

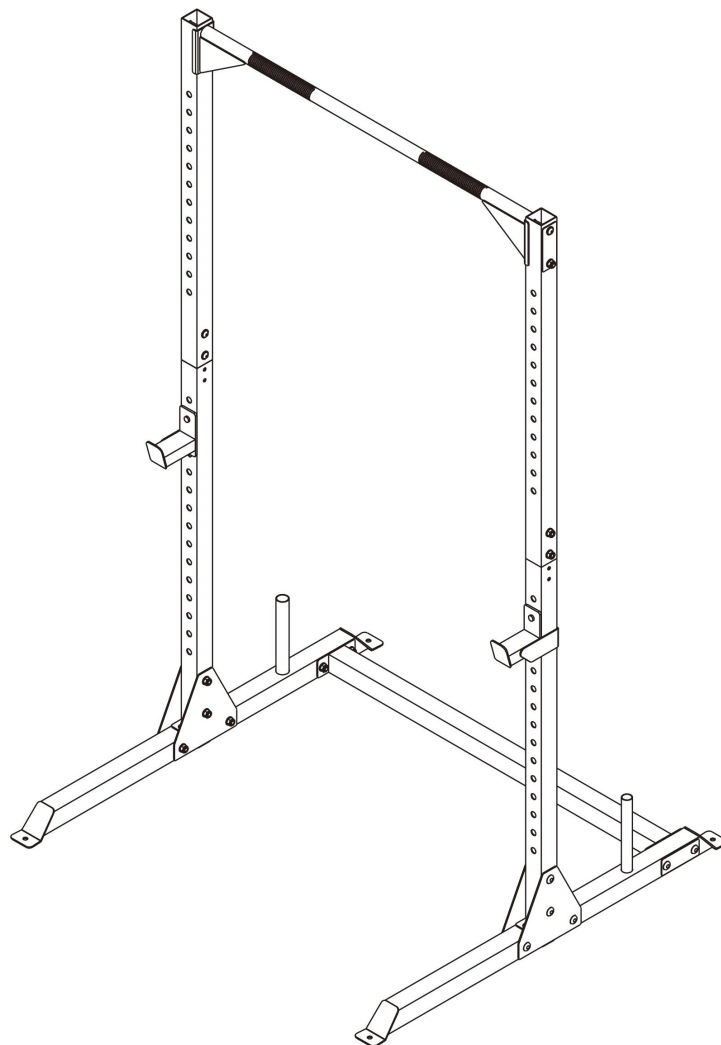
MH Squat Rack

Assembly & User Instructions- Please Keep for future reference

619/5414



Men'sHealth®
Active+



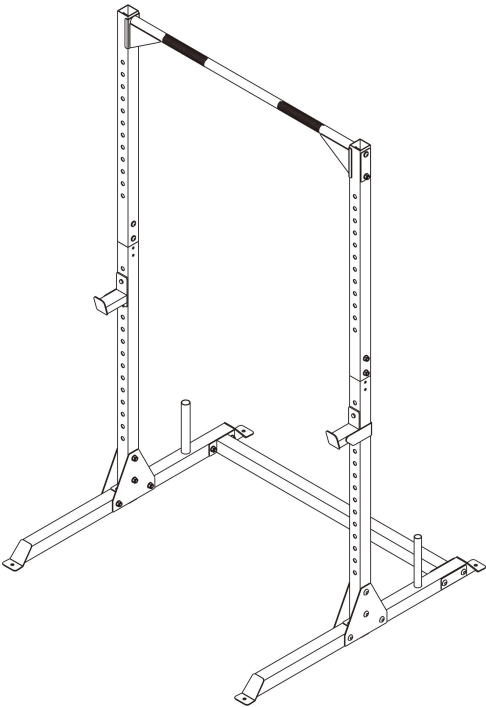
Important – Please read these instructions fully before assembly or use

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the **Customer Helpline: 0345 600 1714** or visit **www.argos-support.co.uk**

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Safety information

Important – Please read fully before assembly or use

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble, operate or use this equipment.

Assembly

- The product must be installed on a stable and level surface.
- Assemble the item as close to its final position (in the same room) as possible.
- Make sure you have enough space to layout the parts before starting.
- Keep children and animals away from the exercise area, small parts could pose a choking hazard if swallowed.
- Dispose of all packaging carefully and responsibly.
- Check you have all the components and tools listed in the parts list, bearing in mind that, for ease of assembly, some components are pre-assembled.
- The assembly of this equipment is best carried out by 2 people.

Use

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only.
Do not use in any commercial, rental, or institutional setting.
- Use the equipment only for intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion

and other related problems that are outside our control.

