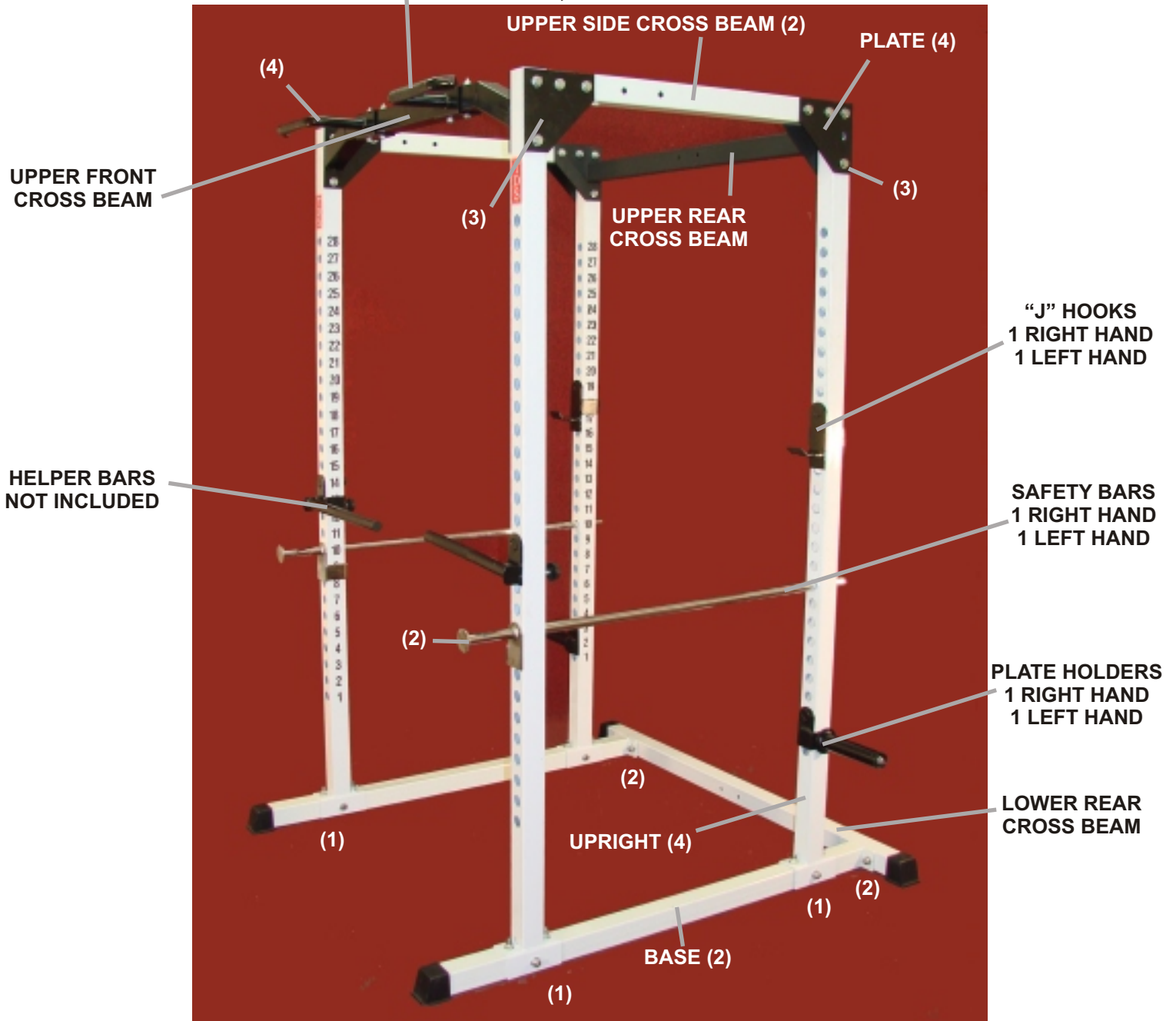


C-8515 POWER RACK SYSTEM ASSEMBLY INSTRUCTIONS

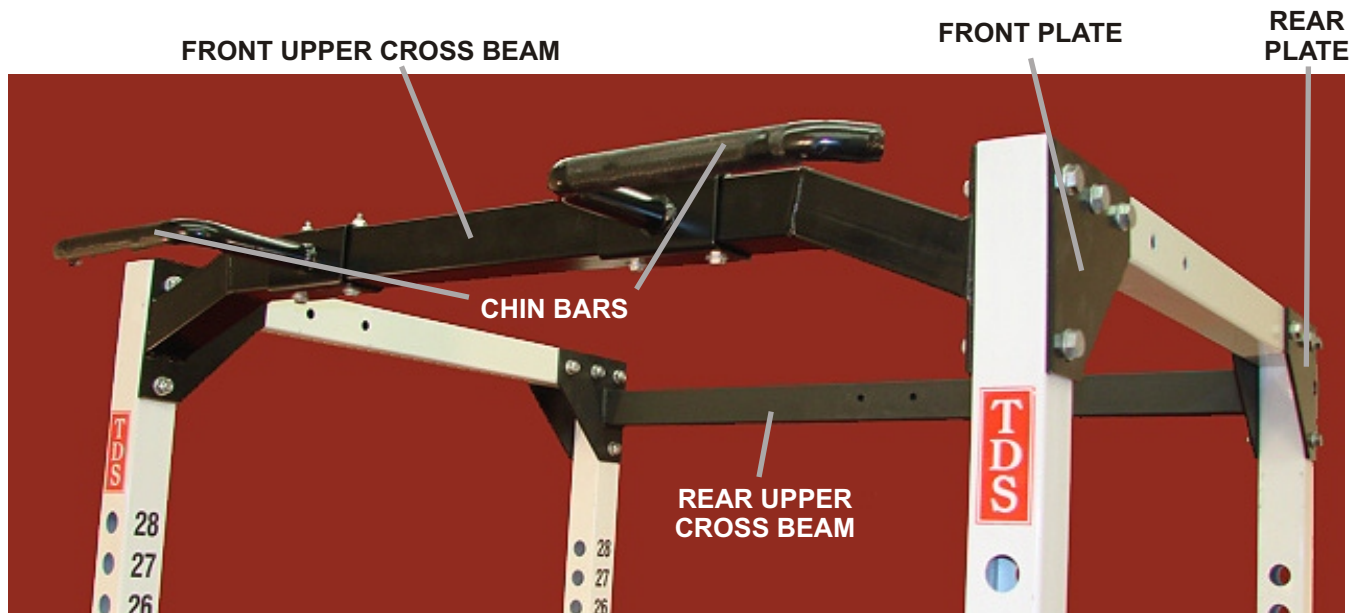
DRAWING #1

CHINNING HANDLES - 1 RIGHT HAND, 1 LEFT HAND



C-8515 POWER RACK SYSTEM

DRAWING #2



THIS UNIT IS BULKY AND VERY HEAVY. TWO PEOPLE ARE REQUIRED TO ASSEMBLE THIS UNIT.

THIS UNIT REQUIRES (2) 3/4 WRENCHES FOR ASSEMBLY. **DO NOT TIGHTEN HARDWARE UNTIL INSTRUCTED TO.**

- 1) PUSH (2) FEET ONTO (2) BASES. PUSH (2) FEET ONTO REAR CROSSBEAM. ATTACH (4) UPRIGHTS TO (2) BASES WITH (12) 1/2 X 3 1/2 BOLTS, (24) 1/2 FLAT WASHERS, AND (12) 1/2 LOCK NUTS.**
- 2) PUSH (2) SAFETY BARS THROUGH UPRIGHTS. ATTACH REAR LOWER CROSS BEAM TO (2) BASES WITH (4) 1/2 X 3 1/2 BOLTS, (8) 1/2 FLAT WASHERS, AND (4) 1/2 LOCK NUTS.**
- 3) ATTACH (1) UPPER REAR CROSS BEAM, (2) UPPER SIDE CROSS BEAMS, AND (1) UPPER FRONT CROSS BEAM TO THE TOP OF (4) UPRIGHTS WITH (4) CORNER PLATES, (16) 1/2 X 3 1/2 BOLTS, (32) 1/2 FLAT WASHERS, AND (16) 1/2 LOCK NUTS.**
- 4) USE LEVELING SCREWS TO LEVEL BASE. ATTACH (2) CHIN BARS TO UPPER FRONT CROSS BEAM WITH (4) 1/2 X 3 1/2 BOLTS, (8) 1/2 FLAT WASHERS, AND (4) 1/2 LOCK NUTS. SET UNIT ON LEVEL SURFACE AND TIGHTEN HARDWARE.**
- 5) INSTALL J HOOKS, SAFETY BARS, WEIGHT PINS, AND DIP BARS.**

HARDWARE LIST

- (36) 1/2 X 3 1/2 BOLT
- (72) 1/2 FLAT WASHER
- (36) 1/2 LOCK NUT
- (4) 2 1/2 FOOT
- (4) 2 1/2 PLUG

NOTE: ALL MEASUREMENTS ARE IN INCHES.

