

Squat rack plan



Here you are given a plan for making a Squat Rack, which can also be found under the names Peg Squat Rack, Squat Gun Rack or Incline Squat Rack. A squat rack is a piece of weight training equipment that functions as a mechanical spotter for free weight barbell exercises.

In addition to the main function of the squat rack to hold the barbells and barbell plates, its essential role is your safety. While exercising with barbells, in the case of muscular fatigue or other loss of control of the bar, the weights can be put away quickly and safely.

Key features:

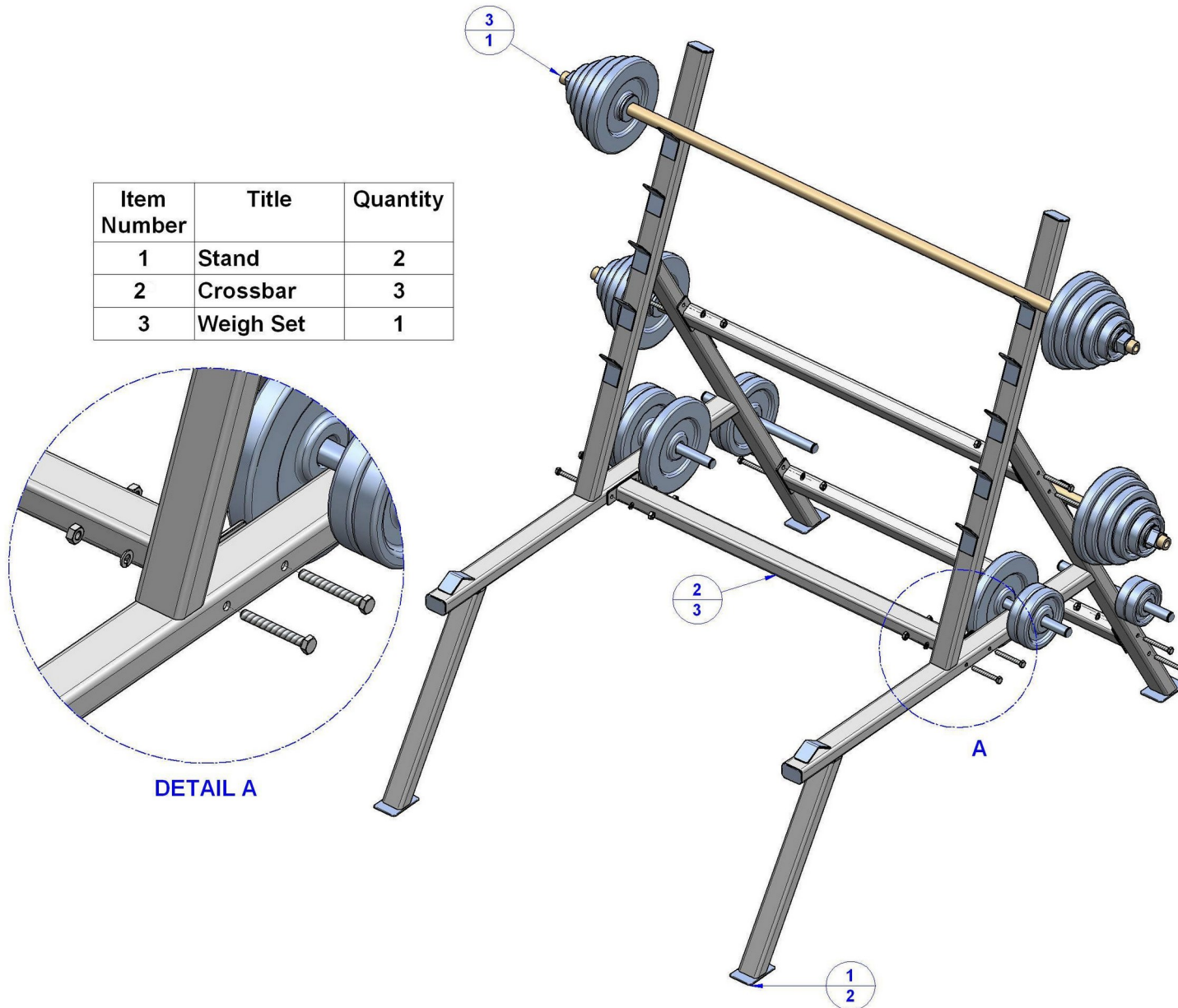
- walk In Squat Rack
- add mass and power to the upper and lower body. Ideal for performance training, powerlifting and bodybuilding
- multiple Bar Rests. Five main racking positions. Five secondary racking positions
- heavy-duty squat rack.
- remains stable and wobble-free during the heaviest barbell training sessions.
- loading and unloading the bar quick and easy.
- multiple pegs are designed to offer a variety of bar heights to accommodate users of all sizes for different lifts such as squatting or shoulder pressing.

The construction consists of interconnected welded pipes, and in order to handle it more easily, it is possible to disassemble the construction into sub-assemblies by unscrewing the screws.

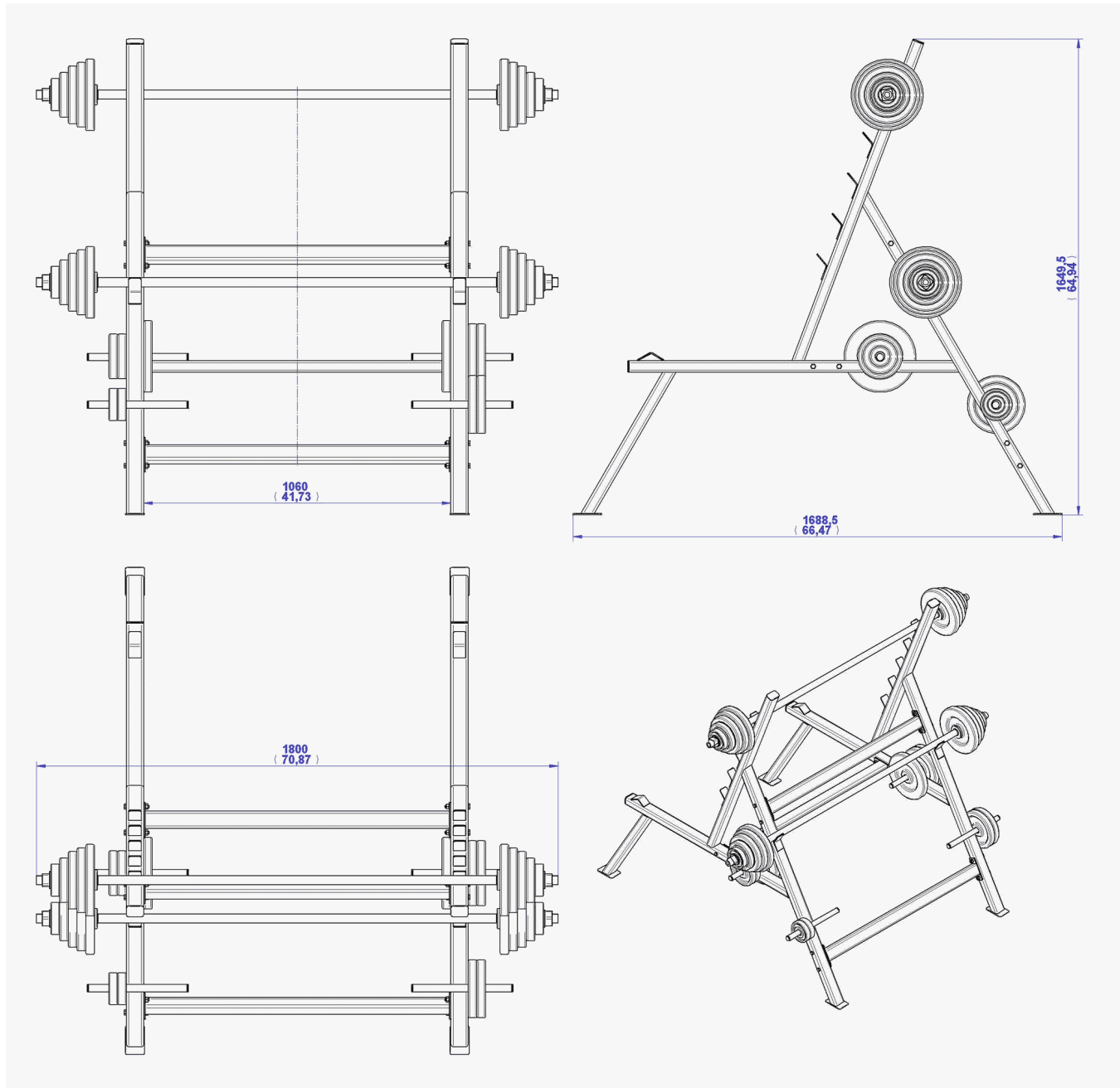
Compared to the power rack, the squat rack occupies less space, it is cheaper but not as safe, and it allows fewer exercises to be performed than on the power rack.

