

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.

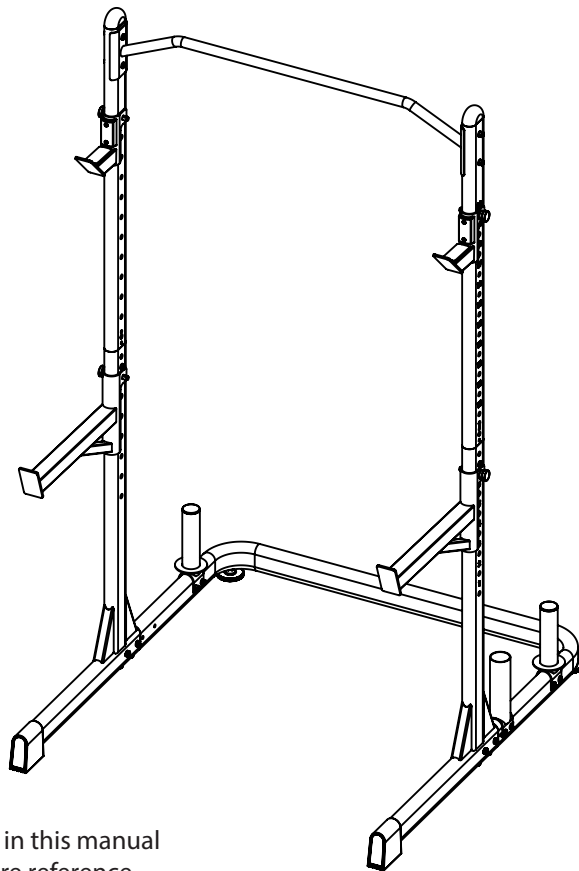
Download the app and get to work.

POWER RACK EXERCISER USER'S MANUAL

A2000 — MODEL NO. GR131

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/a2000>

*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.

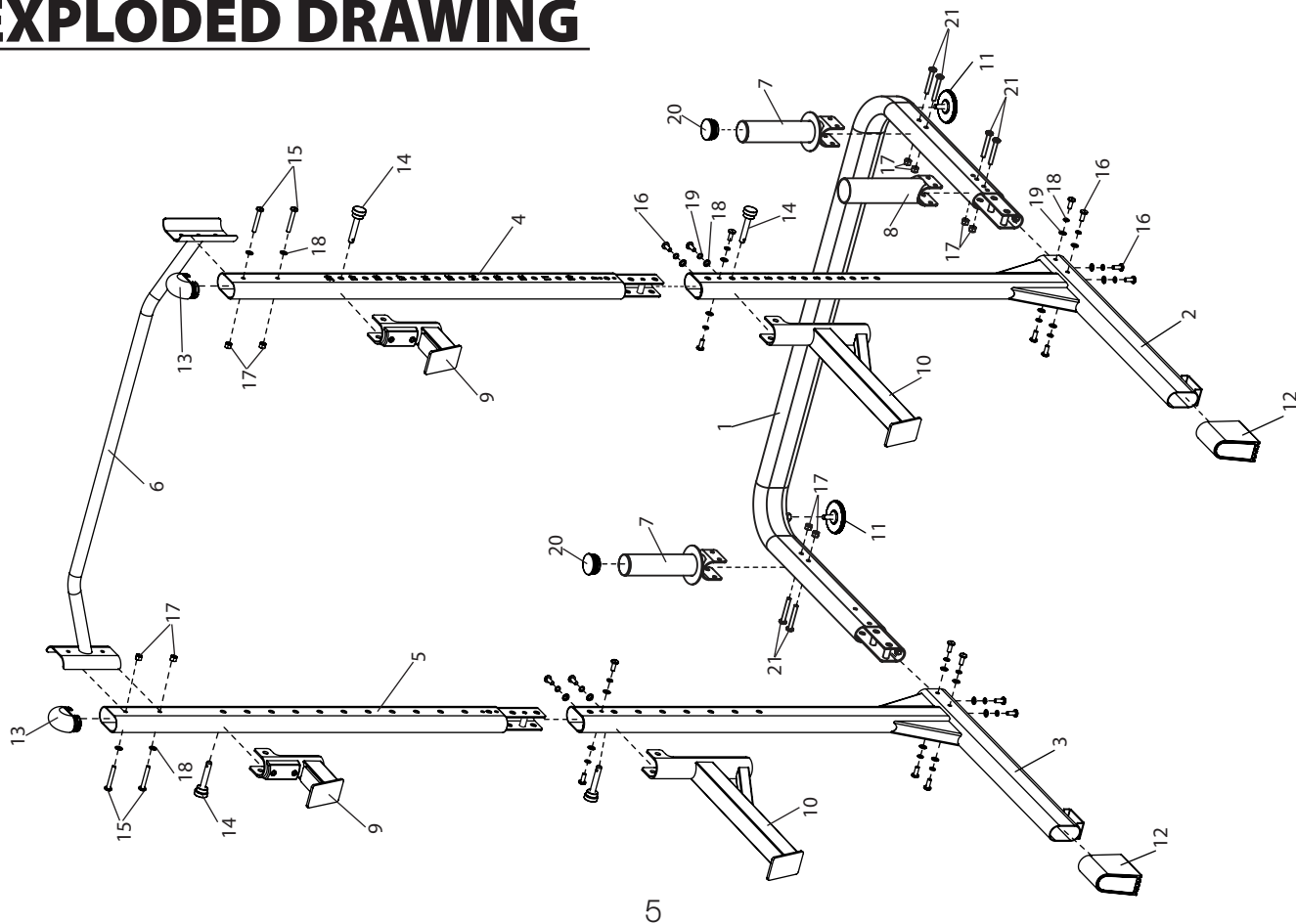
1. It is the responsibility of the owner to ensure that all users of the weight rack are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The 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	U Base
2	1	Right Lower Upright
3	1	Left Lower Upright
4	1	Right Upper Upright
5	1	Left Upper Upright
6	1	Pull-up Bar
7	2	Weight Storage Tube
8	1	Barbell Storage Tube
9	2	Weight Rest
10	2	Spotter
11	2	Adjustment Knob
12	2	End Cap

