

# ELITE ADJUSTABLE SQUAT RACK ASSEMBLY INSTRUCTIONS

# HABITUAL

YOUR HABIT STARTS HERE



## ELITE ADJUSTABLE SQUAT RACK ASSEMBLY INSTRUCTIONS

Thank you for your recent purchase. Your Elite Adjustable Squat Rack can be assembled by anyone who is able to operate a spanner and or shifter/s

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## Please keep this manual with you at all times

a. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. Please

*note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.*

b. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

c. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.

d. Keep children and pets away from the equipment. This equipment is designed for adult use only.

e. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 meters of free space around it.

f. Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assembly, stop immediately. Do not use the equipment until the problem has been rectified.

g. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.

h. This equipment is designed for indoor and family use only

i. Care must be taken when lifting or moving the equipment so as not to injure your back.

j. Always keep this instruction manual and assembly tools at hand for reference.

k. The equipment is not suitable for therapeutic use.

**Warning:** Read all instructions before using this machine. Please take caution when re-racking your weights. Re-racking with excess forward momentum may cause the rack to topple over

# TOOLS REQUIRED

# HABITUAL

1 x 11/16 Spanner/Ratchet



10 x Bolts (one size)

20 x washers

10 x nuts

2 x stabilising legs

2 x squat rack poles

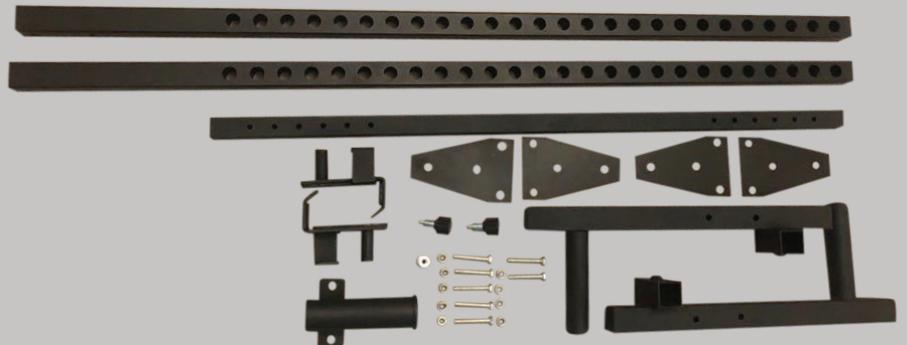
1 x crossbeam

2 x adjusting pins

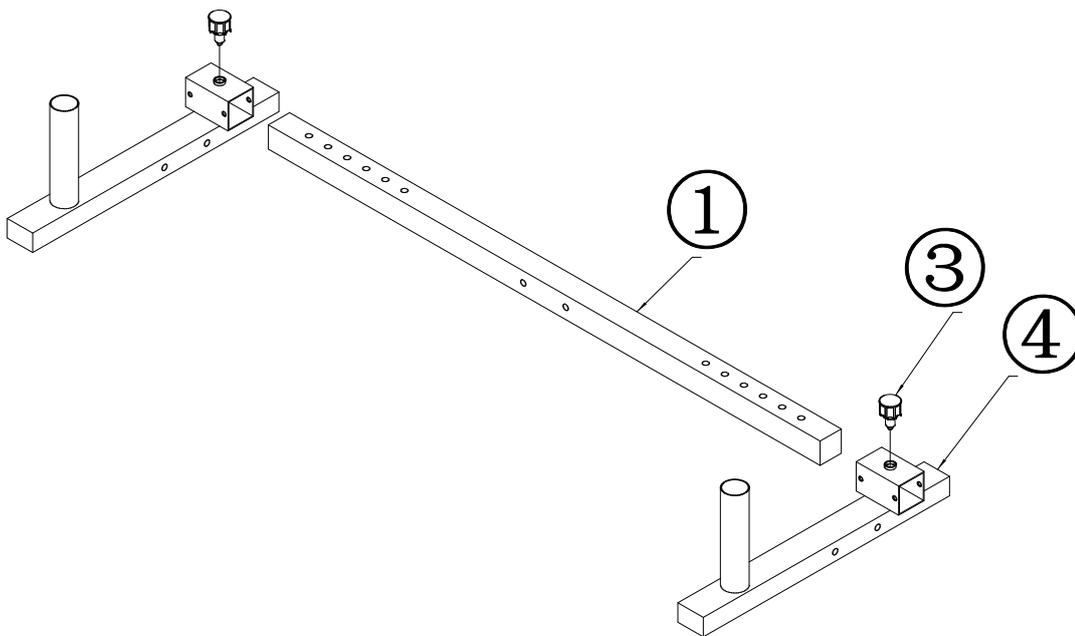
