

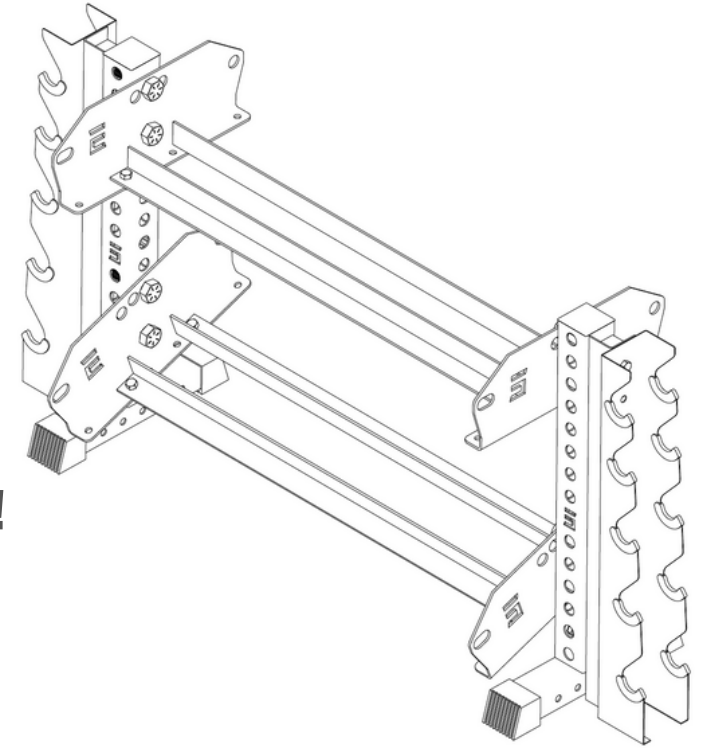
ASSEMBLY INSTRUCTIONS

Model #
HEK-DBRK-BRV
HEK-DBRK-ALP



CONGRATULATIONS
ON YOUR NEW PURCHASE

WELCOME TO THE SYNERGY FAMILY!
Do you need support? we are 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 or call us at 1-877-305-4057

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



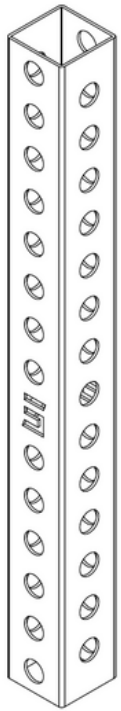
INSIDE THE BOX

Vertical to Horizontal Expansion

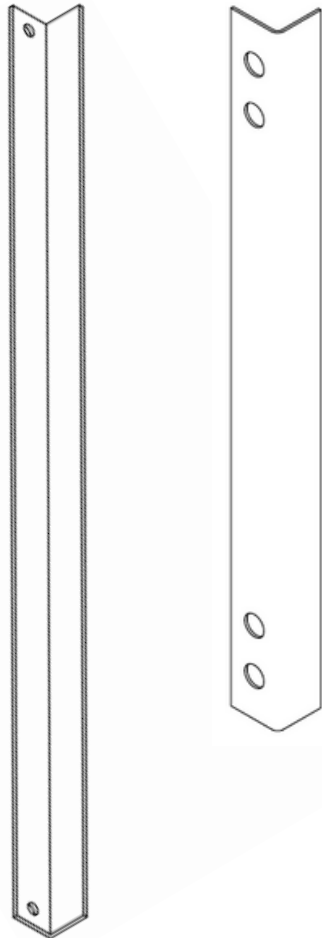
Model #

HEK-DBRK-BRV
HEK-DBRK-ALP

A (1) Upper tube



C L Angle Shelf Support



D (2) Vertical Cover Plate



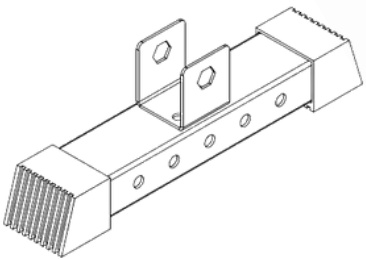
E (2) Top Mounting brackets

F (2) Bottom Mounting brackets

G (4) Shelf Brackets

R *(2) Base Support Plates

B (1) Leg base



H Small wrench



I 4 3/4" - 1" Bolt



J 1" Nylon washer



K 1" lock washer



L 1" hex nut



M 1" - 1/2" bolt



N 1/2 specialty washer



O 1/2 flat washer



P 1/2 hex nut



Q *(4) 4" - 1/2" bolt



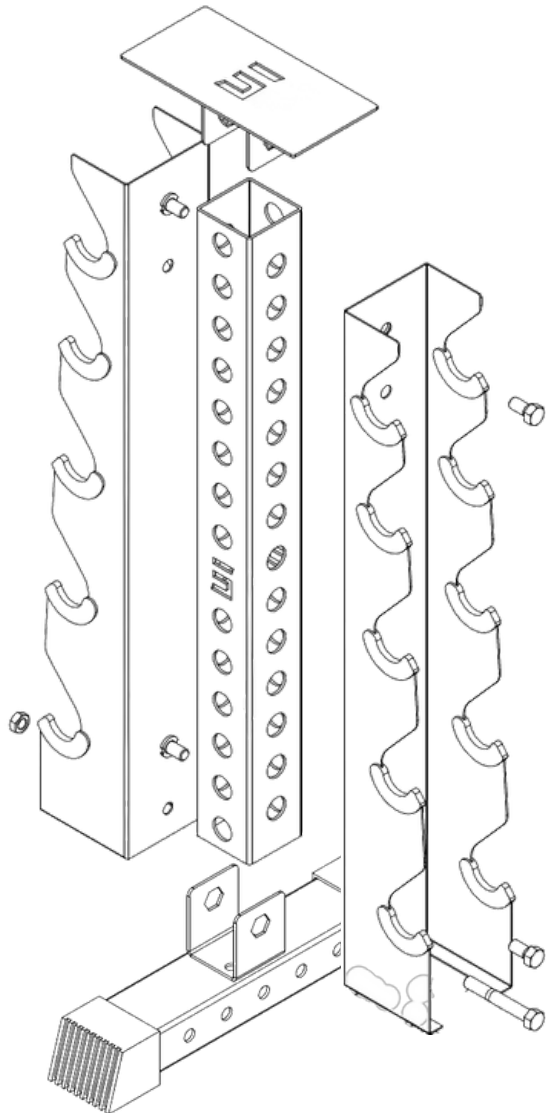
*Additional 1 3/8 wrench tool needed but not included

