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Body-Solid GDR44B

Body-Solid GDR44B Vertical Dumbbell Rack Instruction Manual

Model: GDR44B

1. PRODUCT OVERVIEW

The Body-Solid GDR44B Vertical Dumbbell Rack is designed to provide a space-efficient and secure storage solution for your hex dumbbells. Constructed from heavy-gauge steel, this rack ensures stability and durability for both home and commercial gym environments. Its unique offset design allows for easy access to up to six pairs of hex dumbbells, typically ranging up to 35 pounds per dumbbell. The vertical orientation minimizes floor space usage, making it an ideal addition to any fitness setting where space is a consideration.



Figure 1: Body-Solid GDR44B Vertical Dumbbell Rack fully assembled with hex dumbbells.

2. SETUP AND ASSEMBLY

Assembly of the Body-Solid GDR44B Vertical Dumbbell Rack is straightforward and typically takes approximately 20 minutes. While specific step-by-step instructions are not always provided, the design is intuitive. Ensure all components are present before beginning assembly.

2.1 Required Tools (Not Included):

- 17mm ratchet/socket
- 17mm box wrench or adjustable crescent wrenches

2.2 Assembly Steps:

1. Begin by attaching the four feet to the bottom frame of the rack.

2. Secure the two center plastic components onto the bottom frame.
3. Bolt the end pieces to the bottom frame.
4. Attach the vertical side supports to the bottom frame.
5. Connect the top piece to the vertical supports, ensuring all bolts are tightened securely.
6. Verify all connections are firm and stable before loading dumbbells.



Figure 2: The dumbbell rack prior to loading weights.

