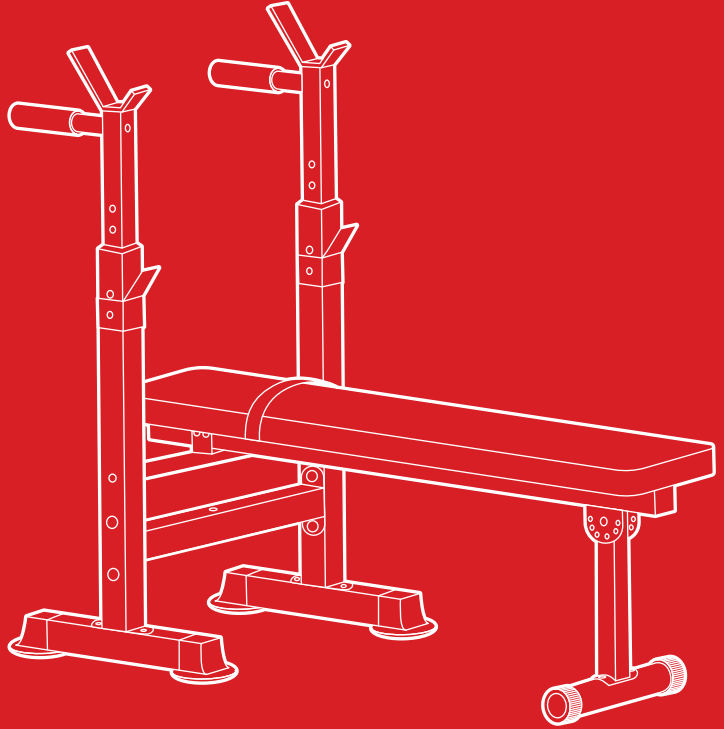




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# INSTRUCTION MANUAL

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Adjustable Barbell Rack  
and Weight Bench

## ! NOTICE

Please retain these instructions for future reference.

- Please do not exceed the weight limitations of this item.
- Do not stand on or use any part of this item as a step ladder.
- Firmly secure all bolts, screws, and knobs before use.
- Reconfirm that all bolts, screws, and knobs are secure every 90 days.
- Fasten screws loosely during initial assembly. Do not firmly tighten the screws until the item is completely assembled.
- Be aware that some parts are heavy and have sharp edges.
- If any parts are missing, broken, damaged, or worn, stop using this product until repairs are made and/or factory replacement parts are installed.
- Do not use this item in a way inconsistent with the manufacturer's instructions as this could void the product warranty.

## TOOLS REQUIRED



ALLEN WRENCH  
(2 PROVIDED)



WRENCH  
(PROVIDED)



