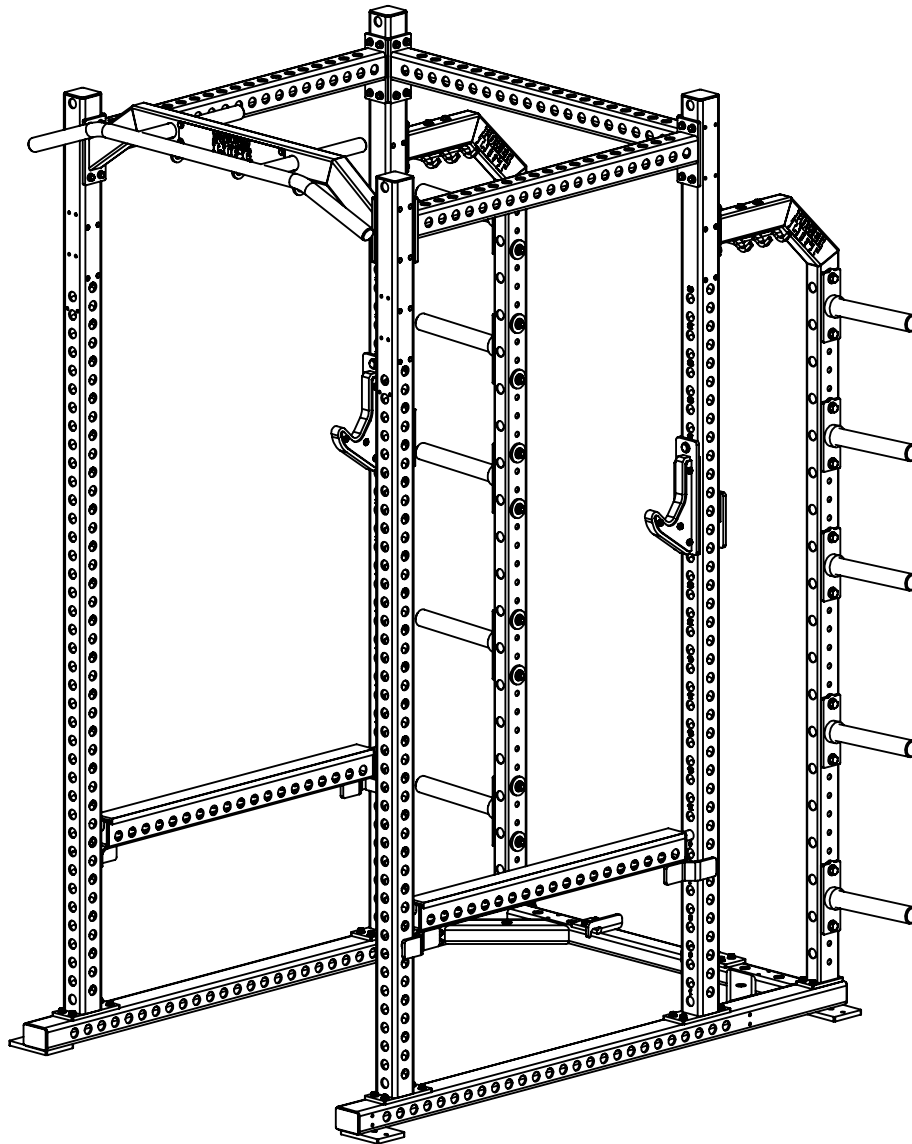


3x3 Power Rack



Assembly notes:

Fasteners provided to assemble machine:
(72) 3/8"X3/4" Flange Bolts
(4) 3/8"X4" Bolts

Tools required (Not Included):
- 9/16" Open-End Wrench
- 9/16" Socket
- 3/4" Open-End Wrench
- 3/4" Socket
- 4 ft ladder (recommended)

Note: When assembling unit DO NOT tighten any fasteners until specified.

