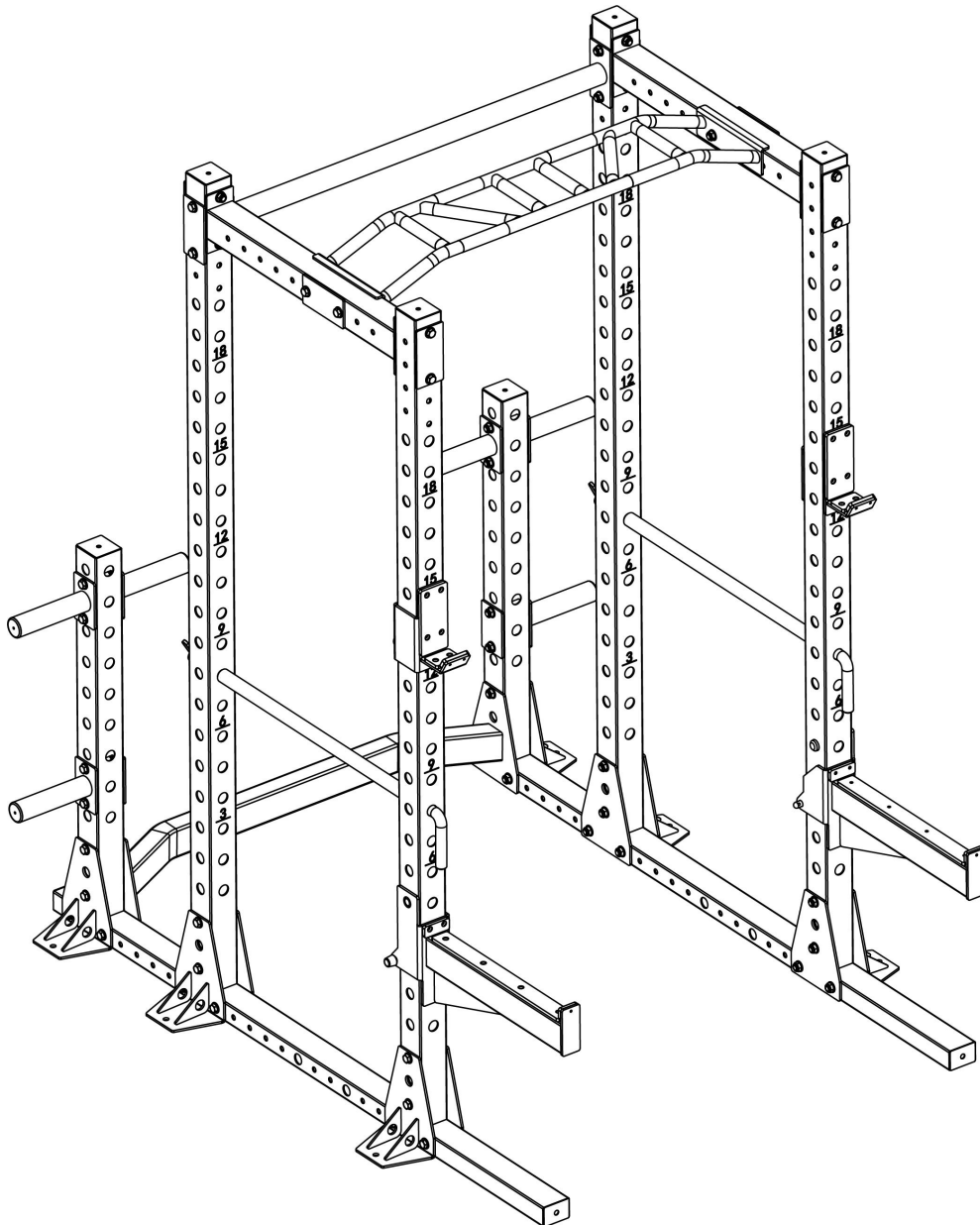


ETHE114



ETHOS POWER RACK OWNER'S MANUAL



DICK'S Sporting Goods 345 Court Street Coraopolis, PA 15108

ETHOS

TABLE OF CONTENTS

SECTION	PAGE
BEFORE YOU BEGIN	1
IMPORTANT SAFETY NOTICE	2
IMPORTANT CARE AND MAINTENANCE	3
IMPORTANT OPERATIONAL INSTRUCTIONS	4
WARNING LABEL PLACEMENT	5
PARTS LIST	6
ASSEMBLY INSTRUCTIONS	9
EXPLODED DIAGRAM	20
LIMITED WARRANTY	21

BEFORE YOU BEGIN

Thank you for selecting the ETHOS POWER 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**
- **External Spotter Arms: 1000lbs Additional Loaded Weight**
- **Internal Spotter Arms (Pin & Pipe): 1000lbs Additional Loaded Weight**
- **Pull Up Bar: 500lbs User Weight**
- **Monkey Bar: 500lbs User Weight**
- **Weight Storage Posts: 180lbs Additional Loaded Weight Each**



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 be performed with the help of two or more adults.
5. Ensure locking nuts are installed properly prior to use of this equipment. Failure to install locking nuts may lead to equipment damage or failure.



WARNING

Important Instructions for Safe Use

1. **Pinch Hazard:** Keep fingers and hands clear of all moving parts during assembly, use, and disassembly.
2. **TIP OVER RISK:** Never climb, stand, or lean on rack. Always place an even amount of weight on both sides of rack to avoid tip overs.
3. **ALWAYS** secure weights with a collar when storing weights on the post.
4. Only one person at a time must use the exercise equipment.
5. **NEVER** hang upside down or inverted from frame components or bars.
6. Position the exercise equipment on an obstruction free, level surface. DO NOT use the exercise equipment near water or outdoors.
7. Keep hands away from all moving parts.
8. 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.
9. **DO NOT** use attachments not recommended by the manufacturer. Accessories not sold with this product are used at the user's own risk.
10. **DO NOT** place any sharp objects around the exercise equipment.
11. Before using the exercise equipment, always stretch properly to warm up.
12. Always exercise with an experienced spotter and place suitable mats beneath the exercise area.
13. Cease exercise if you feel faint or dizzy.

14. Keep body, clothing, and fitness accessories clear of all moving parts.

15. Inspect the equipment before use and do not use if the machine appears damaged or inoperable.



IMPORTANT! CARE AND MAINTENANCE

1. Inspect all parts before using the exercise equipment for signs of wear or failure. If parts are worn or damaged, DO NOT use. Contact Customer Service for replacement parts.
2. 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.
3. Incorrect or excessive exercise may lead to injury. Users should review the operational instructions before use. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. This exercise equipment is intended for adult use only. Do not leave children and pets unsupervised. Keep children and pets away from the area when in use.
5. Assembly and maintenance should be performed by a professional.
6. Follow the care and maintenance instructions in this manual. Worn or damaged components must be replaced immediately or the equipment removed from use until the repair is made.
7. Users require proper exercise clothing and footwear.
8. ETHOS REQUIRES THAT THIS UNIT BE BOLTED TO THE FLOOR TO PREVENT ROCKING OR TIPPING DURING USE. Please use a licensed professional for this procedure.
9. Fully assembled footprint: 71 $\frac{3}{4}$ " (L) x 64 $\frac{1}{2}$ " (W) x 84 $\frac{3}{4}$ " (H)
10. **Maximum Weight Capacity (User Weight + Weights)**
 - **J-Hooks: 1000lbs Additional Loaded Weight**
 - **External Spotter Arms: 1000lbs Additional Loaded Weight**
 - **Internal Spotter Arms (Pin & Pipe): 1000lbs Additional Loaded Weight**
 - **Pull Up Bar: 500lbs User Weight**
 - **Monkey Bar: 500lbs User Weight**
 - **Weight Storage Posts: 180lbs Additional Loaded Weight Each**
11. Preventative maintenance activities must be performed to maintain normal operation. Keeping a log sheet of all maintenance actions will assist you in staying current with all preventative maintenance activities. Preventative maintenance activities include weekly checks for the following:
 - Inspect all nuts and bolts for looseness. Tighten as required.
 - Check handles, snap links, and warning labeling for wear. Replace all worn parts immediately.
 - Inspect frames alignment and operation. Correct all improper alignment and operation issues immediately.
 - Inspect grips for looseness and wear. Replace as necessary.
 - Ensure all Bar Catches, Safety Catches, and Side Safety Catches are safely locked to avoid possible injury.



IMPORTANT! OPERATIONAL INSTRUCTIONS

This product is designed to be used for weight training, exercise, and physical fitness activities only.

