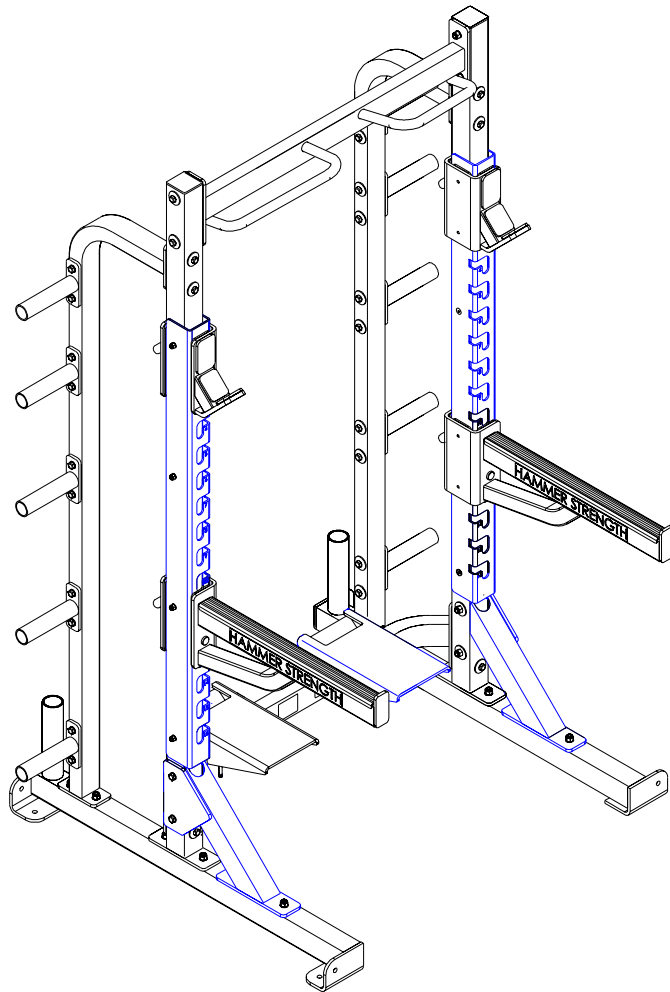


# HAMMER STRENGTH®

## OLYMPIC HEAVY DUTY HALF RACK (OHDHR)

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## ASSEMBLY INSTRUCTIONS

## PARTS LIST

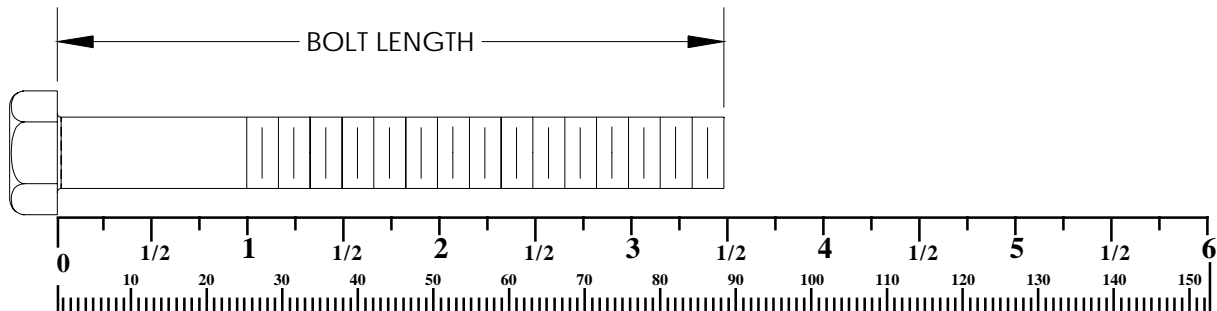
KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	LEA7664801	LEFT UPRIGHT BASE	1	15	LEA7596501	BOTTOM UPRIGHT SUPPORT	1
2	LEA7665001	RIGHT UPRIGHT BASE	1	16	LEA3239306	1/2 X 1-1/2" BOLT	4
3	LEA7665101	LEFT UPRIGHT SUPPORT	1	17	LEA3245201	3/8 X 3-3/4" FLAT HEAD BOLT	8
4	LEA7584901	REAR UPRIGHT	2	18	LEA3102502	1/2" FLAT WASHER	4
5	LEA7665501	RIGHT UPRIGHT SUPPORT	1	19	LEA3237505	1/2" INTTOOTHLOCK WASHER	52
6	LEA7586601	WEIGHT HORN UPRIGHT	2	20	LEA3239503	3/8" INTTOOTHLOCK WASHER	8
7	LEA7622401	LEFT BAR CATCH	1	21	LEA7617301	1/2" PLASTIC DOME WASHER	48
8	LEA7663901	PULL-UP SUPPORT	1	22	LEA3102801	1/2" LOCK NUT	52
9	LEA7584401	RIGHT ADJUSTMENT RACK	1	23	LEA3102802	3/8" LOCK NUT	8
10	LEA7584501	LEFT ADJUSTMENT RACK	1	24	LEA7601701	SWIVEL SPOTTER	2
11	LEA7587501	WEIGHT HORN	10	25	LEA3239317	1/2 X 4-1/4" BOLT	48
12	LEA7587901	LEFT BAR SUPPORT	1	26	LEA3105303	9/16" HOLE CAP	6
13	LEA7587801	RIGHT BAR SUPPORT	1				
14	LEA7605901	RIGHT BAR CATCH	1				

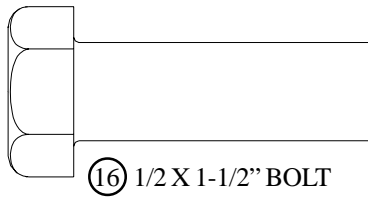
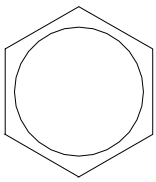
### Tools Required for Assembly

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

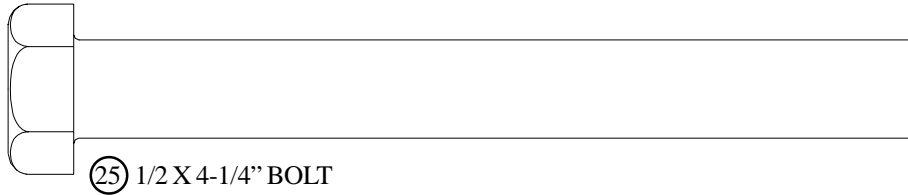
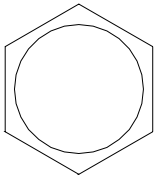
### Bolt Length Ruler

