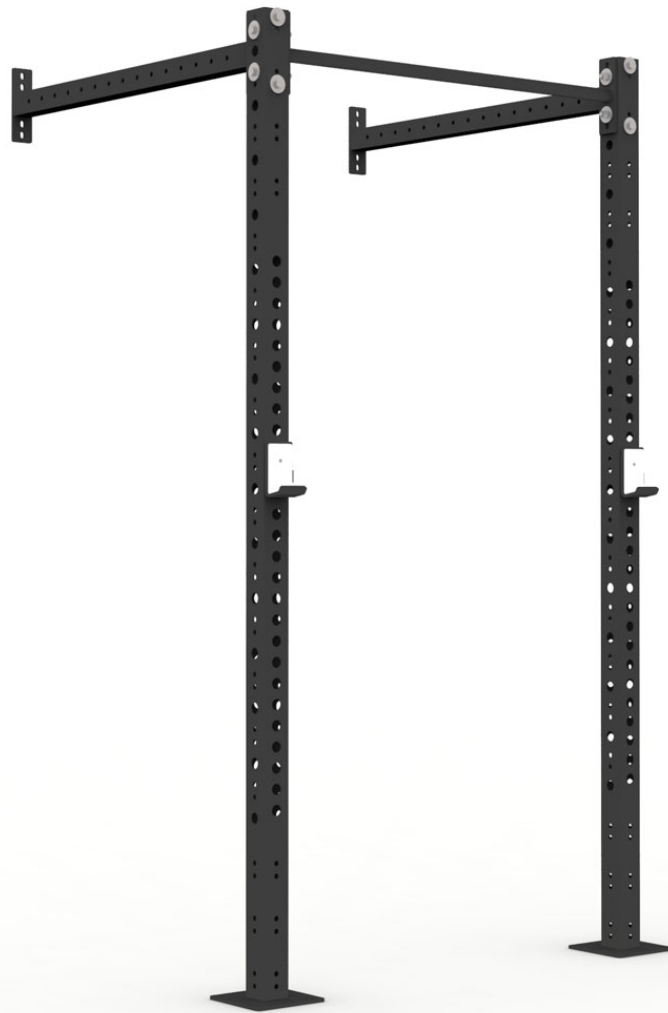


COMPETITION 4x4 WALL-MOUNT RACK

ASSEMBLY GUIDE





OVERVIEW

Congratulations on your new Competition Wall-Mount Rack!

The Again Faster® Competition 4x4 Wall-mount Rack is a great option for anyone looking to save some floorspace but wants the strength and durability of our full-sized power racks. Sporting 1 1-gauge, 3x3 up-rights, our Competition line has been designed in conjunction with top strength and conditioning athletes in mind, to ensure this series of squat stands exceed all expectations.

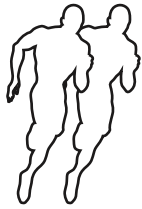
WARNING

Serious or fatal crushing injuries can occur from equipment tip-over. To prevent this rig from tipping over, it must be permanently fixed to the wall and floor

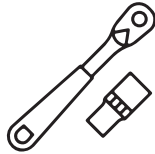


WHAT YOU'LL NEED

To properly secure your wall-mounted rig it must be bolted to a wood stringer. You will need to mount a 2in x 8in stringer to at least three studs using 3/8in lag bolts or concrete anchors (varies based on structure).



