

**HAMMER
STRENGTH**

**HAMMER
STRENGTH®**

BUILDING CHAMPIONS

ATHLETIC SERIES PLATFORMS

ASSEMBLY INSTRUCTIONS

AS6X8 / AS6X8SI / AS6X8MI

8937301



SPECIFICATIONS

ATHLETIC SERIES PLATFORMS

Product# - AS6X8

Product Weight:	200 lbs.	91 kg.
Platform Size:	in. = 72 L x 92 W x 1.5 H	cm. = 184 L x 233 W x 4 H
Insert Size:	N/A	N/A
Max Training Weight:	416 lbs.	188 kg.

Product# - AS6X8SI

Product Weight:	250 lbs.	113 kg.
Platform Size:	in. = 72 L x 92 W x 1.5 H	cm. = 184 L x 233 W x 4 H
Insert Size:	in. = 48 L x 42 W x 1.5 H	cm. = 122 L x 106 W x 4 H
Max Training Weight:	416 lbs.	188 kg.

Product# - AS6X8MI

Product Weight:	280 lbs.	127 kg.
Platform Size:	in. = 72 L x 92 W x 1.5 H	cm = 184 L x 233 W x 4 H
Insert Size:	in. = 70 L x 42 W x 1.5 H	cm = 122 L x 106 W x 4 H
Max Training Weight:	416 lbs.	188 kg.



Always use bumper plates with the platforms.

Note: Training weight of the platforms with a standard set of bumper plates and an Olympic Style bar is 416 lbs. (188 kg.)

Product# - ASRAMP (Optional)

Product Weight:	9 lbs.	4 kg.
Size:	in. = 29 L x 6 W x 1.5 H	cm. = 73 L x 15.2 W x 4 H
Max Training Weight:	416 lbs.	188 kg.

- Easily pull a bench onto the platforms with the optional ASRAMP
- Bolts to any platform
- Painted textured black for long lasting durability

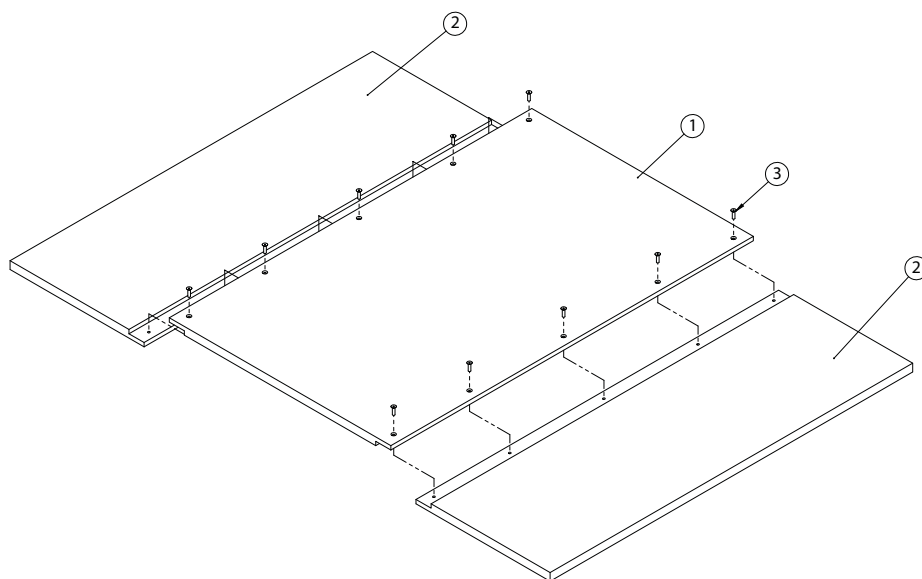
COMPONENTS AND TOOLS

ITEM #	QTY	DESCRIPTION
1	1	CENTER PLATFORM
2	2	SIDE PANEL
3	10	3/8" X 1 1/4" TAPERED HEAD BOLT WITH 5/32" ALLEN HEAD
	13	3/8" X 1 1/4" TAPERED HEAD BOLT WITH 5/32" ALLEN HEAD (AS6X8SI /AS6X8MI)
4	2	RIGHT CORNER BRACKET
5	2	SIDE RAIL - LABEL
6	2	LEFT CORNER BRACKET
7	1	CENTER FRAME
	2	CENTER FRAME (AS6X8SI / AS6X8MI)
8	1	OPTIONAL RAMP
9	34	1/4" x 1 1/4" BLACK FLAT HEAD BOLT
	30	1/4" x 1 1/4" BLACK FLAT HEAD BOLT (AS6X8SI / AS6X8MI)
10	1	SMALL or MEDIUM INSERT (AS6X8SI / AS6X8MI)

