

# 20/30 CLASS BAR RACK ASSEMBLY INSTRUCTIONS

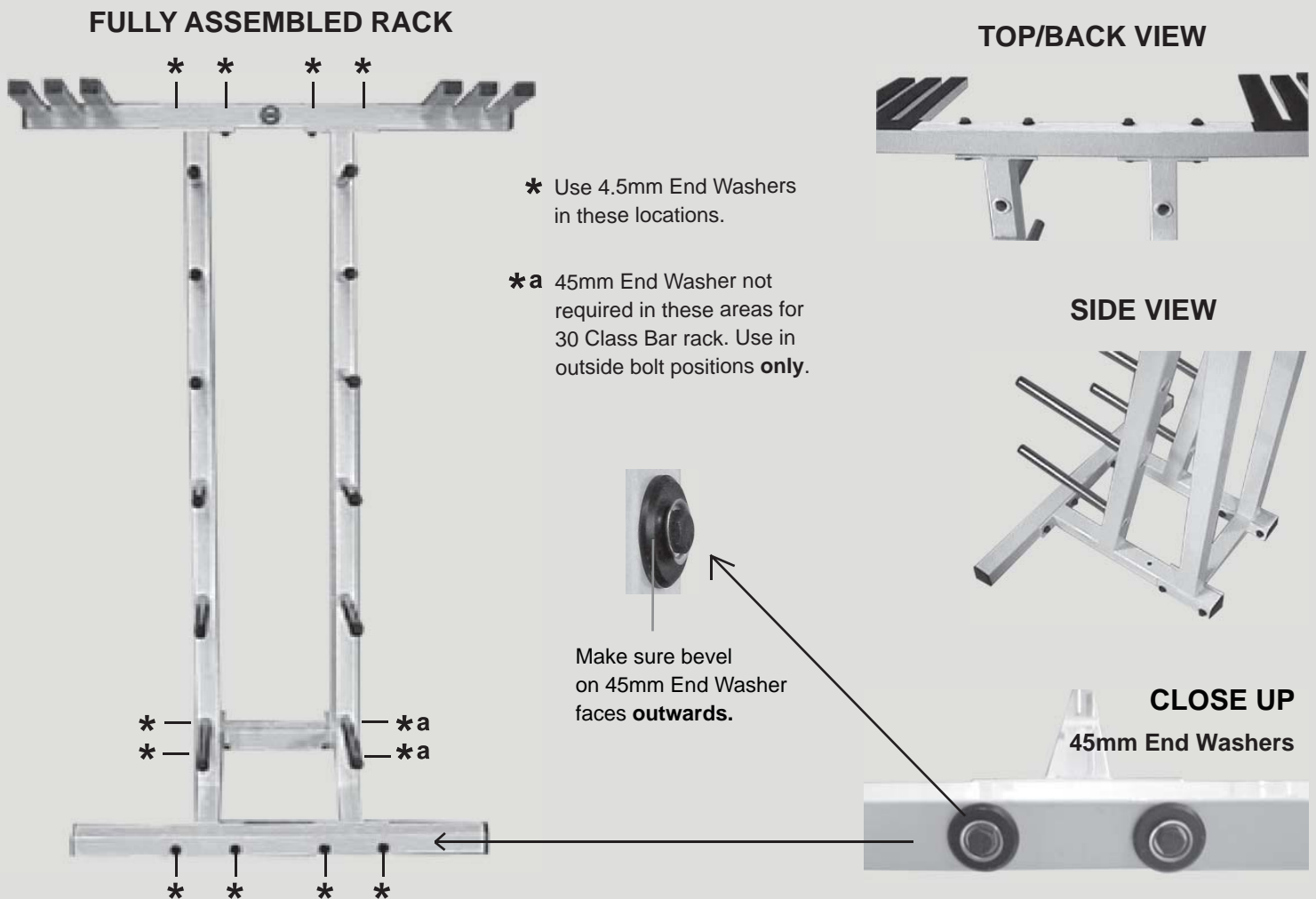
**Step 1:** Arrange Racking as shown below. Note, pictures below are of the 20 bar rack. The 30 bar rack has three columns of plate storage.

**Step 2:** Loosely bolt into position ensuring;

- i) 45mm End Washers are used at each position listed below.
- ii) A flanged washer is located under each bolt head and each nut. (Refer to 'Plastic Bolt Head Covers' below.)

**Step 3:** Tighten all bolts and nuts securely using two 16mm spanners.

**Step 4:** Push all nut/bolt head covers into place.



\* Use 4.5mm End Washers in these locations.

\*a 45mm End Washer not required in these areas for 30 Class Bar rack. Use in outside bolt positions **only**.

Make sure bevel on 45mm End Washer faces **outwards**.

## PLASTIC BOLT HEAD COVERS

**NOTE:** Your Australian Barbell Racking has been supplied with special Plastic Bolt-Head Covers. These are used to cover **all** bolt heads and nuts. When assembling racking, please follow these instructions to ensure they are fitted correctly.

- i) Ensure that the flange on the Flanged Washer is facing upwards.
- ii) After all bolts have been fully tightened, push the Plastic Bolt-Head Cover down onto the steel washer and it will snap into place.

