



ECORG-HR-PLT PERFORMANCE STATION

American Barbell Half Rack & 6'x8' Platform Combo

OWNER'S MANUAL



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SAFETY INSTRUCTIONS AND DISCLAIMERS

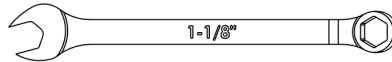
1. Read all instructions before using equipment.
2. It is strongly recommended that this product is installed by a licensed contractor or authorized American Barbell installer. Failure to do so may void warranty.
3. Do not use any equipment that appears to be damaged, and do not attempt any repairs without consulting American Barbell first. Doing so will void warranty.
4. Use proper lifting techniques while un-boxing and assembling product. At least 2 persons are required to safely assemble this product. Boxes containing metal components, and flooring materials are VERY heavy.
5. Children under 14 years of age should not be permitted to use this product without adult supervision.
6. Wear proper exercise clothing and shoes when using this equipment.

REQUIRED TOOLS AND SETUP INSTRUCTIONS

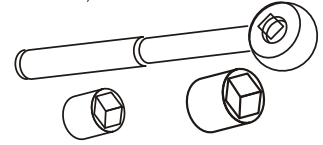
1 - 1/16"
OPEN END WRENCH
(Optional)



1 - 1/8"
OPEN END WRENCH



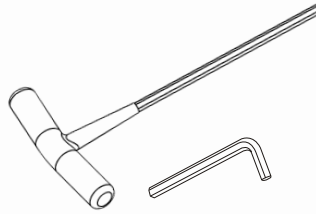
3/8" or 1/2" DRIVE
RATCHET, 1 - 1/16" &
1 - 1/8" SOCKET



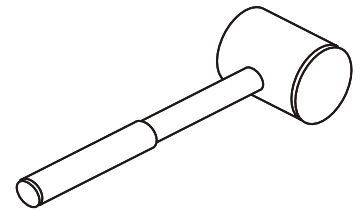
3/8" or 1/2" DRIVE
EXTENSION (2.5" OR
LONGER)



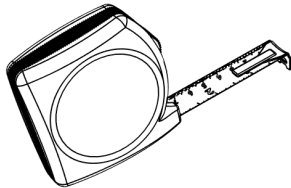
4MM ALLEN WRENCH
OR T HANDLE



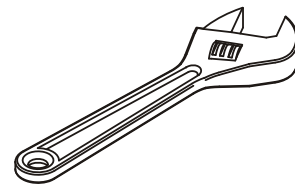
RUBBER Mallet



TAPE MEASURE



ADJUSTABLE CRESCENT
WRENCH (Optional)

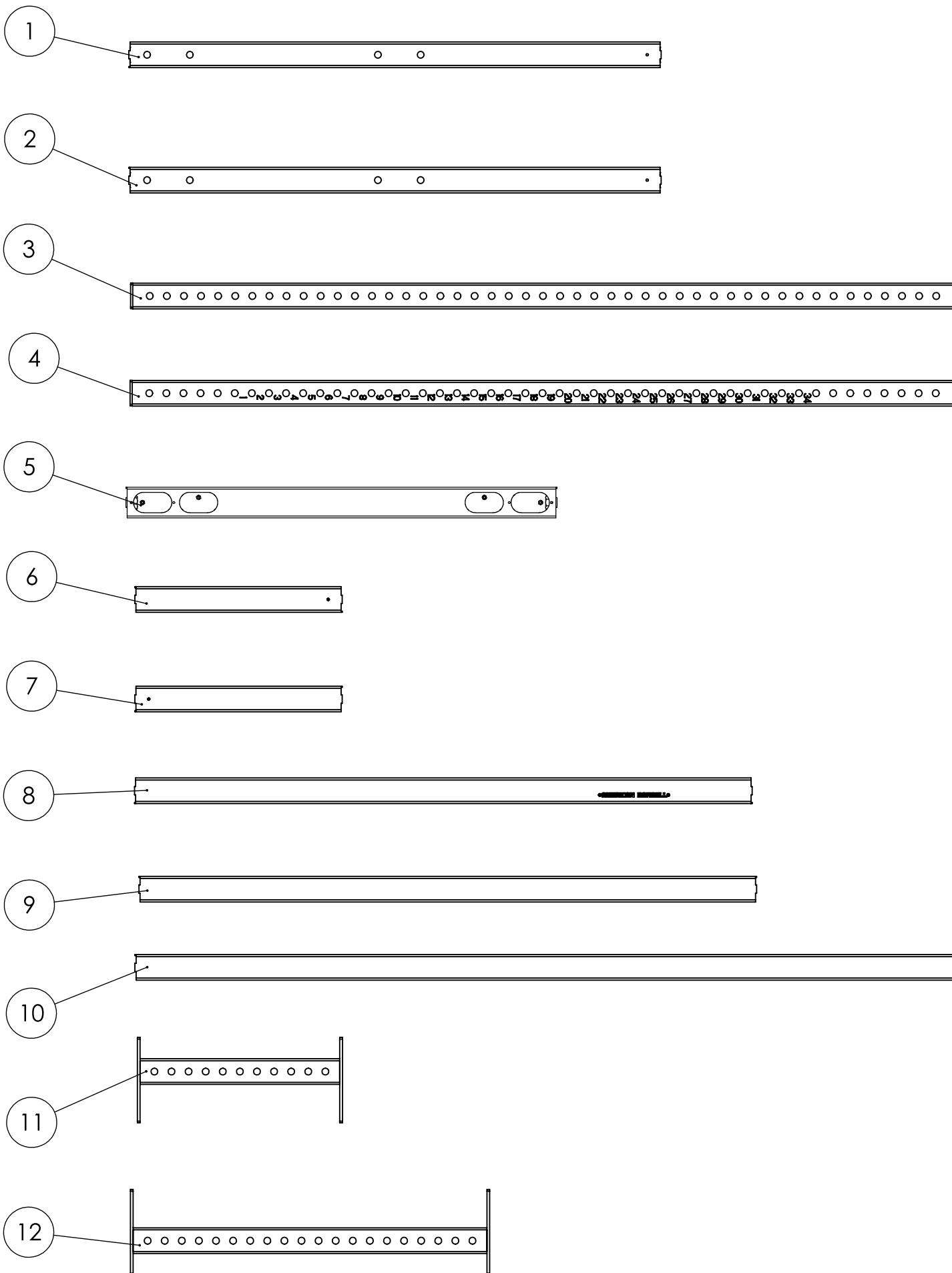


1. Verify all components are included in package prior to assembly.
2. A minimum 1.5' of space is required around the perimeter of each unit for proper assembly and installation.
3. Unit must be installed on level floor.
4. This product is designed to for easy and quick assembly with 2 or more persons, using the above tools. A cordless impact may be substituted, but DO NOT over tighten bolts that secure uprights and square bars. Doing so may cause the square tubes to collapse, and will void warranty.
5. If there are any issues with any threaded holes, threads may be chased with a tap. Correct tap sizes are M6 X 1.0, and 3/4" - 10.

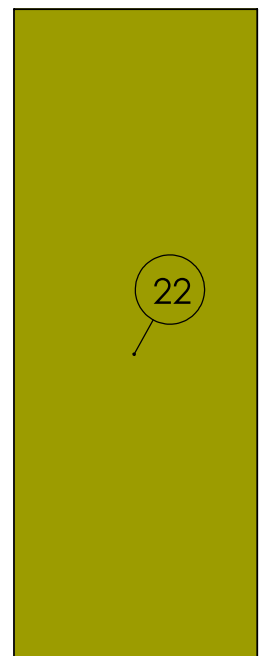
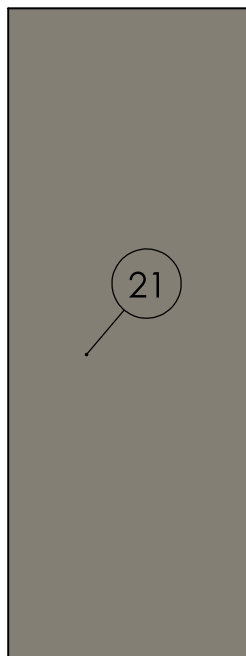
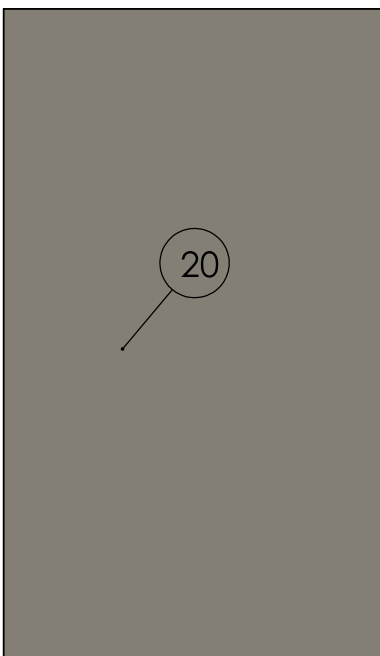
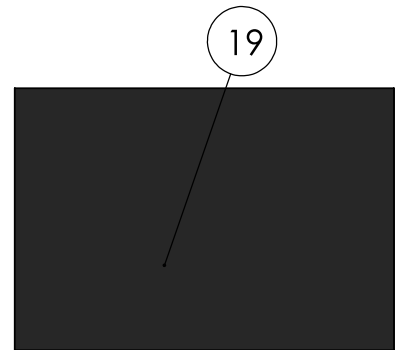
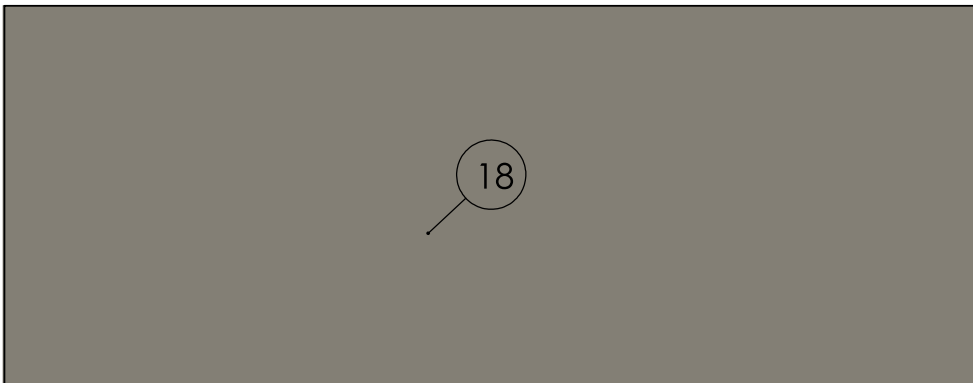
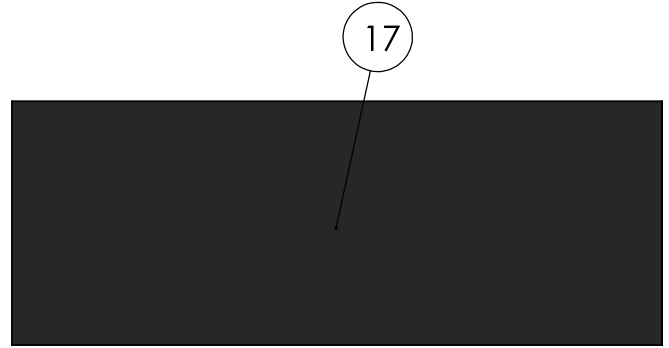
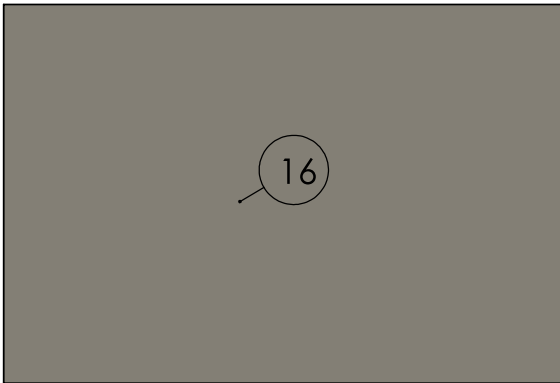
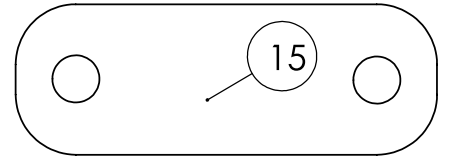
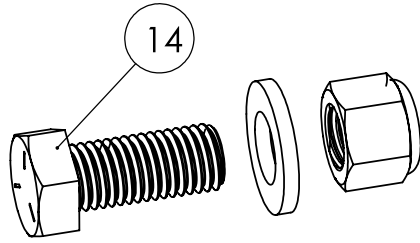
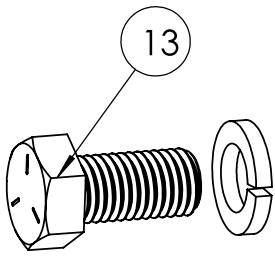
PARTS AND COMPONENTS

