



89" Profile® PRO Rack with Kipping Bar

PRx Performance Retractable Wall Mounted Exercise Rack System, also known as the Profile Rack and Profile PRO:

U.S. Patent No. 9,333,387

U.S. Patent No. 9,409,048

U.S. Patent No. 9,498,670

U.S. Patent No. 9,649,525

U.S. Patent No. 9,844,691

U.S. Patent No. 9,993,678

U.S. Patent No. 10,124,201

U.S. Patent No. 10,632,334

For further assistance and installation video:
prxperformance.com/pages/support

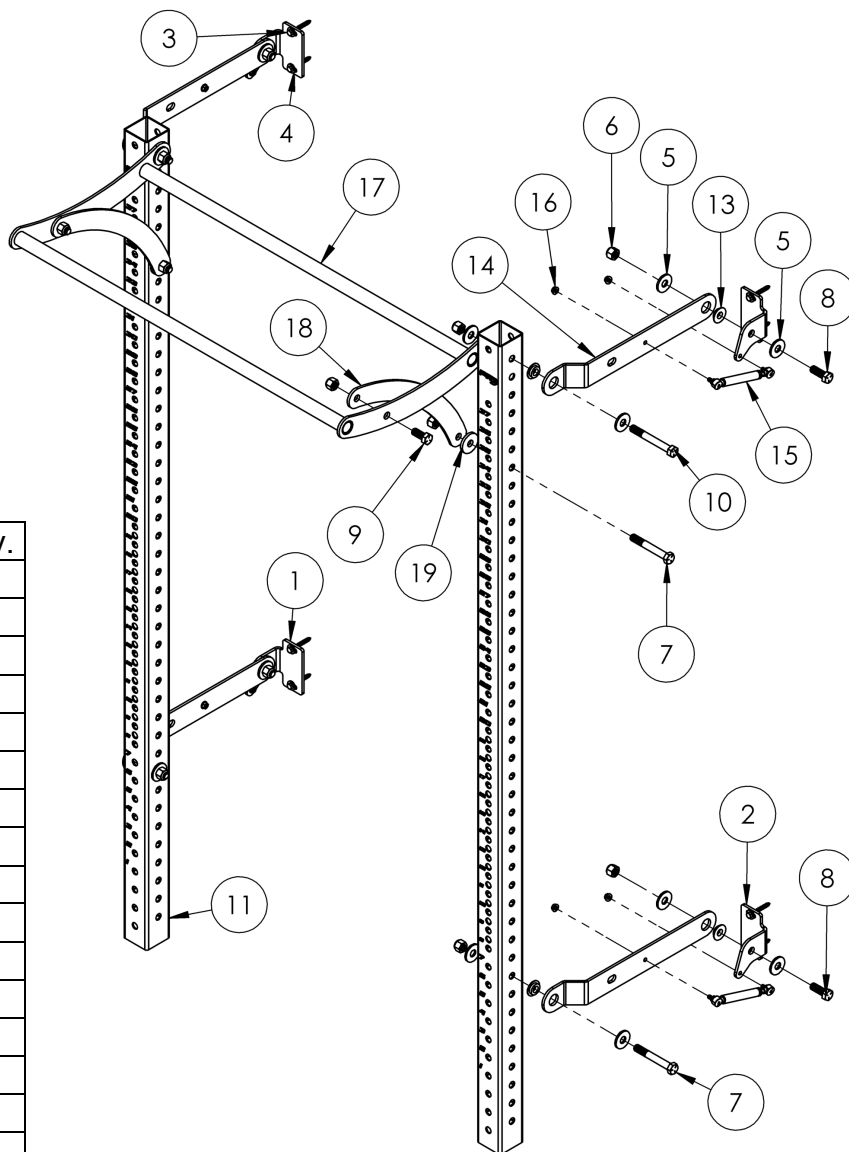
89" Profile® PRO Rack with Kipping Bar

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	8
4	5/16" Flat Washer	8
5	5/8" Flat Washer	16
6	5/8" Lock Nut	12
7	5/8" x 4-1/2" Hex Bolt	4
8	5/8" x 1-3/4" Hex Bolt	4
9	5/8" x 1-1/2" Hex Bolt	2
10	5/8" x 5" Hex Bolt	2
11	89" Upright	2
12	Bent Hitch Pin (not shown)	1
13	Plastic Spacer	8
14	Linkage Arm	4
15	Gas Shocks	4
16	Flange Nuts	8
17	Kipping Bar	1
18	Kipping Bar Arm	2
19	Kipping Bar Spacer	2



- ***This installation requires two people.***
- ***Standard installation is designed for ceilings 107" or taller. If your ceilings are shorter than 107" please refer to the table on page 4 and use the bracket height measurements that correspond to your ceiling height.***

All questions, feedback, and return information should be sent to: support@prxperformance.com or call us at 1-701-566-0452



WARNING: SERIOUS INJURY OR DEATH COULD OCCUR IF SAFETY PRECAUTIONS ARE NOT TAKEN. 082223_Rev. 1

Installation Instructions

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 107" or taller. If your ceiling is shorter than 107", please see page 4 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.

