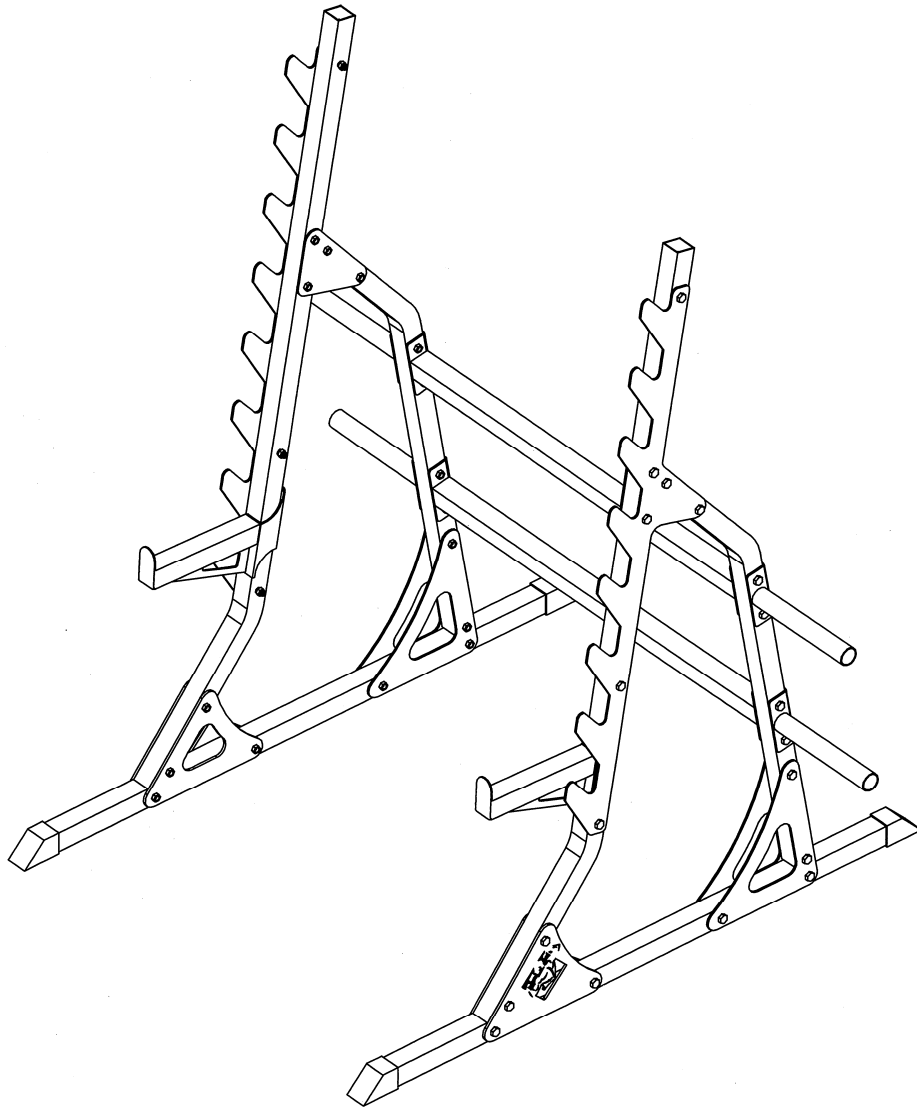


DF4400

SQUAT RACK

Assembly Manual

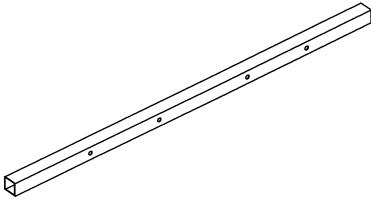


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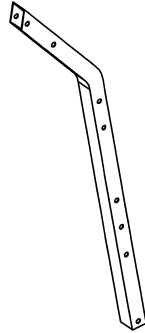
FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

