



Solo Wall Mounted 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 legs



2 shrouds



2 Wall Mounts

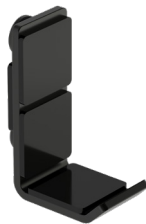
Either 1 straight pull-up bar or 1 multi-grip pull up bar



or



2 j-hooks



4 fixing plates



44 bolts



44 springs & 44 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.

Place the joining plate inserts inside the leg. Fix the **outside** plate in place using two bolts and position the inside plate in line with the holes.



2.

Line up the pull up bar with the hole on the inside of the leg, and with the threaded insert on the connector plate. Secure the bolt closest to the handles through all three holes. Try to ensure the connector plate stays lined up with the second hole on the rear of the pull up bar.



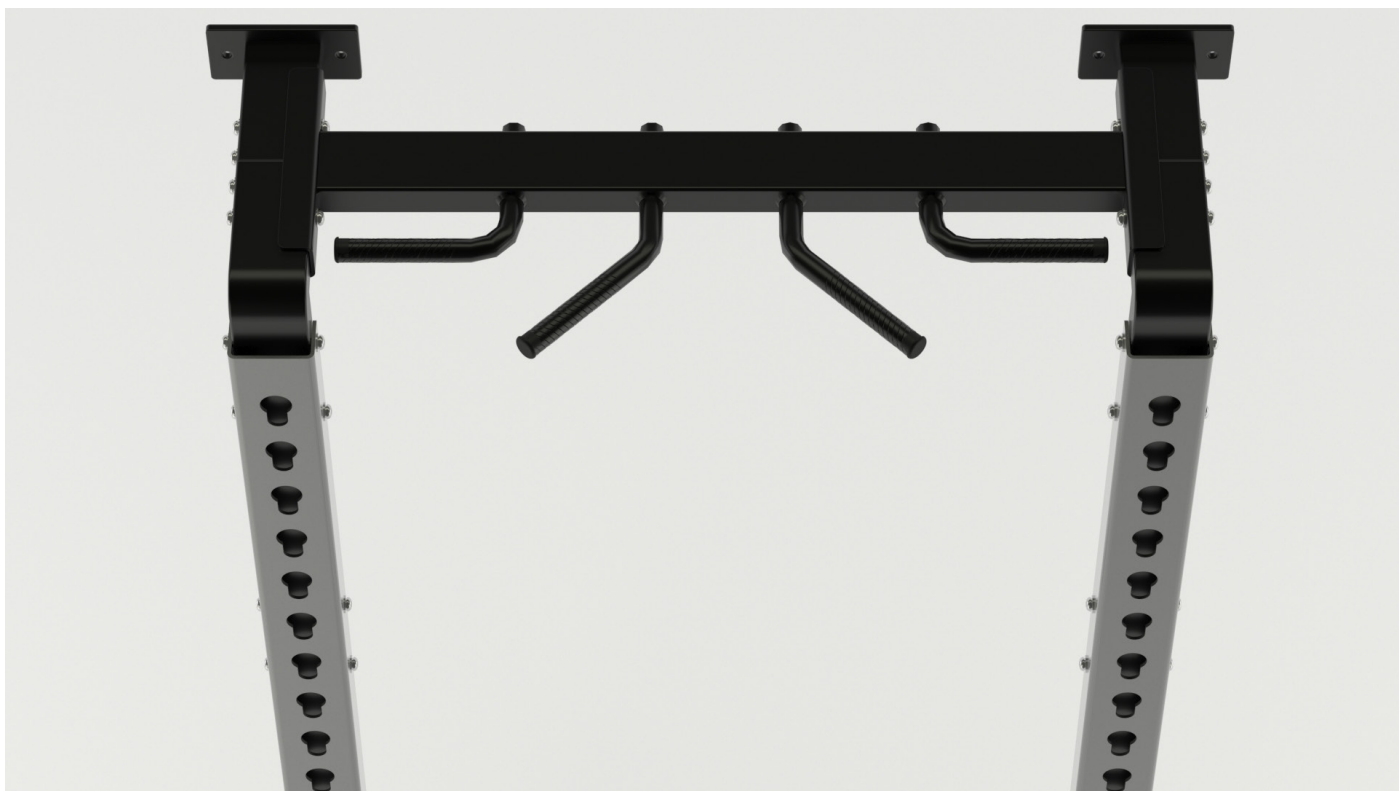
3.

Slot the wall mounting bracket over the connecting plates to meet the main part of the leg. Secure with the remaining available bolts.



4.

Repeat this process for the other leg.



5.

This product needs to be floor fixed and wall mounted. We recommend only installing where a solid structural wall is available.

It must be wall mounted using the four bolt holes available and the floor fixed using the four holes available on the feet.

Make sure you use appropriate fixings for the wall and floor you are installing on. Please consult an local tradesperson if you are not confident selecting fixings or installing this equipment.



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

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