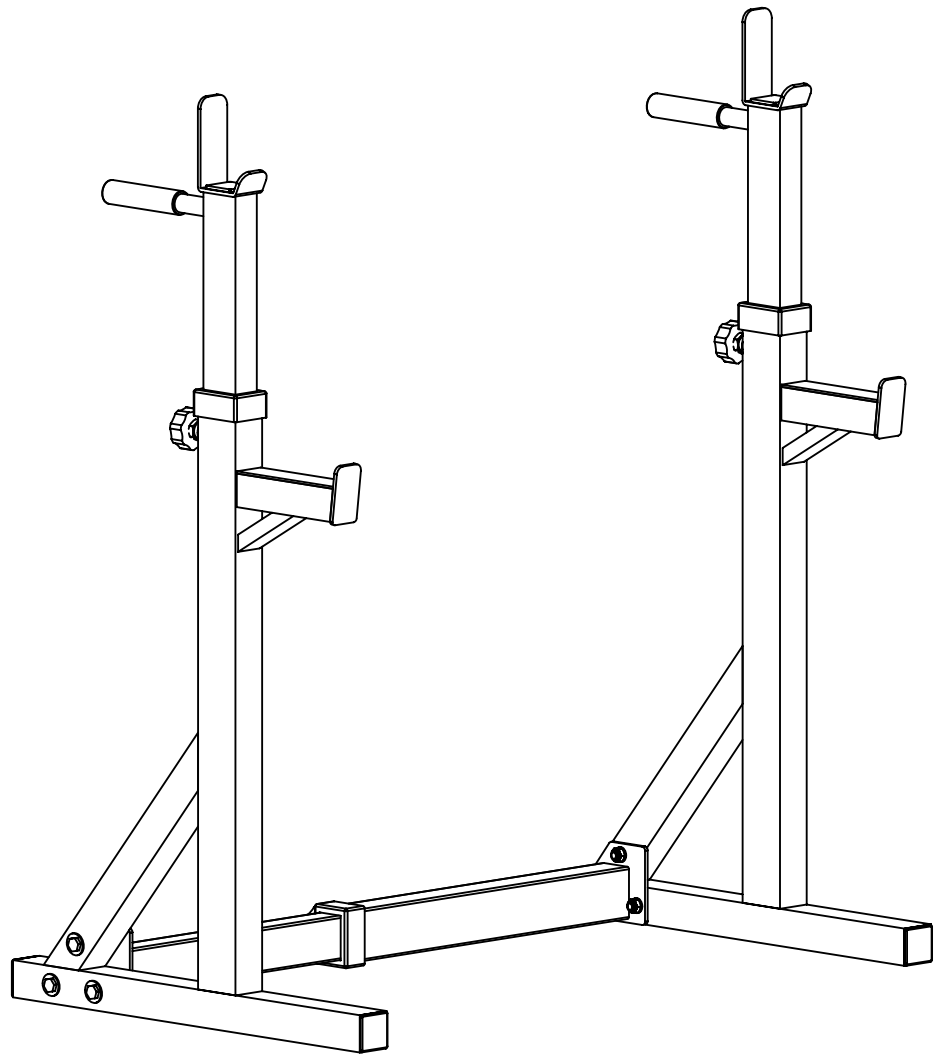


OWNER'S MANUAL

Squat Rack / Dip Stand

Model #: 315 SR



Caution: Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Assembly Instructions

Contents

Contents	1
Before You Begin	2
Assembly Steps	3
Parts & Hardware List	4

Assembly Instructions

Before Your Begin

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once.
CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the bench near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly.

Tools Required

Tools Required : Allen Wrench Set / Socket Wrench Set
Adjustable Wrench / Crescent Wrench
Rubber Mallet / Tape Measure

