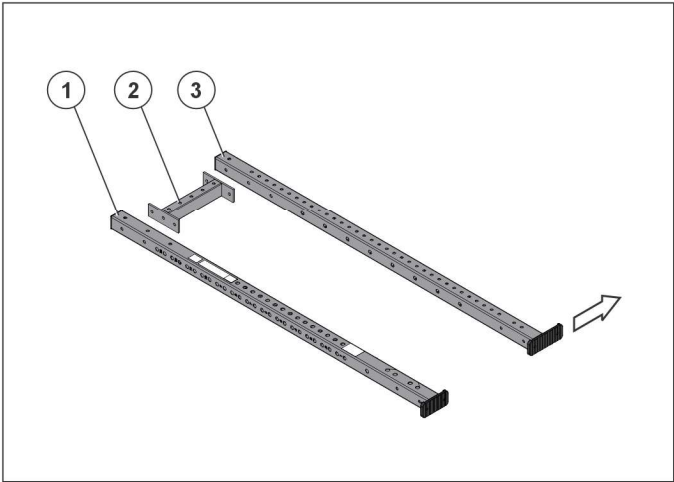


Assemble HD Athletic NX Half Rack (HDW-HR-CHR-S-01)

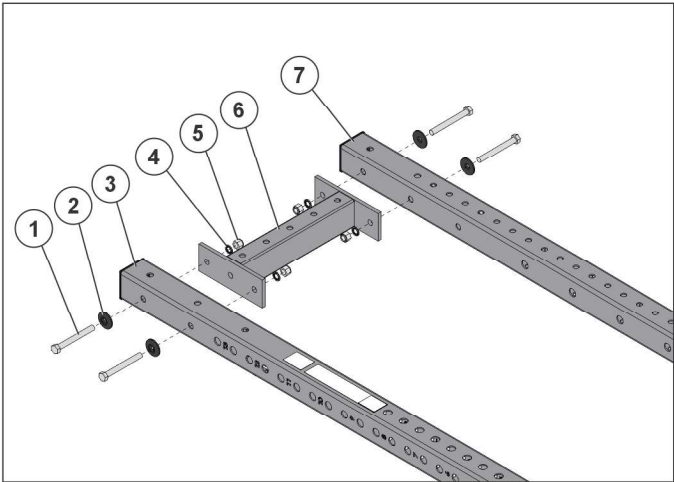
Two people will be required for this procedure.

1. Place training upright, crossmember and storage upright (foot facing away) on the ground.



Item	Description	Qty.
1	Training Upright	1
2	Crossmember	1
3	Storage Upright	1

2. Repeat previous step on opposite side of rack.
3. Install bolts, backing washers, washers, and thick lock nuts securing crossmember to top of training upright and storage upright.

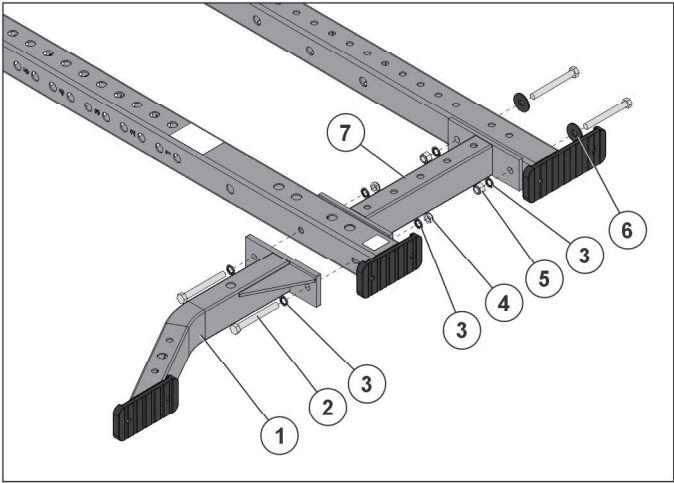


Item	Description	Qty.
1	Bolt, HHB .5 x 4.5	4
2	Backing Washer	4
3	Training Upright	1
4	Lock Washer, 1/2"	4
5	Thick Lock Nut, 1/2"	4
6	Crossmember	1
7	Storage Upright	1



Hand tighten hardware.

4. Repeat previous step on opposite side of rack.
5. Have one person hold one upright while the other installs bolts, backing washers, washers, and lock nuts (thin and thick) securing crossmember to the top of training upright and storage upright.

