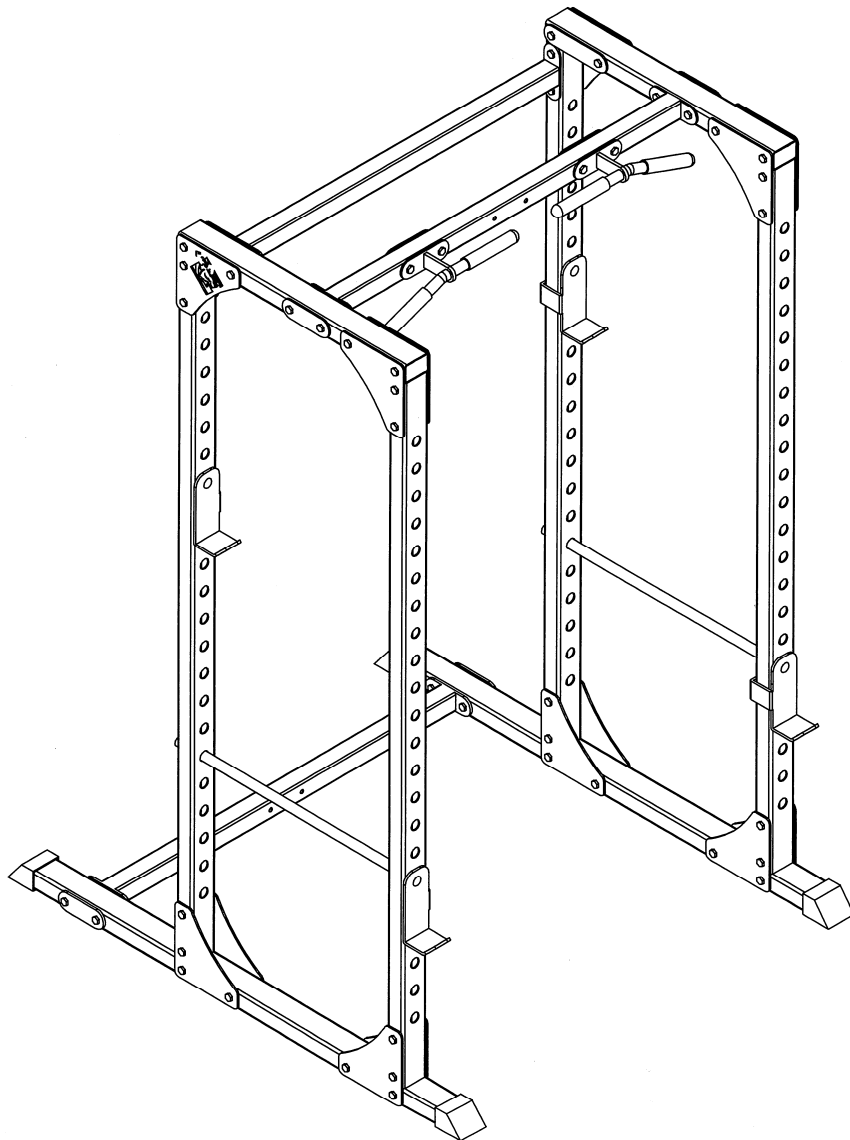


# DF820/DF825

## POWER RACK

### Assembly Manual



#### Assembly Video Available

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



**(888) 258-0533**

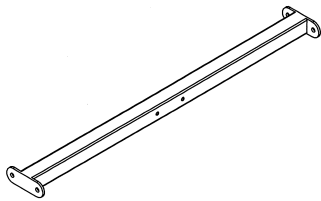
***FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY***

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

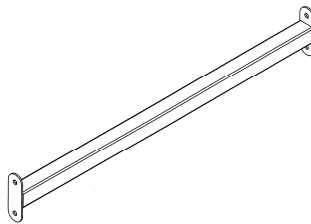
# BOX CONTENTS



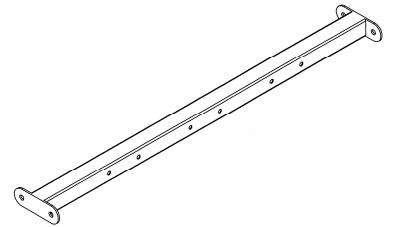
**A**  
UPRIGHT  
QTY 4  
BOX 1



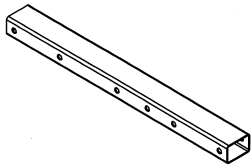
**B**  
BOTTOM CROSSMEMBER  
QTY 1  
BOX 2



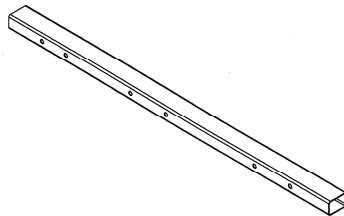
**C**  
REAR TOP CROSSMEMBER  
QTY 1  
BOX 2



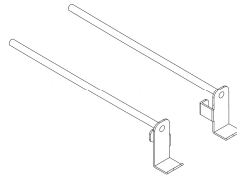
**D**  
FRONT TOP CROSSMEMBER  
QTY 1  
BOX 2



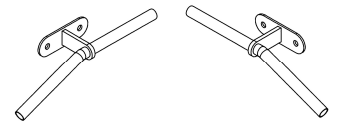
**E**  
TOP FRAME SUPPORT  
QTY 2  
BOX 3



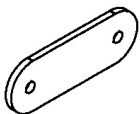
**F**  
BOTTOM FRAME SUPPORT  
QTY 2  
BOX 2



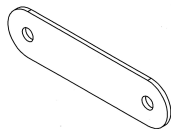
**G**  
LH & RH SPOTTER ROD  
BOX 3



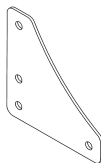
**H**  
LH & RH CHIN-UP HANDLE  
QTY 1 EACH  
BOX 3



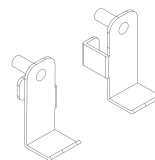
**I**  
SHORT FLANGE  
QTY 6  
BOX 3



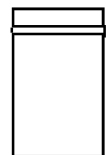
**J**  
LONG FLANGE  
QTY 2  
BOX 3



**K**  
CORNER FLANGE  
QTY 14  
(2 WITH LOGO)  
BOX 3



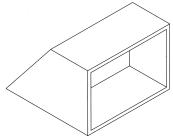
**L**  
LH & RH BAR CATCH  
QTY 1 EACH  
BOX 3



