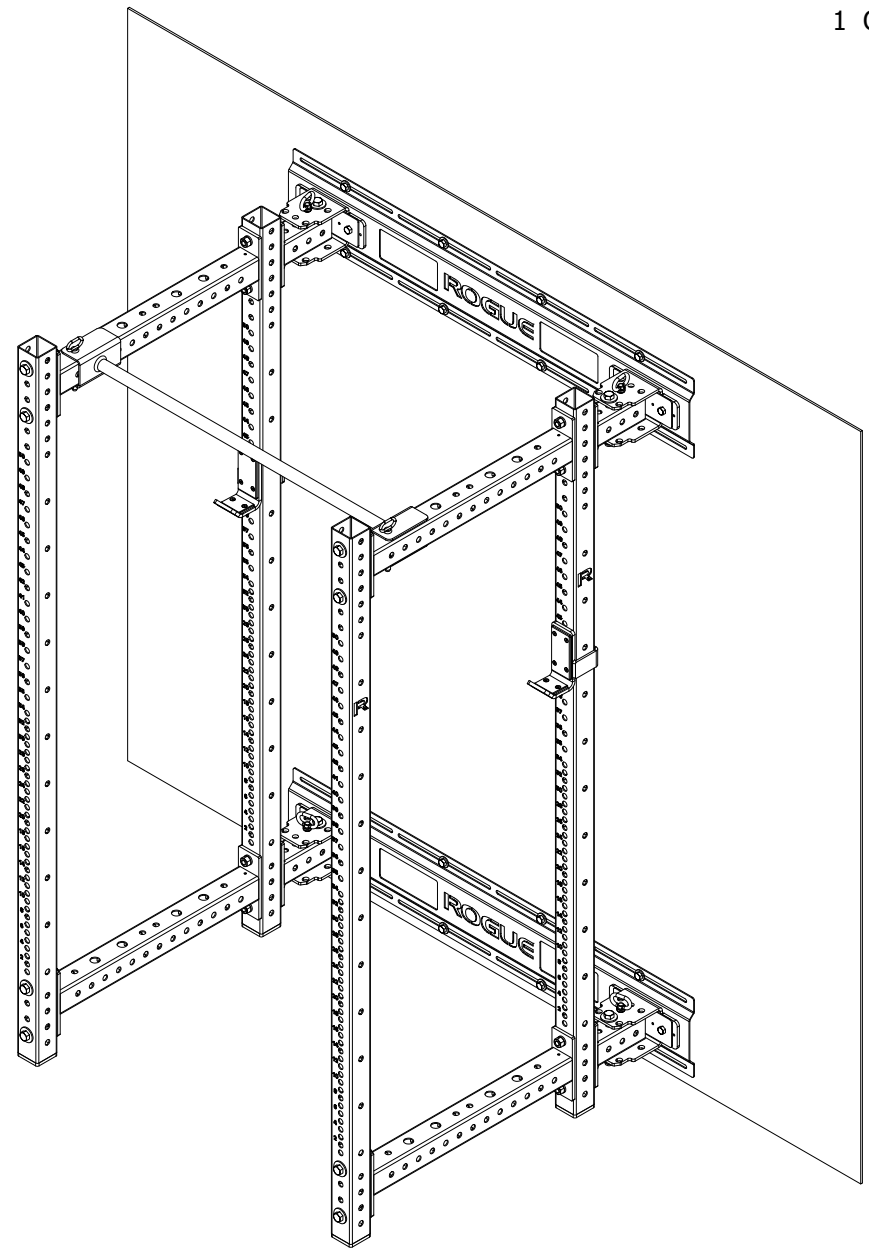


MONSTER LITE RML-390FULLW



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WARNING!