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	HR-BT-W-CS-L	HALFRACK BASE TUBE WELDMENT LEFT	1
2	HR-BT-W-CS-R	HALFRACK BASE TUBE WELDMENT RIGHT	1
3	ECORG-U8-HR	8' HALFRACK UPRIGHT NO NUMBERS	2
4	ECORG-U8N2-HR	8' HALFRACK UPRIGHT NUMBERED BOTH SIDES	2
5	HR-BT-W-CS-42	42" HALFRACK BASE TUBE WELDMENT REAR	1
6	HRP-BT-W-CS-24-L	24" HALFRACK PLATFORM BASE TUBE WELDMENT LEFT	1
7	HRP-BT-W-CS-24-R	24" HALFRACK PLATFORM BASE TUBE WELDMENT RIGHT	1
8	PLT-BT-W-CS-72-L	72" PLATFORM BASE TUBE WELDMENT LEFT W/ LOGO	1
9	PLT-BT-W-CS-72-R	72" PLATFORM BASE TUBE WELDMENT RIGHT	1
10	PLT-BT-W-CS-96	96" PLATFORM BASE TUBE WELDMENT	1
11	ECORG-SQ-24-2	24" SQUARE CROSS BAR (HOLES ON 4 SIDES)	2
12	ECORG-SQ-42-2	42" SQUARE CROSS BAR (HOLES ON 4 SIDES)	2
13	HRP-BBA-A	3/4"-10-1.5" HEX HEAD BOLT AND 3/4" WASHER FOR BASE TUBE BRACKETS	16
14	HR-UBBA-A	UPRIGHT TO BASE TUBE BOLT ASSEMBLY 3/4"-10-1.75" HEX HEAD BOLT, 3/4" WASHER, 3/4"-10 NYLOCK LOCKNUT	8
15	HR-BPP-P-CS	HALFRACK BASE TUBE BACKING PLATE FOR UPRIGHT	4
16	HRPLT-HR-F	HALFRACK FOAM (LAYER 2) 62" x 42" X 2.5" THICK	1
17	PLT-DZT-RUB	PLATFORM DROP ZONE RUBBER (TOP LAYER) 27" x 72" X 3/4" THICK	2
18	HRPLT-MPW-108	STANDING ZONE MATERIAL 42" x 108" X 3/4" THICK	1
19	HRPLT-RUB-HR	REAR RUBBER FOR HALF RACK (TOP LAYER) 29" x 42" X 3/4" THICK	1
20	PLT-SZF	STANDING ZONE FOAM (LAYER 2) 42" x 72" X 2.5" THICK	1
21	PLT-DZT-F3	DROP ZONE FOAM (LAYER 3, BOTTOM) 27" x 72" X 2" THICK	2
22	PLT-DZT-F	DROP ZONE FOAM (LAYER 2) 27" x 72" X 1/2" THICK	2
23	HRP-LBP-P-CS-R	HALFRACK AND PLATFORM LOGO BACKPLATE RED (pre-installed)	1
24	HRP-BM-W-CS	BASE TUBE CONNECTING MOUNT BRACKET	6
25	HRP-W-CM-CS	HALFRACK PLATFORM BASE TUBE CROSSMEMBER	1
26	HR-OCC-W-CS	HALFRACK OUTSIDE CORNER CLOSEOUT	2
27	PLT-OCC-W-CS	OUTSIDE CORNER CLOSEOUT CAPTURE FOR PLATFORM	4
28	HRP-COH-A	M6 x 1.0 BUTTONHEAD CAP SCREW, 6MM WASHER, (CLOSEOUT HARDWARE)	16
29	HRP-LHA-A	M4-.7-20MM FLATHEAD ALLEN COUNTERSUNK, M4 WASHER, M4-.7 NYLOCK LOCKNUT (LOGO BACKPLATE HARDWARE) (pre-installed)	2
30	ECORG-HA-A-4.5	3/4"-10-4.5" HEX HEAD BOLT, 3/4" WASHER (QTY 2), 3/4"-10 NYLOCK LOCKNUT	16
31	HRP-ICO-W-CS	HALFRACK PLATFORM INSIDE CLOSEOUT	2
32	ECORG-UP	URETHANE UTILITY PIN	8
33	ECORG-SNDJH-LP	J HOOK PAIR W/ LOGO	1
34	ECORG-HSB-L2	24" HALF SAFETY BAR, PAIR W/ LOGO	1

