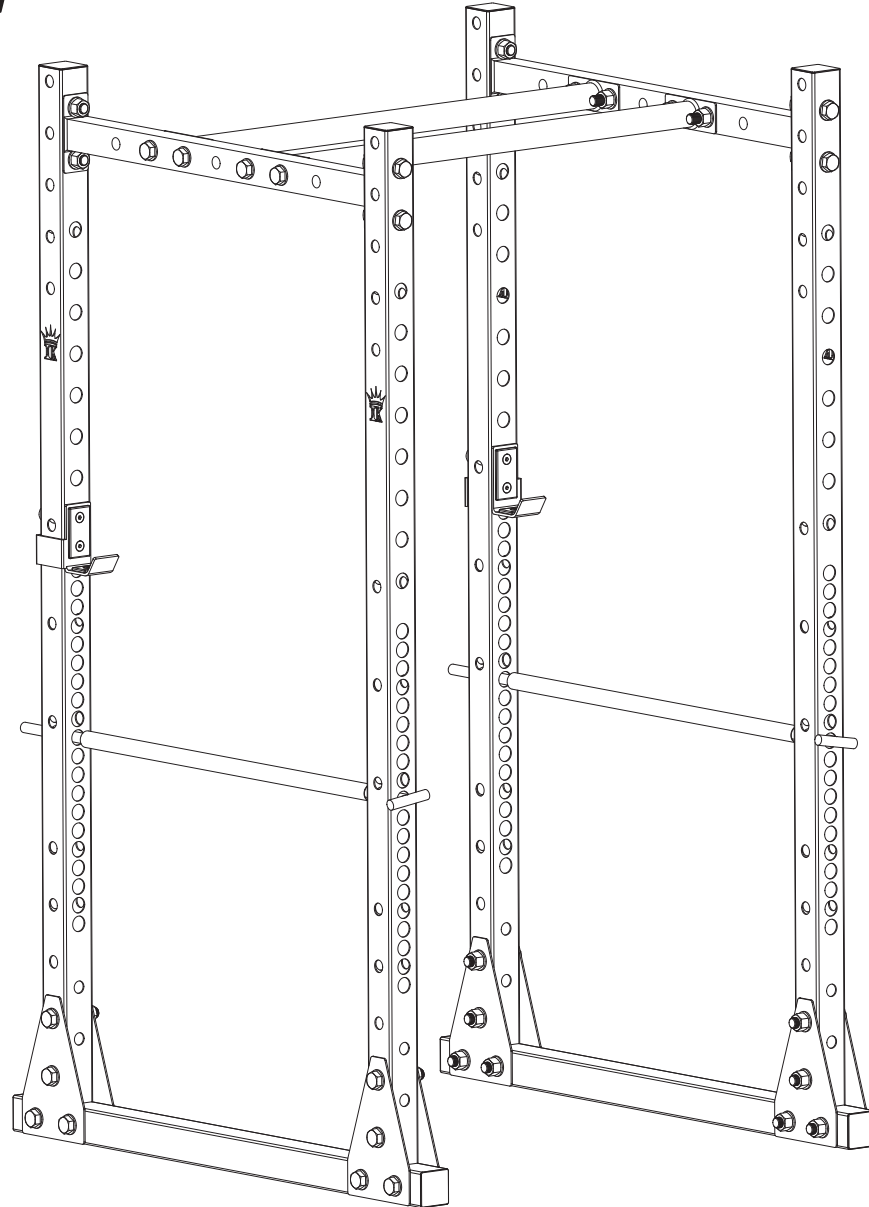


SR | CLASSIC SQUAT -70 | RACK W/ SKID BASE



#trainincolour

SR-70 | PRODUCT SPECIFICATION



WARNING

TO AVOID POSSIBLE HARM, READ AND FOLLOW THIS ADVICE AND THE FOLLOWING INSTRUCTIONS.

MISUSE OF THE EQUIPMENT OR INCORRECT ASSEMBLY MAY RESULT IN SERIOUS OR FATAL INJURY.

ENSURE THAT ALL PARTS ARE UNDAMAGED AND IN WORKING ORDER BEFORE ATTEMPTING TO USE THE PRODUCT.

