

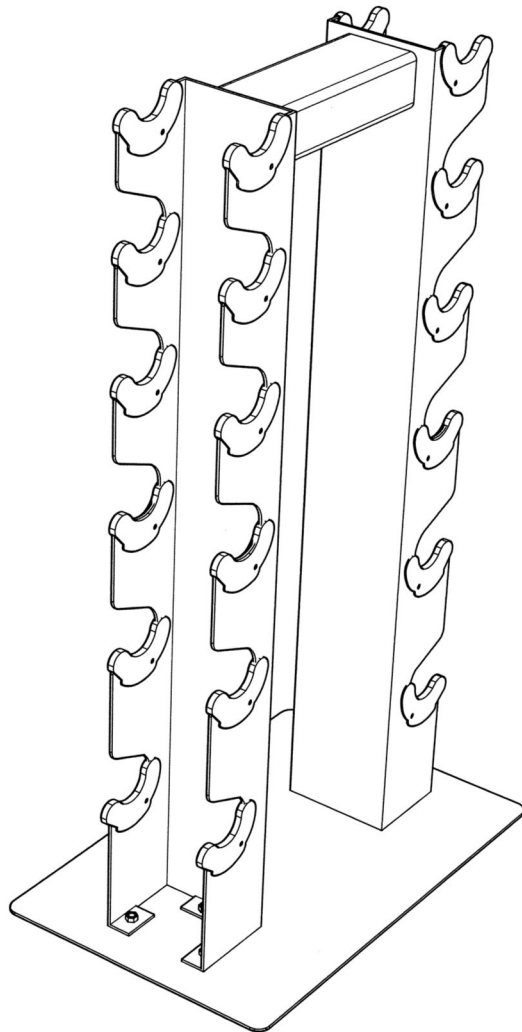


DF5100

6 PAIR

VERTICAL DUMBBELL RACK

Assembly Manual



Assembly Video Available

Simply scan the QR code below
on your phone's camera to access
the video



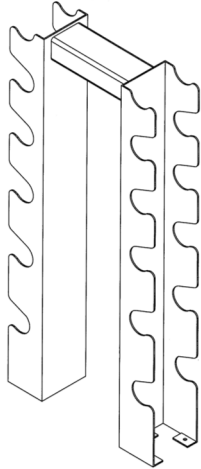
(888) 258-0533

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

DF5100

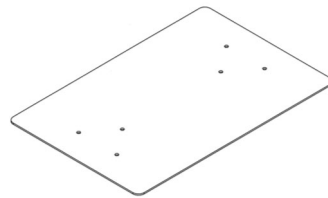
BOX CONTENTS



A

BODY ASSEMBLY

QTY 1

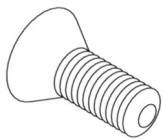


