

STYLE ETHE115

ETHOS Folding Wall Rack

OWNER'S MANUAL

Tools Required:

Tape Measure

17mm Wrench

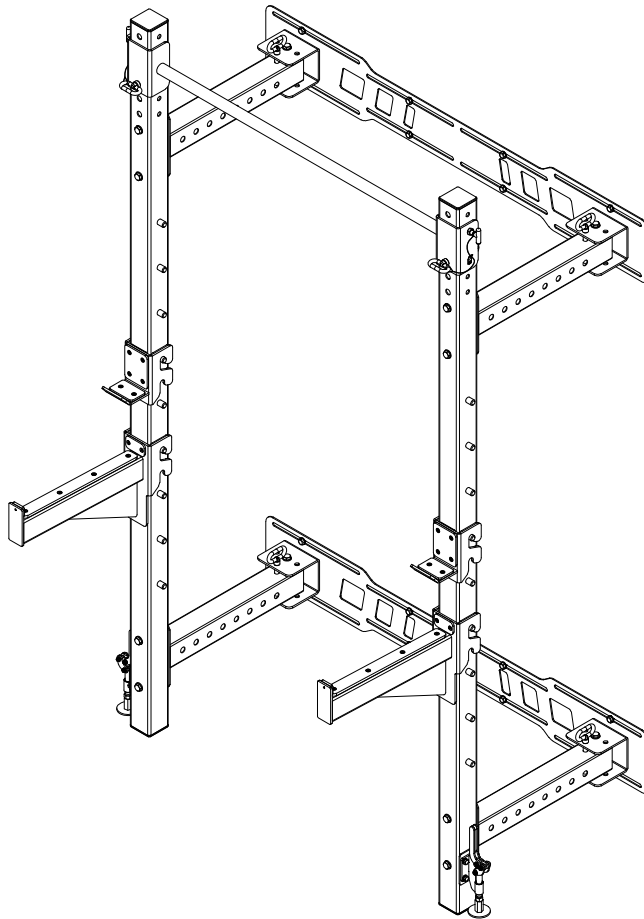
19mm Wrench

#3 Philip Screwdriver

Drill

11/64" Drill Bit

Level



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 Folding Wall Rack. For your safety and benefit, read this manual carefully before using the machine. We are committed to providing you customer satisfaction. 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

Certain precautions apply when you operate a piece of exercise equipment. For your safety and benefit, read this manual carefully prior to assembly or use. Failure to follow the instructions and safety precautions in this manual can result in **serious injury or death or damage to equipment.**

⚠ WARNING

Exercise and Physical Exertion Risks:

1. CONSULT WITH YOUR DOCTOR 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 NOT FOR USE BY CHILDREN UNDER AGE 14. Keep children and pets away from equipment at all times. DO NOT leave children unattended in the same room with the exercise equipment.**

⚠ WARNING

Assembly and Installation Risks:

1. **Assembly, installation, and maintenance must be performed by a professional.**
2. **ETHOS REQUIRES THAT THIS UNIT BE BOLTED TO WOOD STUDS TO PREVENT ROCKING OR TIPPING DURING USE.** Failure to bolt the unit to wood studs can result in serious injury or death or damage to the equipment.
3. **DO NOT mount the unit to dry wall or a surface that cannot support the unit. Use a licensed professional for this procedure.**
4. **DO NOT use the exercise equipment near water or outdoors.** Corrosion caused by installation and use in these locations can lead to premature failure of components.

⚠ WARNING

Important Instructions For Safe Use:

1. **ALWAYS** ensure the equipment is fully assembled and stable before use. Position the exercise equipment on an obstruction-free, level surface.
2. **NEVER** exceed the maximum user weight load for the pull up bar: **350 lbs.**
3. **NEVER** exceed the maximum weight load (barbell + weight plates) for the J-Hooks: **600 lbs.**
4. **NEVER** exceed the maximum user weight load for the Safety Spotter Arm: **600 lbs.**
5. Only one person must use the exercise equipment at a time.
6. **ALWAYS** start with weight bar on the J-Hooks.
7. **DO NOT** drop weight or weight bar on the J-Hooks.
8. **NEVER** swing from Folding Wall Rack components or pull up bar.
9. **NEVER** hang upside down or inverted from Folding Wall Rack components or pull up bar.
10. Incorrect or excessive exercise may lead to injury. Users must review all warnings and instructions before use.
11. Keep hands away from all moving parts when folding and unfolding the rack.
12. **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.
13. **DO NOT** use attachments not recommended by the manufacturer.
14. **DO NOT** place any sharp objects around the exercise equipment.
15. Before using the exercise equipment, always stretch properly to warm up.
16. Always exercise with an experienced spotter. Place suitable mats beneath the exercise area.
17. Make sure the J-Hooks are level. **ALWAYS** install J-Hooks at the same height on the left and right uprights.



IMPORTANT! CARE AND MAINTENANCE

1. Inspect product regularly for signs of wear or failure. **If parts are worn or damaged, discontinue use immediately. Contact Customer Service for replacement parts.**
2. If the equipment is making any abnormal sounds that may indicate structural fatigue e.g., cracking, stop use immediately and have the equipment inspected by a professional.
3. Periodically lubricate moving parts with WD-40 or light oil.
4. Inspect and tighten all parts before using the exercise equipment. **DO NOT** over tighten.
5. **Failure to examine regularly may affect the safety level of the exercise equipment.**
6. The exercise equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **DO NOT** use solvents or bleach as these can cause corrosion and increase the risk of failure of the product.
7. **NEVER** exceed the maximum user weight load for the pull up bar: **350 lbs.**
8. **NEVER** exceed the maximum weight load (barbell+weight plates) for the J-Hooks: **600 lbs.**
9. **NEVER** exceed the maximum user weight load for the Safety Spotter Arm: **600 lbs.**

Assembled Dimensions: Length 42.8" x Width 57" x Height 92.6"



IMPORTANT! OPERATIONAL INSTRUCTIONS

1. This equipment meets the safety and performance requirements of the ASTM F2276 standard for exercise equipment.
2. This exercise equipment is intended for commercial and residential use.
3. This product is designed to be used for weight training, exercise, and physical fitness activities.
4. Always start with barbell resting on the J-Hooks when squatting with the Folding Wall Rack.
5. If using, set Spotting Arms just below (1-2 inches) the lowest point of the exercise being performed. Spotting Arms are not included with the Folding Wall Rack.
6. **NEVER** use the J-Hooks as spotting arms.
7. **NEVER** drop weights or barbells on the J-Hooks.

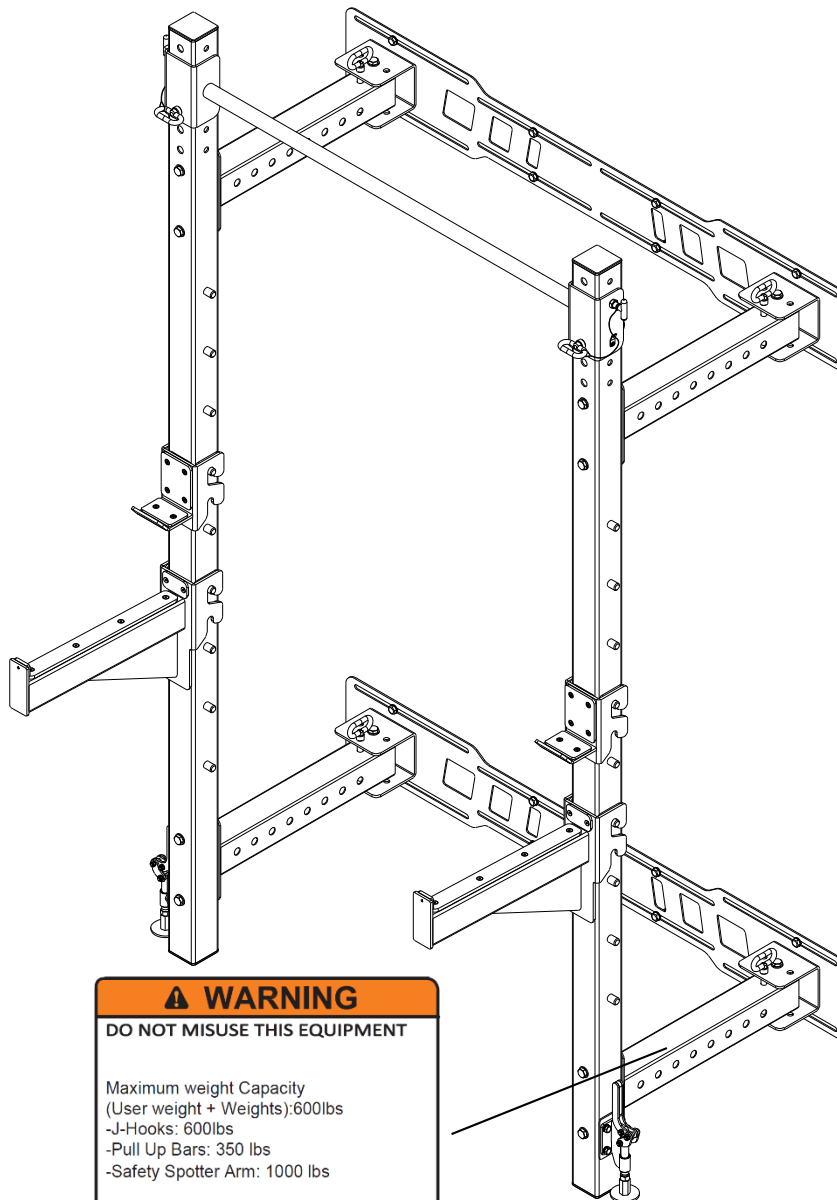
In no event shall our company be liable for any direct, indirect, punitive, incidental, special consequential damages, to property or life, whatsoever arising out of or connected with misuse of our products.

