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> [CCLIFE Steel Weight Rack for Dumbbells 002 Black Instruction Manual](#)

CCLIFE DHTAL004V

CCLIFE Steel Weight Rack for Dumbbells 002 Black Instruction Manual

Model: DHTAL004V

1. INTRODUCTION

Thank you for choosing the CCLIFE Steel Weight Rack for Dumbbells 002 Black. This rack is designed to provide a robust and organized storage solution for your dumbbells, barbells, and weight plates in a home gym environment. Please read this manual carefully before assembly and use to ensure safe and proper operation.

2. SAFETY INFORMATION

- Always assemble the rack on a flat, stable surface.
- Ensure all bolts and nuts are securely tightened before use. Regularly check for loose connections.
- Do not exceed the maximum weight capacity of 300 kg (661 lbs).
- Distribute weights evenly to maintain stability.
- Keep children and pets away from the rack during assembly and use.
- Use caution when lifting and placing weights to avoid injury.
- Inspect the rack for any damage or wear before each use. Do not use if damaged.

3. PACKAGE CONTENTS

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

- Main frame components (legs, crossbars, uprights)
- Dumbbell placement shelf
- Barbell bar holders (4 positions)
- Weight plate pegs (7 positions)
- Assembly hardware (bolts, nuts, washers, tools)
- Non-slip rubber skirting protectors

4. SETUP AND ASSEMBLY INSTRUCTIONS

Assembly typically requires two people for ease and safety. Refer to the included assembly diagram for detailed steps.

1. **Unpack Components:** Carefully remove all parts from the packaging. Lay them out and compare with the package contents list to ensure everything is present.
2. **Assemble Base:** Attach the main support legs to the base crossbars using the provided bolts and nuts. Ensure a stable foundation.
3. **Attach Uprights:** Secure the vertical uprights to the assembled base.
4. **Install Weight Plate Pegs:** Insert the 7 weight plate pegs into their designated slots on the uprights. Note that some pegs may have a slight upward incline to enhance stability for the plates. Ensure this incline faces upwards.
5. **Install Barbell Bar Holders:** Attach the 4 barbell bar holders to the appropriate positions on the uprights.
6. **Place Dumbbell Shelf:** Position the top dumbbell placement shelf onto the rack.
7. **Secure Skirting Protectors:** Attach the rubber skirting protectors to the bottom of the base to prevent floor damage and enhance stability.
8. **Final Tightening:** Once all components are in place, securely tighten all bolts and nuts. Do not overtighten.



Figure 1: Empty weight rack structure, ready for assembly of pegs and holders.

SHOW DETAILS



Figure 2: Detailed view of the rack's features, including placement areas for different weights and protective elements.

5. OPERATING INSTRUCTIONS

This weight rack is designed for efficient and safe storage of various fitness equipment.

- **Dumbbell Storage:** Place dumbbells on the top shelf. Ensure they are stable and do not roll off. The shelf provides ample space for various dumbbell sizes.
- **Barbell Storage:** Utilize the 4 designated barbell bar holders for storing your barbells. These are designed to keep bars securely in place.
- **Weight Plate Storage:** Hang weight plates on the 7 sturdy pegs. Distribute plates evenly across the pegs to maintain balance and prevent tipping.
- **Weight Distribution:** Always distribute weights as evenly as possible across the rack to maximize stability and prevent strain on any single component.



Figure 3: The weight rack shown with dumbbells and weight plates stored.



Figure 4: The weight rack demonstrating storage for barbells and weight plates.

6. MAINTENANCE

Regular maintenance will prolong the life of your weight rack.

- **Cleaning:** Wipe down the rack with a damp cloth to remove dust and sweat. Avoid abrasive cleaners that could damage the finish.
- **Inspection:** Periodically check all bolts, nuts, and connections to ensure they remain tight. Tighten any loose hardware.
- **Damage Check:** Inspect the frame for any signs of rust, cracks, or structural damage. If damage is found, discontinue use immediately and contact customer support.

7. TROUBLESHOOTING

- **Rack feels unstable:** Ensure all bolts are fully tightened. Verify the rack is on a level surface. Redistribute weights if they are unevenly loaded.
- **Missing parts during assembly:** Double-check all packaging materials. If parts are genuinely missing, contact CCLIFE customer support with your purchase details.

- **Difficulty assembling:** Refer to the assembly diagram. Ensure components are oriented correctly. Some parts may require slight force to align. If issues persist, contact customer support.

8. SPECIFICATIONS

Feature	Detail
Model Number	DHTAL004V
Dimensions (L x W x H)	100 cm x 41 cm x 94 cm (39.4 in x 16.1 in x 37 in)
Item Weight	16.2 kg (35.7 lbs)
Maximum Weight Capacity	300 kg (661 lbs)
Material	Steel (robust construction), Rubber (non-slip pads)
Dumbbell Storage	Top shelf
Barbell Bar Storage	4 holders
Weight Plate Storage	7 pegs
Color	Black

DETAILED SIZE DISPLAY



Figure 5: Detailed dimensions of the weight rack.

LOAD-BEARING DISPLAY



MAX WEIGHT CAPACITY
Total weight: 400kg



Figure 6: Visual representation of the rack's load-bearing capacity.

9. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the seller's policy on the purchase platform or contact CCLIFE customer service directly. Keep your purchase receipt as proof of purchase.

CCLIFE Technic GmbH

Seller ID: A18U3DCLRWZRI3