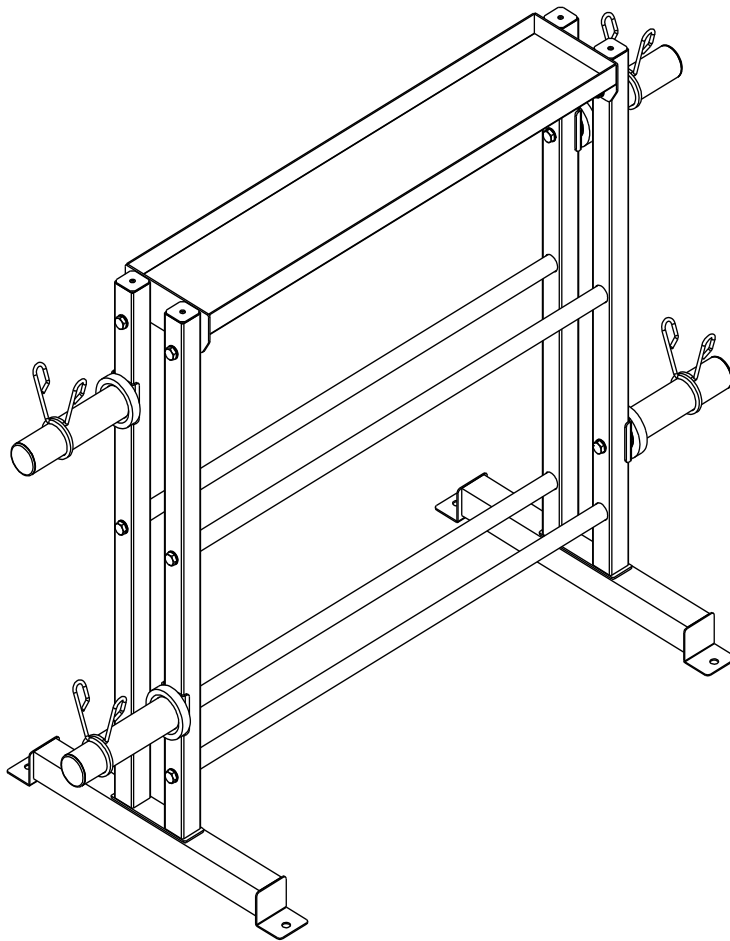


ETHE617

ETHOS STORAGE RACK OWNER'S MANUAL



**Tools Require:
Adjustable 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 STORAGE 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



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.**

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

WARNING

1. **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.
2. Always place the spring clip at the end of weight plate post when storing weights on the post.
3. **CONSULT WITH YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM.**
4. If you feel pain, dizziness or any other abnormal symptoms at any time while exercising, STOP immediately and consult your physician.
5. This rack is **NOT FOR USE BY CHILDREN UNDER AGE 14.** Keep children and pets away from the rack at all times. DO NOT leave children unattended in the same room with the rack.
6. **WARNING: Pinch Hazard: Exercise extreme caution while returning weights to the storage rack.**
7. Position the rack on an obstruction free, level surface.
8. For Indoor Use Only. DO NOT use the rack near water or outdoors. Corrosion caused by installation in these locations can lead to premature failure of components.
9. Use caution when placing and removing weights on rack to avoid injury. Keep hands away from all moving parts.
10. DO NOT use attachments not recommended by the manufacturer.
11. Do not place any sharp objects around the rack.
12. Never use if the unit is not functioning properly.
13. Use the rack only for its intended use as described in this manual.



