



POWER RACK ASSEMBLY

Tools Required:

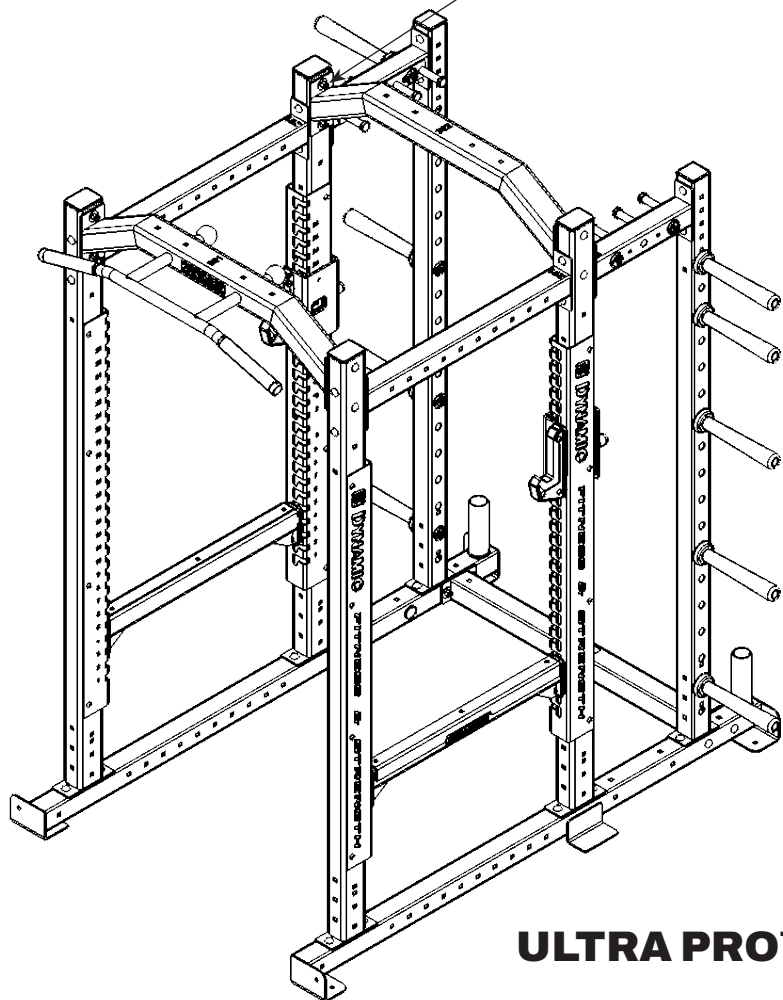
3/4" Standard Socket

3/8" Drive Ratchet

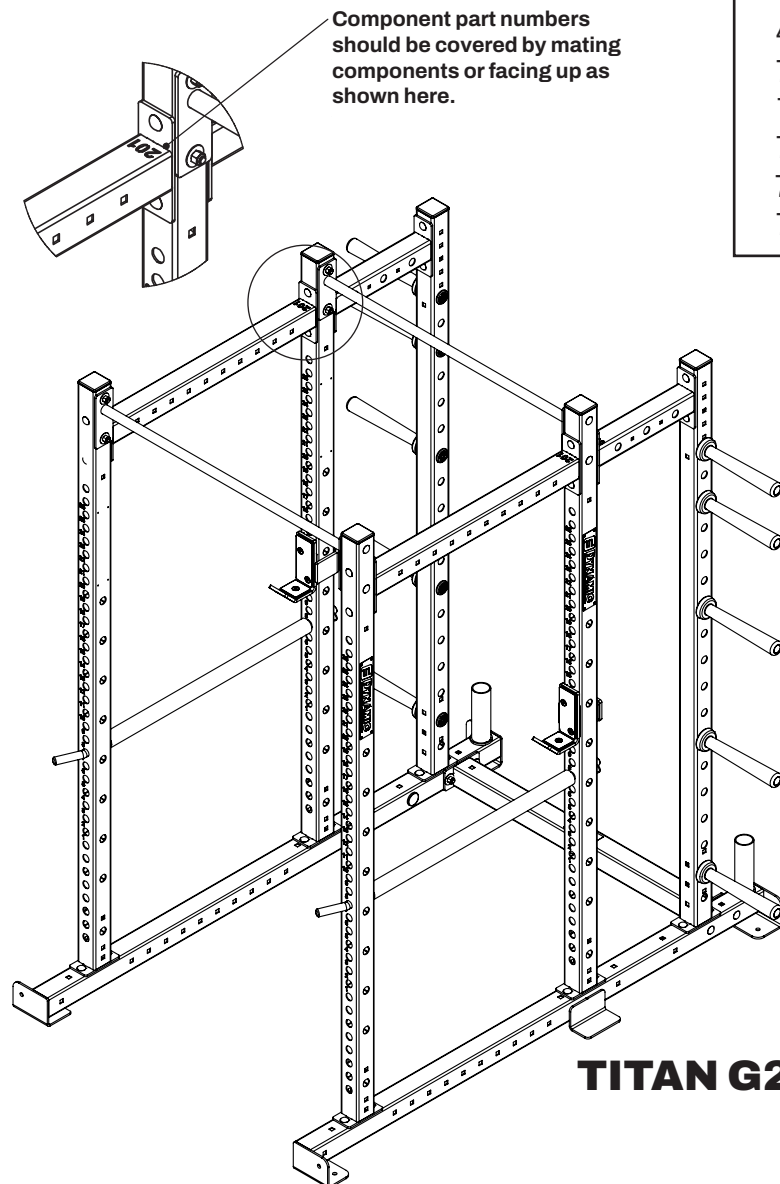
3/4" Combination End Wrench

POWER RACK ASSEMBLY INSTRUCTIONS

*Mounting of chin stations
Use 5" bolts on ULTRA PRO™
Use 4" bolts on TITAN G2



ULTRA PRO™



TITAN G2

Component part numbers
should be covered by mating
components or facing up as
shown here.

