



Profile® PRO Squat Rack

PRx Performance Retractable Wall Mounted Exercise Rack System, also known as the Profile Rack and Profile PRO:

U.S. Patent No. 9,333,387

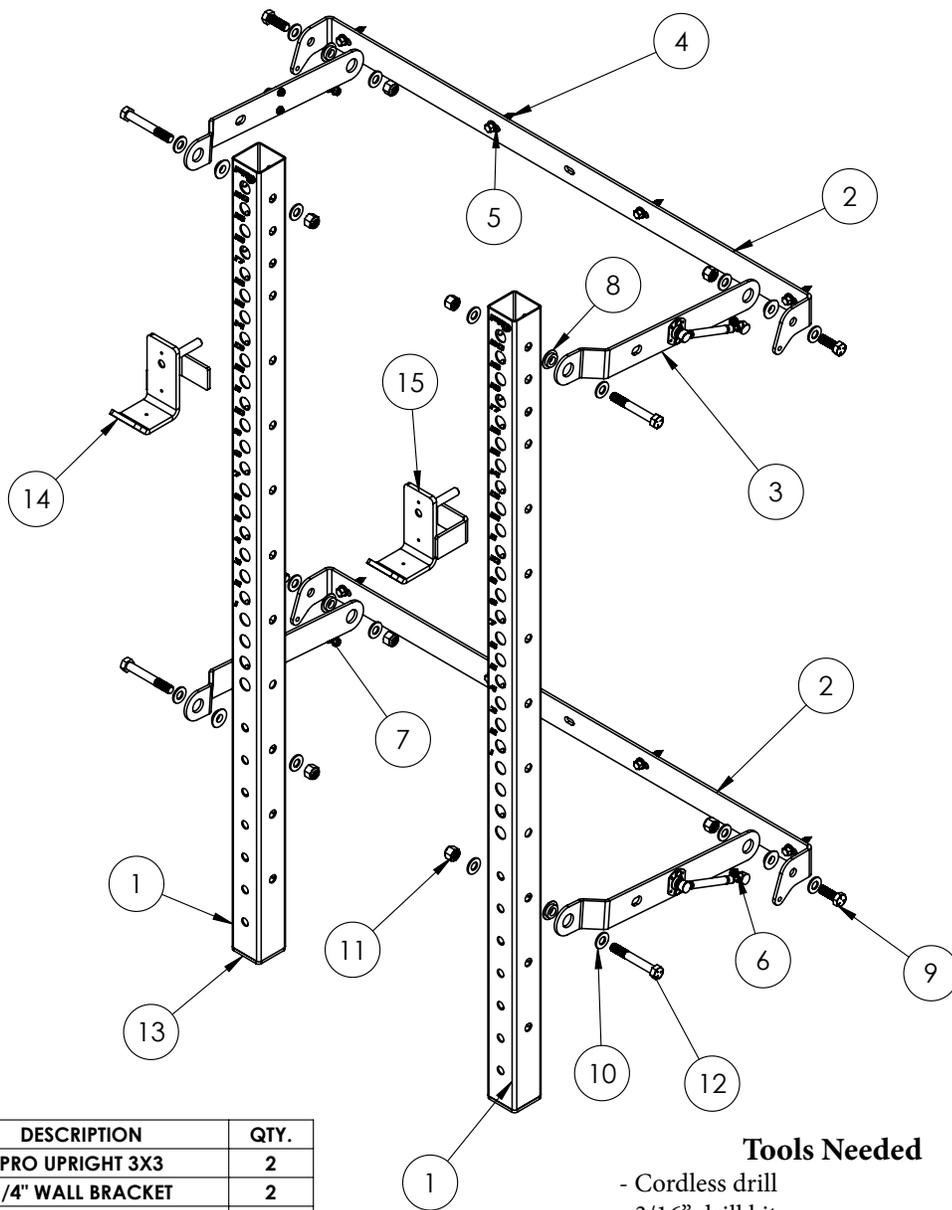
U.S. Patent No. 9,409,048

U.S. Patent No. 9,498,670

For installation video visit:

