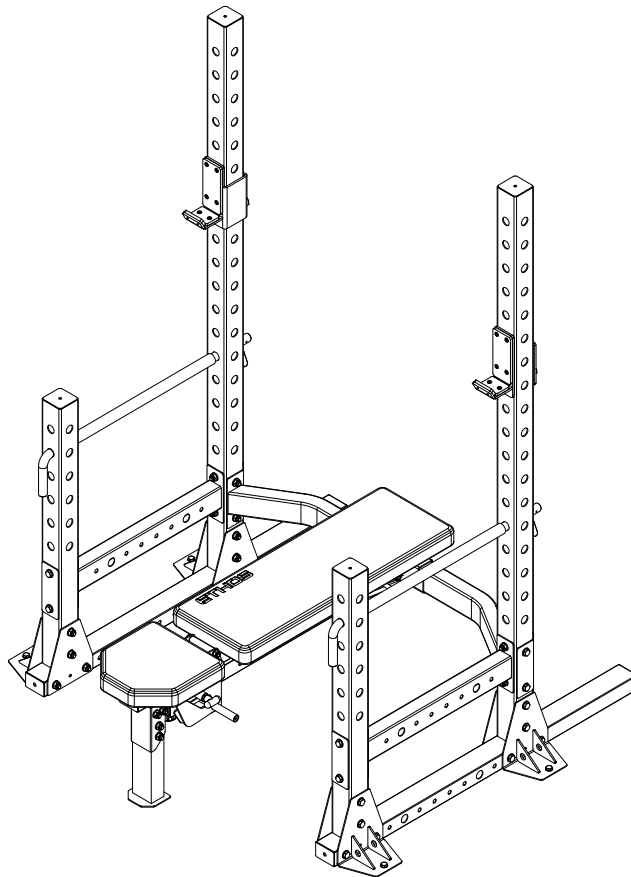


**STYLE ETHE109**

# **ETHOS COMBO RACK**

## **OWNER'S MANUAL**

**Tools Require:**  
**17-19mm Box Wrench**



**Retain This Manual For Future Reference**

**Dick's Sporting Goods, 345 Court Street Coraopolis, PA 15108**

# **ETHOS**

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## BEFORE YOU BEGIN

Thank you for selecting the ETHOS COMBO RACK. For your safety and benefit, read this manual carefully before using the exercise equipment. If you have any questions, or find there are missing or damaged parts, please contact our Customer Service Agents.

**Toll-Free Customer Service Number**

**1-877-846-9997**

**Mon. – Fri. 9 a.m. – 5 p.m. EST**

**RETAIN THESE INSTRUCTIONS FOR FUTURE USE**



## IMPORTANT SAFETY NOTICE

For your safety and benefit, read the following instructions carefully prior to assembly or use. Failure to follow all instructions and safety precautions can result in **serious injury or death or damage to equipment.**

**J-Hooks: 1000lbs Additional Loaded Weight**

**Spotter Arms (Pin & Pipe): 1000lbs Additional Loaded Weight**

**Bench: 500lbs User Weight + 500lbs Additional Loaded Weight**



### **WARNING Important Considerations Before Use**

1. **CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.**
2. If you feel pain or dizziness at any time while exercising, STOP immediately and consult your physician. Excessive use may cause pain or injury.
3. **This exercise equipment is intended for adult use only. Keep children and pets away from equipment at all times. DO NOT leave children unattended in the same room with the exercise equipment.**
4. ADULTS ONLY should assemble, disassemble, adjust, or move the exercise equipment. Assembly and moving of product must performed with the help of two or more adults.



### **WARNING Important Instructions for Safe Use**

1. **Pinch Hazard:** Keep fingers and hands clear of all moving parts during assembly, use, and disassembly.
2. **NEVER** use the product as an anchor point or to support body weight during any exercise. This product is for weight storage only.
3. **TIP OVER RISK:** Never climb, stand, or lean on rack. Always place an even amount of weight on both side of rack to avoid tip overs.
4. **ALWAYS** secure weights with a collar when storing weights on the post.
5. Only one person at a time must use the exercise equipment.
6. **NEVER** swing from ETHOS Combo Rack components or bars.
7. **NEVER** hang upside down or inverted from frame components or bars.
8. Position the exercise equipment on an obstruction free, level surface. DO NOT use the exercise equipment near water or outdoors.
9. Keep hands away from all moving parts.
10. Always wear appropriate workout clothing when exercising. DO NOT wear jewelry, robes or other clothing that could become caught in the exercise equipment. Running or aerobic shoes are also required when using the exercise equipment.
11. **DO NOT** use attachments not recommended by the manufacturer. Accessories not sold with this product are used at the users own risk.
12. **DO NOT** place any sharp objects around the exercise equipment.
13. Before using the exercise equipment, always stretch properly to warm up.
14. Always exercise with an experienced spotter and place suitable mats beneath the exercise area.



## IMPORTANT! CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the exercise equipment. DO NOT over tighten. **If parts are worn or damaged, DO NOT use. Contact Customer Service for replacement parts.**
2. Inspect product regularly for signs of wear or failure. If parts are worn/damaged or the equipment is not functioning properly, discontinue use immediately. **Failure to examine regularly may affect the safety level of the exercise equipment.**
3. If the equipment is making any abnormal sounds that may indicate structural fatigue e.g., cracking, then stop use immediately and have the equipment inspected by a professional.
4. Periodically lubricate moving parts with WD-40 or light oil.
5. The exercise equipment can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents or bleach.
6. **Maximum Weight Capacity (User weight + weights):**
  - **J-Hooks: 1000lbs Additional Loaded Weight**
  - **Spotter Arms (Pin & Pipe): 1000lbs Additional Loaded Weight**
  - **Bench: 500lbs User Weight + 500lbs Additional Loaded Weight**



## IMPORTANT! OPERATIONAL INSTRUCTIONS

1. This product is designed to be used for weight training, exercise, and physical fitness activities only.
2. Assembled dimensions: 57.9" L x 58" W x 75.8"H

This exercise equipment is intended for commercial and residential use.

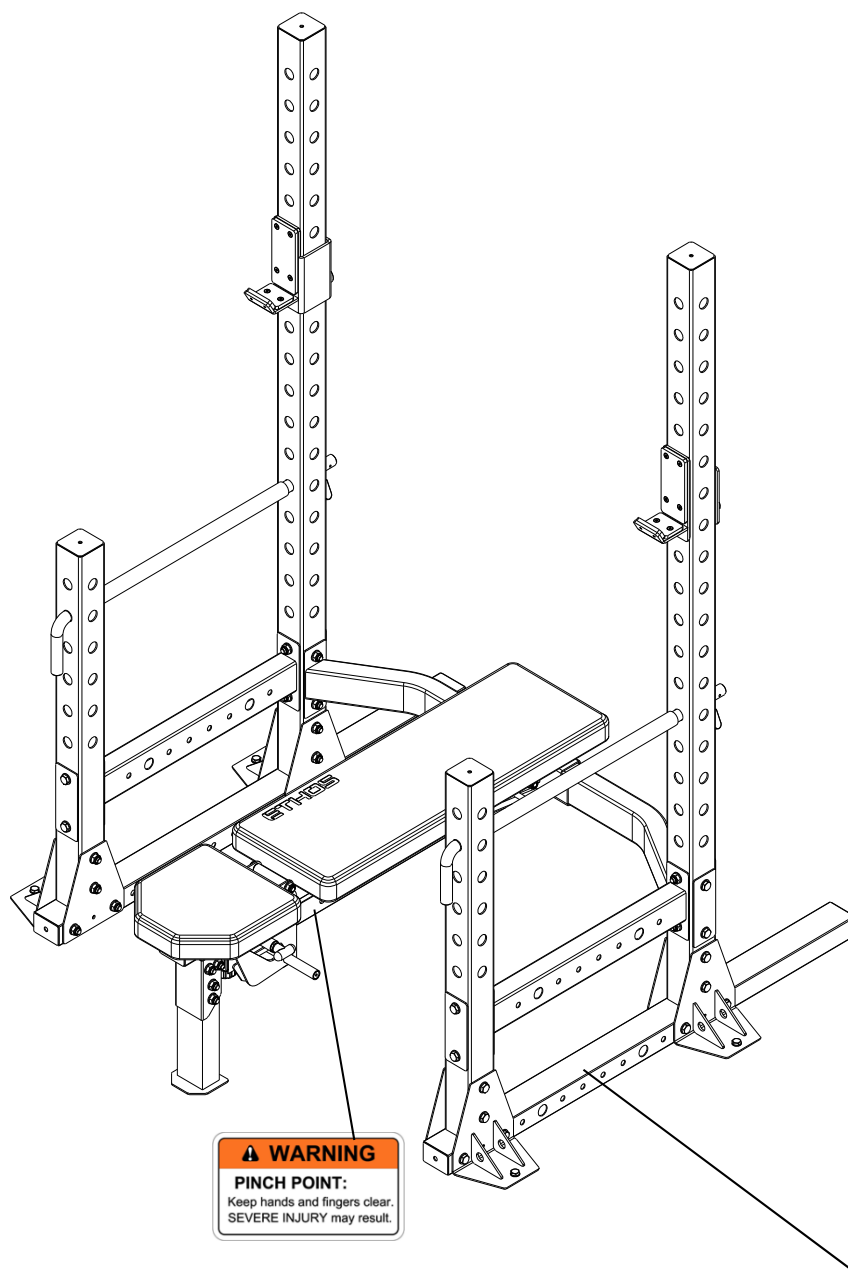
This equipment meets the safety and performance requirements of the ASTM F2276 standard for exercise equipment.