TOOLS REQUIRED	
AS6X8	AS6X8SI / AS6X8MI
#3 Phillips Screw Driver	#3 Phillips Screw Driver
Rubber Mallet	Rubber Mallet
9/16" Wrench	1/2" Wrench
Power Drill	Power Drill
1/8" Drill Bit	1/8" Drill Bit
	3/16" Drill Bit

ASSEMBLY INSTRUCTIONS

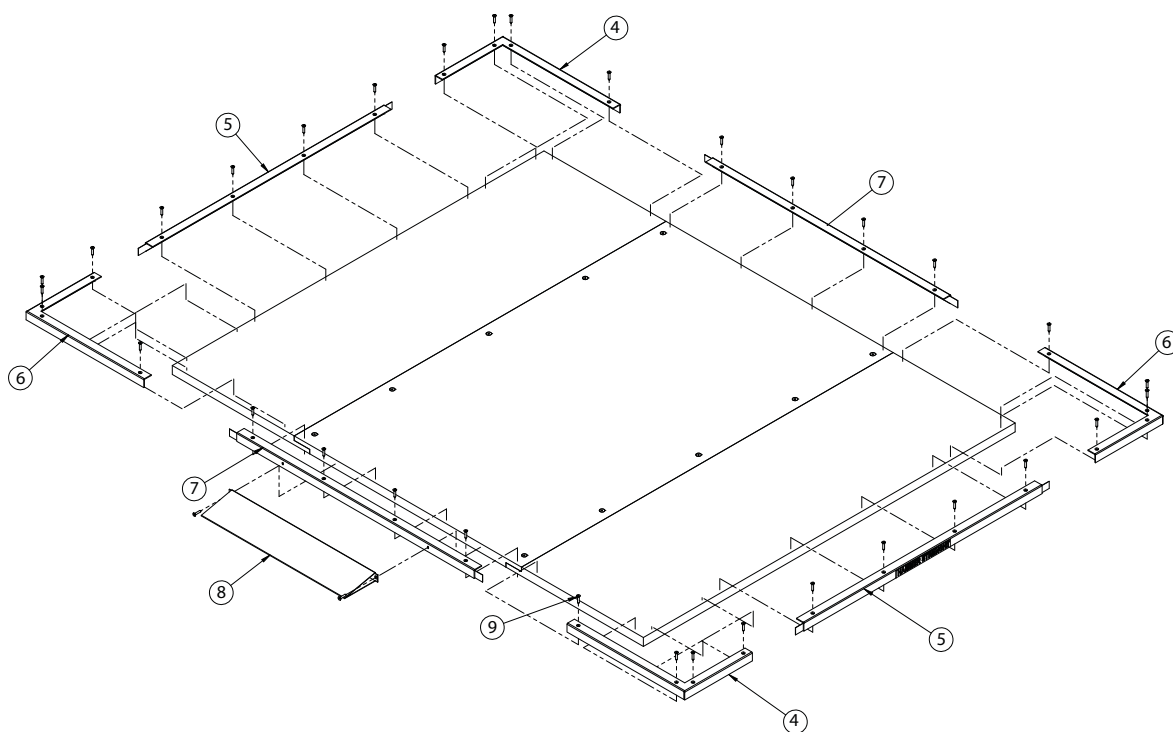
NO INSERT



1. Secure the two SIDE PANELS (2) to the CENTER PLATFORM using ten 3/8" X 1 1/4" TAPERED HEAD BOLT WITH 5/32" ALLEN HEAD (3).
2. Place the CENTER FRAMES (7), RIGHT AND LEFT CORNER BRACKETS (4 & 6), and SIDE RAILS WITH LABEL (5) into place. Secure using thirty two 1/4" X 1 1/4" BLACK FLAT HEAD BOLTS (9).

