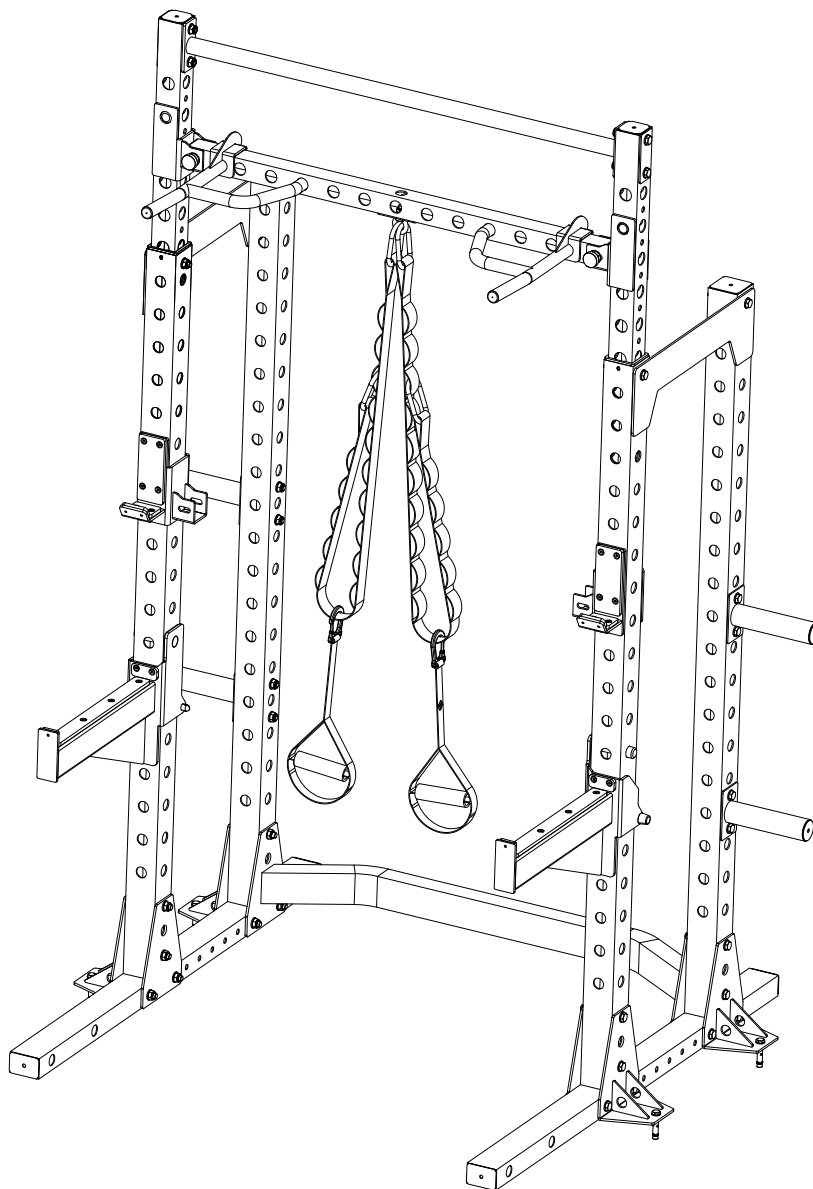


**ETHE112**

# **FUNCTIONAL TRAINING HALF RACK OWNER'S MANUAL**



**Tools Require:**  
**14-19mm Box Wrench**

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

# **ETHOS**

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## BEFORE YOU BEGIN

Thank you for selecting the ETHOS Functional Training Half 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.**

- Pull Up Bars: 500lbs User Weight
- J-Hooks: 1000lbs Additional Loaded Weight
- Spotter Arms: 1000lbs Additional Loaded Weight
- Weight Storage Posts: 180lbs Additional Loaded Weight Each
- Straps System: 400lbs User Weight
- Heavy Bag: 400lbs 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 Rolling Bumper Plate 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):**
  - Pull Up Bars: 500lbs User Weight
  - J-Hooks: 1000lbs Additional Loaded Weight
  - Spotter Arms: 1000lbs Additional Loaded Weight
  - Weight Storage Posts: 180lbs Additional Loaded Weight Each
  - Straps System: 400lbs User Weight
  - Heavy Bag: 400lbs 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: 52.1" Lx 65.1" W x 93.6"H-77.9"H (Adjustable Height)

This exercise equipment is intended for commercial and residential use.

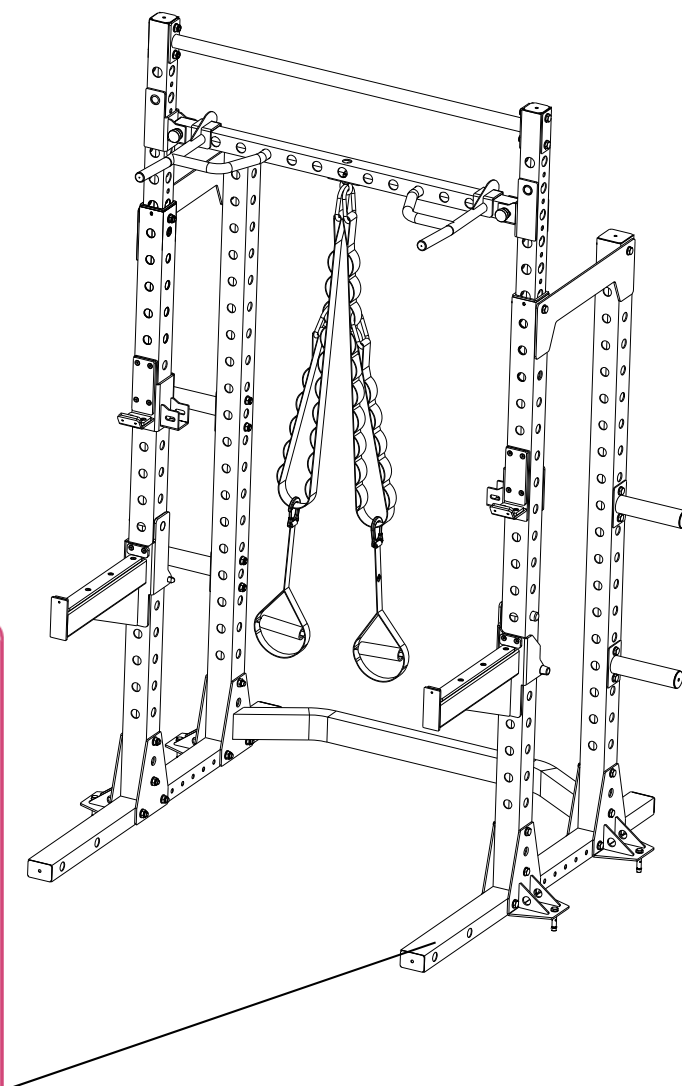
This equipment meets the safety and performance requirements of the ASTM F2276 standard for exercise equipment.

### **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):

- Pull Up Bars: 500lbs
- J-Hooks: 1000lbs
- Spotter Arms: 1000lbs
- Weight Storage Posts: 180lbs each
- Straps System: 400lbs
- Heavy Bag: 400lbs 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.

For institutional fitness equipment, cease exercise if you feel faint or dizzy.

For institutional fitness equipment, keep body, clothing, and fitness accessories clear of all moving parts.

For institutional fitness equipment, inspect the equipment before use and to not use if the machine appears damaged or inoperable.

The warning label shown here has been placed on the ETHOS Functional Training Half 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.

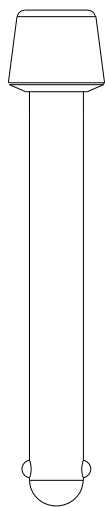
# PARTS LIST

Part #	Description	Qty	Remark
1	Left/Right Base Frame	2	
2	Rear Base Frame	1	
3	Bottom Front Upright	2	
4	Left/Right Rear Upright	2	
5	Left/Right Upper Front Upright	2	
6	Pull Up Bar	1	
7	Left Cross Frame Hook	1	
8	Right Cross Frame Hook	1	
9	Left Bar Hook	1	
10	Right Bar Hook	1	
11	Left Safety Spotter Arm	1	
12	Right Safety Spotter Arm	1	
13	Adjustable Cross Frame	1	
14	Left Pull Up Handle	1	
15	Right Pull Up Handle	1	
16	Weight Post	4	
17	Left/Right Upper Connection Plate	2	
18	Left/Right Outer L Shaped Support Plate	4	
19	Left/Right Inner Support Plate	2	
20	Pull Up Connection Plate	2	
21	Square Plastic Inserts	2	Pre-assembled
22	Upright Inner Plastic Inserts	4	Pre-assembled
23	Cross Frame End Cap $\phi 50\text{mm}$	2	Pre-assembled
24	Handle End Cap $\phi 28\text{mm}$	4	Pre-assembled
25	Handle Rubber Pad	2	Pre-assembled
26	Cross Frame Hook Rubber-Big	2	Pre-assembled
27	Cross Frame Hook Rubber-Small	2	Pre-assembled
28	Bar Hook Rubber Pad-Rear	2	Pre-assembled
29	Bar Hook Rubber Pad-Rear-Big	2	Pre-assembled
30	Bar Hook Rubber Pad-Rear-Mid	2	Pre-assembled
31	Bar Hook Rubber Pad-Rear-Small	2	Pre-assembled
32	Bar Hook Rubber Pad-Rear-Back	2	Pre-assembled
33	Spotter Rubber Pad-Side	2	Pre-assembled
34	Spotter Rubber Pad-Front	2	Pre-assembled
35	Spotter Rubber Pad-Mid	2	Pre-assembled
36	Spotter Rubber Pad-Back1	2	Pre-assembled
37	Spotter Rubber Pad-Back2	2	Pre-assembled
38	Pull Pin	2	
39	Hex Head Bolt M12x105mm	16	
40	Hex Head Bolt M12x100mm	12	
41	Hex Head Bolt M12x90mm	4	
42	Expansion Bolt M10X60mm	4	
43	Eyebolt M10X30mm	1	Pre-assembled

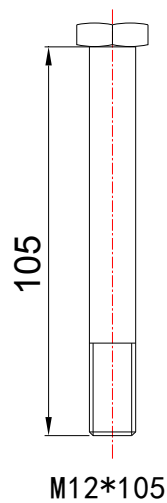
44	Counter Sunk Bolt M6X12mm	30	Pre-assembled
45	Washer M12	62	
46	Washer M10	1	Pre-assembled
47	Nut M12	30	
48	Nut M10	1	Pre-assembled
49	Magnetic Pin $\varnothing$ 10*70	2	
50	Magnetic Pin $\varnothing$ 8*40	4	

