

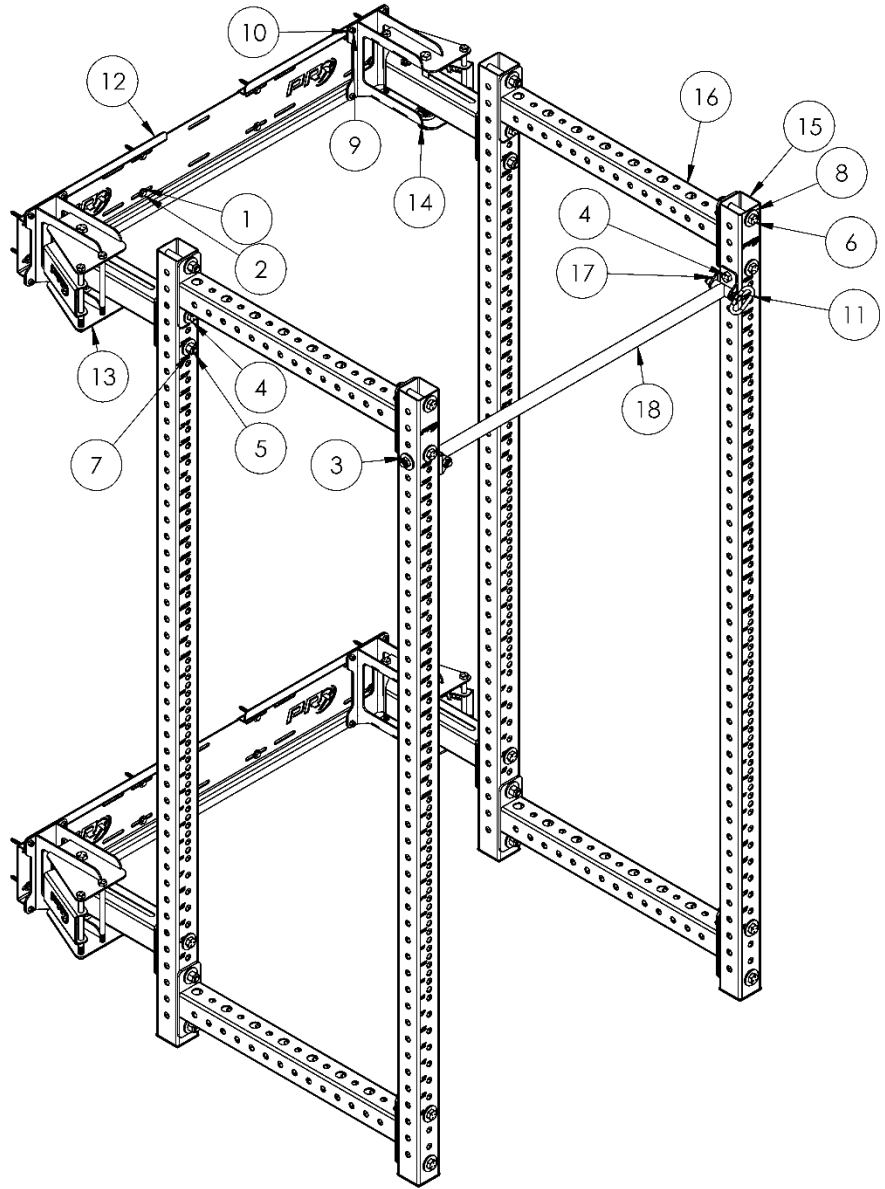


Profile® PRO Folding Full Cage 95"

Installation Instructions

Tool List

- 15/16" Open End Wrench
- 15/16" Socket
- 1/2" Socket
- 1/2" Ratchet
- Level
- Plumb Bob
- 7/32" drill bit
- Cordless drill
- Impact Driver



Item #	Description	Qty.
1	5/16" x 2" Lag Screw	16
2	5/16" Flat Washer	16
3	5/8" Thin Locknut	2
4	5/8" x 4" Hex Bolt	6
5	5/8" x 4-1/4" Hex Bolt	2
6	5/8" x 4-1/2" Hex Bolt	14
7	5/8" Hex Locknut	16
8	5/8" Flat Washer	34
9	5/16" x 3/4" Carriage Bolt	16
10	5/16" Hex Locknut	16
11	3" Loop Grip Pin	1
12	Wall Bracket	2
13	Left Hinge	2
14	Right Hinge	2
15	95" Upright	4
16	Crossmember	4
17	Pull-Up Bar Pin Plate	1
18	Pull-Up Bar	1

- ***This installation requires two people.***
- ***Standard installation is designed for ceilings 97" or taller. If your ceilings are shorter than 97" please email us at support@prxperformance.com.***

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

Getting Started

1. Assemble all tools listed on page 1 and clear your workspace.
2. **Check the stud spacing of your wall:** All Profile® 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 97" or taller. If your ceiling is shorter than 97", please email us at support@prxperformance.com.
5. **Check your floor slope:** The Profile® Folding Full Cage is designed so all four uprights sit on the floor when the floor is sloped less than 1/4" per foot. If your floor is sloped more than 1/4" per foot in any direction, please email us at support@prxperformance.com.
6. Recruit a work partner to assist with lifting and holding parts during assembly.

