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> F2C Max Load 550Lbs Adjustable Squat Rack & Bench Press Stands User Manual

F2C F2CW09S010701

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Model: F2CW09S010701

1. INTRODUCTION AND SAFETY INFORMATION

This manual provides essential instructions for the safe assembly, operation, and maintenance of your F2C Adjustable Squat Rack. Please read this manual thoroughly before assembly and use. Retain this manual for future reference.

Important Safety Precautions:

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure all bolts, nuts, and adjustment knobs are securely tightened before each use. Regularly inspect for loose components.
- Do not exceed the maximum weight capacity of 550 lbs (250 kg).
- Use the safety spotter arms appropriate for your exercise and height to prevent injury.
- Place the rack on a flat, stable, and non-slip surface. The anti-skid rubber pads are designed to protect floors and enhance stability.
- Keep children and pets away from the equipment during use.
- Perform exercises with controlled movements. Avoid dropping weights forcefully onto the rack.



Image 1: F2C Adjustable Squat Rack and Bench Press Stands. This image displays the complete assembly of the two adjustable squat stands, ready for use.

2. PACKAGE CONTENTS

Before assembly, ensure all parts are present and undamaged. Refer to the assembly video for visual identification of components.

- **A:** Main Base Bars (x2)
- **B:** Vertical Support Posts (x2)
- **C:** J-Hooks / Bar Holders (x4)
- **D:** Safety Spotter Arms (x2)
- **E:** Base Stabilizer Bars (x4)
- **F:** Vertical Post Connectors (x2)
- **G:** Adjustable Height Sleeves (x2)
- **H:** Base Support Brackets (x2)
- **I:** Rubber End Caps (x4)

- **J:** Long Bolts (x8)
- **K:** Short Bolts (x8)
- **L:** Adjustment Knobs (x2)
- **M:** Washers (x36)
- **N:** Nuts (x18)
- **O:** Locking Pins (x2)
- **P:** Wrenches (x2)

3. ASSEMBLY INSTRUCTIONS

Follow these steps carefully to assemble your F2C Adjustable Squat Rack. It is recommended to have two people for easier assembly.

Assembly Video Guide:

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Video 1: F2C Barbell Rack Stands Assembly Guide. This video provides a step-by-step visual guide for assembling the F2C Adjustable Squat Rack.

Step-by-Step Assembly:

1. **Assemble the Base:** Connect two Base Stabilizer Bars (E) to one Main Base Bar (A) using Long Bolts (J), Washers (M), and Nuts (N). Ensure the rubber end caps (I) are on the ends of the stabilizer bars. Tighten securely with the provided wrenches (P). Repeat for the second stand.
2. **Attach Vertical Support:** Secure a Vertical Post Connector (F) to the center of the assembled base using Short Bolts (K), Washers (M), and Nuts (N). Tighten all screws. Repeat for the second stand.
3. **Install Vertical Posts:** Insert a Vertical Support Post (B) into the Vertical Post Connector (F). Ensure the holes align.
4. **Add Safety Spotter Arms:** Slide an Adjustable Height Sleeve (G) onto the Vertical Support Post (B). Insert a Safety Spotter Arm (D) into the desired height hole on the Vertical Support Post (B) and secure it with an Adjustment Knob (L), Washers (M), and Nuts (N). Repeat for the second stand.
5. **Install J-Hooks:** Insert the J-Hooks (C) into the top holes of the Vertical Support Posts (B). Secure them with Locking Pins (O). Repeat for the second stand.
6. **Final Check:** Double-check all connections to ensure they are tight and secure. The H-shaped base construction and rubber foot pads provide stability.

SAFE & SECURE DESIGNS



Image 2: Safe and Secure Designs. This image highlights key safety features including the J-hook for dumbbell bars, the secure screw buckle for adjustments, the anti-slip pad on the support arm, and the H-shaped base structure for stability.

