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K KiNGKANG 120

K KiNGKANG Adjustable Squat Rack (Model 120)

Instruction Manual

1. Product Overview

The K KiNGKANG Adjustable Squat Rack is designed for home gym use, providing a stable and versatile platform for various strength training exercises. Constructed from heavy-duty steel, this rack supports a maximum load of 600 lbs. Its adjustable design allows for customization of height and width to accommodate different users and exercise types. The compact, foldable design facilitates easy storage, making it suitable for spaces with limited room.



Figure 1: Assembled K KiNGKANG Adjustable Squat Rack.

2. Safety Information

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

- Always consult with a physician before starting any exercise program.
- Ensure the squat rack is assembled correctly and all bolts are securely tightened before each use.
- Place the rack on a flat, stable, non-slip surface.
- Do not exceed the maximum weight capacity of 600 lbs (approximately 272 kg).
- Always use safety spotter arms when performing heavy lifts, especially squats and bench presses, to prevent injury in case of failure.
- Ensure the barbell is centered and balanced on the J-hooks or safety spotters.
- Keep children and pets away from the equipment during use.
- Inspect the rack for any signs of wear, damage, or loose components before each workout. Do not use if damaged.
- Wear appropriate athletic footwear and clothing.

3. Package Contents

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

- Main Upright Frames (2)
- Base Support Frames (2)
- Adjustable Crossbar (1)
- J-Hooks / Barbell Holders (2 pairs)
- Safety Spotter Arms (2)
- Adjustment Knobs/Pins (various sizes)
- Assembly Hardware (bolts, washers, nuts)
- Instruction Manual (this document)

4. Assembly Instructions

Assembly of the K KiNGKANG Squat Rack is designed to be straightforward. Follow the steps below carefully. It is recommended to have a second person assist with assembly for stability and ease.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Verify against the package contents list.
2. **Attach Base Supports:** Connect the base support frames to the bottom of the main upright frames using the provided bolts and nuts. Ensure a secure fit but do not fully tighten yet.
3. **Install Adjustable Crossbar:** Slide the adjustable crossbar between the two base support frames. Secure it with the appropriate hardware. This crossbar allows for width adjustment.
4. **Insert Upright Posts:** Insert the adjustable upright posts into the main upright frames. These posts have multiple holes for height adjustment.
5. **Attach J-Hooks and Safety Spotters:** Secure the J-hooks and safety spotter arms to the upright posts at your desired height using the adjustment pins/latches.
6. **Final Tightening:** Once all components are in place and the rack is stable, fully tighten all bolts and nuts using the provided tools or your own wrench set. Ensure all connections are firm.

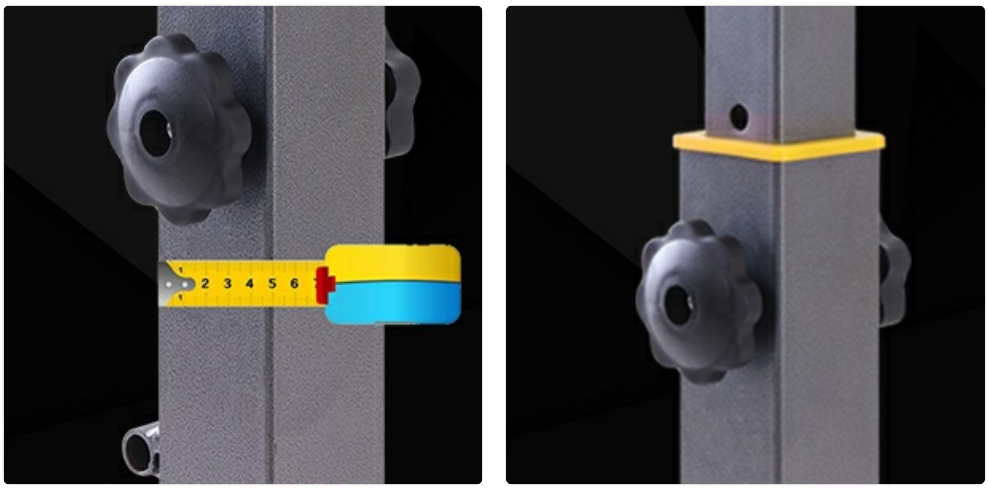


Figure 2: Details of the steel tubing and height adjustment holes.

