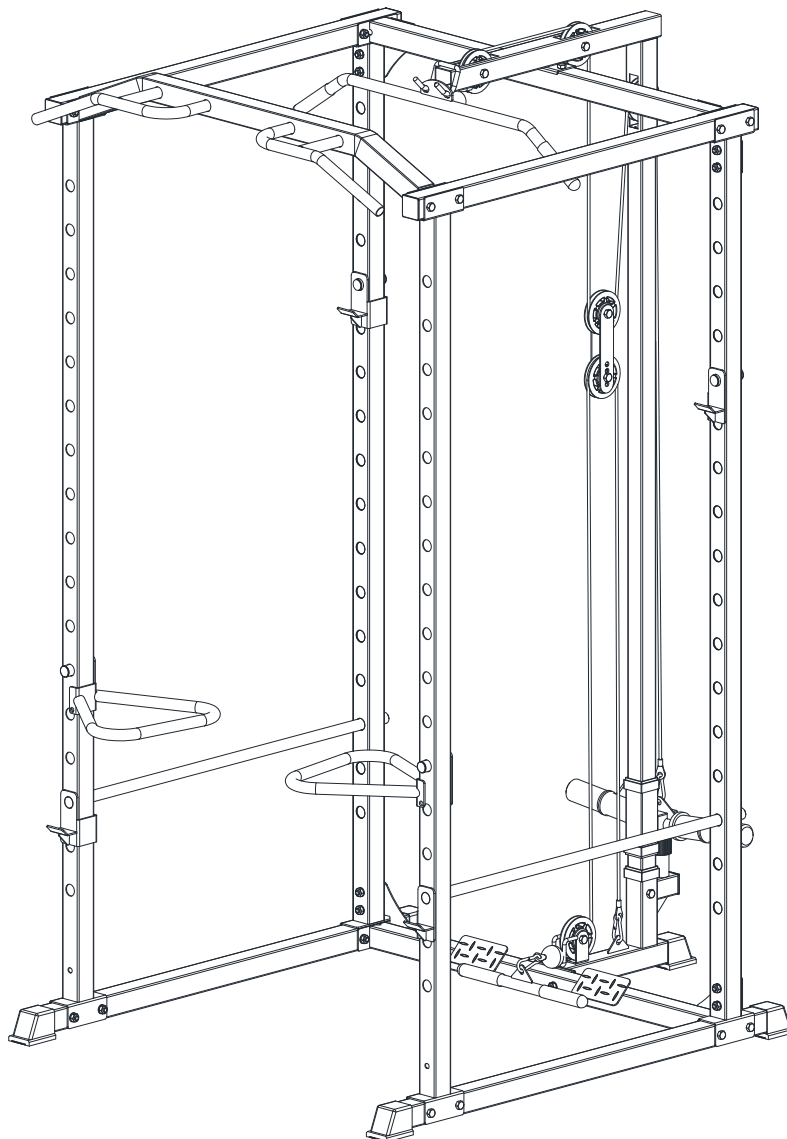




## **RIVAL BUDGET SQUAT RACK ASSEMBLY INSTRUCTIONS**





## **PRODUCT SPECIFICATIONS**

Max Training Weight – 800LBS

Product Dimensions – 83"tall x 46"wide x 57"deep

Material - 12-Gauge Steel

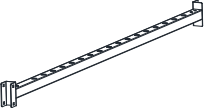
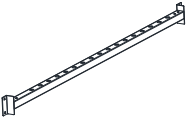
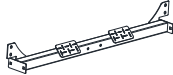
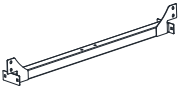
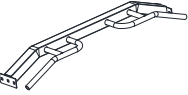
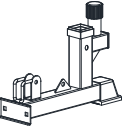
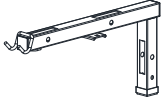
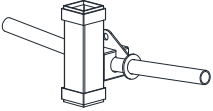









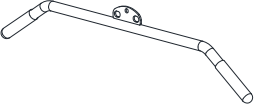
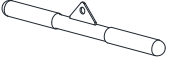





## **WARNING**

TO AVOID POSSIBLE HARM, READ AND ADHERE TO THE FOLLOWING INSTRUCTIONS. INCORRECT ASSEMBLY AND OR MISUSE OF EQUIPMENT MAY RESULT IN SERIOUS OR FATAL INJURY. ENSURE THAT ALL PARTS ARE UNDAMAGED AND IN WORKING ORDER BEFORE ATTEMPTING TO ASSEMBLE OR USE THE PRODUCT. ENSURE THAT ALL NUTS AND BOLTS ARE PROPERLY TIGHTEND AND THAT ALL PARTS ARE LEVEL AND PERPENDICULAR BEFORE USE. WE RECOMMEND A MINIMUM OF TWO PEOPLE FOR SAFE ASSEMBLY OF THE PRODUCT. WEAR APPROPRIATE PERSONAL PROTECTION EQUIPMENT WHILE ASSEMBLING.