Sub-assembly list

Item Number	Title	Quantity
1	Stand	2
2	Crossbar	3
3	Weigh Set	1

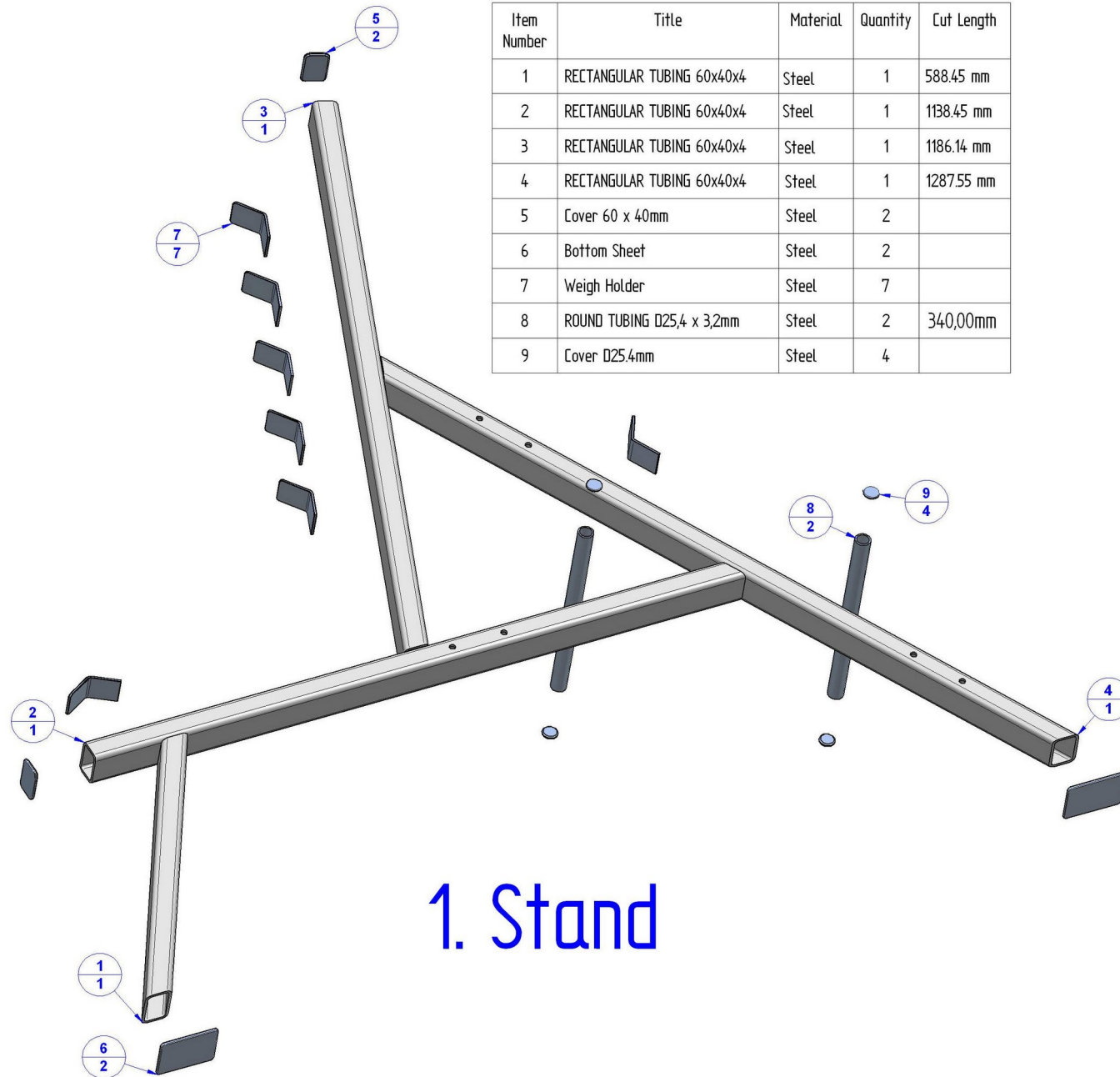


Assembly drawing

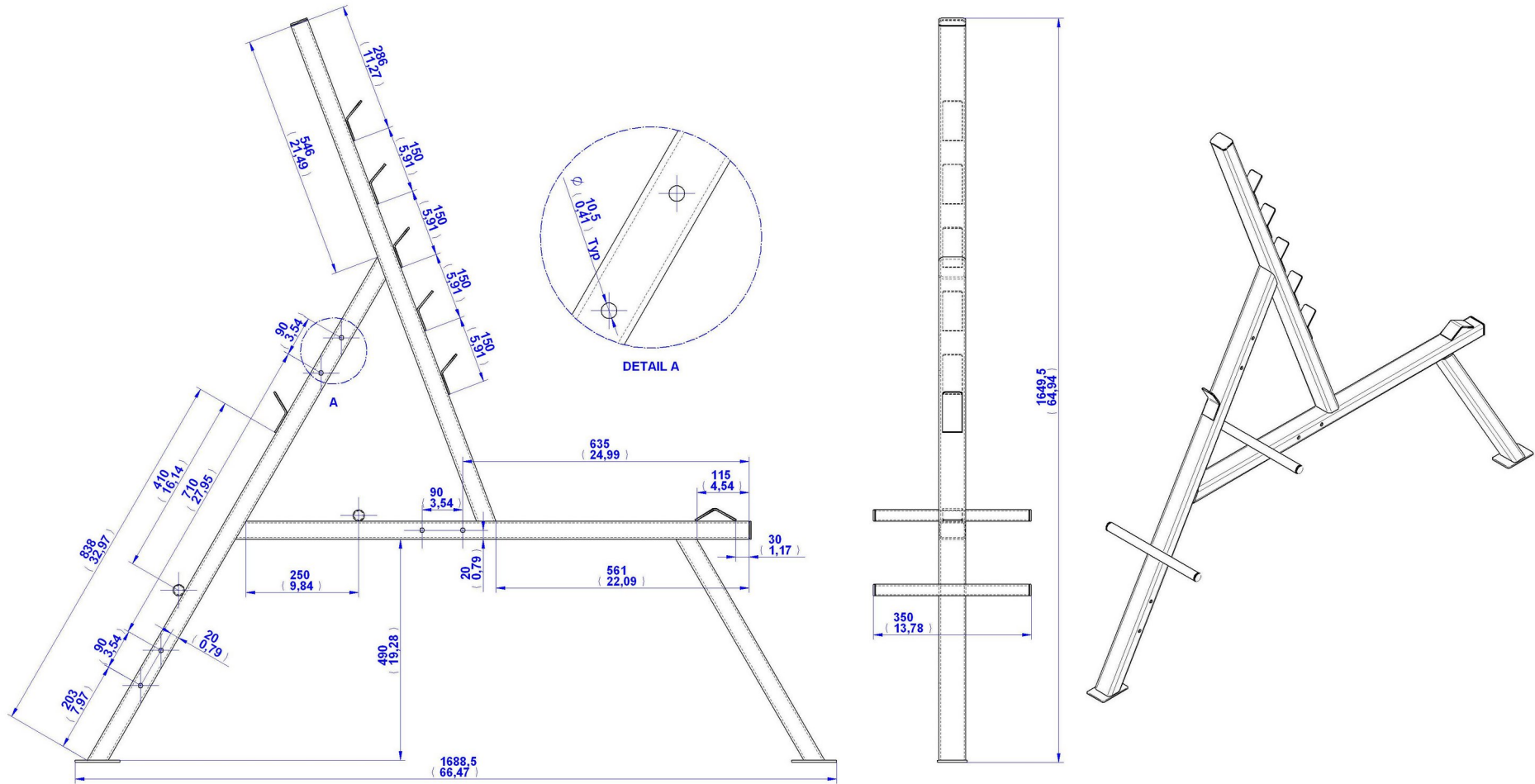


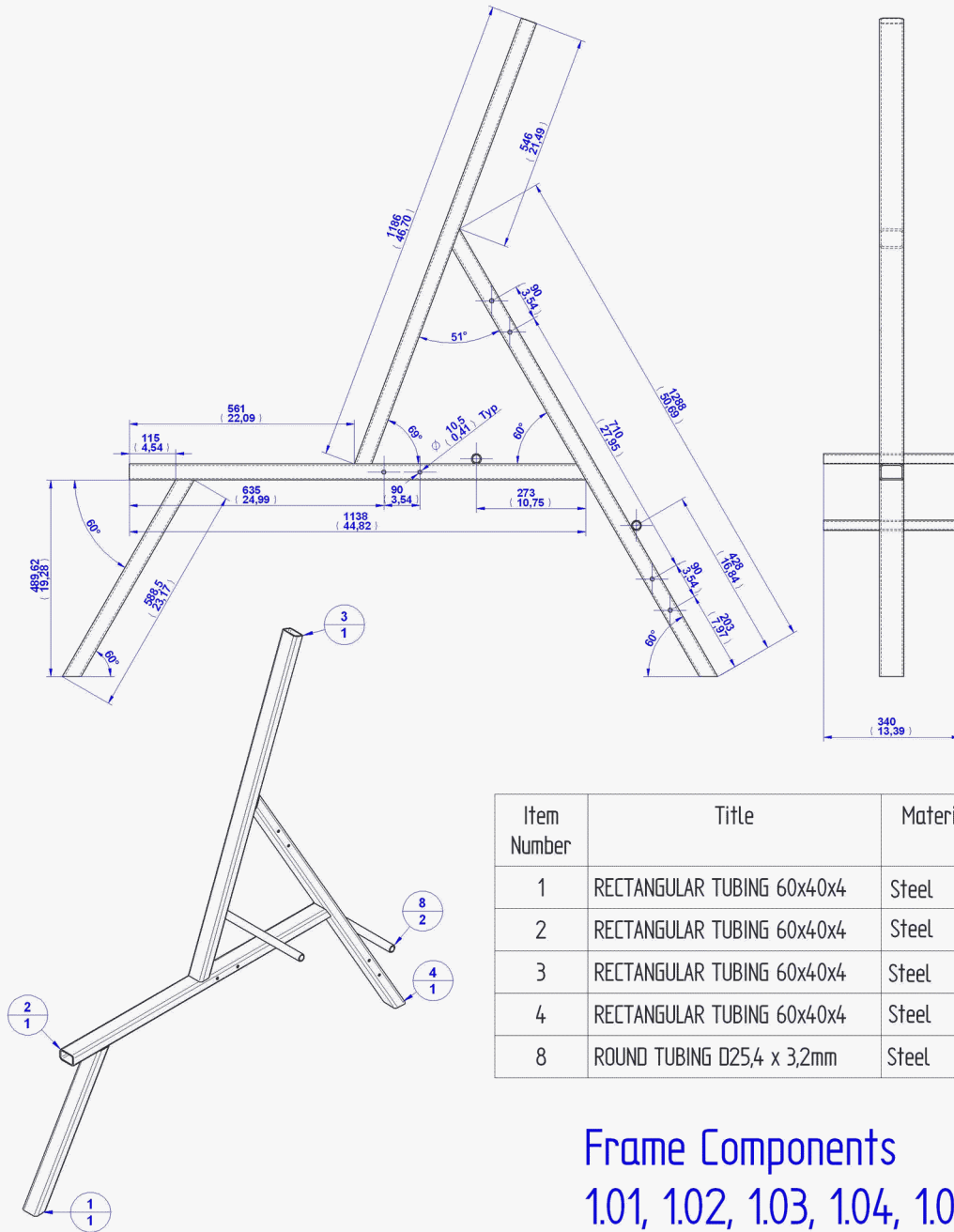
1. Stand subassembly - Parts list and 2D Documentation

Item Number	Title	Material	Quantity	Cut Length
1	RECTANGULAR TUBING 60x40x4	Steel	1	588.45 mm
2	RECTANGULAR TUBING 60x40x4	Steel	1	1138.45 mm
3	RECTANGULAR TUBING 60x40x4	Steel	1	1186.14 mm
4	RECTANGULAR TUBING 60x40x4	Steel	1	1287.55 mm
5	Cover 60 x 40mm	Steel	2	
6	Bottom Sheet	Steel	2	
7	Weigh Holder	Steel	7	
8	ROUND TUBING D25,4 x 3,2mm	Steel	2	340,00mm
9	Cover D25.4mm	Steel	4	



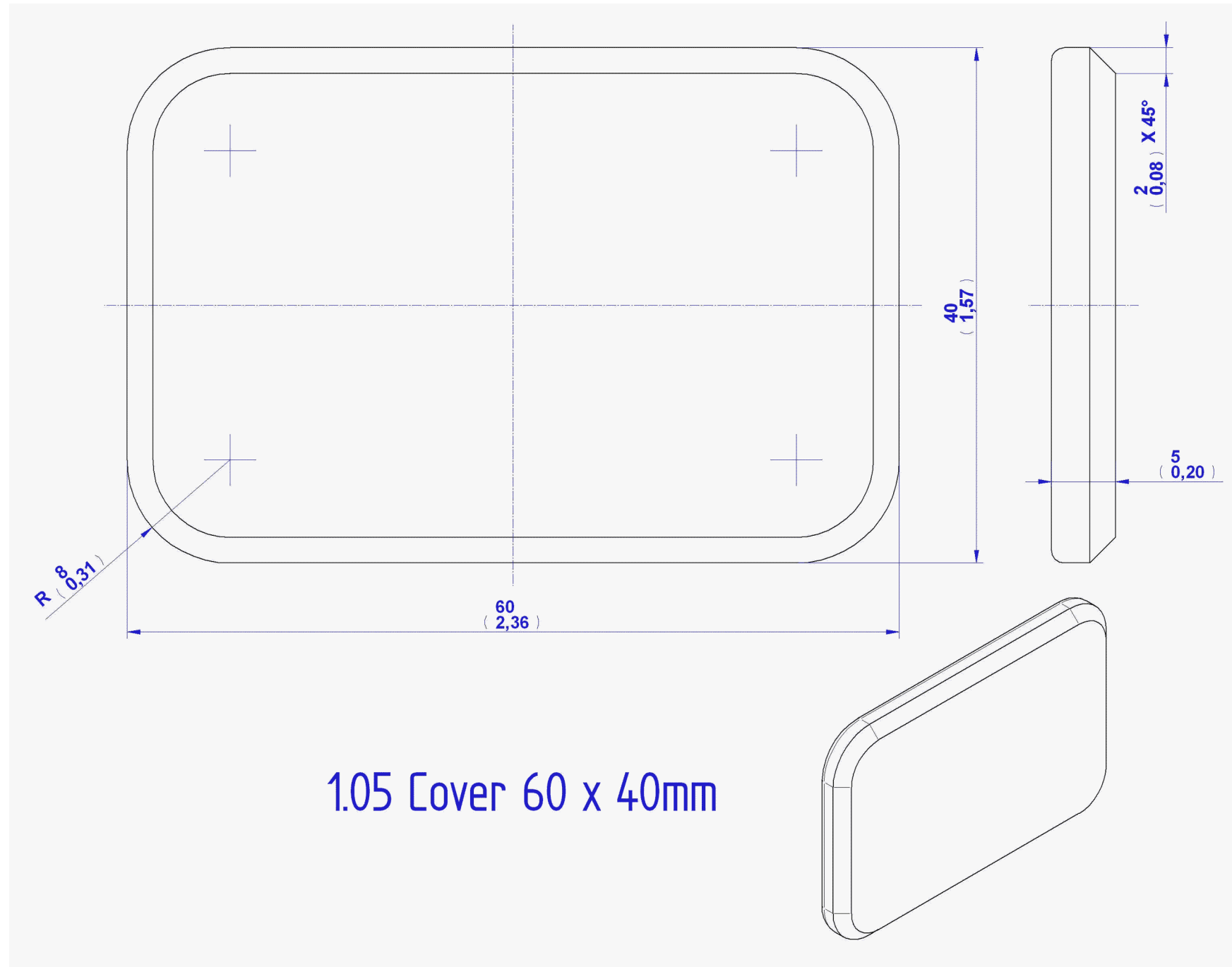
1. Stand



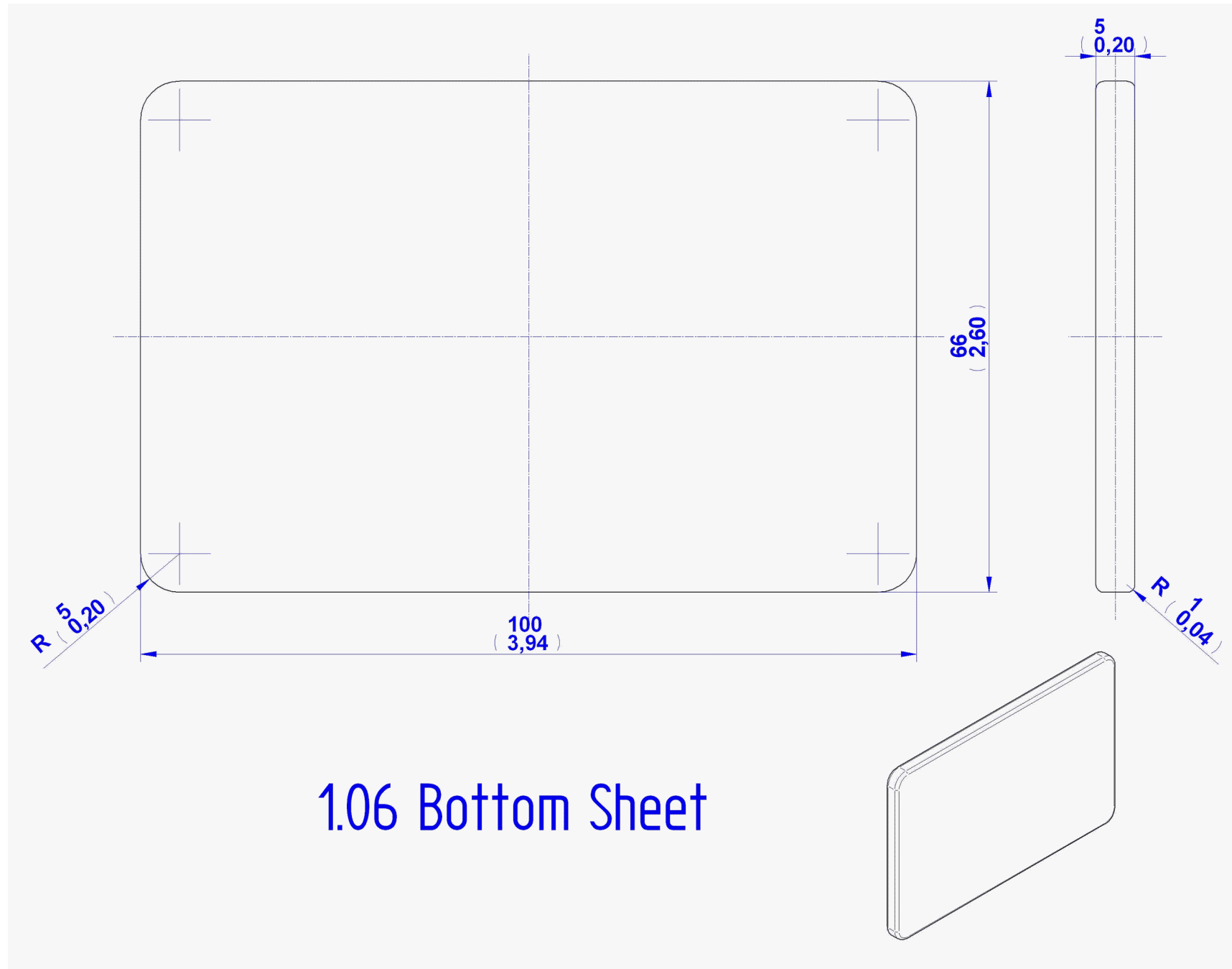


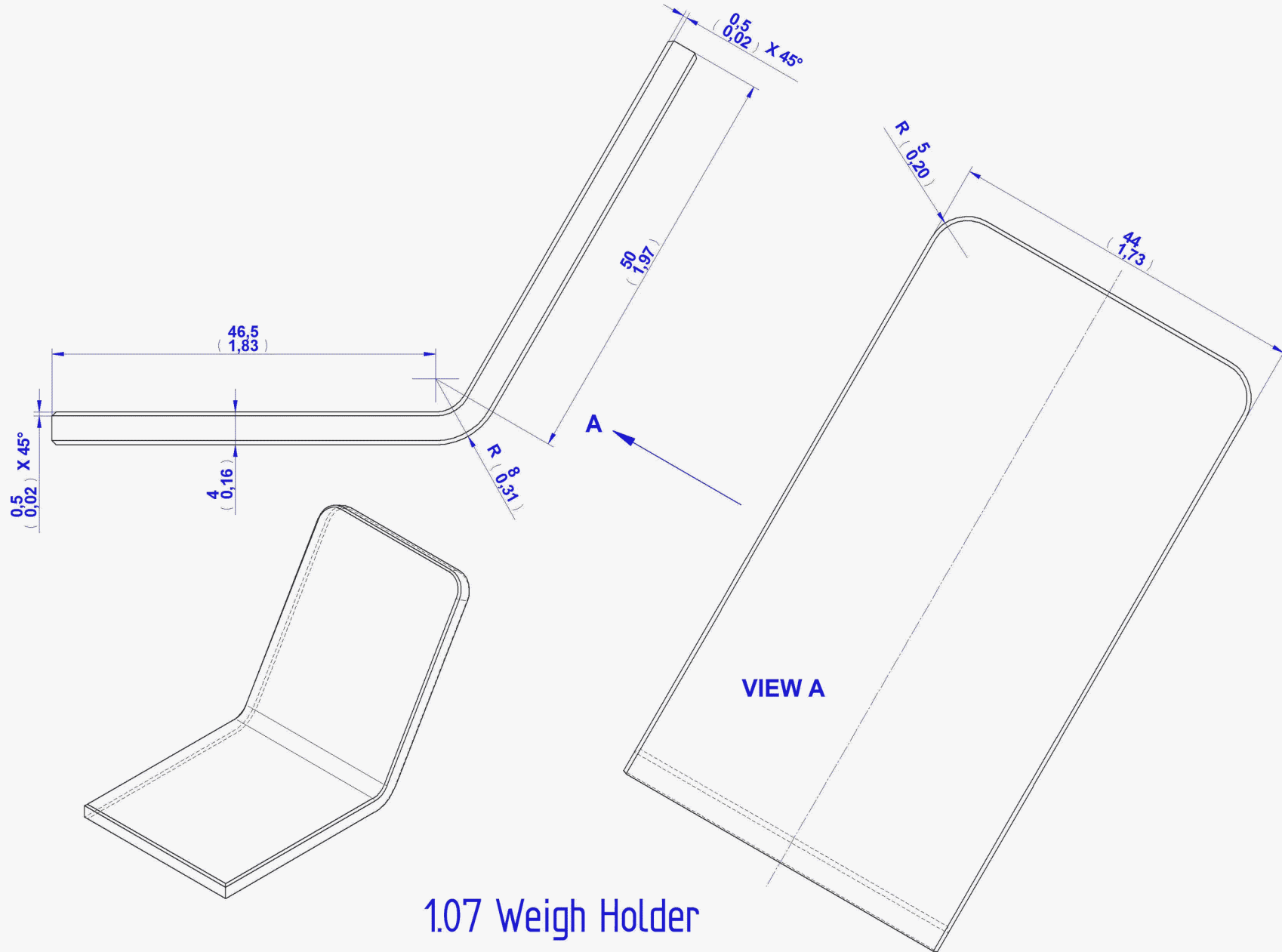
Item Number	Title	Material	Quantity	Cut Length
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2	RECTANGULAR TUBING 60x40x4	Steel	1	1138.45 mm
3	RECTANGULAR TUBING 60x40x4	Steel	1	1186.14 mm
4	RECTANGULAR TUBING 60x40x4	Steel	1	1287.55 mm
8	ROUND TUBING Ø25,4 x 3,2mm	Steel	2	350,00mm

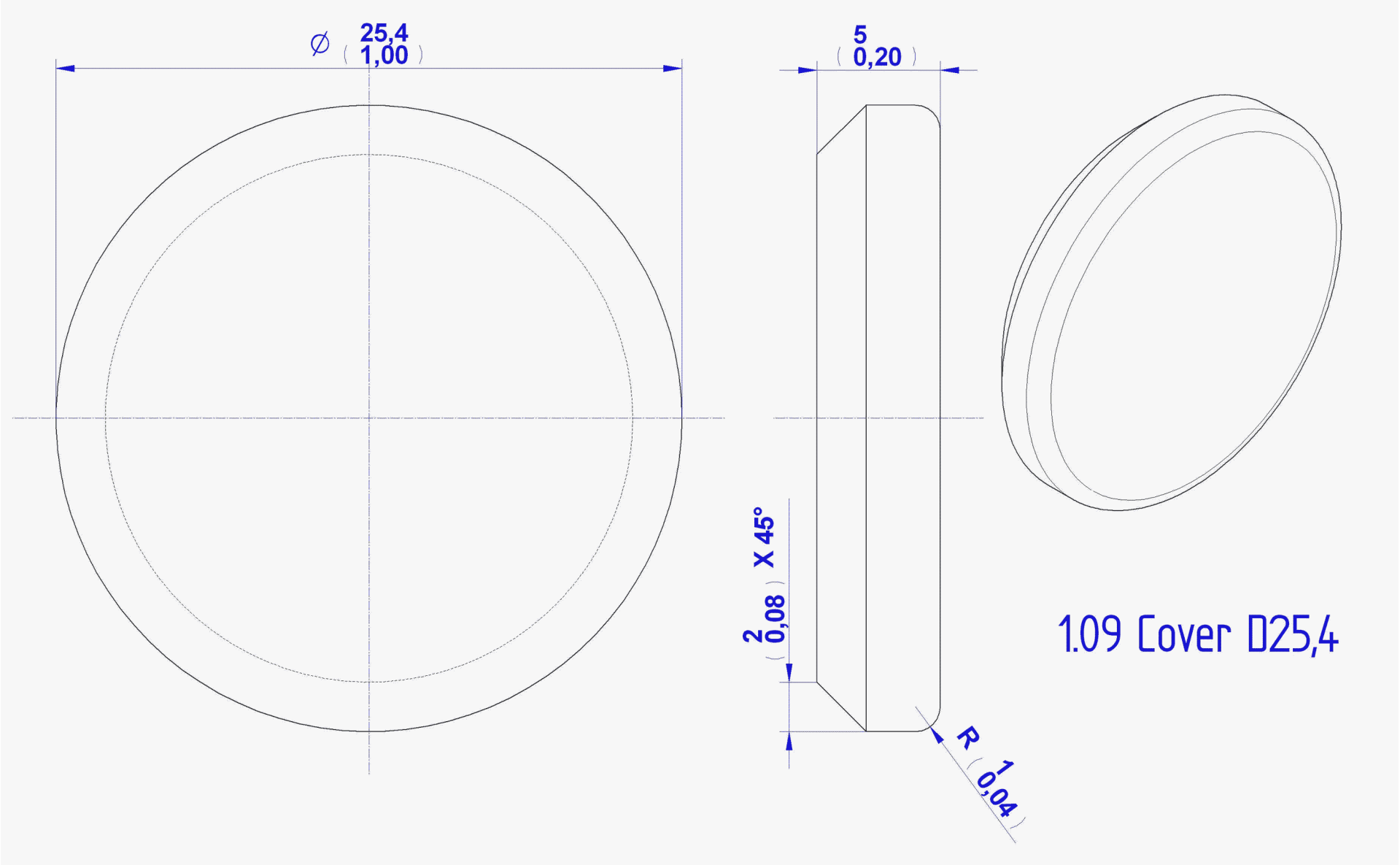
Frame Components
1.01, 1.02, 1.03, 1.04, 1.08



