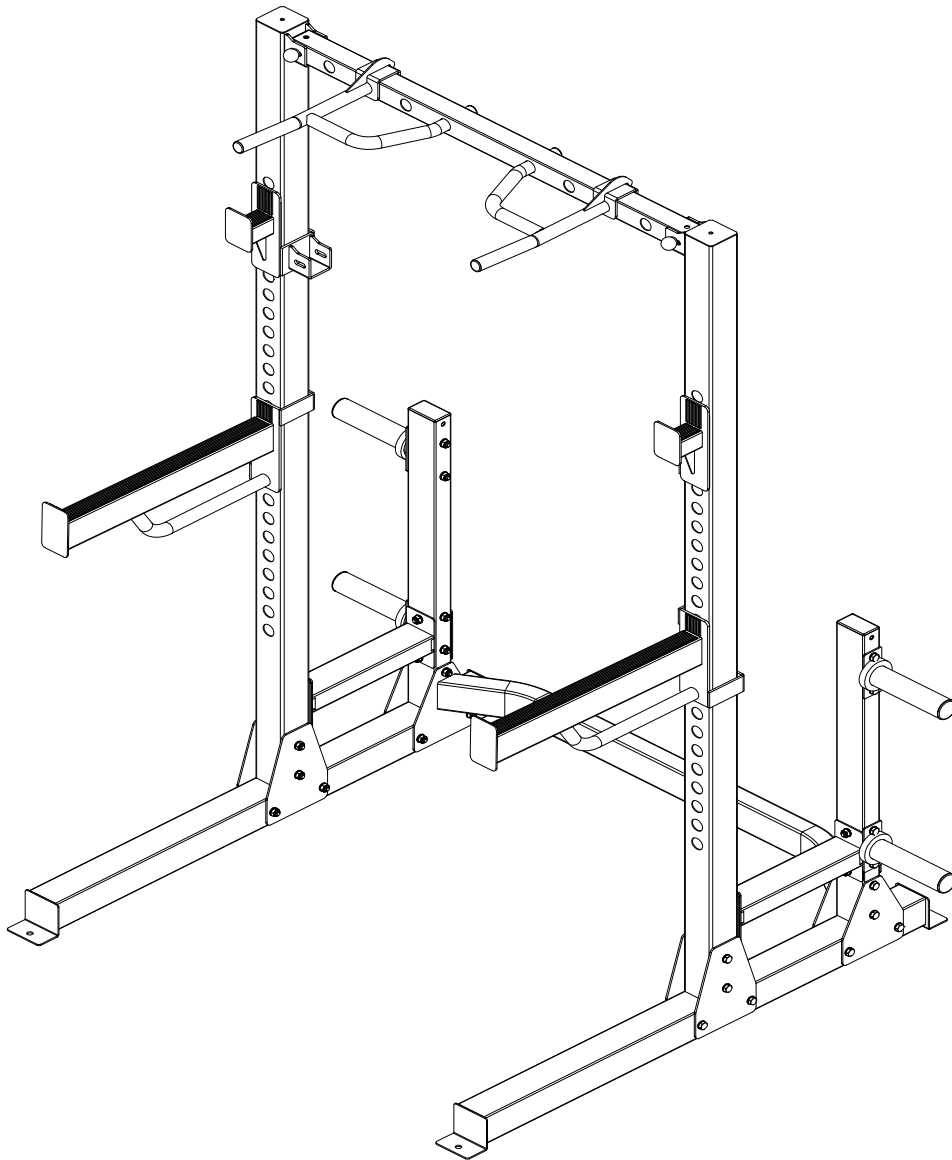


ETHE300

ETHOS HALF 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
WARNING LABEL PLACEMENT	4
PARTS LIST	5
HARDWARE PACK	6
ASSEMBLY INSTRUCTIONS	7-10
EXPLODED DIAGRAM	11
WARRANTY	12

BEFORE YOU BEGIN

Thank you for selecting the ETHOS Half 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



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.**

This machine is designed and intended for home and consumer use only, not for commercial use.

