

INSTRUCTION MANUAL

Adjustable Barbell Rack
and Weight Bench

! NOTICE

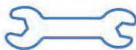
Please retain these instructions for future reference.

- Please do not exceed the weight limitations of this item.
- Do not stand on or use any part of this item as a step ladder.
- Firmly secure all bolts, screws, and knobs before use.
- Reconfirm that all bolts, screws, and knobs are secure every 90 days.
- Fasten screws loosely during initial assembly. Do not firmly tighten the screws until the item is completely assembled.
- Be aware that some parts are heavy and have sharp edges.
- If any parts are missing, broken, damaged, or worn, stop using this product until repairs are made and/or factory replacement parts are installed.
- Do not use this item in a way inconsistent with the manufacturer's instructions as this could void the product warranty.

TOOLS REQUIRED



ALLEN WRENCH
(2 PROVIDED)



WRENCH
(PROVIDED)



330 LBS
CAPACITY



1 PERSON
ASSEMBLY



UP TO 60 MIN.
ASSEMBLY

HARDWARE

1 M8x65mm
BOLT



2 PCS

2 M8x55mm
BOLT



1 PC

3 M10 NUT



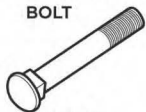
8 PCS

4 M10x65mm
BOLT



4 PCS

5 M10x65mm
CARRIAGE
BOLT



4 PCS

6 M8x20mm
SCREW



4 PCS

7 M10 WASHER



8 PCS

8 M10x65mm PIN

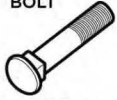


4 PCS

HARDWARE

9

M8x60mm
CARRIAGE
BOLT



2 PCS

10

M8 NUT



5 PCS

11

M8 WASHER



7 PCS

12

M8x50mm PIN



1 PC

13

M8x50mm PIN

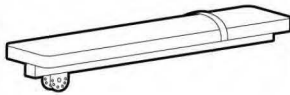


1 PC

PARTS

A

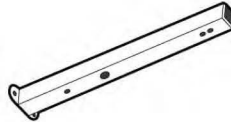
BENCH



1 PC

B

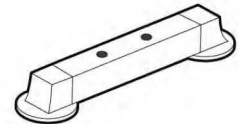
SIDE FRAME



2 PCS

C

SIDE LEG



2 PCS

D

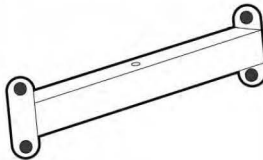
BENCH LEG



1 PC

E

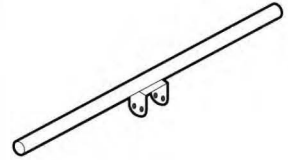
SQUARE SUPPORT



1 PC

F

ROUND SUPPORT



1 PC

PARTS

G

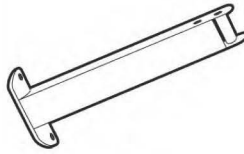
BRACKET



2 PCS

H

BENCH SUPPORT



1 PC

I

ARM



2 PCS

J

UPPER SIDE FRAME

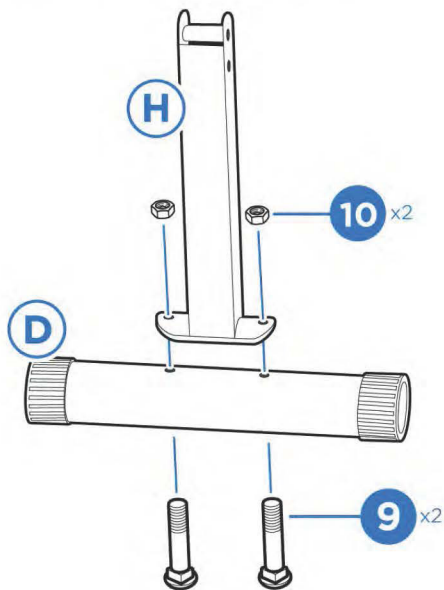


2 PCS

PRODUCT ASSEMBLY

1

Attach part H bench support to part D bench leg with two part 9 carriage bolts and two part 10 nuts.