ENSURE NUTS AND BOLTS ARE TIGHT AND THAT ALL PARTS ARE PLUMB BEFORE USE.

WE RECOMMEND A MINIMUM OF 2 PEOPLE FOR SAFE ASSEMBLY OF THE PRODUCT.

WEAR APPROPRIATE P.P.E. WHILE ASSEMBLING.

MAX TRAINING WEIGHT	450KG
PRODUCT WEIGHT	100KG
DIMENSIONS	225CM x 120CM x 85CM
PRODUCT FOOTPRINT	120CM x 85CM

SR-70 | PARTS LIST

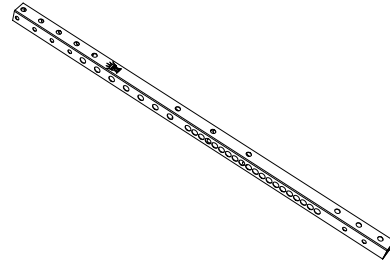


TOOLING

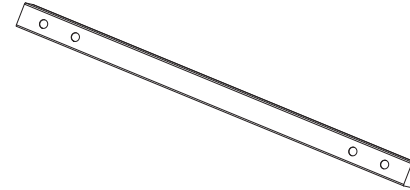
19MM SPANNER

STEP LADDER

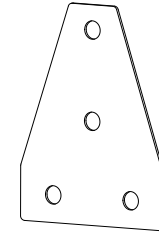
SPIRIT LEVEL



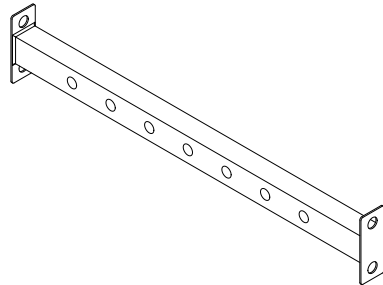
x4 UPRIGHTS [1]



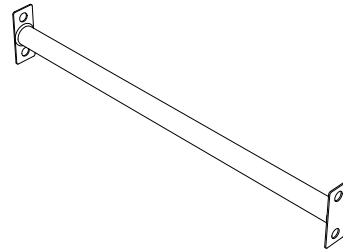
x2 SKID FEET [2]



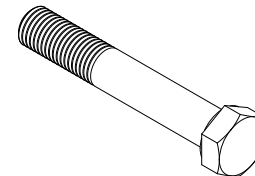
x8 BRACE PLATES [3]



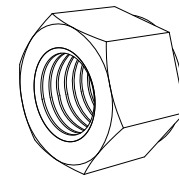
x2 HORIZONTAL BRACES [4]



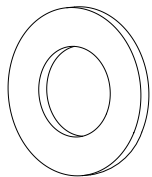
x2 PULL UP BAR [5]



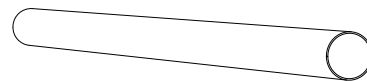
x32 M12 BOLT [6]



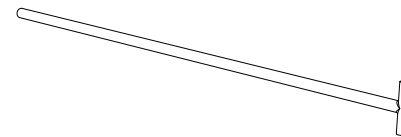
x32 M12 NUT [7]



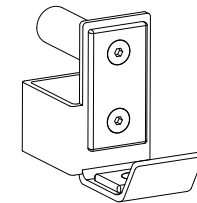
x64 M12 WASHER [8]



x2 SAFETY PIPES [9]



x2 SAFETY PINS [10]



x2 J'HOOKS [11]