- Keep unsupervised children away from the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, as it may get caught in the equipment. Wear trainers to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Keep hands away from all moving parts.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Before using the equipment to exercise, always perform stretching exercises to properly warm up.
- Only one person at a time should use the equipment.
- A spotter is recommended during exercise.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
- Injuries to health may result from incorrect or excessive training.
- This product is suitable for a maximum user weight of: **150kg**.
- The maximum training weight loading on barbell support is **200kg**(Including bar and weights).
 - This product conforms to: BS EN ISO 20957-1 and -4 class (H) - Home Use



Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

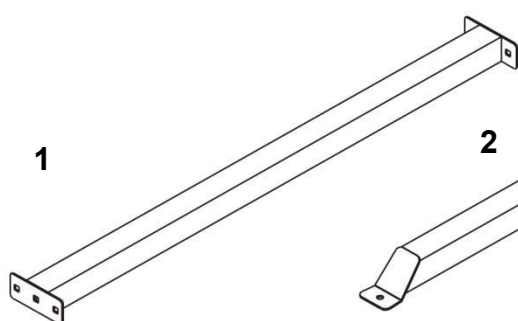
Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline: 0345 600 1714.**

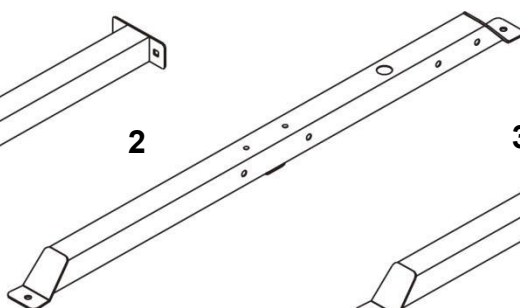
Please check you have all parts listed below

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.

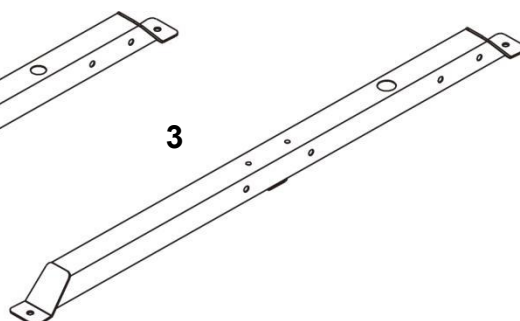
Total mass of the product is 29 kg. Total size of the equipment is (D) 114 cm × (W) 117 cm × (H) 201.5 cm.



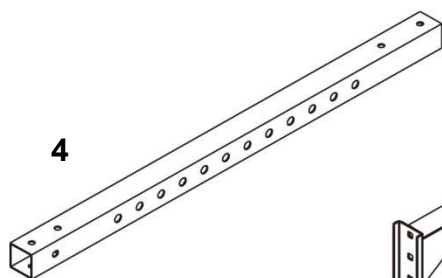
1
Main Frame x 1



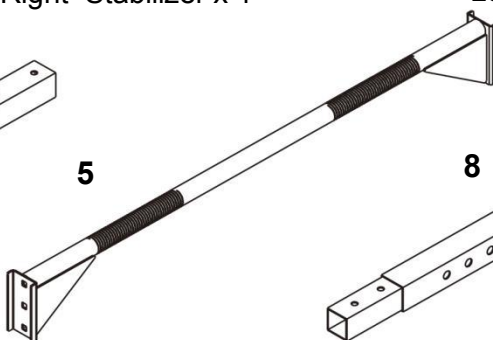
2
Right Stabilizer x 1



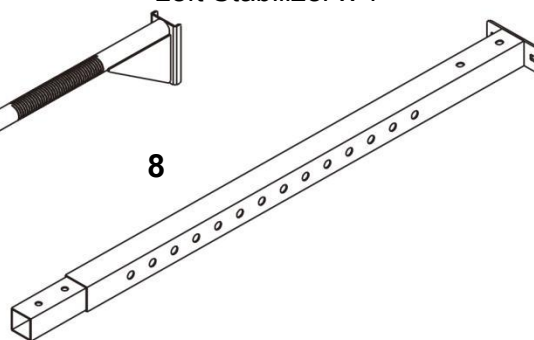
3
Left Stabilizer x 1



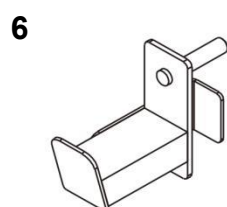
4
Upper Post x 2



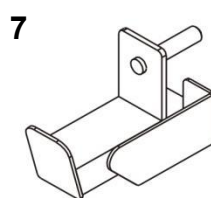
5
Horizontal Bar x 1



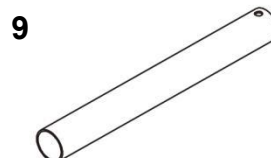
6
Lower Post x 2



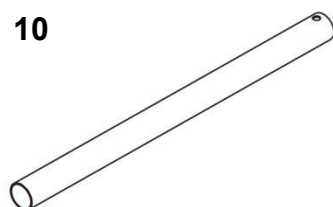
7
Right Bar Support x 1



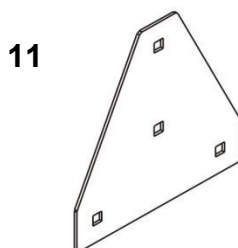
8
Left Bar Support x 1



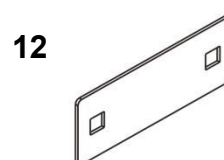
9
Bar Holder x 1



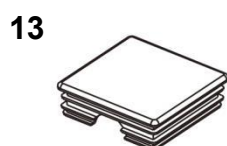
10
Weight Plate Post x 1



11
Reinforcing Plate x 4



12
Bracket x 4



13
50 x 2.0 End Cap x 2



14
Ø25 x 1.2 End Cap x 1

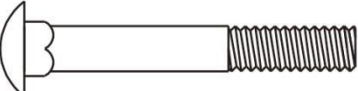
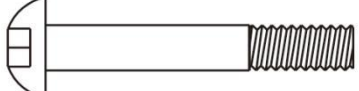
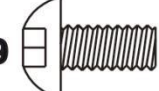





