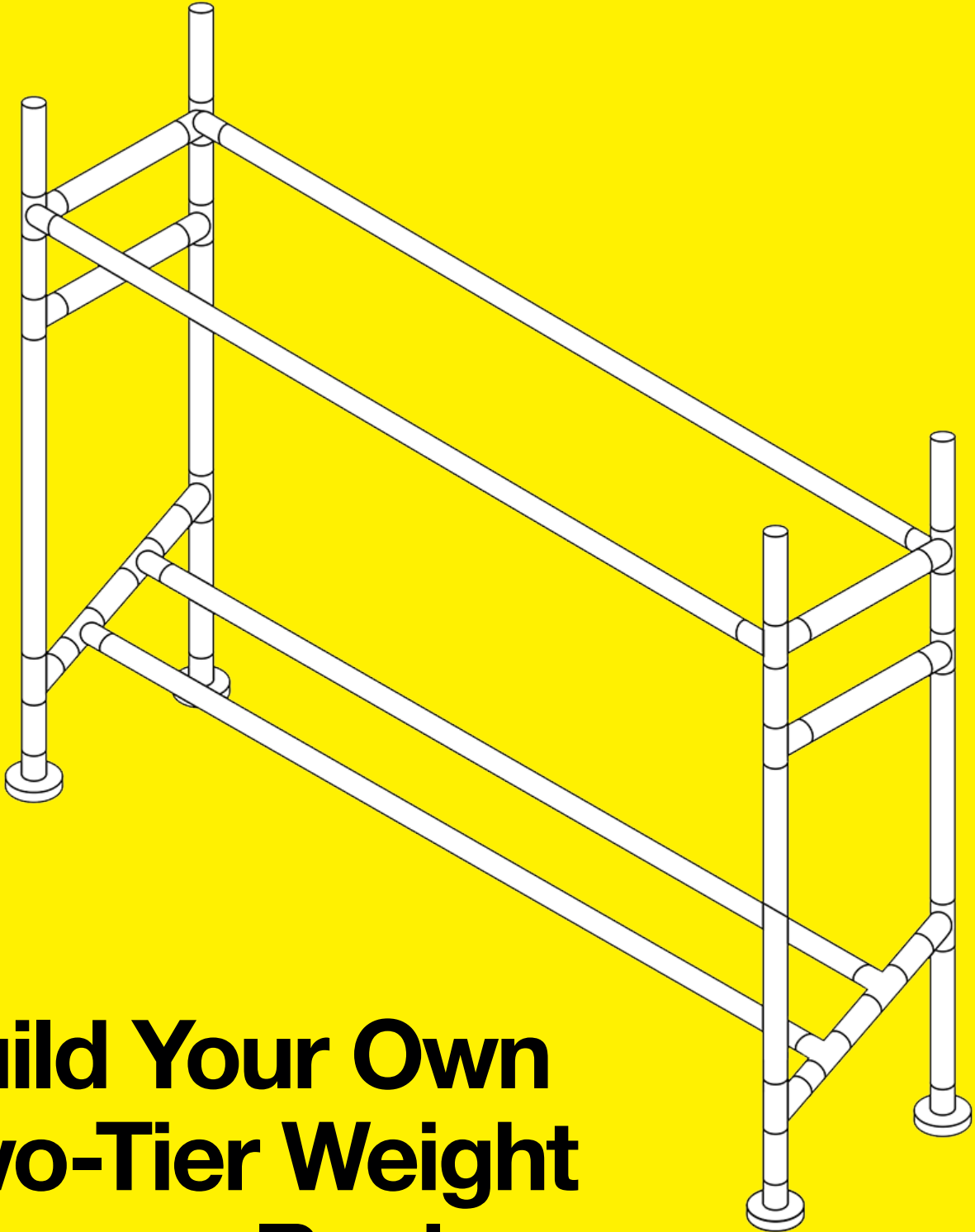


**THE
METAL
STORE[®]**

Step by Step Assembly Guide



Build Your Own Two-Tier Weight Storage Rack

THE ONE STOP METALWORK SHOP

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What you will need...

- Hex key supplied.

Product Summary

The Metal Store adjustable weight storage rack is the perfect solution for neatly storing away your weight plates and dumbbells.

