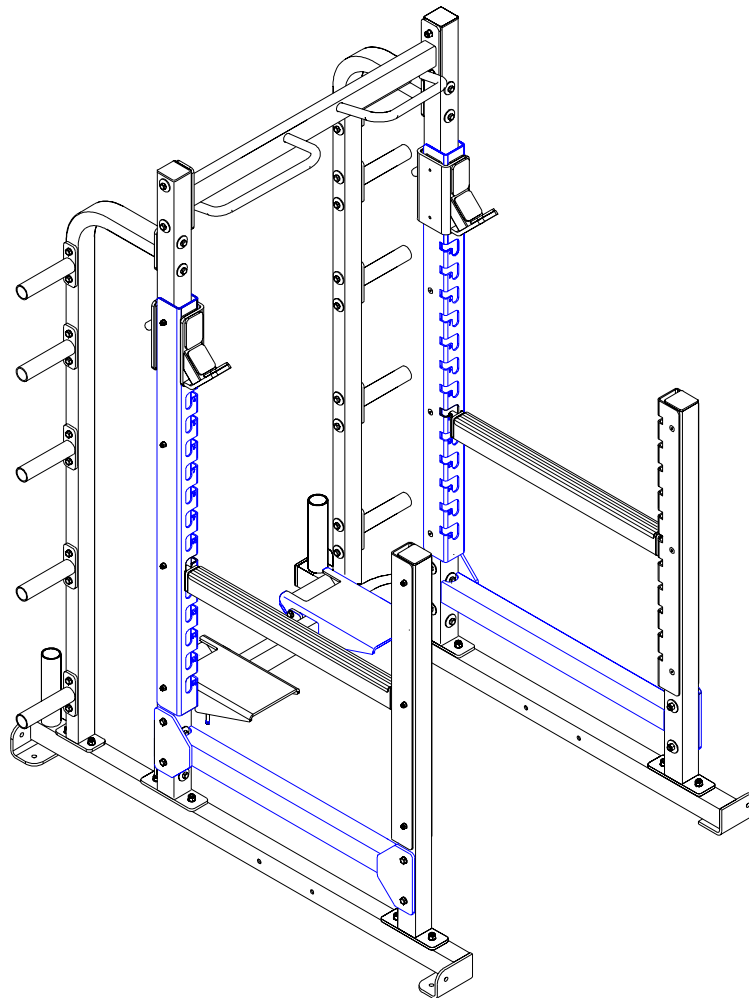


HAMMER STRENGTH®

OLYMPIC HEAVY DUTY MULTI RACK (OHDMR)



ASSEMBLY INSTRUCTIONS

PARTS LIST

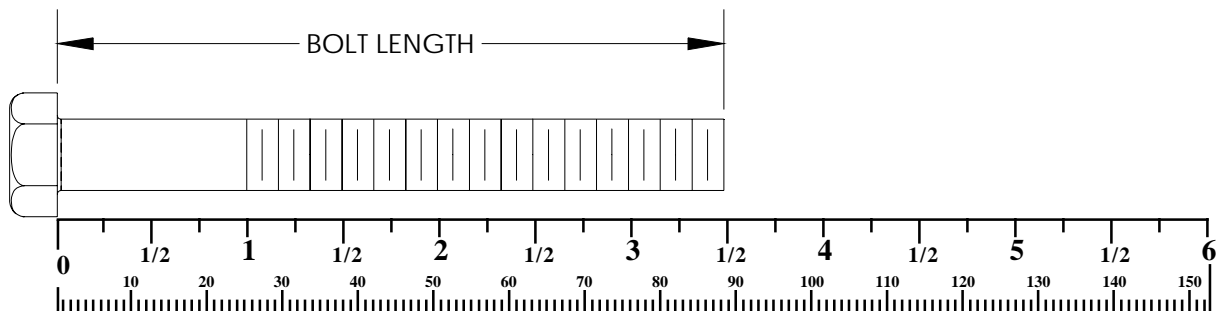
| KEY | PART # | DESCRIPTION | QTY | KEY | PART # | DESCRIPTION | QTY |
|-----|------------|------------------------|-----|-----|------------|-----------------------------|-----|
| 1 | LEA7586101 | LEFT UPRIGHT BASE | 1 | 15 | LEA7596501 | BOTTOM UPRIGHT SUPPORT | 1 |
| 2 | LEA7586501 | RIGHT UPRIGHT BASE | 1 | 16 | LEA7663501 | 42-1/4" LEFT ADJ RACK | 1 |
| 3 | LEA7664501 | FRONT UPRIGHT | 2 | 17 | LEA3239306 | 1/2 X 1-1/2" BOLT | 4 |
| 4 | LEA7584901 | REAR UPRIGHT | 2 | 18 | LEA3245201 | 3/8 X 3-3/4" FLAT HEAD BOLT | 14 |
| 5 | LEA7663601 | LOWER CROSS SUPPORT | 2 | 19 | LEA3102502 | 1/2" FLAT WASHER | 4 |
| 6 | LEA7586601 | WEIGHT HORN UPRIGHT | 2 | 20 | LEA3237505 | 1/2" INT TOOTH LOCK WASHER | 56 |
| 7 | LEA7663401 | 42-1/4" RIGHT ADJ RACK | 1 | 21 | LEA3239503 | 3/8" INT TOOTH LOCK WASHER | 14 |
| 8 | LEA7663901 | CHIN-UP SUPPORT | 1 | 22 | LEA7617301 | 1/2" PLASTIC DOME WASHER | 52 |
| 9 | LEA7584401 | RIGHT ADJUSTMENT RACK | 1 | 23 | LEA3102801 | 1/2" LOCK NUT | 56 |
| 10 | LEA7584501 | LEFT ADJUSTMENT RACK | 1 | 24 | LEA3102802 | 3/8" LOCK NUT | 14 |
| 11 | LEA7587501 | WEIGHT HORN | 10 | 25 | LEA7601701 | SWIVEL SPOTTER | 2 |
| 12 | LEA7587901 | LEFT BAR SUPPORT | 1 | 26 | LEA3239317 | 1/2 X 4-1/4" BOLT | 52 |
| 13 | LEA7587801 | RIGHT BAR SUPPORT | 1 | 27 | LEA3105303 | 9/16" HOLE CAP | 14 |
| 14 | LEA7589201 | BAR CATCH | 2 | | | | |

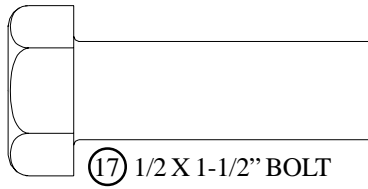
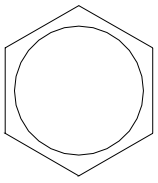
Tools Required for Assembly

- * 3/4", 9/16" wrench
- * Ratchet with 3/4", 9/16" socket
- * 7/32" Allen Wrench

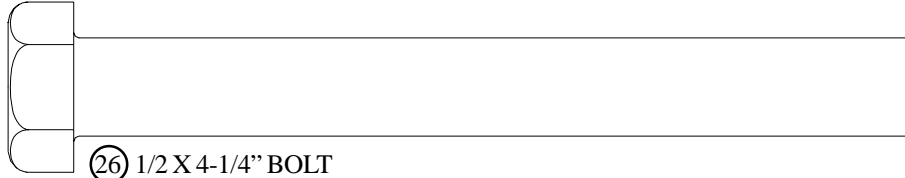
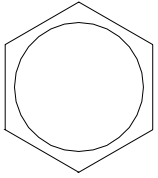
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.