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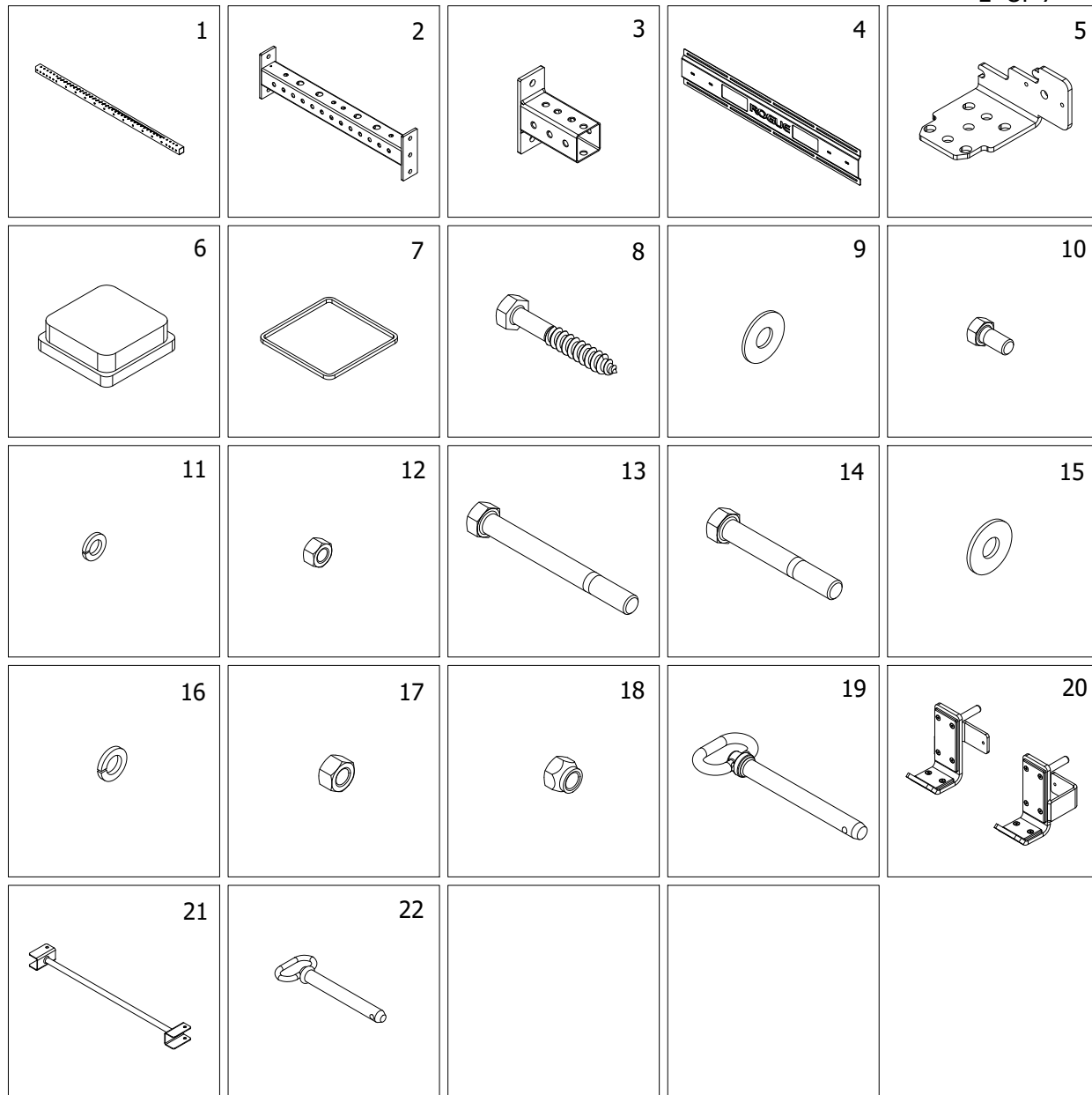
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ITEM	QTY	DESCRIPTION
1	4	90" MONSTER LITE UPRIGHT
2	4	MONSTER LITE 30" CROSSMEMBER
3	4	7" SHORT FOLD BACK CROSSMEMBER
4	2*	WALL STRINGER (OPTIONAL)
5	8	HINGE BRACKET
6	4	UHMW UPRIGHT FOOT
7	6	FOOT SHIM
8	16*	3/8" x 2-1/2" WOOD LAG (OPTIONAL)
9	16*	3/8" FLAT WASHER (OPTIONAL)
10	8*	1/2" x 1" HEX BOLT (OPTIONAL)
11	8*	1/2" LOCK WASHER (OPTIONAL)
12	8*	1/2" HEX NUT (OPTIONAL)
13	4	5/8" x 6" HEX BOLT
14	16	5/8" x 4-1/2" HEX BOLT
15	16	5/8" FLAT WASHER
16	16	5/8" LOCK WASHER
17	16	5/8" HEX NUT
18	4	5/8" LOW PROFILE NYLOC NUT
19	4	5/8" x 5" DETENT PIN
20	1	MONSTER LITE J-CUP SET
21	1	QUICK ATTACH PULL-UP BAR
22	2	5/8" x 4" RED DETENT PIN



