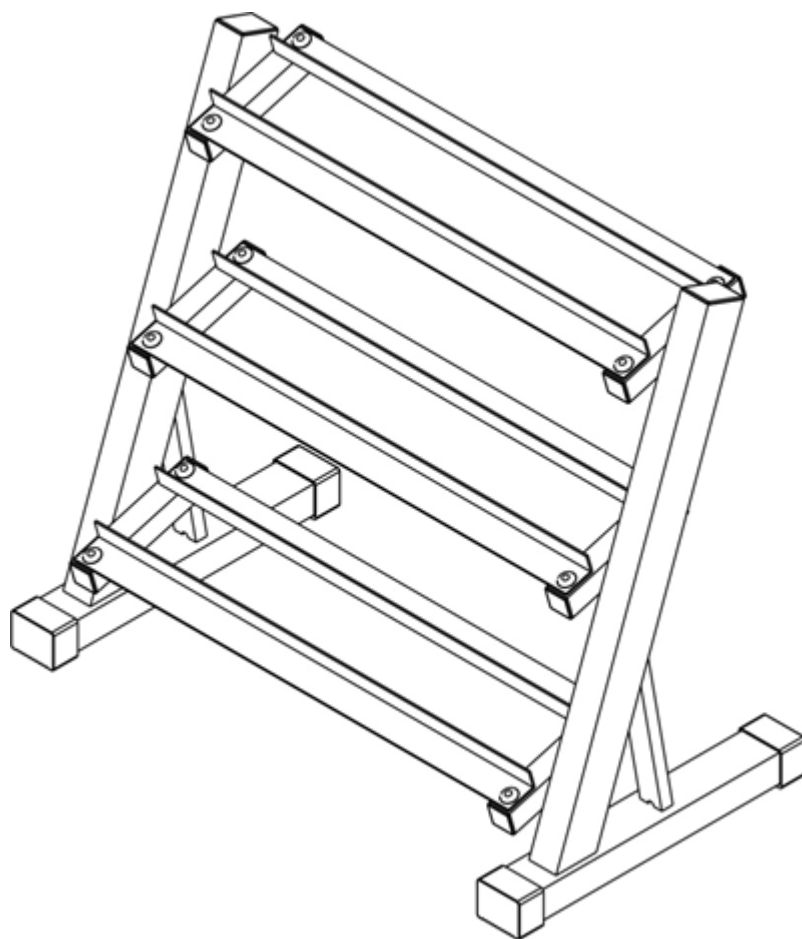




MuscleSquad Phase 2 3 Tier Dumbbell Rack

Assembly & User Manual



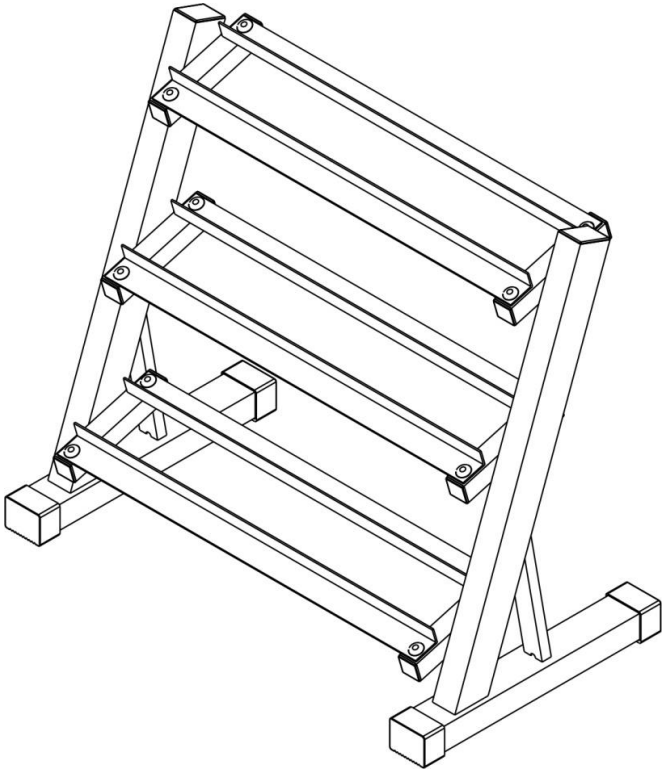
Important – Please read these instructions fully before assembly and use.

These instructions contain important information for assembly, safe use, and maintenance.

