

BRAINGAIN 20kg / 40kg

BRAINGAIN Weight Rack Instruction Manual

Model: 20kg / 40kg Adjustable Dumbbell Stand

Brand: BRAINGAIN

1. INTRODUCTION AND OVERVIEW

The BRAINGAIN Weight Rack is designed to provide a stable and ergonomic storage solution for your adjustable dumbbells. This stand elevates your dumbbells to a convenient waist height, reducing the need to bend over and protecting your back during workouts. It is compatible with BRAINGAIN 20kg and 40kg adjustable dumbbells.

Key features include:

- **Stable and Sturdy Construction:** Made from high-quality alloy steel with chrome-plated handles, ensuring durability, rust-proof, and anti-corrosion properties for long-term use.
- **Multi-Functional Use:** Equipped with convenient weight trays to securely store adjustable dumbbells and prevent rolling. Keeps your workout area organized and space-efficient.
- **Ergonomic Design:** Features a durable frame with an inclined arc, specifically designed to bring dumbbells to waist height, eliminating the need to bend and protecting your back.
- **Easy to Install:** Simple assembly process with all necessary hardware and tools included, allowing for quick setup.



Figure 1: Fully assembled BRAINGAIN Weight Rack, designed to hold adjustable dumbbells at an ergonomic height.

2. PRODUCT SPECIFICATIONS

Specification	Detail
Brand	BRAINGAIN
Model Compatibility	20kg / 40kg Adjustable Dumbbells
Material Type	Alloy Steel
Maximum Weight Capacity	24 Kilograms (per dumbbell tray)
Product Dimensions (L x W x H)	63 x 52 x 63 cm
Item Weight	16 Kilograms

Size



Figure 2: Dimensional overview of the BRAINGAIN Weight Rack, showing length (52cm), width (71cm), and height (63cm).

3. ASSEMBLY INSTRUCTIONS

The BRAINGAIN Weight Rack is designed for quick and straightforward assembly. Please follow these steps carefully:

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify that all components listed below are present.
2. **Identify Parts:**
 - Bracket (main frame)
 - Set Boards (dumbbell trays)
 - Front Panel
 - Screws, Wrenches, Lanyards (hardware kit)