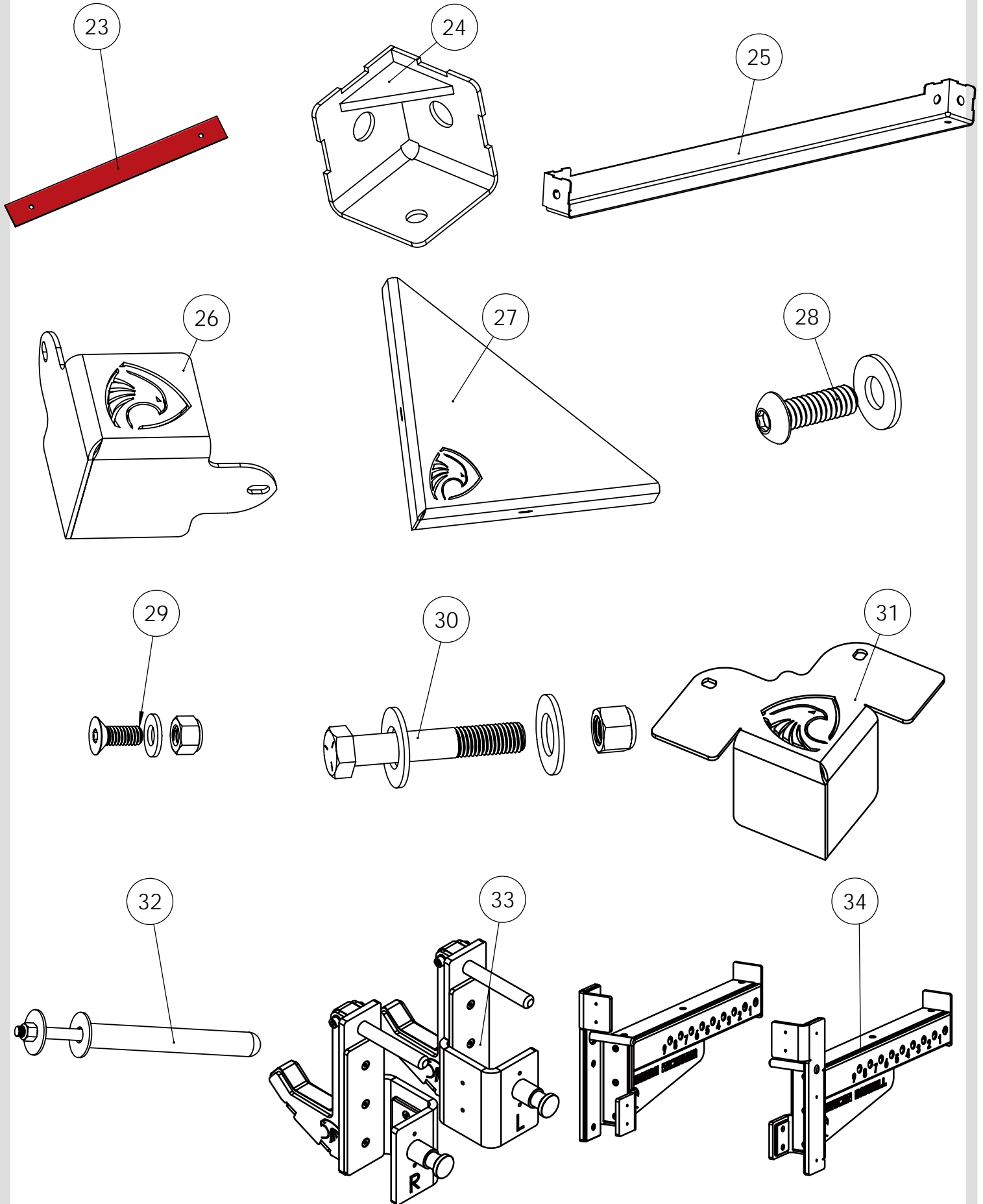
PARTS AND COMPONENTS



PARTS AND COMPONENTS



PARTS AND COMPONENTS



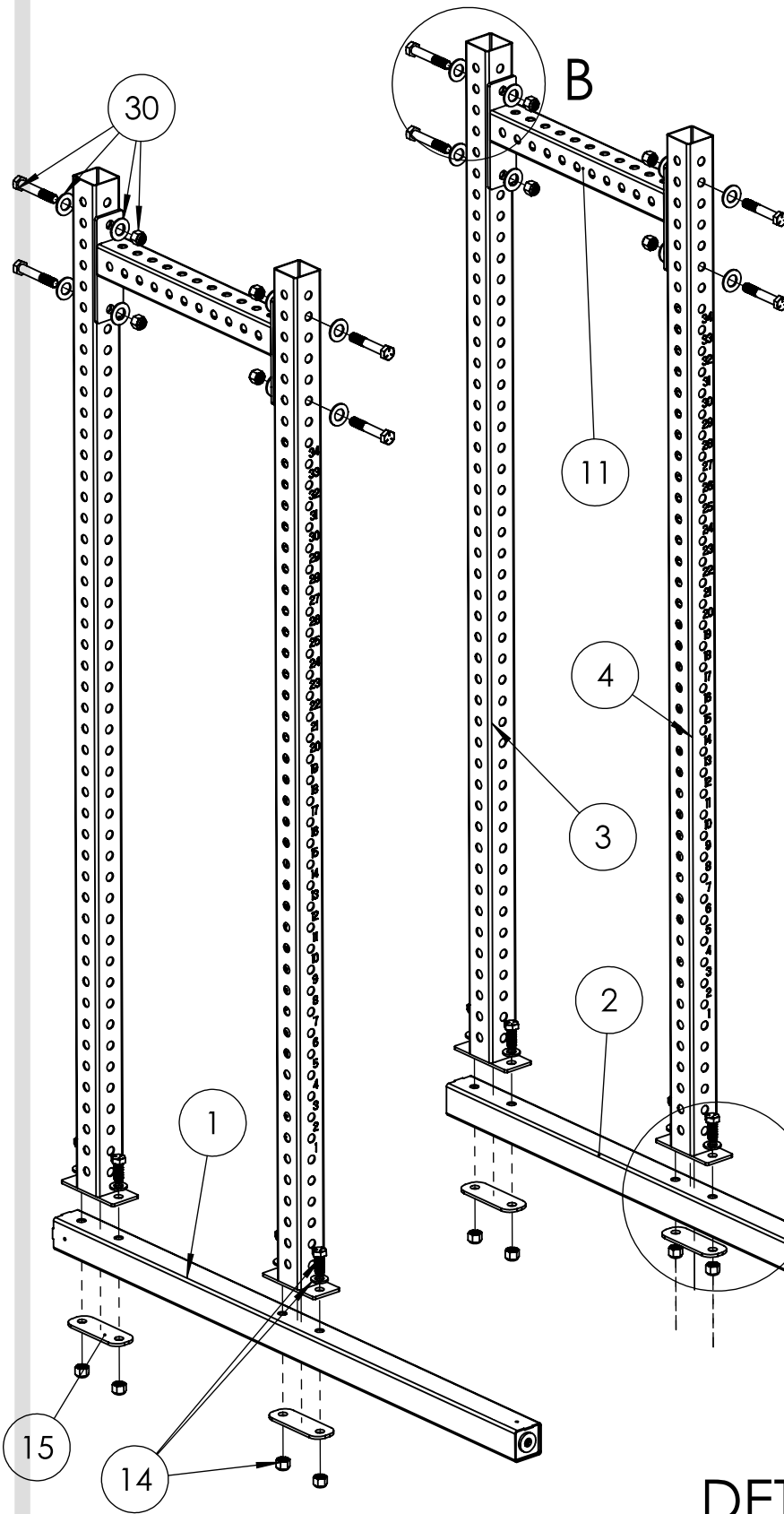
ASSEMBLY INSTRUCTIONS

READ BEFORE ASSEMBLY AND INSTALLATION

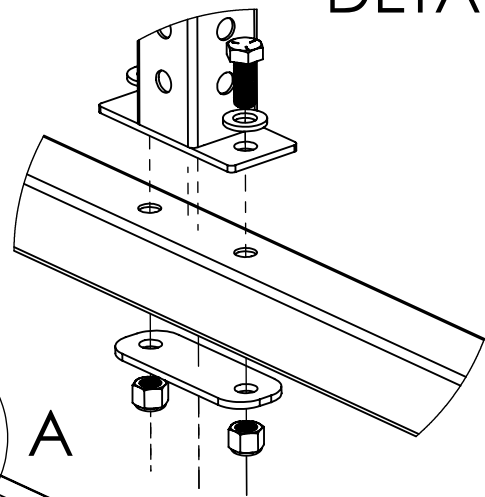
1. At least 2 persons are **REQUIRED** for safe assembly and installation of this product.
2. Do not try to lift boxes or flooring materials alone.
3. Use safe lifting techniques when moving, lifting, and unboxing components.
4. Some hardware on base of half rack and platform must be tighten in a specific, sequential order. do **NOT** skip ahead. Follow instructions exactly.
5. Unit must be anchored to floor, using at least 4 of the mounting points. Use outer-most mounting points around perimeter at the front and back of unit, if only using minimum number of anchor points.
6. Lay out all parts and hardware prior to assembly.

ASSEMBLY INSTRUCTIONS

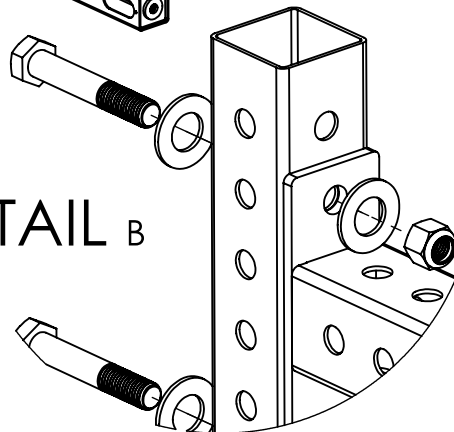
ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	HR-BT-W-CS-L	HALFRACK BASE TUBE WELDMENT LEFT	1
2	HR-BT-W-CS-R	HALFRACK BASE TUBE WELDMENT RIGHT	1
3	ECORG-U8-HR	8' HALFRACK UPRIGHT NO NUMBERS	2
4	ECORG-U8N2-HR	8' HALFRACK UPRIGHT NUMBERED BOTH SIDES	2
11	ECORG-SQ-24-2	24" SQUARE CROSS BAR (HOLES ON 4 SIDES)	2
14	HR-UBBA-A	UPRIGHT TO BASE TUBE BOLT ASSEMBLY 3/4"-10-1.75" HEX HEAD BOLT, 3/4" WASHER, 3/4"-10 NYLOCK LOCKNUT	8
15	HR-BPP-P-CS	HALFRACK BASE TUBE BACKING PLATE FOR UPRIGHT	4
30	ECORG-HA-A-4.5	3/4"-10-4.5" HEX HEAD BOLT, 3/4" WASHER (QTY 2), 3/4"-10 NYLOCK LOCKNUT	8



DETAIL A



DETAIL B



ASSEMBLY INSTRUCTIONS

1. Assembling flat on floor, install left base tube w/ logo (item 1, HR-BT-W-CS-L) to (1) non-numbered upright (Item 3, ECORG-U8-HR), and (1) numbered upright (Item 4, ECORG-U8N2-HR). *Note orientation of base tube and uprights:
*-Large upright receiving holes on base tubes toward rear, logo toward front. Numbered upright mounts to **FRONT** pair of holes in base tube, non-numbered upright mounts to **REAR** pair of holes in base tube.*
2. Install uprights to base tube using supplied hardware and backing plates (assembly items 14, HR-UBBA-A and 15, HR-BPP-P-CS (see detail A)).
****You may use an impact with the 1-1/6" socket and extension, or the 1-1/16" socket, extension and ratcheting wrench, and 1-1/8" open end wrench to install and tighten the nylock locknuts.***
3. Once backing plate and hardware are installed, tighten until nylock locknut is fully engaged on threads and tight against backing plate.
4. Repeat process for right base tube and remaining uprights.

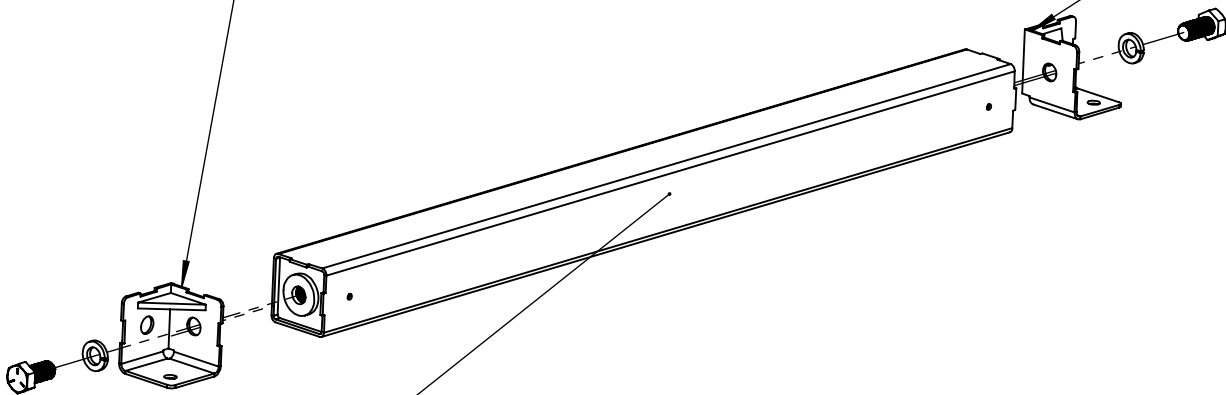
****Note that red logo backplate and hardware come pre-installed on the left base tube.***
5. While upright and base tube assemblies are still flat on floor, install 24" square bars in between each upright (item 11, ECORG-SQ24-2) with supplied hardware assembly (item 30, ECORG-HA-A-4.5) (see detail B)).
6. NOTE orientation of 24" square bar brackets (short side facing up), direction of bolts, and mounting point on upright (second hole in each upright).
7. Once square bars are installed to uprights, tighten hardware until nylock locknut is fully engaged on threads and tight against upright and square bar bracket. ****DO NOT over-tighten, or damage to upright tube may occur.***

SUB-ASSEMBLY INSTRUCTIONS

Sub-assemble rear base tube (item 5, HR-BT-W-CS-42) with (2) base tube connecting mount brackets (Item 24, HRP-BM-W-CS) and supplied hardware (item 13, HRP-BBA-A)