# RIVAL

## STEEL

### ASSEMBLY LIST 1

<p>1# 2PCS</p> 	<p>2# 2PCS</p> 	<p>3# 1PC</p> 	<p>4# 1PC</p> 
<p>5# 1PC</p> 	<p>6# 1PC</p> 	<p>7# 1PC</p> 	<p>8# 1PC</p> 
<p>9# 2PC</p> 	<p>10# 2PC</p> 	<p>11# 1PC</p> 	<p>12# 1PC</p> 
<p>13# 1PC</p> 	<p>14# 1PC</p> 	<p>15# 1PC</p> 	<p>16# 1PC</p> 
<p>17# 1PC</p> 	<p>18# 1PC</p> 	<p>19# 1PC</p> 	<p>20# 2PCS</p> 
<p>21# 2PCS</p> 	<p>22# 2PCS</p> 	<p>23# 6PCS</p> 	<p>24# 2PCS</p> 

# RIVAL

## STEEL

### ASSEMBLY LIST 2

25#  
6PCS



26#  
6PCS



27# (LONG)  
1PC



28# (SHORT)  
1PC



### SCREWS LIST

A # M10\*70  
23PCS



B # M10\*65  
10PCS



C # M10\*45  
3PCS



D #  
36PCS



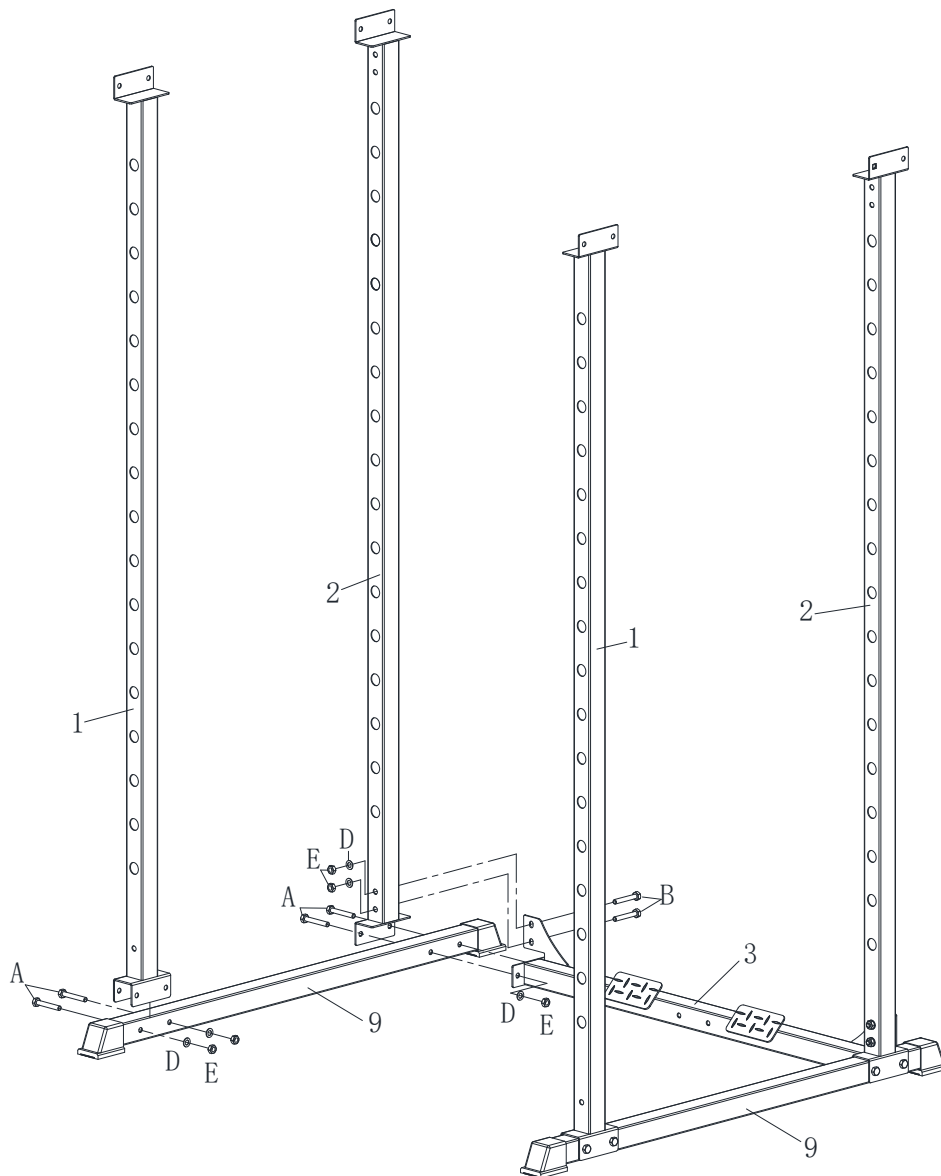
E #  
36PCS





## Step 1 – Squat Rack Base

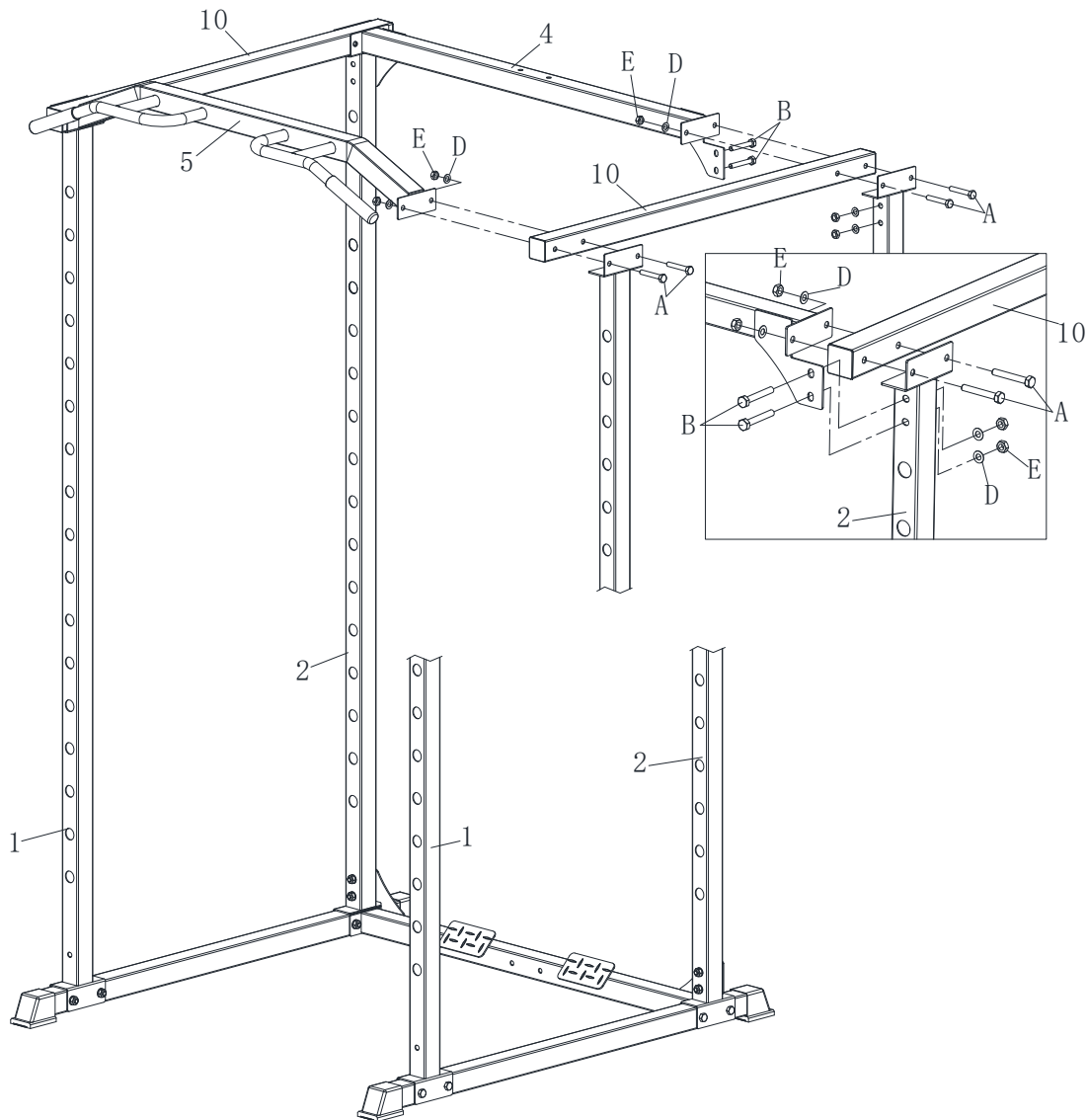
Set up the rack base with the (2) side parts #9 and the back base part #3. Install the (2) rear posts #2 first to the rack base side parts #9 and back base part #3. Make sure to have someone hold each individual post while the other person is hand tightening parts A, D, and E along with parts B, D, and E as shown in the picture below. Next, install the (2) front posts #1 to the side base parts #9 using parts A, D, and E as shown below.





