

COMPONENT OVERVIEW & INSTALLATION GUIDE

ALPHAFIT

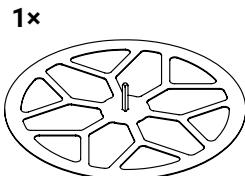
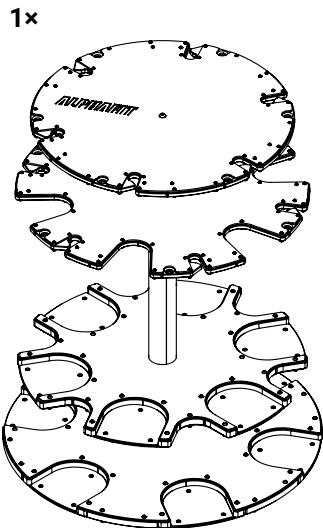
Read this entire guide before attempting to build or use this machine. This guide contains step by step instructions for proper assembly and installation. **CAUTION: The Revolving Vertical Fixed Barbell Storage Rack - 12 Bar weighs 140kg. AlphaFit recommends a minimum of two (2) people and mechanical lifting aids to move, assemble and install the Revolving Vertical Fixed Barbell Storage Rack. We suggest wheeling it to location via the use of a dolly or pallet jack.**

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.



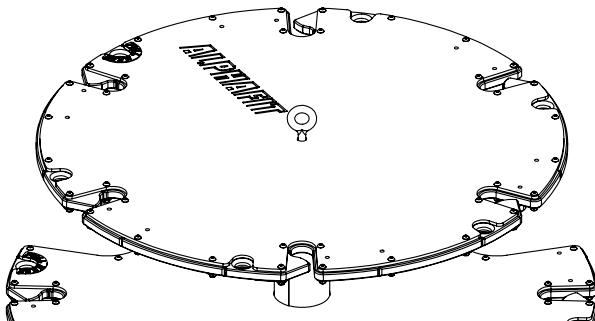
REVOLVING VERTICAL FIXED BARBELL STORAGE RACK

PART LIST:



TIP:

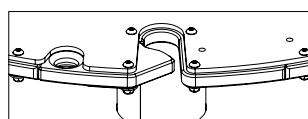
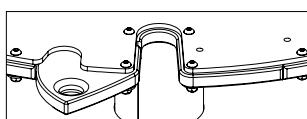
The M12 bolt in the middle of the top face can be removed and M12 lifting gear (eg. eye bolt) can be threaded into place to aid in handling and transporting the unit.



BARBELL LOCKING SYSTEM INFORMATION:

The latch can be unlocked by pulling on the finger hole to the left of the barbell slot. The barbell can then be lent out and removed.

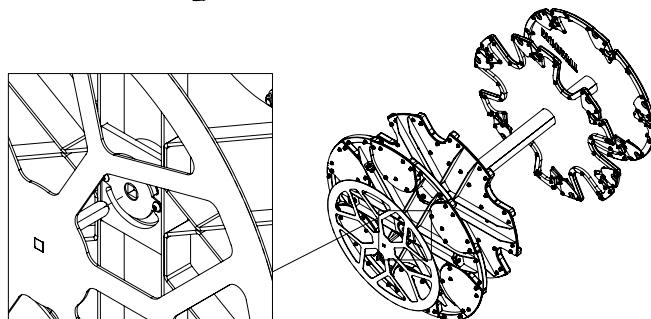
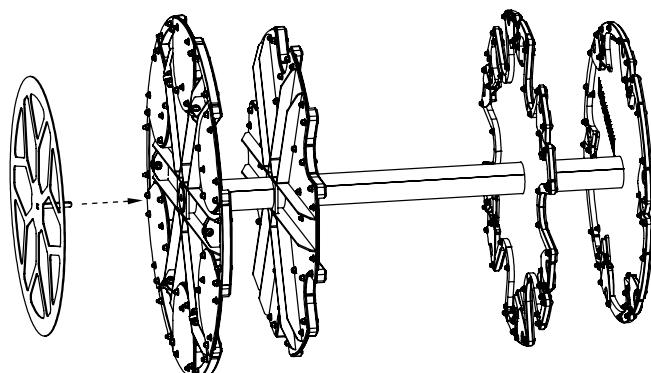
To place the barbell back in the rack, the latch is not required to be activated manually. Simply pushing the barbell into the slot will lever the latch away backwards until the barbell reaches the rear of the slot. The latch will spring back into the locked position, securing the barbell into the unit.



STEP 1: FIT TURN-TABLE BASE

Gently tilt the unit onto its side (This will require at least two people). Insert the base into the bottom of the unit. Be sure to align the square shaft of the base into the square hole of the damper in the underside of the unit.

To ensure the unit does not get damaged, we recommend laying a moving blanket or thick cardboard underneath the contact point between the storage rack unit and the ground when attaching the base.



STEP 2: POSITION IN DESIRED LOCATION

As you tilt the unit back to its upright position, ensure the turn-table base stays in place. Once in position, the Revolving Vertical Fixed Barbell Storage Rack should now rotate seamlessly on its base.

