



## Solo Half Squat Rack with Storage

*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.



6 legs



2 shrouds



1 back brace



3 feet



1 angled Shelf



1 flat Shelf



1 toaster Shelf

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



or



6 fixing plates



84 bolts



1 branding plate.



2 j-hooks



8mm Allen Key



84 springs & 84 washers

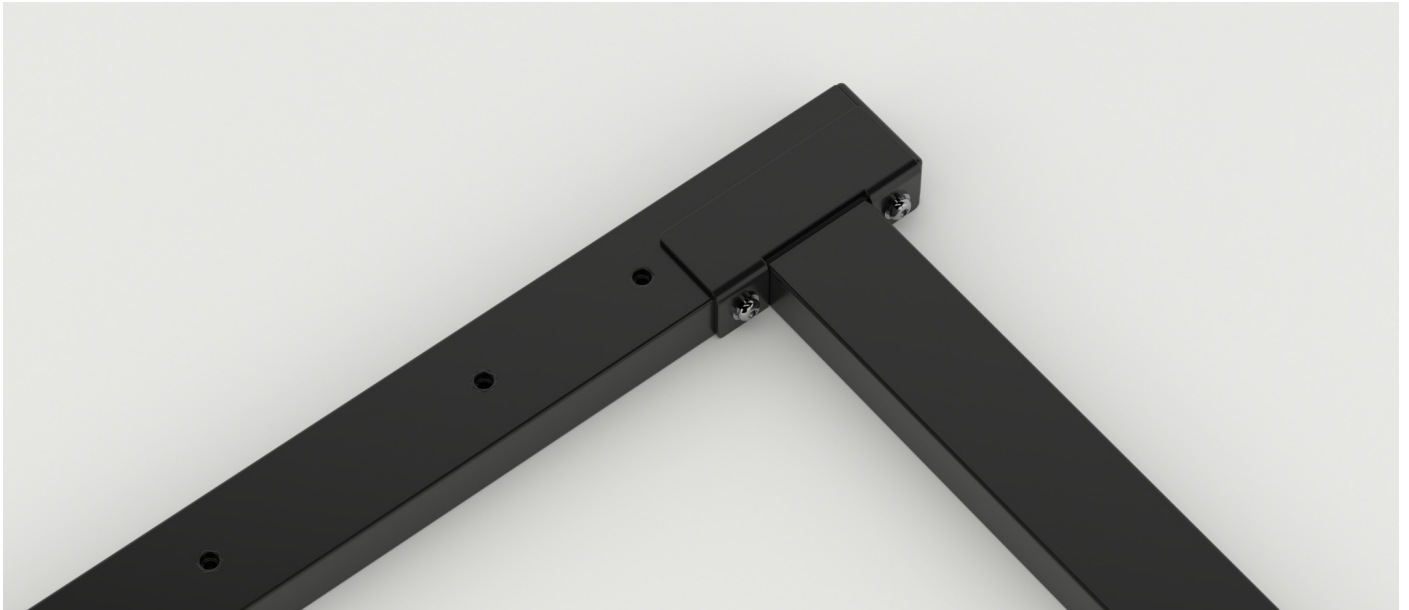


# Step-by-step guide.

## 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** with two **Bolts**.



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.



