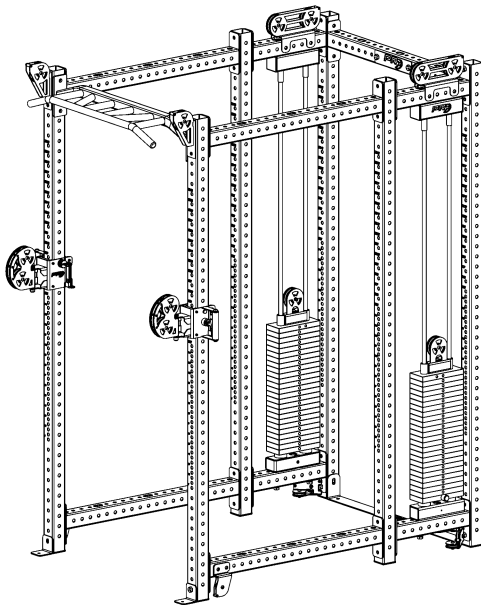
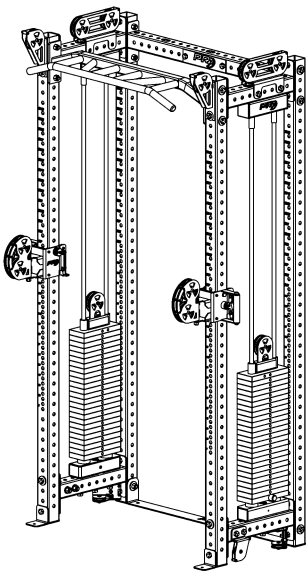


Tool List

- 15/16" Box End Wrench
- 15/16" Socket
- 7/16" Box End Wrench
- 5/16" Allen Wrench
- 7/32" Allen Wrench
- 3/4" Box End Wrench
- 9/16" Box End Wrench
- Ratchet or Cordless Impact

Parts List

Item #	Description	Qty.
1	5/8" x 4" Hex Bolt	10
2	5/8" Flat Washer	10
3	5/8" Split Lock Washer	6
4	Single High Pulley Bracket	2
5	Top 2:1 Bracket	2
6	Top Weight Stack Bracket	2
7	Bottom Weight Stack Bracket	2
8	Single Stationary Pulley	2
9	Right Front Outer Return	1
10	Right Rear Outer Return	1
11	Left Front Outer Return	1
12	Left Rear Outer Return	1
13	Left Front Trolley Assembly	1
14	Right Front Trolley Assembly	1
15	Guide Rods	4
16	Cable Assembly	2
17	Trolley Mag Pin	2
18	Carabiner	2
19	D-Handle	2
20	Weight Plate Mag Pin	2
21	Rubber Bumpers	4
22	Head Plate Assembly	2
23	4-Pack of 10lb Plates	12
24	5/8" Nylock Nut	8
25	5/8" x 4-1/2" Hex Bolt	8
26	1/2" Button Head Bolt	2
27	1/2" Flat Washer	2
28	1" Mil. Spec. Washer	2
29	1/4" x 1" Carriage Bolt	8
30	1/4" Nylock Nut	8
31	5/8" Shoulder Bolt	2
32	5/8" Bushing	4
33	1/2" Flat Washer (SAE)	2
34	1/2" Nylock Nut	2
35	Rear Trolley Assembly	2
36	Trolley Sheave Assembly	2
37	Weight Stack Sticker Set	2



All questions, feedback, and return information should be sent to: support@prxperformance.com or call us at 1-701-566-0452

⚠ WARNING

- Read all assembly, installation and use instructions in this manual prior to using this equipment.
- Inspect equipment prior to use. DO NOT use if it appears damaged or inoperable
- Use equipment only for the intended use DO NOT modify the machine
- DO NOT attempt to fix broken equipment. Call or email PRx Performance for assistance.
- *SQUAT RACK MUST BE MOUNTED TO THE FLOOR*

Save this manual for future reference.

Part Locations:

Confirm all parts and hardware are accounted for. **Figure 1 / Parts List**

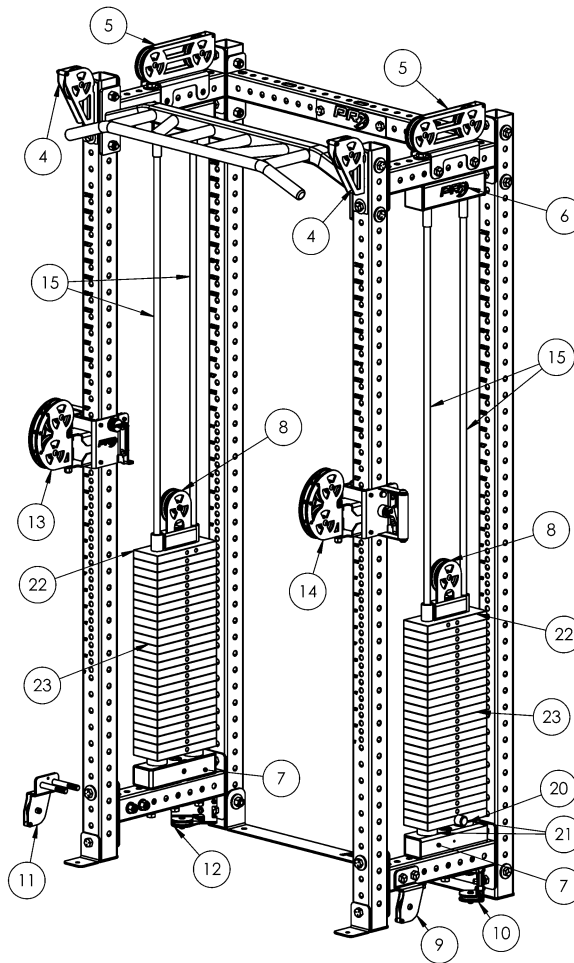


Figure 1
(Half-Rack shown)

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Attach Single High Pulley Brackets

1. Before attaching any brackets to the rack, make sure the 5/8" bolts at the back of the rack are installed with the heads to the inside of the rack, both top & bottom of rack. **Figure 2, Detail A**
NOTE: For 6-Post racks, this will be needed at the very back uprights only, not the uprights in the middle of the rack.
2. Start by attaching the Single High Pulley Brackets (4) to the front upright.
*NOTE: 5/8" bolt at top of upright will be replaced by the threaded stud on the Single High Pulley Bracket (4) and fastened by re-using the 5/8" nylock nut. Bottom of bracket (4) will be fastened using the existing 5/8" hardware as well. **Figure 2, Detail B***
3. Attach Single High Pulley Bracket (4) to both sides of rack and fully tighten all hardware.

