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# FREESTANDING RIGS

## ASSEMBLY GUIDE



### IMPORTANT - READ FIRST

Resistance training, gymnastics training and activities at height are potentially dangerous and may lead to severe injury or even death. This equipment must only be used by competent and responsible persons, or under the direct and visual control of a competent and responsible person. Use common sense when training, obtain instruction to ensure safe execution of movements.

Obtaining instruction in appropriate techniques and methods of use is your own responsibility. You assume all risks and responsibilities for all damage injury or death which may occur during or following incorrect use of this equipment in any matter whatsoever. AlphaFit bears no liability beyond the replacement value of the equipment in question.

It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions. The safety and integrity designed into the equipment can only be maintained when it is regularly examined for damage and repaired. It is the responsibility of the user/owner to ensure that regular maintenance is performed. Inspect and properly tighten all parts regularly. Replace any worn or damaged parts immediately and do not use until the equipment has been repaired.

Both AlphaFit and buyer disclaim any express or implied warranty, including, without limitation, warranties or merchantability and/or fitness for a particular purpose with respect to the equipment.

**WARNING: MISUSE OF THIS EQUIPMENT CAN RESULT IN SEVERE INJURY OR DEATH. BUYER ASSUMES ALL LIABILITY IN USAGE OF EQUIPMENT.**

# REQUIRED COMPONENTS

**ALPHA FIT**

The table below displays the quantity of each component required to construct your Rig based on the number of Squat Cells. Review your inventory of components and contact AlphaFit immediately if you find any discrepancies.

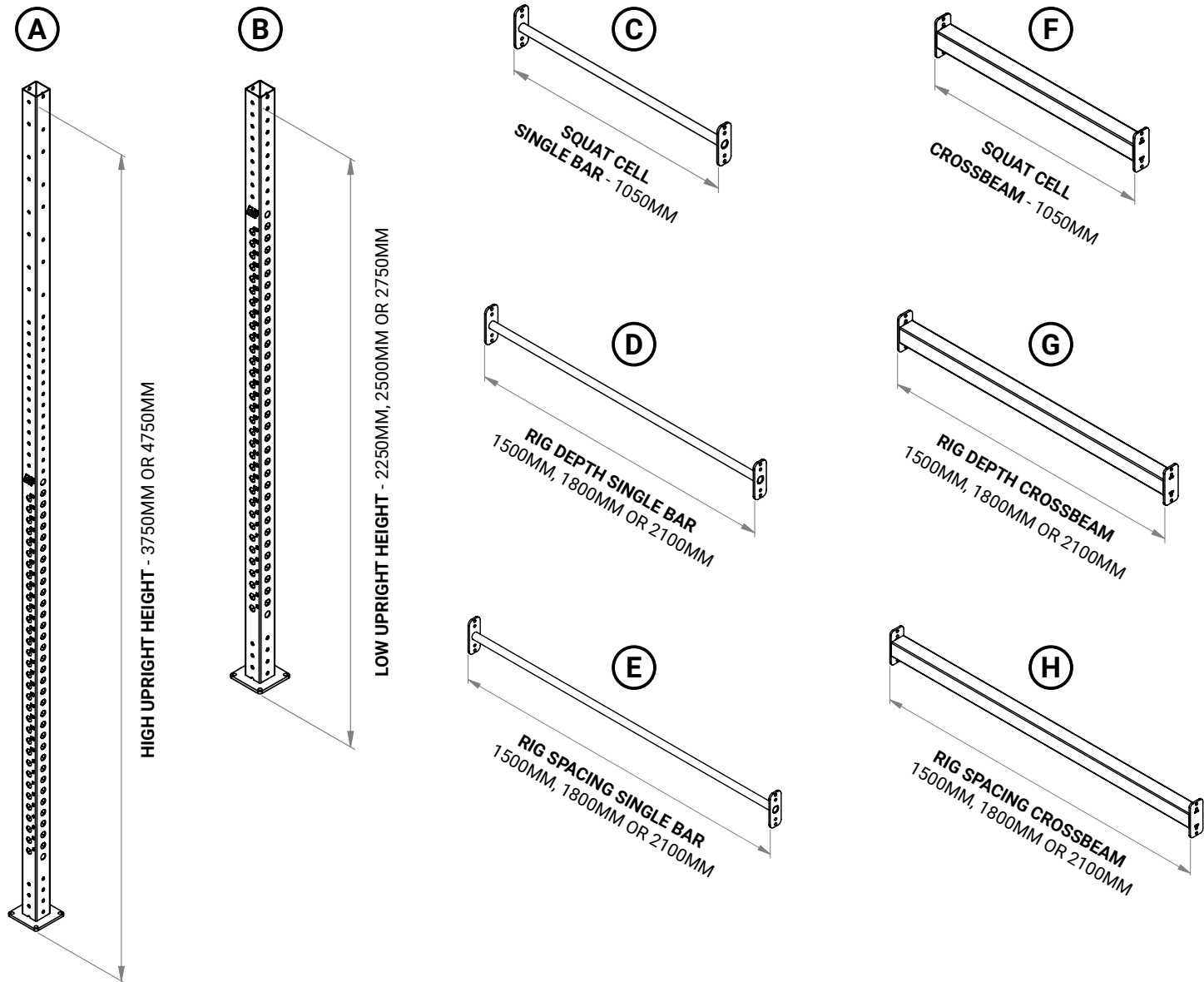
**WARNING** - Serious or fatal injuries can occur from improper assembly or installation. AlphaFit's Freestanding Rigs must be bolted to the floor. Floor fixings are not included. Contact a qualified contractor to discuss suitable hardware for securing the Rig to your facility's flooring.

