

COMPETITION POWER RACK

ASSEMBLY GUIDE





OVERVIEW

Congratulations on your new Competition Power Rack!

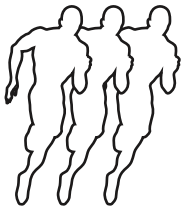
The Again Faster® Power Rack is an evolution of design, while setting a new standard for quality, functionality, and affordability. Sporting 11-gauge, 3x3 uprights, this power rack has been designed with top strength and conditioning athletes in mind to ensure these power cages exceed all expectations.

WARNING

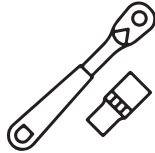
Serious or fatal crushing injuries can occur from equipment tip-over. To prevent this rig from tipping over, it must be permanently fixed to the floor with the upright feet.



WHAT YOU'LL NEED



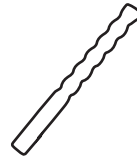
Three People



19mm Ratchet



19mm Wrench



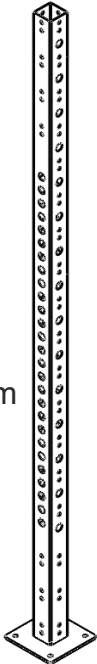
14mm Concrete Drill Bit



Impact Driver

WHAT'S INCLUDED

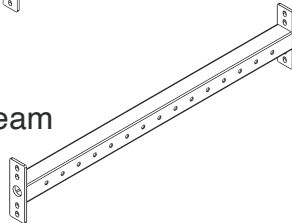
6x
8ft (93")
Upright Beam



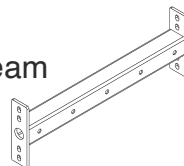
1x
4ft Pull-up Bar



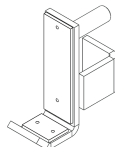
6x
4ft Crossbeam



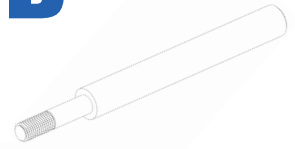
4x
2ft Crossbeam



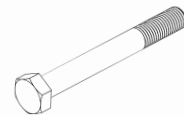
2x
J-Cup



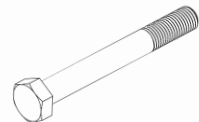
8x
Weight Pegs



28x
100mm M12 Bolt



8x
112mm M12 Bolt



88x
M12 Washer



44x
M12 Nuts



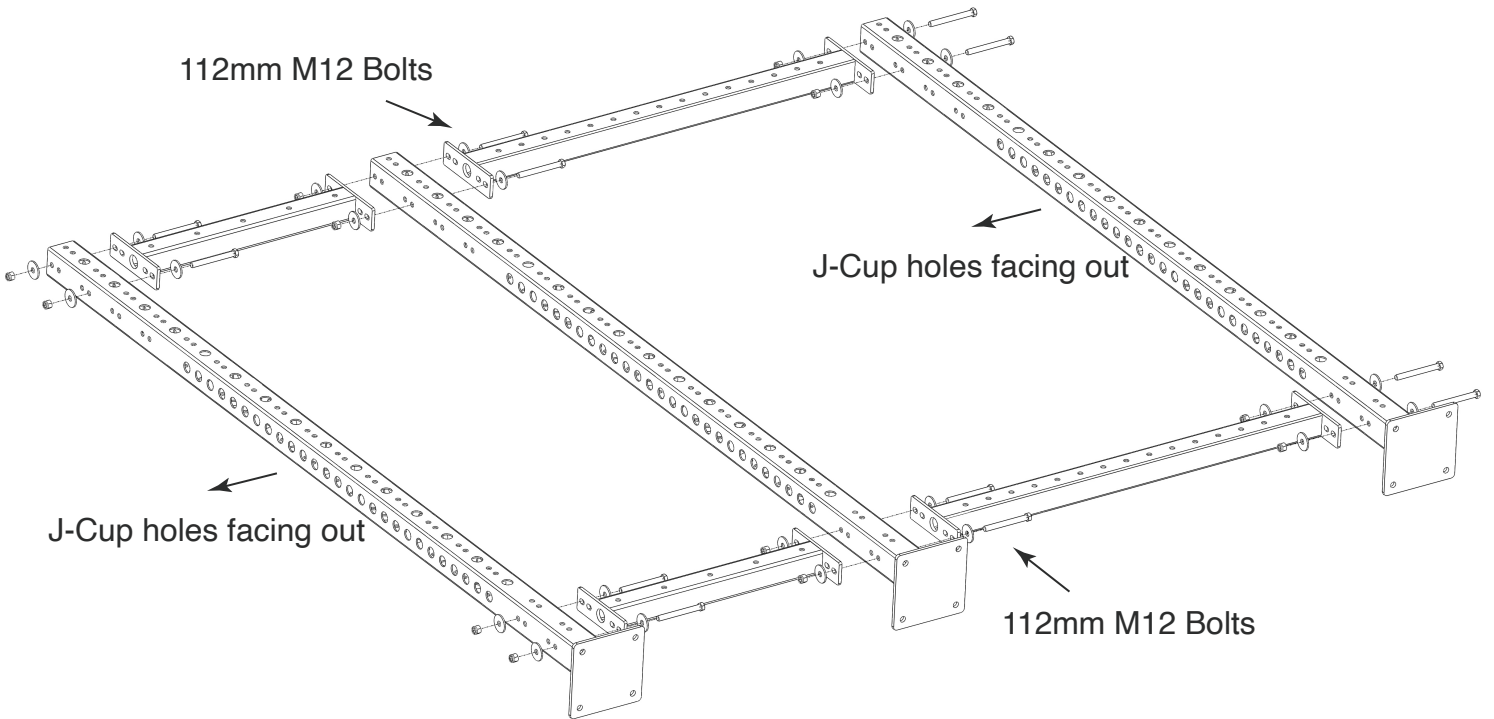
24x
14mm
Concrete Anchors





STEP ONE

Note: Steps 1-3 are completed with the rig horizontally on the ground.
Connect three of the Upright Beams together using two of the 2ft Crossbeams and two of the 4ft Crossbeams. Be sure the Upright Beams are facing the same direction with the closer J-Cup hole spacing facing outward.

