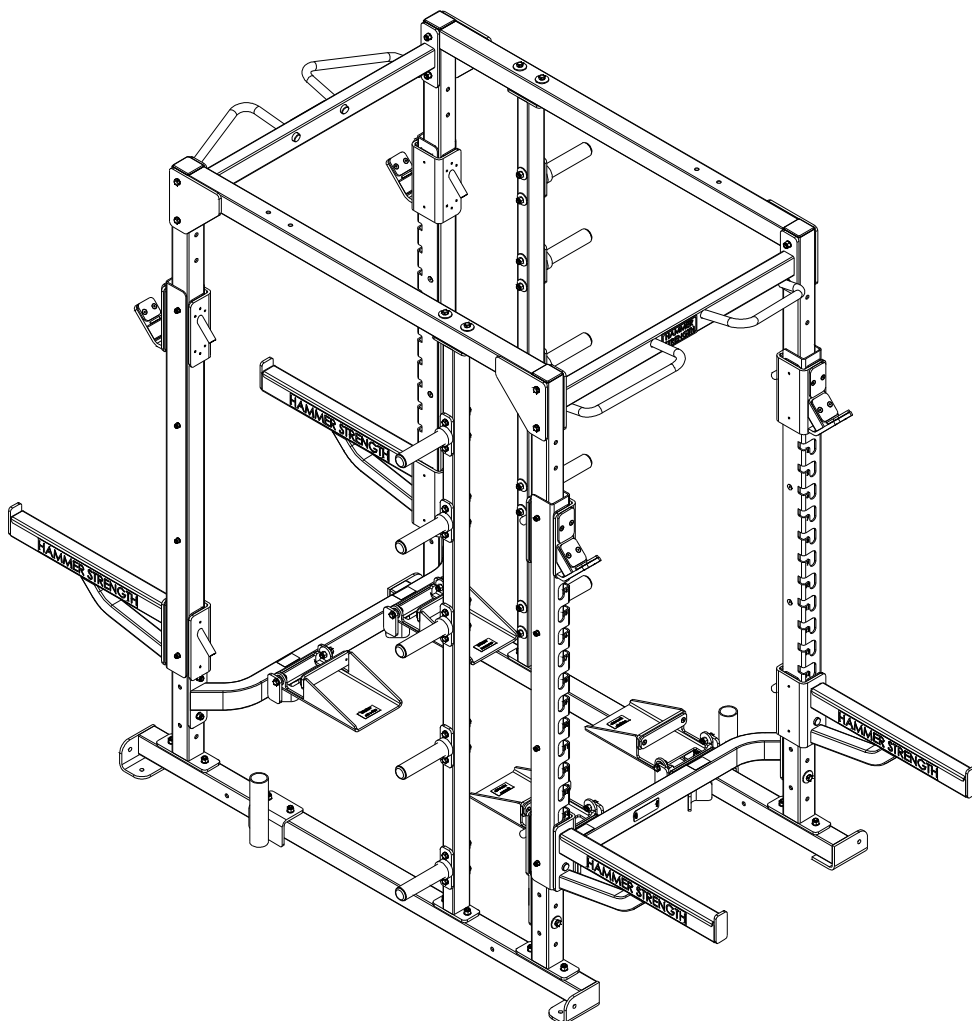


HAMMER STRENGTH®

OLYMPIC HEAVY DUTY COMBO RACK (OHDCR)



ASSEMBLY INSTRUCTIONS

PARTS LIST

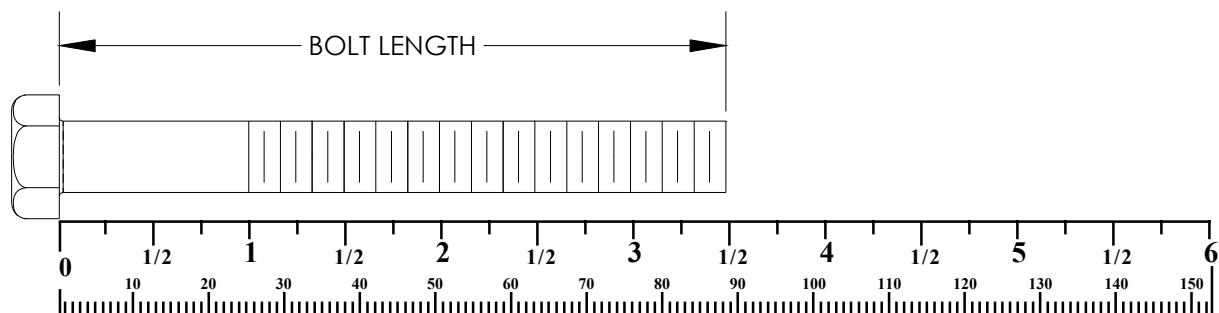
KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	LEA7945001	OHDCR BASE	2	15	LEA7945201	BAR HOLDER	2
2	LEA7762201	UPRIGHT	4	16	LEA3239317	1/2 X 4-1/4" BOLT	48
3	LEA7625201	UPRIGHT SUPPORT	2	17	LEA7617301	1/2" PLASTIC DOME WSHR	48
4	LEA7908201	CROSS SUPPORT	2	18	LEA3102801	1/2" LOCK NUT	64
5	LEA7663901	PULL-UP SUPPORT	2	19	LEA3239505	1/2" INT TOOTH LOCK WSHR	72
6	LEA7908401	WEIGHT HORN UPRIGHT	2	20	LEA3239318	1/2 X 4-1/2" BOLT	8
7	LEA7587501	WEIGHT HORN	10	21	LEA3245200	3/8 X 3-3/4" FLAT HEAD BOLT	16
8	LEA7601701	SWIVEL SUPPORT	4	22	LEA3239503	3/8" INT TOOTH LOCK WSHR	16
9	LEA7584401	ADJUSTABLE RACK (R)	2	23	LEA3102802	3/8" LOCK NUT	16
10	LEA7584501	ADJUSTABLE RADK (L)	2	24	LEA3239306	1/2 X 1-1/2" BOLT	8
11	LEA7622401	BAR CATCH (L)	2	25	LEA3102502	1/2" FLAT WSHR	8
12	LEA7605901	BAR CATCH (R)	2				
13	LEA7587901	BAR SUPPORT (L)	2				
14	LEA7587801	BAR SUPPORT (R)	2				

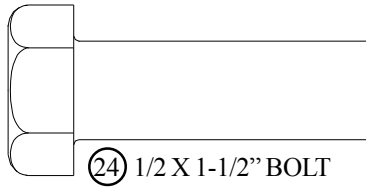
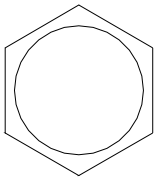
Tools Required for Assembly