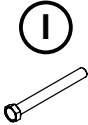


		COMPONENTS										
		High Upright	Low Upright	Squat Cell Chin Up Bar	Rig Depth Chin Up Bar	Rig Spacing Chin Up Bar	Squat Cell Crossbeam	Rig Depth Crossbeam	Rig Spacing Crossbeam	Bolt	Washer	Nut
		A	B	C	D	E	F	G	H	I	J	K
FREESTANDING RIG TYPE	Low Rig - 1 Cell	-	4	2	2	-	-	-	-	16	32	16
	Low Rig - 2 Cell	-	8	4	4	2	-	-	-	40	80	40
	Low Rig - 3 Cell	-	12	6	6	4	-	-	-	64	128	64
	Low Rig - 4 Cell	-	16	8	8	6	-	-	-	88	176	88
	Low Rig - 5 Cell	-	20	10	10	8	-	-	-	112	224	112
	Low Rig - 6 Cell	-	24	12	12	10	-	-	-	136	272	136
	High Low Rig - 1 Cell	2	2	2	1	-	-	1	-	16	32	16
	High Low Rig - 2 Cell	4	4	4	2	2	-	2	-	40	80	40
	High Low Rig - 3 Cell	6	6	6	3	4	-	3	-	64	128	64
	High Low Rig - 4 Cell	8	8	8	4	6	-	4	-	88	176	88
	High Low Rig - 5 Cell	10	10	10	5	8	-	5	-	112	224	112
	High Low Rig - 6 Cell	12	12	12	6	10	-	6	-	136	272	136
	High Semi Braced Rig - 1 Cell	4	-	2	2	-	2	2	-	32	64	32
	High Semi Braced Rig - 2 Cell	8	-	4	4	2	4	4	-	72	144	72
	High Semi Braced Rig - 3 Cell	12	-	6	6	4	6	6	-	112	224	112
	High Semi Braced Rig - 4 Cell	16	-	8	8	6	8	8	-	152	304	152
	High Semi Braced Rig - 5 Cell	20	-	10	10	8	10	10	-	192	384	192
	High Semi Braced Rig - 6 Cell	24	-	12	12	10	12	12	-	232	464	232
	High Fully Braced Rig - 1 Cell	4	-	2	2	-	2	2	-	32	64	32
	High Fully Braced Rig - 2 Cell	8	-	4	4	2	4	4	2	72	144	72
	High Fully Braced Rig - 3 Cell	12	-	6	6	4	6	6	4	112	224	112
	High Fully Braced Rig - 4 Cell	16	-	8	8	6	8	8	6	152	304	152
	High Fully Braced Rig - 5 Cell	20	-	10	10	8	10	10	8	192	384	192
	High Fully Braced Rig - 6 Cell	24	-	12	12	10	12	12	10	232	464	232

Read this entire guide before attempting to build or use this equipment. This guide contains step by step instructions for proper assembly. **AlphaFit recommends a minimum of two (2) people to assemble a Freestanding Rig.**

Use the parts list included in this guide to verify that all parts are accounted for before assembly. If any parts are missing, contact AlphaFit on 1300 257 428 or [admin@alphafit.com.au](mailto:admin@alphafit.com.au).

FREESTANDING RIGS SAMPLE PART LIST:

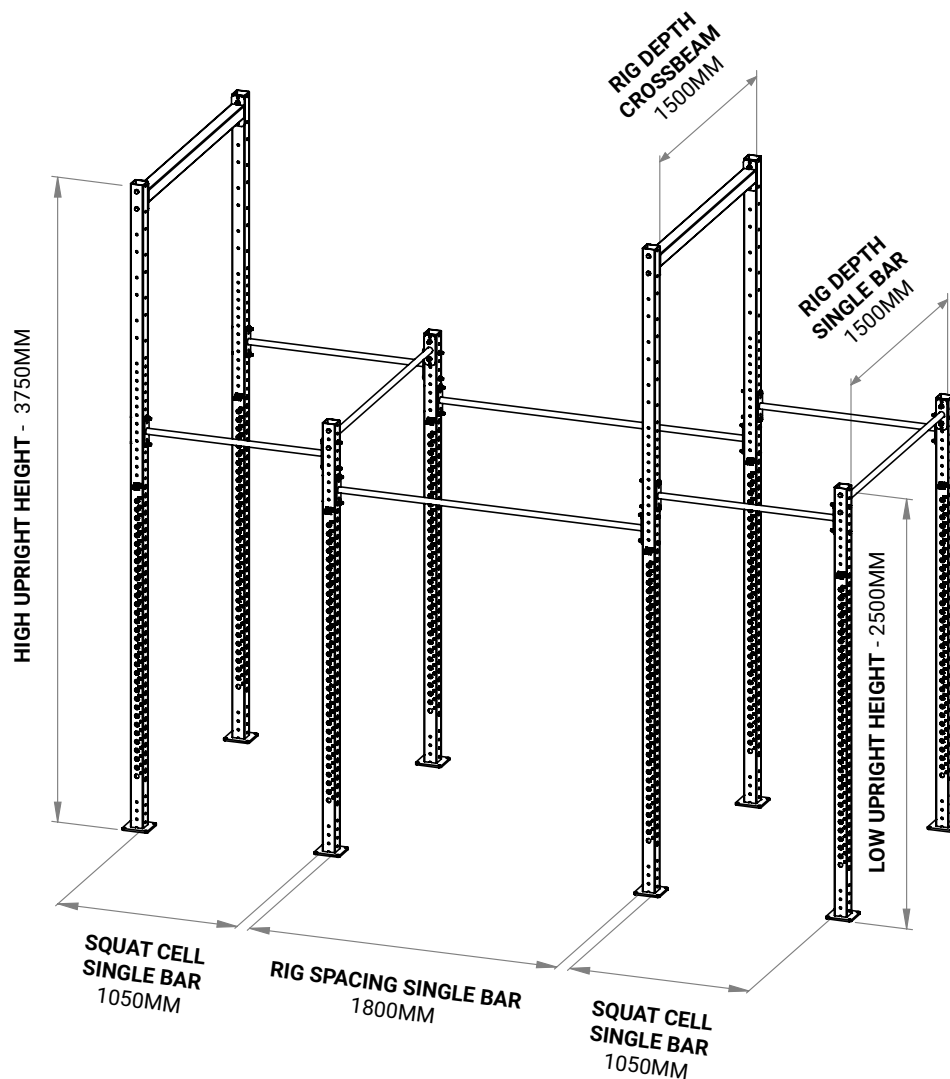


INCLUDED FASTENERS:			REQUIRED TOOLS:	RECOMMENDED TOOLS:
<div><div>I</div></div> <div>M12 × 110mm Hex Zinc Plated Bolt</div>	<div><div>J</div></div> <div>M12 Flat Washer</div>	<div><div>K</div></div> <div>M12 Nyloc Nut</div>	<div><div>• 5mm Hex Key</div><div>• 19mm Socket &amp; Socket Spanner</div></div>	<div><div>• Level</div><div>• Chalk line</div><div>• Ladder</div><div>• Tape measure</div><div>• Anchors</div><div>• Concrete drill</div><div>• Impact driver</div></div>

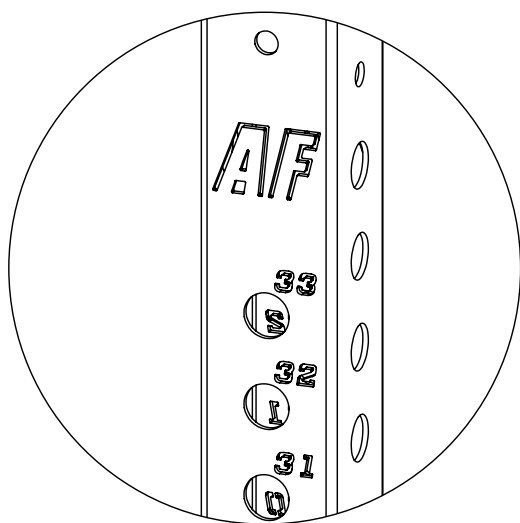
# RIG CELL ASSEMBLY GUIDE

**ALPHAFIT**

The following example shows a 2 Cell Freestanding High Low Rig with 1800mm spacing and 1500mm depth.

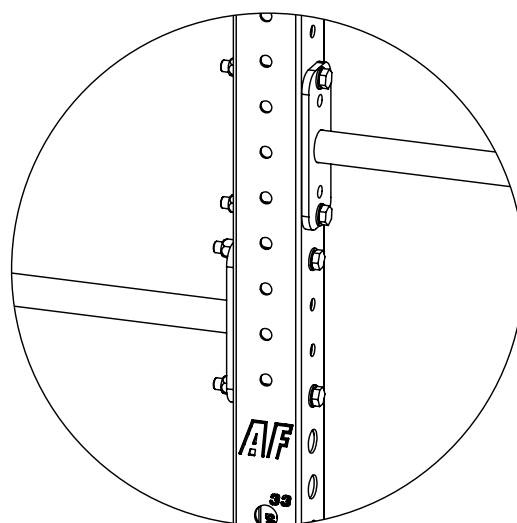


## PRO TIP 1:



AF logo and alignment numbers should face outwards when looking at the front of the squat cell.

## PRO TIP 2:



Adjustable height single bars: bottom 13mm hole is 2110mm off the ground. Holes are spaced in 50mm increments. Top depends on the upright height.

