

GYM RAX® INSTALLATION

RAX/PEG STORAGE & ACCESSORIES

ENGLISH (U.S.)

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Revision 20A



FOREWORD

This manual provides information intended for use by persons and professionals who, per current regulatory requirements, are qualified to install this equipment.

If further information is required, please contact:

GYM RAX International, Inc.
Attn: Customer Success
1730 Berkeley St.
Santa Monica, CA 90404
Phone (888)-895-0547
Fax (310)-559-9953
info@gymrax.com
www.gymrax.com

We welcome your comments concerning this manual. Although every effort has been made to keep it free of errors, some may occur. When reporting a specific problem, please describe it briefly and include the manual part number, the paragraph/figure/table number, and the page number. Send your comments to:

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DOCUMENT REVISION HISTORY

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REV	DATE	DETAIL
20A	4/23/2020	RAX/PEG AND ACCESSORIES INSTRUCTIONS RELEASE

The information and data in the most recent revision of this document will supersede all previously published Gym Rax documents and manuals. Please verify your copy is the latest available by referring to the digital version online available from Gym Rax.



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PRE-INSTALLATION

PRE-INSTALLATION

PLANNING

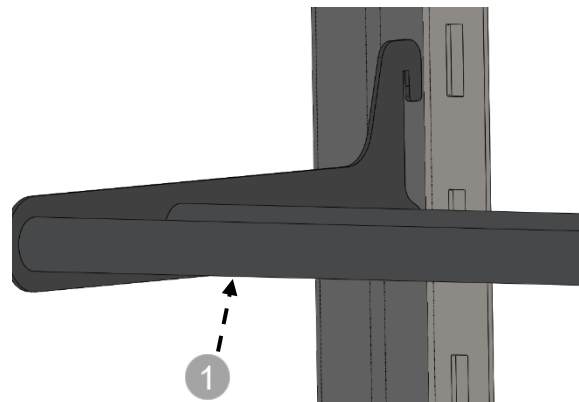
- Read all instructions before proceeding.
- Review all supplied drawings & packing lists before starting any work.
- Identify any installation uncertainties as many Gym Rax configurations are unique and contact Gym Rax customer success representatives for clarification.
- Consider the number of persons required to safely install Gym Rax.
- Plan for the method of installation and tools required.
- Replacement bolts should be Grade 5 or higher.
- Anchor bolts for Floor and Wall mounting are not included in Gym Rax assemblies.
- Take precautions to avoid damaging finishes.
- Make sure fastener threads are clean and proper thread engagement is started.
- Do not over-torque bolted joints as walls of posts and tubes may crush or deform.
- Do not use power impact wrenches.
- Never leave unsecured or unstable Gym Rax structures unattended.



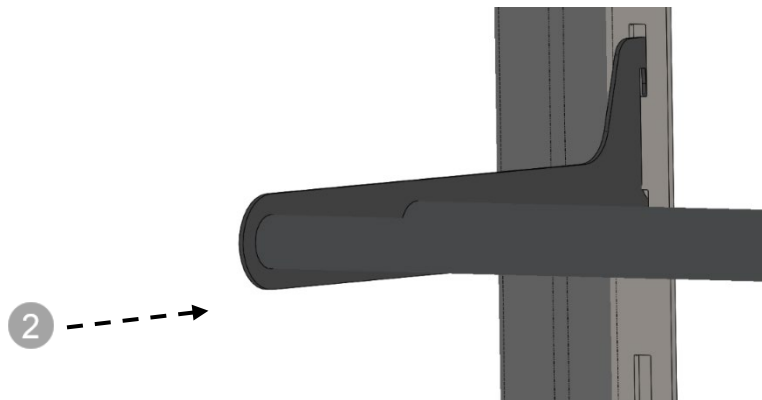
RAX STORAGE ATTACHMENTS

A variety of RAX Storage products are available depending on the intended product storage. All RAX Storage uses the same hook design to attach to the RAX Channels.

