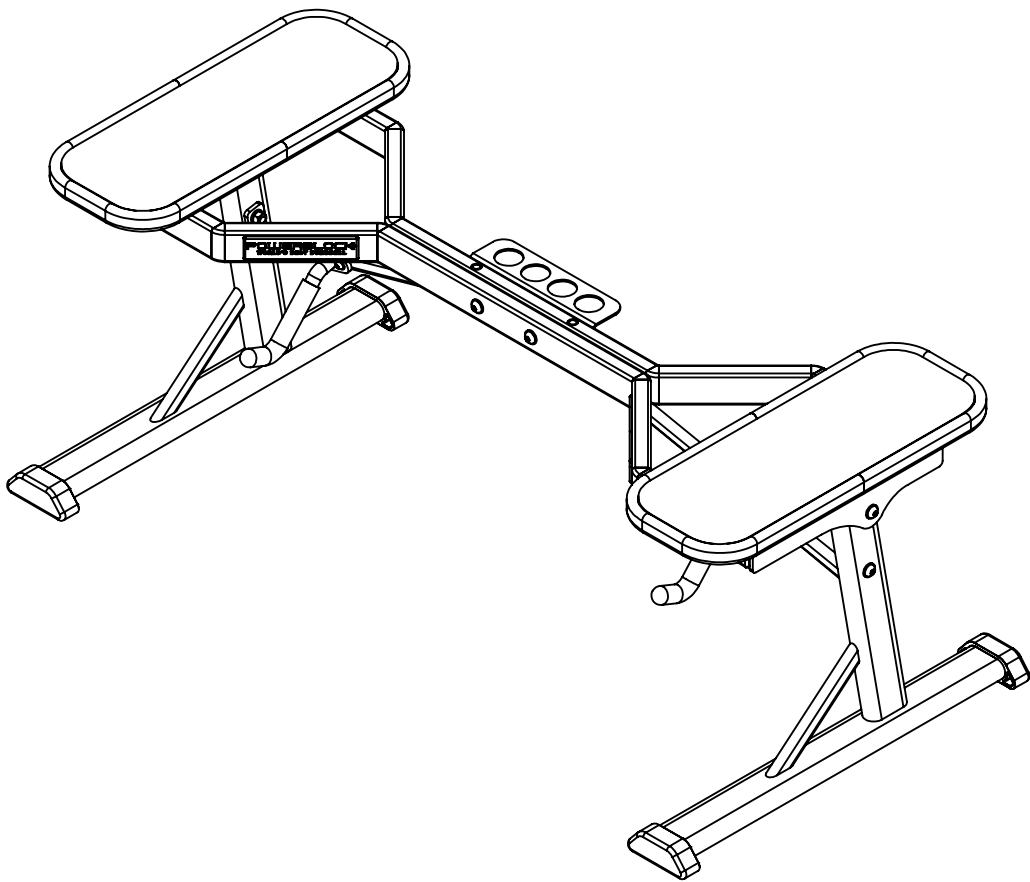


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BARBELL STAND ASSEMBLY INSTRUCTIONS



