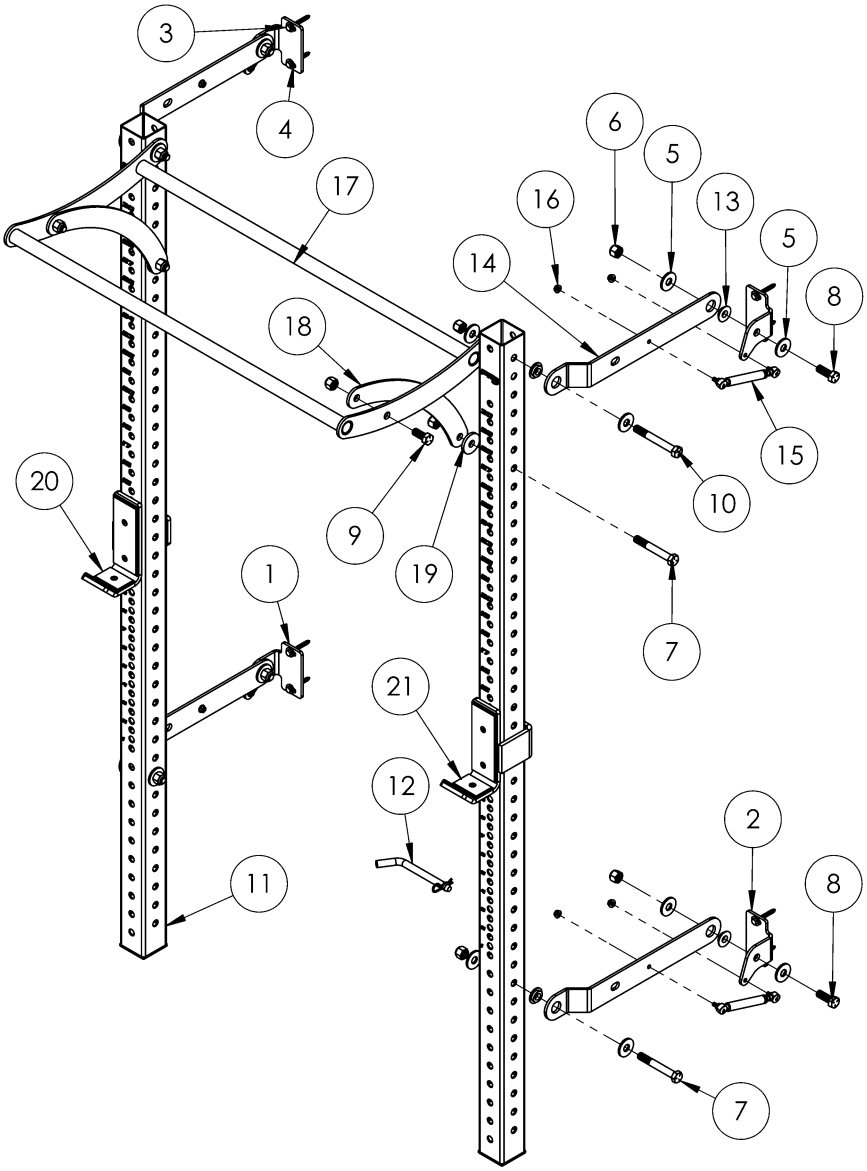
Profile® PRO Rack with Kipping Bar

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	Upright	2
12	Bent Hitch Pin	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
20	Left J-Cup	1
21	Right J-Cup	1



- ***This installation requires two people.***
- ***Standard installation for 89” rack is designed for ceilings 8’-11” (107”) or taller, and for 95” rack it’s 9’-5” (113”) or taller. If your ceilings are shorter than these dimensions, 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 8’-11” (107”) or taller for 89” racks, and 9’-5” (113”) or taller for 95” racks. If your ceiling is shorter than 107” (for 89” rack) or 113” (for 95” rack), 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 for an 89” rack is designed for ceilings 8’-11” (107”) or taller, and for a 95” rack it is 9’-5” (113”) or taller. If your ceiling is shorter than 107” or 113” 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.