### WARNING

**Consult with your doctor before beginning any exercise program. Read all instructions before using any fitness equipment. Not for use by children under age 14. Inspect for damage before each use.**

**Save these instructions.**

# WARNING LABEL PLACEMENT



## **⚠ WARNING**

### **DO NOT MISUSE THIS EQUIPMENT**

Maximum Weight Capacity

(User weight + weights):

- J-Hooks: 1000lbs Additional Loaded Weight

- Spotter Arms (Pin & Pipe): 1000lbs Additional Loaded Weight

- Bench: 500lbs User Weight + 500lbs Additional Loaded Weight

**TIP OVER RISK.** Never climb, sit, stand or lean on equipment. The possibility of serious injuries or death or both may occur if caution is not used. Before beginning any exercise program, consult your physician. Read user's manual. All warnings and instructions must be read and followed and proper instructions be obtained prior to use.

Replace this label if damaged, illegible or removed. Keep children and pets away from this equipment.

Cease exercise if you feel faint or dizzy. Keep body, clothing, and fitness accessories clear of all moving parts. Inspect the equipment before use and do not use if the machine appears damaged or inoperable.

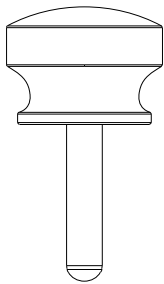
The warning label shown here has been placed on the front middle of the Squat Rack. If the label is missing or illegible, please call customer service at 1-877-846-9997 for replacements. Apply the labels in the location shown.

## ETHE109 PARTS LIST

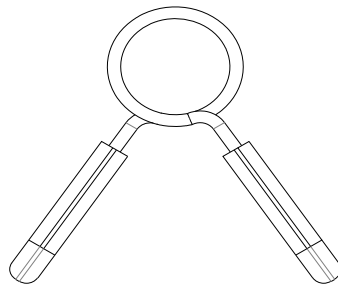
Part #	Description	Qty	Remark
1	Base Tube	2	
2	Front Upright	2	
3	Rear Upright	2	
4	Side Support Tube	2	
5	Base Cross Tube	1	
6	Backrest Connector	1	Pre-Assembled
7	Seat Pad Support	1	Pre-Assembled
8	Seat Pad Connector	1	Pre-Assembled
9	Front Support	1	
10	Backrest Support	1	
11	Safety Rod Sleeve	2	
12	Safety Rod	2	
13	Left Hook	1	
14	Right Hook	1	
15	L Bracket Base Feet-Outside	4	
16	Flat Bracket Base Feet-Inside	4	
17	Backrest Adjustment Support Plate-L	1	Pre-Assembled
18	Backrest Adjustment Support Plate-R	1	Pre-Assembled
19	Seat Adjustment Support Plate-L	1	Pre-Assembled
20	Seat Adjustment Support Plate-R	1	Pre-Assembled
21	Front Support U Bracket Connector	1	
22	Upright Connector Plate	6	
23	Magnet Pin	2	
24	Spring Collar	2	
25	O Shape Pull Pin	1	
26	Twist Knob	1	Pre-Assembled
27	Seat Pad	1	
28	Backrest	1	
29	Plastic Sleeve	2	Pre-Assembled
30	Round Tube Plastic Sleeve	10	Pre-Assembled
31	J Hook Rubber Pad-Back	2	Pre-Assembled
32	J Hook Rubber Pad-Front	2	Pre-Assembled
33	J Hook Rubber Pad-Surface	2	Pre-Assembled
34	J Hook Rubber Pad-Decline	2	Pre-Assembled
35	Seat Rubber Pad	2	Pre-Assembled
36	Backrest Adjustment Axial	1	Pre-Assembled
37	Backrest Adjustment Spring	1	Pre-Assembled
38	Backrest Adjustment Nut	1	Pre-Assembled
39	Backrest Adjustment Handle	1	Pre-Assembled
40	M12*135 Hex Bolt	3	Pre-Assembled
41	M12*115 Hex Bolt	2	Pre-Assembled
42	M12*100 Hex Bolt	32	

43	M10*25 Hex Bolt	8	
44	M8*20 Hex Bolt	1	Pre-Assembled
45	M6*12 Counter Sunk Bolt	16	Pre-Assembled
46	M10*60 Expansion Bolt	4	
47	M12 Washer	74	Pre-assembled 10 pcs
48	M10 Washer	8	
49	M8 Washer	1	Pre-Assembled
50	M12 Nut	37	Pre-assembled 5 pcs

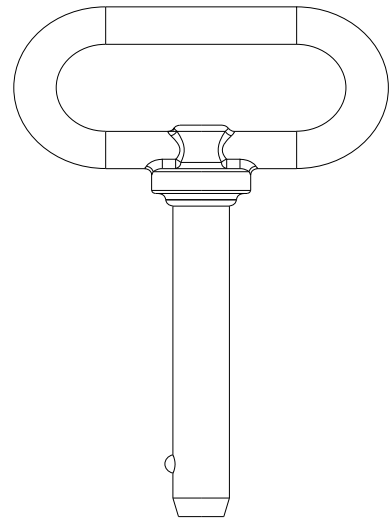
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**Qty: 2**



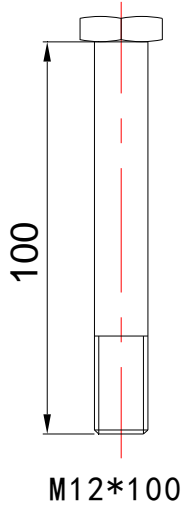
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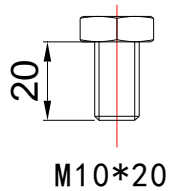
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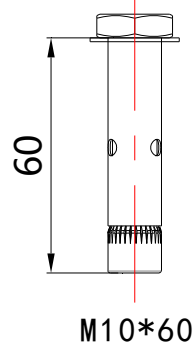
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**Qty: 32**



