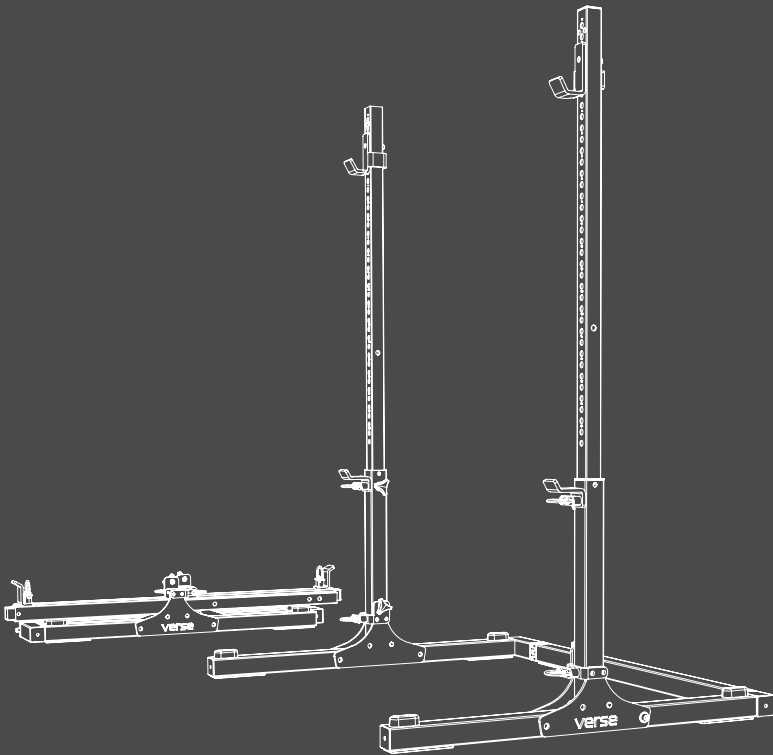


verse™

# AGILE STRENGTH RACK

Safety & Setup Instructions



TM

## Customer Service

Verse™ Fitness  
1777 Yosemite Avenue, Suite 235A  
San Francisco, CA 94124-2681, USA  
+1 (415) 323-3872 | support@verse.fit

## Visit

[www.verse.fit](http://www.verse.fit)  
for more products  
and information

## Details

Made in China  
SKU: VAR001  
Copyright ©2024, Verse™ Fitness

**IMPORTANT: Read and follow all Warnings and Instructions Before Using**

Verse™ and its associates assume no responsibility for personal injury or property damage sustained by or through use of this product. If you need help or have damaged or missing parts, contact our customer service as listed above.

Keep these instructions in a safe place for quick reference.

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## Congratulations!

### Welcome to the VERSE™ AGILE STRENGTH RACK experience!

Maximize your strength training with this adaptable rack that's ready to accompany you anywhere! Bring the Agile Rack to an outdoor workout site, or use it in your home, garage, patio or multi-use room. Plus, it folds up compactly for transport and storage. It's your dedicated partner for effective barbell workouts. Use only the adjustable Verse™ J-hooks provided. The Verse™ Strength Rack also comes equipt with fixed J-hooks to support the barbell at lower heights. For updates, tips, and special offers, visit [www.verse.fit](http://www.verse.fit). Connect with us on social media to be part of our fitness community. Let's achieve your fitness objectives together!

## Limited Warranty

### REFUND POLICY

90-day Risk-Free 100% Satisfaction Guarantee:  
We hope that we've provided you with a product that you are delighted with. However, if you are not fully satisfied with your purchase, you may return it for a full refund of your purchase cost. You have 90 days from receiving your item to submit a return. Returns with proof of purchase will be refunded in the manner in which the original purchase was made.

### RETURN PROCESS

To start a return, contact us at: [returns@verse.fit](mailto:returns@verse.fit) and optionally let us know why you would like to return your item. We will have you fill out a return form with the necessary details to ensure a proper refund. We welcome your feedback so that we can continue to improve our

products and customer service. Please pack the product in its original packaging. You are responsible for all costs associated with shipping the product back to us. Please obtain a return tracking number from your parcel service. More details will be provided once you initiate the return.