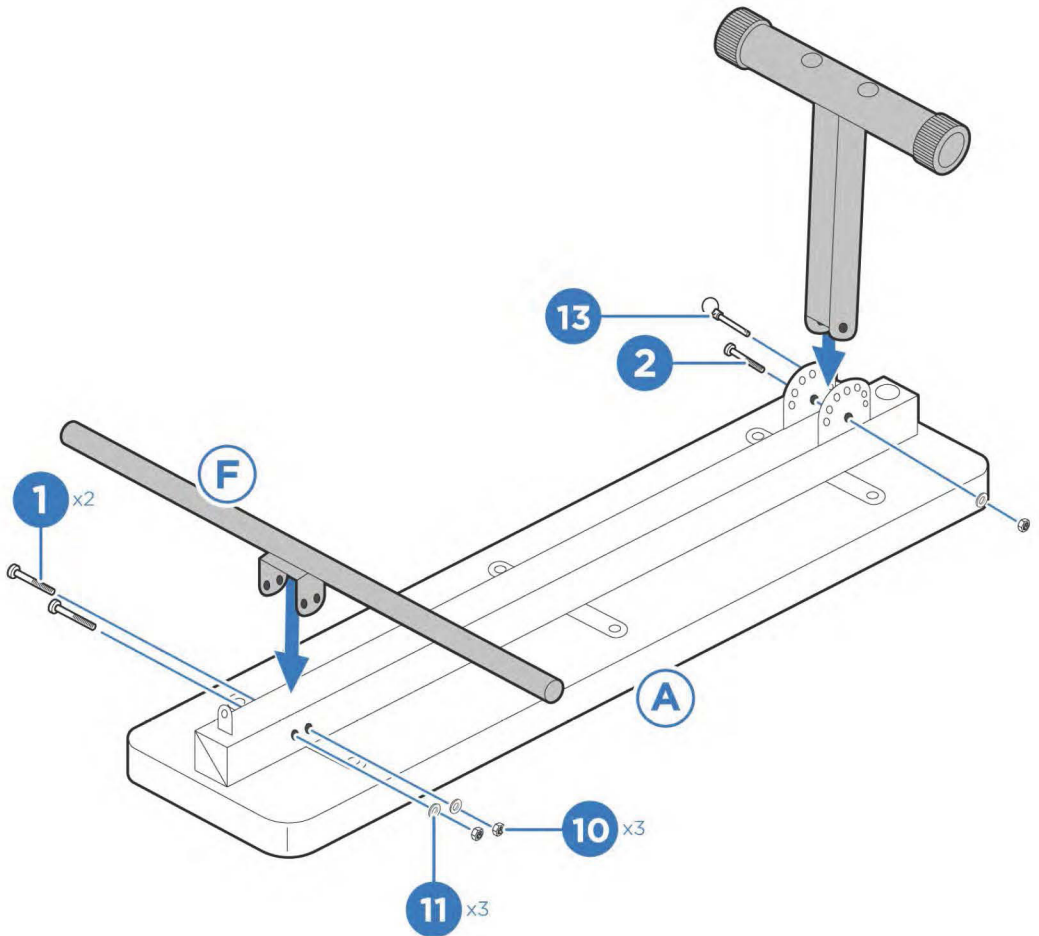


PRODUCT ASSEMBLY

2

Attach the bench leg to part A bench with a part 2 bolt, part 11 washer, and part 10 nut. Insert the part 13 short pin.

Attach part F round support with two part 1 bolts, two part 11 washers, and two part 10 nuts.

