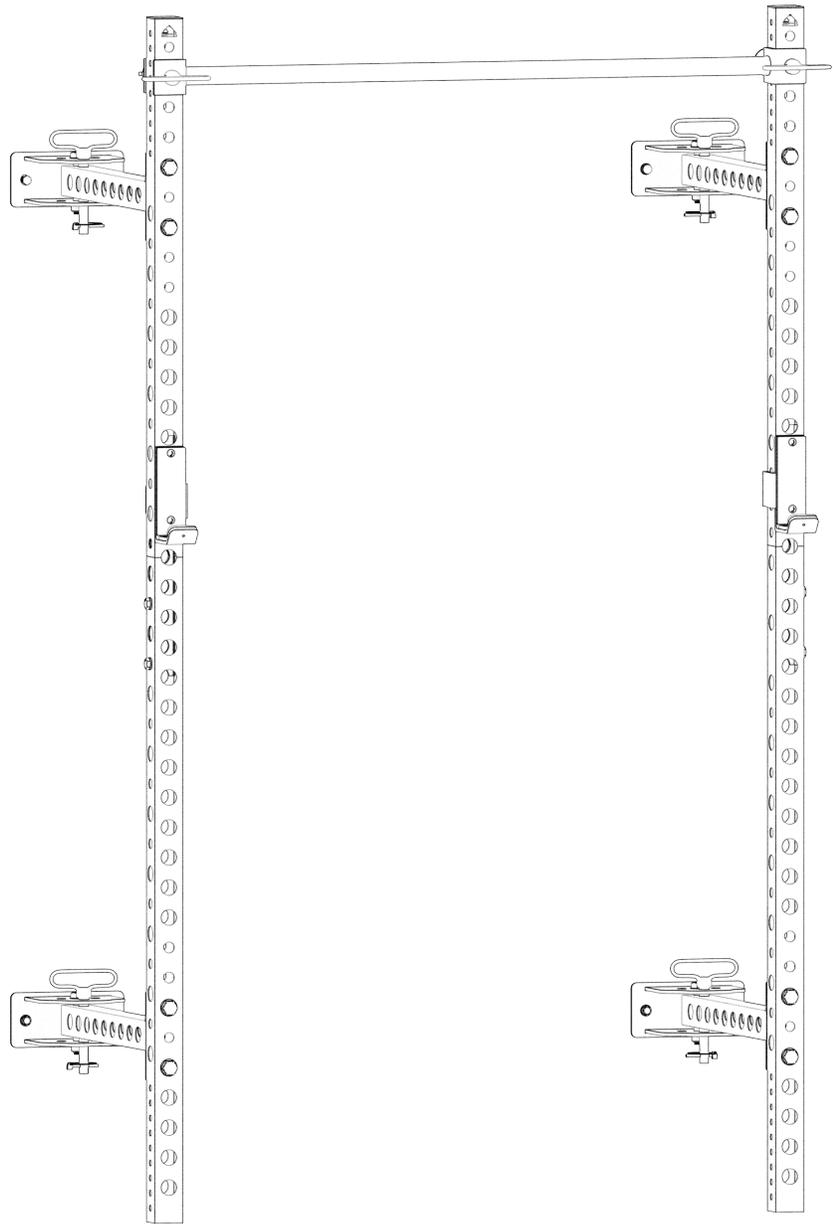


 **SYNERGEE[®]**

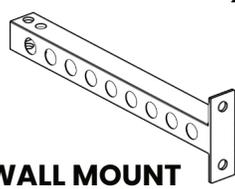
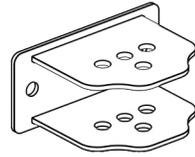
SF-2200

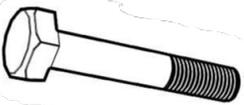
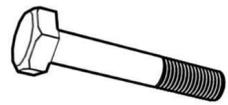
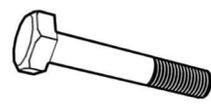
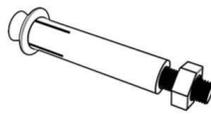
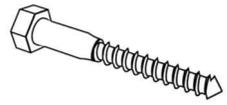
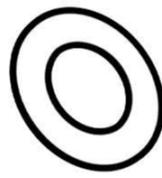
FOLDING RACK



