

CARDIO BARBELL SETS STORAGE RACK-20 SET RACK

ASSEMBLY INSTRUCTIONS

The Power Behind Performance®

Due to the weight of this product, Power Systems recommends two individuals complete the assembly.

It is highly recommended to secure bolts loosely until rack is completely assembled. Once assembled, securely tighten each bolt before loading

1. Attach Rear Stabilizer (E) to Bar Cradle (A) by inserting one (1) bolt into each hole.
2. Attach second Bar Cradle (A) to remaining end of Rear Stabilizer (E) by inserting one (1) bolt into each hole.
3. Start at base of unit and attach Storage Row #3 (D) between Bar Cradles (A) by inserting one (1) bolt into each hole.
4. Moving up the rack, now attach the remaining Storage Row #3 (D).
5. Use the Storage Row #2 (C) components to complete the next two rows of storage.
6. Now attach Storage Row #1 (B) to complete the layout of the rack.
7. Go back and securely fasten each bolt before loading the rack with bars and weight.

Parts Included / Quantity

Bar Cradle/Side Supports (A) – 2

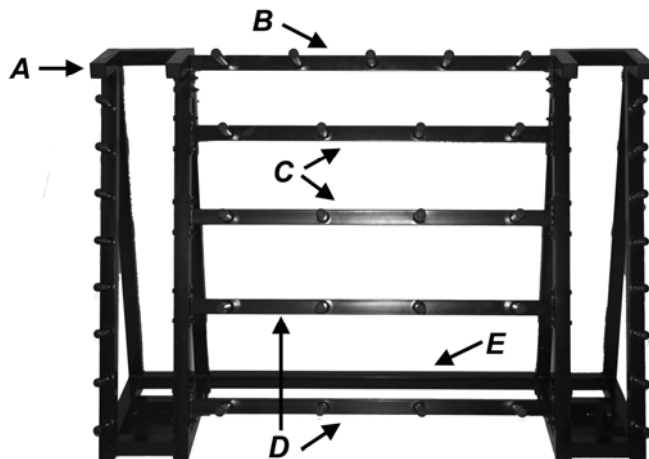
Storage Row #1 (6-3/8" pegs) (B) – 1

Storage Row #2 (4-3/8" pegs) (C) – 2

Storage Row #3 (6" pegs) (D) – 2

Rear Stabilizer (E) – 1

Bolts - 24



For more information on the Cardio Barbell Sets Storage Rack – 20 Sets Rack or other training products and programs, contact:

Power Systems Inc.
www.power-systems.com
1-800-321-6975

Copyright © 2007 by Power Systems Inc.

Rev B 10/07