



Solo Half Squat Rack with Wall Bars

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.



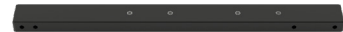
4 legs



2 shrouds



1 back brace



2 feet

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

1 branding plate.



or



4 fixing plates



6 Wall Bars



1 Captains Chair



2 storage weight peg plate
(If ordered)



80 bolts
(90 if rack includes pegs)



80 springs & 80 washers
(90 if rack includes pegs)



2 j-hooks



8mm Allen Key

Step-by-step guide.

I.

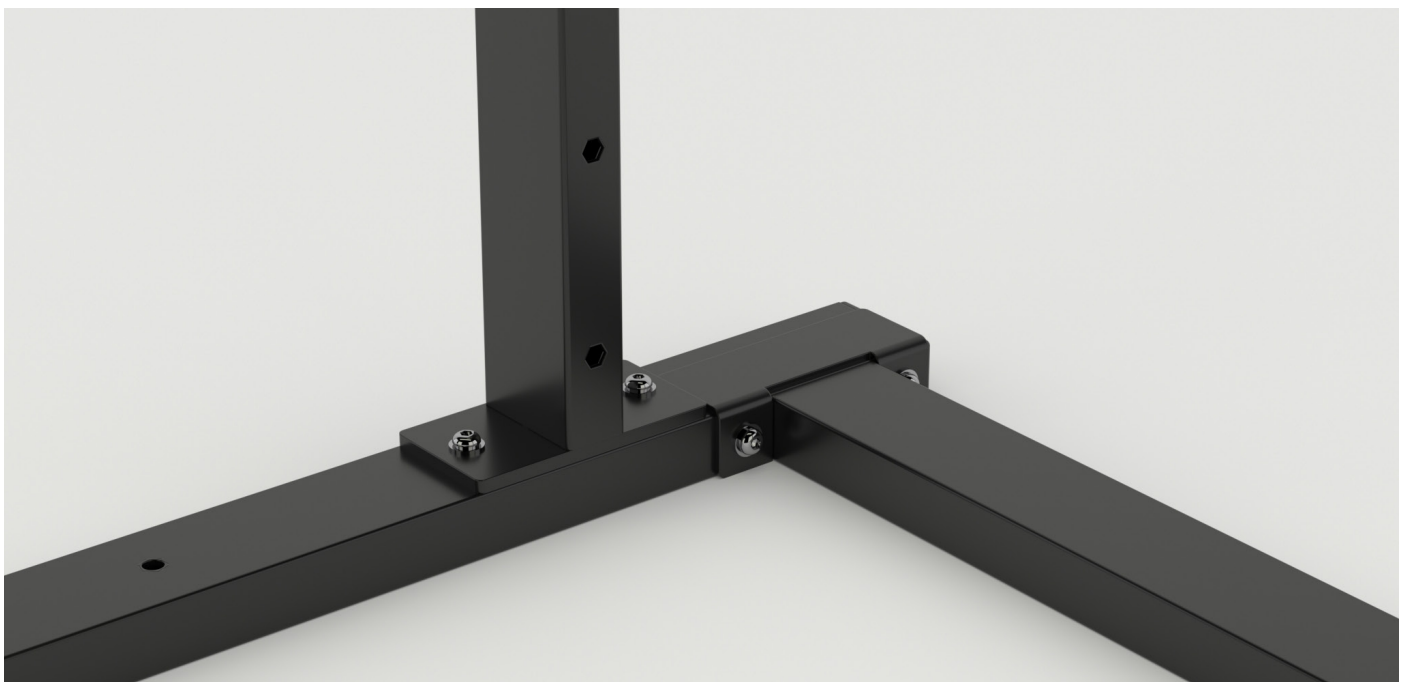
NOTE: All bolts go on with one spring first, then one washer.

Place a **Foot** by the side of **Back Brace** as pictured. Use two **Bolts** to fix the **Back Brace** to the **foot**.



2.

Position the rear **Leg** as pictured. Fix the **Leg** to the foot using two **Bolts**.



