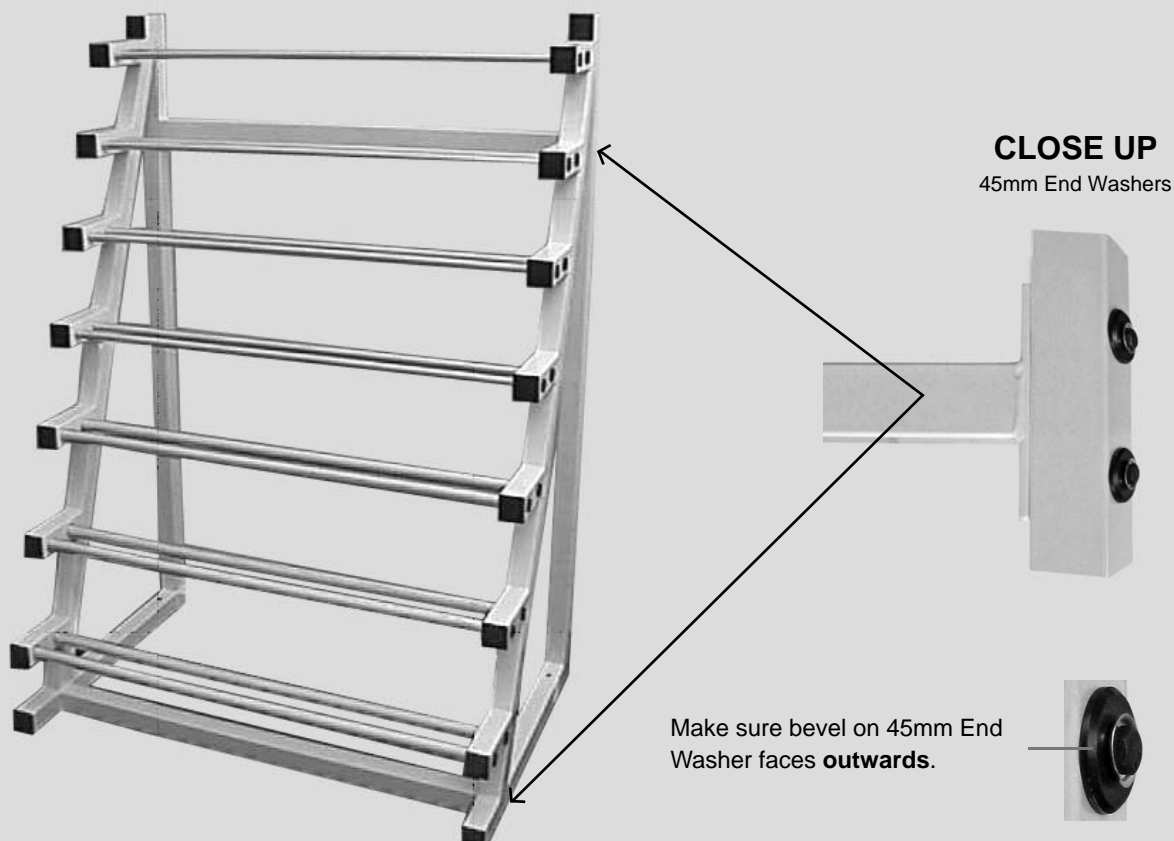


7 TIER VINYL DUMBBELL RACK ASSEMBLY INSTRUCTIONS



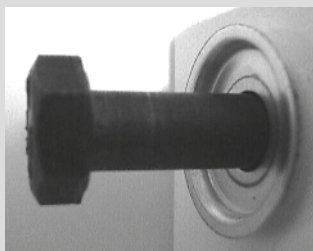
Step 1: When assembling, stand one leg up. Large holes should go to the **inside** of rack. It is easiest to assemble the rack by fitting bracing and tubular dumbbell supports to one leg only complete and then repeat on the other side.

Step 2: Fit the 14 tubular dumbbell supports by pushing them through the large hole in the leg. Attach with a bolt (use the shorter bolts provided for this) from the other side of leg, remembering to place a flanged washer underneath each bolt head (see 'Plastic Bolt Head Covers' below). **Hand tighten** the bolts only for now.

Step 3: Fit the 2 cross-pieces, ensuring that the 45mm End Washers are placed on the outside of the leg **only**. (See picture above). Use a flanged washer underneath the bolt-head and nut. Again hand tighten only.

Step 4: Repeat on other side of leg, fitting the 14 tubular dumbbell supports first and then the cross pieces.

Step 5: Once rack has been assembled and all parts are in place, fully tighten all bolts securely. Once this has been done, fit plastic bolt head covers.



PLASTIC BOLT HEAD COVERS (K)

- Ensure that the flange on the Flanged Washer (J) 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 (K) down onto the steel washer and it will snap into place.