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. (**Figure 1**).
If the floor slopes down to the left or is flat, measure the far-left stud first. If the floor slopes down to the right, measure the far-right stud first.
2. Locate two studs spaced 48" apart, and all studs in between, using a stud finder (**Figure 1**).

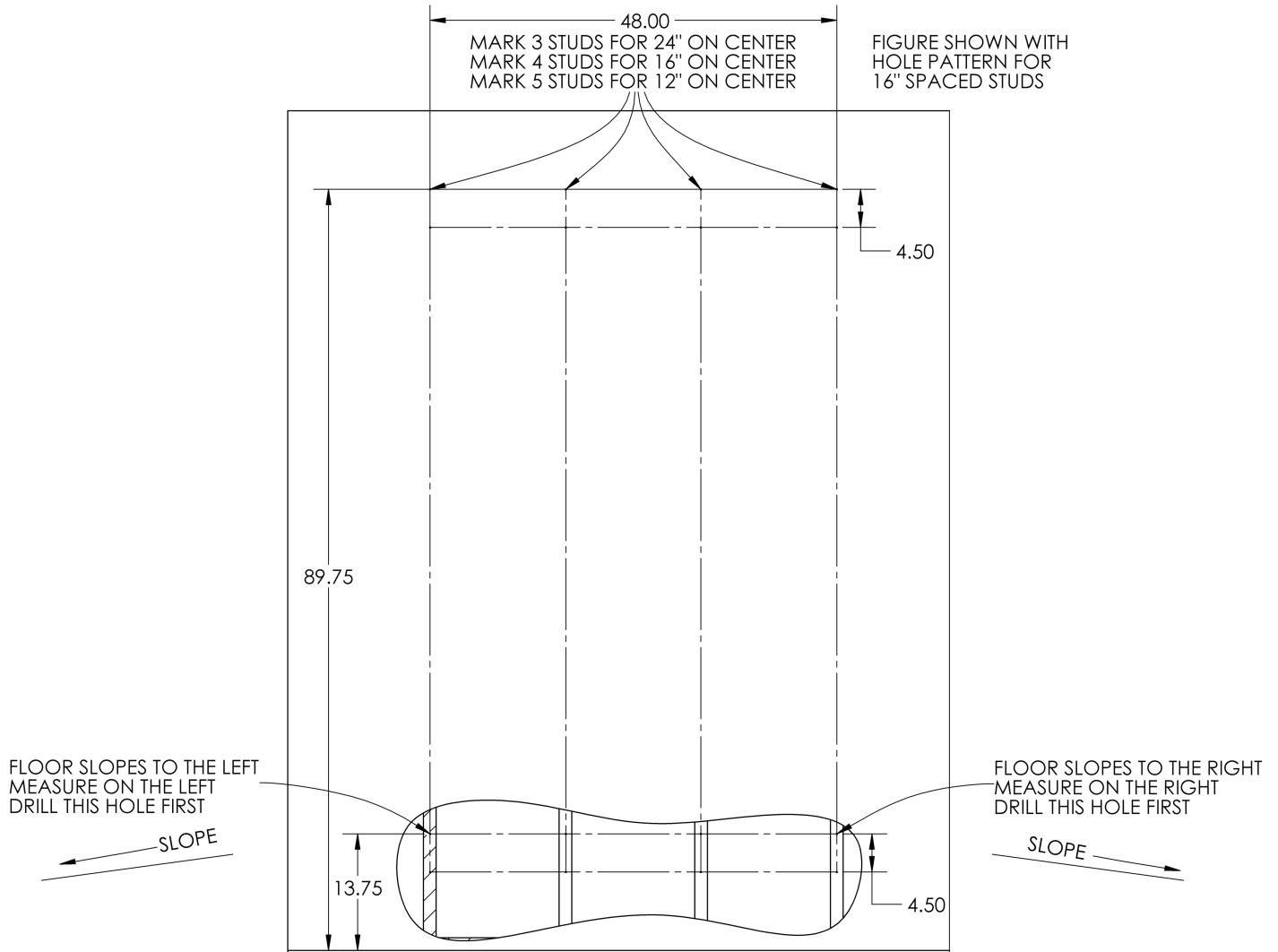


Figure 1. Stud and hole locations

3. Based on step 1, mark the first stud at 89-3/4" and 13-3/4" from the floor (**Figure 1**).
4. Use the cordless drill and the 7/32" drill bit to drill the marked holes 2-1/2" deep.
5. Using the 1/2" socket and the impact driver, install the upper wall bracket (12) with a 5/16" lag screw (1) and 5/16" flat washer (2) through the top hole of the wall bracket that is flush to the wall. Do not fully tighten the lag screw.

