

# DOUBLE POWER RACK ASSEMBLY

SINGLE POST & DOUBLE POST

**Tools Required:**

3/4" Standard Socket

3/8" Drive Ratchet

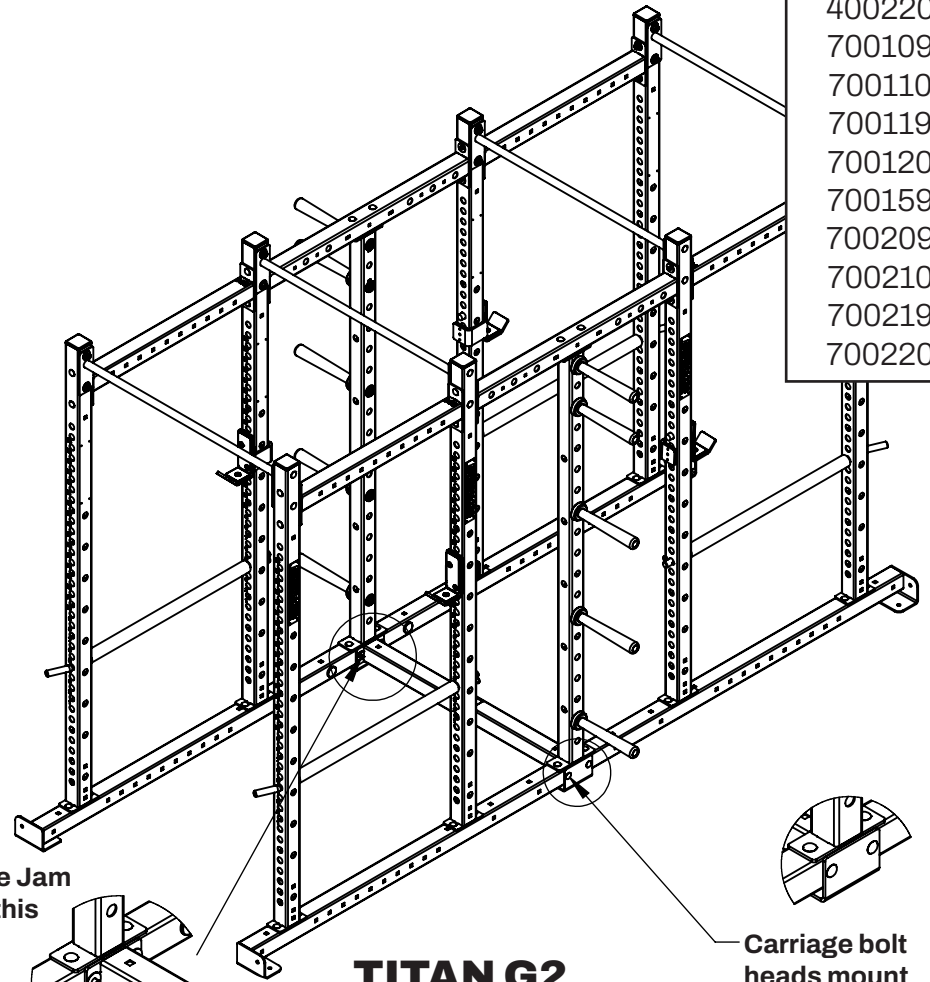
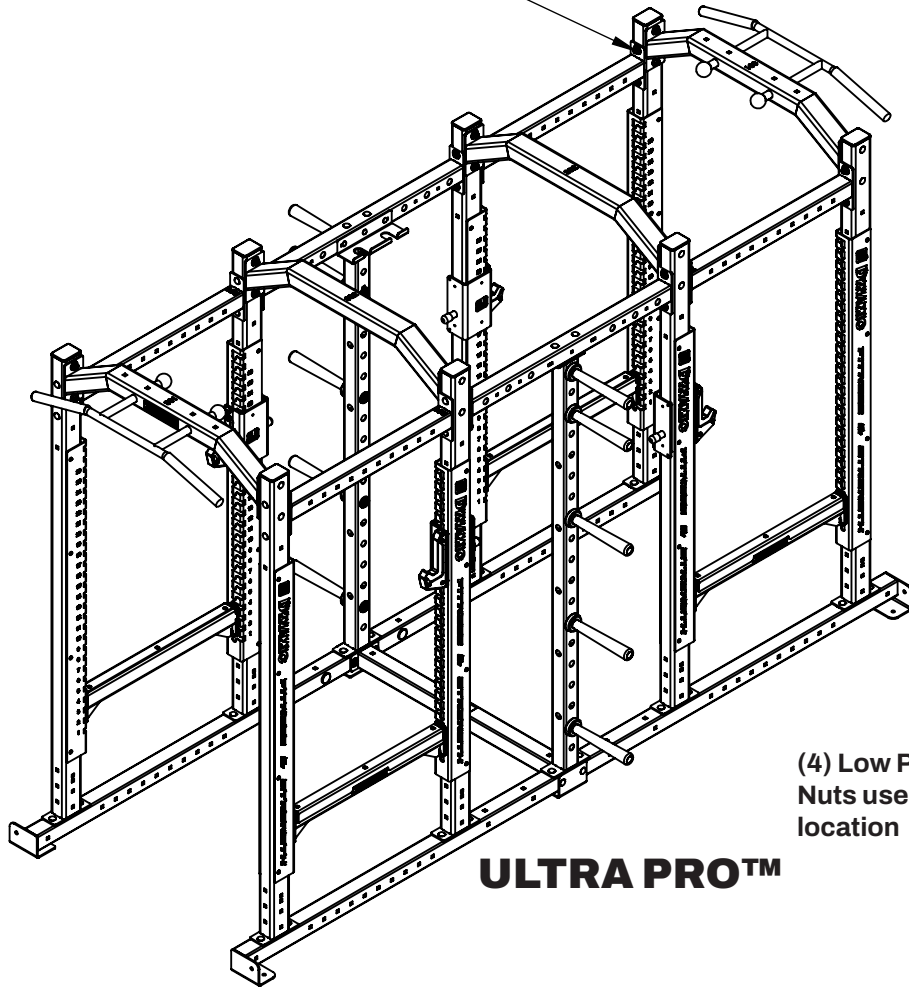
3/4" Combination End Wrench

**DOUBLE POWER RACK ASSEMBLY INSTRUCTIONS**  
**SINGLE & DOUBLE POST**

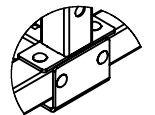
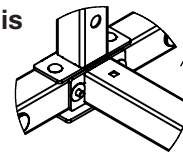
**Models:**

- 400119
- 400120
- 400219
- 400220
- 700109
- 700110
- 700119
- 700120
- 700159
- 700209
- 700210
- 700219
- 700220

\*Mounting of horizontal connector  
Use 5" bolts on ULTRA PRO™  
Use 4" bolts on TITAN G2



(4) Low Profile Jam Nuts used at this location



Carriage bolt heads mount outside of support flange

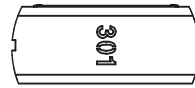
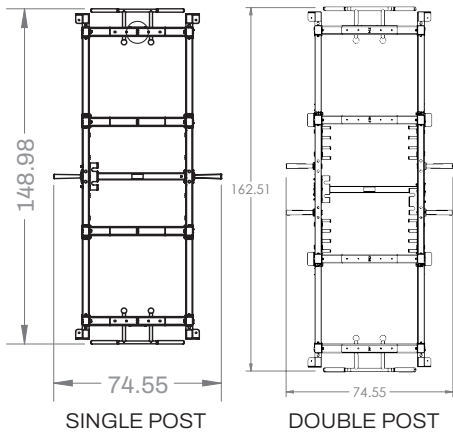


