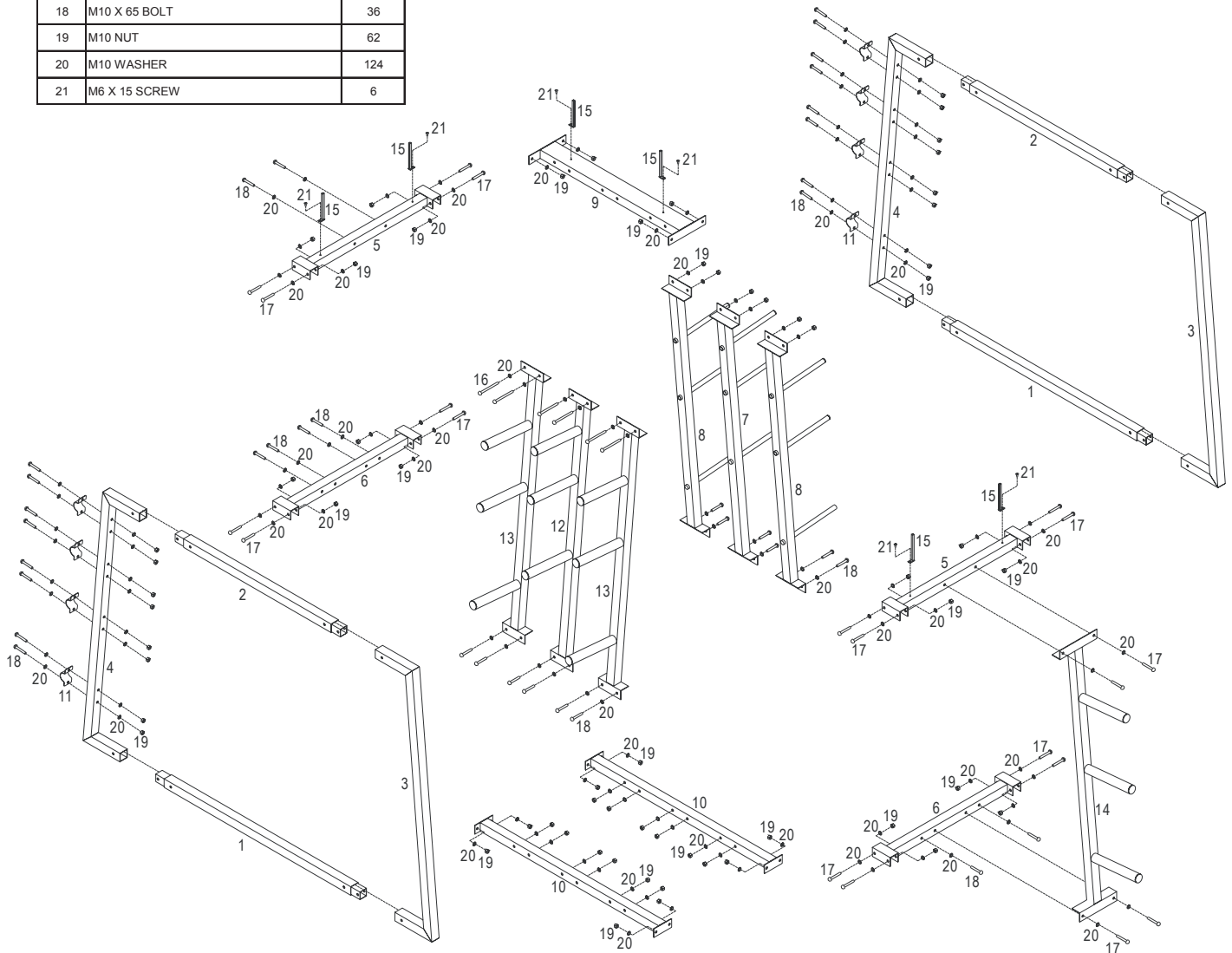


RK-78 Plate and Bar Set Rack

CAP Barbell Inc.
1(877)227-0955

No.	Description	Qty.
1	LOWER FRAME CROSS	2
2	TOP FRAME CROSS	2
3	FRAME END	2
4	FRAME END FOR BARS	2
5	FRAME CONNECTOR	2
6	LOWER FRAME CONNECTOR	2
7	STANDARD POST 1	1
8	STANDARD POST 2	2
9	TOP CENTER CROSSMEMBER	1
10	LOWER CENTER CROSSMEMBER	2
11	BAR CLAMP	8
12	OLYMPIC POST 1	1
13	OLYMPIC POST 2	2
14	OLYMPIC GRIP POST	1
15	SIGN HOLDER CHANNEL	6
16	M10 X 120 BOLT	6
17	M10 X 70 BOLT	20
18	M10 X 65 BOLT	36
19	M10 NUT	62
20	M10 WASHER	124
21	M6 X 15 SCREW	6