### FIVE (5) YEAR LIMITED WARRANTY

We want you to enjoy your Verse™ product for years to come. For that reason, we will warranty this product for five (5) years. Under our warranty, we will repair or replace it if found to be defective in material, construction or workmanship. However, our warranty will not cover products that have been misused, abused, or used outside of our recommended use and care instructions. Contact us at: [support@verse.fit](mailto:support@verse.fit) for warranty questions or any other concerns.

Verse™ and its associates assume no responsibility for personal injury or property damage sustained by or through use of this product.

**Keep these instructions in a safe place for quick reference.**

# Important Precautions

Read and Follow all Warnings and Instructions Before Using

## ! WARNING

It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.

Ensure equipment is set up correctly according to instructions.

To avoid tipping hazard, set up on a flat, level and dry surface, that is stable and free of loose gravel, obstructions or trip hazards.

To avoid tipping hazard, do not swing on or rock the equipment.

Alternate sides when loading and unloading weights on barbell, to avoid tipping hazard.

Use the equipment only for intended use, as described in this manual.

Do not use attachments not recommended by the manufacturer.

Do not use this product if it appears damaged or without all parts installed.

Keep children and pets away from this equipment.

This equipment is intended for home and consumer use only, not for commercial or institutional use.

Keep body, hair and clothing away from potential crush or pinch points.

Avoid wearing loose clothing or accessories that could snag on equipment.

A spotter is recommended during exercise.

Injuries to health may result from incorrect training.

Before using the equipment to exercise, always perform a proper and thorough warm-up.

Before beginning any exercise program, consult your Doctor. This is especially important for persons with preexisting health problems.

This product is recommended for a maximum load of **500 Lbs (226.8 kg)**. Verse™ is not responsible for any damage or injury caused by loads exceeding this recommendation.

## Care & Maintenance

To prolong life and optimal performance of your equipment, do not leave outdoors for extended periods of time.

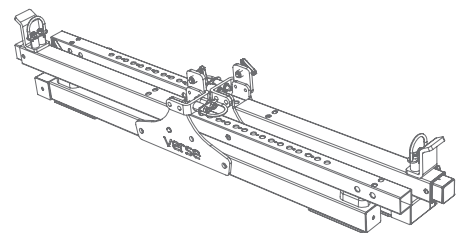
Keep equipment out of the rain and damp environments.

To preserve the original appearance and finish, do not leave in direct sun for extended periods of time.

Hinges should be lubricated every 6 months.

To clean, wipe down with a soft damp cloth or mild cleaner. Do not use abrasive or harsh chemicals.

- Verse Agile Rack is designed to fold away compactly for storage in your home, garage or office. While storing, ensure that the rack is resting flat on its base and not on any of its mechanical components such as latches, knobs, J-hooks or hinges.



Verse™ and its associates assume no responsibility for personal injury or property damage sustained by or through use of this product.

