



Fold-In ONE

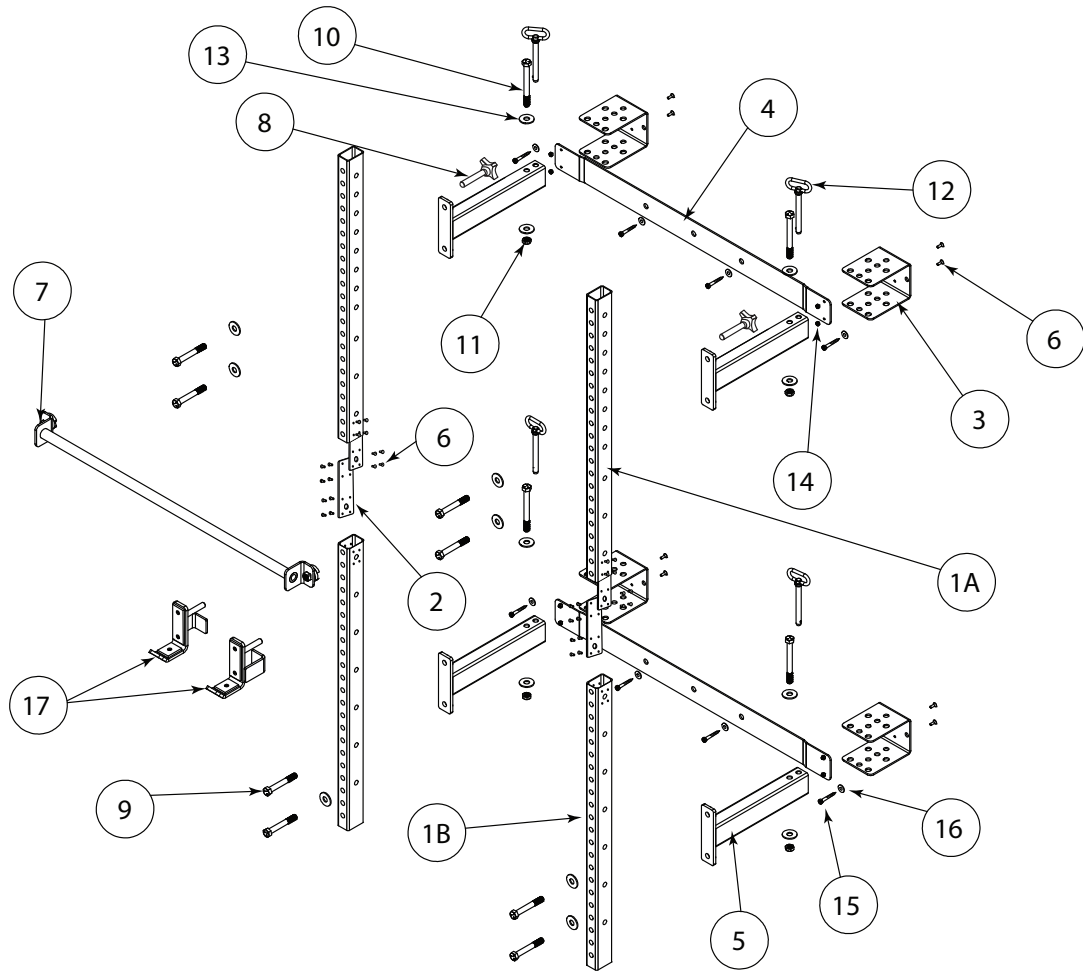
The 90" Fold-In ONE is made by the creators of the original Profile® Folding Rack at PRx Performance® and is patented.

