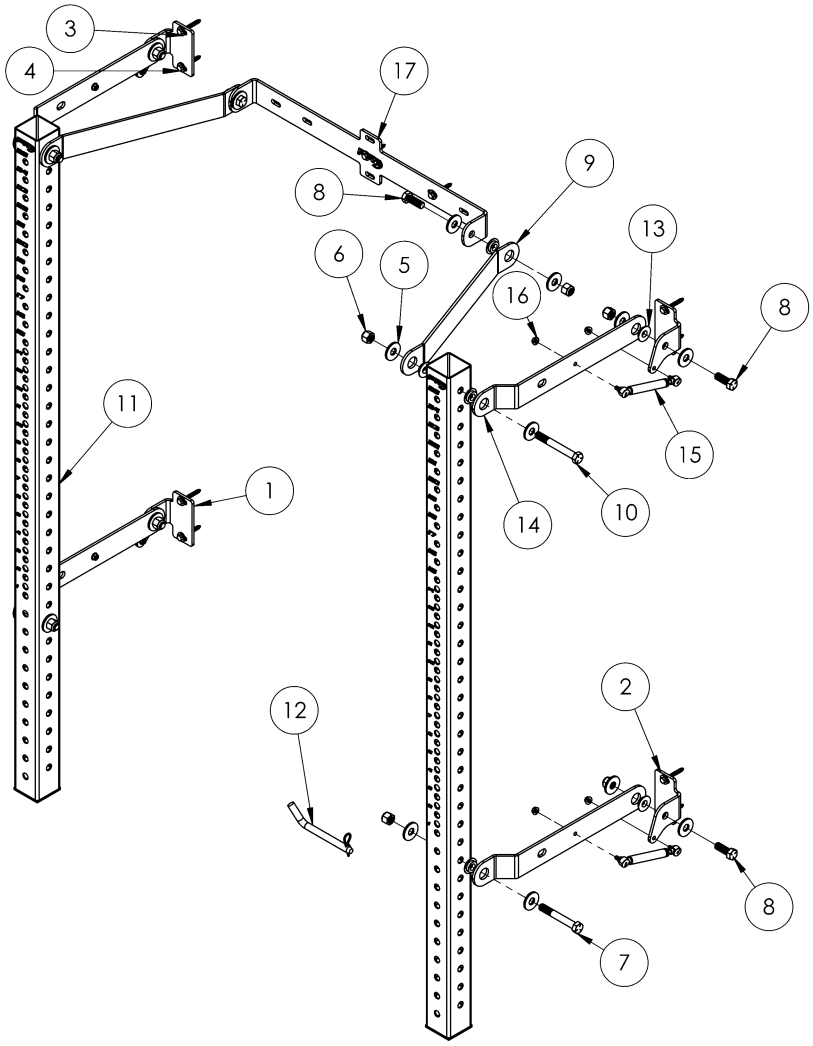
73” Profile® PRO Squat Rack

Installation Instructions

Tool List

- 15/16” Open End Wrench
- 7/16” Open End Wrench
- 1/2” Open End Wrench
- 15/16” Socket
- 1/2” Socket
- Ratchet
- 4’ Level
- Plumb Bob
- 7/32” Drill Bit
- Cordless Drill
- Impact Driver
- Stud Finder
- Tape Measure
- Pencil



Item #	Description	Qty.
1	Left Wall Bracket	2
2	Right Wall Bracket	2
3	5/16” x 2-1/2” Lag Screw	10
4	5/16” Flat Washer	10
5	5/8” Flat Washer	20
6	5/8” Lock Nut	10
7	5/8” x 4-1/2” Hex Bolt	2
8	5/8” x 1-3/4” Hex Bolt	6
9	Stabilizer Arm	2
10	5/8” x 5” Hex Bolt	2
11	73” Upright	2
12	Bent Hitch Pin	2
13	Plastic Spacer	12
14	Linkage Arm	4
15	Gas Shocks	4
16	Flange Nuts	8
17	Stabilizer Bracket	1

- ***This installation requires two people.***
- ***Standard installation is designed for ceilings 7’-7” (91”) or taller. If your ceilings are shorter than 91” please refer to the table on page 3 and use the bracket height measurements that correspond to your ceiling height.***