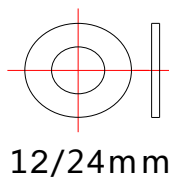
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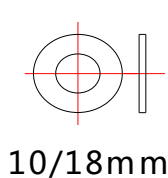
**#46**  
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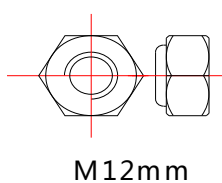
**#47**  
**Qty: 64**



**#48**  
**Qty: 8**



**#50**  
**Qty: 32**



# ASSEMBLY INSTRUCTIONS

## Step 1 (See Diagrams 1 and 2)

- Attach the left Front Upright (2) and left Rear Upright (3) to the Base Foot (1) with two Flat Bracket Base Feet Inside (16) and two Left Bracket Base Feet Outside (15) using four Hex bolt (42), four Nuts (50) and eight Washers (47).
- Attach Side Support Tube (4) to Front Upright (3) and Rear Upright (3) using two Upright Connector Plates (22), four bolts (42), four Nuts (50) and eight Washers (47).
- Repeat step a) and b) for right side

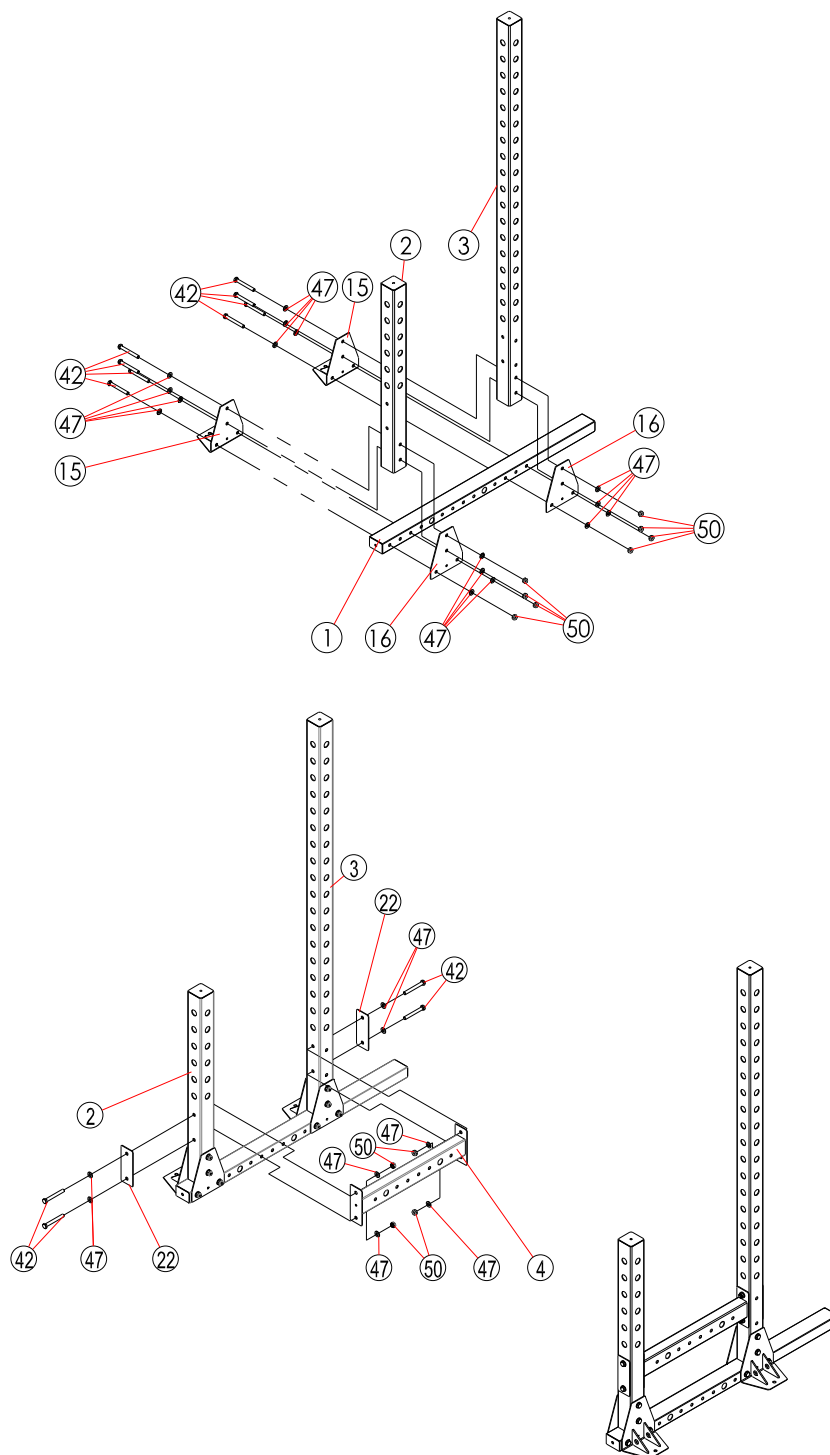


Diagram 1



## Step 2 (See Diagram 3)

- Attach the Rear Upright (3) to Base Cross Tube (5) and Upright Connector Plate (22) using four bolts (42), four Nuts (50) and four Washers (47).
- Repeat step a) so that both Rear Upright (3) are connected to Base Cross Tube (5)