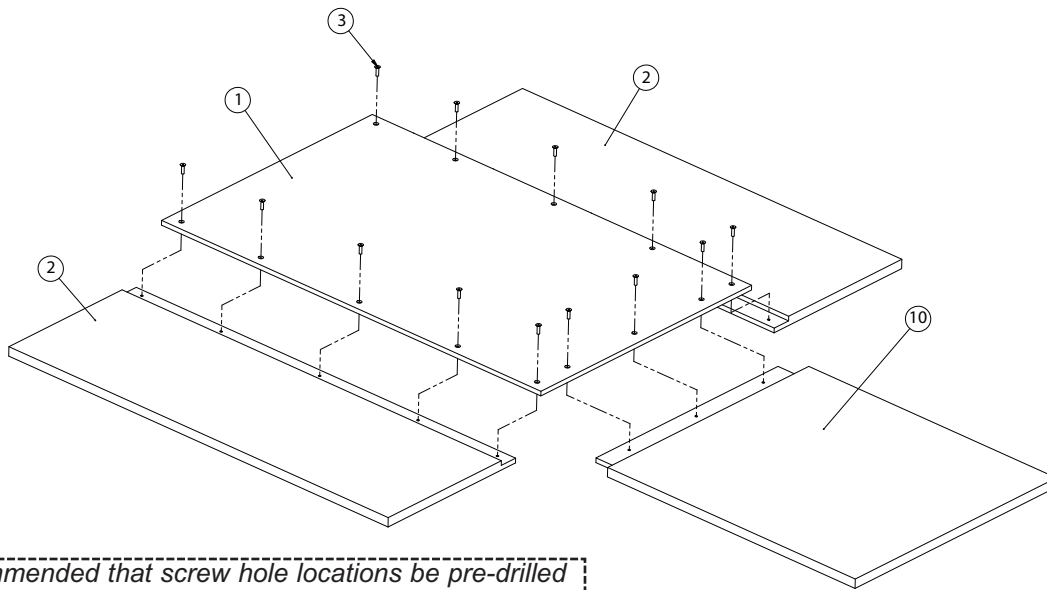
Note: The LEFT and RIGHT CORNER BRACKETS (4 & 6) should overlap the CENTER FRAMES (7).

Note: If using the OPTIONAL PLATFORM RAMP (8) attach to one of the CENTER FRAMES (7) using two 1/4" X 1 1/4" BLACK FLAT HEAD BOLTS (9) as shown.



ASSEMBLY INSTRUCTIONS

WITH INSERT



Note: It is recommended that screw hole locations be pre-drilled 3/16" for 3/8" X 1 1/4" TAPERED HEAD BOLTS with 5/32" ALLEN HEAD (3) to prevent splitting of wood.

1. Secure the two SIDE PANELS (2) to the CENTER PLATFORM (1) using ten 3/8" X 1 1/4" TAPERED HEAD BOLTS WITH 5/32" ALLEN HEAD (3).
2. Attach the PLATFORM INSERT (10) to the CENTER PLATFORM (1) using three 3/8" X 1 1/4" TAPERED HEAD BOLTS WITH 5/32" ALLEN HEAD (3). Do not overtighten the BOLTS.
3. Place the CENTER FRAME (7), RIGHT AND LEFT CORNER BRACKETS (4 & 6), and SIDE RAILS WITH LABEL (5) into place. Secure using thirty 1/4" X 1 1/4" BLACK FLAT HEAD BOLTS (9).

Note: The LEFT and RIGHT CORNER FRAMES (8 & 9) should overlap the CENTER FRAMES (7).

Note: On the insert side one CENTER FRAME (7) will not be used.

Note: If using the OPTIONAL PLATFORM RAMP (8) attach to one of the CENTER FRAMES (7) using two 1/4" X 1 1/4" BLACK FLAT HEAD BOLTS (9) as shown.

