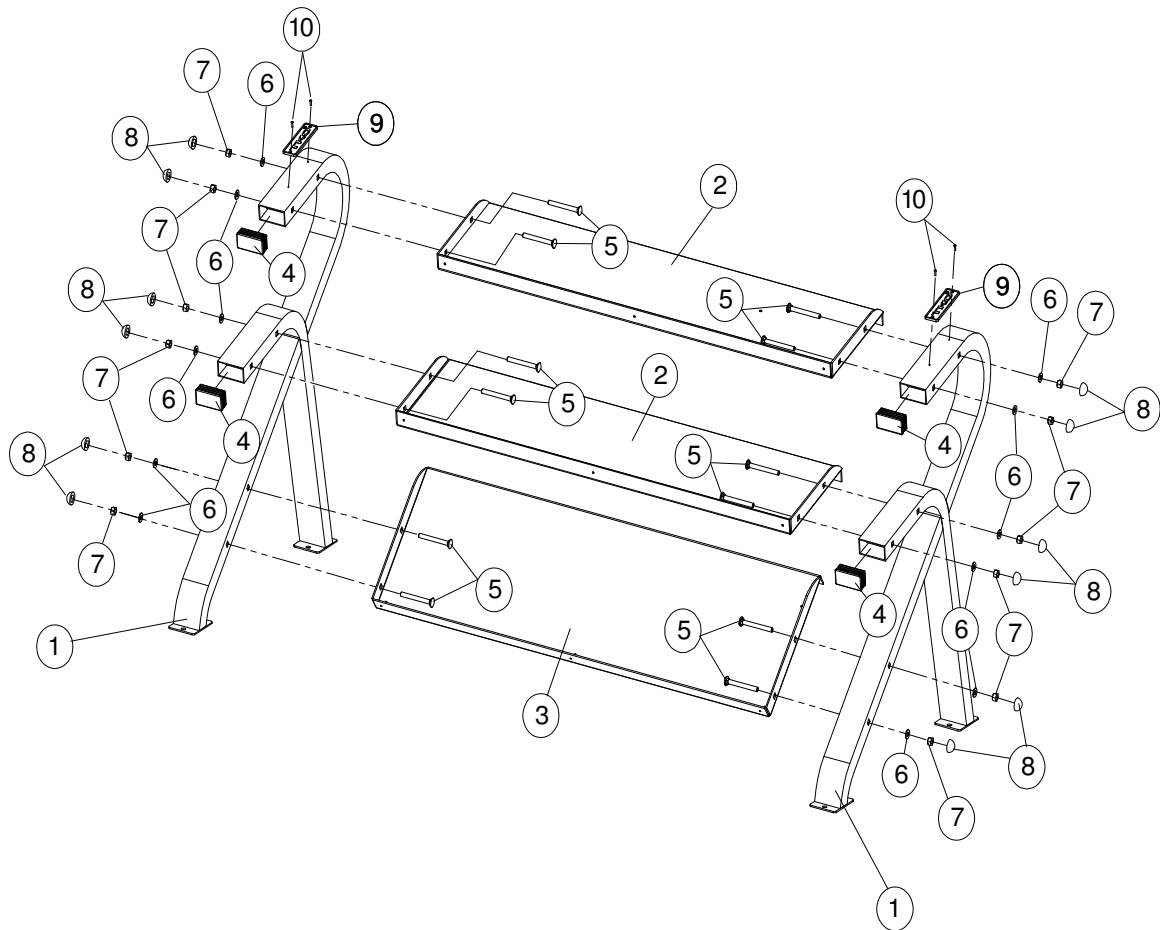




**MODEL # RCK-HDR**  
**TAG 3 TIER HORIZONTAL DUMBBELL RACK**  
**ASSEMBLY INSTRUCTIONS**





**MODEL # RCK-HDR**  
**TAG 3 TIER HORIZONTAL DUMBBELL RACK**  
**ASSEMBLY INSTRUCTIONS**

<i>PARTS LIST</i>		
<i>PART NO</i>	<i>PART NAME</i>	<i>QUANTITY</i>
1	Support Frame	2
2	Dumbbell Plate	2
3	Lower Dumbbell Plate	1
4	Plastic End Cap 40*80*2	4
5	Carriage Bolt M10x95mm	12
6	Washer for M10 bolt	12
7	Lock Nut for M10 bolt	12
8	Plastic Cap	12
9	TAG Name Plate	2
10	Rivet $\phi$ 4x12mm	4