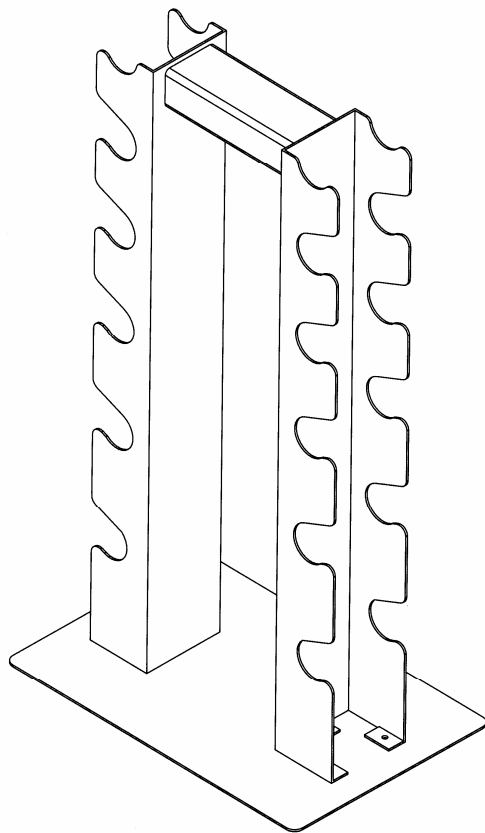


# ***ASSEMBLY INSTRUCTIONS FOR THE DF5100 6 PAIR VERTICAL DUMBBELL RACK***

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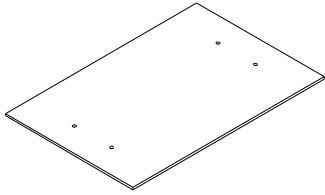


**(888) 258-0533**

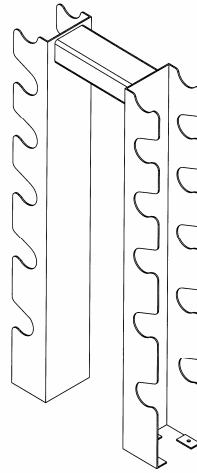
***FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY***

\*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

# ***BOX CONTENTS***



**PART # COM1018  
BASE  
QTY 1**



**PART # DF5110  
BODY ASSEMBLY  
QTY 1**

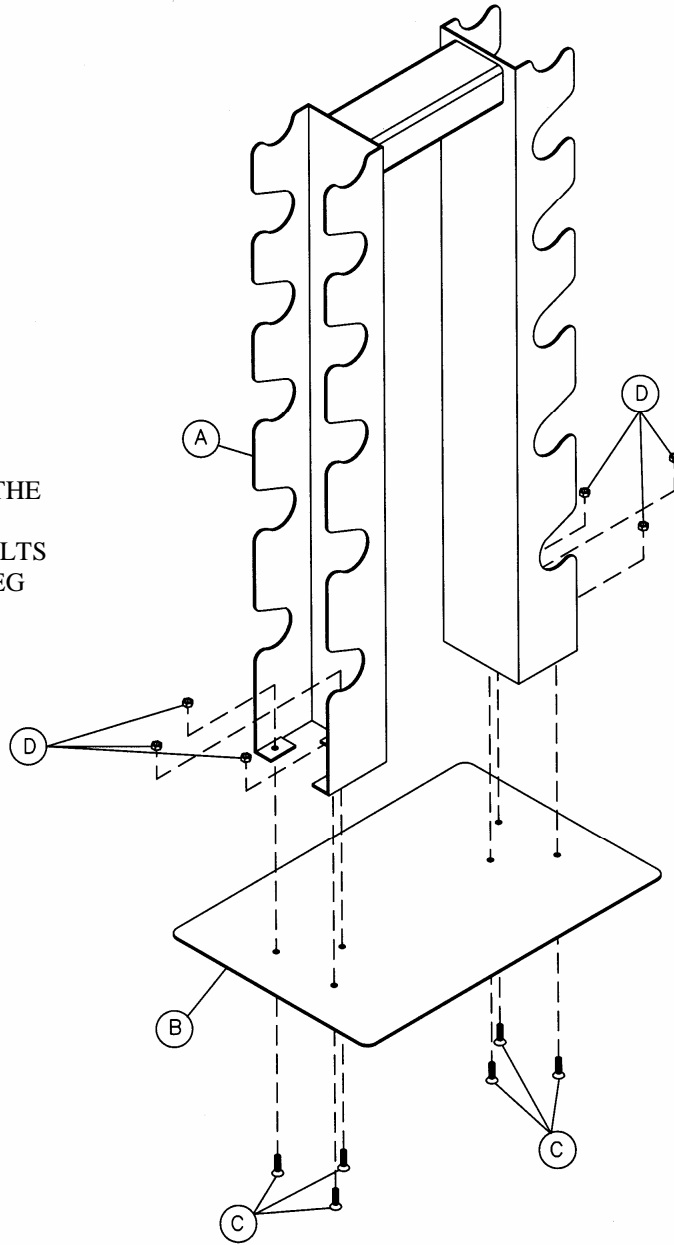
# ***HARDWARE***

(6 PCS) 1/4" LOCK NUT

(6 PCS) 1/4" x 3/4" BOLT

(24 PCS) PLASTIC PROTECTORS

NOTE: DUE TO THE WELDING PROCESS THE LEGS ON THE TOP PIECE MAY DRAW SLIGHTLY. TO ASSEMBLE PUT ALL 3 BOLTS ON ONE SIDE. THEN PULL THE OTHER LEG OUT AND INSERT THE OTHER BOLTS.