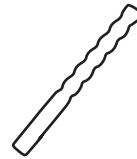
Two People



19mm Ratchet



19mm Wrench

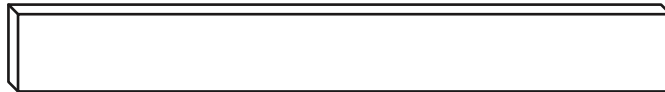


14mm Concrete Drill Bit



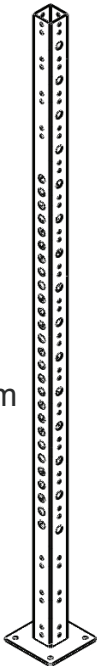
Impact Driver

Wood Stringer
+ Mounting Hardware



WHAT'S INCLUDED

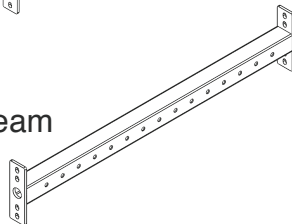
2x
8ft (93")
Upright Beam



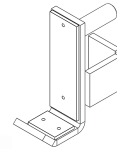
1x
4ft Pull-up Bar



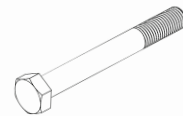
2x
4ft Crossbeam



2x
J-Cup



8x
110mm M12 Bolt



16x
M12 Washer



8x
M12 Nuts



8x
14mm
Concrete Anchors

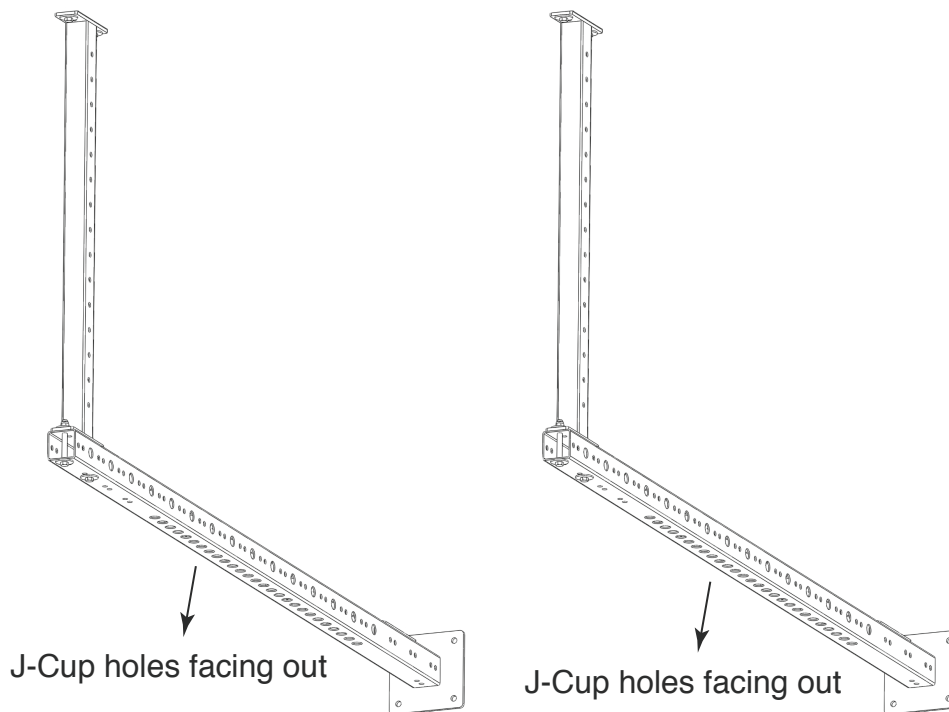




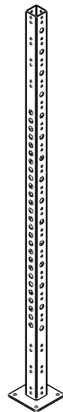
STEP ONE

Note: Steps 1 & 2 are completed with the rig horizontally on the ground.

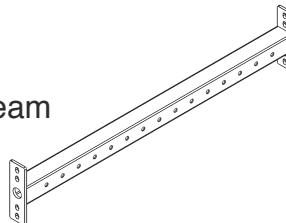
Connect the 4ft Crossbeams to the highest point of each Upright.
Be sure the Upright Beams are facing the same direction with the closer J-Cup hole spacing facing outward.



