Complete Stand Component Diagram
Tools Required

- 7/32" Allen Wrench (included)

You will also need:
- 9/16" Socket
- 9/16" Wrench or Adjustable Wrench
- Utility knife or scissors to cut nylon ties

Parts

<table>
<thead>
<tr>
<th>#</th>
<th>Qty</th>
<th>Description</th>
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<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>TUBE, BOTTOM CROSS BRACE</td>
</tr>
<tr>
<td>2</td>
<td>1</td>
<td>ASSEMBLY, REAR LEFT STABILIZER</td>
</tr>
<tr>
<td>3</td>
<td>1</td>
<td>ASSEMBLY, REAR RIGHT STABILIZER</td>
</tr>
<tr>
<td>4</td>
<td>2</td>
<td>ASSY, STAND LEG</td>
</tr>
<tr>
<td>5</td>
<td>1</td>
<td>WELDMENT, LEFT DUMBBELL PLATFORM</td>
</tr>
<tr>
<td>6</td>
<td>1</td>
<td>WELDMENT, RIGHT DUMBBELL PLATFORM</td>
</tr>
<tr>
<td>7</td>
<td>1</td>
<td>WELDMENT, TOWEL BAR</td>
</tr>
<tr>
<td>8</td>
<td>1</td>
<td>FOOT PEGS, SET OF FOUR</td>
</tr>
<tr>
<td>9</td>
<td>1</td>
<td>HOLD DOWN STRAPS, 2F 2M</td>
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<tr>
<td>10</td>
<td>20</td>
<td>NUT-NL 0.375-16 G2-BkZ</td>
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<tr>
<td>11</td>
<td>36</td>
<td>WASHER-FLAT 0.375 REGULAR BLKZ</td>
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<tr>
<td>12</td>
<td>8</td>
<td>SCREW-BHCS 0.375-16x3.0 G2-BkO</td>
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<tr>
<td>13</td>
<td>4</td>
<td>SCREW-BHCS 0.375-16x2.75 G2-BkO</td>
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<td>14</td>
<td>4</td>
<td>SCREW-BHCS 0.375-16x2.5 G2-BkO</td>
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<tr>
<td>15</td>
<td>4</td>
<td>SCREW-FHCS 0.375-16x1.0 G2-BkO</td>
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<td>16</td>
<td>1</td>
<td>WHEELS, CASTER SET OF FOUR</td>
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<tr>
<td>17</td>
<td>1</td>
<td>PLATE, CENTER W/ LOGO</td>
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Hardware

<table>
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<td>8</td>
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<tr>
<td>8</td>
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<tr>
<td>16</td>
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</tbody>
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Hardware Card A:
- 2.75" Screw, Button Head 4
- 2.5" Screw, Button Head 4
- 1.0" Screw, Flat Head 4
- Nut, Lock 12
- Washer, Flat 20

Hardware Card B:
- 3.0" Screw, Button Head 8
- Nut, Lock 8
- Washer, Flat 16
- 7/32" Allen Wrench
Attach the Rear Left Stabilizer (#2) to the Stand Leg (#4) using the hardware shown in Figure 1.

**Note:** Do not tighten hardware.
2-1 Attach the Rear Right Stabilizer (#3) to the Stand Leg (#4) using the hardware shown in Figure 2.

Note: Do not tighten hardware.
Parts:
• Cross Brace (#1)
• Left Stand Leg assembly from Step 1
• Right Stand Leg assembly from Step 2

Hardware Qty
• 3” Screws (#12) 4
• Washers (#11) 8
• Nuts (#10) 4

Tools:
• Hex Key (7/32”)

3-1 Attach the Bottom Cross Brace (#1) to the Rear Left Stabilizer (#2) and Rear Right Stabilizer (#3) using the hardware shown in Figure 3. Make sure that the narrower edge of the Cross Brace (#1) is closer to the Stand Leg (#4) uprights.

Note: Do not tighten hardware.
Parts:
• Stand Leg and Cross Brace assembly from Step 3
• Center Plate (#17)

Hardware Qty
• 2.5" Screws (#14) 4
• Washers (#11) 8
• Nuts (#10) 4

Tools:
• Hex Key (7/32”)
• Wrench/Socket (9/16”) or Adjustable Wrench

4-1 Install the Center Plate (#17) to both Stand Legs (#4) using the hardware shown in Figure 4.

Note: Make sure that the Center Plate edges are on the outer sides of the legs, and that the logo on the Plate is right side up.

4-2 Tighten all hardware from Steps 1, 2 and 3 securely.
Parts:
- Stand base assembly from Step 4
- Left Dumbbell Platform (#5)

Hardware Qty
- 2.75” Screws (#13) 2
- Washers (#11) 4
- Nuts (#10) 2

Tools:
- Hex Key (7/32”)
- Wrench/Socket (9/16”) or Adjustable Wrench

5-1 Secure the Left Dumbbell Platform (#5) to left Stand Leg (#4) using the hardware shown in Figure 5.

Note: Make sure the screw holes in the Platform are toward the center of the stand.
Parts:
- Stand base assembly from Step 5
- Right Dumbbell Platform (#6)

Hardware Qty
- 2.75" Screws (#13) 2
- Washers (#11) 4
- Nuts (#10) 2

Tools:
- Hex Key (7/32")
- Wrench/Socket (9/16") or Adjustable Wrench

6-1 Secure the Right Dumbbell Platform (#6) to right Stand Leg (#4) using the hardware shown in Figure 6.

Note: Make sure the screw holes in the Platform are toward the center of the stand.
Parts:
- Stand assembly from Step 6
- Towel Bar (#7)

Hardware Qty
- 1" Screws (#15) 4
- Washers (#11) 4
- Nuts (#10) 4

Tools:
- Hex Key (7/32“)
- Wrench/Socket (9/16”) or Adjustable Wrench

7-1 Attach the Towel Bar (#7) to the Left Dumbbell Platform (#5) and the Right Dumbbell Platform (#6) using hardware shown in Figure 7. Hand tighten screws in a cross pattern, to ensure even fit.

7-2 Tighten all screws securely.
Parts:
- Stand assembly from Step 7
- Foot Pegs (#8) or Caster Wheels (#16)
- Hold Down Straps (#9)

8-1 Attach either Foot Pegs (#8) or Caster Wheels (#15) to the Rear Left Stabilizer (#2), the Rear Right Stabilizer (#3), and both Stand Legs (#4). See Figure 8.

8-2 Attach the Hold Down Straps (#9) to the Left Dumbbell Platform (#5) and the Right Dumbbell Platform (#6) as shown in Figure 8.