1.05 Cover 60 x 40mm



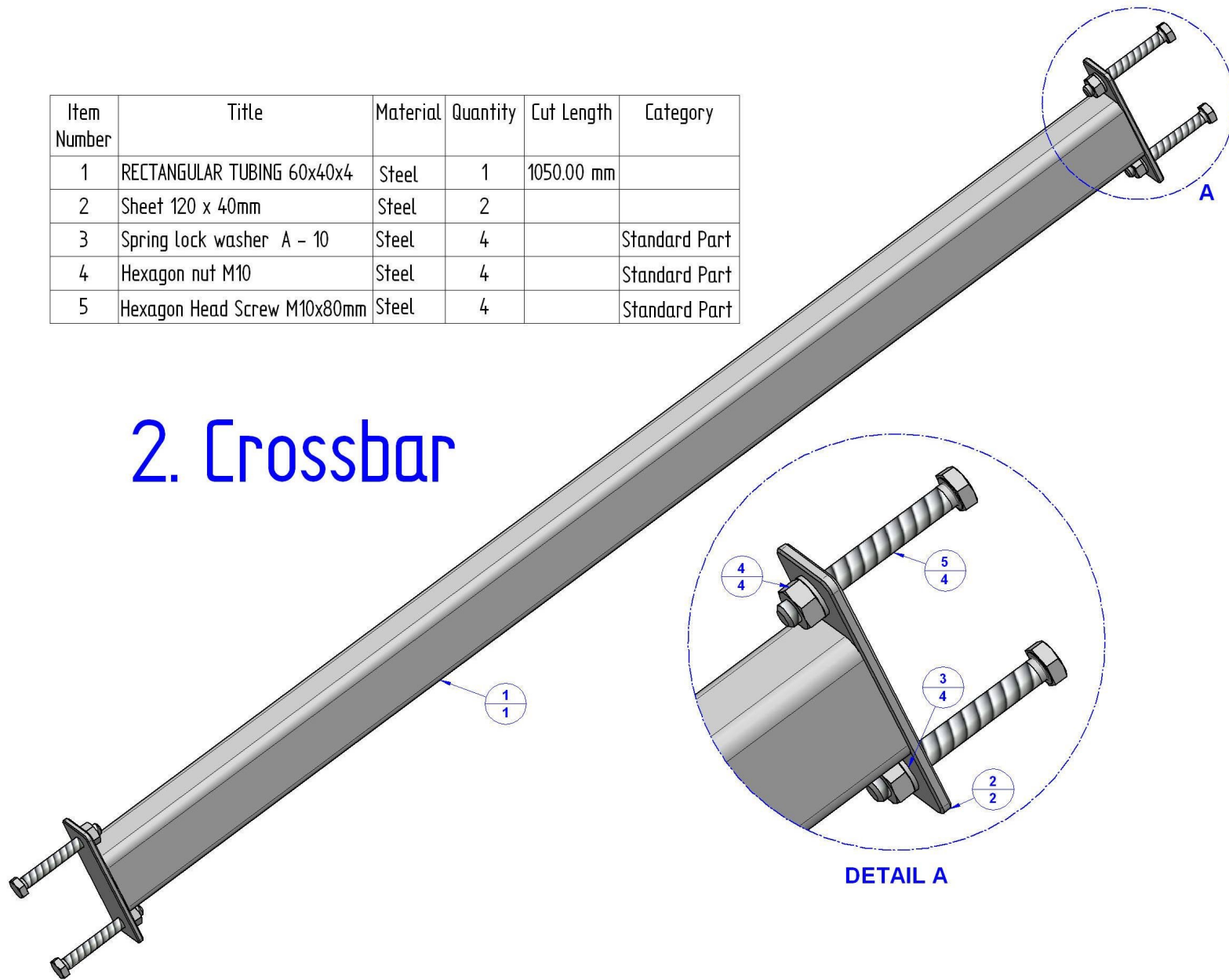


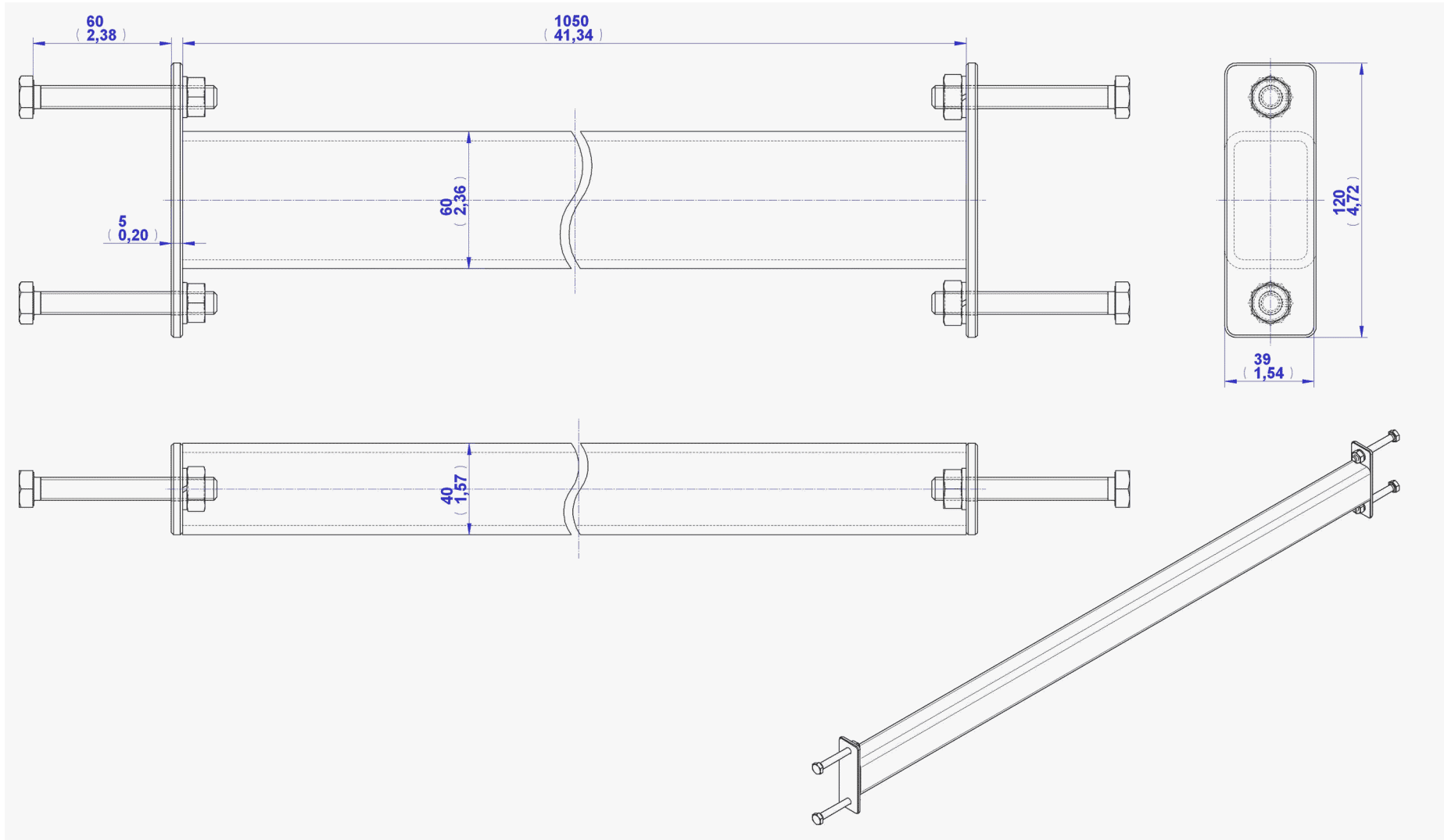


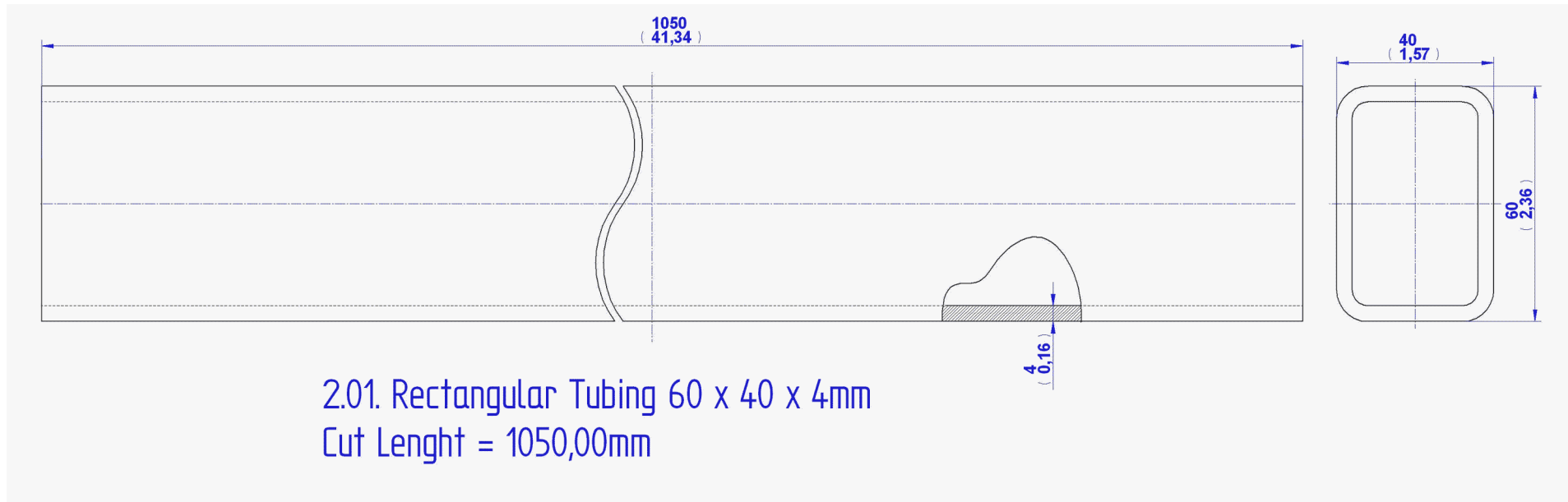
2. Crossbar subassembly – Parts List and 2D Documentation

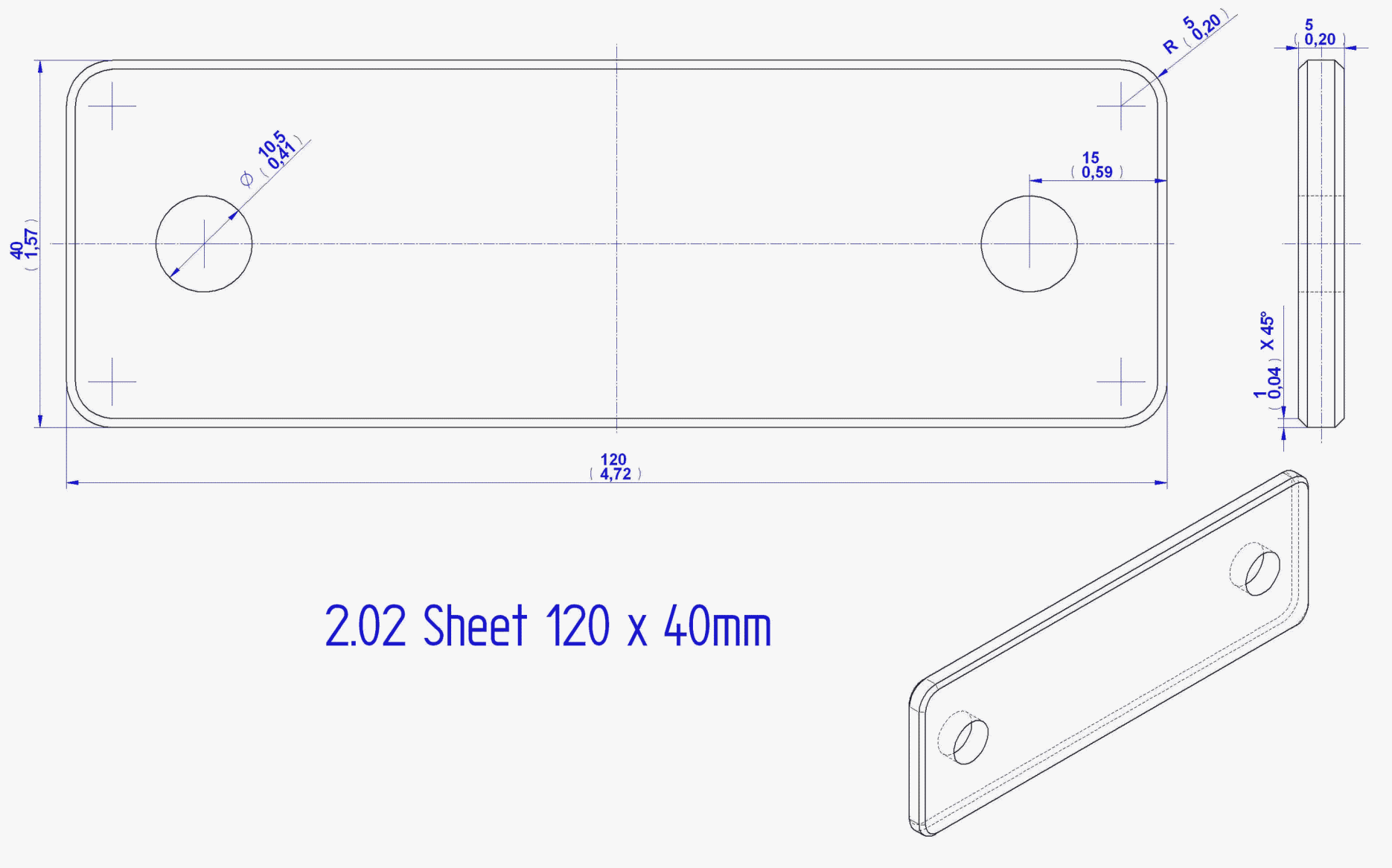
Item Number	Title	Material	Quantity	Cut Length	Category
1	RECTANGULAR TUBING 60x40x4	Steel	1	1050.00 mm	
2	Sheet 120 x 40mm	Steel	2		
3	Spring lock washer A - 10	Steel	4		Standard Part
4	Hexagon nut M10	Steel	4		Standard Part
5	Hexagon Head Screw M10x80mm	Steel	4		Standard Part