*Note orientation of mounting bracket slots, with tabs on base tube. Brackets are indexed 180 degrees from each other, with the open side of the bracket facing rear of tube with small threaded holes

***TORQUE BOLTS TIGHT WITH IMPACT OR RATCHET WRENCH (1-1/8") BEFORE CONTINUING ASSEMBLY**



This face towards rear of halfrack

***note orientation of base tube**

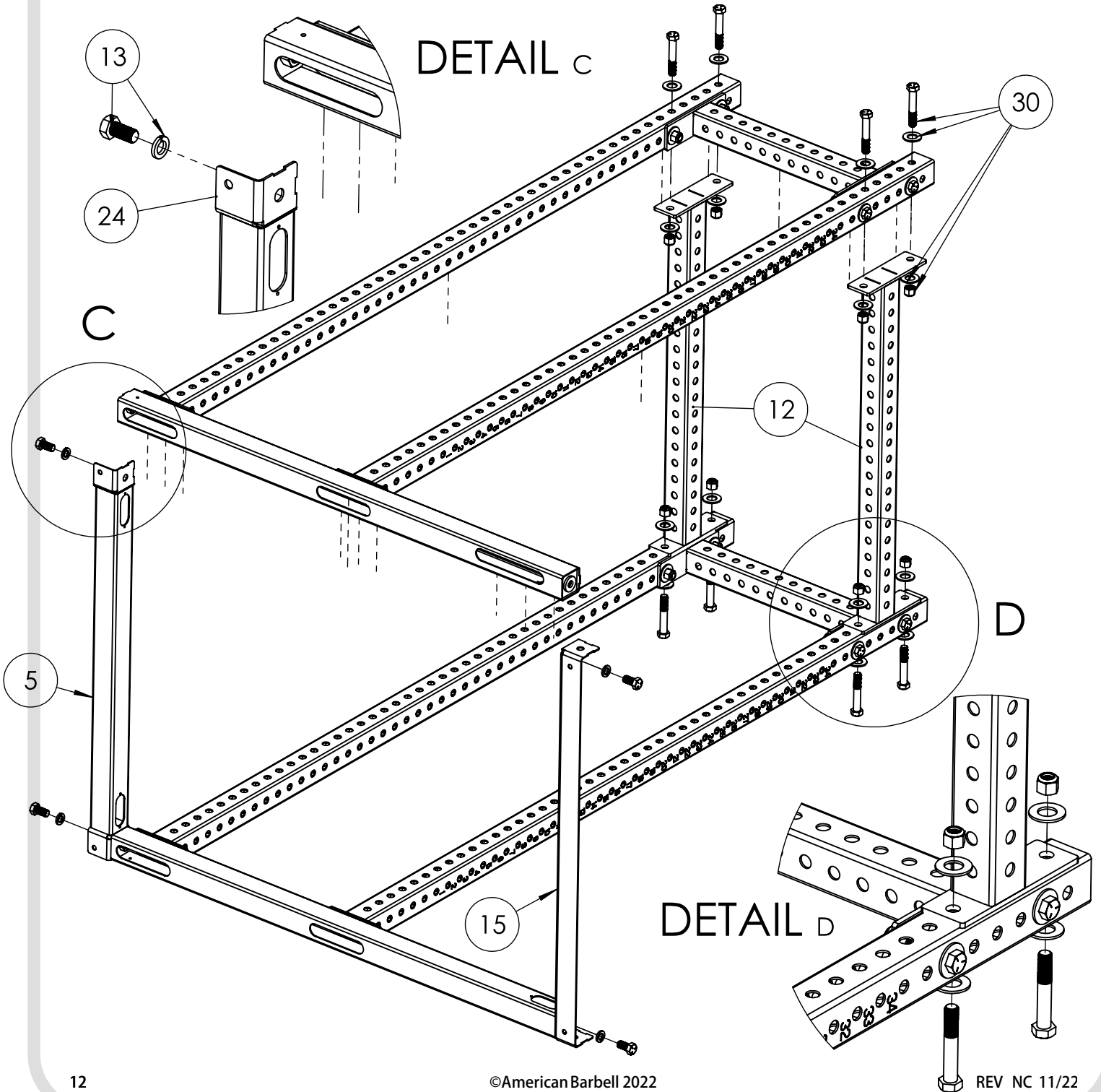
-Small threaded holes face out

-indexing tabs on base tube face outward and upward

***ALL base tubes can only be indexed one way for proper installation**

ASSEMBLY INSTRUCTIONS

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
5	HR-BT-W-CS-42	42" HALFRACK BASE TUBE WELDMENT REAR	1
12	ECORG-SQ-42-2	42" SQUARE CROSS BAR (HOLES ON 4 SIDES)	2
13	HRP-BBA-A	(3/4"-10-1.5" HEX HEAD BOLT AND 3/4" LOCK WASHER)	6
24	HRP-BM-W-CS	BASE TUBE CONNECTING MOUNT BRACKET	2
30	ECORG-HA-A-4.5	3/4"-10-4.5" HEX HEAD BOLT, 3/4" WASHER (QTY 2), 3/4"-10 NYLOCK LOCKNUT	8
15	HRP-W-CM-CS	HALFRACK PLATFORM BASE TUBE CROSSMEMBER	1

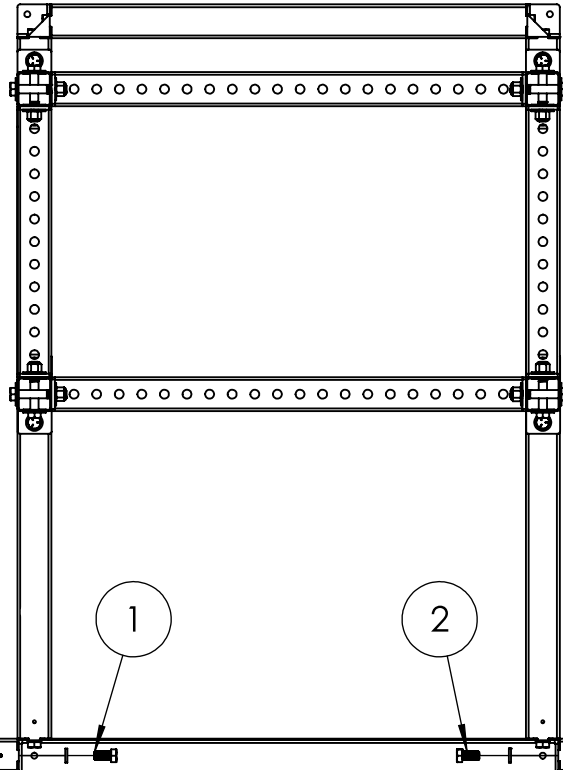


ASSEMBLY INSTRUCTIONS

1. Install 42" square bars (item 12 , ECORG-SQ42-2) to right half rack assembly, while still laying flat on ground using supplied hardware assembly (item 30 , ECORG-HA-A-4.5). Install hardware hand tight before continuing. *** NOTE direction of bolts, and orientation of 42" square bars, tall side of bracket facing up, align with first bolt holes on uprights. Bolt heads ALWAYS face out.**
2. Install rear base tube (item 5, HR-BT-W-CS-42), and front cross member (item 15, HRP-W-CM-CS) using supplied hardware (item 13, HRP-BBA-A) to the right side half rack base tube. ***Tighten before continuing.**
3. Using 2 persons, lift left side of half rack assembly onto right side, and attach left side of half rack to 42" square bars using the same hardware. While one person is attaching left side of rack to square bars, attach base tube of left side of half rack to rear base tube and front cross member, using supplied hardware (item 13, HRP-BBA-A).
4. Tighten upright/ square bar hardware until nylock locknut is fully engaged on threads and tight against upright and square bar bracket. ***DO NOT over-tighten, or damage to upright tube may occur.**
5. Tighten base tube and cross member hardware before continuing.
6. Using two persons, carefully tilt half rack assembly up and stand up before continuing.

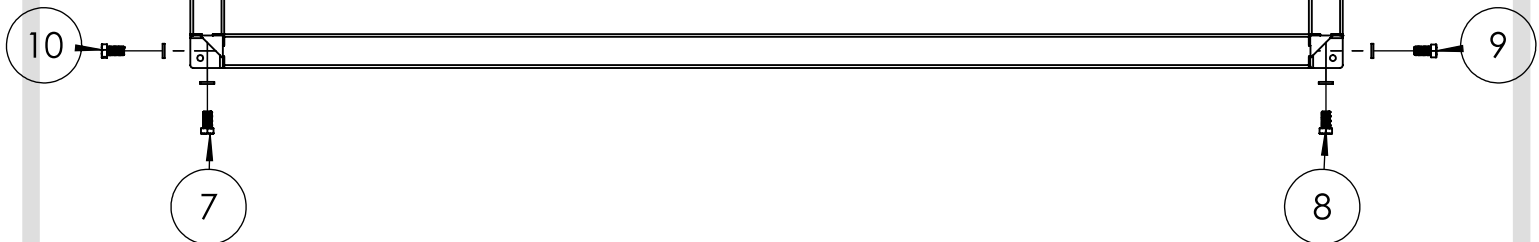
***Note that all base tubes and brackets are keyed for easy indexing. See diagrams for proper orientation**