This exercise equipment is intended for commercial and residential use.

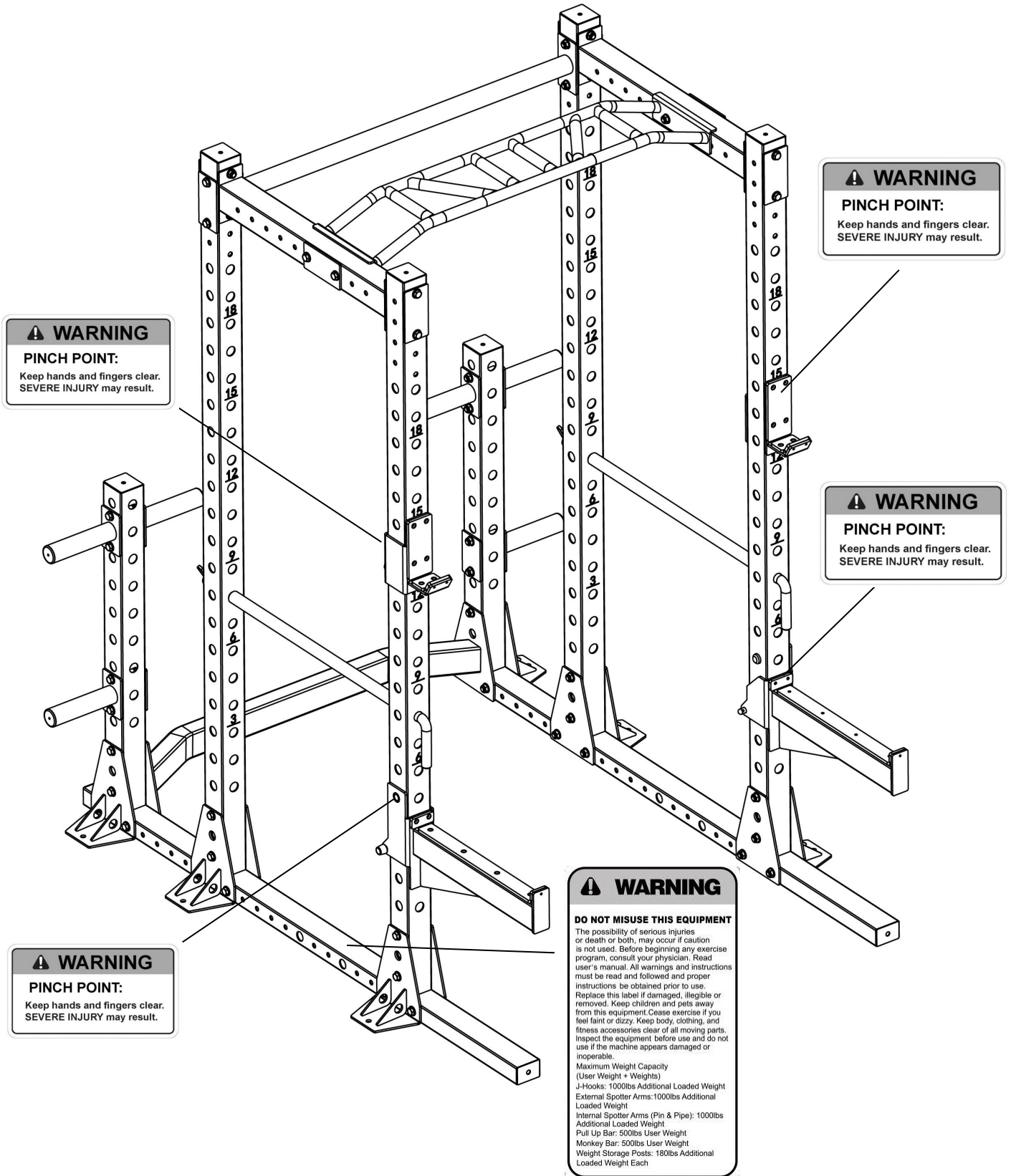
This equipment meets the safety and performance requirements of the ASTM F2276 standard for exercise equipment.

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

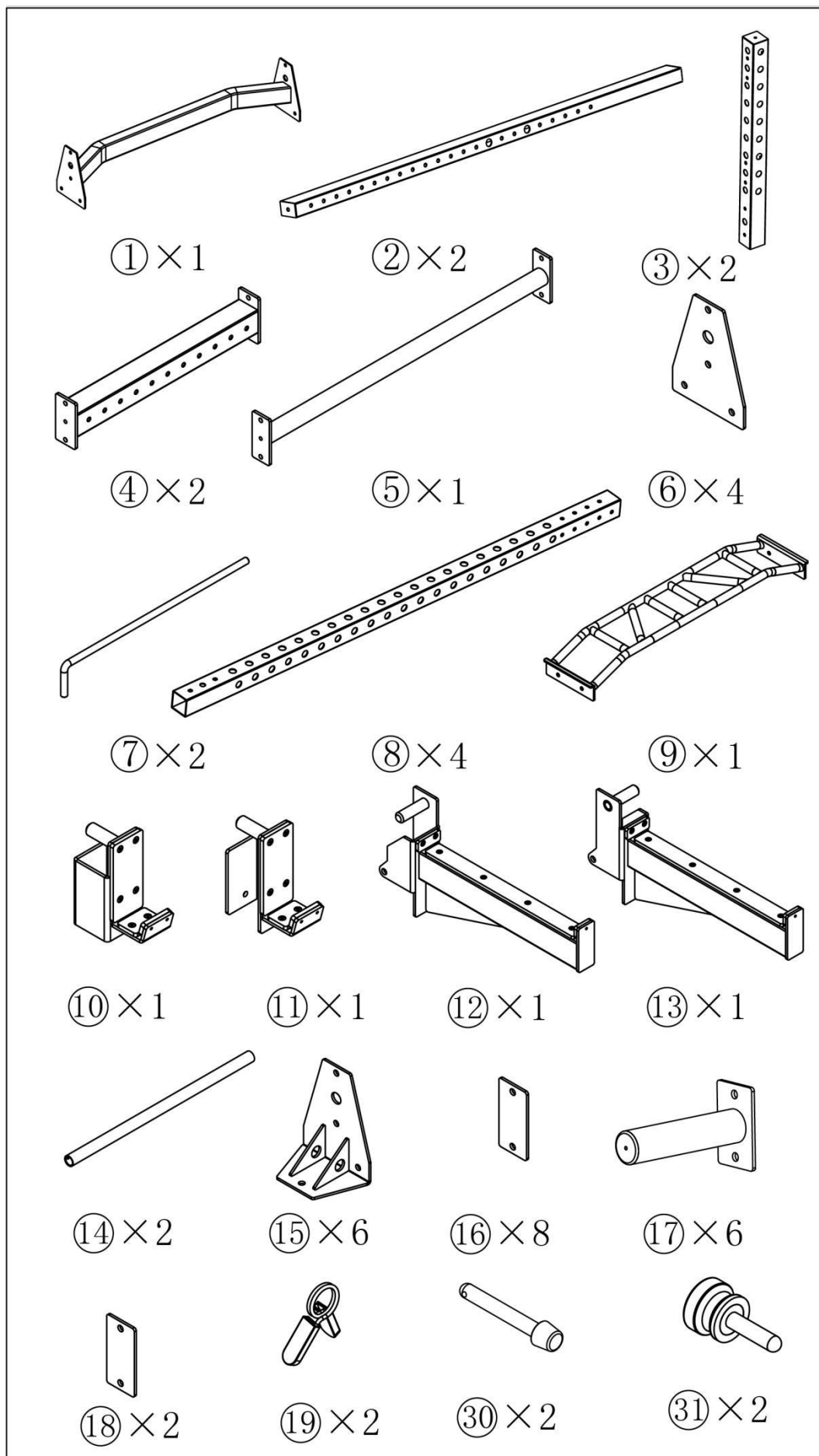
WARNING LABEL PLACEMENT

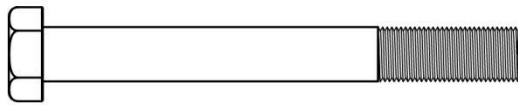


The warning label shown here has been placed on the locations indicated in the diagram above. If the label is missing or illegible, please call customer service at 1-877-846-9997 for replacements. Apply the labels in the location shown.