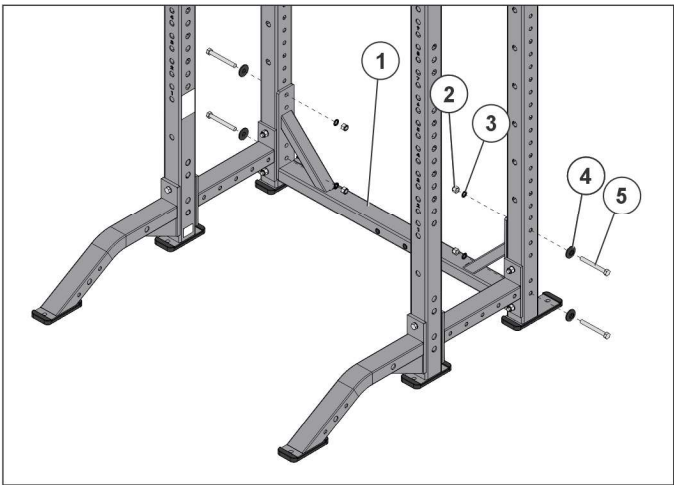


Item	Description	Qty.
1	Stability Leg	1
2	Bolt, HHB .5 x 4.5	4
3	Lock Washer, 1/2"	6
4	Thin Lock Nut, 1/2"	2
5	Thick Lock Nut, 1/2"	2
6	Backing Washer	2
7	Crossmember	1



Hand tighten hardware.

- Repeat previous step on opposite side of rack.
- Install bolts, backing washers, washers, and thick lock nuts securing crossmembers to bottoms of storage uprights.

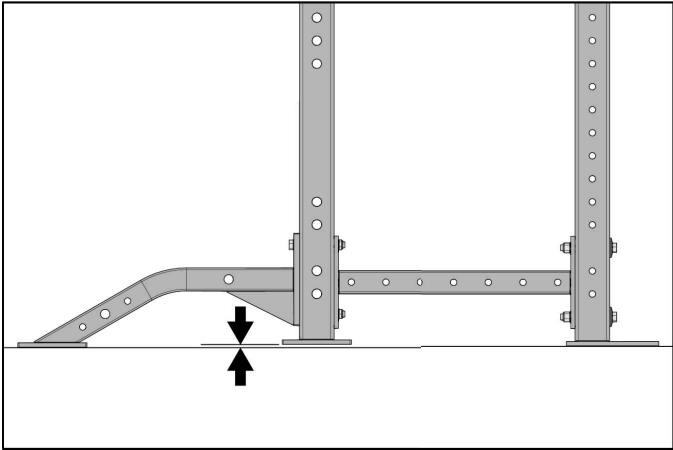


Item	Description	Qty.
1	Crossmember	1
2	Thick Lock Nut, 1/2"	4
3	Lock Washer, 1/2"	4
4	Backing Washer	4
5	Bolt, HHB .5 x 4.5	4

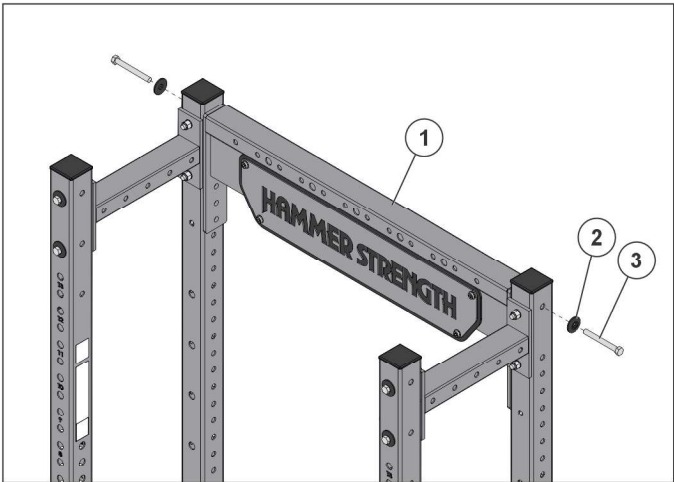


Hand tighten hardware.

NOTE: Stability feet are designed to lift the training uprights slightly off the floor. This is done to ensure solid contact to the floor at the furthest outside points.



- With two people, install bolts and backing washers securing the custom sign to the storage uprights.

