.
6. Keep the weight rack away from moisture and dust. Do not put the weight rack in a covered patio or near water.
7. Place the weight rack on a level surface, with enough clearance around the weight rack to mount, dismount, and use the weight rack. To protect the floor or carpet from damage, place a mat under the weight rack.
8. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.
9. Inspect and properly tighten all parts each time the weight rack is used. Replace any worn parts immediately.
10. Keep children under age 13 and pets away from the weight rack at all times.
11. Keep hands and feet away from moving parts.
12. Wear appropriate clothes while exercising: do not wear loose clothes that could become caught on the weight rack. Always wear athletic shoes for foot protection while using the weight rack.
13. The weight rack is designed to support a maximum user weight of 300 lbs. (136kg), and a maximum total weight of 880 lbs. (400kg). The pull-up bar is designed to support a maximum user weight of 300 lbs. (136kg). Note: The weight rack does not include weights or a barbell.
14. Always place both weight rests at the same height and both spotters at the same height. Make sure that there are at least three adjustment holes between the weight rests and the spotters.

PART LIST

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	19	20	M10 Nut
2	1	Crossbar	20	4	M10 Washer
3	1	Right Upright	24	2	Square cap
4	1	Left Upright	25	4	End Cap
7	1	Pull-up Bar	*	-	User's Manual
10	2	Weight Rest			
11	4	Support Plate			
13	2	Plug			
15	16	M10X70mm Bolt			

EXPLODED DRAWING



ASSEMBLY

STEP 1

Identify the Base parts (1) and place them on the flat surface.
Identify the Right Upright (3) and Left Upright (4), and orient each at the point of connection with the Base.

STEP 2

Attach the Support Plate (11) to the Upright and Base with M10X70mm Bolts (15).

STEP 3

Identify the Crossbar (2), attach Crossbar (2) to the Base with M10X70mm Bolts (15), M10 Washers (19).
Do not fully tighten the Bolts yet.

STEP 4

Slide Support Plate (11) onto M10X70mm Bolts (15), Secure with M10 Nuts (19).
Do not fully tighten the Bolts yet.

ASSEMBLY

STEP 5

Identify the Pull-up Bar (7), and orient in-between the Right Upright (3) and Left Upright (4) at the connection point. Attach the Pull-up Bar (7) to the Upright with M10X70mm Bolts (15) and M10 Nuts (19).

Do not fully tighten the Bolts yet.

STEP 6

Put The Weight Rest (10) onto desired adjustment hole in the Upright, secure with Plug (13). Make sure the weight rests at the same height.

Tighten the Bolts!

STEP 7

Congratulations! Your Power Rack has been fully installed.