

GRIND FITNESS

POWERED BY PRX PERFORMANCE

We are an obsessed group of lifters who believe that access to out-of-this-world equipment and extraordinarily effective programming shouldn't be limited to the filthy rich.

Our equipment only works if you GRIND.

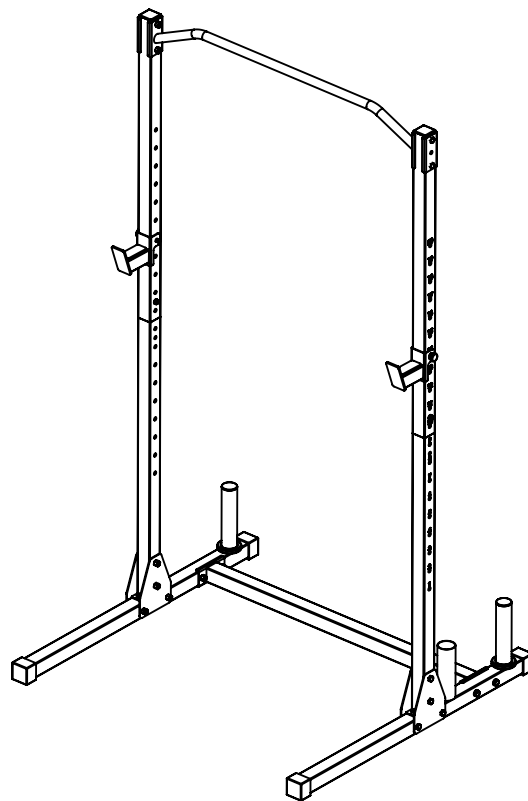
Download the app and get to work.

POWER RACK EXERCISER USER'S MANUAL

A1000 — MODEL NO. GR130

WARNING

Read the assembly, installation, care, maintenance, and use instructions in this manual prior to assembling and using this equipment. Save this manual for future reference.



GET YOUR WORKOUTS!



How you feel now



How you'll feel
after **30 days**
FREE on the
GRIND App*

SCAN ME



<https://thegrindfitness.com/a1000>

*It only works if you **GRIND!**

IMPORTANT PRECAUTIONS

To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the rack before using the weight rack. GRIND assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

