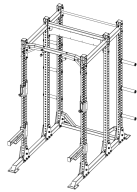


G2049 • Power Rack

INSTALLATION MANUAL



Before Installation

Before You Start

- 01 Read these instructions carefully before installation. Check the parts list to confirm all parts and quantities are complete. If any part is missing or damaged in transit, contact after-sales service immediately. Assemble the equipment according to these instructions.
- 02 After assembly, learn all functions before use. Stop using the equipment immediately if any problem occurs to avoid injury or equipment damage. Check these instructions for the cause; if the problem cannot be resolved, contact after-sales service.

Tools Required

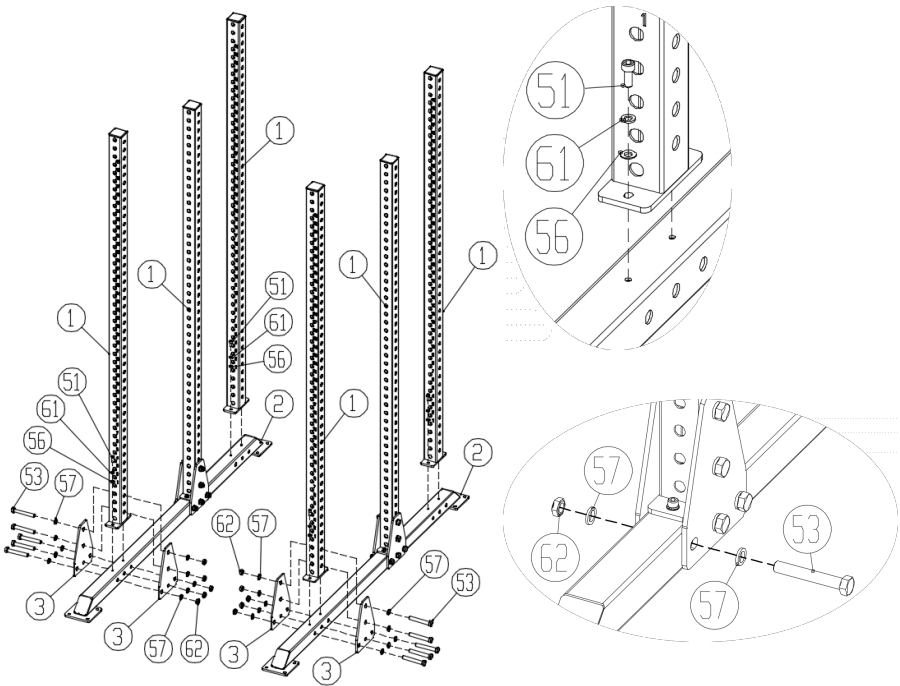
- Rubber Mallet
- Spirit Level
- Hex Keys
- Snap-Ring Pliers
- Adjustable Wrench
- 2 People