prxperformance.com/pages/support

Profile® PRO Squat Rack



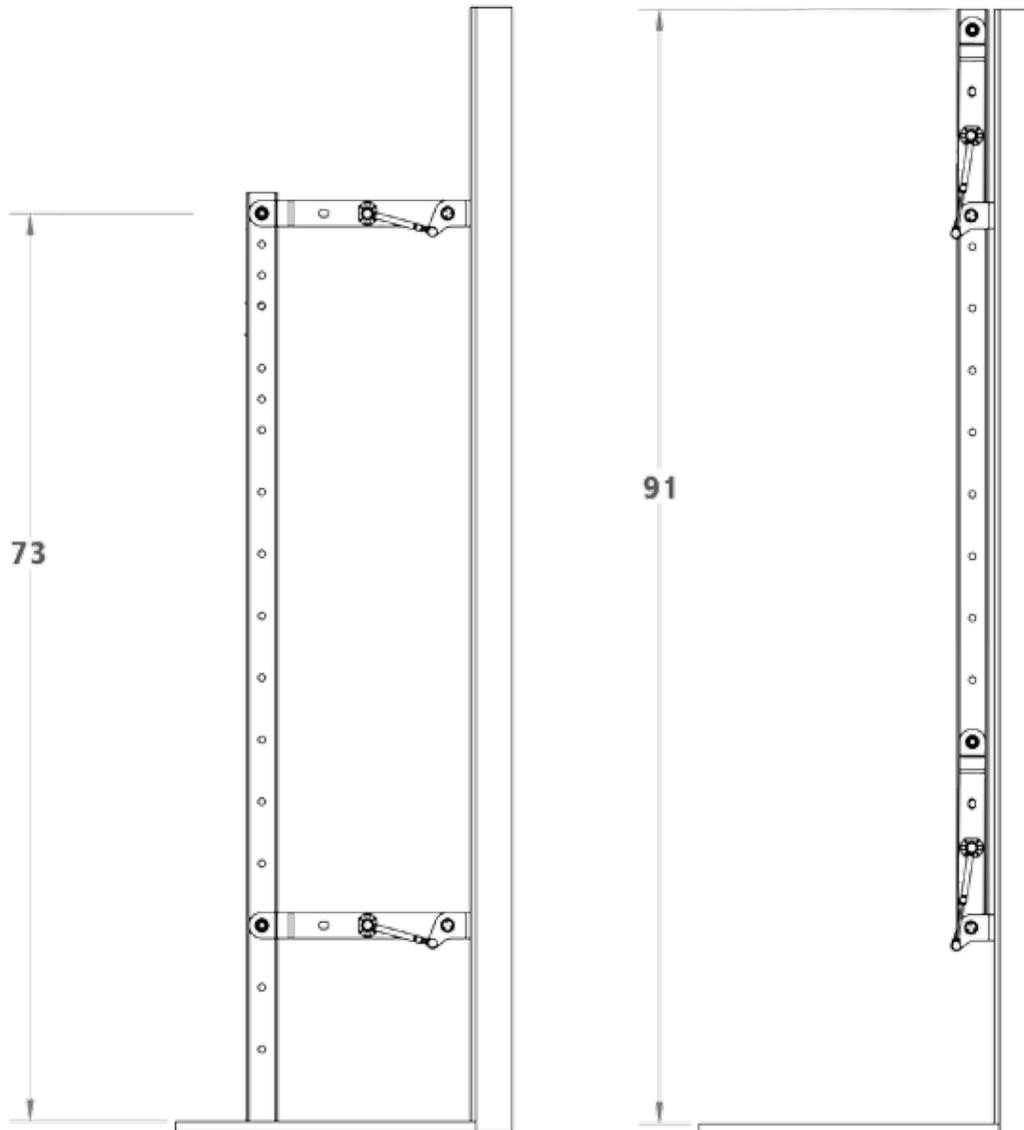
ITEM NO.	DESCRIPTION	QTY.
1	PRO UPRIGHT 3X3	2
2	1/4" WALL BRACKET	2
3	LINKAGE ARM WITH SHOCK	4
4	5/16" x 2 1/2" LAG SCREW	8
5	5/16" FLAT WASHER	8
6	SHOCK MOUNT	4
7	1/4" FLANGE NUT	4
8	PLASTIC SPACER	8
9	5/8" x 1 3/4" HEX HEAD BOLT	4
10	5/8" FLAT WASHER	16
11	5/8" NYLOC NUT	8
12	5/8" x 4 1/2" HEX HEAD BOLT	4
13	PLASTIC CAP	2
14	J-CUP	1
15	J-CUP	1

