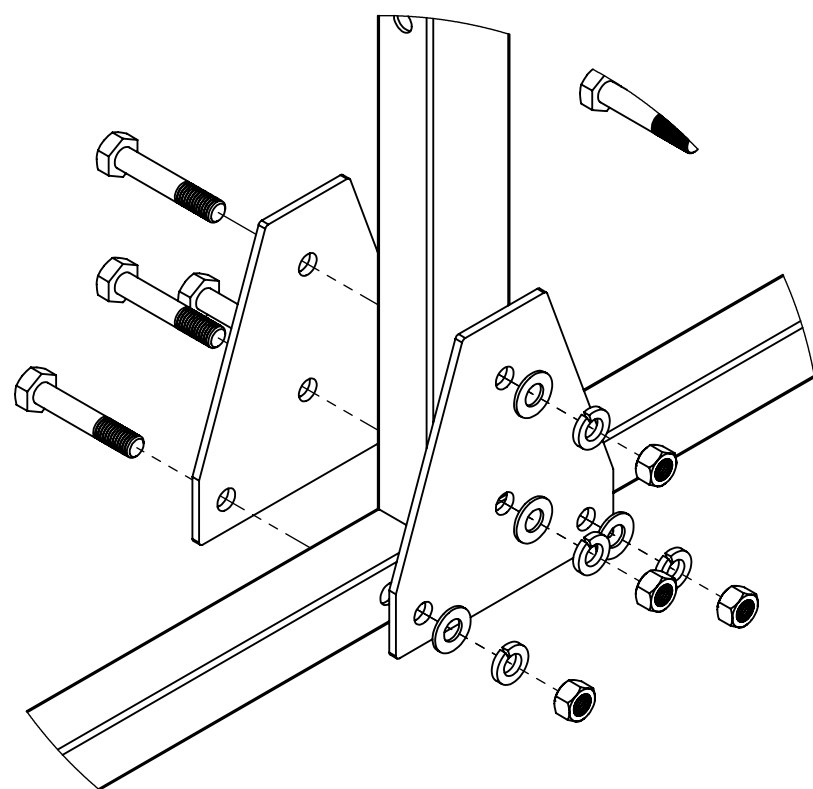




## 6IX RACK

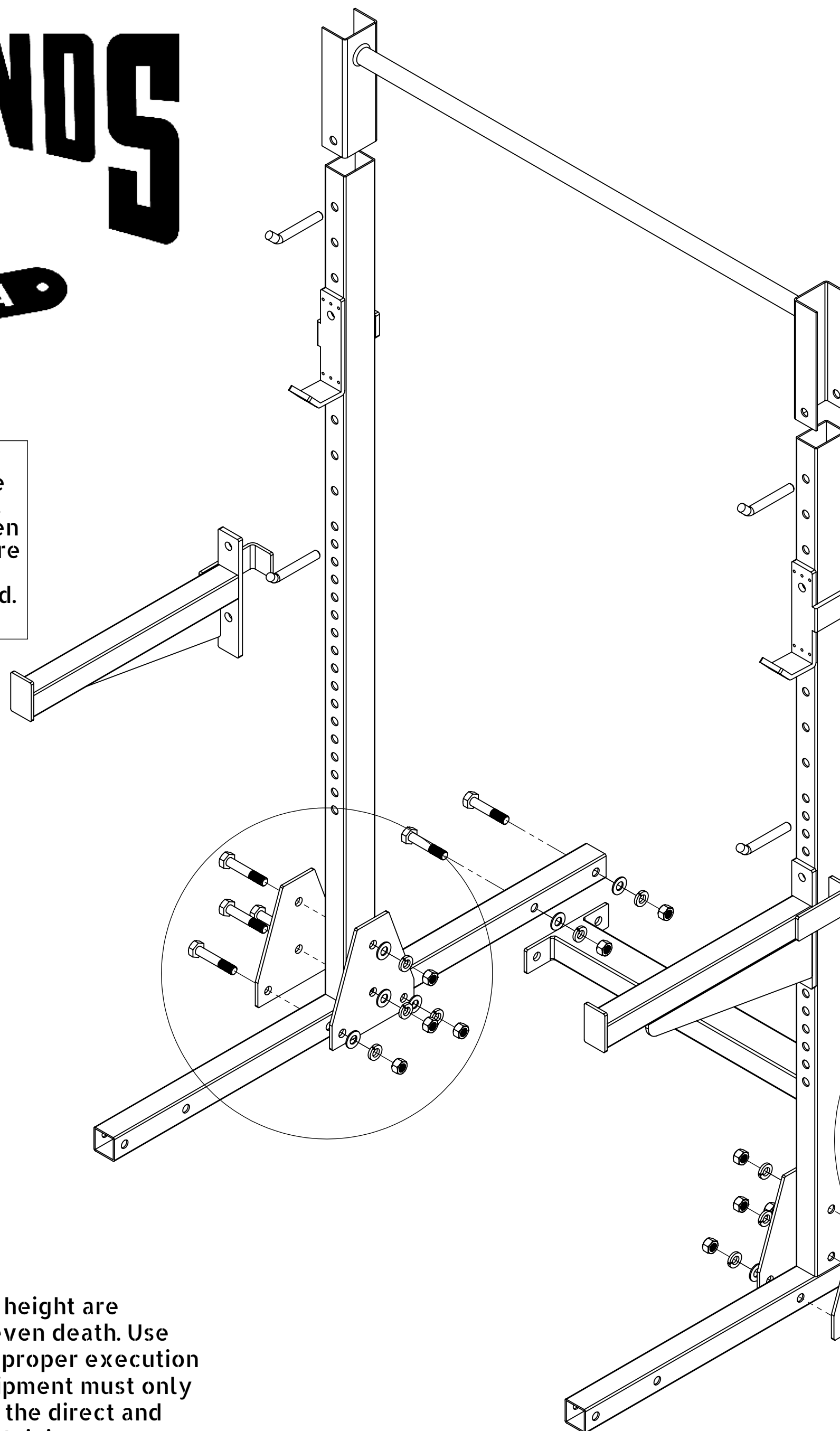
Wait until Squat Stand is completely assembled before **FULLY** tightening Hardware. This will ensure the Squat Stand Will sit level on your floor. Ensure bolts have been tightened but not cranked and rechecked often to ensure tightness is not lost. Ensure bolts are tightened appropriately such that lock washer is fully compressed.