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Installation Instructions

6. Place the level across the top of the upper wall bracket, level the wall bracket, and mark the opposite stud 48" away where it aligns with the top hole of the wall bracket that is flush to the wall.
7. Use the cordless drill and the 7/32" drill bit to drill the marked hole 2-1/2" deep.
8. Install the second 5/16" lag screw (1) and 5/16" flat washer (2) through the top hole of the wall bracket. Do not fully tighten the lag screws.
9. Level the wall bracket and fully tighten the two lag screws.
10. Drill pilot holes and install the rest of the upper wall bracket lag screws into the marked studs **(Figure 2)**.
11. Repeat steps 5-8 for the lower wall bracket, but do not fully tighten the lag screws.
12. Use a plumb bob to vertically align the upper and lower wall bracket edges. Once aligned and level, fully tighten the lag bolts in the lower wall bracket.
13. Drill pilot holes and install the rest of the lower wall bracket lag screws into the marked studs **(Figure 2)**.

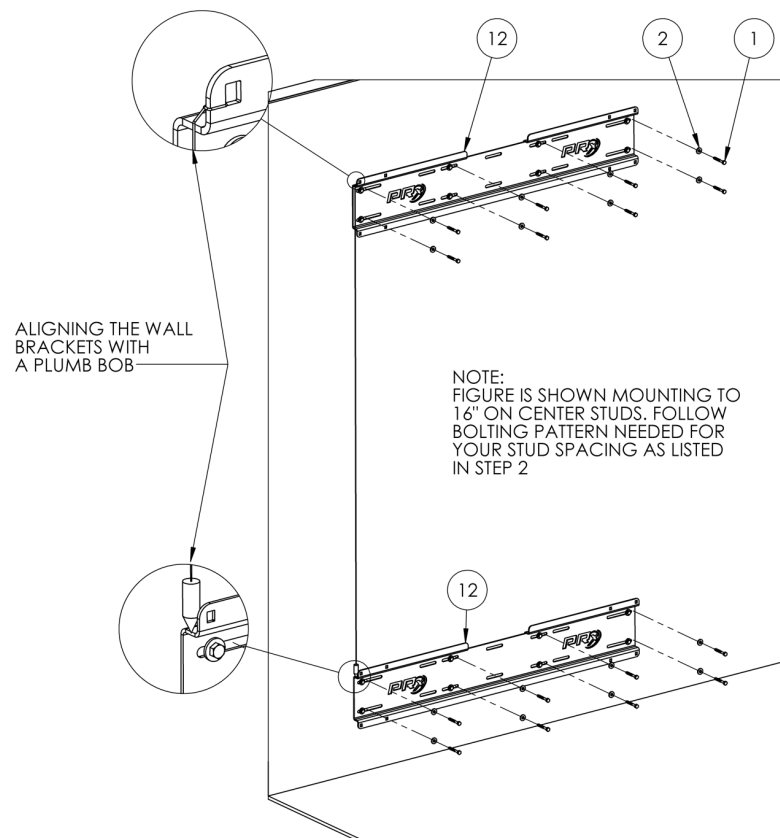


Figure 2: Installing the lag screws

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Installing the Hinges

With the wall brackets installed, the hinges can now be attached. There are two left and two right hinges. Ensure the logo is oriented upward and facing out (**Figure 3**).

1. Using the 1/2" open end wrench, four 5/16" x 3/4" carriage bolts (9), and the four 5/16" lock nuts (10), attach one hinge to the wall bracket by inserting the carriage bolts from behind the wall bracket. Repeat this step for all upper and lower hinges.