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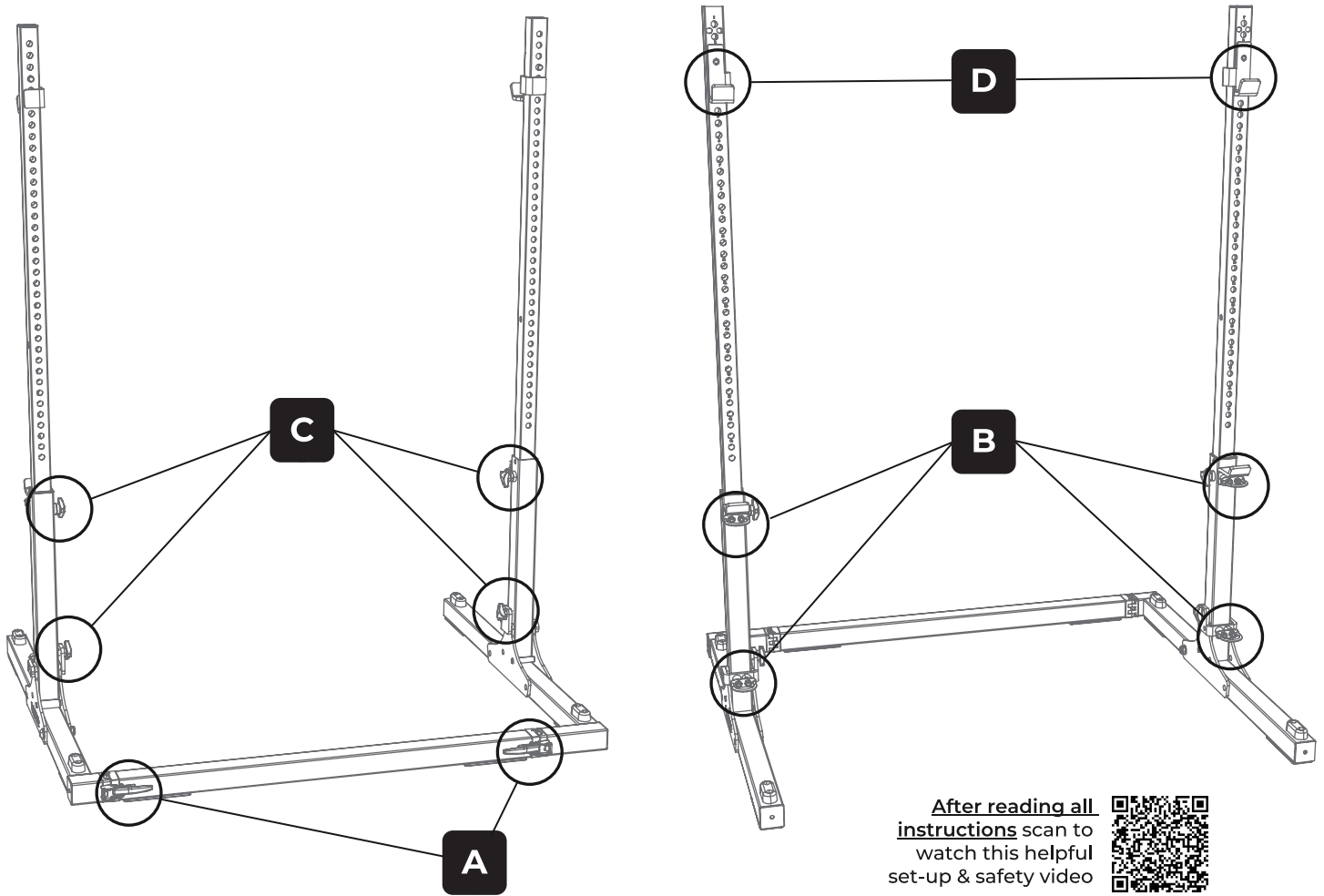
# Setup & Use

WARNING: Serious or fatal crushing injuries can occur from equipment tip-over. Careful attention must be made to the surface on which it is placed.

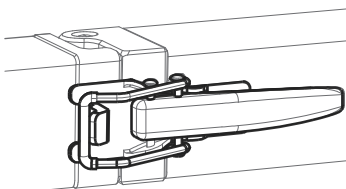
## Read and Follow all Warnings and Instructions Before Using

Setting up your Verse Agile Rack should soon become quick, easy and intuitive. But we want to first make sure you become well familiar with its components, how to properly set it up, and of all the safety considerations. The main set up components are shown below.

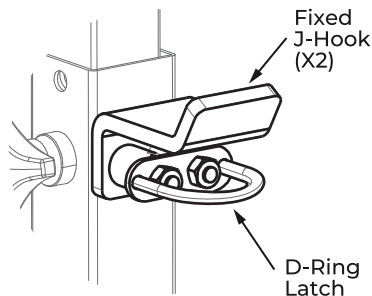
For more info, visit [verse.fit](https://verse.fit)



### A Base Latches (X2)



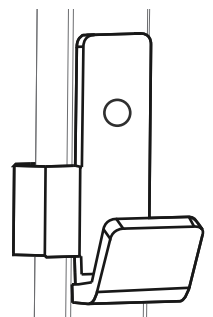
### B D-Ring Latches (X4)



### C Set Screw Knobs (X4)



### D Adjustable J-Hooks (X2)



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# Setup & Use

**WARNING:** Serious or fatal crushing injuries can occur from equipment tip-over. Careful attention must be made to the surface on which it is placed.

