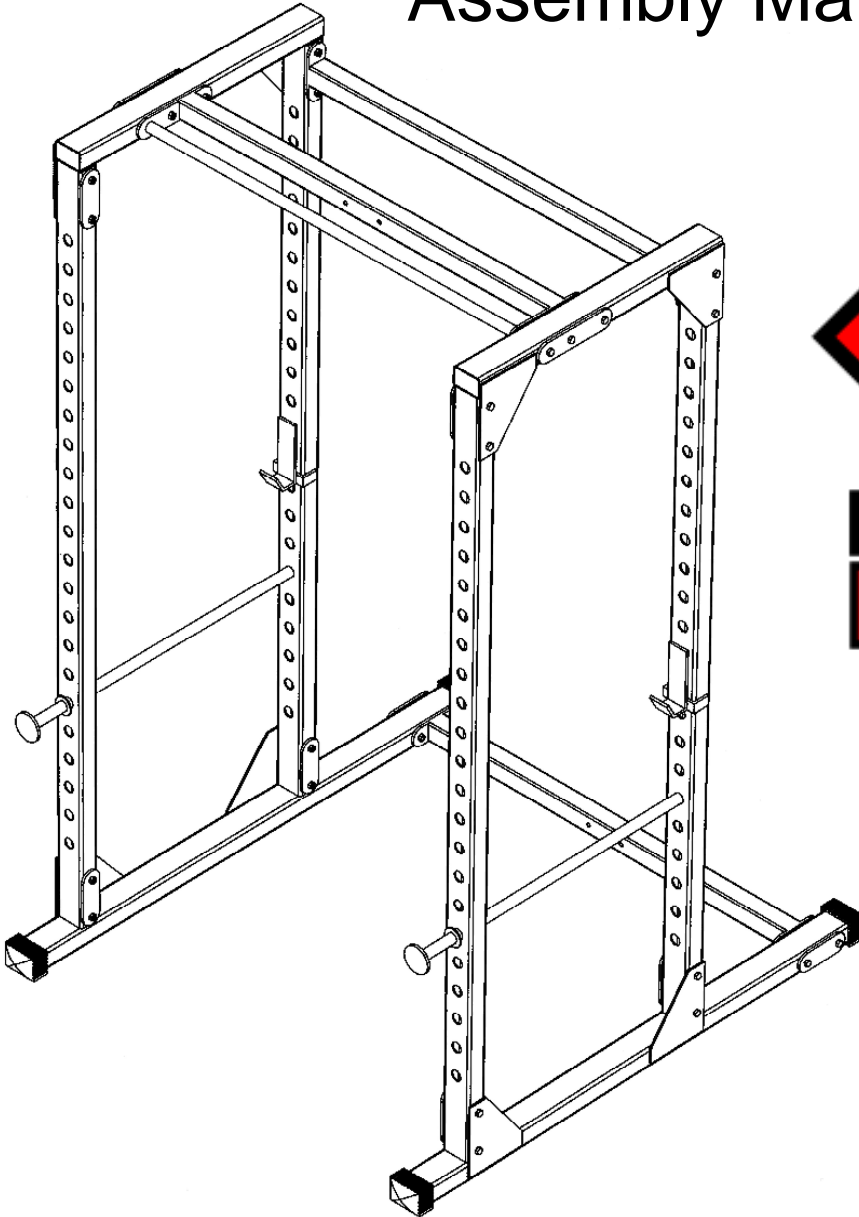


# DF820

## **POWER RACK**

### Assembly Manual



**(888) 258-0533**

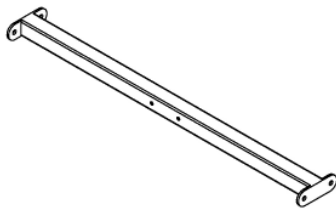
***FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY***