DF825  
HARDWARE  
QTY 1  
BOX 3

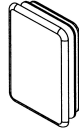
\*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

# ***HARDWARE***



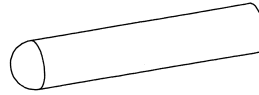
**M**

**RUBBER SHOE**  
QTY 4



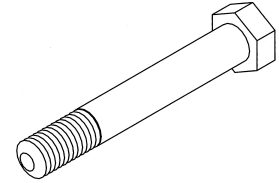
**N**

**RECTANGULAR CAP**  
QTY 4



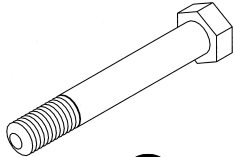
**O**

**HANDLE GRIP**  
QTY 4



**P**

**M12 x 100MM BOLT**  
QTY 40



**Q**

**M10 x 75MM BOLT**  
QTY 4



**R**

**M12 WASHER**  
QTY 80



**S**

**M12 LOCKNUT**  
QTY 40



**T**

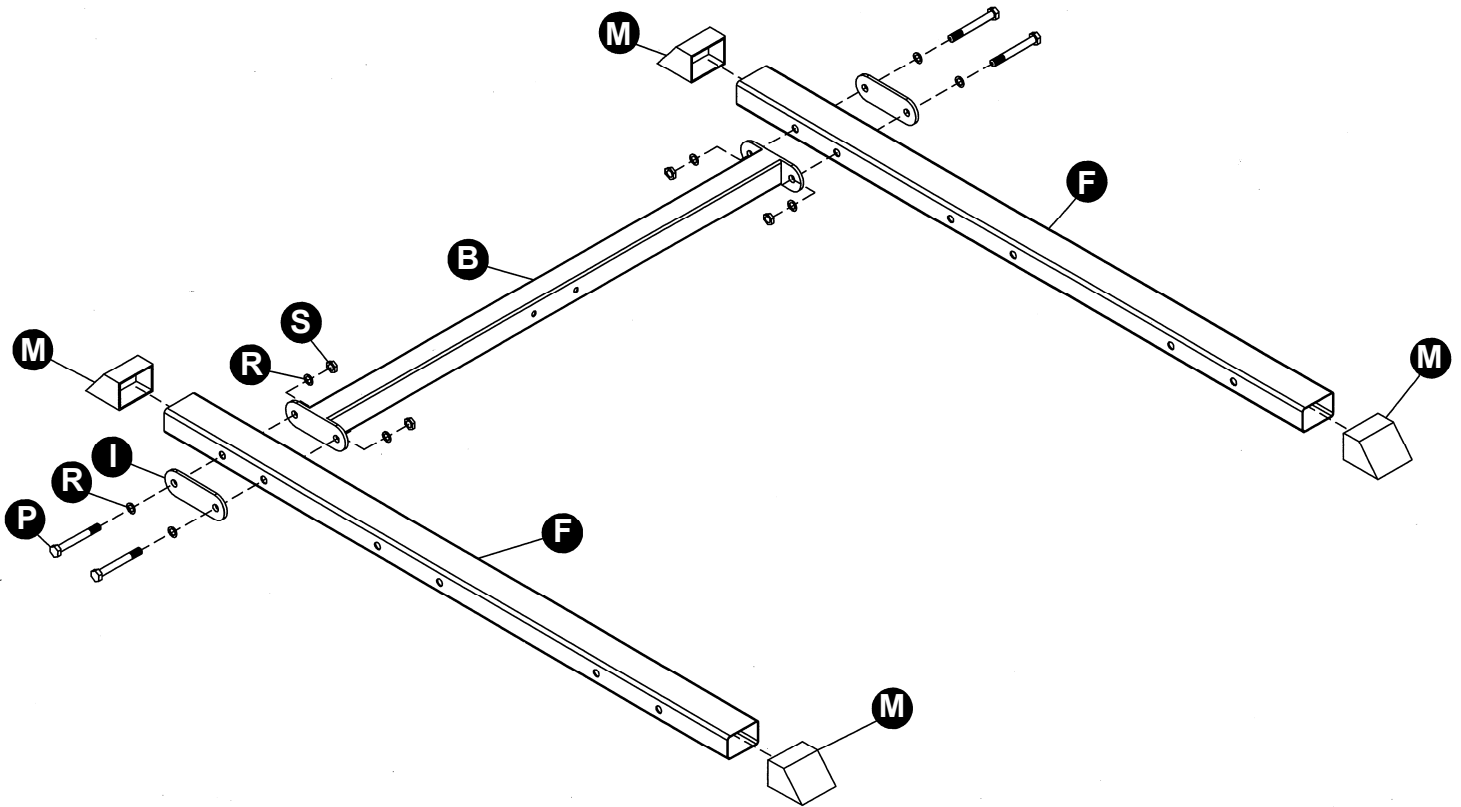
**M10 WASHER**  
QTY 8



**U**

**M10 LOCKNUT**  
QTY 4

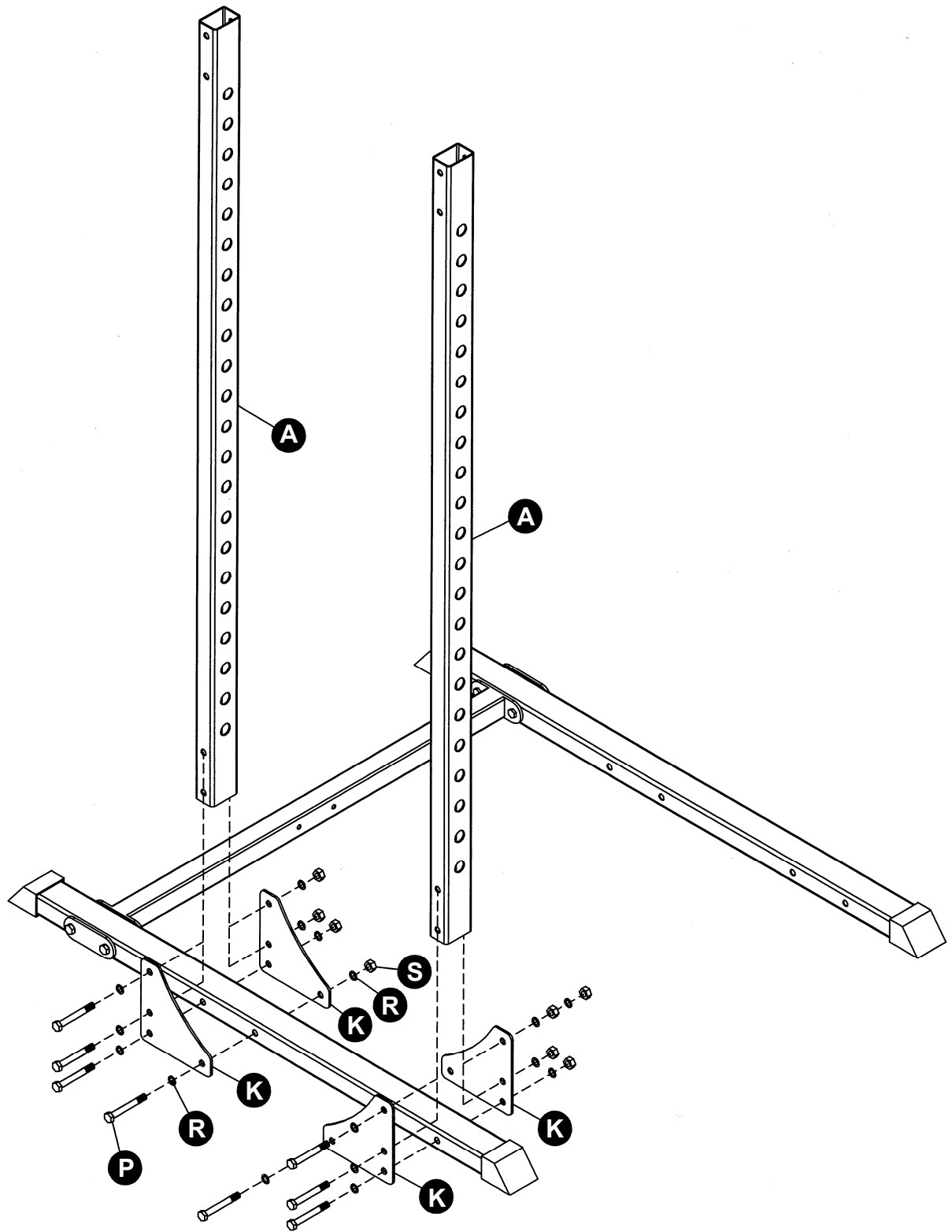




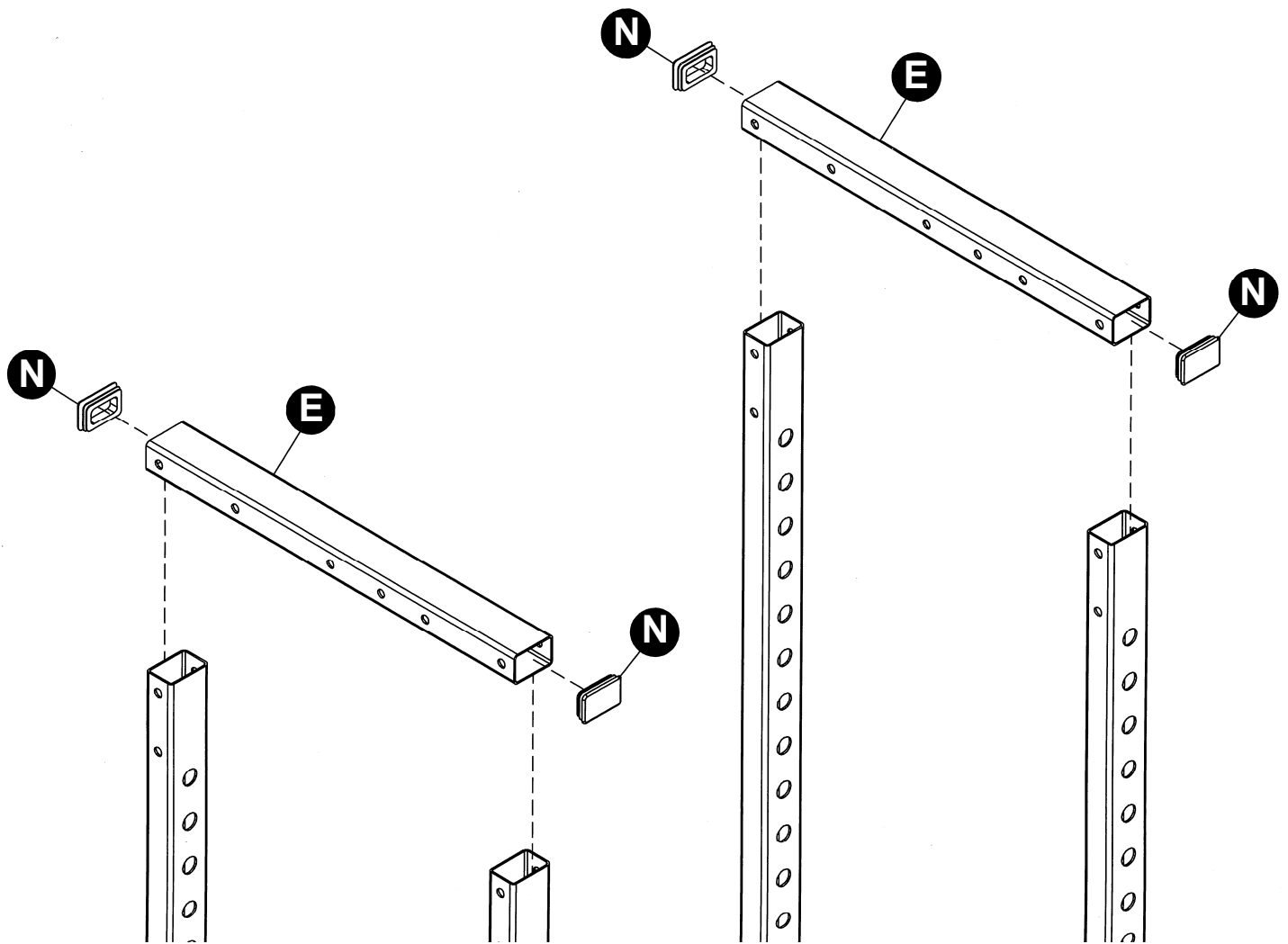
**TOOLS REQUIRED:**  
WRENCHES OR METRIC SOCKET SET

ATTACH THE BOTTOM CROSSMEMBER (**B**) TO THE BOTTOM FRAME SUPPORTS (**F**) USING THE M12 x 100MM BOLTS (**P**), SHORT FLANGES (**I**), M12 WASHERS (**R**), AND M12 LOCKNUTS (**S**). **DO NOT TIGHTEN NUTS AND BOLTS AT THIS TIME. WAIT UNTIL FRAME IS FULLY ASSEMBLED.**

INSTALL THE RUBBER SHOES (**M**).