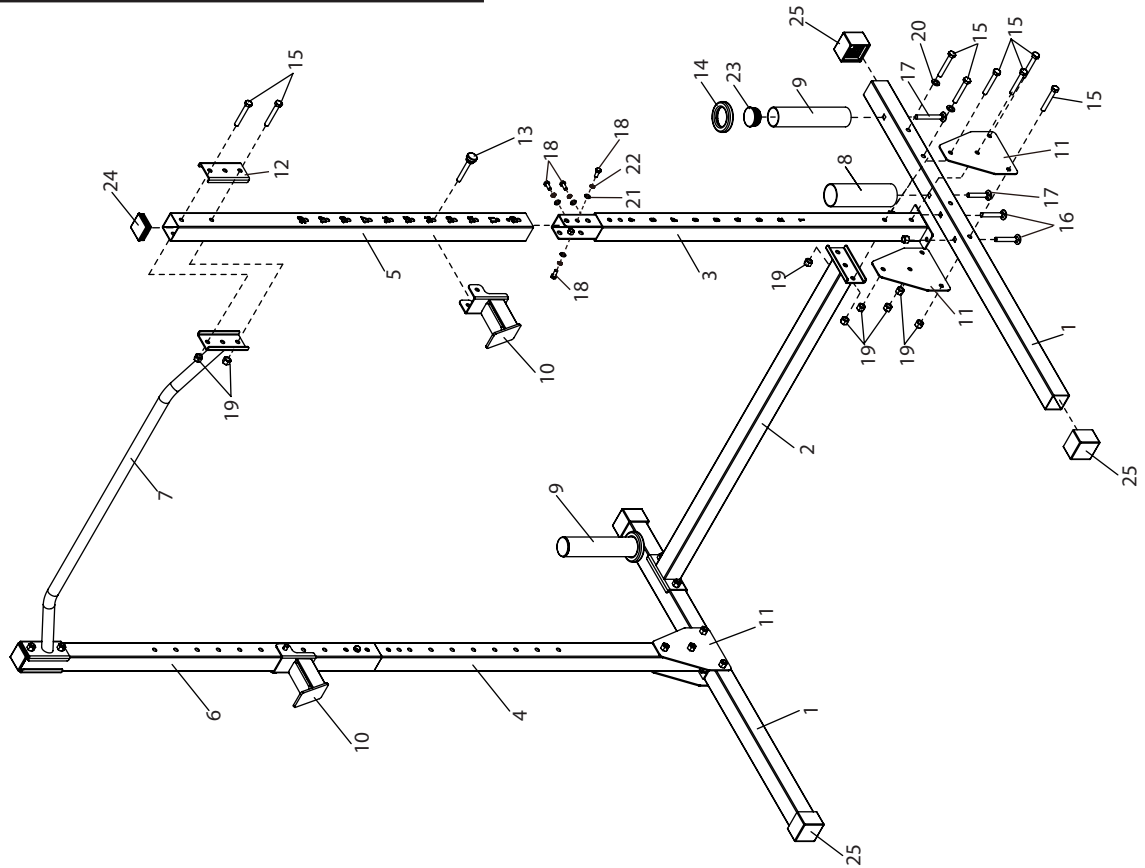
1. It is the responsibility of the owner to ensure that all users of the weight rack are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The weight rack is not intended for use by persons with reduced physical sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the weight rack by someone responsible for their safety.
4. Use the weight rack only as described in this manual.
5. The weight rack is intended for home use only. Do not use the weight rack in any commercial, rental, or institutional setting.
6. Keep the weight rack away from moisture and dust. Do not put the weight rack in a covered patio or near water.
7. Place the weight rack on a level surface, with enough clearance around the weight rack to mount, dismount, and use the weight rack. To protect the floor or carpet from damage, place a mat under the weight rack.
8. Using the four anchor holes to provide maximum stability, the weight rack must be anchored to the floor where required or whenever possible.
9. Inspect and properly tighten all parts each time the weight rack is used. Replace any worn parts immediately.
10. Keep children under age 13 and pets away from the weight rack at all times.
11. Keep hands and feet away from moving parts.
12. Wear appropriate clothes while exercising: do not wear loose clothes that could become caught on the weight rack. Always wear athletic shoes for foot protection while using the weight rack.
13. The weight rack is designed to support a maximum user weight of 300 lbs. (136kg), and a maximum total weight of 610 lbs. (277kg). The pull-up bar is designed to support a maximum user weight of 300 lbs. (136kg). Note: The weight rack does not include weights or a barbell.
14. Always place both weight rests at the same height and both spotters at the same height. Make sure that there are at least three adjustment holes between the weight rests and the spotters.
15. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

PART LIST

Key No.	Qty.	Description
1	1	Base
2	1	Crossbar
3	1	Right Lower Upright
4	1	Left Lower Upright
5	1	Right Upper Upright
6	1	Left Upper Upright
7	1	Pull-up Bar
8	1	Barbell Storage Tube
9	2	Weight Storage Tube
10	2	Weight Rest
11	4	Support Plate
12	2	U Plate
13	2	Plug
14	2	Bumper
15	16	M10X70mm Bolt

Key No.	Qty.	Description
16	4	M10X65mm Carriage Bolt
17	3	M10X70mm Carriage Bolt
18	8	M8X20mm Bolt
19	20	M10 Nut
20	4	M10 Washer
21	8	M8 Washer
22	8	M8 Spring Washer
23	2	Round Cap
24	2	Square cap
25	4	End Cap
*	-	User's Manual

EXPLODED DRAWING



ASSEMBLY

Two adults assembly required.

