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SCAN ME

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BARBELL AND BENCH PRESS RACK

SQBPSR2P66BK

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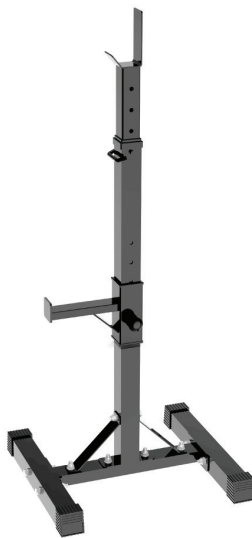
USER MANUAL

Unique Features:

- Adjustable height with quick-lock system
- Solid design

Features:

- Heavy-Duty Steel Construction
- 13-Position Adjustable Safety Spotter Arm
- Multi-Functional Design
- Wide H-Base for Enhanced Stability
- Space-Saving and Home-Gym Friendly
- Supports Standard Olympic Barbells
- Anti-Skid Rubber Pads
- Scratch and Corrosion-Resistant
- Stable and Secured Base
- Modern, Durable Finish
- Includes All Hardware/Tools,
No Complex Setup Required
- Ideal for Squats, Bench, and
Strength Exercises
- Perfect for Home Gyms, Small Spaces,
or Professional Facilities



What's in the Box:

- Barbell/Bench Press Rack
- (10) M10x65 Bolts
- (8) M10x45 Bolts
- (36) Flat Washers
- (18) Locking Nuts

Technical Specs

- Construction Material: Steel
- Weight Capacity: 550 lbs.
- Item Weight: 28 lbs.
- Adjustable Height: 40-66 Inches
- Product Dimensions (L x W x H): 17.7 x 20.1 x 40-66 Inches

California Prop 65 Warning

WARNING:

This product may expose you to chemicals, which is known to the state of California to cause cancer, birth defects and other reproductive harm. Do not ingest.

For more info go to: www.P65warnings.ca.gov



Questions or Comments

We are here to help!

Phone: 1.718.535.1800

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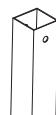
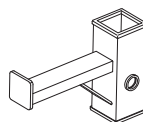
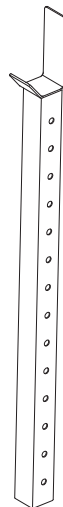
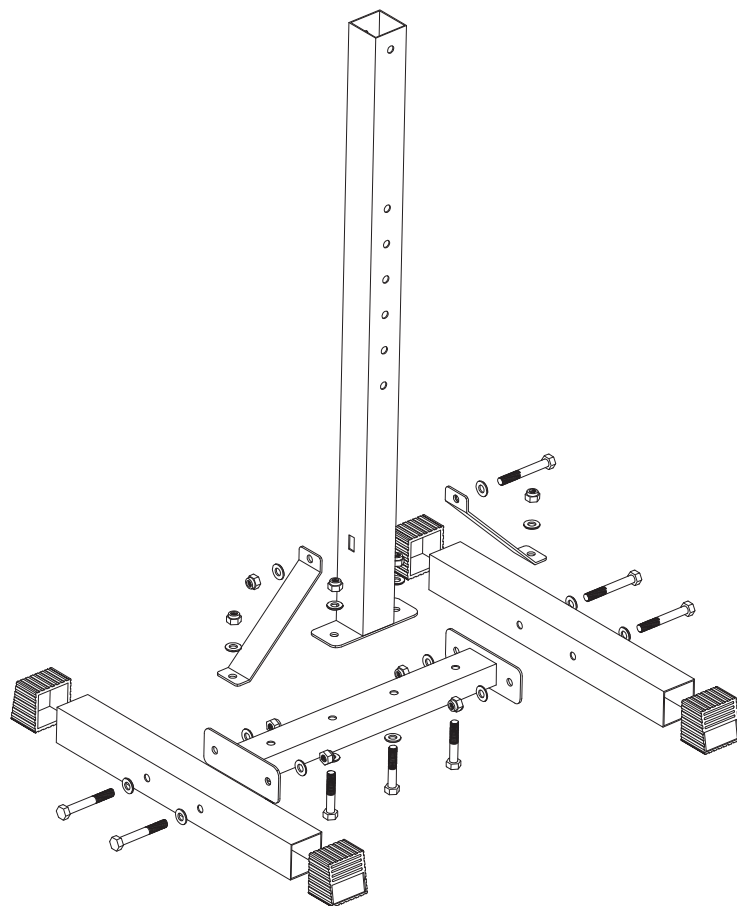
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Installation

1. Install the foot end caps on the legs (these may have been installed already).
2. Assemble the base; fix it with bolts.
3. Connect the upright main post on the base.
4. Put the support bar on the main post and fix it with the quick-release locking nut.
5. Put on the moving upper post and fix it with the steel locking rod.
6. Tighten all the screws to make sure the rack is solid.

Attention!

- Always remove the dumbbells before adjusting the depth of the tubes.
- Always remove the dumbbells before moving the rack.



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