*for Alpha model only

STEP 1

Model #HEK-DBRK-BRV
HEK-DBRK-ALP

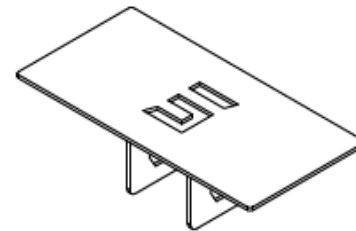
WARNING: Many of these parts are heavy and could cause serious injury if not handle properly, to help avoid injury we recommend assembling with another person and using proper tools,



use included tool



Disassemble you current vertical rack by removing all 5 bolts. All parts from your current rack are needed to expand to a horizontal rack except the top part below.

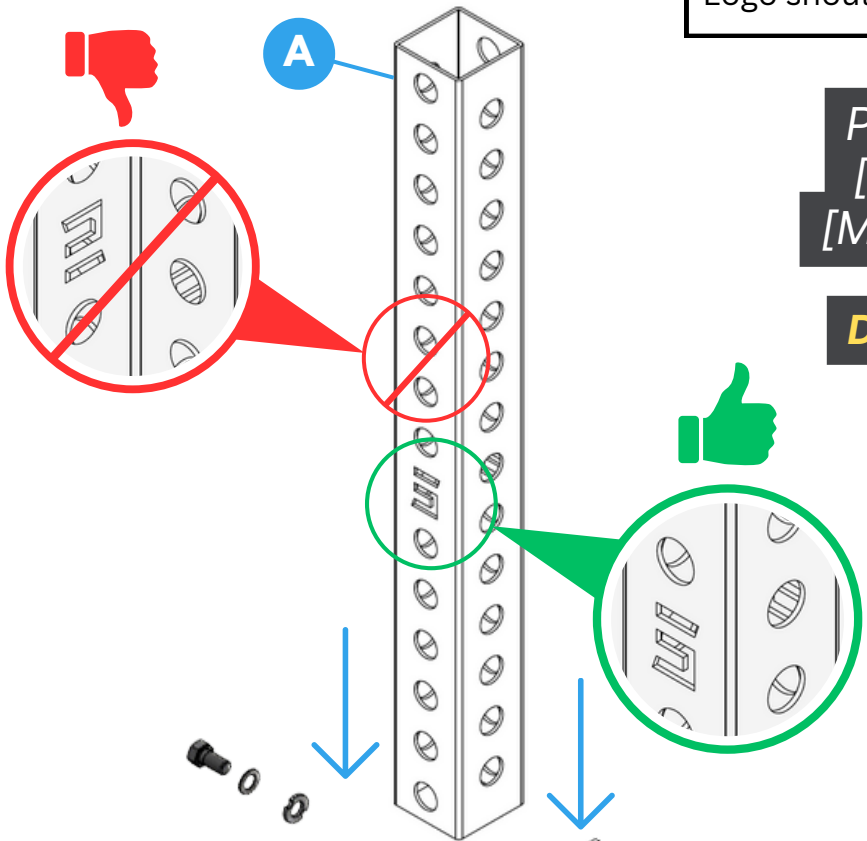


STEP 2 for BRAVO Model

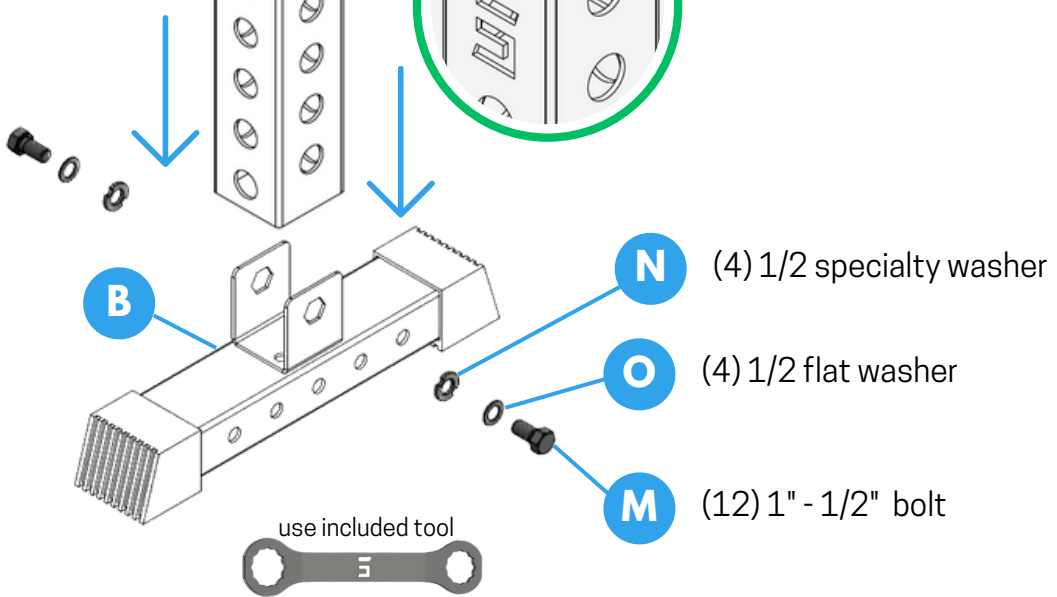
Model #

HEK-DBRK-BRV
HEK-DBRK-ALP

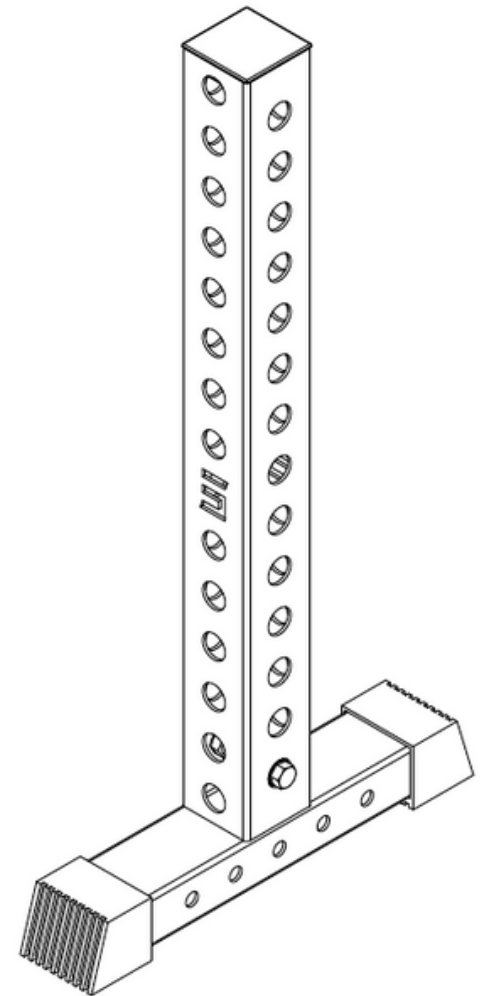