## Step 2 – Squat Rack Frame

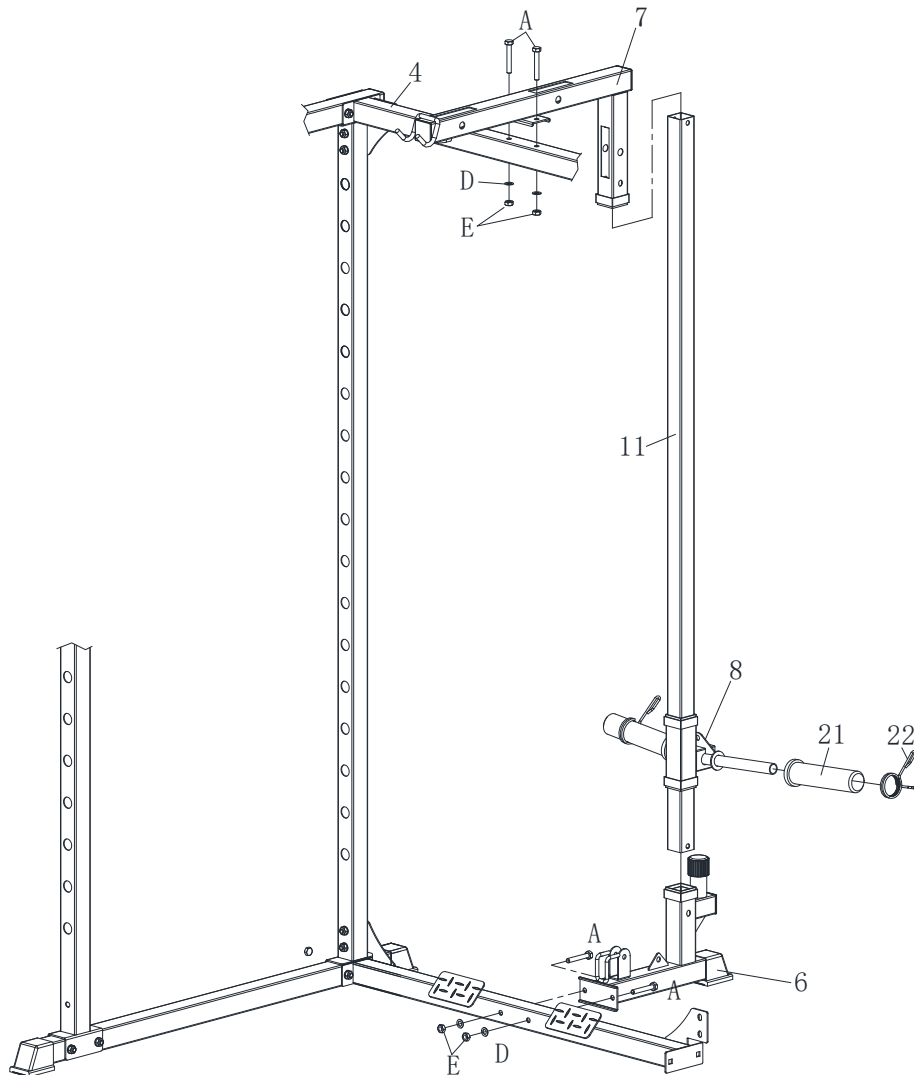
Set up the rack top frame with the (2) side parts #10 with posts #1 and posts #2 for each side as shown. Install the rear top frame part #4 as shown. Make sure to have someone hold each individual part being installed while the other person is hand tightening parts A, D, and E along with parts B, D, and E as shown in the picture below. Next, install the pullup bar part #5 to the posts #1 and posts #2 for each side as shown using parts A, D, and E as shown below.