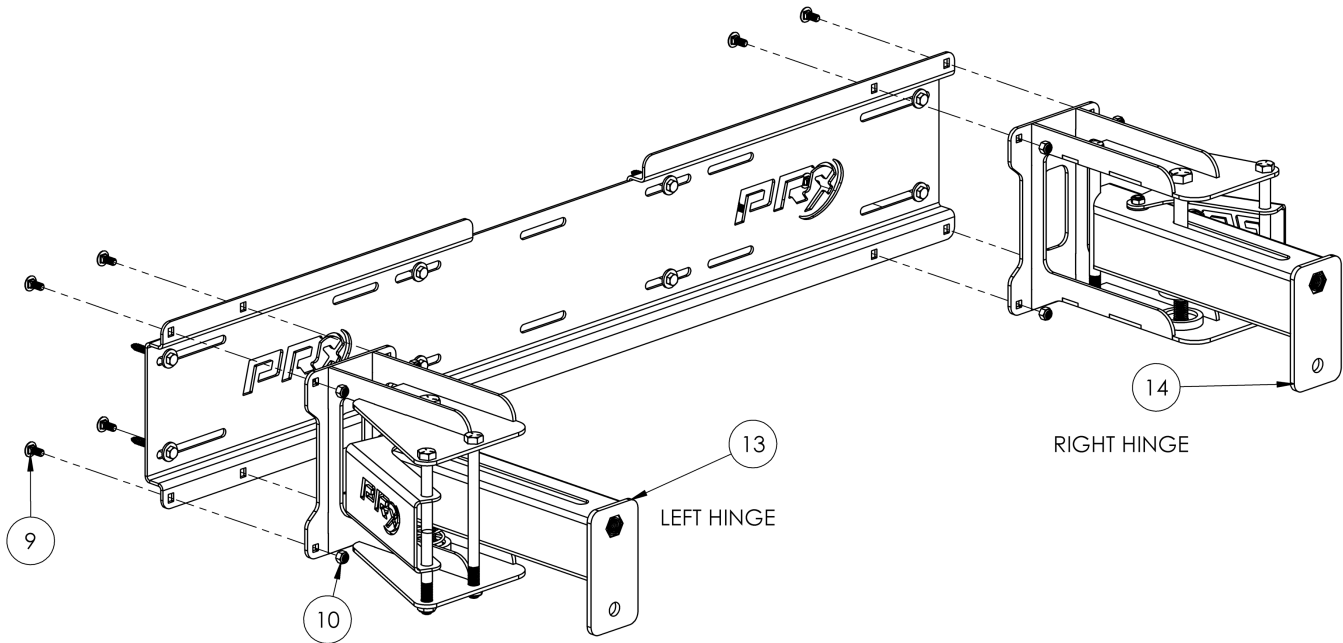


Figure 3: Mounting the hinges

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Installation Instructions

Installing The First Set of Uprights

1. Attach the first upright (15) to the hinge at the top using one 5/8" x 4-1/4" hex bolt (5) with one 5/8" lock nut (7) and one 5/8" flat washer (8) by bolting through the back of the upright.
2. Attach the first upright to the hinge at the bottom using one 5/8" x 4" hex bolt (4) and one 5/8" flat washer (8) at the bottom by bolting through the front of the upright (**Figure 4**).
3. Fully tighten both bolts with 15/16" wrench and socket wrench.
4. Repeat on the other side.

