

20/30 CLASS BAR RACK ASSEMBLY INSTRUCTIONS

Step 1: Arrange Racking as shown below. Note, pictures below are of the 20 bar rack. The 30 bar rack has three columns of plate storage.

Step 2: Loosely bolt into position ensuring;

- i) 45mm End Washers are used at each position listed below.
- ii) A flanged washer is located under each bolt head and each nut.
(Refer to 'Plastic Bolt Head Covers' below.)

Step 3: Tighten all bolts and nuts securely using two 16mm spanners.

Step 4: Push all nut/bolt head covers into place.

FULLY ASSEMBLED RACK



* Use 45mm End Washers in these locations.

*a 45mm End Washer not required in these areas for 30 Class Bar rack. Use in outside bolt positions **only**.



Make sure bevel on 45mm End Washer faces **outwards**.

TOP/BACK VIEW



SIDE VIEW



CLOSE UP

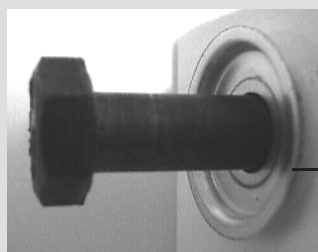
45mm End Washers



PLASTIC BOLT HEAD COVERS

NOTE: Your Australian Barbell Racking has been supplied with special Plastic Bolt-Head Covers. These are used to cover **all** bolt heads and nuts. When assembling racking, please follow these instructions to ensure they are fitted correctly.

- i) Ensure that the flange on the Flanged Washer is facing upwards.
- ii) After all bolts have been fully tightened, push the Plastic Bolt-Head Cover down onto the steel washer and it will snap into place.



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