15
Rubber Cushion x 1

Components - Fixings

Please check you have all parts listed below

Note: The quantities below are the correct amount to complete the assembly. In some cases more hardware may be supplied than are required. Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.

17  M10×70mm Carriage Bolt ×14	18  M10×65mm Allen Bolt ×6	19  M10×20mm Allen Bolt ×8
20  Ø10mm Washer×32	21  M10 Aircraft Nut×18	 Allen keys 6,mm

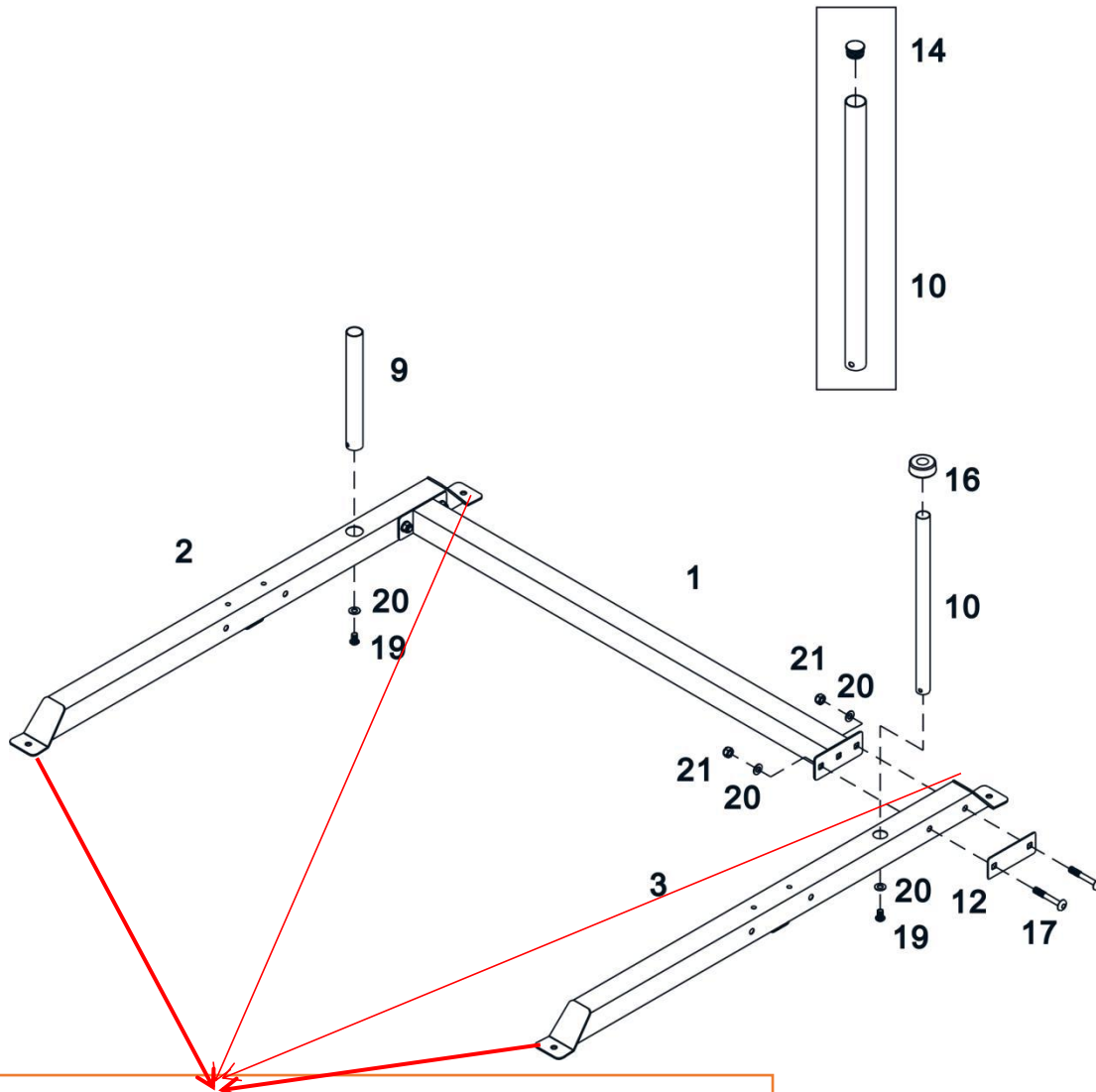
Tools prepared by user



Adjustable
spanner x 1

Assembly Instructions

STEP 1



The 4 holes are used to fix the equipment to the floor.