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

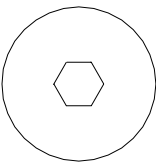




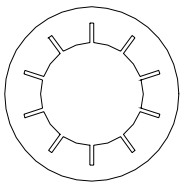
16 1/2 X 1-1/2" BOLT



25 1/2 X 4-1/4" BOLT

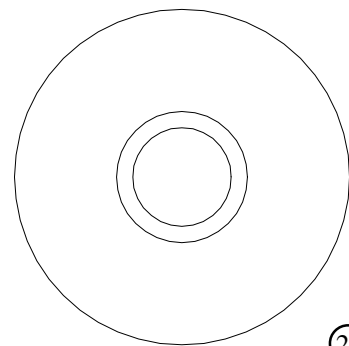


17 3/8 X 3-3/4" FLAT HEAD BOLT



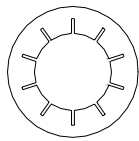
19

1/2" INT TOOTH  
LOCK WASHER



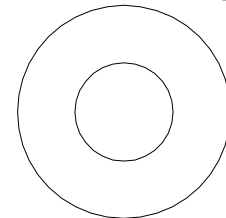
21

1/2" PLASTIC  
DOME WASHER



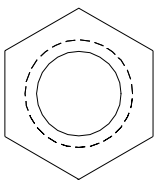
20

3/8" INT TOOTH  
LOCK WASHER



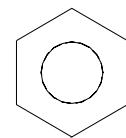
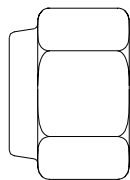
18