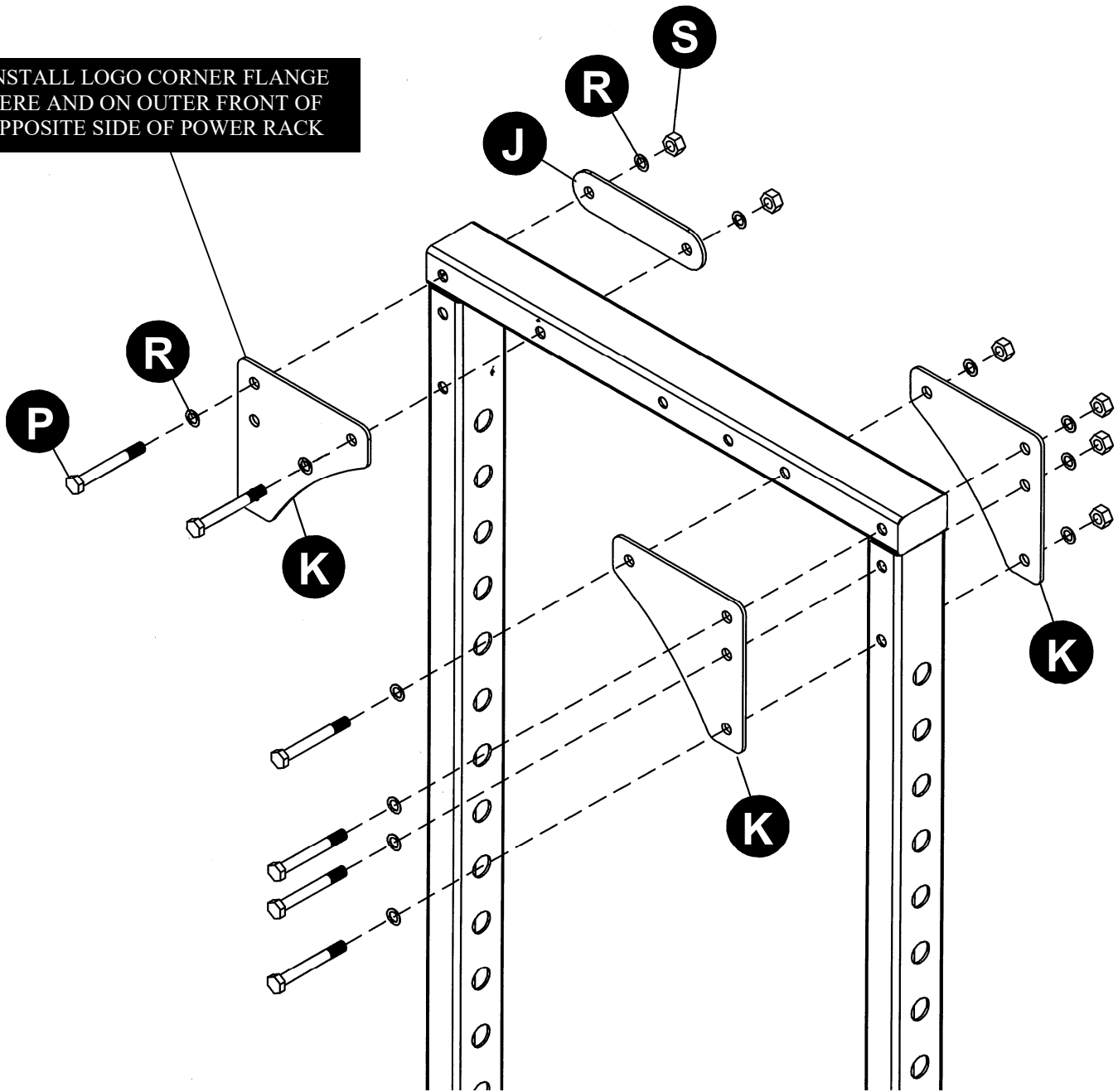
ATTACH THE UPRIGHTS (A) TO THE BOTTOM FRAME SUPPORTS USING THE M12 x 100MM BOLTS (P), CORNER FLANGES (K), M12 WASHERS (R), AND M12 LOCKNUTS (S). REPEAT FOR OPPOSITE SIDE.



INSERT RECTANGULAR CAP (N) INTO ENDS OF TOP FRAME SUPPORTS (E).  
PLACE THE TOP FRAME SUPPORTS (E) ON TOP OF THE UPRIGHTS.

