

COMPETITION POWER RACK

ASSEMBLY GUIDE





OVERVIEW

Congratulations on your new Competition Power Rack!

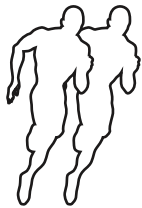
The Again Faster® Power Rack is an evolution of design, while setting a new standard for quality, functionality, and affordability. Sporting 11-gauge, 3x3 uprights, this power rack has been designed with top strength and conditioning athletes in mind to ensure these power cages exceed all expectations.

WARNING

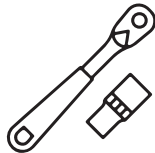
Serious or fatal crushing injuries can occur from equipment tip-over. To prevent this rig from tipping over, it must be permanently fixed to the floor with the upright feet.



WHAT YOU'LL NEED



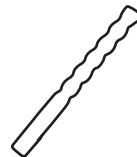
Two People



19mm Ratchet



19mm Wrench



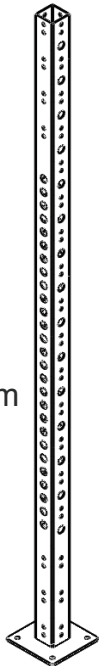
14mm Concrete Drill Bit



Impact Driver

WHAT'S INCLUDED

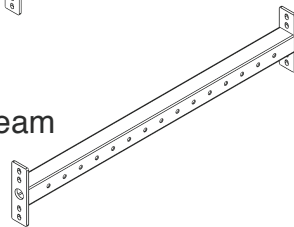
4x
8ft (93")
Upright Beam



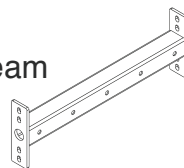
1x
4ft Pull-up Bar



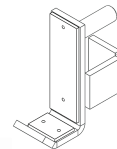
1x
4ft Crossbeam



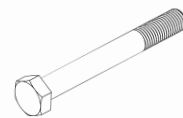
4x
2ft Crossbeam



2x
J-Cup



24x
110mm M12 Bolt



48x
M12 Washer



24x
M12 Nuts



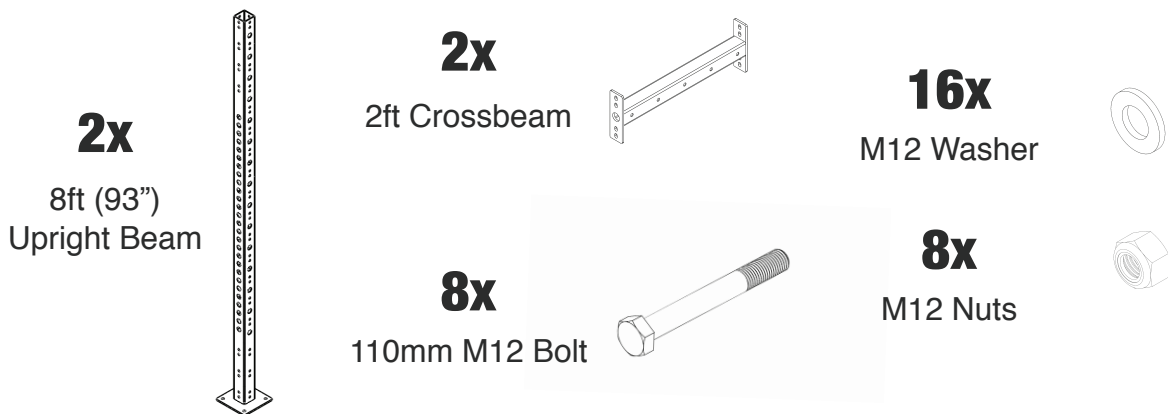
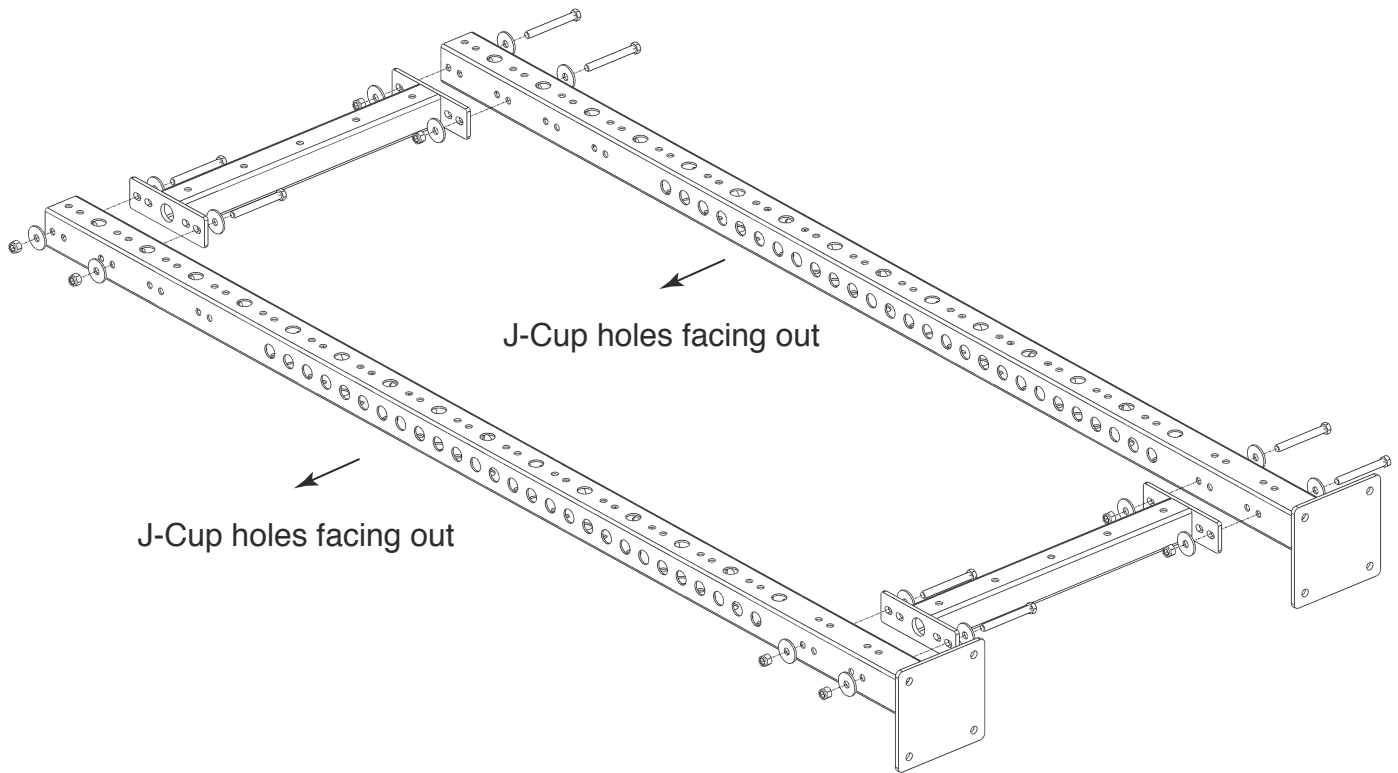
16x
14mm
Concrete Anchors