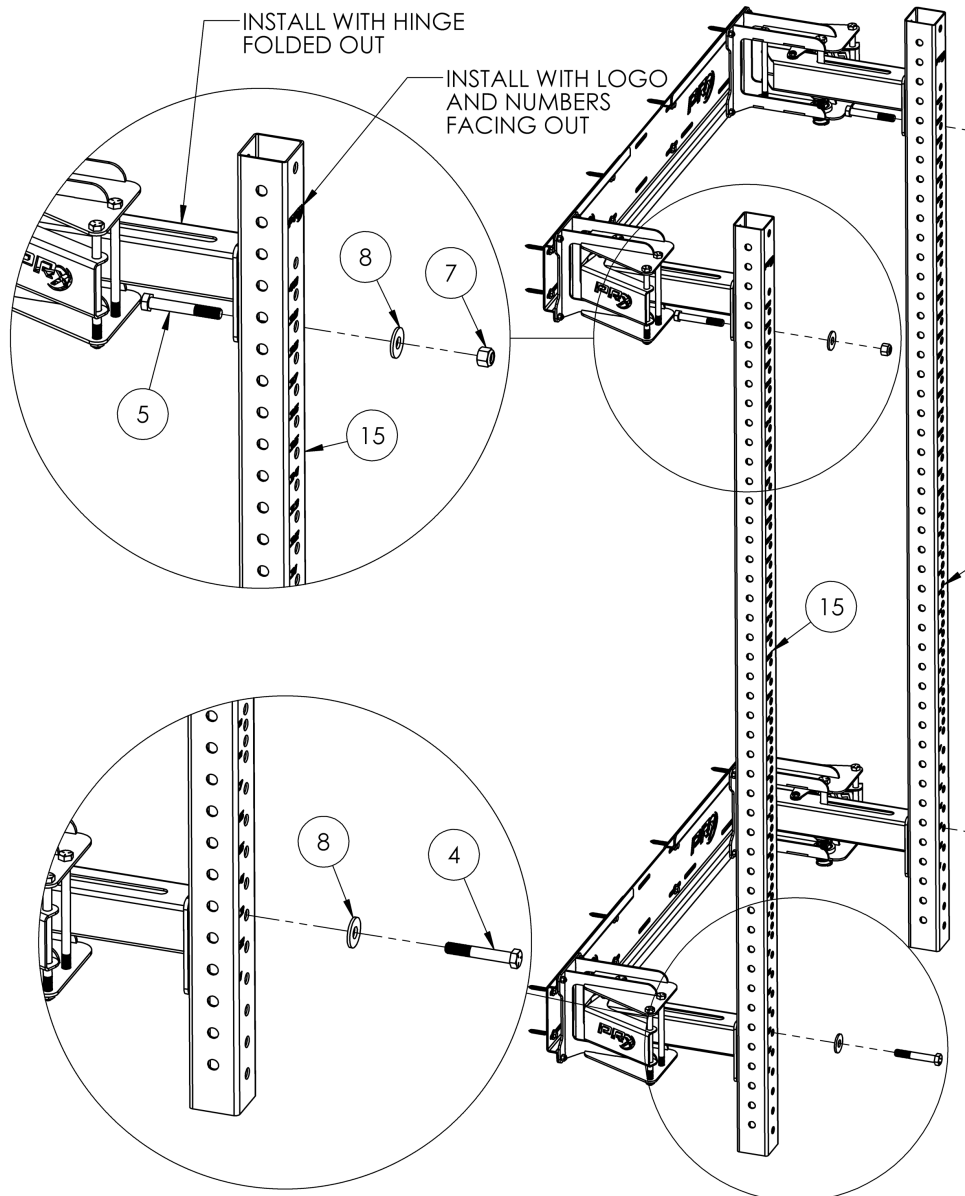


Figure 4: Attaching the first set of uprights

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Attaching the Crossmembers

1. With the help of another person, bolt on the four crossmembers (16) following **Figure 5** closely.
2. Install the upper crossmembers by inserting the 5/8" x 4" hex bolt (4) and 5/8" flat washer (8) from the crossmember side into the hinge. This bolt only needs one washer.
3. Then insert the 5/8" x 4-1/2" hex bolt (6) with two 5/8" flat washers (8) and nut (7) through the back side of the upright.
4. Install the lower crossmember by inserting two 5/8" x 4-1/2" hex bolts (6) with 5/8" flat washers (8) and 5/8" lock nuts (7) through the back side of the upright. The top bolt should also connect through the hinge. This bolt only needs one washer.