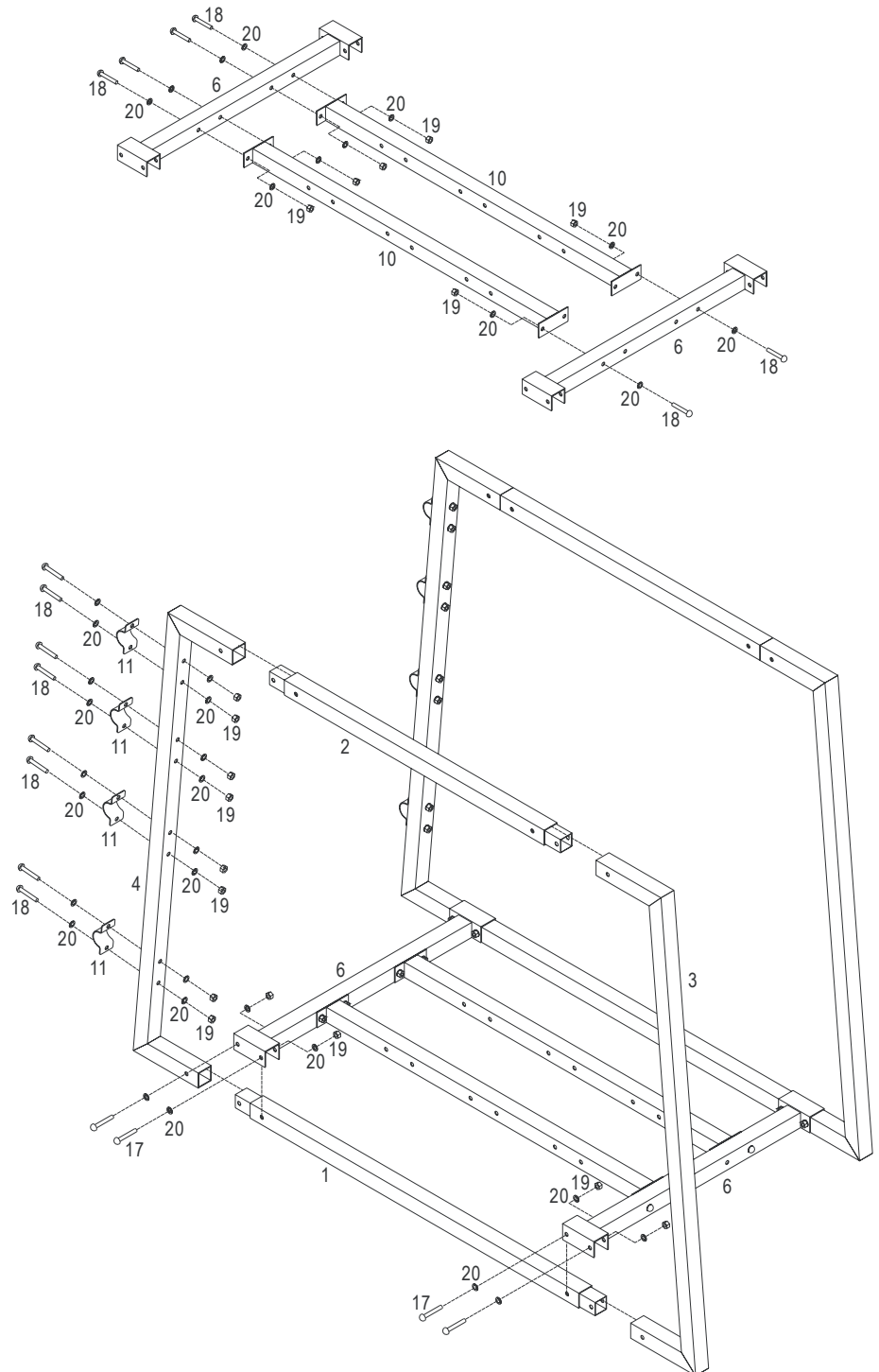
****SETUP REQUIRES AT LEAST 2 PEOPLE FOR SAFETY****

Step 1

Attach lower frame cross(1) and top frame cross(2) with frame end(2) and frame end for bars(4). Fasten using M10x70 bolt(17), M10 Washers(20), and M10 Nuts(19). Loosely attach bar clamps(11) until ready to install bar sets after assembly is finished.