Key No.	Qty.	Description
13	2	Cap
14	4	Plug
15	4	M8X55mm Bolt
16	20	M8X20mm Bolt
17	10	M8 Nut
18	24	M8 Washer
19	20	M8 Spring Washer
20	2	Inner Cap
21	6	M8X58mm Bolt
*	1	5mm Hex Key

EXPLODED DRAWING



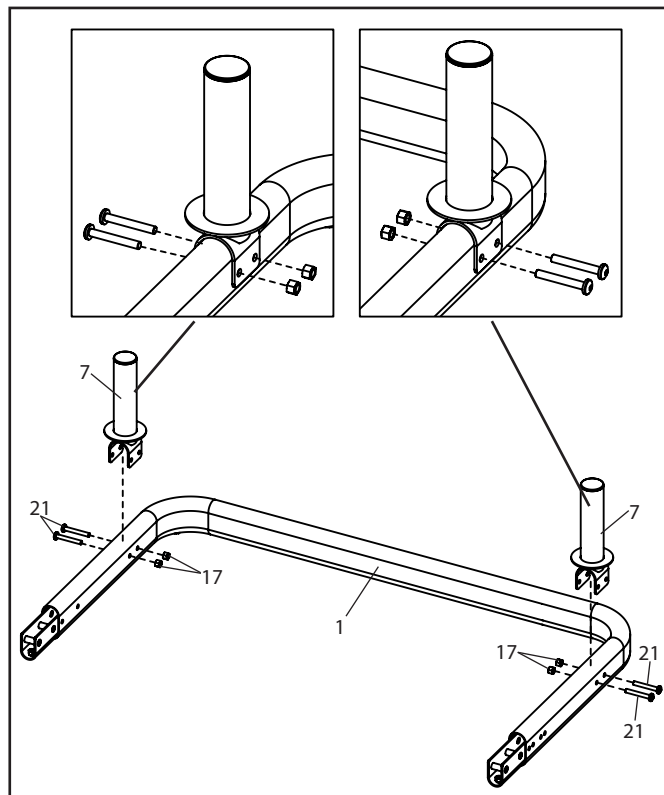
ASSEMBLY

Two adults assembly required.

STEP 1

Put the Weight Storage Tubes (7) to the U Base (1) as shown, secure with M8X58mm Bolts (21) and M8 Nuts (17).

