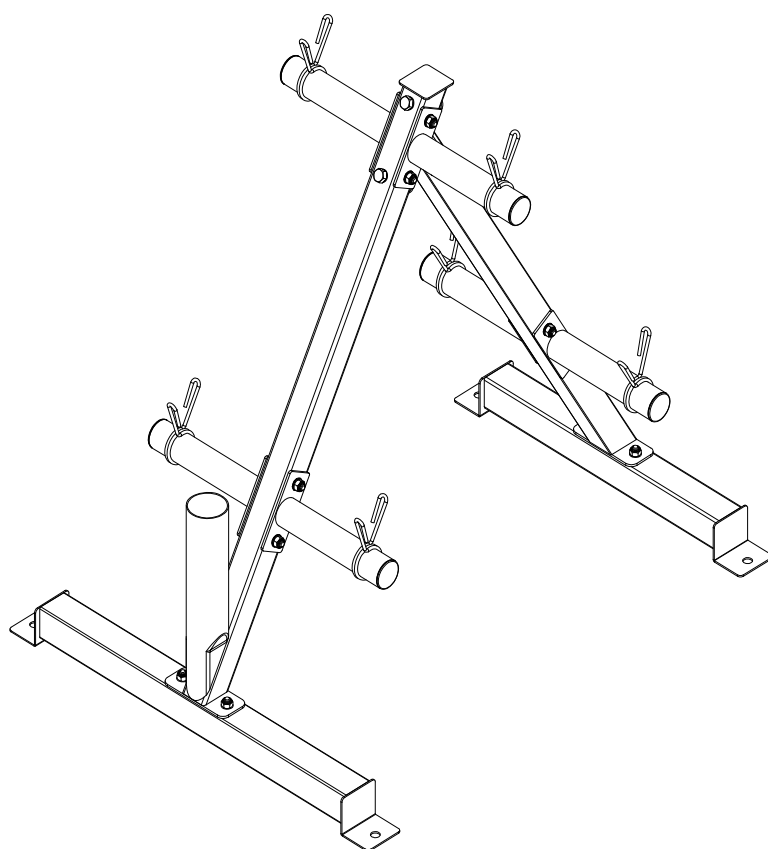


ETHE618

ETHOS OLYMPIC PLATE TREE 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 Olympic Plate Tree. 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. **USERS SHOULD CONSULT WITH THEIR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.**
4. If you feel pain or dizziness at any time while exercising, STOP immediately and consult your physician. Excessive or incorrect use may cause pain or injury.
5. **This tree is NOT FOR USE BY CHILDREN UNDER AGE 14. Keep children and pets away from the tree at all times. DO NOT leave children unattended in the same room with the tree.**
6. **Two or more adults are required for assembly, disassembly and any movement of the equipment to avoid possible injury**
7. Position the machine on an obstruction free, level surface. DO NOT use the machine near water or outdoors. Corrosion caused by installation in these locations can lead to premature failure of components.
8. Inspect product regularly for signs of wear or failure. If parts are worn, damaged or missing, discontinue use immediately.
9. **DO NOT overload tree.** Maximum load per weight plate post is 180lbs.
10. Use caution when placing and removing weights on tree to avoid injury. Keep hands away from all moving parts.
11. DO NOT use attachments not recommended by the manufacturer.
12. Do not place any sharp objects around the equipment.
13. A spotter is recommended during exercise.
14. Use the equipment only for its intended use as described in this manual.