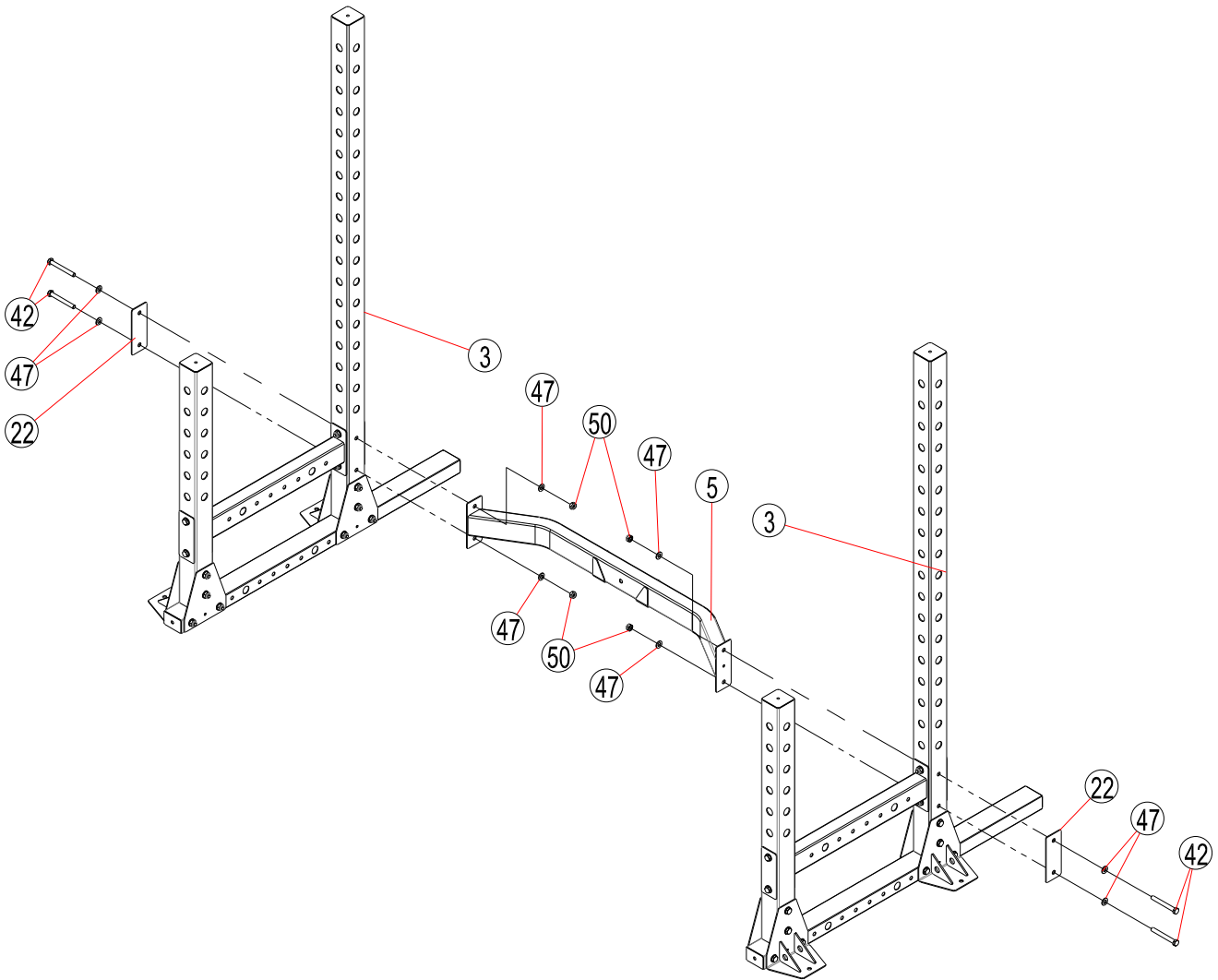


Diagram 3

### Step 3 (See Diagram 4)

- a) Insert Left Hook (13) into Rear Upright (3)
- b) Secure the Left Hook (13) with a Magnet Pin (23)
- c) Insert Right Hook (14) into Rear Upright (3) and secure with a Magnet Pin (23).
- d) Insert Safety Rod (12) through the hole Front Upright (2), Safety Rod Sleeve (11) and Rear Upright (3)
- e) Secure the Safety Rod (12) with a Spring Collar (24).

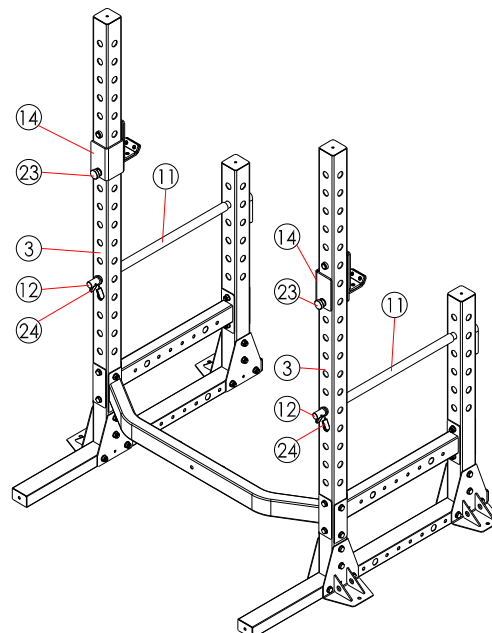
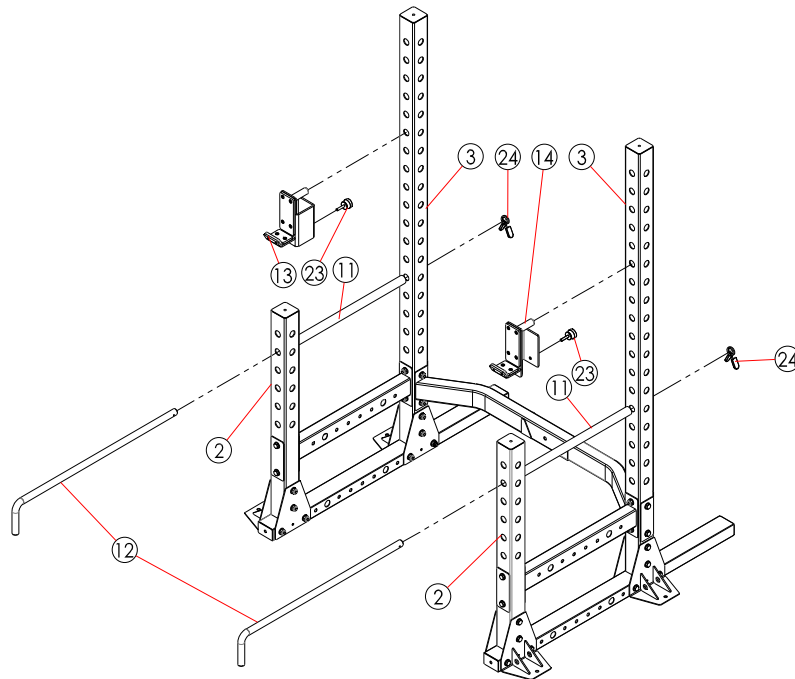


Diagram 4

#### Step 4 (See Diagram 5 and 6)

- a) Attach Front Support (9) to Backrest Connector (6) using Front Support U Bracket Connect (21), four bolts (42), four Nuts (50) and eight Washers (47).
- b) Attach Back Rest Connector (6) to Base Cross Tube (5) using O Shape Pull Pin (25).