1/2"  
FLAT WASHER



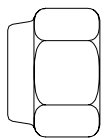
22

1/2"  
LOCK NUT

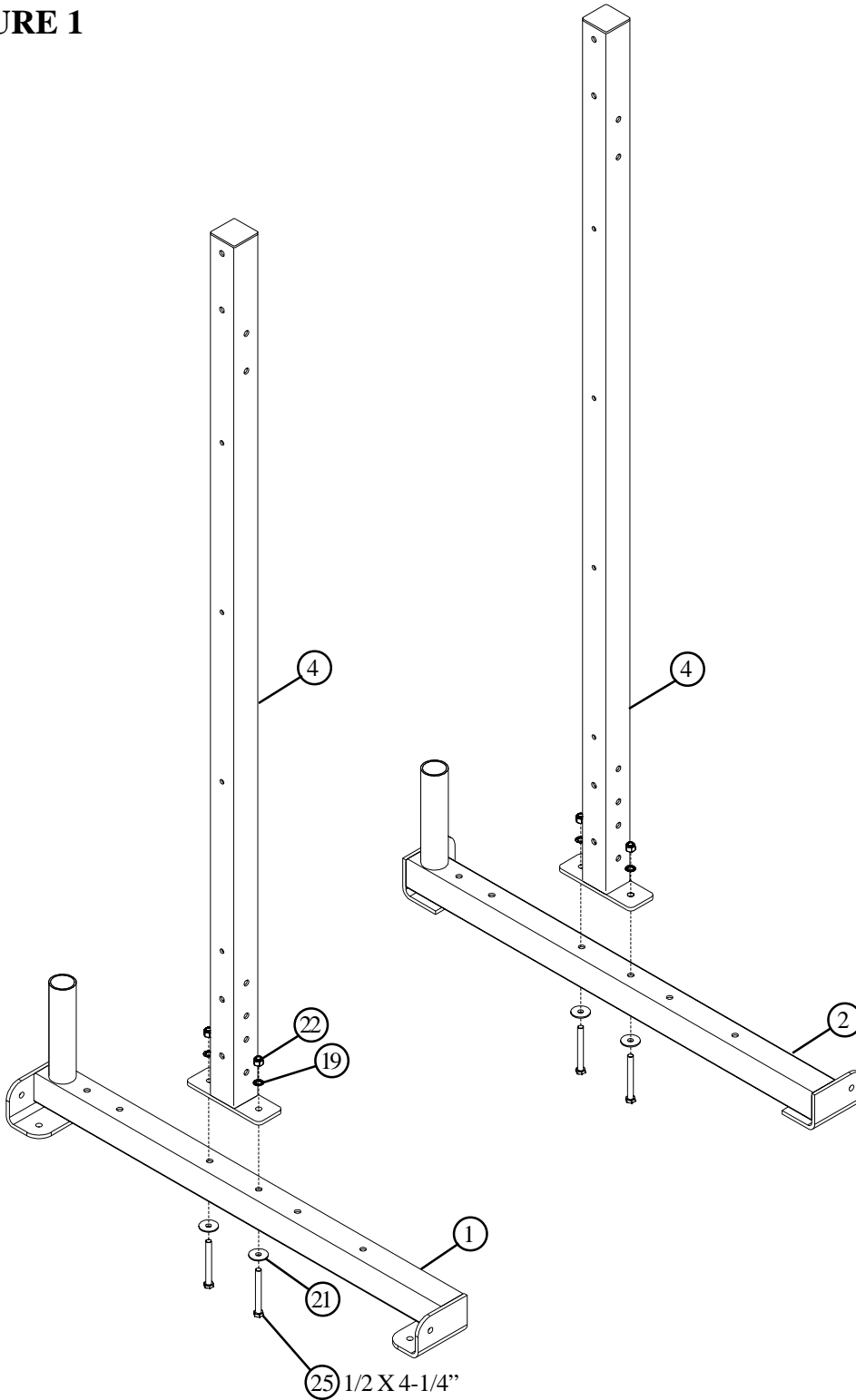


23

3/8"  
LOCK NUT

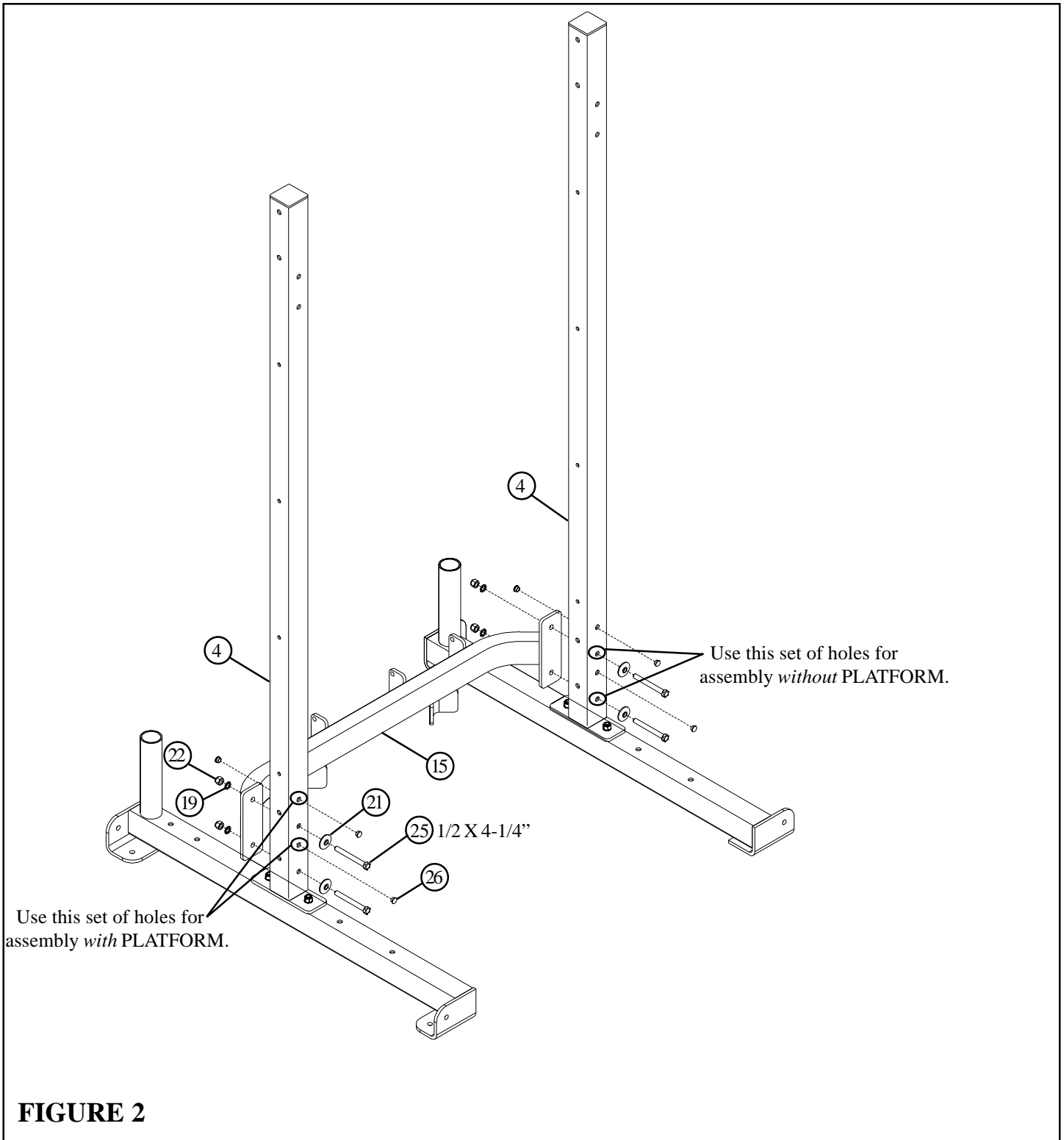


**FIGURE 1**



**STEP 1:**

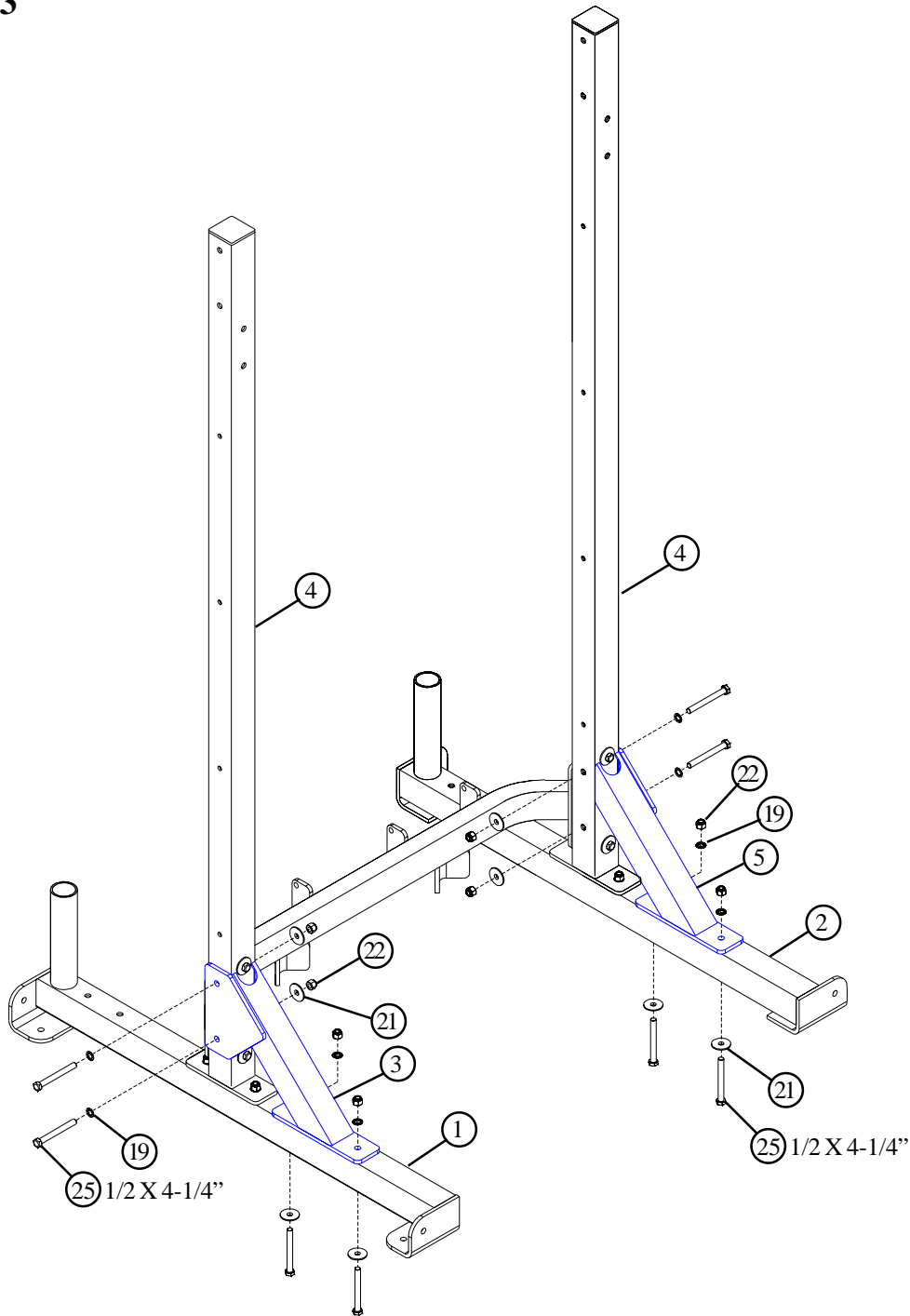
- **LOOSELY** assemble the REAR UPRIGHT (4) to the LEFT UPRIGHT BASE (1) using two 1/2 X 4-1/4\" BOLTS (25), two 1/2\" PLASTIC DOME WASHERS (21), two 1/2\" INT TOOTH LOCK WASHERS (19) and two 1/2\" LOCK NUTS (22) as shown in FIGURE 1.
- **LOOSELY** assemble the REAR UPRIGHT (4) to the RIGHT UPRIGHT BASE (2) using two 1/2 X 4-1/4\" BOLTS (25), two 1/2\" PLASTIC DOME WASHERS (21), two 1/2\" INT TOOTH LOCK WASHERS (19) and two 1/2\" LOCK NUTS (22) as shown in FIGURE 1.



**STEP 2:**

- **LOOSELY** assemble the BOTTOM UPRIGHT SUPPORT (15) to the REAR UPRIGHTS (4) using four 1/2 X 4-1/4" BOLTS (25), four 1/2" PLASTIC DOME WASHERS (21), four 1/2" INTTOOTH LOCK WASHERS (19) and four 1/2" LOCK NUTS (22) as shown in FIGURE 2.
- Insert six 9/16" HOLE CAPS (26) into the holes of the REAR UPRIGHTS (4) as shown in FIGURE 2.