**FRAME ASSEMBLY**

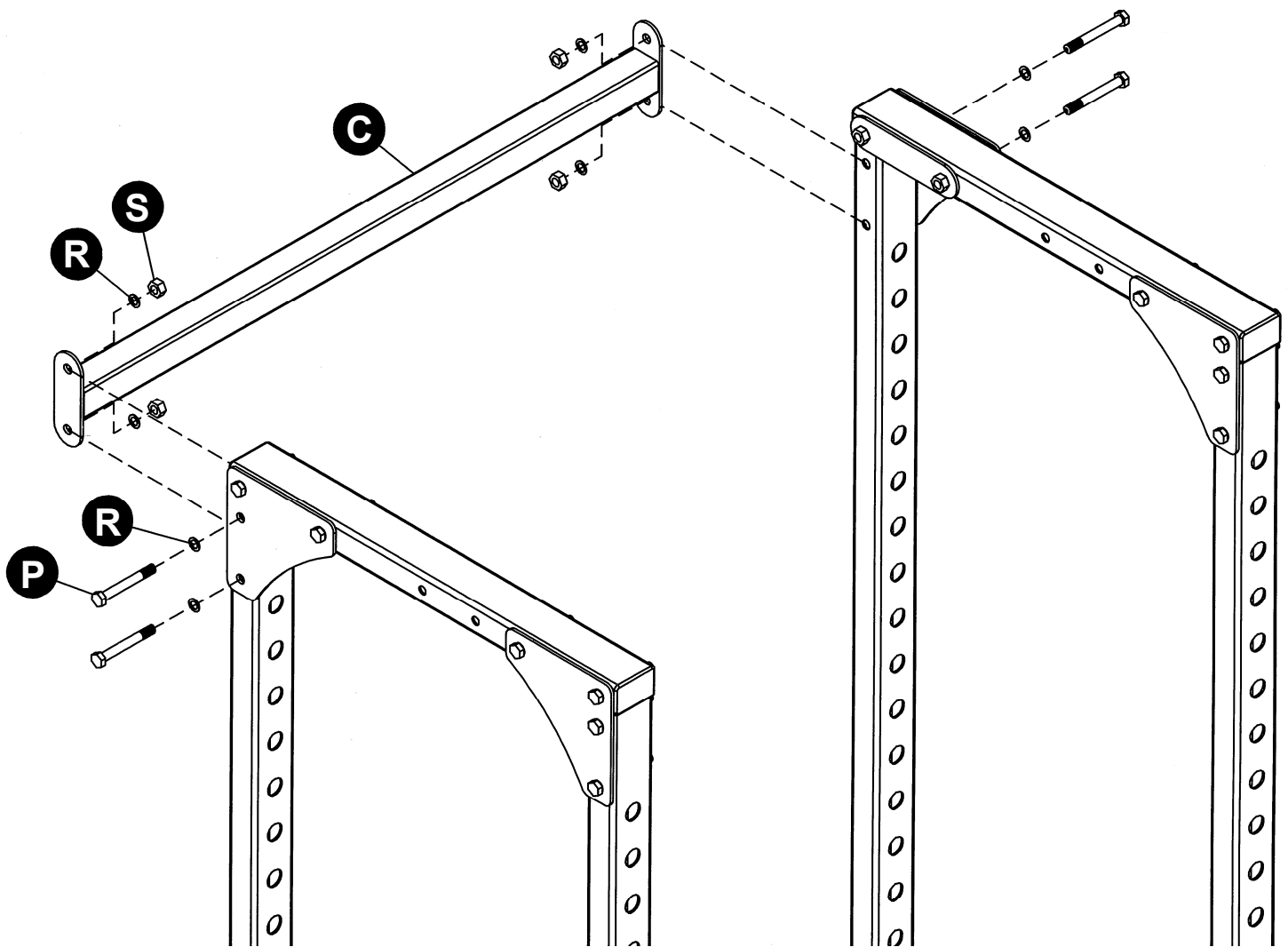
INSTALL LOGO CORNER FLANGE  
HERE AND ON OUTER FRONT OF  
OPPOSITE SIDE OF POWER RACK



INSTALL CORNER BRACKET (**K**) IN REAR USING THE 2 TOP BOLT HOLES WITH M12 x 100MM BOLTS (**P**), M12 WASHERS (**R**), LONG FLANGE (**J**) AND M12 LOCKNUTS (**S**). INSTALL CORNER BRACKETS (**K**) IN FRONT USING ALL HOLES WITH M12 x 100MM BOLTS (**P**), M12 WASHERS (**R**), AND M12 LOCKNUTS (**S**).

REPEAT FOR OPPOSITE SIDE.

