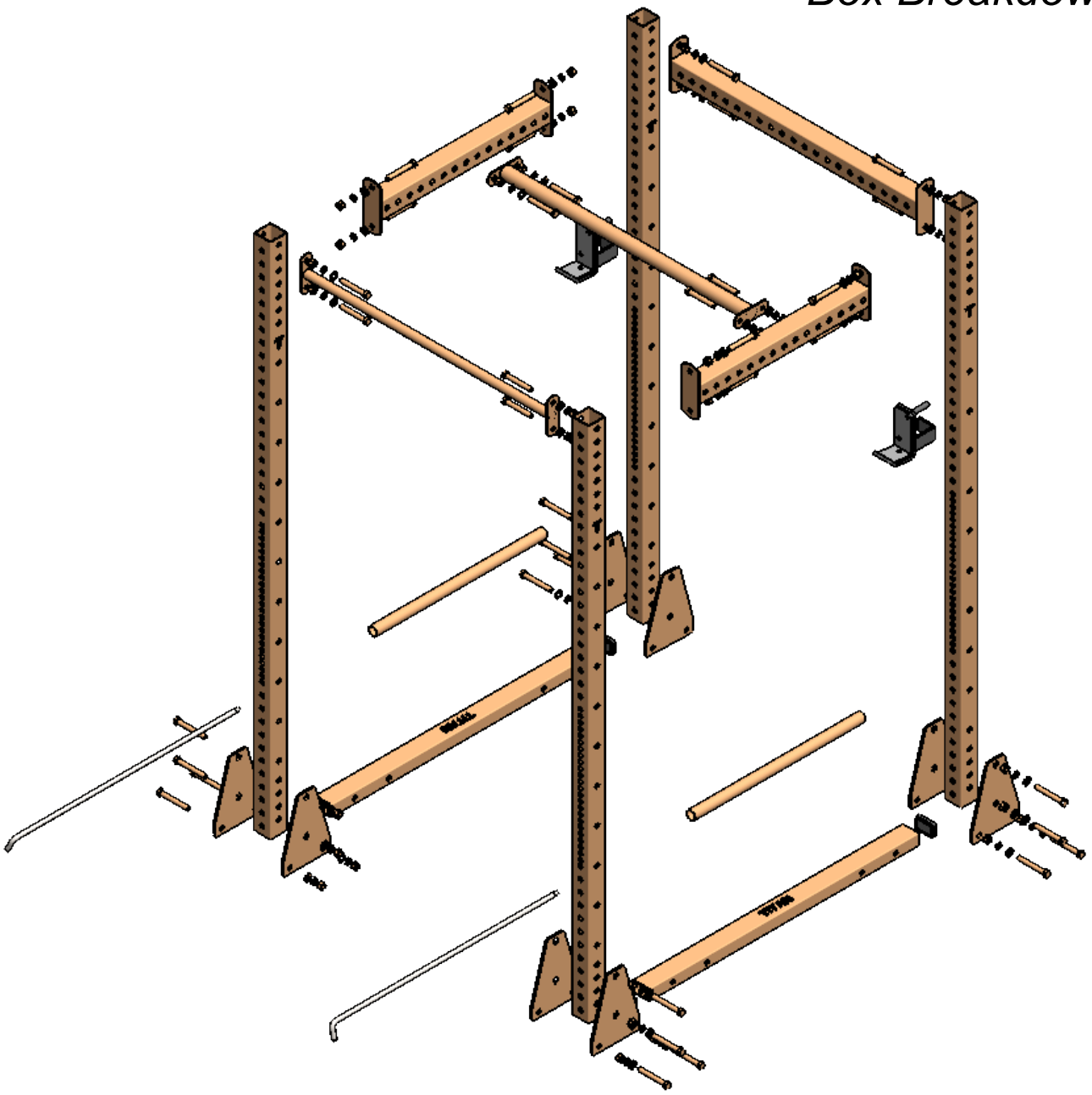
3”x3” Flat Foot Power Rack

Parts Diagrams & Box Breakdowns



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Box Breakdown:

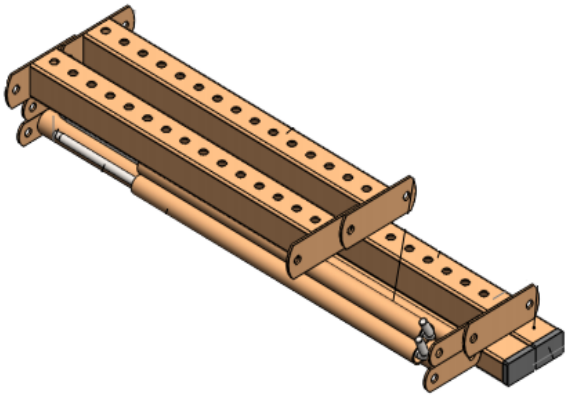
UPX3FF

Includes: Uprights



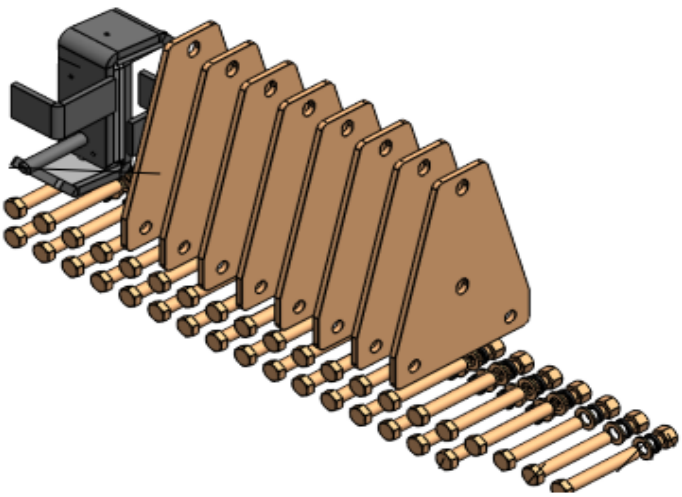
30X3FF

Includes: Side Bracings, Pull Up Bar, Spotter Bars, Spotter Bar Sleeves, Top Back Brace, Bottom Leg Braces.



