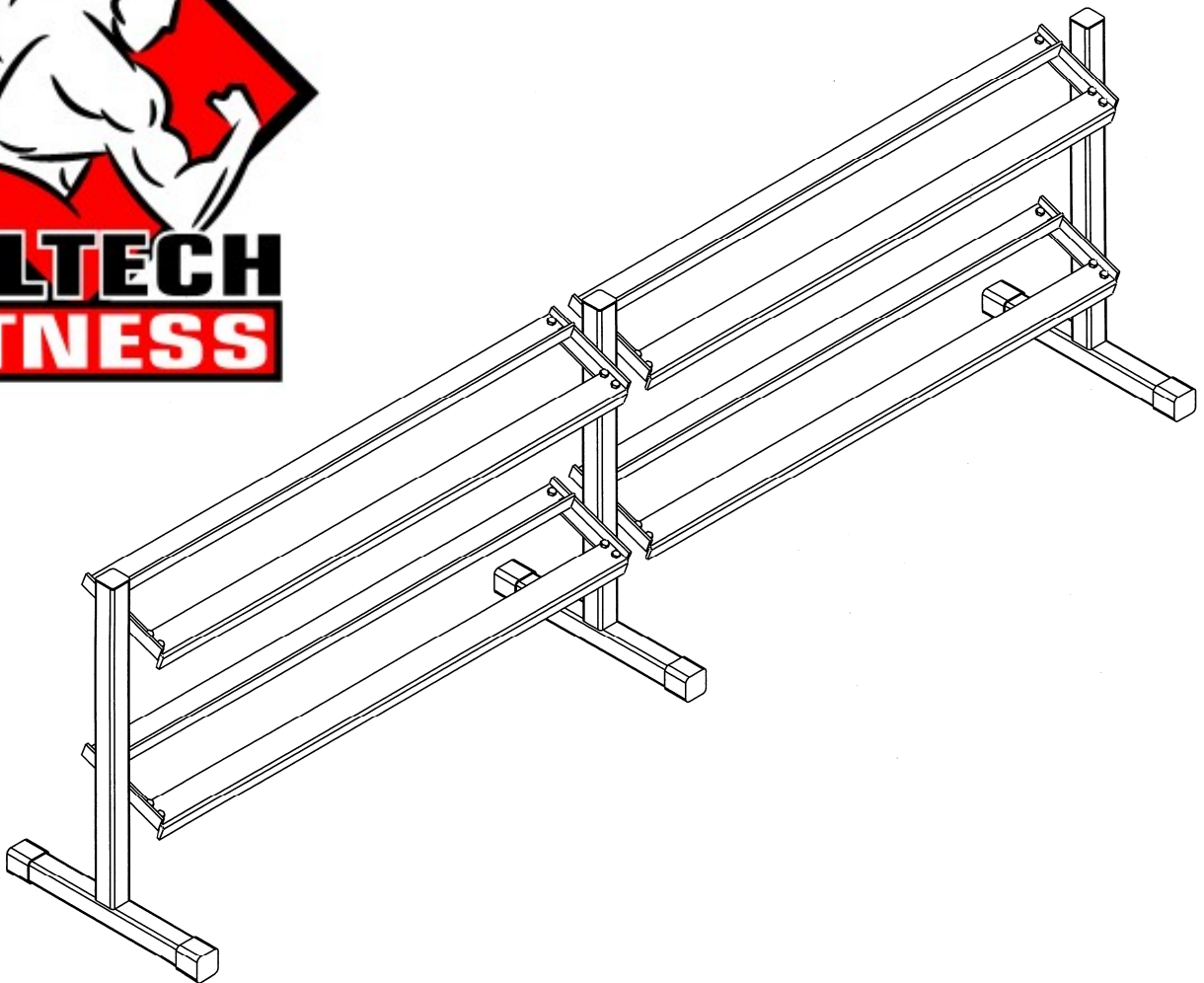


DF512/DF514

DOUBLE 2 TIER DUMBBELL RACK

Assembly Manual

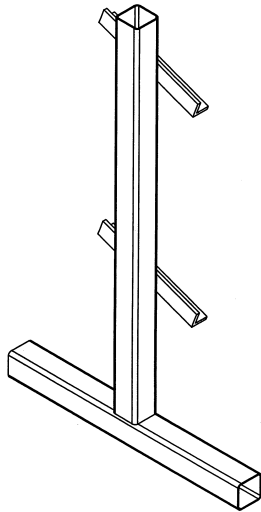


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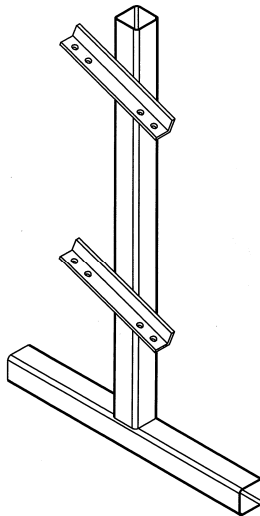
FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