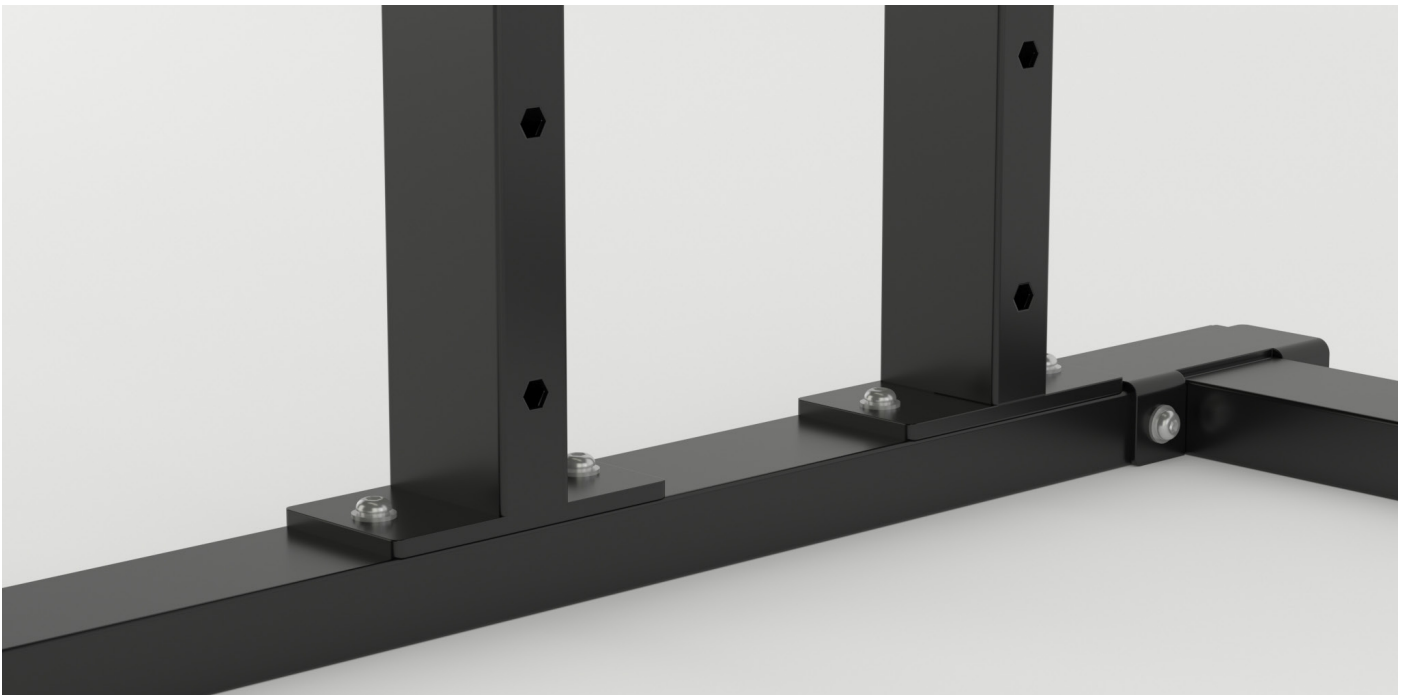
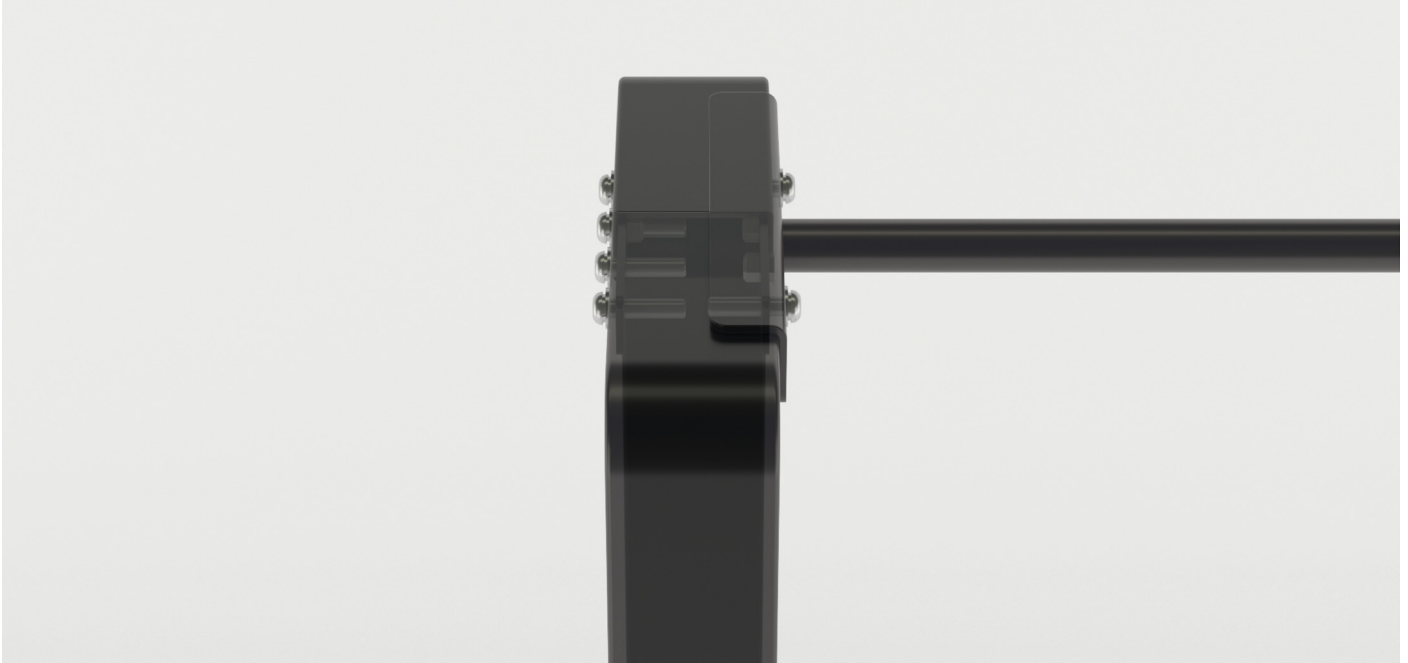
- 3.** Position one **Fixing Plate** internally at the top of the **Leg**. This should be on the side furthest from the centre of the rack (bumps facing inwards). Fix these in place with two **Bolts** on the outside.



- 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**.



5.
Position the front Leg and secure with two Bolts through the Foot, two Bolts through the outside and one further Bolt on inside through the Pull up Bar and Fixing Plate.



6.

Position the **Branding Plate** on the top two available holes on the Outside of the **Legs**.
Secure in place with 2 **Bolts** on both sides.



Position the **Wall Bars** so that the highest **Wall Bar's** top bolt is 275mm below the top of the **Leg**. Line up the rest of the **Wall Bars** with the next available hole below. Secure with two **Bolts** per **Wall Bar**.



7.

Repeat Steps 1,2,3,4 and 5 for the other side, connecting the **Legs** to the free side of the **Pull-up Bar** and connecting the other **Foot** to the free side of the **Back Brace**. Making sure that the front and back legs sit inbetween the end of the **Branding Plate** and the **Wall Bars**.

Secure with two **Bolts** per **Wall Bar** on the inside and two **Bolts** to the **Branding Plate** on the outside.



8.

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**.



9.

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



IO.

(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.

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