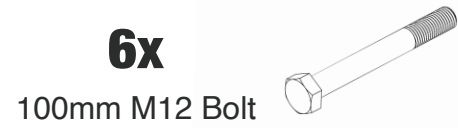
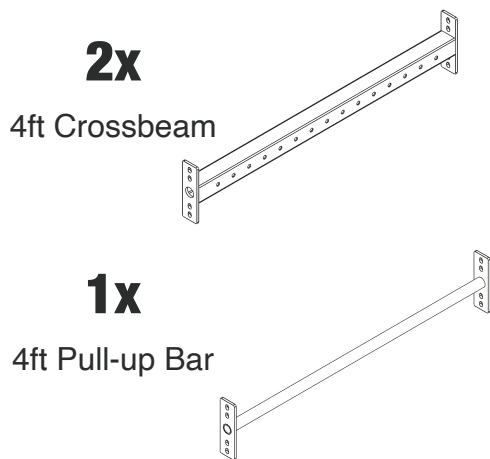
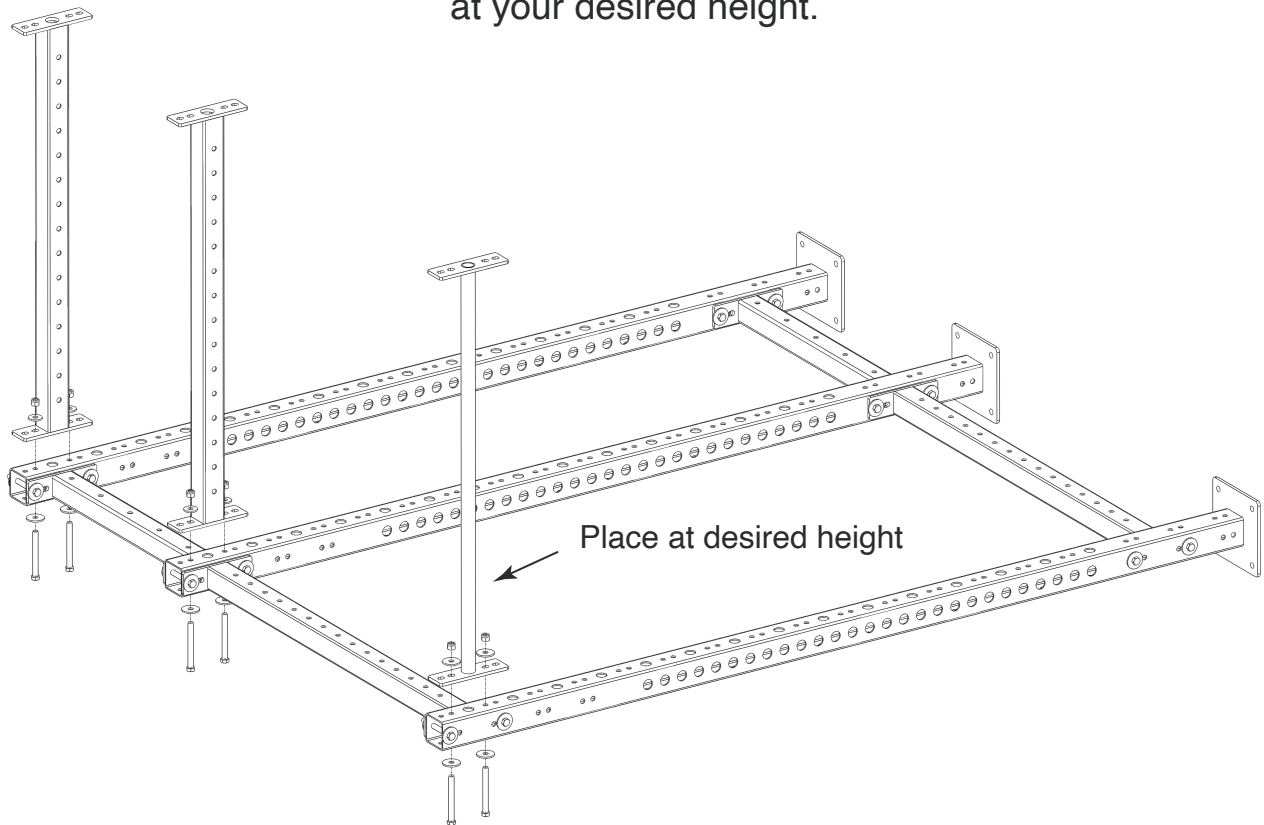


- 3x**
8ft (93")
Upright Beam
- 2x**
2ft Crossbeam
- 2x**
4ft Crossbeam
- 24x**
M12 Washer
- 12x**
M12 Nuts
- 8x**
100mm M12 Bolt
- 4x**
112mm M12 Bolt