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

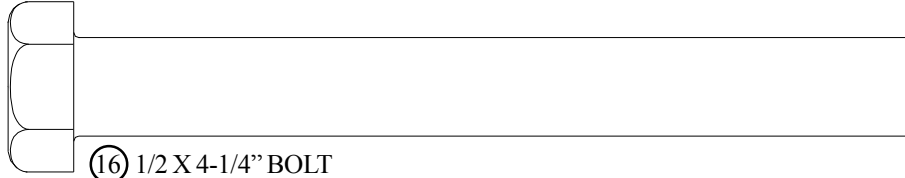
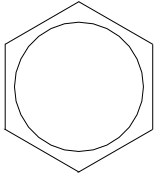
Bolt Length Ruler

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

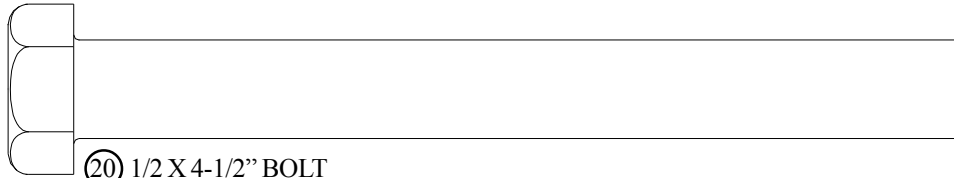
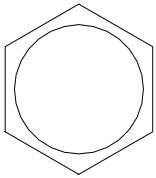




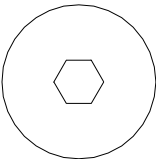
24 1/2 X 1-1/2" BOLT



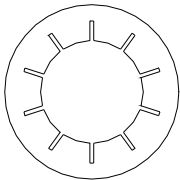
16 1/2 X 4-1/4" BOLT



20 1/2 X 4-1/2" BOLT

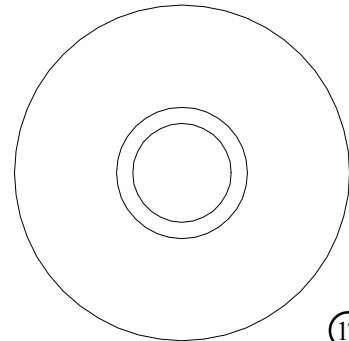


21 3/8 X 3-3/4" FLAT HEAD BOLT



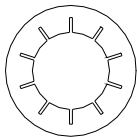
19

1/2" INT TOOTH
LOCK WASHER



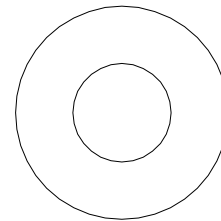
17

1/2" PLASTIC
DOME WASHER



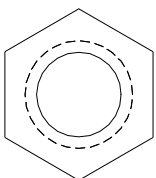
22

3/8" INT TOOTH
LOCK WASHER



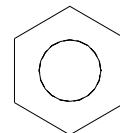
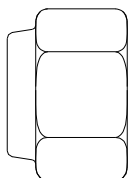
25

1/2"
FLAT WASHER



18

1/2"
LOCK NUT



23

3/8"
LOCK NUT

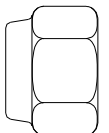
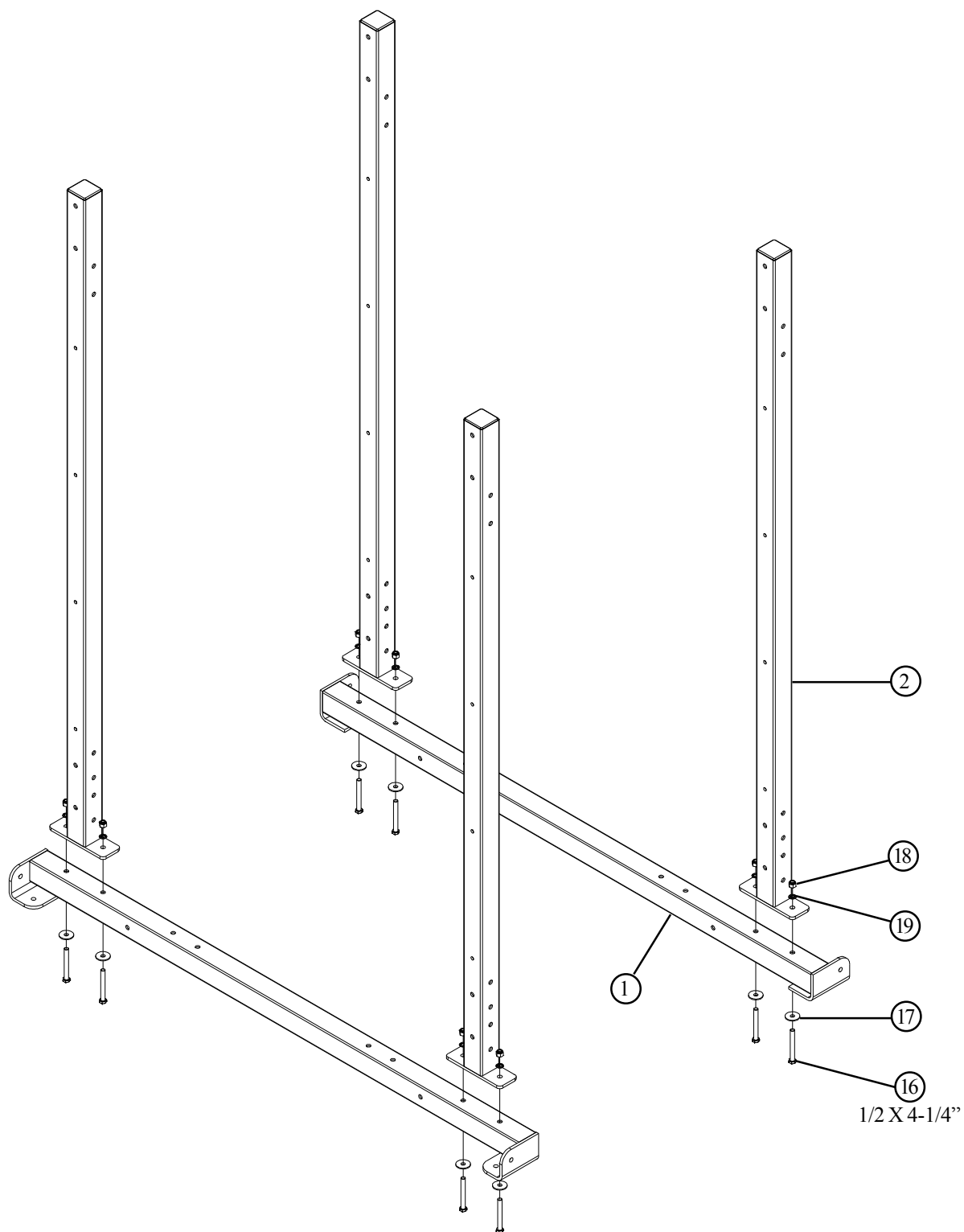