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PART NUMBER

12596A_Assembly Cover

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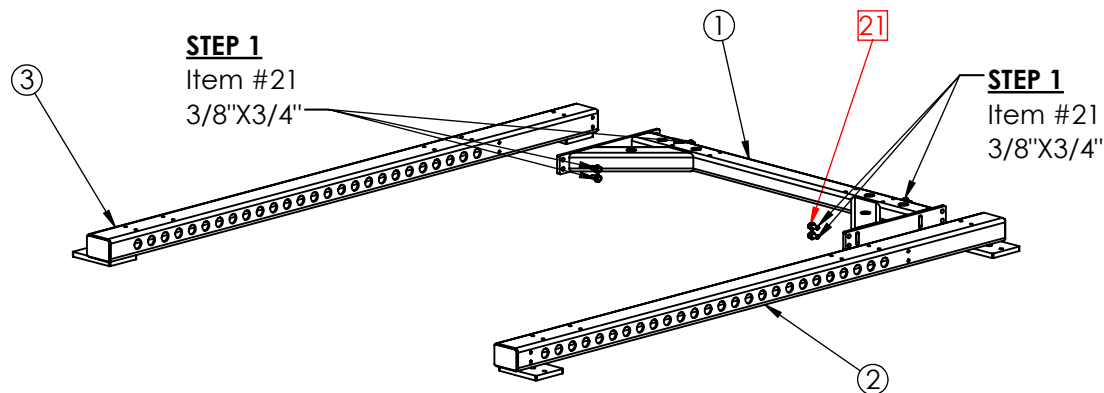
Instructions

- 1.) Assemble item 1 to item 3 using (4) 3/8"X3/4" flange bolts provided.
- 2.) Assemble item 2 to item 1 using (4) 3/8"X3/4" flange bolts provided. (Tighten all bolts)

Note: When assembling unit DO NOT tighten any remaining fasteners until specified.

Hardware Detail

