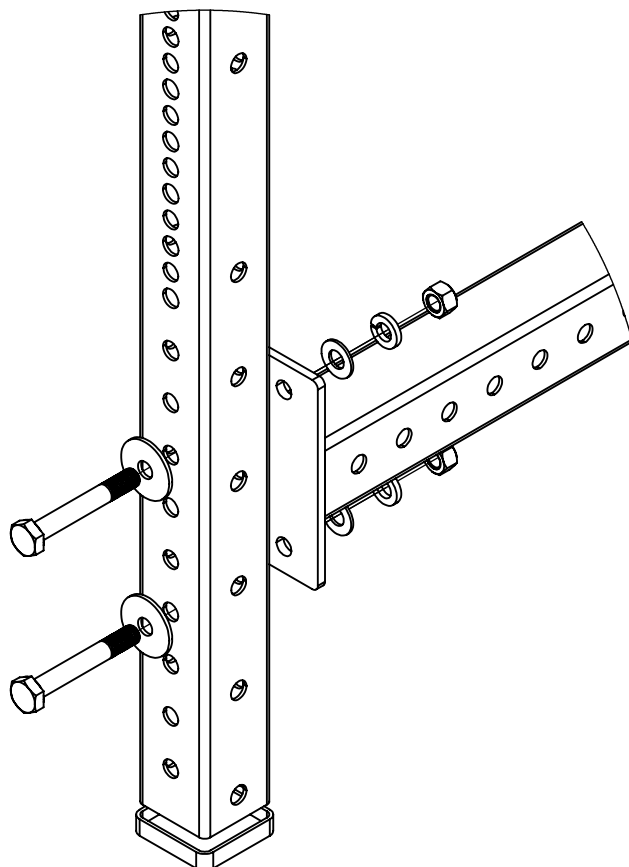




FOLDING RACK

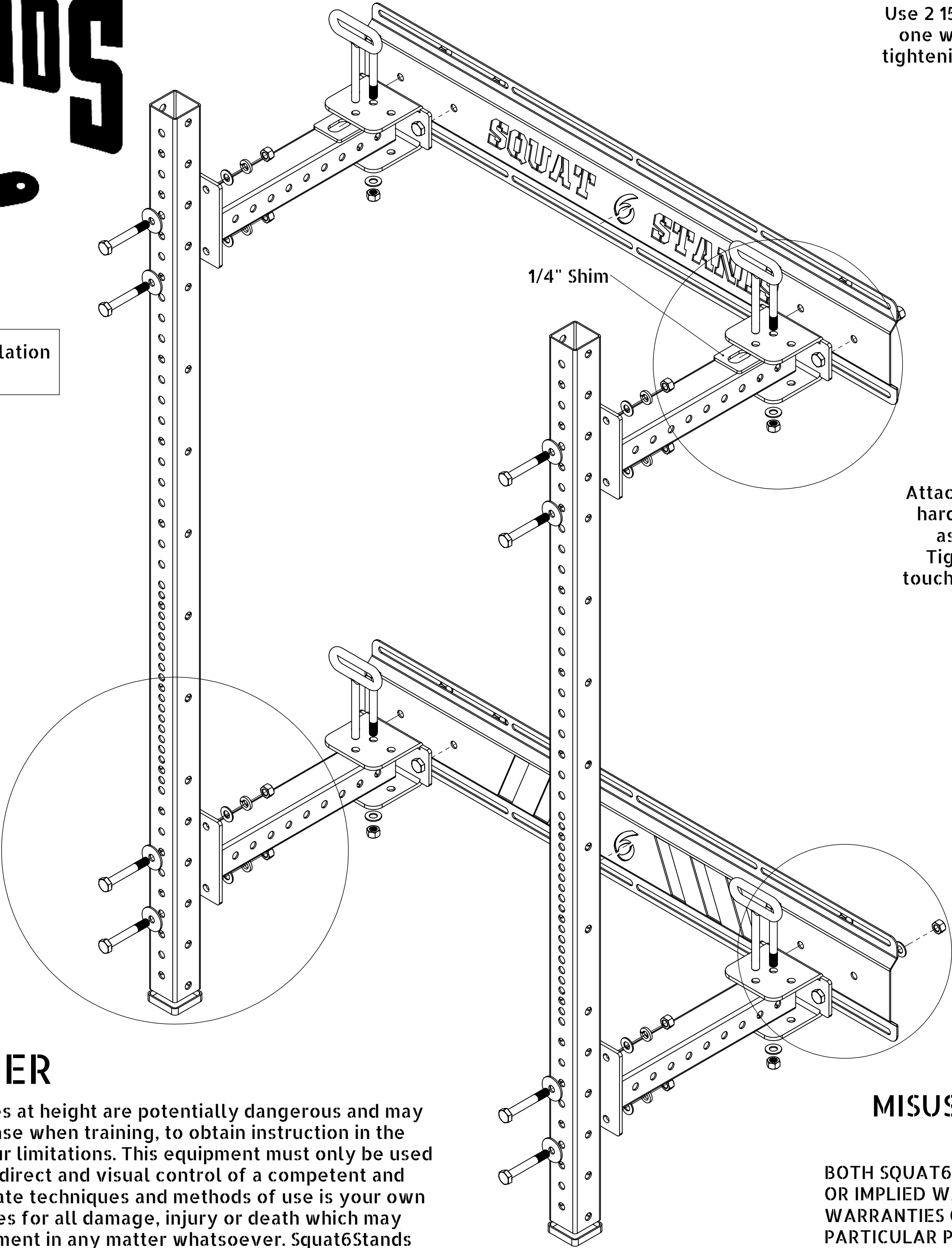
Please use in conjunction with stringer installation sheet.