FIGURE 1



STEP 1:

- **LOOSELY** assemble the four UPRIGHTS (2) to the two BASES (1) using eight 1/2 X 4-1/4" BOLTS (16), eight 1/2" PLASTIC DOME WASHERS (17), eight 1/2" INTERTOOTH LOCK WASHERS (19) and eight 1/2" LOCK NUTS (18) as shown in FIGURE 1.

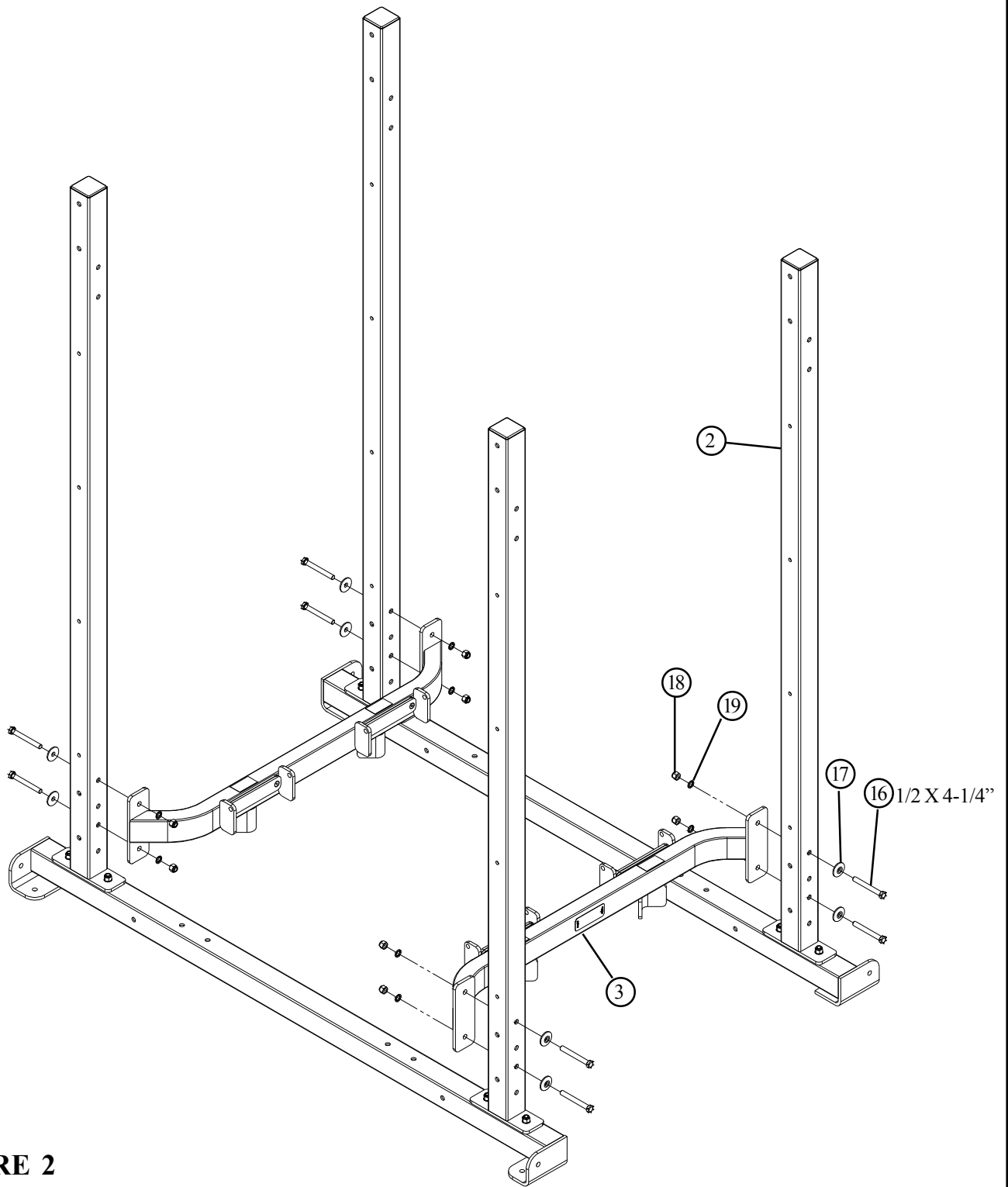
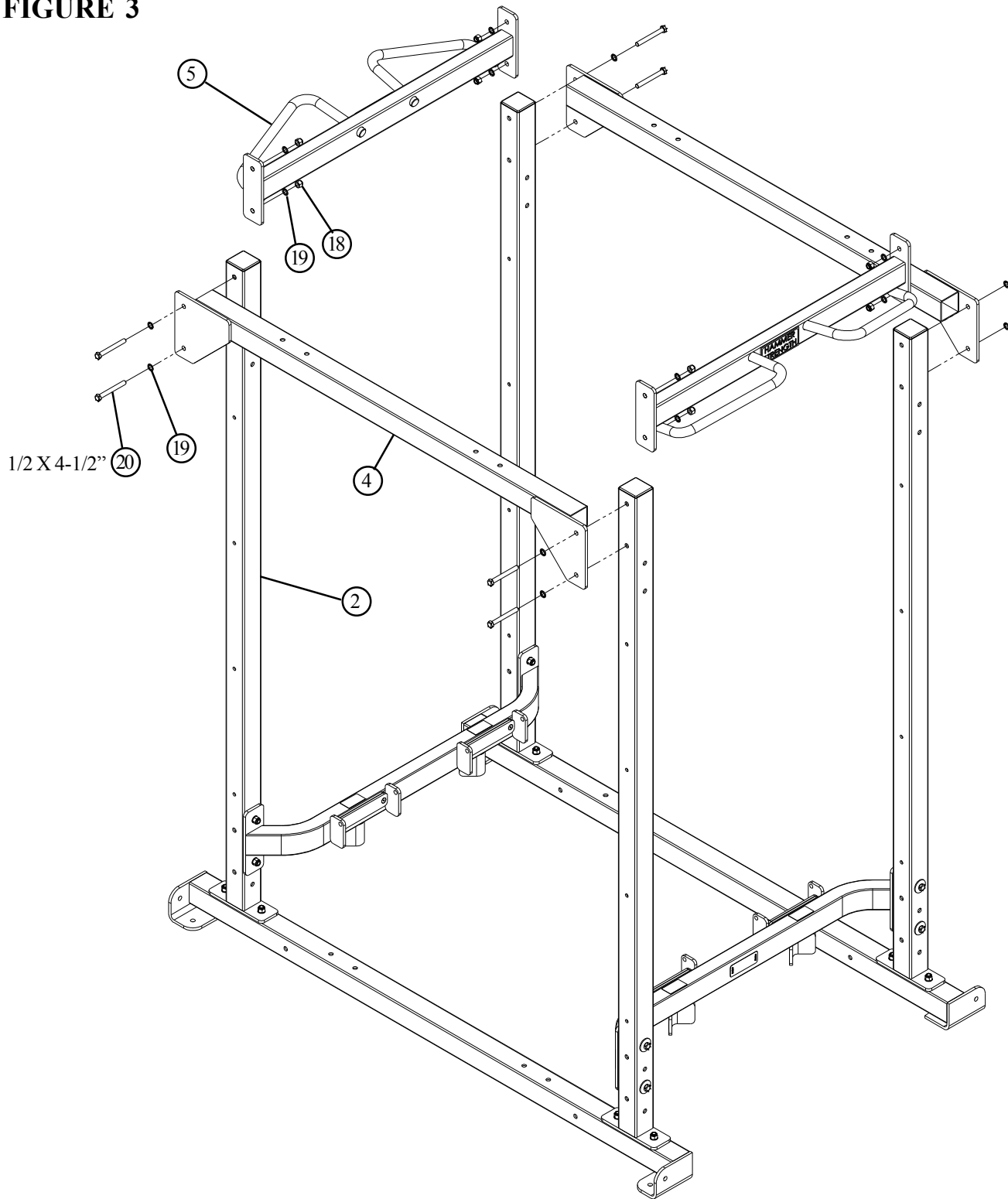