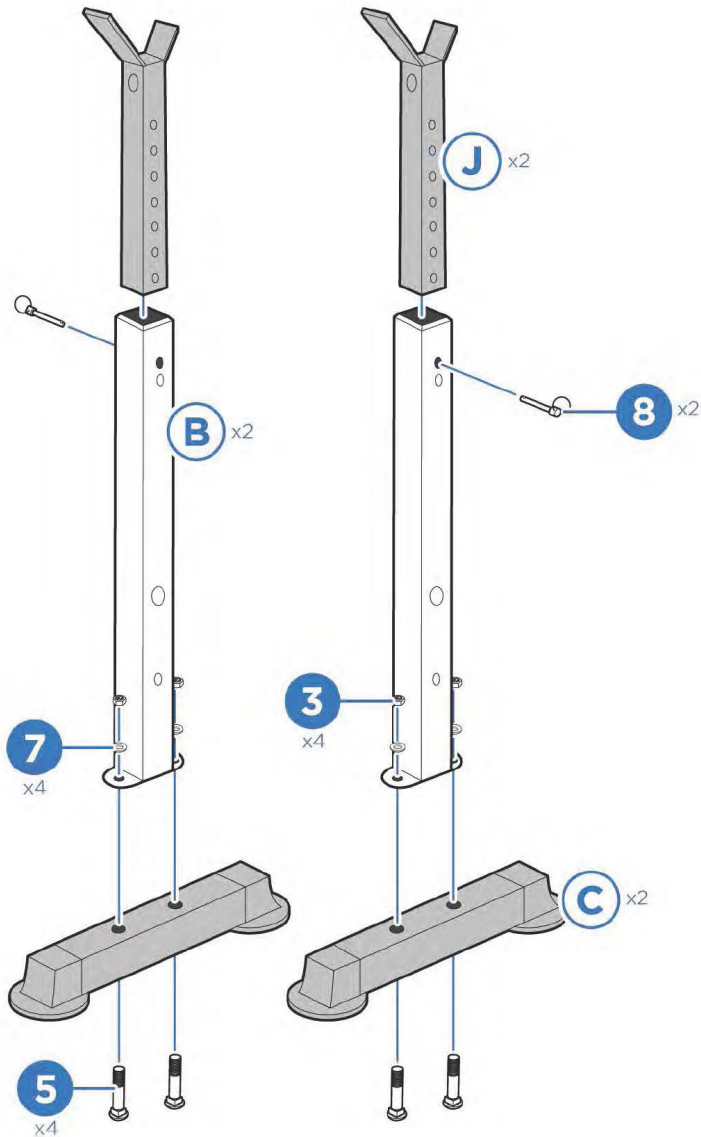


PRODUCT ASSEMBLY

3

Attach two part C side legs to two part B side frames with four part 5 carriage bolts, four part 7 washers, and four part 3 nuts.

