

ADJUSTABLE SQUAT RACK



SET UP & SAFETY GUIDE

Important: Please read instructions before use

Wichtig: Bitte lesen Sie vor der Verwendung die Anweisungen

Important : Veuillez lire les instructions avant utilisation.

Importante: Por favor lea las instrucciones antes de usar el producto.

Importante: Leggere le istruzioni prima dell'uso

PRECAUTIONS

It is your responsibility to read and understand all warnings and instructions that accompany this product. This is essential to safe operation.

Ensure that this squat rack always remains in an upright position with the two lowest bars positioned firmly on the ground.

This product should never 'wobble' and should only be used if it has been placed securely on a flat, even stretch of ground.

Set up and use this squat rack in an area that is free from obstacles, particularly furniture and other sharp objects.

Make sure you have adequate room to use the equipment without interference from other objects or people. Never allow children to use this squat rack.

Never hang from or sit on this squat rack. Never shake this product, especially if there are weights loaded on the bars. Do not wear loose clothing or jewellery while using this squat rack.

This product is not intended for commercial use.

Inspect your squat rack before each workout. Periodically check all fasteners and screws to make sure none have become loosened with use.

Never place any load on the spotter deck or weight plate storage holders without first checking the security of these elements.

Never attempt to exercise with a higher weight loading than you are physically able to handle.

For safety, it is recommended that you always use the spotter bars when performing any barbell exercises.

PRECAUTIONS

Ensure that the spotter bars are set to the correct height, so that they may support the barbell if needed. The same can be said for the rack height - ensure that the rack is suitably positioned, so that it can securely hold your weights if needed.

Do not use this squat rack if any component is found to be worn or damaged.

Do not use this squat rack if you discover any pieces are missing prior to or during set up. Please contact RPM Sports immediately for advice in the case of missing pieces.

It is important to consult your doctor or physician before starting any form of exercise. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint or dizzy, or if you experience pain of any form.

Never overexert yourself while exercising. Always be aware of your own fitness level and ability when it comes to using this piece of fitness equipment.

Total combined loading for the rack (rear squat bars, spotter arms and storage) - 300kg

Max loading on **rear support/squatting bars** while fully retracted - 200kg

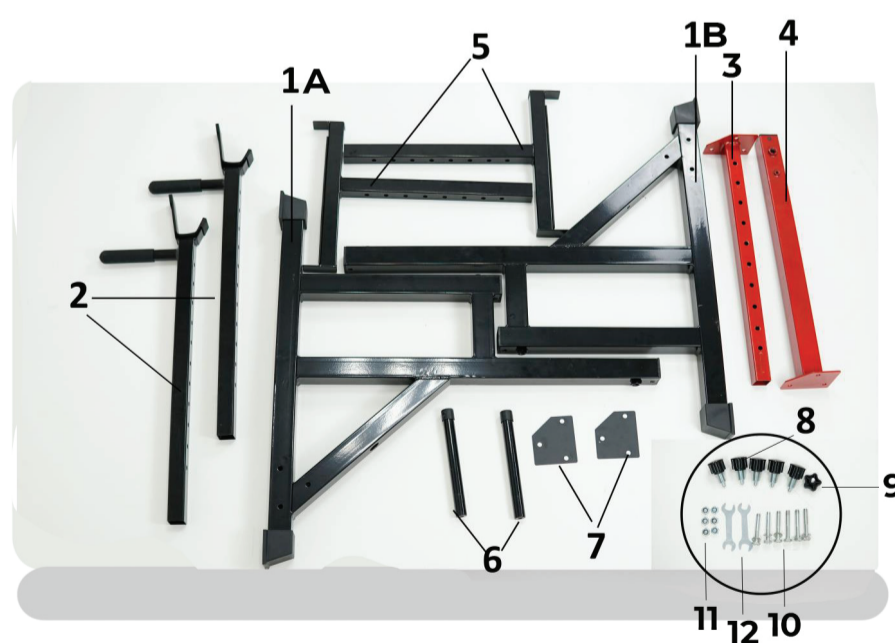
Max loading on **rear support/squatting bars** while extended - 140kg

Max centered loading on **spotter support bars** while fully retracted - 200kg

Max centered loading on **spotter support bars** while extended - 140kg

The approximate weight of the squat rack is 55lb (25kg).