Models:

400114

400214

700104

700114

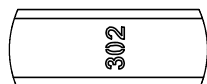
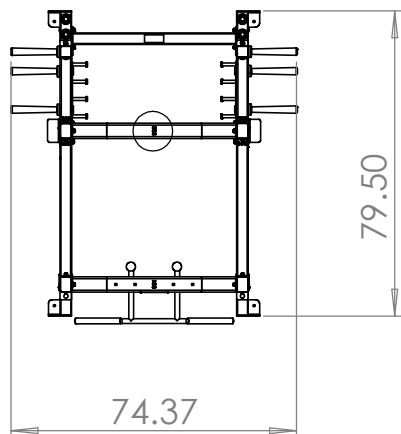
700154

700204

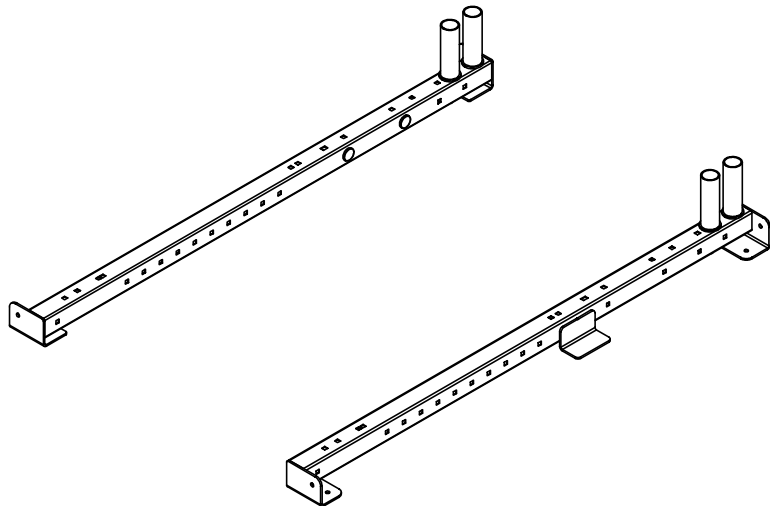
700214

Before assembling this rack:

Consider how much space will be required around the unit to access weights and not interfere with other equipment.



All parts have a part number. Position the part number to be covered by its mating component or up as shown in this view.

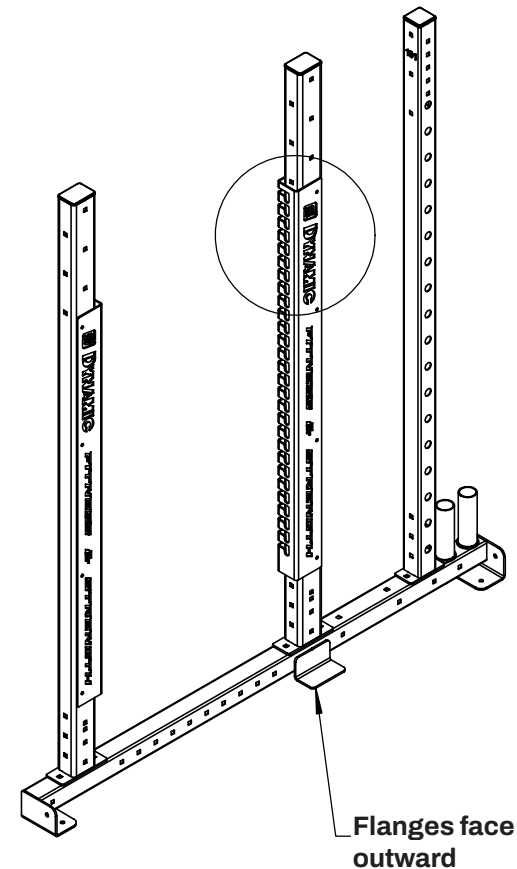


Step 1

Attach bar holders to ends of each base as shown. Depending on the model of your rack the bar holder number may vary. (Max two per side)



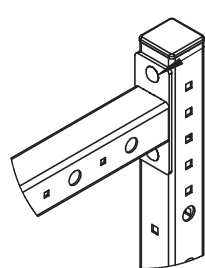
The mounting access for bar catch and safety must be to inside of rack as shown.
Note: Titan G2 Series will not have an upright wrap as shown



