



## CONGRATULATIONS ON YOUR NEW PURCHASE



**WELCOME TO THE SYNERGY FAMILY!**  
**We know you need support, so we're here for you**



We are here to support you in any way we can. Scan the QR code for options on how to best contact us or visit us at



<https://www.synergycustomfitness.com>



You can also email us [support@synergycustomfitness.com](mailto:support@synergycustomfitness.com) or call us at 1-877-305-4057

*scan QR code for options  
on how to contact us*



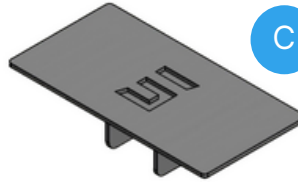
# INSIDE THE BOX

Model #  
DBRK5s

A (1) Upright tube



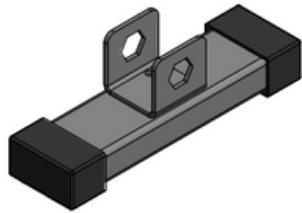
C (1) Top support plate



E (4) 1" 1/2" bolts



B (1) Leg base



D (2) Bracket holders

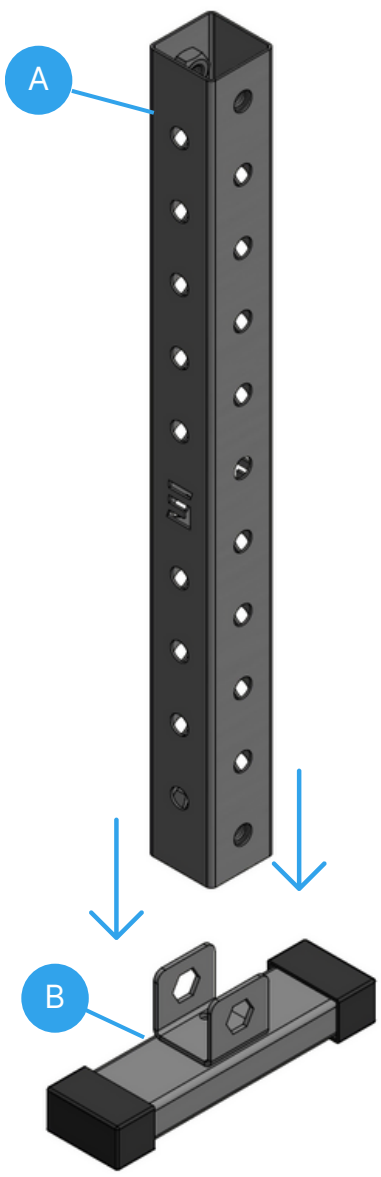


F (1) Wrench



# STEP 1

Model #  
DBRK5s



1

*Insert [A] upright tube  
onto [B] leg base*

Step 1 completed



# STEP 2

Model #  
DBRK5s



2

*Insert [C] top support plate onto [A] upright tube*

Step 2 completed

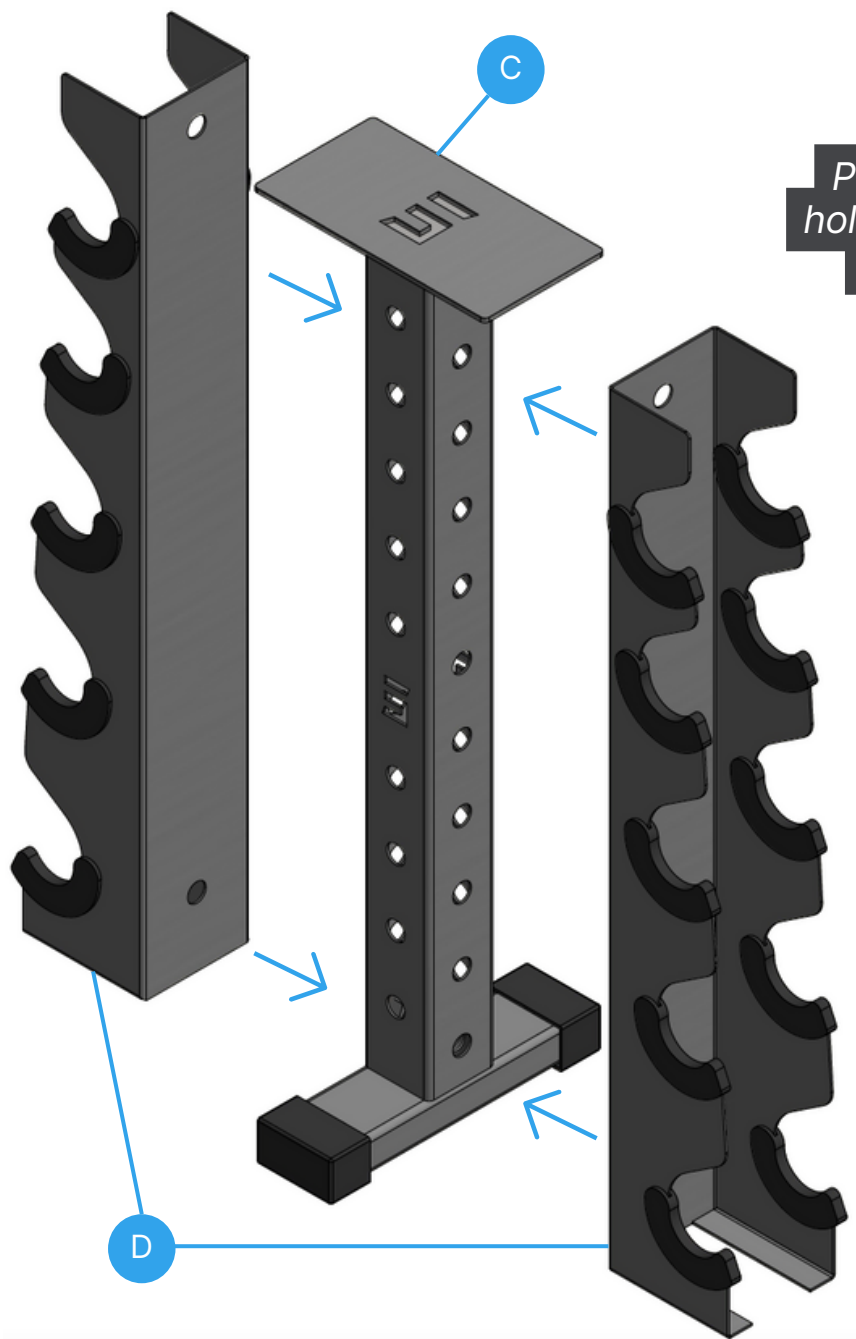


# STEP 3

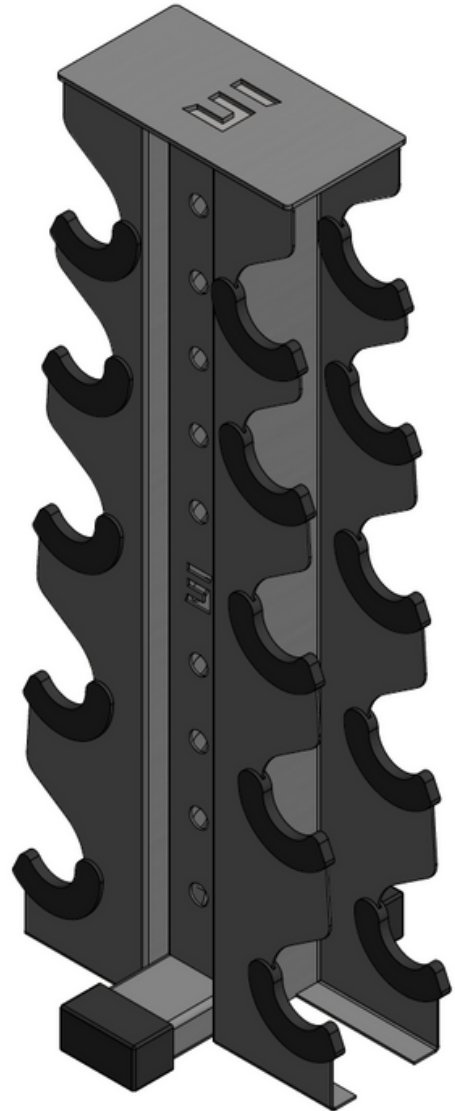
Model #  
DBRK5s

3

Place both [D] bracket holders on opposite sides underneath the [C] support plate