IMPORTANT: Upright correct placement.
Logo should be placed as shown in the green circle



Place [A] upright tube onto [B] leg base use hardware [M] [N] and [O] to secure leg.
Repeat for second leg
DO NOT FULLY TIGHTEN YET



Step 2 completed

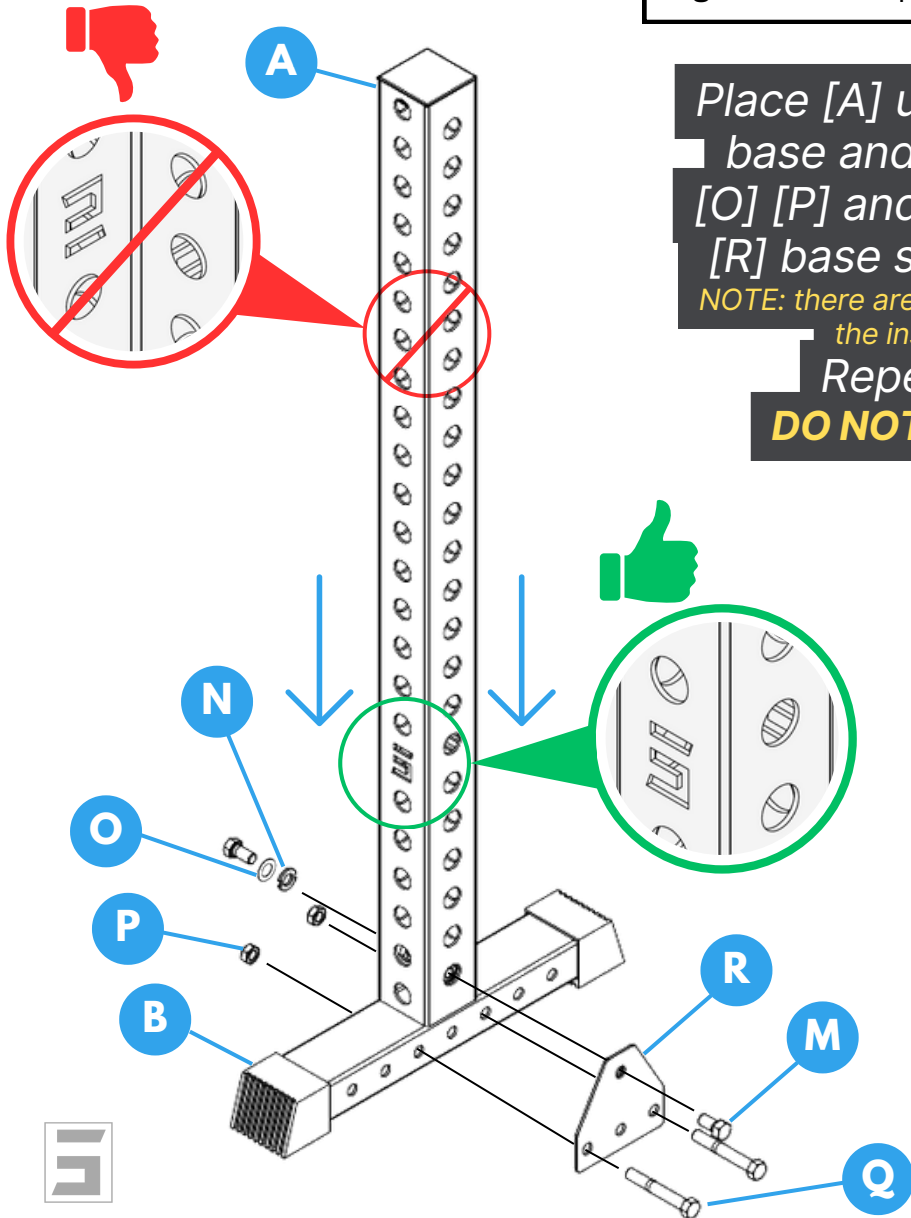


STEP 2 for ALPHA Model

Model #

HEK-DBRK-BRV
HEK-DBRK-ALP

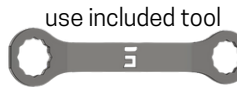
IMPORTANT: Upright correct placement.
Logo should be placed as shown in the green circle



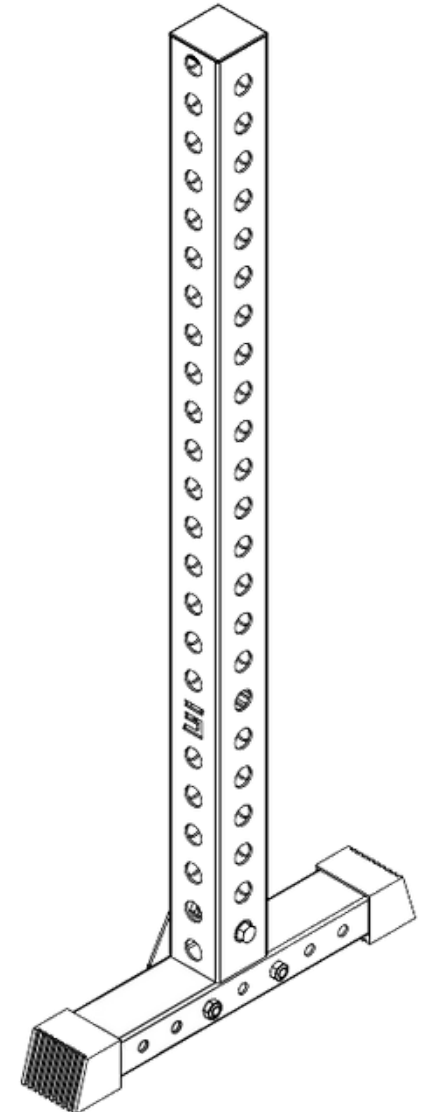
Place [A] upright tube onto [B] leg base and use hardware [M] [N] [O] [P] and [Q] to secure leg using [R] base support plate as shown.