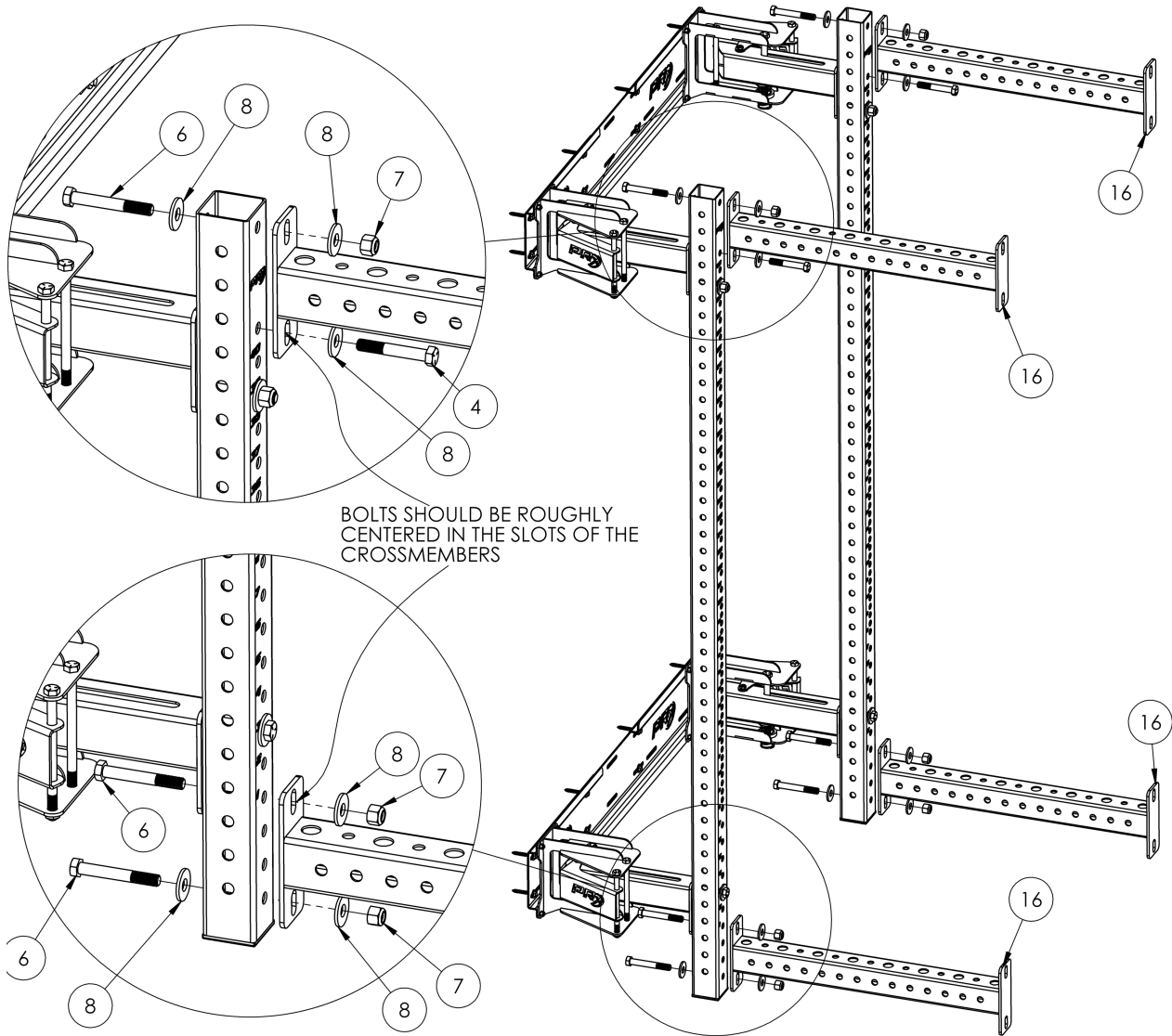


Figure 5: Attaching the crossmembers

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Attaching the Front Uprights

1. With the help of another person, attach the remaining two front uprights (15) (**Figure 6**).
2. For each upright, install two 5/8" x 4 1/2" hex bolts (6), four 5/8" flat washers (8), and two 5/8" locknuts (7) through each crossmember.
3. Before tightening the bolts on the front upright, make sure that all four uprights are pressed down and touch the floor.
4. Fully tighten all crossmember bolts.

Note: If the front upright does not contact the floor when the rear upright is pushed down to the ground, loosen the rear crossmember bolts to allow the crossmembers to slide down further. If all four feet of your rack are still not touching the floor when folded out, please check your wall bracket measurements and email us at support@prxperformance.com.

