

YOLEO PK082M

YOLEO Squat Rack with Adjustable Pull-Up Bar & Extended Safety Arms

INSTRUCTION MANUAL

1. SAFETY INFORMATION

Please read and understand all instructions and warnings before assembling and using the YOLEO Squat Rack. Failure to follow these instructions may result in serious injury or property damage.

- **Consult a Physician:** Before starting any exercise program, consult with a healthcare professional.
- **Assembly:** Ensure all parts are correctly assembled and tightened according to the instructions. Do not use the equipment if any parts are missing or damaged.
- **Weight Capacity:** The YOLEO Squat Rack is designed to support up to **1000 lbs (453 kg)**. Do not exceed this weight limit.
- **Stable Surface:** Always place the squat rack on a flat, stable, and non-slip surface.
- **Clearance:** Maintain adequate clear space around the equipment during use.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Spotter:** For heavy lifts, it is highly recommended to use a spotter.
- **Regular Inspection:** Periodically inspect the equipment for loose bolts, worn parts, or damage. Tighten all fasteners before each use.

2. PRODUCT OVERVIEW

The YOLEO Squat Rack is a versatile and robust piece of fitness equipment designed for comprehensive strength training in a home gym environment. It features a sturdy frame, adjustable components, and multiple functionalities to support various exercises.

Key Features:

- **Fixed 83" Frame Height:** Provides maximum stability for safe and effective workouts.
- **Adjustable Width:** The rack width can be adjusted from 35" to 67" to accommodate different barbells (6FT & 7FT) and user preferences.

- **Adjustable Pull-Up Bar:** Height adjustable from 71.5" to 80.5" for various user heights and exercises.
- **Extended Safety Arms & J-Hooks:** 16.5" safety arms and 4" J-hooks provide secure support for squats, bench presses, and safe barbell racking.
- **Heavy-Duty Construction:** Built with a wide 54.7" x 43.7" base, 6 reinforced metal plates, and a triangular structure for enhanced stability.
- **Multi-Functional:** Includes a pull-up bar, dip handles, and supports exercises like deep squats, bench presses, T-bar rows, and split squats.
- **Integrated Storage:** Built-in storage for 1" & 2" weight plates helps keep your workout area organized.

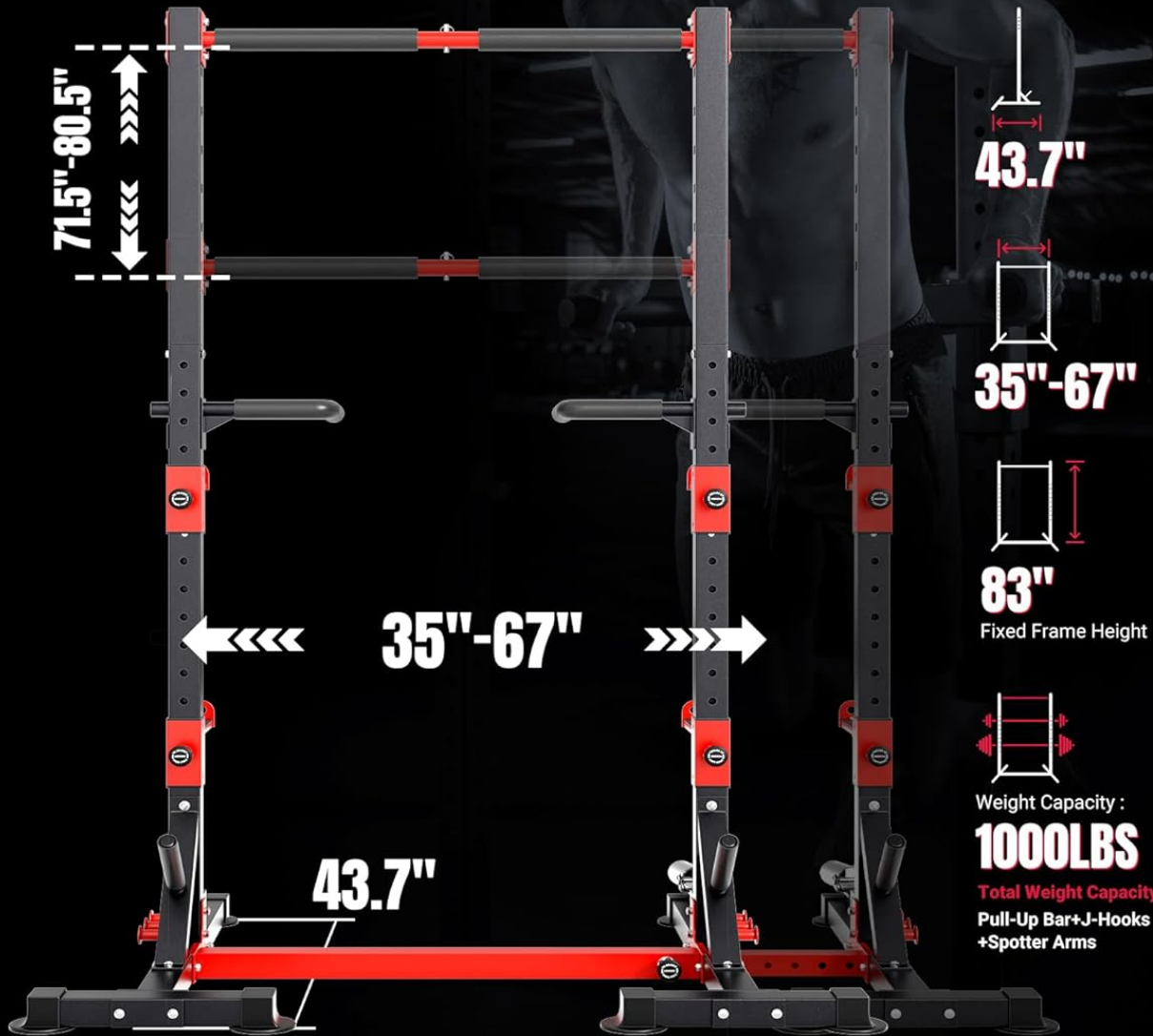
Product Components:

Familiarize yourself with the main components of your YOLEO Squat Rack:

- Main Upright Frames (Left & Right)
- Base Supports
- Adjustable Pull-Up Bar
- Safety Arms (Spotter Arms)
- J-Hooks
- Dip Handles
- Weight Plate Storage Pegs
- Landmine Attachment (if included)
- Connecting Bars/Braces
- Hardware (bolts, nuts, washers)

ADJUSTABLE FOR YOUR PERFECT FIT

- 35"-67" Width Adjustment for Different Body Types
- 83" Fixed Frame Height
- 71.5"-80.5" Height Range for Pull Up Bar
- 1000 lbs Total Weight Capacity
- Compatible with 6FT & 7FT Barbells



Front view of the YOLEO Squat Rack, highlighting its adjustable width and height features.

3. SETUP AND ASSEMBLY

Assembly of the YOLEO Squat Rack requires careful attention to detail. It is recommended to have at least two people for assembly.

Before You Begin:

- Unpack all components and verify against the parts list (refer to your packaging for the complete list).
- Lay out all hardware and tools.

- Ensure you have enough space for assembly.

Assembly Steps:

1. **Assemble the Base:** Connect the main upright frames to the base supports using the provided bolts and nuts. Ensure all connections are secure but do not fully tighten yet.
2. **Attach Connecting Braces:** Secure any horizontal or diagonal connecting braces between the uprights and base.
3. **Install Pull-Up Bar:** Attach the adjustable pull-up bar to the top of the upright frames. Ensure it is level and securely fastened.
4. **Install Weight Plate Storage Pegs:** Attach the weight plate storage pegs to the designated locations on the frame.
5. **Install Dip Handles and Landmine:** If included, attach the dip handles and landmine attachment to their respective positions.
6. **Final Tightening:** Once all components are in place, go back and fully tighten all bolts and nuts. Ensure the rack is stable and does not wobble.
7. **Check Stability:** Gently shake the assembled rack to confirm its stability. If any movement is detected, re-check all connections.



Side view of the YOLEO Squat Rack, illustrating the frame structure and assembly points.