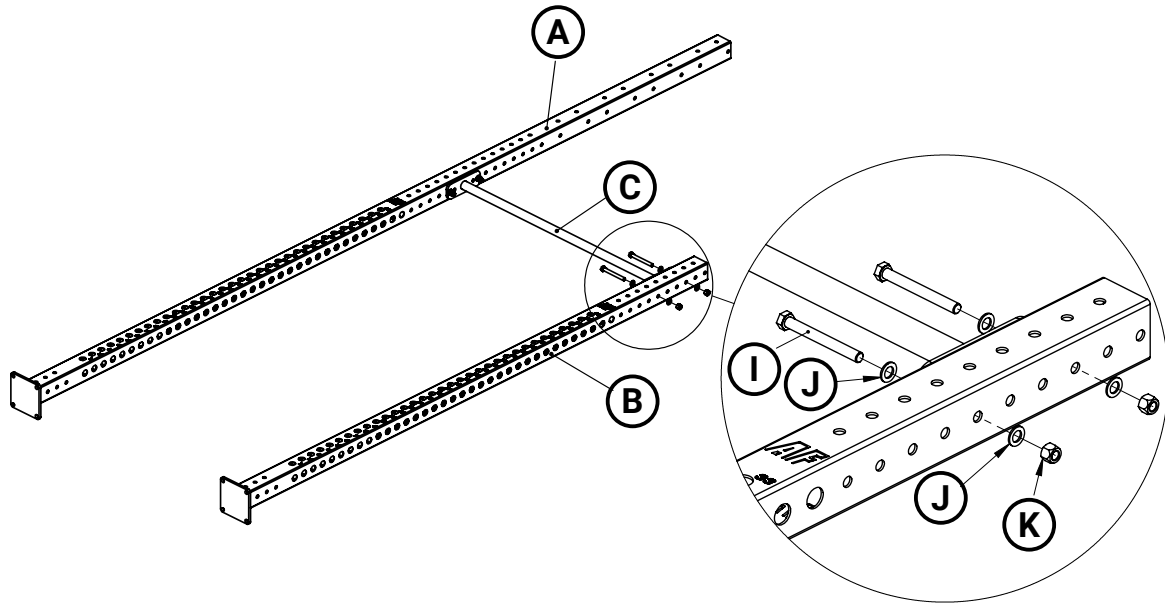
# 1 | SQUAT CELL ASSEMBLY - FRONT

**ALPHAFIT**

## STEP 1A: ASSEMBLE THE FRONT OF THE SQUAT CELL (1 CELL ONLY)

Carefully place the uprights "A" and "B" on flat ground and bolt the squat cell single bar - 1050mm "C" to the uprights at the desired height (see **Pro Tip 1 and 2 on page 4**).

Construct front of squat cell as illustrated below. Letters denote appropriate fasteners.

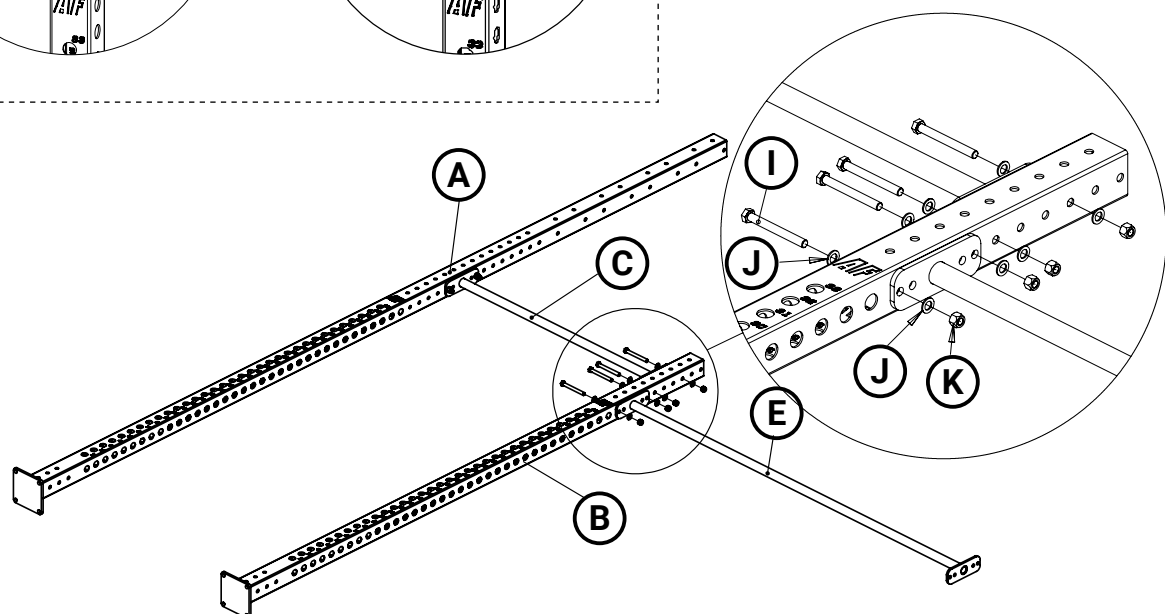
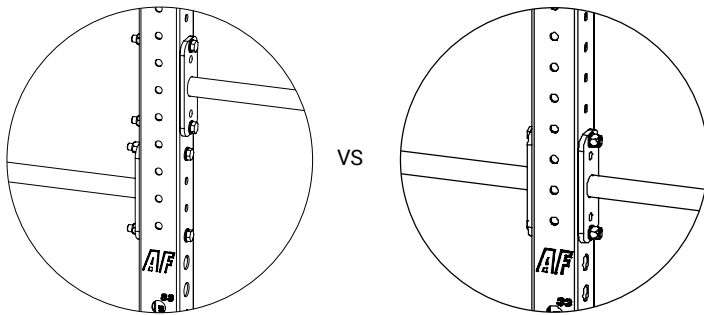


## STEP 1B: ASSEMBLE THE FRONT OF THE SQUAT CELL (MULTI-CELL)

Follow step 1A, then once the squat cell single bar - 1050mm is secured, attach the rig spacing single bar "E" at the desired height.