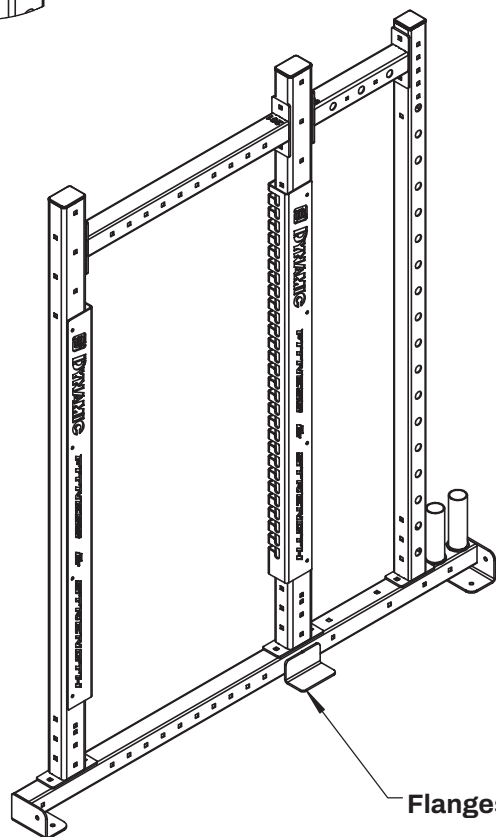
Step 2

Attach storage post, front upright and rear upright to right base as shown. Repeat for left side.

Note: The base mounting flanges must face outward.



Install carriage bolt heads as shown with all bolt heads facing the front of the rack.

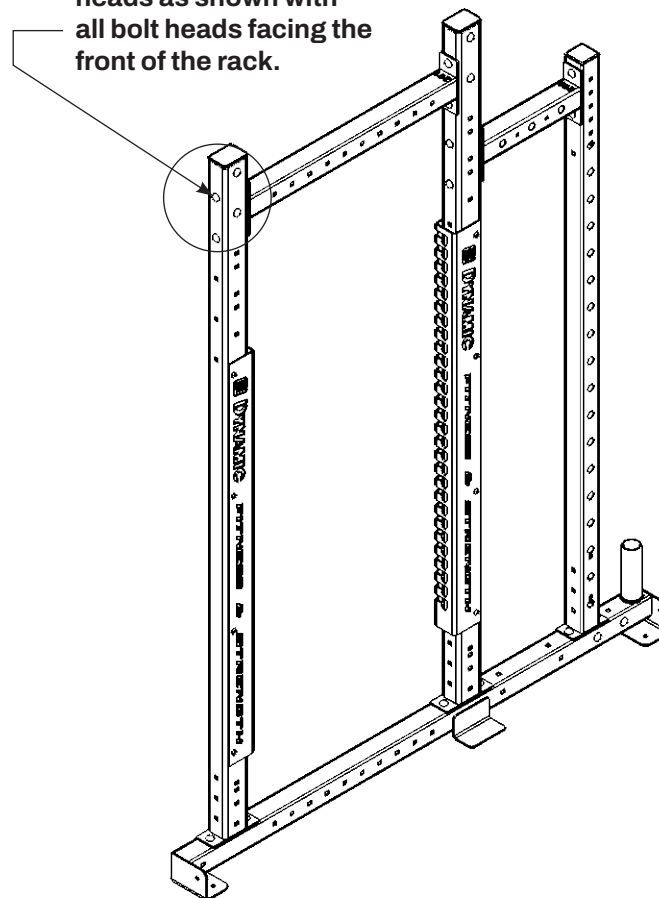


Flanges face outward

Step 3 A

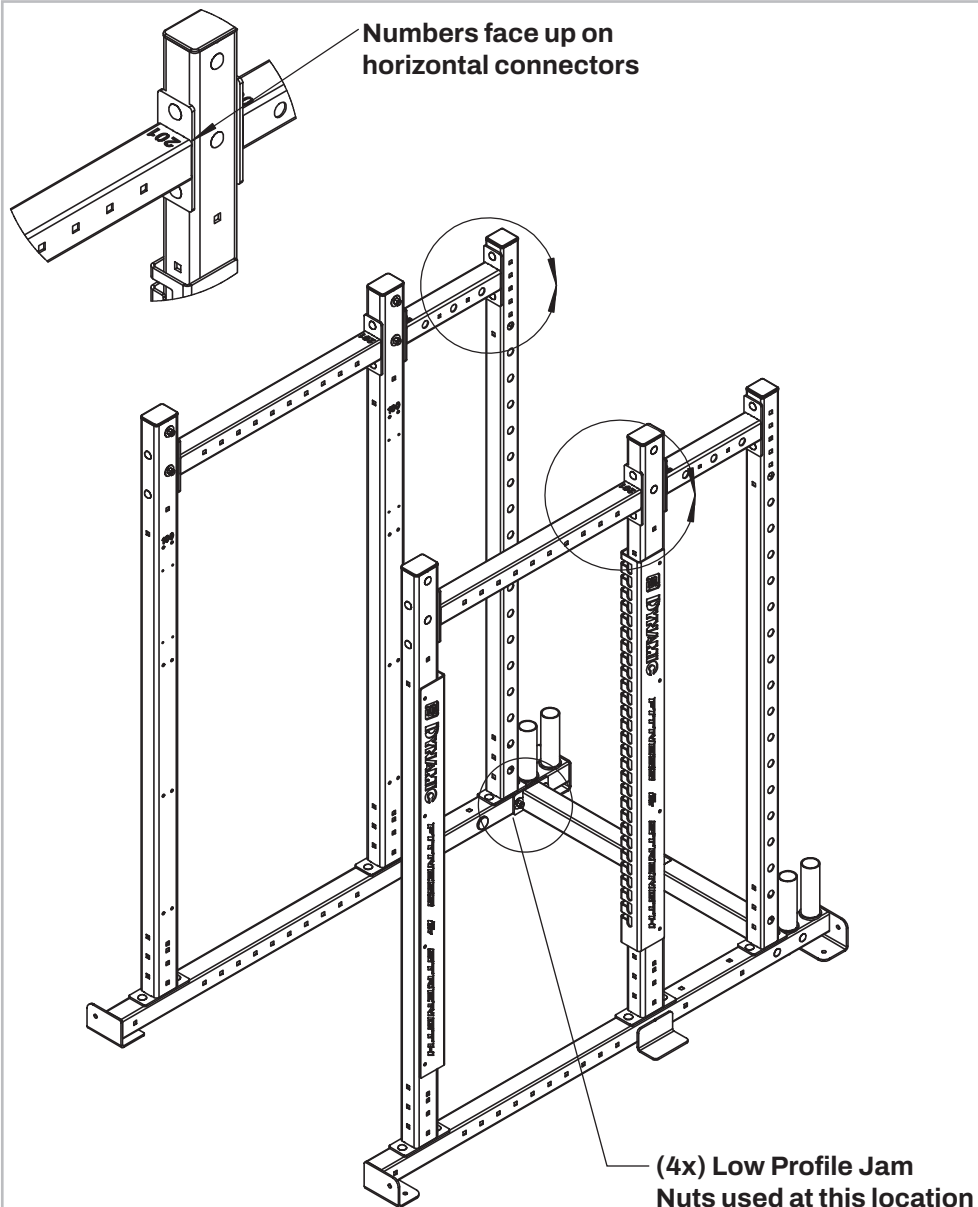
Attach horizontal cross members to storage post and 8' uprights as shown. Repeat for left side.