Total Weight = 31 Lbs

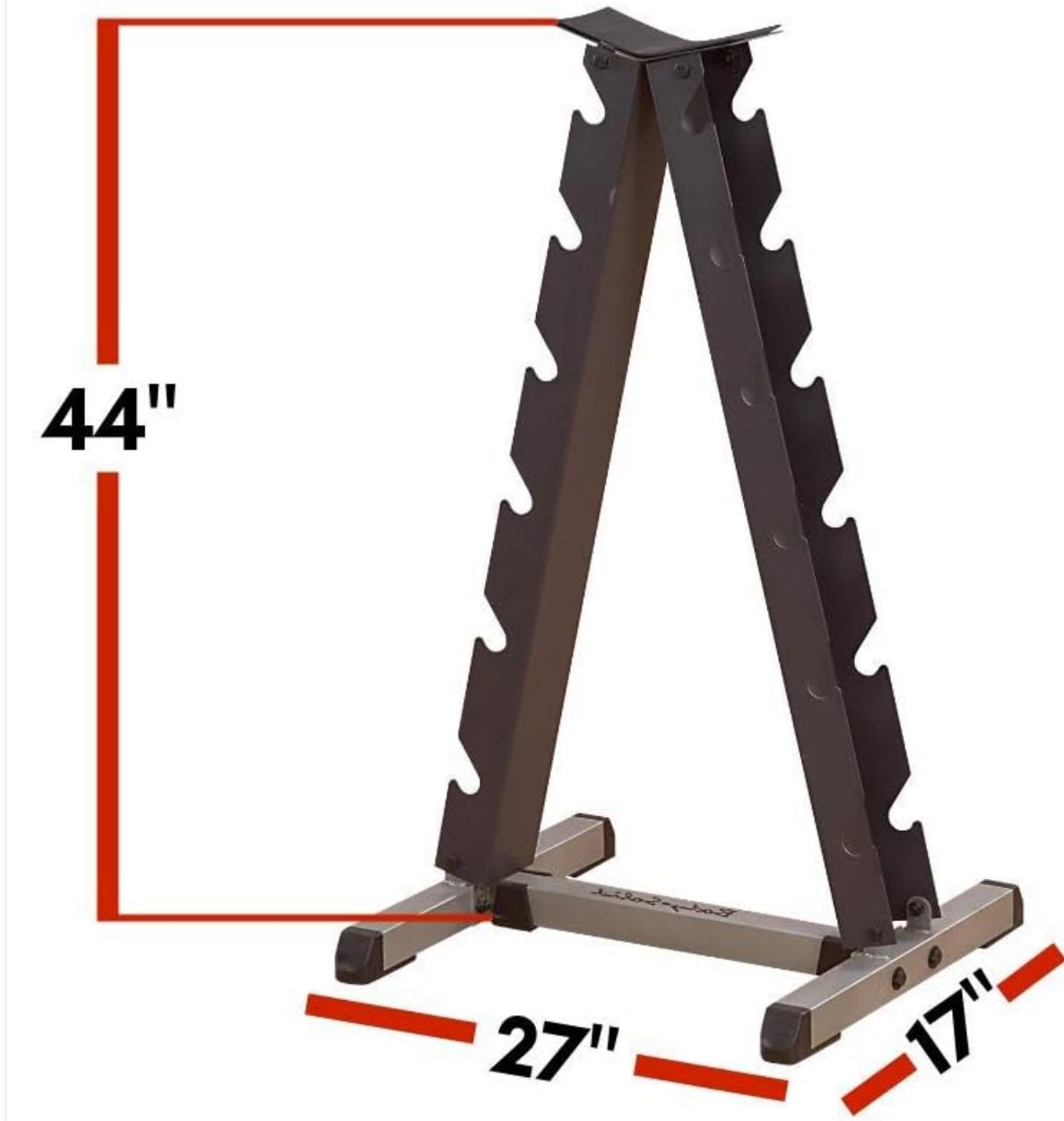


Figure 3: Dimensions of the Body-Solid GDR44B Vertical Dumbbell Rack (17"D x 27"W x 44"H).

3. OPERATING AND USAGE

The GDR44B rack is designed for easy and safe storage of your dumbbells. Its offset tiers and robust construction ensure that weights are held securely and are simple to access.

3.1 Loading Dumbbells:

- Grasp the dumbbell firmly by its handle.
- Align the dumbbell with the designated tier slot. The rack's design accommodates various dumbbell shapes, including hex and square Peloton dumbbells.
- Gently place the dumbbell into the slot. The secure fit prevents accidental dislodgement.
- The spacing between tiers is optimized to prevent weights from bumping into each other, especially for larger dumbbells at the bottom.

3.2 Unloading Dumbbells:

- Grasp the desired dumbbell firmly.
- Lift the dumbbell straight out of its slot. The design provides ample room for your hand to comfortably retrieve the weight.

3.3 Additional Storage:

The bottom section of the rack features crossbar feet, which can be utilized for storing smaller neoprene dumbbells, kettlebells, or other workout accessories. The flat platform top also provides a convenient surface for items like water bottles or workout gloves.

