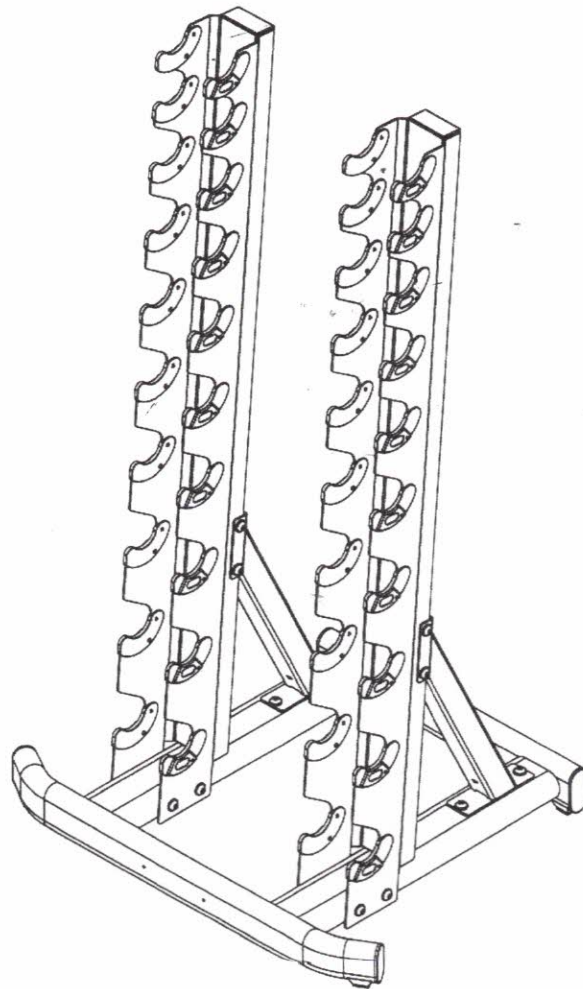




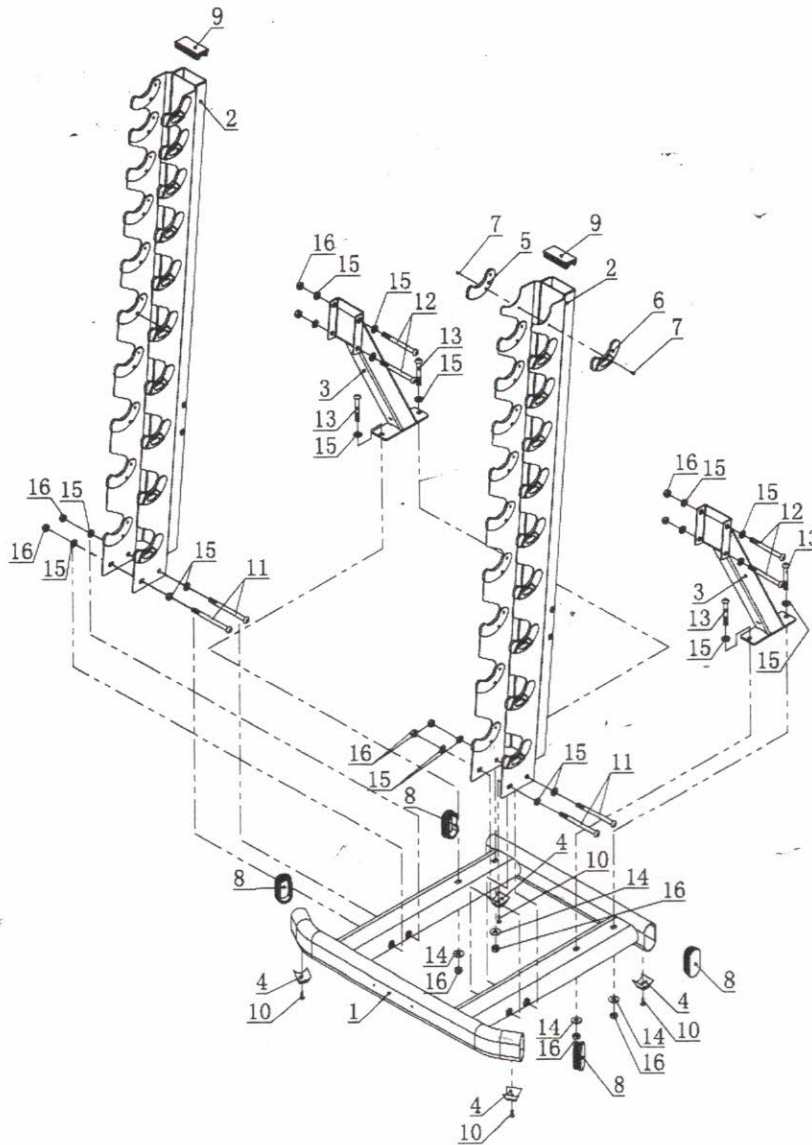
MODEL#RCK-VDR10  
10 pair Side by Side Vertical Dumbbell  
Rack Manual



