

COMPETITION SLIM RIG

ASSEMBLY GUIDE





OVERVIEW

Congratulations on your new Competition Wall-Mount Rack!

The Again Faster® Competition Slim Rig is the perfect setup for someone who wants to save floor space without having to deal with any moving parts. Sporting 1 1-gauge, 3x3 uprights, 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

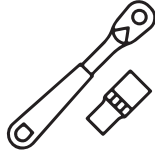


WHAT YOU'LL NEED

To properly secure your wall-mounted rig it must be bolted to a wood stringer or concrete block wall. Each 2in x 8in stringer must be mounted to at least three studs using 3/8in lag bolts. If you are mounting into concrete walls then you can simply use concrete anchors without a wood stringer.



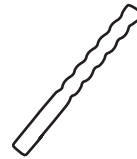
Two People



19mm Ratchet



19mm Wrench

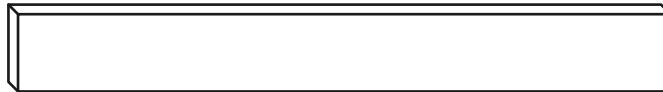


14mm Concrete Drill Bit



Impact Driver

Wood Stringer
+ Mounting Hardware



WHAT'S INCLUDED

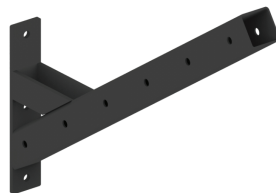
2x
8ft (93")
Upright Beam



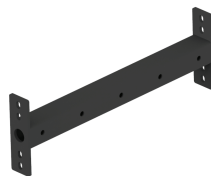
1x
4ft Pull-up Bar



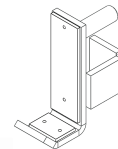
2x
Flyaway Beams



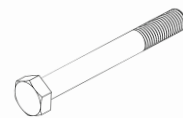
4x
1ft or 2ft
Crossbeams



2x
J-Cup



16x
110mm M12 Bolt



32x
M12 Washer



16x
M12 Nuts



8x
14mm
Concrete Anchors





CONFIGURATION OPTIONS

The Flyaway Beam may be secured to the upright using the top three or bottom three pairs of holes.

1

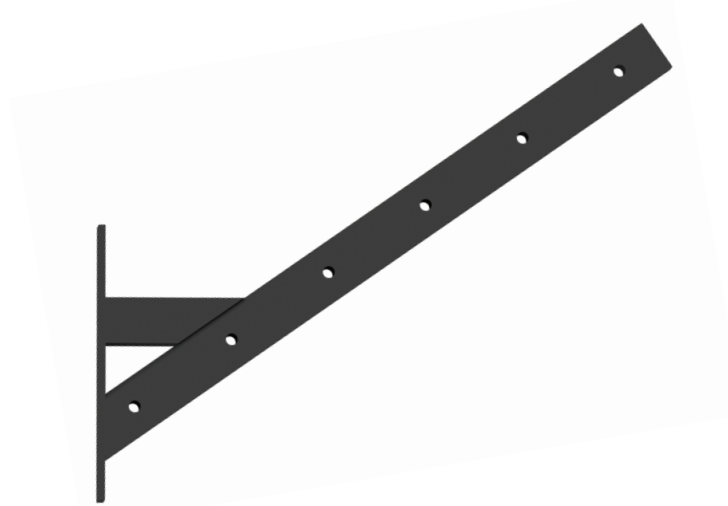


2



Please Note: Use Option 1 if you have 8ft tall ceilings.

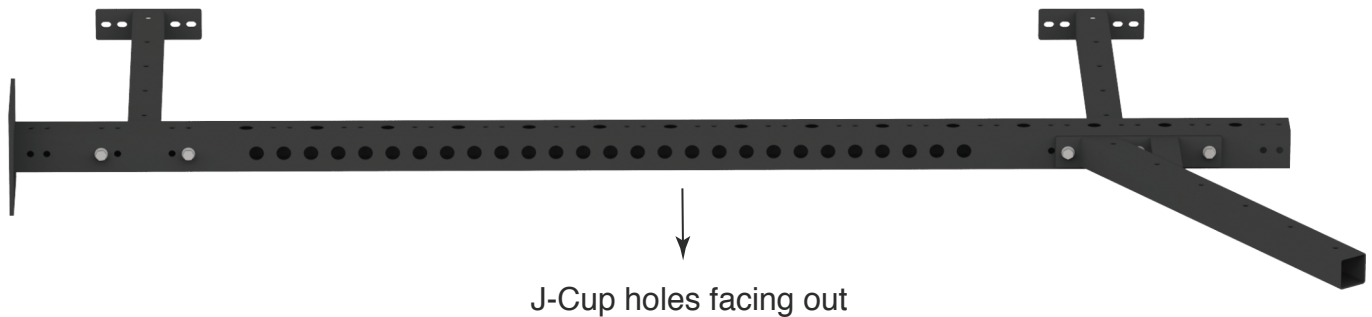
The Pull-up Bar may be secured on the Flyaway Beam using any two sets of holes to achieve your desired Pull-up Bar height.



