

Installation Instruction

Semi Commercial Half Power Rack

Description:

This Heavy Duty Commercial Half Rack will help improve your fitness levels and get you on track for a tight and toned body. Perfect in any home gym or fitness studio, this superb apparatus is suitable for Crossfit, Circuits and functional training programs. Boost your cardio stamina, promote steady and healthy weight loss and strengthen and tone a wide variety of important muscles such as the biceps, triceps, deltoids, latissimus dorsi and trapezius. Simply put, this power rack offers everything needed to get your body in amazing shape!

One of the biggest hurdles to overcome with personal training is committing to it. Unfortunately when it comes to weight lifting it can become difficult when relying on others to act as a spotter. Sturdy and robust the semi commercial rack offers adjustable bar hooks and safety spotter bars, so you are in control of when you train and for how long. Multiple Olympic bar and plate holder pins offer convenience while upper and lower hooks are ideal for Power Band Exercises. A conveniently positioned chin up bar provides a great strength and stamina challenge.

Maximum weight capacity of 454kg/1000lbs this power rack will fit even the smallest of gym environments. It is recommended to secure the rack to the floor. Fitness Equipment Ireland is delighted to offer this fantastic product for an amazing price. Please note that this Rack is now only available in all black.

Dimensions:

1220(W) *1220(Deep) *2130mm Height

Maximum weight capacity 454kg/1000lbs

Adjustable Bar Hooks and Safety Spotter Bars

Olympic Bar and Plate Holders

Upper and Lower Power Band Hooks

Chin Up Bar

Installation:

First Step: use 4pcs M10*80mm screws and washer to connect the the support bar on the bottom like the photos. Use 8PCS M10*80mm screws and washer through the bottom like the photos(each size 4pcs screws)



Second step: Put the 2pcs uprights bar on the screws coming from the bottoms and use the nuts to tighten (the tall one install in the middle). Use 2pcs M10*80mm screws fix the two pieces bars like the photos. It is same way to install another side.



Third step: use 4pcs M10*80mm and washer to install the pull-up components with the 2pcs tall bar like the photos. Use 12pcs M10*80mm and washer to install the triangle support like the photos.(one piece screw coming from the bottom)



Fourth step:

Use 16pcs M10*70mm to install the 8pcs plate storage (4pcs each side).

Tighten all the screws.

Install the 2pcs safe arms and 2pcs J-hooks

Finish the installation:



P.S: you can use 4pcs anchor bolt to fix the power rack on the ground if you need.