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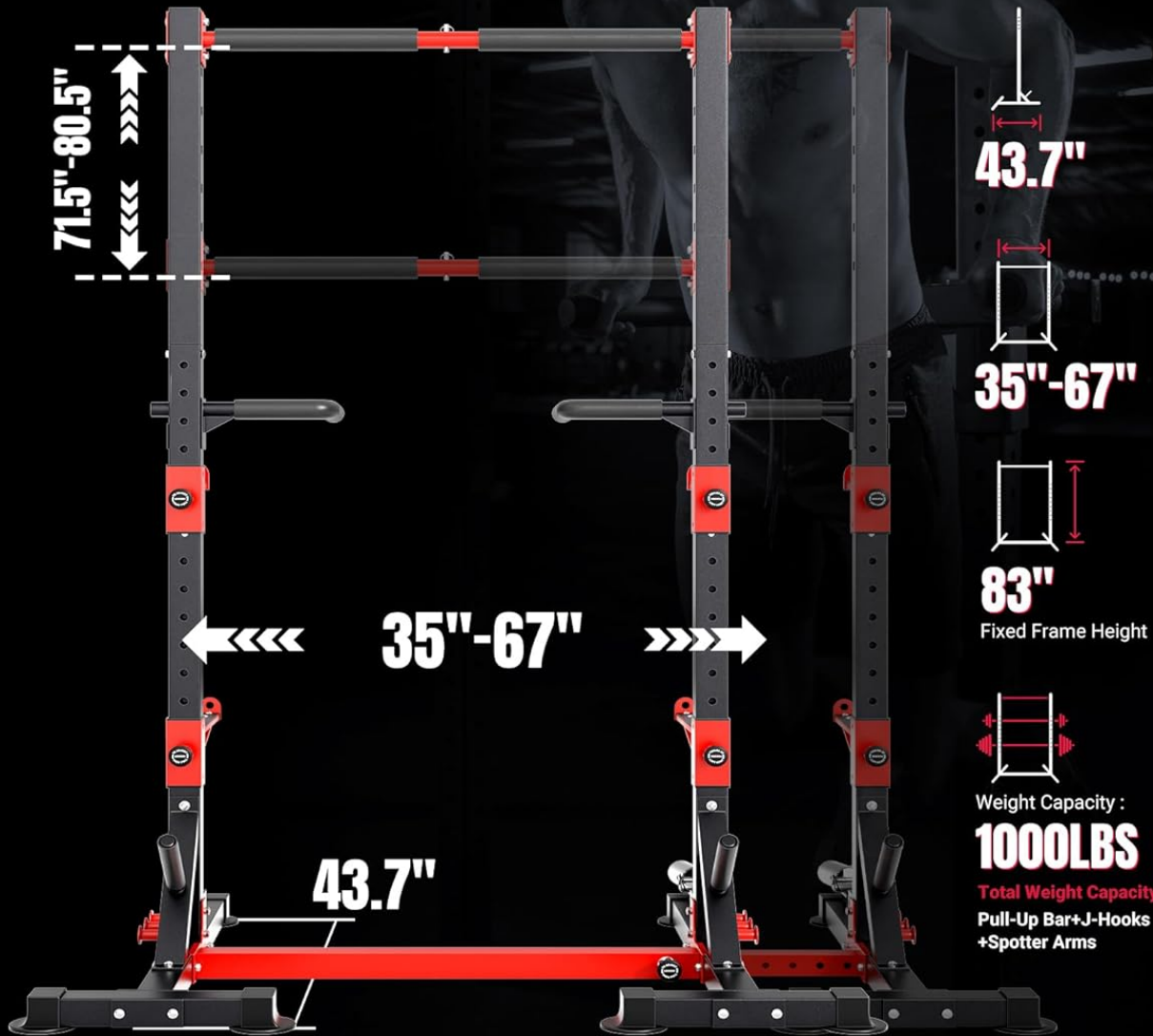


Diagram illustrating the stability features of the squat rack, including its triangular structure, reinforced metal plates, and wider base.

4. OPERATING INSTRUCTIONS

The YOLEO Squat Rack offers various adjustments and attachments for a diverse workout experience.

Adjusting Width:

To adjust the width of the squat rack (from 35" to 67"), loosen the designated adjustment knobs/bolts on the connecting bars. Slide the uprights to the desired width, ensuring both sides are even, then re-tighten the knobs/bolts securely.

Adjusting Pull-Up Bar Height:

The pull-up bar can be adjusted from 71.5" to 80.5". To adjust, remove the pins/bolts securing the pull-up bar, slide it to the desired height, align the holes, and re-insert the pins/bolts. Ensure it is locked in place before use.