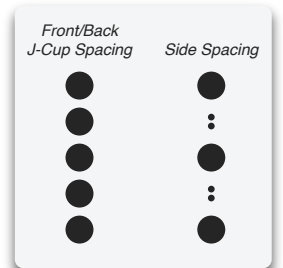



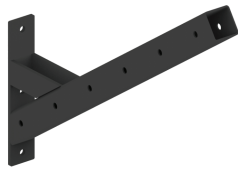

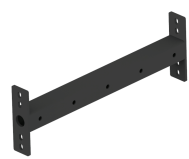

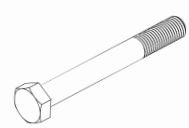
STEP ONE

Note: Steps 1 & 2 are completed with the rig horizontally on the ground. Connect two of the 2ft or 1ft Crossbeams to one side of an Upright Beam and a Flyaway Beam to the other. You will repeat this step for the other side of the rig.



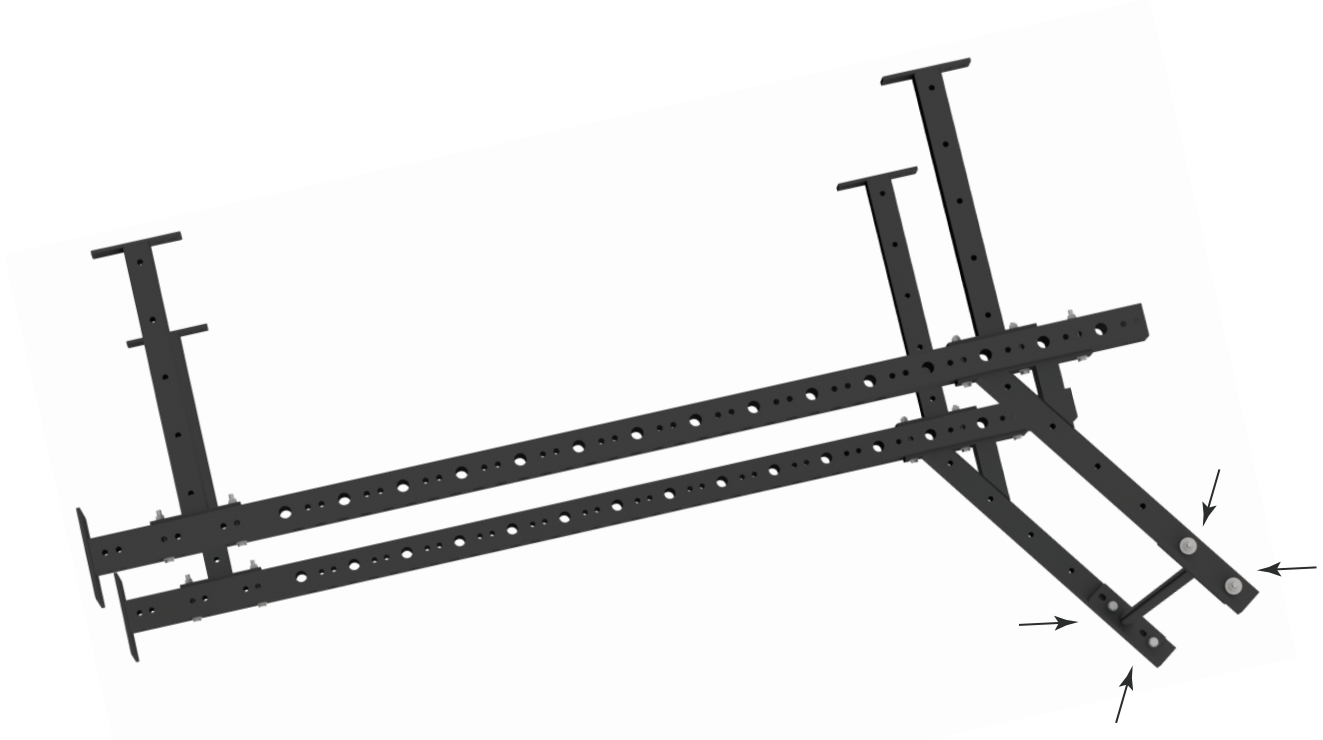
2x
Repeat this step for the other side of the rig