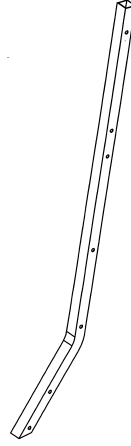
DF4400 BOX CONTENTS



A
FOOT
QTY 2



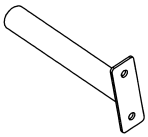
B
REAR UPRIGHT
QTY 2



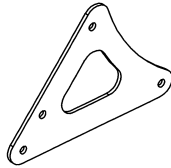
C
FRONT UPRIGHT
QTY 2



D
LADDER RACK
QTY 2



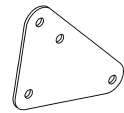
E
WEIGHT PLATE
SUPPORT
QTY 4



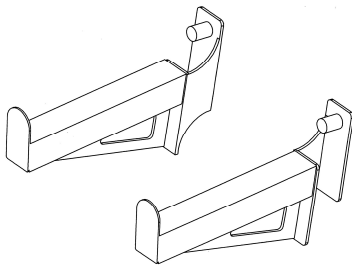
F
FRONT TRIANGLE
FLANGE
QTY 4



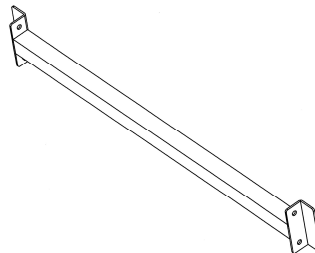
G
REAR TRIANGLE
FLANGE
QTY 4



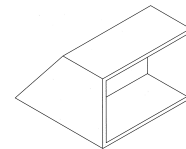
H
UPPER TRIANGLE
FLANGE
QTY 2



I
LH & RH WEIGHT SUP-
PORT
QTY 1 EACH

