



Solo Half Squat Rack

How to build your new Solo Half 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.



4 legs



2 shrouds



1 back brace



2 feet

Either 1 straight pull-up bar or 1 multi-grip pull up bar



or



1 branding plate.



4 fixing plates



60 bolts
(70 if rack includes pegs)



60 springs & 60 washers
(70 if rack includes pegs)



2 storage weight peg plate

2 j-hooks



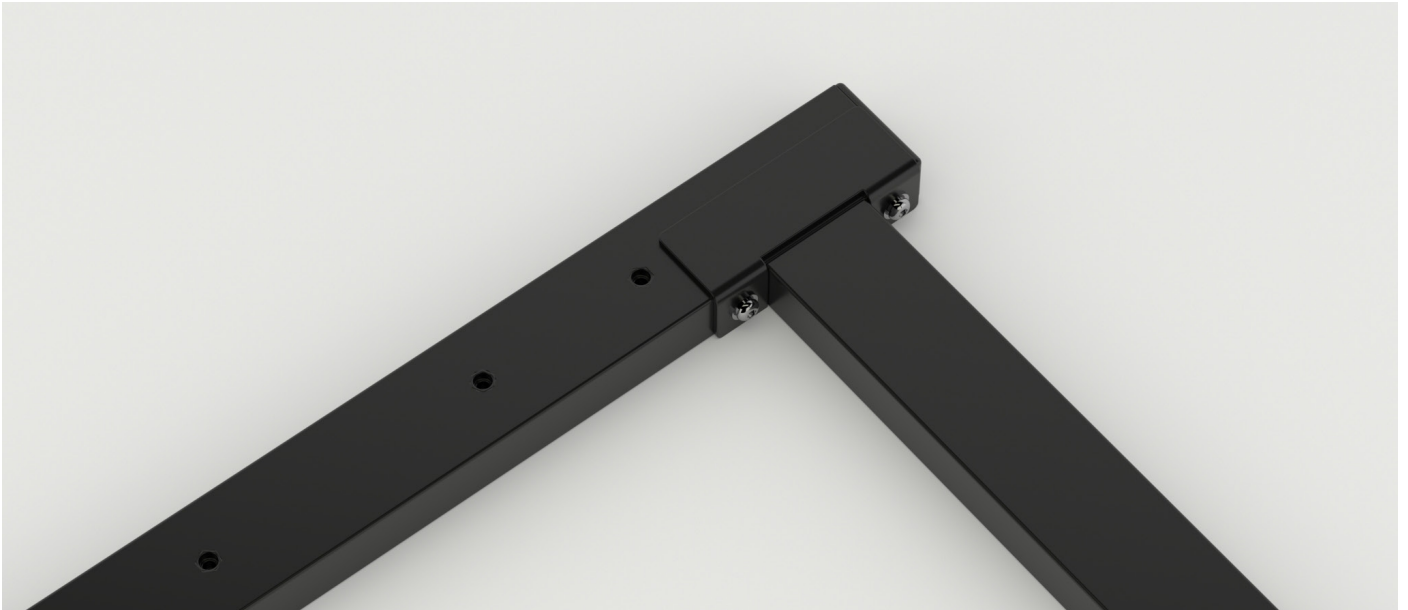
8mm Allen Key

Step-by-step guide.

I.

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

Place the Feet side by side and the **Back Brace** between them as pictured. Use four **Bolts** to fix the **Back Brace** to the feet.



2.

Position the rear **Legs** as pictured. Fix each **Leg** to the foot.



3.

Position one **Fixing Plate** internally at the top of the **Leg**. This should be on the side furthest from the centre of the rack (bumps facing inwards). Repeat on the other **Leg**. Fix these in place with two **Bolts** on the outside.