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

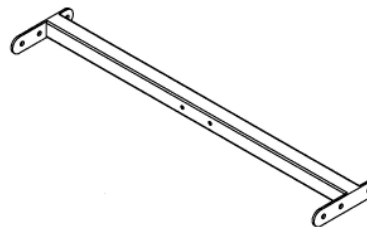
# BOX CONTENTS



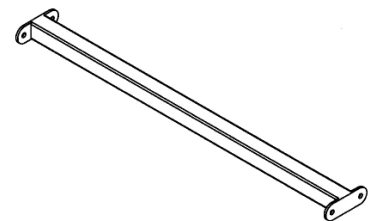
**A**  
UPRIGHT  
QTY 4



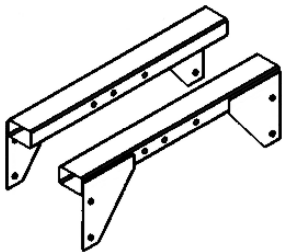
**B**  
BOTTOM CROSSMEMBER  
QTY 1



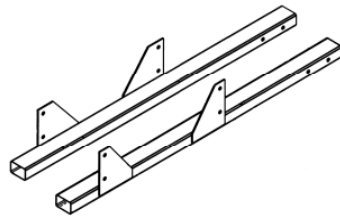
**C**  
TOP CROSSMEMBER  
QTY 1



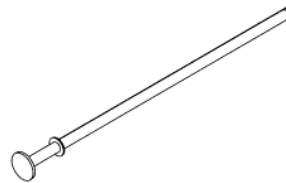
**D**  
BACK CROSSMEMBER  
QTY 1



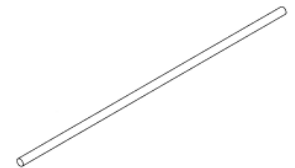
**E**  
LEFT AND RIGHT  
TOP FRAME SUPPORTS  
QTY 1 EACH



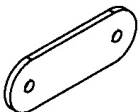
**F**  
LEFT AND RIGHT  
BOTTOM FRAME SUPPORTS  
QTY 1 EACH