NOTE: there are only 2 base support plates. Place in the inside of each leg as shown.

Repeat for second leg
DO NOT FULLY TIGHTEN YET



Step 2 completed

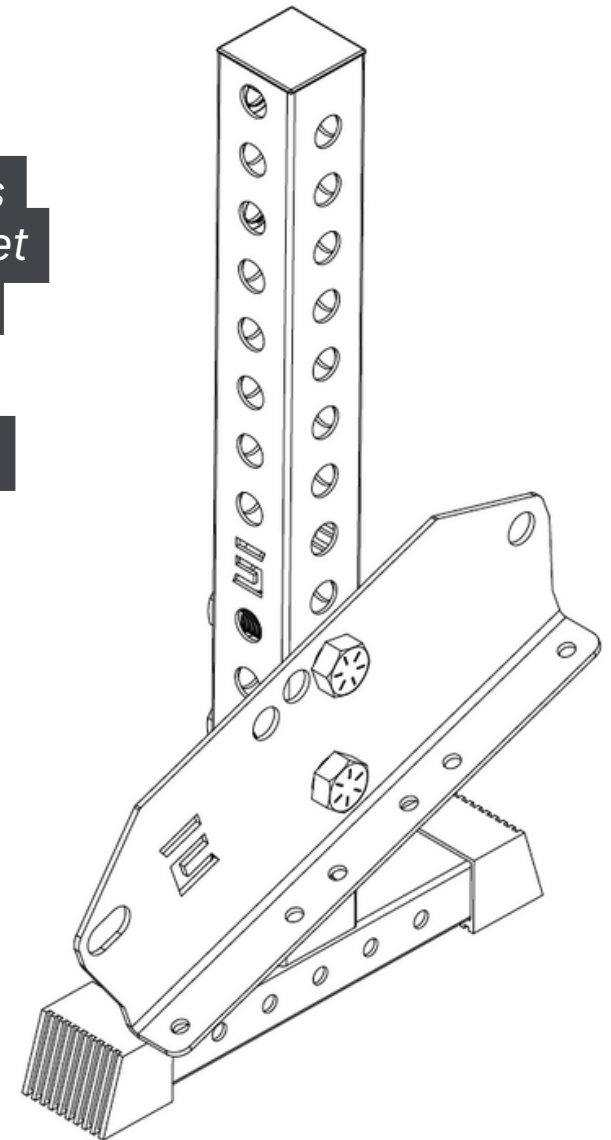
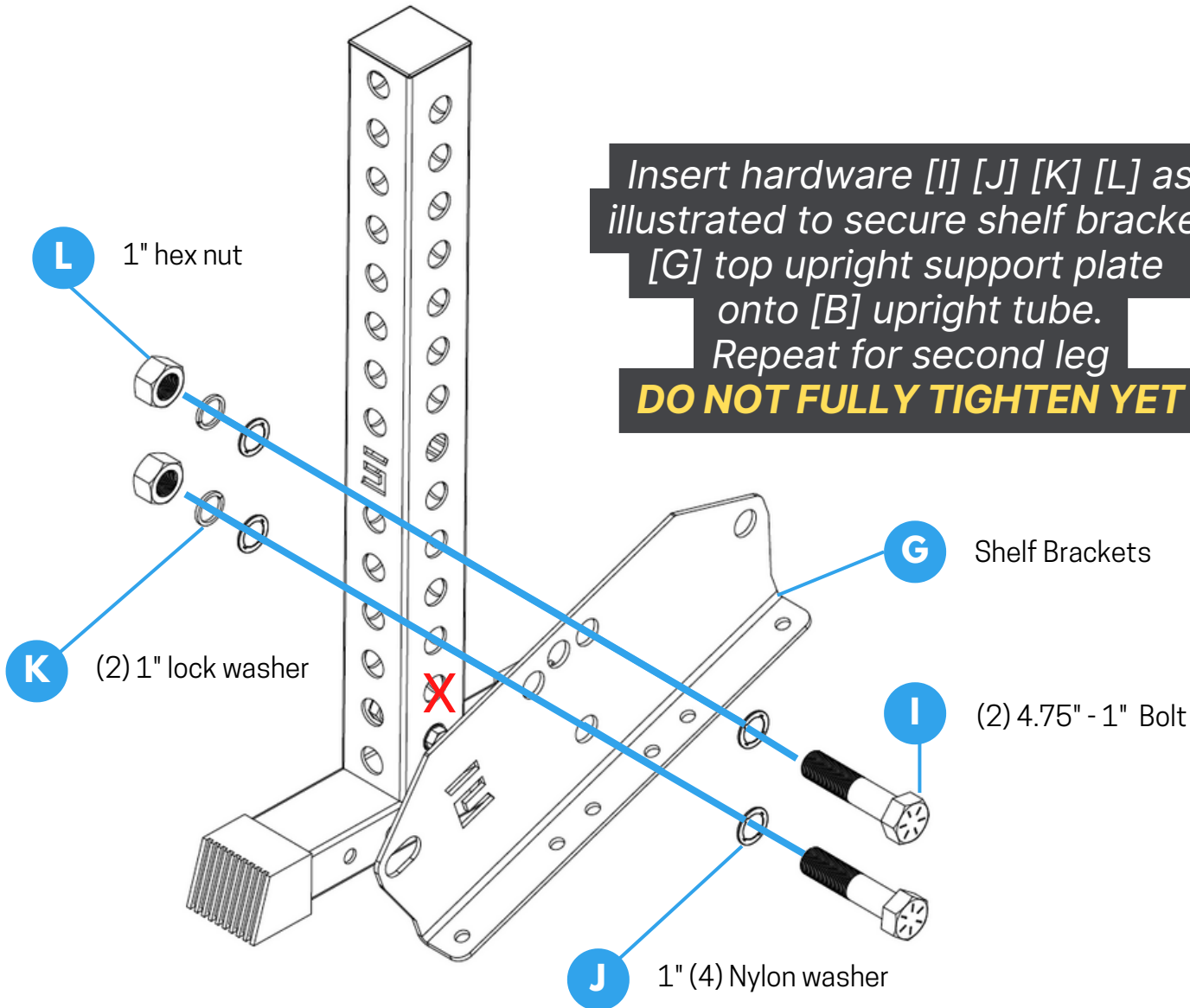