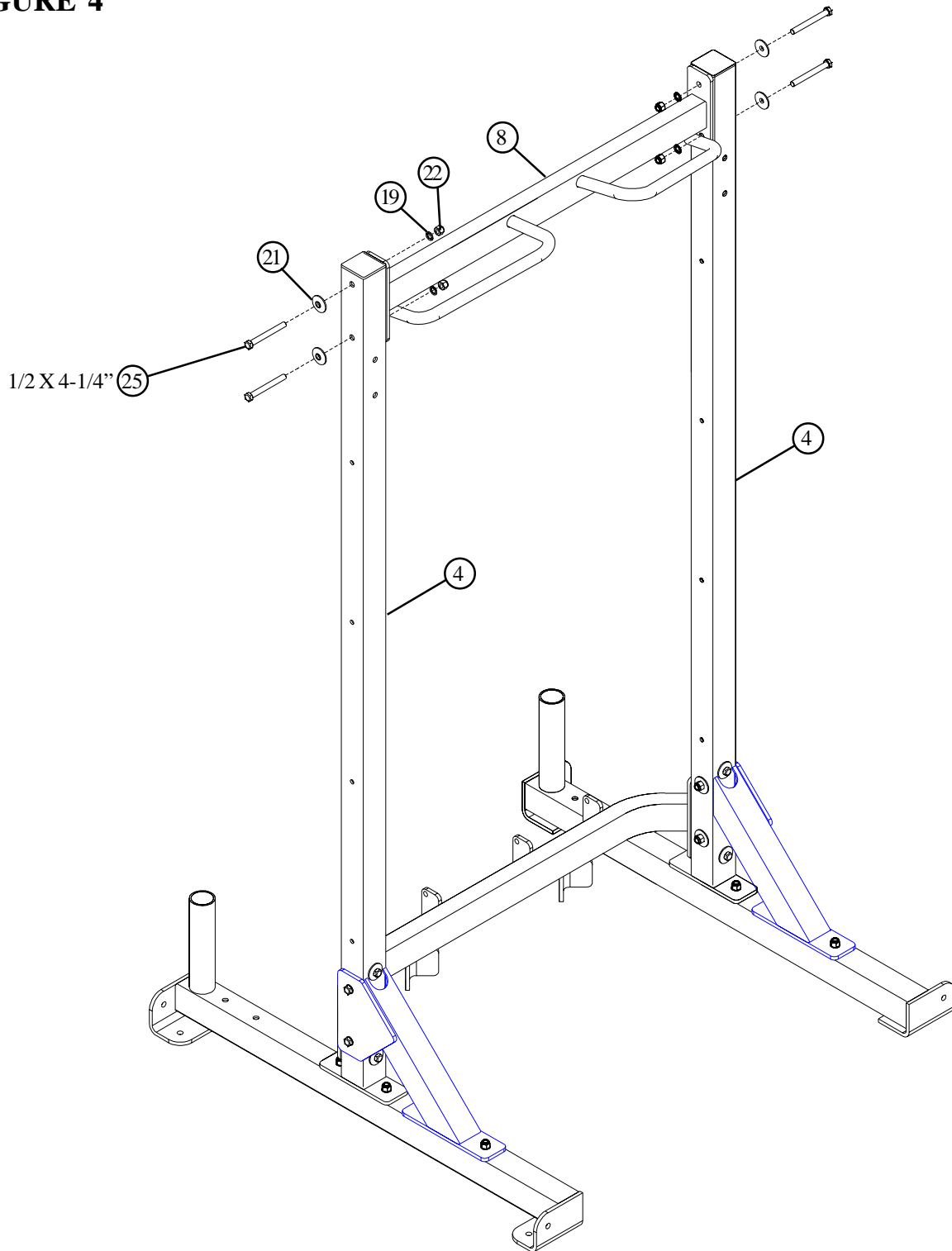
**FIGURE 3**



**STEP 3:**

- **LOOSELY** assemble the LEFT UPRIGHT SUPPORT (3) to the LEFT UPRIGHT BASE (1) and REAR UPRIGHT (4) using four 1/2 X 4-1/4" BOLTS (25), four 1/2" PLASITC DOME WASHERS (21), four 1/2" INTTOOTH LOCK WASHERS (19) and four 1/2" LOCK NUTS (22) as shown in FIGURE 3.
- **LOOSELY** assemble the RIGHT UPRIGHT SUPPORT (5) to the RIGHT UPRIGHT BASE (2) and REAR UPRIGHT (4) using four 1/2 X 4-1/4" BOLTS (25), four 1/2" PLASITC DOME WASHERS (21), four 1/2" INTTOOTH LOCK WASHERS (19) and four 1/2" LOCK NUTS (22) as shown in FIGURE 3.