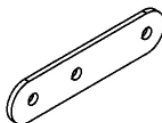
**G**  
SPOTTER ROD  
QTY 2



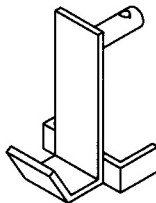
**H**  
CHIN-UP BAR  
QTY 1



**I**  
FLANGE  
QTY 8



**J**  
FLANGE  
QTY 2



**K**  
WEIGHT CATCH  
QTY 2

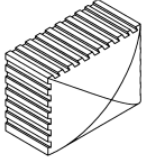


DF820  
INSTRUCTIONS  
QTY 1



DF820  
HARDWARE  
QTY 1

# ***HARDWARE***



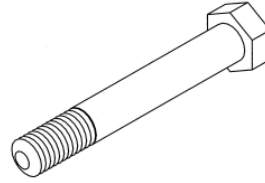
**L**

**RUBBER SHOE**  
QTY 4



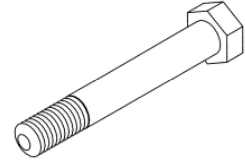
**M**

**RECTANGULAR CAP**  
QTY 4



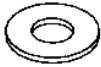
**N**

**M12 x 100MM BOLT**  
QTY 22



**O**

**M10 x 100MM BOLT**  
QTY 4