2x
8ft (93")
Upright Beam



2x
4ft Crossbeam



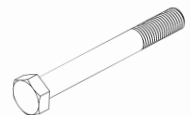
8x
M12 Washer



4x
M12 Nuts



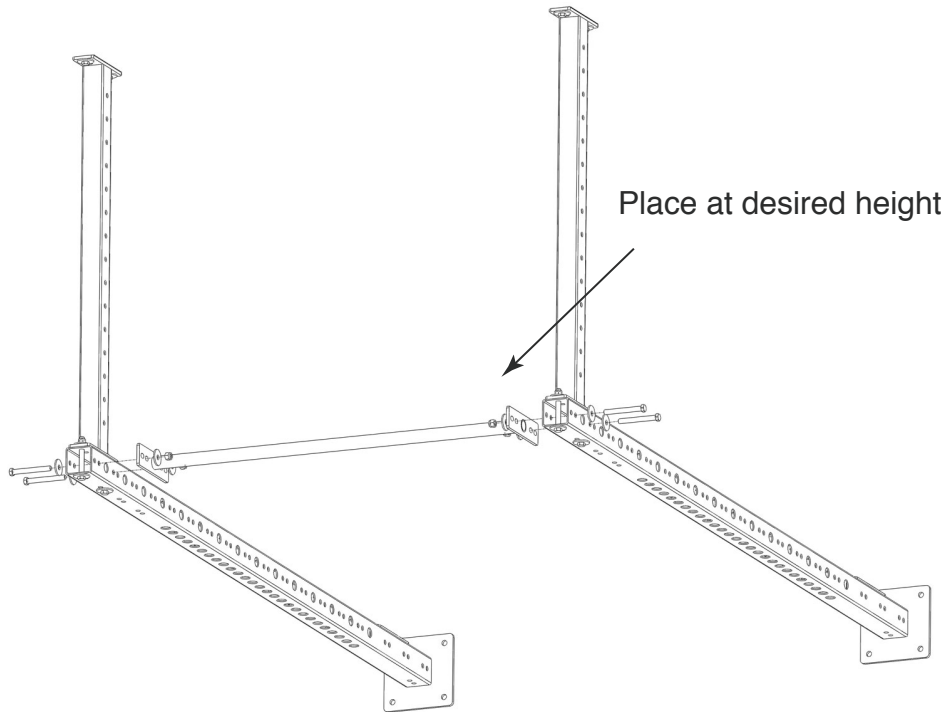
4x
110mm M12 Bolt





STEP TWO

Connect the Uprights together using the 4ft Pull-up Bar at your desired height.



1x
4ft Pull-up Bar



8x

M12 Washer



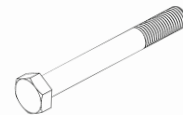
4x

M12 Nuts



4x

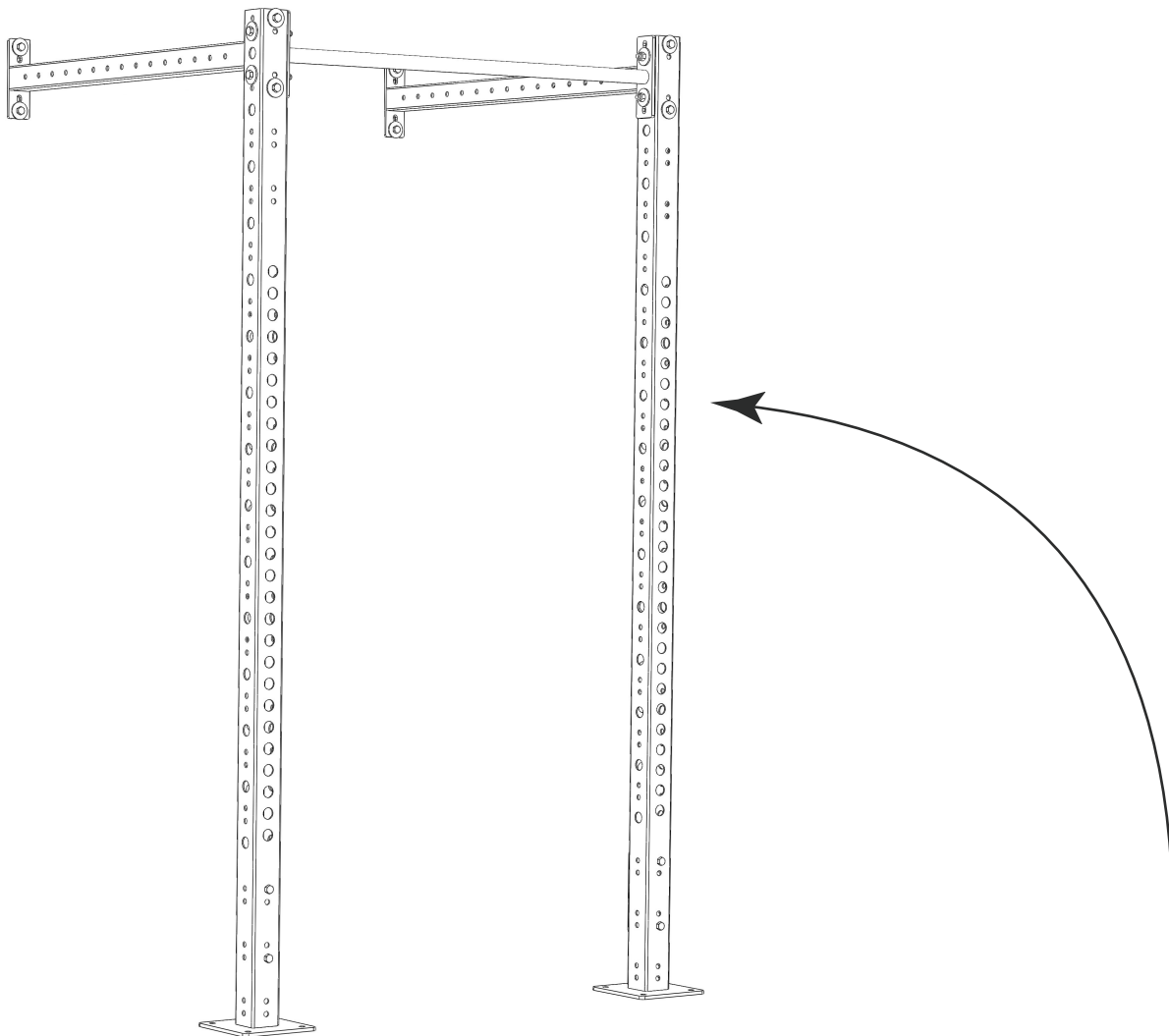
110mm M12 Bolt





STEP THREE

With your partner, carefully tilt the assembly up and move to desired location and mark where the wood stringer will need to be mounted. You can then tilt the assembly back down to mount your stringer.