330 LBS  
CAPACITY



1 PERSON  
ASSEMBLY



UP TO 60 MIN.  
ASSEMBLY

## HARDWARE

1

M8x65mm  
BOLT



2 PCS

2

M8x55mm  
BOLT



1 PC

3

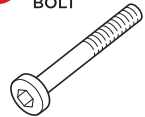
M10 NUT



8 PCS

4

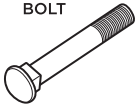
M10x65mm  
BOLT



4 PCS

5

M10x65mm  
CARRIAGE  
BOLT



4 PCS

6

M8x20mm  
SCREW



4 PCS

7

M10 WASHER



8 PCS

8

M6 PIN

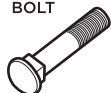


4 PCS

## HARDWARE

9

M8x60mm  
CARRIAGE  
BOLT



2 PCS

10

M8 NUT



5 PCS

11

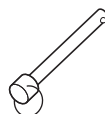
M8 WASHER



7 PCS

12

M8 LONG PIN



1 PC

13

M8 SHORT PIN

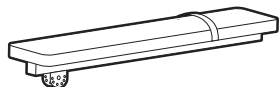


1 PC

## PARTS

A

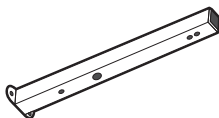
BENCH



1 PC

B

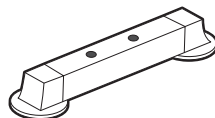
SIDE FRAME



2 PCS

C

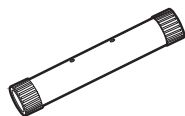
SIDE LEG



2 PCS

D

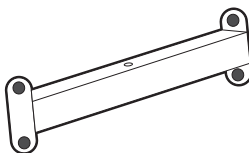
BENCH LEG



1 PC

E

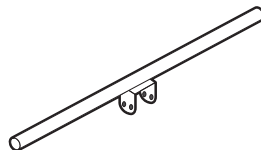
SQUARE SUPPORT



1 PC

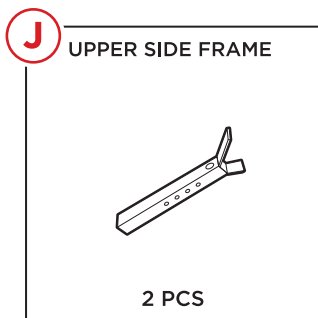
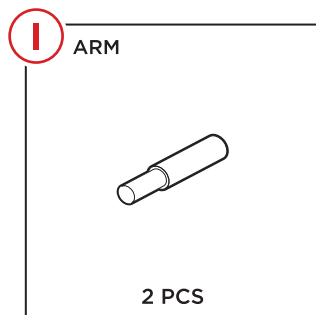
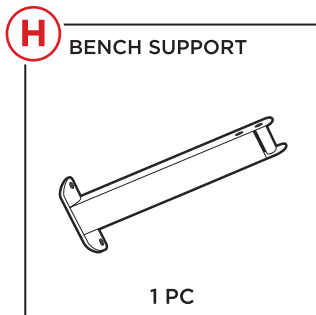
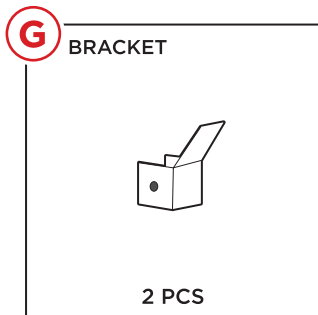
F

ROUND SUPPORT



1 PC

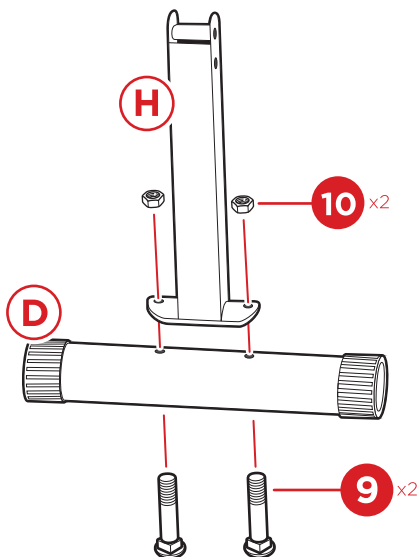
## PARTS



## PRODUCT ASSEMBLY

**1**

Attach part H bench support to part D bench leg with two part 9 carriage bolts and two part 10 nuts.