**TOOLS REQUIRED:**  
WRENCHES OR METRIC SOCKET SET  
FLAT HEAD SCREWDRIVER

ASSEMBLE THE BOTTOM PLATE (B) TO THE TOP FRAME (A) USING THE 1/4" BOLTS (C) AND THE 1/4" NUTS (D).

***MAKE SURE ALL THE BOLTS ARE TIGHT BEFORE USE. REMEMBER TO CHECK THEM PERIODICALLY TO MAKE SURE THEY ALWAYS STAY TIGHT.***

# ***SAFETY NOTICE***

WARNING: THE USER OF THIS WEIGHT EQUIPMENT ASSUMES THE POSSIBILITY OF INJURY BY EXERCISING ON THIS EQUIPMENT. THE POSSIBILITY OF RISK CAN BE REDUCED BY ALWAYS FOLLOWING THESE SIMPLE RULES:

- 1) BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR FOR A COMPLETE PHYSICAL EXAMINATION AND SUGGESTED EXERCISE PROGRAM SPECIFIC FOR YOU.
- 2) STRETCH BEFORE AND AFTER THE EXERCISE PROGRAM, PROPER STRETCHING WILL PREPARE YOUR JOINTS AND MUSCLES FOR EXERCISE AND HELP AVOID INJURIES.
- 3) IF AT ANY TIME YOU SHOULD FEEL FAINT OR DIZZY, NAUSEOUS OR EXPERIENCE ANY OTHER ABNORMAL SYMPTOMS OR DISCOMFORT, DISCONTINUE USE AND CONSULT YOUR DOCTOR.
- 4) DO NOT USE THIS EQUIPMENT WITHOUT QUALIFIED SUPERVISION AND PROPER TRAINING NEVER WORK OUT ALONE ALWAYS HAVE A PARTNER.
- 5) SECURELY TIGHTEN ALL BOLTS AND REGULARLY CHECK TO ENSURE ALL BOLTS HAVE NOT LOOSENED.
- 6) WEAR GOOD RUBBER SOLE SHOES ONLY DO NOT USE BARE FOOTED OR WITH SOCKS ONLY.
- 7) DO NOT WEAR LOOSE CLOTHES SUCH AS ROBES, GOWNS, PANTS, LONG SHIRTS OR JEWELRY WHICH COULD BECOME ENTANGLED IN MOVING PARTS.
- 8) DO NOT STAND OR KNEEL ON SEAT ALWAYS SIT OR LAY SQUARELY CENTERED.
- 9) KEEP HEAD, LIMBS AND BODY PARTS CLEAR OF MOVING PARTS AND WEIGHT PLATES.
- 10) CHILDREN SHOULD NOT USE EXERCISE EQUIPMENT WITHOUT SUPERVISION BECAUSE OF POSSIBILITY OF INJURY FROM IMPROPER USAGE. THIS EQUIPMENT IS INTENDED FOR HOME USE ONLY.
- 11) REPLACEMENT OR WORN OR DEFECTIVE PARTS MUST BE REPLACED WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS OR ASSEMBLERS ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.

# T-SHIRT ORDER FORM

## DELTECH FITNESS T - SHIRT

SIZES AVAILABLE ARE M-XXL. THE COLOR OF THE SHIRTS ARE WHITE. RED AND BLACK LOGO. ONLY \$12.99



## DELTECH FITNESS MUSCLE SHIRT

SIZES AVAILABLE M-XXL THE COLOR AVAILABLE IS BLACK. RED AND WHITE LOGO. ONLY \$12.99



SEND TO: DELTECH MANUFACTURING, INC.  
3910 OAKLAWN DR.  
LOUISVILLE, KY. 40219

ALL ORDERS SHIPPED UPS GROUND.

MAKE CHECK OR MONEY ORDER PAYABLE TO: DELTECH MANUFACTURING  
KENTUCKY RESIDENTS ADD 6% SALES TAX. ALLOW 3 WEEKS FOR DELIVERY.  
PRICE INCLUDES SHIPPING TO THE CONTIGUOUS UNITED STATES  
OR ORDER ONLINE WITH A CREDIT CARD AT [WWW.FITNESSDESTINATION.COM](http://WWW.FITNESSDESTINATION.COM)

QTY	SIZE	DESCRIPTION	COLOR	PRICE	TOTAL
		T - SHIRT	WHITE	\$12.99 EA.	
		MUSCLE SHIRT	BLACK	\$12.99 EA.	
				TOTAL	

### SHIPPING INFORMATION:

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