STEP ONE

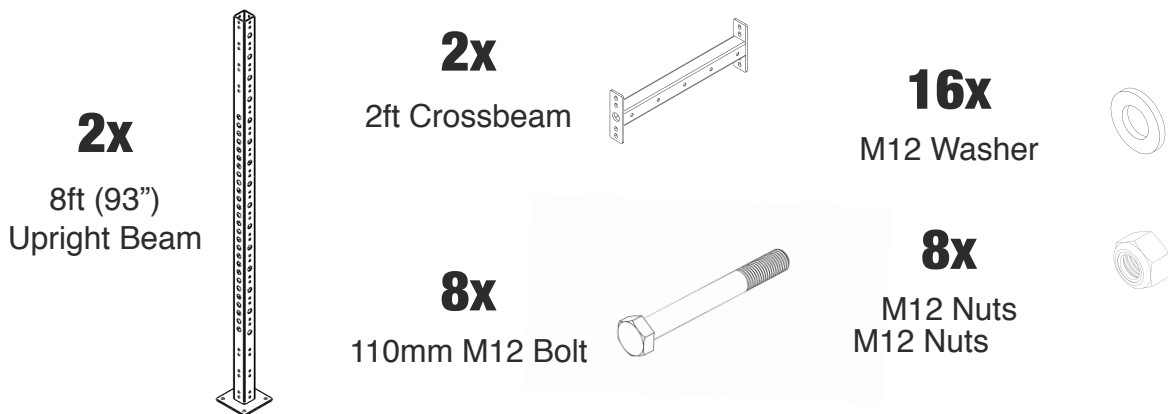
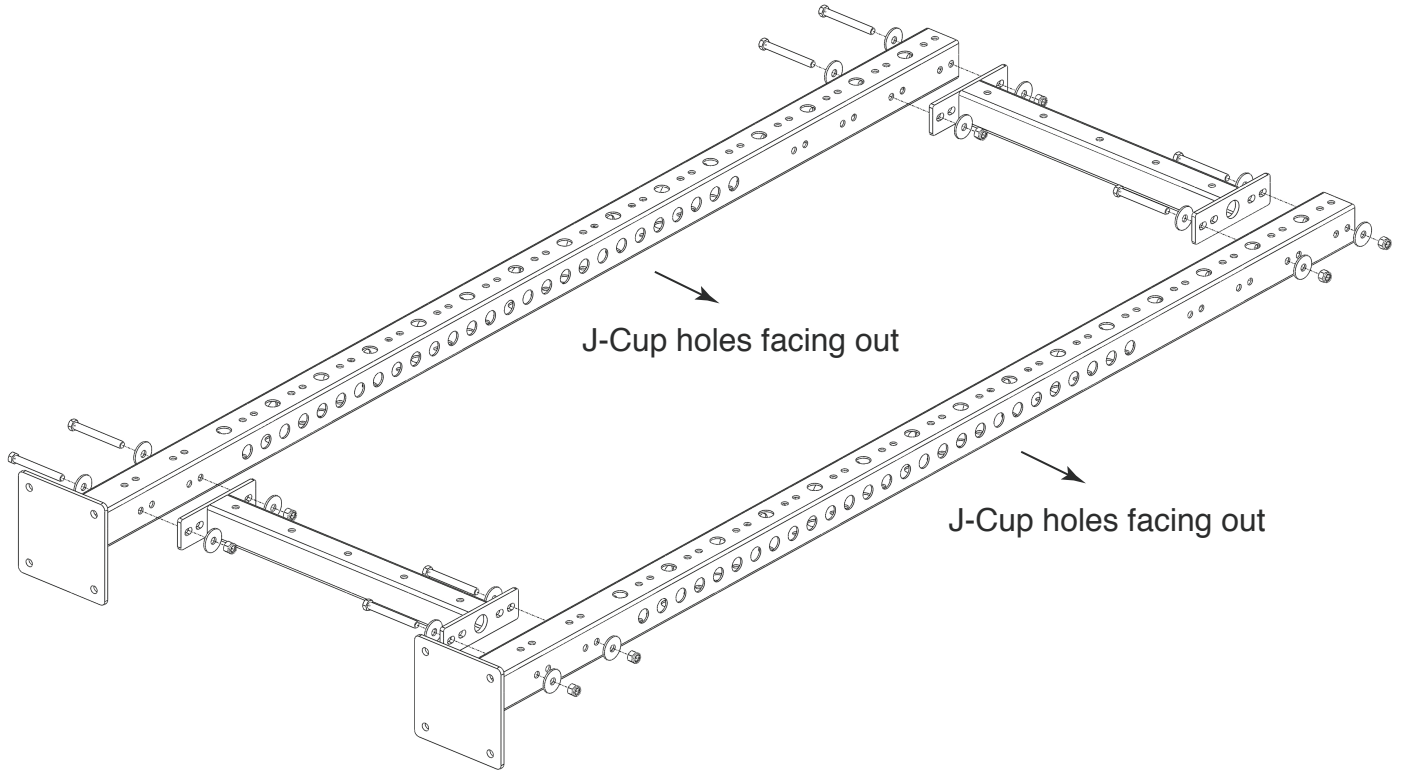
Note: Steps 1-3 are completed with the rig horizontally on the ground.
 Connect two of the Upright Beams together using two of the 2ft Crossbeams.
 Be sure the Upright Beams are facing the same direction with the closer
 J-Cup hole spacing facing outward.