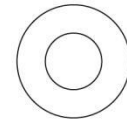
ETHOS POWER RACK PARTS LIST

PART NO.	DESCRIPTION	SIZE	QTY
1	Rear Cross Beam		1
2	Main Base Frame		2
3	Short Upright beam		2
4	Upper Cross bar		2
5	Chin-up Bar		1
6	Triangular Bracket		4
7	L-shape Safety set		2
8	Long Upright Beam		4
9	Monkey Bar		1
10	Right J-cap		1
11	Left J-cap		1
12	Left Safety Catch		1
13	Right Safety Catch		1
14	Sleeve		2
15	L-shaped Bracket		6
16	Bracket	6" x 2 3/4"	8
17	Weight Plate Storage Bar		6
18	Bracket	3" x 4 3/4"	2
19	Spring Clip	Ø3.2x24.3	2
20	Spring Clip Grip		4
21	Rubber Bumper	3" x 6 3/4"	2
22	Rubber Bumper	1 7/8" x 2 3/4"	2
23	Rubber Bumper	1 1/8" x 2 3/4"	4
24	Rubber Bumper	1 3/4" x 18 1/2"	2
25	Rubber Bumper	1 1/8" x 2"	2
26	Hex Bolt	M12 x 4 1/8"	12
27	Flat Washer	M12 x 4 1/8"	94
28	Aircraft Nut	M12	46
29	Allen Screw	M6 x 3/8"	30
30	Safety Catch Lock Pin		2
31	Bar Catch Magnetic Lock Pin		2
32	Hex Bolt	M12 x 4"	36

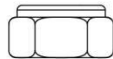




#26 M12 x 4 $\frac{1}{8}$ " Hex Bolt (Qty 12)



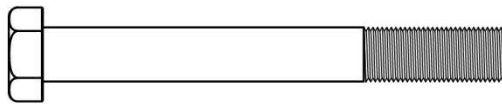
#27 $\varnothing 1$ " Washer (Qty 94)



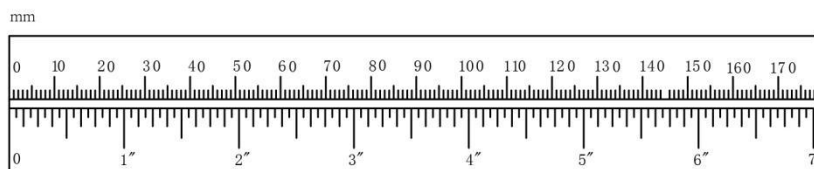
#28 M12 Aircraft Nut (Qty 46)



4# Allen Wrench (Tool)



#32 M12 x 4" Hex Bolt (Qty 36)



Tools required for assembly: Adjustable wrenches, or Ratchet Wrenches, or Socket Wrenches.

ASSEMBLY INSTRUCTIONS

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.

WARNING: Ensure locking nuts are installed properly prior to use of this equipment. Failure to install locking nuts may lead to equipment damage or failure.



Finger tighten all nuts and bolts for all steps until instructed to tighten them with wrenches. It is strongly recommended the assembly to be performed with the help of two or more people.

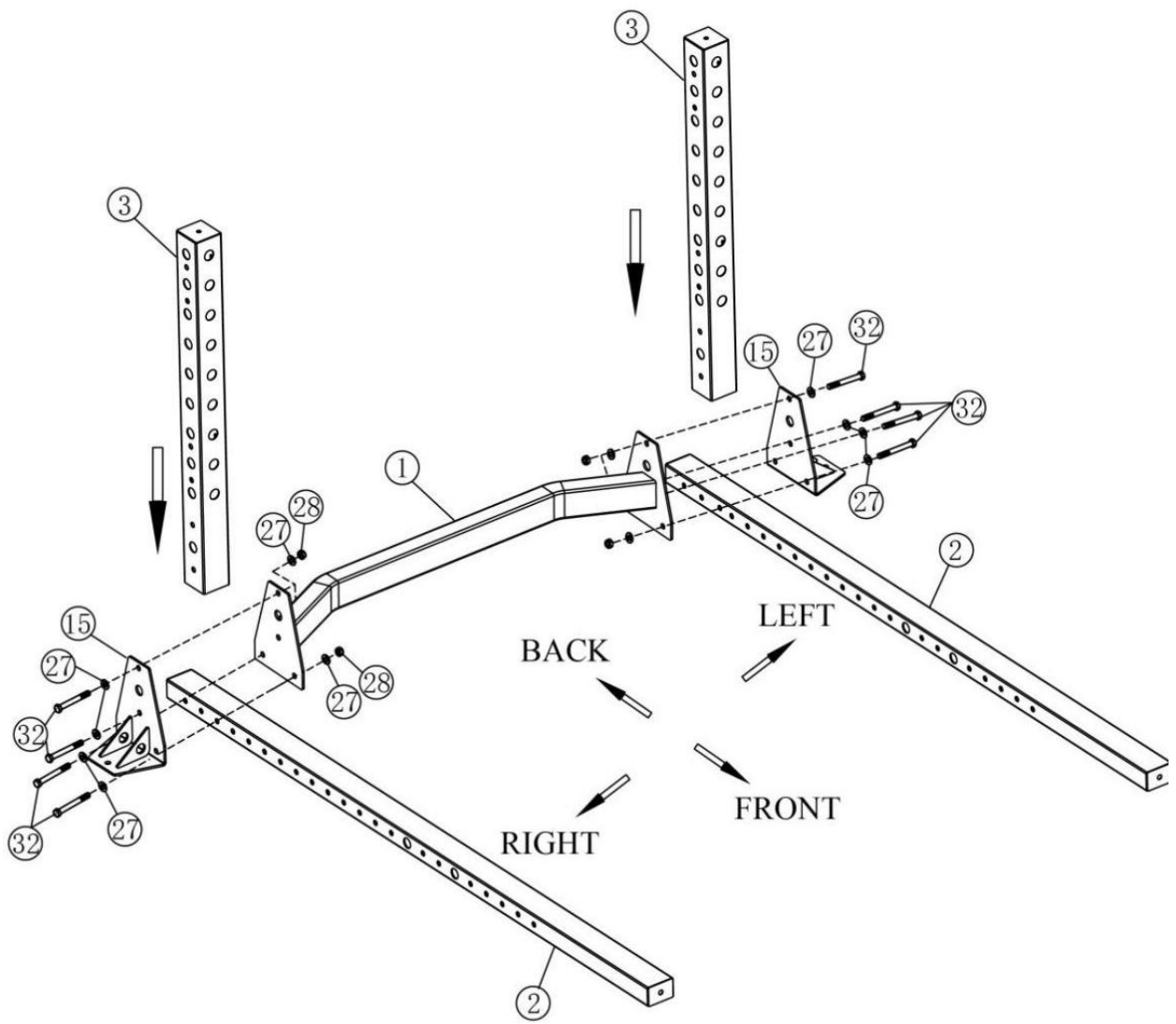


Blue lining facing out

Locking nuts should be tightened to bolts with the blue lining facing out. Locking nuts help prevent bolts from backing out and must be installed correctly prior to use.