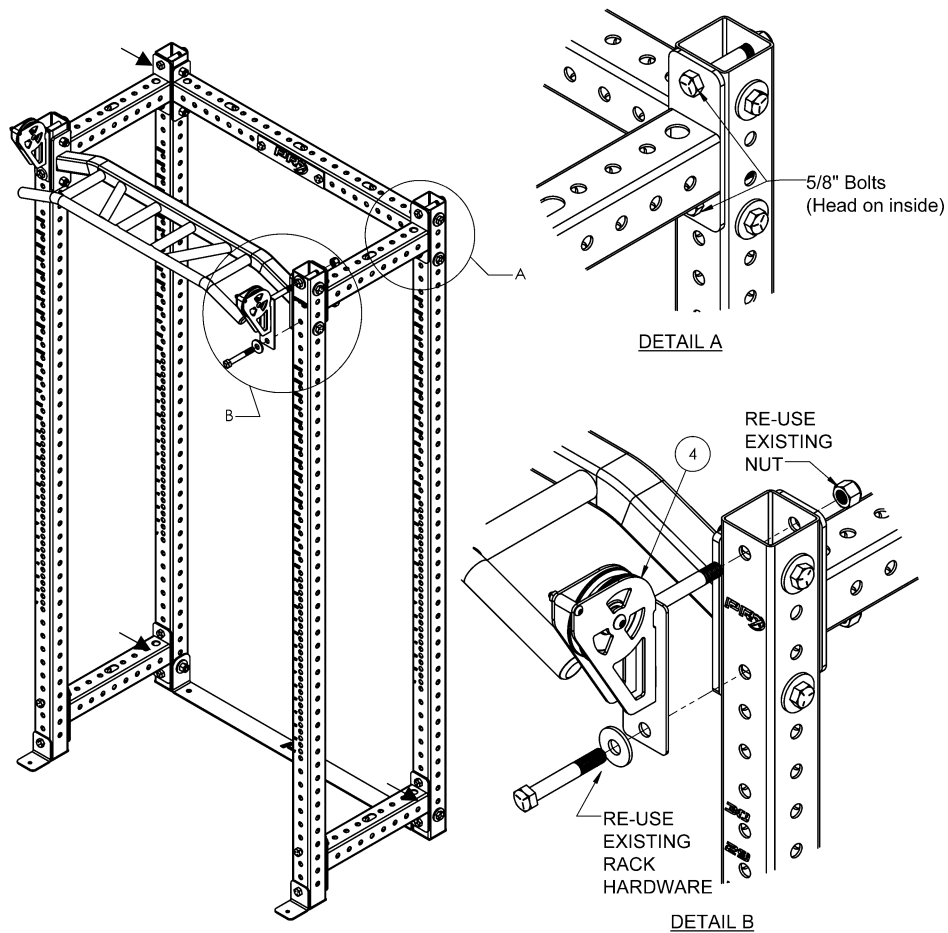


Figure 2

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Attach Lower Brackets to Rack

1. Attach the Bottom Weight Stack Bracket (7) and Right Rear Outer Return (10) on the back 18" crossmember. **Figure 3 Detail D**

*NOTE: These two brackets share hardware. The 5/8"x4" Hex Bolts (1) go through the Outer Return (10) and thread into weld nuts inside Stack Bracket (7). Bolts should not be tightened until the weight stack plates and Top Weight Stack Bracket (6) have all been placed in future steps. **Figure 6***

2. Attach the Right Front Outer Return (9) in the first two holes behind the front upright. **Figure 3, Detail D**

NOTE: Pictured is the half rack. If you have a 6-post, the bracket will attach to the first hole on the 42" crossmember.

3. Attach similar brackets to the left side of rack, Bottom Weight Stack Bracket (7), Left Front Outer Return (11), and Left Rear Outer Return (12). **Figure 3**

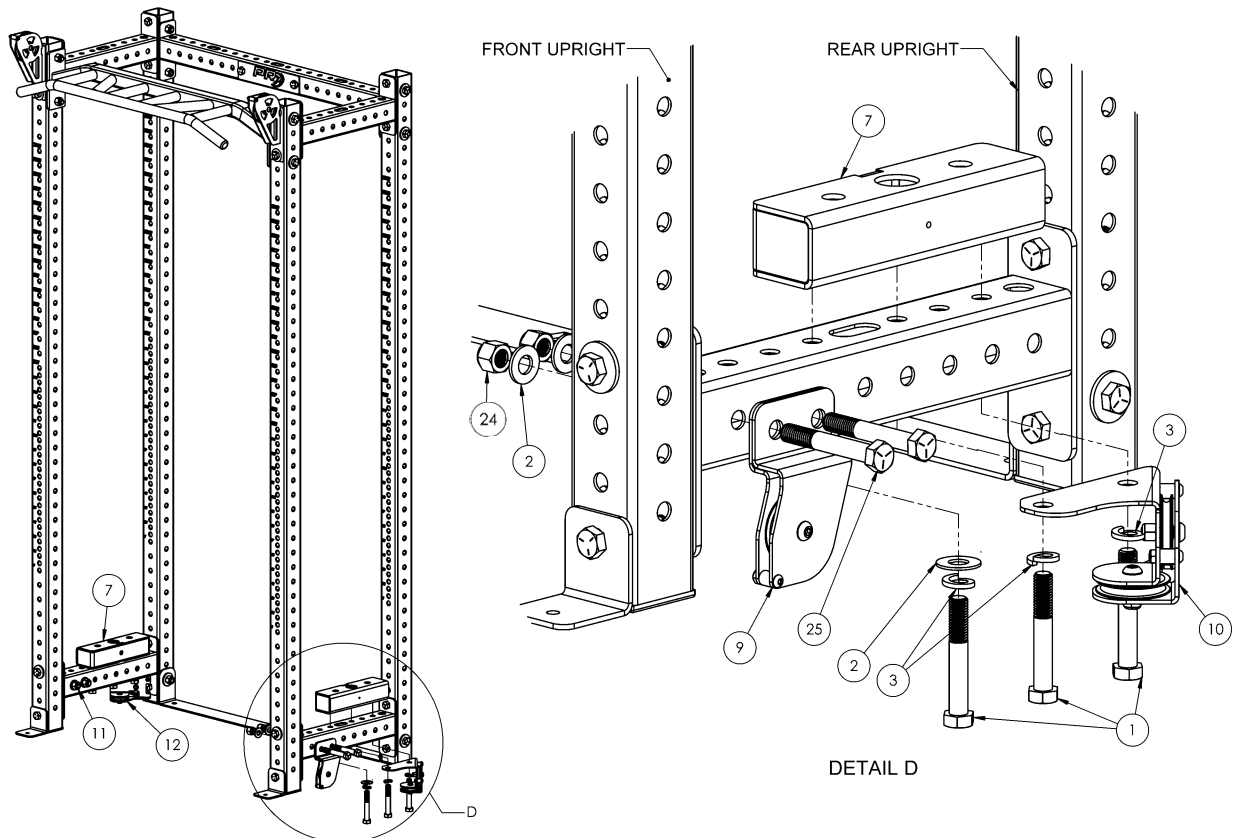


Figure 3

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Placing Guide Rods and Weight Stack

1. Insert the Guide Rods (15) into Bottom Stack Bracket (7). **Figure 4**
2. Slide a Rubber Bumper (21) on each Guide Rod (15). **Figure 4**
3. Begin sliding the 10lb Stack Plates (23) onto the Guide Rods (15), placing 24 plates on each side.

NOTE: The hardware on the Bottom Brackets should remain loose to allow the guide rods to tilt outward slightly, making it easier to slide Weight Stack Plates onto the rods.