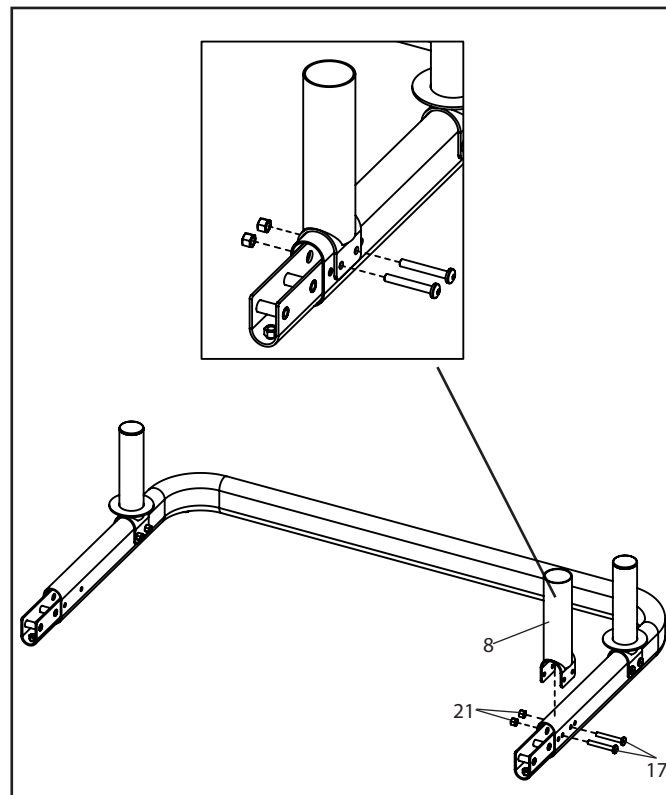
Do not fully tighten the Bolts yet.



STEP 2

Put the Barbell Storage Tubes (8) to the U Base (1) as shown, secure with M8X58mm Bolts (21) and M8 Nuts (17).

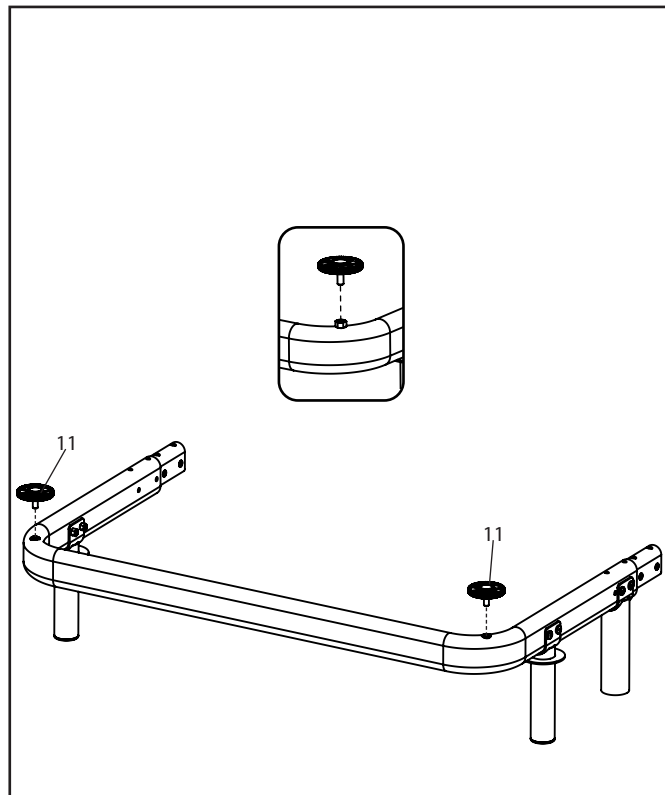
Do not fully tighten the Bolts yet.



ASSEMBLY

STEP 3

Secure the Adjustment knob (11) to the bottom of Base as shown.