B

BASE

QTY 1

HARDWARE



C

10MM BOLT

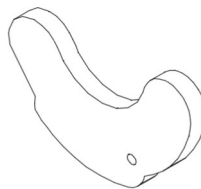
QTY 6



D

10MM LOCKNUT

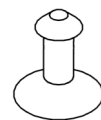
QTY 6



E

**PLASTIC
PROTECTOR**

QTY 24

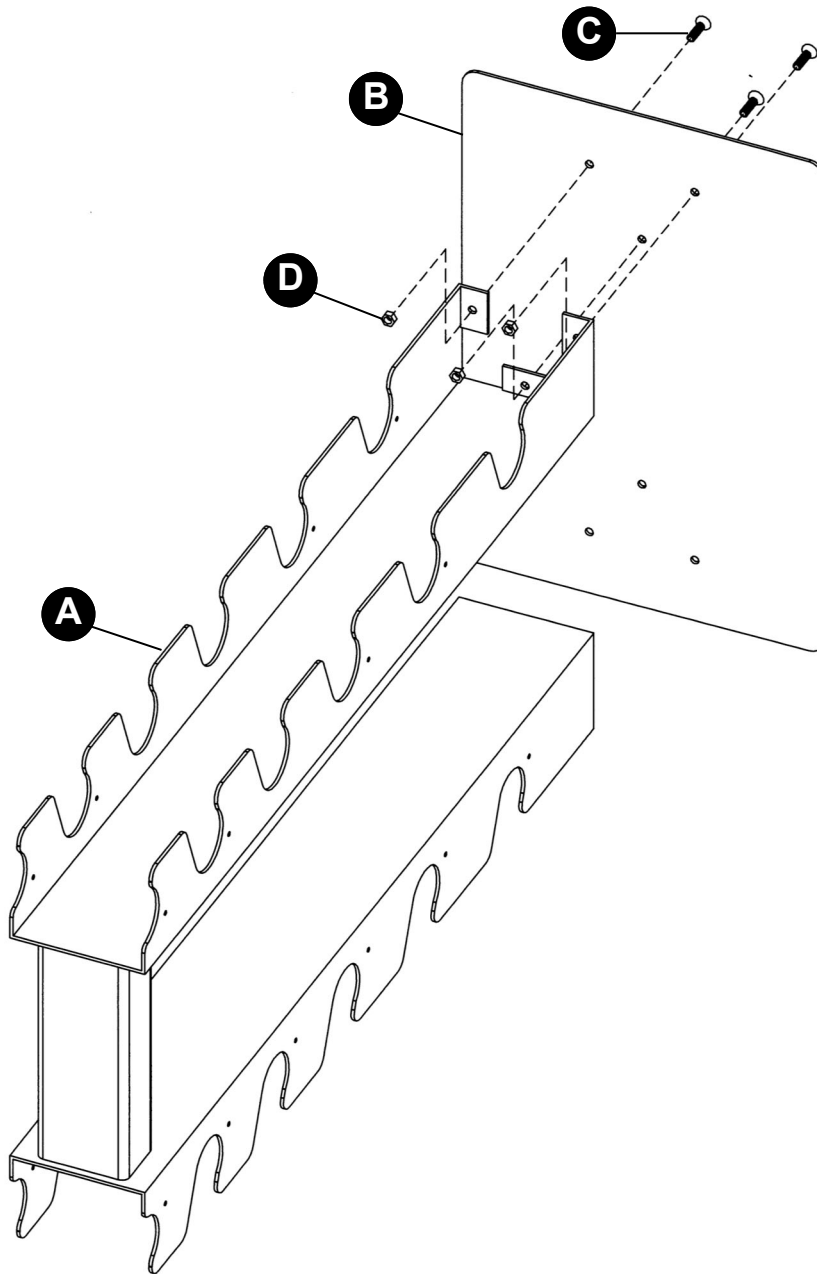


F

LOCKING PIN

QTY 24

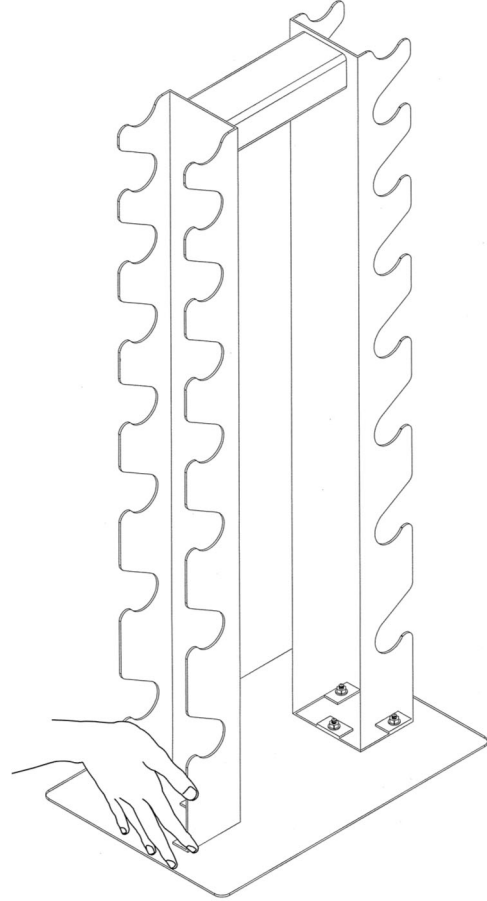
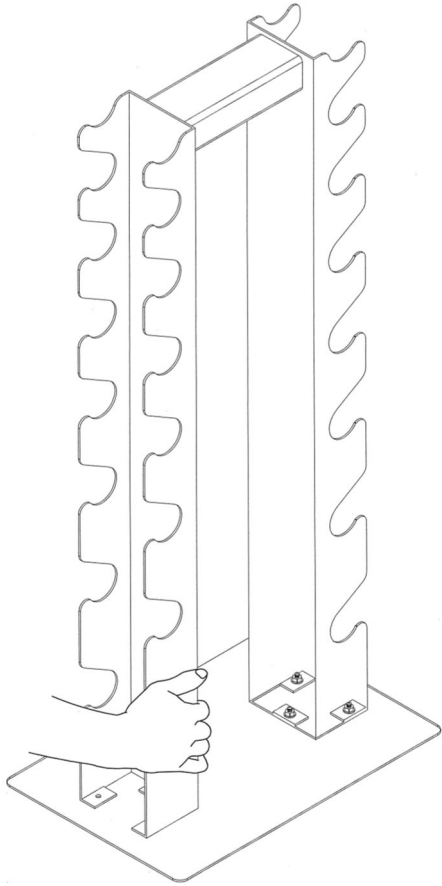
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TOOLS REQUIRED:

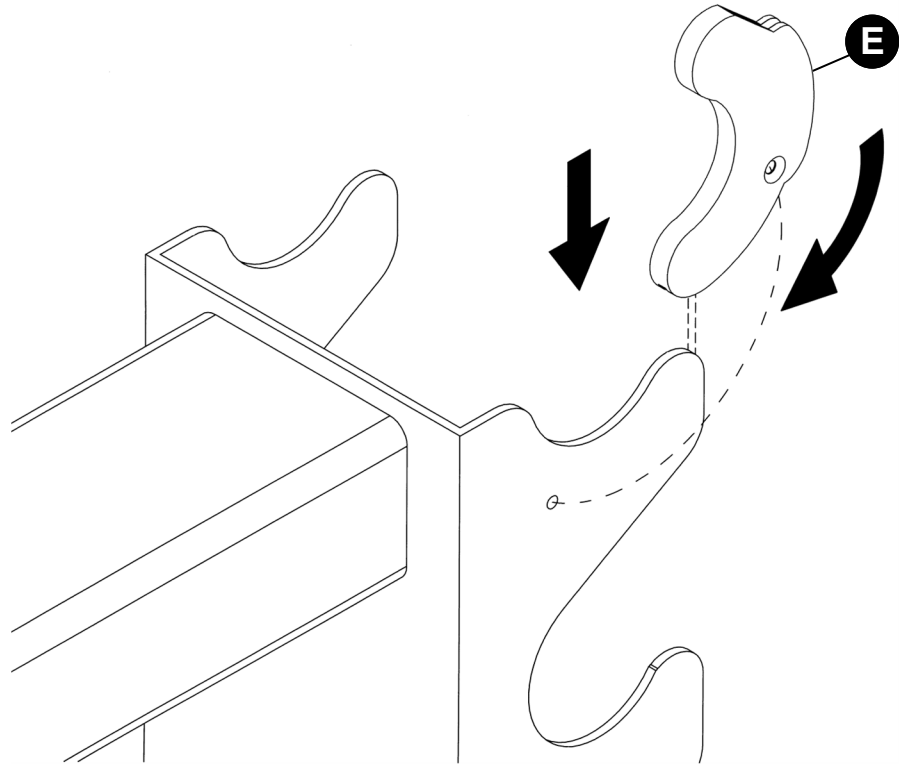
METRIC WRENCHES OR SOCKET SET
4MM HEX WRENCH

ASSEMBLE ONE SIDE OF THE BODY ASSEMBLY (A) TO THE BASE (B)
USING 10MM BOLTS (C), AND 10MM LOCKNUTS (D).

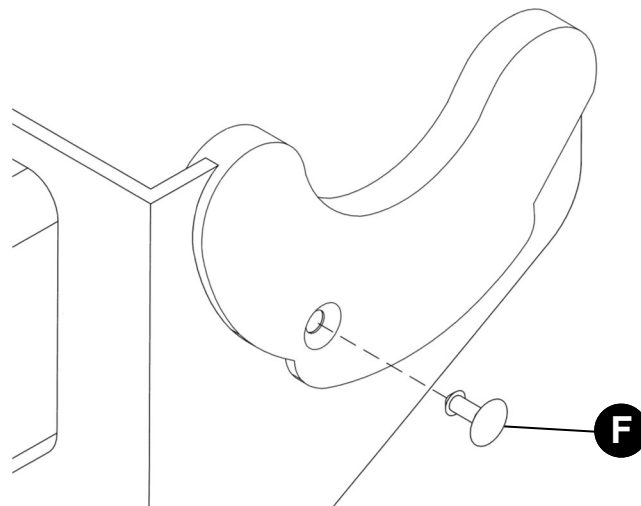


THE BODY ASSEMBLY IS DESIGNED TO BE FLEXIBLE, IT WILL EASILY MOVE TO LINE UP THE OTHER 3 HOLES IF NECESSARY.

ONCE IT IS ALIGNED, ATTACH USING THE REMAINING 10MM BOLTS, AND 10MM LOCKNUTS.



TO INSTALL PLASTIC PROTECTORS (E), SLIDE DOWN ONTO EDGE OF RACK. ONCE IT IS ON, ROTATE CLOCKWISE AND SLIDE BACKWARDS UNTIL HOLE IN PROTECTOR LINES UP WITH HOLE IN DUMBBELL RACK.



INSERT LOCKING PIN (F) INTO HOLE OF PLASTIC PROTECTOR AND THROUGH HOLE IN DUMBBELL RACK AND PUSH UNTIL IT LOCKS INTO PLACE.

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 LOOSEENED.
- 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 OR WORN OR DEFECTIVE PARTS MUST BE REPLACE WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS OR ASSESSORS ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.