Attach Squat Stand uprights to Base Assembly, secure using Triangle Plates on both side. Use hardware in the following order: 5/8 x 11 x 3.5 Bolts, Flat Washer, Lock Washer and 5/8 Hex Nuts

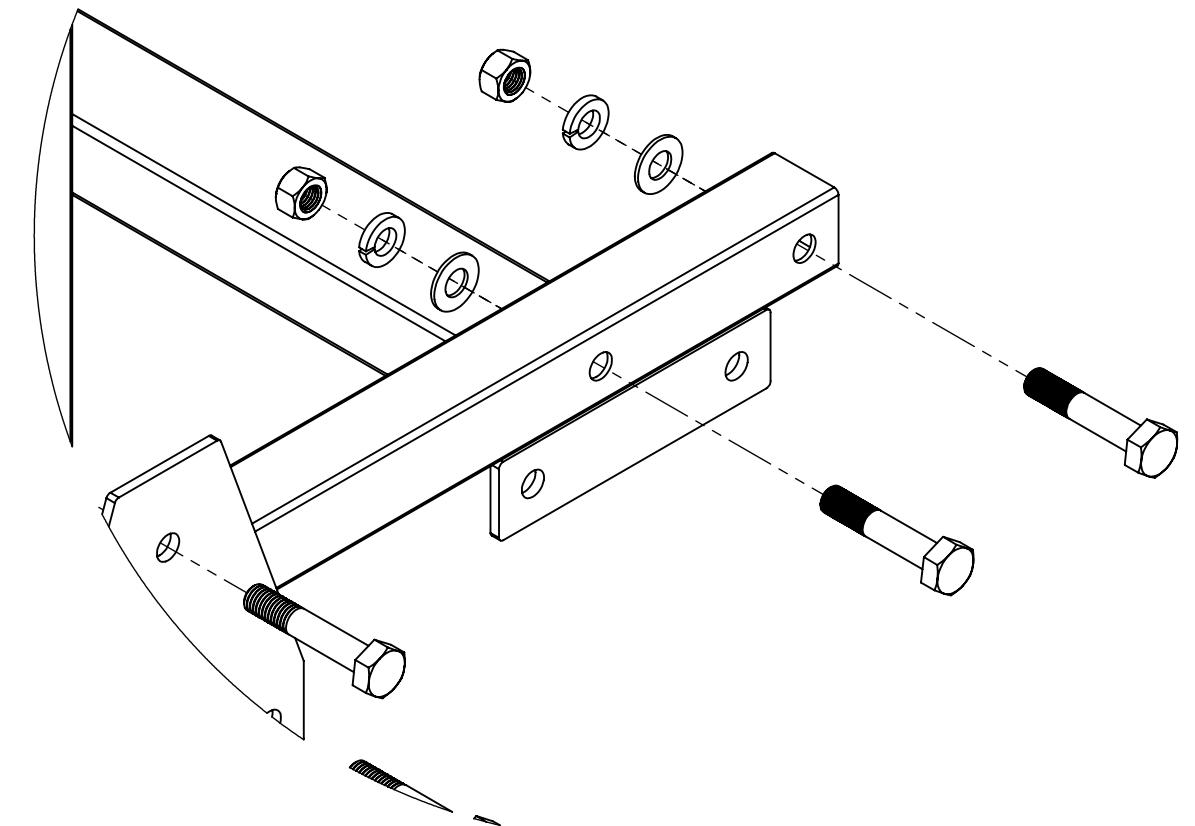
## DISCLAIMER

Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to severe injury or even death. Use common sense when training, to obtain instruction in the proper execution of movements, and understand your limitations. This equipment must only be used by competent and responsible persons, or under the direct and visual control of a competent and responsible person. Obtaining instruction in appropriate techniques and methods of use is your own responsibility. You assume all risks and responsibilities for all damage, injury or death which may occur during or following incorrect use of this equipment in any matter whatsoever. Squat6Stands bears no liability beyond the replacement value of the equipment in question.



## NOTE

Use 2 15/16" wrenches for tightening of the nuts. Use one wrench to hold the bolt and the other one for tightening the nut. The quick disconnect pull up bar, hitch pins and the spotter arms shown in the figure are optional for 6ix Rack



Attach Base Feet to Crossmember using the provided hardware: 5/8 x 11 x 3.25 Bolts, Flat Washer, Lock Washer and 5/8 Hex Nuts

## WARNING! MISUSE OF THIS CAN RESULT IN SEVERE INJURY

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