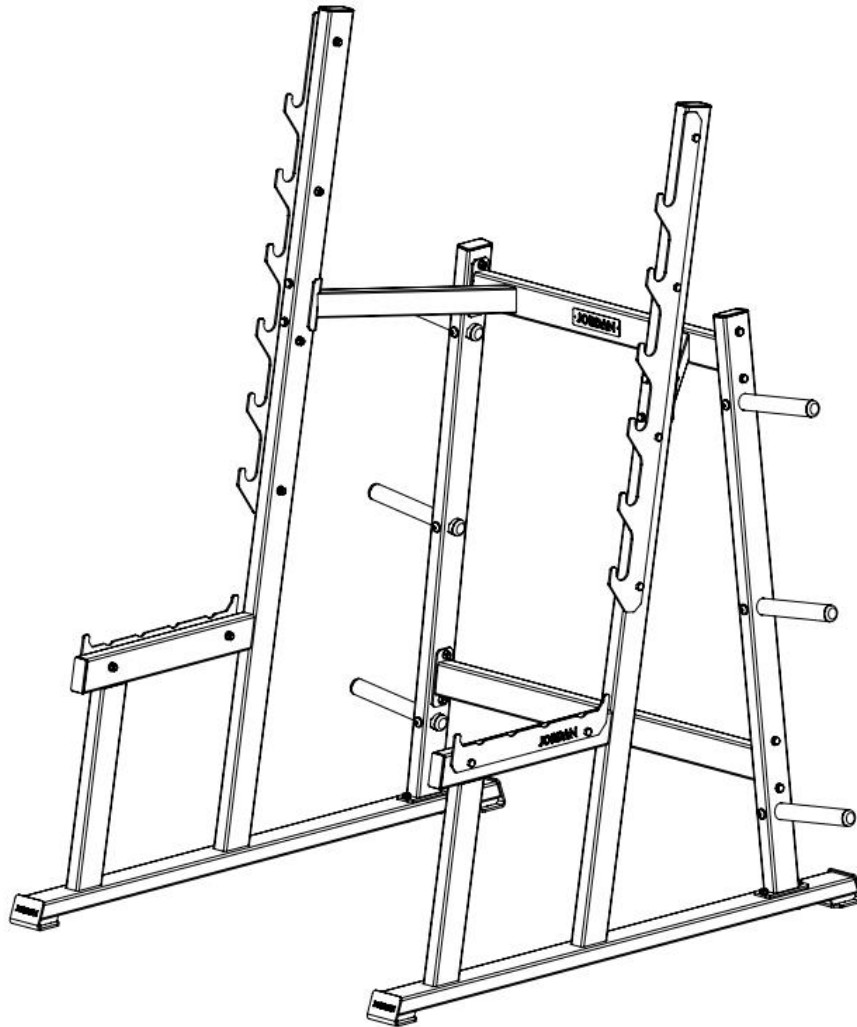


# JORDAN SQUAT STAND

## JF-SRUK

### ASSEMBLY INSTRUCTIONS



**JORDAN**  
— FITNESS —

56 oldmedow road, Hardwick  
Industrial Estate, King's Lynn,  
Norfolk, PE30 4JJ, UK



## WARNING

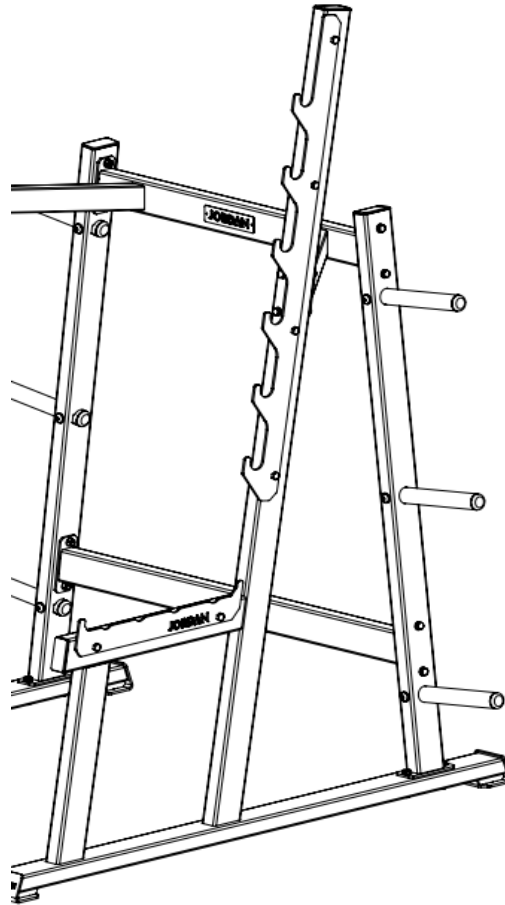
Assembly of product should only be undertaken by an individual who has:

- Read and understood this manual
- Is familiar with assembling similar equipment