Item No.	Part Number	Part Name	Qty
21	99004	3/8"X3/4" FLANGE BOLT	8



STEP 1

Item #21
3/8"X3/4"

STEP 1

Item #21
3/8"X3/4"

Frame Detail

Item No.	Part Number	Part Name	Qty
1	39565A	K BRACE	1
2	12587	RIGHT BASE	1
3	12583	LEFT BASE	1

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PART NUMBER

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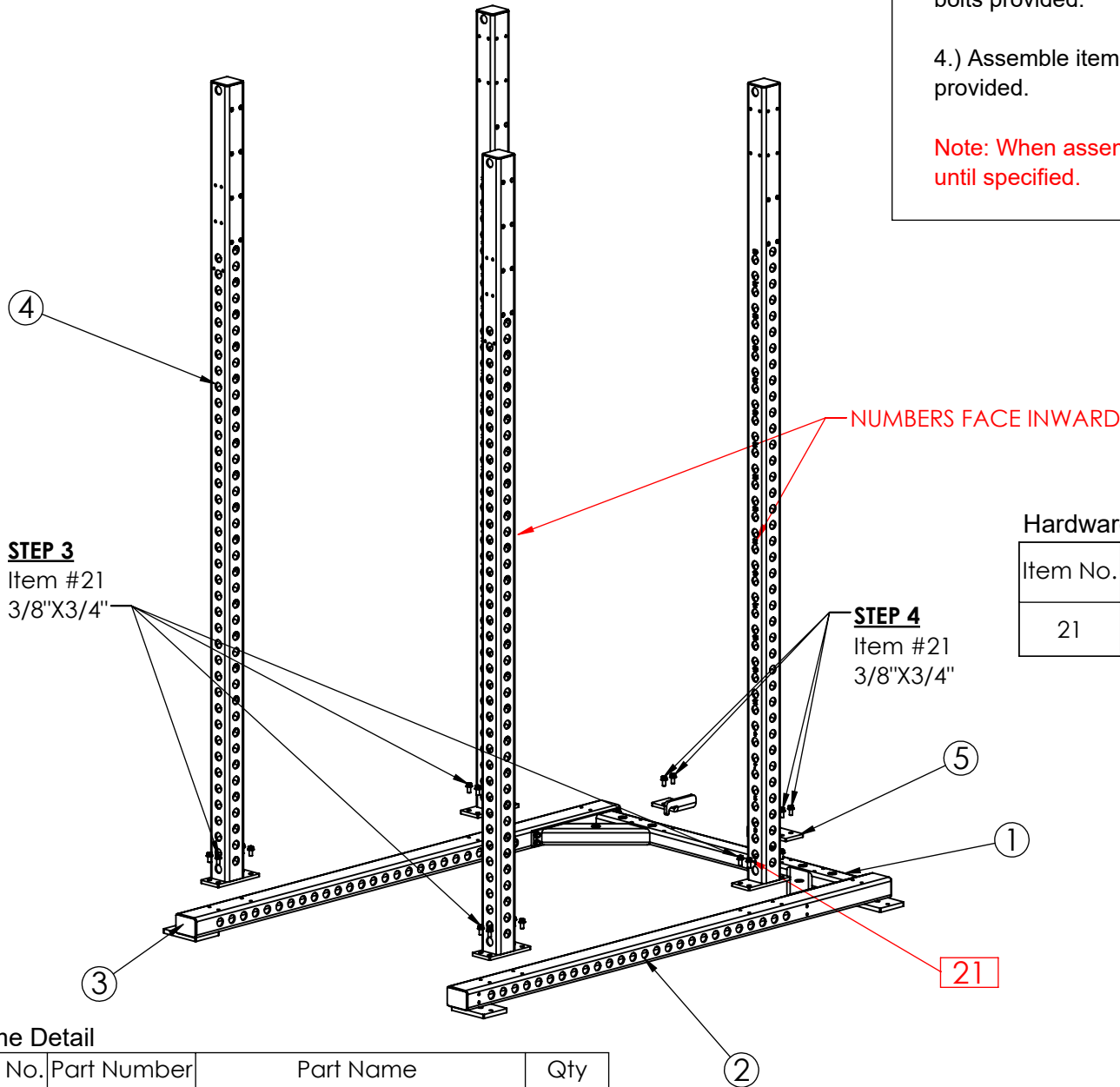
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Instructions