LIST OF PARTS



- | | |
|---|-----------------------------------|
| 1A Main Frame | 7 Iron Sheets (2PCS) |
| 1B Main Frame | 8 Pull Pins (5PCS) |
| 2 Dip Station Rack (2PCS) | 9 Tightening Screw (1PC) |
| 3 Connecting Tube A | 10 Hexagonal Screws (6PCS) |
| 4 Connecting Tube B | 11 Screw Bolts (6PCS) |
| 5 Spotter Bars (2PCS) | 12 Spanner (2PCS) |
| 6 Weight Plate Storage Bars (2PCS) | |



Step 1. Insert the red connecting tube A (part 3) into the red connecting tube B (part 4). Secure them together using the star-shaped tightening screw (part 9) and 1 x pull pin (part 8).

Step 2. Stand one half of the main frame (part 1A) upright. Connect it to the other half of the main frame (part 1B) by positioning the red connecting bar (parts 3 & 4) between them. Secure the connecting bar to each part of the main frame using 6 x hexagonal screws (part 10), 2 x iron sheets (part 7) and 6 x bolts (part 11). Tighten the bolts using the included spanner (part 12).

Step 3. Insert both of the spotter bars (part 5) into the front pole of the main frame (part 1A and 1B). Secure the parts in place using 2 x pull pins (part 8).

Step 4. Insert the 2 x dip station racks (part 2) into the back pole of the main frame (part 1A and 1B). Secure these into place using 2 x pull pins (part 8).

Step 5. Insert the 2 x weight plate storage bars (part 6) into the rear of the squat rack. Your new Adjustable Pro Squat Rack is now set up and ready for use. Please ensure that all screws and pull pins are tightened and securely in place before use.

Adjustments:

Spotter decks and dip station rack: To adjust the height of the spotter bar and/or the dip station rack, simply pull out the pull pins and, keeping the pin outwards, slide the bar you wish to move to the desired height level. Push the pin back in to secure the bars in place.

Centre connecting bar: You can also adjust the width of the centre connecting bar (red). To do this, pull out the pull pin as outlined above and adjust the width of the bar. Secure the new width by releasing the pull pin.

SQUAT RACK EXERCISE GUIDE

Note: When performing these exercises, it is easy to fall into the trap of trying to lift very heavy weights immediately, especially if you are training with friends. In doing so you are more likely to engage a poor form. This not only risks injury, but with poor form you won't engage target muscles in the correct manner and can stunt the development of muscles in the long run.

Additional Products: To accompany your barbell workout, it is always useful to have a weight bench to increase the amount of exercises you can do with your RPM Power® Squat Rack. Using a weight bench in accompaniment with this Squat Rack will not only increase the amount of exercises you can do, but will help diversify your workouts, allow for greater muscle targeting and will build overall fitness and endurance. We offer a selection of premium quality RPM Power® Weight Benches in our online store. Simply check out our website www.rmpower.com for more information.

Setting up the Squat Rack for safe exercising:

Spotter bars: It is very important that the spotter bars are set up at the correct height before you begin exercising. Spotter bars act as safety guides and will 'catch' the barbell should you not be able to return it to the rack. For example, if you are performing a barbell squat and on the last rep you realise that you do not have the energy to return to the upright position - you can immediately crouch down low and let the barbell rest on the spotter bars instead of your back. That way, you can safely get out from under the barbell without risking injury.

It is recommended to set the spotter bars to a height that is just below your shoulder level when you are in your lowest squat position.