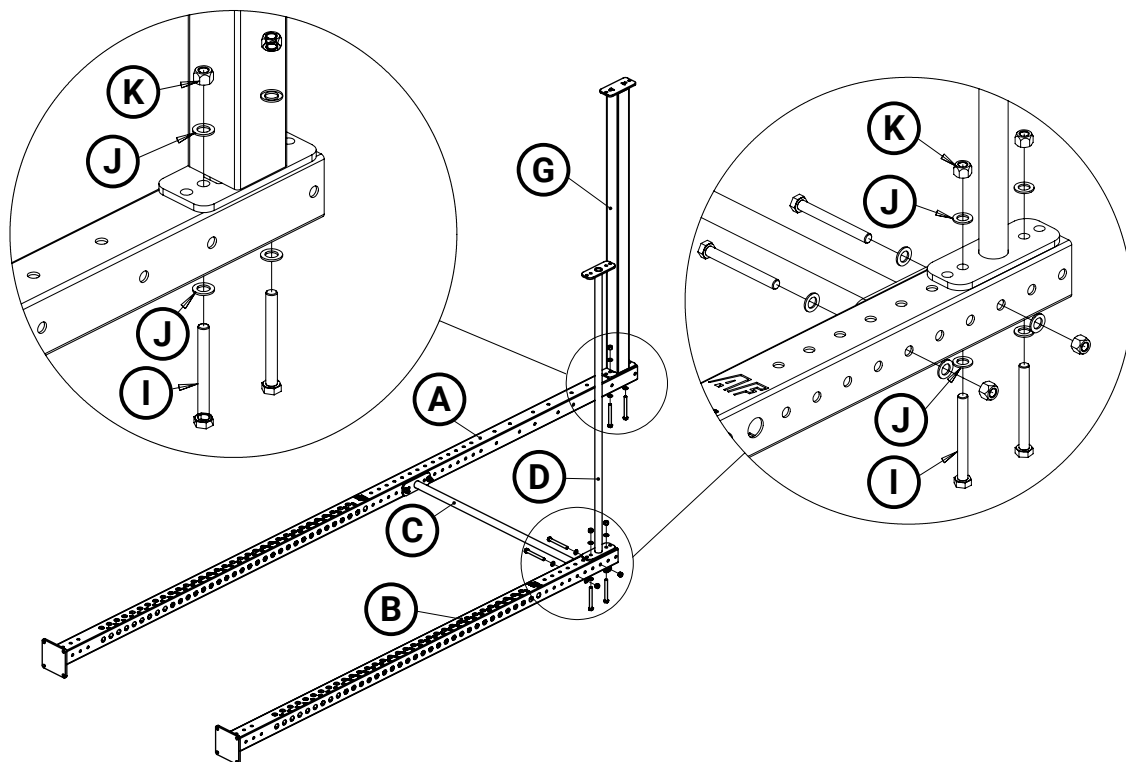
### PRO TIP:

Single bars can be offset or aligned.



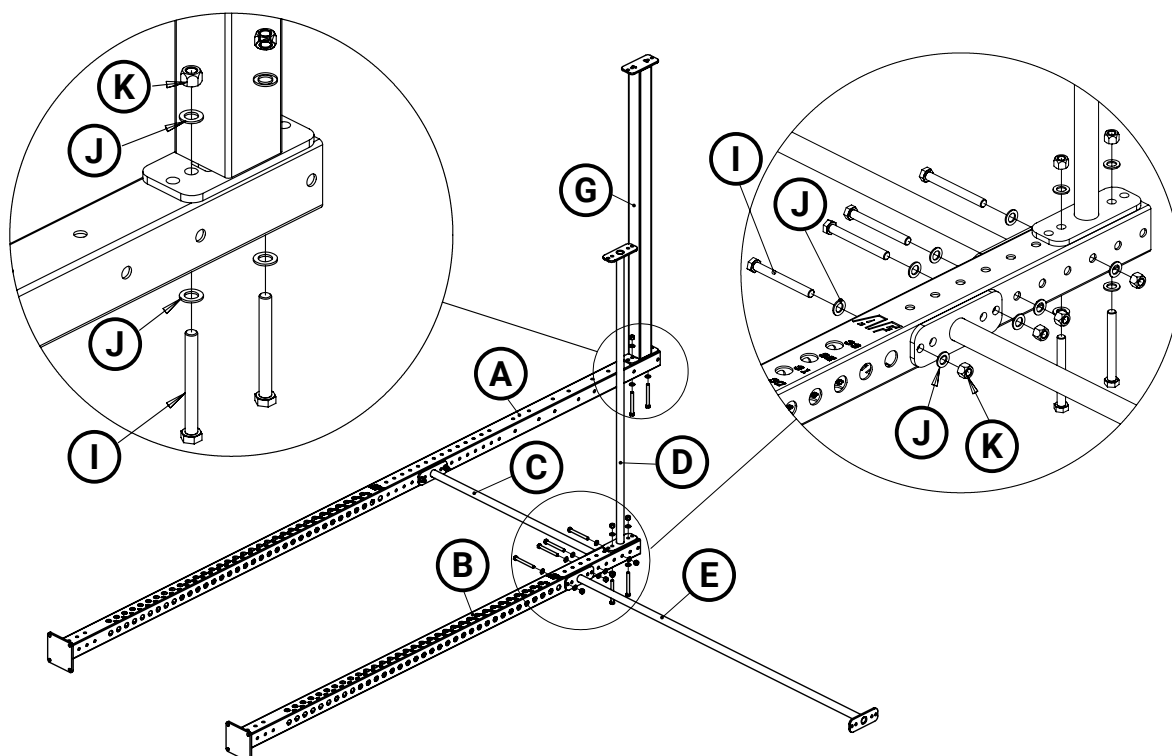
### STEP 2A: ASSEMBLE THE BACK OF THE SQUAT CELL (1 CELL ONLY)