PARTS LIST

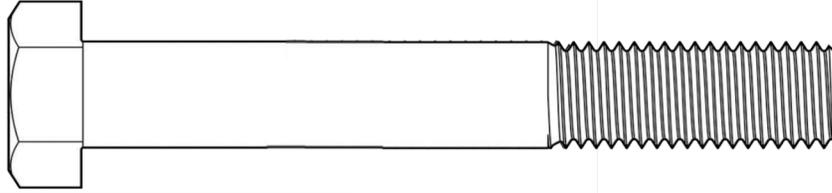
IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

<p>1.  QTY x2</p> <p>TOP UPRIGHT</p>	<p>2.  QTY x2</p> <p>BOTTOM UPRIGHT</p>	<p>3.  QTY x4</p> <p>WALL MOUNT ARMS</p>	<p>4.  QTY x4</p> <p>WALL MOUNT FRAME</p>	<p>5.  QTY x6</p> <p>SAFETY PIN</p>
<p>6.  QTY x1</p> <p>PULL UP BAR</p>	<p>7.  QTY x2</p> <p>J-CUPS</p>			

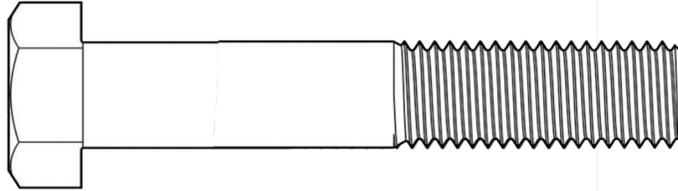
<p>A.  QTY x4</p> <p>M16x100 BOLT PARTIALLY THREADED</p>	<p>B.  QTY x2</p> <p>M16x80 BOLT PARTIALLY THREADED</p>	<p>C.  QTY x8</p> <p>M16x75 BOLT PARTIALLY THREADED</p>	<p>D.  QTY x8</p> <p>M10x80 EXPANSION SCREW SET</p>	<p>E.  QTY x8</p> <p>M10x80 SELF TAPPING SCREWS</p>
<p>F.  QTY x4</p> <p>M10x20 BOLT FULLY THREADED</p>	<p>G.  QTY x36</p> <p>M16 WASHER</p>	<p>H.  QTY x12</p> <p>M10 WASHER</p>	<p>I.  QTY x14</p> <p>M16 NUT</p>	

