

HulkFit Wall Mounted Power Rack

Instruction Manual

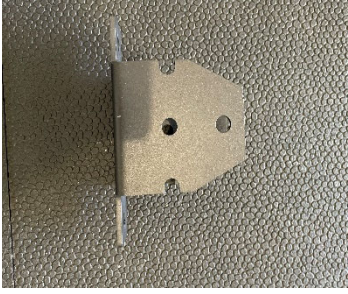


Contact: hulkfitproducts@gmail.com

Parts Guide



2x Stringers



4X Stringer Brackets



1x Pull-Up Bar



4X Crossbeam



Triangle Lock



Lock Pin



16x Concrete Anchors
16x Hex Lag Screws (not pictured)



8x 3in Bolts
4x 3.5in Bolts



Washers



Nuts



2x J-Cups




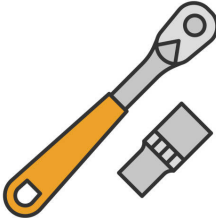
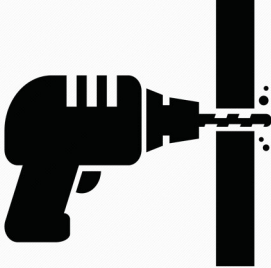
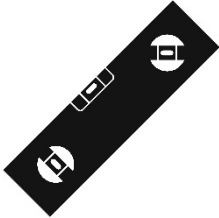
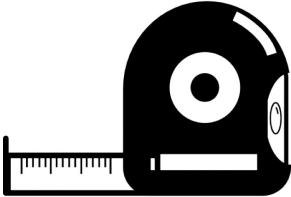

8x Short Bolts



2x Vertical Posts

What You'll Need

To properly secure the wall-mounter power rack, it must be bolted via the stringers provided.

 <p>2 people</p>	 <p>Ratchet – Not required but makes it a ton easier</p>	 <p>Drill with drill bits (multiple sizes)</p>
 <p>Level</p>	 <p>Measuring Tape</p>	 <p>Studfinder (Only when installed to studs)</p>

Before starting the assembly, we recommend mapping out where your wall mounted rack will be installed. Keep in mind that the space required is not just dependent on the size of the rack but whether there is enough space to use your equipment (for example, having a minimum of 8ft to be able to use an Olympic size barbell). If you are mounting the rack to a drywall, mark the studs using a stud finder. The HulkFit wall mounted rack is designed for studs that are either 12" or 16" apart.

Take an inventory of all your parts and tools. If you have any issues, please reach out to hulkfitproducts@gmail.com.

Step 1

Attach the stringer brackets to the stringers with the provided short bolts, nuts and washers.



Step 2

The next set of steps will be completed horizontally on the ground.

1. Place the vertical posts on the ground with the numbered j-cup holes facing down.
2. Ensure that the side with the smaller holes with tighter spacing is farther away from the mounting wall. This will be the top of the rack.
3. To secure the cross beams to the vertical posts, use the 3in bolts, nuts and washers. If you do not have a ratchet, we have provided two wrenches.

Step 3

Place the stringers on the crossbeams and secure it with the 3.5in bolts, nuts and washers. While it may appear that the nuts and bolts are tightened completely, the assembly will wobble. This is intentional.



Step 4

With another person, carefully tilt the assembled rack up and move to desired location. It's very important for the stringers to be flush against the wall. Use a level to ensure your vertical posts and stringers are straight. **IMPORTANT:** If you are mounting the rack to drywall, the stringers must be across four studs. Mark the lag screw locations on the wall. When marking the lag screw location, ensure that you are propping up the stringer. The stringer should move up approximately $\frac{1}{4}$ to $\frac{1}{2}$ an inch higher. It's important that

you are marking the location while propping up the stringer. If done correctly, you'll be able to lift the vertical posts and fold as needed when assembled.

Tilt the assembled rack back down to drill pilot holes. Use a smaller bit to drill the pilot hole (start at ¼ or lower). If you drive the hex lag screw directly into a stud, there is a high likelihood it can damage the underlying stud.

Step 5

After drilling pilot holes, prop your power rack up and drive the hex lag screws. We recommend starting on the outside and moving in. It's important to have a second person during the entire process.

Step 6

Make sure all your triangle locks and lock pins are in place. Setup your pull up bar at the ideal position and use your remaining triangle locks to secure.