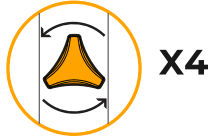
## Read and Follow all Warnings and Instructions Before Using

1

Position rack on a flat, level and dry surface, that is stable and free of loose gravel, obstructions or trip hazards.

**IMPORTANT:**

Loosen all 4 orange knobs before moving on to Step 2



Allow about 44" clearance for setup

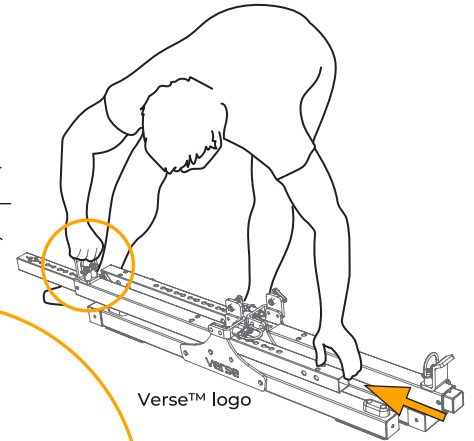
Verse™ logo

Allow about 44" clearance for setup

2

While pulling D-ring Latch "B", push inner tube (on the front set of tubes) through until it "clicks" in place.

click



Verse™ logo

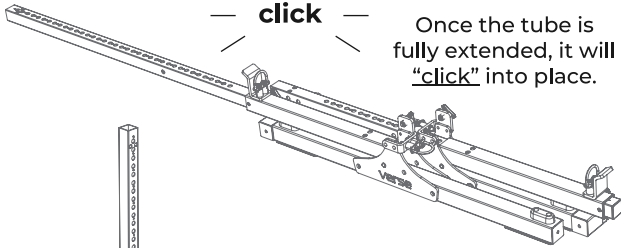
While pulling D-Ring, push inner tube through until it "clicks"

3

Make sure tube is fully extended and clicked into place. Then lift the tube so it's upright. You will hear another click.

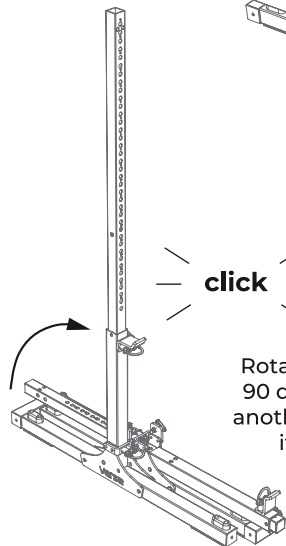
click

Once the tube is fully extended, it will "click" into place.



click

Rotate the entire tube up 90 degrees. You will hear another "click", confirming it's locked in place



4

Rotate the left side 90 degrees and secure the base latch.

Ensure metal loop is engaged in hook.