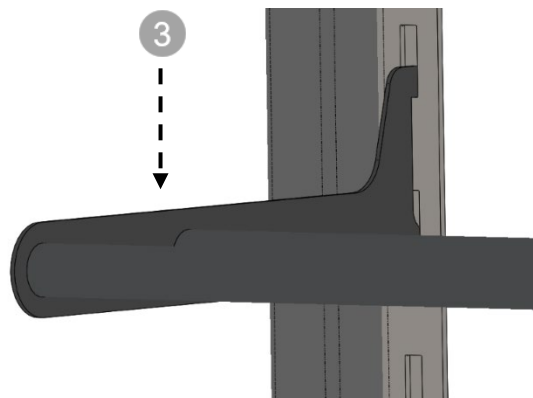
STEP 1 - Lift RAX Storage into position aligning the rear hooks to the RAX Channel slots.



STEP 2 - Push RAX Storage fully rearward into Rax Channel slots.



STEP 3 - Lower RAX Storage until the upper and lower hooks seat with the RAX Channel. The RAX Storage is now secure to the RAX Channel.





PEG STORAGE ATTACHMENTS

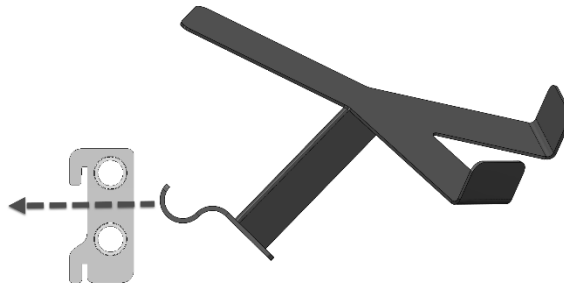
PEG STORAGE ATTACHMENTS

A variety of PEG Storage products are available depending on the intended product storage. All PEG Storage uses the same hook design to attach to the RAX Universal Bar or Wall Bar Assembly upper bar pairs.

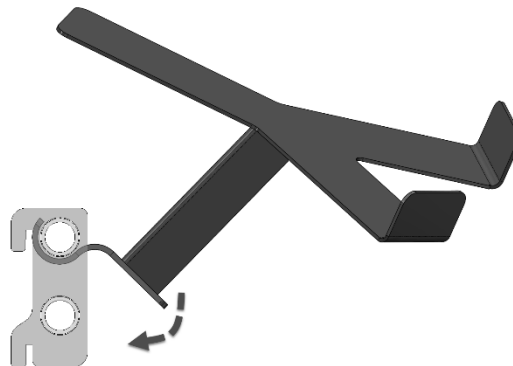
The BOSU PEG is shown below as an example of properly installing a PEG Storage Product.

BOSU PEG INSTALL

STEP 1 – Tilt the BOSU Peg upward as shown below and insert the rounded end of the Peg hook between the Universal Bar.



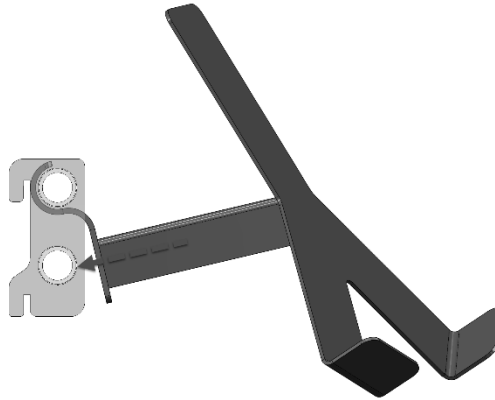
STEP 2 – Lift the rounded end of the PEG hook to mate with the upper bar of the Universal Bar and rotate the BOSU PEG downward about the upper bar.