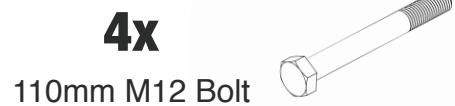
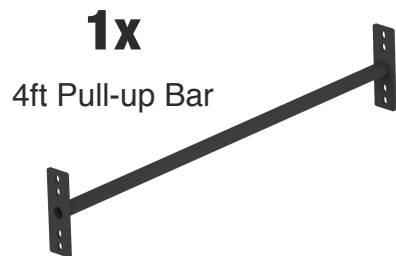
| | | |
|---|--|---|
| <p>1x 8ft (93") Upright Beam</p>  | <p>1x Flyaway Beams</p>  | <p>10x M12 Washer</p>  |
| <p>2x 1ft or 2ft Crossbeams</p>  | <p>5x M12 Nuts</p>  | <p>5x 110mm M12 Bolt</p>  |



STEP TWO



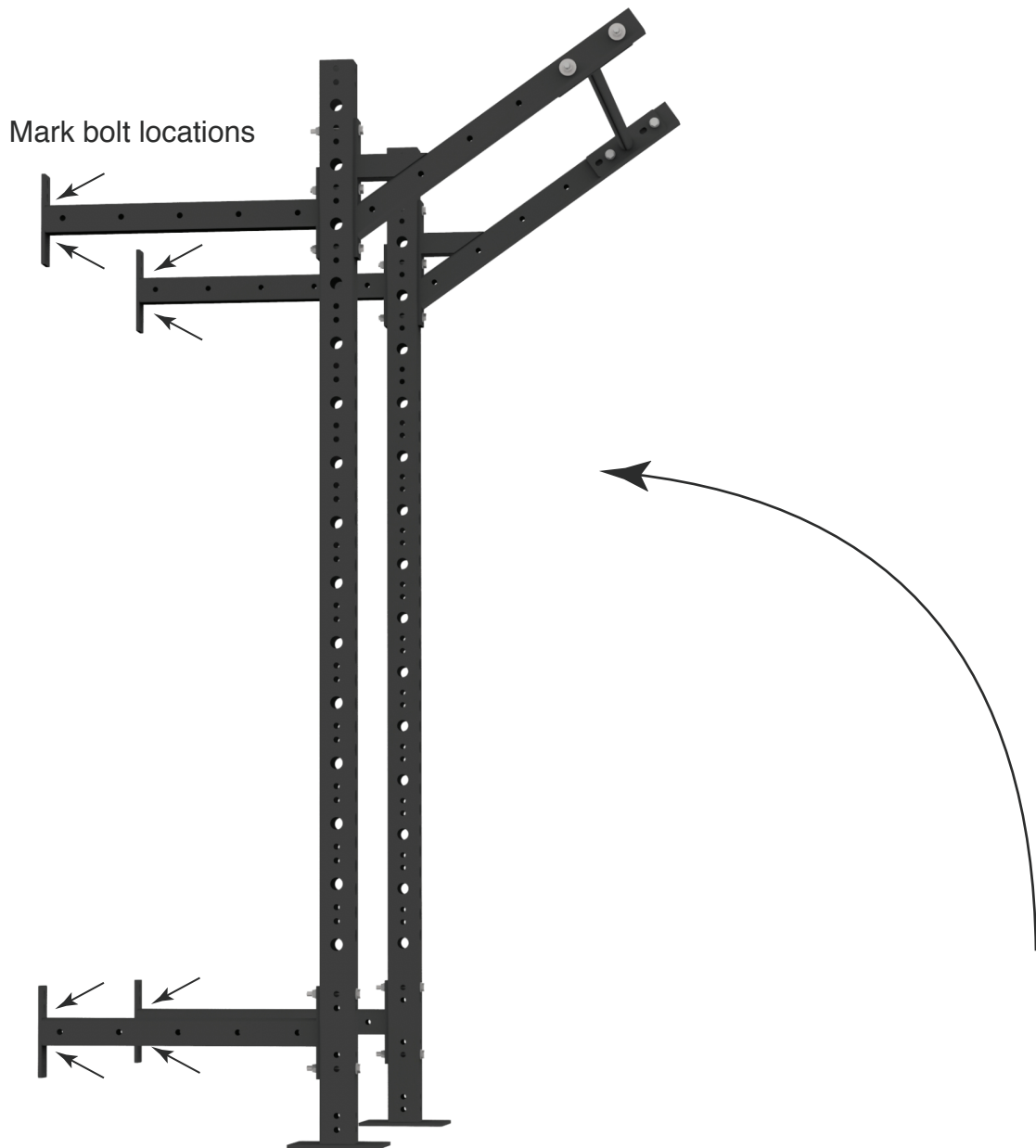
Connect the assemblies together using the 4ft Pull-up Bar at your desired height.