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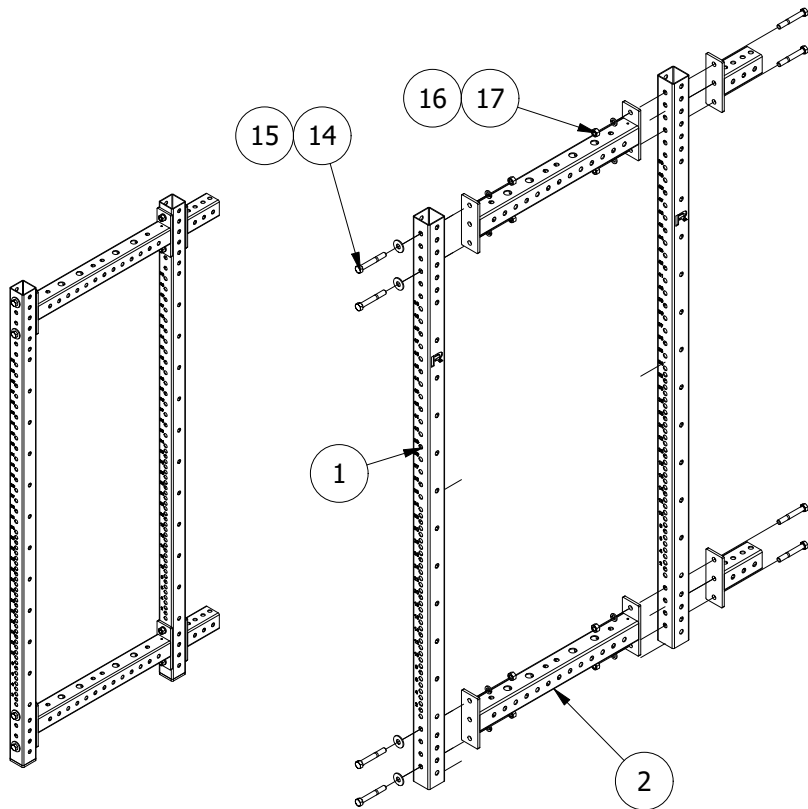
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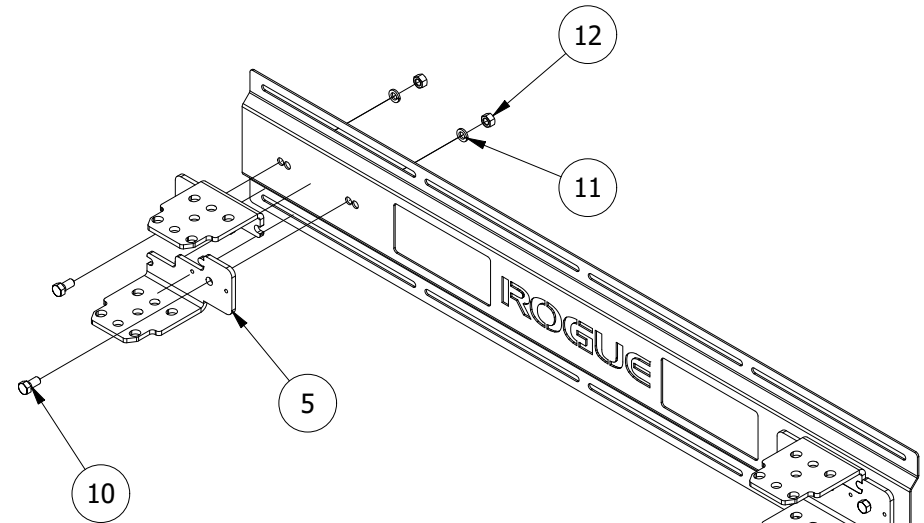
STEP 1:
BUILD TWO RACK SIDE PANELS USING THE PARTS SHOWN.