FIGURE 2

STEP 2:

- **LOOSELY** assemble the two UPRIGHT SUPPORTS (3) to the four UPRIGHTS (2) using eight 1/2 X 4-1/4" BOLTS (16), eight 1/2" PLASTIC DOME WASHERS (17), eight 1/2" INT TOOTH LOCK WASHERS (19) and eight 1/2" LOCK NUTS (18) as shown in FIGURE 2.

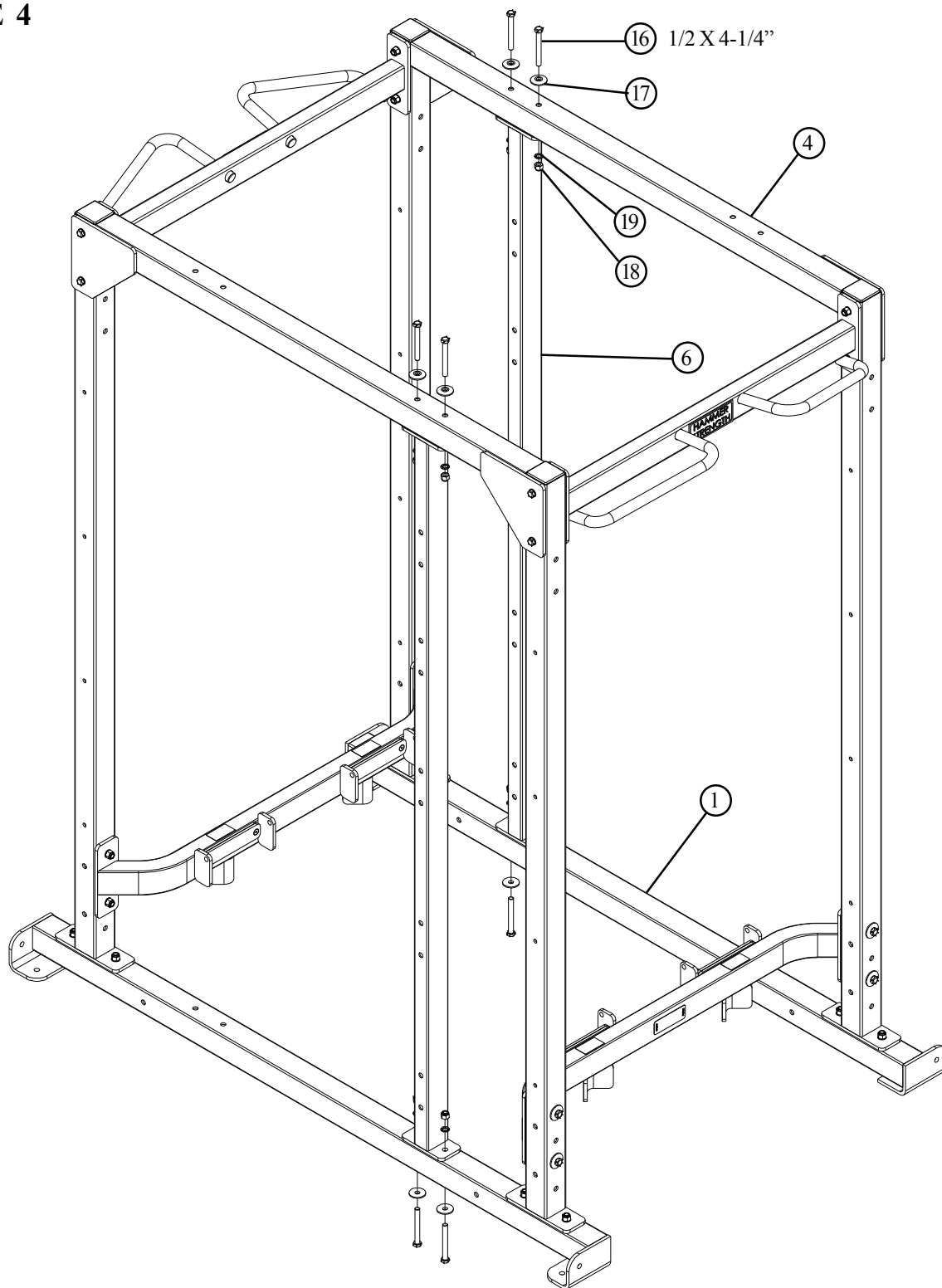
FIGURE 3



STEP 3:

- **LOOSELY** assemble the two CROSS SUPPORTS (4) and two PULL-UP SUPPORTS (5) using eight 1/2 X 4-1/2" BOLTS (20), sixteen 1/2" INT TOOTH LOCK WASHERS (19) and eight 1/2" LOCK NUTS (18) as shown in FIGURE 3.