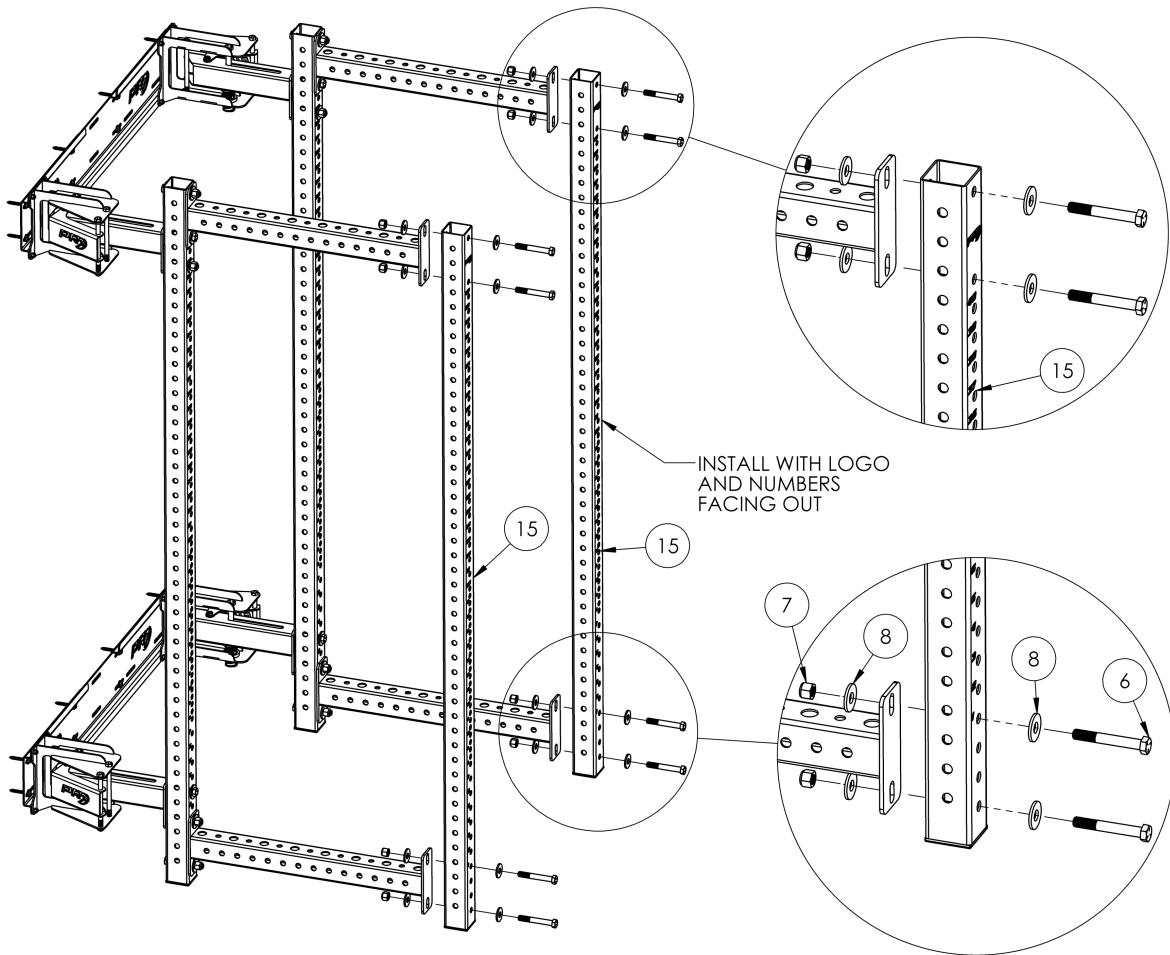


Figure 6: Attaching the second set of uprights

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Installation Instructions

Installing the Pull-Up Bar

1. With the 15/16" open end wrench and 15/16" socket wrench, attach the pull-up bar (18) to the rack using a 4" x 5/8" Hex bolt (4), a 5/8" flat washer (8), and a 5/8" thin locknut (3) below the crossmember bolt (Figure 7).