4 x stabilising triangles

1 x barbell support sleeve

2 x J Hooks

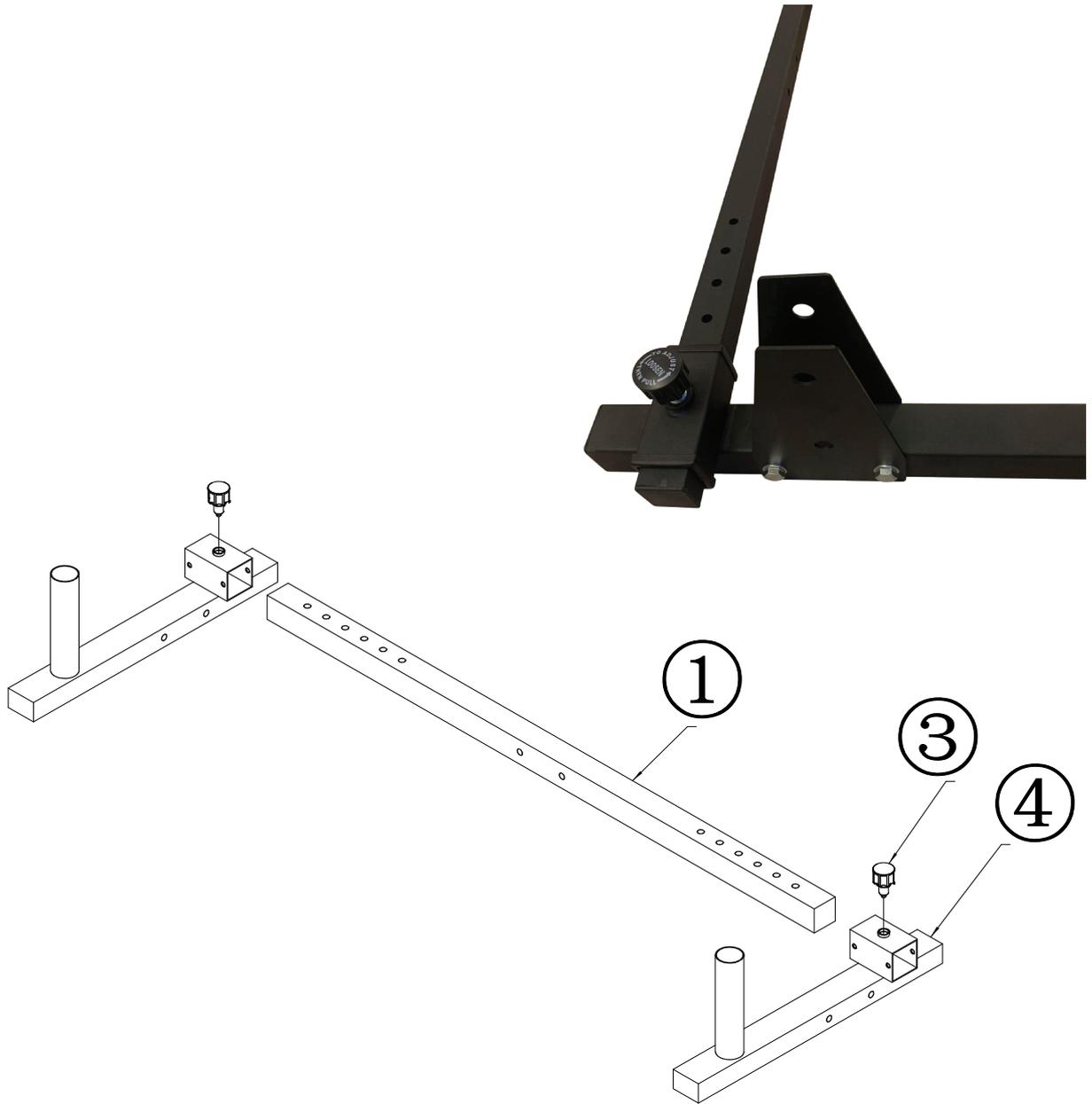


\*From time to time our factory or the shipping process may mean that in rare cases one or multiple pieces may be missing. If this is the case, please do not hesitate to reach out and we will happily express post you your missing item. We do our best to avoid this.



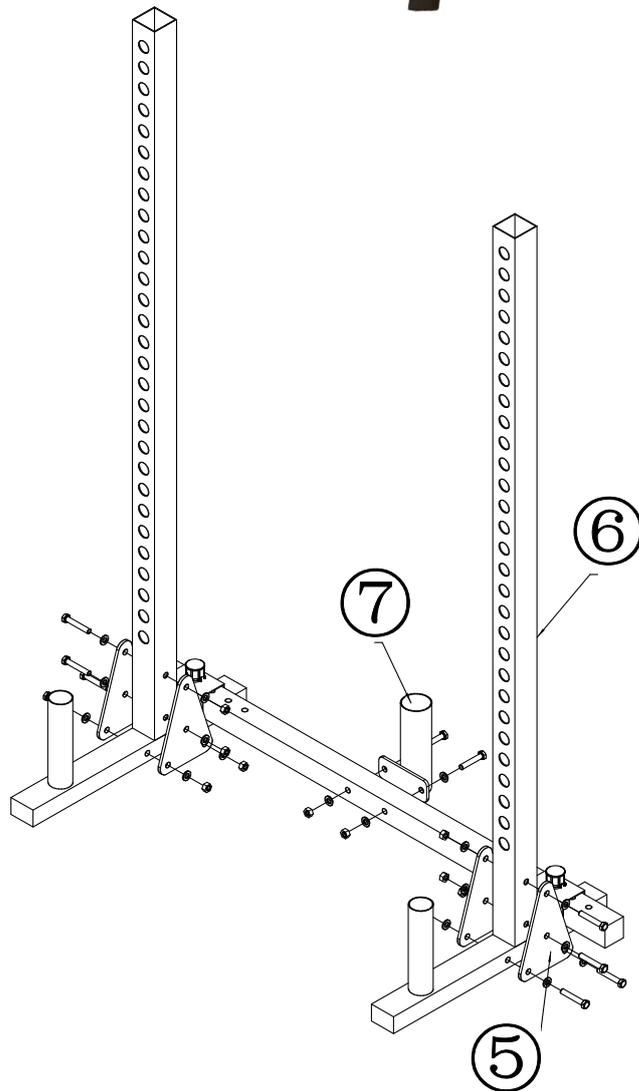
## Step 1

Insert the crossbeam into the two stabilising legs, once this is done screw in the 2 x adjusting pins and lock the crossbeam into place



## Step 2

Using a helper to hold the squat rack pole in place, place a stabilising triangle on each side of the legs and pole. Remembering to put a washer on each side of the bolt, slide 4 x bolts and nuts into their holes and tighten (nuts go on OUTSIDE of the structure)  
Repeat this step on the other side