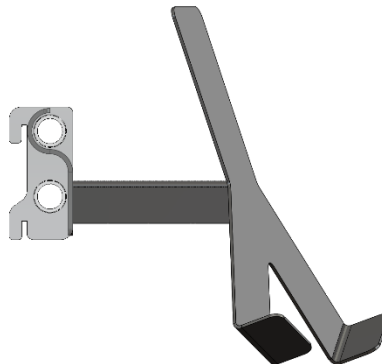


PEG STORAGE ATTACHMENTS

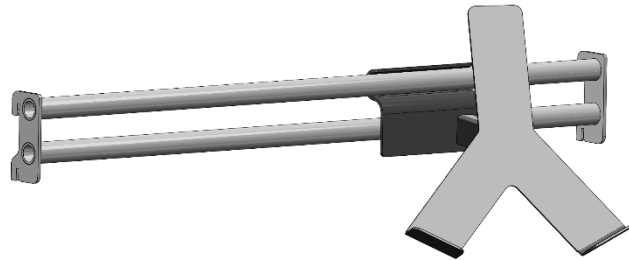
STEP 3 – Continue rotating the BOSU PEG downward until the rear face of the PEG surface is in contact with the lower bar.



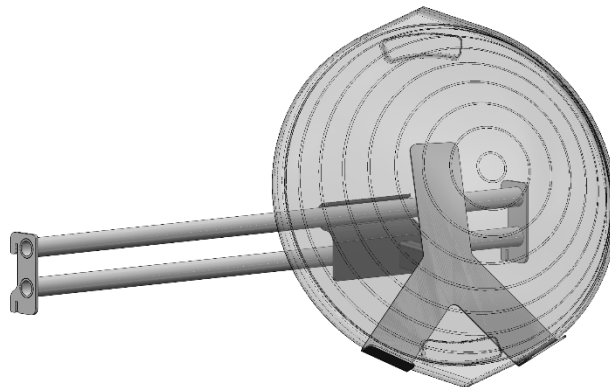
STEP 4 – The BOSU PEG will now be securely mounted to the Universal Bar. Adjust the position as necessary so the PEG mount is level and well seated.



STEP 5 – The BOSU PEG can be positioned along the Universal Bar by lifting on it and sliding it to the left or right and lowering it into the seated position.



STEP 6 – Store the BOSU as shown on the BOSU PEG.