ASSEMBLY INSTRUCTIONS



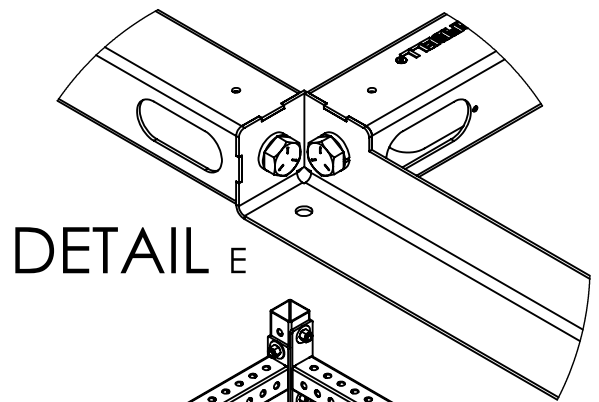
HARDWARE INSTALLATION SEQUENCE

***INSTALL , THEN TORQUE BOLTS SEQUENTIALLY
PER DIAGRAM ONE BY ONE**

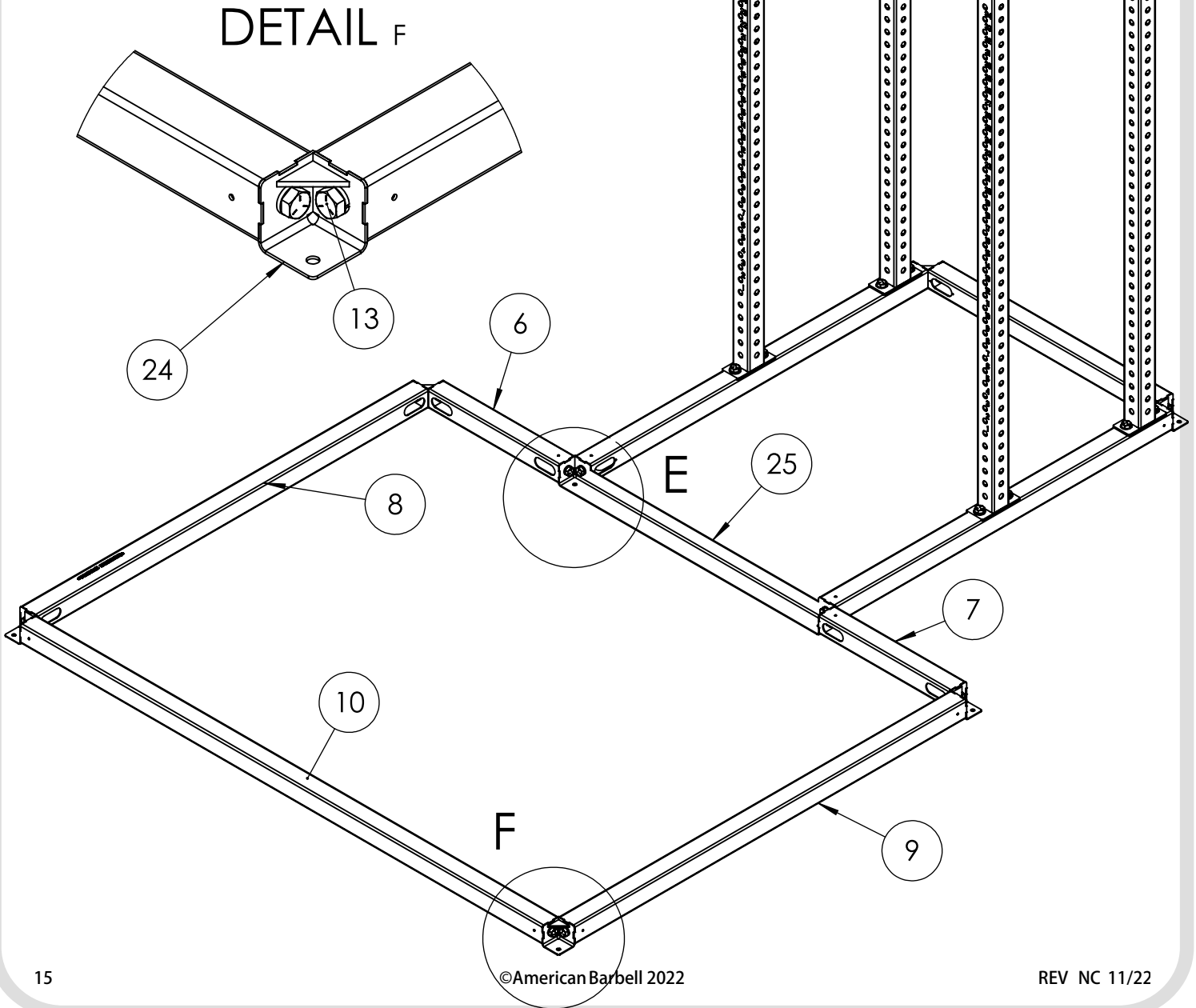


ASSEMBLY INSTRUCTIONS

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
6	HRP-BT-W-CS-24-L	24" HALF RACK PLATFORM BASE TUBE WELDMENT LEFT	1
7	HRP-BT-W-CS-24-R	24" HALF RACK PLATFORM BASE TUBE WELDMENT RIGHT	1
8	PLT-BT-W-CS-72-L	72" PLATFORM BASE TUBE WELDMENT LEFT W/ LOGO	1
9	PLT-BT-W-CS-72-R	72" PLATFORM BASE TUBE WELDMENT RIGHT	1
10	PLT-BT-W-CS-96	96" PLATFORM BASE TUBE WELDMENT	1
13	HRP-BBA-A	(3/4"-10-1.5" HEX HEAD BOLT AND 3/4" LOCK WASHER)	12
24	HRP-BM-W-CS	BASE TUBE CONNECTING MOUNT BRACKET	4
25	HRP-W-CM-CS	HALFRACK PLATFORM BASE TUBE CROSSMEMBER	1



DETAIL E



DETAIL F

ASSEMBLY INSTRUCTIONS

1. Lay out items 6, 7, 8, 9, and 10 as pictured in layout diagram. Note orientation of tubes; large slotted holes facing inward, and small threaded holes facing outward. ***See above diagrams for orientation.**

-Items 6 and 7 are similar, but small threaded holes are indexed for left and right designation.*

****Item 6 (HRP-BT-W-CS-24-L) has small holes at top near left half rack base tube.***

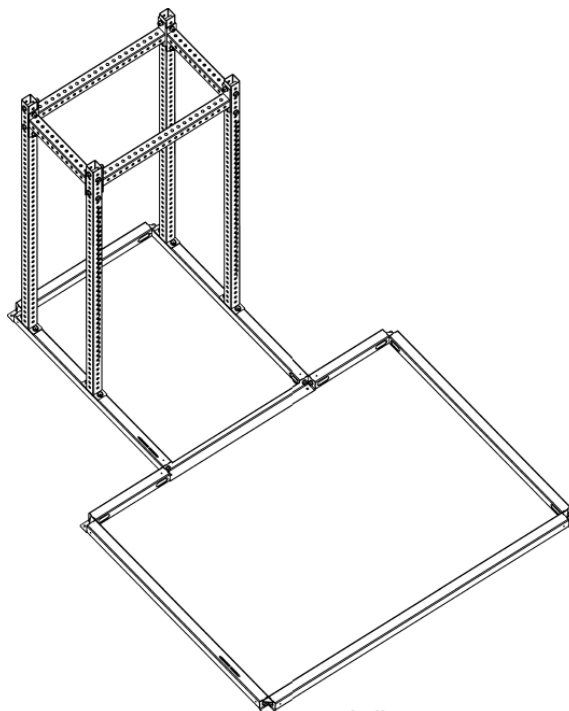
****Item 7 (HRP-BT-W-CS-24-R) has small holes at top near right half rack base tube.***

-Item 8 (PLT-BT-W-CS-72-L) has red logo cutout facing upward and toward front of platform assembly (see layout diagram).

3. Connect items 6-10 using supplied hardware (item 13, HRP-BBA-A).

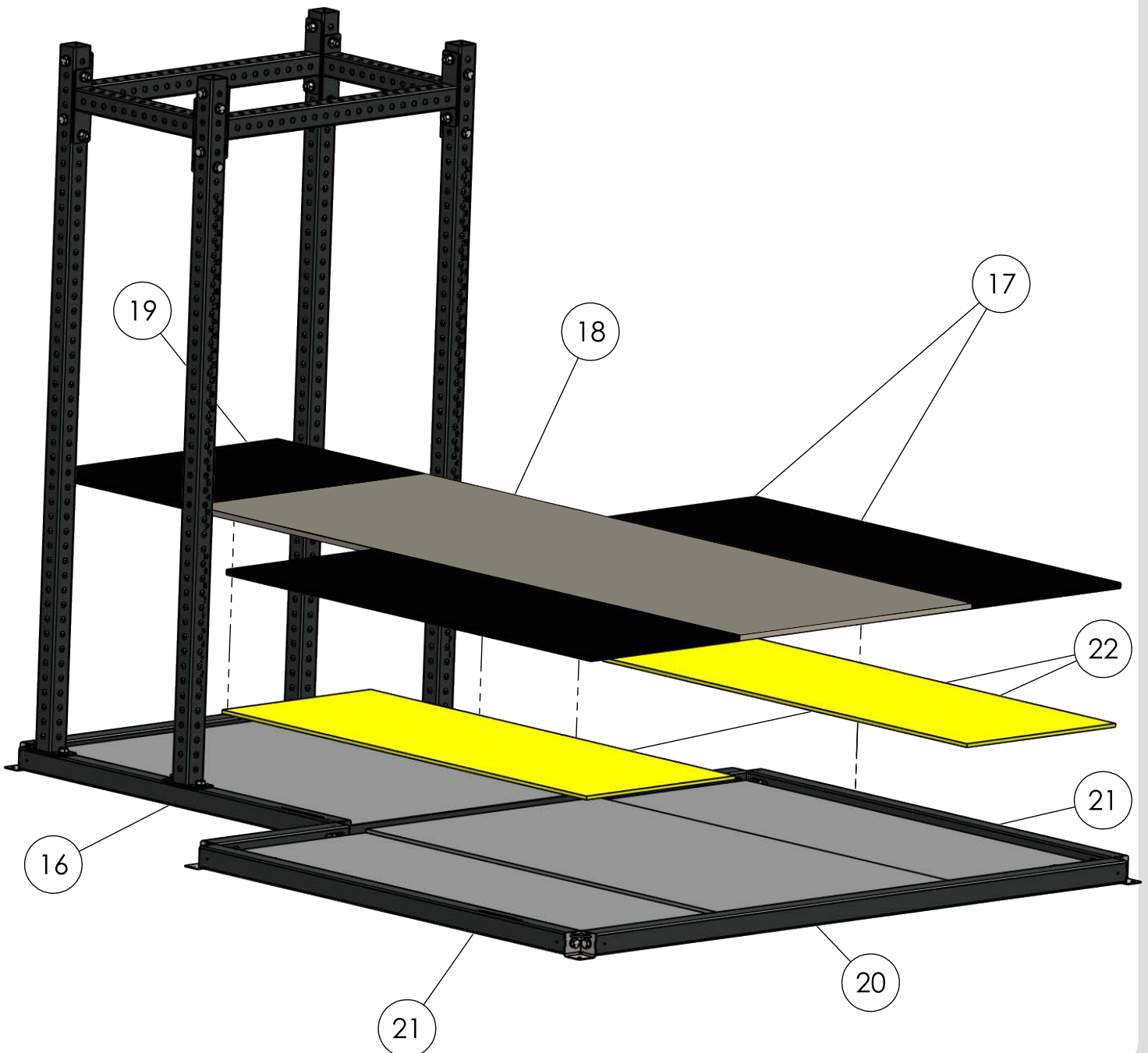
****INSTALL AND TIGHTEN PER 'HARDWARE INSTALLATION SEQUENCE' DIAGRAM***

4. Use a tape measure and check for square of platform and half rack. Make sure unit is in desired permanent location, as this is where it will be anchored to floor.



