



## Solo Wall Mounted Wall Bars & Captains Chair

*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



6 Wall Bars



1 Captains Chair



4 Joining Plate Inserts



2 Wall Mounts



1 Branding Plate.



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 two of the **Joining Plate Inserts** inside the **Leg** and secure with two **Bolts** either side. Slot the **Wall Mount** in position and fix using two **Bolts** either side. Repeat for other **Leg** and **Wall Mount**.



**2.**

Line up the **Branding Plate** with the top two holes on the outside of one of the **Legs**. Secure with two **Bolts**.



3.

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**.



4.

Slot the other **Leg** in the gap between the **Wall Bars** and **Branding Plate**. Position the **Leg** at the same height as the other **Leg**. Secure to the **Wall Bars** with two **Bolts** per **Wall Bar** on the inner side and to the **Branding Plate** with two **Bolts** on the outside.





5.

Position the **Captains Chair** on the **Wall Bars** at your chosen height by placing the top hook on a bar then slotting it down so the bottom hook sits under the bar below.

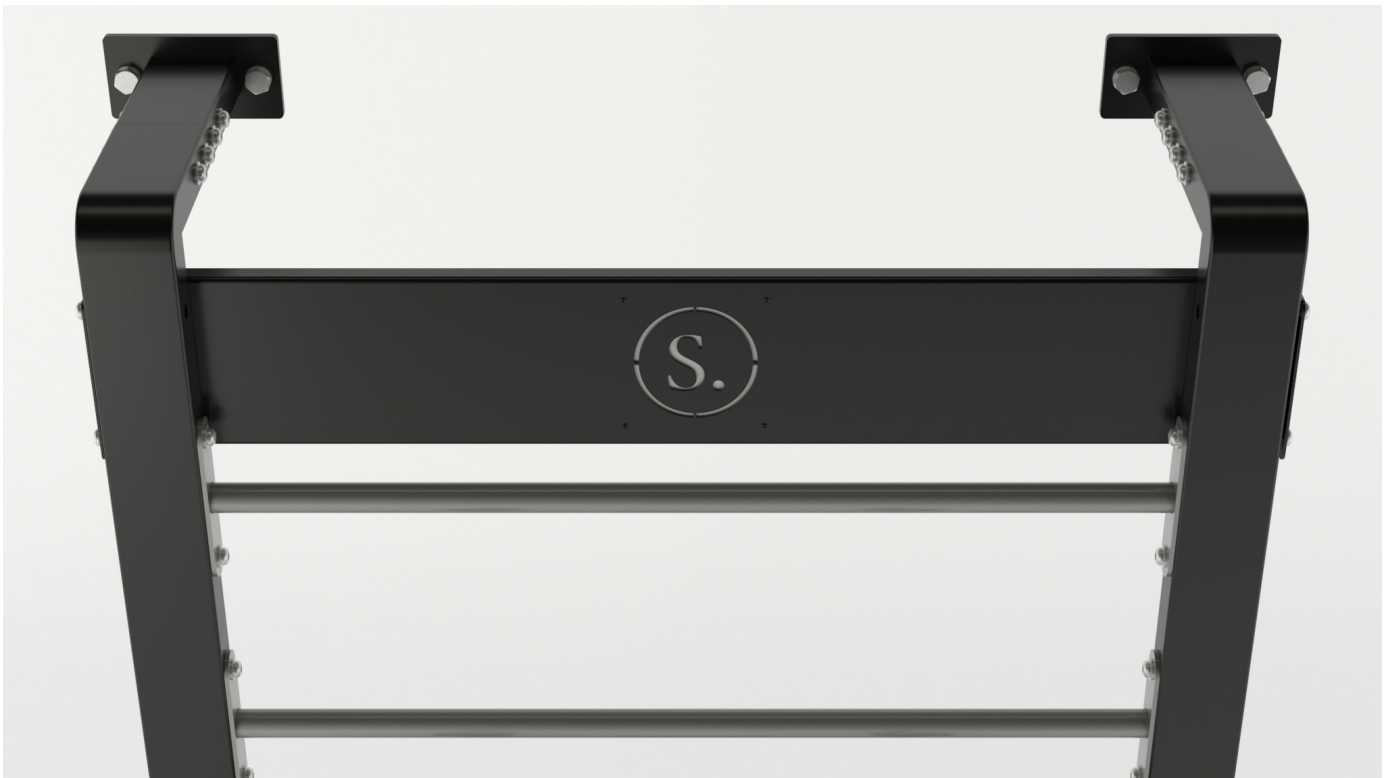


## 6.

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.**

Call us on: 01704 338849

Email: [info@solofitness.co.uk](mailto:info@solofitness.co.uk)