ENSURE THE UPRIGHTS ARE MIRRORED FOR EACH PANEL
BASED OFF OF THE "R" CUTOUT ON THE UPRIGHT.

DO NOT FULLY TIGHTEN HARDWARE, FINGER TIGHT ONLY.

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STEP 2:
ATTACH THE HINGE BRACKETS AND HINGE BRACKET TOP PLATES
TO THE STRINGERS.

SECURE THROUGH THE OUTSIDE SET OF 1/2" HOLES ON THE STRINGER
AS SHOWN.

FULLY TIGHTEN THIS 1/2" HARDWARE ONLY.



WARNING!

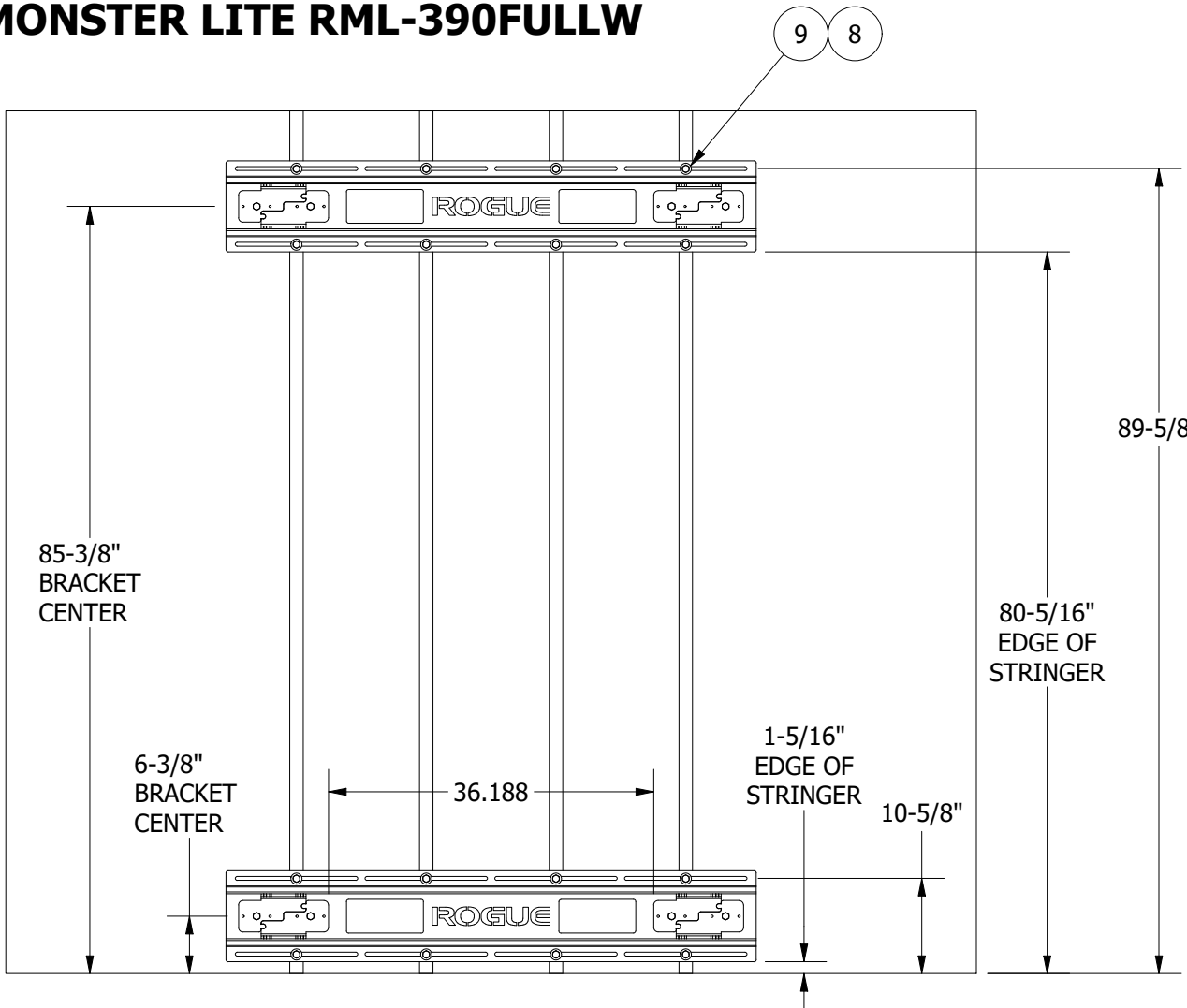
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STEP 3:
 SECURE STRINGERS TO WALL IN THE LOCATION SHOWN*. STRINGER MUST BE LEVEL AND SECURED TO 4 STUDS.