Attach Upright to Crossmember using the provided hardware: 5/8 x 4.5 Bolts, Flat Wide Washer Flat Washer, Lock Washer and 5/8 Hex Nuts.

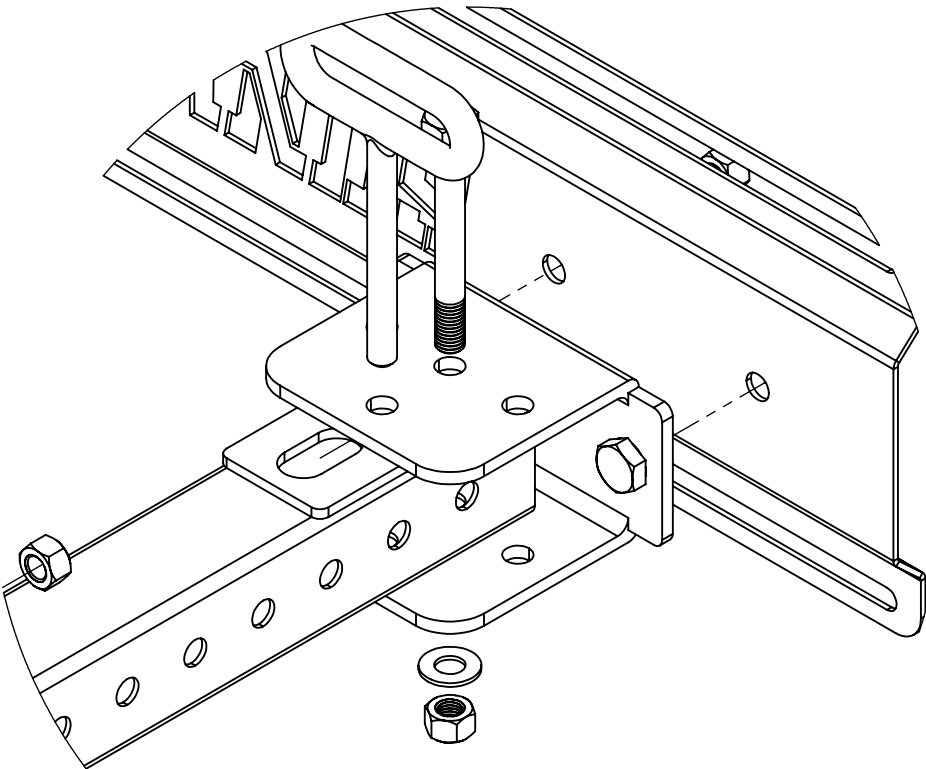
DISCLAIMER

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.

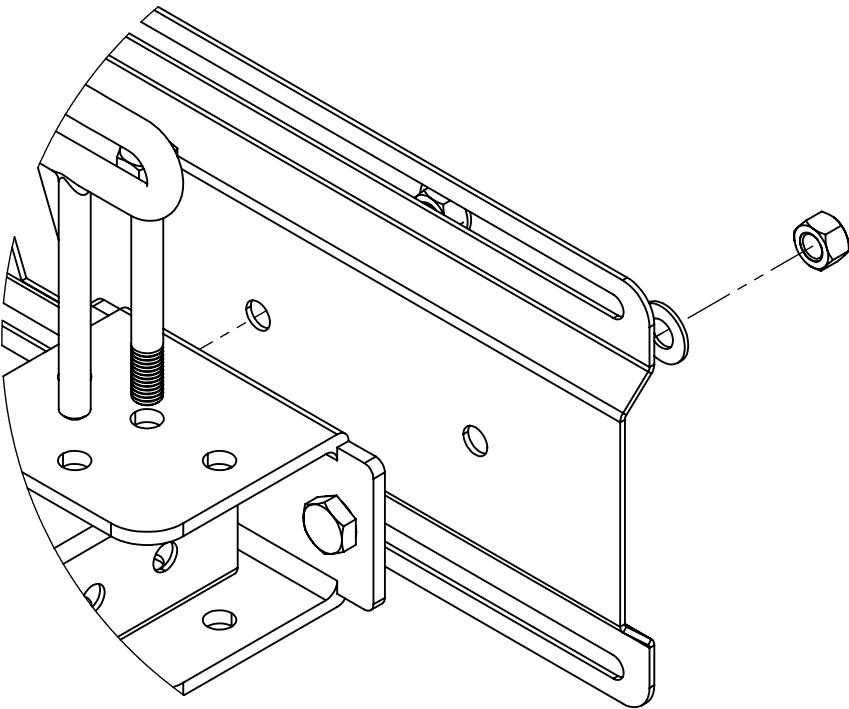


NOTE

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 is optional with the folding rack.



Attach Crossmember to bracket using the provided hardware: 5/8 x 5.5 Bolts, 1/4" Shim (Remove after assembly), Flat Washer and 5/8 Hex Lock Nut. Tighten the Lock Nut until bolt head and nut are touching the channel, but not cranked so the bracket bends.



Attach Bracket to the Stringer using the provided hardware: 5/8 x 1 Bolts, Flat Washer and 5/8 Hex Lock Nut (Thin).

WARNING! MISUSE OF THIS CAN RESULT IN SEVERE INJURY

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