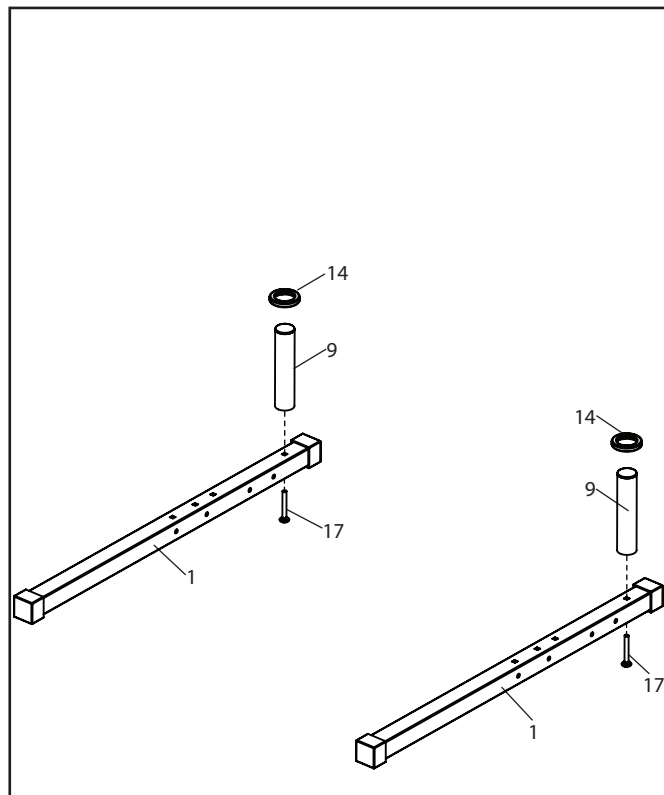
STEP 1

Identify the Base (1) and the Weight Storage Tube (9), orient them as shown.

Attach one Weight Storage Tube (10) to the Base (1) with M10X70mm Carriage Bolt (17).

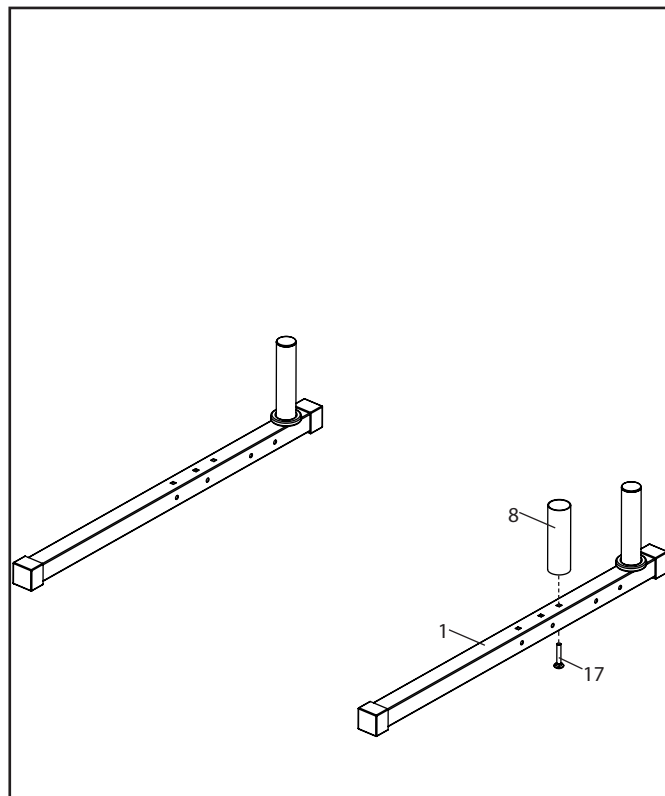
Then, slide a Bumper (14) onto the Weight Storage Tube (9).

Repeat to attach another Weight Storage Tube (9) to another Base (1).



STEP 2

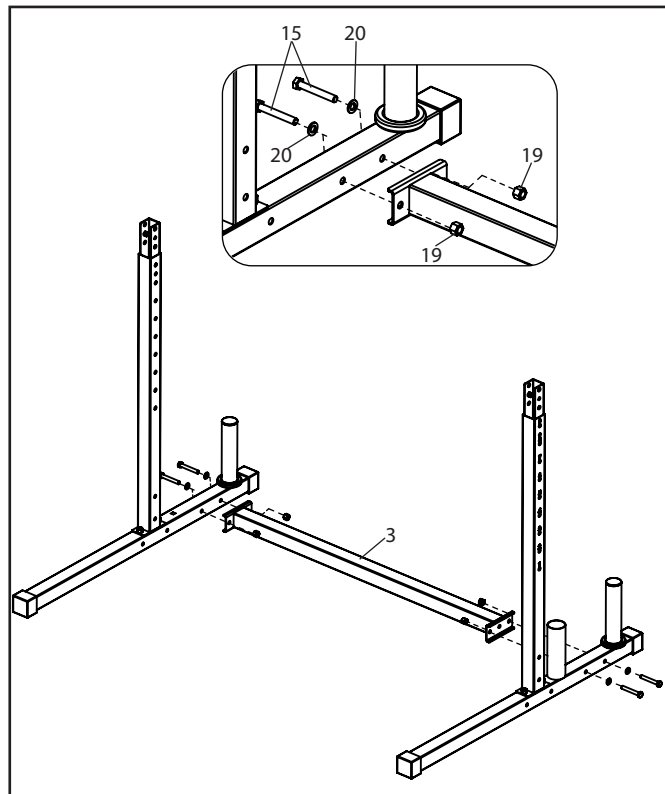
Attach the Barbell Storage Tube (8) to one Base (1) as shown, secure with M10X70mm Carriage Bolt (17).



