

# **ADJUSTABLE SQUAT RACK**

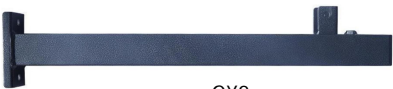
## **USER MANUAL**



PART LIST



AX2  
Base frame



GX2  
Front main frame



BX1  
Inner medium frame



HX2  
Front inner tube



CX1  
Outer medium frame



IX2  
Top barbell holder for front inner tube



DX2  
Vertical main frame



JX2  
Horizontal bar for main frame



EX2  
Inner tube(for main frame)



KX2  
Weight plate storage pole



FX2  
Dip bar



LX4  
Rubber feet



MX2  
Base mounting plate



NX4  
Knob screw



OX1  
Spring Knob



Bolt M8X55  
8PCS



SCREW M8X20  
2PCS

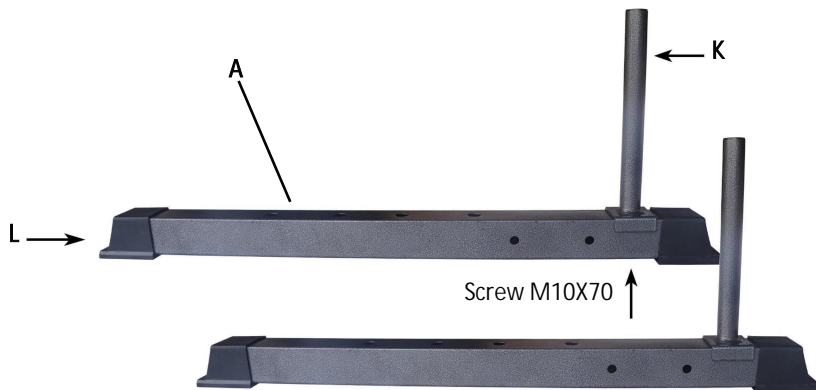


Bolt M10X70  
12PCS

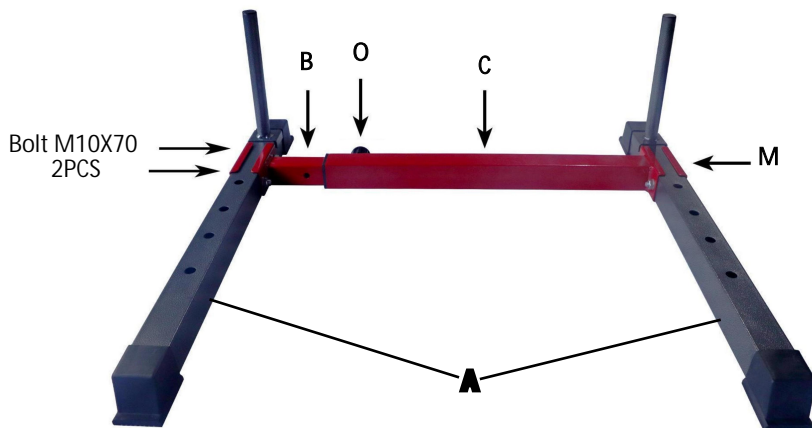


SCREW M10 X70  
2PCS

## STEP 1

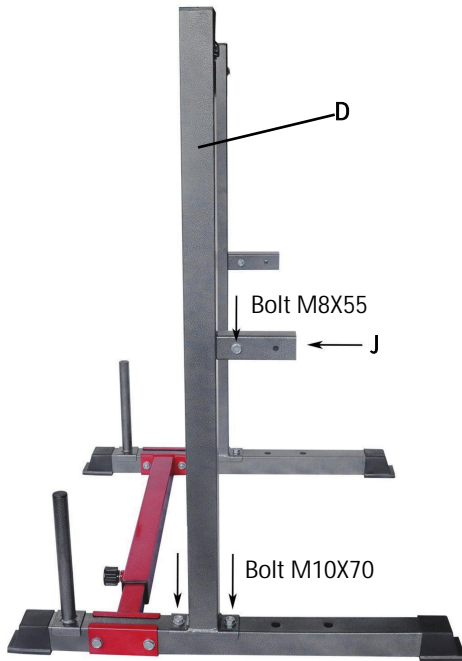


The weight plate storage pole(K) should be fastened by screw M10X70.  
The installation of base frame(A) is same for both sides.



The red metal plates(M) should be attached on the outer side of both base frame.  
Use 2PCS M10X70 bolts to fasten the red metal plates as shown in the figure.

## STEP 2

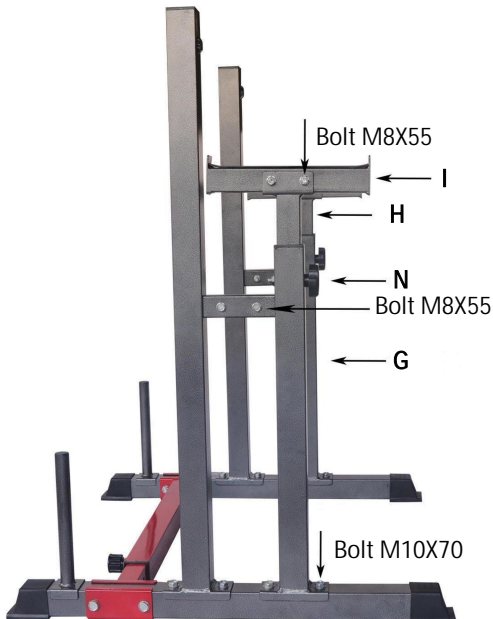


Make sure the outer mounting point in the middle of main frame(D) is facing to right side as shown in the figure.

Install the main frame(D) on the base, use 2PCS of M10X70 bolts to fasten the main frame(D).

Attach the bar(J) on the outer mounting point of main frame(D). Use one M8X55 bolt to fasten the bar first, the bolt should be inserted into the left mounting hole.

The installation of main frame(D) is same for both sides.



Make sure the outer mounting point in the middle of front main frame(G) is facing to left side as shown in the figure. Install the front main frame on the base, connect the horizontal bar(J) at the same time.

Insert the front inner tube(H) into the front main frame(G), use knob screw(N) to hold the position.

Install the barbell holder(I) on the top of the inner tube(H).

Fasten the parts by different bolts as shown in the figure. The installation of front main frame (G) is same for both sides.

## STEP 3

Insert the inner tube(E) into the main frame(D), use the knob screw(N) to hold the position of the inner tube.

Install the dip bar(F) on the top of the inner tube, use screw M8X20 to fasten the dip bar.

The installation of the inner tube(E) is same for both sides.

