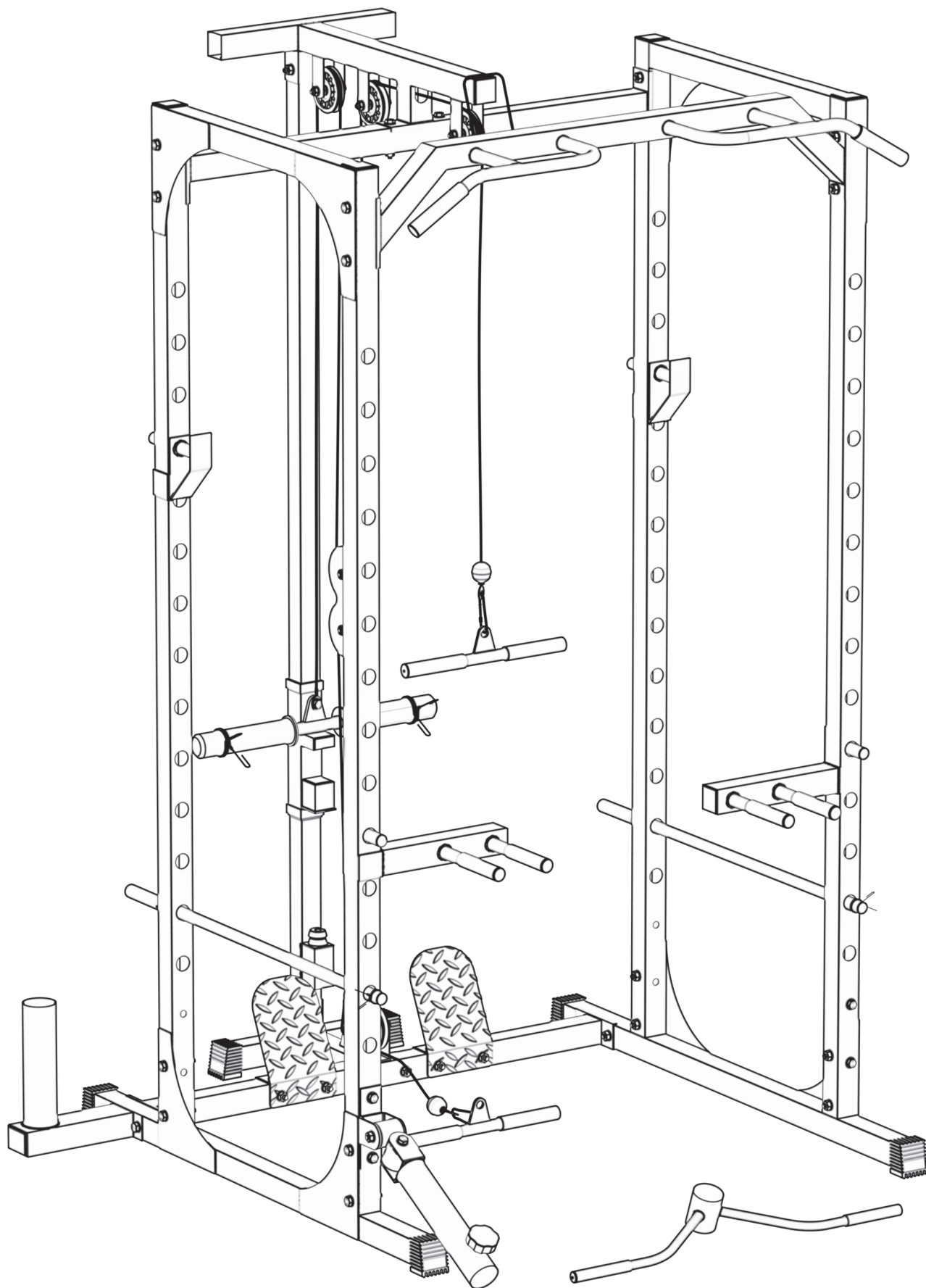


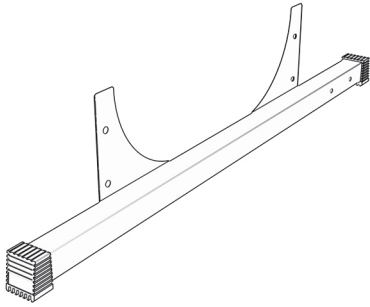
SYNERGEE

POWER RACK V1



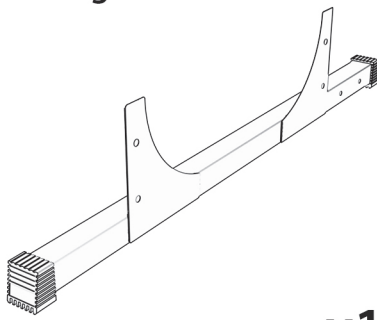
PARTS LIST

A1. Left Base



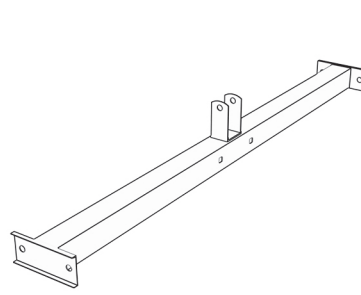
x1

A2. Right Base



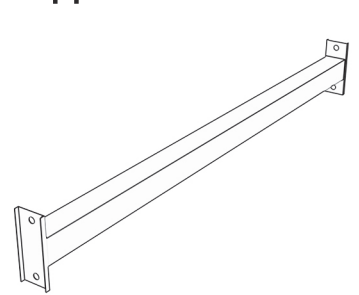
x1

B. Lower Stabilizer



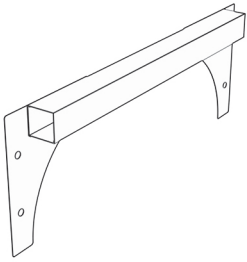
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C. Upper Stabilizer



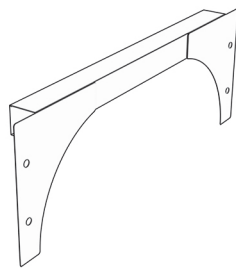
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D1. Upper Frame Left



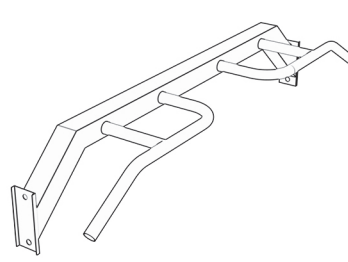
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D2. Upper Frame Right



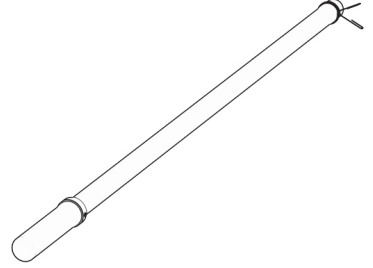
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E. Pull-Up Bar



