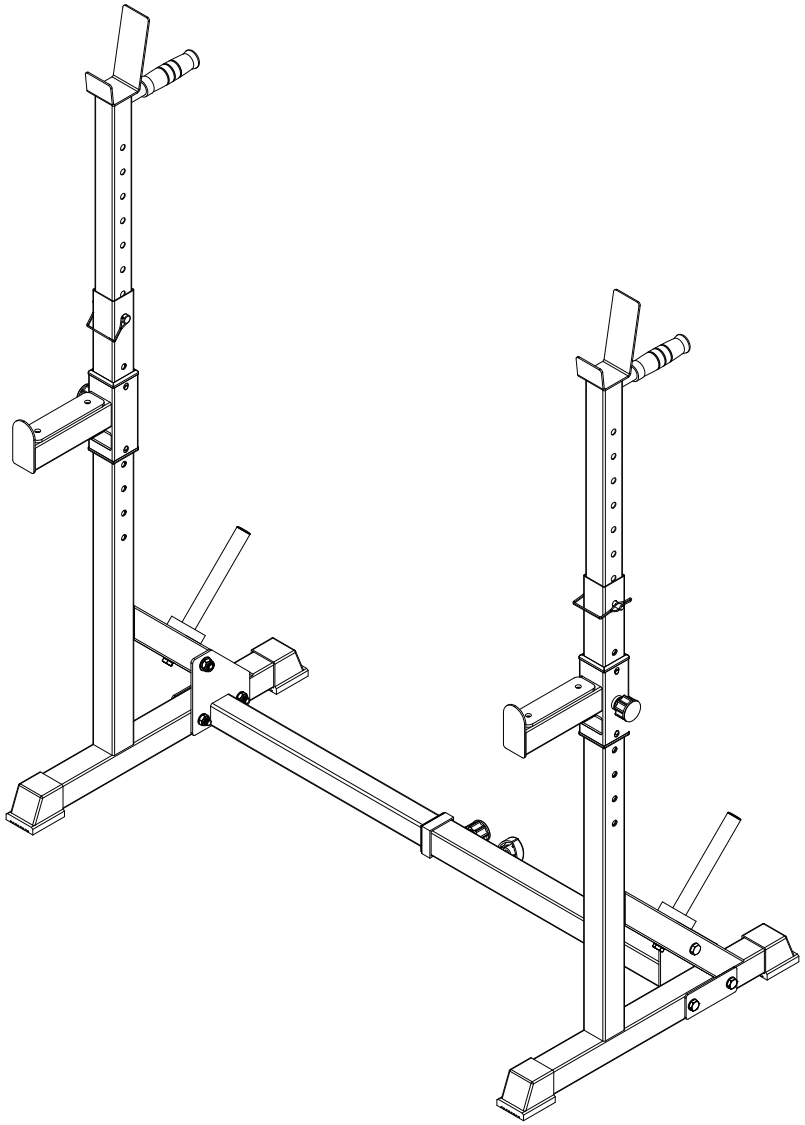
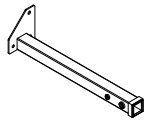
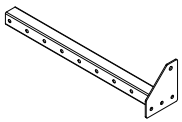
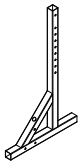
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Height Adjustable Squat Rack

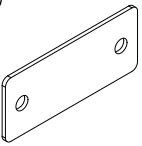


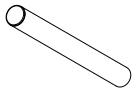
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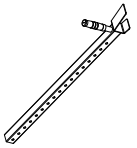
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CONNECTING PIPE-1PC

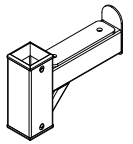
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INNER TUBE CONNECTION -1PC

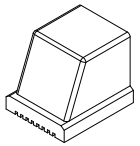
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MAIN FRAME-2PCS