# HARDWARE PACK

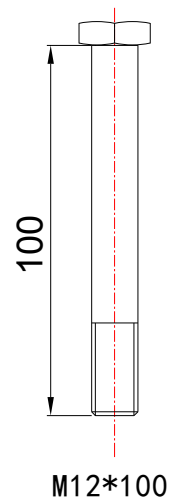
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Qty: 2



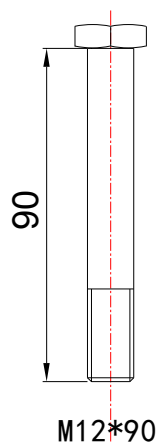
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Qty: 16



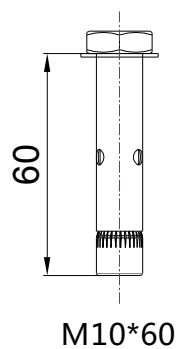
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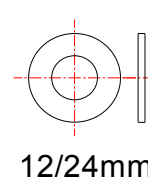
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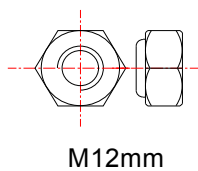
#42  
Qty: 4



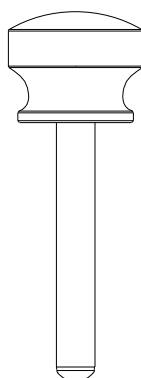
#45  
Qty: 62



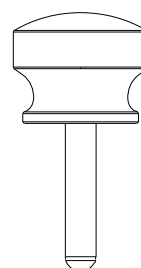
#47  
Qty: 30



#49  
Qty: 2



#50  
Qty: 4





# ASSEMBLY INSTRUCTIONS

- A flat and level area of 6' x 6' will be required to properly assemble the Functional Training Half Rack.
- The following tools will be required to completed the assembly of the Functional Training Half Rack:
  - 14-17mm box wrench

## **⚠ WARNING**

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.**

Please refer to the illustration to ensure that all parts are oriented correctly. **HAND TIGHTEN ALL BOLTS INITIALLY UNTIL THE UNIT IS COMPLETELY ASSEMBLED.** Check all hardware by placing them against the drawing on the "Hardware Pack". Over tightening will cause metal to crimp, do not over-tighten.

### STEP 1 (See Diagram 1)

- Make sure there are two adults to assemble this item.
- Attach the left Base Frame (1) and one of the left Outer L shaped Support Plate (18) to Rear Base Frame (2) using two Bolts (39) four Washers (45) and two Nuts (47).
- Repeat step b) to the right side.
- Attach another left Outer L shaped Support Plate (18) to left Base Frame (1) using two Bolts (39) four Washer (45) and two Nuts (47).
- Repeat step d) to the right side attach another left Outer L shaped Support Plate (18) to left Base Frame (1).

Do NOT tighten the bolts until instructed to do so.

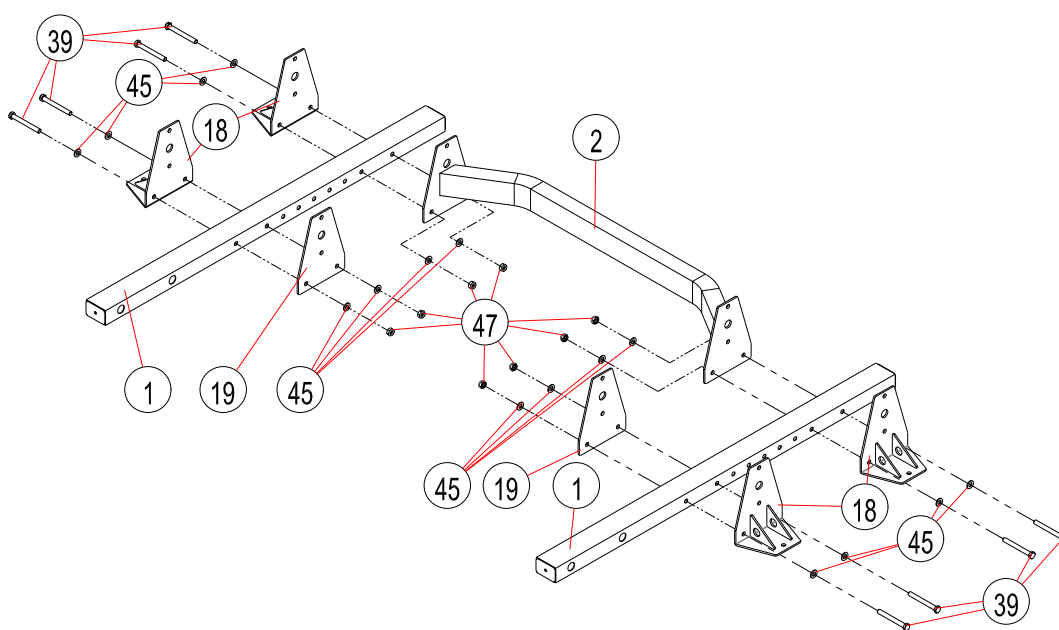


Diagram 1

## Step 2 (See Diagram 2)

- a) Attach the left Bottom Front Upright (3) to left Outer L Shaped Support Plate (18) and right Inner L Shaped Support Plate (19), using two Bolt (39), four Washers (45) and two Nuts (47).
- b) Repeat step a) for the right side.
- c) Attach left Rear Upright (4) to left Outer L Shaped Support Plate (18) and Rear Base Frame (2), using two Bolts (39), three Washers (45) and one Nut (47).
- d) Repeat step c) for the right side.
- e) Attach two Bottom Front Upright (3), two Rear Upright (4) to Left and Right Base Frame (1), using eight Bolts (39), fourteen Washers (45) and seven Nuts (47) as shown in Diagram 2.

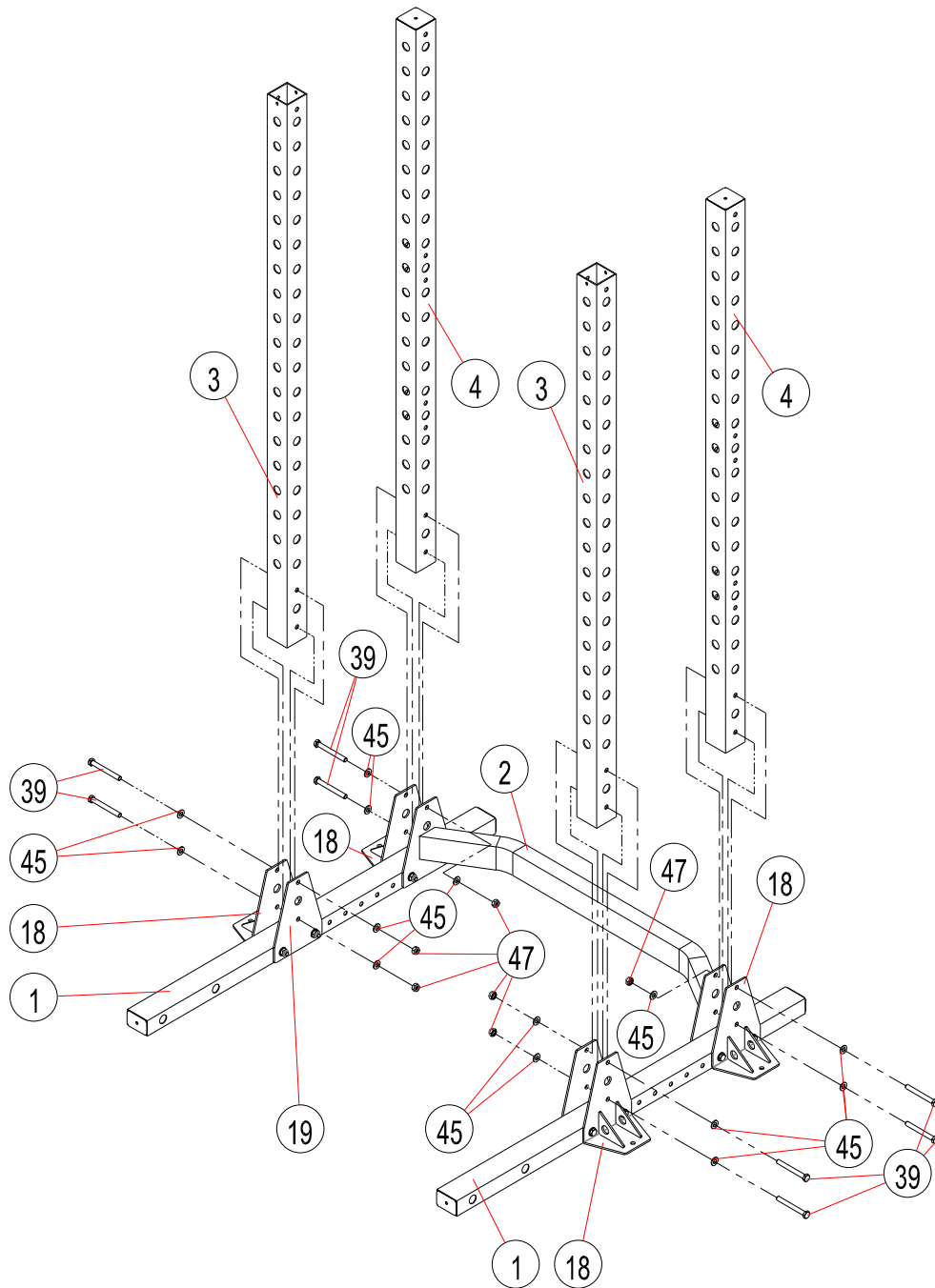


Diagram 2

### Step 3 (See Diagram 3)

- a) Insert left Upper Front Upright (5) to left Bottom Front Upright (3). Attach left Upper Connection Plate (17) to the left Bottom Front Upright (3) and left Rear Upright (4), using two Bolts (40), four Washers (45) and two Nuts (47). Note: Plastic Inserts (22) and (21) are pre-assembled on the Left and Right Uprights (5).
- b) Repeat the step a) to the right side install right Front Upright (5) into right Bottom Front Upright (3) as shown in Diagram 3.