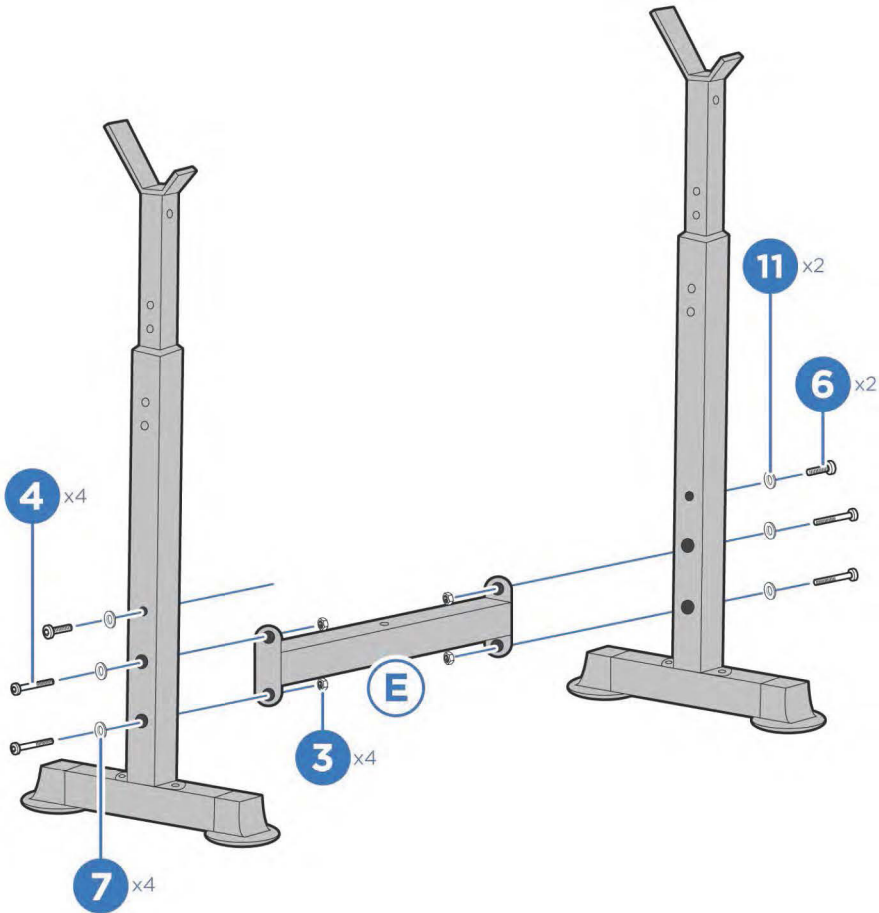
Insert two part J upper side frames and secure them with two part 8 pins.



PRODUCT ASSEMBLY

4

Attach the round support to the side frames with two part 6 screws and two part 11 washers.
Attach part E square support with four part 4 bolts, four part 7 washers, and four part 3 nuts.