844-678-7447

[www.MyDynamicFitness.com](http://www.MyDynamicFitness.com)

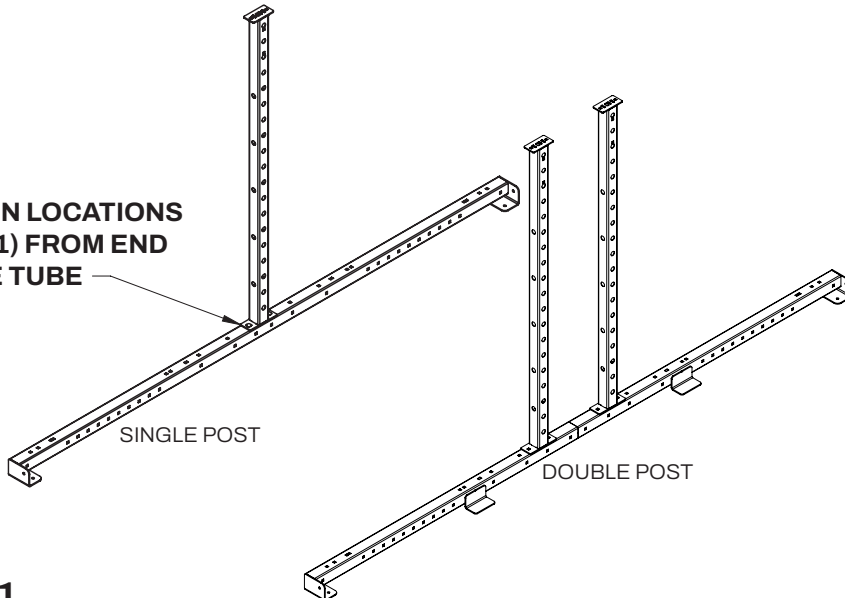
## Before assembling this rack:

Consider how much space will be required around the unit to access weights and not interfere with other equipment.



All parts have a part number. Position the part number to be covered by its mating component or up as shown in this view.

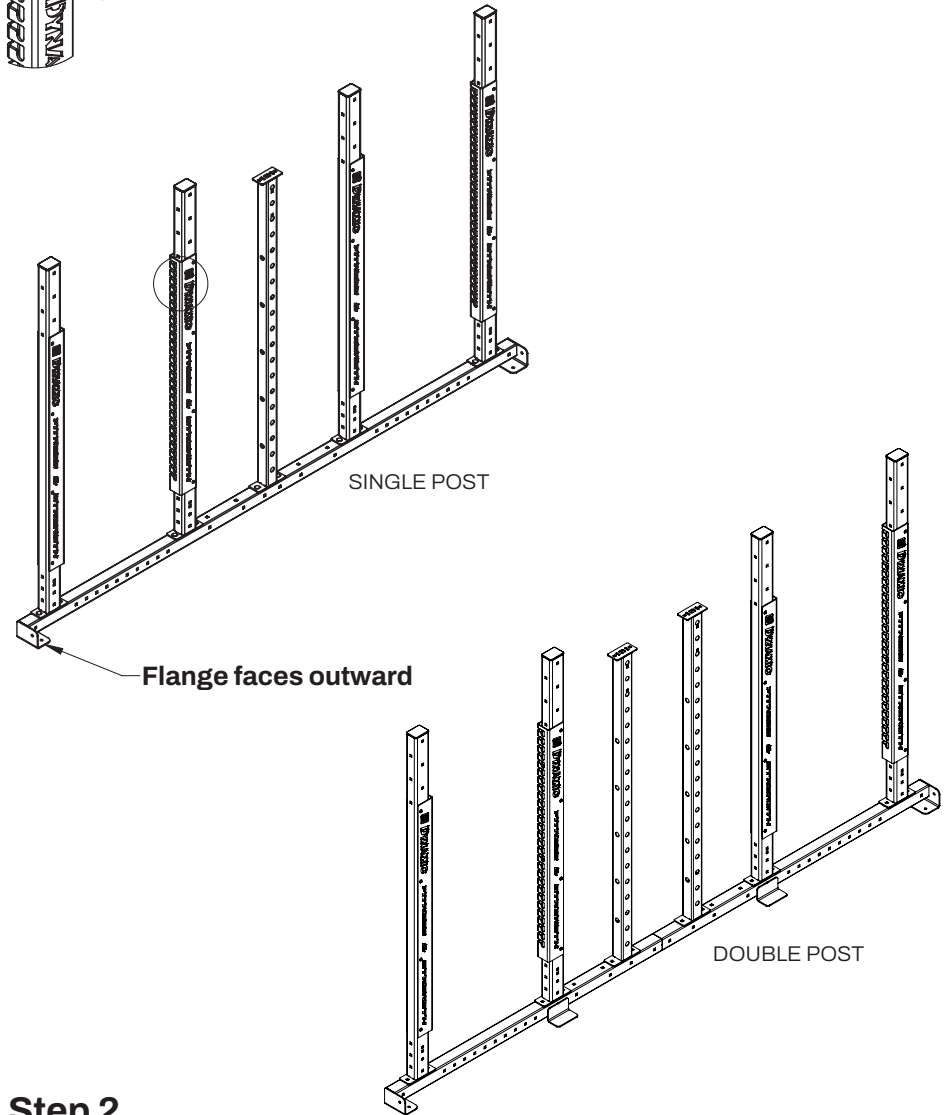
MOUNT IN LOCATIONS (10) & (11) FROM END OF BASE TUBE



### Step 1

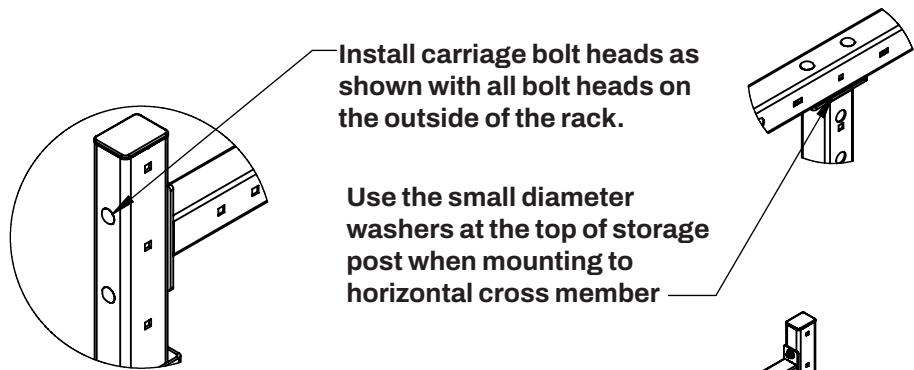
Attach storage post to base as shown using carriage bolts. Install bolts into storage post flange and then through base tube. Bolt head on top of flange with nut mounted under base tube. To ease assembly lay the rack components out horizontally on the floor. Repeat for left side.

The mounting access for bar catch and safety must be to inside of rack as shown.  
Note: TITAN G2 Series will not have an upright wrap as shown.