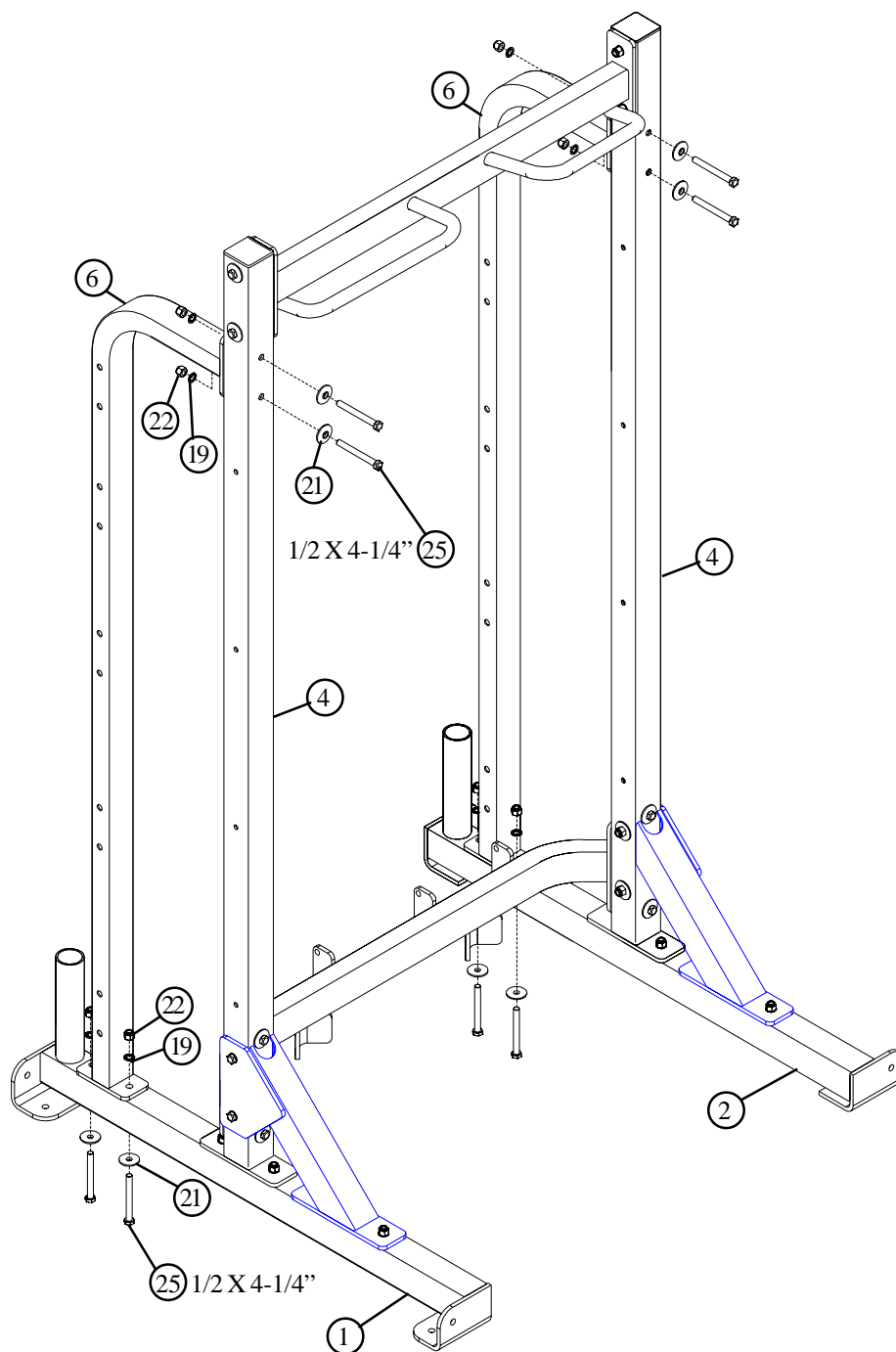
**FIGURE 4**



**STEP 4:**

- **LOOSELY** assemble the PULL-UP SUPPORT (8) to the REAR UPRIGHTS (4) using four 1/2 X 4-1/4" BOLTS (25), four 1/2" PLASTIC DOME WASHERS (21), four 1/2" INT TOOTHLOCK WASHERS (19) and four 1/2" LOCK NUTS (22) as shown in FIGURE 4.

**FIGURE 5**



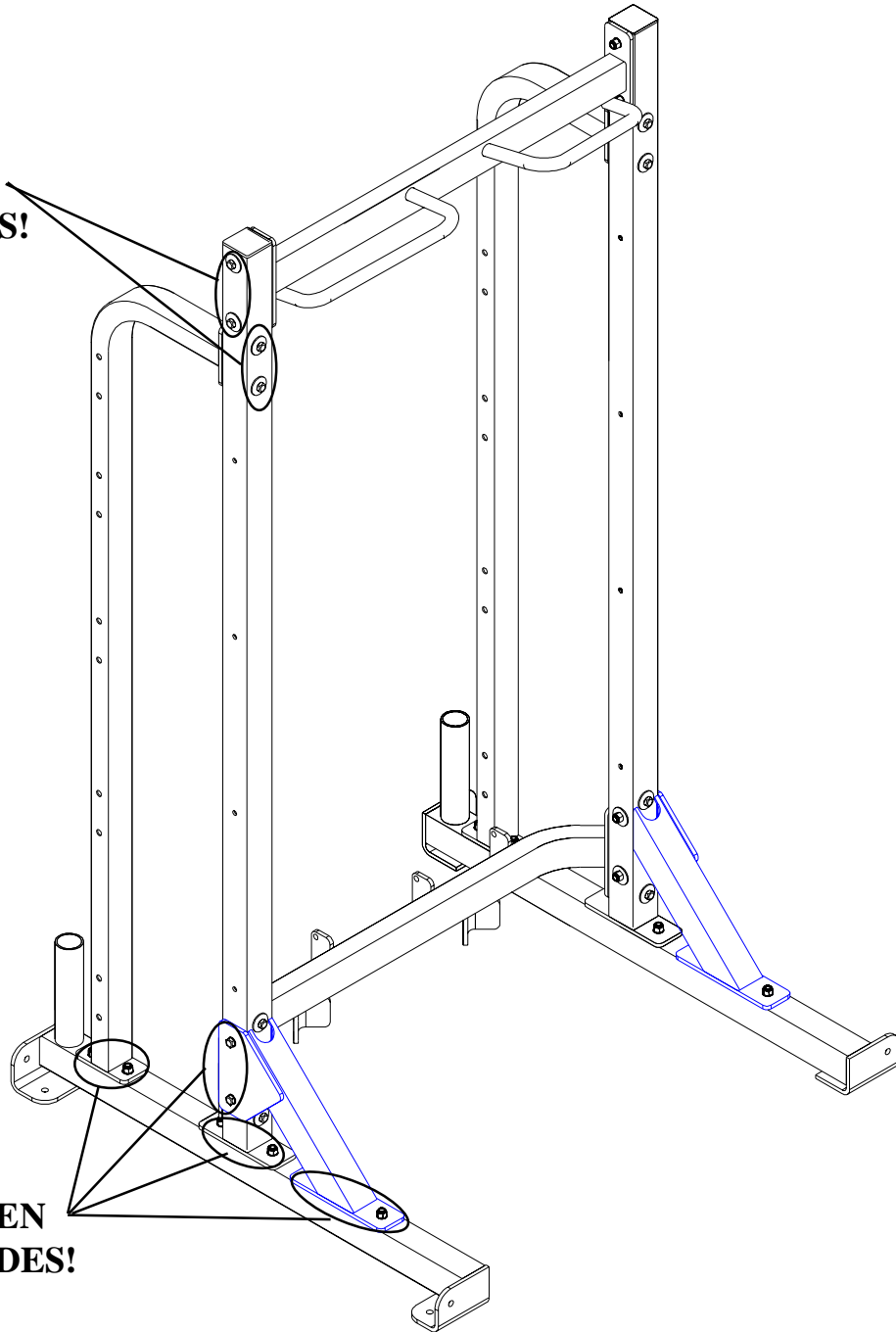
**STEP 5:**

- **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 (25), eight 1/2" PLASTIC DOME WASHERS (21), eight 1/2" INT TOOTH LOCK WASHERS (19) and eight 1/2" LOCK NUTS (22) as shown in FIGURE 5.