Fastener Reference



Assembly

STEP 1



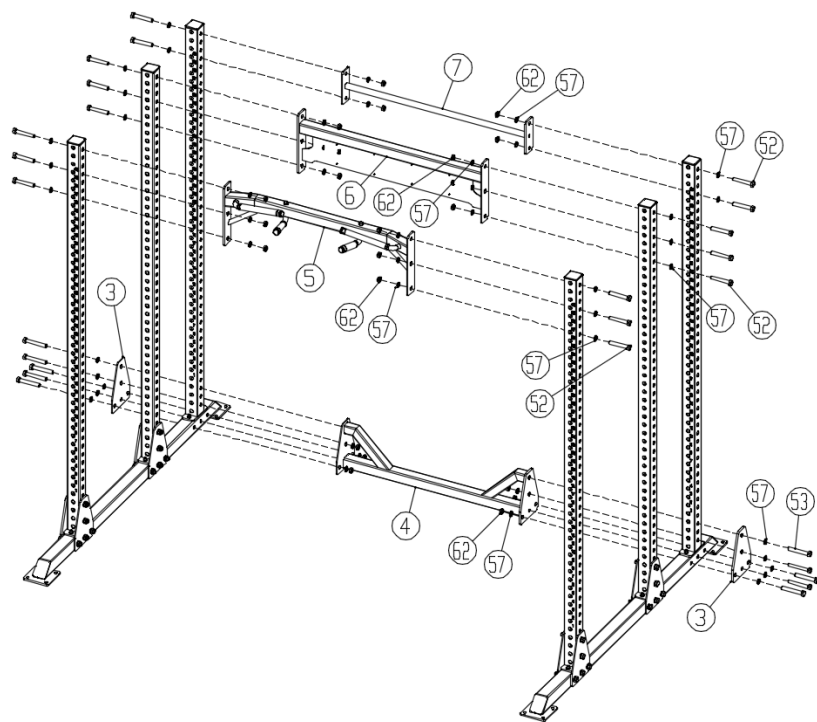
ACTION

Connect eight upright reinforcement plates (#3), six rack uprights (#1), and two rack base support bars (#2).

HARDWARE



STEP 2



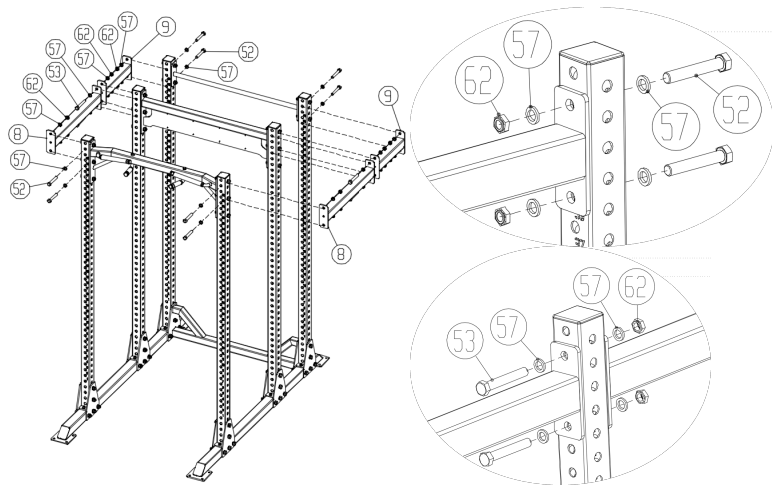
ACTION

Attach two upright reinforcement plates (#3), the lower connecting support frame (#4), front connecting support frame (#5), connecting frame (#6), and rear connecting support bar (#7) to the Step 1 assembly.

HARDWARE

 #3 × 2 Upright reinforcement plate	 #6 × 1 Connecting frame	 #53 × 10 Hex bolt M18x120
 #4 × 1 Lower connecting support frame	 #7 × 1 Rear connecting support bar	 #57 × 44 Flat washer M18-D28
 #5 × 1 Front connecting support frame	 #52 × 16 Hex bolt M18x110	 #62 × 22 Hex lock nut M18

STEP 3



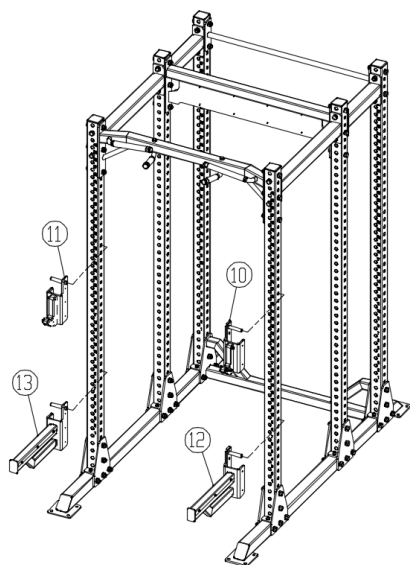
ACTION

Attach two rack connecting bars (#8) and two rack connecting bars 2 (#9) to the Step 2 assembly.