Step 1

- Attach the Main Frame (1) to the Right Stabilizer (2) using 2 x M10 x 70mm Carriage Bolts (17), 1 x Bracket (12), 2 x Ø10 Washers (20) and 2 x M10 Aircraft Nuts (21).
- Attach the Main Frame (1) to the Left Stabilizer (3) using 2 x M10 x 70mm Carriage Bolts (17), 1 x Bracket (12), 2 x Ø10 Washers (20) and 2 x M10 Aircraft Nuts (21)

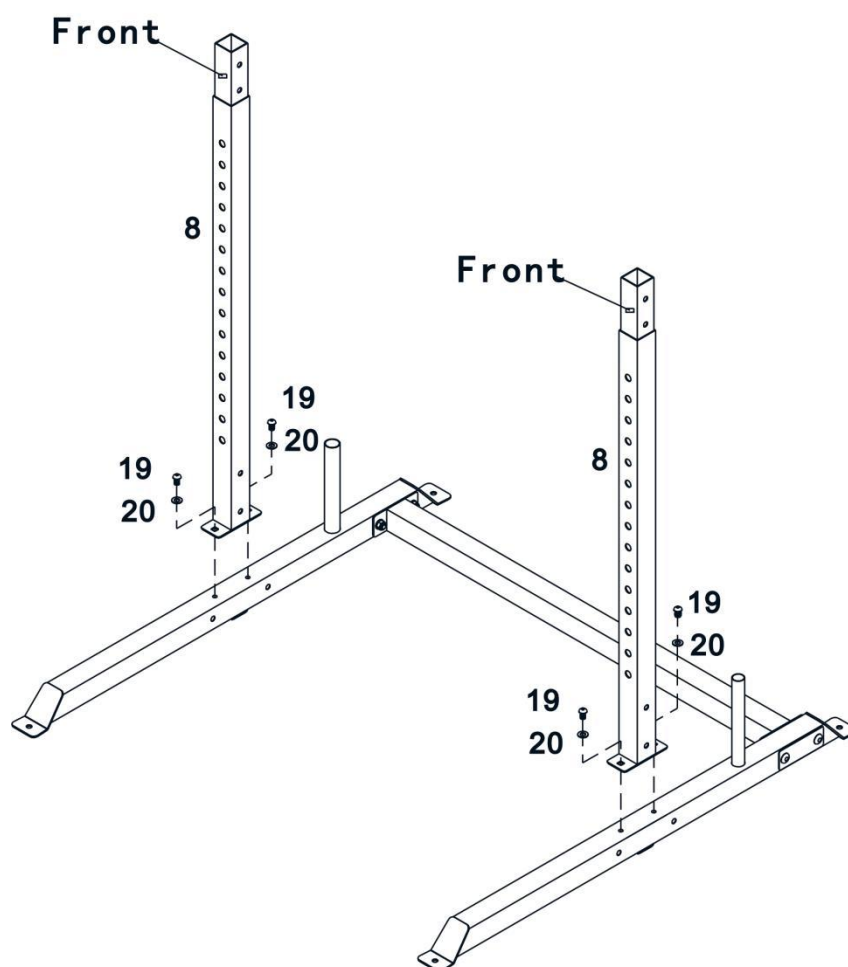
Insert the Bar Holder x 1 (9) into the Right Stabilizer (2) and secure with 1 x M10 x 20mm Allen Bolt (19) and 1 x Ø10 Washer (20).

- Insert the Weight Plate Post (10) into the Left Stabilizer (3) and secure with 1 x M10 x 20mm Allen Bolt (19) and 1 x Ø10 Washer (20). Align the Weight Plate Post (10) with the Rubber Cushion (16).

Notes: part (14), is pre-fitted.