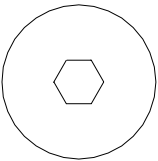




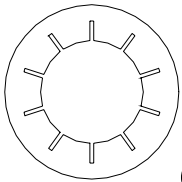
17 1/2 X 1-1/2" BOLT



26 1/2 X 4-1/4" BOLT

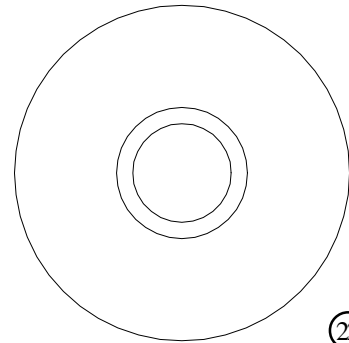


18 3/8 X 3-3/4" FLAT HEAD BOLT



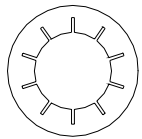
20

1/2" INT TOOTH
LOCK WASHER



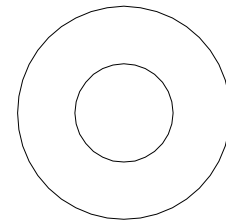
22

1/2" PLASTIC
DOME WASHER



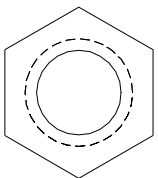
21

3/8" INT TOOTH
LOCK WASHER



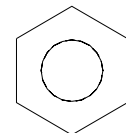
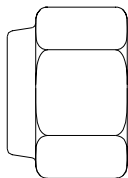
19

1/2"
FLAT WASHER



23

1/2"
LOCK NUT



24

3/8"
LOCK NUT

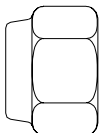
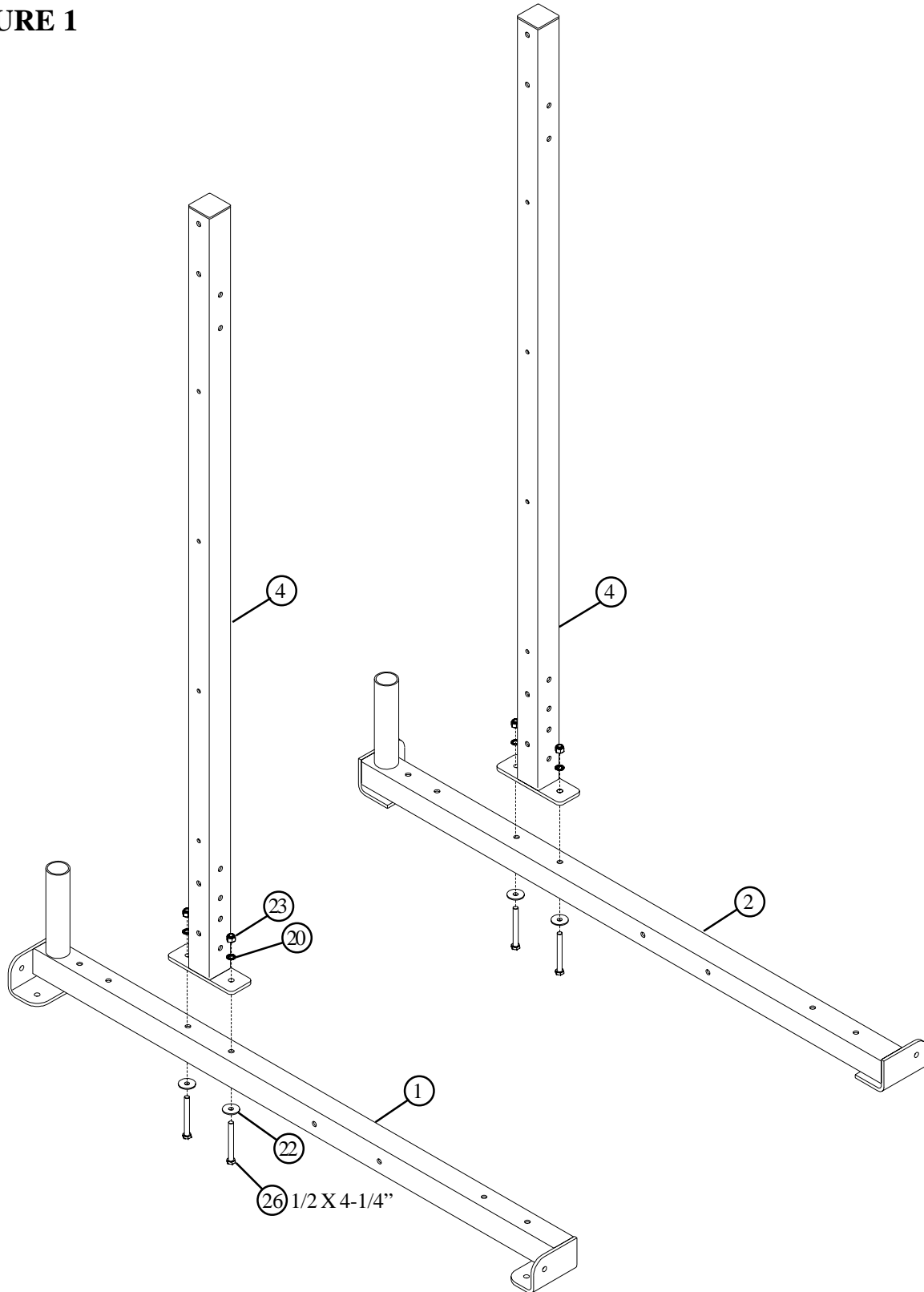


FIGURE 1



STEP 1:

- **LOOSELY** assemble the REAR UPRIGHT (4) to the LEFT UPRIGHT BASE (1) using two 1/2 X 4-1/4" BOLTS (26), two 1/2" PLASTIC DOME WASHERS (22), two 1/2" INT TOOTH LOCK WASHERS (20) and two 1/2" LOCK NUTS (23) as shown in FIGURE 1.
- **LOOSELY** assemble the REAR UPRIGHT (4) to the RIGHT UPRIGHT BASE (2) using two 1/2 X 4-1/4" BOLTS (26), two 1/2" PLASTIC DOME WASHERS (22), two 1/2" INT TOOTH LOCK WASHERS (20) and two 1/2" LOCK NUTS (23) as shown in FIGURE 1.