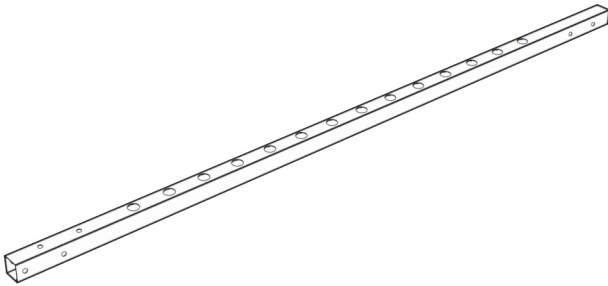
x1

F. Safety Bar



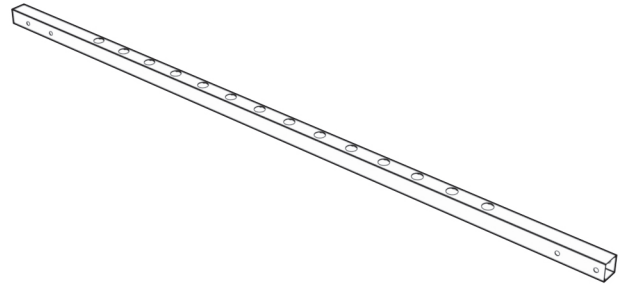
x2

G1. Front Upright



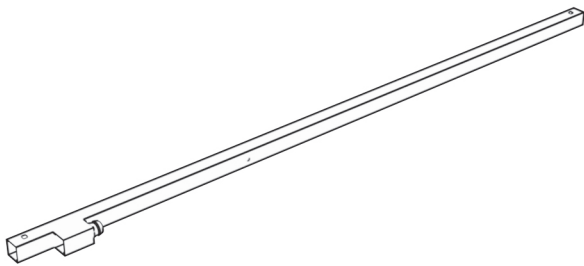
x2

G2. Rear Upright



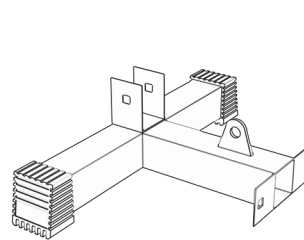
x2

H1. Pulley System Upright



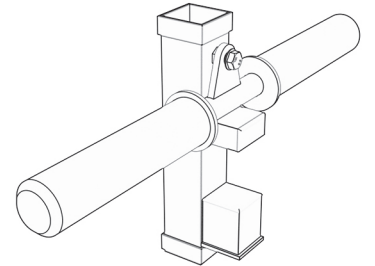
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H2. Lower cable frame



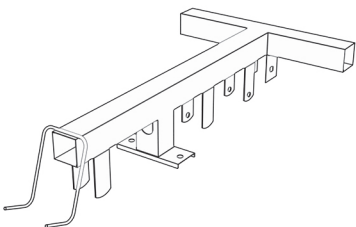
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H3. Loadable sleeves



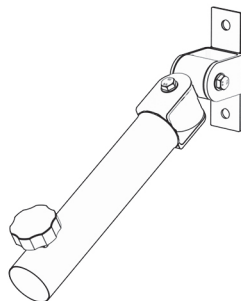
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I. Upper pulley system



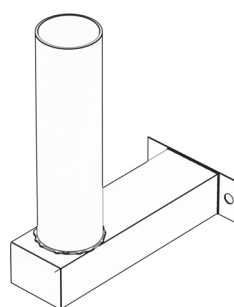
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J. Landmine Attachment



