

DF511/DF513

2 TIER DUMBBELL RACK

Assembly Manual



Assembly Video Available

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

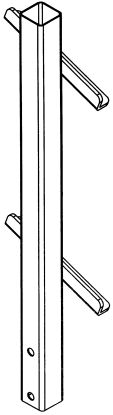


(888) 258-0533

FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

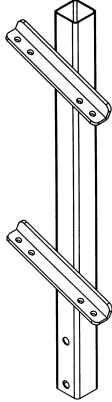
*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

BOX CONTENTS



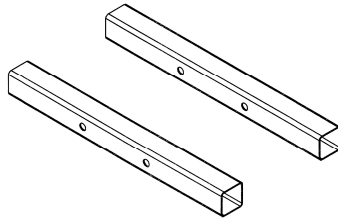
A

L.H. LEG
QTY 1



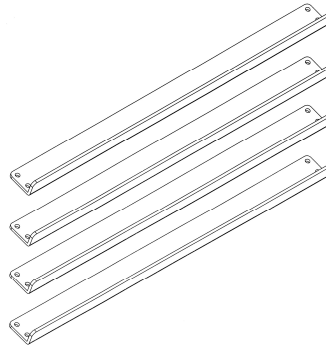
B

R.H. LEG
QTY 1



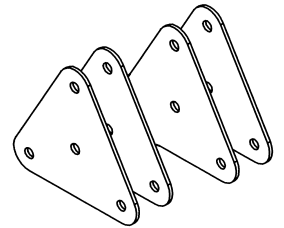
C

FOOT
QTY 2



D