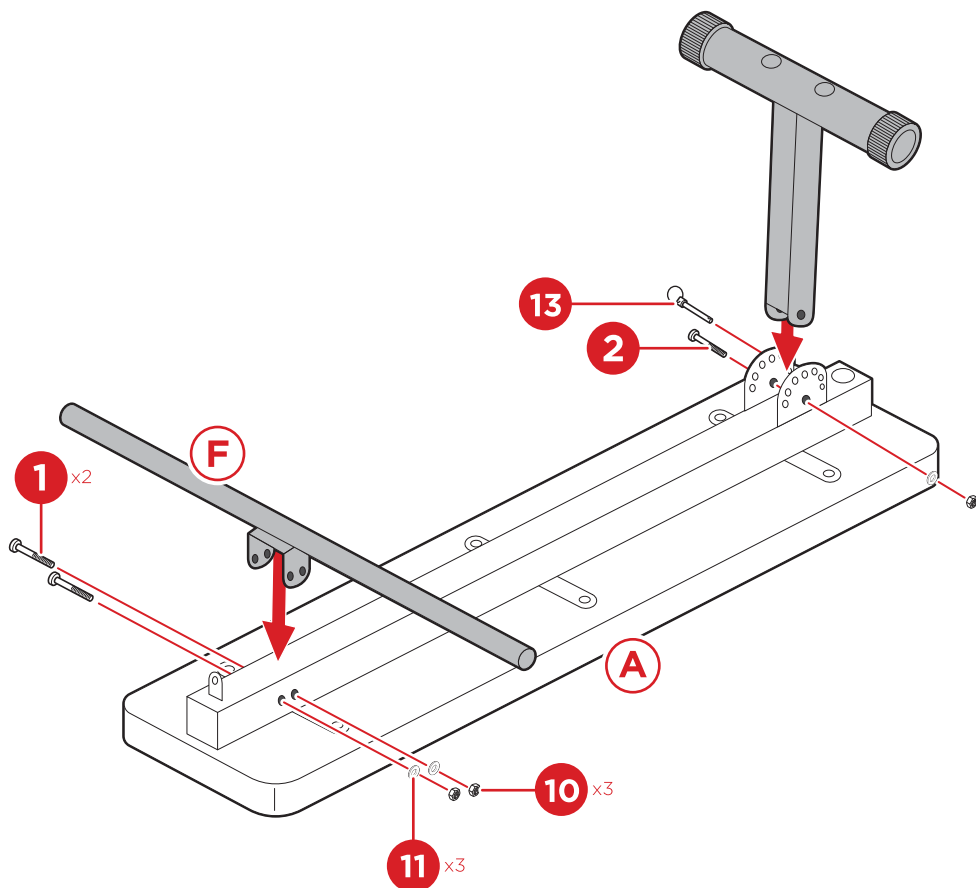


## PRODUCT ASSEMBLY

**2**

Attach the bench leg to part A bench with a part 2 bolt, part 11 washer, and part 10 nut. Insert the part 13 short pin.

Attach part F round support with two part 1 bolts, two part 11 washers, and two part 10 nuts.