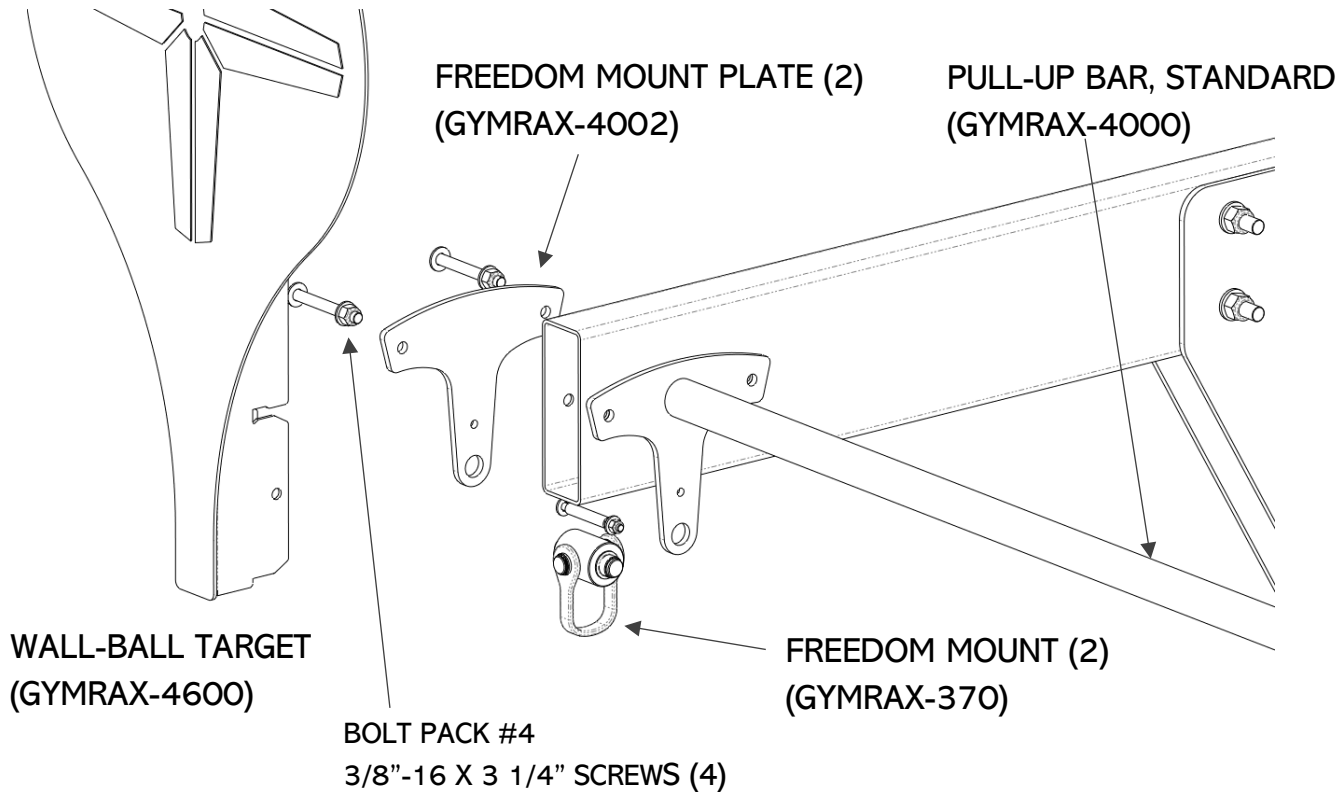




WALL-BALL ATTACHMENTS

WALL-BALL ATTACHMENTS

PARTS DIAGRAM



WALL-BALL ATTACHMENT - SUSPENSION END

INSTALLATION PROCEDURE

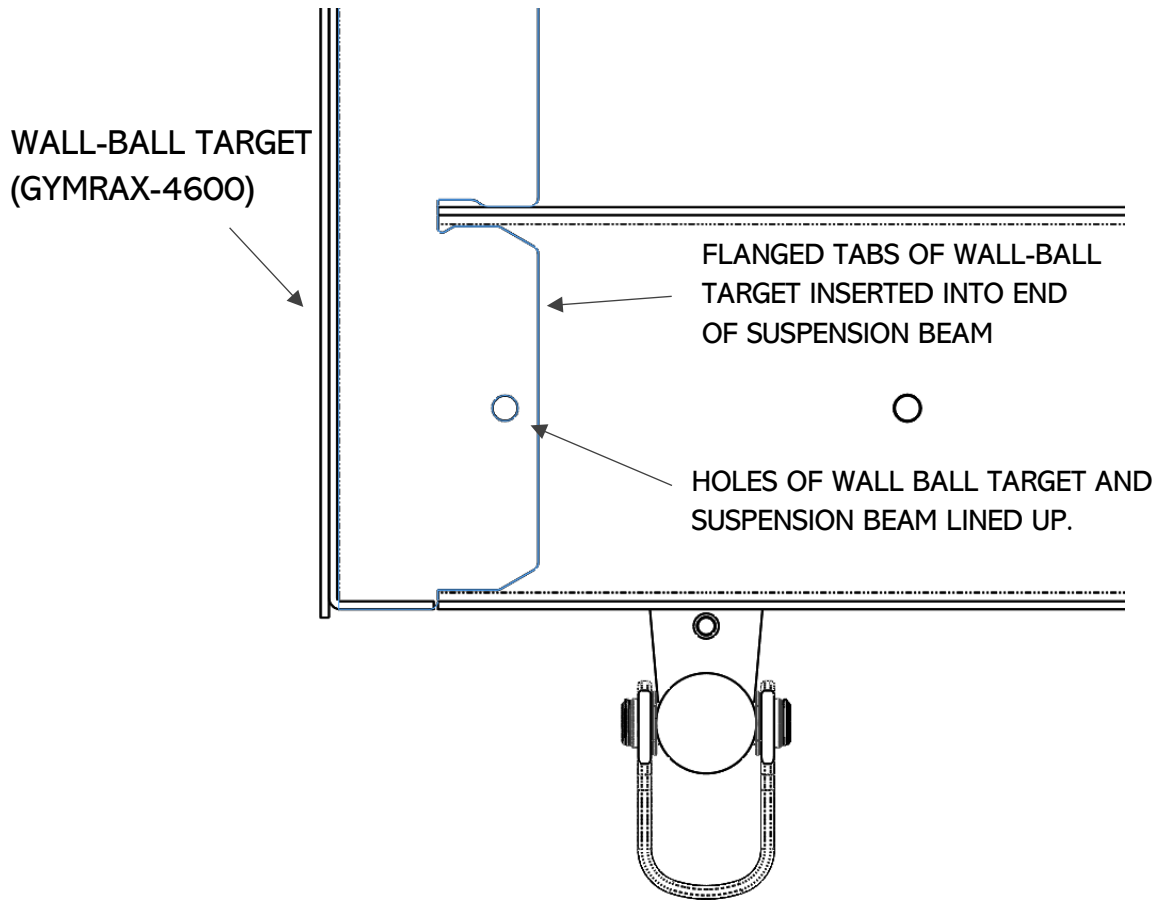
STEP 1 – If already installed, remove the Freedom Mount plate, Pull-up Bar, Freedom Mount, and beam endcap. A flathead screwdriver and taps of a hammer on the end of the screwdriver may ease the end cap out of the Beam.

