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› STUFFSTASH Dumbbell Rack Model 001 Instruction Manual

## STUFFSTASH 001

# STUFFSTASH Dumbbell Rack Instruction Manual

Model: 001

## 1. PRODUCT OVERVIEW

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The STUFFSTASH Dumbbell Rack is a versatile and heavy-duty storage solution designed for home gyms. It offers multiple storage options for various fitness equipment, including dumbbells, kettlebells, yoga mats, foam rollers, and other accessories. Constructed from thickened high-quality steel, this rack provides robust support and organization for your workout space.



This image displays the STUFFSTASH Dumbbell Rack, fully assembled and organized with dumbbells, kettlebells, yoga mats, foam rollers, resistance bands, and other fitness accessories. It highlights the multi-functional storage capabilities of the rack.

## 2. KEY FEATURES

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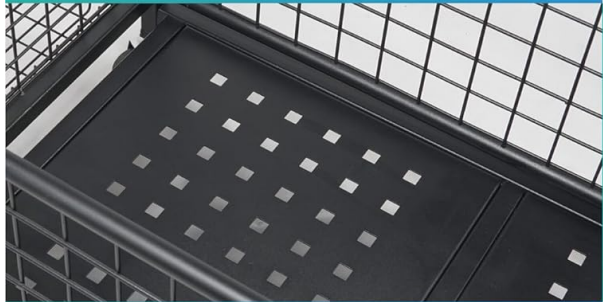
- **Multi-functional Storage:** Features a top shelf for kettlebells and smaller heavy items, a 2-layer adjustable width dumbbell rack, a side basket for yoga mats and foam rollers, and side hooks for ab wheels, resistance bands, and jump ropes. A bottom storage basket accommodates balls, weight plates, and yoga blocks.
- **Extra Strong Construction:** Made from thickened high-quality steel. The main basket base is rated for 220 lbs, and the upper shelf section for 140 lbs. Dumbbell racks are rated for 170 lbs each, providing a combined unit rating of 700 lbs.
- **Adjustable Dumbbell Racks:** Both rows of the dumbbell rack are adjustable with 4 different positions to accommodate various dumbbell sizes and weights.
- **Mobility and Stability Options:** Includes 4 multi-directional, lockable wheels for mobility and flat feet for enhanced stability. Each wheel is rated for 125 lbs (500 lbs combined). For loads exceeding 500 lbs, flat feet are recommended.
- **Easy Assembly:** Designed for straightforward assembly with clear, step-by-step instructions and diagrams.



**SHEET STEEL  
TOP SHELF**



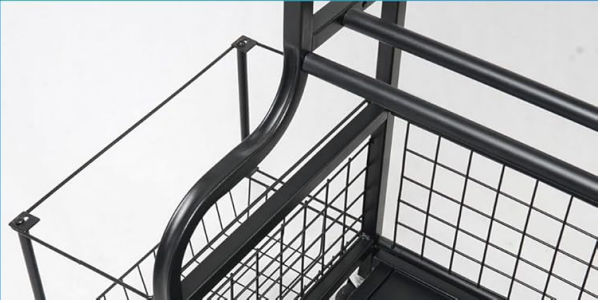
**STEEL TUBE  
DUMBBELL RACKS**



**SHEET STEEL  
BASKET BASE**



**HEAVY DUTY  
STEEL FRAME**



Detailed views of the rack's construction, showing the robust sheet steel used for the top shelf and basket base, the durable steel tube dumbbell racks, and the overall heavy-duty steel frame.

# ADJUSTABLE WIDTH DUMBBELL RACK

FOUR SIZES AVAILABLE TO CATER FOR ALL DUMBBELLS 



This image illustrates the adjustable width mechanism of the dumbbell racks, indicating four possible positions to accommodate different dumbbell sizes and types.

## 3. PACKAGE CONTENTS

Please verify that all components are present before beginning assembly. Refer to the included assembly diagram for a complete list of parts and hardware.