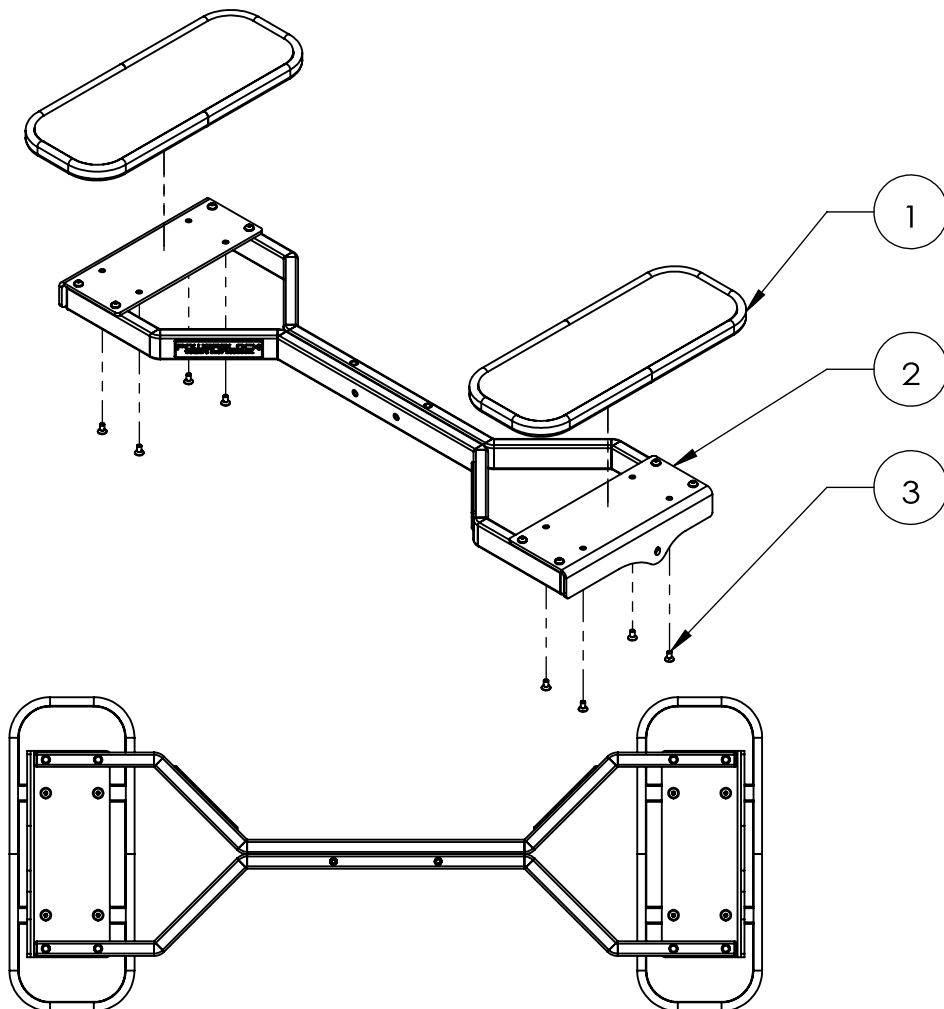
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BARBELL STAND ASSEMBLY INSTRUCTIONS STEP 1

ITEM NO.	DESCRIPTION	QTY.
1	TRAY TOPS	2
2	BARBELL ADAPTER SPACER ASSEMBLY	1
3	M8 FLAT HEAD SCREWS	8

TOOLS NEEDED: 5 mm ALLEN WRENCH

1. PLACE THE TRAY TOPS (ITEM 1) UPSIDE DOWN AS SHOWN IN THE BOTTOM ILLUSTRATION.
2. ATTACH THE BARBELL STAND SPACER ASSEMBLY (ITEM 2) TO THE TRAY TOPS (ITEM 1) WITH THE SUPPLIED HARDWARE.
3. **TIGHTEN** THE HARDWARE.