STEP 2 – Insert the flanged tabs on the low end of the Wall Ball Target into the front end of the Suspension Beam. The Wall Ball Target will fit snugly into the end beam and may require the help of a rubber mallet so it may fully seat into the end of the beam. The hole on the Wall Ball Target will line up with the end hole on the Suspension Beam.

STEP 3 – Continue installation of the Pull-up Bar & Freedom Mounts, follow the installation procedure under [Pull-Up Bar & Freedom Mount Attachments](#).



WALL-BALL ATTACHMENTS

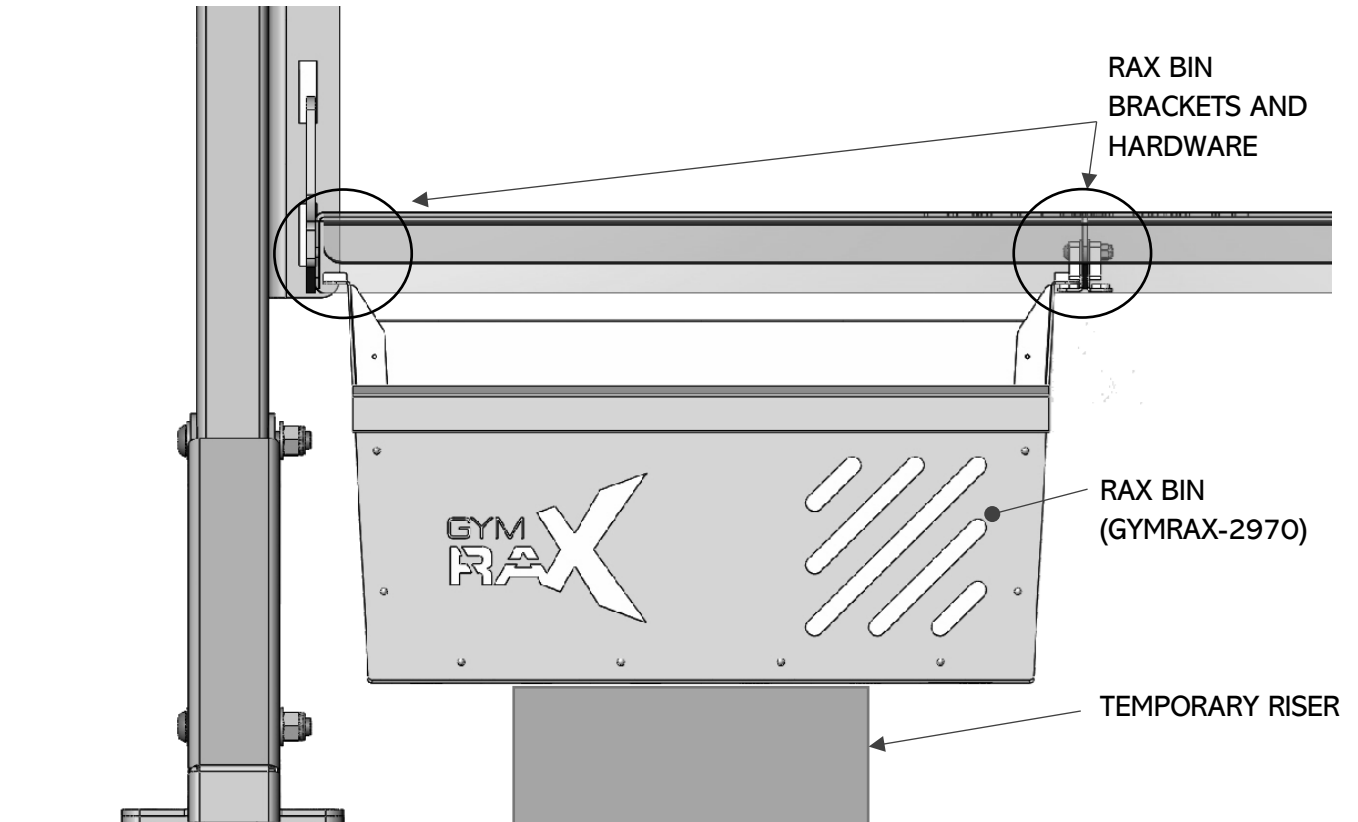


WALL-BALL ATTACHMENT FULLY SEATED IN SUSPENSION END