Install carriage bolt heads as shown with all bolt heads facing the front of the rack.



Step 3 B

Attach horizontal cross members to storage post and 9' uprights as shown. Repeat for left side.

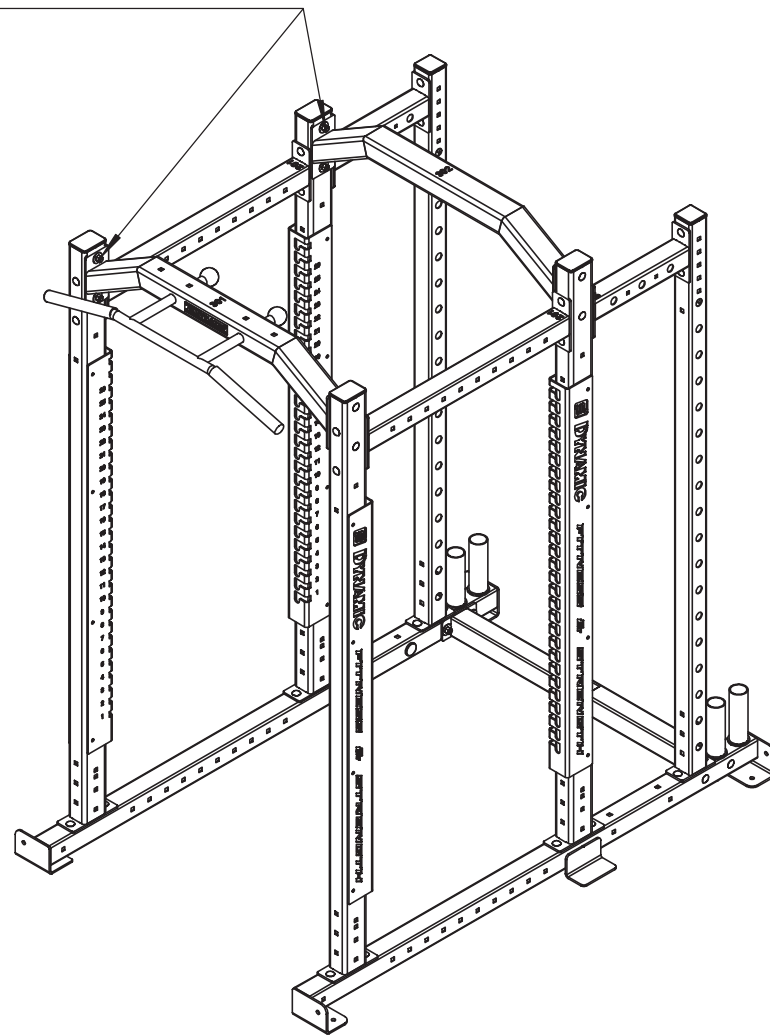


Step 4

Attach right half to left half as shown using horizontal base.

Note: The carriage bolt heads should be on the outside of the rack.