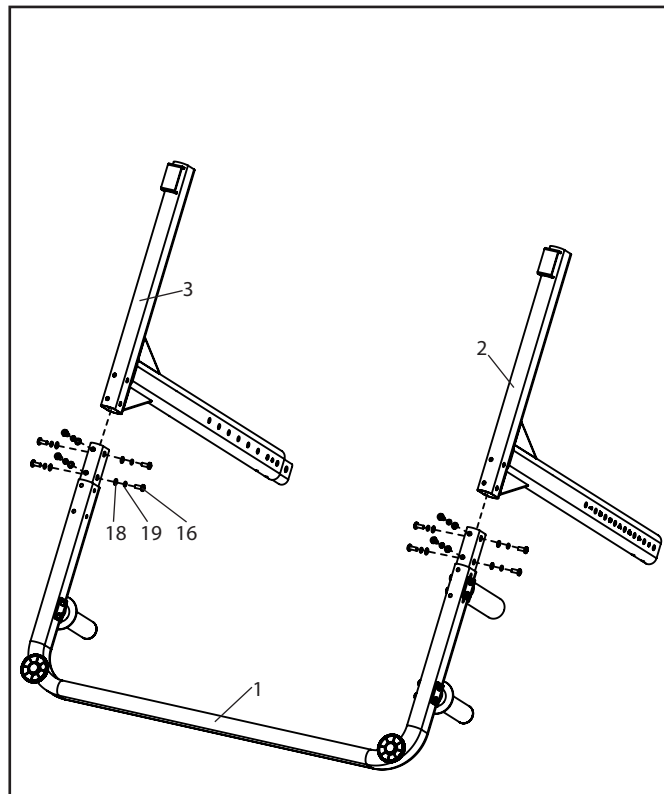


STEP 4

Put the Right Lower Upright (2) and Left Lower Upright (3) onto the Base, make sure the numbers are facing outside.

Secure with M8X20mm Bolts (16), M8 Spring Washers (19), M8 Washers (18) as shown.

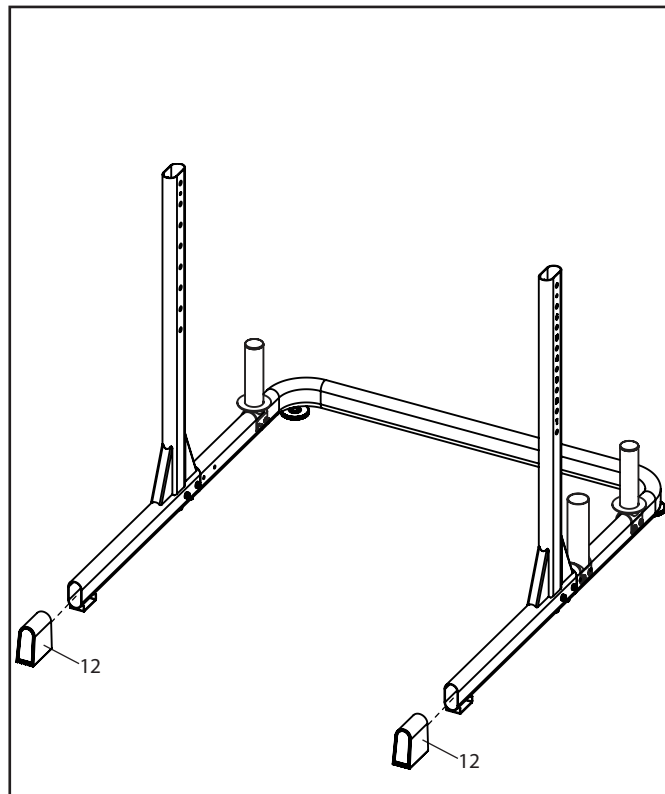
Do not fully tighten the Bolts yet.



ASSEMBLY

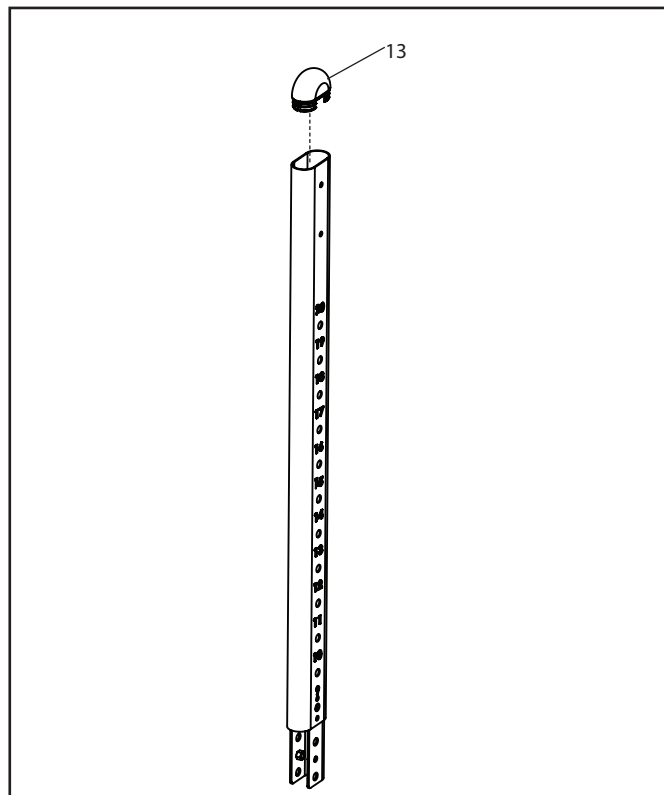
STEP 5

Put the End Cap (12) onto Base as shown.



