

PRODUCT SPECIFICATION

	WEIGHT	- :	200kg
OWNERS MANUAL & QUICK START GUIDE	MAX TRAINING WEIGHT	- :	200kg
NOTE : PLEASE READ ALL THE INSTRUCTIONS	DIMENSIONS	_ 628mm x 1450mm x 2212mm	
CAREFULLY BEFORE ASSEMBLING THIS PRODUCT.	SAFE WORKING ZONE	- 2128mm x 2950mm x 30	076mm
		#MADEINBI	ELFAST

WARNING

SERIOUS OR FATAL INJURIES MAY OCCUR FROM INCORRECTLY ASSEMBLED EQUIPMENT. ALWAYS ENSURE BOLTS ARE TIGHTENED CORRECTLY AND ALL PARTS ARE LEVEL AND PLUMB. TO FURTHER REDUCE RISK OF INJURIES OR DEATH PLEASE USE OUR SUGGESTED TOOLS AND PERSONAL PROTECTIVE EQUIPMENT (PPE). WE SUGGEST THAT A MINIMUM OF THREE PEOPLE ARE INVOLVED IN THE ASSEMBLY OF THIS PRODUCT. EACH PERSON SHOULD BE EQUIPPED WITH SAFETY GLASSES, STEEL TOE CAP BOOTS AND EAR PLUGS.

PLEASE BE AWARE OF THIS SYMBOL AS AN INDICATION TO CHECK THAT A PART IS LEVEL OR PLUMB.



TOOLS REQUIRED





TAPE MEASURE





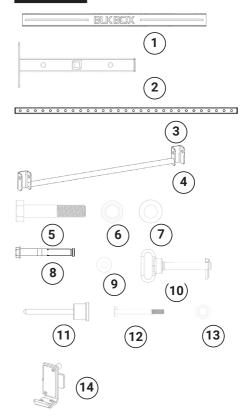
VACUUM

SPIRIT LEVEL

10MM MASONRY DRILL BIT

No.	Name	SKU	QTY
1	U-CHANNEL BRACKET	20-0703	2
2	GOLIATH FOLDING RACK BOX	21-0551	4
3	GOLIATH FOLDING RACK UPRIGHT	21-0557	2
4	GOLIATH FOLDING RACK PU BAR	21-0553	1
5	M20X100 BOLT	10-0134	8
6	M20 NYLOCK NUT	10-0028	8
7	M20 WASHER	10-0023	16
8	M10 SLEEVE ANCHOR	10-0031	8
9	M10 WASHER	10-0019	16
10	HITCH PIN	16-0004	2
11	LOCATING PIN	10-0160	2
12	M10X100 BOLT	10-0067	4
13	M10 NYLOCK NUT	10-0271	4
14	J-HOOK PAIR	16-0001	1

PARTS & ATTACHMENTS



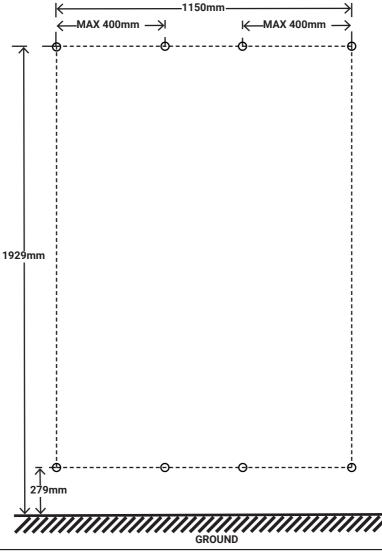
BLK BCX

ASSEMBLY



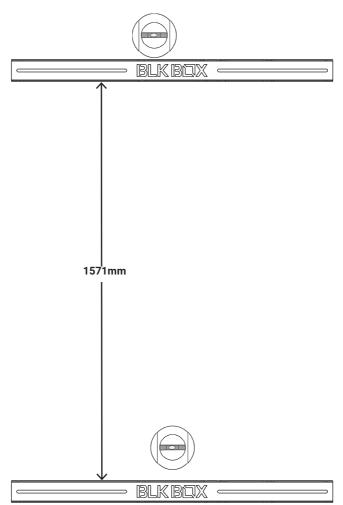
MARK THE 8 HOLE LOCATIONS FOR THE WALL MOUNTED U- BRACKETS AS SHOWN BELOW.

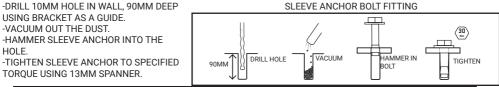
TIP: USE U-BRACKET AS TEMPLATE.





CHECK THAT THE BRACKETS (20-0703) ARE LEVEL AND ALIGN WITH THE HOLES THAT HAVE BEEN MARKED OUT. DRILL AND SECURE BRACKETS USING SLEEVE ANCHOR GUIDE BELOW.



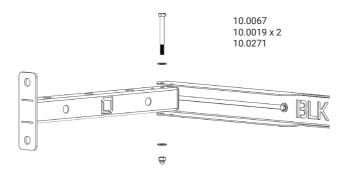


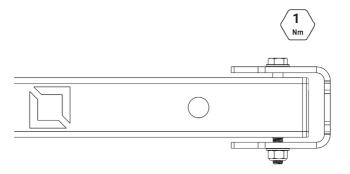
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#MADEINBELFAST

3

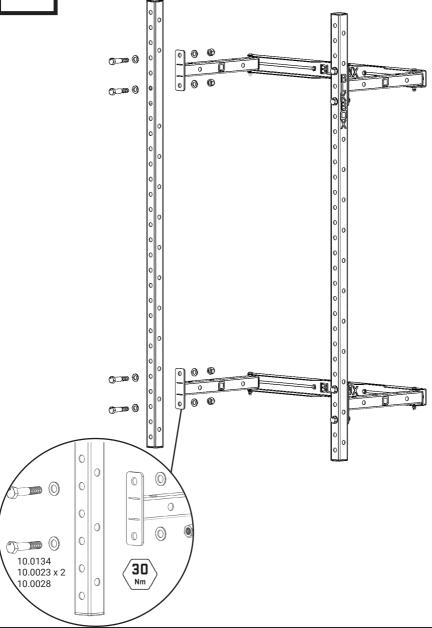
BOLT 4 QTY BOX CM (21-0551) TO 2 QTY U-BRACKET (20-0703) USING BOLT ASSEMBLY AS SHOWN. ENSURE YOU DON'T OVER TIGHTEN.





5

BOLT 2 QTY UPRIGHT (21-0557) TO 4 QTY BOX CM (21-0551). ENSURE THE LOGOS ON UPRIGHTS ARE FACING OUTWARDS AND ALL BOLTS FACING INWARDS.



BLKBCX



ATTACH 1 QTY PULL UP BAR (21-0553) WITH 2 QTY UPRIGHTS USING 2 QTY HITCH PINS (16-0004)