⚠ WARNING

1. **CONSULT WITH YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM.**
2. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. This equipment is **NOT FOR USE BY CHILDREN UNDER AGE 14.** Do not leave children and pets unsupervised. Keep children and pets away from the area when in use.
4. **DO NOT** hang anything from Half Rack Frame Components or bars, including heavy bags or suspension devices. Extra weight can cause the Half Rack Frame to fall causing serious injury.
5. **NEVER** swing from Half Rack Frame Components or bars.
6. **NEVER** hang upside down or inverted from Frame Components or bars.
7. Use **ONLY** the accessories that accompany this product.
8. Use the numbering system on the Half Rack Upright Components to ensure the Spotting Arms are level. **ALWAYS** install Spotter Arms at same height on both sides.
9. Ensure the Spotter Arms side labelled as INSIDE faces the frame interior.
10. **Keep hands away from all moving parts.**
11. Ensure locking nuts are installed properly prior to use of this equipment. Failure to install locking nuts may lead to equipment damage or failure.
12. Only one person at a time should use the equipment.
13. Position the equipment on an obstruction free, level surface. DO NOT use the equipment near water or outdoors. Corrosion caused by installation in these locations can lead to premature failure of components.
14. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment. Running or aerobic shoes are required when using the equipment.
15. DO NOT use attachments not recommended by the manufacturer.
16. Incorrect or excessive exercise may lead to injury
17. Do not place any sharp objects around the equipment.
18. Before using the equipment, always stretch properly to warm up.
19. Never operate the equipment if the equipment is not functioning properly.
20. Always exercise with an experienced spotter.
21. Use the equipment only for its intended use as described in this manual.

Instructions:

1. Set the Safety Spotters just below (1-2 inches) the lowest point of the exercise being performed.
2. Always start with weight bar on the Bar Holders.
3. Do not drop weight or weight bar on Safety Spotters.
4. Use numbers on the Half Rack frame to install Safety Spotters at same level.

**IMPORTANT! CARE AND MAINTENANCE**

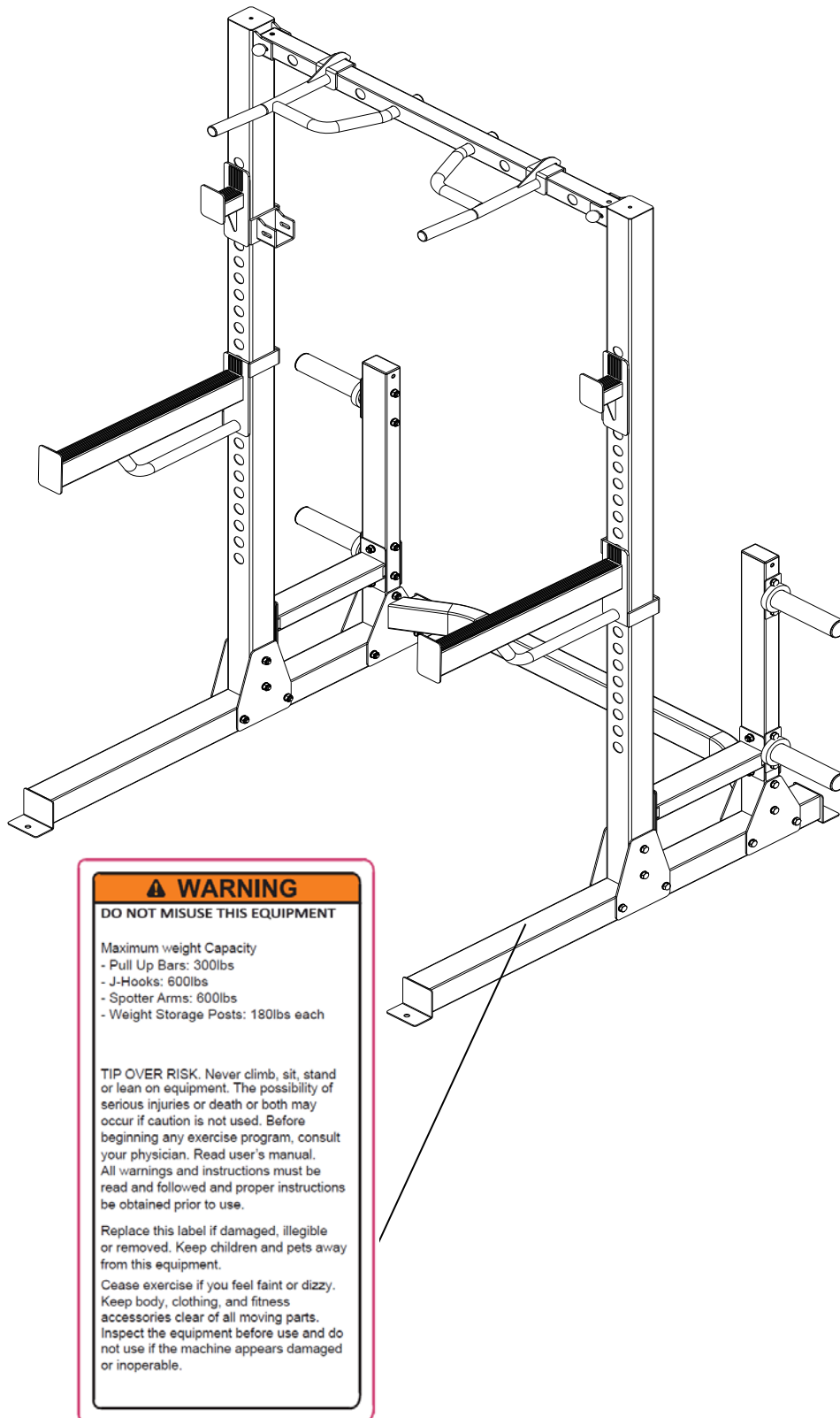
1. Inspect equipment regularly for signs of wear or failure and tighten all parts before using the equipment. DO NOT over tighten. If parts are worn or damaged, DO NOT use. Contact Customer Service for replacement parts.
2. If the equipment is making any abnormal sounds that may indicate structural fatigue (e.g. cracking), stop use immediately and have the equipment inspected by a professional.
3. **Failure to examine regularly may affect the safety level of the equipment.**
4. Periodically Lubricate moving parts with WD-40 or light oil.
5. The 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: 300lbs
 - J-Hooks: 600lbs
 - Spotter Arms: 600lbs
 - Weight Storage Posts: 180lbs each
7. Assembled Dimension: 51.7" L x 65.2" W x 85" H