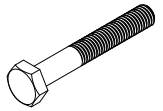
4

REINFORCEMENT PATCH-2PCS

5

WEIGHT PLATE HOLDER -2PCS

6

BARBELL RACK-2PCS

7

SLIDE ASSEMBLY -2PCS

A

FOOT COVER-4PCS

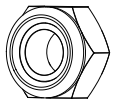
B

M10*70-6PCS

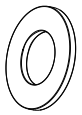
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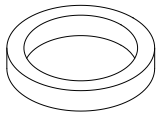
M10*20-2PCS

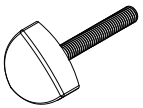
D

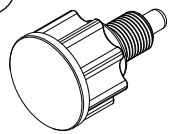
BOX-TYPE PIN-2PCS

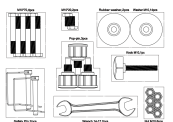
E

NUT M10-6PCS

F

WASHER Φ10-14PCS

G

BUFFER RING-2PCS

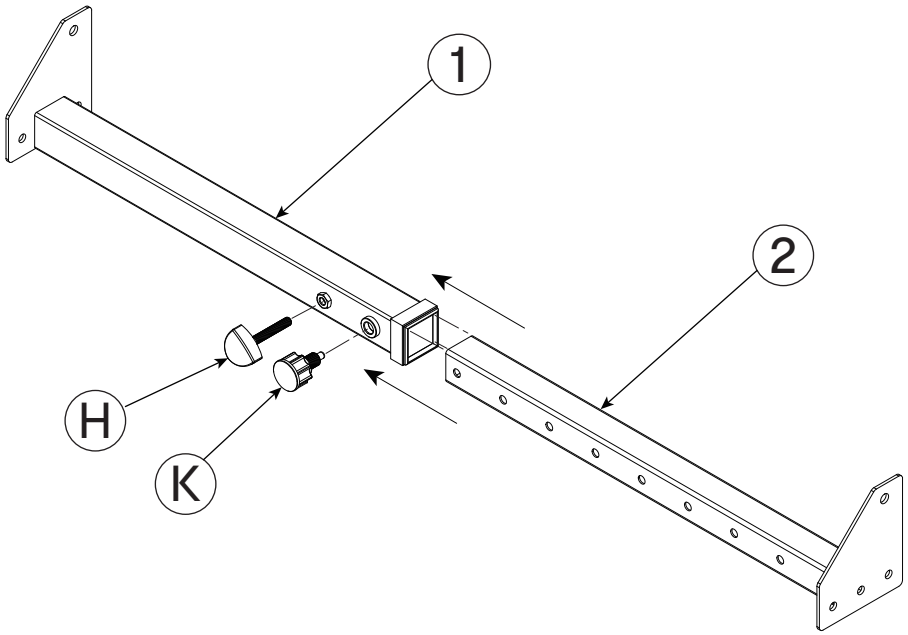
H

TRIANGLE STOPPER-1PCS

K

SPRING PULL PIN-3PCS

HARDWARE BAG


Assembling Step 1:

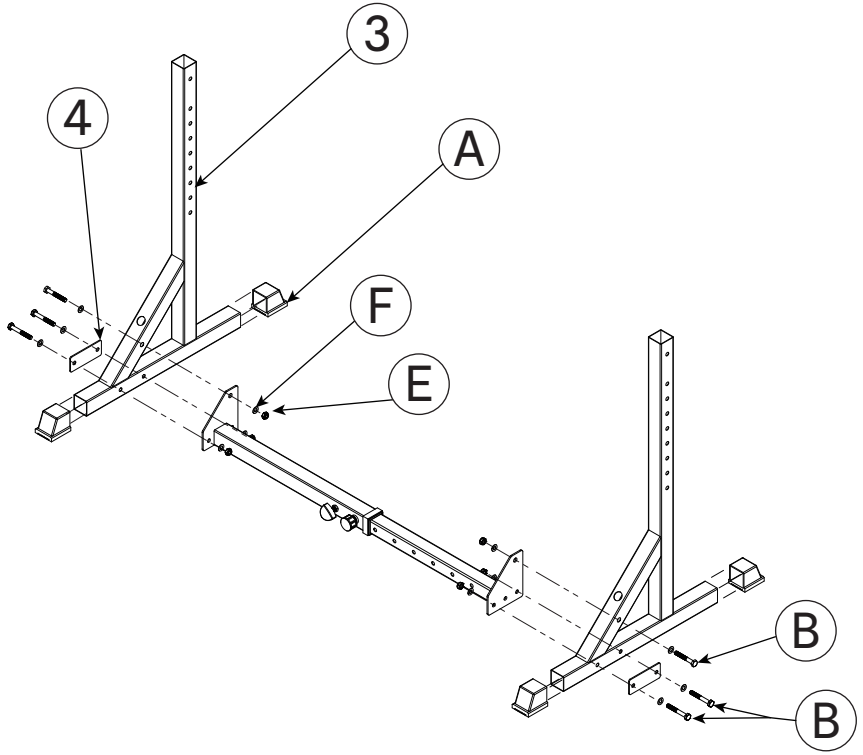
Slide the inner tube (2) in/out to various lengths and fasten it to connecting pipe (1) with (H) & (K).



PARTS LIST		
Number	Description	Quantity
1	Connecting Pipe	1
2	Inner Tube Connection	1
H	Triangle Stopper	1
K	Spring Pull Pin	1

Assembling Step 2:

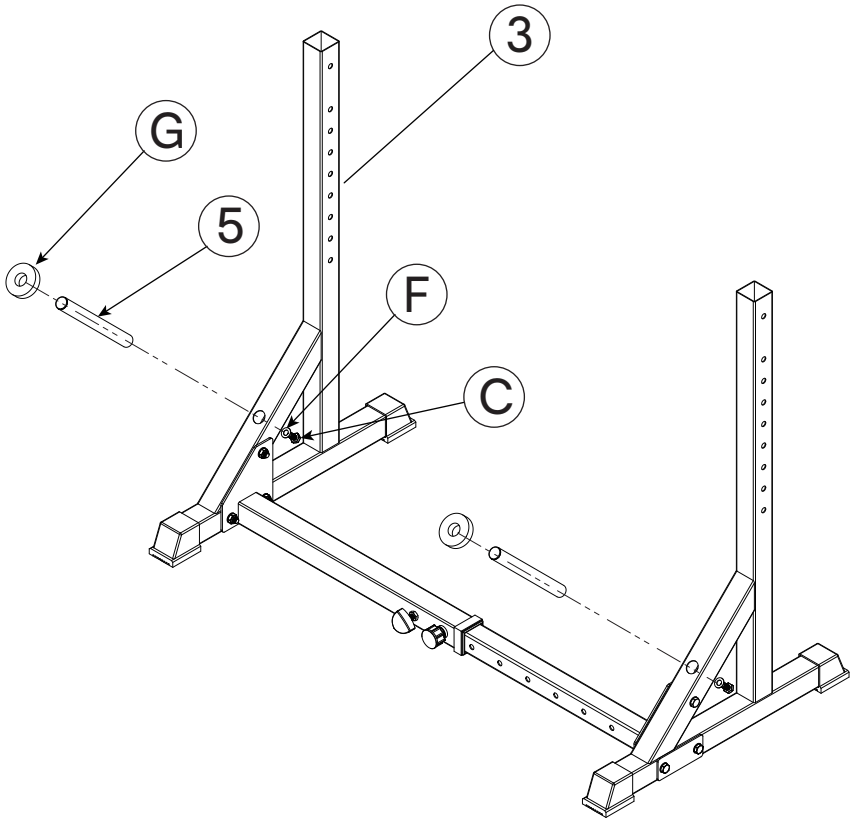
Assemble the main frames (3) on both sides to the bottom beam.



