

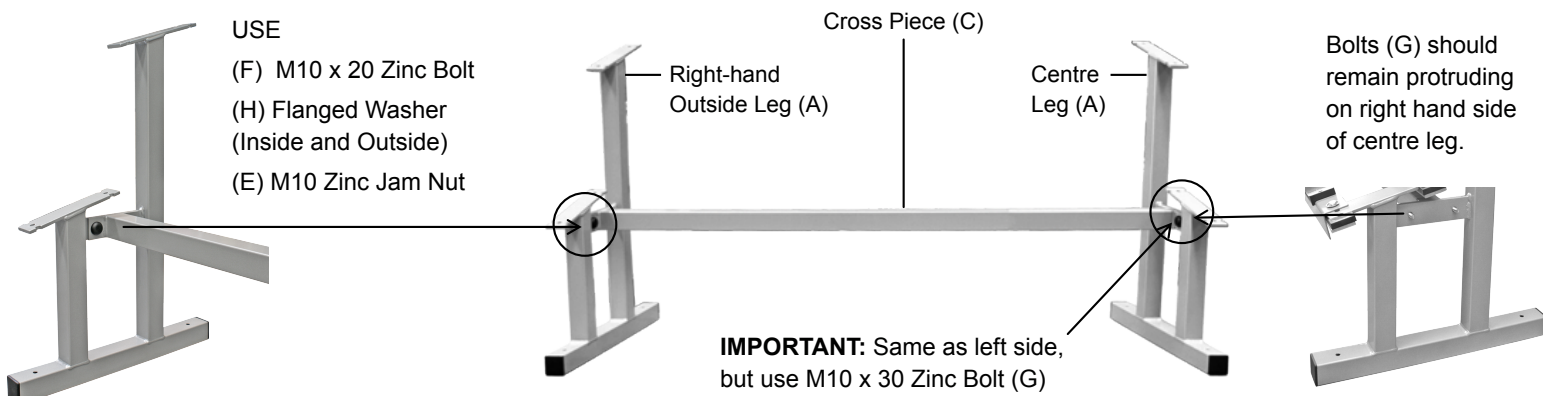
DUMBBELL RACKING ASSEMBLY INSTRUCTIONS

10 PAIR RACK

To ensure that your racking is assembled correctly, please follow these instructions carefully. All letters in brackets on this page refer to the 'Part No.' on the reverse 'PART LISTING' page.

Step 1: Bolt Cross Piece (C) to Legs (A) as shown. This **must** be done first, before proceeding with any other assembly. Take note of the information on "Plastic Bolt Head Covers" at the bottom of the page.

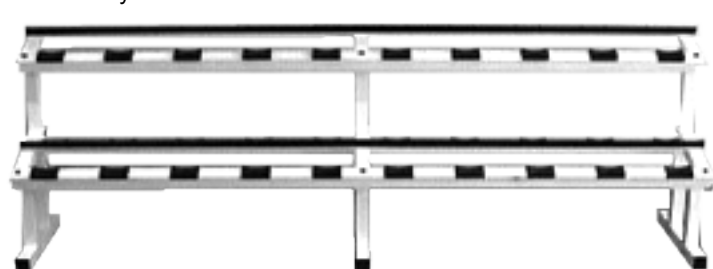
Note: Legs (A) can be used in any position - there is no specific outside leg.



Repeat **Step 1** for the other leg (A) and Cross Piece (C) being used on right-hand side of rack. Ensure to fit a Flanged Washer (H) underneath each Bolt-head (F/G) and M10 Zinc Jam Nut (E) that is used. Once both cross-pieces are fitted, tighten all bolts. Do not fit Plastic Bolt-Head Covers (I) at this stage.

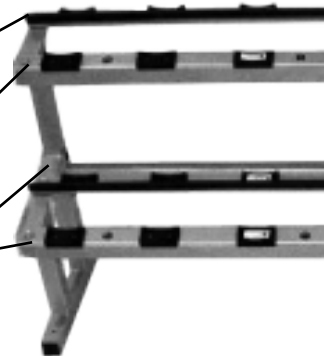
Step 2: Fit the Dumbbell Supports (B) to Legs (A). This can be done in any order. Take note of the stickers on the Dumbbell Supports to determine where each Dumbbell Support (B) sits on the Legs (A) and that they are orientated correctly – there are different supports for the front and back of the top and bottom tiers. This is much easier to do with 2 people – one to hold the supports in place, the other to insert bolts etc.

Rack fully assembled



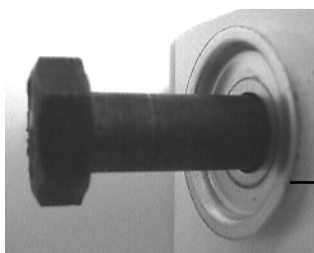
USE
for outer legs and inside leg

- (F) M10 x 20 Bolt
- (H) Flanged Washer (on top)
- (D) M10 Zinc Washer (underneath)
- (E) M10 Zinc Nut (underneath)



PLASTIC BOLT HEAD COVERS (I)

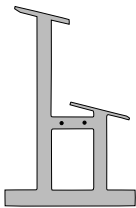


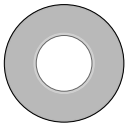

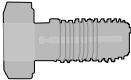
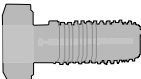
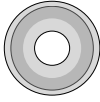

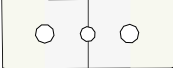
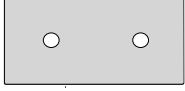
NOTE: Your Australian Barbell Racking has been supplied with special Plastic Bolt-Head Covers (I). These are used to cover **all** bolt heads as well as nuts used to attach the Legs (A) to Cross Piece (C). They are **not** used to cover the M10 Zinc Jam Nuts (E) used on the underside of the Dumbbell Supports (B). When assembling racking, please follow these instructions to ensure they are fitted correctly.



- Ensure that the flange on the Flanged Washer (H) is facing upwards and on the side that the head of the bolt will be on.
- After all bolts have been fully tightened, push the Plastic Bolt-Head Cover (I) down onto the steel washer and it will snap into place.

DUMBBELL RACKING PART LISTING

Please check from the list below that you have received all components required to correctly assemble your rack.

Part	Picture (Not to scale)	Description	Qty per rack			
			6 Pair	8 Pair	10 Pair	12 Pair
A		Legs	2	2	3	3
B	 Note: No. of cushions on rack will vary depending on no. of dumbbells it holds.	Dumbbell Supports	4 (1.5m long)	4 (2m long)	4 (2.5m long)	8 (1.5m long)
C		Cross Piece	1	1	2	2
D		M10 Zinc Washer	8	8	12	8
E		M10 Zinc Jam Nut	12	12	18	14
F		M10 x 20 Zinc Bolt	12	12	16	12
G		M10 x 30 Zinc Bolt	-	-	2	10
H		Flanged Washer (Silver)	16	16	24	28
I		Plastic Bolt-Head Cover	16	16	24	28
J		Plastic Adaptor Plate	-	-	-	4
K		Metal Adaptor Plate	-	-	-	4