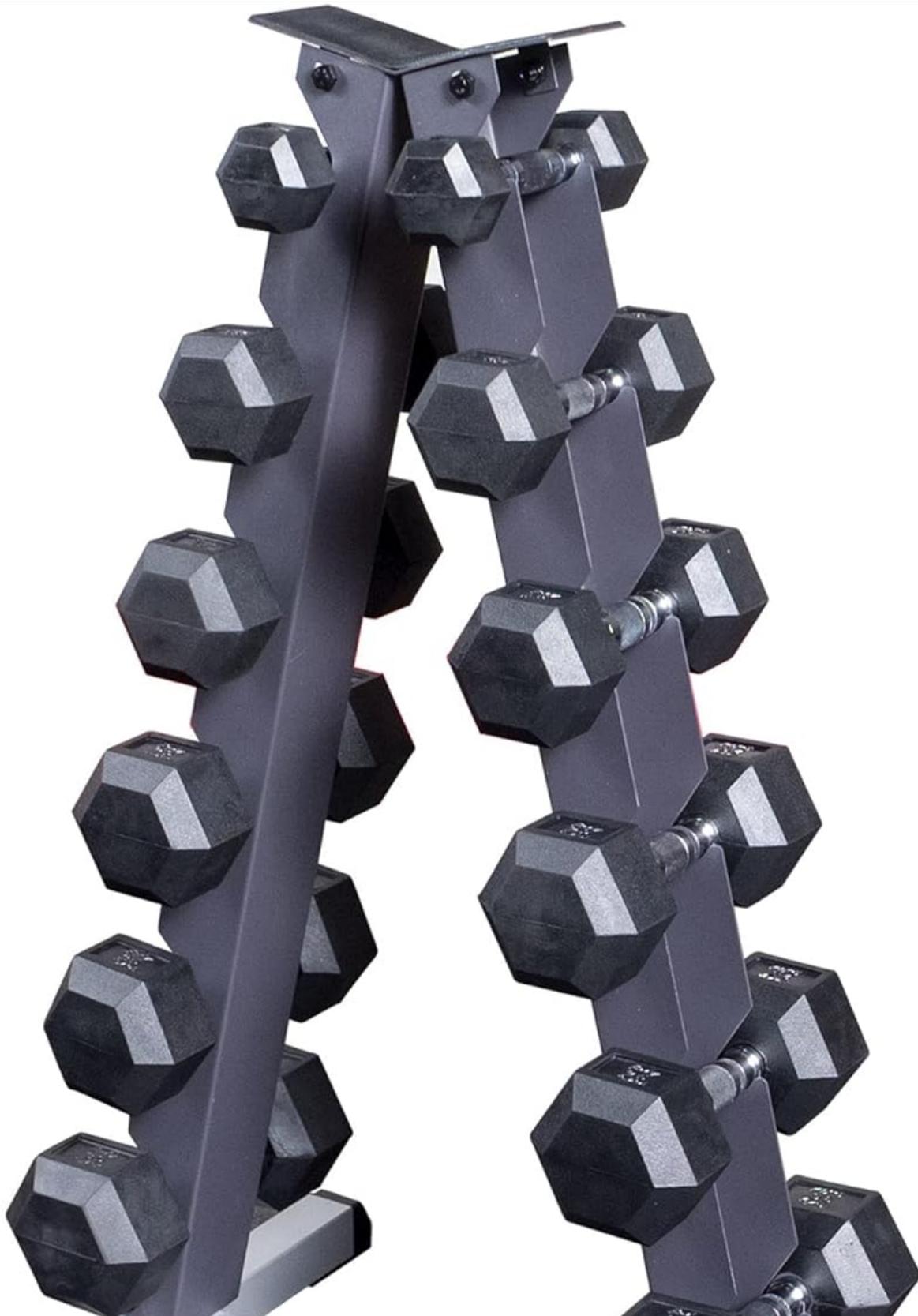




Figure 4: Hex dumbbells securely stored on the rack.



Figure 5: Round dumbbells also fit securely on the rack.

4. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your dumbbell rack.

- **Cleaning:** Wipe down the rack periodically with a damp cloth to remove dust and sweat. Avoid abrasive cleaners that could damage the powder-coated finish.
- **Inspection:** Routinely check all bolts and connections to ensure they remain tight. Tighten any loose hardware to maintain stability.
- **Floor Protection:** The rack features non-skid rubber feet to protect your flooring and enhance stability. Ensure these feet are intact and properly positioned.

5. TROUBLESHOOTING

If you encounter any issues with your dumbbell rack, consider the following:

- **Wobbling/Instability:** Ensure the rack is placed on a level surface. If your floor is uneven, use shims (not included) under the feet to stabilize the unit. Re-check and tighten all assembly bolts.
- **Dumbbells Not Fitting:** This rack is designed for hex dumbbells up to 35 pounds. Ensure your dumbbells have a handle length compatible with the rack's design (typically around 5 inches for hex dumbbells).
- **Scratches/Wear:** The rack is built with a scratch-resistant powder-coated finish. Minor scratches can be touched up with appropriate paint (a small bottle of silver touch-up paint may be included with the product).

6. SPECIFICATIONS

Feature	Specification
Brand	Body-Solid
Model Name	Body-Solid GDR44 2 Tier Vertical Dumbbell Rack
Part Number	GDR44B
Material	Steel (Powder-coated)
Product Dimensions (LxWxH)	27" x 17" x 44" (inches)
Item Weight	13 Kilograms (approx. 28.6 lbs)
Number of Tiers	6 pairs (12 dumbbells)
Weight Limit	Up to 35 Pounds per dumbbell
Frame Type	A-Frame
Color	Black

