

HAMMER
STRENGTH

**HAMMER
STRENGTH®**

BUILDING CHAMPIONS

**POWER RACK
ASSEMBLY INSTRUCTIONS**

8926701



COMPONENT LIST

Item No.	Qty.	Description
SHIPPED HARDWARE TO BE DISCARDED		
1	4	M10 X 120MM LOW HEAD BOLT
2	6	M10 HEX NYLOCK NUT
3	12	.375" X .875" FLAT WASHER
4	2	M10 X 80MM LOW HEAD BOLT
HARDWARE USED IN FINAL ASSEMBLY		
5	14	1/2" X 4" HEX HEAD BOLT
6	14	1/2" FLAT WASHER
7	14	1/2" INTERNAL TOOTH LOCK WASHER
8	14	1/2" NYLOCK NUT
COMPONENTS		
9	2	BAR CATCH
10	1	PULL UP
11	1	REAR CROSS TUBE
12	1	RIGHT SIDE FRAME
13	1	LEFT SIDE FRAME

Tools Required:

- (2) 3/4" Wrenches (either open/closed head or ratchet)
- 7mm Allen Head Wrench
- 17mm Open/Closed Wrench

HARDWARE

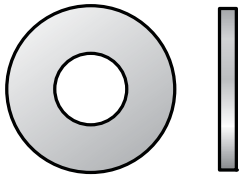
Shipped Hardware *(to discard)*



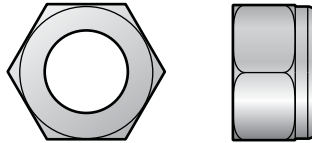
M10 X 120MM BOLT (#1)



M10 X 80MM BOLT (#4)

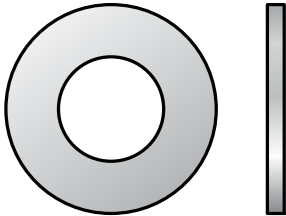


.375" X .875" FLAT WASHER (#3)



M10 HEX NYLOCK NUT (#2)

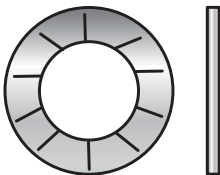
Assembly Hardware



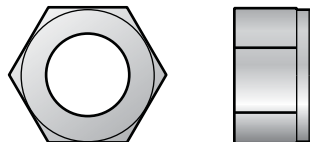
1/2" FLAT WASHER (#6)



1/2" X 4" HEX HEAD BOLT (#5)



1/2" INTERNAL LOCK WASHER (#7)



1/2" NYLOCK NUT (#8)

ASSEMBLY INSTRUCTIONS