Getting Started

1. Assemble all tools listed on page 1 and clear your workspace.
2. **Check the stud spacing of your wall**: All Profile® Squat Racks are designed to be mounted to wood studs with standard 12”, 16”, or 24” spacing.
   - To mount your rack to a wall with non-standard stud spacing, please use a stringer board. If you have any questions about the stringer board, please email us at support@prxperformance.com.
   - PRx recommends professional installation for mounting the wall brackets to a block, concrete, or metal stud wall.
3. **Check your wall width:** All Profile® Racks mount to 48” spaced studs. Identify the studs you plan to mount your rack to and ensure you’ll have 32” on either side of your rack to allow space to use a 20kg barbell.
4. **Check your ceiling height:** Standard installation is designed for ceilings 7’-7” (91”) or taller. If your ceiling is shorter than 91”, please see page 3 for modifications to your installation. If you have any questions about the modified install, please email us at support@prxperformance.com.
5. Recruit a work partner to assist with lifting and holding the rack.

Modified Install

Standard installation is designed for ceilings 7’-7” (91”) or taller. If your ceiling is shorter than 91” please refer to the table below and use the bracket hole height measurements that correspond to your ceiling height.

Some modified installations will result in a shallower rack depth and linkage arms will be at an angle when deployed. The linkage arms must be parallel to each other when the rack is installed to allow the rack to fold correctly.

Ceiling Height (A)	Lower Bracket Top Hole (B)	Upper Bracket Top Hole (C)	Rack Depth (D)
91''	21''	73”	21.75''
90''	20''	72''	21.75''
89''	19''	71''	21.75''
88''	18''	70''	21.5''
87''	17''	69''	21.25''
86''	16”	68''	21''
85''	15''	67''	20.75''
84''	14''	66''	20.25''
83''	13''	65''	19.75''
82''	12''	64''	19.25''
81''	11''	63''	18.75''
80''	10''	62'	18''
79''	9''	61''	17''
78''	8''	60''	16''

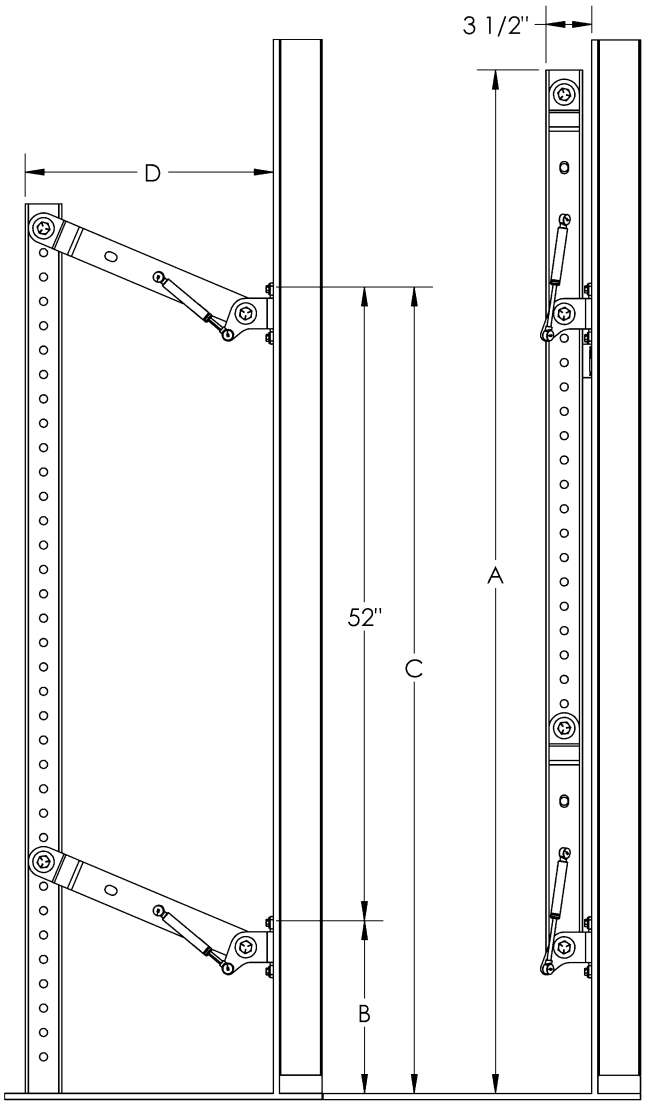


Figure 1: Modified Installation example: 88” Ceiling

Installing the Wall Brackets

1. Determine if your floor slopes down to the left, down to the right, or is flat (**Figure 2**). If it slopes down to the left, start with the far-left stud. If it slopes down to the right, start with the far-right stud.