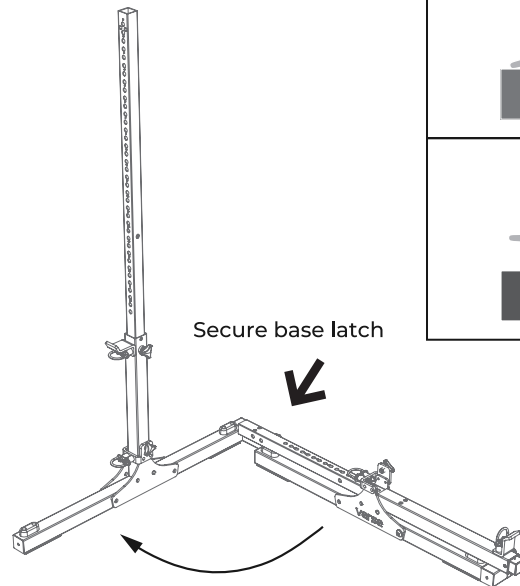
CORRECT



INCORRECT



Secure base latch



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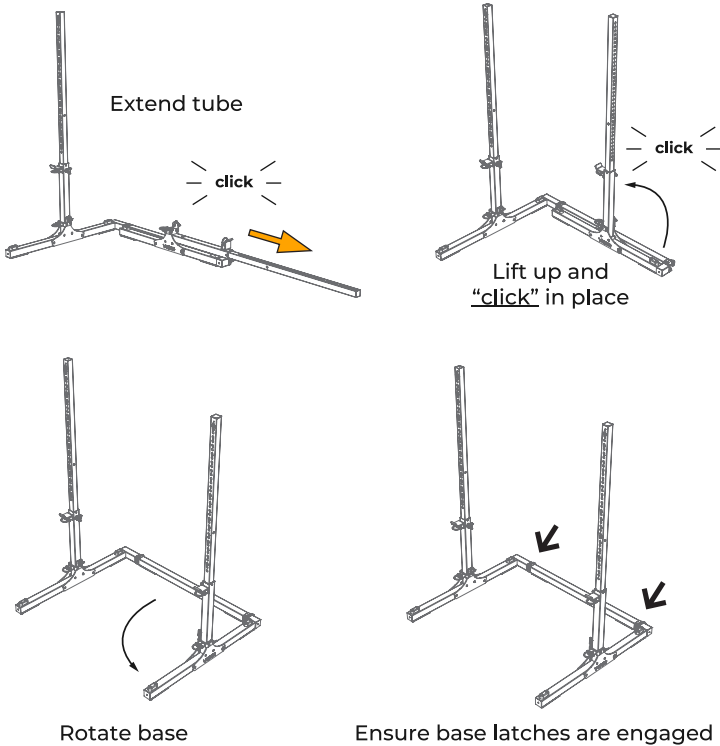
**Keep these instructions in a safe place for quick reference.**

# Setup & Use

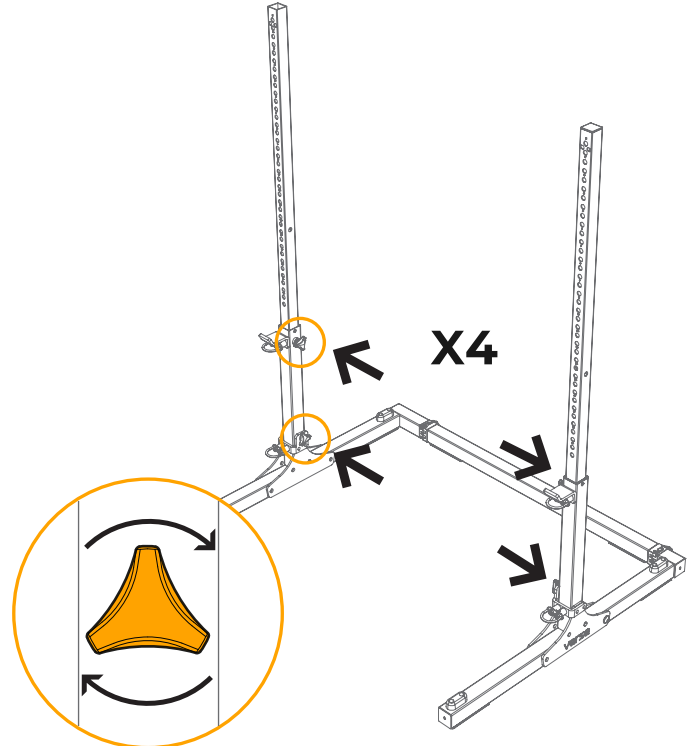
**WARNING:** Serious or fatal crushing injuries can occur from equipment tip-over. Careful attention must be made to the surface on which it is placed.