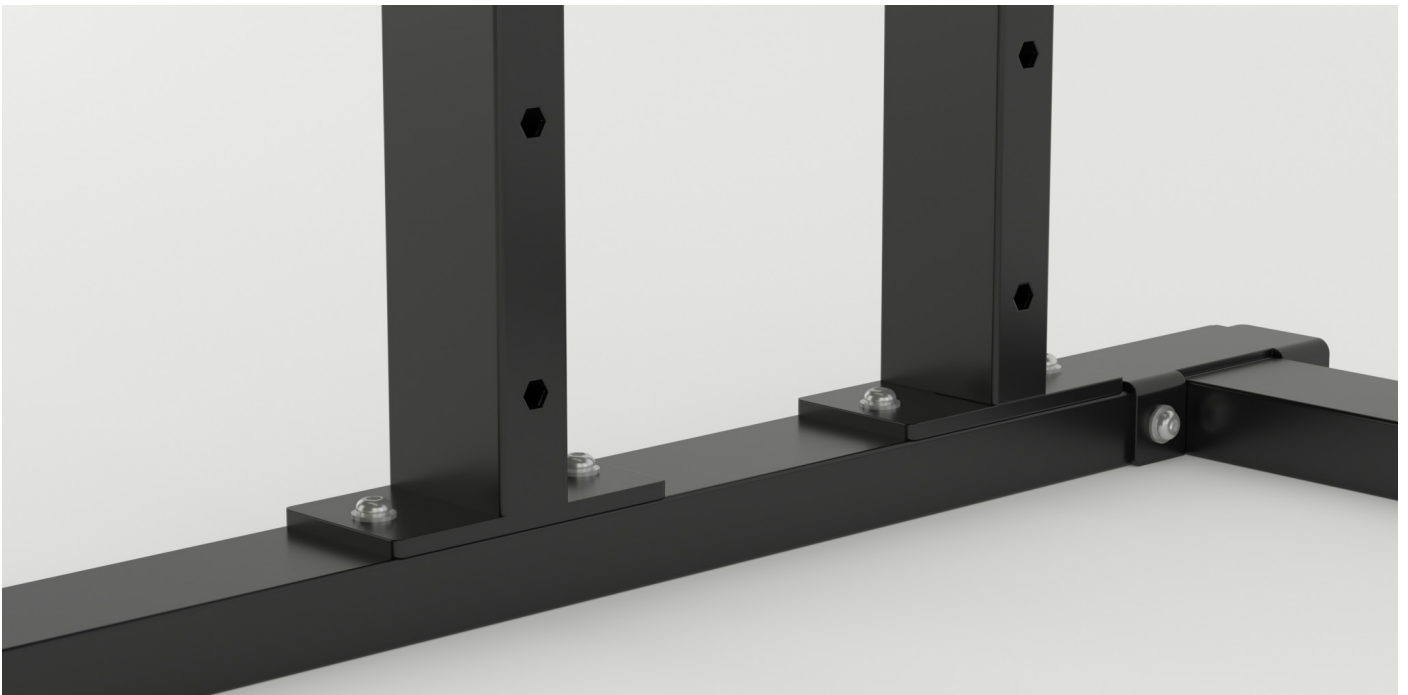
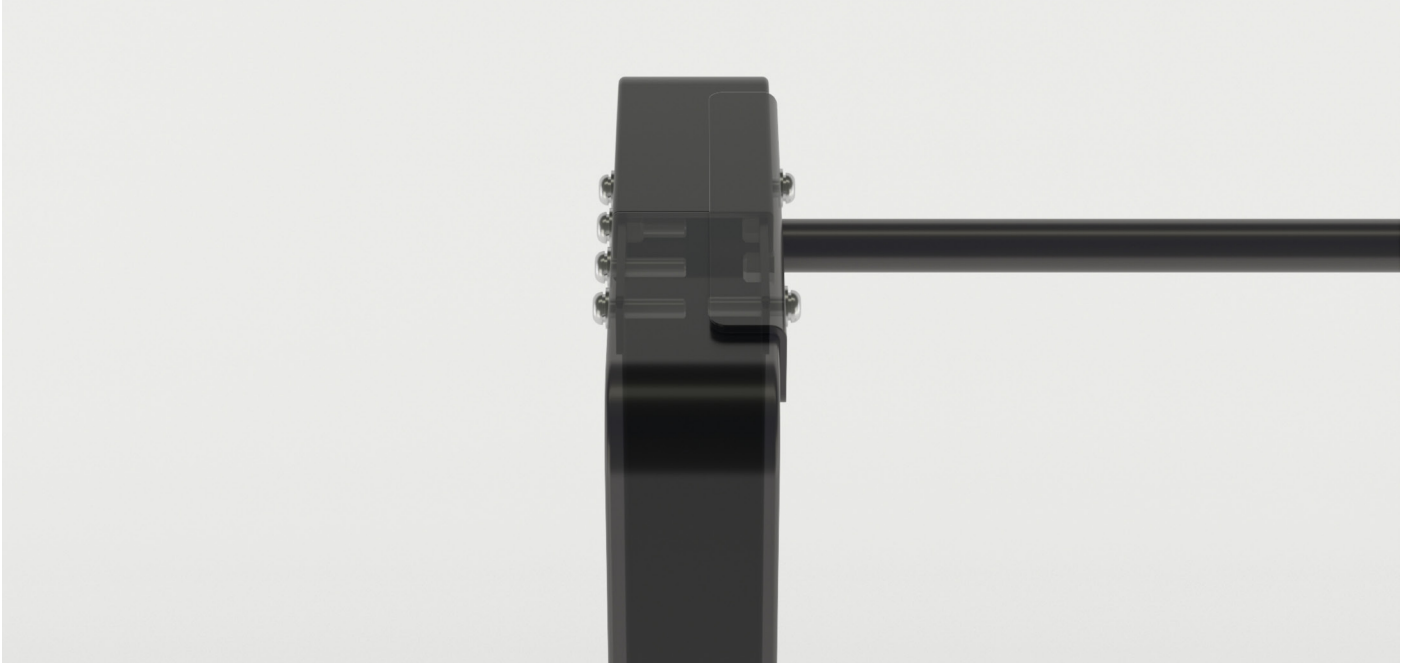
4.