89” Modified Install:

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"

95” Modified Install:

Ceiling Height (A)	Lower Bracket Top Hole (B)	Upper Bracket Top Hole (C)	Rack Depth (D)
113"	21"	95"	21.75"
112"	20"	94"	21.75"
111"	19"	93"	21.75"
110"	18"	92"	21.5"
109"	17"	91"	21.25"
108"	16”	90"	21"
107"	15"	89"	20.75"
106"	14"	88"	20.25"
105"	13"	87"	19.75"
104"	12"	86"	19.25"
103"	11"	85"	18.75"
102"	10"	84"	18"
101"	9"	83"	17"
100”	8"	82”	16"

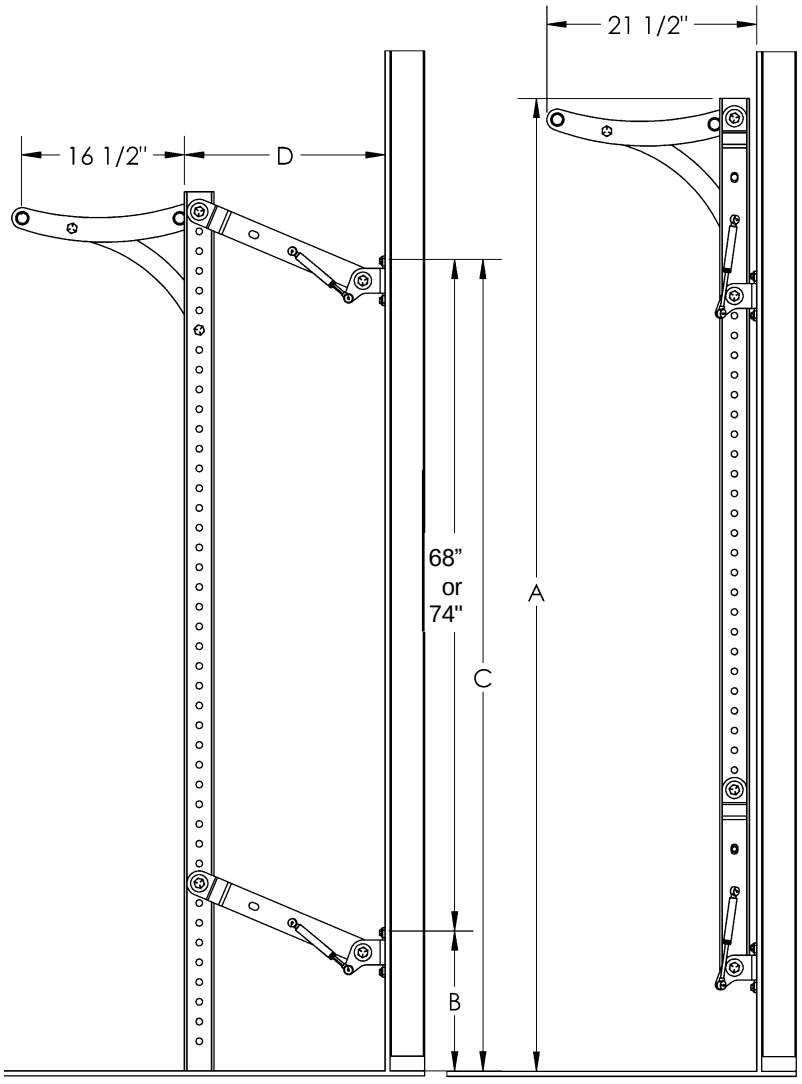


Figure 1: Modified Installation example: 103” Ceiling

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.