3.) Assemble items 4 to items 2 and 3 using (16) 3/8"X3/4" flange bolts provided.

4.) Assemble item 5 to item 1 using (4) 3/8"x3/4" flange bolts provided.

Note: When assembling unit **DO NOT** tighten any remaining fasteners until specified.



STEP 3
Item #21
3/8"X3/4"

STEP 4
Item #21
3/8"X3/4"

NUMBERS FACE INWARD

Hardware Detail

Item No.	Part Number	Part Name	Qty
21	99004	3/8"X3/4" FLANGE BOLT	20

Frame Detail

Item No.	Part Number	Part Name	Qty
1	39565A	K BRACE	1
2	12587	RIGHT BASE	1
3	12583	LEFT BASE	1
4	17144B	UPRIGHT	4
5	40191A	BENCH LOCK IN	1

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PART NUMBER

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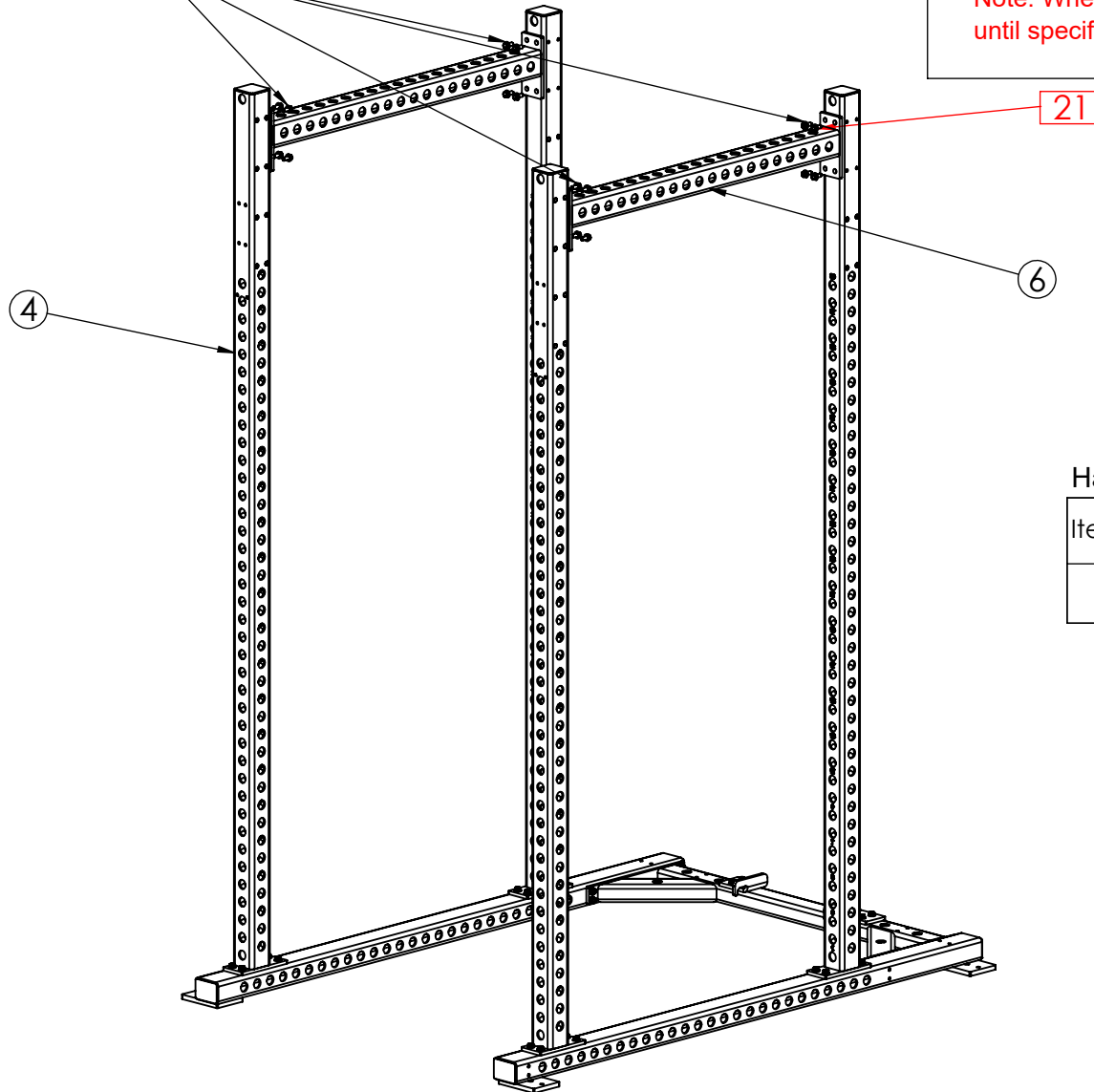
Instructions

5.) Assemble items 6 to items 4 using (16) 3/8"X3/4" flange bolts provided. (A ladder is recommended along with a second pair of hands)

Note: When assembling unit DO NOT tighten any remaining fasteners until specified.

STEP 5

Item #21
3/8"X3/4"



