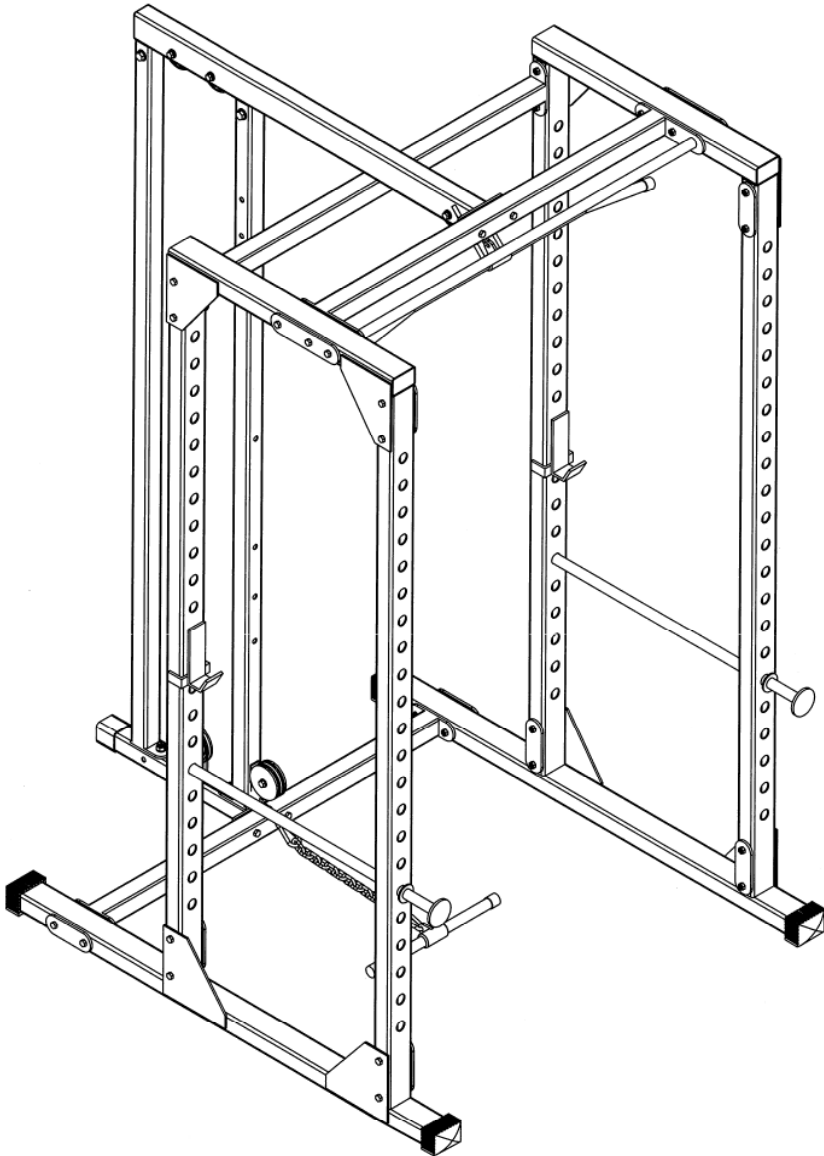


DF820LS

POWER RACK WITH LAT ATTACHMENT AND 200 LB WEIGHT STACK

Assembly Manual



The DF820LS consists of the DF820 Power Rack and the DF838 Stack Loaded Lat Attachment

(888) 258-0533

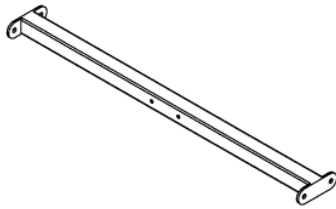
FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