STEP TWO

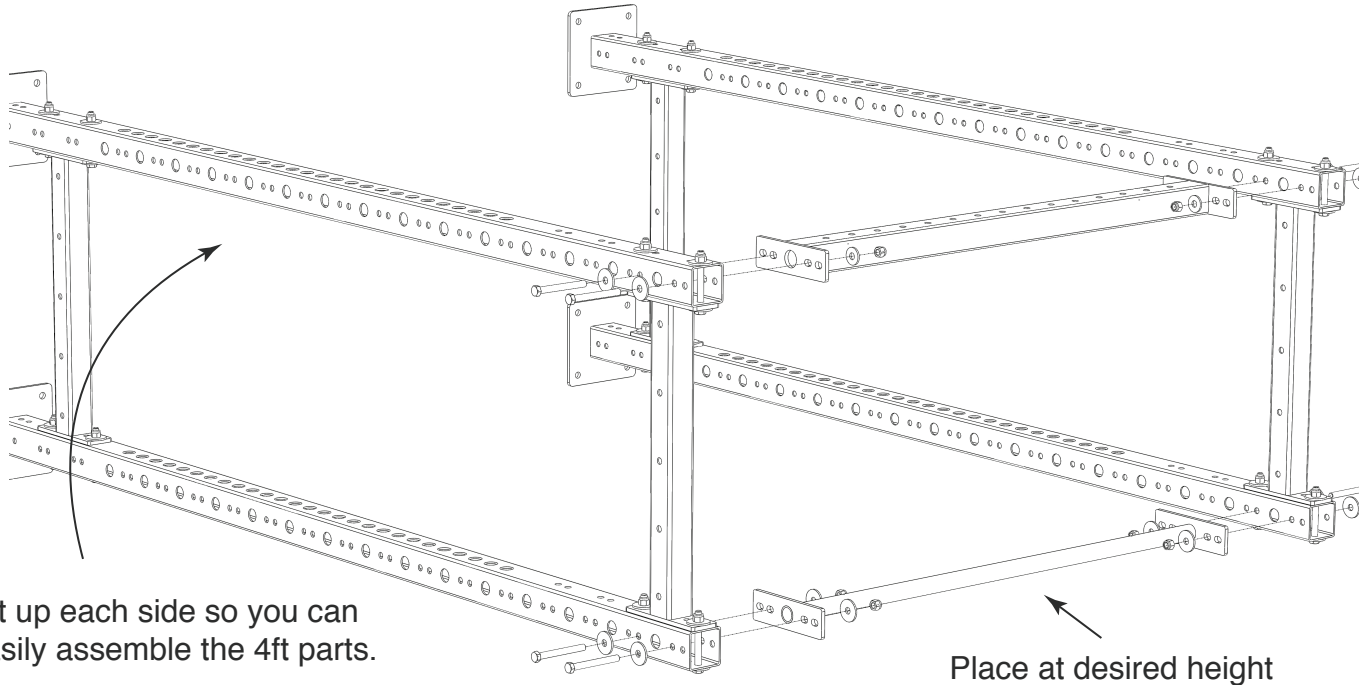
Repeat Step One using the remaining two Upright Beams and 2ft Crossbeams. Again, be sure the J-Cup hole spacing is facing outward.