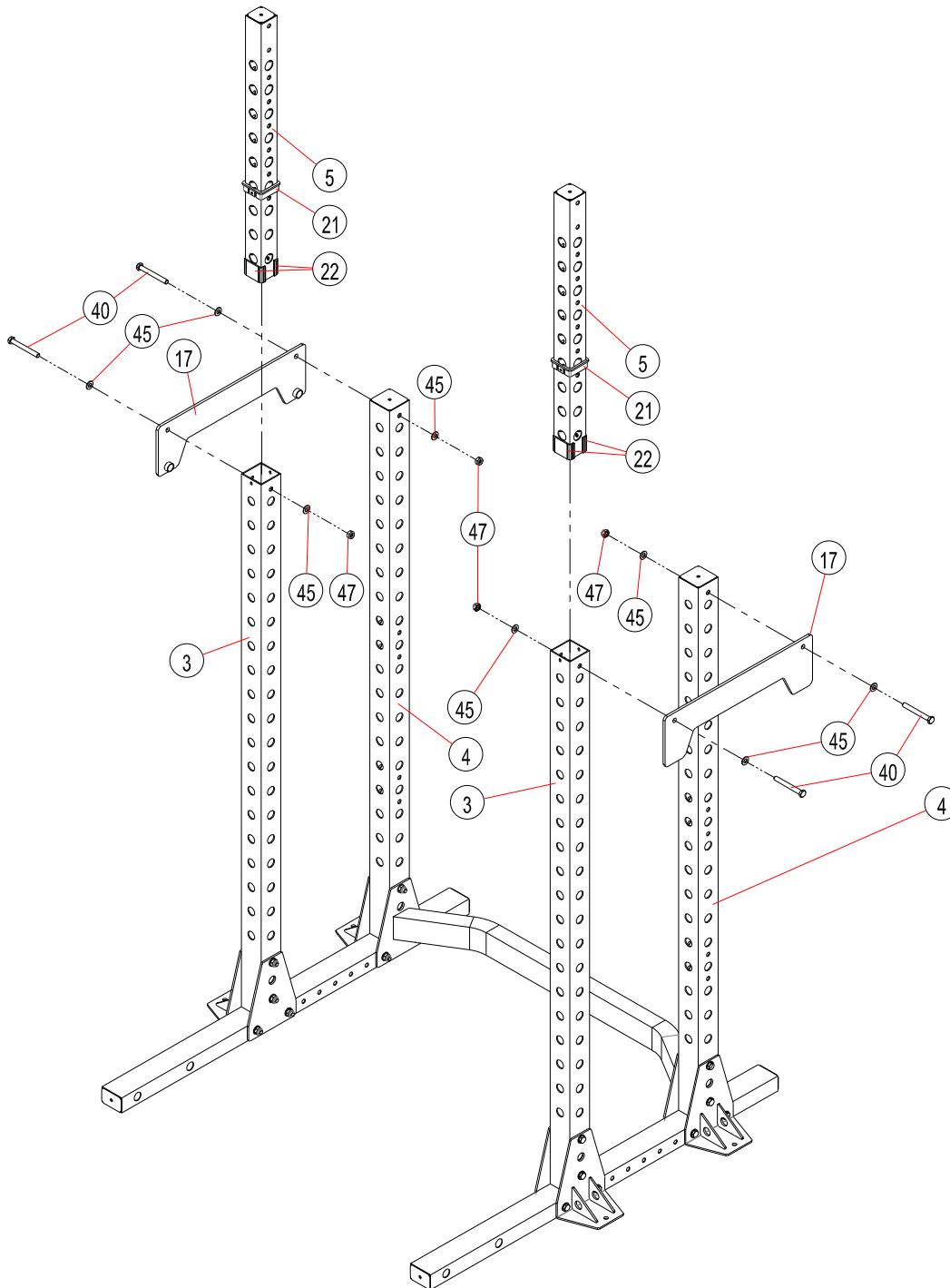


Diagram 3

Step 4 (See Diagram 4)

- a) Attach Pull Up Bar (6) to Left and Right Uprights (5), using two Pull Up Connection Plate (20), four Bolts (41), eight Washers (45) and four Washers (47) as shown in Diagram 4.

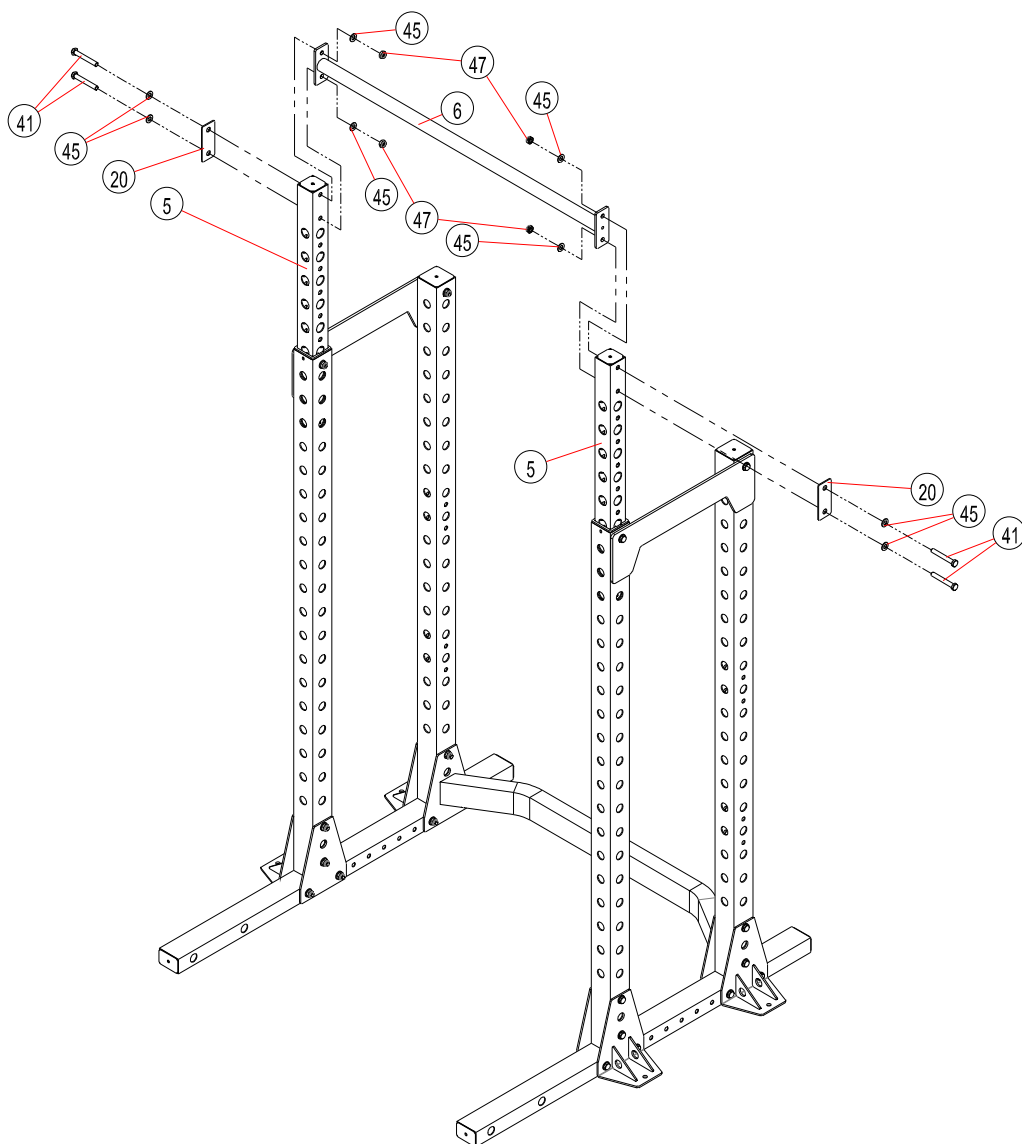


Diagram 4

Step 5 (See Diagram 5)

- a) One of the Weight Post (16) to left Rear Upright (4), using two Bolts (40) four Washers (45) and two Nuts (47).
- b) Repeat step a) to attach rest 3 Weight Post (16) as shown in Diagram 5.

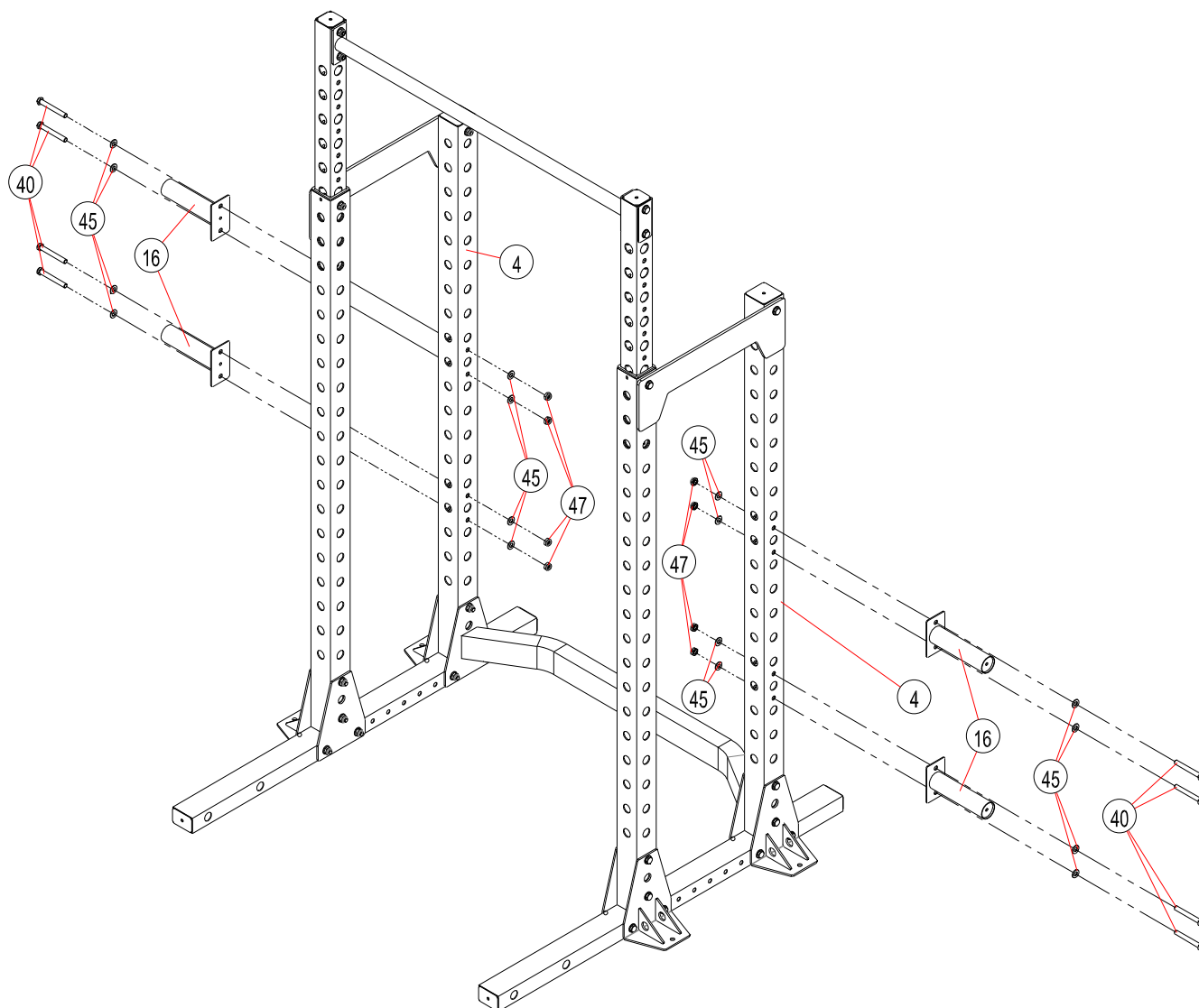


Diagram 5

Step 6 (See Diagram 6)

- a) Attach Left Cross Frame Hook (7) to Left Upper Front Upright (5), using one Magnetic Pin (50).
- b) Repeat step a) putting Right Cross Frame Hook (8) to right Upper Front Upright (5) per Diagram 6 shown.