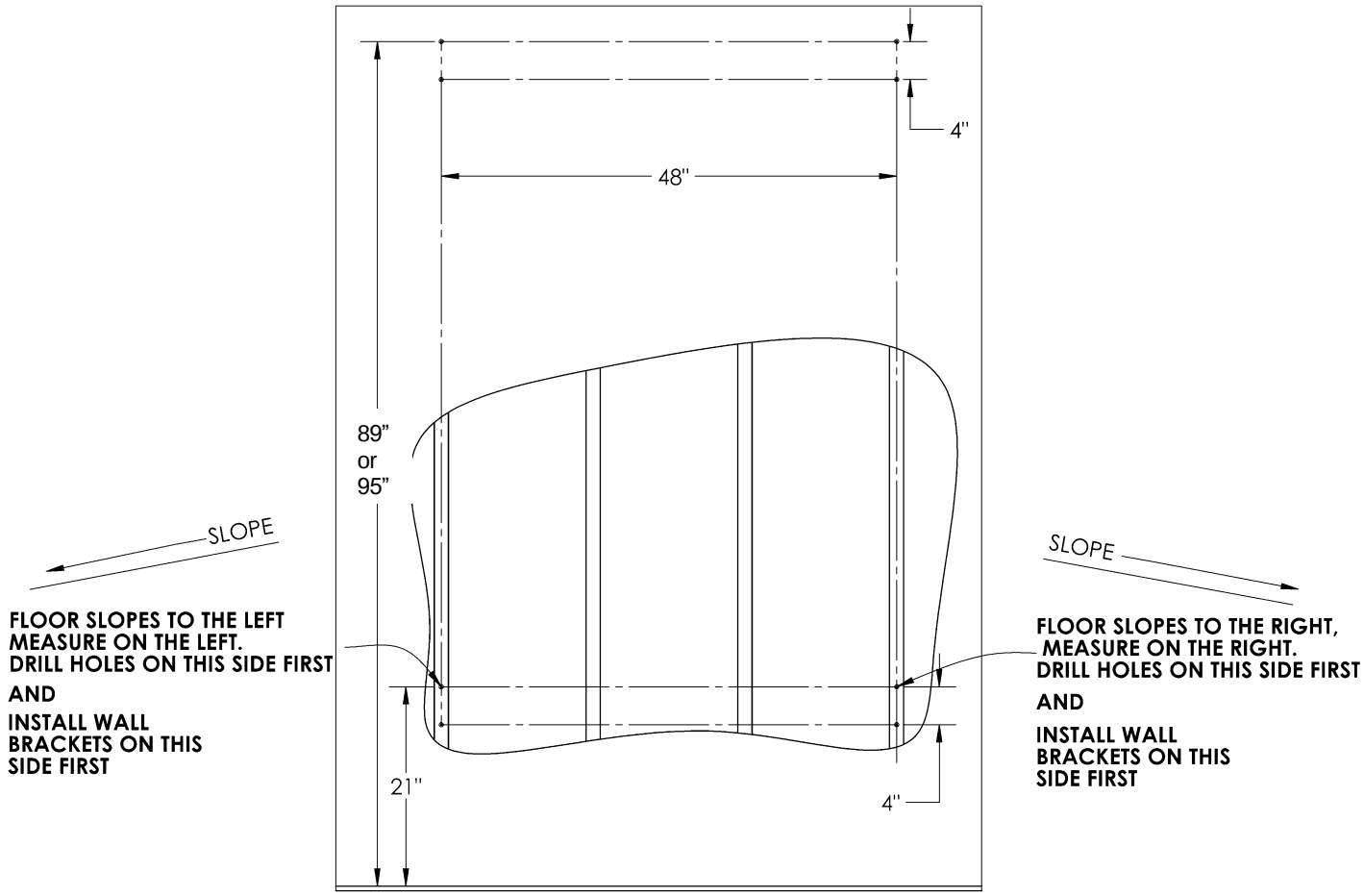


Figure 2: Hole Drill Locations

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.

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.