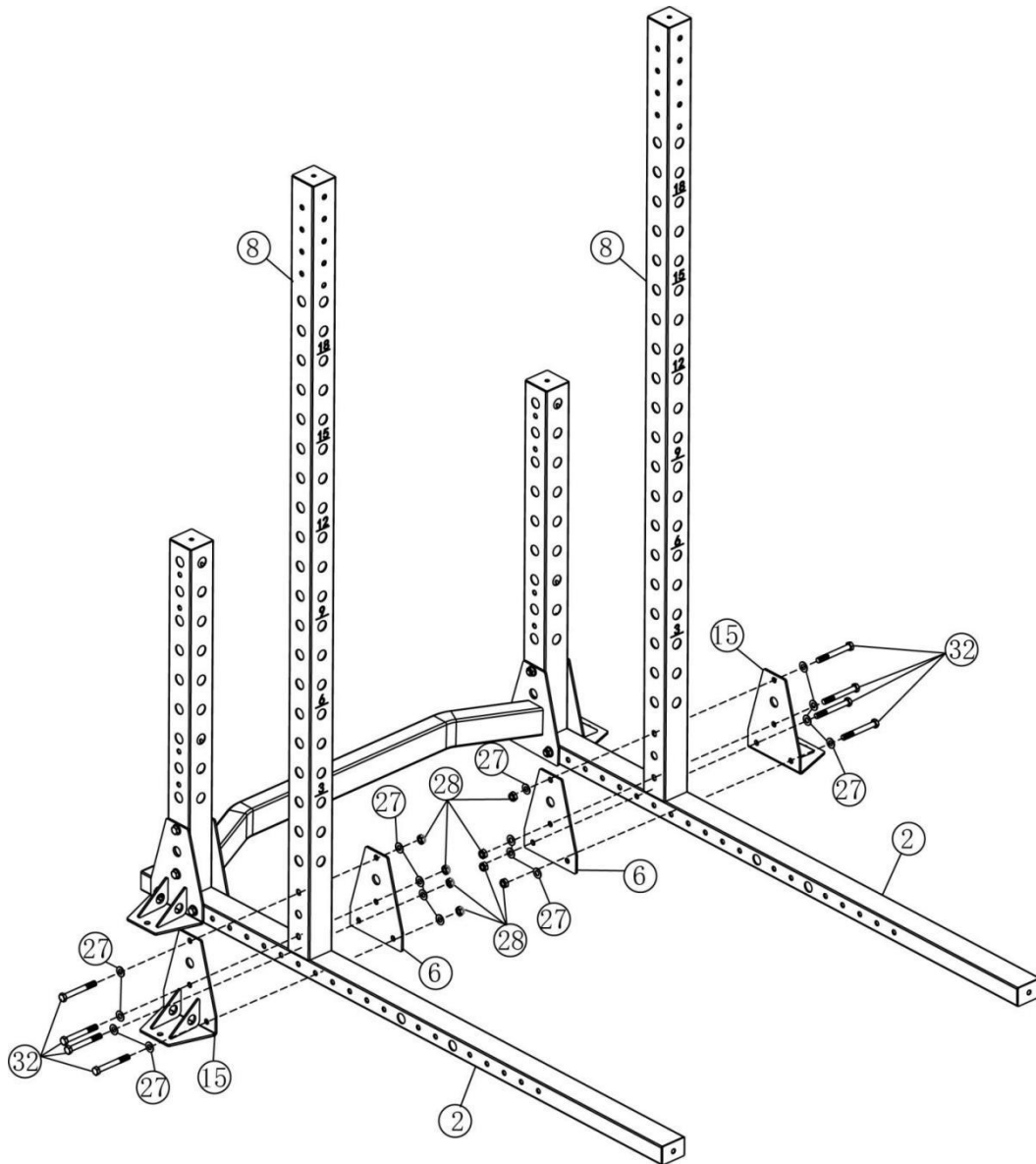
STEP-1

- A.) Place two Main Base Frame (#2) on a flat surface and with the Rear Cross Beam (#1) inside of the two Main Base Frame (#2). Aline the holes and secure each end with 2pcs M12 x 4" Hex Bolts (#32), 1pcs L-shaped Bracket(#15) 4pcs M12 x 4 1/8" Flat Washers (#27) and 2pcs M12 Aircraft Nuts(#28).
- B.) Place two Short Upright Beam (#3) onto the joint place of the Main Base Frame(#2) and Rear Cross Beam(#1). Aline the holes and secure each side with with 2pcs M12 x 4" Hex Bolts (#32), 1pcs L-shaped Bracket(#15) 4pcs M12 x 4 1/8" Flat Washers (#27) and 2pcs M12 Aircraft Nuts(#28).



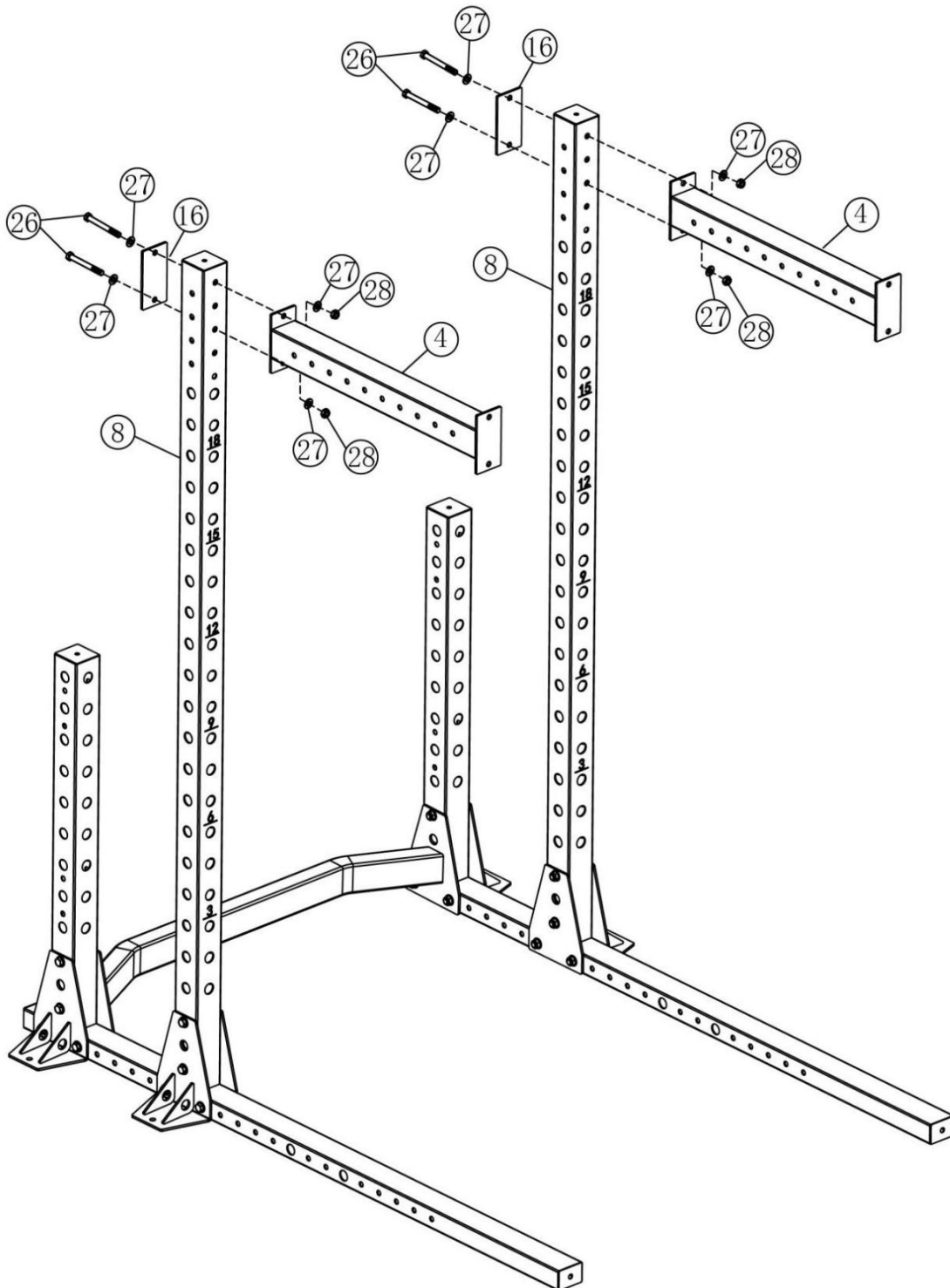
STEP-2

- A.) Place one Long Upright Beam (#8) onto left Main Base Frame (#2) between Triangular Bracket (#6) and L-shaped Bracket (#15). Finger tighten them together with 4pcs M12 x 4 " Hex Bolts (#32), 8pcs Ø 1" Washers (#27), and 4pcs M12 Aircraft Nuts (#28).
- B.) Repeat Procedure A to assembly another Long Upright Beam(#8) to the right side of the Main Base Frame(#2).



