

# 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.

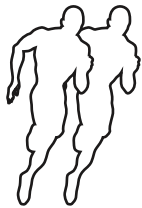
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# WARNING

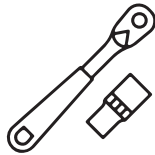
Serious or fatal crushing injuries can occur from equipment tip-over. To prevent this rig from tipping over, it must be permanently fixed to the floor with the upright feet.



# WHAT YOU'LL NEED



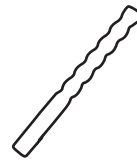
Two People



19mm  
Ratchet



19mm  
Wrench



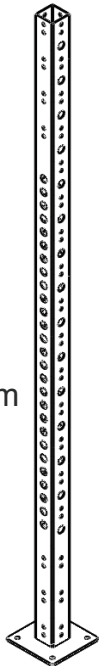
14mm  
Concrete Drill Bit



Impact Driver

# WHAT'S INCLUDED

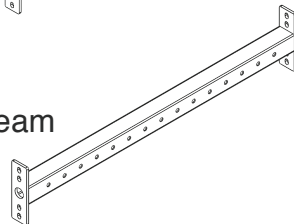
**4x**  
8ft (93")  
Upright Beam



**1x**  
4ft Pull-up Bar

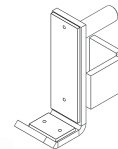


**5x**  
4ft Crossbeam



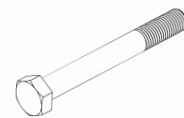
**2x**

J-Cup



**24x**

110mm M12 Bolt



**48x**

M12 Washer



**24x**

M12 Nuts



**16x**

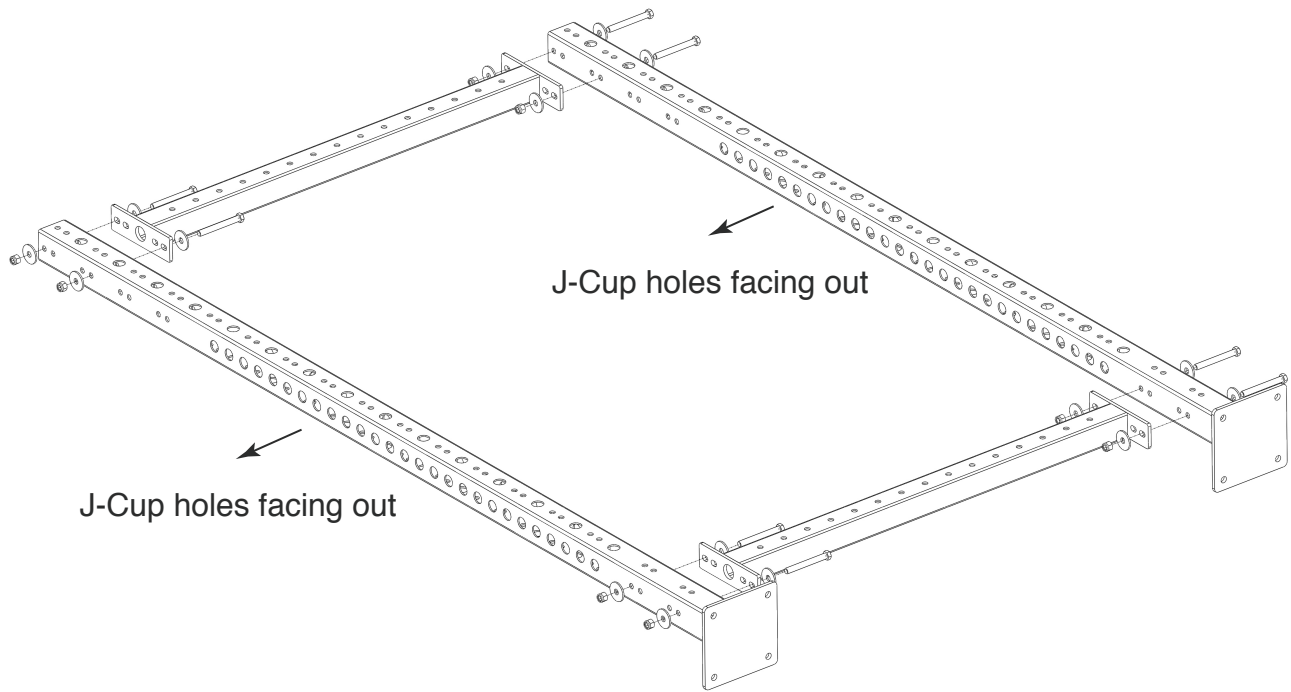
14mm  
Concrete Anchors




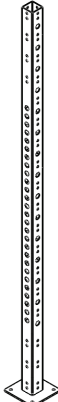
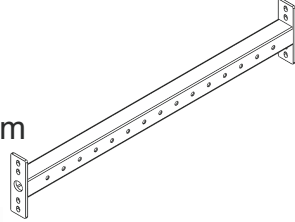

