

PeakPursuit Wo0H83eVtg2TOuqhINLJAg

PeakPursuit Folding Wall Mounted Squat Rack Instruction Manual

Model: Wo0H83eVtg2TOuqhINLJAg

Brand: PeakPursuit

1. PRODUCT OVERVIEW

The PeakPursuit Folding Wall Mounted Squat Rack is designed to provide a robust and versatile strength training solution for home gyms while maximizing space efficiency. Constructed from heavy-duty carbon steel, this rack supports up to 1000 lbs and includes essential attachments such as a pull-up bar, J-hooks, and a 360° landmine attachment. Its foldable design allows it to be stored compactly against the wall when not in use.

2. SAFETY INFORMATION

- Read all instructions thoroughly before assembly and use.
- Ensure the squat rack is securely mounted to a structurally sound wall using appropriate hardware for your wall type (e.g., concrete, wood studs). Consult a professional if unsure.
- Always inspect the rack and all attachments (J-hooks, pull-up bar, landmine) for wear, damage, or loose components before each use. Do not use if any part is damaged.
- Do not exceed the maximum weight capacity of 1000 lbs.
- Use proper lifting techniques and consider using a spotter for heavy lifts.
- Keep children and pets away from the equipment during use.
- Wear appropriate athletic footwear and clothing.
- Ensure adequate clear space around the rack for safe operation.

3. INCLUDED COMPONENTS

Verify that all components listed below are present before beginning assembly:

- Squat Rack Uprights (2)
- Wall Mounting Brackets (Top and Bottom)
- Removable Pull-Up Bar
- J-Hooks (2 pairs)
- 360° Landmine Attachment
- Mounting Hardware (bolts, washers, nuts - specific to wall type may vary, consult local hardware store if needed)
- Adjustment Pins (4)

PAIR WITH OTHER EQUIPMENT FOR
MORE
FUNCTIONAL
TRAINING



Pulley System

Safe Arm

DIP Bar

Weight Bench

Jammer Arm

Figure 3.1: Overview of various attachments and their potential uses with the squat rack.



Figure 3.2: Detailed view of the rack's construction, including frame dimensions and material.

4. SETUP AND INSTALLATION

Proper installation is crucial for the safety and stability of your squat rack. It is highly recommended to have two people for assembly and installation.

1. **Choose Location:** Select a wall that is structurally sound and can support the weight of the rack plus user and weights. Ensure there is sufficient space around the rack for exercises and folding.
2. **Mark Mounting Points:** Hold the wall mounting brackets against the wall at your desired height. Use a

level to ensure they are perfectly horizontal and vertical. Mark the drilling points for the anchor bolts. The rack offers 4 mounting heights to accommodate various baseboard heights.

3. **Drill Holes:** Drill pilot holes at the marked points using an appropriate drill bit for your wall type.
4. **Attach Brackets:** Securely fasten the top and bottom wall mounting brackets to the wall using the provided hardware. Ensure they are tightened firmly.
5. **Attach Uprights:** Connect the main uprights of the squat rack to the wall mounting brackets. Use the adjustment pins to secure them.
6. **Install Pull-Up Bar:** Insert the removable pull-up bar into the desired height holes on the uprights and secure with pins. The rack offers 4 pull-up bar levels.
7. **Install J-Hooks:** Place the J-hooks into the desired height holes on the uprights. The rack features 23 J-hook height options for customized workouts.
8. **Install Landmine Attachment:** Attach the 360° landmine attachment to the designated point on the rack.
9. **Final Check:** Double-check all bolts, pins, and attachments to ensure they are securely fastened before first use.