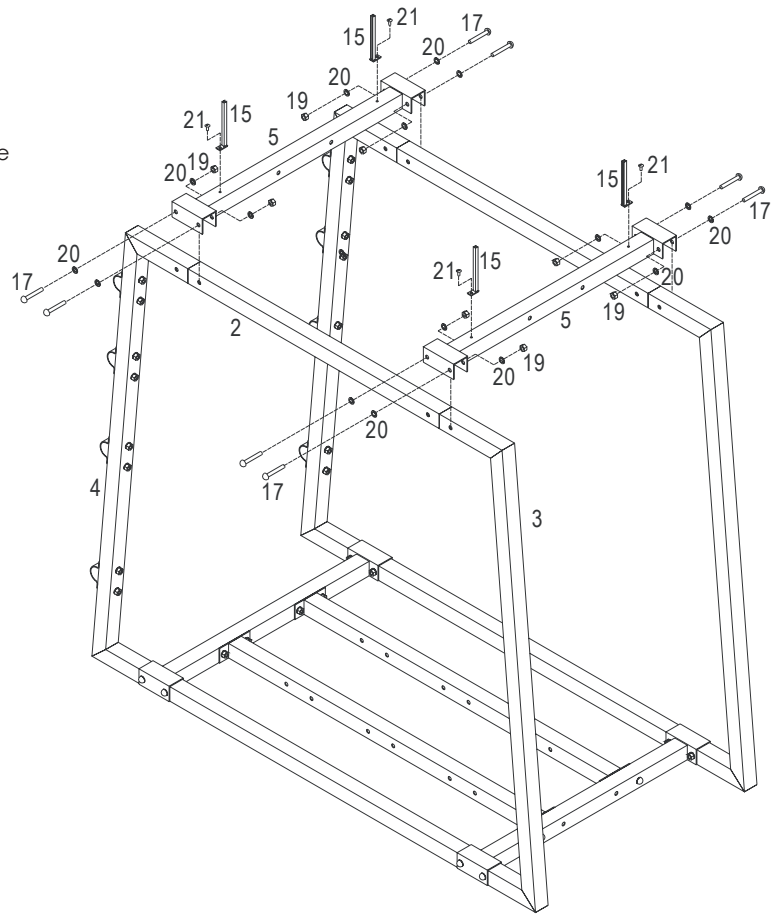
Repeat both sides.

Assemble the inner frame by connecting the lower center crossmember(10) with the lower frame connectors(6). Fasten using M10x65 bolt(18), M10 Washers(20), and M10 Nut(19).