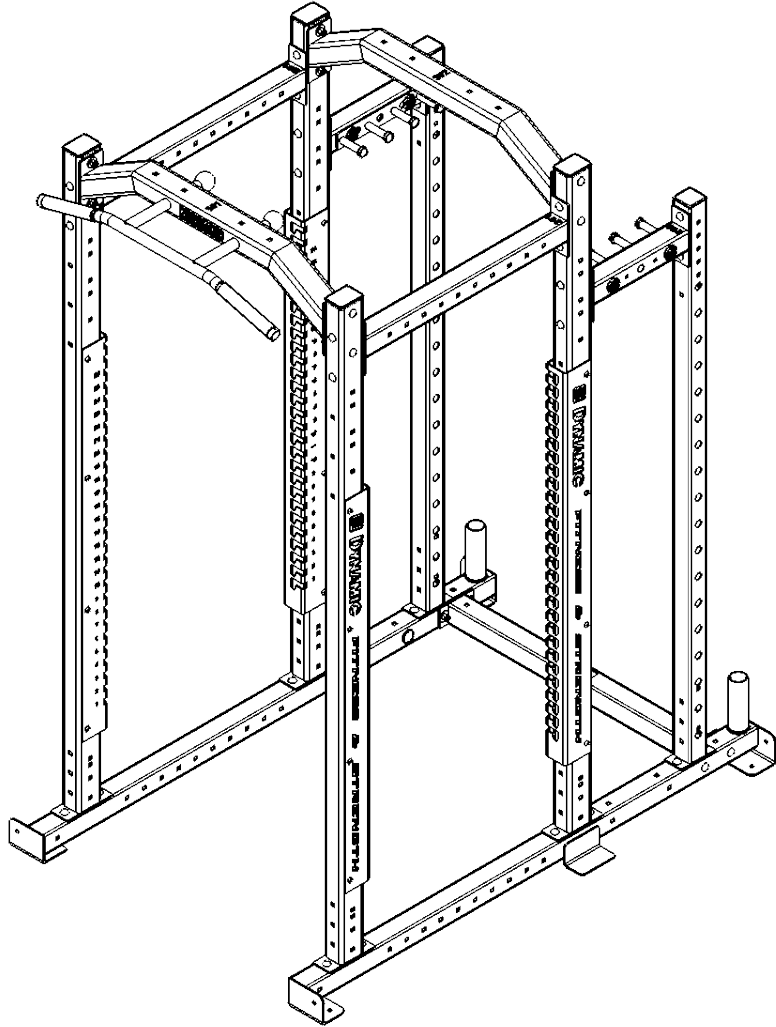
Note: Use 5" bolts on ULTRA PRO™
Use 4" bolts on TITAN G2



Step 5 A

Attach horizontal connector and chin up bar between left and right 8' uprights as shown. This bar may vary based on your model.

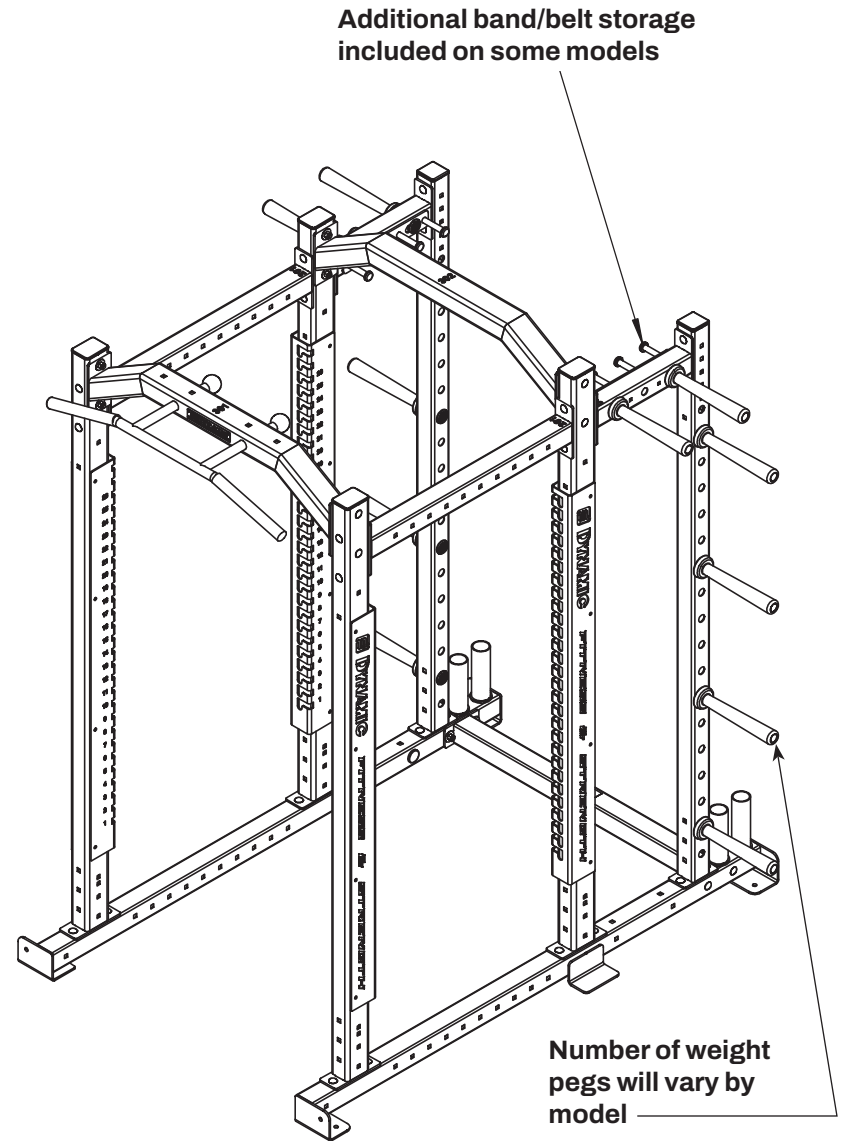
Note: This step requires two people to lift and fasten.