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): 600lbs
-J-Hooks: 600lbs
-Pull Up Bars: 350 lbs
-Safety Spotter Arm: 1000 lbs

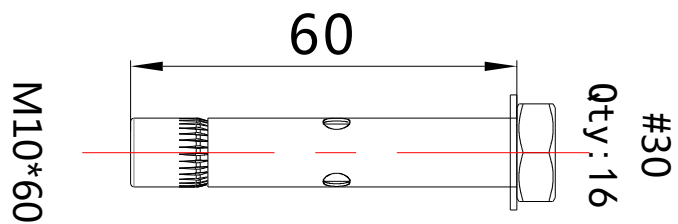
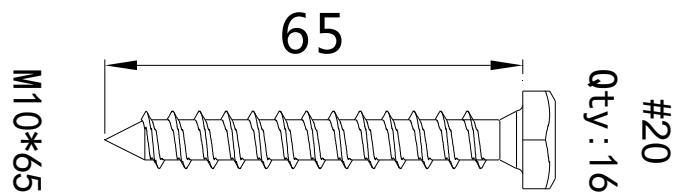
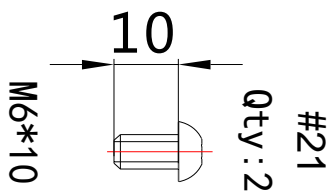
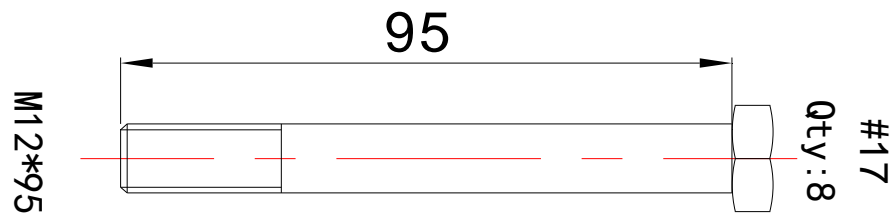
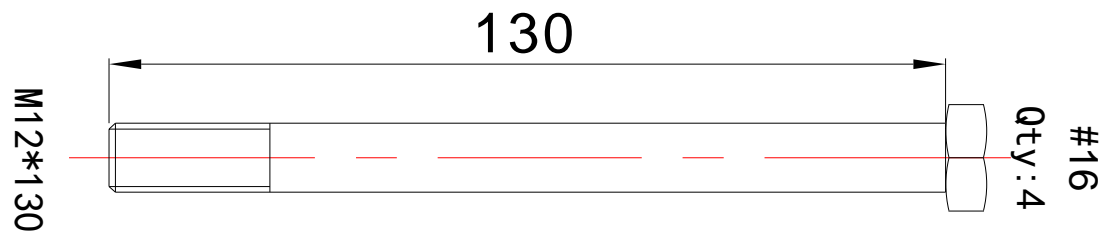
TIP OVER RISK. Never climb, sit, stand or lean on equipment. The possibility of serious injuries or death or both may occur if caution is not used. Before beginning any exercise program, consult your physician. Read user's manual. All warnings and instructions must be read and followed and proper instructions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

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

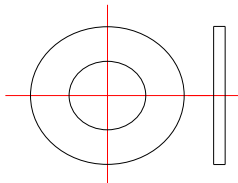
Cease exercise if you feel faint or dizzy. Keep body, clothing, and fitness accessories clear of all moving parts. Inspect the equipment before use and do not use if the machine appears damaged or inoperable.

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

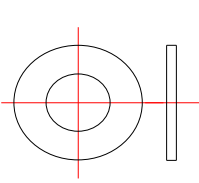
HARDWARE PACK



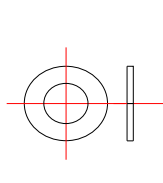
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Qty: 28



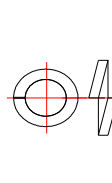
#23
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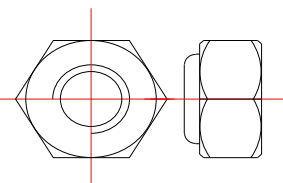
#25
Qty: 2



#27
Qty: 2



#28
Qty: 12



ETHE115 PARTS LIST

Part #	Description	Qty	Remark
1	Upper Stringer	1	
2	Bottom Stringer	1	
3	Support Tube	4	
4	Left/Right Upright	2	
5	Pull Up Bar	1	
6	J-Hook	2	
7	Clamp	2	Pre-Assembled
8	Support Tube Lock Pin	4	
9	T Shaped Pull Pin	2	
10	Pull Up Bar Lock Pin	2	
11	D Shaped Lock Pin	2	
12	Pull Up Bar Fix Pin	2	
13	Square End Cap	8	Pre-Assembled
14	Rubber Pad 120*85mm	2	Pre-Assembled
15	Rubber Pad 60*85mm	2	Pre-Assembled
16	Hex Head Bolt M12*130mm	4	
17	Hex Head Bolt M12*95mm	8	
18	Hex Head Bolt M8*20mm	8	Pre-Assembled
19	Flat Head Bolt M6*10mm	12	Pre-Assembled
20	Wood Lag Screw M10*65mm	16	
21	Philips Screw M6*10mm	2	
22	Flat Washer M12	28	
23	Flat Washer M10	16	
24	Flat Washer M8	8	Pre-Assembled
25	Flat Washer M6	2	
26	Spring Washer M8	8	Pre-Assembled
27	Spring Washer M6	2	
28	Hex Head Nut M12	12	
29	Steel Wire	2	Pre-Assembled
30	Expansion Bolt M10*60	16	
31	Safety Spotter Arm	2	
32	Rubber Pad 430*30mm	2	Pre-Assembled
33	Rubber Pad 40*30mm	2	Pre-Assembled
34	Rubber Pad 70*40mm	2	Pre-Assembled

ASSEMBLY INSTRUCTIONS

A flat and level area of 6' x 6' will be required to properly assemble the Folding Wall Rack.

The following tools will be required to assemble the Folding Wall Rack:

- Tape Measure
- 17mm Wrench
- Drill
- 11/64" Drill Bit
- 19mm Wrench
- #3 Philip Screwdriver
- Level

WARNING

Assembly, installation, and adjustment of the equipment MUST BE PERFORMED BY AN ADULT. Two or more adults are required for assembly of the Folding Wall Rack.

ETHOS REQUIRES THAT THIS UNIT BE BOLTED TO WOOD STUDS TO PREVENT ROCKING OR TIPPING DURING USE.

NEVER mount the unit to dry wall or a surface that cannot support the unit. Failure to bolt the unit to wood studs can result in serious injury or death or damage to the equipment. A licensed professional is required for installation.

Refer to the illustrations to ensure that all parts are oriented correctly. Check all hardware by placing them against the real size drawing on the "Bolts & Washers Size Chart" on page 5.

HAND TIGHTEN ALL BOLTS INITIALLY UNTIL THE UNIT IS COMPLETELY ASSEMBLED. Over tightening will cause metal to crimp, **DO NOT** over-tighten.