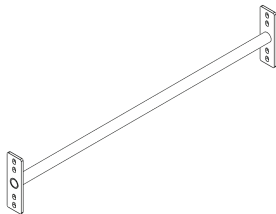


STEP THREE

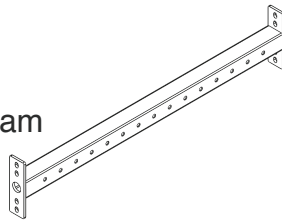
Tilt up each of your assemblies from Steps One and Two and place them roughly four feet apart. Connect the 4ft Crossbeam at the highest point of one side and the 4ft Pull-up bar to desired height on the other.



1x
4ft Pull-up Bar



1x
4ft Crossbeam



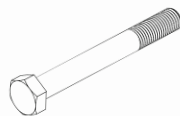
16x
M12 Washer



8x
M12 Nuts



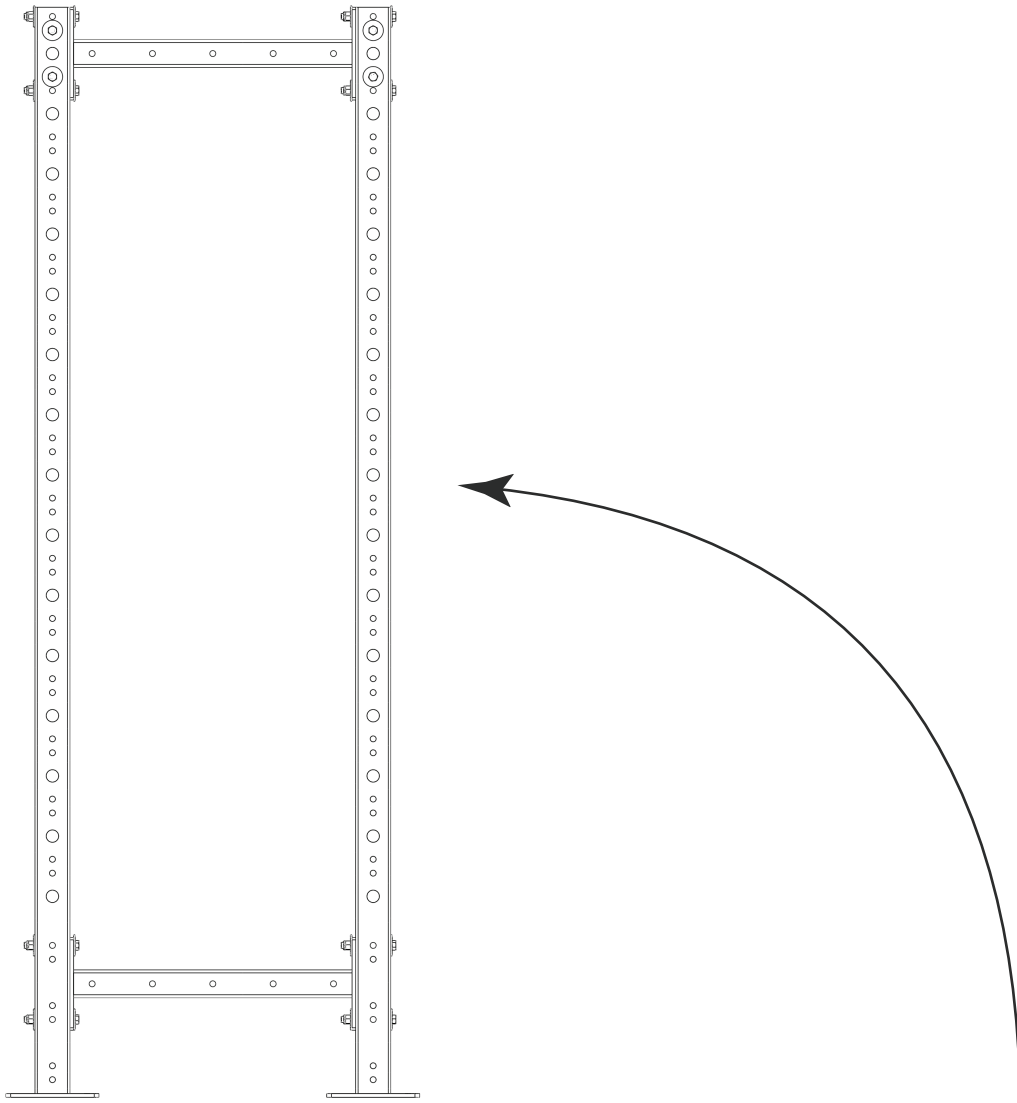
8x
110mm M12 Bolt





STEP FOUR

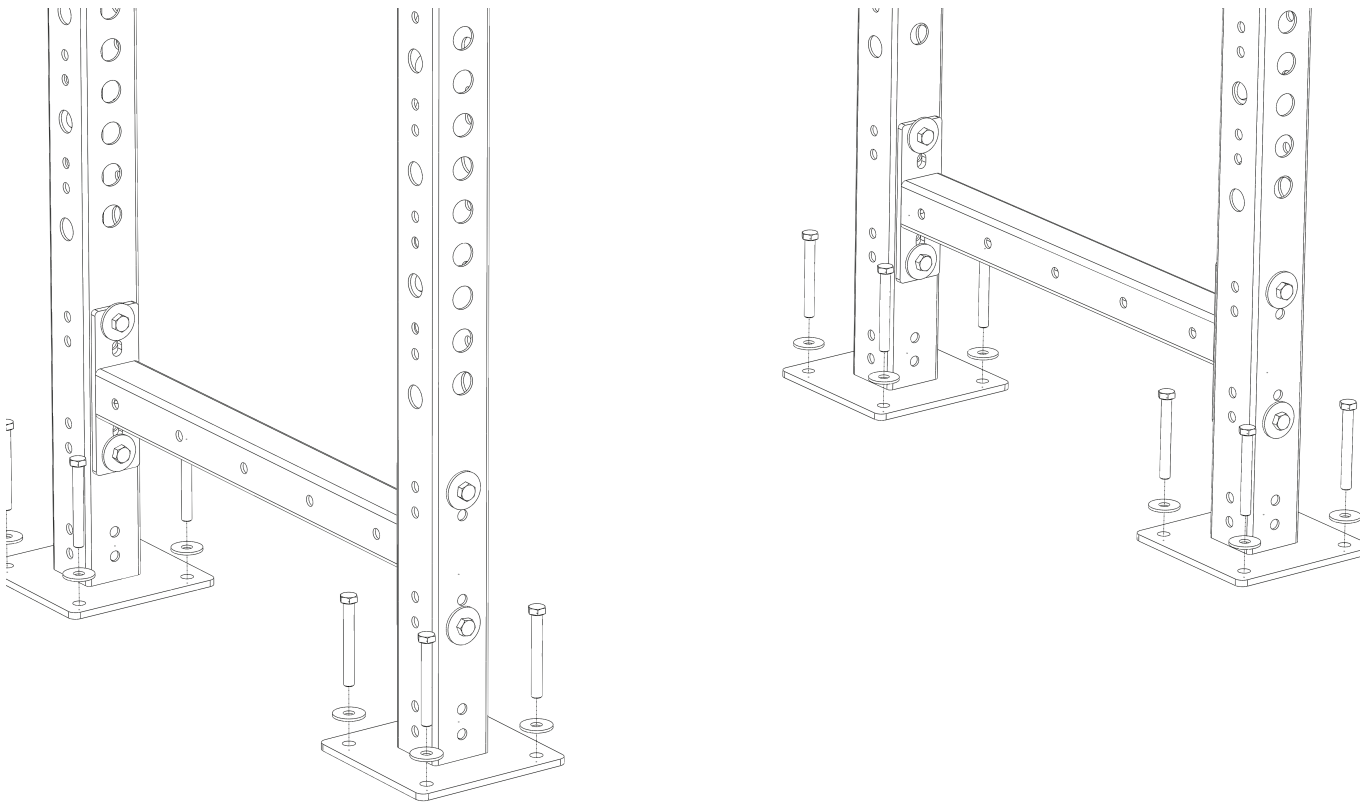
With your partner, carefully tilt the assembled 4x2 Power Rack upright and then move into desired location in your gym.





STEP FIVE

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



16x
14mm
Concrete Anchors





COMPLETE

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

