

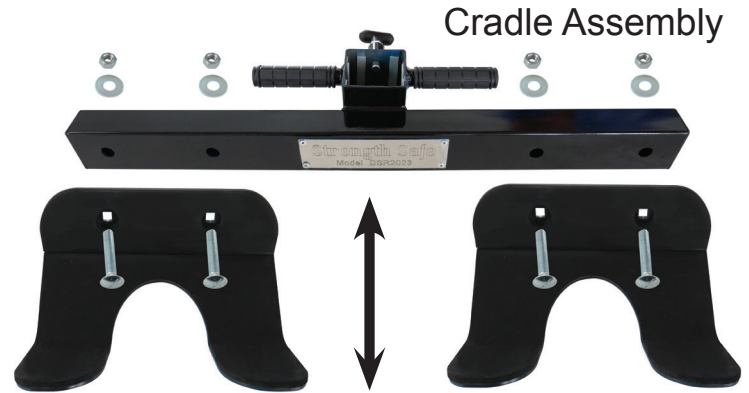
# Strength Safe

## Dumbbell Safety Rack



### **Assembly Instructions**

3/4" Ratchet Supplied



### Assembly Instructions

1. Insert Right and Left Legs into Base using 3-1/2in Carriage Bolts, washers and lock-nuts, tighten until it's difficult to turn the ratchet.
2. Insert Main Post into Base making sure to line up the square holes on the Main Post with the ones on the Base. Fasten with 4in Carriage Bolts, washers and nuts. Tighten until it's difficult to turn the ratchet.
3. Screw Pop-Pin into the back of the Main Post, hand tight.
4. Lower Cradle Assembly on to Main Post while pulling out the Pop-Pin. Engage Pop Pin wherever you prefer.
5. Insert 2 x 3" Carriage Bolts into each Cradle and bolt them to Cradle Assembly- tighten until it's difficult to turn the ratchet.