Hardware Detail

Item No.	Part Number	Part Name	Qty
21	99004	3/8"X3/4" FLANGE BOLT	16

Frame Detail

Item No.	Part Number	Part Name	Qty
4	17144B	UPRIGHT	4
6	12597A	TOP SIDE BRACE	2

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12596A_Page3

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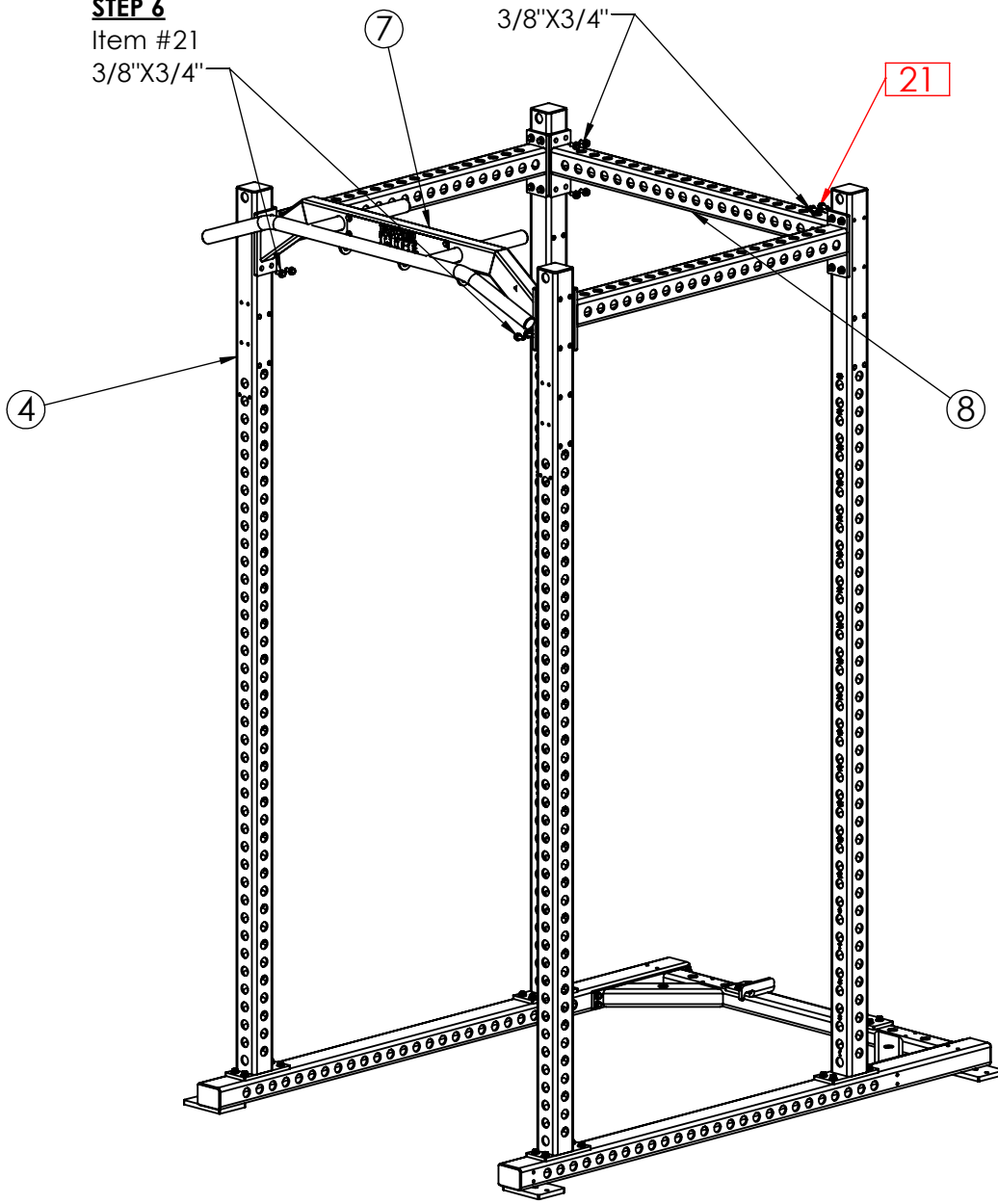
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STEP 6
Item #21
3/8"X3/4"

STEP 7
Item #21
3/8"X3/4"



Instructions

6.) Assemble item 7 to items 4 using (8) 3/8"X3/4" flange bolts provided. (A ladder is recommended along with a second pair of hands)

7.) Assemble item 8 to items 4 using (8) 3/8"X3/4" flange bolts provided. (A ladder is recommended along with a second pair of hands)

Note: When assembling unit DO NOT tighten any remaining fasteners until specified.

Hardware Detail

Item No.	Part Number	Part Name	Qty
21	99004	3/8"X3/4" FLANGE BOLT	16

Frame Detail

Item No.	Part Number	Part Name	Qty
4	17144B	UPRIGHT	4
7	12506A	CHIN BAR	1
8	12602A	REAR TOP BRACE	1