Once the front of the squat cell has been assembled, repeat the process to construct the back of the squat cell. Carefully place the uprights "A" and "B" on flat ground and bolt the squat cell single bar "C" to the uprights at the desired height. Once the back of the squat cell is assembled, bolt the rig depth single bar "D" and/or rig depth crossbeam "G" at the top of the uprights as illustrated below.



### STEP 2B: ASSEMBLE THE BACK OF THE SQUAT CELL (MULTI-CELL)

Follow step 2A, then once the back of the squat cell and rig depth single bars/crossbeams are assembled, attach the rig spacing single bar at the desired height.



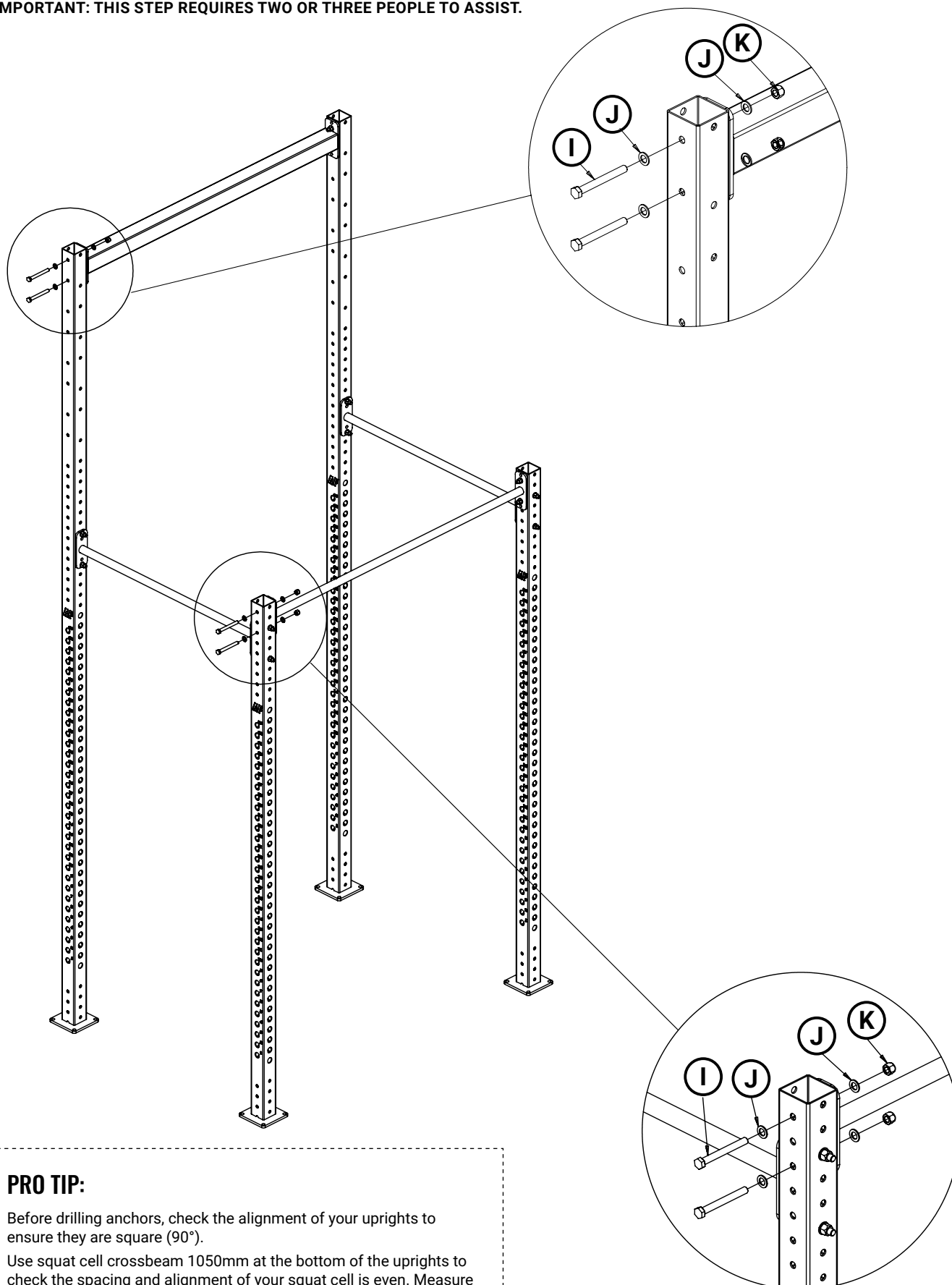