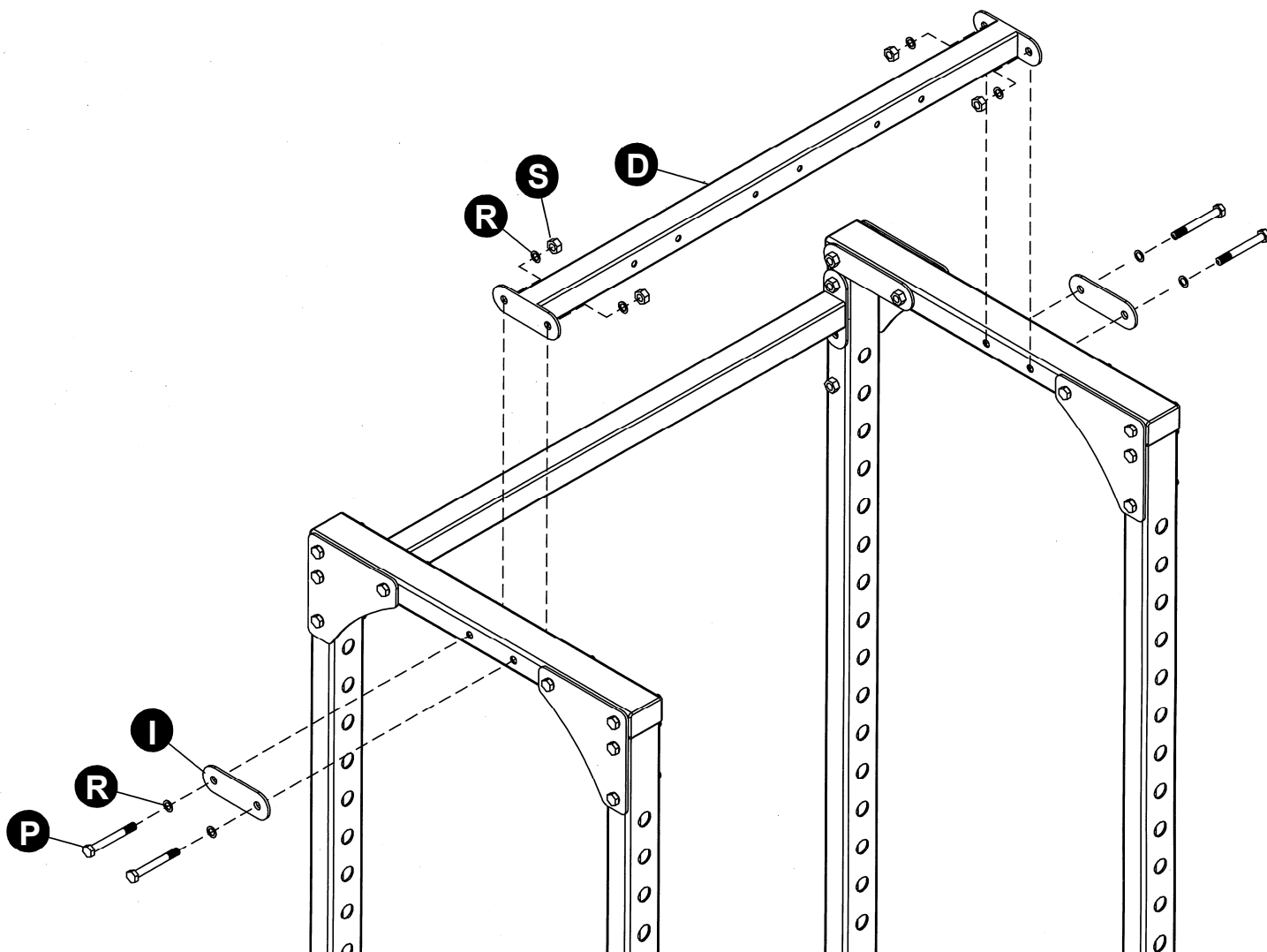
**FRAME ASSEMBLY**



ATTACH REAR TOP CROSSMEMBER (C) WITH M12 x 100MM BOLTS (P), M12 WASHERS (R), AND M12 LOCKNUTS (S).