⚠ 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. DO NOT USE IF DAMAGED OR MISSING PARTS.

SAVE THESE INSTRUCTIONS.

WARNING LABEL PLACEMENT



The warning labels shown here have been placed on the Frame Base. 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.

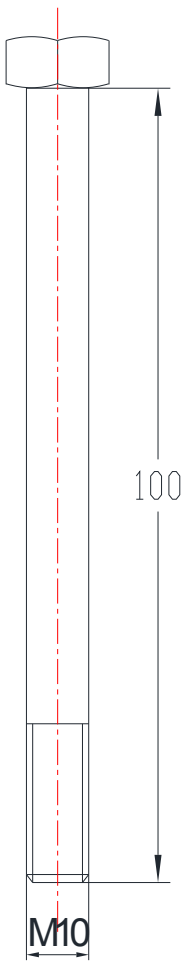
ETHOS HALF RACK PARTS LIST

Part #	Description	Qty	Remark
1	Right/Left Base Frame	2	
2	Rear Base Frame	1	
3	Left Front Upright	1	
4	Right Front Upright	1	
5	Rear Support Frame	2	
6	Left/Right Upper Frame	2	
7	Olympic Plate Storage	4	
8	Left Safety Spotter	1	
9	Right Safety Spotter	1	
10	Left Bar Hook	1	
11	Right Bar Hook	1	
12	Adjustable Cross Frame	1	
13	Left Pull-up Handle	1	
14	Right Pull-up Handle	1	
15	Front Support Plate	4	
16	Rear Support Plate	2	
17	Bottom Connection Plate	2	
18	Washer M10	58	
19	Hex Head Nut M10	26	
20	Hex Head Bolt M10*100	16	
21	Hex Head Bolt M10*20	4	
22	Hex Head Bolt M10*65	4	
23	Hex Head Bolt M10*95	8	
24	Round Rubber Pad (φ80mm)	4	
25	Round Inner Plug (φ48mm)	4	Pre-assembled
26	Round Inner Plug (φ28mm)	4	Pre-assembled
27	Square Inner Plug (75*45mm)	2	Pre-assembled
28	Square Rubber Pad	2	Pre-assembled
29	Square Inner Plug (50*50mm)	2	Pre-assembled
30	Philips Head Metal Screw (4.2*20mm)	4	Pre-assembled
31	Spring Washer M10	4	
32	Lock Pin	2	