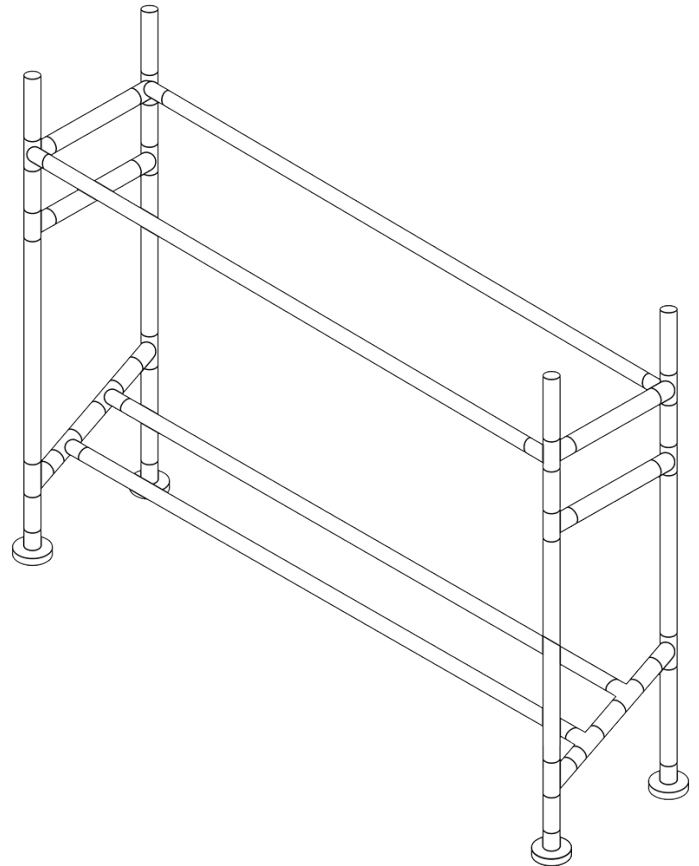
Designed and built using our 42.4mm galvanised tube and clamps, this storage rack combines a stylish strength and durability with a stylish industrial finish.

The overall unit is 1000mm in height and you can choose between 1000m and 1500mm in width to suit your space.

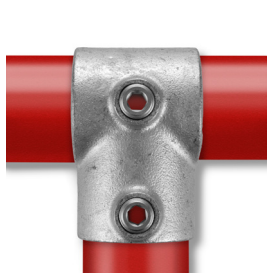
The top shelf is a total of 345mm deep with 260mm space to perfectly house your weight plates.

This base shelf is set to the same depth as standard and is angled to hold dumbbells. The depth of this can be adjusted to suit.

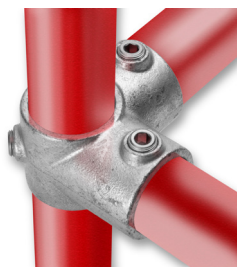
Our tube clamp system also provides the opportunity for simple but useful additions including but not limited to a short tee 101 to hold a barbell, a hook 182 for your pull-up / resistance bands, or an additional flat shelf with a scaffold board top for your kettlebells.



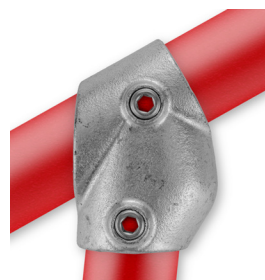
Parts:



101



116



129



131



133

*Important: Please note that the scaffold boards we use are approximately 3m in length but can vary by +/-5mm.

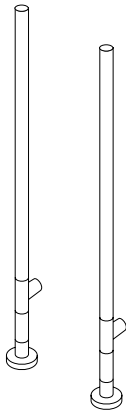
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Step 1

Take a length of tube at 1050mm and place inside a Wall Plate (131) until it hits the bottom of the fitting.

Tighten the grubscrew using the allen key provided. Slide an Adjustable Tee (129) down the tube ensuring that the bottom of the fitting is 100mm from the top of the Wall Plate (131) and tighten the grubscrew.

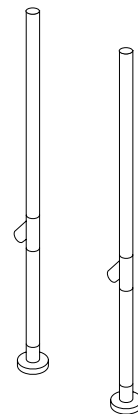
Repeat this process so you create 2 identical front legs.