HARDWARE SIZING CHART

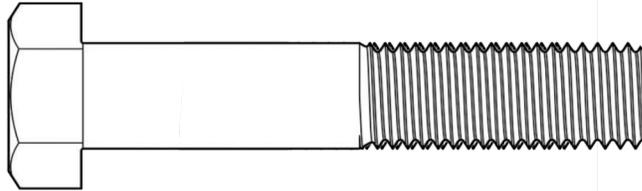
**M16x100
BOLT**



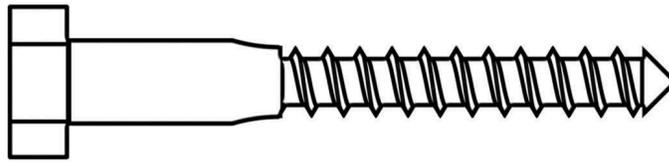
**M16x80
BOLT**



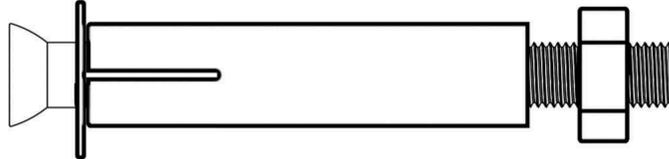
**M16x75
BOLT**



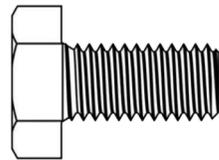
**M10x80
SCREW**



**M10x80
SCREW**



**M10x20
BOLT**

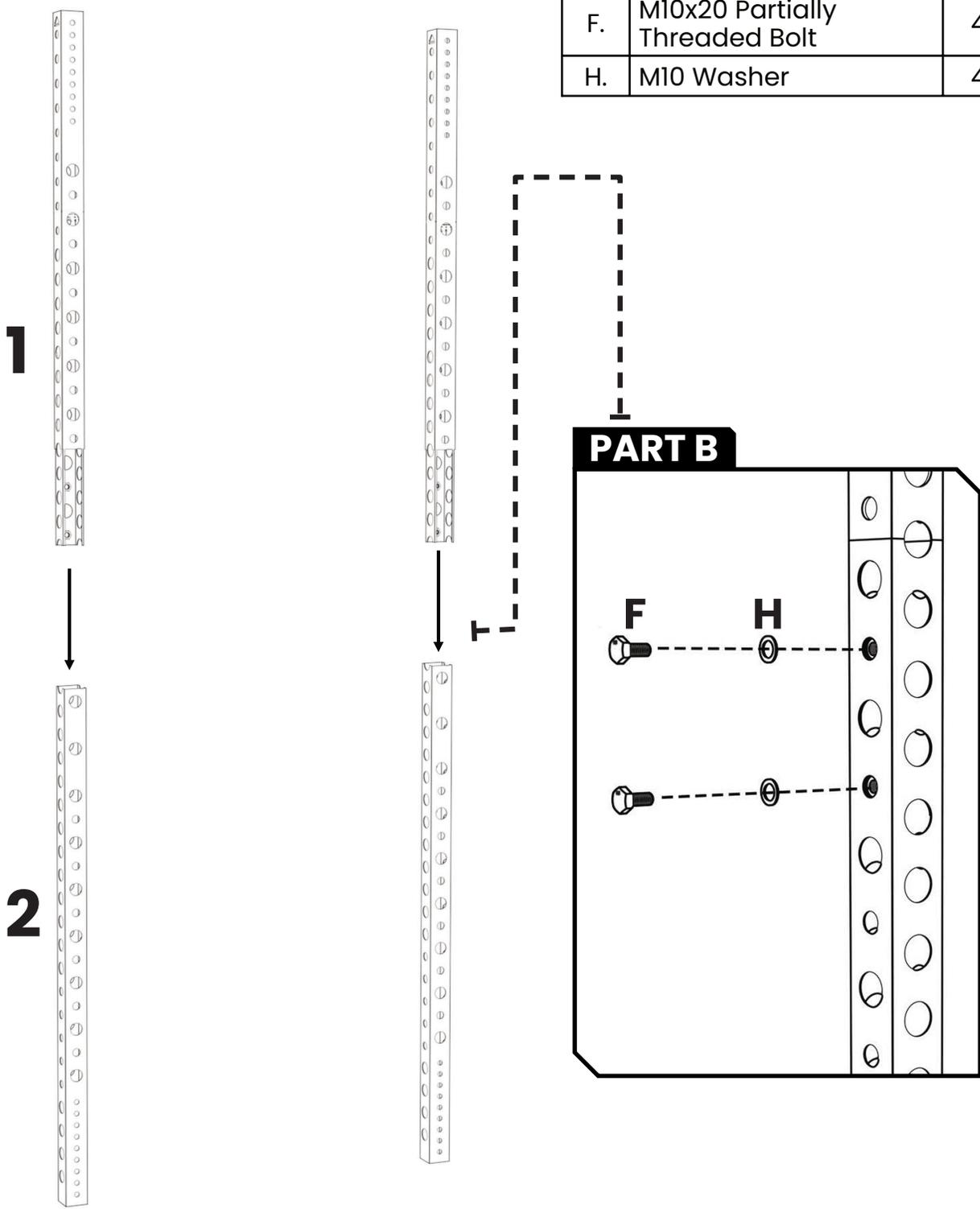


ASSEMBLY

STEP: 1

STEP PART GUIDE