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Installation Instructions

Modified Install

Standard installation is designed for ceilings 107" or taller. If your ceiling is shorter than 107" 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)
107"	21"	89"	21.75"
106"	20"	88"	21.75"
105"	19"	87"	21.75"
104"	18"	86"	21.5"
103"	17"	85"	21.25"
102"	16"	84"	21"
101"	15"	83"	20.75"
100"	14"	82"	20.25"
99"	13"	81"	19.75"
98"	12"	80"	19.25"
97"	11"	79"	18.75"
96"	10"	78"	18"
95"	9"	77"	17"
94"	8"	76"	16"

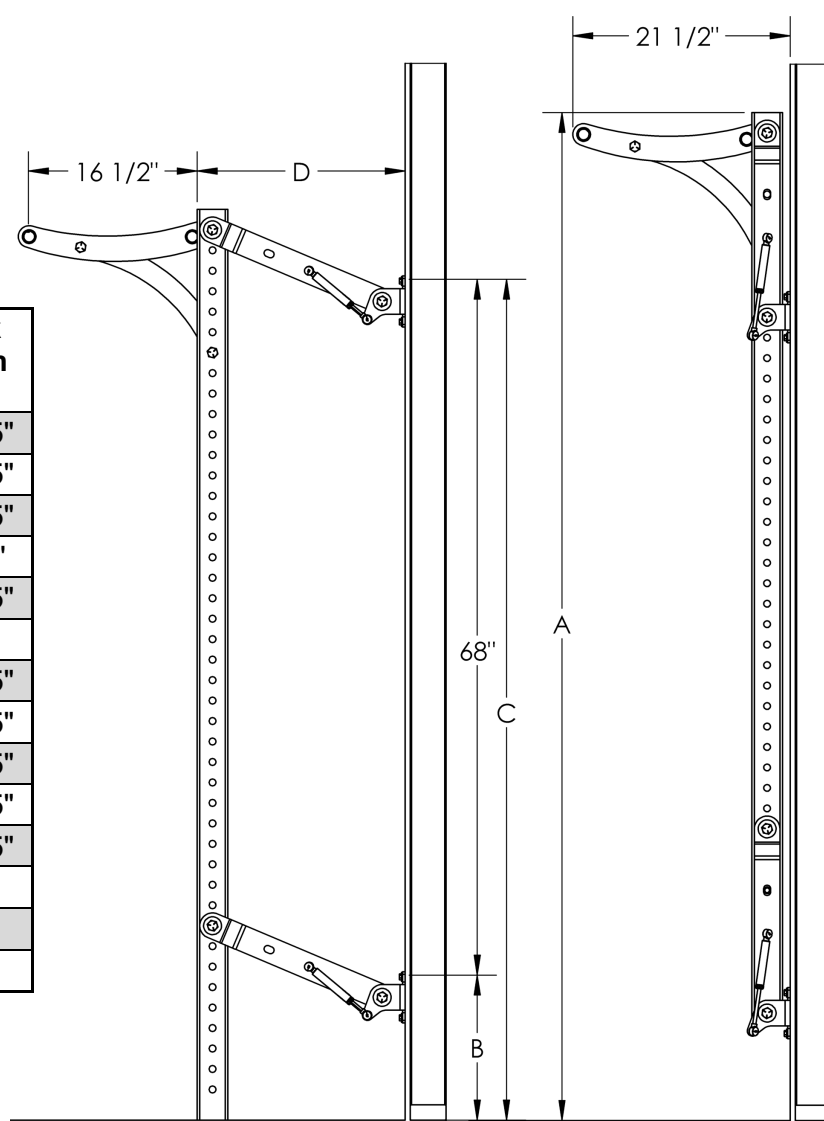


Figure 1: Modified Installation example: 103" Ceiling

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Installation Instructions

Installing the Wall Brackets

1. Begin by determining if your floor slopes down to the left, down to the right, or is flat. See **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.