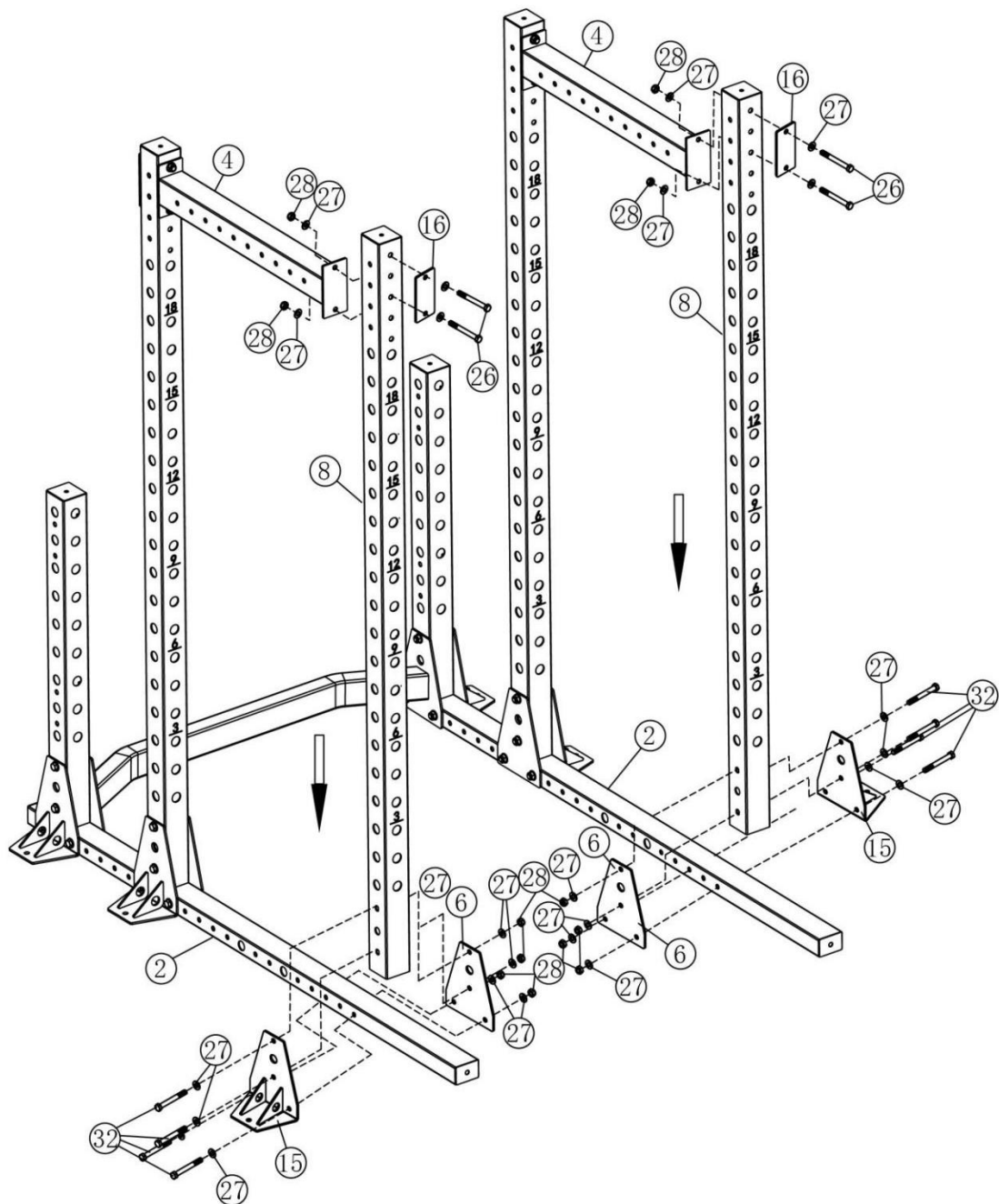
STEP-3

- A.) Note: The following step has to be performed with the help of two or more people.
- B.) Attach an Upper Cross Bar (#4) to a Long Upright Beam(8). Finger tighten them together with 2pcs M12 x 4 1/8" Hex Bolts (#26), 1pcs 6" x 2 3/4" Bracket (#16), 4pcs Ø 1" Washers (#27), and 2pcs M12 Aircraft Nuts (#28)
- C.) Repeat Procedure A to assemble another Upper Cross Bar(#4) to the other Long Upright Beam(#8).



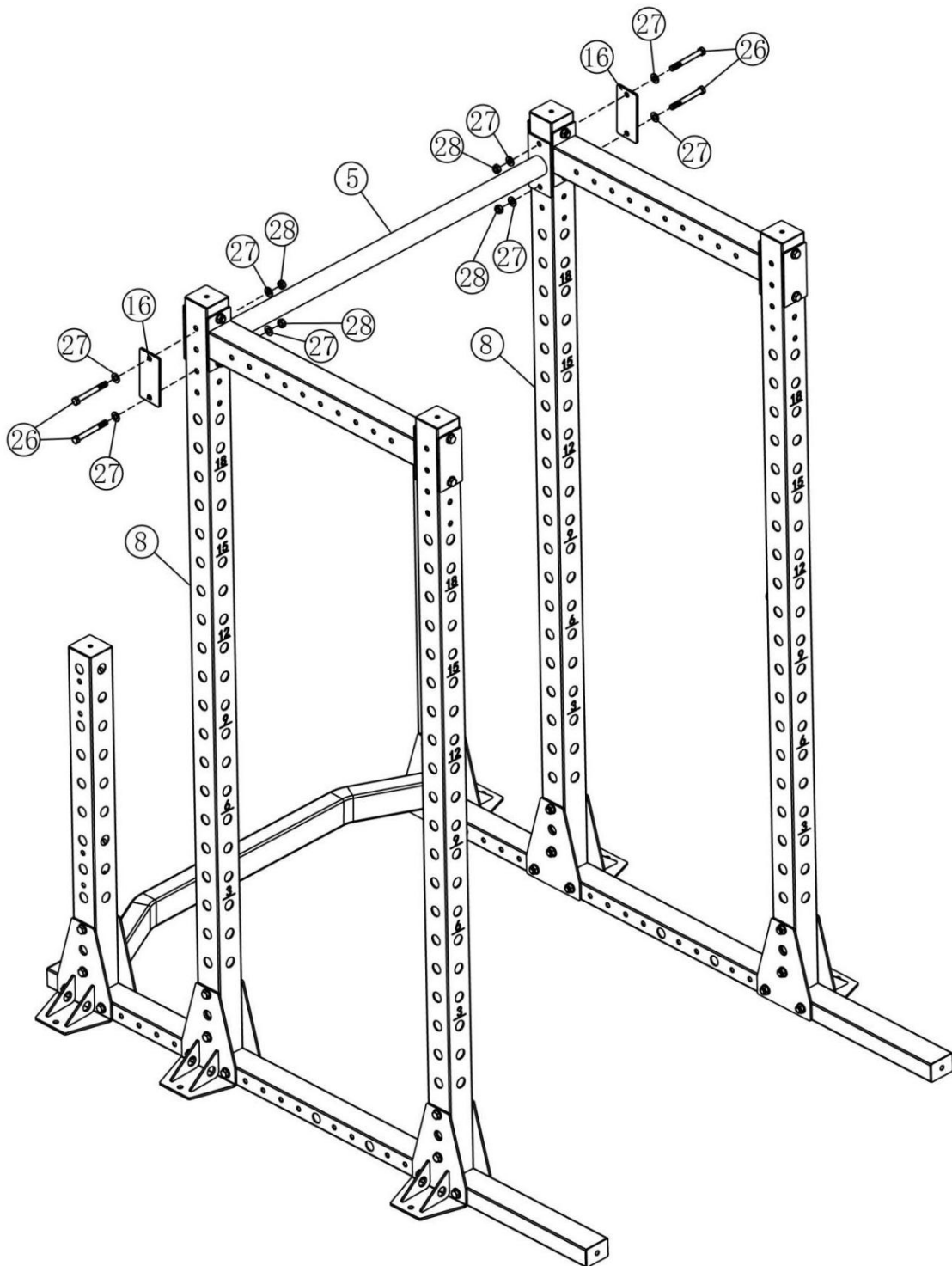
STEP-4

- A.) Attach an Long Upright Beam (#8) to the left Upper Cross Bar(#4). Finger tighten them together with 2pcs M12 x 4 1/8" Hex Bolts (#26), 1pcs 6" x 2 3/4" Bracket (#16), 4pcs Ø 1" (#27), and 2pcs M12 Aircraft Nuts (#28).
- B.) Attach the Long Upright Beam(#8) onto left side of the Main Base Frame (#2). Attach the Triangular Bracket (#6), L-Shaped Bracket (#15) to the Long Upright Beam(# 8) and left side of the Main Base Frame(#2). Finger tighten them together with 4pcs M12 x 4" Hex Bolts (#32), 8pcs Ø 1" Washers (#27), and 4pcs M12 Aircraft Nuts (#28).
- C.) Repeat Procedure A & B to assemble another Long Upright Beam (#8) to the right side of the Upper Cross Bar(#4) and Main Base Frame (#2).