STEP 3

Model #

HEK-DBRK-BRV
HEK-DBRK-ALP

Step 2 completed



*We recommend setting up the first tier before installing the second tier brackets

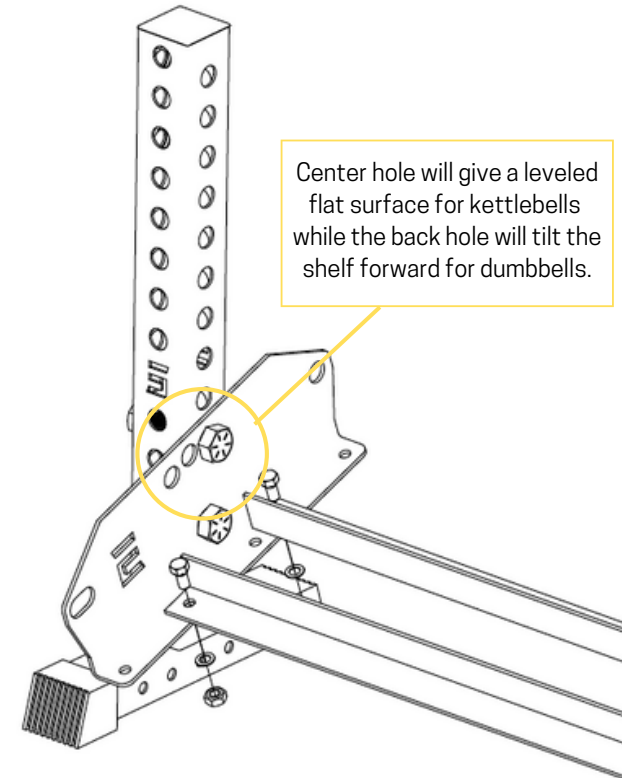
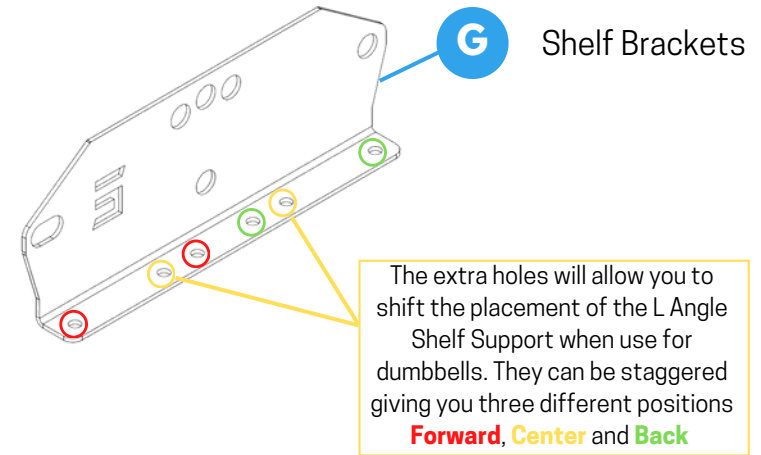
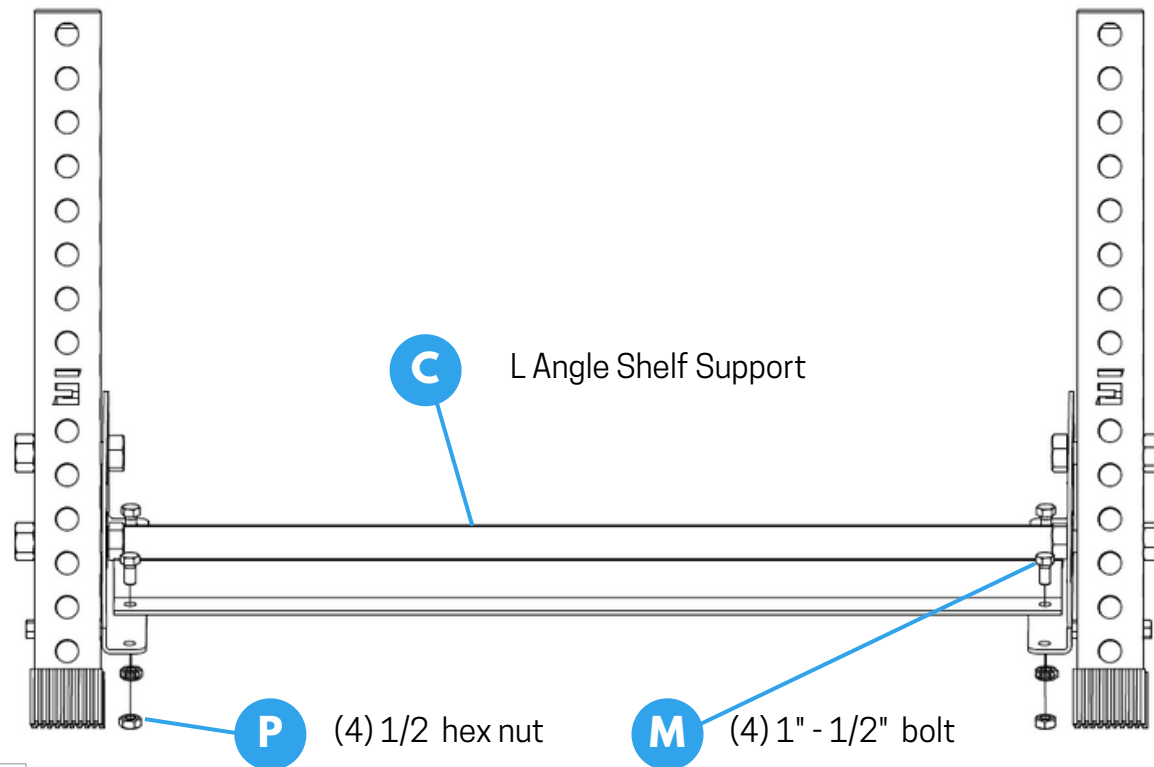
STEP 4

Model #

HEK-DBRK-BRV
HEK-DBRK-ALP

Place both L Angle Shelf Support [C] on shelf brackets [G] and use hardware [M] and [P] to secure.