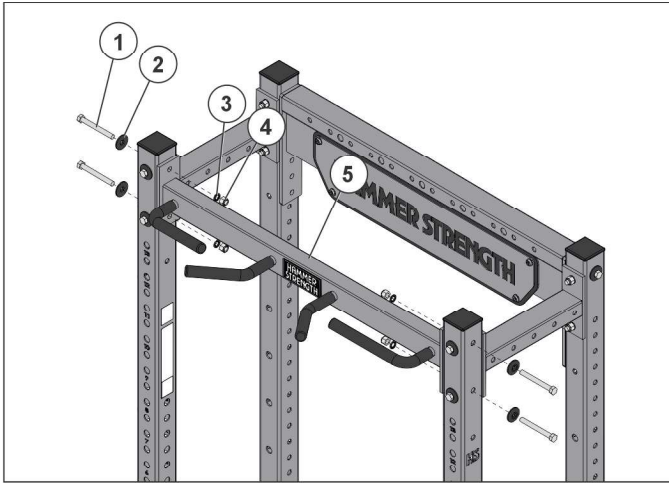


Item	Description	Qty.
1	Hammer Strength Custom Sign	1
2	Backing Washer	2
3	Bolt, HHB .5 x 4.5	2



Hand tighten hardware.

9. Install bolts, backing washers, washers, and thick lock nuts securing the 2-handle bar to the training uprights.



Item	Description	Qty.
1	Bolt, HHB .5 x 4.5	4
2	Backing Washer	4
3	Lock Washer, 1/2"	4
4	Thick Lock Nut, 1/2"	4
5	2-Handle Bar	1

HDW-HR-CHR-S-01 Weight Plate Storage

When adding and removing weight plates from weight horns, always evenly load and unload (left/right side) weight plates to avoid tipping.

Below is the recommended bumper plate storage configuration:

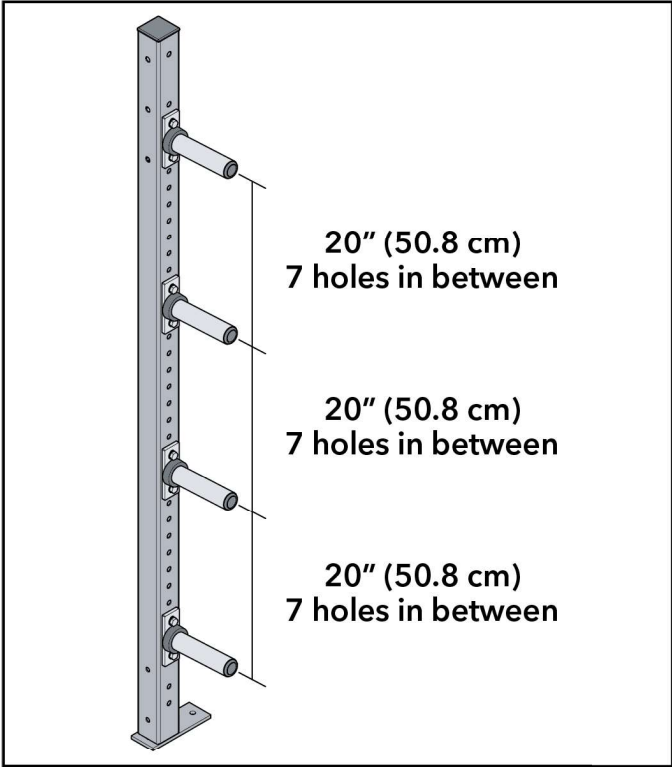
- (2) 10 lb plates
- (2) 25 lb plates
- (2) 45 lb plates
- (4) 45 lb plates