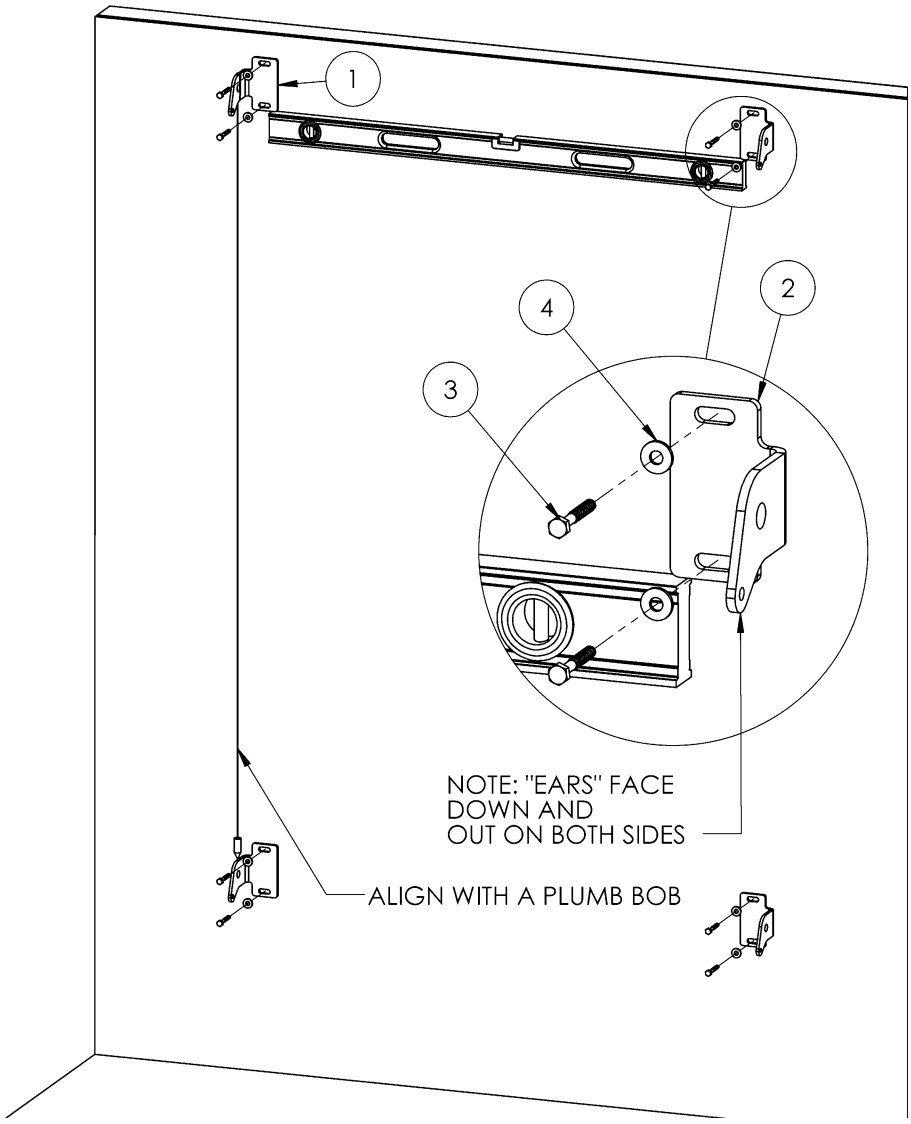


Figure 3: Installing the Wall Brackets with Lag Screws

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.

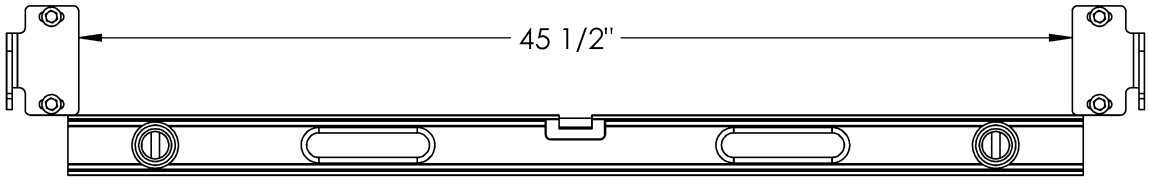


Figure 4: Space out the Wall Brackets

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**)**.**

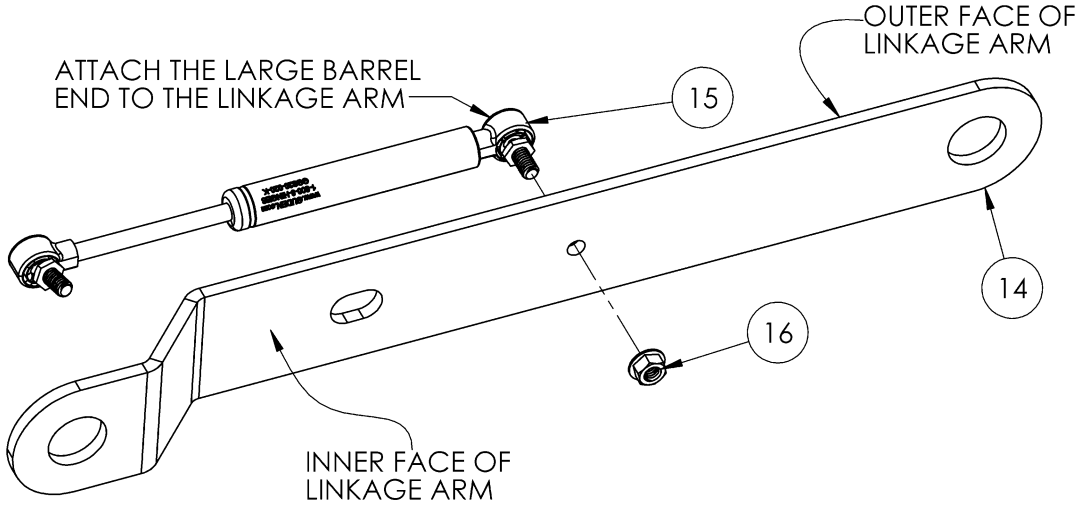


Figure 5: Attaching Gas Shocks to Linkage Arms

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.