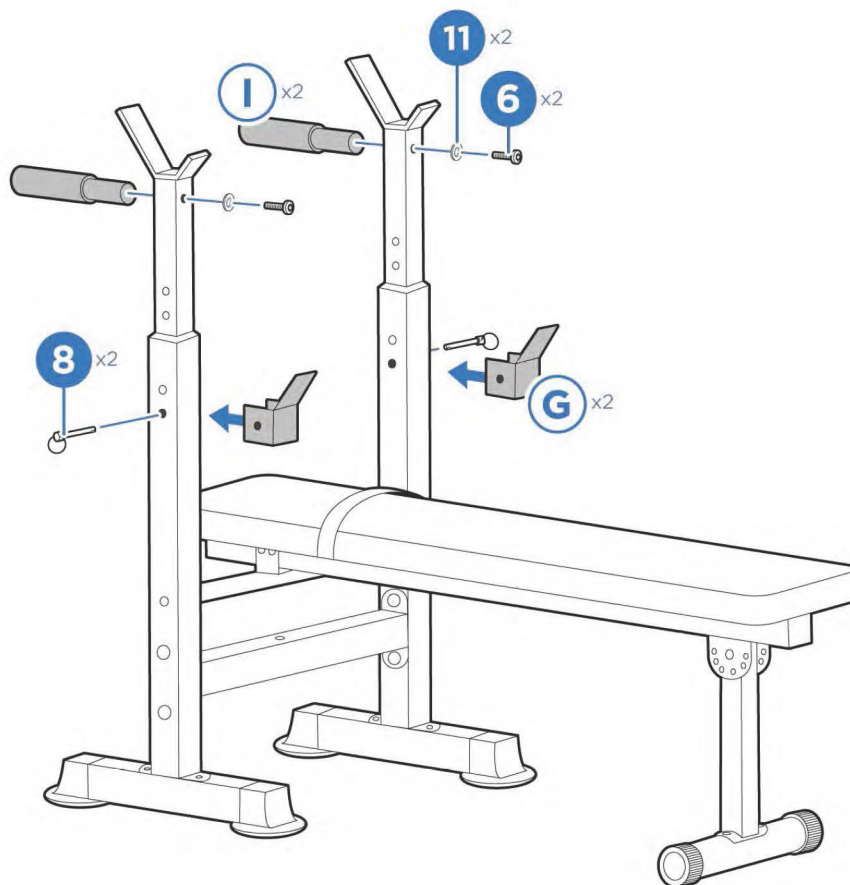


PRODUCT ASSEMBLY

5

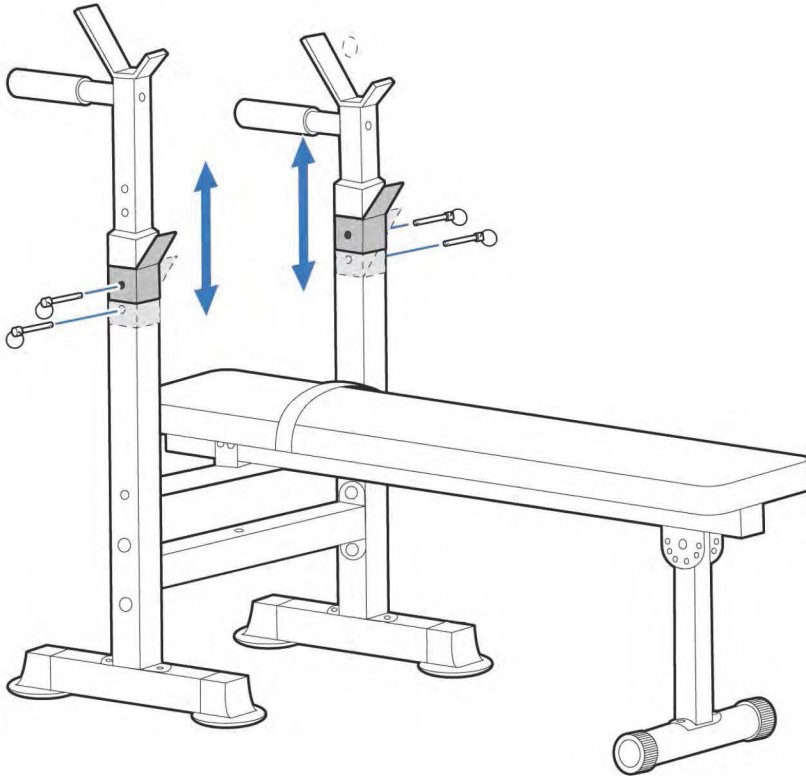
Secure two part G brackets with two part 8 pins.

Attach two part I arms with two part 6 screws and two part 11 washers.



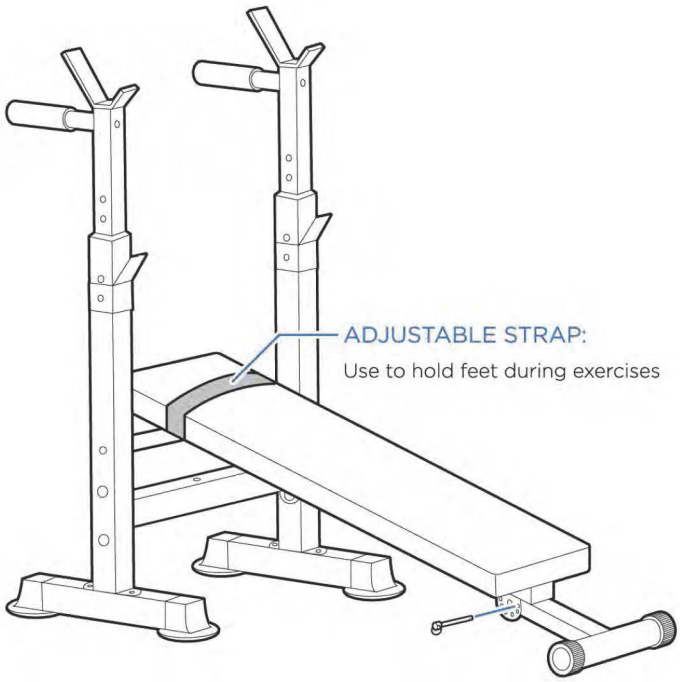
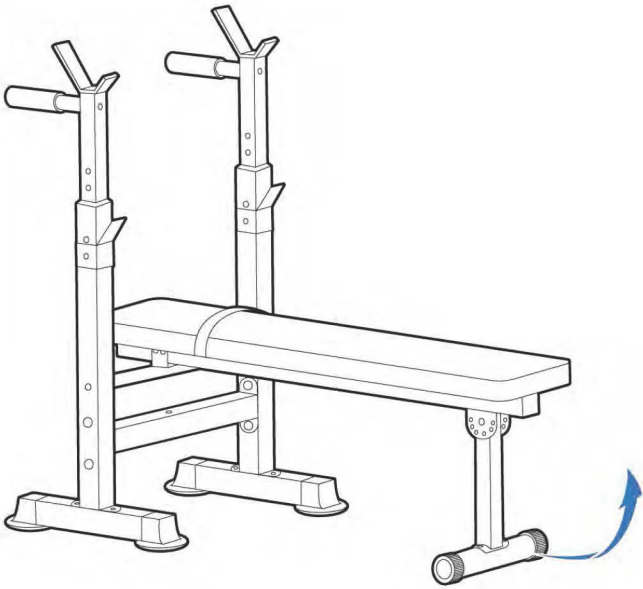
FEATURES