*An up-to-date record of patents and patent pending items can be found at:
prxperformance.com/pages/prx-performance-patents-and-trademarks*

For further installation assistance:
<https://prxperformance.com/pages/fold-in-one>

90" Fold-In ONE

All Parts & Tools Needed



Item	Description	Qty
1A & 1B	Top/Bottom Uprights	4
2	Upright Plate	4
3	C Bracket	4
4	Wall Plate	2
5	Crossmember	4
6	Tap Screw	40
7	Pull-Up Bar	1
8	Twist Pin	2
9	5/8" x 4.5" Bolt	8
10	5/8" x 6" Bolt	4
11	5/8" Nylock Nut	12
12	Hitch Pin	4
13	5/8" Washer	24
14	Small Nut	8
15	1/2" Lag Screw	8
16	1/2" Washer	8
17	J-Cups	2

Tools Needed

Cordless Drill
 Level
 Pencil
 Plumb Line
 Ratchet
 Stud Finder
 Tape Measure
 3/16" Drill Bit
 1/2" Socket
 15/16" Socket
 15/16" Wrench
 7/16" Wrench
 1/8" Hex wrench (included)

Rack Specifications

Folded:
 49" x 90" x 6.75"

Unfolded:
 49" x 90" x 27.5"

Weight Capacity:
 1000 lbs

WARNING: SERIOUS INJURY OR DEATH COULD OCCUR IF PRECAUTIONS ARE NOT OBSERVED. PLEASE READ WARNINGS ON PAGE 11

Getting started

1. Assemble all the tools listed and clear your work space
2. Measure the space to ensure your wall can accommodate the Rack
3. Recruit a work partner to assist with steps that require holding the Rack

Locate studs

Notes when mounting

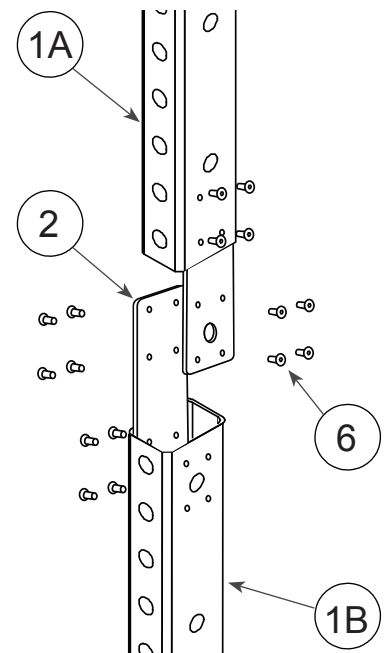
1. The PRx Fold-In ONE is designed to be mounted to wooden studs with standard 16" or 24" spacing, with or without drywall
2. For mounting your rack to a wall with non-standard stud spacing, we typically recommend using a stringer board. Please email us at support@prxperformance.com to verify this option is the best solution for you
3. PRx recommends professional installation for mounting the wall brackets to a block, concrete, or metal stud wall

Locating studs

1. Using a stud finder, locate the rightmost stud where you intend to install the right side of your Rack
2. Begin at the height of your lower wall bracket (below knee level)
3. With a stud finder, locate both the left and right edge of the stud and mark them with a pencil
4. Mark the center of the stud between the edges with a pencil
5. Find and mark the same stud at the height of both wall brackets (below knee level, and slightly above eye level)
6. Locate and mark the remaining three studs in the same fashion (If your studs are spaced 24" you will only locate two additional studs)

Assemble uprights

1. Place an Upright Plate (2) inside of a Bottom Upright (1B) piece, align the four holes of the two pieces, loosely secure the Upright Plate to the Bottom Upright using four Tap Screws (6)
 - * The difference between the Bottom Upright (1B) and the Top Upright (1A) is that the Bottom Upright has a foot plug
2. Repeat with Top Upright (1A)
3. Slide the two upright pieces together so the Upright Plates (2) align with the holes of the other upright. Secure the Upright Plates (2) to both the Top and Bottom Upright pieces using eight more Tap Screws (6)
4. Tighten all Tap Screws (6)
5. Repeat with next upright

