



WARNING

Serious injury or death can occur if caution is not used. To reduce the risk of serious injury, read the following instructions and warnings. Keep these instructions for future reference. Before beginning any exercise program, consult your physician. This is especially important for those over the age of 35 or those with pre-existing health conditions.

1. This rack has an 800LB capacity
2. This product meets industry standards for stability when used for its intended purpose in accordance with the instructions provided.
3. Using this rack for support during stretching or attaching resistance bands, straps, ropes, or any other means to this rack may result in serious injury.
4. It is the responsibility of the owner to ensure that all users of this rack are adequately informed of all precautions.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children and pets away from this product at all times.
7. Keep this product indoors, away from moisture and any other water.
8. Place the rack on a clean, flat, and level surface.
9. Manufacturer is not responsible for any injury or death caused by improper use or improper assembly.
10. This product is designed and intended for **consumer/home use only** in an indoor environment. Do not use it in a commercial, rental, or institutional setting.

MAINTENANCE

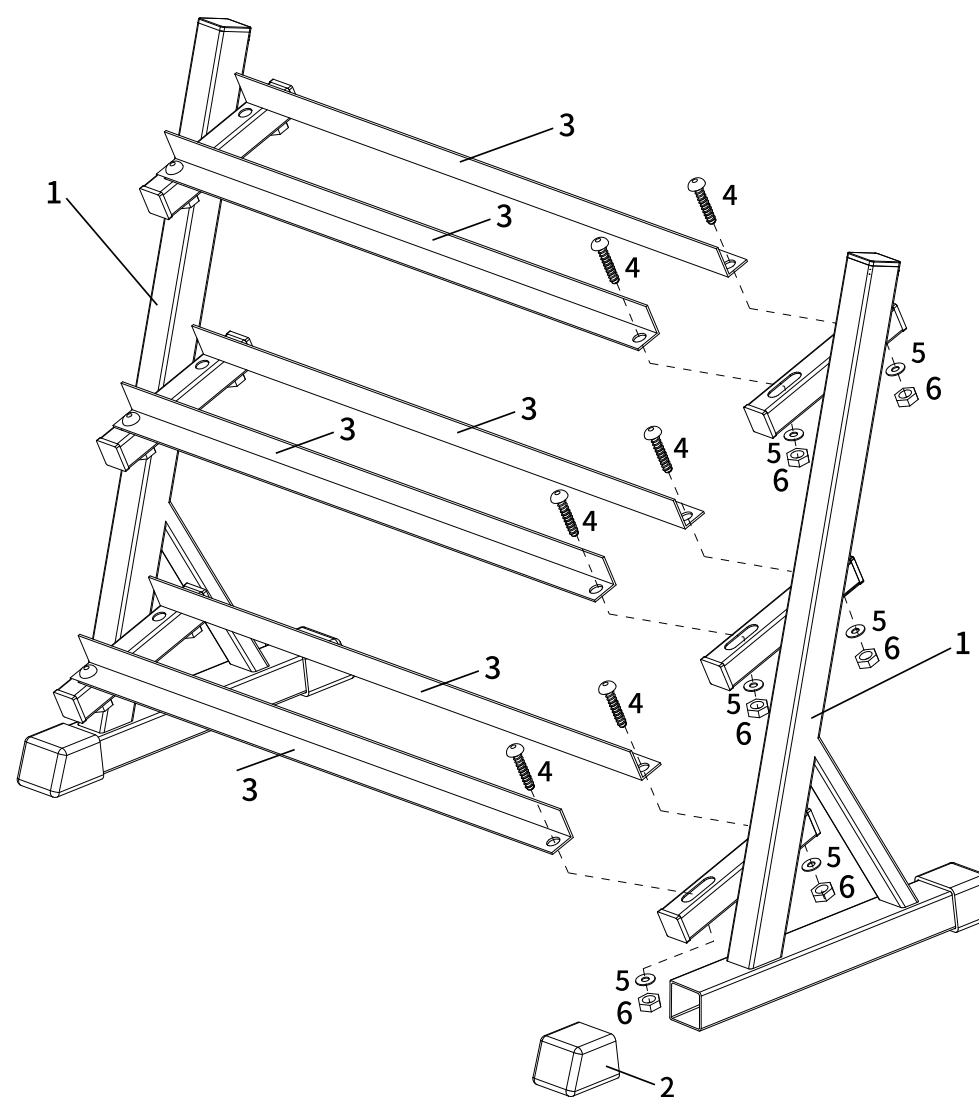
The safety and integrity designed into this rack can only be maintained when the equipment is regularly examined for damage and repaired. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed. Worn or damaged components should be replaced immediately and stop using the equipment until the repair is made.

1. Wipe rack regularly to prevent accumulation of dust.
2. Use a dry cloth to clean the metal frames.
3. Avoid acid chlorine based cleaners and those containing abrasives as these could scratch or damage the equipment.
4. Check regularly to ensure all parts are tight and in working condition. If a part is damaged, do not use until the parts are replaced or repaired.