HARDWARE PACK

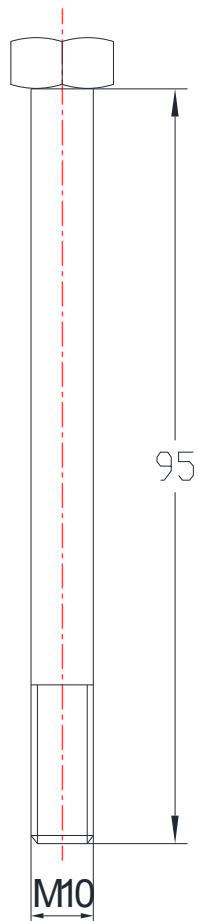
#20

Qty:16



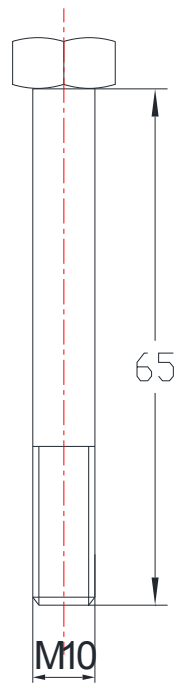
#23

Qty:8



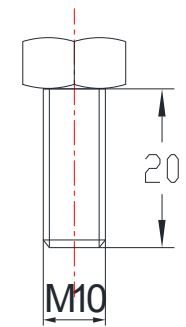
#22

Qty:4



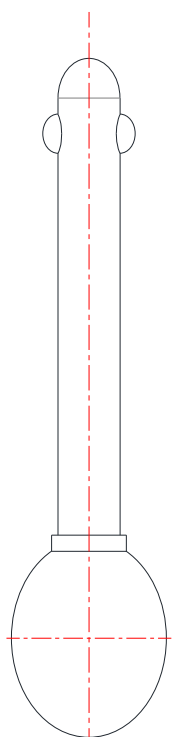
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Qty:4



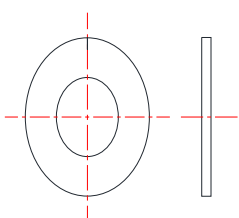
#32

Qty:2



#18

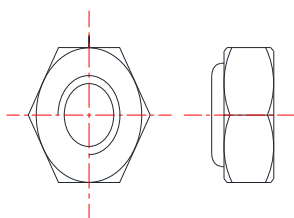
Qty:58



10/20mm

#19

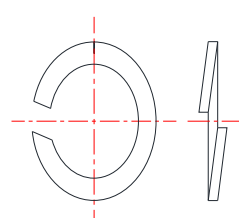
Qty:26



M10

#31

Qty:4



10/20mm

ASSEMBLY INSTRUCTIONS

⚠ 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.

- A flat area of 6' x 6' will be required to properly assemble the Half Rack.
- The following tools will be required to complete the assembly of the Half Rack:
 - 14-17mm Box wrench

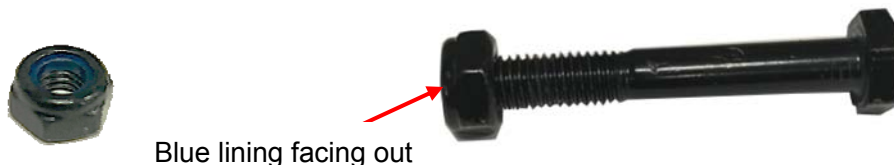
All plastic end caps and plugs have been assembled on the unit prior to shipment. They are shown on the assembly drawing for reference in the event replacement parts are needed.

⚠ CAUTION! It is required that this equipment be assembled and moved by two or more people to avoid possible injury.

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 real size drawing on the “Bolts & Washers Size Chart”. Over tightening will cause metal to crimp, do not over tighten.

STEP 1 (See Diagram 1)

- a) Make sure there are two adults to assemble this item.
- b) 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.