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

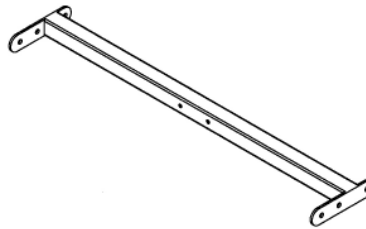
BOX CONTENTS



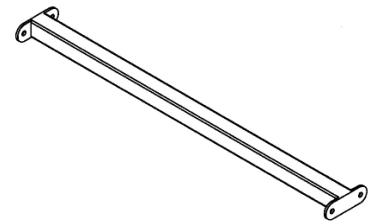
A
UPRIGHT
QTY 4



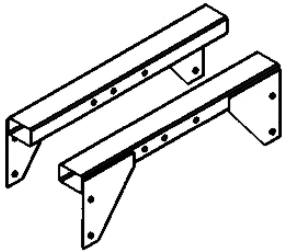
B
BOTTOM CROSSMEMBER
QTY 1



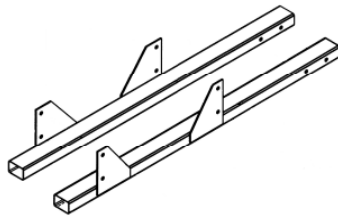
C
TOP CROSSMEMBER
QTY 1



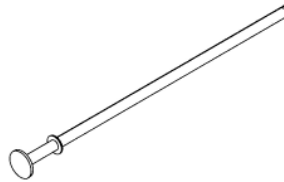
D
BACK CROSSMEMBER
QTY 1



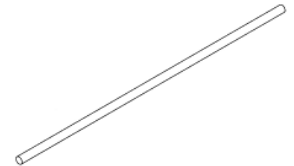
E
LEFT AND RIGHT
TOP FRAME SUPPORTS
QTY 1 EACH



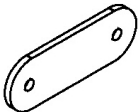
F
LEFT AND RIGHT
BOTTOM FRAME SUPPORTS
QTY 1 EACH



