



Solo Folding Squat Rack

How to build your new Solo Rack.

solo.

List of components and fixings.

Below is a list of the components which should be present when you take delivery of your rack. If there is anything missing do not proceed in building the rack, give us a phone to check and we'll send you out the replacement part.



2 folding plates



2 legs



1 pull-up bar



2 j-hooks

8 bolts



8 springs & 8 washers



8mm Allen Key



Step-by-step guide.

I.

NOTE: All bolts go on with one spring first, then one washer.

NOTE: Fully assemble the rack before fixing to the wall or floor.

Bolt the top **folding plate** to the **leg (x2)**.



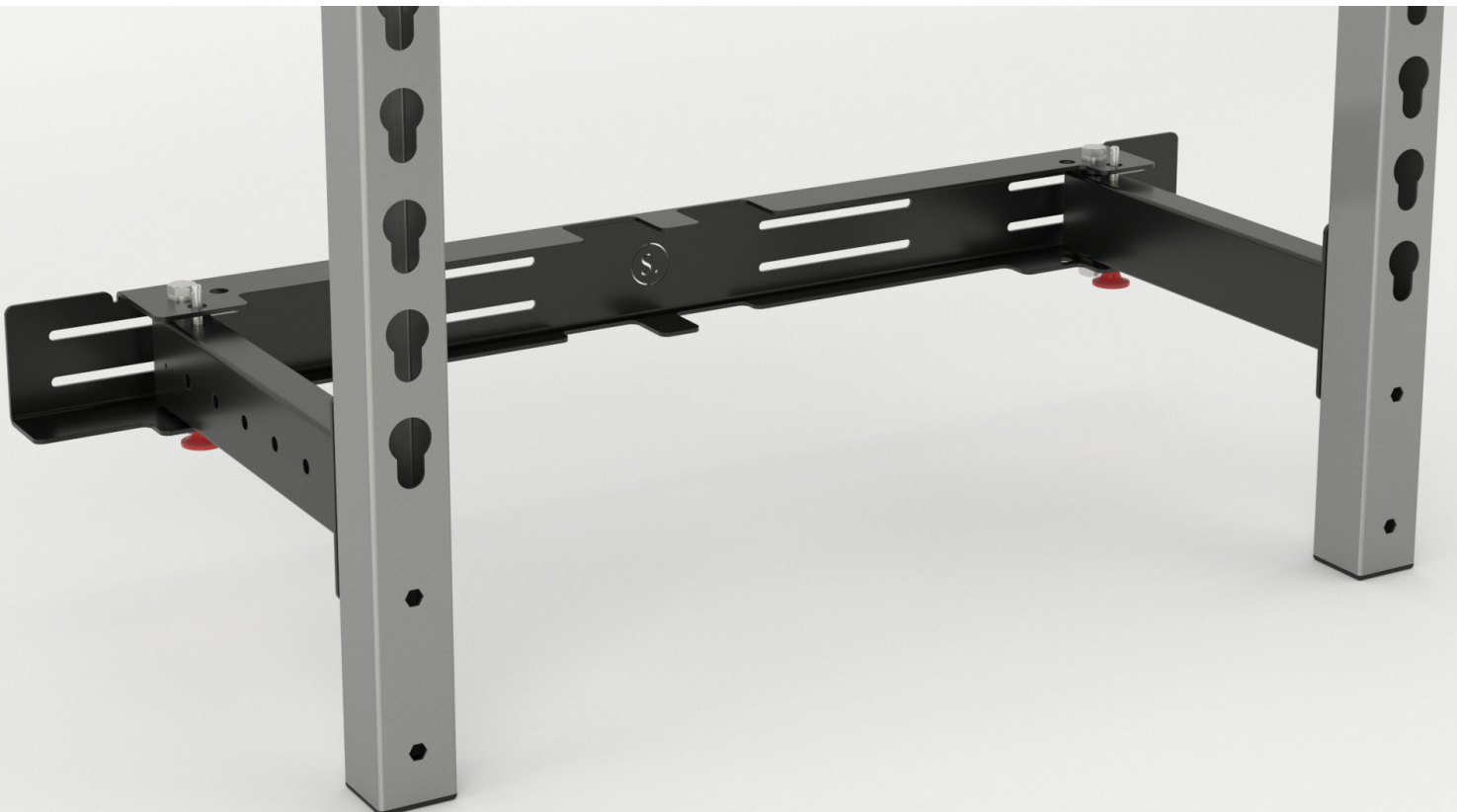
2.