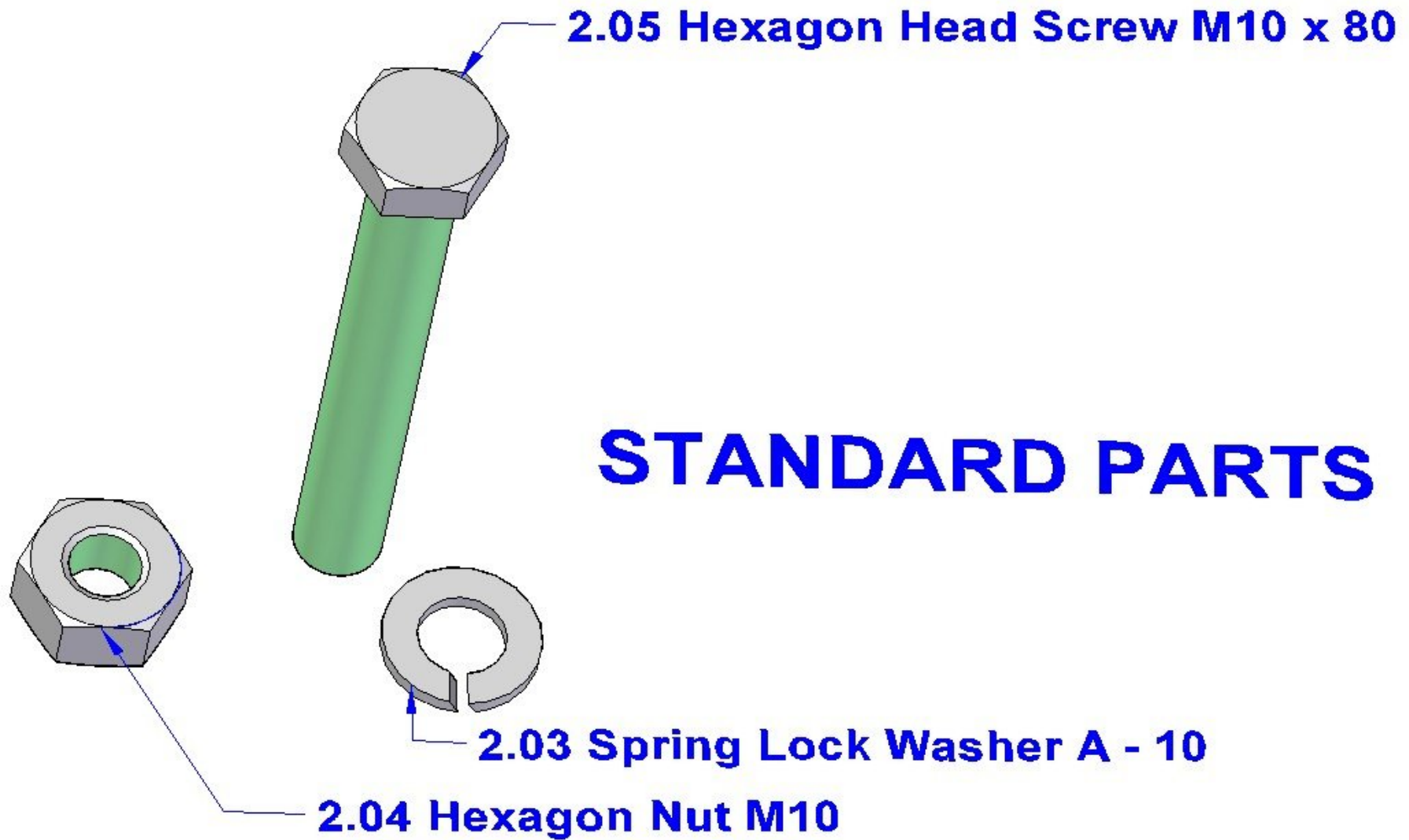
2. Crossbar





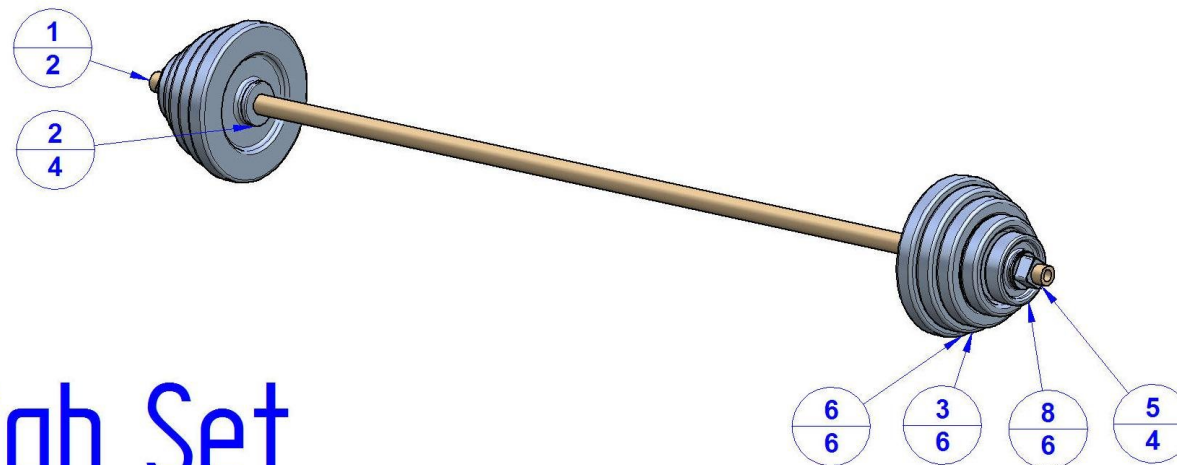
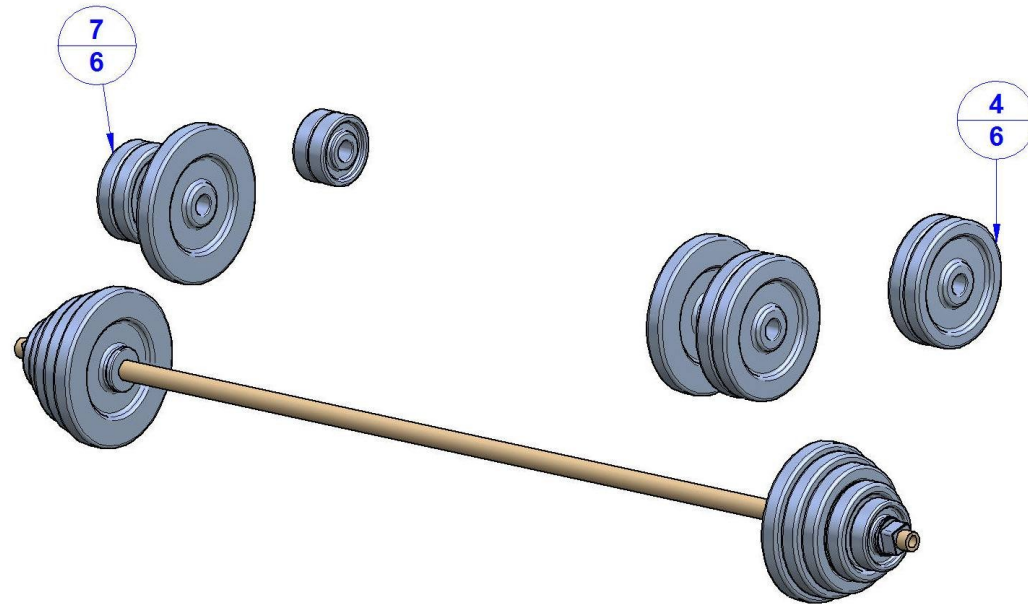




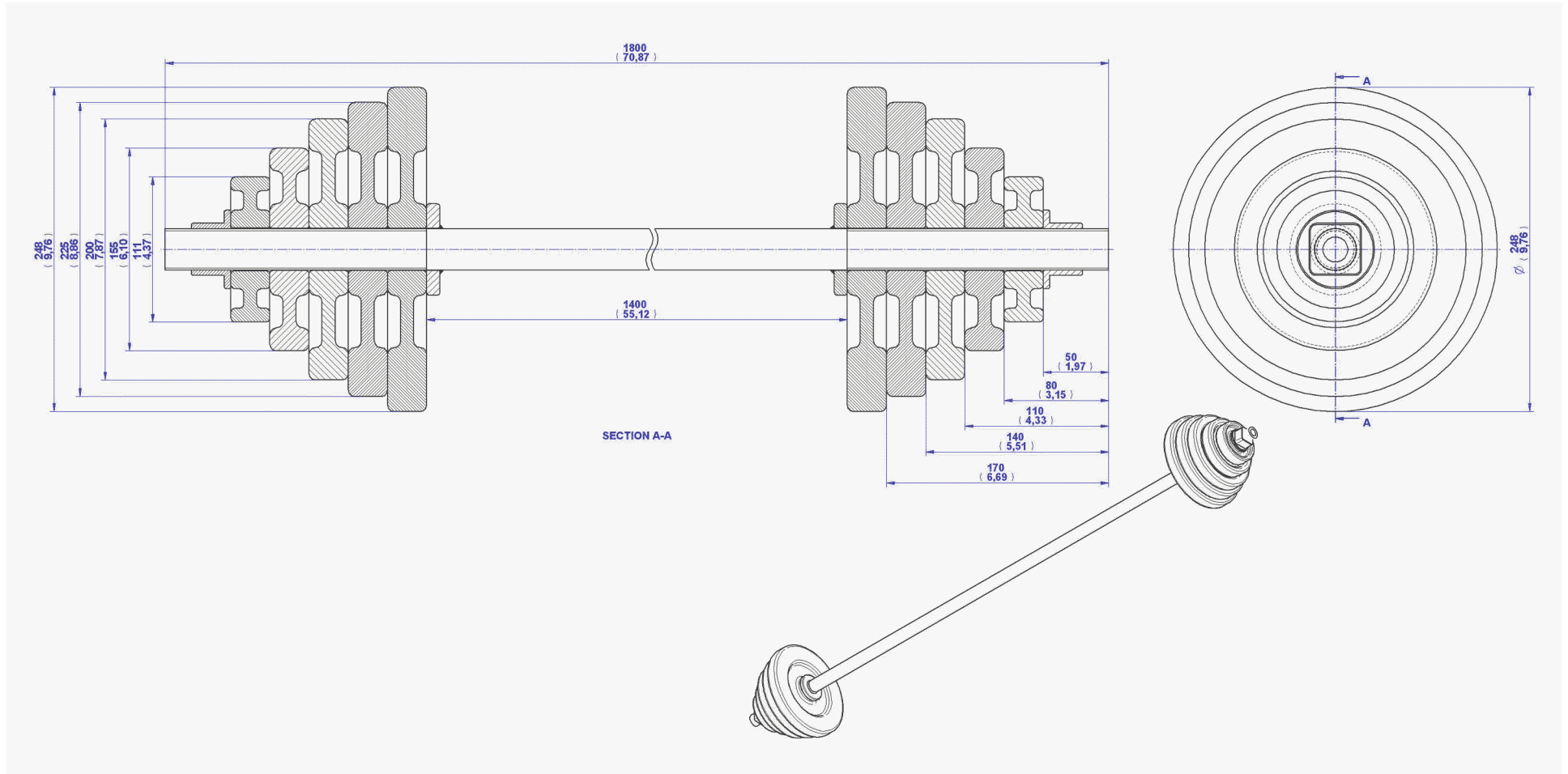


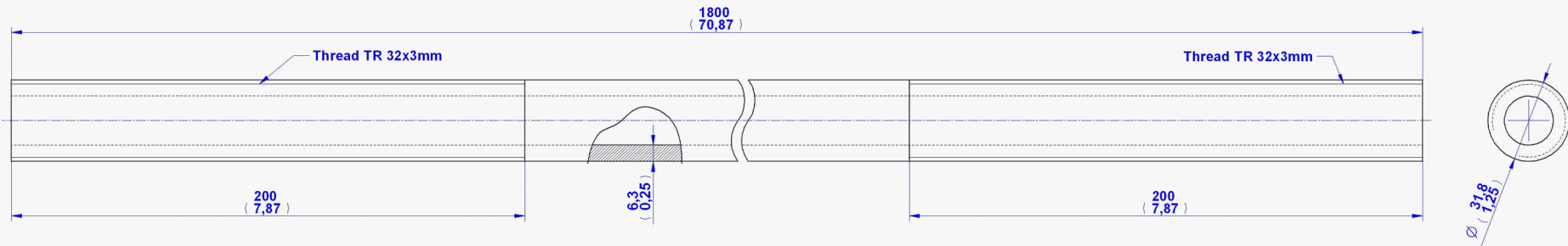
3. Weight set subassembly – Parts List and 2D Documentation

Item Number	Title	Material	Quantity
1	Round Tubing D 31,8 x 6,3mm	Steel	2
2	Delimiter	Steel	4
3	Dumbbell 7kg	Steel	6
4	Dumbbell 5kg	Steel	6
5	Dumbbell Nut	Steel	4
6	Dumbbell 9kg	Steel	6
7	Dumbbell 3kg	Steel	6
8	Dumbbell 15kg	Steel	6