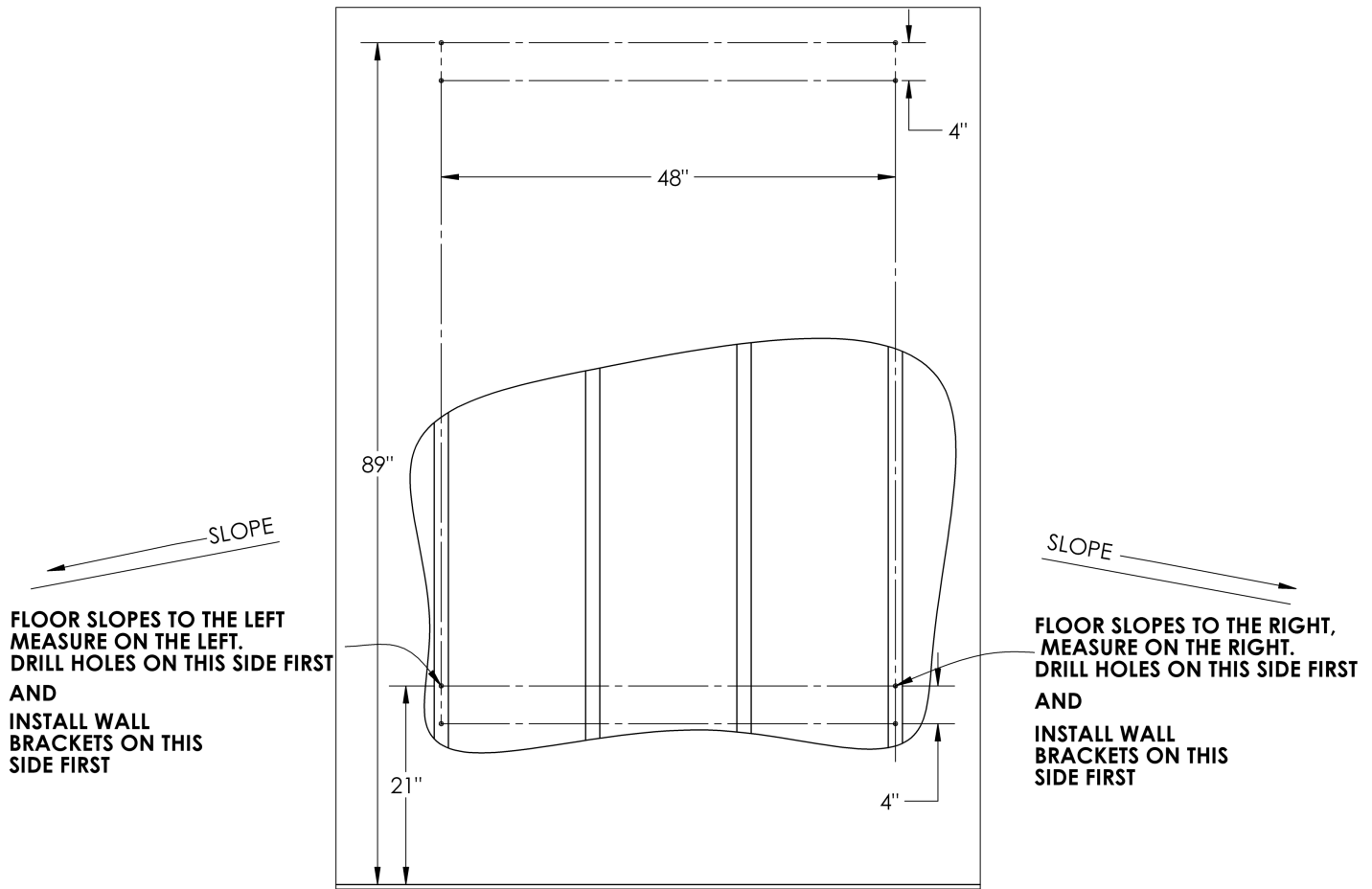


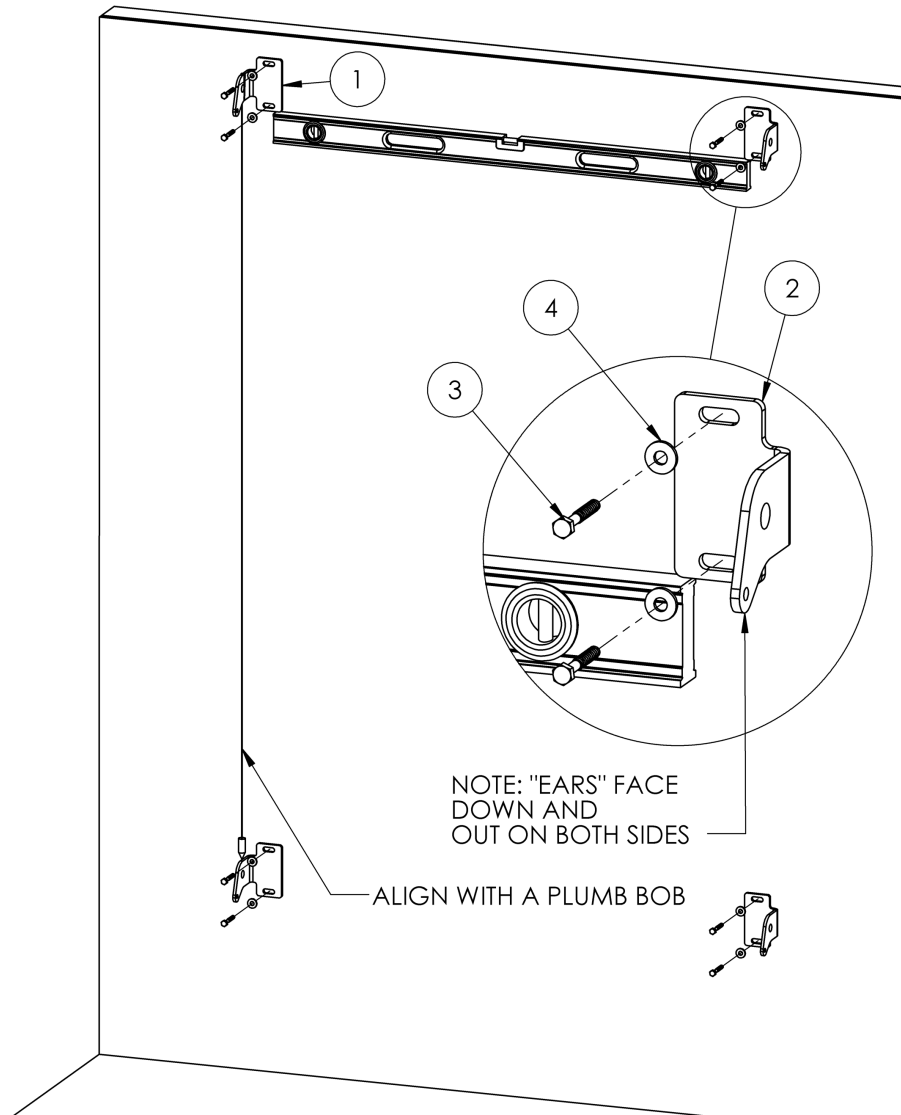
Figure 2: Hole Drill Locations

2. Locate two studs spaced 48" apart in the wall using a stud finder (**Figure 2**).
3. Mark the first hole 21" from the floor and a second hole 89" 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.