WOOD LAG SCREWS PROVIDED, USE 15/64" DIA PILOT HOLES.

IF ATTEMPTING TO SECURE STRINGERS TO WALL CONSTRUCTION OTHER THAN WOOD BUYER IS RESPONSIBLE FOR USING CORRECT HARDWARE.

NOTES:
 HEIGHT CAN BE ADJUSTED IN 2" INCREMENTS IF YOU PREFER THE CROSSMEMBER ARMS HIGHER OR LOWER. THE TOP ARM ALSO PLAYS A ROLE IN WHERE THE PULL-UP BAR CAN BE MOUNTED.

*THE UPRIGHT MUST BE FULLY SUPPORTED BY THE FLOOR WHEN THE UNIT IS EXTENDED.

1) IF YOU ARE NOT CONFIDENT IN YOUR MECHANICAL SKILLS, PLEASE SEEK THE HELP OF A PROFESSIONAL TO PERFORM THE INSTALLATION. IT IS THE BUYER'S RESPONSIBILITY TO INSTALL THE FOLD BACK RACK AND STRINGER IN A LOCATION AND WITH HARDWARE CAPABLE OF SUPPORTING THE AGGREGATE WEIGHT OF THE RACK AND ALL GEAR MOUNTED OR STORED ON IT, AND ANY PERSON USING IT.

2) TEST UNIT FOR STABILITY BEFORE EACH USE.

*****CAUTION*****
 PRIOR TO PERFORMING DYNAMIC MOVEMENTS SUCH AS KIPPING PULL-UPS, ENSURE THAT THERE IS SUFFICIENT CLEARANCE BETWEEN THE PULL-UP BAR AND THE MOUNTING WALL. USE CAUTION AND DETERMINE IF YOUR PARTICULAR SET UP, BODY TYPE, AND MOVEMENT PATTERN ALLOW SUFFICIENT CLEARANCE. FAILURE TO DO SO COULD RESULT IN INJURY.

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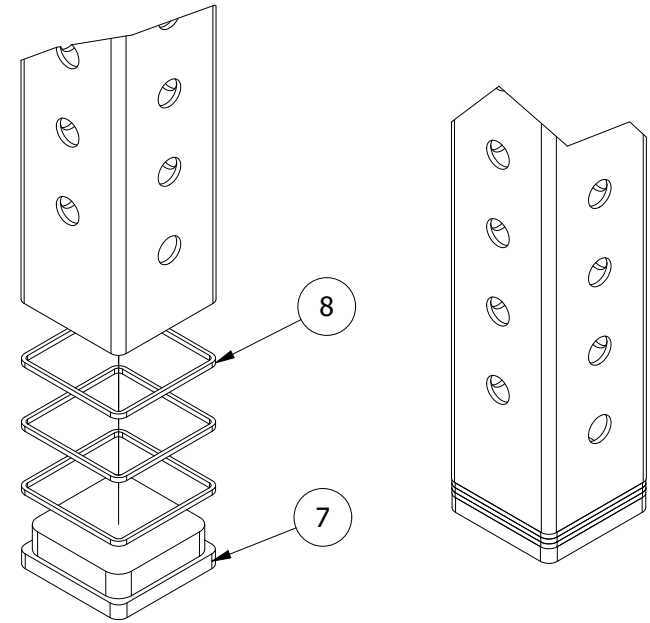
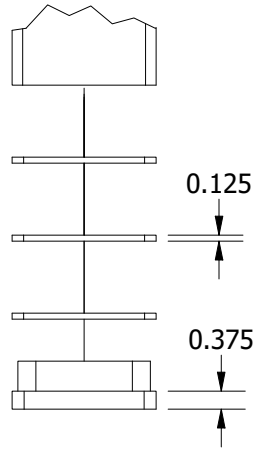
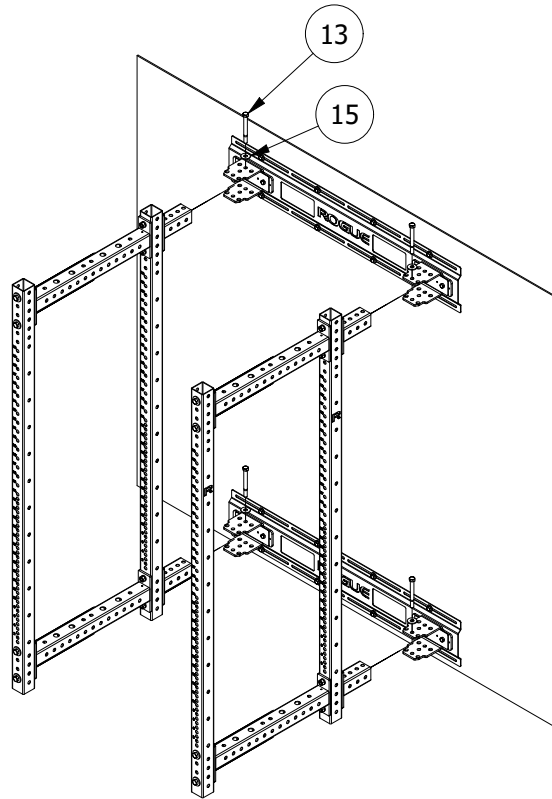
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STEP 4:

INSERT THE RACK SIDE PANELS INTO THE MOUNTED HINGE BRACKETS, INSERT 5/8" x 6" BOLTS THROUGH THE BRACKETS TO HOLD IN PLACE.

CHECK THE FLOOR SLOPE AND IF ALL OF THE UPRIGHTS ARE TOUCHING THE FLOOR.

IF AN UPRIGHT IS FLOATING AND NOT IN CONTACT WITH THE FLOOR, EVALUATE HOW MANY PROVIDED SHIMS ARE NEEDED TO HAVE THE UPRIGHT TOUCH THE FLOOR.

ONCE THE PROPER NUMBER OF SHIMS NEEDED IS FOUND REMOVE THE RACK PANEL FROM THE STRINGER. INSERT THE UHMW UPRIGHT FOOT WITH OR WITHOUT THE REQUIRED NUMBER OF SHIMS INTO THE BOTTOM OF THE UPRIGHT TUBES.

*DO NOT INSERT THE UHMW FOOT UNTIL YOU HAVE VERIFIED THE NUMBER OF SHIMS REQUIRED.

*A Mallet MAY BE REQUIRED TO INSERT THE UHMW FOOT.

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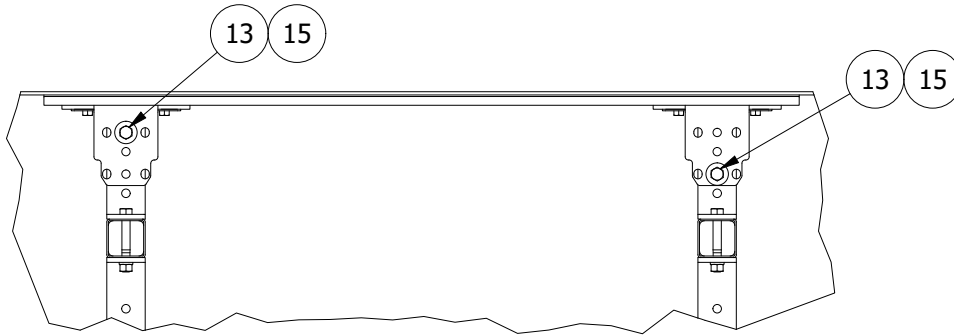
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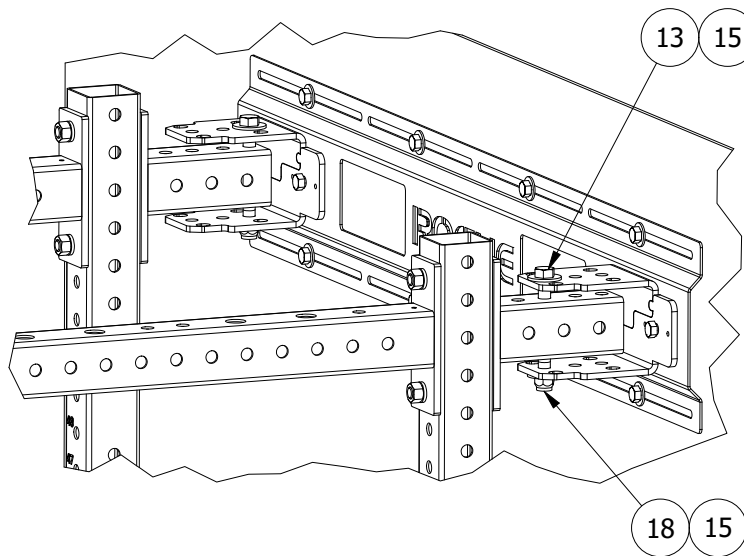
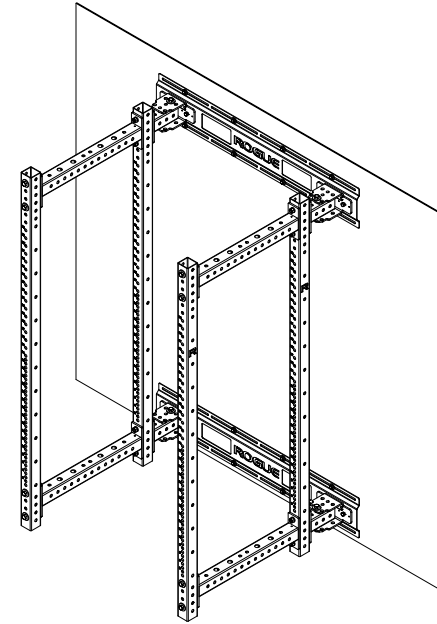
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BOLT DETAIL