**P**

**M12 WASHER**  
QTY 42



**Q**

**M10 WASHER**  
QTY 8



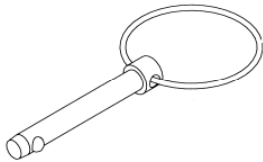
**R**

**M12 LOCKNUT**  
QTY 20



**S**

**M10 LOCKNUT**  
QTY 4

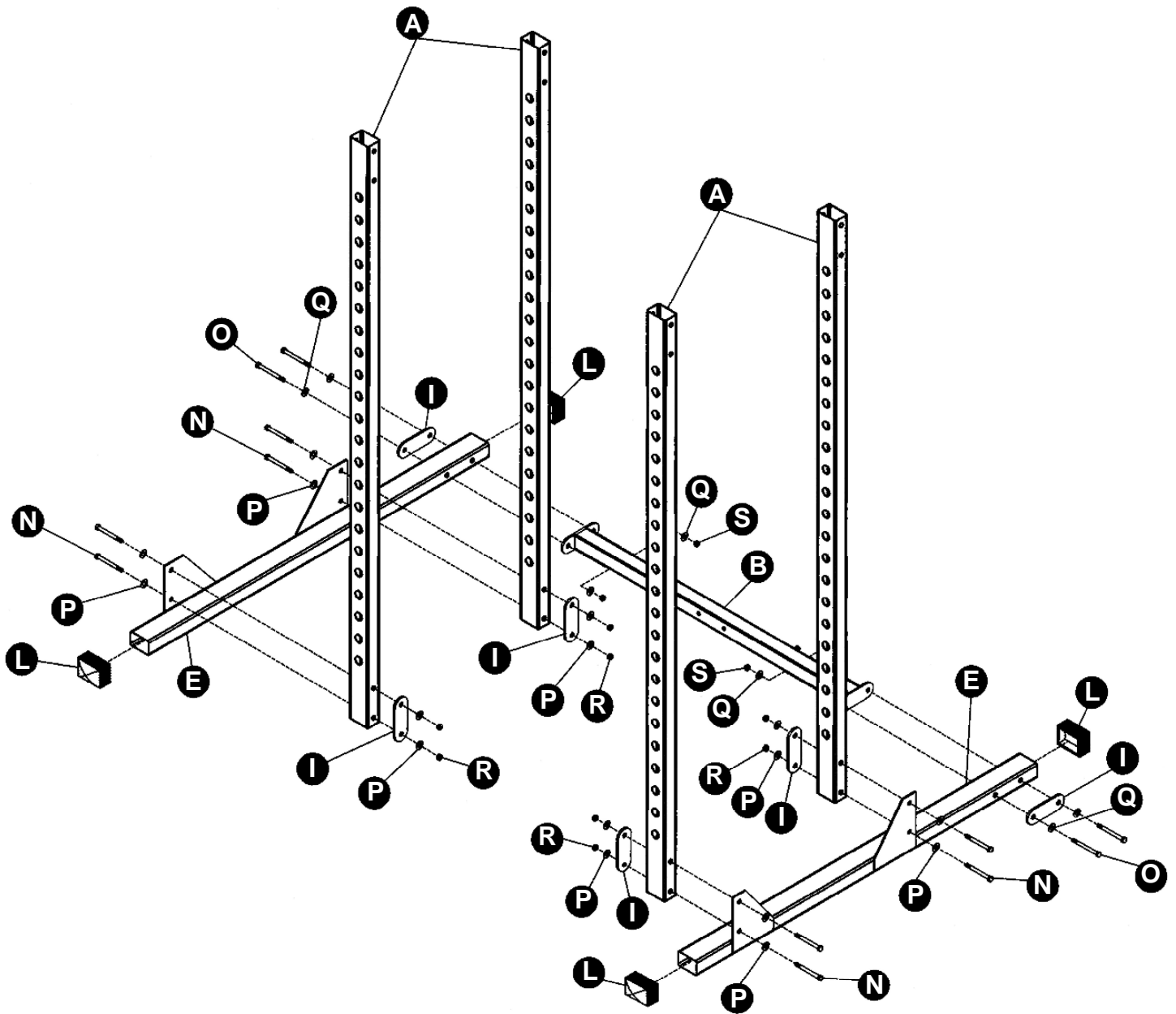


**T**

**LOCK PIN**  
QTY 4



## FRAME ASSEMBLY



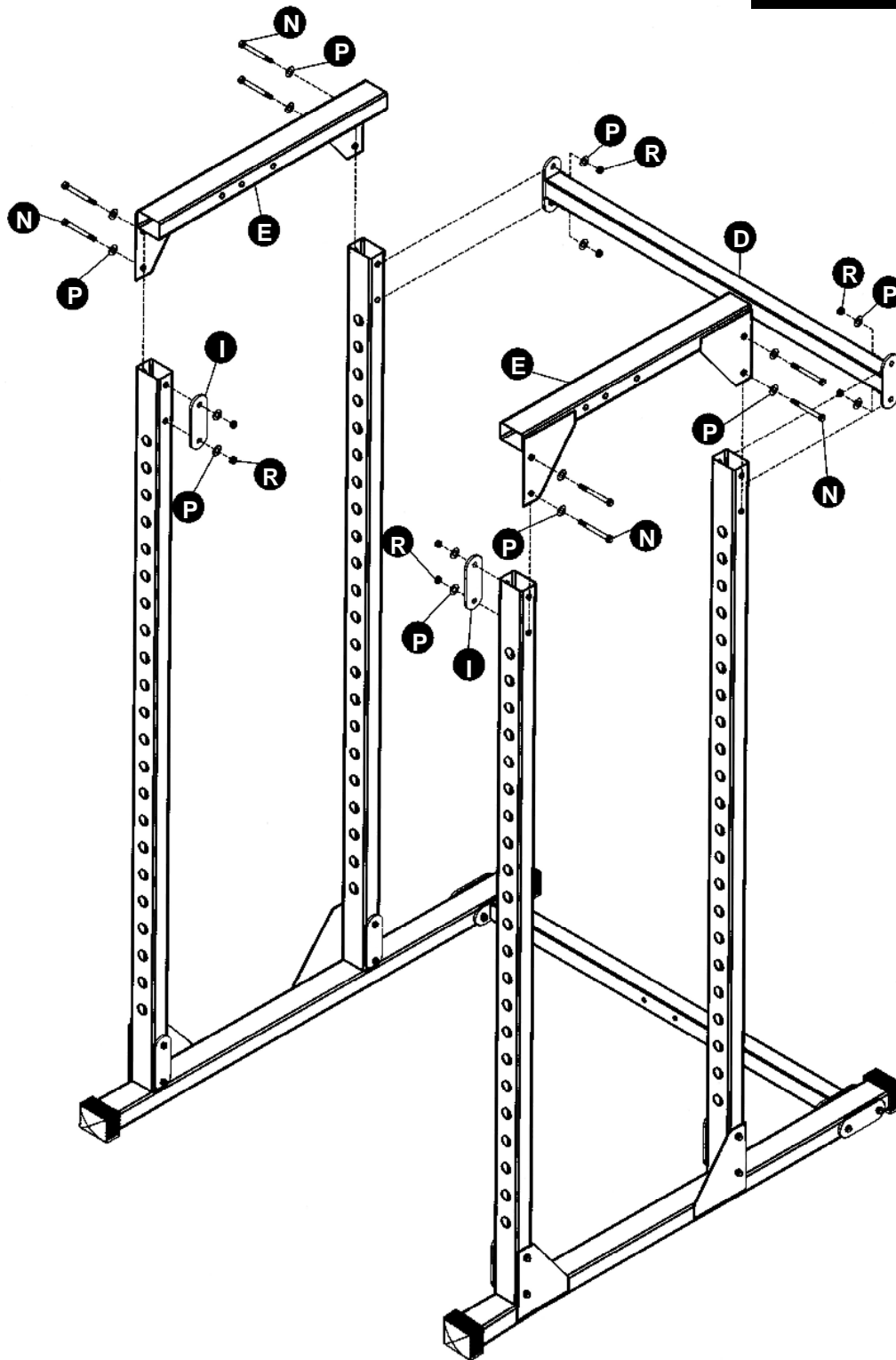
**TOOLS REQUIRED:**  
WRENCHES OR METRIC SOCKET SET

ATTACH THE UPRIGHTS (A) TO THE BOTTOM FRAME SUPPORTS (E) USING THE M12 x 100MM BOLTS (N), FLANGES (I), M12 WASHERS (P), AND M12 LOCKNUTS (R).

ATTACH THE BOTTOM CROSSMEMBER (B) USING THE M10 x 100MM BOLTS (O), FLANGES (I), M10 WASHERS (Q), AND M10 LOCKNUTS (S).