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Installation Instructions

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**

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Installation Instructions

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.

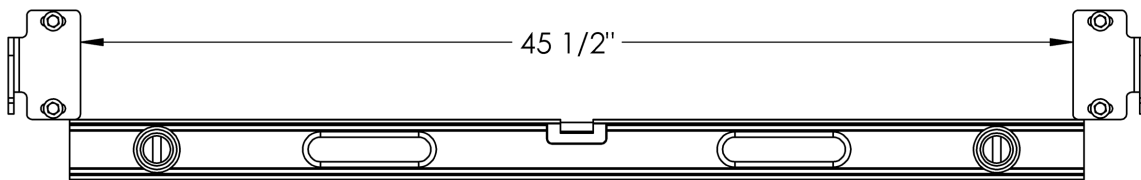


Figure 4: Space out the Wall Brackets

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**).

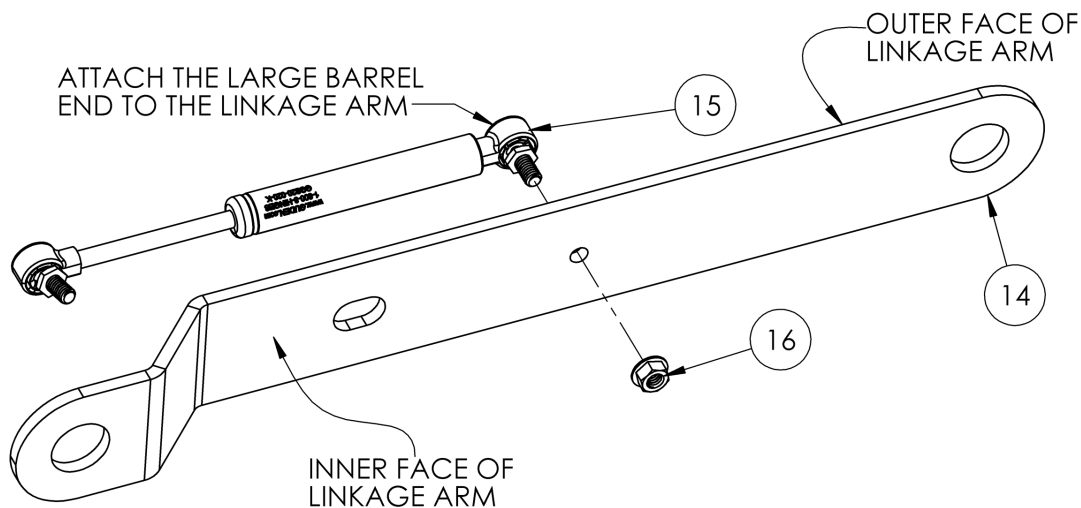


Figure 5: Attaching Gas Shocks to Linkage Arms

Installation Instructions

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.