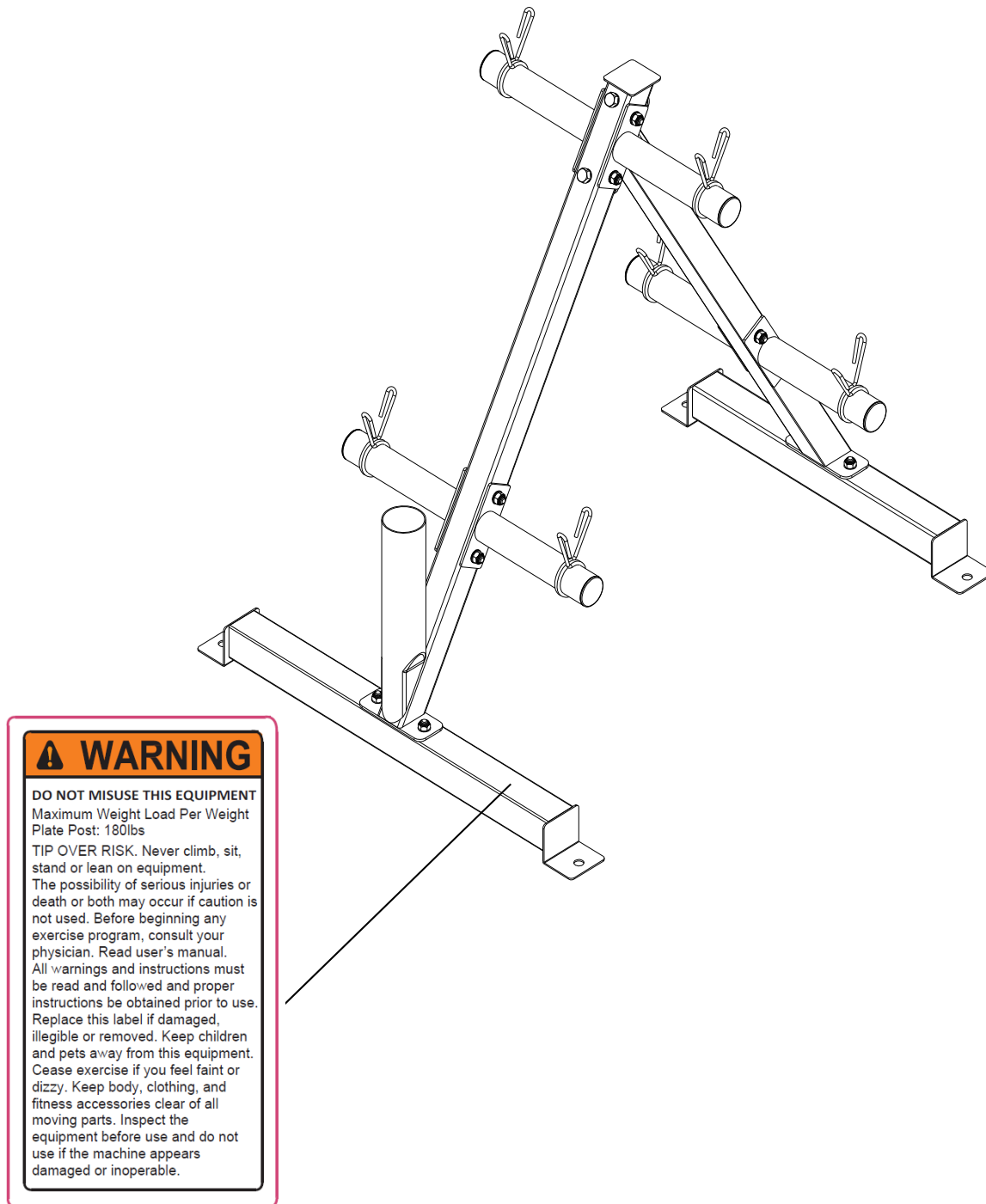
IMPORTANT! CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the machine. DO NOT over tighten. If parts are worn or damaged, DO NOT use. Contact Customer Service for replacement parts.
2. If the tree is making any abnormal sounds that may indicate structural fatigue e.g. cracking, then stop use immediately and have the tree inspected by a professional.
3. **Failure to examine regularly may affect the safety level of the machine.**
4. The machine can be cleaned using a damp cloth and mild non-abrasive detergent.
5. DO NOT use solvents or bleach. These can cause corrosion and lead to premature failure of the bench.
6. **Maximum Weight Load Per Weight Plate Post: 180lbs**
7. Assembled Dimension: 31.5" L x 25.5" W x 29.5" 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 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.

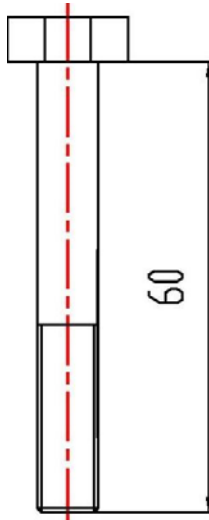
ETHOS OLYMPIC PLATE TREE PARTS LIST

PART NO.	DESCRIPTION	Qty	Remark
1	Upright Frame	1	
2	Diagonal Support	1	
3	Front Base	1	
4	Rear Base	1	
5	Weight Plate Post	6	
6	End Cap	4	Pre-assembled
7	Washer M8	24	
8	Spring Clip	6	
9	Hex Head Nut M8	12	
10	Hex Head Bolt M8*60	10	
11	Hex Head Bolt M8*55	2	