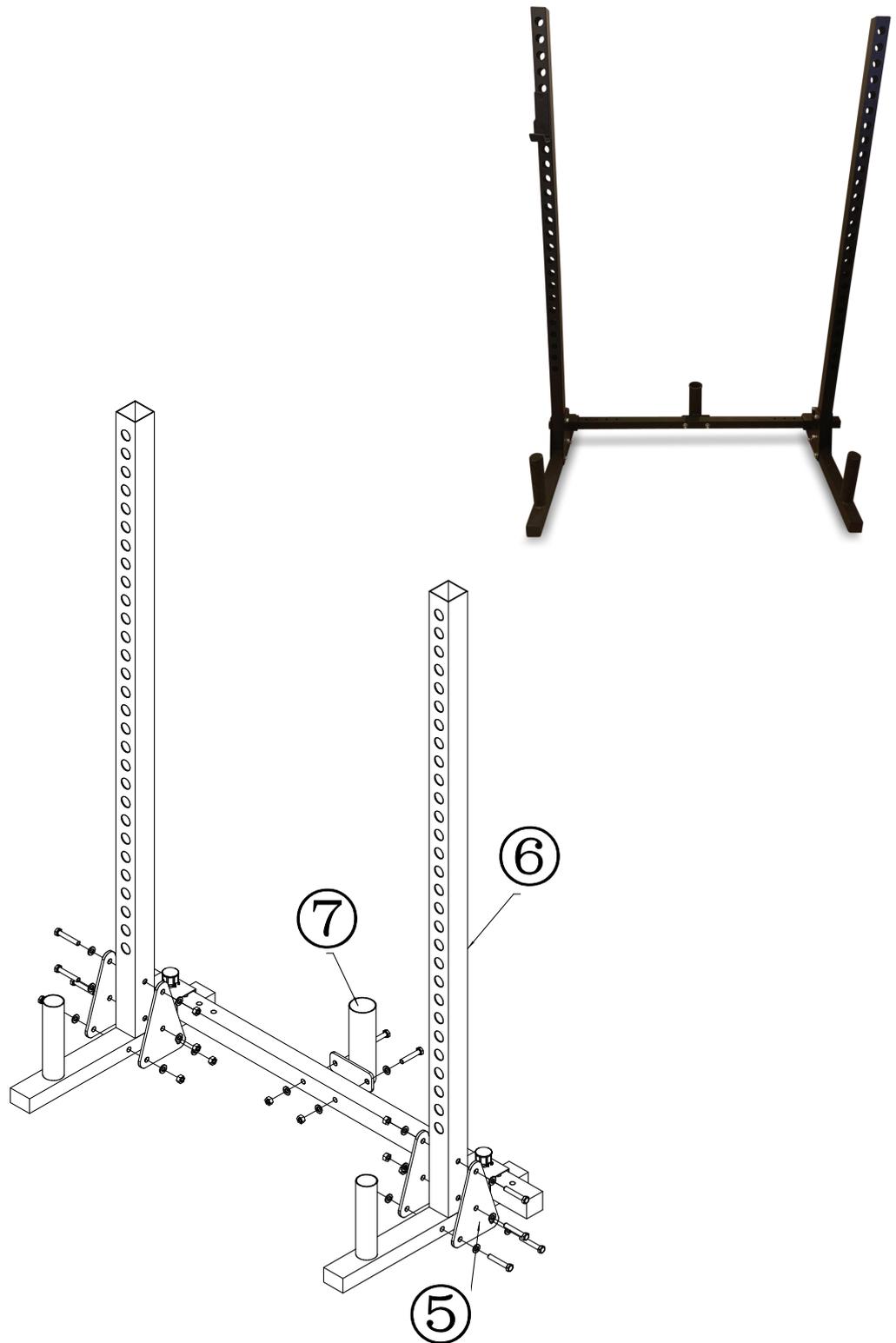


## Step 3

Place the barbell storage sleeve on the OUTSIDE of the squat rack. Refer to diagram. Again, remembering to use a washer on each side, place 2 x bolts through (nuts on the outside) and tighten the nuts.

# ASSEMBLY STEPS

# HABITUAL



## Step 4

Tighten ALL bolts and nuts one last time and you are ready to use your Elite Adjustable Squat Rack!