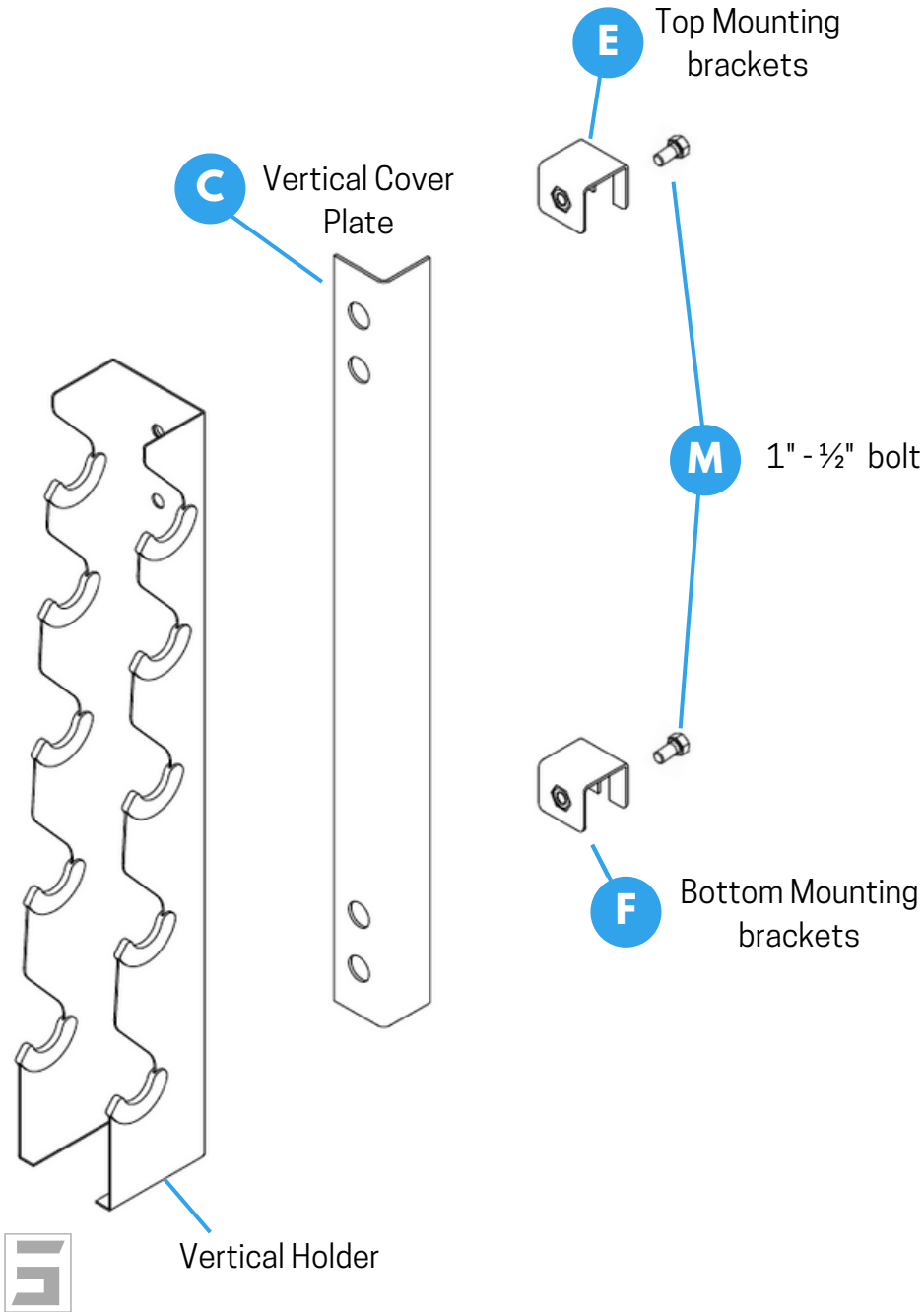
Repeat steps 3 and 4 for next tier(s) on desire height.