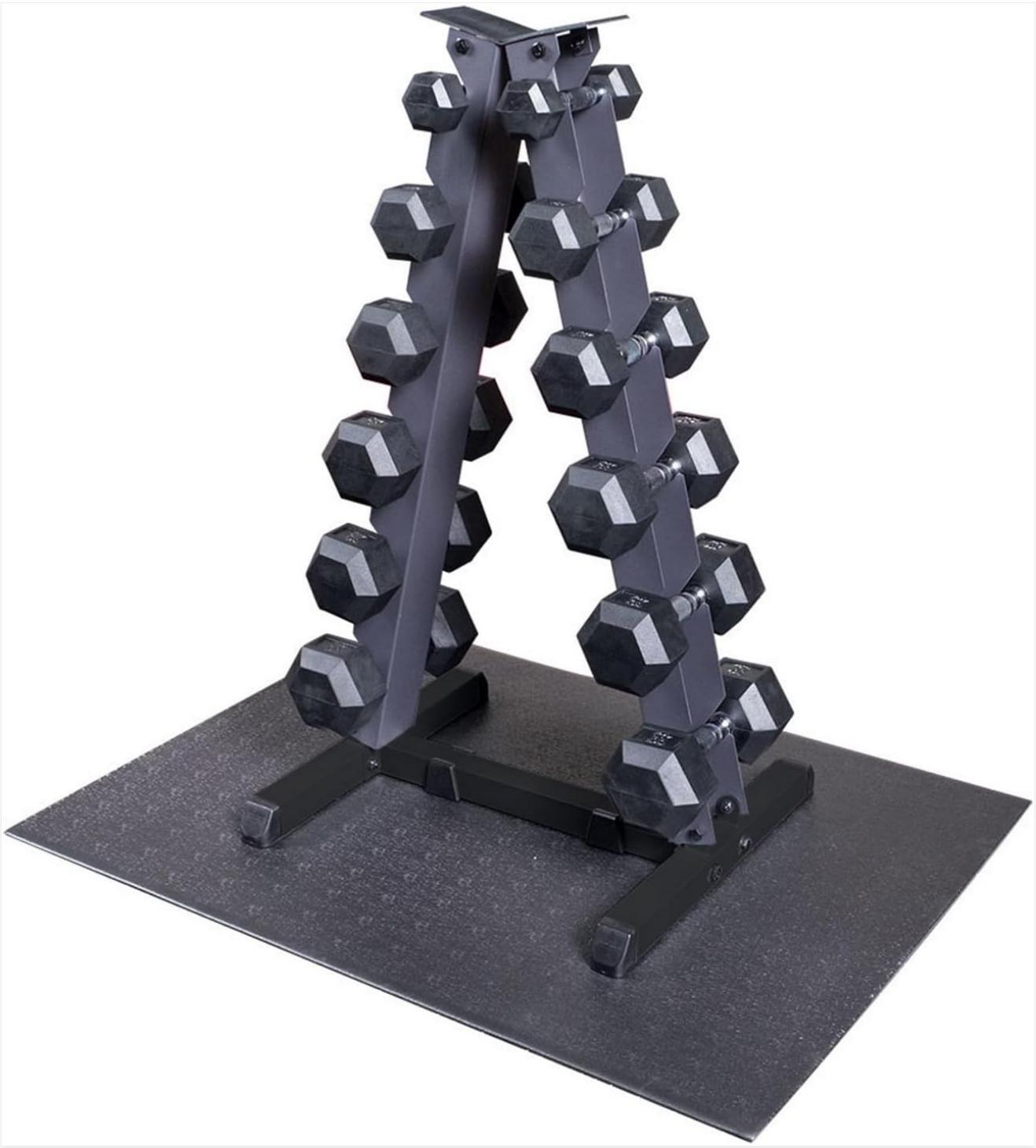


Figure 6: The rack's compact footprint on a gym mat.



Figure 7: The rack accommodates various styles of hex dumbbells.

7. WARRANTY AND SUPPORT

The Body-Solid GDR44B Vertical Dumbbell Rack comes with a limited lifetime manufacturer's warranty against defects in materials and workmanship. This warranty covers all parts of the dumbbell rack for as long as you own it, specifically for in-home use.

For warranty claims or technical support, please refer to the contact information provided with your product packaging or visit the official Body-Solid website.