Step 5 B

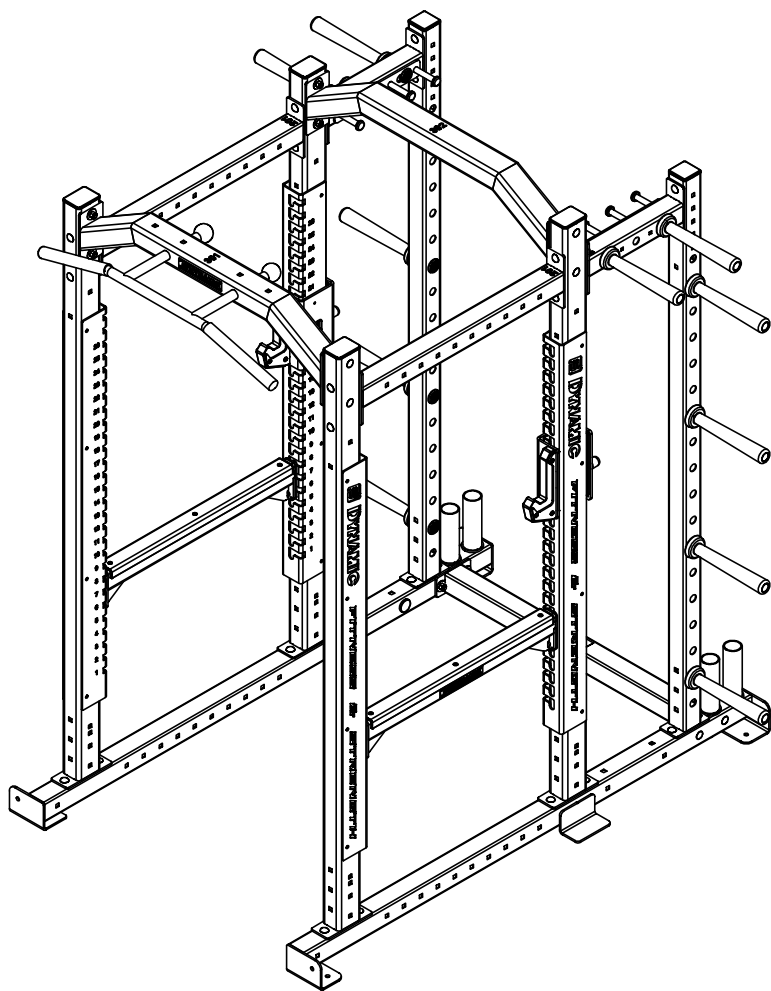
Attach horizontal connector and chin up bar between left and right 9' uprights as shown. This bar may vary based on your model.

Note: This step requires two people to lift and fasten.



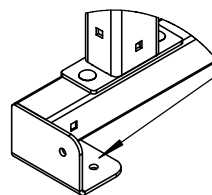
Step 6

Mount weight pegs in desired locations. The recommended spacing between each peg is (4) holes as shown.

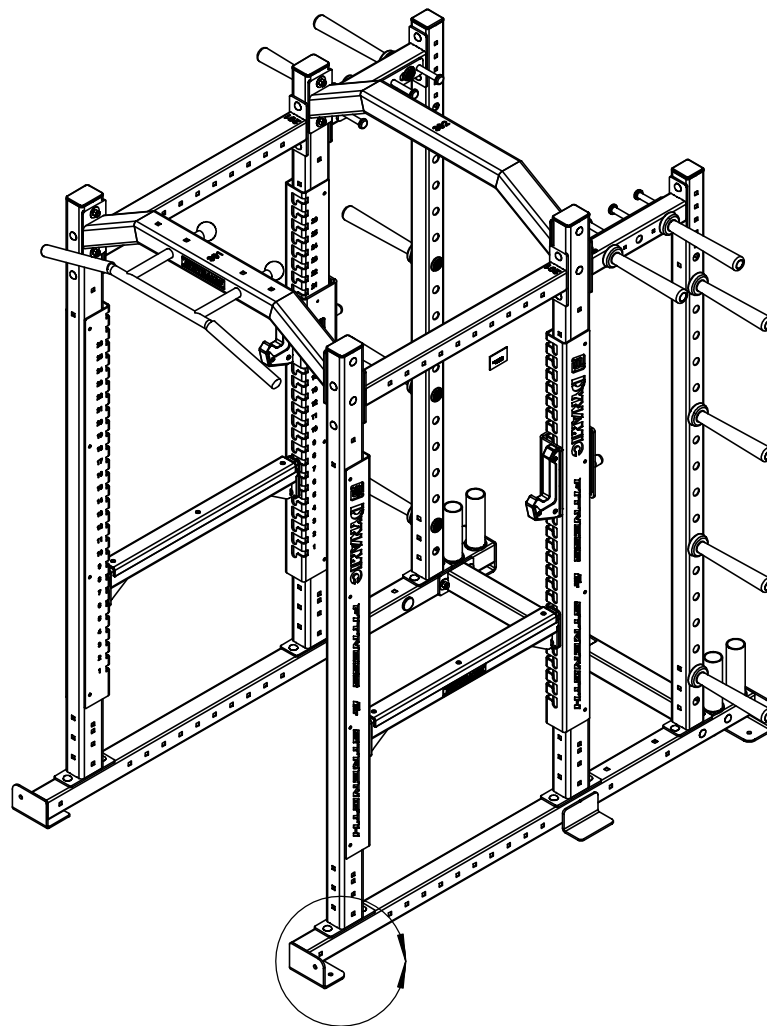


Step 7

Mount bar catch and safety assemblies to rack at desired location.