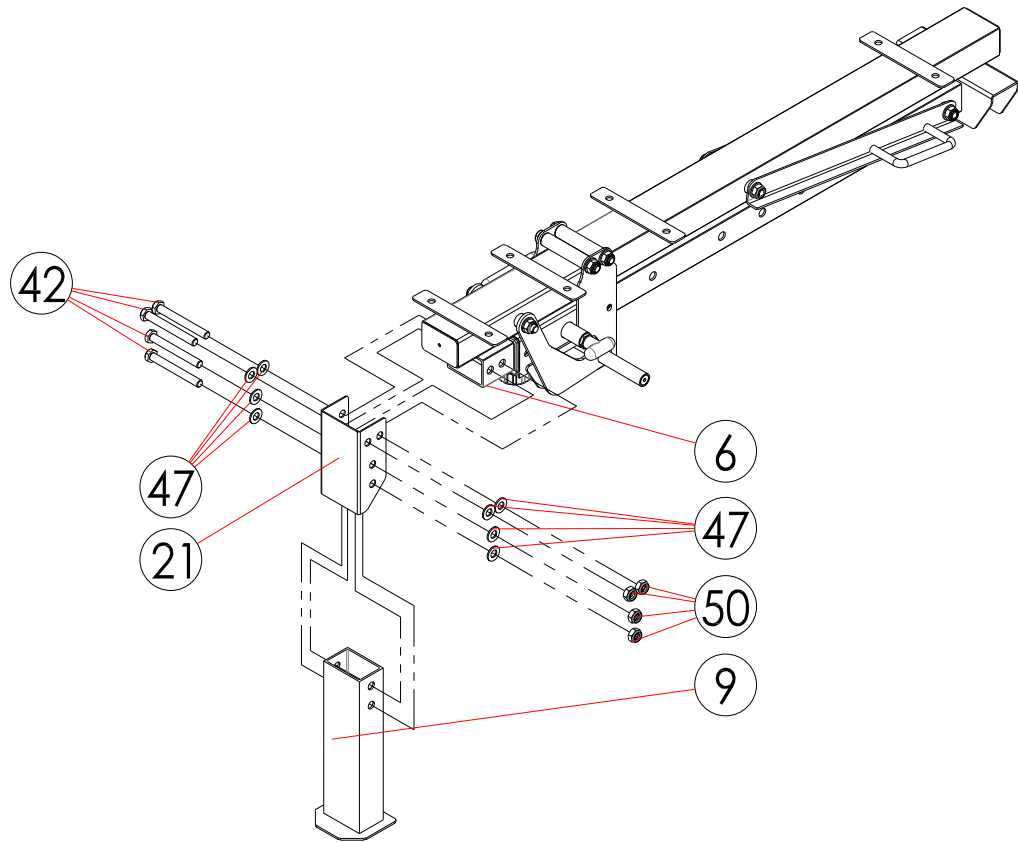


Diagram 5

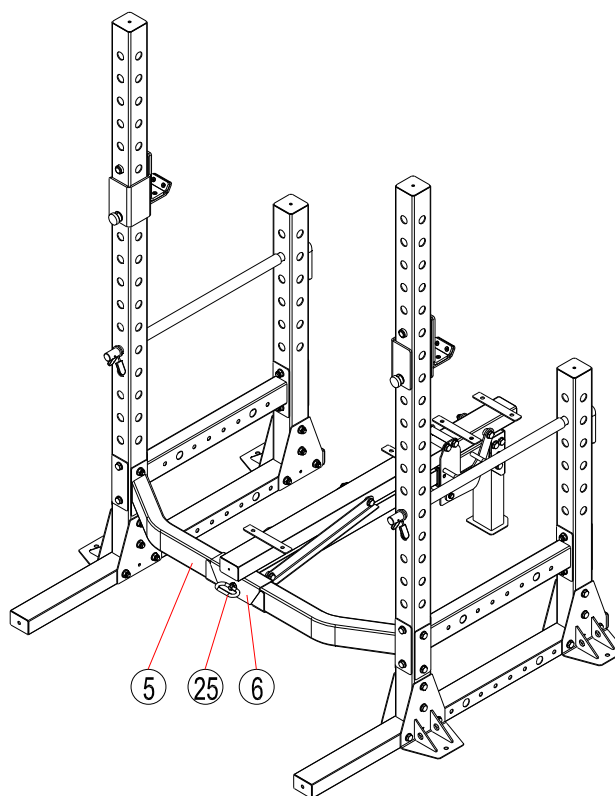
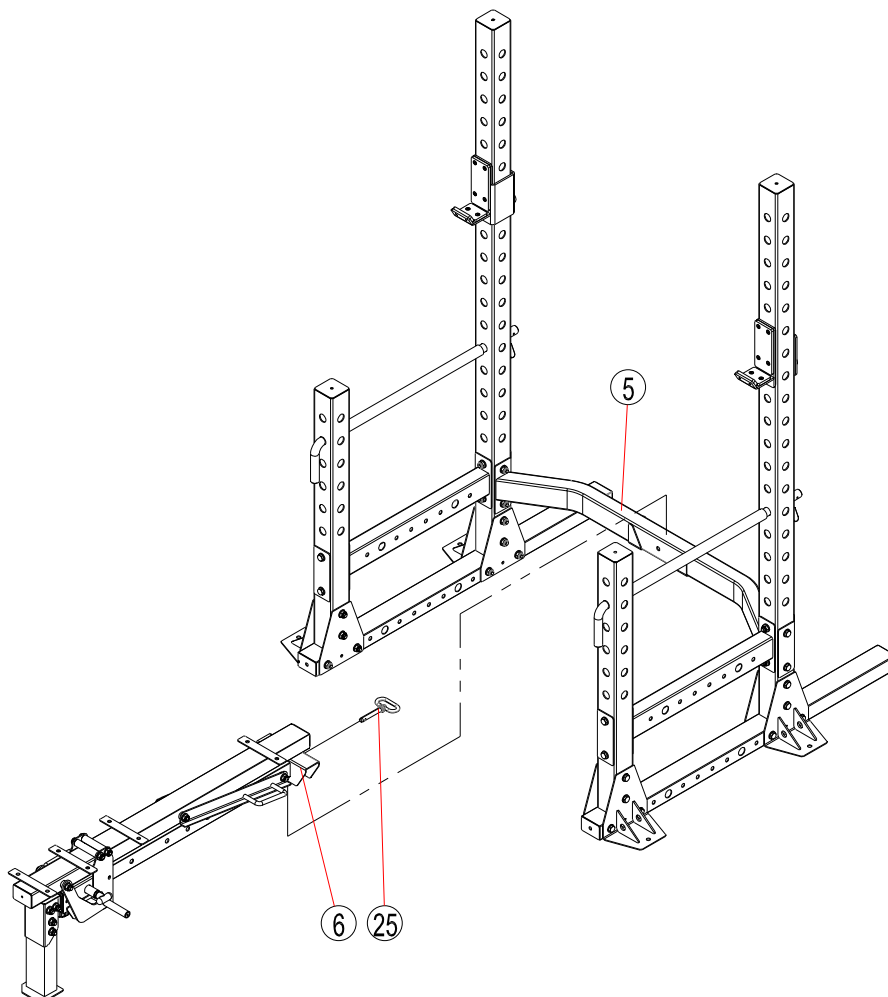


Diagram 6

## Step 5 (See Diagram 7)

- a) Attach Seat Pad (27) to Seat Pad Connector (8) using four Bolts (43) and four Washers (48)
- b) Attach Backrest (28) to Backrest Support (10) using four Hex Bolts (43) and four Washers (48).

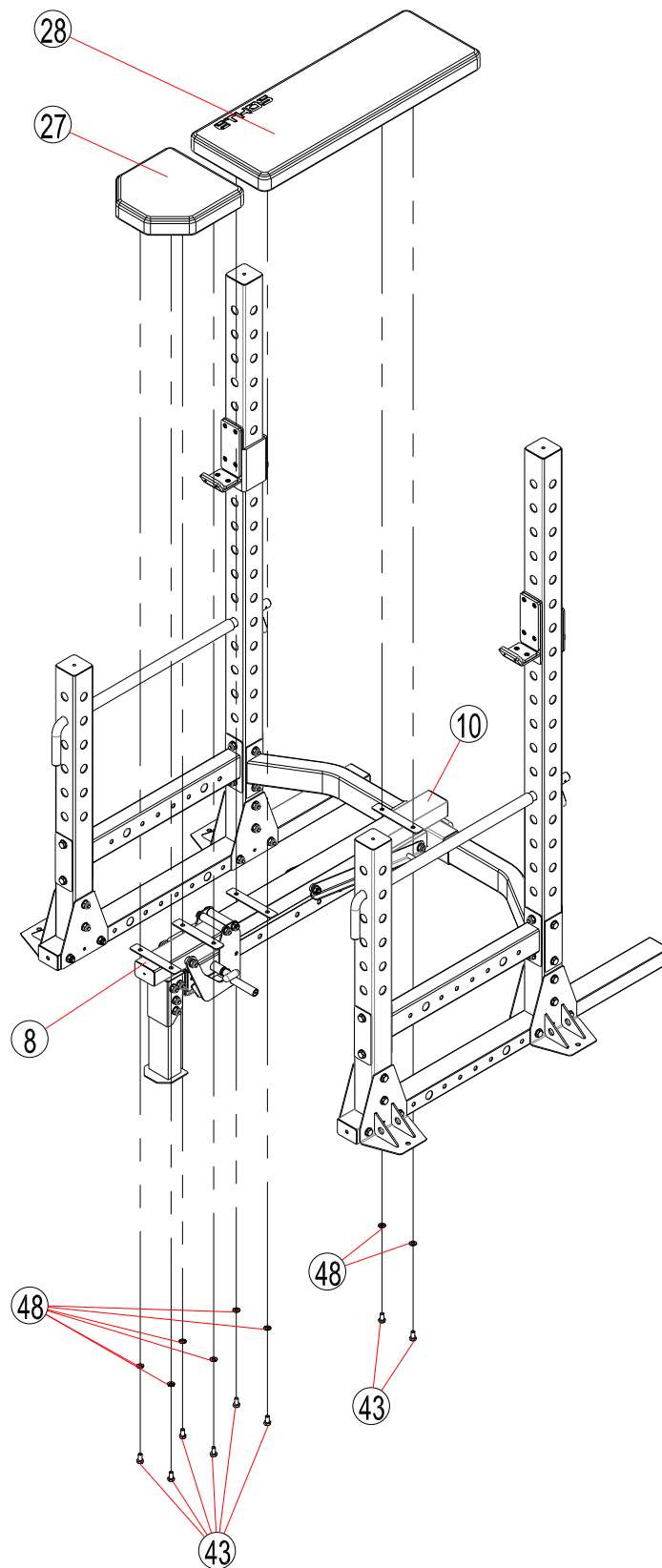


Diagram 7

## Step 6: Anchor on the floor (See Diagram 8 and 9)

- Before anchoring the assembled unit on the floor, mark the pilot hole position on the floor with a marker per Diagram 8.
- Drill pilot holes ( $\phi 0.47''$ ) into the concrete floor at positions marked in step a). Make sure the depth of the pilot hole is deeper than 2.6".
- Clean all the debris and dust out of the hole with a blower or similar tool.
- Make sure the nut is slightly threaded into the sleeve of the Expansion Bolt per Diagram 8 shown.
- Hammer the Expansion Bolts into the hole. Make sure the Expansion Bolts and Washers are installed in the direction and sequence shown in Diagram 8. Then unscrew the bolt out, leaving the sleeve and nut inside the hole per Diagram 8.
- Attach the assembled unit on the floor using 2 Expansion Bolts and 2 Washers per Diagram 9. Tighten the Expansion Bolts.