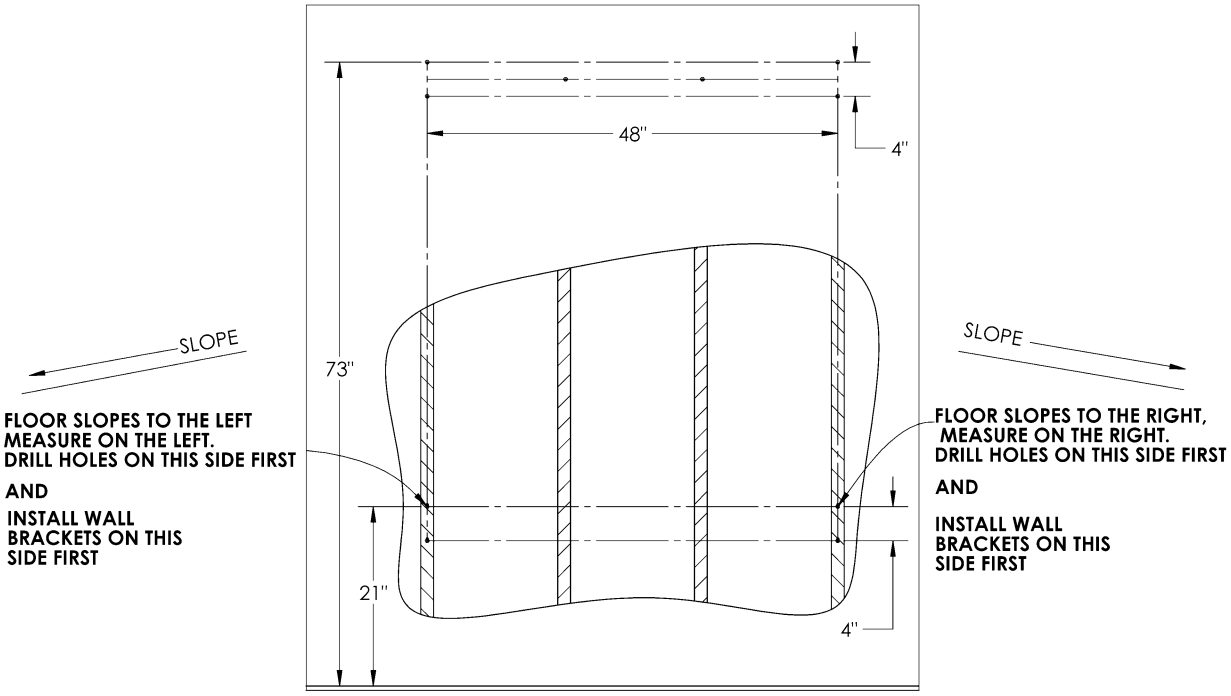


Figure 2: Hole Drill Locations

2. Locate two studs spaced 48” apart, and all studs in between, using a stud finder (**Figure 2**).
3. Mark the first hole 21” from the floor and a second hole 73” from the floor centered on the far-left stud (or right depending on your floor slope).
4. Measure down 4” from each mark from step 3 to mark the third and fourth holes.
5. Use the cordless drill and the 7/32” drill bit to drill the four marked holes at least 2-1/2” deep.
6. Align the wall bracket over the drilled holes so the ear of the wall bracket is facing down and out. Using an impact driver and 1/2” socket, fasten the first upper wall bracket to the wall with two 5/16” lag screws (3) and washers (4) (**Figure 3**).
7. Center the lag screws in the slots of the wall bracket and use the level to check the wall bracket is straight as you tighten the lag screws. Do not over tighten the lag screws.
8. On the same stud, repeat step 6 with the first lower wall bracket, but do not fully tighten the lag screws.

9. Vertically align the upper and lower wall brackets using a plumb bob. Use the level to double-check the wall bracket is straight as you tighten the lag screws. Do not over tighten the lag screws.

