



Congratulations!!! You have now obtained our Rex Series Triple Power Rack; the following will guide you on the proper set up of this machine. Please note these are recommendations from past experiences and customer feedback, but the structure of each building will always vary installation process.

Please also note that this is not a one man's job, and the assistance of another person will be need for safety and supervision.



Product includes

- (38) 4.5 5/8 bolts, flat washer, nut and split washer
- (6) 90" Rex Series Uprights
- (1) 42"X1.25" Pull Up Bar (Front Bar)
- (1) 42"X2" Fat Pull Up Bar (Middle Bar)
- (1) Beam Connector with logo
- (2) 42" T-Shape Beam Connectors (Bottom Connectors)
- (2) 18" T-Shape Beam Connectors (Bottom Triple Post Connectors)
- (2) 42" Built on thread flushed beam connectors (Top Connectors)
- (2) 18" Built on thread flushed beam connectors (Top Connectors Triple Post)
- (1) Pair of Rex Series J-Hooks

Tools You Will Need

- (2) 1 inch or greater, crescent wrench or 15/16 socket and wrench
- (1) Measuring tape
- (1) Hammer drill and 5/8" X 5" masonry bit
- (1) Vacuum

Power Rack Assembly

The footprint of this rack is 69" X 48" and is best installed if each panel (Left and Right) are put together on the floor and lifted up to then install top connections. Please be sure that each post will have the "R" logos located left to right and benching hole spacing every 1.5" facing the athlete. Place all 3 posts on the floor and assemble the top beam connectors, please note that there is thread built in on the inside of the top to give your rack a flushed look. You will not need a nut to tie the tops. Carefully thread on your first bolt on the top hole of the tube, making sure you are using a flat washer on the side of the tube to prevent the tube from bending, everything must be hand tied only until all bolts are assembled correctly. Secure the bottom set of hardware underneath the hole with the built on thread, you will need the bolt to go thru making sure you use the flat washer on the side of the tube and the split washer on the side of the base plate. The 18" built on thread connectors are next, there is a hole to fit the bolt head in and on the side there is built in thread. Secure the hardware pieces hand tied only. Repeat the same steps on the other side of the rack. Once you have both left and right panel assemble and hand tied, you can lift up and attach your pull up bars. 42" Pull up bar goes in front of the rack at the height desired, fat pull up bar attaches the rack from 18" connector to 42" connector and logo beam connector attaches at the very back of the rack. Once all your hardware has been secured you can tie up all your bolts. It is very important to know that bolts must tie up evenly from top to bottom of the rack, to prevent rack from shifting and bolts not fitting properly.

Ground Installation

The installation process of this rack on slab will be the last of the steps. Please note that anchors are not included with your purchase as each home or facility is different. This step is very important as the performance of this rack is based off, how perfectly squared you install this. After all your hardware is installed and hand tied only, you will choose the proper positioning of your Power Rack. Set up one of the posts first and drill thru the concrete with at least 4.5" in depth, please be sure keep the drill bit as straight as possible while holding the floor, so the anchor remains straight when hammered in the floor. Set up your anchor of choice in the hole and hammer it in.

Using your measuring tape measure the bottom, your bottom posts to post, must measure 42" as much as your pull bars. Repeat the same process with the post on the opposite corner you already did. Take a diagonal measurement just be sure that you are fully squared. Please note, that the more squared your rack is the better performance and benefit you will get from this. After you get the opposite corner done, move on to the next 2 corners, once your corners are done, you can proceed to anchor down the rest of the holes. Please use the vacuum to suck out any excess dirt from the hole to prevent your anchor from getting in too tight.

Once you have all your anchors installed, right them down with your wrench as tight as your arm can get them. Repeat this process with the rest of the hardware.

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