PARTS LIST		
Number	Description	Quantity
3	Main Frame	2
4	Reinforcement Patch	2
B	Bolt M10*70	6
E	Nut M10	6
F	Washer φ10	12
A	Foot Cover	4

Assembling Step 3:

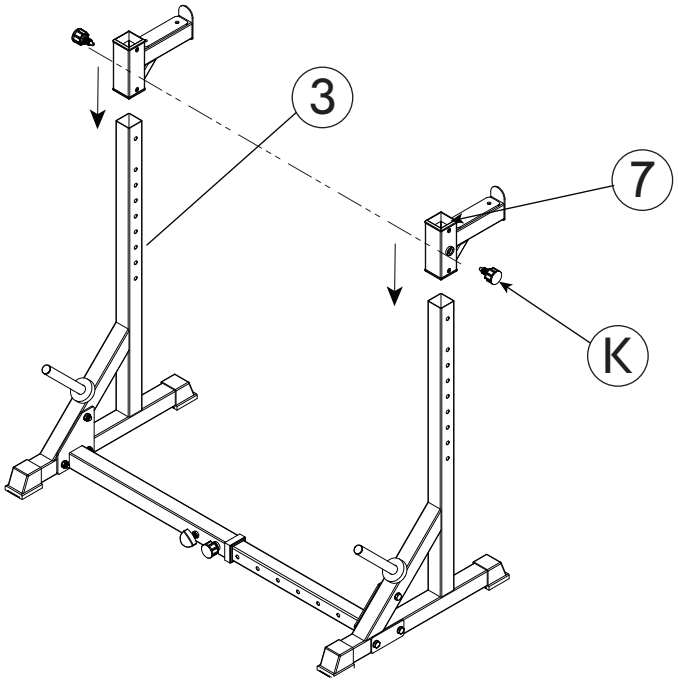
Install the weight plate holder (5) and buffer ring (G) onto the main frames on both sides.



PARTS LIST		
Number	Description	Quantity
5	Weight plate holder	2
C	Bolt M10*20	2
F	Washer	2
G	Buffer ring	2

Assembling Step 4:

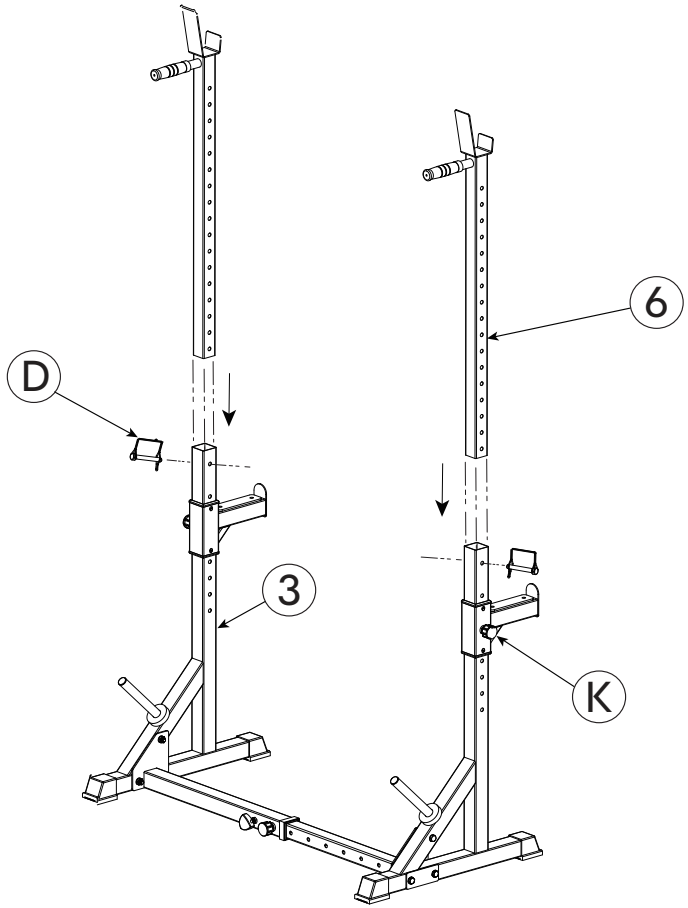
Install the slide assembly (7) onto the main frames (3) on both sides, tighten it using the spring pull pin, and after tightening, ensure (K) that 2-3 threads are exposed.