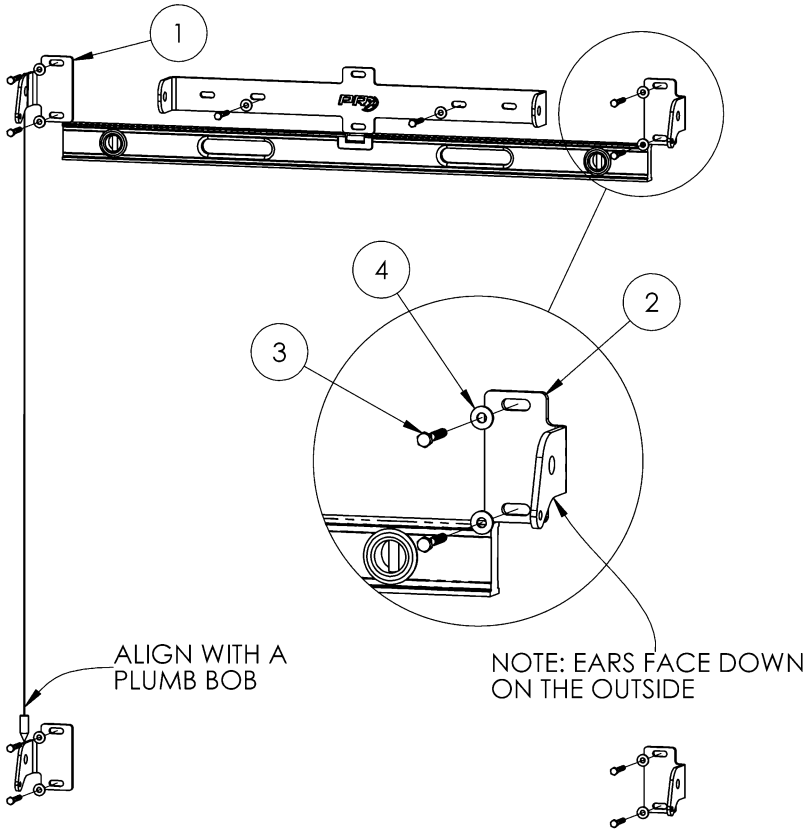


Figure 3: Installing the Wall Brackets with Lag Screws

10. Place the 4-foot level against the bottom edge of the first upper wall bracket, span it to the next marked stud 48” away, and mark the wall once leveled (**Figure 3**).
11. Place the second upper wall bracket so the bottom aligns to the level mark, and mark the location of the holes on the stud.
12. Using a cordless drill and 7/32” drill bit, drill pilot holes at least 2-1/2” deep at the marked locations.
13. Using an impact driver and 1/2” socket, fasten the wall bracket to the wall with the 5/16” lag screws and washers. Do not fully tighten the lag screws.
14. Using the tape measure, set the distance from the inside edge of the left wall bracket to the inside edge of the right wall bracket to 45-1/2” (**Figure 4**)**.** Level the wall bracket and fully tighten the lag screws. Do not over tighten the lag screws.
15. Repeat steps 10 through 14 with the remaining lower wall bracket.

Installing the Stabilizer Bracket

1. To vertically align the stabilizer bracket with the wall brackets, place the 4-foot level against the bottom edge of the upper wall brackets and mark the center between the wall brackets.
2. Align the bottom tab of the stabilizer bracket with the mark from step 1 (**Figure 4**).
3. Set the edge of the stabilizer bracket 7-3/4” from the inside edge of the wall bracket and mark the location of the holes on the studs you previously marked.

   NOTE: To mount your rack to a wall with non-standard stud spacing, please use a stringer board. If you have any questions about the stringer board, please email us at support@prxperformance.com.
4. Using a cordless drill and 7/32” drill bit, drill pilot holes at least 2-1/2” deep at the marked locations.
5. Using an impact driver and 1/2” socket, fasten the stabilizer bracket to the wall with the 5/16” lag screws and washers. Fully tighten the lag screws.

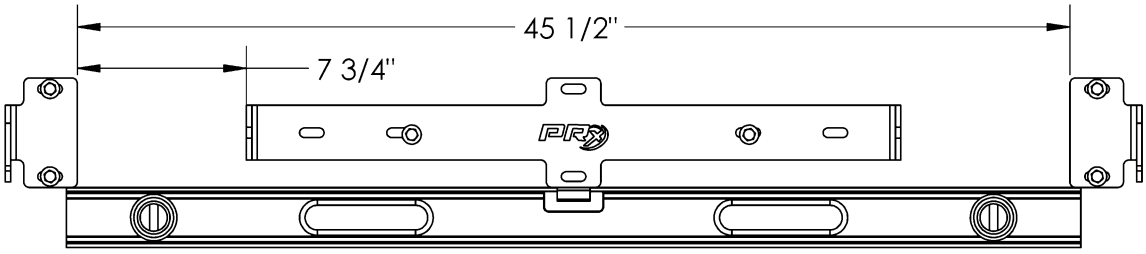


Figure 4: Stabilizer bracket vertical and horizontal alignment

Assemble the Linkage Arms

1. Using the 7/16” wrench and the 1/2” wrench, attach the large barrel end of one gas shock (15) to the outer face of each linkage arm (14) with one flange nut (16) (**Figure 5**).