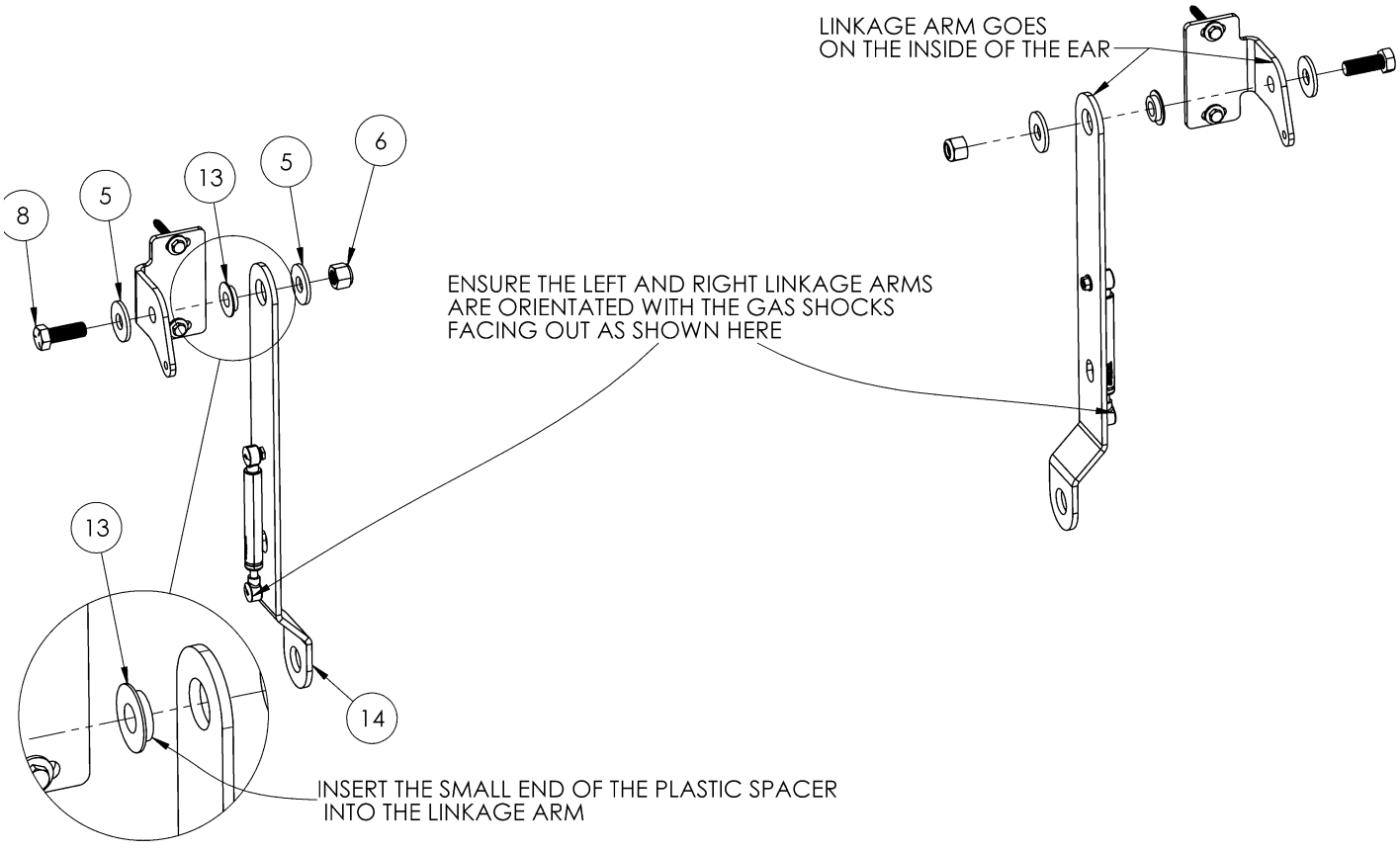


Figure 6: Bolting on the Linkage Arms

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).