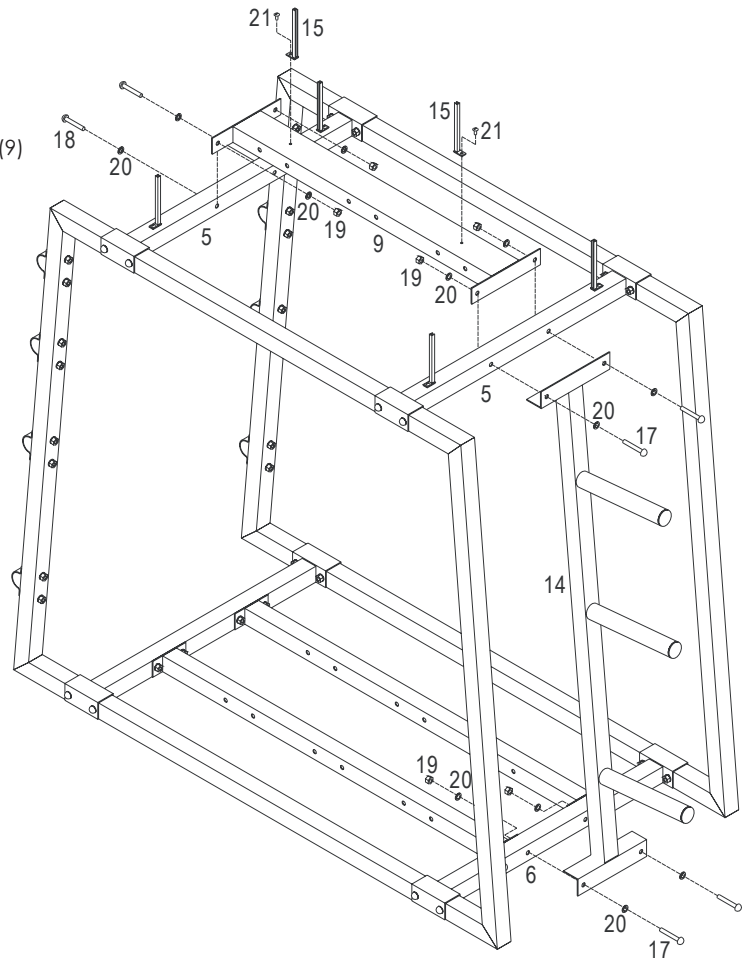
Step 2

Install frame connectors(5). Fasten using M10x70 bolt(17), M10 Washers(20), and M10 Nuts(19). Once secured in place install sign holder channels(15) with M8x15 screws(21).



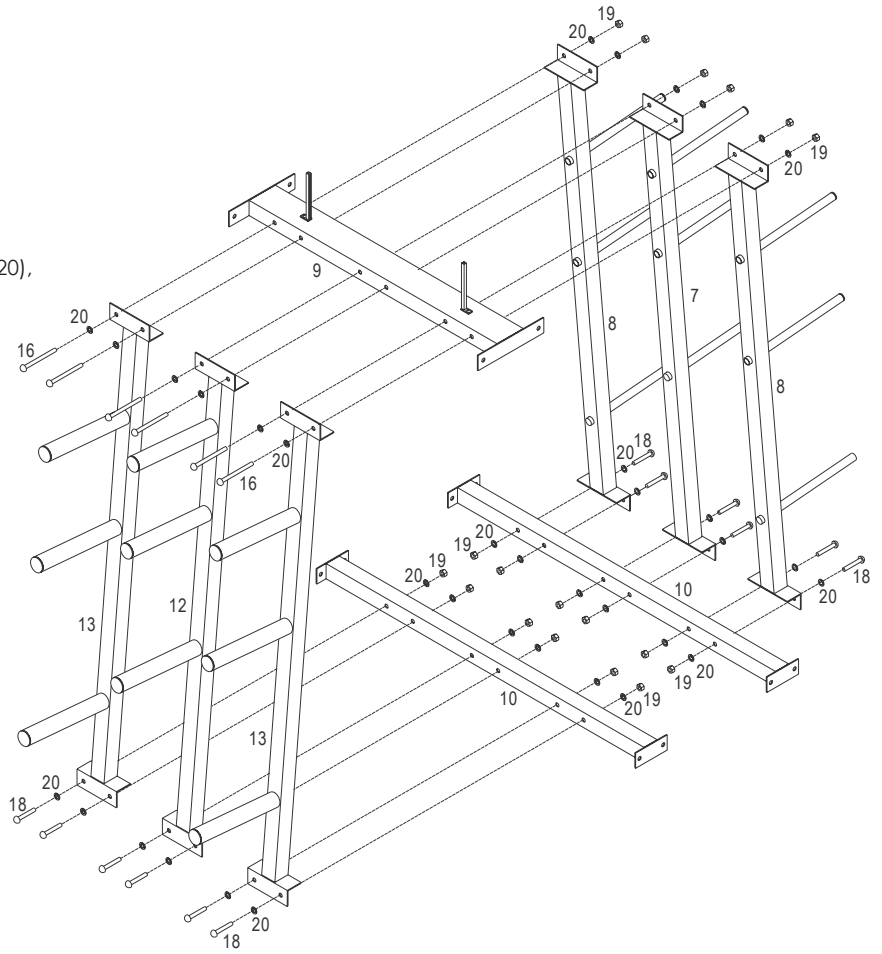
Step 3

Position the olympic grip post(14) and the top center crossmember(9) into place. Fasten using M10x70 bolt(17), M10x65 bolt(18), M10 Washers(20), and M10 Nuts(19). Once secured in place install sign holder channels(15) with M8x15 screws(21).



Step 4

Assemble the inner frame by connecting the olympic posts 1 and 2 (12,13) to the already assembled top center crossmember(9) and the lower center crossmber. Repeat for the standard posts 1 and 2 (7x8). Fasten using M10x120 bolt(16), M10x65 bolt(18), M10 Washers(20), and M10 Nuts(19).



Step 5

Completed Fixture.