Assembly Instructions

STEP 2

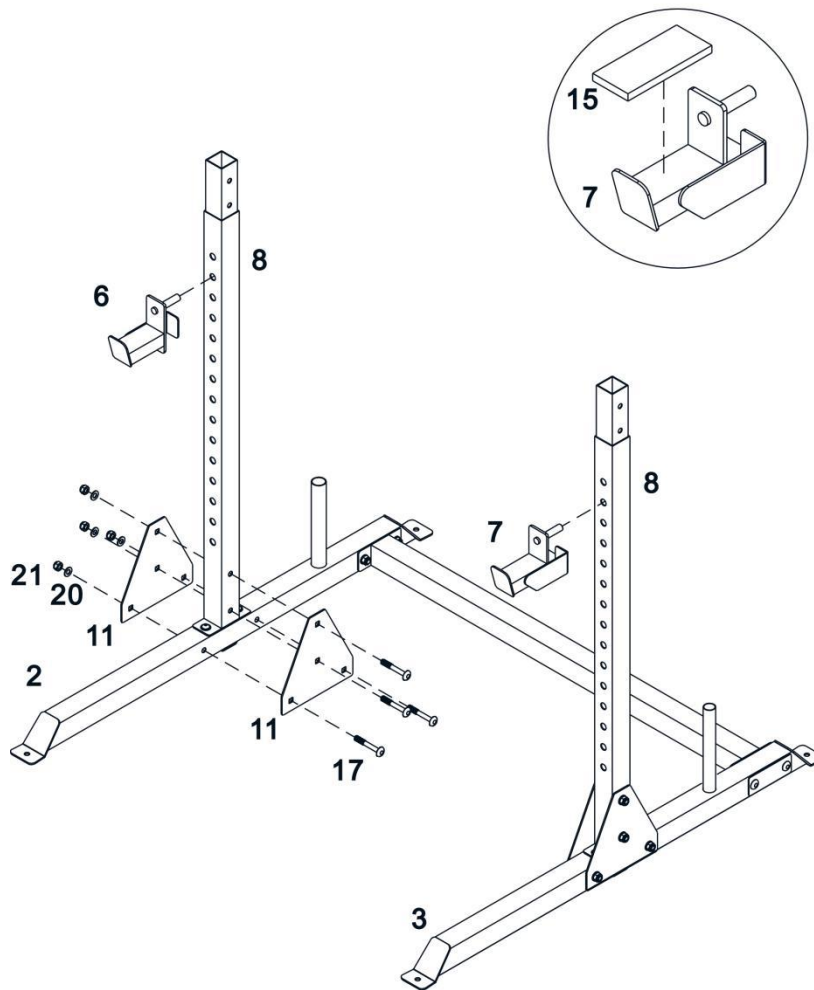


Step 2

- Attach 1 x Lower Post (8) to the Right Stabilizer (2) using 2 x M10 x 20mm Allen Bolts (19) and 2 x Ø10 Washers (20).
- Attach 1 x Lower Post (8) to the Left Stabilizer (3) using 2 x M10 x 20mm Allen Bolts (19) and 2 x Ø10 Washers (20).

Assembly Instructions

STEP 3



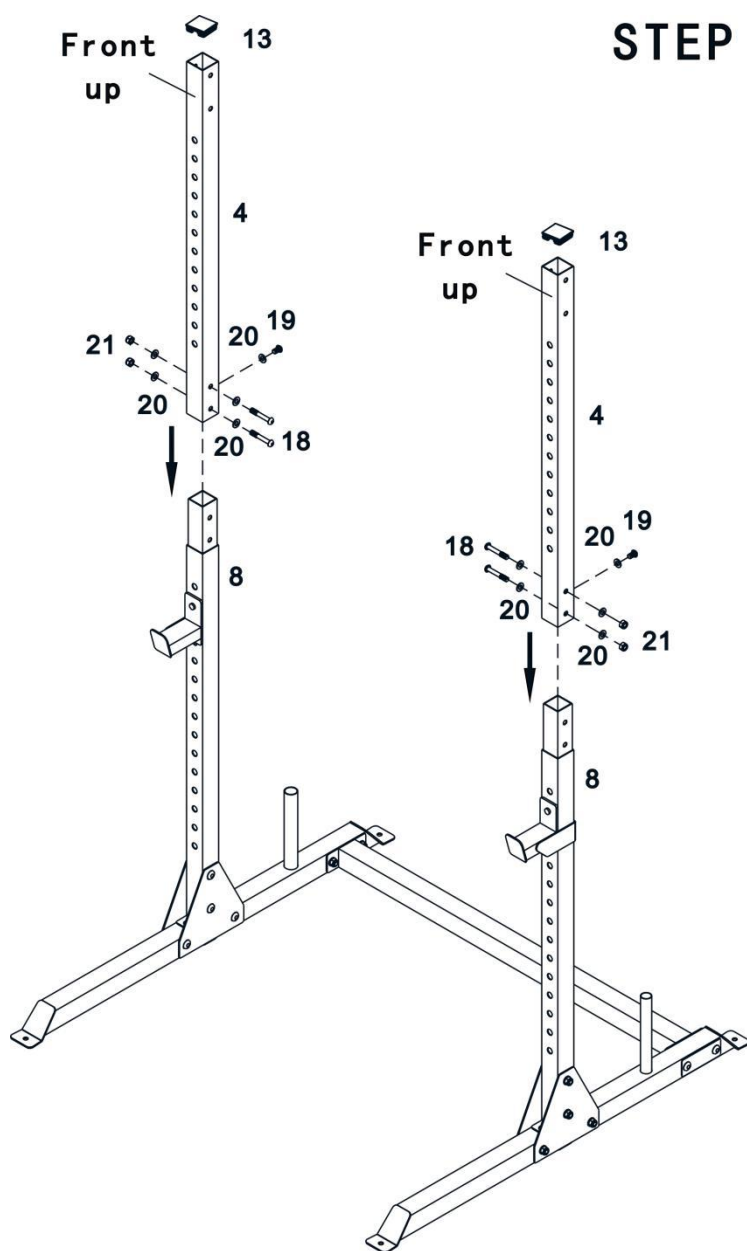
Step 3

- Attach 2 x Reinforcing Plates (11) to the Right Stabilizer (2) and Lower Post (8) using 4 x M10 x 70mm Carriage Bolts (17), 4 x Ø10 Washers (20) and 4 x M10 Aircraft Nuts (21).
- Attach 2 x Reinforcing Plates (11) to the Left Stabilizer (3) and Lower Post (8) using 4 x M10 x 70mm Carriage Bolts (17), 4 x Ø10 Washers (20) and 4 x M10 Aircraft Nuts (21).
- Insert the Left and Right Bar Support (6, 7) into the holes on the Lower Post (8) respectively as shown the diagram.