STEP 6

Insert the Cap (13) into the Upper Uprights as shown.



ASSEMBLY

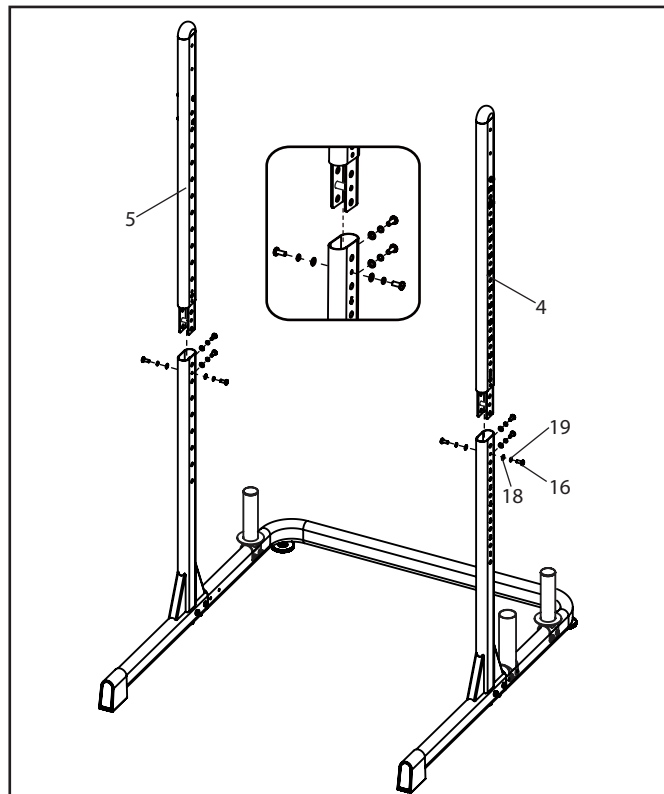
STEP 7

Insert the Right Upper Upright (4) into the Right Lower Upright (2) as shown, secure with M8X20mm Bolts (16), M8 Spring Washers (19), M8 Washers (18) as shown.

Repeat to attach the Left Upper Upright.

Do not fully tighten the Bolts yet.

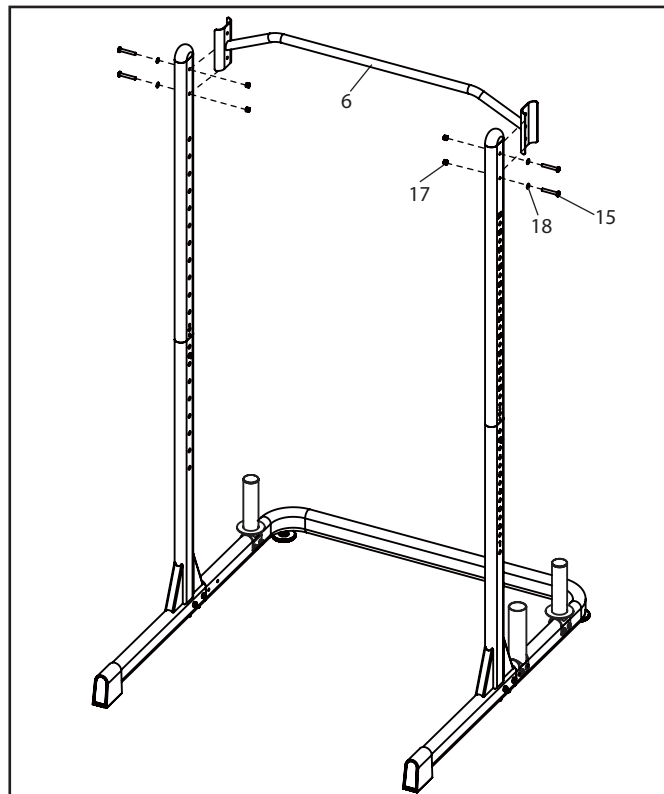
Make sure the numbers are facing outside.