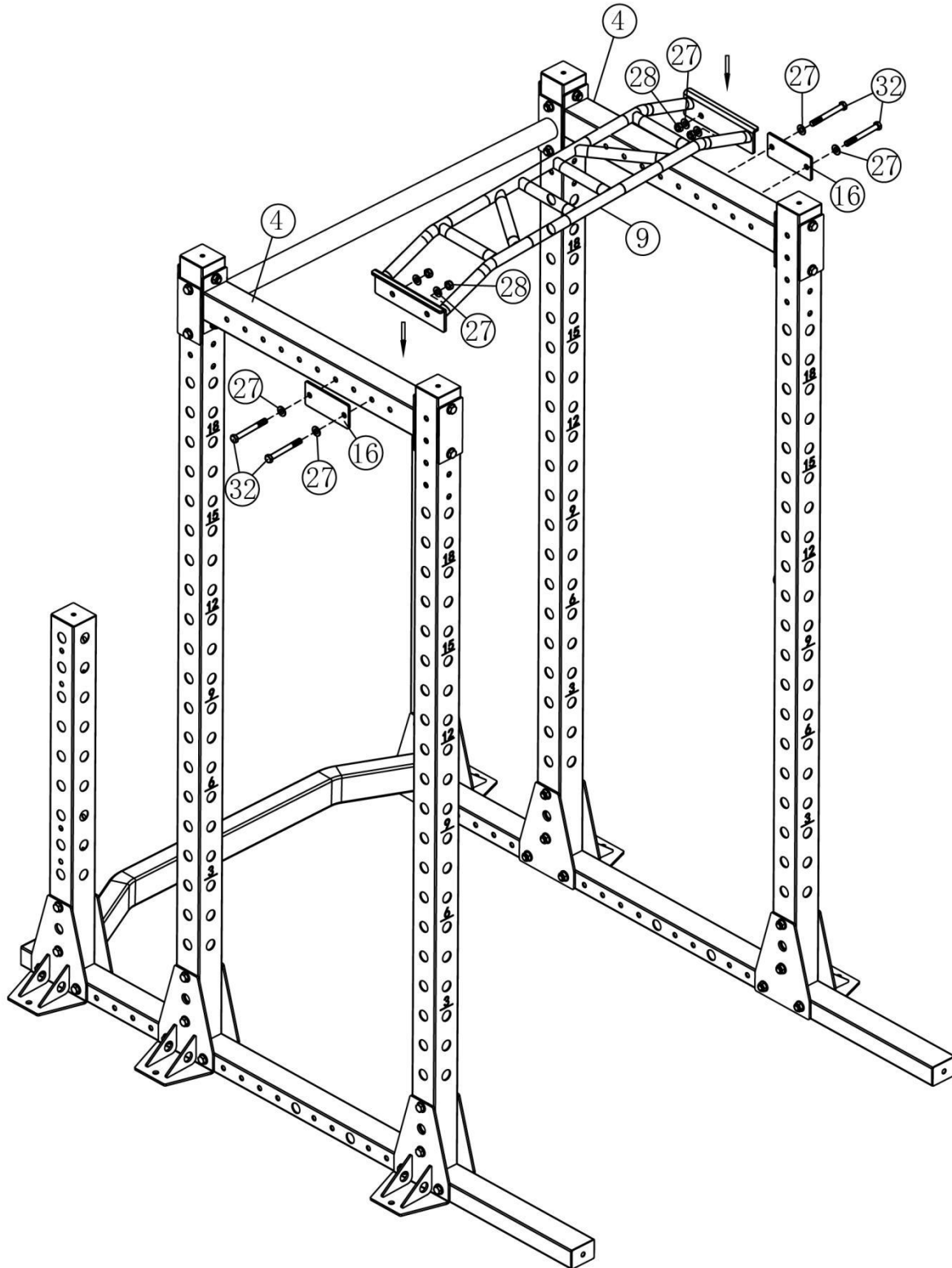
STEP-5

A.) Place the Chin-up Bar (#5) in between rear of the two Long Upright Beams (#8). Finger tighten each end of the Chin-up Bar(#5) to the Long Upright Beam(#8) with 1pcs 6" x 2 3/4" Bracket (#16), 2pcs M12 x 4 1/8" Hex Bolts (#26), 4pcs Ø 1" Washers (#27), and 2pcs M12 Aircraft Nuts (#28).



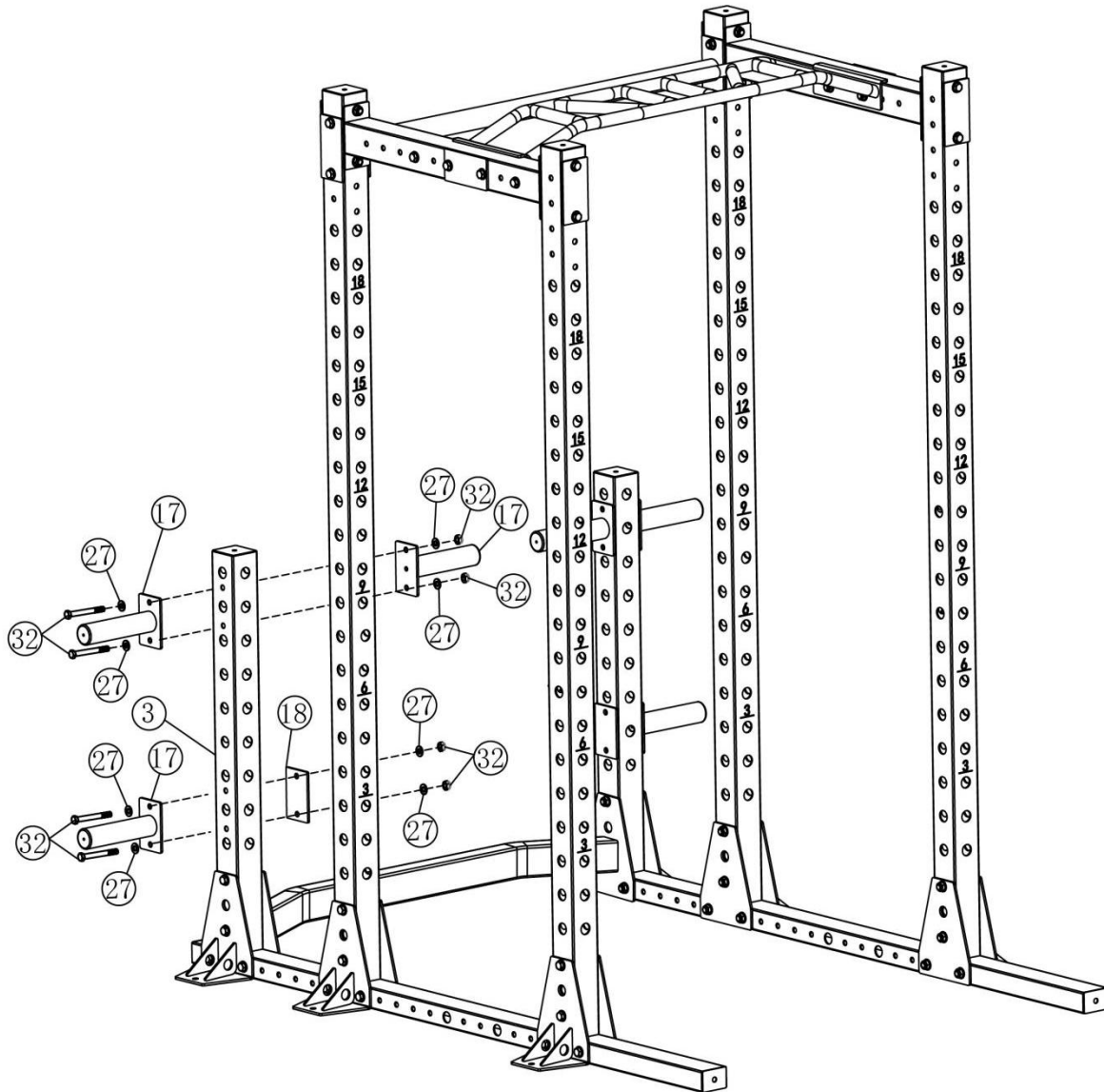
STEP-6

- A.) Place the Monkey Bar (#9) in between the two Upper Cross Bars (#4). Secure each end of Money Bar with 1pcs 6" x 2 3/4" Bracket (#16), 2pcs M12 x 4" Hex Bolts (#32), 4pcs Ø 1" Washers (#27), and 2pcs M12 Aircraft Nuts (#28).
- B.) **Securely tighten all Nuts and Bolts previously installed with wrenches.**