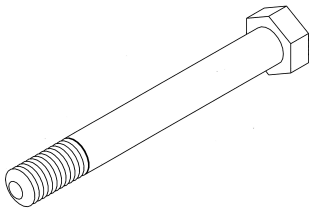


J
CROSSMEMBER
QTY 2



K
RUBBER SHOE
QTY 4

DF4400 HARDWARE



M

**M12 x 75MM BOLT
QTY 38**



O

**M12 WASHER
QTY 76**



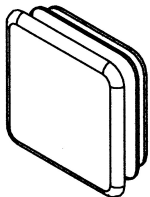
P

**M12 LOCKNUT
QTY 38**



Q

**ROUND CAP
QTY 4**



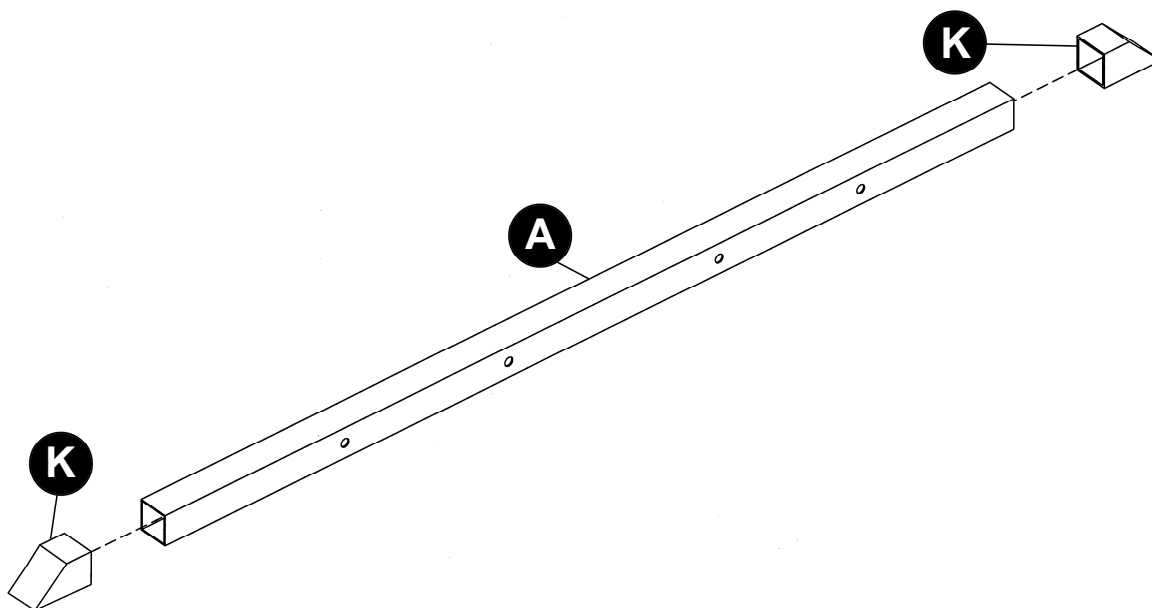
R

**SQUARE CAP
QTY 2**

FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

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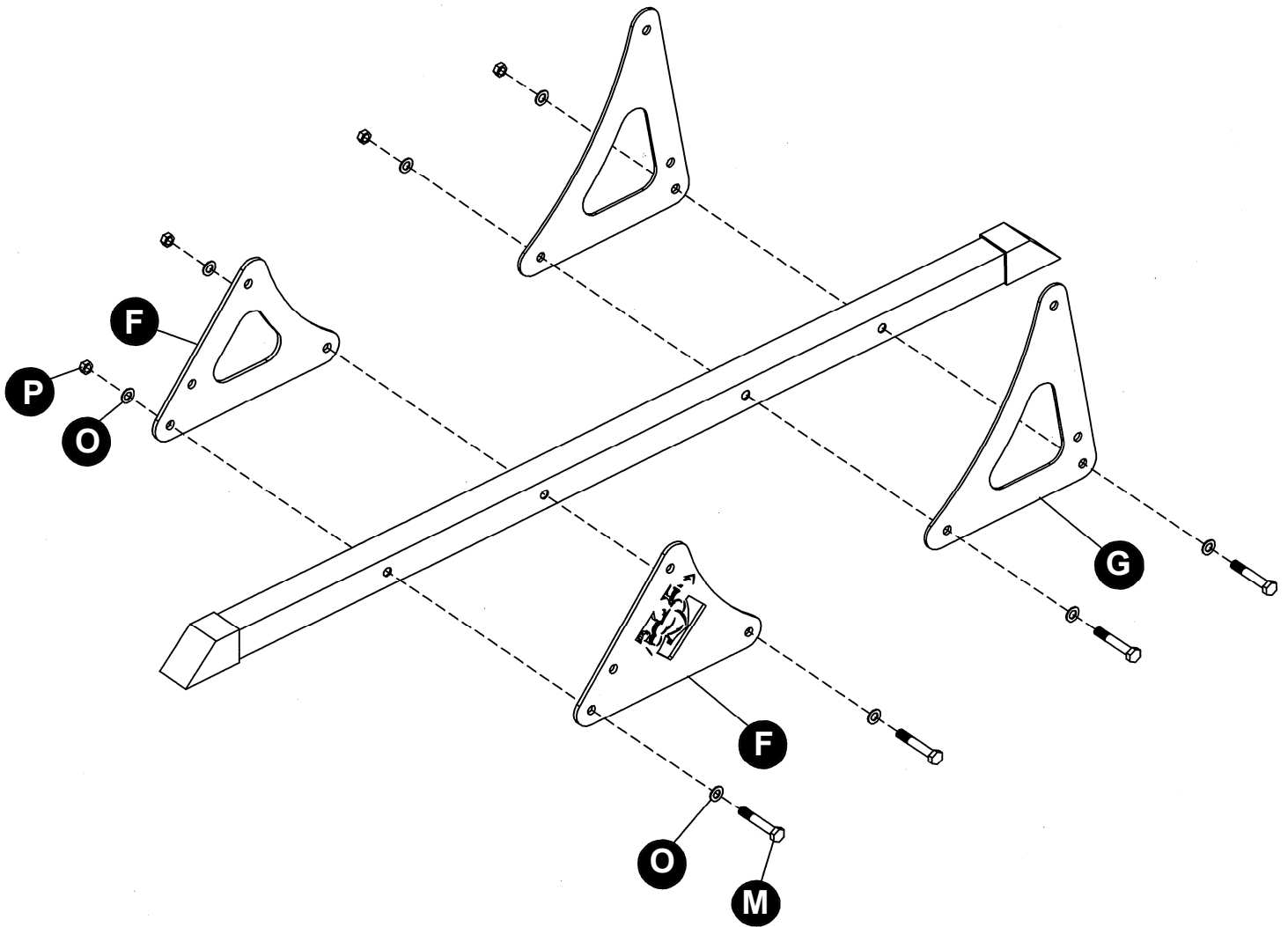
(NOTE: THE NUTS USED ON THIS RACK ARE LOCK NUTS,
THIS MEANS YOU MUST TIGHTEN THEM DOWN PAST THE
PLASTIC INSERT.)