#	PART NAME	QTY
1.	Top Upright	2
2.	Bottom Upright	2
F.	M10x20 Partially Threaded Bolt	4
H.	M10 Washer	4

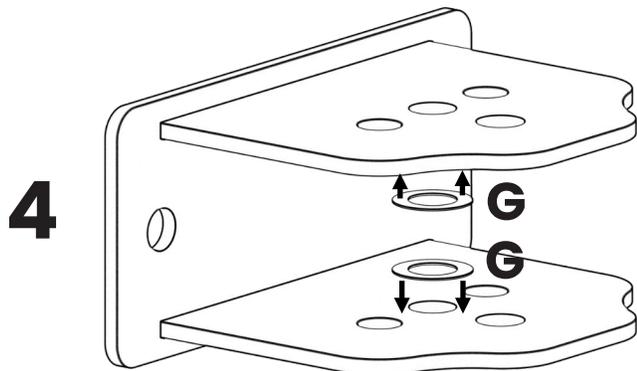


ASSEMBLY

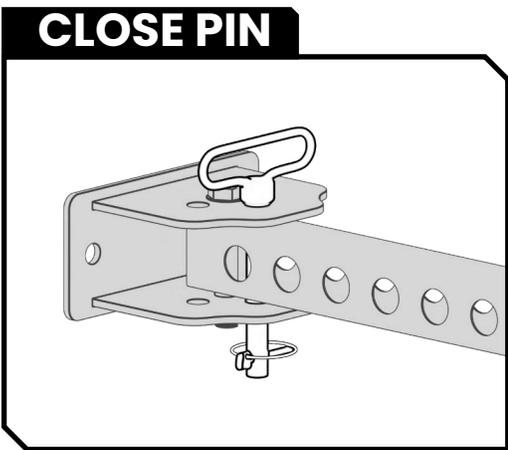
STEP: 2

STEP PART GUIDE

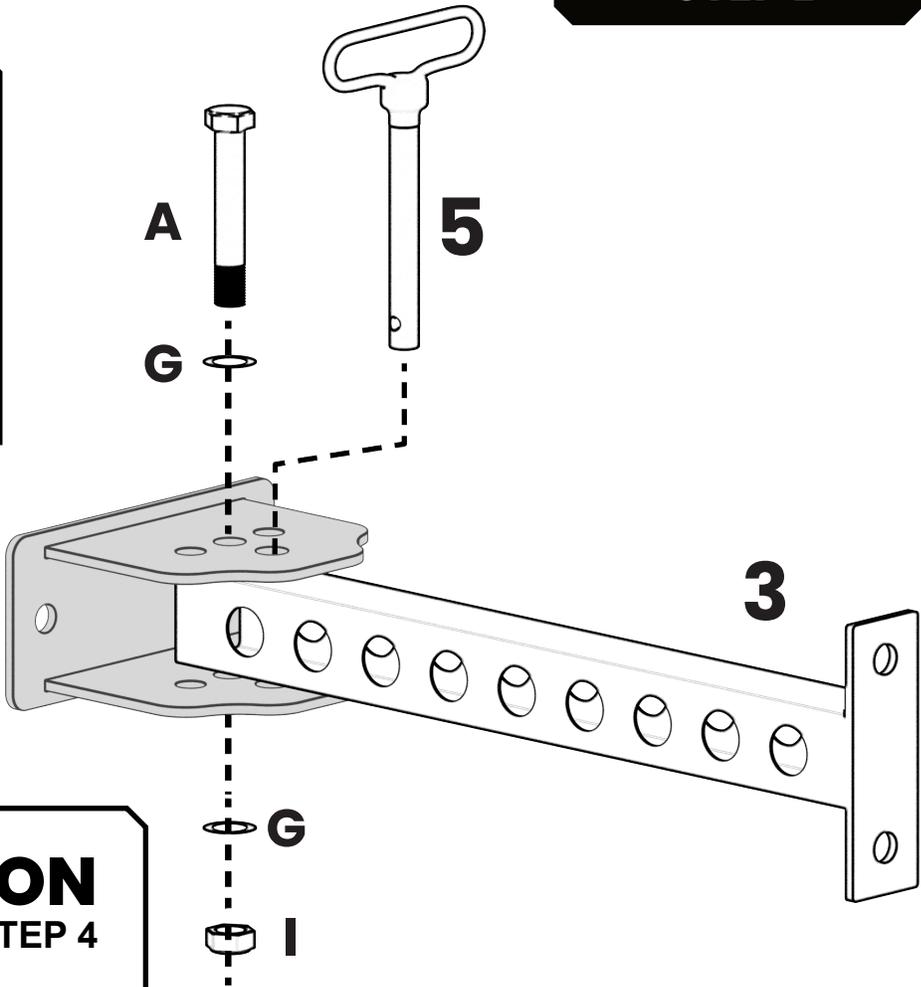
#	PART NAME	QTY
3.	Wall Mount Arm	4
4.	Wall Mount Frame	4
5.	Safety Pin	4
A.	M16x100 Bolt	4
G.	M16 Washer	16
I.	M16 Nut	4



