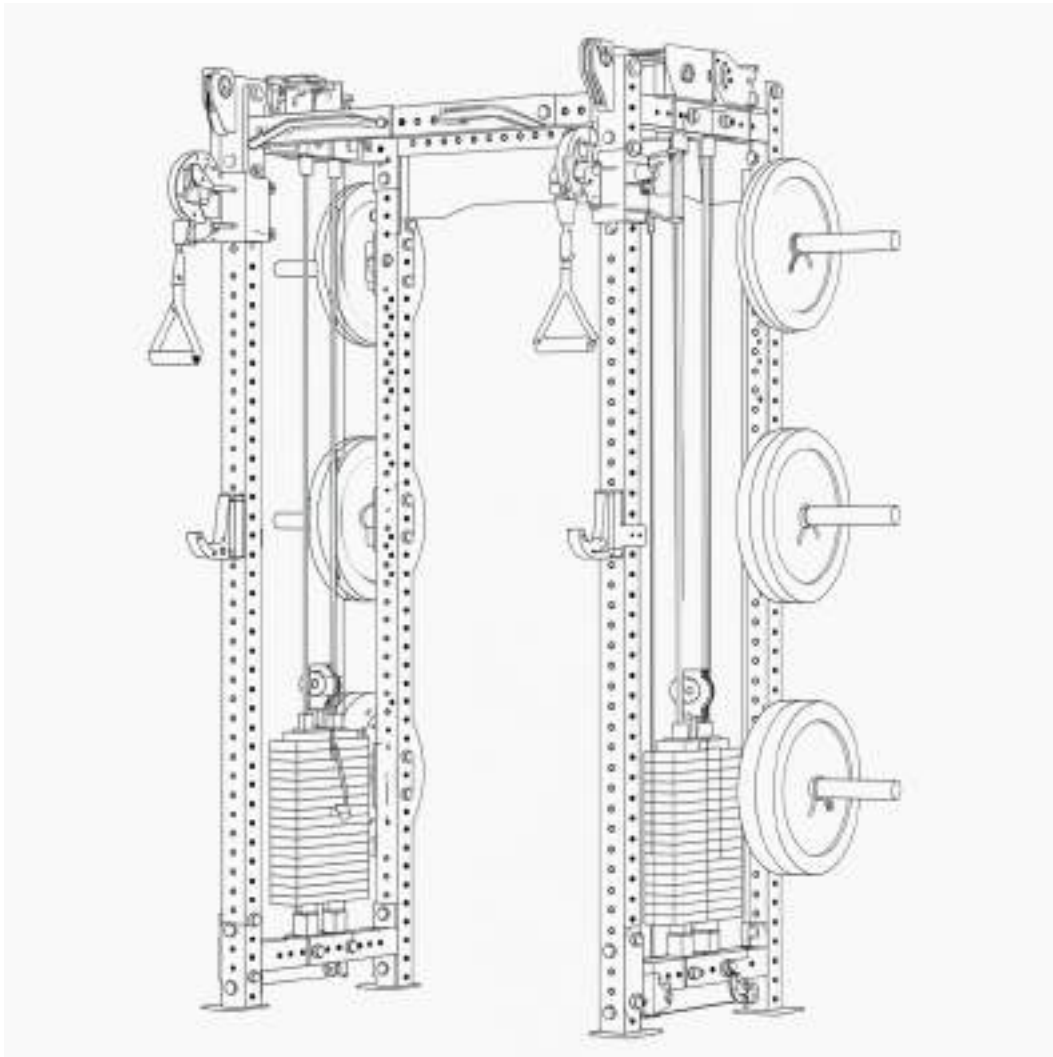




**INSTRUCTION MANUAL**  
**APEX SERIES WITH DUAL WEIGHT STACK**



**Thank you for purchasing this RPM Power® product.**

**We hope you enjoy using this high-quality piece of equipment. Please read the following instructions carefully before use.**

## **PLEASE KEEP A COPY OF THIS MANUAL FOR FUTURE REFERENCE**

**This assembly guide covers the following RPM Power Apex Series models:**

- APEX SHADOW RACK
- APEX PLATINUM RACK

**Should you have any questions or concerns about the information outlined in this product manual, please contact our Support Team and we will be happy to assist you.**