STEP THREE

With your partner, carefully tilt the assembly up and move to desired location and mark the bolt locations on the wall. Tilt the assembly back down to mount your stringer.

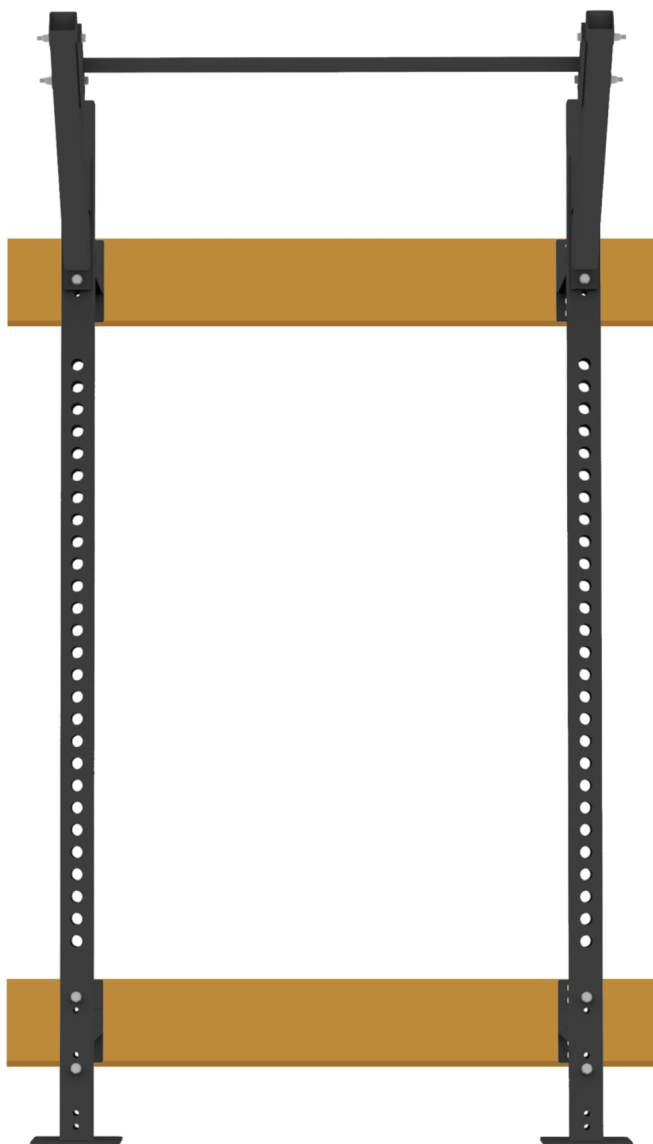




STEP FOUR

Mount the stringers to your marked locations. This step will vary depending on your structure. Contact a qualified contractor for additional help.

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



If you are mounting into concrete walls, you can simply use concrete anchors without a wood stringer.

Based on your structure, it may not be possible to mount a lower stringer. You may need to mount the lower Crossbeams in a different manner or choose not to use them(example below).

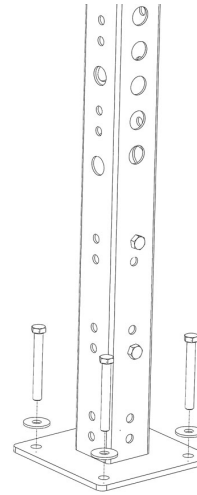
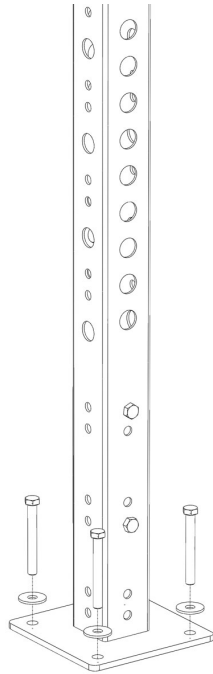


Uprights must be bolted to concrete floor.



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 Slim Rig is now complete!
It is important to check your bolts are securely tightened before every use.