STEP A



STEP B

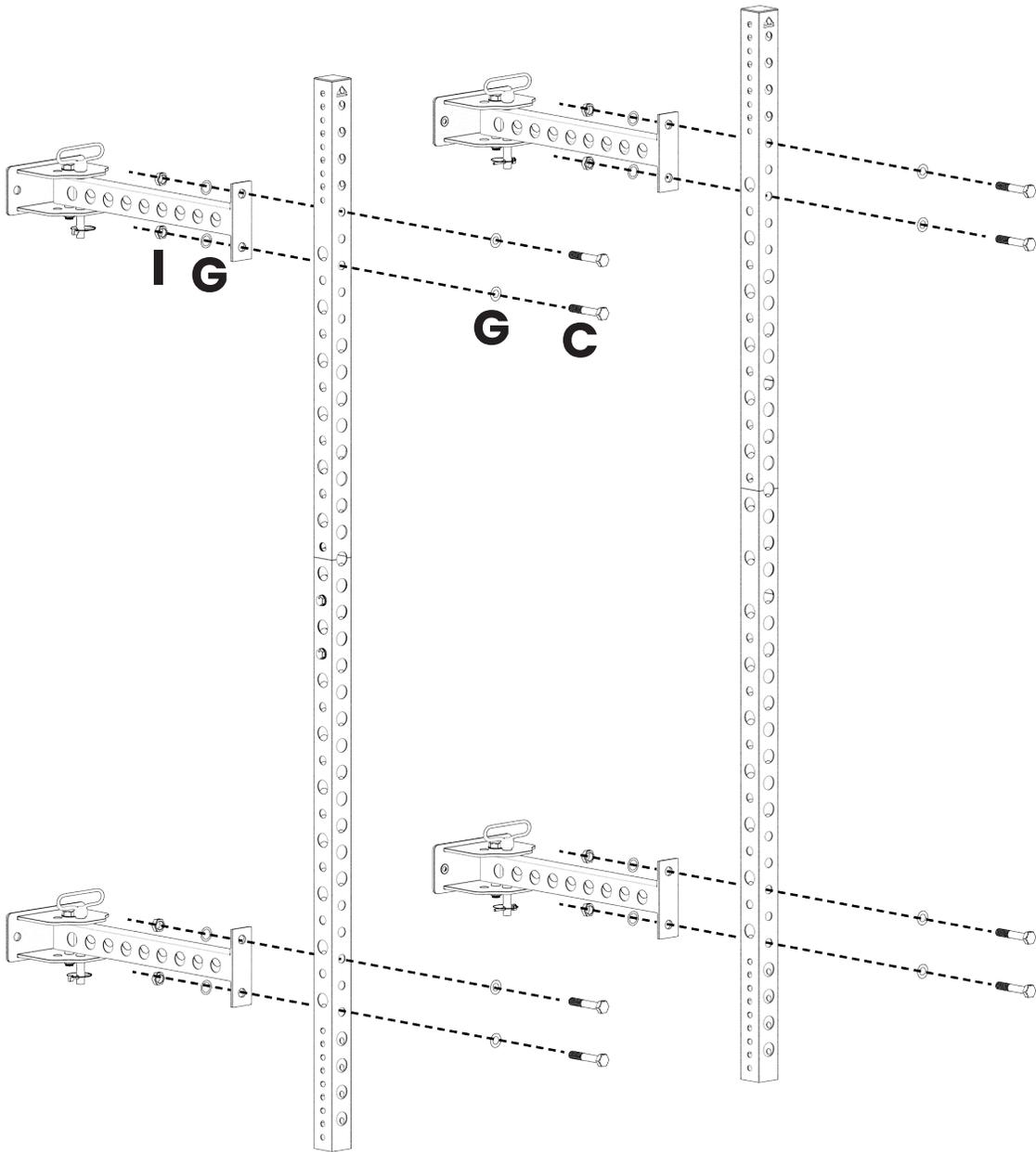


ATTENTION
REPEAT THIS STEP 4
TIMES.