HARDWARE PACK

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

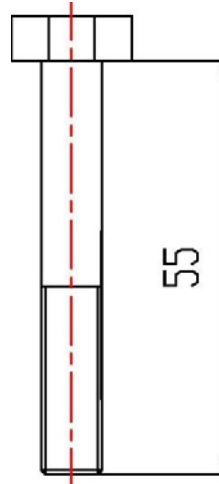
#10
Qty:10



M8*60

#10 Larger Hex Head Bolt

#11
Qty:2



M8*55

#11 Smaller Hex Head Bolt

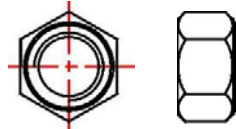
#7
Qty:24



8/16mm

#7 Washer

#9
Qty:12




M8

#9 Hex Head Nut

ASSEMBLY INSTRUCTIONS

Tools Required for Assembling the Rack: Adjustable Wrench.

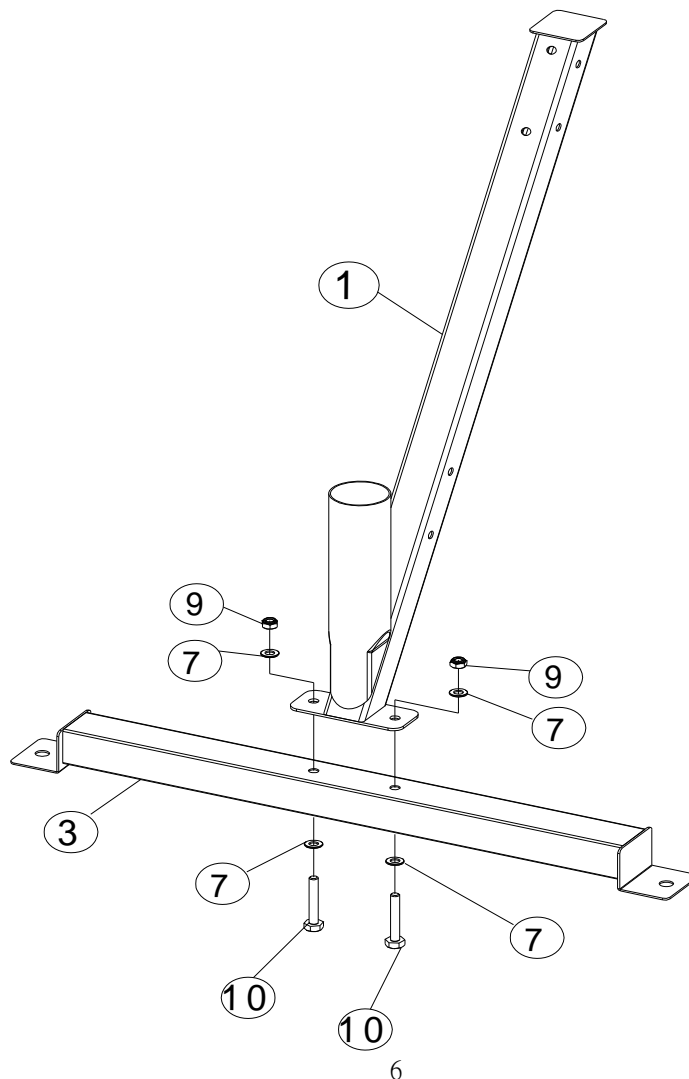
 **CAUTION!** It is required that this rack be assembled and moved by two or more people to avoid possible injury. Always hand tighten Nuts and Bolts first and do not tighten Nuts and Bolts with wrench until instructed to do so.

STEP 1 (See Diagram 1)

- A.) Attach the Upright Frame (1) to the Front Base (3) using two Larger M8*60 Hex Head Bolts (10), four washers (7) and two Nuts (9) Front Base (3) is the longer base.
- B.) **Do not tighten the Bolts until instructed to do so.**
- C.) 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.



