

# ASSEMBLY INSTRUCTIONS

**Model #**  
VEK-DBRK-BRV  
VEK-DBRK-ALP

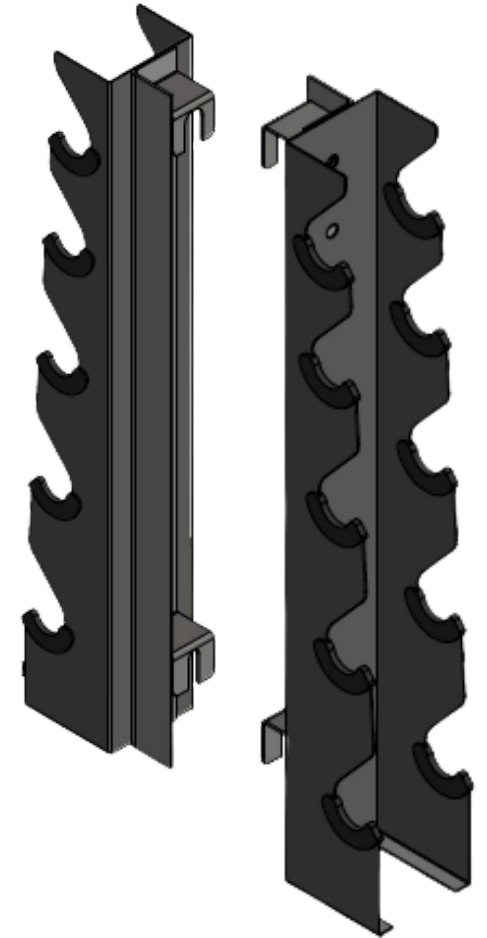


## CONGRATULATIONS

ON YOUR NEW PURCHASE

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**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>

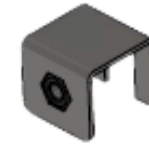
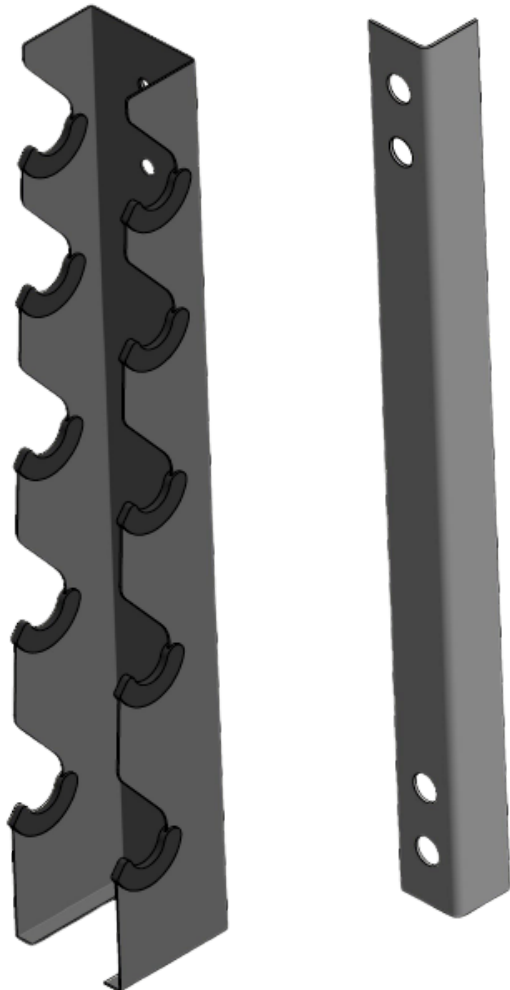


You can also email us [support@synergycustomfitness.com](mailto:support@synergycustomfitness.com) or call us at 1-877-305-4057

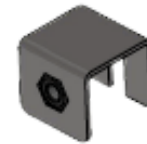
*scan QR code for options  
on how to contact us*