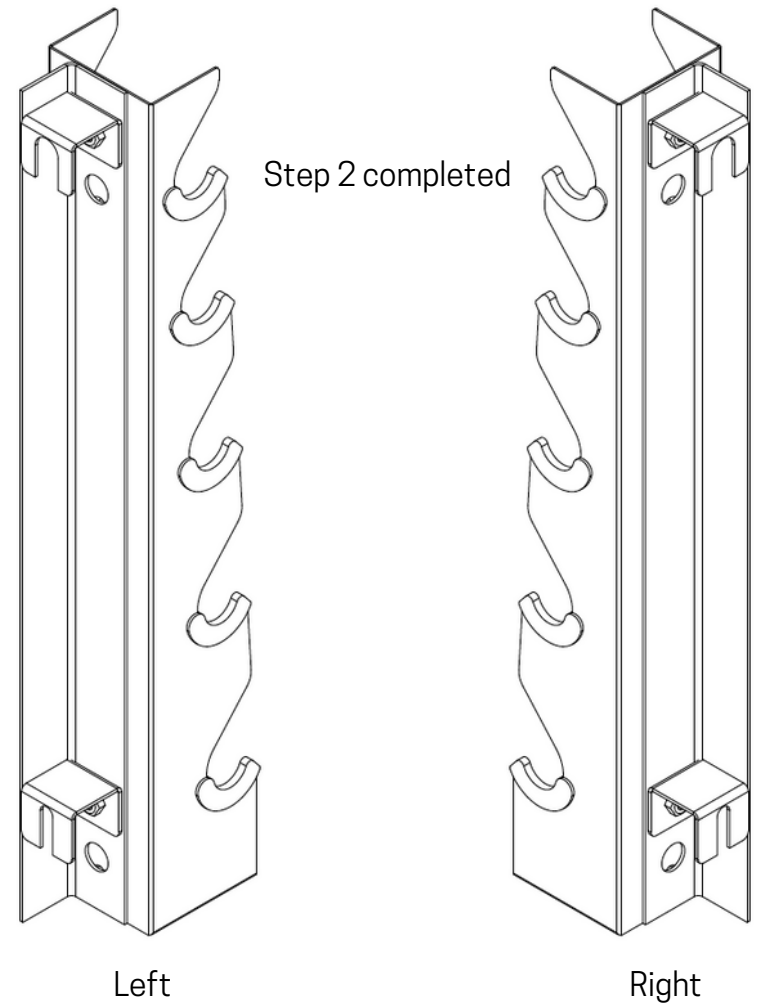
STEP 5

Model #

HEK-DBRK-BRV
HEK-DBRK-ALP



Assemble **LEFT** side of Vertical holders as shown using vertical holders from the vertical rack. Use parts as shown. Repeat for **RIGHT** side

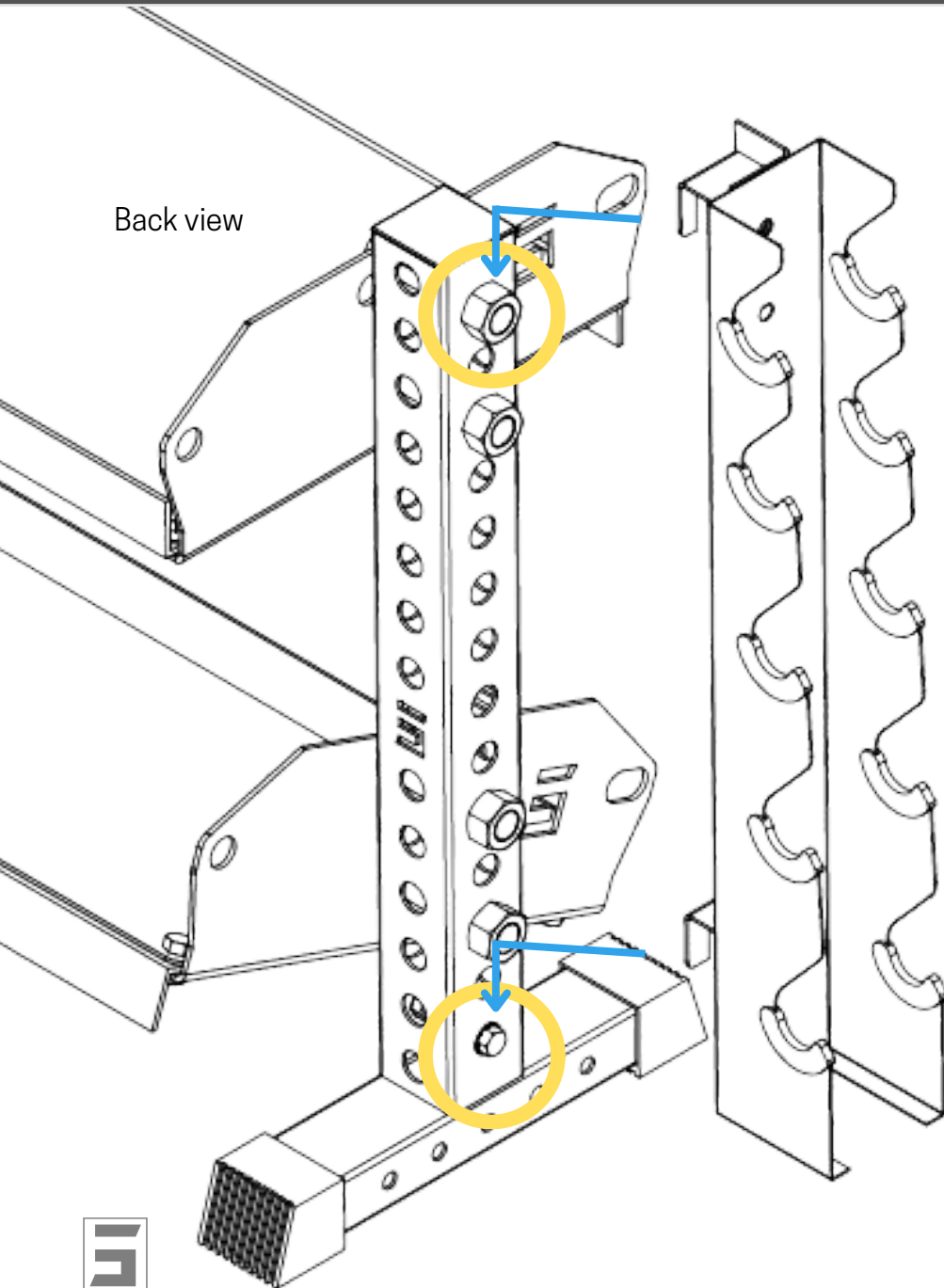


STEP 6

Model #

HEK-DBRK-BRV
HEK-DBRK-ALP

Back view



Attach vertical expansion to uprights as shown. Make sure **mounting bolts** are loosen to allow mounting brackets [E] and [F] to slide in