STEP 1 | ASSEMBLY

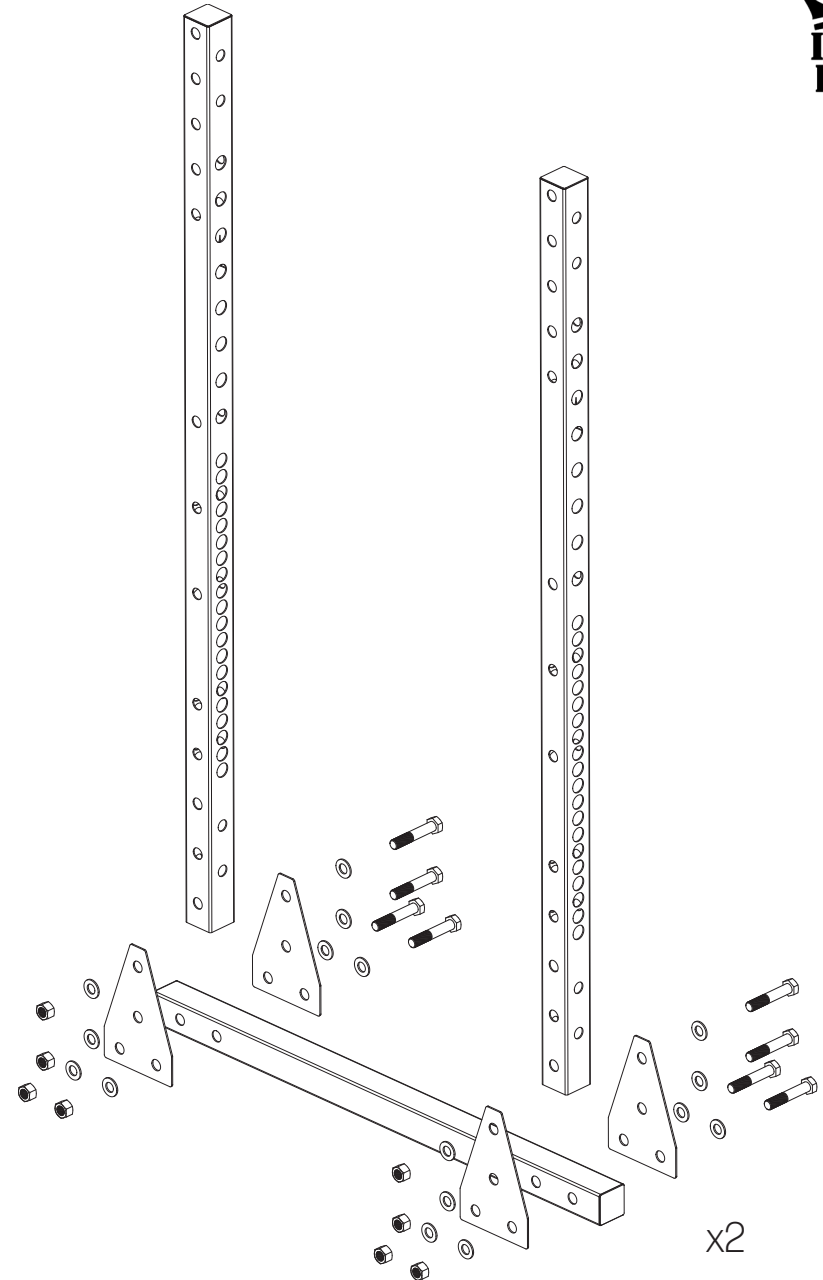
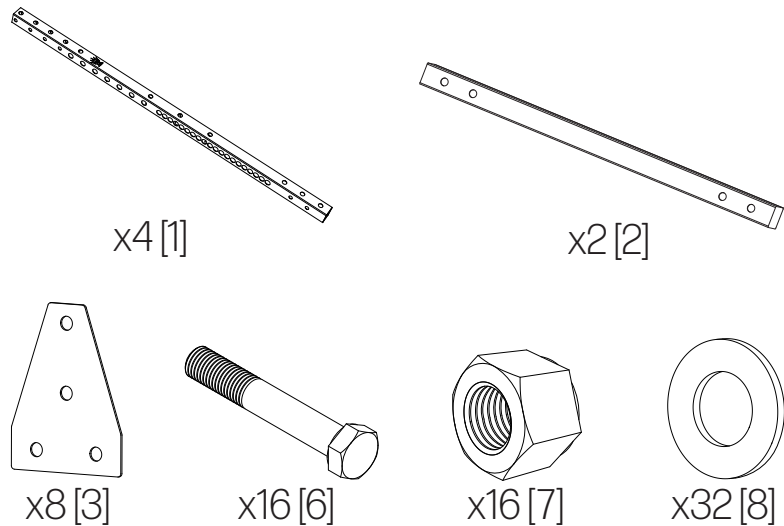
FASTEN TOGETHER x2 UPRIGHTS [1] A x1 SKID BASE FOOT [2] USING x4 BRACE PLATES [3], x8 BOLTS [6], x8 NUTS [7] AND x16 WASHERS [8].