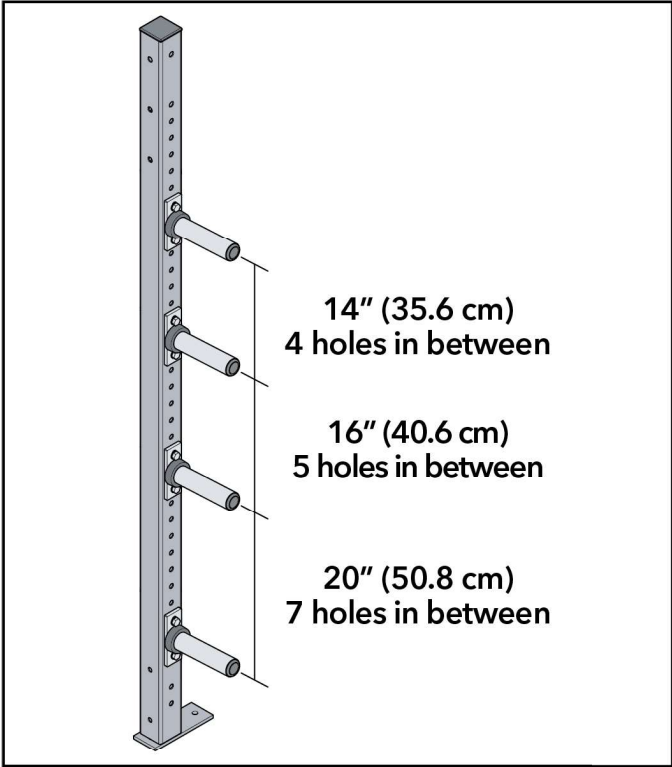
Install Weight Horns

Weight horns can be installed in two configurations depending on the type of weight plates being used.

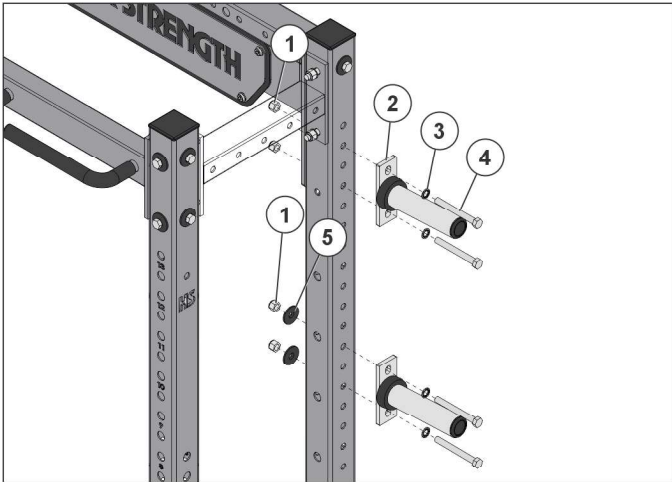
Bumper Plate Configuration



Standard Plate Configuration



Install bolts, washers, backing washers (when only one frame plate is used), and thick lock nuts to attach the weight horns to the storage uprights.



Item	Description	Qty.
1	Thick Lock Nut, 1/2"	4
2	Weight Horn	2
3	Lock Washer, 1/2"	4
4	Bolt, HHB .5 x 4.5	4
5	Backing Washer	2