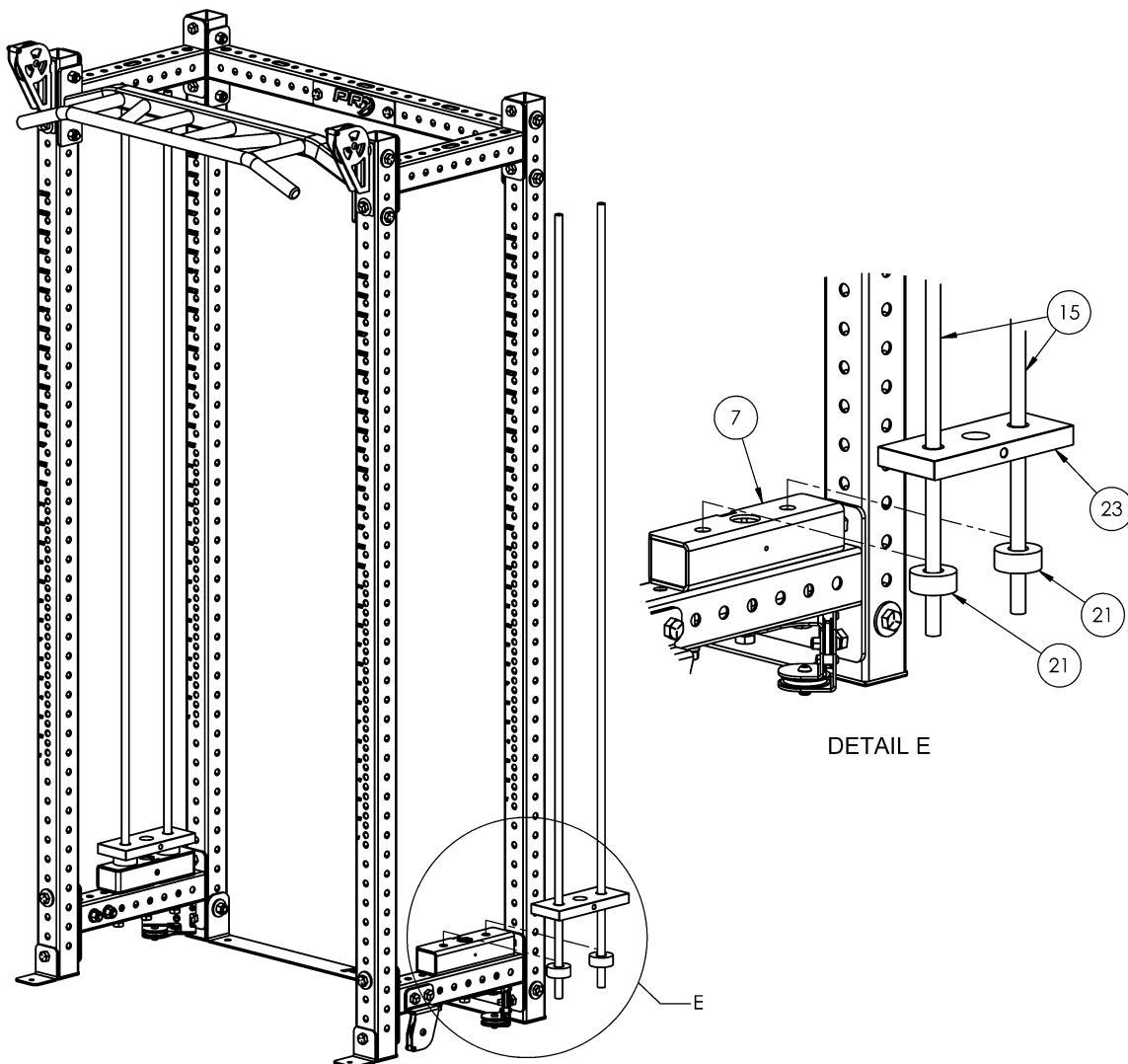


Figure 4

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Attach Head Plate

1. Carefully tilt the top of the Guide Rods (15) out, away from the rack and slide the Head Plate Assembly (22) on them. **Figure 5, Detail F**

WARNING: Ensure the bolts in the bottom of the weight stack are threaded in far enough so they cannot fall out, before tilting guide rods outward to attach the Head Plate.

2. Once the Head Plate (22) is installed, insert the Weight Plate Mag Pin (20) into the stack. **Figure 5, Detail H**
3. Repeat the same steps on the opposite side of the rack.

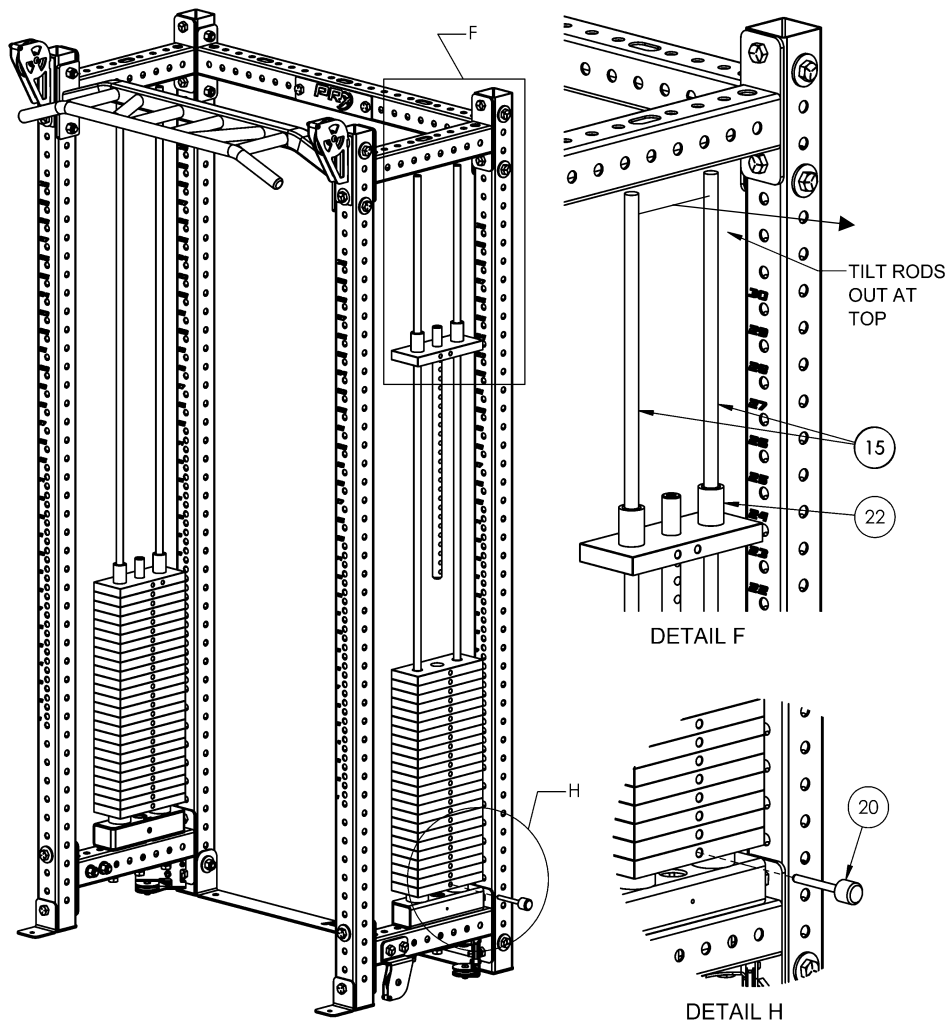


Figure 5

Attach Top Stack Bracket and Stack Pulley

1. Tilt the top of Guide Rods (15) outward and slide the Top Weight Stack Bracket (6) onto them. Continue sliding it up until it fits beneath the top crossmember of the rack, then lift it into position and secure it using the specified hardware. **Figure 6, Detail J**
2. After securing the Top Weight Stack Bracket, return to the Bottom Weight Stack Brackets (7) and tighten the hardware.
3. Before attaching the Single Stationary Pulley (8), remove the 4" Pulley Sheave. **Figure 6, Detail K**
4. Attach the Single Stationary Pulley (8) to the top of the Head Plate (22) with the hardware shown. **Figure 6, Detail K**
5. Repeat the same steps on the opposite side of the rack.