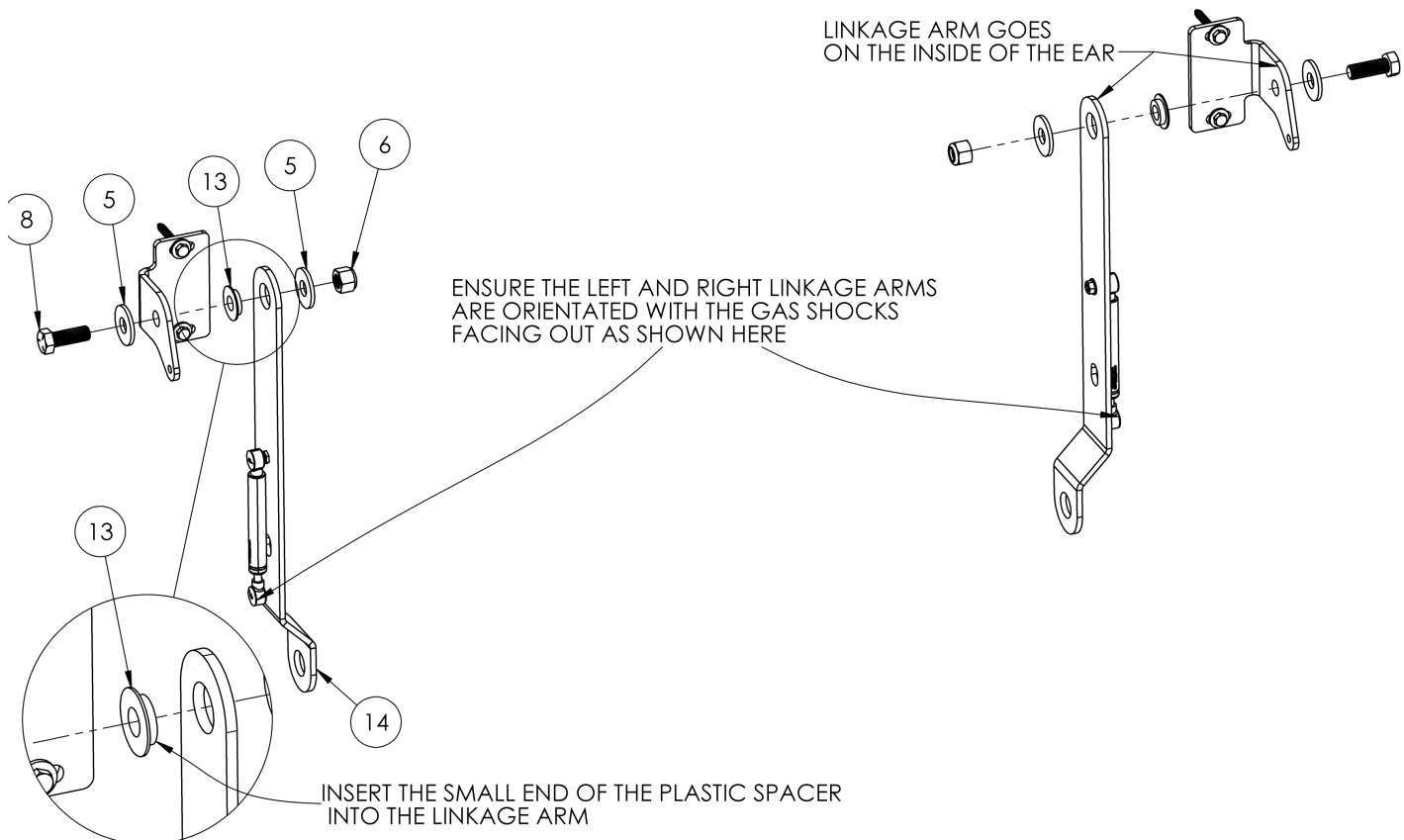


Figure 6: Bolting on the Linkage Arms

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Installation Instructions

Attach Kipping Bar to Uprights

1. Lay the uprights on the ground with the numbers facing upwards. Leave space between for the Kipping Bar.
2. Lay the Kipping Bar (17) on the ground (**Figure 7**) with the center of the Kipping Bar off the floor.
3. Attach Kipping Bar Arms (18) (**Figure 7**) with supplied 1-1/2" hex head bolts (9) and 5/8" lock nuts (6). Do not fully tighten bolts.
4. Position the Kipping Bar (17) so that the holes align with the top hole of both uprights (**Figure 7**). Using the 5" hex head bolts (10), 5/8" washers (5), and 5/8" lock nuts (6), attach the Kipping Bar to each upright (**Figure 7**), (hand tighten nuts onto bolts, they will be removed later to attach upper linkage arms).