IMPORTANT! CARE AND MAINTENANCE

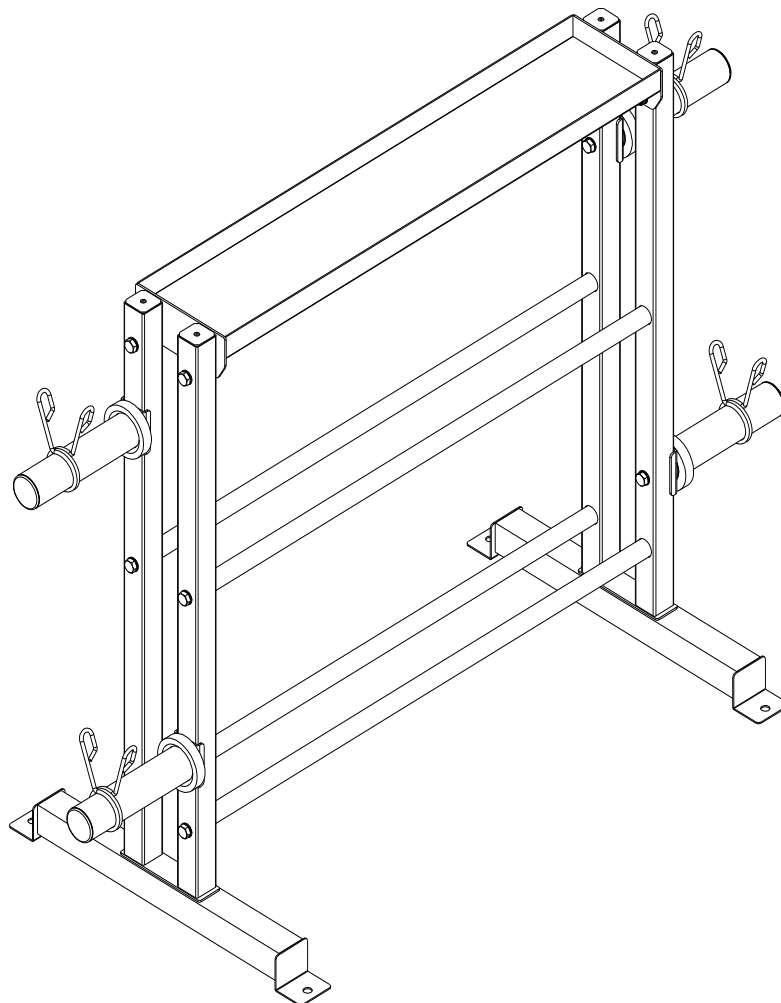
1. Inspect and tighten all parts before using the rack. DO NOT over tighten. If parts are worn or damaged, DO NOT use. Contact Customer Service for replacement parts.
2. If the bench is making any abnormal sounds that may indicate structural fatigue e.g. cracking, then stop use immediately and have the bench inspected by a professional.
3. **Failure to examine regularly may affect the safety level of the rack.**
4. The rack can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents or bleach. These can cause corrosion and lead to premature failure of the bench.
5. **DO NOT OVERLOAD OR EXCEED THE FOLLOWING LOADS:**
 - **Maximum weight load on top rack: 100lbs**
 - **Maximum weight load on each dumbbell rack (middle and bottom): 300lbs**
 - **Maximum weight on each weight plate post: 180lbs**
6. Assembled Dimension: 52.2" L x 22.2" W x 36.1" 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



⚠ WARNING

DO NOT MISUSE THIS EQUIPMENT

Maximum weight load on top rack:

100lbs

Maximum weight load on each

dumbbell rack (middle and bottom):

300lbs

Maximum weight on each weight

plate post: 180lbs

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

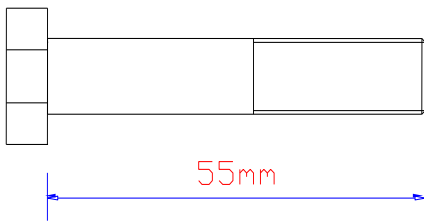
The warning labels shown here have been placed on the Base Frame. If the labels are missing or illegible, please call customer service at 1-877-846-9997 for replacements. Apply the labels in the location shown.