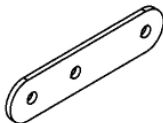
G
SPOTTER ROD
QTY 2



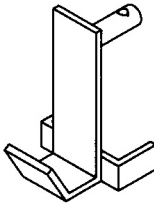
H
CHIN-UP BAR
QTY 1



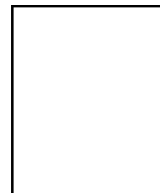
I
FLANGE
QTY 8



J
FLANGE
QTY 2



K
WEIGHT CATCH
QTY 2

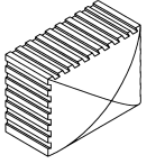


DF820
INSTRUCTIONS
QTY 1



DF820
HARDWARE
QTY 1

HARDWARE



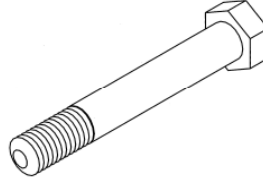
L

RUBBER SHOE
QTY 4



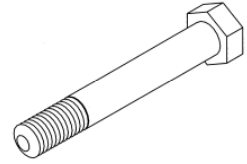
M

RECTANGULAR CAP
QTY 4



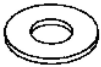
N

M12 x 100MM BOLT
QTY 22



O

M10 x 100MM BOLT
QTY 4



P

M12 WASHER
QTY 42



Q

M10 WASHER
QTY 8



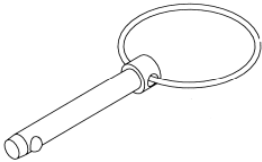
R

M12 LOCKNUT
QTY 20



S

M10 LOCKNUT
QTY 4

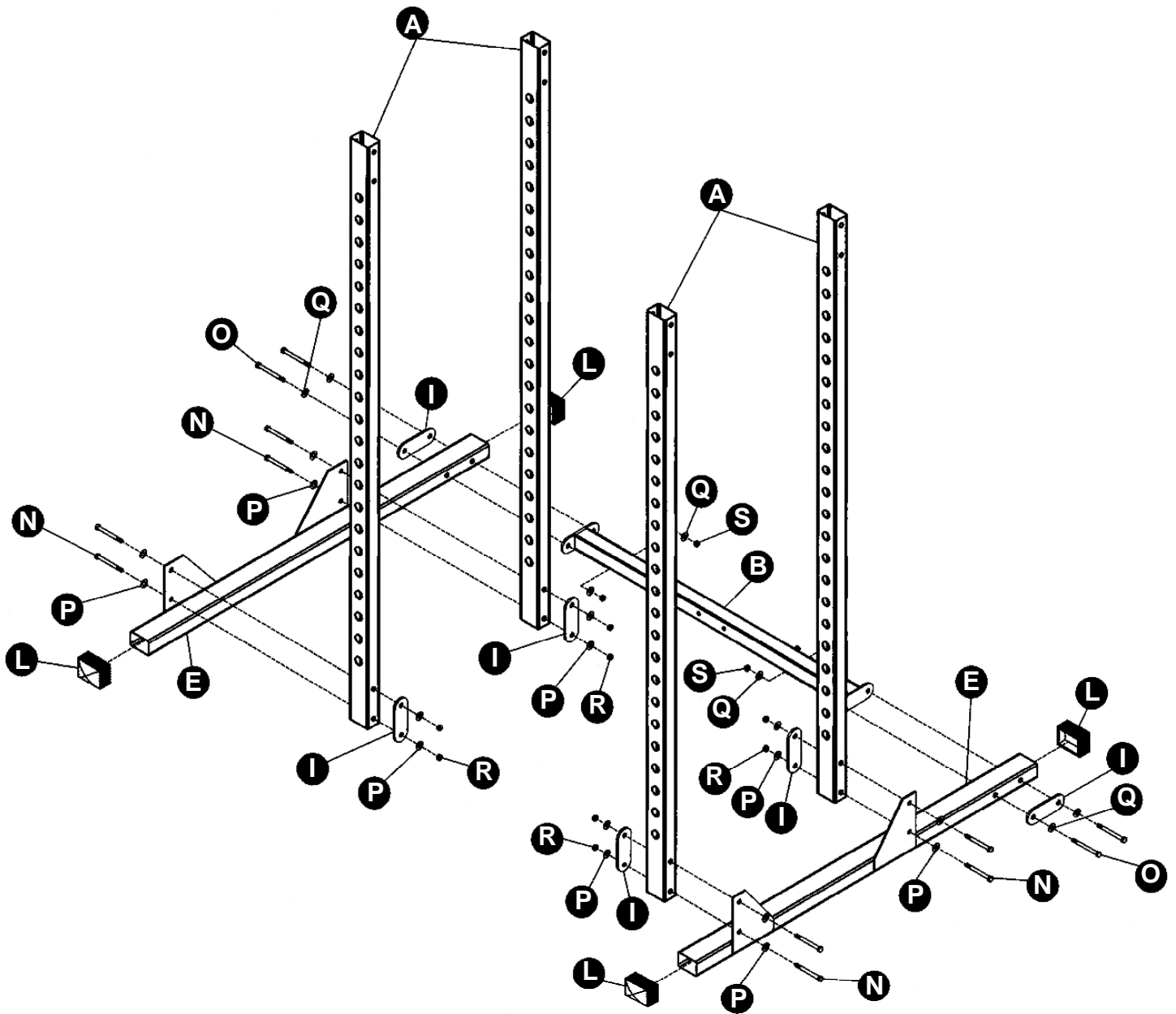


T

LOCK PIN
QTY 4



FRAME ASSEMBLY



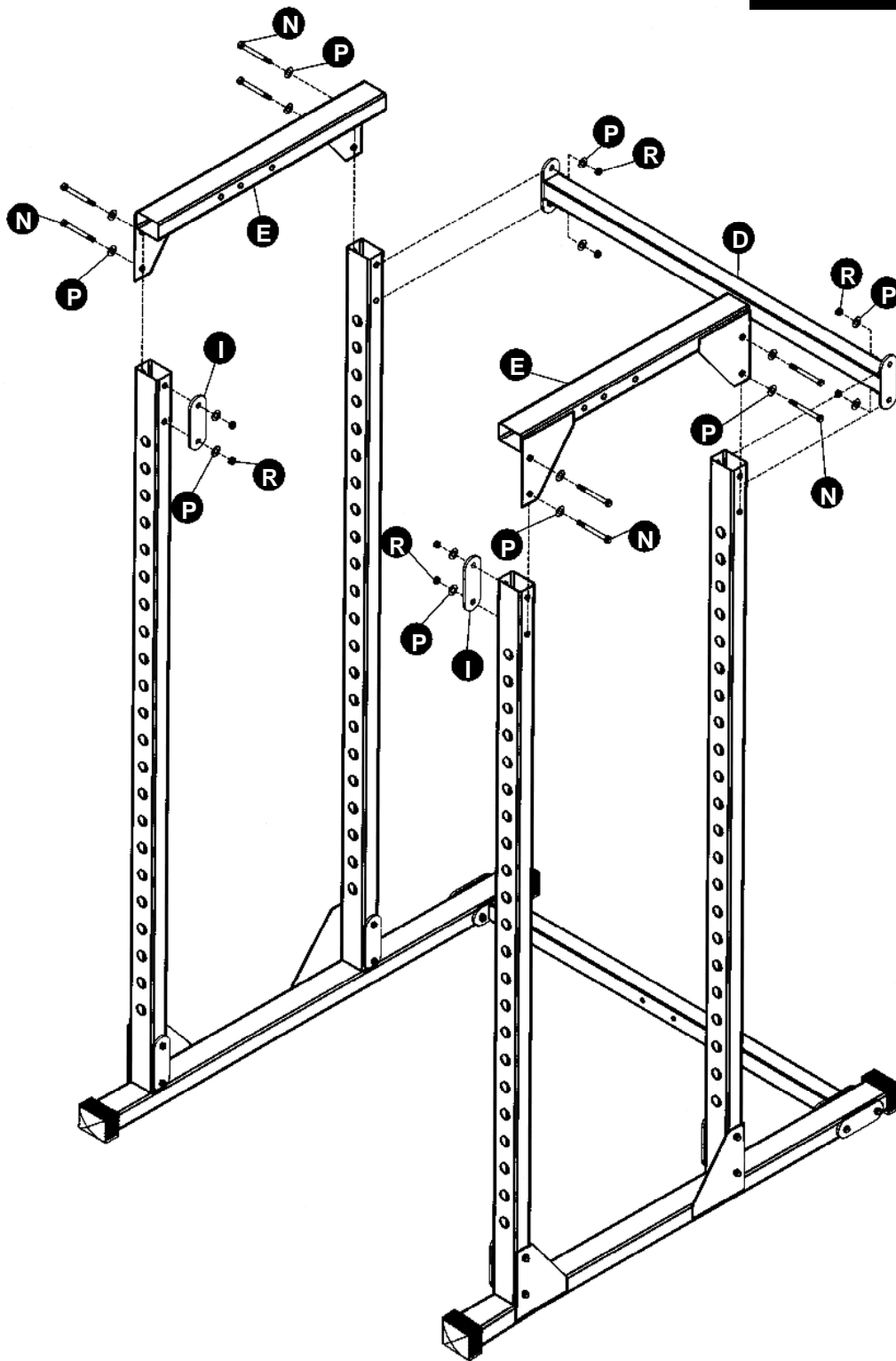
TOOLS REQUIRED:
WRENCHES OR METRIC SOCKET SET

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).