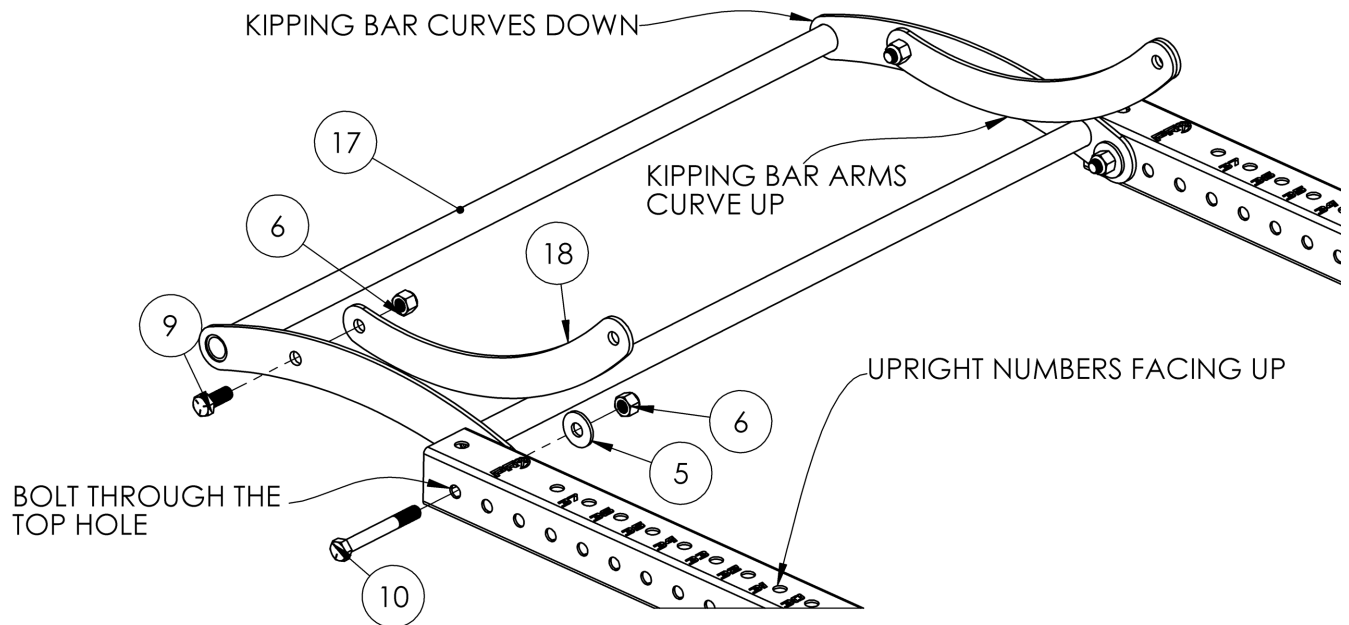


Figure 7: Attaching the Kipping Bar to the Uprights

Installation Instructions

Attaching the Kipping Bar Arms to the Uprights

1. Rotate the kipping bar 90 degrees until the kipping bar is in a similar position (**Figure 8**) and the holes in the kipping bar arms align with the sixth hole from the top of the uprights.
2. Using the 4-1/2" hex head bolts (7), and 5/8" lock nuts (6), attach the kipping bar arms to the uprights (**Figure 8**). Make sure to position the plastic kipping bar spacer (19) between the upright and kipping bar arm on both connections (**Figure 8**).
3. Fully tighten both bolts attaching the kipping bar arms (18).

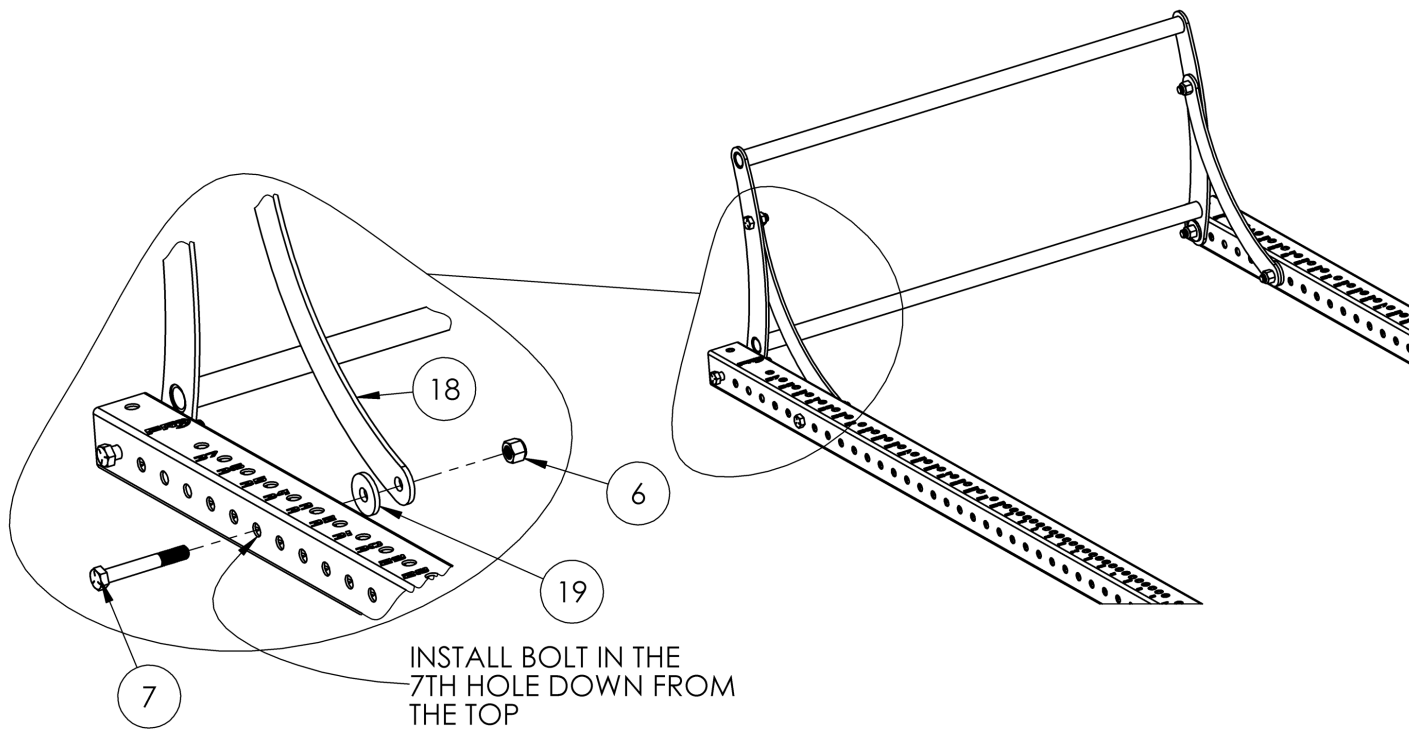


Figure 8: Attaching the Kipping Bar Arms to the Uprights

Installation Instructions

Attaching The Linkage Arms

1. Team lift the rack into place (approximately 20" from the wall) and begin attaching the linkage arms starting at the top.
2. Undo one 5/8" x 5" hex bolt (10) and bolt the linkage arm to the upright through the tipping bar using the 5/8" x 5" hex bolt (10), two 5/8" flat washers (5), one plastic spacer (13), and one 5/8" locknut (6) (**Figure 9**). Tighten to be snug but do not overtighten. Repeat this with the other side.