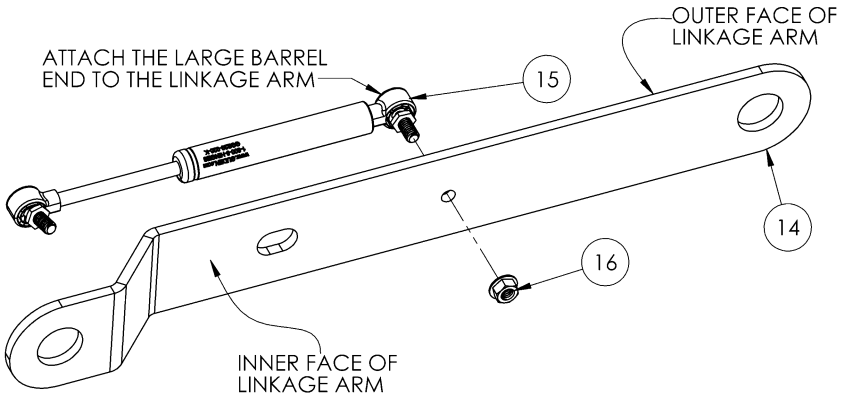


Figure 5: Attaching Gas Shocks to Linkage Arms

Installing the Linkage Arms

1. Place the small side of the plastic spacer (13) into the linkage arm (14) (**Figure 6**).
2. Place the linkage arm with the plastic spacer facing the inside of the wall bracket “ear”.
3. Attach the linkage arm to the wall bracket using a 1-3/4” hex head bolt (8) and 5/8” washer (5) on the outside of the wall bracket “ear” and a 5/8” washer (5) and 5/8” lock nut (6) on the inside of the linkage arm.
4. Tighten using a 15/16” socket and 15/16” wrench.
   NOTE: DO NOT attach the gas shocks to the wall brackets.
5. Repeat steps 1-4 with the other 3 linkage arms.
   NOTE: DO NOT over tighten any of the pivot points. This may result in the rack feeling “stiff” moving up and down. It should move up and down freely.