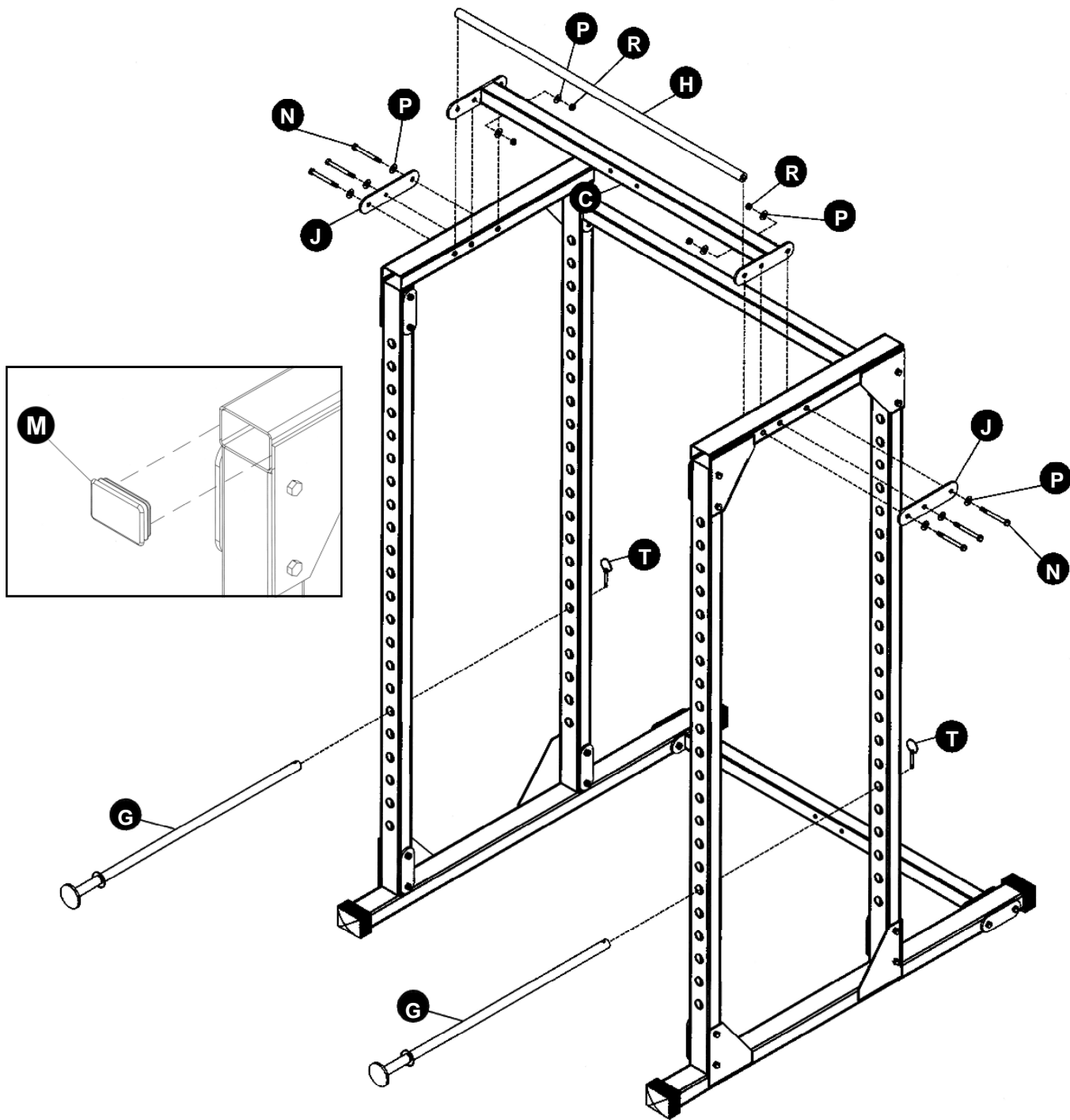
INSTALL THE RUBBER SHOES (L).

## FRAME ASSEMBLY



ATTACH THE TOP FRAME SUPPORTS (E) AND THE BACK CROSSMEMBER (D) TO THE UPRIGHTS USING M12 x 100MM BOLTS (N), FLANGES (I), M12 WASHERS (P), AND M12 LOCKNUTS (R).