The user can adjust the Left and Right Bar Support (6, 7) to the desired height when workout.

Notes: part (15) is pre-fitted.

Assembly Instructions



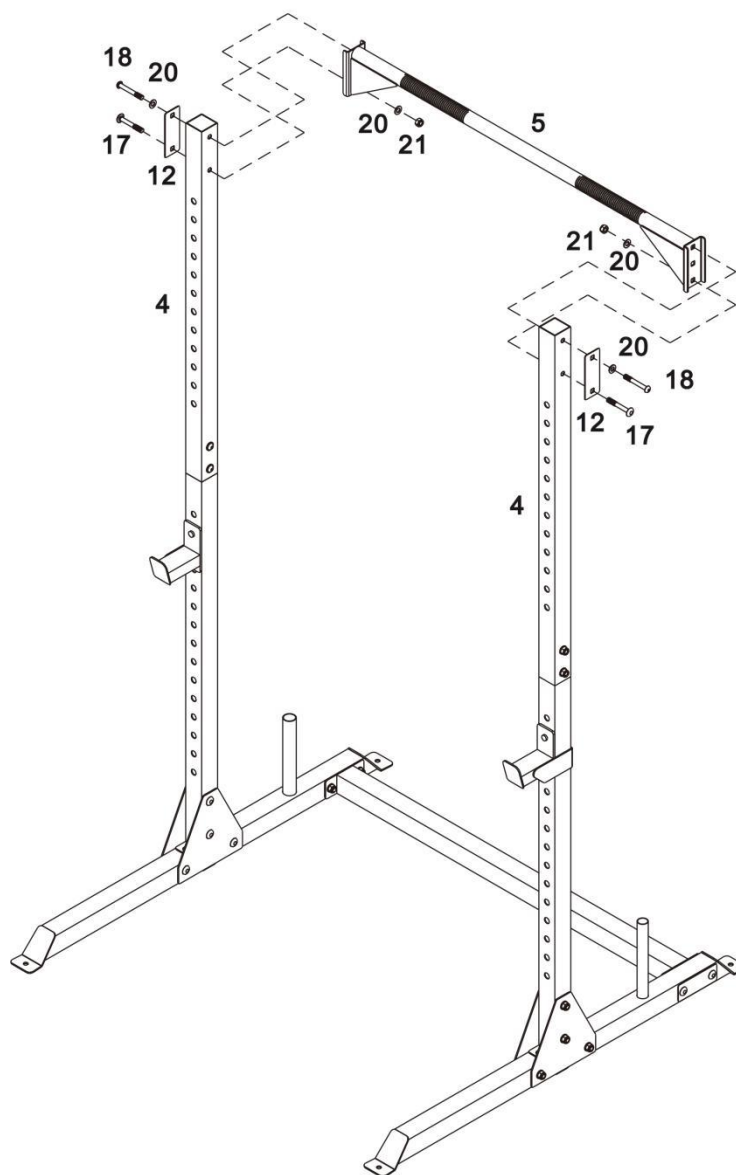
Step 4

Insert the Upper Post (4) into the Lower Post (8) respectively and secure with 2 x M10 x 70mm Allen Bolts (18), 1 x M10 x 20mm Allen Bolt (19), 2 x M10 Aircraft Nuts (21) and 5 x Ø10 Washers (20).

Notes: Part (13) is pre-fitted.