RAX BIN STORAGE ASSEMBLY

PARTS DIAGRAM



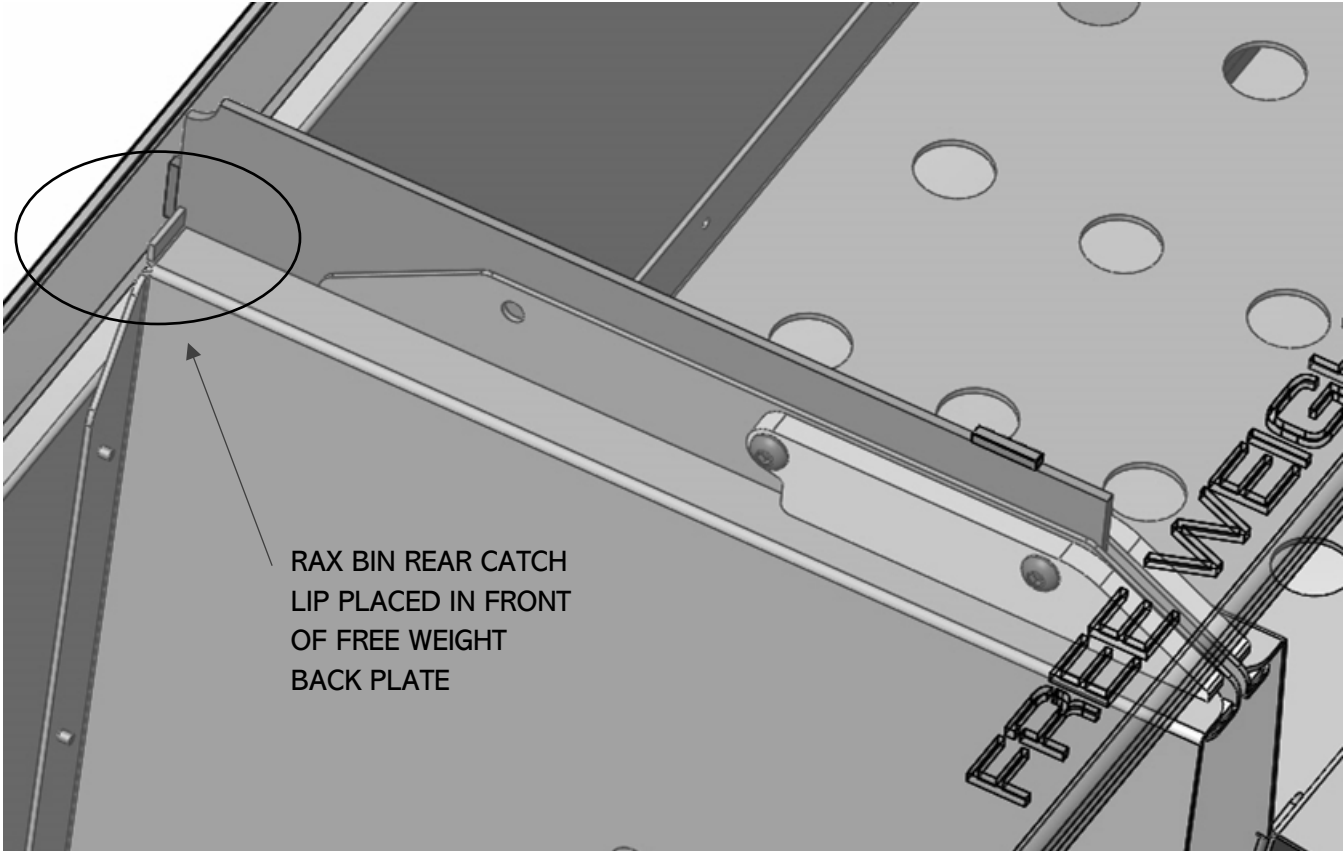
INSTALL PROCEDURE

STEP 1 – Position the Left Bin as Shown above. Use a temporary riser (approximately 4 inches tall) to assist in holding the RAX Bin in place. Alternatively, place the Rax Free Weight on the floor with the front end facing up and the RAX Bin on its backside.

STEP 2 – Install Hanger Brackets. The catch lip of the bin must be installed in front of the Free Weight backplate. See the following diagram.

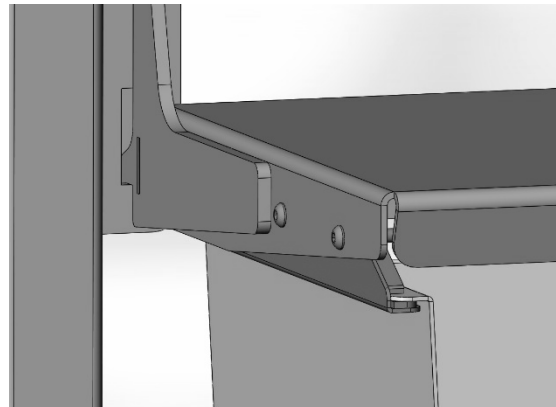
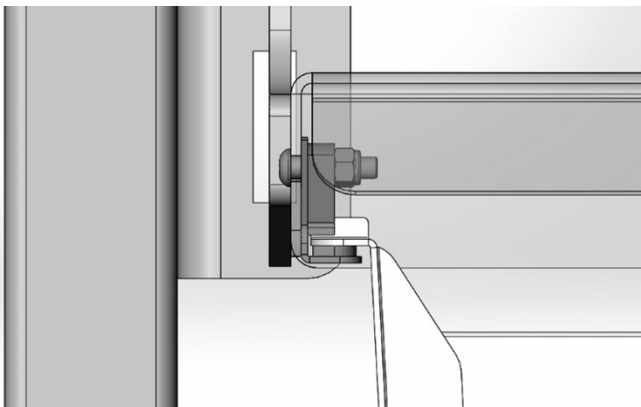