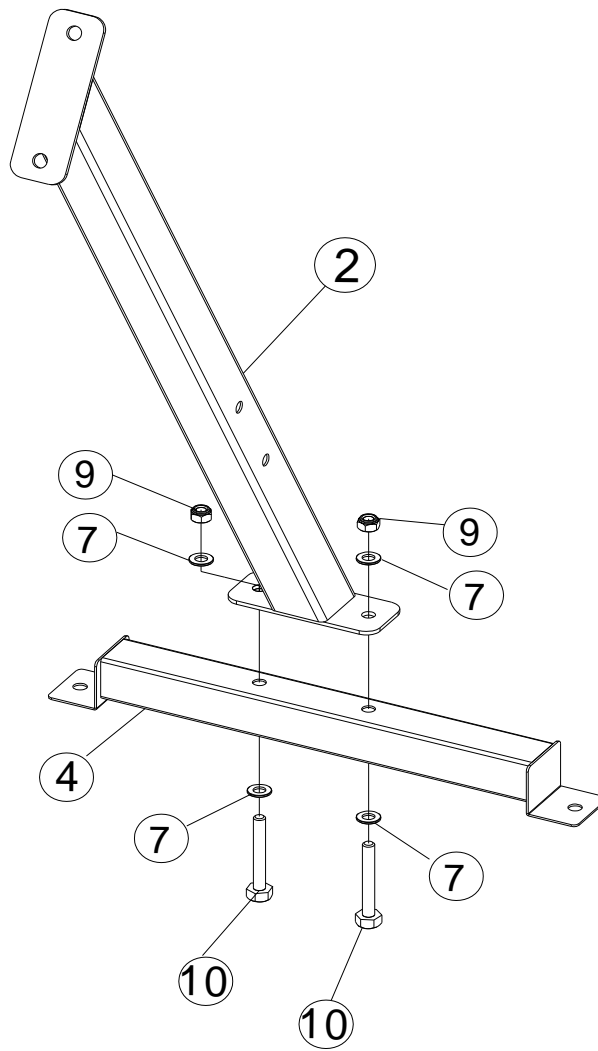
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Diagonal Support (2) to Rear Base (4) using two Larger M8*60 Hex Head Bolts (10) four washers (7) and two Nuts (9) Rear Base (4) is the shorter base.
- B.) **Do not tighten the Bolts until instructed to do so.**

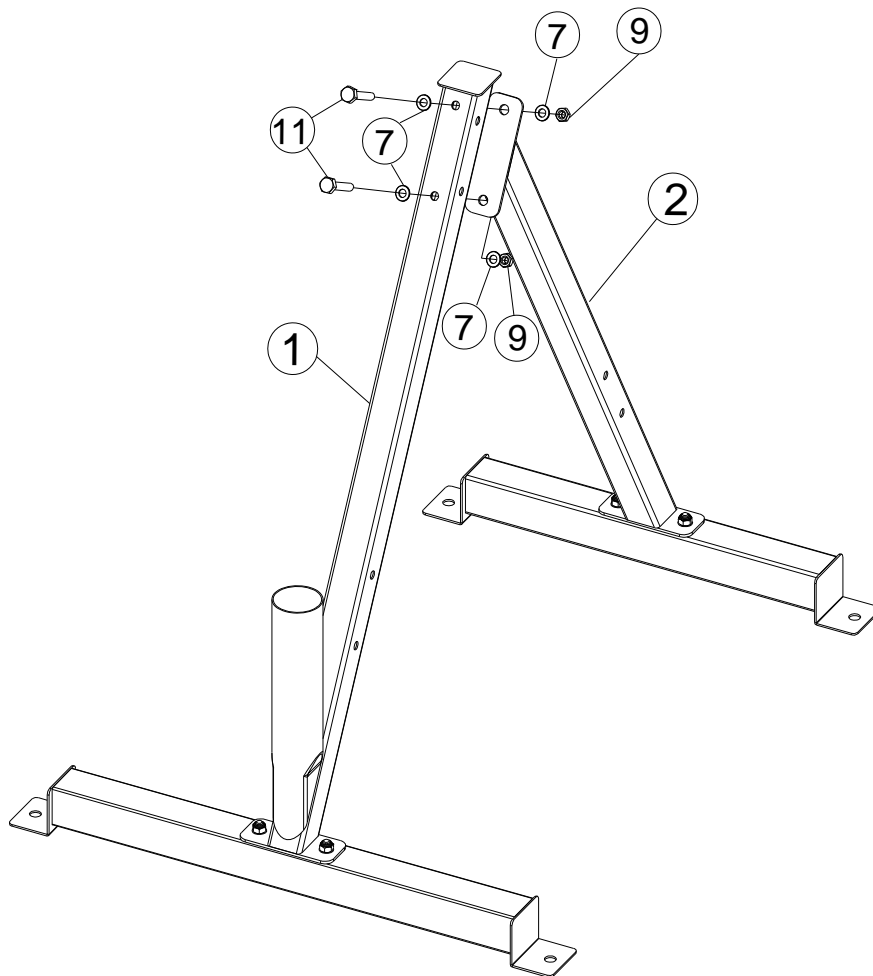
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Diagonal Support (2) to Upright Frame (1) Securely tighten them together with two Smaller M8*55 Hex Head Bolts (11) four washers (7) and two Nuts (9).
- B.) **Securely tighten Nuts and Bolts installed in Step-1 and Step-2.**

