

## Yaheetech YA-00097090

# Yaheetech Adjustable Squat Rack and Barbell Stand

Model: YA-00097090 - Instruction Manual

## 1. INTRODUCTION

Thank you for choosing the Yaheetech Adjustable Squat Rack and Barbell Stand. This manual provides essential information for the safe assembly, proper use, and maintenance of your new fitness equipment. Please read this manual thoroughly before assembly and use, and retain it for future reference.

This squat rack is designed to support various strength training exercises, including squats, bench presses (when used with a separate bench), and overhead presses. Its adjustable features allow for customization to suit different user heights and exercise requirements.

## 2. SAFETY INFORMATION

**WARNING: Failure to follow these safety instructions may result in serious injury or death.**

- Consult a physician before starting any exercise program.
- Always inspect the equipment for loose parts, damage, or wear before each use. Do not use if damaged.
- Ensure all bolts, nuts, and adjustment pins are securely tightened before use.
- Place the squat rack on a flat, stable, non-slip surface.
- Do not exceed the maximum weight capacity of 250 kg (551 lbs).
- Always use safety spotter arms when performing exercises, especially heavy lifts.
- Keep children and pets away from the equipment during use.
- Wear appropriate athletic footwear and clothing.
- Perform exercises with controlled movements. Avoid sudden or jerky motions.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.

## 3. PACKAGE CONTENTS

Please verify that all components are present and undamaged before beginning assembly. If any parts are missing or damaged, contact customer service.



*Figure 3.1: Exploded view of components and hardware.*

- Main Upright Posts (2)
- Base Supports (2)
- J-Hooks / Barbell Holders (2 pairs)
- Safety Spotter Arms (2)
- Adjustment Knobs/Pins (various)
- Assembly Hardware (bolts, washers, nuts, end caps)
- Instruction Manual (this document)

## 4. ASSEMBLY INSTRUCTIONS

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Assembly requires basic tools (not included), such as an adjustable wrench and pliers. It is recommended to assemble the unit with two people for ease and safety.

1. **Step 1: Attach Base Supports to Upright Posts.** Securely fasten each upright post to its corresponding base support using the provided bolts, washers, and nuts. Ensure the base is stable and level.
2. **Step 2: Install J-Hooks.** Slide the J-hooks onto the top section of each upright post. Ensure they are inserted correctly and are facing the appropriate direction for holding a barbell.
3. **Step 3: Install Safety Spotter Arms.** Insert the safety spotter arms into the lower adjustment holes on each upright post. Secure them with the adjustment pins. These arms should be positioned at a height that provides safety during your lifts.
4. **Step 4: Final Tightening.** Double-check all bolts and nuts to ensure they are fully tightened. The unit should feel stable and not wobble.



*Figure 4.1: Fully assembled squat rack.*

## 5. OPERATION AND USAGE

The Yaheetech Squat Rack is versatile for various exercises. Always ensure proper form and use appropriate weight.

### 5.1. Squats

- Adjust the J-hooks to a height slightly below your shoulders when standing.
- Set the safety spotter arms to a height that will catch the barbell if you fail a lift, typically just below your lowest squat position.
- Load the barbell evenly with weights.
- Approach the bar, position it on your upper back/shoulders, unrack, and step back.
- Perform squats with controlled movement.
- Re-rack the barbell securely after your set.

## 5.2. Bench Press (with separate bench)

- Place a weight bench between the two upright posts.
- Adjust the J-hooks to a height that allows you to unrack the barbell comfortably from a lying position.
- Adjust the safety spotter arms to a height that will prevent the barbell from crushing you if you fail a lift, typically just above your chest at the bottom of the press.
- Load the barbell evenly with weights.
- Lie on the bench, position yourself under the bar, unrack, and perform bench presses.
- Re-rack the barbell securely after your set.



Figure 5.1: Squat rack in use with a weight bench.

## 6. ADJUSTMENTS

The squat rack offers flexible adjustments for height and safety arm positions.

### 6.1. Height Adjustment for J-Hooks

- The upright posts feature 14 adjustable height levels, with each increment being 5 cm (approximately 2 inches).
- To adjust, remove the adjustment pin from the J-hook.
- Slide the J-hook to the desired height, aligning it with the appropriate hole.
- Re-insert the adjustment pin and ensure it passes completely through the post and J-hook for secure locking.
- Always ensure both J-hooks are set to the same height.



Figure 6.1: Detail of the 14-level height adjustment.

## 6.2. Adjustment for Safety Spotter Arms

- The safety spotter arms can be adjusted to 6 levels, ranging from 49 cm to 74 cm (approximately 19.3 to 29.1 inches) from the ground.
- To adjust, remove the adjustment pin from the safety arm.
- Slide the safety arm to the desired height, aligning it with the appropriate hole.
- Re-insert the adjustment pin and ensure it passes completely through the post and safety arm for secure locking.



- Always ensure both safety spotter arms are set to the same height.



*Figure 6.2: Detail of the safety spotter arm.*

## 7. MAINTENANCE

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

- **Daily:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all bolts, nuts, and adjustment pins for tightness. Re-tighten any loose fasteners.
- **Monthly:** Check for any signs of rust, cracks, or structural damage. If any damage is found, discontinue use

- immediately and contact customer service.
- **Storage:** Store the equipment in a dry, cool place away from direct sunlight and moisture.

## 8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Rack wobbles or feels unstable.	Loose bolts or uneven surface.	Ensure all assembly bolts are fully tightened. Move the rack to a flat, level surface.
Adjustment pin does not secure.	Pin not fully inserted or misaligned.	Ensure the J-hook/safety arm is correctly aligned with the hole. Push the pin completely through both sides.
Difficulty adjusting height.	Friction or slight misalignment.	Apply a small amount of silicone lubricant to the sliding surfaces if needed. Ensure no weight is on the J-hooks during adjustment.

## 9. SPECIFICATIONS

- Brand:** Yaheetech
- Model Number:** YA-00097090
- Color:** Black
- Material:** Metal
- Product Dimensions (each stand):** 54.5 cm (L) x 50.5 cm (W) x 102.5-167.5 cm (H) (Adjustable)
- Product Weight:** 18.5 kg (total for pair)
- Maximum Weight Capacity:** 250 kg (551 lbs)
- J-Hook Height Adjustment:** 14 levels (102.5 cm to 167.5 cm, 5 cm increments)
- Safety Spotter Arm Adjustment:** 6 levels (49 cm to 74 cm)



Figure 9.1: Product dimensions.

## 10. WARRANTY AND SUPPORT

For warranty information, technical support, or to order replacement parts, please contact Yaheetech customer service through your original purchase platform or visit the official Yaheetech website.

Please have your model number (YA-00097090) and purchase date available when contacting support.