STEP 5:

ONCE ALL THE UPRIGHTS HAVE UHMW FEET INSTALLED, RE-INSERT THE RACK PANELS INTO THE HINGE BRACKETS AND SECURE THROUGH THE LOCATIONS SHOWN. NOTE BOLT LOCATION IN BOLT DETAIL.

ENSURE THAT ALL UPRIGHT FEET ARE IN CONTACT WITH THE FLOOR IN THE OPEN POSITION. IF NOT ADJUST THE SHIMS AS NEEDED.

FULLY TIGHTEN ALL 5/8" HARDWARE. DO NOT OVER TIGHTEN 5/8" x 6" HEX BOLT, AS LONG AS THE THREADED END OF THE BOLT PROTRUDES PAST THE NYLOC NUT AND THE BOLT IS SECURE.

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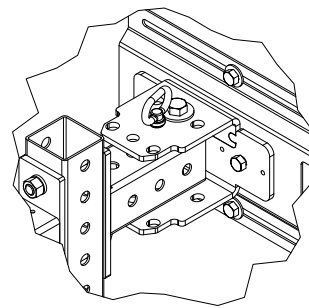
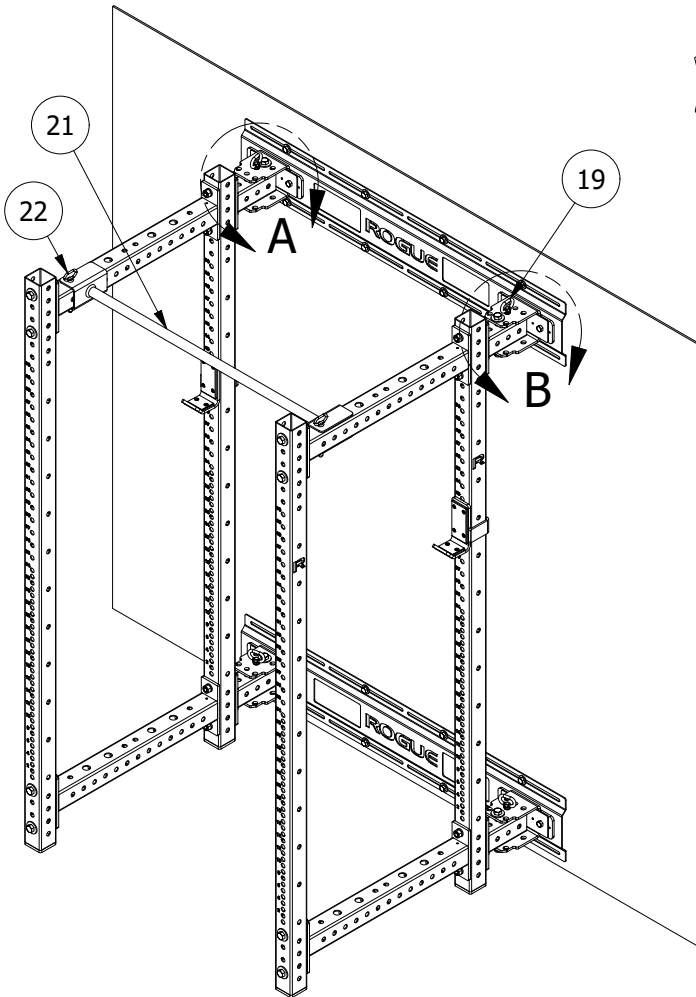
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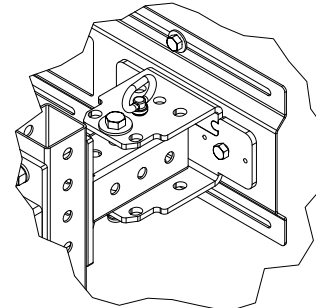
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DETAIL A