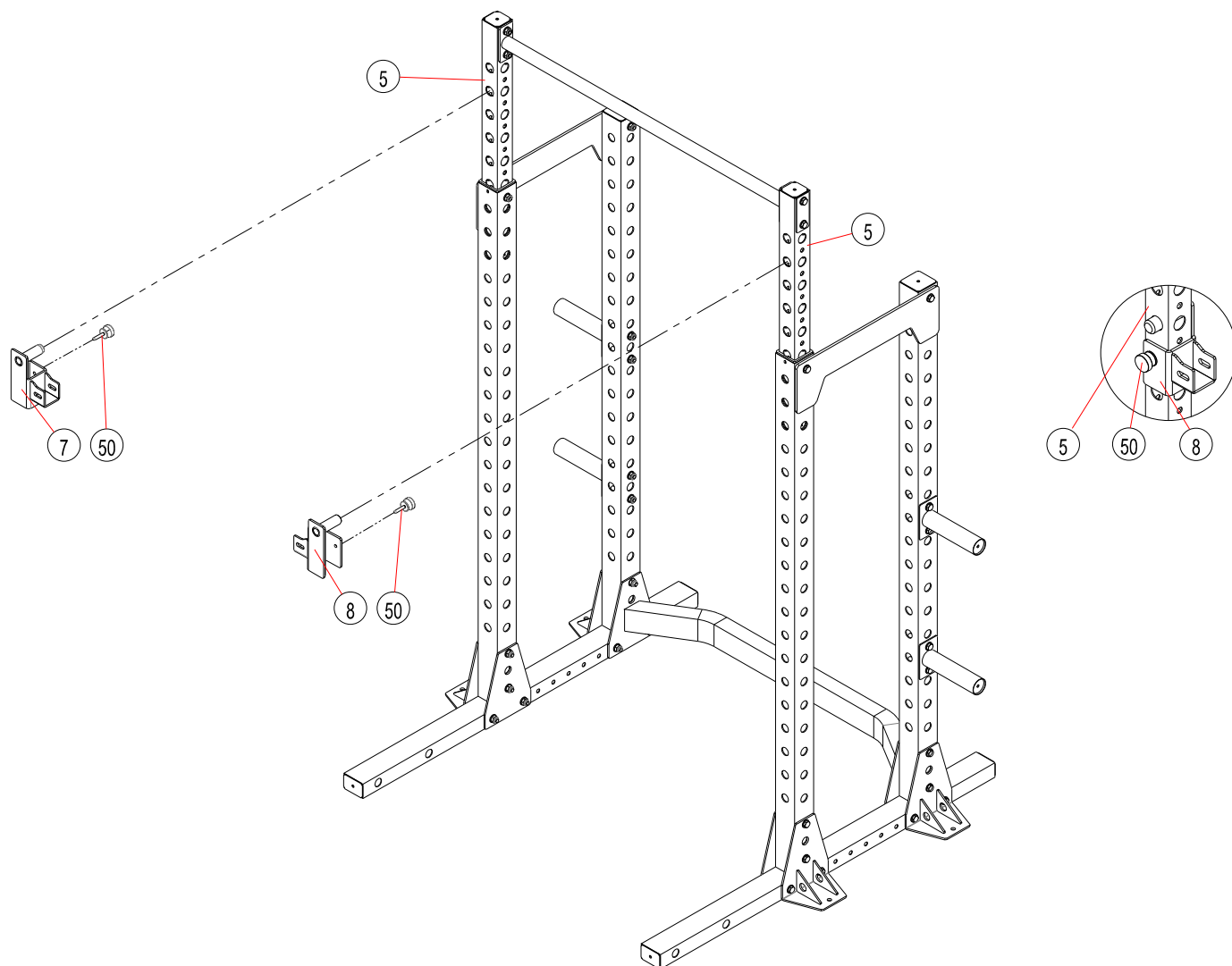


Diagram 6

Step 7 (See Diagram 7)

- a) Attach Adjustable Cross Frame (13) to Left Cross Frame Hook (7) and Right Cross Frame Hook (8) using two Magnetic Pins (49) as shown in Diagram 7.

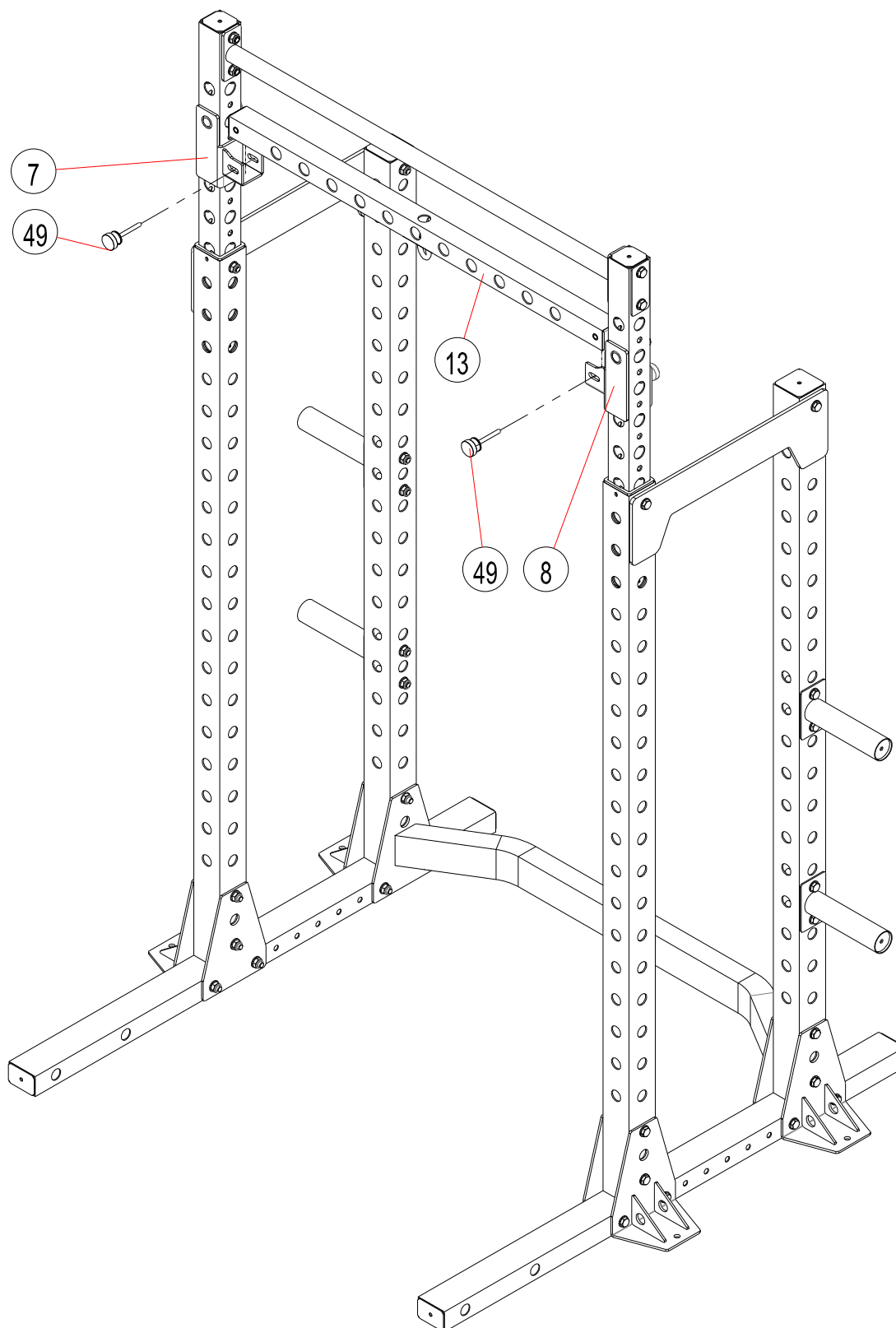


Diagram 7

Step 8 (See Diagram 8)

- a) Attach Left Pull Up Bar (14) and Right Pull Up Bar (15) to Adjustable Cross Frame (13).
- b) Attach Left Bar Hook (9) and Right Bar Hook (10) to Left and Right bottom front upright (3). Then Attach Magnetic Pin (50) to Left Bar Hook (9) and Right Bar Hook (10).
- c) Attach Left Safety Spotter Arm (11) and Right Safety Spotter Arm (12) to Left and Right bottom front upright (3) per Diagram 8 shown. Then attach (38) Magnetic Pin (38) to Left Safety Spotter Arm (11) and Right Safety Spotter Arm (12).