Using J-Hooks and Safety Arms:

The J-hooks are used to hold the barbell at the starting position for exercises like squats and bench presses. The safety arms (spotter arms) are crucial for safety, catching the barbell if a lift is failed. Insert them into the desired height holes on the uprights and ensure they are securely locked.

Utilizing Attachments:

- **Dip Handles:** Attach the dip handles to the appropriate holes on the uprights for performing dips.
- **Landmine Attachment:** Insert a barbell into the landmine attachment for exercises like T-bar rows and rotational movements.
- **Weight Plate Storage:** Use the integrated pegs to store 1" or 2" weight plates, keeping your gym tidy.



A person performing a squat using the YOLEO Squat Rack, demonstrating its primary function.

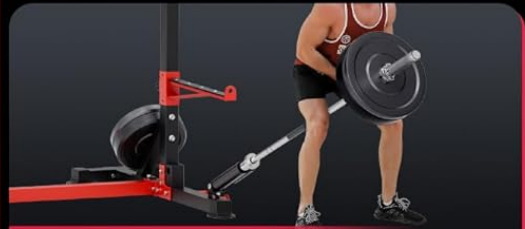
TRAIN YOUR ENTIRE BODY WITH ONE RACK



Deep Squat



Dips



T-bar Row



Split Squat



Bench Press



Pull-ups

Various exercises possible with the YOLEO Squat Rack, including deep squats, dips, T-bar rows, split squats, bench presses, and pull-ups.



**ADJUSTABLE
PULL UP BAR**



**COMPLETE HOME
GYM SOLUTION**



**FOR 1-2"
WEIGHT PLATE**



**DIP
BARS**



LANDMINE



**BENCH
PRESS BAR**

Detailed view of the adjustable pull-up bar, weight plate storage, dip bars, landmine attachment, and bench press bar features.

5. MAINTENANCE

Regular maintenance will extend the life of your YOLEO Squat Rack and ensure safe operation.

- **Cleaning:** Wipe down the frame with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and pins for tightness. Re-tighten as necessary. Inspect the frame for any signs of cracks, bends, or damage.
- **Lubrication:** If any moving parts (e.g., adjustment mechanisms) become stiff, apply a small amount of

silicone-based lubricant.

- **Storage:** Store the squat rack in a dry environment to prevent rust.

6. TROUBLESHOOTING

If you encounter any issues with your YOLEO Squat Rack, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Rack wobbles or is unstable	Loose bolts; Uneven floor	Ensure all bolts are fully tightened. Move the rack to a flat, level surface or use shims under the base.
Adjustable parts are stiff or difficult to move	Lack of lubrication; Dirt/debris	Clean the adjustment mechanisms. Apply a silicone-based lubricant to the sliding surfaces.
Barbell does not sit securely on J-hooks/safety arms	Incorrect placement; Damaged J-hooks/safety arms	Ensure the barbell is centered and fully seated. Inspect J-hooks/safety arms for damage; replace if necessary.

7. SPECIFICATIONS

Attribute	Value
Brand	YOLEO
Model Number	PK082M
Material	Alloy Steel
Color	Black
Fixed Frame Height	83 inches (210.8 cm)
Adjustable Width	35 - 67 inches (88.9 - 170.2 cm)
Pull-Up Bar Height Range	71.5 - 80.5 inches (181.6 - 204.5 cm)
Weight Capacity	Up to 1000 lbs (453 kg)
Safety Arm Length	16.5 inches (41.9 cm)
J-Hook Length	4 inches (10.2 cm)
Base Dimensions (W x D)	54.7 x 43.7 inches (138.9 x 111 cm)
Compatible Barbells	6FT & 7FT

8. WARRANTY AND SUPPORT

The YOLEO Squat Rack comes with a limited warranty. For specific details regarding warranty coverage, duration, and terms, please refer to the warranty information provided with your purchase or contact YOLEO customer support directly.

Customer Support:

If you have any questions, require assistance with assembly, or need to report a missing/damaged part, please contact YOLEO customer service. Have your model number (PK082M) and purchase information ready when contacting support.

For the most up-to-date contact information, please visit the official YOLEO website or refer to your product packaging.