Check against the illustration and make sure all the parts are securely installed and tightened. Do NOT overtighten.

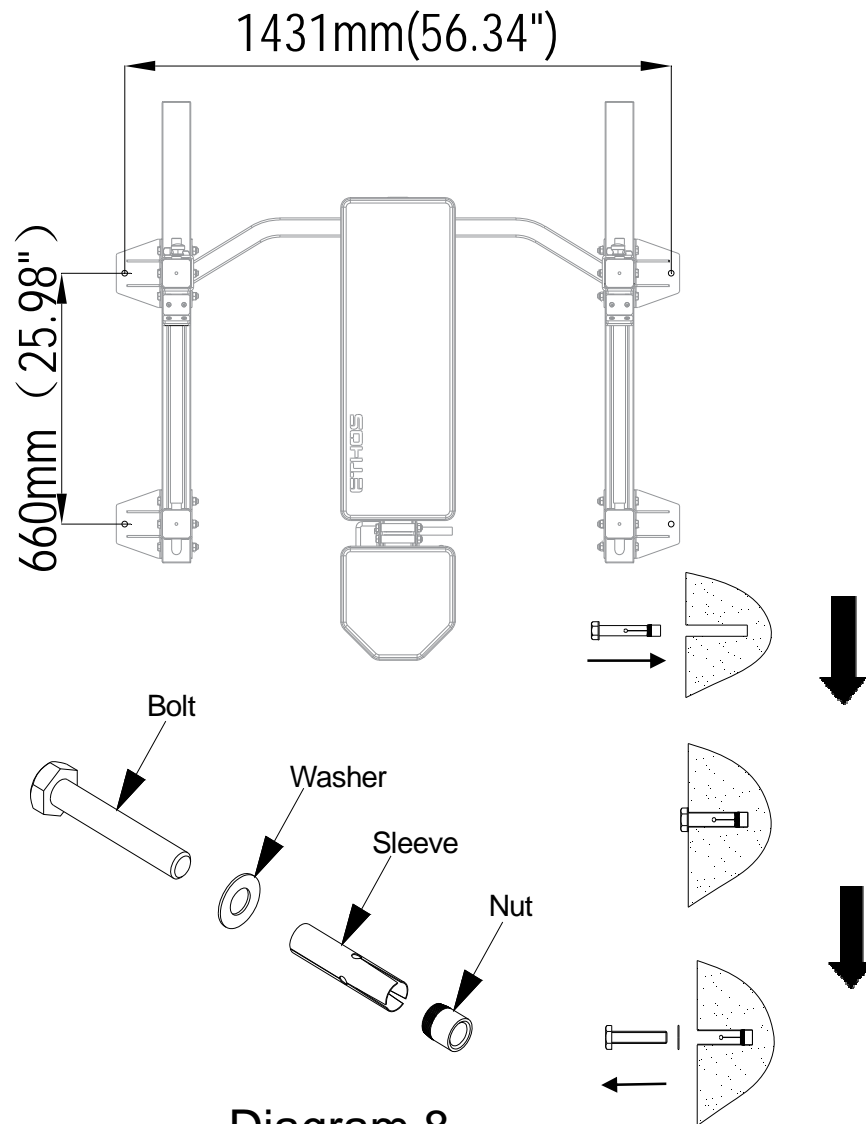


Diagram 8

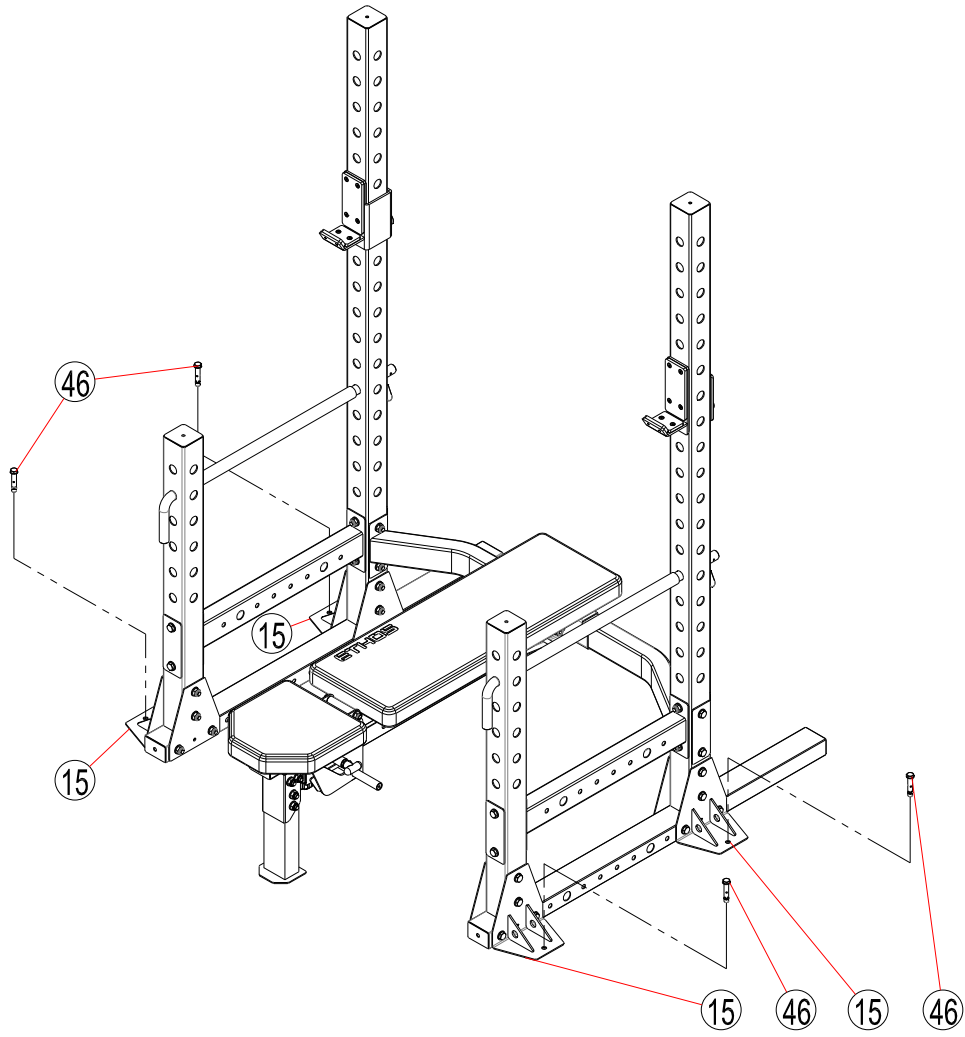


Diagram 9

## Step 7 (See Diagram 11 and 12)

- a) Angle adjust for Seat Pad (27) and Backrest (28)