- c) Attach the Rear Base Frame (2) and the Rear Support Frame (5) to the Left Base Frame (1) using four Hex Head Bolts (20), seven Washers (18), three Hex Head Nuts (19) and one Rear Support Plate (16). Make sure that the shape of the Rear Support Plate (16) matches the shape of the plate on the Rear Base Frame (2).
- d) Repeat step b) for the right side.
- e) Attach Left Front Upright (3) to the Left Base Frame (1) using four Hex Head Bolts (20), eight Washers (18), four Hex Head Nuts (19) and two Front Support Plates (15).
- f) Attach Left Upper Frame (6) to the Rear Support Frame (5), Left Front Upright (3) and Bottom Connection Plate (17) using two Hex Head Bolts (21), two Hex Head Bolts (22), six Washers (18), two Spring Washers (31) and two Hex Head Nuts (19).
- g) Repeat step d) and e) for the right side.
- h) Attach Adjustable Cross Frame (12) to the “U” shaped bracket on top of the Left Front Upright (3) and Right Front Upright (4) using two Lock Pins (32).
- i) Attach Olympic Plate Storage (7) to Rear Support Frame (5) using four Hex Head Bolts (23), eight Washers (18) and four Hex Head Nuts (19).
- j) Attach Round Rubber Pad (24) to Olympic Plate Storage (7).
- k) Repeat step h) and i) for the remaining five Olympic Plate Storages (7).