**Email:** [info@rpmpower.com](mailto:info@rpmpower.com)

**Website:** [www.rpmpower.com](http://www.rpmpower.com)

**Instagram:** @rpm\_power

**RPM Sports Ltd, Nenagh Road, Thurles, Co. Tipperary, E41 Y512 Ireland**

## Parts list 1

<b>1</b>		<b>2</b>		<b>3</b>	
J-HOOK / 2PCS		SIDE CROSSBEAM / 2PCS		GUIDE ROD / 4PCS	
<b>4</b>		<b>5</b>		<b>6</b>	
GUIDE ROD SLEEVE / 4PCS		VERT. PULLEY CABLE ADJUSTOR / 2PCS		STEEL CABLE / 2PCS	
<b>7</b>		<b>8</b>		<b>9</b>	
PLATE STORAGE PEG / 6PCS		UPPER REAR CROSSBEAM / 1PCS		RUBBER GUIDE PAD / 4PCS	
<b>10</b>		<b>11</b>		<b>12</b>	
UPRIGHT COLUMN / 4PCS		WEIGHT STACK PULLEY INSERT / 2PCS		WEIGHT STACK PLATE / 34PCS	
<b>13</b>		<b>14</b>		<b>15</b>	
UPPER GUIDE ROD HOLDER / 2PCS		LOWER GUIDE ROD HOLDER / 2PCS		UPPER FRONT CROSSBEAM / 1PCS	
<b>16</b>		<b>17</b>		<b>18</b>	
UPPER FRONT PULLEY BLOCK / 2PCS		LOWER FRONT PULLEY BLOCK / 2PCS		TOP PULLEY BLOCK / 2PCS	



# ASSEMBLY GUIDE

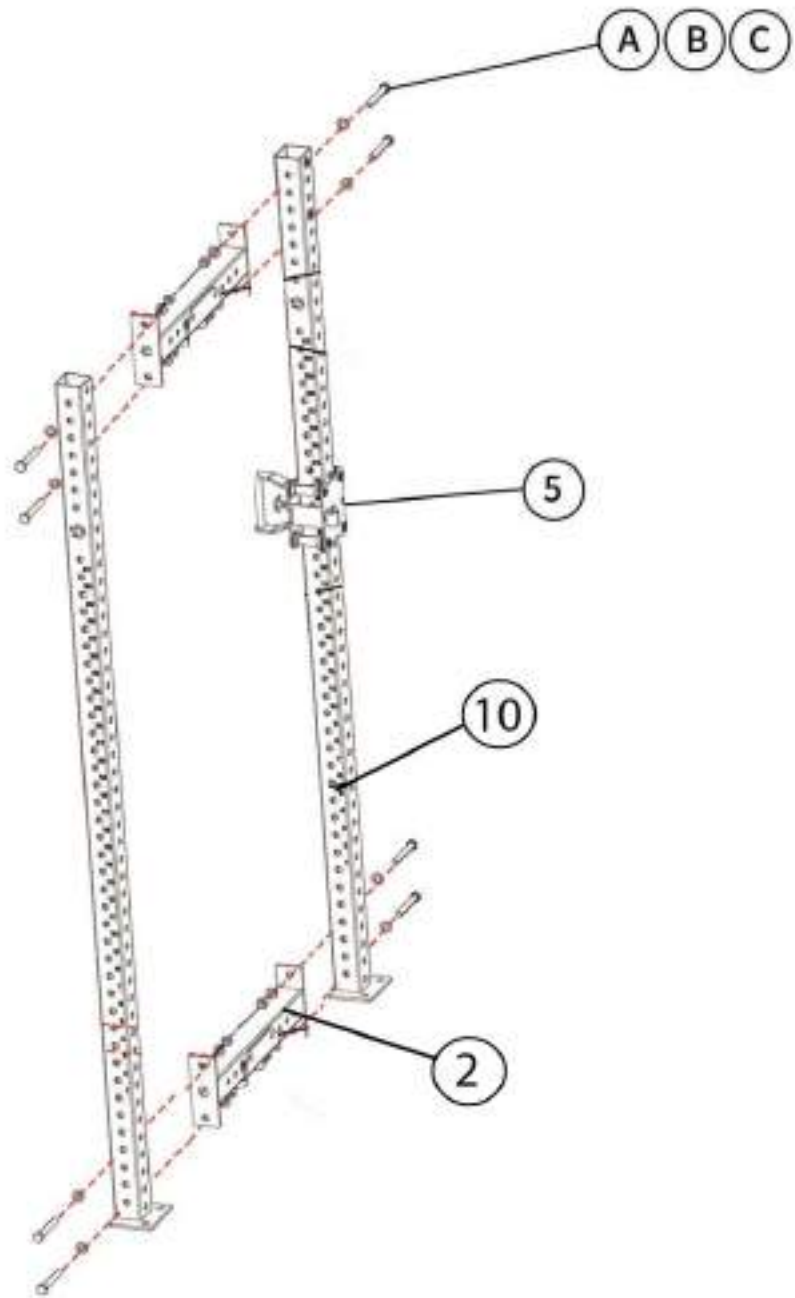
## PRE-STEP – GATHER PARTS

1. Lay all included parts out on the floor before beginning.
2. Compare each piece to the parts list and ensure everything is accounted for.
3. Unravel the pulley cables and remove any kinks that may have formed.