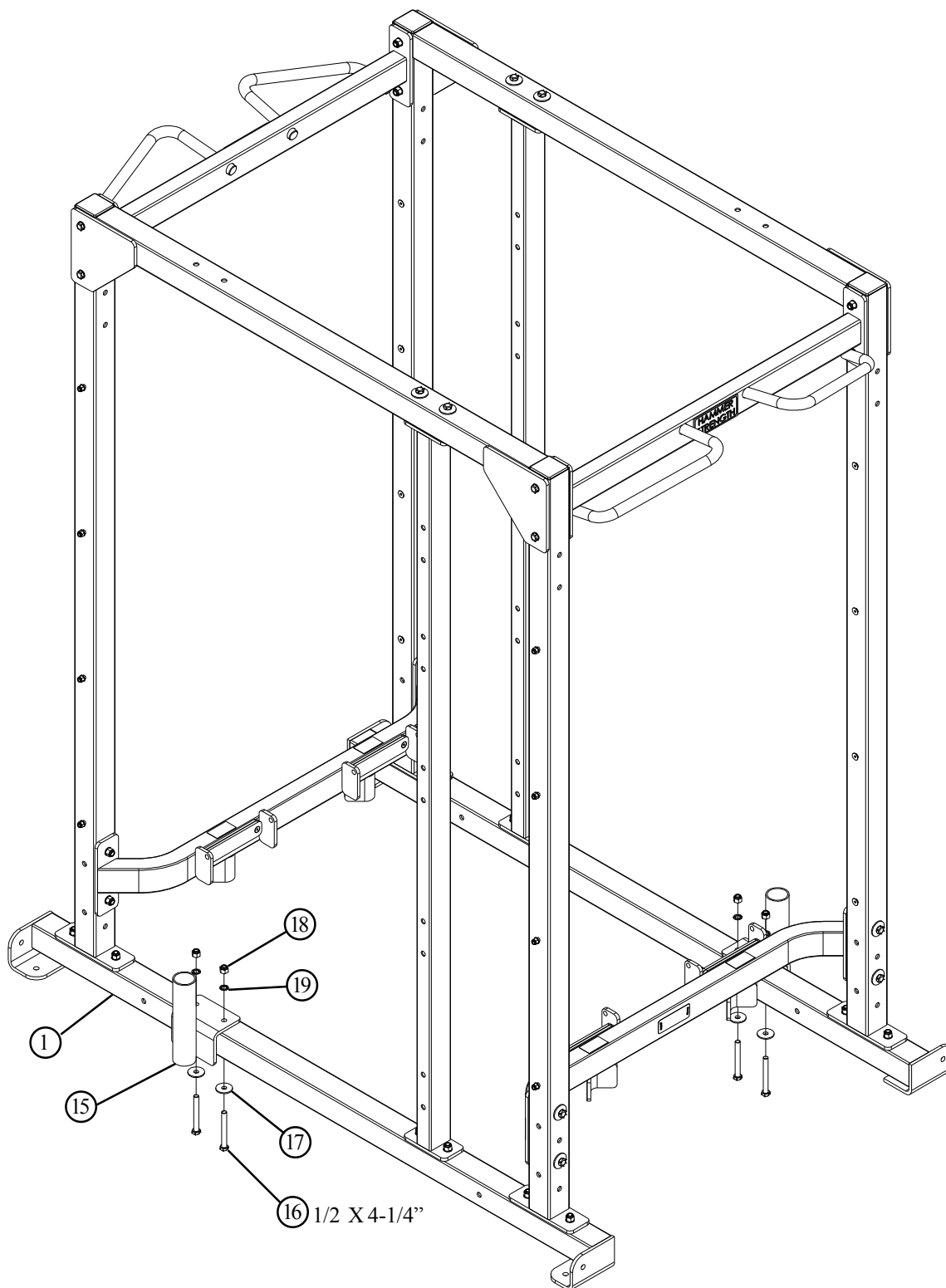
FIGURE 4



STEP 4:

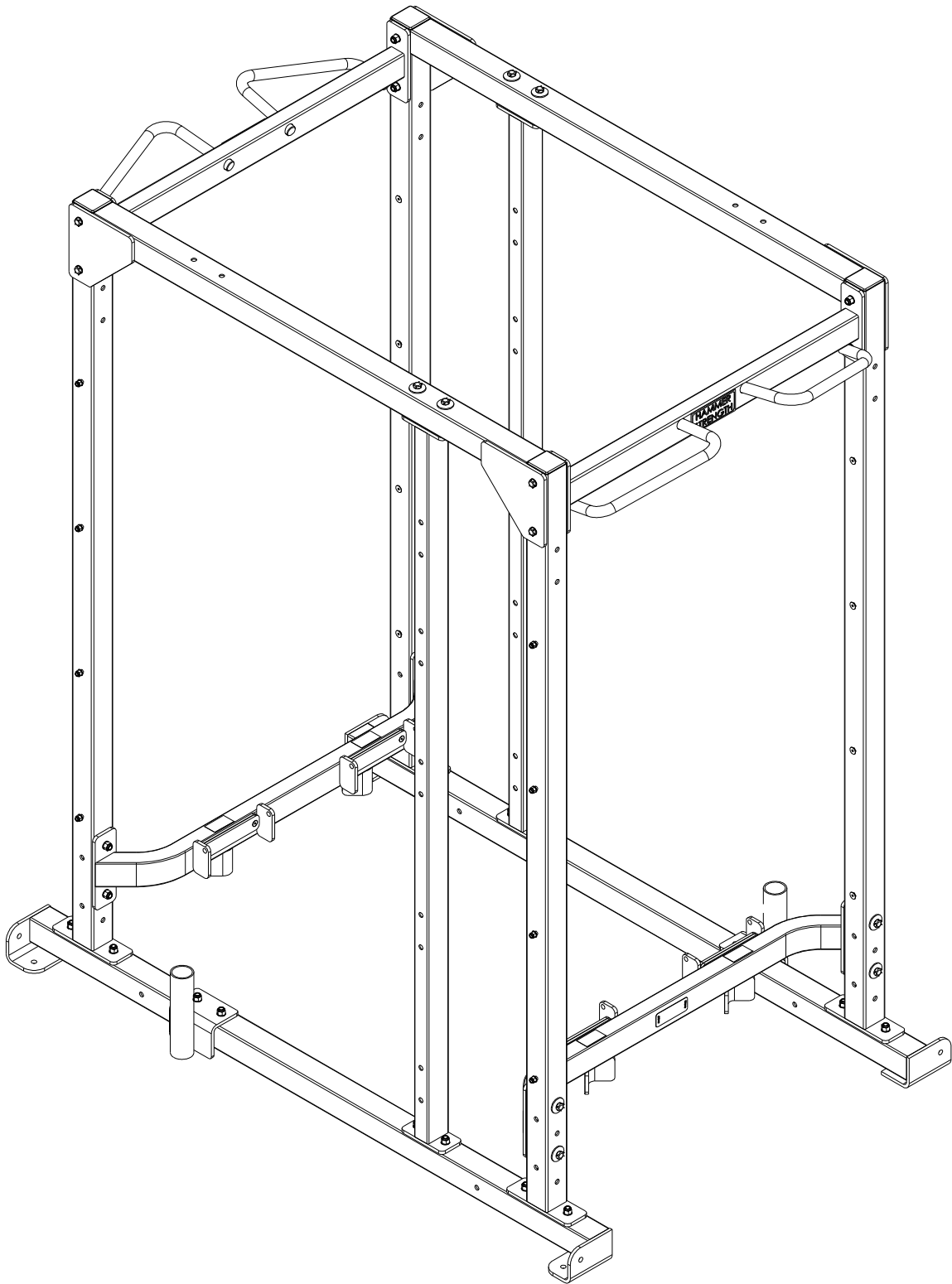
- **LOOSELY** assemble the two WEIGHT HORN UPRIGHTS (6) to the BASES (1) and CROSS SUPPORTS (4) using eight 1/2 X 4-1/4" BOLTS (16), eight PLASTIC DOME WASHERS (17), eight 1/2" INT TOOTH LOCK WASHERS (19) and eight 1/2" LOCK NUTS (18) as shown in FIGURE 4.