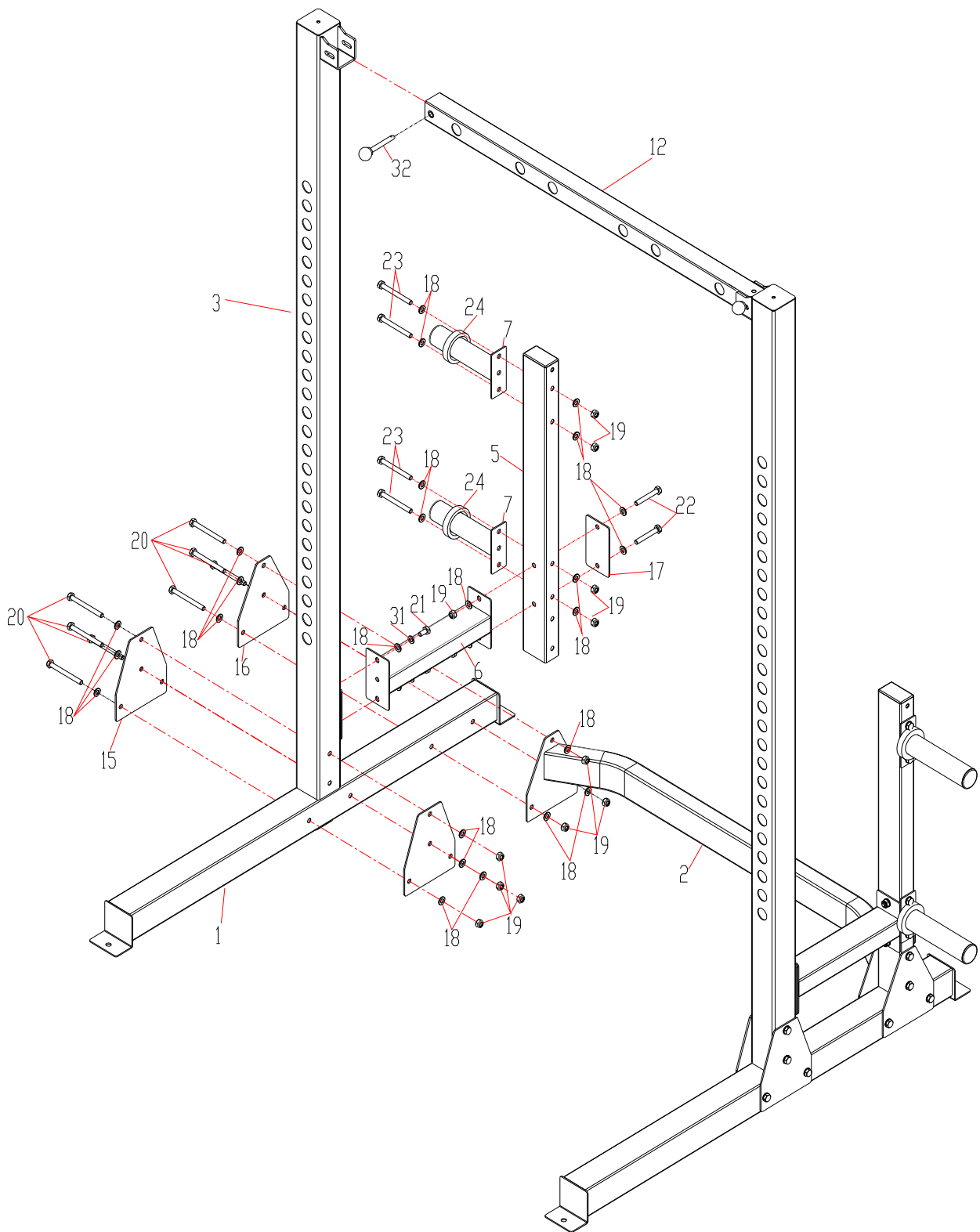


Diagram 1. Main Frame Assembly

Step 2 (See Diagram 2)

- a) Insert Left Pull-up Handle (13) and the Right Pull-up Handle (14) to Adjustable Cross Frame (12).

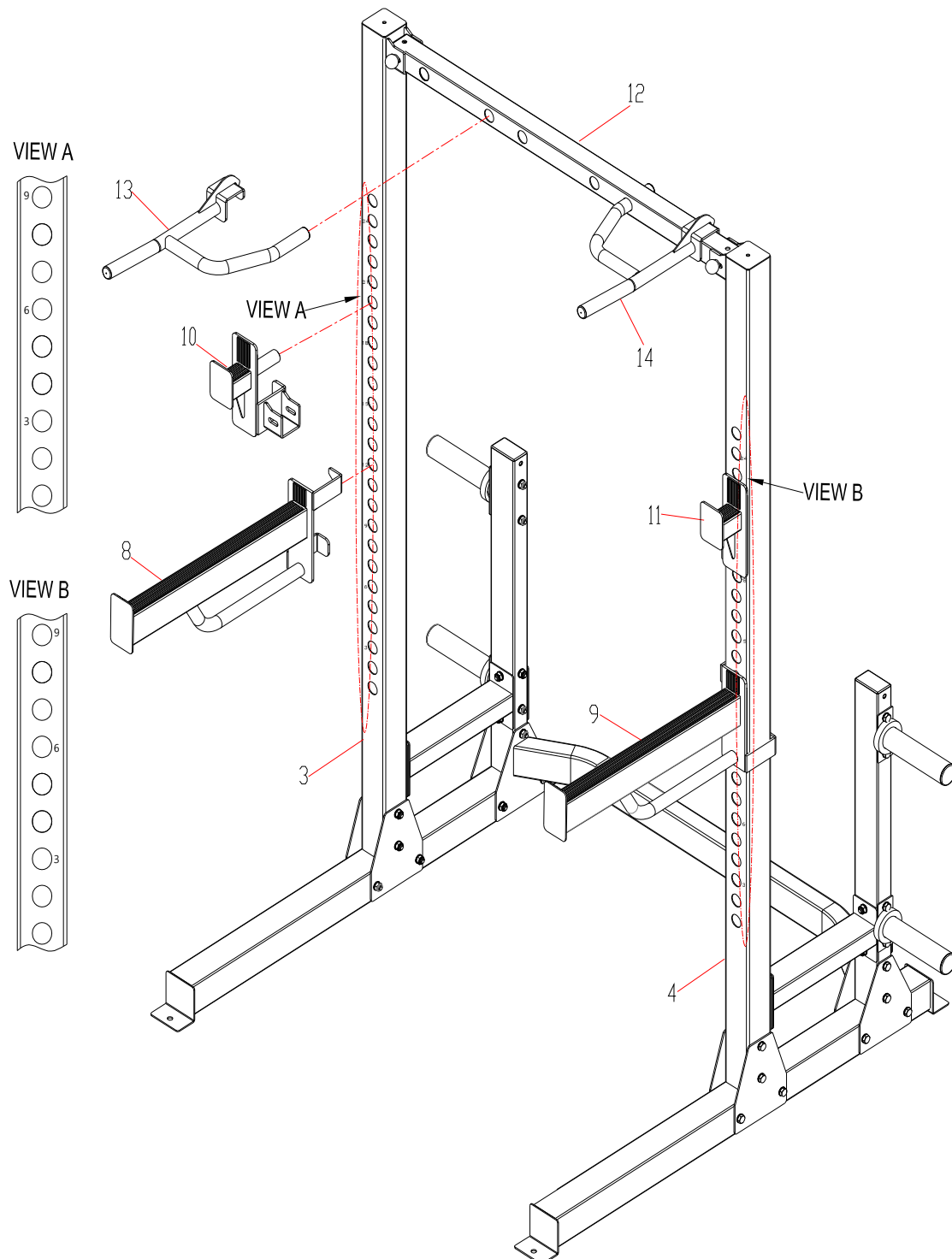


Diagram 2. Attachment Assembly

Step 3

- Check the final assembly against illustrations and tighten all nuts and bolts securely.
- Attach Safety Spotters (8 and 9) and Bar Holders (10 and 11) onto the assembled frame per Diagram 2. Ensure the side labeled as **INSIDE** is facing the frame interior.