PARTS LIST		
Number	Description	Quantity
7	Slide Assembly	2
k	Spring Pull Pin	2

Assembling Step 5:

Insert the barbell rack (6) into the square tubes of the main frames (3) on both sides. During insertion, first pull out the spring pull pin (K), then adjust the installation height of the barbell rack (6). Tighten the spring pull pin (K) to ensure that the barbell rack is secured and cannot move up or down. Finally, secure the box type pin (D) to the position shown in the illustration.

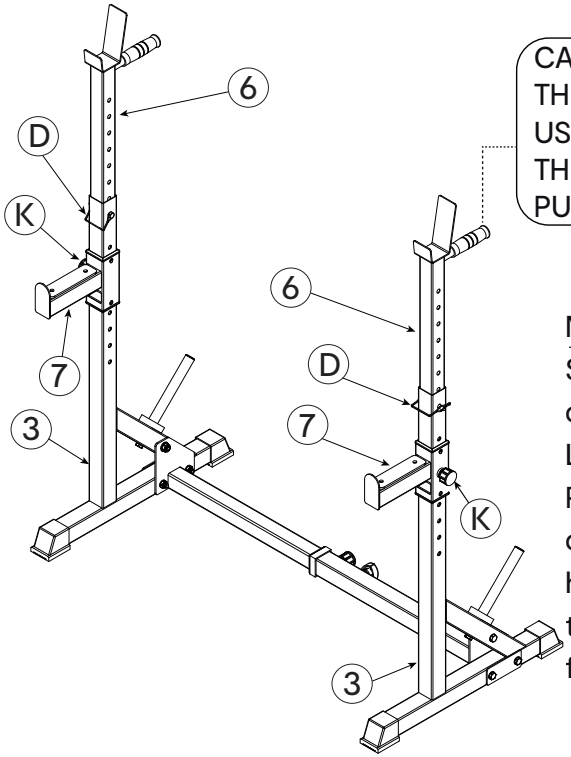


PARTS LIST		
Number	Description	Quantity
6	Barbell Rack	2
D	Box-Type Pin	2

Adjustment Instructions

Height adjustment

Method 1: Barbell rack height adjustable Range: 15 Level (118-183cm). Disassemble box type pin (D) . Pull out spring pull pin (K) and slide the barbell rack (6) up/down to various heights. Wait for a "click" sound, then tighten barbell rack (6) to main frame (3) with.



CAUTION:
THE HANDLES ON BOTH SIDES ARE USED TO ADJUST THE HEIGHT OF THE BARBELL BAR, NOT FOR DOING PULL-UPS.