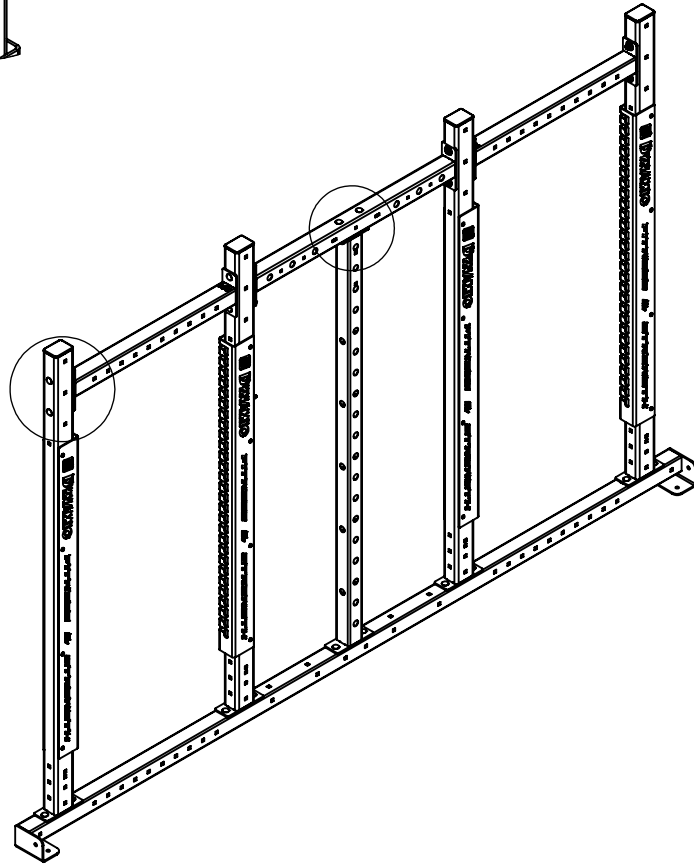
### Step 2

Attach working uprights to right base as shown. ULTRA PRO™ will mount at first location from end of base tube, TITAN G2 will mount at second location. Repeat on left side.



Install carriage bolt heads as shown with all bolt heads on the outside of the rack.

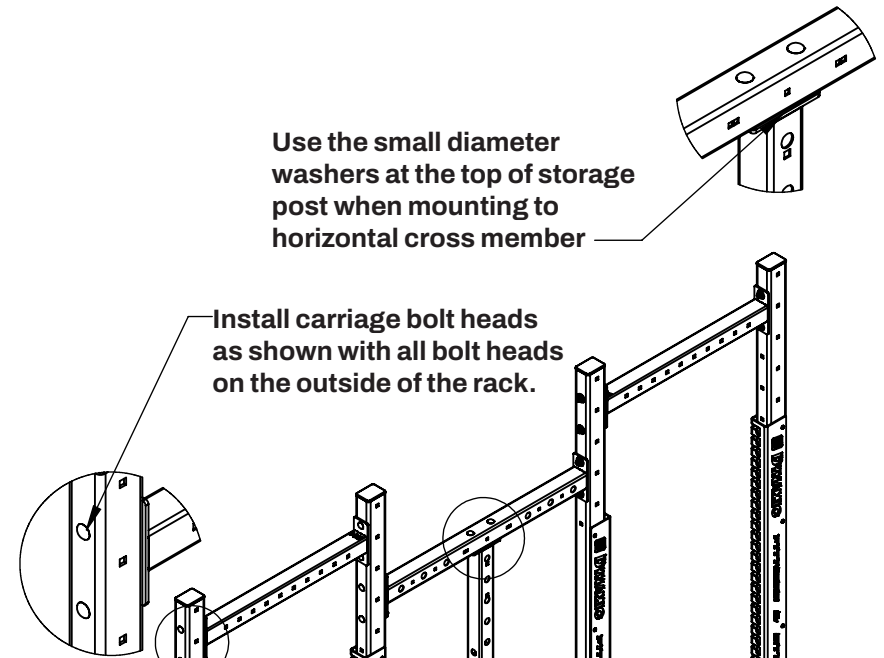
Use the small diameter washers at the top of storage post when mounting to horizontal cross member



### Step 3 A

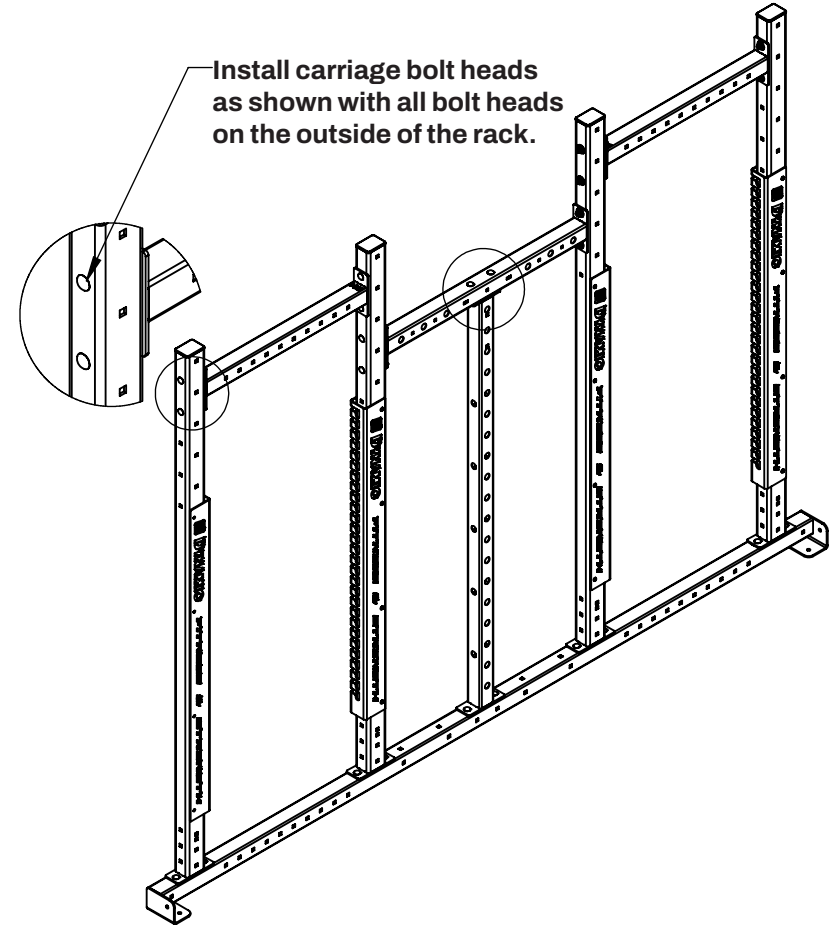
Attach horizontal cross members to storage posts and 8' front uprights. Repeat for left side.