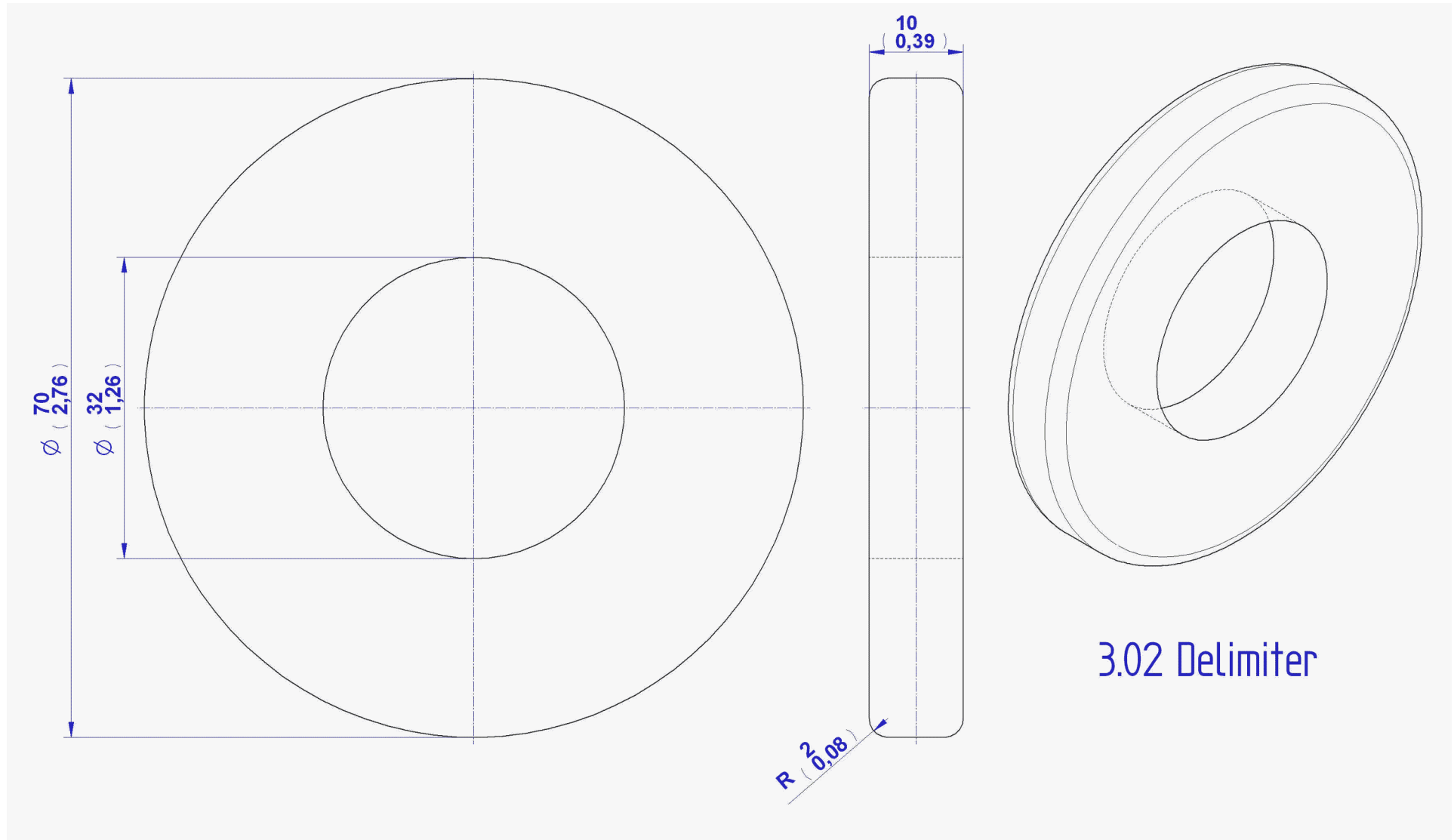


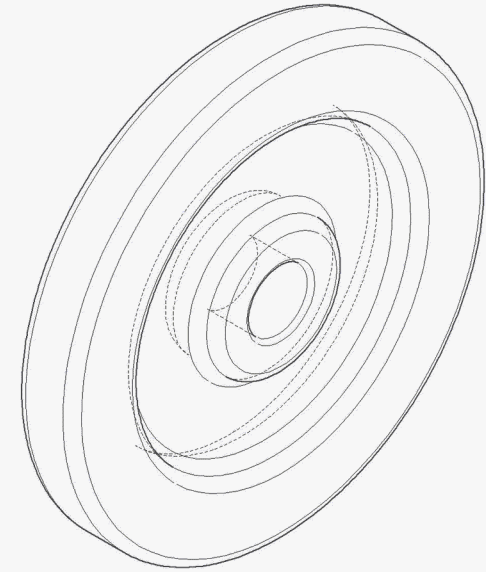
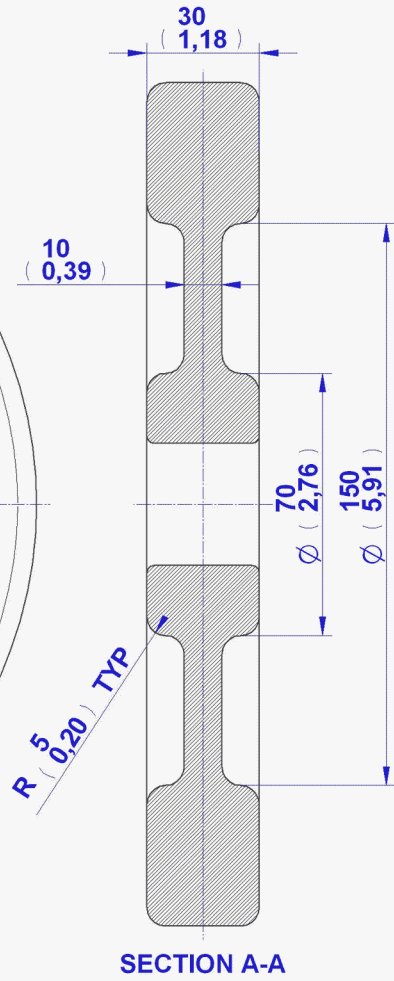
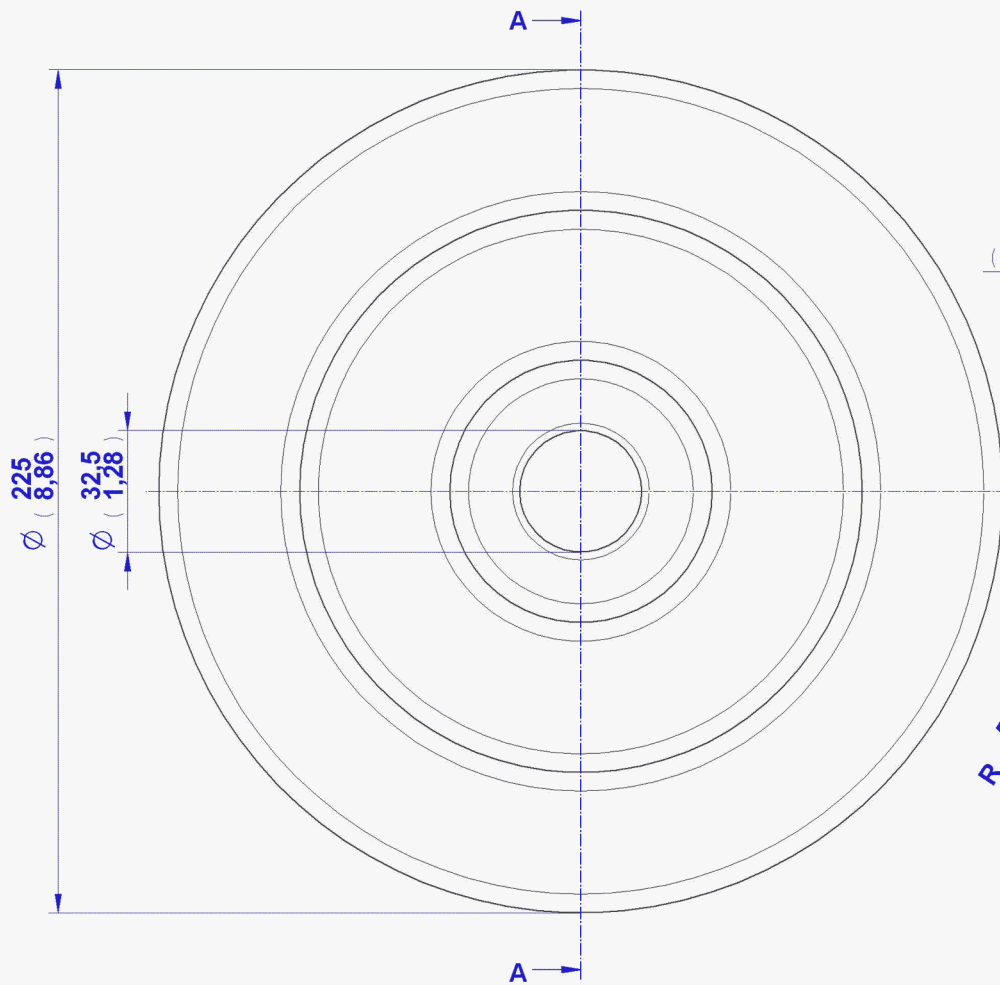
3. Weigh Set