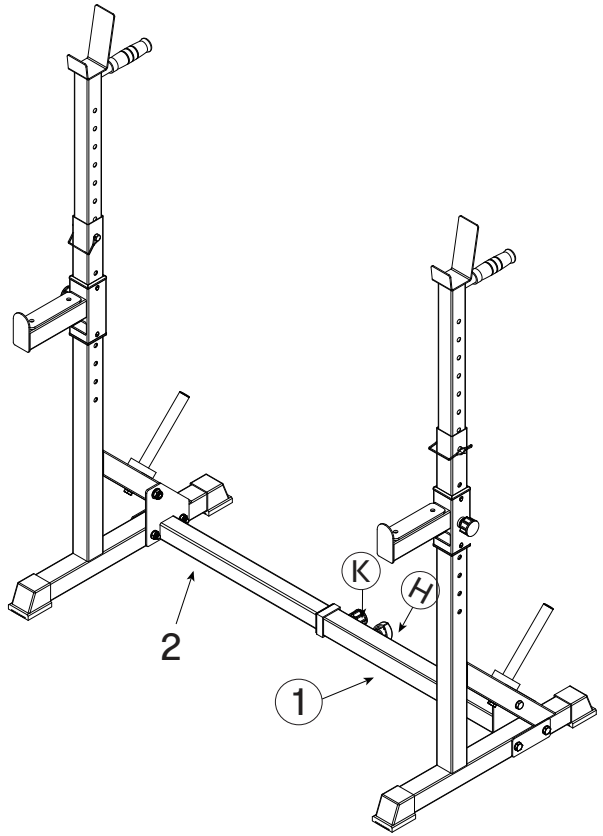
Method 2:
Slide assembly (7) height adjustable range: 8 Level (49-83cm). Loosen the spring pull pin (K). Pull it out and move the slide assembly (7) up/down to various heights. Wait for a "click" sound, then tighten (K) to fix the main frame (3).

Warning:

-Do not adjust any operating height while the product is under load.
-Do not rely on friction alone. Visually confirm that the pins have passed completely through the adjustment holes on both sides.
-After height adjustment, please check that the support frames on both sides are at the same height to prevent tilting.
-Always ensure the (H) / (K) & (D) locking pins/clips are fully engaged through both the inner and outer tubes before loading any weight.

Width adjustment

Width adjustable range: 7 Level (76-121cm).
Remove the triangle stopper (H) and pull out the spring pull pin (K),
Slide the inner tube (2) in/out to various lengths and fasten it to connecting pipe (1) with (H) & (K).



Warning:

-Do not adjust any operating width while the product is under load.

-Do not rely on friction alone. Visually confirm that the pins have passed completely through the adjustment holes on both sides.

-Always ensure the (K) & (D) locking pins/clips are fully engaged through both the inner and outer tubes before loading any weight.

SAFETY TIPS & WARNING

-Always read the instruction manual before using this device.
-Always assemble & place the device on a flat, solid surface (e.g., concrete or rubber gym flooring).
-Do not use the device on uneven, soft, or slippery surfaces.
-Fully tighten all bolts and locking nuts before first use. Check & re-tighten all fasteners periodically (e.g., every 2-3 uses or weekly). Do not use the rack if any parts are worn, bent, cracked, or missing.
-Ensure the foot covers are fully seated and in contact with the floor.
-Do not drag the rack across the floor to adjust position, lift it to move it.
-Avoid dropping loaded barbells directly onto the rack frame, as this can cause micro-fractures.
-Maintain a clear area around the rack to avoid colliding with walls, mirrors, or other equipment.A clearance of 0.6 meters around the device is neccessory as the free training area. Do not use outdoors or in damp environments to prevent rust and material degradation.
-Before using the product, please assemble and adjust it as described in the instruction manual. During use, avoid overtraining, as it may lead to health injuries.
-Do not allow children to play on or around the device.
-If you have any questions about your physical condition or suffer from an ailment, always consult your doctor before using Squat Rack.
-If you suffer from asthma or any other respiratory ailment, consult your doctor before using Squat Rack.
-Do not use Squat Rack if you are pregnant.
-Do not drink alcoholic beverages when using the device.
-Drink water and/or an isotonic beverage after use.
-As with any physical exercise machine, consult your doctor before your use.
-Max Load Capacity: Do not exceed the max weight of 300KG, including the weight of barbell, and weight plates.

Warning:

-Failure to follow these cautions could result in equipment failure, property damage, or serious personal injury.
-This product is not designed to be used by individuals who are with reduced physical, sensory or mental abilities, or by people without adequate experience and/or knowledge, unless they are supervised by someone responsible for their safety or are given instructions on how to use the device.