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PART NUMBER

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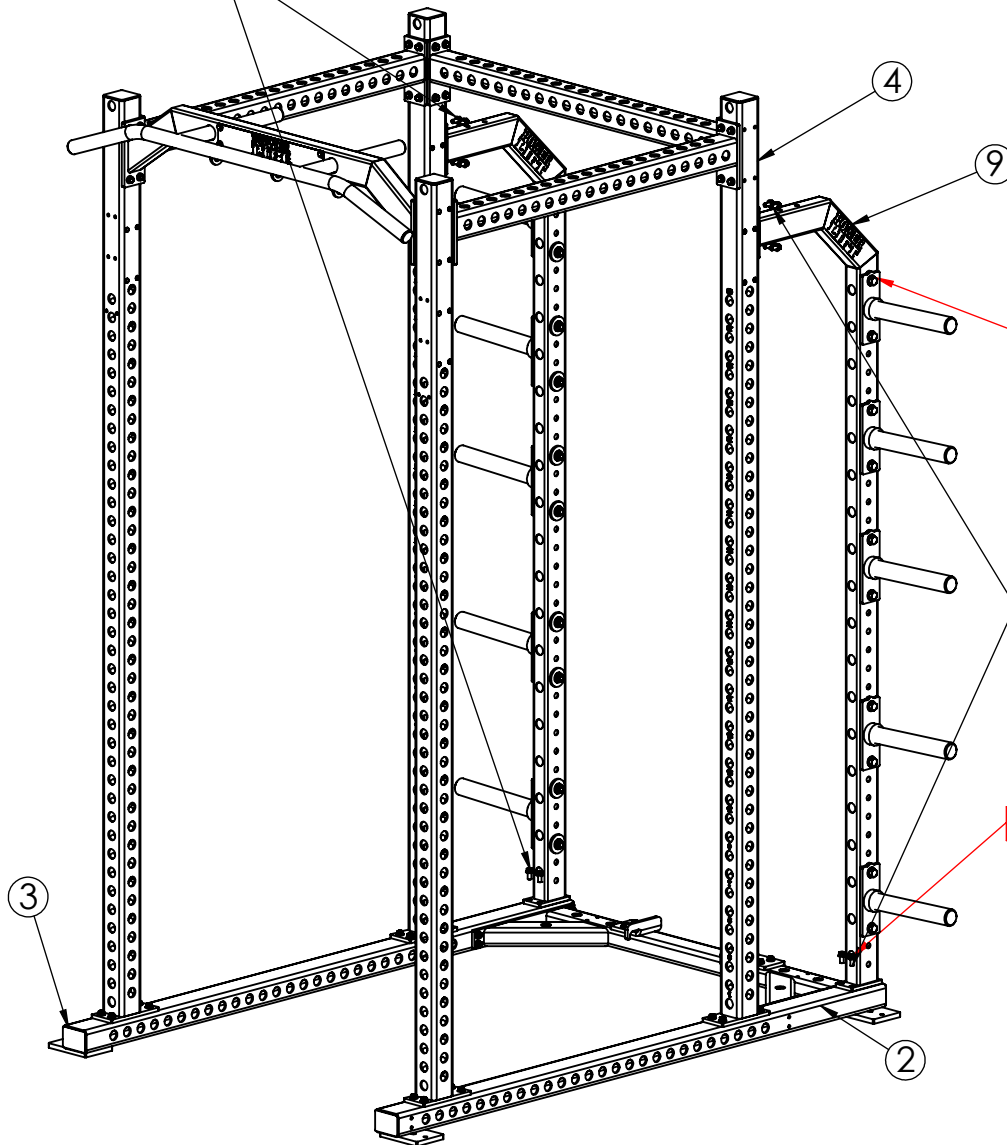
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Instructions

- 8.) Assemble item 9 to item 4 and 2 using (6) 3/8"X3/4" flange bolts provided.
- 9.) Assemble item 9 to item 4 and 3 using (6) 3/8"X3/4" flange bolts provided.
- 10.) Now all bolts may be tightened starting from the bottom to the top.

STEP 9

Item #21
3/8"X3/4"



ADJUSTABLE WEIGHT PEGS USE 1/2" HARDWARE

STEP 8

Item #21
3/8"X3/4"

21

Hardware Detail

Item No.	Part Number	Part Name	Qty
21	99004	3/8"X3/4" FLANGE BOLT	12

Frame Detail

Item No.	Part Number	Part Name	Qty
2	12587	RIGHT BASE	1
3	12583	LEFT BASE	1
4	17144B	UPRIGHT	2
9	17156A	WEIGHT STORAGE	2

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Instructions

11.) Assemble items 10 to items 9 using (4) 3/8"X4" bolts provided. (tighten bolts)

11.) Place items 10 on to rack uprights.

12.) Place item 11 on to rack uprights.