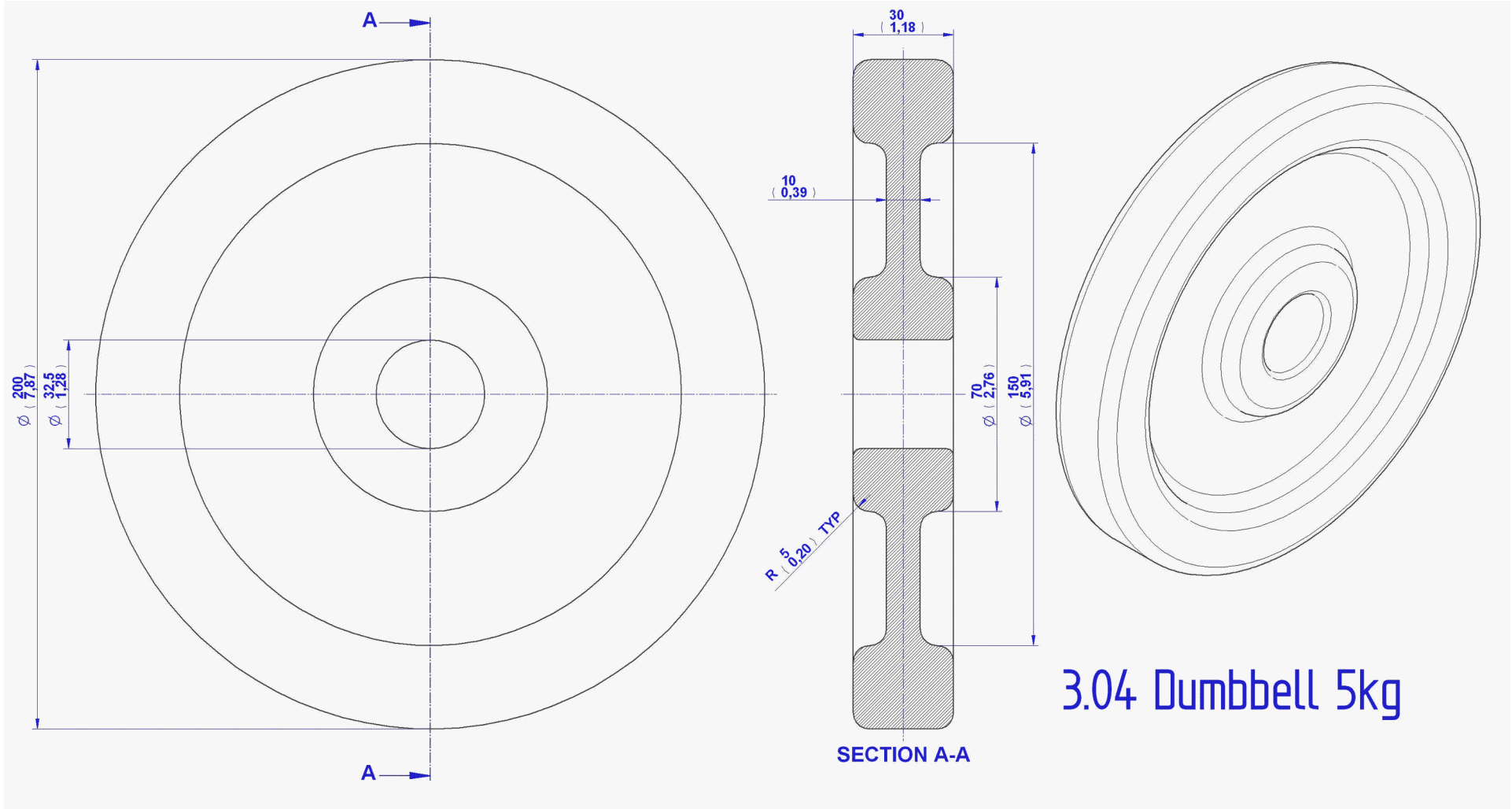


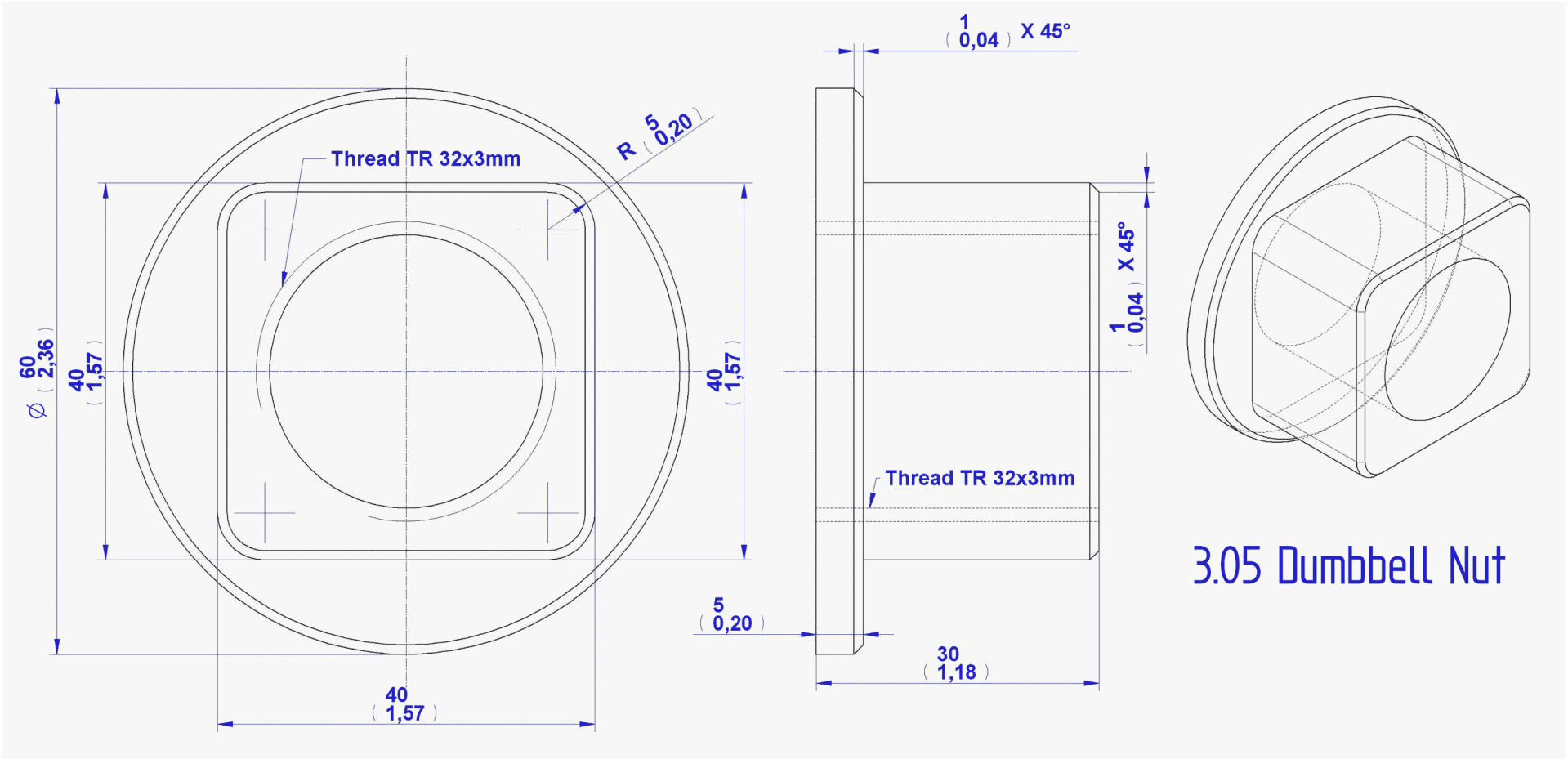
3.01 Round Tubing D31,8 x 6,3mm

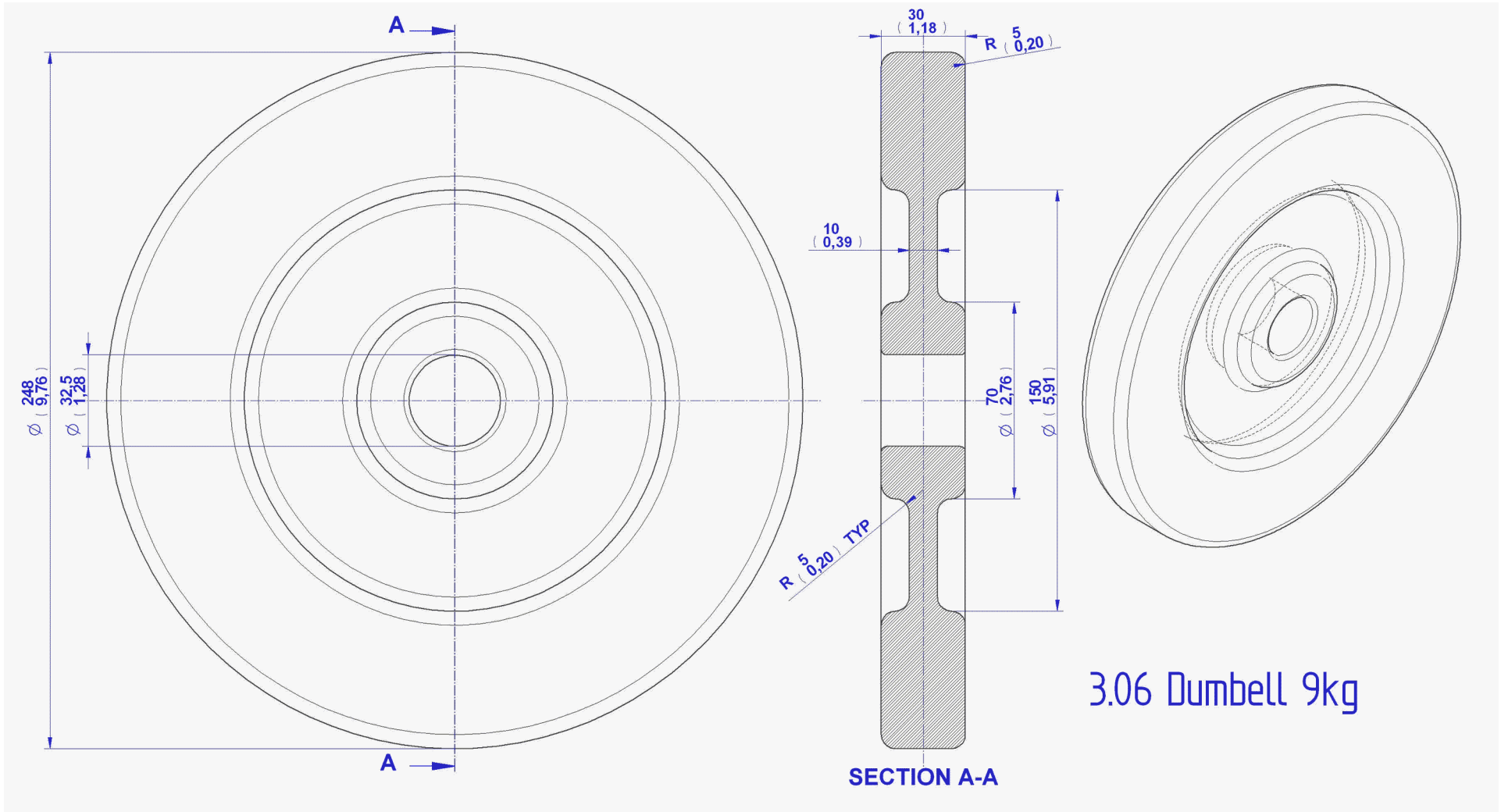




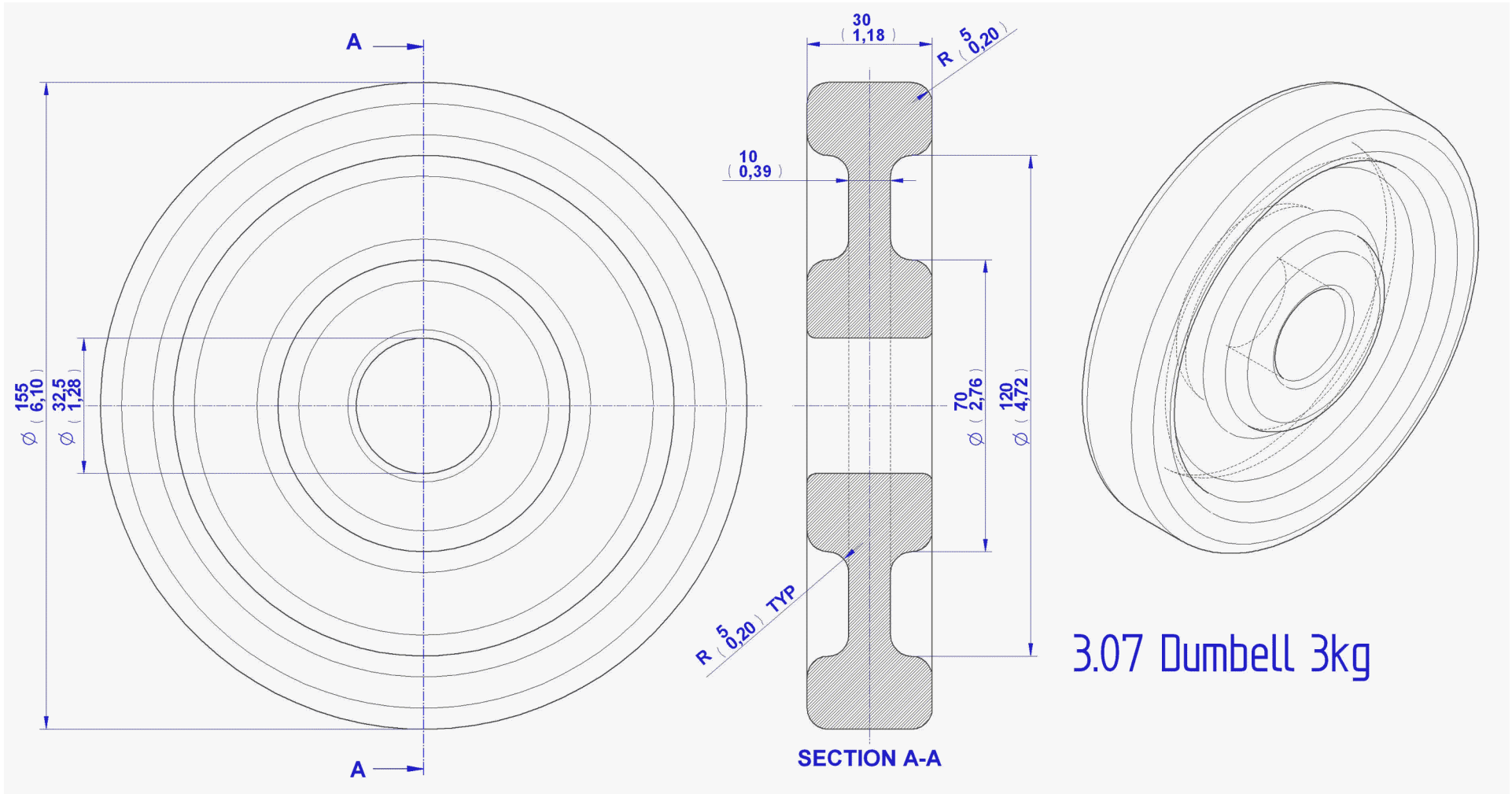
3.03 Dumbbell 7kg

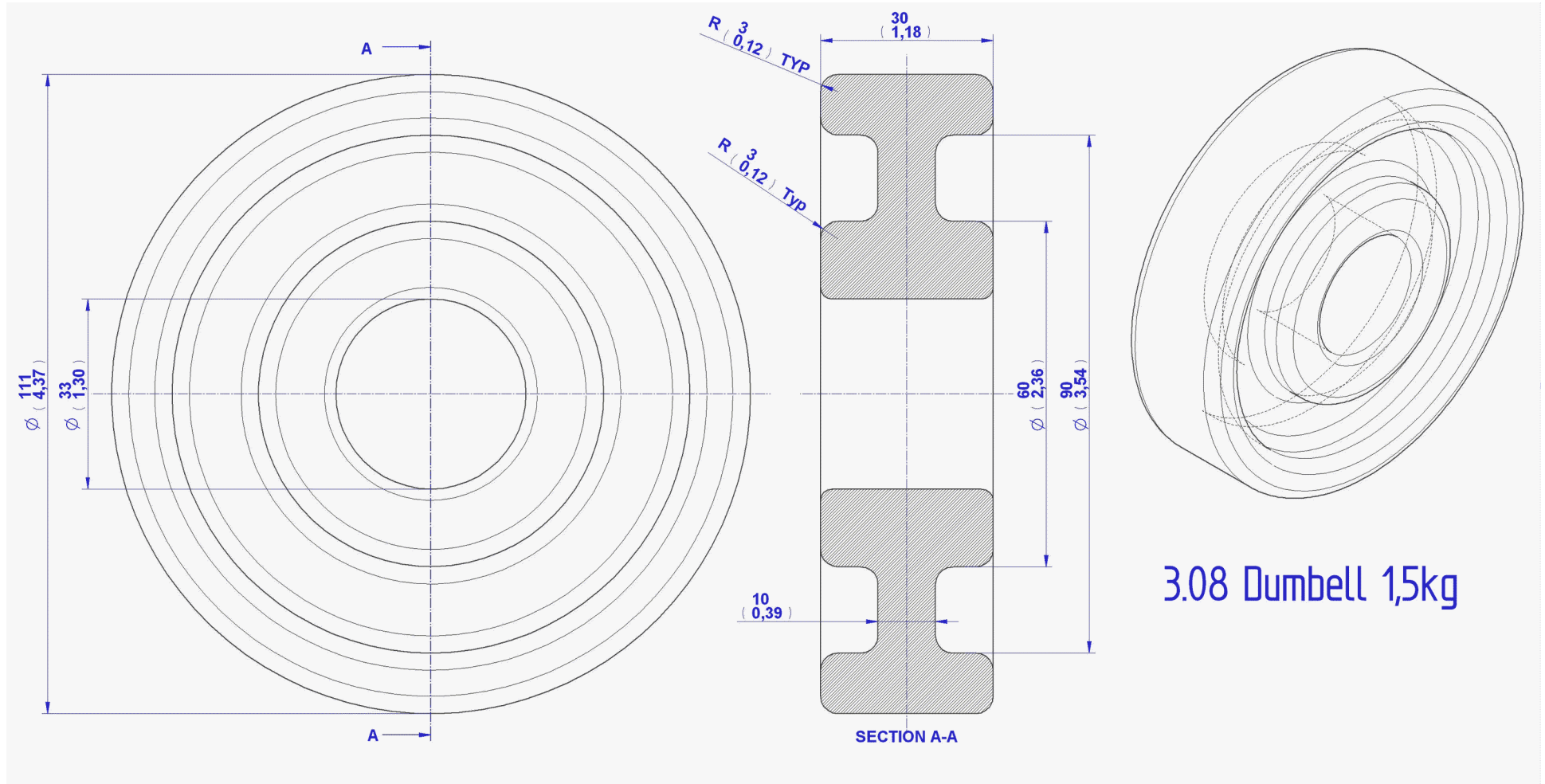






3.06 Dumbbell 9kg

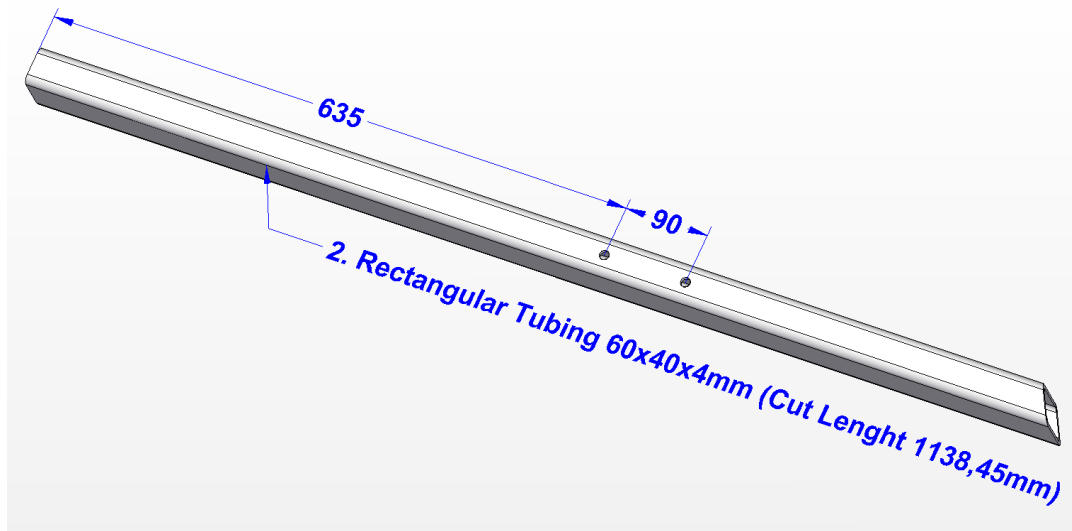
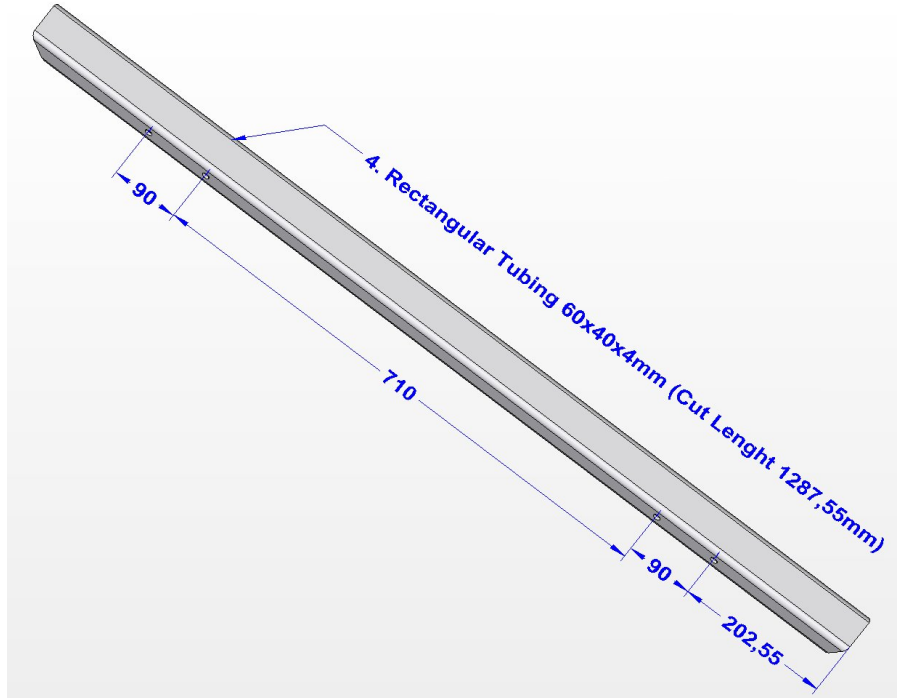




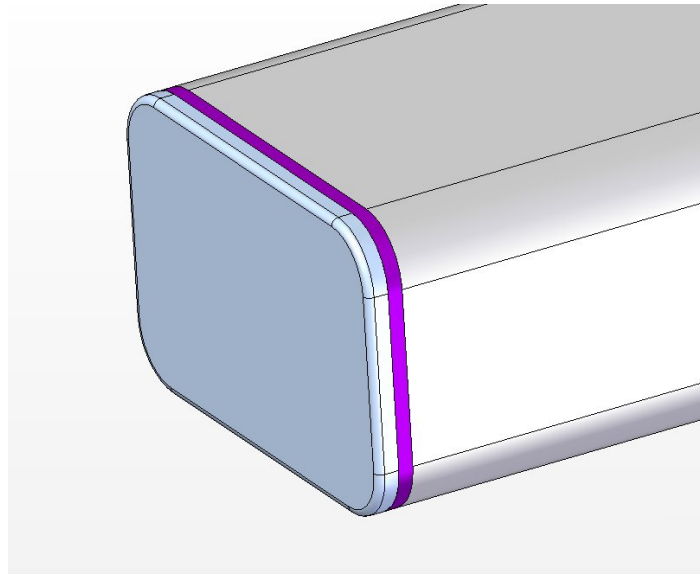
Assemblage Instruction

- Stand Subassembly

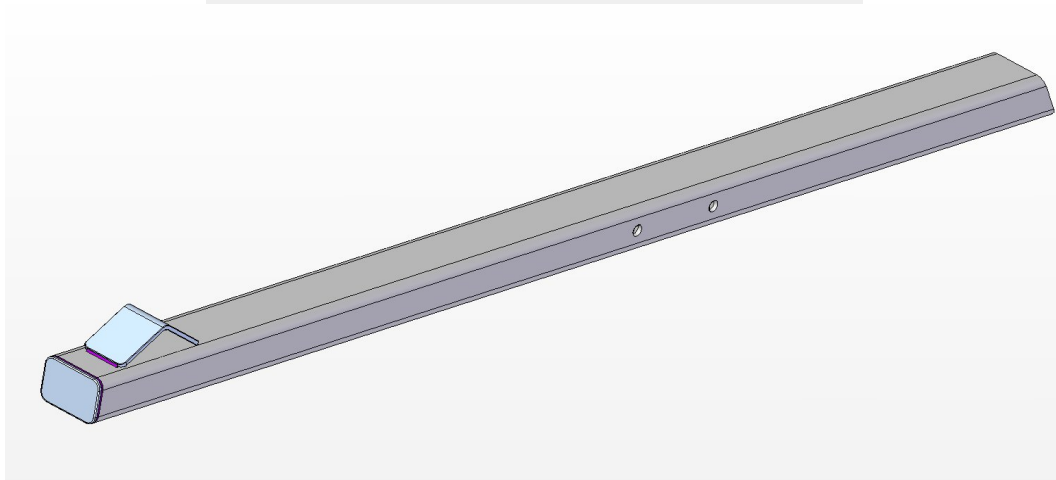
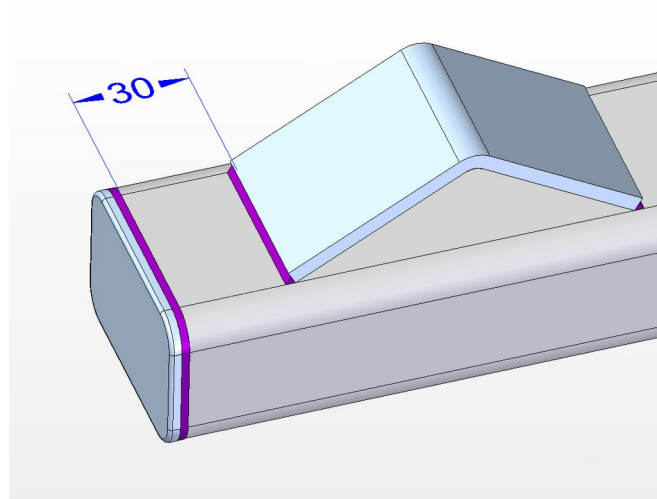
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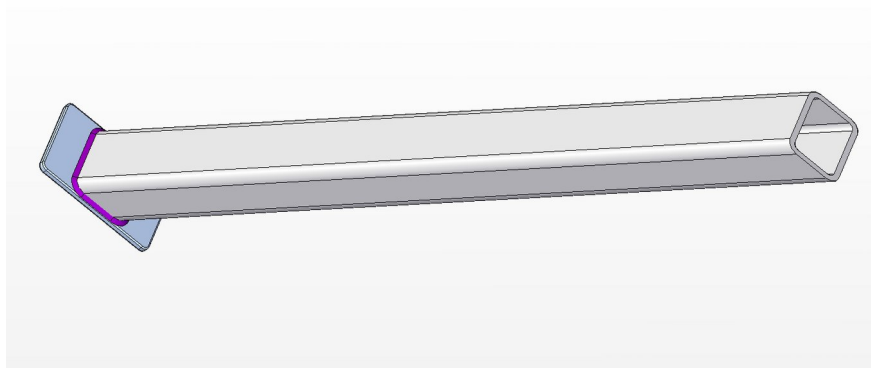
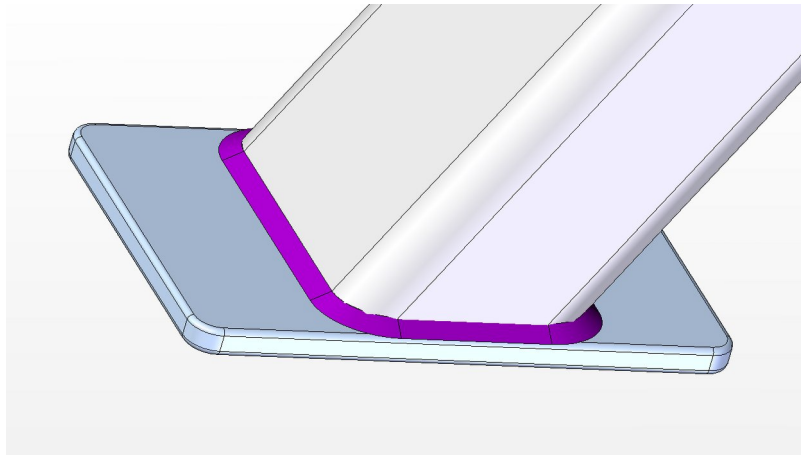
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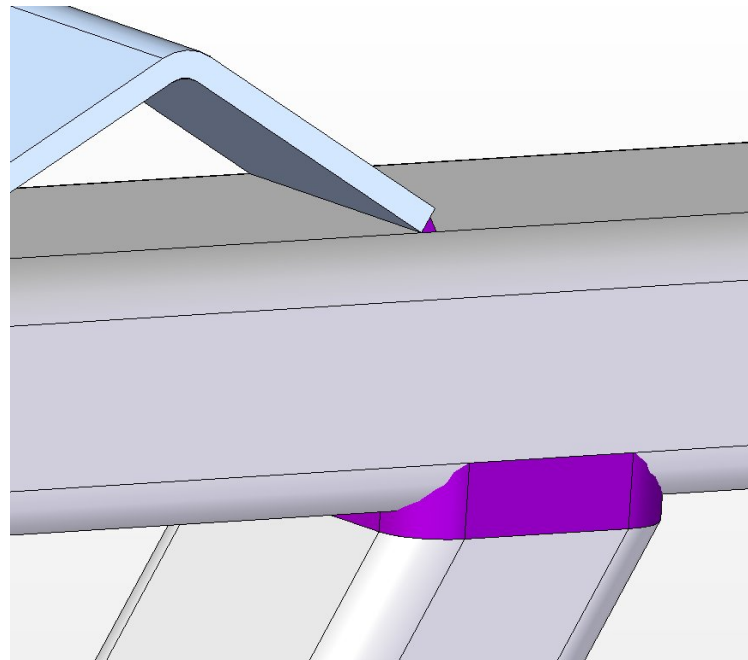
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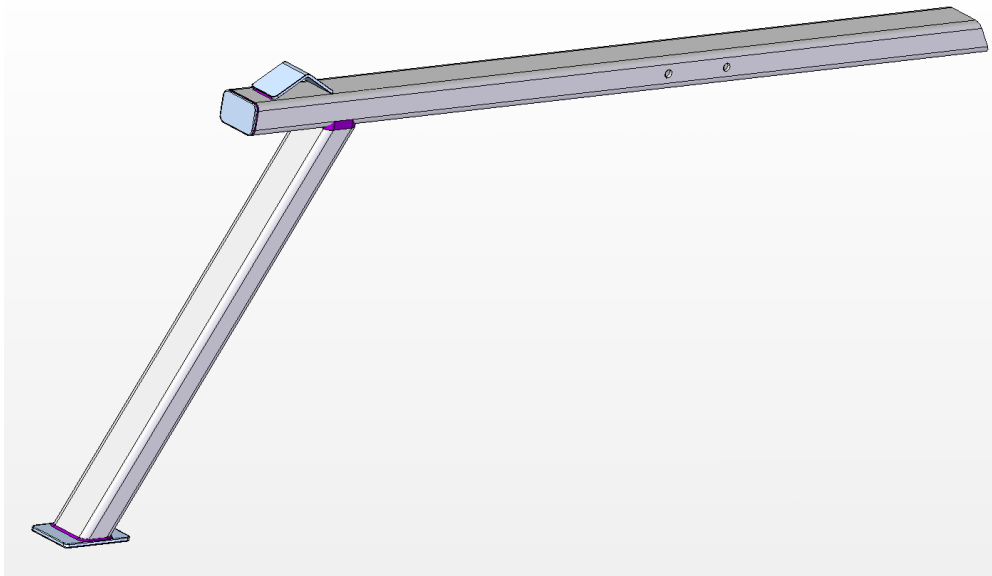


