

VERTICAL & HORIZONTAL FIXED BARBELL RACKING ASSEMBLY INSTRUCTIONS

Step 1: Arrange Racking and shown below

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.



* Use 45mm End Washers
in these locations.

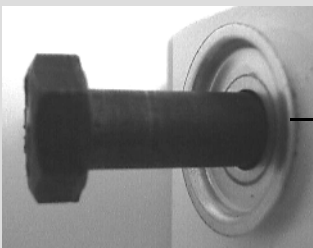
Make sure bevel on
45mm End Washer
faces OUTWARDS.



**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.

- i) Ensure that the flange on the Flanged Washer is facing upwards and on the side that the head of the bolt will be on.
- 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.