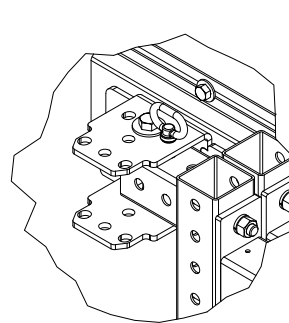


DETAIL B

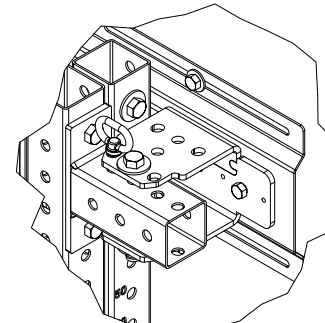
STEP 6:
SHOWN ARE THE DETENT PIN LOCATIONS FOR THE OPEN AND CLOSED POSITION OF THE RACK.

THE QUICK ATTACH PULL-UP BAR SHOULD BE INSTALLED IN THE LOCATION SHOWN.

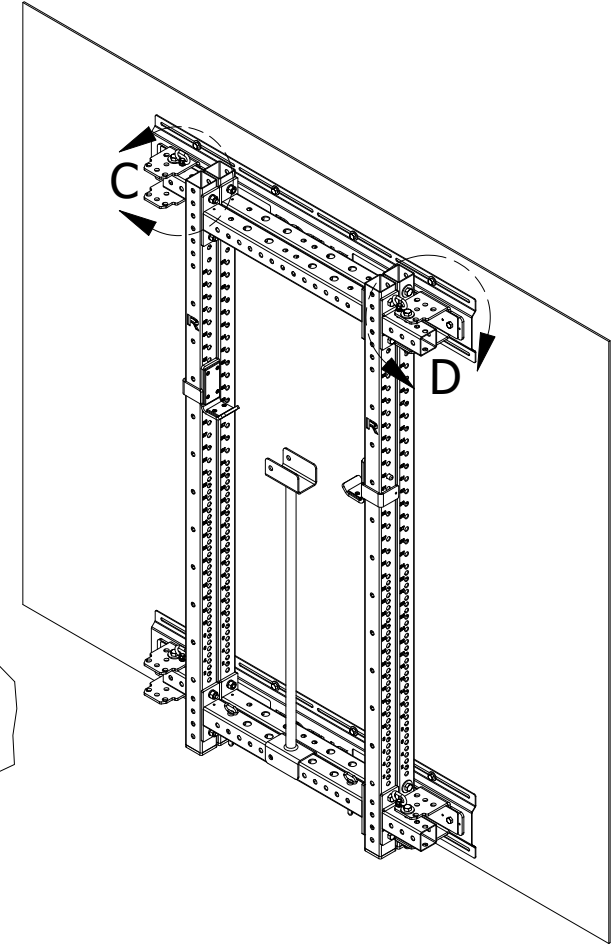
IF A LOWER PULL UP BAR HEIGHT IS DESIRED, THE PULL UP BAR CAN BE MOUNTED TO THE UPRIGHTS.



DETAIL C



DETAIL D



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