Step 2

Take a length of tube at 1050mm and place inside a Wall Plate (131) until it hits the bottom of the fitting.

Slide an Adjustable Tee (129) down the tube ensuring that the top of the fitting is 350mm from the top of the Wall Plate (131) and tighten the grubscrew.

Repeat this process so you create 2 identical rear legs.

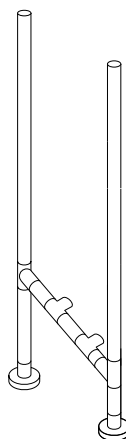


Step 3

Take a length of tube at 260mm and place 2 Short Tee (101) fittings roughly 30mm from the edge of the tube and tighten the grubscrews.

Insert the tube into the Adjustable Tee (129) on the front and rear legs ensuring the bottom of the Short Tee (101) is touching the floor and tighten the grubscrew.

Repeat this process on the other 2 vertical tubes.



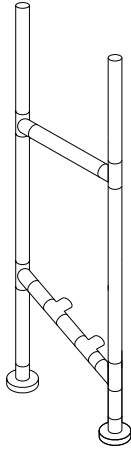
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Step 4

Take a length of tube at 260mm and place 2 Short Tee (101) fittings at the ends of the tube and tighten the grubscrews.

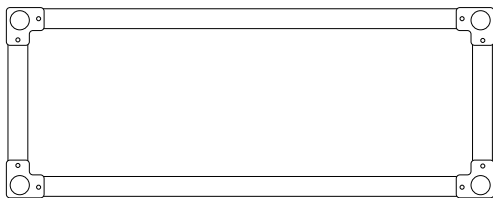
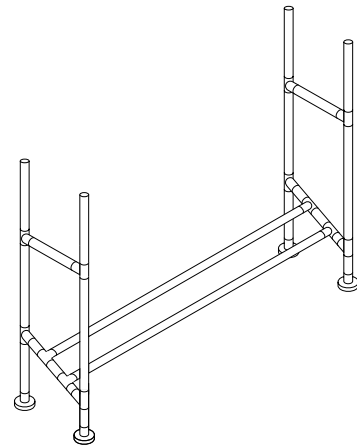
Slide this tube down the vertical tubes (roughly $\frac{3}{4}$ from the top) and tighten the grubscrews.

Repeat this process on the other 2 verticals.

Step 5

Stand the 2 sides of the frame upright and take 2 lengths of tube at 1500mm/1050mm and place inside the Short Tee (101) created in Step 3.

Once in place tighten the grubscrews.



Step 6

Take the 2 remaining lengths of tube at 1500mm/1050mm and lay flat on the ground.

Place a 3 Way Through (116) on to the end of each tube and tighten the grubscrews.

Take the remaining 2 lengths of tube at 260mm and insert into the 3 Way Through (116) to create a rectangle.

Once in place tighten the grubscrews.

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Step 7

Take the rectangle you have created in Step 6 and place on top of the vertical tubes.

Slide each vertical tube inside the 3 Way Through (116) and position to suit your own taste. Once the clamps are all positioned in the same place, tighten the grubscrews.

To finish, take the 4 Plastic Stop Ends (133) and place into the tops of the vertical tubes. You have now completed your Two-Tier Weight Storage Rack.



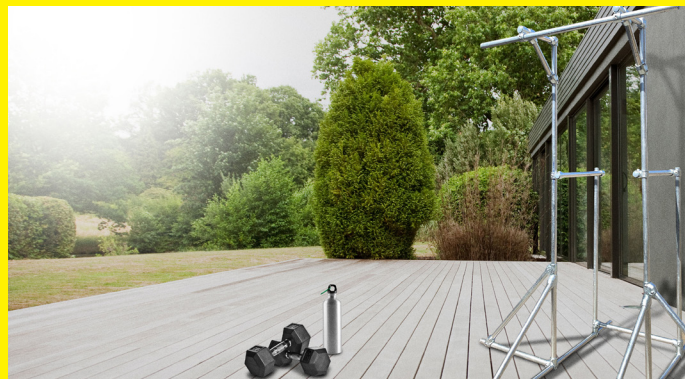
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