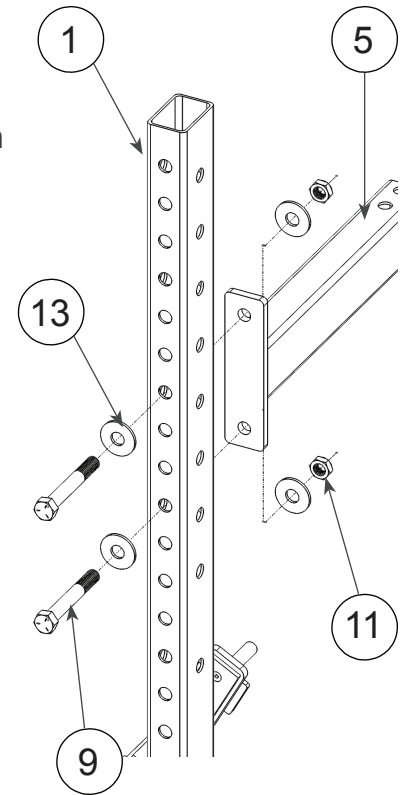


Attach crossmembers to uprights

1. Attach crossmembers to the lower and upper part of the upright according to primary athlete's height. It is recommended to attach the lower Crossmember (5) below the athlete's knees, and the upper crossmember slightly above eye level. Refer to chart for approximate heights according to hole placement on the upright

* Note: Bottom of uprights have hard rubber foot plugs

2. Using two 5/8" x 4.5" Bolts (9), four 5/8" Washers (13) and two 5/8" Nylock Nuts (11), hand tighten the bolts in the designated holes to attach the cross members to the upright. Continue securing the remaining three crossmembers to both uprights
3. Approximate measurements for crossmember placement:
Crossmembers can be adjusted in 2" increments up or down in order to better fit the designated space. Be sure the crossmembers have a minimum spacing of 50" between the upper and lower cross members to provide proper support. The following recommendations are approximate and should be treated as such with the crossmember heights referring to the approximate center of each of the crossmembers



Upper Crossmember Recommendations

Upper crossmember height	67.5"	69.5"	71.5"	73.5"	75.5"	77.5"
Holes down from top of upright	10 & 13	9 & 12	8 & 11	7 & 10	6 & 9	5 & 8
Pull-up bar height options	72.5" - 88"	74.5" - 88"	76.5" - 88"	78.5" - 88"	80.5" - 88"	82.5" - 88"

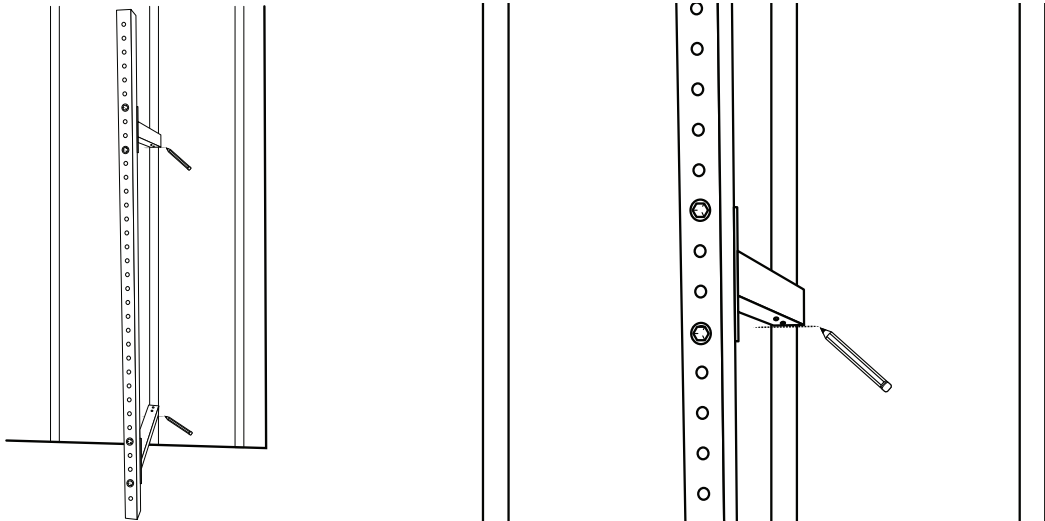
Lower Crossmember Recommendations

Lower crossmember height	7.5"	9.5" **	11.5" **	13.5" **	15.5" **	17.5" **
Holes up from bottom of upright	2 & 5	3 & 6	4 & 7	5 & 8	6 & 9	7 & 10