4. OPERATING INSTRUCTIONS

The F2C Adjustable Squat Rack is designed for versatility in your home gym. Here's how to use it effectively:

Adjusting Height:

- The vertical posts offer 13 levels of height adjustment, ranging from 41 inches to 66 inches.
- To adjust, pull the locking pin (O) out, slide the J-hook (C) or safety spotter arm (D) to the desired height, and re-insert the locking pin securely.
- Ensure both stands are adjusted to the same height for balanced and safe lifting.

HEIGHT FREE ADJUSTMENT

13-Level Gear Height Adjustment To Meet Different Height Requirements



Image 3: Height Free Adjustment. This image illustrates the 13-level gear height adjustment, with each hole spaced 2 inches apart, allowing for precise customization by pulling the bolt to adjust the height.

Using for Squats and Bench Presses:

- For squats, adjust the J-hooks (C) to a height slightly below your shoulder level when standing.
- For bench presses, adjust the J-hooks (C) to a height that allows you to comfortably unrack the barbell from a lying position on a bench.
- Always use the safety spotter arms (D) set to a height that will catch the barbell if you fail a lift, preventing injury.

BENCH PRESS

Major Muscle Groups Exercised



Core Muscles



Triceps Brachii



WEIGHTLIFTING

Major Muscle Groups Exercised



Gluteus Maximus



Quadriceps Femoris



Image 4: Bench Press and Weightlifting. This image demonstrates the versatility of the squat rack for both bench press, targeting core muscles and triceps brachii, and weightlifting (squats), engaging the gluteus maximus and quadriceps femoris.

Weight Storage:

- The rear of each stand features pegs for storing standard and Olympic weight plates. This also adds stability to the rack during use.

Product in Use Video:

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Video 2: Adjustable Squat Rack Barbell Bench Press Stand in Use. This video showcases the F2C Adjustable Squat Rack being used for various exercises, demonstrating its adjustability and functionality.

5. MAINTENANCE

Regular maintenance ensures the longevity and safety of your squat rack.

- **Daily:** Wipe down the frame with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all bolts, nuts, and adjustment knobs. Tighten any loose components to maintain stability.
- **Monthly:** Check the rubber foot pads for wear and tear. Ensure they are still providing adequate grip and floor protection.

- **Annually:** Perform a thorough inspection of the entire frame for any signs of rust, cracks, or structural damage. Contact customer support if any issues are found.



Image 5: High Quality Rubber Foot Pad. This image details the thick anti-skid rubber pads and the triangular structure of the base, emphasizing stability and floor protection.

6. TROUBLESHOOTING

If you encounter any issues with your F2C Adjustable Squat Rack, refer to the following common solutions:

- **Rack feels wobbly:**
 - Ensure all bolts and nuts are fully tightened.
 - Verify the rack is placed on a completely flat and even surface.
 - Consider adding weight plates to the storage pegs for increased stability.
- **Difficulty adjusting height:**
 - Ensure the locking pin is fully disengaged before attempting to slide the J-hook or safety arm.
 - Check for any obstructions in the adjustment holes.
- **Missing parts during assembly:**

- Carefully re-check the packaging and all contents against the "Package Contents" list.
- If parts are genuinely missing, contact F2C customer support immediately.

7. SPECIFICATIONS

Feature	Detail
Brand	F2C
Model Number	F2CW09S010701
Material	Sturdy Steel
Product Dimensions (D x W x H)	20.1"D x 17.7"W x 66.5"H
Adjustable Height Range	41" - 66"
Item Weight	18.5 Pounds (per stand)
Weight Limit	550 Pounds
Number of Racks	2 (Pair)
Frame Type	H-Frame Base
Color	Black
UPC	713179406244

Adjustable 41"-66" Squat Rack



Image 6: Adjustable Squat Rack Dimensions. This image provides a visual representation of the rack's dimensions, including its adjustable height range of 41 to 66 inches, 17.7-inch width, and 20.1-inch depth, along with its maximum loading capacity of 550 lbs.

8. WARRANTY AND SUPPORT

For warranty information, technical support, or to order replacement parts, please contact F2C customer service through the retailer where the product was purchased. Please have your model number (F2CW09S010701) and purchase date available when contacting support.