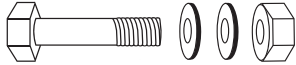





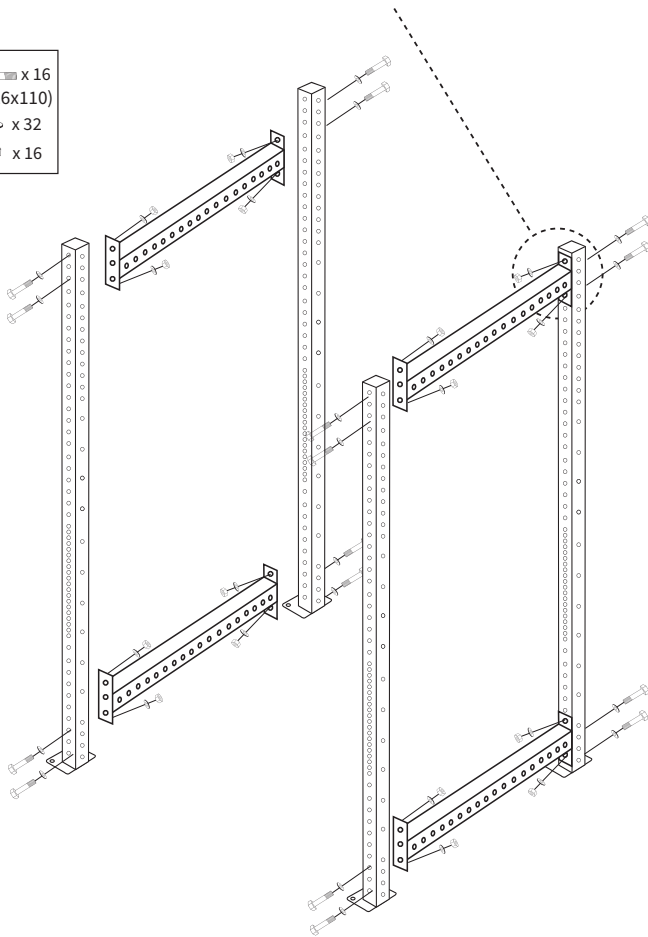
# PR-4000 Assembly Instructions

| Hardware Included:  | Parts Included:  |
|---|--|
| <p>M16x110 Bolt, Washers, Nut - x 5 6</p>  | <p>Rack:<br/>           4 Uprights<br/>           4 Horizontal Connecting Braces<br/>           Top Horizontal Name Plate Bracket<br/>           Multi-Grip Pullup Bar<br/>           2 J-Cups</p> |




Weight Storage Attachment:  
 2 Uprights  
 4 Short Horizontal Connecting Braces  
 6 Long Weight Horns  
 6 Short Weight Horns

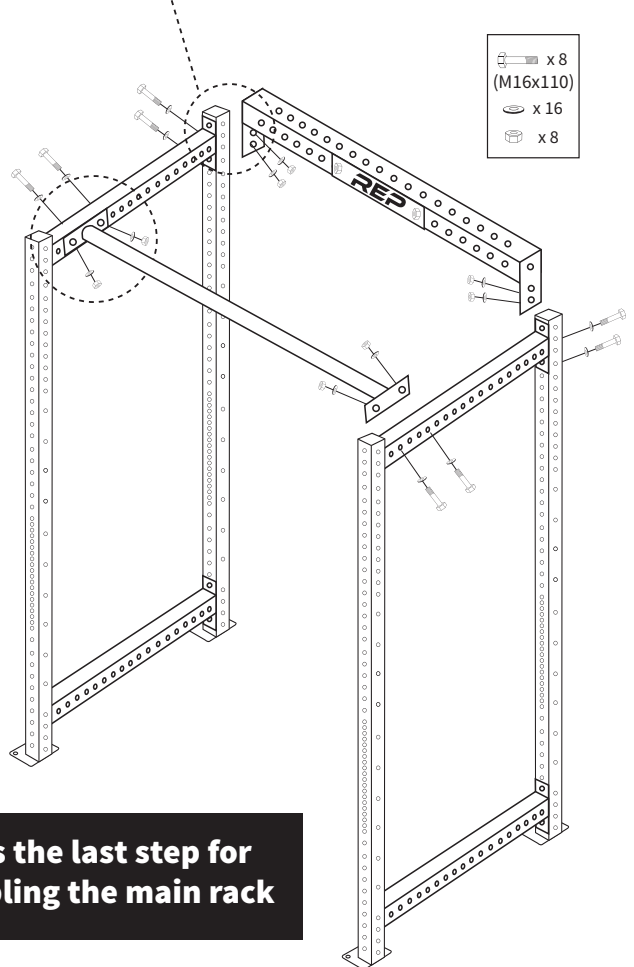
1. Attach horizontal connecting braces to top and bottom of each pair of uprights.