STEP TWO

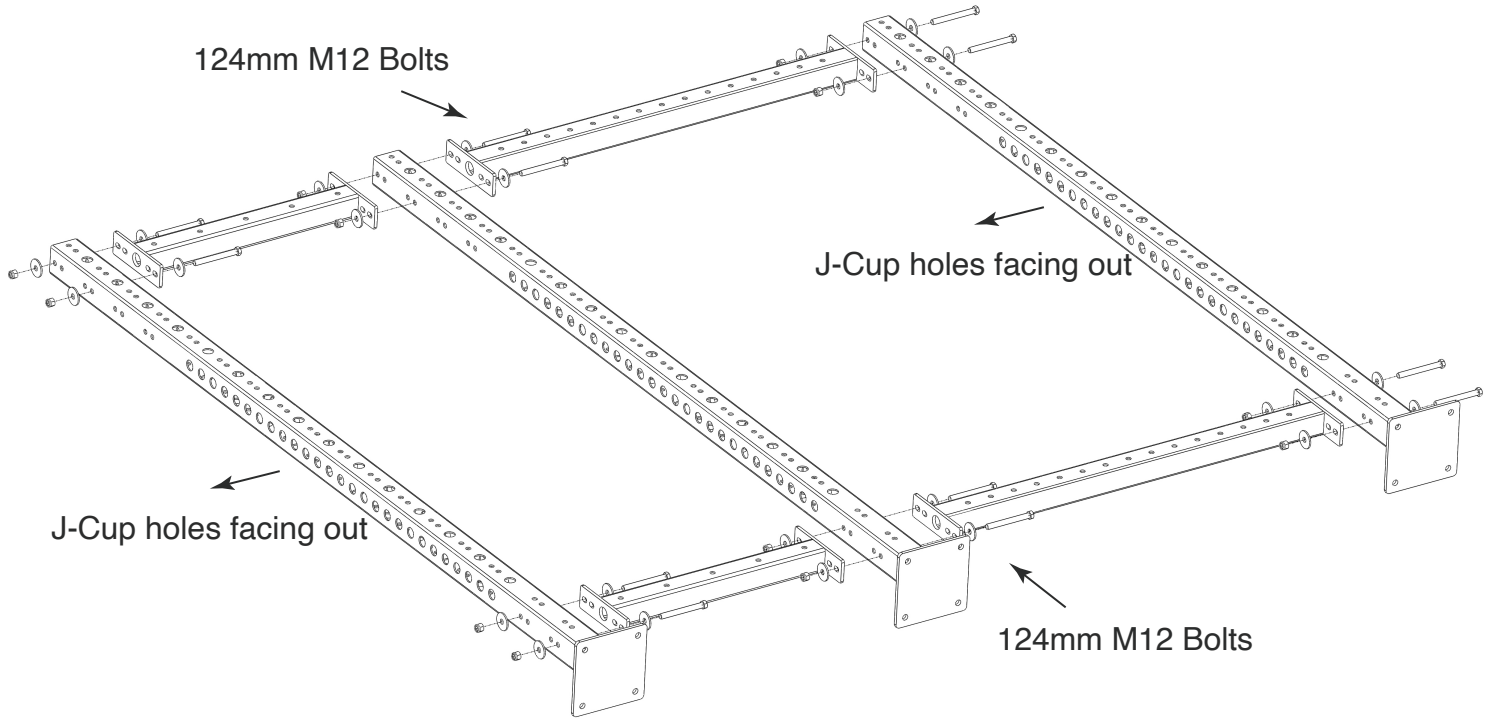
Connect two of the 4ft Crossbeams to the two Upright Beams connected by the 2ft Crossbeams and the 4ft Pull-up Bar to the front of the rack at your desired height.



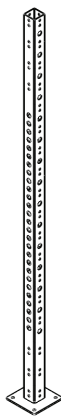


STEP THREE

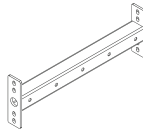
Connect the three remaining Upright Beams like Step One with the remaining two 4ft Crossbeams and 2ft Crossbeams.