## Read and Follow all Warnings and Instructions Before Using

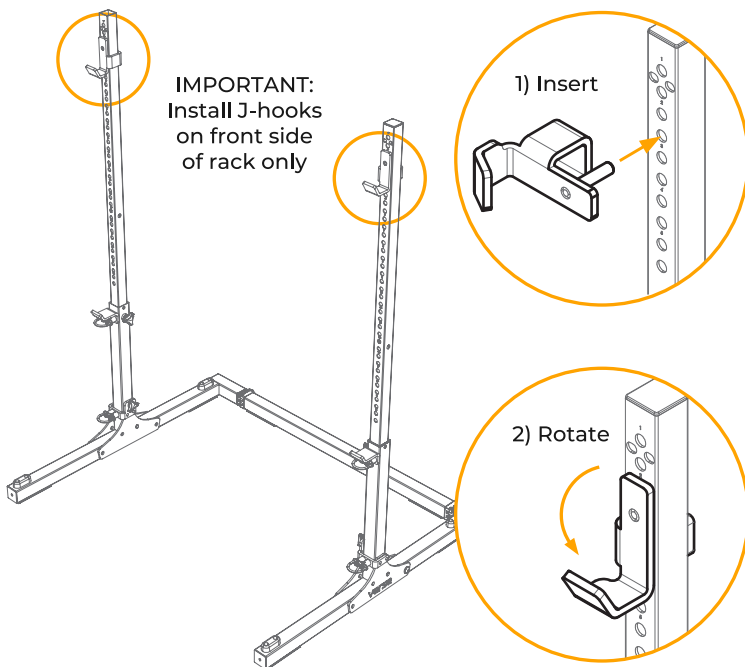
**5** Repeat steps 2-4 with the right side.



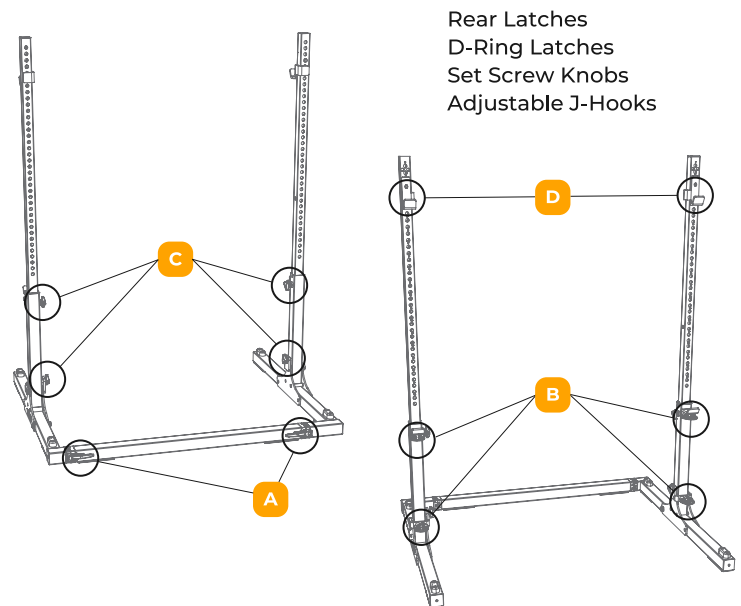
**6** **IMPORTANT:** Manually tighten orange set screw knobs "C" (X4) to stabilize rack.



**7** Install J-hooks to your desired height. Make sure both are set at the same height.



**8** Before each workout manually check that all latches & hooks are secure and knobs are tight.



To fold the Agile Rack up, follow these steps in the exact reverse. **Be careful to keep hands and fingers away from potential pinch points.**

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**Keep these instructions in a safe place for quick reference.**