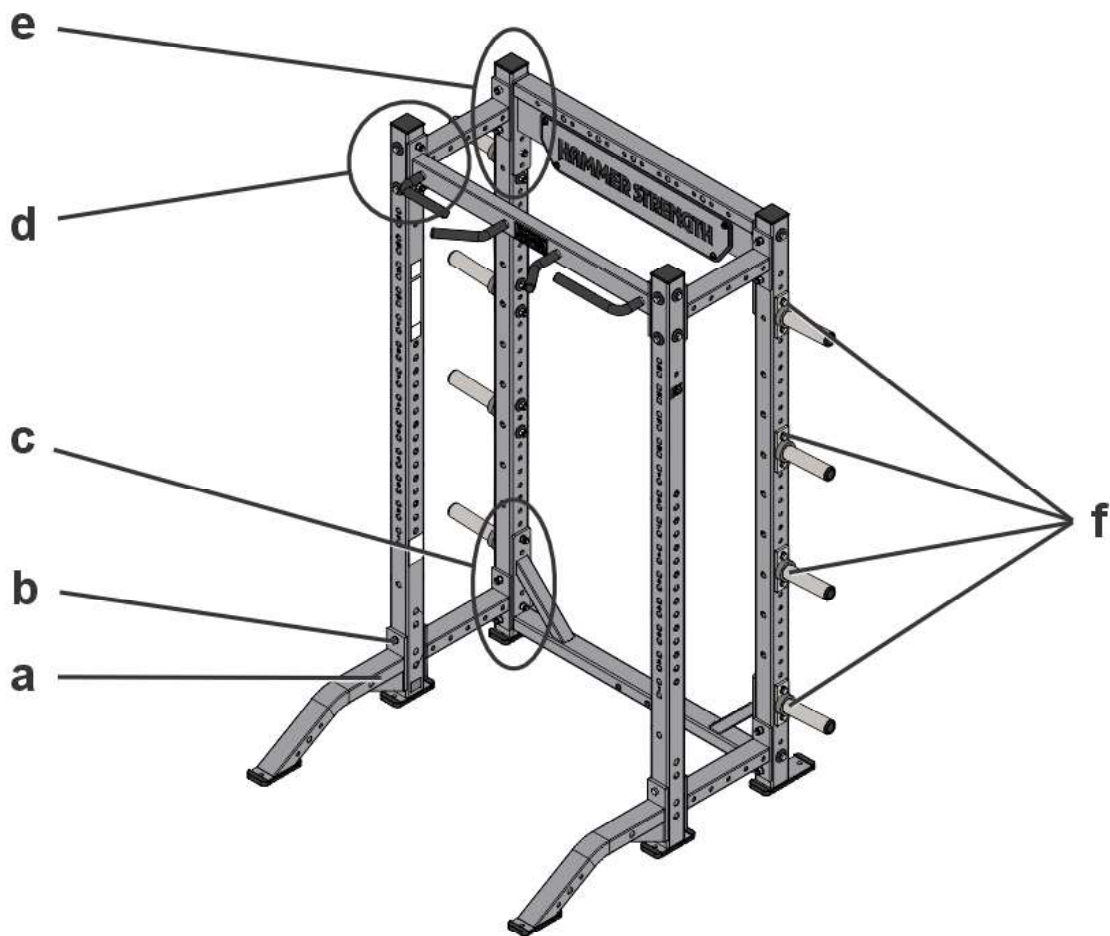


Hand tighten hardware.

Tighten Hardware

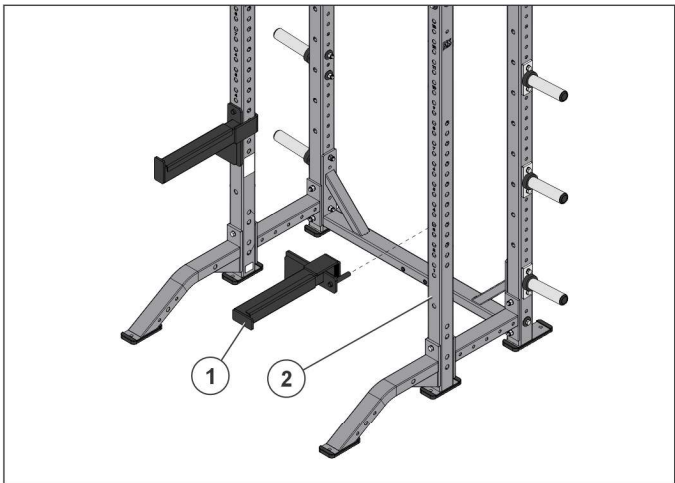
Tighten all hardware to **20-25 ft-lb/27-34 Nm** in the following order:

- a. Lower stability feet bolts to training uprights.
- b. Upper stability feet bolts to training uprights.
- c. Lower crossmembers to storage uprights.
- d. Upper crossmembers to training and storage uprights.
- e. Rear crossmember to storage uprights.
- f. Weight horns to storage uprights.



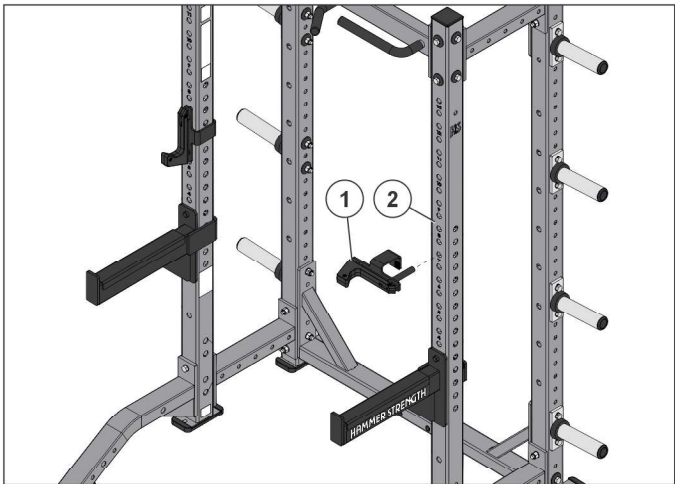
Install Bar Catches and Supports

1. Rotate the bar catch assembly 90 degrees, then insert into training upright and rotate back.



Item	Description	Qty.
1	Bar Catch Assembly	2
2	Training Upright	2

2. Rotate the bar support assembly 90 degrees, then insert into training upright and rotate back.



Item	Description	Qty.
1	Bar Support Assembly	2
2	Training Upright	2

Squat Stand (HDW-SQST)

Squat Stand not required to be bolted to floor due to Stability Feet.

Assemble Squat Stand

1. Lay components out on the ground.

NOTE: The Hammer Strength HS cut-out on the training uprights face out when the rack is assembled.