All plastic end caps and plugs and logo badge have been assembled on the unit prior to shipment. They are shown on the assembly drawings for reference in the event replacement parts are needed.

Step 1 (See Diagrams 1 and 2)

- a) Two adults are required to assemble this item.
- b) Drill 16 pilot holes 2.75" deep into wood stud wall per Diagram 1. Make sure the holes are at the same level per Diagram 1.
- c) Attach two Stringers (1) and (2) to wood stud wall using sixteen Wood Lag Screw (20), sixteen washers (23) per Diagram 1. The Stringers (1) and (2) should be flush to the wall with no movement or play in any of the hardware. Hardware should be evenly spaced so from center.

⚠ WARNING

ETHOS REQUIRES THAT PILOT HOLES BE DRILLED INTO WOOD STUDS. Failure to do so can result in serious injury or death or damage to the equipment. A licensed professional is required for installation.

NOTE: Any customers attempting to secure the Stringers to a wall construction other than wood studs will be responsible for acquiring the correct hardware.

NOTE: Wood studs are commonly 16" apart. The inner two pilot holes need to be at least 14 ³/₁₆" apart.

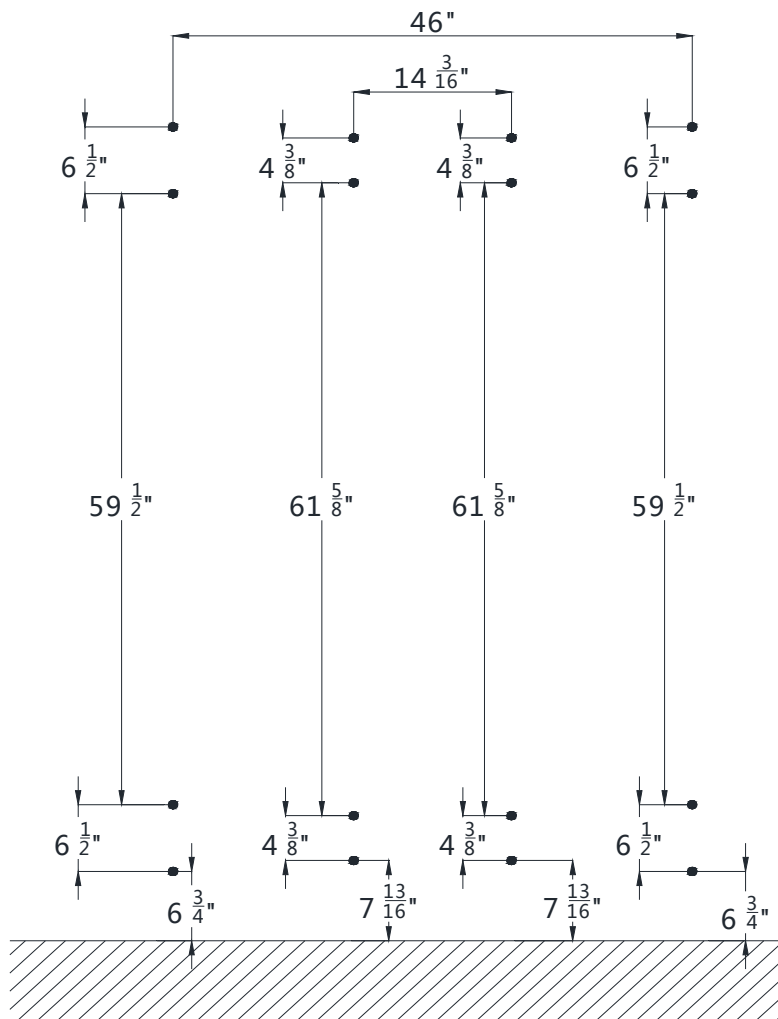


Diagram 1

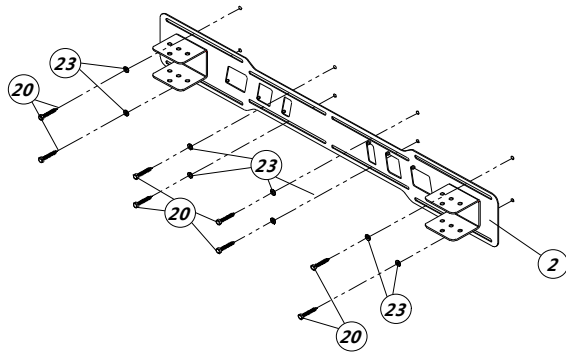
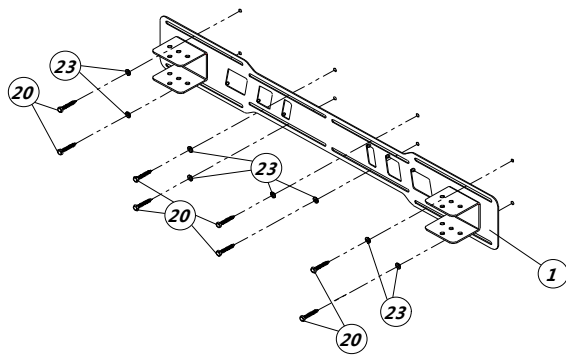
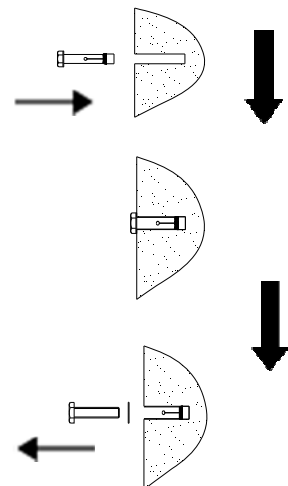
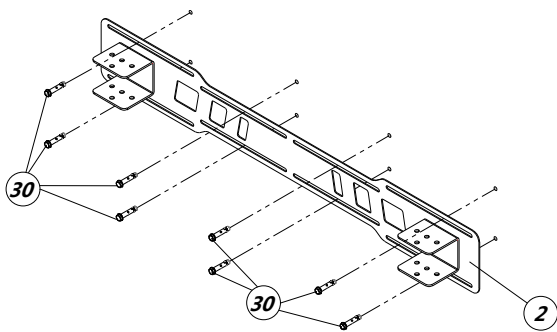
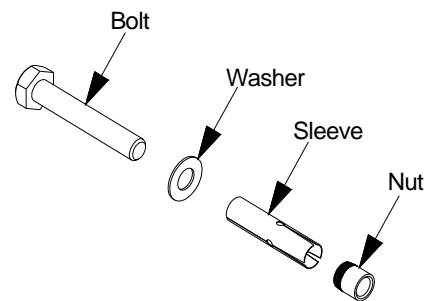
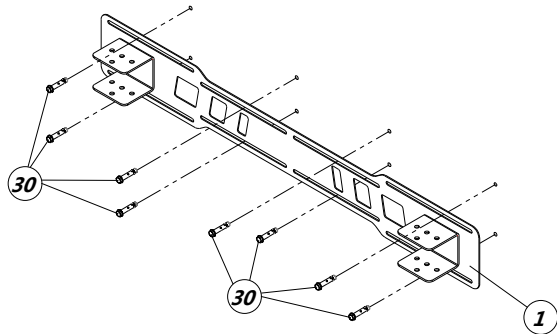


Diagram 2



Step 2 (See Diagram 3)

- Attach one left Support Tube (3) to Upper Stringer (1) using one Hex Head Bolt (16), three Washers (22) and one Hex Head Nut (28).
- Insert one Support Tube Lock Pin (8) through Upper Stringer (1) and Support Tube (3).
- Repeat Steps a) and b) for remaining three Support Tubes (3).