## STEP 1 - MAIN FRAME

### Section 1

1. Lay two upright columns (10) on the floor with a gap of approx. 60cm. Ensure the bases are facing **outwards** on each and that **only one** of the columns has numbers on the front.
2. Place a vertical pulley cable adjuster (5) over the front upright column (*column with numbers*). Ensure the handle on this part is positioned so it faces **inwards**. (*Note: If you have Apex Platinum Series model, your front upright column (10) will be made of stainless steel.*)
3. Remove the pulley wheel that is attached to upper front pulley block (part 16) and set aside.
4. Insert bolt A through this piece and reinsert the pulley wheel.
5. Position part 16 at the upper end of the front upright column (10).
6. Connect the upright columns (10) together with two side crossbeams (2). Secure these on the lowest (M15) and highest holes in the upright columns. The bolts of the upper crossbeam should go through part 16 to secure everything in place on the frame.
7. Secure the parts with bolts, nuts and washers (parts A/B/C), tightening all bolts and nuts **only halfway**. This ensures the frame is flexible for following assembly steps.
8. Repeat steps 1-4 to assemble the other side of the frame.



## Section 2

1. Lay one of the main frame elements just assembled on its side.
2. Secure the upper guide rod holder (13) to the centre (*i.e. counting 4 holes inwards*) of the **upper** side crossbeam (2), ensuring the grommets face inside the rack. Secure in place with bolts, nuts and washers (parts A/B/C).
3. Position the top pulley block (18) on top of the upper guide rod holder (13) and secure with bolts, nuts and washers (parts A/B/C).

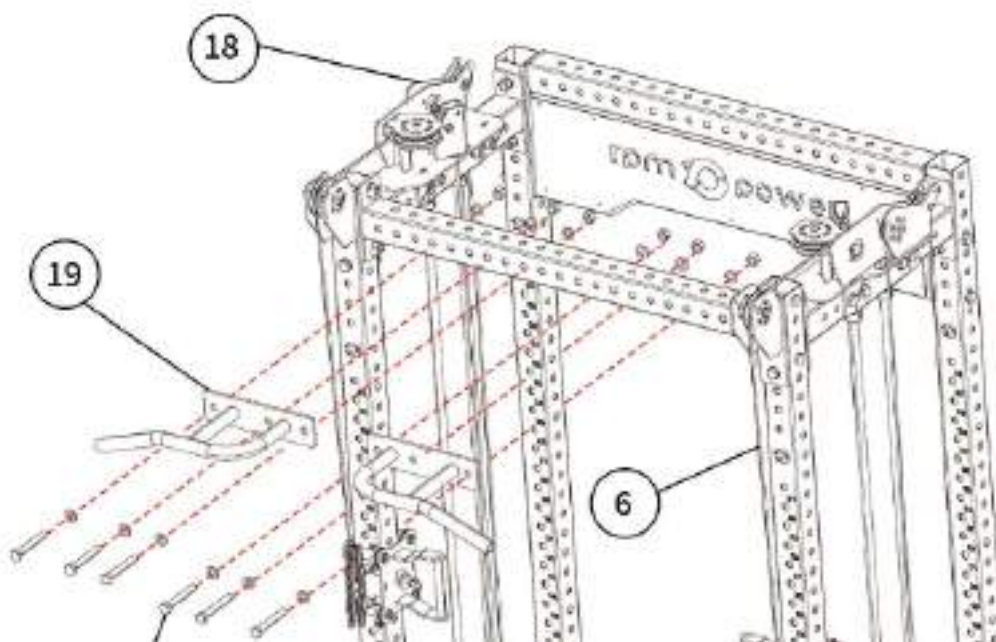
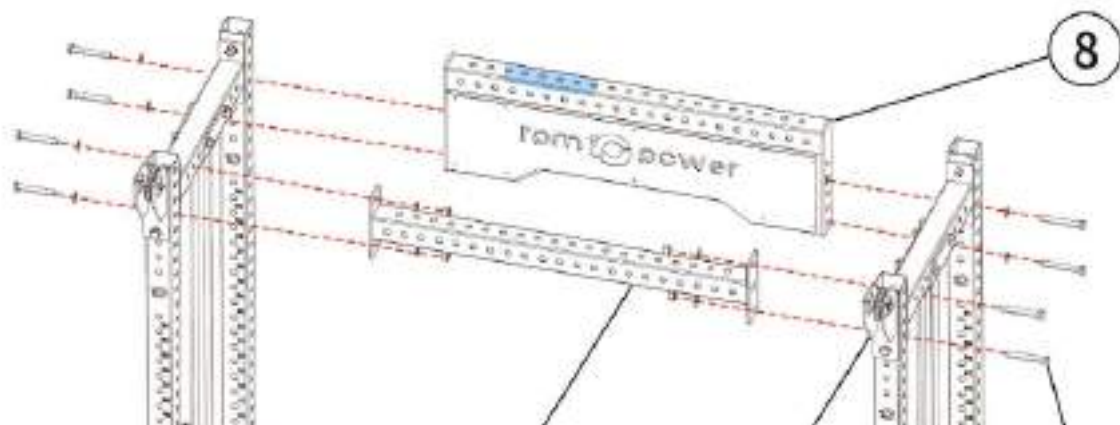
**IMPORTANT NOTE:** Don't tighten bolts fully during Step 1. This ensures the frame is flexible for further assembly steps.