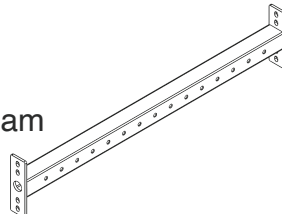
3x
8ft (93")
Upright Beam



2x
2ft Crossbeam



2x
4ft Crossbeam



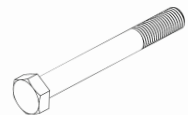
24x
M12 Washer



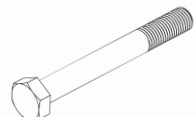
12x
M12 Nuts



8x
100mm M12 Bolt



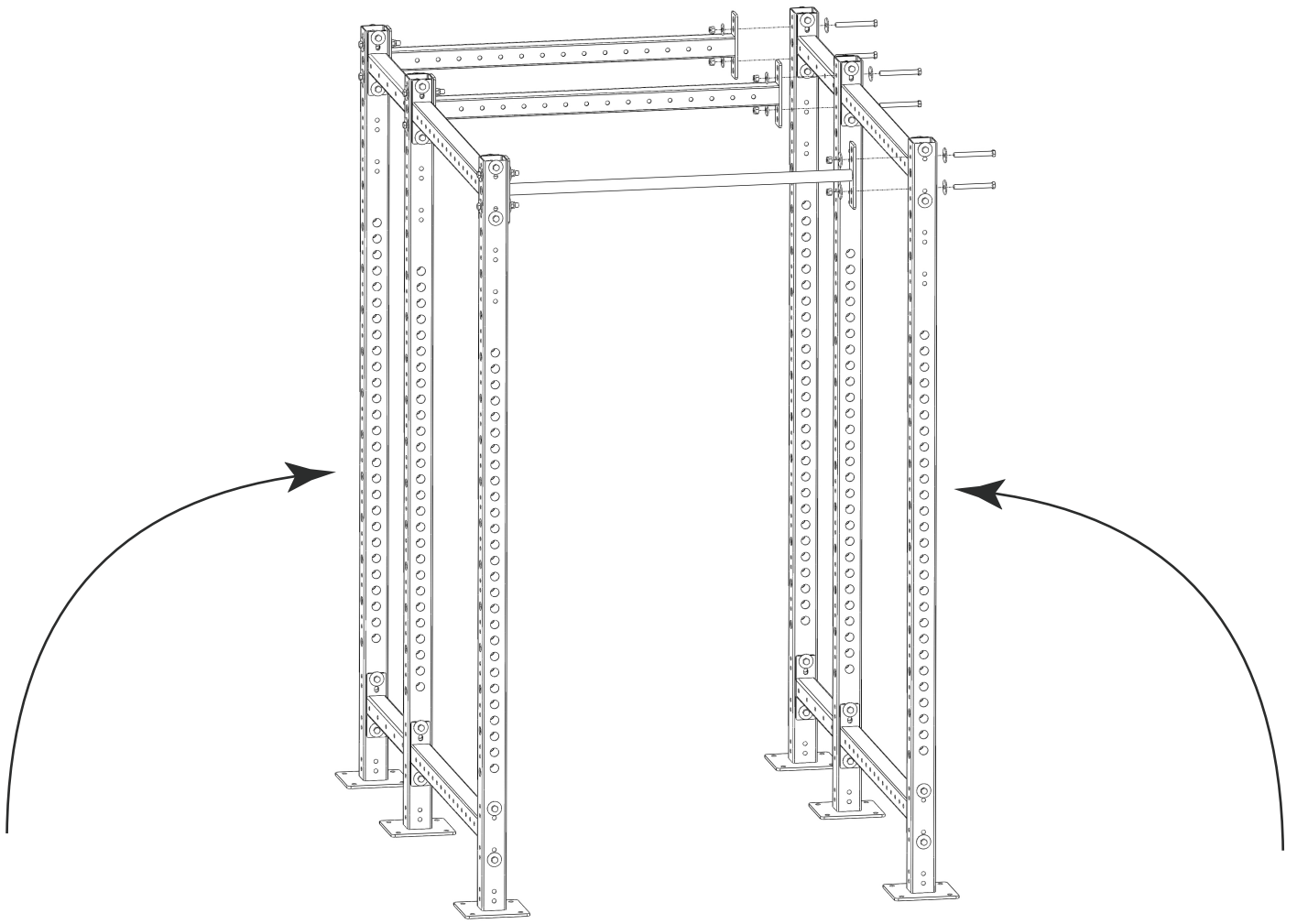
4x
112mm M12 Bolt



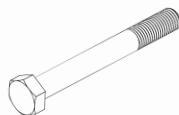


STEP FOUR

With your partners, carefully tilt up the assembled pieces from Steps One through Three upright and bolt them together.