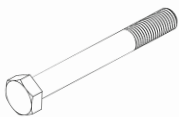


# STEP ONE

Note: Steps 1-3 are completed with the rig horizontally on the ground.  
Connect two of the Upright Beams together using two of the 4ft Crossbeams.  
Be sure the Upright Beams are facing the same direction with the closer J-Cup hole spacing facing outward.



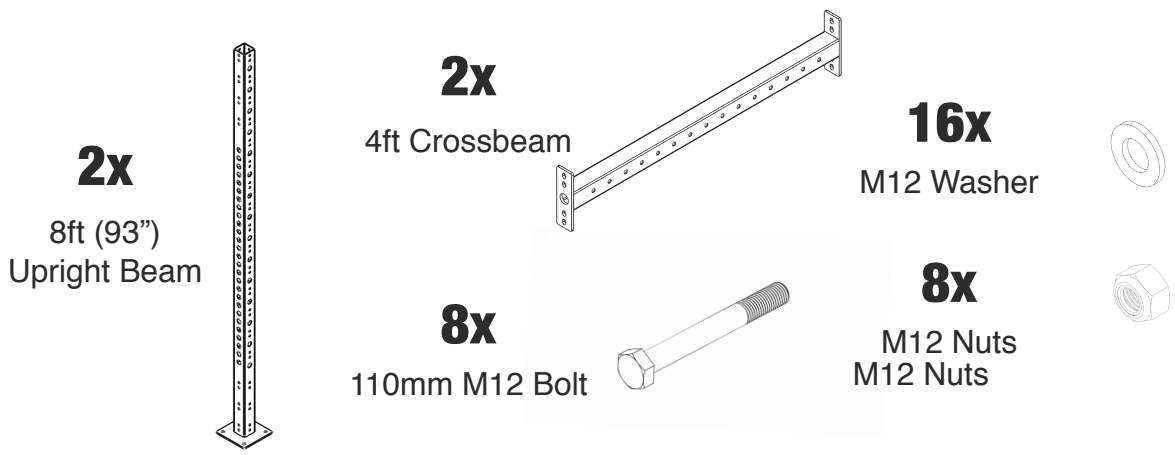
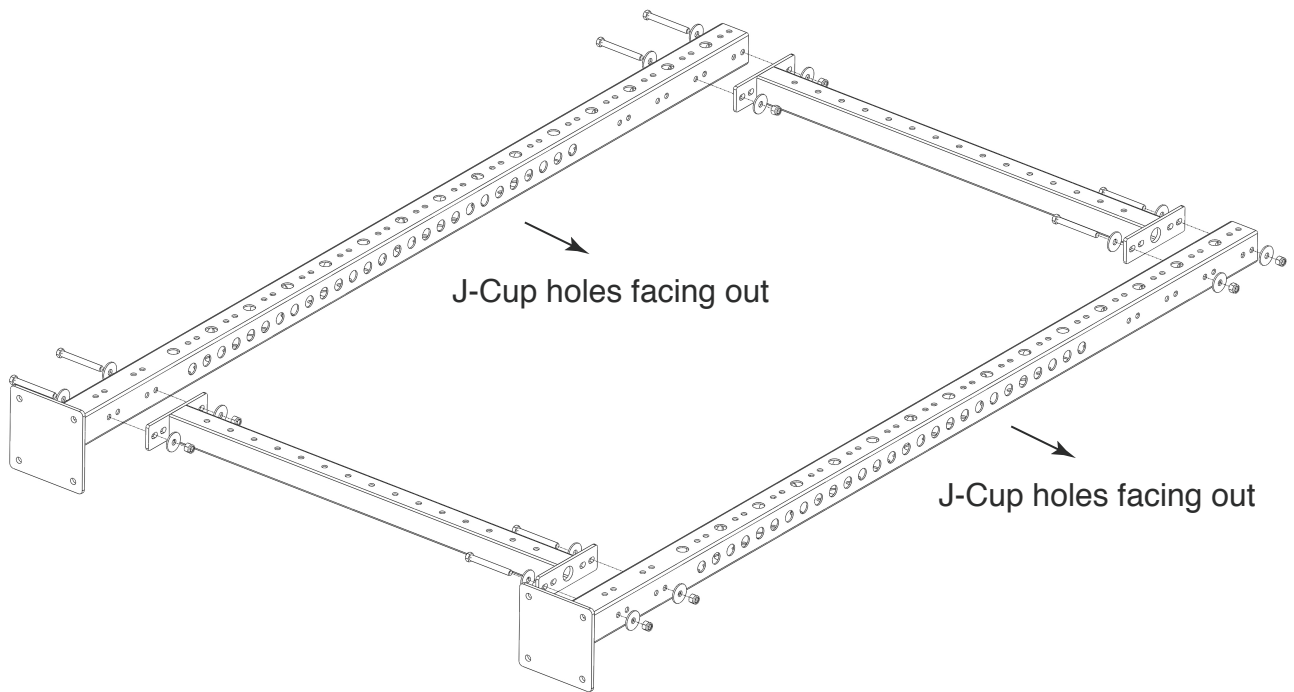
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<b>2x</b> 8ft (93") Upright Beam	<b>2x</b> 4ft Crossbeam	<b>16x</b> M12 Washer	
		<b>8x</b> M12 Nuts	
	<b>8x</b> 110mm M12 Bolt		