C-8515 POWER RACK SYSTEM PACKING LIST

BOX #1 OF 2

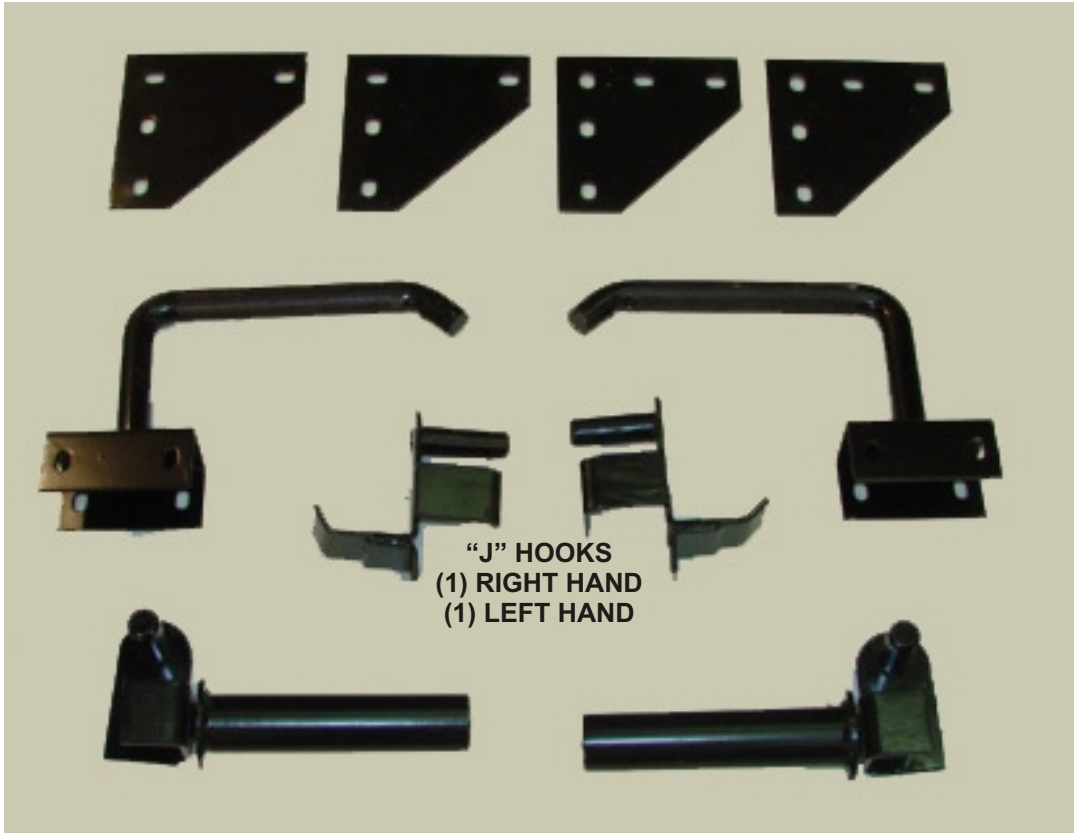


PLATE (4)

CHIN HANDLES
(2)

"J" HOOKS
(1) RIGHT HAND
(1) LEFT HAND

PLATE HOLDERS
(1) RIGHT HAND
(1) LEFT HAND



UPPER REAR
CROSS BEAM
(1)

UPPER FRONT
CROSS BEAM
(1)



SAFETY BARS
(1) RIGHT HAND
(1) LEFT HAND

HARDWARE
1 PACKAGE

LITERATURE
1 PACKAGE

C-8515 POWER RACK SYSTEM PACKING LIST

BOX #2 OF 2