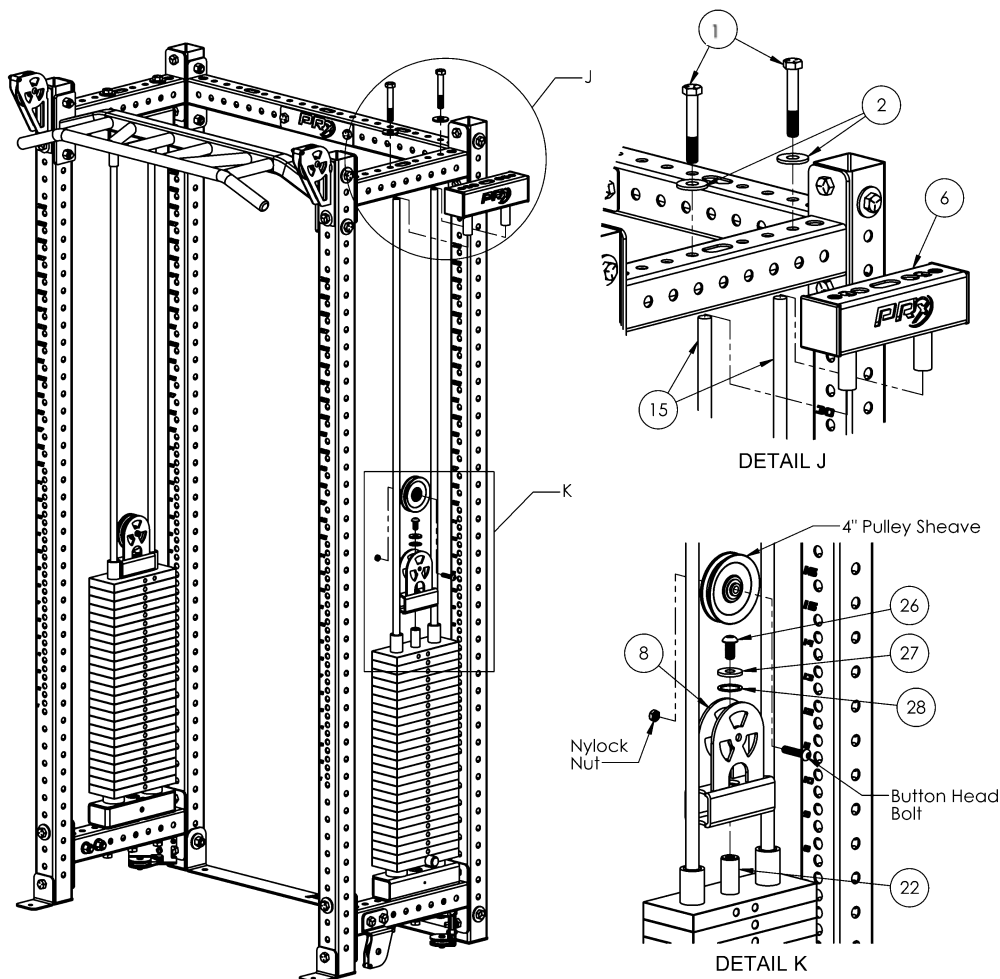


Figure 6

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Attach Top 2:1 Bracket

1. Attach Top 2:1 Bracket (5) to top crossmember with hardware shown. **Figure 7, Detail M**
NOTE: Ensure the Top 2:1 Bracket (5) is bolted to the holes shown in Figure 7 so the cables properly align with other brackets.
2. Repeat Step 1 on the opposite side of the rack.

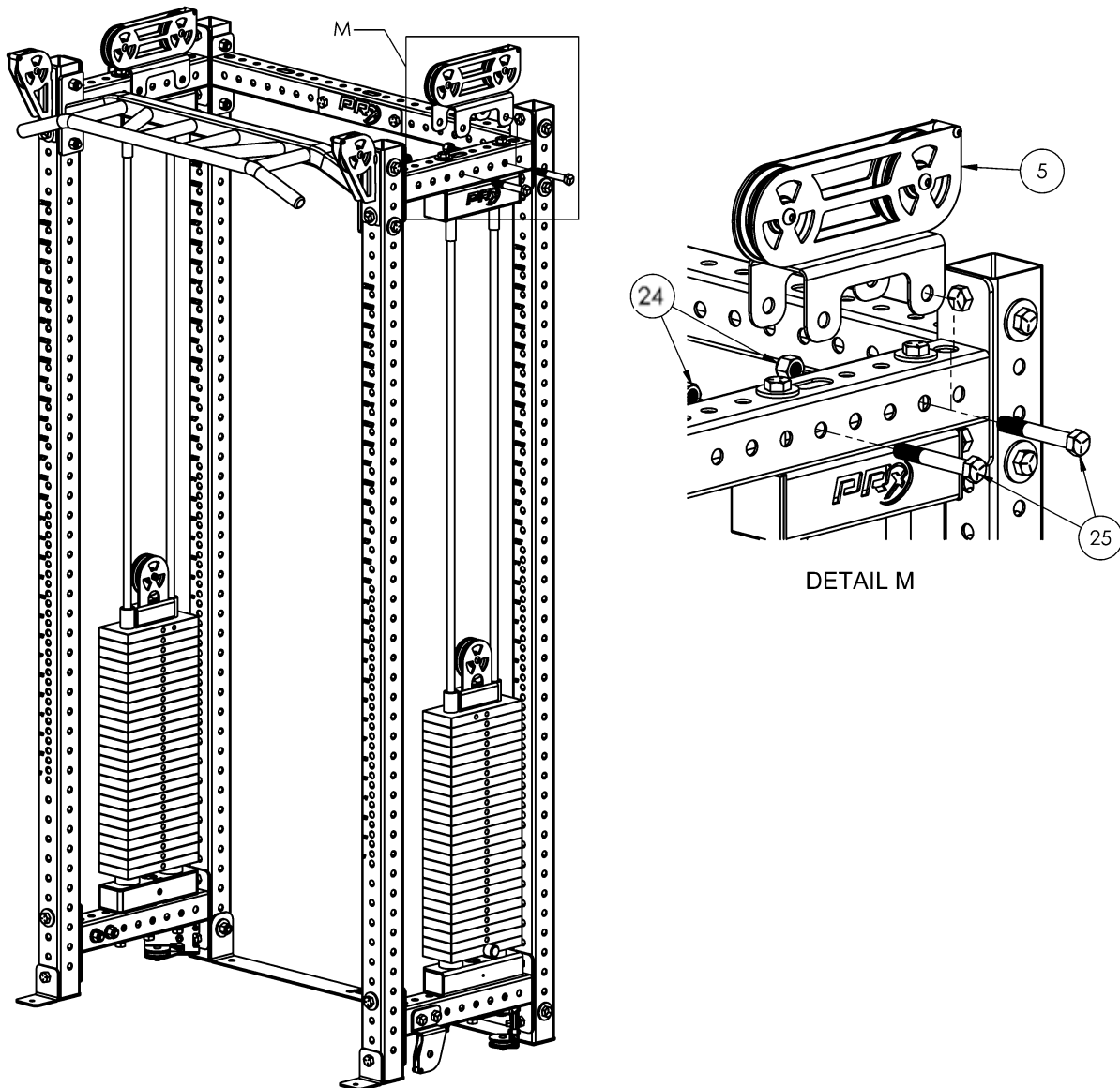


Figure 7

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Attach Trolleys to Front Uprights

1. Attach the front half of the Left Front Trolley Assembly (13) to the left side upright at a comfortable working height. **Figure 8, Detail N**

*NOTE: To make it easier to assemble, pin it to the upright with the retractable plunger located behind the handle, and insert one of the Mag Pins (17) to keep it secured to the rack. **Figure 8, Details N & P***

2. Attach the Rear Trolley Assembly (35) to the back of the Front Trolley Assembly (13) with 1/4" Carriage Bolts (29) and 1/4" Nylock Nuts (30). **Figure 8, Detail N**

*NOTE: The gap between the front and rear assemblies (13 & 35) should be between 1/8"-3/16". **Figure 9, Detail R** Make sure that both sides have close to the same gap, and that none of the carriage bolts are loose to touch. **DO NOT OVER TIGHTEN***

3. Next, remove the Mag Pin (17), depress the T-handle to retract the spring plunger and move the trolley up and down. If it feels too loose, check the carriage for any looseness. If it doesn't move freely, loosen the carriage bolts slightly.

NOTE: Loosen and tighten the nuts in small increments when adjusting. When moving up and down the upright, the four rollers should be rolling. If they are not rolling it means the Rear Trolley Assembly is too tight.

4. Repeat steps 1 through 3 with Right Front Trolley (14) on the opposite side of the rack.
5. Remove the top 4" Pulley Sheaves from the Trolley Sheave Assemblies (36).

*NOTE: This is so the 5/8" shoulder bolt (31) can be put in place. **Figure 8 Detail P***

6. Insert two 5/8" Bushings (32) into the Trolley Sheave Assemblies (36) and slide them into the Front Trolley Assemblies (13) and (14) with the hardware shown. **Figure 8, Detail P**
7. Place 4" Pulley Sheaves and hardware back into Trolley Sheave Assemblies (36).