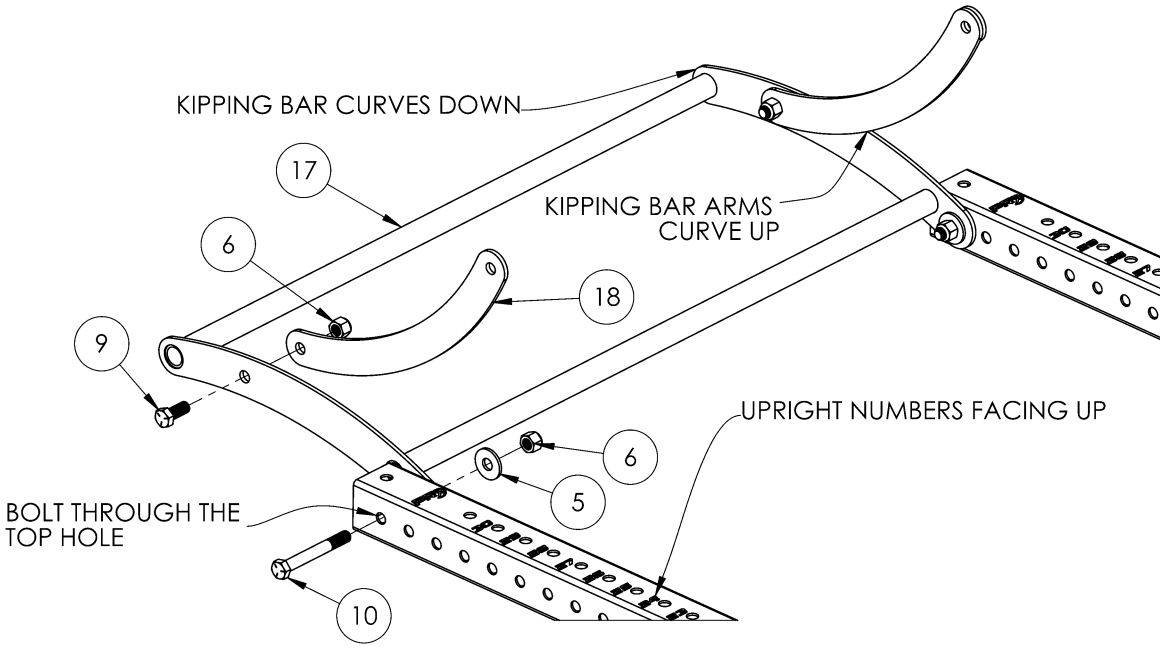


Figure 7: Attaching the Kipping Bar to the Uprights

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 seventh 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).