- A** (2) Vertical Holders
- B** (2) cover plate



- C** (2) Top mounting brackets



- D** (2) Bottom mounting brackets



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



- F** (1) Small wrench



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

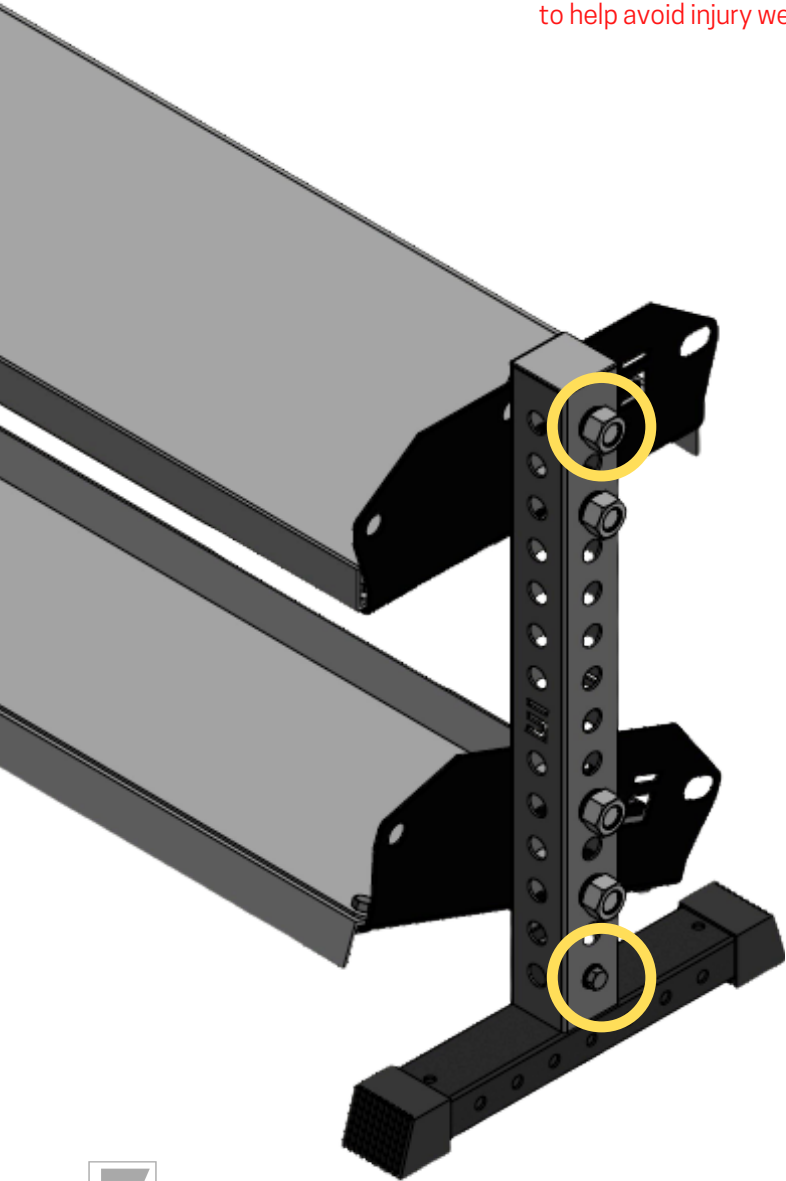
# STEP 1

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**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,

1

Make sure *mounting bolts* are  
loosen to allow mounting  
brackets [C] and [D] to slide in