Attach Trolleys to Front Uprights

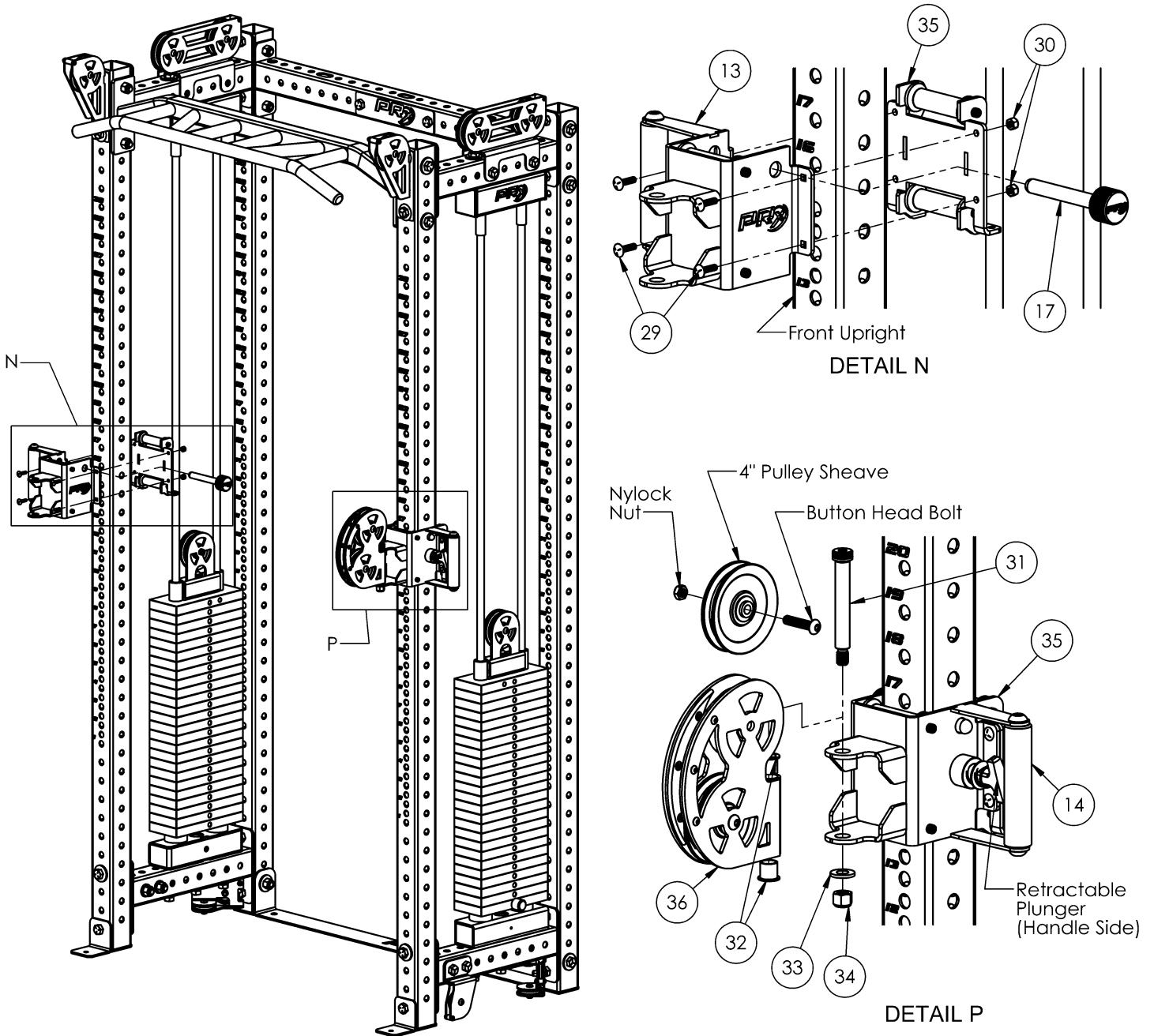


Figure 8

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Trolley Adjustment

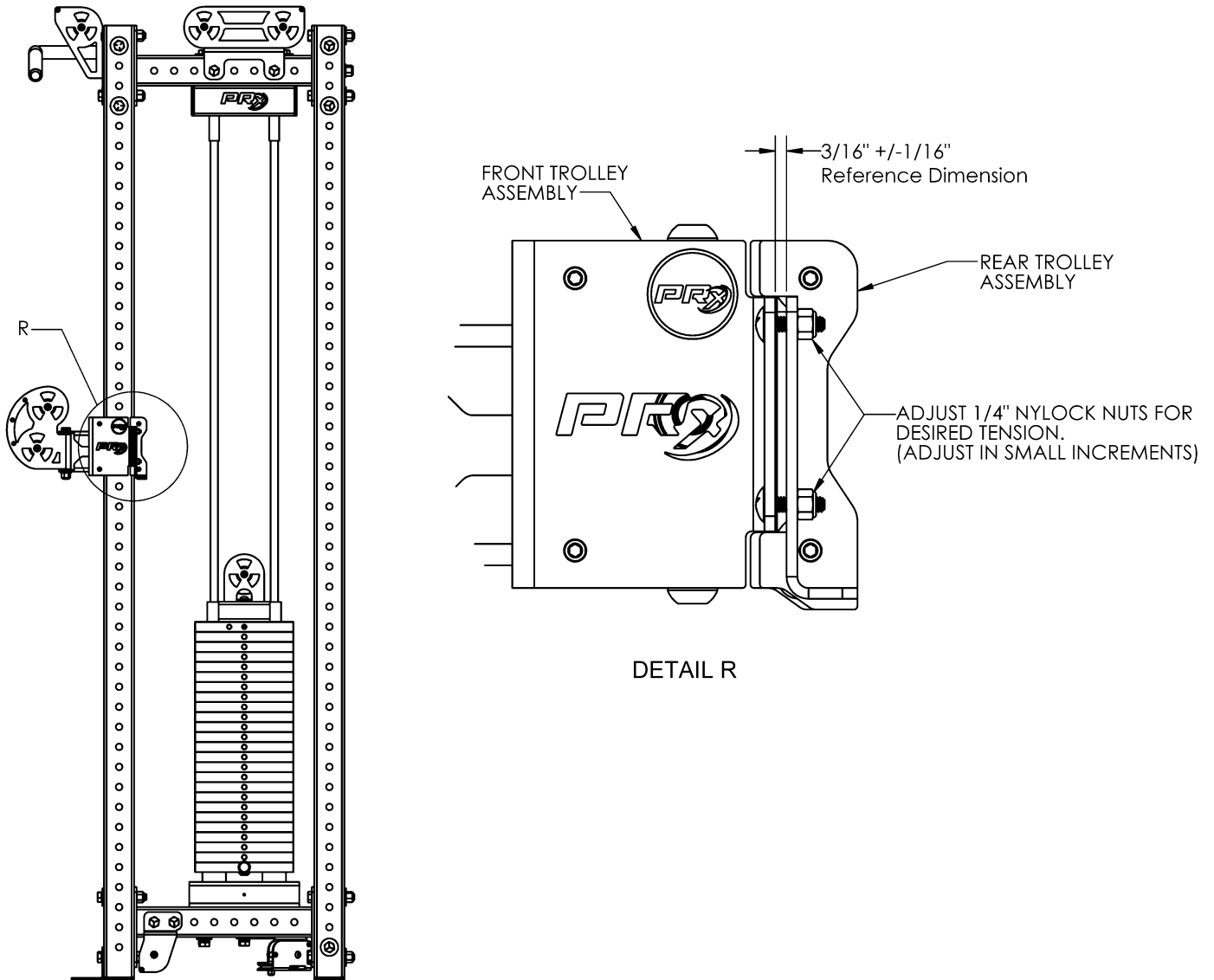


Figure 9

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Attach Cables to Brackets

1. Remove the hardware from the threaded end of the cables, then begin by threading the cables through the pulley sheaves and brackets. Follow the path of the arrows shown in **Figures 10 and 11**.

NOTE: In some instances, there may be limited room for getting the cable fed through. Simply remove the pulleys, thread cable through, and replace pulleys back to their position.

2. Attach the threaded end to the bottom of the trolleys with the hardware shown. **Figure 10, Detail S** After adjusting to achieve your desired cable stop tension on the trolley, firmly tighten the top and bottom jam nuts against each other. Periodically inspect the jam nuts to ensure they remain secure and haven't loosened over time.

NOTE: 6-Post rack shown in Figure 11.