** If you currently own or plan to own a PRx Flat Folding Bench, avoid using any measurements between 9.25" and 19.25" for the lower crossmember as it will interfere with mounting the Folding Bench. For more information about the Folding Bench see page 9

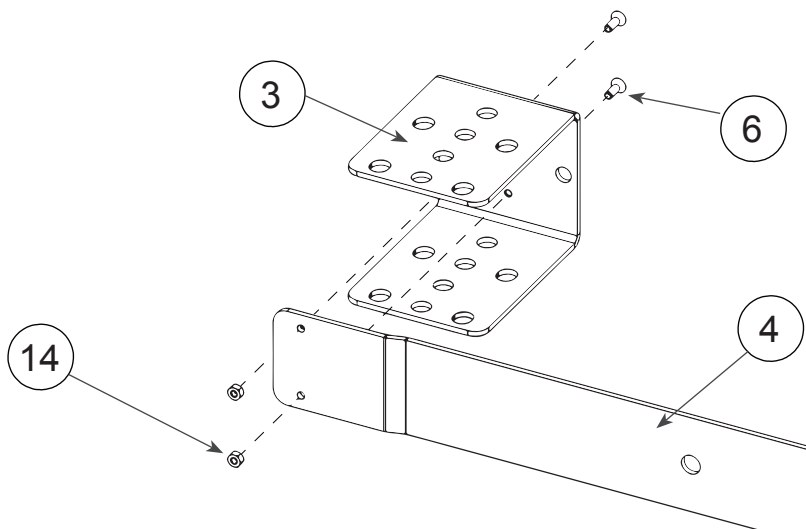
Determine wall bracket heights

1. Once the crossmembers are attached to the uprights, set one upright against the wall (as it will be when in use) and align with one of the outermost studs.
2. With both crossmembers (of the same upright) flush to the wall, take a pencil and mark where the bottom of each crossmember touches the wall
3. Repeat on other side, then lay the uprights down and out of the way once again



Assemble wall brackets

1. Attach two C Brackets (3) using four Tap Screws (6) and four Small Nuts (14) to the Wall Plate (4)
2. Be sure the C Brackets (3) are placed behind the Wall Plate (4). When secured, the back of the wall bracket should be flush
3. Repeat with other C Brackets and Wall Plate
4. Once both Wall Plates (4) have the C Brackets (3) attached, they will be referred to as the upper/lower wall brackets (they are interchangeable)