ASSEMBLY
STEP: 3

STEP PART GUIDE

#	PART NAME	QTY
C.	M16x75 Partially Threaded Bolts	8
G.	M16 Washer	16
I.	M16 Nut	8

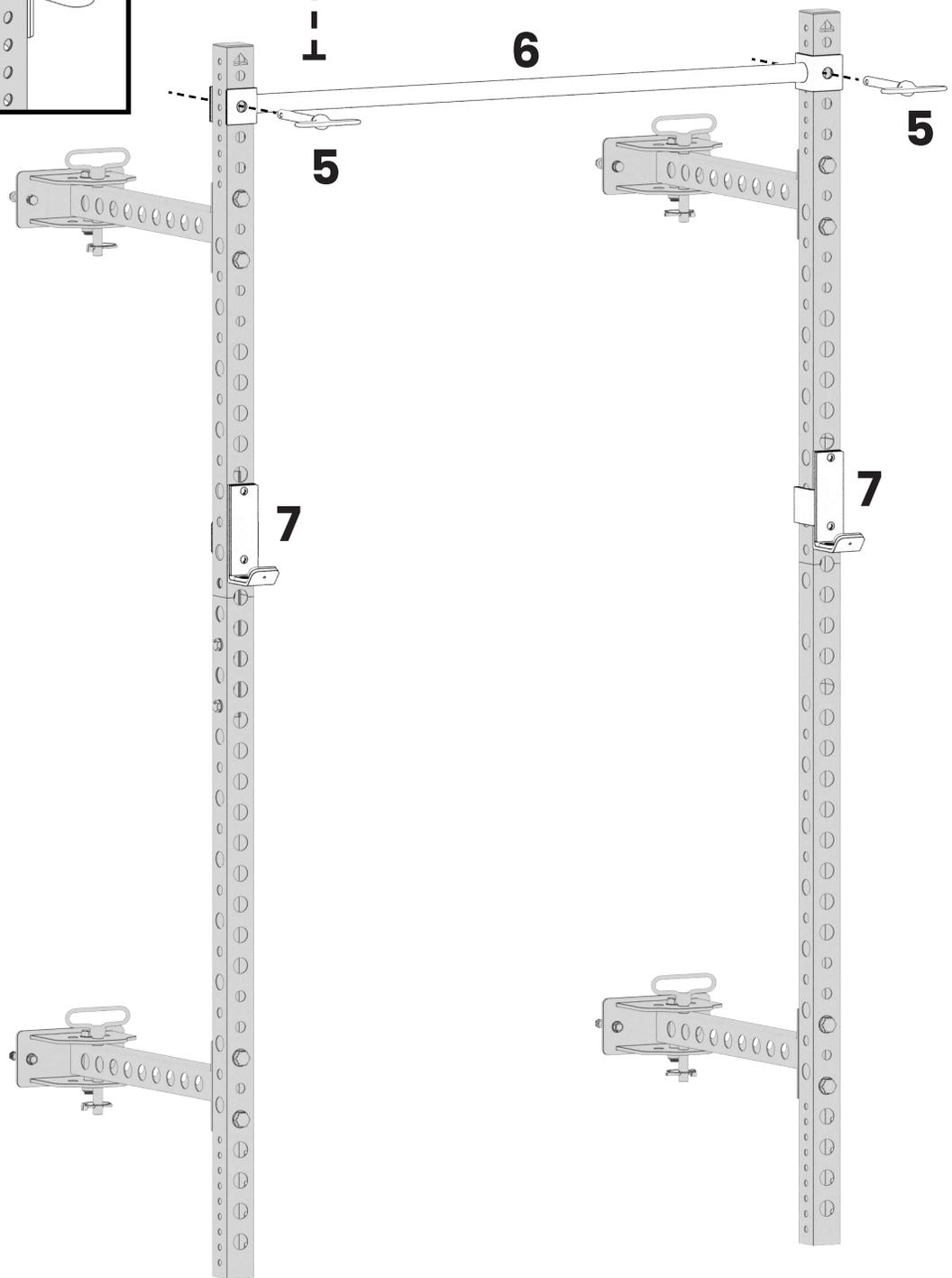
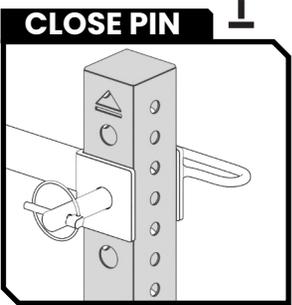