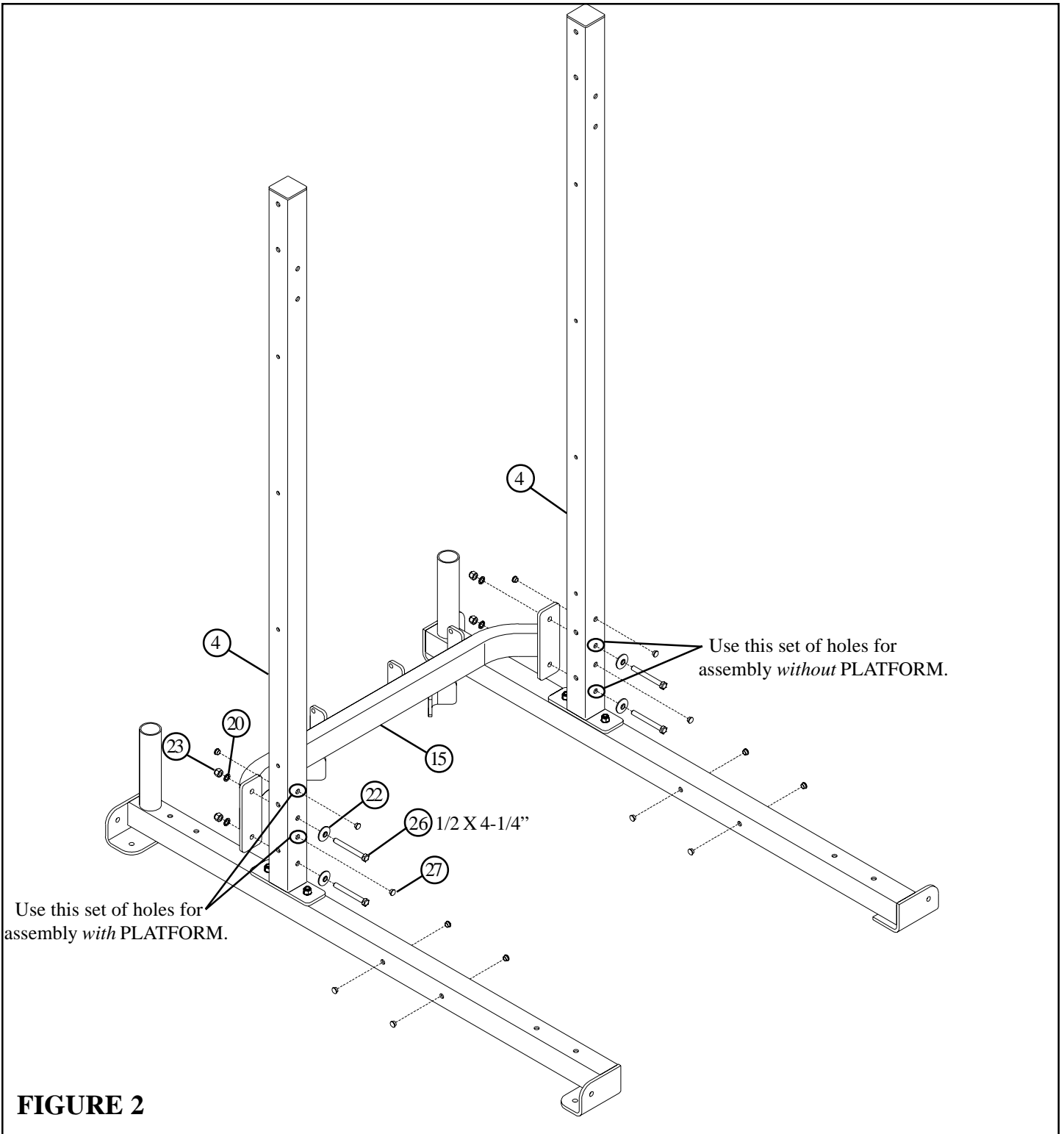
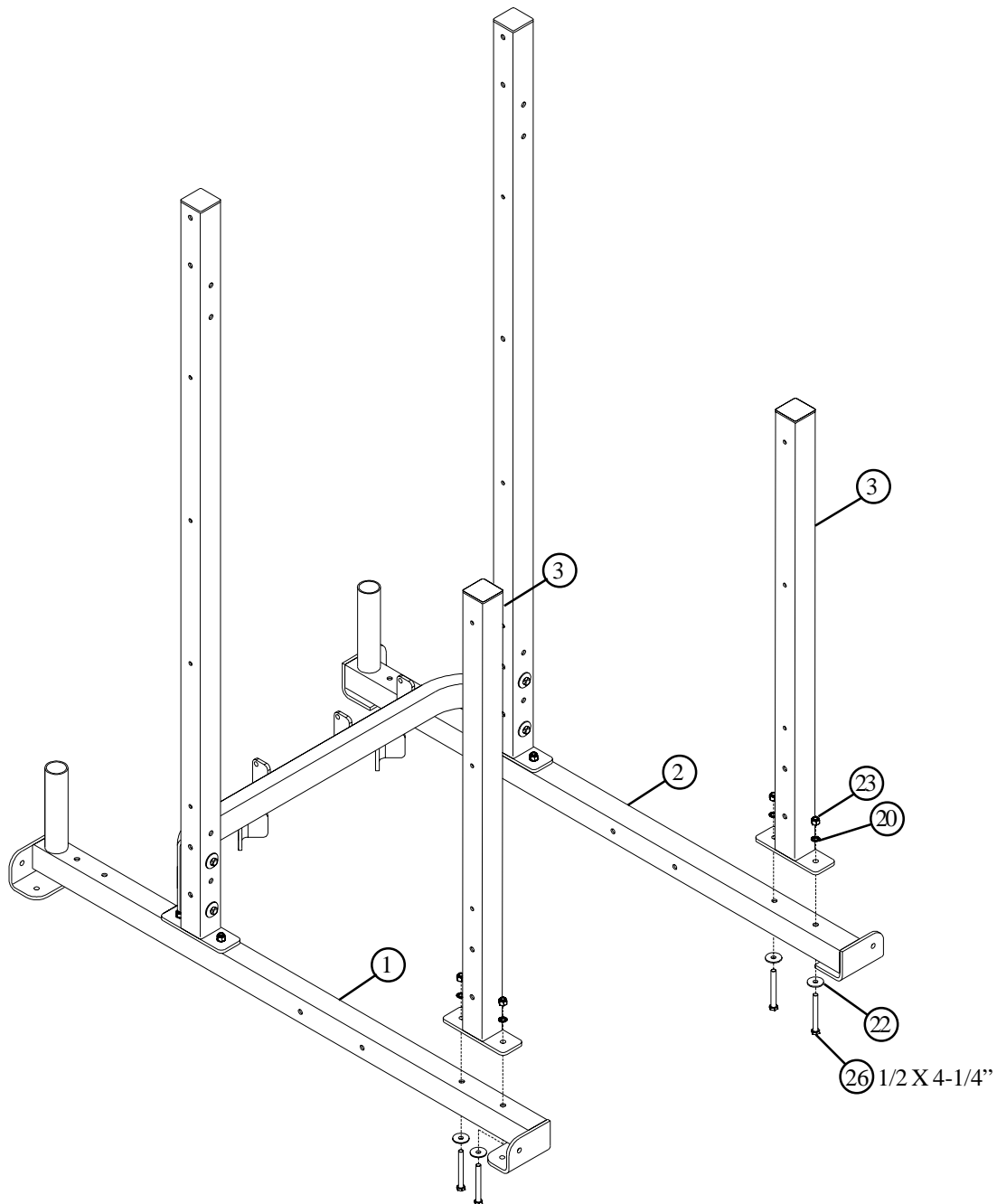


FIGURE 2

STEP 2:

- **LOOSELY** assemble the BOTTOM UPRIGHT SUPPORT (15) to the REAR UPRIGHTS (4) using four 1/2 X 4-1/4" BOLTS (26), four 1/2" PLASITC DOME WASHERS (22), four 1/2" INT TOOTH LOCK WASHERS (20) and four 1/2" LOCK NUTS (23) as shown in FIGURE 2.
- Insert fourteen 9/16" HOLE CAPS (27) into the holes of the REAR UPRIGHTS (4) and the LEFT and RIGHT UPRIGHT BASE (1 & 2) as shown in FIGURE 2.