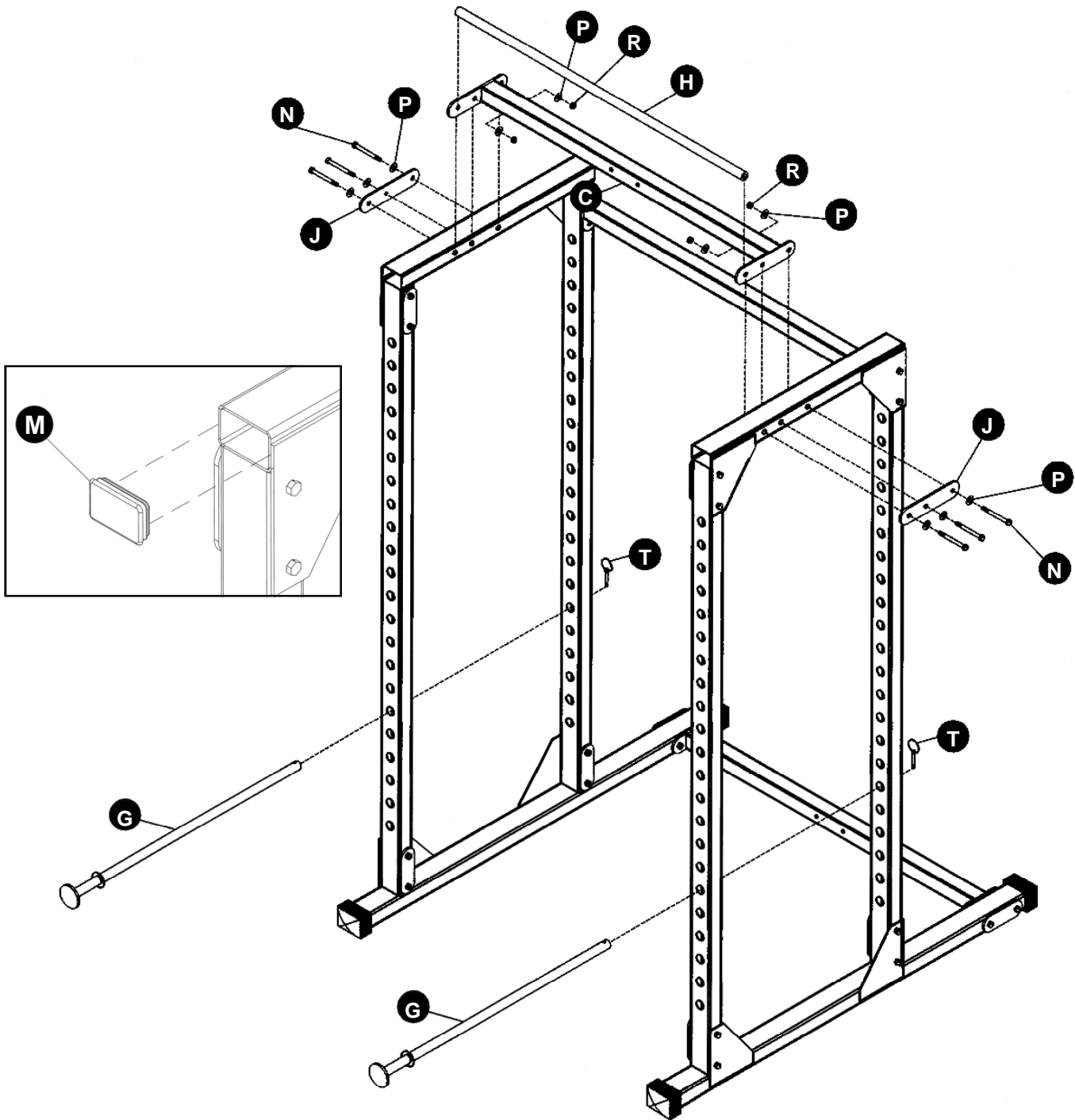
INSTALL THE RUBBER SHOES (L).