Mount wall brackets

Lower wall bracket

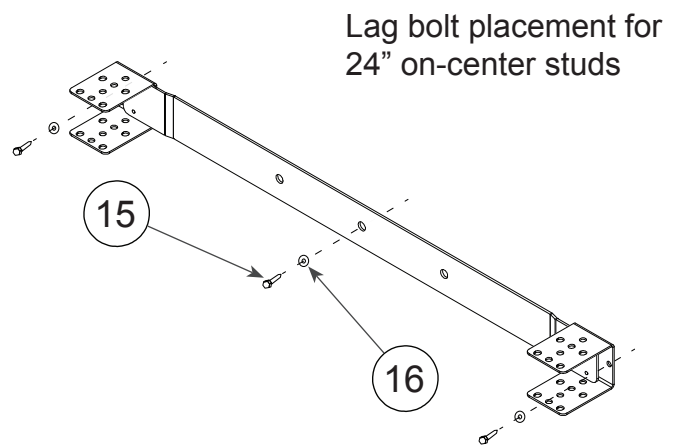
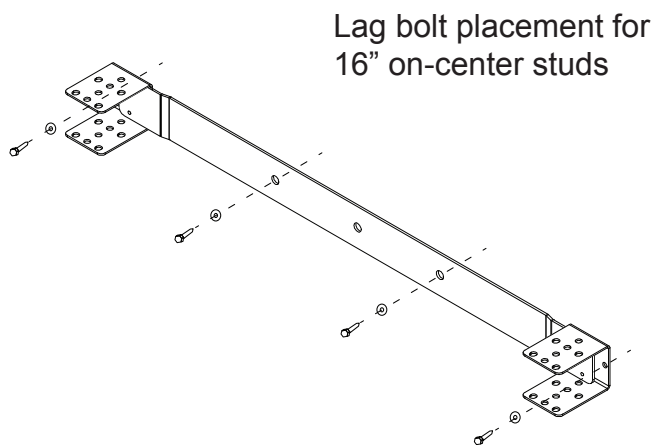
1. Beginning with the right stud, measure 1.75" up from the mark of each of the bottom crossmembers, and drill a pilot hole into the stud
2. Fasten a wall bracket to this stud with a 1/2" Lag Screw (15) and 1/2" Washer (16), but do not fully tighten
3. Using the same measurement on the leftmost stud, drill a pilot hole and fasten the left side of the wall bracket in the same fashion. Use a level to ensure the bracket is level horizontally
4. Finally, drill pilot holes through the remaining hole(s) and fasten lag screw(s) as needed, but do not fully tighten

Upper wall bracket

1. Using the same procedure as with the lower bracket, attach the upper bracket 1.75" above the mark from the upper crossmembers, starting with the rightmost stud
2. Repeat on the leftmost stud
3. Drill pilot holes through the remaining hole(s) and fasten lag screw(s) as needed, but do not fully tighten

Aligning wall brackets

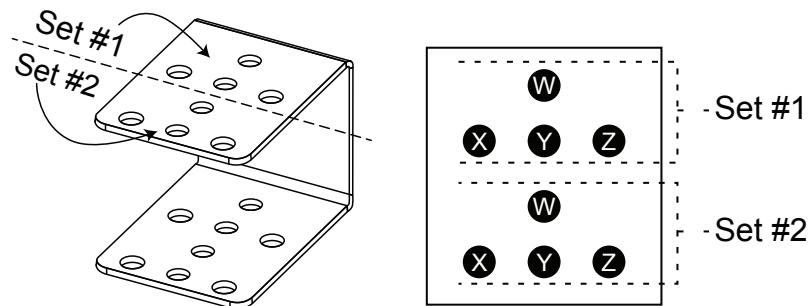
1. Once both wall brackets are loosely secured to the wall, level the upper bracket and fully tighten the lag screws (being careful not to over tighten)
2. Hang a plumb line from the left side and align the bottom bracket to be aligned with the upper bracket
3. Once the lower bracket is aligned and level, tighten the remaining screws



Attaching crossmember arms to wall bracket

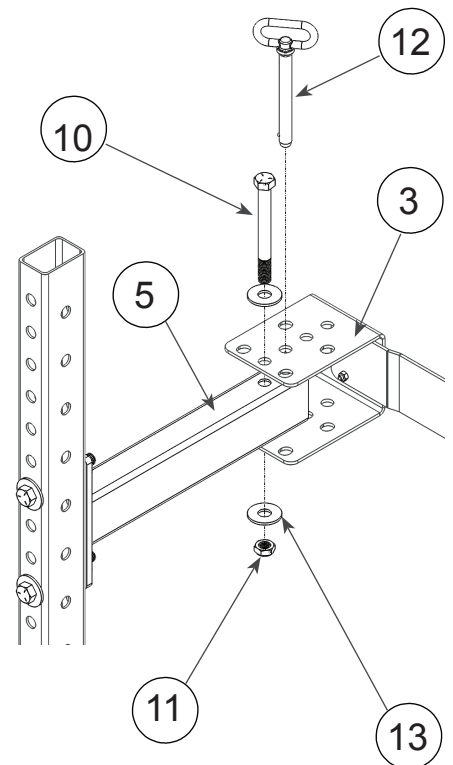
Determine which set of holes to attach the crossmember arms to (PRx Performance recommends Set #2)

