



[Manuals.plus](#) /

› [Amenitlif](#) /

› Amenitlif Folding Squat Rack User Manual

Amenitlif foldable squat rack

Amenitlif Folding Squat Rack User Manual

Model: Foldable Squat Rack

1. IMPORTANT SAFETY INFORMATION

Before assembling or using the Amenitlif Folding Squat Rack, please read and understand all instructions and warnings. Failure to follow these instructions may result in serious injury or property damage. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure the rack is securely mounted to a suitable wall structure by a qualified professional. Improper installation can lead to instability and injury.
- Inspect all components for damage or wear before each use. Do not use if any parts are damaged.
- Ensure all bolts and fasteners are tightened before use. Periodically check and re-tighten as necessary.
- Do not exceed the maximum weight capacities: **1000 LBS total, 400 LBS for J-Hooks, and 600 LBS for the Pull-Up Bar.**
- Keep children and pets away from the equipment during use.
- Use proper lifting techniques and always use spotters when lifting heavy weights.
- Wear appropriate athletic footwear and clothing.

2. PACKAGE CONTENTS

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

- Folding Wall Mounted Squat Rack Frame (Main uprights and wall mounts)
- Pull-Up Bar
- J-Hooks (Pair)
- Landmine Attachment
- Mounting Hardware (Bolts, washers, nuts for assembly and wall mounting)
- Assembly Tools (Wrenches, etc. - may vary)

3. SETUP AND ASSEMBLY

Assembly requires two people. Ensure you have adequate space and the necessary tools. The rack must be mounted to a sturdy wall capable of supporting the rack's weight plus the maximum intended load.

1. **Wall Selection:** Choose a solid wall (e.g., concrete, reinforced wood studs) that can safely bear the rack's weight and user load. Mark the desired mounting height and width.
2. **Mounting the Wall Brackets:** Secure the horizontal wall brackets to the wall using appropriate heavy-duty anchors and bolts (provided). Ensure they are level and spaced correctly according to the rack's dimensions.
3. **Attaching Uprights:** Connect the main vertical uprights to the wall brackets. The rack features 2 x 90° folding arms for space-saving.
4. **Installing the Pull-Up Bar:** Attach the pull-up bar to the top section of the uprights. It is designed with adjustable heights.
5. **Attaching J-Hooks:** Insert the J-hooks into the desired height holes on the uprights. Ensure they are securely seated.
6. **Installing Landmine Attachment:** Secure the landmine attachment to the lower section of one of the uprights.
7. **Final Inspection:** Double-check all bolts and connections for tightness. Ensure the rack is stable and does not wobble.



Image: The Amenitlif Folding Squat Rack shown in its unfolded state with a user performing pull-ups, and in its compact, folded state.

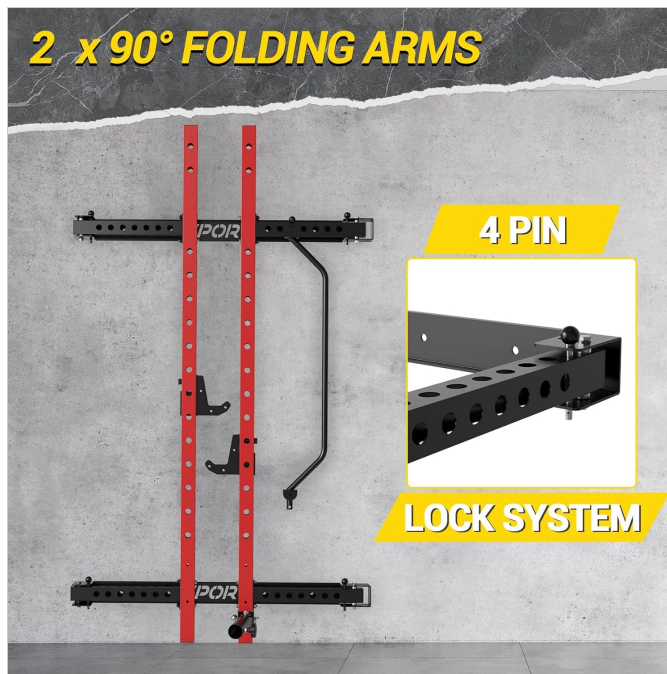


Image: The squat rack in its folded position, highlighting the 2 x 90° folding arms and the 4-pin lock system for secure storage.

4. OPERATING INSTRUCTIONS

4.1 Folding and Unfolding the Rack

- **To Unfold:** Release the 4-pin lock system on both folding arms. Carefully swing the uprights outwards until they are fully extended and locked into the open position. Ensure the pins are securely engaged.
- **To Fold:** Disengage the 4-pin lock system. Carefully swing the uprights inwards towards the wall until they are flush against the wall brackets. Re-engage the 4-pin lock system to secure the rack in the folded position.