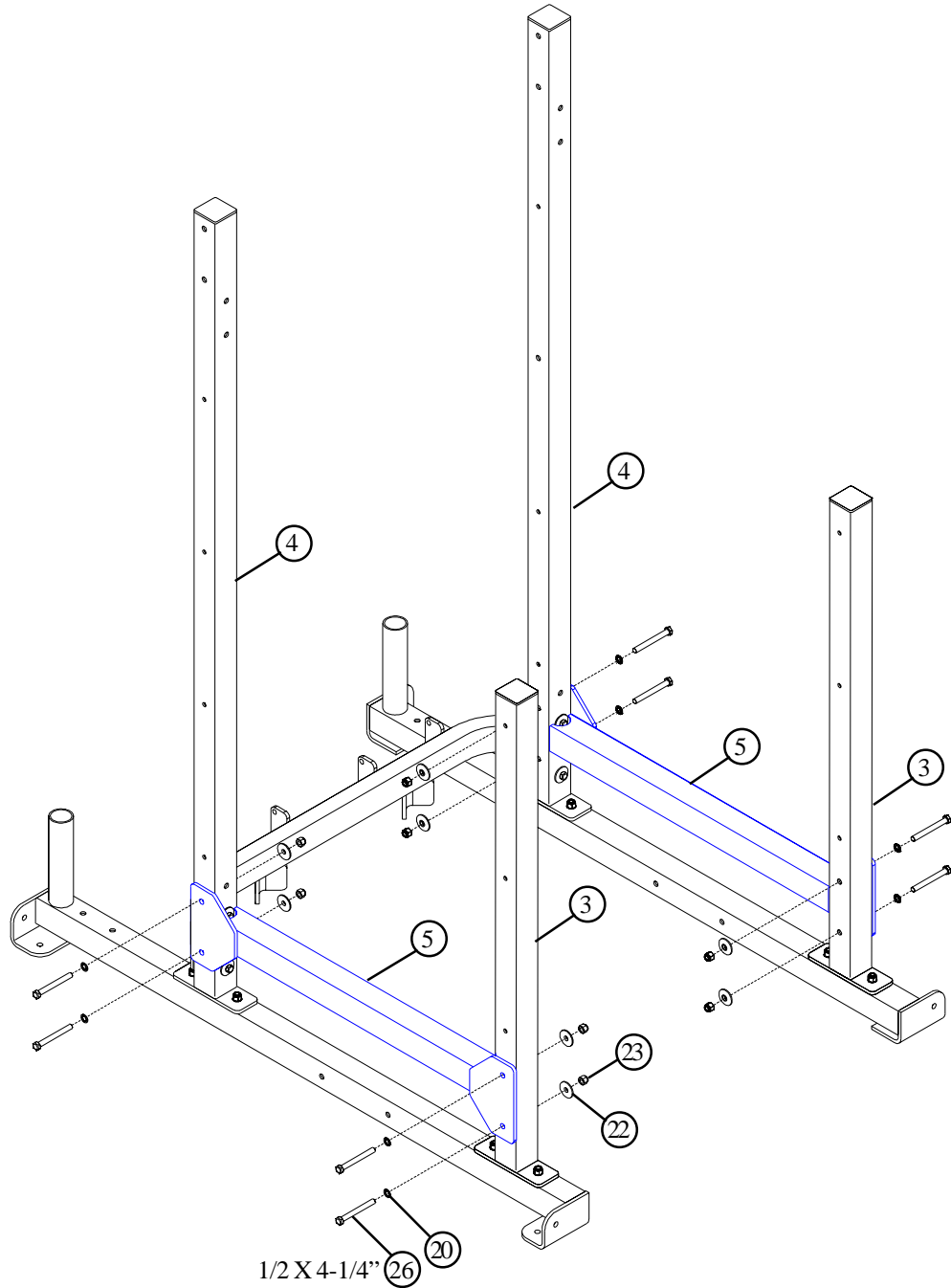
FIGURE 3



STEP 3:

- **LOOSELY** assemble the FRONT UPRIGHT (3) to the LEFT UPRIGHT BASE (1) using two 1/2 X 4-1/4" BOLTS (26), two 1/2" PLASTIC DOME WASHERS (22), two 1/2" INT TOOTH LOCK WASHERS (20) and two 1/2" LOCK NUTS (23) as shown in FIGURE 3.
- **LOOSELY** assemble the FRONT UPRIGHT (3) to the RIGHT UPRIGHT BASE (2) using two 1/2 X 4-1/4" BOLTS (26), two 1/2" PLASTIC DOME WASHERS (22), two 1/2" INT TOOTH LOCK WASHERS (20) and two 1/2" LOCK NUTS (23) as shown in FIGURE 3.

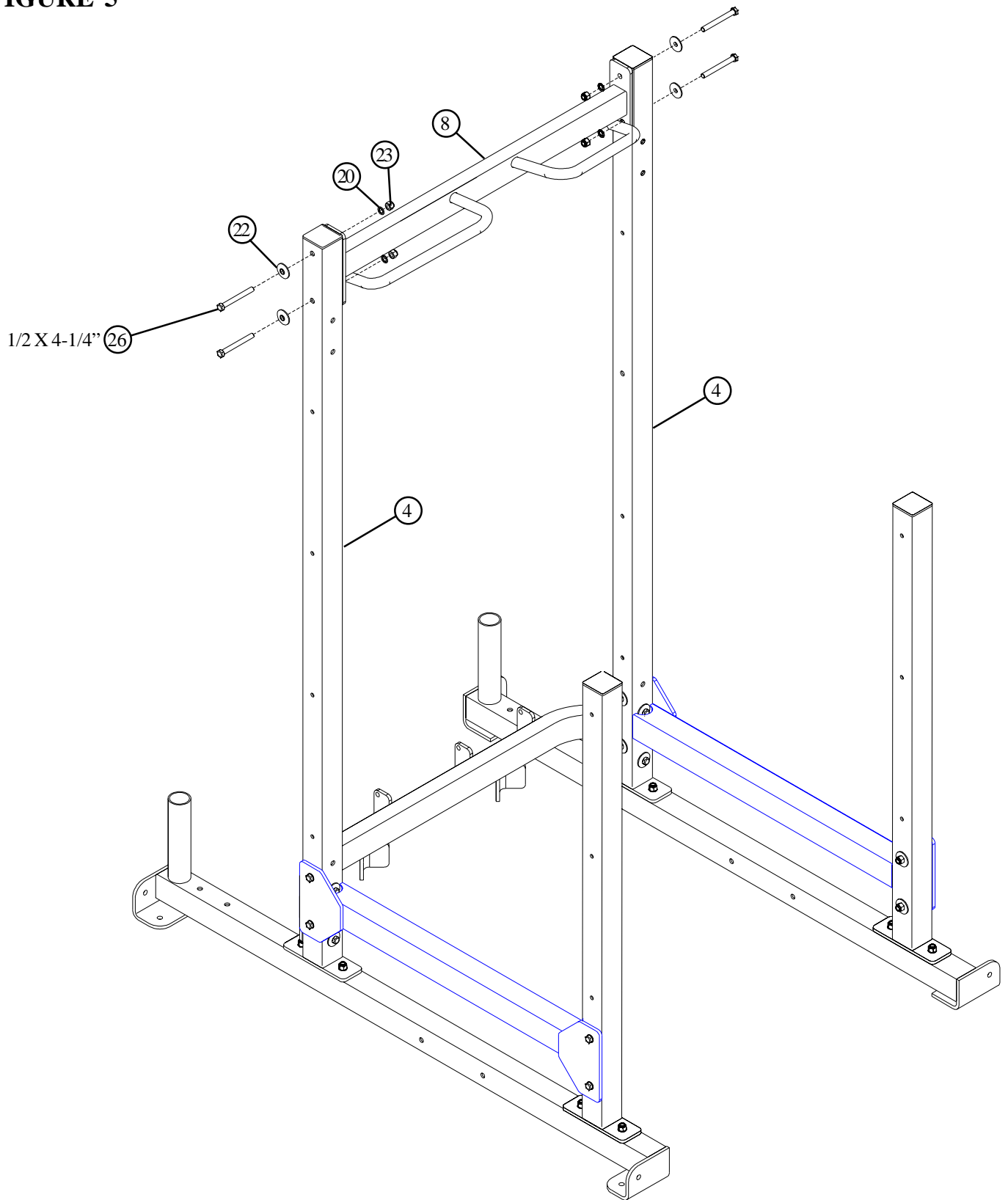
FIGURE 4



STEP 4:

- **LOOSELY** assemble two LOWER CROSS SUPPORTS (5) to the FRONT UPRIGHTS (3) and the REAR UPRIGHTS (4) using eight 1/2 X 4-1/4" BOLTS (26), eight 1/2" INT TOOTH LOCK WASHERS (20), eight 1/2" PLASITC DOME WASHERS (22) and eight 1/2" LOCK NUTS (23) as shown in FIGURE 4.

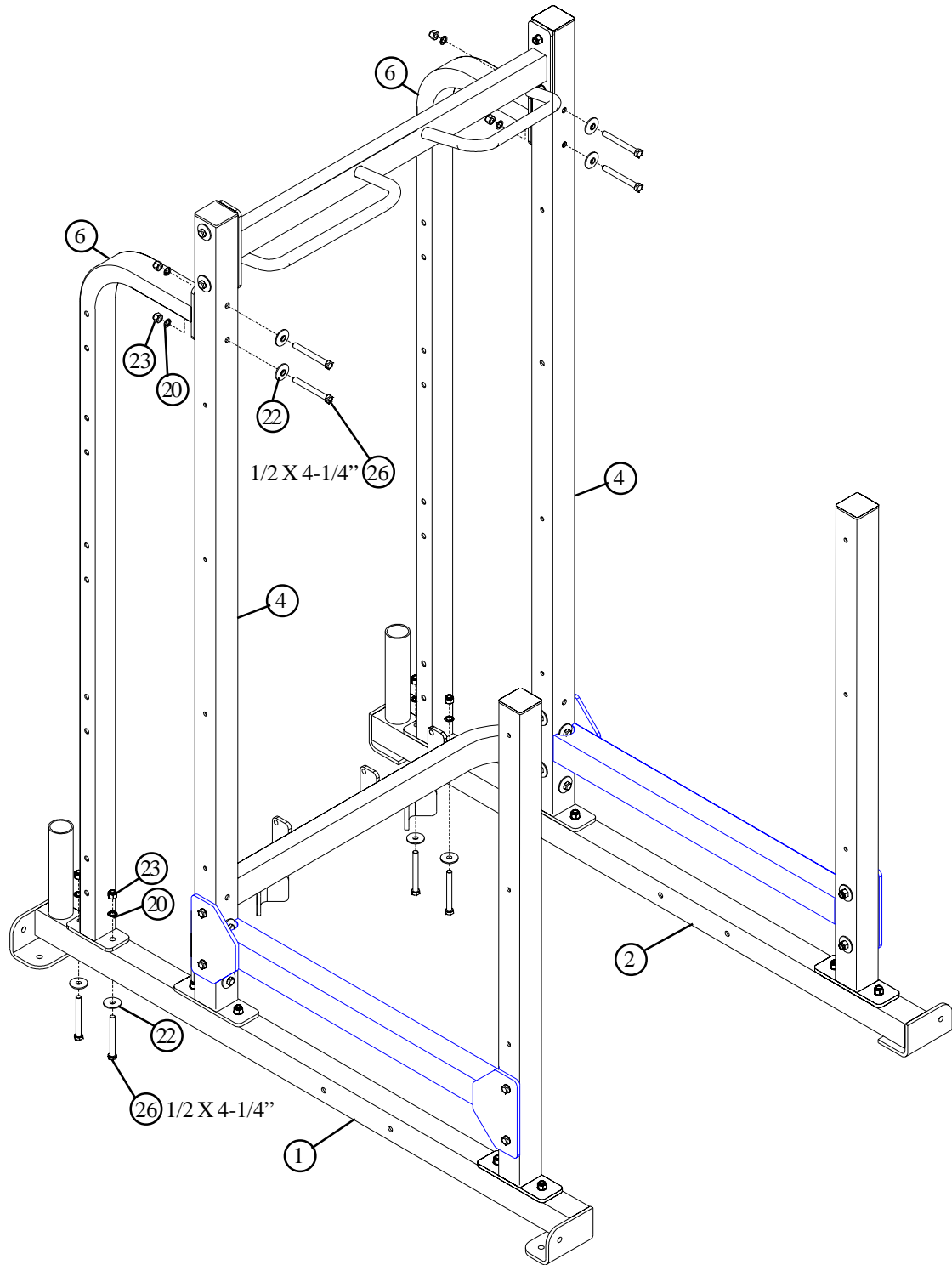
FIGURE 5



STEP 5:

- **LOOSELY** assemble the CHIN-UP SUPPORT (8) to the REAR UPRIGHTS (4) using four 1/2 X 4-1/4" BOLTS (26), four 1/2" PLASTIC DOME WASHERS (22), four 1/2" INT TOOTH LOCK WASHERS (20) and four 1/2" LOCK NUTS (23) as shown in FIGURE 5.