STEP 4

Identify the Crossbar (2), attach the Crossbar (2) to the Base with M10X70mm Bolts (15), M10 Washers (20) and M10 Nuts (19).

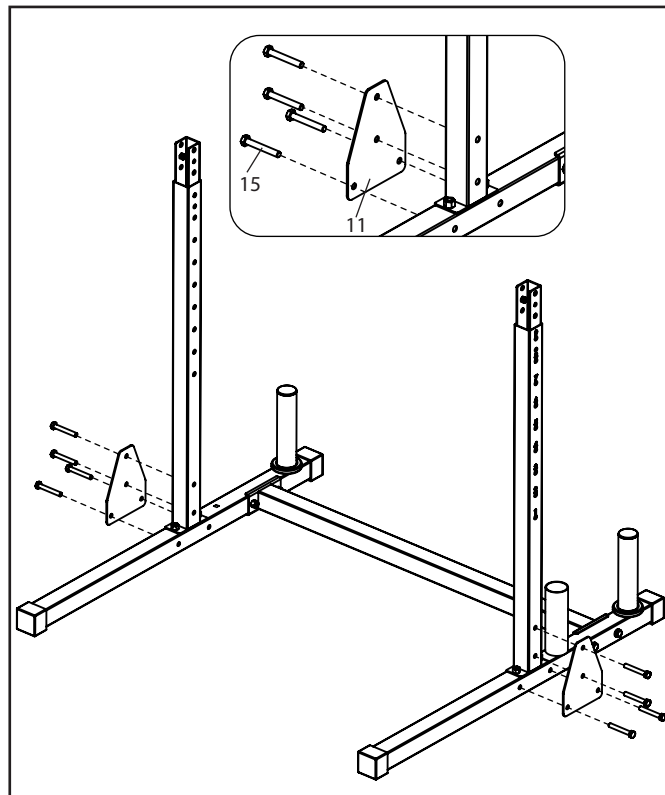
Do not fully tighten the Bolts yet.



ASSEMBLY

STEP 5

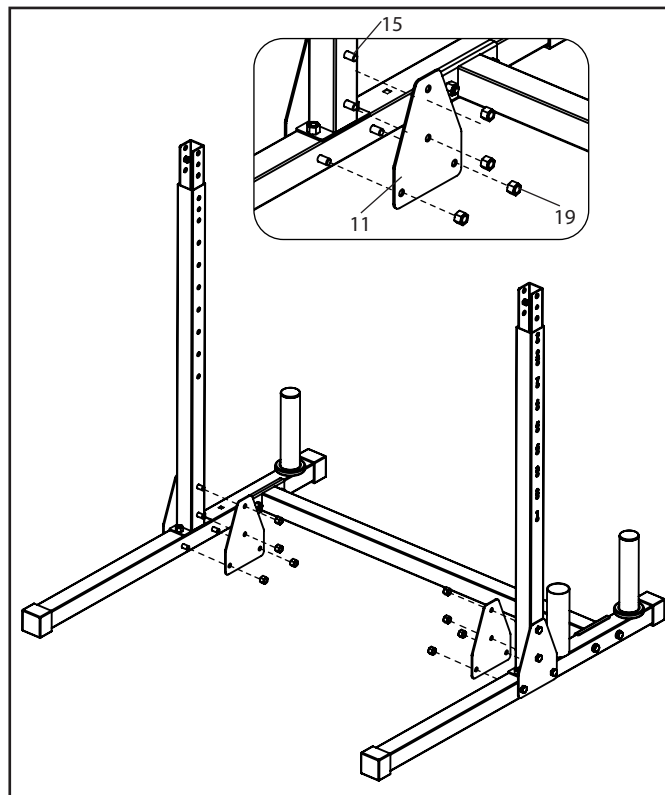
Attach the Support Plate (11) to the Lower Upright and Base with M10X70mm Bolts (15).



STEP 6

Slide Support Plate (11) onto M10X70mm Bolts (15),
Secure with M10 Nuts (19).

Do not fully tighten the Bolts yet.