**Securely tighten all Nuts and Bolts.**

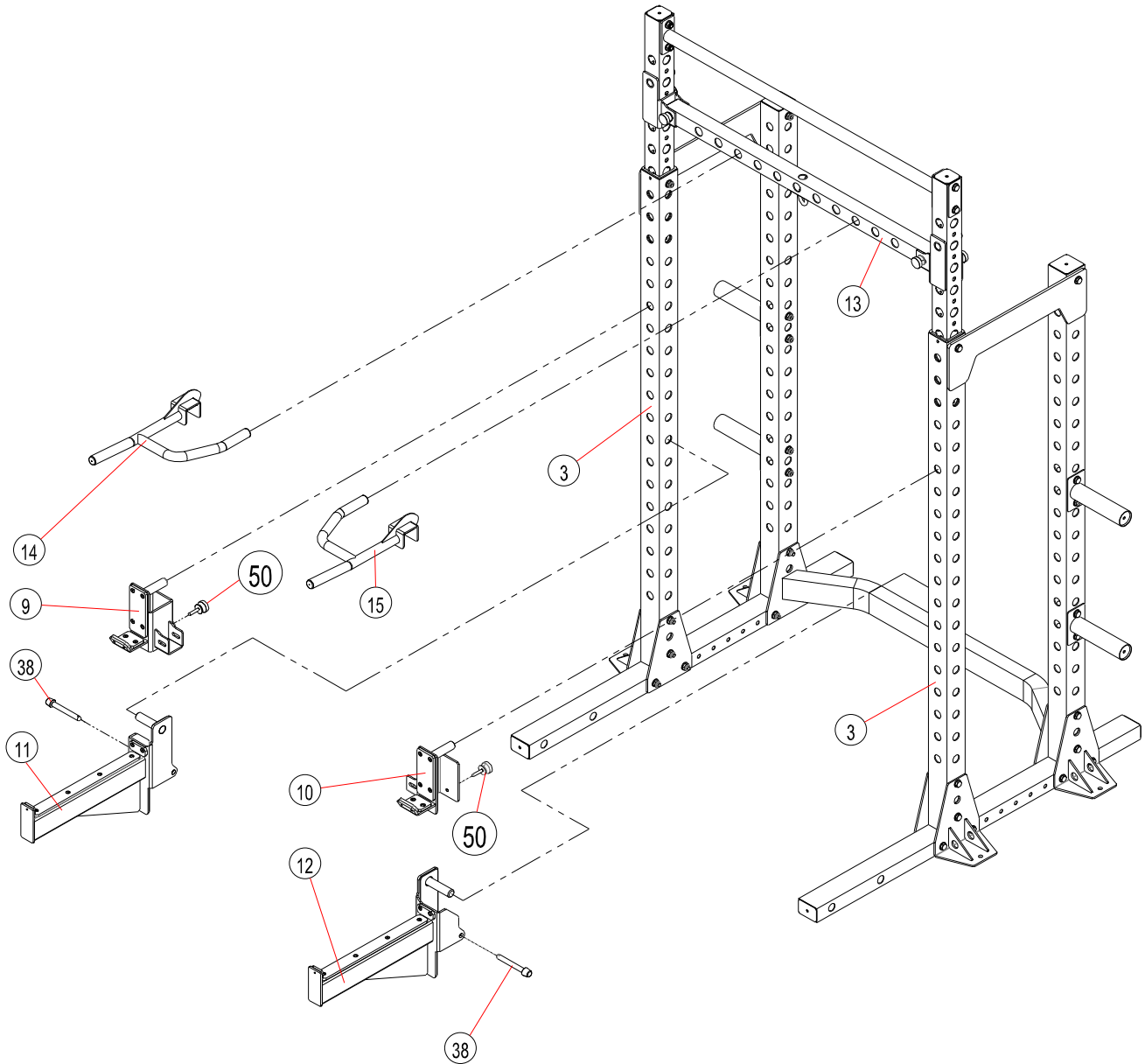


Diagram 8



Step 9: Anchor on the floor (See Diagram 9, 10 and 11)

- Before anchoring the assembled unit on the floor, mark the pilot hole position on the floor with a marker per Diagram#9.
- 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 10 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 10. Then unscrew the bolt out, leaving the sleeve and nut inside the hole per Diagram 10.
- Attach the assembled unit on the floor using 2 Expansion Bolts and 2 Washers per Diagram 11. Tighten the Expansion Bolts.

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

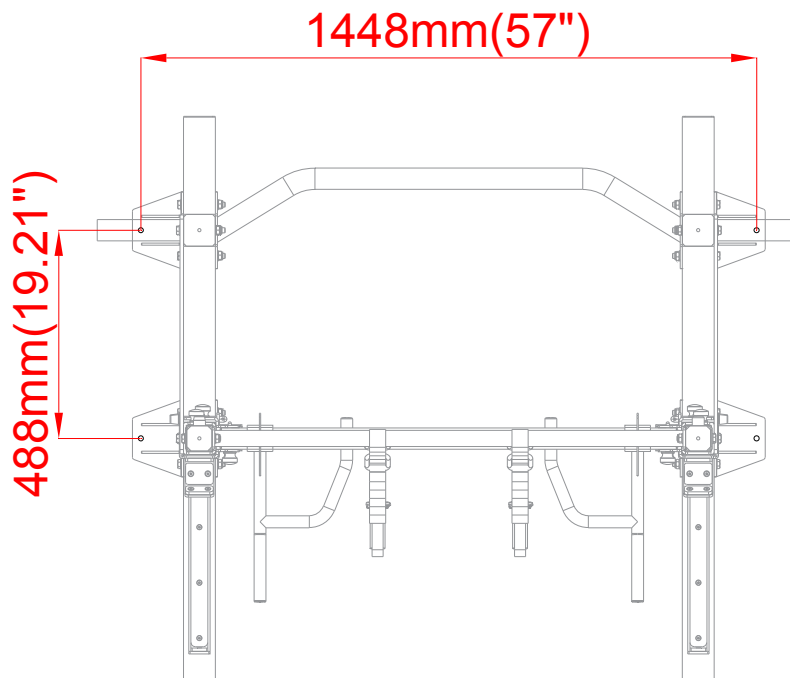


Diagram 9

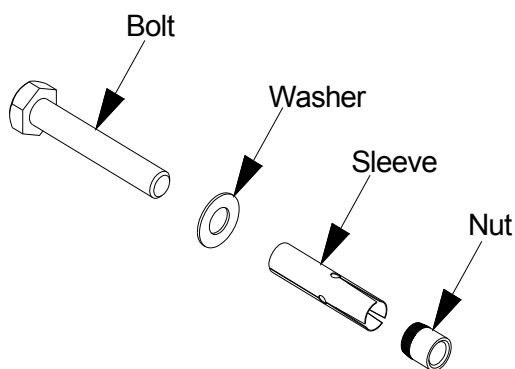
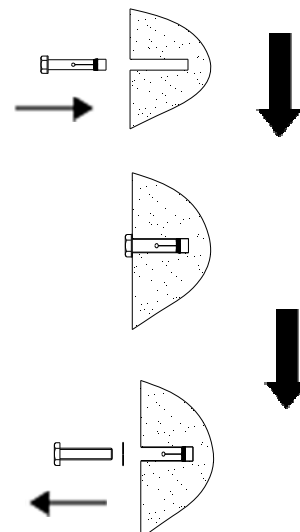


Diagram 10



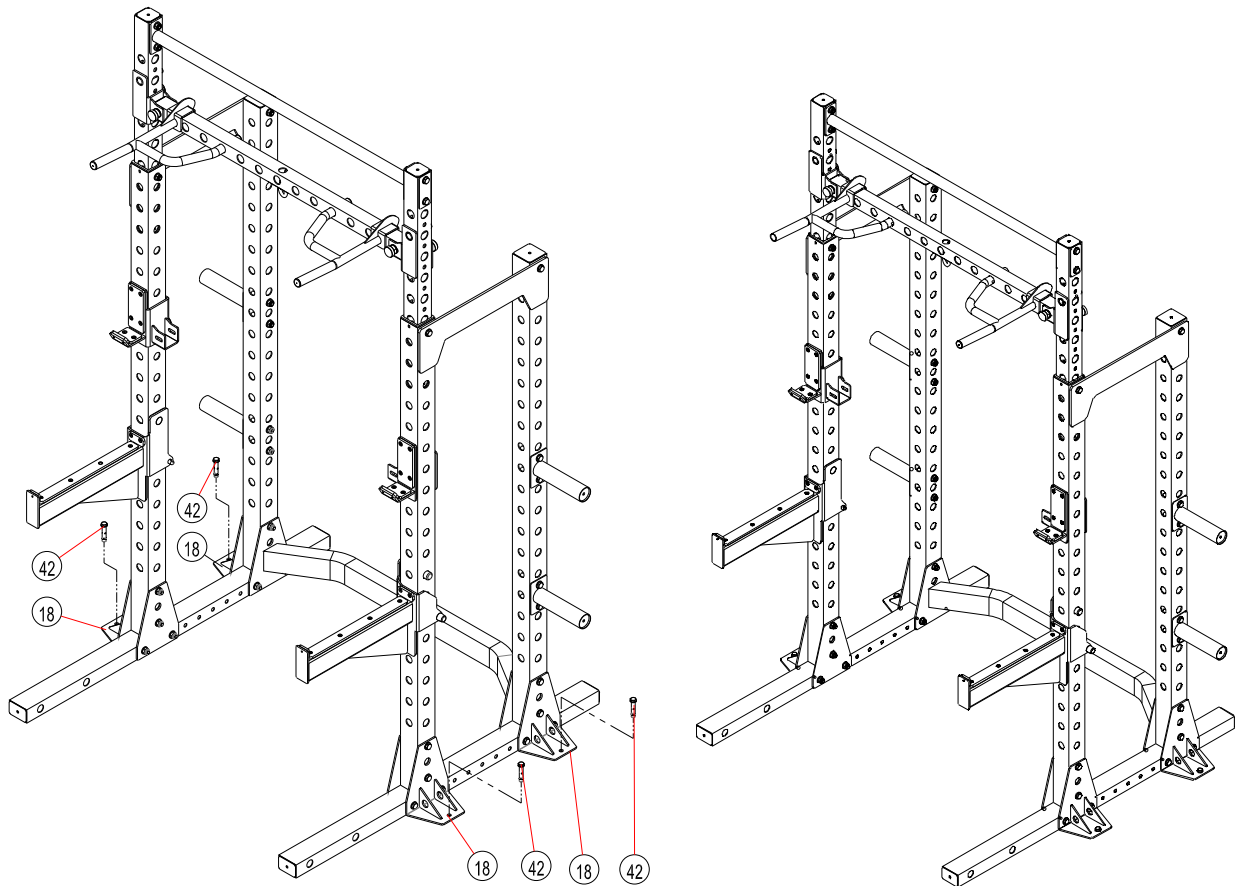


Diagram 11

**Height Adjustment:** (See Diagram 12 to 18)

- a) Detach the Adjustable Cross Frame (13) Left Pull Up Handle (14) and Right Pull Up Handle (15) from Left Cross Frame Hook (7) and Right Cross Frame Hook (8).
- b) Detach Left Cross Frame Hook (7) and Right Cross Frame Hook (8) from Left and Right Upper Front Upright (5).
- c) Detach two Left/Right Upper Connection Plate (17), Left/Right Bottom Front Upright (3) and Left/Right Rear Upright (4) as Diagram x shown.
- d) Adjust the Left and Right Upper Front Upright (5) to desired height.
- e) Repeat step 3, attach Left and Right Upper Connection Plate (17) onto the Left and Right Bottom Upright (3) and Left and Right Rear Upright (4) as shown in Diagram 12 to 18.