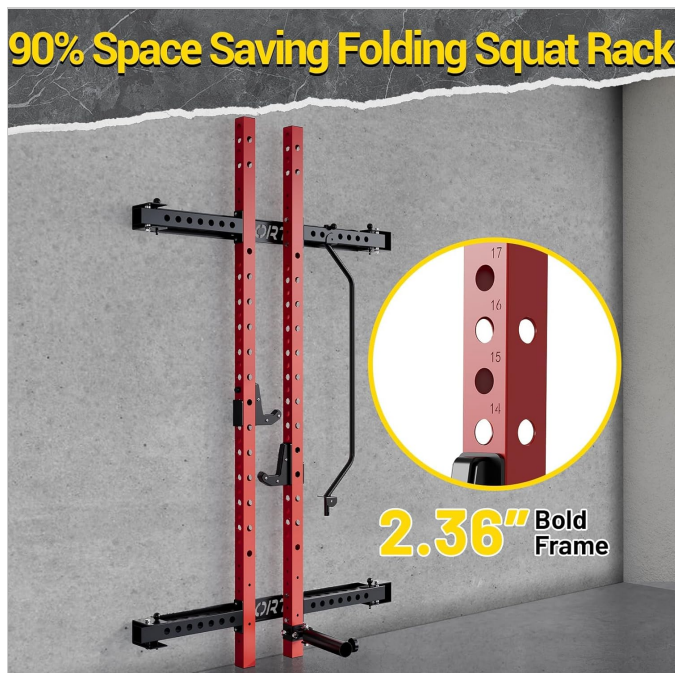


Image: The squat rack in its folded configuration, illustrating its space-saving design against a wall.

4.2 Using Attachments

- **J-Hooks:** Adjust the J-hooks to the appropriate height for your exercise. Ensure both hooks are at the same height and fully inserted into the uprights before placing a barbell. Maximum capacity: 400 LBS.

- **Pull-Up Bar:** The pull-up bar can be adjusted to different heights. Ensure it is securely fastened before use. Maximum capacity: 600 LBS.
- **Landmine Attachment:** Insert one end of a barbell into the landmine attachment. This allows for rotational exercises. Ensure the barbell is properly seated.

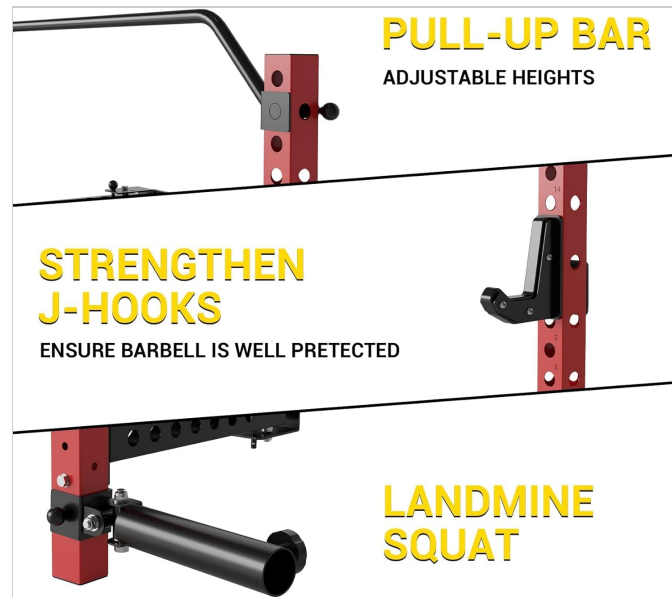


Image: Detailed view of the adjustable pull-up bar, J-hooks, and landmine attachment components.

4.3 Exercise Examples

The Amenitlif Folding Squat Rack supports a variety of strength training exercises:

- **Pull-Ups:** Utilize the pull-up bar for various grip pull-ups.
- **Barbell Squats:** Position the J-hooks at shoulder height for safe barbell squats.
- **Bench Press:** Use with a weight bench (not included) and adjust J-hooks for bench press.
- **Landmine Exercises:** Perform rotational movements, rows, and presses using the landmine attachment.