**Note:** Use small diameter washers at top plate when mounting storage post to horizontal.



Use the small diameter washers at the top of storage post when mounting to horizontal cross member

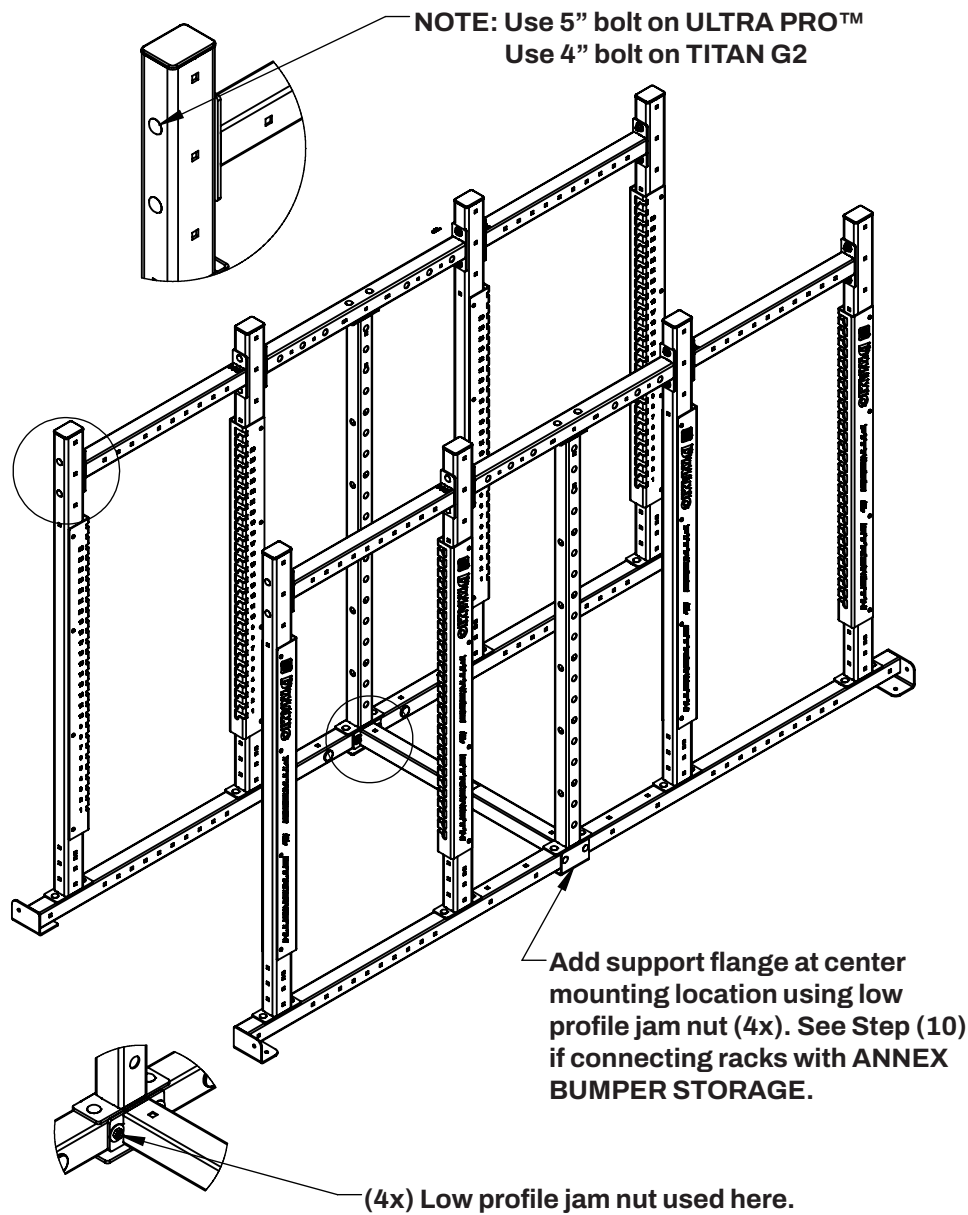
Install carriage bolt heads as shown with all bolt heads on the outside of the rack.



### Step 3 B

Attach horizontal cross members to storage posts and 9' front uprights. Repeat for left side.

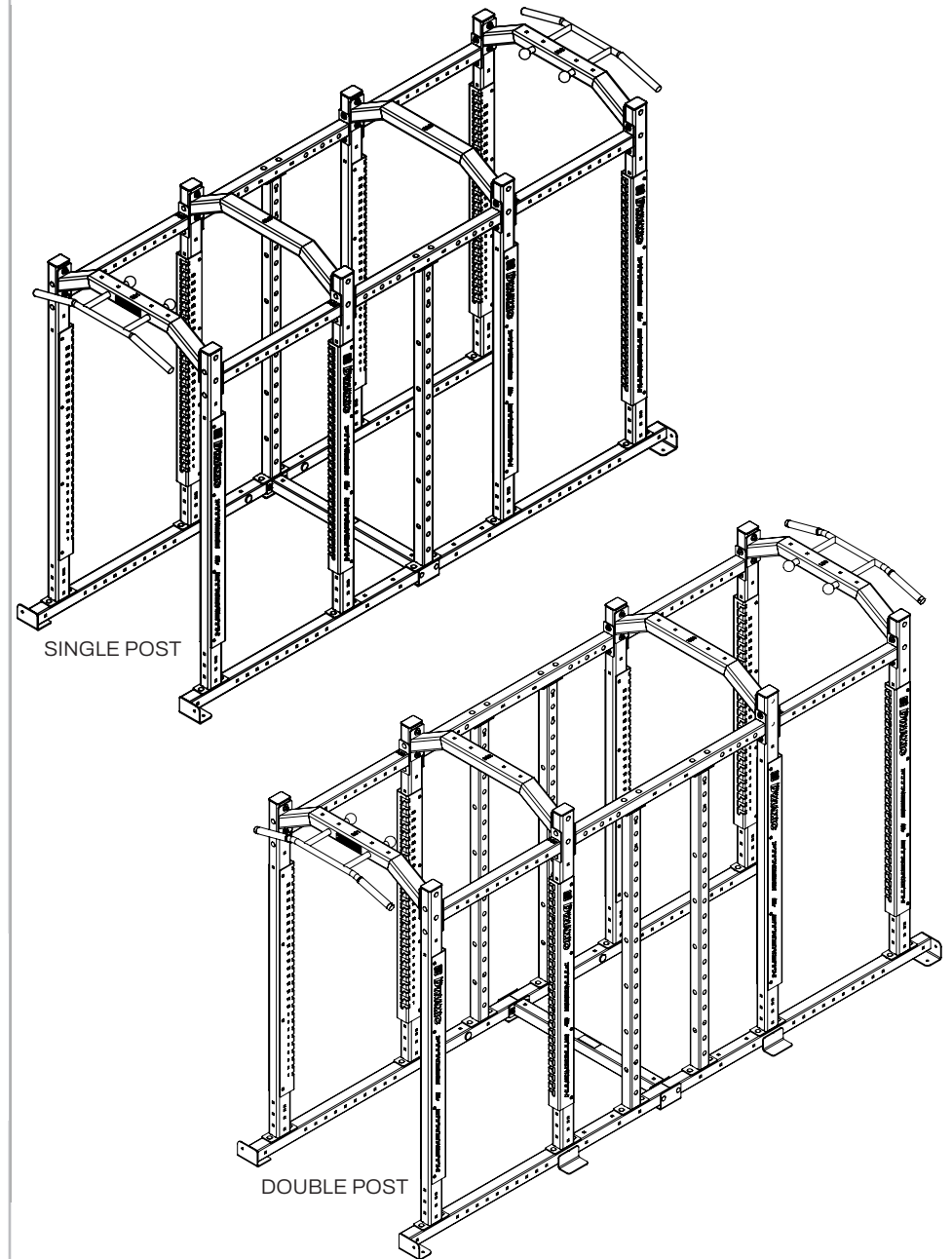
**Note:** Use small diameter washers at top plate when mounting storage post to horizontal.



### Step 4

Attach right half to left half as shown using horizontal base tube and center mounting flanges.