ETHOS STORAGE RACK PARTS LIST

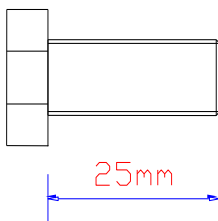
PART NO.	DESCRIPTION	Qty	Remark
1	Base Frame	2	
2	Left Upright	1	
3	Right Upright	1	
4	Dumbbell Tube	4	
5	Kettle Bell Rack	1	
6	Weight Plate Post	4	
7	End Cap	4	Pre-assembled
8	Rubber Pad	1	Pre-assembled
9	Round Rubber Pad (φ80mm)	4	
10	Spring Clip	4	
11	Hex Head Bolt M8*60	4	
12	Hex Head Bolt M10*55	8	
13	Washer M10	20	
14	Hex Head Bolt M10*25	8	
15	Hex Head Nut M10	4	
16	Washer M8	4	

HARDWARE PACK

NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.

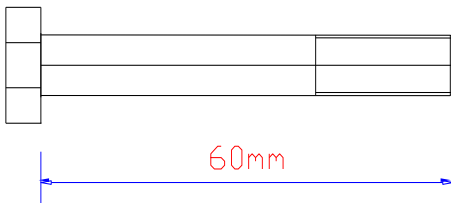


#12 M10*55 Qty: 8



#14 M10*25 Qty: 8

#12 Medium Head Hex Bolt



#11 M8*60 Qty: 4

#14 Small Head Hex Bolt

#11 Large Head Hex Bolt

#13 Washer M10

#16 Washer M8

#15 Nut M10

ASSEMBLY INSTRUCTIONS

Tools Required for Assembling the Rack: Adjustable Wrench.

⚠ CAUTION! It is required that this rack be assembled and moved by two or more people to avoid possible injury. Always hand tighten Nuts and Bolts first and do not tighten Nuts and Bolts with wrench until instructed to do so.

STEP 1 (See Diagram 1)

- A.) Attach left Upright (2) to the Base Frame (1) using two Large M8*60 Hex Head bolts (11) and two washers (16).
- B.) Repeat Procedure A for right Upright.
- C.) Hand tighten Nuts and Bolts in STEP 1. DO NOT wrench tighten Nuts and Bolts until instructed to do so in STEP 2.
- D.) 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.

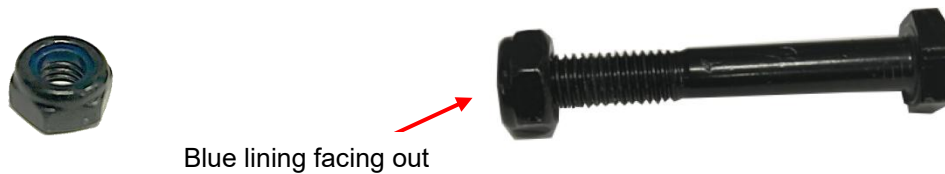
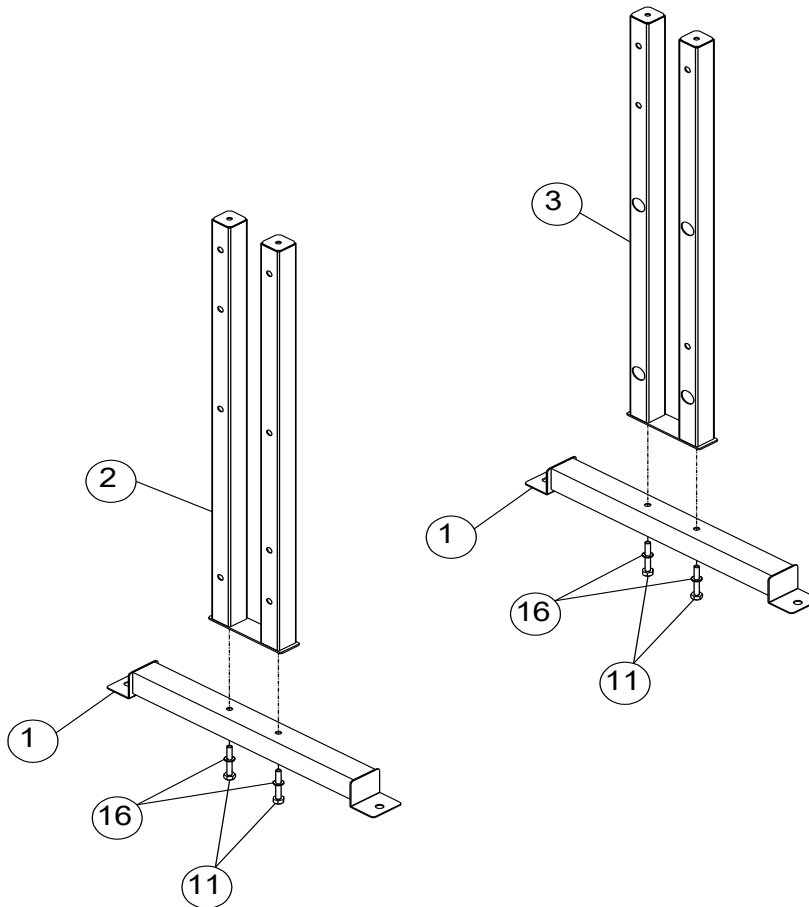