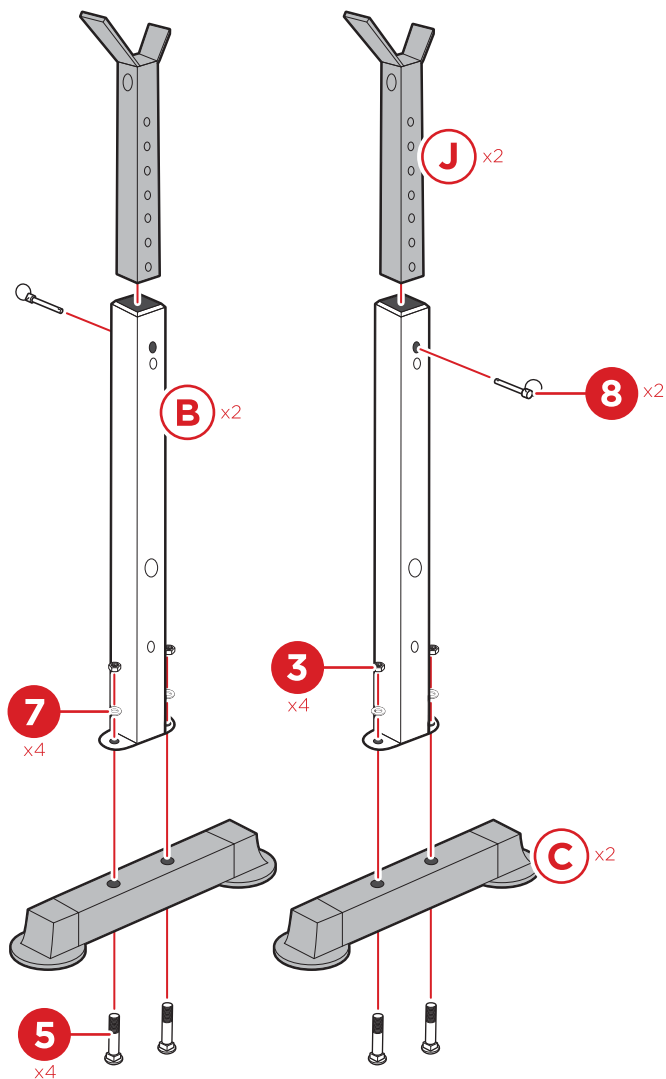


## PRODUCT ASSEMBLY

**3**

Attach two part C side legs to two part B side frames with four part 5 carriage bolts, four part 7 washers, and four part 3 nuts.

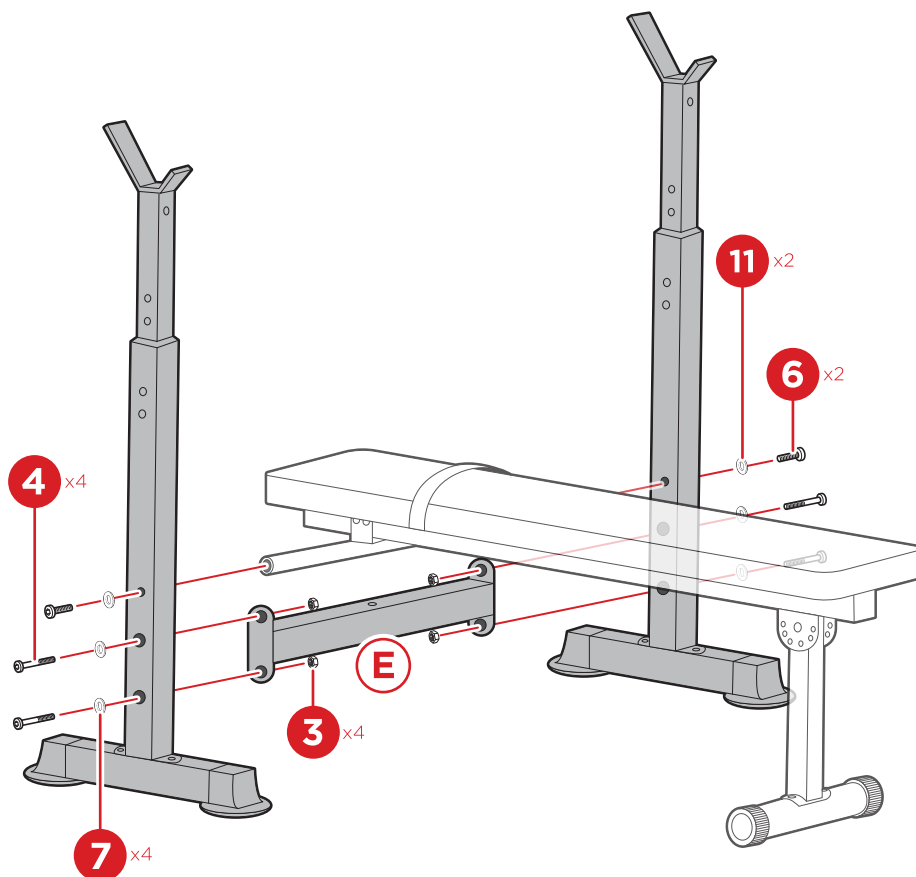
Insert two part J upper side frames and secure them with two part 8 pins.



## PRODUCT ASSEMBLY

4

Attach the round support to the side frames with two part 6 screws and two part 11 washers.  
Attach part E square support with four part 4 bolts, four part 7 washers, and four part 3 nuts.