HARDWARE

 #8 × 2 Rack connecting bar	 #52 × 8 Hex bolt M18x110	 #57 × 24 Flat washer M18-D28
 #9 × 2 Rack connecting bar 2	 #53 × 4 Hex bolt M18x120	 #62 × 12 Hex lock nut M18

STEP 4



ACTION

Attach barbell support bracket 1 assembly (#10), barbell support bracket 2 assembly (#11), barbell support bracket 3 assembly (#12), and barbell support bracket 4 assembly (#13) to the Step 3 assembly.

HARDWARE



#10 × 1
Barbell support bracket 1 assembly



#11 × 1
Barbell support bracket 2 assembly

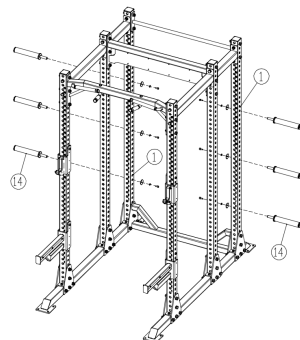


#12 × 1
Barbell support bracket 3 assembly



#13 × 1
Barbell support bracket 4 assembly

STEP 5



ACTION

Attach six weight plate storage sleeve assemblies (#14) to the Step 4 assembly.

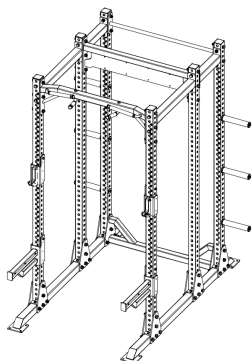
HARDWARE



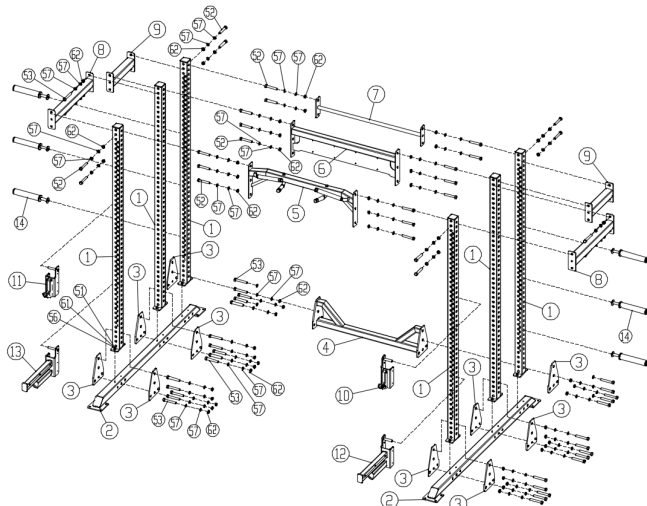
#14 × 6
Weight plate storage sleeve assembly

FINAL CHECK

01 Assembly is complete. Check that the power rack is level and plumb.



Exploded View



Parts List

NO. PART / SPECIFICATIONQTY			NO. PART / SPECIFICATIONQTY			NO. PART / SPECIFICATIONQTY			NO. PART / SPECIFICATIONQTY		
1	Rack upright	6	7	Rear connecting support bar	1	13	Barbell support bracket 4 assembly	1	57	Flat washer M18-D28	112
2	Rack base support bar	2	8	Rack connecting bar	1	14	Weight plate storage sleeve assembly	6	61	Spring washer M10	12
3	Upright reinforcement plate	10	9	Rack connecting bar 2	1	51	Socket head cap screw M10×25	12	62	Hex lock nut M18	54
4	Lower connecting support frame	2	10	Barbell support bracket 1 assembly	1	52	Hex bolt M18×110	24			
5	Front connecting support frame	2	11	Barbell support bracket 2 assembly	1	53	Hex bolt M18×120	34			
6	Connecting frame	1	12	Barbell support bracket 3 assembly	1	56	Flat washer M10-D20	12			