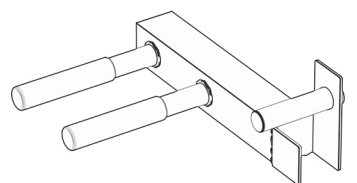
x1

K. Barbell Storage



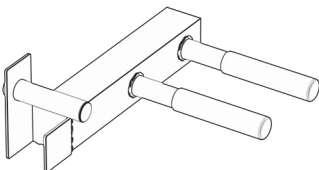
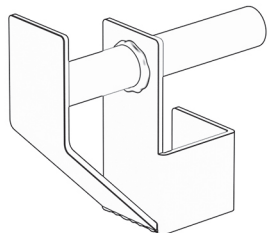
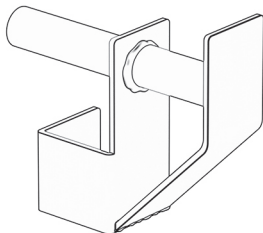
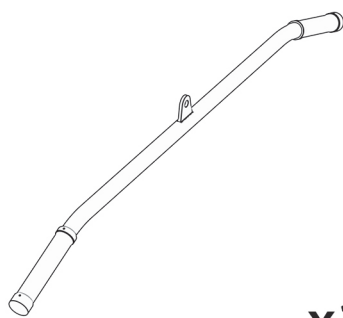
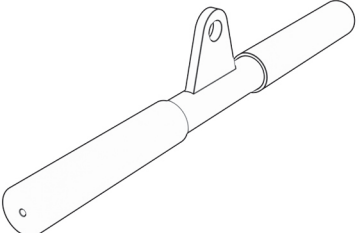
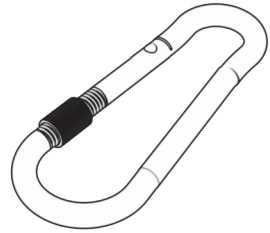
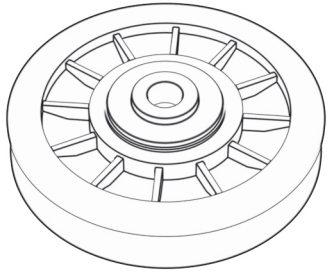
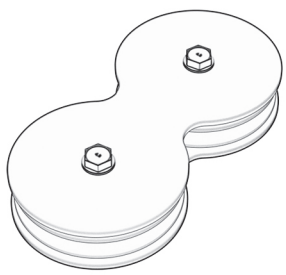
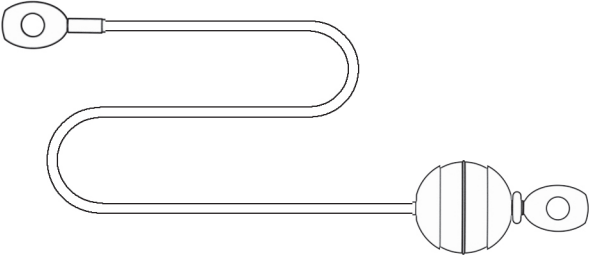
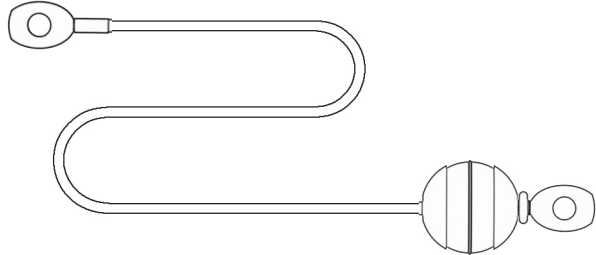
x1

L. Right Dip Handle


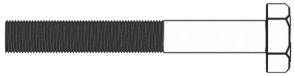
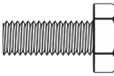

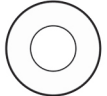
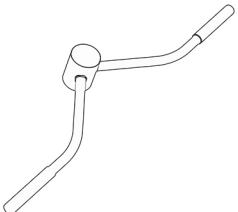