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Video 1: Detailed unboxing and assembly process for the squat rack, including demonstrations of squats, dips, and curls.

5. Operation and Usage

The K KiNGKANG Squat Rack supports a variety of exercises. Always ensure proper form and safety precautions.

- **Squats:** Adjust the J-hooks to a height slightly below your shoulders. Load the barbell, step under it, and unrack. Perform squats with controlled movement. Adjust safety spotters to catch the barbell if you fail a lift.
- **Bench Press:** Position a weight bench between the uprights. Adjust the J-hooks to a height that allows you to unrack the barbell comfortably from a lying position. Adjust safety spotters to prevent the barbell from crushing you if you fail.
- **Overhead Press:** Adjust J-hooks to a height that allows you to unrack the barbell from a standing position for overhead presses.
- **Other Exercises:** The rack can also be used for exercises like rack pulls, dips (if compatible attachments are used, not included), and various barbell exercises.



Figure 3: Proper usage of the squat rack for barbell squats.

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Video 2: Review highlighting the adjustable features and compact design of the squat rack.

6. Adjustments

The K KiNGKANG Squat Rack offers both height and width adjustments for optimal customization.

6.1. Height Adjustment

The upright posts feature 13 levels of height adjustment, ranging from 33.85 inches to 64.9 inches (86 cm to 165 cm).

1. Loosen the adjustment knob on the upright post.
2. Pull out the support rod/pin.
3. Slide the upright post to the desired height.
4. Re-insert the support rod/pin into the corresponding hole.
5. Tighten the adjustment knob securely to lock the height in place.

6.2. Width Adjustment

The rack's width can be adjusted in 6 levels, from 27.9 inches to 47.2 inches (70.9 cm to 119.9 cm), to accommodate different barbell lengths and user preferences.

1. Loosen the adjustment knob on the adjustable crossbar at the base.
2. Slide the two main upright frames closer together or further apart to achieve the desired width.
3. Tighten the adjustment knob securely to lock the width in place.