ASSEMBLY

STEP: 4-PIN

STEP PART GUIDE

#	PART NAME	QTY
5.	Safety Pin	2
6.	Pull Up Bar	1
7.	J-Cups	2

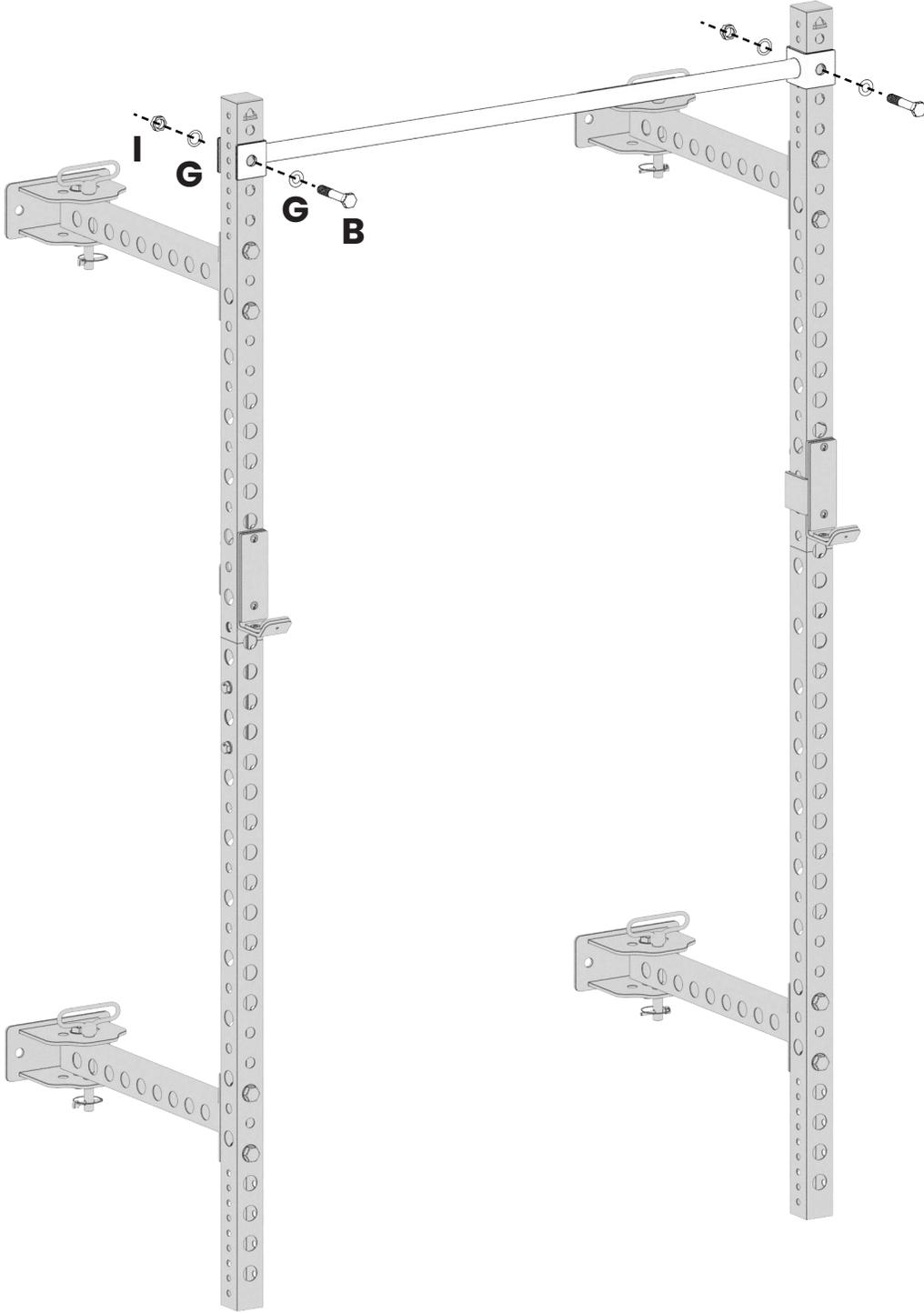


ASSEMBLY

STEP: 4-BOLT

STEP PART GUIDE

#	PART NAME	QTY
B.	M16x80 Partially Threaded Bolts	2
G.	M16 Washer	4
I.	M16 Nut	2



INSTRUCTIONS FOR A WOOD STUD WALL

This method involves attaching wooden planks (stringers) to your wall studs first, and then mounting the rack to the stringers for maximum stability. Note: 2x4 or 2x6 wood stringers and lag bolts are not included with the rack.

Step 1: Assemble the Rack Frame First, fully assemble the main structure of your SF-2200 rack according to the manufacturer's manual. Leave all the bolts slightly loose for now—you'll tighten them at the end.

Step 2: Position the Rack and Mark for Stringers With your partner, carefully stand the assembled rack up and lean it against the wall where you plan to install it. Use a level to make sure the upright posts are perfectly vertical. Once it's in the perfect spot, use a pencil to mark the wall just above the top horizontal cross member and below the bottom horizontal cross member. These lines show where your stringers need to go.

Step 3: Install the Wood Stringers Move the rack out of the way.

- Use a stud finder to locate the centre of the wall studs behind your pencil marks.
- Place your top 2x4 stringer on the wall, aligning it with your top pencil mark.
- Use a level to ensure the stringer is perfectly horizontal.
- Secure the stringer to the wall studs using the **included lag bolts and washers**. Drill pilot holes first to prevent the wood from splitting.
- Repeat this process for the bottom stringer. You should now have two solid wood planks securely mounted to your wall.

Step 4: Mark the Rack's Mounting Holes Place the rack back against the newly installed stringers. Position it exactly where you want it. Use your pencil to mark the centre of each mounting hole on the rack's cross members directly onto the wood stringers.

Step 5: Mount the Rack to the Stringers Move the rack aside one last time.

- **Drill pilot holes** into the stringers where you just made your marks. The pilot hole should be slightly smaller than the M10 screw's diameter to ensure the threads have plenty of wood to bite into.