FIGURE 5



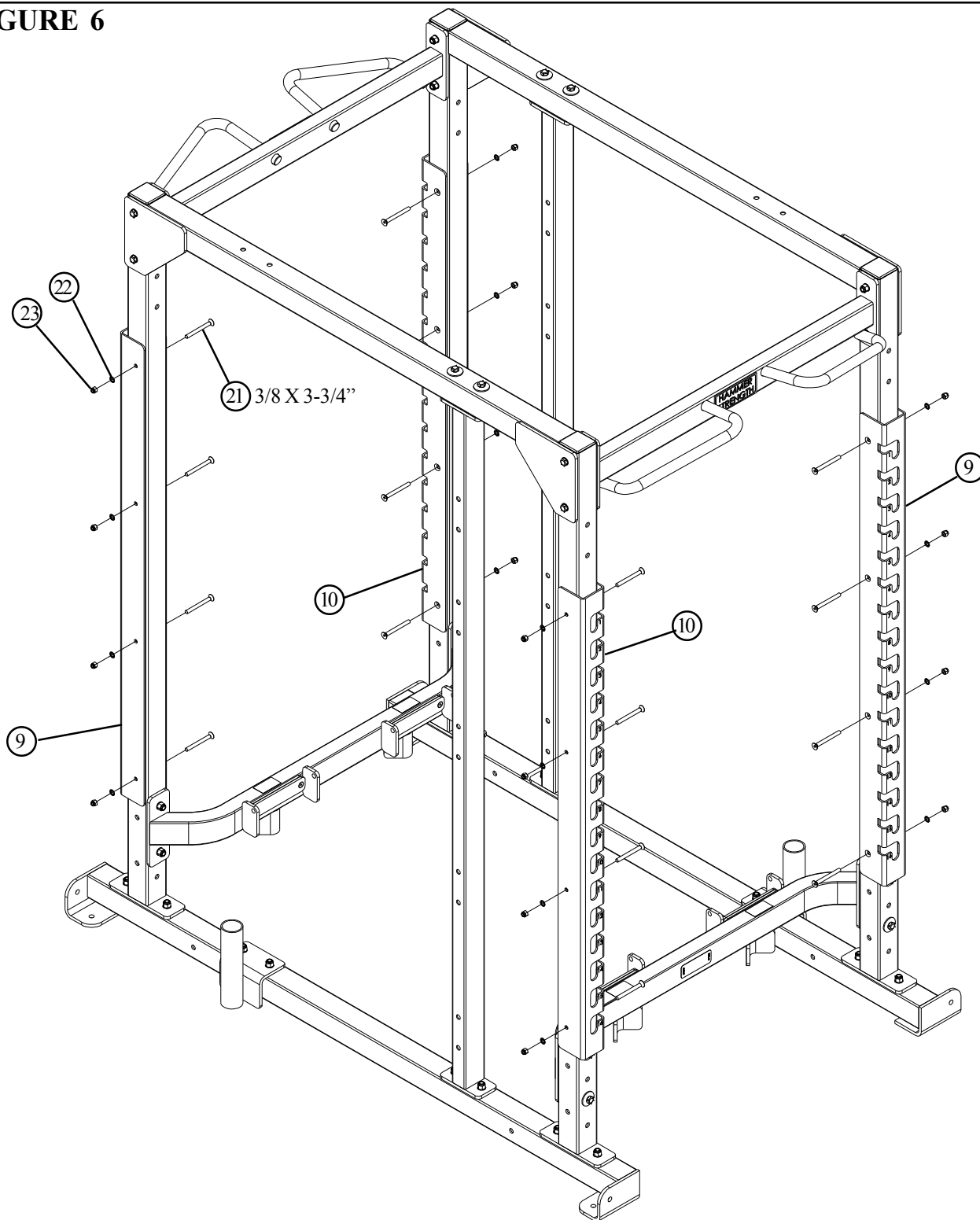
STEP 5:

- **LOOSELY** assemble the two BAR HOLDERS (15) to the BASES (1) using four 1/2 X 4-1/2" BOLTS (16), four 1/2" PLASTIC DOME WASHERS (17), four 1/2" INT TOOTH LOCK WASHERS (19) and four 1/2" LOCK NUTS (18) as shown in FIGURE 5.