### 3 | SQUAT CELL ASSEMBLY

**ALPHAFIT**

#### STEP 3A: BOLT THE TWO SQUAT CELL SIDES TOGETHER (1 CELL ONLY)

Carefully tilt the two sides of the squat cell off the ground into a vertical position. Bolt rig depth single bar/crossbeams to uprights as shown below.

**IMPORTANT: THIS STEP REQUIRES TWO OR THREE PEOPLE TO ASSIST.**



#### PRO TIP:

Before drilling anchors, check the alignment of your uprights to ensure they are square (90°).

Use squat cell crossbeam 1050mm at the bottom of the uprights to check the spacing and alignment of your squat cell is even. Measure inside of upright to inside of upright not base plate to base plate.

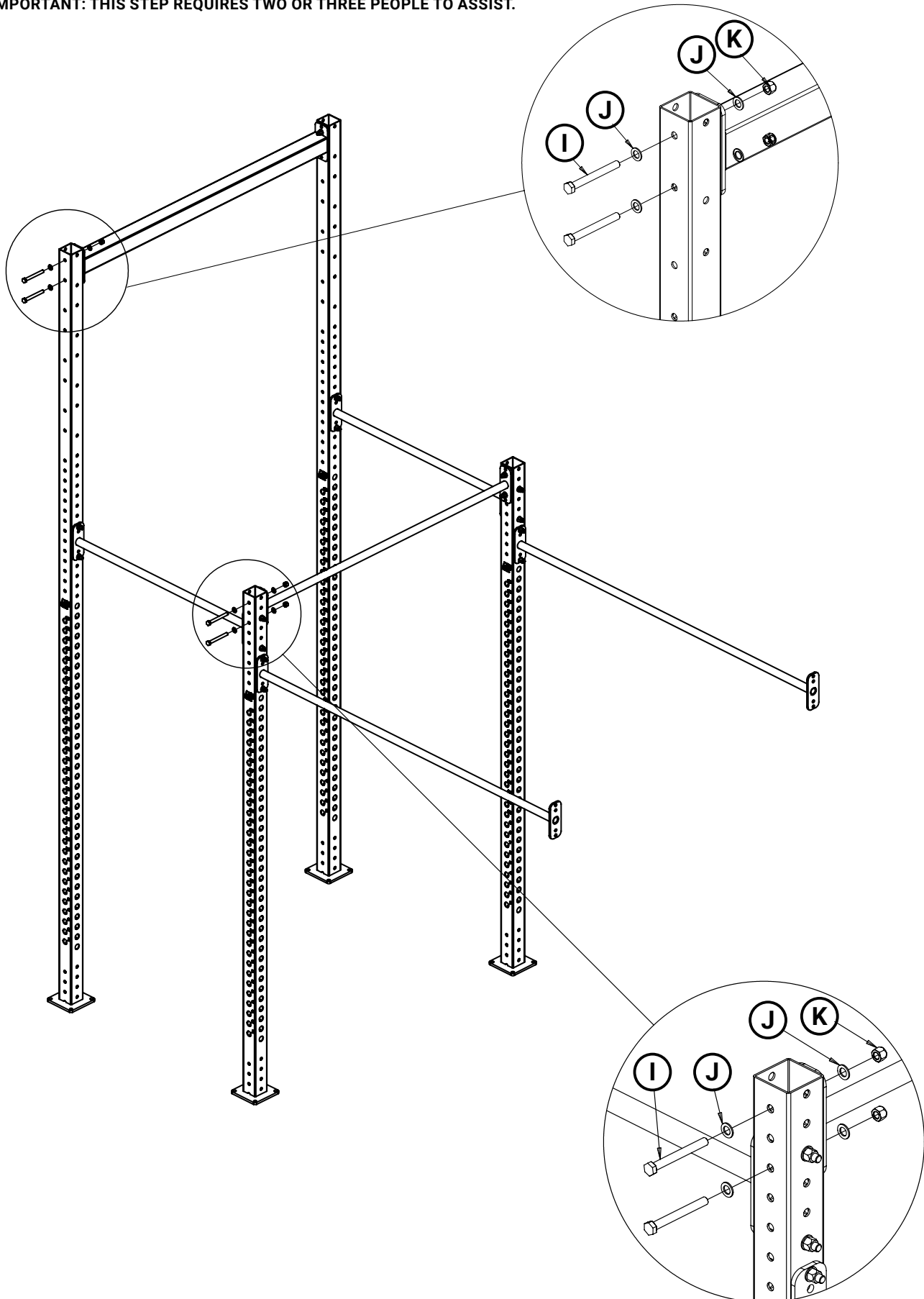
### 3 | SQUAT CELL ASSEMBLY

**ALPHAFIT**

#### STEP 3B: BOLT THE TWO SQUAT CELL SIDES TOGETHER (MULTI-CELL)

Carefully tilt the two sides of the squat cell off the ground (shown in step 1 and 2) into a vertical position.