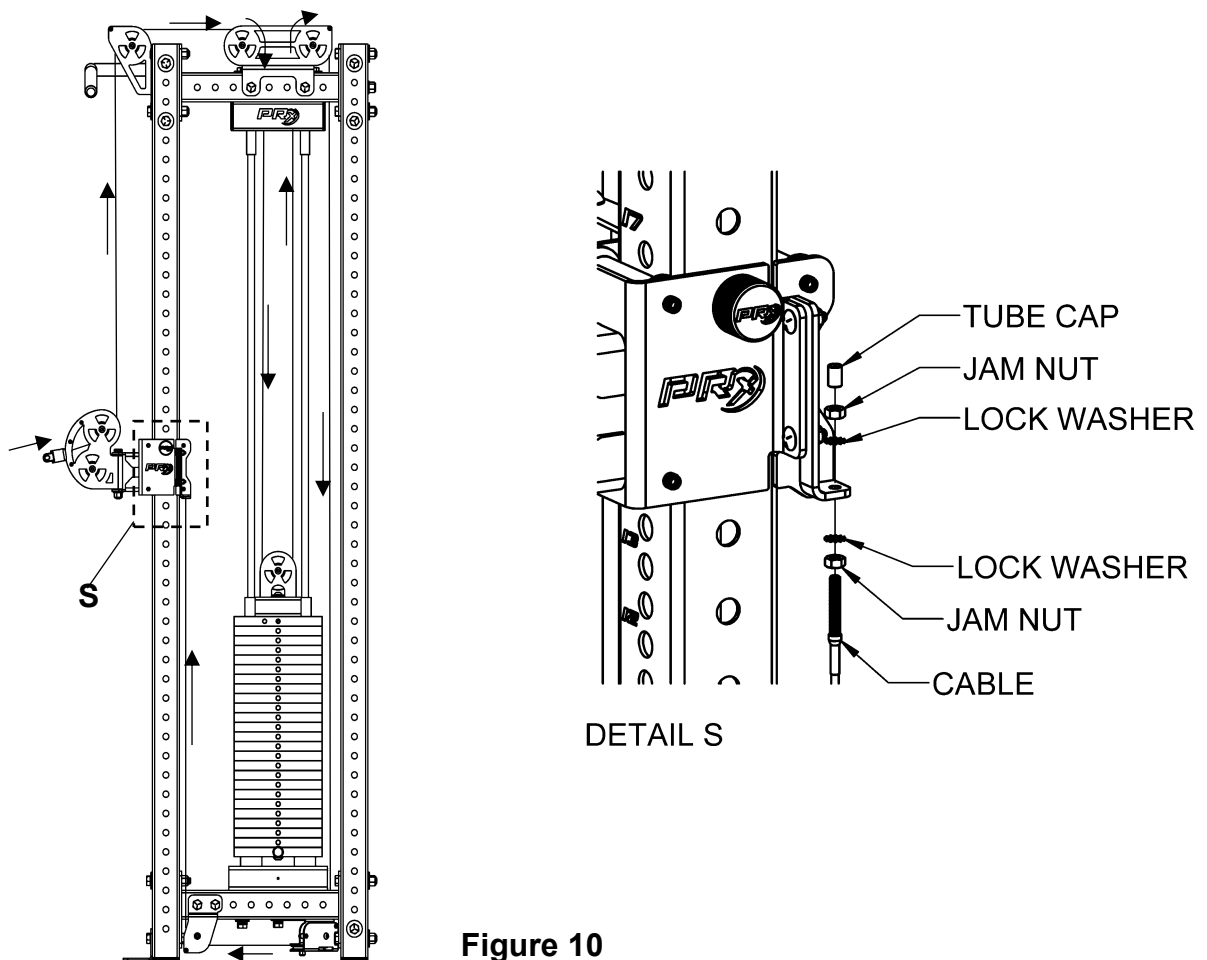


Figure 10

6-Post Cable Installation

1. The cable routes are the same as Half-Rack. See the instructions on the previous page. **Detail S**

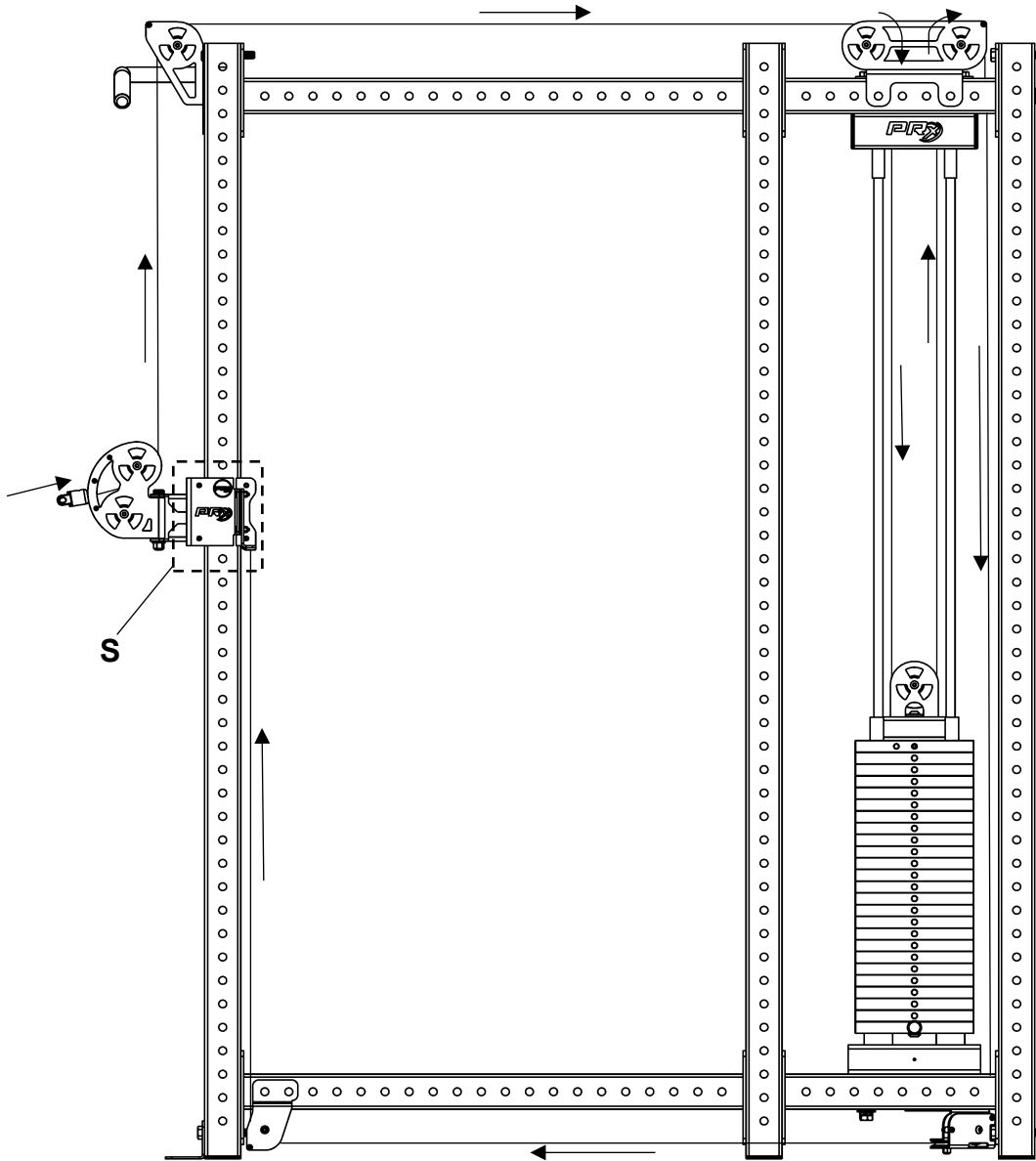


Figure 11

⚠ WARNING

SQUAT RACK MUST BE MOUNTED TO THE FLOOR

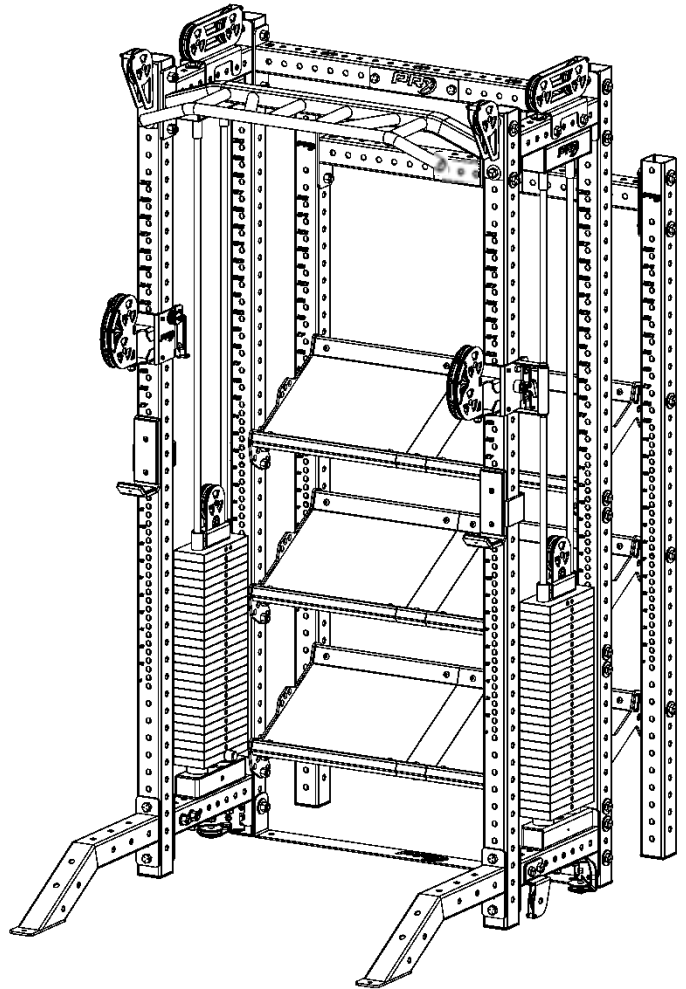
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⚠ WARNING: SERIOUS INJURY OR DEATH COULD OCCUR IF PRECAUTIONS ARE NOT TAKEN.

Tool List

- 15/16" Box-End Wrench
- 15/16" Socket
- Impact Driver or Ratchet

Item #	Description	Qty.
1	Dumbbell Shelf	3
2	81" Upright	2
3	42" Crossmember	1
4	5/8" Hex Bolt	22
5	5/8" Flat Washer	22
6	5/8" Ny Lock Nut	22



IMPORTANT

First follow the included instructions you received with your Half Rack and Functional Trainer Attachment. Once completed move on to the next page.

WARNING

- Read all assembly, installation and use instructions in this manual prior to using this equipment.