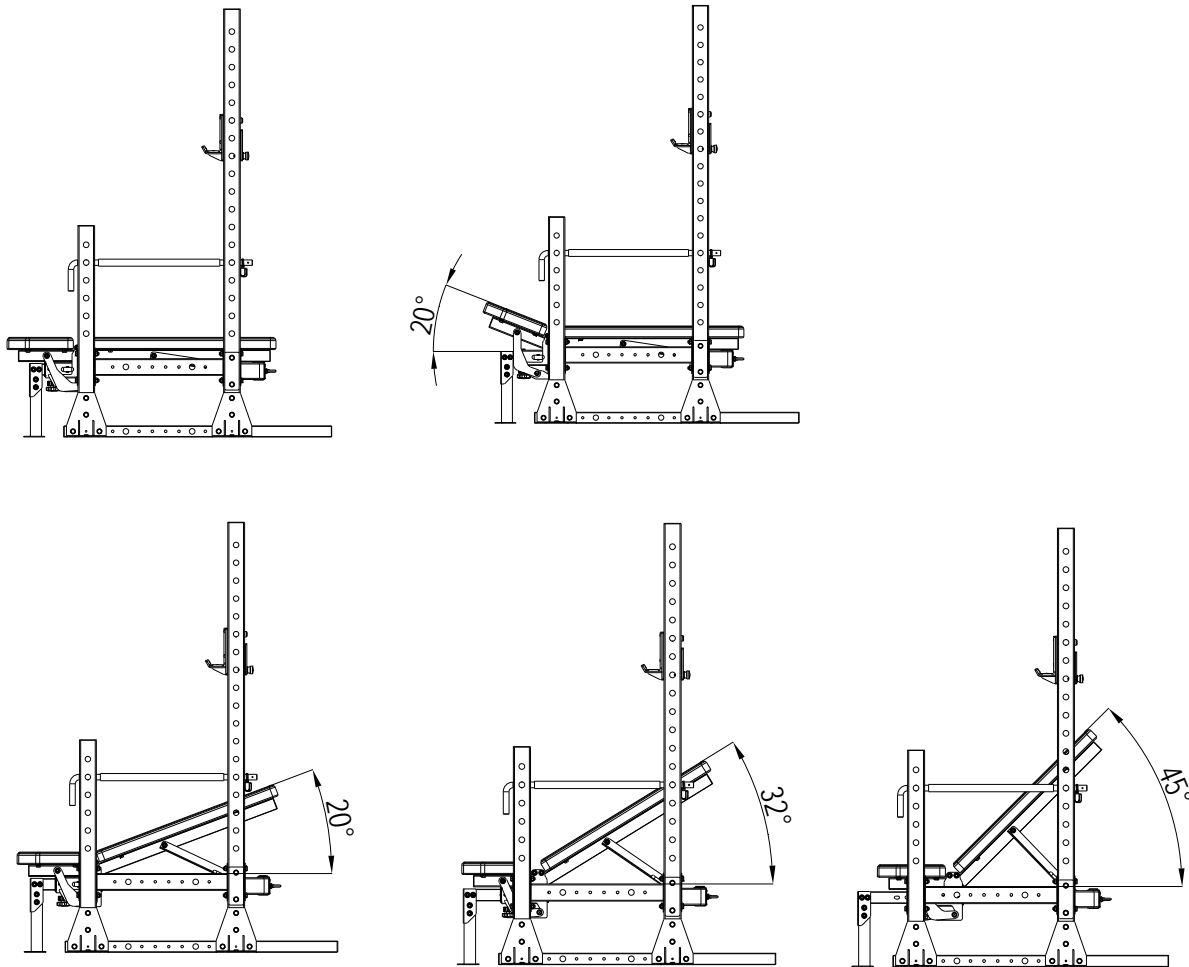


Diagram 11



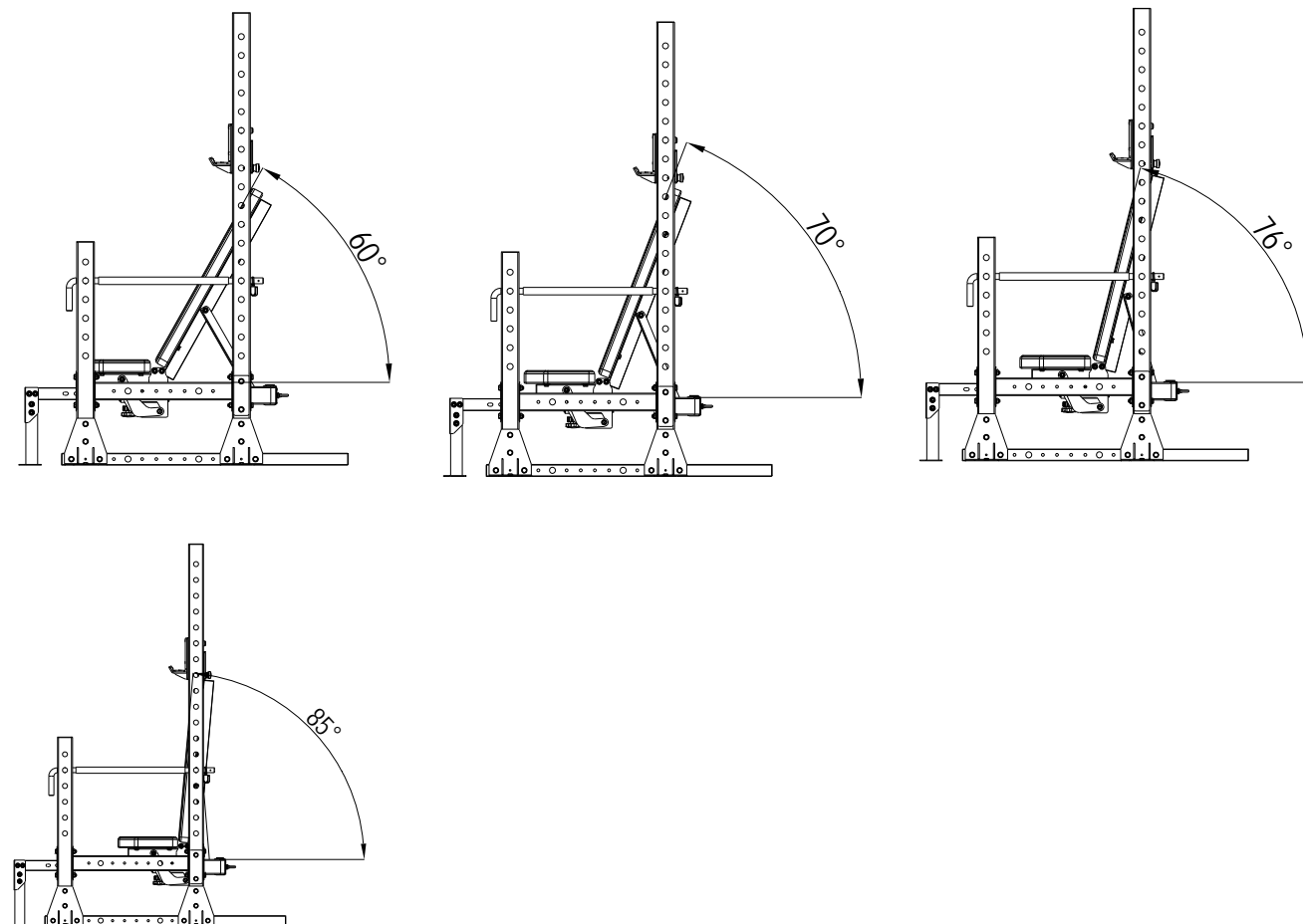
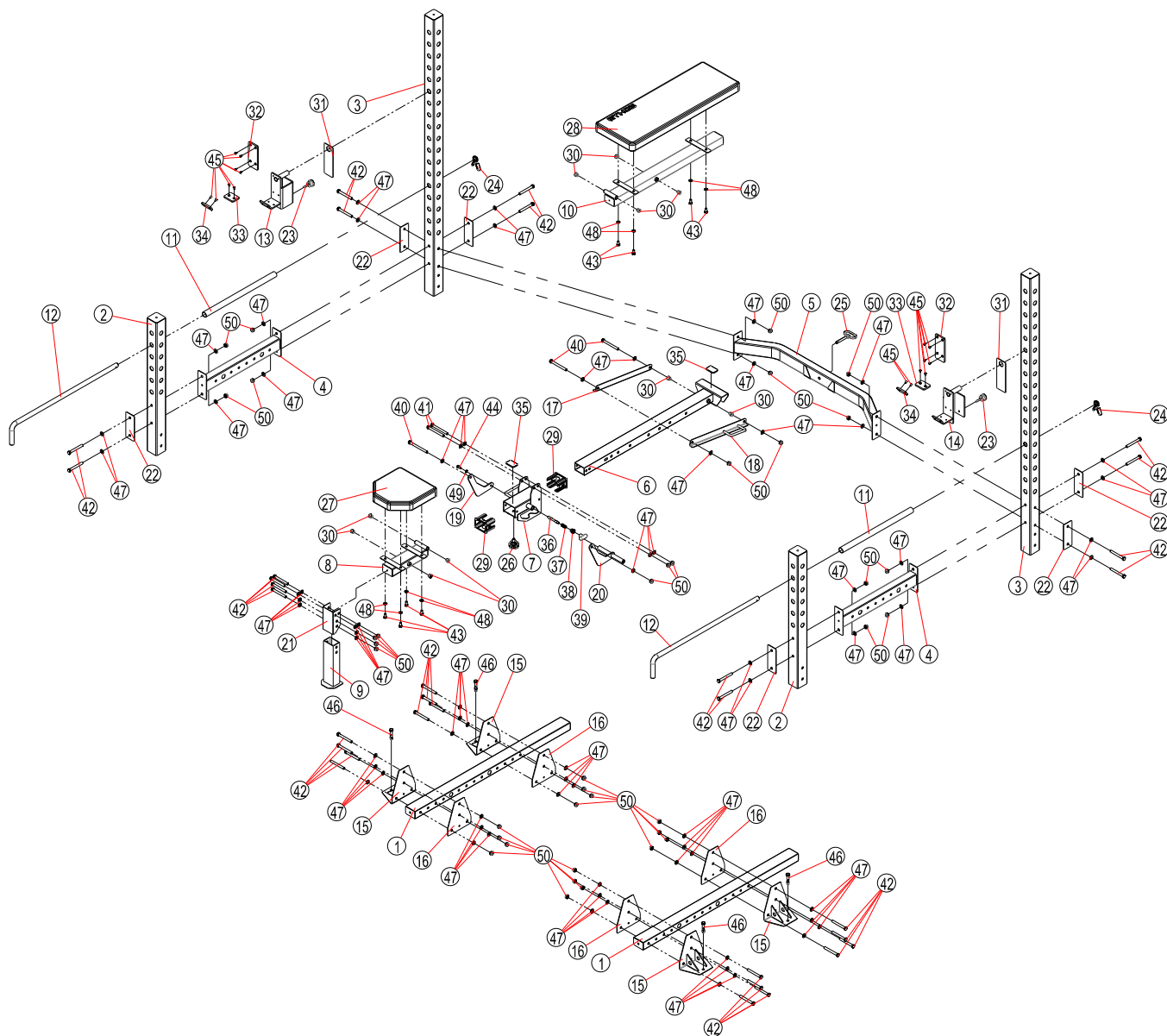