Barbell Exercises:

The RPM Power® Adjustable Pro Squat Rack features an adjustable rack level as well as a wide, adjustable spotter deck for assisting with barbell exercises. Weight lifting with barbells is an intense form of strengthening that will build powerful muscles across the entire body. Below are just some exercises that you can perform with the rack. We recommend trying these and others to fully maximise the potential of your RPM Power® Squat Rack.

Note: It is important to only engage weight levels that you are comfortable with and which match your fitness ability and strength level.

1. Squat

Rack Level for Squats: Most people already know at which height they want the barbell to sit at on the upper rack level, however we recommend adjusting the rack level so that it holds the barbell just below shoulder height. Ideally you should lift the barbell from the rack while already in the squat position. It is not recommended to remove the barbell from the rack in an upright position, as you may require that extra bit of height to lift the barbell from the rack. To get that height, most people will go on their tip-toes. Going on your tip-toes with a heavy barbell on your back can be dangerous and you risk the barbell becoming unbalanced or falling, which can cause injury to you and/or others around you.

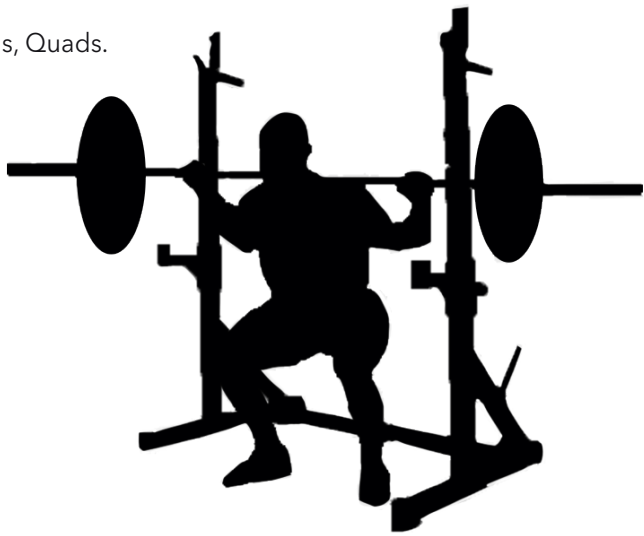
Spotter bars for Squats: Please read the information on 'spotter bars' on the previous page.

For squats, it is recommended to set the spotter bars to a height that is just below your shoulder level when you are in your lowest squat position.

1. Squats (continued):

- Doing squats with a barbell and squat rack is an excellent way to develop explosiveness, power and muscle in your legs. Done properly, this exercise will develop serious base level strength.
- First, ensure the rack level and spotter bars are correctly and safely positioned and in line with your height (as outlined above).
- Position the barbell bar (without weights) on the top section of the rack.
- Choose weights you are comfortable with and attach them carefully to the barbell. Always keep technique and form in mind before engaging with any weight.
- Place your hands on the bar and stand in a mid squat position so that your traps (back, not neck) are solid underneath the bar.
- Push upwards unranking the bar and take a step backwards.
- Look forward at all times so that your head remains straight. This is the key to maintaining form throughout the exercise.
- With your feet shoulder width apart, lower your body in a controlled motion, ensuring that your knees are in position above your feet throughout the workout.
- When descending into the squat position, try and bend at your hip without moving your back at all.
- Once you have reached the squat position, drive up through your heels and return to the starting position.
- Repeat 8-10 reps based on your chosen weight. When finished, step forwards and put the barbell back onto the rack.

Trains: Glutes, Hamstrings, Quads.