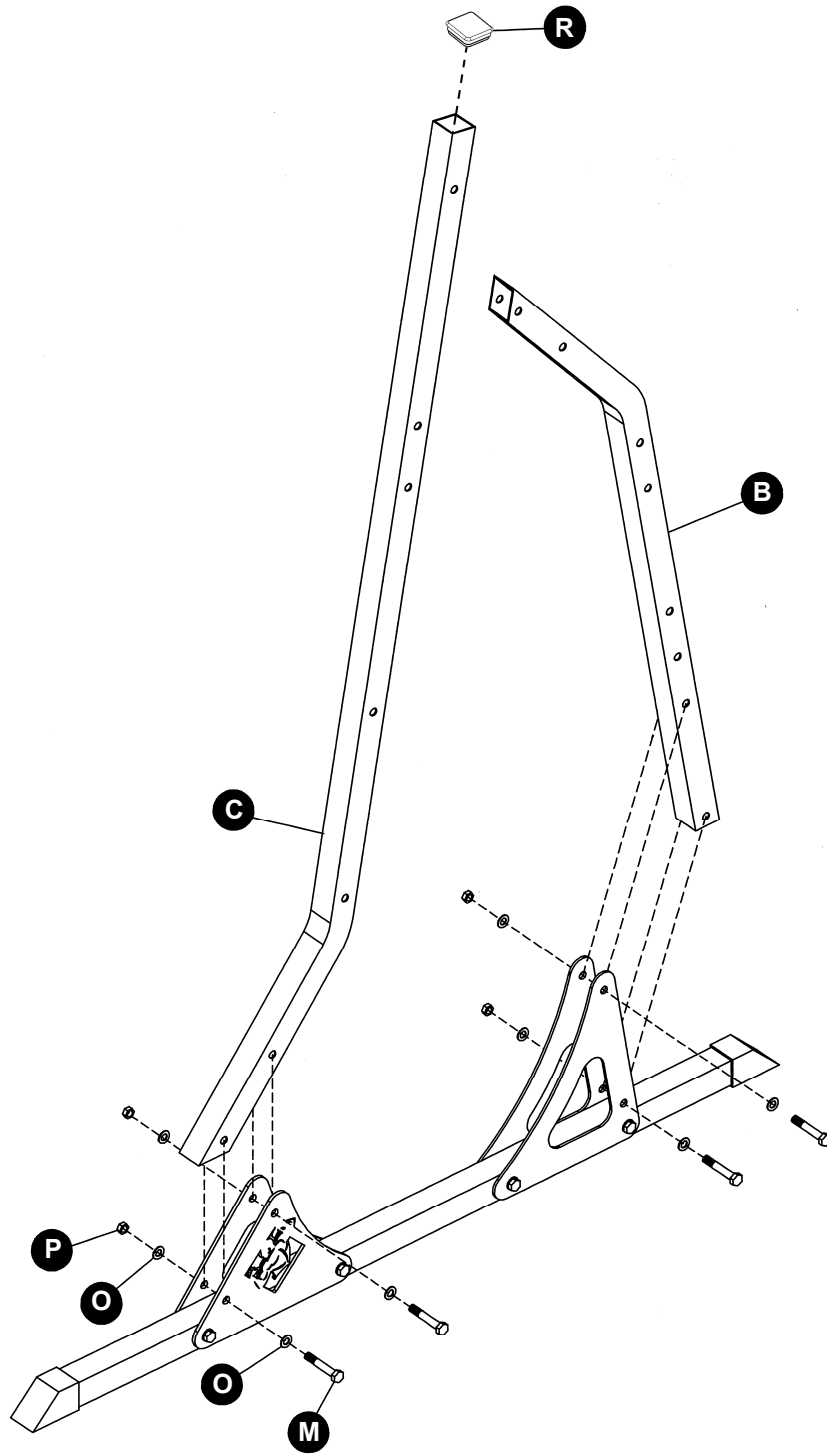
TOOLS REQUIRED FOR ASSEMBLY

ADJUSTABLE WRENCHES OR METRIC SOCKET SET

ATTACH THE RUBBER SHOES (K) TO THE LEFT & RIGHT FEET (A)



ATTACH THE FRONT TRIANGLE FLANGE (F) AND REAR TRIANGLE FLANGE (G) TO THE FOOT USING M12 x 75MM BOLT (M), M12 WASHER (O), AND M12 LOCK-NUT (P). DO NOT FULLY TIGHTEN NUTS AT THIS TIME. REPEAT FOR OTHER FOOT.