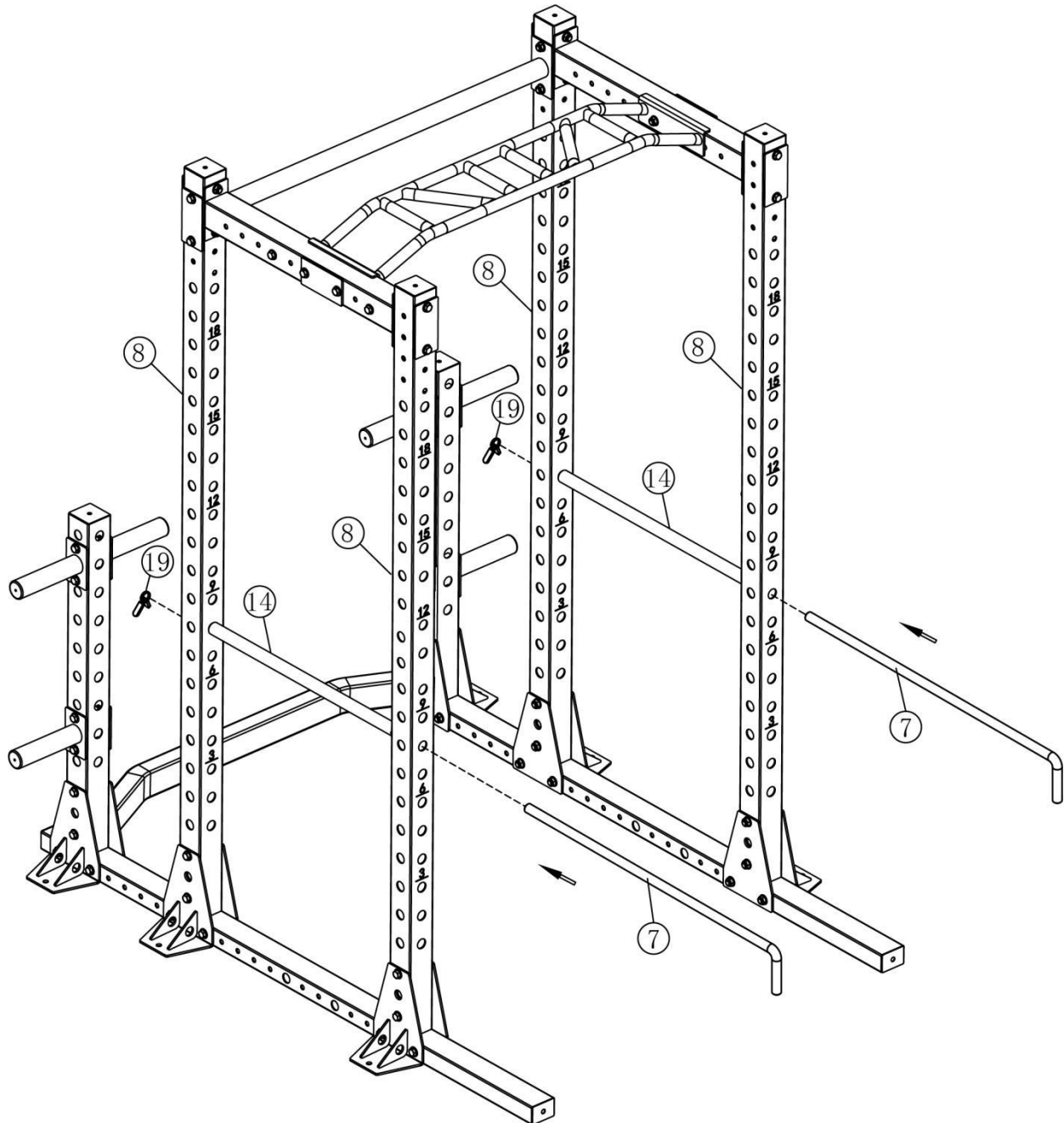
STEP-7

- A.) Attach two Weight Plate Storage Bar(#17) to each side of the top position of the left Short Upright Beam(#3). Aline the holes and secure with 2pcs M12 x 4" Hex Bolts (#32), 4pcs Ø 1" Washers (#27), and 2pcs M12 Aircraft Nuts (#28).
- B.) Attach one Weight Plate Storage Bar(#17) to lower position of the left Short Upright Beam(#3). Aline the holes then secure with 1pcs Bracket(#18), 2pcs M12 x 4" Hex Bolts (#32), 4pcs Ø 1" Washers (#27), and 2pcs M12 Aircraft Nuts (#28).
- C.) Repeat Procedure A & B above to install the Weight Plate Storage Bar(#17) to left side of the Short Upright Beam(#3).



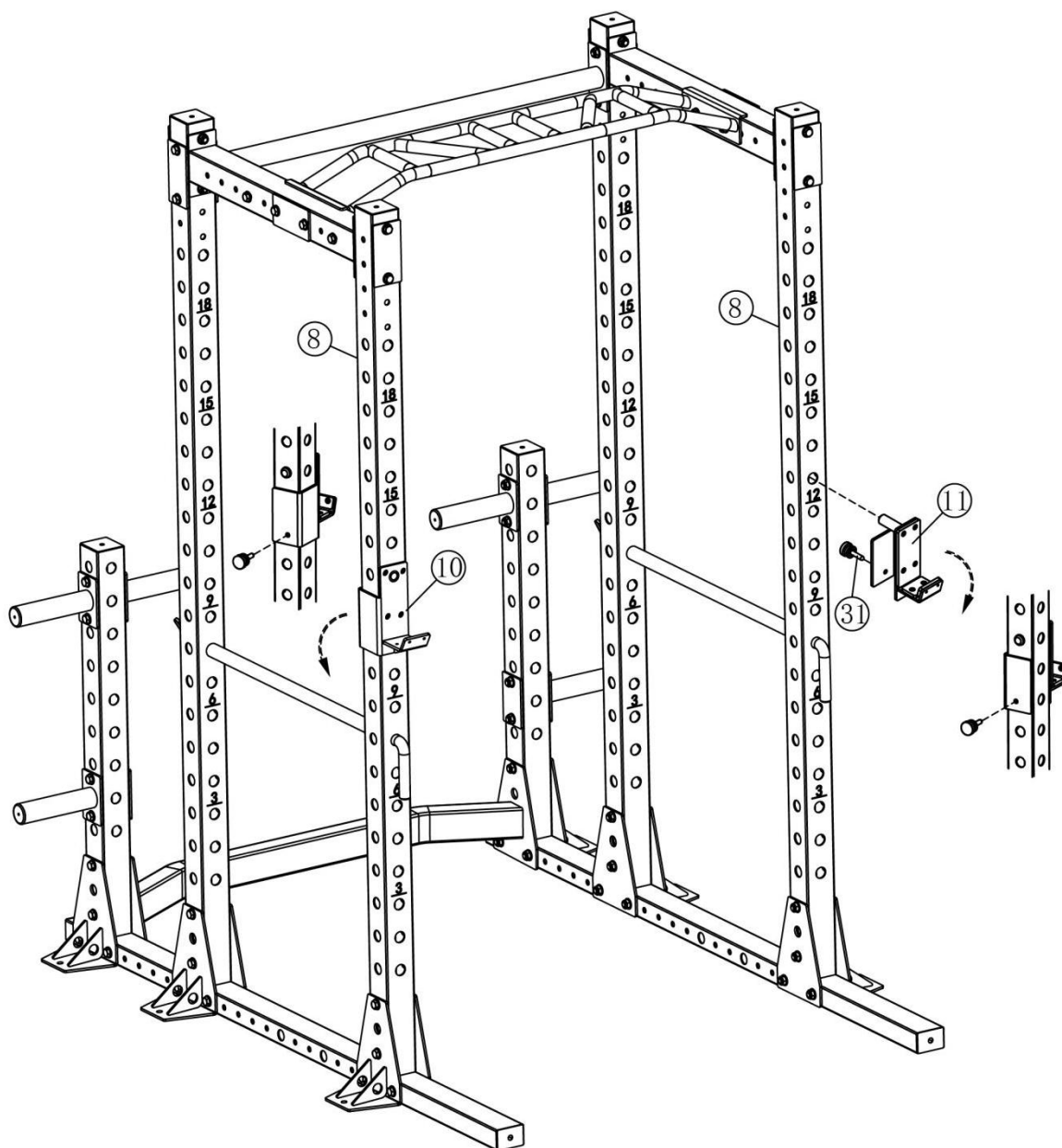
STEP-8

- A.) Place one Sleeve (#14) in between the front and rear Long Upright Beams (#8). Insert a L-shaped Safety Set (#7) through selected holes on front Long Upright Beam, the Sleeve, and the rear Long Upright Beam. Use a Spring Clip (#19) to safely lock it in position.
- B.) Repeat Procedure A above to install the other side. Make sure both Safety Sets are at the same height.