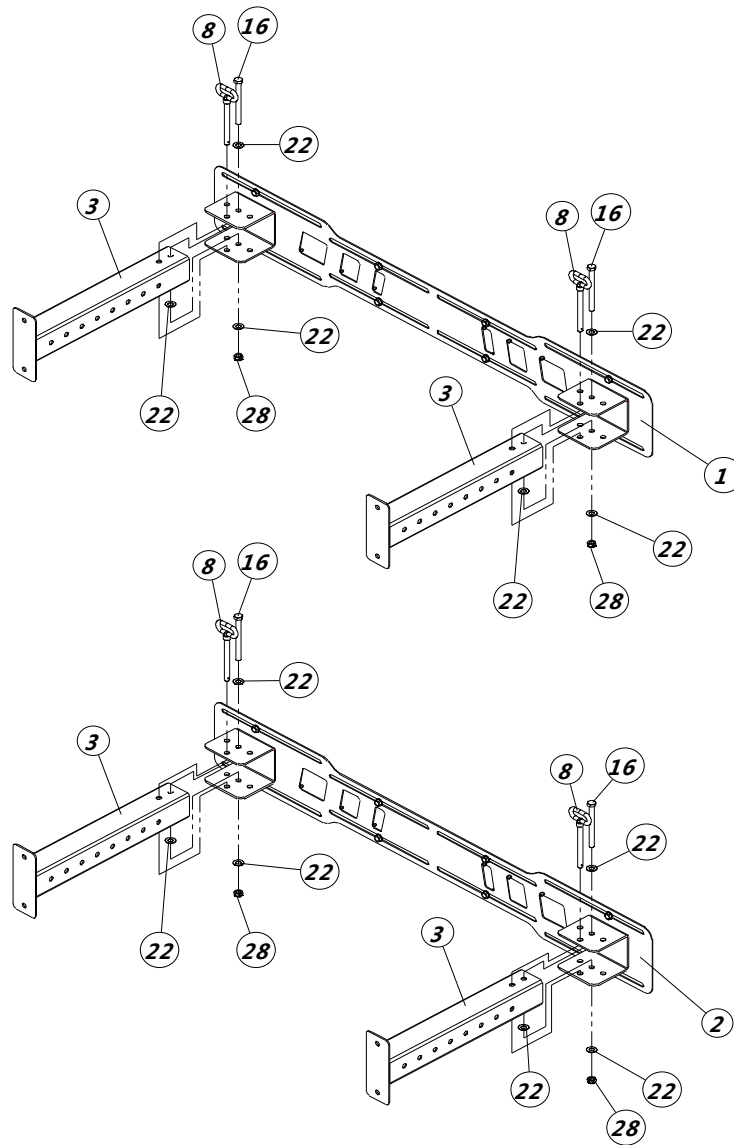


Diagram 3

Step 3 (See Diagram 4)

- a) Attach left Upright (4) to two Support Tube (3) using four Hex Head Bolts (17), eight Washers (22) and four Hex Head Nuts (28).
- b) Repeat step a) for right Upright (4).

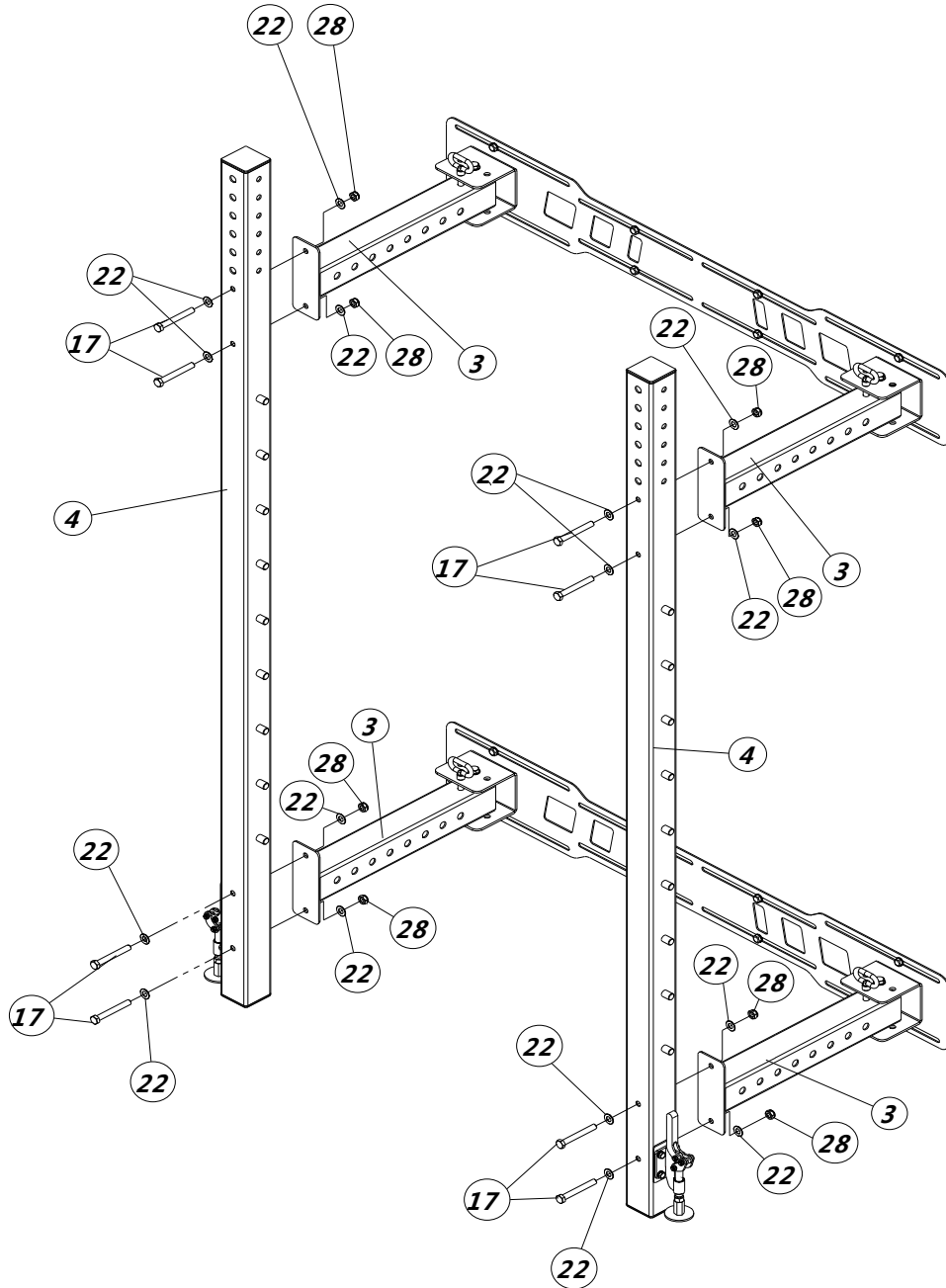


Diagram 4

Step 4 (See Diagram 5)

- a) Attach two Pull Up Bar Fix Pins (12) to Pull Up Bar (5) using two Philips Screws (21), two Flat Washers (25), and two Spring Washers (27).
- b) Attach Pull Up Bar (5) to left and right Upright (4) using two T Shaped Pull Pins (9), two Pull Up Bar Lock Pins (10), and two D Shaped Lock Pins (11) per Diagram 5.
- c) Attach both J-Hooks (6) to the left and right Upright (4) per Diagram 5.
- d) Attach both Safety Spotter Arm (31) to the left and right Upright (4) per Diagram 5