- Main Frame Components
- Dumbbell Rack Bars (2 sets)
- Top Shelf
- Bottom Basket
- Side Basket
- Side Hooks
- Wheels (4)
- Flat Feet (4)
- Assembly Hardware (bolts, nuts, washers, wrench)
- Instruction Manual

## 4. SAFETY INFORMATION

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- Always assemble the rack on a flat, stable surface.
- Ensure all bolts are securely tightened after assembly, but **do not tighten bolts until the storage rack is fully assembled** to allow for proper alignment.
- Do not exceed the stated weight limits for each section: Top Shelf (140 lbs), Dumbbell Racks (170 lbs each), Main Basket Base (220 lbs). The combined unit rating is 700 lbs.
- If using wheels, ensure they are locked when the rack is stationary and loaded.
- For loads exceeding 500 lbs, it is advised to fit the flat feet instead of the wheels for maximum stability.
- Keep children and pets away from the rack during assembly and while in use.
- Regularly inspect the rack for any loose bolts, damage, or wear. Tighten or replace components as necessary.

## 5. SETUP AND ASSEMBLY

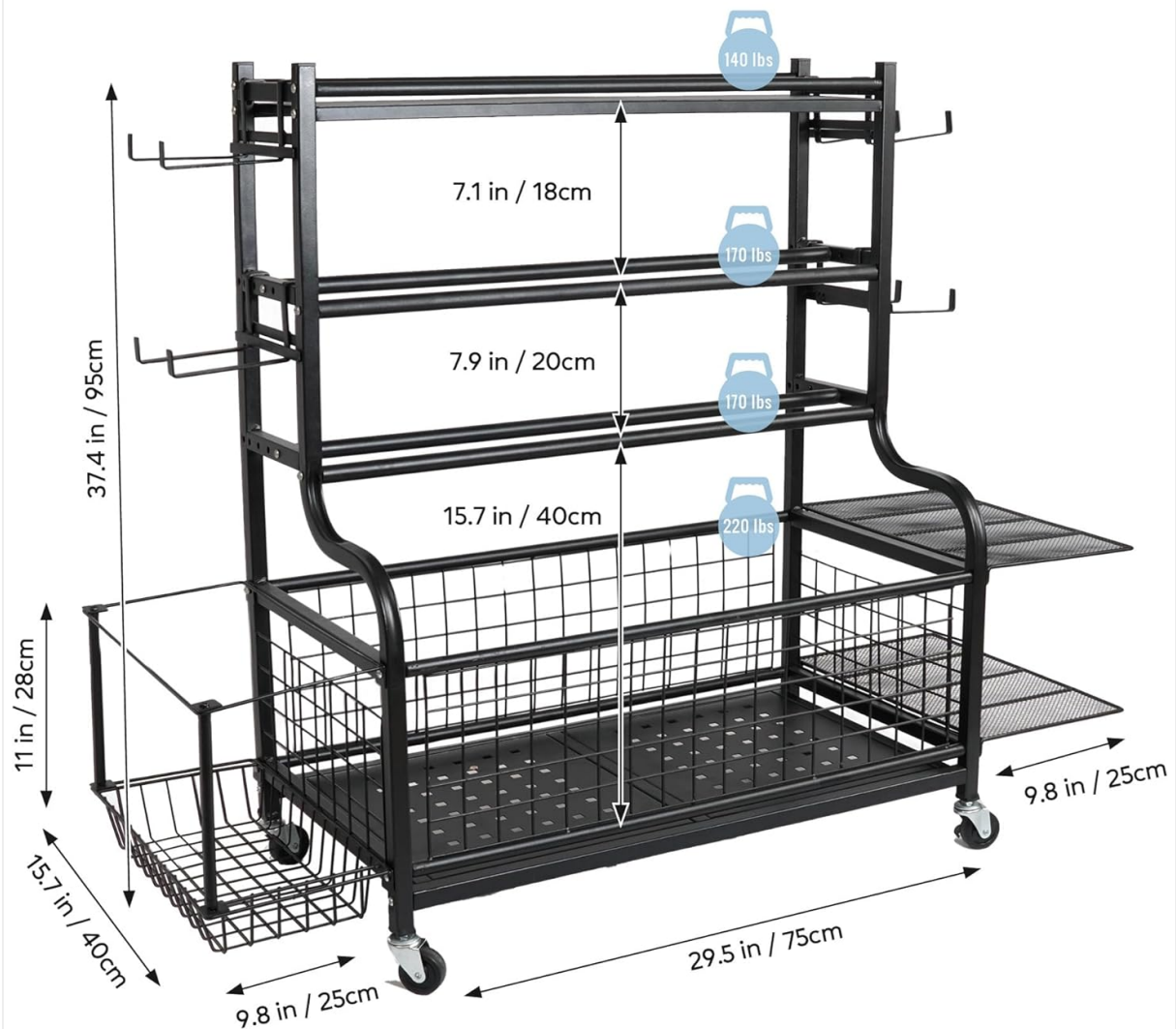
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Follow these steps carefully for proper assembly. It is recommended to have a second person assist with assembly.