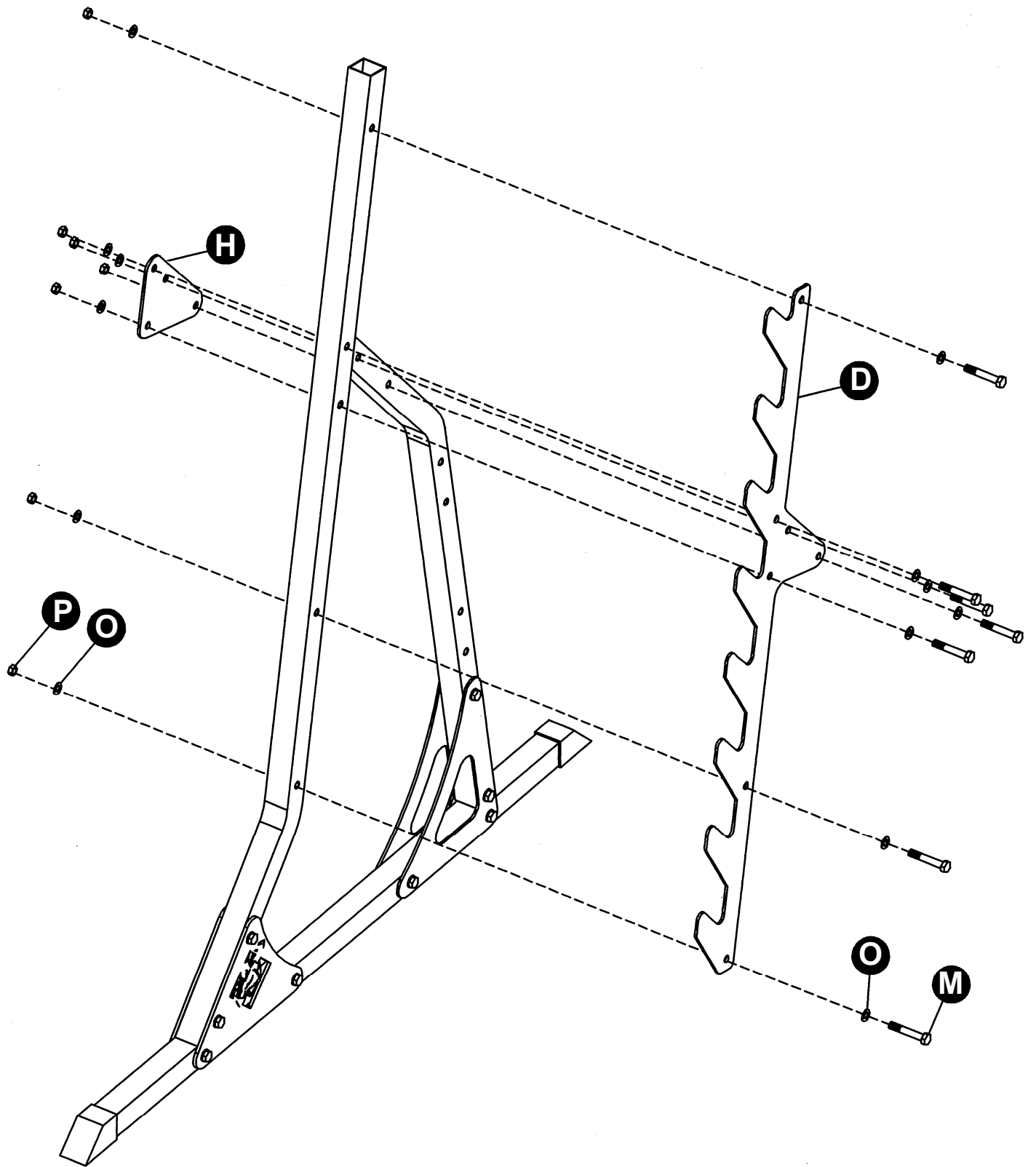


INSTALL THE FRONT UPRIGHT (C) INTO THE FRONT TRIANGLE FLANGES USING M12 x 75MM BOLTS (M), M12 WASHERS (O), AND M12 LOCKNUTS (P).

INSTALL THE REAR UPRIGHT (B) INTO THE REAR TRIANGLE FLANGES USING M12 x 75MM BOLTS (M), M12 WASHERS (O), AND M12 LOCKNUTS (P).

