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› [CCLIFE Adjustable Barbell Support \(Model DHTAL001V\) Instruction Manual](#)

CCLIFE DHTAL001V

CCLIFE Adjustable Barbell Support Instruction Manual

Model: DHTAL001V

1. SAFETY INFORMATION

Read all instructions carefully before assembly and use. Failure to follow these instructions may result in serious injury.

- **Maximum Load Capacity:** Do not exceed the maximum weight capacity of **150 kg (330 lbs)** for the entire unit. Each individual stand has a maximum capacity of 75 kg.
- **Stable Surface:** Always place the barbell support on a flat, stable, and non-slip surface.
- **Pre-Use Check:** Before each use, ensure all bolts, nuts, and adjustment pins are securely tightened. Inspect the unit for any signs of damage or wear. Do not use if damaged.
- **Proper Adjustment:** Ensure J-hooks and safety spotters are correctly inserted and secured at the desired height before loading any weight.
- **Children and Pets:** Keep children and pets away from the equipment during use and storage.
- **Professional Use:** This equipment is designed for home gym use. Consult a professional trainer for proper exercise techniques.

2. PACKAGE CONTENTS

Verify that all components are present before beginning assembly.

- 1 x CCLIFE Adjustable Barbell Support Kit (for self-assembly)
- 1 x Assembly Instructions Manual

Note: Barbells and weight plates are not included with this product.

3. SETUP AND ASSEMBLY

The CCLIFE Adjustable Barbell Support is designed for easy self-assembly. Follow the included assembly instructions carefully.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean,

flat surface.

2. **Assemble Base:** Connect the base components for each stand according to the diagrams in the assembly manual. Ensure all bolts are finger-tight at this stage.
3. **Attach Uprights:** Securely attach the vertical uprights to the assembled bases.
4. **Install J-Hooks and Safety Spotters:** Insert the J-hooks and safety spotter bars into the desired height positions on the uprights. Ensure the locking pins are fully engaged.
5. **Final Tightening:** Once all components are in place, systematically tighten all bolts and nuts using the provided tools. Ensure the stands are stable and do not wobble.



Image 1: Product dimensions and adjustable levels. The base measures 51cm wide by 44cm deep. The uprights are adjustable from 95cm to 155cm. J-hooks have 15 adjustable levels, and safety spotters have 6 adjustable levels.

PRODUCT SIZE DISPLAY



Image 2: Detailed view of product features, including safety interlock for J-hooks, convex and non-slip barbell rests, a stable triangular base structure, and anti-slip mats on the feet for enhanced stability.

4. OPERATING INSTRUCTIONS

The adjustable barbell support is designed for various strength training exercises.

- Height Adjustment:** The uprights are adjustable in height from 107 cm to 165 cm. To adjust, remove the locking pin, slide the upright to the desired height, and re-insert the pin, ensuring it passes completely through the upright and is securely locked.
- J-Hook and Safety Spotter Adjustment:** The J-hooks (barbell rests) and safety spotter bars can be adjusted independently to 15 and 6 levels respectively. Always ensure both sides are adjusted to the same height and securely locked before use.
- Barbell Compatibility:** This support is suitable for barbells with a diameter of 45-50 mm.
- Exercise Versatility:** Use the stands for exercises such as squats, bench presses (when paired with a weight bench), overhead presses, and barbell curls. Position the two independent stands at a suitable distance for your barbell length and exercise.

PRODUCT DETAIL PRESENTATION



Image 3: Load capacity illustration. Each stand is rated for a maximum weight capacity of 75 kg, totaling 150 kg for the pair.

PRODUCT LOAD-BEARING DISPLAY



Image 4: User demonstrating squats with a barbell placed on the adjustable support stands.



Image 5: User demonstrating bench press with a barbell, utilizing the adjustable support stands in conjunction with a weight bench.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your barbell support.

- **Check Fasteners:** Periodically inspect all bolts, nuts, and adjustment pins. Tighten any loose fasteners to prevent instability.
- **Cleaning:** Wipe down the equipment with a damp cloth after use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Regularly check for any signs of rust, cracks, bends, or other damage to the metal frame or plastic components. Replace damaged parts immediately.
- **Storage:** Store the barbell support in a dry, clean environment away from extreme temperatures and direct sunlight.

6. TROUBLESHOOTING

If you encounter issues with your barbell support, refer to the following common solutions:

- **Instability/Wobbling:**

- Ensure the support is placed on a completely flat and level surface.
- Check all assembly bolts and nuts for tightness. Retighten as necessary.
- Verify that the anti-slip mats on the feet are intact and making full contact with the floor.

- **Difficulty Adjusting Height:**

- Ensure the locking pin is fully disengaged before attempting to slide the upright.
- Check for any obstructions or debris in the adjustment holes.

- **Missing or Damaged Parts:**

- Refer to the package contents list and assembly manual to identify any missing parts.
- Contact CCLIFE customer support for assistance with replacement parts.

7. SPECIFICATIONS

Model Number	DHTAL001V
Brand	CCLIFE
Material	Iron Metal
Color	Pure Black
Overall Dimensions (L x W x H)	51 x 44 x 165 cm (maximum height)
Product Weight	14.56 kg
Maximum Load Capacity	150 kg (330 lbs)
Adjustable Height Range	107 cm - 165 cm
J-Hook Adjustment Levels	15 levels
Safety Spotter Adjustment Levels	6 levels
Compatible Barbell Diameter	45-50 mm