### Step 3 – Lat Pulldown

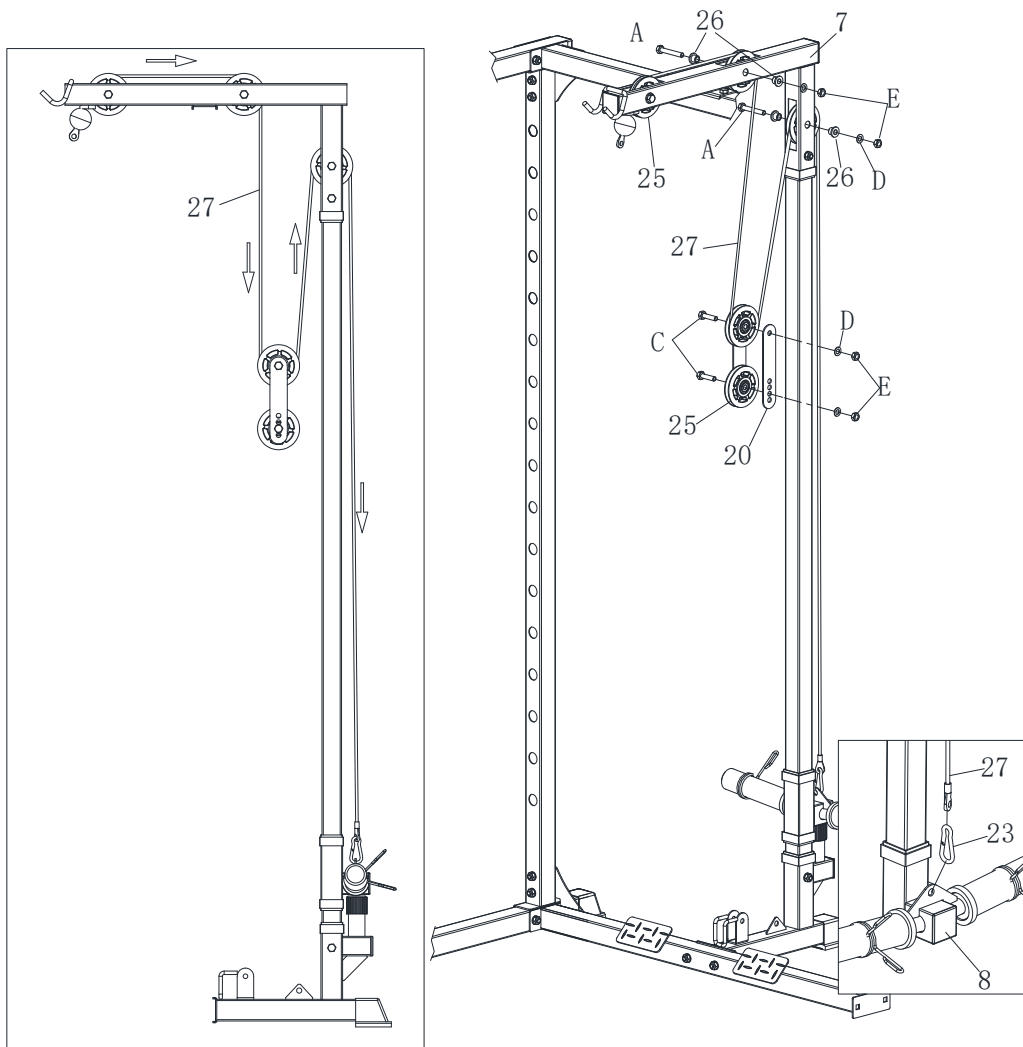
Build the Lat pull-down attachment using parts #6, #7, and #8 as shown below. Before connecting the Lat pull-down attachment to the rack, ensure that the weight holder sliding assembly part #8 is properly oriented per the picture below. Install the Lat pull-down assembly to the top frames support bar #4 and the rear base bar part #3 as shown. Make sure to have someone hold the Lat pull-down assembly in position while the other person is hand tightening parts A, D, and E as shown in the picture below. Next, install the (2) side tubes part #21 to the weight assembly part #8 as shown below. Use the supplied Alan wrench to tighten the set screws on the side tubes part #21. The parts #22 are the weight clamps.