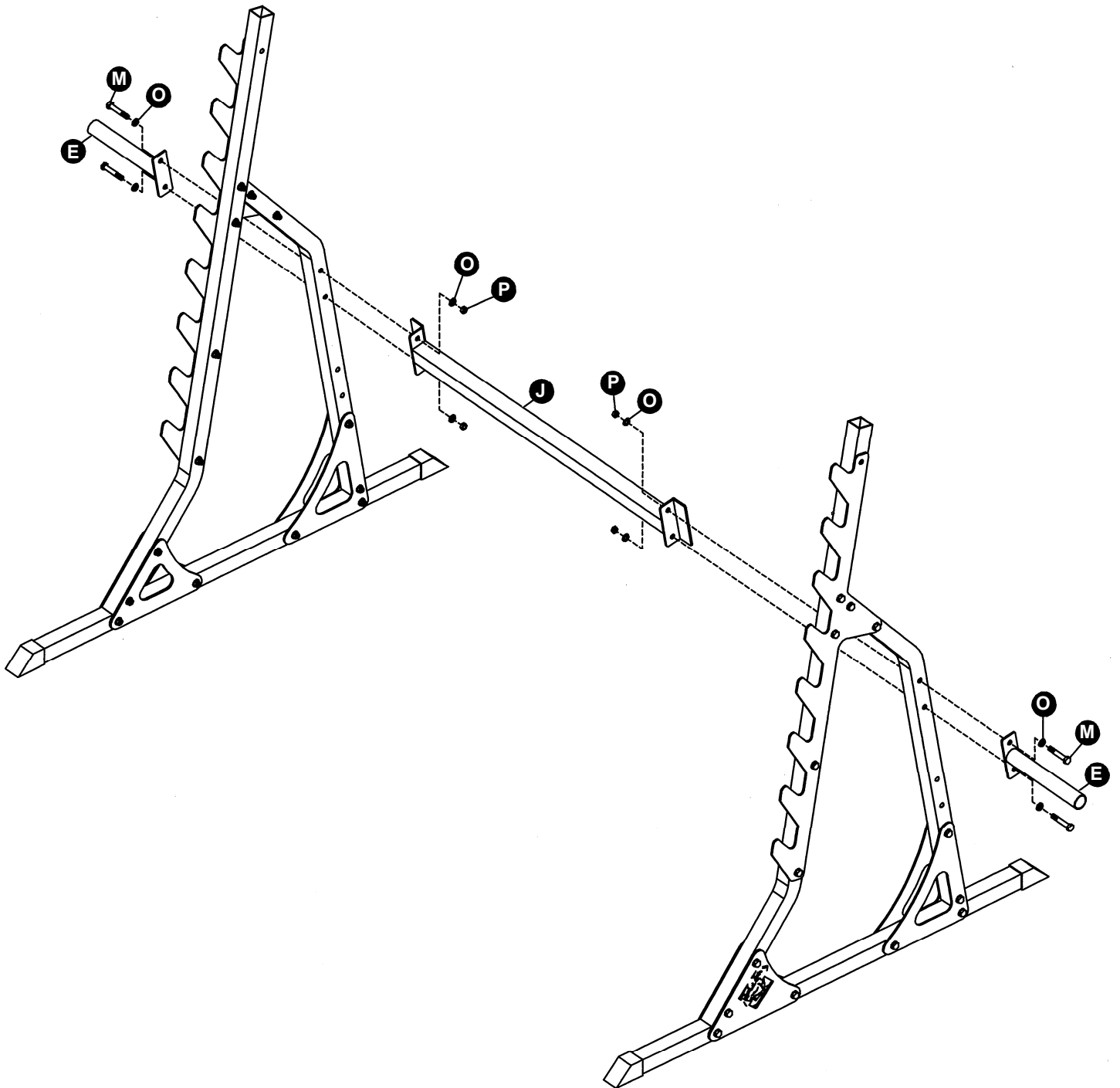
INSTALL SQUARE CAP (R) INTO TOP OF FRONT UPRIGHT (C).

REPEAT FOR OTHER SIDE.