Always ensure nuts are positioned on the **outside** of the rack frame.

4. Secure the lower guide rod holder (14) to the centre (*i.e. counting 4 holes inwards*) of the **lower** side crossbeam (2). Ensure the guide rod holders face upwards inside the rack frame. Loosen and remove the nuts on the pulley wheel to slide it over the beam if needed
5. Repeat steps 1-4 with the other assembled side of the main frame.

### Section 3

1. Ask another person(s) to help you move both main frame sides upright and into the position in which you'd like to place your rack.
2. Connect both sides of the main frame together with the lower crossbeam (part 15).
3. Connect both sides of the main frame with the upper rear crossbeam (8).
8. Secure the two pull-up handles (19) to the upper front crossbeam (15).
9. Secure both lower front pulley blocks (17) to the lower holes on the outside of the front upright columns (10). (*Note: The pulley wheel on this part should be positioned towards the rear of the rack and directly in line with the pulley wheel on part 14.*)
9. Ensure all bolts are tightened enough that the frame can stand safely in place, but still allow flexibility for later steps.



## STEP 2 - WEIGHT STACK

### Section 1

2. Position two rubber guide pads (9) over the lower guide rod holder (14).
3. Insert two guide rods (3) through the two rubber guide pads (9) and into the holders (14).
3. Ask a second person to hold both guide rods in place.
4. Slowly lower each of the seventeen weight stack plates (12) over the guide rods until they rest on the rubber guide pads (14). *(Note: The plastic spacers on each*

*plate should face **upwards**; the small pin hole on the side should face **inside** the rack frame.)*

5. Once all plates are in place, slowly lower the weight stack pulley insert (11) over the guide rods so it sits atop the stack. Ensure the side pin hole is facing **inside** the rack frame.
7. Next position two guide rod sleeves (4) over the top of the guide rods (3).
8. As the frame has not yet been fully tightened, the flexibility in the upper side crossbeam (2) should allow you to slip both guide rods into the upper guide rod holder (13).
8. Push both guide rod sleeves (4) into the upper guide rod holder (13) and securely tighten the grommets in holder.
9. Only **half tighten** the grommets in the sleeves as these need to be flexible for a later step.
10. Repeat steps 1-9 to assemble the weight stack on the other side of the main frame.

## **Section 2**

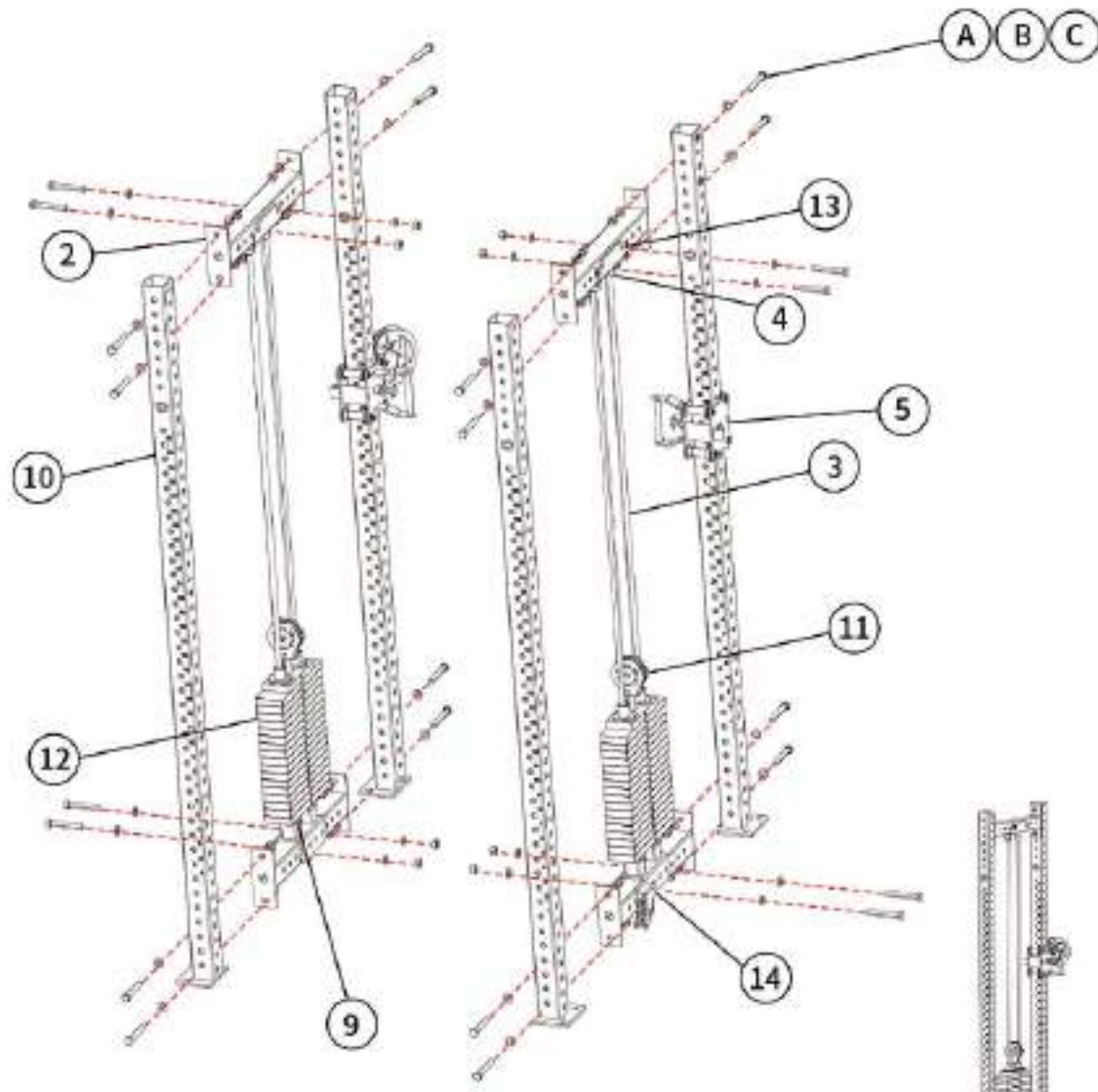
1. Attach the weight label stickers to each weight stack plate (12) ensuring the heaviest weight label is on the bottom plate. Use a piece of tape as a sticker alignment guide if needed.