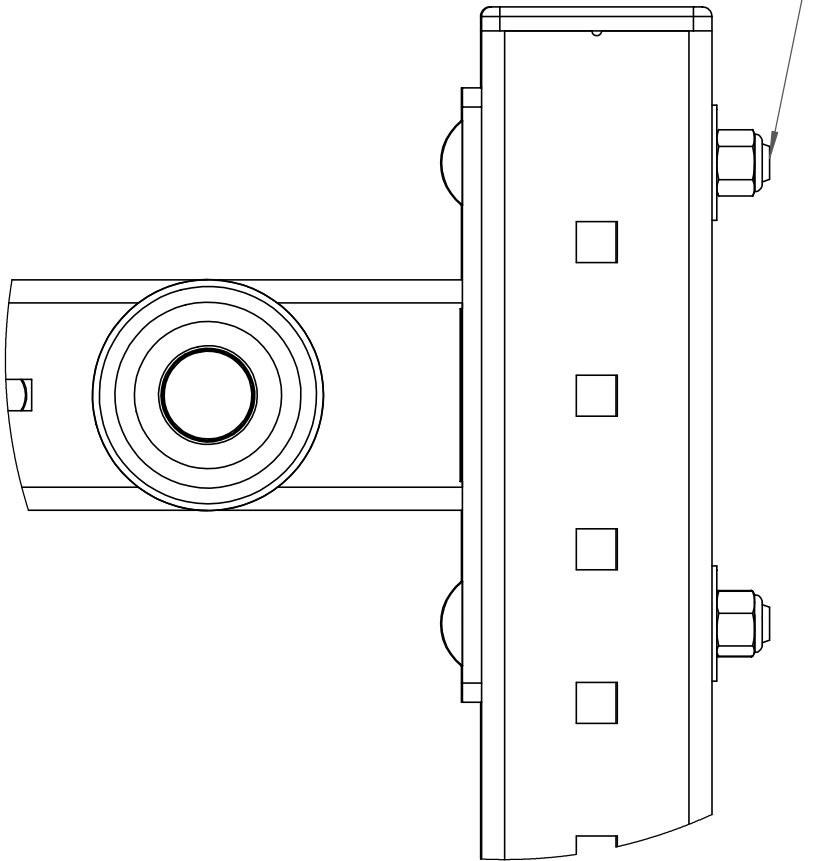
Anchor to floor using
1/2" hardware.
(Not Provided)



Step 8

Position rack in final location and anchor to floor using available holes on each base.

End of bolt **MUST**
extend beyond nut face
at all locations



Step 9

Tighten each hardware connection.
The end of each bolt should extend beyond nylock nut face as shown.

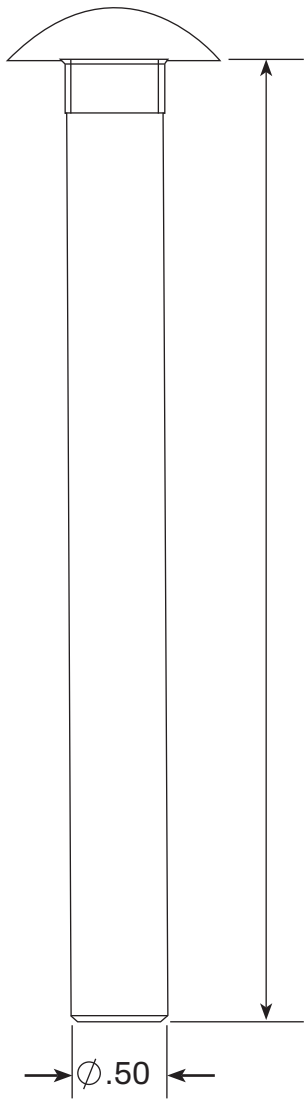
**DO NOT COLLAPSE TUBING FROM OVER
TIGHTENING HARWARE**

Maintenance

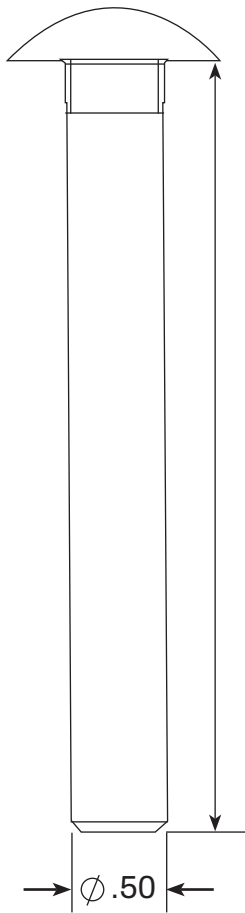
**Preventative actions will keep your
facility safe and productive for all
users**

- 1) Wipe Down Equipment
Use gneral purpose cleaner.
Avoid Bleach based solutions.
- 2) Lubricate All Moving Parts
Use a silicone spray and clean
rag to apply.
- 3) Tighten All Hardware
Inspect the condition of all
hardware and tighten loose
fasteners.
- 4) Inspect Wear Guards
To prevent metal to metal
contact with components keep
wear surfaces protected.
- 5) Replace All Worn Parts