4

Mounting Heights

Suitable for various baseboard height in all homes

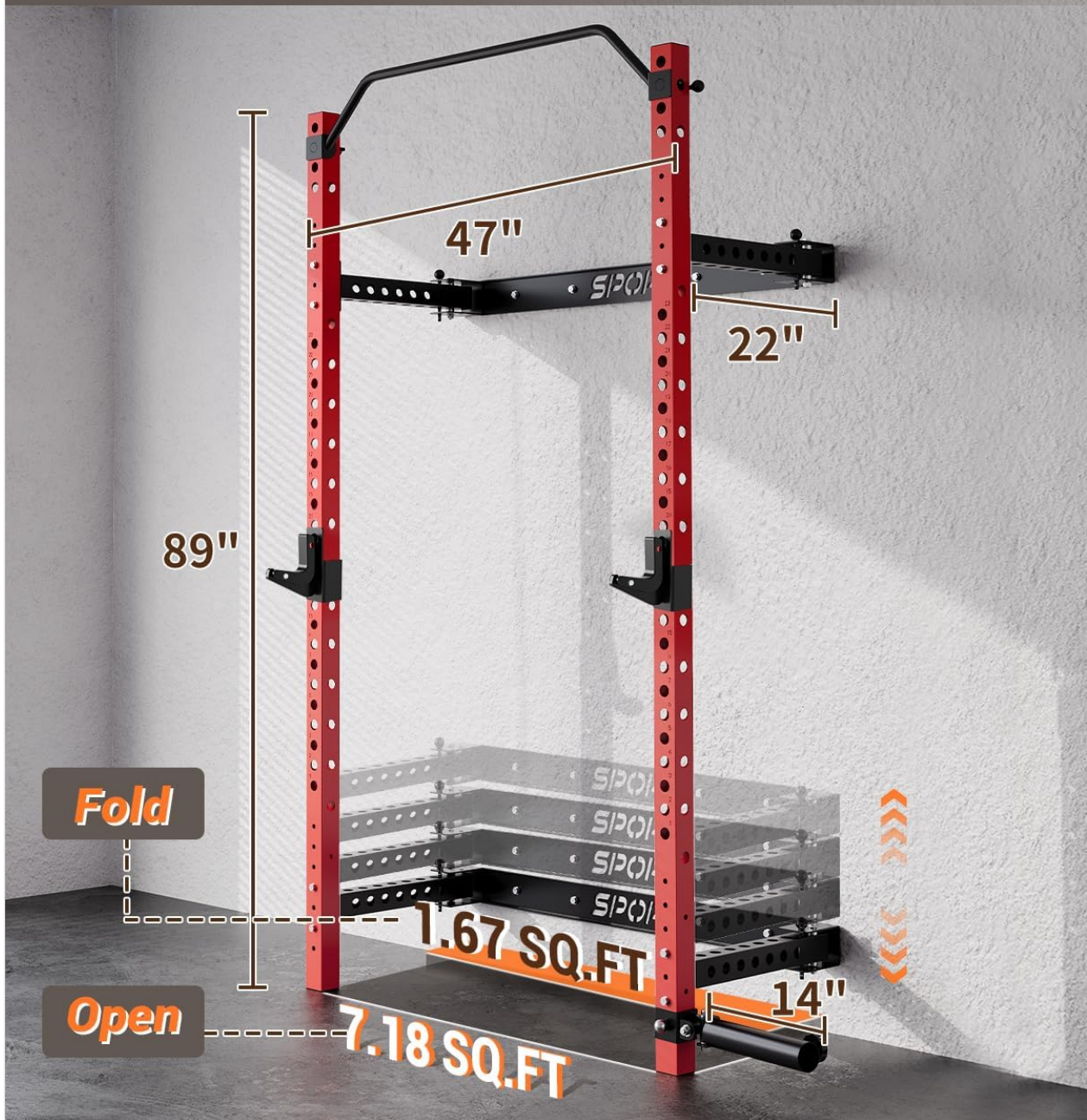


Figure 4.1: Rack dimensions and space comparison between open and folded states.



Figure 4.2: Close-up of the rack's structural components and adjustment features.

5. OPERATING INSTRUCTIONS

5.1 Adjusting J-Hooks and Pull-Up Bar

To adjust the height of the J-hooks or pull-up bar, simply pull out the adjustment pin, slide the component to the desired hole, and reinsert the pin, ensuring it passes completely through both sides of the upright and the component.

5.2 Using the Landmine Attachment

Insert one end of a barbell into the sleeve of the 360° landmine attachment. This allows for rotational exercises such as landmine presses, rows, and twists.

5.3 Folding and Unfolding the Rack

The rack features 90° rotatable arms for easy folding. To fold or unfold, locate the 4 adjustment pins on the rotatable arms. Pull out these pins, rotate the arms 90 degrees, and reinsert the pins to secure the rack in either the open or folded position. This process takes approximately 10 seconds.