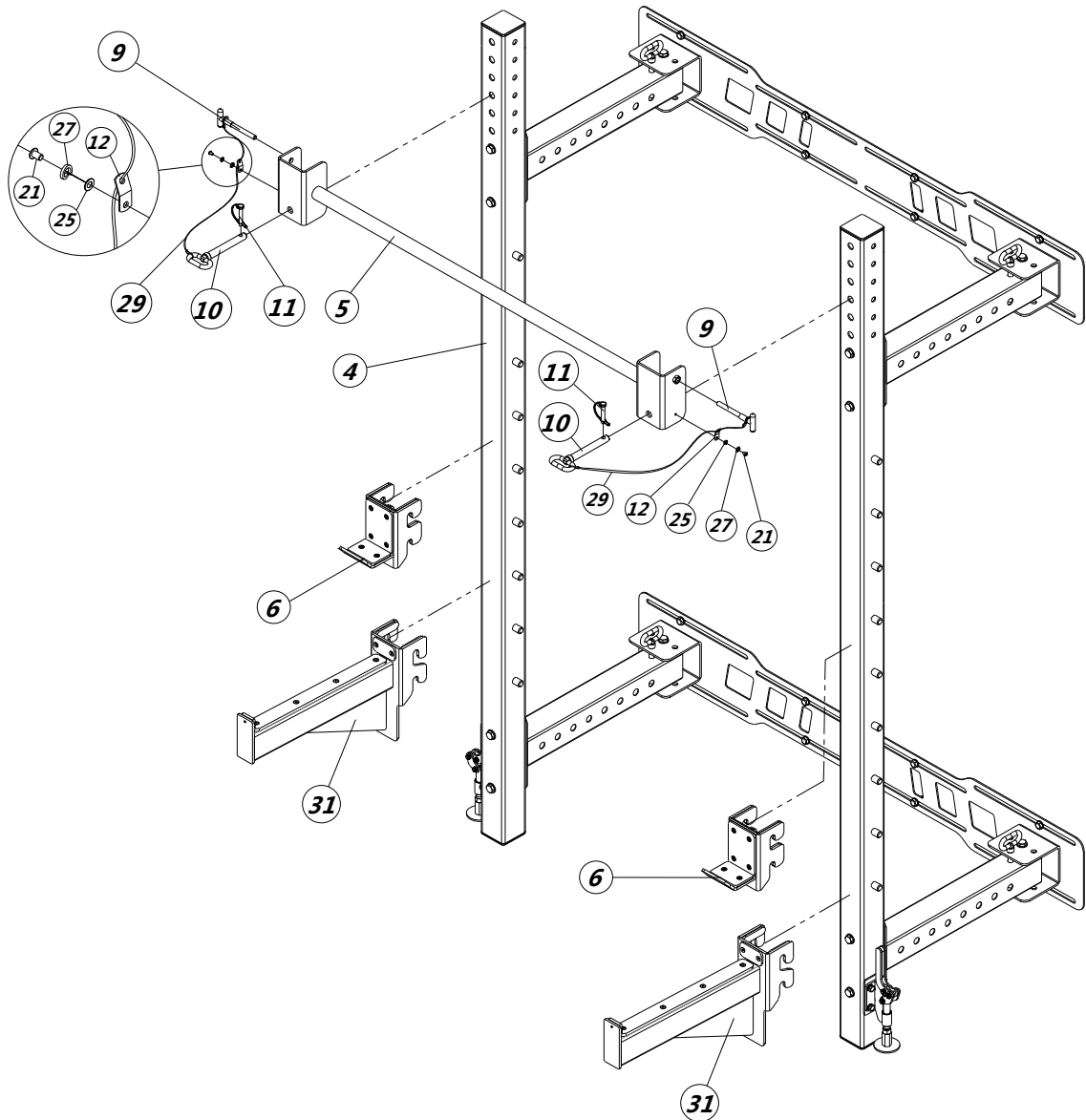


Diagram 5

Step 5 (See Diagram 6)

- Clamp down the Clamp (7) to the ground per Diagram 6.
- Check the assembly against illustrations and tighten all nuts, bolts, pins, and clamp securely prior to use.

NOTE: Two height adjustment options on J-Hooks (6) and Safety Spotter Arm (31) are shown in Diagram 6.

WARNING

Ensure both clamps are securely locked down during use.

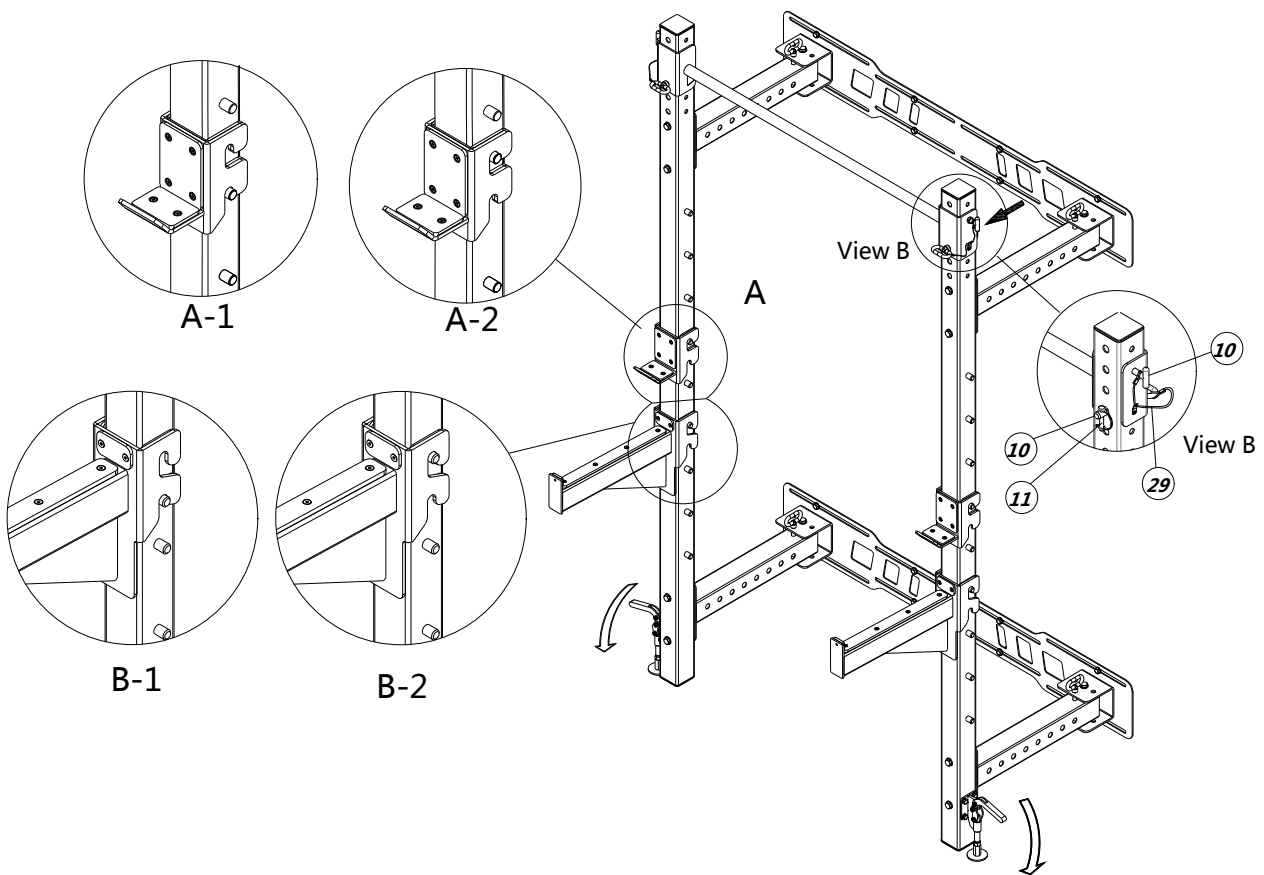


Diagram 6

FOLDING INSTRUCTIONS

Step 6 (see Diagram 7)

- Detach Pull Up Bar (5) from left and right Upright (4) per Diagram 7.
- Detach both J-Hooks (6) from left and right Upright (4).
- Release two Clamps (7) and pull out two Support Tube Lock Pins (8) per Diagram 7.