## **Section 3**

2. Differentiate the smaller (23) and larger (24) resistance band stack anchor.
3. Position two small resistance band stack anchors (23) onto each weight stack and secure them in place with four short bolts, nuts and washers.
4. Slide the two large resistance band stack anchors (24) into the gap between the bottom of the weight stack and the lower side crossbeam (2).
5. Secure these in place with two large bolts, nuts and washers.

<p><b>Note:</b> This machine has two weight stacks each with 17 x plates (parts 12) and 1 x top plate (part 11).</p>
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**ASSEMBLY TIP:** For faster assembly, ask another person (*person A*) to firmly grip both guide rods about 1-2 feet from the top of the rods. Person B should lower 4-5 weight stack plates (12) onto the person A's closed fists. Person B should then carefully lower all plates to the base while person A holds the guide rods in place.



## STEP 3 – CABLE SYSTEM

### Section 1

1. Taking one steel cable (6), securely insert the end bolt hole into the vertical pulley cable adjustor (5).
2. Tighten the nut with a spanner to ensure the bolt is fully inserted.
3. **Standing outside the main frame**, guide the other cable end through the pulley wheels on the lower front pulley block (17) and the lower guide rod holder (14).
4. Feed the cable end through the two pulley wheels at the rear of the top pulley block (18), ensuring you guide the cable under the screws and not above.
5. Guide the cable end down through the exterior hole on the outside of the top pulley block (18).
6. Next, feed the cable through the pulley wheel on the weight stack pulley insert (11), running it from outside to inside the frame.
7. Now **standing inside the rack frame**, guide the cable end upwards into the interior hole on the top pulley block (18).
8. Run the cable over the top of the vertical wheel pulley and through the inside of the horizontal pulley wheel.
9. Next, run the cable end through the pulley wheel in the upper front pulley block (16).
10. From there, run it down through the two pulley wheels in the vertical pulley cable adjustor (5).
11. Ensure the cable is sitting securely in the grooves of all pulley wheels and that the running cable is clear from any bolts and nuts.

### Section 2

12. Slide the rubber end stopper (20) over the cable end.
13. Finally, feed the cable end through the cable end fitting (21) completely and tighten the screws securely.
14. Push the cable end fitting (21) into the rubber end stopper (20).

15. Repeat steps to install the cable system on the other side of the main frame.

**ASSEMBLY TIP:** Position the weight stack pin in the top plate of the stack with the cable pulled to create slack and allow for easier assembly.

**IMPORTANT:** It is essential to regularly tighten all bolts and screws on the product before each use, especially the screws in the cable end fitting (21). These screws must be fully tightened to ensure they continually grip not only into the rubber cable sheath but the steel cable as well.

