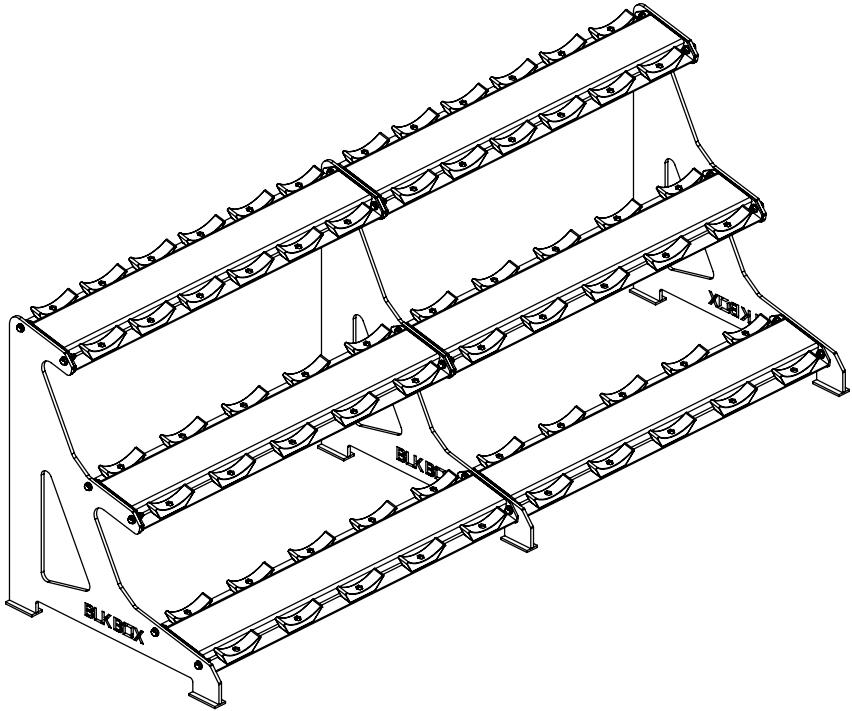


BLK BOX PREMIUM 3 TIER DUMBBELL RACK

21-0183



OWNERS MANUAL & QUICK START GUIDE

NOTE: PLEASE READ ALL THE INSTRUCTIONS CAREFULLY BEFORE ASSEMBLING THIS PRODUCT.

PRODUCT SPECIFICATION

PRODUCT WEIGHT	-	147kg
DIMENSIONS	-	2424mm x 800mm x 899mm

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.

THIS SYMBOL IS AN INDICATION OF THE RECOMMENDED TORQUE EACH BOLT SHOULD BE TIGHTENED TO. THIS VALUE WILL BE DEPENDENT ON THE BOLT TYPE. PLEASE HAND TIGHTEN ALL BOLTS UNTIL YOU SEE THIS SYMBOL.



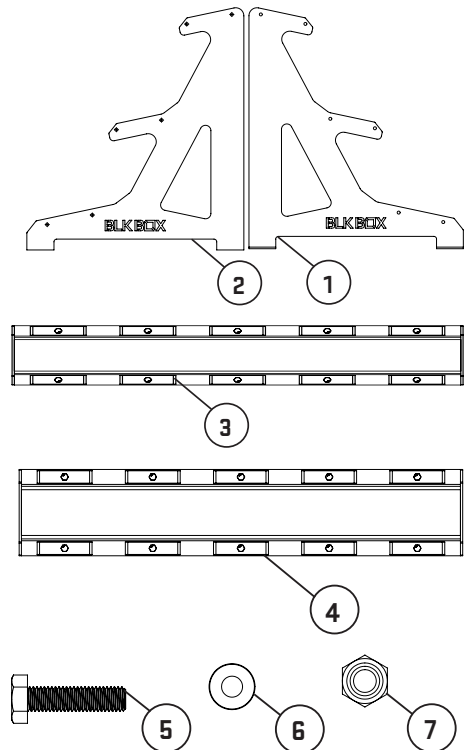
TOOLS REQUIRED



17MM SPANNER X2

No.	Name	SKU	QTY
1	PREMIUM DUMBBELL RACK SIDE PLATE LHS	20-0091	2
2	PREMIUM DUMBBELL RACK SIDE PLATE RHS	20-0092	1
3	PREMIUM DB RACK SHELF	21-0090	4
4	PREMIUM DB RACK TOP SHELF	21-0089	2
5	M10X40 BOLT	10-0003	18
6	M10 FLAT WASHER	10-0019	36
7	M10 NYLOCK NUT	10-0024	18