- Inspect equipment prior to use. DO NOT use if it appears damaged or inoperable
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Attach Shelves to Rack

4. Attach top Dumbbell Shelf (1) between the rear uprights of your Half-Rack with the 5/8" hardware (4), (5), (6). Top shelf will use the 21st and 22nd holes up from the floor. **Figure 1**
NOTE: Leave hardware loose enough to be able to maneuver the shelf and connect it to the 81" Trident Uprights.

*NOTE: Configuration of shelves shown in instructions are recommendations based on ergonomic testing. If you choose to configure the shelves with a mixture of angled and flat shelves, please refer to "Flat Mounting Option". **Figure 1***

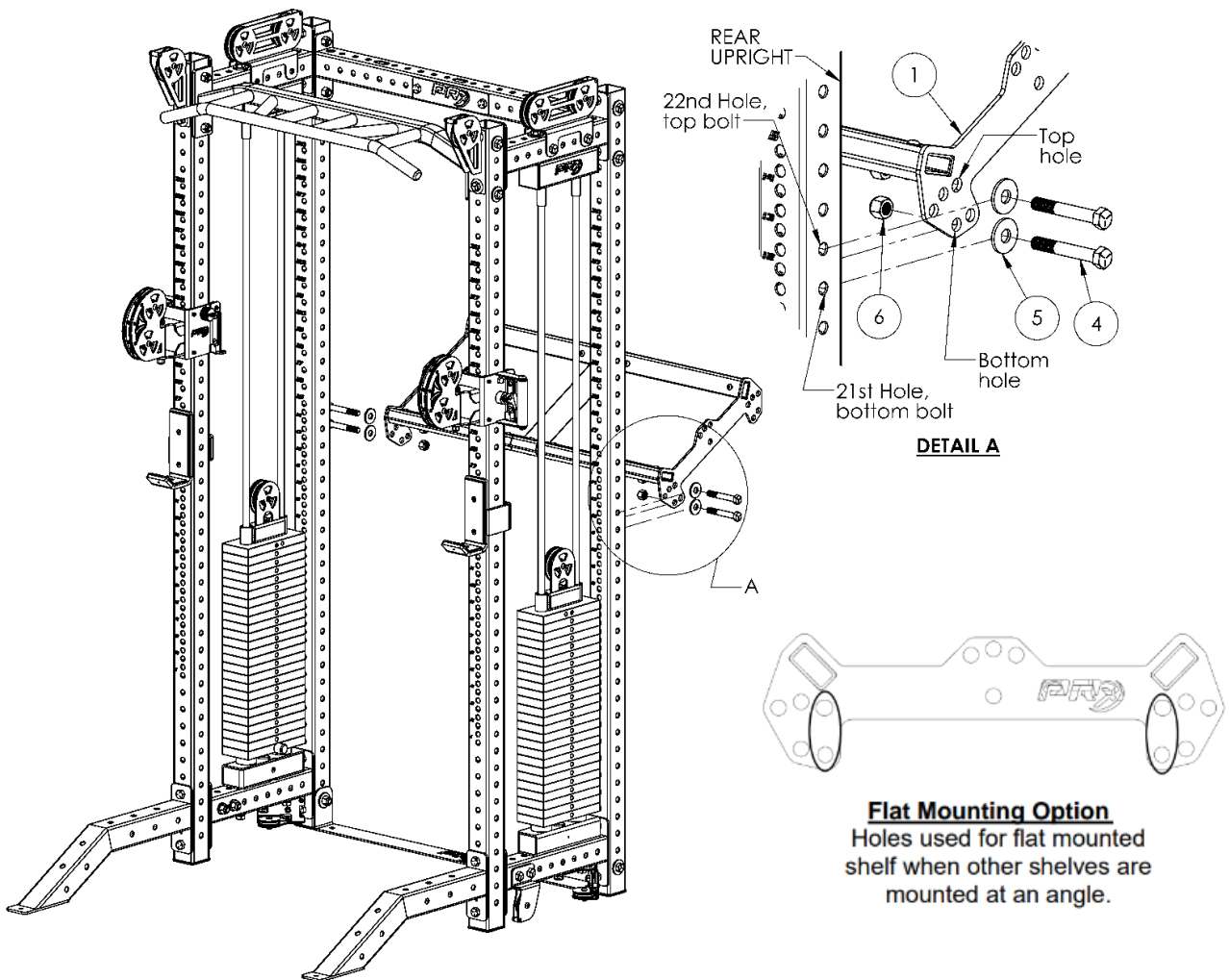


Figure 1

Attach 81" Uprights to Top Dumbbell Shelf

1. Attach 81" Uprights (2) to the back of the top Dumbbell Shelf (1) with the 5/8" hardware provided (4), (5), (6). **Figure 2**

NOTE: Do not tighten hardware until all three shelves and 42" Crossmember (3) are in place.