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

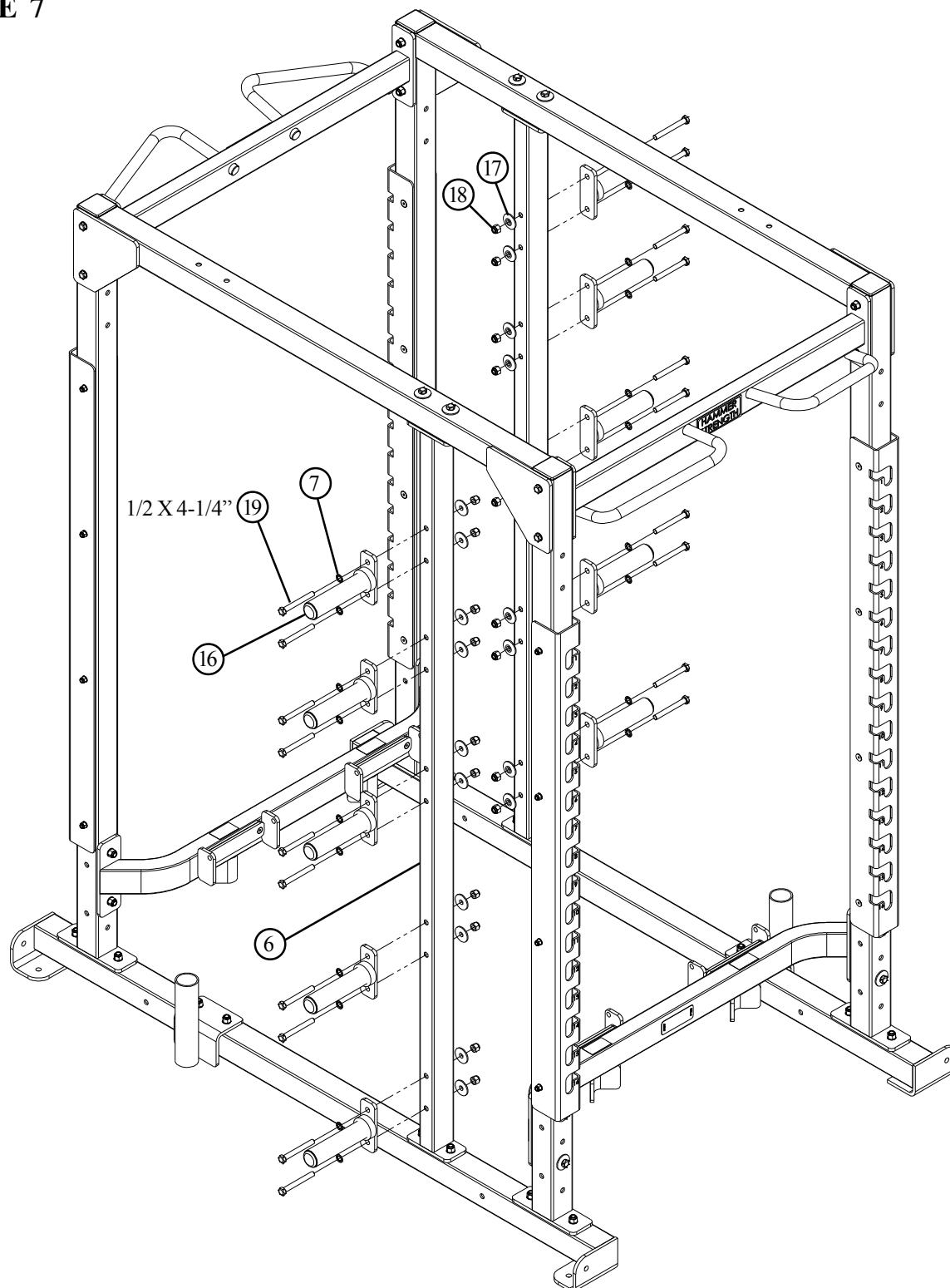
FIGURE 6



STEP 6:

- Assemble the four ADJUSTABLE RACKS (9 & 10) as show, using sixteen 3/8 X 3-3/4" FLAT HEAD BOLTS (21) sixteen 3/8" INT TOOTH LOCK WASHERS (22) and sixteen 3/8" LOCK NUTS (23) as shown in FIGURE 6.