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Safety Information

Important – Please read fully before assembly or using

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble, operate or use this equipment. Note the following safety precaution.

Assembly

- Check you have all the components and tools
- Remove all fittings from the plastic bags and separate them into their groups.
- Keep children and animals away from the work area, small parts can cause choking if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position as possible.
- Position the equipment on a clear, level surface.
- Dispose of all packaging carefully and responsibly.

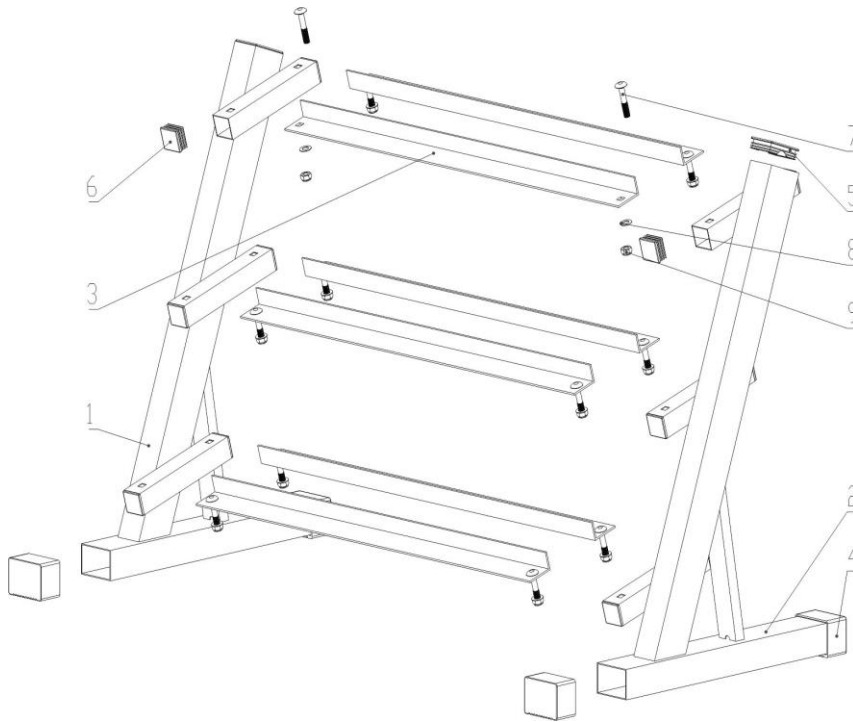
Using

- Do not use the equipment near water or outdoors.
- Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
- This product is intended for domestic use only..
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. Do not wear loose flowing clothing that could become caught in the equipment. Running or aerobic shoes are also required when using the equipment.

- Use the equipment only for intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
 - **Do not** place any sharp objects on or near the equipment.
 - Disabled persons should not use the equipment without a qualified person or doctor in attendance.
 - Never operate or use the equipment if it is damaged or not functioning properly.
 - Examine the equipment frequently especially the easily damaged parts. The safety level of the equipment can only remain if it is examined regularly. Replace any defective components immediately. **Do not** use the equipment until it has been repaired.
 - Parents and others responsible for children must be aware that playing on the equipment could be dangerous and lead to possible injury. Children must not be left unattended with the equipment.
 - Maximum capacity on bar: **600kgs**
 - Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.
 - This product conforms to: (BS EN ISO 20957)
 - PARTS 1 class (H) - Home Use - Class (C).
- This product is not suitable for therapeutic purposes.**
- This exercise product has been designed and manufactured to comply with the latest (BS EN ISO 20957) British and European Safety Standard.

Assembly Instructions

Two Adjustable Wrenches are required for assembly.



Steps - See Above Exploded Diagram

1. Connect the left and right upright supports (#1 & #2) with a dumbbell Rack (#3). Secure each end with a M10 x 55mm carriage bolt (#7), \varnothing 10mm washer (#8), and M10 aircraft nut (#9). Do not tighten the nuts/bolts yet.

2. Repeat the above procedure to install all the other racks.

3. Securely tighten all the nuts and bolts.

key No.	Description	QTY	key No.	Description	QTY
1	Left Upright Support	1	6	□30x1.5mm Square End Cap	12
2	Right Upright Support	1	7	M10 x 55mm Carriage Bolt	12
3	Dumbbell Rack	6	8	\varnothing 10mm Washer	12
4	50x70mm Foot	4	9	M10 Aircraft Nut	12
5	50x70mm End Cap	1			