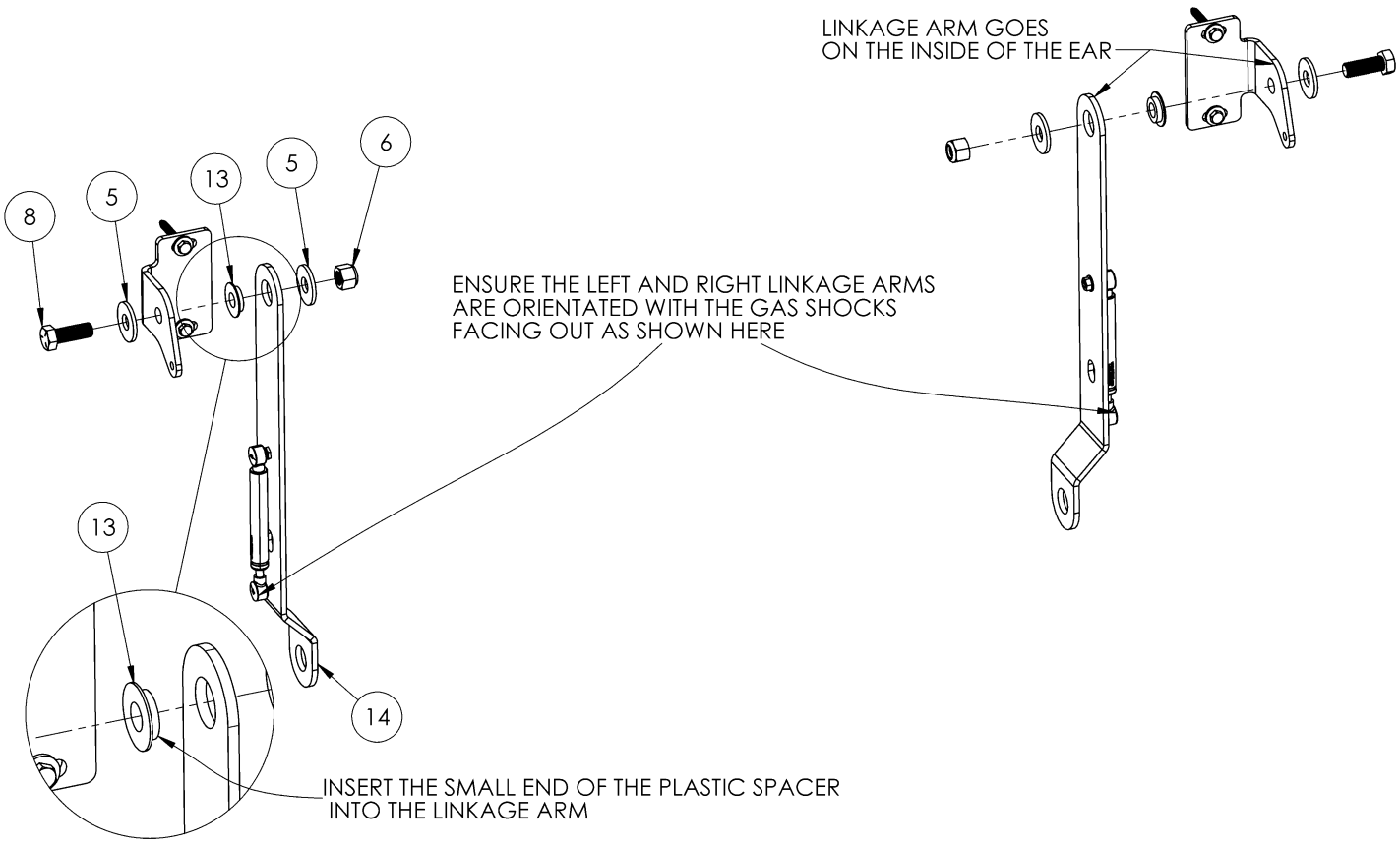


Figure 6: Bolting on the Linkage Arms

Attaching the Stabilizer Arms

1. Place the small side of the plastic spacer (13) into the stabilizer arm (9) (**Figure 7**).
2. Place the stabilizer arm with the plastic spacer facing the outside of the stabilizer wall bracket "ear".
3. Attach the stabilizer bracket to the stabilizer wall bracket using a 1-3/4" hex head bolt (8) and 5/8" washer (5) on the inside of the stabilizer wall bracket "ear" and a 5/8" washer (5) and 5/8" lock nut (6) on the outside of the stabilizer arm.
4. Tighten using a 15/16" socket and 15/16" wrench.
   NOTE: DO NOT attach the gas shocks to the wall brackets.
5. Repeat steps 1-4 with the other stabilizer arm.
   NOTE: DO NOT over tighten any of the pivot points. This may result in the rack feeling "stiff" moving up and down. It should move up and down freely.