6x
100mm M12 Bolt



12x
M12 Washer



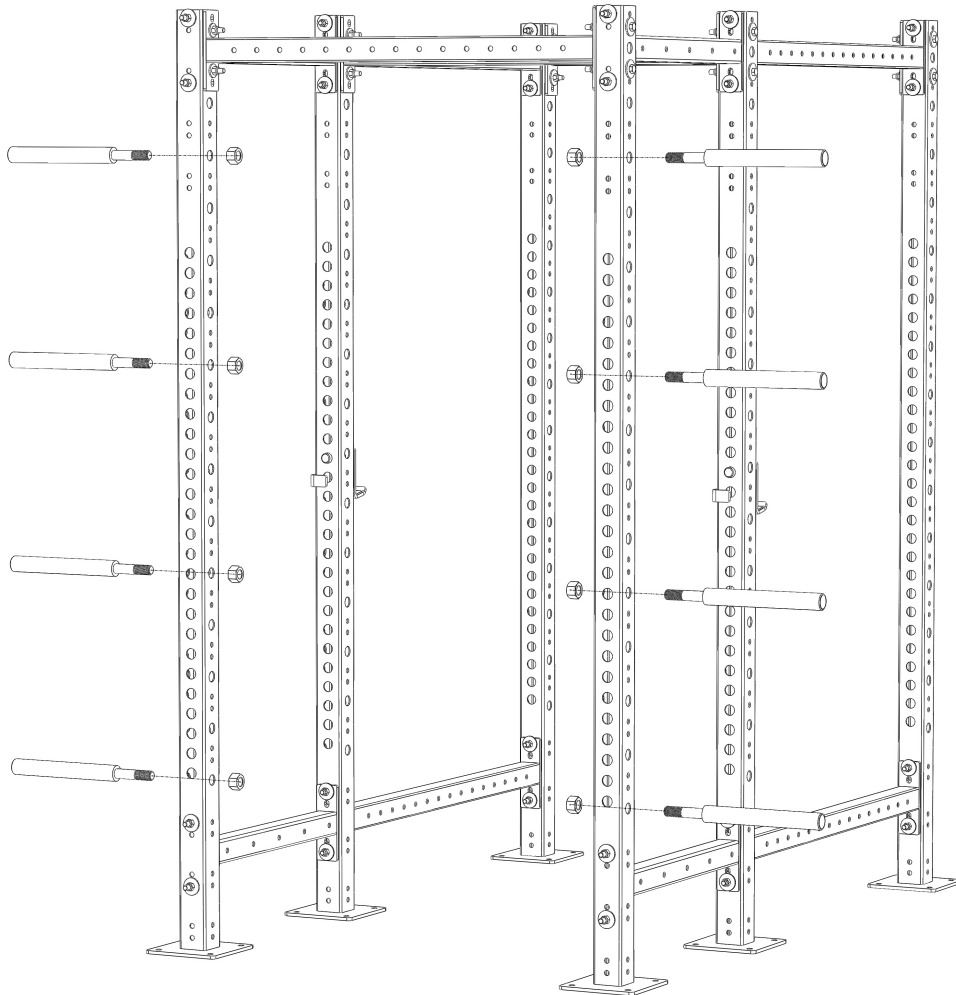
6x
M12 Nuts



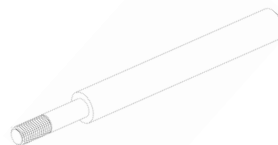


STEP FIVE

Bolt the weight storage pegs at desired locations. Our recommended placement is pictured below will allow full-sized to be placed on every peg.