**EPIC
FITNESS**

OWNERS MANUAL

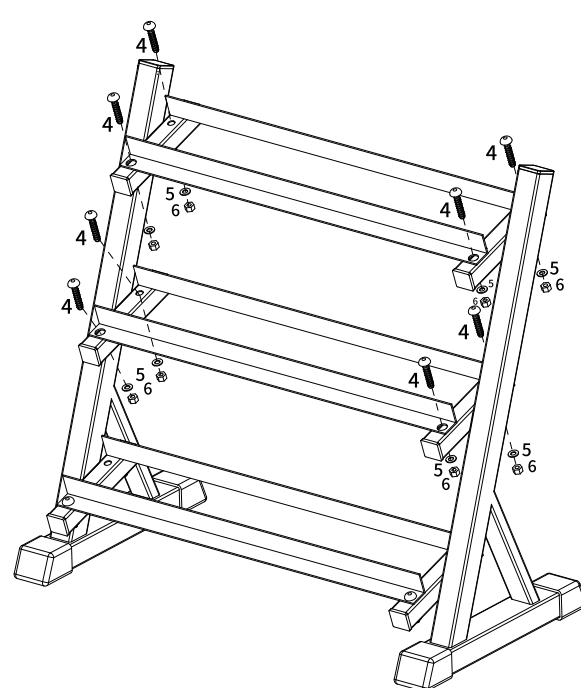
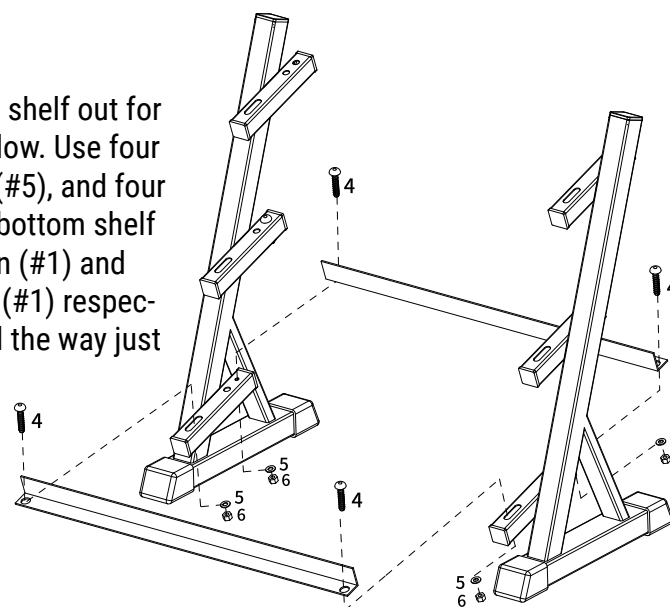
3-Tier Horizontal Dumbbell Rack



ASSEMBLY

STEP 1

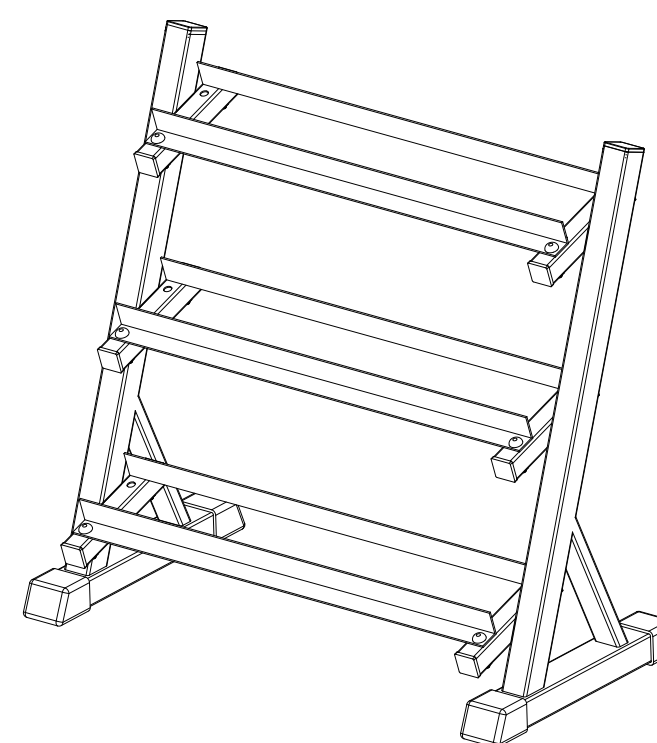
Lay the first (bottom tier) shelf out for installation, as shown below. Use four bolts (#4), four washers (#5), and four nuts (#6) to connect the bottom shelf to the left support column (#1) and the right support column (#1) respectively. Do not tighten it all the way just yet.



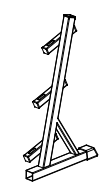

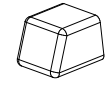

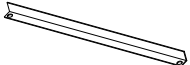
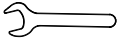
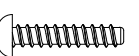
STEP 2

Repeat step 1 to install the other two tiers of dumbbell shelves. Use bolts (#4), washers (#5), and nuts (#6) to separately connect them to the left support column and the right support column.

Check that the three dumbbell shelves are in place before fully tightening all the nuts into the bolts. The finished installation should reflect the illustration on the next page.



PART LIST

- | | | | |
|---|-------------------------|---|----------------------|
|  | 1) Support Columns (X2) |  | 5) Washers M10 (X12) |
|  | 2) End Caps (X4) |  | 6) Nuts M10 (X12) |
|  | 3) Dumbbell Shelf (X6) |  | 7) Wrench (X1) |
|  | 4) Bolts M10x55mm (X12) | | |