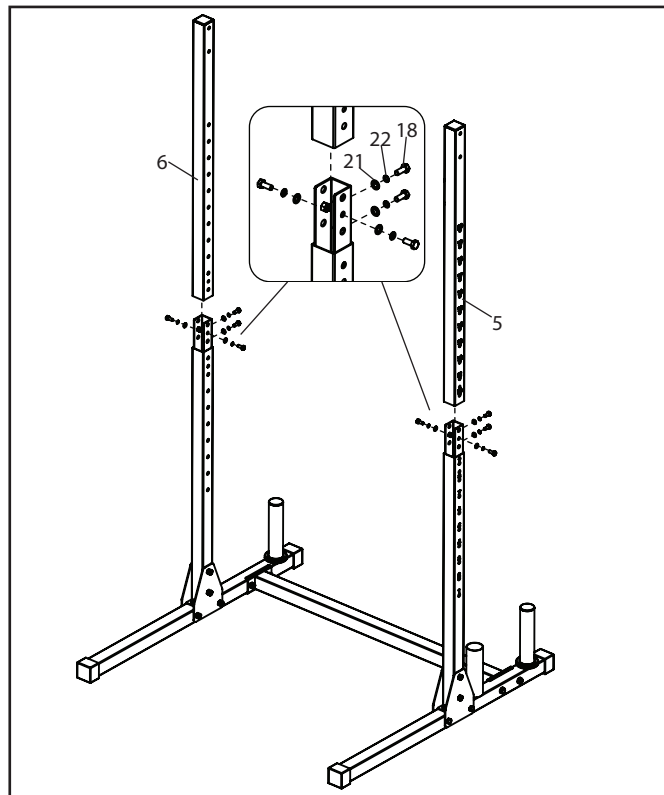
ASSEMBLY

STEP 7

Put the Right Upper Upright (5) onto the Right Lower Upright, Secure with M8X20mm Bolts (18), M8 Washers (21), and M8 Spring Washers (22).

Repeat to attach the Left Upper Upright (6) onto the Left Lower Upright.

Do not fully tighten the Bolts yet.

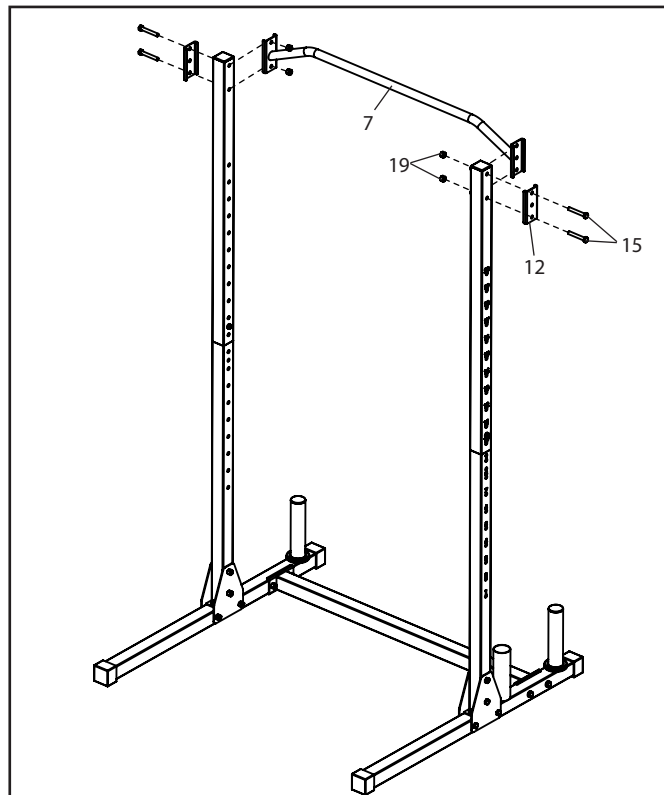


STEP 8

Identify the Pull-up bar (7), and orient it as shown.

Attach the Pull-up bar (7) to the Upper Upright with M10X70mm Bolts (15), U Plate (12) and M10 Nuts (19).

Do not fully tighten the Bolts yet.