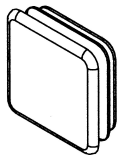
CROSSMEMBERS
QTY 4



E

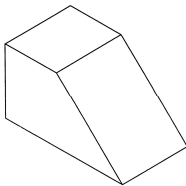
TRIANGLE
FLANGES
QTY 4

HARDWARE



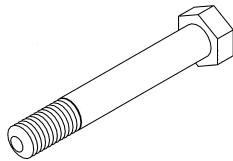
F

SQUARE CAP
QTY 2



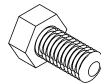
G

RUBBER SHOE
QTY 4



H

M12 BOLT
QTY 8



I

M10 BOLT
QTY 16



J

M12
LOCKNUT
QTY 8



K

M10
LOCKNUT
QTY 16



L

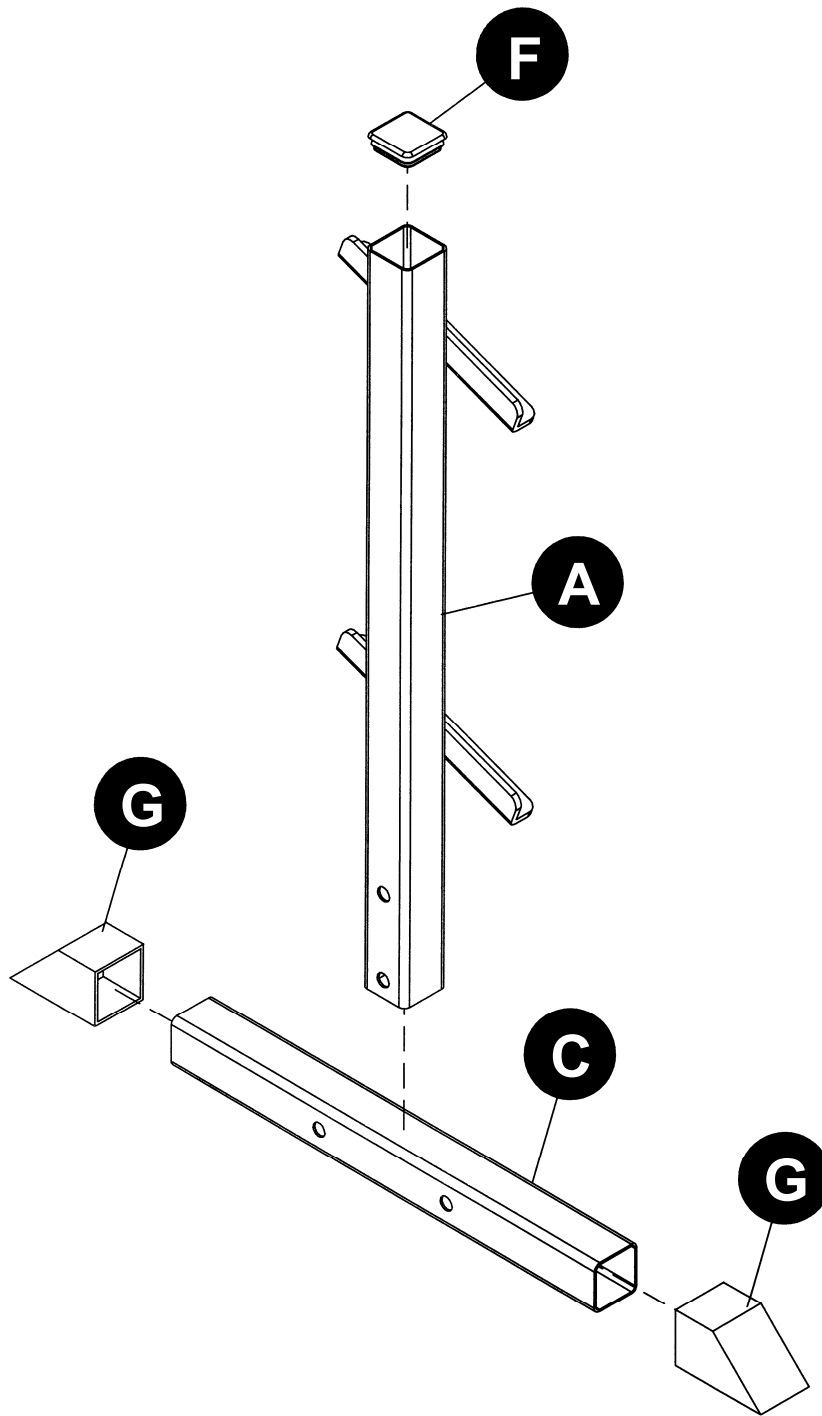
M12
WASHER
QTY 16



M

M10
WASHER
QTY 32

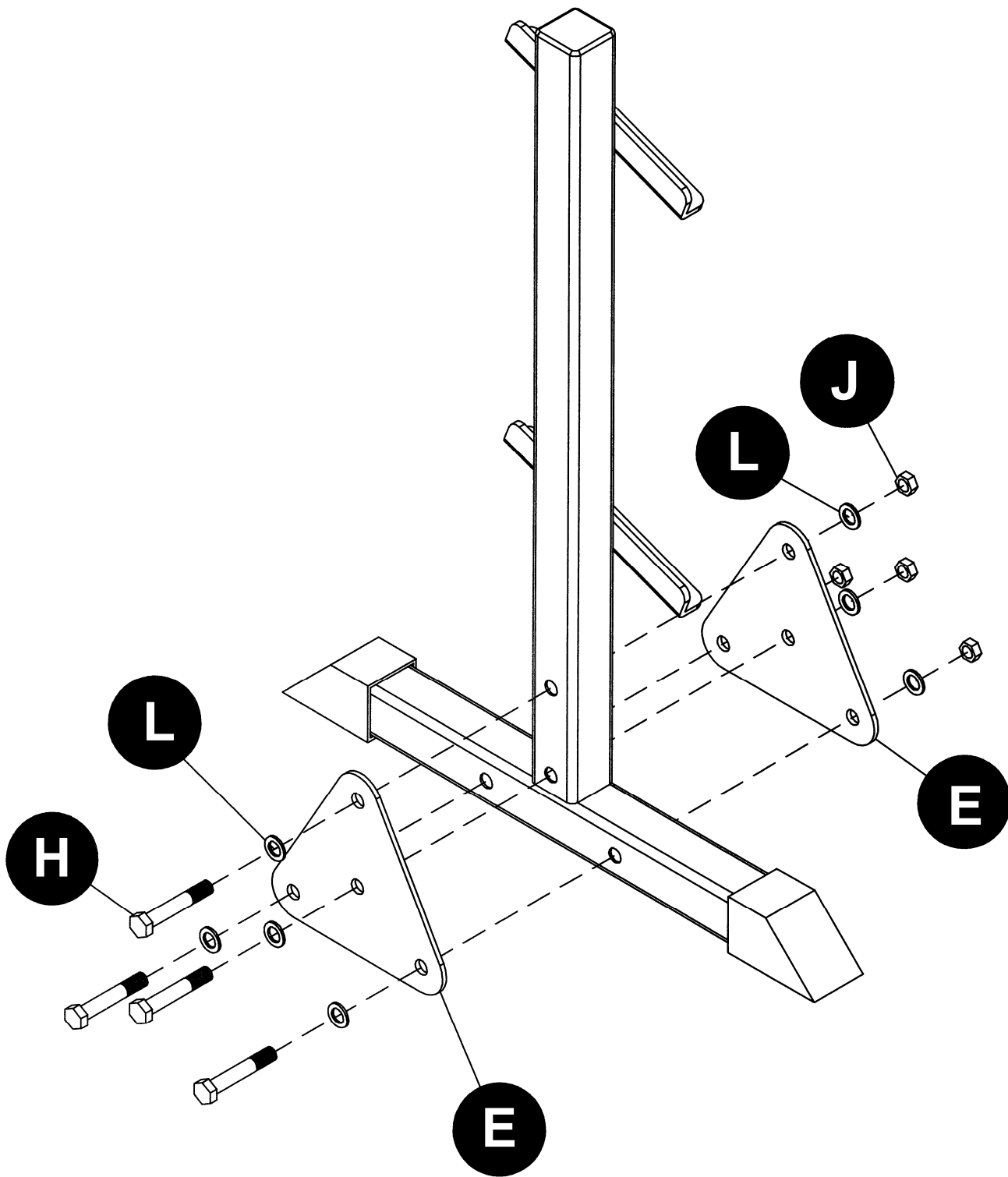
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TOOLS REQUIRED:

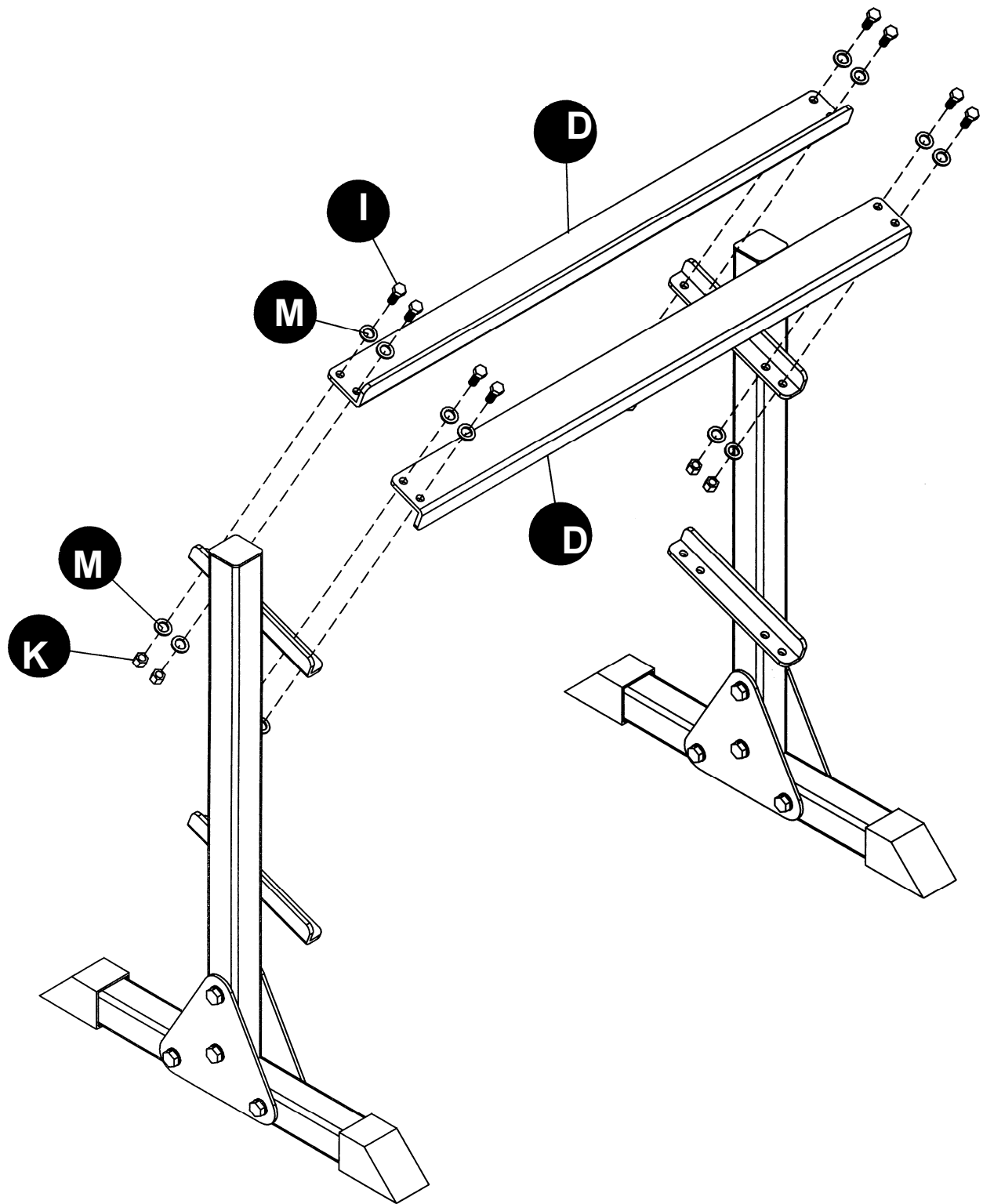
WRENCHES OR SOCKET SET

INSTALL SQUARE CAP (F) INTO TOP OF LH LEG (A). INSTALL RUBBER BOOTS (G) ONTO EACH END OF FOOT (C). ALIGN LH LEG (A) WITH CENTER OF FOOT (C).



ATTACH LEG TO FOOT WITH TRIANGLE FLANGES (E) USING M12 BOLTS (H), M12 WASHERS (L), AND M12 LOCKNUTS (J). DO NOT COMPLETELY TIGHTEN NUTS AND BOLTS AT THIS TIME

REPEAT ALL STEPS FOR RH LEG.



ATTACH FRONT AND REAR CROSSMEMBERS (D) TO THE LH AND RH LEGS USING THE M10 BOLTS (I), M10 WASHERS (M) AND M10 LOCKNUTS (K). REPEAT FOR BOTTOM TIER.

PLACE DUMBBELL RACK ON LEVEL SURFACE AND TIGHTEN ALL NUTS SECURELY.

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.