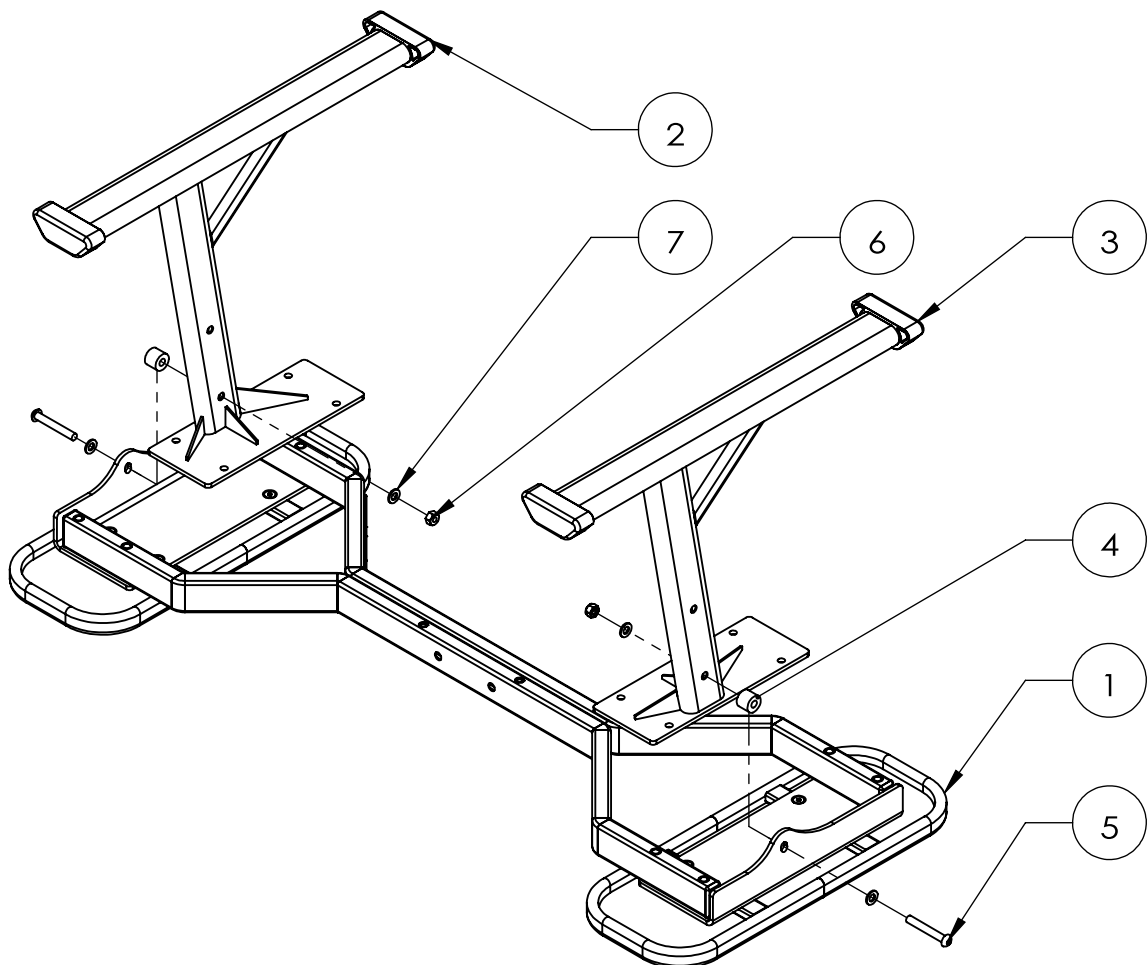
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BARBELL STAND ASSEMBLY INSTRUCTIONS STEP 2

ITEM NO.	DESCRIPTION	QTY.
1	BARBELL STAND SPACER ASSEMBLY	1
2	STAND LEFT LEG	1
3	STAND RIGHT LEG	1
4	STEEL SPACERS	2
5	M10 BUTTON HEAD SCREWS, 70 mm LONG	2
6	M10 NUTS	2
7	M10 WASHERS	4

TOOLS NEEDED: 6 mm ALLEN WRENCH & 17 mm WRENCH

1. ATTACH THE STAND LEGS (ITEM 2 & ITEM 3) AND THE STEEL SPACERS (ITEM 3) TO THE BARBELL STAND SPACER ASSEMBLY (ITEM 1) WITH THE SUPPLIED HARDWARE.
2. **TIGHTEN** THE HARDWARE.