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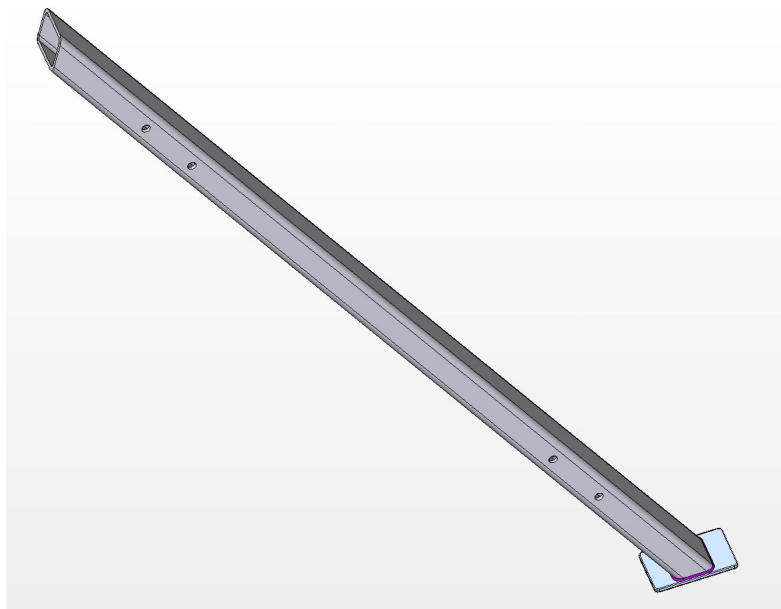
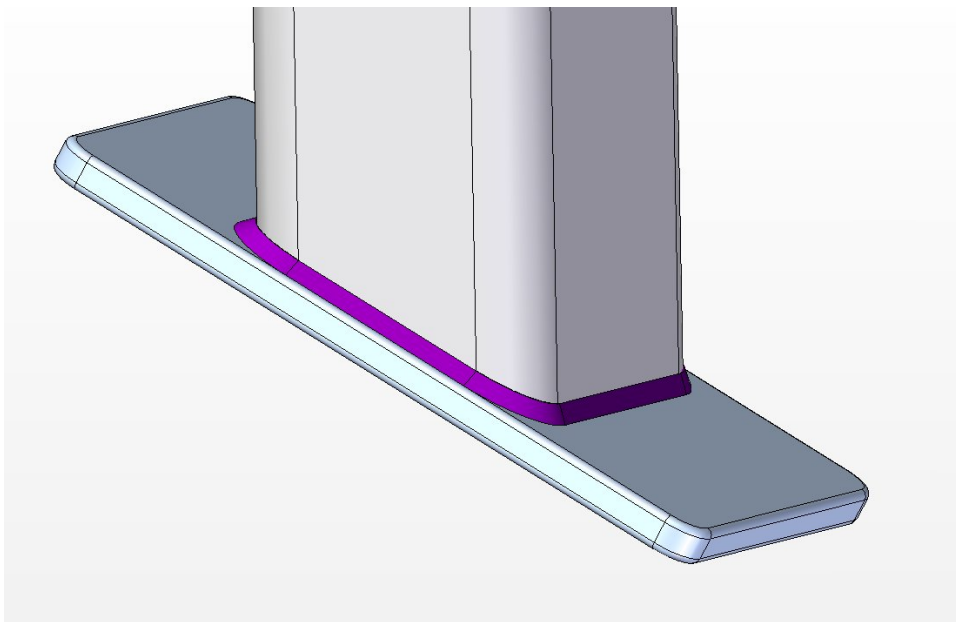


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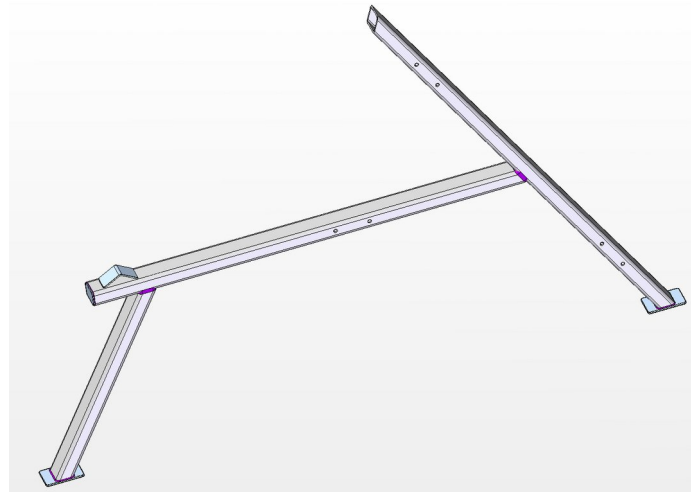
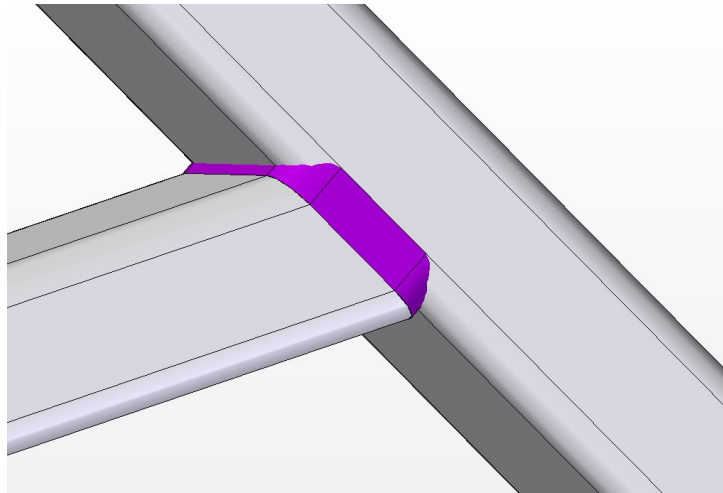




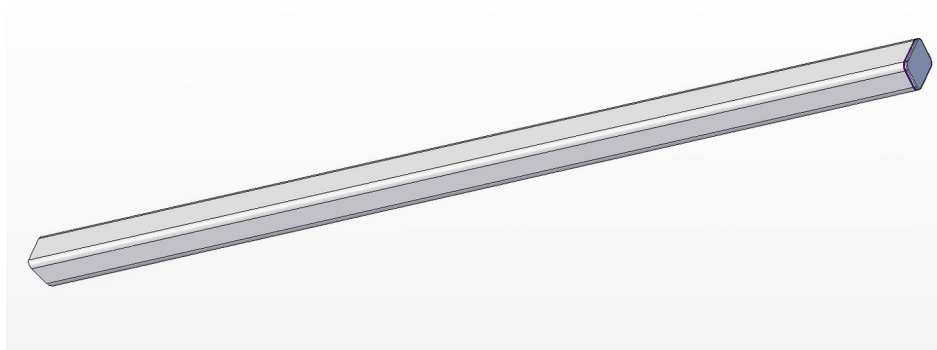
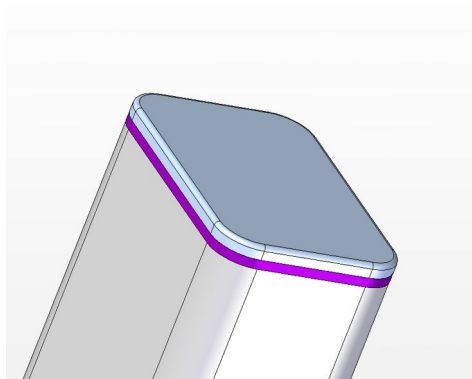
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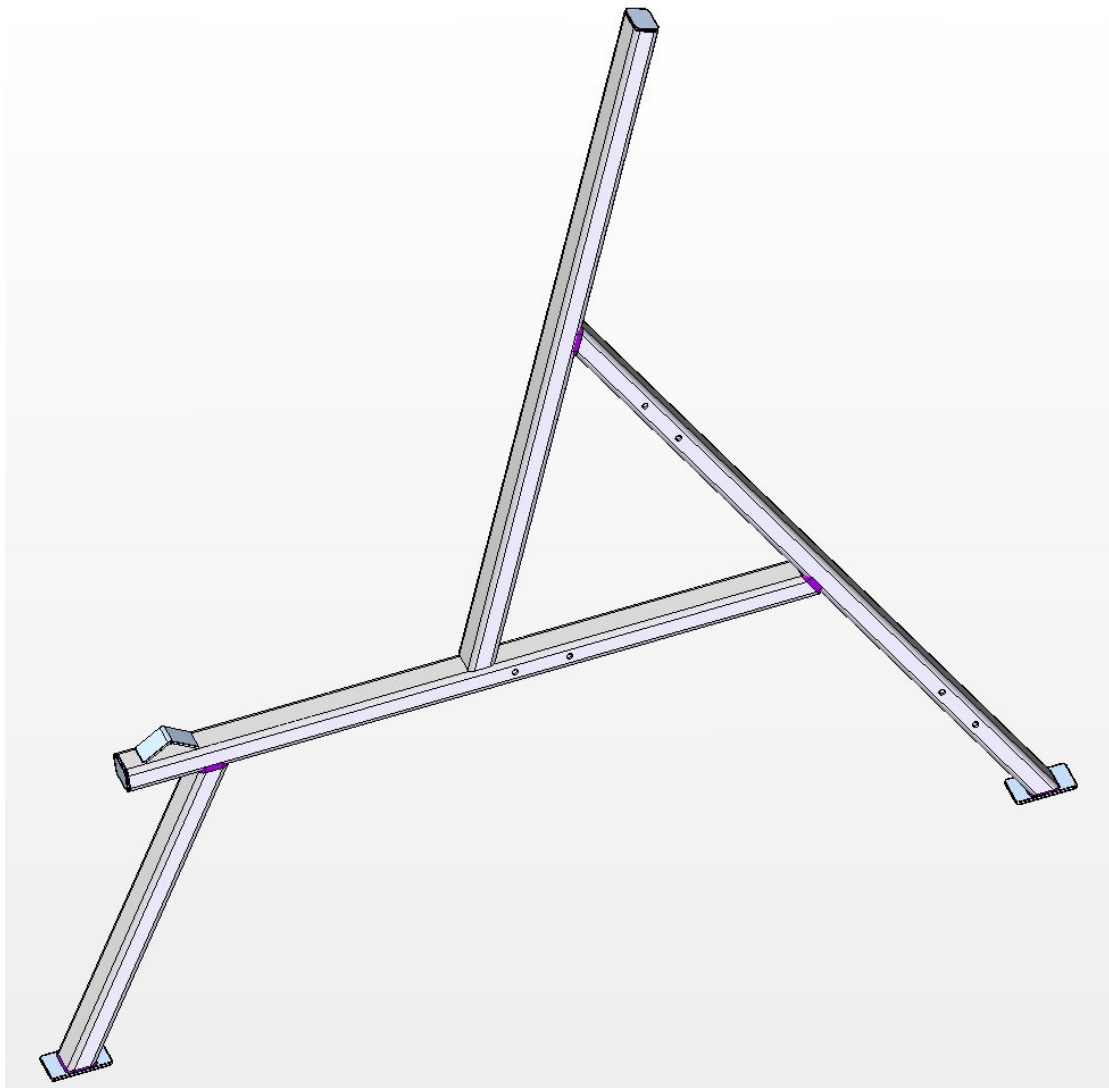
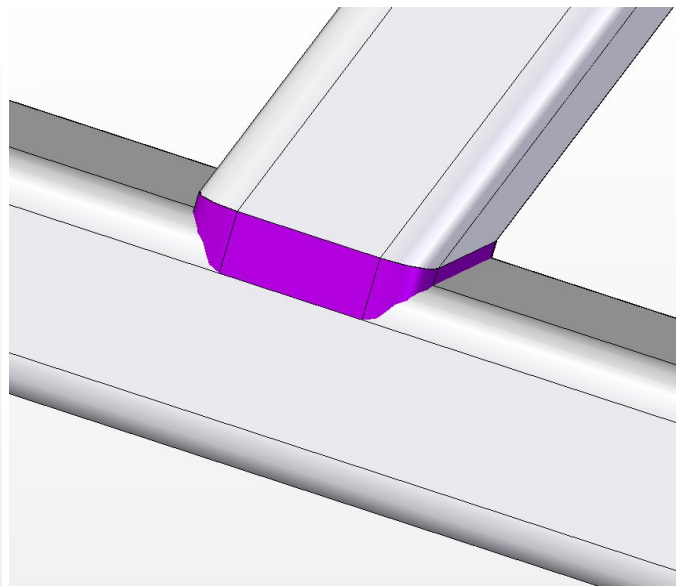
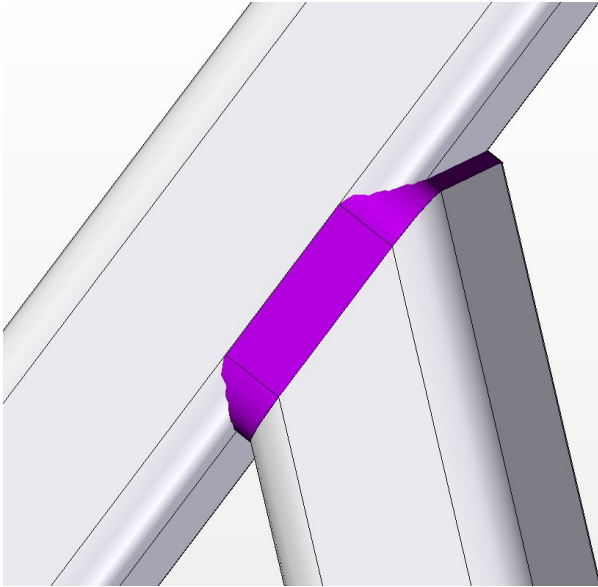
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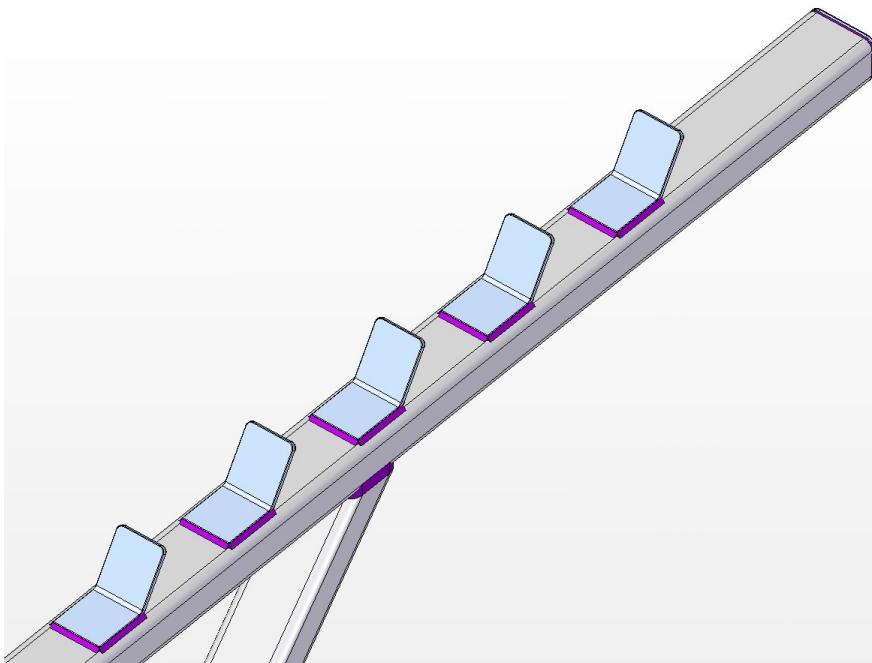
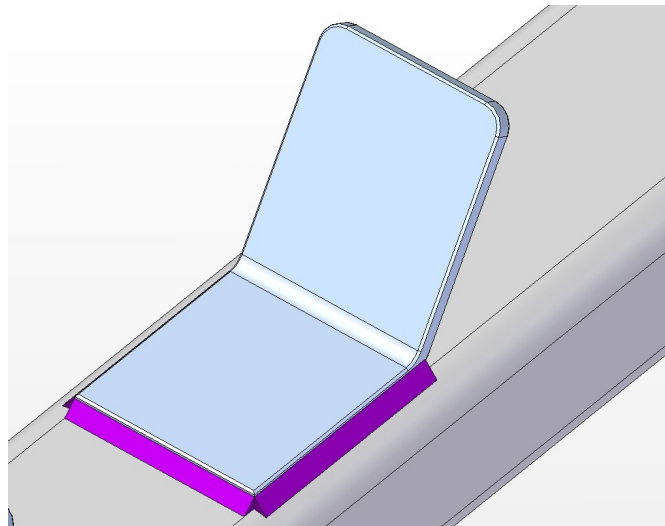
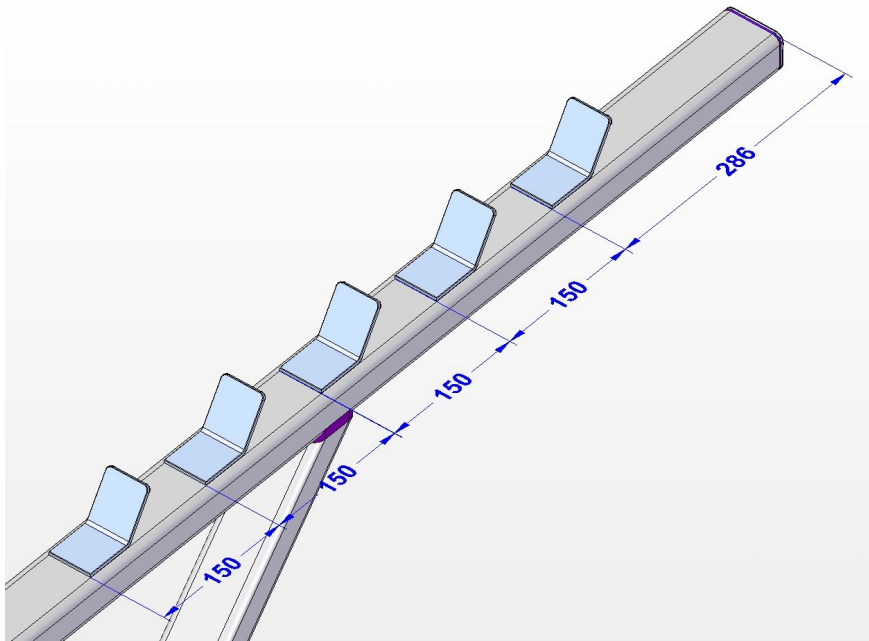
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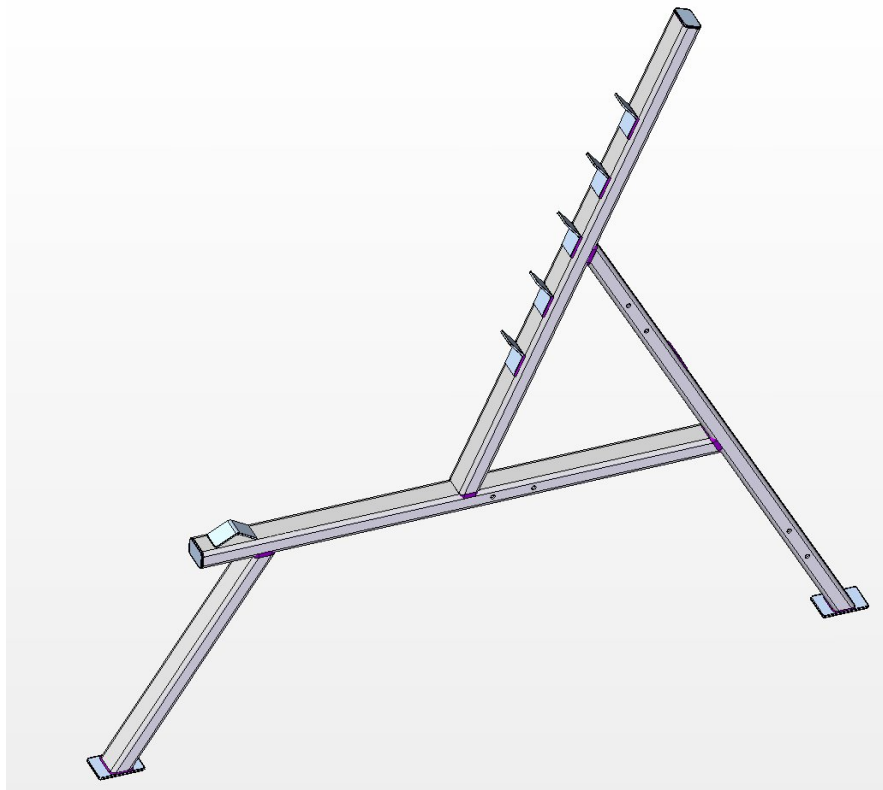