STEP 8

Orient the Pull-up Bar (6) as shown, secure to the Upright with M8X55mm Bolts (15), M8 Washers (18), and M8 Nuts (17).

Tighten all bolts!

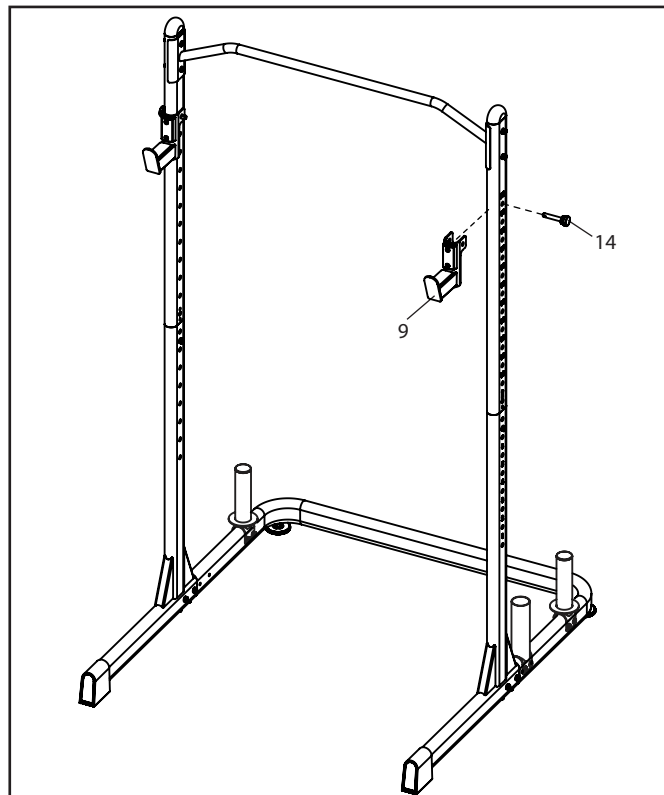


ASSEMBLY

STEP 9

Put the Weight Rest (9) onto desired adjustment hole in the Upright, secure with Plug (14) as shown.

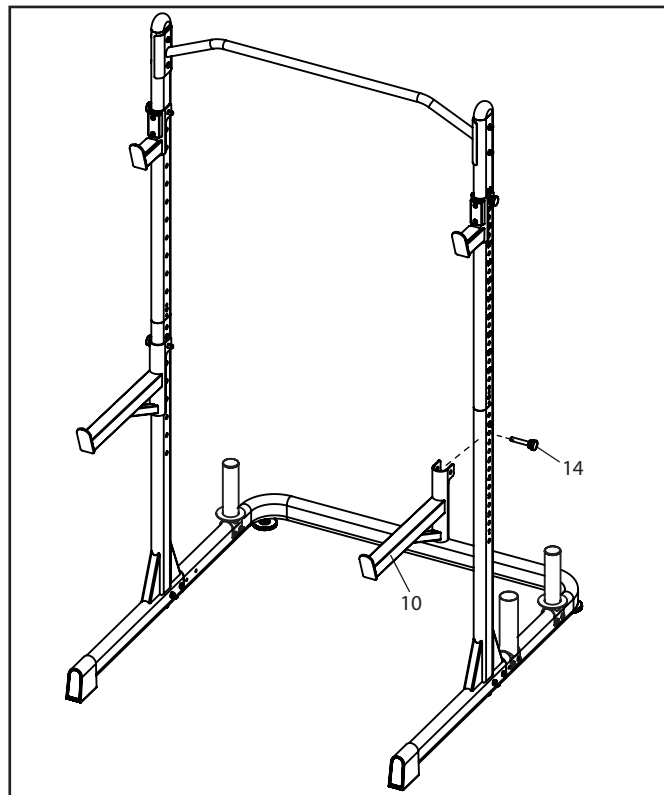
Make sure to put the Weight Rests at the same height.



STEP 10

Put the Spotter (10) onto the desired adjustment hole in the Upright, secure with Plug (14) as shown.

Make sure to put the Spotters at the same height.



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
GRIND App*

SCAN ME



<https://thegrindfitness.com/a2000>



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.