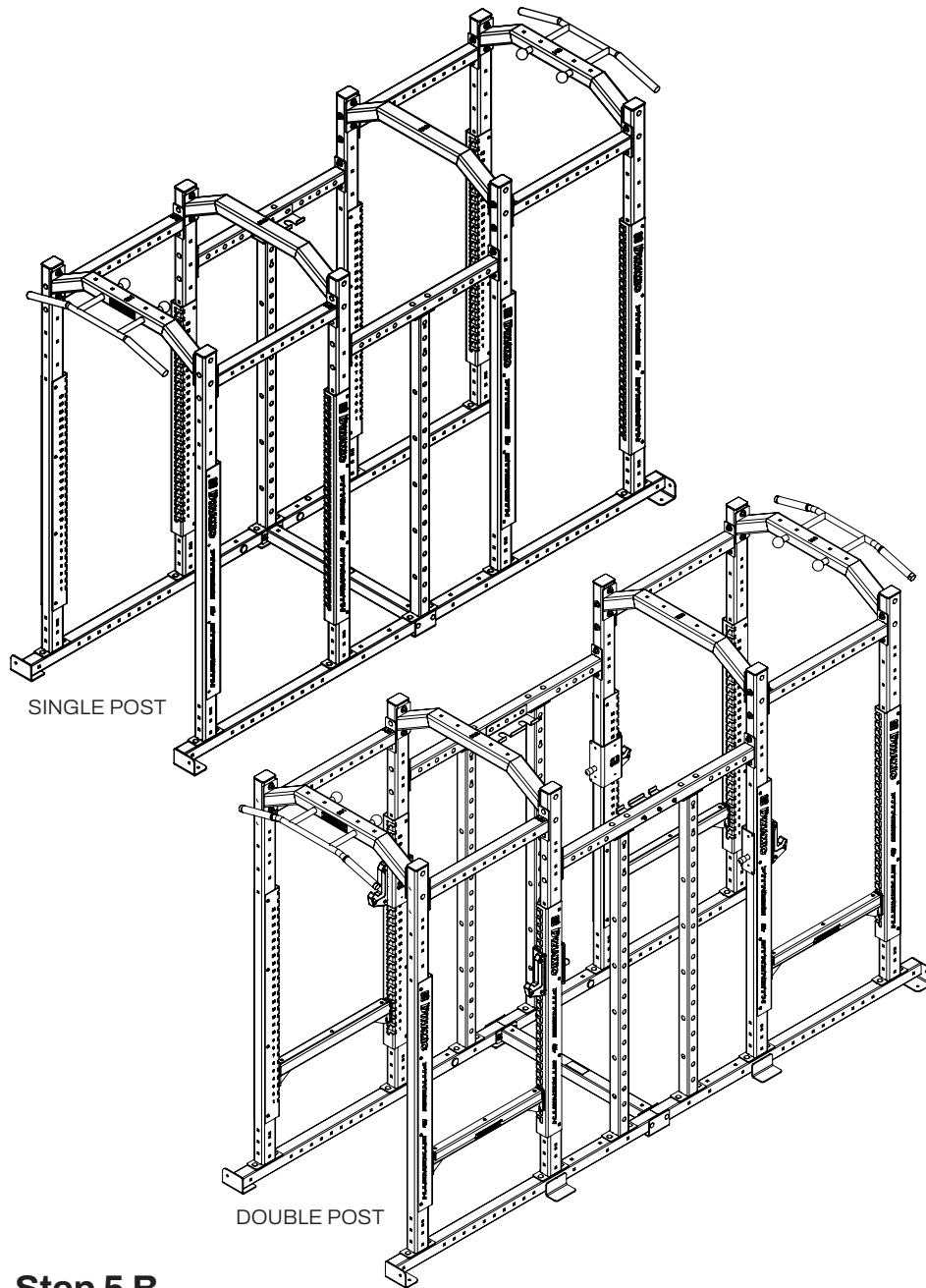
**Note:** The carriage bolt heads on outside of rack with low profile jam nut on inside



### Step 5 A

Attach horizontal chin up bars between left and right 8' uprights as shown. This bar may vary based on your model.

**Note:** This step requires two people to lift and fasten.

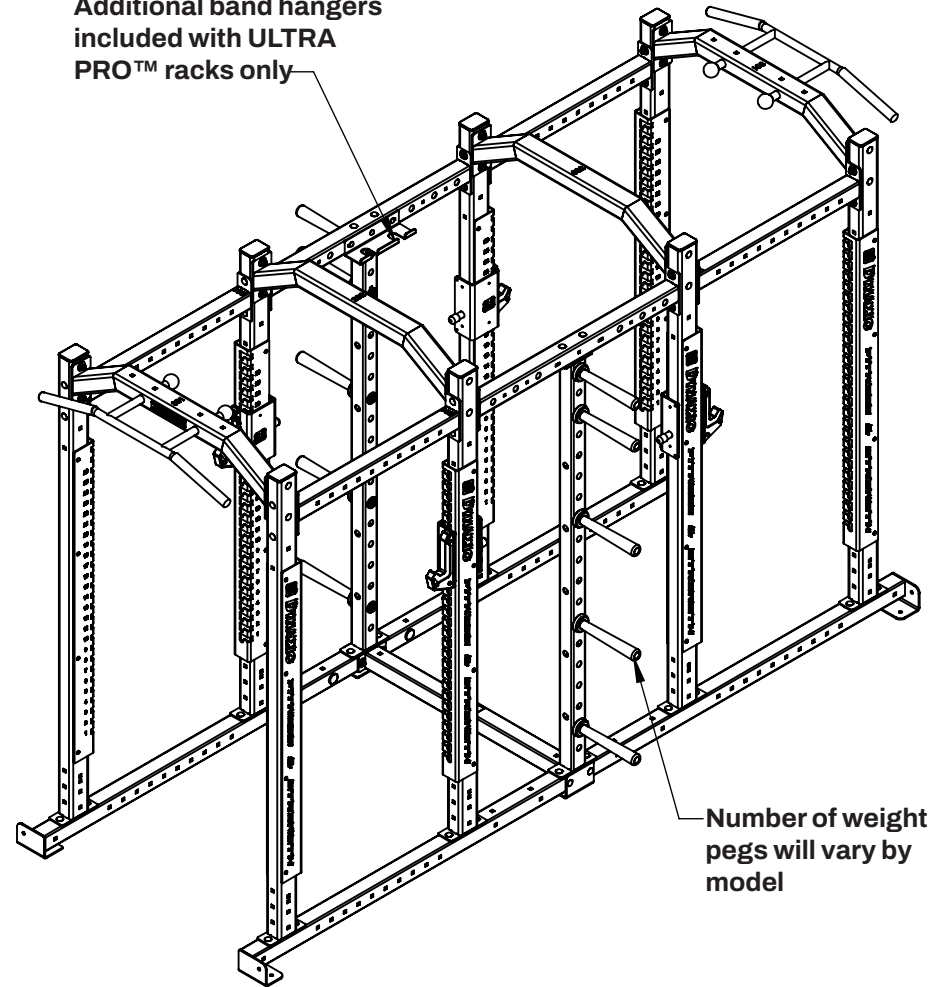


### Step 5 B

Attach horizontal chin up bars between left and right 9' uprights as shown. This bar may vary based on your model.