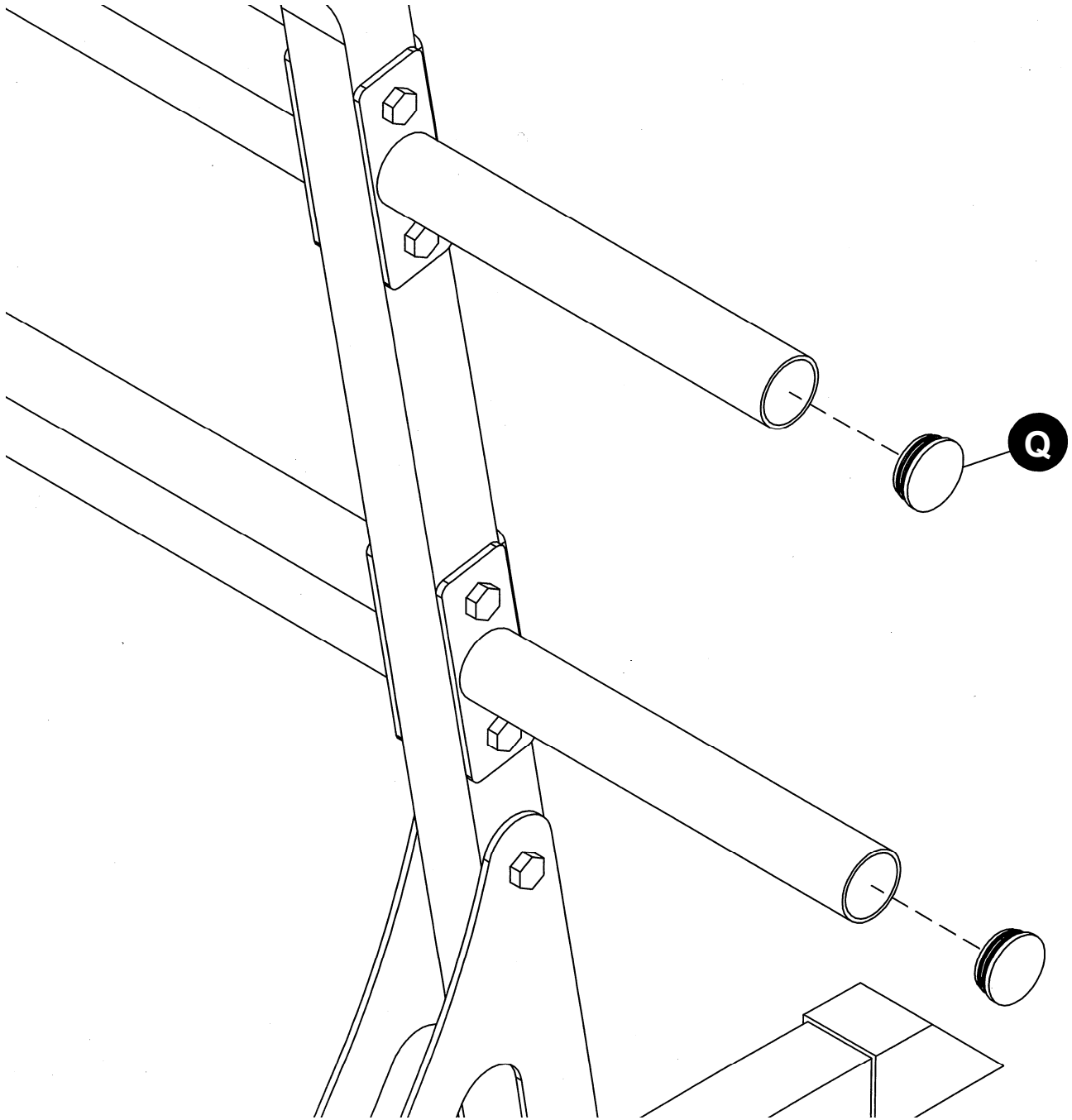
ATTACH LADDER RACK (D) USING M12 x 75MM BOLTS (M), M12 WASHERS (O), AND M12 LOCKNUTS (P). INSTALL UPPER TRIANGLE FLANGE (H) WHERE FRONT AND BACK UPRIGHTS MEET.

REPEAT FOR OTHER SIDE

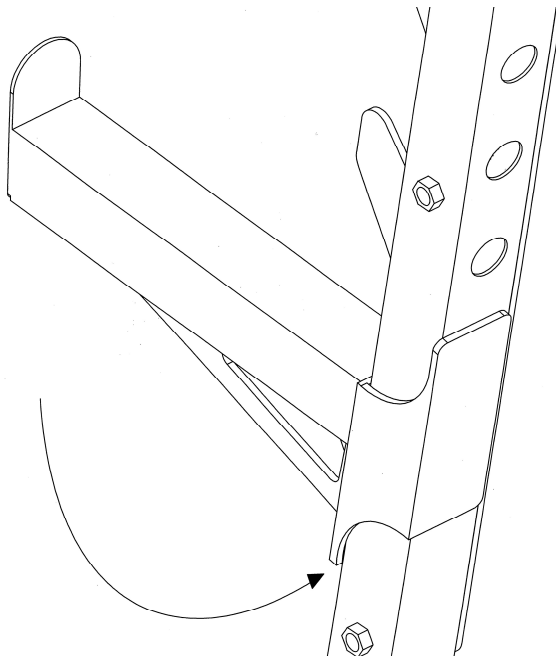
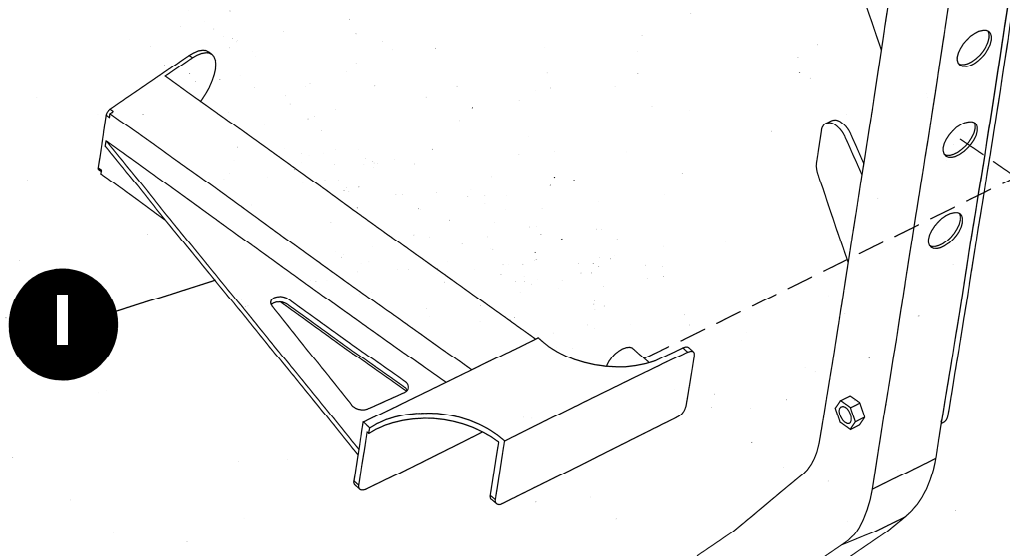