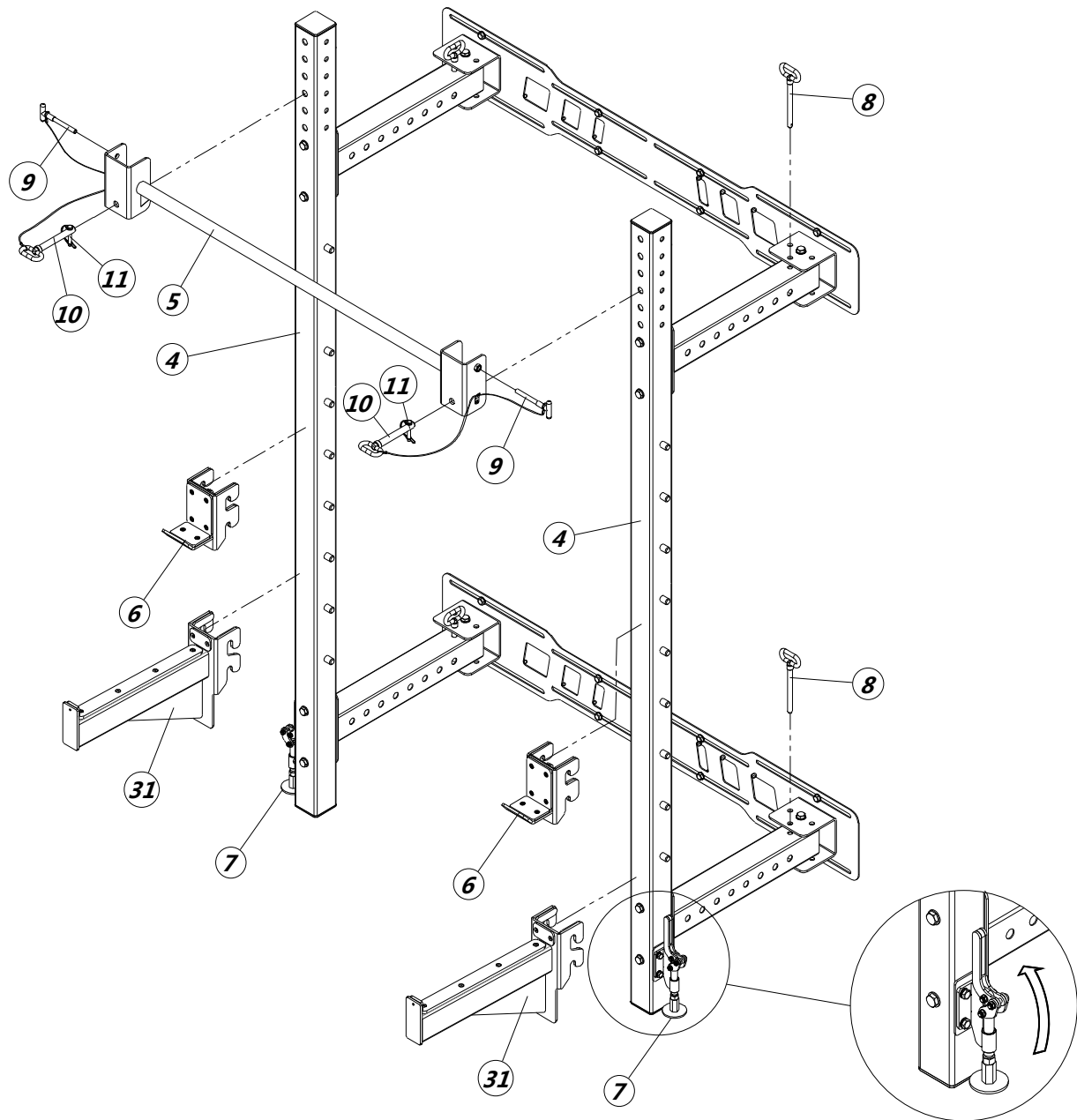


Diagram 7

Release

Step 7 (See Diagram 8 and 9)

- Attach Pull Up Bar (5) to Support Tube (3) using one Pull Up Bar Lock Pin (10).
- Attach both J-Hooks (6) to left and right Upright (4) in position as shown in Diagram 8. Make sure they are NOT at the same level.
- Fold right Upright (4) inside.
- Put two Support Tube Lock Pins (8) in place as shown in Diagram 8.
- Pull out two left Support Tube Lock Pins (8) and repeat step c) and d) to the left side as shown per Diagram 9.

If you find the rack is unable to close, double check the pilot hole position against Diagram 1 and make sure pilot holes are level with ground.

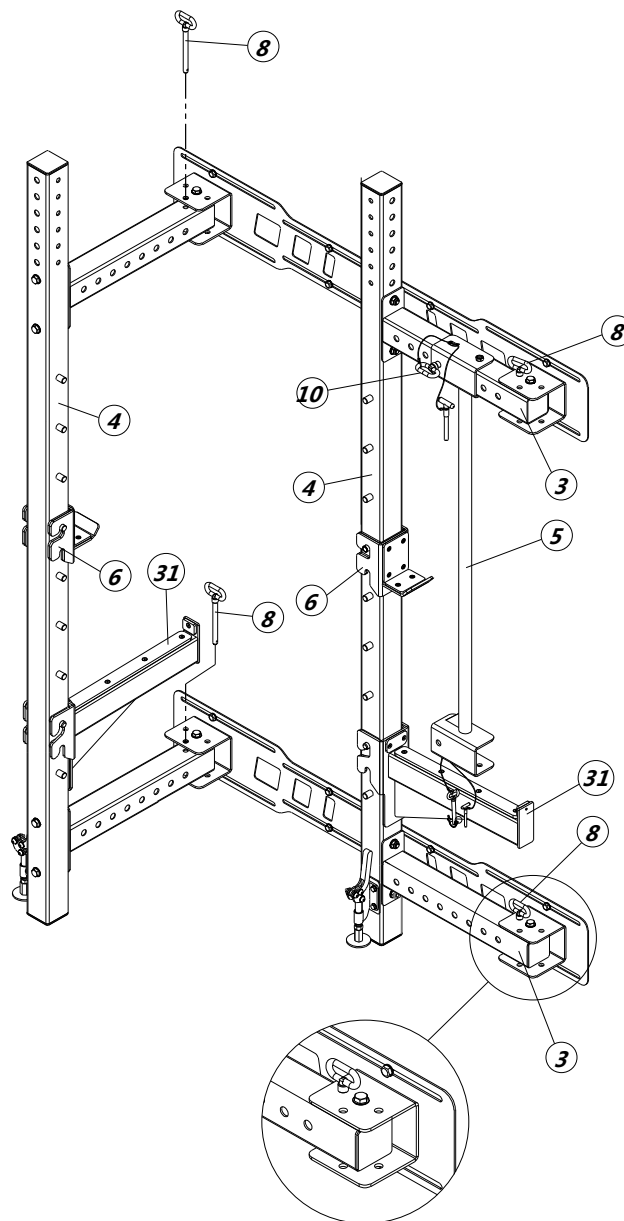


Diagram 8

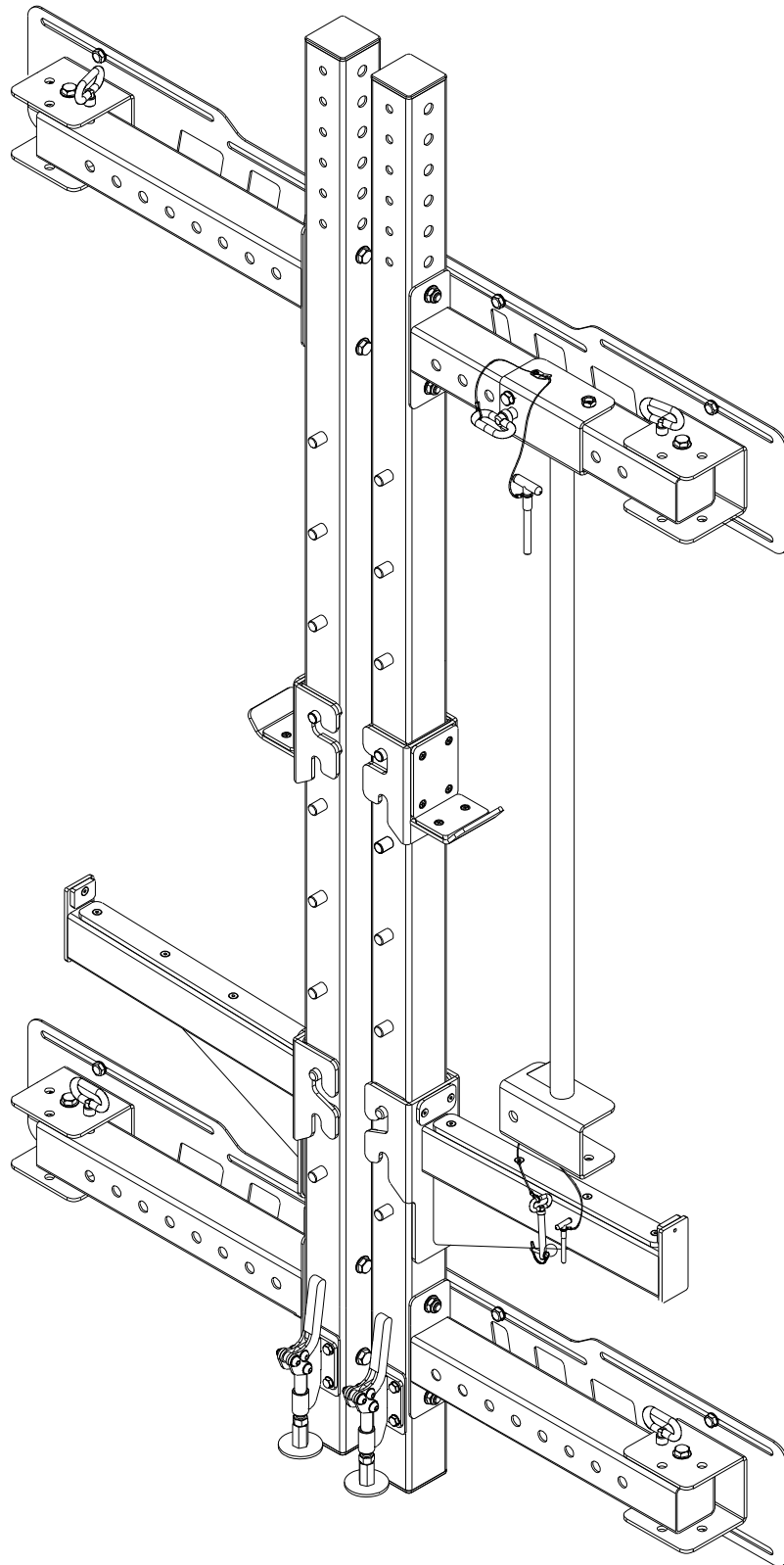


Diagram 9

FOLDING INSTRUCTIONS

Step 8 (See Diagram 10)

- a) Detach two Support Tube Lock Pin (8) per Diagram 10.
- b) Open the left Upright (4) per Diagram 10.