-  x 16 (M16x110)
-  x 32
-  x 16



2. Connect the horizontal brace with name plate and pullup bar.

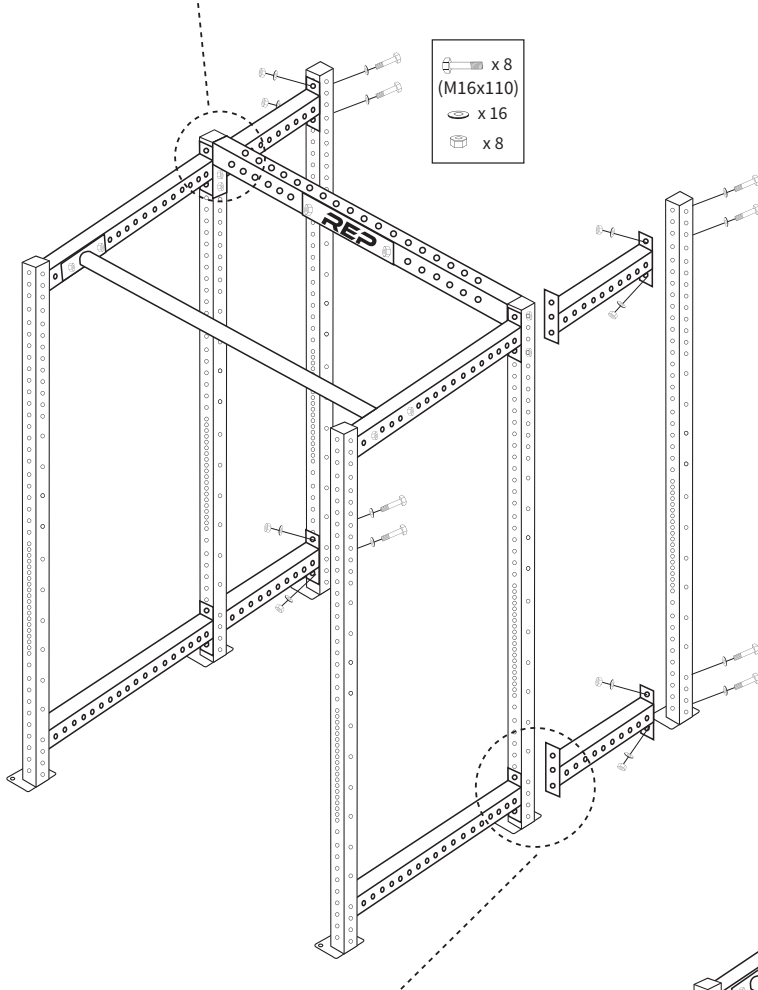
-  x 8 (M16x110)
-  x 16
-  x 8



**This is the last step for assembling the main rack**

# Adding Weight Storage:

3. Attach short horizontal connecting braces to top and bottom of the back uprights of the rack and the weight storage uprights.



Use the same bolt used to secure the front connecting brace on the other side of the upright.

4. Attach weight horns and secure j-cups at desired height.