STEP 11

Item #22
3/8"x4"

22

23

11

23

24

STEP 13

Item #11

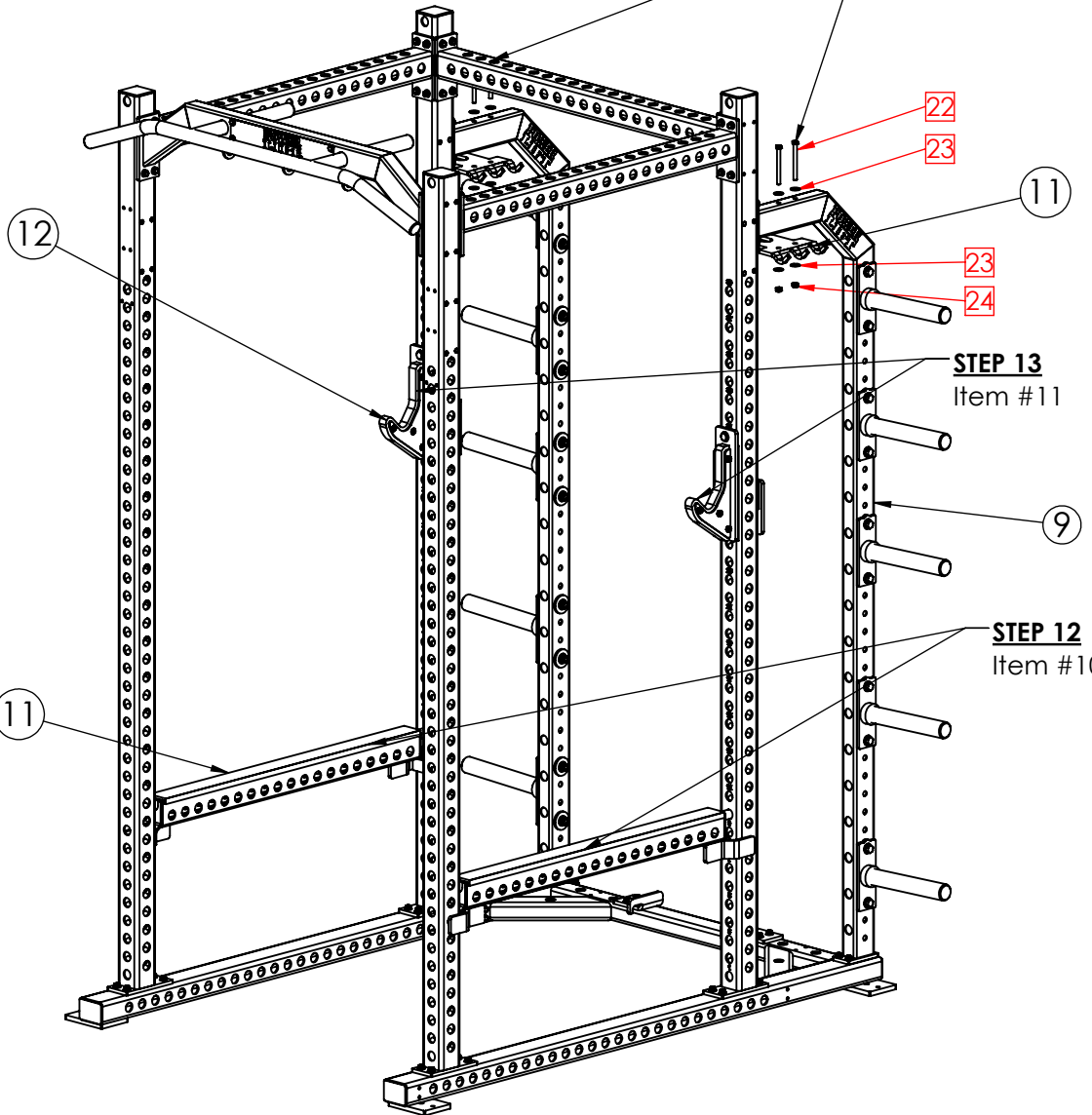
9

STEP 12

Item #10

12

11



Hardware Detail

Item No.	Part Number	Part Name	Qty
22	99549	3/8"X4" BOLT	4
23	99531	3/8" FLATWASHER	8
24	99540	3/8" NUT	4

Frame Detail

Item No.	Part Number	Part Name	Qty
9	17156A	WEIGHT STORAGE	2
10	17080PL	BAR AND BAND STORAGE	2
11	12603A	SAFETY BAR	2
12	32668A	BAR CATCH PAIR	1

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