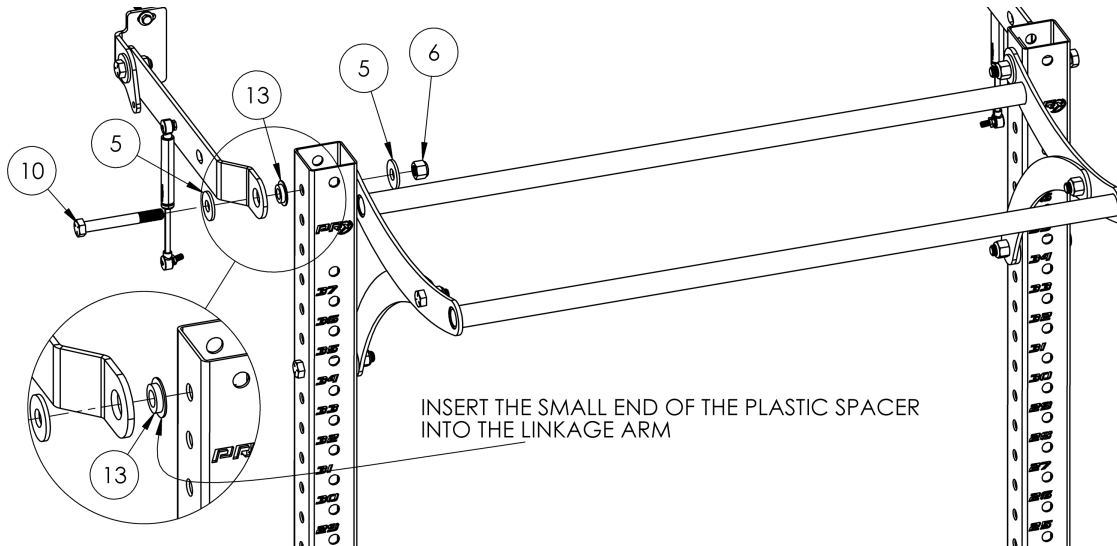


Figure 9: Bolting the Rack to the Upper Linkage Arms

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 10**). Tighten to be snug but do not overtighten. Repeat this on the other side.

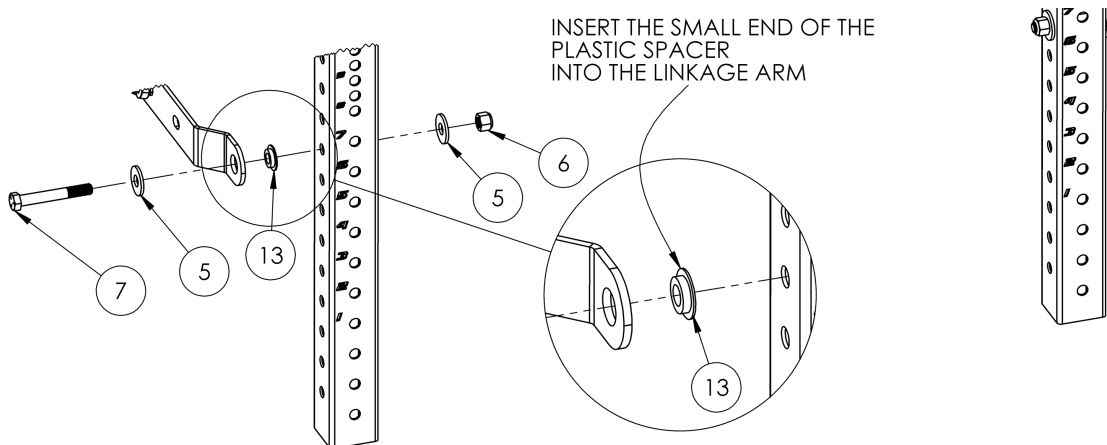


Figure 10: Bolting the Rack to the Lower Linkage Arms

All questions, feedback, and return information should be sent to: support@prxperformance.com or call us at 1-701-566-0452

Installation Instructions

Attaching the Gas Shocks

1. With another person, lift the rack to fold it into the up position.
2. Use the included bent hitch pin (12) to lock the rack in the up position (**Figure 11**).
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 11**).
5. Repeat for all shocks.
6. For further assistance, email support@prxperformance.com