### Step-by-Step Assembly

1. Unpack all components and verify against the parts list.
2. Attach the main vertical frame supports to the base frame.
3. Install the bottom basket onto the base frame.
4. Secure the two adjustable dumbbell rack layers to the vertical supports. Ensure they are set to your desired width position.
5. Attach the top shelf to the uppermost section of the vertical supports.
6. Install the side basket and side hooks as indicated in the diagram.
7. Decide whether to install the lockable wheels for mobility or the flat feet for stability. Attach the chosen components to the bottom of the base frame.
8. Once all components are loosely assembled and aligned, proceed to tighten all bolts securely.

# PRODUCT SIZE & CAPACITY



This diagram provides the overall dimensions of the rack (37.5"H x 48"W x 15.75"D) and the maximum weight capacities for each section: 140 lbs for the top shelf, 170 lbs for each of the two dumbbell racks, and 220 lbs for the main basket base. The total combined unit rating is 700 lbs.

## 6. OPERATING INSTRUCTIONS

### Adjusting Dumbbell Racks

The two dumbbell rack layers feature adjustable width settings. To adjust, loosen the bolts securing the rack bars, slide them to one of the four available positions, and then re-tighten the bolts. This allows customization for various dumbbell sizes.

### Utilizing Mobility and Stability Features

The rack comes with both lockable wheels and flat feet. Install the wheels if you require frequent movement of the rack. Ensure the wheels are locked when the rack is in its desired position to prevent accidental movement. If the rack will remain stationary or hold weights exceeding 500 lbs, install the flat feet for maximum stability.

- RESISTANCE BANDS
- AB WHEELS
- JUMP ROPES

- TOWELS
- SHAKER CUPS
- WATER BOTTLES

- YOGA MATS
- FOAM ROLLERS



This image focuses on the versatile side storage options, showcasing the hooks designed for hanging items like resistance bands, ab wheels, and jump ropes, and the integrated basket for larger items such as yoga mats and foam rollers.

# ALL IN ONE HOME GYM STORAGE



An infographic demonstrating the comprehensive storage capabilities of the rack for a variety of home gym equipment, including dumbbells, kettlebells, yoga mats, yoga wheels, yoga blocks, foam rollers, and fitness bands.



This image shows the STUFFSTASH Dumbbell Rack in a practical home gym environment, illustrating how it helps maintain an organized workout space while a user performs exercises.

## 7. MAINTENANCE

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

## 8. TROUBLESHOOTING

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- **Rack feels wobbly after assembly:** Ensure all bolts are fully tightened. If using wheels, confirm they are locked. If the load is heavy, consider switching to flat feet for increased stability.
- **Difficulty adjusting dumbbell racks:** Loosen the securing bolts sufficiently before attempting to slide the rack bars. Ensure no debris is obstructing the adjustment mechanism.
- **Missing parts:** Refer to the package contents list and contact STUFFSTASH customer support with your

purchase details.

## 9. SPECIFICATIONS

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<b>Brand</b>	STUFFSTASH
<b>Model Number</b>	001
<b>Material</b>	Alloy Steel
<b>Product Dimensions (LxWxH)</b>	48"W x 15.75"D x 37.5"H (121.9 cm x 40 cm x 95.25 cm)
<b>Item Weight</b>	16 Kilograms (35.27 lbs)
<b>Weight Limit (Total)</b>	700 Pounds (317.5 kg)
<b>Weight Limit (Top Shelf)</b>	140 Pounds (63.5 kg)
<b>Weight Limit (Dumbbell Racks, each)</b>	170 Pounds (77.1 kg)
<b>Color</b>	Black
<b>UPC</b>	198168566985

## 10. WARRANTY AND SUPPORT

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For warranty information, product support, or to report missing/damaged parts, please contact STUFFSTASH customer service. Refer to your purchase documentation for specific warranty terms and contact details. You can also visit the official STUFFSTASH store on Amazon for further assistance:

[Visit the STUFFSTASH Store](#)