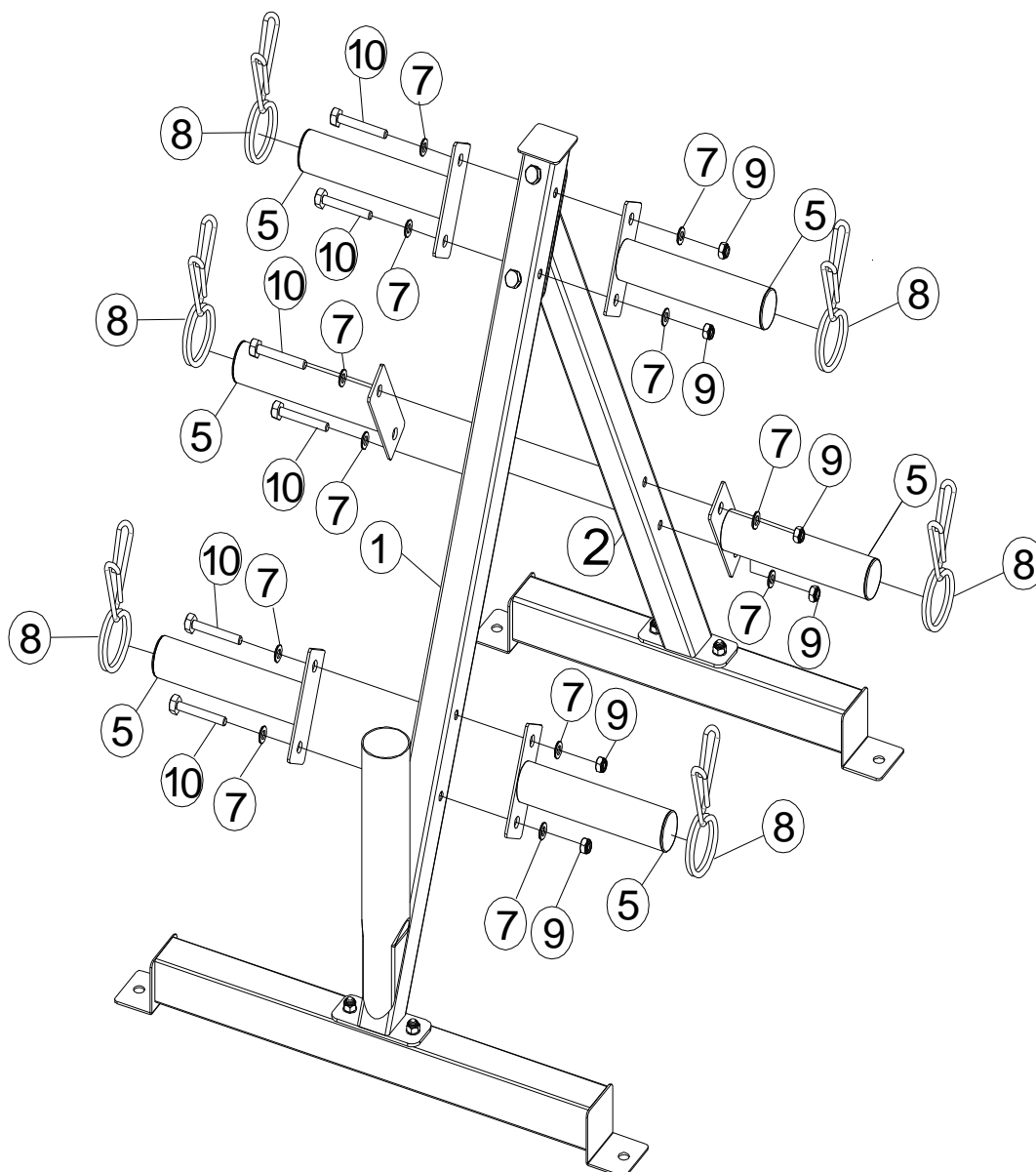
DIAGRAM 3



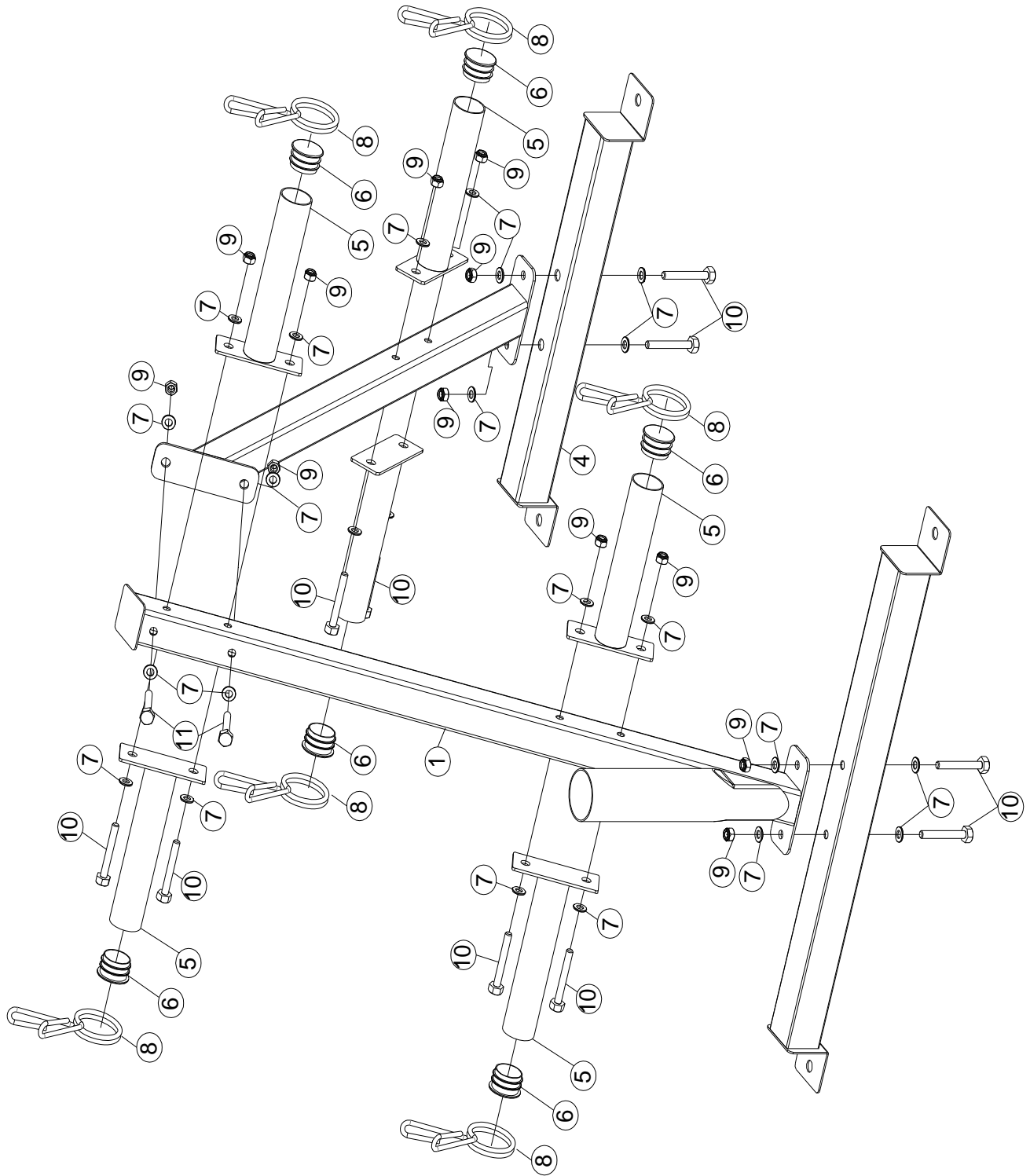
STEP4 (See Diagram 4)

- A.) Attach one Weight Plate Post (5) to upper left side of Upright Frame (1) and one to the right side. Secure them together with two Larger M8*60 Hex Head Bolts (10) four washers (7) and two Nuts (9).
- B.) Repeat Procedure A to install the other two sets of Weight Plate Posts to lower Upright Frame and Diagonal Support (2).
- C.) Clip six Spring Clips (8) onto the six Weight Plate Posts.

DIAGRAM 4



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.