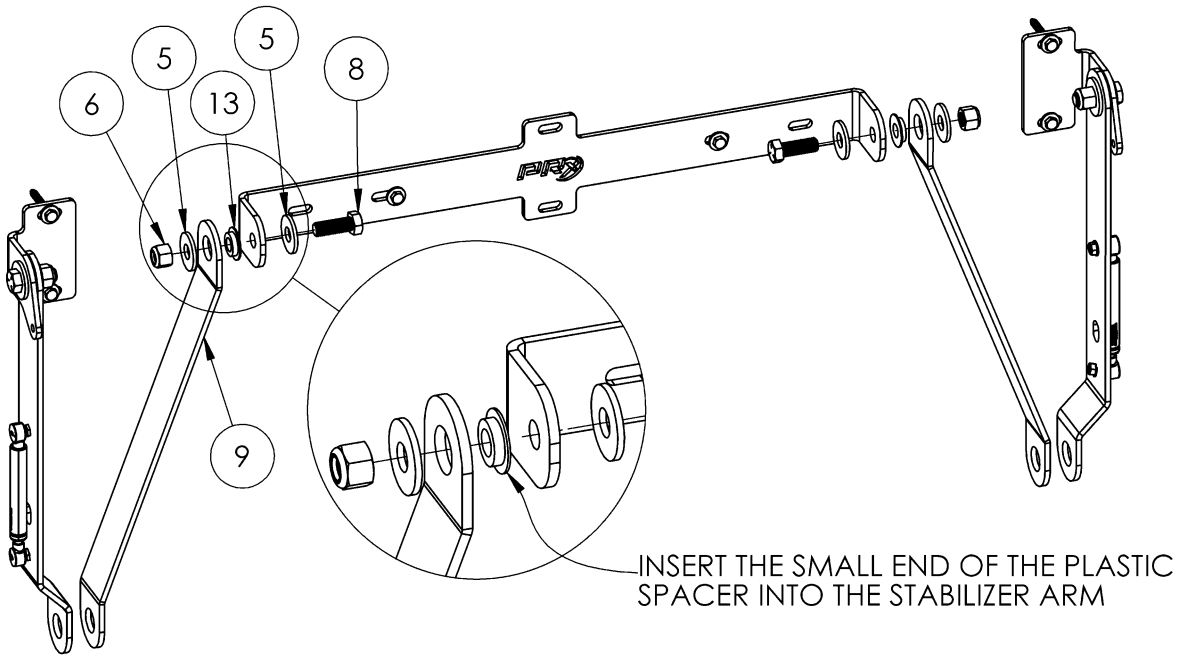


Figure 7: Attaching the Stabilizer Arms

Attaching The Rack to the Linkage Arms

1. Lift one upright into place between a linkage arm and a stabilizer arm.
2. Use one 5/8” x 5” hex bolt (10) and bolt the linkage arm to the upright through the stabilizer arm using the 5/8” x 5” hex bolt (10), two 5/8” flat washers (5), two plastic spacers (13), and one 5/8” locknut (6) (**Figure 8**). Repeat this with the other side.

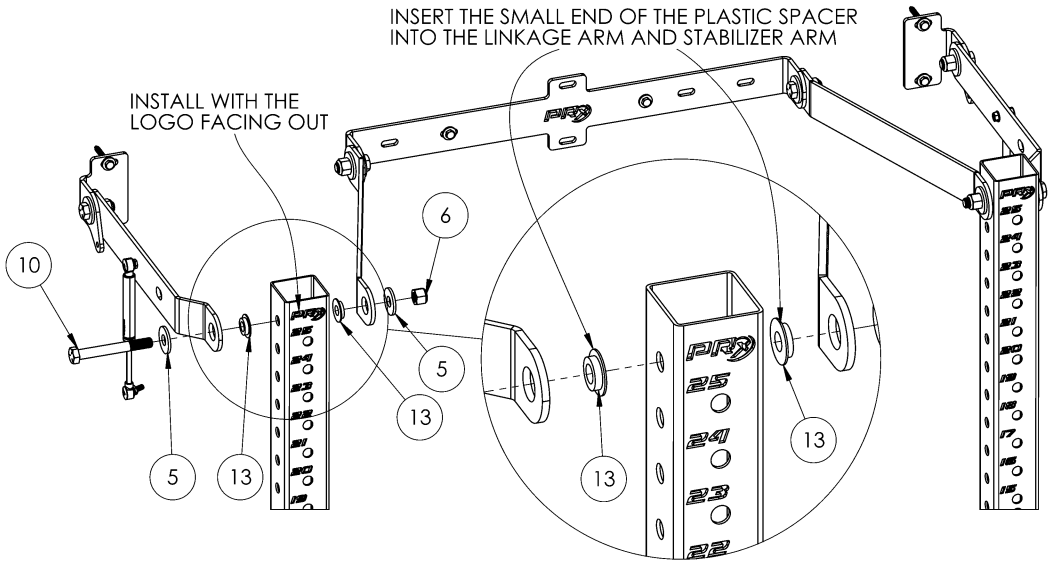


Figure 8: Bolting the Rack to the Upper Linkage Arms

3. Bolt the lower linkage arm on the upright between numbers 6 and 7 using the 5/8” x 4-1/2” hex bolt (7), two 5/8” flat washers (5), one plastic spacer (13), and one 5/8” locknut (6) (**Figure 9**). Tight to be snug but do not overtighten. Repeat this on the other side.