**FIGURE 6**

**TIGHTEN  
BOTH SIDES!**

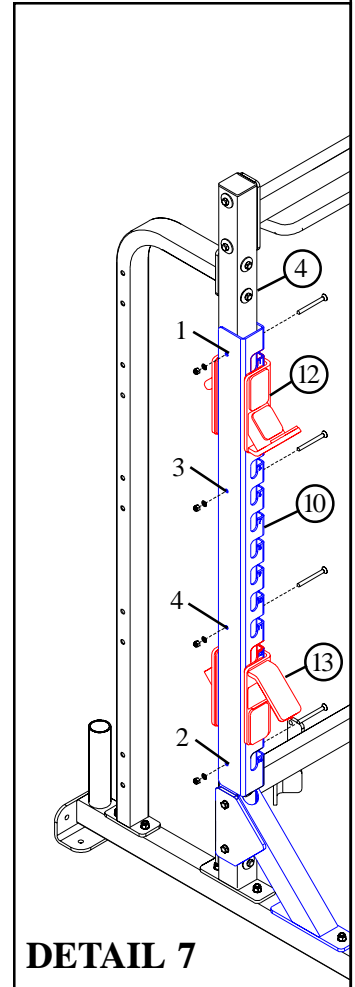
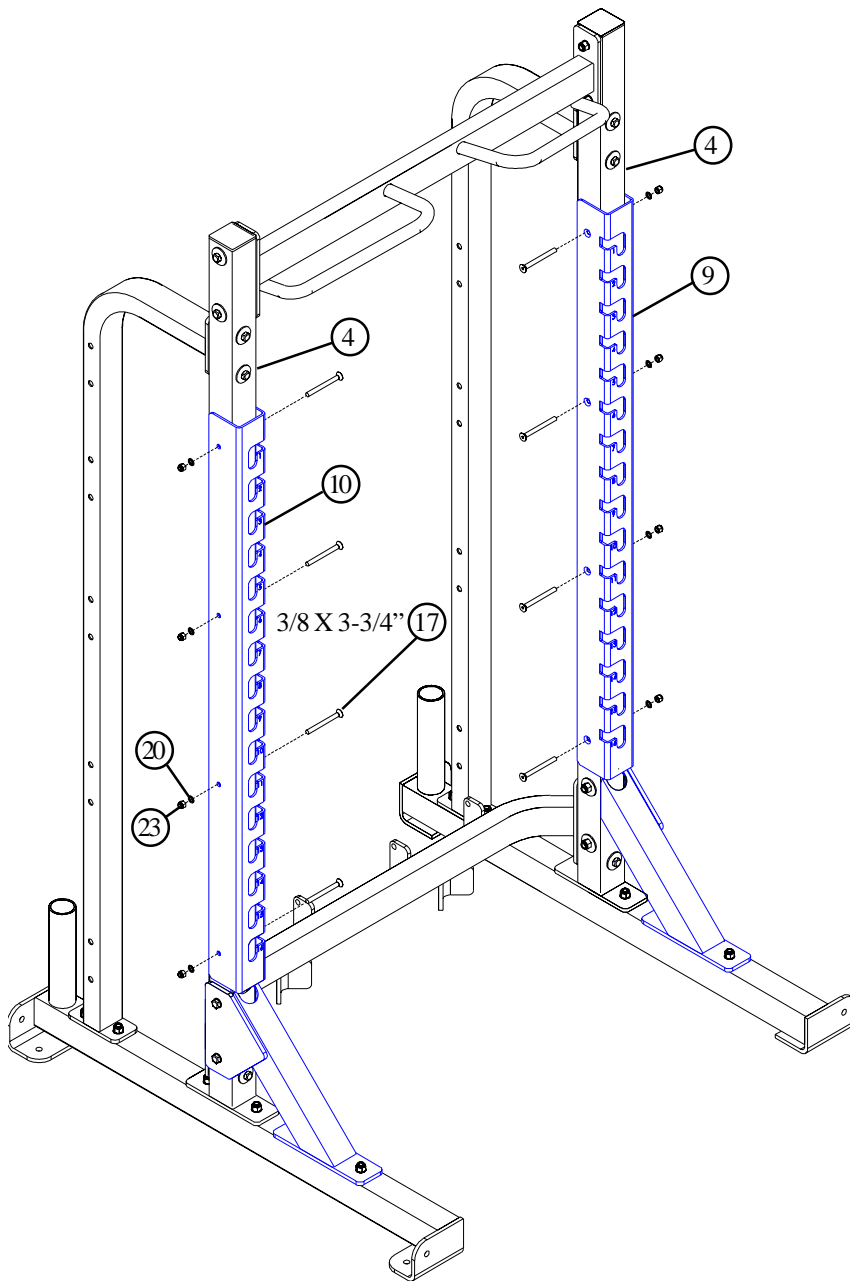


**TIGHTEN  
BOTH SIDES!**

**STEP 6:**

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

**FIGURE 7**



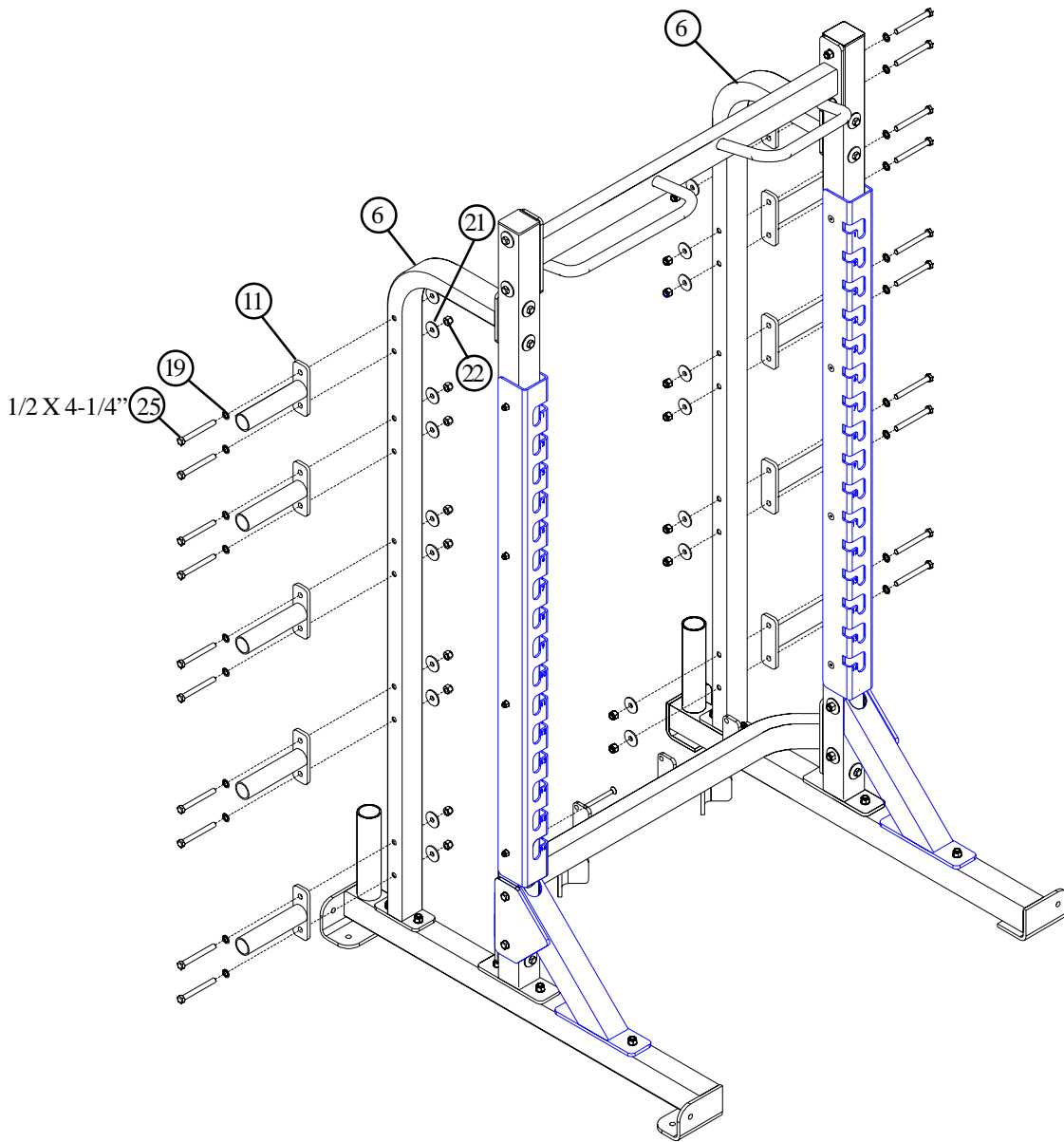
**STEP 7:**

- **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 (17), eight 3/8" INT TOOTH LOCK WASHERS (20) and eight 3/8" LOCK NUTS (23). See FIGURE 7.