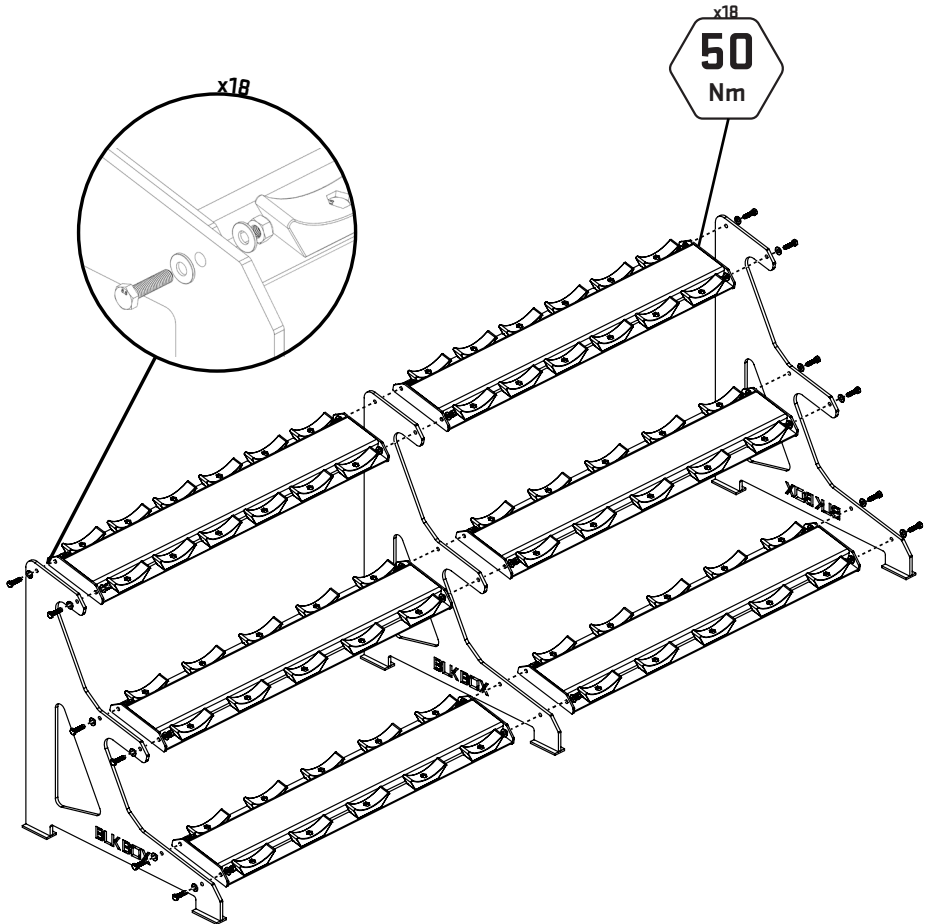
PARTS & ATTACHMENTS



ASSEMBLY

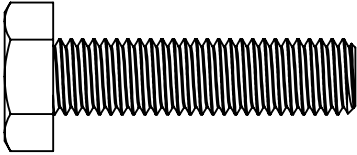
1

BOLT 2QTY PREMIUM DB RACK TOP SHELF (21-0089) AND 4QTY PREMIUM DB RACK SHELF (21-0090) BETWEEN 2QTY PREMIUM DUMBBELL RACK SIDE PLATE LHS (20-0091) AND 1QTY PREMIUM DUMBBELL RACK SIDE PLATE RHS (20-0092) WITH BOLT ASSEMBLY AS SHOWN. ALL BOLTS FACING INWARDS. TIGHTEN ALL BOLTS TO SPECIFIED TORQUE.

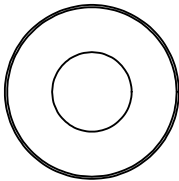


1:1 SCALE FASTENERS

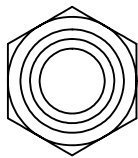
M10x40 BOLT
10-0003



M10 FLAT WASHER
10-0019



NYLOCK NUT
10-0024



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