ENSURE THAT THE IRON KING LOGOS ON THE UPRIGHTS ARE FACING THE SAME DIRECTION AS ONE OF THE LONGEST EDGES OF THE FEET.

REPEAT THIS STEP FOR THE OTHER SIDE.



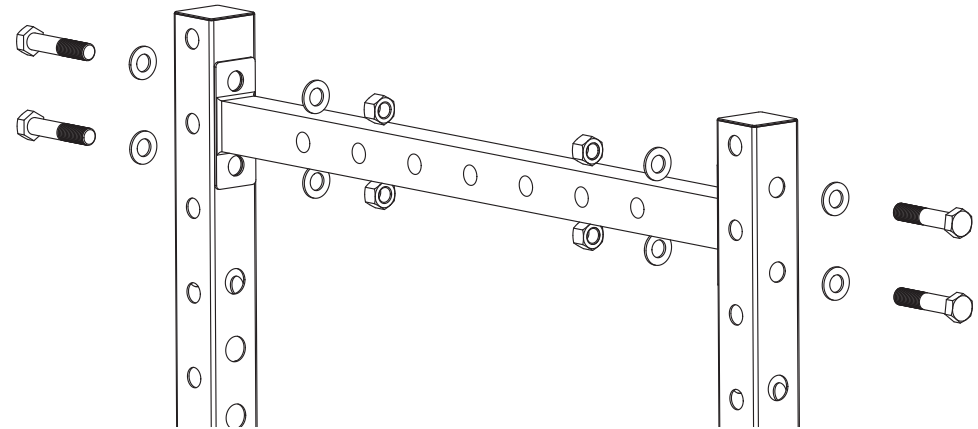
REQUIRED



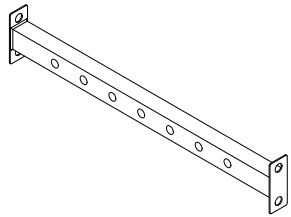
STEP 2 | ASSEMBLY

ATTACH x2 HORIZONTAL BRACES [4] TO THE TWO TOP MOST HOLES ON THE URRIGHTS, SO THAT THEY ARE PARALLEL WITH THE BASE FEET.

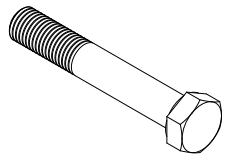
USE x8 BOLTS [6], x8 NUTS [7] AND x16 WASHERS [8].



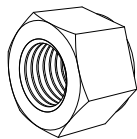
REQUIRED



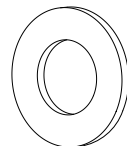
x2 [4]



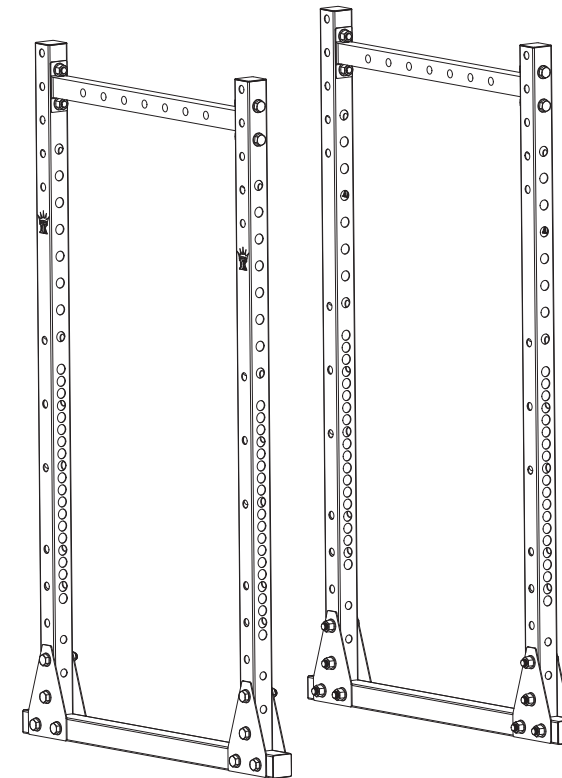
x8 [6]



x8 [7]



x16 [8]