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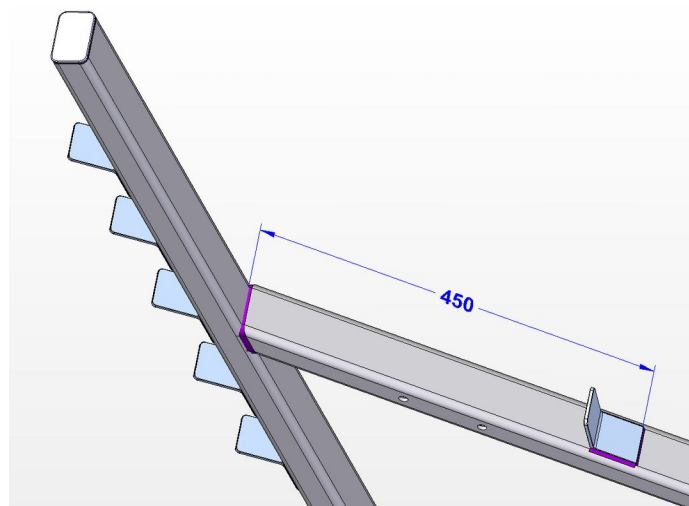
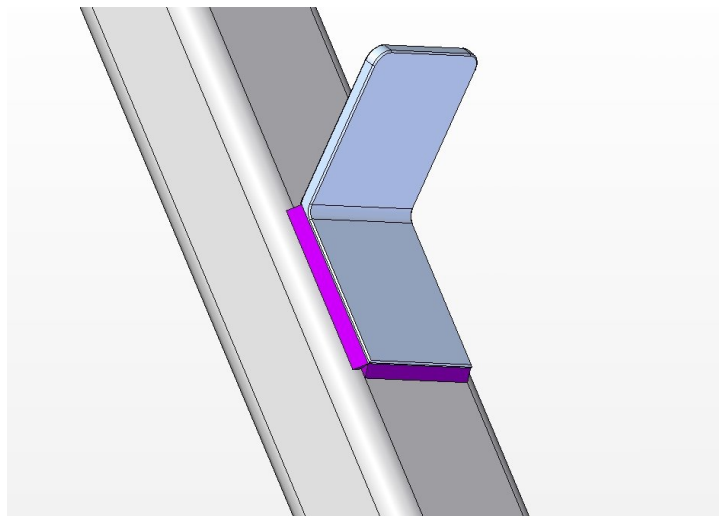


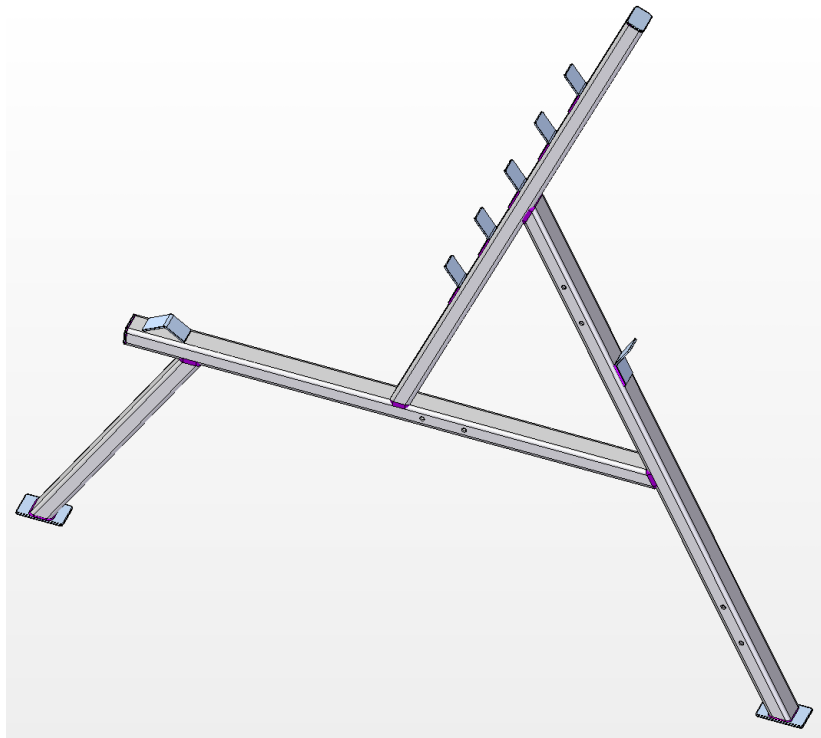
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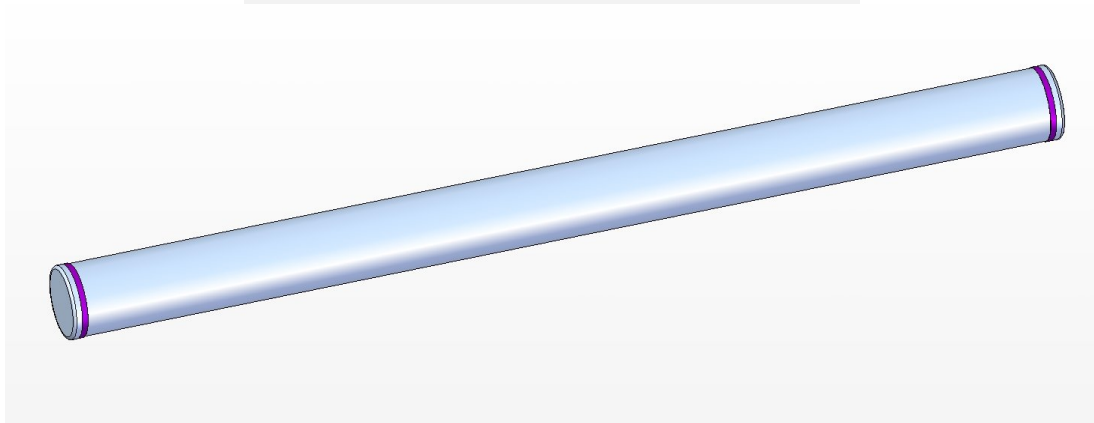
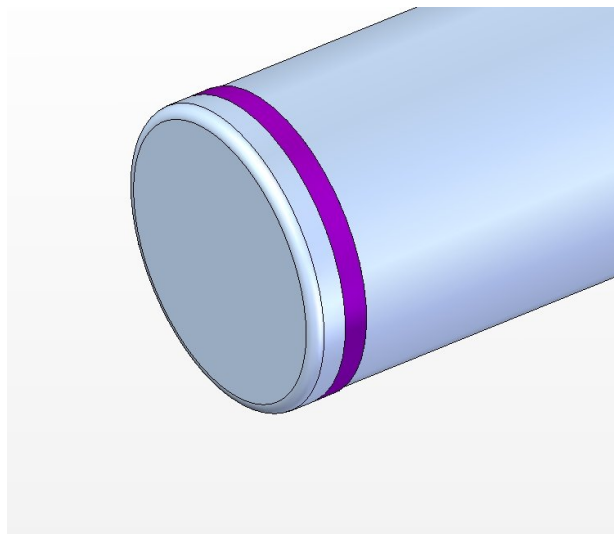


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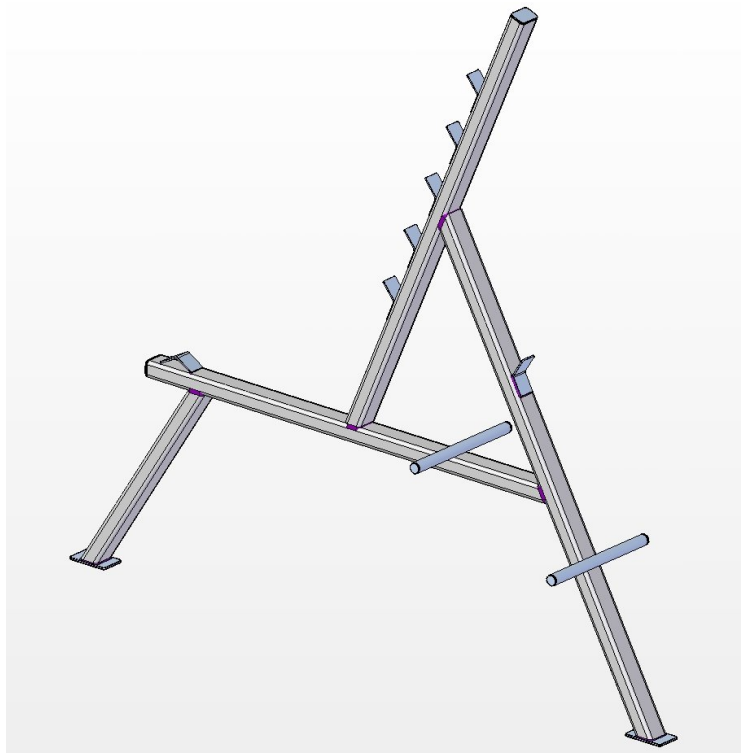
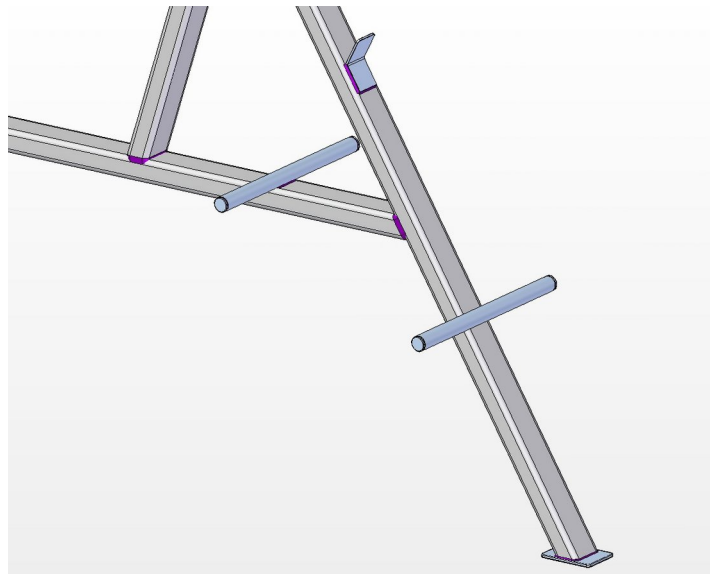
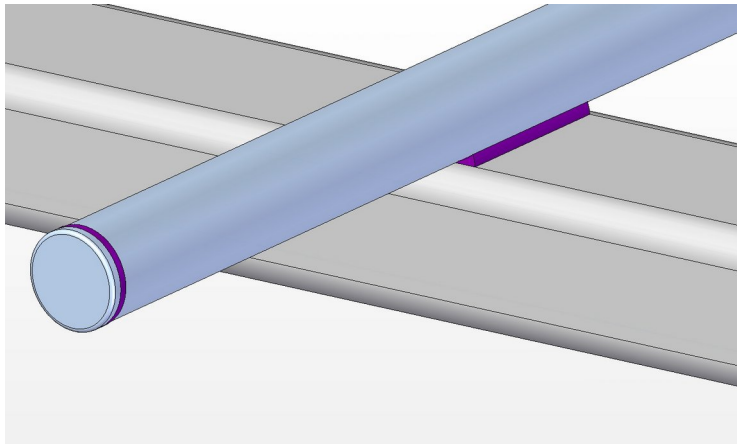


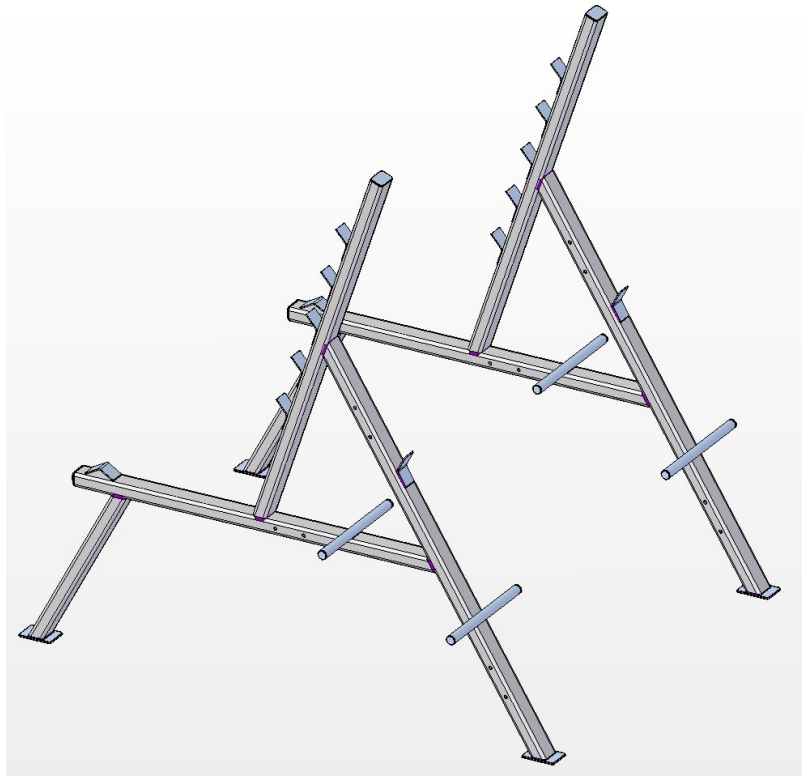


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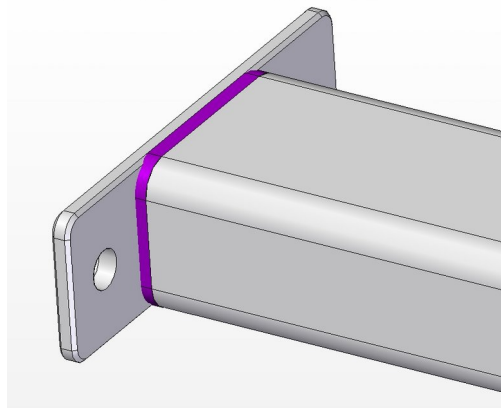
13.





- Crossbar subassembly

14.



15.