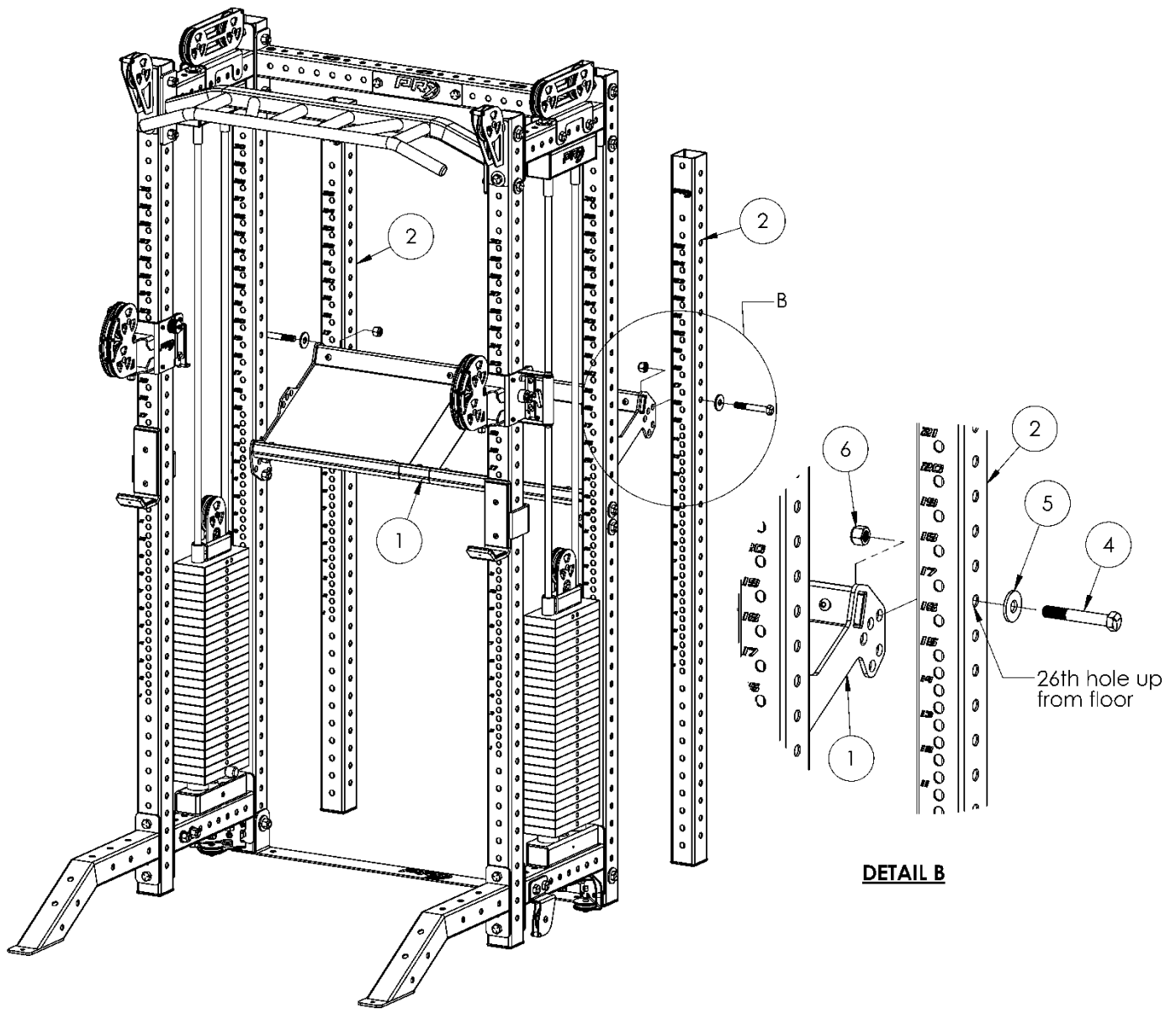


Figure 2

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Attach additional Shelves to Rack

1. Attach the other two Dumbbell Shelves (1) to the rack. **Figure 3**

NOTE: Do not tighten hardware until 42" Crossmember (3) has been attached to the top of the 81" Uprights (2).

Crossmember (3) has been attached to the top of the 81" Uprights (2).

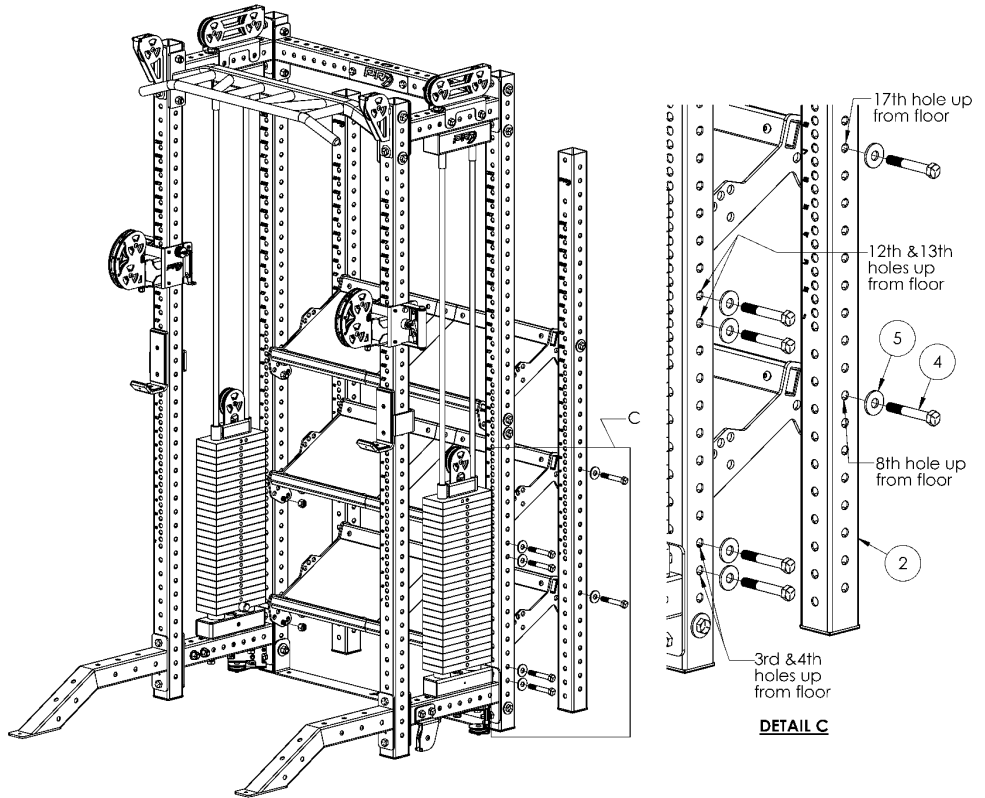


Figure 3

Attach Crossmember to Uprights

1. Attach the 42" Crossmember (3) to the 81" Uprights (2) with the 5/8" hardware. **Figure 4**

NOTE: You can now tighten all the hardware for the Crossmember and the Dumbbell Shelves.

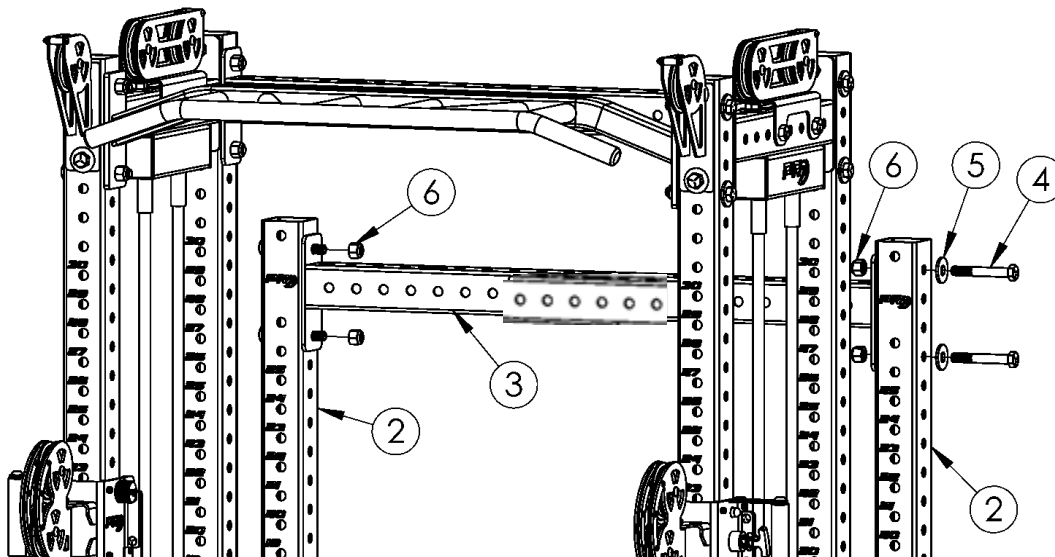


Figure 4

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