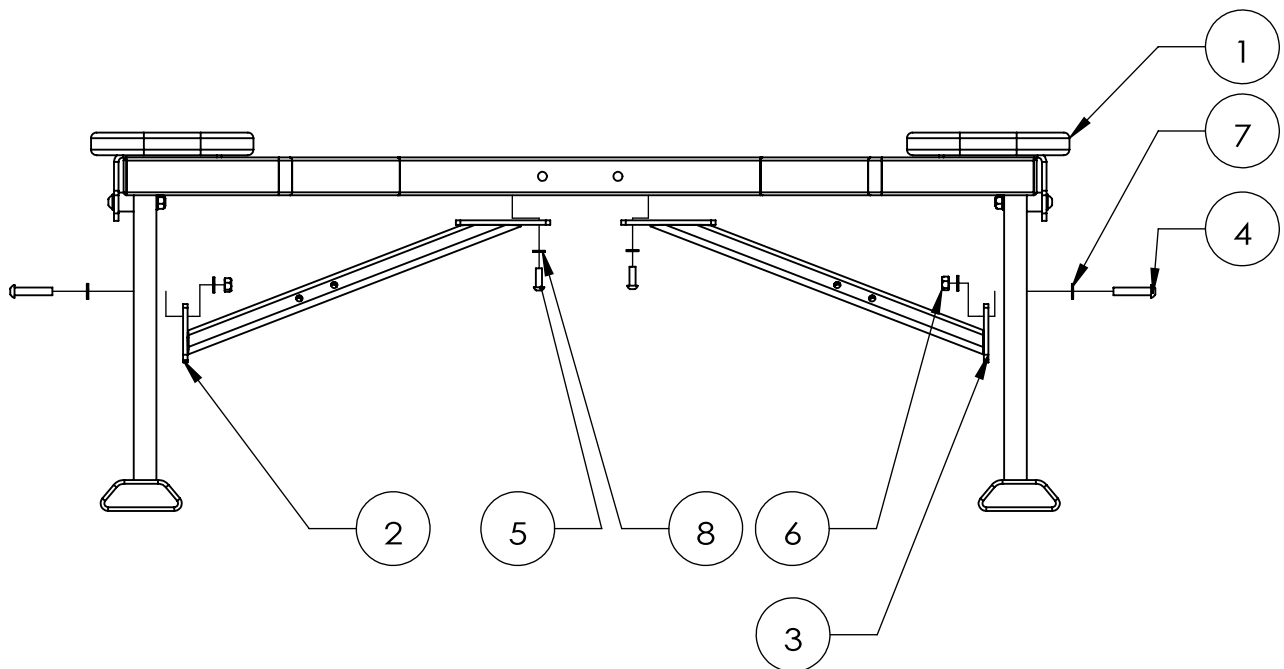
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BARBELL STAND ASSEMBLY INSTRUCTIONS STEP 3

ITEM NO.	DESCRIPTION	QTY.
1	BARBELL STAND ASSEMBLY	1
2	BARBELL STAND LEFT GUSSET WELDMENT	1
3	BARBELL STAND RIGHT GUSSET WELDMENT	1
4	M10 BUTTON HEAD SCREWS, 50 mm LONG	2
5	M8 BUTTON HEAD SCREWS, 25 mm LONG	2
6	M10 NUTS	2
7	M10 WASHERS	4
8	M8 WASHERS	2

TOOLS NEEDED: 5 mm ALLEN WRENCH & 6 mm ALLEN WRENCH & 13/17 mm WRENCH

1. ATTACH THE BARBELL STAND GUSSET WELDMENTS (ITEM 2 & ITEM 3) TO THE BARBELL STAND ASSEMBLY (ITEM 1) WITH THE SUPPLIED HARDWARE.
2. **TIGHTEN** THE HARDWARE.



