

CAP Barbell

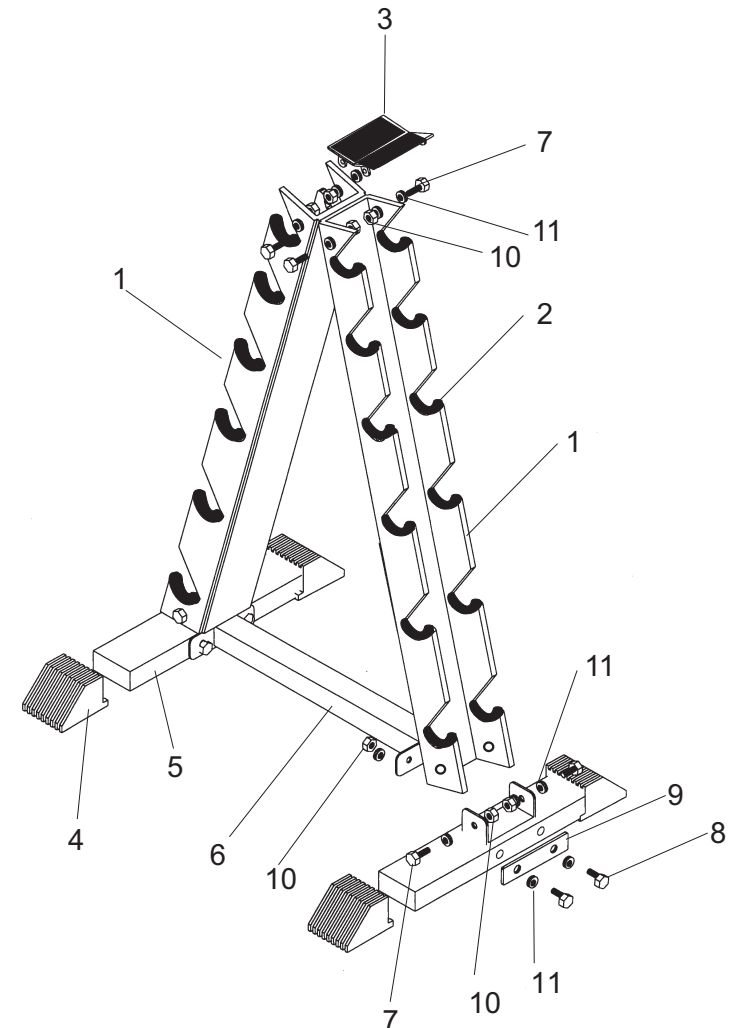
RK-12

CAP A Type Dumbbell Rack Assembly Drawing

No.	Part No.	Description	Qty.	Pre-assembled
1	PRK12-01	Main Frames	2	No
2	PRK12-02	Rubbers	24	Yes
3	PRK12-03	Top End Cap	1	No
4	PRK10-06	Plastic Caps 40*80	4	Yes
5	PRK12-04	Frame Supports	2	No
6	PRK12-05	Center Cross Base	1	No
7	PRK12G-04	Bolts M10*20	8	No
8	PRK12-07	Bolts M10*100	4	No
9	PRK12-08	Support Plates	2	No
10	PRK12-09	Globe Nuts M10	12	No
11	PRK12-10	washers $\phi 10$	24	No

- A) Connect two **Frame Supports**(5) and **Center Cross Base**(6) with two **Bolts**(8) four **Washers**(11),and two **Nuts**(10) for each side.
- B) Insert two **Main Frames**(1) into the u-shaped supports on the two **Frame Supports**(5) with two **Bolts**(7) four **Washers**(11), and two **Nuts**(10) for each side.
- C) Place the **Top End Cap** (3) onto the two **Main Frame** (1). Secure them with four **Bolts** (7) eight **Washers**(11),and four **Nuts**(10) .
- D) Push four **Plastic Caps** (4) into the two **Frame Supports**(5) from both sides.

Firmly tighten all the Bolts with the wrenches in the machine.



An Allen Wrench has been provided for machine assembling
Wrench may be required to hold the nut in place during assembling