## Step 4 – Cable Installation

Install the upper cable pulley assembly as shown below. Route the upper long pulley cable part #27 per the left oriented picture below. Install 3 frame pulleys part #25 using the 6 pulley frame sleeves part #26 and hand tighten parts A, D, and E as shown in the picture below. Install the floating pulleys utilizing the (2) support brackets part #20 and hand tighten parts C, D, and E for the top pulley only. Attach the end of the pulley cable part #27 to the sliding weight stack part #8 utilizing the safety clip part #23 as shown in the lower right picture.

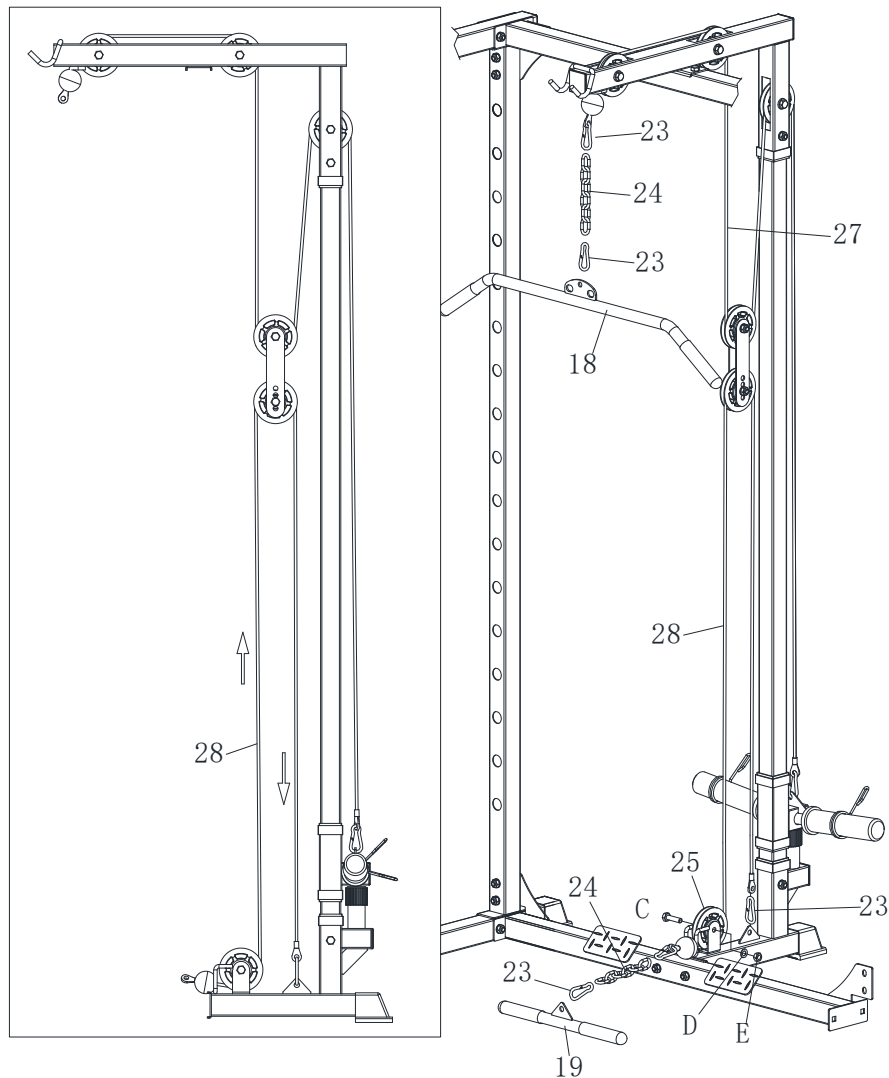






## Step 5 – Cable Routing

Install the lower cable pulley assembly as shown below. Route the lower short pulley cable part #28 per the left picture below. Install the one lower frame pulley part #25 and hand tighten parts C, D, and E as shown in the picture below. Install the lower floating pulley utilizing the (2) support brackets part #20, and hand tighten parts C, D, and E for the lower pulley. Attach the end of the pulley cable part #28 to the lower Lat pull-down base part #6 utilizing the safety clip part #23 as shown in the picture on the right. Attach the Lat pull-down bar part #18 and row bar part #19 utilizing the chains parts #24 and the safety clips parts #23.





## Step 6 – Safety Bars

Before all the bolts and nuts are fully tightened, slide in the safety bar's part #16 and part #17 and ensure there is smooth movement and plenty of play in multiple locations. Once confirmed, everything can be fully tightened. Before using the machine, make sure to double check that all frame and pulley bolts and nuts are fully tightened.