#### **CABLE CHECK:**

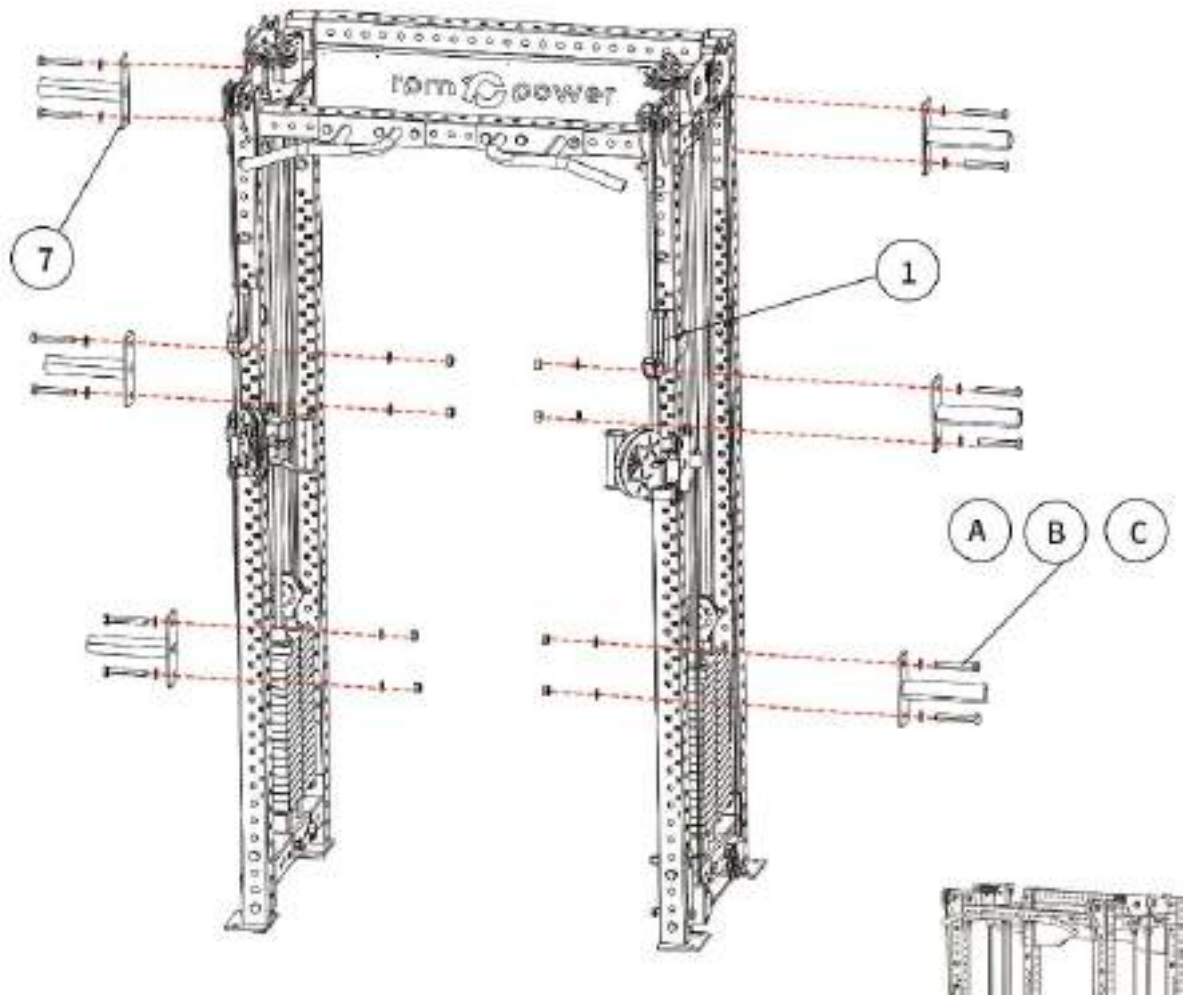
- ✓ The rubber cable stopper should always sit forced against the vertical pulley cable adjustor (5) - it should never hang down.
- ✓ The top plate in the stack should move as soon as you pull on the front cable – there should be no lifting delay.
- ✓ Tighten or loosen the nut on the cable end going into the vertical pulley cable adjustor (5) to adjust the slack if needed. Always ensure this is secure after adjusting.

#### **STEP 4 – TIGHTEN ALL BOLTS**

Now that the main frame and cable system are almost complete, go back over and tighten all bolts securely using a drill, ratchet or spanner. Be sure to tighten the screws on the guide rod sleeves (4) with an Allen key.

#### **STEP 5 – ATTACHMENTS**

2. Attach included handles to the cable ends via the included carabiners (22).
3. Attach the landmine to the base of the main frame.
3. Attach the six plate storage pegs (7) to the rear upright columns (10) of the rack. These should be spaced out to accommodate enough space for weight plates.



**Your RPM Power Apex Series Rack is now ready for use. Please ensure all bolts and nuts are fully tightened before each use of this product. Please read the following Safety and Maintenance Guide for more information.**

# **MAINTENANCE GUIDE**

**Regular inspection:** Conduct a visual inspection of the entire product before each use. Look for any signs of wear, damage or loose components. Address any issues immediately or contact RPM Power for support.

**Tighten bolts and screws:** Check and tighten all bolts, screws and nuts regularly. Pay particular attention to those used in critical areas like safety catches, bar holders, frame connections and cable ends. Loose fasteners can compromise safety, so it is critical that they are all securely in place.

**Cable inspection:** Inspect cables and cable connections for fraying, kinks, or any signs of wear. If you notice any issues, replace the cables immediately. Videos on cable replacement can be found on <https://care.rmpower.com/>.