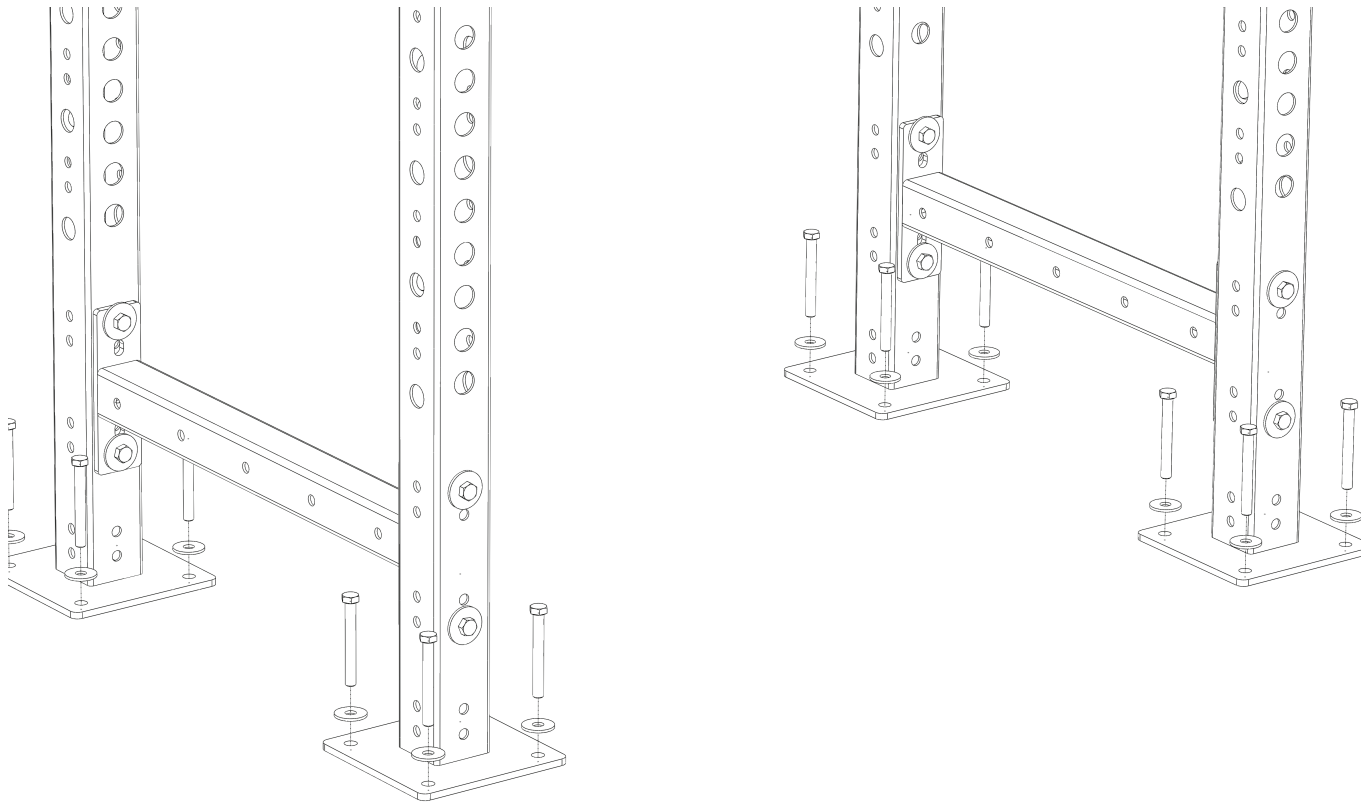
8x
Weight Pegs





STEP SIX

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.



24x

14mm
Concrete Anchors





COMPLETE

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