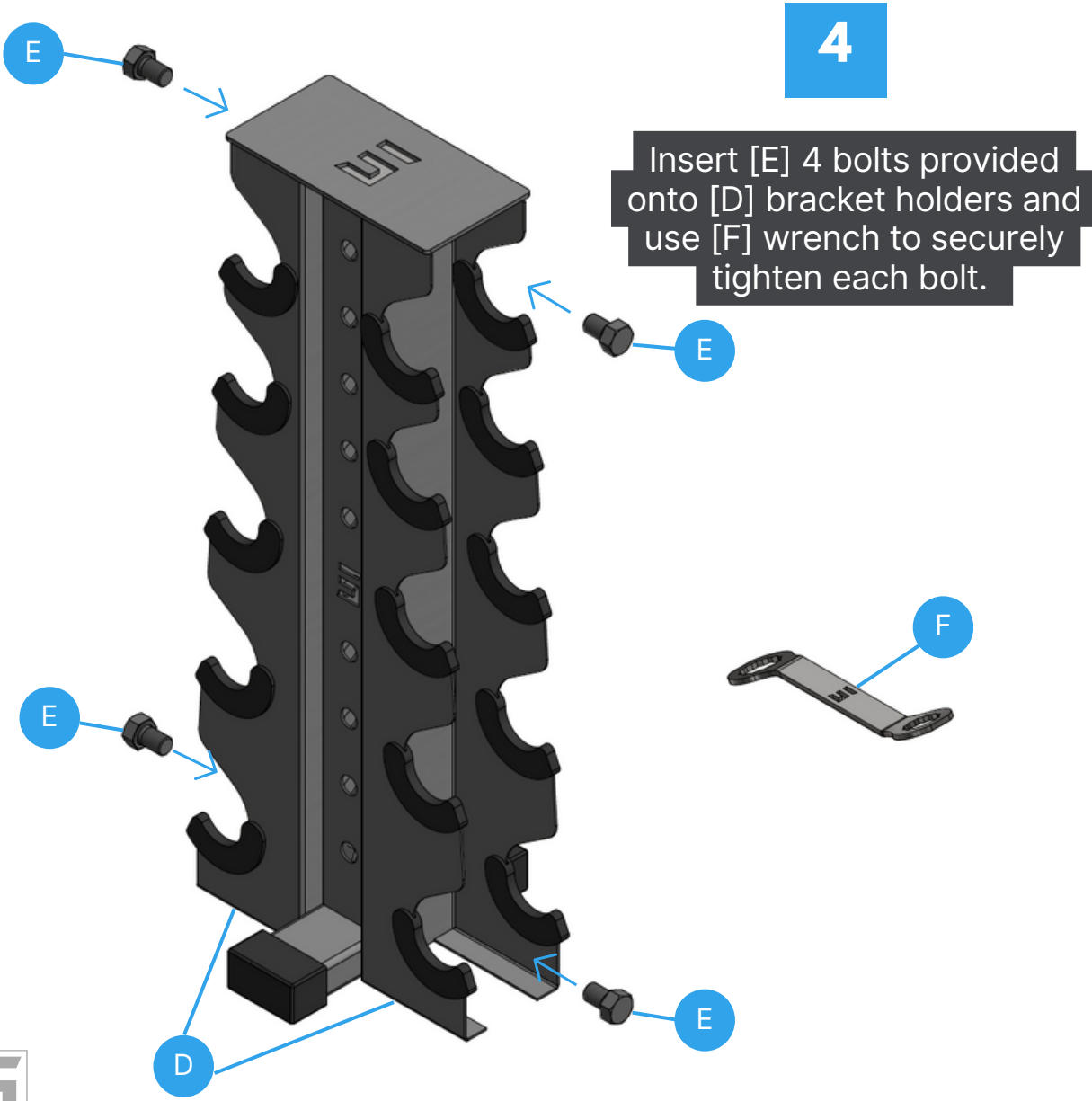


Step 3 completed

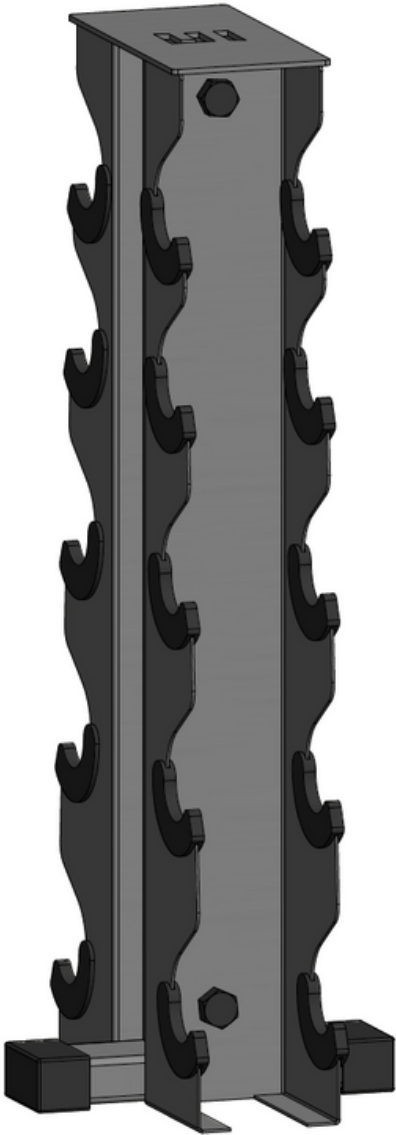


# STEP 4

Model #  
DBRK5s



Step 4 completed





## Wasn't that easy?

**You have assembled your new  
dumbbell rack and didn't  
even break a sweat.**

Now go brag about it in social media  
and get your workout done!



## STILL NEED SUPPORT?

## VISIT US ONLINE!

**Contact us.**

We are here to support you in any way we can. Scan the QR code for options on how to best contact us or visit us at



<https://www.synergycustomfitness.com/contact-us>



You can also email us [support@synergycustomfitness.com](mailto:support@synergycustomfitness.com) or call us at 1-877-305-4057

scan QR code to  
visit us online



## WARNINGS

**Heavy Object.**

Use lifting aids and proper lifting techniques when moving to avoid injury.

**Sharp Objects.**

Sharp objects may be included. Always use precaution and protection to avoid injury.

**Choking Hazard.**

Small parts – Please exercise caution if small children or pets are present.



**Suffocation Hazard.** Plastic bags may be involved. Please exercise caution by keeping bags away from babies, small children and pets.