# STEP TWO

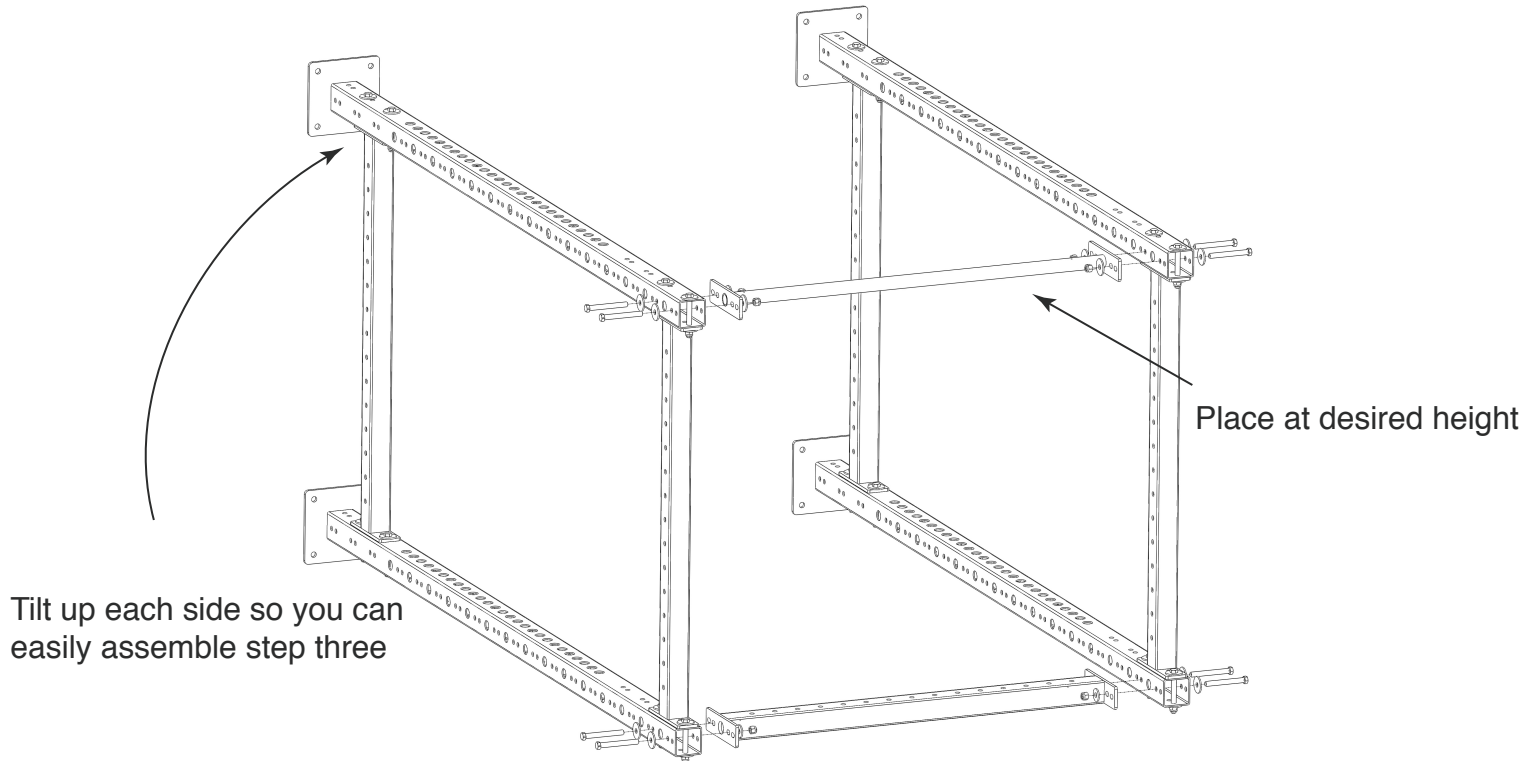
Repeat Step One using the remaining two Upright Beams and 4ft Crossbeams. Again, be sure the J-Cup hole spacing is facing outward.