**Weight stack maintenance:** Clean the weight stack regularly and ensure that weight plates are securely attached. Check for any damage or signs of wear on weight stack components. **Cleaning:** Keep the product clean by wiping it down regularly with a damp cloth to remove dust, sweat and any debris which may have accumulated over time. Avoid using abrasive cleaners that may damage the finish.

**Lubrication:** Apply a silicone-based lubricant to moving parts, such as pulleys, guide rods, and weight stack pins if you notice any parts are “squeaking” or “sticking”, or in general, not performing as they should. Lubrication helps maintain smooth movement and reduces wear. **Upholstery inspection:** Examine any upholstery features on the product if present, such as seat cushions and backrests. Check for any tears, cracks, or signs of wear. Repair or replace damaged upholstery promptly.

**Remember that proper maintenance is crucial not only for the longevity of your product but also for the safety of users. Consistent upkeep will ensure that the equipment remains in good working condition and reduces the risk of accidents or injuries during workouts.**

IMPORTANT: While it is essential to regularly tighten all bolts and nuts on this product, regular inspection and tightening on the cable ends is critical – particularly on the cable end fitting (part 21). Cable maintenance guides can be found at [www.rmpower.com/rpm-care/](http://www.rmpower.com/rpm-care/)

# **SAFETY GUIDE**

**IMPORTANT:** This product is recommended for users age 16 years and older. It is not suitable for children.

## **1. Intended use of the product**

This Apex Series Rack is designed for **home and commercial fitness exercise only**. The product is intended to support users while they perform strength training exercises in a controlled setting. Do not use this product for any purpose other than its intended use.

## **2. Safety before use:**

- **Inspect packaging upon arrival:** Before opening any package, inspect it for any visible damage or signs of tampering. If the packaging is damaged, contact RPM Power immediately.
- **Remove and dispose of packaging correctly:** Leaving any product packaging lying around your home could potentially be a hazard to you and others. Packaging, such as plastic bags, can also present a choking hazard to small children and pets. It is your responsibility to remove and dispose of all packaging correctly. RPM Power is not liable for any injury or damage that may occur as a result of packaging misuse.

## **3. Safety during assembly:**

- **Read the user manual:** Always read and understand the user manual and instructions that come with the product. Familiarise yourself with the equipment's features and any specific safety precautions. Request help from another person if the product manual or assembly video suggests it or if you have any doubt that you may not be able to correctly and safely assemble the product by yourself.
- **Be aware of any weight or age restrictions:** Take note of any age or weight restrictions associated with the product. Make sure the equipment is suitable for the intended user.
- **Ensure the intended usage space is suitable:** Familiarise yourself with the product dimensions as well as any specific product requirements (e.g.

recommended floor type, recommended ceiling height, etc.). You should only ever set up the product in a space that is safe and suitable for use. If the product needs to be attached or fixed to another surface, such as a wall, ensure that the surface area is sturdy enough to support the weight of the product and the user. Always check for piping and electrical wiring before drilling into any wall or flooring.

- **Ensure flooring is suitable for use:** Proper flooring is paramount for user safety. Make sure that the flooring you use is level and free from any obstacles. Position heavy products correctly, so that they don't cause damage to your floor. Always use products on non-slip flooring only.
- **Check for missing parts:** Ensure that all the components and parts listed in the manual are included in the product package. Contact RPM Power if anything is missing.
- **Use proper tools:** Use the recommended tools and equipment specified in the manual for assembly. Do not use any makeshift tools that may compromise safety.
- **Ask a friend:** If the product contains any parts that are heavy or difficult to handle, ask for assistance from a friend or family member to avoid straining yourself.
- **Clear your workspace:** Ensure you have a clear and well-lit workspace with enough room to move around while assembling the equipment. Ensure all parts are clearly laid out and remove any tripping hazards, such as packaging.
- **Follow the assembly instructions correctly:** Strictly follow the assembly instructions provided step by step. Do not skip any steps or rush through the process. If you are uncertain about any steps in the assembly process, do not proceed and instead reach out to us at RPM Power for assistance.
- **Be cautious with small parts:** Clearly categorise and lay out any small parts, so that they are accounted for during the assembly process. It is important to keep any small components like screws and bolts away from children and animals, as they can be a potential choking hazard.

#### 4. **Safety during use:**

- **Warm up properly before exercising:** Always warm up before starting any exercise routine to prevent injuries from occurring.