1. Use Set #1 if you do not have, or do not intend to get, the PRx Flat Folding Bench. This allows the uprights to be nearly flush to the wall when folded in
2. Use Set #2 if you currently, or may in the future, own a PRx Flat Folding Bench. This set provides an additional 6" of space from the wall to accommodate the Folding Bench and other small items to be stored between the rack and wall when the rack is folded in



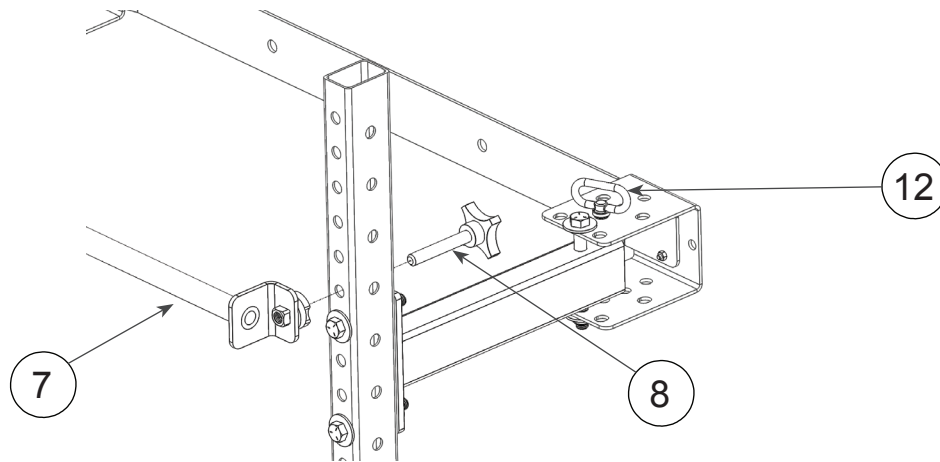
Attaching crossmembers

1. Place the Crossmember (5) into the C Bracket (3) section of the wall bracket aligning the second hole of the Crossmember and Hole Y of the C Bracket
 - * Note: The upright will be in the unfolded position
2. Using one 5/8" x 6" Bolt (10), two 5/8" Washers (13) and one 5/8" Nylock Nut (11), hand tighten. Then place a Hitch Pin (12) into Hole W (and the first hole of the Crossmember) to lock the Crossmember into place
3. Continue this on the remaining three
4. Once all crossmembers are attached to the wall brackets and locked into place, fully tighten the 5/8" x 6" Bolt (10) and 5/8" Nylock Nut (11) into place. Be sure not to over tighten
 - * Note: When tightening these bolts the C Bracket (3) should not bend



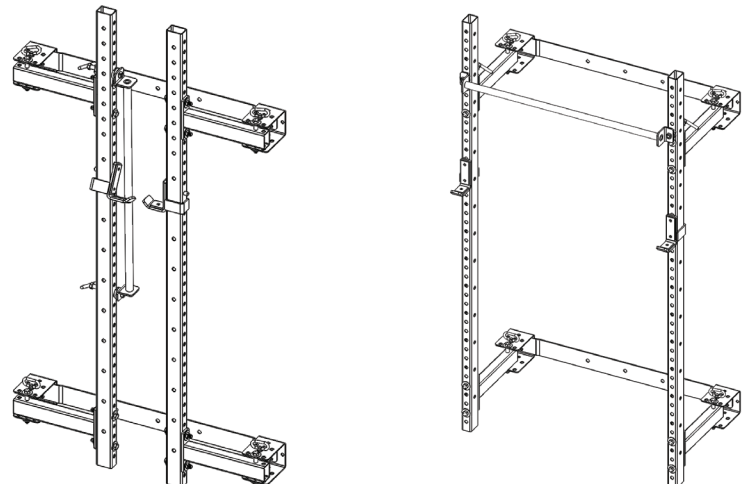
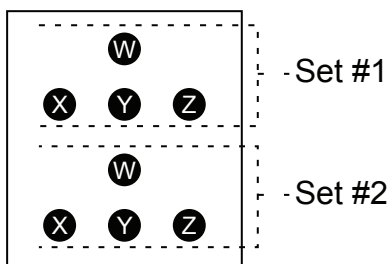
Attach pull-up bar