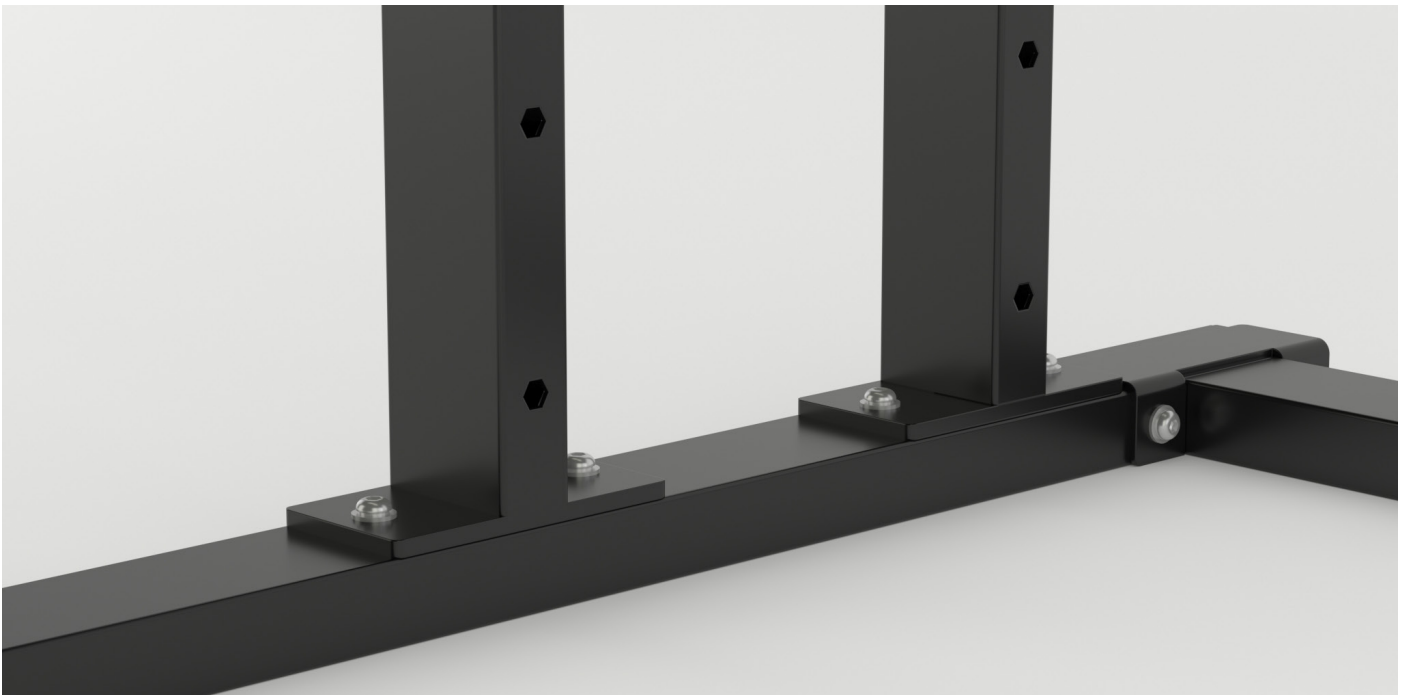
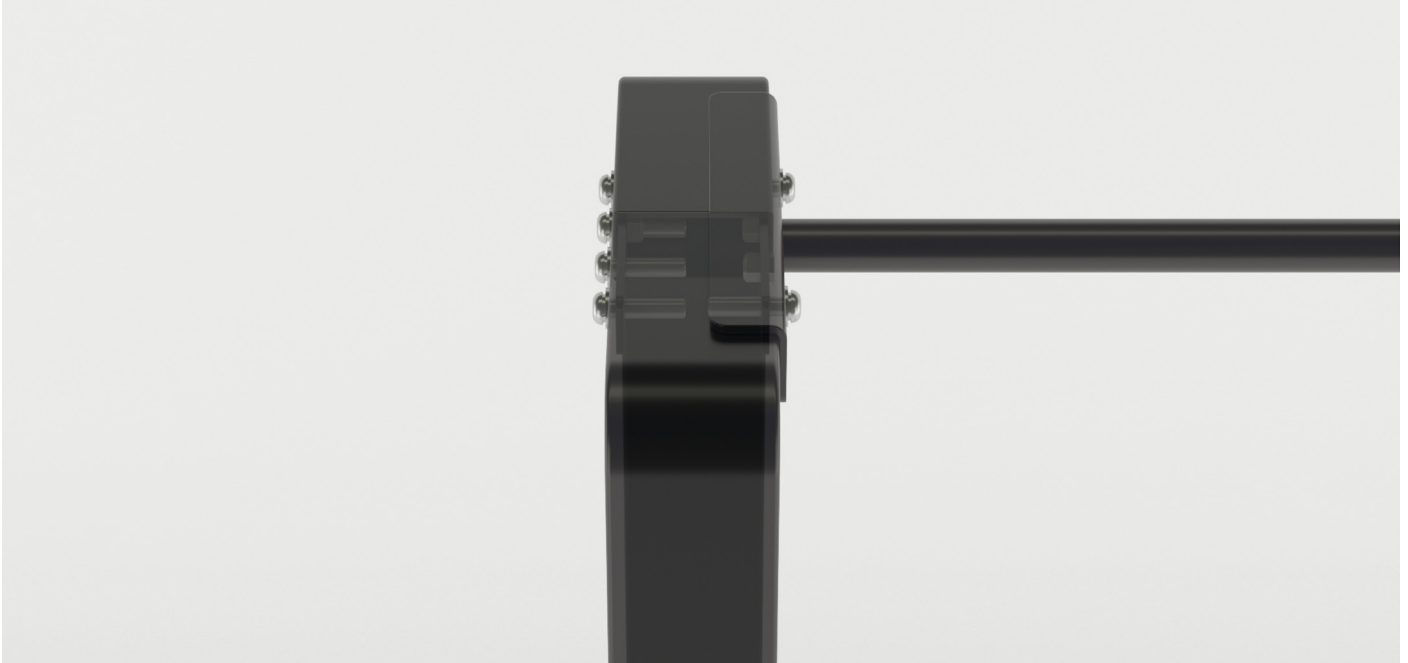
4.

Line up the inside **Fixing Plate**, opposite the one you have just fixed in place. Now position the **Pull up Bar** so the **Bolt** holes align with the **Fixing Plate**. Secure one single **Bolt** through the **Pull up Bar**, the **Leg** and **Fixing Plate**. Do this on both sides.



5.

Position the front Legs and secure with two Bolts through the Feet, two Bolts through the outside and one further Bolt on inside through the Pull up Bar and Fixing Plate.



6.

Position the **Shrouds** in line with the bolt holes. Secure in place with 8 **Bolts** on the outside AND 8 **Bolts** on the inside of each **Leg**.



7.

Position **Branding Plate**. Secure in place with 2 **Bolts** on both sides.

Slot the **J-hooks** in place and check they are secure.



8.

(Storage pegs are sold separately so this may not always be relevant) Position **Weight Storage Peg Plate** with holes on the outside of the rear **Legs**. Secure in place using five **Bolts**. Repeat for both **Legs**.



Have any questions? Get in touch.

Call us on: 01704 338849

Email: info@solofitness.co.uk