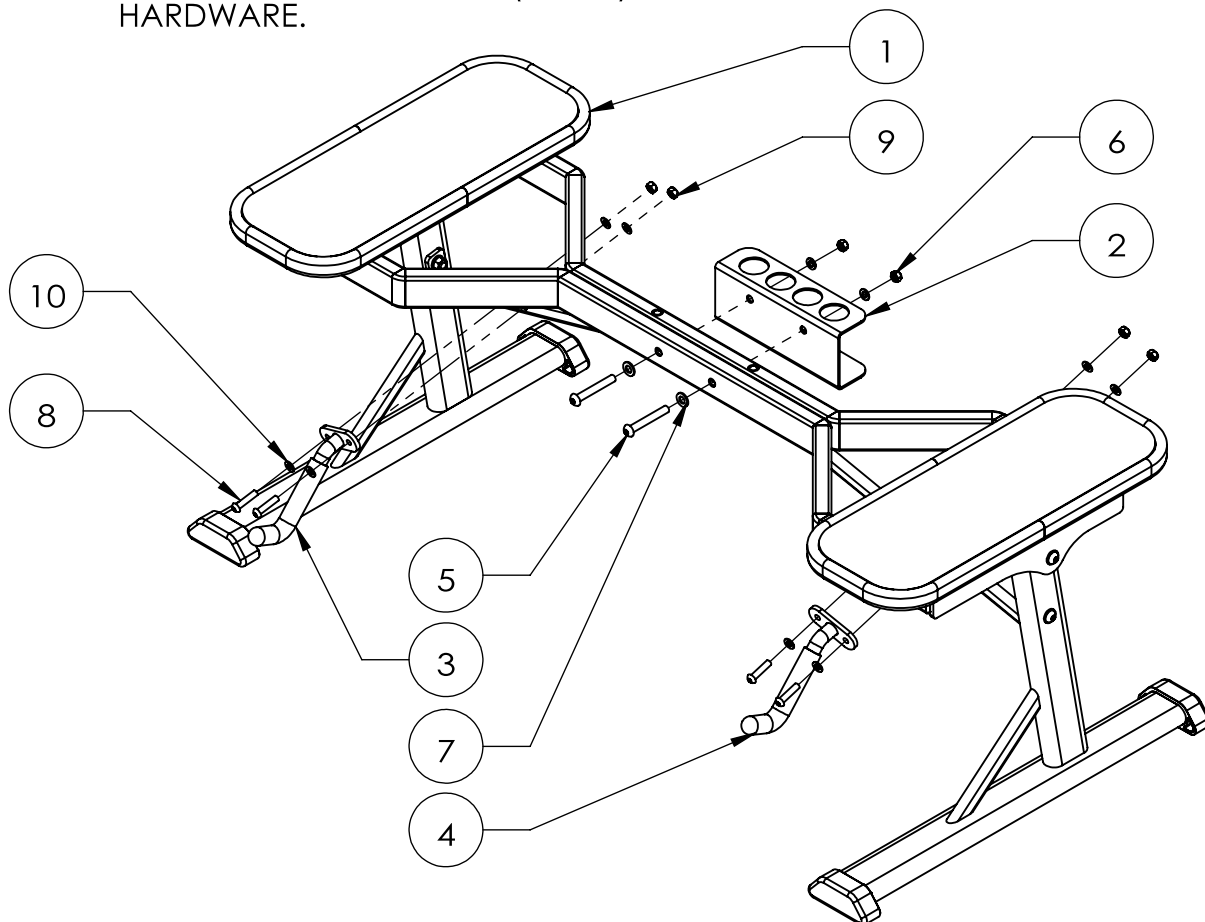
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BARBELL STAND ASSEMBLY INSTRUCTIONS STEP 4

ITEM NO.	DESCRIPTION	QTY.
1	BARBELL STAND	1
2	MICRO WEIGHT HOLDER	1
3	BARBELL LEFT HOOK	1
4	BARBELL RIGHT HOOK	1
5	M10 BUTTON HEAD SCREWS, 70 mm LONG	2
6	M10 NUTS	2
7	M10 WASHERS	4
8	M8 BUTTON HEAD SCREWS, 35 mm LONG	4
9	M8 NUTS	4
10	M8 WASHERS	8

TOOLS NEEDED: 5 mm ALLEN WRENCH & 6 mm ALLEN WRENCH & 13/17 mm WRENCH

1. ATTACH THE MICRO WEIGHT HOLDER (ITEM 2) TO THE BARBEL STAND ASSBMELY (ITEM 1) WITH THE SUPPLIED HARDWARE. **TIGHTEN** THE HARDWARE.
2. ATTACH THE BARBELL HOOKS (ITEM 3 & ITEM 4) TO THE GUSSET WELDMENTS OF THE BARBEL STAND ASSBMELY (ITEM 1) WITH THE SUPPLIED HARDWARE. **TIGHTEN** THE HARDWARE.



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IMPORTANT SAFETY INSTRUCTIONS

1. Read and fully understand all instructions contained in this manual prior to using the product. Be alerted to the possibility of injury. Do not be careless.
2. Inspect the stand prior to each use. Do not use a bench with worn, damaged, or loose parts, fasteners or hardware.
3. **MAX LOAD: 300 lb.**
4. Use the stand on a **FLAT AND FIRM SURFACE ONLY**. Damage to the products and potential injury may occur.
5. Before beginning your workout, make certain that your surroundings are free from potential interference.

WARNING: Never allow children to use or play near this equipment. Anyone under the age of 18 must always have parental supervision and instruction on the use of these products.

DANGER: Do not use if stand is not assembled or placed appropriately, which may result in injury to you or others around the stand.