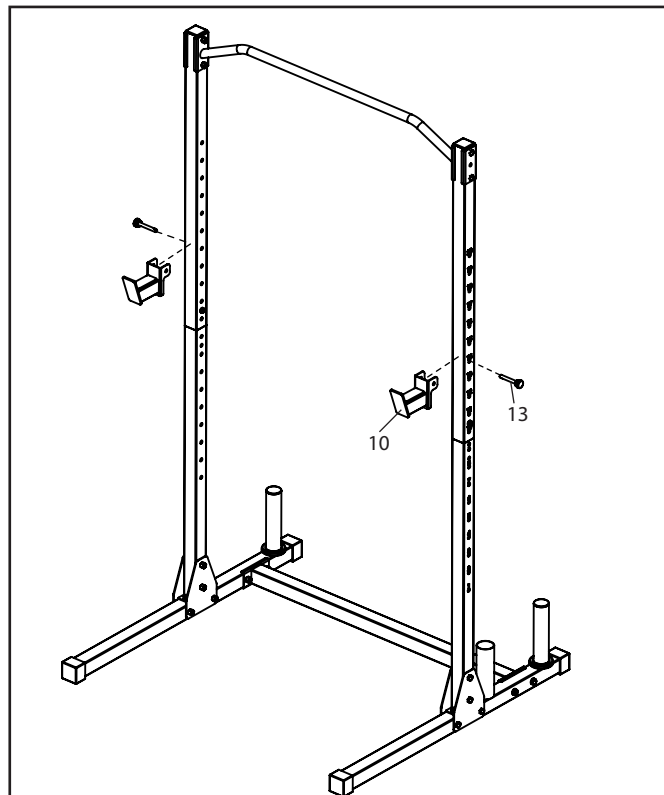
ASSEMBLY

STEP 9

Put the Weight Rest (10) onto desired adjustment hole in the the Upright, secure with Plug (13).

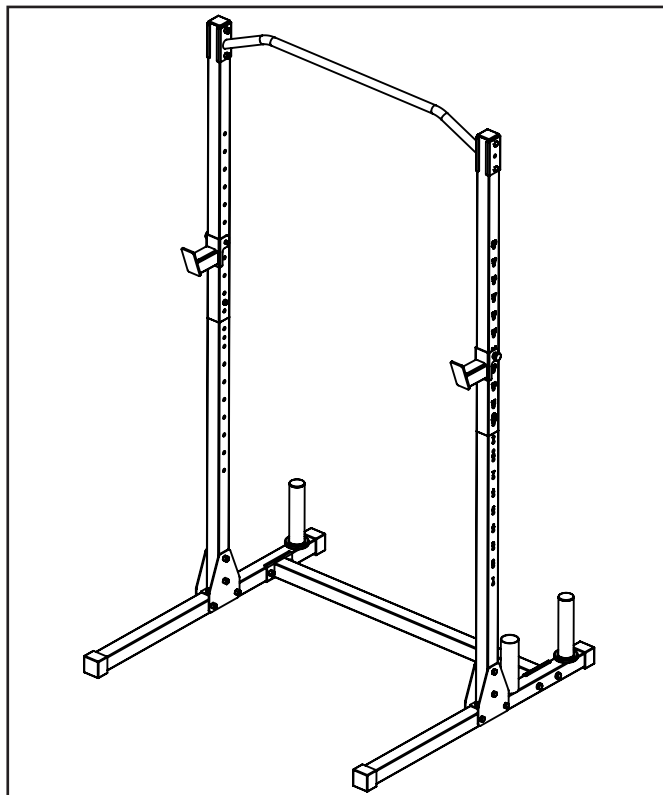
Make sure to put the Weight Rests at the same height.

Tighten all the Bolts!



STEP 10

Congratulations! Your Power Rack has been fully installed.



GET TO WORK

STEP 11

Scan the QR Code to get your FREE 30-days of programming using the GRIND App.

iPhone users can simply open their camera to scan the code.

Android users may need to use a scanning app.

*It only works if you **GRIND!**



How you feel now



How you'll feel
after **30 days**
FREE on the
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SCAN ME



<https://thegrindfitness.com/a1000>



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 prior to use. DO NOT use if it appears damaged or inoperable
- » DO NOT attempt to fix broken equipment. Call GRIND Fitness for assistance 701-566-5204
- » Use equipment only for the intended use. DO NOT modify the machine
- » Be sure that the pins are completely inserted. Use only the pins provided
- » Children must not be allowed near equipment. Teenagers must be supervised
- » Always use locking pins to secure parts in desired positions

IMPORTANT! DO NOT RETURN TO STORE

Please call or email GRIND Fitness regarding all installation questions or return concerns

GRIND Fitness 30-Day Warranty

PRx Performance LLC, DBA GRIND Fitness warrants to the original consumer purchaser that this product will be free of defects in material and workmanship for 30 days from the date of purchase. GRIND Fitness 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.

GRIND Fitness'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: 701-566-5204

Email: squad@thegrindfitness.com

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