# Warning Decal Placement

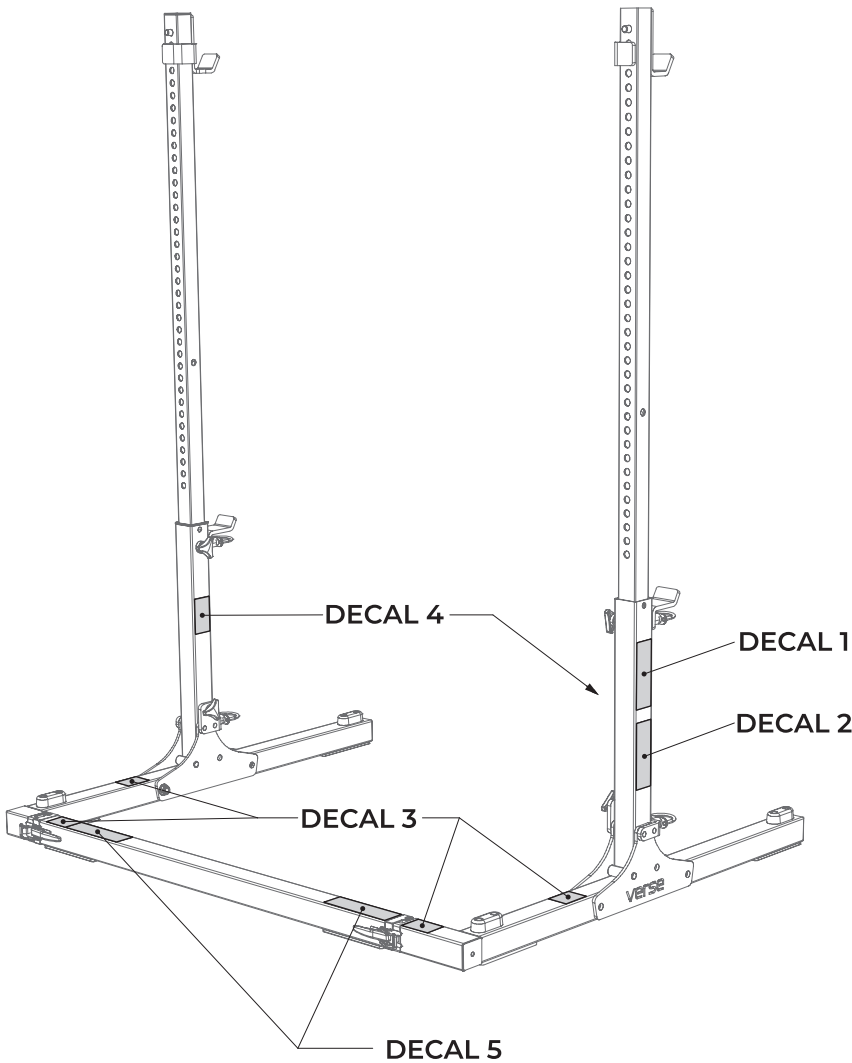
Read and Follow all Warnings and Instructions Before Using

The decals shown here have been applied to the weight rack.

If a decal is missing or illegible, email customer support at support@verse.fit to request a free replacement decal.

Apply the decals in locations shown.

Decals may not be shown at actual size.



DECAL 1

**⚠ WARNING**

**FOLLOW THESE PRECAUTIONS**

**IMPROPER USE OR SETUP COULD RESULT IN SERIOUS INJURY OR DEATH.**

- Read and follow all warnings and instructions before using.
- Ensure equipment is set up correctly according to instructions. To avoid tip-over, position only on a flat, dry, stable surface, free of debris or trip hazards.
- Do not use this product if it appears damaged or without all parts installed.
- Keep children and pets away from this equipment.
- Keep body, hair and clothing away from crush or pinch points.
- Avoid wearing loose clothing or accessories that could snag on equipment.
- This equipment is intended for home and consumer use only, not for commercial use.
- Consult your physician before beginning any exercise program.

Max Weight Capacity: **500 Lbs [226 kg]**

**DO NOT REMOVE THIS LABEL**  
Replace if damaged or illegible.

DECAL 2

**⚠ WARNING**

**SET UP & SAFETY**

Follow User Manual for proper set up procedure and sequence.

**DO THESE SAFETY CHECKS BEFORE EACH USE, BY PHYSICALLY HANDLING THE EQUIPMENT TO CHECK THE FOLLOWING:**

- Ensure equipment is positioned on a flat, stable surface
- Ensure base latches (2X) are engaged and locked
- Ensure D-ring steel spring locks (4X) are snapped into place and secure
- Manually tighten the set screws (4X orange knobs) as tightly as possible to minimize any potential movement or wobble.