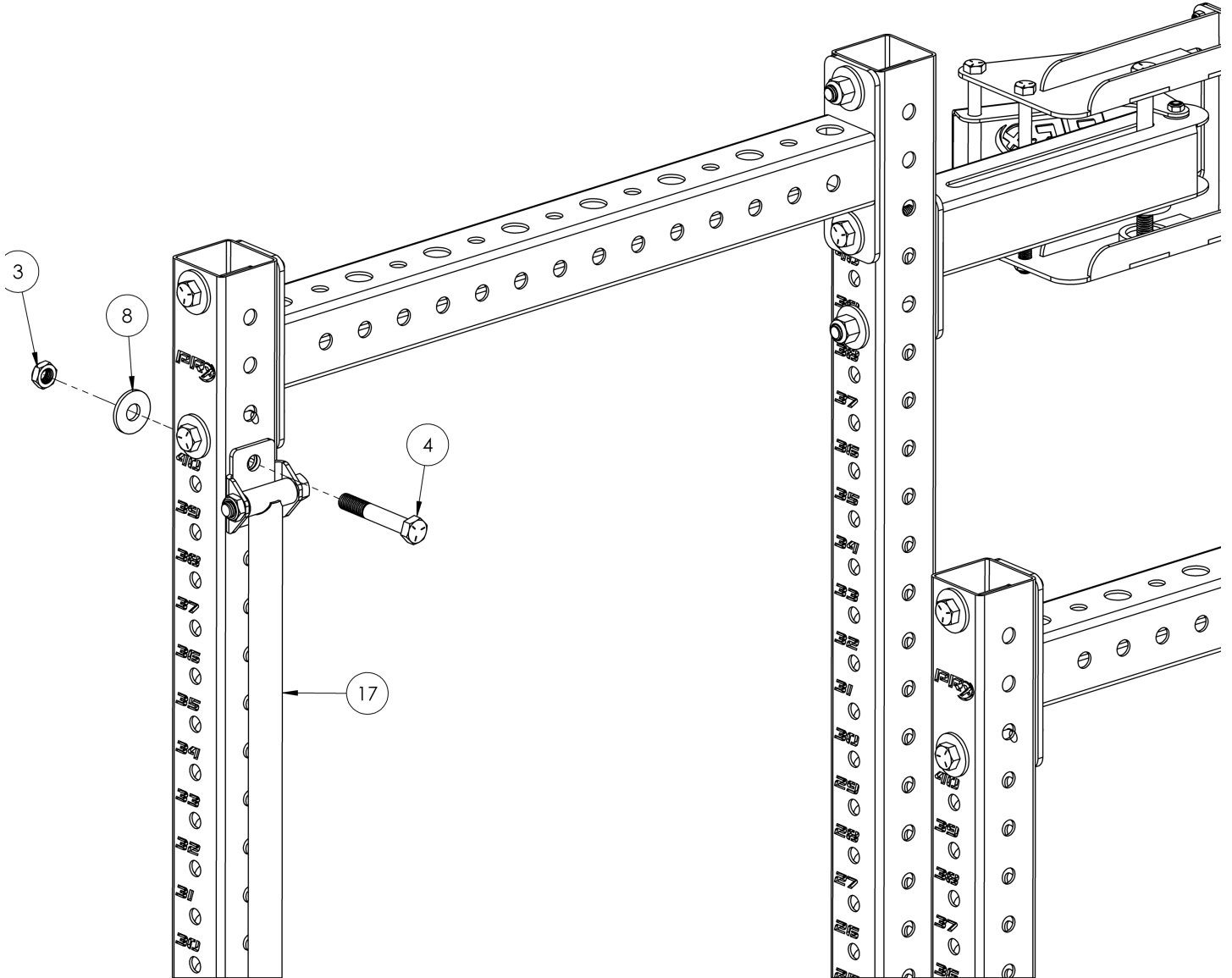


Figure 7: Attaching the pull-up bar to the rack

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! WARNING: SERIOUS INJURY OR DEATH COULD OCCUR IF SAFETY PRECAUTIONS ARE NOT TAKEN.

Installation Instructions

2. Attach the second pull-up bar bracket (17) to be even with the opposite pull-up bar bracket using a 4" x 5/8" Hex bolt (4), a 5/8" flat washer (8), and a 5/8" thin locknut (3) (**Figure 8**).

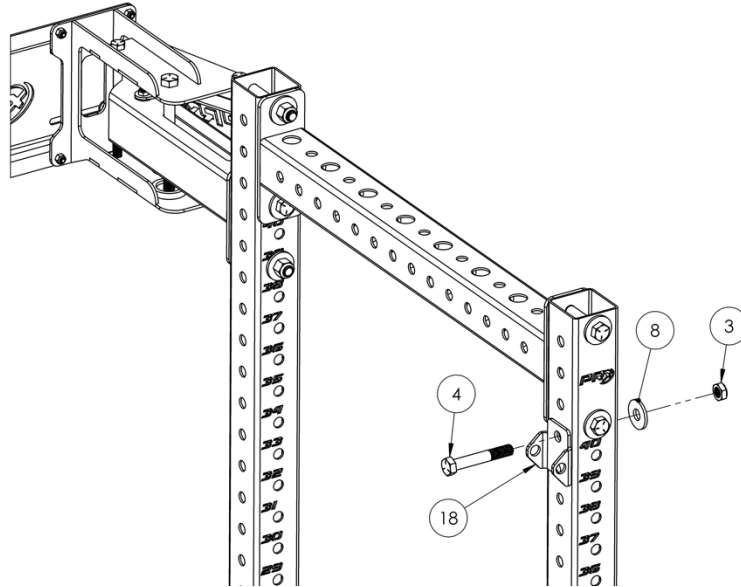


Figure 8: Bolting on the second pull-up bar connection bracket

3. To use the pull-up bar, insert the hitch pin (11) through the bracket and pull-up bar. This pin functions as the locking mechanism for the rack and will need to be removed before folding (**Figure 9**).
4. For further assistance, email support@prxperformance.com

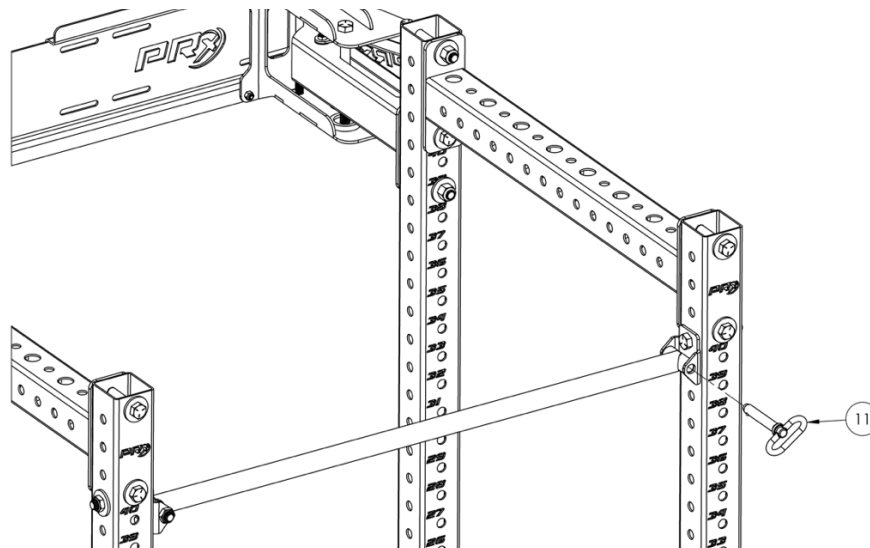


Figure 9: Using the pull-up bar

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