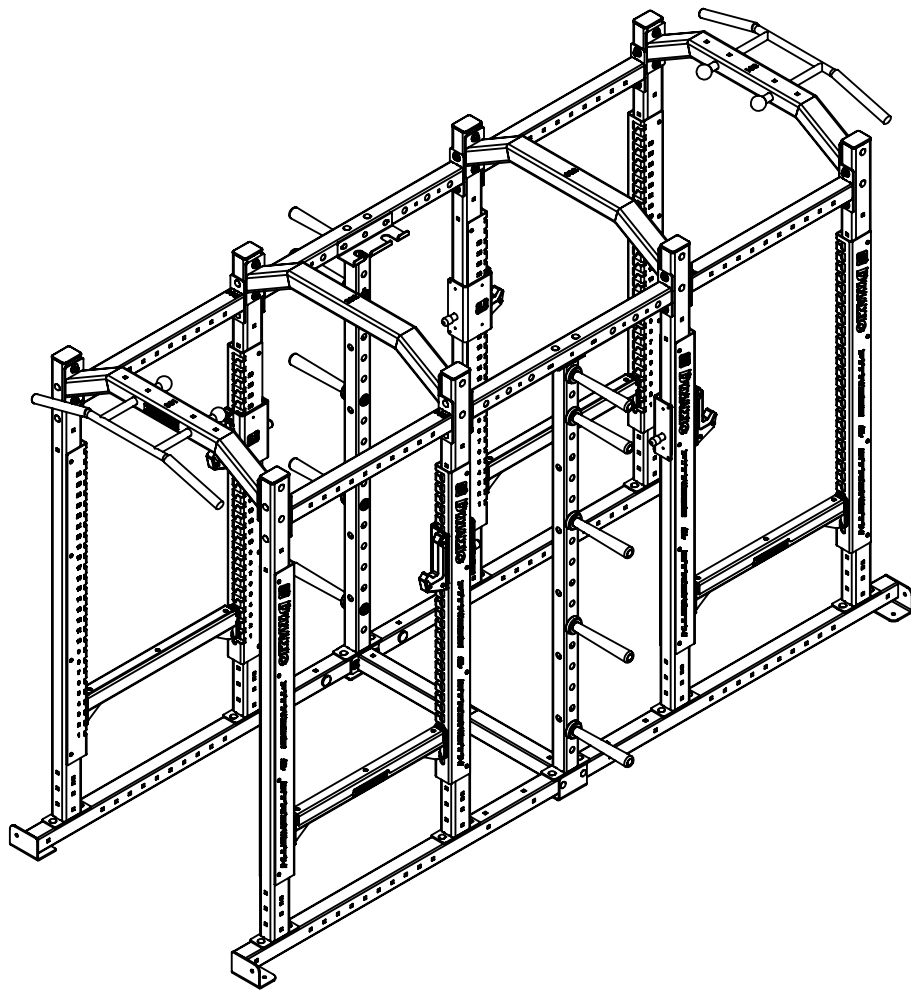
**Note:** This step requires two people to lift and fasten.

Mount bar hanger to center of horizontal. Additional band hangers included with ULTRA PRO™ racks only



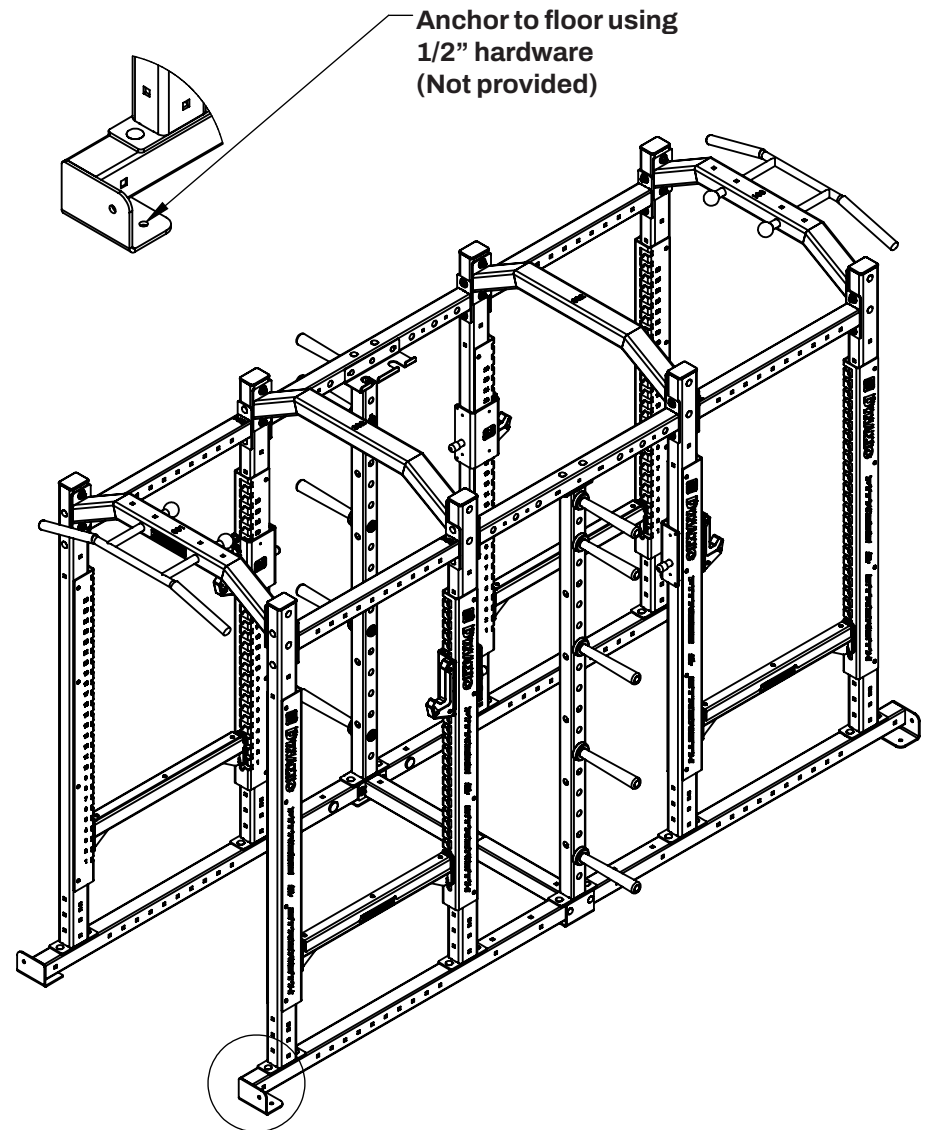
### Step 6

Mount weight pegs in desired locations. The recommended spacing between each peg is (4) holes as shown. Install bar hangers and optional band storage hooks.