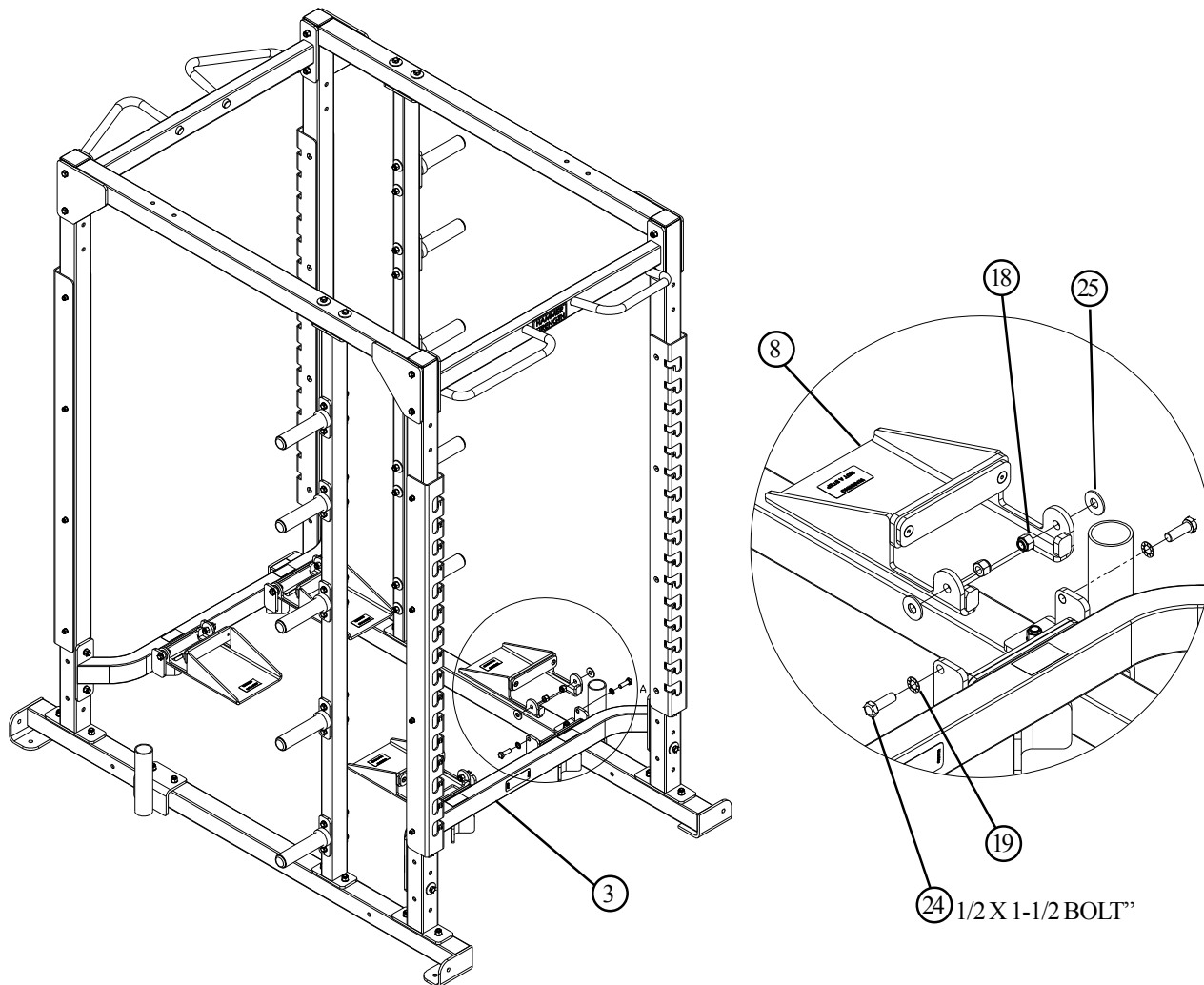
FIGURE 7



STEP 7:

- Assemble the WEIGHT HORNS (7) to the WEIGHT HORN UPRIGHTS (6) using twenty 1/2 X 4-1/4" BOLTS (16), twenty 1/2" INT TOOTH LOCK WASHERS (19) twenty 1/2" PLASTIC DOME WASHERS (17) and twenty 1/2" LOCK NUTS (18) as shown in FIGURE 7.

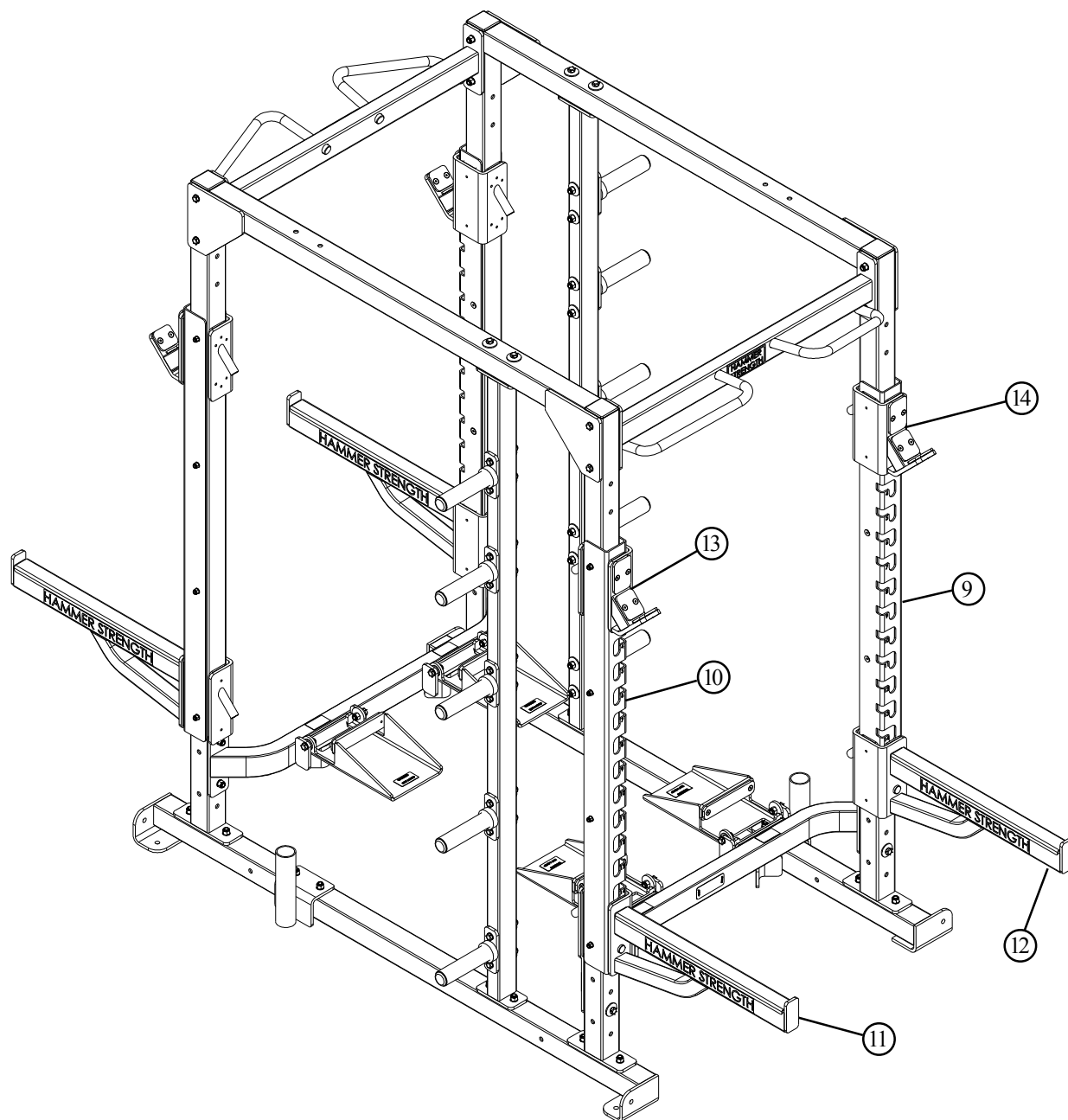
FIGURE 8



STEP 8:

- Assemble the four SWIVEL SPOTTERS (8) to the two UPRIGHT SUPPORTS (3), using eight 1/2 X 1-1/2" BOLTS (24), eight 3/8" INT TOOTH LOCK WASHERS (19), eight 1/2" FLAT WASHERS (25) and eight 3/8" LOCK NUTS (18). See FIGURE 8.
- **NOTE: THE 1/2" FLAT WASHERS (25) ARE PLACED BETWEEN THE SWIVEL SPOTTER (8) AND UPRIGHT SUPPORT (3)**

FIGURE 9



STEP 9:

- Insert BAR CATCHES (11 & 12) and the BAR SUPPORTS (13 & 14) into the desired slots of the ADJUSTABLE RACKS (9 & 10) as shown in FIGURE 9.

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	5 YEARS	1 YEAR	90 DAYS
Structural Frame (Not Coatings)	Pillow Blocks, Pulleys, Weight Plates, and Guide Rods	Belts and Grips	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.