- Move the rack back into its final position, aligning its mounting holes with the pilot holes on the stringers.
- Drive the M10×80 **self-tapping screws** through the rack's mounting holes and into the stringers. An impact driver or a socket wrench will make this much easier. Ensure they are tight and the rack is drawn firmly against the stringer.
- Finally, go back and **tighten all the assembly bolts** on the rack frame itself. Give the entire unit a good shake to ensure everything is solid and secure before use.

INSTRUCTIONS FOR A CONCRETE WALL

This method involves mounting the rack directly to a concrete wall and floor using the provided expansion anchors.

Step 1: Assemble and Position the Rack Fully assemble the main frame of the rack. With your partner, stand the rack up and place it **flush against the concrete wall**. Ensure the floor is level and the rack's feet are flat on the ground. Use a level to make sure the rack is perfectly vertical.

Step 2: Mark All Mounting Holes Once the rack is in its final position, use a pencil or a marker to carefully mark the centre of every mounting hole—both on the wall cross members and on the feet that sit on the floor.

Step 3: Drill the Holes Move the rack out of the way. Using a hammer drill and a masonry bit matching the size of your anchors:

- Drill the holes in the wall for the M10×80 **expansion screws**.
- Drill the holes in the floor for the M10×70 **expansion screws**.
- Make sure you drill to the depth specified in the manual. After drilling, thoroughly **clean all dust and debris** from the holes with a brush or vacuum. This is crucial for the anchors to set properly!

Step 4: Install the Rack

- Gently tap the **expansion anchors** into their corresponding holes until they are flush with the surface.
- Carefully move the rack back into place, aligning all its mounting holes with the installed anchors.
- Place the washers and nuts onto the anchor bolts and use a socket wrench to **tighten them securely**. As you tighten, the anchor will expand and grip the concrete.
- Go back and **tighten all the bolts** on the rack frame itself. Check for stability before its first use. You're all set!