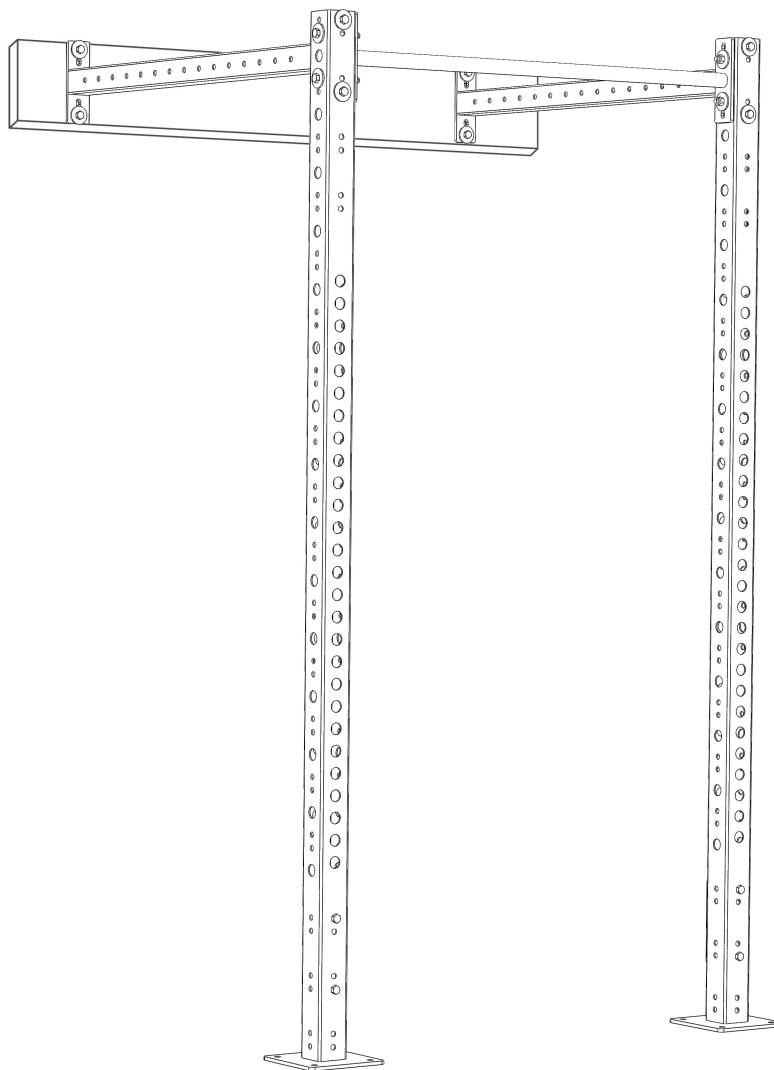




STEP FOUR

Now you can mount your stringer to your marked location. This step will vary depending on your structure. Contact a qualified contractor for additional help.

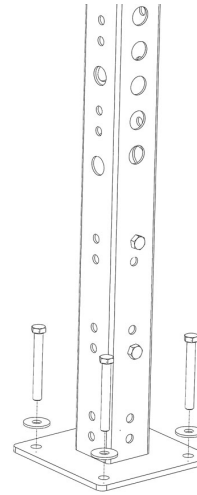
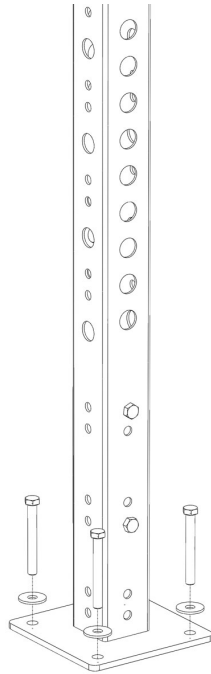
Once you have mounted your stringer, you can then tilt the assembly back up and bolt it into desired location.





STEP FIVE

To fully secure the rig, bolt it to the floor using the provided Concrete Anchors. This step will vary depending on your structure. Contact a qualified contractor for additional help.



8x

14mm
Concrete Anchors





COMPLETE

Congrats, your Power Rack is now complete!
It is important to check your bolts are securely tightened before every use.