Tools Needed

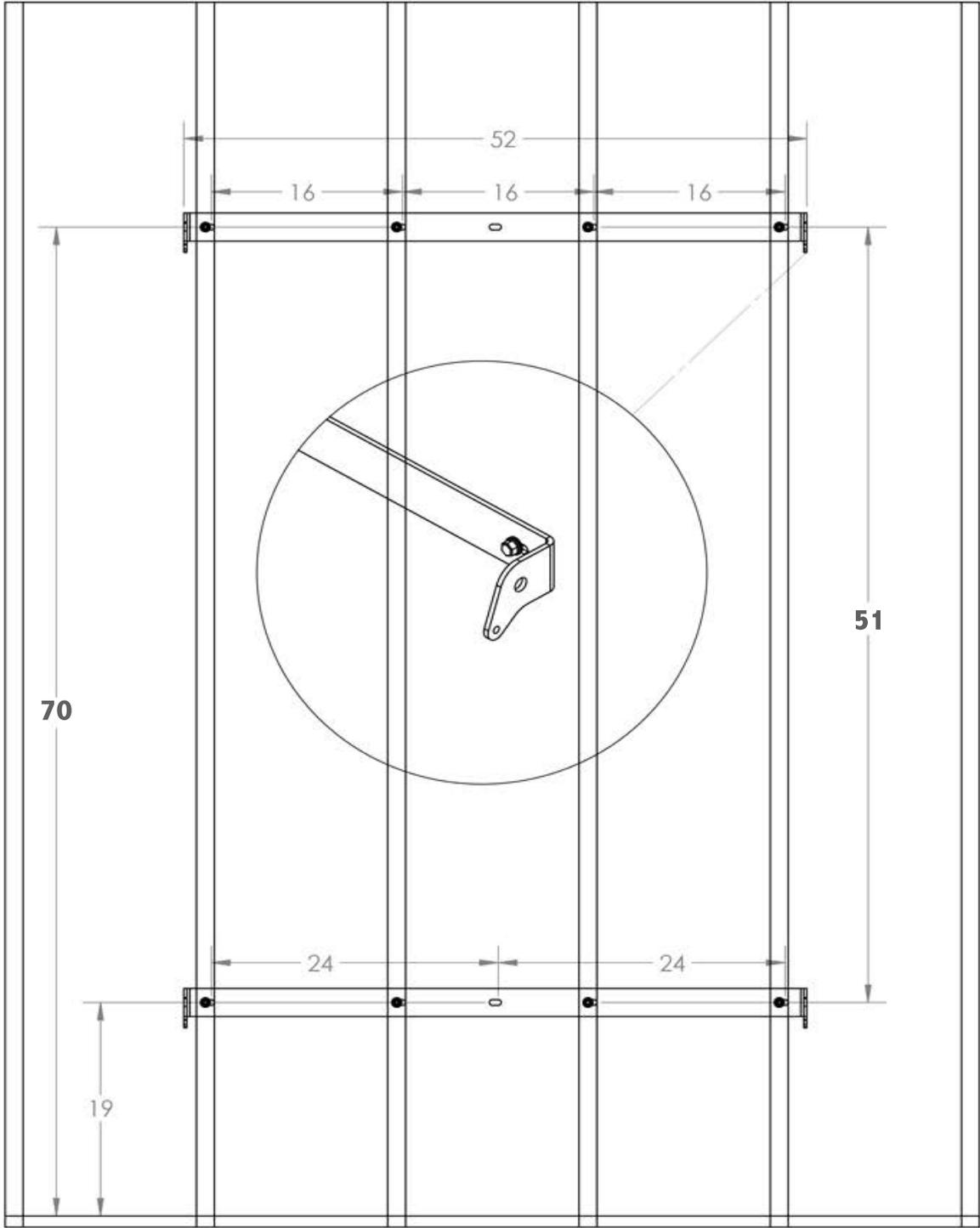
- Cordless drill
- 3/16" drill bit
- Stud finder
- Level
- Tape measure
- Pencil
- Plumb line
- Ratchet
- 15/16" socket
- 15/16" Open-ended wrench
- 1/2" Open-ended wrench