Line up and slide mounting brackets [E] and [F] into **shown bolts.**

use included tool



*Additional 1 3/8 wrench tool needed but not included

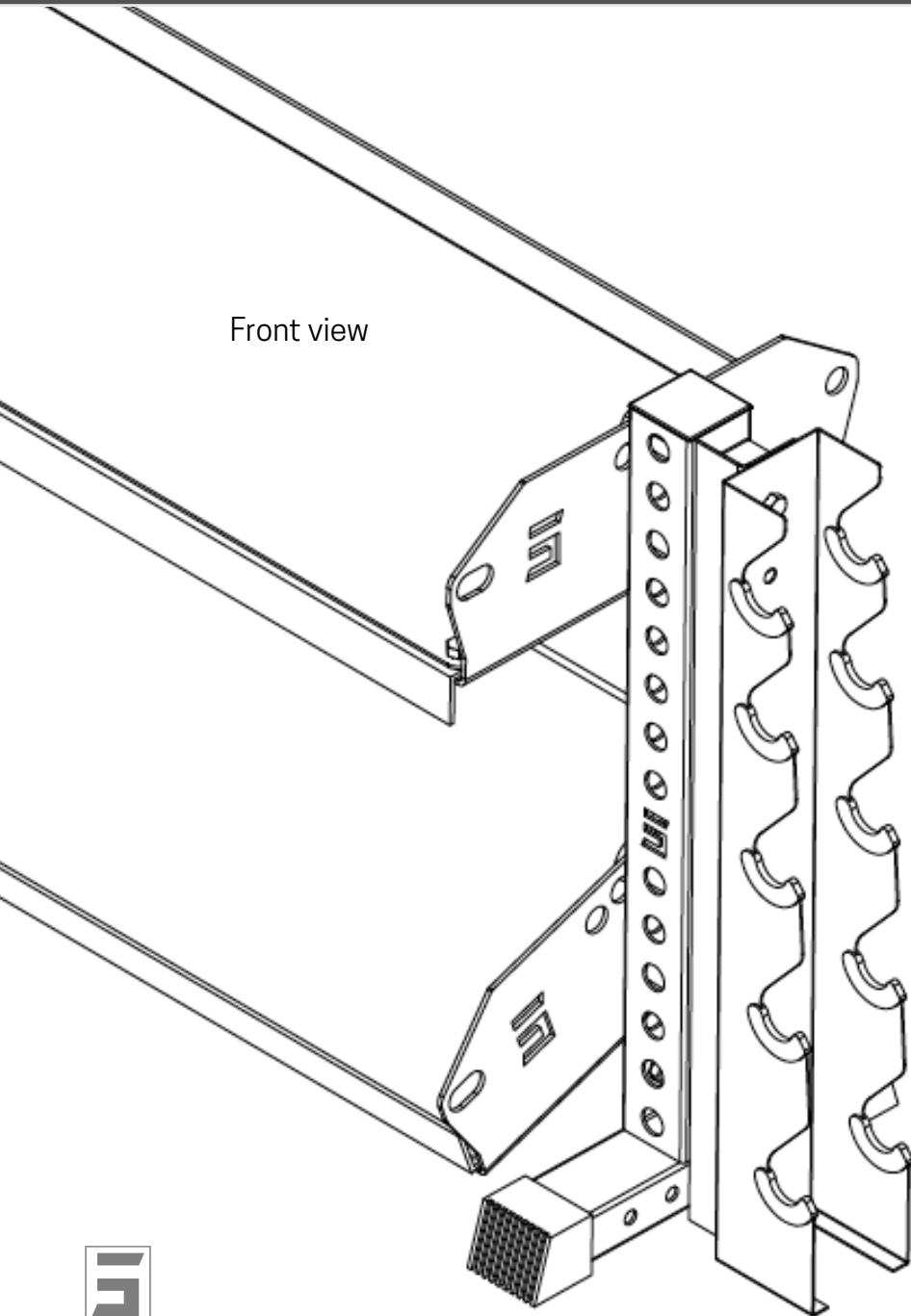


STEP 8

Model #

HEK-DBRK-BRV
HEK-DBRK-ALP

Front view



*Repeat for other side and **IF NO** other accessories are being attached, **then securely fasten all bolts** before loading weights*

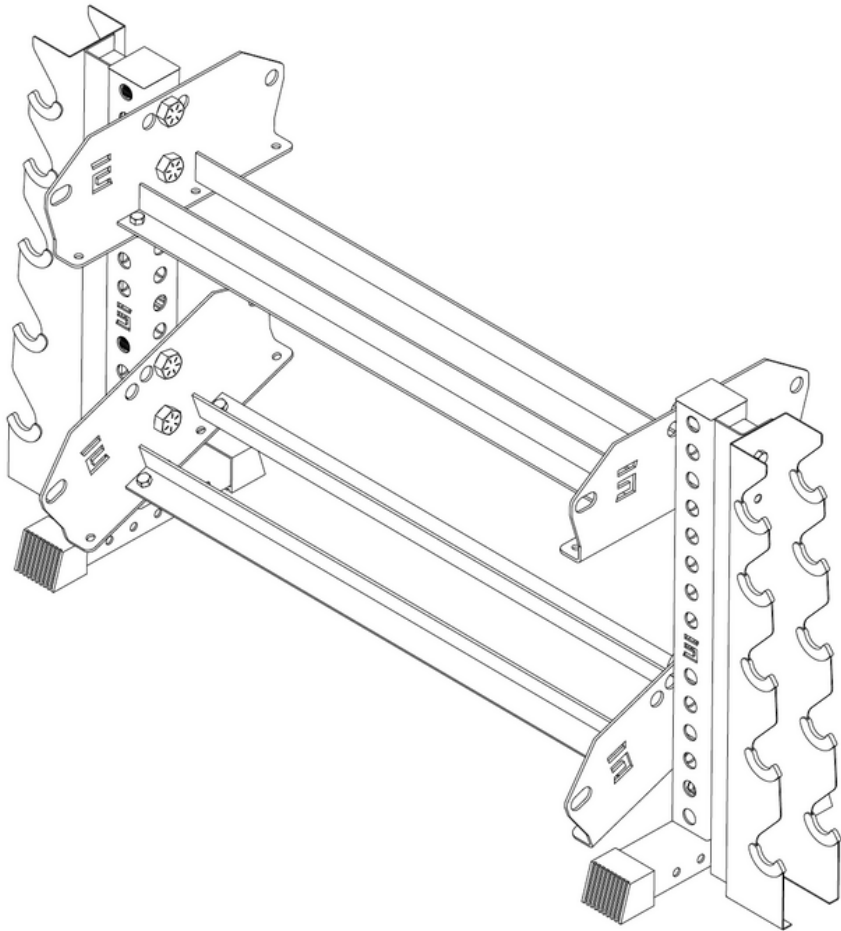
*ATTACHING OTHER ACCESSORIES?
THEN DO NOT FULLY TIGHTEN YET*



Wasn't that easy?

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

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



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 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.