Diagram 12

# EXPLODED DIAGRAM



## DICK'S LIMITED WARRANTY

DICK'S warrants the products described above to be free from defects in workmanship and materials as follows:

### **Who is Covered?**

**This limited warranty ("Limited Warranty") covers only the person who first purchased the product. This Limited Warranty expires at the time of transfer and is not transferable to anyone else. Proof of purchase is required to make a warranty claim.**

### **What the Warranty Covers**

This Limited Warranty covers defects in materials and workmanship.

### **What the Warranty Does Not Cover**

This Limited Warranty does not cover:

- Expendable items, including by way of example only and not by way of limitation: batteries, light bulbs, fuses, zippers, tires, belts, shoe soles, fabric, and other items that experience wear as a result of normal use.
- Damage through improper use, negligence, abuse, misuse, transportation, acts of nature, or accident, including failure to perform routine maintenance or follow the assembly and/or operating instructions supplied with the product.
- Products used in rental applications.
- Products that have been modified using replacement parts that were not provided by Dick's.
- Defects or damage caused by using third-party parts or services.

This Limited Warranty does not cover any consequential or incidental damages of any kind, including transportation to get warranty service, loss of time, and loss of use. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

### **What the Period of Coverage Is**

This Limited Warranty lasts for a period of one year from receipt of the product (unless a different warranty period is noted in Appendix 1). Any implied warranty arising under state law is limited in duration to the one-year period (or other noted time frame) of this Limited Warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

### **How to Make a Warranty Claim**

You can make a warranty claim by bringing the product to any store location of the chain the product was purchased as long as: (1) it meets the warranty criteria, (2) is within the warranty period (one year, unless noted differently in Appendix 1), (3) you have a valid proof of purchase and provide that to the store at the time of making the warranty claim, and (4) you are the original purchaser of the product. If you are unable to find your valid proof of purchase, please contact 1-877-846-9997 and a customer service representative may be able to assist.

Please direct all warranty service inquiries as follows:

If in writing, mail to:

**DICK'S Sporting Goods, Inc.  
345 Court St.  
Coraopolis, PA 15108  
Attn: Customer Service**

If by telephone, call: **1-877-846-9997**

### **What DICK'S Will Do to Correct the Problem**

Once you make a valid warranty claim, DICK'S will either:

- Return or exchange the product; or
- Provide a free replacement part, if applicable; or
- Repair the product for free, if applicable.

### **How State Law Applies**

This Limited Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

**Appendix 1**

<b>PRODUCT CATEGORY</b>	<b>WARRANTY TERMS</b>	<b>LIMITATIONS</b>
<b>GYM UNITS</b>	Frames/Welds: Limited Lifetime*, Components: Three-Year Limited Warranty	Warranted for indoor use only
<b>WEIGHT BARS</b>	Limited Lifetime*	Warranted for indoor use only
<b>KETTLEBELLS/DUMBBELLS/WEIGHT PLATES</b>	Limited Lifetime*	-
<b>WEIGHT STORAGE</b>	Frames/Welds: Limited Lifetime*, Components: Three-Year Limited Warranty	Warranted for indoor use only
<b>WEIGHT BENCHES</b>	Frames/Welds: Lifetime*, Components: Three-Year Limited Warranty	Warranted for indoor use only
<b>CARDIO</b> (Bike, Rower)	Frame/Welds: 5 Year Limited Warranty, Components: 2 Year Limited Warranty	Warranted for indoor use only
<b>ACCESSORIES</b> (Sandbag, Pull-Up Assist, Rig Accessories, Collars, Foam Rollers & Recovery, Plyo Box, Battle Ropes)	Three-Year Limited Warranty	Warranted for indoor use only
<b>SLAM BALLS</b>	Three-Year Limited Warranty	Warranted for indoor use only
<b>WALL BALLS</b>	Three-Year Limited Warranty	Warranted for indoor use only
<b>RINGS/SUSPENDED STRAPS</b>	Three-Year Limited Warranty	Warranted for indoor use only
<b>GLOVES/GRIPS</b>	One-Year Limited Warranty	-
<b>JUMP ROPES</b>	Three-Year Limited Warranty	-
<b>SUPER BANDS</b>	Three-Year Limited Warranty	-
<b>WEIGHTED VESTS</b>	Three-Year Limited Warranty	-
<b>AB MAT</b>	Three-Year Limited Warranty	-

\*DICK'S warrants this product from defects in material, functionality and workmanship for the lifetime of the product. "Lifetime" warranty coverage ends when the product becomes unusable for reasons other than defects in material or workmanship. This warranty applies only to the original purchaser for as long as they own the product and is non-transferable.