Getting Started

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



Required Ceiling Height	Upper Bracket	Lower Bracket	Distance between brackets (center to center)
91"	70"	19"	51"



Locate Studs

1. Profile® PRO Squat Rack 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, please see or email us at sales@prxperformance.com
3. PRx recommends professional installation for mounting the wall brackets to a block, concrete, or metal stud wall
4. Use a stud finder to locate the rightmost stud where you intend to install the right side of your Rack
5. Begin at the height of your lower bracket (19”)
6. With a stud finder, locate both the left and right edge of the stud and mark them with a pencil
7. Mark the center of the stud between the edges with a pencil
8. Find and mark the same stud at the height of the Wall Brackets (19” and 70”)
9. Locate and mark the remaining three studs in the same fashion. (If your studs are spaced 24”, you will locate only two more)

Wall Bracket Helpful Tips

- Bracket “ears” will point downward
- Bracket measurements are on-center (This means measure from the middle of the hole)
- The distance between the two wall brackets is the **MOST IMPORTANT** measurement and should take precedence over the bracket distance from the floor (if there is a discrepancy). For the rack to stow properly, this measurement should be made precisely within a 1/4”
- Standard studs are spaced 16” apart and correspond with the four outside holes
- The center hole is only used if studs are spaced 24”
- Do not over tighten lag screws. Overtightening may strip the pilot hole

Mount Lower Bracket

1. Beginning with the right stud, measure 19” up from the floor and drill a pilot hole into the stud
2. Fasten a wall bracket to this stud with a lag screw and washer, but do not tighten it all the way
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. Before tightening, use a plumb line to ensure wall brackets are level and vertically aligned. If your floor is not level, use a level to ensure bracket is exactly horizontal
4. Finally, drill pilot holes through the two remaining holes (leaving the center hole) and fasten lag screws, but do not tighten

