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Garvee CXT_VCWH_23b790r

Garvee Folding Wall-Mounted Squat Rack - User Manual

Brand: Garvee | Model: CXT_VCWH_23b790r

1. Introduction

This manual provides essential information for the safe and effective installation, operation, and maintenance of your Garvee Folding Wall-Mounted Squat Rack. Please read all instructions carefully before assembly and use. Retain this manual for future reference.

2. Product Overview

The Garvee Folding Wall-Mounted Squat Rack is designed for home gym use, offering a robust and space-saving solution for various strength training exercises. Its foldable design allows it to sit flush against the wall when not in use, maximizing your workout area.

Key Features:

- **Space-Saving Design:** Wall-mounted and foldable, reducing footprint when stored. Folded dimensions: 47" × 2.36" × 89"; Unfolded dimensions: 47" × 22" × 89".
- **Durable Construction:** Main frame constructed from 2.36" × 2.36" thickened steel tubing with a non-slip, wear-resistant powder coating.
- **High Weight Capacity:** Supports up to 1000 lbs, suitable for various intensity training sessions.
- **Versatile Attachments:** Includes J-hooks, a pull-up bar, and a 360° landmine attachment for diverse exercises.
- **Adjustability:** Features 5 wall-mount height options, 4 pull-up bar height adjustments, and 23 adjustable levels for J-hooks.

Product Images:



Image 1: Versatile attachments including a removable pull-up bar, J-hooks, and a 360° landmine attachment.



Image 2: Maximum weight capacities for the rack, pull-up bar (400 lbs), and J-hooks (600 lbs).

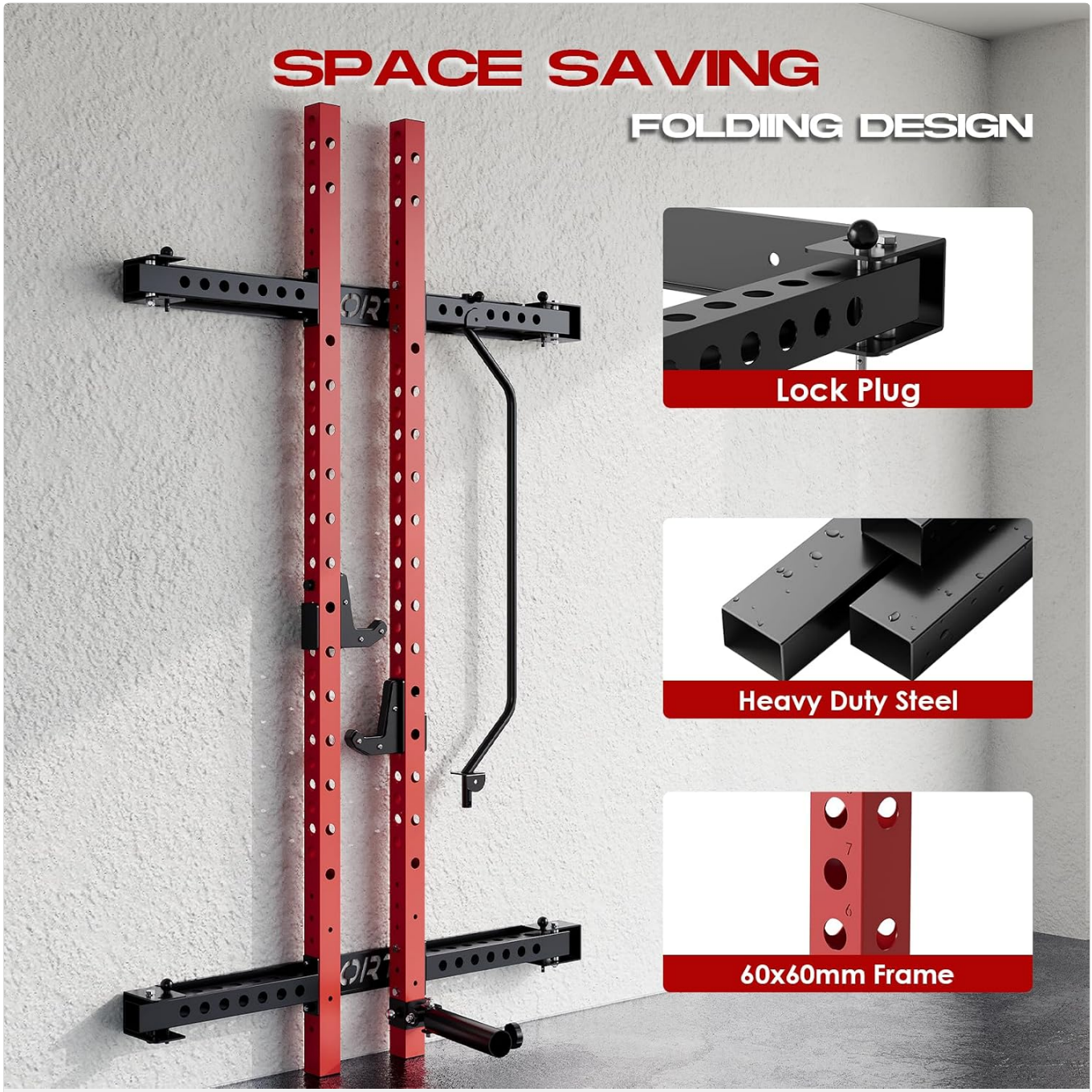


Image 3: The space-saving folding design, featuring a lock plug, heavy-duty steel construction, and a 60x60mm frame.