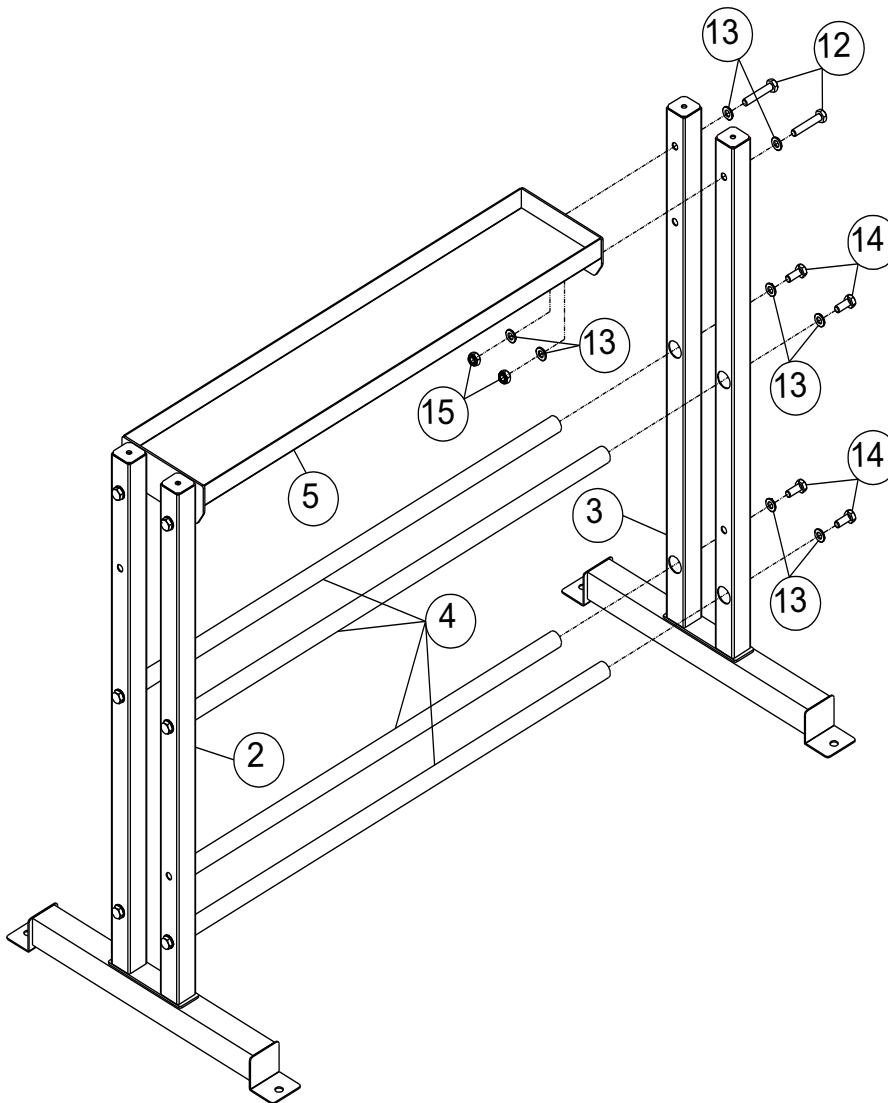
DIAGRAM 1



STEP 2 (See Diagram 2) (steps on right side of diagram for Right Upright should be repeated on Left Upright)