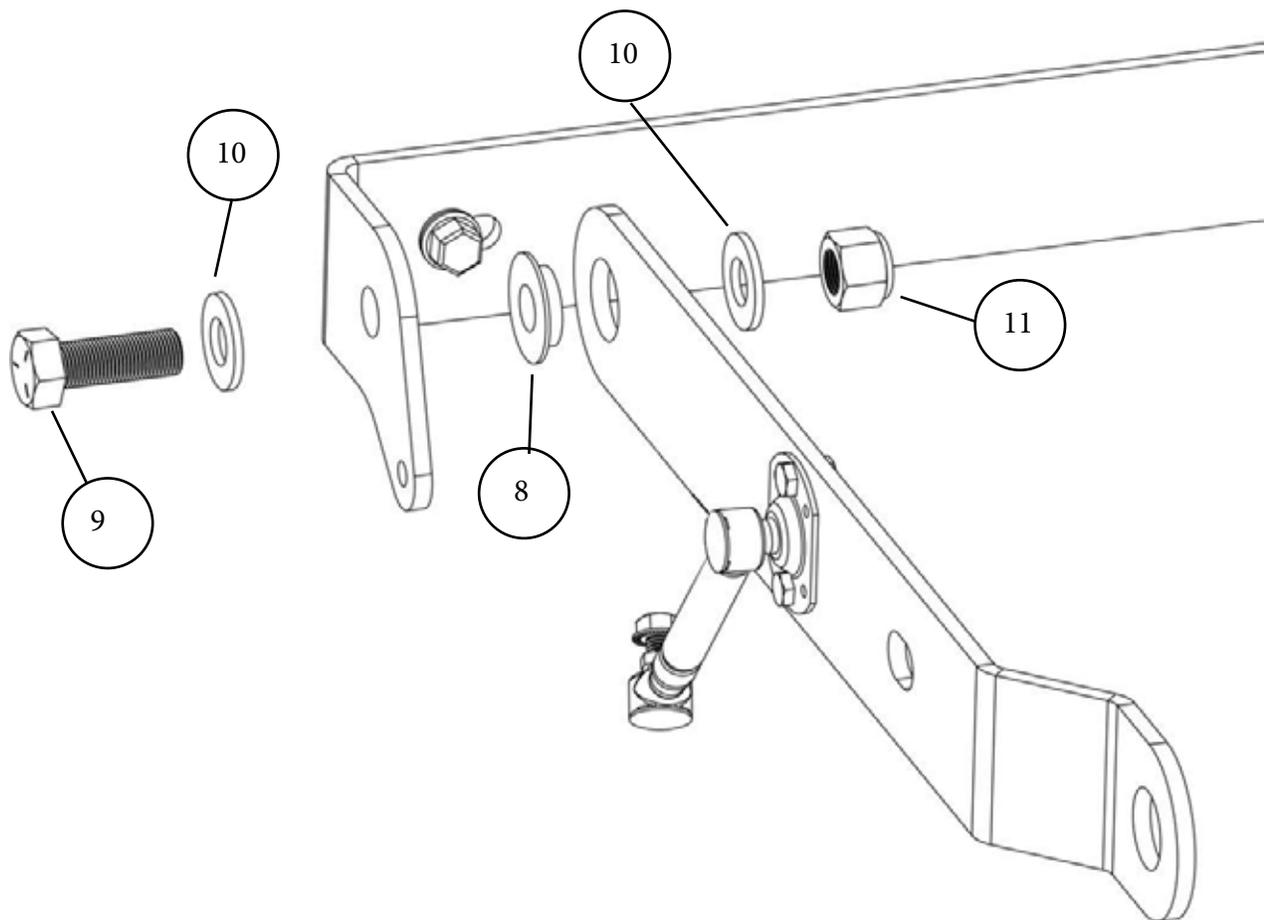
Mount Upper Bracket

1. Using the same procedure as with the lower bracket, attach the upper bracket exactly 51” from center to center about 70” above the floor (see table below for alternative options).
2. Level the top bracket first. Fully tighten the top lag screws. ****DO NOT OVERTIGHTEN****. Hang a plumb line from the left ear and align the bottom bracket
3. Once in line and level, tighten all remaining screws
4. If, for any reason you can't mount the brackets at the recommended height, please use table below

Lower Bracket Height	Distance Between Upper/Lower Wall Brackets	Upper Bracket Height**
13"	57"	70"
19"	51"	70"
25"	45"	70"

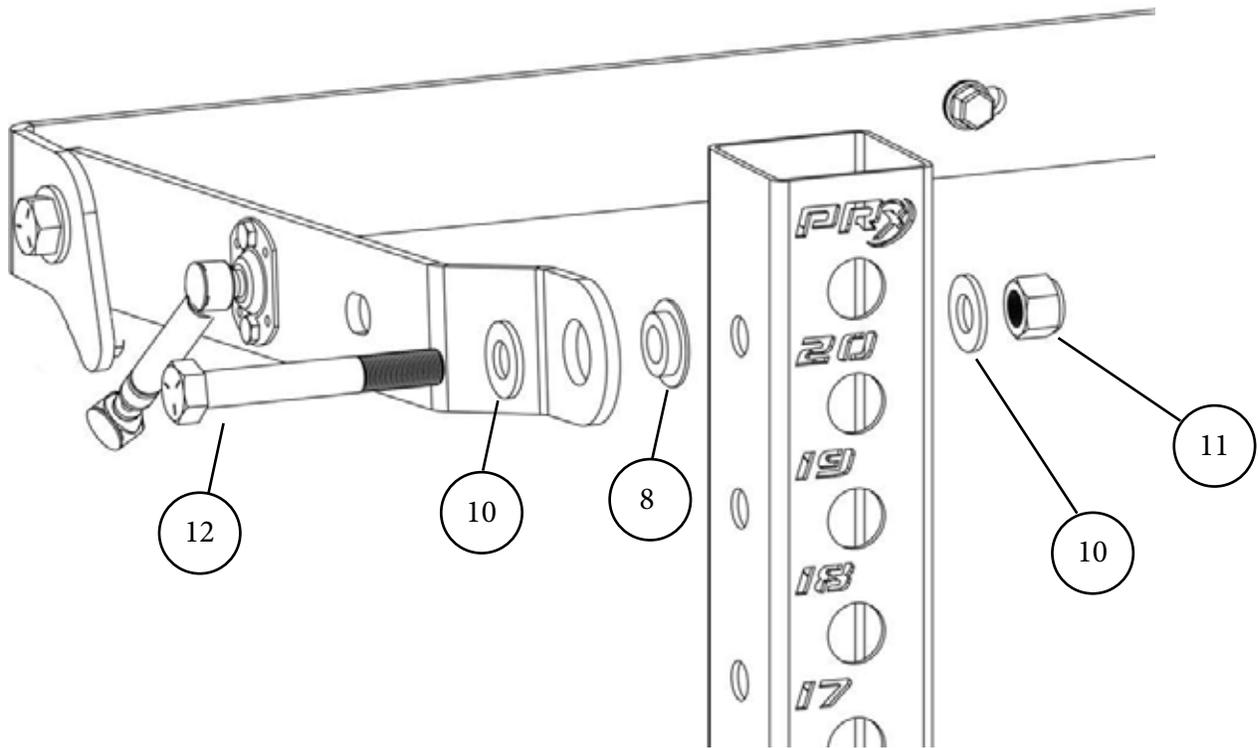
**Top bracket may be adjusted in 3" increments below recommended height. The measure between brackets must be subtracted accordingly and extra hardware may be required