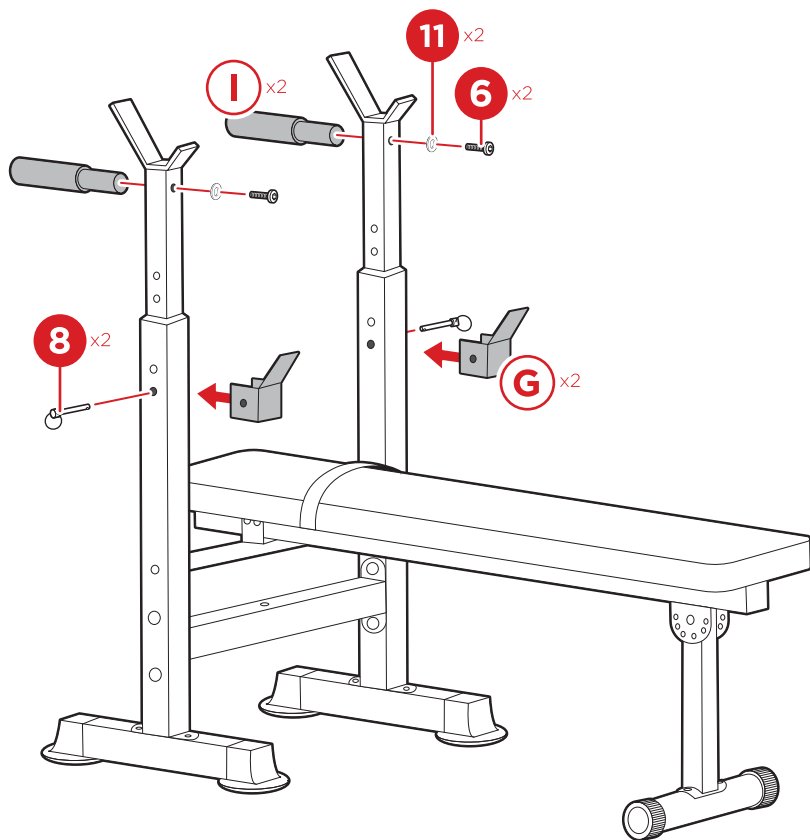


## PRODUCT ASSEMBLY

5

Secure two part G brackets with two part 8 pins.

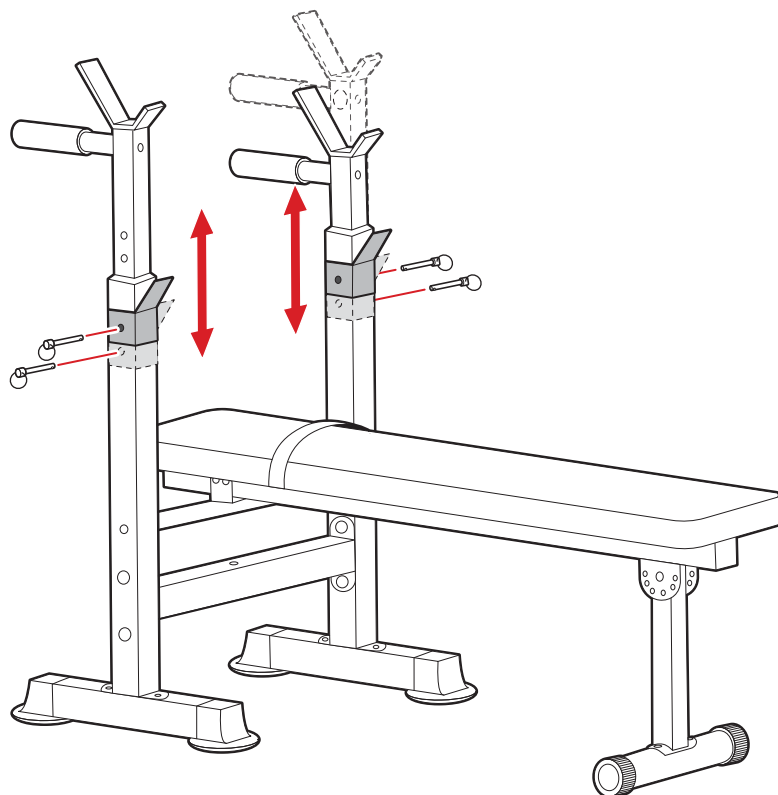
Attach two part I arms with two part 6 screws and two part 11 washers.