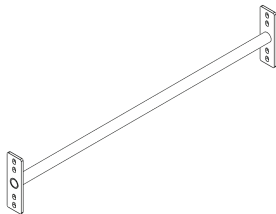


# STEP THREE

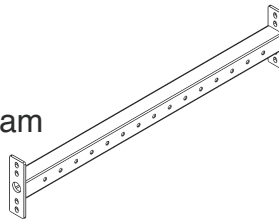
Tilt up each of your assemblies from Steps One and Two and place them roughly four feet apart. Connect the 4ft Crossbeam at the highest point of one side and the 4ft Pull-up bar to desired height on the other.



**1x**  
4ft Pull-up Bar



**1x**  
4ft Crossbeam



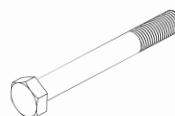
**16x**  
M12 Washer



**8x**  
M12 Nuts



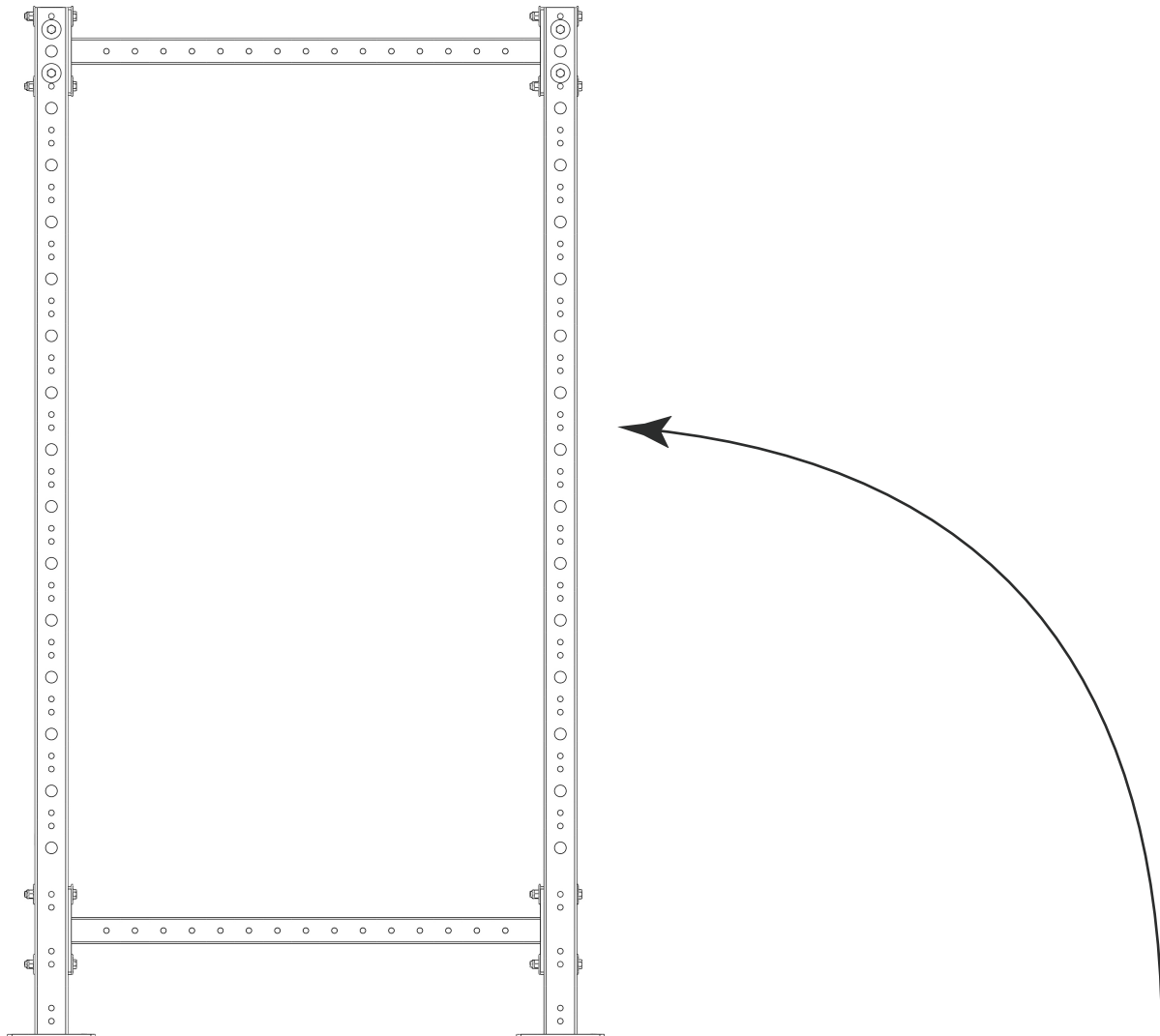
**8x**  
110mm M12 Bolt





# STEP FOUR

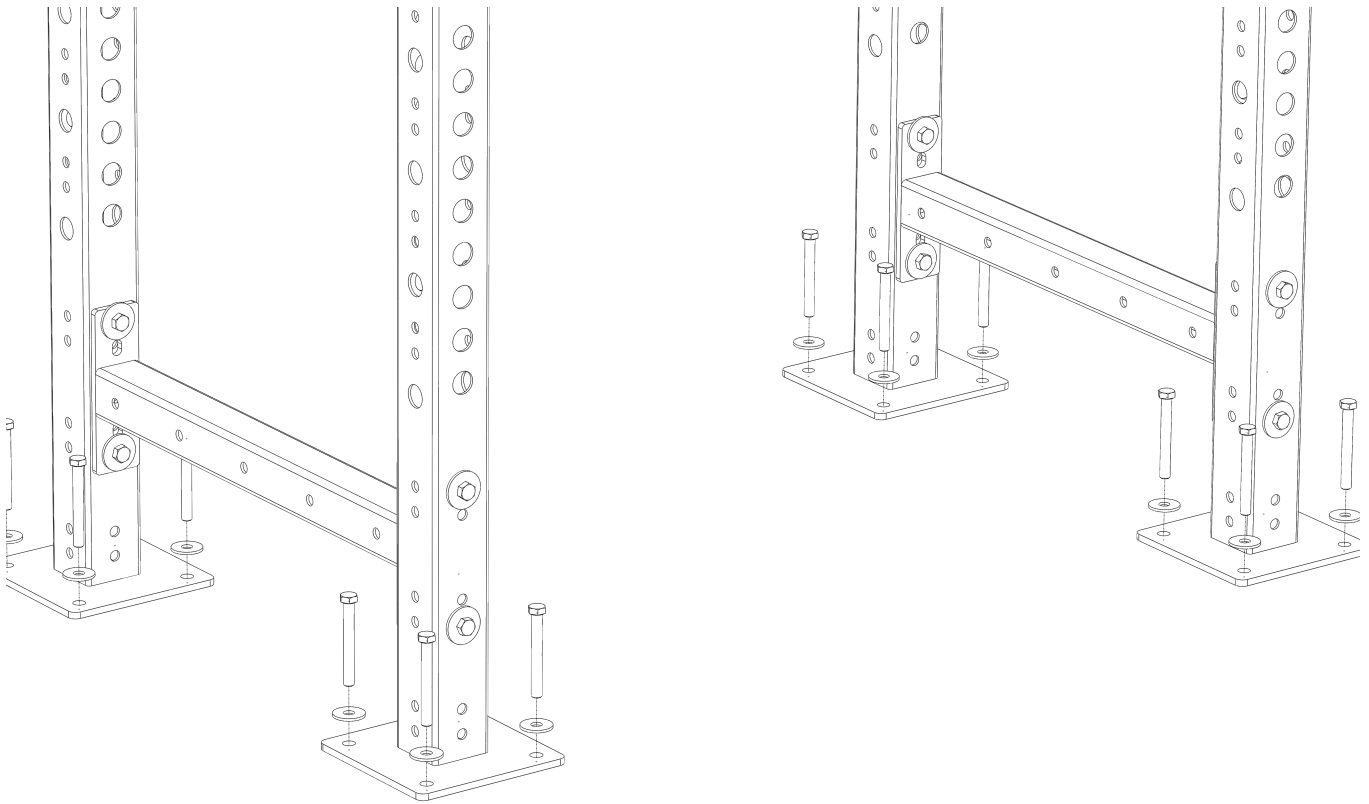
With your partner, carefully tilt the assembled 4x4 Power Rack upright and then move into desired location in your gym.





# 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.