INSTALL UPPER CROSSMEMBER (J) AND WEIGHT PLATE SUPPORT (E) TO REAR UPRIGHT USING M12 x 75MM BOLTS (M), M12 WASHERS (O), M12 LOCKNUTS (P).

REPEAT FOR LOWER CROSSMEMBER.



INSTALL ROUND CAPS (Q).



TO INSTALL THE WEIGHT CATCHES, HOLD THEM SIDWAYS AND INSERT THE LOCK PIN INTO THE DESIRED HOLE AND SLIDE FORWARD. TO LOCK INTO PLACE ROTATE DOWNWARD UNTIL IT LOCKS INTO PLACE IN THE FRONT UPRIGHT.

SAFETY NOTICE

WARNING: THE USER OF THIS WEIGHT EQUIPMENT ASSUMES THE POSSIBILITY OF INJURY BY EXERCISING ON THIS EQUIPMENT. THE POSSIBILITY OF RISK CAN BE REDUCED BY ALWAYS FOLLOWING THESE SIMPLE RULES:

- 1) BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR FOR A COMPLETE PHYSICAL EXAMINATION AND SUGGESTED EXERCISE PROGRAM SPECIFIC FOR YOU.
- 2) STRETCH BEFORE AND AFTER THE EXERCISE PROGRAM. PROPER STRETCHING WILL PREPARE YOUR JOINTS AND MUSCLES FOR EXERCISE AND HELP AVOID INJURIES.
- 3) IF AT ANY TIME YOU SHOULD FEEL FAINT OR DIZZY, NAUSEOUS OR EXPERIENCE ANY OTHER ABNORMAL SYMPTOMS OR DISCOMFORT DISCONTINUE USE AND CONSULT YOUR DOCTOR.
- 4) DO NOT USE THIS EQUIPMENT WITHOUT QUALIFIED SUPERVISION AND PROPER TRAINING. NEVER WORK OUT ALONE- ALWAYS HAVE A PARTNER.
- 5) SECURELY TIGHTEN ALL BOLTS AND REGULARLY CHECK TO ENSURE ALL BOLTS HAVE NOT LOOSENED.
- 6) WEAR GOOD RUBBER SOLE SHOES ONLY. DO NOT USE BARE FOOTED OR WITH SOCKS ONLY.
- 7) DO NOT WEAR LOOSE CLOTHES SUCH AS ROBES, GOWNS, PANTS, LONG SHIRTS OR JEWELRY WHICH COULD BECOME ENTANGLED IN MOVING PARTS.
- 8) DO NOT STAND OR KNEEL ON SEAT. ALWAYS SIT OR LAY SQUARELY CENTERED.
- 9) KEEP HEAD, LIMBS AND BODY PARTS CLEAR OF MOVING PARTS AND WEIGHT PLATES.
- 10) CHILDREN SHOULD NOT USE EXERCISE EQUIPMENT WITHOUT SUPERVISION BECAUSE OF POSSIBILITY OF INJURY FROM IMPROPER USAGE. THIS EQUIPMENT IS INTENDED FOR HOME USE ONLY.
- 11) REPLACEMENT OF WORN OR DEFECTIVE PARTS MUST BE WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS OR ASSESSORS ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.