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

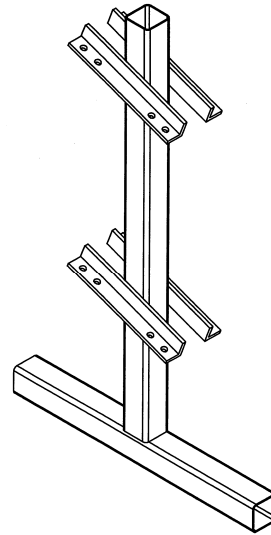
BOX CONTENTS



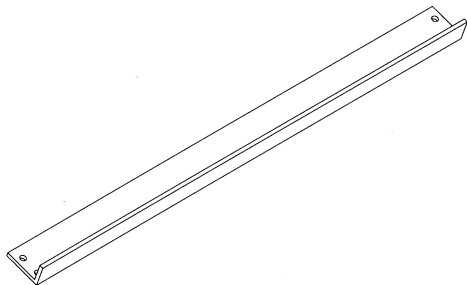
A
L.H. UPRIGHT
QTY 1



B
R.H. UPRIGHT
QTY 1



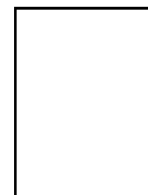
C
CENTER UPRIGHT
QTY 1



D
CROSSMEMBER
QTY 8



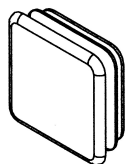
HARDWARE PACK
QTY 1



INSTRUCTION SHEET
QTY 1

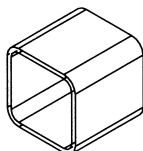
*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