Assembly Instructions

STEP 5

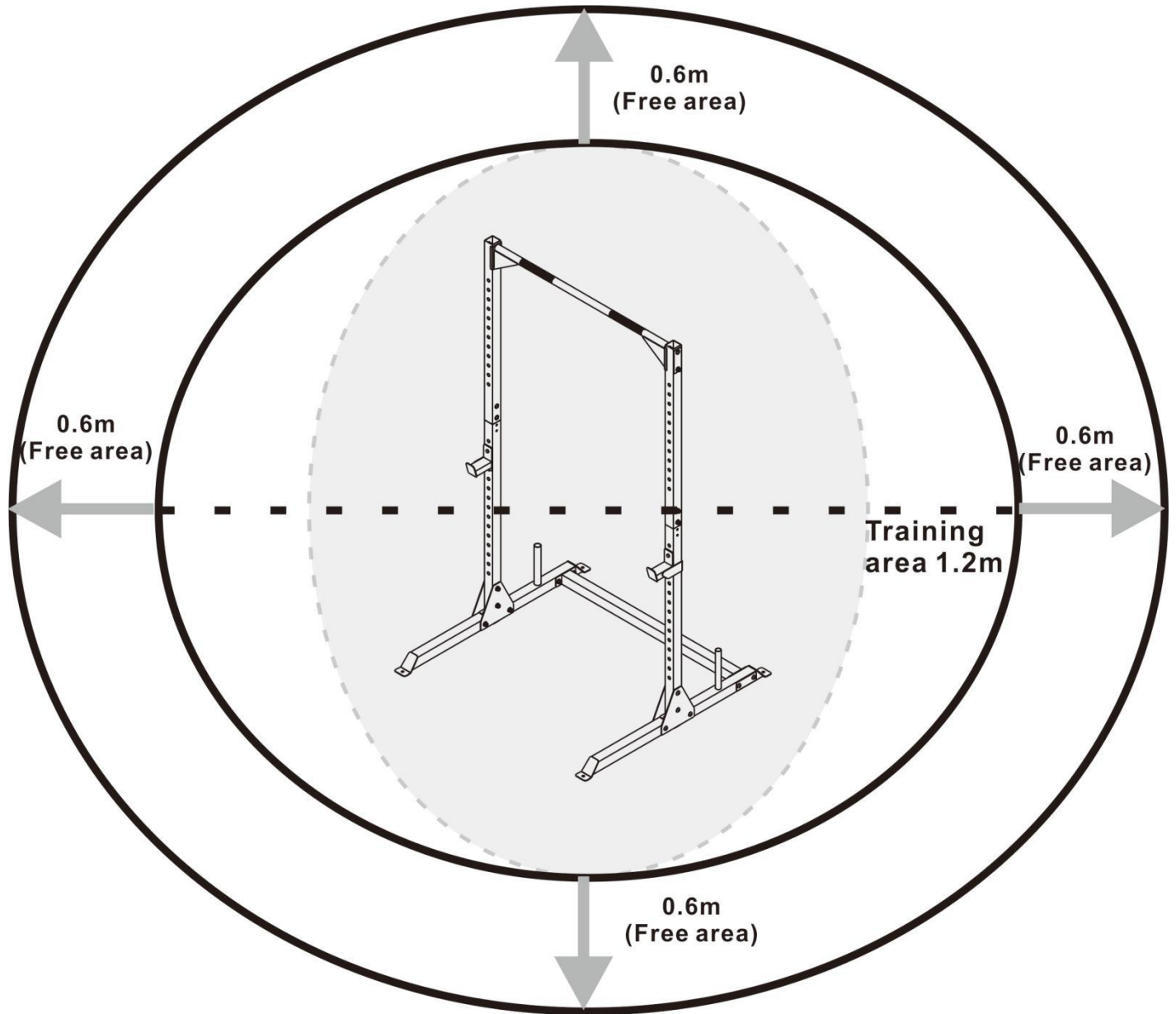


Step 5

Respectively attach both end the of the Horizontal Bar (5) to the Upper Posts (4) using 2x Bracket (12) ,2 x M10 x 70mm Carriage Bolt (17), 2 x M10 x 65mm Allen Bolt (18), 4 x Ø10 Washers (20) and 2 x M10 Aircraft Nuts (21).

Workout Area

The free area must be at least 0.6m greater than the training area. This is a space where you can safely dismount, without obstruction, in case of an emergency. Where two pieces of equipment are positioned adjacent to each other the free area may be shared.



Only one person should be within the training area when the equipment is in use.

Workout Information

If you have not exercised for a while or are unsure as to how to use this equipment we recommend that you seek medical and professional advice to using the Men's Heath Home Gym.

Every individual will have their own training goals and will need to workout at different levels to achieve the desired result.

It is advised that you make sure that you have an understanding of the muscle groups you will be using and the correct form needed to use this equipment safely. It is also recommend that you make sure that you exercise safely and always ensure you have sufficient time to warm-up and cool-down before and after exercise.

FREE WORKOUT RESOURCES

Go to [Menshealth.co.uk/workout](https://www.menshealth.co.uk/workout) to explore our FREE online workout library.

The Men's Health workout library allows you to select and tailor programmes according to your very own training goals.

Choose your workout based on difficulty, time available, muscles worked and equipment available.

You'll also find an exercise directory to show you how to perform individual exercises with the correct form to help you optimise your workout.

Men's Health - the UK's No.1 Men's Magazine

www.menshealth.co.uk

Workout Information

Using the Power Rack



Care and Maintenance

1. The safety level of the equipment can only be maintained if it is examined regularly for damage and wear e.g. ropes, pulleys and connection points.

2. Lubricate moving parts with light oil periodically to prevent premature wear.

3. Inspect and tighten all parts before using the equipment. Replace defective

components immediately and/or keep the equipment out of use until repair. Pay special attention to components most susceptible to wear.

4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **Do not** use solvents.