Remove pins to adjust the height of brackets and side frames.



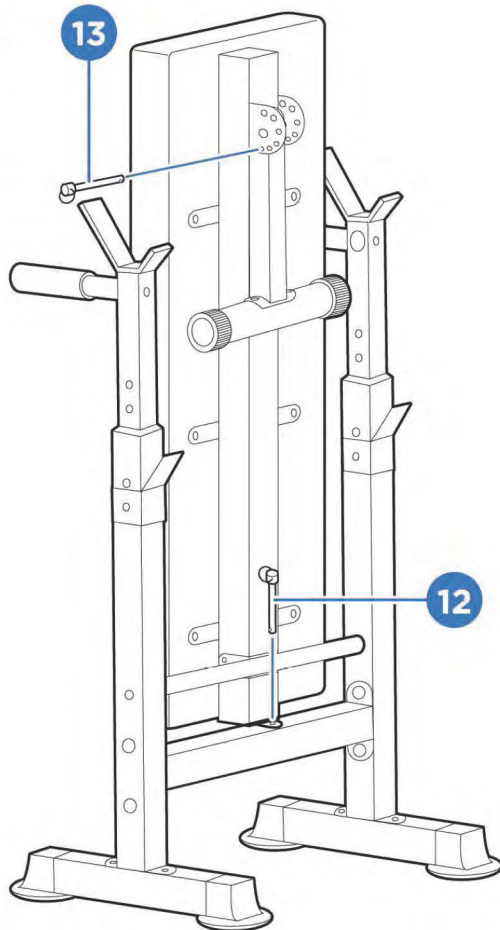
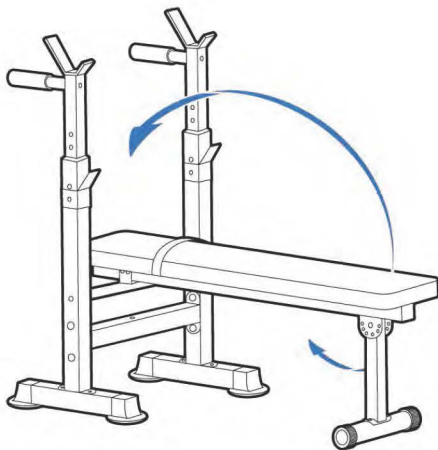
FEATURES

Flip out the bench leg to transform into an incline bench.



STORAGE

Fold bench to store; flip up bench and bench leg and secure with part 12 and part 13 pins.



WARNING

Manufacturer and seller expressly disclaim any and all liability for personal injury, property damage or loss, whether direct, indirect, or incidental, resulting from the incorrect attachment, improper use, inadequate maintenance, or neglect of this product.