FIXINGS	
BUTTON HEAD BOLT M10X60 (FOR REAR UPRIGHTS)	8
HEX BOLT M10X60	20
HEX BOLT M10X100 (FIX REAR BRACES)	4
NYLOCK NUT M10	32
M10 WASHER	64
BUTTON HEAD BOLT M12X35 (FOR PRONGS)	12
M12 WASHER (FOR PRONGS)	12
M12 CONNECTOR NUT Ø15(OR) 16X40 (INSIDE PRONGS)*	6

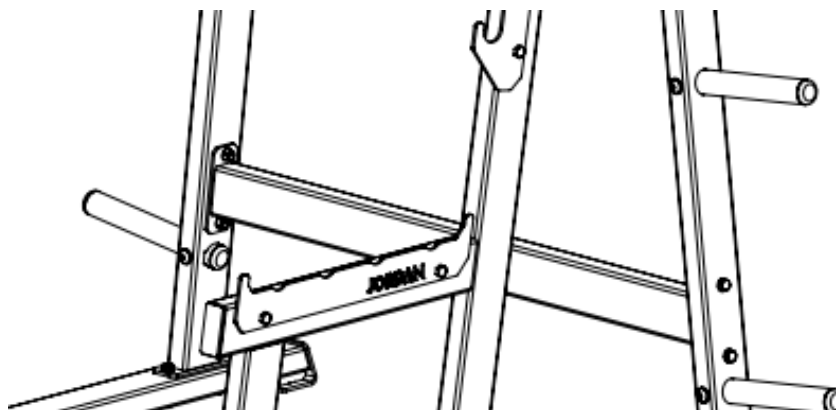
# STEP 1

Attach rear uprights to Rack legs using 4x M10X60 bolts, 8x M10 Washer and 4x M10 Nut. There are 2 bolts for each side.



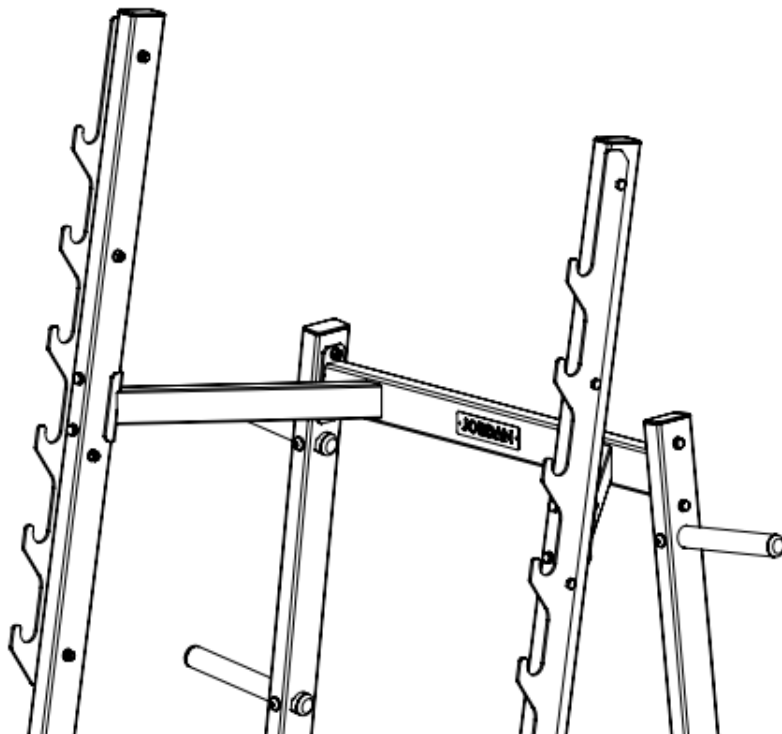
# STEP 2

Use M10x160 Hex Bolt, M10 Washer and M10 Nut to secure bottom rear brace to each side of the rack



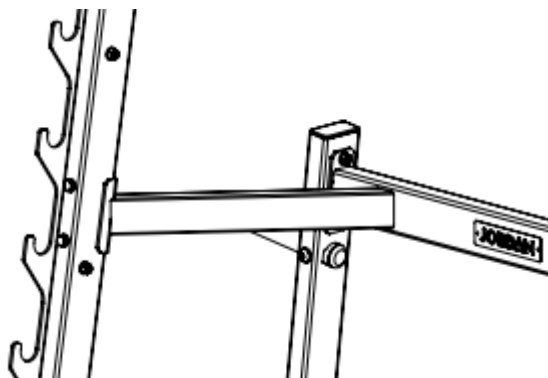
## STEP 3

Use 4x M10x60 Hex Bolt, 8x M10 Washer and 4x M10 Nuts to attach the top rear support arm to the plate holders.



## Step 4

Use 4x M10x100 bolts, 8x M10 Washer and 4x M10 Nuts to secure the top rear support bar to the front of the squat rack. Once in place tighten all fixings.





## Safety & Maintenance Checks

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