STEP 3 | ASSEMBLY

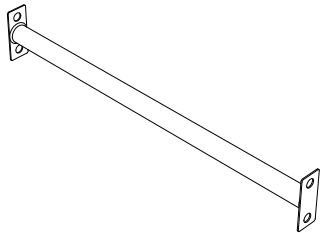


ATTACH x2 PULL UP BARS [5] TO THE HOLES ON ONE OF THE TOP HORIZONTAL BRACES.

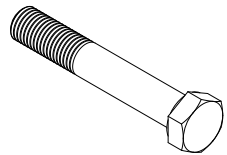
ENSURE THAT THE IRON KING LOGOS ON THE UPRIGHTS ARE FACING OUTWARDS.

USE x4 BOLTS [6], x4 NUTS [7] AND x8 WASHERS [8].

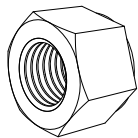
REQUIRED



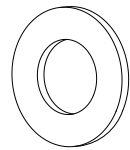
x2 [5]



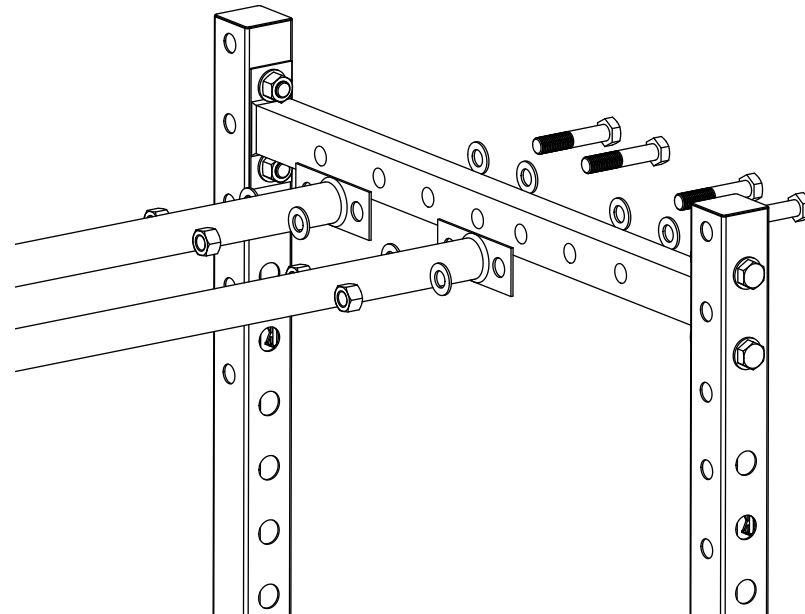
x4 [6]



x4 [7]



x8 [8]