PRODUCT ASSEMBLY

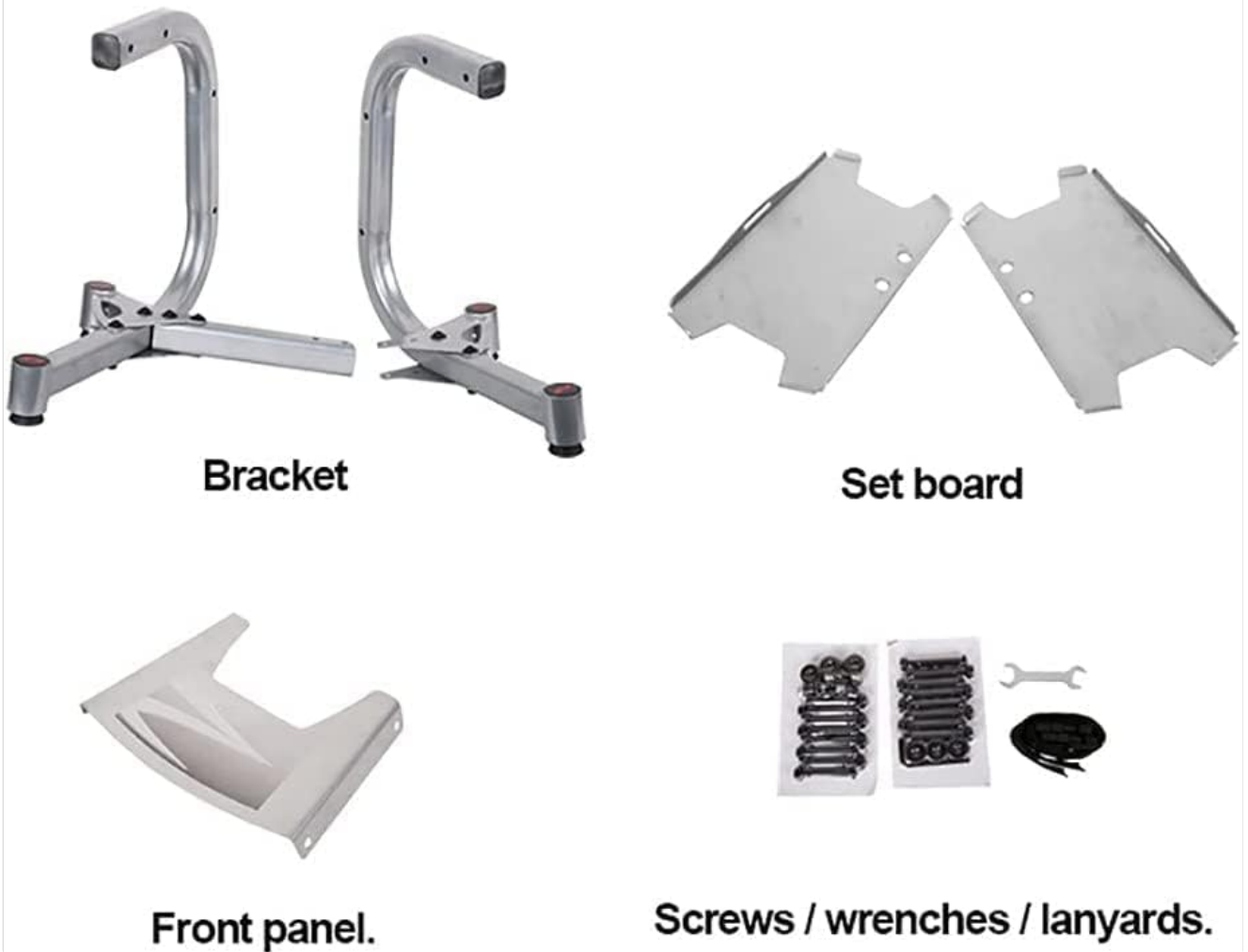


Figure 3: All components included for the BRAINGAIN Weight Rack assembly: Bracket, Set Boards, Front Panel, and hardware kit (screws, wrenches, lanyards).

3. **Assemble the Base:** The main bracket structure is largely pre-assembled.
4. **Attach Set Boards:** Align the two 'Set Boards' (dumbbell trays) onto the top of the main bracket. Secure them using the provided screws. Ensure they are firmly attached and level.
5. **Install Front Panel:** Attach the 'Front Panel' to the designated area on the front of the rack, securing it with screws.
6. **Secure with Screws:** Use the provided wrenches to tighten all 4 screws in each base to align the base on the pedestal. Ensure all connections are secure before use.
7. **Optional: Attach Wheels/Feet:** The rack comes with both normal grippy feet and optional wheels. Choose your preferred option and attach them to the bottom of the rack.

Assembly typically takes only a few minutes. If you encounter any difficulties, please refer to the troubleshooting section or contact customer support.

4. OPERATING INSTRUCTIONS

Using your BRAINGAIN Weight Rack is straightforward. Follow these guidelines for optimal performance and safety:

- **Placement:** Position the weight rack on a flat, stable surface. Ensure there is ample space around the rack for safe access to your dumbbells.

- **Dumbbell Placement:** Carefully place your BRAINGAIN adjustable dumbbells onto the designated trays on the rack. Ensure they are seated securely and do not wobble. The trays are designed to prevent rolling.
- **Ergonomic Use:** The rack brings your dumbbells to waist height, allowing you to pick them up and set them down without excessive bending. Always use proper lifting techniques when handling dumbbells.
- **Stability Check:** Before each use, quickly check that the rack is stable and all connections are secure.
- **Moving the Rack:** If you have attached the wheels, you can easily move the rack. Ensure dumbbells are removed or securely fastened if moving short distances. Exercise caution when moving.

This rack is designed for stationary use during workouts. Avoid moving it with dumbbells on the trays unless absolutely necessary and done with extreme care.

5. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your BRAINGAIN Weight Rack:

- **Cleaning:** Wipe down the rack periodically with a damp cloth to remove dust and sweat. Avoid abrasive cleaners or solvents that could damage the finish.
- **Inspect Connections:** Periodically check all screws and bolts to ensure they remain tight. Re-tighten if necessary to maintain stability.
- **Rust Prevention:** While the rack is rust-proof, storing it in a dry environment will further extend its lifespan. Avoid prolonged exposure to moisture.
- **Damage Check:** Inspect the frame and trays for any signs of damage, cracks, or deformation. If any damage is found, discontinue use immediately and contact customer support.

6. TROUBLESHOOTING

If you encounter any issues with your BRAINGAIN Weight Rack, please refer to the following common solutions:

Problem	Possible Cause / Solution
Rack feels unstable or wobbly.	<ul style="list-style-type: none"> ◦ Loose Screws: Ensure all assembly screws are fully tightened. ◦ Uneven Surface: Move the rack to a flat, level surface. ◦ Incorrect Assembly: Review assembly instructions to ensure all parts are correctly installed.
Dumbbells do not sit properly on trays.	<ul style="list-style-type: none"> ◦ Incorrect Dumbbell Model: Verify your dumbbells are compatible with the 20kg / 40kg BRAINGAIN adjustable dumbbell models. ◦ Tray Misalignment: Check if the set boards (trays) are correctly aligned and securely fastened during assembly.
Wheels do not roll smoothly.	<ul style="list-style-type: none"> ◦ Obstruction: Check for debris or hair caught in the wheels. ◦ Tightening: Ensure wheels are not overtightened, which can restrict movement. ◦ Damage: Inspect wheels for any damage.

If the problem persists after attempting these solutions, please contact BRAINGAIN customer support for further assistance.

7. WARRANTY AND SUPPORT

BRAINGAIN stands behind the quality of its products. For specific warranty information, please refer to the documentation included with your purchase or visit the official BRAINGAIN website.

For customer support, technical assistance, or to inquire about replacement parts, please contact BRAINGAIN directly.

You can often find contact information on the product packaging or on the brand's official online store.

Visit the official BRAINGAIN Store for more products and support: [BRAINGAIN Store on Amazon.co.uk](#)