- A.) Insert four Dumbbell Tubes (4) into the holes on Left & Right Upright (2 & 3). Secure each end of Tube with one Small M10*25 Hex Head Bolt (14) and one Washer (13). **DO NOT wrench tighten Nuts and Bolts yet - hand tighten only.**
- B.) Attach the Kettle Bell Rack (5) to the Left & Right Upright. Secure each end with two Medium M10*55 Hex Head Bolts (12), four Washers (13), and four Hex Head Nuts (15).
- C.) **Securely wrench tighten all Nuts and Bolts in Step1 and 2.**

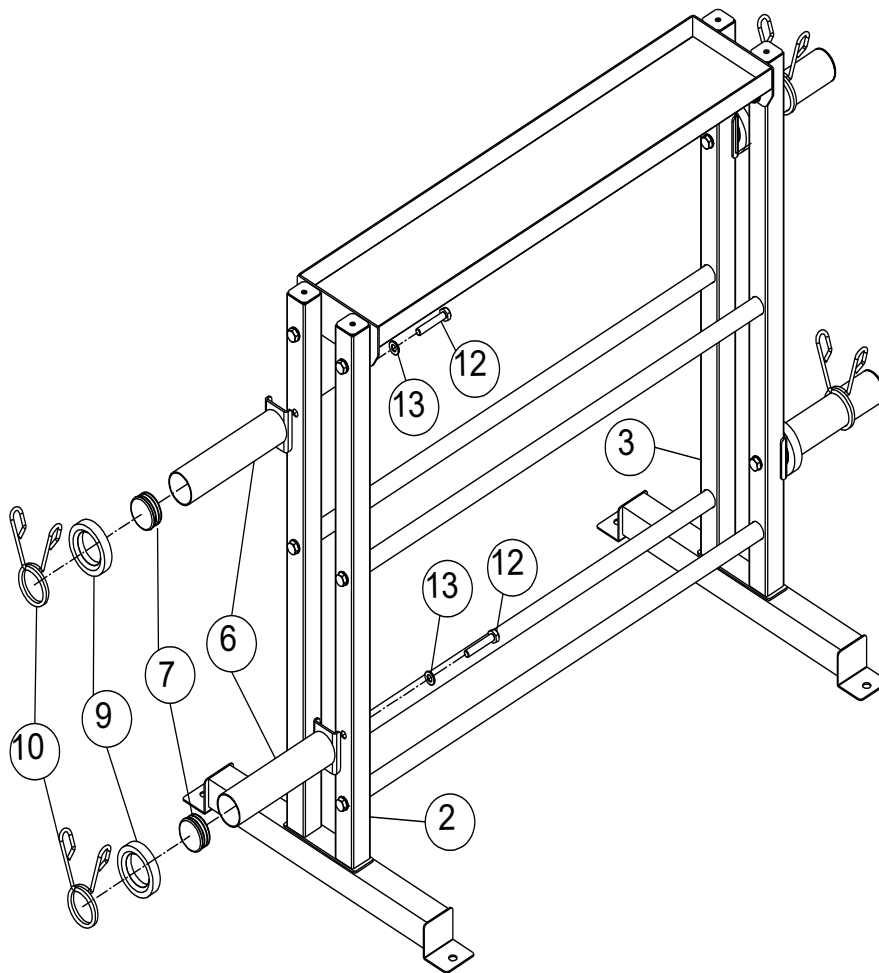
DIAGRAM 2



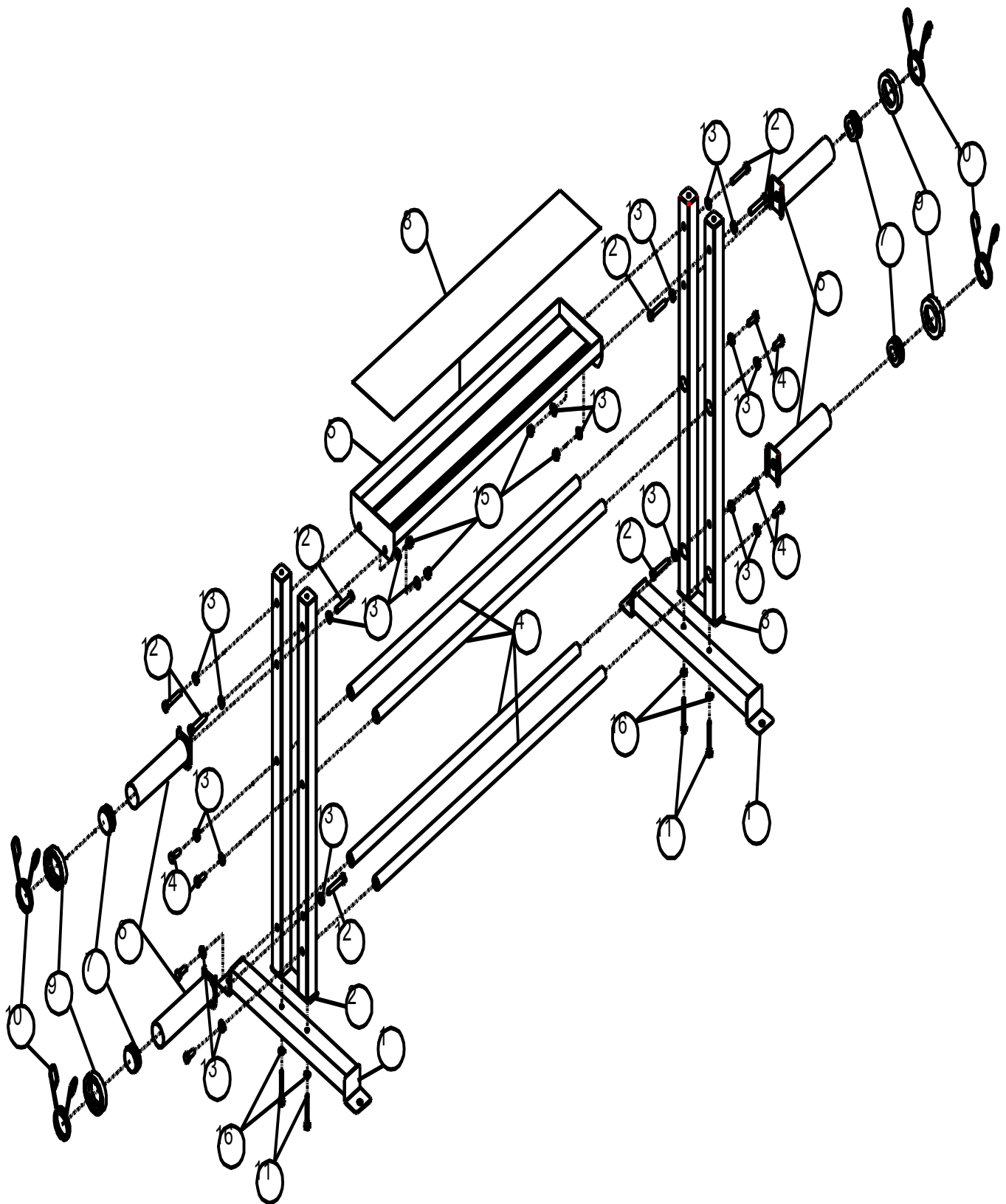
STEP 3 (See Diagram 3) (steps on left side of diagram for Left Upright should be repeated on Right Upright)

- A.) Attach four Weight Plate Posts (6) to the Right and Left Uprights. Secure each Post with one Medium M10*55 Hex Head Bolt (12) and one Washer (13).
- B.) Attach four Round rubber pads (9) to the four Weight Plate Posts (6).
- C.) Attach four Olympic Spring Clips (10) onto the four Weight Plate Posts (6). Squeeze the prongs on the spring clips together to allow the clips to fit onto the post.

DIAGRAM 3



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.