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GORILLA SPORTS 7451997864133

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INTRODUCTION

Thank you for choosing the GORILLA SPORTS Adjustable Dumbbell Squat Rack Stand. This manual provides important information regarding the assembly, safe operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before assembly and use to ensure proper function and safety.

This stand is designed to support barbells for various exercises, including squats and bench presses (when used with a suitable bench, not included). Its adjustable height feature allows for versatile training options.

SAFETY INFORMATION

- **Maximum Load Capacity:** Do not exceed the maximum weight capacity of 130 kg (286 lbs). Overloading can cause equipment failure and serious injury.
- **Assembly:** Ensure all components are correctly assembled and all bolts are securely tightened before use. Refer to the "Setup" section for detailed instructions.
- **Stable Surface:** Always place the stand on a flat, stable, and non-slip surface. Uneven surfaces can cause instability and tipping.
- **Inspection:** Before each use, inspect the stand for any signs of wear, damage, or loose parts. Do not use the equipment if any damage is found.
- **Adjustments:** Ensure the height adjustment pins are fully inserted and secured before placing any weight on the stand.
- **Children and Pets:** Keep children and pets away from the equipment during use and storage.
- **Proper Technique:** Use proper lifting techniques and consider consulting a fitness professional for guidance on exercises.
- **Medical Advice:** Consult a physician before starting any new exercise program.

PACKAGE CONTENTS

Please verify that all parts are present before beginning assembly. If any parts are missing or damaged, contact GORILLA SPORTS customer support.

- 2 x Main Upright Posts
- 2 x Base Frames
- 2 x Adjustable Barbell Holders
- 4 x Height Adjustment Pins (U-shaped)
- Assembly Hardware (bolts, washers, nuts)
- Assembly Tools (wrench, Allen key - usually included)

SETUP

Follow these steps to assemble your GORILLA SPORTS Adjustable Dumbbell Squat Rack Stand:

1. **Step 1: Attach Base Frames to Upright Posts.**

Connect each main upright post to its corresponding base frame using the provided bolts, washers, and nuts. Ensure the base frames are oriented correctly for stability.



Image: Two assembled GORILLA SPORTS squat rack stands, showing the base frames attached to the upright posts.

2. **Step 2: Secure Adjustable Barbell Holders.**

Slide the adjustable barbell holders into the top section of the upright posts. Align the holes for height adjustment.



Image: Two assembled GORILLA SPORTS squat rack stands, showing the barbell holders inserted into the upright posts.

3. Step 3: Adjust Height and Secure.

Determine the desired height for your exercise. Insert the U-shaped height adjustment pins through the aligned holes in the upright post and the barbell holder. Ensure the pin passes completely through both sides and is securely seated.



Image: A close-up view of the height adjustment mechanism, showing the U-shaped pin securely inserted through the upright post and barbell holder.



Image: Two GORILLA SPORTS squat rack stands with their height adjusted to a medium level, demonstrating the versatility.



Image: Two GORILLA SPORTS squat rack stands with their height adjusted to a higher level, suitable for taller users or specific exercises.

4. **Step 4: Final Check.**

Double-check all bolts and pins to ensure they are tight and secure. The stands should be stable and not wobble.

OPERATING INSTRUCTIONS

1. **Positioning the Stands:**

Place the two stands parallel to each other, at a distance appropriate for your barbell length and exercise. Ensure they are on a level, stable surface.

2. **Adjusting Height:**

Adjust the height of both barbell holders to match your exercise requirements. For squats, set the height so the barbell is just below shoulder level when standing. For bench press, set it slightly above your arm's reach when lying on a bench.

3. **Placing the Barbell:**

Carefully place your barbell onto the holders. Ensure the barbell is centered and stable before adding weights or beginning your exercise.



Image: A woman demonstrating the use of the GORILLA SPORTS squat rack stands for barbell squats, with the barbell securely placed on the holders.



Image: A man demonstrating the use of the GORILLA SPORTS squat rack stands for barbell rows, showing the barbell positioned for the exercise.

4. Performing Exercises:

Always maintain control of the barbell. When re-racking the barbell, do so gently and ensure it is fully seated on both holders before stepping away.

MAINTENANCE

- **Cleaning:** Wipe down the stand with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Regular Inspection:** Periodically check all bolts, nuts, and pins for tightness. Tighten any loose fasteners. Inspect the steel frame for any signs of rust or structural damage.
- **Storage:** Store the stand in a dry environment to prevent rust. If space is limited, the stands can be easily moved and stored against a wall.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Stand is wobbly or unstable.	Loose bolts; uneven floor; incorrect assembly.	Ensure all bolts are tightened. Move the stand to a flat, level surface. Re-check assembly steps.
Height adjustment pin does not fit or is difficult to insert.	Holes are not aligned; debris in holes.	Ensure the inner and outer tubes are perfectly aligned. Clear any obstructions from the holes.
Barbell slips on holders.	Barbell not centered; holders are worn.	Always center the barbell. Inspect holders for wear; contact support if significantly worn.

SPECIFICATIONS

Brand: GORILLA SPORTS

Model Number: 7451997864133

Material: Steel

Color: Black

Adjustable Height Range: 56 - 71 cm (approximately 22 - 28 inches)

Dimensions (per stand): 52 cm (L) x 46 cm (W) x 56-71 cm (H)

Maximum Load Capacity: 130 kg (286 lbs)

Item Weight: 13.5 kg (29.7 lbs)

Features: 4 adjustable height positions, non-slip feet

WARRANTY INFORMATION

GORILLA SPORTS products are manufactured with a focus on quality and durability. For specific warranty terms and conditions, please refer to the warranty card included with your purchase or contact your retailer. Keep your proof of purchase for any warranty claims.

SUPPORT

If you have any questions, require assistance with assembly, or need to report a missing/damaged part, please contact GORILLA SPORTS customer service. Visit the official GORILLA SPORTS website for contact details and further product information.

Note: This manual is for informational purposes only. The manufacturer reserves the right to make changes to the product and specifications without prior notice.