HARDWARE



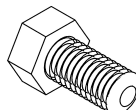
E

**SQUARE CAP
QTY 3**



F

**RUBBER SHOE
QTY 6**



G

**M10 x 25MM BOLT
QTY 32**



H

**M10 LOCKNUT
QTY 32**

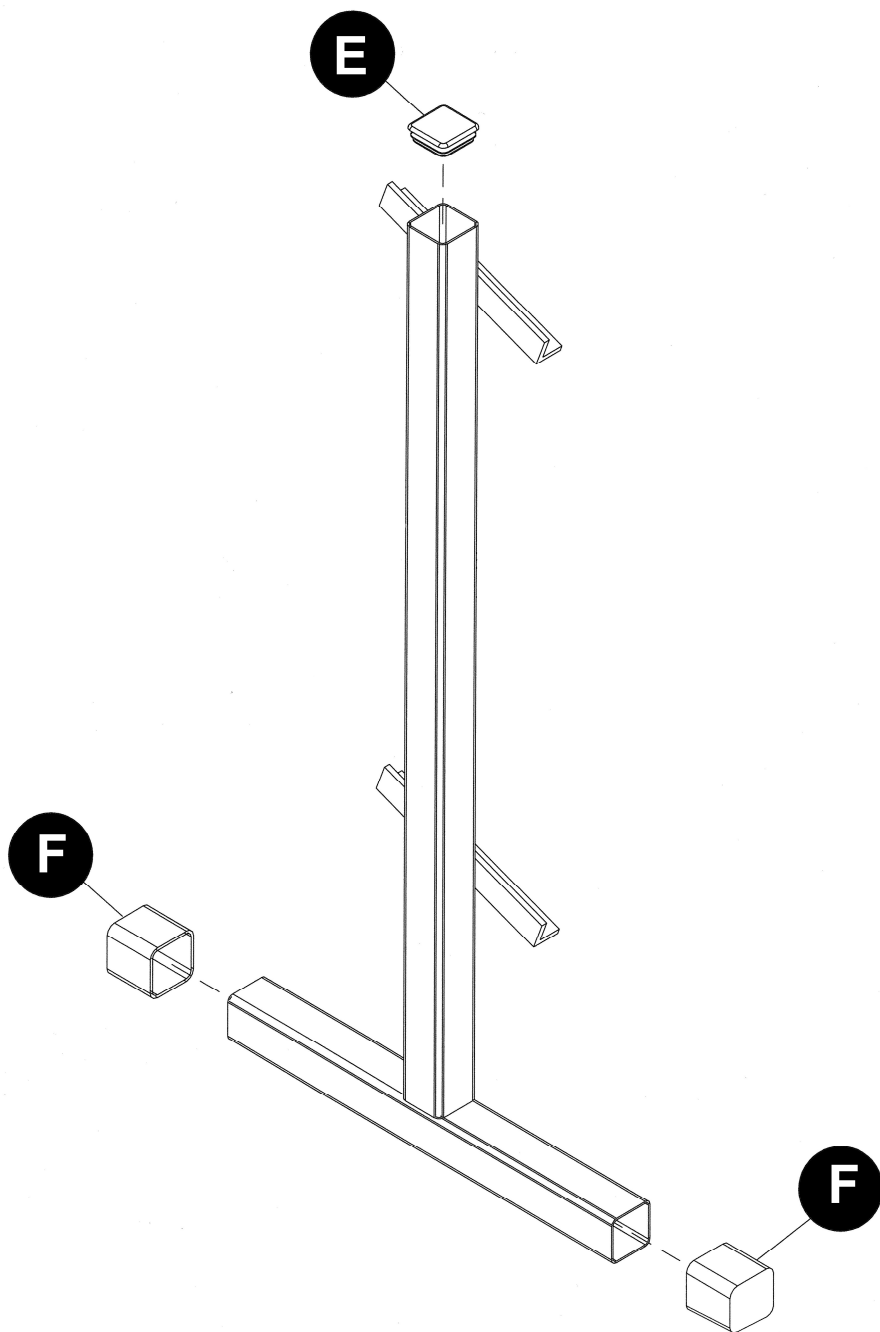


I

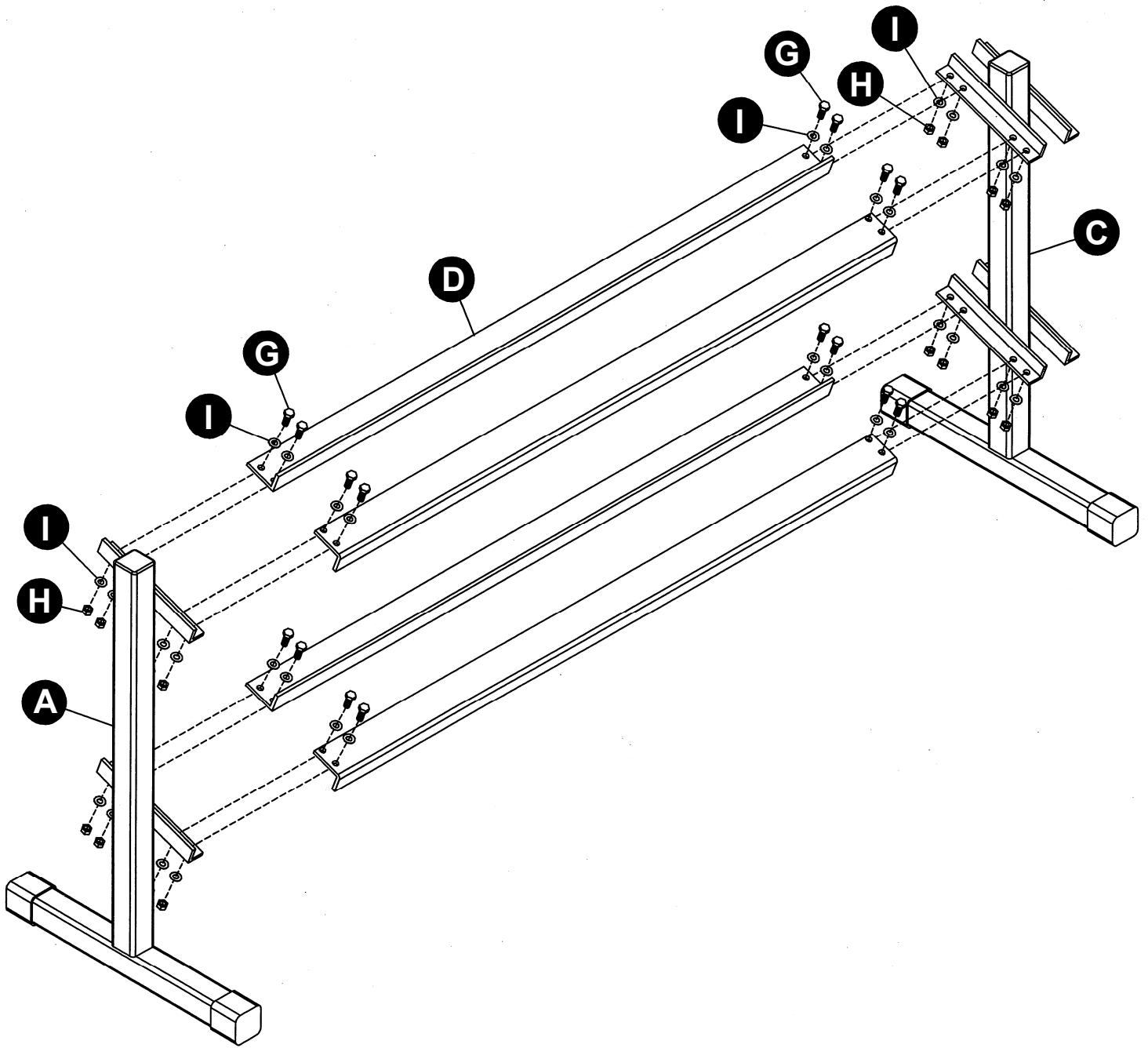
**M10 WASHER
QTY 64**



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



INSTALL THE SQUARE CAP (E) & RUBBER BOOTS (F) TO LEFT, CENTER AND RIGHT HAND UPRIGHTS.



ATTACH THE LEFT UPRIGHT (A) AND CENTER UPRIGHT (C) TO THE CROSS MEMBERS USING THE M10 x25MM BOLTS (G), M10 WASHERS (I), AND M10 LOCKNUTS (H).

REPEAT FOR OTHER SIDE OF RACK.

MAKE MAKE SURE ALL BOLTS ARE TIGHT BEFORE USE.

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.