**SETTING ADJUSTMENT RACK WIDTH (SEE DETAIL 7)**

- Before tightening the ADJUSTMENT RACKS (9 & 10), 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 7. (Make sure not to cover any bolt heads.) Proceed to tighten all four bolts in the order shown in DETAIL 7. Repeat this step on the remaining ADJUSTMENT RACK.

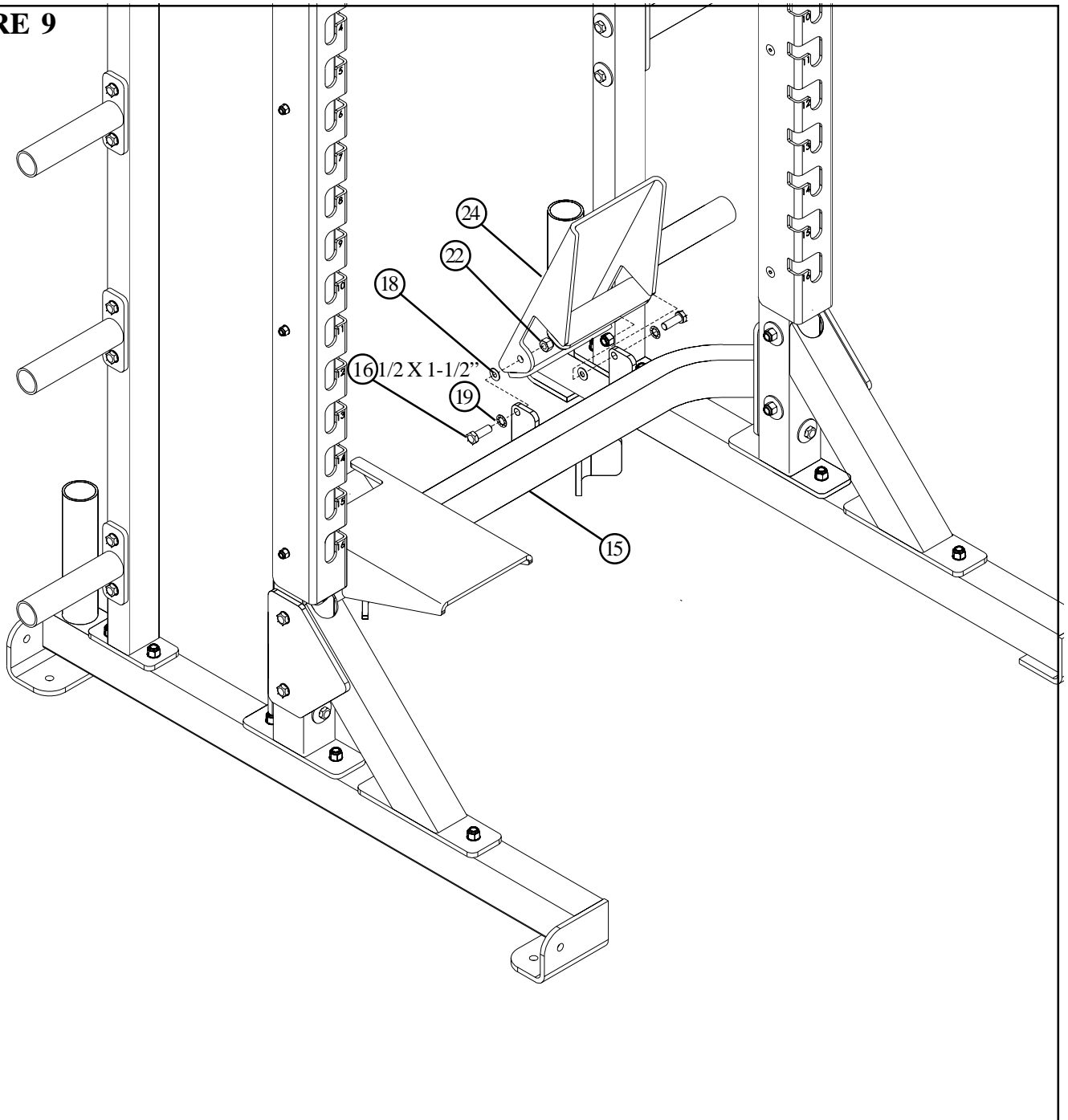
**FIGURE 8**



**STEP 8:**

- **SECURELY** assemble the ten WEIGHT HORNS (11) to the WEIGHT HORN UPRIGHTS (6) using twenty 1/2 X 4-1/4" BOLTS (25), twenty 1/2" INT TOOTH LOCK WASHERS (19), twenty 1/2" PLASTIC DOME WASHERS (21) and twenty 1/2" LOCK NUTS (22) as shown in FIGURE 8.