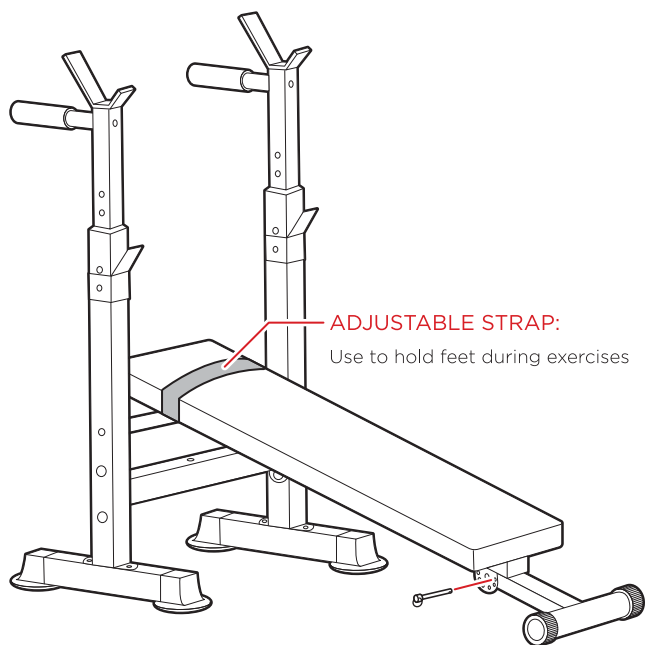
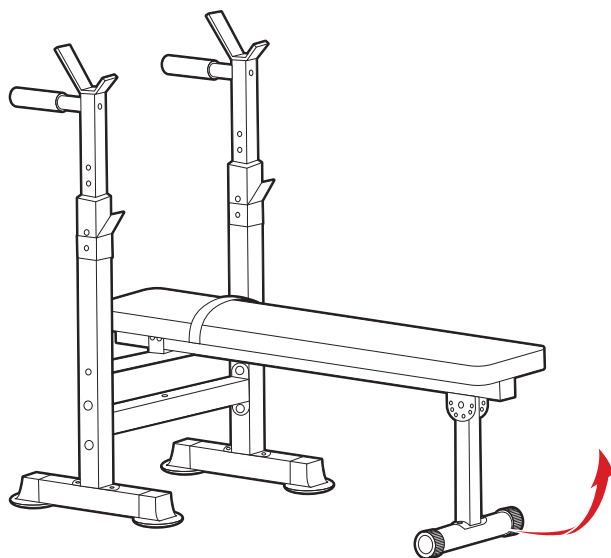
## FEATURES

Remove pins to adjust the height of brackets and side frames.