**2. Rack Pulls:**

- The rack pull is a cousin of the deadlift, however it differs in the sense that it does not require the leg push of the deadlift exercise, rather it focuses pressure directly on your back muscles.
- Begin by setting up the height of the spotter rack. We recommend adjusting the spotter rack so that the barbell sits just below your knee, however this will differ from person to person. The most important thing is that you only need to minimally angle your back when lifting the barbell. If you have to bend down to lift, then the spotter bar is not high enough.
- Once the bar is in position, grab it with both palms facing towards you. Your hands should be shoulder width apart.
- Tense your hamstrings by positioning your hips backwards. In doing this, you should keep your back straight and look forwards throughout the entire movement.
- Lift the weight off the rack by pushing your hips forwards and straightening your knees.
- At the top of the movement, you should pull your shoulders backwards, then slowly reverse the movement when lowering the bar back onto the rack.
- Repeat this exercise 5-20 times, or do as many reps as you are comfortable with.

Trains: Triceps, Lats, Biceps.

3. Overhead Press:

- The setup required for the overhead press is similar to that of the squat: First, ensure the rack level and spotter bars are correctly and safely positioned and in line with your height (as outlined above). For this exercise, we recommend setting the rack height to be in line with your collar-bone.
- Position the barbell bar (without weights) on the top section of the rack.
- Choose weights you are comfortable with and attach them carefully to the barbell. Always keep technique and form in mind before engaging with any weight.
- Place your hands under the bar and keep your elbows tucked into your sides.
- Stand with feet shoulder-width apart. It is important to have a solid grounding before starting this exercise.
- Fully engage your core and take a deep breath in. Push upwards unranking the bar (dipping your head back slightly so that the bar doesn't hit your nose or chin) and take a step backwards.

3. Overhead Press (continued):

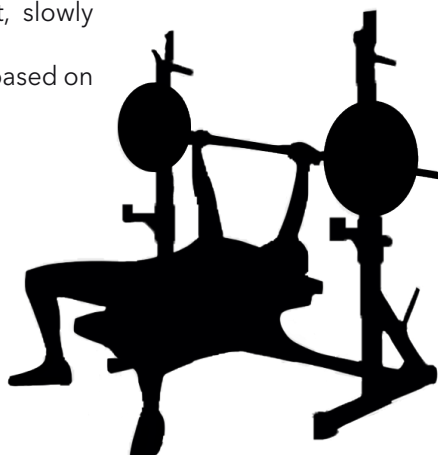
- Look forward at all times so that your head remains straight. This is the key to maintaining form throughout the exercise.
- Push the barbell upwards above your head.
- Bring it back down again and return to the starting position.
- Repeat 8-10 reps based on your chosen weight. When finished, step forwards and put the barbell back onto the rack.

**4. Bench Press:**

- The bench press is an excellent exercise that will engage muscles, such as pecs, triceps, shoulders and more. This exercise requires a weight bench to lie on, whether that be at an incline, decline or neutral bench.
- Lie on the bench, with the barbell in front of you resting on the spotter rack. The barbell should be in line with your upper chest.
- Grip the barbell bar with both hands and get into a comfortable position as you prepare to lift.
- Slowly raise the barbell above your chest.
- Once it has reached full height, slowly bring it back down to chest level.
- This is one rep, repeat 8-10 reps based on your chosen weight.

Trains: Chest, Arms, Shoulders

Note: We offer a selection of premium quality RPM Power® Weight Benches in our online store. Simply check out our website www.rmpower.com for more information.

**Dip Station Exercises:**

The RPM Power® Adjustable Pro Squat Rack features a practical dip station for core-crunching workouts that will target not only your abdomen, but your arms, shoulders and legs too. Below are just some exercises that you can perform with the dip station. We recommend trying these and others to fully maximise the potential of your RPM Power® Squat Rack.

1. Support Hold:

- The 'Support Hold' is one of the most basic exercises you can do with your dip station. It is the recommended starting point for anyone using a dip station for the first time. This exercise is also great as a warm up, as it engages the muscles without placing too much strain on them.
- First, stand between the dip station handles. Position your hands shoulder-width apart on handles.
- Raise yourself off the ground, keeping your arms straight. It is important to also keep your feet together and your legs straight.
- With your arms locked in position, tense your stomach and raise your chin and chest to keep your body tight. From this position, simply bend your knees and lift your feet off the ground, placing them behind you.
- Hold this position for about 20 seconds, or as long as you otherwise can.