**IMPORTANT: THIS STEP REQUIRES TWO OR THREE PEOPLE TO ASSIST.**





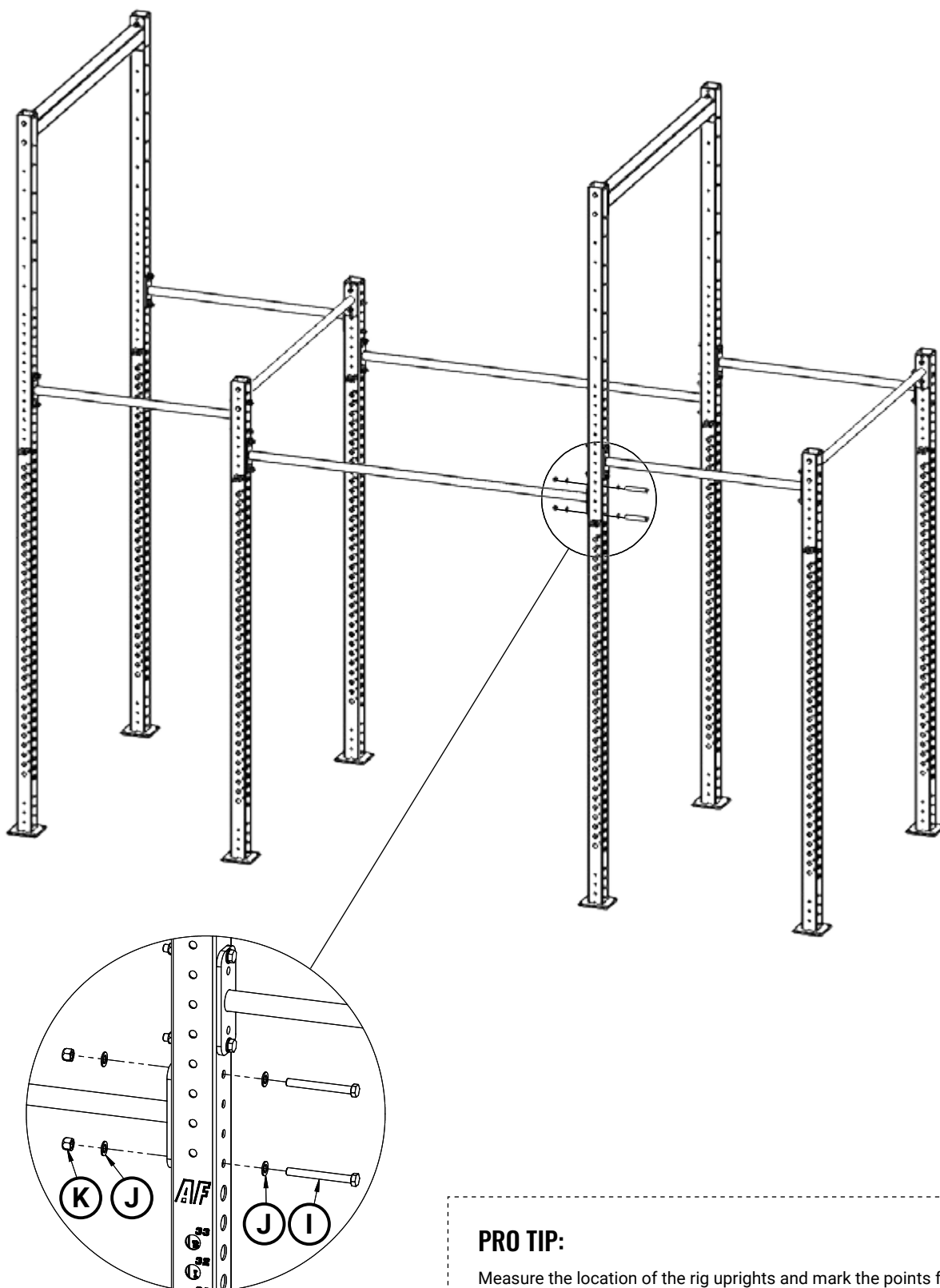
## 4 | CONNECTING THE SQUAT CELLS

**ALPHAFIT**

### STEP 4A: CONNECT THE SQUAT CELLS (MULTI-CELL)

Repeat steps 1-3 to construct the required squat cells. Once each squat cell is assembled, bolt together as shown below. Continue constructing the rig until all cells are connected. To complete installation, bolt rig to the floor through the upright base plates with appropriate anchors.

**IMPORTANT: THIS STEP REQUIRES TWO OR THREE PEOPLE TO ASSIST.**



#### PRO TIP:

Measure the location of the rig uprights and mark the points for drilling into the floor.

**IMPORTANT: CHECK ALL FIXINGS ARE SECURELY TIGHTENED**