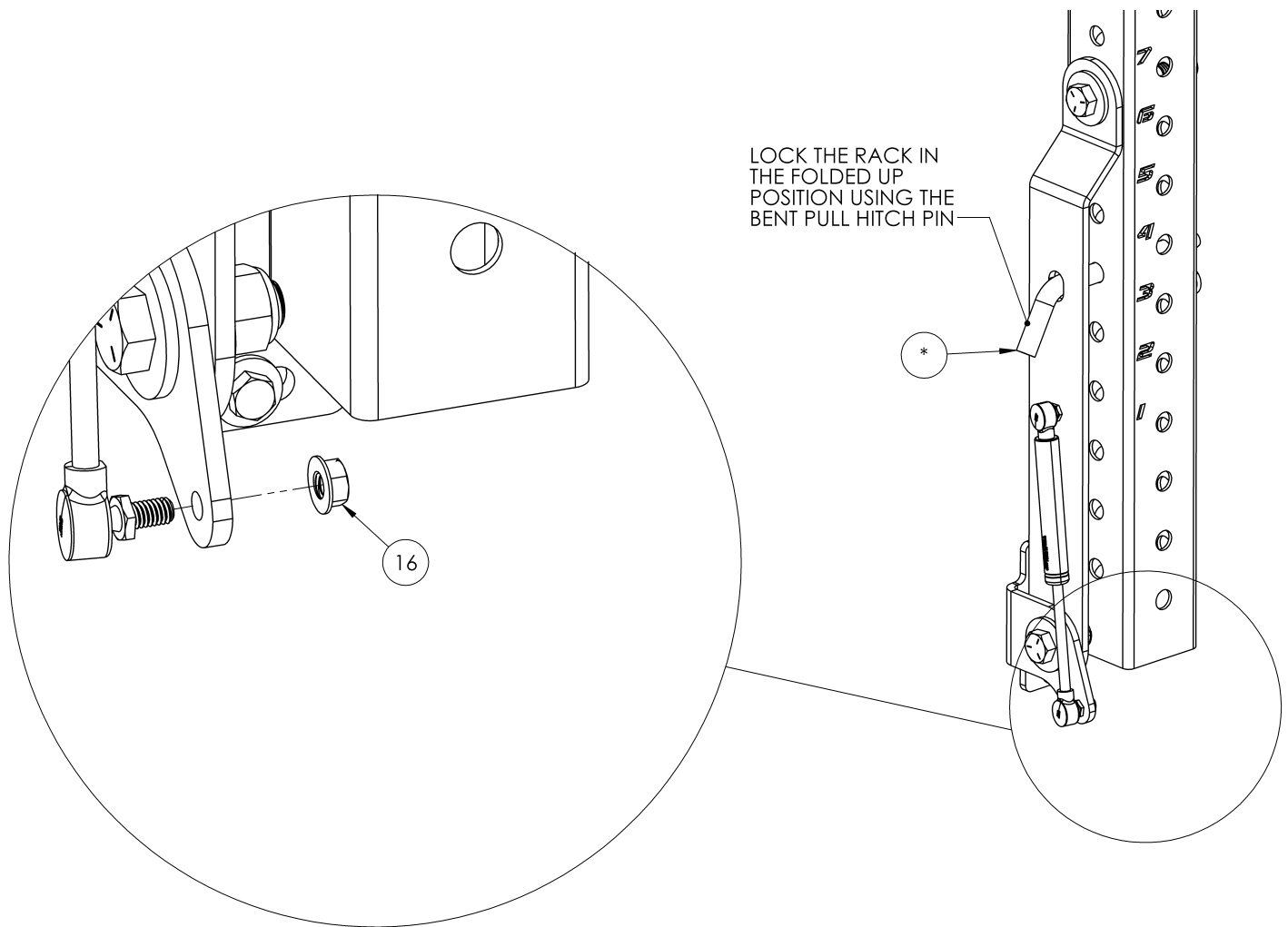


Figure 11: Attaching the Gas Shocks

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IMPORTANT

Please call or email PRx Performance regarding all installation questions or return concerns

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Open 8am – 5pm (CST) Monday – Friday

prxperformance.com

10-YEAR WARRANTY

This product is warranted by PRx Performance LLC, to the original user-owner only, against defective materials or workmanship for up to 10 years after purchase of the product. During the warranty period, at the discretion of PRx management, if the product is found to be defective, it will be repaired or replaced without charge. For service, contact PRx at 701-566-0452 or to obtain a Return Label. Any product shipped to PRx must have a Return Label and proof of original shipment date. The repaired or replacement product will be returned with transportation charges prepaid by PRx. This warranty does not cover defects in the product caused by ordinary wear and tear, abuse, misuse, overloading, accident (including shipping damage), improper maintenance, alteration, any other cause not the result of defective materials, workmanship, or gas shocks specific to Profile Racks. REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY FOR DEFECTIVE PRODUCT UNDER THIS WARRANTY. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES, INCLUDING ANY IMPLIED WARRANTY OF MERCHANT ABILITY OR ANY IMPLIED WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE OF THIS PRODUCT. PRx PERFORMANCE LLC SHALL NOT BE LIABLE FOR ANY CONSEQUENTIAL OR INCIDENTAL DAMAGES. PRx PERFORMANCE LLC reserves the right to make changes in the design or construction of our products without obligation to incorporate such changes in products already sold and without notice.

- Phone number: 701.566.0452
- Hours: 8:00 A.M. – 5:00 P.M. Central Standard Time; Monday – Friday, expect some delay during busy times and holiday seasons.



WARNING: SERIOUS INJURY OR DEATH COULD OCCUR IF THESE PRECAUTIONS ARE NOT TAKEN

- » Always consult a physician before beginning any exercise program
- » Read and understand warning labels and user manual prior to exercise. Obtain instruction prior to use
- » Keep body and clothing free from and clear of all moving parts
- » Inspect equipment and wall mounting prior to use. DO NOT use if it appears damaged or inoperable for any reason
- » DO NOT attempt to fix broken equipment. Call PRx Performance® for assistance 701.566.0452
- » Use the equipment only for the intended use. DO NOT modify the equipment
- » Children must not be allowed near this equipment. Teenagers must be supervised
- » Always use locking pin(s) to store rack away securely
- » Use only the pin(s) provided

(701) 566-0452