Bolt the bottom folding plate to the leg (x2).



3.

Separate legs to the deployed position.



4.

Fasten the **pull-up bar** with provided thumb screws.



5.

Slot the **J-Hooks** into a position at a height of your choice.

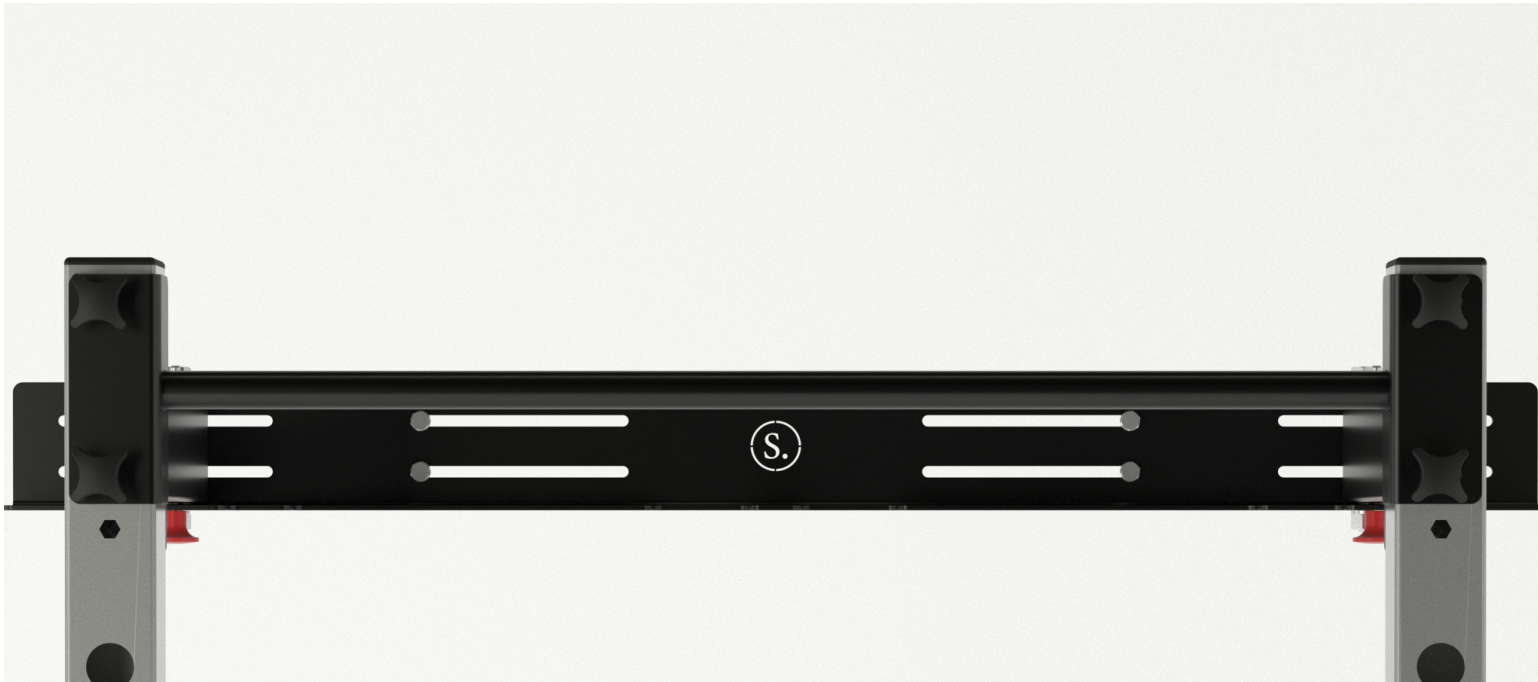


6.

Fasten to the wall using appropriate wall fixings (only use the fixings provided if mounting to a solid concrete wall or directly to stud).

Use at least 4 fixings on the top bracket and 4 fixings on the bottom bracket.

Please consult a local tradesperson if you are not confident selecting fixings or installing this equipment.



Have any questions? **Get in touch.**

Call us on: 01704 338849

Email: info@solofitness.co.uk