**Securely tighten all Nuts and Bolts.**

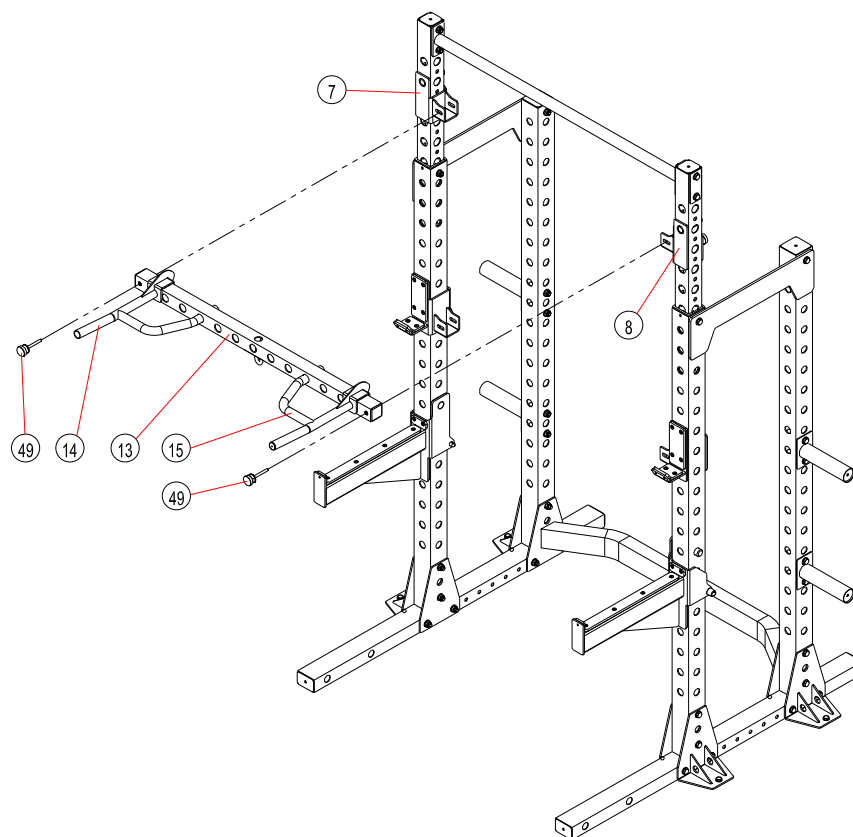


Diagram 12

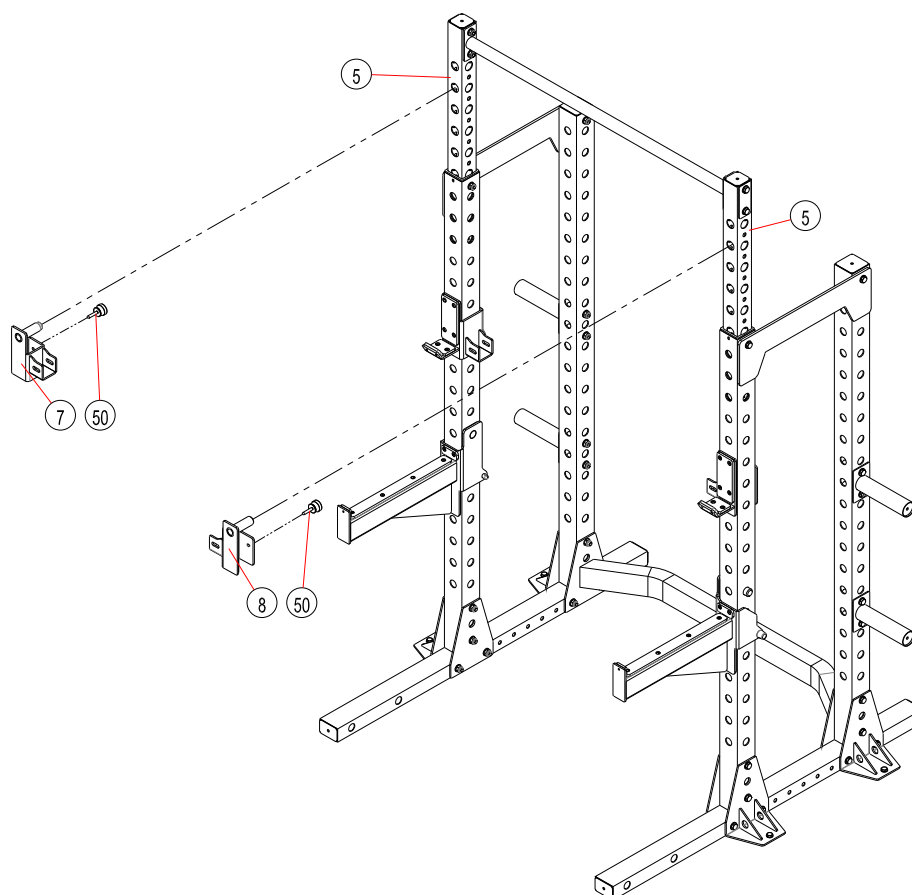


Diagram 13

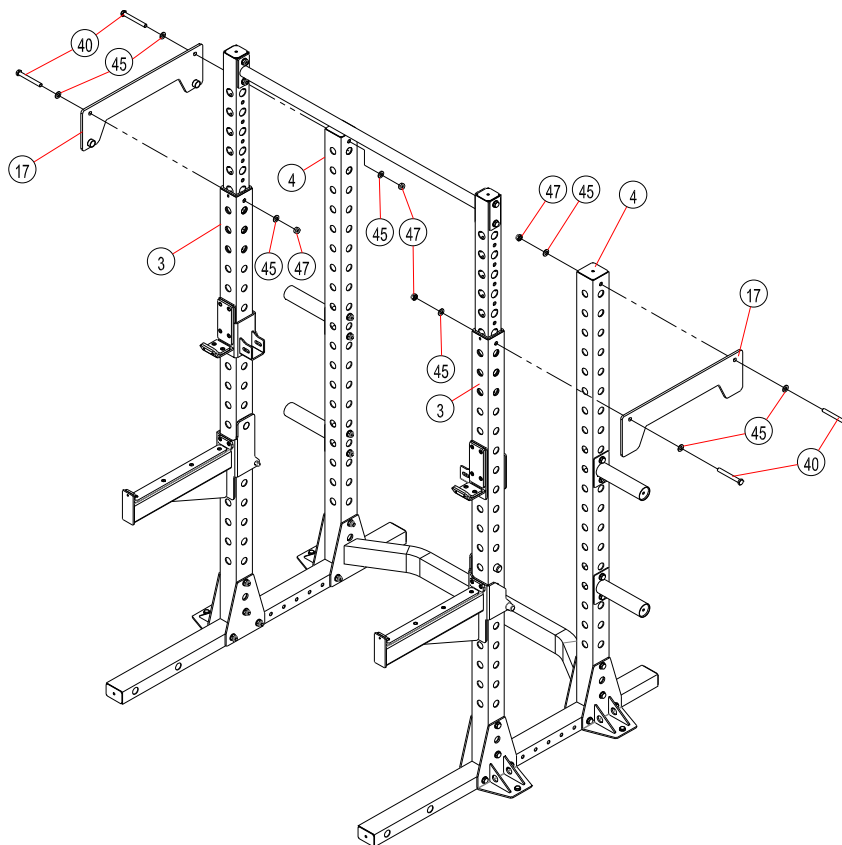


Diagram 14

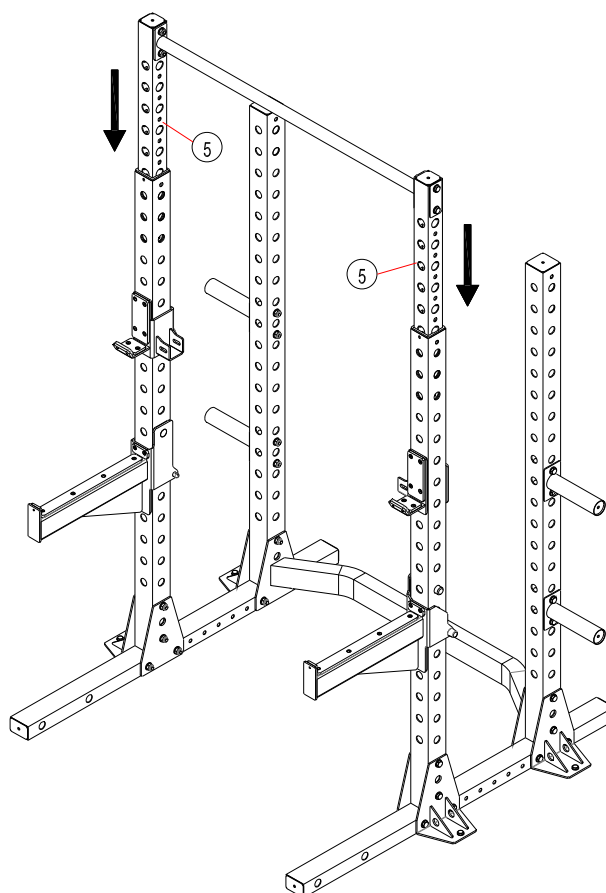


Diagram 15

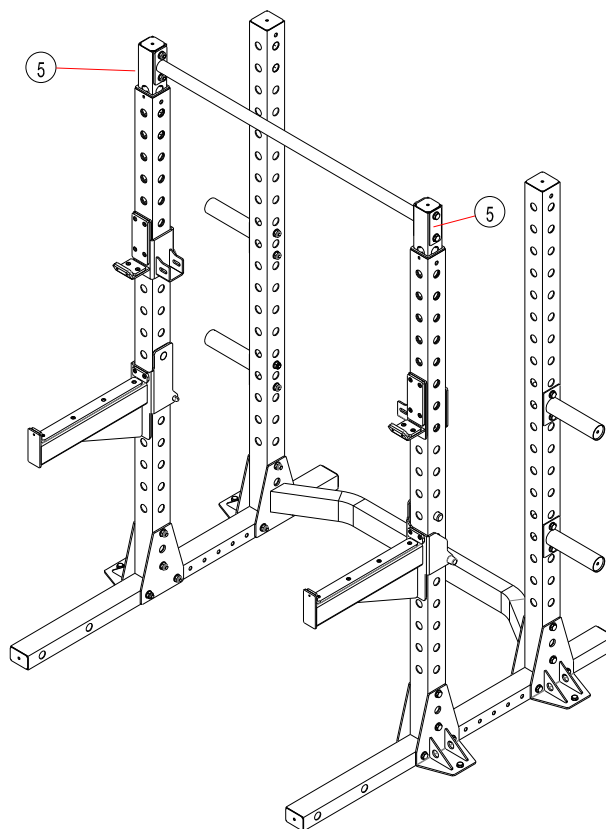


Diagram 16

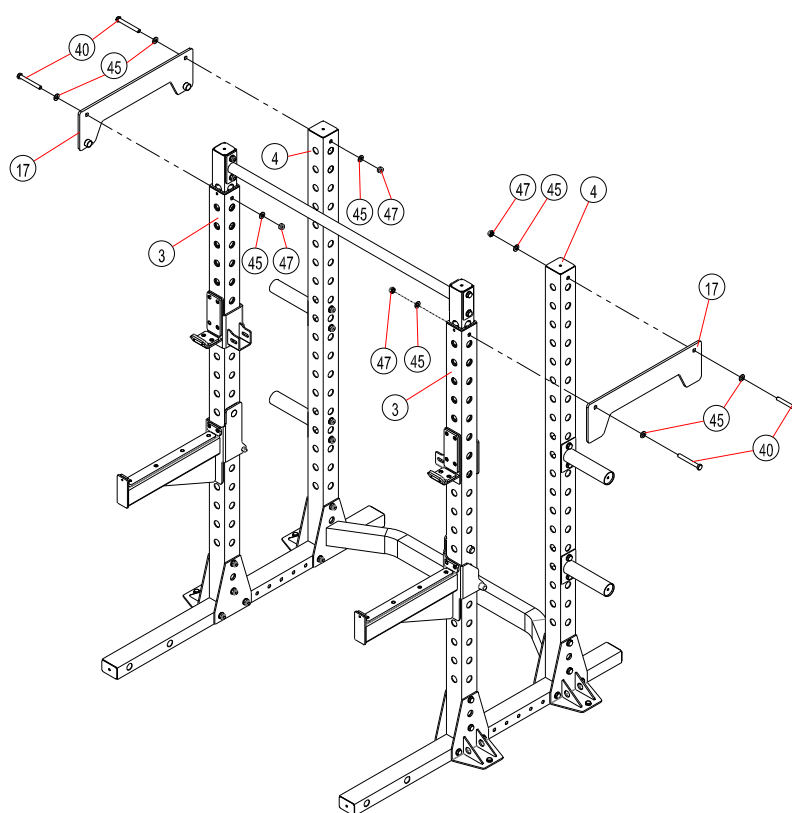


Diagram 17

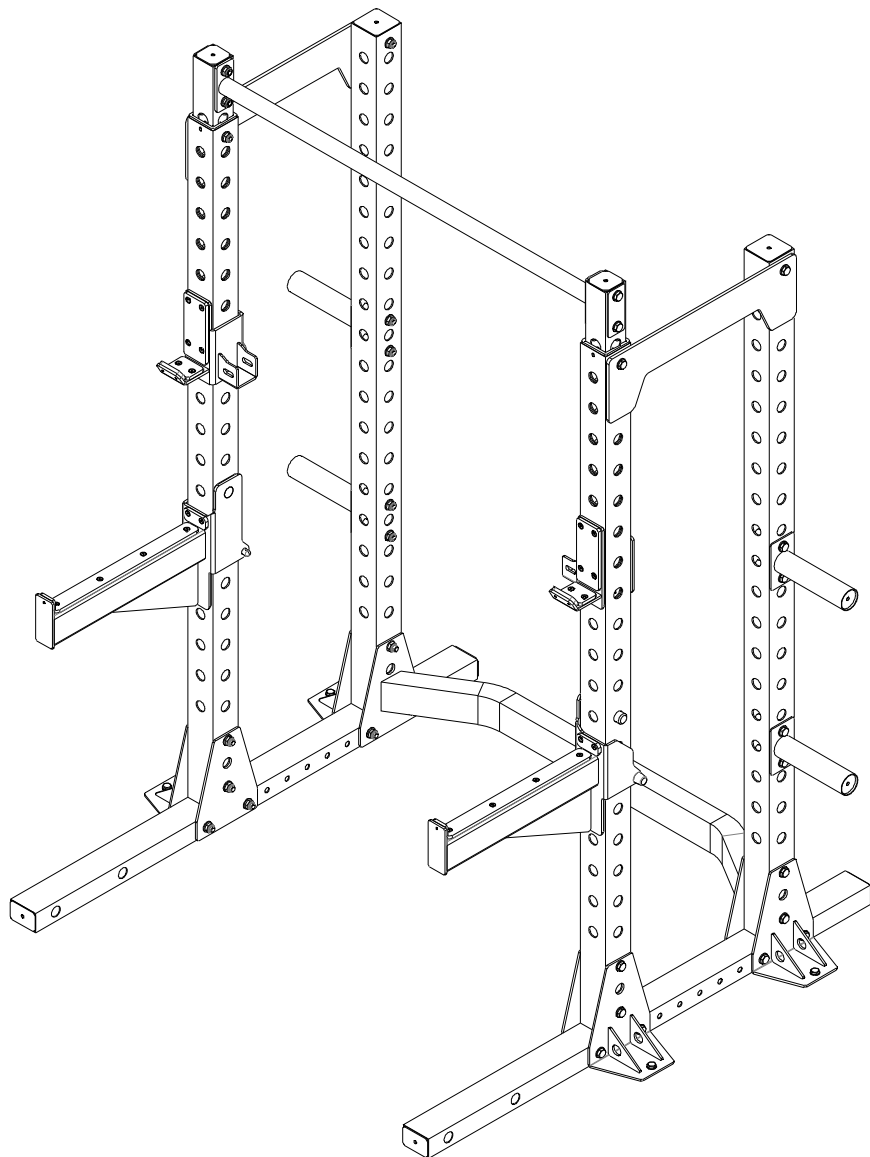


Diagram 18

## Pull Up and Dip Option: (See Diagram 19)

For Pull Up Option, attach the Adjustable Cross Frame (13) onto Left Cross Frame Hook (7) and Right Cross Frame Hook (8).