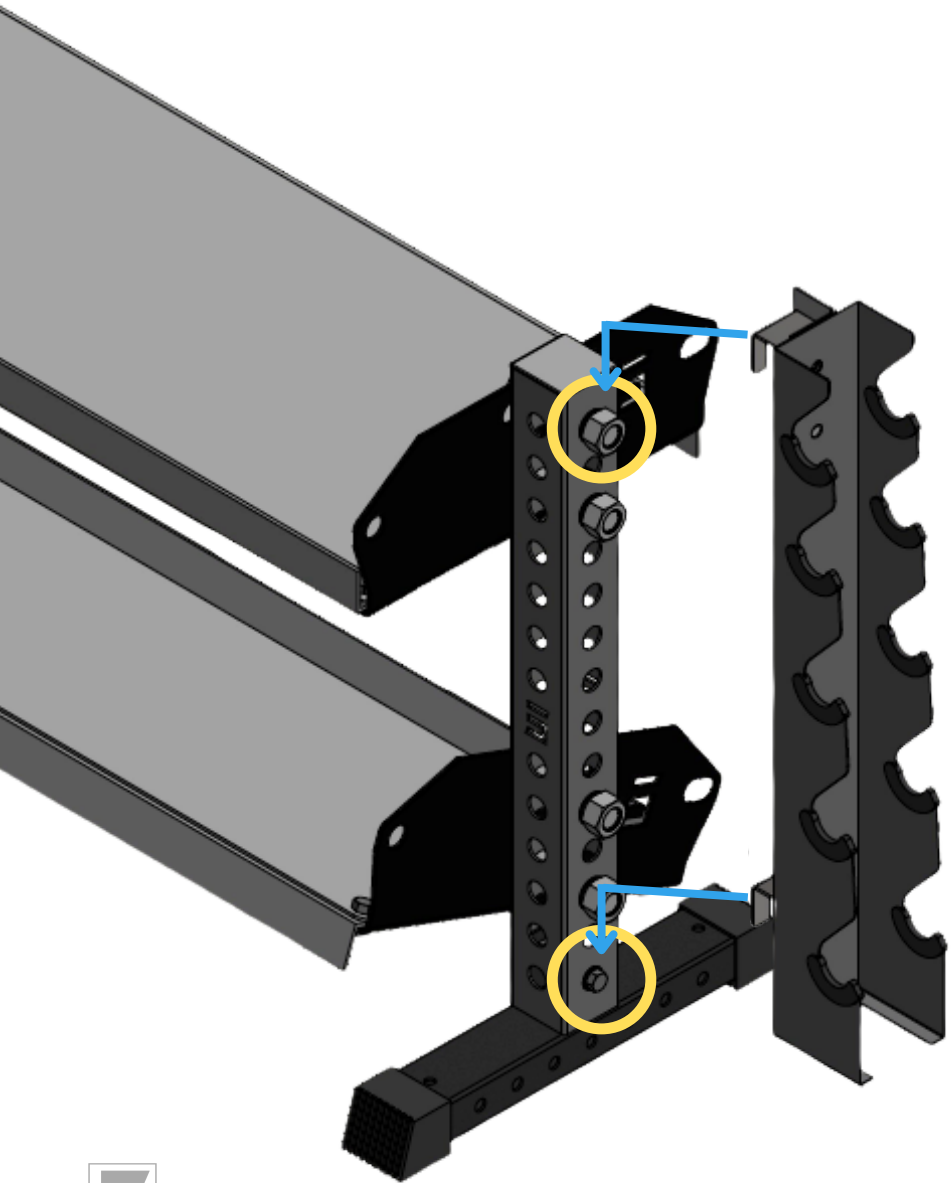


# STEP 2

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2

Line up and slide mounting brackets [C] and [D] into shown bolts



use included tool



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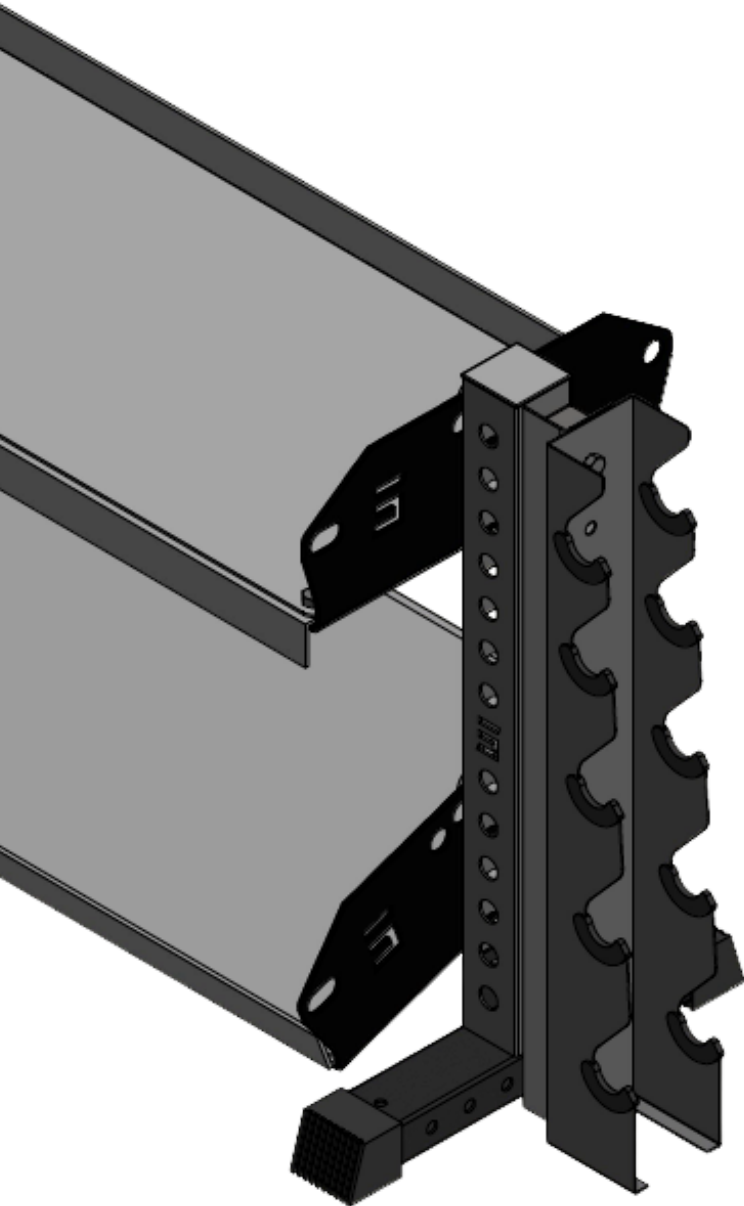
# STEP 3