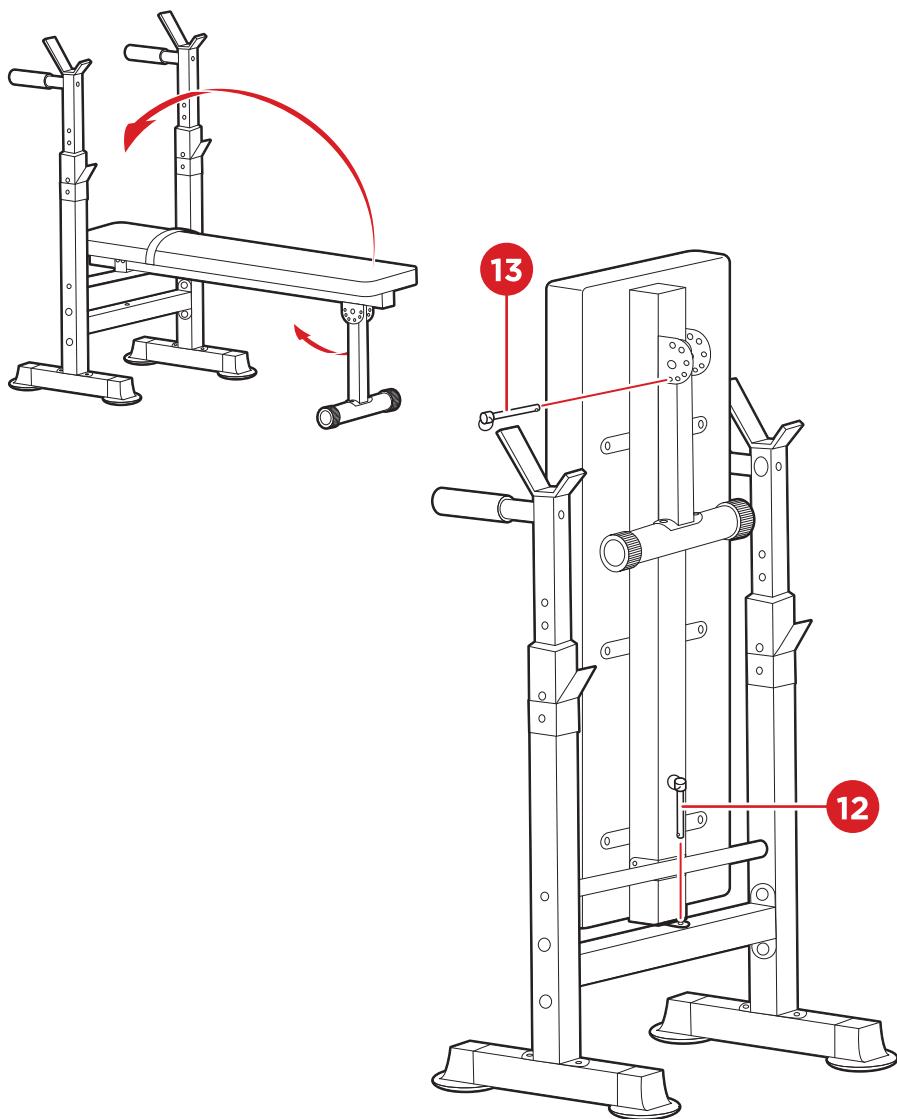
## FEATURES

Flip out the bench leg to transform into an incline bench.



## STORAGE

Fold bench to store; flip up bench and bench leg and secure with part 12 and part 13 pins.





# HELP CENTER



Question about your product? We're here to help. Visit us at:

[help.bestchoiceproducts.com](http://help.bestchoiceproducts.com)



Chat Support



Product Inquiry



Orders FAQ



Product Assembly



Returns & Refunds

## PRODUCT WARRANTY INFORMATION

All items can be returned for any reason within 60 days of the receipt and will receive a full refund as long as the item is returned in its original product packaging and all accessories from its original shipment are included. All returned items will receive a full refund back to the original payment method. All returned items will not be charged a re-stocking fee.

All returned items require an RA (Return Authorization) number, which can only be provided by a Best Choice Products Customer Service Representative when the return request is submitted. Items received without an RA may not be accepted or may increase your return processing time. Once an item has been received by Best Choice Products, refunds or replacements will be processed within 5 business days.

All returns must be shipped back to the Best Choice Products Return Center at the customer's expense. If the reason for return is a result of an error by Best Choice Products then Best Choice Products will provide a pre-paid shipping label via email. Boxes for return shipping will not be provided by Best Choice Products, and is the customer's responsibility to either use the original shipping boxes or purchase new boxes.

Pictures may be required for some returns to ensure an item is not damaged prior to its return. Items returned are not considered undamaged until they are received by Best Choice Products and verified as such. All damages to items are the customer's responsibility until the item has been received by and acknowledge by Best Choice Products as undamaged.

## WARNING

Manufacturer and seller expressly disclaim any and all liability for personal injury, property damage or loss, whether direct, indirect, or incidental, resulting from the incorrect attachment, improper use, inadequate maintenance, or neglect of this product.