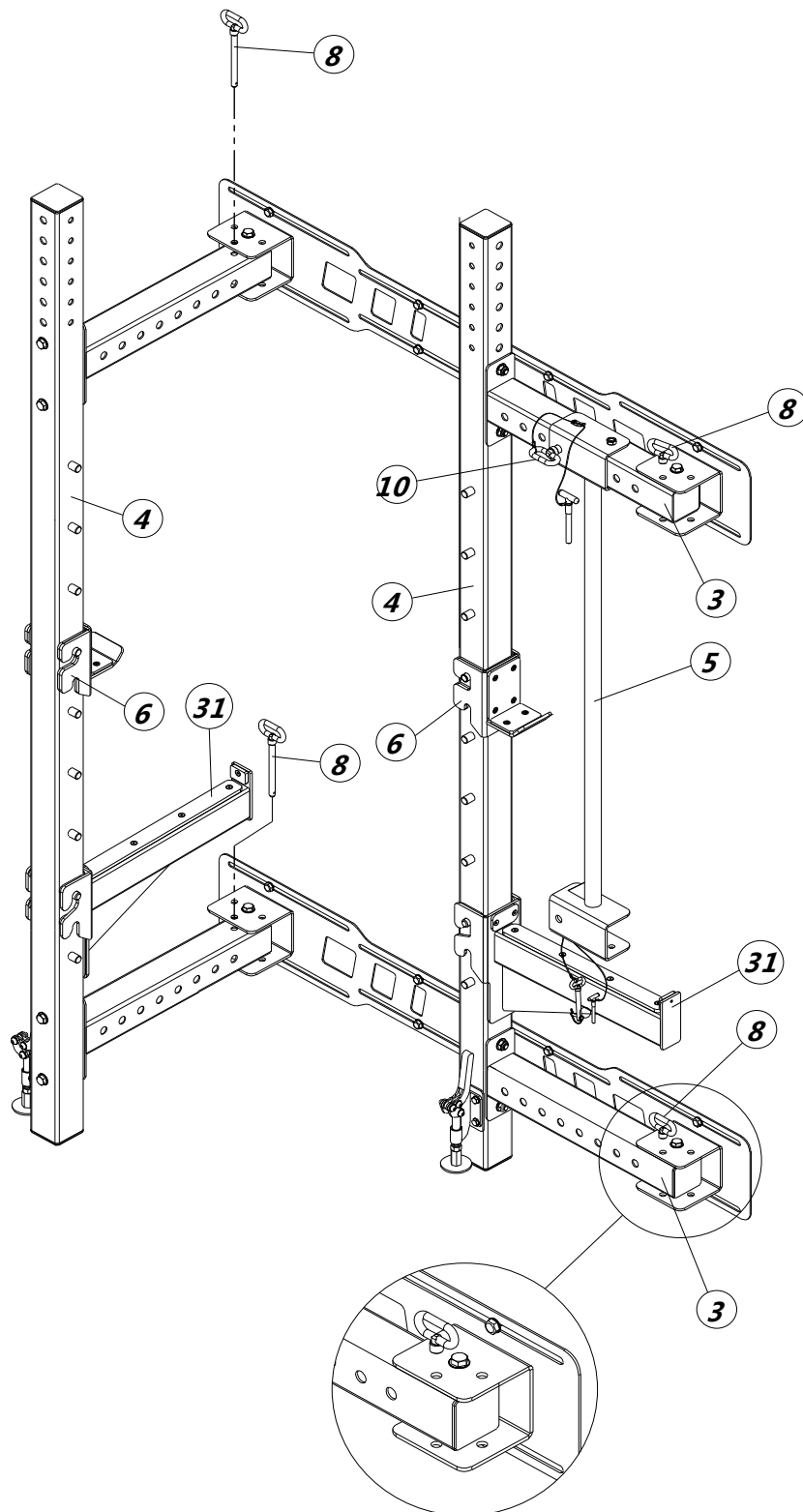


Diagram 10

Step 9 (See Diagram 11)

- a) Repeat Step 8 to the open the right upright (4).
- b) Attach Pull Up Bar (5) to left and right Upright (4) using two T Shaped Pull Pins (9), two Pull Up Bar Lock Pins (10) and two D Shaped Lock Pins (11).
- c) Attach both J-Hooks (6) and both Spotter Arm (31) to the left and right Upright (4).
- d) Clamp down the Clamp (7) to the ground per Diagram 11.

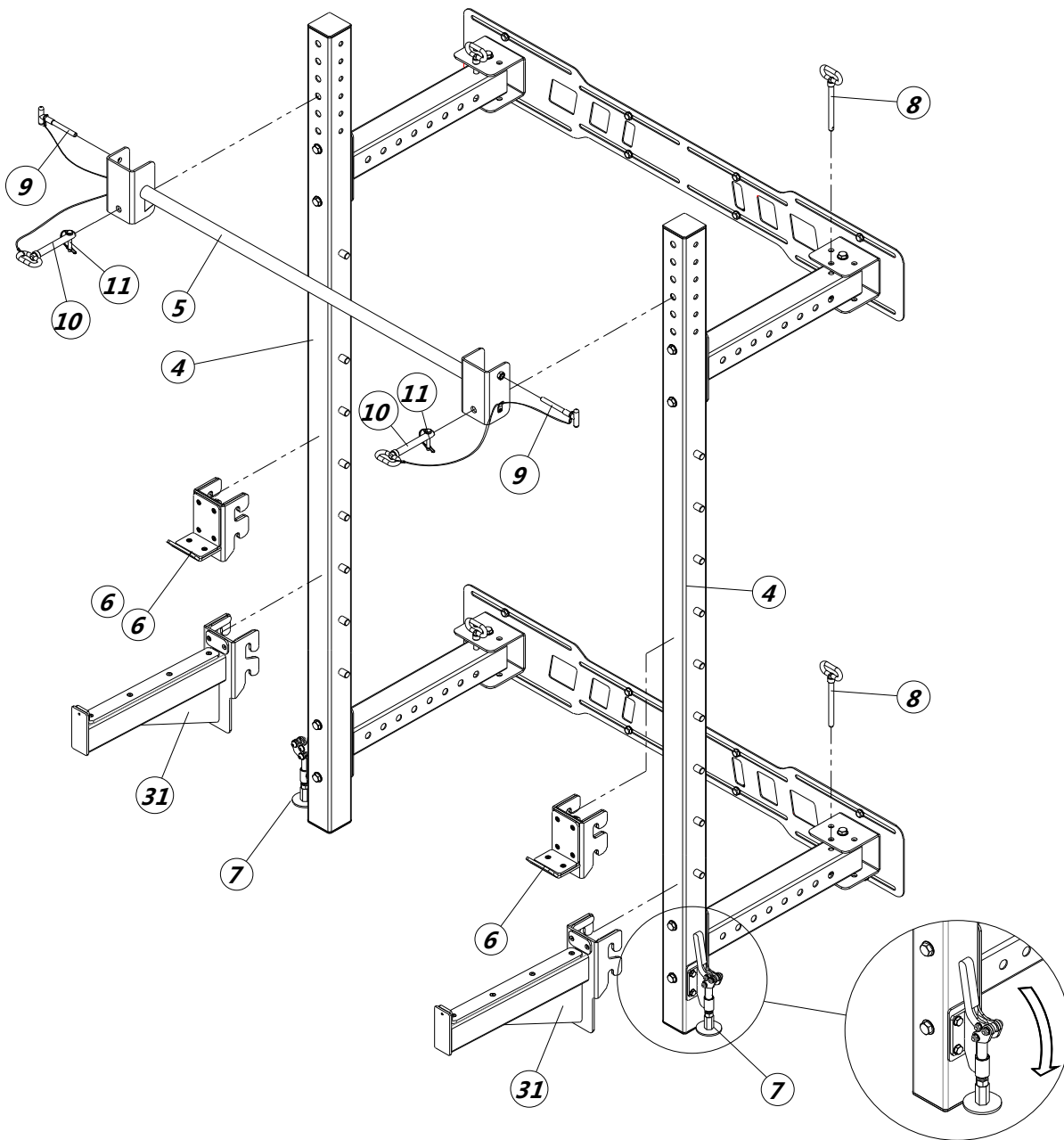


Diagram 11

NOTE: Two height adjustment options on J-Hooks (6) and Safety Spotter Arms (31) are shown below in Diagram 12.