For Dip Option, attach the Adjustable Cross Frame (13) onto Left Bar Hook (9) and Right Bar Hook (10).

The pull up and dip configuration is adjustable as per Diagram 3.

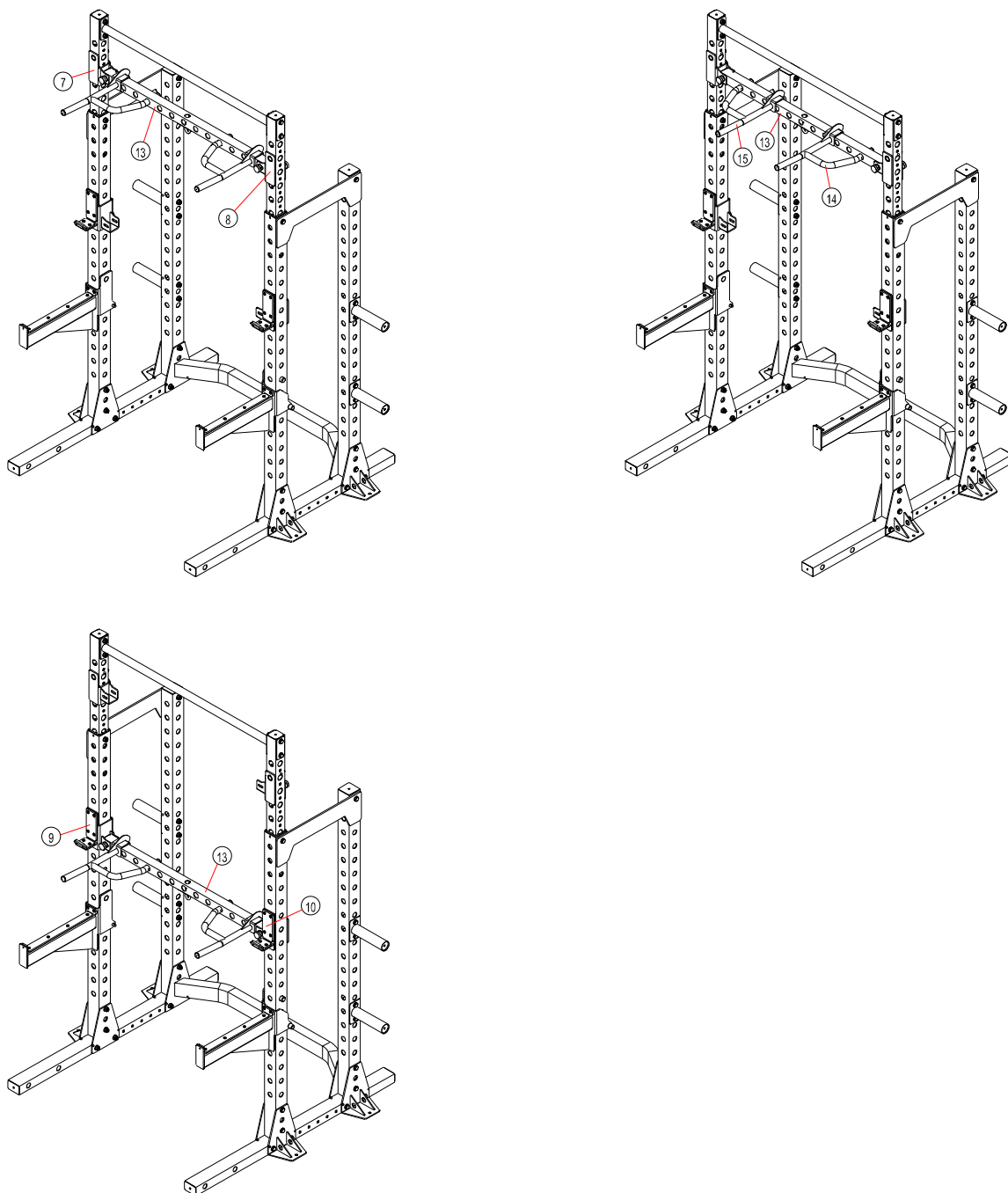


Diagram 19

## Suspension System Assembly Instruction

The Suspended Training Straps System consists of two Main Straps and two Handle Straps.

- The Main Straps can be used with the Handle Straps as per Diagram 4. The length of the straps is adjustable as per Diagram 5.
- The Handle Straps can be used by themselves as per Diagram 6.

### Suspended Training Straps System Assembly:

Attach the Main Straps and Handle Straps to the Eyebolt (43) as per Diagram 20.

