

## CARDIO BARBELL SETS STORAGE RACK-10 SET RACK

The Power Behind Performance®

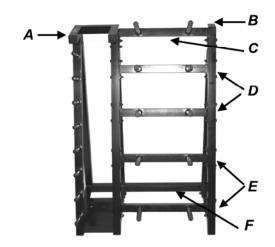
Due to the weight of this product, Power Systems recommends two individuals complete the assembly.

\*\*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 (F) to Bar Cradle (A) by inserting one (1) bolt into each hole.
- 2. Attach Side Support (B) to remaining end of Rear Stabilizer (F) by inserting one (1) bolt into each hole.
- 3. Start at base of unit and attach Storage Row #3 (E) between Bar Cradle (A) and Side Support (B) by inserting one (1) bolt into each hole.
- 4. Moving up the rack now attach the remaining Storage Row #3 (E).
- 5. Use the Storage Row #2 (D) components to complete the next two rows of storage.
- 6. Now attach Storage Row #1 (C) 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) – 1 Side Support (B) - 1 Storage Row #1 (10" pegs) (C) – 1 Storage Row #2 (7" pegs) (D) – 2 Storage Row #3 (8" pegs) (E) – 2 Rear Stabilizer (F) – 1 Bolts - 24



For more information on the Cardio Barbell Sets Storage Rack – 10 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.