x1

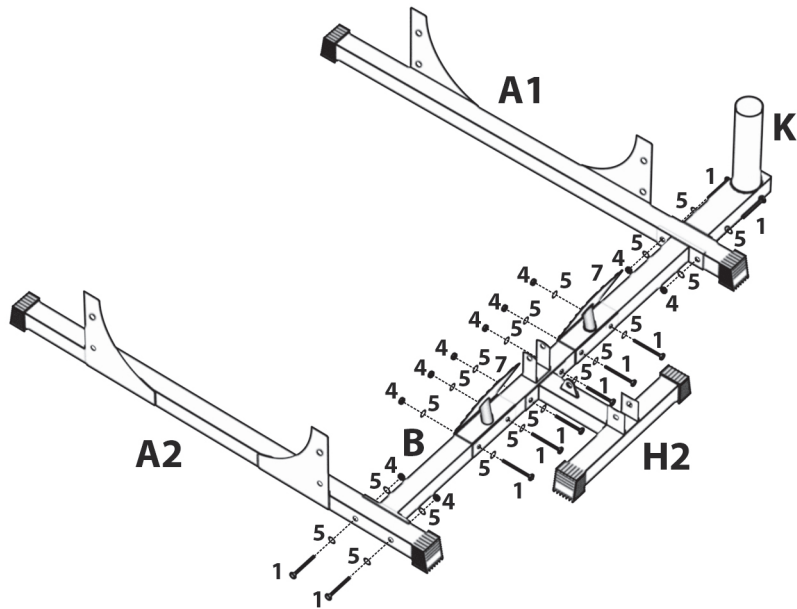
PARTS LIST

<p>L2. Left Dip Handle</p>  <p>x1</p>	<p>M1. Right J-Cup</p>  <p>x1</p>	<p>M2. Left J-Cup</p>  <p>x1</p>	<p>N. Lat Pull Down Bar</p>  <p>x1</p>
<p>O. Straight Pushdown Bar</p>  <p>x1</p>	<p>P. Carabiner</p>  <p>x3</p>	<p>Q. Pulley</p>  <p>x4</p>	<p>F. Moving Pulley</p>  <p>x1</p>
<p>S1. Long Cable (120")</p>  <p>x1</p>		<p>S2. Short Cable (107")</p>  <p>x1</p>	

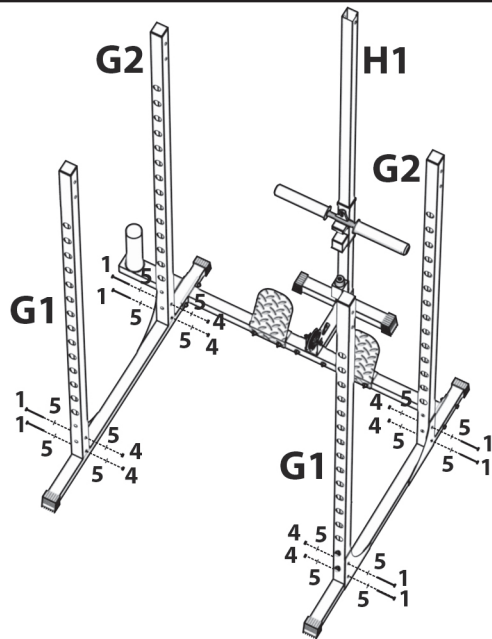
HARDWARE LIST

<p>1. M10x70</p>  <p>x28</p>	<p>2. M10x45</p>  <p>x6</p>	<p>3. M10x25</p>  <p>x1</p>	<p>4. M10 Nut</p>  <p>x35</p>	<p>5. M10 Washer</p>  <p>x70</p>
<p>6. V-BAR</p>  <p>x1</p>	<p>7. Foot Pedal</p>  <p>x2</p>			

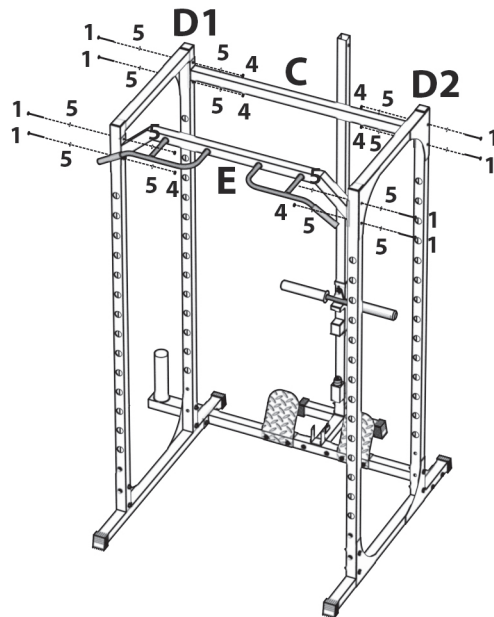
STEP 1:



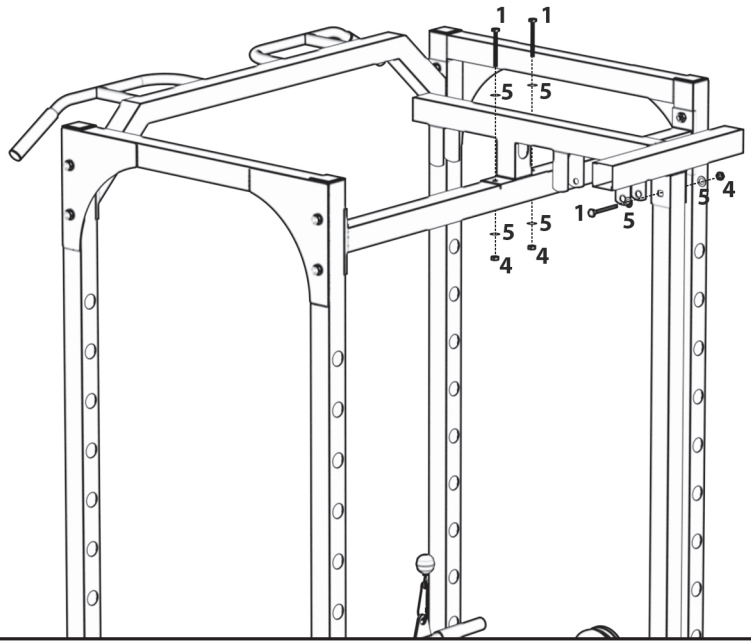
STEP 2:



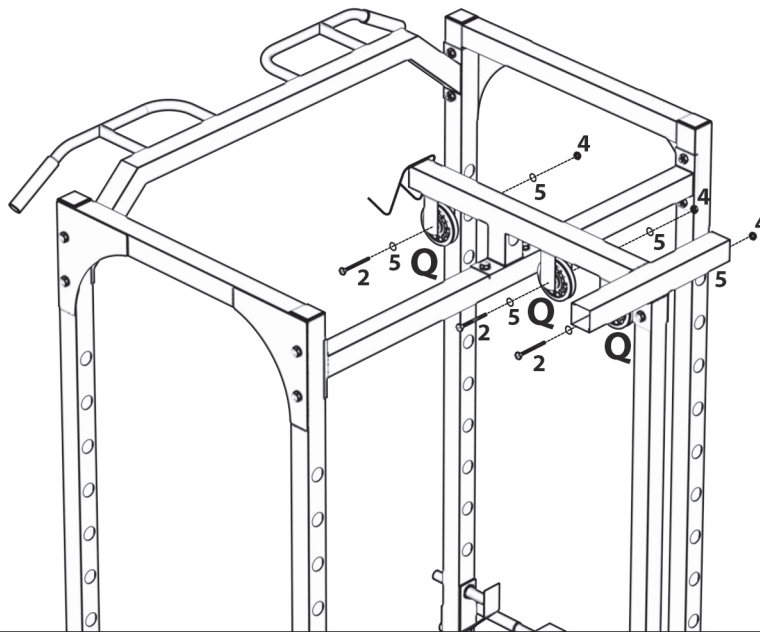
STEP 3:



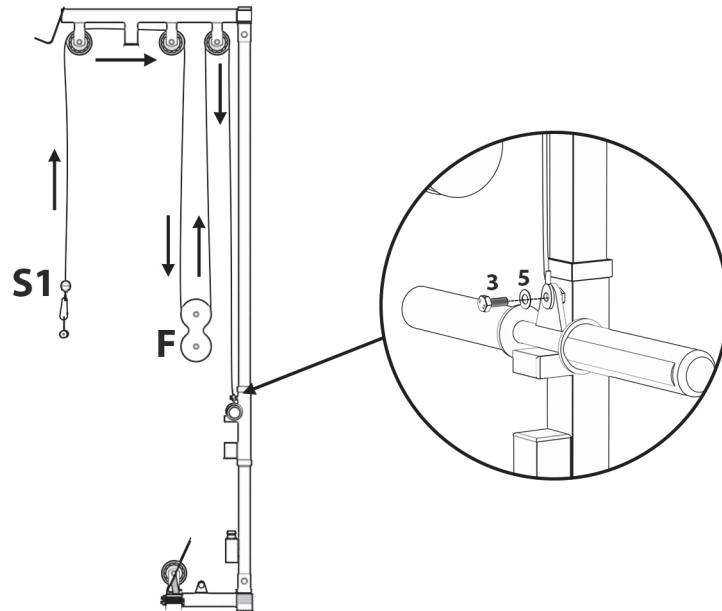
STEP 4:



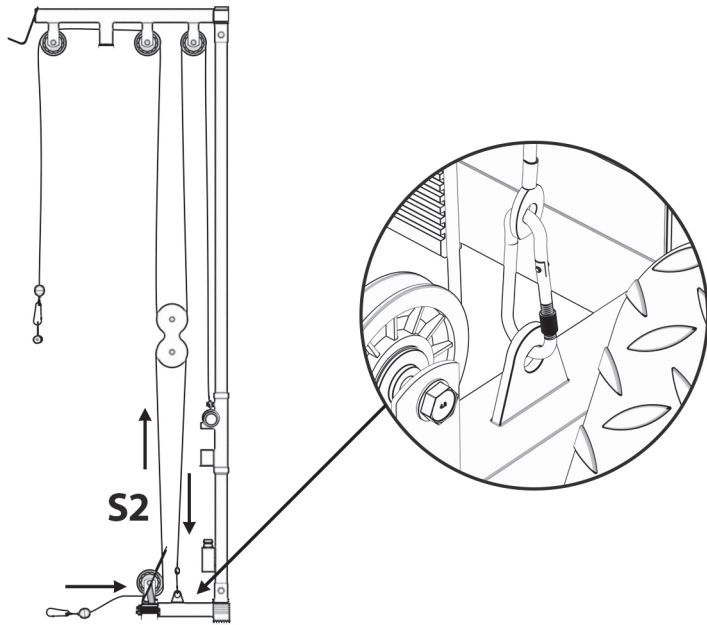
STEP 5:



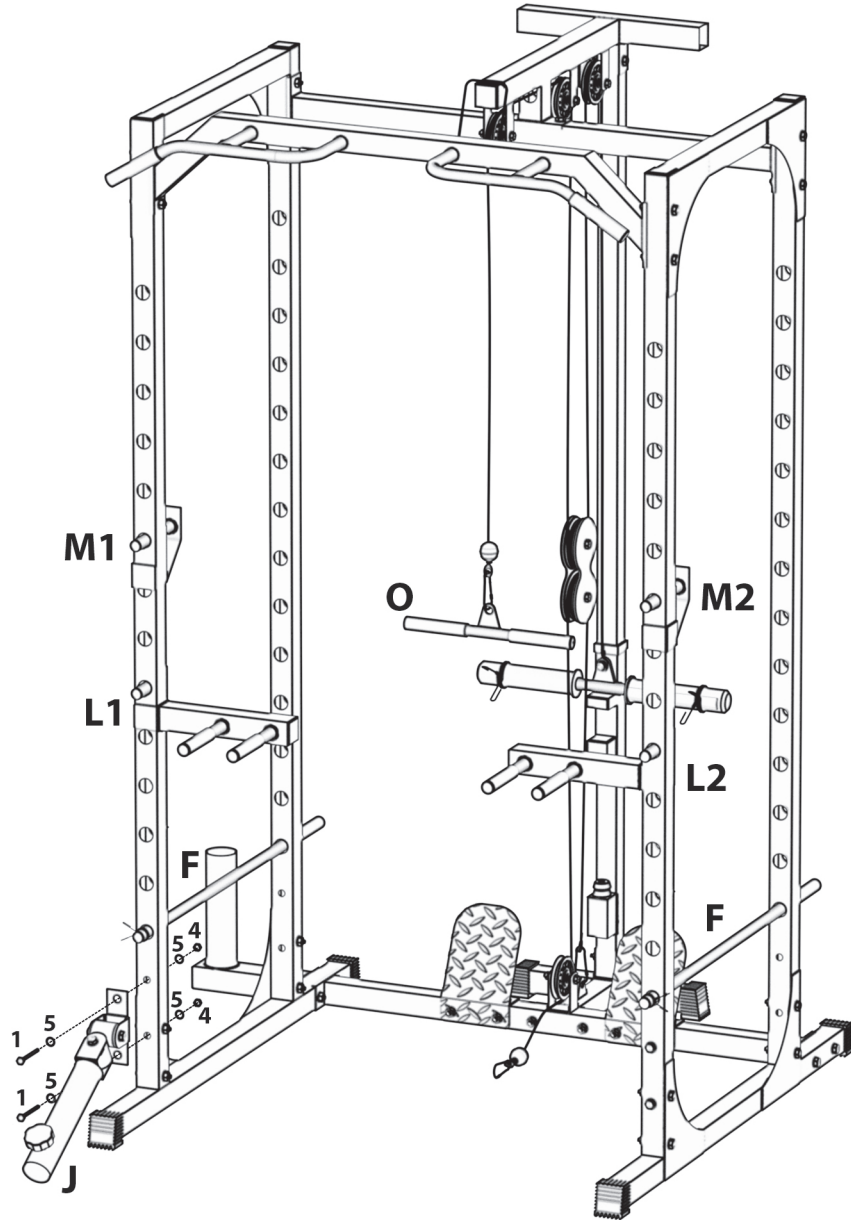
STEP 6:



STEP 7:



STEP 8:



WARNING

WARNING: SERIOUS INJURY OR DEATH CAN OCCUR IF CAUTION IS NOT USED.

As with any workout equipment that involves heavy weights, there is a risk of injury when using the Synergee Power rack. The best way to reduce the risk of serious injury is to exercise caution.

Follow the instructions in this manual and familiarize yourself with all warnings on your product before using it.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health issues.

THE MAXIMUM WEIGHT CAPACITY FOR THIS SQUAT RACK IS 750 LBS.

Do not load 750lbs or more onto this squat rack. If you consistently lift 700 lbs or more on a regular basis, consider working with our racks that can accommodate a higher weight capacity. Furthermore, this max weight capacity is calculated with the condition that the rack is bolted to the floor.

Follow these precautions to ensure you use your Synergee Power Rack safely:

- 1.** Read all instructions in this manual and all warnings on the product before using it. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all the safety precautions.
- 2.** Use this product only as described in this manual and keep this manual handy for future reference.
- 3.** Always keep children and pets away from this product. Keep hands and feet away from moving parts.
- 4.** This product is intended for consumer use only in an indoor environment. Do not use it in a commercial, rental, or institutional setting. Keep this product indoors, away from moisture and dust.
- 5.** Place the product on a level surface, with at least 3 feet of clearance around it. To protect the floor or carpet from damage, place a mat under it.
- 6.** Install the rack properly and according to instructions. Properly tighten all parts and check their tightness regularly. If any worn or damaged parts are found, stop usage immediately. Refrain from use until the machine has been repaired.
- 7.** Make sure all locking mechanisms are properly secured before using the unit. Ensure adjustment pins function properly and they are fully engaged before placing any weight on the rack.
- 8.** Wear appropriate clothes while exercising. Do not wear loose clothes that can get caught and always wear athletic shoes while exercising.
- 9.** Do not install any fitness product near a pool, hot tub or other damp locations. Corrosion caused by installation in these locations can lead to premature failure of components, which is not covered under any warranty.

- 10.** Do not use this rack to exhaustion: stop exercising and step away from the rack if you feel faint, dizzy, or in pain.
- 11.** Create a safe workout space by always working out with someone else present. Lift with a spotter for your weighted exercises.
- 12.** Do NOT store your barbell with weight on it on the squat rack for extended periods of time. Remove weights from your bar after exercising to prevent bar bending.
- 13.** Do NOT leave your bar unevenly weighted. Keep equal weights on both sides to prevent tipping of the barbell, and avoid any injuries that can result.
- 14.** To avoid damaging parts, do not use power tools for assembly. Use hand tools and the hardware provided.

MAXIMUM WEIGHT CAPACITY IS 750 LBS STATIC.

**IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
CUSTOMERCARE@IHEARTSYNERGEE.COM OR 1.855.217.7136**