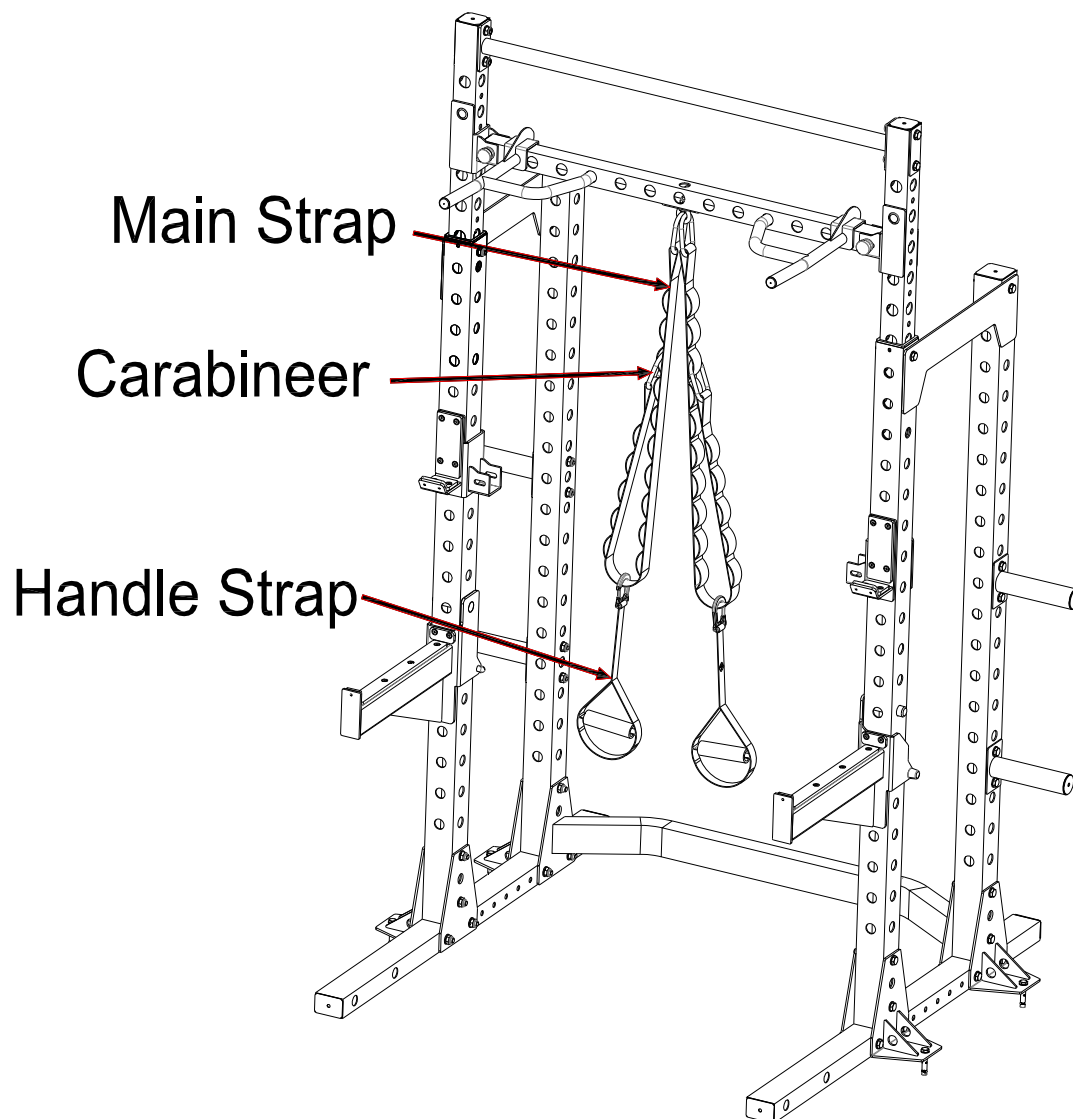


Diagram 20



## Main Strap Height Adjustment:

The length of the Main Straps can be adjusted by moving the “D” shaped carabineer to different height levels as per Diagram 21.

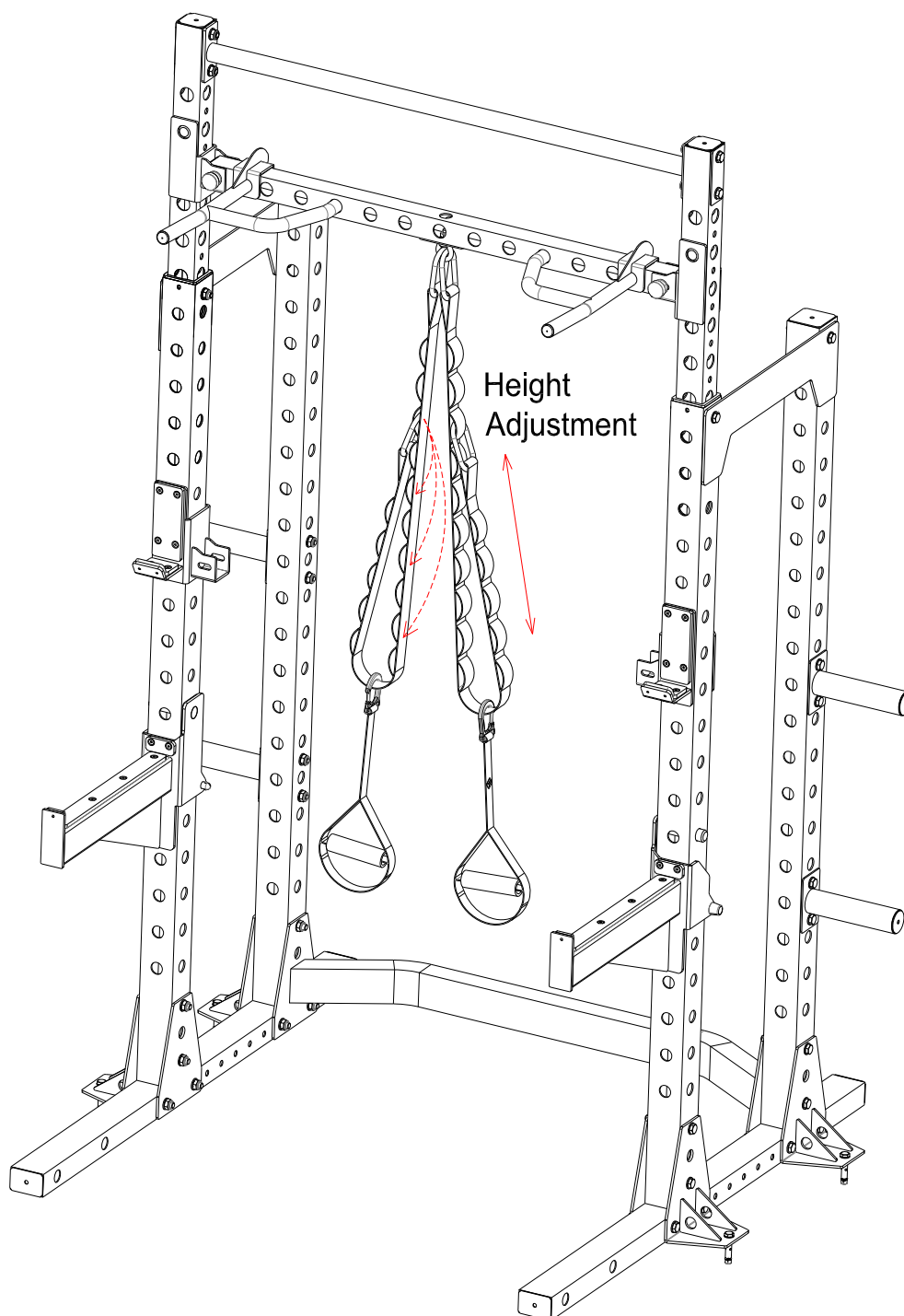
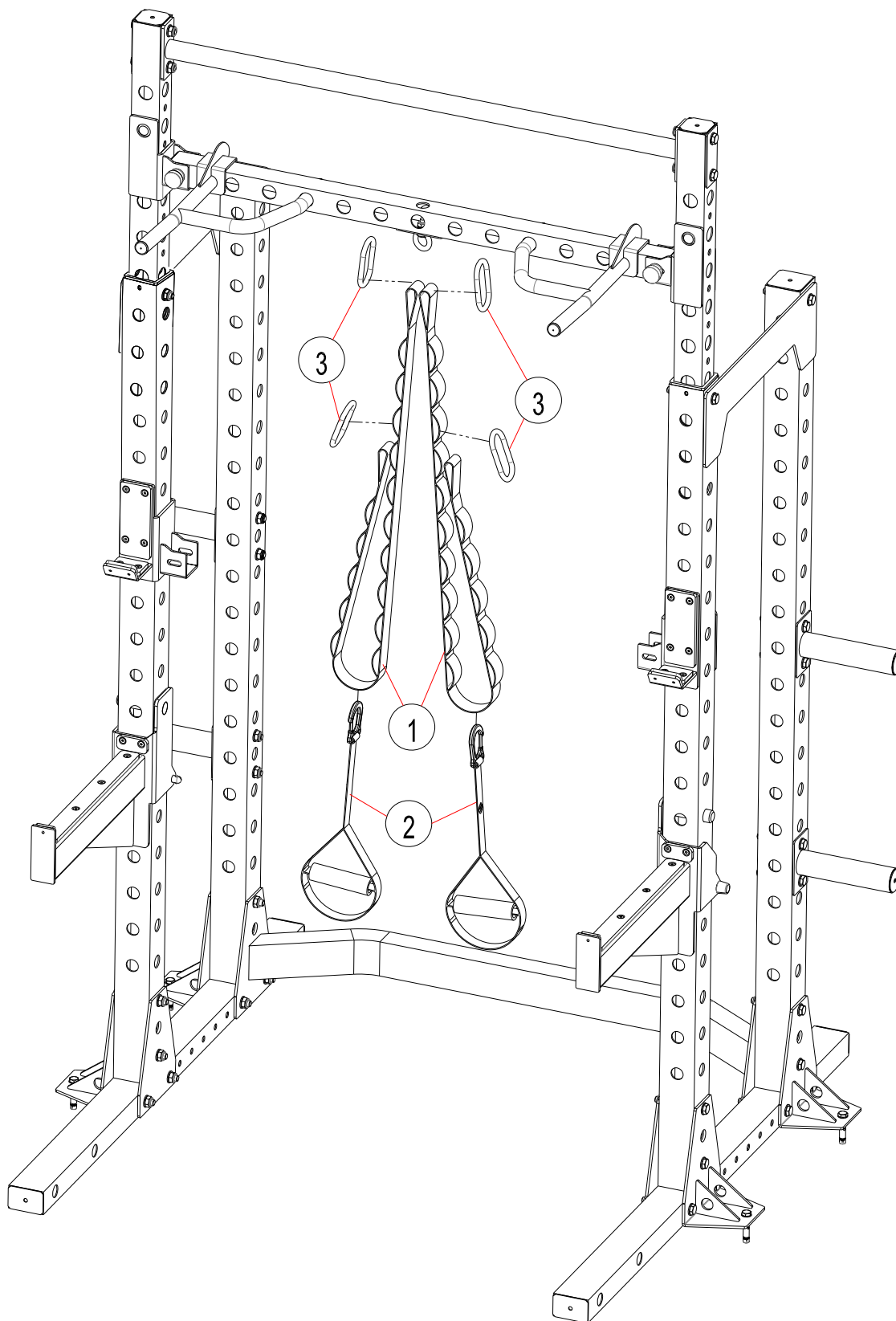


Diagram 21

# 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.