FIGURE 6

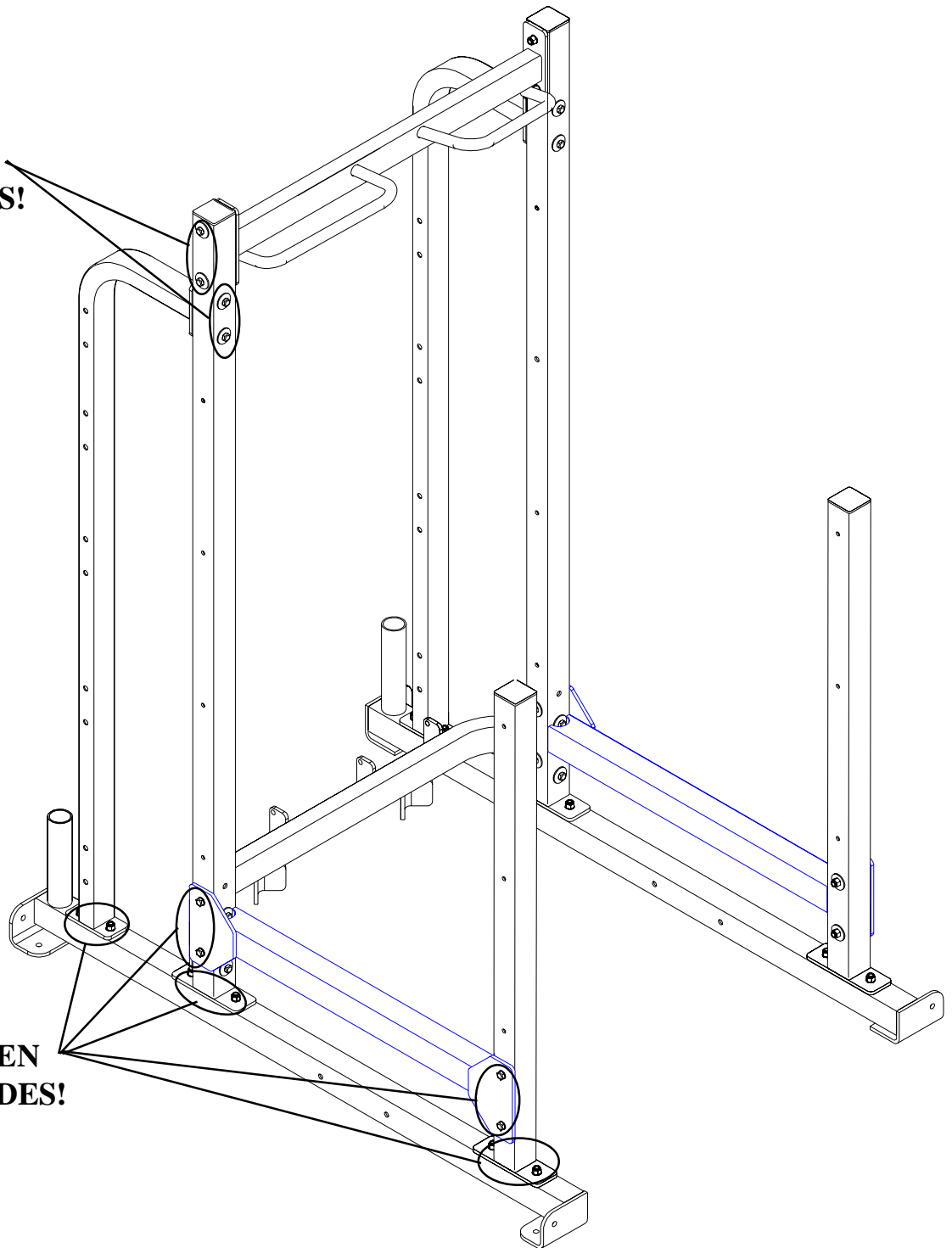


STEP 6:

- **LOOSELY** assemble the WEIGHT HORN UPRIGHTS (6) to the LEFT & RIGHT UPRIGHT BASE (1 & 2) and REAR UPRIGHTS (4) using eight 1/2 X 4-1/4" BOLTS (26), eight 1/2" PLASTIC DOME WASHERS (22), eight 1/2" INTTOOTH LOCK WASHERS (20) and eight 1/2" LOCK NUTS (23) as shown in FIGURE 6.

FIGURE 7

**TIGHTEN
BOTH SIDES!**

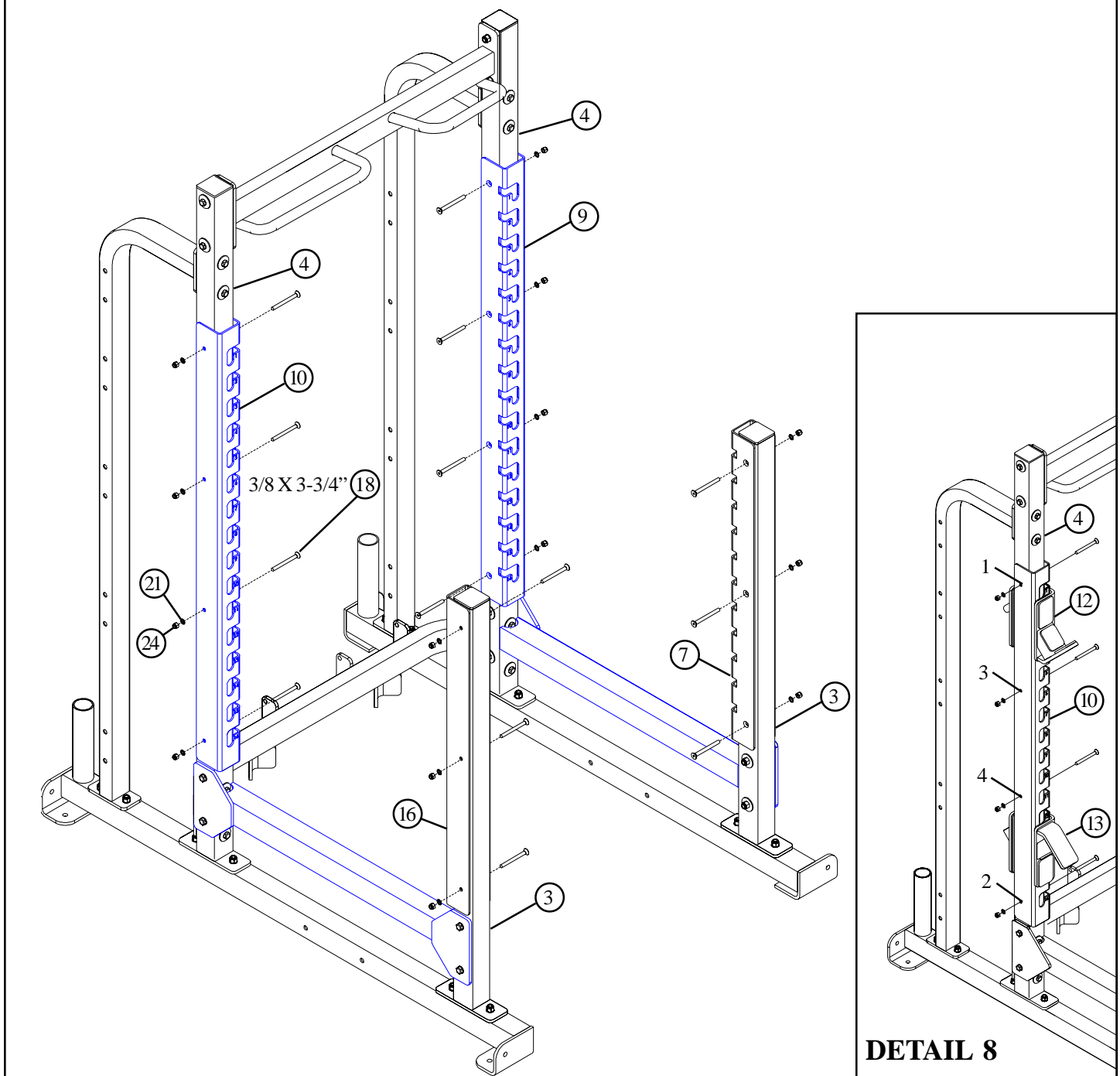


**TIGHTEN
BOTH SIDES!**

STEP 7:

- **Securely tighten all loose frame connections made to this point.**

FIGURE 8



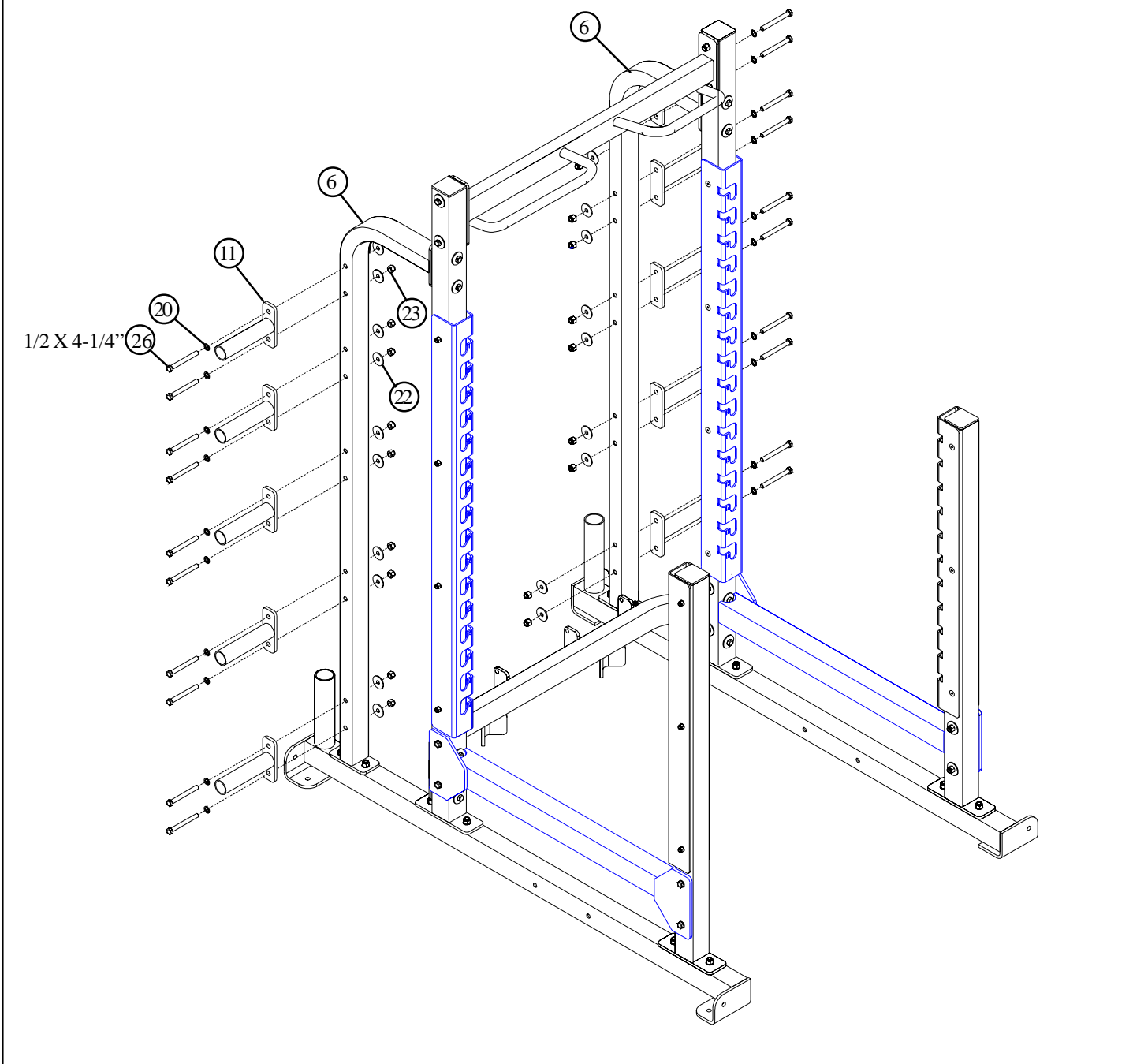
STEP 8:

- **LOOSELY** assemble one RIGHT & one LEFT ADJUSTMENT RACK (9 & 10) to the REAR UPRIGHTS (4) as shown, using eight 3/8 X 3-3/4" FLAT HEAD BOLTS (18), eight 3/8" INT TOOTH LOCK WASHERS (21) and eight 3/8" LOCK NUTS (24). See FIGURE 8.
- **LOOSELY** assemble one RIGHT & one LEFT 42-1/4" ADJUSTMENT RACK (7 & 16) to the FRONT UPRIGHTS (3) as shown, using six 3/8 X 3-3/4" FLAT HEAD BOLTS (18), six 3/8" INT TOOTH LOCK WASHERS (21) and six 3/8" LOCK NUTS (24). See FIGURE 8.

SETTING ADJUSTMENT RACK WIDTH (SEE DETAIL 8)

- Before tightening the ADJUSTMENT RACKS (9 & 10) AND THE 42-1/4" ADJUSTMENT RACKS (7 & 16), slide the LEFT and RIGHT BAR SUPPORTS (12 & 13) over the ADJUSTMENT RACK and REAR UPRIGHT. Assemble one BAR SUPPORT close to the top and the other close to the bottom, as shown in DETAIL 8. (Make sure not to cover any bolt heads.) Proceed to tighten all four bolts in the order shown in DETAIL 8. Repeat this step on the remaining 42-1/4" ADJUSTMENT RACKS.

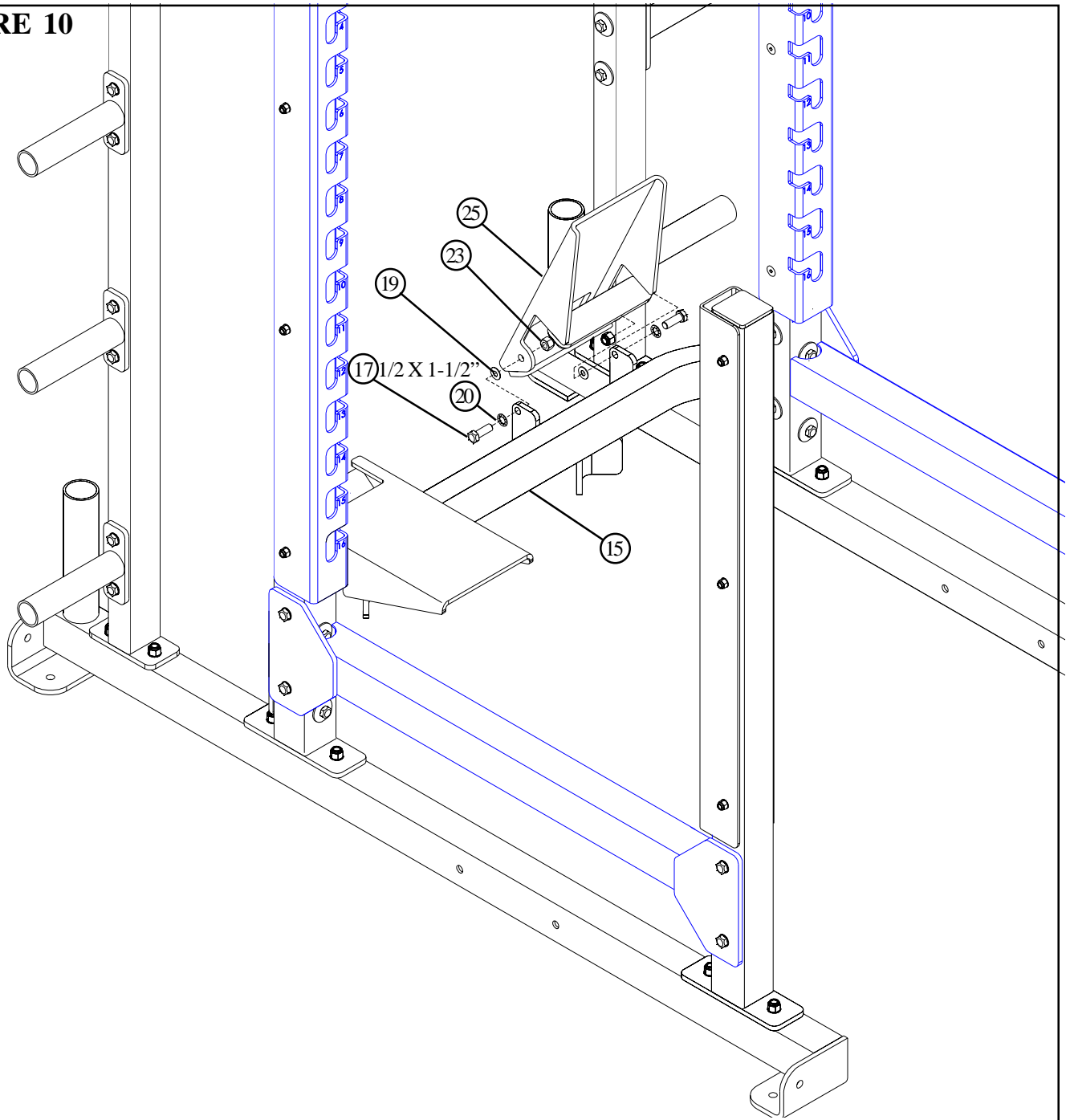
FIGURE 9



STEP 9:

- **SECURELY** assemble the ten WEIGHT HORNS (11) to the WEIGHT HORN UPRIGHTS (6) using twenty 1/2 X 4-1/4" BOLTS (26), twenty 1/2" INT TOOTH LOCK WASHERS (20), twenty 1/2" PLASTIC DOME WASHERS (22) and twenty 1/2" LOCK NUTS (23) as shown in FIGURE 9.