NOTE: The clamp is adjustable. Make sure both clamps are securely locked down by adjusting nut (a) and (b) to proper position per Diagram 12.

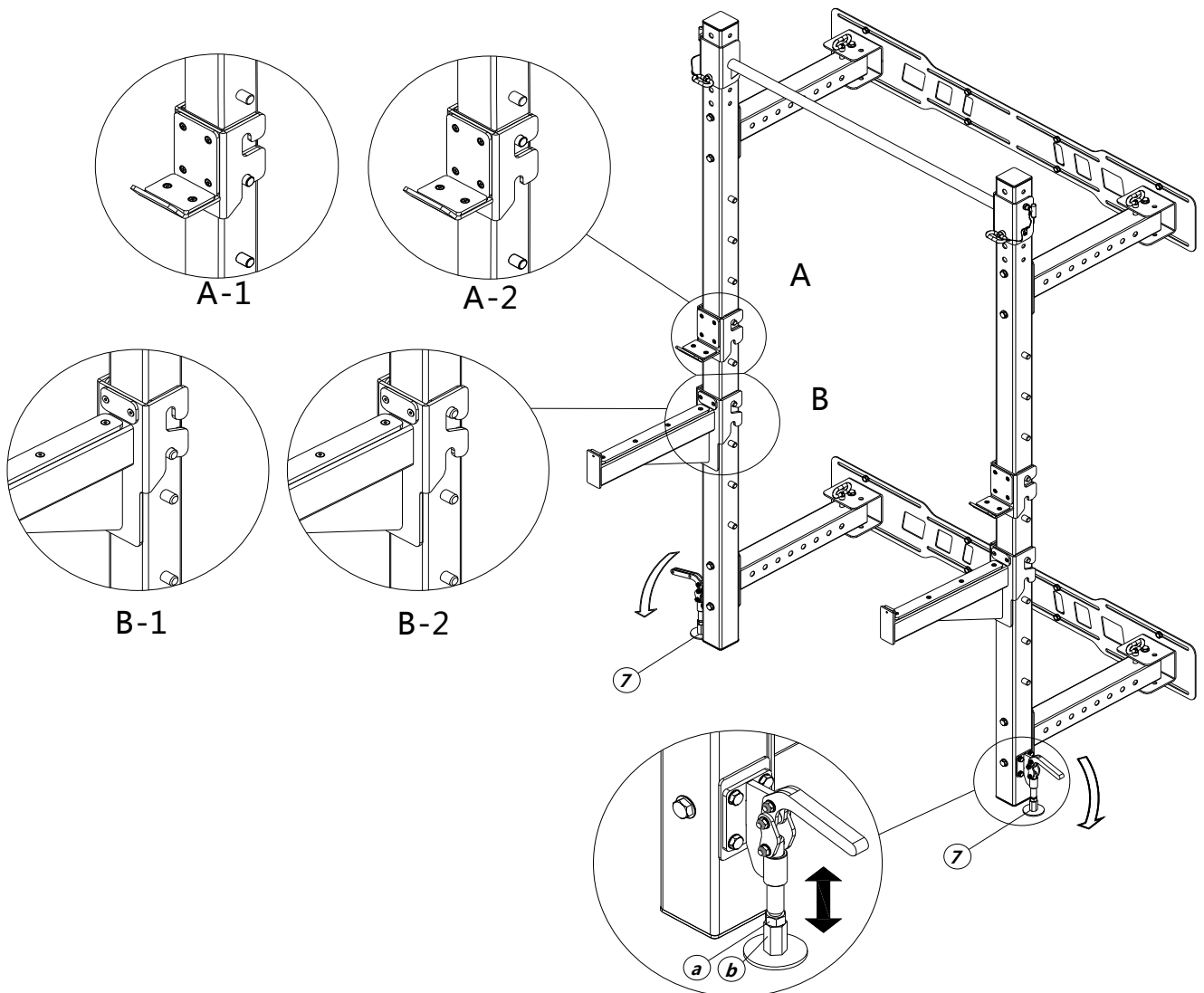
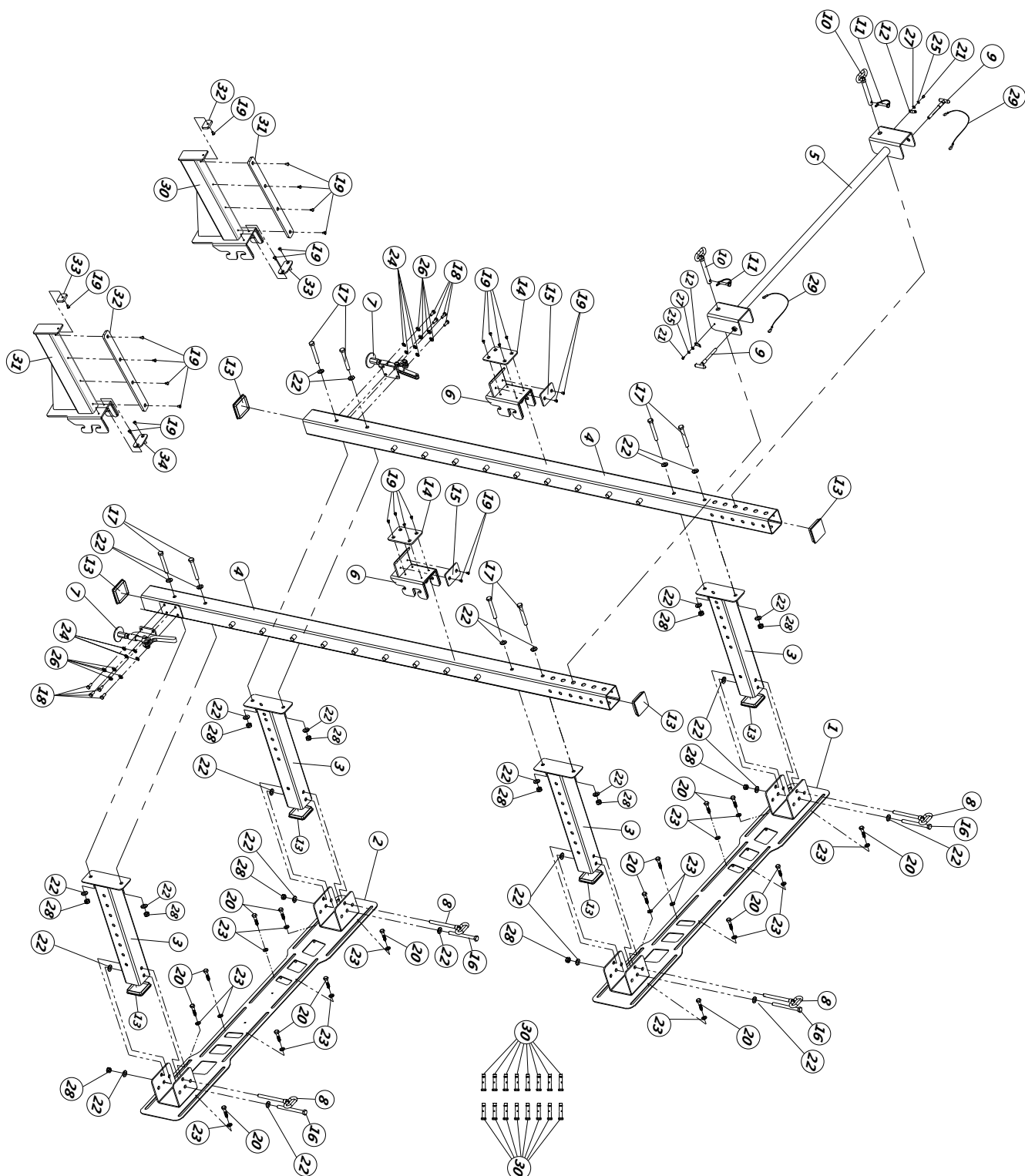


Diagram 12

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

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.