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## Soozier A91-365V00RD

# Soozier Folding Wall-Mounted Squat Rack with Adjustable Pull-Up Bar (Model A91-365V00RD)

Brand: Soozier | Model: A91-365V00RD

## INTRODUCTION

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The Soozier Folding Squat Rack is designed to optimize your workout space, making it ideal for home gyms or garages with limited area. This wall-mounted power rack features an adjustable barbell rack with 17 height levels and a built-in pull-up bar, supporting up to 1000 lbs for diverse strength training. Its robust steel construction ensures stability and safety during intense lifts, while its folding design allows for convenient storage when not in use.

## SAFETY INFORMATION

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- Always consult with a healthcare professional before starting any new exercise program.
- Ensure the squat rack is securely mounted to a sturdy wall structure according to the assembly instructions.
- Regularly inspect all bolts, nuts, and pins to ensure they are tightened and in good condition before each use.
- Do not exceed the maximum weight capacity of 1000 lbs for the barbell rack.
- Use appropriate safety spotters or safety bars when lifting heavy weights.
- Keep children and pets away from the equipment during use.
- Wear appropriate athletic footwear and clothing.

## PACKAGE CONTENTS

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Verify that all components are present and undamaged before beginning assembly.

- 1 x Soozier Folding Squat Rack
- Mounting Screws (for wall installation)
- 1 x Instruction Manual
- J-Hooks (pair)
- Pull-Up Bar
- Landmine Attachment

## SETUP AND ASSEMBLY

Follow these steps carefully to assemble your Soozier Folding Squat Rack. It is recommended to have at least two people for assembly.

### 1. Unpacking and Component Identification

Carefully remove all parts from the packaging. Lay them out and compare them against the parts list in the included manual to ensure all components are present.

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**Video:** Unboxing and identifying components for the squat rack. This video shows the initial setup process, including unpacking the parts and laying them out for assembly.

### 2. Assembling the Base Frame

Connect the horizontal base bars to the vertical uprights. Ensure all bolts are securely tightened. The frame is constructed from thick commercial-grade steel for durability.



**Image:** A close-up of the base frame assembly, highlighting the sturdy steel construction and connection points. The diagonal support bar and non-slip floor pads contribute to stability.

### 3. Wall Mounting

Identify suitable wall studs for secure mounting. Use the provided mounting screws to attach the wall brackets firmly. The wall-mounted design enhances stability and safety during use.



**Image:** The squat rack fully assembled and mounted to a wall, demonstrating its stable and secure installation.

### 4. Attaching the Pull-Up Bar and J-Hooks

Install the pull-up bar at the top of the uprights. Attach the J-hooks to the desired height levels using the locking pins. The J-hooks are adjustable across 17 height levels.

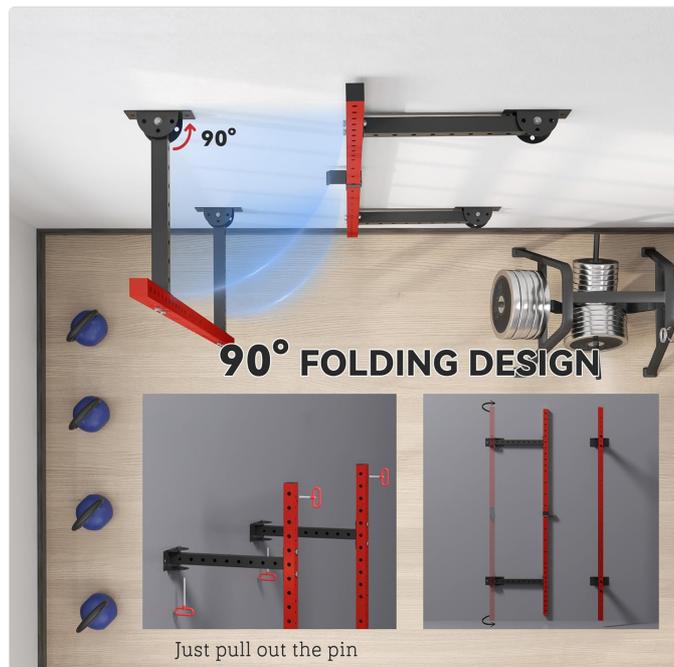


**Image:** A detailed view of the J-hooks, showing their robust construction and how they attach to the uprights for height adjustment.

## OPERATING INSTRUCTIONS

### Adjusting J-Hook Height

The J-hooks can be adjusted to 17 different height levels (from 9.8" to 72.8") to accommodate various exercises and user heights. To adjust, remove the locking pin, slide the J-hook to the desired hole, and reinsert the pin securely. Ensure both J-hooks are at the same height for balanced lifting.



**Image:** A user demonstrating the adjustment of the J-hooks, highlighting the numbered holes for precise height selection.

### Using the Pull-Up Bar

The integrated pull-up bar allows for diverse upper body workouts. Ensure the rack is fully extended and stable before performing pull-ups. The pull-up bar has a diameter of 1" and a length of 43.3".



**Image:** A user performing pull-ups on the integrated bar, showcasing its use for bodyweight exercises.

### Utilizing the Landmine Attachment

The landmine attachment provides versatility for exercises like landmine rows, presses, and twists. Insert one end of your barbell into the attachment. Ensure the attachment is securely fastened to the rack before use.

### Folding and Unfolding the Rack

To fold the rack for space-saving storage, remove the pull-up bar and the four locking pins. Gently lift the uprights and pivot them inwards towards the wall. To unfold, reverse the process, ensuring all pins and the pull-up bar are securely reinstalled before use.

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**Video:** Demonstration of folding and unfolding the Soozier Wall Mounted Folding Squat Rack. This video illustrates the space-saving design and ease of storage.

## MAINTENANCE

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- **Regular Inspection:** Periodically check all nuts, bolts, and connections for tightness. Tighten any loose fasteners immediately.
- **Cleaning:** Wipe down the frame with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** If any moving parts (e.g., folding mechanisms) become stiff, apply a small amount of silicone-based lubricant.
- **Storage:** When not in use, especially for extended periods, ensure the rack is folded and stored in a dry, clean environment to prevent rust and wear.

## TROUBLESHOOTING

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Problem	Possible Cause	Solution
Rack feels unstable or wobbly.	Loose bolts or improper wall mounting.	Ensure all bolts are tightened. Verify the rack is mounted to solid wall studs or appropriate anchors.

Problem	Possible Cause	Solution
J-hooks are difficult to adjust.	Pins are stuck or holes are misaligned.	Ensure the pins are fully retracted. Check for any debris in the holes. Apply a small amount of lubricant if necessary.
Folding mechanism is stiff.	Lack of lubrication or minor obstruction.	Clean the pivot points and apply silicone-based lubricant. Ensure no cables or objects are obstructing the movement.

## SPECIFICATIONS

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Feature	Detail
Brand	Soozier
Model Number	A91-365V00RD
Material	Alloy Steel
Overall Dimensions (L x W x H)	48" x 23.6" x 89.8"
Folding Dimensions (L x W x H)	48" x 2" x 89.8"
Barbell Rack Height Adjustment	17 levels, 9.8" - 72.8" H
Pull-Up Bar Dimensions	1" Dia. x 43.3" L
Weight Capacity	1000 lbs
Item Weight	60 lbs

## WARRANTY AND SUPPORT

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For warranty information, product support, or to purchase replacement parts, please contact Soozier customer service. Refer to the contact details provided in your product packaging or visit the official Soozier website.