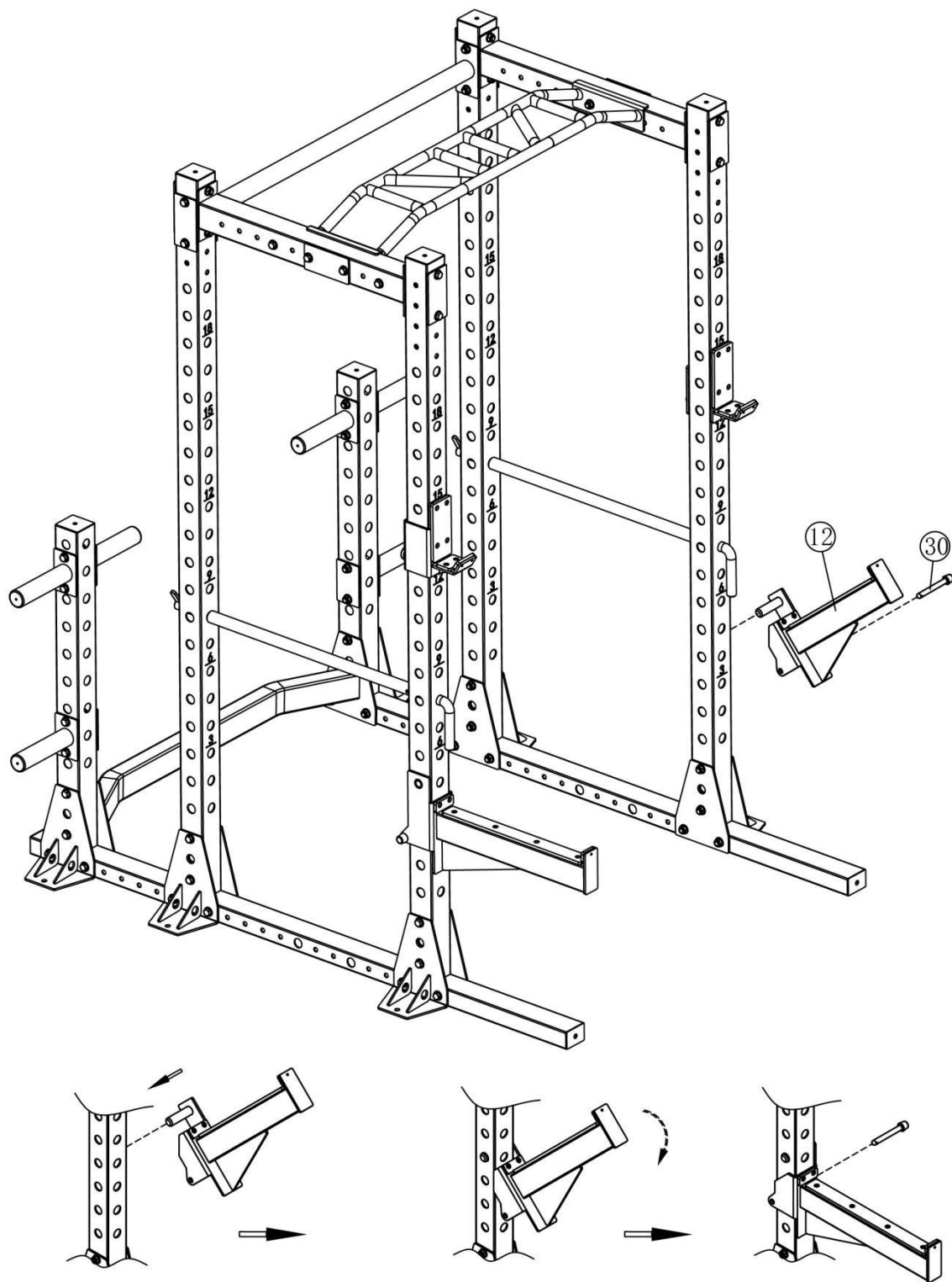
STEP-9

- A.) Insert the Left J-Cup (#11) into a selected hole on front Long Upright Beam (#8) and turn it clockwise onto the Long Upright Beam(#8).
- B.) Insert the Right J-Cup (#10) into a selected hole on front Long Upright Beam (#8) and turn it counterclockwise onto the Long Upright Beam(#8). Make sure both Cups are at the same height.
- C.) Use the Bar Catch Magnetic Lock Pin (#31) to securely lock each J-Cup in position.

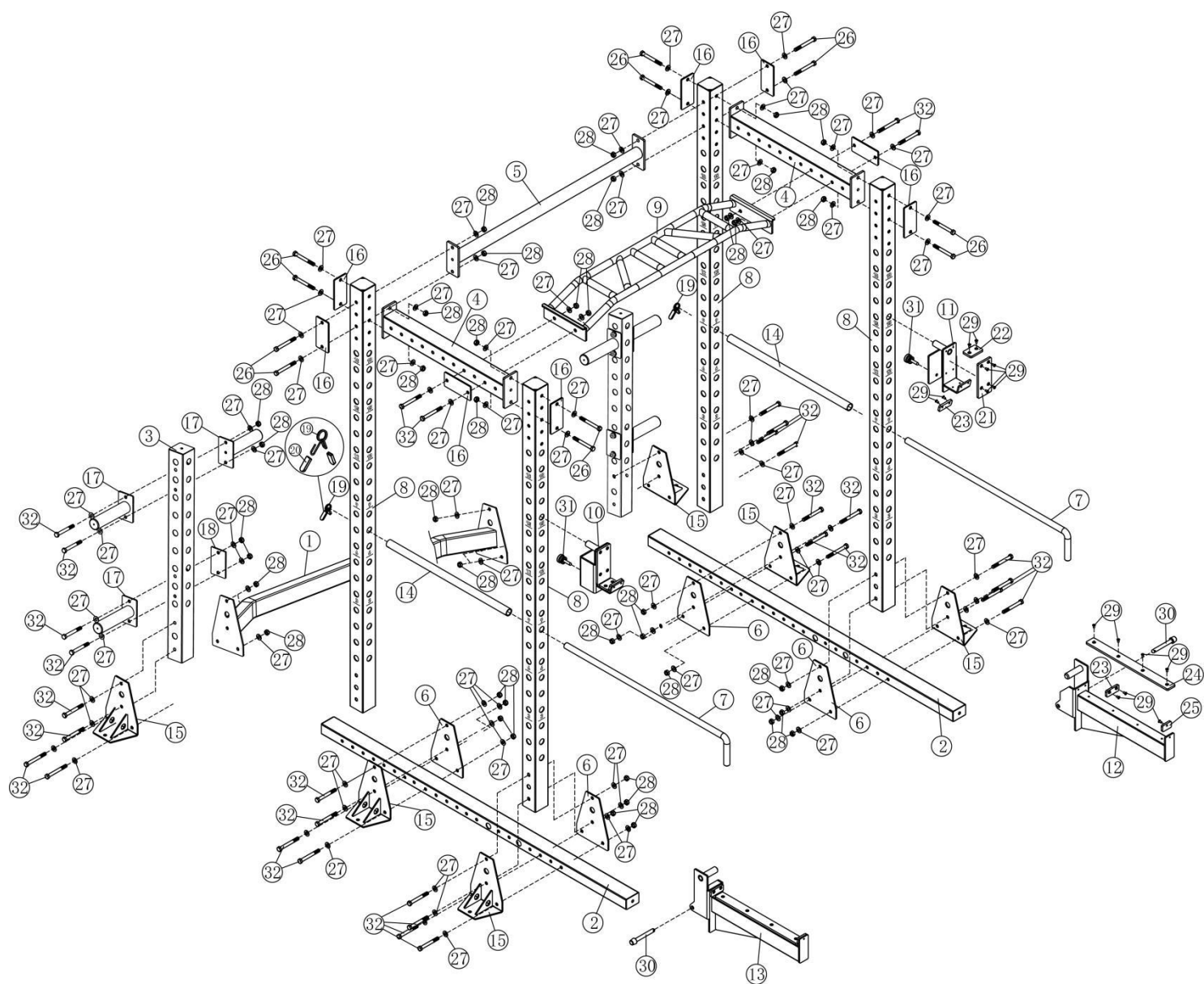


STEP-10

- A.) Insert the Left and Right Safety Bar Catch (#12 & #13) onto selected holes on front Long Upright Beams(#8). Press down the Safety Bar Catches to securely lock onto the Long Upright Beams(#8).
- B.) Use Lock Pin (#30) to secure each Safety Bar Catch in position.



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

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