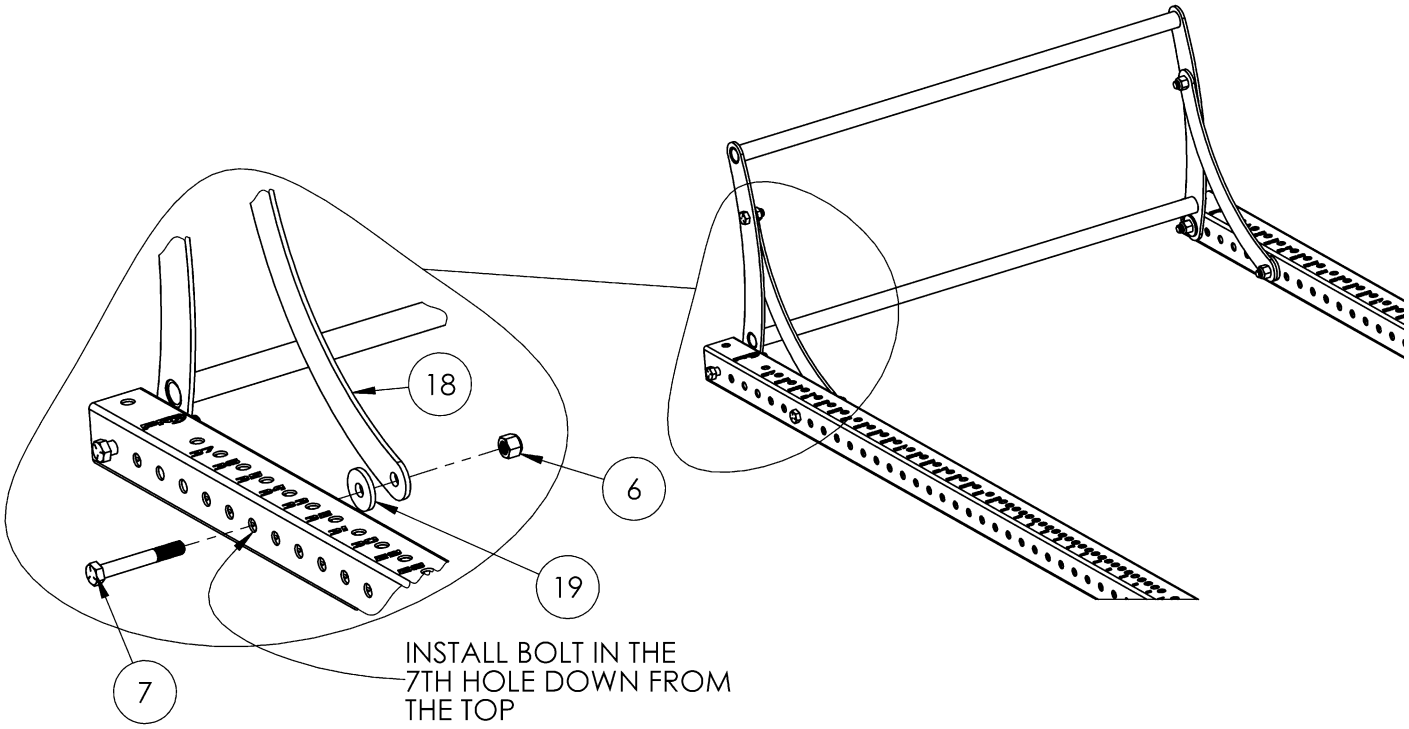


Figure 8: Attaching the Kipping Bar Arms to the Uprights

Attaching the rack to 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 kipping 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.

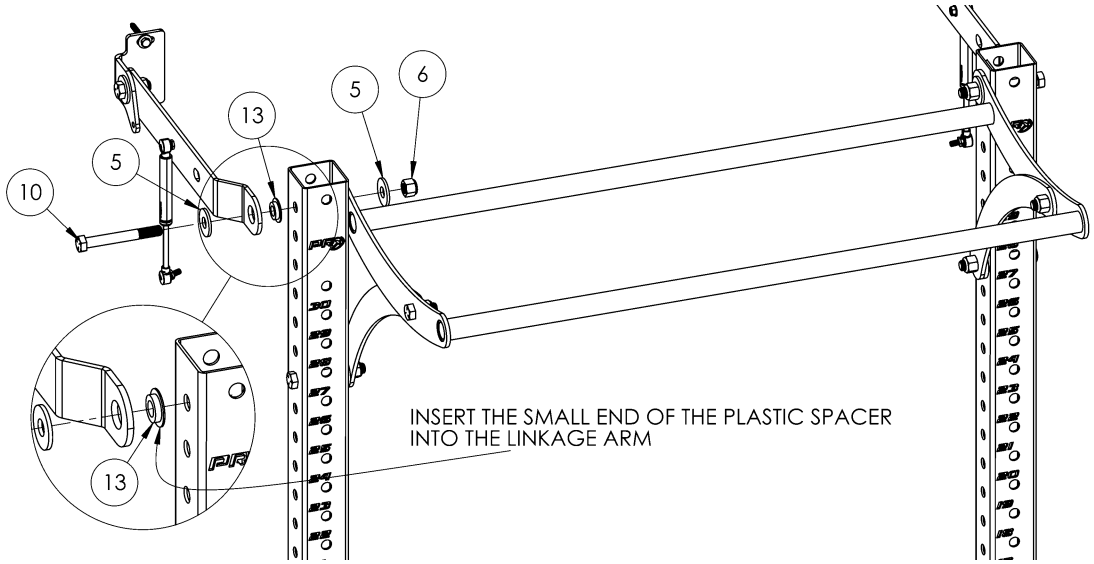


Figure 9: Bolting the Rack to the Upper Linkage Arms

3. Bolt the lower linkage arm on the upright at the ninth hole from the bottom 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.