ASSEMBLY INSTRUCTIONS

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
18	HRPLT-MPW-108	STANDING ZONE MATERIAL 42" x 108" X 3/4" THICK	1
16	HRPLT-HR-F	HALFRACK FOAM (LAYER 2) 62" x 42" X 2.5" THICK	1
17	PLT-DZT-RUB	PLATFORM DROP ZONE RUBBER (TOP LAYER) 27" x 72" X 3/4" THICK	2
19	HRPLT-RUB-HR	REAR RUBBER FOR HALF RACK (TOP LAYER) 29" x 42" X 3/4" THICK	1
20	PLT-SZF	STANDING ZONE FOAM (LAYER 2) 42" x 72" X 2.5" THICK	1
21	PLT-DZT-F3	DROP ZONE FOAM (LAYER 3, BOTTOM) 27" x 72" X 2" THICK	2
22	PLT-DZT-F	DROP ZONE FOAM (LAYER 2) 27" x 72" X 1/2" THICK	2

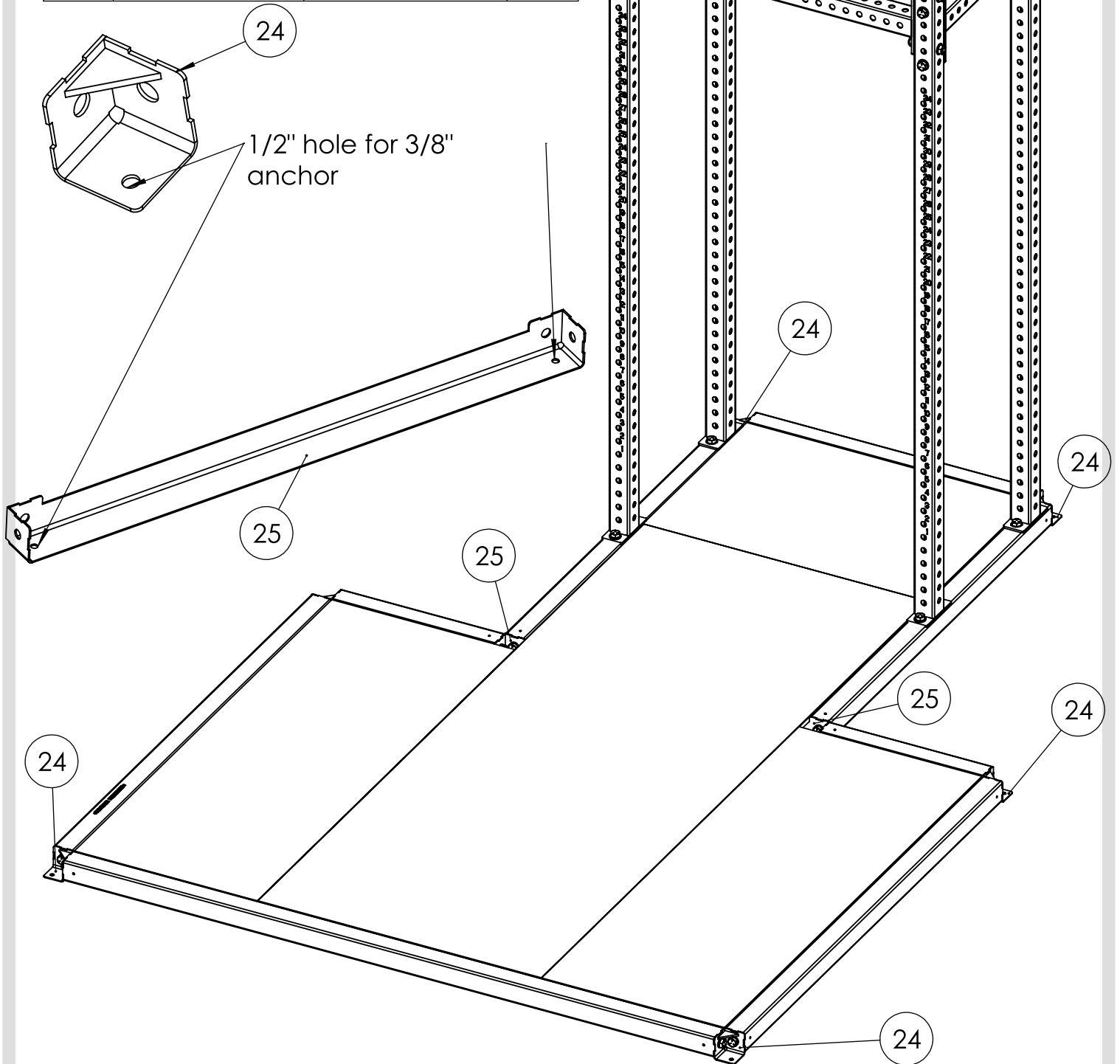


ASSEMBLY INSTRUCTIONS

1. Lay out all platform flooring components, and begin filling in base of platform with gray foam sheets.
 - Set item 16 (HRPLT-HR-F) in the base of the half rack.
 - Set item 20 (PLT-SZF) in the center of the platform.
 - Set item 21 (PLT-DZT-F3) (qty 2) on the left and right sides of item 20.
 - Set Item 19 (HRPLT-RUB-HR) at the back of the half rack on top of gray foam.
 - Set item 18 (HRPLT-MPW-108) in the center of the half rack/ platform, on top of gray foam.
 - Set item 17 (PLT-DZT-RUB) on the left and right sides of the standing zone (item 18).
2. Square half rack and platform frame with flooring components, and verify unit is in desired location, and square to walls and any adjacent units or other machines.
3. Either cover rubber tiles, or remove tiles before drilling for anchors, to avoid dust permeating and staining rubber.
4. Mark and drill for floor anchors (not included). Chemical anchors or adding structural epoxy to anchor holes is recommended. If using minimum recommended anchor points (4), be sure to secure unit at the farthest outside corners. Vacuum and clean area. Reinstall rubber tiles if applicable.

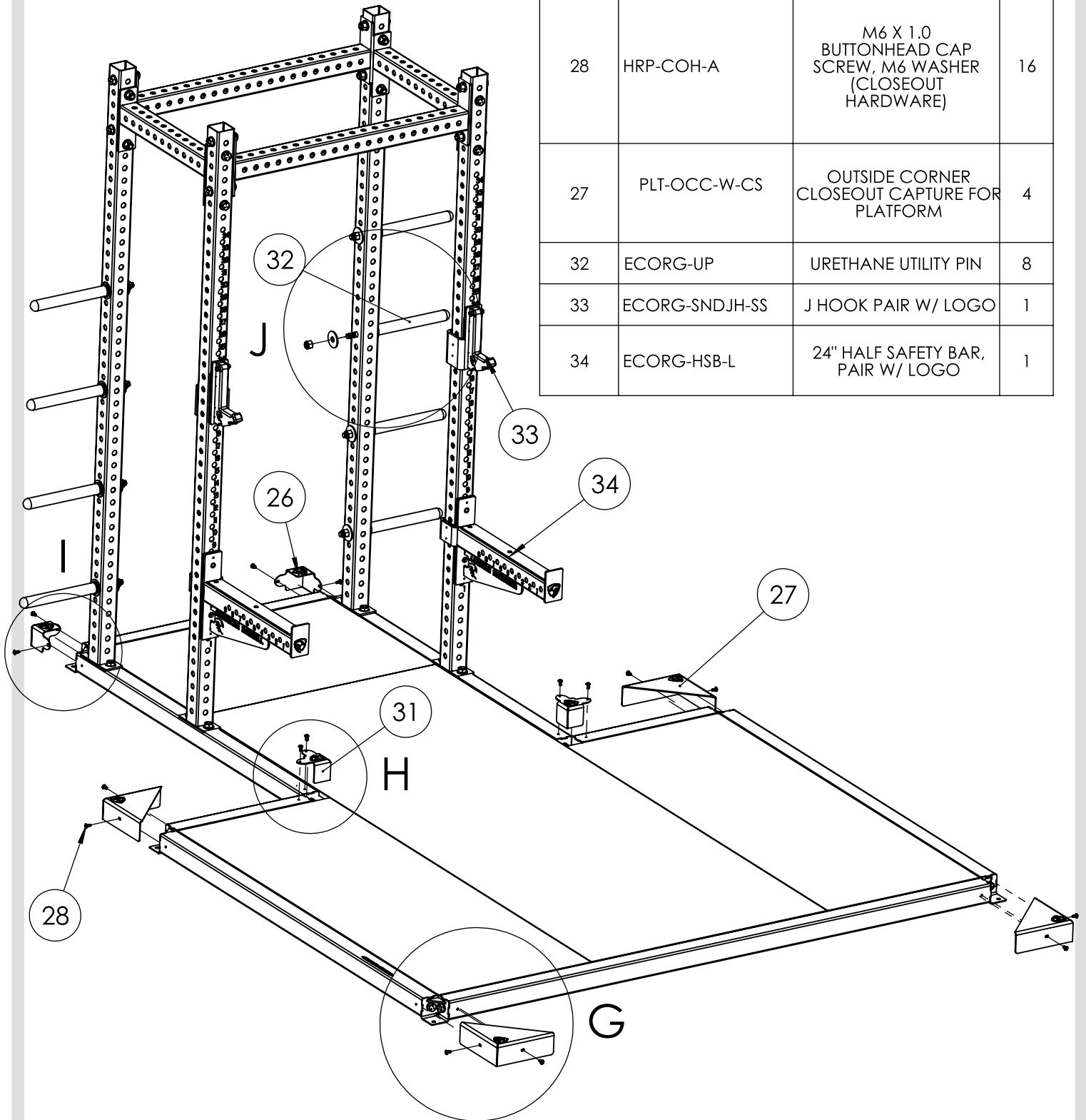
ASSEMBLY INSTRUCTIONS

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
24	HRP-BM-W-CS	BASE TUBE CONNECTING MOUNT BRACKET	6
25	HRP-W-CM-CS	HALFRACK PLATFORM BASE TUBE CROSSMEMBER	1