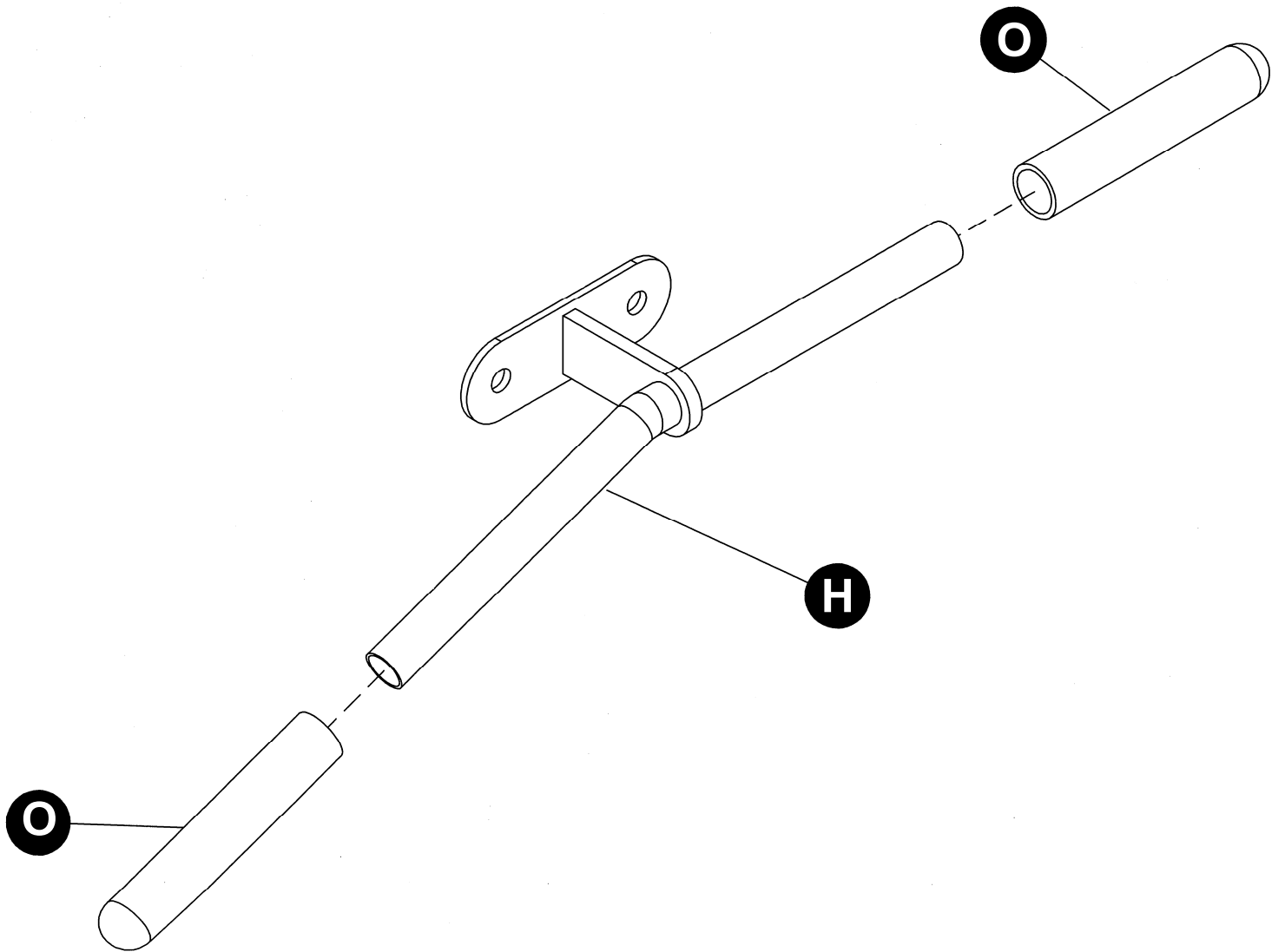
***CROSSMEMBER INSTALLATION***





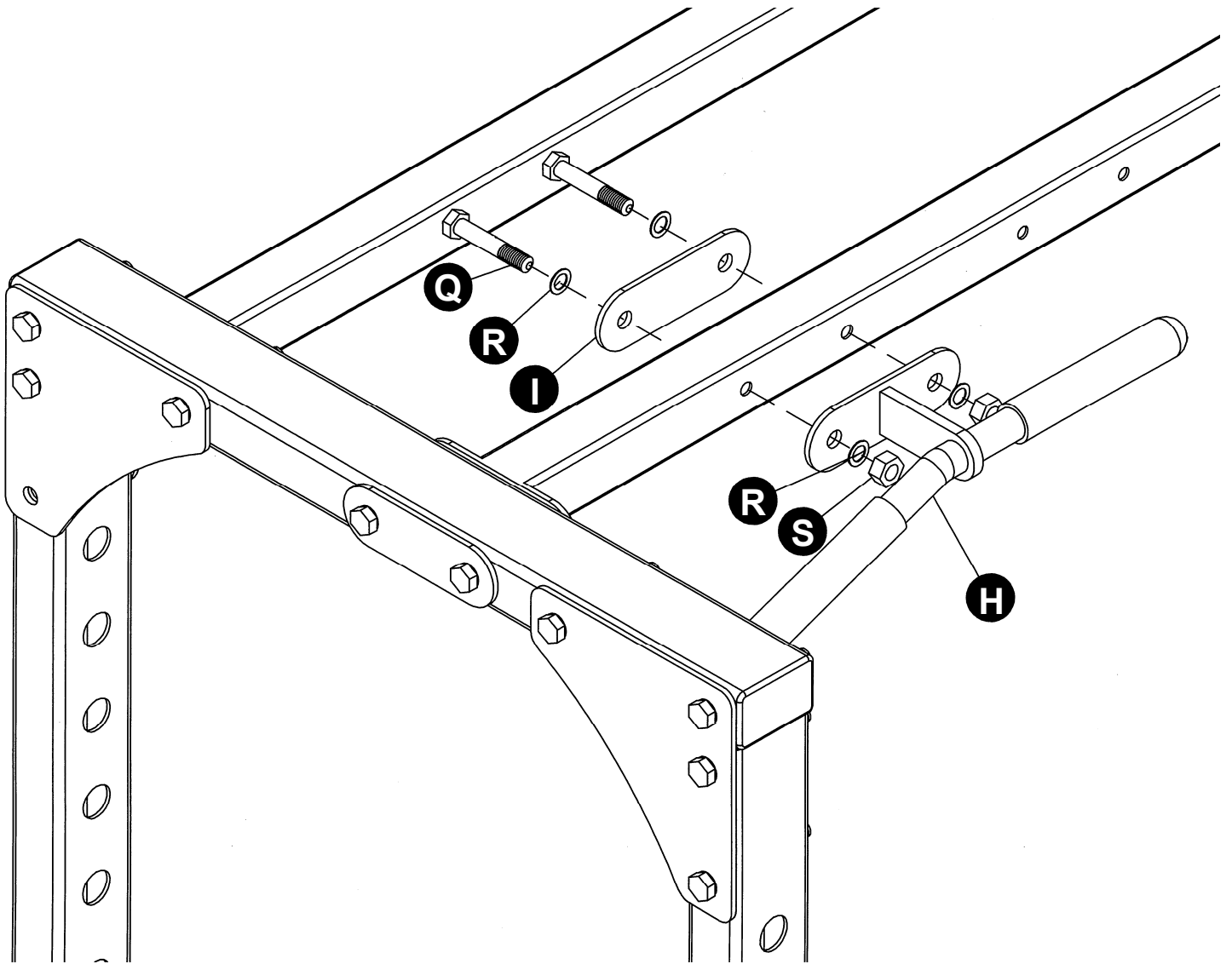
ATTACH FRONT TOP CROSSMEMBER (D) WITH M12 x 100MM BOLTS (P), M12 WASHERS(R), SHORT FLANGE (I), AND M12 LOCKNUTS (S).

**AT THIS POINT, TIGHTEN ALL NUTS AND BOLTS SECURELY. THE LOCKNUTS USED ON THIS RACK HAVE A NYLON INSERT AND YOU MUST USE ENOUGH FORCE TO TIGHTEN THEM ON TO THE BOLT.**



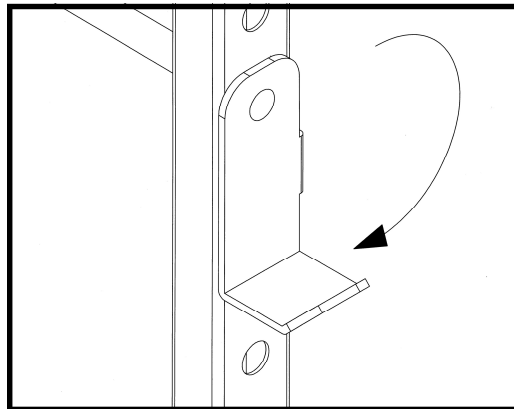
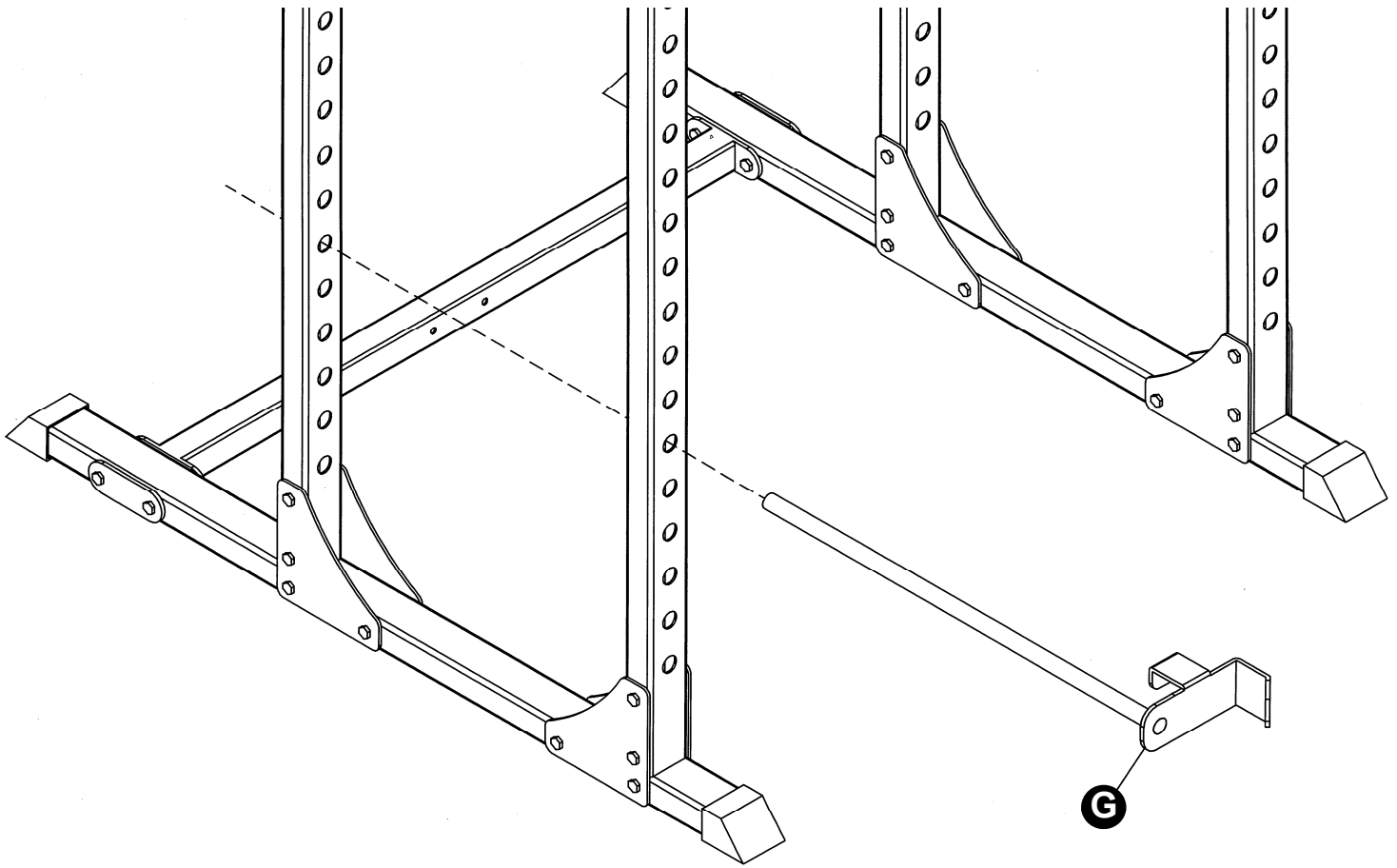
SLIDE HANDLE GRIPS (O) ON TO CHIN-UP HANDLES.