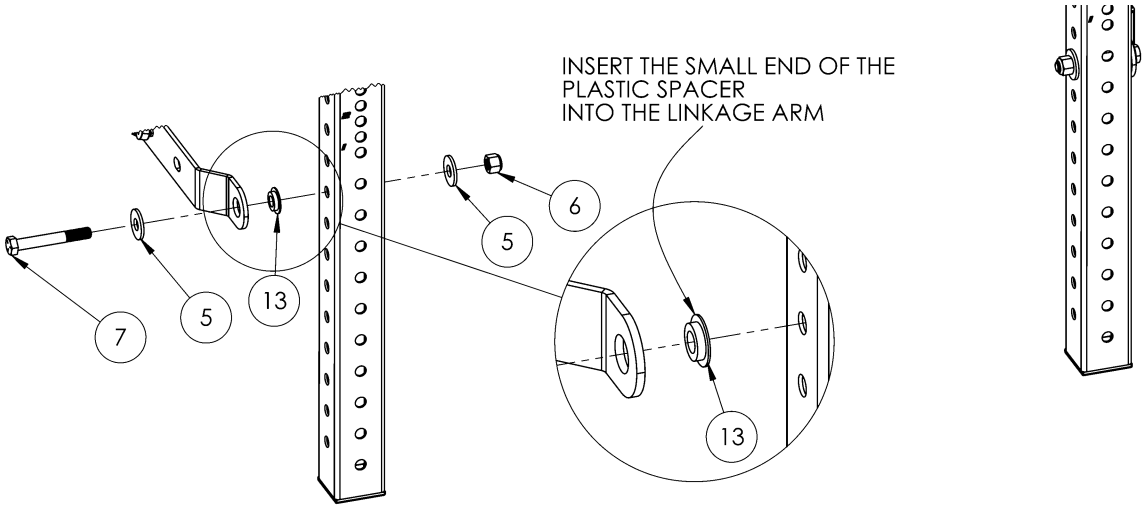


Figure 10: Bolting the Rack to the Lower Linkage Arms

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

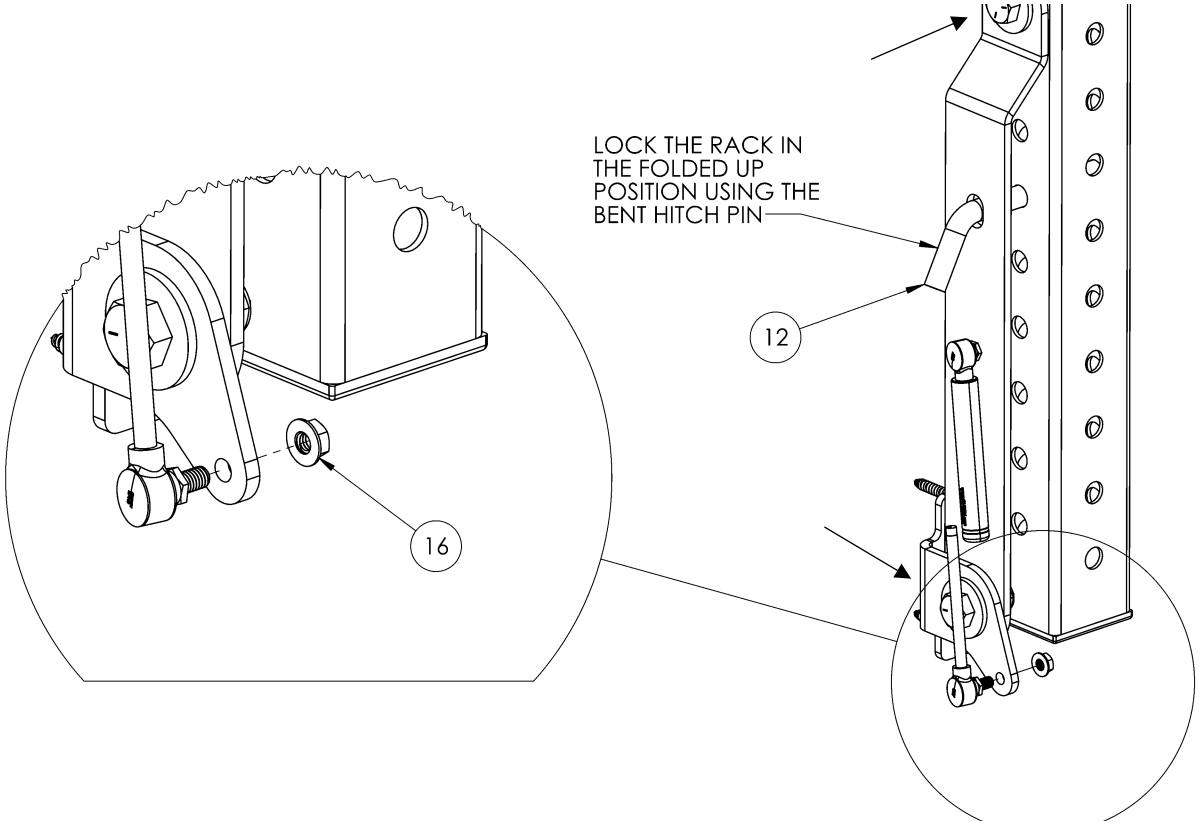


Figure 11: Attaching the Gas Shocks

Tip: When fully assembled, your squat rack should deploy smoothly. Adjust contact points (**Arrows in Figure 11.**) incrementally until you achieve optimal functionality