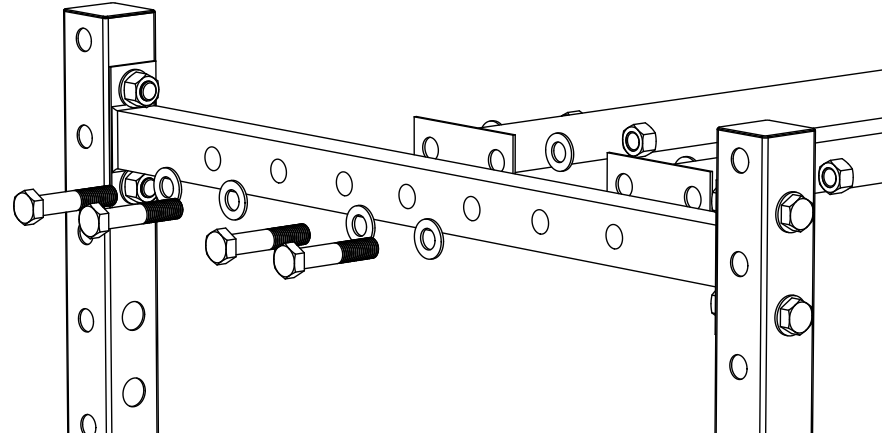


STEP 4 | ASSEMBLY

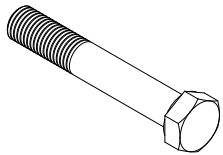


OFFER BOTH HALVES OF THE RACK UP TO EACH OTHER, LINING THE HOLES ON THE HORIZONTAL BRACE UP TO THE CORRESPONDING HOLES ON THE PULL UP BAR.

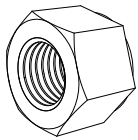
USE x4 BOLTS [6], x4 NUTS [7]
AND x8 WASHERS [8] TO FASTEN.



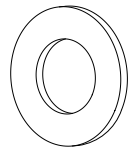
REQUIRED



x4 [6]



x4 [7]



x8 [8]

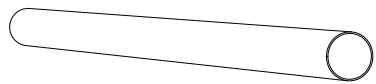
STEP 5 | ASSEMBLY

ATTACH THE x2 SAFETY PIN AND PIPES [9/10].

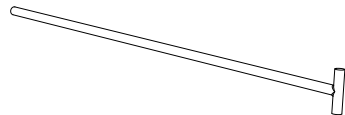
HOLD THE x2 PIN PIPES BETWEEN THE HOLES ON THE UPRIGHTS (AT PREFERRED HEIGHT) AND THEN PASS THE PIN THROUGH ALL CORRESPONDING HOLES AND THE PIPE UNTIL IT IS ALL THE WAY THROUGH.

THIS HEIGHT CAN BE ADJUSTED TO SUIT THE SPECIFIC USER AND EXERCISE.

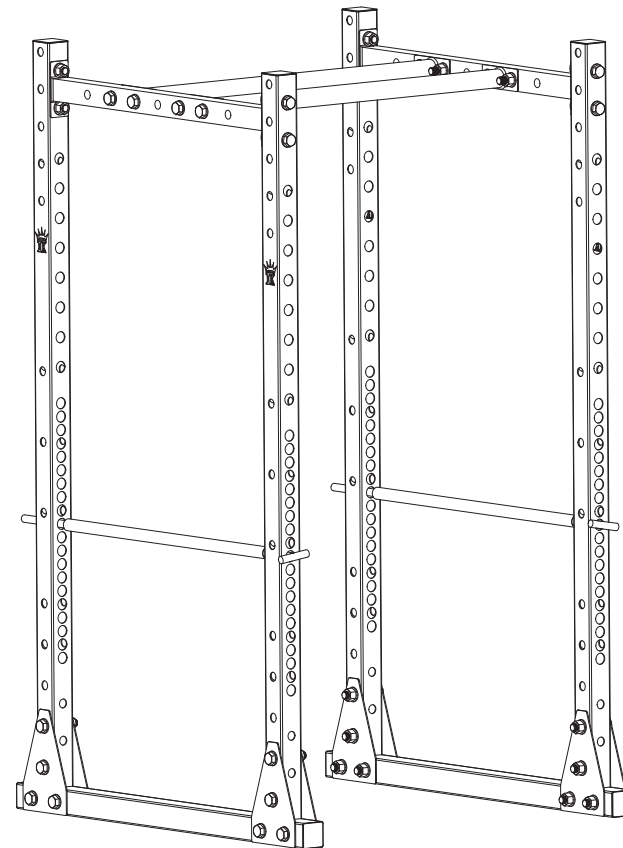
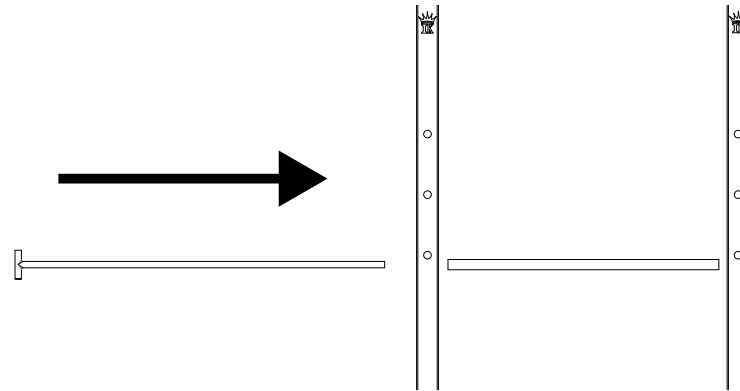
REQUIRED