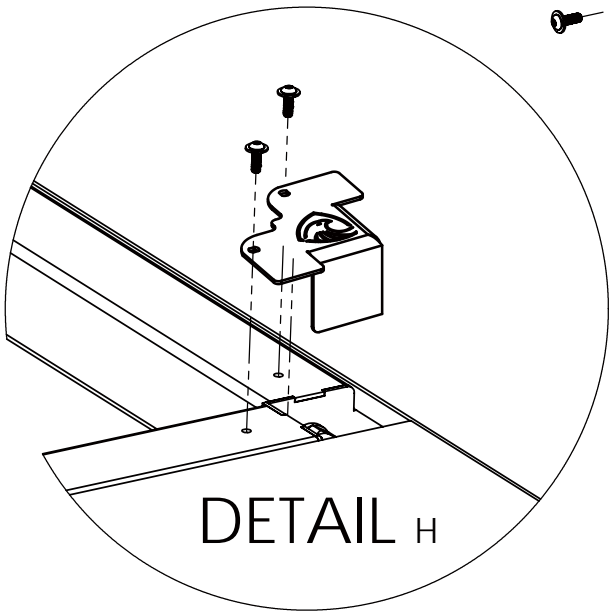
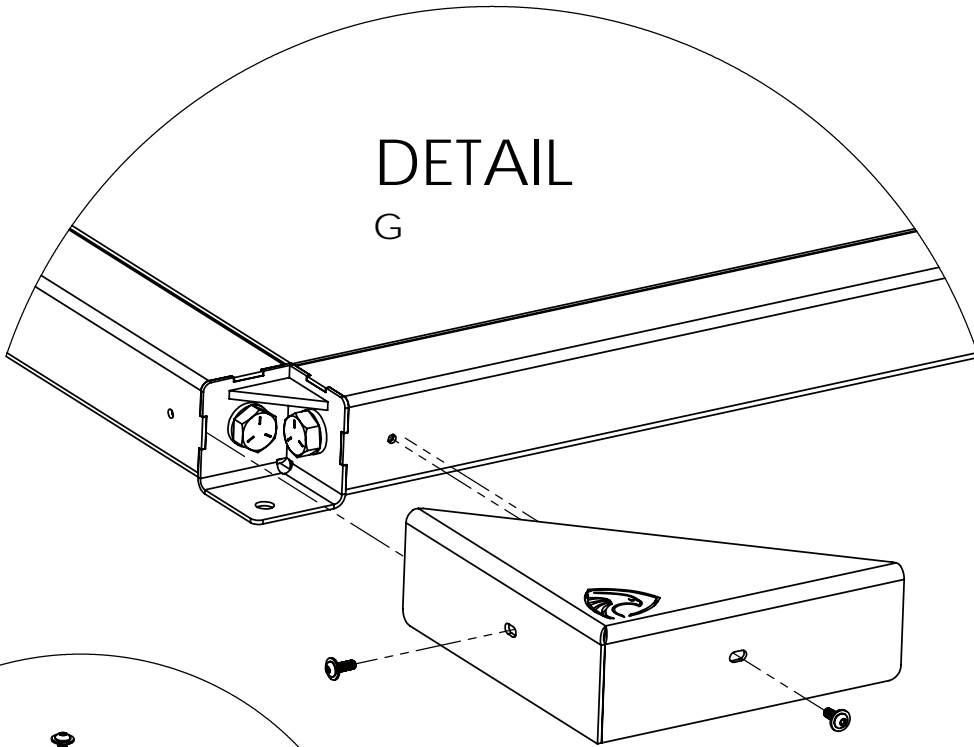
ASSEMBLY INSTRUCTIONS

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
26	HR-OCC-W-CS	HALFRACK OUTSIDE CORNER CLOSEOUT	2
31	HRP-ICO-W-CS	HALFRACK PLATFORM INSIDE CLOSEOUT	2
28	HRP-COH-A	M6 X 1.0 BUTTONHEAD CAP SCREW, M6 WASHER (CLOSEOUT HARDWARE)	16
27	PLT-OCC-W-CS	OUTSIDE CORNER CLOSEOUT CAPTURE FOR PLATFORM	4
32	ECORG-UP	URETHANE UTILITY PIN	8
33	ECORG-SNDJH-SS	J HOOK PAIR W/ LOGO	1
34	ECORG-HSB-L	24" HALF SAFETY BAR, PAIR W/ LOGO	1