[www.tagfitness.net](http://www.tagfitness.net)

630-375-1500

# EXPLODED DRAWING & PART LIST



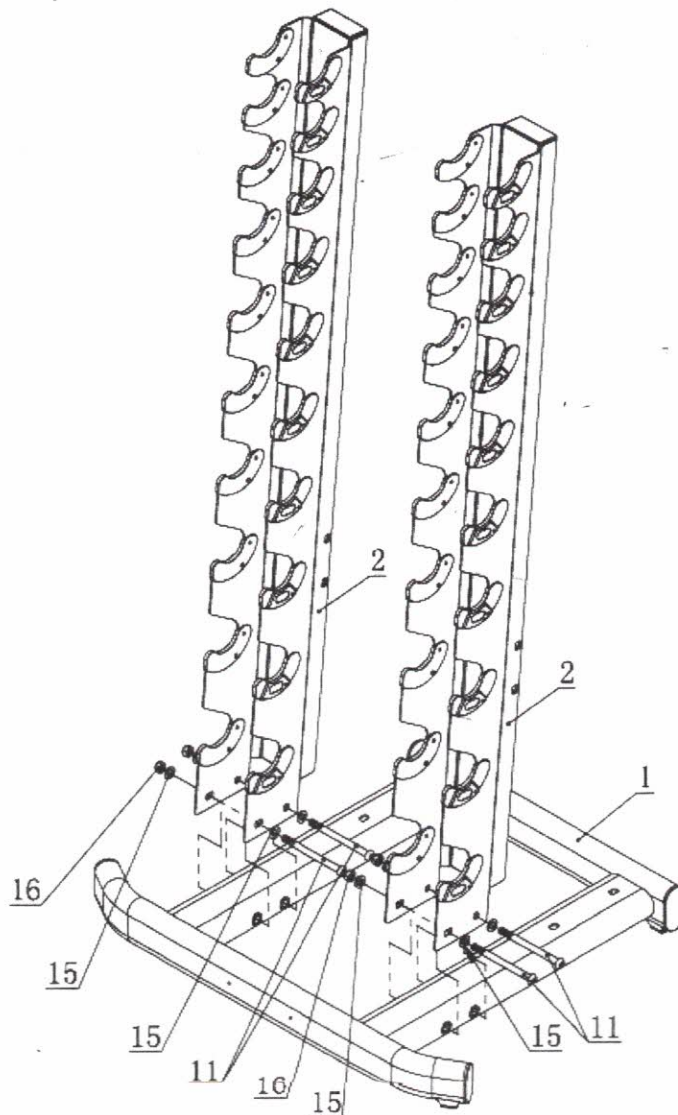
No.	Description	Qty	No.	Description	Qty
1	Foot Frame	1	9	End Cap J40*80*2	2
2	Vertical Frame	2	10	Cross Pan Screw M5*15	4
3	Back Support Frame	2	11	Hex Pan Bolt M10*125	4
4	Cushion PVC 40*35.3*20	4	12	Hex Pan Bolt M10*110	4
5	Left Cradle 95*10	20	13	Hex Pan Bolt M10*70	4
6	Right Cradle 95*10	20	14	Big Washer Ø10.6*Ø26*2	4
7	Pin	40	15	Flat Washer Ø11*Ø20*2	20
8	End Cap PT40*80*2	4	16	Nut M10	12

# ASSEMBLY

## STEP 1

Fix 2 Vertical Frame (2) onto Foot Frame (1), using 4 Hex Pan Bolt M10\*125 (11), 8 Flat Washer  $\text{Ø}11*\text{Ø}20*2$  (15) and 4 Nut M10 (16).

**Don't tighten the bolts.**



## STEP 2

Install 2 Back Support Frame (3) onto Vertical Frame (2), using 4 Hex Pan Bolt M10\*110 (12), 8 Flat Washer  $\text{Ø}11 \times \text{Ø}20 \times 2$  (15) and 4 Nut M10 (16);

Install 2 Back Support Frame (3) onto Foot Frame (1), using 4 Hex Pan Bolt M10\*70 (13), 4 Flat Washer  $\text{Ø}11 \times \text{Ø}20 \times 2$  (15) and 4 Big Washer  $\text{Ø}10.6 \times \text{Ø}26 \times 2$  (14) and 4 Nut M10 (16).

**Tighten all bolts.**