For more information on set up and use:

[QR CODE]

**DO NOT REMOVE THIS DECAL**  
Replace if damaged or illegible.

DECAL 3

**⚠ WARNING**

**TO AVOID INJURY**  
KEEP FINGERS, HANDS & FEET AWAY FROM ANY PINCH OR CRUSH POINTS

DECAL 4

**⚠ WARNING**

**TIGHTEN KNOBS FULLY BEFORE USE**

DECAL 5

**⚠ WARNING**

**ENSURE LATCH IS HOOKED & ENGAGED**

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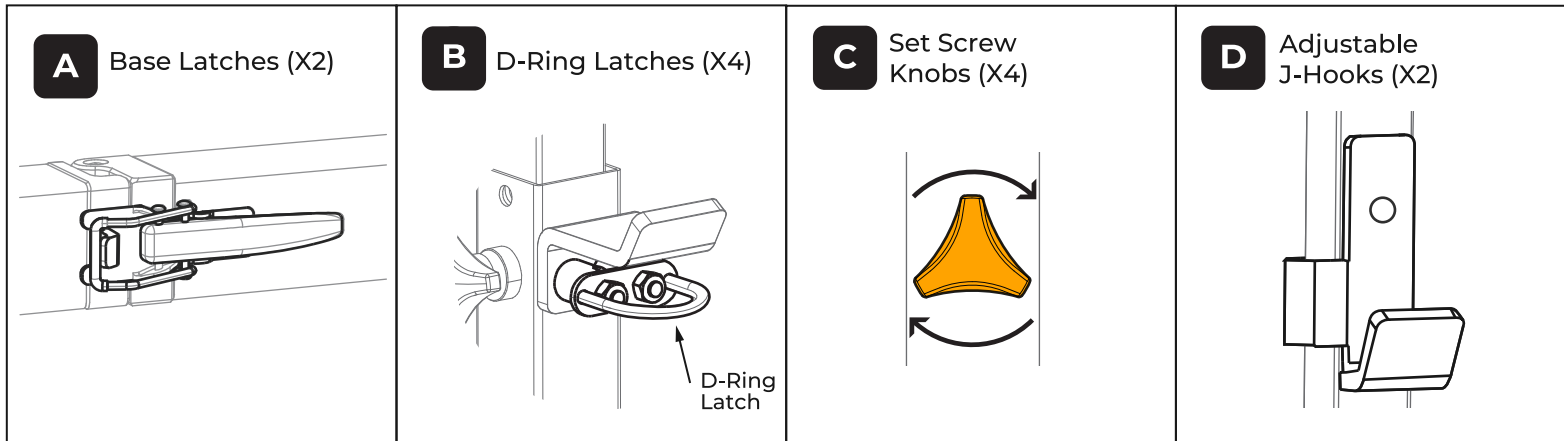
# Pre-Workout Set-Up & Safety Checklist

Read and Follow all Warnings and Instructions Before Using

## EQUIPMENT SAFETY CHECK BEFORE EACH WORKOUT:

Ensure the rack is set up on a flat, dry and stable surface. Check for stability both with and without a barbell and weight to ensure that the equipment is not subject to wobble, tip-over, or any unstable positioning before, during, and/or after use.

Manually check that all latches & hooks are secure and knobs are tight



Before using the equipment to exercise, always perform a proper and thorough warm-up.

A spotter is recommended during exercise.

Injuries to health may result from incorrect training

## Additional Set Up & Training Resources

### Verse™ Training Library & Tips:

For your convenience, we have a few quick videos to help get you started right away with the Verse™ Agile Strength Rack.

Verse™ and our associated trainers have created a fitness library to help support you on your fitness journey. Whether you are a beginner or seasoned fitness enthusiast, we believe we have content you will enjoy.

Subscribe to our YouTube channel to keep up with new fitness videos, announcements and helpful tips. Find us at [YouTube.com/@verse.fitness](https://www.youtube.com/@verse.fitness)

Be sure to connect with us on Social Media, to stay inspired and informed of all the latest fitness information, trends and entertainment.

Scan here for tips and training resources



Find us on Social



### Prop 65 Warning

Some metal products may contain elements or chemicals known to the State of California to cause cancer, birth defects or reproductive harm. These elements include but are not limited to Chromium, Cobalt, Lead, and Nickel. For more information visit [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

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