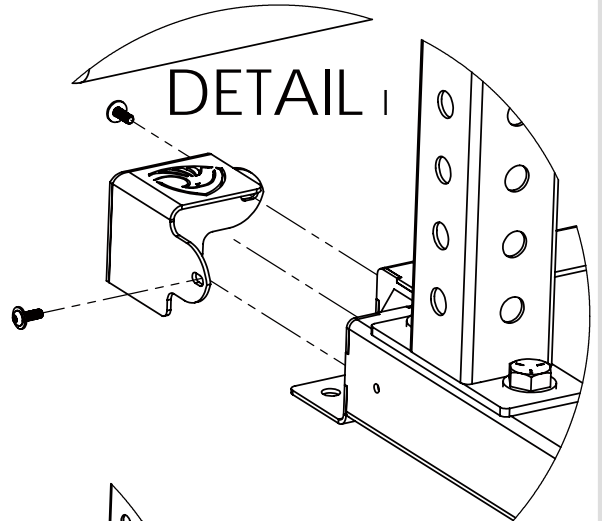


ASSEMBLY INSTRUCTIONS

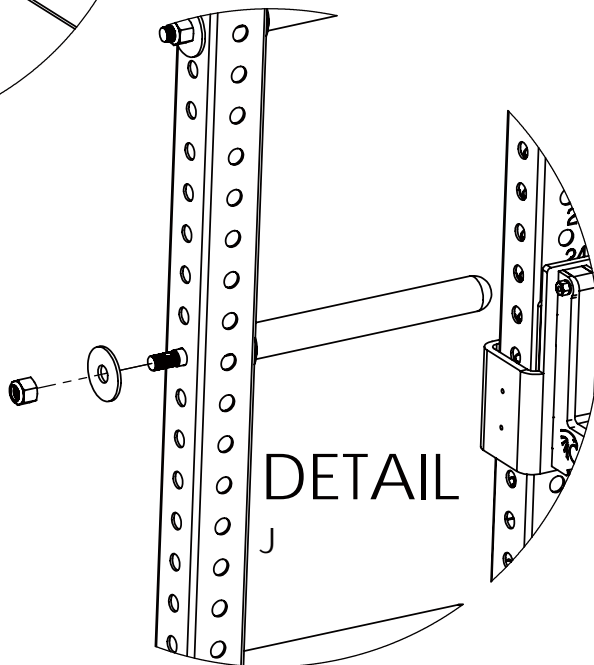
DETAIL
G



DETAIL I



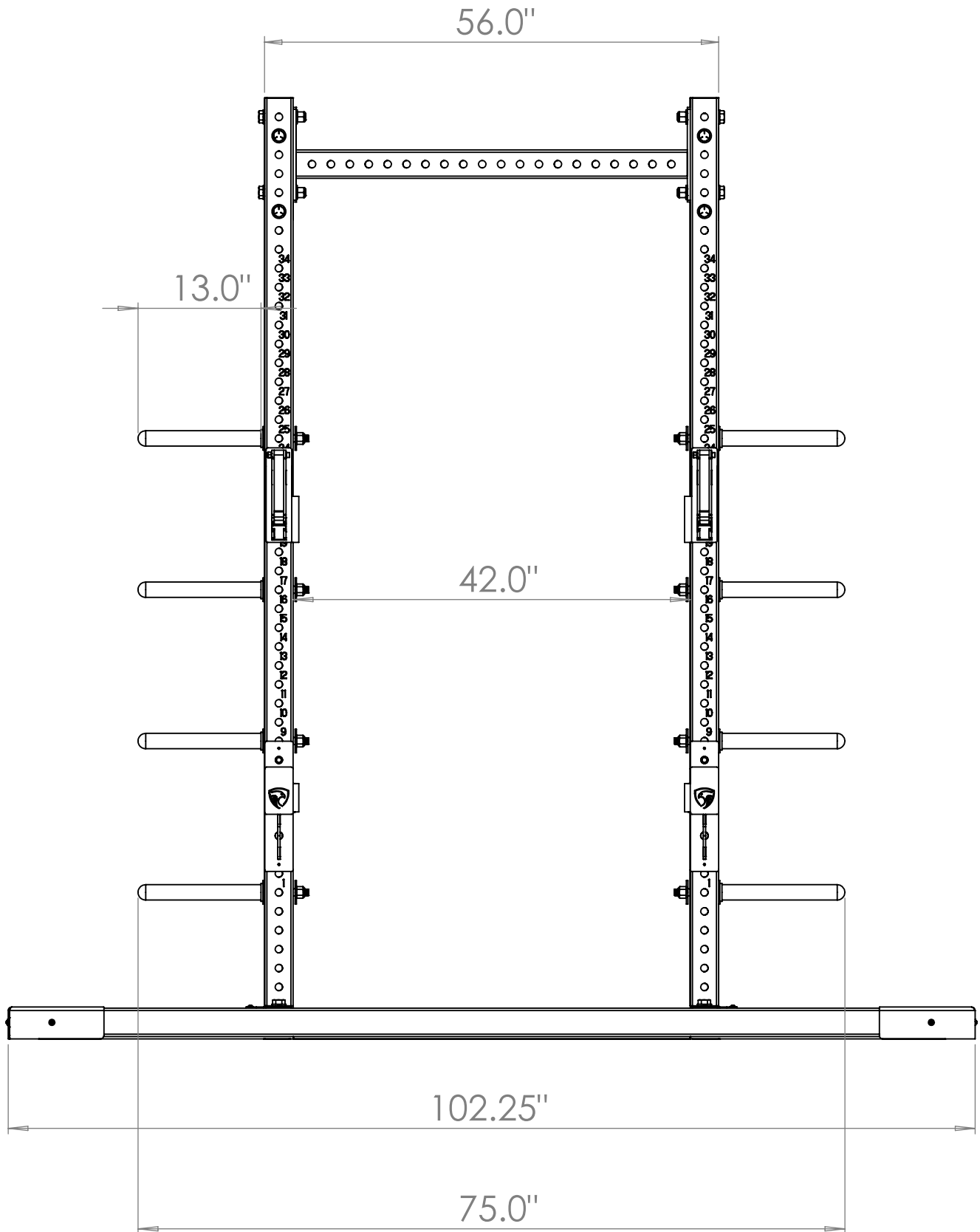
DETAIL
J



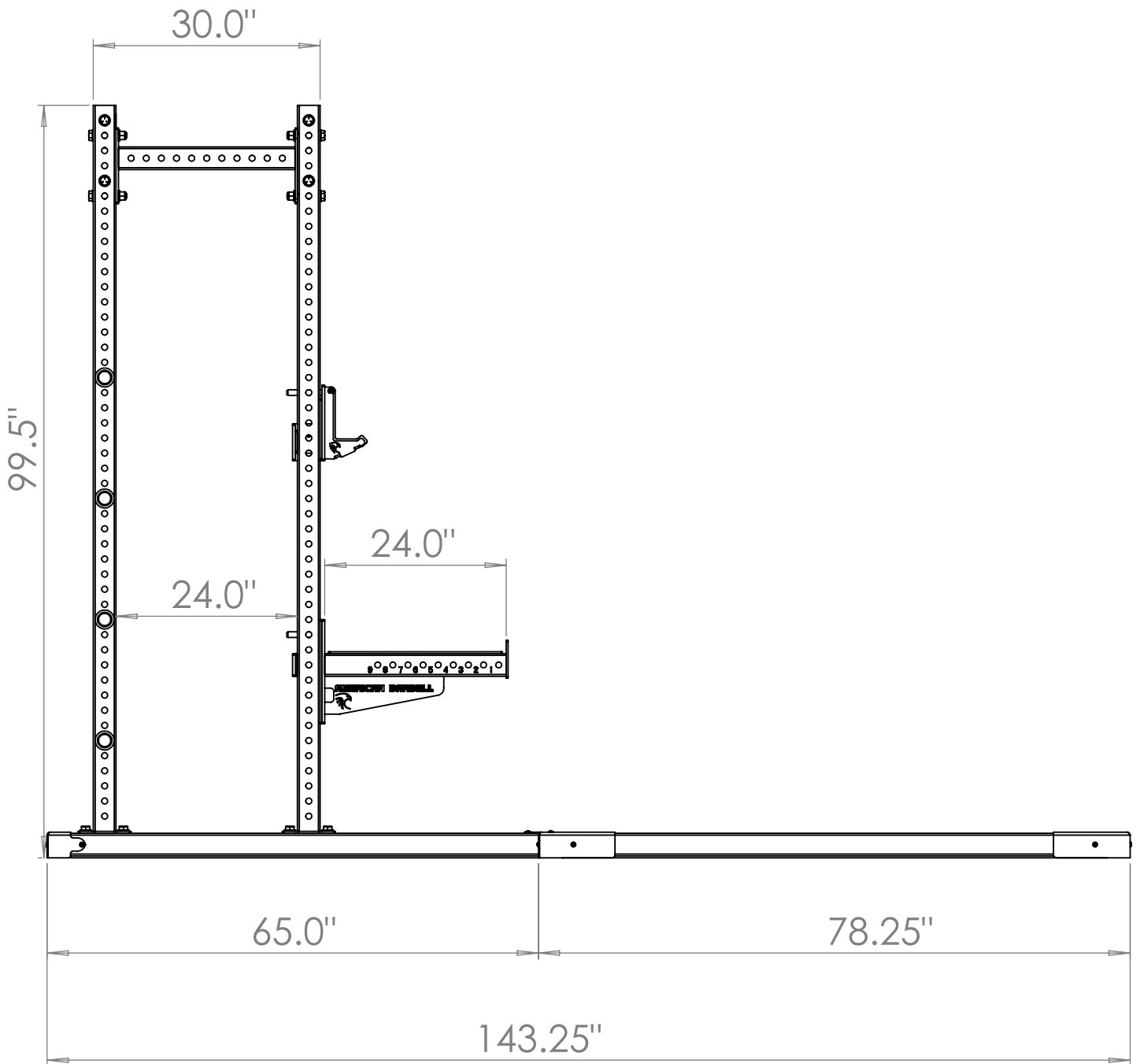
ASSEMBLY INSTRUCTIONS

1. Once unit is anchored to floor, install all closeout covers using supplied hardware (item 28, HRP-COH-A). There are 8 closeouts total;
 - (Qty 4) Item 27 (PLT-OCC-W-CS) at each corner of platform. ***See detail G**
 - (Qty 2) item 31 (HRP-ICO-W-CS) at middle of unit between half rack and platform. ***See detail H**
 - (Qty 2) item 26 (HR-OCC-W-CS) at back of half rack. ***See detail I**
2. Install (8) utility pins (item 32, EORG-UP) at desired height and spacing. It is recommended to check plate sizing for proper spacing of pins prior to installation. ***See detail J**
3. Install J hooks (Item 33, EORG-SNDJH-L) and Half safety bars (Item 34, EORG-HSB-L). Note that j hooks and half safety parts have a LEFT and RIGHT designation on the back of each piece.

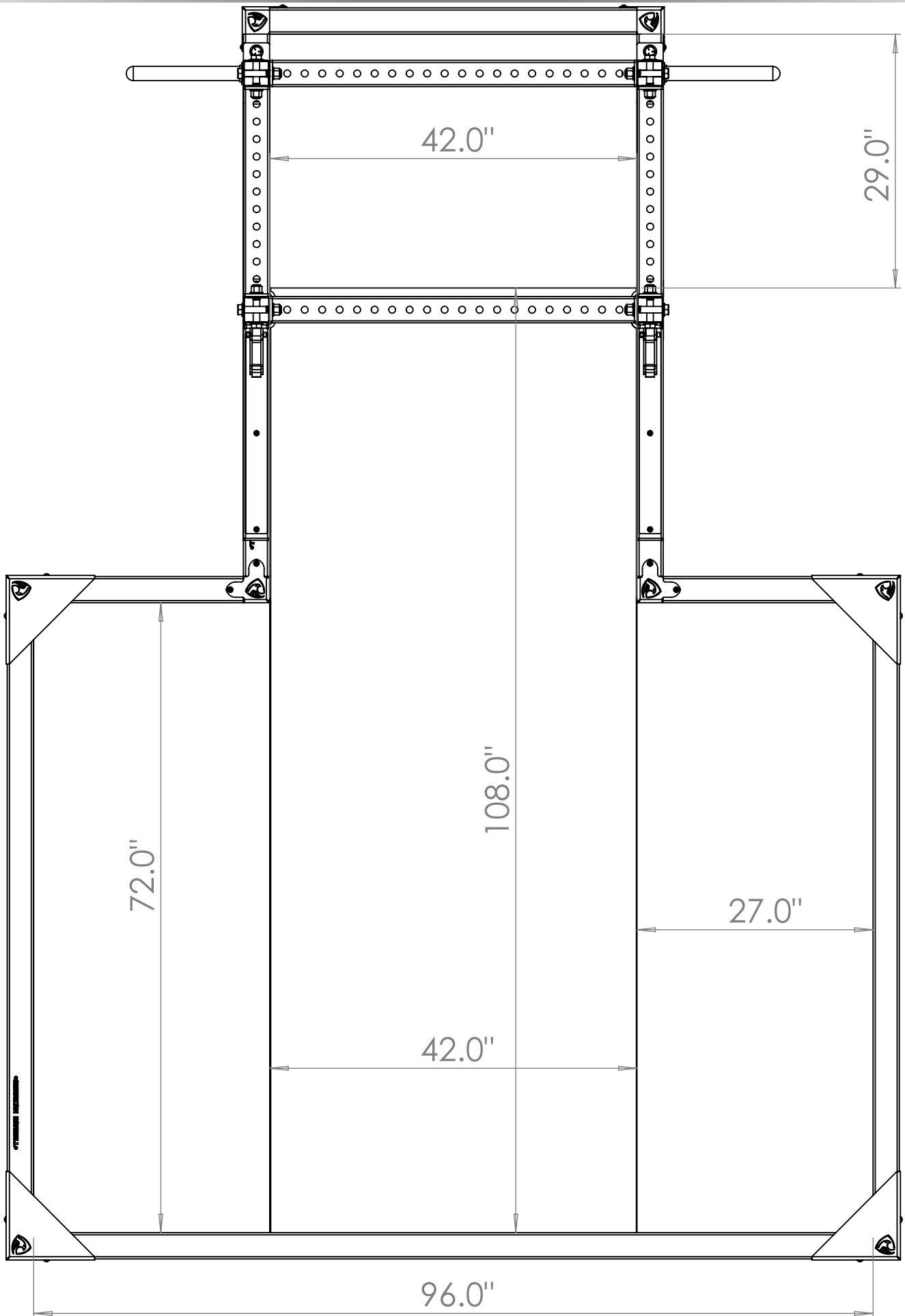
PRODUCT SPECS AND DIMENSIONS



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- PRODUCT WEIGHT - 825 LBS
- PRODUCT DIMENSIONS (LxWxH) - 143.25" L x 102.25 W x 99.5" H
- PLATFORM HEIGHT- 3.25"
- 27" x 72" PROPRIETARY DROP ZONE
- 42" x 108" STANDING ZONE MATERIAL
- LASER CUT, MIG WELDED STEEL CONSTRUCTION, 7 & 11 GAUGE
- 3X3" FRAME AND UPRIGHTS
- FRONT UPRIGHTS NUMBERED BOTH SIDES
- 3/4" MOUNT AND ACCESSORY HOLES
- 2" ON CENTER ADJUSTMENT INCREMENT
- SINGLE PLANE, SAME HEIGHT PLATFORM INTEGRATED HALFRACK PROVIDES MAXIMUM SAFETY AND PLATFORM REAL ESTATE
- 8 POINT FLOOR ANCHOR MOUNTING SYSTEM
- DROP ZONE CORNER RETAINER CAPTURES KEEP FLOORING IN PLACE
- PROPRIETARY FASTENING SYSTEM ALLOWS FOR EASY, FAST ASSEMBLY
- FULLY MODULAR DESIGN ALLOWS FOR STANDALONE HALFRACK, FUTURE PLATFORM ADDITION IN MULTIPLE CONFIGURATION SIZES, AND MULTIPLE PARALELL AND ADJACENT HALF RACK/ HALF RACK PLATFORM COMBOS

USE INSTRUCTIONS

- FOR INDOOR USE ONLY
- DO NOT LIFT FROM ANYWHERE OTHER THAN THE STANDING ZONE
- DO NOT DROP WEIGHT ANYWHERE OTHER THAN DIRECTLY ON THE DROP ZONE
- DO NOT DROP WEIGHT ON THE STANDING ZONE MATERIAL
- CLEAN STANDING ZONE DAILY WITH AN ANTI MICROBIAL SANITIZING CLEANER
- DO NOT WIPE FRAME OR RUBBER WITH SOLVENT BASED CLEANING AGENTS
- PERFORM WEEKLY INTERVAL MAINTENANCE CHECKS ON ALL HARDWARE, FLOORING MATERIALS, ACCESSORIES, AND COMPONENTS
- CHECK DAILY FOR SHARP EDGES OR CORNERS THAT MAY CAUSE INJURY

SPARE PARTS, SERVICE WARRANTY

- This product carries a 10 year warranty on metal frame components and a one year warranty on other parts, free from defects.

**Drop zone and standing zone areas are consumable wear and tear items and are not covered under warranty.*

Help, service, spare or replacement parts -

Support@americanbarbell.com | (888) 473-0108

www.AmericanBarbell.com

4305 N. Lamb Blvd, Ste 900, Las Vegas, NV 89115