***CHIN-UP HANDLES INSTALLATION***



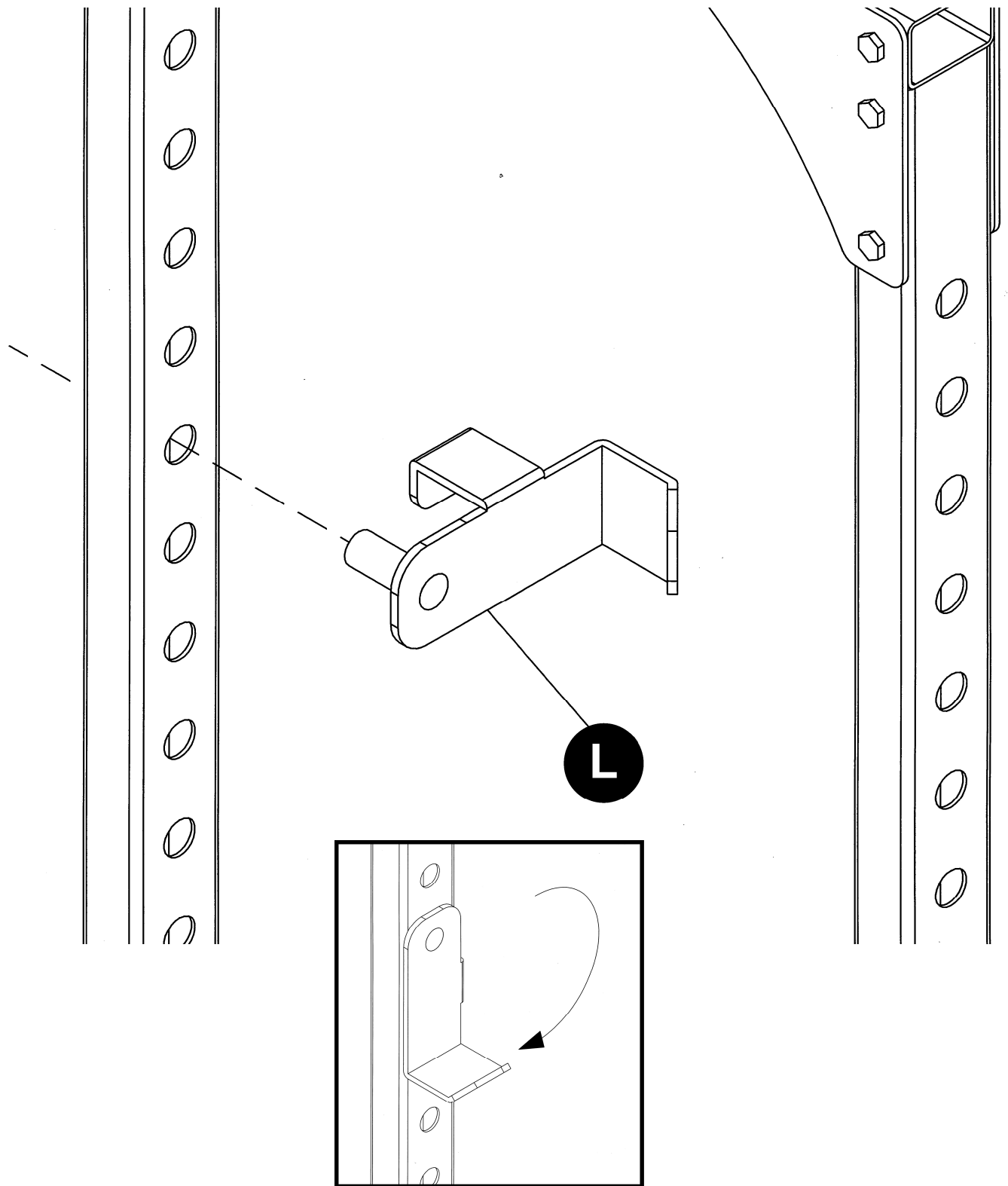
ATTACH CHIN-UP HANDLES (H) WITH M10 x 75MM BOLTS (Q), M10 WASHERS(T), SHORT FLANGE (I), AND M10 LOCKNUTS (U).

**CHIN-UP HANDLES INSTALLATION**



INSERT SPOTTER RODS (G) TO DESIRED HEIGHT, MAKING SURE THAT THEY ARE IN THE SAME NUMBER HOLE IN THE FRONT AND BACK. SLIDE IN UNTIL BAR CATCH CONTACTS FRONT UPRIGHT. ROTATE BAR CATCH TO LOCK IT INTO PLACE. REPEAT FOR OPPOSITE SIDE.

***SPOTTER ROD INSTALLATION***



INSERT BAR CATCHES (L) TO DESIRED HEIGHT. SLIDE IN UNTIL IT CONTACTS UPRIGHT. ROTATE BAR CATCH TO LOCK IT INTO PLACE. REPEAT FOR OPPOSITE SIDE.

**BAR CATCH INSTALLATION**

# ***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.