### Step 7

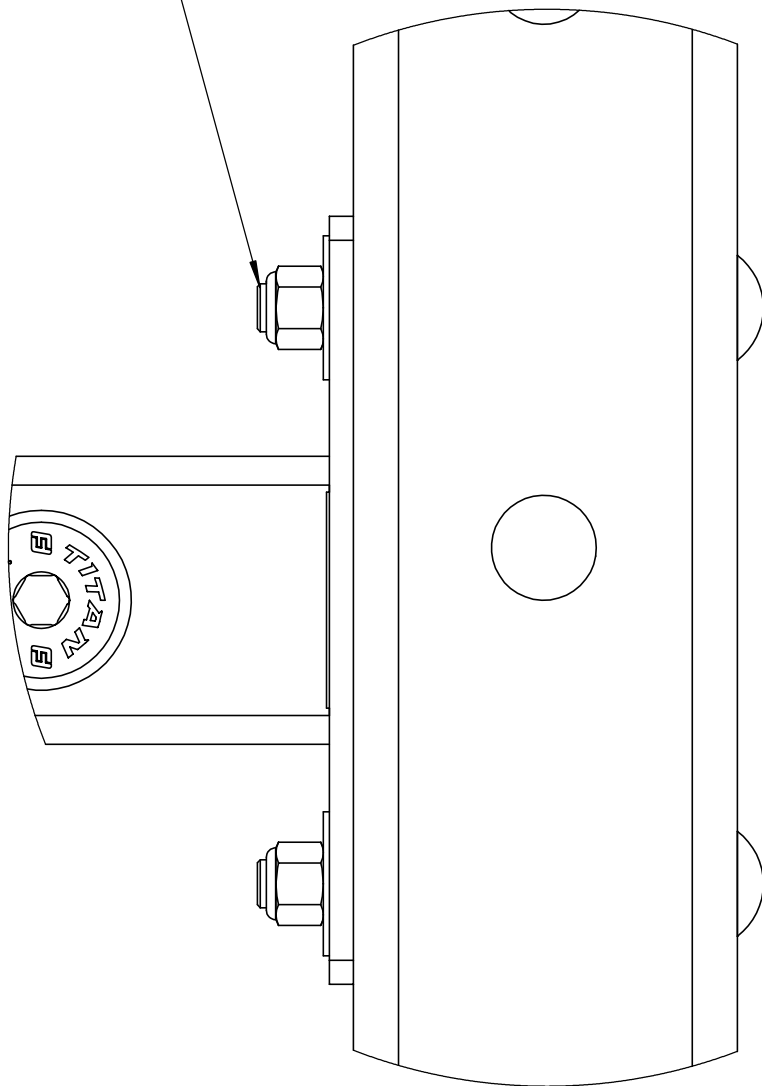
Mount bar catch and safety assemblies to rack at desired location.



### Step 8

Position rack in final location and anchor to floor using available holes on each base.

End of bolt **MUST** extend beyond nut face at all locations.



### Step 9

Tighten each hardware connection. The end of each bolt should extend beyond nylock nut face as shown.

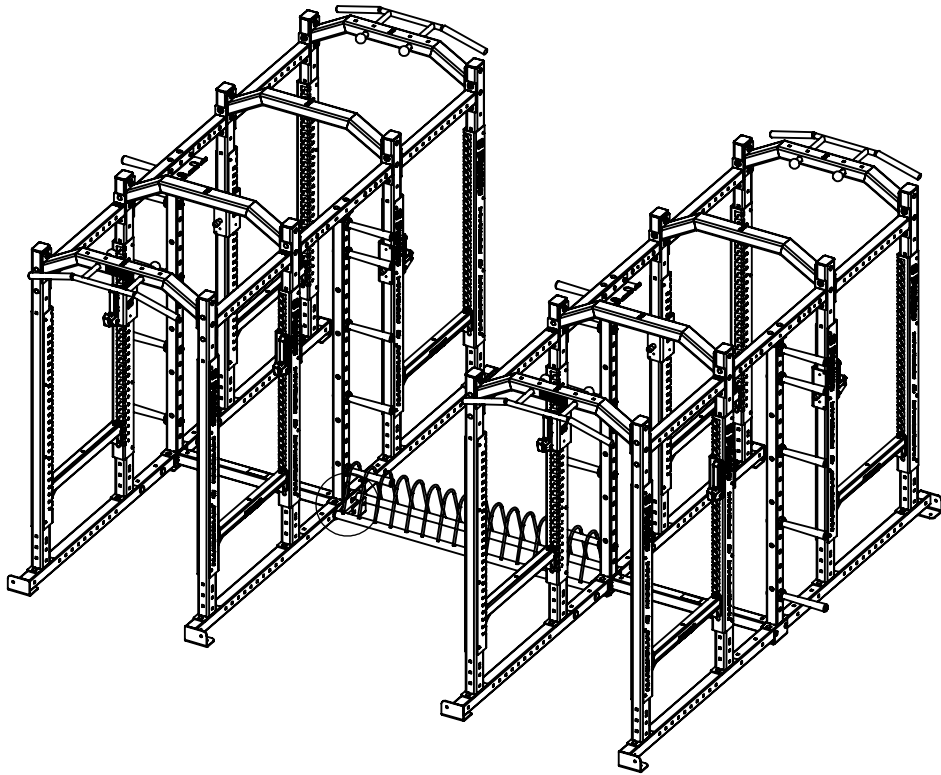
**DO NOT COLLAPSE TUBING FROM OVER TIGHTENING HARDWARE.**

## Maintenance

**Preventative actions will keep your facility safe and productive for all users**

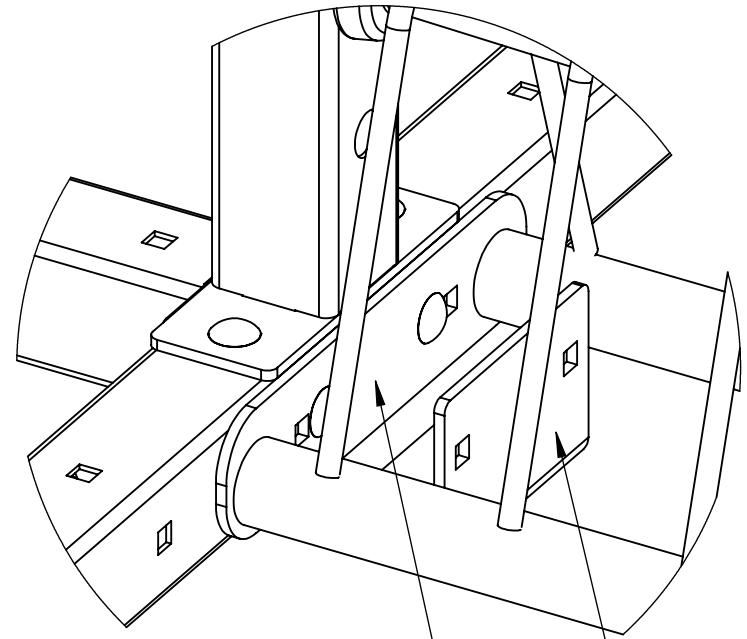
- 1) Wipe Down Equipment  
Use general purpose cleaner.  
Avoid Bleach based solutions.
- 2) Lubricate All Moving Parts  
Use a silicone spray and clean rag to apply.
- 3) Tighten All Hardware  
Inspect the condition of all hardware and tighten loose fasteners.
- 4) Inspect Wear Guards  
To prevent metal to metal contact with components keep wear surfaces protected.
- 5) Replace All Worn Parts





### Step 10 (Optional)

Connecting Bumper Annex storage to single post rack center base support mounts inside storage rack, with flange facing inward.