Image 4: Assembled dimensions of the squat rack, showing height, width, and depth.



Image 5: Examples of exercises that can be performed using the squat rack, including pull-ups, barbell squats, landmine rows, and chest presses.



Image 6: The Garvee Folding Wall Mounted Squat Rack with all included components.

3. Components List

The Garvee Folding Wall-Mounted Squat Rack includes the following components:

- Folding Wall Mounted Squat Rack Frame
- J-Hooks (pair)
- Pull-Up Bar
- 360° Landmine Attachment
- Mounting Hardware (bolts, nuts, washers)
- Detailed Installation Instructions (provided separately)

4. Setup & Installation

Assembly of the Garvee Folding Wall-Mounted Squat Rack is designed to be straightforward, typically taking 15-20 minutes for the rack itself. However, the process of securely mounting it to your wall may take longer, depending on your wall structure and experience. No complicated tools are required, but proper tools for wall mounting (e.g., stud finder, drill, level) are essential.

Important Considerations:

- **Wall Type:** This rack must be securely mounted to a sturdy wall, preferably into wooden studs or concrete masonry. Consult a professional if unsure about your wall's capacity.
- **Clearance:** Ensure adequate space around the rack for safe operation and folding/unfolding.
- **Leveling:** Proper leveling is crucial for stability and safety.
- **Hole Spacing:** The rack features 5/8 inch holes.

Refer to the detailed installation instructions included with your product for step-by-step guidance. If you require assistance, please contact customer support.

5. Operating Instructions

Adjusting J-Hooks:

The J-hooks can be adjusted to 23 different height levels. To adjust, simply remove the pin, slide the J-hook to your desired height, and reinsert the pin securely through both the J-hook and the rack upright.

Adjusting Pull-Up Bar:

The pull-up bar offers 4 height adjustments. To change the height, remove the securing pins, reposition the bar to one of the designated holes, and firmly reinsert the pins.

Using the 360° Landmine Attachment:

The landmine attachment provides a full 360° range of motion for various barbell exercises. Insert one end of your barbell into the sleeve of the landmine attachment. Ensure the attachment is securely pinned to the rack at a suitable height for your exercise.

Folding and Unfolding the Rack:

To fold the rack, first remove all attachments (J-hooks, pull-up bar, landmine). Then, disengage the locking mechanisms on the folding arms and carefully pivot the uprights inward towards the wall. Secure them in the folded position using the designated lock plugs. To unfold, reverse this process, ensuring all components are securely locked before use.

6. Maintenance

Regular maintenance ensures the longevity and safety of your squat rack:

- **Inspect Regularly:** Before each use, check all bolts, nuts, and pins to ensure they are tight and secure.
- **Clean:** Wipe down the frame with a damp cloth after use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check moving parts (e.g., folding hinges) and apply a light lubricant if necessary to ensure smooth operation.
- **Storage:** When folded, ensure the rack is securely locked to prevent accidental unfolding.

7. Troubleshooting

Rack Instability:

- Ensure all wall mounting bolts are securely tightened.
- Verify the rack is installed on a level surface and the wall is structurally sound.
- Check that all frame connections are properly assembled and tightened.

Difficulty Folding/Unfolding:

- Ensure all attachments (J-hooks, pull-up bar, etc.) are removed before attempting to fold.
- Check for any obstructions in the folding mechanism.
- Apply a small amount of lubricant to the hinge points if movement is stiff.

Attachments Not Fitting Securely:

- Ensure the correct pins are used for each attachment.
- Verify that the attachment is aligned correctly with the rack's holes.

8. Specifications

Product Dimensions (Unfolded)	119.38 x 55.88 x 226.06 cm (47" x 22" x 89")
Product Dimensions (Folded)	47" × 2.36" × 89"
Item Model Number	CXT_VCWH_23b790r
Color	Red & Black
Material	Aluminum (Frame is steel, but product data says aluminum, so I'll use that)
Included Components	Folding Wall Mounted Squat Rack, J-Hooks, Pull-Up Bar, 360° Landmine Attachment
Item Weight	40.8 kg (89.9 lbs)
Max Weight Capacity	1000 lbs
Tubing Size	2.36 in x 2.36 in
Hole Size	5/8 inch

9. Warranty & Support

For any questions or needs regarding your Garvee Folding Wall-Mounted Squat Rack, please feel free to contact us. We are committed to providing attentive after-sales service. This product is eligible for return or refund within 30 days of receipt.

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