RAX BIN ASSEMBLY



RAX BIN REAR CATCH
LIP PLACED IN FRONT
OF FREE WEIGHT
BACK PLATE

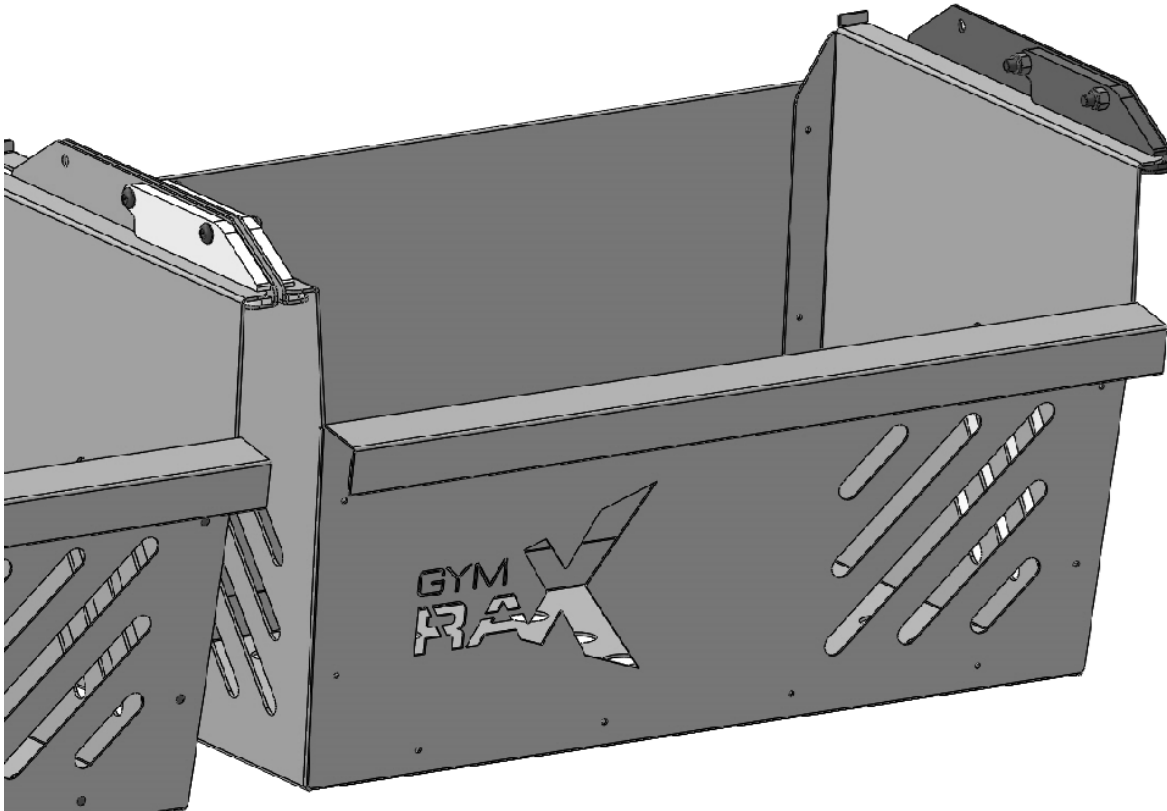
RAX BIN REAR CATCH PLACEMENT



HANGER ATTACHMENTS



RAX BIN ASSEMBLY



HANGER AND STOP ATTACHMENTS

STEP 3 – Attach the left hanger to the side of the Free Weight Rax. Pulling the RAX Bin out slightly will allow improved access to the lock nuts for a socket wrench.

STEP 4 – Repeat the same procedures for the right RAX Bin as previously completed for the left.

STEP 5 - Test each RAX Bin for proper ease of sliding in and out and the ability to remain in position.

RAX Bin capacity is 30 lb each Bin.



END OF DOCUMENT

END OF DOCUMENT