Pull up and Dip option:

Adjustable Cross Frame (12) is adjustable from different pull-up and dip option per Diagram 3.

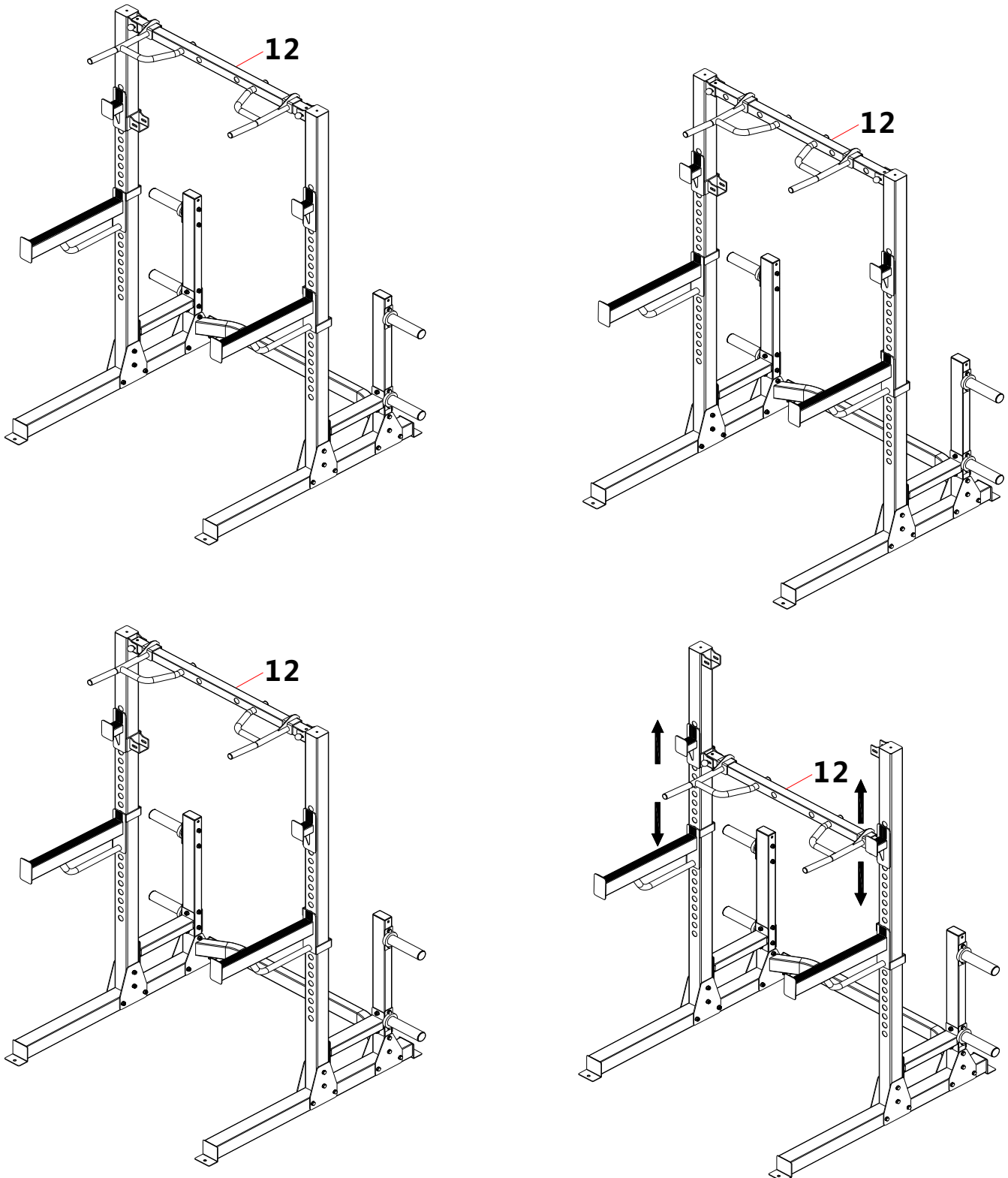
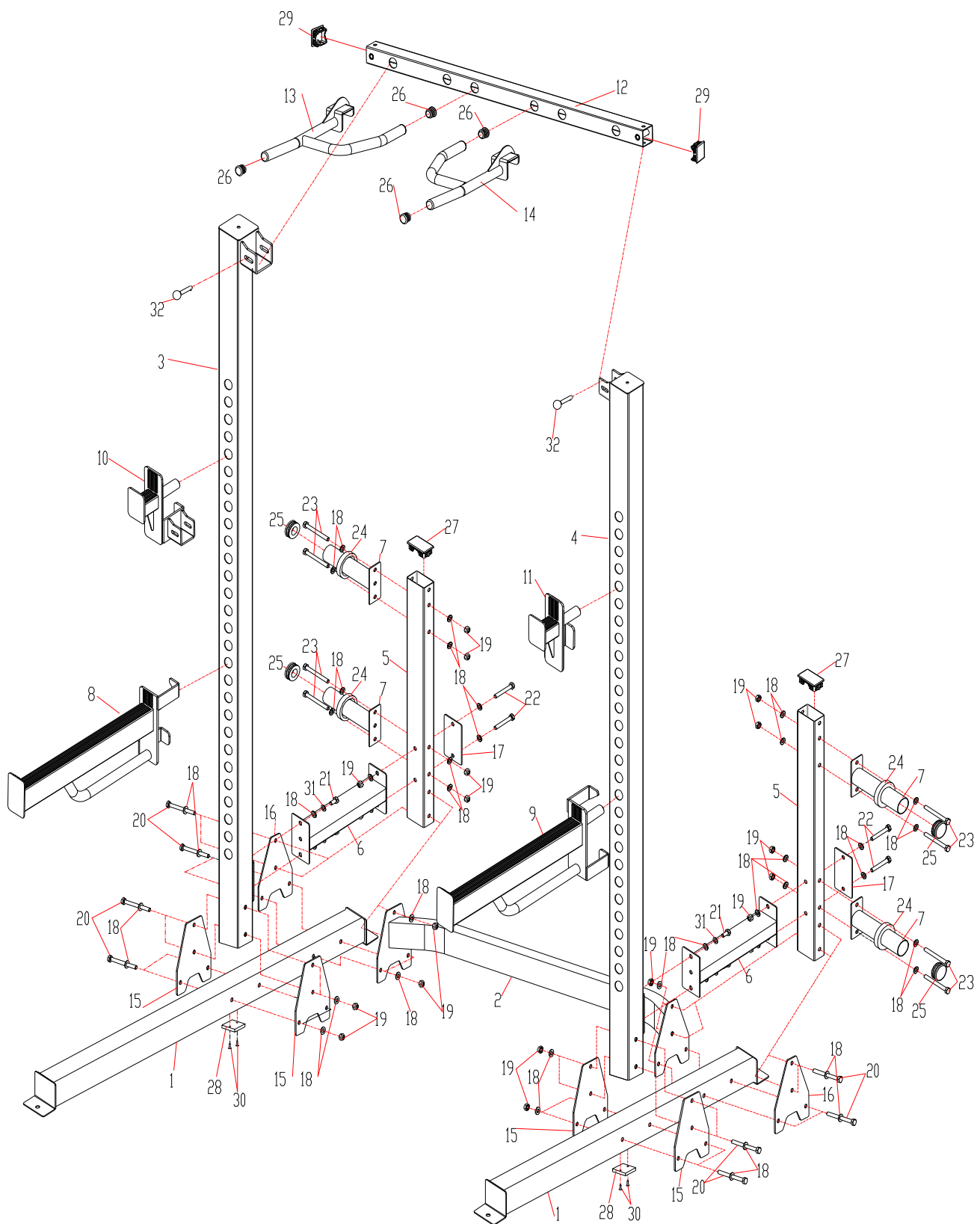


Diagram 3: Pull –up handle placement option and Adjustable Cross Frame

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.