Linkage Arms to Wall Brackets



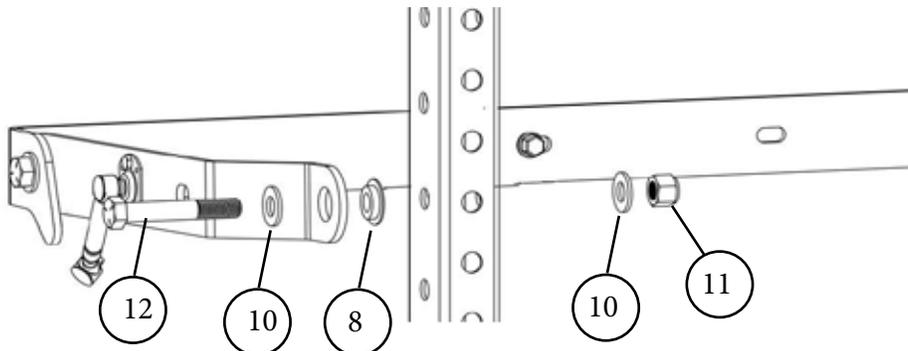
1. Place the small side of the Plastic Spacer (#8) in the straight, gas shock facing portion of unbent end of the linkage arm (as pictured above)
2. Place the linkage arm with the Plastic Spacer (#8) facing the inside of the wall bracket "ear"
3. Attach using a 1-3/4" hex head bolt (#9) and 5/8" washer (#10) on the outside of the wall bracket "ear" and a 5/8" washer and 5/8" Nyloc Nut (#11) on the opposite side
4. Tighten using a 15/16" socket and 15/16" wrench
5. 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
6. Repeat so all four linkage arms are attached to the wall brackets
7. NOTE: **DO NOT** attach the shocks to the wall brackets at this point of assembly

Attach Uprights



Upper Linkage Arms

1. Attach the left linkage arm by placing the Plastic Spacer (#8) on the inside of the linkage arm and place it against the top hole of the upright
2. Attach linkage arm, black plastic spacer and upright using the $\frac{5}{8}$ " x $4\frac{1}{2}$ " bolt (#12), (2) $\frac{5}{8}$ " flat washer (#10) and $\frac{5}{8}$ " Nylock Nut (#11). NOTE: DO NOT over tighten
3. Repeat on the right side