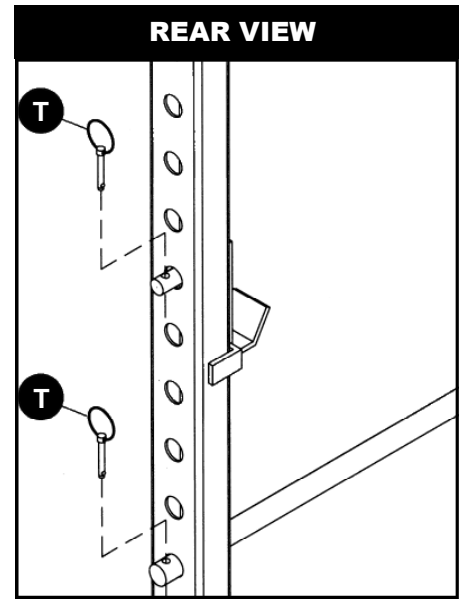
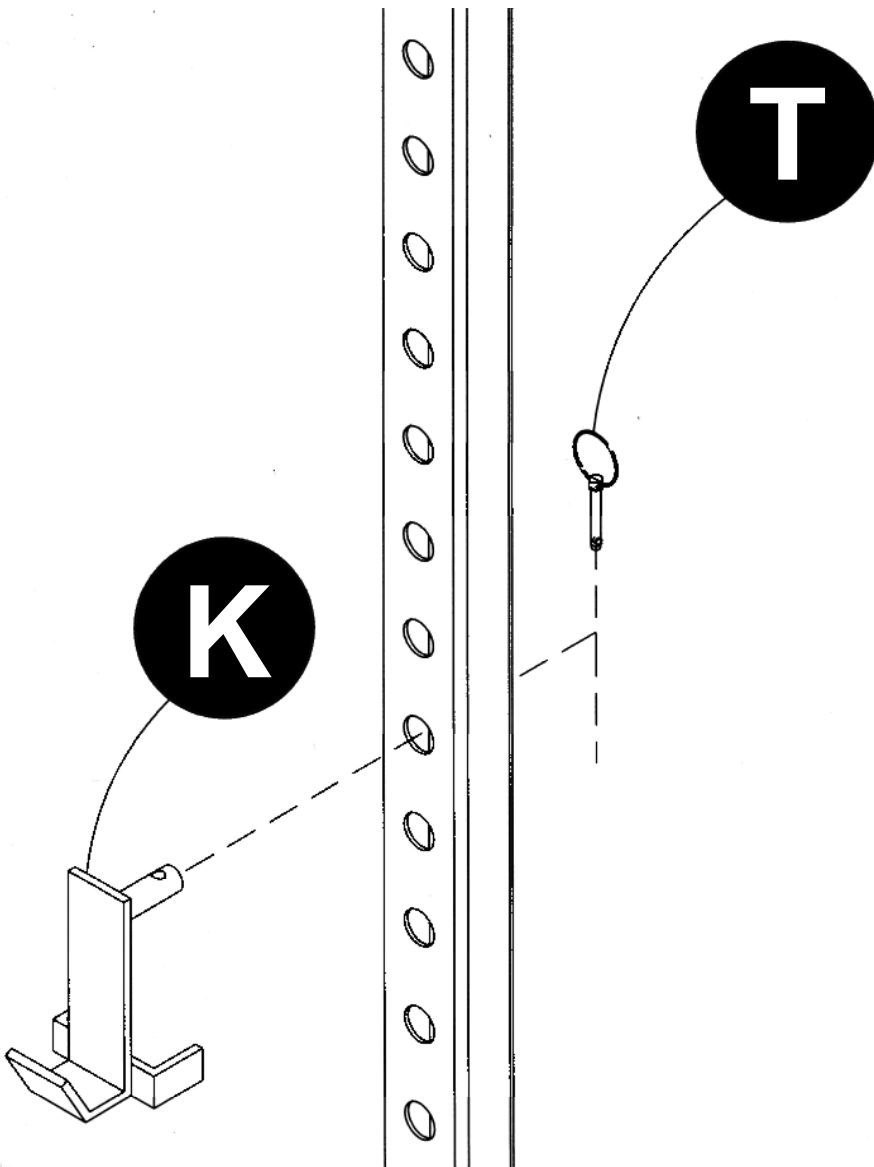
## FRAME ASSEMBLY



ATTACH THE TOP CROSSMEMBER (C) AND CHIN-UP BAR (H) TO THE TOP FRAME SUPPORTS USING M12 x 100MM BOLTS (N), FLANGES (J), M12 WASHERS (P), AND M12 LOCKNUTS (R).

INSERT SPOTTER RODS (G) AND SECURE WITH LOCK PINS (T).

SEE INSET: INSTALL RECTANGULAR CAPS (M) INTO UPPER FRAME.



LOCKPIN INSTALLATION

ATTACH THE WEIGHT CATCHES (K) TO THE UPRIGHTS AND SECURE WITH LOCK PINS (T).

## **USE INSTRUCTIONS:**

- 1) SET WEIGHT HOOKS TO DESIRED HEIGHT AND INSERT LOCK PIN.
- 2) SET THE SPOTTER RODS TO THE DESIRED HEIGHT AND INSERT LOCK PIN.
- 3) IF YOU ARE USING A UTILITY BENCH MAKE SURE THAT IT IS POSITIONED IN THE MIDDLE OF THE RACK.
- 4) START YOUR LIFT. AFTER COMPLETION RETURN THE BAR TO THE WEIGHT HOOKS. MAKE SURE THAT THE BAR IS SECURE BEFORE LETTING GO.

***EXTRA WEIGHT HOOKS AND SPOTTER RODS CAN BE PURCHASED BY CALLING 888-258-0533***

## ***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 ASSESSORS ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.