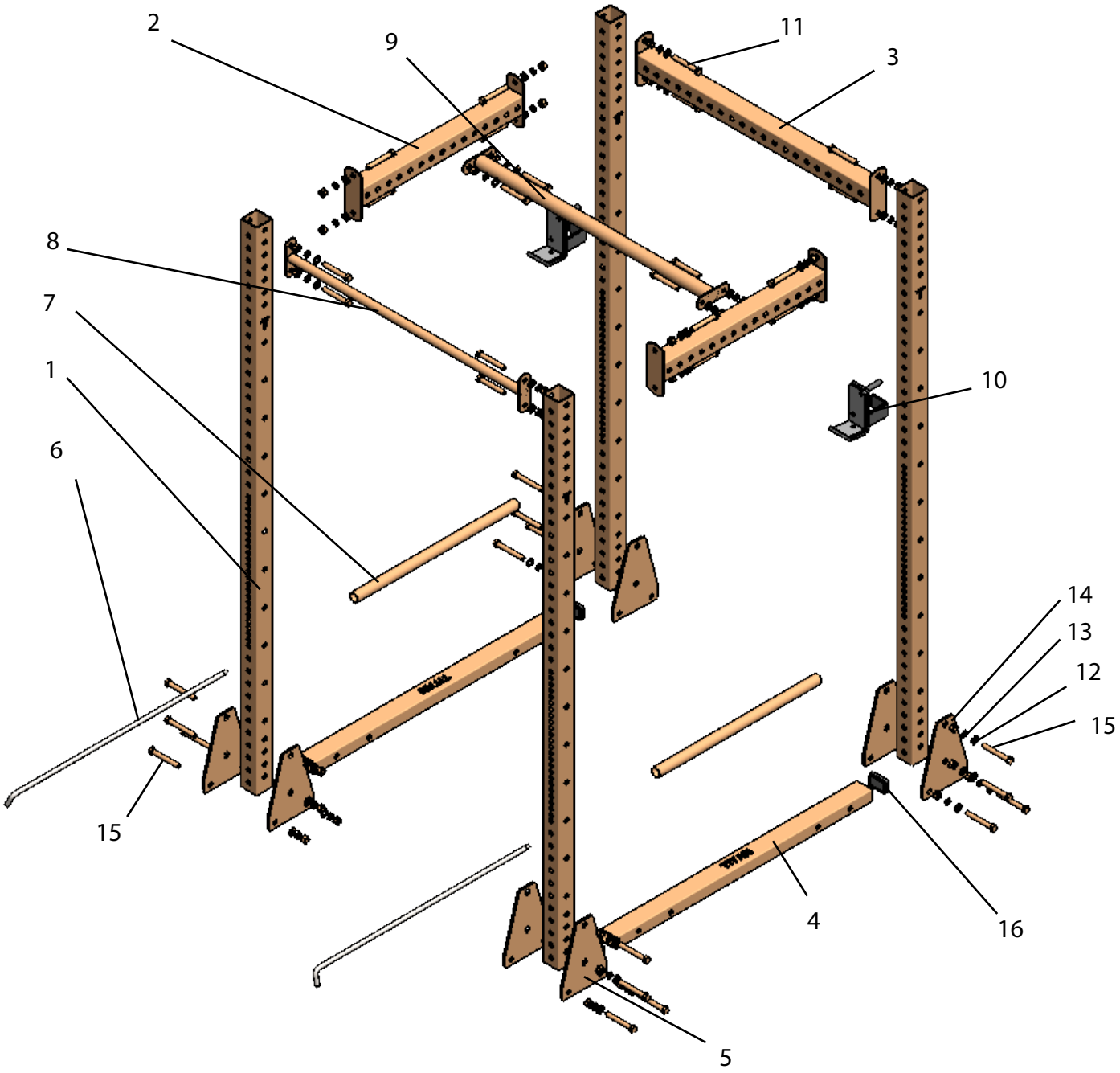
HAX3FF

Includes: JHooks, Gusset Plates, Hardware



Full Parts Diagram

X3FF Power Rack



#	Part Description	Qty	#	Part Description	Qty
1	Upright Poles	4	9	2" Pull Up Bar	1
2	Top Side Brace	2	10	JHook	2
3	Top Back Brace	1	11	Hex Bolt M16x110	20
4	Bottom Leg Brace	4	12	Flat Washer 16	36
5	Gusset Plates	8	13	Spring Washer 16	36
6	Spotting Bar	2	14	Hex Nut M16	36
7	Spotting Sleeve	2	15	Hex Bolt M16x120	16
8	1.25" Pull Up Bar	1	16	Tube Cap	4

NEED HELP?

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5-star experience!

WARNING

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.

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