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

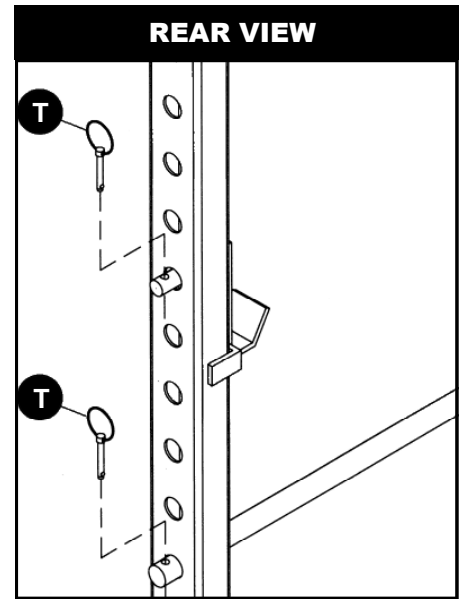
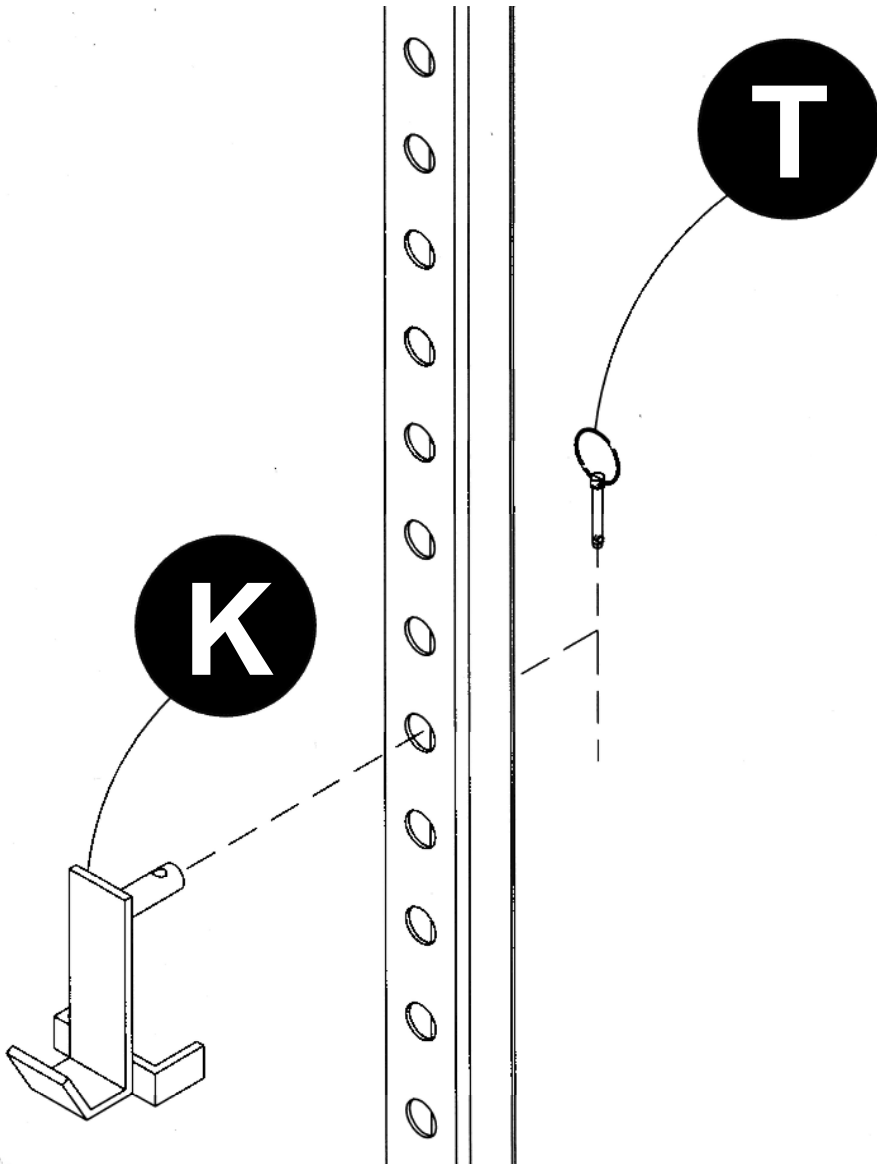


ATTACH THE TOP CROSSMEMBER (C) AND CHIN-UP BAR (H) TO THE TOP FRAME SUPPORTS USING M12 x 100MM BOLTS (N), FLANGES (J), M12 WASHERS (P), AND M12 LOCKNUTS (R).

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

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

FRAME ASSEMBLY



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.

You have completed assembly of the DF820 Power Rack. Please refer to the assembly manuals of the DF830 Lat Attachment and DF835 Weight Stack attachment to complete full assembly. Please assemble the DF830 and then the DF835.