- **Ensure you have enough space:** Before you use the product, ensure you have enough space around you to move freely without causing damage or harm to people, furniture or other surrounding elements.
- **Always wear suitable footwear and clothing:** Wear appropriate footwear designed for the specific activity and ensure shoes are properly laced or fastened. Do not wear loose clothing or jewellery which could potentially get caught in moving or sharp elements.
- **Supervise children and pets:** This product is not suitable for children. Ensure children and pets are supervised at all times when the machine is both idle and in use, and keep them away from any moving or sharp elements.
- **Follow weight limits:** Adhere to weight limits specified for the equipment to prevent overloading, potential structural damage or injury.
- **Follow age limits:** Adhere to age limits specified for the equipment to prevent injury to yourself or others.
- **Stay hydrated:** Drink plenty of water while exercising in order to stay hydrated.
- **Be aware of proper form:** Always do your research before attempting any exercise, particularly those involving barbells and weights. Practicing proper form is crucial to staying injury-free.
- **Know your own limits:** Do not push yourself beyond your physical capabilities. Start with appropriate exercise intensities and progress gradually.
- **Emergency procedures:** Familiarise yourself with emergency procedures and safety features on the equipment.
- **Be mindful of any heavy or sharp components:** Be careful when adjusting heavy objects, such as weight plates. Keep your fingers away from moving parts or sharp elements and watch your head when walking under the machine's frame.
- **Cool down after exercising:** Always remember to cool down and stretch properly after exercising. This will lower your chances of incurring injury after using the equipment.

##### 5. **Safety through ongoing product maintenance:**

- **Regularly check all parts are secure:** Any equipment with moving parts, such as bolts and screws, should be checked regularly for stability and tightness. Do not continue to exercise with a product if you find any parts are loose or unstable, as doing so may cause injury.

- **Do not ignore unusual sounds or “sticking” components:** If any parts are visually or audibly damaged or not functioning as they should be, cease using the product and get in touch with RPM Power for guidance. We will be happy to assist you and can provide you with spare parts for your equipment if available.
- **Familiarise yourself with maintenance procedures:** Take note of any maintenance requirements and continue to perform these over time. Product-specific maintenance recommendations will be outlined in the product manual or can be found on <https://care.rmpower.com/>.

#### 6. Additional safety guidelines:

**Safety catches:** Always use safety catches or spotter arms when lifting heavy weights. Adjust them to the appropriate height for your exercise to prevent injury in case you can't complete a lift.

**Safety keys:** If your product utilises safety keys, always ensure these are positioned correctly. **Weight limits:** Do not exceed the weight limits specified for your power rack and its components. Overloading can damage the equipment or your floor.

**Barbell and weight collars:** Secure the barbell with appropriate weight collars to prevent weight plates from sliding during exercise. Ensure the bar is centered before lifting. Secure weight plates to storage pegs using collars or spring clamps when not in use.

**Commercial use:** If this product is used in a commercial setting, always ensure the user is aware of how to correctly and safely use this product. It is the responsibility of the product owner to ensure regular maintenance of the product is carried out and ensure on-going safety for all users.

## **WARRANTY**

This RPM Power product is covered under warranty so long as it was purchased directly from RPM Power and not a third party. The guarantee period commences when the item has been delivered to the purchaser or user.

**What is covered during the guarantee period?**

- Malfunction defects that are a direct result of a manufacturing issue(s)
- Spare parts free of charge provided the purchaser can provide sufficient, timely evidence of missing/defective parts
- Products purchased directly through the RPM Power website

RPM Power reserves the right to determine what constitutes manufacturing defects as well as wear and tear. A guarantee does not cover products for commercial use and is non-transferable to a third party. All warranty information can be found at <https://rpmpower.com/product-warranty-terms-conditions/>.

## **LIABILITY DISCLAIMER**

RPM Power strongly encourages the safe and proper use of our exercise machines, including this Multi-Gym. Please read and follow all safety instructions and guidelines provided in this manual. By assembling, installing, or using this product, the user acknowledges and agrees to the following:

1. **Assumption of risk:** The use of this exercise equipment involves inherent risks, including but not limited to the risk of injury or death. The user voluntarily assumes all risks associated with the assembly, installation, and use of our products.
2. **Proper assembly and installation:** The user acknowledges that proper assembly and installation are critical to the safety and functionality of the exercise equipment. It is the user's responsibility to follow the assembly and installation instructions provided in this manual accurately. Any errors or negligence in assembly and installation may result in injury or damage.
3. **Proper use and supervision:** RPM Power strongly recommends consulting a qualified fitness professional or physician before beginning any exercise programme with this product. Users should always ensure they are in sufficient physical health before using the machine. Users should exercise caution and common sense when using the equipment. Users are responsible for ensuring

proper supervision, especially when minors (16-18 years) or inexperienced individuals use the equipment.

4. **Exclusion of liability:** To the fullest extent permitted by applicable law, RPM Power disclaims all liability for any direct, indirect, incidental, consequential, special, or punitive damages, or any other loss or injury arising out of or in connection with the assembly, installation, or use of its products. This disclaimer includes but is not limited to injuries, property damage, or any other harm sustained while using the exercise equipment.
5. **Limited warranty:** RPM Power provides a limited warranty for its products, as outlined in the warranty section of this manual. Any claims under the warranty must be made in accordance with the terms and conditions specified therein.

By using RPM Power exercise machines, the user acknowledges and agrees to these terms and conditions. RPM Power reserves the right to modify or update this liability disclaimer at any time. It is the user's responsibility to review this disclaimer periodically for any changes on the **RPM Power website**. If you do not agree to these terms, please refrain from assembling, installing, or using our products.