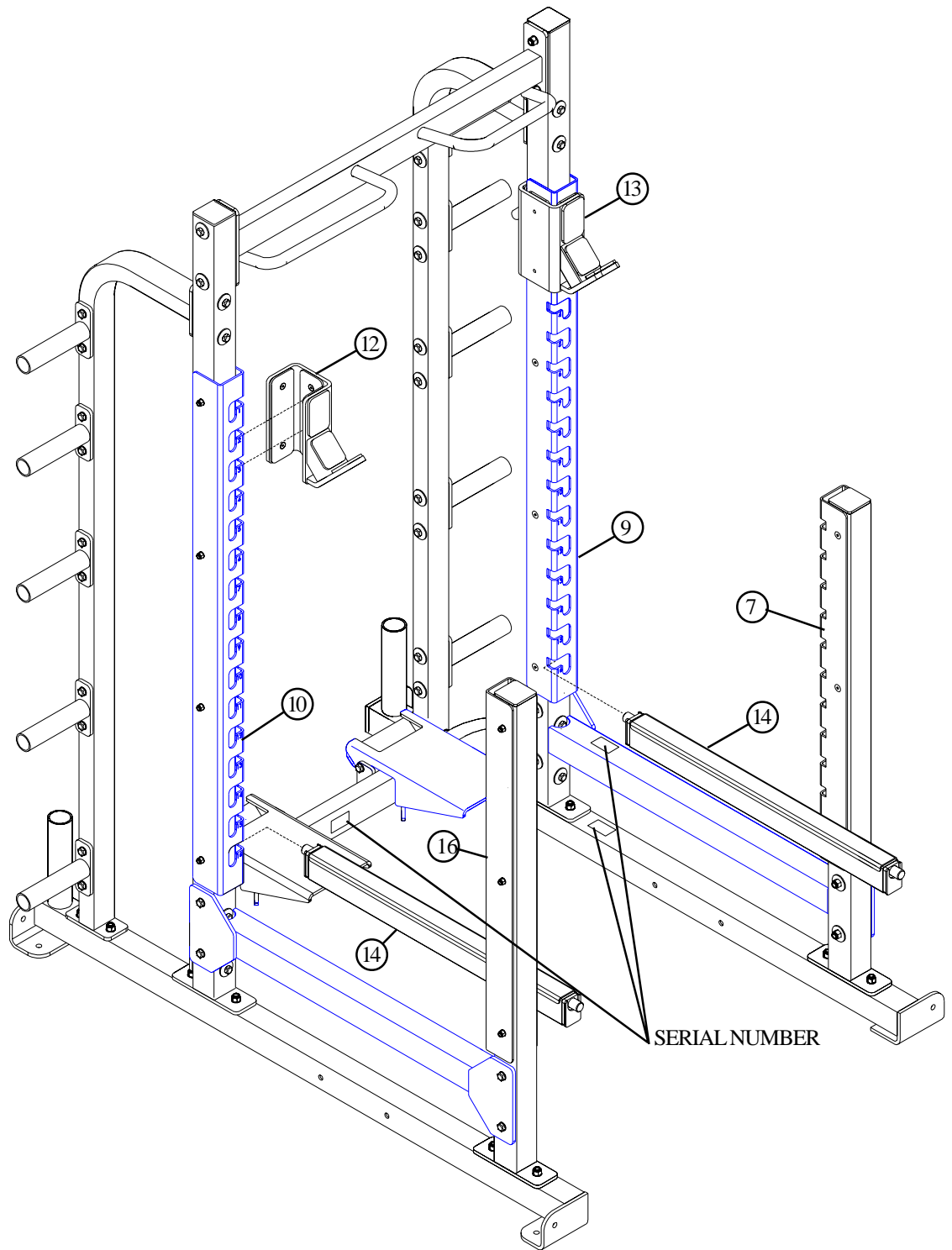
FIGURE 10



STEP 10:

- Assemble two SWIVEL SPOTTERS (25) to the BOTTOM UPRIGHT SUPPORT (15) as shown using four 1/2 X 1-1/2" BOLTS (17), four 1/2" INT TOOTH LOCK WASHERS (20), four 1/2" FLAT WASHERS (19) and four 1/2" LOCK NUTS (23). See FIGURE 10. (**NOTE: Tighten connection SECURELY then back nut off 1/2 turn.**)

FIGURE 11



STEP 11:

- Insert the LEFT BAR SUPPORT (12) into the desired slots of the LEFT ADJUSTMENT RACK (10), and allow it to drop down to lock in place. See FIGURE 11.
- Repeat the above step to assemble the RIGHT BAR SUPPORT (13) to the RIGHT ADJUSTMENT RACK (9).
- Insert the BAR CATCHES (14) into the desired slots on the LEFT & RIGHT ADJUSTMENT RACKS (10 & 9) and (16 & 17), and allow it to drop down and lock into place. See FIGURE 11.

Thank you for purchasing the OLYMPIC HEAVY DUTY MULTI RACK. If unsure of proper use of equipment, call your local Hammer Strength distributor .

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately.
Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

| | | | |
|--|---|---------------------------|--|
| 10 YEARS Structural Frame (Not Coatings) | 5 YEARS Pillow Blocks, Pulleys, Weight Plates, and Guide Rods | 1 YEAR Belts and Grips | 90 DAYS Upholstery and Any Items Not Specified |
|--|---|---------------------------|--|

CONTACT INFORMATION

| | | | |
|---|---|---------------------------------|-------------------------------------|
| United States, Canada, Latin America 800.634.8637 847.288.3399 | Europe, Africa, Middle East (+31) 180.646666 | Asia Pacific (+852)2891.6677 | United Kingdom +44(0)1353.666017 |
| VISIT US AT: <i>HAMMERSTRENGTH.COM</i> | | | |

PREVENTATIVE MAINTENANCE TIPS

| <i>Action</i> | <i>DAILY</i> | <i>WEEKLY</i> | <i>QUARTERLY</i> | <i>BI-ANNUALLY</i> | <i>AS NEEDED</i> |
|------------------|--------------|---------------|------------------|--------------------|------------------|
| CLEAN | | | | | |
| Upholstery | X | | | | |
| Guide Rods | | | | | X |
| Hand Grips | | | | | X |
| INSPECT | | | | | |
| Visual Overall | X | | | | |
| Cables | | X | | | |
| Hardware | | | X | | |
| Frame | | | | X | |
| Hand Grips | | | | | X |
| LUBRICATE | | | | | |
| Guide Rods | | | | | X |

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your Hammer Strength customer service representative.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.