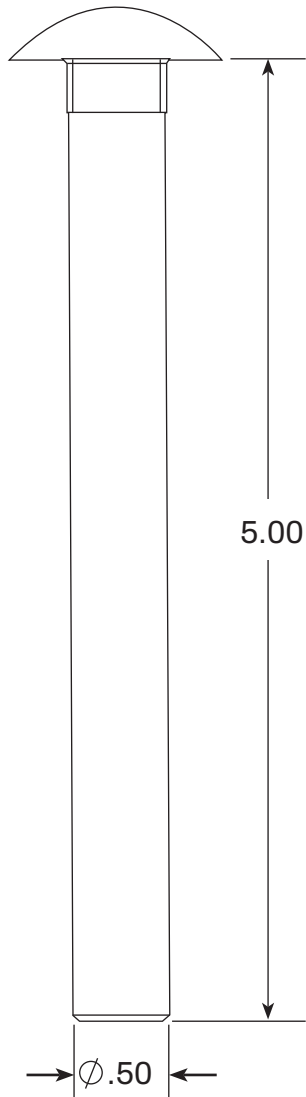


Align bumper storage with base tube

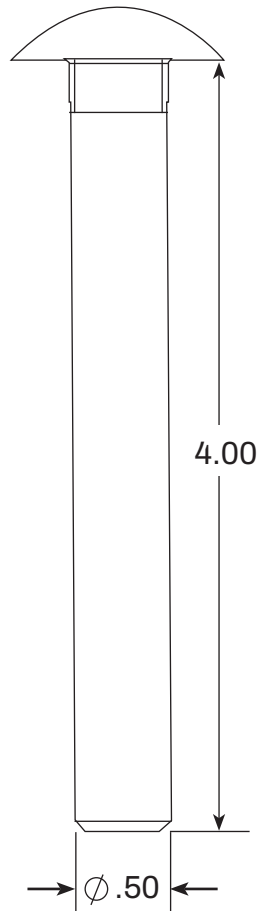
Align support flange with bumper storage plate. Insert bolt through all. Attach with low profile jam nut and 4-1/2" long carriage bolt. (BK-ANNEX7)

**HARDWARE PACK CONTENTS**  
**\*QUANTITIES VARY BY MODEL\***

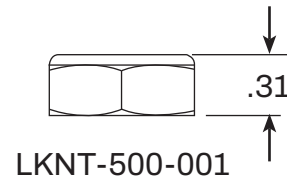
**DOUBLE POWER RACK  
SINGLE & DOUBLE POST  
INSTRUCTION SHEET**



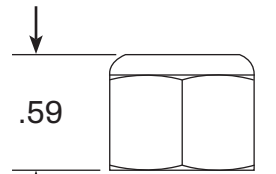
CAIR-500-002



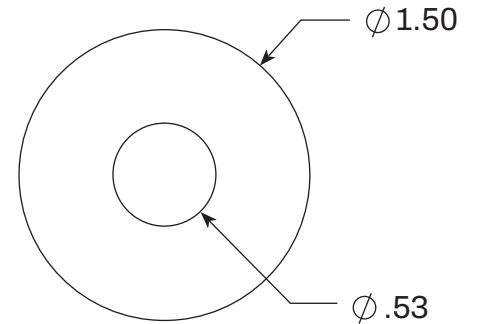
CAIR-500-001



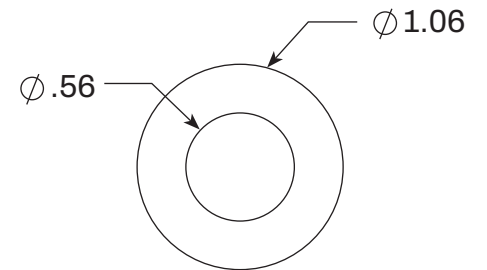
LKNT-500-001



LKNT-500-002



FLW-500-001



FLW-500-002

# **D** **DYNAMIC**<sup>TM</sup>

**FITNESS & STRENGTH**



# **MAINTENANCE GUIDLINES**

for all Dynamic Equipment

## Frames

- Wipe down daily with a mild soap cleaner and water solution
- Dry all areas to prevent opportunity for corrosion
- Avoid harsh bleach and citrus based cleaners
- Apply and wipe down spray wax weekly
- Clean scratches with denatured alcohol and paint to prevent corrosion

## Wear Guards

- Inspect wear surfaces weekly for proper protection
- Damaged UHMW protection components must be replaced
- Tighten all wear guard mounting fasteners monthly
- Safety components should be inspected before each use
- **Do no use damaged safety equipment, replace immediately**

## Pads

- Wipe down daily with a mild soap cleaner and water solution
- Use a soft bristle brush on stained areas as required
- Wipe all residue from pads with clean damp cloth
- Replace wear covers regularly to extend life of equipment pad
- Clean and condition with vinyl restoring spray weekly

### DO NOT USE:

- Abrasive tools, brushes, or cloths
- Potent, acidic or household cleaning products
- Use of these products or cleaners may cause damage to decals, logos and other material components
- Use of these products or cleaners voids warranty

## Fasteners

- Weekly inspect and tighten all hardware as required
- Damage can occur from over tightening hardware
- Use blue Loctite on fasteners as needed to maintain proper fit

## Cables

- Check coating daily for wear, tears or frayed ends
- **Replace worn or damaged cables immediately**
- Inspect cable ends daily to insure they are securely attached
- Check cable set screws daily for proper engagement
- Inspect all clevis attachments daily for proper closure
- Weekly verify cable tension is correct and adjust as required

## Pulleys

- Weekly check pulleys to insure each freely rotates
  - \*Pull the cable away from pulley and rotate by hand
- Replace pulleys damaged by torn or frayed cables

## Guide Rods & Linear Shafting

- Wipe clean daily with lint free rag to remove any contaminants
- Lubricate weekly with PTFE product
  - \*WD-40 SPECIALIST Dry Lubricants
- Weekly inspect for damaged or peeling areas of the shafting
- Replace worn shafting immediately to prevent bearing damage

## Bearings

- Lubricate annually with white lithium grease. #2
  - \*Mystik™ JT-6 Marine No. 2 Grease - 14 oz.
  - \*Lucas® White Lithium Grease

## Bars

- Brush frequently with stiff bristle nylon brush
- Use brass wire brush on chrome plated bars only
- Use a lint free cloth to apply oil to the entire bar (3 in one, Mineral)

## Bumper Plates

- New bumper plates have a surface coating to preserve the rubber. Excess coating can be wiped away with a dry towel
- Do not use abrasive chemicals to clean bumper plates
- If desired clean with warm water and mild cleaner

## Dumbbells

- Keep rubber coated products clear of sharp edges and objects
- Clean with warm water and mild detergent soap
- Wipe down with a damp towel and allow to dry before use
- Clean handle section with nylon brush, apply thin coating of oil

## Flooring

- Daily vacuuming or dry dust mopping is recommended
- Weekly deep cleaning using only cleaners that are not acidic having a pH of 6.0-7.0
- Dilute cleaner per manufacturer and apply with standard mop or auto scrubber
- Leave cleaning solution on floor for 5-10 min then rinse them clean
- Products with low toxicity, low odor (VOC's) are preferred

**REPLACE *all worn and damaged parts immediately***

## Bench Pad Slip Covers

- Wipe down daily with a mild soap cleaner and water solution
- Use a soft bristle brush on stained areas as required
- Wipe all residue from pads with clean damp cloth
- Replace wear covers regularly to extend life of equipment pad
- Clean and condition with vinyl restoring spray weekly

### DO NOT USE:

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## Tools

- Standard Sockets
- Metric socket set
- Rubber mallet
- Combo wrench set (3/8" - 7/8")
- Standard set Allen keys
- Metric set Allen keys
- Phillips screwdriver
- Standard screwdriver
- Needle nose plier
- Standard plier

## Facility Management

Humidity and temperature must be managed to ensure proper equipment operations. Facility humidity must be maintained less than 60% and temperature within the range of 50°F-70°F.

## Warranty

Please contact Dynamic Fitness & Strength at 844-678-7447 for warranty information specific to your equipment

## Parts & Service

If you have any questions on the use or maintenance of your equipment please contact us.

Customer Service: **844-678-7447**

By emailing your request to **[info@mydynamicfitness.com](mailto:info@mydynamicfitness.com)**



or scan the QR Code to fill out the  
**Warranty/Service Request Form**

**REPLACE** *all worn and damaged parts immediately*