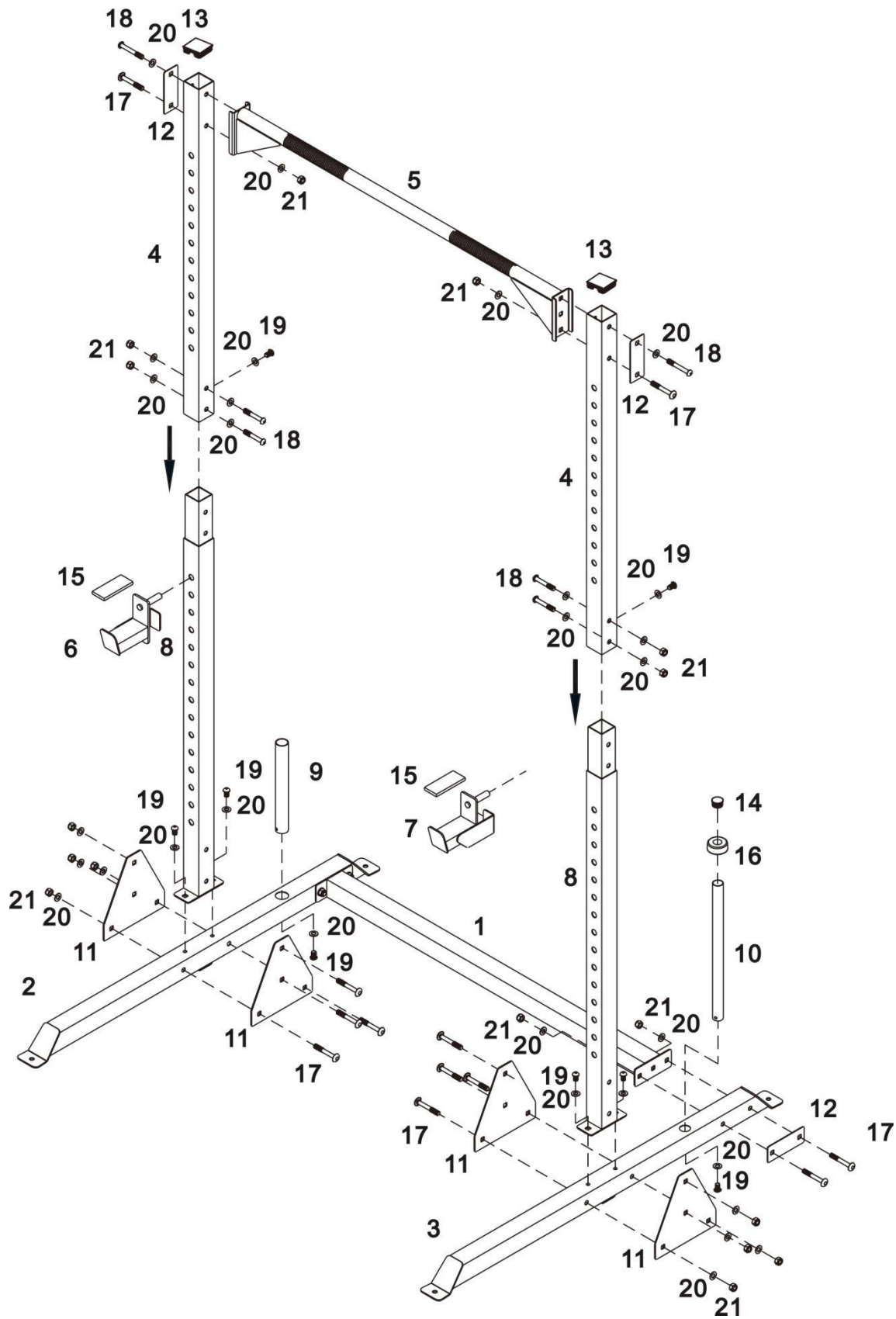
5. Do not attempt to repair this equipment yourself.

Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer, their approved service agent or the **Customer Helpline:**
0345 600 1714
www.argos-support.co.uk/

Guarantee:

For guarantee purposes, please retain your purchase receipt.

Exploded Diagram



Parts List

Part #	Description	QTY	Part #	Description	QTY
1	Main Frame	1	12	Bracket	4
2	Right Stabilizer	1	13	50×2.0 End Cap	2
3	Left Stabilizer	1	14	Ø25×1.2 End Cap	1
4	Upper Post	2	15	Shock Sticker	2
5	Horizontal Bar	1	16	Rubber Cushion	1
6	Right Bar Support	1	17	M10×70mm Carriage Bolt	14
7	Left Bar Support	1	18	M10×65mm Allen Bolt	6
8	Lower Post	2	19	M10×20mm Allen Bolt	8
9	Bar Holder x 1	1	20	Ø10 Washer	32
10	Weight Plate Post	1	21	M10 Aircraft Nut	18
11	Reinforcing Plate	4			

Guarantee



Product Guarantee

This product is guaranteed against manufacturing defects from a period of



Year

This product is guaranteed for twelve months from the date of original purchase. Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will rendered invalid if the products is re-sold or has been damaged by inexperienced repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal right.
- In the event of problem with the product with in the guarantee period call **Customer Helpline: 0345 600 1714 www.argos-support.co.uk**

Guarantor: Argos Ltd
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Central Milton Keynes
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