x2 [9]



x2 [10]

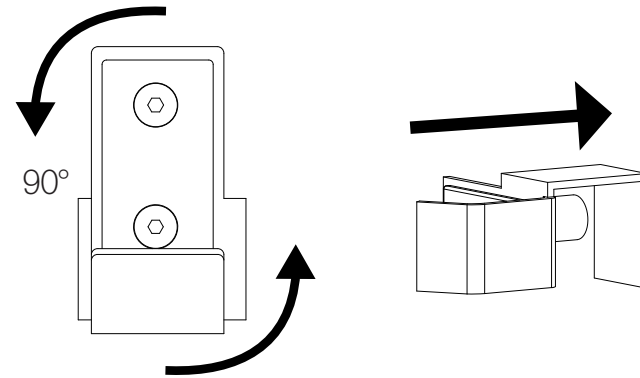


STEP 6 | ASSEMBLY

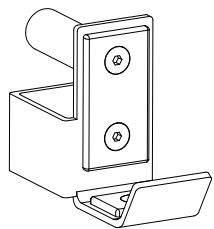
ATTACH THE x2 J HOOKS [11] TO THE UPRIGHTS.

HOLD THE J HOOK UPRIGHT SO THAT IT LOOKS LIKE A 'J'. TURN THE J HOOKS 90° TO THE SIDE AND PLACE THE PIN INTO A HOLE ON THE FRONT OF THE RACK.

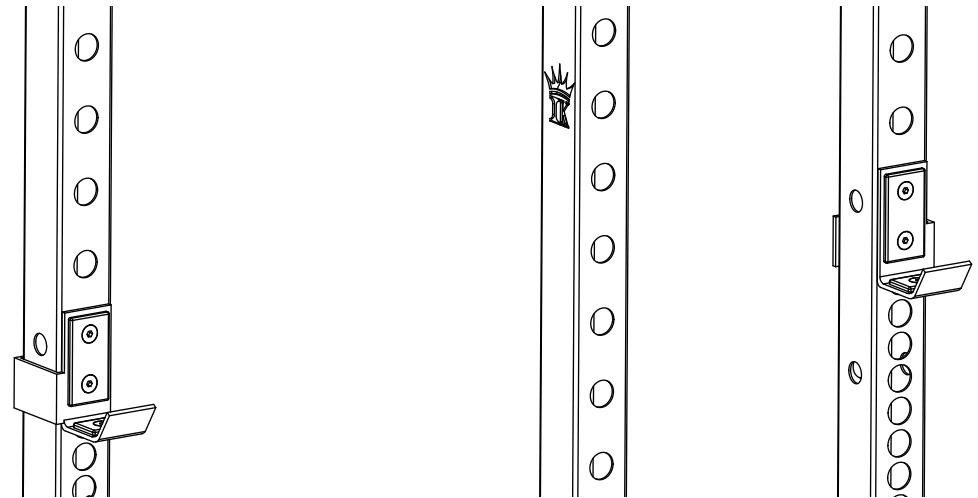
THE HOOK CAN NOW BE TURNED BACK UPRIGHT SO THAT IT SITS FLUSH WITH THE RACK UPRIGHT.



REQUIRED



x2 [11]



FOLLOW

 Iron King

 @iron_king_gym_equipment

#trainincolour

REVIEW

 Google
★★★★★ Reviews


 ★ Trustpilot
★★★★★

 facebook.
★★★★★

CONTACT

 www.ironking.uk.com

 sales@ironking.uk.com

 0121 326 9902