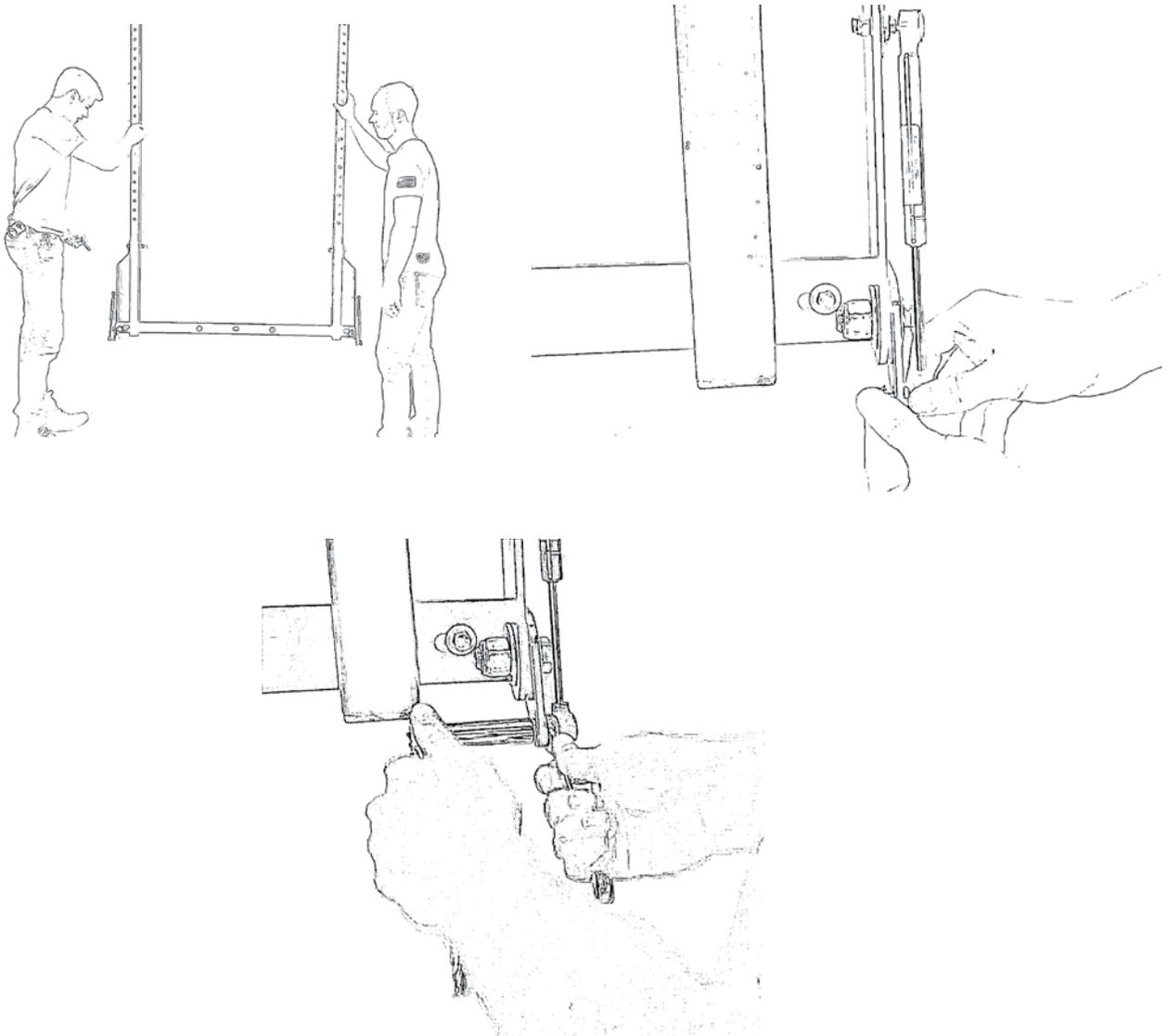


Lower Linkage Arms

1. Place Plastic Spacer on the inside of the bottom linkage arms, place it against the 19" hole of the upright. Attach linkage arm, Plastic Spacer (#8) and upright using a $\frac{5}{8}$ " x $4\frac{1}{2}$ " bolt (#12), (2) $\frac{5}{8}$ " washer (#10) and $\frac{5}{8}$ " Nylock Nut (#11) **DO NOT ATTACH THE SHOCKS**
 2. Repeat on the opposite side
- NOTE: **DO NOT** over tighten

Attach Gas Shocks to Wallbrackets

1. Attach the rack by holding each upright and pushing up against the wall. NOTE: The rack will be heavy
2. Attach Gas Shocks to 'ear' of the wall bracket with the 5/16" Serr Flange Nut (#8 already attached to the shock) and tighten using a two 1/2" open-ended wrench
3. Repeat for all for shocks
4. Move the rack from the up position to the down position. It should move with ease. If it feels 'stiff', loosen the pivot point slightly until it moves more smoothly



That's it!

**Please send a video or photo of your rack in action to
sales@prxperformance.com when complete.**

We would love to see it!

Need some programming to go along with your new rack?

Download our mobile app PRx Fit