Trains: Triceps, Biceps, Core

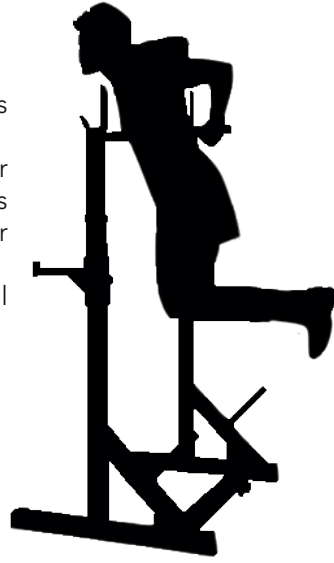
2. Tricep Dips:

- Tricep dips are a fantastic way to build muscle mass in your triceps and arms.
- First, face in towards the Squat Rack. Position your hands shoulder-width apart on the dip station handles.
- Raise yourself off the ground, keeping your arms straight. It is important to also keep your feet together here.
- With your arms straight, tense your stomach and raise your chin and chest to keep your body tight. From this position, begin the exercise by dipping - bending your elbows until they are at a 90 degree angle.

2. Tricep Dips (continued):

- Once your elbows are at 90 degrees, press upwards again and return to the starting position.
- When you reach the top, do not fully straighten your arms but rather keep a slight bend in your elbows which will allow for greater engagement of your triceps.
- This is one rep: repeat 5-20 reps based on your level of strength.

Trains: Triceps

**3. Knee Raises:**

- Knee raises are a great way to engage your core and train the abdominal muscles.
- To start, position yourself between the bars of the dip station (facing away from the Squat Rack).
- Position your hands shoulder-width apart on the handles.
- Raise yourself off the ground, keeping your arms straight.
- With your arms locked in position, tense your stomach and slowly raise both of your knees, bringing them all the way to your chest. If at first you can't bring your knees all the way to your chest, just try to bring them as high as you can and with practice, you should be able to raise them higher over time.
- Slowly lower your knees again and return to the starting position.
- This is one rep: repeat 5-20 reps based on your level of strength.

Trains: Core and arms

4. Leg Raises:

- Leg raises are the next step up from knee raises. We recommend getting comfortable with knee raises first before trying this exercise.
- To start, position yourself between the bars of the dip station (facing away from the Squat Rack). Position your hands shoulder-width apart on the handles.

4. Leg Raises (continued):

- Raise yourself off the ground, keeping your arms straight.
- With your arms locked in position, tense your stomach and slowly raise your legs, bringing them up until they are level with your stomach. The finishing position should have your body in an 'L-shape'. If at first you can't bring your legs in line with your chest, just try to bring them as high as you can and with practice, you should be able to raise them higher over time.
- Slowly lower your legs again and return to the starting position.
- This is one rep: repeat 5-20 reps based on your level of strength.

Trains: Core, Hip Flexors, Biceps

For more Squat Rack exercises, visit www.rmpower.com/info

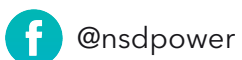
**THANK YOU FOR YOUR PURCHASE**

We would like to warmly thank you for your purchase of this RPM Power® Squat Rack. Should you have any questions or concerns about this product, please don't hesitate to get in touch with us and we will be happy to help you in any way we can.

Your Opinion is Important to Us

As a small family business, word of mouth is what keeps us going. That is why we would love to hear your thoughts on our product! If you have even a minute, we would really appreciate it if you could leave us a quick review on Trustpilot.com. Just search for our business - **RPM Power** - on the Trustpilot website.

Reviews from customers like you give others a better idea of how our products work and allow for a more transparent purchase process when buying from our store. Thank you so much.

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