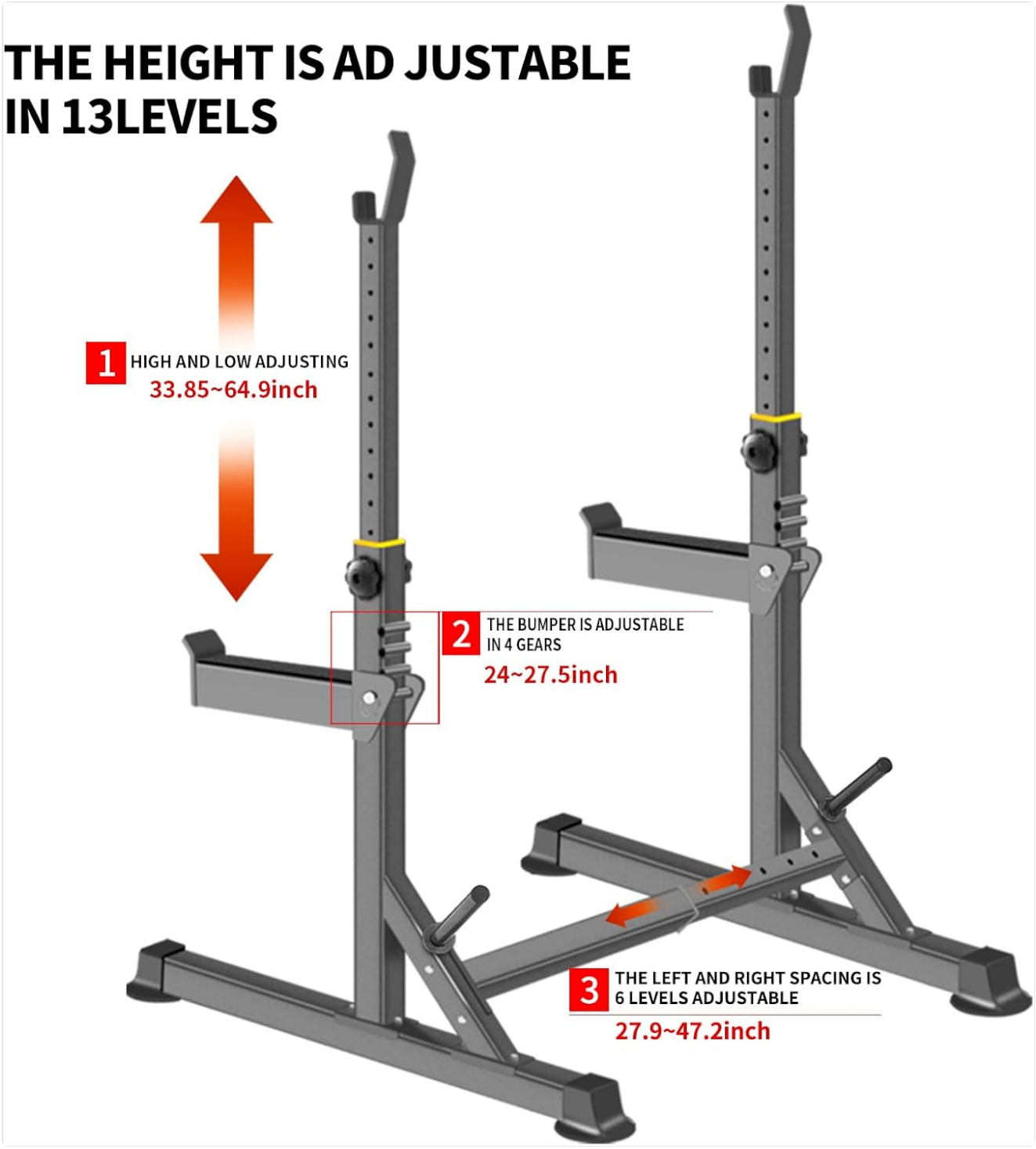


Figure 4: Illustration of the adjustable height and width ranges.



Figure 5: Close-up view of the adjustment mechanisms.

7. Maintenance

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

- **Cleaning:** Wipe down the frame with a damp cloth after use to remove sweat and dust. Avoid abrasive cleaners.
- **Bolt Check:** Periodically check all bolts, nuts, and pins to ensure they remain tight. Re-tighten as necessary.
- **Inspection:** Regularly inspect the steel frame for any signs of cracks, bends, or rust. Check J-hooks and safety spotters for wear.
- **Storage:** When not in use, the rack can be folded for compact storage. Ensure it is stored in a dry environment to prevent rust.

8. Troubleshooting

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Rack feels unstable or wobbly	Loose bolts; uneven floor surface; incorrect assembly.	Ensure all bolts are fully tightened. Move the rack to a flat, level surface. Re-check assembly steps.
Adjustment pins are difficult to insert/remove	Misalignment of holes; debris in holes.	Ensure the upright posts are aligned correctly. Clean any debris from the adjustment holes.
Barbell slips on J-hooks	Barbell not centered; J-hook padding worn (if applicable).	Always center the barbell. Inspect J-hooks for wear and replace if necessary.

9. Specifications

Feature	Detail
Brand	K KiNGKANG
Model Number	120
Material	Alloy Steel
Maximum Weight Capacity	600 lbs (approximately 272 kg)
Adjustable Height Range	33.85 - 64.9 inches (86 - 165 cm)
Adjustable Width Range	27.9 - 47.2 inches (70.9 - 119.9 cm)
Product Dimensions (D x W x H)	33.5"D x 47.2"W x 65.5"H (at max width/height)
Item Weight	17.51 kg (approx. 38.6 lbs)

10. Warranty and Support

K KiNGKANG provides a 180-day warranty for manufacturing defects. Your satisfaction is a top priority, and products are made with high-quality raw materials to be defect-free.
If the product you purchased from us has failed your expectation or if you encounter any issues, please feel free to contact our customer support. We are committed to responding quickly and efficiently to resolve any concerns.
For support, please refer to the contact information provided with your purchase or visit the official K KiNGKANG store on Amazon.

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