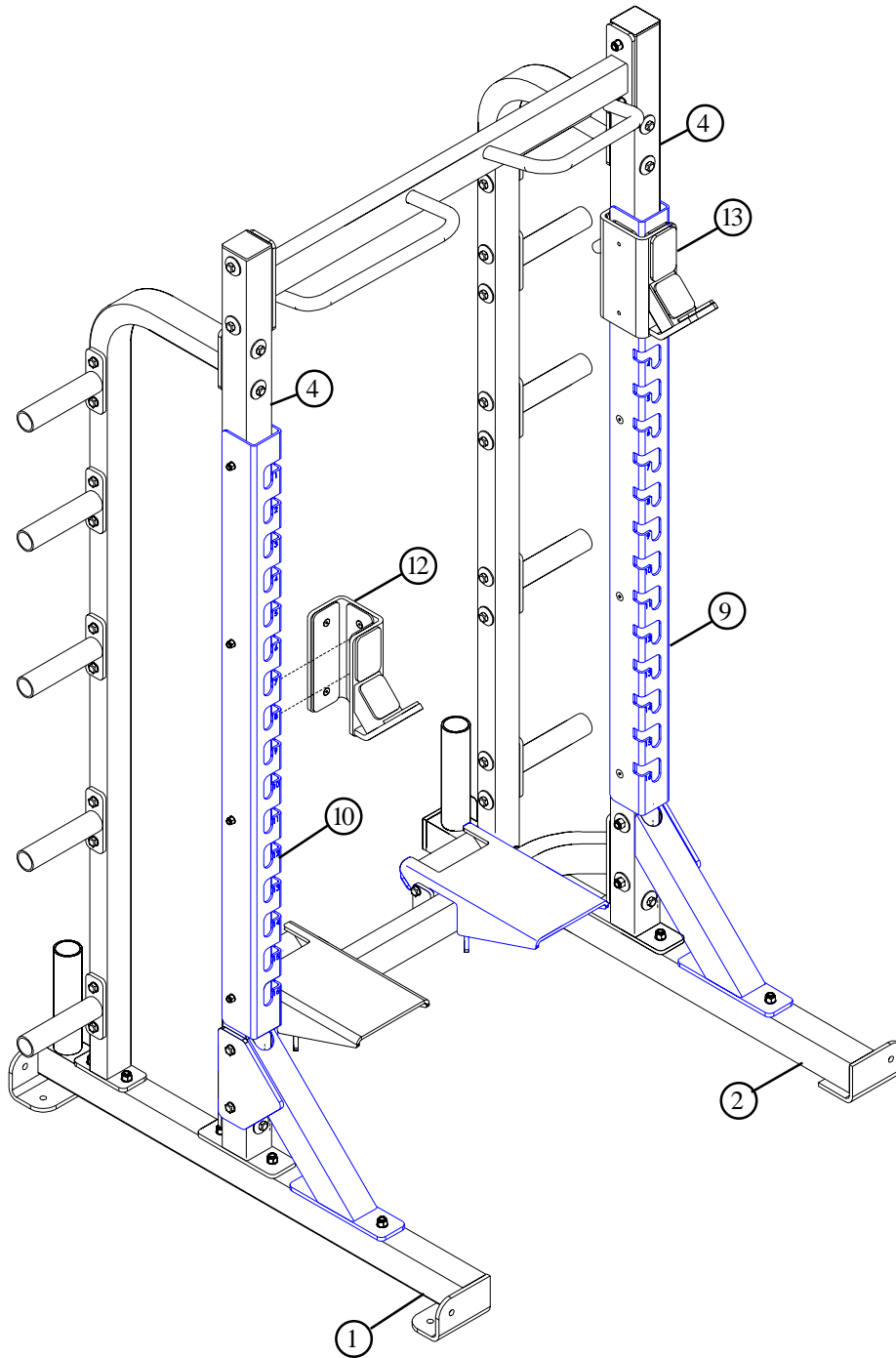
**FIGURE 9**



**STEP 9:**

- Assemble two SWIVEL SPOTTERS (24) to the BOTTOM UPRIGHT SUPPORT (15) as shown using four 1/2 X 1-1/2" BOLTS (16), four 1/2" INT TOOTH LOCK WASHERS (19), four 1/2" FLAT WASHERS (18) and four 1/2" LOCK NUTS (22). See FIGURE 9. **(NOTE: Tighten connection SECURELY then back nut off 1/2 turn.)**

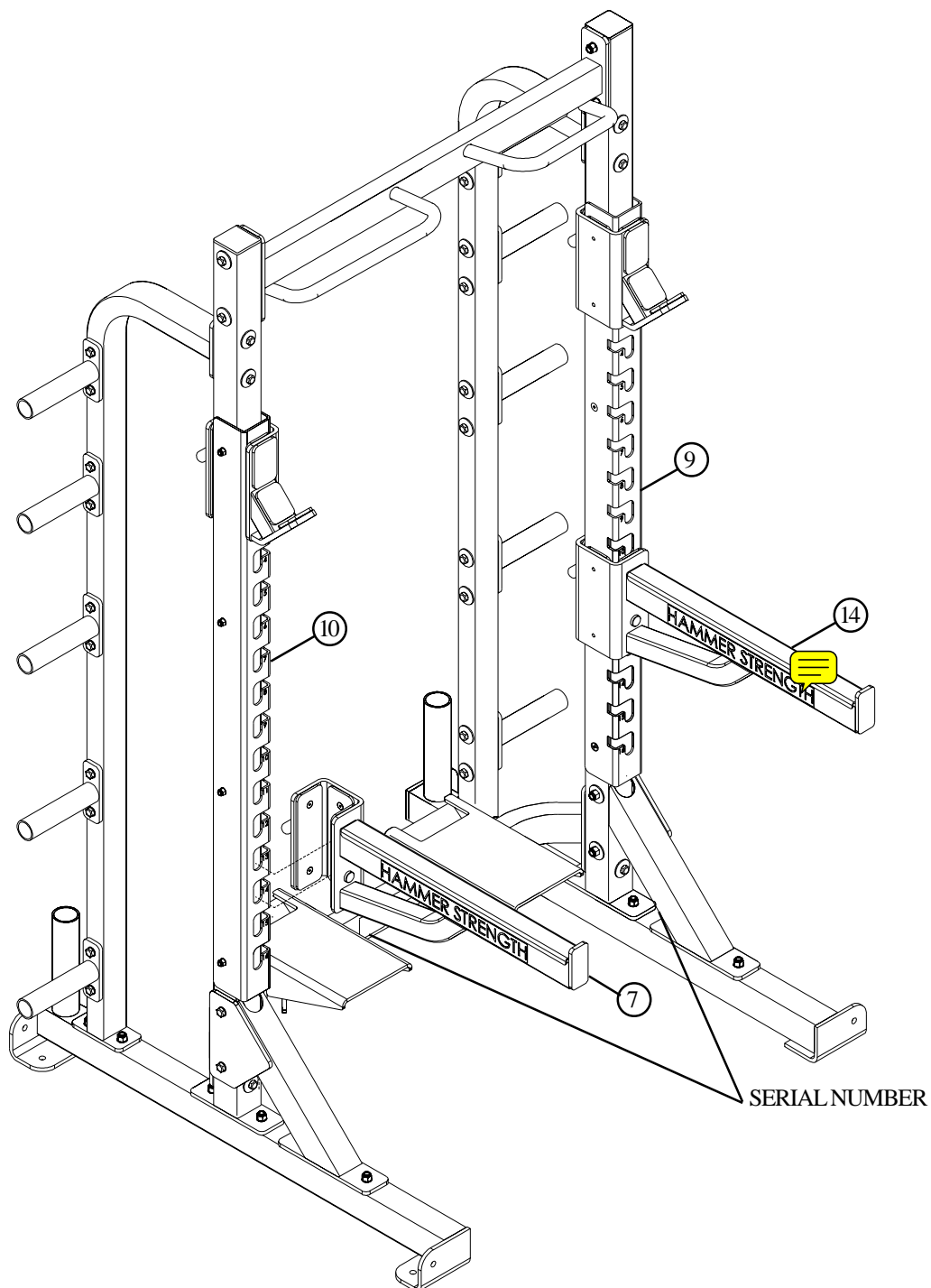
**FIGURE 10**



**STEP 10:**

- 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 10.
- Repeat the above step to assemble the RIGHT BAR SUPPORT (13) to the RIGHT ADJUSTMENT RACK (9).

**FIGURE 11**



**STEP 11:**

- Insert the LEFT BAR CATCH (7) 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 CATCH (14) to the RIGHT ADJUSTMENT RACK (9).

**Thank you for purchasing the OLYMPIC HEAVY DUTY HALF 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
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### 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
<b>VISIT US AT: <i>HAMMERSTRENGTH.COM</i></b>			

## PREVENTATIVE MAINTENANCE TIPS

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

#### 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.