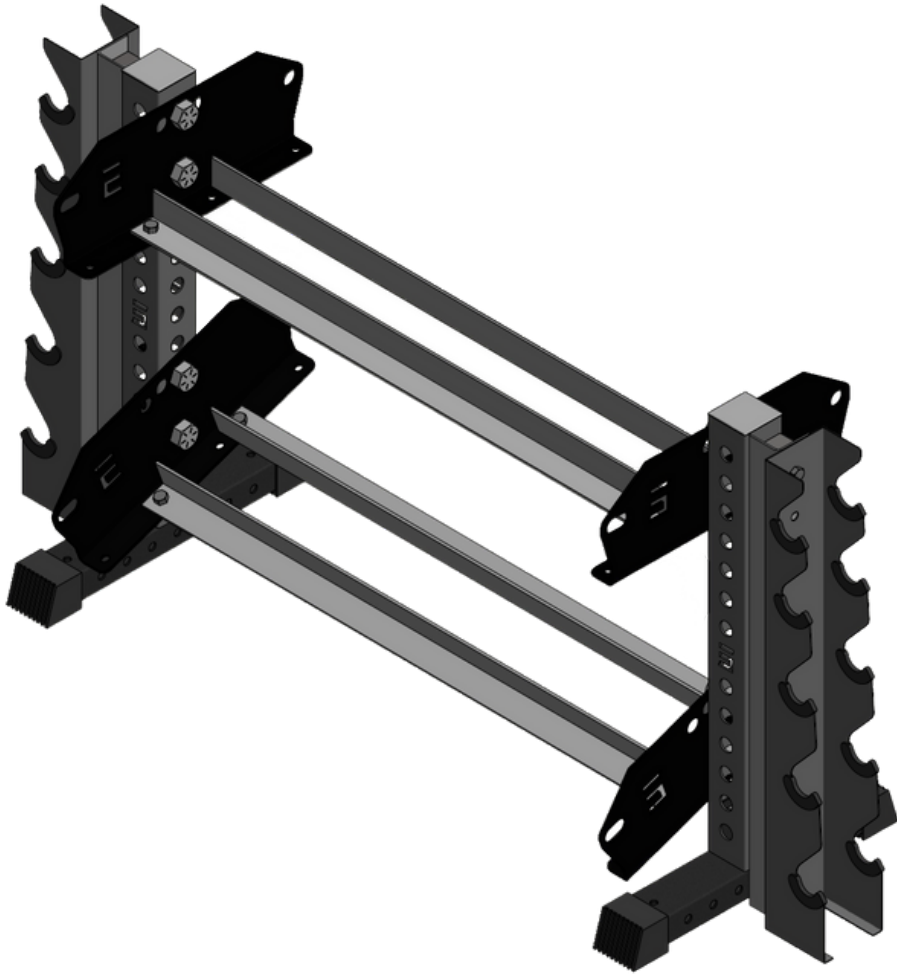
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3

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!



# ADDITIONAL INFORMATION

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## NEED SUPPORT?

## VISIT US ONLINE!

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## 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.