1. Select an appropriate height for the Pull-Up bar
2. Insert Twist Pin (8) through the back of the upright into the Pull-Up Bar (7) and tighten (do not fully tighten)
3. Rotate the Pull-Up Bar up to the other upright and repeat
4. Your Pull-Up Bar can now be rotated down when not in use, and can be tightened to reduce movement when in use



Fold away

1. Undo one of the Twist Pins (8) holding up the Pull-Up bar and loosen the other Twist Pin (8), then gently rotate the bar down flat to the upright
2. Pull out the Hitch Pins (12) from all four crossmembers
3. Lift the uprights slightly and rotate them inward
4. Replace all Hitch Pins (12) into Hole X (and through the crossmember) for the right upright, and Hole Z (and through the cross member) for the left upright, in order to lock the rack in the stowed position



PRx Performance[®] Flat Folding Bench



You can find the PRx Flat Folding Bench at prxperformance.com

The PRx Performance Flat Folding Bench easily folds out for use, and folds flat to the wall when stored

In order to install the PRx Folding Bench with your new rack please be sure your rack installation meets the following requirements:

- Center of the lower wall bracket is not mounted between 9.25" and 19.25" from the ground. Measure from center of bracket/lag bolts holes — see measurement recommendations on page 4*
- Crossmembers are attached to the C Bracket using Set #2 — see page 7*

Put your new equipment to work with the MVT Fitness App

Fall in love with your new home-gym equipment AND take control of your fitness! We know life is busy, which is why we designed MVT to work on your schedule. Choose a workout course and coaching option to help you zero in on your fitness goals.

Scan the code to start fitting fitness into your life with the MVT Fitness app



Looking for accessories for you new rack?

Check them out at PRx Performance!

<https://prxperformance.com/collections/fold-in-one-accessories>

IMPORTANT! DO NOT RETURN TO STORE

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

701.566.0452 — support@prxperformance.com

Open 8am to 5pm (CST) Monday through Friday

— prxperformance.com —

1-Year Warranty PRx Performance

PRx Performance LLC warrants to the original consumer purchaser that this product will be free of defects in material and workmanship for one (1) year from the date of purchase. PRx Performance will repair or replace the product, at our sole option, in the event of such a defect within the warranty period.

In the event of a defect covered under this warranty, first call the number below. Many problems can be solved in this manner. If necessary, you will be instructed to return the product (postage pre-paid and insured by the consumer).

Enclose your name, address, telephone number, copy of dated sales receipt, and a brief explanation of the defect.

Repair or replacement, and return shipment, will be free of charge. This warranty does not cover damage resulting from unauthorized modification, accident, misuse, or abuse. If the product is returned without a dated sales receipt, the product may be excluded from coverage under this warranty.

PRx Performance's liability for defects in material and workmanship under this warranty shall be limited to repair or replacement, at our sole option, and in no event shall we be responsible for incidental, consequential, or contingent damages (except in those states that do not allow this exclusion or limitation). This warranty is exclusive, and is made in lieu of any express or implied warranty. Valid only in U.S.A. and Canada. This warranty gives you specific legal rights and you may have other rights, which may vary from state to state. Some states do not allow the exclusion of incidental or consequential damages, so the above exclusions or limitations may not apply to you.

- 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 OBSERVED

- » 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
- » DO NOT attempt to fix broken equipment. Call PRx Performance® for assistance 701.566.0452
- » Use the rack only for the intended use. DO NOT modify the rack
- » Be sure that the pins are completely inserted. Use only the pins provided
- » Children must not be allowed near this equipment. Teenagers must be supervised
- » Always use locking pins to secure rack in desired position