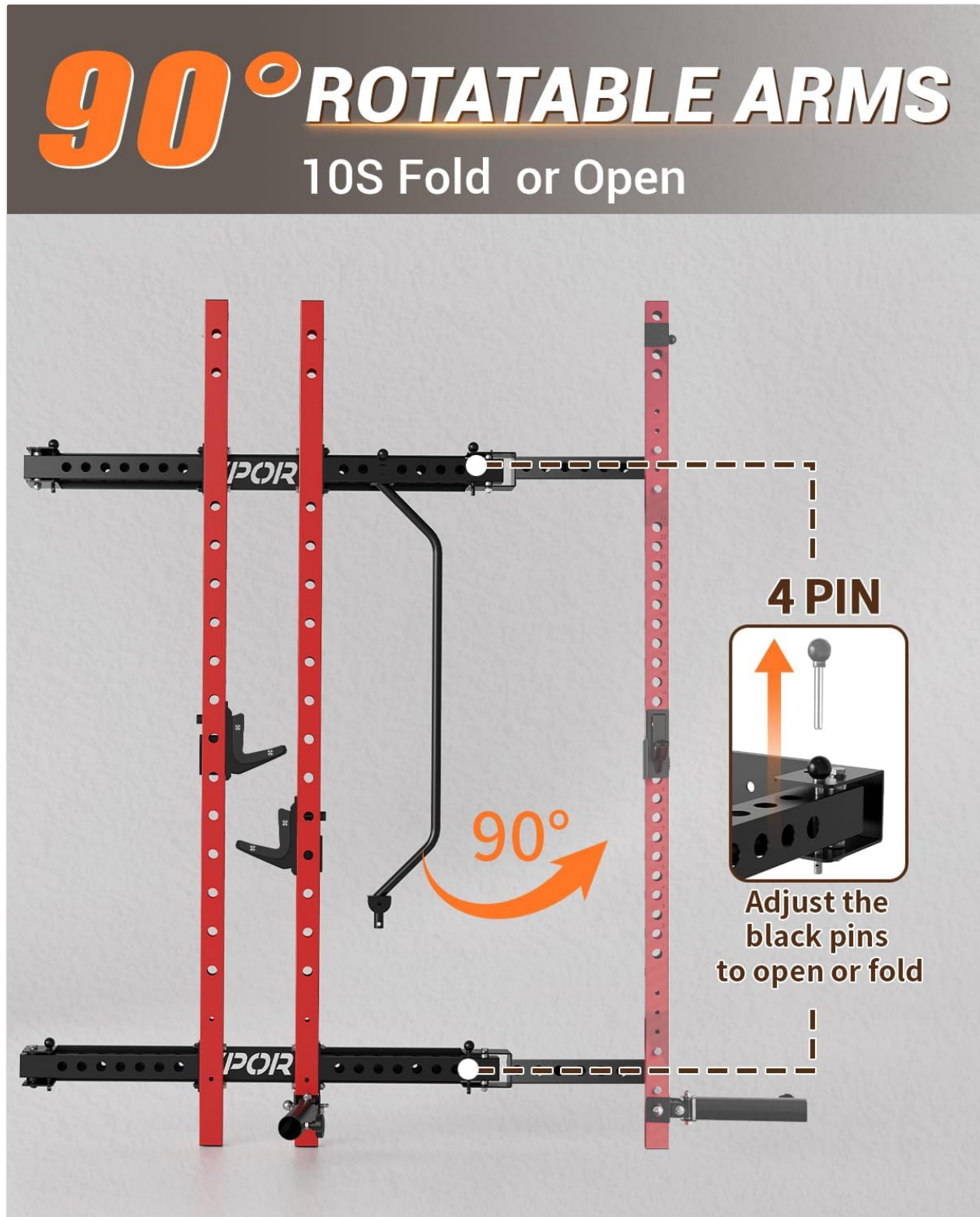


Figure 5.1: Mechanism for folding and unfolding the squat rack.



Figure 5.2: Example of pull-up exercise using the integrated pull-up bar.



Figure 5.3: Examples of exercises that can be performed with the squat rack and its attachments.

6. MAINTENANCE

- **Regular Inspection:** Periodically check all bolts, nuts, and pins for tightness. Tighten any loose fasteners.
- **Cleanliness:** Wipe down the rack with a damp cloth after use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** If any moving parts (e.g., folding mechanism) become stiff, apply a small amount of silicone-based lubricant.
- **Storage:** When not in use for extended periods, ensure the rack is folded and secured to prevent

accidental damage or obstruction.

7. TROUBLESHOOTING

- **Rack feels unstable:**
 - Ensure all wall mounting bolts are securely tightened.
 - Verify that the wall structure is adequate for the load.
 - Check that the adjustment pins for the uprights are fully engaged.
- **Attachments (J-hooks, pull-up bar) are loose:**
 - Ensure the adjustment pins are fully inserted through both sides of the upright and the attachment.
 - Inspect pins and holes for any damage or wear.
- **Folding mechanism is stiff:**
 - Ensure all 4 adjustment pins are fully disengaged before attempting to rotate.
 - Apply a small amount of silicone lubricant to the pivot points.

8. SPECIFICATIONS

Brand Name	PeakPursuit
Model Name	Wo0H83eVtg2TOuqhINLJAg
Material	Carbon Steel
Item Dimensions (LxWxH)	47 x 22 x 89 inches (Open)
Item Weight	89.84 Pounds
Max Weight Capacity	1000 lbs
Upright Dimensions	2.36" x 2.36"
Included Components	Squat Rack, Pull Up Bar, J Hooks, Landmine Attachments

9. WARRANTY AND SUPPORT

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

For warranty claims, technical support, or questions regarding your PeakPursuit Folding Wall Mounted Squat Rack, please contact PeakPursuit customer service through the retailer where the product was purchased or visit the official PeakPursuit website for contact information.

Please retain your proof of purchase for warranty validation.