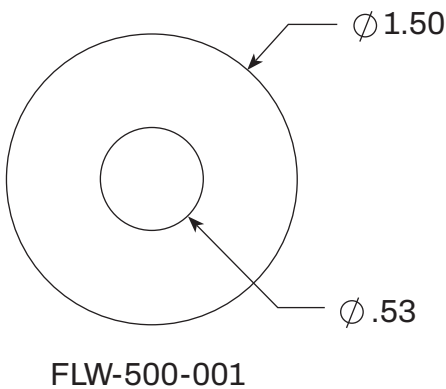
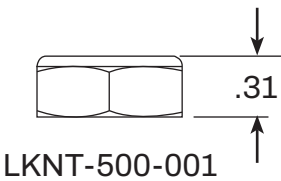
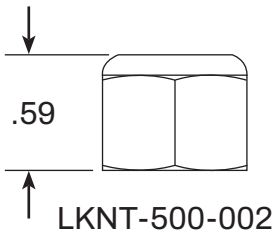
HARDWARE PACK CONTENTS
QUANTITIES VARY BY MODEL



CAIR-500-002



CAIR-500-001



DYNAMIC™

FITNESS & STRENGTH



MAINTENANCE GUIDLINES

for all Dynamic Equipment

Frames

- Wipe down daily with a mild soap cleaner and water solution
- Dry all areas to prevent opportunity for corrosion
- Avoid harsh bleach and citrus based cleaners
- Apply and wipe down spray wax weekly
- Clean scratches with denatured alcohol and paint to prevent corrosion

Wear Guards

- Inspect wear surfaces weekly for proper protection
- Damaged UHMW protection components must be replaced
- Tighten all wear guard mounting fasteners monthly
- Safety components should be inspected before each use
- **Do no use damaged safety equipment, replace immediately**

Pads

- Wipe down daily with a mild soap cleaner and water solution
- Use a soft bristle brush on stained areas as required
- Wipe all residue from pads with clean damp cloth
- Replace wear covers regularly to extend life of equipment pad
- Clean and condition with vinyl restoring spray weekly

DO NOT USE:

- Abrasive tools, brushes, or cloths
- Potent, acidic or household cleaning products
- Use of these products or cleaners may cause damage to decals, logos and other material components
- Use of these products or cleaners voids warranty

Fasteners

- Weekly inspect and tighten all hardware as required
- Damage can occur from over tightening hardware
- Use blue Loctite on fasteners as needed to maintain proper fit

Cables

- Check coating daily for wear, tears or frayed ends
- **Replace worn or damaged cables immediately**
- Inspect cable ends daily to insure they are securely attached
- Check cable set screws daily for proper engagement
- Inspect all clevis attachments daily for proper closure
- Weekly verify cable tension is correct and adjust as required

Pulleys

- Weekly check pulleys to insure each freely rotates
 - *Pull the cable away from pulley and rotate by hand
- Replace pulleys damaged by torn or frayed cables

Guide Rods & Linear Shafting

- Wipe clean daily with lint free rag to remove any contaminants
- Lubricate weekly with PTFE product
 - *WD-40 SPECIALIST Dry Lubricants
- Weekly inspect for damaged or peeling areas of the shafting
- Replace worn shafting immediately to prevent bearing damage

Bearings

- Lubricate annually with white lithium grease. #2
 - *Mystik™ JT-6 Marine No. 2 Grease - 14 oz.
 - *Lucas® White Lithium Grease

Bars

- Brush frequently with stiff bristle nylon brush
- Use brass wire brush on chrome plated bars only
- Use a lint free cloth to apply oil to the entire bar (3 in one, Mineral)

Bumper Plates

- New bumper plates have a surface coating to preserve the rubber. Excess coating can be wiped away with a dry towel
- Do not use abrasive chemicals to clean bumper plates
- If desired clean with warm water and mild cleaner

Dumbbells

- Keep rubber coated products clear of sharp edges and objects
- Clean with warm water and mild detergent soap
- Wipe down with a damp towel and allow to dry before use
- Clean handle section with nylon brush, apply thin coating of oil

Flooring

- Daily vacuuming or dry dust mopping is recommended
- Weekly deep cleaning using only cleaners that are not acidic having a pH of 6.0-7.0
- Dilute cleaner per manufacturer and apply with standard mop or auto scrubber
- Leave cleaning solution on floor for 5-10 min then rinse them clean
- Products with low toxicity, low odor (VOC's) are preferred

REPLACE *all worn and damaged parts immediately*

Bench Pad Slip Covers

- Wipe down daily with a mild soap cleaner and water solution
- Use a soft bristle brush on stained areas as required
- Wipe all residue from pads with clean damp cloth
- Replace wear covers regularly to extend life of equipment pad
- Clean and condition with vinyl restoring spray weekly

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Tools

- Standard Sockets
- Metric socket set
- Rubber mallet
- Combo wrench set (3/8" - 7/8")
- Standard set Allen keys
- Metric set Allen keys
- Phillips screwdriver
- Standard screwdriver
- Needle nose plier
- Standard plier

Facility Management

Humidity and temperature must be managed to ensure proper equipment operations. Facility humidity must be maintained less than 60% and temperature within the range of 50°F-70°F.

Warranty

Please contact Dynamic Fitness & Strength at 844-678-7447 for warranty information specific to your equipment

Parts & Service

If you have any questions on the use or maintenance of your equipment please contact us.

Customer Service: **844-678-7447**

By emailing your request to **info@mydynamicfitness.com**



or scan the QR Code to fill out the
Warranty/Service Request Form

REPLACE *all worn and damaged parts immediately*