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.



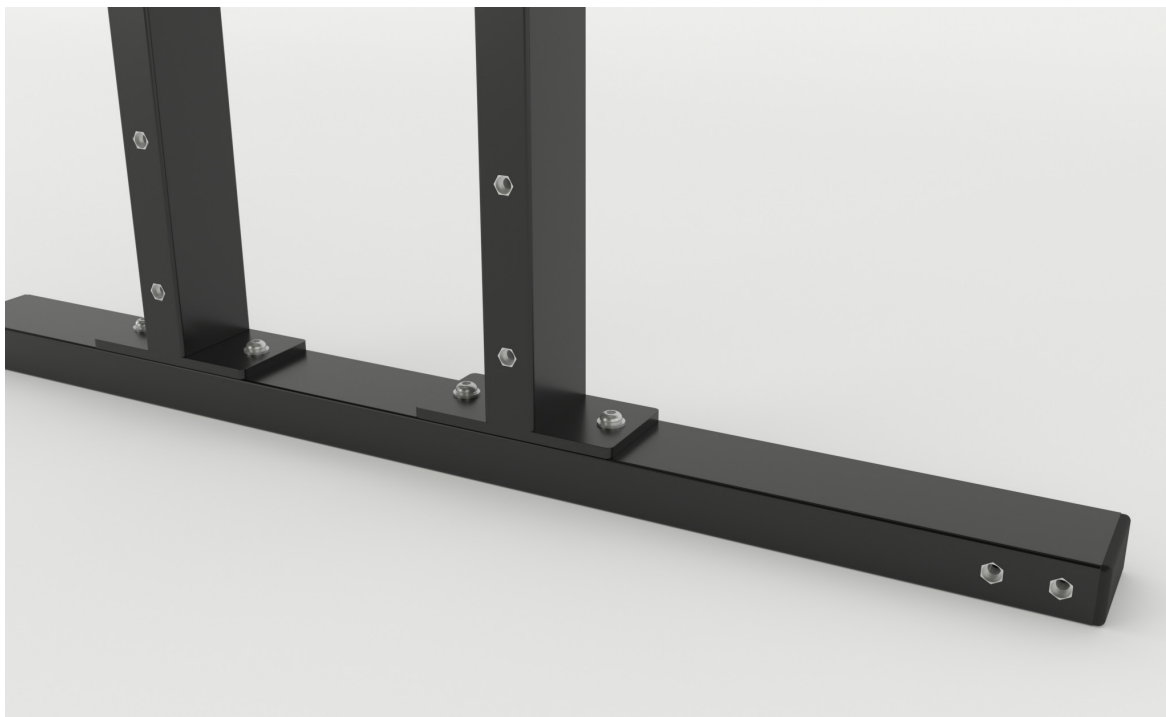
## 8.

Position two **Fixing Plates** in one of the **Legs**. Secure with two **Bolts** on both sides.  
Position the **Leg** on the back two holes of the remaining **Foot** and secure with two **Bolts**.



**9.**

Position the remaining **Leg** on the front of the **Fixing Plates** and secure with two **Bolts** on both sides. Position the **Leg** on the front two holes of the **Foot** and secure with two **Bolts**.





## IO.

Position each shelf up to the the outer **Leg** of the rack on the side where you want the storage to be. Secure with two **Bolts** at the top and bottom of each shelf end plate once you have chosen your desired height. Repeat for the other side, making sure to fix to the back **Leg**.



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

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