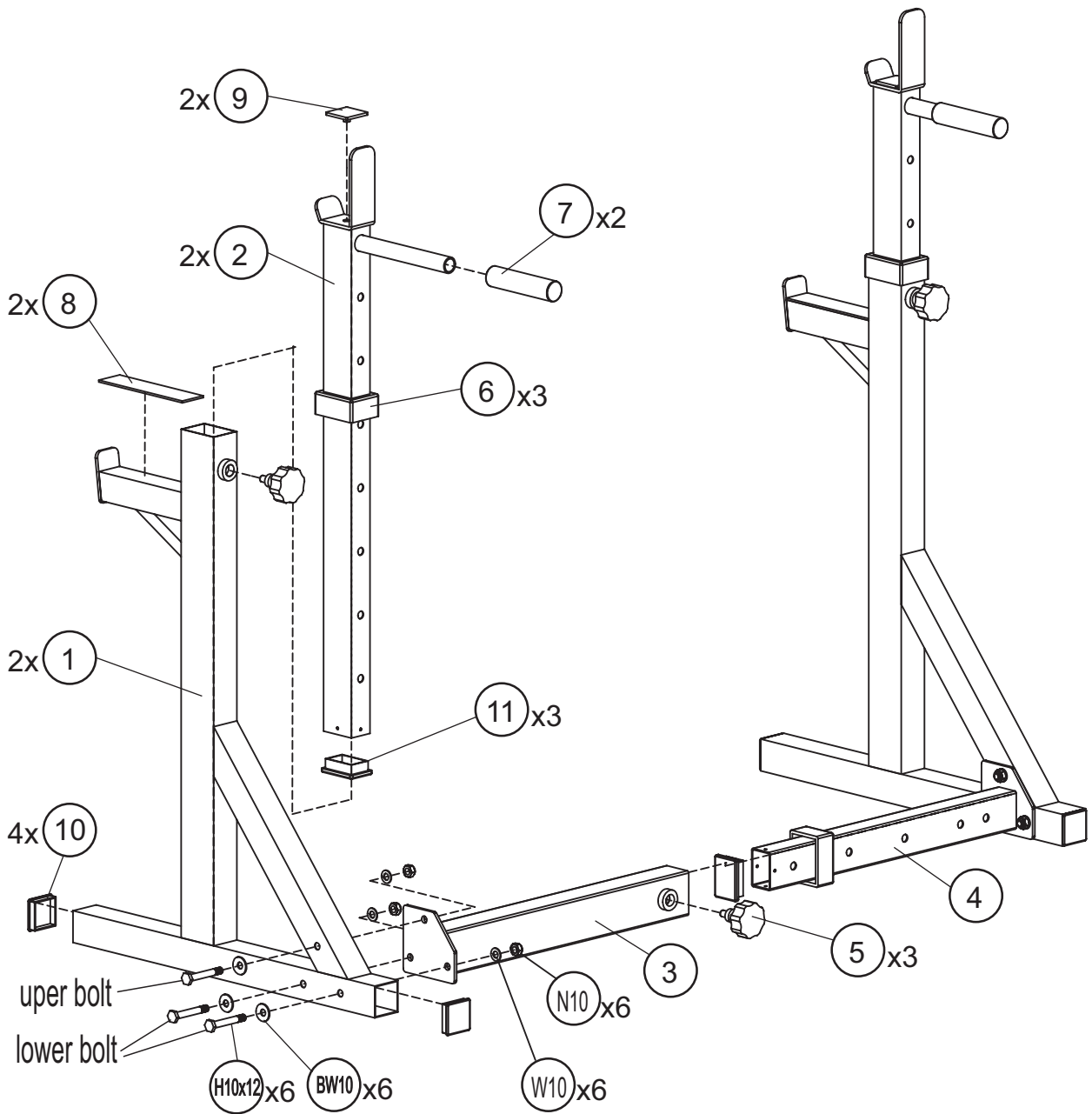
ASSEMBLY REQUIRES AT LEAST TWO PERSONS

WARNING: This Product Is Rated for Home Use Only!

Using this product in a commercial setting will void all warranties and can result in serious injury or death!

Note: Hand tighten bolts and nuts until machine is fully assembled.

Assembly Instructions



Note:

After all parts assembled,
first tighten the upper bolt and nut of each side,
then tighten the lower two bolts and nuts of each side.

Assembly Instructions

Parts & Hardware List

Part#	Description	Qty	Remark
1	Main Upright	2	
2	Crutch	2	
3	Outer Adjust Tube	1	
4	Inner Adjust Tube	1	
5	Pop Pin	3	
6	Outer Sleeve	3	Pre-assembled
7	Handle Sleeve	2	Pre-assembled
8	Big Bumper Pad	2	Pre-assembled
9	Small Bumper Pad	2	Pre-assembled
10	F50x50mm Inner Cap	4	Pre-assembled
11	Inner Sleeve Cap	3	Pre-assembled
H10-12	M10x70mm Hex Head Bolt	6	
BW10	Big M10 Washer	6	
W10	M10 Washer	6	
N10	M10 Nut	6	