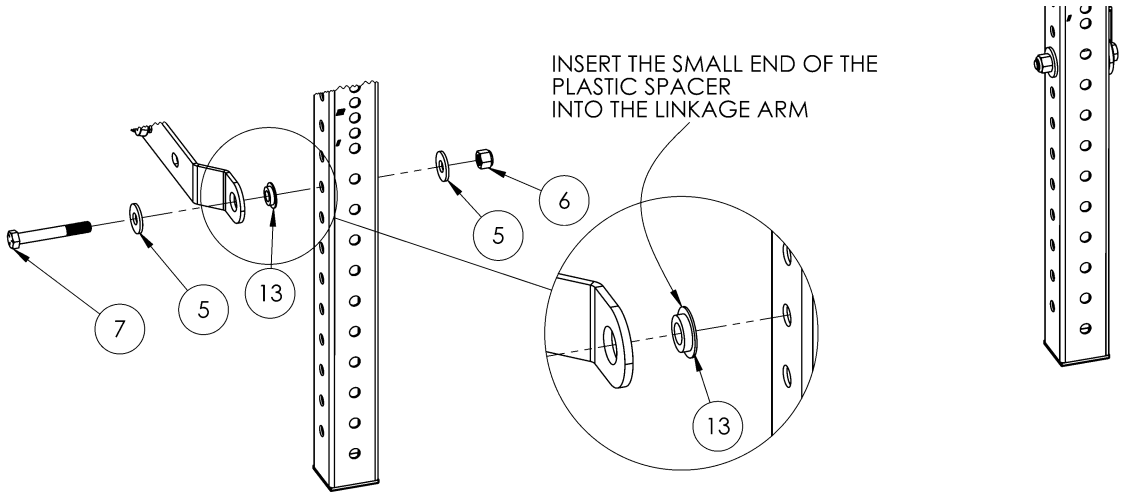


Figure 9: Bolting the Rack to the Lower Linkage Arms

Attaching the Gas Shocks

1. Lift each upright to fold the rack into the stored position.
2. Use the included Bent Hitch Pin (12) to lock the rack in the stored position (**Figure 10**).
3. Insert the stud of the gas shock through the hole in the wall bracket as shown below.
4. Using a 1/2” open-ended wrench to keep the stud from spinning, use the 1/2” wrench to install the flange nut (16) and tighten (**Figure 10**).
5. Repeat for all shocks.
6. For further assistance, email support@prxperformance.com

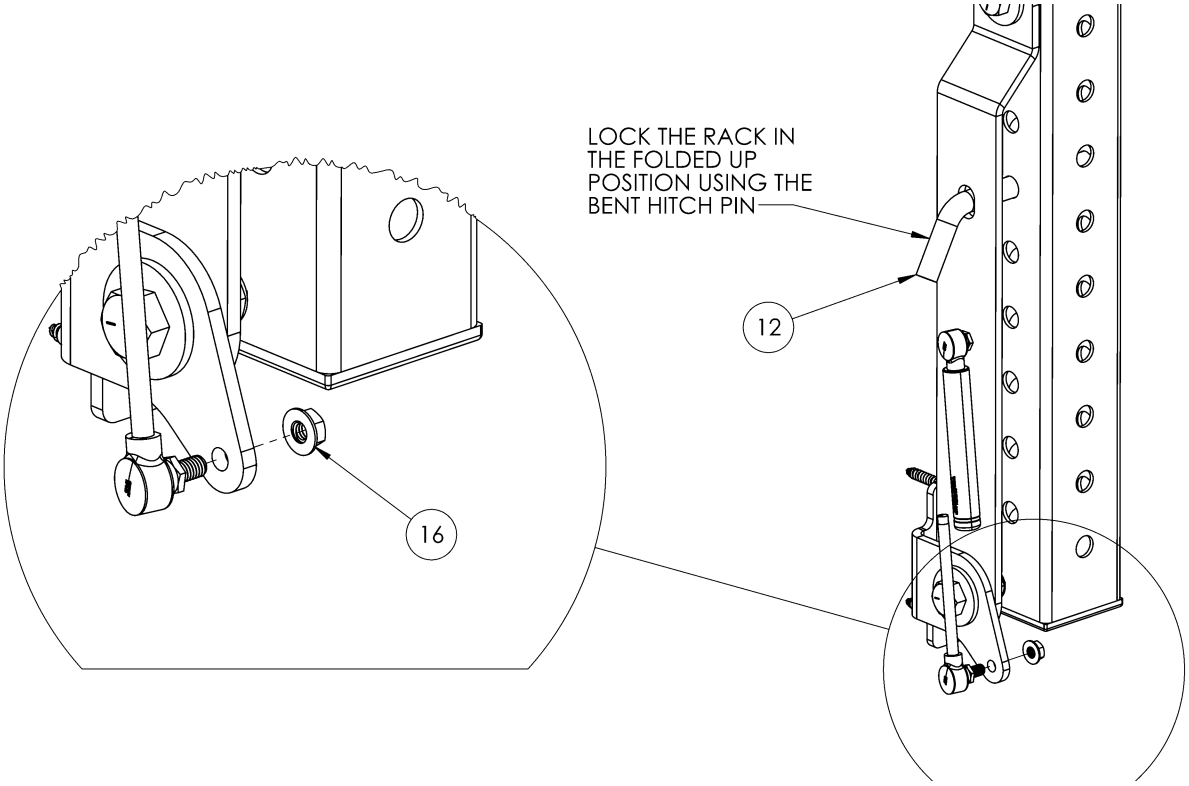


Figure 10: Attaching the Gas Shocks