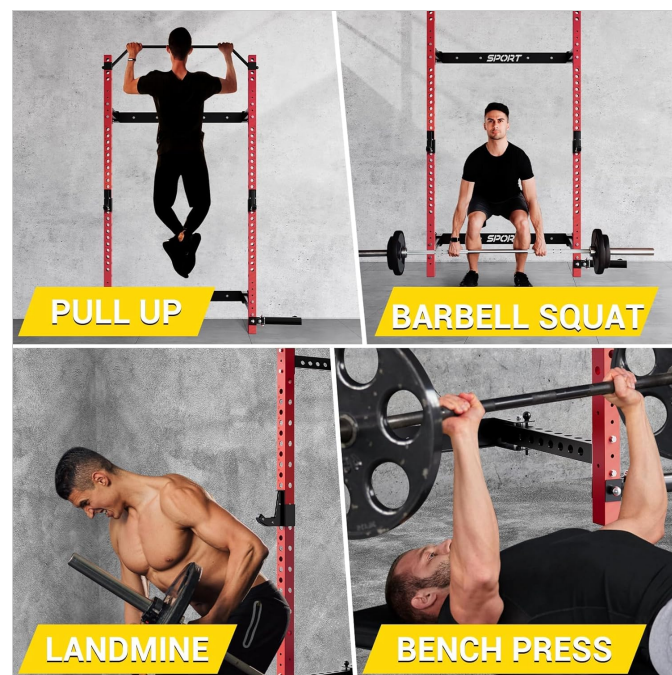


Image: A collage demonstrating various exercises possible with the rack, including pull-ups, barbell squats, landmine movements, and bench press.

5. MAINTENANCE

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

- **Daily:** Wipe down the rack with a clean, damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all bolts, nuts, and pins for tightness. Re-tighten any loose fasteners. Check for any signs of wear or damage on the frame, J-hooks, pull-up bar, and landmine attachment.
- **Monthly:** Lubricate any moving parts (e.g., folding mechanism pins) with a silicone-based lubricant if they become stiff.
- Do not use abrasive cleaners or solvents, as these can damage the finish.

6. TROUBLESHOOTING

If you encounter issues with your Amenitlif Folding Squat Rack, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Rack feels unstable or wobbles	Loose bolts; improper wall mounting; uneven floor.	Ensure all assembly and wall mounting bolts are securely tightened. Verify the wall structure is adequate. If floor is uneven, use shims under the wall brackets.
Folding mechanism is stiff	Lack of lubrication; dirt/debris in mechanism.	Clean the folding pins and apply a silicone-based lubricant.
J-hooks or pull-up bar not secure	Not fully inserted; locking pin not engaged.	Ensure attachments are fully inserted into the uprights and any locking pins are engaged.

If you experience issues not listed here, or if solutions do not resolve the problem, please contact Amenitlif customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	Amenitlif
Model Name	foldable squat rack
Material	Aluminum (High-quality steel frame)
Color	Black
Item Weight	89.73 Pounds
Overall Dimensions (Unfolded)	Approx. 89" (Height) x 47" (Width) x 22" (Depth from wall)
Overall Dimensions (Folded)	Approx. 89" (Height) x 47" (Width) x 6.14"-16" (Depth from wall)
Frame Size	2.36" x 2.36" Steel Frame

Feature	Detail
Weight Capacity (Total)	1000 LBS
Weight Capacity (J-Hooks)	400 LBS
Weight Capacity (Pull-Up Bar)	600 LBS
Included Components	Folding Wall Mounted Squat Rack, Pull-Up Bar, J-Hooks, Landmine Attachment
UPC	199108954763

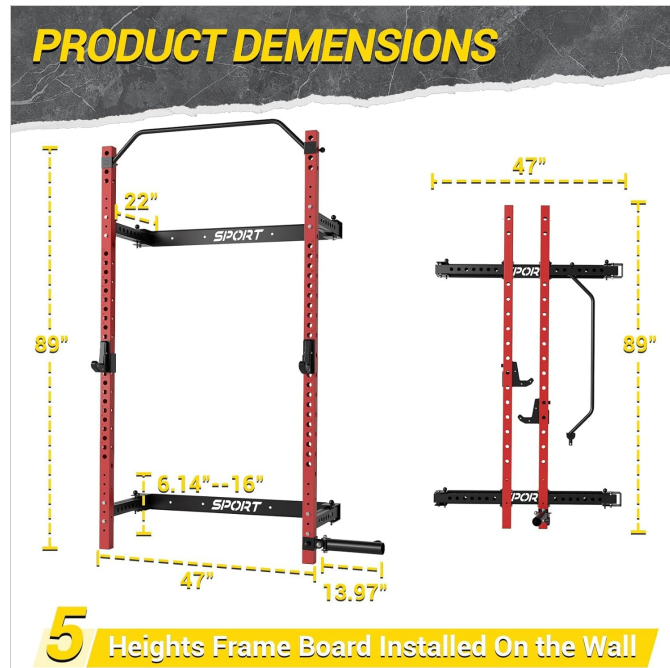


Image: Detailed dimensions of the squat rack in both its unfolded and folded states.

8. WARRANTY AND SUPPORT

This Amenitlif Folding Squat Rack comes with a **30-day manufacturer's warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use.

The warranty does not cover:

- Damage caused by improper assembly or installation.
- Damage resulting from misuse, abuse, neglect, or accidents.
- Normal wear and tear.
- Unauthorized repairs or modifications.

For warranty claims, technical support, or to order replacement parts, please contact Amenitlif customer service. Please have your purchase receipt and model information ready.

